Normal human diet

* Step 1: Include whole grains such quinoa, barley, and millet.
* Step 2: Add more fruits and veggies into your meals that are rich in vitamins and minerals.
* Step 3: Have protein sources like fishes and eggs.
* Step 4: Don’t forget to limit the fats and oils along with sugar and salt.

Exercise

* **Aerobic activity.** Get at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week, or a combination of moderate and vigorous activity. The guidelines suggest that you spread out this exercise during the course of a week.
* **Strength training.** Do strength training exercises for all major muscle groups at least two times a week. Aim to do a single set of each exercise, using a weight or resistance level heavy enough to tire your muscles after about 12 to 15 repetitions.

For lean person diet

Eat more protein

 Steaks, ground round

 Chicken breast, chicken thighs

 Tuna, salmon, mackerel, sardines

 Yoghurt, cottage cheese, milk

 Whole eggs  
  
eat more meal

Let say you need 3500kcal/day to gain weight. It’s easier to eat 5 meals of 700kcal than three meals of 1150kcal  
  
 Breakfast at 7am – oats, raisins, yoghurt, milk

 Snack at 10am – mixed nuts, banana

 Lunch at 1pm – chicken, pasta, parmesan

 Snack at 4pm – dried fruits

 Dinner at 7pm – steak with potatoes  
  
eat caloric dense food

 Nuts: walnuts, almonds, peanut butter, mixed nuts, trail mix, …

 Dried fruits: raisins, dates, prunes, apricots, …

 Dairy: whole milk, full-fat yogurt, cottage cheese, …

 Grains: pasta, rice, oats, bread, sandwiches, …

 Potatoes, sweet potatoes, yams, …

 Fats: olive oil, coconut, avocado, …

 Meat: chicken, beef, fatty fish, …

Exercise

DAY I

Workout I

[1 DEADLIFT](https://www.mensfitness.com/training/workout-routines/deadlift)

[Sets: 4](https://www.mensfitness.com/training/workout-routines/deadlift)

[Reps: 5](https://www.mensfitness.com/training/workout-routines/deadlift)

[Rest: 2-3 min.](https://www.mensfitness.com/training/workout-routines/deadlift)

[2. CHINUP](https://www.mensfitness.com/training/workout-routines/chinup)

[Sets: 4](https://www.mensfitness.com/training/workout-routines/chinup)

[Reps: 5](https://www.mensfitness.com/training/workout-routines/chinup)

[Rest: 2-3 min.](https://www.mensfitness.com/training/workout-routines/chinup)

[3. DUMBBELL FLOOR PRESS](https://www.mensfitness.com/training/workout-routines/dumbbell-floor-press)

[Sets: 4](https://www.mensfitness.com/training/workout-routines/dumbbell-floor-press)

[Reps: 8](https://www.mensfitness.com/training/workout-routines/dumbbell-floor-press)

[Rest: 2-3 min.](https://www.mensfitness.com/training/workout-routines/dumbbell-floor-press)

[4. REVERSE LUNGE](https://www.mensfitness.com/training/workout-routines/reverse-lunge)

[Sets: 3](https://www.mensfitness.com/training/workout-routines/reverse-lunge)

[Reps: 8](https://www.mensfitness.com/training/workout-routines/reverse-lunge)

[Rest: 2-3 min.](https://www.mensfitness.com/training/workout-routines/reverse-lunge)

DAY II

Workout II

[1. BULGARIAN SPLIT SQUAT](https://www.mensfitness.com/training/workout-routines/bulgarian-split-squat)

[Sets: 4](https://www.mensfitness.com/training/workout-routines/bulgarian-split-squat)

[Reps: 6 (each leg)](https://www.mensfitness.com/training/workout-routines/bulgarian-split-squat)

[Rest: 2-3 min.](https://www.mensfitness.com/training/workout-routines/bulgarian-split-squat)

[2. BENCH PRESS](https://www.mensfitness.com/training/workout-routines/bench-press)

