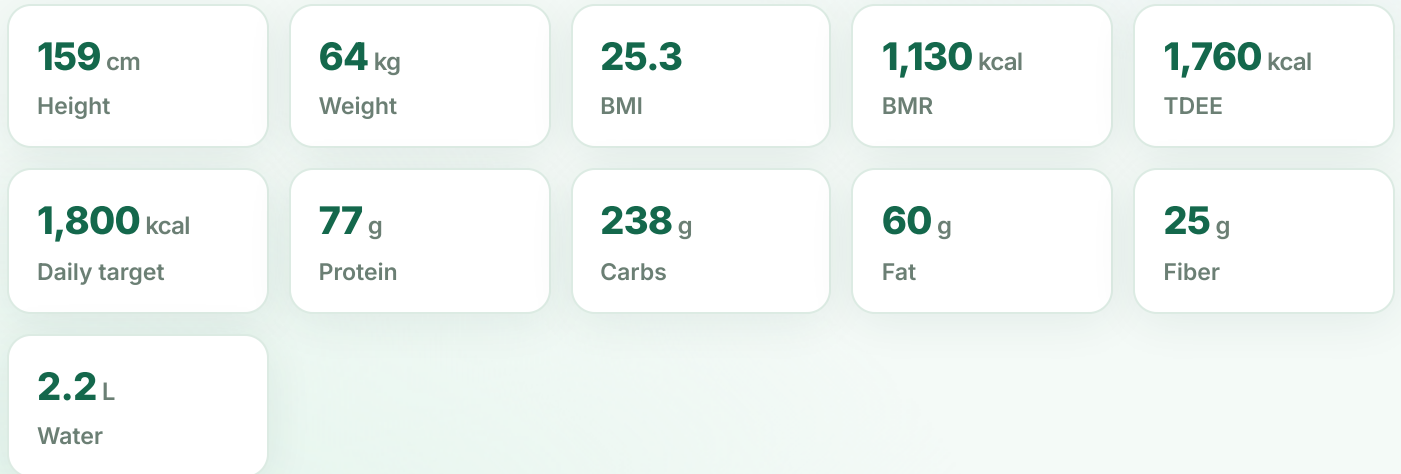


👩 Female, Older adult (56+)

Assumes a normal, healthy female around age 68, 159 cm and 64 kg (BMI 25.3), moderately active. A full week of meals and movement, sized to a 1,800 kcal/day target.

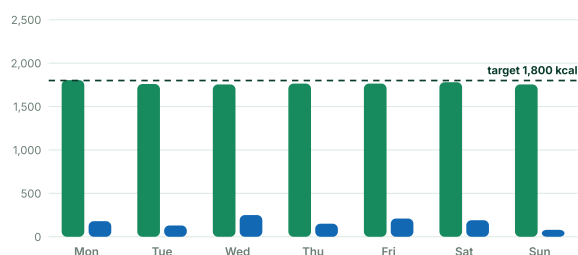


THE WEEK IN NUMBERS

Energy, macros, and micronutrients

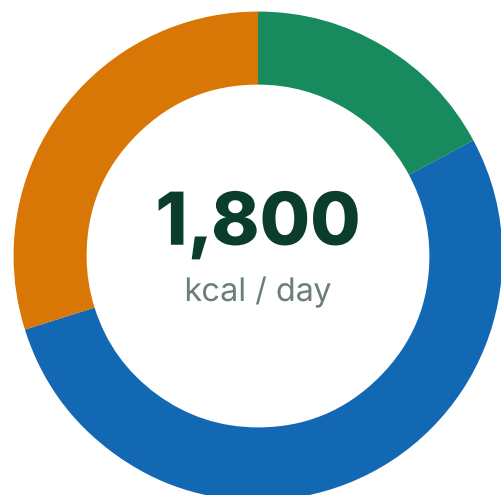
Daily energy balance

Calories eaten vs. burned in planned exercise, each day



Macro split

Share of daily calories by macronutrient



Intake (kcal) Exercise burn (kcal)

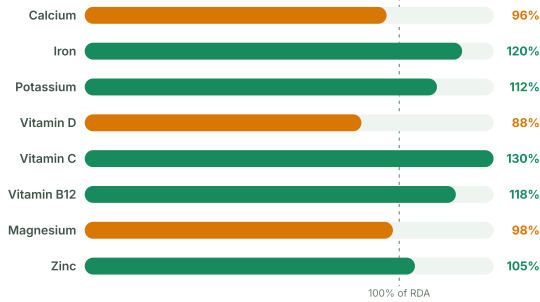
Daily target

Protein 77 g · 17% Carbs 238 g · 53%

Fat 60 g · 30%

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	440	495	245	625	1,805 kcal	Brisk walk followed by light dumbbell strength circuit · 45 min
Tuesday	410	540	245	565	1,760 kcal	Tai chi session with standing balance circuit · 40 min
Wednesday	420	510	225	600	1,755 kcal	Water aerobics class · 45 min

