

# AI MEAL PLAN

## Personalized Nutrition Strategy

### PLAN DETAILS

Generated: August 03, 2025

Average Daily Calories: 2288

Average Daily Protein: 178.0g

Average Daily Carbohydrates: 145.5g

Average Daily Fat: 89.5g

### DIETARY PREFERENCES

## DAILY MEAL PLAN

### SAVORY BREAKFAST QUINOA BOWL

#### Savory Breakfast Quinoa Bowl

Time: Breakfast | Context: A quick and energizing quinoa bowl with lean turkey, spinach, and a hint of spice, perfect for fueling your morning.

**Calories: 419**

**Protein: 26.3g**

**Carbs: 50.9g**

**Fat: 15.8g**

#### INGREDIENTS:

- 130g Quinoa
- 85g Ground Turkey
- 50g Spinach
- 1 tablespoon (13.5g) Olive Oil
- 1/4 teaspoon (0.8g) Garlic Powder
- 1/4 teaspoon (0.5g) Oregano

#### INSTRUCTIONS:

1. Step 1: Cook quinoa according to package instructions.
2. Step 2: In a separate pan, heat olive oil over medium heat and cook ground turkey until browned.
3. Step 3: Add spinach and cook until wilted.
4. Step 4: Season with garlic powder, oregano, salt, and black pepper.
5. Step 5: Combine with cooked quinoa and serve.

### SAVORY CHICKEN & QUINOA POWER BOWL

#### Savory Chicken & Quinoa Power Bowl

Time: Lunch or Dinner | Context: Post-workout meal for muscle recovery and energy replenishment

**Calories: 500**

**Protein: 37.5g**

**Carbs: 60.0g**

**Fat: 15.4g**

#### INGREDIENTS:

- 150g Chicken Breast
- 120g cooked Quinoa
- 30g Spinach
- 50g Bell Peppers
- 50g Zucchini
- 1 tablespoon Olive Oil

**INSTRUCTIONS:**

- 1. Cook 1 cup of quinoa according to package instructions.
- 2. Season 150g of chicken breast with salt, black pepper, and garlic powder. Grill on a stovetop grill pan over medium heat for 6 minutes.
- 3. In a separate pan, heat 1 tablespoon of olive oil and saute 50g of sliced bell peppers and 50g of zucchini until tender.
- 4. Once the quinoa is done, mix in 30g of fresh spinach to wilt slightly.
- 5. Assemble the bowl by layering quinoa and spinach at the base, topping with sliced grilled chicken, and sauteed vegetables. G

**MEDITERRANEAN CHICKEN QUINOA BOWL**

**Mediterranean Chicken Quinoa Bowl**

Time: Midday meal | Context: A nutritious and 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
- 1/4 teaspoon Garlic Powder
- 1/4 teaspoon Oregano

**INSTRUCTIONS:**

- 1. Cook quinoa according to package instructions.
- 2. Season chicken breast with salt, black pepper, garlic powder, and oregano, then grill or pan-sear until fully cooked.
- 3. In a bowl, combine cooked quinoa, sliced grilled chicken, fresh spinach, diced bell peppers, and cucumber.
- 4. Drizzle with olive oil and toss gently to combine.

**MEDITERRANEAN CHICKEN QUINOA BOWL**

**Mediterranean Chicken Quinoa Bowl**

Time: Lunch | Context: A balanced meal for sustained energy

Calories: 293	Protein: 20.2g	Carbs: 30.2g	Fat: 11.3g
---------------	----------------	--------------	------------

**INGREDIENTS:**

- 85g Chicken Breast

## Personalized Nutrition & Body Composition Planning

- 50g Quinoa
- 30g Spinach
- 50g Cherry Tomatoes
- 7g (1/2 tbsp) Olive Oil
- 10g Lemon Juice
- 1g Oregano

### INSTRUCTIONS:

1. Cook quinoa according to package instructions.
2. While quinoa is cooking, season chicken breast with salt, black pepper, garlic powder, and oregano.
3. Saute chicken in a pan with olive oil over medium heat until cooked through, about 6-8 minutes per side.
4. In a bowl, combine cooked quinoa, sliced chicken, fresh spinach, and halved cherry tomatoes.
5. Drizzle with a mixture of olive oil and lemon juice for dressing.

