

WEIGHT LOSS

EXERCISES WITH DIET PLAN

[Under 30-40 Age Group]

Workout Day 1

cycling



walking



squats



lunges



Planks



Diet Day 1

Breakfast



Greek yogurt with berries and a handful of nuts

Lunch



Grilled chicken salad with mixed greens, veggies, and a vinaigrette dressing

Dinner



Baked salmon with roasted vegetables and quinoa

Workout Day 2

Quad Stretch



Chest and Shoulder Stretch



Upper Back Stretch



Shoulder Stretch



Triceps Stretch



Veit Day 2

Breakfast



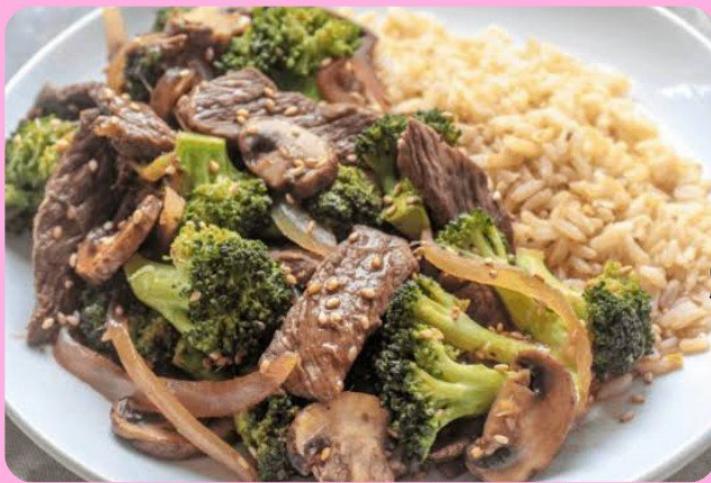
Oatmeal with sliced bananas and a teaspoon of honey

Lunch



Turkey and avocado wrap with whole-grain tortilla and a side of carrot sticks

Dinner



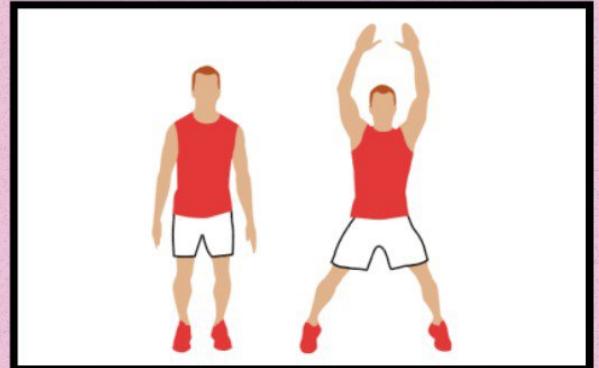
Stir-fried tofu or lean beef with broccoli, bell peppers, and brown rice

