

Post-Workout Meal Plan

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Introduction

WHY POST-WORKOUT NUTRITION MATTERS

After an intense workout, your body goes through several changes:

- Depleted Energy Stores Your muscles use glycogen (stored carbohydrates) for energy during exercise. Replenishing glycogen postworkout helps restore energy levels.
- Muscle Repair & Growth Exercise causes small tears in muscle fibers.
 Consuming protein after a workout helps repair and build stronger muscles.
- Reduced Muscle Soreness & Fatigue Proper post-workout nutrition reduces inflammation and speeds up muscle recovery, allowing you to train consistently.
- Better Performance & Strength Eating the right nutrients enhances endurance, strength, and muscle definition over time.

Without proper post-workout nutrition, you may experience:

- Fatigue & slower recovery
- Loss of muscle mass
- Decreased performance

The Post-Workout Nutrition Formula

The ideal post-workout meal should include:

- Protein (15-30g) Repairs and builds muscle (e.g., chicken, eggs, protein shakes).
- Carbs (30-60g) Restores energy (e.g., rice, oats, sweet potatoes).
- Healthy Fats (5-15g) Reduces inflammation (e.g., avocado, nuts, olive oil).
- Hydration (Water + Electrolytes) Replenishes fluids lost through sweat.

Introduction

HOW THIS GUIDE WORKS

This guide provides a structured 30-day post-workout meal plan designed to:

- Help you recover faster
- Build lean muscle
- Maintain high energy levels

What You'll Get:

- A day-by-day meal plan for 30 days
- Easy & delicious recipes for post-workout meals & snacks
- Weekly grocery lists to simplify meal prep
- A hydration & supplement guide for optimal recovery
- A printable meal tracker to keep you on track

This plan is suitable for all fitness levels, whether you're a beginner, athlete, or looking to improve your health.

How to Use This Guide:

- Follow the 30-day meal plan or mix & match meals based on your preference.
- Meal prep in advance using our shopping lists and batch-cooking tips.
- Stay hydrated & track your progress with the included hydration tracker.

Introduction

MEAL TIMING & NUTRIENT BREAKDOWN

When Should You Eat After a Workout?

The best time to eat a post-workout meal is within 30-60 minutes after exercise. This is known as the "anabolic window", when your muscles are most receptive to nutrients.

Ideal Post-Workout Timing:

- Immediately After Workout: Hydrate with water & electrolytes
- Within 30-60 Minutes: Eat a balanced meal with protein + carbs
- 2-3 Hours After Workout: Eat another nutrient-dense meal for sustained recovery

Nutrient Breakdown: What to Eat Post-Workout?

NUTRIENT	FUNCTION	BEST SOURCES
Protein	Muscle repair & growth	Chicken, eggs, Greek yogurt, tofu, whey protein
Carbs	Restores energy	Brown rice, quinoa, oats, whole- wheat bread, fruits
Healthy Fats	Reduces inflammation	Avocado, olive oil, nuts, seeds, salmon
Hydration	Prevents cramps & fatigue	Water, coconut water, electrolyte drinks

Quick Meal Timing Guide:

Strength Training (Weightlifting, HIIT, Resistance Workouts)

Eat a high-protein meal within 30-45 minutes

Cardio Workouts (Running, Cycling, Swimming, Jump Rope)

Focus on carbs + protein to restore glycogen levels

Morning Workouts

Fat a light meal before training (e.g., banana + peanut butter) and a full meal after

Evening Workouts

Finsure your post-workout meal is balanced to avoid late-night cravings

Key Takeaways:

- Eat within 30-60 minutes after exercise to maximize muscle recovery.
- Balance protein, carbs, and fats to optimize strength and energy.
- Stay hydrated to replace fluids lost during exercise.

Now that you understand the importance of post-workout nutrition, let's dive into your 30-day meal plan! 🖖



Balanced Recovery

THIS WEEK IS A MIX OF PROTEIN, CARBS, AND HEALTHY FATS TO HELP RESTORE ENERGY AND REPAIR MUSCLES.

Day 1: Grilled Chicken, Quinoa & Steamed Broccoli

Ingredients:

- ✓ 1 medium chicken breast (grilled)
- √ ½ cup cooked quinoa
- √ 1 cup steamed broccoli
- ✓ 1 tsp olive oil

Macros:

◆ Protein: 40g ◆ Carbs: 45g ◆ Fats: 8g

Meal Prep Tip: Marinate chicken overnight for extra flavor.

Day 2: Protein Smoothie (Banana, Almond Milk, Whey)

Ingredients:

- ✓ 1 scoop whey protein
- **✓** 1 banana
- **✓** 1 cup almond milk
- √ 1 tbsp peanut butter
- ✓ Ice cubes

Macros:

◆ Protein: 30g ◆ Carbs: 40g ◆ Fats: 10g

Meal Prep Tip: Blend and freeze in advance for a quick grab-and-go drink.

Day 3: Scrambled Eggs with Whole-Grain Toast & Avocado

Ingredients:

- ✓ 2 whole eggs + 2 egg whites
- ✓ 1 slice whole-grain toast
- √ ½ avocado, mashed
- ✓ 1 tsp olive oil

Macros:

◆ Protein: 28g ◆ Carbs: 32g ◆ Fats: 15g

Meal Prep Tip: Cook eggs in advance and store in the fridge for up to 3 days.

Balanced Recovery

THIS WEEK IS A MIX OF PROTEIN, CARBS, AND HEALTHY FATS TO HELP RESTORE ENERGY AND REPAIR MUSCLES.

Day 4: Tuna & Brown Rice Bowl with Spinach

Ingredients:

- ✓ 1 can tuna (in water)
- √½ cup cooked brown rice
- **✓** 1 cup spinach
- √ 1 tbsp balsamic dressing

Macros:

◆ Protein: 35g ◆ Carbs: 40g ◆ Fats: 6g

Meal Prep Tip: Make extra rice for future meals.

Day 5: Cottage Cheese with Pineapple & Chia Seeds

Ingredients:

- √ ½ cup cottage cheese
- √ ½ cup fresh pineapple
- ✓ 1 tbsp chia seeds

Macros:

◆ Protein: 25g◆ Carbs: 30g◆ Fats: 5g

Meal Prep Tip: Store in a mason jar for an easy snack.

Day 6: Baked Salmon with Roasted Sweet Potatoes

Ingredients:

- √ 1 fillet salmon
- √ ½ medium sweet potato
- ✓ 1 tsp olive oil

Macros:

◆ Protein: 38g ◆ Carbs: 42g ◆ Fats: 12g

Meal Prep Tip: Bake salmon and sweet potatoes in bulk.

Day 7: Protein Pancakes with Peanut Butter

Ingredients:

- **✓** 1 scoop protein powder
- √ ½ cup oats
- **√**1egg
- √ ½ cup almond milk
- **✓** 1 tbsp peanut butter

Macros:

◆ Protein: 32g ◆ Carbs: 40g ◆ Fats: 10g

Week 1 High-Protein Focus

THIS WEEK PRIORITIZES LEAN PROTEINS TO MAXIMIZE MUSCLE REPAIR.

