

Fitness Journey Diet Plan

BMI Category: {BMI_CATEGORY}

Weight: {WEIGHT} kg

Height: {HEIGHT} cm

BMI: {BMI_VALUE}

BMI = (WEIGHT / (HEIGHT)**2)*10000

BMI Category and Range:

- Under Weight: BMI < 18.5
- Normal Weight: 18.5 <= BMI < 24.9
- Over Weight: 24.9 <= BMI < 29.9
- Obese: BMI >= 30

{DIET_PLAN}

Underweight Diet Plan When BMI < 18.5:

Monday

- **Breakfast**: Avocado toast with poached eggs
- **Lunch**: Quinoa salad with chickpeas, cherry tomatoes, and spinach
- **Snack**: Greek yogurt with mixed berries
- **Dinner**: Grilled salmon with roasted sweet potatoes and asparagus

Tuesday

- ****Breakfast****: Smoothie bowl with banana, spinach, almond milk, and protein powder
- ****Lunch****: Lentil soup with whole grain bread
- ****Snack****: Mixed nuts and dried fruits
- ****Dinner****: Stir-fried tofu with brown rice and mixed vegetables

Wednesday

- ****Breakfast****: Whole grain pancakes with sliced bananas and honey
- ****Lunch****: Chickpea and vegetable stir-fry with quinoa
- ****Snack****: Cottage cheese with pineapple chunks
- ****Dinner****: Baked chicken breast with roasted Brussels sprouts and quinoa

Thursday

- ****Breakfast****: Scrambled eggs with spinach and whole grain toast
- ****Lunch****: Spinach and avocado salad with grilled chicken
- ****Snack****: Hummus with carrot and cucumber sticks
- ****Dinner****: Turkey chili with black beans and diced tomatoes

Friday

- ****Breakfast****: Oatmeal with almond butter, sliced apples, and cinnamon
- ****Lunch****: Whole wheat wrap with grilled vegetables and feta cheese
- ****Snack****: Protein smoothie with spinach, berries, and almond milk
- ****Dinner****: Baked cod with quinoa salad and steamed broccoli

Saturday

- ****Breakfast****: Greek yogurt parfait with granola and mixed berries
- ****Lunch****: Chickpea salad with cucumber, cherry tomatoes, and lemon-tahini dressing
- ****Snack****: Rice cakes with avocado slices and sea salt
- ****Dinner****: Grilled shrimp skewers with quinoa and roasted vegetables

Sunday

- ****Breakfast****: Breakfast burrito with scrambled eggs, black beans, and salsa
- ****Lunch****: Tuna salad with mixed greens, olives, and balsamic vinaigrette
- ****Snack****: Peanut butter on whole grain crackers
- ****Dinner****: Grilled steak with sweet potato wedges and sautéed spinach

Normal Weight Diet Plan When $18.5 \leq \text{BMI} < 24.9$:

Monday

- ****Breakfast****: Whole grain toast with smashed avocado and poached eggs
- ****Lunch****: Mixed green salad with grilled chicken, cherry tomatoes, and balsamic vinaigrette
- ****Snack****: Greek yogurt with honey and almonds
- ****Dinner****: Baked salmon with quinoa pilaf and steamed broccoli

Tuesday

- ****Breakfast****: Smoothie bowl with mixed berries, spinach, almond milk, and chia seeds
- ****Lunch****: Turkey and avocado wrap with whole wheat tortilla
- ****Snack****: Apple slices with almond butter
- ****Dinner****: Spaghetti squash with marinara sauce and turkey meatballs

Wednesday

- ****Breakfast****: Oatmeal with sliced bananas, walnuts, and a drizzle of honey
- ****Lunch****: Quinoa salad with black beans, corn, bell peppers, and lime-cilantro dressing
- ****Snack****: Cottage cheese with pineapple chunks
- ****Dinner****: Grilled chicken breast with roasted sweet potatoes and green beans

Thursday

- ****Breakfast****: Whole grain pancakes with fresh fruit and maple syrup
- ****Lunch****: Mixed bean and vegetable soup with whole grain bread
- ****Snack****: Carrot sticks with hummus
- ****Dinner****: Stir-fried tofu with brown rice and mixed vegetables

Friday

- ****Breakfast****: Scrambled eggs with spinach, tomatoes, and feta cheese
- ****Lunch****: Greek salad with cucumber, olives, feta cheese, and lemon-oregano dressing
- ****Snack****: Protein smoothie with banana, spinach, protein powder, and almond milk
- ****Dinner****: Baked cod with quinoa salad and roasted Brussels sprouts

Saturday

- ****Breakfast****: Whole grain waffles with mixed berries and Greek yogurt
- ****Lunch****: Veggie wrap with hummus, avocado, lettuce, and tomato in a whole wheat tortilla
- ****Snack****: Trail mix with nuts, seeds, and dried fruits
- ****Dinner****: Grilled shrimp skewers with couscous and grilled zucchini

