



Female, Teenager (12-17)

Assumes a normal, healthy female around age 15, 162 cm and 52 kg (BMI 19.8), active play / sports (typical for age). A full week of meals and movement, sized to a 2,000 kcal/day target.

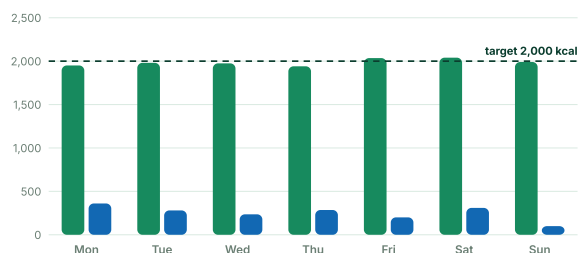
162 cm Height	52 kg Weight	19.8 BMI	1,390 kcal BMR	2,020 kcal TDEE
2,000 kcal Daily target	52 g Protein	308 g Carbs	62 g Fat	28 g Fiber
1.9 L Water				

THE WEEK IN NUMBERS

Energy, macros, and micronutrients

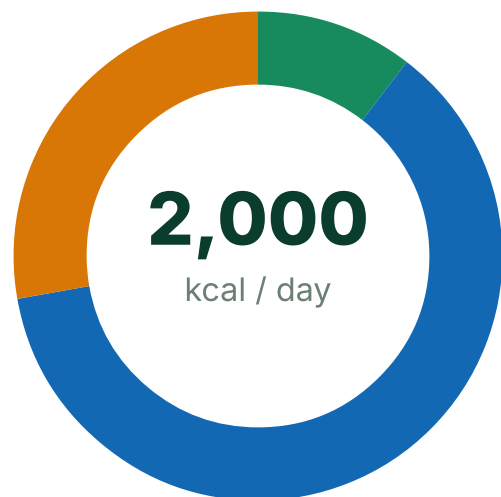
Daily energy balance

Calories eaten vs. burned in planned exercise, each day



Macro split

Share of daily calories by macronutrient



Intake (kcal) Exercise burn (kcal)

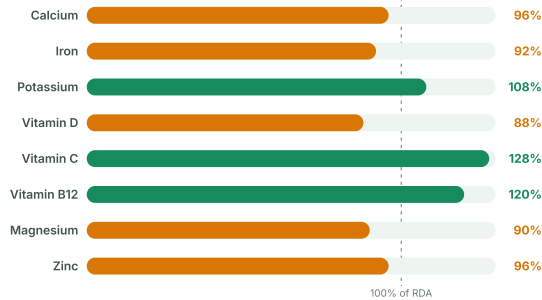
Daily target

Protein 52 g · 10% Carbs 308 g · 62%

Fat 62 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	495	470	290	695	1,950 kcal	Soccer practice with school team (drills, scrimmage) · 60 min
Tuesday	440	480	355	705	1,980 kcal	Basketball with friends at the park · 50 min
Wednesday	520	485	225	745	1,975 kcal	Swim session (laps, technique drills) · 45 min
Thursday	450	530	260	700	1,940 kcal	Hip-hop dance class · 60 min

DAY	BREAKFAST	LUNCH	SNACK	DINNER	INTAKE	EXERCISE
Friday	440	540	285	770	2,035 kcal	Easy jog with the r club + 10 minutes of stretching · 40 min
Saturday	495	505	255	785	2,040 kcal	Family bike ride on greenway · 60 min
Sunday	450	535	295	710	1,990 kcal	Gentle yoga at hon relaxed neighborhood walk · 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

A colorful sheet-pan dinner refuels muscles after a hard soccer practice.