Day 8: Turkey Wrap with Avocado & Whole Wheat Tortilla

Ingredients:

- ✓ 1 whole wheat tortilla
- √ 100g lean turkey breast (sliced)
- √ ¼ avocado (mashed)
- **✓** 1 cup mixed greens
- √ 1 tbsp Greek yogurt (as dressing)

Macros:

Protein: 35gCarbs: 38gFats: 12g

Meal Prep Tip: Pre-slice turkey and store in portions for quick wrap assembly.

Day 9: Hard-Boiled Eggs with Hummus & Carrot Sticks

Ingredients:

- √ 3 large hard-boiled eggs
- √ ¼ cup hummus
- ✓ 1 cup carrot sticks

Macros:

◆ Protein: 28g ◆ Carbs: 20g ◆ Fats: 15g

Meal Prep Tip: Boil a batch of eggs and keep them refrigerated for easy snacking.

Day 10: Lean Beef Stir-Fry with Brown Rice

Ingredients:

- ✓ 120g lean beef (sliced)
- √ ½ cup cooked brown rice
- ✓ 1 cup mixed bell peppers & broccoli
- ✓ 1 tsp olive oil
- ✓ 1 tbsp low-sodium soy sauce

Macros:

◆ Protein: 40g ◆ Carbs: 45g ◆ Fats: 8g

Meal Prep Tip: Cook a larger portion of stir-fry and store it in meal containers for easy reheating.

Week 1 High-Protein Focus

THIS WEEK PRIORITIZES LEAN PROTEINS TO MAXIMIZE MUSCLE REPAIR.

Day 11: Oatmeal with Greek Yogurt & Almond Butter Ingredients: √½ cup rolled oats √ ½ cup Greek yogurt √ 1 tbsp almond butter √ 1 tsp honey (optional) Macros: Protein: 30g Carbs: 50g Fats: 10g Meal Prep Tip: Prepare overnight oats by mixing all ingredients the night before for a quick breakfast. Day 12: Grilled Shrimp with Quinoa & Spinach Ingredients: **✓** 100g shrimp (grilled) √½ cup cooked quinoa ✓ 1 cup fresh spinach ✓ 1 tsp olive oil √ ½ tsp lemon juice Macros: ◆ Protein: 35g ◆ Carbs: 40g ◆ Fats: 9g Meal Prep Tip: Shrimp cooks quickly—grill a batch for multiple meals. Day 13: Tofu Scramble with Whole-Grain Toast Ingredients: √ 100g firm tofu (crumbled) √ 1 slice whole-grain toast √½ cup bell peppers (diced) ✓ 1 tsp olive oil √ ½ tsp turmeric Macros: ◆ Protein: 28g ◆ Carbs: 35g ◆ Fats: 10g Meal Prep Tip: Store pre-seasoned tofu scramble in the fridge for quick breakfasts. Day 14: Greek Yogurt with Berries & Honey Ingredients: √ ½ cup Greek yogurt √ ¼ cup mixed berries ✓ 1 tsp honey Macros: ◆ Protein: 20g ◆ Carbs: 25g ◆ Fats: 5g

Meal Prep Tip: Pre-portion yogurt and berries in small containers for an easy grab-and-go snack.



THIS WEEK FOCUSES ON HIGH-PROTEIN, MUSCLE-BUILDING MEALS TO SUPPORT STRENGTH AND RECOVERY.

Day 15: Chicken Breast with Sweet Potato Mash

A well-balanced meal rich in protein and complex carbs for sustained energy.

Ingredients:

- ✓ 1 medium chicken breast (grilled)
- √ 1 small sweet potato (mashed)
- ✓ 1 tsp butter or olive oil
- √ 1 tsp cinnamon (optional)

Macros:

◆ Protein: 42g ◆ Carbs: 50g ◆ Fats: 9g

Meal Prep Tip: Roast multiple sweet potatoes at once for easy meal prep.

Day 16: Chocolate Protein Shake with Oats & Almond Butter

A quick, high-protein shake ideal for post-workout recovery.

Ingredients:

- √ 1 scoop chocolate protein powder
- √ ½ cup rolled oats
- √ 1 tbsp almond butter
- **✓** 1 cup almond milk
- √ ½ banana (optional)

Macros:

◆ Protein: 35g ◆ Carbs: 45g ◆ Fats: 12g

Meal Prep Tip: Blend ingredients the night before and refrigerate for a grab-and-go shake.

Day 17: Beef & Broccoli Stir-Fry with Jasmine Rice

A classic muscle-building meal with lean beef and fiber-rich broccoli.

Ingredients:

- √ 120g lean beef (sliced)
- √ ½ cup cooked jasmine rice
- √ 1 cup steamed broccoli
- ✓ 1 tbsp low-sodium soy sauce
- ✓ 1 tsp sesame oil

Macros:

◆ Protein: 40g ◆ Carbs: 50g ◆ Fats: 10g

Meal Prep Tip: Cook a large portion of stir-fry and portion it into meal containers for easy reheating.

Muscle Gain Boost

THIS WEEK FOCUSES ON HIGH-PROTEIN, MUSCLE-BUILDING MEALS TO SUPPORT STRENGTH AND RECOVERY.

Day 18: Whole-Wheat Pasta with Grilled Salmon

A protein-packed pasta dish with healthy omega-3 fats for recovery.

Ingredients:

- **✓** 100g grilled salmon
- ✓ 1 cup cooked whole-wheat pasta
- ✓ 1 tsp olive oil
- √½ cup cherry tomatoes (halved)
- √ ½ tsp Italian seasoning

Macros:

◆ Protein: 42g ◆ Carbs: 48g ◆ Fats: 14g

Meal Prep Tip: Grill extra salmon fillets to use in different meals throughout the week.

Day 19: Chia Pudding with Protein Powder

A nutritious, protein-packed snack or breakfast option.

Ingredients:

- ✓ 2 tbsp chia seeds
- ✓ 1 scoop vanilla protein powder
- ✓ 1 cup almond milk
- √ ½ tsp cinnamon
- ✓ 1 tsp honey (optional)

Macros:

◆ Protein: 30g ◆ Carbs: 35g ◆ Fats: 10g

Meal Prep Tip: Prepare the chia pudding the night before for a ready-to-eat breakfast.

Day 20: Scrambled Eggs with Turkey Bacon

A classic high-protein breakfast to fuel muscle growth.

Ingredients:

- **√** 3 large eggs
- ✓ 2 slices turkey bacon
- ✓ 1 tsp olive oil
- √ ¼ cup spinach (optional)

Macros:

◆ Protein: 35g ◆ Carbs: 5g ◆ Fats: 15g

Meal Prep Tip: Cook turkey bacon in bulk and store in the fridge for easy breakfasts.

