



Personalized Nutrition & Body Composition Planning

AI MEAL PLAN

Personalized Nutrition Strategy

PLAN DETAILS

Generated: July 12, 2025

Daily Calories: 11501

Protein: 1053.5g

Carbohydrates: 873.1g

Fat: 422.1g

DIETARY PREFERENCES

DAILY MEAL PLAN

FIRST MEAL OF DAY

First Meal of Day

Time: 12:00 | Context: Home Cooking

Calories: 450

Protein: 41.9g

Carbs: 42.6g

Fat: 12.1g

INGREDIENTS:

- 150g Chicken Breast
- 60g Quinoa
- 100g Spinach
- 1 tsp Olive Oil

INSTRUCTIONS:

1. Cook quinoa according to package instructions
2. Grill chicken breast until fully cooked
3. Sauté spinach in olive oil until wilted
4. Serve chicken over quinoa with spinach on the side.

SECOND MEAL OF DAY

Second Meal of Day

Time: 12:00 | Context: Home Cooking

Calories: 466

Protein: 31.0g

Carbs: 45.0g

Fat: 18.8g

INGREDIENTS:

- 150g Lean Ground Beef
- 50g Brown Rice
- 100g Bell Peppers

INSTRUCTIONS:

1. Cook brown rice according to package instructions
2. Brown the ground beef in a pan
3. Add chopped bell peppers and cook until soft
4. Serve beef and peppers over rice.

THIRD MEAL OF DAY

Third Meal of Day

Time: 12:00 | Context: Home Cooking

Calories: 449

Protein: 35.3g

Carbs: 37.6g

Fat: 18.6g

INGREDIENTS:

- 150g Salmon
- 150g Sweet Potato
- 100g Broccoli

INSTRUCTIONS:

1. Bake salmon in the oven at 180°C (350°F) for 15-20 minutes
2. Boil sweet potato until tender
3. Steam broccoli
4. Serve salmon with sweet potato and broccoli.

FIRST SNACK OF DAY

First Snack of Day

Time: 12:00 | Context: Healthy Snack

Calories: 207

Protein: 23.0g

Carbs: 11.0g

Fat: 7.5g

INGREDIENTS:

- 200g Greek Yogurt
- 15g Almonds

INSTRUCTIONS:

1. Mix Greek yogurt with almonds and enjoy.

SECOND SNACK OF DAY

Second Snack of Day

Time: 12:00 | Context: Healthy Snack

Calories: 209

Protein: 25.1g

Carbs: 25.8g

Fat: 1.3g

INGREDIENTS:

- 1 scoop Protein Shake
- 100g Banana

INSTRUCTIONS:

1. Blend protein powder with banana and water or milk of choice.

FIRST MEAL OF DAY

First Meal of Day

Time: 12:00 | Context: Home Cooking

Calories: 450**Protein: 41.9g****Carbs: 42.6g****Fat: 12.1g****INGREDIENTS:**

- 150g Chicken Breast
- 60g Quinoa
- 100g Spinach
- 1 tsp Olive Oil

INSTRUCTIONS:

1. Cook quinoa according to package instructions
2. Grill chicken breast until fully cooked
3. Sauté spinach in olive oil until wilted
4. Combine all ingredients and serve.

SECOND MEAL OF DAY

Second Meal of Day

Time: 12:00 | Context: Home Cooking

Calories: 476**Protein: 30.9g****Carbs: 48.6g****Fat: 18.7g****INGREDIENTS:**

- 150g Lean Ground Beef
- 50g Brown Rice
- 100g Carrots

INSTRUCTIONS:

1. Cook brown rice according to package instructions

2. Brown ground beef in a pan until fully cooked
3. Steam carrots until tender
4. Combine all ingredients and serve.

THIRD MEAL OF DAY

Third Meal of Day

Time: 12:00 | Context: Home Cooking

Calories: 449

Protein: 35.3g

Carbs: 37.6g

Fat: 18.6g

INGREDIENTS:

- 150g Salmon
- 150g Sweet Potato
- 100g Broccoli

INSTRUCTIONS:

1. Bake salmon in the oven at 180°C for 15-20 minutes
2. Boil sweet potato until tender
3. Steam broccoli until bright green and tender
4. Serve together.

