

# 30-Day Vegetarian Diet & PPL Workout Plan Ashith

## Overview

Weight: 82 kg | Height: 5.6 ft

Goal: Fat loss & muscle gain (recomposition)

Diet Type: Pure vegetarian (no supplements)

Calorie Target: 18001900 kcal/day | Protein: 90110g

## Weekly PPL Workout + Cardio

Monday - Push (Chest, Shoulders, Triceps) + 20 min incline walk

Tuesday - Pull (Back, Biceps) + 25 min cycling

Wednesday - Legs + 15 min stair climb

Thursday - Push + 20 min brisk walk

Friday - Pull + 15 min rowing

Saturday - Legs + Core + 20 min jump rope

Sunday - Active Rest (Stretching/Yoga)

## Daily Diet Plan

Morning Shake (7:308:00 AM):

- 1 banana, 68 soaked almonds, 1 tbsp peanut butter
- 1 tbsp flax/chia seeds, 200ml plant-based milk, 1 tbsp oats
- ~400 kcal | 1215g protein

Pre-Workout Snack:

- 1 banana or medium sweet potato
- 4 soaked almonds or peanuts + black coffee/lemon water
- ~150 kcal

Post-Workout Meal:

- 4 boiled eggs or 150g paneer/tofu + 1 multigrain roti or rice
- Mixed salad
- ~450 kcal | 2530g protein

Lunch:

- 1.5 cup dal/chana/rajma, 1 roti + 1 cup brown rice
- Veggies + curd/buttermilk
- ~500 kcal | 20g protein

Evening Snack:

- Roasted chana/sprouts, 1 fruit, herbal tea

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~200 kcal | 10g protein

Dinner:

- 1 cup dal/tofu bhurji, 1 roti or millet, veggies

~400 kcal | 20g protein

Bedtime (if needed): Warm water or green tea, 1 fig or flaxseeds

### Weekly Tips

- 34L water/day
- No sugar or processed foods
- 1 cheat meal/week
- 78 hrs sleep
- Use minimal oil
- Focus on consistency