



AI MEAL PLAN

Personalized Nutrition Strategy

PLAN DETAILS

Generated: August 24, 2025
Average Daily Calories: 1726
Average Daily Protein: 128.4g
Average Daily Carbohydrates: 155.5g
Average Daily Fat: 68.7g

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

Savory Turkey & Quinoa Breakfast Bowl

Time: Breakfast | Context: A protein-packed, savory breakfast bowl perfect for fueling your morning workout.

Calories: 400

Protein: 26.9g

Carbs: 48.7g

Fat: 20.5g

INGREDIENTS:

- 85g Ground Turkey
- 70g Quinoa
- 30g Spinach
- 50g Bell Peppers
- 1 tablespoon Olive Oil

INSTRUCTIONS:

1. Step 1: Cook quinoa according to package instructions.
2. Step 2: In a separate pan, heat olive oil over medium heat and saute diced bell peppers until soft.
3. Step 3: Add ground turkey, season with salt, black pepper, and garlic powder, and cook until browned.
4. Step 4: Stir in fresh spinach until wilted.
5. Step 5: Combine the cooked quinoa with the turkey and vegetable mixture, and serve warm.

MONDAY - MEAL 2

Savory Turkey Quinoa Bowl

Time: Post-workout | Context: A quick and nutritious post-workout meal

Calories: 490

Protein: 37.5g

Carbs: 60.0g

Fat: 15.0g

INGREDIENTS:

- 150g Ground Turkey
- 100g (cooked) Quinoa
- 50g Spinach

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- 100g Bell Peppers
- 1 tablespoon (13.5g) Olive Oil
- 1 teaspoon (3.1g) Garlic Powder
- 1 teaspoon (1g) Oregano

INSTRUCTIONS:

1. Cook quinoa according to package instructions.
2. In a separate pan, heat olive oil over medium heat. Add ground turkey and cook until browned.
3. Add chopped bell peppers and spinach, cooking until vegetables are tender.
4. Season with garlic powder, oregano, salt, and black pepper.
5. Combine with cooked quinoa and serve.

MONDAY - MEAL 3

Mediterranean Chicken Quinoa Bowl

Time: Lunch | Context: A satisfying midday meal

Calories: 400

Protein: 30.0g

Carbs: 50.0g

Fat: 15.0g

INGREDIENTS:

- 120g Chicken Breast
- 70g (cooked) Quinoa
- 30g Spinach
- 50g Bell Peppers
- 50g Cucumber
- 1 tablespoon (13.5g) Olive Oil
- 15g Lemon Juice
- 1 teaspoon (1g) Oregano

INSTRUCTIONS:

1. Step 1: Season the chicken breast with salt, black pepper, garlic powder, and oregano. Grill until fully cooked.
2. Step 2: Cook quinoa according to package instructions. In a bowl, combine cooked quinoa, fresh spinach, diced bell peppers, and sliced cucumber. Top with sliced grilled chicken. Drizzle with a dressing made from olive oil, lemon juice, and oregano.

MONDAY - SNACK 1

Savory Turkey & Quinoa Power Bowl

Time: Lunch | Context: A nutritious meal for an afternoon energy boost

Calories: 300

Protein: 25.0g

Carbs: 40.0g

Fat: 10.0g

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INGREDIENTS:

- 85g Ground Turkey
- 50g Quinoa
- 30g Spinach
- 50g Bell Peppers
- 1 tsp Olive Oil
- 1/4 tsp Garlic Powder
- 1/4 tsp Oregano

INSTRUCTIONS:

1. Cook quinoa according to package instructions.
2. In a separate pan, heat olive oil over medium heat, add ground turkey, and season with garlic powder, oregano, salt, and black pepper. Cook until browned.
3. Add chopped bell peppers and spinach, sauteing until vegetables are tender.
4. Combine cooked quinoa with the turkey and vegetable mixture, stirring well to incorporate flavors.

MONDAY - SNACK 2

Mediterranean Chicken Quinoa Bowl

Time: Dinner | Context: A balanced meal for dinner

Calories: 400

Protein: 30.0g

Carbs: 40.0g

Fat: 15.0g

INGREDIENTS:

- 120g Chicken Breast
- 60g (cooked) Quinoa
- 30g Spinach
- 50g Bell Peppers
- 1 tablespoon (13.5g) Olive Oil
- 1 teaspoon (1g) Oregano

INSTRUCTIONS:

1. Season the chicken breast with salt, black pepper, garlic powder, and oregano. Grill until fully cooked.
2. Cook quinoa according to package instructions.
3. Saute bell peppers and spinach in olive oil until tender.
4. Combine all components in a bowl and drizzle with a touch of olive oil.

