

# 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=ÜE 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

TestUser

Generated: Monday, December 5, 2023 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**

**Ø<sub>B</sub> Breakfast:**

Smoothie Bowl

**320 kcal****Ø>YW Lunch:**

Tuna Salad

**380 kcal****Ø<B}þ Dinner:**

Beef Tacos

**520 kcal****Daily Total: 1220 kcal****Ø<sub>B</sub> Breakfast:**

Avocado Toast

**340 kcal****Ø>YW Lunch:**

Chicken Caesar Salad

**430 kcal****Ø<B}þ Dinner:**

Pasta Primavera

**560 kcal****Daily Total: 1330 kcal****Ø<sub>B</sub> Breakfast:**

Pancakes with Fruit

**400 kcal****Ø>YW Lunch:**

Veggie Burger

**450 kcal****Ø<B}þ Dinner:**

Grilled Steak

**600 kcal****Daily Total: 1450 kcal****Ø<sub>B</sub> Breakfast:**

French Toast

**380 kcal****Ø>YW Lunch:**

Sushi Bowl

**440 kcal****Ø<B}þ Dinner:**

Roasted Chicken

**570 kcal****Daily Total: 1390 kcal**

# Ø=Ü PERSONALIZED NUTRITION TIPS

## Ø<ß 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.

## Ø>ÝW 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.

## Ø<ß}þ 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.

## Ø=Ü\$ 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.

## #ð Consistent Schedule

*Meal Timing*

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

## Ø<ßN 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.

## Ø<ßÃ 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.

## Ø=þ4 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.

## Ø=ÜÊ 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!

## Ø<ß Access Your Dashboard

Customize meals, track nutrition, and chat with AI | Ø=Üç support@wellnest.sbs

Generated by WellNest AI Nutrition System

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