1,950 kcal

MEAL	FOODS	KCAL	PROTEIN G	CARBS G	FAT G
Breakfast	Overnight oats with sliced banana, peanut butter and chia; small glass of orange juice	495	14	81	13
Lunch	Tuna salad sandwich on whole-grain bread with lettuce; apple; baby carrots	470	18	66	15
Snack	Greek yogurt parfait with granola and mixed berries	290	11	48	6
Dinner	Sheet-pan honey-lime chicken with roasted sweet potatoes and broccoli; whole-grain roll	695	21	96	25
Total	Fiber 28 g	1,950	64	291	59

Exercise: Soccer practice with the school team (drills + scrimmage) **60 min** · Vigorous
≈**360 kcal** burned Aerobic fitness + agility

Tuesday

Mediterranean flavors pack in olive oil, fish and plenty of vegetables.

1,980 kcal

MEAL	FOODS	KCAL	PROTEIN G	CARBS G	FAT G
Breakfast	Greek yogurt with honey, walnuts and sliced peach; slice of whole-grain toast	440	16	58	16
Lunch	Chicken pita pocket with tzatziki, cucumber and tomato; small bunch of grapes	480	19	70	14
Snack	Hummus with pita triangles and bell pepper strips; banana	355	7	61	9
Dinner	Baked lemon-herb white fish, roasted potatoes with olive oil and oregano, green beans; whole-grain roll	705	24	94	26
Total	Fiber 29 g	1,980	66	283	65

Exercise: Basketball with friends at the park **50 min** · Moderate **≈280 kcal** burned

Cardio + agility

Wednesday

A plant-forward pad thai shows protein doesn't always have to come from meat.

1,975 kcal

MEAL	FOODS	KCAL	PROTEIN G	CARBS G	FAT G
Breakfast	Scrambled eggs with whole-grain toast, banana and orange slices; glass of low-fat milk	520	19	75	16
Lunch	Chicken and vegetable stir-fry with brown rice (bento-style school lunch)	485	18	74	13
Snack	Steamed edamame, rice crackers and a mandarin	225	9	36	5
Dinner	Vegetable and tofu pad thai with rice noodles, crushed peanuts and lime	745	17	104	29
Total	Fiber 27 g	1,975	63	289	63

Exercise: Swim session (laps + technique drills) **45 min** · Moderate **≈235 kcal** burned
Full-body aerobic fitness

Thursday

Iron-rich beef and beans help meet the higher iron needs of teen girls.

1,940 kcal

MEAL	FOODS	KCAL	PROTEIN G	CARBS G	FAT G
Breakfast	Whole-grain toast with mashed avocado and a fried egg; mango chunks; glass of low-fat milk	450	17	60	16
Lunch	Chicken and black bean burrito bowl with brown rice, salsa, lettuce and a sprinkle of cheese	530	21	78	15
Snack	Small corn-tortilla cheese quesadilla; watermelon cubes	260	9	34	10
Dinner	Beef fajitas with sauteed peppers and onions, flour tortillas and guacamole	700	20	96	26
Total	Fiber 29 g	1,940	67	268	67

Exercise: Hip-hop dance class **60 min** · Moderate **≈285 kcal** burned

Coordination + cardio

FridayIndian-style dishes deliver fiber-rich legumes alongside whole grains. **2,035 kcal**

MEAL	FOODS	KCAL	PROTEIN G	CARBS G	FAT G
Breakfast	Banana-berry smoothie blended with low-fat milk and oats; small handful of almonds	440	15	64	14
Lunch	Chana masala (chickpea curry) with basmati rice and cucumber raita	540	18	86	14
Snack	Apple slices with peanut butter	285	7	28	16
Dinner	Chicken tikka with whole-wheat naan, yellow dal and kachumber salad	770	28	104	27
Total	Fiber 31 g	2,035	68	282	71

Exercise: Easy jog with the running club + 10 minutes of stretching **40 min** · Moderate
≈200 kcal burned Aerobic base + flexibility

Saturday

Homemade pizza night keeps food fun while the veggies keep it balanced.

