FITOMICS

Personalized Nutrition & Body Composition Planning

AI MEAL PLAN

Personalized Nutrition Strategy

PLAN DETAILS

Generated: October 13, 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	Rest	7 AM	10 PM
Tue	2000	2000	150g	200g	70g	3	2	Rest	7 AM	10 PM
Wed	2000	2000	150g	200g	70g	3	2	Rest	7 AM	10 PM
Thu	2000	2000	150g	200g	70g	3	2	Rest	7 AM	10 PM
Fri	2000	2000	150g	200g	70g	3	2	Rest	7 AM	10 PM
Sat	2000	2000	150g	200g	70g	3	2	Rest	7 AM	10 PM
Sun	2000	2000	150g	200g	70g	3	2	Rest	7 AM	10 PM

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

WARNING: Using default values. Please complete Nutrition Targets page for personalized data.

ACTUAL VS TARGET COMPARISON

Day	Cal Target	Cal Actual	Pro Target	Pro Actual	Carb Target	Carb Actual
Mon	-	2500	-	200g	-	260g
Tue	-	-	-	-	-	-
Wed	-	-	-	-	-	-
Thu	-	-	-	-	-	-
Fri	-	-	-	-	-	-

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Sat	-	-	-	-	-	-
Sun	-	-	-	-	-	-

Note: Targets are your personalized nutrition goals. Actuals are from the AI-generated meal plan.

FITOMICS

DAILY MEAL PLAN

MONDAY

MONDAY - MEAL 1

Time: 7:00 AM | Context: Morning energy

Calories: 594	Protein: 50.0g	Carbs: 75.0g	Fat: 15.0g

INGREDIENTS:
- 80g Oats
- 250ml Skim Milk
- 30g Whey Protein
- 50g Blueberries
- 15g Almonds

INSTRUCTIONS:
1. Cook oats with skim milk on medium heat until creamy.
2. Stir in whey protein until well mixed.
3. Top with blueberries and almonds.

MONDAY - MEAL 2

Time: 12:00 PM | Context: Midday sustenance

Calories: 656	Protein: 55.0g	Carbs: 70.0g	Fat: 20.0g

INGREDIENTS:
- 150g Chicken Breast
- 100g Quinoa
- 100g 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.

MONDAY - MEAL 3

Time: 6:00 PM | Context: Evening meal

Calories: 656	Protein: 45.0g	Carbs: 60.0g	Fat: 30.0g

INGREDIENTS:
- 150g Salmon
- 150g Sweet Potato
- 100g Spinach
- 10g Butter

INSTRUCTIONS:
1. Bake salmon at 180 degreesC for 15-20 minutes.
2. Roast sweet potato in the oven until soft.
3. Saute spinach in butter until wilted.

MONDAY - SNACK 1

Time: 10:00 AM | Context: Morning snack

Calories: 297	Protein: 20.0g	Carbs: 30.0g	Fat: 15.0g

INGREDIENTS:
- 200g Greek Yogurt
- 10g Honey
- 15g Walnuts

INSTRUCTIONS:
1. Mix honey into Greek yogurt.
2. Top with walnuts.

MONDAY - SNACK 2

Time: 3:00 PM | Context: Afternoon snack

Calories: 297	Protein: 30.0g	Carbs: 25.0g	Fat: 15.0g

INGREDIENTS:

- 100g Tuna
- 50g Whole Grain Crackers
- 50g Avocado

INSTRUCTIONS:

1. Mix tuna with mashed avocado.
2. Serve with whole grain crackers.

CONSOLIDATED GROCERY LIST

- Almonds: 15g
- Avocado: 50g
- Blueberries: 50g
- Broccoli: 100g
- Butter: 10g
- Chicken Breast: 150g
- Greek Yogurt: 200g
- Honey: 10g
- Oats: 80g
- Olive Oil: 10g
- Quinoa: 100g
- Salmon: 150g
- Skim Milk: 250ml
- Spinach: 100g
- Sweet Potato: 150g
- Tuna: 100g
- Walnuts: 15g
- Whey Protein: 30g
- Whole Grain Crackers: 50g