**WEEK 10**

**Goal:** Get Lean Advanced

**Gym Days:** 5 (pick whichever 5 days of the week you can work out)

---

**DAY 1**

**Focus:** Cardio and Strength

**Warm-up:** 8 mins / brisk walk or jog on a treadmill

---

**CARDIO**

**TREADMILL INCLINES — Jogging**

Increase incline level every 1 min until reaching Incline 15
Decrease incline level every 1 min until reaching 0
**Duration:** 30 mins

**Intermediate:** 5.5–6.5 mph

**Advanced:** 6.5–7.5 mph

---

**STRENGTH TRAINING**

**WEIGHT SUPERSETS**

A superset means doing two consecutive exercises back to back without a rest. Use a low to medium weight that feels challenging. You don’t have to overdo it with weight because the workout includes lots of reps, continuing to build lean muscles and muscle endurance.

**Superset 1 (3 times; rest 30 secs at the end of each superset)**

**DUMBBELL DEADLIFT**

Set a pair of dumbbells on the floor in front of you. Bend at your hips and knees, and grab the dumbbells with an overhand grip. Without allowing your lower back to round, stand up with the dumbbells and thrust your hips forward. Lower your body back to the starting position.

**Round 1:** 10 reps

**Round 2:** 12 reps

**Round 3:** 15 reps

**SQUAT JUMP**

Place your fingers on the back of your head and pull your elbows back so that they’re in line with your body. Dip your knees in preparation to leap. Explosively jump as high as you can. When you land, immediately squat down and jump again.

**Round 1:** 10 reps

**Round 2:** 12 reps

**Round 3:** 15 reps

---

**WARM-UPS**

**SHOULDER CIRCLES**

30 secs each direction

**NECK ROTATIONS**

5 reps each side

**GOOD MORNING STRETCH**

5 reps

---

See more on next page »

Join **Gold’s Gym Nation** today!

GO NOW
## WEEK 10

**Goal:** Get Lean Advanced  
**Gym Days:** 5 (pick whichever 5 days of the week you can work out)

### DAY 1

#### STRENGTH TRAINING (CONT.)

**Superset 2 (3 times; rest 30 secs at the end of each superset)**

**STATIONARY SIDE-LUNGE**

Stand tall with your feet about double shoulder-width apart, your hands cupped in front of your chest. Push your hips back, bend your right knee, and shift your weight to the right, dropping your hips. Return to the starting position and then immediately repeat to the left.

- **Round 1:** 10 reps
- **Round 2:** 10 reps
- **Round 3:** 15 reps

**MOUNTAIN CLIMBER**

Get into the pushup position, keeping your arms completely straight and directly beneath your shoulders. Tighten your stomach and lift one foot off the floor, raising your knee up toward your chest while keeping your body in as straight of a line as possible. Return to the starting position and repeat the movement with your opposite leg.

- **Round 1:** 12 reps
- **Round 2:** 15 reps
- **Round 3:** 20 reps

#### STRETCH SESSION

**HAMSTRING STRETCH**

10 reps each side

**GLUTE STRETCH**

Hold 45 secs each side

**LYING ABDUCTION STRETCH**

Hold 30 secs each side

**BICEPS STRETCH**

Hold 45 secs

**GLUTE FOAM ROLL**

Roll back and forth on each side for 10 reps

Grab a foam roller and sit on the ground, your legs extended in front of you and your hands on the ground behind you. Place the foam roller under your right glutes, and bring your left ankle up to your right knee, letting it rest there. With your weight resting on your hands and on the foam roller, rock back and forth so that the foam roller rolls up and down your glutes.

See more on next page »
WEEK 10

Goal: Get Lean Advanced
Gym Days: 5 (pick whichever 5 days of the week you can work out)

DAY 1

STRENGTH TRAINING

LEG CURL
Set the machine to a challenging but doable weight. Lying stomach down on the bench part of the machine, hook your ankles behind the padded leg rests. Draw your ankles toward your buttocks until your legs form a 90-degree angle. Slowly return to the starting position.

