

## 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

☒ 3 Meals

☐ 2 Meals + Snacks

☐ 3 Meals + Snacks

Cooking Experience Level

☒ Easy Recipes

☐ Some Experience

☐ Confident Cook

← Create Your Muscle Gain Plan

Preferred Cooking Time

☐ Under 15 mins

☒ 15-30 mins

☐ Over 30 mins

Foods to Avoid

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

Create My Meal Plan

SmartRecipe

Recipes Weekly Plan Profile hoor

Your Weekly Meal Plan

★ 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

RecipesWeekly PlanProfilehoor

Your Weekly Meal Plan

Sunday

Complete Day

Breakfast

Breakfast Steak and Eggs

Power breakfast with lean steak and protein-packed eggs

☆ Be the first to rate

17 min 520 cal ~ 52g protein

✓★♥

Lunch

Arabic Chicken Shawarma Power Wrap

High-protein chicken wrap with vegetables and tahini sauce

☆ Be the first to rate

27 min 580 cal ~ 52g protein

✓★♥

Dinner

Omani Shrimp and Rice Bowl

Quick shrimp stir-fry with spiced rice and vegetables

☆ Be the first to rate

35 min 580 cal ~ 52g protein

✓★♥

Weekly Plan

Analytics

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SmartRecipe

RecipesWeekly PlanProfilehoor

Your Weekly Meal Plan

Sunday

Complete Day

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Weekly Plan

Analytics

Favorites

History

Rate this Recipe

How was your cooking experience?

★★★★☆

Comments (optional)

good

CancelSave

SmartRecipe

RecipesWeekly PlanProfilehoor

Nutrition Analytics

Goal Achievement

78%  
Good

Calories

Protein

Consistency

44%

100%

100%

Daily Calorie Intake

Today Only

1108

Weekly Plan

Analytics

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SmartRecipe

RecipesWeekly PlanProfilehoor

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

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History

SmartRecipe

RecipesWeekly PlanProfilehoor

Cooking History

2

Cooked

2

Rated

Arabic Chicken Shawarma Power Wrap

580 cal

27 min

Dec 13, 2025

3

Breakfast Steak and Eggs

520 cal

17 min

Dec 13, 2025

3

Weekly Plan

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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

