

# AI MEAL PLAN

## Personalized Nutrition Strategy

### PLAN DETAILS

Generated: August 25, 2025  
Average Daily Calories: 2500  
Average Daily Protein: 155.0g  
Average Daily Carbohydrates: 280.0g  
Average Daily Fat: 96.0g

### WEEKLY OVERVIEW

Day	TDEE	Target Cal	Protein	Carbs	Fat	Meals	Snacks	Workout	Wake	Sleep
Mon	2000	2000	150g	200g	70g	3	2	6 PM	7 AM	10 PM
Tue	2000	2000	150g	200g	70g	3	2	6 PM	7 AM	10 PM
Wed	2000	2000	150g	200g	70g	3	2	6 PM	7 AM	10 PM
Thu	2000	2000	150g	200g	70g	3	2	6 PM	7 AM	10 PM
Fri	2000	2000	150g	200g	70g	3	2	6 PM	7 AM	10 PM
Sat	2000	2000	150g	200g	70g	3	2	6 PM	7 AM	10 PM
Sun	2000	2000	150g	200g	70g	3	2	6 PM	7 AM	10 PM

Note: TDEE = Total Daily Energy Expenditure | Times shown in local format

### DIETARY PREFERENCES

## DAILY MEAL PLAN

### MONDAY

#### MONDAY - MEAL 1

Time: 7:00 AM | Context: Morning energy

**Calories: 594**

**Protein: 25.0g**

**Carbs: 85.0g**

**Fat: 18.0g**

#### INGREDIENTS:

- 80g Oats
- 250ml Skim Milk
- 100g Blueberries
- 15g Almonds

#### INSTRUCTIONS:

1. Cook oats with skim milk on medium heat until creamy.
2. Top with blueberries and almonds before serving.

#### MONDAY - MEAL 2

Time: 12:00 PM | Context: Midday refuel

**Calories: 656**

**Protein: 55.0g**

**Carbs: 70.0g**

**Fat: 18.0g**

#### INGREDIENTS:

- 150g Chicken Breast
- 100g Quinoa
- 150g Broccoli
- 10g Olive Oil

#### INSTRUCTIONS:

1. Grill chicken breast until fully cooked.
2. Cook quinoa according to package instructions.
3. Steam broccoli until tender.
4. Drizzle olive oil over quinoa and broccoli before serving.

## MONDAY - MEAL 3

Time: 6:00 PM | Context: Evening nourishment

**Calories: 656**

**Protein: 50.0g**

**Carbs: 60.0g**

**Fat: 30.0g**

### INGREDIENTS:

- 150g Salmon
- 200g Sweet Potato
- 100g Spinach
- 10g Butter

### INSTRUCTIONS:

1. Bake salmon at 180 degreesC for 15-20 minutes.
2. Boil sweet potato until soft, then mash with butter.
3. Saute spinach in a pan until wilted.

