

# Your Fitness Plan

Day	Time	Exercise Type	Workout Details (Reps, Sets, Duration)	Protein Goal (g)	Meal Plan (Breakfast, Lunch, Dinner, Snacks)
Week 1					
Monday	7:00 AM	Cardio	30 minutes brisk walking/jogging	60g	Breakfast: Oatmeal with berries and nuts, Lunch: Lentil soup with whole-wheat bread, Dinner: Tofu stir-fry with brown rice, Snacks: Greek Yogurt, Apple slices with peanut butter
Tuesday	6:00 PM	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)	70g	Breakfast: Whole-wheat toast with avocado, Lunch: Quinoa salad with chickpeas and vegetables, Dinner: Vegetarian chili with cornbread, Snacks: Trail mix (nuts, seeds, dried fruit), Cottage cheese

Wednesday	7:00 AM	Cardio	30 minutes brisk walking/jogging	60g	Breakfast: Smoothie (Spinach, banana, protein powder), Lunch: Leftover Vegetarian Chili, Dinner: Black bean burgers on whole-wheat buns, Snacks: Edamame, Banana
Thursday	6:00 PM	Strength Training	Dumbbell Squats (10 reps, 3 sets), Dumbbell Lunges (10 reps per leg, 3 sets), Dumbbell Deadlifts (8 reps, 3 sets)	70g	Breakfast: Scrambled tofu with vegetables, Lunch: Veggie wrap with hummus, Dinner: Lentil pasta with marinara sauce and vegetables, Snacks: Rice cakes with almond butter, Hard-boiled eggs
Friday	7:00 AM	Cardio	30 minutes brisk walking/jogging	60g	Breakfast: Oatmeal with berries and nuts, Lunch: Leftover Lentil Pasta, Dinner: Vegetable Curry with brown rice, Snacks: Greek Yogurt, Pear

Saturday	Rest	Rest		60g	Breakfast: Pancakes made with whole wheat flour and topped with fruit, Lunch: Salad with grilled halloumi cheese, Dinner: Pizza with vegetables, Snacks: Popcorn, Fruit
Sunday	Rest	Rest		60g	Breakfast: Tofu scramble with whole-wheat toast, Lunch: Leftover Pizza, Dinner: Vegetable lasagna, Snacks: Nuts, Seeds
Week 2 & 3					
Monday - Sunday		Repeat Week 1 workouts and Meal plan and adjust the intensity based on your capability		60-70g	Choose meals from Week 1 and try new vegetarian options to increase variety