

# AI MEAL PLAN

## Personalized Nutrition Strategy

### PLAN DETAILS

Generated: June 13, 2025

Daily Calories: 300

Protein: 20.0g

Carbohydrates: 15.0g

Fat: 15.0g

## DAILY MEAL PLAN

### BREAKFAST

#### Test Breakfast

**Calories: 300****Protein: 20.0g****Carbs: 15.0g****Fat: 15.0g**

#### INGREDIENTS:

- 100g eggs
- 30g bread

#### DIRECTIONS:

1. Cook eggs
2. Toast bread

## GROCERY LIST

- 30g Bread
- 100g Eggs