Round 1: 10 reps
Round 2: 12 reps
Round 3: 15 reps

Superset 4 (3 times; rest 30 secs at the end of each superset)

SIDE PLANK
Begin facedown with your elbows resting on the floor or a mat. Rotate to the right side, then push up so you are resting on your right forearm and outer right foot, with your hips and back in alignment. Try not to let your hips sag. Repeat on left side.

Round 1: Hold for 30 secs
Round 2: Hold for 45 secs
Round 3: Hold for 1 min

BICYCLE SIT-UP
Lie on your back with your knees bent and feet flat on the floor. Place your hands behind your head, palms facing forward. Bring your knees to your chest and raise your shoulder blades in the air. Slowly move your legs in the air as if you’re riding a bike.

Round 1: 15 reps each side
Round 2: 20 reps each side
Round 3: 25 reps each side

Stretching: 5 mins

STRETCH SESSION

GROIN FOAM ROLL
Roll back and forth on each side for 10 reps

Roll back and forth on each side for 10 reps

UPPER BACK FOAM ROLL
Roll back and forth for 10 reps

Grab a foam roller and lie on your back, your legs extended and hands at your sides. Place the foam roller under your upper back, and bend your knees so that your feet are flat on the floor. With your weight resting on your feet and on the foam roller, rock back and forth so that the foam roller rolls up and down your upper back.
WEEK 10

Goal: Get Lean Advanced

Gym Days: 5 (pick whichever 5 days of the week you can work out)

DAY 1

Focus: Cardio and Strength

Warm-up: 8 mins / brisk walk or jog on a treadmill

CARDIO

14-MINUTE “MINUTE-BY-MINUTE” BIKE RIDE

This is a super-intense cardio blast. (Zone 1 is comparable to a light warm-up, and Zone 5 is nearly maximum effort.)

- 2 mins / Zone 1
- 1 min / Zone 5
- 1.5 mins / Zone 3
- 1 min / Zone 5
- 1.5 mins / Zone 3
- 2 mins / Zone 1
- 1 min / Zone 5
- 2 mins / Zone 1

STRENGTH TRAINING

WEIGHT CIRCUIT

Circuit 1 (3 times; rest 1 min at the end of each circuit)

STACKED FEET PUSHUP

Get in the standard pushup position with your hands slightly wider than shoulder-width apart and elbows completely locked out. Keeping one foot planted on the ground, pick the other foot up and place it on the heel of the planted foot. Keeping your core tight, slowly lower yourself toward the ground. Make sure to keep your elbows tucked in close by your sides so they make a 45-degree angle with your torso. Once your chest touches the ground, pause, and then press back up to the starting position. Repeat for the prescribed number of sets and reps.

Round 1: Do as many as you can for 1 min
Round 2: Do as many as you can for 45 secs
Round 3: Do as many as you can for 30 secs

See more on next page →
WEEK 10
Goal: Get Lean Advanced
Gym Days: 5 (pick whichever 5 days of the week you can work out)

STRENGTH TRAINING

**SQUAT, PLANK, PUSHUP**
Stand with the feet shoulder-width apart and toes pointed outward. Lower your hips until your thighs are parallel to the ground. Place your hands directly in front of you on the floor. Jump the legs back so that you’re in a full plank position. Keeping the elbows tucked close to the torso, descend into a pushup until your chest touches the ground. Jump your feet forward into a squat position and repeat.

Round 1: Do as many as you can for 1 min  
Round 2: Do as many as you can for 45 secs  
Round 3: Do as many as you can for 30 secs

**PLANK**
Lie facedown with your elbows directly beneath your shoulders, raising your torso into the air until it’s a completely straight line from your shoulders to your ankles. Tighten your stomach, squeeze your glutes, and hold this position for the desired amount of time.

