

Dataset

Personalized Diet Plan

dashboard

# Personalized Diet Plan Generator

Enter your full name:

vinay

Enter your weight (in kgs):

30

Select your COVID-related conditions:

Fever Body Pain

Select your dietary preferences:

High Protein Gluten-Free

Daily Calorie Target (in kcal):



Generate Diet Plan

## AI-Generated Diet Plan

Here is a balanced diet plan for a person with fever and body pain, who prefers a high protein, gluten-free diet and has a calorie target of 2000 kcal.



Breakfast (500 kcal):

- 2 boiled eggs (Category: Eggs) - high in protein and easy to digest.
- 1 cup of cooked oatmeal (Category: Cereals - Excluding Beer) - gluten-free and high in fiber.
- 1 small banana (Category: Fruits - Excluding Wine) - easy to digest and rich in potassium.
- 1 cup of tea (Category: Stimulants) - helps in soothing body pain.

Lunch (600 kcal):

- Grilled chicken breast (Category: Meat) - high in protein and easy to digest.
- Steamed vegetables like broccoli, carrots, and bell peppers (Category: Vegetables) - rich in vitamins and fiber.
- 1 medium-sized sweet potato (Category: Starchy Roots) - gluten-free, high in fiber and vitamins.
- 1 orange or mandarin (Category: Fruits - Excluding Wine) - high in vitamin C to boost immunity.

Afternoon Snack (200 kcal):

- A handful of nuts (Category: Treenuts) - high in protein and healthy fats.
- 1 cup of green tea (Category: Stimulants) - helps in soothing body pain.

Dinner (600 kcal):

- Baked fish like salmon or trout (Category: Fish, Seafood) - high in protein and omega-3 fatty acids.
- Quinoa salad with tomatoes, onions, and olive oil dressing (Categories: Vegetables and Vegetable Oils) - gluten-free, high in protein and fiber.
- 1 cup of dairy-free milk like almond milk or soy milk (Category: Milk - Excluding Butter) - lactose-free, high in protein and calcium.



Evening Snack (100 kcal):

- 1 apple (Category: Fruits - Excluding Wine) - easy to digest and high in fiber.

Please note that this plan is only a general guide and individual requirements may vary. It's important to stay hydrated and rest during a fever. If symptoms persist, please consult a healthcare professional.

## Weekly Plan

Day 1: Here is a balanced diet plan for a person with fever and body pain, who prefers a high protein, gluten-free diet and has a calorie target of 2000 kcal.

Breakfast (500 kcal):

- 2 boiled eggs (Category: Eggs) - high in protein and easy to digest.
- 1 cup of cooked oatmeal (Category: Cereals - Excluding Beer) - gluten-free and high in fiber.
- 1 small banana (Category: Fruits - Excluding Wine) - easy to digest and rich in potassium.
- 1 cup of tea (Category: Stimulants) - helps in soothing body pain.

Lunch (600 kcal):

- Grilled chicken breast (Category: Meat) - high in protein and easy to digest.
- Steamed vegetables like broccoli, carrots, and bell peppers (Category: Vegetables) - rich in vitamins and fiber.
- 1 medium-sized sweet potato (Category: Starchy Roots) - gluten-free, high in fiber and vitamins.
- 1 orange or mandarin (Category: Fruits - Excluding Wine) - high in vitamin C to boost immunity.

Afternoon Snack (200 kcal):

- A handful of nuts (Category: Treenuts) - high in protein and healthy fats.
- 1 cup of green tea (Category: Stimulants) - helps in soothing body pain.



Dinner (600 kcal):

- Baked fish like salmon or trout (Category: Fish, Seafood) - high in protein and omega-3 fatty acids.
- Quinoa salad with tomatoes, onions, and olive oil dressing (Categories: Vegetables and Vegetable Oils) - gluten-free, high in protein and fiber.
- 1 cup of dairy-free milk like almond milk or soy milk (Category: Milk - Excluding Butter) - lactose-free, high in protein and calcium.

Evening Snack (100 kcal):

- 1 apple (Category: Fruits - Excluding Wine) - easy to digest and high in fiber.

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Day 2: Here is a balanced diet plan for a person with fever and body pain, who prefers a high protein, gluten-free diet and has a calorie target of 2000 kcal.

Breakfast (500 kcal):

- 2 boiled eggs (Category: Eggs) - high in protein and easy to digest.
- 1 cup of cooked oatmeal (Category: Cereals - Excluding Beer) - gluten-free and high in fiber.
- 1 small banana (Category: Fruits - Excluding Wine) - easy to digest and rich in potassium.
- 1 cup of tea (Category: Stimulants) - helps in soothing body pain.

Lunch (600 kcal):

- Grilled chicken breast (Category: Meat) - high in protein and easy to digest.
- Steamed vegetables like broccoli, carrots, and bell peppers (Category: Vegetables) - rich in vitamins and fiber.
- 1 medium-sized sweet potato (Category: Starchy Roots) - gluten-free, high in fiber and vitamins.
- 1 orange or mandarin (Category: Fruits - Excluding Wine) - high in vitamin C to boost immunity.



