



Personalized Nutrition & Body Composition Planning

# AI MEAL PLAN

Personalized Nutrition Strategy

## PLAN DETAILS

Generated: July 12, 2025

Daily Calories: 12004

Protein: 1070.9g

Carbohydrates: 894.8g

Fat: 466.5g

## DIETARY PREFERENCES

## DAILY MEAL PLAN

### FIRST MEAL OF DAY

#### Custom Meal

Calories: 460

Protein: 41.0g

Carbs: 46.0g

Fat: 12.0g

#### INGREDIENTS:

- 150gg Unknown
- 60gg Unknown
- 1 tspg Unknown
- 50gg Unknown
- 50gg Unknown

### SECOND MEAL OF DAY

#### Custom Meal

Calories: 533

Protein: 36.8g

Carbs: 44.0g

Fat: 23.7g

#### INGREDIENTS:

- 150gg Unknown
- 50gg Unknown
- 100gg Unknown
- 1 tspg Unknown

### THIRD MEAL OF DAY

#### Custom Meal

Calories: 498

Protein: 35.5g

Carbs: 37.0g

Fat: 22.4g

#### INGREDIENTS:

- 150gg Unknown

- 150gg Unknown
- 100gg Unknown

## FIRST SNACK OF DAY

### Custom Meal

|               |                |              |           |
|---------------|----------------|--------------|-----------|
| Calories: 207 | Protein: 23.0g | Carbs: 11.0g | Fat: 7.5g |
|---------------|----------------|--------------|-----------|

### INGREDIENTS:

- 200gg Unknown
- 15gg Unknown

## SECOND SNACK OF DAY

### Custom Meal

|               |                |              |           |
|---------------|----------------|--------------|-----------|
| Calories: 209 | Protein: 21.0g | Carbs: 26.0g | Fat: 2.3g |
|---------------|----------------|--------------|-----------|

### INGREDIENTS:

- 1 scoop Unknown
- 100gg Unknown

## FIRST MEAL OF DAY

### Custom Meal

|               |                |              |            |
|---------------|----------------|--------------|------------|
| Calories: 443 | Protein: 40.5g | Carbs: 41.0g | Fat: 12.4g |
|---------------|----------------|--------------|------------|