DAY	BREAKFAST	LUNCH	SNACK	DINNER	INTAKE	EXERCISE
Thursday	455	465	245	600	1,765 kcal	Resistance-band session with sit-to-practice · 40 min
Friday	425	495	265	580	1,765 kcal	Nature walk with hills · 50 min
Saturday	440	500	240	600	1,780 kcal	Low-impact dance aerobics class · 40 min
Sunday	420	530	250	555	1,755 kcal	Gentle yoga and stretching, plus a neighborhood stroll · 40 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

Oily fish plus fiber-rich lentils front-load omega-3s and soluble fiber for heart health.

1,805 kcal

MEAL	FOODS	KCAL	PROTEIN G	CARBS G	FAT G
Breakfast	Greek yogurt with rolled oats, blueberries, a drizzle of honey, and walnuts	440	20	58	14
Lunch	Lentil-barley vegetable soup; whole-grain roll dipped in olive oil; an orange	495	18	72	15
Snack	Hummus with carrot, cucumber, and bell-pepper sticks; whole-grain crackers	245	7	36	8
Dinner	Baked salmon with lemon and dill, herbed quinoa, roasted zucchini and cherry tomatoes	625	32	72	23
Total	Fiber 29 g	1,805	77	238	60

Exercise: Brisk walk followed by a light dumbbell strength circuit **45 min** · Moderate
≈180 kcal burned Cardio + full-body strength

Tuesday

A plant-forward Japanese-style day pairs tofu and edamame with balance-focused tai chi.

1,760 kcal

MEAL	FOODS	KCAL	PROTEIN G	CARBS G	FAT G
Breakfast	Two-egg omelet with spinach and mushrooms; whole-grain toast with avocado; a kiwi	410	18	40	20
Lunch	Miso-glazed tofu bowl with brown rice, edamame, steamed broccoli, and pickled carrot	540	24	80	14
Snack	A banana with a small handful of roasted almonds	245	5	36	9
Dinner	Chicken-ginger stir-fry with snow peas and peppers over brown rice; a mandarin	565	30	78	15
Total	Fiber 26 g	1,760	77	234	58

Exercise: Tai chi session with standing balance drills **40 min** · Light-moderate

≈130 kcal burned Balance and fall prevention

Wednesday

Beans two ways add fiber and potassium; water aerobics delivers cardio without joint stress.

1,755 kcal

MEAL	FOODS	KCAL	PROTEIN G	CARBS G	FAT G
Breakfast	Overnight oats with chia seeds, diced mango, and a spoonful of peanut butter	420	14	60	14
Lunch	Black bean and roasted sweet-potato tacos on corn tortillas with cabbage slaw and salsa	510	18	76	15
Snack	Plain yogurt with sliced strawberries and a sprinkle of granola	225	11	32	6
Dinner	Grilled shrimp with cilantro-lime brown rice, black beans, and avocado-tomato salad	600	34	64	23
Total	Fiber 30 g	1,755	77	232	58

Exercise: Water aerobics class **45 min** · Moderate **≈250 kcal** burned

Joint-friendly cardio

Thursday

Classic comfort foods, portioned for steady energy, on a strength-focused day.

1,765 kcal

MEAL	FOODS	KCAL	PROTEIN G	CARBS G	FAT G
Breakfast	Small stack of whole-grain pancakes with warm blueberries, chopped walnuts, and a light drizzle of maple syrup	455	16	66	14
Lunch	Olive-oil tuna salad on whole-grain bread with lettuce and tomato; carrot sticks; an apple	465	24	58	15
Snack	Air-popped popcorn with a sprinkle of parmesan; a few mixed nuts	245	6	28	12
Dinner	Roast turkey breast with mashed sweet potatoes, steamed green beans, and cranberry relish	600	31	74	20
Total	Fiber 25 g	1,765	77	226	61

Exercise: Resistance-band strength session with sit-to-stand practice **40 min** · Moderate
≈150 kcal burned Muscle and bone strength

Friday

Indian spices and legumes make a high-fiber day feel indulgent rather than restrictive.