## SAVORY HERB CHICKEN WITH QUINOA AND SAUTEED VEGETABLES

### Savory Herb Chicken with Quinoa and Sauteed Vegetables

Time: Dinner | Context: A balanced, gluten-free dinner option

**Calories: 400**

**Protein: 35.0g**

**Carbs: 40.0g**

**Fat: 15.0g**

### INGREDIENTS:

- 150g Chicken Breast
- 60g (uncooked) Quinoa
- 30g Spinach
- 50g Bell Peppers
- 50g Zucchini
- 1 tablespoon (13.5g) Olive Oil
- 1 teaspoon (3g) Garlic Powder
- 1 teaspoon (1g) Oregano

### INSTRUCTIONS:

1. Season chicken breasts with salt, black pepper, garlic powder, and oregano.
2. Heat olive oil in a pan over medium heat and cook the chicken for 6-7 minutes on each side until fully cooked.
3. Meanwhile, cook quinoa according to package instructions.
4. In another pan, saute chopped bell peppers, zucchini, and spinach in olive oil until tender.
5. Serve the chicken over a bed of quinoa and top with the sauteed vegetables.

## MEAL 1

### Meal 1

Time: Breakfast | Context: A quick and energizing quinoa bowl with lean turkey, spinach, and a hint of spice, perfect for fueling y

## Personalized Nutrition & Body Composition Planning

**Calories: 468**

**Protein: 30.8g**

**Carbs: 35.6g**

**Fat: 23.8g**

### INGREDIENTS:

- 150g Quinoa
- 100g Ground Turkey
- 60g Spinach
- 1 tablespoon (13.5g) Olive Oil
- 1/4 teaspoon (0.8g) Garlic Powder
- 1/4 teaspoon (0.5g) Oregano

### INSTRUCTIONS:

1. Step 1: Cook quinoa according to package instructions.
2. Step 2: In a separate pan, heat olive oil over medium heat and cook ground turkey until browned.
3. Step 3: Add spinach and cook until wilted.
4. Step 4: Season with garlic powder, oregano, salt, and black pepper.
5. Step 5: Combine with cooked quinoa and serve.

## MEAL 2

### Meal 2

Time: Lunch or Dinner | Context: Post-workout meal for muscle recovery and energy replenishment

**Calories: 600**

**Protein: 44.9g**

**Carbs: 67.7g**

**Fat: 20.4g**

### INGREDIENTS:

- 180g Chicken Breast
- 140g cooked Quinoa
- 40g Spinach
- 60g Bell Peppers
- 60g Zucchini
- 1 tablespoon Olive Oil

### INSTRUCTIONS:

1. Cook 1 cup of quinoa according to package instructions.
2. Season 180g of chicken breast with salt, black pepper, and garlic powder. Grill on a stovetop grill pan over medium heat for 6 minutes.
3. In a separate pan, heat 1 tablespoon of olive oil and saute 60g of sliced bell peppers and 60g of zucchini until tender.
4. Once the quinoa is done, mix in 40g of fresh spinach to wilt slightly.
5. Assemble the bowl by layering quinoa and spinach at the base, topping with sliced grilled chicken, and sauteed vegetables. G

## MEAL 3

## Personalized Nutrition & Body Composition Planning

### Meal 3

Time: Midday meal | Context: A nutritious and balanced meal for lunch or dinner.

