### WEEK 6
**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:** 5.5–6.5 mph  
- **Advanced:** 6.5–7.5 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 — 15 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 — 15 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.

See more on next page »

For tips and support, join the *Gold's Gym FB page!*
WEEK 6

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 30 secs 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 30 secs 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 30 secs 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 6**

**Goal: Get Lean Advanced**

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

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**STRENGTH TRAINING**

**GLUTE BRIDGE WITH ADDUCTION — 15 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

For tips and support, join the *Gold's Gym FB page!*

**GO NOW**
**WEEK 6**

**Goal: Get Lean Advanced**

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

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**DAY 1**

Focus: Cardio and Back

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

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**CARDIO**

**ELLiptical**

45 mins / moderate

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**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 30 secs at end of set)**

**CABLE CROSSOVER — 12 reps**

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

**PUSHUP — 15 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 tightly 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 »
**Week 6**

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

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**STRENGTH TRAINING CONT.**

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

**LAT PULLDOWN — 15 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 — 15 reps each side**  
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 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, and then do the other side.

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

**SEATED ROW — 15 reps**  
Sit at a low pulley cable station with a V-handle attachment. Place the 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.

**DUMBBELL LATERAL RAISE — 15 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.

See more on next page »

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**Quote of the Week:**  
It's very simple: To achieve long-term results, you must exercise regularly, consistently make the right food choices, and get proper rest.  
— Robert Reames
## Quote of the Week:

It's very simple: To achieve long-term results, you must exercise regularly, consistently make the right food choices, and get proper rest.
— Robert Reames

### Week 6

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

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**STRENGTH TRAINING CONT.**

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

**BACK EXTENSION — 15 reps**
Lie on the floor, facedown with arms to your sides, palms down, and legs straight. Squeeze your glutes and lower back, and raise your upper body off of the floor while also raising your legs off the ground. Keep your chin pulled down, and rotate your hands outward on the way up so your palms face the ceiling. Hold yourself at the top for two seconds. Relax and return to the starting position. Repeat until all desired reps have been completed.

**SEATED CABLE ROW — 15 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 on each side

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

- **CAT CAMEL**  
  15 reps

For tips and support, join the [Gold's Gym FB page](https://www.facebook.com/GoldsGym)!
**Quote of the Week:**
It's very simple: To achieve long-term results, you must exercise regularly, consistently make the right food choices, and get proper rest.
— Robert Reames

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**WEEK 6**

**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 Chest/Shoulders

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

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**CARDIO**

**TREADMILL INTERVALS**

**Incline:** 3

**Intermediate to Advanced**

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

- Jog: 4 mins
- Sprint: 1 min
- Jog: 3 mins
- Sprint: 2 mins
- Jog: 2 mins
- Sprint: 3 mins
- Walk briskly: 2 mins
- Jog: 3 mins
- Sprint: 2 mins
- Jog: 3 mins
- Sprint: 1 min
- Jog: 4 mins
- Rest: 2 mins

See more on next page »

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**WARM-UPS**

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

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

- **GOOD MORNING STRETCH**
  - 5 reps

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**WEEK 6**

**Goal: Get Lean Advanced**

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

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### WEEK 6 | Week 6 Plan

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**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.

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**Week 6**

**Goal: Get Lean Advanced**

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

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**Strength Training Cont.:**

**SQUAT, PLANK, PUSHUP — 10 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 1 min 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 1 min 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 — 10 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

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The Gold's Gym 12-Week Personal Transformation Plan

**WEEK 6**

**Goal: Get Lean Advanced**

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

**CLASS DAY**

**Focus:** Cardio and Flexibility/Strength

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

**Cardio**

Cardio of your choice (treadmill, elliptical, etc.): 20 mins

**Stretching/Strength**

Attend a Pilates class (1 hour).

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GO NOW
DUOTE OF THE WEEK:
It’s very simple: To achieve long-term results, you must exercise regularly, consistently make the right food choices, and get proper rest. — Robert Reames

The Gold’s Gym 12-Week Personal Transformation Plan

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

DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5

Focus: Cardio and Core
Warm-up: 8 mins / brisk walk or jog on the treadmill

CARDIO
14-MINUTE “MINUTE-BY-MINUTE” BIKE RIDE
This is a super-intense cardio blast. (Zone 1 is comparable to a light warm-up, and Zone 5 is nearly maximum effort.)

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

STRENGTH TRAINING

CORE CIRCUITS

Hydrants Circuit (3 times, rest 1 min 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.

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

**WEEK 6**

**Goal: Get Lean Advanced**

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**STRENGTH TRAINING CONT.**

**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.

**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, right 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 1 min 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 — 15 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**

For tips and support, join the Gold’s Gym FB page!

