



# **3 Weeks To A Leaner, Stronger You**

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## INTRODUCTION

Wikipedia defines physical fitness as “a state of health and well-being and, more specifically, the ability to perform aspects of sports, occupations and daily activities.”

Let me ask you a question.

When was the last time you sat down and thought about your health and wellbeing?

Most of us tend to ignore the things that can actually make a difference in pursuit of things that we think are more important. But you must understand that health and fitness are equally important because they not only affect you but also the people around you.

Life becomes a never-ending trial without a healthy body and mind; physically, socially and emotionally.

Ask any obese person and you'll know in a heartbeat what he'd give to lose that fat. We must understand that the zeros in our bank accounts won't count for much if we cannot bring ourselves to lead a healthier, fitter lifestyle.

After all, what's the point of being a bedridden billionaire?

The key purpose of this guide is to explore how we can lead a healthier life and the important aspects related to it such as mindset, workout routines, and nutrition.

Within this guide, I will outline a detailed workout and nutrition plan spread over 3 weeks that should help you lose 5 lbs or more.

# CHAPTER 1

## 3 WEEKS TO A LEANER, STRONGER YOU

### WORKOUT PLAN

The first half of the fitness equation is choosing the correct workout plan. A question that most of us struggle with is what workout plan to follow?

The answer; choose the one that aligns **with your fitness goal**. For instance, if you're looking to gain lean muscle mass then you should choose weight training. Likewise, if you intend to lower overall body weight your routine should focus on cardio.

Another important factor is **what you enjoy**. It's human nature. If we enjoy something we would want to do it regularly. Fitness is no different. Your chances of nailing your fitness goals go through the roof when you choose an activity that you enjoy rather than something that you force upon yourself. If you like to curl and squat, hit the weights. If the outdoors pull you, grab your mountain bike and hit the trail.

Consider **your current physical condition** while deciding on a workout plan. Do you have certain heart conditions or have had any injuries that prevent certain movements? For instance, if you have had an elbow surgery, you might want to avoid curling exercises. Considering this information is crucial while putting together your workout.

Following is a thorough workout plan that will not only help you lose that holiday weight but will also help you gain lean muscle. Lastly, this plan is appropriate for **both genders**.

#### CH 1.1: MECHANICS OF WEIGHT LOSS ROUTINE:

The key objective of this workout is to let you lose 5 pounds during the 3-week duration for which this program will run. Understand that a healthy weight loss rate ranges between 1-1.5 lbs. per week. Pushing beyond that can be detrimental to your health.

##### How it works

While designing this workout routine, I have made sure the workout should be hard enough to burn the excess fat yet adaptable enough that it could be taken up by most people of varying fitness levels.

There will be 3 phases. Each phase is week long, starting from getting your body ready to peaking by the end of the 3<sup>rd</sup> phase.

##### Phase-1 Week-1 - Ignite your metabolism:

Select a cardio activity that you enjoy such as cycling, running, or even a mountain bike ride.

The main objective of this phase is to get you out of the state of "inactivity" through steady state cardio. The fact you have come to a point where you need to lose weight means that you have been mildly active or in most cases not at all. The idea here is to wake up your body and muscles, putting you inactive metabolism into overdrive.

**Metabolism** in the simplest terms is our body's ability to burn/utilize the energy (calories) it extracts from our food. Higher metabolism means we'll remain slim and fit. Slower metabolism means we will end up gaining unwanted weight.

There is a good reason you need to wake it up and prepare your body gradually. If you shock your body into forceful physical exertion after a period of prolonged inactivity, there's a good chance you'll injure yourself or quit because your body won't have the physical horsepower to keep up.

This phase will essentially condition your body for the following phases that will be much more demanding. Plus, the prep will ensure you remain injury free.

**Workout Plan - Phase-1 Week-1:**

WEEK- 1 (Phase-1)			
Steady State Cardio Sessions			
**Do a 10-minute warmup and then continue for 30 minutes with moderate intensity			
Day	Activity	Warm-up	Session Duration
Monday	Cycling	10-minutes	30-minutes
Tuesday	Treadmill Run	10-minutes	30-minutes
Wednesday	Cycling	10-minutes	30-minutes
Thursday	Treadmill Run	10-minutes	30-minutes
Friday	Cycling	10-minutes	30-minutes
Saturday	Treadmill Run	10-minutes	30-minutes
Sunday	OFF	10-minutes	30-minutes
**You can perform cycling on a stationary bike and your run at a track as well			

**Phase-2 Week-2 - Stepping on the gas**

This phase is all about hitting your stride. After waking up your body you will be combining the workload of the previous phase with a calisthenics routine. **Calisthenics** is essentially bodyweight movements. I'll outline below some key benefits to give you a better idea of calisthenics.

**Benefits of a bodyweight workout:**

**Muscle Gain:** You might think that since you're not pushing heavy weights, your muscles might not be challenged enough to facilitate growth. But you'll be surprised at how effective a well-planned bodyweight workout can be at forcing your muscles to grow.

**It strengthens your core.** Having a strong core is essential to your fitness and overall functional mobility. Most of the bodyweight exercises will hit your core directly or indirectly constantly keeping it under tension and improving its strength.

**It's convenient.** A bodyweight routine is quite efficient because it saves commute time to and from the gym. Also, you are not dependent on a gym's schedule to workout. For instance, you could workout at 3 in the morning should you need to.