Day 21: Homemade Protein Bars & Coconut Water

A convenient, high-protein snack for muscle recovery.

Ingredients:

- √ 1 cup rolled oats
- √½ cup peanut butter
- √ 1 scoop protein powder
- ✓ 2 tbsp honey
- √½ cup coconut water (for hydration)

Macros:

◆ Protein: 28g ◆ Carbs: 40g ◆ Fats: 12g

Meal Prep Tip: Prepare a batch of protein bars and store them in the fridge for an easy snack.

Lean & Energized

THIS WEEK FOCUSES ON LIGHT, NUTRITIOUS MEALS THAT PROVIDE ENERGY AND PROMOTE LEAN MUSCLE MAINTENANCE.

Day 22: Tuna & Avocado Toast on Whole Wheat Bread

A quick, high-protein meal rich in healthy fats.

Ingredients:

- √ 1 slice whole wheat bread
- √ ½ small avocado (mashed)
- √ ½ can tuna (in water, drained)
- √ ½ tsp lemon juice
- √ ¼ tsp black pepper

Macros:

◆ Protein: 35g ◆ Carbs: 30g ◆ Fats: 14g

Meal Prep Tip: Mix tuna and avocado ahead of time for an easy, grab-and-go topping.

Day 23: Quinoa Salad with Chickpeas & Feta Cheese

A plant-based protein-packed meal with fiber and essential nutrients.

Ingredients:

- √½ cup cooked quinoa
- ½ cup canned chickpeas (drained & rinsed)
- √ ¼ cup feta cheese (crumbled)
- √ ½ cup cherry tomatoes (halved)
- ✓ 1 tbsp olive oil
- √½ tsp lemon juice

Macros:

◆ Protein: 28g ◆ Carbs: 42g ◆ Fats: 12g

Meal Prep Tip: Prepare a large batch of quinoa salad and refrigerate for multiple meals.

Day 24: Protein Waffles with Greek Yogurt

A delicious, protein-rich breakfast for a great start to the day.

Ingredients:

- √ ½ cup oat flour
- √ 1 scoop vanilla protein powder
- **✓** 1 large egg
- √ ¼ cup Greek yogurt
- √ ½ tsp baking powder
- √½ tsp cinnamon

Macros:

◆ Protein: 32g ◆ Carbs: 38g ◆ Fats: 9g

Meal Prep Tip: Make extra waffles and freeze them for easy reheating.

Lean & Energized

THIS WEEK FOCUSES ON LIGHT, NUTRITIOUS MEALS THAT PROVIDE ENERGY AND PROMOTE LEAN MUSCLE MAINTENANCE.

Day 25: Spinach Omelet with Whole-Grain Toast

A fiber-rich, high-protein breakfast for sustained energy.

Ingredients:

- **√** 3 large eggs
- √½ cup spinach (chopped)
- √ 1 slice whole-grain toast
- ✓ 1 tsp olive oil

Macros:

◆ Protein: 35g ◆ Carbs: 20g ◆ Fats: 14g

Meal Prep Tip: Pre-chop spinach and store it for quick omelet preparation.

Day 26: Cottage Cheese with Walnuts & Berries

A light and nutritious meal with protein, fiber, and healthy fats.

Ingredients:

- √½ cup cottage cheese
- √ ¼ cup mixed berries
- ✓ 1 tbsp walnuts (chopped)
- ✓ 1 tsp honey (optional)

Macros:

◆ Protein: 28g ◆ Carbs: 25g ◆ Fats: 10g

Meal Prep Tip: Portion cottage cheese and toppings in small containers for a quick snack.

Day 27: Grilled Chicken & Brown Rice Bowl

A balanced meal for energy and muscle recovery.

Ingredients:

- ✓ 1 medium chicken breast (grilled)
- √ ½ cup cooked brown rice
- \checkmark ½ cup steamed vegetables (carrots, peas, or broccoli)
- ✓ 1 tsp olive oil

Macros:

◆ Protein: 42g ◆ Carbs: 45g ◆ Fats: 8g

Meal Prep Tip: Cook extra portions and store in meal prep containers for the week.

Lean & Energized

THIS WEEK FOCUSES ON LIGHT, NUTRITIOUS MEALS THAT PROVIDE ENERGY AND PROMOTE LEAN MUSCLE MAINTENANCE.

Day 28: Smoothie Bowl with Almond Butter & Chia Seeds

A refreshing, energy-boosting smoothie bowl with protein and fiber.

Ingredients:

- ✓ 1 scoop vanilla protein powder
- √ ½ frozen banana
- ✓ ½ cup almond milk
- **✓** 1 tbsp almond butter
- ✓ 1 tsp chia seeds

Macros:

Protein: 30gCarbs: 40gFats: 12g

Meal Prep Tip: Blend ingredients the night before and store in the fridge for a quick breakfast.

Day 29: Lentil Soup with Whole-Grain Crackers

A warm, hearty meal packed with plant-based protein and fiber.

Ingredients:

- √½ cup cooked lentils
- ✓ 1 cup vegetable broth
- √½ cup diced carrots & celery
- ✓ 1 tsp olive oil
- **✓** 3 whole-grain crackers

Macros:

Protein: 28gCarbs: 42gFats: 8g

Meal Prep Tip: Make a big batch of lentil soup and freeze portions for later.

Day 30: Lean Turkey Burger with Sweet Potato Fries

A protein-packed burger with healthy carbs for energy.

Ingredients:

- √ 100g lean ground turkey
- ✓ 1 whole wheat burger bun
- √ ½ small sweet potato (cut into fries)
- ✓ 1 tsp olive oil
- ✓ 1 slice tomato & lettuce

Macros:

Protein: 38gCarbs: 45gFats: 10g

Meal Prep Tip: Bake a batch of sweet potato fries and store them for easy reheating.



Quick Snacks

THESE SNACKS PROVIDE A BALANCE OF PROTEIN, HEALTHY FATS, AND CARBOHYDRATES FOR QUICK ENERGY AND MUSCLE REPAIR.

