



Male, Young adult (18–35)

Assumes a normal, healthy male around age 27, 176 cm and 72 kg (BMI 23.2), moderately active. A full week of meals and movement, sized to a 2,700 kcal/day target.

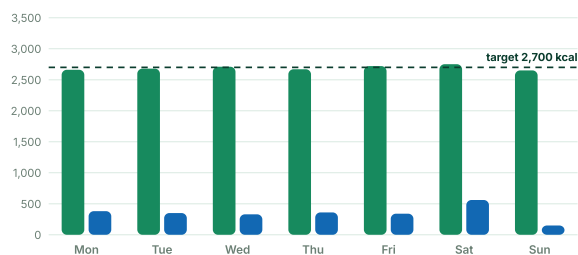
176 cm Height	72 kg Weight	23.2 BMI	1,690 kcal BMR	2,620 kcal TDEE
2,700 kcal Daily target	115 g Protein	357 g Carbs	90 g Fat	38 g Fiber
3.0 L Water				

THE WEEK IN NUMBERS

Energy, macros, and micronutrients

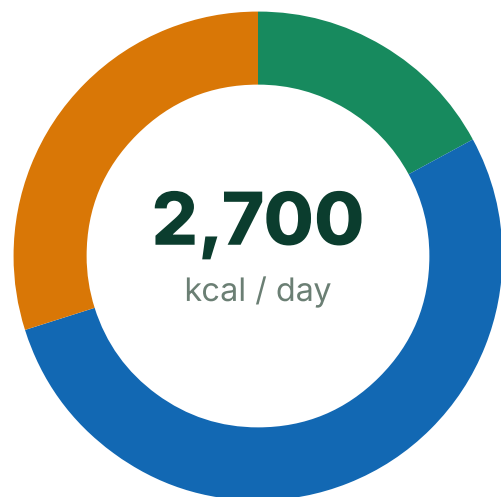
Daily energy balance

Calories eaten vs. burned in planned exercise, each day



Macro split

Share of daily calories by macronutrient



Intake (kcal) Exercise burn (kcal)

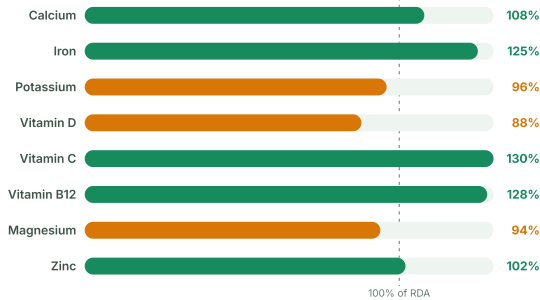
Daily target

Protein 115 g · 17% Carbs 357 g · 53%

Fat 90 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	640	740	360	920	2,660 kcal	Upper-body strength session with 10-minute rowing warm-up · 45 min
Tuesday	570	740	440	930	2,680 kcal	5K run at a steady, challenging pace · 30 min
Wednesday	630	820	370	890	2,710 kcal	Lower-body strength session plus core work · 55 min
Thursday	590	760	380	940	2,670 kcal	Moderate outdoor ride · 45 min

DAY	BREAKFAST	LUNCH	SNACK	DINNER	INTAKE	EXERCISE
Friday	640	760	400	920	2,720 kcal	Full-body strength (dumbbells + bodyweight) · 50 m
Saturday	670	730	460	890	2,750 kcal	Pickup basketball c with friends · 75 m
Sunday	640	680	420	910	2,650 kcal	Easy 30-minute wa 15 minutes of stret 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 protein-forward Mediterranean day fuels the week's first lifting session and keeps omega-3s high.