**Calories: 500**

**Protein: 37.3g**

**Carbs: 28.3g**

**Fat: 19.7g**

#### INGREDIENTS:

- 150g Chicken Breast
- 90g (cooked) Quinoa
- 40g Spinach
- 60g Bell Peppers
- 60g Cucumber
- 1 tablespoon (13.5g) Olive Oil
- 1/4 teaspoon Garlic Powder
- 1/4 teaspoon Oregano

#### INSTRUCTIONS:

1. Cook quinoa according to package instructions.
2. Season chicken breast with salt, black pepper, garlic powder, and oregano, then grill or pan-sear until fully cooked.
3. In a bowl, combine cooked quinoa, sliced grilled chicken, fresh spinach, diced bell peppers, and cucumber.
4. Drizzle with olive oil and toss gently to combine.

### SNACK 1

#### Snack 1

Time: Snack | Context: A quick and easy protein-packed snack.

**Calories: 371**

**Protein: 53.9g**

**Carbs: 11.1g**

**Fat: 12.6g**

#### INGREDIENTS:

- 2 scoops (60g) Protein Powder
- 240ml Almond Milk
- 1 tablespoon (16g) Peanut Butter
- 30g Spinach

#### INSTRUCTIONS:

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

## SNACK 2

### Snack 2

Time: Snack | Context: A refreshing and nutritious snack.

**Calories: 351**

**Protein: 26.7g**

**Carbs: 28.3g**

**Fat: 15.3g**

#### INGREDIENTS:

- 200g Greek Yogurt
- 100g Mixed Berries
- 30g Almonds

#### INSTRUCTIONS:

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

## MEAL 1

### Meal 1

Time: Breakfast | Context: A quick and energizing quinoa bowl with lean turkey, spinach, and a hint of spice, perfect for fueling your day.

**Calories: 468**

**Protein: 30.8g**

**Carbs: 35.6g**

**Fat: 23.8g**

#### INGREDIENTS:

- 150g Quinoa
- 100g Ground Turkey
- 60g Spinach
- 1 tablespoon (13.5g) Olive Oil
- 1/4 teaspoon (0.8g) Garlic Powder
- 1/4 teaspoon (0.5g) Oregano

#### INSTRUCTIONS:

1. Step 1: Cook quinoa according to package instructions.
2. Step 2: In a separate pan, heat olive oil over medium heat and cook ground turkey until browned.
3. Step 3: Add spinach and cook until wilted.
4. Step 4: Season with garlic powder, oregano, salt, and black pepper.
5. Step 5: Combine with cooked quinoa and serve.

## MEAL 2

### Meal 2

Time: Lunch or Dinner | Context: Post-workout meal for muscle recovery and energy replenishment

**Calories: 600**

**Protein: 44.9g**

**Carbs: 57.7g**

**Fat: 20.4g**

#### INGREDIENTS:

- 180g Chicken Breast
- 140g cooked Quinoa
- 40g Spinach
- 60g Bell Peppers
- 60g Zucchini
- 1 tablespoon Olive Oil

#### INSTRUCTIONS:

1. Cook 1 cup of quinoa according to package instructions.
2. Season 180g of chicken breast with salt, black pepper, and garlic powder. Grill on a stovetop grill pan over medium heat for 6 minutes.
3. In a separate pan, heat 1 tablespoon of olive oil and saute 60g of sliced bell peppers and 60g of zucchini until tender.
4. Once the quinoa is done, mix in 40g of fresh spinach to wilt slightly.
5. Assemble the bowl by layering quinoa and spinach at the base, topping with sliced grilled chicken, and sauteed vegetables. Garnish with a drizzle of olive oil.

## MEAL 3

### Meal 3

Time: Midday meal | Context: A nutritious and balanced meal for lunch or dinner.