- ₱ 1. Greek Yogurt with Honey & Almonds
- √ ½ cup Greek yogurt
- **✓** 1 tsp honey
- **✓** 1 tbsp sliced almonds
- Protein: 18gCarbs: 22gFats: 8g
- 2. Hard-Boiled Eggs & Whole-Wheat Crackers
- ✓ 2 hard-boiled eggs
- ✓ 5 whole-wheat crackers
- ◆ Protein: 20g ◆ Carbs: 15g ◆ Fats: 10g
- ✓ 2 rice cakes
- **✓** 1 tbsp peanut butter
- √ ½ banana (sliced)
- ◆ Protein: 10g ◆ Carbs: 30g ◆ Fats: 8g
- ♦ 4. Tuna Salad on Whole-Wheat Toast
- \checkmark ½ can tuna (in water)
- ✓ 1 slice whole-wheat toast
- √ ½ tsp mustard or Greek yogurt
- ◆ Protein: 25g ◆ Carbs: 20g ◆ Fats: 5g
- * 5. Cottage Cheese & Pineapple
- √ ½ cup cottage cheese
- √ ¼ cup diced pineapple
- ◆ Protein: 22g ◆ Carbs: 18g ◆ Fats: 5g
- 🥜 6. Protein Granola Bar
- √ 1 homemade or store-bought protein bar
- ◆ Protein: 20g ◆ Carbs: 25g ◆ Fats: 8g
- 7. Hummus & Carrot Sticks
- **√** ¼ cup hummus
- √ ½ cup baby carrots
- ◆ Protein: 10g ◆ Carbs: 18g ◆ Fats: 6g

 ▶ 9. Apple Slices with Peanut Butter ✓ ½ apple (sliced) ✓ 1 tbsp peanut butter ▶ Protein: 8g ♦ Carbs: 28g ♦ Fats: 8g
 10. Turkey & Cheese Roll-Ups ✓ 2 slices turkey breast ✓ 1 slice low-fat cheese Protein: 25g ◆ Carbs: 5g ◆ Fats: 7g
 I1. Oats & Almond Butter Energy Bites ✓½ cup rolled oats ✓1 tbsp almond butter ✓1 tsp honey Protein: 12g ◆ Carbs: 30g ◆ Fats: 7g
 12. Chocolate Protein Shake with Oats ✓ 1 scoop chocolate protein powder ✓ ¼ cup oats ✓ 1 cup almond milk ◆ Protein: 32g ◆ Carbs: 40g ◆ Fats: 6g
 13. Smoked Salmon & Cucumber Bites ✓ 2 oz smoked salmon ✓½ cucumber (sliced into rounds) ◆ Protein: 22g ◆ Carbs: 5g ◆ Fats: 10g
 14. Chia Seed Pudding with Mango ✓ 2 tbsp chia seeds ✓½ cup almond milk ✓¼ cup diced mango ◆ Protein: 10g ◆ Carbs: 30g ◆ Fats: 7g
 Q 15. Scrambled Egg on Whole-Grain Toast ✓ 1 scrambled egg ✓ 1 slice whole-grain toast ◆ Protein: 15g ◆ Carbs: 20g ◆ Fats: 8g

Full Meals

EACH MEAL IS HIGH IN PROTEIN, BALANCED WITH COMPLEX CARBS, AND INCLUDES HEALTHY FATS TO OPTIMIZE YOUR POST-WORKOUT NUTRITION.

- 🖴 1. Steak & Quinoa Power Bowl
- √ 4 oz grilled lean steak
- √½ cup cooked quinoa
- ✓ 1 cup roasted Brussels sprouts
- ✓ 1 tsp olive oil
- ◆ Protein: 42g ◆ Carbs: 45g ◆ Fats: 10g
- 2. BBQ Chicken & Roasted Sweet Potatoes
- √ 4 oz grilled BBQ chicken
- \checkmark ½ cup roasted sweet potatoes
- **✓** 1 cup steamed green beans
- ✓ 1 tsp olive oil
- ◆ Protein: 40g ◆ Carbs: 48g ◆ Fats: 8g
- 3. Honey Garlic Salmon with Wild Rice
- √ 4 oz baked salmon with honey garlic glaze
- √ ½ cup cooked wild rice
- ✓ 1 cup sautéed zucchini
- Protein: 42gCarbs: 50gFats: 12g
- 4. Avocado & Egg Power Bowl
- ✓ 2 boiled eggs (sliced)
- √ ½ avocado
- √ 1 slice whole wheat toast
- √ 1 cup arugula salad
- Protein: 30gCarbs: 35gFats: 15g
- **5.** Chicken Pita Wrap with Hummus
- ✓ 1 whole wheat pita
- √ 3 oz grilled chicken
- ✓ 2 tbsp hummus
- √ ½ cup mixed greens
- Protein: 38gCarbs: 40gFats: 10g
- **%** 6. Teriyaki Tofu with Brown Rice
- √½ cup firm tofu (pan-seared)
- ✓ ½ cup cooked brown rice
- √ 1 cup steamed broccoli
- √ 1 tbsp low-sodium teriyaki sauce
- ◆ Protein: 32g ◆ Carbs: 48g ◆ Fats: 9g

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💊 7. Turkey Bacon & Scrambled Egg Bowl
2 scrambled eggs

√ 2 slices turkey bacon

√ 1 slice whole grain toast

√ ½ cup sautéed spinach

 ◆ Protein: 35g ◆ Carbs: 30g ◆ Fats: 12g
🍗 8. Spicy Chicken & Chickpea Bowl

√ 4 oz grilled spicy chicken breast

√ ½ cup roasted chickpeas

✓ 1 cup shredded lettuce & tomatoes

    Protein: 42g
    Carbs: 40g
    Fats: 10g

b 9. High-Protein Pasta with Tuna & Pesto

√ ½ cup protein pasta

√½ can tuna in water

✓ 1 tbsp pesto sauce

√ ½ cup cherry tomatoes

 ◆ Protein: 40g ◆ Carbs: 45g ◆ Fats: 9g
% 10. High-Protein Burrito Bowl

√ 3 oz grilled chicken

√ ½ cup black beans

√ ½ cup brown rice

√ 1 tbsp Greek yogurt

 Protein: 42gCarbs: 48gFats: 8g
11. Coconut Curry Shrimp with Jasmine Rice

√ 4 oz shrimp cooked in light coconut curry sauce

√ ½ cup cooked jasmine rice

√½ cup bell peppers & onions

 ◆ Protein: 40g ◆ Carbs: 50g ◆ Fats: 12g
12. Cucumber & Tuna Salad with Feta

√ ½ can tuna (in water)

✓ 1 cup diced cucumbers & cherry tomatoes

√ 1 tbsp feta cheese

✓ 1 tbsp olive oil
 ◆ Protein: 35g ◆ Carbs: 30g ◆ Fats: 10g
🥮 13. Protein Pancakes with Almond Butter
✓ 1 protein pancake

