



BUILT FOR CHANGE—DESIGNED FOR YOU

## 5-DAY SAMPLE PLAN

**WELCOME TO YOUR 5-DAY INTRODUCTORY GUIDE :  
TO ACHIEVING YOUR FITNESS GOALS—FAT LOSS (CALORIC DEFICIT), MUSCLE GAIN (CALORIC SURPLUS), OR BODY RECOMPOSITION (HIGH-PROTEIN, MAINTENANCE CALORIES)—USING THE POWER OF INDIAN CUISINE. THIS SAMPLE PLAN IS FOR EDUCATIONAL PURPOSES ONLY; PLEASE CONSULT A QUALIFIED PHYSICIAN OR DIETITIAN BEFORE BEGINNING, AS RESULTS VARY AND PLANS MUST BE TAILORED TO YOUR INDIVIDUAL HEALTH CONDITIONS AND BODY TYPE.**



JOIN NOW

Join the KNOX-FIT family today and unlock your full potential!



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# KNOX-FIT

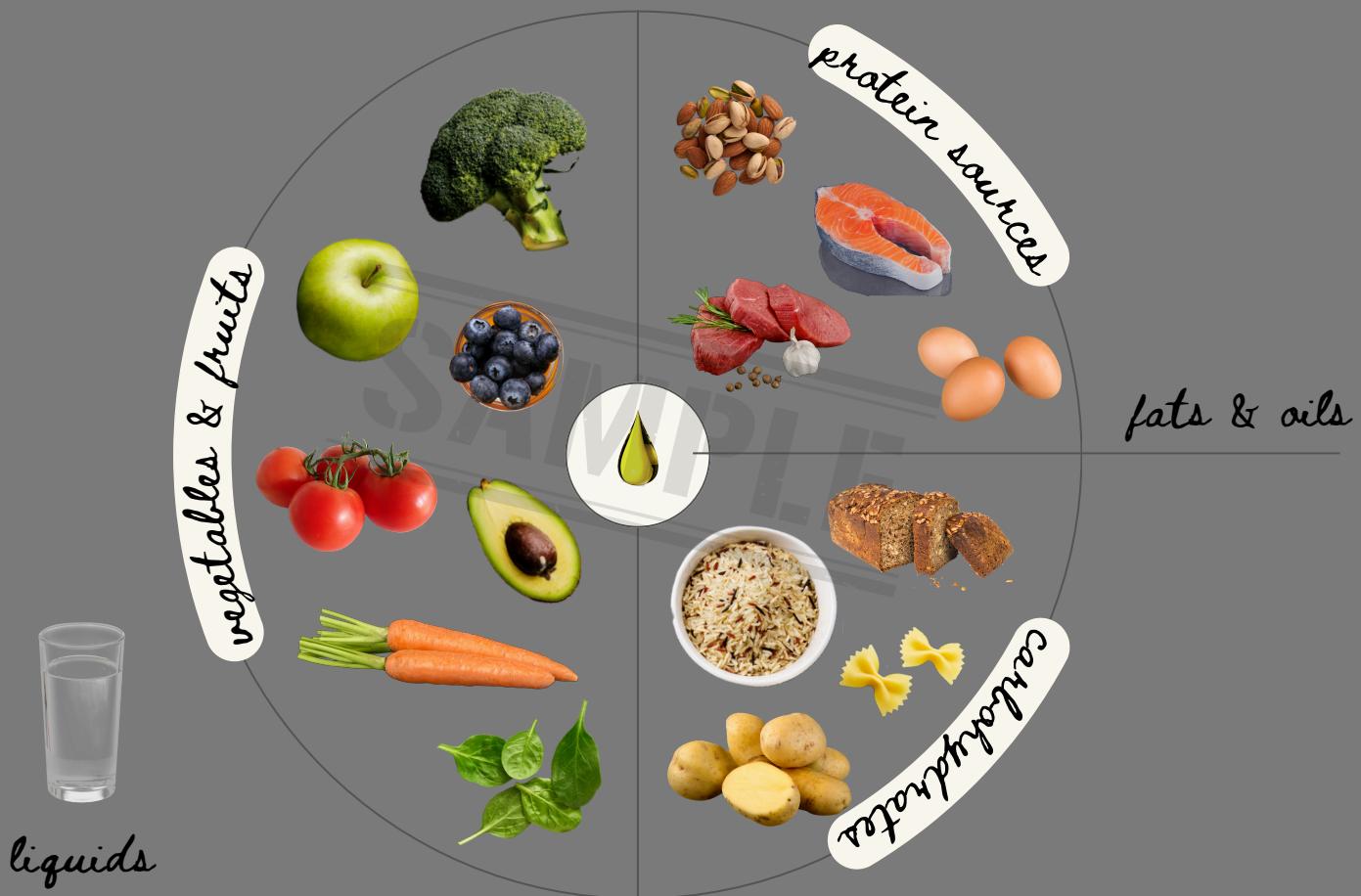
## HEALTHY PLATE RULE

### VEGETABLES & FRUITS

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### PROTEIN SOURCES

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### CARBOHYDRATES

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### PROTEIN SOURCES

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### FATS & OILS

Nuts, avocados and vegetable oils.

