

## Meal Plan for User 201

2024-12-17: Lunch - Apple (66 kcal)

Tips for preparing Apple: Ensure proper seasoning and balanced cooking time.

2024-04-28: Lunch - Carrot (336 kcal)

Tips for preparing Carrot: Ensure proper seasoning and balanced cooking time.

2024-02-03: Snack - Green Tea (112 kcal)

Tips for preparing Green Tea: Ensure proper seasoning and balanced cooking time.

2024-05-14: Snack - Chips (426 kcal)

Tips for preparing Chips: Ensure proper seasoning and balanced cooking time.

2024-09-22: Dinner - Rice (286 kcal)

Tips for preparing Rice: Ensure proper seasoning and balanced cooking time.

## Grocery List

Apple: 1

Carrot: 1

Green Tea: 1

Chips: 1

Rice: 1