

AI MEAL PLAN

Personalized Nutrition Strategy

PLAN DETAILS

Generated: August 03, 2025

Average Daily Calories: 2399

Average Daily Protein: 174.3g

Average Daily Carbohydrates: 187.3g

Average Daily Fat: 103.4g

DIETARY PREFERENCES

DAILY MEAL PLAN

SAVORY TURKEY & QUINOA BREAKFAST BOWL

Savory Turkey & Quinoa Breakfast Bowl

Time: Breakfast | Context: A nutritious pre-workout breakfast

Calories: 400

Protein: 25.2g

Carbs: 50.9g

Fat: 15.1g

INGREDIENTS:

- 85g Ground Turkey
- 70g Quinoa
- 30g Spinach
- 50g Bell Peppers
- 10g Olive Oil
- 1g Garlic Powder
- 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.

SAVORY TURKEY & QUINOA POWER BOWL

Savory Turkey & Quinoa Power Bowl

Time: Lunch or Dinner | Context: Post-workout meal

Calories: 490

Protein: 37.1g

Carbs: 32.7g

Fat: 26.5g

INGREDIENTS:

- 150g Ground Turkey
- 100g cooked Quinoa
- 50g Spinach
- 100g Bell Peppers
- 1 tablespoon Olive Oil
- 1 teaspoon Garlic Powder

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- 1 teaspoon Oregano

INSTRUCTIONS:

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

MEDITERRANEAN CHICKEN QUINOA BOWL

Mediterranean Chicken Quinoa Bowl

Time: Lunch/Dinner | Context: Balanced meal for lunch or dinner

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
- 1g Garlic Powder
- 1g Oregano

INSTRUCTIONS:

1. Cook quinoa according to package instructions.
2. Season chicken breast with garlic powder, oregano, salt, and black pepper, then grill or pan-sear until fully cooked. Slice the chicken into strips.
3. In a bowl, combine cooked quinoa, fresh spinach, diced bell peppers, and sliced cucumber.
4. Top with sliced chicken and drizzle with a dressing made from olive oil, lemon juice, and a pinch of garlic powder. Toss to combine.

SAVORY TURKEY & QUINOA POWER BOWL

Savory Turkey & Quinoa Power Bowl

Time: Afternoon | Context: A quick and satisfying afternoon snack

Calories: 298

Protein: 20.6g

Carbs: 30.6g

Fat: 10.2g

INGREDIENTS:

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- 70g 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 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.

SAVORY HERB-CRUSTED SALMON WITH QUINOA AND SPINACH

Savory Herb-Crusted Salmon with Quinoa and Spinach

Time: Dinner | Context: A nutritious dinner option

Calories: 400

Protein: 35.0g

Carbs: 40.0g

Fat: 15.0g

INGREDIENTS:

- 120g Salmon fillet
- 60g (uncooked) Quinoa
- 50g Spinach
- 1 tsp Olive oil
- 1/4 tsp Garlic powder
- 1/4 tsp Oregano
- 1/8 tsp Salt
- 1/8 tsp Black pepper

INSTRUCTIONS:

1. Preheat the oven to 400 degreesF (200 degreesC).
2. Season salmon fillets with garlic powder, oregano, salt, and black pepper.
3. Heat olive oil in an oven-safe skillet over medium heat, sear the salmon for 2-3 minutes on each side until golden brown.
4. Transfer the skillet to the oven and bake for 8-10 minutes until the salmon is cooked through.
5. Meanwhile, cook quinoa according to package instructions.
6. In a separate pan, saute spinach in a little olive oil until wilted.
7. Serve the salmon over a bed of quinoa and spinach.

MEAL 1

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Meal 1

Time: Breakfast | Context: A nutritious pre-workout breakfast

Calories: 382

Protein: 29.7g

Carbs: 51.1g

Fat: 21.4g

INGREDIENTS:

- 100g Ground Turkey
- 80g Quinoa
- 40g Spinach
- 60g Bell Peppers
- 12g Olive Oil
- 1g Garlic Powder
- 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.

