



# Male, Middle age (36–55)

Assumes a normal, healthy male around age 45, 176 cm and 79 kg (BMI 25.5), moderately active. A full week of meals and movement, sized to a 2,400 kcal/day target.

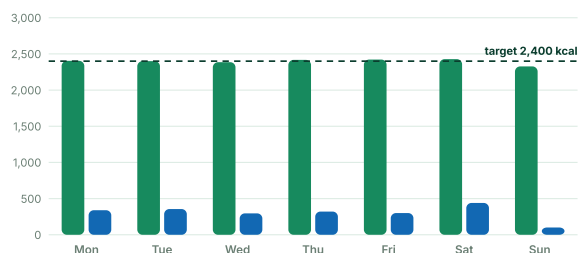
<b>176</b> cm Height	<b>79</b> kg Weight	<b>25.5</b> BMI	<b>1,670</b> kcal BMR	<b>2,590</b> kcal TDEE
<b>2,400</b> kcal Daily target	<b>110</b> g Protein	<b>315</b> g Carbs	<b>78</b> g Fat	<b>34</b> g Fiber
<b>3.0</b> L Water				

## THE WEEK IN NUMBERS

# Energy, macros, and micronutrients

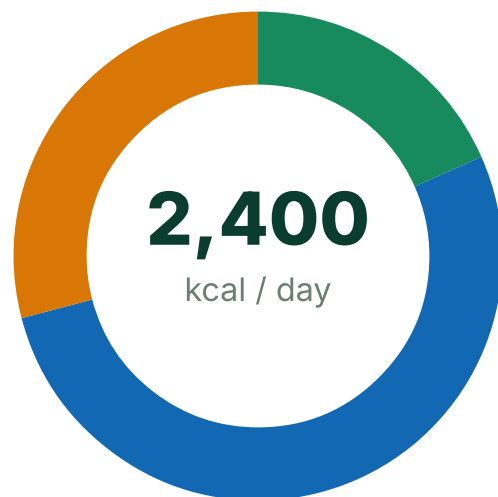
### Daily energy balance

Calories eaten vs. burned in planned exercise, each day



### Macro split

Share of daily calories by macronutrient



■ Intake (kcal)
 ■ Exercise burn (kcal)

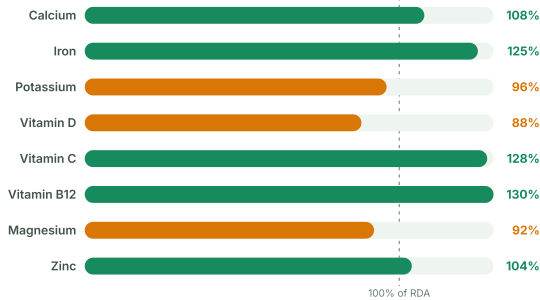
— Daily target

■ Protein 110 g · 18%
 ■ Carbs 315 g · 52%

■ Fat 78 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
<b>Monday</b>	560	720	327	797	<b>2,404 kcal</b>	Brisk walk + full-body dumbbell strength 50 min
<b>Tuesday</b>	556	712	304	828	<b>2,400 kcal</b>	Steady-state cycling outdoor or stationary 60 min
<b>Wednesday</b>	564	682	336	804	<b>2,386 kcal</b>	Upper-body strength (push/pull) + core 45 min
<b>Thursday</b>	504	710	322	882	<b>2,418 kcal</b>	Interval walk-jog: 1 min brisk jog / 2 min walk

DAY	BREAKFAST	LUNCH	SNACK	DINNER	INTAKE	EXERCISE
						repeats · 35 min
<b>Friday</b>	554	660	326	882	<b>2,422 kcal</b>	Lower-body strength (squats, lunges, hip mobility) · 45 min
<b>Saturday</b>	534	694	337	862	<b>2,427 kcal</b>	Weekend hike or local brisk walk on varied terrain · 70 min
<b>Sunday</b>	594	606	274	853	<b>2,327 kcal</b>	Gentle yoga flow + neighborhood stroll · 45 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 Mediterranean start: olive oil, fish, and yogurt front-load the week with heart-friendly fats and protein.

2,404 kcal

MEAL	FOODS	KCAL	PROTEIN G	CARBS G	FAT G
<b>Breakfast</b>	Greek yogurt bowl with blueberries, walnuts, honey, and whole-grain granola	560	28	76	16
<b>Lunch</b>	Chicken souvlaki whole-wheat wrap with tzatziki; Greek salad with olives and feta	720	40	86	24
<b>Snack</b>	Hummus with carrot sticks and half a whole-grain pita	327	9	48	11
<b>Dinner</b>	Baked salmon with lemon-herb quinoa, roasted zucchini and peppers, whole-grain roll	797	35	108	25
<b>Total</b>	<b>Fiber 36 g</b>	<b>2,404</b>	<b>112</b>	<b>318</b>	<b>76</b>

**Exercise:** Brisk walk + full-body dumbbell strength circuit **50 min** · Moderate

≈**340 kcal** burned    Cardio + full-body strength

## Tuesday

A Japanese-inspired day keeps sodium in check by leaning on ginger, sesame, and citrus for flavor instead of extra salt.