[Sets: 4](https://www.mensfitness.com/training/workout-routines/bench-press)

[Reps: 5](https://www.mensfitness.com/training/workout-routines/bench-press)

[Rest: 2-3 min.](https://www.mensfitness.com/training/workout-routines/bench-press)

[3. DUMBBELL ROW](https://www.mensfitness.com/training/workout-routines/dumbbell-row-0)

[Sets: 4](https://www.mensfitness.com/training/workout-routines/dumbbell-row-0)

[Reps: 6 (each side)](https://www.mensfitness.com/training/workout-routines/dumbbell-row-0)

[Rest: 2-3 min.](https://www.mensfitness.com/training/workout-routines/dumbbell-row-0)

[4. FEET-ELEVATED SIDE PLANK](https://www.mensfitness.com/training/workout-routines/feet-elevated-side-plank)

[Sets: 3](https://www.mensfitness.com/training/workout-routines/feet-elevated-side-plank)

[Reps: 20 sec. each side](https://www.mensfitness.com/training/workout-routines/feet-elevated-side-plank)

[Rest: 2-3 min.](https://www.mensfitness.com/training/workout-routines/feet-elevated-side-plank)

DAY III

Workout III

[1. FRONT SQUAT](https://www.mensfitness.com/training/workout-routines/front-squat)

[Sets: 4](https://www.mensfitness.com/training/workout-routines/front-squat)

[Reps: 5](https://www.mensfitness.com/training/workout-routines/front-squat)

[Rest: 2-3 min.](https://www.mensfitness.com/training/workout-routines/front-squat)

[2. INVERTED ROW](https://www.mensfitness.com/training/workout-routines/inverted-row)

[Sets: 4](https://www.mensfitness.com/training/workout-routines/inverted-row)

[Reps: 8](https://www.mensfitness.com/training/workout-routines/inverted-row)

[Rest: 2-3 min.](https://www.mensfitness.com/training/workout-routines/inverted-row)

[3. SINGLE-LEG HIP THRUST](https://www.mensfitness.com/training/workout-routines/single-leg-hip-thrust)

[Sets: 4](https://www.mensfitness.com/training/workout-routines/single-leg-hip-thrust)

[Reps: 8 (each side)](https://www.mensfitness.com/training/workout-routines/single-leg-hip-thrust)

[Rest: 2-3 min.](https://www.mensfitness.com/training/workout-routines/single-leg-hip-thrust)

[4. PUSHUP](https://www.mensfitness.com/training/workout-routines/pushup)

[Sets: 3](https://www.mensfitness.com/training/workout-routines/pushup)

[Reps: As many as possible](https://www.mensfitness.com/training/workout-routines/pushup)

[Rest: 2-3 min.](https://www.mensfitness.com/training/workout-routines/pushup)

dIet for overweight

**#1:  Ensure a Sufficient Intake of B Vitamins**

## #2:  Be Sure to Get Enough Vitamin D to Reduce Fat Accumulation in Winter

## #3:  Consume Catechins to Boost Fat Burning

## #4:  Eat Plenty of Foods Rich in Vitamin C

## #5:  Get Enough Calcium to Regulate Body Composition

## #6:  Consume Iodine-Rich Foods to Prevent Sluggish Thyroid Activity

## #7:  Eat Foods Rich in Zinc to Regulate Fat Storage and Appetite

Exercise

To loose weight do zumba plus cardio everday for minimum75-90 min.

Pregnant women diet

* Dairy products. During pregnancy, you need to consume extra protein and calcium to meet the needs of the growing fetus (7, 8). ...
* Legumes. ...
* Sweet potatoes. ...
* Salmon. ...
* Eggs. ...
* Broccoli and dark, leafy greens. ...
* Lean meat. ...
* Fish liver oil.

**Berries**

**Whole grains**

**Avocados**

**Dried fruit**

**Water**

**Exercise**