WEEK 11 | Goal: Build Muscle
Gym Days: 5 (pick whichever 5 days of the week you can work out)

CARDIO
Do the Gold’s Gym indoor cardio triathlon!

ELLIPITICAL (10 mins)
A traditional triathlon starts with swimming, but for our indoor version try an elliptical machine that provides a highly efficient low-impact workout. Think of this portion as your warm-up to the bike and run, and be sure to keep your head and body upright.

BICYCLE (10 mins)
To gain maximum cycling benefits, properly align yourself before you start. Adjust the seat so that your knees have a slight bend when extended. Find a comfortable resistance that allows you to maintain around 80 revolutions per minute.

TREADMILL (10 mins)
Because your legs will likely feel a little rubbery after the bike ride, ease into the run. In fact, you should feel free to start with 1 or 2 mins of walking or jogging to get going. Once you’re in a groove, build up speed.

STRENGTH TRAINING
Plyometric workouts utilize jumps, hops and rapid movements to engage muscle groups in your core and lower and upper body—at times simultaneously—to increase balance and strength.

Do 3 sets of each of these exercises in this order, resting for 1 to 2 mins between each set.

SQUAT JUMP ONTO BOX — 15 reps
Stand in front of a 12-inch box, or a stabilized weight bench. Push your hips back, squat down and jump with both feet onto the box. Jump off the box, reset and repeat the movement. Repeat until desired amount of reps are completed.

See more on next page »

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**STRENGTH TRAINING CONT.**

**SQUAT, PLANK, PUSHUP — 12 reps**
Stand with the feet shoulder-width apart and toes pointed outward. Descend your hips until your thighs are parallel to the ground and 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.

**SCISSOR POWER SWITCH — 15 reps each leg**
Stand with your feet a lunge-length apart, with your right foot in front of your left. Bend both knees to 90 degrees and descend into the lunge. Reach for the ground with your left hand. Do all reps, switch legs and repeat.

**LATERAL DUMBBELL STEP-UP — 15 reps each side**
Stand beside a box or exercise bench. Hold a dumbbell in each hand. Place the foot of your outside leg on the box or bench. Step up onto the box, finish with your trail leg on the bench. Step down with your trail leg. Do all reps, switch sides and repeat.

**SIDE-TO-SIDE SHUFFLE JUMP — 15 reps each side**
Stand tall with your arms by your side. Squat down, reaching your left hand to the outside of your left foot. Jump into the air and toward the right, landing in the squat position while reaching your right hand outside of your right foot. Make sure to keep your heels against the ground the entire time. Repeat this back and forth movement for the desired amount of reps.

**MEDICINE-BALL SIDE THROW — 15 reps each side**
Hold a medicine ball in front of your chest with your arms extended and stand sideways about 3 feet from a wall. Slightly bend your elbows. Bring the ball across your body and then quickly rotate your torso and throw the ball against the wall. As the ball rebounds off the wall, catch and repeat the movement. Do all reps, switch sides and repeat.

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STRENGTH TRAINING CONT.

MEDICINE-BALL WOOD CHOP — 15 reps each side
Stand with your feet shoulder-width apart. Hold a weight or medicine ball in front of your stomach. Squat down, keeping your knees out, chest up and shoulders back. Bring the ball to the outside of your right knee. Stand, and bring the ball across your body toward your left shoulder. Bring the ball to starting position. Do all reps, switch sides and repeat.

MEDICINE BALL SLAM — 15 reps
Grab a medicine ball and hold it above your head. Your arms should be slightly bent and your feet shoulder-width apart. Forcefully slam the ball to the floor in front of you as hard as you can. Pick the ball up and repeat. Perform all reps.

Cooldown
Light cardio and 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 seconds

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

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DAY 1

Warm-up: 5-min brisk walk or jog on the treadmill / Zones 2–3
(Zone 1 is a light warm-up, and Zone 5 is nearly maximum effort.)

STRENGTH TRAINING

SQUAT — 3 sets of 15 reps; rest 30 secs between sets
Stand as tall as you can with your feet shoulder-width apart, toes pointed outward. Keep arms in front of you at chest height to help maintain balance. Drop your hips and sit back until your thighs are parallel with the floor. Pause, then drive through the heels and lift body upward back to the starting position, squeezing the glutes at the top of the movement.

