

Sure, Anon. As someone with a preference for a Keto diet and Indian cuisine, focusing on CrossFit and Bodybuilding, and aiming for weight loss, here is a week-long plan for you.

Monday:

Workout - CrossFit

- Warm-up: 5 minutes jog
- Workout of the Day (WOD): 10 rounds of 10 push-ups, 10 squats, 10 pull-ups

Meal Plan

- Breakfast: Paneer Bhurji (Protein - 22g, Carbs - 6g, Fat - 23g, Calories - 320)
- Lunch: Keto-friendly Chicken Curry with Cauliflower Rice (Protein - 35g, Carbs - 8g, Fat - 20g, Calories - 350)
- Dinner: Palak Paneer (Protein - 19g, Carbs - 9g, Fat - 22g, Calories - 320)

Tuesday:

Workout - Bodybuilding

- Chest & Triceps: Bench Press, Incline Dumbbell Press, Cable Fly, Skull Crushers, Cable Tricep Pushdown

Meal Plan

- Breakfast: Keto-friendly Avocado Smoothie (Protein - 4g, Carbs - 12g, Fat - 29g, Calories - 325)
- Lunch: Egg & Vegetable Salad (Protein - 13g, Carbs - 10g, Fat - 28g, Calories - 350)
- Dinner: Lamb Curry with Cauliflower Rice (Protein - 30g, Carbs - 10g, Fat - 35g, Calories - 450)

Wednesday:

Workout - CrossFit

- Warm-up: 5 minutes rowing
- WOD: 5 rounds of 15 kettlebell swings, 15 box jumps, 15 wall balls

Meal Plan

- Breakfast: Keto-friendly Paneer Paratha (Protein - 18g, Carbs - 14g, Fat - 25g, Calories - 350)
- Lunch: Keto-friendly Fish Curry with Cauliflower Rice (Protein - 40g, Carbs - 8g, Fat - 15g, Calories - 350)
- Dinner: Egg Curry (Protein - 25g, Carbs - 6g, Fat - 18g, Calories - 300)

Thursday:

***Workout* - Bodybuilding**

- Back & Biceps: Deadlifts, Bent Over Row, Lat Pulldown, Hammer Curls, Barbell Curls

Meal Plan

- Breakfast: Keto-friendly Almond Flour Pancakes (Protein - 12g, Carbs - 10g, Fat - 20g, Calories - 280)
- Lunch: Chicken Salad (Protein - 35g, Carbs - 5g, Fat - 15g, Calories - 300)
- Dinner: Keto-friendly Butter Chicken with Cauliflower Rice (Protein - 30g, Carbs - 8g, Fat - 35g, Calories - 450)

Friday:

***Workout* - CrossFit**

- Warm-up: 5 minutes skipping
- WOD: 4 rounds of 20 double unders, 20 lunges, 20 sit-ups

Meal Plan

- Breakfast: Keto-friendly Coconut Flour Dosa (Protein - 8g, Carbs - 12g, Fat - 15g, Calories - 250)
- Lunch: Keto-friendly Vegetable Curry with Cauliflower Rice (Protein - 15g, Carbs - 10g, Fat - 20g, Calories - 300)
- Dinner: Keto-friendly Prawn Curry (Protein - 40g, Carbs - 8g, Fat - 25g, Calories - 400)

Saturday:

Workout - Bodybuilding

- Legs & Shoulders: Squats, Lunges, Leg Press, Overhead Press, Lateral Raises

Meal Plan

- Breakfast: Keto-friendly Cheese Omelette (Protein - 20g, Carbs - 1g, Fat - 18g, Calories - 250)

- Lunch: Keto-friendly Paneer Tikka (Protein - 25g, Carbs - 5g, Fat - 20g, Calories - 300)

- Dinner: Keto-friendly Mutton Curry with Cauliflower Rice (Protein - 35g, Carbs - 8g, Fat - 30g, Calories - 400)

Sunday:

Rest Day

Meal Plan

- Breakfast: Keto-friendly Bulletproof Coffee (Protein - 1g, Carbs - 0g, Fat - 28g, Calories - 250)

- Lunch: Keto-friendly Palak Soup (Protein - 3g, Carbs - 8g, Fat - 20g, Calories - 250)

- Dinner: Keto-friendly Tofu Curry (Protein - 20g, Carbs - 5g, Fat - 20g, Calories - 300)

Remember, consistency is key in achieving your fitness goals. As Greg Glassman, the founder of CrossFit, said, "Eat meat and vegetables, nuts and seeds, some fruit, little starch and no sugar".
Keep pushing, Anon!