

# AI MEAL PLAN

## Personalized Nutrition Strategy

### PLAN DETAILS

Generated: August 03, 2025

Average Daily Calories: 76

Average Daily Protein: 10.0g

Average Daily Carbohydrates: 6.6g

Average Daily Fat: 0.9g

### DIETARY PREFERENCES

## DAILY MEAL PLAN

### MEAL 1

#### Meal 1

Time: 8:00 AM | Context: Breakfast

**Calories: 187**

**Protein: 23.7g**

**Carbs: 23.0g**

**Fat: 0.3g**

#### INGREDIENTS:

- 200g Greek Yogurt
- 100g Blueberries

#### INSTRUCTIONS:

1. Add blueberries to Greek yogurt
2. Mix gently and serve

### MEAL 2

#### Meal 2

Time: 12:30 PM | Context: Lunch

**Calories: 342**

**Protein: 46.1g**

**Carbs: 23.0g**

**Fat: 5.9g**

#### INGREDIENTS:

- 150g Chicken Breast
- 100g cooked Brown Rice

#### INSTRUCTIONS:

1. Grill chicken breast seasoned with herbs
2. Serve over brown rice

## GROCERY LIST

- Blueberries: 100g
- Brown Rice: 100g cooked
- Chicken Breast: 150g
- Greek Yogurt: 200g