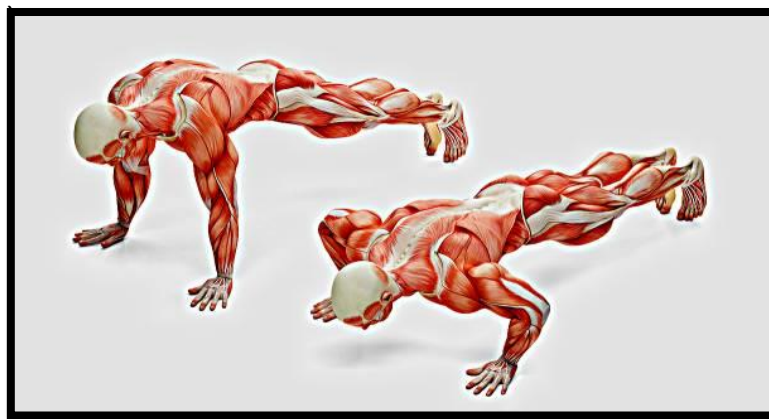
**Perfect for any fitness level:** It doesn't matter if you're 20 or 50 or if you haven't worked out in a while. Anyone can benefit from a bodyweight routine.

## Key Bodyweight Movements:

### CHEST and SHOULDERS:

#### **Flat Pushups:**

- This move will directly target your mid-chest and your delts will be the secondary muscles employed.
- Position yourself on a flat surface in a normal pushup stance, resting on your palms. Your palms and feet should be shoulder width apart and your body should be aligned in a straight line.
- Now, lower your entire body until your chest and shoulders are almost touching the floor. You will feel your chest and shoulders stretching. Go back up and squeeze your chest at the top.



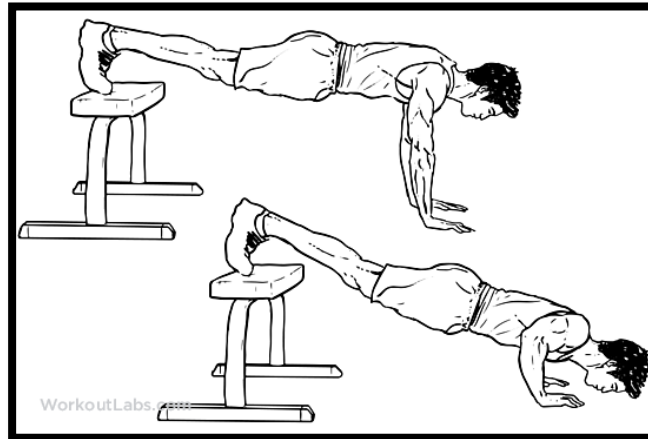
#### **Incline Pushups:**

- This move will directly target your upper chest and indirectly your delts. Find a table or chair that's roughly about 2 feet above the floor.
- Position it against a wall so it doesn't slip away with your weight.
- Position both your palms (shoulder width) on the table's edge as if you're trying to push it forward. Now with your feet on the ground position yourself in a pushup stance.
- The rest of the motion is the same as flat pushup; go down while looking forward, push back up and squeeze.



### Decline Pushups:

- This move will directly target your lower chest and indirectly your delts.
- The only difference between this move and the inclined position is that your feet are now placed on the table and hands are on the ground.
- The rest of the motion is same with your body in a push-up stance; go down while looking forward, push back up and squeeze.



### BACK:

#### Pull-ups:

- This is hands down one of the best upper body bodyweight movements. Not only does it add width to your back it hits your shoulders as well.
- Grasp any overhanging bar or even a ledge would do. Just make sure it's strong enough to support your bodyweight.
- With your hands shoulder wide, grab the bar with your knuckles facing you. You should hang from the bar with your arms and body completely extended in a straight line. Your toes should not be touching the ground.
- Now pull yourself up until your forearms make a 90-degree angle your biceps. Come back down and repeat.





## **BICEPS:**

### **Chin-ups:**

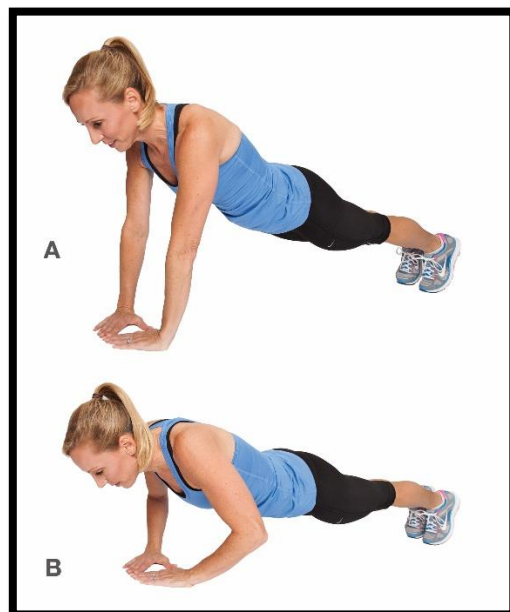
- By the time you're done with chin-ups, your biceps will be begging for mercy. It will also recruit your upper back and lats.
- This is also done hanging on an overhead bar. The primary difference here is the grip.
- While holding the bar your palms should be facing you. Now pull yourself up until your forehead crosses the bar above. Don't worry if you can't reach that far up initially. You will develop the strength as you go along.



