



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 ()

Quinoa Breakfast Bowl

- Quinoa: 1 cup cooked, sliced
- Almond milk: 1/2 cup, sliced
- Banana: 1, sliced, sliced
- Almonds: 1 tbsp, chopped, sliced
- Berries: 1/2 cup, sliced

Mix cooked quinoa with almond milk, top with banana, almonds, and berries.

- Protein: 20%
- Carbs: 50%
- Fats: 30%

Lunch ()

Chickpea Salad

- Chickpeas: 1 cup, cooked, sliced
- Cucumber: 1/2, diced, sliced
- Cherry tomatoes: 1/2 cup, halved, sliced
- Red onion: 2 tbsp, chopped, sliced
- Dressing of choice: 2 tbsp, sliced

Combine chickpeas, cucumber, tomatoes, and red onion. Drizzle with dressing.

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

Dinner ()

Vegetable Stir-Fry with Tofu

- Tofu: 1 cup, diced, sliced
- Broccoli: 1 cup, chopped, sliced
- Bell peppers: 1/2 cup, sliced, sliced
- Carrots: 1/2 cup, sliced, sliced
- Soy sauce: 2 tbsp, sliced

Stir-fry tofu and vegetables in soy sauce until heated through. Serve hot.

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