

Daily Goals

3365 calories, 179 protein, 74 fat, 493 carbs

Based on your requirements, I've created a daily nutritive plan for you. This plan includes approximately 3365 calories, with 179g of protein, 74g of fat, and 493g of carbohydrates.

****Breakfast****

- * 2 whole eggs (140 calories, 12g protein)
- * 1/2 cup cooked oatmeal with sliced banana and almond butter (250 calories, 20g carbs, 8g protein)
- * 1/2 avocado (100 calories, 10g fat)

Total: 490 calories, 40g protein, 18g fat, 28g carbs

****Snack****

- * 1 cup Greek yogurt with mixed berries and a handful of almonds (200 calories, 15g protein, 10g carbohydrates)
- * 1 hard-boiled egg (78 calories, 6g protein)

Total: 278 calories, 21g protein, 10g fat, 25g carbs

****Lunch****

- * Grilled chicken breast with roasted vegetables and quinoa (400 calories, 40g protein)
- * 1 tablespoon olive oil for cooking (120 calories, 14g fat)

Total: 520 calories, 54g protein, 14g fat, 30g carbs

****Snack****

- * 1 small apple with 2 tablespoons peanut butter (150 calories, 8g carbohydrates)
- * 1/4 cup cottage cheese (50 calories, 11g protein)

Total: 200 calories, 19g protein, 6g fat, 18g carbs

****Dinner****

- * Grilled salmon with sweet potato and steamed broccoli (500 calories, 60g protein)
- * 1 tablespoon olive oil for cooking (120 calories, 14g fat)

Total: 620 calories, 74g protein, 14g fat, 50g carbs

This plan provides a balanced mix of protein, carbohydrates, and fats to meet your daily requirements. Make sure to stay hydrated by drinking plenty of water throughout the day!

Revision #2

Created 30 October 2025 14:02:07 by Tonkslip

Updated 30 October 2025 14:06:07 by Tonkslip