



Male, Teenager (12-17)

Assumes a normal, healthy male around age 15, 170 cm and 58 kg (BMI 20.1), active play / sports (typical for age). A full week of meals and movement, sized to a 2,600 kcal/day target.

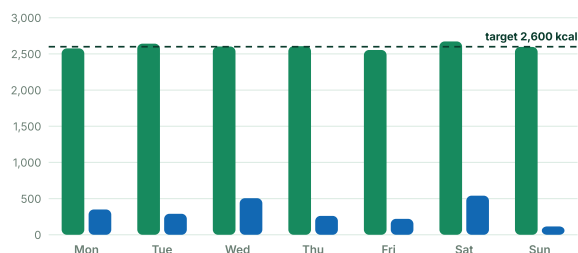
170 cm Height	58 kg Weight	20.1 BMI	1,680 kcal BMR	2,600 kcal TDEE
2,600 kcal Daily target	65 g Protein	395 g Carbs	85 g Fat	36 g Fiber
2.4 L Water				

THE WEEK IN NUMBERS

Energy, macros, and micronutrients

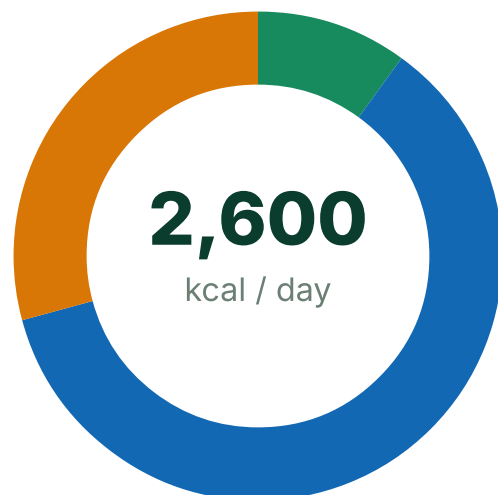
Daily energy balance

Calories eaten vs. burned in planned exercise, each day



Macro split

Share of daily calories by macronutrient



Intake (kcal) Exercise burn (kcal)

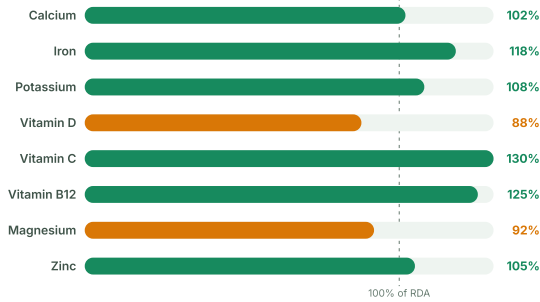
Daily target

Protein 65 g · 10% Carbs 395 g · 61%

Fat 85 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	534	718	370	954	2,576 kcal	Basketball practice (dribbling and scrimmage) · 60 min
Tuesday	528	732	408	974	2,642 kcal	School PE class + 30 min · 45 min evening bike ride · 45 min
Wednesday	535	704	386	978	2,603 kcal	Soccer practice (dribbling and small-sided games) · 60 min
Thursday	548	728	380	951	2,607 kcal	Swimming laps at the community pool · 45 min

DAY	BREAKFAST	LUNCH	SNACK	DINNER	INTAKE	EXERCISE
Friday	514	692	358	990	2,554 kcal	Cycling and skateboarding with friends · 45 min
Saturday	636	744	394	898	2,672 kcal	Weekend soccer m including warm-up min
Sunday	554	664	344	1,034	2,596 kcal	Easy walk with fam full-body stretching 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 hearty pasta dinner refuels muscles after an intense basketball practice.