MEAL 2

Meal 2

Time: Lunch/Dinner | Context: Balanced meal for lunch or dinner

Calories: 561

Protein: 43.1g

Carbs: 34.6g

Fat: 22.9g

INGREDIENTS:

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

INSTRUCTIONS:

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1. Cook quinoa according to package instructions.
2. Season chicken breast with garlic powder, oregano, salt, and black pepper, then grill or pan-sear until fully cooked. Slice the chicken into strips.
3. In a bowl, combine cooked quinoa, fresh spinach, diced bell peppers, and sliced cucumber.
4. Top with sliced chicken and drizzle with a dressing made from olive oil, lemon juice, and a pinch of garlic powder. Toss to combine.

MEAL 3

Meal 3

Time: Dinner | Context: A nutritious dinner option

Calories: 691	Protein: 44.1g	Carbs: 56.1g	Fat: 32.6g
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INGREDIENTS:

- 150g Salmon fillet
- 80g (uncooked) Quinoa
- 50g Spinach
- 10g Olive oil
- 1g Garlic powder
- 1g Oregano
- 1/8 tsp Salt
- 1/8 tsp Black pepper

INSTRUCTIONS:

1. Preheat the oven to 400 degreesF (200 degreesC).
2. Season salmon fillets with garlic powder, oregano, salt, and black pepper.
3. Heat olive oil in an oven-safe skillet over medium heat, sear the salmon for 2-3 minutes on each side until golden brown.
4. Transfer the skillet to the oven and bake for 8-10 minutes until the salmon is cooked through.
5. Meanwhile, cook quinoa according to package instructions.
6. In a separate pan, saute spinach in a little olive oil until wilted.
7. Serve the salmon over a bed of quinoa and spinach.

SNACK 1

Snack 1

Time: Snack | Context: A quick and nutritious snack

Calories: 453	Protein: 54.1g	Carbs: 32.8g	Fat: 12.8g
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INGREDIENTS:

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- 2 scoops Protein Powder
- 240ml Almond Milk
- 16g Peanut Butter
- 100g Banana

INSTRUCTIONS:

1. Combine all ingredients in a blender.
2. Blend until smooth.
3. Serve immediately.

SNACK 2

Snack 2

Time: Snack | Context: A healthy and satisfying snack

Calories: 371

Protein: 26.8g

Carbs: 36.4g

Fat: 14.3g

INGREDIENTS:

- 200g Greek Yogurt
- 100g Mixed Berries
- 28g Almonds
- 10g Honey

INSTRUCTIONS:

1. In a bowl, combine Greek yogurt and honey.
2. Top with mixed berries and almonds.
3. Serve immediately.

MEAL 1

Meal 1

Time: Breakfast | Context: A nutritious pre-workout breakfast

Calories: 394

Protein: 30.0g

Carbs: 26.4g

Fat: 21.5g

INGREDIENTS:

- 100g Ground Turkey
- 90g Quinoa
- 40g Spinach
- 60g Bell Peppers

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- 12g Olive Oil
- 1g Garlic Powder
- 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.

MEAL 2

Meal 2

Time: Lunch/Dinner | Context: Balanced meal for lunch or dinner

Calories: 563

Protein: 43.2g

Carbs: 34.6g

Fat: 22.9g

INGREDIENTS:

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

INSTRUCTIONS:

1. Cook quinoa according to package instructions.
2. Season chicken breast with garlic powder, oregano, salt, and black pepper, then grill or pan-sear until fully cooked. Slice the chicken.
3. In a bowl, combine cooked quinoa, fresh spinach, diced bell peppers, and sliced cucumber.
4. Top with sliced chicken and drizzle with a dressing made from olive oil, lemon juice, and a pinch of garlic powder. Toss to combine.

MEAL 3

Meal 3

Time: Dinner | Context: A nutritious dinner option

Calories: 691

Protein: 44.0g

Carbs: 56.1g

Fat: 32.6g

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INGREDIENTS:

- 150g Salmon fillet
- 80g (uncooked) Quinoa
- 50g Spinach
- 10g Olive oil
- 1g Garlic powder
- 1g Oregano
- 1/8 tsp Salt
- 1/8 tsp Black pepper

INSTRUCTIONS:

1. Preheat the oven to 400 degreesF (200 degreesC).
2. Season salmon fillets with garlic powder, oregano, salt, and black pepper.
3. Heat olive oil in an oven-safe skillet over medium heat, sear the salmon for 2-3 minutes on each side until golden brown.
4. Transfer the skillet to the oven and bake for 8-10 minutes until the salmon is cooked through.
5. Meanwhile, cook quinoa according to package instructions.
6. In a separate pan, saute spinach in a little olive oil until wilted.
7. Serve the salmon over a bed of quinoa and spinach.

