WEEK 12

Goal: Get Lean

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

DAY 1

Focus: Cardio and Core
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
Walk: 2 mins
Repeat (You can do it!!!)

Beginner: 4.5–5.5 mph
Intermediate: 5.5–6.5 mph
Advanced: 6.5–7.5 mph

STRENGTH TRAINING

CORE CIRCUIT (3 times; rest 30 secs at the end of each circuit)

PLANK — Hold for 1 min
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.

PLANK WITH GLUTE RAISE — 15 reps each side
Lie on your side and position yourself on your bottom elbow and side of your bottom foot. Raise your hips so that they're off the ground and your body forms a straight line from your ankles to shoulders. Brace your abs and squeeze your glutes. While keeping your torso stable, raise your top leg upward without bending your knee. Do not let your hips drop. Return the leg to the starting position. Do all reps, switch sides, and repeat.

SIDE PLANK — Hold for 1 min each side
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.

WARM-UPS

SHOULDER CIRCLES
30 secs each direction

NECK ROTATIONS
5 reps each side

GOOD MORNING STRETCH
5 reps

See more on next page »

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QUOTE OF THE WEEK:
The most important thing in our lives is what we are doing now.
— Anonymous

The Gold’s Gym 12-Week Personal Transformation Plan

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DAY 1

STRENGTH TRAINING
CONT.

STACKED FEET PUSHUP — 10 reps each side
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 reps.

SUPERMAN — Hold for 1 min
Lie facedown on the floor with your legs straight and arms out in front of you. Your palms should be down on the floor. Squeeze your glutes and lower back to raise your upper body off the floor, keeping your hands out in front of you. Simultaneously, lift your straight legs off the floor. Pause at the top for two seconds. Relax and return to the starting position.

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

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GO NOW
### WEEK 12
**Goal: Get Lean**  
**Gym Days:** 5 (pick whichever 5 days of the week you can work out)

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

### STRENGTH TRAINING

#### WEIGHT SUPERSETS

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

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[GO NOW]
WEEK 12

Goal: Get Lean
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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: 12 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: Do as many as you can in 30 seconds
Round 2: Do as many as you can in 45 seconds
Round 3: Do as many as you can in 1 min

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

LEG EXTENSION MACHINE
Sit down on the seat and hook your legs behind the padded bar. Adjust the bar so that it rests on your lower legs. Select a weight and 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.

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

See more on next page »

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GO NOW
WEEK 12
Goal: Get Lean
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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 each side
Round 2: Hold for 45 secs each side
Round 3: Hold for 1 min each side

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: 12 reps each side
Round 2: 15 reps each side
Round 3: 20 reps each side

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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GO NOW
WEK 12  |  Goal: Get Lean
Gym Days: 5 (pick whichever 5 days of the week you can work out)

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

*Flexibility and Strength*
Attend a Vinyasa Yoga class (1 hour).

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Week 12

Goal: Get Lean

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 + Strength Training Combined

Total Body Cardio and Strength Circuit

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

Jumping Jack — 20 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.

Walking High Knee — 20 reps each side
Stand tall, your hands hanging at your sides. Lunge forward with your right foot in front of you and your left foot behind you as you reach your left arm skyward and bring your right arm down and slightly behind you. Reverse the motion, going back and forth.

Lateral Stepover — 15 reps each side
Stand tall with a bench to your right side. Raise your right knee and laterally step your right foot over the bench. Immediately follow the movement with your left leg, so that you end up on the other side of the bench. Repeat to the other side.

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

High-Pull Burpee — 8 reps
Grab a set of dumbbells with an overhand grip and stand tall with your feet shoulder-width apart. Bend down and place the dumbbells on the ground before hopping into a pushup position. Perform a pushup, then quickly spring your legs forward to the bottom of a squat and stand up tall. As you stand, shrug the dumbbells up as high as you can, then lower weights to your sides to return to start.

See more on next page »
## WEEK 12

**Goal: Get Lean**

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### CARDIO + STRENGTH TRAINING COMBINED

**KNEELING DUMBBELL REAR FLY** — 15 reps

Grab a set of dumbbells and get on all fours on the ground. Grip the dumbbells directly beneath your shoulders with your palms facing each other. Make sure your knees are directly beneath your hips. Maintaining a slight bend in the elbow, lift one arm straight out to the side until it is parallel with the ground. Keep your back flat and core tight the entire time. Pause, and then lower the weight back to the starting position. Repeat for the prescribed number of sets and repetitions and then switch arms.

**DUMBBELL ROW** — 15 reps

Stand with feet shoulder-width apart and holding a dumbbell in each hand. Bend the knees slightly and bend at the waist with your back straight. Avoid rounding the upper back, and keep the head neutral. Extend your arms fully so each dumbbell is just above the floor. Contract your back and pull both dumbbells up to your rib cage. Be sure to pull through the elbow and hold for one second in the top position. Lower the dumbbells to the fully extended arm position and repeat.

**TRICEPS DUMBBELL KICKBACK** — 15 reps each side

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.

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

**MODIFIED SIT-UP** — 20 reps

Lie on your back with your knees bent to 90 degrees and feet flat on the floor. Keep your arms straight against your sides, palms facing down and hovering slightly above the floor. Tighten your abs and raise your torso until you’re sitting up at a 45-degree angle, pausing for a moment before returning to the floor. Perform all reps.

See more on next page »

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[GO NOW]
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The most important thing in our lives is what we are doing now.
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CARDIO + STRENGTH TRAINING COMBINED

HOVERING SIT-UP — 20 reps
Start by sitting with your feet and upper back off the ground and knees bent towards 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.

