

Female, Middle age (36–55)

Assumes a normal, healthy female around age 45, 162 cm and 66 kg (BMI 25.1), moderately active. A full week of meals and movement, sized to a 2,000 kcal/day target.

162 cm
Height

66 kg
Weight

25.1
BMI

1,290 kcal
BMR

1,990 kcal
TDEE

2,000 kcal
Daily target

85 g
Protein

268 g
Carbs

65 g
Fat

28 g
Fiber

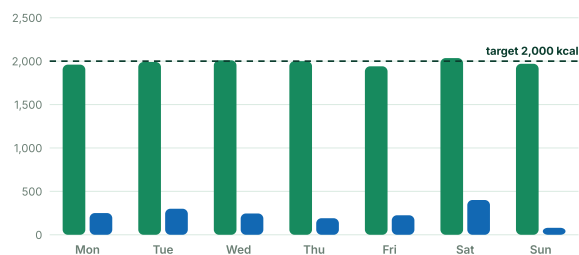
2.2 L
Water

THE WEEK IN NUMBERS

Energy, macros, and micronutrients

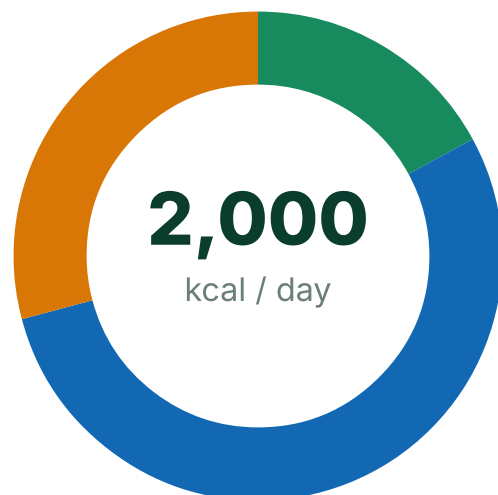
Daily energy balance

Calories eaten vs. burned in planned exercise, each day



Macro split

Share of daily calories by macronutrient



Intake (kcal) Exercise burn (kcal)

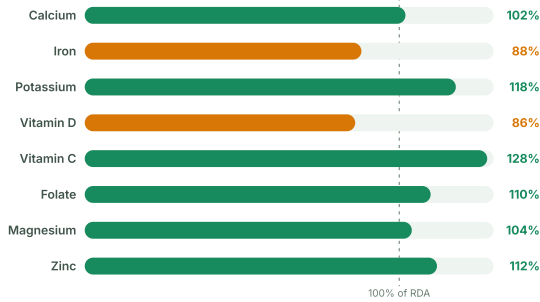
Daily target

Protein 85 g · 17% Carbs 268 g · 54%

Fat 65 g · 29%

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	460	560	260	680	1,960 kcal	Brisk walk followed by full-body dumbbell strength circuit · 55 min
Tuesday	470	640	200	680	1,990 kcal	Stationary cycling at steady, conversational pace plus pace · 40 min
Wednesday	480	620	220	690	2,010 kcal	Resistance training including squats, rows, presses plus a core finisher · 45 min

DAY	BREAKFAST	LUNCH	SNACK	DINNER	INTAKE	EXERCISE
Thursday	470	620	230	680	2,000 kcal	Yoga flow session, short brisk walk · 5
Friday	445	565	230	700	1,940 kcal	Swimming laps at easy-to-moderate 35 min
Saturday	500	560	215	760	2,035 kcal	Weekend hike on trails with friends ·
Sunday	460	590	215	705	1,970 kcal	Gentle stretching and an easy neighborhood stroll 30 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

Omega-3-rich salmon and a strength session set the week's tone for heart and muscle health.

1,960 kcal

MEAL	FOODS	KCAL	PROTEIN G	CARBS G	FAT G
Breakfast	Greek yogurt parfait with strawberries, honey, and walnuts; slice of whole-grain toast	460	24	58	15
Lunch	Quinoa tabbouleh with chickpeas, cucumber, parsley, feta, and olive-oil lemon dressing	560	22	72	19
Snack	Apple slices with almond butter	260	8	32	11
Dinner	Herb-baked salmon, lemon bulgur pilaf, roasted zucchini and red peppers	680	38	75	24
Total	Fiber 29 g	1,960	92	237	69

Exercise: Brisk walk followed by a full-body dumbbell strength circuit **55 min** · Moderate
≈250 kcal burned Cardio base + muscle preservation

Tuesday

A Japanese-inspired day pairs soy and fish protein with low-impact cycling to spare the knees.

