**🥗 DAILY DIET PLAN (Budget-friendly, Muscle-focused)**

| **Time** | **Meal** | **What to Eat** |
| --- | --- | --- |
| **6:30 AM** | Wake up | 1 glass warm water + soaked **fenugreek (methi) seeds** |
| **7:00 AM** | Pre-Workout Snack | 1 banana or 4 soaked almonds + black coffee (optional) |
| **8:30 AM** | **Post Workout / Breakfast** | 2 boiled eggs / paneer + 2 roti or poha/upma + 1 fruit |
| **11:00 AM** | Mid-Morning | Buttermilk or a handful of roasted chana or peanuts |
| **1:30 PM** | Lunch | 1 cup rice + dal + 1 sabzi + 1 roti + curd or salad |
| **4:00 PM** | Evening Snack | 1 fruit (banana/papaya/apple) or sprout salad + herbal tea |
| **7:30 PM** | Dinner | 2 roti + sabzi + dal or paneer + small salad |
| **Before Bed** | Light Snack (optional) | 1 cup warm milk or boiled egg / few soaked almonds |

💡 Drink **3–4 liters water daily**. Avoid junk, fried snacks, and cold drinks.

**🏋️‍♂️ GYM WORKOUT PLAN (5 Days/Week – 1 Hour Per Day)**

| **Day** | **Workout Focus** | **Exercises (3 sets each, 10–12 reps)** |
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| **Mon** | **Legs + Core** | Squats, Lunges, Leg Press, Calf Raises, Plank, Leg Raises |
| **Tue** | **Back + Biceps** | Lat Pulldowns, Barbell Row, Dumbbell Curl, Hammer Curl, Dead Hangs |
| **Wed** | **Chest + Triceps** | Push-ups, Bench Press, Dumbbell Fly, Tricep Dips, Tricep Pushdowns |
| **Thu** | **Core + Cardio** | Plank, Bicycle Crunches, Russian Twists, Burpees, Treadmill (20 min) |
| **Fri** | **Shoulders + Arms** | Shoulder Press, Lateral Raise, Dumbbell Shrugs, Forearm Curls |
| **Sat/Sun** | **Active Rest / Biking** | Light ride, stretching, yoga for recovery |

💪 Focus on **good form** over heavy weights. Add **5-10% more weight** every 2 weeks as strength improves.