

WellPlate

Your personalized nutrition dossier

Prepared for sample@wellplate.com

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DAILY CALORIE
TARGET

1533 kcal

TOTAL WEEKLY
CALORIES

3065 kcal

PROTEIN / CARBS /
FAT

191g |

265g |

136g

Highlights

- Chef-crafted meals aligned with your nutrition targets and dietary style.
- Detailed macros, smart substitutions, and storage tips for each recipe.
- Curated grocery guide with premium staples and effortless planning prompts.

Day 1

1605 kcal • 103g protein • 148g carbs • 62g fat

CALORIES

1605 kcal

PROTEIN

103 g

CARBS

148 g

FAT

62 g

Protein-Packed Oatmeal Bowl

420 kcal

Protein 28g

Carbs 45g

Fat 12g

Ingredients

1/2 cup - Rolled oats

1/2 cup - Greek yogurt (plain)

1/2 cup - Mixed berries

1 tbsp - Almond butter

1 tsp - Chia seeds

Instructions

1. Cook oats with water or milk until creamy

2. Let cool slightly, then stir in Greek yogurt

3. Top with berries, almond butter, and chia seeds

4. Serve immediately

Day 1 (continued)

Mediterranean Quinoa Bowl

485 kcal

Protein 22g

Carbs 58g

Fat 18g

Ingredients

3/4 cup cooked - Quinoa
1/2 cup - Cherry tomatoes
1/2 medium - Cucumber
2 tbsp - Feta cheese
6 pieces - Kalamata olives
1 tbsp - Extra virgin olive oil

Instructions

1. Cook quinoa according to package directions
2. Chop tomatoes and cucumber into bite-sized pieces
3. Mix quinoa with vegetables in a large bowl
4. Crumble feta cheese and add olives
5. Drizzle with olive oil and season with salt and pepper

Day 1 (continued)

Herb-Crusted Salmon

520 kcal

Protein 38g

Carbs 25g

Fat 28g

Ingredients

6 oz - Salmon fillet

1 medium - Sweet potato

1 cup - Broccoli

2 tbsp - Fresh dill

1/2 - Lemon

1 tbsp - Olive oil

Instructions

1. Preheat oven to 400°F (200°C)

2. Season salmon with herbs, lemon juice, and olive oil

3. Roast sweet potato for 20 minutes, then add broccoli

4. Bake salmon for 12-15 minutes until flaky

5. Serve salmon over roasted vegetables

Greek Yogurt Parfait

180 kcal

Protein 15g

Carbs 20g

Fat 4g

Ingredients

1 cup - Greek yogurt (plain)

1/2 cup - Mixed berries

2 tbsp - Granola

1 tsp - Honey

Instructions

1. Layer half the yogurt in a glass

2. Add half the berries

3. Repeat layers

4. Top with granola and drizzle with honey

Day 2

1460 kcal • 88g protein • 117g carbs • 74g fat

CALORIES

1460 kcal

PROTEIN

88 g

CARBS

117 g

FAT

74 g

Avocado Toast Deluxe

380 kcal

Protein 18g

Carbs 35g

Fat 22g

Ingredients

- 2 slices - Whole grain bread
- 1 medium - Avocado
- 2 large - Eggs
- 1/2 cup - Cherry tomatoes
- 1 tsp - Everything bagel seasoning

Instructions

1. Toast bread until golden
2. Mash avocado with lemon juice and salt
3. Poach or fry eggs to your preference
4. Spread avocado on toast, top with eggs and tomatoes
5. Sprinkle with seasoning

Day 2 (continued)

Chicken Buddha Bowl

450 kcal

Protein 35g

Carbs 42g

Fat 16g

Ingredients

4 oz - Chicken breast

1/2 cup cooked - Brown rice

2 cups - Kale

1 medium - Carrots

2 tbsp - Tahini dressing

Instructions

1. Season and grill chicken breast

2. Massage kale with lemon juice

3. Shred carrots into thin strips

4. Arrange all ingredients in a bowl

5. Drizzle with tahini dressing

Day 2 (continued)

Turkey Meatballs with Zoodles

480 kcal

Protein 32g

Carbs 28g

Fat 26g

Ingredients

5 oz - Ground turkey

2 medium - Zucchini

1/2 cup - Marinara sauce

2 tbsp - Parmesan cheese

2 tbsp - Fresh basil

Instructions

1. Form turkey into meatballs and bake at 375°F

2. Spiralize zucchini into noodles

3. Sauté zoodles for 2-3 minutes

4. Heat marinara sauce

5. Serve meatballs over zoodles with sauce and cheese

Day 2 (continued)

Dark Chocolate Bark

150 kcal

Protein 3g

Carbs 12g

Fat 10g

Ingredients

- 1 oz - Dark chocolate (70%)
- 1 tbsp - Almonds
- pinch - Sea salt

Instructions

1. Melt dark chocolate gently
2. Pour onto parchment paper
3. Sprinkle with almonds and sea salt
4. Refrigerate until firm
5. Break into pieces

Grocery List & Weekly Overview

Summary

WEEKLY CALORIES	3065 kcal
TOTAL PROTEIN	191 g
TOTAL CARBS	265 g
TOTAL FAT	136 g

Grocery List

Proteins

- Salmon fillet (6 oz)
- Chicken breast (8 oz)
- Ground turkey (5 oz)
- Greek yogurt (plain, 32 oz)
- Eggs (1 dozen)

Grains & Starches

- Rolled oats (1 container)
- Quinoa (1 bag)
- Brown rice (1 bag)
- Whole grain bread (1 loaf)

Vegetables

- Mixed berries (2 containers)
- Cherry tomatoes (1 pint)
- Cucumber (2 medium)
- Sweet potato (2 medium)
- Broccoli (1 head)
- Kale (1 bunch)
- Carrots (1 bag)
- Zucchini (3 medium)

Pantry & Condiments

- Extra virgin olive oil
- Almond butter
- Chia seeds
- Feta cheese
- Kalamata olives
- Fresh herbs (dill, basil)
- Lemons (3 pieces)
- Dark chocolate (70%, 1 bar)