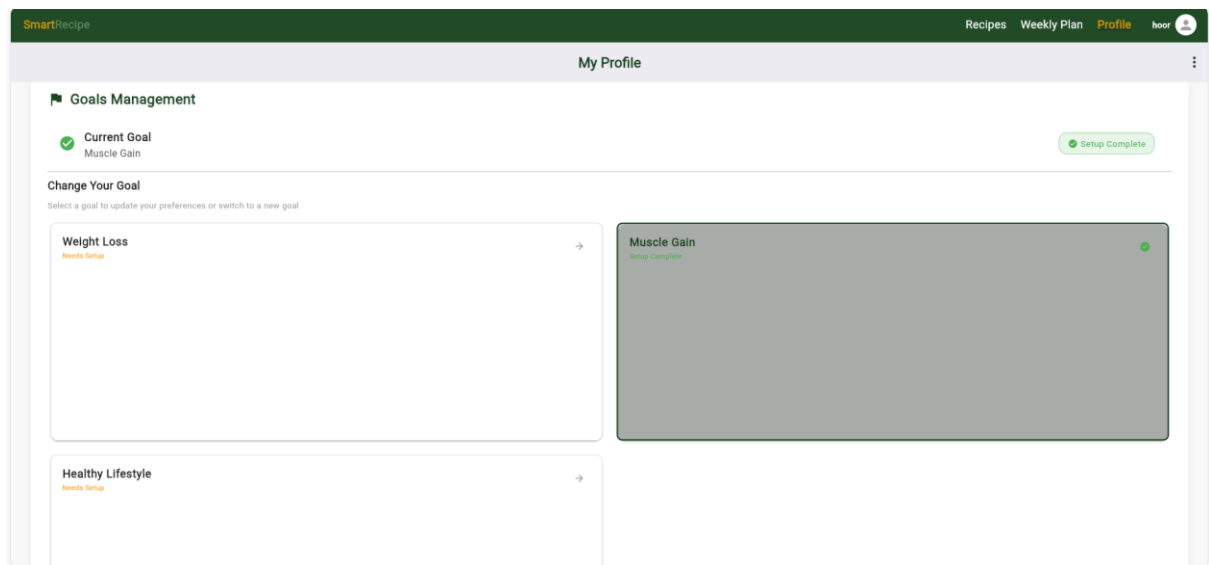
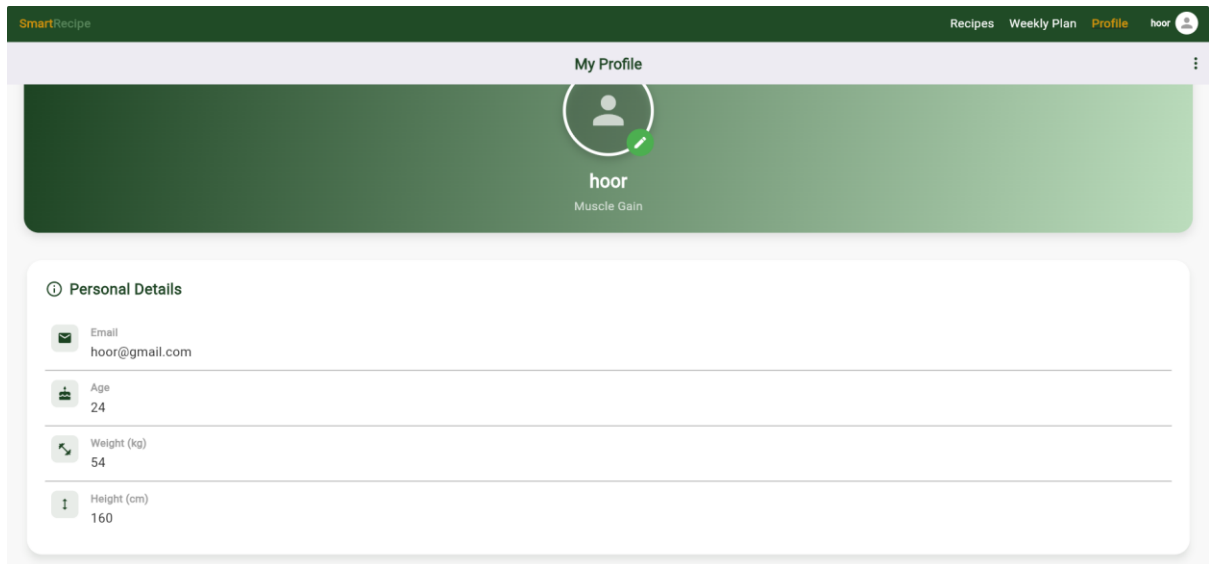
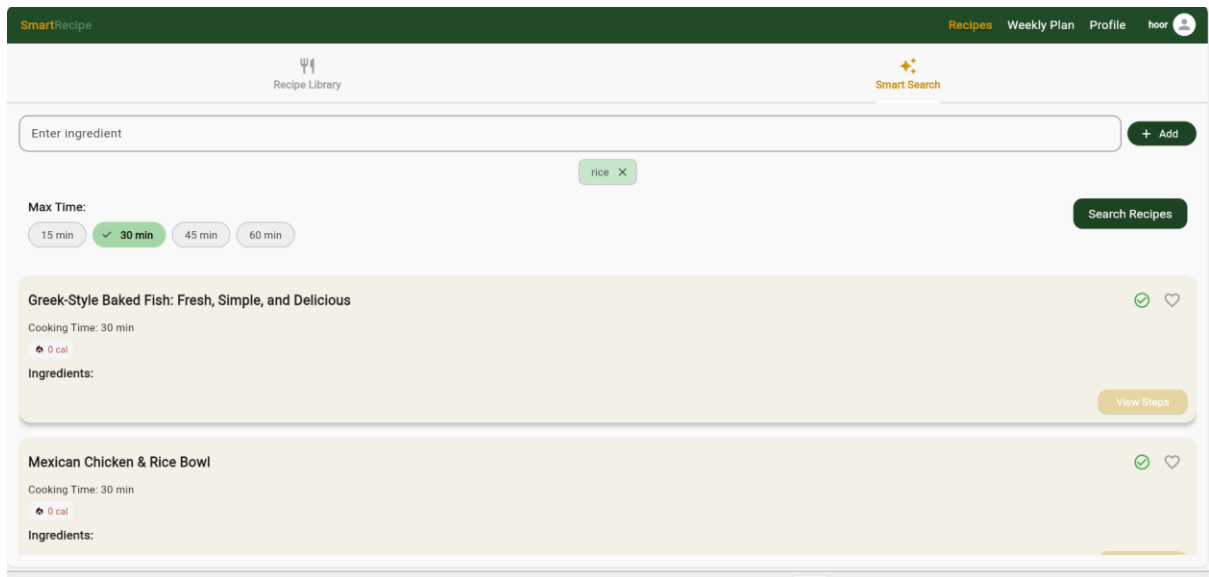
18 min

480 cal

33g protein

✓

♡





My Profile



Quick Setup Available

- Weight Loss  
Click to set up preferences →
- Healthy Lifestyle  
Click to set up preferences →

Muscle Gain Preferences

Edit

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

