

## Personalized 7-Day Diet Plan

Day	Breakfast	Lunch	Dinner
Day 1	<ul style="list-style-type: none"><li>- Oatmeal with Almonds (1.5 cups)</li><li>- Scrambled Eggs (2 eggs)</li></ul> <p>Cal: 641   P 32g   C 57g   F 31g</p>	<ul style="list-style-type: none"><li>- Grilled Chicken Salad (1 large bowl)</li><li>- Quinoa (1 cup)</li></ul> <p>Cal: 897   P 58g   C 90g   F 22g</p>	<ul style="list-style-type: none"><li>- Beef Stir Fry (1 plate)</li><li>- Brown Rice (1 cup)</li></ul> <p>Cal: 1026   P 48g   C 114g   F 32g</p>
Day 2	<ul style="list-style-type: none"><li>- Greek Yogurt with Berries (1 cup)</li><li>- Whole Wheat Toast with Peanut Butter (2 slices)</li></ul> <p>Cal: 641   P 33g   C 65g   F 25g</p>	<ul style="list-style-type: none"><li>- Turkey Sandwich (1 sandwich)</li><li>- Mixed Nuts (1 handful)</li></ul> <p>Cal: 897   P 45g   C 60g   F 50g</p>	<ul style="list-style-type: none"><li>- Salmon with Vegetables (1 plate)</li><li>- Sweet Potato (1 medium)</li></ul> <p>Cal: 1026   P 50g   C 90g   F 42g</p>
Day 3	<ul style="list-style-type: none"><li>- Smoothie with Protein Powder (1 large glass)</li><li>- Avocado Toast (2 slices)</li></ul> <p>Cal: 641   P 40g   C 70g   F 25g</p>	<ul style="list-style-type: none"><li>- Chicken Wrap (1 wrap)</li><li>- Fruit Salad (1 bowl)</li></ul> <p>Cal: 897   P 40g   C 135g   F 17g</p>	<ul style="list-style-type: none"><li>- Pasta with Meat Sauce (1 plate)</li><li>- Steamed Broccoli (1 cup)</li></ul> <p>Cal: 1026   P 50g   C 100g   F 25g</p>
Day 4	<ul style="list-style-type: none"><li>- Pancakes with Maple Syrup (3 pancakes)</li><li>- Bacon (3 strips)</li></ul> <p>Cal: 641   P 23g   C 61g   F 35g</p>	<ul style="list-style-type: none"><li>- Lentil Soup (2 cups)</li><li>- Whole Grain Bread (2 slices)</li></ul> <p>Cal: 897   P 37g   C 120g   F 13g</p>	<ul style="list-style-type: none"><li>- Grilled Shrimp (1 plate)</li><li>- Quinoa (1 cup)</li></ul> <p>Cal: 1026   P 68g   C 70g   F 47g</p>
Day 5	<ul style="list-style-type: none"><li>- Egg White Omelette (1 omelette)</li><li>- Fruit Smoothie (1 glass)</li></ul> <p>Cal: 641   P 35g   C 70g   F 12g</p>	<ul style="list-style-type: none"><li>- Beef Tacos (3 tacos)</li><li>- Guacamole (1 /2 cup)</li></ul> <p>Cal: 897   P 35g   C 70g   F 55g</p>	<ul style="list-style-type: none"><li>- Chicken Curry (1 plate)</li><li>- Basmati Rice (1 cup)</li></ul> <p>Cal: 1026   P 46g   C 115g   F 32g</p>
Day 6	<ul style="list-style-type: none"><li>- Chia Seed Pudding (1 bowl)</li><li>- Protein Shake (1 shake)</li></ul> <p>Cal: 641   P 40g   C 50g   F 25g</p>	<ul style="list-style-type: none"><li>- Vegetable Stir Fry (1 plate)</li><li>- Tofu (1 cup)</li></ul> <p>Cal: 897   P 35g   C 90g   F 35g</p>	<ul style="list-style-type: none"><li>- Lamb Chops (1 plate)</li><li>- Mashed Potatoes (1 cup)</li></ul> <p>Cal: 1026   P 55g   C 65g   F 70g</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 13g   C 125g   F 16g</div>	<div>- Pasta Salad (1 bowl)</div> <div>- Grilled Chicken Breast (1 piece)</div> <div>Cal: 897   P 50g   C 70g   F 30g</div>	<div>- Roast Pork (1 plate)</div> <div>- Steamed Asparagus (1 cup)</div> <div>Cal: 1026   P 55g   C 25g   F 65g</div>

Daily Nutritional Summary

Day 1: 2564 kcal | Protein 138g ; Carbohydrates 261g ; Fats 85g )  
Day 2: 2564 kcal | Protein 128g ; Carbohydrates 215g ; Fats 117g )  
Day 3: 2564 kcal | Protein 130g ; Carbohydrates 305g ; Fats 67g )  
Day 4: 2564 kcal | Protein 128g ; Carbohydrates 251g ; Fats 95g )  
Day 5: 2564 kcal | Protein 116g ; Carbohydrates 255g ; Fats 99g )  
Day 6: 2564 kcal | Protein 130g ; Carbohydrates 205g ; Fats 130g )  
Day 7: 2564 kcal | Protein 118g ; Carbohydrates 220g ; Fats 111g )

Plan Summary

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