**Calories: 500**

**Protein: 37.3g**

**Carbs: 28.3g**

**Fat: 19.7g**

#### INGREDIENTS:

- 150g Chicken Breast
- 90g (cooked) Quinoa
- 40g Spinach
- 60g Bell Peppers
- 60g Cucumber
- 1 tablespoon (13.5g) Olive Oil
- 1/4 teaspoon Garlic Powder
- 1/4 teaspoon Oregano

#### INSTRUCTIONS:



## Personalized Nutrition & Body Composition Planning

1. Cook quinoa according to package instructions.
2. Season chicken breast with salt, black pepper, garlic powder, and oregano, then grill or pan-sear until fully cooked.
3. In a bowl, combine cooked quinoa, sliced grilled chicken, fresh spinach, diced bell peppers, and cucumber.
4. Drizzle with olive oil and toss gently to combine.

### SNACK 1

#### Snack 1

Time: Snack | Context: A quick and easy protein-packed snack.

**Calories: 371**

**Protein: 53.9g**

**Carbs: 11.1g**

**Fat: 12.6g**

#### INGREDIENTS:

- 2 scoops (60g) Protein Powder
- 240ml Almond Milk
- 1 tablespoon (16g) Peanut Butter
- 30g Spinach

#### INSTRUCTIONS:

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

### SNACK 2

#### Snack 2

Time: Snack | Context: A refreshing and nutritious snack.

**Calories: 351**

**Protein: 26.7g**

**Carbs: 28.3g**

**Fat: 15.3g**

#### INGREDIENTS:

- 200g Greek Yogurt
- 100g Mixed Berries
- 30g Almonds

#### INSTRUCTIONS:

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

## Personalized Nutrition & Body Composition Planning

### MEAL 1

#### Meal 1

Time: Breakfast | Context: A quick and energizing quinoa bowl with lean turkey, spinach, and a hint of spice, perfect for fueling your day.

**Calories: 468**

**Protein: 30.8g**

**Carbs: 35.6g**

**Fat: 23.8g**

#### INGREDIENTS:

- 150g Quinoa
- 100g Ground Turkey
- 60g Spinach
- 1 tablespoon (13.5g) Olive Oil
- 1/4 teaspoon (0.8g) Garlic Powder
- 1/4 teaspoon (0.5g) Oregano

#### INSTRUCTIONS:

1. Step 1: Cook quinoa according to package instructions.
2. Step 2: In a separate pan, heat olive oil over medium heat and cook ground turkey until browned.
3. Step 3: Add spinach and cook until wilted.
4. Step 4: Season with garlic powder, oregano, salt, and black pepper.
5. Step 5: Combine with cooked quinoa and serve.

### MEAL 2

#### Meal 2

Time: Lunch or Dinner | Context: Post-workout meal for muscle recovery and energy replenishment

**Calories: 550**

**Protein: 44.6g**

**Carbs: 31.0g**

**Fat: 20.8g**

#### INGREDIENTS:

- 180g Chicken Breast
- 130g cooked Quinoa
- 40g Spinach
- 60g Bell Peppers
- 60g Zucchini
- 1 tablespoon Olive Oil

#### INSTRUCTIONS:

1. Cook quinoa according to package instructions.
2. Season chicken breast with salt, black pepper, and garlic powder. Grill on a stovetop grill pan over medium heat for 6-7 minutes.

## Personalized Nutrition & Body Composition Planning

3. In a separate pan, heat 1 tablespoon of olive oil and saute sliced bell peppers and zucchini until tender.
4. Once the quinoa is done, mix in fresh spinach to wilt slightly.
5. Assemble the bowl by layering quinoa and spinach at the base, topping with sliced grilled chicken, and sauteed vegetables. G

### MEAL 3

#### Meal 3

Time: Dinner | Context: A balanced meal for sustained energy

**Calories: 650**

**Protein: 37.5g**

**Carbs: 22.7g**

**Fat: 33.9g**

#### INGREDIENTS:

- 150g Salmon
- 100g cooked Quinoa
- 50g Spinach
- 60g Cherry Tomatoes
- 1 tablespoon (13.5g) Olive Oil
- 10g Lemon Juice
- 1g Oregano

#### INSTRUCTIONS:

1. Cook quinoa according to package instructions.
2. Season salmon with salt, black pepper, garlic powder, and oregano.
3. Saute salmon in a pan with olive oil over medium heat until cooked through, about 6-8 minutes per side.
4. In a bowl, combine cooked quinoa, fresh spinach, and halved cherry tomatoes.
5. Drizzle with a mixture of olive oil and lemon juice for dressing.

