

Personalized 7-Day Diet Plan

Day	Breakfast	Lunch	Dinner
Day 1	<ul style="list-style-type: none">- Oatmeal with Milk (1.5 cups)- Scrambled Eggs (2 eggs) <p>Cal: 641 P 35g C 57g F 28g</p>	<ul style="list-style-type: none">- Grilled Chicken Salad (1 large bowl)- Quinoa (1 cup) <p>Cal: 897 P 55g C 95g F 22g</p>	<ul style="list-style-type: none">- Beef Stir Fry (1.5 plates) <p>Cal: 1026 P 70g C 80g F 50g</p>
Day 2	<ul style="list-style-type: none">- Greek Yogurt with Berries (1.5 cups)- Whole Wheat Toast with Peanut Butter (2 slices) <p>Cal: 641 P 35g C 85g F 20g</p>	<ul style="list-style-type: none">- Turkey Sandwich (1 sandwich)- Mixed Nuts (1 small handful) <p>Cal: 897 P 40g C 65g F 50g</p>	<ul style="list-style-type: none">- Salmon with Brown Rice (1.5 plates) <p>Cal: 1026 P 60g C 90g F 40g</p>
Day 3	<ul style="list-style-type: none">- Smoothie with Protein Powder (1 large glass)- Avocado Toast (2 slices) <p>Cal: 641 P 40g C 80g F 25g</p>	<ul style="list-style-type: none">- Chicken Wrap (1 wrap)- Fruit Salad (1 bowl) <p>Cal: 897 P 40g C 140g F 17g</p>	<ul style="list-style-type: none">- Pasta with Meat Sauce (1.5 plates) <p>Cal: 1026 P 50g C 110g F 40g</p>
Day 4	<ul style="list-style-type: none">- Pancakes with Syrup (3 pancakes)- Bacon (3 strips) <p>Cal: 641 P 25g C 60g F 35g</p>	<ul style="list-style-type: none">- Tuna Salad (1 large bowl)- Whole Grain Bread (2 slices) <p>Cal: 897 P 50g C 70g F 30g</p>	<ul style="list-style-type: none">- Chicken Curry with Rice (1.5 plates) <p>Cal: 1026 P 60g C 100g F 40g</p>
Day 5	<ul style="list-style-type: none">- Chia Pudding (1 bowl)- Almond Milk (1 cup) <p>Cal: 641 P 15g C 50g F 40g</p>	<ul style="list-style-type: none">- Veggie Burger (1 burger)- Sweet Potato Fries (1 serving) <p>Cal: 897 P 30g C 120g F 30g</p>	<ul style="list-style-type: none">- Lamb Stew with Vegetables (1.5 bowls) <p>Cal: 1026 P 70g C 70g F 60g</p>
Day 6	<ul style="list-style-type: none">- Egg White Omelette (1 omelette)- Fruit Smoothie (1 glass) <p>Cal: 641 P 35g C 65g F 17g</p>	<ul style="list-style-type: none">- Beef Tacos (3 tacos)- Guacamole (1 small bowl) <p>Cal: 897 P 35g C 65g F 55g</p>	<ul style="list-style-type: none">- Shrimp Stir Fry with Noodles (1.5 plates) <p>Cal: 1026 P 50g C 120g F 30g</p>

Day	Breakfast	Lunch	Dinner
Day 7	<div>- Bagel with Cream Cheese (1 bagel)</div> <div>- Orange Juice (1 glass)</div> <div>Cal: 641 P 15g C 120g F 10g</div>	<div>- Chicken Caesar Salad (1 large bowl)</div> <div>- Garlic Bread (2 slices)</div> <div>Cal: 897 P 45g C 70g F 45g</div>	<div>- Pork Chops with Mashed Potatoes (1.5 plates)</div> <div>Cal: 1026 P 60g C 80g F 50g</div>

Daily Nutritional Summary

Day 1: 2564 kcal | Protein 160g ; Carbohydrates 232g ; Fats 100g)
Day 2: 2564 kcal | Protein 135g ; Carbohydrates 240g ; Fats 110g)
Day 3: 2564 kcal | Protein 130g ; Carbohydrates 330g ; Fats 82g)
Day 4: 2564 kcal | Protein 135g ; Carbohydrates 230g ; Fats 105g)
Day 5: 2564 kcal | Protein 115g ; Carbohydrates 240g ; Fats 130g)
Day 6: 2564 kcal | Protein 120g ; Carbohydrates 250g ; Fats 102g)
Day 7: 2564 kcal | Protein 120g ; Carbohydrates 270g ; Fats 105g)

Plan Summary

Average Calories: 2565 kcal/day
Average Macros - Protein: 224.4g, Carbs: 256.5g, Fats: 71.3g