



Personalized Nutrition & Body Composition Planning

# AI MEAL PLAN

Personalized Nutrition Strategy

## PLAN DETAILS

Generated: July 17, 2025

Average Daily Calories: 241

Average Daily Protein: 21.8g

Average Daily Carbohydrates: 24.0g

Average Daily Fat: 7.5g

## DIETARY PREFERENCES

## DAILY MEAL PLAN

### PRE-WORKOUT ENERGY BOOST

#### Pre-Workout Energy Boost

Time: 06:00 AM | Context: Meal prep/leftovers

Calories: 630

Protein: 39.6g

Carbs: 87.9g

Fat: 16.4g

#### INGREDIENTS:

- 80g Oats
- 1 scoop (30g) Whey Protein Powder
- 1 medium (118g) Banana
- 15g Almond Butter

#### INSTRUCTIONS:

1. Combine oats with water and microwave for 2 minutes
2. Stir in protein powder and top with sliced banana and almond butter.

### POST-WORKOUT RECOVERY LUNCH

#### Post-Workout Recovery Lunch

Time: 12:00 PM | Context: Meal delivery

Calories: 719

Protein: 71.2g

Carbs: 56.2g

Fat: 23.2g

#### INGREDIENTS:

- 200g Grilled Chicken Breast
- 200g Cooked Brown Rice
- 150g Steamed Broccoli
- 15ml Olive Oil

#### INSTRUCTIONS:

1. Grill chicken breast until fully cooked
2. Serve with cooked brown rice and steamed broccoli
3. Drizzle olive oil over the dish.

## PROTEIN-PACKED GREEK YOGURT

### Protein-Packed Greek Yogurt

Time: 3:00 PM | Context: Protein snack

Calories: 169

Protein: 21.6g

Carbs: 12.1g

Fat: 7.1g

#### INGREDIENTS:

- 200g Greek Yogurt
- 10g Chia Seeds

#### INSTRUCTIONS:

1. Mix Greek yogurt with chia seeds and let sit for 5 minutes to thicken.

## NUTTY PROTEIN BAR

### Nutty Protein Bar

Time: 8:00 PM | Context: Protein snack

Calories: 172

Protein: 20.0g

Carbs: 12.0g

Fat: 6.0g

#### INGREDIENTS:

- 1 bar (60g) Homemade Protein Bar

#### INSTRUCTIONS:

1. Consume a homemade protein bar made with nuts and protein powder.

## GROCERY LIST

- Almond Butter: 15g
- Banana: 1 medium (118g)
- Chia Seeds: 10g
- Cooked Brown Rice: 200g
- Greek Yogurt: 200g
- Grilled Chicken Breast: 200g
- Homemade Protein Bar: 1 bar (60g)
- Oats: 80g
- Olive Oil: 15ml
- Steamed Broccoli: 150g
- Whey Protein Powder: 1 scoop (30g)