Template: nutrition\_template.docx

This is a placeholder template. Content will be replaced during report generation.

**PERSONALIZED NUTRITION PLAN**

Generated on: August 03, 2025

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**PERSONAL INFORMATION**

**Name:** John Smith

**Age:** 35

**Gender:** Male

**Height:** 5'10"

**Weight:** 180 lbs

**DIETARY PREFERENCES & RESTRICTIONS**

**Dietary Restrictions:** vegetarian, vegan, gluten-free, dairy-free, keto, paleo, low-carb, mediterranean

**Allergies:** None   
   
EQUIPMENT & SCHEDULE   
Available Equipment:   
☑ Dumbbells   
☐ Barbells   
☐ Resistance bands   
☐ Cardio machines   
☑ Yoga mat   
☐ Pull-up bar   
Preferred Workout Times:   
☐ Morning   
☐ Afternoon   
☑ Evening   
☐ Flexible   
Experience Level:   
○ Beginner   
● Intermediate   
○ Advanced   
   
FREE-TEXT RESPONSE SECTIONS   
   
Describe your goals:   
Get leaner and stronger over the next 3 months

**YOUR PERSONALIZED NUTRITION GUIDE**

PERSONALIZED NUTRITION PLAN

GENERAL NUTRITION GUIDELINES

DAILY NUTRITION FRAMEWORK:  
- Eat 3 balanced meals and 2 healthy snacks  
- Include protein with every meal  
- Fill half your plate with vegetables  
- Choose whole grains over refined carbs  
- Stay hydrated with 8+ glasses of water daily

SAMPLE DAILY MEAL STRUCTURE:

BREAKFAST:  
- Protein source (eggs, Greek yogurt, protein smoothie)  
- Complex carbs (oatmeal, whole grain toast)  
- Fruits and/or vegetables

LUNCH:  
- Lean protein (chicken, fish, legumes)  
- Vegetables (variety of colors)  
- Healthy carbs (quinoa, brown rice, sweet potato)

DINNER:  
- Protein source  
- Large portion of vegetables  
- Moderate healthy carbs  
- Small amount of healthy fats

SNACKS:  
- Nuts and fruits  
- Vegetables with hummus  
- Greek yogurt with berries

GENERAL TIPS:  
- Plan meals in advance  
- Prep ingredients on weekends  
- Listen to hunger and fullness cues  
- Allow for occasional treats in moderation

Note: This is a general plan. For personalized recommendations, please ensure your LLM connection is working properly.

**HEALTH METRICS**

**Bmi:** 25.8

**Blood Pressure:** 118/76

**Resting Heart Rate:** 62

**Activity Level:** Moderate

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*This personalized plan was generated based on your questionnaire responses. Please consult with healthcare professionals before starting any new fitness or nutrition program.*