2,400 kcal

MEAL	FOODS	KCAL	PROTEIN G	CARBS G	FAT G
<b>Breakfast</b>	Japanese-style vegetable omelet with steamed rice, miso soup, and an orange	556	24	70	20
<b>Lunch</b>	Teriyaki chicken rice bowl with edamame, shredded carrot, and pickled cucumber	712	38	86	24
<b>Snack</b>	Cottage cheese with pineapple chunks and rice crackers	304	14	44	8
<b>Dinner</b>	Miso-glazed cod, soba noodles with sesame-ginger vegetables, seaweed salad	828	34	110	28
<b>Total</b>	<b>Fiber 33 g</b>	<b>2,400</b>	<b>110</b>	<b>310</b>	<b>80</b>

**Exercise:** Steady-state cycling, outdoor or stationary **40 min** · Moderate

**≈355 kcal** burned    Aerobic base, joint-friendly cardio

## Wednesday

Beans, corn tortillas, and vegetables make this the highest-fiber day, feeding gut bacteria that help regulate cholesterol.

2,386 kcal

MEAL	FOODS	KCAL	PROTEIN G	CARBS G	FAT G
<b>Breakfast</b>	Scrambled-egg breakfast tacos with black beans, salsa, and sliced avocado	564	26	70	20
<b>Lunch</b>	Chicken burrito bowl with brown rice, fajita peppers, corn, and pico de gallo	682	38	92	18
<b>Snack</b>	Banana with natural peanut butter	336	8	40	16
<b>Dinner</b>	Shrimp tacos on corn tortillas with cabbage slaw and lime crema; cilantro-lime rice	804	36	120	20
<b>Total</b>	<b>Fiber 38 g</b>	<b>2,386</b>	<b>108</b>	<b>322</b>	<b>74</b>

**Exercise:** Upper-body strength (push/pull) + core work **45 min** · Moderate

≈295 kcal burned Chest, back, shoulders, core stability

## Thursday

Lentils, chickpeas, and paneer show how an Indian vegetarian-leaning day still lands 112 g of protein.

2,418 kcal

MEAL	FOODS	KCAL	PROTEIN G	CARBS G	FAT G
<b>Breakfast</b>	Masala oats with peas, carrot, and tomato; a glass of plain lassi	504	24	66	16
<b>Lunch</b>	Chicken tikka with yellow dal, brown basmati rice, and cucumber raita	710	44	84	22
<b>Snack</b>	Roasted chana (spiced chickpeas) and a pear	322	12	46	10
<b>Dinner</b>	Paneer and pea curry with two whole-wheat chapatis, spiced spinach, and a small portion of basmati rice	882	32	112	34
<b>Total</b>	<b>Fiber 37 g</b>	<b>2,418</b>	<b>112</b>	<b>308</b>	<b>82</b>

**Exercise:** Interval walk-jog: 1 min brisk jog / 2 min walk repeats **35 min** · Moderate-high  
≈**320 kcal** burned Cardio intervals for VO2max

## Friday

An Italian night done smart: turkey bolognese and whole-wheat pasta cut saturated fat while keeping the comfort.

2,422 kcal

MEAL	FOODS	KCAL	PROTEIN G	CARBS G	FAT G
<b>Breakfast</b>	Whole-grain toast with ricotta, sliced tomato, and basil; fresh orange	554	24	74	18
<b>Lunch</b>	Minestrone with cannellini beans; half a grilled chicken panini	660	36	84	20
<b>Snack</b>	Part-skim mozzarella stick, grapes, and a small handful of almonds	326	14	36	14
<b>Dinner</b>	Whole-wheat spaghetti with turkey bolognese, side salad with balsamic vinaigrette, garlic-rubbed bread	882	36	126	26
<b>Total</b>	<b>Fiber 36 g</b>	<b>2,422</b>	<b>110</b>	<b>320</b>	<b>78</b>

**Exercise:** Lower-body strength (squats, lunges, hinges) + hip mobility **45 min** · Moderate  
≈**300 kcal** burned    Legs, glutes, hip mobility

## Saturday

The biggest eating day is paired with the longest activity — a hike that burns roughly what the dates and kofta add.

