



Female, Young adult (18–35)

Assumes a normal, healthy female around age 27, 163 cm and 60 kg (BMI 22.6), moderately active. A full week of meals and movement, sized to a 2,100 kcal/day target.

163 cm
Height

60 kg
Weight

22.6
BMI

1,320 kcal
BMR

2,050 kcal
TDEE

2,100 kcal
Daily target

90 g
Protein

278 g
Carbs

70 g
Fat

29 g
Fiber

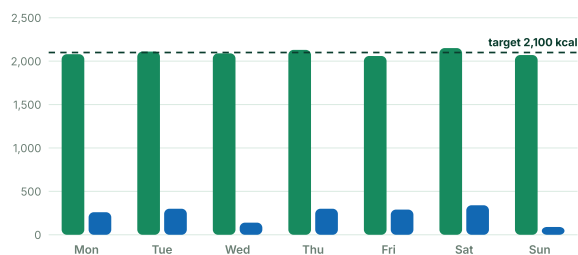
2.2 L
Water

THE WEEK IN NUMBERS

Energy, macros, and micronutrients

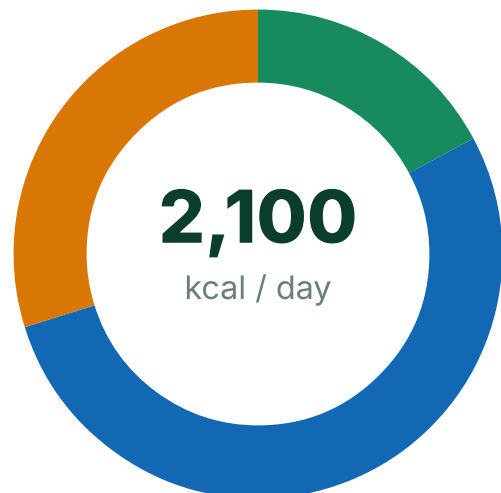
Daily energy balance

Calories eaten vs. burned in planned exercise, each day



Macro split

Share of daily calories by macronutrient



Intake (kcal) Exercise burn (kcal)

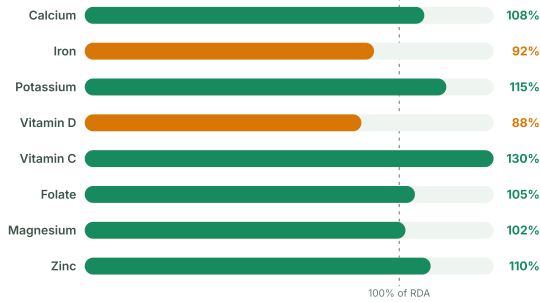
Daily target

Protein 90 g · 17% Carbs 278 g · 53%

Fat 70 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	450	620	250	760	2,080 kcal	Full-body strength with 10-minute tree warm-up · 50 min
Tuesday	430	650	260	770	2,110 kcal	Run-walk intervals park plus a short c finisher · 40 min
Wednesday	460	680	200	750	2,090 kcal	Vinyasa yoga flow 45 min
Thursday	470	640	240	780	2,130 kcal	Lower-body streng session followed b

DAY	BREAKFAST	LUNCH	SNACK	DINNER	INTAKE	EXERCISE
						stationary cycling · 30 min
Friday	420	560	230	850	2,060 kcal	Dance fitness class with friends · 45 min
Saturday	560	640	210	740	2,150 kcal	Weekend nature hike on rolling trails · 75 min
Sunday	440	590	240	800	2,070 kcal	Gentle stretching routine plus 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

Starting the week with strength work and omega-3-rich salmon sets the tone for muscle and heart health.

