

Exercise Plan:

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Diet Plan:

Day 1

Breakfast: Scrambled eggs with spinach and toast

Calories: 300, Protein: 20g, Carbs: 25g, Fat: 15g

Ingredients: 2 large eggs, 1 cup spinach, 1 slice whole-grain toast, 1 tbsp olive oil

Lunch: Grilled chicken salad with mixed greens and vinaigrette

Calories: 400, Protein: 30g, Carbs: 20g, Fat: 20g

Ingredients: 150g grilled chicken breast, 2 cups mixed greens, 1/4 avocado, 1 tbsp vinaigrette

Dinner: Baked salmon with quinoa and steamed broccoli

Calories: 500, Protein: 35g, Carbs: 45g, Fat: 15g

Ingredients: 150g salmon fillet, 1/2 cup dry quinoa, 1 cup steamed broccoli, 1 tsp olive oil

Snacks: Greek yogurt with mixed berries

Calories: 150, Protein: 10g, Carbs: 20g, Fat: 5g

Ingredients: 1 cup Greek yogurt, 1/2 cup mixed berries