SNACK 1

Snack 1

Time: Morning Snack | Context: A quick and nutritious snack

Calories: 395

Protein: 54.9g

Carbs: 11.1g

Fat: 14.6g

INGREDIENTS:

- 2 scoops Protein Powder
- 250ml Almond Milk
- 20g Peanut Butter
- 30g Spinach
- 5 cubes Ice Cubes

INSTRUCTIONS:

1. Combine all ingredients in a blender.
2. Blend until smooth.
3. Serve immediately.

SNACK 2

Snack 2

Time: Afternoon Snack | Context: A nutritious afternoon snack

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Calories: 397

Protein: 28.5g

Carbs: 28.1g

Fat: 19.5g

INGREDIENTS:

- 200g Greek Yogurt
- 30g Almonds
- 15g Chia Seeds
- 10g Honey

INSTRUCTIONS:

1. In a bowl, mix Greek yogurt with honey.
2. Top with almonds and chia seeds.
3. Serve immediately.

MEAL 1

Meal 1

Time: Breakfast | Context: A nutritious pre-workout breakfast

Calories: 382

Protein: 29.5g

Carbs: 24.1g

Fat: 21.4g

INGREDIENTS:

- 100g Ground Turkey
- 80g Quinoa
- 40g Spinach
- 60g Bell Peppers
- 12g Olive Oil
- 1g Garlic Powder
- 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.

MEAL 2

Meal 2

Time: Lunch/Dinner | Context: Balanced meal for lunch or dinner

Personalized Nutrition & Body Composition Planning

Calories: 563

Protein: 43.2g

Carbs: 33.9g

Fat: 22.9g

INGREDIENTS:

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

INSTRUCTIONS:

1. Cook quinoa according to package instructions.
2. Season chicken breast with garlic powder, oregano, salt, and black pepper, then grill or pan-sear until fully cooked. Slice the chicken into strips.
3. In a bowl, combine cooked quinoa, fresh spinach, diced bell peppers, and sliced cucumber.
4. Top with sliced chicken and drizzle with a dressing made from olive oil, lemon juice, and a pinch of garlic powder. Toss to combine.

MEAL 3

Meal 3

Time: Dinner | Context: A nutritious dinner option

Calories: 691

Protein: 44.1g

Carbs: 56.1g

Fat: 32.6g

INGREDIENTS:

- 150g Salmon fillet
- 80g (uncooked) Quinoa
- 50g Spinach
- 10g Olive oil
- 1g Garlic powder
- 1g Oregano
- 1/8 tsp Salt
- 1/8 tsp Black pepper

INSTRUCTIONS:

1. Preheat the oven to 400 degreesF (200 degreesC).
2. Season salmon fillets with garlic powder, oregano, salt, and black pepper.
3. Heat olive oil in an oven-safe skillet over medium heat, sear the salmon for 2-3 minutes on each side until golden brown.
4. Transfer the skillet to the oven and bake for 8-10 minutes until the salmon is cooked through.

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5. Meanwhile, cook quinoa according to package instructions.
6. In a separate pan, saute spinach in a little olive oil until wilted.
7. Serve the salmon over a bed of quinoa and spinach.

SNACK 1

Snack 1

Time: Morning Snack | Context: A quick and nutritious snack

Calories: 371

Protein: 53.9g

Carbs: 11.1g

Fat: 12.6g

INGREDIENTS:

- 2 scoops Protein Powder
- 240ml Almond Milk
- 16g Peanut Butter
- 30g Spinach
- as needed Ice Cubes

INSTRUCTIONS:

1. Combine all ingredients in a blender.
2. Blend until smooth.
3. Serve immediately.

SNACK 2

Snack 2

Time: Afternoon Snack | Context: A nutritious afternoon snack

Calories: 387

Protein: 28.5g

Carbs: 28.1g

Fat: 18.5g

INGREDIENTS:

- 200g Greek Yogurt
- 28g Almonds
- 15g Chia Seeds
- 10g Honey

INSTRUCTIONS:

1. In a bowl, mix Greek yogurt with honey.
2. Top with almonds and chia seeds.
3. Serve immediately.

MEAL 1

Meal 1

Time: Breakfast | Context: A nutritious pre-workout breakfast

Calories: 606

Protein: 29.5g

Carbs: 54.1g

Fat: 21.3g

INGREDIENTS:

- 100g Ground Turkey
- 80g Quinoa
- 40g Spinach
- 60g Bell Peppers
- 12g Olive Oil
- 1g Garlic Powder
- 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.

