



Personalized Nutrition & Body Composition Planning

AI MEAL PLAN

Personalized Nutrition Strategy

PLAN DETAILS

Generated: July 12, 2025

Average Daily Calories: 1416

Average Daily Protein: 137.3g

Average Daily Carbohydrates: 93.8g

Average Daily Fat: 54.8g

DIETARY PREFERENCES

DAILY MEAL PLAN

FIRST MEAL OF DAY

First Meal of Day

Time: 12:00 | Context: Home Cooking

Calories: 503

Protein: 53.0g

Carbs: 31.0g

Fat: 17.0g

INGREDIENTS:

- 150g Grilled Chicken Breast
- 100g Quinoa
- 100g Spinach
- 10g Olive Oil
- 50g Carrots
- 10g Lemon Juice

INSTRUCTIONS:

1. Grill the chicken breast seasoned with salt, black pepper, and garlic powder
2. Cook quinoa according to package instructions
3. Sauté spinach and carrots in olive oil until tender
4. Serve chicken over quinoa with sautéed vegetables and a squeeze of lemon juice.

SECOND MEAL OF DAY

Second Meal of Day

Time: 18:00 | Context: Home Cooking

Calories: 480

Protein: 46.0g

Carbs: 35.0g

Fat: 17.0g

INGREDIENTS:

- 150g Salmon Fillet
- 100g Brown Rice
- 100g Broccoli
- 5g Butter
- 50g Bell Peppers
- 1g Oregano

INSTRUCTIONS:

1. Season salmon with salt, pepper, and oregano, then bake at 180°C for 12-15 minutes
2. Cook brown rice as per package instructions
3. Steam broccoli and bell peppers
4. Serve salmon with rice and vegetables, topped with melted butter.

FIRST SNACK OF DAY

First Snack of Day

Time: 15:00 | Context: Healthy Snack

Calories: 236

Protein: 23.0g

Carbs: 18.0g

Fat: 12.0g

INGREDIENTS:

- 200g Greek Yogurt
- 15g Almonds
- 50g Blueberries

INSTRUCTIONS:

1. Mix Greek yogurt with almonds and blueberries for a quick, nutritious snack.

SECOND SNACK OF DAY

Second Snack of Day

Time: 21:00 | Context: Healthy Snack

Calories: 255

Protein: 26.0g

Carbs: 13.0g

Fat: 10.0g

INGREDIENTS:

- 100g Turkey Slices
- 50g Avocado
- 2 cakes Rice Cakes

INSTRUCTIONS:

1. Top rice cakes with turkey slices and avocado for a satisfying snack.

FIRST MEAL OF DAY

First Meal of Day

Personalized Nutrition & Body Composition Planning

Time: 12:00 | Context: Home Cooking

Calories: 504**Protein: 53.0g****Carbs: 31.0g****Fat: 17.0g****INGREDIENTS:**

- 150g Grilled Chicken Breast
- 100g Quinoa
- 100g Spinach
- 10g Olive Oil
- 50g Carrots
- 15ml Lemon Juice

INSTRUCTIONS:

1. Grill the chicken breast seasoned with salt, pepper, and garlic powder
2. Cook quinoa according to package instructions
3. Sauté spinach and carrots in olive oil, adding lemon juice for flavor
4. Serve chicken over quinoa with sautéed vegetables.

SECOND MEAL OF DAY

Second Meal of Day

Time: 12:00 | Context: Home Cooking

Calories: 547**Protein: 47.0g****Carbs: 36.0g****Fat: 23.0g****INGREDIENTS:**

- 150g Lean Ground Beef
- 100g White Rice
- 100g Bell Peppers
- 5g Coconut Oil
- 1 tsp Garlic Powder

INSTRUCTIONS:

1. Brown the ground beef in coconut oil with garlic powder
2. Cook white rice according to package instructions
3. Sauté bell peppers until tender
4. Serve beef over rice with bell peppers.

