

# 👧 Female, Child (6–11)

Assumes a normal, healthy female around age 9, 132 cm and 28 kg (BMI 16.1), active play / sports (typical for age). A full week of meals and movement, sized to a 1,600 kcal/day target.

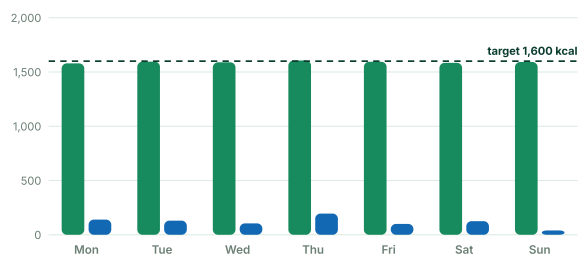
|                                   |                        |                       |                          |                           |
|-----------------------------------|------------------------|-----------------------|--------------------------|---------------------------|
| <b>132</b> cm<br>Height           | <b>28</b> kg<br>Weight | <b>16.1</b><br>BMI    | <b>1,050</b> kcal<br>BMR | <b>1,580</b> kcal<br>TDEE |
| <b>1,600</b> kcal<br>Daily target | <b>34</b> g<br>Protein | <b>253</b> g<br>Carbs | <b>50</b> g<br>Fat       | <b>17</b> g<br>Fiber      |
| <b>1.7</b> L<br>Water             |                        |                       |                          |                           |

## THE WEEK IN NUMBERS

# Energy, macros, and micronutrients

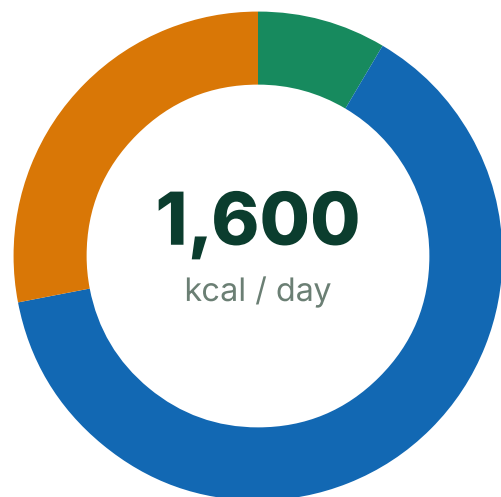
### Daily energy balance

Calories eaten vs. burned in planned exercise, each day



### Macro split

Share of daily calories by macronutrient



Intake (kcal) Exercise burn (kcal)

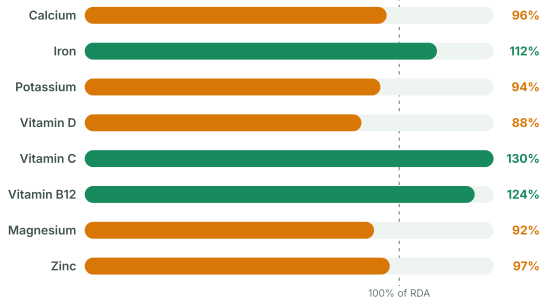
Daily target

Protein 34 g · 9% Carbs 253 g · 63%

Fat 50 g · 28%

### Micronutrient coverage

Weekly average vs. recommended intake for this group



### WEEK AT A GLANCE

## Seven days, planned end to end

Calories per meal, daily totals, and the movement that pairs with them.

| DAY       | BREAKFAST | LUNCH | SNACK | DINNER | INTAKE     | EXERCISE  |
|-----------|-----------|-------|-------|--------|------------|---|
| Monday    | 389       | 414   | 189   | 588    | 1,580 kcal | Playground games climbing, and monkey bars · 60 min |
| Tuesday   | 372       | 397   | 217   | 609    | 1,595 kcal | Swimming lesson plus free-swim play · 45 min        |
| Wednesday | 358       | 429   | 224   | 578    | 1,589 kcal | Family bike ride around the neighborhood · 45 min   |

| DAY      | BREAKFAST | LUNCH | SNACK | DINNER | INTAKE     | EXERCISE  |
|----------|-----------|-------|-------|--------|------------|---|
| Thursday | 380       | 414   | 214   | 598    | 1,606 kcal | Soccer practice: di<br>plus a short scrim<br>60 min |
| Friday   | 373       | 448   | 208   | 565    | 1,594 kcal | Dance-along video<br>jump-rope challeng<br>40 min   |
| Saturday | 434       | 367   | 205   | 578    | 1,584 kcal | Family nature hike<br>scavenger hunt · 6            |
| Sunday   | 383       | 406   | 223   | 580    | 1,592 kcal | Gentle stretching a<br>easy walk with fam<br>min    |

#### DAY BY DAY

## Every meal, with full macros

Open a day to see the foods, portions by calories, and the exercise that completes it.

