



Personalized Nutrition & Body Composition Planning

AI MEAL PLAN

Personalized Nutrition Strategy

PLAN DETAILS

Generated: July 13, 2025

Average Daily Calories: 33

Average Daily Protein: 3.1g

Average Daily Carbohydrates: 3.1g

Average Daily Fat: 1.0g

DIETARY PREFERENCES

DAILY MEAL PLAN

GREEK YOGURT WITH BERRIES AND NUTS

Greek Yogurt with Berries and Nuts

Time: Post-workout (9:30 AM or 7:30 PM) | Context: Standalone Plan

Calories: 234

Protein: 22.0g

Carbs: 22.0g

Fat: 7.0g

INGREDIENTS:

- 1 cup Greek yogurt
- 1/2 cup Mixed berries
- 10 pieces Almonds

INSTRUCTIONS:

1. 1
2. In a bowl, combine Greek yogurt with mixed berries
3. 2
4. Top with almonds
5. Serve immediately.

GROCERY LIST

- Almonds: 10 pieces
- Greek yogurt: 1 cup
- Mixed berries: 1/2 cup