FIRST SNACK OF DAY

First Snack of Day

Time: 12:00 | Context: Healthy Snack

Calories: 237

Protein: 23.0g

Carbs: 19.0g

Fat: 8.0g

INGREDIENTS:

- 200g Greek Yogurt
- 15g Almonds
- 50g Blueberries

INSTRUCTIONS:

1. Mix Greek yogurt with almonds and blueberries for a quick snack.

SECOND SNACK OF DAY

Second Snack of Day

Time: 12:00 | Context: Healthy Snack

Calories: 237

Protein: 31.0g

Carbs: 10.0g

Fat: 9.0g

INGREDIENTS:

- 100g Turkey Slices
- 50g Avocado
- 2 cakes Rice Cakes

INSTRUCTIONS:

1. Top rice cakes with turkey slices and avocado for a satisfying snack.

FIRST MEAL OF DAY

First Meal of Day

Time: 12:00 | Context: Home Cooking

Calories: 503

Protein: 53.0g

Carbs: 31.0g

Fat: 17.0g

INGREDIENTS:

- 150g Grilled Chicken Breast
- 100g Quinoa
- 100g Spinach
- 10g Olive Oil
- 50g Carrots
- 10ml Lemon Juice

INSTRUCTIONS:

1. 1
2. Season chicken with salt, pepper, and garlic powder
3. 2
4. Grill chicken on medium heat for 6-7 minutes each side
5. 3
6. Cook quinoa according to package instructions
7. 4
8. Sauté spinach in olive oil for 2-3 minutes
9. 5
10. Serve chicken with quinoa, spinach, and sliced carrots
11. Drizzle with lemon juice.

SECOND MEAL OF DAY

Second Meal of Day

Time: 18:00 | Context: Home Cooking

Calories: 477

Protein: 46.0g

Carbs: 33.0g

Fat: 17.0g

INGREDIENTS:

- 150g Salmon Fillet
- 100g Brown Rice
- 100g Broccoli
- 5g Butter
- 50g Bell Peppers

INSTRUCTIONS:

1. 1
2. Preheat oven to 180°C (350°F)
3. 2
4. Season salmon with salt, pepper, and oregano
5. 3
6. Bake salmon for 12-15 minutes
7. 4
8. Cook brown rice as per package instructions

9. 5

10. Steam broccoli and bell peppers for 5 minutes

11. 6

12. Serve salmon with rice and vegetables, topped with melted butter.

FIRST SNACK OF DAY

First Snack of Day

Time: 15:00 | Context: Healthy Snack

Calories: 245**Protein: 14.0g****Carbs: 19.0g****Fat: 15.0g****INGREDIENTS:**

- 150g Greek Yogurt
- 20g Almonds
- 50g Blueberries

INSTRUCTIONS:

1. 1
2. Mix Greek yogurt with almonds and blueberries
3. 2
4. Serve chilled.

SECOND SNACK OF DAY

Second Snack of Day

Time: 20:00 | Context: Healthy Snack

Calories: 237**Protein: 31.0g****Carbs: 9.0g****Fat: 9.0g****INGREDIENTS:**

- 100g Turkey Slices
- 50g Avocado
- 2 pieces Rice Cakes

INSTRUCTIONS:

1. 1
2. Top rice cakes with turkey slices and avocado
3. 2
4. Season with salt and pepper

5. 3
6. Serve immediately.

FIRST MEAL OF DAY

First Meal of Day

Time: 12:00 | Context: Home Cooking

Calories: 500

Protein: 53.0g

Carbs: 30.0g

Fat: 17.0g

INGREDIENTS:

- 150g Grilled Chicken Breast
- 100g Quinoa
- 100g Spinach
- 10g Olive Oil
- 50g Carrots

INSTRUCTIONS:

1. Season chicken with salt, pepper, and garlic powder
2. Grill chicken for 6-7 minutes on each side
3. Cook quinoa according to package instructions
4. Sauté spinach and carrots in olive oil for 3-4 minutes
5. Serve chicken over quinoa with sautéed vegetables.

SECOND MEAL OF DAY

Second Meal of Day

Time: 18:00 | Context: Home Cooking

Calories: 463

Protein: 47.0g

Carbs: 33.0g

Fat: 18.0g

INGREDIENTS:

- 150g Ground Turkey
- 100g Brown Rice
- 100g Bell Peppers
- 50g Avocado
- 5g Coconut Oil

INSTRUCTIONS:

1. Cook ground turkey in coconut oil until browned

2. Cook brown rice as per instructions
3. Sauté bell peppers until soft
4. Serve turkey over rice with bell peppers and sliced avocado.

