

My Prompt

You are a fitness trainer and a certified dietician working in Hyderabad, India. My name is Sudheer, and I'm a 26-year-old working professional from Hyderabad who moved to the United States. My weight is 87 kg. And my height is 174 cm, and I do workouts 4 days a week. I want to reduce my weight to 75 kg. Now you should give me a healthy weight loss plan. Calculate my BMI. After that, I want you to give me my daily calorie intake. I, particularly, want to consume 1.8 times my body weight and focus on the amount of carbohydrates and oils I need to take daily. Should I opt for intermittent fasting? My groceries contain items such as Eggs, chicken breasts with a protein content of 25 g per 112 g, and avocados. Frozen veggies from Walmart, olive oil, protein powder (1 scoop, 25 g of protein), rice, tortillas (6 g of protein per tortilla). You can purchase any item that is not on the grocery list, but these are groceries. Don't forget to prioritize my grocery list. The output should be in the form of a table, which should have days as rows. Additionally, my meals should be listed in the columns, along with the macronutrients and calories for each meal. The final column should contain the total calories per day. The calorie intake can be in a zigzag method. You should also mention my grocery list in the output before producing the table.

Output

Body Mass Index (BMI) Calculation:

- **Height:** 174 cm (1.74 m)
- **Weight:** 87 kg
- **Formula:** $\text{Weight (kg)} / [\text{Height (m)}]^2$
- **My BMI:** $87 / (1.74 * 1.74) = 28.7$

Analysis: Your BMI is in the "Overweight" category. Reaching your goal of 75 kg will bring your BMI down to a very healthy **24.8**, which is an excellent and achievable target.

Daily Calorie & Macronutrient Intake for Weight Loss:

Maintenance Calories: To maintain your current weight with 4 workout days, your approximate daily need is around 2,500-2,600 calories.

Weight Loss Deficit: To lose about 0.5-0.7 kg per week, a deficit of 500-600 calories is ideal.

Zigzag Calorie Approach: This is a great strategy to prevent metabolic slowdown. We will cycle your calories, eating more on workout days and less on rest days.

Workout Days (4x/week): ~2,100 - 2,200 calories

Rest Days (3x/week): ~1,800 - 1,900 calories

Protein Goal (1.8g per kg): $1.8g * 87 \text{ kg} = \sim 157g$ of Protein per day. This is a high target, crucial for preserving muscle mass while losing fat. We will make this a priority.

Fats/Oils: A healthy intake is about 25-30% of your daily calories. On a ~2,000-calorie average, this is about 500-600 calories, which translates to **55-65g of healthy fats** (like olive oil, avocados, nuts).

Carbohydrates: This will be the remainder of your calories, roughly **150-180g on average**, which is more than enough to fuel your workouts and maintain energy levels.

My Curated Grocery List:

Here is a list based on your existing items and a few key additions for a balanced diet.

Proteins:

- **Eggs (Priority)**
- **Chicken Breast (Priority)**
- **Protein Powder (Priority)**
- Greek Yogurt (Plain, Low-fat) - Excellent source of protein and probiotics.
- Lentils/Chickpeas (Dal/Chana) - For some plant-based protein and fiber.

Fats:

- **Avocado (Priority)**
- **Olive Oil (Extra Virgin for dressings, regular for cooking) (Priority)**
- Almonds, Walnuts, or other nuts/seeds - Great for healthy fats and snacks.

Carbohydrates:

- **Rice (Basmati or Brown) (Priority)**
- **Whole Wheat Tortillas (Priority)**
- Oats (Rolled or Steel-cut) - For a high-fiber breakfast option.
- Sweet Potatoes or Quinoa - Nutrient-dense carb sources.

Vegetables & Fruits:

- **Frozen Mixed Veggies (Walmart) (Priority)** - Very convenient.
- Fresh Spinach, Onions, Tomatoes, Bell Peppers, Broccoli - For salads and cooking.
- Fruits like Berries, Apples, Bananas - For vitamins and natural sweetness.

Other:

- Spices and Herbs (Turmeric, Cumin, Chili, Garlic, Ginger) - To make your food taste like home!
- Low-Sodium Soy Sauce, Lemon Juice, Vinegar - For flavor without excess calories.