TUESDAY

TUESDAY - MEAL 1

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Time: Breakfast | Context: A protein-packed, savory breakfast bowl perfect for fueling your morning workout.

Calories: 389

Protein: 31.7g

Carbs: 51.8g

Fat: 21.7g

INGREDIENTS:

- 100g Ground Turkey
- 80g Quinoa
- 40g Spinach
- 60g Bell Peppers
- 1 tablespoon Olive Oil

INSTRUCTIONS:

1. Step 1: Cook quinoa according to package instructions.
2. Step 2: In a separate pan, heat olive oil over medium heat and saute diced bell peppers until soft.
3. Step 3: Add ground turkey, season with salt, black pepper, and garlic powder, and cook until browned.
4. Step 4: Stir in fresh spinach until wilted.
5. Step 5: Combine the cooked quinoa with the turkey and vegetable mixture, and serve warm.

TUESDAY - MEAL 2

Time: Lunch | Context: A satisfying midday meal

Calories: 537

Protein: 44.8g

Carbs: 34.6g

Fat: 21.3g

INGREDIENTS:

- 150g Chicken Breast
- 100g (cooked) Quinoa
- 50g Spinach
- 100g Bell Peppers
- 50g Cucumber
- 1 tablespoon Olive Oil
- 15g Lemon Juice
- 1 teaspoon Oregano

INSTRUCTIONS:

1. Step 1: Season the chicken breast with salt, black pepper, garlic powder, and oregano. Grill until fully cooked.
2. Step 2: Cook quinoa according to package instructions. In a bowl, combine cooked quinoa, fresh spinach, diced bell peppers, and sliced cucumber. Top with sliced grilled chicken. Drizzle with a dressing made from olive oil, lemon juice, and oregano.

TUESDAY - MEAL 3

Time: Morning Snack | Context: A quick and healthy snack to keep energy levels steady.

Calories: 351

Protein: 26.7g

Carbs: 28.3g

Fat: 15.3g

INGREDIENTS:

- 200g Greek Yogurt
- 30g Almonds
- 100g Mixed Berries

INSTRUCTIONS:

1. Combine Greek yogurt with mixed berries and top with almonds.

TUESDAY - SNACK 1

Time: Afternoon Snack | Context: A nutritious snack to maintain energy levels.

Calories: 377

Protein: 14.8g

Carbs: 58.9g

Fat: 10.3g

INGREDIENTS:

- 100g Hummus
- 100g Carrot Sticks
- 1 piece Whole Wheat Pita

INSTRUCTIONS:

1. Serve hummus with carrot sticks and whole wheat pita.

WEDNESDAY

WEDNESDAY - MEAL 1

Time: Breakfast | Context: A protein-packed, savory breakfast bowl perfect for fueling your morning workout.

Calories: 389

Protein: 31.7g

Carbs: 51.3g

Fat: 21.7g

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INGREDIENTS:

- 100g Ground Turkey
- 80g Quinoa
- 40g Spinach
- 60g Bell Peppers
- 1 tablespoon Olive Oil

INSTRUCTIONS:

1. Step 1: Cook quinoa according to package instructions.
2. Step 2: In a separate pan, heat olive oil over medium heat and saute diced bell peppers until soft.
3. Step 3: Add ground turkey, season with salt, black pepper, and garlic powder, and cook until browned.
4. Step 4: Stir in fresh spinach until wilted.
5. Step 5: Combine the cooked quinoa with the turkey and vegetable mixture, and serve warm.

WEDNESDAY - MEAL 2

Time: Lunch | Context: A satisfying midday meal

Calories: 554

Protein: 44.8g

Carbs: 34.6g

Fat: 22.4g

INGREDIENTS:

- 150g Chicken Breast
- 100g (cooked) Quinoa
- 50g Spinach
- 100g Bell Peppers
- 50g Cucumber
- 1 tablespoon Olive Oil
- 15g Lemon Juice
- 1 teaspoon Oregano

INSTRUCTIONS:

1. Step 1: Season the chicken breast with salt, black pepper, garlic powder, and oregano. Grill until fully cooked.
2. Step 2: Cook quinoa according to package instructions. In a bowl, combine cooked quinoa, fresh spinach, diced bell peppers, and sliced cucumber. Top with sliced grilled chicken. Drizzle with a dressing made from olive oil, lemon juice, and oregano.