FIRST SNACK OF DAY

First Snack of Day

Time: 15:00 | Context: Healthy Snack

Calories: 235

Protein: 23.0g

Carbs: 18.0g

Fat: 8.0g

INGREDIENTS:

- 200g Greek Yogurt
- 15g Almonds
- 50g Blueberries

INSTRUCTIONS:

1. Mix Greek yogurt with almonds and blueberries
2. Serve chilled.

SECOND SNACK OF DAY

Second Snack of Day

Time: 21:00 | Context: Healthy Snack

Calories: 268

Protein: 27.0g

Carbs: 28.0g

Fat: 7.0g

INGREDIENTS:

- 1 scoop Protein Shake
- 100g Banana
- 10g Peanut Butter

INSTRUCTIONS:

1. Blend protein powder with banana and peanut butter
2. Serve immediately.

FIRST MEAL OF DAY

First Meal of Day

Time: 12:00 | Context: Home Cooking

Calories: 438

Protein: 37.5g

Carbs: 32.0g

Fat: 16.1g

INGREDIENTS:

- 150g Chicken Breast
- 50g Quinoa
- 10g Olive Oil

INSTRUCTIONS:

1. Cook quinoa according to package instructions
2. Season chicken breast with salt, black pepper, and garlic powder
3. Heat olive oil in a pan over medium heat, cook chicken until fully cooked
4. Serve chicken over quinoa.

SECOND MEAL OF DAY

Second Meal of Day

Time: 12:00 | Context: Home Cooking

Calories: 496

Protein: 34.0g

Carbs: 38.0g

Fat: 23.5g

INGREDIENTS:

- 150g Salmon
- 50g Brown Rice
- 5g Butter

INSTRUCTIONS:

1. Cook brown rice according to package instructions
2. Season salmon with salt, black pepper, and oregano
3. Heat butter in a pan over medium heat, cook salmon until done
4. Serve salmon with brown rice.

FIRST SNACK OF DAY

First Snack of Day

Time: 12:00 | Context: Healthy Snack

Calories: 187**Protein: 20.0g****Carbs: 9.0g****Fat: 7.5g****INGREDIENTS:**

- 150g Greek Yogurt
- 15g Almonds

INSTRUCTIONS:

1. Mix Greek yogurt with almonds for a quick snack.

SECOND SNACK OF DAY

Second Snack of Day

Time: 12:00 | Context: Healthy Snack

Calories: 215**Protein: 30.0g****Carbs: 4.0g****Fat: 8.0g****INGREDIENTS:**

- 100g Turkey Slices
- 50g Avocado

INSTRUCTIONS:

1. Roll turkey slices with avocado slices for a savory snack.

FIRST MEAL OF DAY

First Meal of Day

Time: 12:00 | Context: Home Cooking

Calories: 450**Protein: 39.0g****Carbs: 34.0g****Fat: 16.3g****INGREDIENTS:**

- 150g Chicken Breast
- 50g Quinoa
- 10g Olive Oil
- 50g Spinach

INSTRUCTIONS:

1. 1

2. Cook quinoa according to package instructions
3. 2
4. Heat olive oil in a pan over medium heat
5. 3
6. Add chicken breast and cook until golden brown and cooked through, about 6-7 minutes per side
7. 4
8. Add spinach to the pan and sauté until wilted
9. 5
10. Serve chicken and spinach over quinoa.

SECOND MEAL OF DAY

Second Meal of Day

Time: 18:00 | Context: Home Cooking

Calories: 494

Protein: 36.8g

Carbs: 44.6g

Fat: 19.9g

INGREDIENTS:

- 150g Salmon
- 50g Brown Rice
- 100g Broccoli

INSTRUCTIONS:

1. 1
2. Cook brown rice according to package instructions
3. 2
4. Preheat oven to 200°C (400°F)
5. 3
6. Place salmon on a baking sheet, season with salt, pepper, and garlic powder
7. 4
8. Bake for 12-15 minutes until cooked through
9. 5
10. Steam broccoli until tender
11. 6
12. Serve salmon with brown rice and broccoli.

FIRST SNACK OF DAY

First Snack of Day

Time: 15:00 | Context: Healthy Snack

Calories: 187

Protein: 20.0g

Carbs: 9.0g

Fat: 7.9g

INGREDIENTS:

- 150g Greek Yogurt
- 15g Almonds

INSTRUCTIONS:

1. 1
2. Mix Greek yogurt with almonds
3. 2
4. Serve chilled.