Round 1: Hold for 1 min  
Round 2: Hold for 45 secs  
Round 3: Hold for 30 secs

**Circuit 2 (3 times; rest 1 min at the end of each circuit)**

**LAT PULLDOWN**
Sit at a lat-pulldown station and grab the bar with an overhand grip that’s just beyond shoulder-width. Your arms should be completely straight and your torso upright. Pull your shoulder blades down and back, and bring the bar to your chest. Pause, then return to the starting position.

Round 1: Do as many as you can for 1 min  
Round 2: Do as many as you can for 45 secs  
Round 3: Do as many as you can for 30 secs

See more on next page »
WEEK 10

Goal: Get Lean Advanced

Gym Days: 5 (pick whichever 5 days of the week you can work out)

**STRENGTH TRAINING**

**QUADRUPED LEG RAISE**
Get down on all fours with your back straight. Maintaining the bend in your knee, kick your right leg back and up as high as you possibly can. Pause, then return to the starting position and switch legs.
- **Round 1:** Do as many as you can for 1 min
- **Round 2:** Do as many as you can for 45 secs
- **Round 3:** Do as many as you can for 30 secs

**SEATED CABLE ROW**
Sit at a low pulley cable station with a V-handle attachment. Place feet securely on the platform and using your legs (not your back), sit back into the start position with your arms fully extended and supporting the weight. Keeping your torso stationary, drive your elbows past your back and pull the cable attachment toward the waist. Attempt to squeeze shoulder blades together and hold this contraction for a second. Return the weight until arms are fully extended, and repeat the movement. To end the set, return the weight to the starting position by bending at the knees and not the lower back.
- **Round 1:** Do as many as you can for 1 min
- **Round 2:** Do as many as you can for 45 secs
- **Round 3:** Do as many as you can for 30 secs

**SQUAT THRUST**
Stand tall with your feet shoulder-width apart and arms hanging at your sides. Push your hips back and bend your knees to descend into a squat. Drop your hips as low as possible and place your palms on the ground. Kick your legs backward so that you’re in a pushup position. Quickly bring your legs back to the squat position and jump up back to the starting position.
- **Round 1:** Do as many as you can for 1 min
- **Round 2:** Do as many as you can for 45 secs
- **Round 3:** Do as many as you can for 30 secs

**STRETCH SESSION**

**QUAD STRETCH**
Hold 30 secs each side

**SCORPION**
Hold 45 secs each side

**STRAIGHT-LEG CALF STRETCH**
Hold 30 secs each side

**OVER UNDER SHOULDER STRETCH**
Hold 30 secs each side

**CAT CAMEL**
15 reps

**LOWER BACK FOAM ROLL**
Roll back and forth for 10 reps
Grab a foam roller and lie on your back, your legs extended and hands at your sides. Place the foam roller under your lower back and bend your knees, so that your feet are flat on the floor. With your weight resting on your feet and on the foam roller, rock back and forth so that the foam roller rolls up and down your lower back.

See more on next page »
WEEK 10

Goal: Get Lean Advanced
Gym Days: 5 (pick whichever 5 days of the week you can work out)

STRENGTH TRAINING

SIDE PLANK
Begin facedown with your elbows resting on the floor or a mat. Rotate to the right side, then pushup so you are resting on your right forearm and outer right foot, with your hips and back in alignment. Try not to let your hips sag. Repeat on left side.

Round 1: Hold for 1 min each side
Round 2: Hold for 45 secs each side
Round 3: Hold for 30 secs each side

Circuit 4 (3 times; rest 1 min at the end of each circuit)

ONE-ARM DUMBBELL ROW
Grab a dumbbell in one hand and hold it at arm’s length. Bend at your hips (don’t round your lower back) and lower your torso until it’s almost parallel to the floor. Let the dumbbell hang at arm’s length from your shoulder. Without moving your torso, row the dumbbell upward by raising your upper arm, bending your elbow and squeezing your shoulder blades together. Pause, then lower the dumbbell back to start. Do all reps, then hold the dumbbell in your other hand, and repeat.

