



Personalized Nutrition & Body Composition Planning

## FITOMICS AI MEAL PLAN

Generated: August 03, 2025

Dietary Preferences: Gluten-Free, High Protein

## MONDAY

### MONDAY - MEAL 1

Time: 7:00 AM | Context: Breakfast

**Calories: 502**

**Protein: 21.5g**

**Carbs: 11.8g**

**Fat: 43.2g**

#### INGREDIENTS:

- 3 large Eggs
- 50g Spinach
- 1 tbsp Olive Oil
- 100g Avocado

#### INSTRUCTIONS:

1. Beat eggs and scramble with spinach
2. Cook in olive oil
3. Serve with sliced avocado

### MONDAY - MEAL 2

Time: 12:30 PM | Context: Lunch

**Calories: 437**

**Protein: 49.3g**

**Carbs: 47.0g**

**Fat: 5.6g**

#### INGREDIENTS:

- 150g Chicken Breast
- 200g Sweet Potato
- 150g Broccoli

#### INSTRUCTIONS:

1. Grill chicken breast until cooked through
2. Roast sweet potato at 400 degreesF for 25 mins
3. Steam broccoli until tender

### MONDAY - MEAL 3

Time: 6:30 PM | Context: Dinner

**Calories: 393**

**Protein: 28.2g**

**Carbs: 38.0g**

**Fat: 13.5g**

**INGREDIENTS:**

- 120g Salmon
- 150g cooked Brown Rice
- 100g Asparagus

**INSTRUCTIONS:**

1. Pan-sear salmon with lemon
2. Cook brown rice according to package directions
3. Roast asparagus with garlic

## MONDAY - SNACK 1

Time: 10:00 AM | Context: Morning Snack

Calories: 245

Protein: 23.0g

Carbs: 14.0g

Fat: 13.0g

**INGREDIENTS:**

- 150g Greek Yogurt
- 25g Almonds

**INSTRUCTIONS:**

1. Mix yogurt with almonds

## MONDAY - SNACK 2

Time: 3:30 PM | Context: Afternoon Snack

Calories: 285

Protein: 8.5g

Carbs: 32.0g

Fat: 18.3g

**INGREDIENTS:**

- 1 medium Apple
- 2 tbsp Almond Butter

**INSTRUCTIONS:**

1. Slice apple and serve with almond butter

## TUESDAY

### TUESDAY - MEAL 1

Time: 7:00 AM | Context: Breakfast

**Calories: 342**

**Protein: 19.5g**

**Carbs: 2.8g**

**Fat: 28.2g**

#### INGREDIENTS:

- 3 large Eggs
- 50g Spinach
- 1 tbsp Olive Oil

#### INSTRUCTIONS:

1. Make spinach omelet with olive oil

### TUESDAY - MEAL 2

Time: 12:30 PM | Context: Lunch

**Calories: 429**

**Protein: 48.5g**

**Carbs: 41.0g**

**Fat: 6.7g**

#### INGREDIENTS:

- 150g Chicken Breast
- 150g cooked Brown Rice
- 100g Bell Peppers

#### INSTRUCTIONS:

1. Grill chicken and serve over rice with peppers

### TUESDAY - MEAL 3

Time: 6:30 PM | Context: Dinner

**Calories: 385**

**Protein: 29.8g**

**Carbs: 47.0g**

**Fat: 8.6g**

#### INGREDIENTS:

- 120g Ground Turkey
- 200g Sweet Potato
- 150g Broccoli

**INSTRUCTIONS:**

1. Cook turkey meatballs
2. Roast sweet potato
3. Steam broccoli

## TUESDAY - SNACK 1

Time: 10:00 AM | Context: Morning Snack

**Calories: 157**

**Protein: 18.7g**

**Carbs: 23.0g**

**Fat: 0.3g**

**INGREDIENTS:**

- 150g Greek Yogurt
- 100g Blueberries

**INSTRUCTIONS:**

1. Mix yogurt with fresh blueberries

## TUESDAY - SNACK 2

Time: 3:30 PM | Context: Afternoon Snack

**Calories: 145**

**Protein: 5.0g**

**Carbs: 5.0g**

**Fat: 13.0g**

**INGREDIENTS:**

- 25g Almonds

**INSTRUCTIONS:**

1. Enjoy handful of almonds

## WEDNESDAY

### WEDNESDAY - MEAL 1

Time: 7:00 AM | Context: Breakfast

**Calories: 401**

**Protein: 22.2g**

**Carbs: 55.0g**

**Fat: 11.8g**

#### INGREDIENTS:

- 50g Oats
- 100g Greek Yogurt
- 100g Blueberries
- 15g Almonds

#### INSTRUCTIONS:

1. Cook oats with water
2. Top with yogurt, berries, and sliced almonds