**Monday**

A familiar, fiber-rich start to the week that fuels school focus and playground energy.

**1,580 kcal**

| MEAL             | FOODS   | KCAL         | PROTEIN G | CARBS G    | FAT G     |
|------------------|---|--------------|-----------|------------|-----------|
| <b>Breakfast</b> | Oatmeal with banana slices, cinnamon, and a drizzle of honey; low-fat milk  | 389          | 7         | 70         | 9         |
| <b>Lunch</b>     | Peanut butter and strawberry jam sandwich on whole wheat; carrot sticks; a clementine                                   | 414          | 10        | 62         | 14        |
| <b>Snack</b>     | Low-fat vanilla yogurt with blueberries and a granola sprinkle  | 189          | 6         | 30         | 5         |
| <b>Dinner</b>    | Homemade baked chicken tenders, roasted sweet potato wedges, steamed broccoli, small dinner roll; glass of low-fat milk | 588          | 14        | 88         | 20        |
| <b>Total</b>     | <b>Fiber 17 g</b>   | <b>1,580</b> | <b>37</b> | <b>250</b> | <b>48</b> |

**Exercise:** Playground games: tag, climbing, and monkey bars **60 min** · Moderate  
**≈140 kcal** burned Whole-body play + bone-loading fun

**Tuesday**

A taco-morning treat and a bean-and-cheese dinner show how plant protein can anchor a meal.

**1,595 kcal**

| MEAL             | FOODS  | KCAL         | PROTEIN G | CARBS G    | FAT G     |
|------------------|--|--------------|-----------|------------|-----------|
| <b>Breakfast</b> | Scrambled egg and cheese breakfast taco on a small flour tortilla; orange wedges; low-fat milk           | 372          | 12        | 54         | 12        |
| <b>Lunch</b>     | Chicken noodle soup with whole-grain crackers; grapes  | 397          | 9         | 70         | 9         |
| <b>Snack</b>     | Air-popped popcorn and a small banana  | 217          | 3         | 40         | 5         |
| <b>Dinner</b>    | Bean and cheese quesadilla with mild salsa, cilantro-lime rice, cucumber sticks; mango cubes for dessert | 609          | 13        | 92         | 21        |
| <b>Total</b>     | <b>Fiber 16 g</b>  | <b>1,595</b> | <b>37</b> | <b>256</b> | <b>47</b> |

**Exercise:** Swimming lesson plus free-swim play **45 min** · Moderate **≈130 kcal** burned  
Heart-lung fitness + water confidence

## Wednesday

An Italian-themed day where pasta is balanced with vegetables and kid-sized portions.

1,589 kcal

| MEAL             | FOODS  | KCAL         | PROTEIN G | CARBS G    | FAT G     |
|------------------|--|--------------|-----------|------------|-----------|
| <b>Breakfast</b> | Whole-grain toast with ricotta and sliced peaches; low-fat milk                                      | 358          | 9         | 58         | 10        |
| <b>Lunch</b>     | Caprese-style pasta salad with mozzarella pearls, cherry tomatoes, and basil; a pear                 | 429          | 10        | 68         | 13        |
| <b>Snack</b>     | Banana with a small handful of almonds   | 224          | 4         | 34         | 8         |
| <b>Dinner</b>    | Spaghetti with turkey meatballs in marinara, garlicky green beans, and a small slice of garlic bread | 578          | 14        | 90         | 18        |
| <b>Total</b>     | <b>Fiber 17 g</b>  | <b>1,589</b> | <b>37</b> | <b>250</b> | <b>49</b> |

**Exercise:** Family bike ride around the neighborhood **40 min** · Moderate

≈105 kcal burned    Leg strength + balance

## Thursday

A playful bento makes trying new foods fun, and salmon brings omega-3s for a growing brain.

