Normal weight:

BMI between 18.5 and 24.9

Individuals in this category have a BMI that is considered to be within the healthy range. People who maintain a healthy weight have a reduced risk of developing chronic diseases such as heart disease, diabetes, and some cancers. Maintaining a healthy weight is important for overall health and well-being.

To maintain your weight, it's important to focus on consuming a balanced diet that provides you with the right amount of calories and nutrients. Here are some tips on how to maintain your weight with foods:

1. Eat a variety of foods: Include a mix of fruits, vegetables, whole grains, lean proteins, and healthy fats in your diet. This ensures that you get a wide range of essential nutrients.
2. Portion control: Be mindful of your portion sizes. It's easy to overeat, even with healthy foods. Use smaller plates and bowls, and listen to your body's hunger and fullness cues.
3. Watch your calorie intake: To maintain weight, you need to consume the right amount of calories. Calculate your daily caloric needs based on your age, gender, activity level, and metabolism. Aim to eat within that range.
4. Choose nutrient-dense foods: Opt for foods that are high in nutrients and lower in calories. Focus on whole, unprocessed foods such as fruits, vegetables, lean proteins, whole grains, and legumes.
5. Limit processed and sugary foods: Foods that are high in added sugars, refined grains, and unhealthy fats can contribute to weight gain. Limit your intake of sugary snacks, sodas, desserts, processed foods, and fast food.
6. Stay hydrated: Drink plenty of water throughout the day. Sometimes, thirst can be mistaken for hunger, leading to unnecessary snacking. Aim for at least 8 cups of water per day.
7. Practice mindful eating: Pay attention to your eating habits. Eat slowly, savor each bite, and be mindful of the flavors and textures of your food. This can help you feel more satisfied and prevent overeating.
8. Plan and prepare your meals: Plan your meals ahead of time and prepare them at home as much as possible. This allows you to have control over the ingredients and portion sizes.
9. Be aware of emotional eating: Avoid using food as a way to cope with emotions or stress. Find alternative ways to manage your emotions, such as exercising, practicing relaxation techniques, or engaging in hobbies.
10. Stay active: Regular physical activity is essential for maintaining a healthy weight. Combine a balanced diet with regular exercise to support weight maintenance and overall health.

Remember, it's always beneficial to consult with a registered dietitian or healthcare professional for personalized guidance on maintaining your weight with foods

**Week 1:**

**Monday**

* Breakfast: Champorado (chocolate rice porridge) made with dark chocolate, served with a side of sliced banana
* Snack: Puto (steamed rice cake)
* Lunch: Grilled chicken breast with steamed brown rice and ensaladang talong (grilled eggplant salad)
* Snack: Sliced mango with a handful of roasted peanuts
* Dinner: Sinigang na hipon (shrimp sour soup) with a variety of vegetables and steamed white rice

**Tuesday**

* Breakfast: Arroz caldo (rice porridge) with boiled chicken, topped with toasted garlic and sliced boiled egg
* Snack: Bibingka (rice cake) made with whole grain rice
* Lunch: Ginisang sayote (sauteed chayote) with lean pork and steamed brown rice
* Snack: Sliced pineapple with a sprinkle of shredded coconut
* Dinner: Grilled bangus (milkfish) with a side of pinakbet (mixed vegetables sauteed in shrimp paste) and steamed white rice

**Wednesday**

* Breakfast: Tapsilog (cured beef with garlic fried rice and fried egg)
* Snack: Kakanin (Filipino rice delicacies like biko or kutsinta)
* Lunch: Tinolang manok (chicken ginger soup) with malunggay leaves, served with steamed brown rice
* Snack: Boiled sweet potato
* Dinner: Inihaw na liempo (grilled pork belly) with atchara (pickled papaya) and steamed white rice

**Thursday**

* Breakfast: Suman (sticky rice cake) with a side of ripe mango
* Snack: Binatog (boiled white corn kernels) with grated coconut and a sprinkle of salt
* Lunch: Sinigang na baboy (pork sour soup) with a variety of vegetables and steamed white rice
* Snack: Kamote cue (fried sweet potato on a stick)
* Dinner: Grilled chicken inasal with a side of ensaladang talong and steamed brown rice