### WEDNESDAY - MEAL 2

Time: 12:30 PM | Context: Lunch

**Calories: 406**

**Protein: 30.8g**

**Carbs: 37.0g**

**Fat: 14.9g**

#### INGREDIENTS:

- 120g Salmon
- 150g cooked Quinoa
- 100g Asparagus

#### INSTRUCTIONS:

1. Bake salmon with herbs
2. Prepare quinoa
3. Grill asparagus

### WEDNESDAY - MEAL 3

Time: 6:30 PM | Context: Dinner

**Calories: 503**

**Protein: 48.7g**

**Carbs: 33.6g**

**Fat: 19.5g**

**INGREDIENTS:**

- 150g Chicken Breast
- 150g Sweet Potato
- 100g Spinach
- 1 tbsp Olive Oil

**INSTRUCTIONS:**

1. Grill chicken breast
2. Roast sweet potato
3. Saute spinach in olive oil

## WEDNESDAY - SNACK 1

Time: 10:00 AM | Context: Morning Snack

Calories: 95

Protein: 0.5g

Carbs: 25.0g

Fat: 0.3g

**INGREDIENTS:**

- 1 medium Apple

**INSTRUCTIONS:**

1. Fresh apple

## WEDNESDAY - SNACK 2

Time: 3:30 PM | Context: Afternoon Snack

Calories: 220

Protein: 13.0g

Carbs: 5.5g

Fat: 17.5g

**INGREDIENTS:**

- 2 large Eggs
- 50g Avocado

**INSTRUCTIONS:**

1. Hard boil eggs
2. Serve with sliced avocado

## THURSDAY

### THURSDAY - MEAL 1

Time: 7:00 AM | Context: Breakfast

**Calories: 272**

**Protein: 13.5g**

**Carbs: 2.8g**

**Fat: 24.2g**

#### INGREDIENTS:

- 2 large Eggs
- 50g Spinach
- 1 tbsp Olive Oil

#### INSTRUCTIONS:

1. Scramble eggs with spinach in olive oil

### THURSDAY - MEAL 2

Time: 12:30 PM | Context: Lunch

**Calories: 319**

**Protein: 39.5g**

**Carbs: 27.7g**

**Fat: 5.2g**

#### INGREDIENTS:

- 120g Chicken Breast
- 100g cooked Brown Rice
- 100g Broccoli

#### INSTRUCTIONS:

1. Grill chicken
2. Serve with rice and steamed broccoli

### THURSDAY - MEAL 3

Time: 6:30 PM | Context: Dinner

**Calories: 321**

**Protein: 22.5g**

**Carbs: 34.0g**

**Fat: 10.2g**

**INGREDIENTS:**

- 100g Salmon
- 150g Sweet Potato
- 100g Asparagus

**INSTRUCTIONS:**

1. Bake salmon
2. Roast sweet potato
3. Grill asparagus

## THURSDAY - SNACK 1

Time: 10:00 AM | Context: Morning Snack

Calories: 183

Protein: 16.0g

Carbs: 10.0g

Fat: 10.0g

**INGREDIENTS:**

- 100g Greek Yogurt
- 20g Almonds

**INSTRUCTIONS:**

1. Mix yogurt with chopped almonds

## THURSDAY - SNACK 2

Time: 3:30 PM | Context: Afternoon Snack

Calories: 190

Protein: 4.5g

Carbs: 28.5g

Fat: 9.3g

**INGREDIENTS:**

- 1 medium Apple
- 1 tbsp Almond Butter

**INSTRUCTIONS:**

1. Slice apple and serve with almond butter

## FRIDAY

### FRIDAY - MEAL 1

Time: 7:00 AM | Context: Breakfast

**Calories: 272**

**Protein: 13.5g**

**Carbs: 2.8g**

**Fat: 24.2g**

#### INGREDIENTS:

- 2 large Eggs
- 50g Spinach
- 1 tbsp Olive Oil

#### INSTRUCTIONS:

1. Scramble eggs with spinach in olive oil

### FRIDAY - MEAL 2

Time: 12:30 PM | Context: Lunch

**Calories: 319**

**Protein: 39.5g**

**Carbs: 27.7g**

**Fat: 5.2g**

#### INGREDIENTS:

- 120g Chicken Breast
- 100g cooked Brown Rice
- 100g Broccoli

#### INSTRUCTIONS:

1. Grill chicken
2. Serve with rice and steamed broccoli

### FRIDAY - MEAL 3

Time: 6:30 PM | Context: Dinner

**Calories: 321**

**Protein: 22.5g**

**Carbs: 34.0g**

**Fat: 10.2g**

**INGREDIENTS:**

- 100g Salmon
- 150g Sweet Potato
- 100g Asparagus

**INSTRUCTIONS:**

1. Bake salmon
2. Roast sweet potato
3. Grill asparagus

## FRIDAY - SNACK 1

Time: 10:00 AM | Context: Morning Snack

Calories: 183

Protein: 16.0g

Carbs: 10.0g

