



# DNA Diet Club

## 30-Day Personalized Diet Plan

### Patient Information

Name: John Doe  
Current Weight: 185.00 lbs  
Body Fat: 22.0%

Age: 32  
Goal Weight: 170.00 lbs  
Goal Body Fat: 15.0%

### Plan Overview

This 30-day diet plan is designed for John Doe, focusing on a gluten-free, low-carb Mediterranean approach with intermittent fasting to help him reach his weight and body fat goals. The plan emphasizes lean protein, excludes processed foods, and is tailored for quick preparation while considering seasonal ingredients. The plan includes diverse meal options to maintain interest and nutritional balance, with weekly themes to guide dietary focus and variety.

### Ø<ß Breakfast Options

#### 1. Avocado and Egg Toast

250 calories • 10 minutes

A simple yet nutritious breakfast with avocado and eggs on gluten-free toast.

#### 2. Greek Yogurt Parfait

200 calories • 5 minutes

A layered parfait of Greek yogurt, berries, and nuts for a quick and nutritious start.

#### 3. Chia Seed Pudding

220 calories • 5 minutes (plus overnight soaking)

A make-ahead breakfast rich in omega-3s and fiber.

### Ø<ß Lunch Options

#### 1. Grilled Chicken Salad

350 calories • 20 minutes

A refreshing salad with grilled chicken, vegetables, and a simple vinaigrette.

## 2. Tuna and Avocado Wrap

300 calories • 10 minutes

A quick and nutritious wrap using gluten-free tortillas.

## 3. Quinoa and Black Bean Bowl

320 calories • 15 minutes

A hearty bowl packed with protein and fiber.

# ð<ß Dinner Options

## 1. Grilled Salmon with Asparagus

380 calories • 20 minutes

A simple and healthy dinner featuring omega-3 rich salmon and seasonal asparagus.

## 2. Beef and Broccoli Stir-Fry

350 calories • 20 minutes

A quick and flavorful stir-fry with lean beef and seasonal broccoli.

## 3. Roasted Chicken with Mediterranean Vegetables

400 calories • 35 minutes

A hearty dinner featuring roasted chicken and seasonal Mediterranean vegetables.

# ð=ÜÖ Complete Recipe Collection

## All Breakfast Recipes

## 1. Avocado and Egg Toast

250 calories • 10 minutes

A simple yet nutritious breakfast with avocado and eggs on gluten-free toast.

Ingredients:

- 1 slice gluten-free bread
- 1/2 avocado
- 1 large egg
- Salt and pepper to taste

## 2. Greek Yogurt Parfait

200 calories • 5 minutes

A layered parfait of Greek yogurt, berries, and nuts for a quick and nutritious start.

Ingredients:

- 1 cup Greek yogurt
- 1/2 cup mixed berries
- 1 tbsp chopped nuts
- 1 tsp honey

### 3. Chia Seed Pudding

220 calories • 5 minutes (plus overnight soaking)

A make-ahead breakfast rich in omega-3s and fiber.

Ingredients:

- 3 tbsp chia seeds
- 1 cup almond milk
- 1 tsp vanilla extract
- 1 tbsp maple syrup
- Fresh fruit for topping

## All Lunch Recipes

### 1. Grilled Chicken Salad

350 calories • 20 minutes

A refreshing salad with grilled chicken, vegetables, and a simple vinaigrette.

Ingredients:

- 6 oz grilled chicken breast
- 2 cups mixed greens
- 1/2 cup cherry tomatoes
- 1/4 cucumber, sliced
- 2 tbsp olive oil

### 2. Tuna and Avocado Wrap

300 calories • 10 minutes

A quick and nutritious wrap using gluten-free tortillas.

Ingredients:

- 1 gluten-free tortilla
- 1 can tuna, drained
- 1/2 avocado, mashed
- 1/4 cup diced red onion
- 1/4 cup diced celery

### 3. Quinoa and Black Bean Bowl

320 calories • 15 minutes

A hearty bowl packed with protein and fiber.

Ingredients:

- 1/2 cup cooked quinoa
- 1/2 cup black beans, rinsed
- 1/4 cup diced bell pepper
- 1/4 cup diced red onion
- 1 tbsp olive oil

## All Dinner Recipes

### 1. Grilled Salmon with Asparagus

380 calories • 20 minutes

A simple and healthy dinner featuring omega-3 rich salmon and seasonal asparagus.

Ingredients:

- 6 oz salmon fillet
- 1 cup asparagus, trimmed
- 1 tbsp olive oil
- 1 clove garlic, minced
- Salt and pepper to taste

## 2. Beef and Broccoli Stir-Fry

350 calories • 20 minutes

A quick and flavorful stir-fry with lean beef and seasonal broccoli.

Ingredients:

- 6 oz lean beef, thinly sliced
- 1 cup broccoli florets
- 1 tbsp coconut aminos
- 1 tbsp olive oil
- 1 clove garlic, minced

## 3. Roasted Chicken with Mediterranean Vegetables

400 calories • 35 minutes

A hearty dinner featuring roasted chicken and seasonal Mediterranean vegetables.

Ingredients:

- 6 oz chicken breast
- 1 cup zucchini, sliced
- 1 cup cherry tomatoes
- 1/2 cup red onion, sliced
- 1 tbsp olive oil

## 🛒 Shopping List

- Produce: Avocados, Mixed berries, Fresh fruit, Mixed greens, Cherry tomatoes, Cucumbers, Bell peppers, Red onions, Asparagus
- Proteins: Eggs, Greek yogurt, Chicken breasts, Tuna, Salmon, Lean beef
- Dairy Alternatives: Almond milk
- Grains: Gluten-free bread, Quinoa, Gluten-free tortillas
- Condiments: Olive oil, Balsamic vinegar, Lemon juice, Lime juice, Honey, Maple syrup, Coconut aminos
- Spices and Herbs: Salt, Pepper, Vanilla extract, Garlic, Ginger, Dried oregano, Cilantro
- Seeds and Nuts: Chia seeds, Chopped nuts
- Canned Goods: Black beans