The Gold’s Gym 12-Week Personal Transformation Plan

**Week 8**

**Goal: Build Muscle Advanced**

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

**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 »

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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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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.

SINGLE-ARM TRICEPS EXTENSION — 3 sets of 12 reps; rest 30 secs between sets
Stand with feet shoulder-width apart and holding a dumbbell with one hand. Bracing your abs, press the dumbbell overhead by extending your arm. This is your starting position. Lower the dumbbell by bending your elbow so that it sticks out to the side. Get a good stretch in the triceps and stop just shy of the dumbbell touching your neck. Pause the dumbbell for 1 second in the bottom position and then extend them back to the starting position by contracting the triceps.

MOUNTAIN CLIMBER — 3 sets of 30 reps; rest 30 secs between sets
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.

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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**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**

**WALKING LUNGE** — 3 sets of 15 reps each side; rest 30 secs between sets

Stand tall with your feet together. Take a large step forward with your right leg. Drop into a lunge bending both knees to 90 degrees. Keep your torso upright with your chest up and shoulders back. Maintain your balance. Step forward and bring your feet together. Take another step forward with your left leg.

**SQUAT, PLANK, PUSHUP** — 3 sets of 12 reps; rest 1 min 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.

**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.

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**QUOTE OF THE WEEK:**

At the time when I started training...I found comfort in the fact that I could take control of how I was treating my body.

— Jamie Eason

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**STRENGTH TRAINING**

**CONT.**

**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.

**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; 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 your chest. Bring your knees into your chest, tightening your abs to lift your hips off the floor. Pause at the top before lowering your legs as close to the ground as possible without allowing your lower back to arch and lose contact with the floor. Return to the starting position.

**CRUNCH** — 3 sets of 25 reps; rest 30 secs between sets

Lie flat on your back, placing your hands behind your head or crossing them 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.

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**STRENGTH TRAINING**

**SIDE PLANK WITH TWIST — 3 sets of 12 reps 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.

**Cooldown**

Light cardio and stretching: 5 mins

---

**STRETCH SESSION**

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

- **SCORPION**
  - Hold 45 secs each side

- **STRAIGHT-LEG CALF STRETCH**
  - Hold 30 secs on each side

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

- **CAT CAMEL**
  - 15 reps

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<tr>
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<td></td>
<td><strong>CLASS DAY</strong></td>
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</table>

- Attend a Pilates class (1 hour).

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**CARDIO**

Do an indoor cardio triathlon!

**ELLIPtical (10 mins)**

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

**BICYCLE (10 mins)**

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

**TREADMILL (10 mins)**

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

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**STRENGTH TRAINING**

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

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

**SQUAT JUMP ONTO BOX — 12 reps**

Stand in front of a 12-inch box, or a stabilized weight bench. Push your hips back, squat down and jump with both feet onto the box. Jump off the box, reset and repeat the movement.

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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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**STRENGTH TRAINING**

**SQUAT, PLANK, PUSHUP — 12 reps**

Stand with the feet shoulder-width apart and toes pointed outward. Descend your hips until your thighs are parallel to the ground and place your hands directly in front of you on the floor. Jump the legs back so that you’re in a full plank position. Keeping the elbows tucked close to the torso, descend into a pushup until your chest touches the ground. Jump your feet forward into a squat position and repeat.

**SCISSOR POWER SWITCH — 12 reps each leg**

Stand with your feet a lunge-length apart, with your right foot in front of your left. Bend both knees to 90 degrees and descend into the lunge. Reach for the ground with your left hand. Do all reps, switch sides and repeat.

**LATERAL DUMBBELL STEP-UP — 12 reps each side**

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

**SIDE-TO-SIDE SHUFFLE JUMP — 12 reps each side**

Stand tall with your arms by your side. Squat down, reaching your left hand to the outside of your left foot. Jump into the air and toward the right, landing in the squat position while reaching your right hand outside of your right foot. Make sure your heels hit the ground each time you land. Repeat this back and forth movement for the desired amount of reps.

