WEEK 6
Goal: Build Muscle Advanced
Gym Days: 5 (pick whichever 5 days of the week you can work out)

CARDIO
Choose a machine that feels comfortable to you—a stationary bike, elliptical or treadmill. The level of intensity here varies between Zone 1 (lowest level; barely feel exertion) and Zone 5 (highest exertion level; maximum effort).

Warm-up: 3 mins / Zone 3
- Speed Interval: 30 secs / Zone 4
- Rest Interval: 2 mins / Zone 2
- Speed Interval: 30 secs / Zone 5
- Rest Interval: 1 min / Zone 2
- Speed Interval: 30 secs / Zone 4
- Rest Interval: 2 mins / Zone 2

Cooldown: 30 secs / Zone 1

STRENGTH TRAINING
PUSHUP – 3 sets of 12 reps; rest 30 secs between sets
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.

SEATED CABLE ROW – 3 sets of 12 reps; 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 toward 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.

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 6

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STRENGTH TRAINING

DUMBBELL FRONT RAISE — 3 sets of 12 reps; rest 30 secs between sets
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.

LAT PULLDOWN — 3 sets of 12 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.

EZ-BAR PREACHER CURL — 3 sets of 12 reps; rest 30 secs between sets
Grab an EZ-bar with an underhand grip, hands shoulder-width apart, and sit on a preacher bench. Place the back of your upper arms against the padding and allow your arms to fully extend. Contract your biceps and curl the bar toward your face. Raise the bar as high as possible while maintaining constant tension on the biceps. Pause, and then slowly lower the bar back to the starting position.

TRICEPS DUMBBELL KICKBACK — 3 sets of 12 reps each side; rest 30 secs between sets
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.

Cooldown

Light cardio and 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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GO NOW
WEEK 6

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

Day 1

CARDIO

Choose a machine that feels comfortable to you—a stationary bike, elliptical or treadmill. The level of intensity here varies between Zone 1 (lowest level; barely feel exertion) and Zone 5 (highest exertion level; maximum effort).

Warm-up: 3 mins / Zone 3
- Speed Interval: 2 mins / Zone 5
- Rest Interval: 2 mins / Zone 2
- Speed Interval: 2 mins / Zone 4

Cooldown: 3 mins / Zone 3 decreasing to Zone 1

STRENGTH TRAINING

SQUAT, PLANK, PUSHUP — 3 sets of 12 reps; rest 30 secs between sets

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.

LATERAL SQUAT — 3 sets of 12 reps each side; rest 30 secs between sets

Begin by standing tall with your heels pressed together, turning your toes out to 45 degrees. Keep your hands on your hips for support. Slide your right foot out further than hip width, keeping your left foot in the same position, and descend into a squat position. Make sure to keep your chest pushed out and abs tight the entire time. Rise out of the squat position, sliding your leg back to the starting position before repeating with your opposite side.

STANDING RESISTANCE-BAND HIP ABDUCTION — 3 sets of 12 reps each side; rest 30 secs between sets

Loop a resistance band around a sturdy object and your ankle. Stand tall with the looped ankle farthest from the opposite end of the band while holding the sturdy object with your inside arm. This is your starting position. Lift looped ankle up and straight out to the side as far as possible. Pause, then return leg to starting position.

See more on next page »
**Week 6**

**Goal: Build Muscle Advanced**

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**STRENGTH TRAINING**

**SPLIT SQUAT WITH DUMBBELL** — 3 sets of 12 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.

**STANDING CALF RAISE** — 3 sets of 15 reps each side; 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.

**REVERSE CRUNCH** — 3 sets of 20 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 the 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 20 reps; rest 30 secs between sets

Lie flat on your back, placing your hands behind your head cross over the 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.

**SIDE PLANK WITH TWIST** — Do 3 sets of 12 reps on each side; rest 30 secs between sets

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, 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 toward the ceiling. Do all reps, switch sides, and repeat.

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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

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**Cooldown**

Light cardio and stretching: 5 mins

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[GO NOW]
# Week 6 | Goal: Build Muscle Advanced

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

### DAY 1

**CLASS DAY**

Attend a Pilates class (1 hour).