## **TRICEPS:**

### **Diamond Pushups:**

- Position yourself in a flat pushup stance.
- But instead of keeping your palms shoulder wide bring them next to each other forming a diamond using the index fingers and thumbs of both hands.
- This is your starting position. Keeping your elbows tucked in, lower yourself like a pushup and push back up.





### Table Dips:

- Find 2 chairs or tables of the same height and place them in front of each other with a distance between them roughly equal to 60% of your height.
- Now position yourself between them in such a way that your feet are placed on one table and your palms on the other.
- Your legs should be in a straight line and making a 90-degree angle with your torso. This is your starting position.
- Now lower your torso until your forearms make a 90-degree angle with your biceps. Push back up with your palms and squeeze your triceps at the top.



### LEGS:

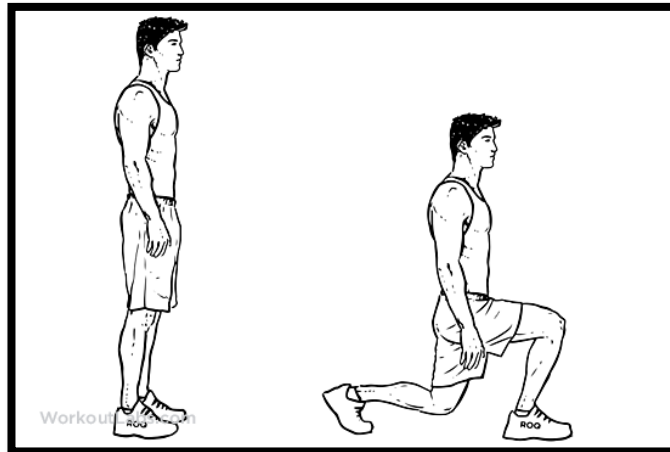
#### Bodyweight Squats (Quadriceps):

- There's no better movement than squats to build your lower body. The movement is exactly the same as usual barbell squats except you are using your own weight this time.
- Stand with your feet at shoulder width.
- Look forward and cross your hands over your chest. Now lower your hips until your hamstrings are parallel with the floor. Go back up and repeat.



### **Bodyweight Lunges (Hamstrings):**

- The movement is exactly the same as usual dumbbell lunges except you won't be holding dumbbells.
- Stand upright with your chest slightly puffed out and feet about 15 inches apart. This is your starting position.
- Now take a step forward about 2 feet with your right foot and lower your body down until both your knees are bent at about 90 degrees.
- Move back to the starting position and repeat with the left leg.



### **Standing Calf-raise (Calves):**

- Lean straight against a wall. Now raise one of your feet so you're standing on one foot. Use your hands against the wall to support yourself.
- Now raise the heel on the other foot about 6 inches and come back down. Repeat for both feet.

## Workout Plan - Phase-2 Week-2:

WEEK- 2 - (Phase - 2)					
Bodyweight Circuits + Steady State Cardio Sessions					
Day	Activity	Bodyweight Circuit Breakdown	Repetitions	Total No. Of Body Wt. Circuits/Session	Rest Between Circuits
Monday	<b>Steady State Cardio</b> Treadmill Runs (30 Minutes)			3 to 5 Each circuit is made up of 5 mentioned movements and a total of 60 repetitions	1 minute
	Bodyweight circuit-1	Flat Pushups:	12		
		Pull-ups	12		
		Chin-ups	12		
		Diamond Pushups	12		
	Bodyweight Squats	12			
Tuesday	<b>Steady State Cardio</b> Treadmill Runs (30 Minutes)			3 to 5 Each circuit is made up of 5 mentioned movements and a total of 60 repetitions	1 minute
	Bodyweight circuit-2	Inclined Pushups:	12		
		Pull-ups	12		
		Chin-ups	12		
		Table Dips	12		
	Bodyweight Lunges	12			
Wednesday	<b>Steady State Cardio</b> Treadmill Runs (30 Minutes)			3 to 5 Each circuit is made up of 5 mentioned movements and a total of 60 repetitions	1 minute
	Bodyweight circuit-3	Declined Pushups:	12		
		Pull-ups	12		
		Chin-ups	12		
		Diamond Pushups	12		
	Bodyweight Squats	12			
Thursday	<b>Steady State Cardio</b> Treadmill Runs (30 Minutes)			3 to 5 Each circuit is made up of 5 mentioned movements and a total of 60 repetitions	1 minute
	Bodyweight circuit-4	Flat Pushups:	12		
		Pull-ups	12		
		Chin-ups	12		
		Table Dips	12		
	Bodyweight Lunges	12			
Friday	<b>Steady State Cardio</b> Treadmill Runs (30 Minutes)			3 to 5 Each circuit is made up of 5 mentioned movements and a total of 60 repetitions	1 minute
	Bodyweight circuit-5	Inclined Pushups:	12		
		Pull-ups	12		
		Chin-ups	12		
		Diamond Pushups	12		
	Bodyweight Squats	12			
Saturday	<b>Steady State Cardio</b> Treadmill Runs (30 Minutes)			3 to 5 Each circuit is made up of 5 mentioned movements and a total of 60 repetitions	1 minute
	Bodyweight circuit-6	Declined Pushups:	12		
		Pull-ups	12		
		Chin-ups	12		
		Table Dips	12		
	Bodyweight Lunges	12			
Sunday	OFF				

### Phase-3 Week-3 – Going For The Kill:

During this final week of the plan, you'll be cranking up the intensity to the maximum to trigger weight loss. You'll be combining weight training circuits with HIIT cardio sessions. HIIT stands for *High-Intensity Interval Training*. It involves performing short bursts of intense cardio activity with intervals in between these bursts.