FIRST SNACK OF DAY

First Snack of Day

Time: 12:00 | Context: Healthy Snack

Calories: 207

Protein: 23.0g

Carbs: 11.0g

Fat: 7.5g

INGREDIENTS:

- 200g Greek Yogurt
- 15g Almonds

INSTRUCTIONS:

1. Mix Greek yogurt with almonds and enjoy.

SECOND SNACK OF DAY

Second Snack of Day

Time: 12:00 | Context: Healthy Snack

Calories: 237

Protein: 31.0g

Carbs: 22.0g

Fat: 1.5g

INGREDIENTS:

- 100g Turkey Slices
- 2 cakes Rice Cakes

INSTRUCTIONS:

1. Layer turkey slices on rice cakes and enjoy.

FIRST MEAL OF DAY

First Meal of Day

Time: 12:00 | Context: Home Cooking

Calories: 413

Protein: 40.4g

Carbs: 37.6g

Fat: 11.5g

INGREDIENTS:

- 150g Chicken Breast
- 50g Quinoa
- 100g Spinach
- 1 tsp Olive Oil

INSTRUCTIONS:

1. Cook quinoa according to package instructions
2. Grill chicken breast until fully cooked
3. Sauté spinach in olive oil until wilted
4. Serve chicken over quinoa with spinach on the side.

SECOND MEAL OF DAY

Second Meal of Day

Time: 16:00 | Context: Home Cooking

Calories: 486

Protein: 31.2g

Carbs: 51.0g

Fat: 17.7g

INGREDIENTS:

- 150g Lean Ground Beef
- 60g White Rice
- 100g Bell Peppers

INSTRUCTIONS:

1. Cook rice according to package instructions
2. Brown ground beef in a skillet
3. Add sliced bell peppers and cook until tender
4. Serve beef and peppers over rice.

THIRD MEAL OF DAY

Third Meal of Day

Time: 20:00 | Context: Home Cooking

Calories: 400**Protein: 34.4g****Carbs: 26.6g****Fat: 18.5g****INGREDIENTS:**

- 150g Salmon
- 100g Sweet Potato
- 100g Broccoli

INSTRUCTIONS:

1. Bake salmon in the oven at 400°F for 15-20 minutes
2. Boil or steam sweet potato and broccoli until tender
3. Serve salmon with sweet potato and broccoli on the side.

FIRST SNACK OF DAY

First Snack of Day

Time: 14:00 | Context: Healthy Snack

Calories: 187**Protein: 20.0g****Carbs: 9.0g****Fat: 7.9g****INGREDIENTS:**

- 150g Greek Yogurt
- 15g Almonds

INSTRUCTIONS:

1. Mix Greek yogurt with almonds and enjoy.

SECOND SNACK OF DAY

Second Snack of Day

Time: 18:00 | Context: Healthy Snack

Calories: 165

Protein: 24.5g

Carbs: 15.0g

Fat: 1.1g

INGREDIENTS:

- 1 scoop Protein Shake
- 50g Banana

INSTRUCTIONS:

1. Blend protein powder with water or milk and serve with a banana.

FIRST MEAL OF DAY

First Meal of Day

Time: 12:00 | Context: Home Cooking

Calories: 413

Protein: 40.4g

Carbs: 35.6g

Fat: 11.5g

INGREDIENTS:

- 150g Chicken Breast
- 50g Quinoa
- 100g Spinach
- 1 tsp Olive Oil

INSTRUCTIONS:

1. Cook quinoa according to package instructions
2. Grill chicken breast until fully cooked
3. Sauté spinach in olive oil until wilted
4. Serve chicken with quinoa and spinach.

SECOND MEAL OF DAY

Second Meal of Day

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Time: 12:00 | Context: Home Cooking

Calories: 496**Protein: 31.1g****Carbs: 54.6g****Fat: 17.6g****INGREDIENTS:**

- 150g Lean Ground Beef
- 60g White Rice
- 100g Carrots

INSTRUCTIONS:

1. Cook rice according to package instructions
2. Brown ground beef in a pan until cooked through
3. Steam carrots until tender
4. Serve beef with rice and carrots.

THIRD MEAL OF DAY

Third Meal of Day

Time: 12:00 | Context: Home Cooking

Calories: 449**Protein: 35.3g****Carbs: 37.6g****Fat: 18.6g****INGREDIENTS:**

- 150g Salmon
- 150g Sweet Potato
- 100g Broccoli

INSTRUCTIONS:

1. Bake salmon at 400°F for 12-15 minutes
2. Boil sweet potatoes until tender
3. Steam broccoli until bright green
4. Serve salmon with sweet potato and broccoli.