2,080 kcal

MEAL	FOODS	KCAL	PROTEIN G	CARBS G	FAT G
Breakfast	Greek yogurt parfait with granola, strawberries and a drizzle of honey	450	25	60	13
Lunch	Chicken shawarma grain bowl: bulgur, cucumber-tomato salad, tahini drizzle	620	30	76	21
Snack	Apple slices with peanut butter	250	7	32	11
Dinner	Baked lemon-herb salmon, roasted baby potatoes, steamed broccoli	760	30	94	25
Total	Fiber 30 g	2,080	92	262	70

Exercise: Full-body strength circuit with 10-minute treadmill warm-up **50 min** · Moderate
≈**260 kcal** burned Strength + muscle maintenance

Tuesday

A Japanese-inspired day pairs interval cardio with soy protein and plenty of colorful vegetables.

2,110 kcal

MEAL	FOODS	KCAL	PROTEIN G	CARBS G	FAT G
Breakfast	Vegetable omelet with whole-grain toast and an orange	430	24	42	18
Lunch	Chicken teriyaki bowl with brown rice, edamame and pickled vegetables	650	38	88	14
Snack	Banana with a small handful of almonds	260	6	34	12
Dinner	Tofu and rainbow vegetable stir-fry over soba noodles	770	23	101	24
Total	Fiber 29 g	2,110	91	265	68

Exercise: Run-walk intervals in the park plus a short core finisher

40 min · Moderate-vigorous **≈300 kcal** burned Cardio + core

Wednesday

A Latin-flavored, fiber-heavy day paired with yoga gives joints and the nervous system a mid-week reset.

2,090 kcal

MEAL	FOODS	KCAL	PROTEIN G	CARBS G	FAT G
Breakfast	Overnight oats with chia seeds, raspberries and low-fat milk	460	20	68	13
Lunch	Chicken burrito bowl: black beans, rice, salsa and guacamole	680	36	82	22
Snack	Plain Greek yogurt with a spoonful of honey	200	15	26	4
Dinner	Grilled shrimp tacos on corn tortillas with cabbage slaw and avocado crema	750	22	79	32
Total	Fiber 32 g	2,090	93	255	71

Exercise: Vinyasa yoga flow class **45 min** · Light-moderate **≈140 kcal** burned

Mobility + stress relief

Thursday

Indian classics deliver iron and folate from chickpeas and spinach on the week's biggest leg day.

2,130 kcal

MEAL	FOODS	KCAL	PROTEIN G	CARBS G	FAT G
Breakfast	Avocado toast on whole-grain bread with two poached eggs	470	20	40	26
Lunch	Chana masala (chickpea curry) with basmati rice and cucumber raita	640	24	98	16
Snack	Mango-yogurt lassi	240	10	42	4
Dinner	Tandoori-style chicken with whole-wheat roti and garlic sautéed spinach	780	36	92	23
Total	Fiber 33 g	2,130	90	272	69

Exercise: Lower-body strength session followed by easy stationary cycling

55 min · Moderate **≈300 kcal** burned Leg + glute strength

Friday

An Italian-style pasta night is easy to enjoy after a high-energy dance class kicks off the weekend.

2,060 kcal

MEAL	FOODS	KCAL	PROTEIN G	CARBS G	FAT G
Breakfast	Green smoothie: banana, spinach, oats, Greek yogurt and milk	420	24	64	8
Lunch	Tuna and white-bean salad with arugula, olive-oil dressing and a whole-grain roll	560	33	48	24
Snack	Whole-grain crackers with hummus	230	7	29	10
Dinner	Whole-wheat spaghetti with turkey meatballs, marinara and a side salad	850	28	104	28
Total	Fiber 31 g	2,060	92	245	70

Exercise: Dance fitness class with friends **45 min** · Moderate–vigorous

≈**290 kcal** burned Cardio + coordination

Saturday

A relaxed brunch-to-steak-dinner day fuels the week's longest outing
— a scenic 75-minute hike.