Sunday

- ****Breakfast****: Breakfast burrito with scrambled eggs, black beans, cheese, and salsa
- ****Lunch****: Caprese salad with fresh mozzarella, tomatoes, basil, and balsamic glaze
- ****Snack****: Cottage cheese with sliced peaches
- ****Dinner****: Grilled steak with quinoa tabbouleh and steamed asparagus

Overweight Diet Plan When $24.9 \leq \text{BMI} < 29.9$:

Monday

- ****Breakfast****: Scrambled eggs with spinach and whole grain toast
- ****Lunch****: Chicken and vegetable stir-fry with brown rice

- ****Snack****: Greek yogurt with mixed berries
- ****Dinner****: Baked salmon with quinoa and steamed broccoli

Tuesday

- ****Breakfast****: Protein smoothie with spinach, banana, almond milk, and protein powder
- ****Lunch****: Turkey and avocado salad with mixed greens and balsamic vinaigrette
- ****Snack****: Carrot sticks with hummus
- ****Dinner****: Spaghetti squash with turkey bolognese sauce

Wednesday

- ****Breakfast****: Whole grain toast with avocado and sliced tomatoes
- ****Lunch****: Lentil soup with a side of whole grain bread
- ****Snack****: Cottage cheese with pineapple chunks
- ****Dinner****: Grilled chicken breast with roasted sweet potatoes and green beans

Thursday

- ****Breakfast****: Greek yogurt parfait with granola and mixed berries
- ****Lunch****: Whole wheat wrap with grilled chicken, lettuce, tomato, and mustard
- ****Snack****: Protein bar with nuts and dried fruits
- ****Dinner****: Baked cod with quinoa pilaf and steamed asparagus

Friday

- ****Breakfast****: Oatmeal with sliced almonds, cinnamon, and sliced banana
- ****Lunch****: Spinach and feta stuffed chicken breast with roasted vegetables
- ****Snack****: Apple slices with almond butter
- ****Dinner****: Stir-fried tofu with brown rice and mixed vegetables

Saturday

- ****Breakfast****: Whole grain pancakes with fresh fruit and a drizzle of honey

- ****Lunch****: Grilled vegetable and black bean salad with avocado and lime dressing
- ****Snack****: Mixed nuts and dried fruits
- ****Dinner****: Grilled shrimp skewers with quinoa and roasted vegetables

Sunday

- ****Breakfast****: Scrambled eggs with spinach and whole grain toast
- ****Lunch****: Greek salad with grilled chicken, olives, feta cheese, and Greek dressing
- ****Snack****: Cottage cheese with sliced peaches
- ****Dinner****: Baked turkey meatballs with marinara sauce and spaghetti squash

Obese Diet Plan When BMI ≥ 30 :

Monday

- ****Breakfast****: Veggie omelet with mushrooms, bell peppers, and onions
- ****Lunch****: Grilled chicken salad with mixed greens, tomatoes, and cucumbers
- ****Snack****: Greek yogurt with mixed berries
- ****Dinner****: Baked salmon with quinoa pilaf and steamed broccoli

Tuesday

- ****Breakfast****: Protein smoothie with spinach, banana, almond milk, and protein powder
- ****Lunch****: Turkey and vegetable stir-fry with brown rice
- ****Snack****: Carrot sticks with hummus
- ****Dinner****: Spaghetti squash with turkey bolognese sauce

Wednesday

- ****Breakfast****: Whole grain toast with smashed avocado and poached eggs
- ****Lunch****: Lentil soup with a side of whole grain bread
- ****Snack****: Cottage cheese with pineapple chunks

- ****Dinner****: Grilled chicken breast with roasted sweet potatoes and green beans

Thursday

- ****Breakfast****: Greek yogurt parfait with granola and mixed berries
- ****Lunch****: Whole wheat wrap with grilled chicken, lettuce, tomato, and mustard
- ****Snack****: Protein bar with nuts and dried fruits
- ****Dinner****: Baked cod with quinoa pilaf and steamed asparagus

Friday

- ****Breakfast****: Oatmeal with sliced almonds, cinnamon, and sliced banana
- ****Lunch****: Spinach and feta stuffed chicken breast with roasted vegetables
- ****Snack****: Apple slices with almond butter
- ****Dinner****: Stir-fried tofu with brown rice and mixed vegetables

Saturday

- ****Breakfast****: Whole grain pancakes with fresh fruit and a drizzle of honey
- ****Lunch****: Grilled vegetable and black bean salad with avocado and lime dressing
- ****Snack****: Mixed nuts and dried fruits
- ****Dinner****: Grilled shrimp skewers with quinoa and roasted vegetables

Sunday

- ****Breakfast****: Scrambled eggs with spinach and whole grain toast
- ****Lunch****: Greek salad with grilled chicken, olives, feta cheese, and Greek dressing
- ****Snack****: Cottage cheese with sliced peaches
- ****Dinner****: Baked turkey meatballs with marinara sauce and spaghetti squash

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