

## Training Programs, Exercises, and Nutrition Plans

### Training Programs

#### I. The Upper-Lower Training Split Workout Routine :

Upper-lower training splits (2 days upper, 2 days lower) work out to 4 workouts in a 7-day training split. Great to transition from a 2 or 3 per week full body workout. The

##### Upper-Lower Training Splits

training frequency volume is considered moderate for strength and lean muscle gains.

Example workout structure:

Monday:Upper Body (Push Focus)

Tuesday:Lower Body (Squat Focus)

Wednesday:Off /Active Recovery

Thursday:Upper Body (Pull Focus)

Friday:Lower Body (Hamstring and Glute Focus)

Saturday/Sunday:Off

#### II. Push/Pull/Legs (PPL) Workout Routine :

Push/pull/legs is favorite training split which includes pushing muscles (chest, shoulder, triceps), the pulling muscles the next (back, biceps, forearms, abs), and lower body (quads, hamstrings, glutes, calves' w/ abs) on the next day. Add in rest days where needed, all while you don't miss any days.

Unlike single body part splits, if you miss a

PPL workout

, you'll be able to make it up in 3 days, or simply ad a rest day and stay on the repeating PPL pattern. 6 days a week is a lot, but you will add maximum muscle and strength.

## Training Programs, Exercises, and Nutrition Plans

Example workout structure:

Monday: Chest, Shoulders and Triceps

Tuesday: Back, Biceps, Abs and Forearms

Wednesday: Legs

Thursday: Chest, Shoulders and Triceps

Friday: Back, Biceps, Abs and Forearms

Saturday: Legs

Sunday: Rest

### III. Power Hypertrophy Upper Lower (PHUL) Workout Routine :

The

PHUL workout routine

is focused on strength and size in a 4-day program, this routine will allow you to achieve max strength and mass, yet is an adaptable routine based on four main principles. PHUL is great workout program for athletes that want to develop strength via heavy compound movements (squats, bench press, shoulder press, and deadlift, but looking to add some muscle. Of the 4-day workout days, 2 days focus on pure strength training, and 2-days of muscle building (hypertrophy).

Example workout structure:

Monday: Upper Power

Tuesday: Lower Power

Wednesday: Rest

## **Training Programs, Exercises, and Nutrition Plans**

Thursday:Upper Hypertrophy

Friday:Lower Hypertrophy

Saturday/Sunday:Rest

### **IV. The PHAT (Power Hypertrophy Adaptive Training) Training Program :**

The

PHAT workout routine

is designed to blend powerlifting and bodybuilding routines into a single training program. Although powerlifters and bodybuilders use different reps and weight schemes to reach their respective goals, the PHAT program is a training system balances the demands of both, so you can both sculpt and build strength.

Example workout structure:

Monday:Upper Power

Tuesday:Lower Power

Wednesday:Rest

Thursday:Back and Shoulder Hypertrophy

Friday:Legs Hypertrophy

Saturday:Chest and Arms Hypertrophy

Sunday:Rest

### **V. The 5-Day Split Workout Routine :**

The

5-day split

## **Training Programs, Exercises, and Nutrition Plans**

offers many advantages, particularly with intermediate and advanced bodybuilders. 5-day splits provide the chance to have focused strength gains and building mass with less body part fatigue. There are tons of options for moving this routine around to fit your schedule.

Example workout structure:

Monday:Chest

Tuesday:Back

Wednesday:Shoulders

Thursday:Arms

Friday:Legs

Saturday:Rest

Sunday:Rest

### **Exercises**

UPPER/LOWER :

Upper 1

- Barbell Bench Press - 3 sets of 6 to 10 reps
- Barbell Bent Over Rows - 3 sets of 6 to 10 reps
- Seated Dumbbell Shoulder Press - 3 sets of 8 to 12 reps
- Lat Pulldowns - 3 sets of 8 to 12 reps
- Low Cable Chest Flyes - 2 sets of 12 to 15 reps
- Dumbbell Curl - 2 sets of 12 to 15 reps
- Overhead Dumbbell Tricep Extensions - 2 sets of 12 to 15 reps

## **Training Programs, Exercises, and Nutrition Plans**

- Rope Cable Face Pulls - 2 sets of 15 to 25 reps

### Lower 1

- Back Squats - 3 sets of 6 to 10 reps
- Glute Ham Raises - 3 sets of 8 to 12 reps
- Alternating Forward Lunges - 3 sets of 10 to 15 reps
- Lying Hamstring Curls - 2-3 sets of 12 to 15 reps
- Standing Smith Machine Calf Raises - 3 sets of 8 to 12 reps

