

Weekly Meal Plan for testuser@nutriplan.com

Thursday

Total Calories: 2410

Total Nutrients: Protein: 103g, Fat: 61g, Carbs: 200g

Meal: Grilled Salmon with Brown Rice

Diet: balanced

Calories: 830

Nutrients: Protein: 35g, Fat: 25g, Carbs: 70g

Ingredients: salmon, brown rice, spinach, lemon

Instructions: Grill salmon. Serve with steamed rice and spinach, topped with lemon juice.

Meal: Turkey Wrap with Hummus

Diet: balanced

Calories: 690

Nutrients: Protein: 28g, Fat: 16g, Carbs: 55g

Ingredients: whole wheat wrap, turkey slices, lettuce, hummus

Instructions: Layer wrap with turkey, lettuce, and hummus. Roll and serve.

Meal: Grilled Chicken with Quinoa Salad

Diet: balanced

Calories: 890

Nutrients: Protein: 40g, Fat: 20g, Carbs: 75g

Ingredients: grilled chicken, quinoa, cucumber, tomato, olive oil

Instructions: Grill chicken and serve with quinoa mixed with chopped vegetables and olive oil.

Friday

Total Calories: 2730

Total Nutrients: Protein: 75g, Fat: 55g, Carbs: 275g

Meal: Tofu Stir-fry with Brown Rice

Diet: balanced

Calories: 940

Nutrients: Protein: 30g, Fat: 18g, Carbs: 90g

Ingredients: tofu, brown rice, broccoli, carrots, soy sauce

Instructions: Stir-fry tofu with vegetables and soy sauce. Serve with steamed brown rice.

Meal: Lentil Curry with Basmati Rice

Diet: balanced

Calories: 870

Nutrients: Protein: 25g, Fat: 12g, Carbs: 100g

Ingredients: lentils, basmati rice, onions, tomatoes, spices

Instructions: Cook lentils in spiced tomato-onion base and serve with basmati rice.

Meal: Chickpea and Avocado Wrap

Diet: balanced

Calories: 920

Nutrients: Protein: 20g, Fat: 25g, Carbs: 85g

Ingredients: chickpeas, avocado, whole wheat wrap, lettuce, lemon juice

Instructions: Mash chickpeas and avocado, spread on wrap with lettuce, roll and serve.

Saturday

Total Calories: 2484

Total Nutrients: Protein: 68g, Fat: 62g, Carbs: 206g

Meal: Balanced Power Meal 105

Diet: balanced

Calories: 802

Nutrients: Protein: 21g, Fat: 21g, Carbs: 90g

Ingredients: toast, whole wheat wrap, rice, cucumber, hummus

Instructions: Combine toast, whole wheat wrap, rice, cucumber and add hummus. Cook and serve.

Meal: Balanced Power Meal 115

Diet: balanced

Calories: 899

Nutrients: Protein: 31g, Fat: 13g, Carbs: 54g

Ingredients: whole wheat wrap, turkey, lettuce, hummus, toast

Instructions: Combine whole wheat wrap, turkey, lettuce, hummus and add toast. Cook and serve.

Meal: Balanced Power Meal 131

Diet: balanced

Calories: 783

Nutrients: Protein: 16g, Fat: 28g, Carbs: 62g

Ingredients: cucumber, whole wheat wrap, toast, hummus, lettuce

Instructions: Combine cucumber, whole wheat wrap, toast, hummus and add lettuce. Cook and serve.

Sunday

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