



Personalized Nutrition & Body Composition Planning

AI MEAL PLAN

Personalized Nutrition Strategy

PLAN DETAILS

Generated: July 17, 2025

Average Daily Calories: 313

Average Daily Protein: 22.0g

Average Daily Carbohydrates: 30.9g

Average Daily Fat: 12.1g

DIETARY PREFERENCES

DAILY MEAL PLAN

PRE-WORKOUT ENERGY BOOST

Pre-Workout Energy Boost

Time: 6:00 AM | Context: Home cooking

Calories: 383

Protein: 8.0g

Carbs: 79.0g

Fat: 5.5g

INGREDIENTS:

- 1 cup Oats
- 1 medium Banana
- 1 cup Almond Milk
- 1 tbsp Honey

INSTRUCTIONS:

1. Combine oats and almond milk in a bowl
2. Microwave for 2-3 minutes until cooked
3. Top with sliced banana and drizzle with honey.

POST-WORKOUT RECOVERY LUNCH

Post-Workout Recovery Lunch

Time: 10:00 AM | Context: Quick & easy

Calories: 865

Protein: 79.0g

Carbs: 80.0g

Fat: 25.0g

INGREDIENTS:

- 8 oz Grilled Chicken Breast
- 1.5 cups Brown Rice
- 1 cup Steamed Broccoli
- 1 tbsp Olive Oil

INSTRUCTIONS:

1. Grill chicken breast until fully cooked
2. Serve with cooked brown rice and steamed broccoli
3. Drizzle olive oil over the dish.

AFTERNOON PROTEIN SNACK

Afternoon Protein Snack

Time: 2:00 PM | Context: Comfort food

Calories: 264

Protein: 26.0g

Carbs: 14.0g

Fat: 14.0g

INGREDIENTS:

- 1 cup Greek Yogurt
- 1 oz Almonds

INSTRUCTIONS:

1. Serve Greek yogurt in a bowl and top with almonds.

SAVORY CHICKEN AND SWEET POTATO

Savory Chicken and Sweet Potato

Time: 6:00 PM | Context: Home cooking

Calories: 680

Protein: 41.0g

Carbs: 43.0g

Fat: 40.0g

INGREDIENTS:

- 6 oz Baked Chicken Thighs
- 1 large Sweet Potato
- 1/2 medium Avocado
- 1 tbsp Olive Oil

INSTRUCTIONS:

1. Bake chicken thighs until cooked through
2. Serve with baked sweet potato and sliced avocado
3. Drizzle with olive oil.

GROCERY LIST

- Almond Milk: 1 cup
- Almonds: 1 oz
- Avocado: 1/2 medium
- Baked Chicken Thighs: 6 oz
- Banana: 1 medium
- Brown Rice: 1.5 cups
- Greek Yogurt: 1 cup
- Grilled Chicken Breast: 8 oz
- Honey: 1 tbsp
- Oats: 1 cup
- Olive Oil: 1 tbsp, 1 tbsp
- Steamed Broccoli: 1 cup
- Sweet Potato: 1 large