

AI MEAL PLAN

Personalized Nutrition Strategy

PLAN DETAILS

Generated: August 25, 2025
Average Daily Calories: 2500
Average Daily Protein: 155.0g
Average Daily Carbohydrates: 280.0g
Average Daily Fat: 96.0g

WEEKLY OVERVIEW

Day	TDEE	Target Cal	Protein	Carbs	Fat	Meals	Snacks	Workout	Wake	Sleep
Mon	2000	2000	150g	200g	70g	3	2	6 PM	7 AM	10 PM
Tue	2000	2000	150g	200g	70g	3	2	6 PM	7 AM	10 PM
Wed	2000	2000	150g	200g	70g	3	2	6 PM	7 AM	10 PM
Thu	2000	2000	150g	200g	70g	3	2	6 PM	7 AM	10 PM
Fri	2000	2000	150g	200g	70g	3	2	6 PM	7 AM	10 PM
Sat	2000	2000	150g	200g	70g	3	2	6 PM	7 AM	10 PM
Sun	2000	2000	150g	200g	70g	3	2	6 PM	7 AM	10 PM

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

DIETARY PREFERENCES

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. Cook oats with skim milk on medium heat until creamy.
2. Top with blueberries and almonds before serving.

MONDAY - MEAL 2

Time: 12:00 PM | Context: Midday refuel

Calories: 656

Protein: 55.0g

Carbs: 70.0g

Fat: 18.0g

INGREDIENTS:

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

INSTRUCTIONS:

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

MONDAY - MEAL 3

Time: 6:00 PM | Context: Evening nourishment

Calories: 656

Protein: 50.0g

Carbs: 60.0g

Fat: 30.0g

INGREDIENTS:

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

INSTRUCTIONS:

1. Bake salmon at 180 degreesC for 15-20 minutes.
2. Boil sweet potato until soft, then mash with butter.
3. Saute spinach in a pan until wilted.

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 before serving.

MONDAY - SNACK 2

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

Calories: 297

Protein: 5.0g

Carbs: 40.0g

Fat: 15.0g

INGREDIENTS:

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- 150g Apple
- 20g Peanut Butter

INSTRUCTIONS:

1. Slice apple and serve with peanut butter.

TUESDAY

TUESDAY - MEAL 1

Time: 7:00 AM | Context: Morning energy

Calories: 742

Protein: 31.0g

Carbs: 106.0g

Fat: 22.0g

INGREDIENTS:

- 100g Oats
- 300ml Skim Milk
- 120g Blueberries
- 20g Almonds

INSTRUCTIONS:

1. Cook oats with skim milk on medium heat until creamy.
2. Top with blueberries and almonds before serving.

TUESDAY - MEAL 2

Time: 12:00 PM | Context: Midday refuel

Calories: 874

Protein: 70.0g

Carbs: 84.0g

Fat: 24.0g

INGREDIENTS:

- 200g Chicken Breast
- 120g Quinoa
- 200g Broccoli
- 15g Olive Oil

INSTRUCTIONS:

1. Grill chicken breast until fully cooked.
2. Cook quinoa according to package instructions.

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3. Steam broccoli until tender.
4. Drizzle olive oil over quinoa and broccoli before serving.

TUESDAY - MEAL 3

Time: 6:00 PM | Context: Evening nourishment

Calories: 874

Protein: 67.0g

Carbs: 80.0g

Fat: 37.0g

INGREDIENTS:

- 200g Salmon
- 250g Sweet Potato
- 150g Spinach
- 15g Butter

INSTRUCTIONS:

1. Bake salmon at 180 degreesC for 15-20 minutes.
2. Boil sweet potato until soft, then mash with butter.
3. Saute spinach in a pan until wilted.

TUESDAY - SNACK 1

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

Calories: 371

Protein: 25.0g

Carbs: 31.0g

Fat: 19.0g

INGREDIENTS:

- 250g Greek Yogurt
- 15g Honey
- 25g Walnuts

INSTRUCTIONS:

1. Mix Greek yogurt with honey.
2. Top with walnuts before serving.

TUESDAY - SNACK 2

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

Calories: 386

Protein: 8.0g

Carbs: 51.0g

Fat: 18.0g

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INGREDIENTS:

- 200g Apple
- 30g Peanut Butter

INSTRUCTIONS:

1. Slice apple and serve with peanut butter.

WEDNESDAY

WEDNESDAY - MEAL 1

Time: 7:00 AM | Context: Morning energy

Calories: 742

Protein: 31.0g

Carbs: 106.0g

Fat: 22.0g

INGREDIENTS:

- 100g Oats
- 300ml Skim Milk
- 120g Blueberries
- 20g Almonds

INSTRUCTIONS:

