

# Ø<β}þ Your Weekly Meal Plan

Personalized nutrition for your wellness journey

Hello TestUser! Ø=ÜK

Your personalized weekly meal plan is ready! Each meal has been carefully selected by our nutrition AI to meet your dietary needs and taste preferences.

## Ø=ÜÊ Weekly Nutrition Summary

**9,290 kcal**

Average: 1,327 kcal per day

## Ø=ÜÅ Your 7-Day Meal Schedule

Day	Ø<β Breakfast	Ø>ÝW Lunch	Ø<β}þ Dinner
Monday	Oatmeal with Berries 350 kcal	Grilled Chicken Salad 450 kcal	Salmon with Vegetables 550 kcal
Tuesday	Greek Yogurt Parfait 320 kcal	Turkey Sandwich 420 kcal	Chicken Stir Fry 530 kcal
Wednesday	Scrambled Eggs Toast 380 kcal	Quinoa Bowl 440 kcal	Beef Tacos 520 kcal
Thursday	Smoothie Bowl 340 kcal	Tuna Salad 400 kcal	Pasta Primavera 510 kcal
Friday	Avocado Toast 360 kcal	Chicken Caesar Wrap 460 kcal	Grilled Fish 490 kcal
Saturday	Pancakes 400 kcal	Veggie Burger 430 kcal	Chicken Curry 540 kcal

Sunday	French Toast 390 kcal	Mediterranean Bowl 450 kcal	Roast Chicken 560 kcal
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