Round 1: Do as many as you can for 1 min
Round 2: Do as many as you can for 45 secs
Round 3: Do as many as you can for 30 secs

DUMBBELL FLY
Grab a pair of dumbbells and lie on your back on a flat bench. Raise your arms straight above your chest with your palms facing each other and your elbows slightly bent. Slowly lower the dumbbells in an arc down and away from your body. Once the dumbbells are just above your chest—reverse the movement back to the starting position, making sure you squeeze the muscles in your chest at the top of the movement.

Round 1: Do as many as you can for 1 min
Round 2: Do as many as you can for 45 secs
Round 3: Do as many as you can for 30 secs

STRETCH SESSION

CALF FOAM ROLL
Roll back and forth on each side for 10 reps
Grab a foam roller and sit on the ground, your legs extended in front of you and your hands on the ground behind you. Place the foam roller under one leg, letting it rest under the calf muscle. Raise your hips so that your weight is resting on your hands and the foam roller. Rock forward and backward so that the foam roller rolls up and down your calf.

HAMSTRING FOAM ROLL
Roll back and forth on each side for 10 reps
Grab a foam roller and sit on the ground with your legs extended in front of you and your hands on the ground behind you. Place the foam roller under one hamstring, and bring your other ankle up to rest on the knee on the foam roller. Raise your hips so that your weight is resting on your hands and the foam roller. Rock back and forth so the foam roller rolls up and down your hamstring.

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GO NOW
WEEK 10

Goal: Get Lean Advanced
Gym Days: 5 (pick whichever 5 days of the week you can work out)

CLASS DAY
Focus: Cardio and Strength
Warm-up: 8 mins / brisk walk or jog on a treadmill

Cardio/Strength
Attend a Turbo Kick class (1 hour).
The Gold’s Gym 12-Week Personal Transformation Plan

WEEK 10

Goal: Get Lean Advanced

Gym Days: 5 (pick whichever 5 days of the week you can work out)

CLASS DAY

Focus: Flexibility and Strength

Flexibility/Strength
Attend a Pilates class (1 hour).

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GO NOW
WEEK 10

Goal: Get Lean Advanced

Gym Days: 5 (pick whichever 5 days of the week you can work out)

Focus: Strength
Warm-up: 15 mins / brisk walk or jog on a treadmill

**STRENGTH TRAINING**

BICEPS/TRICEPS – Mid-Weight Workout

*Circuit 1 (3 times; rest for 30 secs at the end of each circuit)*

**PUSHUP** – 12 reps
Get on all fours, and place your hands on the floor slightly wider than and in line with your shoulders. Your body should form a straight line from your ankles to your shoulders. Squeeze your abs as tight as possible, and keep them contracted for the entire exercise. Lower your body until your chest nearly touches the floor, making sure that you tuck your elbows close to the sides of your torso. Pause, then push yourself back to the starting position.

**JUDO PUSHUP** – 10 reps
Get in the pushup position with legs wider than hip-width apart and arm directly underneath your shoulders. Step feet in slightly toward your hands and lift your hips so that your body forms an inverted V. Keeping your core tight and elbows close to the body, bend your arms and lower your chest to the floor. At the bottom of the movement, swoop your head and shoulders upward while lowering your hips until they almost touch the floor. Reverse the motion and return to start.

*Circuit 2 (3 times; rest for 30 secs at the end of each circuit)*

**CABLE CROSSOVER**
Begin in a staggered stance with your body positioned in the middle of a dual cable machine with one weight stack on either side of you. Adjust the handles so they’re slightly lower than shoulder height and grab the handles so your palms are facing forward and your arms are roughly parallel with the ground. Maintain a slight bend in the elbows. Contract your pecs and pull your arms together in front of you, keeping a slight forward lean from the waist up. Pause, and then slowly return the weight back to the starting position.