2,576 kcal

MEAL	FOODS	KCAL	PROTEIN G	CARBS G	FAT G
Breakfast	Oatmeal cooked in low-fat milk with banana, raisins, and chopped walnuts	534	14	88	14
Lunch	Turkey and cheese sandwich on whole-grain bread; baby carrots; apple; low-fat milk	718	20	110	22
Snack	Trail mix with dried fruit; fresh orange	370	8	62	10
Dinner	Spaghetti with lean beef marinara, garden salad with olive-oil dressing, garlic bread	954	23	130	38
Total	Fiber 36 g	2,576	65	390	84

Exercise: Basketball practice (drills, scrimmage) **60 min** · Vigorous **≈350 kcal** burned
Aerobic fitness + agility

Tuesday

An Asian-inspired day with rice and noodles keeps carbohydrate stores topped up for daily sport.

2,642 kcal

MEAL	FOODS	KCAL	PROTEIN G	CARBS G	FAT G
Breakfast	Scrambled eggs with spinach, whole-wheat toast, and a glass of orange juice	528	18	78	16
Lunch	Chicken teriyaki bowl with brown rice, steamed broccoli, and edamame	732	20	118	20
Snack	Banana with a granola bar and low-fat milk	408	9	66	12
Dinner	Shrimp and vegetable stir-fried noodles with sesame; fresh pineapple	974	20	138	38
Total	Fiber 35 g	2,642	67	400	86

Exercise: School PE class + easy evening bike ride **50 min** · Moderate

≈290 kcal burned General fitness + active transport

Wednesday

Latin flavors with beans and guacamole add fiber and healthy fats on the hardest training day.

2,603 kcal

MEAL	FOODS	KCAL	PROTEIN G	CARBS G	FAT G
Breakfast	Whole-grain cereal with low-fat milk and strawberries; toast with peanut butter	535	16	84	15
Lunch	Bean and cheese quesadilla with salsa; corn on the cob; watermelon	704	19	112	20
Snack	Yogurt parfait with granola and diced mango	386	10	64	10
Dinner	Chicken fajita bowl with rice, black beans, sautéed peppers, and guacamole	978	21	138	38
Total	Fiber 37 g	2,603	66	398	83

Exercise: Soccer practice (drills + small-sided games) **75 min** · Vigorous

≈**505 kcal** burned Endurance + footwork

Thursday

A Mediterranean day pairs olive-oil-based fats with low-impact swimming to give joints a break.

2,607 kcal

MEAL	FOODS	KCAL	PROTEIN G	CARBS G	FAT G
Breakfast	Greek yogurt with honey, granola, and peach slices	548	15	86	16
Lunch	Falafel pita with hummus and tomato-cucumber salad; grapes	728	18	110	24
Snack	Hummus with pita chips and carrot sticks; clementine	380	8	60	12
Dinner	Grilled chicken souvlaki with rice pilaf, roasted vegetables, and tzatziki	951	23	136	35
Total	Fiber 36 g	2,607	64	392	87

Exercise: Swimming laps at the community pool **45 min** · Moderate **≈260 kcal** burned
Low-impact cardio + shoulder strength

Friday

An Indian-inspired dinner with dal adds plant protein and fiber before a big weekend of sport.

2,554 kcal

MEAL	FOODS	KCAL	PROTEIN G	CARBS G	FAT G
Breakfast	Peanut butter and banana toast on whole-grain bread; glass of low-fat milk	514	17	80	14
Lunch	Tuna salad wrap with lettuce and tomato; pear; low-fat milk	692	22	106	20
Snack	Apple slices with yogurt dip; small handful of almonds	358	9	58	10
Dinner	Chicken tikka with basmati rice, lentil dal, naan, and cucumber raita	990	20	142	38
Total	Fiber 34 g	2,554	68	386	82

Exercise: Cycling and skateboarding with friends **45 min** · Moderate **≈220 kcal** burned
Fun movement + balance

Saturday

The biggest eating day fuels a soccer match — pancakes early, sushi at midday, pizza night to refuel.