### SNACK 1

#### Snack 1

Time: Morning Snack | Context: A quick and healthy snack to keep energy levels up.

**Calories: 301**

**Protein: 8.9g**

**Carbs: 29.3g**

**Fat: 18.7g**

#### INGREDIENTS:

- 3 cakes Rice Cakes
- 2 tablespoons Almond Butter

#### INSTRUCTIONS:

1. Spread almond butter evenly over rice cakes and enjoy.

## SNACK 2

### Snack 2

Time: Afternoon Snack | Context: A refreshing and protein-rich snack.

**Calories: 177**

**Protein: 20.7g**

**Carbs: 22.3g**

**Fat: 0.3g**

#### INGREDIENTS:

- 200g Greek Yogurt
- 100g Mixed Berries

#### INSTRUCTIONS:

1. Mix Greek yogurt with mixed berries and serve chilled.

## MEAL 1

### Meal 1

Time: Breakfast | Context: A quick and energizing quinoa bowl with lean turkey, spinach, and a hint of spice, perfect for fueling your day.

**Calories: 406**

**Protein: 28.5g**

**Carbs: 24.5g**

**Fat: 22.8g**

#### INGREDIENTS:

- 100g Quinoa
- 100g Ground Turkey
- 50g Spinach
- 1 tablespoon (13.5g) Olive Oil
- 1/4 teaspoon (0.8g) Garlic Powder
- 1/4 teaspoon (0.5g) Oregano

#### INSTRUCTIONS:

1. Step 1: Cook quinoa according to package instructions.
2. Step 2: In a separate pan, heat olive oil over medium heat and cook ground turkey until browned.
3. Step 3: Add spinach and cook until wilted.
4. Step 4: Season with garlic powder, oregano, salt, and black pepper.
5. Step 5: Combine with cooked quinoa and serve.

## MEAL 2

### Meal 2

## Personalized Nutrition & Body Composition Planning

Time: Lunch or Dinner | Context: Post-workout meal for muscle recovery and energy replenishment

**Calories: 606**

**Protein: 42.3g**

**Carbs: 24.2g**

**Fat: 19.8g**

### INGREDIENTS:

- 180g Chicken Breast
- 100g cooked Quinoa
- 30g Spinach
- 50g Bell Peppers
- 50g Zucchini
- 1 tablespoon Olive Oil

### INSTRUCTIONS:

1. Cook 1 cup of quinoa according to package instructions.
2. Season 180g of chicken breast with salt, black pepper, and garlic powder. Grill on a stovetop grill pan over medium heat for 6 minutes.
3. In a separate pan, heat 1 tablespoon of olive oil and saute 50g of sliced bell peppers and 50g of zucchini until tender.
4. Once the quinoa is done, mix in 30g of fresh spinach to wilt slightly.
5. Assemble the bowl by layering quinoa and spinach at the base, topping with sliced grilled chicken, and sauteed vegetables. Gently toss to combine.

## MEAL 3

### Meal 3

Time: Midday meal | Context: A nutritious and balanced meal for lunch or dinner.

**Calories: 606**

**Protein: 36.3g**

**Carbs: 24.6g**

**Fat: 19.5g**

### INGREDIENTS:

- 150g Chicken Breast
- 80g (cooked) Quinoa
- 30g Spinach
- 50g Bell Peppers
- 50g Cucumber
- 1 tablespoon (13.5g) Olive Oil
- 1/4 teaspoon Garlic Powder
- 1/4 teaspoon Oregano

### INSTRUCTIONS:

1. Cook quinoa according to package instructions.
2. Season chicken breast with salt, black pepper, garlic powder, and oregano, then grill or pan-sear until fully cooked.
3. In a bowl, combine cooked quinoa, sliced grilled chicken, fresh spinach, diced bell peppers, and cucumber.
4. Drizzle with olive oil and toss gently to combine.