2,040 kcal

MEAL	FOODS	KCAL	PROTEIN G	CARBS G	FAT G
Breakfast	Whole-grain waffles topped with strawberries, yogurt and a drizzle of maple syrup	495	13	82	13
Lunch	Caprese sandwich with mozzarella, tomato and basil on ciabatta; fresh peach	505	16	70	18
Snack	Air-popped popcorn with a sprinkle of parmesan; grapes	255	6	40	8
Dinner	Homemade whole-wheat veggie pizza with mozzarella, mushrooms and spinach; side salad	785	25	104	30
Total	Fiber 27 g	2,040	60	296	69

Exercise: Family bike ride on the greenway **60 min** · Moderate **≈310 kcal** burned

Endurance + leg strength

Sunday A lighter recovery day pairs easy movement with a colorful Middle Eastern spread. **1,990 kcal**

MEAL	FOODS	KCAL	PROTEIN G	CARBS G	FAT G
Breakfast	Shakshuka-style eggs in tomato-pepper sauce with whole-grain pita; orange	450	18	56	17
Lunch	Falafel wrap with hummus, tomato and cucumber; watermelon slices	535	15	76	19
Snack	Dates stuffed with almond butter; glass of low-fat milk	295	9	42	10
Dinner	Grilled chicken and vegetable skewers with bulgur pilaf and yogurt-mint sauce	710	28	96	24
Total	Fiber 28 g	1,990	70	270	70

Exercise: Gentle yoga at home + relaxed neighborhood walk **40 min** · Light
≈100 kcal burned Recovery + flexibility + balance

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
Bone mineral density	Peak bone-building years — up to ~40% of adult bone mass forms in adolescence	Steady density gains over months	Calcium and vitamin D intake plus weight-bearing sports
Height growth velocity	Tracking along her growth curve after the early-teen spurt	Continues on-curve, no dips	Energy intake matched to growth and daily activity
Aerobic fitness (estimated VO2max)	38–44 mL/kg/min	Up 5–10% over 8–12 weeks	Soccer, swimming, dance and cycling most days
Muscular strength & coordination	Improving steadily through puberty	More reps and longer play without fatigue in 6–8 weeks	Varied sport practice plus protein spread across meals
Healthy weight trajectory (BMI-for-age)	Near the 50th percentile for age	Tracks smoothly along the growth curve — no restrictive dieting	Regular balanced meals sized to activity
Energy & iron status	Teen girls need more iron (about 15 mg/day)	Steady energy in class and sport	Iron-rich beans, beef, turkey and fortified grains paired with vitamin C fruit
Sleep duration & quality	8–10 hours recommended for teens	Easier sleep onset and a more consistent schedule	Daytime activity and regular meal timing
Focus & mood	Stable energy across the school day	Fewer mid-afternoon slumps within 2–4 weeks	Breakfast every day and steady carbs plus protein at lunch

What a consistent week does for the body



From the nutrition plan

- ✓ Calcium- and vitamin D-rich dairy at most meals supports the roughly 40% of adult bone mass built during the teen years.
- ✓ About 65 g of protein a day, spread across four meals, fuels growth spurts and muscle repair after sport.
- ✓ Iron from beef, beans and fortified grains — paired with vitamin C fruits — helps offset the higher iron needs of teen girls.
- ✓ Around 28 g of fiber daily from oats, whole grains, fruit and legumes keeps digestion comfortable and fullness steady.
- ✓ Eating breakfast and regular meals keeps blood sugar even, supporting concentration through the school day.



From the exercise plan

- ✓ Weight-bearing sports like soccer, basketball and dance stimulate bone density during these peak building years.
- ✓ Five to six varied active days steadily build aerobic fitness — VO₂max typically rises 5–10% within 8–12 weeks.
- ✓ Mixing team sports, swimming, dance and cycling develops coordination, agility and confidence.
- ✓ One light recovery day of yoga and easy walking builds the habit of rest and lowers injury risk.

- ✓ Consistent daytime activity makes it easier to fall asleep — important when teens need 8–10 hours a night.

Teenage girls are in peak bone-building years, so calcium, vitamin D and iron matter most. This week matches food to growth and sport — it is about fueling well, never about restrictive dieting.

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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