- **Round 1**: 15 reps
- **Round 2**: 12 reps
- **Round 3**: 10 reps

See more on next page »

**WARM-UPS**

- **SHOULDER CIRCLES**: 30 secs each direction
- **NECK ROTATIONS**: 5 reps each side
- **GOOD MORNING STRETCH**: 5 reps

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Go Now
WEEK 10

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STRENGTH TRAINING

ALTERNING DUMBBELL CURL
Stand with feet shoulder-width apart, holding a dumbbell in each hand with an overhand grip and palms facing your sides. Curl the right dumbbell toward the right shoulder by flexing the elbow. The other dumbbell should remain at your left side. Try to minimize moving the elbow (shoulder flexion) or cheating with the lower back. As you curl the weight up, twist the pinky finger of the working arm toward the ceiling. This intensifies the contraction in the biceps. Hold at the top for 1 sec and return to the starting position, and then repeat the movement using the left dumbbell.

Round 1: 15 reps each side
Round 2: 12 reps each side
Round 3: 10 reps each side

STACKED FEET PUSHUP
Get in the standard pushup position with your hands slightly wider than shoulder-width apart and elbows completely locked out. Keeping one foot planted on the ground, pick the other foot up and place it on the heel of the planted foot. Keeping your core tight, slowly lower yourself toward the ground. Make sure to keep your elbows tucked in close by your sides so they make a 45-degree angle with your torso. Once your chest touches the ground, pause, and then press back up to the starting position. Repeat for the prescribed number of sets and reps.

Round 1: 15 reps
Round 2: 12 reps
Round 3: 10 reps

Circuit 3 (3 times; rest for 30 secs at the end of each circuit)

TRICEPS DUMBBELL KICKBACK
Kneel over one side of a weight bench by placing the right knee and right hand on the bench. Position the left leg slightly back and to the side with the left foot firmly planted on the floor. The torso should be parallel to the floor. Grab a dumbbell with the left hand with an overhand grip, and position the elbow at your side so the upper arm is parallel to the floor. Now extend the left arm to full extension by contracting the triceps.

Round 1: 15 reps each side
Round 2: 12 reps each side
Round 3: 10 reps each side

See more on next page »
WEEK 10

Goal: Get Lean Advanced

Gym Days: 5 (pick whichever 5 days of the week you can work out)

STRENGTH TRAINING (CONT.)

SINGLE-ARM TRICEPS EXTENSION
Stand with feet shoulder-width apart and a dumbbell in one hand. Bracing your abs, press the dumbbell over head by extending your arm. This is your starting position. Lower the dumbbell by bending your elbow so that it sticks out to the side. Get a good stretch in the triceps and stop just shy of the dumbbell touching your neck. Pause the dumbbell for 1 sec in the bottom position and then extend them back to the starting position by contracting the triceps.

Round 1: 15 reps each side
Round 2: 12 reps each side
Round 3: 10 reps each side

STANDING TRICEPS PUSHDOWN
Facing the pulley station, grab the V-handle attachment, set to a high pulley with a shoulder-width, overhand grip. Holding the attachment and supporting the weight, bring your elbows to your sides so your forearms are parallel to the floor. This is the starting position and from here your elbows shouldn’t move. Extend your forearms straight down by contracting the triceps, twisting the attachment slightly so the knuckles face the floor at the bottom. Hold at lockout for 1 sec before returning to the starting position.

Round 1: 15 reps
Round 2: 12 reps
Round 3: 10 reps

Stretching: 5 mins

STRETCH SESSION

HAMSTRING STRETCH
10 reps each side

GLUTE STRETCH
Hold 45 secs each side

LYING ABDUCTION STRETCH
Hold 30 secs each side

BICEPS STRETCH
Hold 45 secs

GLUTE FOAM ROLL
Roll back and forth on each side for 10 reps

GROIN FOAM ROLL
Roll back and forth on each side for 10 reps

UPPER BACK FOAM ROLL
Roll back and forth for 10 reps

Join Gold’s Gym Nation today!

