

AI Fitness Plan

Goal:

I am a 22-year-old male, my height is 178 cm, weight is 77 kg. My activity level is moderate. I want to workout 5 days per week. My target weight is 48 kg, and I want to achieve this goal in 3 months.

Meal Plan

Day 1

Meal Type	Items	Calories
Breakfast	- Oats - 50g (195 kcal) - Blueberries - 100g (55 kcal) - Almond milk - 200ml (30 kcal) - Walnuts - 10g (65 kcal) - Strawberries - 50g (15 kcal) - Banana - 50g (45 kcal)	405
Lunch	- Brown rice - 100g (130 kcal) - Lentils - 150g (175 kcal) - Carrot - 200g (80 kcal) - Broccoli - 50g (15 kcal) - Orange - 100g (45 kcal)	445
Snack	- Peanut butter - 30g (175 kcal) - Apple - 150g (80 kcal) - Multi - grain toast — 80g (200 kcal)	455
Dinner	- Tempeh - 100g (190 kcal) - Zucchini - 200g (35 kcal) - Green beans - 100g (30 kcal) - Quinoa - 50g (60 kcal) - Papaya - 100g (45 kcal)	360

Day 2

Meal Type	Items	Calories
Breakfast	- Multi - grain toast — 80g (200 kcal) - Avocado - 50g (80 kcal) - Cottage cheese - 100g (100 kcal) - Tomato - 100g (20 kcal) - Orange - 50g (25 kcal)	425
Lunch	- Chapati - 100g (235 kcal) - Matar Paneer - 150g (145 kcal) - Spinach - 200g (45 kcal)	425
Snack	- Yogurt - 200g (120 kcal) - Mango - 150g (90 kcal) - Pumpkin seeds - 20g (115 kcal) - Carrot - 100g (40 kcal)	365
Dinner	- Basmati rice - 100g (130 kcal) - Chole - 150g (215 kcal) - Cauliflower - 200g (50 kcal) - Guava - 100g (70 kcal)	465

Day 3

Meal Type	Items	Calories
Breakfast	<ul style="list-style-type: none"> - Idli - 150g (205 kcal) - Sambar (without added fats) - 200g (75 kcal) - Coconut chutney - 50g (130 kcal) - Papaya - 100g (50 kcal) 	460
Lunch	<ul style="list-style-type: none"> - Quinoa - 120g (150 kcal) - Tofu - 130g (190 kcal) - Spinach - 100g (30 kcal) - Tomato - 100g (25 kcal) - Apple - 50g (30 kcal) 	425
Snack	<ul style="list-style-type: none"> - Almonds - 30g (180 kcal) - Banana - 100g (95 kcal) - Skim milk - 200ml (75 kcal) - Strawberry - 100g (35 kcal) 	385
Dinner	<ul style="list-style-type: none"> - Lemon rice - 100g (155 kcal) - Dal curry - 150g (180 kcal) - Eggplant - 200g (55 kcal) - Watermelon - 100g (35 kcal) 	425

Day 4

Meal Type	Items	Calories
Breakfast	<ul style="list-style-type: none"> - Paratha - 60g (145 kcal) - Yogurt - 150g (90 kcal) - Mango - 100g (60 kcal) - Walnut - 20g (130 kcal) 	425
Lunch	<ul style="list-style-type: none"> - Pulao - 100g (150 kcal) - Rajma - 150g (190 kcal) - Green beans - 100g (30 kcal) - Orange - 100g (45 kcal) 	415
Snack	<ul style="list-style-type: none"> - Cottage cheese - 150g (145 kcal) - Multi - grain toast — 80g (200 kcal) - Carrot - 200g (80 kcal) - Broccoli - 25g (10 kcal) 	435
Dinner	<ul style="list-style-type: none"> - Brown rice - 100g (130 kcal) - Lentils - 150g (175 kcal) - Carrot - 200g (80 kcal) - Broccoli - 50g (15 kcal) - Orange - 100g (45 kcal) 	445

Day 5

Meal Type	Items	Calories
Breakfast	<ul style="list-style-type: none"> - Oats - 50g (200 kcal) - Blueberries - 100g (60 kcal) - Almond milk - 200ml (35 kcal) - Walnuts - 10g (70 kcal) - Strawberries - 50g (20 kcal) - Banana - 50g (50 kcal) 	435
Lunch	<ul style="list-style-type: none"> - Chapati - 100g (240 kcal) - Matar Paneer - 150g (150 kcal) - Spinach - 200g (50 kcal) 	440
Snack	<ul style="list-style-type: none"> - Peanut butter - 30g (180 kcal) - Apple - 150g (85 kcal) 	470

