**Week-Long Diet Plan for Underweight Individuals:**

**Option 1**

Monday:

* Breakfast: Scrambled eggs with spinach and cherry tomatoes. Whole grain toast.
* Snack: Greek yogurt with mixed berries.
* Lunch: Grilled chicken breast with quinoa salad and steamed asparagus.
* Snack: Carrot sticks with hummus.
* Dinner: Baked salmon with roasted sweet potatoes and a side salad.
* Snack: Apple slices with almond butter.

Tuesday:

* Breakfast: Oatmeal with almond milk, sliced bananas, and a sprinkle of chia seeds.
* Snack: Cottage cheese with pineapple chunks.
* Lunch: Spinach and chickpea salad with lemon-tahini dressing.
* Snack: Protein smoothie made with almond milk, banana, and peanut butter.
* Dinner: Grilled turkey breast with brown rice and steamed broccoli.
* Snack: Greek yogurt with honey and mixed nuts.

Wednesday:

* Breakfast: Whole wheat toast topped with avocado, smoked salmon, and a poached egg.
* Snack: Fresh fruit salad.
* Lunch: Quinoa and black bean burrito bowl with salsa, avocado, and mixed greens.
* Snack: Rice cakes with almond butter.
* Dinner: Baked cod with quinoa pilaf and roasted Brussels sprouts.
* Snack: Almonds and a pear.

Thursday:

* Breakfast: Smoothie bowl with acai, almond milk, mixed berries, and granola.
* Snack: Greek yogurt with a handful of almonds.
* Lunch: Grilled chicken and vegetable stir-fry with brown rice.
* Snack: Carrot sticks with hummus.
* Dinner: Baked salmon with quinoa and roasted asparagus.
* Snack: Apple slices with almond butter.

Friday:

* Breakfast: Scrambled eggs with spinach, mushrooms, and feta cheese. Whole grain toast.
* Snack: Cottage cheese with sliced peaches.
* Lunch: Grilled shrimp and avocado salad with mixed greens and lemon vinaigrette.
* Snack: Protein smoothie made with almond milk, banana, and spinach.
* Dinner: Turkey meatballs with whole wheat spaghetti and tomato sauce. Side salad.
* Snack: Greek yogurt with mixed nuts.

Saturday:

* Breakfast: Whole grain pancakes topped with mixed berries and a drizzle of honey.
* Snack: Fresh fruit salad.
* Lunch: Quinoa and grilled vegetable salad with a lemon-tahini dressing.
* Snack: Rice cakes with almond butter.
* Dinner: Baked chicken breast with sweet potato wedges and steamed broccoli.
* Snack: Cottage cheese with pineapple chunks.

Sunday:

* Breakfast: Overnight oats made with rolled oats, almond milk, chia seeds, and berries.
* Snack: Greek yogurt with a handful of walnuts.
* Lunch: Grilled tofu and vegetable stir-fry with brown rice.
* Snack: Carrot sticks with hummus.
* Dinner: Baked cod with quinoa salad and roasted asparagus.
* Snack: Almonds and an apple.

**Option 2**

-------------------------------------------------------------

Monday:

- Breakfast: Greek yogurt with mixed berries and a sprinkle of granola.

- Snack: Apple slices with almond butter.

- Lunch: Grilled chicken breast with quinoa and steamed vegetables.

- Snack: Protein smoothie made with almond milk, banana, and spinach.

- Dinner: Baked salmon with roasted sweet potatoes and sautéed spinach.

- Snack: Mixed nuts and a piece of dark chocolate.

Tuesday:

- Breakfast: Scrambled eggs with diced bell peppers and a slice of whole grain toast.

- Snack: Greek yogurt with a handful of almonds.

- Lunch: Quinoa and black bean salad with cherry tomatoes, cucumber, and a lemon vinaigrette.

- Snack: Carrot sticks with hummus.

- Dinner: Grilled turkey burger on a whole wheat bun with avocado slices and a side salad.

- Snack: Cottage cheese with sliced peaches.

Wednesday:

- Breakfast: Oatmeal cooked with almond milk and topped with sliced bananas and a drizzle of honey.

- Snack: Fresh fruit salad.

- Lunch: Grilled chicken and vegetable wrap with whole wheat tortilla and a side of mixed greens.

- Snack: Rice cakes with almond butter.

- Dinner: Baked cod with quinoa pilaf and roasted Brussels sprouts.