2,672 kcal

MEAL	FOODS	KCAL	PROTEIN G	CARBS G	FAT G
Breakfast	Whole-grain pancakes with mixed berries and maple syrup; scrambled egg; low-fat milk	636	18	96	20
Lunch	Salmon and avocado sushi rolls with edamame; orange	744	20	112	24
Snack	Air-popped popcorn and a berry-banana smoothie	394	8	68	10
Dinner	Homemade vegetable and mozzarella pizza on whole-wheat crust; side salad; frozen yogurt	898	20	128	34
Total	Fiber 35 g	2,672	66	404	88

Exercise: Weekend soccer match, including warm-up **80 min** · Vigorous

≈540 kcal burned Match endurance + speed

Sunday

A lighter recovery day with an easy walk and stretching lets muscles rebuild after the weekend match.

2,596 kcal

MEAL	FOODS	KCAL	PROTEIN G	CARBS G	FAT G
Breakfast	Vegetable omelet with whole-wheat toast and fresh fruit salad	554	16	82	18
Lunch	Minestrone soup with a whole-grain roll, cheese slice, and apple	664	17	104	20
Snack	Slice of homemade banana bread with low-fat milk	344	8	60	8
Dinner	Roast chicken with mashed potatoes, corn, green beans, dinner roll, and apple crumble	1,034	24	149	38
Total	Fiber 37 g	2,596	65	395	84

Exercise: Easy walk with family + full-body stretching **40 min** · Light **≈115 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
Height growth velocity	5–9 cm per year during the teen growth spurt	Steady, on-track growth along the individual curve	Adequate energy, protein, calcium and 8–10 h of sleep
Bone mineral density	Peak accrual years — roughly half of adult bone is built in the teens	Faster bone mineral gain over months	Calcium and vitamin D plus impact sports like basketball and soccer
Aerobic fitness (estimated VO2max)	40–50 mL/kg/min for active teen boys	Up 5–10% over 8–12 weeks	Regular running-based sport sessions raise heart and lung capacity
Resting heart rate	60–80 bpm	Down 3–6 bpm over 8–12 weeks	Repeated aerobic training increases stroke volume
Muscular strength & coordination	Rapid gains possible during adolescence	Noticeably stronger and more coordinated in 6–10 weeks	Sport skill practice plus maturing nervous system and adequate protein
Healthy weight trajectory (BMI-for-age)	Within the healthy percentile band for age	Stays in the healthy band while height and muscle increase	Energy intake matched to high daily activity
Sleep duration & quality	8–10 h per night recommended for teens	Easier sleep onset and deeper sleep	Daytime exercise and limited late-evening sugar and screens

PARAMETER	TYPICAL HEALTHY RANGE	EXPECTED CHANGE	WHY
Focus & mood	Varies with meals, sleep, and activity	Steadier energy and mood across the school day	Regular balance meals prevent energy dips; exercise supports mood

PHYSIOLOGICAL CHANGES

What a consistent week does for the body

From the nutrition plan

- ✓ Consistent energy intake around 2600 kcal supports the teen growth spurt in height and lean mass rather than fat gain.
- ✓ Roughly 1300 mg of daily calcium with vitamin D drives peak bone mineral accrual during these key building years.
- ✓ Regular carbohydrate at every meal keeps muscle glycogen full, so sport sessions and school focus don't run out of fuel.
- ✓ About 35 g of daily fiber from whole grains, beans, and fruit supports digestion and steadier blood-sugar curves.
- ✓ Protein spread across four eating occasions (about 65 g per day) supplies the amino acids growing muscle needs.

From the exercise plan

- ✓ Five-plus active days per week raise aerobic capacity (VO₂max) by roughly 5–10% within 8–12 weeks.
- ✓ Impact sports like basketball and soccer stimulate bone growth exactly when the skeleton is most responsive.

- ✓ Mixing sports (ball games, swimming, cycling) builds broad coordination and reduces overuse injuries from one repeated motion.
- ✓ Regular vigorous play lowers resting heart rate a few beats as the heart pumps more per stroke.
- ✓ A weekly light recovery day with walking and stretching helps muscles adapt and keeps motivation high.

Teen years are for building — bone, muscle, and habits — so this week focuses on fueling sport and growth, not restricting. Portions can flex up on heavy training days; hunger is usually a reliable guide at this age.

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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