



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 ()

Protein-Packed Oatmeal

- Oats: 50g, sliced
- Milk (or plant-based milk): 1 cup, sliced
- Banana: 1, sliced, sliced
- Chia seeds: 1 tbsp, sliced
- Almonds: 10, chopped, sliced

Cook oats in milk, top with banana, chia seeds, and almonds.

- Protein: 15%
- Carbs: 45%
- Fats: 40%

Lunch ()

Grilled Chicken Quinoa Bowl

- Chicken breast: 150g, grilled, sliced
- Quinoa: 1/2 cup, cooked, sliced
- Mixed veggies (bell peppers, zucchini): 1 cup, grilled, sliced
- Avocado: 1/4, sliced, sliced
- Lemon juice: 1 tbsp, sliced

Assemble bowl with quinoa, grilled chicken, veggies, avocado, and drizzle with lemon juice.

- Protein: 40%
- Carbs: 30%
- Fats: 30%

Dinner ()

Salmon with Roasted Sweet Potatoes

- Salmon fillet: 150g, baked, sliced
- Sweet potatoes: 1 medium, roasted, sliced
- Broccoli: 1 cup, steamed, sliced
- Olive oil: 1 tbsp, sliced
- Lemon: 1 slice, sliced

Season salmon, bake. Serve with roasted sweet potatoes, steamed broccoli, olive oil, and lemon slice.

- Protein: 45%
- Carbs: 25%
- Fats: 30%