HIIT is a much superior form of fat burning than a typical aerobic routine and steady state cardio. This is clearly demonstrated within [this 2011 study](#) published in *Journal Of Obesity*. Here's another [2015 study](#) shows how strength training combined with HIIT sessions can both help muscle composition and accelerate metabolism faster than steady state cardio can.

### Key Weight Training Movements:

Following are the key body-weight movements that you'll be incorporating during the second week of your fat-loss workout plan.

#### **CHEST:**

##### **Inclined Barbell Bench Press (Upper Chest):**

##### **Technique:**

- Position yourself on an incline bench at a 45-degree angle. Hold the bar with your thumb wrapped around it. Keep the grip shoulder width.
- Lift the bar off the rack while extending your arms up. Lower the bar in a straight line in a controlled movement and slowly to your upper chest.
- Then push the bar in a straight line back up and squeeze your chest muscles at the top.

##### **Safety:**

- Always lower the bar slowly. You should control the bar, not the other way around.
- Keep your elbows in while lowering the bar to prevent shoulder pain
- Always keep your thumb wrapped around the bar. Failure to do so can make the bar slip.



## Flat Barbell Bench Press (Mid Chest)

### Technique:

- The technique is pretty much the same for flat bench presses as the inclined variation.
- The only major difference being that it's performed on a flat bench positioned at a parallel angle with the floor.
- Also, keep the grip slightly wider than shoulder width.

### Safety:

- Avoid doing explosive repetitions even while lifting light.
- Do not bounce the bar off the chest.



## BACK & HAMSTRINGS:

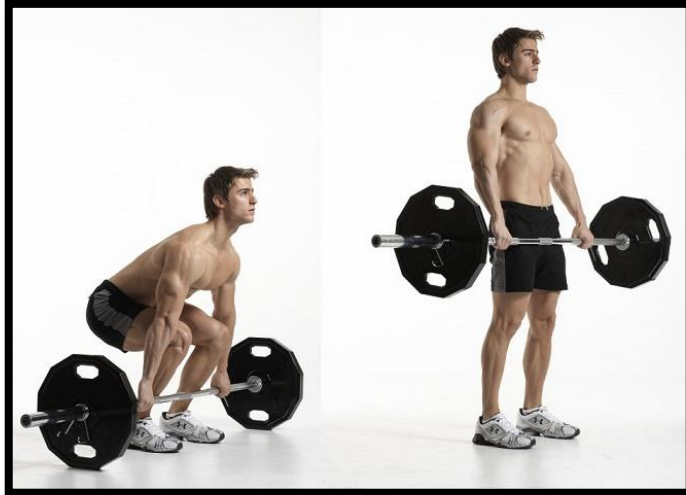
### Barbell Deadlift:

#### Technique:

- Place the bench press bar or squat bar on the floor.
- Stand over the bar with feet shoulder wide. With a slight bend in the knees, bend over and hold the bar firmly with an overhand grip with your palms facing you.
- Do not curve your back while bending down to grab the bar, keep it straight. Lift the bar while straightening your knees. Look forward throughout the movement.
- At the top, your chest should be puffed out, back arched inside and thighs straight with no bend in your knees.
- Now slowly bring the bar back down touching the ground, repeat.

**Safety:**

- Start off with lightest possible weight in the beginning to get your form right.
- Wear a support workout belt around your waist to keep your back safe.



**SHOULDERS:**

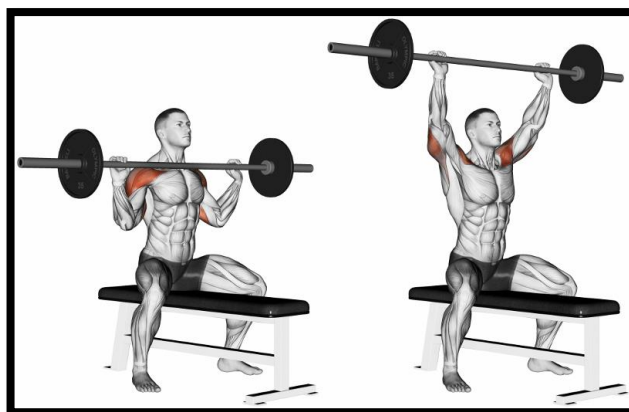
**Barbell Shoulder Presses or Military Press:**

**Technique:**

- Position a flat bench between a squat rack.
- Sit on it and position the bar close to your chin. Hold the bar with your hands slightly wider than shoulder width.
- Your palms should be facing up while you hold the bar. Now push the bar up above your head in a straight line until your arms are fully extended.
- Bring it back and repeat.

**Safety:**

- Wear a support belt around your waist to keep your back safe.