MEAL 2

Meal 2

Time: Lunch/Dinner | Context: Balanced meal for lunch or dinner

Calories: 606

Protein: 42.5g

Carbs: 31.0g

Fat: 22.4g

INGREDIENTS:

- 150g Chicken Breast
- 90g (cooked) Quinoa
- 40g Spinach
- 60g Bell Peppers
- 60g Cucumber
- 15g Olive Oil
- 20g Lemon Juice
- 1g Garlic Powder
- 1g Oregano

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INSTRUCTIONS:

1. Cook quinoa according to package instructions.
2. Season chicken breast with garlic powder, oregano, salt, and black pepper, then grill or pan-sear until fully cooked. Slice the chicken into strips.
3. In a bowl, combine cooked quinoa, fresh spinach, diced bell peppers, and sliced cucumber.
4. Top with sliced chicken and drizzle with a dressing made from olive oil, lemon juice, and a pinch of garlic powder. Toss to combine.

MEAL 3

Meal 3

Time: Dinner | Context: A nutritious dinner option

Calories: 606

Protein: 43.9g

Carbs: 56.1g

Fat: 27.6g

INGREDIENTS:

- 150g Salmon fillet
- 80g (uncooked) Quinoa
- 50g Spinach
- 5g Olive oil
- 1g Garlic powder
- 1g Oregano
- 1/8 tsp Salt
- 1/8 tsp Black pepper

INSTRUCTIONS:

1. Preheat the oven to 400 degreesF (200 degreesC).
2. Season salmon fillets with garlic powder, oregano, salt, and black pepper.
3. Heat olive oil in an oven-safe skillet over medium heat, sear the salmon for 2-3 minutes on each side until golden brown.
4. Transfer the skillet to the oven and bake for 8-10 minutes until the salmon is cooked through.
5. Meanwhile, cook quinoa according to package instructions.
6. In a separate pan, saute spinach in a little olive oil until wilted.
7. Serve the salmon over a bed of quinoa and spinach.

SNACK 1

Snack 1

Time: Morning Snack | Context: A quick and healthy snack

Calories: 404

Protein: 26.5g

Carbs: 29.5g

Fat: 15.2g

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INGREDIENTS:

- 200g Greek Yogurt
- 30g Almonds
- 50g Blueberries
- 10g Honey

INSTRUCTIONS:

1. In a bowl, combine Greek yogurt with honey.
2. Top with almonds and blueberries.
3. Serve chilled.

SNACK 2

Snack 2

Time: Afternoon Snack | Context: A satisfying midday snack

Calories: 404

Protein: 8.8g

Carbs: 33.9g

Fat: 18.5g

INGREDIENTS:

- 2 cakes Rice Cakes
- 30g Almond Butter
- 50g Banana
- 1g Cinnamon

INSTRUCTIONS:

1. Spread almond butter evenly over rice cakes.
2. Top with banana slices and a sprinkle of cinnamon.
3. Serve immediately.

MEAL 1

Meal 1

Time: Breakfast | Context: A nutritious pre-workout breakfast

Calories: 382

Protein: 29.5g

Carbs: 51.1g

Fat: 21.3g

INGREDIENTS:

- 100g Ground Turkey
- 80g Quinoa

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- 40g Spinach
- 60g Bell Peppers
- 12g Olive Oil
- 1g Garlic Powder
- 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.

MEAL 2

Meal 2

Time: Lunch/Dinner | Context: Balanced meal for lunch or dinner

Calories: 606

Protein: 42.7g

Carbs: 30.3g

Fat: 22.3g

INGREDIENTS:

- 150g Chicken Breast
- 90g (cooked) Quinoa
- 40g Spinach
- 60g Bell Peppers
- 60g Cucumber
- 15g Olive Oil
- 20g Lemon Juice
- 1g Garlic Powder
- 1g Oregano

INSTRUCTIONS:

1. Cook quinoa according to package instructions.
2. Season chicken breast with garlic powder, oregano, salt, and black pepper, then grill or pan-sear until fully cooked. Slice the chicken into strips.
3. In a bowl, combine cooked quinoa, fresh spinach, diced bell peppers, and sliced cucumber.
4. Top with sliced chicken and drizzle with a dressing made from olive oil, lemon juice, and a pinch of garlic powder. Toss to combine.