2,427 kcal

MEAL	FOODS	KCAL	PROTEIN G	CARBS G	FAT G
<b>Breakfast</b>	Shakshuka — eggs poached in tomato-pepper sauce — with whole-grain pita	534	26	58	22
<b>Lunch</b>	Chicken shawarma plate with bulgur tabbouleh and pickled vegetables	694	42	82	22
<b>Snack</b>	Dates stuffed with walnuts; fresh mint tea	337	6	49	13
<b>Dinner</b>	Lean beef kofta with saffron rice, grilled vegetables, and cucumber-yogurt sauce	862	40	126	22
<b>Total</b>	<b>Fiber 34 g</b>	<b>2,427</b>	<b>114</b>	<b>315</b>	<b>79</b>

**Exercise:** Weekend hike or long brisk walk on varied terrain **70 min** · Moderate

**≈440 kcal** burned    Endurance, legs, time outdoors

## Sunday

A lighter recovery day: classic American comfort food in sensible portions while muscles rebuild from the week.

2,327 kcal

MEAL	FOODS	KCAL	PROTEIN G	CARBS G	FAT G
<b>Breakfast</b>	Whole-grain buttermilk pancakes with strawberries and a light drizzle of maple syrup; turkey sausage	594	26	82	18
<b>Lunch</b>	Turkey and avocado sandwich on whole-grain bread with vinegar coleslaw and an apple	606	34	68	22
<b>Snack</b>	Air-popped popcorn and a string cheese	274	12	34	10
<b>Dinner</b>	Herb-roasted chicken breast, baked sweet potato, steamed green beans, small dinner roll	853	36	121	25
<b>Total</b>	<b>Fiber 35 g</b>	<b>2,327</b>	<b>108</b>	<b>305</b>	<b>75</b>

**Exercise:** Gentle yoga flow + easy neighborhood stroll **30 min** · Light **≈100 kcal** burned  
Recovery, flexibility, stress reduction

### 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>Resting heart rate</b>	62–78 bpm	<b>Down 4–8 bpm over 8–12 weeks</b>	Regular aerobic work increases stroke volume, so the heart beats less often at rest
<b>Blood pressure</b>	118–128 / 76–84 mmHg	<b>Down 4–9 mmHg systolic over 8–12 weeks</b>	Aerobic exercise, potassium-rich vegetables, and sodium kept under 2300 mg
<b>Fasting glucose</b>	85–99 mg/dL	<b>Steadier readings, often 2–6 mg/dL lower in 8 weeks</b>	High-fiber carbs and post-meal muscle activity improve insulin sensitivity
<b>LDL / HDL cholesterol</b>	LDL 100–130, HDL 40–55 mg/dL	<b>LDL down 5–10%, HDL up 3–6% over 12 weeks</b>	Olive oil, fish, nuts, and soluble fiber replacing saturated fat
<b>VO2max</b>	33–40 mL/kg/min	<b>Up 5–10% over 10–12 weeks</b>	Weekly interval session plus steady cardio expands aerobic capacity
<b>Body-fat percentage</b>	20–25%	<b>Down 1–2 points over 12 weeks</b>	Modest calorie deficit (~190 kcal/day) with protein high enough to keep muscle
<b>Muscle mass</b>	Slow decline begins after 40 without training	<b>Maintained or slightly increased</b>	Three strength sessions weekly plus ~1.4 g protein per kg body weight
<b>Sleep quality</b>	6.5–7.5 h, variable depth	<b>Faster sleep onset and more deep sleep within</b>	Daytime exercise, steady mealtimes,

PARAMETER	TYPICAL HEALTHY RANGE	EXPECTED CHANGE	WHY
		3–4 weeks	and lighter evening eating

## PHYSIOLOGICAL CHANGES

# What a consistent week does for the body

### From the nutrition plan

- ✓ A steady ~190 kcal/day deficit below maintenance trims roughly 0.2 kg of fat per week without triggering strong hunger rebound.
- ✓ About 1.4 g protein per kg body weight, spread across four meals, counters the gradual muscle loss that starts in the 40s.
- ✓ 34+ g of daily fiber from beans, whole grains, and vegetables slows glucose absorption and helps lower LDL cholesterol.
- ✓ Olive oil, nuts, and fish twice a week shift blood-lipid balance toward higher HDL and lower triglycerides.
- ✓ Keeping added sugar under 30 g and sodium under 2300 mg supports steadier energy and lower blood pressure.

### From the exercise plan

- ✓ Three weekly strength sessions preserve muscle and bone density at the age when both begin to decline measurably.
- ✓ One interval session per week raises VO<sub>2</sub>max, a strong predictor of long-term health at midlife.
- ✓ Regular moderate cardio (walking, cycling, hiking) improves insulin sensitivity for 24–48 hours after each session.

- ✓ Hip and lower-body mobility work keeps squatting, bending, and stair-climbing easy, protecting the lower back.
- ✓ A deliberate light recovery day improves sleep and lets tendons and joints adapt, reducing overuse injuries.

At midlife, keeping muscle is the priority: protein at every meal plus regular strength training does more than aggressive dieting. This sample week is educational, not medical advice — adjust portions to your own energy needs and check with a professional before major changes.

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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