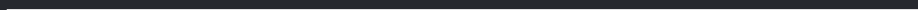


TRAINING

**WEEKS 1-2**





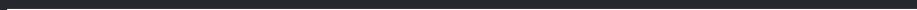
# WEEKS 1-4

As we kick off the first four weeks, our focus is on creating a strong foundation that aligns with your weight loss goals. We're combining weightlifting and running—activities you already enjoy—to help you get into a rhythm that works for you. With two strength training sessions each week, we'll focus on compound movements like squats and deadlifts, ensuring you maintain your muscle tone while burning fat.

We'll also add one day of steady-state running to boost your calorie burn and improve your endurance. Starting with a moderate pace for 30-40 minutes will help ease you into the cardio routine without overwhelming your system. Since you're already active and at an intermediate level, this plan is designed to challenge you just enough while keeping things manageable.

These first weeks are all about consistency and perfecting your form, so you feel confident and strong as we progress. By the end of this phase, you'll have a solid routine that sets the stage for even greater progress in the weeks ahead. You're doing great—let's keep pushing forward and make these weeks count!

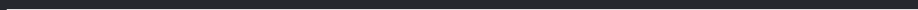




# TRAINING

## **WEEK 1**

### **FOUNDATION BUILDING**



FOUNDATION BUILDING

WEEKS 1-2

DAY 1: FULL BODY

EXERCISE:	SETS	REPS
Squats	3	10-12
Bench Press	3	10-12
Bent-Over Rows	3	10-12
Dumbbell Lunges	3	12
Plank (30-45 seconds)	3	0

DAY 2: RUNNING

EXERCISE:	SETS	REPS
Steady-State Cardio (Running)	3	3
Steady-State Cardio (Running)	3	3
Steady-State Cardio (Running)	3	3
Steady-State Cardio (Running)	3	3
Steady-State Cardio (Running)	3	3

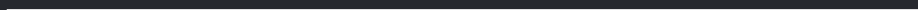
DAY 3: FULL BODY

EXERCISE:	SETS	REPS
Deadlifts	3	10-12
Shoulder Press	3	10-12
Lat Pulldowns	3	10-12
Step-Ups	3	12
Russian Twists	3	20



# NUTRITION

## WEEK 1





---

# WEEK 1

Hey Monica,

For these first weeks, we're focusing on variety and flavor to keep you excited about your meals while you work towards your goals. Your first meal after fasting will switch between a refreshing smoothie bowl with berries and granola, and a savory Mediterranean avocado toast with tomatoes, olives, and a poached egg—both options light but satisfying.

Lunch will be creative and energizing. You'll enjoy dishes like shrimp and zucchini noodle stir-fry with garlic and lemon, and a chicken and pesto quinoa bowl loaded with roasted vegetables. These meals will keep you full and fueled without feeling heavy.

For dinner, you'll explore flavors with a DIY sushi night, featuring spicy tuna and avocado rolls, or a grilled miso-glazed salmon with Asian slaw and soba noodles. These meals are designed to be light yet delicious, making sure you stay on track while genuinely enjoying what you eat. Let's make these first four weeks as flavorful as they are effective!



# WEEK 1

	BREAKFAST	LUNCH	DINNER	SNACKS
MON	Smoothie bowl (1 cup frozen berries, 1 scoop vanilla protein, 1/4 cup granola, 1 tsp honey)	Shrimp and zucchini noodle stir-fry (6 oz shrimp, 1 zucchini, 1 tsp garlic, 1/2 tsp chili flakes, lemon zest)	DIY sushi (4 oz spicy tuna, 1/4 avocado, 1/4 cucumber, 1 sheet nori, miso soup)	Sliced veggies (1 cup) with hummus (2 tbsp)
TUE	Mediterranean avocado toast (1 slice whole grain bread, 1/2 avocado, 2 cherry tomatoes, 4 olives, 1 poached egg)	Chicken and pesto quinoa bowl (5 oz grilled chicken, 1/2 cup quinoa, 1/2 cup roasted veggies, 1 tbsp pesto)	Grilled miso-glazed salmon (5 oz salmon) with Asian slaw (1 cup cabbage) and soba noodles (1/2 cup)	Apple slices (1 medium apple) with tahini (2 tbsp)
WED	Smoothie bowl (1 cup mixed tropical fruits, 1 tbsp coconut flakes, 1 tbsp chia seeds)	Lentil and veggie power bowl (1/2 cup cooked lentils, 1/2 cup quinoa, 1/2 cup roasted sweet potatoes, 1 cup spinach, 1 tbsp tahini dressing)	Teriyaki tofu stir-fry (4 oz tofu) with brown rice (1/2 cup) and stir-fried vegetables (1 cup)	Greek yogurt (1/2 cup) with honey (1 tsp) and berries (1/2 cup)
THUR	Mediterranean avocado toast (1 slice whole grain bread, 1 oz feta cheese, 1/4 cucumber, 1 poached egg)	Turkey and avocado wrap (4 oz turkey, 1/4 avocado, 1 whole wheat tortilla, lettuce, tomato, 1 tsp light mayo)	Garlic lemon chicken (5 oz chicken) with roasted Brussels sprouts (1 cup) and a side of wild rice (1/2 cup)	Rice cakes (2) with smashed avocado (1/2 avocado)
FRI	Smoothie bowl (1 peach, 1/2 banana, 1 cup spinach, 1 tbsp flax seeds, 1 cup almond milk)	Caprese quinoa salad (1/2 cup quinoa, 2 oz mozzarella, 1/2 cup cherry tomatoes, 1 tbsp balsamic glaze)	Baked cod (5 oz cod) with roasted asparagus (1 cup) and garlic mashed cauliflower (1 cup)	Cottage cheese (1/2 cup) with pineapple chunks (1/2 cup)
SAT	Mediterranean avocado toast (whole grain bread, smoked salmon, arugula, poached egg)	Grilled veggie and halloumi salad (1/4 cup halloumi, 1 cup mixed greens, 1/2 cup grilled zucchini, 1/2 cup grilled eggplant, 1/2 cup cherry tomatoes, 1 tbsp balsamic dressing)	Black bean and sweet potato tacos (1/2 cup black beans, 1/2 small sweet potato, 2 corn tortillas, 1/4 avocado, 2 tbsp salsa)	Dark chocolate squares (2) with mixed berries (1/2 cup)
SUN	Smoothie bowl (1/2 cup blueberries, 1 cup spinach, 1/4 cup oats, 1 cup almond milk, 1 tbsp walnuts)	Asian chicken salad (5 oz grilled chicken, 2 cups mixed greens, 1 tsp sesame seeds, 1 tbsp ginger dressing)	Grilled shrimp (6 oz shrimp) with mango salsa (1/4 cup mango, 1 tbsp red onion, lime juice) and coconut rice (1/2 cup)	Mixed seeds (1/4 cup) and dried fruit (1/4 cup)

