



AI Custom Meal Planner



Customize Meal Planner Form

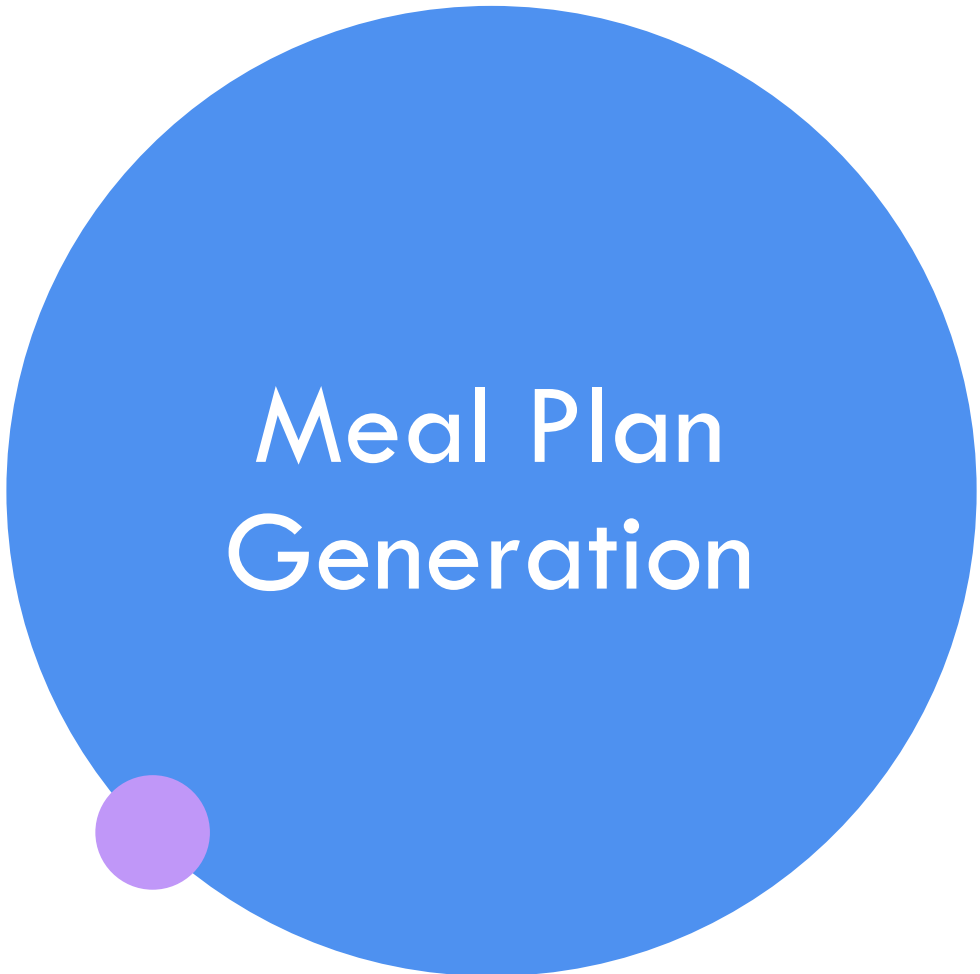

- Download and fill the Customize Meal Planner form
- Provide custom details including dietary needs and activity level
- upload Custom Meal Form with required details
- Generate a balanced meal plan based on provided details to achieve your specific Fitness goals



Meal Planner Template Details

Example :-

- Recipe Description: European Mild Cuisine
- Diet Type: Veg
- Dietary Restrictions: Nut-free
- Known Calorie Intake: YES/NO
- Total Calorie Count per Day: [Enter if known]
- Macro Nutrient Counts: Protein %, Carbs%, Fat% [Enter if Known]
- Gender: Male
- Age, Weight, Height: [Leave blank if calorie count and macros known]
- Activity Level: Low
- Goal: Lose Weight
- Number of Days Meal Plan: 1
- Number of Meals Per Day: 1



Meal Plan Generation

- Meal plan generated based on the filled details
- Adheres to dietary needs, activity level, and personal goals
- Includes calorie count and macro breakdown if provided
- Customized for individual preferences and requirements