

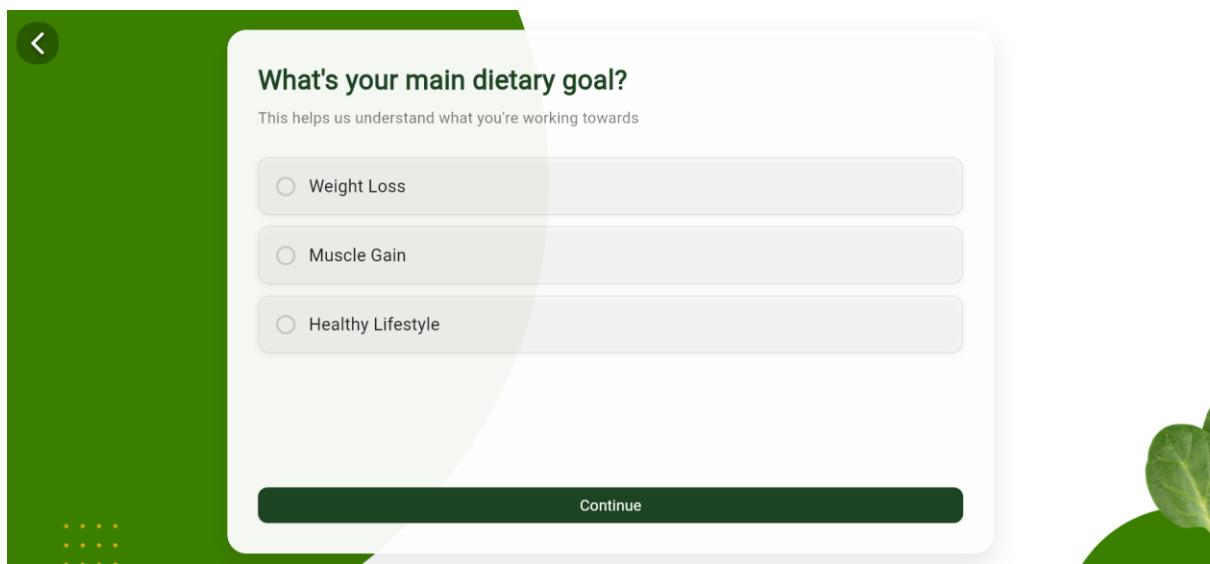
Height & Weight

Personalize your plan 🌱

Height (cm)

Weight (kg)

Continue



What's your main dietary goal?

This helps us understand what you're working towards

Weight Loss

Muscle Gain

Healthy Lifestyle

Continue

← Create Your Muscle Gain Plan

Create Your Muscle Gain Plan

Answer a few questions to get your personalized muscle gain meal plan

1. What's your priority for muscle growth?

ⓘ

- Maximum protein intake
- Post-workout recovery
- Convenient eating

2. Plan Duration

ⓘ

- 1 week

← Create Your Muscle Gain Plan

3. Meal Frequency

(i)

- 3 Meals
- 2 Meals + Snacks
- 3 Meals + Snacks

Cooking Experience Level

(Optional) (i)

- Easy Recipes
- Some Experience
- Confident Cook

← Create Your Muscle Gain Plan

Preferred Cooking Time

(Optional) (i)

- Under 15 mins
- 15-30 mins
- Over 30 mins

Foods to Avoid

(Optional) (i)

e.g., mushrooms, seafood, dairy...

Create My Meal Plan

SmartRecipe

Recipes Weekly Plan Profile 

Your Weekly Meal Plan

C

★ Excellent - Perfect match with your preferences

⌚ No recipe repeats this week • 21 unique recipes

.Priority: Maximum protein intake

Goal

Muscle Gain

Avg. Calories

1470 cal

Matching Recipes

75

Generated: Dec 13, 2025

Priority

Maximum protein intake

Avg. Protein

124g

Meals Needed

21

Sunday

✓ Complete Day

 Weekly Plan

 Analytics

 Favorites

 History

SmartRecipe

Recipes Weekly Plan Profile

Your Weekly Meal Plan

Sunday

Breakfast Breakfast Steak and Eggs
Power breakfast with lean steak and protein-packed eggs

⌚ 17 min. ⚡ 520 cal. ⚡ 52g protein

Lunch Arabic Chicken Shawarma Power Wrap
High-protein chicken wrap with vegetables and tahini sauce