**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
**Week 6**

**Goal: Get Lean Advanced**

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### Get Lean Meal Plan

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<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
</tr>
<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. 213 cal.</td>
<td>1/2 cup sweetened oatmeal with 1 cup mixed berries. 371 Cal.</td>
<td>Scramble 1 whole egg and 4 egg whites. Sprinkle 1 tsp parmesan over top. On the side, have 1/2 grapefruit. 226 Cal.</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td><strong>Lunch</strong></td>
<td><strong>Lunch</strong></td>
</tr>
<tr>
<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. 300 Cal.</td>
<td>1 large salad with veggies. Top with 4 ounces of shrimp and oil-and-vinegar dressing. 300 Cal.</td>
<td>4 ounces of albacore tuna with diced cucumber, tomatoes, and onions. Mix with 2/3 cup plain nonfat yogurt. Season with salt and pepper. 362 Cal.</td>
</tr>
<tr>
<td><strong>Snack</strong></td>
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<td><strong>Snack</strong></td>
</tr>
<tr>
<td>1/2 cup avocado. 1 apple. 189 Cal.</td>
<td>6-ounces of Greek yogurt mixed with 1/4 cup of blueberries. Handful of almonds. 233 Cal.</td>
<td>1 cup fresh fruit of choice. 10 walnuts. 254 Cal.</td>
</tr>
<tr>
<td><strong>Dinner</strong></td>
<td><strong>Dinner</strong></td>
<td><strong>Dinner</strong></td>
</tr>
<tr>
<td>6 ounces of roasted chicken paired with 1/2 cup cooked broccoli and 1 sweet potato. 419 Cal.</td>
<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. 284 Cal.</td>
<td>Grill 4 ounces of sirloin steak. On the side, have 4 pieces of steamed broccoli and 1 baked sweet potato. 460 Cal.</td>
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<tr>
<td><strong>Total Calories</strong></td>
<td><strong>Total Calories</strong></td>
<td><strong>Total Calories</strong></td>
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<tr>
<td>1121 Calories</td>
<td>1188 Calories</td>
<td>1302 Calories</td>
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</tbody>
</table>

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

It's very simple: To achieve long-term results, you must exercise regularly, consistently make the right food choices, and get proper rest.

— Robert Reames

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**Week 6 | Goal: Get Lean Advanced**

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

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### GET LEAN MEAL PLAN

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<tr>
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<td><strong>BREAKFAST</strong></td>
<td><strong>LUNCH</strong></td>
<td><strong>LUNCH</strong></td>
<td><strong>SNACK</strong></td>
</tr>
<tr>
<td></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>1 cup of Greek yogurt with 1 orange and 2 slices of whole grain toast with 1 tsp almond butter.</td>
<td>1 cup oat bran cereal with almond milk and 1 cup of blueberries. 2 boiled eggs on the side.</td>
<td><strong>TOTAL CALORIES</strong></td>
<td>1381 Calories</td>
</tr>
<tr>
<td></td>
<td><strong>436 Cal.</strong></td>
<td><strong>388 Cal.</strong></td>
<td><strong>367 Cal.</strong></td>
<td><strong>1450 Calories</strong></td>
<td><strong>1467 Calories</strong></td>
</tr>
<tr>
<td></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>
<td>Bake 4 ounces of chicken breast. On the side, have 1 cup steamed veggies and 1/2 cup brown rice.</td>
<td>Salad made with raw vegetables of choice, tomatoes, 4 ounces of boiled shrimp, and 1 tbsp olive oil and balsamic vinegar dressing.</td>
<td><strong>TOTAL CALORIES</strong></td>
<td><strong>254 Cal.</strong></td>
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<td><strong>400 Cal.</strong></td>
<td><strong>456 Cal.</strong></td>
<td><strong>481 Cal.</strong></td>
<td><strong>126 Cal.</strong></td>
<td><strong>220 Cal.</strong></td>
</tr>
<tr>
<td></td>
<td>1 green apple.</td>
<td>1 cup watermelon. 10 almonds.</td>
<td>1 small green apple. 1 tbsp natural almonds.</td>
<td><strong>TOTAL CALORIES</strong></td>
<td><strong>419 Cal.</strong></td>
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<tr>
<td></td>
<td><strong>126 Cal.</strong></td>
<td><strong>254 Cal.</strong></td>
<td><strong>220 Cal.</strong></td>
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<td><strong>399 Cal.</strong></td>
</tr>
<tr>
<td></td>
<td>6 ounces of roasted chicken paired with 1/2 cup cooked broccoli and 1 sweet potato.</td>
<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>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>
<td><strong>TOTAL CALORIES</strong></td>
<td><strong>399 Cal.</strong></td>
</tr>
<tr>
<td></td>
<td><strong>419 Cal.</strong></td>
<td><strong>352 Cal.</strong></td>
<td><strong>399 Cal.</strong></td>
<td><strong>1 small green apple. 1 tbsp natural almonds. 220 Cal.</strong></td>
<td></td>
</tr>
</tbody>
</table>

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