MEAL 3

Meal 3

Time: Dinner | Context: A nutritious dinner option

Personalized Nutrition & Body Composition Planning

Calories: 606

Protein: 42.6g

Carbs: 49.0g

Fat: 31.9g

INGREDIENTS:

- 150g Salmon fillet
- 70g (uncooked) Quinoa
- 50g Spinach
- 10g Olive oil
- 1g Garlic powder
- 1g Oregano
- 1/8 tsp Salt
- 1/8 tsp Black pepper

INSTRUCTIONS:

1. Preheat the oven to 400 degreesF (200 degreesC).
2. Season salmon fillets with garlic powder, oregano, salt, and black pepper.
3. Heat olive oil in an oven-safe skillet over medium heat, sear the salmon for 2-3 minutes on each side until golden brown.
4. Transfer the skillet to the oven and bake for 8-10 minutes until the salmon is cooked through.
5. Meanwhile, cook quinoa according to package instructions.
6. In a separate pan, saute spinach in a little olive oil until wilted.
7. Serve the salmon over a bed of quinoa and spinach.

SNACK 1

Snack 1

Time: Snack | Context: A quick and healthy snack

Calories: 353

Protein: 26.5g

Carbs: 29.5g

Fat: 15.2g

INGREDIENTS:

- 200g Greek Yogurt
- 30g Almonds
- 50g Blueberries
- 10g Honey

INSTRUCTIONS:

1. In a bowl, combine Greek yogurt with honey.
2. Top with almonds and blueberries.
3. Serve chilled.

SNACK 2

Personalized Nutrition & Body Composition Planning

Snack 2

Time: Snack | Context: A quick and nutritious snack

Calories: 313

Protein: 30.5g

Carbs: 18.5g

Fat: 13.6g

INGREDIENTS:

- 1 scoop (30g) Protein Powder
- 250ml Almond Milk
- 20g Peanut Butter
- 50g Banana

INSTRUCTIONS:

1. In a blender, combine protein powder, almond milk, peanut butter, and banana.
2. Blend until smooth.
3. Serve immediately.

MEAL 1

Meal 1

Time: Breakfast | Context: A nutritious first meal of the day

Calories: 606

Protein: 29.5g

Carbs: 54.1g

Fat: 21.3g

INGREDIENTS:

- 100g Ground Turkey
- 80g Quinoa
- 40g Spinach
- 60g Bell Peppers
- 12g Olive Oil
- 1g Garlic Powder
- 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.

MEAL 2

Meal 2

Time: Lunch | Context: Balanced meal for lunch

Calories: 606

Protein: 42.5g

Carbs: 30.3g

Fat: 22.2g

INGREDIENTS:

- 150g Chicken Breast
- 90g (cooked) Quinoa
- 40g Spinach
- 60g Bell Peppers
- 60g Cucumber
- 15g Olive Oil
- 20g Lemon Juice
- 1g Garlic Powder
- 1g Oregano

INSTRUCTIONS:

1. Cook quinoa according to package instructions.
2. Season chicken breast with garlic powder, oregano, salt, and black pepper, then grill or pan-sear until fully cooked. Slice the chicken into strips.
3. In a bowl, combine cooked quinoa, fresh spinach, diced bell peppers, and sliced cucumber.
4. Top with sliced chicken and drizzle with a dressing made from olive oil, lemon juice, and a pinch of garlic powder. Toss to combine.

MEAL 3

Meal 3

Time: Dinner | Context: A nutritious dinner option

Calories: 606

Protein: 43.9g

Carbs: 56.1g

Fat: 32.6g

INGREDIENTS:

- 150g Salmon fillet
- 80g (uncooked) Quinoa
- 50g Spinach
- 10g Olive oil
- 1g Garlic powder
- 1g Oregano
- 1/8 tsp Salt
- 1/8 tsp Black pepper

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INSTRUCTIONS:

1. Preheat the oven to 400 degreesF (200 degreesC).
2. Season salmon fillets with garlic powder, oregano, salt, and black pepper.
3. Heat olive oil in an oven-safe skillet over medium heat, sear the salmon for 2-3 minutes on each side until golden brown.
4. Transfer the skillet to the oven and bake for 8-10 minutes until the salmon is cooked through.
5. Meanwhile, cook quinoa according to package instructions.
6. In a separate pan, saute spinach in a little olive oil until wilted.
7. Serve the salmon over a bed of quinoa and spinach.

