



Personalized Nutrition & Body Composition Planning

AI MEAL PLAN

Personalized Nutrition Strategy

PLAN DETAILS

Generated: August 03, 2025
Average Daily Calories: 279
Average Daily Protein: 21.9g
Average Daily Carbohydrates: 18.2g
Average Daily Fat: 13.8g

DIETARY PREFERENCES

- Gluten-Free

DAILY MEAL PLAN

MONDAY

MONDAY - MEAL 1

Time: 7:30 AM | Context: Breakfast

Calories: 484

Protein: 49.0g

Carbs: 26.6g

Fat: 19.8g

INGREDIENTS:

- 150g Chicken Breast
- 100g cooked Brown Rice
- 100g Spinach
- 1 tbsp Olive Oil

INSTRUCTIONS:

1. Prepare chicken breast by grilling or baking until cooked through
2. Cook brown rice according to package instructions
3. Steam or saute spinach until tender
4. Combine all ingredients and drizzle with olive oil
5. Season with herbs and spices to taste

MONDAY - MEAL 2

Time: 12:30 PM | Context: Lunch

Calories: 533

Protein: 35.2g

Carbs: 35.0g

Fat: 29.3g

INGREDIENTS:

- 120g Salmon
- 80g cooked Quinoa
- 150g Broccoli
- 30g Almonds

INSTRUCTIONS:

1. Prepare salmon by grilling or baking until cooked through
2. Cook quinoa according to package instructions

3. Steam or saute broccoli until tender
4. Combine all ingredients and drizzle with almonds
5. Season with herbs and spices to taste

MONDAY - MEAL 3

Time: 6:30 PM | Context: Dinner

Calories: 469

Protein: 25.3g

Carbs: 46.0g

Fat: 22.4g

INGREDIENTS:

- 100g Ground Turkey
- 150g Sweet Potato
- 100g Bell Peppers
- 100g Avocado

INSTRUCTIONS:

1. Prepare ground turkey by grilling or baking until cooked through
2. Cook sweet potato according to package instructions
3. Steam or saute bell peppers until tender
4. Combine all ingredients and drizzle with avocado
5. Season with herbs and spices to taste

MONDAY - SNACK 1

Time: 10:00 AM | Context: Morning Snack

Calories: 313

Protein: 18.0g

Carbs: 7.0g

Fat: 25.0g

INGREDIENTS:

- 2 large Eggs
- 30g Almonds

INSTRUCTIONS:

1. Hard boil eggs and serve with almonds

MONDAY - SNACK 2

Time: 3:30 PM | Context: Afternoon Snack

Calories: 153

Protein: 25.9g

Carbs: 12.6g

Fat: 0.4g

INGREDIENTS:

- 200g Greek Yogurt
- 100g Spinach

INSTRUCTIONS:

1. Blend Greek yogurt with spinach for a nutritious smoothie

TUESDAY

TUESDAY - MEAL 1

Time: 7:30 AM | Context: Breakfast

Calories: 484**Protein: 49.0g****Carbs: 26.6g****Fat: 19.8g****INGREDIENTS:**

- 150g Chicken Breast
- 100g cooked Brown Rice
- 100g Spinach
- 1 tbsp Olive Oil

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Time: 12:30 PM | Context: Lunch

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- 120g Salmon
- 80g cooked Quinoa
- 150g Broccoli

- 30g Almonds

INSTRUCTIONS:

1. Prepare salmon by grilling or baking until cooked through
2. Cook quinoa according to package instructions
3. Steam or saute broccoli until tender
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TUESDAY - SNACK 2

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Time: 3:30 PM | Context: Afternoon Snack

Calories: 153

Protein: 25.9g

Carbs: 12.6g

Fat: 0.4g

INGREDIENTS:

- 200g Greek Yogurt
- 100g Spinach

INSTRUCTIONS:

1. Blend Greek yogurt with spinach for a nutritious smoothie

WEDNESDAY

WEDNESDAY - MEAL 1

Time: 7:30 AM | Context: Breakfast

Calories: 484

Protein: 49.0g

Carbs: 26.6g

Fat: 19.8g

INGREDIENTS:

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- 100g Spinach
- 1 tbsp Olive Oil

INSTRUCTIONS:

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WEDNESDAY - MEAL 2

Time: 12:30 PM | Context: Lunch

Calories: 533

Protein: 35.2g

Carbs: 35.0g

Fat: 29.3g

INGREDIENTS:

- 120g Salmon
- 80g cooked Quinoa
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WEDNESDAY - SNACK 2

Time: 3:30 PM | Context: Afternoon Snack

Calories: 153

Protein: 25.9g

Carbs: 12.6g

Fat: 0.4g

INGREDIENTS:

- 200g Greek Yogurt
- 100g Spinach

INSTRUCTIONS:

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THURSDAY

THURSDAY - MEAL 1

Time: 7:30 AM | Context: Breakfast

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Fat: 19.8g

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THURSDAY - MEAL 2

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Time: 12:30 PM | Context: Lunch

Calories: 533**Protein: 35.2g****Carbs: 35.0g****Fat: 29.3g****INGREDIENTS:**

- 120g Salmon
- 80g cooked Quinoa
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- 30g Almonds

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THURSDAY - SNACK 2

Time: 3:30 PM | Context: Afternoon Snack

Calories: 153

Protein: 25.9g

Carbs: 12.6g

Fat: 0.4g

INGREDIENTS:

- 200g Greek Yogurt
- 100g Spinach

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1. Blend Greek yogurt with spinach for a nutritious smoothie

FRIDAY

FRIDAY - MEAL 1

Time: 7:30 AM | Context: Breakfast

Calories: 484

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Carbs: 26.6g

Fat: 19.8g

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FRIDAY - MEAL 2

Time: 12:30 PM | Context: Lunch

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Protein: 35.2g

Carbs: 35.0g

Fat: 29.3g

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FRIDAY - SNACK 2

Time: 3:30 PM | Context: Afternoon Snack

Calories: 153**Protein: 25.9g****Carbs: 12.6g****Fat: 0.4g****INGREDIENTS:**

- 200g Greek Yogurt
- 100g Spinach

INSTRUCTIONS:

1. Blend Greek yogurt with spinach for a nutritious smoothie

SATURDAY

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SUNDAY

SUNDAY - MEAL 1

Time: 7:30 AM | Context: Breakfast

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Protein: 49.0g

Carbs: 26.6g

Fat: 19.8g

INGREDIENTS:

- 150g Chicken Breast
- 100g cooked Brown Rice
- 100g Spinach
- 1 tbsp Olive Oil

INSTRUCTIONS:

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SUNDAY - MEAL 2

Time: 12:30 PM | Context: Lunch

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Carbs: 7.0g

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CONSOLIDATED GROCERY LIST

- Almonds: 420g
- Avocado: 700g
- Bell Peppers: 700g
- Broccoli: 1050g
- Brown Rice: 700g
- Chicken Breast: 1050g
- Eggs: 14g
- Greek Yogurt: 1400g
- Ground Turkey: 700g
- Olive Oil: 7 tbsp
- Quinoa: 560g
- Salmon: 840g
- Spinach: 1400g
- Sweet Potato: 1050g