**Friday**

* Breakfast: Lugaw (rice porridge) with boiled chicken and a sprinkle of toasted garlic
* Snack: Nilupak (mashed cassava or sweet potato) with a glass of fresh buko juice
* Lunch: Bistek Tagalog (beef steak) with sautéed onions, served with steamed white rice and a side of atchara
* Snack: Sliced watermelon
* Dinner: Pinakbet (mixed vegetables sauteed in shrimp paste) with grilled tilapia and steamed brown rice

**Saturday**

* Breakfast: Bangus sisig (grilled milkfish flakes sautéed with onions and chili) with steamed white rice and a side of tomato salad
* Snack: Turon (banana spring roll) made with whole grain wrappers
* Lunch: Ginataang kalabasa at sitaw (squash and long beans in coconut milk) with shrimp, served with steamed brown rice
* Snack: Boiled corn on the cob
* Dinner: Grilled liempo (pork belly) with a side of ensaladang mangga and steamed white rice

**Sunday**

* Breakfast: Longganisa (Filipino sausage) with garlic fried rice and fried egg
* Snack: Kutsinta (steamed rice cake) made with whole grain rice
* Lunch: Sinigang na bangus (milkfish sour soup) with a variety of vegetables and steamed white rice
* Snack: Sliced papaya with calamansi juice
* Dinner: Kare-kare (oxtail and vegetable stew in peanut sauce) with bagoong (shrimp paste) and steamed brown rice

**Week 2:**

**Monday**

* Breakfast: Pandesal (Filipino bread roll) with scrambled eggs and sliced tomatoes
* Snack: Ginataang mais (sweet corn in coconut milk)
* Lunch: Chicken tinola (chicken soup with ginger and green papaya) with steamed white rice
* Snack: Sliced guava with a sprinkle of salt
* Dinner: Grilled tilapia with a side of pinakbet and steamed brown rice

**Tuesday**

* Breakfast: Banana turon (banana spring roll) made with whole grain wrappers
* Snack: Maja blanca (coconut pudding) with a glass of fresh buko juice
* Lunch: Adobong kangkong (sauteed water spinach) with steamed white rice
* Snack: Boiled peanuts
* Dinner: Grilled chicken inasal with a side of atchara and steamed brown rice

**Wednesday**

* Breakfast: Champorado (chocolate rice porridge) made with dark chocolate, served with a side of dried fish
* Snack: Kutsinta (steamed rice cake) made with whole grain rice
* Lunch: Sinigang na salmon (salmon sour soup) with a variety of vegetables and steamed white rice
* Snack: Sliced pineapple with a sprinkle of calamansi juice
* Dinner: Bistek Tagalog (beef steak) with sautéed onions, served with steamed white rice and a side of tomato salad

**Thursday**

* Breakfast: Taho (soft tofu with caramel syrup and sago pearls)
* Snack: Bibingka (rice cake) made with whole grain rice
* Lunch: Ginisang ampalaya (sauteed bitter melon) with scrambled eggs and steamed white rice
* Snack: Sliced mango with a sprinkle of chili powder
* Dinner: Grilled bangus belly with a side of ensaladang talong and steamed brown rice

**Friday**

* Breakfast: Arroz caldo (rice porridge) with boiled chicken, topped with toasted garlic and sliced boiled egg
* Snack: Maruya (banana fritters) made with whole grain flour
* Lunch: Ginisang sayote (sauteed chayote) with lean pork and steamed brown rice
* Snack: Kamote cue (fried sweet potato on a stick)
* Dinner: Sinigang na baboy (pork sour soup) with a variety of vegetables and steamed whiterice

**Saturday**

* Breakfast: Longganisa (Filipino sausage) with garlic fried rice and fried egg
* Snack: Suman (sticky rice cake) with a side of ripe mango
* Lunch: Bicol Express (spicy pork and coconut stew) with steamed white rice
* Snack: Boiled sweet corn and a glass of fresh buko juice
* Dinner: Grilled chicken barbecue with a side of ensaladang talong and steamed brown rice

**Sunday**

* Breakfast: Pancit canton (stir-fried noodles) with mixed vegetables and shrimp
* Snack: Halo-halo (Filipino mixed dessert) with a variety of fruits, beans, and shaved ice
* Lunch: Beef nilaga (boiled beef soup) with cabbage, potatoes, and steamed white rice
* Snack: Turon (banana spring roll) made with whole grain wrappers
* Dinner: Grilled liempo (pork belly) with a side of atchara and steamed brown rice

