



Personalized Nutrition & Body Composition Planning

AI MEAL PLAN

Personalized Nutrition Strategy

PLAN DETAILS

Generated: July 17, 2025

Average Daily Calories: 321

Average Daily Protein: 22.8g

Average Daily Carbohydrates: 29.6g

Average Daily Fat: 12.7g

DIETARY PREFERENCES

DAILY MEAL PLAN

PRE-WORKOUT ENERGIZER

Pre-Workout Energizer

Time: 06:30 AM | Context: Home cooking - Quick (15-30 min)

Calories: 488

Protein: 12.8g

Carbs: 94.7g

Fat: 8.4g

INGREDIENTS:

- 80g Oats
- 1 medium (118g) Banana
- 240ml Almond Milk
- 15g Honey

INSTRUCTIONS:

1. Combine oats and almond milk in a bowl
2. Microwave for 2-3 minutes until cooked
3. Top with sliced banana and drizzle with honey.

POST-WORKOUT RECOVERY LUNCH

Post-Workout Recovery Lunch

Time: 12:00 PM | Context: Home cooking - Quick (15-30 min)

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 broccoli.

AFTERNOON PROTEIN BOOST

Afternoon Protein Boost

Time: 3:00 PM | Context: Protein snack

Calories: 300

Protein: 25.0g

Carbs: 14.0g

Fat: 16.0g

INGREDIENTS:

- 200g Greek Yogurt
- 30g Mixed Nuts

INSTRUCTIONS:

1. Mix Greek yogurt with mixed nuts for a quick protein-rich snack.

SAVORY HERB-CRUSTED SALMON

Savory Herb-Crusted Salmon

Time: 7:00 PM | Context: Home cooking - Quick (15-30 min)

Calories: 741

Protein: 50.9g

Carbs: 42.6g

Fat: 41.3g

INGREDIENTS:

- 200g Salmon Fillet
- 150g Quinoa
- 100g Spinach
- 10ml Olive Oil

INSTRUCTIONS:

1. Season salmon with herbs and bake at 200C for 15 minutes
2. Cook quinoa as per package instructions
3. Saute spinach in olive oil until wilted
4. Serve salmon with quinoa and spinach.

GROCERY LIST

- Almond Milk: 240ml
- Banana: 1 medium (118g)
- Cooked Brown Rice: 200g
- Greek Yogurt: 200g
- Grilled Chicken Breast: 200g
- Honey: 15g
- Mixed Nuts: 30g
- Oats: 80g
- Olive Oil: 15ml, 10ml
- Quinoa: 150g
- Salmon Fillet: 200g
- Spinach: 100g
- Steamed Broccoli: 150g