WEDNESDAY - MEAL 3

Time: Dinner | Context: A nutritious meal for an afternoon energy boost

Calories: 477

Protein: 37.7g

Carbs: 33.4g

Fat: 23.8g

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INGREDIENTS:

- 120g Ground Turkey
- 80g Quinoa
- 40g Spinach
- 60g Bell Peppers
- 1 tablespoon Olive Oil
- 1/2 tsp Garlic Powder
- 1/2 tsp Oregano

INSTRUCTIONS:

1. Cook quinoa according to package instructions.
2. In a separate pan, heat olive oil over medium heat, add ground turkey, and season with garlic powder, oregano, salt, and black pepper. Cook until browned.
3. Add chopped bell peppers and spinach, sauteing until vegetables are tender.
4. Combine cooked quinoa with the turkey and vegetable mixture, stirring well to incorporate flavors.

THURSDAY

THURSDAY - MEAL 1

Time: Breakfast | Context: A protein-packed, savory breakfast bowl perfect for fueling your morning workout.

Calories: 389

Protein: 31.7g

Carbs: 51.8g

Fat: 21.7g

INGREDIENTS:

- 100g Ground Turkey
- 80g Quinoa
- 40g Spinach
- 60g Bell Peppers
- 1 tablespoon Olive Oil

INSTRUCTIONS:

1. Step 1: Cook quinoa according to package instructions.
2. Step 2: In a separate pan, heat olive oil over medium heat and saute diced bell peppers until soft.
3. Step 3: Add ground turkey, season with salt, black pepper, and garlic powder, and cook until browned.
4. Step 4: Stir in fresh spinach until wilted.
5. Step 5: Combine the cooked quinoa with the turkey and vegetable mixture, and serve warm.

THURSDAY - MEAL 2

Time: Lunch | Context: A satisfying midday meal

Personalized Nutrition & Body Composition Planning

Calories: 544

Protein: 44.8g

Carbs: 34.6g

Fat: 22.3g

INGREDIENTS:

- 150g Chicken Breast
- 100g (cooked) Quinoa
- 50g Spinach
- 100g Bell Peppers
- 50g Cucumber
- 1 tablespoon Olive Oil
- 15g Lemon Juice
- 1 teaspoon Oregano

INSTRUCTIONS:

1. Step 1: Season the chicken breast with salt, black pepper, garlic powder, and oregano. Grill until fully cooked.
2. Step 2: Cook quinoa according to package instructions. In a bowl, combine cooked quinoa, fresh spinach, diced bell peppers, and sliced cucumber. Top with sliced grilled chicken. Drizzle with a dressing made from olive oil, lemon juice, and oregano.

THURSDAY - MEAL 3

Time: Dinner | Context: A nutritious meal for an afternoon energy boost

Calories: 477

Protein: 37.7g

Carbs: 33.4g

Fat: 23.8g

INGREDIENTS:

- 120g Ground Turkey
- 80g Quinoa
- 40g Spinach
- 60g Bell Peppers
- 1 tablespoon Olive Oil
- 1/2 tsp Garlic Powder
- 1/2 tsp Oregano

INSTRUCTIONS:

1. Cook quinoa according to package instructions.
2. In a separate pan, heat olive oil over medium heat, add ground turkey, and season with garlic powder, oregano, salt, and black pepper. Cook until browned.
3. Add chopped bell peppers and spinach, sauteing until vegetables are tender.
4. Combine cooked quinoa with the turkey and vegetable mixture, stirring well to incorporate flavors.

FRIDAY

FRIDAY - MEAL 1

Time: Breakfast | Context: A protein-packed, savory breakfast bowl perfect for fueling your morning workout.

Calories: 389

Protein: 31.7g

Carbs: 51.8g

Fat: 21.7g

INGREDIENTS:

- 100g Ground Turkey
- 80g Quinoa
- 40g Spinach
- 60g Bell Peppers
- 1 tablespoon Olive Oil

INSTRUCTIONS:

1. Step 1: Cook quinoa according to package instructions.
2. Step 2: In a separate pan, heat olive oil over medium heat and saute diced bell peppers until soft.
3. Step 3: Add ground turkey, season with salt, black pepper, and garlic powder, and cook until browned.
4. Step 4: Stir in fresh spinach until wilted.
5. Step 5: Combine the cooked quinoa with the turkey and vegetable mixture, and serve warm.

