



FitBite Personalized Meal Plan

Prepared for: Girjesh

Goal: maintain

Week: 8/3/2025 - 8/9/2025

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Your Profile

Personal Information

Name: Girjesh
Age: 38 years
Gender: male
Height: 168 cm
Weight: 74 kg
BMI: 26.2 (Overweight)

Preferences & Goals

Activity Level: sedentary
Region: american
Preferred Foods: tea
Health Conditions: none

MONDAY

Avocado Toast

Ingredients:

- Whole grain bread
- Avocado
- Tomato
- Olive oil
- Salt

Instructions:

1. Toast the bread
2. Mash the avocado
3. Spread on toast
4. Add sliced tomato

Time: 8:00 AM

320 cal

Quinoa Salad Bowl

Time: 1:00 PM

450 cal

Ingredients:

- Quinoa
- Mixed vegetables
- Chickpeas
- Olive oil
- Lemon dressing

Instructions:

1. Cook quinoa
2. Roast vegetables
3. Mix with chickpeas
4. Add dressing

Grilled Vegetables with Brown Rice

Time: 7:00 PM

380 cal

Ingredients:

- Brown rice
- Mixed vegetables
- Herbs
- Olive oil

Instructions:

1. Cook brown rice
2. Grill vegetables with herbs
3. Season with olive oil
4. Serve together

TUESDAY

Greek Yogurt Bowl

Time: 8:00 AM **310 cal**

Ingredients:

- Greek yogurt
- Berries
- Granola
- Honey
- Nuts

Instructions:

1. Layer yogurt in bowl
2. Add berries on top
3. Sprinkle granola
4. Drizzle honey

Mediterranean Wrap

Time: 1:00 PM **435 cal**

Ingredients:

- Whole wheat wrap
- Hummus
- Cucumber
- Bell peppers
- Feta cheese

Instructions:

1. Spread hummus on wrap
2. Add chopped vegetables
3. Sprinkle feta cheese
4. Roll tightly

Grilled Salmon with Quinoa

Time: 7:00 PM

372 cal

Ingredients:

- Salmon fillet
- Quinoa
- Lemon
- Herbs
- Asparagus

Instructions:

1. Season salmon
2. Grill until cooked
3. Cook quinoa
4. Steam asparagus

WEDNESDAY

Oatmeal with Fruits

Time: 8:00 AM

300 cal

Ingredients:

- Rolled oats
- Banana
- Berries
- Almonds
- Cinnamon

Instructions:

1. Cook oats with water
2. Add sliced fruits
3. Sprinkle nuts
4. Add cinnamon

Caesar Salad with Chicken

Time: 1:00 PM

420 cal

Ingredients:

- Romaine lettuce
- Grilled chicken
- Croutons
- Parmesan
- Caesar dressing

Instructions:

1. Grill chicken breast
2. Chop lettuce
3. Add croutons and cheese
4. Toss with dressing

Stuffed Bell Peppers

Time: 7:00 PM

384 cal

Ingredients:

- Bell peppers
- Ground turkey
- Brown rice
- Tomato sauce
- Herbs

Instructions:

1. Hollow bell peppers
2. Mix turkey and rice
3. Stuff peppers
4. Bake until tender

THURSDAY

Smoothie Bowl

Time: 8:00 AM **330 cal**

Ingredients:

- Mixed berries
- Banana
- Greek yogurt
- Granola
- Honey

Instructions:

1. Blend fruits with yogurt
2. Pour in bowl
3. Top with granola
4. Drizzle honey

Turkey Club Sandwich

Time: 1:00 PM **450 cal**

Ingredients:

- Whole grain bread
- Turkey slices
- Lettuce
- Tomato
- Avocado

Instructions:

1. Layer turkey and vegetables
2. Add condiments
3. Stack layers
4. Cut diagonally

Baked Cod with Vegetables

Time: 7:00 PM

396 cal

Ingredients:

- Cod fillet
- Broccoli
- Carrots
- Olive oil
- Herbs

Instructions:

1. Season cod fillet
2. Bake with vegetables
3. Drizzle olive oil
4. Serve hot

FRIDAY

Pancakes with Berries

Time: 8:00 AM

340 cal

Ingredients:

- Whole wheat flour
- Eggs
- Milk
- Fresh berries
- Maple syrup

Instructions:

1. Mix pancake batter
2. Cook on griddle
3. Stack pancakes
4. Top with berries

Asian Stir Fry

Time: 1:00 PM

465 cal

Ingredients:

- Mixed vegetables
- Brown rice
- Soy sauce
- Ginger
- Garlic

Instructions:

1. Stir fry vegetables
2. Add sauces
3. Serve over rice
4. Garnish with herbs

Grilled Chicken Breast

Time: 7:00 PM

408 cal

Ingredients:

- Chicken breast
- Sweet potato
- Green beans
- Olive oil
- Rosemary

Instructions:

1. Marinate chicken
2. Grill until done
3. Roast vegetables
4. Serve together

SATURDAY

French Toast

Time: 8:00 AM **350 cal**

Ingredients:

- Bread slices
- Eggs
- Milk
- Cinnamon
- Fresh fruits

Instructions:

1. Dip bread in egg mixture
2. Cook on griddle
3. Serve with fruits
4. Add maple syrup

Grilled Vegetable Wrap

Time: 1:00 PM **480 cal**

Ingredients:

- Tortilla wrap
- Grilled vegetables
- Hummus
- Spinach
- Cheese

Instructions:

1. Grill mixed vegetables
2. Spread hummus on wrap
3. Add vegetables
4. Roll and serve

Beef Stir Fry

Time: 7:00 PM

420 cal

Ingredients:

- Lean beef strips
- Mixed vegetables
- Brown rice
- Soy sauce
- Ginger

Instructions:

1. Marinate beef strips
2. Stir fry quickly
3. Add vegetables
4. Serve over rice

SUNDAY

Eggs Benedict

Time: 8:00 AM

360 cal

Ingredients:

- English muffins
- Eggs
- Ham
- Hollandaise sauce
- Spinach

Instructions:

1. Toast muffins
2. Poach eggs
3. Layer with ham
4. Top with sauce

Sunday Roast

Time: 1:00 PM

495 cal

Ingredients:

- Roast beef
- Yorkshire pudding
- Roasted vegetables
- Gravy
- Potatoes

Instructions:

1. Roast beef slowly
2. Prepare Yorkshire pudding
3. Roast vegetables
4. Make gravy

Pasta Primavera

Time: 7:00 PM

432 cal

Ingredients:

- Whole wheat pasta
- Mixed vegetables
- Olive oil
- Garlic
- Parmesan

Instructions:

1. Cook pasta al dente
2. Saut vegetables
3. Toss together
4. Add cheese

Weekly Nutrition Summary

Day	Calories
Monday	1150
Tuesday	1117
Wednesday	1104
Thursday	1176
Friday	1213
Saturday	1250
Sunday	1287
TOTAL	8297

Weekly Grocery List

Vegetables

- Tomato
- Cucumber
- Bell peppers
- Romaine lettuce
- Tomato sauce
- Lettuce
- Broccoli
- Carrots

Grains & Pulses

- Quinoa
- Chickpeas
- Brown rice
- Whole wheat wrap
- Rolled oats
- Whole wheat flour
- Green beans
- Whole wheat pasta

Dairy

- Greek yogurt
- Feta cheese
- Milk
- Cheese

Spices

- Salt
- Bell peppers
- Ginger
- Garlic