

# WellNest

Your Personalized Nutrition Journey

## Welcome, TestUser!

Generated: Monday, December 15, 2025

**Weekly Goal: 9,320 kcal**

Daily Average: 1,331 kcal/day

## How to Use Your Meal Plan

1

### Customize with AI Chat

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

2

### Track & Monitor Progress

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

3

### Flexible Meal Swaps

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

4

### Stay Hydrated

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

5

### Consistent Meal Timing

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

6

### Review & Adapt Weekly

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

## Access Your Dashboard

[wellnest.sbs/dashboard](https://wellnest.sbs/dashboard)

Customize meals, track nutrition, and chat with AI

# YOUR 7-DAY MEAL SCHEDULE

TestUser | Week of December 15, 2025

**Total Weekly Calories: 9,320 kcal**

Average Daily: 1,331 kcal/day

Oatmeal with Berries 350 kcal

## LUNCH

Grilled Chicken Salad 450 kcal

## DINNER

Salmon with Quinoa 550 kcal

**Daily Total: 1350 kcal**

Greek Yogurt Parfait 300 kcal

## LUNCH

Turkey Wrap 400 kcal

## DINNER

Vegetable Stir-fry 500 kcal

**Daily Total: 1200 kcal**

Scrambled Eggs with Toast 380 kcal

## LUNCH

Quinoa Bowl 420 kcal

## DINNER

Chicken Curry 580 kcal

**Daily Total: 1380 kcal**

Smoothie Bowl 320 kcal

**LUNCH**

Tuna Salad 380 kcal

**DINNER**

Beef Tacos 520 kcal

**Daily Total: 1220 kcal**

Avocado Toast 340 kcal

**LUNCH**

Chicken Caesar Salad 430 kcal

**DINNER**

Pasta Primavera 560 kcal

**Daily Total: 1330 kcal**

Pancakes with Fruit 400 kcal

**LUNCH**

Veggie Burger 450 kcal

**DINNER**

Grilled Steak 600 kcal

**Daily Total: 1450 kcal**

French Toast 380 kcal

**LUNCH**

Sushi Bowl 440 kcal

**DINNER**

Roasted Chicken 570 kcal

**Daily Total: 1390 kcal**