**MEDICINE-BALL SIDE THROW — 12 reps each side**

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

See more on next page »

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At the time when I started training...I found comfort in the fact that I could take control of how I was treating my body.
— Jamie Eason

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**Strength Training (Cont.)**

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

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

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

**Stretch Session**

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

**Cooldown:** 30 secs / Zone 1

**STRENGTH TRAINING**

**STEP-UP WITH DUMBBELL** — 3 sets of 15 reps each side; rest 1 min 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 »

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**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. Do all reps, 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 your heels hit the ground each time you land. Repeat this back and forth movement for the desired amount of reps.

**Cooldown**

Light cardio and stretching: 5 mins

---

**STRETCH SESSION**

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

- **SCORPION**
  Hold 45 secs each side

- **STRAIGHT-LEG CALF STRETCH**
  Hold 30 secs on each side

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

- **CAT CAMEL**
  15 reps

---

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<td><strong>Day 1</strong></td>
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</tr>
<tr>
<td><strong>Breakfast</strong></td>
<td>Protein smoothie made with almond milk, 1-1/2 scoops whey protein powder, 1 tbsp almond butter, 1-1/2 ounces banana, and 6 ounces of almond milk.</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td>Cranberry chicken salad wrap made with 4 ounces boneless, skinless chicken breast, 1/2 ounce Greek yogurt, 1 tbsp mayo, 1/2 cup raw spinach leaves, 1 ounce tomato, and 1/2 tbsp dried cranberries. Enclose in a sprouted-whole-grain wrap.</td>
</tr>
<tr>
<td><strong>Snack</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.</td>
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<tr>
<td><strong>Dinner</strong></td>
<td>Prepare 4 ounces of filet mignon. On the side, have 6 ounces of steamed broccoli and 1/2 ounces of brown rice.</td>
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</tbody>
</table>

*Each day based on a balance of approximately 1000-1500 average total calories to be consumed per day.*
**WEEK 8**

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<td><strong>BUILD MUSCLE MEAL PLAN</strong></td>
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<tr>
<td><strong>BREAKFAST</strong></td>
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<td><strong>DAY 5</strong></td>
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<td><strong>DAY 6</strong></td>
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<tr>
<td></td>
<td>1 green protein smoothie made with 1-1/2 scoops whey protein powder, 6 ounces coconut water, 1/2 cup raw spinach, 1/2 cup raw kale, 3 ounces cucumber, 4 ounces apple, and 1 tbsp cold-pressed coconut oil. <strong>363 Cal.</strong></td>
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<td>Mix 1-1/2 scoops whey protein powder with 1 tbsp almond butter and 1-1/2 scoops oats. <strong>388 Cal.</strong></td>
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<td>10 ounces of low-fat Greek yogurt with 1/4 ounce almonds and 3 ounces of blueberries. <strong>285 Cal.</strong></td>
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<td>Chicken fajitas consisting of 4 ounces of boneless, skinless chicken breast, 1-1/2 ounces avocado, 1 ounce green and red peppers, and 2 ounces of any sprouted-whole-grain tortillas. <strong>305 Cal.</strong></td>
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<td>3 cups of garden salad with lettuce and grilled vegetables. Top with 1 tbsp light salad dressing, 1 ounce hummus, and 5 ounces of grilled salmon. <strong>423 Cal.</strong></td>
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<td>3 cups garden salad consisting of lettuce and fibrous vegetables. Top with 1 tbsp oil and vinegar and 4 ounces of boneless, skinless grilled chicken breast. <strong>299 Cal.</strong></td>
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<td>Grill 4-1/2 ounces of chicken breast. Pair with 5 ounces of pear and 1/2 ounce of raw cashews. <strong>305 Cal.</strong></td>
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<td><strong>SNACK</strong></td>
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<td><strong>DAY 6</strong></td>
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<td>Roll 1/2 ounce almonds and 5 ounces apple in 4-1/2 ounces of sliced turkey breast (low sodium). <strong>283 Cal.</strong></td>
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<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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<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>
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<td>Stir fry 4-1/2 ounces raw shrimp, 1/2 tbsp olive oil, 1/2 cup brown rice, and 6 ounces broccoli. <strong>344 Cal.</strong></td>
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<td><strong>DINNER</strong></td>
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