



Personalized Nutrition & Body Composition Planning

AI MEAL PLAN

Personalized Nutrition Strategy

PLAN DETAILS

Generated: June 13, 2025

Daily Calories: 300

Protein: 20.0g

Carbohydrates: 15.0g

Fat: 15.0g

DAILY MEAL PLAN

BREAKFAST

Test Breakfast

Calories: 300

Protein: 20.0g

Carbs: 15.0g

Fat: 15.0g

INGREDIENTS:

- 100g eggs
- 30g bread

DIRECTIONS:

1. Cook eggs
2. Toast bread



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GROCERY LIST

- 30g Bread
- 100g Eggs