

# WORKOUT SCHEDULE

## MONDAY

LEGS / ARMS / BUTT / ABS / FULL BODY

TOTAL TIME:

CALORIES BURNED:

## TUESDAY

LEGS / ARMS / BUTT / ABS / FULL BODY

TOTAL TIME:

CALORIES BURNED:

## WEDNESDAY

LEGS / ARMS / BUTT / ABS / FULL BODY

TOTAL TIME:

CALORIES BURNED:

## THURSDAY

LEGS / ARMS / BUTT / ABS / FULL BODY

TOTAL TIME:

CALORIES BURNED:

## FRIDAY

LEGS / ARMS / BUTT / ABS / FULL BODY

TOTAL TIME:

CALORIES BURNED:

# MONDAY

## BREAKFAST

Green Juice  
Steel-oats with berries, PB, almonds, honey

## LUNCH

Lebanese bowl-  
chicken, hummus,  
tabbouli, roasted  
carrots

## DINNER

Gluten-free pasta,  
tomato sauce, and  
roasted veggies.

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# TUESDAY

## BREAKFAST

Green Juice  
Eggs, banana,  
berries, whole  
grain toast

## LUNCH

Burrito with beans,  
potatoes, rice,  
lettuce, and  
tomato.

## DINNER

Salmon Soy Glaze  
over asparagus &  
roasted carrots

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# WEDNESDAY

## BREAKFAST

Cucumber Cocktail  
Smoothie- protein  
powder, banana,  
coffee, cocoa, PB

## LUNCH

Salmon cake over  
arugula with  
roasted veggies

## DINNER

Chicken Tomatillo  
Soup

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# THURSDAY

## BREAKFAST

Green Juice  
Steel-oats with  
berries, PB,  
almonds, honey

## LUNCH

Lebanese bowl-  
chicken, hummus,  
tabbouli, roasted  
carrots

## DINNER

Roasted Cauliflower  
& Cherry Tomatoes  
with Tahini

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# FRIDAY

## BREAKFAST

Cucumber Cocktail  
Quinoa Bowl &  
berries

## LUNCH

Chicken Tomatillo  
Soup with a small  
salad

## DINNER

Gluten-free pasta,  
tomato sauce, and  
roasted veggies.

# MEAL PLANNING

A 5-day meal plan,  
good for supporting a  
weight-lifting fitness  
regime.