√ 1 tbsp almond butter

√ ½ cup sliced strawberries

 ◆ Protein: 35g ◆ Carbs: 45g ◆ Fats: 10g
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🥓 14. Peanut Butter & Banana Oatmeal √ ½ cup oats (cooked) √ 1 tbsp peanut butter **✓** ½ sliced banana √ 1 scoop protein powder Protein: 38gCarbs: 50gFats: 10g 15. Smoked Salmon & Avocado Toast ✓ 1 slice whole wheat toast √ ¼ avocado (mashed) \checkmark 2 oz smoked salmon ✓ 1 poached egg ◆ Protein: 35g ◆ Carbs: 30g ◆ Fats: 12g 🍗 16. Grilled Turkey & Quinoa Bowl √ 3 oz grilled turkey breast √ ½ cup cooked quinoa ✓ 1 cup sautéed mushrooms & kale ◆ Protein: 40g ◆ Carbs: 45g ◆ Fats: 9g 17. High-Protein Lentil Stew √ ½ cup cooked lentils √ ½ cup diced tomatoes & carrots ✓ 1 cup vegetable broth Protein: 35gCarbs: 40gFats: 7g 4 18. Egg & Sweet Potato Hash √ 2 scrambled eggs √ ½ cup diced sweet potatoes √ ½ cup sautéed onions & bell peppers ◆ Protein: 30g ◆ Carbs: 42g ◆ Fats: 9g 19. Chia Seed & Hemp Protein Pudding ✓ 2 tbsp chia seeds √ 1 scoop plant-based protein powder √ ½ cup almond milk ◆ Protein: 30g ◆ Carbs: 40g ◆ Fats: 8g 🤏 20. Spicy Tuna Sushi Bowl √ ½ cup sushi rice \checkmark ½ can tuna mixed with spicy mayo √ ½ cup shredded carrots & cucumbers ◆ Protein: 38g ◆ Carbs: 50g ◆ Fats: 10g



HIGH IN PROTEIN FOR MUSCLE REPAIR; RICH IN ELECTROLYTES TO REHYDRATE; INCLUDES COMPLEX CARBS FOR ENERGY RESTORATION: EASY TO DIGEST FOR FASTER ABSORPTION

- 1. Banana Protein Power Shake
- **✓** 1 banana
- √ 1 scoop vanilla protein powder
- ✓ 1 cup almond milk
- √ 1 tbsp peanut butter
- √½ cup Greek yogurt
- ✓ Ice cubes (optional)
- ◆ Protein: 35g ◆ Carbs: 45g ◆ Fats: 10g
- ② 2. Berry Blast Recovery Smoothie
- ✓ ½ cup mixed berries (strawberries, blueberries, raspberries)
- √ 1 scoop whey protein
- √ 1 cup coconut water
- √½ cup Greek yogurt
- ✓ 1 tsp chia seeds
- ◆ Protein: 32g ◆ Carbs: 40g ◆ Fats: 8g
- 3. Avocado & Honey Muscle Repair Shake
- √ ½ avocado
- √ 1 scoop vanilla protein powder
- √ 1 cup oat milk
- ✓ 1 tbsp honey
- 1 tbsp flaxseeds
- ◆ Protein: 30g ◆ Carbs: 38g ◆ Fats: 12g
- 🝫 4. Chocolate Peanut Butter Recovery Shake
- √ 1 scoop chocolate protein powder
- ✓ 1 tbsp peanut butter
- ✓ 1 cup almond milk
- √ ½ frozen banana
- √ ½ tbsp cocoa powder
- Protein: 40gCarbs: 35gFats: 12g
- 5. Coconut Mango Hydration Smoothie
- ✓ 1 cup coconut water
- √½ cup frozen mango
- √ ½ scoop vanilla protein powder
- √ 1 tbsp Greek yogurt
- √½ tbsp hemp seeds
- ◆ Protein: 28g ◆ Carbs: 42g ◆ Fats: 7g

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🖔 6. Pineapple Green Detox Smoothie

√½ cup frozen pineapple

✓ 1 handful spinach
✓ 1 scoop plant-based protein powder
✓ 1 cup coconut water

√ ½ tbsp ginger

◆ Protein: 30g ◆ Carbs: 40g ◆ Fats: 6g
7. Almond Butter & Oats Protein Shake
✓ 1 scoop vanilla protein powder
✓ 1 tbsp almond butter

√ ¼ cup rolled oats

✓ 1 cup oat milk

√ ½ banana

◆ Protein: 38g ◆ Carbs: 48g ◆ Fats: 10g
🍅 8. Green Apple & Kale Post-Workout Juice
✓ 1 green apple
✓ 1 handful kale
✓ 1 tbsp lemon juice

√ 1 cup coconut water

◆ Protein: 5g ◆ Carbs: 35g ◆ Fats: 1g
9. Tropical Protein Smoothie

√½ cup frozen mango

√ ½ cup frozen pineapple

✓ 1 scoop vanilla protein powder
✓ 1 cup almond milk

√ ½ tbsp flaxseeds

Protein: 33gCarbs: 50gFats: 8g
😜 10. Honey-Cinnamon Muscle Recovery Shake

√ 1 scoop vanilla protein powder
✓ 1 cup oat milk
✓ 1 tbsp honey

√ ½ tbsp cinnamon

√ ½ cup Greek yogurt

Protein: 36gCarbs: 40gFats: 9g
** 11. Icy Blueberry Coconut Shake

√ ½ cup frozen blueberries

✓ 1 scoop protein powder
✓ 1 cup coconut milk

√ ½ tbsp chia seeds

√ ½ banana

◆ Protein: 34g ◆ Carbs: 42g ◆ Fats: 10g
12. Carrot-Orange Recovery Juice
✓ 1 cup fresh carrot juice

