

Sure, Deepak. As a vegan with a preference for Indian cuisine, focusing on Powerlifting and Yoga, and aiming for weight loss, here is a week-long plan for you.

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Monday:

Workout - Powerlifting

- Squats: 4 sets of 5 reps

- Bench Press: 4 sets of 5 reps

- Deadlift: 3 sets of 5 reps

Meal Plan

- Breakfast: Vegan Upma (Protein - 13g, Carbs - 72g, Fat - 17g, Calories - 501)

- Lunch: Rajma Masala with Brown Rice (Protein - 19g, Carbs - 90g, Fat - 6g, Calories - 545)

- Dinner: Mixed Vegetable Curry with Millets (Protein - 9g, Carbs - 60g, Fat - 8g, Calories - 380)

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Tuesday:

Workout - Yoga

- Surya Namaskar: 5 sets

- Virabhadrasana II: 3 sets of 30 seconds hold each side

- Balasana: 3 sets of 30 seconds hold

Meal Plan

- Breakfast: Vegan Paratha with Vegan Yogurt (Protein - 13g, Carbs - 60g, Fat - 12g, Calories - 450)
- Lunch: Chole Masala with Brown Bread (Protein - 18g, Carbs - 70g, Fat - 9g, Calories - 485)
- Dinner: Vegan Palak Paneer with Quinoa (Protein - 20g, Carbs - 40g, Fat - 10g, Calories - 370)

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Wednesday:

***Workout* - Powerlifting**

- Overhead Press: 4 sets of 5 reps
- Barbell Rows: 4 sets of 5 reps
- Pull-ups: 3 sets of max reps

Meal Plan

- Breakfast: Vegan Poha (Protein - 10g, Carbs - 60g, Fat - 15g, Calories - 435)
- Lunch: Vegan Biryani with Raita (Protein - 15g, Carbs - 85g, Fat - 10g, Calories - 530)
- Dinner: Vegan Dal Tadka with Millets (Protein - 18g, Carbs - 60g, Fat - 8g, Calories - 400)

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Thursday:

***Workout* - Yoga**

- Tadasana: 3 sets of 30 seconds hold
- Trikonasana: 3 sets of 30 seconds hold each side

- Savasana: 5 minutes

Meal Plan

- Breakfast: Vegan Idli with Sambar (Protein - 12g, Carbs - 60g, Fat - 10g, Calories - 420)

- Lunch: Vegan Kadai Paneer with Brown Rice (Protein - 20g, Carbs - 80g, Fat - 12g, Calories - 540)

- Dinner: Vegan Kofta with Quinoa (Protein - 18g, Carbs - 40g, Fat - 10g, Calories - 380)

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Friday:

***Workout* - Powerlifting**

- Squats: 4 sets of 5 reps

- Bench Press: 4 sets of 5 reps

- Deadlift: 3 sets of 5 reps

Meal Plan

- Breakfast: Vegan Dosa with Chutney (Protein - 10g, Carbs - 70g, Fat - 12g, Calories - 460)

- Lunch: Vegan Aloo Gobi with Millets (Protein - 14g, Carbs - 85g, Fat - 10g, Calories - 520)

- Dinner: Vegan Matar Paneer with Brown Rice (Protein - 20g, Carbs - 60g, Fat - 12g, Calories - 480)

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Saturday:

***Workout* - Yoga**

- Prasarita Padottanasana: 3 sets of 30 seconds hold each side
- Vrksasana: 3 sets of 30 seconds hold each side
- Shavasana: 5 minutes

Meal Plan

- Breakfast: Vegan Uttapam with Sambar (Protein - 14g, Carbs - 70g, Fat - 12g, Calories - 480)
- Lunch: Vegan Dal Makhani with Quinoa (Protein - 18g, Carbs - 70g, Fat - 10g, Calories - 500)
- Dinner: Vegan Stuffed Capsicum with Brown Rice (Protein - 15g, Carbs - 60g, Fat - 10g, Calories - 430)

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Sunday:

Rest Day

Meal Plan

- Breakfast: Vegan Oats with Fruits (Protein - 10g, Carbs - 70g, Fat - 10g, Calories - 440)
- Lunch: Vegan Vegetable Pulao with Raita (Protein - 14g, Carbs - 75g, Fat - 12g, Calories - 500)
- Dinner: Vegan Shahi Paneer with Millets (Protein - 20g, Carbs - 60g, Fat - 15g, Calories - 475)

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Remember, consistency is key in achieving your fitness goals. As Vince Lombardi said, "It's not whether you get knocked down, it's whether you get up." Keep pushing, Deepak!