

Your BMI is between **18.5 and 22.9**, you fall within the **healthy weight range**, so the focus should be on **maintaining weight, building lean muscle, and staying fit**.

Diet Plan for a Balanced & Active Lifestyle

General Guidelines:

- ✓ **Balanced meals:** Include carbs, protein, fats, and fiber.
 - ✓ **Portion control:** Eat enough to maintain weight, not gain or lose drastically.
 - ✓ **Stay hydrated:** Drink **2.5 - 3L of water daily**.
 - ✓ **Include probiotics:** Curd, yogurt, or homemade lassi for digestion.
 - ✓ **Avoid processed/junk foods:** Opt for natural, home-cooked meals.
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Meal Plan Example:

Breakfast (7:30 AM - 8:30 AM)

- ✓ 1 boiled/fried/omelet egg + 1 roti or 2 slices of whole wheat bread
- ✓ 1 glass of milk or lassi
- ✓ 1 banana or seasonal fruit (mango, papaya, guava)
- ✓ 5-6 almonds or cashews

Mid-Morning Snack (11:00 AM)

- ✓ 1 handful of peanuts or puffed rice (muri) with mustard oil
- ✓ 1 glass of fresh fruit juice or green coconut water

Lunch (2:00 PM)

- ✓ 1-1.5 cups of rice (brown or white) or 2 rotis
- ✓ 1 bowl of daal (lentil soup)
- ✓ 1 piece of fish (ilish/rui/pangash) or chicken curry
- ✓ 1 plate of mixed vegetables (shak, gourd, pumpkin, etc.)
- ✓ 1 bowl of homemade curd

Afternoon Snack (5:00 PM)

- ✓ 1 boiled corn or homemade shingara/pitha
- ✓ 1 cup of milk tea or green tea with 2 biscuits

Dinner (8:30 PM - 9:30 PM)

- ✓ 1 cup of rice or 2 rotis
- ✓ 1 piece of chicken/beef (small portion, not too oily)

- ✓ 1 bowl of vegetables or shak
- ✓ 1 boiled egg (optional)

Before Bed (11:00 PM)

- ✓ 1 glass of warm milk or 1 banana for better sleep
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Exercise Routine (Focus on Fitness & Lean Muscle)

- ♦ **Workout 4-5 days a week** (Strength + Cardio)
- ♦ **Cardio & Strength Balance:** Burn fat while building lean muscle
- ♦ **Flexibility & Core Strength:** Keep joints and muscles flexible

Workout Plan:

Day 1: Strength & Endurance (Full Body Workout)

- ✓ Squats – 3 sets of 12 reps
- ✓ Push-ups – 3 sets of 10-15 reps
- ✓ Jumping Jacks – 3 sets of 30 seconds
- ✓ Dumbbell Shoulder Press – 3 sets of 10 reps

Day 2: Cardio + Core Workout

- ✓ Running or Skipping – 15-20 minutes
- ✓ Plank – 3 sets of 30-60 seconds
- ✓ Bicycle Crunches – 3 sets of 15 reps
- ✓ Leg Raises – 3 sets of 10 reps

Day 3: Strength Training (Upper Body Focus)

- ✓ Pull-ups – 3 sets of 10 reps
- ✓ Bicep Curls – 3 sets of 12 reps
- ✓ Triceps Dips – 3 sets of 10 reps
- ✓ Dumbbell Rows – 3 sets of 10 reps

Day 4: Active Recovery (Yoga, Stretching, Walks)

- ✓ Light jogging or brisk walking (30 minutes)
- ✓ Yoga stretches for flexibility
- ✓ Meditation for stress relief

Day 5: Lower Body & Core Strength

- ✓ Lunges – 3 sets of 10 reps (each leg)
- ✓ Calf Raises – 3 sets of 15 reps

- ✓ Russian Twists – 3 sets of 20 reps
- ✓ Deadlifts (if gym available) – 3 sets of 10 reps

♦ **Bonus Tips:**

- ✓ Walk **8,000-10,000 steps daily** for overall fitness
 - ✓ Sleep **7-8 hours daily** to maintain muscle recovery
 - ✓ Stay **hydrated and avoid excess sugar/junk food**
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Final Tips for Maintaining a Healthy BMI in Bangladesh

- ✓ Eat a **variety of foods** for balanced nutrition
 - ✓ Don't skip **meals, especially breakfast**
 - ✓ Include **fiber-rich foods** (vegetables, fruits, whole grains)
 - ✓ Avoid **overeating at night**
 - ✓ Stay **active throughout the day**
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Would you like a **more personalized plan** based on your activity level and schedule? 😊