## THIGHS:

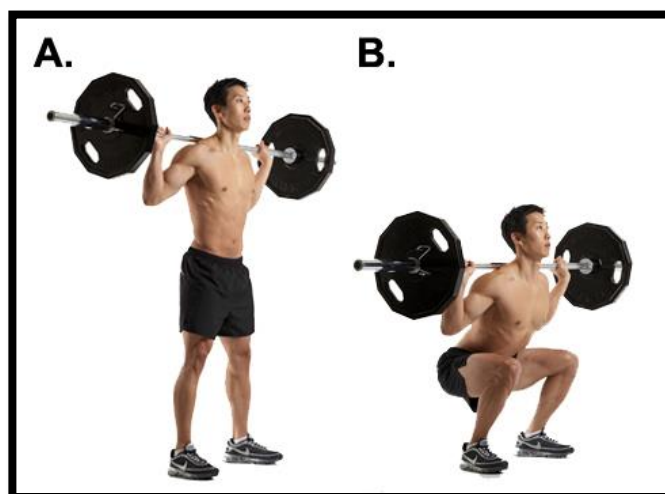
**Barbell Squats:** This particular movement is called “total body workout” and for a good reason. There’s not a single muscle in your body that’s not employed while performing squats.

### **Technique:**

- Stand between the squat rack with your feet shoulder width apart and toes slightly pointing outwards.
- Hold the bar firmly with your hands about 6-8 inches wider than shoulder width.
- Now position your head under the bar with the bar resting on your shoulders. Make sure your head is centered.
- Lift the bar off the rack. This is your starting position. At this point, you should be standing straight and looking forward.
- Now slowly in a controlled manner lower yourself bending your knees with your back straight and slightly leaning forward (about 10 degrees).
- Keep lowering until your hips and hamstrings are parallel with the floor. Now rise back up to starting position, driving strength from your thighs.
- Look forward throughout the entire movement. Squeeze your quad muscles and hips at the top.

### **Safety:**

- Do not lower yourself any lower than parallel. Doing so will put undue stress on your knee joints.
- Keep your feet firmly planted on the ground throughout the movement. Make sure your heels do not lift off the floor while you go down. Doing so could destabilize you.
- Wear a support workout belt around your waist to keep your back safe.
- Start off with lightest possible weight in the beginning to get your form right





**Phase-3 Week-3 – Workout Plan:**

WEEK- 3 - (Phase - 3)					
Weight Training Circuits + HIIT Session					
Day	Activity	Bodyweight Circuit Breakdown	Repetitions	Total No. Of HIIT Circuits/Session	Rest Between Circuits
Monday	<b>HIIT</b> Stationary Cycling at Maximum Capacity (2-Minutes) - Perform 2 sessions of 2 minutes each with 45 seconds rest			3 to 5 Each circuit is made up of 4 mentioned movements and a total of 32-48 repetitions - <u>Imp: HIIT Sessions are to be performed after the weight training circuits</u>	90 seconds-2 minutes
		Weight Training Circuit	Flat Barbell Bench Press		
	Barbell Deadlift		*8-12		
	Barbell Shoulder Presses		*8-12		
	Barbell Squats		*8-12		
Tuesday	<b>HIIT</b> Stationary Cycling at Maximum Capacity (2-Minutes) - Perform 2 sessions of 2 minutes each with 45 seconds rest			3 to 5 Each circuit is made up of 5 mentioned movements and a total of 60 repetitions - <u>Imp: HIIT Sessions are to be performed after the weight training circuits</u>	90 seconds-2 minutes
		Weight Training Circuit	Flat Barbell Bench Press		
	Barbell Deadlift		*8-12		
	Barbell Shoulder Presses		*8-12		
	Barbell Squats		*8-12		
Wednesday	<b>HIIT</b> Stationary Cycling at Maximum Capacity (2-Minutes) - Perform 2 sessions of 2 minutes each with 45 seconds rest			3 to 5 Each circuit is made up of 5 mentioned movements and a total of 60 repetitions - <u>Imp: HIIT Sessions are to be performed after the weight training circuits</u>	90 seconds-2 minutes
		Weight Training Circuit	Flat Barbell Bench Press		
	Barbell Deadlift		*8-12		
	Barbell Shoulder Presses		*8-12		
	Barbell Squats		*8-12		
Thursday	<b>HIIT</b> Stationary Cycling at Maximum Capacity (2-Minutes) - Perform 2 sessions of 2 minutes each with 45 seconds rest			3 to 5 Each circuit is made up of 5 mentioned movements and a total of 60 repetitions - <u>Imp: HIIT Sessions are to be performed after the weight training circuits</u>	90 seconds-2 minutes
		Weight Training Circuit	Flat Barbell Bench Press		
	Barbell Deadlift		*8-12		
	Barbell Shoulder Presses		*8-12		
	Barbell Squats		*8-12		
Friday	<b>HIIT</b> Stationary Cycling at Maximum Capacity (2-Minutes) - Perform 2 sessions of 2 minutes each with 45 seconds rest			3 to 5 Each circuit is made up of 5 mentioned movements and a total of 60 repetitions - <u>Imp: HIIT Sessions are to be performed after the weight training circuits</u>	90 seconds-2 minutes
		Weight Training Circuit	Flat Barbell Bench Press		
	Barbell Deadlift		*8-12		
	Barbell Shoulder Presses		*8-12		
	Barbell Squats		*8-12		
Saturday	<b>HIIT</b> Stationary Cycling at Maximum Capacity (2-Minutes) - Perform 2 sessions of 2 minutes each with 45 seconds rest			3 to 5 Each circuit is made up of 5 mentioned movements and a total of 60 repetitions - <u>Imp: HIIT Sessions are to be performed after the weight training circuits</u>	90 seconds-2 minutes
		Weight Training Circuit	Flat Barbell Bench Press		
	Barbell Deadlift		*8-12		
	Barbell Shoulder Presses		*8-12		
	Barbell Squats		*8-12		
Sunday	OFF				