STEP-UPS WITH DUMBBELL — 3 sets of 15 reps each side; rest 30 secs between sets
Stand behind an exercise bench or box. Hold a dumbbell in each hand at your sides and place your right foot on the box. Shift your weight onto your right leg to step onto the box. Keep the help from your left leg to a minimum. Finish by stepping onto the box with your left leg. Step your left leg down. Do all reps with your right leg, switch sides, then repeat.

FIRE HYDRANT — 3 sets of 20 reps each side; rest 30 secs between sets
Get on your hands and knees on the floor, making sure to keep your knees and hands hip-width and shoulder-width apart, respectively. Your knees should be bent to 90 degrees, directly beneath your hips. Tighten your core and, without moving your hips, raise your right thigh out to the right side of your body, keeping your knee bent the entire time. Without dropping your hips, straighten your leg backward so that it is in line with the rest of your body. Return to the starting position to switch legs.

GLUTE BRIDGE WITH ADDUCTION — 3 sets of 1-min holds; rest 30 secs between sets
Lie on your back with your knees bent and heels flat against the floor. Keep your feet hip-width apart. Place a medicine ball, rolled-up towel, or exercise mat between your knees. Tighten your stomach and press your heels into the floor, driving your hips upward and squeezing your knees together. Finish the movement by squeezing your butt, making sure not to use your lower back.

See more on next page »

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**DAY 1**

**STRENGTH TRAINING CONT.**

**DUMBBELL DEADLIFT** — 3 sets of 15 reps; rest 30 secs between sets

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.

**STANDING CALF RAISE** — 3 sets of 15 reps; rest 30 secs between sets

Stand on a box or stair with your heels and mid-foot hanging off the edge. Use a wall or rail to stay balanced. Raise your heels as high as possible, pause, and then lower them back into the starting position. Repeat.

**HOVERING SITUP** — 3 sets of 20 reps; rest 30 secs between sets

Start by sitting with your feet and upper back off the ground and knees bent toward your chest, placing your hands behind your head for support and balance. Make sure not to pull at your neck. Tighten your abs and straighten your legs out completely while leaning back, touching your lower back to the ground while making sure that your shoulders remain in the air. Use your abs to crunch up and return to the starting position, repeating for the desired number of repetitions.

**MEDICINE-BALL WOOD CHOP** — 3 sets of 15 reps each side; rest 30 secs between sets

Stand with your feet shoulder-width apart. Hold a weight or medicine ball in front of your stomach. Squat down, keeping your knees out, chest up and shoulders back. Bring the ball to the outside of your right knee. Stand, and bring the ball across your body toward your left shoulder. Bring the ball to starting position. Switch sides and repeat.

**Cooldown**

Light cardio and stretching: 5 mins

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**STRETCH SESSION**

- QUAD STRETCH: Hold 30 secs each side
- SCORPION: Hold 45 secs each side
- STRAIGHT-LEG CALF STRETCH: Hold 30 secs on 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
- CALF FOAM ROLL: Roll back and forth on each side for 10 reps
- HAMSTRING FOAM ROLL: Roll back and forth on each side for 10 reps

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WEEK 11

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DAY 1

Crazy 8s Circuit (no weights)
Do each exercise in the circuit 8 times. Continue to repeat the circuit for a duration of 10 mins.

The Circuit (repeat for a duration of 10 mins; rest for 1 min at the end of each circuit)

JUMPING JACK — 8 reps
Stand with your feet together and your hands at your sides. Simultaneously raise your arms above your head and jump your feet out to the sides. Immediately, reverse the movement and jump back to the starting position. Repeat for all reps.

WALL SQUAT — 8 reps
Stand with your back pressed up against a wall. Your feet should be slightly in front of you and shoulder-width apart. Squat down, keeping your heels flat and knees out. Hold your arms out for balance. Stay in this position for up to 10 seconds, then stand and return to the starting position. Complete all reps.

SQUAT, PLANK, PUSHUP — 8 reps
Stand with the feet shoulder-width apart and toes pointed outward. Descend your hips until your thighs are parallel to the ground and 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.

PUSHUP — 8 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.

