

Personalized 7-Day Diet Plan

Day	Breakfast	Lunch	Dinner
Day 1	<ul style="list-style-type: none">- Oatmeal with Milk (1.5 cups)- Boiled Eggs (2 pieces)- Apple (1 medium) <p>Cal: 641 P 27g C 96g F 18g</p>	<ul style="list-style-type: none">- Grilled Chicken Breast (200 g)- Brown Rice (1 cup)- Steamed Vegetables (1 cup)- Greek Yogurt (1 cup) <p>Cal: 897 P 91g C 95g F 14g</p>	<ul style="list-style-type: none">- Salmon Fillet (250 g)- Quinoa Salad (1.5 cups)- Mixed Nuts (50 g) <p>Cal: 1026 P 67g C 65g F 55g</p>
Day 2	<ul style="list-style-type: none">- Smoothie with Protein Powder (1 large glass)- Whole Wheat Toast (2 slices)- Peanut Butter (2 tbsp) <p>Cal: 641 P 42g C 74g F 19g</p>	<ul style="list-style-type: none">- Beef Stir Fry (1 plate)- White Rice (1 cup)- Fruit Salad (1 bowl) <p>Cal: 897 P 46g C 125g F 21g</p>	<ul style="list-style-type: none">- Pasta with Tomato Sauce (2 cups)- Grilled Vegetables (1 cup)- Chicken Sausage (2 links) <p>Cal: 1026 P 43g C 115g F 40g</p>
Day 3	<ul style="list-style-type: none">- Scrambled Eggs (3 eggs)- Avocado Toast (2 slices)- Orange Juice (1 glass) <p>Cal: 641 P 26g C 66g F 32g</p>	<ul style="list-style-type: none">- Turkey Sandwich (1 sandwich)- Lentil Soup (1 bowl)- Carrot Sticks (1 cup)- Cheese Slice (1 slice) <p>Cal: 897 P 56g C 96g F 30g</p>	<ul style="list-style-type: none">- Grilled Tofu (200 g)- Sweet Potato (1 large)- Spinach Salad (2 cups)- Almonds (50 g) <p>Cal: 1026 P 54g C 80g F 65g</p>
Day 4	<ul style="list-style-type: none">- Pancakes (3 pieces)- Bacon (3 strips)- Banana (1 large) <p>Cal: 641 P 22g C 101g F 23g</p>	<ul style="list-style-type: none">- Chicken Caesar Salad (1 large bowl)- Whole Wheat Roll (1 roll)- Fruit Yogurt (1 cup) <p>Cal: 897 P 55g C 95g F 37g</p>	<ul style="list-style-type: none">- Beef Steak (250 g)- Mashed Potatoes (1 cup)- Broccoli (1 cup)- Dark Chocolate (30 g) <p>Cal: 1026 P 70g C 75g F 54g</p>
Day 5	<ul style="list-style-type: none">- Granola with Milk (1.5 cups)- Hard Boiled Eggs (2 pieces)- Pear (1 medium) <p>Cal: 641 P 28g C 101g F 20g</p>	<ul style="list-style-type: none">- Fish Tacos (2 tacos)- Black Bean Soup (1 bowl)- Coleslaw (1 cup)- Cottage Cheese (1 /2 cup) <p>Cal: 897 P 59g C 105g F 32g</p>	<ul style="list-style-type: none">- Chicken Curry (1 plate)- Basmati Rice (1 cup)- Raita (1 cup)- Cashew Nuts (50 g) <p>Cal: 1026 P 56g C 100g F 51g</p>

Day	Breakfast	Lunch	Dinner
Day 6	<div><div><div>- French Toast (3 slices)</div><div>- Sausage Links (2 links)</div><div>- Grapes (1 cup)</div></div><div>Cal: 641 P 23g C 92g F 22g</div></div>	<div><div><div>- Vegetable Pizza (2 slices)</div><div>- Caesar Salad (1 bowl)</div><div>- Protein Shake (1 glass)</div></div><div>Cal: 897 P 50g C 90g F 42g</div></div>	<div><div><div>- Lamb Chops (3 pieces)</div><div>- Couscous (1 cup)</div><div>- Roasted Peppers (1 cup)</div><div>- Pistachios (50 g)</div></div><div>Cal: 1026 P 64g C 75g F 62g</div></div>
Day 7	<div><div><div>- Egg and Cheese Muffin (1 piece)</div><div>- Mixed Berries (1 cup)</div><div>- Almond Milk (1 cup)</div></div><div>Cal: 641 P 24g C 73g F 28g</div></div>	<div><div><div>- Shrimp Pasta (1 plate)</div><div>- Garlic Bread (2 slices)</div><div>- Cauliflower Soup (1 bowl)</div></div><div>Cal: 897 P 40g C 110g F 35g</div></div>	<div><div><div>- Pork Chops (2 pieces)</div><div>- Barley (1 cup)</div><div>- Green Beans (1 cup)</div><div>- Walnuts (50 g)</div></div><div>Cal: 1026 P 65g C 70g F 56g</div></div>

Daily Nutritional Summary

Day 1: 2564 kcal | Protein 185g ; Carbohydrates 256g ; Fats 87g)
Day 2: 2564 kcal | Protein 131g ; Carbohydrates 314g ; Fats 80g)
Day 3: 2564 kcal | Protein 136g ; Carbohydrates 242g ; Fats 127g)
Day 4: 2564 kcal | Protein 147g ; Carbohydrates 271g ; Fats 114g)
Day 5: 2564 kcal | Protein 143g ; Carbohydrates 306g ; Fats 103g)
Day 6: 2564 kcal | Protein 137g ; Carbohydrates 257g ; Fats 126g)
Day 7: 2564 kcal | Protein 129g ; Carbohydrates 253g ; Fats 119g)

Plan Summary

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