- Snack: Greek yogurt with honey and mixed nuts.

Thursday:

- Breakfast: Whole grain toast topped with avocado, sliced tomatoes, and a poached egg.

- Snack: Cottage cheese with pineapple chunks.

- Lunch: Spinach and chickpea salad with roasted red peppers, feta cheese, and a lemon-tahini dressing.

- Snack: Protein smoothie made with almond milk, banana, and peanut butter.

- Dinner: Grilled shrimp skewers with quinoa and steamed asparagus.

- Snack: Apple slices with almond butter.

Friday:

- Breakfast: Smoothie bowl made with acai, almond milk, mixed berries, and topped with granola and shredded coconut.

- Snack: Greek yogurt with a handful of walnuts.

- Lunch: Turkey and avocado wrap with whole wheat tortilla and a side of mixed greens.

- Snack: Carrot sticks with hummus.

- Dinner: Baked chicken breast with sweet potato wedges and roasted broccoli.

- Snack: Mixed nuts and a piece of dark chocolate.

Saturday:

- Breakfast: Scrambled eggs with spinach, mushrooms, and diced bell peppers. Whole grain toast.

- Snack: Fresh fruit salad.

- Lunch: Quinoa and grilled vegetable bowl with roasted chickpeas and a lemon vinaigrette.

- Snack: Rice cakes with almond butter.

- Dinner: Baked cod with quinoa salad and steamed green beans.

- Snack: Cottage cheese with sliced peaches.

Sunday:

- Breakfast: Overnight oats made with rolled oats, almond milk, chia seeds, and topped with sliced strawberries and a drizzle of maple syrup.

- Snack: Greek yogurt with mixed berries.

- Lunch: Grilled tofu with brown rice and stir-fried vegetables.

- Snack: Carrot sticks with hummus.

- Dinner: Baked salmon with quinoa pilaf and roasted Brussels sprouts.

- Snack: Almonds and an apple.

**Option 3**

--------------------------------------------------------------

Monday:

- Breakfast: Greek yogurt with mixed berries, honey, and a sprinkle of granola.

- Snack: Apple slices with almond butter.

- Lunch: Quinoa and grilled chicken salad with mixed greens, cherry tomatoes, and a lemon vinaigrette.

- Snack: Protein smoothie made with almond milk, banana, and spinach.

- Dinner: Baked salmon with roasted sweet potatoes and steamed broccoli.

- Snack: Mixed nuts and a piece of dark chocolate.

Tuesday:

- Breakfast: Scrambled eggs with diced bell peppers and a slice of whole grain toast.

- Snack: Greek yogurt with a handful of almonds.

- Lunch: Turkey and avocado wrap with whole wheat tortilla, lettuce, and tomato.

- Snack: Carrot sticks with hummus.

- Dinner: Grilled shrimp skewers with quinoa and sautéed asparagus.

- Snack: Cottage cheese with sliced peaches.

Wednesday:

- Breakfast: Oatmeal cooked with almond milk, topped with sliced bananas, and a drizzle of honey.

- Snack: Fresh fruit salad.

- Lunch: Grilled chicken breast with brown rice and roasted vegetables.

- Snack: Rice cakes with almond butter.

- Dinner: Baked cod with quinoa pilaf and steamed Brussels sprouts.

- Snack: Greek yogurt with honey and mixed nuts.

Thursday:

- Breakfast: Whole grain toast topped with avocado, smoked salmon, and a poached egg.

- Snack: Cottage cheese with pineapple chunks.

- Lunch: Spinach and chickpea salad with roasted red peppers, feta cheese, and a lemon-tahini dressing.

- Snack: Protein smoothie made with almond milk, banana, and peanut butter.

- Dinner: Baked chicken breast with sweet potato wedges and roasted broccoli.

- Snack: Apple slices with almond butter.

Friday:

- Breakfast: Smoothie bowl made with acai, almond milk, mixed berries, and topped with granola and shredded coconut.

- Snack: Greek yogurt with a handful of walnuts.

- Lunch: Quinoa and black bean burrito bowl with salsa, avocado, and mixed greens.

- Snack: Carrot sticks with hummus.

- Dinner: Grilled turkey burger on a whole wheat bun with sweet potato fries and a side salad.

- Snack: Mixed nuts and a piece of dark chocolate.

Saturday:

- Breakfast: Scrambled eggs with spinach, mushrooms, and diced bell peppers. Whole grain toast.

- Snack: Fresh fruit salad.

