

Your Fitness Plan

Day	Time	Exercise Type	Workout Details (Reps, Sets, Duration)	Protein Goal (g)	Meal Plan
Monday	7:00 AM	Resistance Band Workout	Bicep Curls (10 reps, 3 sets), Tricep Extensions (10 reps, 3 sets), Rows (12 reps, 3 sets), Chest Press (10 reps, 3 sets), Squats (10 reps, 3 sets), 30 min	50g	Breakfast: Oatmeal with berries and nuts, Lunch: Lentil soup with whole-wheat bread, Dinner: Tofu stir-fry with brown rice, Snack: Greek Yogurt
Tuesday	7:00 AM	Cardio	Brisk Walking (30 minutes)	40g	Breakfast: Whole-wheat toast with avocado, Lunch: Vegetarian chili, Dinner: Veggie burger on a whole-wheat bun, Snack: Apple slices with peanut butter
Wednesday	REST	REST	-	40g	Breakfast: Scrambled tofu with spinach and mushrooms, Lunch: Salad with chickpeas and feta cheese, Dinner: Vegetable curry with brown rice, Snack: Trail mix

Thursday	7:00 AM	Resistance Band Workout	Bicep Curls (12 reps, 3 sets), Tricep Extensions (12 reps, 3 sets), Rows (15 reps, 3 sets), Chest Press (12 reps, 3 sets), Squats (12 reps, 3 sets), 30 min	50g	Breakfast: Smoothie with spinach, banana, and protein powder, Lunch: Leftover vegetable curry, Dinner: Quinoa salad with roasted vegetables, Snack: Handful of almonds
Friday	7:00 AM	Cardio	Brisk Walking (35 minutes)	40g	Breakfast: Whole-wheat pancakes with fruit, Lunch: Black bean soup with cornbread, Dinner: Veggie pizza on whole-wheat crust, Snack: Cottage cheese
Saturday	REST	REST	-	40g	Breakfast: Omelette with vegetables and cheese, Lunch: Leftover veggie pizza, Dinner: Lentil Shepherd's Pie, Snack: Rice cakes with hummus
Sunday	REST	REST	-	40g	Breakfast: Tofu scramble with whole-wheat toast, Lunch: Salad with grilled halloumi cheese, Dinner: Pasta with marinara sauce and vegetables, Snack: Fruit salad