

AI MEAL PLAN

Personalized Nutrition Strategy

PLAN DETAILS

Generated: August 03, 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 | 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

DAILY MEAL PLAN

MONDAY

MONDAY - MEAL 1

Calories: 0

Protein: 0g

Carbs: 0g

Fat: 0g

INGREDIENTS:

- 120g Ground Turkey, 93% lean
- 2 large Eggs
- 50g Spinach
- 1 tsp Olive Oil

INSTRUCTIONS:

1. Heat oil in pan
2. Cook turkey until browned
3. Add spinach and eggs
4. Scramble until cooked

MONDAY - MEAL 2

Calories: 0

Protein: 0g

Carbs: 0g

Fat: 0g

INGREDIENTS:

- 130g Ground Turkey, 93% lean
- 80g dry Quinoa
- 100g Bell Peppers
- 30g Avocado

MONDAY - MEAL 3

Calories: 0

Protein: 0g

Carbs: 0g

Fat: 0g

INGREDIENTS:

- 125g Ground Turkey, 93% lean
- 150g Sweet Potato
- 100g Broccoli
- 15g Almonds

MONDAY - SNACK 1**Calories: 0****Protein: 0g****Carbs: 0g****Fat: 0g****INGREDIENTS:**

- 150g Greek Yogurt, nonfat
- 80g Blueberries
- 1 tbsp Honey

MONDAY - SNACK 2**Calories: 0****Protein: 0g****Carbs: 0g****Fat: 0g****INGREDIENTS:**

- 1 medium Apple
- 2 tbsp Almond Butter
- 1 scoop Protein Powder

CONSOLIDATED GROCERY LIST

- Almond Butter: 2 tbsp
- Almonds: 15g
- Apple: 1 medium
- Avocado: 30g
- Bell Peppers: 100g
- Blueberries: 80g
- Broccoli: 100g
- Eggs: 2g
- Greek Yogurt, Nonfat: 150g
- Ground Turkey, 93% Lean: 375g
- Honey: 1 tbsp
- Olive Oil: 1 tsp
- Protein Powder: 1 scoop
- Quinoa: 80g
- Spinach: 50g
- Sweet Potato: 150g