### LIQUIDS

Water, coffee, tea and other liquids.

# BODY RECOMP DIET PLAN

## Breakfast

3 Egg Bhurji /  
150g Tofu Scramble, 1 Whole Wheat Roti, 1 bowl Papaya

Approx. Calories & Macros (P/C/F in grams)

~450 kcal  
(30P/40C/18F)

Micronutrient & Vitamin Highlights

Choline from eggs, Papain from papaya.

## Lunch

150g Grilled Fish/Paneer Tikka, 1 cup Brown Rice, 1 bowl Mixed Dal

Approx. Calories & Macros (P/C/F in grams)

~550 kcal  
(40P/50C/20F)

Micronutrient & Vitamin Highlights

Omega-3 from fish, Leucine from paneer.

## Snack

1 bowl Greek Yogurt (Hung Curd), 1 tbsp Chia Seeds

Approx. Calories & Macros (P/C/F in grams)

~200 kcal  
(20P/10C/9F)

Micronutrient & Vitamin Highlights

Probiotics & High Protein from yogurt.

## Dinner

1 bowl Soya Chunk & Vegetable Pulao, 1 bowl Raita

Approx. Calories & Macros (P/C/F in grams)

~500 kcal  
(35P/60C/18F)

Micronutrient & Vitamin Highlights

Complete Plant Protein from soya chunks



# FAT LOSS DIET PLAN

## Breakfast

2 Moong Dal  
Chillas, 1 tbsp  
Mint Chutney

Approx. Calories &  
Macros (P/C/F in grams)

Micronutrient &  
Vitamin Highlights

## Lunch

1 bowl Mixed  
Vegetable Sabzi, 1  
bowl Dal Tadka, 1  
Jowar Roti, Salad

Approx. Calories &  
Macros (P/C/F in grams)

Iron & Folate  
from moong dal.

Micronutrient &  
Vitamin Highlights

## Snack

1 Apple,  
6 Almonds

Approx. Calories &  
Macros (P/C/F in grams)

Fiber & Zinc  
from vegetables  
& lentils.

Micronutrient &  
Vitamin Highlights

## Dinner

150g Paneer  
Bhurji with  
vegetables, large  
bowl of Green  
Salad

Approx. Calories &  
Macros (P/C/F in grams)

Vitamin E from  
almonds.

Micronutrient &  
Vitamin Highlights

Calcium &  
Vitamin B12  
from paneer.



# MUSCLE GAIN DIET PLAN

## Breakfast

3 Besan & Oats  
Chillas, 1 bowl  
Dahi, 1 Banana

Approx. Calories &  
Macros (P/C/F in grams)

~600 kcal  
(30P/80C/18F)

Micronutrient &  
Vitamin Highlights

Potassium from  
banana,  
Complex Carbs  
from oats.

## Lunch

1.5 bowls Rajma  
Curry, 1.5 cups  
Brown Rice, 1 Jowar  
Roti, Salad

Approx. Calories &  
Macros (P/C/F in grams)

~700 kcal  
(30P/100C/20F)

Micronutrient &  
Vitamin Highlights

Molybdenum &  
Folate from  
kidney beans.

## Snack

1 scoop (25g)  
Sattu in water, 1  
Orange, Handful  
of Peanuts

Approx. Calories &  
Macros (P/C/F in grams)

~350 kcal  
(20P/30C/15F)

Micronutrient &  
Vitamin Highlights

Plant-based  
Protein from  
Sattu.

## Dinner

150g  
Chicken/Tofu  
Curry, 2 Whole  
Wheat Rotis, 1  
bowl Green Bean  
Sabzi

Approx. Calories &  
Macros (P/C/F in grams)

~650 kcal  
(45P/60C/25F)

Micronutrient &  
Vitamin Highlights

High-quality  
Protein from  
chicken/tofu.