See more on next page »

CARDIO

SHOULDER CIRCLES
30 secs each direction

NECK ROTATIONS
5 reps each side

GOOD MORNING STRETCH
5 reps

WARM-UPS

CARDIO

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STRENGTH TRAINING

DUMBBELL FLY — 3 sets of 15 reps; rest 30 secs between sets
Grab a pair of dumbbells and lie on your back on a bench with a 30 to 45 degree angle. 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 almost in line with your chest—but just above it—reverse the movement back to the starting position, making sure you squeeze the muscles in your chest at the top of the movement.

PUSHUP WITH MEDICINE BALL — 3 sets of 15 reps each side; rest 30 secs between sets
Grab a medicine ball and place it on the ground. Get in the standard pushup position with one hand on the floor and the other hand on top of the medicine ball. Your body should be in a straight line with your legs straight and toes pointing into the ground. 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 nearly touches the ground, pause, and then press back up to the starting position. Roll the medicine ball beneath the other hand and perform the same movement.

SINGLE-ARM STANDING CABLE REVERSE FLY — 3 sets of 15 reps each side; rest 30 secs between sets
Stand next to an adjustable cable machine so that it is on your right. Hold the D-handle attachment with your left hand, palm facing your right oblique. Keep your left elbow tight to your side. Rotate your left shoulder by bringing the handle across your body until your arm is almost extended, then return to the starting position. Switch sides and repeat.

DUMBBELL SHOULDER PRESS — 3 sets of 15 reps each side; rest 30 secs between sets
Hold a pair of dumbbells just outside your shoulders, your arms bent and palms facing forward. Set your feet at shoulder-width and bend your knees slightly. Press both dumbbells up, until your arms are straight. Then return to the starting position.

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**SEATED CABLE ROW** — 3 sets of 15 reps each side; rest 30 secs between sets

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 towards the waist. Attempt to squeeze shoulder blades together and hold this contraction for a second. Return the weight until the 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.

**STRAIGHT-ARM LAT PULLDOWN** — 3 sets of 15 reps; rest 30 secs between sets

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.

**PLANK** — 3 sets of 1-min holds; rest 30 secs between sets

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.

**REVERSE CRUNCH** — 3 sets of 30 reps; rest 30 secs between sets

Lie on your back with your knees together and your legs bent to 90 degrees, feet planted on the floor. Place your palms facedown on the floor for support or cross over your chest. Bring your knees into your chest, tightening your abs to lift your hips off the floor. Pause at the top before lowering your legs as close to the ground as possible without allowing your lower back to arch and lose contact with the floor. Return to the starting position.

**CRUNCH** — 3 sets of 30 reps; rest 30 secs between sets

Lie flat on your back, placing your hands behind your head or cross over your chest. Bring your feet close to your glutes so your knees are bent and your feet are flat on the ground. Tighten your abs and lift your shoulders and upper back off of the ground. Squeeze your abs at the top of the movement and hold for one second. Return to starting position and repeat.

**Cooldown**

Light cardio and stretching: 5 mins

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**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 seconds

- **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

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WEEK 1

Goal: Build Muscle

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

Warm-up: 5-min brisk walk or jog on the treadmill / Zones 3–4
(Zone 1 is a light warm-up, and Zone 5 is nearly maximum effort.)

STRENGTH TRAINING

BACK SQUAT — 3 sets of 12 reps; rest 30 secs between sets
Hold a barbell across your upper back with an overhand grip and your feet shoulder-width apart. Keeping your lower back arched, lower your body as deeply as you can by pushing your hips back and bending your knees. Pause, then reverse the movement back to the starting position.

DUMBBELL STRAIGHT-LEG DEADLIFT — 3 sets of 15 reps; rest 30 secs between sets
Grab a pair of dumbbells with an overhand grip, and hold them at arm's length in front your thighs. Stand with your feet hip-width apart and your knees slightly bent. Brace your core—try to make it stiff—and hold it that way throughout the entire movement. Without changing the bend in your knees, bend at your hips and lower your torso until it’s almost parallel to the floor. Don’t round your lower back. It should stay naturally arched as you lower your body. Pause, then squeeze your glutes tightly and raise your torso back to the starting position.

LEG PRESS MACHINE — 3 sets of 15 reps; rest 30 secs between sets
Sit on a leg-press machine with feet hip-width apart. Bend your knees 90 degrees, keeping your feet flat against the foot plate. Extend your legs until they are straight but not locked. Slowly return to the starting position.

