**WEEK 5**

**Goal: Get Lean Advanced**

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

---

**DAY 1**

**Focus:** Cardio and Legs

**Warm-up:** 5 mins / brisk walk or jog on the 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:** 4–5 mph

**Advanced:** 5–7 mph

---

**STRENGTH TRAINING**

**WEIGHT SUPERSETS (Focus: Legs)**

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. It should burn.

**Superset 1 (3 times; rest 30 secs at end of set)**

**LEG-PRESS MACHINE — 12 reps**

Sit on a leg-press machine with feet hip-width apart. Set the weight on a challenging yet doable resistance. Bend your knees 90 degrees, keeping your feet flat against the footplate. Extend your legs until they are straight but not locked. Slowly return to the starting position.

**SQUAT JUMP — 12 reps**

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.

---

**WARM-UPS**

- **SHOULDER CIRCLES**
  - 30 secs each direction

- **NECK ROTATIONS**
  - 5 reps each side

- **GOOD MORNING STRETCH**
  - 5 reps

---

Get more workout tips + ideas at the [Gold's Gym Strength Exchange](#)

**See more on next page »**
Week 5

Goal: Get Lean Advanced

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

<table>
<thead>
<tr>
<th>DAY 1</th>
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<th>DAY 5</th>
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</tr>
</thead>
</table>

### Strength Training Cont.

**Superset 2 (3 times; rest 1 min at end of set)**

**Dumbbell Squat — 12 reps**

Hold a pair of dumbbells at arm’s length next to your sides, your palms facing each other. Brace your abs, and lower your body as far as you can by pushing your hips back and bending your knees. Pause, then push back up to the starting position.

**Dumbbell Deadlift — 12 reps**

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.

**Superset 3 (3 times; rest 1 min at end of set)**

**Leg Extension — 12 reps**

Sit down on the seat and hook your legs behind the padded bar. Adjust the bar so that it rests on your lower leg. 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.

**Leg Curl — 12 reps**

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.

**Superset 4 (3 times; rest 1 min at end of set)**

**Lunge with Dumbbells at Sides — 12 reps each side**

Grab a pair of dumbbells and hold them at arm’s length next to your sides, your palms facing each other. Step forward with your right leg and slowly lower your body until your front knee is bent at least 90 degrees. Pause, then push yourself to the starting position as quickly as you can. Complete the prescribed number of reps with your right leg, then do the same number with your left leg.

See more on next page »

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Go Now
**WEEK 5**

**Goal: Get Lean Advanced**

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

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<td>PRINT</td>
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</table>

### STRENGTH TRAINING

**GLUTE BRIDGE WITH ADDUCTION — 12 reps**

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.

**Stretching:** 5 mins

### STRETCH SESSION

- **HAMSTRING STRETCH**
  - Hold 30 secs each side

- **GLUTE STRETCH**
  - Hold 45 secs each side

- **LYING ABDUCTION STRETCH**
  - Hold 30 secs each side

- **BICEPS STRETCH**
  - Hold 45 secs

Get more workout tips + ideas at the *Gold's Gym Strength Exchange*
### WEEK 5

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

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**Focus:** Cardio and Back  
**Warm-up:** 5 mins / brisk walk or jog on the treadmill

#### CARDIO

**ELLIPITCAL**  
40 mins / moderate

#### STRENGTH TRAINING

**WEIGHT SUPERSETS (Focus: Back)**

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. It should burn.

**Superset 1 (3 times; rest 1 min at end of set)**

**WALL SQUAT — 12 reps**  
Stand with your back pressed up against a wall. Your feet should be out in front of you slightly 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.

**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.

See more on next page »

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Go Now
**QUOTE OF THE WEEK:**
Food—especially bad food—is a drug like no other. It’s cheap, legal and everywhere. 
— Gabrielle Reece

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

**WEEK 5 | Goal: Get Lean Advanced**

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

---

**STRENGTH TRAINING CONT.**

**Superset 2 (3 times; rest 1 min at end of set)**

**LAT PULLDOWN — 12 reps**
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.

**ONE-ARM BENT-OVER ROW — 12 reps**
Place a dumbbell on the ground, stand in a staggered stance, left foot forward with your knees slightly bent. Lean forward with your back straight, butt back, and head up. Resting your left arm on your left leg for stability, use your right hand to grab the dumbbell with an overhand grip. Contract the back and pull the dumbbell up with your right side. Avoid rounding the upper back and keep your head neutral. Hold for one second at the top and return until the arm is fully extended. Repeat all reps for that side, then do the other side.

---

**Superset 3 (3 times; rest 1 min at end of set)**

**DUMBBELL ROW — 12 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 1 sec in the top position. Lower the dumbbells to the fully extended arm position and repeat.

**DUMBBELL FLY — 12 reps**
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 just above chest level—reverse the movement back to the starting position, making sure you squeeze the muscles in your chest at the top of the movement.

