

Your AI-Generated Fitness Plan

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3-Day Vegetarian Weight Gain Fitness Plan (Beginner)

Client Details:

Age: 25, Weight: 70 kg, Height: 170 cm, Goal: Weight Gain, Diet: Vegetarian, Activity Level: Sedentary

| Day       | Time    | Exercise Type               | Workout Details (Reps, Sets, Duration)                                                                                      | Protein Goal (g) | Meal Plan                                                                                                                                                                             |
|-----------|---------|-----------------------------|-----------------------------------------------------------------------------------------------------------------------------|------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Monday    | 6:00 PM | Full Body Strength Training | Dumbbell Squats (3 sets of 8-12 reps), Dumbbell Lunges (3 sets of 10-12 reps), Dumbbell Rows (3 sets of 10-12 reps)         | 70g              | Breakfast: Oatmeal with banana and almond milk. Lunch: Grilled chicken breast with quinoa and steamed vegetables. Dinner: Baked salmon with sweet potato and green beans.             |
| Tuesday   | REST    | Rest                        |                                                                                                                             | 70g              | Breakfast: Paneer scrambled eggs with whole-wheat toast and a glass of milk. Lunch: Grilled paneer with chickpeas and spinach. Dinner: Baked tofu with quinoa and roasted vegetables. |
| Wednesday | 6:00 PM | Full Body Strength Training | Dumbbell Squats (3 sets of 8-12 reps), Dumbbell Lunges (3 sets of 10-12 reps), Dumbbell Rows (3 sets of 10-12 reps)         | 70g              | Breakfast: Oatmeal with banana and almond milk. Lunch: Grilled chicken breast with quinoa and steamed vegetables. Dinner: Baked salmon with sweet potato and green beans.             |
| Thursday  | REST    | Rest                        |                                                                                                                             | 70g              | Breakfast: Whole wheat pancakes with berries and syrup. Lunch: Grilled paneer with chickpeas and spinach. Dinner: Baked tofu with quinoa and roasted vegetables.                      |
| Friday    | 6:00 PM | Full Body Strength Training | Dumbbell Lunges (3 sets of 10-12 reps per leg), Dumbbell Squats (3 sets of 8-12 reps), Dumbbell Rows (3 sets of 10-12 reps) | 70g              | Breakfast: Oatmeal with banana and almond milk. Lunch: Grilled chicken breast with quinoa and steamed vegetables. Dinner: Baked salmon with sweet potato and green beans.             |
| Saturday  | REST    | Rest                        |                                                                                                                             | 70g              | Breakfast: Omelette with vegetables and whole-wheat toast. Lunch: Grilled paneer with chickpeas and spinach. Dinner: Baked tofu with quinoa and roasted vegetables.                   |
| Sunday    | REST    | Rest                        |                                                                                                                             | 70g              | Breakfast: Veggie burger on a whole-wheat bun. Lunch: Leftover paneer and chickpeas. Dinner: Baked tofu with quinoa and roasted vegetables.                                           |

Note: This is a sample plan. Adjust the weight and reps based on your ability. Listen to your body.

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