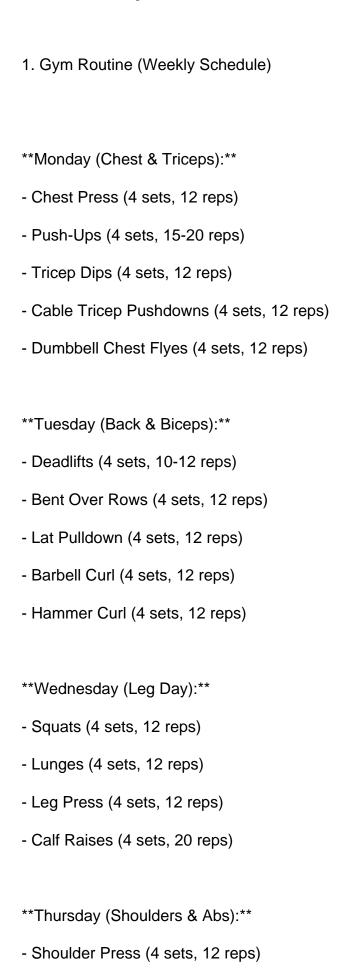
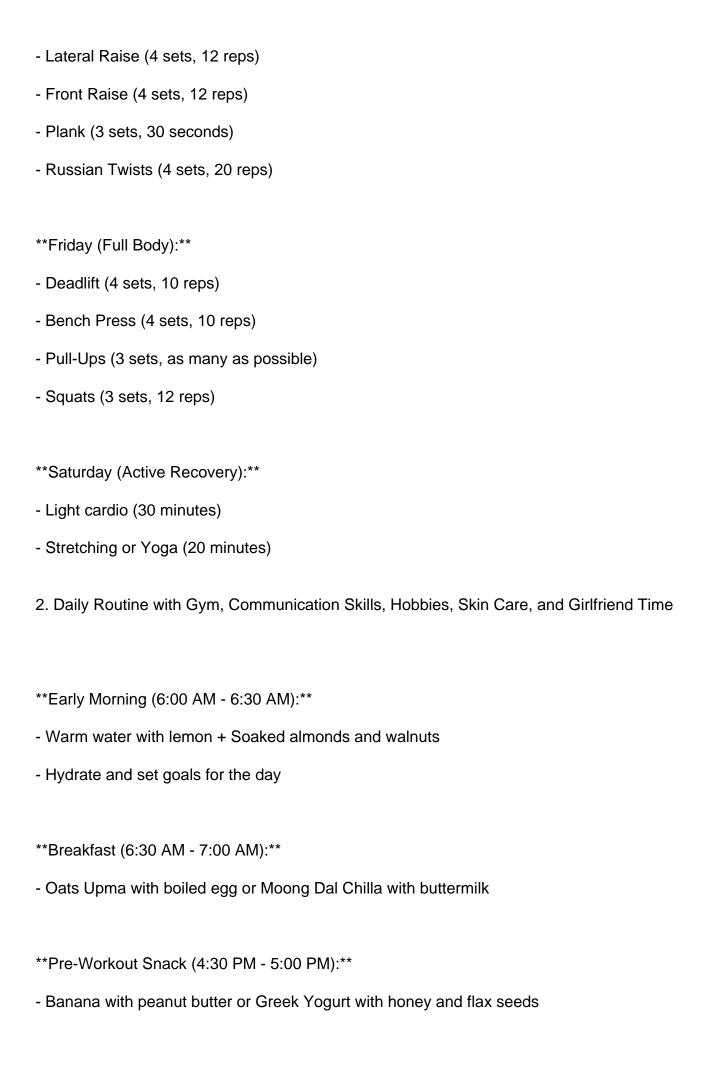
Comprehensive Routine: Gym, Daily Schedule, and Diet Plan





- **Post-Workout (7:00 PM):**
- Protein Shake, boiled eggs (2), fruit
- **Dinner (8:00 PM 9:00 PM):**
- Grilled Chicken with steamed veggies and quinoa or Palak Tofu Curry with chapati
- **Bedtime Snack (9:30 PM):**
- Cottage cheese (Paneer) or Warm Milk with turmeric
- **Free Time for Girlfriend (9:00 PM 9:30 PM):**
- Quality time together (movies, walk, conversations)
- **Skin Care (9:00 PM 9:30 PM):**
- Moisturize, apply sunscreen
- 3. Diet Plan with Timing and Nutritional Breakdown
- **Early Morning (6:00 AM 6:30 AM):**
- Warm Water with Lemon + Soaked Almonds and Walnuts
- Nutritional Benefits: Helps digestion, metabolism boost, healthy fats
- **Breakfast (6:30 AM 7:00 AM):**
- Option 1: Oats Upma with boiled egg
- Option 2: Moong Dal Chilla with Buttermilk
 - Nutritional Benefits: High protein, fiber, good carbs

- **Pre-Workout Snack (4:30 PM 5:00 PM):**
- Banana with Peanut Butter or Greek Yogurt with Honey and Flaxseeds
 - Nutritional Benefits: Quick energy and healthy fats
- **Post-Workout (7:00 PM):**
- Protein Shake + Boiled Eggs (2) or Paneer + Fruit
 - Nutritional Benefits: Muscle recovery, protein, vitamins
- **Dinner (8:00 PM 9:00 PM):**
- Option 1: Grilled Chicken + Steamed Veggies + Brown Rice
- Option 2: Palak Tofu Curry + Chapati
- Option 3: Chana Masala + Brown Rice
 - Nutritional Benefits: Protein-packed meals, complex carbs for recovery
- **Bedtime Snack (9:30 PM 10:00 PM):**
- Cottage Cheese (Paneer) or Warm Milk with Turmeric
 - Nutritional Benefits: Casein protein, muscle recovery
- **Hydration:**
- Drink 3-4 liters of water daily to stay hydrated and support muscle function.

Meal	Calories	Protein	Carbs
Early Morning	100	3g	10g
Breakfast	400	20g	50g
Pre-Workout	200	6g	30g
Post-Workout	350	25g	40g

Dinner	500	35g	40g
Bedtime Snack	200	15g	15g