See more on next page »
WEEK 5

Goal: Get Lean Advanced

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

**STRENGTH TRAINING**

**CONT.**

Superset 4 (3 times; rest 1 min at end of set)

**BENT OVER REACH TO SKY — 15 reps**

Stand with your feet shoulder-width apart and knees slightly bent. Bend at your hips and lower your torso toward the ground, keeping your back straight. Rotate your torso to the right and reach as high as you can with your right hand. Return to the bent position, and repeat to your left.

**SEATED CABLE ROW — 12 reps**

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.

**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

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**GO NOW**
### WEEK 5

**Goal: Get Lean Advanced**

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

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<tbody>
<tr>
<td><strong>Focus:</strong> Cardio and Chest/Shouders</td>
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<tr>
<td><strong>Warm-up:</strong> 5 mins / brisk walk or jog on the treadmill</td>
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</table>

#### CARDIO

**TREADMILL INTERVALS**

Incline: 3

**Intermediate to Advanced**

- Jog interval: 5–6 mph
- Sprint interval: 7–8 mph

<table>
<thead>
<tr>
<th>Jog</th>
<th>Sprint</th>
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</thead>
<tbody>
<tr>
<td>4 mins</td>
<td>1 min</td>
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<tr>
<td>3 mins</td>
<td>2 mins</td>
</tr>
<tr>
<td>2 mins</td>
<td>3 mins</td>
</tr>
<tr>
<td>Walk briskly: 2 mins</td>
<td>Jog: 3 mins</td>
</tr>
<tr>
<td>Sprint: 2 mins</td>
<td>Jog: 3 mins</td>
</tr>
<tr>
<td>Jog: 3 mins</td>
<td>Sprint: 1 min</td>
</tr>
<tr>
<td>Jog: 4 mins</td>
<td>Rest: 2 mins</td>
</tr>
</tbody>
</table>

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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 WEEK 5

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

STRENGTH TRAINING

WEIGHT SUPERSETS (Focus: Chest/Shoulders)

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. It should burn.

Superset 1 (3 times; rest 30 secs at end of set)

ALTERNATING DUMBBELL BENCH PRESS — 12 reps each side
Grasp a pair of dumbbells. Lie on your back on a bench, and hold the dumbbells over your chest. Pull your shoulders together, slightly stick out your chest and make sure your palms are facing outward. Press one dumbbell upward and pause for 1 second. As you lower it, press the other one up and continue in an alternating manner. Repeat until all reps are completed.

DUMBBELL FLY — 12 reps
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 chest level—reverse the movement back to the starting position, making sure you squeeze the muscles in your chest at the top of the movement.

Superset 2 (3 times; rest 30 secs at end of set)

DUMBBELL SHOULDER PRESS — 12 reps
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.

See more on next page »
The Gold’s Gym 12-Week Personal Transformation Plan

**Week 5**  
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**STRENGTH TRAINING**  
**CONT.**

**SQUAT, PLANK, PUSHUP — 5 reps**
Stand with 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.

**Superset 3 (3 times; rest 30 secs at end of set)**

**DUMBBELL LATERAL RAISE — 12 reps**
Grab a pair of dumbbells and let them hang at your sides. Stand tall and make sure your palms are facing your body. Keeping your elbows slightly bent, raise your arms straight out to the sides until they're at shoulder level. Pause, then lower the weights back to the starting position.

**DUMBBELL FRONT RAISE — 12 reps**
Stand tall with your feet hip-width apart, holding a dumbbell in each hand in front of your thighs. Your palms should face toward you. Raise your arms in front of you, pausing once the dumbbells reach shoulder height. Return the weights to the starting position.

**Superset 4 (3 times; rest 30 secs at end of set)**

**PLANK PIKE — 12 reps**
Get down into the plank position, elbows directly beneath your shoulders and feet completely straight and hip-width apart. Make sure that your body is in a completely straight line. Tighten your stomach and raise your hips into the air as high as possible, pausing for a moment at the top before lowering back into the starting position.

**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**

- **HAMSTRING STRETCH**  
  Hold 30 secs each side

- **GLUTE STRETCH**  
  Hold 45 secs each side

- **LYING ABDUCTION STRETCH**  
  Hold 30 secs each side

- **BICEPS STRETCH**  
  Hold 45 secs

---

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DAY 1  DAY 2  DAY 3  DAY 4  DAY 5  MENU

PRINT

CLASS DAY

Focus: Cardio and Flexibility
Warm-up: 5 mins / brisk walk or jog on the treadmill

Stretching
Attend a Restorative Yoga class (1 hour).

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GO NOW
**Week 5**

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**Focus:** Cardio and Strength

**Warm-up:** 5 mins / brisk walk or jog on the treadmill

---

**CARDIO**

**SPEED CIRCUIT (2 times) on Treadmill**

- 0.3 miles in 5 mins
- Rest: 1 min
- 0.3 miles in 4.5 mins
- Rest: 1 min
- 0.3 miles in 4 mins
- Rest: 1 min

---

**STRENGTH TRAINING**

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

**FIRE HYDRANT — 15 reps each side**

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.

