



WORKOUT + DIET PLAN

WEEKLY
TRAINING AND
1,900 CAL DIET
VIEW

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153g protein target locked

WORKOUT FIRST + DIET PLAN

50-DAY DIET & WORKOUT PLAN.

Workout schedule first, diet section next, BMI calculator last. Your 1,900 calorie food plan stays exactly the same, with weekly cardio, gym split, boxing, and burn targets.

CALORIES

~1,780-1,900

PROTEIN

~153g

WATER

4 liters

GOAL

86 → ~78kg

Plan Snapshot

High protein, structured meals, simple repeatable routine. Goal: lose around 8kg in 50 days.





Start	Target	Goal
86kg	78kg	-8kg

Main meals	3
Snack breaks	2
Hydration	4L

Full Workout Section

Weekly workout, cardio, boxing, gym split, and burn target in one view.

Monday

Morning: 7km cycling

Evening: Gym + 7.5km return cycling

Night: Boxing

Push Day

~1,650 cal burn

Tuesday

Morning: 7km cycling

Evening: Gym + 7.5km return cycling

No boxing

Pull Day

~1,200 cal burn

Wednesday

Morning: 7km cycling

Evening: Gym + 7.5km return cycling

Night: Boxing

Legs Day

~1,650 cal burn

Thursday

Morning: 7km cycling

Evening: Gym + 7.5km return cycling

No boxing

Push Day

~1,200 cal burn

Friday

Morning: 7km cycling

Evening: Gym + 7.5km return cycling

Night: Boxing

Pull Day

~1,650 cal burn

Saturday

Morning: 5km run

Evening: Gym

Night: Boxing

Full Body

~1,450 cal burn

Sunday

Rest day

30 min walk only

Recovery focus

Recovery

~200 cal burn

GYM

6 days

BOXING

4 days

CYCLING

14.5km x 5

WEEKLY BURN

~9,500 kcal

50-DAY GOAL

Lose ~8kg

Push

Chest, shoulders, triceps. Bench, overhead press, tricep pushdown.

Pull

Back and biceps. Lat pulldown, cable row, curls, face pull.

Legs / Full Body

Squats, leg press, lunges, calf raise. Saturday light compound work.

Meal Timeline

All meals and numbers are kept exactly from your current plan.



BREAKFAST

அவல் 40g + 4 eggs + whey protein

Strong start with eggs and whey to keep protein high from morning.

CALORIES
~400

PROTEIN
42g



MID-MORNING

Chana 25g + fruit

Light snack break with fiber, carbs, and steady energy.

CALORIES
~160

PROTEIN
9g



LUNCH

Rice 80g + fish 200g + sambar + vegetables + curd

Balanced lunch with lean protein, rice, vegetables, curd, and sambar.



EVENING

Peanuts 15g + black coffee

Small evening snack with coffee to keep the plan simple.

CALORIES

~520

PROTEIN

48g

CALORIES

~120

PROTEIN

6g



DINNER

Chicken 200g + 2 rotis + dal + vegetables

High-protein dinner with roti, dal, vegetables, and chicken.

CALORIES

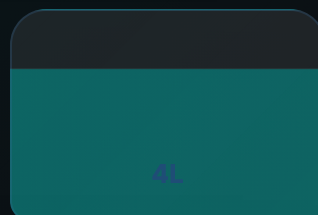
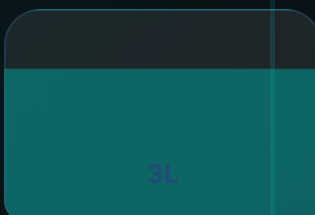
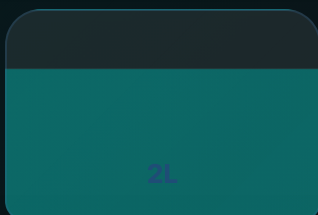
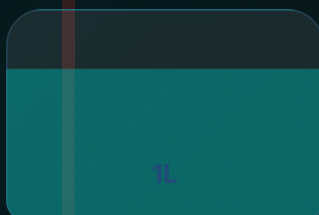
~580

PROTEIN

48g

Water Target

💧 Water: 4 liters daily



Final Total

Your exact daily plan summary, ready to follow.

Total calories

~1,780-1,900 cal

Total protein

~153g protein ✓

BMI CALCULATOR

Check your BMI quickly

Enter your height and weight to calculate BMI. Use it as a basic tracking number along with strength, energy, waist measurement, and weekly progress.

HEIGHT (CM)

Example: 175

WEIGHT (KG)

Example: 82

Calculate BMI

Reset

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Your BMI result will appear here.

50-Day Diet & workout Plan - same meals, cleaner view.