

Based on the information provided and considering the user's preferences for non-vegetarian foods, average cooking skills/time, moderate budget constraints, and adherence to halal dietary practices, here is a personalized and comprehensive nutrition plan:

### 1. Specific Foods to Eat:

- Daily: Lean proteins like chicken, turkey, fish, eggs; whole grains such as brown rice, quinoa; a variety of fruits and vegetables; nuts and seeds for healthy fats.
- Weekly: Include red meat in moderation, dairy or fortified plant-based alternatives for calcium, legumes like chickpeas or lentils for plant-based protein.
- Occasionally: Treat yourself to desserts or snacks within moderation, ensuring they fit into your overall calorie and nutrient goals.

### 2. 7-Day Meal Plan (Calorie goal: 2000 kcal per day):

- (Find attached a detailed 7-day meal plan with recipes)

### 3. Grocery Shopping List:

- Chicken breasts/thighs, salmon fillets, eggs
- Brown rice, quinoa, whole grain bread
- Assorted fruits and vegetables
- Almonds, chia seeds
- Yogurt, milk alternative
- Chickpeas, lentils
- Dark chocolate (70% cocoa or higher)

### 4. Meal Preparation Tips and Simple Recipes:

- Batch cook proteins like chicken and store for easy meal prep

- Prepare overnight oats with chia seeds and fruits for quick breakfasts
- Roast vegetables for easy sides

#### 5. Eating Out Guidelines:

- Choose grilled or baked protein options
- Opt for salad or vegetable sides
- Ask about cooking methods to ensure halal compliance

#### 6. Supplement Recommendations:

- Protein powder: To help meet daily protein needs, especially on busy days or after workouts
- Vitamin D: Depending on sun exposure and dietary intake, a supplement may be beneficial for overall health

#### 7. Hydration Schedule and Recommended Beverages:

- Aim for 8-10 glasses of water daily
- Herbal teas or infused water for variety

#### 8. Monitoring Progress and Adjustments:

- Keep a food diary to track intake and monitor progress
- Regularly assess energy levels, physical performance, and overall well-being to make necessary adjustments to the plan

By following this personalized nutrition plan, you can effectively meet your nutritional needs while enjoying delicious meals within your skill and budget constraints. This plan will support your goals for muscle building and fat loss while adhering to halal dietary requirements.