Afternoon Snack (200 kcal):

- A handful of nuts (Category: Treenuts) - high in protein and healthy fats.
- 1 cup of green tea (Category: Stimulants) - helps in soothing body pain.

Dinner (600 kcal):

- Baked fish like salmon or trout (Category: Fish, Seafood) - high in protein and omega-3 fatty acids.
- Quinoa salad with tomatoes, onions, and olive oil dressing (Categories: Vegetables and Vegetable Oils) - gluten-free, high in protein and fiber.
- 1 cup of dairy-free milk like almond milk or soy milk (Category: Milk - Excluding Butter) - lactose-free, high in protein and calcium.

Evening Snack (100 kcal):

- 1 apple (Category: Fruits - Excluding Wine) - easy to digest and high in fiber.

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Day 3: Here is a balanced diet plan for a person with fever and body pain, who prefers a high protein, gluten-free diet and has a calorie target of 2000 kcal.

Breakfast (500 kcal):

- 2 boiled eggs (Category: Eggs) - high in protein and easy to digest.
- 1 cup of cooked oatmeal (Category: Cereals - Excluding Beer) - gluten-free and high in fiber.
- 1 small banana (Category: Fruits - Excluding Wine) - easy to digest and rich in potassium.
- 1 cup of tea (Category: Stimulants) - helps in soothing body pain.



Lunch (600 kcal):

- Grilled chicken breast (Category: Meat) - high in protein and easy to digest.
- Steamed vegetables like broccoli, carrots, and bell peppers (Category: Vegetables) - rich in vitamins and fiber.
- 1 medium-sized sweet potato (Category: Starchy Roots) - gluten-free, high in fiber and vitamins.
- 1 orange or mandarin (Category: Fruits - Excluding Wine) - high in vitamin C to boost immunity.

Afternoon Snack (200 kcal):

- A handful of nuts (Category: Treenuts) - high in protein and healthy fats.
- 1 cup of green tea (Category: Stimulants) - helps in soothing body pain.



Dinner (600 kcal):

- Baked fish like salmon or trout (Category: Fish, Seafood) - high in protein and omega-3 fatty acids.
- Quinoa salad with tomatoes, onions, and olive oil dressing (Categories: Vegetables and Vegetable Oils) - gluten-free, high in protein and fiber.
- 1 cup of dairy-free milk like almond milk or soy milk (Category: Milk - Excluding Butter) - lactose-free, high in protein and calcium.

Evening Snack (100 kcal):

- 1 apple (Category: Fruits - Excluding Wine) - easy to digest and high in fiber.

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Day 4: Here is a balanced diet plan for a person with fever and body pain, who prefers a high protein, gluten-free diet and has a calorie target of 2000 kcal.



Breakfast (500 kcal):

- 2 boiled eggs (Category: Eggs) - high in protein and easy to digest.
- 1 cup of cooked oatmeal (Category: Cereals - Excluding Beer) - gluten-free and high in fiber.
- 1 small banana (Category: Fruits - Excluding Wine) - easy to digest and rich in potassium.
- 1 cup of tea (Category: Stimulants) - helps in soothing body pain.

Lunch (600 kcal):

- Grilled chicken breast (Category: Meat) - high in protein and easy to digest.
- Steamed vegetables like broccoli, carrots, and bell peppers (Category: Vegetables) - rich in vitamins and fiber.
- 1 medium-sized sweet potato (Category: Starchy Roots) - gluten-free, high in fiber and vitamins.
- 1 orange or mandarin (Category: Fruits - Excluding Wine) - high in vitamin C to boost immunity.

Afternoon Snack (200 kcal):

- A handful of nuts (Category: Treenuts) - high in protein and healthy fats.
- 1 cup of green tea (Category: Stimulants) - helps in soothing body pain.

Dinner (600 kcal):

- Baked fish like salmon or trout (Category: Fish, Seafood) - high in protein and omega-3 fatty acids.
- Quinoa salad with tomatoes, onions, and olive oil dressing (Categories: Vegetables and Vegetable Oils) - gluten-free, high in protein and fiber.
- 1 cup of dairy-free milk like almond milk or soy milk (Category: Milk - Excluding Butter) - lactose-free, high in protein and calcium.



Evening Snack (100 kcal):

- 1 apple (Category: Fruits - Excluding Wine) - easy to digest and high in fiber.

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Day 5: Here is a balanced diet plan for a person with fever and body pain, who prefers a high protein, gluten-free diet and has a calorie target of 2000 kcal.

Breakfast (500 kcal):

- 2 boiled eggs (Category: Eggs) - high in protein and easy to digest.
- 1 cup of cooked oatmeal (Category: Cereals - Excluding Beer) - gluten-free and high in fiber.
- 1 small banana (Category: Fruits - Excluding Wine) - easy to digest and rich in potassium.
- 1 cup of tea (Category: Stimulants) - helps in soothing body pain.

