**WEEK 9**

**Goal: Boost Performance**

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

---

### DAY 1

**CARDIO**

Continue to incorporate high-intensity interval training into your workout for speed plus strength. 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). As a general guide, treadmill incline should be somewhere between a 4% and a 10% grade, and sprint speed should be between 7.5 and 10 mph. Focus on pushing yourself but keep good posture with your hips, shoulders and neck relaxed.

**Warm-up:** 5 mins / Zone 1 working up to Zone 3
- Speed Interval: 1 min / Zone 3
- Rest Interval: 3 mins / Zone 2
- Speed Interval: 2 mins / Zone 4
- Rest Interval: 3 mins / Zone 2
- Speed Interval: 3 mins / Zone 5
- Rest Interval: 3 mins / Zone 2
- Speed Interval: 2 mins / Zone 4
- Rest Interval: 3 mins / Zone 2
- Speed Interval: 1 min / Zone 5

**Cooldown:** 5 mins / Zone 3 decreasing to Zone 1

---

### CORE CHECK-IN

**PLANK** — 3 sets of 1-min holds (rest for 30 secs between holds)

Lie facedown with your elbows directly beneath your shoulders and raise your torso into the air until it’s a completely straight line from your shoulders to your ankles. Tighten your stomach, squeeze your glutes, and hold.

**SIDE PLANK** — 3 sets of 1-min holds on each side (rest for 30 secs between holds)

Begin facedown with your elbows resting on the floor or a mat. Rotate to the right side, then push up so you are resting on your right forearm and outer right foot, with your hips and back in alignment. Try not to let your hips sag. Repeat on left side.

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**STRETCH SESSION**

- **HAMSTRING STRETCH**
  - 10 reps each side
- **GLUTE STRETCH**
  - Hold 45 secs each side
- **LYING ABDUCTION STRETCH**
  - Hold 30 secs each side
- **BICEPS STRETCH**
  - Hold 45 seconds
- **GLUTE FOAM ROLL**
  - Roll back and forth on each side for 10 reps
  - Grab a foam roller and sit on the ground, your legs extended in front of you and your hands on the ground behind you. Place the foam roller under your right glutes, and bring your left ankle up to your right knee, letting it rest there. With your weight resting on your hands and on the foam roller, rock back and forth so that the foam roller rolls up and down your glutes.
- **GROIN FOAM ROLL**
  - Roll back and forth for 10 reps
  - Lie on your stomach with your arms bent 90 degrees in front of you, your elbows on the ground, and a foam roller parallel to your right leg. Lift your right leg and place your inner thigh on the foam roller, just above your knee. Push your body to the right so that the foam roller rolls up your right inner thigh, until it reaches your pelvis. Reverse the motion.
- **UPPER BACK FOAM ROLL**
  - Roll back and forth for 10 reps
  - Grab a foam roller and lie on your back, your legs extended and hands at your sides. Place the foam roller under your upper back, and bend your knees so that your feet are flat on the floor. With your weight resting on your feet and on the foam roller, rock back and forth so that the foam roller rolls up and down your upper back.

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**WEEK 9**

**Goal: Boost Performance**

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**CARDIO + STRENGTH TRAINING COMBINED**

**BOOTCAMP WORKOUT**

This strength workout is great for all your muscles, plus it adds a little cardio to keep it interesting.

- **Jump rope:** 1 min

**Series 1 (8 times; then rest for 1 min)**

**JUMPING JACKS — 30 secs**

Stand with your feet together and your hands at your sides. Simultaneously raise your arms above your head and jump your feet out to the sides. Immediately jump back to the starting position. Repeat for all reps.

**WALKING HIGH KNEES — 10 reps**

Stand tall with your legs straight and arms hanging at your sides. Kick your right knee up, bringing it as high as possible before slowly lowering it. Immediately repeat with your left knee to "walk" forward. Count 1 rep each time your right knee comes up.

