

WellNest

Your Personalized Nutrition Journey

AI-Powered Meal Planning & Customization

Ø=Üd Welcome, TestUser!

Ø=ÜÅ Generated: Monday, December 15, 2025

Ø=Ý% Weekly Goal: 9,320 kcal | Daily Average: 1,331 kcal

Ø=ÜË How to Use Your Personalized Meal Plan



Customize with AI Chat

Use our intelligent AI assistant to modify any meal instantly. Ask for substitutions, dietary adjustments, or recipe variations tailored to your preferences and allergies.



Track & Monitor Progress

Log your meals in the app to track calories, macros, and nutrition. Get real-time insights and personalized recommendations based on your goals.



Flexible Meal Swaps

Don't like a meal? Swap it! Our AI suggests healthy alternatives that match your calorie targets and nutritional requirements seamlessly.



Hydration Reminder

Drink 8-10 glasses of water daily. Set up hydration reminders on your WellNest dashboard to stay on track throughout the day.



Optimal Meal Timing

Eat at consistent times daily. Space meals 3-4 hours apart for better digestion and sustained energy levels throughout your day.



Weekly Review & Adapt

Check your progress dashboard weekly. Our AI learns from your eating patterns and preferences to continuously improve your meal plans.

Ø<ß Access Your Dashboard:
wellnest.sbs/dashboard

Customize your meals, track nutrition, and chat with AI for instant adjustments

YOUR 7-DAY MEAL SCHEDULE

Test User

Generated: Monday, December 15, 2025 Your Wellness Journey

Total Weekly Calories: 9,320 kcal

Average Daily: 1,331 kcal/day

YOUR 7-DAY MEAL SCHEDULE

MONDAY

Breakfast:

Oatmeal with Berries

350 kcal

Lunch:

Grilled Chicken Salad

450 kcal

Dinner:

Salmon with Quinoa

550 kcal

Daily Total: 1350 kcal

Breakfast:

Greek Yogurt Parfait

300 kcal

Lunch:

Turkey Wrap

400 kcal

Dinner:

Vegetable Stir-fry

500 kcal

Daily Total: 1200 kcal

Breakfast:

Scrambled Eggs with Toast

380 kcal

Lunch:

Quinoa Bowl

420 kcal

Dinner:

Chicken Curry

580 kcal

Daily Total: 1380 kcal

☑️ Breakfast:

Smoothie Bowl

320 kcal

☑️ Lunch:

Tuna Salad

380 kcal

☑️ Dinner:

Beef Tacos

520 kcal

Daily Total: 1220 kcal

☑️ Breakfast:

Avocado Toast

340 kcal

☑️ Lunch:

Chicken Caesar Salad

430 kcal

☑️ Dinner:

Pasta Primavera

560 kcal

Daily Total: 1330 kcal

☑️ Breakfast:

Pancakes with Fruit

400 kcal

☑️ Lunch:

Veggie Burger

450 kcal

☑️ Dinner:

Grilled Steak

600 kcal

Daily Total: 1450 kcal

☑️ Breakfast:

French Toast

380 kcal

☑️ Lunch:

Sushi Bowl

440 kcal

☑️ Dinner:

Roasted Chicken

570 kcal

Daily Total: 1390 kcal

🌱 PERSONALIZED NUTRITION TIPS

🔻 Low Calorie Plan Detected

Calorie Management

Your plan averages 1331 calories/day. Consider adding healthy snacks like nuts, fruits, or protein bars between meals if you feel hungry.

🌿 Veggie-Rich Plan

Plant-Based Nutrition

Great vegetable intake! Ensure you're getting vitamin B12, iron, and omega-3s. Consider a multivitamin if following a mostly plant-based diet.

🔻 High-Calorie Meals

Meal Timing

You have several calorie-dense meals. Eat these earlier in the day when possible, and take a 10-minute walk after larger meals to aid digestion.

💧 Daily Water Intake

Hydration

Aim for 8-10 glasses of water daily. Start each meal with a glass of water and keep a water bottle nearby throughout the day.

🕒 Consistent Schedule

Meal Timing

Try to eat at the same times each day. This helps regulate your metabolism and reduces cravings between meals.

🔻 Smart Snack Choices

Healthy Snacking

If you need snacks, choose nuts, fruits, Greek yogurt, or vegetables with hummus. Avoid processed snacks that can derail your nutrition goals.

🔻 Move More Daily

Physical Activity

Pair your nutrition plan with at least 30 minutes of physical activity daily. Even a brisk walk can significantly improve your results and overall health.

🔻 Rest & Recovery

Sleep Quality

Aim for 7-9 hours of quality sleep each night. Good sleep supports metabolism, reduces cravings, and helps your body recover from workouts.

📊 Monitor Your Journey

Progress Tracking

Take weekly measurements and photos to track progress. Focus on how you feel, not just the scale. Celebrate small wins along the way!

🔻 [Access Your Dashboard](#)

Customize meals, track nutrition, and chat with AI | ✉️ support@wellnest.sbs

Generated by WellNest AI Nutrition System

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