### Upper 2

- Pull Ups - 3 sets of 5 to 10 reps
- Incline Dumbbell Bench Press - 3 sets of 8 to 10 reps
- Standing Barbell Push Press - 3 sets of 8 to 12 reps
- Cable Lat Pullovers - 3 sets of 10 to 15 reps
- Bodyweight Push-ups - 2 sets of 10 to 20 reps
- EZ-bar Bicep Curl - 3 sets of 10 to 15 reps
- Dumbbell Tricep Kickbacks - 3 sets of 12 to 15 reps

### Lower 2

- Leg Press - 3 sets of 8 to 12 reps
- Romanian Deadlift - 3 sets of 8 to 10 reps
- Unilateral Dumbbell Shrug - 3 sets of 8 to 15 reps
- Leg Extensions - 2-3 sets of 12 to 15 reps
- Seated Machine Calf Raises - 3-4 sets of 12 to 20 reps
- Hanging Leg Raises - 3-4 sets of 10 to 20 reps

This is a relatively strict upper/lower split, with a couple of exceptions: on your Lower 2 workout, you also do some direct ab and trap work, as adding them to your upper days will make these workouts even longer and more fatiguing.

## **Training Programs, Exercises, and Nutrition Plans**

As far as warming up goes, you should always prepare your entire body for both types of workouts. This will help maximize your performance and minimize the risk of injury. A bit of light cardio, followed by some dynamic exercises should be enough. Then, take your time to work up to your training weights on the first exercise.

### **PUSH/PULL/LEGS :**

Push Workout 1: Chest, Shoulders, Tris (Pec Heavy)

Barbell Bench Press (incline or flat)

2 heavy sets 5-8 reps

1 back off set 10-12 reps

Dumbbell Shoulder Press

3 sets 10-12 reps

Chest Flies

3 sets 10-12 reps

Tricep Extensions (superset with flies)

4 sets 7-10 reps

Lateral Raises (rest time <1 min)

4 sets 10-12 reps

Dips (more upright to hit triceps over chest)

## **Training Programs, Exercises, and Nutrition Plans**

3 sets to failure

Pull Workout 1: Back, Bis (Upper Lat Focus)

Lat Pulldowns

2 warm-up sets

3 working sets 8-10 (drop set last set)

Bent Over Barbell Rows

2 warm-up sets

2 heavy sets 6-8 reps

1 back off set 10-12 reps

Incline Dumbbell Curls

4 sets 10-12 reps

Pull Ups

3 sets to failure

EZ Bar Curls

2 sets 8-10 reps

2 sets 40-second duration

Leg Workout 1: Glute & Hamstring Focus

## **Training Programs, Exercises, and Nutrition Plans**

### Walking Lunges

3 warm-up sets with bodyweight

3 working sets weighted 12-15 steps, each leg

### RDLs or Deadlift

2 warm-up sets

3 working sets 10-12 reps RDLs (6-8 reps if deadlift)

### Hip Thrusts or Glute Kick Backs

3 sets 10-12 reps

### Seated Calf Raises

6 sets 10-12 reps

### Hamstring Curls (superset with last 4 sets of calf raises)

2 sets 10 reps

2 sets 40 seconds duration

### Push Workout 2: Shoulders, Chest, Tris (Delt Heavy)

#### Close Grip Bench Press

3 sets 8-10 reps

#### Standing Barbell Press

3 sets 10-12 reps



## **Training Programs, Exercises, and Nutrition Plans**

Pec Deck Flies

1 set 8-10 reps

2 sets 40 seconds duration

Overhead Triceps Extension

3 sets 10-12 reps

Lateral Raises

4 sets 10-12 reps

Push Ups (superset with last 3 sets of lateral raises)

3 sets to failure

Pull Workout 2: Back, Bis (Lower Lat Focus)

Pull Ups

3 warm-up sets (while warming up for rack pulls)

Rack Pulls

3 warm-up sets

2 working sets 8-10 reps

Hammer Curls

3 sets 10-12 reps

## **Training Programs, Exercises, and Nutrition Plans**

Reverse Grip Row OR Supinated Lat Pulldown

3 sets 10-12 reps

Cable Curls

3 sets 10-12 reps

Cable Rows

2 drop sets (total of 20 reps each)

Dumbbell Curl

Run the rack to failure

Leg Workout 2: Quad Focus

Barbell Squats

3 warm-up sets

3 sets 8-12 reps

1 set 4-6 reps

Leg Press

2 sets 40 seconds duration

Leg Press Calf Raise (superset with leg press)

