

# AI MEAL PLAN

## Personalized Nutrition Strategy

### PLAN DETAILS

Generated: August 03, 2025  
Average Daily Calories: 0  
Average Daily Protein: 0.0g  
Average Daily Carbohydrates: 0.0g  
Average Daily Fat: 0.0g

### 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

## DAILY MEAL PLAN

### MONDAY

#### MONDAY - MEAL 1

**Calories: 0****Protein: 0g****Carbs: 0g****Fat: 0g****INGREDIENTS:**

- 120g Ground Turkey, 93% lean
- 2 large Eggs
- 50g Spinach
- 1 tsp Olive Oil

**INSTRUCTIONS:**

1. Heat oil in pan
2. Cook turkey until browned
3. Add spinach and eggs
4. Scramble until cooked

#### MONDAY - MEAL 2

**Calories: 0****Protein: 0g****Carbs: 0g****Fat: 0g****INGREDIENTS:**

- 130g Ground Turkey, 93% lean
- 80g dry Quinoa
- 100g Bell Peppers
- 30g Avocado

#### MONDAY - MEAL 3

**Calories: 0****Protein: 0g****Carbs: 0g****Fat: 0g**

## Personalized Nutrition & Body Composition Planning

### INGREDIENTS:

- 125g Ground Turkey, 93% lean
- 150g Sweet Potato
- 100g Broccoli
- 15g Almonds

### MONDAY - SNACK 1

**Calories: 0**

**Protein: 0g**

**Carbs: 0g**

**Fat: 0g**

### INGREDIENTS:

- 150g Greek Yogurt, nonfat
- 80g Blueberries
- 1 tbsp Honey

### MONDAY - SNACK 2

**Calories: 0**

**Protein: 0g**

**Carbs: 0g**

**Fat: 0g**

### INGREDIENTS:

- 1 medium Apple
- 2 tbsp Almond Butter
- 1 scoop Protein Powder

## CONSOLIDATED GROCERY LIST

- Almond Butter: 2 tbsp
- Almonds: 15g
- Apple: 1 medium
- Avocado: 30g
- Bell Peppers: 100g
- Blueberries: 80g
- Broccoli: 100g
- Eggs: 2g
- Greek Yogurt, Nonfat: 150g
- Ground Turkey, 93% Lean: 375g
- Honey: 1 tbsp
- Olive Oil: 1 tsp
- Protein Powder: 1 scoop
- Quinoa: 80g
- Spinach: 50g
- Sweet Potato: 150g