## MONDAY - SNACK 1

Time: 10:00 AM | Context: Mid-morning boost

**Calories: 297**

**Protein: 20.0g**

**Carbs: 25.0g**

**Fat: 15.0g**

### INGREDIENTS:

- 200g Greek Yogurt
- 10g Honey
- 20g Walnuts

### INSTRUCTIONS:

1. Mix Greek yogurt with honey.
2. Top with walnuts before serving.

## MONDAY - SNACK 2

Time: 3:00 PM | Context: Afternoon pick-me-up

**Calories: 297**

**Protein: 5.0g**

**Carbs: 40.0g**

**Fat: 15.0g**

### INGREDIENTS:

- 150g Apple
- 20g Peanut Butter

**INSTRUCTIONS:**

1. Slice apple and serve with peanut butter.

## TUESDAY

### TUESDAY - MEAL 1

Time: 7:00 AM | Context: Morning energy

**Calories: 742**

**Protein: 31.0g**

**Carbs: 106.0g**

**Fat: 22.0g**

**INGREDIENTS:**

- 100g Oats
- 300ml Skim Milk
- 120g Blueberries
- 20g Almonds

**INSTRUCTIONS:**

1. Cook oats with skim milk on medium heat until creamy.
2. Top with blueberries and almonds before serving.

### TUESDAY - MEAL 2

Time: 12:00 PM | Context: Midday refuel

**Calories: 874**

**Protein: 70.0g**

**Carbs: 84.0g**

**Fat: 24.0g**

**INGREDIENTS:**

- 200g Chicken Breast
- 120g Quinoa
- 200g Broccoli
- 15g Olive Oil

**INSTRUCTIONS:**

1. Grill chicken breast until fully cooked.
2. Cook quinoa according to package instructions.

3. Steam broccoli until tender.
4. Drizzle olive oil over quinoa and broccoli before serving.

## TUESDAY - MEAL 3

Time: 6:00 PM | Context: Evening nourishment

**Calories: 874**

**Protein: 67.0g**

**Carbs: 80.0g**

**Fat: 37.0g**

### INGREDIENTS:

- 200g Salmon
- 250g Sweet Potato
- 150g Spinach
- 15g Butter

### INSTRUCTIONS:

1. Bake salmon at 180 degreesC for 15-20 minutes.
2. Boil sweet potato until soft, then mash with butter.
3. Saute spinach in a pan until wilted.

## TUESDAY - SNACK 1

Time: 10:00 AM | Context: Mid-morning boost

**Calories: 371**

**Protein: 25.0g**

**Carbs: 31.0g**

**Fat: 19.0g**

### INGREDIENTS:

- 250g Greek Yogurt
- 15g Honey
- 25g Walnuts

### INSTRUCTIONS:

1. Mix Greek yogurt with honey.
2. Top with walnuts before serving.

## TUESDAY - SNACK 2

Time: 3:00 PM | Context: Afternoon pick-me-up

**Calories: 386**

**Protein: 8.0g**

**Carbs: 51.0g**

**Fat: 18.0g**

**INGREDIENTS:**

- 200g Apple
- 30g Peanut Butter

**INSTRUCTIONS:**

1. Slice apple and serve with peanut butter.

## WEDNESDAY

### WEDNESDAY - MEAL 1

Time: 7:00 AM | Context: Morning energy

Calories: 742

Protein: 31.0g

Carbs: 106.0g

Fat: 22.0g

**INGREDIENTS:**

- 100g Oats
- 300ml Skim Milk
- 120g Blueberries
- 20g Almonds

**INSTRUCTIONS:**

1. Cook oats with skim milk on medium heat until creamy.
2. Top with blueberries and almonds before serving.

### WEDNESDAY - MEAL 2

Time: 12:00 PM | Context: Midday refuel

Calories: 874

Protein: 70.0g

Carbs: 84.0g

Fat: 24.0g

**INGREDIENTS:**

- 200g Chicken Breast
- 120g Quinoa
- 200g Broccoli
- 15g Olive Oil

**INSTRUCTIONS:**

## Personalized Nutrition &amp; Body Composition Planning

1. Grill chicken breast until fully cooked.
2. Cook quinoa according to package instructions.
3. Steam broccoli until tender.
4. Drizzle olive oil over quinoa and broccoli before serving.

## WEDNESDAY - MEAL 3

Time: 10:00 AM | Context: Mid-morning boost

Calories: 370

Protein: 25.0g

Carbs: 31.0g

Fat: 19.0g

### INGREDIENTS:

- 250g Greek Yogurt
- 15g Honey
- 25g Walnuts

### INSTRUCTIONS:

1. Mix Greek yogurt with honey.
2. Top with walnuts before serving.

## WEDNESDAY - SNACK 1

Time: 3:00 PM | Context: Afternoon pick-me-up

Calories: 391

Protein: 8.0g

Carbs: 52.0g

Fat: 18.0g

### INGREDIENTS:

- 200g Apple
- 30g Peanut Butter

### INSTRUCTIONS:

1. Slice apple and serve with peanut butter.

## WEDNESDAY - SNACK 2

Time: 6:00 PM | Context: Evening nourishment

Calories: 1000

Protein: 66.0g

Carbs: 90.0g

Fat: 45.0g

**INGREDIENTS:**

- 200g Salmon
- 250g Sweet Potato
- 150g Spinach
- 15g Butter

**INSTRUCTIONS:**

1. Bake salmon at 180 degreesC for 15-20 minutes.
2. Boil sweet potato until soft, then mash with butter.
3. Saute spinach in a pan until wilted.

