

EvoFit Meals

Transform Your Nutrition, Transform Your Life

Simple Test Plan

Personalized Nutrition Plan

For: Test Customer

Goal: General Health

Duration: 3 Days

Target: 2000 calories/day

Generated: July 29, 2025

By: EvoFit Trainer

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Plan Overview

About This Plan

A basic meal plan for testing PDF compatibility

Key Features

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

Plan Statistics

Total Days	3
Total Recipes	9
Avg Calories/Day	1200.0
Avg Protein/Day	60.0g
Avg Carbs/Day	120.0g
Avg Fat/Day	45.0g

Weekly Meal Schedule

Day 1	Day 2	Day 3
BREAKFAST breakfast recipe	BREAKFAST breakfast recipe	BREAKFAST breakfast recipe
LUNCH lunch recipe	LUNCH lunch recipe	LUNCH lunch recipe
DINNER dinner recipe	DINNER dinner recipe	DINNER dinner recipe

Day 1 Meals

1200 calories
60.0g protein

BREAKFAST

breakfast recipe

400 cal

20g protein

40g carbs

15g fat

⌚ 15 minutes • Serves 1

LUNCH

lunch recipe

400 cal

20g protein

40g carbs

15g fat

⌚ 15 minutes • Serves 1

DINNER

dinner recipe

400 cal

20g protein

40g carbs

15g fat

⌚ 15 minutes • Serves 1

Day 2 Meals

1200 calories
60.0g protein

BREAKFAST

breakfast recipe

400 cal 20g protein 40g carbs 15g fat

⌚ 15 minutes • Serves 1

LUNCH

lunch recipe

400 cal 20g protein 40g carbs 15g fat

⌚ 15 minutes • Serves 1

DINNER

dinner recipe

400 cal 20g protein 40g carbs 15g fat

⌚ 15 minutes • Serves 1

Day 3 Meals

1200 calories
60.0g protein

BREAKFAST

breakfast recipe

400 cal 20g protein 40g carbs 15g fat

⌚ 15 minutes • Serves 1

LUNCH

lunch recipe

400 cal 20g protein 40g carbs 15g fat

⌚ 15 minutes • Serves 1

DINNER

dinner recipe

400 cal 20g protein 40g carbs 15g fat

⌚ 15 minutes • Serves 1

breakfast recipe

15

Minutes

1

Servings

400

Calories

20g

Protein

Ingredients

Instructions

- 1 No instructions provided.

lunch recipe

15

Minutes

1

Servings

400

Calories

20g

Protein

Ingredients

Instructions

- 1 No instructions provided.

dinner recipe

15

Minutes

1

Servings

400

Calories

20g

Protein

Ingredients

Instructions

- 1 No instructions provided.

breakfast recipe

15

Minutes

1

Servings

400

Calories

20g

Protein

Ingredients

Instructions

- 1 No instructions provided.

lunch recipe

15

Minutes

1

Servings

400

Calories

20g

Protein

Ingredients

Instructions

- 1 No instructions provided.

dinner recipe

15

Minutes

1

Servings

400

Calories

20g

Protein

Ingredients

Instructions

- 1 No instructions provided.

breakfast recipe

15

Minutes

1

Servings

400

Calories

20g

Protein

Ingredients

Instructions

- 1 No instructions provided.

lunch recipe

15

Minutes

1

Servings

400

Calories

20g

Protein

Ingredients

Instructions

- 1 No instructions provided.

dinner recipe

15

Minutes

1

Servings

400

Calories

20g

Protein

Ingredients

Instructions

- 1 No instructions provided.

Shopping List

Complete ingredient list for your 3-day meal plan.

Produce

☐ No produce items

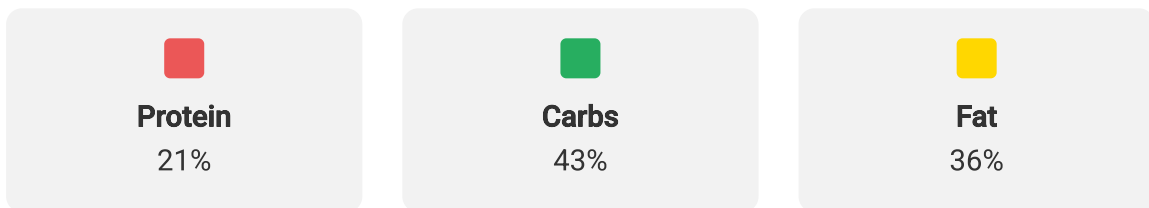
Proteins

☐ No protein items

Pantry

☐ No pantry items

Nutrition Summary



Daily Averages

