



Personalized Nutrition & Body Composition Planning

AI MEAL PLAN

Personalized Nutrition Strategy

PLAN DETAILS

Generated: July 17, 2025

Average Daily Calories: 364

Average Daily Protein: 23.3g

Average Daily Carbohydrates: 37.6g

Average Daily Fat: 14.5g

DIETARY PREFERENCES

DAILY MEAL PLAN

PRE-WORKOUT ENERGY BOOST

Pre-Workout Energy Boost

Time: 6:30 AM | Context: Meal prep/leftovers

Calories: 707

Protein: 22.0g

Carbs: 128.8g

Fat: 14.4g

INGREDIENTS:

- 100g Oats
- 1 large (136g) Banana
- 250ml Almond Milk
- 1 tbsp (21g) Honey
- 15g Chia Seeds

INSTRUCTIONS:

1. Combine oats, almond milk, and chia seeds in a bowl
2. Stir in honey and sliced banana
3. Let sit for 10 minutes to absorb liquid
4. Serve chilled or warm slightly in the microwave for 1-2 minutes.

POST-WORKOUT RECOVERY LUNCH

Post-Workout Recovery Lunch

Time: 12:00 PM | Context: Meal delivery

Calories: 1011

Protein: 88.4g

Carbs: 62.2g

Fat: 47.2g

INGREDIENTS:

- 250g Grilled Chicken Breast
- 200g cooked Brown Rice
- 1 medium (150g) Avocado
- 100g Mixed Leafy Greens
- 15ml Olive Oil

INSTRUCTIONS:

1. Season chicken with 1 tsp garlic powder, 1/2 tsp salt, and 1/2 tsp black pepper
2. Grill on medium-high heat for 6-7 minutes per side until internal temperature reaches 165F

3. Cook rice according to package instructions
4. Toss greens with sliced avocado and olive oil
5. Serve chicken over rice with greens on the side.

PROTEIN-PACKED GREEK YOGURT

Protein-Packed Greek Yogurt

Time: 3:00 PM | Context: Protein snack

Calories: 411

Protein: 38.6g

Carbs: 20.2g

Fat: 20.1g

INGREDIENTS:

- 300g Greek Yogurt
- 40g Almonds

INSTRUCTIONS:

1. Mix Greek yogurt with almonds
2. Serve chilled.

NUTTY ENERGY BITES

Nutty Energy Bites

Time: 8:00 PM | Context: Protein snack

Calories: 420

Protein: 13.9g

Carbs: 51.9g

Fat: 19.6g

INGREDIENTS:

- 30g Peanut Butter
- 50g Rolled Oats
- 15g Honey

INSTRUCTIONS:

1. Mix peanut butter, oats, and honey in a bowl
2. Form into small balls and refrigerate for 30 minutes before serving.

GROCERY LIST

- Almond Milk: 250ml
- Almonds: 40g
- Avocado: 1 medium (150g)
- Banana: 1 large (136g)
- Brown Rice: 200g cooked
- Chia Seeds: 15g
- Greek Yogurt: 300g
- Grilled Chicken Breast: 250g
- Honey: 1 tbsp (21g), 15g
- Mixed Leafy Greens: 100g
- Oats: 100g
- Olive Oil: 15ml
- Peanut Butter: 30g
- Rolled Oats: 50g