**Week 3:**

**Monday**

* Breakfast: Egg and tomato omelette with steamed white rice
* Snack: Kakanin (Filipino rice delicacies like bibingka or kutsinta)
* Lunch: Sinigang na hipon (shrimp sour soup) with a variety of vegetables and steamed white rice
* Snack: Sliced watermelon
* Dinner: Grilled tilapia with a side of pinakbet and steamed brown rice

**Tuesday**

* Breakfast: Pandesal with kesong puti (Filipino white cheese) and sliced tomatoes
* Snack: Ginataang bilo-bilo (sticky rice balls in coconut milk)
* Lunch: Chicken adobo with steamed white rice and a side of atchara
* Snack: Sliced pineapple with a sprinkle of calamansi juice
* Dinner: Grilled chicken inasal with a side of ensaladang talong and steamed brown rice

**Wednesday**

* Breakfast: Champorado made with malagkit (sticky rice) and served with evaporated milk
* Snack: Puto bumbong (purple rice cake) topped with grated coconut and muscovado sugar
* Lunch: Sinigang na salmon belly (salmon belly sour soup) with a variety of vegetables and steamed white rice
* Snack: Boiled peanuts
* Dinner: Grilled bangus belly with a side of pinakbet and steamed brown rice

**Thursday**

* Breakfast: Taho (soft tofu with caramel syrup and sago pearls)
* Snack: Kutsinta made with whole grain rice
* Lunch: Ginisang ampalaya with scrambled eggs and steamed white rice
* Snack: Sliced mango with a sprinkle of chili powder
* Dinner: Bistek Tagalog with sautéed onions, served with steamed white rice and a side of tomato salad

**Friday**

* Breakfast: Arroz caldo with boiled chicken, topped with toasted garlic and sliced boiled egg
* Snack: Maruya made with whole grain flour
* Lunch: Ginisang sayote with lean pork and steamed brown rice
* Snack: Kamote cue
* Dinner: Sinigang na baboy with a variety of vegetables and steamed white rice

**Saturday**

* Breakfast: Longganisa with garlic fried rice and fried egg
* Snack: Suman with a side of ripe mango
* Lunch: Bicol Express with steamed white rice
* Snack: Boiled sweet corn and a glass of fresh buko juice
* Dinner: Grilled chicken barbecue with a side of ensaladang talong and steamed brown rice

**Sunday**

* Breakfast: Pancit canton with mixed vegetables and shrimp
* Snack: Halo-halo with a variety of fruits, beans, and shaved ice
* Lunch: Beef nilaga with cabbage, potatoes, and steamed white rice
* Snack: Turon made with whole grain wrappers
* Dinner: Grilled liempo with a side of atchara and steamed brown rice

Remember to adjust the portion sizes based on your individual needs and consult with a healthcare professional or registered dietitian for personalized dietary advice.

**Weekly Workout Plan:**

Cardiovascular Exercise (3-5 days per week): Choose any cardiovascular exercise that you enjoy and can sustain for at least 30 minutes. Examples include brisk walking, jogging, cycling, swimming, dancing, or using cardio machines at the gym. Aim for a total of 150 minutes of moderate-intensity cardio or 75 minutes of vigorous-intensity cardio per week.

Strength Training (2-3 days per week): Include strength training exercises to maintain muscle mass and strengthen your body. Perform each exercise with proper form and start with lighter weights or bodyweight exercises if you're a beginner. Gradually increase the weight or resistance as you get stronger. Aim for 2-3 sets of 8-12 repetitions for each exercise. Allow a day of rest between strength training sessions to allow your muscles to recover.

**Sample Strength Training Exercises:**

1. Squats
2. Lunges
3. Push-ups
4. Bent-over rows
5. Shoulder presses
6. Plank
7. Deadlifts
8. Bicep curls
9. Tricep dips
10. Glute bridges

Flexibility and Mobility (1-2 days per week): Include stretching and mobility exercises to improve flexibility and prevent muscle tightness. Perform gentle stretching exercises for all major muscle groups, holding each stretch for 15-30 seconds. Incorporate movements that improve joint mobility, such as shoulder circles, hip rotations, and ankle rolls.

