

Personalized Wellness Plan

Total Daily Calories: 2833 kcal

Age: 25 | Gender: Male | Activity Level: Moderate

Breakfast (Total: 819 kcal):

- Vegan Lentil Soup (344 kcal)
- Salmon and Veggies (475 kcal)

Lunch (Total: 820 kcal):

- Greek Yogurt Parfait (408 kcal)
- Pasta Primavera (412 kcal)

Snack (Total: 434 kcal):

- Greek Yogurt Parfait (434 kcal)

Dinner (Total: 760 kcal):

- Oatmeal with Berries (444 kcal)
- Sweet Potato Bowl (316 kcal)

