**1. Underweight (BMI < 18.5)**

**Goal:** Increase calorie intake by prioritizing nutrient-dense foods to promote healthy weight gain.

**Sample Meal Plan:**

**Breakfast:**

* Oatmeal made with whole milk or plant-based milk, sweetened with honey and topped with sliced bananas
* A handful of nuts (such as almonds or walnuts) for additional calories

**Snack:**

* Greek yogurt topped with high-fiber granola and fresh berries

**Lunch:**

* Whole grain sandwich filled with turkey, avocado, cheese, and lettuce
* A mixed salad dressed with olive oil

**Snack:**

* Protein smoothie (protein powder, spinach, peanut butter, and banana)

**Dinner:**

* Grilled salmon served with quinoa and steamed broccoli
* A serving of mashed potatoes to increase carbohydrate intake

**2. Normal Weight (BMI 18.5 - 24.9)**

**Goal:** Maintain a healthy weight by ensuring balanced nutrition to promote overall health.

**Sample Meal Plan:**

**Breakfast:**

* Scrambled eggs with spinach and a slice of whole grain toast
* A serving of fresh fruit (such as an apple or orange)

**Snack:**

* Carrot sticks served with hummus to increase fiber intake

**Lunch:**

* Grilled chicken salad with mixed greens, cherry tomatoes, and vinaigrette
* A small portion of whole grain bread for complex carbohydrates

**Snack:**

* A piece of fruit (such as a pear) for natural sugars and fiber

**Dinner:**

* Stir-fried tofu with mixed vegetables (such as bell peppers, green beans, and carrots) and brown rice
* A serving of steamed kale to boost vitamin and mineral intake

**3. Overweight (BMI 25 - 29.9)**

**Goal:** Create a calorie deficit by choosing low-calorie yet nutrient-rich foods to promote healthy weight loss.

**Sample Meal Plan:**

**Breakfast:**

* Green smoothie (spinach, banana, almond milk)

**Snack:**

* A small handful of nuts (such as almonds) for healthy fats

**Lunch:**

* Quinoa salad with black beans, corn, diced red peppers, and lime dressing

**Snack:**

* Cucumber slices served with low-fat yogurt dip

**Dinner:**

* Baked chicken breast with roasted vegetables (such as carrots, bell peppers, and onions)
* A small portion of brown rice for complex carbohydrates

**4. Obese (BMI ≥ 30)**

**Goal:** Focus on nutrient-dense, low-calorie foods to aid in healthy weight loss.

**Sample Meal Plan:**

**Breakfast:**

* Overnight oats with chia seeds and fresh berries

**Snack:**

* Celery sticks with natural almond butter

**Lunch:**

* Lentil soup served with a light mixed green salad (with a light vinaigrette)

**Snack:**

* A small piece of fruit (such as an apple or pear) for fiber and vitamins

**Dinner:**

* Grilled fish with steamed broccoli and quinoa
* A diverse salad of non-starchy vegetables for a variety of micronutrients

**General Recommendations:**

* **Stay Hydrated:** Ensure adequate water intake throughout the day to support metabolism.
* **Portion Control:** Be mindful of portion sizes, especially for high-calorie foods, to avoid overeating.
* **Balanced Diet:** Include a variety of food groups to ensure sufficient intake of protein, carbohydrates, healthy fats, and plenty of fruits and vegetables.
* **Physical Activity:** Incorporate regular exercise suitable for individual capabilities to support a healthy lifestyle.

This meal plan is a guideline and should be adjusted based on personal health status and goals.