## CHAPTER 2

### NUTRITION

What would happen if you try to run your car on water instead of gasoline? Or what would be the result if a bridge is built upon weak foundations? Getting the picture? The fate of your body is going to be exactly the same as of that unfortunate car if you continue to inhale food without giving any thought to it.

That lifetime membership card to your favorite pizza place might buy you some cheap pizzas but let me assure you, it won't give you good health. ***You may get a couple of clogged arteries though.***

Within this chapter, I will outline the fundamentals of designing an effective meal plan. It will include calorie and macro calculations plus comprehensive meals plans that will complement your weight loss goals.

#### 2.1 – Macros and Calorie Calculation:

The following steps will explain how to calculate calories and macros for weight loss. First, ***total daily calories*** are calculated according to your goal and then the macros are calculated in both grams and calories. Please note, to simplify, the following calculations are done for a male weighing 175 lbs. who wants to lose weight. These are meant as an easy to follow template.

#### Calculating Daily Macro/Caloric Needs:

**Step – 1** For calculating your daily caloric intake, multiply your bodyweight in lbs. with a number ranging from 11 to 14 depending on your job activity level and the intended goal. That means if you are looking to lose weight then your daily caloric intake would be  **$175 \times 11 = 1925$  calories**

**Step – 2** For daily protein intake multiply your bodyweight in lbs. with 1. Your daily protein intake would be  **$175 \times 1 = 175$  grams**. To convert that into calories multiply **175 by 4**, that would give you 408 calories  **$175 \times 4 = 700$  calories (protein)**

**Step – 3** For daily fat intake multiply your bodyweight in lbs. with 0.35. Your daily fat intake would be  **$175 \times 0.35 = 61$  grams**. To convert that into calories, multiply **61 by 9**, that would give you **551 calories (fat)**

**Step – 4** For daily carbohydrate intake you will calculate the calories first by adding the fat and protein calories together and then subtracting it from the total calories needed for the day. Your daily carb intake would be  **$1925 - (700 + 551) = 674$  calories**. Convert this to grams by dividing it by 4. That would be  **$674/4 = 168$  grams (carbohydrates)**.

### **Important Considerations:**

No of calories per gram

Protein: 4

Carbohydrates: 4

Fats: 9

If you have just started your journey to fitness or simply don't feel like crunching numbers then taking the above multipliers is a good starting point.

The above multipliers (11-14) are shared here to make caloric calculations as simple as possible. There are several factors that are considered while calculating your daily caloric intake such as BMR (Basal Metabolic Rate) – that's the number of calories you burn while resting, your lean body mass, fat percentage, height, and level of daily activity. These figures are then used within several equations to reach a caloric number.

Another important consideration is that every equation or calorie calculator will give you an *estimated* figure. Also, a good rule of thumb to consider is that 1 lb. per week is a healthy rate for both gaining muscle and fat loss.

## 2.2 – Meal Plan:

The following tables will explain meal plans for 7 days. The weekly meal plan is to be kept consistent throughout the 3-week weight loss plan.

MEAL PLAN - DAY 1			
MEALS	Protein (gms)	Carbohydrates (gms)	Fats (gms)
<b>MEAL - 1</b>			
<b>Breakfast</b>			
2 Eggwhites (Boiled)	7	0	0
2 Wholeeggs (Boiled)	18	0	9
1 Cup Oats	10	56	4
<b>TOTAL FOR THE MEAL</b>	<b>35</b>	<b>56</b>	<b>13</b>
<b>MEAL - 2</b>			
<b>Mid morning snack</b>			
1/2 Handful of almonds (12 almonds)	3	3	7
<b>TOTAL FOR THE MEAL</b>	<b>3</b>	<b>3</b>	<b>7</b>
<b>MEAL - 3</b>			
<b>Lunch</b>			
9 oz Grilled Chicken	50	0	13
1 Cup Brown Rice (Cooked)	4	45	1.5
<b>TOTAL FOR THE MEAL</b>	<b>54</b>	<b>45</b>	<b>14.5</b>
<b>MEAL - 4</b>			
<b>Pre-workout meal</b>			
1 Scoop Protien Powder	20	0	0
1/2 Cup Oats	5	27	2
<b>TOTAL FOR THE MEAL</b>	<b>25</b>	<b>27</b>	<b>2</b>
<b>MEAL - 5</b>			
<b>Dinner</b>			
9 oz Grilled Salmon	54	0	23
1 Cup Brown Rice (Cooked)	4	45	1.5
<b>TOTAL FOR THE MEAL</b>	<b>58</b>	<b>45</b>	<b>24.5</b>
<b>TOTAL FOR THE DAY</b>	<b>175</b>	<b>176</b>	<b>61</b>