**KNEELING SIDE PLANK WITH LEG LIFT — 15 reps each side**

Kneel on the ground with your right hand directly beneath your shoulder and your right knee beneath your hip. Straighten your non-kneeling leg completely and lift it as high as possible, keeping your left arm on your upper hip. Return your leg to the floor and repeat for the desired amount of repetitions before switching sides.

---

**WARM-UPS**

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

---

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**WEEK 5**

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---

**STRENGTH TRAINING**

**FIRE HYDRANT KICK — 15 reps each side**

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 left thigh out to the left side of your body, keeping your knee bent the entire time. Without dropping your hips or moving your left knee, straighten your left leg by kicking it out to the left side. Retract the left leg by bending the knee and then hinging the hip to lower it to the starting position. Repeat on right leg.

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

**STABILITY BALL CRUNCH — 20 reps**

Lie back on a stability ball, with your feet flat on the floor and your body forming a 45-degree angle with the ball. Cross your hands, and place them on your upper chest. Contract your abs to lift your torso five to 10 inches off the ball, keeping your feet and neck stable, then slowly lower your torso back down.

**SUPERMAN — 12 reps**

Lie facedown on the floor with your legs straight and your 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.

**BICYCLE SIT-UP — 20 reps on each side**

Lie on your back with your knees bent and feet flat on the floor. Place your hands-behind-your-head, palms toward your head. 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.

**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 on each side

**OVER UNDER SHOULDER STRETCH**

Hold 30 secs each side

**CAT CAMEL**

15 reps

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

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

### GET LEAN MEAL PLAN

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<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td><strong>LUNCH</strong></td>
<td><strong>SNACK</strong></td>
</tr>
<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>1/2 cup of low-fat cottage cheese. 1 slice whole grain toast with 1 tbsp almond butter. 1/2 grapefruit.</td>
<td>Scramble 1 whole egg and 4 egg whites. Sprinkle 1 tsp parmesan over top. On the side, have 1/2 grapefruit.</td>
</tr>
<tr>
<td>436 Cal.</td>
<td>310 Cal.</td>
<td>226 Cal.</td>
</tr>
<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. One the side, have 1 fruit of choice.</td>
<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>Grill one 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>224 Cal.</td>
<td>412 cal.</td>
<td>400 Cal.</td>
</tr>
<tr>
<td>1/2 cup avocado. 1 apple.</td>
<td>1 apple.</td>
<td>2 celery sticks with 2 tbsp of natural peanut butter.</td>
</tr>
<tr>
<td>189 Cal.</td>
<td>72 Cal.</td>
<td>196 Cal.</td>
</tr>
<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>Grill 6 ounces of halibut. On the side, have 1 cup of brown rice and grilled vegetables marinated in olive oil.</td>
<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>
</tr>
<tr>
<td>284 Cal.</td>
<td>503 Cal.</td>
<td>586 Cal.</td>
</tr>
</tbody>
</table>

### TOTAL CALORIES

- **Day 1:** 1133 Calories  
- **Day 2:** 1297 Calories  
- **Day 3:** 1408 Calories

*Day 4-6 continued on next page...

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

### GET LEAN MEAL PLAN

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<td><strong>LUNCH</strong></td>
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<tr>
<td>1 cup oatmeal with cinnamon and stevia.  5 boiled egg whites.</td>
<td>Bake 4 ounces of chicken breast. On the side, have 1 cup steamed veggies and 1/2 cup of brown rice.</td>
<td>1 cup fresh fruit of choice.  10 walnuts.</td>
<td>6 ounces of roasted chicken paired with 1/2 cup cooked broccoli and 1 sweet potato.</td>
<td>6 ounces of Greek yogurt with 1 cup of mixed berries.</td>
</tr>
<tr>
<td>246 Cal.</td>
<td>456 Cal.</td>
<td>254 Cal.</td>
<td>419 Cal.</td>
<td>371 Cal.</td>
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<tr>
<th><strong>SNACK</strong></th>
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<th><strong>SNACK</strong></th>
<th><strong>DINNER</strong></th>
<th><strong>DINNER</strong></th>
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<td>Bake 4 ounces of chicken breast. On the side, have 1 cup steamed veggies and 1/2 cup of brown rice.</td>
<td>1 large salad with veggies. Top with 4 ounces of shrimp and oil-and-vinegar dressing.</td>
<td>Grill 4 ounces of sirloin steak. On the side, have 4 pieces of steamed broccoli and 1 baked sweet potato.</td>
<td>1/2 cup sweetened oatmeal with 1 cup mixed berries.</td>
</tr>
<tr>
<td>246 Cal.</td>
<td>456 Cal.</td>
<td>300 Cal.</td>
<td>460 Cal.</td>
<td>371 Cal.</td>
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<tr>
<th><strong>DINNER</strong></th>
<th><strong>DINNER</strong></th>
<th><strong>DINNER</strong></th>
<th><strong>TOTAL CALORIES</strong></th>
<th><strong>TOTAL CALORIES</strong></th>
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