FIRST SNACK OF DAY

First Snack of Day

Time: 12:00 | Context: Healthy Snack

Calories: 216**Protein: 14.0g****Carbs: 10.0g****Fat: 10.0g**

INGREDIENTS:

- 150g Greek Yogurt
- 20g Almonds

INSTRUCTIONS:

1. Mix Greek yogurt with almonds and enjoy.

SECOND SNACK OF DAY

Second Snack of Day

Time: 12:00 | Context: Healthy Snack

Calories: 225

Protein: 21.3g

Carbs: 30.0g

Fat: 2.3g

INGREDIENTS:

- 1 scoop Protein Shake
- 1 medium Banana

INSTRUCTIONS:

1. Blend protein powder with water and serve with a banana.

FIRST MEAL OF DAY

First Meal of Day

Time: 12:00 | Context: Home Cooking

Calories: 352

Protein: 36.2g

Carbs: 25.2g

Fat: 11.0g

INGREDIENTS:

- 150g Chicken Breast
- 40g Quinoa
- 5g Olive Oil

INSTRUCTIONS:

1. Cook quinoa according to package instructions
2. Grill chicken breast with olive oil until fully cooked
3. Serve chicken over quinoa.

SECOND MEAL OF DAY

Second Meal of Day

Time: 12:00 | Context: Home Cooking

Calories: 396

Protein: 35.6g

Carbs: 23.0g

Fat: 16.9g

INGREDIENTS:

- 150g Lean Beef
- 30g Brown Rice
- 5g Butter

INSTRUCTIONS:

1. Cook brown rice as per instructions
2. Pan-fry lean beef in butter until cooked to preference
3. Serve beef alongside rice.

THIRD MEAL OF DAY

Third Meal of Day

Time: 12:00 | Context: Home Cooking

Calories: 411

Protein: 32.6g

Carbs: 20.0g

Fat: 23.1g

INGREDIENTS:

- 150g Salmon
- 100g Sweet Potato
- 5g Coconut Oil

INSTRUCTIONS:

1. Bake sweet potato until tender
2. Pan-sear salmon in coconut oil until cooked through
3. Serve salmon with sweet potato.

FIRST SNACK OF DAY

First Snack of Day

Time: 12:00 | Context: Healthy Snack

Calories: 187**Protein: 21.0g****Carbs: 9.0g****Fat: 7.5g****INGREDIENTS:**

- 150g Greek Yogurt
- 15g Almonds

INSTRUCTIONS:

1. Mix Greek yogurt with almonds and enjoy as a snack.

SECOND SNACK OF DAY

Second Snack of Day

Time: 12:00 | Context: Healthy Snack

Calories: 204**Protein: 30.1g****Carbs: 7.5g****Fat: 5.6g****INGREDIENTS:**

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

INSTRUCTIONS:

1. Serve turkey slices with carrot sticks and avocado on the side.

FIRST MEAL OF DAY

First Meal of Day

Time: 12:00 | Context: Home Cooking

Calories: 324**Protein: 33.6g****Carbs: 12.1g****Fat: 14.7g****INGREDIENTS:**

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

INSTRUCTIONS:

1. Cook quinoa according to package instructions

2. Grill chicken breast in olive oil until fully cooked
3. Serve chicken over quinoa.

SECOND MEAL OF DAY

Second Meal of Day

Time: 12:00 | Context: Home Cooking

Calories: 306

Protein: 28.5g

Carbs: 11.2g

Fat: 17.5g

INGREDIENTS:

- 150g Lean Ground Beef
- 40g Brown Rice
- 50g Spinach

INSTRUCTIONS:

1. Cook brown rice according to package instructions
2. Sauté ground beef until browned
3. Add spinach and cook until wilted
4. Serve beef and spinach over rice.

THIRD MEAL OF DAY

Third Meal of Day

Time: 12:00 | Context: Home Cooking

Calories: 402

Protein: 31.6g

Carbs: 20.1g

Fat: 22.1g

INGREDIENTS:

- 150g Salmon
- 100g Sweet Potato
- 5g Butter

INSTRUCTIONS:

1. Bake salmon in the oven at 180°C for 15-20 minutes
2. Boil sweet potato until tender, then mash with butter
3. Serve salmon with mashed sweet potato.

