Meal Nutrition Analysis Report

Meal Components Identified

- Grilled Chicken Breast

- White Rice

- Avocado

- Boiled Chickpeas

- Broccoli

- Pumpkin

- Tomato, Cucumber, Beetroot, Carrot

- Leafy Greens (Spinach, Lettuce)

- Seasonings: Salt, Mixed Pepper, Black Sesame Seeds

Estimated Nutritional Chart (Per Serving)

Calories: ~500-600 kcal

Protein: ~35-40g

Carbohydrates: ~45-55g

Dietary Fiber: ~12-15g

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Fats: ~18-22g

Saturated Fats: ~3-4g

Sugars (Natural): ~6-8g

Vitamins: High (A, C, K, B6, Folate)

Minerals: High (Potassium, Iron, Magnesium, Zinc)

Health Benefits

1. High in Lean Protein - Promotes muscle repair and satiety.

2. Rich in Fiber - Improves digestion and blood sugar control.

3. Heart-Healthy Fats - Supports brain and heart function.

4. Antioxidant Rich - Protects against cell damage and inflammation.

5. Micronutrient Dense - Boosts immunity, skin health, and bone strength.

Potential Health Risks

- White Rice: High glycemic index - consider brown rice.

- Chickpeas: May cause bloating - soak and start with small portions.

- Avocado: High in fat - monitor portion sizes.

- Salt: Excess may raise blood pressure - use in moderation.

Recommendations

- Substitute white rice with brown rice or quinoa.

- Watch portion sizes to meet your goals.

- Add a simple olive oil-lemon dressing for flavor.

- Rotate protein sources like tofu or salmon.

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- Drink plenty of water to support fiber intake.