FRIDAY - MEAL 2

Time: Lunch | Context: A satisfying midday meal

Calories: 757

Protein: 45.9g

Carbs: 36.6g

Fat: 21.6g

INGREDIENTS:

- 150g Chicken Breast
- 90g (cooked) Quinoa
- 50g Spinach
- 80g Bell Peppers
- 60g Cucumber
- 1 tablespoon Olive Oil
- 15g Lemon Juice
- 1 teaspoon Oregano

INSTRUCTIONS:

1. Step 1: Season the chicken breast with salt, black pepper, garlic powder, and oregano. Grill until fully cooked.

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2. Step 2: Cook quinoa according to package instructions. In a bowl, combine cooked quinoa, fresh spinach, diced bell peppers, and sliced cucumber. Top with sliced grilled chicken. Drizzle with a dressing made from olive oil, lemon juice, and oregano.

FRIDAY - MEAL 3

Time: Snack | Context: A quick and healthy snack to keep energy levels steady.

Calories: 351

Protein: 26.7g

Carbs: 28.3g

Fat: 15.3g

INGREDIENTS:

- 200g Greek Yogurt
- 30g Almonds
- 100g Mixed Berries

INSTRUCTIONS:

1. Combine Greek yogurt with mixed berries and top with almonds.

FRIDAY - SNACK 1

Time: Snack | Context: A convenient snack to support muscle recovery and energy.

Calories: 245

Protein: 25.5g

Carbs: 28.0g

Fat: 2.3g

INGREDIENTS:

- 1 serving Protein Shake
- 1 medium Apple

INSTRUCTIONS:

1. Prepare protein shake according to package instructions and enjoy with a fresh apple.

SATURDAY

SATURDAY - MEAL 1

Time: Breakfast | Context: A protein-packed, savory breakfast bowl perfect for fueling your morning workout.

Personalized Nutrition & Body Composition Planning

Calories: 389

Protein: 31.7g

Carbs: 51.8g

Fat: 21.7g

INGREDIENTS:

- 100g Ground Turkey
- 80g Quinoa
- 40g Spinach
- 60g Bell Peppers
- 1 tablespoon Olive Oil

INSTRUCTIONS:

1. Step 1: Cook quinoa according to package instructions.
2. Step 2: In a separate pan, heat olive oil over medium heat and saute diced bell peppers until soft.
3. Step 3: Add ground turkey, season with salt, black pepper, and garlic powder, and cook until browned.
4. Step 4: Stir in fresh spinach until wilted.
5. Step 5: Combine the cooked quinoa with the turkey and vegetable mixture, and serve warm.

SATURDAY - MEAL 2

Time: Lunch | Context: A satisfying midday meal

Calories: 757

Protein: 45.9g

Carbs: 35.1g

Fat: 21.5g

INGREDIENTS:

- 150g Chicken Breast
- 90g (cooked) Quinoa
- 50g Spinach
- 80g Bell Peppers
- 60g Cucumber
- 1 tablespoon Olive Oil
- 15g Lemon Juice
- 1 teaspoon Oregano

INSTRUCTIONS:

1. Step 1: Season the chicken breast with salt, black pepper, garlic powder, and oregano. Grill until fully cooked.
2. Step 2: Cook quinoa according to package instructions. In a bowl, combine cooked quinoa, fresh spinach, diced bell peppers, and sliced cucumber. Top with sliced grilled chicken. Drizzle with a dressing made from olive oil, lemon juice, and oregano.

SATURDAY - MEAL 3

Time: Dinner | Context: A nutritious meal for an afternoon energy boost

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Calories: 504

Protein: 34.8g

Carbs: 39.5g

Fat: 14.2g

INGREDIENTS:

- 100g Ground Turkey
- 70g Quinoa
- 40g Spinach
- 60g Bell Peppers
- 1 tsp Olive Oil
- 1/4 tsp Garlic Powder
- 1/4 tsp Oregano

INSTRUCTIONS:

1. Cook quinoa according to package instructions.
2. In a separate pan, heat olive oil over medium heat, add ground turkey, and season with garlic powder, oregano, salt, and black pepper. Cook until browned.
3. Add chopped bell peppers and spinach, sauteing until vegetables are tender.
4. Combine cooked quinoa with the turkey and vegetable mixture, stirring well to incorporate flavors.

