



Male, Older adult (56+)

Assumes a normal, healthy male around age 68, 173 cm and 76 kg (BMI 25.4), moderately active. A full week of meals and movement, sized to a 2,200 kcal/day target.

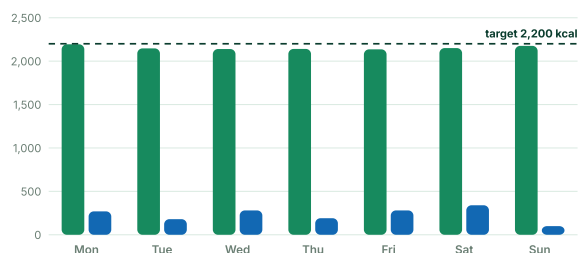
173 cm Height	76 kg Weight	25.4 BMI	1,510 kcal BMR	2,340 kcal TDEE
2,200 kcal Daily target	95 g Protein	297 g Carbs	70 g Fat	31 g Fiber
3.0 L Water				

THE WEEK IN NUMBERS

Energy, macros, and micronutrients

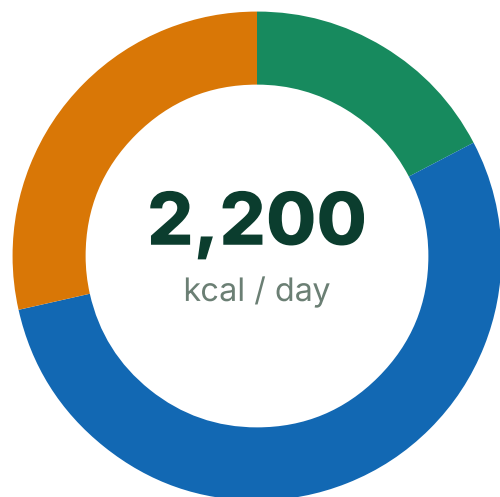
Daily energy balance

Calories eaten vs. burned in planned exercise, each day



Macro split

Share of daily calories by macronutrient



Intake (kcal) Exercise burn (kcal)

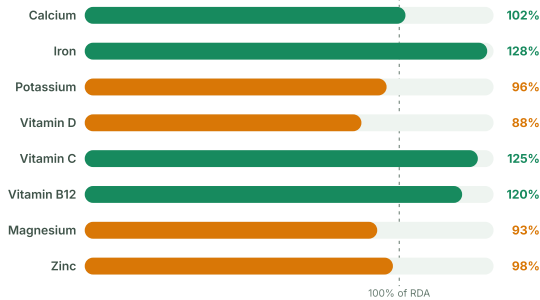
Daily target

Protein 95 g · 17% Carbs 297 g · 54%

Fat 70 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	524	622	290	758	2,194 kcal	Brisk morning walk followed by a light dumbbell circuit (s to chair, rows, pres 50 min
Tuesday	514	615	312	706	2,147 kcal	Resistance-band s session plus single balance and heel-t walking drills · 40 r
Wednesday	474	664	286	716	2,140 kcal	Water aerobics or : lap swimming at th community pool · 4

DAY	BREAKFAST	LUNCH	SNACK	DINNER	INTAKE	EXERCISE
Thursday	513	636	300	692	2,141 kcal	Bodyweight and light dumbbell strength: squats, wall push-ups, step-ups, farmer carries · 40 min
Friday	482	610	256	788	2,136 kcal	Stationary cycling at conversational pace, finishing with 10 min of full-body stretching · 40 min
Saturday	574	628	270	678	2,150 kcal	Nature trail walk with gentle hills, using poles or a walking stick if preferred · 60 min
Sunday	528	638	280	730	2,176 kcal	Rest-style day: easy neighborhood stroll · 15 minutes of gentle stretching and deep breathing · 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 oat fiber open the week with heart-friendly fats and steady energy.

2,194 kcal

MEAL	FOODS	KCAL	PROTEIN G	CARBS G	FAT G
Breakfast	Steel-cut oatmeal with blueberries, ground flaxseed, and walnuts; glass of low-fat milk	524	20	75	16
Lunch	Greek salad with grilled chicken, chickpeas, cucumber, feta, and olive oil-lemon dressing; whole-grain pita; an orange	622	30	85	18
Snack	Plain Greek yogurt with sliced peach and pumpkin seeds; two oat crackers	290	12	38	10
Dinner	Baked salmon with herbed brown rice, roasted asparagus, and a lemon-olive oil drizzle	758	33	98	26
Total	Fiber 34 g	2,194	95	296	70

Exercise: Brisk morning walk followed by a light dumbbell circuit (squats to chair, rows, presses)

50 min · Moderate **≈270 kcal** burned Cardio base + full-body strength

Tuesday

An East Asian day pairing lean soy and poultry protein with balance work that protects against falls.

