

Daily Caloric Intake:

- * **Total Calories:** 3000 kcal/day

Meal Plan:

Breakfast:

- * **Food:** Whole grain pancakes with banana and almonds, topped with honey
- * **Calories:** 500 kcal
- * **Notes:** Use almond flour for pancakes for added protein.

Snack (Morning):

- * **Food:** Greek yogurt parfait with mixed berries and granola
- * **Calories:** 350 kcal
- * **Notes:** Choose full-fat Greek yogurt for added calories and protein.

Lunch:

- * **Food:** Grilled chicken breast, quinoa, roasted sweet potatoes, and steamed broccoli
- * **Calories:** 700 kcal
- * **Notes:** Use olive oil and herbs for seasoning. Include a side salad with avocado.

Snack (Afternoon):

- * **Food:** Protein smoothie (whey protein, spinach, banana, almond milk, peanut butter)
- * **Calories:** 400 kcal
- * **Notes:** Blend with ice for a refreshing drink.

Dinner:

- * **Food:** Baked salmon, brown rice, grilled asparagus, and a mixed greens salad
- * **Calories:** 800 kcal
- * **Notes:** Salmon provides healthy fats and protein. Dress the salad with olive oil.

Evening Snack:

- * **Food:** Cottage cheese with pineapple chunks and a handful of walnuts
- * **Calories:** 250 kcal
- * **Notes:** Cottage cheese is a good source of casein protein.