

Health & Nutrition Plan

MedDoc AI

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Patient Information

- **Name:** Pawan Chaudhari
- **Age:** 30
- **Gender:** Male
- **Phone:** 8573398038
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- **Blood Group:** A+
- **Medical History:** N/A

Health Summary

- **BMI:** 20.5 (Normal weight)
- **Current Weight:** 65.0 kg
- **Target Weight:** 80.0 kg
- **Goal:** Gain muscle mass to reach 80kg

Nutrition Plan

Daily Calorie Target

2670 kcal

Macronutrient Breakdown

- **Protein:** 170g (25% of calories)
- **Carbohydrates:** 315g (47% of calories)
- **Fats:** 80g (28% of calories)

Nutrition Guidance

To gain muscle mass, you need to consume a calorie surplus while ensuring an adequate intake of protein. This plan provides a moderate calorie surplus and a balanced macronutrient breakdown. Focus on consuming lean sources of protein, complex carbohydrates, and healthy fats. Additionally, since you are Vitamin D deficient, include Vitamin D-rich foods or consider supplementation.

3-Day Meal Plan

Day 1

- - Breakfast: 3 whole eggs, 1 cup cooked oatmeal with almonds, and a glass of fortified milk (450 kcal)
- Lunch: Grilled chicken breast with quinoa and mixed vegetables (600 kcal) - Dinner: Baked salmon with sweet potato and steamed broccoli (550 kcal) - Snacks: Greek yogurt with berries (150 kcal), Apple (95 kcal)

Day 2

- - Breakfast: Protein shake with banana and almond milk, topped with granola (400 kcal) - Lunch: Turkey breast wrap with whole wheat tortilla, lettuce, and tomatoes (650 kcal) - Dinner: Beef stir-fry with brown rice and mixed vegetables (620 kcal) - Snacks: Handful of almonds (170 kcal), Carrot sticks with hummus (100 kcal)

Day 3

- - Breakfast: Avocado toast on whole grain bread with fried eggs and a glass of orange juice (520 kcal)
- Lunch: Chicken Caesar salad (590 kcal) - Dinner: Pork chop with roasted potatoes and steamed asparagus (580 kcal) - Snacks: Cottage cheese with sliced cucumber (180 kcal), Rice cakes with peanut butter (120 kcal)

Grocery List

- - Proteins: - Eggs - Chicken breast - Salmon - Turkey breast - Greek yogurt - Protein powder - Carbohydrates: - Oatmeal - Quinoa - Whole wheat tortilla - Brown rice - Sweet potato - Mixed vegetables - Whole grain bread - Potatoes - Fats: - Almonds - Granola - Avocado - Hummus - Peanut butter - Fruits: - Bananas - Apples - Berries - Oranges - Dairy: - Fortified milk - Greek yogurt - Miscellaneous: - Almond milk - Tortilla wrap - Lettuce - Tomatoes - Broccoli - Asparagus - Mixed greens - Rice cakes - Cucumber

Additional Recommendations

Doctor Consultation

No additional recommendations at this time.

Generated by MedDoc AI

This health recommendation is AI-generated and should be verified by a professional.