SPLIT SQUAT WITH DUMBBELL — 3 sets of 15 reps each side; rest 30 secs between sets
Hold a pair of dumbbells at arm’s length next to your sides, your palms facing each other. Stand in a staggered stance, your left foot in front of your right. Slowly lower your body as far as you can. Your rear knee should nearly touch the floor. Pause, then push yourself back up to the starting position. Complete the prescribed number of reps, then do the same number of reps with your right foot in front of your left.

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**SHIFTING SIDE LUNGE** — 3 sets of 15 reps each side; rest 30 secs between sets
Hold a dumbbell in each hand, keeping your arms entirely straight. Push your chest out and take a large step to the side, pushing your hips back and bending the knee of the lead leg. Keep your trailing leg as straight as possible. As you lunge, bend forward at the hips and reach the dumbbells on both sides of your lead leg, making sure to keep your lower back from rounding. Bend your opposite knee, shifting the weight onto both legs while reaching the dumbbells straight down in front of you. Straighten your former lead leg, shifting your weight to the opposite side while lunging, placing the dumbbells on both side of that leg. Push off your lead leg, bringing your feet together and returning to the starting position.

**LEG CURL MACHINE** — 3 sets of 15 reps; rest 30 secs between sets
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.

**LEG EXTENSION MACHINE** — 3 sets of 15 reps; rest 30 secs between sets
Sit down on the seat and hook your legs behind the padded bar. Adjust the bar so that it rests on your lower leg. Slowly lift the bar until your legs are almost straight, then lower your legs back down. Make sure to keep your back straight and grip the handles on each side of the seat.

**Cooldown**
Light cardio and stretching: 5 mins

**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
- **CALF FOAM ROLL**
  Roll back and forth on each side for 10 reps
- **HAMSTRING FOAM ROLL**
  Roll back and forth on each side for 10 reps

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DAY 1

CLASS DAY

Attend a power yoga class (1 hour).

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### BUILD MUSCLE MEAL PLAN

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<td><strong>BREAKFAST</strong></td>
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<td><strong>SNACK</strong></td>
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<td>1 green protein smoothie made with 1-1/2 scoops whey protein powder, 6 ounces coconut water, 1/2 cup raw spinach, 1/2 cup raw kale, 3 ounces cucumber, 4 ounces apple, and 1 tbsp cold-pressed coconut oil. <strong>363 Cal.</strong></td>
<td>10 ounces of low-fat Greek yogurt with 1/4 ounce almonds and 3 ounces of blueberries. <strong>285 Cal.</strong></td>
<td>8 ounces of low-fat cottage cheese mixed with 1/4 ounce of raw almonds, 4 ounces of strawberries, and 3 ounces of blueberries. <strong>335 Cal.</strong></td>
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<td>Prepare 4-1/2 ounces of a white fish of your choice. On the side, have 1-1/2 cup garden salad, 3 tbsp balsamic vinaigrette, and 5 ounces of steamed asparagus. <strong>351 Cal.</strong></td>
<td>Chicken and cheese burrito made with 5 ounces boneless, skinless chicken breast, 1 ounce cheddar cheese, and 1/3 cup mixed vegetables. Enclose in a sprouted-whole-grain wrap. <strong>345 Cal.</strong></td>
<td>3 cups garden salad consisting of lettuce and vegetables. Top with 1 tbsp oil and vinegar and 4 ounces of boneless, skinless grilled chicken breast. <strong>299 Cal.</strong></td>
</tr>
<tr>
<td>1 Advanced Athletics meal replacement bar or a Quest protein bar. <strong>240 Cal. / Calories vary</strong></td>
<td>1 protein smoothie made with 2 scoops whey protein powder, 6 ounces almond milk, 1 tbsp almond butter, and 5 ounces of strawberries. <strong>386 Cal.</strong></td>
<td>Roll 1/2 ounce almonds and 5 ounces apple in 4-1/2 ounces of sliced turkey breast (low sodium). <strong>283 Cal.</strong></td>
</tr>
<tr>
<td>Stir fry 4-1/2 ounces raw shrimp, 1/2 tbsp olive oil, 1/2 cup brown rice, and 6 ounces broccoli. <strong>344 Cal.</strong></td>
<td>Prepare a 3-1/2-ounce cut of filet mignon. On the side, have 3 ounces of cooked potatoes and 5 ounces of steamed cauliflower. <strong>300 Cal.</strong></td>
<td>Grill 4-1/2 ounces of chicken breast and cover with 1 tbsp of barbecue sauce. On the side, have 2 cups of garden salad topped with 3 tbsp balsamic vinaigrette. <strong>341 Cal.</strong></td>
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*Day 4-6 continued on next page...*