2,150 kcal

MEAL	FOODS	KCAL	PROTEIN G	CARBS G	FAT G
Breakfast	Whole-grain pancakes with strawberries and maple syrup; one scrambled egg	560	20	86	16
Lunch	Falafel pita with hummus and tabbouleh	640	20	84	26
Snack	Cottage cheese with pineapple chunks	210	18	24	4
Dinner	Grilled lean sirloin with quinoa pilaf and roasted seasonal vegetables	740	32	76	26
Total	Fiber 30 g	2,150	90	270	72

Exercise: Weekend nature hike on rolling trails **75 min** · Moderate **≈340 kcal** burned
Endurance + time outdoors

Sunday

A light recovery day lets muscles rebuild while fish, sweet potato and greens top up key nutrients.

2,070 kcal

MEAL	FOODS	KCAL	PROTEIN G	CARBS G	FAT G
Breakfast	Berry-almond baked oatmeal with warm milk	440	18	66	12
Lunch	Thai-style chicken lettuce wraps with jasmine rice	590	34	68	18
Snack	A ripe pear with two squares of dark chocolate	240	3	42	8
Dinner	Miso-glazed cod with sweet potato mash and green beans	800	37	82	30
Total	Fiber 28 g	2,070	92	258	68

Exercise: Gentle stretching routine plus an easy neighborhood stroll **30 min** · Light
≈90 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 3–8 bpm over 8–12 weeks	Regular cardio increases stroke volume, so the heart does more per beat

PARAMETER	TYPICAL HEALTHY RANGE	EXPECTED CHANGE	WHY
Blood pressure	105–120 / 65–80 mmHg	Stays in healthy range; 2–4 mmHg lower if starting higher	Aerobic exercise and potassium-rich, moderate-sodium meals relax blood vessels
Fasting glucose	75–95 mg/dL	Steadier day-to-day readings within 4–6 weeks	Fiber-rich carbs and strength work improve insulin sensitivity
LDL / HDL cholesterol	LDL < 100, HDL 50–70 mg/dL	LDL down 5–10%, HDL nudges up over 8–12 weeks	Olive oil, fish, oats and legumes shift blood lipids favorably
VO2max (aerobic fitness)	33–40 mL/kg/min	Up 5–12% in 8–12 weeks	Runs, cycling and dance sessions push the heart and lungs to adapt
Body-fat percentage	21–30%	Gradual 1–2 point improvement over 12+ weeks	Balanced energy intake with adequate protein preserves lean tissue
Muscle mass	Stable lean mass for height	Small visible gains in 8–12 weeks	Twice-weekly strength training plus ~90 g protein spread across meals
Sleep quality	7–9 h, mostly unbroken	Falls asleep faster; deeper sleep within 2–4 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

- ✓ Spreading ~90 g of protein over four meals keeps muscle-repair signals active all day and steadies appetite.
- ✓ Around 30 g of daily fiber from beans, oats and vegetables feeds gut bacteria and smooths post-meal glucose curves.
- ✓ Fish twice a week plus olive oil and nuts supplies omega-3 and unsaturated fats that support healthy blood lipids.
- ✓ Iron- and folate-rich foods (chickpeas, spinach, lean beef) support red blood cell production — especially important for young women.
- ✓ Keeping added sugar mostly to fruit, honey and one chocolate treat leaves energy steadier between meals.



From the exercise plan

- ✓ Two strength sessions a week stimulate muscle protein synthesis and gradually raise resting metabolic rate.
- ✓ Interval runs and dance classes push VO₂max upward, so everyday activities feel easier within weeks.
- ✓ Weight-bearing work (strength, hiking, running) builds peak bone density during the years it matters most.
- ✓ Yoga and stretching improve hip and shoulder mobility and lower perceived stress.
- ✓ A deliberate light Sunday lets tissues adapt, which is where fitness gains are actually consolidated.

Young adulthood is the prime window for building bone density and lifelong habits — consistency with strength training, iron- and folate-rich foods, and 7–9 hours of sleep pays off for decades.

Adjust portions with hunger and activity rather than aiming for perfection every day.

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