

WellPlate

Your personalized nutrition dossier

Prepared for sample@wellplate.com

Generated on 20/10/2025

DAILY CALORIE
TARGET

1421 kcal

TOTAL WEEKLY
CALORIES

9945 kcal

PROTEIN / CARBS /
FAT

653g |

915g |

416g

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
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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

Day 3

1270 kcal • 81a protein • 148a carbs • 43a fat

CALORIES 1270 kcal	PROTEIN 81 g	CARBS 148 g	FAT 43 g
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Green Smoothie Bowl

350 kcal

Protein 20g

Carbs 45g

Fat 12g

Ingredients

- 2 cups - Spinach
- 1 medium - Banana
- 1/2 cup - Mango
- 1 scoop - Protein powder
- 1/2 cup - Coconut milk

Instructions

- Blend spinach, banana, and mango until smooth
- Add protein powder and coconut milk
- Pour into bowl and top with granola
- Add fresh fruit and nuts

Day 3 (continued)

Quinoa Stuffed Bell Peppers

420 kcal

Protein 18g

Carbs 55g

Fat 14g

Ingredients

- 2 large - Bell peppers
- 1 cup cooked - Quinoa
- 1/2 cup - Black beans
- 1/2 cup - Corn
- 2 tbsp - Cheese

Instructions

1. Preheat oven to 375°F
2. Cut peppers in half and remove seeds
3. Mix quinoa with beans, corn, and seasonings
4. Stuff peppers and top with cheese
5. Bake for 25-30 minutes

Day 3 (continued)

Baked Cod with Roasted Vegetables

380 kcal

Protein 35g

Carbs 30g

Fat 15g

Ingredients

6 oz - Cod fillet
1 bunch - Asparagus
1 cup - Cherry tomatoes
2 cloves - Garlic
1 tbsp - Olive oil

Instructions

1. Preheat oven to 400°F
2. Season cod with herbs and lemon
3. Toss vegetables with olive oil and garlic
4. Bake fish and vegetables for 15-20 minutes
5. Serve with lemon wedges

Apple Cinnamon Yogurt

120 kcal

Protein 8g

Carbs 18g

Fat 2g

Ingredients

1 cup - Greek yogurt
1 small - Apple
1/2 tsp - Cinnamon
1 tsp - Honey

Instructions

1. Dice apple into small pieces
2. Mix yogurt with cinnamon and honey
3. Top with diced apple
4. Serve immediately

Day 4

1470 kcal • 105g protein • 125g carbs • 59g fat

CALORIES 1470 kcal	PROTEIN 105 g	CARBS 125 g	FAT 59 g
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Protein Pancakes

400 kcal

Protein 25g

Carbs 35g

Fat 15g

Ingredients

- 1/2 cup - Oat flour
- 1 scoop - Protein powder
- 2 large - Eggs
- 1/2 medium - Banana
- 1/2 cup - Berries

Instructions

1. Blend all ingredients until smooth
2. Heat pan over medium heat
3. Pour batter to form pancakes
4. Cook 2-3 minutes per side
5. Top with berries and syrup

Day 4 (continued)

Mediterranean Wrap

450 kcal

Protein 20g

Carbs 50g

Fat 18g

Ingredients

- 1 large - Whole wheat tortilla
- 3 tbsp - Hummus
- 1/2 medium - Cucumber
- 1/2 cup - Tomatoes
- 2 tbsp - Feta cheese

Instructions

1. Spread hummus on tortilla
2. Add sliced vegetables
3. Sprinkle with feta cheese
4. Roll tightly and slice in half
5. Serve with side salad

Day 4 (continued)

Lemon Herb Chicken

420 kcal

Protein 40g

Carbs 25g

Fat 18g

Ingredients

6 oz - Chicken thighs

1 medium - Lemon

2 tbsp - Fresh herbs

2 cloves - Garlic

1 tbsp - Olive oil

Instructions

1. Marinate chicken with lemon, herbs, and garlic

2. Heat pan over medium-high heat

3. Cook chicken 6-7 minutes per side

4. Rest for 5 minutes before slicing

5. Serve with roasted vegetables

Chocolate Protein Smoothie

200 kcal

Protein 20g

Carbs 15g

Fat 8g

Ingredients

1 scoop - Chocolate protein powder

1/2 medium - Banana

1 cup - Almond milk

1 tbsp - Cocoa powder

1 tbsp - Peanut butter

Instructions

1. Add all ingredients to blender

2. Blend until smooth and creamy

3. Add ice if desired

4. Pour into glass and enjoy

Day 5

1540 kcal • 101g protein • 138g carbs • 70g fat

CALORIES

1540 kcal

PROTEIN

101 g

CARBS

138 g

FAT

70 g

Breakfast Burrito

480 kcal

Protein 28g

Carbs 45g

Fat 22g

Ingredients

- 1 large - Whole wheat tortilla
- 3 large - Eggs
- 1/2 cup - Black beans
- 1/2 medium - Avocado
- 2 tbsp - Salsa

Instructions

1. Scramble eggs with seasonings
2. Warm tortilla in pan
3. Layer beans, eggs, and avocado
4. Add salsa and roll tightly
5. Serve with hot sauce

Day 5 (continued)

Asian-Inspired Salad

380 kcal

Protein 25g

Carbs 35g

Fat 18g

Ingredients

- 3 cups - Mixed greens
- 1/2 cup - Edamame
- 1 medium - Carrots
- 1/2 medium - Cucumber
- 2 tbsp - Sesame dressing

