



HOME PAGE

SIGN UP

BY SLIDRCOM

VENU

Nutritio & Health





Nourishing With Hygienic Food

We encourage you to fix and forestall illness with nourishment for carrying on
with your life in a solid manner.

[GET STARTED NOW](#)

WHAT 1,200 CALORIES LOOKS LIKE

301
CALORIES

Carbs: 44 g
Protein: 10.5 g
Fat: 10.5 g
Fiber: 6.5 g

BREAKFAST

1/2 cup oatmeal
with walnuts &
blueberries



149
CALORIES

Carbs: 20.7 g
Protein: 14.5 g
Fat: 1.3 g
Fiber: 3.6 g

**MORNING
SNACK**

1/2 cup cottage
cheese & pear



305
CALORIES

Carbs: 24.2 g
Protein: 27.7 g
Fat: 11.2 g
Fiber: 5.8 g

LUNCH

Mediterranean
chicken salad



145
CALORIES

Carbs: 10.5 g
Protein: 9.1 g
Fat: 7.6 g
Fiber: 3.5 g

**AFTERNOON
SNACK**

1/2 cup carrot
sticks, hard-boiled
egg & 4 whole
wheat crackers



298
CALORIES

Carbs: 32.5 g
Protein: 22.3 g
Fat: 10 g
Fiber: 7.7 g

DINNER

Shrimp tacos



Low-Carb Meal Plan

| | B | L | D |
|-----------|--|--|---|
| Monday | Veggie Frittata | Walnut Chicken Roasted Veggies | Crunchy Cucumber Salad with Shrimp |
| Tuesday | Egg White Omelet & Avocado | Orange Chicken with edamame | Grilled Chicken Spinach Salad with Nuts |
| Wednesday | Egg Quiche Muffins | Asian Turkey Lettuce Wraps Avocado | Stuffed Tomato With Chicken |
| Thursday | Oatmeal Casserole | Salmon Apricot Roasted Asparagus | Hearts & Avocado Salad & Chicken |
| Friday | Scrambled Egg Whites & Avocado | Coconut Crusted Chicken Veggies | Greens Salad with Shrimp |
| Saturday | Protein Smoothie | Spinach Turkey Meatballs Arugula Salad | Tuna Salad & Avocado |
| Sunday | Scrambled Egg Whites & Gluten-Free Toast | Grilled Flank Steak Roasted Veggies | Grilled Chicken & Baked Avocado |

Key Features of the AI-based Nutrition Planner

1. User Input:

Dietary Preferences: Vegan, vegetarian, keto, low-carb, gluten-free, etc.

Health Goals: Weight loss, muscle gain, maintenance, improved energy, etc.

Allergies: Nuts, dairy, shellfish, etc.

Caloric Needs: Based on age, gender, activity level, and BMI.

Meal Preferences: Number of meals per day, specific cuisines, etc.

NATIONAL NUTRITION WEEK

2. Database Integration:

A comprehensive food database with detailed nutritional values.

Recipes tailored to specific dietary restrictions and goals.



Half National
Nutrition
Week

NEXT PAGE



A vibrant, circular collage of various healthy foods. The arrangement includes a halved avocado, a pomegranate with its seeds exposed, a bowl of blueberries, a piece of salmon, broccoli, walnuts, almonds, a bowl of mixed nuts, a bowl of red berries, a tomato, and various leafy greens and grains. The background is dark and textured, and the entire composition is framed within a circular border.

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Benefits

- ✓ Personalized Diet Plans – Tailored to your needs and goals.
- ✓ Time-Saving – No need to manually plan meals.
- ✓ Nutritional Accuracy – Ensures balanced meals.
- ✓ Adaptability – Adjusts based on feedback and progress.



Nutrition



CALL NOW!



CONTACT US!



LOCATION!