- Lunch: Grilled tofu and vegetable stir-fry with brown rice.

- Snack: Rice cakes with almond butter.

- Dinner: Baked salmon with quinoa and steamed asparagus.

- Snack: Cottage cheese with sliced peaches.

Sunday:

- Breakfast: Overnight oats made with rolled oats, almond milk, chia seeds, and topped with sliced strawberries and a drizzle of maple syrup.

- Snack: Greek yogurt with mixed berries.

- Lunch: Grilled chicken breast with quinoa salad and mixed greens.

- Snack: Carrot sticks with hummus.

- Dinner: Baked cod with roasted sweet potatoes and sautéed spinach.

- Snack: Almonds and an apple.

**Exercise Plan for Underweight Individuals:**

-----------------------------------------

Monday:

- Strength Training: Perform bodyweight exercises such as squats, lunges, push-ups, and planks. Aim for 3 sets of 12-15 repetitions for each exercise.

Tuesday:

- Cardiovascular Exercise: Engage in moderate-intensity cardio activities such as brisk walking, cycling, or swimming for 30-45 minutes.

Wednesday:

- Rest Day: Allow your body to recover and rejuvenate.

Thursday:

- Strength Training: Incorporate resistance exercises using dumbbells or resistance bands. Focus on compound movements like deadlifts, overhead presses, rows, and chest presses. Aim for 3 sets of 8-12 repetitions for each exercise.

Friday:

- Cardiovascular Exercise: Engage in high-intensity interval training (HIIT) workouts. Alternate between bursts of intense exercise (such as sprinting or jumping jacks) and periods of active rest (such as walking or jogging) for a total of 20-30 minutes.

Saturday:

- Yoga or Pilates: Participate in a yoga or Pilates class to improve flexibility, balance, and core strength.

Sunday:

- Active Rest Day: Engage in light activities such as leisurely walking, stretching, or gentle yoga to promote recovery and relaxation.

**Exercise Plan for Overweight Individuals:**

-----------------------------------------

Monday:

- Low-Impact Cardio: Engage in 30 minutes of low-impact activities like brisk walking, cycling, or using the elliptical machine.

Tuesday:

- Strength Training: Perform resistance exercises using dumbbells or resistance bands. Focus on full-body movements such as squats, lunges, chest presses, rows, and planks. Aim for 3 sets of 10-12 repetitions for each exercise.

Wednesday:

- Rest Day: Allow your body to recover and rejuvenate.

Thursday:

- Cardiovascular Exercise: Engage in 30-45 minutes of moderate-intensity cardio activities such as jogging, swimming, or dancing.

Friday:

- Circuit Training: Create a circuit of bodyweight exercises, including squats, push-ups, mountain climbers, and jumping jacks. Perform each exercise for 30 seconds to 1 minute, then move to the next exercise without rest. Repeat the circuit 3-4 times.

Saturday:

- High-Intensity Interval Training (HIIT): Perform intervals of high-intensity exercises (such as burpees, high knees, or jump squats) followed by periods of active rest (such as walking or jogging). Aim for a total of 20-30 minutes.

Sunday:

- Active Rest Day: Engage in light activities such as leisurely walking, stretching, or gentle yoga to promote recovery and relaxation.

**Exercise Plan for Normal Weight Individuals:**

--------------------------------------------

Monday:

- Strength Training: Incorporate a full-body strength training routine using weights or resistance bands. Include exercises like squats, deadlifts, push-ups, rows, and shoulder presses. Aim for 3 sets of 8-12 repetitions for each exercise.

Tuesday:

- Cardiovascular Exercise: Engage in 45-60 minutes of moderate-intensity cardio activities such as running, cycling, or swimming.

Wednesday:

- Rest Day: Allow your body to recover and rejuvenate.

Thursday:

- Yoga or Pilates: Participate in a yoga or Pilates class to improve flexibility, balance, and core strength.

Friday:

- High-Intensity Interval Training (HIIT): Perform intervals of high-intensity exercises (such as burpees, jumping jacks, or kettlebell swings) followed by periods of active rest (such as walking or jogging). Aim for a total of 20-30 minutes.

Saturday:

- Outdoor Activities: Engage in outdoor

activities such as hiking, biking, or playing sports to incorporate cardio and enjoy nature.

Sunday:

- Active Rest Day: Engage in light activities such as leisurely walking, stretching, or gentle yoga to promote recovery and relaxation.