SATURDAY - SNACK 1

Time: Snack | Context: A quick and healthy snack to keep energy levels steady

Calories: 351

Protein: 26.7g

Carbs: 28.5g

Fat: 15.3g

INGREDIENTS:

- 200g Greek Yogurt
- 30g Almonds
- 100g Mixed Berries

INSTRUCTIONS:

1. Combine Greek yogurt with mixed berries in a bowl.
2. Top with almonds for added crunch and protein.

SUNDAY

SUNDAY - MEAL 1

Time: First Meal of Day | Context: A protein-packed, savory breakfast bowl perfect for fueling your morning.

Personalized Nutrition & Body Composition Planning

Calories: 515

Protein: 36.2g

Carbs: 44.0g

Fat: 23.8g

INGREDIENTS:

- 100g Ground Turkey
- 60g Quinoa
- 40g Spinach
- 60g Bell Peppers
- 1 tablespoon Olive Oil

INSTRUCTIONS:

1. Step 1: Cook quinoa according to package instructions.
2. Step 2: In a separate pan, heat olive oil over medium heat and saute diced bell peppers until soft.
3. Step 3: Add ground turkey, season with salt, black pepper, and garlic powder, and cook until browned.
4. Step 4: Stir in fresh spinach until wilted.
5. Step 5: Combine the cooked quinoa with the turkey and vegetable mixture, and serve warm.

SUNDAY - MEAL 2

Time: Second Meal of Day | Context: A satisfying midday meal

Calories: 757

Protein: 45.3g

Carbs: 37.4g

Fat: 25.7g

INGREDIENTS:

- 150g Chicken Breast
- 80g (cooked) Quinoa
- 50g Spinach
- 70g Bell Peppers
- 50g Cucumber
- 1 tablespoon Olive Oil
- 15g Lemon Juice
- 1 teaspoon Oregano

INSTRUCTIONS:

1. Step 1: Season the chicken breast with salt, black pepper, garlic powder, and oregano. Grill until fully cooked.
2. Step 2: Cook quinoa according to package instructions. In a bowl, combine cooked quinoa, fresh spinach, diced bell peppers, and sliced cucumber. Top with sliced grilled chicken. Drizzle with a dressing made from olive oil, lemon juice, and oregano.

SUNDAY - MEAL 3

Time: First Snack of Day | Context: A quick and healthy snack

Personalized Nutrition & Body Composition Planning

Calories: 351

Protein: 27.0g

Carbs: 28.0g

Fat: 15.0g

INGREDIENTS:

- 200g Greek Yogurt
- 30g Almonds
- 100g Mixed Berries

INSTRUCTIONS:

1. Combine Greek yogurt with mixed berries and top with almonds.

SUNDAY - SNACK 1

Time: Second Snack of Day | Context: A convenient snack to maintain energy levels

Calories: 245

Protein: 25.5g

Carbs: 28.0g

Fat: 3.3g

INGREDIENTS:

- 1 serving Protein Shake
- 1 medium Apple

INSTRUCTIONS:

1. Prepare protein shake according to package instructions and enjoy with a fresh apple.

CONSOLIDATED GROCERY LIST

- Almonds: 120g
- Apple: 2 medium
- Bell Peppers: 1370g
- Carrot Sticks: 100g
- Chicken Breast: 1140g
- Cucumber: 370g
- Garlic Powder:
 - (1.0, 'g')
 - 1/4 tsp
 - 1/2 tsp
 - 1/2 tsp
 - 1/4 tsp
- Greek Yogurt: 800g
- Ground Turkey: 1260g
- Hummus: 100g
- Lemon Juice: 105g
- Mixed Berries: 400g
- Olive Oil: 15 tablespoon
- Olive Oil (tsp): 1 tsp
- Olive Oil (g): 1g
- Oregano:
 - (2.0, 'g')
 - 1/4 tsp
 - 1/2 tsp
 - 1 teaspoon
 - 1/2 tsp
 - 1 teaspoon
 - 1 teaspoon
 - 1/4 tsp
 - 1 teaspoon
- Oregano (teaspoon): 1 teaspoon
- Oregano (g): 1g
- Protein Shake: 2g
- Quinoa: 1600g
- Spinach: 830g
- Whole Wheat Pita: 1 piece