

Your Personalized Fitness Plan

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Bodybuilding Focus

Edit literally any cell freely. Available: ~7 exercise slots per day (adjust as you like). NOTE: You can also change/delete this sentence or any other sentence/title!

Exercise #	Day 1: Push	Day 2: Pull	Day 3: Legs	Day 4: Rest	Day 5: Upper	Day 6: Lower	Day 7: Rest
1	Bench Press 4x8	Pull Ups 4x8	Back Squat 4x8	—	Overhead Press 4x8	Deadlift 3x5	—
2	Incline DB Press 3x10	Cable Rows 3x10	Romanian Deadlift 4x8	—	Incline Bench Press 3x8	Cable Rows 3x10	—
3	Cable Fly 3x12	Lat Pulldowns 3x12	Leg Press 3x10	—	DB Bench Press 3x10	Lat Pulldowns 3x12	—
4	DB Overhead Press 3x10	Barbell Curls 3x10	Leg Extensions 3x12	—	Tricep Pushdowns 3x12	Barbell Bicep Curls 3x10	—
5	Tricep Extensions 3x12	Hammer Curls 3x12	Hamstring Curls 3x12	—	Lateral Raises 3x15	Rear Delt Fly 3x15	—
6	Lateral Raises 3x15	Rear Delt Fly 3x15	Calf Raises 4x12	—	—	—	—
7	—	—	—	—	—	—	—

Vegan Diet

Edit literally any cell freely. Adjust meals, add or remove foods, include calories or macros per meal. Estimated Daily Calories: **3355 kcal** (Calculated based on information you entered).

Daily Macros: Protein: **210 g**, Carbs: **461 g**, Fat: **75 g**

Meal #	Possible Foods
1	<ul style="list-style-type: none">- Overnight oats with soy milk + berries- Tofu scramble + toast- Smoothie: soy milk + banana + peanut butter + oats- Chia pudding + fruit- Avocado toast + side fruit
2	<ul style="list-style-type: none">- Rice + beans + salsa + veggies bowl- Lentil curry + rice- Tofu or tempeh stir-fry + rice or noodles- Chickpea salad wrap + veggies- Peanut noodle bowl + edamame
3	<ul style="list-style-type: none">- Trail mix + fruit- Hummus + pita + veggies- Vegan protein shake (pea or soy)- Peanut butter + banana- Roasted chickpeas
4	<ul style="list-style-type: none">- Tofu or tempeh + rice + veggies- Bean chili + cornbread (vegan)- Pasta + marinara + lentils- Burrito bowl: rice + beans + guac + veggies- Stir-fry + quinoa