

Sample Plans and Templates - Bangladesh Context"

Overview

This section provides ready-to-use meal and workout plans for Bangladeshi individuals, designed for weight loss, muscle gain, and endurance. Plans leverage local staples (rice, fish, lentils), homestead produce, and minimal equipment, fitting the lean physique (avg. BMI 21-23), low protein intake (50-60g/day), and diverse lifestyles (rural labor, urban inactivity). Each includes a weekly template, grocery list, and adjustments for rural/urban settings.

Weight Loss Plan (1800 kcal, Sedentary Urban Female, 55 kg)

Goal: Reduce fat (15-20% overweight prevalence) with modest deficit.

- **Meal Plan (Daily)**

- **Breakfast:** Roti (50g, 125 kcal), Masoor Dal (50g, 58 kcal), Guava (100g, 68 kcal) = 251 kcal, 8g protein, 40g carbs, 2g fat.
- **Mid-Morning Snack:** Banana (100g, 89 kcal) = 89 kcal, 1g protein, 23g carbs, 0g fat.
- **Lunch:** Rice (100g, 130 kcal), Rohu fish (50g, 75 kcal), Pui Shak (100g, 23 kcal), Tomato (50g, 9 kcal) = 237 kcal, 13g protein, 32g carbs, 4g fat.
- **Afternoon Snack:** Chickpeas (50g, 82 kcal) = 82 kcal, 5g protein, 14g carbs, 1g fat.
- **Dinner:** Rice (100g, 130 kcal), Lentils (100g, 116 kcal), Bottle Gourd (100g, 15 kcal) = 261 kcal, 11g protein, 51g carbs, 1g fat.
- **Total:** 920 kcal (deficit from ~1200-1400 kcal maintenance), 38g protein, 160g carbs, 8g fat.

- **Workout Plan (Weekly)**

- **Monday:** Brisk walking (30 min, 150 kcal), Push-ups (3 sets, 8 reps).
- **Wednesday:** Skipping (10 min, 100 kcal), Squats (3 sets, 12 reps).
- **Friday:** Stair climbing (15 min, 100 kcal), Plank (3 sets, 20s).
- **Saturday:** Walking (20 min, 100 kcal), Lunges (3 sets, 10 reps/leg).
- **Total Burn:** ~450-500 kcal/week.

- **Grocery List:** Rice (1 kg), Lentils (500g), Rohu fish (250g), Pui Shak (500g), Bottle Gourd (500g), Chickpeas (250g), Banana (1 kg), Guava (500g), Tomato (250g), Whole wheat flour (500g).
- **Context Notes:** Urban focus (sedentary jobs); rural adjust rice to 150g/meal if labor-intensive (add 200 kcal).

Muscle Gain Plan (2400 kcal, Active Rural Male, 60 kg)

Goal: Build lean muscle with surplus and strength training.

- **Meal Plan (Daily)**
 - **Breakfast:** Rice (150g, 195 kcal), Egg (2, 136 kcal), Sweet Potato (100g, 86 kcal) = 417 kcal, 16g protein, 65g carbs, 10g fat.
 - **Mid-Morning Snack:** Mola fish (100g, 97 kcal), Banana (100g, 89 kcal) = 186 kcal, 18g protein, 23g carbs, 3g fat.
 - **Lunch:** Rice (200g, 260 kcal), Hilsa fish (100g, 230 kcal), Lentils (100g, 116 kcal) = 606 kcal, 34g protein, 68g carbs, 15g fat.
 - **Afternoon Snack:** Chickpeas (100g, 164 kcal), Mango (100g, 60 kcal) = 224 kcal, 10g protein, 42g carbs, 3g fat.
 - **Dinner:** Rice (150g, 195 kcal), Chicken (100g, 165 kcal), Kolmi Shak (100g, 27 kcal) = 387 kcal, 34g protein, 33g carbs, 4g fat.
 - **Total:** 1820 kcal (surplus from ~2000-2200 kcal maintenance), 112g protein (1.8g/kg), 231g carbs, 35g fat.
- **Workout Plan (Weekly)**
 - **Monday:** Bucket lifts (10 kg, 4 sets, 10 reps), Push-ups (4 sets, 15 reps).
 - **Tuesday:** Squats with load (15 kg sack, 4 sets, 10 reps), Lunges (3 sets, 12 reps/leg).
 - **Thursday:** Doorframe rows (3 sets, 12 reps), Plank (3 sets, 30s).
 - **Friday:** Farmer's walk (10 kg, 30m, 3 sets), Bicycle crunches (3 sets, 15 reps/side).
 - **Saturday:** Jogging (20 min, 200 kcal), Wall sit (3 sets, 30s).
 - **Total Effort:** 5 days, ~45 min/day, builds lean mass.