Workout Day 3

Burpees



Jumping jacks



High knees



Bicycle crunches

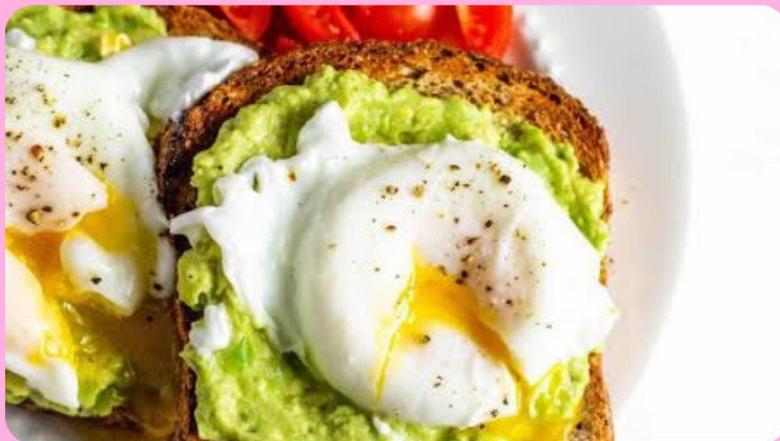


Side jackknife



Veit Day 3

Breakfast



Whole-grain toast with mashed avocado and poached eggs

Lunch



Lentil soup with a side of mixed green salad

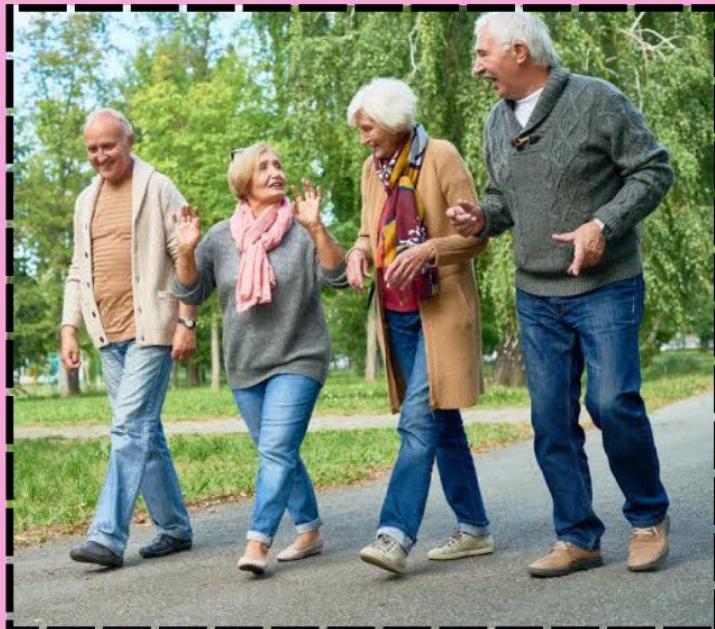
Dinner



Grilled shrimp skewers with grilled asparagus and a sweet potato

Workout Day 4

Engage in activities like gardening, dancing, or a leisurely walk



Veit Day 4

Breakfast



Smoothie (spinach, banana, almond milk, and protein powder)

Lunch



Quinoa and black bean salad with diced tomatoes, corn, and lime vinaigrette

Dinner



Baked chicken breast with steamed vegetables and a small portion of whole-wheat pasta

Workout Day 5

elliptical



planks



crunches



leg raises



swimming



Veit Day 5

Breakfast



Cottage cheese with sliced peaches and a sprinkle of flaxseeds

Lunch



Grilled vegetable and hummus wrap in a whole-grain wrap

Dinner



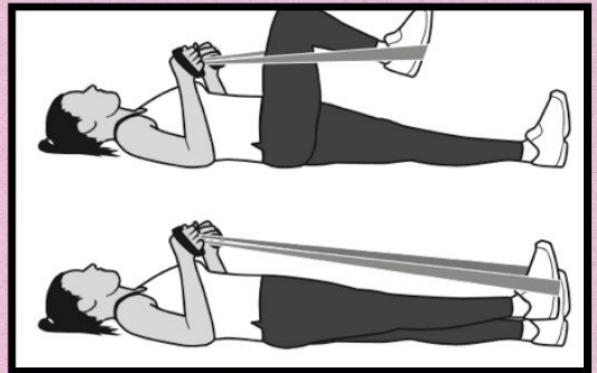
Grilled fish with a side of sautéed spinach and quinoa

Workout Day 6

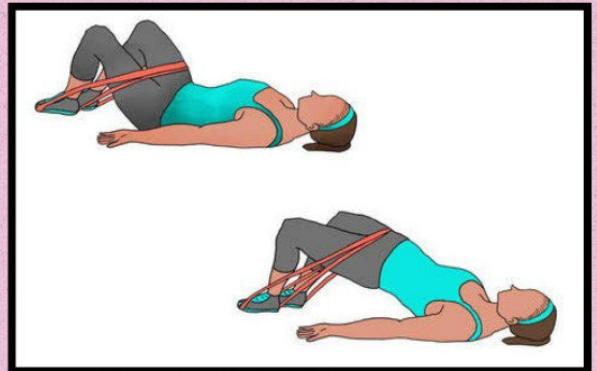
Front squat



Leg extension



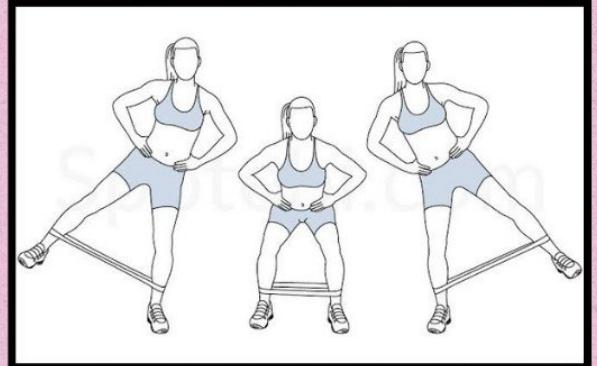
Glute bridge



Clamshell



Standing abduction



Veit Day 6

Breakfast



Chia seed pudding with mixed berries

Lunch



Spinach and feta-stuffed chicken breast with a side of roasted vegetables

Dinner



Veggie stir-fry with tofu or lean protein over brown rice

Workout Day 7

Rest day



Diet Day 7

Breakfast



Whole-grain cereal with almond milk and a handful of almonds

Lunch



Quinoa tabbouleh with grilled chicken or chickpeas

Dinner



Baked cod or tilapia with steamed broccoli and a side of couscous