

AI MEAL PLAN

Personalized Nutrition Strategy

PLAN DETAILS

Generated: October 14, 2025
Average Daily Calories: 0
Average Daily Protein: 0.0g
Average Daily Carbohydrates: 0.0g
Average Daily Fat: 0.0g

WEEKLY OVERVIEW

Day	TDEE	Target Cal	Protein	Carbs	Fat	Meals	Snacks	Workout	Wake	Sleep
Mon	2000	2000	150g	200g	70g	3	2	Rest	7 AM	10 PM
Tue	2000	2000	150g	200g	70g	3	2	Rest	7 AM	10 PM
Wed	2000	2000	150g	200g	70g	3	2	Rest	7 AM	10 PM
Thu	2000	2000	150g	200g	70g	3	2	Rest	7 AM	10 PM
Fri	2000	2000	150g	200g	70g	3	2	Rest	7 AM	10 PM
Sat	2000	2000	150g	200g	70g	3	2	Rest	7 AM	10 PM
Sun	2000	2000	150g	200g	70g	3	2	Rest	7 AM	10 PM

Note: TDEE = Total Daily Energy Expenditure | Times shown in local format

WARNING: Using default values. Please complete Nutrition Targets page for personalized data.

DAILY MEAL PLAN

MONDAY

MONDAY - MEAL 1

Time: 7:00 AM | Context: Morning energy

Calories: 594

Protein: 25.0g

Carbs: 85.0g

Fat: 18.0g

INGREDIENTS:

- 80g Oats
- 250ml Skim Milk
- 100g Blueberries
- 15g Almonds

INSTRUCTIONS:

1. Combine oats and milk in a pot and cook over medium heat until thickened.
2. Stir in blueberries and top with almonds before serving.

MONDAY - MEAL 2

Time: 12:00 PM | Context: Midday refuel

Calories: 656

Protein: 55.0g

Carbs: 60.0g

Fat: 20.0g

INGREDIENTS:

- 150g Chicken Breast
- 100g Quinoa
- 150g Broccoli
- 10g Olive Oil

INSTRUCTIONS:

1. Grill the chicken breast until fully cooked.
2. Cook quinoa according to package instructions.
3. Steam broccoli until tender.
4. Drizzle olive oil over the cooked ingredients and serve.

MONDAY - MEAL 3

Time: 6:00 PM | Context: Evening nourishment

Calories: 656

Protein: 45.0g

Carbs: 60.0g

Fat: 30.0g

INGREDIENTS:

- 150g Salmon
- 200g Sweet Potato
- 100g Spinach
- 10g Butter

INSTRUCTIONS:

1. Bake salmon in the oven at 180 degreesC for 15-20 minutes.
2. Boil sweet potatoes until soft, then mash with butter.
3. Saute spinach in a pan until wilted.
4. Serve salmon with mashed sweet potatoes and spinach.

MONDAY - SNACK 1

Time: 10:00 AM | Context: Mid-morning boost

Calories: 297

Protein: 20.0g

Carbs: 25.0g

Fat: 15.0g

INGREDIENTS:

- 200g Greek Yogurt
- 10g Honey
- 20g Walnuts

INSTRUCTIONS:

1. Mix Greek yogurt with honey.
2. Top with walnuts and serve.

MONDAY - SNACK 2

Time: 3:00 PM | Context: Afternoon pick-me-up

Calories: 297

Protein: 5.0g

Carbs: 35.0g

Fat: 15.0g

Personalized Nutrition & Body Composition Planning

INGREDIENTS:

- 1 medium Apple
- 20g Peanut Butter

INSTRUCTIONS:

1. Slice the apple and serve with peanut butter for dipping.

CONSOLIDATED GROCERY LIST

- Almonds: 15g
- Apple: 1 medium
- Blueberries: 100g
- Broccoli: 150g
- Butter: 10g
- Chicken Breast: 150g
- Greek Yogurt: 200g
- Honey: 10g
- Oats: 80g
- Olive Oil: 10g
- Peanut Butter: 20g
- Quinoa: 100g
- Salmon: 150g
- Skim Milk: 250ml
- Spinach: 100g
- Sweet Potato: 200g
- Walnuts: 20g