1,765 kcal

MEAL	FOODS	KCAL	PROTEIN G	CARBS G	FAT G
Breakfast	Vegetable poha (flattened rice) with green peas and peanuts; a small low-fat lassi	425	15	60	14
Lunch	Chana masala (chickpea curry) with brown basmati rice and cucumber raita	495	20	72	14
Snack	Roasted chickpea and nut snack mix; a ripe pear	265	8	36	10
Dinner	Tandoori-spiced baked cod with yellow dal, sauteed spinach, and a small whole-wheat roti	580	34	62	22
Total	Fiber 30 g	1,765	77	230	60

Exercise: Nature walk with gentle hills **50 min** · Moderate **≈210 kcal** burned

Aerobic endurance

Saturday

An Italian-style day shows pasta fits fine when it is whole-grain and paired with lean protein.

1,780 kcal

MEAL	FOODS	KCAL	PROTEIN G	CARBS G	FAT G
Breakfast	Whole-grain toast with ricotta, sliced strawberries, and honey; a low-fat milk latte	440	18	60	14
Lunch	Caprese-style farro salad with tomatoes, mozzarella, basil, and white beans	500	22	62	18
Snack	A peach and a small handful of pistachios	240	5	32	10
Dinner	Whole-wheat spaghetti with lean beef and tomato ragu; spinach side salad with balsamic vinaigrette	600	32	78	18
Total	Fiber 27 g	1,780	77	232	60

Exercise: Low-impact dance aerobics class **40 min** · Moderate **≈190 kcal** burned

Cardio, coordination, and fun

Sunday

A gentle recovery day: easy movement, relaxed Middle Eastern flavors, and an earlier, lighter dinner.

1,755 kcal

MEAL	FOODS	KCAL	PROTEIN G	CARBS G	FAT G
Breakfast	Shakshuka (two eggs poached in tomato-pepper sauce) with warm whole-grain pita	420	20	44	18
Lunch	Mezze plate: hummus, tabbouleh, olives, whole-grain pita, and cucumber-tomato salad	530	16	72	20
Snack	Low-fat yogurt with honey, walnuts, and a sliced apricot	250	10	30	10
Dinner	Za'atar roast chicken breast with pearl couscous, roasted carrots, and a lemony green salad	555	31	76	14
Total	Fiber 26 g	1,755	77	222	62

Exercise: Gentle yoga and stretching, plus an easy neighborhood stroll **30 min** · Light
≈80 kcal burned Recovery and 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 walking and aerobic sessions improve cardiac efficiency
Blood pressure	118–135 / 75–85 mmHg	Systolic down 4–8 mmHg over 8–12 weeks	Lower-sodium, potassium-rich meals plus near-daily movement
Fasting glucose	85–99 mg/dL	Steadier readings, 2–5 mg/dL lower over 12 weeks	High-fiber carbohydrates and post-meal walks blunt glucose spikes
LDL / HDL cholesterol	LDL below 130, HDL above 50 mg/dL	LDL down 5–10%, HDL up modestly	Olive oil, oily fish, and soluble fiber shift the lipid profile
VO2max	20–26 mL/kg/min	Up 8–12% over 12 weeks	Brisk walking, dance, and water aerobics raise aerobic capacity
Body-fat percentage	30–36%	Down 1–2 points over 12 weeks	A modest calorie balance with protein every meal
Muscle mass	Gradual age-related decline (sarcopenia risk)	Preserved or slightly increased	Twice-weekly resistance work plus about 77 g protein per day
Sleep quality	6–8 h, lighter and more fragmented with age	Deeper, more consistent sleep	Daytime activity, morning light exposure, and lighter dinners

What a consistent week does for the body

From the nutrition plan

- ✓ About 77 g of protein spread across all four meals helps counter age-related muscle loss.
- ✓ 25+ g of daily fiber from beans, oats, and vegetables supports digestion, cholesterol, and steady blood sugar.
- ✓ Calcium- and vitamin-D-rich foods such as yogurt, ricotta, and oily fish help maintain bone density after menopause.
- ✓ Potassium-rich, lower-sodium meals support healthy blood pressure.
- ✓ Unsaturated fats from olive oil, nuts, and fish support heart and brain health.

From the exercise plan

- ✓ Twice-weekly strength work stimulates muscle and bone, lowering fracture risk.
- ✓ Tai chi and balance drills sharpen stability and reduce fall risk.
- ✓ Brisk walks, dance, and water aerobics raise aerobic capacity while sparing the joints.
- ✓ Regular movement improves insulin sensitivity and helps keep blood pressure in range.
- ✓ A light Sunday keeps joints mobile and lets muscles fully recover.

Designed for a healthy woman around 68: extra protein, calcium, and balance training matter most at this stage. Portions and pace should always feel comfortable — this sample week is educational, not personal advice.

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