1,990 kcal

MEAL	FOODS	KCAL	PROTEIN G	CARBS G	FAT G
Breakfast	Spinach-mushroom omelet with avocado slices; whole-grain toast; an orange	470	22	46	23
Lunch	Teriyaki-glazed tofu bowl with brown rice, edamame, steamed broccoli, and sesame seeds	640	28	88	19
Snack	Low-fat cottage cheese with fresh pineapple	200	13	24	6
Dinner	Miso-ginger baked cod, soba noodles, stir-fried bok choy with garlic	680	36	80	22
Total	Fiber 28 g	1,990	99	238	70

Exercise: Stationary cycling at a steady, conversational-plus pace **40 min** · Moderate
≈300 kcal burned Aerobic endurance, joint-friendly

Wednesday

Bean-and-vegetable fiber meets a loading-focused strength day that supports midlife bone density.

2,010 kcal

MEAL	FOODS	KCAL	PROTEIN G	CARBS G	FAT G
Breakfast	Overnight oats with chia seeds, diced mango, toasted coconut, and chopped walnuts	480	15	68	17
Lunch	Chicken and black bean burrito bowl with brown rice, pico de gallo, and guacamole	620	35	70	21
Snack	Carrot and jicama sticks with hummus; a small orange	220	6	30	9
Dinner	Shrimp fajita skillet with peppers and onions, warm corn tortillas, cabbage-lime slaw	690	36	80	24
Total	Fiber 31 g	2,010	92	248	71

Exercise: Resistance training: squats, rows, presses, plus a core finisher

45 min · Moderate **≈245 kcal** burned Strength + bone loading

Thursday

Lentil-forward Indian plates keep fiber at its weekly peak while yoga eases mid-week tension.

2,000 kcal

MEAL	FOODS	KCAL	PROTEIN G	CARBS G	FAT G
Breakfast	Vegetable poha (flattened rice with peas, carrots, and peanuts); small low-fat lassi	470	15	70	15
Lunch	Spinach dal (lentils), brown basmati rice, cucumber-mint raita	620	27	92	15
Snack	Roasted chickpeas and a ripe pear	230	8	38	5
Dinner	Tandoori-spiced chicken thigh, whole-wheat roti, sautéed okra with cumin	680	40	62	28
Total	Fiber 33 g	2,000	90	262	63

Exercise: Yoga flow session, then a short brisk walk **50 min** · Light to moderate
≈190 kcal burned Mobility, balance, stress relief

Friday

An iron-rich beef dinner backs up a swim day — protein lands highest right after the week's hardest sessions.

1,940 kcal

MEAL	FOODS	KCAL	PROTEIN G	CARBS G	FAT G
Breakfast	Scrambled eggs with smoked salmon on half a whole-grain bagel; mixed berries	445	27	44	17
Lunch	Turkey, avocado, and crunchy-veggie sandwich on whole-grain bread; side garden salad	565	30	62	20
Snack	Air-popped popcorn, a peach, and a few almonds	230	6	38	8
Dinner	Grilled lean sirloin, baked sweet potato, garlicky green beans, small whole-grain roll	700	41	78	24
Total	Fiber 27 g	1,940	104	222	69

Exercise: Swimming laps at an easy-to-moderate pace **35 min** · Moderate

≈225 kcal burned Full-body cardio, zero joint impact

Saturday

The longest, highest-burn day of the week is fueled by an Italian table and a social trail hike.