- Multi - grain toast — 80g (205 kcal)		
Dinner	<ul style="list-style-type: none"> - Tempeh - 100g (195 kcal) - Zucchini - 200g (40 kcal) - Green beans - 100g (35 kcal) - Quinoa - 50g (65 kcal) - Papaya - 100g (50 kcal) 	385

Day 6

Meal Type	Items	Calories
Breakfast	<ul style="list-style-type: none"> - Multi - grain toast — 80g (200 kcal) - Avocado - 50g (80 kcal) - Cottage cheese - 100g (100 kcal) - Tomato - 100g (20 kcal) - Orange - 50g (25 kcal) 	425
Lunch	<ul style="list-style-type: none"> - Basmati rice - 100g (130 kcal) - Chole - 150g (215 kcal) - Cauliflower - 200g (50 kcal) - Guava - 100g (70 kcal) 	465
Snack	<ul style="list-style-type: none"> - Yogurt - 200g (120 kcal) - Mango - 150g (90 kcal) - Pumpkin seeds - 20g (115 kcal) - Carrot - 100g (40 kcal) 	365
Dinner	<ul style="list-style-type: none"> - Lemon rice - 100g (150 kcal) - Dal curry - 150g (175 kcal) - Eggplant - 200g (50 kcal) - Watermelon - 100g (30 kcal) 	405

Day 7

Meal Type	Items	Calories
Breakfast	<ul style="list-style-type: none"> - Idli - 150g (205 kcal) - Sambar (without added fats) - 200g (75 kcal) - Coconut chutney - 50g (130 kcal) - Papaya - 100g (50 kcal) 	460
Lunch	<ul style="list-style-type: none"> - Quinoa - 120g (150 kcal) - Tofu - 130g (190 kcal) - Spinach - 100g (30 kcal) - Tomato - 100g (25 kcal) - Apple - 50g (30 kcal) 	425
Snack	<ul style="list-style-type: none"> - Almonds - 30g (180 kcal) - Banana - 100g (95 kcal) - Skim milk - 200ml (75 kcal) - Strawberry - 100g (35 kcal) 	385
Dinner	<ul style="list-style-type: none"> - Lemon rice - 100g (155 kcal) - Dal curry - 150g (180 kcal) - Eggplant - 200g (55 kcal) - Watermelon - 100g (35 kcal) 	425

Workout Plan

Day 1: Legs

#	Exercise
1	Squat - 4 × 12
2	Lunges - 3 × 15 per leg
3	Deadlift (Dumbbell) - 4 × 10
4	Leg Press - 3 × 12
5	Calf Raises - 4 × 15
6	Running — 20 minutes

Day 2: Rest Day

Rest Day - No exercises scheduled

Day 3: Arms

#	Exercise
1	Bicep Curls (Dumbbell) - 3 × 12
2	Tricep Dips - 3 × 12
3	Hammer Curls (Dumbbell) - 4 × 12
4	Overhead Tricep Extension (Dumbbell) - 3 × 12
5	Push-ups - 4 × 15
6	Cycling — 20 minutes

Day 4: Core

#	Exercise
1	Plank - 3 × 60 sec
2	Russian Twists - 3 × 20
3	Bicycle Crunches - 4 × 20
4	Hanging Knee Raises - 3 × 15
5	V-ups - 3 × 15
6	Running — 20 minutes

Day 5: Rest Day

Rest Day - No exercises scheduled

Day 6: Back

#	Exercise
1	Pull-ups - 3 × 10
2	One-Arm Dumbbell Row - 3 × 12 each side
3	Bent Over Row (Dumbbell) - 4 × 12
4	Lat Pulldown - 3 × 12

5	Deadlift (Dumbbell) - 3 × 10
6	Cycling — 20 minutes

Day 7: Shoulders

#	Exercise
1	Shoulder Press (Dumbbell) - 4 × 12
2	Lateral Raises (Dumbbell) - 4 × 15
3	Front Raises (Dumbbell) - 3 × 12
4	Reverse Fly (Dumbbell) - 4 × 12
5	Shrugs (Dumbbell) - 3 × 15
6	Running — 20 minutes

Recommendation

This meal plan maintains a stable caloric intake for consistent weight loss while ensuring a balanced variety of nutrients. You may wish to focus on portion control, especially for denser foods, to achieve your health goals and target weight of 48.0 kg within 3 weeks.