- **Grocery List:** Rice (2 kg), Hilsa fish (500g), Mola fish (500g), Chicken (500g), Lentils (500g), Kolmi Shak (500g), Sweet Potato (1 kg), Eggs (12), Chickpeas (500g), Banana (1 kg), Mango (500g).
- **Context Notes:** Rural labor (400 kcal/day) aids gains; urban reduce rice to 150g/meal, add egg if less active.

Endurance Plan (2200 kcal, Rural Rickshaw Puller, 60 kg)

Goal: Boost stamina for labor-intensive work.

- **Meal Plan (Daily)**

- **Breakfast:** Rice (150g, 195 kcal), Tilapia (100g, 128 kcal), Green Banana (100g, 89 kcal) = 412 kcal, 27g protein, 51g carbs, 3g fat.
- **Mid-Morning Snack:** Puffed Rice (50g, 201 kcal), Guava (100g, 68 kcal) = 269 kcal, 4g protein, 58g carbs, 1g fat.
- **Lunch:** Rice (200g, 260 kcal), Rohu fish (100g, 150 kcal), Sweet Potato (100g, 86 kcal) = 496 kcal, 22g protein, 65g carbs, 7g fat.
- **Afternoon Snack:** Chittoi Pitha (100g, 150 kcal), Watermelon (100g, 30 kcal) = 180 kcal, 3g protein, 38g carbs, 1g fat.
- **Dinner:** Rice (150g, 195 kcal), Lentils (100g, 116 kcal), Pumpkin (100g, 26 kcal) = 337 kcal, 10g protein, 55g carbs, 1g fat.
- **Total:** 1694 kcal (matches ~2000-2200 kcal need with labor), 66g protein, 267g carbs, 13g fat.

- **Workout Plan (Weekly)**

- **Monday:** Jogging (25 min, 250 kcal), Squats (3 sets, 15 reps).
- **Tuesday:** Kabaddi (20 min, 200 kcal), Plank (3 sets, 30s).
- **Thursday:** Skipping (15 min, 150 kcal), Lunges (3 sets, 12 reps/leg).
- **Friday:** Farmer's walk (10 kg, 30m, 3 sets), Push-ups (3 sets, 15 reps).
- **Saturday:** Brisk walking (30 min, 150 kcal), Bicycle crunches (3 sets, 15 reps/side).
- **Total Effort:** 5 days, enhances stamina for 6-8 hr work.

- **Grocery List:** Rice (2 kg), Rohu fish (500g), Tilapia (500g), Lentils (500g), Pumpkin (500g), Sweet Potato (1 kg), Green Banana (1 kg), Puffed Rice (500g), Guava (500g), Watermelon (500g), Rice flour (500g).
- **Context Notes:** Rural labor (500 kcal/day) boosts endurance; urban swap kabaddi for cycling (20 min).

General Guidelines

- **Meal Timing:** Breakfast (7-8 AM), Snack (10-11 AM), Lunch (1-2 PM), Snack (4-5 PM), Dinner (7-8 PM).
- **Workout Timing:** Morning (6-7 AM) or evening (5-6 PM) to avoid heat (30°C, 80% humidity).
- **Adjustments:**
 - **Rural:** Increase rice (50g/meal) if labor-intensive (+200 kcal); add fish/egg for protein.
 - **Urban:** Reduce rice (50g/meal) if sedentary (-200 kcal); add walking if no labor.
- **Hydration:** 2.5-3L water/day; add saline (1 tsp salt, 1 tbsp sugar in 1L) during exercise/labor.

Bangladesh-Specific Insights

- **Diet:** Rice (328g/day avg.) anchors plans; fish (67g/day) and pulses (12g/day) boost protein affordably. Low fruit/veg (126g/day) supplemented with homestead produce (Pui Shak, Pumpkin).
- **Lifestyle:** Rural plans suit labor (400-600 kcal burned); urban plans counter inactivity (8 hr sitting).
- **Resources:** Bodyweight exercises (push-ups, squats) and household items (buckets, sacks) ensure accessibility.
- **Sample Day (Muscle Gain):** Breakfast (Rice, Eggs), Snack (Mola, Banana), Lunch (Rice, Hilsa, Dal), Workout (Bucket lifts, Push-ups), Snack (Chickpeas, Mango), Dinner (Rice, Chicken, Shak).