1. Cook oats with skim milk on medium heat until creamy.
2. Top with blueberries and almonds before serving.

WEDNESDAY - MEAL 2

Time: 12:00 PM | Context: Midday refuel

Calories: 874

Protein: 70.0g

Carbs: 84.0g

Fat: 24.0g

INGREDIENTS:

- 200g Chicken Breast
- 120g Quinoa
- 200g Broccoli
- 15g Olive Oil

INSTRUCTIONS:

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

WEDNESDAY - MEAL 3

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

Calories: 370

Protein: 25.0g

Carbs: 31.0g

Fat: 19.0g

INGREDIENTS:

- 250g Greek Yogurt
- 15g Honey
- 25g Walnuts

INSTRUCTIONS:

1. Mix Greek yogurt with honey.
2. Top with walnuts before serving.

WEDNESDAY - SNACK 1

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

Calories: 391

Protein: 8.0g

Carbs: 52.0g

Fat: 18.0g

INGREDIENTS:

- 200g Apple
- 30g Peanut Butter

INSTRUCTIONS:

1. Slice apple and serve with peanut butter.

WEDNESDAY - SNACK 2

Time: 6:00 PM | Context: Evening nourishment

Calories: 1000

Protein: 66.0g

Carbs: 90.0g

Fat: 45.0g

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INGREDIENTS:

- 200g Salmon
- 250g Sweet Potato
- 150g Spinach
- 15g Butter

INSTRUCTIONS:

1. Bake salmon at 180 degreesC for 15-20 minutes.
2. Boil sweet potato until soft, then mash with butter.
3. Saute spinach in a pan until wilted.

THURSDAY

THURSDAY - MEAL 1

Time: 7:00 AM | Context: Morning energy

Calories: 700

Protein: 30.0g

Carbs: 105.0g

Fat: 22.0g

INGREDIENTS:

- 100g Oats
- 300ml Skim Milk
- 120g Blueberries
- 20g Almonds

INSTRUCTIONS:

1. Cook oats with skim milk on medium heat until creamy.
2. Top with blueberries and almonds before serving.

THURSDAY - MEAL 2

Time: 12:00 PM | Context: Midday refuel

Calories: 850

Protein: 70.0g

Carbs: 85.0g

Fat: 25.0g

INGREDIENTS:

- 200g Chicken Breast
- 120g Quinoa

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- 200g Broccoli
- 15g Olive Oil

INSTRUCTIONS:

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

THURSDAY - MEAL 3

Time: 6:00 PM | Context: Evening nourishment

Calories: 850

Protein: 65.0g

Carbs: 75.0g

Fat: 35.0g

INGREDIENTS:

- 200g Salmon
- 250g Sweet Potato
- 150g Spinach
- 15g Butter

INSTRUCTIONS:

1. Bake salmon at 180 degreesC for 15-20 minutes.
2. Boil sweet potato until soft, then mash with butter.
3. Saute spinach in a pan until wilted.

THURSDAY - SNACK 1

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

Calories: 400

Protein: 25.0g

Carbs: 35.0g

Fat: 20.0g

INGREDIENTS:

- 250g Greek Yogurt
- 15g Honey
- 25g Walnuts

INSTRUCTIONS:

1. Mix Greek yogurt with honey.
2. Top with walnuts before serving.

THURSDAY - SNACK 2

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

Calories: 400

Protein: 10.0g

Carbs: 50.0g

Fat: 20.0g

INGREDIENTS:

- 200g Apple
- 30g Peanut Butter

INSTRUCTIONS:

1. Slice apple and serve with peanut butter.

FRIDAY

FRIDAY - MEAL 1

Time: 7:00 AM | Context: Morning energy

Calories: 750

Protein: 32.0g

Carbs: 107.0g

Fat: 22.0g

INGREDIENTS:

- 100g Oats
- 300ml Skim Milk
- 150g Blueberries
- 20g Almonds

INSTRUCTIONS:

1. Cook oats with skim milk on medium heat until creamy.
2. Top with blueberries and almonds before serving.

FRIDAY - MEAL 2

Time: 12:00 PM | Context: Midday refuel

Calories: 850

Protein: 70.0g

Carbs: 84.0g

Fat: 28.0g

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INGREDIENTS:

- 200g Chicken Breast
- 120g Quinoa
- 200g Broccoli
- 15g Olive Oil

INSTRUCTIONS:

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

FRIDAY - MEAL 3

Time: 6:00 PM | Context: Evening nourishment

Calories: 850

Protein: 65.0g

Carbs: 80.0g

Fat: 35.0g

INGREDIENTS:

- 200g Salmon
- 250g Sweet Potato
- 150g Spinach
- 15g Butter

INSTRUCTIONS:

1. Bake salmon at 180 degreesC for 15-20 minutes.
2. Boil sweet potato until soft, then mash with butter.
3. Saute spinach in a pan until wilted.

