

EvoFit Meals

Transform Your Nutrition, Transform Your Life

Test Plan

Personalized Nutrition Plan

For: Valued Client

Goal: Muscle Building

Duration: 1 Days

Target: 2500 calories/day

Generated: July 28, 2025

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Plan Overview

About This Plan

This 1-day nutrition plan is specifically designed for Muscle Building with a daily calorie target of 2500 calories.

Key Features

- 1 delicious recipes
- 1 meals per day structure
- Complete nutritional breakdown
- Detailed cooking instructions
- Consolidated shopping list

Plan Statistics

Total Days	1
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Total Recipes	1
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Avg Calories/Day	400.0
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Avg Protein/Day	30.0g
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Avg Carbs/Day	40.0g
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Avg Fat/Day	15.0g
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Weekly Meal Schedule

Day 1

BREAKFAST

Test

Recipe

Day 1 Meals

400 calories
30.0g protein

BREAKFAST

Test Recipe

400 cal 30g protein 40g carbs 15g fat

15 minutes • Serves 1

Test Recipe

15

Minutes

1

Servings

400

Calories

30g

Protein

Ingredients

Oats

1 cup

Instructions

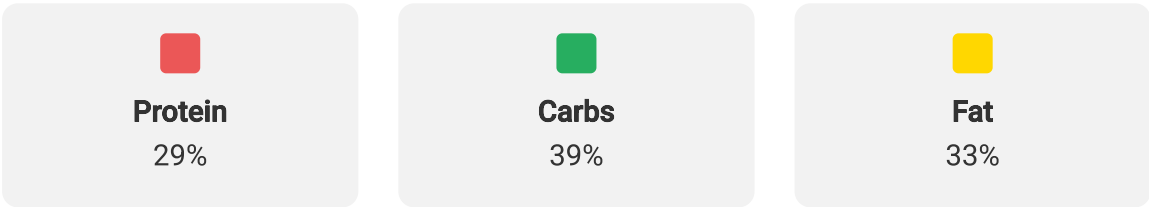
- 1 Cook and serve

Shopping List

Complete ingredient list for your 1-day meal plan.

Produce	Proteins	Pantry
<input type="checkbox"/> No produce items	<input type="checkbox"/> No protein items	<input type="checkbox"/> Oats 1 cup

Nutrition Summary



Daily Averages

