

Personalized 7-Day Diet Plan

Day	Breakfast	Lunch	Dinner
Day 1	<ul style="list-style-type: none">- Oatmeal (1 cup)- Scrambled Eggs (2 eggs)- Orange Juice (1 /2 cup) <p>Cal: 395 P 18g C 44g F 17g</p>	<ul style="list-style-type: none">- Grilled Chicken Salad (1 bowl)- Whole Wheat Bread (1 slice)- Apple (1 medium) <p>Cal: 554 P 34g C 69g F 16g</p>	<ul style="list-style-type: none">- Baked Salmon (150 g)- Quinoa (1 /2 cup)- Steamed Broccoli (1 cup)- Greek Yogurt (1 /2 cup) <p>Cal: 633 P 50g C 40g F 31g</p>
Day 2	<ul style="list-style-type: none">- Greek Yogurt (1 cup)- Granola (1 /4 cup)- Banana (1 small) <p>Cal: 395 P 20g C 60g F 8g</p>	<ul style="list-style-type: none">- Turkey Sandwich (1 sandwich)- Carrot Sticks (1 cup)- Hummus (2 tbsp) <p>Cal: 554 P 34g C 66g F 19g</p>	<ul style="list-style-type: none">- Stir-fried Tofu (200 g)- Brown Rice (1 cup)- Mixed Vegetables (1 cup) <p>Cal: 633 P 28g C 80g F 24g</p>
Day 3	<ul style="list-style-type: none">- Smoothie (1 glass)- Almonds (10 pieces)- Boiled Egg (1 large) <p>Cal: 395 P 14g C 49g F 19g</p>	<ul style="list-style-type: none">- Lentil Soup (1 bowl)- Whole Wheat Pita (1 piece)- Cucumber Salad (1 cup) <p>Cal: 554 P 23g C 80g F 18g</p>	<ul style="list-style-type: none">- Grilled Shrimp (150 g)- Couscous (1 cup)- Roasted Vegetables (1 cup) <p>Cal: 633 P 39g C 61g F 24g</p>
Day 4	<ul style="list-style-type: none">- Pancakes (2 pieces)- Maple Syrup (2 tbsp)- Milk (1 cup) <p>Cal: 395 P 13g C 78g F 8g</p>	<ul style="list-style-type: none">- Beef Stir-fry (200 g)- Rice Noodles (1 cup) <p>Cal: 554 P 33g C 50g F 26g</p>	<ul style="list-style-type: none">- Chicken Curry (1 bowl)- Basmati Rice (1 cup)- Raita (1 /2 cup) <p>Cal: 633 P 41g C 58g F 27g</p>
Day 5	<ul style="list-style-type: none">- Avocado Toast (1 slice)- Berry Mix (1 /2 cup)- Chia Pudding (1 /2 cup) <p>Cal: 395 P 10g C 54g F 20g</p>	<ul style="list-style-type: none">- Quinoa Salad (1 bowl)- Grilled Tofu (100 g) <p>Cal: 554 P 26g C 54g F 26g</p>	<ul style="list-style-type: none">- Spaghetti Bolognese (1 plate)- Caesar Salad (1 cup) <p>Cal: 633 P 29g C 70g F 24g</p>

Day	Breakfast	Lunch	Dinner
Day 6	<div><div>- Egg Muffins (2 pieces)</div><div>- Fruit Salad (1 cup)</div><div>- Green Tea (1 cup)</div></div> <div>Cal: 295 P 13g C 29g F 14g</div>	<div><div>- Chicken Wrap (1 wrap)</div><div>- Sweet Potato Fries (1 /2 cup)</div></div> <div>Cal: 554 P 32g C 77g F 19g</div>	<div><div>- Vegetable Curry (1 bowl)</div><div>- Naan Bread (1 piece)</div><div>- Yogurt (1 /2 cup)</div></div> <div>Cal: 633 P 22g C 98g F 21g</div>
Day 7	<div><div>- French Toast (2 slices)</div><div>- Strawberries (1 /2 cup)</div><div>- Coffee with Milk (1 cup)</div></div> <div>Cal: 395 P 14g C 54g F 15g</div>	<div><div>- Falafel Plate (1 plate)</div><div>- Tabbouleh (1 /2 cup)</div></div> <div>Cal: 554 P 16g C 65g F 26g</div>	<div><div>- Roast Chicken (200 g)</div><div>- Mashed Potatoes (1 cup)</div></div> <div>Cal: 633 P 39g C 40g F 33g</div>

Daily Nutritional Summary

Day 1: 1582 kcal | Protein 102g ; Carbohydrates 153g ; Fats 64g)
Day 2: 1582 kcal | Protein 82g ; Carbohydrates 206g ; Fats 51g)
Day 3: 1582 kcal | Protein 76g ; Carbohydrates 190g ; Fats 61g)
Day 4: 1582 kcal | Protein 87g ; Carbohydrates 186g ; Fats 61g)
Day 5: 1582 kcal | Protein 65g ; Carbohydrates 178g ; Fats 70g)
Day 6: 1482 kcal | Protein 67g ; Carbohydrates 204g ; Fats 54g)
Day 7: 1582 kcal | Protein 69g ; Carbohydrates 159g ; Fats 74g)

Plan Summary

Average Calories: 1583 kcal/day
Average Macros - Protein: 158.3g, Carbs: 138.5g, Fats: 44.0g