Day	Meal 1 (12 PM)	Meal 2 (4 PM)	Meal 3 (8 PM/post-workout)	Daily Totals
Monday (Workout)	Chicken & Avocado Tortillas <ul style="list-style-type: none"> • 224g Chicken Breast • 2 Tortillas • ½ Avocado Veggies (P:62, C:35, F:20, Cal:570)	Egg & Veggie Scramble with Rice <ul style="list-style-type: none"> • 4 Whole Eggs • 1 cup Frozen Veggies • 100g Cooked Rice • 1 tsp Olive Oil (P:30, C:33, F:25, Cal:480)	Protein Shake & Rice Cake <ul style="list-style-type: none"> • 1 scoop Protein Powder • 1 Rice Cake with Peanut Butter (P:28, C:20, F:8, Cal:260)	P:158g, C:153g, F:68g ~2,150 Kcal
Tuesday (Workout)	Chicken & Rice Bowl <ul style="list-style-type: none"> • 224g Chicken Breast • 150g Cooked Rice • 1 cup Veggies • 1 tsp Olive Oil (P:55, C:48, F:10, Cal:500)	Chicken Tortilla "Pizza" <ul style="list-style-type: none"> • 168g Chicken Breast • 2 Tortillas • ½ cup Tomato Sauce • ½ Avocado (P:54, C:38, F:20, Cal:550)	Protein Shake & Apple <ul style="list-style-type: none"> • 1 scoop Protein Powder • 1 medium Apple (P:26, C:25, F:2, Cal:220)	P:159g, C:161g, F:62g ~2,160 Kcal
Wednesday (Rest)	Large Chicken Salad <ul style="list-style-type: none"> • 224g Chicken Breast • Large bowl of Mixed Greens • ½ Avocado • 2 tbsp Olive Oil Vinaigrette (P:55, C:15, F:30, Cal:550)	Egg Scramble <ul style="list-style-type: none"> • 4 Whole Eggs • 2 cups Spinach/Veggies • 1 Tortilla on the side • 1 tsp Olive Oil (P:32, C:20, F:25, Cal:430)	Greek Yogurt <ul style="list-style-type: none"> • 1 cup Plain Greek Yogurt • Handful of Berries (P:23, C:15, F:5, Cal:200)	P:140g, C:90g, F:75g ~1,850 Kcal
Thursday (Workout)	Chicken & Veggie Stir-fry <ul style="list-style-type: none"> • 224g Chicken Breast • 150g Cooked Rice • 2 cups Veggies • 1 tbsp Soy Sauce (P:55, C:48, F:5, Cal:450)	Omelette & Avocado Toast <ul style="list-style-type: none"> • 4 Eggs • 1 Tortilla (toasted) • ½ Avocado • Veggies in omelette (P:32, C:20, F:30, Cal:480)	Protein Shake & Banana <ul style="list-style-type: none"> • 1 scoop Protein Powder • 1 medium Banana (P:26, C:27, F:2, Cal:230)	P:158g, C:155g, F:62g ~2,120 Kcal
Friday (Workout)	Chicken Burrito Bowl <ul style="list-style-type: none"> • 224g Chicken Breast • 100g Cooked Rice • Beans, Salsa, Veggies • ½ Avocado (P:58, C:45, F:20, Cal:600)	Chicken & Veggie Skewers <ul style="list-style-type: none"> • 224g Chicken Breast • Bell Peppers, Onions • 100g Cooked Rice on side • 1 tsp Olive Oil (P:55, C:33, F:10, Cal:440)	Protein Shake <ul style="list-style-type: none"> • 1 scoop Protein Powder (P:25, C:3, F:2, Cal:130)	P:163g, C:128g, F:57g ~2,100 Kcal
Saturday (Rest)	"Big Scramble" <ul style="list-style-type: none"> • 5 Whole Eggs • 112g Diced Chicken Breast • ½ Avocado • Lots of Veggies (P:55, C:15, F:35, Cal:590)	Simple Chicken & Greens <ul style="list-style-type: none"> • 168g Chicken Breast • Large Salad with 2 tbsp Olive Oil Dressing (P:42, C:5, F:20, Cal:370)	Protein Shake <ul style="list-style-type: none"> • 1 scoop Protein Powder (P:25, C:3, F:2, Cal:130)	P:147g, C:48g, F:67g ~1,810 Kcal
Sunday (Rest/Prep)	Leftover Chicken from Sat. <ul style="list-style-type: none"> • 168g Chicken Breast • with 1 Tortilla • ½ Avocado (P:48, C:20, F:20, Cal:450)	Large Omelette <ul style="list-style-type: none"> • 5 Eggs • 2 cups Veggies • 1 tsp Olive Oil (P:35, C:10, F:30, Cal:450)	Protein Shake <ul style="list-style-type: none"> • 1 scoop Protein Powder (P:25, C:3, F:2, Cal:130)	P:138g, C:68g, F:67g ~1,840 Kcal