1,606 kcal

| MEAL             | FOODS   | KCAL         | PROTEIN G | CARBS G    | FAT G     |
|------------------|---|--------------|-----------|------------|-----------|
| <b>Breakfast</b> | Whole-grain cereal with sliced strawberries and half a banana; low-fat milk                             | 380          | 9         | 68         | 8         |
| <b>Lunch</b>     | Bento-style lunch: rice balls (onigiri), edamame, cucumber sticks with sesame dressing, orange segments | 414          | 9         | 72         | 10        |
| <b>Snack</b>     | Whole-wheat crackers with hummus  | 214          | 5         | 26         | 10        |
| <b>Dinner</b>    | Teriyaki salmon (small fillet), steamed rice, and stir-fried broccoli with carrots                      | 598          | 15        | 85         | 22        |
| <b>Total</b>     | <b>Fiber 16 g</b>   | <b>1,606</b> | <b>38</b> | <b>251</b> | <b>50</b> |

**Exercise:** Soccer practice: drills plus a short scrimmage **60 min** · Vigorous

≈195 kcal burned    Agility, speed + teamwork

**Friday**

A comfort-food lunch balanced by a gently spiced curry that stretches her flavor range.

**1,594 kcal**

| MEAL             | FOODS  | KCAL         | PROTEIN G | CARBS G    | FAT G     |
|------------------|--|--------------|-----------|------------|-----------|
| <b>Breakfast</b> | Mango-yogurt smoothie with a small whole-grain blueberry muffin            | 373          | 9         | 64         | 9         |
| <b>Lunch</b>     | Grilled cheese sandwich on whole wheat with tomato soup; grapes            | 448          | 12        | 64         | 16        |
| <b>Snack</b>     | Homemade trail mix: raisins, sunflower seeds, and whole-grain cereal rings | 208          | 4         | 30         | 8         |
| <b>Dinner</b>    | Mild chicken curry with basmati rice, green peas, and cucumber raita       | 565          | 13        | 90         | 17        |
| <b>Total</b>     | <b>Fiber 18 g</b>  | <b>1,594</b> | <b>38</b> | <b>248</b> | <b>50</b> |

**Exercise:** Dance-along videos and jump-rope challenges **40 min** · Moderate

≈**100 kcal** burned    Rhythm, coordination + bone loading

## Saturday

Pancakes and pizza night keep weekend food fun while portions stay right-sized.

1,584 kcal

| MEAL             | FOODS  | KCAL         | PROTEIN G | CARBS G    | FAT G     |
|------------------|--|--------------|-----------|------------|-----------|
| <b>Breakfast</b> | Whole-wheat pancakes with strawberries and a little maple syrup; low-fat milk                              | 434          | 10        | 76         | 10        |
| <b>Lunch</b>     | Greek-style pita pocket with hummus, tomato, cucumber, and feta; watermelon cubes                          | 367          | 9         | 58         | 11        |
| <b>Snack</b>     | Cheese stick with pretzel twists and grapes  | 205          | 6         | 34         | 5         |
| <b>Dinner</b>    | Homemade veggie pizza night: whole-wheat crust with mozzarella, peppers, and mushrooms; crunchy side salad | 578          | 13        | 82         | 22        |
| <b>Total</b>     | <b>Fiber 15 g</b>  | <b>1,584</b> | <b>38</b> | <b>250</b> | <b>48</b> |

**Exercise:** Family nature hike with a scavenger hunt **60 min** · Moderate

≈125 kcal burned    Endurance + outdoor exploring

## Sunday

A lighter recovery day: gentle movement and a simple family dinner set up the week ahead.