SWISS BALL RUSSIAN TWIST — 15 reps each side
Lie with your back on a Swiss ball. Your feet should be flat on the floor with your knees bent at 90 degrees. Clasp your hands together directly above your chest with straight elbows. Carefully rotate your arms to the side. The ball will roll across your back to the back of your shoulders. Keep your hips up by squeezing your glutes. Rotate back to the starting position. Repeat on the opposite side. Complete all reps.

SIDE PLANK WITH TWIST — 15 reps each side
Lie on your side and position yourself on your bottom elbow and the side of your foot. Lift your hips off the ground and form a straight line from your shoulders to your feet. Brace your abs and squeeze your butt. Take your top arm and sweep underneath and slightly behind you. Your torso will twist forward and make sure to pivot your feet. Bring your arm back to the starting position as your body straightens out. Finish the rep with your shoulders square and your arm pointed towards the ceiling. Do all reps, switch sides, and repeat.

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
WEEK 12

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

DAY 1

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

CARDIO
Cardio of your choice (treadmill, elliptical, etc.): 30 mins

STRENGTH TRAINING
CRAZY 8’S CIRCUIT (no weights)
This was one of the first workouts you did! Let’s see your improvement.

Do each exercise in the circuit 8 times. Then you continue to repeat the circuit for a duration of 4 mins. Record the number of rounds completed.

Beginner: Aim for 3–4 rounds
Intermediate: 4–5 rounds
Advanced: 5–6 rounds

The Circuit (repeat the 4-min circuit 3 times; 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.

See more on next page »

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GO NOW
WEEK 12

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**STRENGTH TRAINING**

**SQUAT, PLANK, PUSHUP — 8 reps**

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 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.

**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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GO NOW
**WEEK 12**

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<td><strong>BREAKFAST</strong></td>
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<tr>
<td>1 protein shake made with 1 scoop of protein, 1 handful of spinach, 1 cup mixed berries, 6 ounces of water, and 6 ounces of skim milk.</td>
<td>1 egg-white omelet with 1 ounce of tomatoes and a light sprinkling of basil. On the side, have 1 slice of toast with 1 tsp almond butter.</td>
<td>1 cup oatmeal with cinnamon and stevia. 5 boiled egg whites.</td>
</tr>
<tr>
<td>213 Cal.</td>
<td>362 Cal.</td>
<td>246 Cal.</td>
</tr>
<tr>
<td><strong>LUNCH</strong></td>
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<td><strong>LUNCH</strong></td>
</tr>
<tr>
<td>1 large chef salad of choice. Top with oil and vinegar.</td>
<td>Small Cobb salad with 1/4 cup of strawberries, blueberries, raspberries, blackberries, and drizzled olive oil.</td>
<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>
</tr>
<tr>
<td>484 Cal.</td>
<td>223 Cal.</td>
<td>400 Cal.</td>
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<tr>
<td><strong>SNACK</strong></td>
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</tr>
<tr>
<td>6 ounces of Greek yogurt mixed with 1/4 cup of blueberries. Handful of almonds.</td>
<td>1 green apple.</td>
<td>2 celery sticks with 2 tbsp of natural peanut butter.</td>
</tr>
<tr>
<td>233 Cal.</td>
<td>126 Cal.</td>
<td>196 Cal.</td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
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</tr>
<tr>
<td>Grill 4 ounces of tuna steak. On the side, have 1/2 cup sautéed spinach, 1/2 cup steamed asparagus, and 1 small red potato.</td>
<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 tilapia and top with garlic, pepper, 5 cherry tomatoes, and olive oil. On the side, have 5 asparagus and 1 cup quinoa.</td>
</tr>
<tr>
<td>352 Cal.</td>
<td>574 Cal.</td>
<td>399 Cal.</td>
</tr>
<tr>
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<tr>
<td>1282 Calories</td>
<td>1285 Calories</td>
<td>1241 Calories</td>
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* 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.

Day 4-6 continued on next page...
QUOTED OF THE WEEK:
The most important thing in our lives is what we are doing now.  
— Anonymous

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<td>Scramble 1 whole egg and 4 egg whites. Sprinkle 1 tsp parmesan over top. On the side, have 1/2 grapefruit.</td>
<td>4 ounces of albacore tuna with diced cucumber, tomatoes, and onions. Mix with 2/3 cup plain nonfat yogurt seasoned with salt and pepper.</td>
<td>1/3 cup dry roasted almonds. 1 cup red and green pepper spears.</td>
<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>4 boiled egg whites with one whole boiled egg. On the side, have 1 cup of blueberries and 1/2 of a green apple.</td>
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<tr>
<td><strong>226 Cal.</strong></td>
<td><strong>362 Cal.</strong></td>
<td><strong>251 Cal.</strong></td>
<td><strong>436 Cal.</strong></td>
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<tr>
<td>4 ounces of albacore tuna with diced cucumber, tomatoes, and onions. Mix with 2/3 cup plain nonfat yogurt seasoned with salt and pepper.</td>
<td>1 large salad with veggies. Top with 4 ounces of shrimp and oil-and-vinegar dressing.</td>
<td>1/3 cup dry roasted almonds. 1 green apple.</td>
<td>Grill 4 ounces of chicken and put over a large salad with 1/2 avocado and assorted veggies. Top with olive oil and balsamic vinegar.</td>
<td>1 small green apple. 1 tbsp natural almonds.</td>
</tr>
<tr>
<td><strong>300 Cal.</strong></td>
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<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>6 ounces of roasted chicken paired with 1/2 cup cooked broccoli and 1 sweet potato.</td>
<td>Grill 6 ounces of salmon. On the side, have 6 asparagus with drizzled olive oil and 1 medium baked potato.</td>
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