

## Your AI-Generated Fitness Plan

It's impossible to create a fitness plan that guarantees a specific weight without knowing the individual's starting point, goals, and preferences.

### Beginner Vegan Fitness Plan (Bodyweight Only)

Day ■ Time ■ Exercise Type ■ Workout Details (Reps, Sets, Duration) ■ Protein Goal (g) ■ Meal Plan

Monday ■ 6:00 PM ■ Bodyweight Circuit ■ Squats: 3 sets of 10-12 reps

Push-ups: 3 sets of as many reps as possible (AMRAP)

Lunges (each leg): 3 sets of 10-12 reps

Plank: 3 sets, hold for 30 seconds ■ 60g ■ Breakfast: Oatmeal with berries and nuts

Lunch: Lentil soup with whole-wheat bread

Dinner: Tofu stir-fry with brown rice

Snacks: Trail mix, banana

Tuesday ■ 6:00 PM ■ Cardio ■ Brisk walking/jogging: 30 minutes ■ 50g ■ Breakfast: Tofu scramble with vegetables

Lunch: Quinoa salad with chickpeas and avocado

Dinner: Vegan chili with cornbread

Snacks: Apple slices with peanut butter

Wednesday ■ Rest ■ Rest ■ - ■ 50g ■ Breakfast: Smoothie with protein powder, spinach, and banana

Lunch: Leftover vegan chili

Dinner: Veggie burgers on whole-wheat buns

Snacks: Edamame

Thursday ■ 6:00 PM ■ Bodyweight Circuit ■ Squats: 3 sets of 10-12 reps

Push-ups: 3 sets of AMRAP

Lunges (each leg): 3 sets of 10-12 reps

Plank: 3 sets, hold for 30 seconds ■ 60g ■ Breakfast: Oatmeal with berries and nuts

Lunch: Lentil soup with whole-wheat bread

Dinner: Tofu stir-fry with brown rice

Snacks: Trail mix, banana

Friday ■ 6:00 PM ■ Cardio ■ Brisk walking/jogging: 30 minutes ■ 50g ■ Breakfast: Tofu scramble with vegetables

Lunch: Quinoa salad with chickpeas and avocado

Dinner: Vegan chili with cornbread

Snacks: Apple slices with peanut butter

Saturday ■ Rest ■ Rest ■ - ■ 50g ■ Breakfast: Smoothie with protein powder, spinach, and banana

Lunch: Leftover vegan chili

Dinner: Veggie burgers on whole-wheat buns

Snacks: Edamame

Sunday ■ Rest ■ Active Rest (light walk/yoga) ■ 30 minutes ■ 50g ■ Breakfast: Pancakes with fruit and maple syrup

Lunch: Salad with chickpeas and vinaigrette

Dinner: Pasta with marinara sauce and vegetables

Snacks: Rice cakes with avocado