### INGREDIENTS:

- 150gg Unknown
- 60gg Unknown
- 50gg Unknown
- 5gg Unknown

## SECOND MEAL OF DAY

### Custom Meal

Calories: 456

Protein: 29.0g

Carbs: 46.0g

Fat: 18.7g

### INGREDIENTS:

- 120gg Unknown
- 50gg Unknown
- 100gg Unknown

## THIRD MEAL OF DAY

### Custom Meal

Calories: 400

Protein: 34.8g

Carbs: 26.0g

Fat: 18.5g

### INGREDIENTS:

- 150gg Unknown
- 100gg Unknown
- 100gg Unknown

## FIRST SNACK OF DAY

### Custom Meal

Calories: 216

Protein: 14.0g

Carbs: 12.0g

Fat: 10.0g

### INGREDIENTS:

- 150gg Unknown
- 20gg Unknown

## SECOND SNACK OF DAY

### Custom Meal

Calories: 176

Protein: 31.0g

Carbs: 10.0g

Fat: 1.2g

**INGREDIENTS:**

- 100gg Unknown
- 100gg Unknown

**FIRST MEAL OF DAY****Custom Meal**

Calories: 527

Protein: 55.0g

Carbs: 41.0g

Fat: 14.0g

**INGREDIENTS:**

- 150gg Unknown
- 60gg Unknown
- 5gg Unknown
- 50gg Unknown

**SECOND MEAL OF DAY****Custom Meal**

Calories: 520

Protein: 42.0g

Carbs: 62.0g

Fat: 14.0g

**INGREDIENTS:**

- 150gg Unknown
- 70gg Unknown
- 100gg Unknown
- 5gg Unknown

**THIRD MEAL OF DAY****Custom Meal**

Calories: 494

Protein: 44.0g

Carbs: 38.0g

Fat: 18.0g

**INGREDIENTS:**

- 150gg Unknown
- 150gg Unknown
- 100gg Unknown
- 5gg Unknown

**FIRST SNACK OF DAY****Custom Meal**

Calories: 237

Protein: 19.0g

Carbs: 15.0g

Fat: 10.0g

**INGREDIENTS:**

- 150gg Unknown
- 20gg Unknown
- 50gg Unknown

**SECOND SNACK OF DAY****Custom Meal**

Calories: 267

Protein: 27.0g

Carbs: 28.0g

Fat: 7.0g

**INGREDIENTS:**

- 1 scoopg Unknown
- 100gg Unknown
- 10gg Unknown

**FIRST MEAL OF DAY****Custom Meal**

Calories: 460

Protein: 41.0g

Carbs: 46.0g

Fat: 12.0g

**INGREDIENTS:**

- 150gg Unknown
- 60gg Unknown
- 1 tspg Unknown
- 50gg Unknown
- 50gg Unknown

## SECOND MEAL OF DAY

### Custom Meal

Calories: 548

Protein: 36.0g

Carbs: 46.0g

Fat: 24.8g

### INGREDIENTS:

- 150gg Unknown
- 50gg Unknown
- 100gg Unknown

## THIRD MEAL OF DAY

### Custom Meal

Calories: 434

Protein: 34.8g

Carbs: 26.0g

Fat: 22.3g

### INGREDIENTS:

- 150gg Unknown
- 100gg Unknown
- 100gg Unknown
- 1 tspg Unknown

## FIRST SNACK OF DAY

### Custom Meal

Calories: 216

Protein: 20.4g

Carbs: 16.0g

Fat: 8.1g

**INGREDIENTS:**

- 150gg Unknown
- 15gg Unknown
- 50gg Unknown

## SECOND SNACK OF DAY

### Custom Meal

**Calories: 255****Protein: 32.0g****Carbs: 13.0g****Fat: 9.3g****INGREDIENTS:**

- 100gg Unknown
- 50gg Unknown
- 2 cakesg Unknown

## FIRST MEAL OF DAY

### Custom Meal

**Calories: 352****Protein: 36.2g****Carbs: 25.2g****Fat: 10.9g****INGREDIENTS:**

- 150gg Unknown
- 40gg Unknown
- 5gg Unknown

## SECOND MEAL OF DAY

### Custom Meal

**Calories: 352****Protein: 25.8g****Carbs: 16.5g****Fat: 22.6g****INGREDIENTS:**

- 120gg Unknown

- 50gg Unknown
- 50gg Unknown
- 5gg Unknown

## THIRD MEAL OF DAY

### Custom Meal

Calories: 349

Protein: 25.1g

Carbs: 22.1g

Fat: 18.3g

### INGREDIENTS:

- 120gg Unknown
- 100gg Unknown
- 50gg Unknown
- 5gg Unknown