FIRST SNACK OF DAY

First Snack of Day

Time: 12:00 | Context: Healthy Snack

Calories: 120

Protein: 20.0g

Carbs: 8.0g

Fat: 0g

INGREDIENTS:

- 200g Greek Yogurt

INSTRUCTIONS:

1. Enjoy Greek yogurt as a quick snack.

SECOND SNACK OF DAY

Second Snack of Day

Time: 12:00 | Context: Healthy Snack

Calories: 150

Protein: 20.0g

Carbs: 8.0g

Fat: 3.0g

INGREDIENTS:

- 1 scoop Protein Shake

INSTRUCTIONS:

1. Mix protein powder with water or milk and shake well.

FIRST MEAL OF DAY

First Meal of Day

Time: 12:00 | Context: Home Cooking

Calories: 353

Protein: 36.2g

Carbs: 25.2g

Fat: 11.0g

INGREDIENTS:

- 150g Chicken Breast
- 40g Quinoa

- 5g Olive Oil

INSTRUCTIONS:

1. Cook quinoa according to package instructions
2. Grill chicken breast in olive oil until fully cooked
3. Serve chicken over quinoa.

SECOND MEAL OF DAY

Second Meal of Day

Time: 16:00 | Context: Home Cooking

Calories: 442

Protein: 33.5g

Carbs: 40.0g

Fat: 18.7g

INGREDIENTS:

- 150g Lean Ground Beef
- 50g Brown Rice
- 50g Spinach

INSTRUCTIONS:

1. Cook brown rice according to package instructions
2. Sauté ground beef until browned
3. Add spinach and cook until wilted
4. Serve beef and spinach over rice.

THIRD MEAL OF DAY

Third Meal of Day

Time: 20:00 | Context: Home Cooking

Calories: 402

Protein: 31.6g

Carbs: 20.0g

Fat: 22.1g

INGREDIENTS:

- 150g Salmon
- 100g Sweet Potato
- 5g Butter

INSTRUCTIONS:

1. Bake salmon in the oven at 180°C for 15-20 minutes
2. Boil sweet potato until tender

3. Serve salmon with sweet potato topped with butter.

FIRST SNACK OF DAY

First Snack of Day

Time: 10:00 | Context: Healthy Snack

Calories: 187

Protein: 21.0g

Carbs: 9.0g

Fat: 7.5g

INGREDIENTS:

- 150g Greek Yogurt
- 15g Almonds

INSTRUCTIONS:

1. Mix Greek yogurt with almonds and enjoy.

SECOND SNACK OF DAY

Second Snack of Day

Time: 15:00 | Context: Healthy Snack

Calories: 215

Protein: 31.0g

Carbs: 4.0g

Fat: 8.0g

INGREDIENTS:

- 100g Turkey Slices
- 50g Avocado

INSTRUCTIONS:

1. Roll turkey slices with avocado slices inside.

GROCERY LIST

- Almonds: 15g, 15g, 15g, 20g, 15g, 15g
- Avocado: 30g, 50g
- Banana: 100g, 50g, 1 medium
- Bell Peppers: 100g, 100g
- Broccoli: 100g, 100g, 100g, 100g
- Brown Rice: 50g, 50g, 30g, 40g, 50g
- Butter: 5g, 5g, 5g
- Carrot Sticks: 50g
- Carrots: 100g, 100g
- Chicken Breast: 150g, 150g, 150g, 150g, 150g, 150g, 150g
- Coconut Oil: 5g
- Greek Yogurt: 200g, 200g, 150g, 150g, 150g, 200g, 150g
- Lean Beef: 150g
- Lean Ground Beef: 150g, 150g, 150g, 150g, 150g, 150g
- Olive Oil: 1 tsp, 1 tsp, 1 tsp, 1 tsp, 5g, 10g, 5g
- Protein Shake: 1 scoop, 1 scoop, 1 scoop, 1 scoop
- Quinoa: 60g, 60g, 50g, 50g, 40g, 50g, 40g
- Rice Cakes: 2 cakes
- Salmon: 150g, 150g, 150g, 150g, 150g, 150g, 150g
- Spinach: 100g, 100g, 100g, 100g, 50g, 50g
- Sweet Potato: 150g, 150g, 100g, 150g, 100g, 100g, 100g
- Turkey Slices: 100g, 100g, 100g
- White Rice: 60g, 60g