

# Your Fitness Plan

Day	Time	Exercise Type	Workout Details (Reps, Sets, Duration)	Protein Goal (g)	Meal Plan
Monday	7:00 AM	Treadmill Walking	20 minutes, moderate pace	50g	Breakfast: Oatmeal with nuts and seeds, Lunch: Lentil soup with whole-wheat bread, Dinner: Tofu stir-fry with brown rice, Snack: Greek yogurt
Tuesday	7:00 AM	Yoga (Beginner Flow)	30 minutes	40g	Breakfast: Veggie omelet with whole wheat toast, Lunch: Quinoa salad with chickpeas and vegetables, Dinner: Vegetable curry with brown rice, Snack: Cottage cheese
Wednesday	REST	Rest	-	40g	Breakfast: Smoothie with spinach, banana and protein powder, Lunch: Lentil salad with whole wheat pita bread, Dinner: Vegetable lasagna, Snack: Almonds

Thursday	7:00 AM	Treadmill Walking	25 minutes, moderate pace	50g	Breakfast: Oatmeal with nuts and seeds, Lunch: Lentil soup with whole-wheat bread, Dinner: Tofu stir-fry with brown rice, Snack: Greek yogurt
Friday	7:00 AM	Yoga (Beginner Flow)	30 minutes	40g	Breakfast: Veggie omelet with whole wheat toast, Lunch: Quinoa salad with chickpeas and vegetables, Dinner: Vegetable curry with brown rice, Snack: Cottage cheese
Saturday	REST	Rest	-	40g	Breakfast: Smoothie with spinach, banana and protein powder, Lunch: Lentil salad with whole wheat pita bread, Dinner: Vegetable lasagna, Snack: Almonds
Sunday	7:00 AM	Treadmill Walking	20 minutes, moderate pace	50g	Breakfast: Pancakes made with whole wheat flour, Lunch: Veggie burger on whole wheat bun, Dinner: Chickpea pasta with vegetables, Snack: Fruit salad

Day	Time	Exercise Type	Workout Details (Reps, Sets, Duration)	Protein Goal (g)	Meal Plan
Monday	7:00 AM	Treadmill Walking	25 minutes, incline increased	55g	Breakfast: Oatmeal with nuts and seeds, Lunch: Lentil soup with whole-wheat bread, Dinner: Tofu stir-fry with brown rice, Snack: Greek yogurt
Tuesday	7:00 AM	Yoga (Intermediate Flow)	35 minutes	45g	Breakfast: Veggie omelet with whole wheat toast, Lunch: Quinoa salad with chickpeas and vegetables, Dinner: Vegetable curry with brown rice, Snack: Cottage cheese
Wednesday	REST	Rest	-	45g	Breakfast: Smoothie with spinach, banana and protein powder, Lunch: Lentil salad with whole wheat pita bread, Dinner: Vegetable lasagna, Snack: Almonds
Thursday	7:00 AM	Treadmill Walking	30 minutes, incline increased	55g	Breakfast: Oatmeal with nuts and seeds, Lunch: Lentil soup with whole-wheat bread, Dinner: Tofu stir-fry with brown rice, Snack: Greek yogurt

Friday	7:00 AM	Yoga (Intermediate Flow)	35 minutes	45g	Breakfast: Veggie omelet with whole wheat toast, Lunch: Quinoa salad with chickpeas and vegetables, Dinner: Vegetable curry with brown rice, Snack: Cottage cheese
Saturday	REST	Rest	-	45g	Breakfast: Smoothie with spinach, banana and protein powder, Lunch: Lentil salad with whole wheat pita bread, Dinner: Vegetable lasagna, Snack: Almonds
Sunday	7:00 AM	Treadmill Walking	25 minutes, moderate pace	55g	Breakfast: Pancakes made with whole wheat flour, Lunch: Veggie burger on whole wheat bun, Dinner: Chickpea pasta with vegetables, Snack: Fruit salad
Day	Time	Exercise Type	Workout Details (Reps, Sets, Duration)	Protein Goal (g)	Meal Plan

Monday	7:00 AM	Treadmill Walking/Jogging intervals	30 minutes (intervals of jogging and walking)	60g	Breakfast: Oatmeal with nuts and seeds, Lunch: Lentil soup with whole-wheat bread, Dinner: Tofu stir-fry with brown rice, Snack: Greek yogurt
Tuesday	7:00 AM	Yoga (Intermediate/Advanced Flow)	40 minutes	50g	Breakfast: Veggie omelet with whole wheat toast, Lunch: Quinoa salad with chickpeas and vegetables, Dinner: Vegetable curry with brown rice, Snack: Cottage cheese
Wednesday	REST	Rest	-	50g	Breakfast: Smoothie with spinach, banana and protein powder, Lunch: Lentil salad with whole wheat pita bread, Dinner: Vegetable lasagna, Snack: Almonds
Thursday	7:00 AM	Treadmill Walking/Jogging intervals	35 minutes (intervals of jogging and walking)	60g	Breakfast: Oatmeal with nuts and seeds, Lunch: Lentil soup with whole-wheat bread, Dinner: Tofu stir-fry with brown rice, Snack: Greek yogurt

Friday	7:00 AM	Yoga (Intermediate/Advanced Flow)	40 minutes	50g	Breakfast: Veggie omelet with whole wheat toast, Lunch: Quinoa salad with chickpeas and vegetables, Dinner: Vegetable curry with brown rice, Snack: Cottage cheese
Saturday	REST	Rest	-	50g	Breakfast: Smoothie with spinach, banana and protein powder, Lunch: Lentil salad with whole wheat pita bread, Dinner: Vegetable lasagna, Snack: Almonds
Sunday	7:00 AM	Treadmill Walking	30 minutes, moderate pace	60g	Breakfast: Pancakes made with whole wheat flour, Lunch: Veggie burger on whole wheat bun, Dinner: Chickpea pasta with vegetables, Snack: Fruit salad