

GYM and DIET

Plan

GOAL

- **Target weight:** 68kg
- **Current weight:** 80kg
- **Timeframe:** By **August 1, 2025**
- **Focus:**
 - Lose 12kg fat
 - Build **visible muscle** (shoulders, chest, back, arms, core, legs)
 - Achieve a **fit and attractive** look

WORKOUT PLAN (6-day split)

Push-Pull-Legs x2/week + 1 rest day

- **Push (Chest, Shoulders, Triceps)**
- **Pull (Back, Biceps)**
- **Legs + Core**
- Repeat
- **Rest or light cardio**

Progressive overload, focus on form, aim for full-body balance.

DIET PLAN (Indian-Mediterranean mix)

- Based on: Chickpeas, beans, rice, daals, bread, oats, pasta, chicken, eggs, vegetables
- 3–4 main meals/day with optional snacks
- Balanced, high-protein, moderate carbs, low-fat
- Drinking 2.5–3L water/day
- Minimal sugar, oil, and junk

SUPPLEMENTS

- **Omega-3 (Nutravita 2000mg, 660mg EPA + 440mg DHA)**
 - **Take 2 softgels/day**, with meals (e.g., breakfast)
- **Protein Powder: Bulk Pure Whey Isolate**
 - Taken as shake with **peanut butter + oats + water**
 - Post-workout or as meal/snack

Let me know when you're ready to start, and I'll keep tracking and adjusting the plan as you go.

Workouts (4-6 weeks)

Monday

Push (Chest, Shoulders, Triceps)

- Push-ups – 3x15
- Dumbbell shoulder press – 3x12
- Chest press (machine or dumbbells) – 3x12
- Triceps dips or rope pushdowns – 3x12

Tuesday

- Lat pulldown or pull-ups – 3x10
- Dumbbell rows – 3x12
- Face pulls – 3x15
- Bicep curls – 3x12

Wednesday

- Bodyweight squats – 3x20
- Lunges – 3x15 (each leg)
- Leg press – 3x12
- Plank – 3x30 sec
- Hanging leg raises – 3x15

Thursday

Push (Chest, Shoulders, Triceps)

- Push-ups – 3x15
- Dumbbell shoulder press – 3x12
- Chest press (machine or dumbbells) – 3x12
- Triceps dips or rope pushdowns – 3x12

Friday

- Lat pulldown or pull-ups – 3x10
- Dumbbell rows – 3x12
- Face pulls – 3x15
- Bicep curls – 3x12

Saturday

- Bodyweight squats – 3x20
- Lunges – 3x15 (each leg)
- Leg press – 3x12
- Plank – 3x30 sec
- Hanging leg raises – 3x15

Weight guid

Exercise Type	Reps Target	Weight Guide
Push-ups / Bodyweight	12–15	Bodyweight only (add reps over time)
Dumbbell Chest Press	10–12	Start with 6–10kg each hand, increase slowly
Shoulder Press	10–12	5–8kg each hand to start
Dumbbell Rows	10–12	8–12kg per hand
Bicep Curls	10–12	4–8kg each arm
Squats (Bodyweight)	15–20	Start with bodyweight, add weights later
Leg Press (Machine)	10–12	Start with 30–50kg total

Diet

Time	Meal	Food & Quantity
7:30 AM	Wake-up	1 glass warm water + 1 black espresso (no sugar)
8:30 AM	Breakfast	- 40g oats (in water/milk)

		- 2 boiled eggs or 2-egg omelette - 1 Omega-3
11:00 AM	Snack	- Handful roasted chickpeas or 1 boiled egg - (Optional) 1 espresso
1:30 PM	Lunch	- 1 cup cooked rice or 2 slices bread - 1 cup dal (Moong dal) - 1 cup mixed veggies - Optional: 1 egg or small chicken piece
5:30 PM	Post-workout Shake	- 1 scoop Bulk Whey Isolate - 1 tbsp peanut butter - 2 tbsp oats - 250ml water
7:30 PM	Dinner	- 1 cup chana dal / chickpeas / lentils - 1 cup veggies - 1 boiled egg or small chicken - 1 Omega-3
9:30 PM	(Optional)	Herbal tea or warm water

Mixed Veggie Power Stir-Fry (6 portions)

Ingredients:

- **2 carrots** (sliced)
- **2 bell peppers** (any color, sliced)
- **2 zucchinis** (chopped)
- **2 cups spinach** (chopped)
- **2 tomatoes** (chopped)
- **1 large onion** (sliced)

- **3 garlic cloves** (chopped)
- **1 tsp cumin seeds**
- **1.5 tsp turmeric**
- **1–2 tsp chili powder** (optional)
- **3 tsp olive oil**
- **Salt to taste**
- **Lemon juice** (to drizzle after cooking)

Steps:

1. Heat oil in a large pan
2. Add cumin seeds, garlic, and onion – sauté for 2 mins
3. Add carrots, zucchini, bell pepper – cook 5 mins
4. Add tomatoes, turmeric, chili, and salt – cook 3 mins
5. Add spinach last – stir till wilted (2 mins)
6. Drizzle lemon juice, let cool
7. Divide into **6 containers**, store in fridge

Use:

- Serve 1 portion with dal, rice, or chicken
- Keeps well for 3 days
- Rich in fiber, iron, potassium, vitamin A, C, K, and digestion support

Shopping list

Proteins

- Eggs
- Chicken breast
- Bulk Pure Whey Isolate
- Chickpeas (canned or dry)
- Beans (any variety)
- Moong dal

Carbs

- Oats
- White or brown rice
- Whole wheat bread
- Pasta (whole wheat preferred)

Healthy Fats

- Natural peanut butter

- Olive oil
- Omega-3 Fish Oil (already purchased)

Vegetables

- Carrots
- Spinach
- Tomatoes
- Broccoli
- Onions
- Bell peppers
- Zucchini
- Garlic

Others

- Black coffee / espresso
- Herbal tea (optional)
- Salt, turmeric, cumin, chili, and other Indian