MEAL PLAN - DAY 2			
MEALS	Protein (gms)	Carbohydrates (gms)	Fats (gms)
<b>MEAL - 1</b>			
<b>Breakfast</b>			
Omelette (2 egg whites + 2 whole eggs)	25	0	9
1 Cup Oats	10	56	4
<b>TOTAL FOR THE MEAL</b>	<b>35</b>	<b>56</b>	<b>13</b>
<b>MEAL - 2</b>			
<b>Mid morning snack</b>			
1/2 Handful of peanuts (20 peanuts)	3	3	7
<b>TOTAL FOR THE MEAL</b>	<b>3</b>	<b>3</b>	<b>7</b>
<b>MEAL - 3</b>			
<b>Lunch</b>			
9 oz Chicken Chilli	50	0	13
1 Cup Brown Rice (Cooked)	4	45	1.5
<b>TOTAL FOR THE MEAL</b>	<b>54</b>	<b>45</b>	<b>14.5</b>
<b>MEAL - 4</b>			
<b>Pre-workout meal</b>			
1 Scoop Protien Powder	20	0	0
1/2 Cup Oats	5	27	2
<b>TOTAL FOR THE MEAL</b>	<b>25</b>	<b>27</b>	<b>2</b>
<b>MEAL - 5</b>			
<b>Dinner</b>			
9 oz Baked Salmon	54	0	23
1 Cup Brown Rice (Cooked)	4	45	1.5
<b>TOTAL FOR THE MEAL</b>	<b>58</b>	<b>45</b>	<b>24.5</b>
<b>TOTAL FOR THE DAY</b>	<b>175</b>	<b>176</b>	<b>61</b>

<b>MEAL PLAN - DAY 3</b>			
<b>MEALS</b>	<b>Protein (gms)</b>	<b>Carbohydrates (gms)</b>	<b>Fats (gms)</b>
<b>MEAL - 1</b>			
<b>Breakfast</b>			
Scrambled Eggs (2 egg whites + 2 whole eggs)	25	0	9
1 Cup Oats	10	56	4
<b>TOTAL FOR THE MEAL</b>	<b>35</b>	<b>56</b>	<b>13</b>
<b>MEAL - 2</b>			
<b>Mid morning snack</b>			
1 Handful of Cashews	3	5	8
<b>TOTAL FOR THE MEAL</b>	<b>3</b>	<b>5</b>	<b>8</b>
<b>MEAL - 3</b>			
<b>Lunch</b>			
2 Chicken Wraps (Made with 9 oz chicken and wholewheat flat brad)	58	40	17
<b>TOTAL FOR THE MEAL</b>	<b>58</b>	<b>40</b>	<b>17</b>
<b>MEAL - 4</b>			
<b>Pre-workout meal</b>			
1 Scoop Protien Powder	20	0	0
1/2 Cup Oats	5	27	2
<b>TOTAL FOR THE MEAL</b>	<b>25</b>	<b>27</b>	<b>2</b>
<b>MEAL - 5</b>			
<b>Dinner</b>			
Sushi Wraps (Made with 9 oz salmon and 1 cup brown rice)	58	45	24
<b>TOTAL FOR THE MEAL</b>	<b>58</b>	<b>45</b>	<b>24</b>
<b>TOTAL FOR THE DAY</b>	<b>179</b>	<b>173</b>	<b>64</b>

<b>MEAL PLAN - DAY 4</b>			
<b>MEALS</b>	<b>Protein (gms)</b>	<b>Carbohydrates (gms)</b>	<b>Fats (gms)</b>
<b>MEAL - 1</b>			
<b>Breakfast</b>			
Baked Eggs (2 egg whites + 2 whole eggs)	25	0	9
1 Cup Oats	10	56	4
<b>TOTAL FOR THE MEAL</b>	<b>35</b>	<b>56</b>	<b>13</b>
<b>MEAL - 2</b>			
<b>Mid morning snack</b>			
1 Handful of walnuts (14 halves)	4	4	16
<b>TOTAL FOR THE MEAL</b>	<b>4</b>	<b>4</b>	<b>16</b>
<b>MEAL - 3</b>			
<b>Lunch</b>			
9 oz Grilled Turkey Breast	44	0	6
1 Cup Brown Rice (Cooked)	4	45	1.5
<b>TOTAL FOR THE MEAL</b>	<b>48</b>	<b>45</b>	<b>7.5</b>
<b>MEAL - 4</b>			
<b>Pre-workout meal</b>			
1 Scoop Protien Powder	20	0	0
1/2 Cup Oats	5	27	2
<b>TOTAL FOR THE MEAL</b>	<b>25</b>	<b>27</b>	<b>2</b>
<b>MEAL - 5</b>			
<b>Dinner</b>			
8 oz Grilled Tuna	60	0	15
1 Cup Brown Rice (Cooked)	4	45	1.5
<b>TOTAL FOR THE MEAL</b>	<b>64</b>	<b>45</b>	<b>16.5</b>
<b>TOTAL FOR THE DAY</b>	<b>176</b>	<b>177</b>	<b>55</b>