SNACK 1

Snack 1

Time: Morning Snack | Context: A quick and healthy snack

Calories: 404

Protein: 26.5g

Carbs: 29.6g

Fat: 15.2g

INGREDIENTS:

- 200g Greek Yogurt
- 30g Almonds
- 50g Blueberries
- 10g Honey

INSTRUCTIONS:

1. In a bowl, combine Greek yogurt with honey.
2. Top with almonds and blueberries.
3. Serve chilled.

SNACK 2

Snack 2

Time: Afternoon Snack | Context: A satisfying afternoon snack

Calories: 404

Protein: 8.9g

Carbs: 33.1g

Fat: 18.6g

INGREDIENTS:

- 2 cakes Rice Cakes
- 30g Almond Butter
- 50g Banana
- 1g Cinnamon

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INSTRUCTIONS:

1. Spread almond butter evenly over rice cakes.
2. Top with banana slices and a sprinkle of cinnamon.
3. Serve immediately.

GROCERY LIST

- Almond Butter: 30g, 30g
- Almond Milk: 240ml, 250ml, 240ml, 250ml
- Almonds: 28g, 30g, 28g, 30g, 30g, 30g
- Banana: 100g, 50g, 50g, 50g
- Bell Peppers: 50g, 100g, 50g, 50g, 60g, 100g, 60g, 100g, 60g, 100g, 60g, 60g, 60g, 60g, 60g
- Black pepper: 1/8 tsp, 1/8 tsp, 1/8 tsp, 1/8 tsp, 1/8 tsp, 1/8 tsp, 1/8 tsp
- Blueberries: 50g, 50g, 50g
- Chia Seeds: 15g, 15g
- Chicken Breast: 120g, 150g, 150g, 150g, 150g, 150g, 150g
- Cinnamon: 1g, 1g
- Cucumber: 50g, 50g, 50g, 50g, 60g, 60g, 60g
- Garlic Powder: 1g, 1 teaspoon, 1g, 1/4 tsp, 1g, 1g, 1g, 1g, 1g, 1g, 1g, 1g, 1g, 1g, 1g, 1g
- Garlic powder: 1/4 tsp, 1g, 1g, 1g, 1g, 1g, 1g
- Greek Yogurt: 200g, 200g, 200g, 200g, 200g, 200g
- Ground Turkey: 85g, 150g, 70g, 100g, 100g, 100g, 100g, 100g, 100g
- Honey: 10g, 10g, 10g, 10g, 10g, 10g
- Ice Cubes: 5 cubes, as needed
- Lemon Juice: 15g, 15g, 15g, 15g, 20g, 20g, 20g
- Mixed Berries: 100g
- Olive Oil: 10g, 1 tablespoon, 1 tablespoon (13.5g), 1 tsp, 12g, 15g, 12g, 15g, 12g, 15g, 12g, 15g, 12g, 15g, 12g, 15g, 12g, 15g
- Olive oil: 1 tsp, 10g, 10g, 10g, 5g, 10g, 10g
- Oregano: 1g, 1 teaspoon, 1g, 1/4 tsp, 1/4 tsp, 1g, 1g, 1g, 1g, 1g, 1g, 1g, 1g, 1g, 1g, 1g, 1g, 1g, 1g, 1g, 1g, 1g, 1g
- Peanut Butter: 16g, 20g, 16g, 20g
- Protein Powder: 2 scoops, 2 scoops, 2 scoops, 1 scoop (30g)
- Quinoa: 70g, 100g cooked, 70g (cooked), 50g, 60g (uncooked), 80g, 100g (cooked), 80g (uncooked), 90g, 100g (cooked)
- Rice Cakes: 2 cakes, 2 cakes
- Salmon fillet: 120g, 150g, 150g, 150g, 150g, 150g, 150g
- Salt: 1/8 tsp, 1/8 tsp, 1/8 tsp, 1/8 tsp, 1/8 tsp, 1/8 tsp, 1/8 tsp
- Spinach: 30g, 50g, 30g, 30g, 50g, 40g, 50g, 50g, 40g, 50g, 50g, 30g, 40g, 50g, 50g, 30g, 40g, 40g, 50g, 40g, 40g, 40g