

Sure, Deepak. Based on your preferences for a Low-Carb, Gluten-Free diet, your focus on Yoga, Bodybuilding, Powerlifting, and your fitness goal of Muscle Gain, here's a detailed plan for you.

Workouts

****Monday: Powerlifting & Bodybuilding****

- Squats: 4 sets of 8 reps
- Bench Press: 4 sets of 8 reps
- Deadlift: 4 sets of 8 reps
- Bicep Curls: 3 sets of 10 reps
- Tricep Pushdown: 3 sets of 10 reps

****Tuesday: Yoga****

- Surya Namaskar: 5 rounds
- Tadasana: 3 sets of 30 seconds hold
- Trikonasana: 3 sets of 30 seconds hold

****Wednesday: Powerlifting & Bodybuilding****

- Overhead Press: 4 sets of 8 reps
- Barbell Rows: 4 sets of 8 reps
- Pull-ups: 3 sets of max reps
- Hammer Curls: 3 sets of 10 reps
- Skull Crushers: 3 sets of 10 reps

****Thursday: Yoga****

- Pranayama: 10 minutes

- Vrikshasana: 3 sets of 30 seconds hold
- Adho Mukha Svanasana: 3 sets of 30 seconds hold

****Friday: Powerlifting & Bodybuilding****

- Front Squats: 4 sets of 8 reps
- Incline Bench Press: 4 sets of 8 reps
- Romanian Deadlift: 4 sets of 8 reps
- Concentration Curls: 3 sets of 10 reps
- Overhead Tricep Extension: 3 sets of 10 reps

****Saturday: Yoga****

- Ashtanga Yoga Series: 60 minutes

****Sunday: Rest Day****

Meal Plan

****Monday:****

- Breakfast: Scrambled Eggs with Spinach (Protein - 20g, Carbs - 6g, Fat - 15g, Calories - 235)
- Lunch: Grilled Chicken Salad (Protein - 35g, Carbs - 10g, Fat - 10g, Calories - 310)
- Dinner: Chicken Spinach Curry with Cauliflower Rice (Protein - 40g, Carbs - 15g, Fat - 20g, Calories - 450)

****Tuesday:****

- Breakfast: Egg and Spinach Omelette (Protein - 18g, Carbs - 5g, Fat - 15g, Calories - 220)
- Lunch: Chicken Tikka Salad (Protein - 30g, Carbs - 10g, Fat - 10g, Calories - 290)

- Dinner: Palak (Spinach) Chicken with Almond Flour Roti (Protein - 38g, Carbs - 15g, Fat - 18g, Calories - 420)

****Wednesday to Sunday:**** Continue with a similar meal plan and feel free to swap lunch and dinner options to avoid monotony. Aim for similar macros each day.

Remember, your diet and workout plan should complement each other. The right balance of food intake and exercise will help you reach your muscle gain goal. As Arnold Schwarzenegger once said, "The last three or four reps is what makes the muscle grow. This area of pain divides a champion from someone who is not a champion." Keep pushing, Deepak!