<b>MEAL PLAN - DAY 5</b>			
<b>MEALS</b>	<b>Protein (gms)</b>	<b>Carbohydrates (gms)</b>	<b>Fats (gms)</b>
<b>MEAL - 1</b>			
<b>Breakfast</b>			
2 Poached Whole Eggs	18	0	9
1 Cup Oats	10	56	4
<b>TOTAL FOR THE MEAL</b>	<b>28</b>	<b>56</b>	<b>13</b>
<b>MEAL - 2</b>			
<b>Mid morning snack</b>			
1 Handful of walnuts (7 halves)	4	4	16
<b>TOTAL FOR THE MEAL</b>	<b>4</b>	<b>4</b>	<b>16</b>
<b>MEAL - 3</b>			
<b>Lunch</b>			
8 oz Ground Beef (Extra Lean)	50	0	13
1 Cup Brown Rice (Cooked)	4	45	1.5
<b>TOTAL FOR THE MEAL</b>	<b>54</b>	<b>45</b>	<b>14.5</b>
<b>MEAL - 4</b>			
<b>Pre-workout meal</b>			
1 Scoop Protien Powder	20	0	0
1/2 Cup Oats	5	27	2
<b>TOTAL FOR THE MEAL</b>	<b>25</b>	<b>27</b>	<b>2</b>
<b>MEAL - 5</b>			
<b>Dinner</b>			
8 oz Baked Tuna	60	0	15
1 Cup Brown Rice (Cooked)	4	45	1.5
<b>TOTAL FOR THE MEAL</b>	<b>64</b>	<b>45</b>	<b>16.5</b>
<b>TOTAL FOR THE DAY</b>	<b>175</b>	<b>177</b>	<b>62</b>

<b>MEAL PLAN - DAY 6</b>			
<b>MEALS</b>	<b>Protein (gms)</b>	<b>Carbohydrates (gms)</b>	<b>Fats (gms)</b>
<b>MEAL - 1</b>			
<b>Breakfast</b>			
Omelette (2 egg whites + 2 whole eggs)	25	0	9
1 Cup Oats	10	56	4
<b>TOTAL FOR THE MEAL</b>	<b>35</b>	<b>56</b>	<b>13</b>
<b>MEAL - 2</b>			
<b>Mid morning snack</b>			
1 Handful of walnuts (14 halves)	4	4	16
<b>TOTAL FOR THE MEAL</b>	<b>4</b>	<b>4</b>	<b>16</b>
<b>MEAL - 3</b>			
<b>Lunch</b>			
10 oz Baked Turkey Breast	50	0	9
1 Cup Brown Rice (Cooked)	4	45	1.5
<b>TOTAL FOR THE MEAL</b>	<b>54</b>	<b>45</b>	<b>10.5</b>
<b>MEAL - 4</b>			
<b>Pre-workout meal</b>			
1 Scoop Protien Powder	20	0	0
1/2 Cup Oats	5	27	2
<b>TOTAL FOR THE MEAL</b>	<b>25</b>	<b>27</b>	<b>2</b>
<b>MEAL - 5</b>			
<b>Dinner</b>			
8 oz Beef Chilli (Extra Lean)	50	0	13
1 Cup Brown Rice (Cooked)	4	45	1.5
<b>TOTAL FOR THE MEAL</b>	<b>54</b>	<b>45</b>	<b>14.5</b>
<b>TOTAL FOR THE DAY</b>	<b>172</b>	<b>177</b>	<b>56</b>

<b>MEAL PLAN - DAY 7</b>			
<b>MEALS</b>	<b>Protein (gms)</b>	<b>Carbohydrates (gms)</b>	<b>Fats (gms)</b>
<b>MEAL - 1</b>			
<b>Breakfast</b>			
Baked Eggs (2 egg whites + 2 whole eggs)	25	0	9
1 Cup Oats	10	56	4
<b>TOTAL FOR THE MEAL</b>	<b>35</b>	<b>56</b>	<b>13</b>
<b>MEAL - 2</b>			
<b>Mid morning snack</b>			
1 Handful of walnuts (14 halves)	4	4	16
<b>TOTAL FOR THE MEAL</b>	<b>4</b>	<b>4</b>	<b>16</b>
<b>MEAL - 3</b>			
<b>Lunch</b>			
10 oz Baked Turkey Breast	50	0	9
1 Cup Brown Rice (Cooked)	4	45	1.5
<b>TOTAL FOR THE MEAL</b>	<b>54</b>	<b>45</b>	<b>10.5</b>
<b>MEAL - 4</b>			
<b>Pre-workout meal</b>			
1 Scoop Protien Powder	20	0	0
1/2 Cup Oats	5	27	2
<b>TOTAL FOR THE MEAL</b>	<b>25</b>	<b>27</b>	<b>2</b>
<b>MEAL - 5</b>			
<b>Dinner</b>			
8 oz Beef Chilli (Extra Lean)	50	0	13
1 Cup Brown Rice (Cooked)	4	45	1.5
<b>TOTAL FOR THE MEAL</b>	<b>54</b>	<b>45</b>	<b>14.5</b>
<b>TOTAL FOR THE DAY</b>	<b>172</b>	<b>177</b>	<b>56</b>

## CONCLUSION

So there you have it, a well-rounded workout and nutrition plan that'll help you banish that muffin top.

The key is to remember that **anyone** can achieve lifelong fitness. However, there needs to be the presence of a will to improve, consistency and a well-rounded workout plan complemented by clean nutrition.

Here's to a healthier, fitter and stronger you!