## THURSDAY

### THURSDAY - MEAL 1

Time: 7:00 AM | Context: Morning energy

Calories: 700

Protein: 30.0g

Carbs: 105.0g

Fat: 22.0g

**INGREDIENTS:**

- 100g Oats
- 300ml Skim Milk
- 120g Blueberries
- 20g Almonds

**INSTRUCTIONS:**

1. Cook oats with skim milk on medium heat until creamy.
2. Top with blueberries and almonds before serving.

### THURSDAY - MEAL 2

Time: 12:00 PM | Context: Midday refuel

Calories: 850

Protein: 70.0g

Carbs: 85.0g

Fat: 25.0g

**INGREDIENTS:**

- 200g Chicken Breast
- 120g Quinoa

- 200g Broccoli
- 15g Olive Oil

**INSTRUCTIONS:**

1. Grill chicken breast until fully cooked.
2. Cook quinoa according to package instructions.
3. Steam broccoli until tender.
4. Drizzle olive oil over quinoa and broccoli before serving.

## THURSDAY - MEAL 3

Time: 6:00 PM | Context: Evening nourishment

Calories: 850

Protein: 65.0g

Carbs: 75.0g

Fat: 35.0g

**INGREDIENTS:**

- 200g Salmon
- 250g Sweet Potato
- 150g Spinach
- 15g Butter

**INSTRUCTIONS:**

1. Bake salmon at 180 degreesC for 15-20 minutes.
2. Boil sweet potato until soft, then mash with butter.
3. Saute spinach in a pan until wilted.

## THURSDAY - SNACK 1

Time: 10:00 AM | Context: Mid-morning boost

Calories: 400

Protein: 25.0g

Carbs: 35.0g

Fat: 20.0g

**INGREDIENTS:**

- 250g Greek Yogurt
- 15g Honey
- 25g Walnuts

**INSTRUCTIONS:**

1. Mix Greek yogurt with honey.
2. Top with walnuts before serving.

## THURSDAY - SNACK 2

Time: 3:00 PM | Context: Afternoon pick-me-up

**Calories: 400**

**Protein: 10.0g**

**Carbs: 50.0g**

**Fat: 20.0g**

### INGREDIENTS:

- 200g Apple
- 30g Peanut Butter

### INSTRUCTIONS:

1. Slice apple and serve with peanut butter.

## FRIDAY

### FRIDAY - MEAL 1

Time: 7:00 AM | Context: Morning energy

**Calories: 750**

**Protein: 32.0g**

**Carbs: 107.0g**

**Fat: 22.0g**

### INGREDIENTS:

- 100g Oats
- 300ml Skim Milk
- 150g Blueberries
- 20g Almonds

### INSTRUCTIONS:

1. Cook oats with skim milk on medium heat until creamy.
2. Top with blueberries and almonds before serving.

### FRIDAY - MEAL 2

Time: 12:00 PM | Context: Midday refuel

**Calories: 850**

**Protein: 70.0g**

**Carbs: 84.0g**

**Fat: 28.0g**

**INGREDIENTS:**

- 200g Chicken Breast
- 120g Quinoa
- 200g Broccoli
- 15g Olive Oil

**INSTRUCTIONS:**

1. Grill chicken breast until fully cooked.
2. Cook quinoa according to package instructions.
3. Steam broccoli until tender.
4. Drizzle olive oil over quinoa and broccoli before serving.

## FRIDAY - MEAL 3

Time: 6:00 PM | Context: Evening nourishment

**Calories: 850****Protein: 65.0g****Carbs: 80.0g****Fat: 35.0g****INGREDIENTS:**

- 200g Salmon
- 250g Sweet Potato
- 150g Spinach
- 15g Butter

**INSTRUCTIONS:**

1. Bake salmon at 180 degreesC for 15-20 minutes.
2. Boil sweet potato until soft, then mash with butter.
3. Saute spinach in a pan until wilted.