**LATERAL STEPOVER — 10 reps each side**

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

**Series 2 (8 times; then rest for 1 min)**

**SQUAT JUMP — 5 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.

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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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The Gold's Gym 12-Week Personal Transformation Plan

**Week 9**

**Goal: Boost Performance**

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**DAY 1**

**CARDIO + STRENGTH TRAINING COMBINED**

**SCISSOR POWER SWITCH** — 5 reps each side

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. Jump off the ground while swinging your arms forward. Switch your feet in the air and land with your left foot forward. Descend into a lunge in preparation for the next rep. Alternate sides and complete all reps.

**SQUAT, PLANK, PUSHUP** — 5 reps

Stand with the feet shoulder-width apart and toes pointed outward. Lower your hips until your thighs are parallel to the ground and place your hands directly in front of you on the floor. Jump your 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.

**JUMPING JACKS** — 30 secs

Stand with your feet together and your hands at your sides. Simultaneously raise your arms above your head and jump your feet out to the sides. Immediately jump back to the starting position. Repeat for all reps.

**Series 3 (8 times; then rest for 1 min)**

**SPLIT JACKS** — 5 reps on each side

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

**LATERAL LEAP AND HOP** — 5 reps each side

Stand on your right leg and take your left foot completely off the ground. Make sure to keep a slight bend in the right knee. Bend your right knee a bit deeper and then explosively leap to the left and land on your left foot. Do not allow your right foot to touch the ground. Pause, then hop once on your left leg. Repeat for the prescribed number of sets and repetitions.

**DAY 2**

**CARDIO + STRENGTH TRAINING COMBINED CONT.**

**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

**LOWER BACK FOAM ROLL**

Roll back and forth for 10 reps

Grab a foam roller and lie on your back, your legs extended and hands at your sides. Place the foam roller under your lower back and bend your knees, so that your feet are flat on the floor. With your weight resting on your feet and on the foam roller, rock back and forth so that the foam roller rolls up and down your lower back.

**DAY 3**

**DAY 4**

**DAY 5**

**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

**Lower Back Foam Roll**

Roll back and forth for 10 reps

Grab a foam roller and lie on your back, your legs extended and hands at your sides. Place the foam roller under your lower back and bend your knees, so that your feet are flat on the floor. With your weight resting on your feet and on the foam roller, rock back and forth so that the foam roller rolls up and down your lower back.

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**WEEK 9**  
**Goal: Boost Performance**  
**Gym Days:** 5 (pick whichever 5 days of the week you can work out)

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<tr>
<td><strong>CARDIO + STRENGTH TRAINING COMBINED</strong></td>
<td><strong>CALF FOAM ROLL</strong></td>
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<tr>
<td><strong>SQUAT THRUSTS — 5 reps</strong></td>
<td>Roll back and forth on each side for 10 reps</td>
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<tr>
<td>Stand tall with your feet shoulder-width apart and arms hanging at your sides. Push your hips back and bend your knees to descend into a squat. Drop your hips as low as possible and place your palms on the ground. Kick your legs backward so that you’re in a pushup position. Quickly bring your legs back to the squat position and jump up quickly back to the starting position. Repeat.</td>
<td>Grab a foam roller and sit on the ground, your legs extended in front of you and your hands on the ground behind you. Place the foam roller under one leg, letting it rest under the calf muscle. Raise your hips so that your weight is resting on your hands and the foam roller. Rock forward and backward so that the foam roller rolls up and down your calf.</td>
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<tr>
<td><strong>PUSHUPS PLUS — 5 reps each side</strong></td>
<td><strong>HAMSTRING FOAM ROLL</strong></td>
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<td>Assume a standard pushup position with your feet slightly elevated on a bench behind you. With your hands a bit wider than shoulder-width apart, transfer most of your body weight to one hand and slowly lower yourself toward that side until your chest is nearly touching the ground. Pause, and then push yourself back up to the starting position. Repeat on the other side. Repeat for prescribed number of sets and reps.</td>
<td>Roll back and forth on each side for 10 reps</td>
<td>Grab a foam roller and sit on the ground with your legs extended in front of you and your hands on the ground behind you. Place the foam roller under one hamstring, and bring your other ankle up to rest on the knee on the foam roller. Raise your hips so that your weight is resting on your hands and the foam roller. Rock back and forth so the foam roller rolls up and down your hamstring.</td>
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WEEK 9 | Goal: Boost Performance
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**CLASS DAY**

Attend a Pilates class (1 hour).