2 sets to failure (at least 10 reps)

## **Training Programs, Exercises, and Nutrition Plans**

Hip Adductors

4 sets 10-12 reps

Standing Calf Raises

4 sets 10-12 reps (then bounce reps to failure)

Leg Extensions

2 sets 10-12 reps

2 triple drop sets

5 DAY BRO SPLIT :

Monday (Chest) :

Flat barbell bench press - 4 sets of 6 to 8 reps

Incline dumbbell press - 4 sets of 8 to 12 reps

Plyometric push-ups - 4 sets of 10 to 20 reps

Low cable chest fly - 3 to 4 sets of 15 to 25 reps

Tuesday (Back) :

Rack pull deadlifts - 4 sets of 5 to 8 reps

Pull-ups or chin-ups - 4 sets of 5 to 10 reps

## **Training Programs, Exercises, and Nutrition Plans**

Single-arm dumbbell row - 4 sets of 8 to 12 reps

Seated cable rows - 3 to 4 sets of 12 to 15 reps

Wednesday (Shoulders and Traps) :

Overhead barbell push-press - 4 sets of 6 to 12 reps

Seated single-arm dumbbell overhead press - 4 sets of 8 to 12 reps

Standing barbell shrugs - 3 to 4 sets of 6 to 12 reps

Lateral cable shoulder raises - 3 to 4 sets of 12 to 20 reps

Cable face pulls - 3 to 4 sets of 15 to 25 reps

Thursday (Legs and Abs) :

Barbell high-bar back squats - 4 sets of 6 to 10 reps

Glute-ham raises - 4 sets of 8 to 12 reps

Hack squats - 3 sets of 8 to 15 reps

Lying hamstring curls - 3 sets of 12 to 15 reps

Seated leg extensions - 2 to 3 sets of 12 to 20 reps

Machine calf raises - 2 to 4 sets of 10 to 20 reps

Hanging knee raises - 2 to 4 sets of 10 to 20 reps

Friday (Biceps, Triceps, and Forearms) :

EZ-bar bicep curls - 3 sets of 6 to 10 reps

Close-grip bench press - 3 sets of 6 to 10 reps

## **Training Programs, Exercises, and Nutrition Plans**

Dumbbell hammer curl - 3 sets of 8 to 12 reps

Rope cable tricep extension - 3 sets of 10 to 15 reps

Preacher curl - 3 sets of 12 to 20 reps

Overhead tricep extensions - 3 sets of 12 to 20 reps

Plate pinches - 3 sets of 30 to 60-second holds (per hand)

### **Nutrition Plans**

1500 Calories Meal Plan :

Meal Plan 1 :

Breakfast - Egg and avocado toast

2 eggs with 1 tablespoon (14 grams) cooking oil

1 slice of Ezekiel toast

1/2 avocado

Lunch - Salad with grilled chicken

2 cups (60 grams) of spinach

4 ounces (112 grams) of grilled chicken

1/2 cup (80 grams) of chickpeas

1/2 cup (55 grams) of shredded carrots

1 ounce (28 grams) of goat cheese

1 tablespoon Balsamic vinaigrette

## **Training Programs, Exercises, and Nutrition Plans**

Dinner - Cod with quinoa and broccoli

5 ounces (140 grams) of baked cod

1 tablespoon (15 ml) of olive oil

3/4 cup (128 grams) of quinoa

1 cups (160 grams) of roasted broccoli

Meal Plan 2 :

Breakfast - Healthy yogurt bowl

1 cup (245 grams) of full-fat plain yogurt

1 cup (150 grams) of raspberries

2 tablespoons (28 grams) of sliced almonds

2 tablespoons (28 grams) of chia seeds

Lunch - Mozzarella wrap

2 ounces (46 grams) of fresh mozzarella

1 cup (140 grams) of sweet red peppers

2 slices of tomato

2 tablespoons (15 grams) of pesto

1 small, whole-grain wrap

## **Training Programs, Exercises, and Nutrition Plans**

Dinner - Salmon with veggies

1 medium sweet potato (114 grams)

1 teaspoon (5 grams) of butter

4 ounces (112 grams) of wild-caught salmon

2 cup (176 grams) of roasted Brussels sprouts

Meal Plan 3 :

Breakfast - Oatmeal

1/2 cup (40 grams) of raw oats cooked in 1 cup (240 ml) of unsweetened almond milk

