



"Kickstart Your Healthy Lifestyle"

Morning Exercise Routine:

Bodyweight Squats (3 sets of 10 reps)

- Stand with feet shoulder-width apart.
- Lower down as if sitting in a chair, keeping your knees behind your toes.
- Return to standing position.

Push-Ups or Knee Push ups (3 sets of 10 reps)

- Start in a plank position, hands shoulder-width apart.
- Lower your body until your chest nearly touches the floor.
- Push back up to the starting position.

Lunges (3 sets of 10 reps per leg)

- Step forward with one leg, lowering your hips until both knees are bent at a 90-degree angle.
- Push back up to the starting position and switch legs.

Plank (3 sets of 30 seconds)

- Lie face down, then lift your body and hold yourself up with your forearms and toes.
- Keep your body in a straight line from head to heels.

Jumping Jacks (3 sets of 10 reps)

- Stand with feet together, then jump while spreading your legs and arms.
- Return to the starting position.

One-Day Meal Plan (Male Version):

Breakfast:

- Oatmeal with Fresh Berries and Almonds
 - 1/2 cup rolled oats, 1 cup mixed berries, 1/4 cup sliced almonds, 1 tablespoon honey.

Mid-Morning Snack:

- Greek Yogurt with a Handful of Nuts
 - 1 cup Greek yogurt, 1/4 cup mixed nuts.

Lunch:

- Grilled Chicken Salad
 - 150g grilled chicken breast, 2 cups mixed greens, 1/2 cup cherry tomatoes, 1/2 cucumber, 1 tablespoon olive oil, balsamic vinegar.

Afternoon Snack:

- Apple Slices with Peanut Butter
 - 1 medium apple, 1 tablespoons peanut butter.

Dinner:

- Baked Salmon with Steamed Broccoli and Quinoa
 - 200g salmon fillet, 2 cup steamed broccoli, 1/2 cup cooked quinoa, lemon wedge.

Evening Snack:

- Carrot Sticks with Hummus
 - 1 cup carrot sticks, 1/4 cup hummus.

One-Day Meal Plan (Female Version):

Breakfast:

- Oatmeal with Fresh Berries and Almonds
 - 1/3 cup rolled oats, 3/4 cup mixed berries, 2 tablespoons sliced almonds, 1 teaspoon honey.

Mid-Morning Snack:

- Greek Yogurt with a Handful of Nuts
 - 3/4 cup Greek yogurt, 1 tablespoons mixed nuts.

Lunch:

- Grilled Chicken Salad
 - 100g grilled chicken breast, 1.5 cups mixed greens, 1/3 cup cherry tomatoes, 1/3 cucumber, 2 teaspoons olive oil, balsamic vinegar.

Afternoon Snack:

- Apple Slices with Peanut Butter
 - 1 small apple, 1 tablespoon peanut butter.

Dinner:

- Baked Salmon with Steamed Broccoli and Quinoa
 - 150g salmon fillet, 1 cup steamed broccoli, 1/3 cup cooked quinoa, lemon wedge.

Evening Snack:

- Carrot Sticks with Hummus
 - 3/4 cup carrot sticks, 2 tablespoons hummus.