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Week 9 | Goal: Boost Performance

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**CARDIO**

Incorporate high-intensity interval training into your workout for speed plus strength. 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). As a general guide, treadmill incline should be somewhere between a 4% and a 10% grade, and sprint speed should be between 7.5 and 10 mph. Focus on pushing yourself but keep good posture with your hips, shoulders and neck relaxed.

**Warm-up:** 10 mins / Zones 2–3

**Interval Cycle (3 times)**

- **Interval 1:** 4 mins / Zone 4
- **Interval 2:** 1 min / Zone 5
- **Interval 3:** 3 mins / Zone 4
- **Interval 4:** 1 min / Zone 2

**Cooldown:** 5–10 mins / Zone 1

**STRENGTH TRAINING**

Follow your cardio with this short strength routine. Put 15 mins on the clock and repeat this series until time runs out—no breaks between exercises!

**PUSHUPS — 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.

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**WEEK 9**  
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### DAY 1

**STRENGTH TRAINING** CONT.

**MOUNTAIN CLIMBERS** — Do continuously for 30 secs
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 a line as possible. Return to the starting position and repeat the movement with your opposite leg. Complete all reps.

**SQUATS** — 15 reps
Stand as tall as you can with your feet shoulder-width apart, toes slightly pointed outward. Keep arms in front of you at chest height to help maintain balance. Drop your hips and sit back until your thighs are parallel with the floor. Pause, then drive through the heels and lift body upward to the starting position, squeezing the glutes at the top of the movement.

**MEDICINE BALL SIT-UP** — 15 reps
Lie flat on your back with your knees bent to 90 degrees. Hold a medicine ball with both hands on top of your chest. Keeping the medicine ball against your chest, tighten your stomach and use your abs to raise your torso off the ground, pausing at the top before returning to the starting position.

### STRETCH SESSION

- **HAMSTRING STRETCH**  
  10 reps each side

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

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

- **BICEPS STRETCH**  
  Hold 45 seconds

- **GLUTE FOAM ROLL**  
  Roll back and forth on each side for 10 reps

- **GROIN FOAM ROLL**  
  Roll back and forth on each side for 10 reps

- **UPPER BACK FOAM ROLL**  
  Roll back and forth for 10 reps

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Week 9

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Focus on your core with this abs-centric bootcamp workout. Some of these exercises require a medicine ball. Choose a weight that is difficult but not straining.

**Series 1 (3 times, then rest for 1 min)**

**WALKING HIGH KNEES — 30 secs**
Stand tall with your legs straight and arms hanging at your sides. Kick your right knee up, bringing it as high as possible before slowly lowering it. Immediately repeat with your left knee to "walk" forward.

**MOUNTAIN CLIMBERS — Do continuously for 30 secs**
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. Complete all reps.

**SQUAT, PLANK, PUSHUP — 30 secs**
Stand with the feet shoulder-width apart and toes pointed outward. Lower your hips until your thighs are parallel to the ground and place your hands directly in front of you on the floor. Jump your 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.

**Series 2 (3 times, then rest for 1 min)**

**PLANK — Hold 20 secs**
Lie facedown with your elbows directly beneath your shoulders and raise your torso into the air until it’s a completely straight line from your shoulders to your ankles. Tighten your stomach, squeeze your glutes, and hold.

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## WEEK 9

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### CARDIO

**QUADRUPED LEG RAISE — 10 reps on each side**
Get down on all fours with your back straight. Without changing the bend in your knee, kick your right leg back and up as high as you possibly can. Pause, then return to the starting position and switch legs.

**SUPERMANS — 10 reps**
Lie facedown on the floor with your legs straight and arms stretched past your head. Your palms should be on the floor. Squeeze your glutes and lower back to raise your upper body off the floor with your hands out in front of you. Simultaneously, lift your straight legs off the floor. Pause at the top for two secs. Relax and return to the starting position.

**Series 3 (3 times, then rest for 1 min)**

### MODIFIED SIT-UP — 15 reps
Lie on your back with your knees bent to 90 degrees and feet flat on the floor. Keep your arms straight against your sides, palms facing down and hovering slightly above the floor. Tighten your abs and raise your torso until you’re sitting up at a 45-degree angle, pausing for a moment before returning to the floor.