2,147 kcal

MEAL	FOODS	KCAL	PROTEIN G	CARBS G	FAT G
Breakfast	Vegetable omelet (two eggs plus whites) with spinach and tomato; two slices whole-grain toast; quarter avocado; fresh orange	514	24	55	22
Lunch	Tofu and vegetable stir-fry (broccoli, carrots, snap peas) in ginger-garlic sauce over brown rice, sprinkled with sesame seeds	615	26	85	19
Snack	Banana with a tablespoon of peanut butter; unsweetened green tea	312	7	35	16
Dinner	Ginger-poached chicken breast over soba noodles with bok choy, shiitake mushrooms, and edamame	706	40	105	14
Total	Fiber 30 g	2,147	97	280	71

Exercise: Resistance-band strength session plus single-leg balance and heel-to-toe walking drills

40 min · Moderate **≈180 kcal** burned Muscle preservation + fall prevention

Wednesday

Latin flavors deliver beans-and-fish fiber and lean protein, while pool work spares the knees and hips.

2,140 kcal

MEAL	FOODS	KCAL	PROTEIN G	CARBS G	FAT G
Breakfast	Greek yogurt parfait with strawberries, low-sugar granola, and chia seeds	474	22	65	14
Lunch	Chicken and black-bean burrito bowl with brown rice, pico de gallo, shredded lettuce, and avocado	664	36	85	20
Snack	Guacamole with baby carrots, jicama sticks, and a few whole-grain crackers	286	5	35	14
Dinner	Baked cod Veracruz-style (tomatoes, olives, peppers) with cilantro-lime rice and sautéed zucchini	716	34	100	20
Total	Fiber 32 g	2,140	97	285	68

Exercise: Water aerobics or steady lap swimming at the community pool

40 min · Moderate **≈280 kcal** burned Joint-friendly cardio + mobility

Thursday

A South Asian legume-forward day — lentils and chickpeas supply fiber that helps manage cholesterol and glucose.

2,141 kcal

MEAL	FOODS	KCAL	PROTEIN G	CARBS G	FAT G
Breakfast	Masala vegetable oats (peas, carrots, turmeric) topped with a boiled egg; unsweetened low-fat lassi	513	22	68	17
Lunch	Lentil dal with brown basmati rice, wilted spinach, and cucumber raita	636	28	95	16
Snack	Apple slices with roasted chana (chickpeas) and a small handful of almonds	300	8	40	12
Dinner	Tandoori-spiced chicken thighs with whole-wheat roti, mixed vegetable sabzi, and kachumber salad	692	40	70	28
Total	Fiber 33 g	2,141	98	273	73

Exercise: Bodyweight and light-dumbbell strength: sit-to-stands, wall push-ups, step-ups, farmer carries

40 min · Moderate **≈190 kcal** burned Leg and grip strength for everyday independence

Friday

An Italian-inspired day where beans, whole-wheat pasta, and olive oil echo the Mediterranean pattern linked to healthy aging.

2,136 kcal

MEAL	FOODS	KCAL	PROTEIN G	CARBS G	FAT G
Breakfast	Whole-grain toast with ricotta, sliced pear, and chopped walnuts; coffee with low-fat milk	482	20	60	18
Lunch	Minestrone soup with cannellini beans and pasta; whole-grain roll; side salad with olive oil vinaigrette	610	22	90	18
Snack	Cottage cheese with cherry tomatoes, cracked pepper, and rye crispbread	256	16	30	8
Dinner	Whole-wheat spaghetti with turkey-tomato ragù, shaved parmesan, and garlicky sautéed greens	788	38	105	24
Total	Fiber 31 g	2,136	96	285	68

Exercise: Stationary cycling at a conversational pace, finishing with 10 minutes of full-body stretching

40 min · Moderate **≈280 kcal** burned Low-impact cardio + flexibility

Saturday

A hearty weekend day — the longer hill walk earns the classic steak dinner while keeping the weekly energy balance on target.

2,150 kcal

MEAL	FOODS	KCAL	PROTEIN G	CARBS G	FAT G
Breakfast	Buckwheat pancakes topped with strawberries and plain yogurt, with a light drizzle of maple syrup	574	22	90	14
Lunch	Turkey and avocado sandwich on whole-grain bread with a cup of lentil soup and an apple	628	32	80	20
Snack	Small handful of unsalted trail mix (almonds, walnuts, raisins)	270	6	30	14
Dinner	Grilled sirloin (modest portion) with baked sweet potato, green beans, and sautéed mushrooms	678	36	75	26
Total	Fiber 29 g	2,150	96	275	74

Exercise: Nature trail walk with gentle hills, using poles or a walking stick if preferred

60 min · Moderate **≈340 kcal** burned Endurance, leg strength, and time outdoors

Sunday

A Middle Eastern table and a deliberately light movement day let muscles and joints recover before the new week.

