

AI MEAL PLAN

Personalized Nutrition Strategy

PLAN DETAILS

Generated: August 03, 2025

Average Daily Calories: 279

Average Daily Protein: 21.9g

Average Daily Carbohydrates: 18.2g

Average Daily Fat: 13.8g

DIETARY PREFERENCES

- Gluten-Free

DAILY MEAL PLAN

MONDAY

MONDAY - MEAL 1

Time: 7:30 AM | Context: Breakfast

Calories: 484

Protein: 49.0g

Carbs: 26.6g

Fat: 19.8g

INGREDIENTS:

- 150g Chicken Breast
- 100g cooked Brown Rice
- 100g Spinach
- 1 tbsp Olive Oil

INSTRUCTIONS:

1. Prepare chicken breast by grilling or baking until cooked through
2. Cook brown rice according to package instructions
3. Steam or saute spinach until tender
4. Combine all ingredients and drizzle with olive oil
5. Season with herbs and spices to taste

MONDAY - MEAL 2

Time: 12:30 PM | Context: Lunch

Calories: 533

Protein: 35.2g

Carbs: 35.0g

Fat: 29.3g

INGREDIENTS:

- 120g Salmon
- 80g cooked Quinoa
- 150g Broccoli
- 30g Almonds

INSTRUCTIONS:

1. Prepare salmon by grilling or baking until cooked through
2. Cook quinoa according to package instructions

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3. Steam or saute broccoli until tender
4. Combine all ingredients and drizzle with almonds
5. Season with herbs and spices to taste

MONDAY - MEAL 3

Time: 6:30 PM | Context: Dinner

Calories: 469

Protein: 25.3g

Carbs: 46.0g

Fat: 22.4g

INGREDIENTS:

- 100g Ground Turkey
- 150g Sweet Potato
- 100g Bell Peppers
- 100g Avocado

INSTRUCTIONS:

1. Prepare ground turkey by grilling or baking until cooked through
2. Cook sweet potato according to package instructions
3. Steam or saute bell peppers until tender
4. Combine all ingredients and drizzle with avocado
5. Season with herbs and spices to taste

MONDAY - SNACK 1

Time: 10:00 AM | Context: Morning Snack

Calories: 313

Protein: 18.0g

Carbs: 7.0g

Fat: 25.0g

INGREDIENTS:

- 2 large Eggs
- 30g Almonds

INSTRUCTIONS:

1. Hard boil eggs and serve with almonds

MONDAY - SNACK 2

Time: 3:30 PM | Context: Afternoon Snack

Calories: 153

Protein: 25.9g

Carbs: 12.6g

Fat: 0.4g

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INGREDIENTS:

- 200g Greek Yogurt
- 100g Spinach

INSTRUCTIONS:

1. Blend Greek yogurt with spinach for a nutritious smoothie

TUESDAY

TUESDAY - MEAL 1

Time: 7:30 AM | Context: Breakfast

Calories: 484

Protein: 49.0g

Carbs: 26.6g

Fat: 19.8g

INGREDIENTS:

- 150g Chicken Breast
- 100g cooked Brown Rice
- 100g Spinach
- 1 tbsp Olive Oil

INSTRUCTIONS:

1. Prepare chicken breast by grilling or baking until cooked through
2. Cook brown rice according to package instructions
3. Steam or saute spinach until tender
4. Combine all ingredients and drizzle with olive oil
5. Season with herbs and spices to taste

TUESDAY - MEAL 2

Time: 12:30 PM | Context: Lunch

Calories: 533

Protein: 35.2g

Carbs: 35.0g

Fat: 29.3g

INGREDIENTS:

- 120g Salmon
- 80g cooked Quinoa
- 150g Broccoli

Personalized Nutrition & Body Composition Planning

- 30g Almonds

INSTRUCTIONS:

1. Prepare salmon by grilling or baking until cooked through
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INSTRUCTIONS:

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TUESDAY - SNACK 2

Personalized Nutrition & Body Composition Planning

Time: 3:30 PM | Context: Afternoon Snack

Calories: 153

Protein: 25.9g

Carbs: 12.6g

Fat: 0.4g

INGREDIENTS:

- 200g Greek Yogurt
- 100g Spinach

INSTRUCTIONS:

1. Blend Greek yogurt with spinach for a nutritious smoothie

WEDNESDAY

WEDNESDAY - MEAL 1

Time: 7:30 AM | Context: Breakfast

Calories: 484

Protein: 49.0g

Carbs: 26.6g

Fat: 19.8g

INGREDIENTS:

- 150g Chicken Breast
- 100g cooked Brown Rice
- 100g Spinach
- 1 tbsp Olive Oil

INSTRUCTIONS:

1. Prepare chicken breast by grilling or baking until cooked through
2. Cook brown rice according to package instructions
3. Steam or saute spinach until tender
4. Combine all ingredients and drizzle with olive oil
5. Season with herbs and spices to taste

WEDNESDAY - MEAL 2

Time: 12:30 PM | Context: Lunch

Calories: 533

Protein: 35.2g

Carbs: 35.0g

Fat: 29.3g

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INGREDIENTS:

- 120g Salmon
- 80g cooked Quinoa
- 150g Broccoli
- 30g Almonds

INSTRUCTIONS:

1. Prepare salmon by grilling or baking until cooked through
2. Cook quinoa according to package instructions
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WEDNESDAY - MEAL 3

Time: 6:30 PM | Context: Dinner

Calories: 469

Protein: 25.3g

Carbs: 46.0g

Fat: 22.4g

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WEDNESDAY - SNACK 2

Time: 3:30 PM | Context: Afternoon Snack

Calories: 153

Protein: 25.9g

Carbs: 12.6g

Fat: 0.4g

INGREDIENTS:

- 200g Greek Yogurt
- 100g Spinach

INSTRUCTIONS:

1. Blend Greek yogurt with spinach for a nutritious smoothie

THURSDAY

THURSDAY - MEAL 1

Time: 7:30 AM | Context: Breakfast

Calories: 484

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Carbs: 26.6g

Fat: 19.8g

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5. Season with herbs and spices to taste

THURSDAY - MEAL 2

Personalized Nutrition & Body Composition Planning

Time: 12:30 PM | Context: Lunch

Calories: 533

Protein: 35.2g

Carbs: 35.0g

Fat: 29.3g

INGREDIENTS:

- 120g Salmon
- 80g cooked Quinoa
- 150g Broccoli
- 30g Almonds

INSTRUCTIONS:

1. Prepare salmon by grilling or baking until cooked through
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INSTRUCTIONS:

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THURSDAY - SNACK 2

Time: 3:30 PM | Context: Afternoon Snack

Calories: 153

Protein: 25.9g

Carbs: 12.6g

Fat: 0.4g

INGREDIENTS:

- 200g Greek Yogurt
- 100g Spinach

INSTRUCTIONS:

1. Blend Greek yogurt with spinach for a nutritious smoothie

FRIDAY

FRIDAY - MEAL 1

Time: 7:30 AM | Context: Breakfast

Calories: 484

Protein: 49.0g

Carbs: 26.6g

Fat: 19.8g

INGREDIENTS:

- 150g Chicken Breast
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- 100g Spinach
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5. Season with herbs and spices to taste

FRIDAY - MEAL 2

Time: 12:30 PM | Context: Lunch

Calories: 533

Protein: 35.2g

Carbs: 35.0g

Fat: 29.3g

INGREDIENTS:

- 120g Salmon
- 80g cooked Quinoa
- 150g Broccoli
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FRIDAY - SNACK 2

Time: 3:30 PM | Context: Afternoon Snack

Calories: 153

Protein: 25.9g

Carbs: 12.6g

Fat: 0.4g

INGREDIENTS:

- 200g Greek Yogurt
- 100g Spinach

INSTRUCTIONS:

1. Blend Greek yogurt with spinach for a nutritious smoothie

SATURDAY

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Personalized Nutrition & Body Composition Planning

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SATURDAY - SNACK 2

Time: 3:30 PM | Context: Afternoon Snack

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Carbs: 12.6g

Fat: 0.4g

INGREDIENTS:

- 200g Greek Yogurt
- 100g Spinach

INSTRUCTIONS:

1. Blend Greek yogurt with spinach for a nutritious smoothie

SUNDAY

SUNDAY - MEAL 1

Time: 7:30 AM | Context: Breakfast

Calories: 484

Protein: 49.0g

Carbs: 26.6g

Fat: 19.8g

Personalized Nutrition & Body Composition Planning

INGREDIENTS:

- 150g Chicken Breast
- 100g cooked Brown Rice
- 100g Spinach
- 1 tbsp Olive Oil

INSTRUCTIONS:

1. Prepare chicken breast by grilling or baking until cooked through
2. Cook brown rice according to package instructions
3. Steam or saute spinach until tender
4. Combine all ingredients and drizzle with olive oil
5. Season with herbs and spices to taste

SUNDAY - MEAL 2

Time: 12:30 PM | Context: Lunch

Calories: 533

Protein: 35.2g

Carbs: 35.0g

Fat: 29.3g

INGREDIENTS:

- 120g Salmon
- 80g cooked Quinoa
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INSTRUCTIONS:

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SUNDAY - MEAL 3

Time: 6:30 PM | Context: Dinner

Calories: 469

Protein: 25.3g

Carbs: 46.0g

Fat: 22.4g

INGREDIENTS:

- 100g Ground Turkey
- 150g Sweet Potato
- 100g Bell Peppers
- 100g Avocado

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INSTRUCTIONS:

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SUNDAY - SNACK 1

Time: 10:00 AM | Context: Morning Snack

Calories: 313

Protein: 18.0g

Carbs: 7.0g

Fat: 25.0g

INGREDIENTS:

- 2 large Eggs
- 30g Almonds

INSTRUCTIONS:

1. Hard boil eggs and serve with almonds

SUNDAY - SNACK 2

Time: 3:30 PM | Context: Afternoon Snack

Calories: 153

Protein: 25.9g

Carbs: 12.6g

Fat: 0.4g

INGREDIENTS:

- 200g Greek Yogurt
- 100g Spinach

INSTRUCTIONS:

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CONSOLIDATED GROCERY LIST

****Almonds****

- 30g
- 30g
- 30g
- 30g
- 30g
- 30g
- 30g
- 30g
- 30g
- 30g
- 30g
- 30g
- 30g
- 30g
- 30g

****Avocado****

- 100g
- 100g
- 100g
- 100g
- 100g
- 100g
- 100g

****Bell Peppers****

- 100g
- 100g
- 100g
- 100g
- 100g
- 100g
- 100g

****Broccoli****

- 150g
- 150g
- 150g
- 150g
- 150g
- 150g
- 150g

****Brown Rice****

- 100g cooked
- 100g cooked
- 100g cooked
- 100g cooked
- 100g cooked
- 100g cooked
- 100g cooked

****Chicken Breast****

- 150g
- 150g
- 150g

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- 150g
- 150g
- 150g
- 150g

****Eggs****

- 2 large
- 2 large
- 2 large
- 2 large
- 2 large
- 2 large
- 2 large

****Greek Yogurt****

- 200g
- 200g
- 200g
- 200g
- 200g
- 200g
- 200g

****Ground Turkey****

- 100g
- 100g
- 100g
- 100g
- 100g
- 100g
- 100g

****Olive Oil****

- 1 tbsp
- 1 tbsp
- 1 tbsp
- 1 tbsp
- 1 tbsp
- 1 tbsp
- 1 tbsp

****Quinoa****

- 80g cooked
- 80g cooked
- 80g cooked
- 80g cooked
- 80g cooked
- 80g cooked
- 80g cooked

****Salmon****

- 120g
- 120g
- 120g
- 120g
- 120g
- 120g
- 120g

****Spinach****

- 100g
- 100g

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- 100g
- 100g
- 100g
- 100g
- 100g
- 100g
- 100g
- 100g
- 100g
- 100g
- 100g
- 100g

****Sweet Potato****

- 150g
- 150g
- 150g
- 150g
- 150g
- 150g
- 150g
- 150g