### HOVERING SIT-UP — 15 reps
Start by sitting with your feet and upper back off the ground and knees bent toward your chest, placing your hands behind your head for support and balance. Make sure not to pull at your neck. Tighten your abs and straighten your legs out completely while leaning back, touching your lower back to the ground while making sure that your shoulders remain in the air. Use your abs to crunch up and return to the starting position.

### SWISS BALL RUSSIAN TWIST — 10 reps each side
Lie with your back on a Swiss ball. Your feet should be flat on the floor with your knees bent at 90 degrees. Clasp your hands together directly above your chest with straight elbows. Carefully rotate your arms to the side. The ball will roll across your back to the back of your shoulders. Keep your hips up by squeezing your glutes. Rotate back to the starting position. Repeat on the opposite side.

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**SIDE PLANK WITH TWIST — 8 reps on each side**

Lie on your side and position yourself on your bottom elbow and the side of your foot. Lift your hips off the ground and form a straight line from your shoulders to your feet. Brace your abs and squeeze your butt. Take your top arm and sweep underneath and slightly behind you. Your torso will twist forward; 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.

**Series 4 (3 times, then rest for 1 min)**

**MEDICINE BALL SLAM — 10 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.

**PLANK PIKE — 10 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.

**MEDICINE BALL SIDE THROW**

Take a shoulder-width stance with your right side two to three feet away from a wall, holding a medicine ball in your hands. Extend your arms fully in front of you so that the ball is at chest height. Keeping your abs tight, rotate your torso away from the wall, quickly reversing direction to throw the ball against the wall as hard as possible and catching it on the rebound. Complete all reps before switching sides.

**MEDICINE BALL CHEST PASS — 10 reps**

Grab a medicine ball and stand several feet in front of a partner or wall. Hold the medicine ball with both hands in front of your chest and assume an athletic stance with your feet roughly shoulder-width apart. Step forward with one leg and forcefully pass the ball to the training partner or wall by pushing it away from your chest. Have your partner toss the ball back or catch the rebound from the wall with both hands. Bend your knees as you receive the ball, lowering into a half squat. Press back up and repeat the movement.

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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 each side

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

- **CAT CAMEL**
  - 15 reps

- **LOWER BACK FOAM ROLL**
  - Roll back and forth for 10 reps

- **Calf Foam Roll**
  - Roll back and forth on each side for 10 reps

- **Hamstring Foam Roll**
  - Roll back and forth on each side for 10 reps

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**Week 9**

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### Meal Plan

#### Day 1

**Breakfast:**
- 2 egg whites sautéed with 1/2 cup spinach and 1 tbsp olive oil. 1 cup of high-fiber cereal with 1 cup nonfat milk and 1 cup blueberries. 487 Cal.

**Lunch:**
- Turkey sandwich made with 5 ounces sliced turkey, 1/2 sliced avocado, tomato, lettuce, and hot mustard on 2 slices of gluten-free bread. On the side, have 1 peach with the skin left on. 548 Cal.

**Snack:**
- 1 cup red grapes. 1/2 cup sunflower seeds. 192 Cal.

**Dinner:**
- Slice a 4-ounce chicken breast in half; stuff with pesto, spinach, and herbs, and bake. On the side, have 2 cups boiled quinoa with 1/3 cup chopped pecans, plus 1 to 2 cups of sautéed red cabbage and asparagus, and 1/2 of a banana (add the 1/2 banana at the very end of the sauté process). 814 Cal.

**Total Calories:** 2041 Calories

#### Day 2

**Breakfast:**
- 1 gluten-free waffle with 1 tbsp peanut butter and 1 cup raspberries. 253 Cal.

**Lunch:**
- Prepare one 4-ounce lamb steak. On the side, have 1 cup of quinoa mixed with fresh herbs and 1 tbsp olive oil, 1/2 cup of steamed carrots with 1/2 cup of chopped red onion, and 1/2 of an apple. 634 Cal.

