

AI MEAL PLAN

Personalized Nutrition Strategy

PLAN DETAILS

Generated: July 17, 2025

Average Daily Calories: 364

Average Daily Protein: 23.3g

Average Daily Carbohydrates: 37.6g

Average Daily Fat: 14.5g

DIETARY PREFERENCES

DAILY MEAL PLAN

PRE-WORKOUT ENERGY BOOST

Pre-Workout Energy Boost

Time: 6:30 AM | Context: Meal prep/leftovers

Calories: 707

Protein: 22.0g

Carbs: 128.8g

Fat: 14.4g

INGREDIENTS:

- 100g Oats
- 1 large (136g) Banana
- 250ml Almond Milk
- 1 tbsp (21g) Honey
- 15g Chia Seeds

INSTRUCTIONS:

1. Combine oats, almond milk, and chia seeds in a bowl
2. Stir in honey and sliced banana
3. Let sit for 10 minutes to absorb liquid
4. Serve chilled or warm slightly in the microwave for 1-2 minutes.

POST-WORKOUT RECOVERY LUNCH

Post-Workout Recovery Lunch

Time: 12:00 PM | Context: Meal delivery

Calories: 1011

Protein: 88.4g

Carbs: 62.2g

Fat: 47.2g

INGREDIENTS:

- 250g Grilled Chicken Breast
- 200g cooked Brown Rice
- 1 medium (150g) Avocado
- 100g Mixed Leafy Greens
- 15ml Olive Oil

INSTRUCTIONS:

1. Season chicken with 1 tsp garlic powder, 1/2 tsp salt, and 1/2 tsp black pepper
2. Grill on medium-high heat for 6-7 minutes per side until internal temperature reaches 165F

Personalized Nutrition & Body Composition Planning

3. Cook rice according to package instructions
4. Toss greens with sliced avocado and olive oil
5. Serve chicken over rice with greens on the side.

PROTEIN-PACKED GREEK YOGURT

Protein-Packed Greek Yogurt

Time: 3:00 PM | Context: Protein snack

Calories: 411

Protein: 38.6g

Carbs: 20.2g

Fat: 20.1g

INGREDIENTS:

- 300g Greek Yogurt
- 40g Almonds

INSTRUCTIONS:

1. Mix Greek yogurt with almonds
2. Serve chilled.

NUTTY ENERGY BITES

Nutty Energy Bites

Time: 8:00 PM | Context: Protein snack

Calories: 420

Protein: 13.9g

Carbs: 51.9g

Fat: 19.6g

INGREDIENTS:

- 30g Peanut Butter
- 50g Rolled Oats
- 15g Honey

INSTRUCTIONS:

1. Mix peanut butter, oats, and honey in a bowl
2. Form into small balls and refrigerate for 30 minutes before serving.

GROCERY LIST

- Almond Milk: 250ml
- Almonds: 40g
- Avocado: 1 medium (150g)
- Banana: 1 large (136g)
- Brown Rice: 200g cooked
- Chia Seeds: 15g
- Greek Yogurt: 300g
- Grilled Chicken Breast: 250g
- Honey: 1 tbsp (21g), 15g
- Mixed Leafy Greens: 100g
- Oats: 100g
- Olive Oil: 15ml
- Peanut Butter: 30g
- Rolled Oats: 50g