*Each day based on a balance of approximately 1000-1500 average total calories to be consumed per day.
## WEEK 11

**Goal: Build Muscle**

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

### WEEK 11 Goal: Build Muscle

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

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**Each day based on a balance of approximately 1000-1500 average total calories to be consumed per day.**

### BUILD MUSCLE MEAL PLAN

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<td><strong>BREAKFAST</strong></td>
<td><strong>LUNCH</strong></td>
<td><strong>SNACK</strong></td>
</tr>
<tr>
<td>Spinach omelet consisting of 6 egg whites, 1 whole egg, 1 cup spinach, and 1/2 cup of black beans. <strong>321 Cal.</strong></td>
<td>8 ounces of low-fat cottage cheese mixed with 1/4 ounce of raw almonds, 4 ounces of strawberries, and 3 ounces of blueberries. <strong>335 Cal.</strong></td>
<td>Bacon, egg &amp; cheese sandwich made with 6 egg whites, 1 ounce cheddar cheese, 2 slices of turkey bacon, and 1 ounce of tomato. On the side, have 1 whole-grain muffin. <strong>321 Cal.</strong></td>
</tr>
<tr>
<td><strong>305 Cal.</strong></td>
<td><strong>314 Cal.</strong></td>
<td><strong>323 Cal.</strong></td>
</tr>
<tr>
<td>Chicken fajitas consisting of 4 ounces boneless, skinless chicken breast, 1-1/2 ounces avocado, 1 ounce green and red peppers, and 2 ounces of any sprouted-whole-grain tortillas. <strong>305 Cal.</strong></td>
<td>Cranberry chicken salad wrap made with 4 ounces boneless, skinless chicken breast, 1/2 ounce Greek yogurt, 1 tbsp mayo, 1/2 cup raw spinach leaves, 1 ounce tomato, and 1/2 tbsp dried cranberries. Enclose in a sprouted-whole-grain wrap. <strong>314 Cal.</strong></td>
<td>3 cups of garden salad with lettuce and grilled vegetables. Top with 1 tbsp light salad dressing, 1 ounce hummus, and 5 ounces of grilled salmon. <strong>423 Cal.</strong></td>
</tr>
<tr>
<td><strong>SNACK</strong></td>
<td><strong>DINNER</strong></td>
<td><strong>DINNER</strong></td>
</tr>
<tr>
<td>Grill 4-1/2 ounces of chicken breast. Pair with 5 ounces of pear and 1/2 ounce of raw cashews. <strong>305 Cal.</strong></td>
<td>1 protein smoothie made with 1-3/4 scoops of whey protein powder, 6 ounces almond milk, 1 tbsp almond butter, and 3 ounces of banana. <strong>402 Cal.</strong></td>
<td>8 ounces of goat yogurt with 1 scoop of whey protein powder* (chocolate if you prefer) and 1 tbsp of hemp hearts or flaxseed meal. <strong>307 Cal.</strong></td>
</tr>
<tr>
<td>In a salad bowl, mix 4-1/2 ounces grilled chicken breast, 1/2 ounce olives, 1/2 cup brown rice, 1 ounce raw arugula, 1 ounce tomato, and 1 ounce cucumber. Top with 2-1/2 tbsp balsamic vinaigrette. <strong>327 Cal.</strong></td>
<td>Tuna salad wrap consisting of 4 ounces albacore tuna, 1/2 ounce pitted olives, 3 tbsp balsamic vinaigrette, 2 ounces tomato, and 1/2 ounce onion. Enclose in 2 ounces of sprouted-whole-wheat wrap. On the side, 5 ounces of peach. <strong>426 Cal.</strong></td>
<td>Prepare a 5-ounce pork tenderloin. Glaze with 2 tbsp orange honey mustard (made of 1 tbsp honey, 2 tsp dijon mustard, and 1 tsp orange juice). On the side, have 1 cup steamed green beans drizzled with 1/3 tbsp olive oil. <strong>304 Cal.</strong></td>
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