

7 Day Befit Meal & Workout Plan



If you have specific dietary needs or are pregnant or nursing, please talk to your doctor before starting this meal plan.

I am not a nutritionist. Please feel free to substitute for alternative lean proteins if you are vegetarian, vegan or if there is a protein you prefer over what is suggested. You can substitute any foods that you like that have the same nutritional value as food listed.

If you have health or medical issues, please consult with your doctor before beginning this

7 Day Befit Meal and Workout plan .

Getting Started

Clean eating will make you feel more satisfied, as you are feeding your body the fuel that it needs! You will be eating minimally-processed foods consisting of fresh fruits and vegetables, lean proteins and whole grains.

Drink WATER! And plenty of it! Set a goal of one gallon each day! You can drink a cup of coffee, black or with Stevia or honey to sweeten, and skim milk, unsweetened almond, soy or coconut milk in place of cream.

You've got 14 days to show yourself that you can stick with it! You are ready to begin taking the necessary steps toward reaching your goals! It's easy: eat healthy foods and exercise! Tell yourself you're ready for this. You owe it to yourself to give it your best shot. And now it's up to you.

Workout

Daily Workout

Do at least 30 minutes to an hour of the following workouts 6 out of the 7 days:

- Vigorous walking – pumping your arms and walking briskly
- Jogging/running – only if you have worked up to this level
- Fitness classes
- At home workout DVD's – for ideas, ask Jen.

*Any combination of the above

Workout 1

- Exercise 1 – squats (with or without weight) – 15 reps
 - Exercise 2 – pushups (modify as needed) – Your personal best
 - Exercise 3 – hip raises – 15 reps
 - Exercise 4 – dumbbell row – 10 reps
 - Exercise 5 – plank (on elbows) – 30 second hold
- REPEAT for a total of 3 sets each

Workout 2

Core Workout (modify as needed)

1. 50 crunches
2. 15 pushups
3. 1 minute plank
4. 30 seconds side plank –right
5. 1 minute bridge
6. 15 pushups
7. 1 minute plank
8. 30 seconds side plank –left

Workout 3

10 Moves in 10 Minutes **1 minute per move = 10 minute workout*

1. Jumping jacks
2. Pushups
3. Bicycle crunches
4. Burpees / Alternating lunges
5. Front kicks
6. Plie squats with an upright row
7. Bicycle crunches
8. High knees
9. Squats or squat jumps
10. Plank or plank punches

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Breakfast	2 Pancakes 2 scrambled egg	2 Slices toast 2 Slices turkey bacon	1 Cup cream of wheat ½ apple	2 Pan cakes 2 scrambles egg	1 Cup cream of wheat ½ apple	2 Pancakes 2 scrambles egg	Veggie Omelet 3 Eggs 1 slice cheese 2 tsp salsa ½ cup spinach
Snack	½ Cup Nuts of Choice 1 fruit	1 Fruit	1/2 cup nuts	½ Cup Nuts of Choice 1 fruit	1 Fruit	1/2cup nuts	½ Cup Nuts of Choice 1 fruit
Lunch	BLT Bacon Lettuce Tomato Wheat bread	4 oz baked chiken 8 oz. cabbage	Egg Salad 2 boiled eggs slices Tomato Spinach Kale	BLT Bacon Lettuce Tomato Wheat bread	4 Oz Tuna 8 oz Broccoli	4 oz baked chiken 8 oz. cabbage	Spinach Shrimp Avocado Salad
Snack	1 Greek Yogurt	1/2 cup nuts	1 Fruit	1 Greek Yogurt	½ Cup Nuts of Choice 1 fruit	1 Greek Yogurt	1 Fruit
Dinner	4 oz. Baked Chicken Broccoli	12 oz. Turkey Burger w/cheese on wheat bread	4 oz. Baked Chicken ½ cup Rice	4 oz Baked Fish 1 small baked yam	4 oz. Grilled Chicke ½ cup Rice	12 oz. Turkey Burger w/cheese on wheat bread	4 oz Baked Fish 1 small baked yam
Workout	Daily Workout	Daily Workout + Workout 1	Daily Workout	Daily Workout + Workout 2	Daily Workout	Daily Workout+ Workout 3	Daily Workout

Shopping List

Purchase 14 Days worth of food

Veggies

Broccoli
Cabbage
Kale
Spinach
Tomatoes
Yams
Avocado

Fruit

Apple
Banana
Strawberries
Blackberries
Your favorite fruits

Protein

Tilapia (Fillet) /Shrimp
Chicken breast
Tuna
Turkey ground meat

Dairy

Cheese
Eggs
Non-fat Greek yogurt/regular yogurt

Grains

Cream of Wheat
Oatmeal
Wheat bread
Corn tortillas
Nuts (almonds, cashews, peanuts)
Rice
Pancake mix

Spices

Garlic Salt
Pepper
Paprika

Miscellaneous

Stevia
Honey