Instructions

1. Chop vegetables into bite-sized pieces
2. Steam edamame until tender
3. Toss greens with vegetables
4. Add edamame and dressing
5. Serve immediately

Day 5 (continued)

Baked Salmon with Sweet Potato

520 kcal

Protein 42g

Carbs 40g

Fat 22g

Ingredients

6 oz - Salmon fillet

1 large - Sweet potato

1 cup - Broccoli

2 tbsp - Dill

1 tbsp - Olive oil

Instructions

1. Preheat oven to 400°F

2. Season salmon with dill and lemon

3. Roast sweet potato for 30 minutes

4. Add broccoli and salmon, bake 15 minutes

5. Serve with lemon wedges

Trail Mix

160 kcal

Protein 6g

Carbs 18g

Fat 8g

Ingredients

2 tbsp - Mixed nuts

1 tbsp - Dried cranberries

1 tsp - Dark chocolate chips

Instructions

1. Mix all ingredients in a bowl

2. Portion into small containers

3. Store in cool, dry place

4. Enjoy as needed

Day 6

1270 kcal • 96g protein • 115g carbs • 49g fat

CALORIES

1270 kcal

PROTEIN

96 g

CARBS

115 g

FAT

49 g

Overnight Chia Pudding

350 kcal

Protein 15g

Carbs 45g

Fat 12g

Ingredients

- 3 tbsp - Chia seeds
- 1 cup - Almond milk
- 1 tsp - Vanilla extract
- 1 tbsp - Honey
- 1/2 cup - Berries

Instructions

1. Mix chia seeds with almond milk
2. Add vanilla and honey
3. Refrigerate overnight
4. Top with fresh berries
5. Serve chilled

Day 6 (continued)

Turkey and Veggie Stir-Fry

420 kcal

Protein 35g

Carbs 30g

Fat 18g

Ingredients

5 oz - Ground turkey

1 medium - Bell peppers

1 cup - Broccoli

2 tbsp - Soy sauce

1 tsp - Ginger

Instructions

1. Heat pan over high heat

2. Cook turkey until browned

3. Add vegetables and stir-fry

4. Add soy sauce and ginger

5. Serve over brown rice

Day 6 (continued)

Grilled Shrimp Skewers

380 kcal

Protein 38g

Carbs 25g

Fat 15g

Ingredients

- 6 oz - Shrimp
- 1 medium - Zucchini
- 1 cup - Cherry tomatoes
- 1/2 - Lemon
- 1 tbsp - Olive oil

Instructions

1. Thread shrimp and vegetables on skewers
2. Brush with olive oil and lemon
3. Grill 3-4 minutes per side
4. Serve with quinoa or rice
5. Garnish with fresh herbs

Day 6 (continued)

Frozen Yogurt Bark

120 kcal

Protein 8g

Carbs 15g

Fat 4g

Ingredients

- 1 cup - Greek yogurt
- 1/2 cup - Mixed berries
- 1 tsp - Honey
- 2 tbsp - Granola

Instructions

1. Mix yogurt with honey
2. Spread on parchment paper
3. Top with berries and granola
4. Freeze for 2 hours
5. Break into pieces

Day 7

1330 kcal • 83g protein • 118g carbs • 59g fat

CALORIES

1330 kcal

PROTEIN

83 g

CARBS

118 g

FAT

59 g

French Toast with Berries

420 kcal

Protein 20g

Carbs 55g

Fat 12g

Ingredients

- 2 slices - Whole grain bread
- 2 large - Eggs
- 1 tsp - Cinnamon
- 1 cup - Mixed berries
- 1 tbsp - Maple syrup

Instructions

1. Whisk eggs with cinnamon
2. Dip bread in egg mixture
3. Cook in pan until golden
4. Top with berries and syrup
5. Serve immediately

Day 7 (continued)

Caprese Salad

320 kcal

Protein 18g

Carbs 20g

Fat 20g

Ingredients

4 oz - Fresh mozzarella

2 medium - Tomatoes

1/4 cup - Fresh basil

2 tbsp - Balsamic vinegar

1 tbsp - Olive oil

Instructions

1. Slice mozzarella and tomatoes

2. Arrange on plate alternating slices

3. Tear basil leaves over top

4. Drizzle with vinegar and oil

5. Season with salt and pepper

Day 7 (continued)

Herb-Crusted Pork Tenderloin

450 kcal

Protein 42g

Carbs 25g

Fat 20g

Ingredients

- 6 oz - Pork tenderloin
- 3 tbsp - Fresh herbs
- 2 cloves - Garlic
- 1 tbsp - Dijon mustard
- 1 tbsp - Olive oil

Instructions

1. Preheat oven to 425°F
2. Mix herbs with garlic and mustard
3. Rub mixture over pork
4. Roast for 20-25 minutes
5. Rest 10 minutes before slicing

Day 7 (continued)

Chocolate Covered Strawberries

140 kcal

Protein 3g

Carbs 18g

Fat 7g

Ingredients

6 large - Strawberries

1 oz - Dark chocolate

1 tsp - Coconut oil

Instructions

1. Melt chocolate with coconut oil

2. Dip strawberries halfway

3. Place on parchment paper

4. Refrigerate until set

5. Serve chilled

Grocery List & Weekly Overview

Summary

WEEKLY CALORIES	9945 kcal
TOTAL PROTEIN	653 g
TOTAL CARBS	915 g
TOTAL FAT	416 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)