## SNACK 1

### Snack 1

Time: Snack | Context: A quick and easy protein-packed snack to keep you full and energized.

**Calories: 404**

**Protein: 53.0g**

**Carbs: 10.0g**

**Fat: 12.5g**

#### INGREDIENTS:

- 2 scoops (60g) Protein Powder
- 240ml Almond Milk
- 1 tablespoon (16g) Peanut Butter
- as needed Ice Cubes

#### INSTRUCTIONS:

1. Combine protein powder, almond milk, peanut butter, and ice cubes in a blender.
2. Blend until smooth and creamy.
3. Serve immediately.

## SNACK 2

### Snack 2

Time: Snack | Context: A nutritious snack to keep you satisfied between meals.

**Calories: 404**

**Protein: 26.0g**

**Carbs: 20.0g**

**Fat: 16.0g**

#### INGREDIENTS:

- 200g Greek Yogurt
- 30g Mixed Nuts
- 1 teaspoon (7g) Honey

#### INSTRUCTIONS:

1. In a bowl, combine Greek yogurt and mixed nuts.
2. Drizzle with honey.
3. Mix well and serve.

## MEAL 1

### Meal 1

Time: First Meal of Day | Context: A quick and energizing quinoa bowl with lean turkey, spinach, and a hint of spice, perfect for f

## Personalized Nutrition & Body Composition Planning

**Calories: 406**

**Protein: 28.5g**

**Carbs: 24.5g**

**Fat: 22.8g**

### INGREDIENTS:

- 100g Quinoa
- 100g Ground Turkey
- 50g Spinach
- 1 tablespoon (13.5g) Olive Oil
- 1/4 teaspoon (0.8g) Garlic Powder
- 1/4 teaspoon (0.5g) Oregano

### INSTRUCTIONS:

1. Step 1: Cook quinoa according to package instructions.
2. Step 2: In a separate pan, heat olive oil over medium heat and cook ground turkey until browned.
3. Step 3: Add spinach and cook until wilted.
4. Step 4: Season with garlic powder, oregano, salt, and black pepper.
5. Step 5: Combine with cooked quinoa and serve.

## MEAL 2

### Meal 2

Time: Second Meal of Day | Context: Post-workout meal for muscle recovery and energy replenishment

**Calories: 606**

**Protein: 47.1g**

**Carbs: 24.2g**

**Fat: 20.3g**

### INGREDIENTS:

- 200g Chicken Breast
- 100g cooked Quinoa
- 30g Spinach
- 50g Bell Peppers
- 50g Zucchini
- 1 tablespoon Olive Oil

### INSTRUCTIONS:

1. Cook 1 cup of quinoa according to package instructions.
2. Season 200g of chicken breast with salt, black pepper, and garlic powder. Grill on a stovetop grill pan over medium heat for 6 minutes.
3. In a separate pan, heat 1 tablespoon of olive oil and saute 50g of sliced bell peppers and 50g of zucchini until tender.
4. Once the quinoa is done, mix in 30g of fresh spinach to wilt slightly.
5. Assemble the bowl by layering quinoa and spinach at the base, topping with sliced grilled chicken, and sauteed vegetables. G

## MEAL 3

## Personalized Nutrition & Body Composition Planning

### Meal 3

Time: Third Meal of Day | Context: A nutritious and balanced meal for lunch or dinner.

**Calories: 606**

**Protein: 35.3g**

**Carbs: 24.6g**

**Fat: 19.5g**

#### INGREDIENTS:

- 150g Chicken Breast
- 80g (cooked) Quinoa
- 30g Spinach
- 50g Bell Peppers
- 50g Cucumber
- 1 tablespoon (13.5g) Olive Oil
- 1/4 teaspoon Garlic Powder
- 1/4 teaspoon Oregano

#### INSTRUCTIONS:

1. Cook quinoa according to package instructions.
2. Season chicken breast with salt, black pepper, garlic powder, and oregano, then grill or pan-sear until fully cooked.
3. In a bowl, combine cooked quinoa, sliced grilled chicken, fresh spinach, diced bell peppers, and cucumber.
4. Drizzle with olive oil and toss gently to combine.