Active Lifestyle Habits: In addition to your structured exercise routine, incorporate physical activity into your daily life. Take the stairs instead of the elevator, walk or bike instead of driving short distances, and engage in activities like gardening, cleaning, or playing with children or pets**.**

**Tips for Success:**

1. Start gradually: If you're new to exercise or haven't been active for a while, start with lower intensity and shorter duration workouts. Gradually increase the intensity, duration, and frequency over time.
2. Listen to your body: Pay attention to how your body feels during and after exercise. If you experience pain or discomfort, modify the exercise or consult with a professional.
3. Stay consistent: Consistency is key to maintaining weight and improving fitness. Aim to stick to your workout schedule and make exercise a regular part of your routine.
4. Stay hydrated: Drink plenty of water before, during, and after exercise to stay properly hydrated.
5. Rest and recovery: Allow your body time to rest and recover. Incorporate rest days into your weekly routine to prevent overtraining and reduce the risk of injury.
6. Have fun: Choose activities and exercises that you enjoy. This will make it easier to stick to your workout plan and maintain a healthy lifestyle in the long run.

**Week 1:**

**Day 1: Cardiovascular Exercise**

* 30 minutes of brisk walking or jogging

**Day 2: Strength Training**

* Squats: 3 sets of 10-12 reps
* Push-ups: 3 sets of 8-10 reps
* Bent-over rows: 3 sets of 10-12 reps
* Plank: Hold for 30 seconds, repeat 3 times

**Day 3: Active Rest Day**

* Engage in light activities like stretching, yoga, or a leisurely walk

**Day 4: Cardiovascular Exercise**

* 30 minutes of cycling or swimming

**Day 5: Flexibility and Mobility**

* Perform a full-body stretching routine for 20-30 minutes

**Day 6: Strength Training**

* Lunges: 3 sets of 10-12 reps per leg
* Shoulder presses: 3 sets of 8-10 reps
* Glute bridges: 3 sets of 10-12 reps
* Bicep curls: 3 sets of 8-10 reps

**Day 7: Rest Day**

* Take a day off to allow your body to rest and recover

**Week 2:**

**Day 1: Cardiovascular Exercise**

* 40 minutes of jogging or high-intensity interval training (HIIT)

**Day 2: Strength Training**

* Squats: 3 sets of 10-12 reps
* Push-ups: 3 sets of 8-10 reps
* Deadlifts: 3 sets of 8-10 reps
* Plank: Hold for 45 seconds, repeat 3 times

**Day 3: Active Rest Day**

* Engage in light activities like yoga, Pilates, or a leisurely bike ride

**Day 4: Cardiovascular Exercise**

* 40 minutes of swimming or dancing

**Day 5: Flexibility and Mobility**

* Perform a full-body stretching routine for 20-30 minutes

**Day 6: Strength Training**

* Lunges: 3 sets of 10-12 reps per leg
* Shoulder presses: 3 sets of 8-10 reps
* Bicep curls: 3 sets of 8-10 reps
* Tricep dips: 3 sets of 8-10 reps

**Day 7: Rest Day**

* Take a day off to allow your body to rest and recover

**Week 3:**

**Day 1: Cardiovascular Exercise**

* 45 minutes of cycling or high-intensity interval training (HIIT)

**Day 2: Strength Training**

* Squats: 3 sets of 10-12 reps
* Push-ups: 3 sets of 8-10 reps
* Bent-over rows: 3 sets of 10-12 reps
* Plank: Hold for 60 seconds, repeat 3 times

**Day 3: Active Rest Day**

* Engage in light activities like stretching, yoga, or a leisurely walk

**Day 4: Cardiovascular Exercise**

* 45 minutes of jogging or a cardio class

**Day 5: Flexibility and Mobility**

* Perform a full-body stretching routine for 20-30 minutes

**Day 6: Strength Training**

* Lunges: 3 sets of 10-12 reps per leg
* Shoulder presses: 3 sets of 8-10 reps
* Deadlifts: 3 sets of 8-10 reps
* Bicep curls: 3 sets of 8-10 reps

**Day 7: Rest Day**

* Take a day off to allow your body to rest and recover