2,660 kcal

MEAL	FOODS	KCAL	PROTEIN G	CARBS G	FAT G
Breakfast	Greek yogurt bowl with honey, walnut granola, and sliced banana	640	32	86	18
Lunch	Chicken shawarma wrap with hummus, tabbouleh, and pickled turnips	740	42	84	26
Snack	Apple with peanut butter; glass of low-fat milk	360	14	40	16
Dinner	Grilled salmon with lemon-herb couscous and olive-oil roasted zucchini and peppers	920	40	108	36
Total	Fiber 36 g	2,660	128	318	96

Exercise: Upper-body strength session with 10-min rowing warm-up **60 min** · Moderate
≈**380 kcal** burned Push/pull strength + posture

Tuesday

Higher-carb Asian-inspired meals top up glycogen around a short, intense run.

2,680 kcal

MEAL	FOODS	KCAL	PROTEIN G	CARBS G	FAT G
Breakfast	Three-egg vegetable omelette, two slices whole-grain toast, and fresh orange juice	570	26	62	24
Lunch	Chicken teriyaki rice bowl with edamame and pickled cucumber	740	44	100	18
Snack	Trail mix (almonds, cashews, raisins) and a banana; green tea	440	10	50	22
Dinner	Thai basil beef stir-fry with jasmine rice and steamed broccoli	930	42	112	34
Total	Fiber 34 g	2,680	122	324	98

Exercise: 5K run at a steady, challenging pace **30 min** · Vigorous **≈350 kcal** burned
Aerobic capacity (VO2max)

Wednesday

Bean-rich Latin dishes push fiber near 40 g while supporting a heavy leg day.

2,710 kcal

MEAL	FOODS	KCAL	PROTEIN G	CARBS G	FAT G
Breakfast	Scrambled-egg and black bean breakfast burrito with salsa; banana	630	30	82	20
Lunch	Chicken burrito bowl with brown rice, pinto beans, corn salsa, and guacamole	820	40	92	30
Snack	Cottage cheese with pineapple and whole-grain crackers	370	20	50	8
Dinner	Baked cod tacos with cabbage slaw and avocado crema; cilantro-lime rice	890	40	108	32
Total	Fiber 39 g	2,710	130	332	90

Exercise: Lower-body strength session plus core work **55 min** · Moderate

≈**330 kcal** burned Legs, glutes, and trunk stability

Thursday

Classic American comfort food, rebuilt around whole grains and legumes for steady energy on the bike.

2,670 kcal

MEAL	FOODS	KCAL	PROTEIN G	CARBS G	FAT G
Breakfast	Oatmeal with blueberries, chia seeds, and walnuts; low-fat milk	590	22	80	20
Lunch	Turkey and avocado sandwich on whole-grain bread; side salad, hummus with crackers, and a pear	760	38	90	28
Snack	Greek yogurt with strawberries, honey, granola, and almonds	380	18	50	12
Dinner	Turkey chili with kidney beans over brown rice; cornbread on the side	940	48	120	30
Total	Fiber 40 g	2,670	126	340	90

Exercise: Moderate outdoor cycling ride **45 min** · Moderate **≈360 kcal** burned
Low-impact cardio + leg endurance

Friday

An Indian-inspired day where dal, chickpeas, and paneer show plant- and-dairy protein can carry a training day.

2,720 kcal

MEAL	FOODS	KCAL	PROTEIN G	CARBS G	FAT G
Breakfast	Masala scrambled eggs with whole-wheat paratha; small mango lassi	640	30	70	26
Lunch	Chicken tikka with basmati rice, cucumber raita, and a cup of dal	760	46	95	22
Snack	Roasted chickpeas, a banana, and fresh mango	400	12	70	8
Dinner	Vegetable and paneer curry with brown rice and chapati	920	34	115	36
Total	Fiber 41 g	2,720	122	350	92

Exercise: Full-body strength circuit (dumbbells + bodyweight) **50 min** · Moderate

≈**340 kcal** burned Full-body strength + work capacity

Saturday

The week's biggest eating and activity day: extra carbs fuel 75 minutes of basketball.