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[GO NOW](#)
**WEEK 6**

**Goal: Build Muscle Advanced**

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

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**CARDIO**

Incorporate some high-intensity interval training to add some speed plus strength to your cardio routine. You can do this workout on a cardio machine of your choice: treadmill, elliptical or stationary bike. The level of intensity varies between Zone 1 (lowest level; barely feel exertion) and Zone 5 (highest exertion level; maximum effort).

**Warm-up:** 2 mins / Zone 3

- + Speed Interval: 30 secs / Zone 4
- - Rest Interval: 2 mins / Zone 2
- + Speed Interval: 30 secs / Zone 5
- - Rest Interval: 1 min / Zone 2
- + Speed Interval: 30 secs / Zone 4
- - Rest Interval: 2 mins / Zone 3

**Cooldown:** 1 min / Zone 1

**STRENGTH TRAINING**

**LAT PULLDOWN — 3 sets of 12 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.

**DUMBBELL FLY — 3 sets of 12 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.

See more on next page »

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Week 6 | Goal: Build Muscle Advanced
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## Strength Training (Cont.)

### Seated Cable Row — 3 sets of 12 reps; 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 toward 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.

### Single-Arm Standing Cable Reverse Fly — 3 sets of 12 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 12 reps; 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.

### Reverse Crunch — 3 sets of 20 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 crossed 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.

See more on next page »

For tips and support, join the [Gold’s Gym FB page!](#)
## WEEK 6
### Goal: Build Muscle Advanced
**Gym Days:** 5 (pick whichever 5 days of the week you can work out)

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<tr>
<td></td>
<td></td>
<td></td>
<td><strong>STRENGTH TRAINING</strong></td>
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<tr>
<td><strong>CRUNCH</strong> — 3 sets of 20 reps; rest 30 secs between sets</td>
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<tr>
<td>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.</td>
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<tr>
<td><strong>SIDE PLANK WITH TWIST</strong> — Do 3 sets of 12 reps each side; rest 30 secs between sets</td>
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<tr>
<td>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, 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 toward the ceiling. Do all reps, switch sides, and repeat.</td>
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<tr>
<td><strong>Cooldown</strong></td>
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<tr>
<td>Light cardio and stretching: 5 mins</td>
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</table>

### 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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Week 6  

Goal: Build Muscle Advanced  

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Cardio  
Choose a machine that feels comfortable to you—a stationary bike, elliptical or treadmill. The level of intensity here varies between Zone 1 (lowest level; barely feel exertion) and Zone 5 (highest exertion level; maximum effort).

Warm-up: 2 mins / Zone 3  
- Speed Interval: 30 secs / Zone 4  
- Rest Interval: 2 mins / Zone 2  
- Speed Interval: 30 secs / Zone 5  
- Rest Interval: 1 min / Zone 2  
- Speed Interval: 30 secs / Zone 5  
- Rest Interval: 1 min / Zone 2  
- Speed Interval: 30 secs / Zone 4  

Cooldown: 1 min / Zone 1

Strength Training

Step-up with dumbbell — 3 sets of 12 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.

Wall squats — 3 sets of 12 reps; rest 30 secs between sets  
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 »
WEEK 6 | **Goal: Build Muscle Advanced**

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

**DAY 1**

**STRENGTH TRAINING**

**Bridge with Leg Extension** — 3 sets of 12 reps each side; 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. Tighten your stomach and press your heels into the floor, driving your hips upward and finishing the movement by squeezing your glutes, making sure not to use your lower back. While in this position, take one foot off the ground and extend that leg fully in front of you. Return your leg to the ground and repeat with the opposite leg.

**Standing Cable Hip Abduction** — 3 sets of 12 reps each side; rest 30 secs between sets

Stand tall with one shoulder next to the cable machine. Your legs about shoulder-width apart and the ankle attachment placed around the ankle that’s farthest from the cable machine. Place one hand on your hips, while your other hand is securely positioned on cable machine. Raise the weighted leg out laterally as high as possible. Pause and then reverse the motion back to starting position. After all reps are done switch legs and repeat.