# WEEKS 1 TOTALS

DAY	PROTEIN	CARBS	FATS	CALS
Monday	125g	140g	50g	1500
Tuesday	130g	135g	55g	1520
Wednesday	120g	145g	52g	1510
Thursday	135g	130g	55g	1530
Friday	125g	140g	50g	1490
Saturday	130g	145g	55g	1550
Sunday	125g	135g	53g	1510

# WEEKLY AVERAGE

DINNER	PROTEIN	CARBS	FATS	CALS
Average Daily Protein	127g			
Average Daily Carbs		138g		
Average Daily Fats			53g	
Average Daily				1510

# SUMMARY

We've tailored your nutrition plan specifically to help you reach your goal of 130 lbs in a way that's both effective and sustainable. By keeping you in a slight caloric deficit—around 1,510 calories a day—you'll be able to steadily lose weight without feeling deprived. This amount will give you just enough fuel for your workouts and daily activities, ensuring you stay energized and focused. We've set your protein intake at 127g a day to help preserve your lean muscle as you lose fat, which is key for keeping that toned look you're after.

Your carbs are balanced at 138g a day to provide the energy you need, especially for your runs and lifting sessions, while fats are set at 53g to support overall health and keep you satisfied. This plan isn't just about cutting calories; it's about making sure you enjoy what you're eating, stay strong, and feel good throughout this journey. Every meal is designed with you in mind, ensuring you're on track to hit your goals while still enjoying the process. We've got a great plan in place—let's make it happen!



# WEEK 1 GROCERY LIST

## PROTEIN

Vanilla protein powder (1 container), Shrimp (18 oz), Spicy tuna (12 oz), Grilled chicken (20 oz), Salmon (10 oz), Tofu (4 oz), Turkey slices (4 oz), Cod (5 oz), Smoked salmon (2 oz), Halloumi cheese (1/4 cup), Black beans (1/2 cup), Chicken breasts (10 oz), Shrimp (6 oz), Poached eggs (7 eggs)

## CARBS

Granola (1/4 cup), Whole grain bread (4 slices), Quinoa (1.5 cups), Soba noodles (1/2 cup), Brown rice (1/2 cup), Wild rice (1/2 cup), Corn tortillas (2), Oats (1/4 cup), Lentils (1/2 cup cooked), Sweet potato (1 small), Rice cakes (2), Coconut rice (1/2 cup)

## FRUITS

Frozen berries (2 cups), Lemon (1), Apple (1 medium), Mixed tropical fruits (1 cup), Peach (1), Banana (1/2), Blueberries (1/2 cup), Pineapple chunks (1/2 cup), Mango (1/4 cup), Mixed berries (1/2 cup), Dried fruit (1/4 cup)

## VEGGIES

Zucchini (1), Spinach (4 cups), Cucumber (1/2), Avocado (2), Cherry tomatoes (1.5 cups), Olives (4), Garlic (1 clove), Cabbage (1 cup), Arugula (1/2 cup), Brussels sprouts (1 cup), Asparagus (1 cup), Cauliflower (1 cup), Mixed greens (4 cups), Roasted veggies (1.5 cups), Red onion (1 tbsp), Mango salsa ingredients (1/4 cup mango, 1 tbsp red onion, lime juice)

## DAIRY

Greek yogurt (1/2 cup), Feta cheese (1 oz), Mozzarella (2 oz), Cottage cheese (1/2 cup), Almond milk (2 cups)

## FATS

Coconut flakes (1 tbsp), Chia seeds (1 tbsp), Flax seeds (1 tbsp), Olive oil (for cooking and dressings), Almond butter (for snacks, if applicable), Tahini (2 tbsp), Pesto (1 tbsp), Light mayonnaise (1 tsp), Dark chocolate squares (2), Mixed seeds (1/4 cup), Walnuts (1 tbsp)

## SPICES

Chili flakes (1/2 tsp), Balsamic glaze (1 tbsp), Miso paste (for miso soup), Sesame seeds (1 tsp), Ginger dressing (1 tbsp)

## OTHER

Nori sheets (for sushi), Granola (1/4 cup), Honey (1 tsp), Coconut rice (1/2 cup), Salsa (2 tbsp)