

● PRINTABLE SAMPLE

# 7-Day AI Meal Plan Sample

Use this printable version as a structured sample. Subscribe on the main site to access the free meal generator and build a personalized version around your own goals.

Educational sample only. Always adapt nutrition guidance with a qualified health professional when needed.

## Day 1: Energizing Start

**BREAKFAST** Greek Yogurt Bowl with blueberries, flaxseeds, and honey.  
350 kcal | P:20g C:45g F:8g

**LUNCH** Grilled Chicken Salad with avocado, cherry tomatoes, olive oil dressing.  
520 kcal | P:42g C:18g F:32g

**SNACK** Almonds and apple slices.  
180 kcal | P:6g C:22g F:9g

**DINNER** Baked Salmon with roasted asparagus and sweet potato.  
550 kcal | P:45g C:40g F:22g

## Day 2: Protein Power

**BREAKFAST** Scrambled eggs with spinach and whole-grain toast.  
380 kcal | P:25g C:32g F:16g

**LUNCH** Turkey and hummus wrap with mixed greens.  
480 kcal | P:38g C:45g F:14g

**SNACK** Cottage cheese with berries.  
160 kcal | P:18g C:12g F:4g

**DINNER** Beef stir-fry with broccoli, bell peppers, and brown rice.  
600 kcal | P:48g C:50g F:20g

## Day 3: Balanced Fuel

### BREAKFAST

Protein smoothie with whey, banana, spinach, and almond milk.

320 kcal | P:28g C:38g F:6g

### LUNCH

Quinoa bowl with chickpeas, cucumber, feta, and lemon dressing.

510 kcal | P:22g C:62g F:18g

### SNACK

Two hard-boiled eggs.

140 kcal | P:12g C:2g F:10g

### DINNER

Grilled chicken thighs with roasted Brussels sprouts and quinoa.

580 kcal | P:46g C:42g F:22g

## Day 4: Lean & Clean

### BREAKFAST

Overnight oats with chia, protein powder, and strawberries.

360 kcal | P:24g C:48g F:8g

### LUNCH

Tuna salad with mixed greens, olive oil, and whole-grain crackers.

490 kcal | P:40g C:30g F:22g

### SNACK

Greek yogurt with walnuts.

200 kcal | P:15g C:10g F:12g

### DINNER

Baked cod with green beans and wild rice.

520 kcal | P:42g C:50g F:12g

## Day 5: Recovery Day

<b>BREAKFAST</b>	Avocado toast with poached eggs. 420 kcal   P:18g C:38g F:22g
<b>LUNCH</b>	Lentil soup with a side of whole-grain bread. 460 kcal   P:24g C:68g F:8g
<b>SNACK</b>	Low-sugar protein bar. 190 kcal   P:20g C:18g F:6g
<b>DINNER</b>	Grilled shrimp with zucchini noodles and marinara. 480 kcal   P:40g C:32g F:18g

## Day 6: Variety Boost

<b>BREAKFAST</b>	Protein pancakes with berries and maple syrup. 380 kcal   P:26g C:50g F:8g
<b>LUNCH</b>	Chicken Caesar salad with light dressing. 500 kcal   P:45g C:20g F:26g
<b>SNACK</b>	Carrot sticks with hummus. 150 kcal   P:5g C:18g F:7g
<b>DINNER</b>	Pork tenderloin with roasted root vegetables. 560 kcal   P:48g C:38g F:20g

## Day 7: Finish Strong

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### BREAKFAST

Egg white omelet with mushrooms, peppers, and turkey bacon.

340 kcal | P:32g C:12g F:16g

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### LUNCH

Grilled salmon with kale salad and vinaigrette.

530 kcal | P:44g C:20g F:30g

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### SNACK

Rice cakes with almond butter.

180 kcal | P:6g C:20g F:9g

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### DINNER

Baked chicken breast with sweet potato and steamed broccoli.

540 kcal | P:50g C:48g F:12g