GO NOW
**WEEK 10**

**Goal: Get Lean Advanced**

**Gym Days:** 5 (pick whichever 5 days of the week you can work out)

### GET LEAN MEAL PLAN

<table>
<thead>
<tr>
<th>DAY 1</th>
<th>DAY 2</th>
<th>DAY 3</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td><strong>BREAKFAST</strong></td>
<td><strong>BREAKFAST</strong></td>
</tr>
<tr>
<td>1 cup Greek yogurt with 1 cup of sliced strawberries and 1 slice of whole grain bread on the side.</td>
<td>1/2 cup sweetened oatmeal with 1 cup mixed berries.</td>
<td>1 cup oatmeal with cinnamon and stevia. 5 boiled egg whites.</td>
</tr>
<tr>
<td><strong>261 Cal.</strong></td>
<td><strong>371 Cal.</strong></td>
<td><strong>246 Cal.</strong></td>
</tr>
<tr>
<td><strong>LUNCH</strong></td>
<td><strong>LUNCH</strong></td>
<td><strong>LUNCH</strong></td>
</tr>
<tr>
<td>Grilled zucchini, onions, and bell peppers with 4 ounces of grilled chicken breast and 1/2 cup quinoa.</td>
<td>1 large salad with veggies. Top with 4 ounces of shrimp and oil and vinegar dressing.</td>
<td>Bake 4 ounces of chicken breast. On the side, have 1 cup steamed veggies and 1/2 cup brown rice.</td>
</tr>
<tr>
<td><strong>459 Cal.</strong></td>
<td><strong>300 Cal.</strong></td>
<td><strong>456 Cal.</strong></td>
</tr>
<tr>
<td><strong>SNACK</strong></td>
<td><strong>SNACK</strong></td>
<td><strong>SNACK</strong></td>
</tr>
<tr>
<td>1/2 avocado and 1 cup assorted vegetables of choice.</td>
<td>6 ounces of Greek yogurt mixed with 1/4 cup of blueberries. Handful of almonds.</td>
<td>1 cup fresh fruit of choice. 10 walnuts.</td>
</tr>
<tr>
<td><strong>184 Cal.</strong></td>
<td><strong>233 Cal.</strong></td>
<td><strong>254 Cal.</strong></td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td><strong>DINNER</strong></td>
<td><strong>DINNER</strong></td>
</tr>
<tr>
<td>Prepare 4 ounces filet mignon. Pair with sautéed onions, mushrooms, and 1 tsp of olive oil. 1/2 cup sautéed spinach with olive oil and garlic. Small red potato fingerlings. 1 glass of red wine.</td>
<td>Grill 4 ounces of sirloin steak. On the side, have 4 pieces of steamed broccoli and 1 baked sweet potato.</td>
<td>6 ounces of roasted chicken paired with 1/2 cup cooked broccoli and 1 sweet potato.</td>
</tr>
<tr>
<td><strong>574 Cal.</strong></td>
<td><strong>460 Cal.</strong></td>
<td><strong>419 Cal.</strong></td>
</tr>
</tbody>
</table>

**TOTAL CALORIES**

| 1478 Calories | 1364 Calories | 1375 Calories |

* Each day is based on a balance of approximately 1200-1400 average total calories to be consumed per day. If you are intensely training, try having a protein smoothie with breakfast.

---

**QUOTE OF THE WEEK:**

I like to use the hard times in the past to motivate me today.

