

Your Fitness Plan

Day	Time	Exercise Type	Workout Details (Reps, Sets, Duration)	Protein Goal (g)	Meal Plan
Week 1					
Monday	7:00 AM	Cardio	Brisk walking/Cycling 30 minutes	30g	Breakfast: Oatmeal with berries and nuts, Lunch: Lentil soup with whole-wheat bread, Dinner: Vegetable stir-fry with tofu, Snack: Greek yogurt
Tuesday	7:00 AM	Strength Training	Dumbbell Bicep Curls (10 reps, 3 sets), Dumbbell Triceps Extensions (10 reps, 3 sets), Dumbbell Rows (10 reps, 3 sets), Dumbbell Shoulder Press (10 reps, 3 sets)	40g	Breakfast: Scrambled tofu with spinach, Lunch: Quinoa salad with chickpeas and vegetables, Dinner: Vegetable curry with brown rice, Snack: Almonds

Day	Time	Exercise Type	Workout Details (Reps, Sets, Duration)	Protein Goal (g)	Meal Plan
Wednesday	7:00 AM	Cardio	Brisk walking/Cycling 30 minutes	30g	Breakfast: Smoothie with protein powder, fruits, and vegetables, Lunch: Veggie burger on a whole-wheat bun, Dinner: Lentil and vegetable stew, Snack: Apple slices with peanut butter
Thursday	7:00 AM	Strength Training	Dumbbell Bicep Curls (12 reps, 3 sets), Dumbbell Triceps Extensions (12 reps, 3 sets), Dumbbell Rows (12 reps, 3 sets), Dumbbell Shoulder Press (12 reps, 3 sets)	40g	Breakfast: Tofu scramble with whole-wheat toast, Lunch: Salad with grilled halloumi (vegetarian cheese), Dinner: Black bean burgers with sweet potato fries, Snack: Cottage cheese
Friday	7:00 AM	Cardio	Brisk walking/Cycling 30 minutes	30g	Breakfast: Overnight oats with chia seeds and fruit, Lunch: Leftover black bean burgers, Dinner: Vegetarian chili with brown rice, Snack: Banana

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Saturday	Rest Day	Rest	-	30g	Breakfast: Pancakes made with whole wheat flour and topped with fruit and maple syrup, Lunch: Pasta primavera, Dinner: Pizza with vegetables, Snack: Popcorn
Sunday	Rest Day	Rest	-	30g	Breakfast: Waffles with fruit and syrup, Lunch: Leftover vegetarian chili, Dinner: Vegetable lasagna, Snack: Trail mix
Week 2					
Monday	7:00 AM	Cardio	Brisk walking/Cycling 35 minutes	30g	(Repeat meal plan from Week 1, Monday)
Tuesday	7:00 AM	Strength Training	Dumbbell Bicep Curls (12 reps, 3 sets), Dumbbell Triceps Extensions (12 reps, 3 sets), Dumbbell Rows (12 reps, 3 sets), Dumbbell Shoulder Press (12 reps, 3 sets), Plank (30 seconds, 3 sets)	40g	(Repeat meal plan from Week 1, Tuesday)

Day	Time	Exercise Type	Workout Details (Reps, Sets, Duration)	Protein Goal (g)	Meal Plan
Wednesday	7:00 AM	Cardio	Brisk walking/Cycling 35 minutes	30g	(Repeat meal plan from Week 1, Wednesday)
Thursday	7:00 AM	Strength Training	Dumbbell Bicep Curls (15 reps, 3 sets), Dumbbell Triceps Extensions (15 reps, 3 sets), Dumbbell Rows (15 reps, 3 sets), Dumbbell Shoulder Press (15 reps, 3 sets), Plank (45 seconds, 3 sets)	40g	(Repeat meal plan from Week 1, Thursday)
Friday	7:00 AM	Cardio	Brisk walking/Cycling 35 minutes	30g	(Repeat meal plan from Week 1, Friday)
Saturday	Rest Day	Rest	-	30g	(Repeat meal plan from Week 1, Saturday)
Sunday	Rest Day	Rest	-	30g	(Repeat meal plan from Week 1, Sunday)
Week 3					
Monday	7:00 AM	Cardio	Brisk walking/Cycling 40 minutes	30g	(Repeat meal plan from Week 1, Monday)

Day	Time	Exercise Type	Workout Details (Reps, Sets, Duration)	Protein Goal (g)	Meal Plan
Tuesday	7:00 AM	Strength Training	Dumbbell Bicep Curls (15 reps, 3 sets), Dumbbell Triceps Extensions (15 reps, 3 sets), Dumbbell Rows (15 reps, 3 sets), Dumbbell Shoulder Press (15 reps, 3 sets), Plank (60 seconds, 3 sets)	40g	(Repeat meal plan from Week 1, Tuesday)
Wednesday	7:00 AM	Cardio	Brisk walking/Cycling 40 minutes	30g	(Repeat meal plan from Week 1, Wednesday)
Thursday	7:00 AM	Strength Training	Dumbbell Bicep Curls (15 reps, 3 sets), Dumbbell Triceps Extensions (15 reps, 3 sets), Dumbbell Rows (15 reps, 3 sets), Dumbbell Shoulder Press (15 reps, 3 sets), Plank (60 seconds, 3 sets)	40g	(Repeat meal plan from Week 1, Thursday)
Friday	7:00 AM	Cardio	Brisk walking/Cycling 40 minutes	30g	(Repeat meal plan from Week 1, Friday)
Saturday	Rest Day	Rest	-	30g	(Repeat meal plan from Week 1, Saturday)
Sunday	Rest Day	Rest	-	30g	(Repeat meal plan from Week 1, Sunday)