



Menu

by

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This menu has been generated by an artificial intelligence algorithm. It is not recommended to be used by minors and people with known medical conditions (including allergies). It should not substitute professional advice from a human nutritionist or healthcare provider. It is highly recommended to consult with a qualified nutritionist or medical professional to address specific dietary concerns, health conditions, or individual dietary preferences.

Day 1

Breakfast ()

Greek Yogurt with Berries and Chia Seeds

- Greek yogurt: 1 cup, sliced
- Mixed berries: 1/2 cup, sliced
- Chia seeds: 1 tbsp, sliced

Mix Greek yogurt with berries and top with chia seeds.

- Protein: 35%
- Carbs: 40%
- Fats: 25%

Snack ()

Almonds and Dried Cranberries

- Almonds: 1/4 cup, sliced
- Dried cranberries: 2 tbsp, sliced

Combine almonds and dried cranberries for a nutritious snack.

- Protein: 10%
- Carbs: 40%
- Fats: 50%

Lunch ()

Tuna Salad Sandwich with Baby Carrots

- Canned tuna: 1/2 cup, sliced
- Mayonnaise: 1 tbsp, sliced
- Whole-wheat bread: 2 slices, sliced
- Lettuce: 2 leaves, sliced
- Tomato slices: 2 slices, sliced
- Baby carrots: 1/2 cup, sliced

Mix tuna with mayonnaise and make a sandwich with lettuce and tomato. Serve with baby carrots on the side.

- Protein: 40%
- Carbs: 35%
- Fats: 25%

Dinner ()

Salmon with Roasted Brussels Sprouts and Quinoa

- Salmon fillet: 4 oz, sliced
- Brussels sprouts: 1 cup, sliced
- Quinoa: 1/2 cup cooked, sliced
- Olive oil: 1 tbsp, sliced
- Lemon juice: 1 tbsp, sliced

Season salmon with lemon juice and olive oil, then bake. Roast Brussels sprouts and serve with cooked quinoa.

- Protein: 35%
- Carbs: 35%
- Fats: 30%