— Dwayne “The Rock” Johnson
**QUOTE OF THE WEEK:**
"I like to use the hard times in the past to motivate me today.
— Dwayne “The Rock” Johnson

**The Gold’s Gym 12-Week Personal Transformation Plan**

**WEEK 10**

**Goal: Get Lean Advanced**

**Gym Days:** 5 (pick whichever 5 days of the week you can work out)

### MENU

#### DAY 1

**BREAKFAST**

<table>
<thead>
<tr>
<th>Snack</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scramble 1 whole egg and 4 egg whites. Sprinkle 1 tsp parmesan over top. On the side, have 1/2 grapefruit.</td>
<td>226 Cal.</td>
</tr>
</tbody>
</table>

**LUNCH**

<table>
<thead>
<tr>
<th>Snack</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grill 1 turkey burger. Place on a whole wheat bun and top with lettuce and tomato. On the side, have a small mixed green salad.</td>
<td>400 Cal.</td>
</tr>
</tbody>
</table>

**SNACK**

<table>
<thead>
<tr>
<th>Snack</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 celery sticks with 2 tbsp of natural peanut butter.</td>
<td>196 Cal.</td>
</tr>
</tbody>
</table>

**DINNER**

<table>
<thead>
<tr>
<th>Snack</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grill 4 ounces of salmon. On the side, have 1/2 cup brown rice, 1 cup chopped cucumber mixed with 1/2 cup chopped tomatoes and 1 tbsp oil and vinegar.</td>
<td>586 Cal.</td>
</tr>
</tbody>
</table>

### TOTAL CALORIES

<table>
<thead>
<tr>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>1408 Cal.</td>
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#### DAY 2

**BREAKFAST**

<table>
<thead>
<tr>
<th>Snack</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 cup of low-fat cottage cheese. 1 slice whole grain toast with 1 tbsp almond butter. 1/2 grapefruit.</td>
<td>310 Cal.</td>
</tr>
</tbody>
</table>

**LUNCH**

<table>
<thead>
<tr>
<th>Snack</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 ounces of sliced roast beef on 2 slices of whole wheat bread. Add brown mustard and 1 slice of tomato. On the side, have 1 green apple.</td>
<td>412 Cal.</td>
</tr>
</tbody>
</table>

**SNACK**

<table>
<thead>
<tr>
<th>Snack</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 apple.</td>
<td>72 Cal.</td>
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**DINNER**

<table>
<thead>
<tr>
<th>Snack</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grill 6 ounces of halibut. On the side, have 1 cup of brown rice and grilled vegetables marinated in olive oil.</td>
<td>503 Cal.</td>
</tr>
</tbody>
</table>

### TOTAL CALORIES

<table>
<thead>
<tr>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>1297 Cal.</td>
</tr>
</tbody>
</table>

#### DAY 3

**BREAKFAST**

<table>
<thead>
<tr>
<th>Snack</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Egg-white omelet with vegetables. 1 slice of toast with 1 tsp of almond butter. On the side, have 1 cup of oatmeal with 1/4 cup blueberries.</td>
<td>436 Cal.</td>
</tr>
</tbody>
</table>

**LUNCH**

<table>
<thead>
<tr>
<th>Snack</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 ounce of low-fat cheddar cheese melted on 1 slice of whole wheat bread with 1 slice of tomato and 2 slices of turkey. On the side, have 1 fruit of choice.</td>
<td>224 Cal.</td>
</tr>
</tbody>
</table>

**SNACK**

<table>
<thead>
<tr>
<th>Snack</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 cup avocado.</td>
<td>189 Cal.</td>
</tr>
</tbody>
</table>

**DINNER**

<table>
<thead>
<tr>
<th>Snack</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bake 4 ounces of turkey breast. On the side, have 1 cup steamed asparagus, 1 small red potato, and 1 cup of chopped fresh watermelon.</td>
<td>284 Cal.</td>
</tr>
</tbody>
</table>

### TOTAL CALORIES

<table>
<thead>
<tr>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>1133 Cal.</td>
</tr>
</tbody>
</table>

* Each day is based on a balance of approximately 1200-1400 average total calories to be consumed per day. If you are intensely training, try having a protein smoothie with breakfast.