2,176 kcal

MEAL	FOODS	KCAL	PROTEIN G	CARBS G	FAT G
Breakfast	Shakshuka (two eggs poached in tomato-pepper sauce) with whole-grain pita and a side of melon	528	22	65	20
Lunch	Lentil-vegetable soup with hummus, tabbouleh, and warm whole-grain pita	638	24	95	18
Snack	Two Medjool dates stuffed with walnuts; fresh mint tea	280	5	38	12
Dinner	Grilled shrimp skewers over bulgur pilaf with roasted eggplant and a yogurt-cucumber sauce	730	42	100	18
Total	Fiber 31 g	2,176	93	298	68

Exercise: Rest-style day: easy neighborhood stroll plus 15 minutes of gentle stretching and deep breathing

30 min · Light **≈100 kcal** burned Recovery, flexibility, and relaxation

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	62–76 bpm	Down 3–6 bpm over 8–12 weeks	Regular brisk walking and cycling increase stroke volume, so the heart does the same work with fewer beats
Blood pressure	118–134 / 74–84 mmHg	Systolic down 4–8 mmHg over 8–12 weeks	Daily aerobic activity, potassium-rich vegetables, and keeping sodium under 2,300 mg improve vessel compliance
Fasting glucose	85–105 mg/dL	Down 3–7 mg/dL over 8–12 weeks	Strength training and high-fiber meals improve muscle glucose uptake and slow carbohydrate absorption
LDL / HDL cholesterol	LDL 100–130 / HDL 40–55 mg/dL	LDL down 5–10%, HDL up modestly over 12 weeks	Oats, beans, nuts, olive oil, and fatty fish shift blood lipids; aerobic work raises HDL
VO2max (aerobic capacity)	26–32 mL/kg/min	Up 8–12% over 12 weeks	Consistent moderate cardio expands mitochondrial density and cardiac output even after 65
Body-fat percentage	22–28%	Down 1–2 percentage points over 12 weeks	A modest energy gap (~140 kcal/day below TDEE) with high protein preserves lean tissue while trimming fat

PARAMETER	TYPICAL HEALTHY RANGE	EXPECTED CHANGE	WHY
Muscle mass	Gradual age-related loss (~1%/year) without training	Loss halted; +0.5–1 kg lean mass possible over 12–16 weeks	Twice-weekly resistance work plus 90–100 g protein spread across four meals counters sarcopenia
Sleep quality	7–8 hours, lighter with age	Deeper sleep and fewer night wakings within 4–6 weeks	Morning daylight walk and regular exercise strengthen circadian rhythm

PHYSIOLOGICAL CHANGES

What a consistent week does for the body

From the nutrition plan

- ✓ Spreading 90–100 g of protein evenly across four meals maximizes muscle-protein synthesis at each sitting, the key dietary lever against age-related muscle loss.
- ✓ Around 30 g of daily fiber from oats, beans, lentils, and vegetables helps lower LDL cholesterol and smooths post-meal glucose.
- ✓ Emphasizing olive oil, nuts, and fatty fish over saturated fats supports healthy blood-lipid levels and reduces vascular inflammation.
- ✓ Potassium-rich produce with sodium held under 2,300 mg nudges blood pressure downward over weeks.
- ✓ A modest ~140 kcal/day gap below estimated needs allows slow fat loss without sacrificing the protein needed to protect lean mass.



From the exercise plan

- ✓ Two weekly strength sessions signal muscles and bones to retain — and even rebuild — tissue, directly countering sarcopenia and bone-density decline.
- ✓ Regular brisk walking, cycling, and swimming raise VO2max and lower resting heart rate and blood pressure.
- ✓ Dedicated balance drills (single-leg stands, heel-to-toe walking) measurably reduce fall risk within 8–12 weeks.
- ✓ Low-impact choices like water aerobics and cycling keep joints comfortable while still challenging the heart.
- ✓ One light recovery day per week lets connective tissue adapt, which matters more with age and reduces overuse injuries.

After 55, protein at every meal and twice-weekly strength plus balance work do the heavy lifting for staying independent. Adjust portions with your appetite and check with your clinician before changing your routine if you manage a chronic condition.

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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