

Weekly Fitness & Meal Plan (5'11", 150 lbs, 3 Days Light Weights)

Workout	Breakfast	Lunch	Dinner	Notes
Full-Body (Light Weights) Goblet Squat 3×12, Incline DB Press 3×12, Lat Pulldown 3×12, DB RDL 3×12, Seated Row 3×12, Plank 3×30s	2 whole eggs + 1 cup Greek yogurt + berries	5 oz chicken + 1 cup quinoa + broccoli	5 oz salmon + roasted veggies + 1/2 cup rice	Light effort, focus on technique
Low-Impact Conditioning & Core 30–40 min brisk walk/cycle, Dead bug 3×10/side, Side Plank 3×30s/side	2 whole eggs + 1 cup Greek yogurt + berries	Turkey bowl (5 oz) + brown rice + greens	Lean beef burger (lettuce wrap) + green beans	Zone 2 cardio, core stability
Lower Body & Glutes (Light) Step-Ups 3×12/leg, Hip Thrust 3×12, Leg Press 3×12, Cable Kickbacks 3×12/leg, Calf Raise 3×15, Bird-Dog 3×10/side	2 whole eggs + 1 cup Greek yogurt + berries	5 oz cod + sweet corn + salad	Chicken stir-fry (5 oz) + jasmine rice + veg	Glute emphasis, maintain heart rate
Active Recovery / Mobility 20–30 min easy walk + 20 min yoga/mobility	2 whole eggs + 1 cup Greek yogurt + berries	Greek yogurt parfait + oats + almonds	Shrimp tacos (2–3) on corn tortillas + slaw	Keep it light, hydration key
Upper Body (Light) Seated DB Shoulder Press 3×12, Chest-Supported Row 3×12, Cable Row 3×12, Hammer Curl 2×15, Rope Pressdown 2×15, Pallof Press 3×10/side	2 whole eggs + 1 cup Greek yogurt + berries	Chicken salad wrap + fruit	Baked salmon (5 oz) + quinoa + asparagus	Pump, no heavy weights
Optional Conditioning Incline treadmill 20–30 min (easy) + Core circuit (3 rounds): Glute bridge 12, Heel taps 12/side, Plank 30s	2 whole eggs + 1 cup Greek yogurt + berries	Egg scramble bowl + avocado toast	Sirloin strips (5 oz) + roasted potatoes + veg	Optional cardio, core work
Rest / Recovery Light stretching, hydration, sleep focus	2 whole eggs + 1 cup Greek yogurt + berries	Chicken & wild rice soup	Turkey meatballs + marinara + zucchini noodles	Full recovery, hydration