FRIDAY - SNACK 1

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

Calories: 370

Protein: 25.0g

Carbs: 31.0g

Fat: 20.0g

INGREDIENTS:

- 250g Greek Yogurt
- 15g Honey
- 25g Walnuts

INSTRUCTIONS:

1. Mix Greek yogurt with honey.
2. Top with walnuts before serving.

FRIDAY - SNACK 2

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

Calories: 370

Protein: 8.0g

Carbs: 50.0g

Fat: 18.0g

INGREDIENTS:

- 200g Apple
- 30g Peanut Butter

INSTRUCTIONS:

1. Slice apple and serve with peanut butter.

SATURDAY

SATURDAY - MEAL 1

Time: 7:00 AM | Context: Home Cooking

Calories: 450

Protein: 20.0g

Carbs: 65.0g

Fat: 12.0g

INGREDIENTS:

- 60g Oats
- 200ml Skim Milk
- 80g Blueberries
- 10g Almonds

INSTRUCTIONS:

1. Cook oats with skim milk on medium heat until creamy.
2. Top with blueberries and almonds before serving.

SATURDAY - MEAL 2

Time: 12:00 PM | Context: Home Cooking

Calories: 600

Protein: 70.0g

Carbs: 50.0g

Fat: 20.0g

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INGREDIENTS:

- 200g Chicken Breast
- 80g Quinoa
- 200g Broccoli
- 10g Olive Oil

INSTRUCTIONS:

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

SATURDAY - MEAL 3

Time: 6:00 PM | Context: Home Cooking

Calories: 550

Protein: 45.0g

Carbs: 45.0g

Fat: 25.0g

INGREDIENTS:

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

INSTRUCTIONS:

1. Bake salmon at 180 degreesC for 15-20 minutes.
2. Boil sweet potato until soft, then mash with butter.
3. Saute spinach in a pan until wilted.

SATURDAY - SNACK 1

Time: 10:00 AM | Context: Healthy Snack

Calories: 250

Protein: 15.0g

Carbs: 20.0g

Fat: 12.0g

INGREDIENTS:

- 150g Greek Yogurt
- 5g Honey
- 15g Walnuts

INSTRUCTIONS:

1. Mix Greek yogurt with honey.
2. Top with walnuts before serving.

SATURDAY - SNACK 2

Time: 3:00 PM | Context: Healthy Snack

Calories: 200

Protein: 5.0g

Carbs: 25.0g

Fat: 10.0g

INGREDIENTS:

- 100g Apple
- 15g Peanut Butter

INSTRUCTIONS:

1. Slice apple and serve with peanut butter.

SUNDAY

SUNDAY - MEAL 1

Time: 7:00 AM | Context: Home Cooking

Calories: 450

Protein: 20.0g

Carbs: 65.0g

Fat: 12.0g

INGREDIENTS:

- 60g Oats
- 200ml Skim Milk
- 80g Blueberries
- 10g Almonds

INSTRUCTIONS:

1. Cook oats with skim milk on medium heat until creamy.
2. Top with blueberries and almonds before serving.

SUNDAY - MEAL 2

Time: 12:00 PM | Context: Home Cooking

Calories: 757

Protein: 70.0g

Carbs: 60.0g

Fat: 30.0g

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INGREDIENTS:

- 200g Chicken Breast
- 80g Quinoa
- 200g Broccoli
- 15g Olive Oil

INSTRUCTIONS:

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

SUNDAY - MEAL 3

Time: 10:00 AM | Context: Healthy Snack

Calories: 300

Protein: 25.0g

Carbs: 20.0g

Fat: 15.0g

INGREDIENTS:

- 250g Greek Yogurt
- 5g Honey
- 15g Walnuts

INSTRUCTIONS:

1. Mix Greek yogurt with honey.
2. Top with walnuts before serving.

SUNDAY - SNACK 1

Time: 3:00 PM | Context: Healthy Snack

Calories: 270

Protein: 5.0g

Carbs: 30.0g

Fat: 12.0g

INGREDIENTS:

- 100g Apple
- 15g Peanut Butter

INSTRUCTIONS:

1. Slice apple and serve with peanut butter.

CONSOLIDATED GROCERY LIST

- Almonds: 115g
- Apple: 1150g
- Blueberries: 770g
- Broccoli: 1350g
- Butter: 75g
- Chicken Breast: 1350g
- Greek Yogurt: 1600g
- Honey: 80g
- Oats: 600g
- Olive Oil: 95g
- Peanut Butter: 170g
- Quinoa: 740g
- Salmon: 1100g
- Skim Milk: 1850ml
- Spinach: 800g
- Sweet Potato: 1350g
- Walnuts: 150g