√ ½ cup fresh orange juice

√ ½ tbsp turmeric

✓ 1 cup water
 Protein: 3gCarbs: 38gFats: 1g
```



MEAL PREP TIPS & GROCERY LISTS

Meal prepping is one of the best ways to save time, reduce stress, and stick to your nutrition goals. Whether you're meal prepping for muscle gain, weight loss, or overall health, having a solid plan, a grocery list, and proper storage methods will help you stay consistent.

MEAL PREP SHOPPING TIPS

Тір	Why It's Helpful
Plan your meals in advance	Reduces impulse buys & waste
Stick to a grocery list	Saves time & money
Buy in bulk when possible	Cost-effective for grains, nuts, and proteins
Choose frozen veggies for convenience	Longer shelf life & easy to cook
Opt for lean proteins	Helps with muscle growth & fat loss
Pick whole foods over processed items	Supports a healthy diet

Weekly Shopping List

A WELL-PLANNED GROCERY LIST ENSURES YOU HAVE ALL THE INGREDIENTS FOR BALANCED MEALS AND SNACKS THROUGHOUT THE WEEK.

PROTEINS (LEAN & HIGH-QUALITY SOURCES)

Protein Source	Recommended Quantity	Notes
Chicken breast	4-6 pieces	Lean, high in protein
Lean ground turkey	1-2 lbs	Great for meal prep bowls & wraps
Salmon fillets	2-4 fillets	Rich in omega-3s
Lean ground beef (90/10)	1-2 lbs	Perfect for stir-fries & burgers
Eggs	1 dozen	High-protein & versatile
Greek yogurt	1 large tub	Great for snacks & smoothies
Cottage cheese	1 container	High-protein, low-fat option
Tofu or tempeh	2-3 blocks	Plant-based protein alternative
Shrimp	½-1 lb	Lean protein, quick to cook
Canned tuna or sardines	2-3 cans	Budget-friendly protein source

WHOLE GRAINS & COMPLEX CARBS

Grain/Carb	Recommended Quantity	Notes
Brown rice	2-3 cups (uncooked)	Batch cook for easy meals
Quinoa	1-2 cups (uncooked)	High in protein & fiber
Whole wheat pasta	1-2 packs	Great for meal prep bowls
Oats (rolled or steel-cut)	1 large container	Ideal for breakfast & baking
Sweet potatoes	3-5 pieces	Excellent complex carb
Whole wheat tortillas	1 pack	Wraps & meal prep sandwiches
Whole grain bread	1 loaf	Choose fiber-rich options
Chickpeas or lentils	2-3 cans or 1 dry bag	Protein & fiber-rich alternative
Black beans or kidney beans	2-3 cans	Great for stews & bowls

VEGETABLES & LEAFY GREENS

Vegetable	Recommended Quantity	Notes
Spinach or kale	1-2 large bags	Great for salads & smoothies
Broccoli	2-3 heads	High in fiber & vitamin C
Bell peppers	3-5 pieces	Use in stir-fries, salads, and wraps
Carrots	4-5 pieces	Great for snacking & roasting
Zucchini	2-3 pieces	Versatile for stir-fries & baking
Cucumbers	2-3 pieces	Perfect for fresh salads
Cherry tomatoes	1 container	Adds flavor to meals
Avocados	2-3 pieces	Healthy fats for energy
Mushrooms	1 pack	Adds texture to meals
Onions & garlic	2-3 each	Essential for seasoning & cooking

FRUITS (FRESH & DRIED OPTIONS)

Fruit	Recommended Quantity	Notes
Bananas	5-7 pieces	Great for smoothies & snacks
Apples	3-4 pieces	High in fiber & easy to pack
Berries (strawberries, blueberries, raspberries)	1-2 packs	Rich in antioxidants
Oranges or grapefruit	2-3 pieces	Vitamin C boost
Grapes	1 bunch	Easy snack option
Chia seeds or flaxseeds	1 small bag	Great for smoothies & oats
Dried fruit (dates, apricots, raisins)	1 small pack	Natural energy boost

DAIRY & DAIRY ALTERNATIVES

Dairy Item	Recommended Quantity	Notes
Almond milk or oat milk	1 carton	Dairy-free option for smoothies & coffee
Greek yogurt	1 large tub	High in protein
Cottage cheese	1 container	Low-fat protein source
Cheese (cheddar, feta, mozzarella)	1 block or shredded pack	Adds flavor & protein

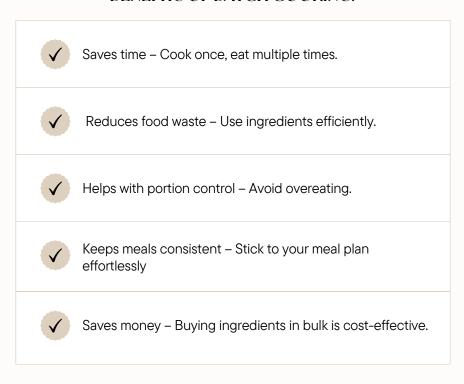
PANTRY STAPLES & SEASONINGS

ltem	Recommended Quantity	Notes
Salt & pepper	1 set	Essential seasoning
Garlic powder & onion powder	1 small container each	Enhances flavor
Paprika & cayenne	1 small container each	Adds spice to meals
Cumin & turmeric	1 small container each	Great for seasoning proteins
Soy sauce or tamari	1 bottle	Ideal for stir-fries
Balsamic vinegar	1 bottle	Adds flavor to salads
Hot sauce or sriracha	1 bottle	Spice up meals
Honey or maple syrup	1 small bottle	Natural sweetener for oats & smoothies
Protein powder (whey or plant-based)	1 tub	Useful for post-workout shakes

WHAT IS BATCH COOKING?

Batch cooking involves preparing multiple servings of food at once and storing them for easy meals. This method is perfect for busy individuals, fitness enthusiasts, and anyone looking to eat healthier without cooking daily.

BENEFITS OF BATCH COOKING:



Batch Cooking Guide

Step-by-Step Batch Cooking Process

O1 PLANYOUR MEALS

PREP INGREDIENTS IN ADVANCE

03
COOK IN LARGE BATCHES

MIX & MATCH FOR VARIETY

Task	Details
Choose 3-5 meals	Pick meals with overlapping ingredients for efficiency.
Balance macros	Ensure each meal includes protein, carbs, and healthy fats.
Write a meal plan	List meals for breakfast, lunch, dinner, and snacks.
Wash & chop veggies	Store them in airtight containers for easy use.
Marinate proteins	Marinate meats overnight for better flavor.
Pre-cook grains	Cook rice, quinoa, and oats in bulk.
Oven baking	Roast chicken, fish, and veggies in trays.
Slow cooker/Instant Pot	Ideal for stews, soups, and shredded meats.
Stovetop cooking	Cook grains, sauté veggies, or make stir-fries.
Grilling	Prepare multiple servings of lean meats.
Use airtight containers	Keeps meals fresh longer.
Label containers	Include meal name & date for freshness tracking.
Refrigerate or freeze	Store meals based on how soon you'll eat them.

Best Batch Cooking Methods \$ Foods

COOKING METHOD	BEST FOODS FOR BATCH COOKING
OVEN BAKING	Chicken breast, salmon, sweet potatoes, bell peppers, zucchini
SLOW COOKER	Beef stew, shredded chicken, lentil soup, chili
STOVETOP COOKING	Brown rice, quinoa, stir-fried tofu, sautéed spinach
GRILLING	Lean steak, shrimp, chicken breast, turkey patties
INSTANT POT	Hard-boiled eggs, beans, soups, steel-cut oats

Mix & Match Batch-Cooked Foods for Variety