Fat: 10.0g

**INGREDIENTS:**

- 100g Greek Yogurt
- 20g Almonds

**INSTRUCTIONS:**

1. Mix yogurt with chopped almonds

## FRIDAY - SNACK 2

Time: 3:30 PM | Context: Afternoon Snack

Calories: 190

Protein: 4.5g

Carbs: 28.5g

Fat: 9.3g

**INGREDIENTS:**

- 1 medium Apple
- 1 tbsp Almond Butter

**INSTRUCTIONS:**

1. Slice apple and serve with almond butter

## SATURDAY

### SATURDAY - MEAL 1

Time: 7:00 AM | Context: Breakfast

Calories: 272

Protein: 13.5g

Carbs: 2.8g

Fat: 24.2g

#### INGREDIENTS:

- 2 large Eggs
- 50g Spinach
- 1 tbsp Olive Oil

#### INSTRUCTIONS:

1. Scramble eggs with spinach in olive oil

### SATURDAY - MEAL 2

Time: 12:30 PM | Context: Lunch

Calories: 319

Protein: 39.5g

Carbs: 27.7g

Fat: 5.2g

#### INGREDIENTS:

- 120g Chicken Breast
- 100g cooked Brown Rice
- 100g Broccoli

#### INSTRUCTIONS:

1. Grill chicken
2. Serve with rice and steamed broccoli

### SATURDAY - MEAL 3

Time: 6:30 PM | Context: Dinner

Calories: 321

Protein: 22.5g

Carbs: 34.0g

Fat: 10.2g

**INGREDIENTS:**

- 100g Salmon
- 150g Sweet Potato
- 100g Asparagus

**INSTRUCTIONS:**

1. Bake salmon
2. Roast sweet potato
3. Grill asparagus

## SATURDAY - SNACK 1

Time: 10:00 AM | Context: Morning Snack

Calories: 183

Protein: 16.0g

Carbs: 10.0g

Fat: 10.0g

**INGREDIENTS:**

- 100g Greek Yogurt
- 20g Almonds

**INSTRUCTIONS:**

1. Mix yogurt with chopped almonds

## SATURDAY - SNACK 2

Time: 3:30 PM | Context: Afternoon Snack

Calories: 190

Protein: 4.5g

Carbs: 28.5g

Fat: 9.3g

**INGREDIENTS:**

- 1 medium Apple
- 1 tbsp Almond Butter

**INSTRUCTIONS:**

1. Slice apple and serve with almond butter

## SUNDAY

### SUNDAY - MEAL 1

Time: 7:00 AM | Context: Breakfast

Calories: 272

Protein: 13.5g

Carbs: 2.8g

Fat: 24.2g

#### INGREDIENTS:

- 2 large Eggs
- 50g Spinach
- 1 tbsp Olive Oil

#### INSTRUCTIONS:

1. Scramble eggs with spinach in olive oil

### SUNDAY - MEAL 2

Time: 12:30 PM | Context: Lunch

Calories: 319

Protein: 39.5g

Carbs: 27.7g

Fat: 5.2g

#### INGREDIENTS:

- 120g Chicken Breast
- 100g cooked Brown Rice
- 100g Broccoli

#### INSTRUCTIONS:

1. Grill chicken
2. Serve with rice and steamed broccoli

### SUNDAY - MEAL 3

Time: 6:30 PM | Context: Dinner

Calories: 321

Protein: 22.5g

Carbs: 34.0g

Fat: 10.2g

**INGREDIENTS:**

- 100g Salmon
- 150g Sweet Potato
- 100g Asparagus

**INSTRUCTIONS:**

1. Bake salmon
2. Roast sweet potato
3. Grill asparagus

## SUNDAY - SNACK 1

Time: 10:00 AM | Context: Morning Snack

**Calories: 183**

**Protein: 16.0g**

**Carbs: 10.0g**

**Fat: 10.0g**

**INGREDIENTS:**

- 100g Greek Yogurt
- 20g Almonds

**INSTRUCTIONS:**

1. Mix yogurt with chopped almonds

## SUNDAY - SNACK 2

Time: 3:30 PM | Context: Afternoon Snack

**Calories: 190**

**Protein: 4.5g**

**Carbs: 28.5g**

**Fat: 9.3g**

**INGREDIENTS:**

- 1 medium Apple
- 1 tbsp Almond Butter

**INSTRUCTIONS:**

1. Slice apple and serve with almond butter

## CONSOLIDATED GROCERY LIST

- Almond Butter: 6 tbsp
- Almonds: 145g
- Apple: 6 medium
- Asparagus: 600g
- Avocado: 150g
- Bell Peppers: 100g
- Blueberries: 200g
- Broccoli: 700g
- Brown Rice: 700g
- Chicken Breast: 930g
- Eggs: 16g
- Greek Yogurt: 800g
- Ground Turkey: 120g
- Oats: 50g
- Olive Oil: 7 tbsp
- Quinoa: 150g
- Salmon: 640g
- Spinach: 400g
- Sweet Potato: 1150g