### SNACK 1

#### Snack 1

Time: First Snack of Day | Context: A quick and easy protein-packed snack.

**Calories: 404**

**Protein: 53.9g**

**Carbs: 11.1g**

**Fat: 12.6g**

#### INGREDIENTS:

- 2 scoops (60g) Protein Powder
- 240ml Almond Milk
- 1 tablespoon (16g) Peanut Butter
- 30g Spinach

#### INSTRUCTIONS:

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



## SNACK 2

### Snack 2

Time: Second Snack of Day | Context: A nutritious and satisfying snack.

**Calories: 404**

**Protein: 25.0g**

**Carbs: 22.0g**

**Fat: 16.0g**

#### INGREDIENTS:

- 200g Greek Yogurt
- 30g Mixed Nuts
- 10g Honey

#### INSTRUCTIONS:

1. Mix Greek yogurt with honey.
2. Top with mixed nuts.
3. Serve chilled.

## MEAL 1

### Meal 1

Time: First Meal of Day | Context: A quick and energizing quinoa bowl with lean turkey, spinach, and a hint of spice, perfect for f

**Calories: 406**

**Protein: 28.5g**

**Carbs: 24.5g**

**Fat: 22.8g**

#### INGREDIENTS:

- 100g Quinoa
- 100g Ground Turkey
- 50g Spinach
- 1 tablespoon (13.5g) Olive Oil
- 1/4 teaspoon (0.8g) Garlic Powder
- 1/4 teaspoon (0.5g) Oregano

#### INSTRUCTIONS:

1. Step 1: Cook quinoa according to package instructions.
2. Step 2: In a separate pan, heat olive oil over medium heat and cook ground turkey until browned.
3. Step 3: Add spinach and cook until wilted.
4. Step 4: Season with garlic powder, oregano, salt, and black pepper.
5. Step 5: Combine with cooked quinoa and serve.

## MEAL 2

### Meal 2

Time: Second Meal of Day | Context: Post-workout meal for muscle recovery and energy replenishment

**Calories: 606**

**Protein: 47.8g**

**Carbs: 24.2g**

**Fat: 20.3g**

#### INGREDIENTS:

- 200g Chicken Breast
- 100g cooked Quinoa
- 30g Spinach
- 50g Bell Peppers
- 50g Zucchini
- 1 tablespoon Olive Oil

#### INSTRUCTIONS:

1. Cook 1 cup of quinoa according to package instructions.
2. Season 200g of chicken breast with salt, black pepper, and garlic powder. Grill on a stovetop grill pan over medium heat for 6 minutes.
3. In a separate pan, heat 1 tablespoon of olive oil and saute 50g of sliced bell peppers and 50g of zucchini until tender.
4. Once the quinoa is done, mix in 30g of fresh spinach to wilt slightly.
5. Assemble the bowl by layering quinoa and spinach at the base, topping with sliced grilled chicken, and sauteed vegetables. Garnish with a drizzle of olive oil.

## MEAL 3

### Meal 3

Time: Third Meal of Day | Context: A nutritious and balanced meal for lunch or dinner.

**Calories: 606**

**Protein: 34.9g**

**Carbs: 22.9g**

**Fat: 19.3g**

#### INGREDIENTS:

- 150g Chicken Breast
- 70g (cooked) Quinoa
- 30g Spinach
- 50g Bell Peppers
- 50g Cucumber
- 1 tablespoon (13.5g) Olive Oil
- 1/4 teaspoon Garlic Powder
- 1/4 teaspoon Oregano

#### INSTRUCTIONS:

## Personalized Nutrition & Body Composition Planning

1. Cook quinoa according to package instructions.
2. Season chicken breast with salt, black pepper, garlic powder, and oregano, then grill or pan-sear until fully cooked.
3. In a bowl, combine cooked quinoa, sliced grilled chicken, fresh spinach, diced bell peppers, and cucumber.
4. Drizzle with olive oil and toss gently to combine.