## FRIDAY - SNACK 1

Time: 10:00 AM | Context: Mid-morning boost

**Calories: 370****Protein: 25.0g****Carbs: 31.0g****Fat: 20.0g****INGREDIENTS:**

- 250g Greek Yogurt
- 15g Honey
- 25g Walnuts

**INSTRUCTIONS:**

1. Mix Greek yogurt with honey.
2. Top with walnuts before serving.

## FRIDAY - SNACK 2

Time: 3:00 PM | Context: Afternoon pick-me-up

**Calories: 370**

**Protein: 8.0g**

**Carbs: 50.0g**

**Fat: 18.0g**

### INGREDIENTS:

- 200g Apple
- 30g Peanut Butter

### INSTRUCTIONS:

1. Slice apple and serve with peanut butter.

## SATURDAY

### SATURDAY - MEAL 1

Time: 7:00 AM | Context: Home Cooking

**Calories: 450**

**Protein: 20.0g**

**Carbs: 65.0g**

**Fat: 12.0g**

### INGREDIENTS:

- 60g Oats
- 200ml Skim Milk
- 80g Blueberries
- 10g Almonds

### INSTRUCTIONS:

1. Cook oats with skim milk on medium heat until creamy.
2. Top with blueberries and almonds before serving.

### SATURDAY - MEAL 2

Time: 12:00 PM | Context: Home Cooking

**Calories: 600**

**Protein: 70.0g**

**Carbs: 50.0g**

**Fat: 20.0g**

**INGREDIENTS:**

- 200g Chicken Breast
- 80g Quinoa
- 200g Broccoli
- 10g Olive Oil

**INSTRUCTIONS:**

1. Grill chicken breast until fully cooked.
2. Cook quinoa according to package instructions.
3. Steam broccoli until tender.
4. Drizzle olive oil over quinoa and broccoli before serving.

## SATURDAY - MEAL 3

Time: 6:00 PM | Context: Home Cooking

**Calories: 550**

**Protein: 45.0g**

**Carbs: 45.0g**

**Fat: 25.0g**

**INGREDIENTS:**

- 150g Salmon
- 150g Sweet Potato
- 100g Spinach
- 5g Butter

**INSTRUCTIONS:**

1. Bake salmon at 180 degreesC for 15-20 minutes.
2. Boil sweet potato until soft, then mash with butter.
3. Saute spinach in a pan until wilted.

## SATURDAY - SNACK 1

Time: 10:00 AM | Context: Healthy Snack

**Calories: 250**

**Protein: 15.0g**

**Carbs: 20.0g**

**Fat: 12.0g**

**INGREDIENTS:**

- 150g Greek Yogurt
- 5g Honey
- 15g Walnuts

**INSTRUCTIONS:**

1. Mix Greek yogurt with honey.
2. Top with walnuts before serving.

## SATURDAY - SNACK 2

Time: 3:00 PM | Context: Healthy Snack

**Calories: 200**

**Protein: 5.0g**

**Carbs: 25.0g**

**Fat: 10.0g**

### INGREDIENTS:

- 100g Apple
- 15g Peanut Butter

### INSTRUCTIONS:

1. Slice apple and serve with peanut butter.

## SUNDAY

### SUNDAY - MEAL 1

Time: 7:00 AM | Context: Home Cooking

**Calories: 450**

**Protein: 20.0g**

**Carbs: 65.0g**

**Fat: 12.0g**

### INGREDIENTS:

- 60g Oats
- 200ml Skim Milk
- 80g Blueberries
- 10g Almonds

### INSTRUCTIONS:

1. Cook oats with skim milk on medium heat until creamy.
2. Top with blueberries and almonds before serving.

### SUNDAY - MEAL 2

Time: 12:00 PM | Context: Home Cooking

**Calories: 757**

**Protein: 70.0g**

**Carbs: 60.0g**

**Fat: 30.0g**

**INGREDIENTS:**

- 200g Chicken Breast
- 80g Quinoa
- 200g Broccoli
- 15g Olive Oil

**INSTRUCTIONS:**

1. Grill chicken breast until fully cooked.
2. Cook quinoa according to package instructions.
3. Steam broccoli until tender.
4. Drizzle olive oil over quinoa and broccoli before serving.

## SUNDAY - MEAL 3

Time: 10:00 AM | Context: Healthy Snack

**Calories: 300**

**Protein: 25.0g**

**Carbs: 20.0g**

**Fat: 15.0g**

**INGREDIENTS:**

- 250g Greek Yogurt
- 5g Honey
- 15g Walnuts

**INSTRUCTIONS:**

1. Mix Greek yogurt with honey.
2. Top with walnuts before serving.

## SUNDAY - SNACK 1

Time: 3:00 PM | Context: Healthy Snack

**Calories: 270**

**Protein: 5.0g**

**Carbs: 30.0g**

**Fat: 12.0g**

**INGREDIENTS:**

- 100g Apple
- 15g Peanut Butter

**INSTRUCTIONS:**

1. Slice apple and serve with peanut butter.

## CONSOLIDATED GROCERY LIST

- Almonds: 115g
- Apple: 1150g
- Blueberries: 770g
- Broccoli: 1350g
- Butter: 75g
- Chicken Breast: 1350g
- Greek Yogurt: 1600g
- Honey: 80g
- Oats: 600g
- Olive Oil: 95g
- Peanut Butter: 170g
- Quinoa: 740g
- Salmon: 1100g
- Skim Milk: 1850ml
- Spinach: 800g
- Sweet Potato: 1350g
- Walnuts: 150g