FITOMICS

AI MEAL PLAN

Personalized Nutrition Strategy

PLAN DETAILS

Generated: August 03, 2025
Average Daily Calories: 76
Average Daily Protein: 10.0g
Average Daily Carbohydrates: 6.6g
Average Daily Fat: 0.9g

DIETARY PREFERENCES

FITOMICS

DAILY MEAL PLAN

MEAL 1

Meal 1

Time: 8:00 AM | Context: Breakfast

| Calories: 187 | Protein: 23.7g | Carbs: 23.0g | Fat: 0.3g |

INGREDIENTS:
- 200g Greek Yogurt
- 100g Blueberries

INSTRUCTIONS:
1. Add blueberries to Greek yogurt
2. Mix gently and serve

MEAL 2

Meal 2

Time: 12:30 PM | Context: Lunch

| Calories: 342 | Protein: 46.1g | Carbs: 23.0g | Fat: 5.9g |

INGREDIENTS:
- 150g Chicken Breast
- 100g cooked Brown Rice

INSTRUCTIONS:
1. Grill chicken breast seasoned with herbs
2. Serve over brown rice

GROCERY LIST

- Blueberries: 100g
- Brown Rice: 100g cooked
- Chicken Breast: 150g
- Greek Yogurt: 200g