

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	30 minutes brisk walking/jogging	30g	Breakfast: Oatmeal with berries and nuts, Lunch: Lentil soup with whole-wheat bread, Dinner: Tofu stir-fry with brown rice, Snack: Apple slices with peanut butter
Monday	6:00 PM	Bodyweight Strength Training	Squats (10-12 reps, 3 sets), Push-ups (as many as possible, 3 sets), Lunges (10-12 reps per leg, 3 sets), Plank (30-60 seconds, 3 sets)	30g	(See lunch and dinner above)
Tuesday	7:00 AM	Yoga/Stretching	30 minutes	25g	Breakfast: Vegan yogurt with granola and fruit, Lunch: Quinoa salad with chickpeas and vegetables, Dinner: Black bean burgers on whole-wheat buns, Snack: Trail mix (nuts, seeds, dried fruit)

Wednesday	7:00 AM	Cardio	30 minutes brisk walking/jogging	30g	Breakfast: Smoothie with plant-based protein powder, spinach, banana, and almond milk, Lunch: Leftover black bean burgers, Dinner: Vegan chili with cornbread, Snack: Edamame
Wednesday	6:00 PM	Bodyweight Strength Training	Squats (10-12 reps, 3 sets), Push-ups (as many as possible, 3 sets), Lunges (10-12 reps per leg, 3 sets), Plank (30-60 seconds, 3 sets)	30g	(See lunch and dinner above)
Thursday	7:00 AM	Yoga/Stretching	30 minutes	25g	Breakfast: Tofu scramble with vegetables, Lunch: Leftover vegan chili, Dinner: Lentil pasta with marinara sauce, Snack: Rice cakes with avocado
Friday	7:00 AM	Cardio	30 minutes brisk walking/jogging	30g	Breakfast: Oatmeal with berries and nuts, Lunch: Salad with chickpeas, tofu, and vegetables, Dinner: Vegan pizza with whole wheat crust, Snack: Banana

Friday	6:00 PM	Bodyweight Strength Training	Squats (10-12 reps, 3 sets), Push-ups (as many as possible, 3 sets), Lunges (10-12 reps per leg, 3 sets), Plank (30-60 seconds, 3 sets)	30g	(See lunch and dinner above)
Saturday	Rest Day			25g	Breakfast: Pancakes (vegan recipe), Lunch: Leftover pizza, Dinner: Roasted vegetables with tempeh, Snack: Fruit salad
Sunday	Rest Day			25g	Breakfast: Toast with avocado and tomato, Lunch: Soup with whole grain bread, Dinner: Vegan curry with brown rice, Snack: Popcorn