BASE INGREDIENT	MEAL VARIATION 1	MEAL VARIATION 2	MEAL VARIATION 3
GRILLED CHICKEN	Salad bowl with avocado & balsamic dressing	Wrap with hummus & roasted veggies	Stir-fry with soy sauce & rice
COOKED QUINOA	Breakfast bowl with yogurt & berries	Side dish with salmon & veggies	Stir-fry with tofu & sesame seeds
BAKED SWEET POTATOES	Mashed with cinnamon & almond butter	Side with grilled chicken	Cubed in salads with feta cheese
HARD- BOILED EGGS	Snack with hummus & carrot sticks	Egg salad with whole wheat toast	Chopped into quinoa bowls

Quick Batch Cooking Tips

TIP	DESCRIPTION
USE MULTIPLE COOKING METHODS AT ONCE	Bake chicken while boiling quinoa and sautéing veggies.
PORTION MEALS BEFORE STORING	Saves time when reheating meals later.
FREEZE MEALS FOR LONG-TERM STORAGE	Great for soups, stews, and cooked proteins.
KEEP MEALS FRESH WITH AIRTIGHT CONTAINERS	Prevents food from spoiling quickly.
HARD-BOILED EGGS	Snack with hummus & carrot sticks

Storage & Portioning Guide

FOOD TYPE	STORAGE METHOD	FRIDGE LIFESPAN	FREEZER LIFESPAN
COOKED PROTEINS (CHICKEN, BEEF, TOFU)	Airtight container	3-5 days	Up to 3 months
COOKED GRAINS (RICE, QUINOA, PASTA)	Airtight container	4-5 days	Up to 3 months
ROASTED VEGETABLES	Airtight container	3-4 days	Not recommended
HARD-BOILED EGGS	In-shell, fridge storage	7 days	Not recommended
SOUPS & STEWS	Glass jar or freezer bag	5-7 days	Up to 3 months
SALADS (WITHOUT DRESSING)	Airtight container	3-4 days	Not recommended



HYDRATION & SUPPLEMENT GUIDE FOR OPTIMAL RECOVERY

Proper hydration and supplementation are essential for muscle recovery, performance, and overall well-being. Below, you'll find a comprehensive guide on staying hydrated, choosing the right supplements, and ensuring proper electrolyte and protein intake.

KEY TAKEAWAYS FOR HYDRATION & SUPPLEMENTATION

(Drink at least 2-3 liters of water daily to support metabolism and muscle function.
\checkmark	Add electrolytes post-workout with coconut water, lemon water, or sports drinks.
✓	Avoid dehydration by limiting sugary and high-caffeine drinks.
✓	Consume protein within 30 minutes post-workout to aid muscle recovery.
✓	Use key supplements like whey protein, creatine, and omega-3s to enhance performance.
✓	Monitor hydration by checking urine color and energy levels.

HYDRATION & EXTRAS GUIDE FOR OPTIMAL HEALTH & ENERGY

HOW TO STAY HYDRATED FOR OPTIMAL RECOVERY

Hydration Strategy	Benefits	How to Implement		
Drink at least 2-3L of water daily	Prevents dehydration & muscle cramps	Carry a reusable water bottle & sip throughout the day		
Hydrate before, during, and after workouts	Supports performance & recovery	Drink 500ml before, 250ml every 20 minutes during, and 500ml after workouts		
Electrolyte-rich drinks post- workout	Replenishes lost sodium, potassium, and magnesium	Choose coconut water, lemon water with sea salt, or electrolyte tablets		
Consume water-rich foods	Hydrates naturally & provides vitamins	Eat watermelon, cucumbers, oranges, and berries		
Avoid excessive caffeine & sugary drinks	Prevents dehydration and energy crashes	Limit coffee, sodas, and artificial energy drinks		
Monitor urine color	Ensures proper hydration levels	Light yellow = hydrated, dark yellow = drink more water		

HYDRATION & EXTRA TIPS FOR A HEALTHY LIFESTYLE

Tip	Why It's Important
Start your morning with a glass of water	Kickstarts metabolism & flushes out toxins
Use a hydration tracking app or bottle	Helps you meet daily water intake goals
Avoid sugary sodas & excessive caffeine	Reduces dehydration and sugar crashes
Balance water intake with electrolytes	Prevents overhydration & maintains muscle function
Choose whole-food snacks over processed snacks	Provides sustained energy without sugar spikes
Include hydrating foods in your diet	Watermelon, cucumbers, oranges, and berries keep you hydrated naturally



BEST SUPPLEMENTS FOR POST-WORKOUT NUTRITION

Supplement	Key Benefits	Best Time to Take
Whey Protein	Supports muscle recovery & growth	Within 30 minutes post- workout
Creatine Monohydrate	Enhances strength, endurance & muscle mass	5g daily, anytime (pre/post-workout)
BCAAs (Branched-Chain Amino Acids)	Reduces muscle soreness & boosts endurance	Before/during workouts
Glutamine	Aids muscle repair & gut health	After intense workouts
Electrolyte Tablets or Drinks	Replenishes lost minerals after sweating	Post-workout or during long workouts
Omega-3 Fatty Acids (Fish Oil, Chia, Flaxseed)	Reduces inflammation & supports joint health	With meals, daily
Magnesium	Helps with muscle relaxation & prevents cramps	Before bed for better recovery
Vitamin D + Calcium	Strengthens bones & enhances muscle function	In the morning with food
Probiotics	Supports gut health & nutrient absorption	Daily with meals

Electrolyte & Protein

ELECTROLYTES HELP REGULATE MUSCLE CONTRACTIONS, HYDRATION, AND NERVE FUNCTION.

POST-WORKOUT, IT'S ESSENTIAL TO REPLENISH THESE KEY MINERALS:

ELECTROLYTE INTAKE FOR RECOVERY

Electrolyte	Function	Sources		
Sodium	Retains water, prevents dehydration	Sea salt, sports drinks, pickles		
Potassium	Prevents cramps & supports muscle function	Bananas, sweet potatoes, spinach		
Magnesium	Aids muscle relaxation & recovery	Nuts, seeds, dark chocolate		
Calcium	Strengthens bones & aids muscle contractions	Dairy, leafy greens, almonds		
Electrolyte	Function	Sources		

Electrolyte Tip: Mix water, a pinch of sea salt, lemon juice, and honey for a natural hydration booster!

ELECTROLYTE BOOSTERS FOR ENERGY & RECOVERY

Electrolyte Source	Key Nutrients	How It Helps		
Coconut water	Potassium, magnesium, sodium	Natural way to replenish lost electrolytes		
Bananas	Potassium, vitamin B6	Helps prevent muscle cramps		
Chia seeds	Omega-3s, calcium, fiber	Helps with hydration & energy		
Leafy greens (spinach, kale, Swiss chard)	Magnesium, potassium	Supports muscle recovery & hydration		
Lemon water with sea salt	Vitamin C, sodium, trace minerals	Aids in hydration & electrolyte balance		