2,035 kcal

MEAL	FOODS	KCAL	PROTEIN G	CARBS G	FAT G
Breakfast	Ricotta and blueberry whole-wheat pancakes with a light maple drizzle	500	20	72	16
Lunch	Minestrone with cannellini beans and kale; slice of whole-grain focaccia with parmesan	560	24	76	17
Snack	Caprese skewers: cherry tomatoes, mini mozzarella, basil; small bunch of grapes	215	11	14	13
Dinner	Chicken piccata with lemon and capers, whole-wheat spaghetti, sautéed broccolini	760	42	82	26
Total	Fiber 30 g	2,035	97	244	72

Exercise: Weekend hike on rolling trails with friends **70 min** · Moderate

≈400 kcal burned Endurance + time outdoors

Sunday

A Middle Eastern feast day doubles as active recovery, letting muscles rebuild before the new week.

1,970 kcal

MEAL	FOODS	KCAL	PROTEIN G	CARBS G	FAT G
Breakfast	Shakshuka — eggs poached in spiced tomato-pepper sauce — with whole-wheat pita	460	22	48	18
Lunch	Mezze plate: hummus, tabbouleh, grilled halloumi, olives, and warm pita	590	24	66	25
Snack	Dates stuffed with walnuts; glass of kefir	215	6	32	6
Dinner	Za'atar roasted chicken breast, freekeh pilaf with pomegranate seeds, charred cauliflower	705	40	80	21
Total	Fiber 29 g	1,970	92	226	70

Exercise: Gentle stretching routine and an easy neighborhood stroll **30 min** · Light
≈80 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
Resting heart rate	62–78 bpm	Down 3–6 bpm over 8–12 weeks	Regular cardio improves stroke

PARAMETER	TYPICAL HEALTHY RANGE	EXPECTED CHANGE	WHY
			volume so the heart works less at rest
Blood pressure	110–125 / 70–82 mmHg	Down 4–8 mmHg systolic over 8–12 weeks	Aerobic exercise plus potassium-rich, lower sodium meals relax vessel walls
Fasting glucose	80–99 mg/dL	Steadier readings, 2–5 mg/dL lower average	Fiber-rich carbs and strength work improve insulin sensitivity
LDL / HDL cholesterol	LDL < 130 mg/dL, HDL > 50 mg/dL	LDL down 5–10%, HDL up modestly over 12 weeks	Olive oil, nuts, fish, and soluble fiber shift the lipid profile
VO2max	26–32 mL/kg/min	Up 8–12% over 12 weeks	Brisk walking, cycling and swimming stress and strengthen the aerobic system
Body-fat percentage	28–36%	Down 1–2 points over 12 weeks	Slight energy balance with high protein preserves muscle while fat trends down
Muscle mass	Stable to slowly declining after 40	Maintained or up ~0.5 kg over 12 weeks	Twice-weekly strength training plus ~85 g protein daily counters age-related loss
Sleep quality	6.5–8 h, variable in midlife	Faster sleep onset and deeper sleep within 3–4 weeks	Daytime activity and steady meal timing reinforce the body clock

PHYSIOLOGICAL CHANGES

What a consistent week does for the body

From the nutrition plan

- ✓ About 85–100 g of protein spread across four meals helps counter the gradual muscle loss that accelerates after 40.
- ✓ 27–33 g of daily fiber from beans, whole grains, and vegetables steadies blood sugar and supports healthy cholesterol.
- ✓ Fat kept near 30% of calories — mostly olive oil, nuts, avocado, and fish — favors LDL reduction and hormone balance.
- ✓ Calcium-rich dairy at most meals plus vitamin D from fish supports bone density through the perimenopausal years.
- ✓ Iron and folate from lentils, beef, and leafy greens cover needs that remain elevated for women through the mid-50s.

From the exercise plan

- ✓ Two weekly strength sessions load muscles and bones, the most effective known signal for preserving both in midlife.
- ✓ Roughly 150 minutes of moderate cardio across the week improves VO2max and gradually lowers resting heart rate.
- ✓ Low-impact choices — cycling, swimming, walking — build fitness while protecting knees and hips.
- ✓ Yoga and stretching maintain balance and joint range of motion, reducing stiffness and future fall risk.
- ✓ One light recovery day allows tissue repair, which is where strength and endurance gains actually consolidate.

This sample week shows how a moderately active woman in midlife can meet protein, fiber, calcium, and iron needs at about 2000 kcal while enjoying varied global cuisine. It is educational only — individual needs vary, so adjust portions to your own goals and appetite.

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.

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