### SNACK 1

#### Snack 1

Time: First Snack of Day | Context: A quick and easy protein-packed snack.

**Calories: 404**

**Protein: 53.9g**

**Carbs: 11.1g**

**Fat: 12.6g**

#### INGREDIENTS:

- 2 scoops (60g) Protein Powder
- 240ml Almond Milk
- 1 tablespoon (16g) Peanut Butter
- 30g Spinach

#### INSTRUCTIONS:

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

### SNACK 2

#### Snack 2

Time: Second Snack of Day | Context: A nutritious and satisfying snack.

**Calories: 404**

**Protein: 26.0g**

**Carbs: 22.0g**

**Fat: 16.0g**

#### INGREDIENTS:

- 200g Greek Yogurt
- 30g Mixed Nuts
- 10g Honey

#### INSTRUCTIONS:

1. In a bowl, combine Greek yogurt and mixed nuts.
2. Drizzle with honey.
3. Serve chilled.

## GROCERY LIST

- Almond Butter: 2 tablespoons
- Almond Milk: 240ml, 240ml, 240ml, 240ml, 240ml
- Almonds: 30g, 30g
- Bell Peppers: 50g, 50g, 50g, 60g, 60g, 60g, 60g, 60g, 50g, 50g, 50g, 50g, 50g, 50g
- Cherry Tomatoes: 50g, 60g
- Chicken Breast: 150g, 120g, 85g, 150g, 180g, 150g, 180g, 150g, 180g, 180g, 150g, 200g, 150g, 200g, 150g
- Cucumber: 50g, 60g, 60g, 50g, 50g, 50g
- Garlic Powder: 1/4 teaspoon (0.8g), 1/4 teaspoon, 1 teaspoon (3g), 1/4 teaspoon (0.8g), 1/4 teaspoon, 1/4 teaspoon
- Greek Yogurt: 200g, 200g, 200g, 200g, 200g, 200g
- Ground Turkey: 85g, 100g, 100g, 100g, 100g, 100g, 100g
- Honey: 1 teaspoon (7g), 10g, 10g
- Ice Cubes: as needed
- Lemon Juice: 10g, 10g
- Mixed Berries: 100g, 100g, 100g
- Mixed Nuts: 30g, 30g, 30g
- Olive Oil: 1 tablespoon (13.5g), 1 tablespoon, 1 tablespoon (13.5g), 7g (1/2 tbsp), 1 tablespoon (13.5g), 1 tablespoon
- Oregano: 1/4 teaspoon (0.5g), 1/4 teaspoon, 1g, 1 teaspoon (1g), 1/4 teaspoon (0.5g), 1/4 teaspoon, 1/4 teaspoon
- Peanut Butter: 1 tablespoon (16g), 1 tablespoon (16g), 1 tablespoon (16g), 1 tablespoon (16g), 1 tablespoon (16g)
- Protein Powder: 2 scoops (60g), 2 scoops (60g), 2 scoops (60g), 2 scoops (60g), 2 scoops (60g)
- Quinoa: 130g, 120g cooked, 70g (cooked), 50g, 60g (uncooked), 150g, 140g cooked, 90g (cooked), 150g, 140g cooked
- Rice Cakes: 3 cakes
- Salmon: 150g
- Spinach: 50g, 30g, 30g, 30g, 30g, 60g, 40g, 40g, 30g, 60g, 40g, 40g, 30g, 60g, 40g, 50g, 50g, 30g, 30g, 50g, 30g
- Zucchini: 50g, 50g, 60g, 60g, 60g, 50g, 50g, 50g