2,750 kcal

MEAL	FOODS	KCAL	PROTEIN G	CARBS G	FAT G
Breakfast	Whole-grain pancakes with mixed berries and maple syrup; scrambled eggs	670	24	95	20
Lunch	Tuna pasta salad with olives, cherry tomatoes, and arugula	730	40	85	26
Snack	Smoothie of banana, oats, peanut butter, and milk	460	20	60	16
Dinner	Baked chicken parmigiana with spaghetti and garlic green beans	890	44	100	32
Total	Fiber 35 g	2,750	128	340	94

Exercise: Pickup basketball game with friends **75 min** · Vigorous **≈560 kcal** burned
Agility, speed, and fun cardio

Sunday A deliberate recovery day: gentle movement and slightly lighter intake help muscles adapt. **2,650 kcal**

MEAL	FOODS	KCAL	PROTEIN G	CARBS G	FAT G
Breakfast	Avocado toast with two poached eggs and tomato; glass of milk and an orange	640	30	72	26
Lunch	Miso-glazed tofu grain bowl with quinoa, spinach, and sesame	680	32	85	24
Snack	Hummus with carrot sticks and whole-wheat pita; grapes	420	12	62	14
Dinner	Roast chicken with sweet potato mash, green salad, and a wholegrain roll	910	46	105	34
Total	Fiber 38 g	2,650	120	324	98

Exercise: Easy 30-minute walk plus 15 minutes of stretching **45 min** · Light
 ≈150 kcal burned Active 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	60–75 bpm	Down 3–8 bpm over 8–12 weeks	Regular aerobic sessions increase stroke volume

PARAMETER	TYPICAL HEALTHY RANGE	EXPECTED CHANGE	WHY
Blood pressure	115/75 mmHg	Down 2–5 mmHg systolic over 2–3 months	Potassium-rich foods, moderate sodium, and consistent cardio
Fasting glucose	80–95 mg/dL	Steadier readings; fewer post-meal spikes	High-fiber carbs and muscle taking up glucose after training
LDL / HDL cholesterol	LDL < 100, HDL 40–60 mg/dL	LDL down ~5–10%, HDL up modestly over 3 months	Fish, olive oil, nuts, and soluble fiber replacing saturated fat
VO2max	42–48 mL/kg/min	Up 5–10% in 8–12 weeks	Weekly running, cycling, and basketball push aerobic ceiling
Body-fat percentage	14–20%	Gradual 1–2 point drop while weight stays stable	High protein plus strength work shifts composition toward muscle
Muscle mass	≈33–38 kg lean mass	Up 0.5–1 kg over 12 weeks	Three strength sessions weekly with ~1.6 g/kg protein
Sleep quality	7–9 h, mostly unbroken	Faster sleep onset and deeper sleep	Daily exercise and a consistent eating rhythm

PHYSIOLOGICAL CHANGES

What a consistent week does for the body

 From the nutrition plan

- ✓ Roughly 1.6 g of protein per kg body weight, spread over four meals, keeps muscle protein synthesis elevated through the day.
- ✓ 35–40 g of daily fiber from beans, oats, and whole grains steadies blood sugar and feeds a healthier gut microbiome.
- ✓ Fish twice a week plus olive oil and nuts shifts blood-lipid balance toward lower LDL over a few months.
- ✓ Carbs concentrated around training days refill glycogen so runs and games feel strong instead of flat.
- ✓ Potassium-rich produce with sodium kept under 2300 mg supports healthy blood pressure now and later in life.

From the exercise plan

- ✓ Three strength sessions a week trigger measurable muscle growth and a stronger, denser skeleton by the late 20s peak-bone window.
- ✓ One vigorous run plus a basketball game raise VO₂max, one of the best long-term predictors of health.
- ✓ Mixing lifting with cardio improves insulin sensitivity for 24–48 hours after each session.
- ✓ About 2,470 kcal of weekly activity makes maintaining a healthy weight nearly automatic at this intake.
- ✓ A true recovery day with walking and stretching lets tissues adapt and cuts overuse-injury risk.

The 18–35 window is when strength, bone density, and aerobic capacity peak — habits built now set the baseline for every later decade. This sample week shows one balanced way to hit those targets; individual needs vary with size and activity.

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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