**Snack:**
- 1 cup cooked garbanzo beans mixed with fresh lettuce (as much as you want), topped with 2 tbsp light vinaigrette and 1 tbsp ground flax seed. Pair with 2 ounces grilled chicken strips dipped in 1 cup of marinara sauce. 747 Cal.

**Dinner:**
- 5 ounces of grilled liver with onions sautéed in 1 tbsp of olive oil. On the side, have 1 cup cooked quinoa mixed with 1 cup of steamed broccoli. 525 Cal.

**Total Calories:** 1724 Calories

#### Day 3

**Breakfast:**
- 1 cup of gluten-free oatmeal. On the side, have 1 hard-boiled egg and 1 whole grapefruit. 450 Cal.

**Lunch:**
- 1 gluten-free waffle with 1 tbsp peanut butter and 1 cup raspberries. 253 Cal.

**Snack:**
- 1 cup red grapes. 1/2 cup sunflower seeds. 192 Cal.

**Dinner:**
- Grill 6 ounces halibut or your choice of white fish. Sauté 1 cup of fresh tomatoes, basil, and olive oil to pour over the fish. On the side, have 1 cup of grilled red and yellow peppers, 1/2 baked potato with the skin, and 1 tbsp pesto. 574 Cal.

**Total Calories:** 1963 Calories

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*Each day based on a balance of approximately 1700–2000 average total calories to be consumed per day.*
### WEEK 9
#### Goal: Boost Performance
**Gym Days:** 5 (pick whichever 5 days of the week you can work out)

#### Menu

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<td><strong>BREAKFAST</strong></td>
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<td>Scramble 2 whole eggs with 1 tbsp grapeseed oil, sautéed spinach, and cayenne pepper. Pair with 1/2 of a gluten-free bagel and 1 slice of low-fat cheddar cheese.</td>
<td>Egg white omelet made with 2 egg whites, 3 ounces ground chicken, 1/2 tomato, fresh oregano, 1/2 cup dandelion greens, and 2 tbsp olive oil. On the side, have 1 gluten-free waffle with 1 tbsp real butter.</td>
<td>1 cup of low-fat Greek yogurt with 1/3 cup almonds, 1 cup of gluten-free high-fiber cereal, 1 cup blackberries and 1 tbsp honey.</td>
<td>525 Cal.</td>
<td>576 Cal.</td>
<td>585 Cal.</td>
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| **LUNCH** | | | | | |
| 4 ounces sliced roast beef on a gluten-free bun. Add lettuce and sprouts. On the side, have 1 pear with the skin. | One 4-ounce low-sodium ham sandwich on gluten-free bread with 1 slice of low-fat melted Swiss cheese, lettuce, and hot mustard. On the side, have 1 cup of vegetable and brown rice soup (homemade or lowest-sodium version available). | Turkey sandwich made with 5 ounces sliced turkey, 1/2 sliced avocado, tomato, lettuce, and hot mustard on 2 slices of gluten-free bread. On the side, have 1 peach with the skin left on. | 516 Cal. | 405 Cal. | 548 Cal. |

| **SNACK** | | | | | |
| 1 cup fresh watermelon. 1/3 cup mixed walnuts and pecans. | 2 tbsp hummus dip with a mix of eight to 12 carrots, celery, and zucchini sticks. | 1 orange. 1/3 cup walnuts. | 274 Cal. | 113 Cal. | 250 Cal. |

| **DINNER** | | | | | |
| One 5-ounce grilled pork chop. On the side, have 2 cups of asparagus sautéed in 1 tbsp grapeseed oil. | Bake 6 ounces white fish. On the side, have 1 cup of mashed cauliflower with jalapeno (at your level of spice preference) and 1 tbsp of olive oil. 1 cup brussels sprouts sautéed in 1 tbsp grapeseed oil. 1 cup raspberries with 1 cup almond milk. | Three 2-ounce beef meatballs sautéed with 1 to 2 cups of white and red cabbage and 3 tbsp grapeseed oil. For dessert, have 1 baked apple with cinnamon. | 415 Cal. | 711 Cal. | 670 Cal. |

| **TOTAL CALORIES** | | | | | |
| 1730 Calories | 1805 Calories | 2053 Calories |

*Each day based on a balance of approximately 1700–2000 average total calories to be consumed per day.*