SECOND SNACK OF DAY

Second Snack of Day

Time: 21:00 | Context: Healthy Snack

Calories: 215

Protein: 31.0g

Carbs: 4.0g

Fat: 9.0g

INGREDIENTS:

- 100g Turkey Slices
- 50g Avocado

INSTRUCTIONS:

1. 1
2. Slice avocado and serve with turkey slices.

FIRST MEAL OF DAY

First Meal of Day

Time: 12:00 | Context: Home Cooking

Calories: 438

Protein: 37.5g

Carbs: 32.0g

Fat: 16.1g

INGREDIENTS:

- 150g Chicken Breast
- 50g Quinoa
- 10g Olive Oil

INSTRUCTIONS:

1. 1
2. Cook quinoa according to package instructions

3. 2
4. Season chicken breast with salt, black pepper, and garlic powder
5. 3
6. Heat olive oil in a pan over medium heat and cook chicken until golden brown and cooked through
7. 4
8. Serve chicken over quinoa.

SECOND MEAL OF DAY

Second Meal of Day

Time: 12:00 | Context: Home Cooking

Calories: 472

Protein: 35.5g

Carbs: 40.0g

Fat: 19.7g

INGREDIENTS:

- 150g Salmon
- 50g Brown Rice
- 50g Spinach

INSTRUCTIONS:

1. 1
2. Cook brown rice according to package instructions
3. 2
4. Season salmon with salt, black pepper, and oregano
5. 3
6. Grill salmon until cooked through
7. 4
8. Sauté spinach in a pan with a little olive oil until wilted
9. 5
10. Serve salmon with brown rice and spinach.

FIRST SNACK OF DAY

First Snack of Day

Time: 12:00 | Context: Healthy Snack

Calories: 187

Protein: 13.0g

Carbs: 8.0g

Fat: 12.5g

INGREDIENTS:

- 150g Greek Yogurt
- 15g Almonds

INSTRUCTIONS:

1. 1
2. Mix Greek yogurt with almonds
3. 2
4. Enjoy as a quick snack.

SECOND SNACK OF DAY

Second Snack of Day

Time: 12:00 | Context: Healthy Snack

Calories: 204

Protein: 31.1g

Carbs: 8.0g

Fat: 6.1g

INGREDIENTS:

- 100g Turkey Slices
- 50g Carrot Sticks
- 30g Avocado

INSTRUCTIONS:

1. 1
2. Roll turkey slices with avocado inside
3. 2
4. Serve with carrot sticks on the side.

GROCERY LIST

- Almonds: 15g, 15g, 20g, 15g, 15g, 15g, 15g
- Avocado: 50g, 50g, 50g, 50g, 50g, 50g, 30g
- Banana: 100g
- Bell Peppers: 50g, 100g, 50g, 100g
- Blueberries: 50g, 50g, 50g, 50g
- Broccoli: 100g, 100g, 100g
- Brown Rice: 100g, 100g, 100g, 50g, 50g, 50g
- Butter: 5g, 5g, 5g
- Carrot Sticks: 50g
- Carrots: 50g, 50g, 50g, 50g
- Chicken Breast: 150g, 150g, 150g
- Coconut Oil: 5g, 5g
- Garlic Powder: 1 tsp
- Greek Yogurt: 200g, 200g, 150g, 200g, 150g, 150g, 150g
- Grilled Chicken Breast: 150g, 150g, 150g, 150g
- Ground Turkey: 150g
- Lean Ground Beef: 150g
- Lemon Juice: 10g, 15ml, 10ml
- Olive Oil: 10g, 10g, 10g, 10g, 10g, 10g
- Oregano: 1g
- Peanut Butter: 10g
- Protein Shake: 1 scoop
- Quinoa: 100g, 100g, 100g, 100g, 50g, 50g, 50g
- Rice Cakes: 2 cakes, 2 cakes, 2 pieces
- Salmon: 150g, 150g, 150g
- Salmon Fillet: 150g, 150g
- Spinach: 100g, 100g, 100g, 100g, 50g, 50g
- Turkey Slices: 100g, 100g, 100g, 100g, 100g, 100g
- White Rice: 100g