1,592 kcal

| MEAL             | FOODS   | KCAL         | PROTEIN G | CARBS G    | FAT G     |
|------------------|---|--------------|-----------|------------|-----------|
| <b>Breakfast</b> | Whole-grain French toast with mixed berries; low-fat milk                               | 383          | 9         | 62         | 11        |
| <b>Lunch</b>     | Baked potato topped with cheese and broccoli; apple slices                              | 406          | 9         | 70         | 10        |
| <b>Snack</b>     | Banana-oat mini muffin with a glass of low-fat milk                                     | 223          | 6         | 34         | 7         |
| <b>Dinner</b>    | Homemade baked fish sticks, oven potato wedges, and sweet peas; fruit salad for dessert | 580          | 14        | 86         | 20        |
| <b>Total</b>     | <b>Fiber 17 g</b>   | <b>1,592</b> | <b>38</b> | <b>252</b> | <b>48</b> |

**Exercise:** Gentle stretching and an easy walk with family **30 min** · Light

**≈40 kcal** burned    Recovery + flexibility

### PHYSIOLOGICAL PARAMETERS

## What this plan moves, and why

Typical healthy values for this group, and the direction consistent nutrition + exercise nudges them. The app tracks 200+ parameters like these.

| PARAMETER                              | TYPICAL HEALTHY RANGE                            | EXPECTED CHANGE   | WHY  |
|--|--|---|--|
| <b>Growth &amp; bone development</b>   | Steady height gain of about 5–6 cm per year      | <b>Stronger bone-mineral gains over the coming months</b>   | Daily calcium and vitamin D plus weight-bearing play       |
| <b>Motor skills &amp; coordination</b> | Improving balance, ball skills, and body control | <b>Noticeably smoother coordination in 6–8 weeks</b>        | Varied play: climbing, skipping, swimming, and biking      |
| <b>Aerobic fitness</b>                 | Can play actively for 60+ minutes a day          | <b>Runs and plays longer before tiring within 4–8 weeks</b> | Daily active play builds heart and lung capacity           |
| <b>Healthy weight trajectory</b>       | BMI-for-age tracking near the middle percentiles | <b>Stays smoothly on her own growth curve</b>               | Balanced meals and snacks matched to daily activity        |
| <b>Muscle &amp; posture strength</b>   | Age-typical core, leg, and grip strength         | <b>Better posture and playground strength in 8–12 weeks</b> | Climbing, swimming, and carrying games load muscles safely |
| <b>Sleep quality</b>                   | 9–12 hours per night recommended at this age     | <b>Falls asleep faster and wakes more refreshed</b>         | Daytime outdoor activity plus a consistent bedtime         |
| <b>Focus &amp; mood</b>                | Alert and even-tempered through the school day   | <b>Steadier attention and mood within a few weeks</b>       | Regular meals, fiber-rich carbs, and daily play breaks     |
| <b>Iron status &amp; energy</b>        | Age-appropriate energy for school and sport      | <b>Consistent, steady energy across the day</b>             | Iron-rich foods paired with vitamin C for absorption       |

# What a consistent week does for the body

## From the nutrition plan

- ✓ Daily dairy delivers the calcium and vitamin D that peak bone-building years depend on.
- ✓ Fiber from whole grains, fruit, and vegetables keeps digestion regular and fullness steady between meals.
- ✓ Pairing iron-rich foods with vitamin C fruits supports healthy red blood cells and school-day energy.
- ✓ A predictable rhythm of three meals plus one snack keeps blood sugar and mood even.
- ✓ Keeping added sugar modest leaves room for the nutrient-dense foods a growing body actually needs.

## From the exercise plan

- ✓ Weight-bearing play like running, skipping, and climbing stimulates bone density during this key growth window.
- ✓ Rotating through swimming, biking, soccer, and dance builds broad coordination and confidence in new sports.
- ✓ Hitting about 60 minutes of movement most days strengthens the heart and lungs and cements a lifelong habit.
- ✓ Active outdoor time earlier in the day helps her fall asleep faster and sleep more deeply.
- ✓ A gentle Sunday of stretching and walking teaches that rest is part of being active, not a break from it.

This is a sample week for a typical, healthy 9-year-old girl — real needs shift with growth spurts and activity, so let her appetite guide exact portions. Keep mealtimes relaxed, screen-free, and pressure-

free.

MAKE IT YOURS

## Download and practice

Take this plan with you, or build your own with the auto-calculating worksheet.

**Educational example only.** These sample plans assume a normal, healthy person of average size for the group and are provided for education and practice — they are not medical or dietary advice. Individual needs vary with health conditions, medications, and goals; consult a qualified professional before changing your diet or exercise routine. See our full disclaimer.

**Explore other groups**