# WORKOUT

## SCHEDULE

### FAT LOSS

Day	Workout Type	Exercises
1	Full Body Strength A	 1. Dumbbell Goblet Squats: 3 sets x 12-15 reps (RPE 8)   2. Push-ups (on knees or toes): 3 sets x AMRAP   3. Dumbbell Bent-Over Rows: 3 sets x 12-15 reps (RPE 8)   4. Plank: 3 sets x 30-45 second hold   5. Jumping Jacks: 3 sets x 45 seconds
2	Active Recovery / LISS	30-45 minutes of brisk walking, light cycling, or yoga. Keep heart rate low (RPE 4-5).
3	Full Body Strength B	 1. Dumbbell Lunges: 3 sets x 10-12 reps per leg (RPE 8)   2. Dumbbell Overhead Press: 3 sets x 12-15 reps (RPE 8)   3. Glute Bridges: 3 sets x 15-20 reps   4. Bodyweight Supermans: 3 sets x 15 reps   5. High Knees: 3 sets x 45 seconds
4	Rest	Complete rest or light stretching. Focus on hydration and nutrition.
5	HIIT Circuit	Perform each for 40s, rest 20s. Complete 3 rounds. Rest 90s between rounds. (RPE 9)   1. Bodyweight Squats   2. Mountain Climbers   3. Burpees   4. Lying Leg Raises   5. Spot Jogging

# WORKOUT

## SCHEDULE BODY

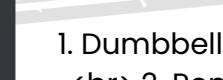
### RECOMPOSITION

Day	Workout Type	Exercises
1	Upper Body Strength	 1. Dumbbell Bench Press: 3 sets x 8-12 reps (RPE 8)   2. Dumbbell Bent-Over Rows: 3 sets x 8-12 reps (RPE 8)   3. Dumbbell Overhead Press: 3 sets x 10-12 reps   4. Dumbbell Bicep Curls: 2 sets x 12-15 reps   5. Tricep Dips: 2 sets x 12-15 reps
2	Lower Body Strength	 1. Dumbbell Goblet Squats: 3 sets x 8-12 reps (RPE 8)   2. Dumbbell Romanian Deadlifts (RDLS): 3 sets x 10-15 reps (RPE 8)   3. Glute Bridges: 3 sets x 15-20 reps   4. Calf Raises: 3 sets x 15-20 reps
3	Active Recovery / LISS	30 minutes of jogging or incline walking. Focus on steady-state cardio (RPE 5-6).
4	Full Body Strength	 1. Dumbbell Deadlifts: 3 sets x 8-10 reps (RPE 8)   2. Push-ups: 3 sets x AMRAP   3. Alternating Dumbbell Lunges: 3 sets x 10-12 reps per leg   4. Plank with Shoulder Taps: 3 sets x 30-45 seconds
5	Metabolic Conditioning	Circuit: 3 rounds with 60s rest between rounds. (RPE 9)   1. Kettlebell/Dumbbell Swings: 15 reps   2. Burpees: 10 reps   3. Mountain Climbers: 30 seconds   4. Jumping Squats: 12 reps

# WORKOUT

## SCHEDULE

### MUSCLE GAIN

Day	Workout Type	Exercises
1	Push (Chest/Shoulders/Triceps)	 1. Dumbbell Bench Press: 4 sets x 8-10 reps (RPE 9)   2. Dumbbell Overhead Press: 3 sets x 8-10 reps (RPE 9)   3. Incline Push-ups: 3 sets x 10-12 reps   4. Dumbbell Lateral Raises: 3 sets x 12-15 reps   5. Tricep Dips (on bench): 3 sets x 10-12 reps
2	Pull (Back/Biceps)	 1. Dumbbell Bent-Over Rows: 4 sets x 8-10 reps (RPE 9)   2. Pull-ups (or assisted/negatives): 3 sets x AMRAP   3. Dumbbell Bicep Curls: 3 sets x 10-12 reps (RPE 8)   4. Dumbbell Shrugs: 3 sets x 12-15 reps   5. Face Pulls (with band if available): 3 sets x 15-20 reps
3	Legs (Quads/Hamstrings/Glutes)	 1. Dumbbell Goblet Squats: 4 sets x 8-10 reps (RPE 9)   2. Dumbbell Romanian Deadlifts (RDLS): 3 sets x 10-12 reps (RPE 8)   3. Walking Lunges: 3 sets x 10 reps per leg   4. Calf Raises: 4 sets x 15-20 reps
4	Rest	Complete rest. Crucial for muscle growth and central nervous system recovery.
5	Full Body	 1. Dumbbell Thrusters: 3 sets x 8-10 reps (RPE 9)   2. Renegade Rows: 3 sets x 8-10 reps per arm (RPE 8)   3. Glute Bridges (weighted if possible): 3 sets x 12-15 reps   4. Hammer Curls: 3 sets x 10-12 reps



## ENJOYED THE SAMPLE 5-DAY PLAN?

**STEP UP YOUR FITNESS GAME! GET A PERSONALIZED DIET AND WORKOUT PLAN WITH EXPERT COACHING AND DAILY SUPPORT.**

 PERSONALIZED PLANS BASED ON YOUR GOALS AND PREFERENCES

 WEEKLY TRAINER CONSULTATIONS AND DAILY FOLLOW-UPS

 SUPPORT THROUGH EVERY STEP OF YOUR TRANSFORMATION JOURNEY

**JOIN NOW ➤ KNOX-FIT family today and unlock your full potential!**



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