**Leg Curl Machine** — 3 sets of 12 reps; rest 30 secs between sets

Set the machine to a challenging weight. Lie on your stomach on the bench part of the machine and 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 12 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.

**Side-to-Side Shuffle Jump** — 3 sets of 12 reps each side; rest 30 secs between sets

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.

**Cool Down**

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 on each side
- **Over Under Shoulder Stretch**
  Hold 30 secs each side
- **Cat Camel**
  15 reps

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**WEEK 6**

**Goal: Build Muscle Advanced**

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

### BUILD MUSCLE MEAL PLAN

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<tr>
<td><strong>BREAKFAST</strong></td>
<td><strong>LUNCH</strong></td>
<td><strong>SNACK</strong></td>
</tr>
<tr>
<td>Mix 1-1/2 scoops whey protein powder with 1 tbsp almond butter and 1-1/2 ounces oatmeal. <strong>388 Cal.</strong></td>
<td>Sushi lunch consisting of 1 ounce tuna sashimi, 2 ounces yellowtail sashimi, 2 ounces salmon sashimi, and a 3-piece vegetable roll. On the side, have 1/4 cup brown rice. <strong>367 Cal.</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>
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<tr>
<td><strong>DINNER</strong></td>
<td><strong>SNACK</strong></td>
<td><strong>DINNER</strong></td>
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<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>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>Grill 5 ounces salmon. On the side, have 1/2 cup brown rice and 3 ounces of steamed asparagus. <strong>318 Cal.</strong></td>
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<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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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 6** | **Goal: Build Muscle Advanced**

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

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<td><strong>DINNER</strong></td>
<td><strong>BUILD MUSCLE MEAL PLAN</strong></td>
<td><strong>BUILD MUSCLE MEAL PLAN</strong></td>
</tr>
<tr>
<td>10 ounces of low-fat Greek yogurt with 1/4 ounces almonds and 3 ounces of blueberries.</td>
<td>3 cups of garden salad with lettuce and grilled fibrous vegetables. Top with 1 tbsp light salad dressing, 1 ounce hummus and 5 ounces of grilled salmon.</td>
<td>Roll 1/2 ounce almonds and 5 ounces apple in 4-1/2 ounces of sliced turkey breast (low sodium).</td>
<td>Stir fry 4-1/2 ounces raw shrimp, 1/2 tbsp olive oil, 1/2 cup brown rice, and 6 ounces broccoli.</td>
<td>10 ounces of low-fat Greek yogurt with 1/4 ounces almonds and 3 ounces of blueberries.</td>
<td>Hot cereal &amp; protein made with 1-3/4 scoops whey protein powder, 1/2 cup quinoa, 1/4 ounce almonds, and 6 ounces almond milk.</td>
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| **DINNER** | **DINNER** | **DINNER** |
| Grill 4 ounces of chicken breast. On the side, have 2 cups of raw spinach leaves, 1 ounce cooked garbanzo beans, and 3 tbsp balsamic vinaigrette. | Grill 4-1/2 ounces of chicken breast. Pair with 5 ounces of pear and 1/2 ounce of raw cashews. | Grill one 4-ounce boneless, skinless chicken breast. Pair with 1 ounce of almonds and 6 ounces of apple. |

| 308 Cal. | 305 Cal. | 311 Cal. |

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| **DINNER** | **DINNER** | **DINNER** |
| Grill one 4-ounce turkey burger. Place on a whole-wheat bun and top with 1-1/2 ounces of avocado. On the side, have 2 cups of garden salad topped with 3 tbsp balsamic vinaigrette. | 1 Advanced Athletics meal replacement bar or a Quest protein bar. | Bacon, egg & cheese sandwich made with 6 egg whites, 1 ounce cheddar cheese, 2 slices of turkey bacon, and 1 ounce of tomato on gluten-free or paleo bread. On the side, a whole peach. |

| 325 Cal. | 240 Cal. / Calories vary | 321 Cal. |

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