

Day 1 –

Meal(s)

Meal 1: ½ cup oats, 2 whole eggs

Meal 2: sm. Apple, 20 raw Almonds

Meal 3: 4 oz Chicken breast, 3 oz brown rice, 1 cup Broccoli

Meal 4: Protein shake + 1 cup berries

Meal 5: small salad w/ lite dressing, 3 oz salmon w/ dill, 1 cup green beans

Meal 6: Protein bar

Day 1- work out

Rest

Day 2 –

Meal(s)

Meal 1: ½ cup oats, 2 whole eggs

Meal 2: greek yogurt + berries

Meal 3: left over salmon, 3 oz quinoa, 1 cup green beans

Meal 4: banana + 2 tbsp peanutbutter

Meal 5: small salad w/ lite dressing, 4 oz chicken, 1 cup broccoli

Meal 6: Casein proteins shake

Day 2- work out

Upper body weights+Abs: All 3 sets, 12 reps,

5lb dumbbell

-bicep curls

-Tricep extensions

-Chess press

-Overhead press

Abs. (Doing the best you can) Hold a 1 min. plank, 10 pushups, 30 crunches, 30 bicycle crunches

Cardio: 30 seconds high knees, 30 seconds jumping jacks between each grouping of 3 sets.

20 min. moderate biking, running, or walking (your choice)

Day 3 –

Meal(s)

Meal 1: ¾ left over quinoa w/ berries, 2 whole eggs

Meal 2: sm. Apple, 20 Almonds

Meal 3: medium salad w/ lite dressing, 4 oz tuna

Meal 4: serving of hummus with carrots, celery and tomatoes

Meal 5: 4 oz chicken breast stir fry w/ peppers, onion, 3 oz brown rice

Meal 6: Protein bar

Day 3- work out

Abs. (Doing the best you can) Hold a 1 min. plank, 10 pushups, 30 crunches, 30 bicycle crunches

Day 4 –

Meal(s)

Meal 1: ½ cup oats, 2 whole eggs

Meal 2: greek yogurt + berries

Meal 3: left over salmon, 3 oz quinoa, 1 cup green beans

Meal 4: banana + 2 tbsp peanut butter

Meal 5: small salad w/ lite dressing, 4 oz chicken, 1 cup broccoli

Meal 6: Casein proteins shake

Day 4- work out

Lower body weights+Abs: All 3 sets, 12 reps,

Using Body weight

-squats

-walking lunges

-calf raises

-side lunges

Abs. (Doing the best you can) Hold a 1 min. plank, 10 pushups, 30 crunches, 30 bicycle crunches

Cardio: 30 seconds high knees, 30 seconds jumping jacks between each grouping of 3 sets.

20 min. moderate biking, running, or walking (your choice)

Day 5 –

Meal(s)

Meal 1: ½ cup oats, 2 whole eggs

Meal 2: sm. Apple with 20 raw almonds

Meal 3: left over chicken stir fry minus the rice and a sm. Salad with lite dressing

Meal 4: hummus and veg

Meal 5: Free meal. Anything you want to eat as long as it is under 2000 calories, including drinks and desert.

Meal 6: if necessary – casein protein shake before bed

Day 5- work out

Abs. (Doing the best you can) Hold a 1 min. plank, 10 pushups, 30 crunches, 30 bicycle crunches

Day 6 –

Meal(s)

Meal 1: Protein pancakes (½ cup oats + 3 egg whites + pinch baking soda, cinnamon & vanilla to taste) mix. On the stove, in a pan on medium heat, make 3-4 small pancakes.

Meal 2: hummus and veg

Meal 3: 5 slices low fat lunch meat, rolled with low fat cheese and wrapped in lettuce

Meal 4: banana + 2 tbsp nut butter

Meal 5: Lean turkey burger, whole wheat bun, sm. Salad with lite dressing

Meal 6: protein shake w/ spinach + berries and flax

Day 6- work out

Yoga

Abs. (Doing the best you can) Hold a 1 min. plank, 10 pushups, 30 crunches, 30 bicycle crunches

Day 7 –

Meal(s)

Meal 1: ½ cup oats, 2 whole eggs

Meal 2: greek yogurt + berries

Meal 3: left over salmon, 3 oz quinoa, 1 cup green beans

Meal 4: banana + 2 tbsp peanut butter

Meal 5: Free meal. Anything you want as long as it is less than 2000 calories including drinks and desert

Meal 6: only if necessary – casein shake before bed

Day 7- work out

Full body weights + Abs and cardio

2 sets, 15 reps,

5lb dumbbell

-bicep curls

-Tricep extensions

-Chess press

2 sets, 15 reps,

Using Body weight

-squats

-walking lunges

-calf raises

Abs. (Doing the best you can) Hold a 1 min. plank, 10 pushups, 30 crunches, 30 bicycle crunches

Cardio: 30 seconds high knees, 30 seconds jumping jacks between each grouping of 3 sets.

20 min. moderate biking, running, or walking (your choice)