

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	Resistance Band Workout	Bicep Curls (10-12 reps, 3 sets), Tricep Extensions (10-12 reps, 3 sets), Rows (10-12 reps, 3 sets), Lateral Walks (15 reps each direction, 2 sets)	50g	Breakfast: Oatmeal with berries and nuts, Lunch: Lentil soup with whole-wheat bread, Dinner: Tofu scramble with vegetables, Snack: Greek yogurt
Tuesday	7:00 AM	Cardio (light intensity)	30 minutes brisk walking or cycling	45g	Breakfast: Whole-wheat toast with avocado, Lunch: Quinoa salad with chickpeas and vegetables, Dinner: Vegetable curry with brown rice, Snack: Almonds
Wednesday	REST			40g	Breakfast: Smoothie with fruits and protein powder, Lunch: Leftover vegetable curry, Dinner: Vegetable stir-fry with tofu, Snack: Fruits

Thursday	7:00 AM	Resistance Band Workout	Squats (10-12 reps, 3 sets), Lunges (10-12 reps each leg, 3 sets), Glute Bridges (15 reps, 3 sets), Chest Press (10-12 reps, 3 sets)	50g	Breakfast: Pancakes made with whole-wheat flour and banana, Lunch: Veggie burger on whole-wheat bun, Dinner: Dal (lentil soup) with brown rice, Snack: Cottage cheese
Friday	7:00 AM	Cardio (light intensity)	30 minutes brisk walking or cycling	45g	Breakfast: Scrambled eggs with spinach, Lunch: Salad with grilled halloumi cheese, Dinner: Pizza with whole-wheat crust and lots of veggies, Snack: Seeds
Saturday	REST			40g	Breakfast: Smoothie with spinach and peanut butter, Lunch: Leftover pizza, Dinner: Black bean burritos, Snack: Greek yogurt
Sunday	REST			40g	Breakfast: Oatmeal with nuts and seeds, Lunch: Leftover Black Bean Burrito, Dinner: Vegetable pasta, Snack: Fruits
Week 2 & 3					

Monday	7:00 AM	Resistance Band Workout	Bicep Curls (12-15 reps, 3 sets), Tricep Extensions (12-15 reps, 3 sets), Rows (12-15 reps, 3 sets), Lateral Walks (20 reps each direction, 2 sets)	55g	Breakfast: Oatmeal with berries and nuts, Lunch: Lentil soup with whole-wheat bread, Dinner: Tofu scramble with vegetables, Snack: Greek yogurt
Tuesday	7:00 AM	Cardio (light to moderate intensity)	35 minutes brisk walking or cycling	50g	Breakfast: Whole-wheat toast with avocado, Lunch: Quinoa salad with chickpeas and vegetables, Dinner: Vegetable curry with brown rice, Snack: Almonds
Wednesday	REST			45g	Breakfast: Smoothie with fruits and protein powder, Lunch: Leftover vegetable curry, Dinner: Vegetable stir-fry with tofu, Snack: Fruits
Thursday	7:00 AM	Resistance Band Workout	Squats (12-15 reps, 3 sets), Lunges (12-15 reps each leg, 3 sets), Glute Bridges (20 reps, 3 sets), Chest Press (12-15 reps, 3 sets)	55g	Breakfast: Pancakes made with whole-wheat flour and banana, Lunch: Veggie burger on whole-wheat bun, Dinner: Dal (lentil soup) with brown rice, Snack: Cottage cheese

Friday	7:00 AM	Cardio (light to moderate intensity)	35 minutes brisk walking or cycling	50g	Breakfast: Scrambled eggs with spinach, Lunch: Salad with grilled halloumi cheese, Dinner: Pizza with whole-wheat crust and lots of veggies, Snack: Seeds
Saturday	REST			45g	Breakfast: Smoothie with spinach and peanut butter, Lunch: Leftover pizza, Dinner: Black bean burritos, Snack: Greek yogurt
Sunday	REST			45g	Breakfast: Oatmeal with nuts and seeds, Lunch: Leftover Black Bean Burrito, Dinner: Vegetable pasta, Snack: Fruits