Lunch (600 kcal):

- Grilled chicken breast (Category: Meat) - high in protein and easy to digest.
- Steamed vegetables like broccoli, carrots, and bell peppers (Category: Vegetables) - rich in vitamins and fiber.
- 1 medium-sized sweet potato (Category: Starchy Roots) - gluten-free, high in fiber and vitamins.
- 1 orange or mandarin (Category: Fruits - Excluding Wine) - high in vitamin C to boost immunity.

Afternoon Snack (200 kcal):

- A handful of nuts (Category: Treenuts) - high in protein and healthy fats.
- 1 cup of green tea (Category: Stimulants) - helps in soothing body pain.

Dinner (600 kcal):

- Baked fish like salmon or trout (Category: Fish, Seafood) - high in protein and omega-3 fatty acids.
- Quinoa salad with tomatoes, onions, and olive oil dressing (Categories: Vegetables and Vegetable Oils) - gluten-free, high in protein and fiber.
- 1 cup of dairy-free milk like almond milk or soy milk (Category: Milk - Excluding Butter) - lactose-free, high in protein and calcium.



Evening Snack (100 kcal):

- 1 apple (Category: Fruits - Excluding Wine) - easy to digest and high in fiber.

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stay hydrated and rest during a fever. If symptoms persist, please consult a healthcare professional.

Day 6: Here is a balanced diet plan for a person with fever and body pain, who prefers a high protein, gluten-free diet and has a calorie target of 2000 kcal.

**Breakfast (500 kcal):**

- 2 boiled eggs (Category: Eggs) - high in protein and easy to digest.
- 1 cup of cooked oatmeal (Category: Cereals - Excluding Beer) - gluten-free and high in fiber.
- 1 small banana (Category: Fruits - Excluding Wine) - easy to digest and rich in potassium.
- 1 cup of tea (Category: Stimulants) - helps in soothing body pain.

**Lunch (600 kcal):**

- Grilled chicken breast (Category: Meat) - high in protein and easy to digest.
- Steamed vegetables like broccoli, carrots, and bell peppers (Category: Vegetables) - rich in vitamins and fiber.
- 1 medium-sized sweet potato (Category: Starchy Roots) - gluten-free, high in fiber and vitamins.
- 1 orange or mandarin (Category: Fruits - Excluding Wine) - high in vitamin C to boost immunity.



**Afternoon Snack (200 kcal):**

- A handful of nuts (Category: Treenuts) - high in protein and healthy fats.
- 1 cup of green tea (Category: Stimulants) - helps in soothing body pain.

**Dinner (600 kcal):**

- Baked fish like salmon or trout (Category: Fish, Seafood) - high in protein and omega-3 fatty acids.
- Quinoa salad with tomatoes, onions, and olive oil dressing (Categories: Vegetables and Vegetable Oils) - gluten-free, high in protein and fiber.
- 1 cup of dairy-free milk like almond milk or soy milk (Category: Milk - Excluding Butter) - lactose-free, high in protein and calcium.

**Evening Snack (100 kcal):**

- 1 apple (Category: Fruits - Excluding Wine) - easy to digest and high in fiber.

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Day 7: Here is a balanced diet plan for a person with fever and body pain, who prefers a high protein, gluten-free diet and has a calorie target of 2000 kcal.

**Breakfast (500 kcal):**

- 2 boiled eggs (Category: Eggs) - high in protein and easy to digest.
- 1 cup of cooked oatmeal (Category: Cereals - Excluding Beer) - gluten-free and high in fiber.
- 1 small banana (Category: Fruits - Excluding Wine) - easy to digest and rich in potassium.
- 1 cup of tea (Category: Stimulants) - helps in soothing body pain.



**Lunch (600 kcal):**

- Grilled chicken breast (Category: Meat) - high in protein and easy to digest.
- Steamed vegetables like broccoli, carrots, and bell peppers (Category: Vegetables) - rich in vitamins and fiber.
- 1 medium-sized sweet potato (Category: Starchy Roots) - gluten-free, high in fiber and vitamins.
- 1 orange or mandarin (Category: Fruits - Excluding Wine) - high in vitamin C to boost immunity.

**Afternoon Snack (200 kcal):**

- A handful of nuts (Category: Treenuts) - high in protein and healthy fats.
- 1 cup of green tea (Category: Stimulants) - helps in soothing body pain.

**Dinner (600 kcal):**

- Baked fish like salmon or trout (Category: Fish, Seafood) - high in protein and omega-3 fatty acids.
- Quinoa salad with tomatoes, onions, and olive oil dressing (Categories: Vegetables and Vegetable Oils) - gluten-free, high in protein and fiber.
- 1 cup of dairy-free milk like almond milk or soy milk (Category: Milk - Excluding Butter) - lactose-free, high in protein and calcium.

**Evening Snack (100 kcal):**

- 1 apple (Category: Fruits - Excluding Wine) - easy to digest and high in fiber.

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