⌚ 27 min. ⚡ 580 cal. ⚡ 52g protein

Dinner Omani Shrimp and Rice Bowl
Quick shrimp stir-fry with spiced rice and vegetables

⌚ 35 min. ⚡ 580 cal. ⚡ 52g protein

SmartRecipe

Recipes Weekly Plan Profile

Your Weekly Meal Plan

Sunday

Breakfast Breakfast Steak and Eggs
Power breakfast with lean steak and protein-packed eggs

⌚ 17 min. ⚡ 520 cal. ⚡ 52g protein

Lunch Arabic Chicken Shawarma Power Wrap
High-protein chicken wrap with vegetables and tahini sauce

⌚ 27 min. ⚡ 580 cal. ⚡ 52g protein

Dinner Omani Shrimp and Rice Bowl
Quick shrimp stir-fry with spiced rice and vegetables

⌚ 35 min. ⚡ 580 cal. ⚡ 52g protein


 Rate this Recipe
 How was your cooking experience?
 ★ ★ ★ ★ ★
 Comments (optional)
 good
 Cancel Save

SmartRecipe

Recipes Weekly Plan Profile

Nutrition Analytics

Goal Achievement
 78% Good
 Calories 44%
 Protein 100%
 Consistency 100%

Daily Calorie Intake
 Today Only

SmartRecipe

Recipes Weekly Plan Profile 

Favorite Recipes

Breakfast Steak and Eggs

Power breakfast with lean steak and protein-packed eggs

⌚ 17 min ⚡ 520 cal ✨ 52g protein

high protein, iron rich, savory

 View Details

Omani Shrimp and Rice Bowl

Quick shrimp stir-fry with spiced rice and vegetables

⌚ 35 min ⚡ 580 cal ✨ 52g protein

high protein, quick, seafood

 View Details

 Weekly Plan
 Analytics
 Favorites
 History

SmartRecipe

Recipes Weekly Plan Profile 

Cooking History

2 Cooked
2 Rated

 Arabic Chicken Shawarma Power Wrap

⌚ 580 cal | ⌚ 27 min | ★ 3

⌚ Dec 13, 2025

 Breakfast Steak and Eggs

⌚ 520 cal | ⌚ 17 min | ★ 3

⌚ Dec 13, 2025

 Weekly Plan
 Analytics
 Favorites
 History

SmartRecipe

Recipes Weekly Plan Profile 

 Recipe Library
 Smart Search

Search recipes...

Category: All Snack Dinner Breakfast Lunch

Cooking Time: Any Time <15 mins 15-30 mins >30 mins

Omani Style Grilled Shrimp

⌚ 15 min ⚡ 260 cal ✨ 30g protein

Omani Quick Spiced Chicken Stir Fry

⌚ 14 min ⚡ 310 cal ✨ 29g protein

Arabic Beef and Tahini Plate

⌚ 18 min ⚡ 480 cal ✨ 33g protein

SmartRecipe

Recipes Weekly Plan Profile hoor

Recipe Library

Smart Search

Enter ingredient

rice X

+ Add

Max Time:

15 min 30 min 45 min 60 min

Search Recipes

Greek-Style Baked Fish: Fresh, Simple, and Delicious

Cooking Time: 30 min

0 cal

Ingredients:

Mexican Chicken & Rice Bowl

Cooking Time: 30 min

0 cal

Ingredients:

SmartRecipe

Recipes Weekly Plan Profile hoor

My Profile

hoor

Muscle Gain

Personal Details

Email: hoor@gmail.com

Age: 24

Weight (kg): 54

Height (cm): 160

SmartRecipe

Recipes Weekly Plan Profile hoor

My Profile

Goals Management

Current Goal: Muscle Gain

Setup Complete

Change Your Goal

Select a goal to update your preferences or switch to a new goal

Weight Loss
Needs Setup

Muscle Gain
Setup complete

Healthy Lifestyle
Needs Setup

SmartRecipe

Recipes Weekly Plan Profile hoor

My Profile

Quick Setup Available

Weight Loss Click to set up preferences →

Healthy Lifestyle Click to set up preferences →

Muscle Gain Preferences

What's your priority for muscle growth? Maximum protein intake

Plan Duration 1 week

Meal Frequency 3 Meals

Cooking Time 15-30 mins

Cooking Skill Easy Recipes

← Settings

hoor@gmail.com

App Settings

Notifications Receive meal reminders

My Content

My Reviews No reviews yet >

My Favorites 2 items >

Account

Monthly Feedback >

Logout >