

Your Fitness Plan

Day	Time	Exercise Type	Workout Details (Reps, Sets, Duration)	Protein Goal (g)	Meal Plan
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 Glute Bridges: 3 sets of 15-20 reps	60g	Breakfast: Oatmeal with berries and nuts Lunch: Lentil soup with whole-wheat bread Dinner: Tofu stir-fry with brown rice Snack: Greek yogurt with fruit
Tuesday	6:00 PM	Yoga/Stretching	30-45 minutes of beginner yoga or stretching routine (focus on flexibility and mobility)	50g	Breakfast: Scrambled tofu with spinach and whole-wheat toast Lunch: Quinoa salad with chickpeas and vegetables Dinner: Vegetable curry with brown rice Snack: Trail mix (nuts, seeds, dried fruit)

Wednesday	6:00 PM	Bodyweight Circuit	Squats: 3 sets of 12-15 reps Push-ups (on knees if needed): 3 sets of AMRAP Lunges (each leg): 3 sets of 12-15 reps Plank: 3 sets, 30-60 seconds hold Crunches: 3 sets of 15-20 reps	60g	Breakfast: Smoothie with protein powder (pea or soy), banana, spinach Lunch: Leftover vegetable curry Dinner: Veggie burgers on whole-wheat buns with a side salad Snack: Edamame
Thursday	6:00 PM	Yoga/Stretching	30-45 minutes of beginner yoga or stretching routine	50g	Breakfast: Whole-wheat pancakes with fruit and maple syrup Lunch: Large salad with various vegetables, beans and a tahini dressing Dinner: Pasta with marinara sauce and lentils Snack: Apple slices with peanut butter
Friday	6:00 PM	Bodyweight Circuit	Repeat Monday's workout, aiming for slightly higher reps or longer holds if possible.	60g	Breakfast: Oatmeal with berries and nuts Lunch: Lentil soup with whole-wheat bread Dinner: Tofu scramble with sweet potatoes Snack: Greek yogurt with fruit

Saturday	Rest Day	Rest	-	50g	Breakfast: Breakfast burrito with black beans, tofu and salsa Lunch: Leftover Tofu S scramble Dinner: Pizza with lots of veggies Snack: Popcorn
Sunday	Rest Day or Active Recovery	Light walk/hike (30-60 minutes)	-	50g	Breakfast: French toast made with whole wheat bread, topped with fruit. Lunch: Chickpea salad sandwich on whole wheat bread Dinner: Roasted vegetables with a side of hummus and pita bread Snack: Rice cakes with avocado