

Your Fitness Plan

Day	Time	Exercise Type	Workout Details (Reps, Sets, Duration)	Protein Goal (g)	Meal Plan (Breakfast, Lunch, Dinner, Snacks)
Monday	7:00 AM	Cardio	Treadmill: 20 mins light jog	80g	Breakfast: Keto Smoothie (Unsweetened Almond Milk, Protein Powder, Spinach), Lunch: Salad with Grilled Chicken, Dinner: Salmon with Asparagus and Cauliflower Rice, Snack: Cheese and Macadamia Nuts
Monday	6:00 PM	Strength Training	Dumbbells: Bicep Curls (10 reps, 3 sets), Triceps Extensions (10 reps, 3 sets), Squats (10 reps, 3 sets)	80g	(Protein already included in meals)
Tuesday	7:00 AM	Yoga/Stretching	Yoga Mat: 30 mins stretching & flexibility exercises	80g	Breakfast: Scrambled Eggs with Cheese and Avocado, Lunch: Chicken Caesar Salad (without croutons), Dinner: Steak with Broccoli and Green Beans, Snack: Celery sticks with Almond Butter

Tuesday	6:00 PM	Resistance Band Training	Resistance Bands: Rows (12 reps, 3 sets), Chest Press (12 reps, 3 sets), Glute Bridges (15 reps, 3 sets)	80g	(Protein already included in meals)
Wednesday	REST	Rest		80g	Breakfast: Keto Pancakes (Almond Flour, Eggs, Coconut Flour), Lunch: Leftover Steak and Broccoli, Dinner: Pork Chops with Zucchini Noodles, Snack: Hard-boiled Eggs and Olives
Thursday	7:00 AM	Cardio	Treadmill: 25 mins brisk walk	80g	Breakfast: Chia Seed Pudding (Coconut Milk, Chia Seeds), Lunch: Tuna Salad (with mayonnaise and celery), Dinner: Chicken thighs with cauliflower mash, Snack: Macadamia nuts and string cheese
Thursday	6:00 PM	Strength Training	Dumbbells: Shoulder Press (10 reps, 3 sets), Lunges (10 reps each leg, 3 sets)	80g	(Protein already included in meals)

Friday	7:00 AM	Yoga/Stretching	Yoga Mat: 30 mins stretching & flexibility exercises	80g	Breakfast: Keto Smoothie (Unsweetened Almond Milk, Protein Powder, Spinach), Lunch: Salad with Grilled Chicken, Dinner: Salmon with Asparagus and Cauliflower Rice, Snack: Cheese and Macadamia Nuts
Friday	6:00 PM	Resistance Band Training	Resistance Bands: Bicep Curls (12 reps, 3 sets), Triceps Extensions (12 reps, 3 sets), Lateral Raises (12 reps, 3 sets)	80g	(Protein already included in meals)
Saturday	REST	Rest		80g	Breakfast: Scrambled Eggs with Cheese and Avocado, Lunch: Leftover Salmon and Asparagus, Dinner: Ground Beef Stir-fry with Shirataki Noodles, Snack: Avocado and Pork Rinds

Sunday	REST	Active Rest (light walk/yoga)	30 mins light activity	80g	Breakfast: Keto Pancakes (Almond Flour, Eggs, Coconut Flour), Lunch: Leftover Ground Beef Stir-fry, Dinner: Chicken Caesar Salad (without croutons), Snack: String Cheese and Almonds
Repeat this weekly cycle for 8 weeks, gradually increasing weights/resistance or duration as you get stronger. Consider adding more exercises or sets as you progress.					