## FIRST SNACK OF DAY

### Custom Meal

Calories: 187

Protein: 20.2g

Carbs: 9.0g

Fat: 7.9g

### INGREDIENTS:

- 150gg Unknown
- 15gg Unknown

## SECOND SNACK OF DAY

### Custom Meal

Calories: 215

Protein: 31.0g

Carbs: 4.0g

Fat: 8.5g

### INGREDIENTS:

- 100gg Unknown
- 50gg Unknown

## FIRST MEAL OF DAY

### Custom Meal

Calories: 353

Protein: 36.2g

Carbs: 25.0g

Fat: 11.0g

### INGREDIENTS:

- 150gg Unknown
- 40gg Unknown
- 5gg Unknown

## SECOND MEAL OF DAY

### Custom Meal

Calories: 441

Protein: 26.5g

Carbs: 44.0g

Fat: 17.4g

### INGREDIENTS:

- 120gg Unknown
- 50gg Unknown
- 50gg Unknown

## THIRD MEAL OF DAY

### Custom Meal

Calories: 304

Protein: 25.1g

Carbs: 22.0g

Fat: 13.3g

### INGREDIENTS:

- 120gg Unknown
- 100gg Unknown
- 50gg Unknown

## FIRST SNACK OF DAY

## Custom Meal

Calories: 187

Protein: 13.0g

Carbs: 11.0g

Fat: 11.0g

### INGREDIENTS:

- 150gg Unknown
- 15gg Unknown

## SECOND SNACK OF DAY

### Custom Meal

Calories: 215

Protein: 31.0g

Carbs: 4.0g

Fat: 9.5g

### INGREDIENTS:

- 100gg Unknown
- 50gg Unknown

## FIRST MEAL OF DAY

### Custom Meal

Calories: 365

Protein: 37.0g

Carbs: 27.0g

Fat: 10.8g

### INGREDIENTS:

- 150gg Unknown
- 40gg Unknown
- 5gg Unknown
- 50gg Unknown

## SECOND MEAL OF DAY

### Custom Meal

Calories: 381

Protein: 28.5g

Carbs: 19.0g

Fat: 23.8g

**INGREDIENTS:**

- 100gg Unknown
- 50gg Unknown
- 100gg Unknown
- 5gg Unknown

## THIRD MEAL OF DAY

**Custom Meal**

Calories: 345

Protein: 25.5g

Carbs: 23.0g

Fat: 17.3g

**INGREDIENTS:**

- 120gg Unknown
- 100gg Unknown
- 5gg Unknown
- 50gg Unknown

## FIRST SNACK OF DAY

**Custom Meal**

Calories: 187

Protein: 21.0g

Carbs: 9.0g

Fat: 7.5g

**INGREDIENTS:**

- 150gg Unknown
- 15gg Unknown

## SECOND SNACK OF DAY

**Custom Meal**

Calories: 215

Protein: 31.0g

Carbs: 4.0g

Fat: 8.5g



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**INGREDIENTS:**

- 100gg Unknown
- 50gg Unknown

## GROCERY LIST

- Almonds: 15g, 20g, 20g, 15g, 15g, 15g, 15g
- Avocado: 50g, 50g, 50g, 50g
- Banana: 100g, 100g
- Bell Peppers: 100g, 100g, 100g, 100g
- Blueberries: 50g, 50g
- Broccoli: 100g, 100g, 100g, 100g, 50g
- Brown Rice: 50g, 50g, 70g, 50g, 50g, 50g
- Butter: 1 tsp, 5g, 1 tsp, 5g, 5g
- Carrot Sticks: 100g
- Carrots: 50g, 100g, 50g, 50g, 50g
- Chicken Breast: 150g, 150g, 150g, 150g, 150g, 150g
- Coconut Oil: 5g, 5g, 5g
- Greek Yogurt: 200g, 150g, 150g, 150g, 150g, 150g, 150g
- Grilled Chicken Breast: 150g
- Ground Turkey: 150g
- Lean Ground Beef: 150g, 120g, 150g, 120g, 120g, 100g
- Olive Oil: 1 tsp, 5g, 5g, 1 tsp, 5g, 5g, 5g
- Peanut Butter: 10g
- Protein Shake: 1 scoop, 1 scoop
- Quinoa: 60g, 60g, 60g, 60g, 40g, 40g, 40g
- Rice Cakes: 2 cakes
- Salmon: 150g, 150g, 150g, 150g, 120g, 120g, 120g
- Spinach: 50g, 50g, 50g, 50g, 50g, 50g, 50g
- Sweet Potato: 150g, 100g, 150g, 100g, 100g, 100g, 100g
- Turkey Breast Slices: 100g
- Turkey Slices: 100g, 100g, 100g, 100g
- White Rice: 50g