



Personalized Nutrition & Body Composition Planning

AI MEAL PLAN

Personalized Nutrition Strategy

PLAN DETAILS

Generated: August 03, 2025

Average Daily Calories: 76

Average Daily Protein: 10.0g

Average Daily Carbohydrates: 6.6g

Average Daily Fat: 0.9g

DIETARY PREFERENCES

DAILY MEAL PLAN

MONDAY

MONDAY - MEAL 1

Time: 8:00 AM | Context: Breakfast

Calories: 187

Protein: 23.7g

Carbs: 23.0g

Fat: 0.3g

INGREDIENTS:

- 200g Greek Yogurt
- 100g Blueberries

INSTRUCTIONS:

1. Add blueberries to Greek yogurt
2. Mix gently and serve

MONDAY - MEAL 2

Time: 12:30 PM | Context: Lunch

Calories: 342

Protein: 46.1g

Carbs: 23.0g

Fat: 5.9g

INGREDIENTS:

- 150g Chicken Breast
- 100g cooked Brown Rice

INSTRUCTIONS:

1. Grill chicken breast seasoned with herbs
2. Serve over brown rice

CONSOLIDATED GROCERY LIST

****Blueberries**: 100g**

****Brown Rice**: 100g cooked**

****Chicken Breast**: 150g**

****Greek Yogurt**: 200g**