

Your Fitness Plan

Day	Time	Exercise Type	Workout Details (Reps, Sets, Duration)	Protein Goal (g)	Meal Plan (Breakfast, Lunch, Dinner, Snacks)
Monday	6:00 PM	Bodyweight Circuit	Squats: 3 sets of 10-12 reps Push-ups: 3 sets of as many reps as possible (AMRAP) Lunge s (each leg): 3 sets of 10-12 reps Plank: 3 sets, 30-60 seconds hold	70g	Breakfast: Oatmeal with berries and nuts Lunch: Lentil soup with whole-grain bread Dinner: Tofu stir-fry with brown rice Snacks: Fruits, trail mix (nuts, seeds, dried fruit)
Tuesday	6:00 PM	Cardio	Brisk walking/jogging: 30 minutes	60g	Breakfast: Vegan yogurt with granola and fruit Lunch: Quinoa salad with chickpeas and vegetables Dinner: Black bean burgers on whole-wheat buns Snacks: Edamame, apple slices with peanut butter
Wednesday	REST	Rest	-	60g	Breakfast: Smoothie with plant-based protein powder, spinach, banana Lunch: Leftover black bean burgers Dinner: Vegan chili Snacks: Almonds, banana

Thursday	6:00 PM	Bodyweight Circuit	Squats: 3 sets of 12-15 reps Push-ups: 3 sets of AMRAP Lunges (each leg): 3 sets of 12-15 reps Plank: 3 sets, 30-60 seconds hold	70g	Breakfast: Tofu scramble with vegetables Lunch: Salad with roasted sweet potatoes and chickpeas Dinner: Vegan pasta with marinara sauce and vegetables Snacks: Rice cakes with avocado, carrots and hummus
Friday	6:00 PM	Cardio	Brisk walking/jogging: 35 minutes	60g	Breakfast: Overnight oats with chia seeds and fruit Lunch: Leftover vegan pasta Dinner: Lentil and vegetable curry Snacks: Popcorn, orange
Saturday	REST	Rest	-	60g	Breakfast: Pancakes made with whole-wheat flour and plant-based milk Lunch: Vegan wraps with hummus and vegetables Dinner: Pizza with vegan cheese and vegetables Snacks: Trail mix, pear

Sunday	6:00 PM	Yoga/Stretching	30 minutes	60g	Breakfast: Smoothie with plant-based protein powder, berries, and spinachLunch: Leftover pizzaDinner: Vegan Shepherd's PieSnacks: Apple slices with almond butter, grapes
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