Watermelon	High water content, potassium	Hydrates & replenishes nutrients after workouts		



ELECTROLYTES HELP REGULATE MUSCLE CONTRACTIONS, HYDRATION, AND NERVE FUNCTION. POST-WORKOUT, IT'S ESSENTIAL TO REPLENISH THESE KEY MINERALS:

PROTEIN INTAKE FOR MUSCLE GROWTH & RECOVERY

Goal	Daily Protein Recommendation
General Health	0.8g per kg of body weight
Muscle Maintenance	1.2-1.5g per kg of body weight
Muscle Gain & Recovery	1.6-2.2g per kg of body weight

Example: If you weigh 70kg (154 lbs) and aim for muscle growth, your daily protein intake should be 112-154g of protein.

High-Protein Foods for Recovery:

- Lean meats (chicken, turkey, beef)
- Fish & seafood (salmon, tuna, shrimp)
- Eggs & dairy (Greek yogurt, cottage cheese, milk)
- Plant-based sources (tofu, lentils, quinoa, nuts, seeds)



Weekly MEAL PLAN

FROM: / / TO: / /		1			
		BREAKFAST	LUNCH	DINNER	SNACKS
SHOPPING LIST	NOM				
	TUE				
	WED				
	THU				
	FRI				
	SAT				
	SUN				

Workout & Nutrition PLANNER

Daily Planner Page

Morning R					Date	
Wake-Up Time:					Mood today	
Energy Level (1-10)					00000	
Workout P	lan					
Туре						
Duration						
Calories Burn	ed					
Strength Train	ning					
Cardio Exercis	se					
Nutrition 1	Log					
Meal	Food & Portion	Calories	Protein (g)	Carbs (g)	Fats (g)	Notes (e.g., mood, digestion)
Breakfast						
Lunch						
Dinner						
Snacks						
Other Drinks						
Water Intake:	glasses					



Supplements/Vitamin	
Weight Today	
Hunger Levels Before/After Meals:	Before:/10 After:/10
Energy Levels	
Digestion Notes (Bloating, discomfort, etc.)	
Cravings & Triggers	
Daily Goals Met?	(Yes/No & Why?):
Reflection:	
What went well today?	What could be improved?
One thing I learned about myself today	A challenge I overcame Tomorrow's Focus:
Mindset Check-In:	
☐ I felt energized today	I ate mindfully, without distractions.
☐ I stayed consistent with my☐ I challenged myself in my w	



Weekly Workout Planner

Workout Pla	n			Week	of:			
Day	Workout Type	Focus Area	Durati	on	Int	ensity	τ	
Monday	[] Strength/[] Cardio				Low] Med □	High	'n
Tuesday	[]Strength/[]Cardio				Low] Med 🔲	High	1
Wednesday	[]Strength/[]Cardio				Low	Med 🗖	High	1
Thursday	[] Strength/[] Cardio				Low] Med 🔲	High	1
Friday	[]Strength/[]Cardio				Low] Med 🗖	High	1
Saturday	[]Strength/[]Cardio				Low] Med 🗖	High	1
Sunday	[]Strength/[]Cardio				□ Low □] Med 🗖	High	1
WEEKLY	AFFIRMATION	Н	ABIT	TRA	CKE	'R		
		Cardio wo	orkout	0 0		O (\subset	\bigcirc
		Meditatio	n	0 0		\bigcirc (\subset	\bigcirc
		Yoga		0 0		\bigcirc (\subset	\bigcirc
		Went for	a walk	0 0		\bigcirc (\subset	\bigcirc
		Met a frie	nd	0 0		\bigcirc (\subset	\bigcirc
		Social Me	dia break	0 0		\bigcirc (\subset	\bigcirc
		Medicatio	n	\circ		\bigcirc (\subset	\bigcirc
	NOTES	Cardio wo	orkout	\circ		\bigcirc (\subset	\bigcirc
		Meditatio	n	00		\bigcirc (\subset	\bigcirc
		Yoga		0 0		\bigcirc (\subset	\bigcirc
		Went for	a walk	0 0		\bigcirc (\subset	\bigcirc
		Met a frie	nd	\circ		\bigcirc (\subset	\bigcirc
		Social Me	dia break	0 0		\bigcirc (\bigcirc	\bigcirc
		Medicatio	on	0 0		\bigcirc (\bigcirc	\bigcirc

Workout & Nutrition PLANNER

Monthly Progress Tracker

Month:	

Category	Measurement
Starting Weight	lbs/kg
Current Weight	lbs/kg
Body Measurements	
Waist	in/cm
Hips	in/cm
Chest	in/cm
Thighs	in/cm
Strength Progress	Max Lifts
Squat	lbs
Bench Press	lbs
Deadlift	lbs
Cardio Progress	Measurement
Running Time (1 mile)	min
Cycling Distance	miles/km

Motivation & Inspiration Notes:

New Habits I Started or Improved:

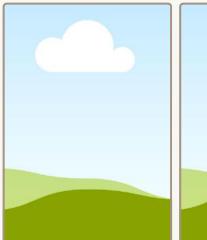
Monthly Reflections & Achievements

Biggest Wins This Month:

Goals for Next Month:

Visual Progress
Before After

Challenges Faced & How I Overcame Them:







Fitness Budget/ Expense Tracker

Month:			
Category	Expense Description	Cost	Notes
Gym membership			
Personal Training			
Fitness Classes			
Workout Apparel			
Shoes & Gear			
Supplements			
Healthy Groceries			
Meal Prep Services			
Fitness Apps			
Equipment (Home Gym)			
Races/Competitions			
Recovery (Massage, PT)			
Other Expenses			
Total Monthly Fitness Expenses	Fitr	ness Investments Worth	n It This Month:
Budget vs. Actual Spending			
Planned Budget			
Actual Spending			
Difference		_	
Ways to Optimize My Fitness Budge	et:	necessary Expenses to ancial Goals for Next M	

Workout & Nutrition PLANNER

30 DAYS DAILY

Fitness Challenge

	Day 1	Day 2	Day 3	Day 4	Day 5
Push Up Squats Deadlifts Crunches Plank	1 reps 10 reps 10 reps 20 reps 1 min	2 reps 12 reps 12 reps 25 reps 1:10 min	3 reps 14 reps 14 reps 30 reps 1:20 min	Rest Day	4 reps 16 reps 16 reps 35 reps 1:30 min
	Day 6	Day 7	Day 8	Day 9	Day 10
Push Up Squats Deadlifts Crunches Plank	5 reps 18 reps 18 reps 40 reps 1:40 min	6 reps 20 reps 20 reps 45 reps 1:50 min	Rest Day	7 reps 22 reps 22 reps 50 reps 2 min	7 reps 22 reps 22 reps 50 reps 2 min
	Day 11	Day 12	Day 13	Day 14	Day 15
Push Up Squats Deadlifts Crunches Plank	8 reps 24 reps 24 reps 55 reps 2:10 min	Rest Day	9 reps 26 reps 26 reps 60 reps 2:20 min	10 reps 28 reps 28 reps 65 reps 2:20 min	11 reps 30 reps 30 reps 70 reps 2:30 min
	Day 16	Day 17	Day 18	Day 19	Day 20
Push Up Squats Deadlifts Crunches Plank	Rest Day	12 reps 32 reps 32 reps 75 reps 2:40 min	13 reps 34 reps 34 reps 80 reps 2:50 min	14 reps 36 reps 36 reps 85 reps 3 min	Rest Day
Squats Deadlifts Crunches		32 reps 32 reps 75 reps	34 reps 34 reps 80 reps	36 reps 36 reps 85 reps	
Squats Deadlifts Crunches	Day	32 reps 32 reps 75 reps 2:40 min	34 reps 34 reps 80 reps 2:50 min	36 reps 36 reps 85 reps 3 min	Day
Squats Deadlifts Crunches Plank Push Up Squats Deadlifts Crunches	Day 21 16 reps 38 reps 38 reps 90 reps	32 reps 32 reps 75 reps 2:40 min Day 22 17 reps 40 reps 40 reps 95 reps	34 reps 34 reps 80 reps 2:50 min Day 23 18 reps 42 reps 42 reps 100 reps	36 reps 36 reps 85 reps 3 min Day 24	Day 25 19 reps 44 reps 44 reps 105 reps