1 cup (125 grams) of sliced apple

1/2 teaspoon of cinnamon

2 tablespoons (32 grams) of natural peanut butter

Lunch - Veggie and hummus wrap

1 small whole-grain wrap

2 tablespoons (32 grams) of hummus

1/2 avocado

2 slices of tomato

1 cup (20 grams) of fresh arugula

1 ounce (28 grams) of muenster cheese

## **Training Programs, Exercises, and Nutrition Plans**

### **Dinner - Chili**

3 ounces (84 grams) of ground turkey

1/2 cup (120 grams) of black beans

1/2 cup (120 grams) of kidney beans

1 cup (224 grams) of crushed tomatoes

### **Meal Plan 4 :**

#### **Breakfast - Peanut butter and banana toast with eggs**

2 fried eggs

1 slice of Ezekiel toast

2 tablespoons (32 grams) of natural peanut butter

1/2 sliced banana

#### **Lunch - On-the-go sushi**

1 cucumber and avocado sushi roll made with brown rice

1 vegetable roll with brown rice

2 pieces of salmon sashimi and a green salad

#### **Dinner - Black bean burger**

1 cup (240 grams) of black beans



## **Training Programs, Exercises, and Nutrition Plans**

1 egg

Chopped onion

Chopped garlic

1 tablespoon (14 grams) of breadcrumbs

2 cups (40 grams) of mixed greens

1 ounce (28 grams) of feta cheese

### **Meal Plan 5 :**

#### **Breakfast - Breakfast smoothie**

1 scoop of pea protein powder

1 cup (151 grams) of frozen blackberries

1 cup (240 ml) of refrigerated coconut milk

1/2 banana

1 tablespoon (16 grams) of cashew butter

1 tablespoon (14 grams) of hemp seeds

#### **Lunch - Kale salad with grilled chicken**

2 cups (40 grams) of kale

4 ounces (112 grams) of grilled chicken

1/2 cup (100 grams) of lentils

1/2 cup (55 grams) of shredded carrots

1 cup (139 grams) of cherry tomatoes

## **Training Programs, Exercises, and Nutrition Plans**

1 ounce (28 grams) of goat cheese

Balsamic vinaigrette

Dinner - Shrimp fajitas

4 ounces (112 grams) of grilled shrimp

2 cups (278 grams) of onions and peppers sauteed in 1 teaspoon (5 ml) of olive oil

2 small corn tortillas

1 tablespoon of full-fat sour cream

1 ounce (28 grams) of shredded cheese

Meal Plan 6 :

Breakfast - Oatmeal

1/2 cup (40 grams) of raw oats cooked in 1 cup (240 ml) unsweetened almond milk

1 cup (123 grams) of blueberries

1/2 teaspoon of cinnamon

2 tablespoons (32 grams) of natural almond butter

Lunch - Tuna salad

5 ounces (140 grams) of canned tuna

1 tablespoon (16 grams) of mayo

1/2 cup (60 grams) chopped celery

## **Training Programs, Exercises, and Nutrition Plans**

2 cups (40 grams) of mixed greens

1/2 sliced avocado

1/2 cup (31 grams) of sliced green apple

Dinner - Chicken with veggies

5 ounces (140 grams) of baked chicken

1 cup (205 grams) of roasted butternut squash cooked in 1 tablespoon (15 ml) of olive oil

1 cups (160 grams) roasted broccoli

Meal Plan 7 :

Breakfast - Omelet

2 eggs

1 ounce (28 grams) of cheddar cheese

1 cup (20 grams) of spinach cooked in 1 teaspoon (5 ml) of avocado oil

1/2 cup (100 grams) of sautéed sweet potatoes

Lunch - On-the-go Chipotle

1 Chipotle burrito bowl made with romaine lettuce, chicken, brown rice, 1/2 serving of guacamole and fresh salsa

Dinner - Pasta with pesto and beans

## **Training Programs, Exercises, and Nutrition Plans**

1 cup (140 grams) of brown-rice pasta or whole-wheat pasta

1 tablespoon (14 grams) of pesto

1/2 cup (120 grams) of cannellini beans

1 cup (20 grams) of spinach

1 cup (139 grams) of cherry tomatoes

1 tablespoon (5 grams) of grated parmesan cheese

2000 Calories Meal Plan :

Meal Plan 1 :

Breakfast: vegetable omelet

2 eggs

1 cup (20 grams) of spinach

1/4 cup (24 grams) of mushrooms

1/4 cup (23 grams) of broccoli

1 cup (205 grams) of sautéed sweet potatoes

1 tablespoon (15 ml) of olive oil

Snack: apple with peanut butter

1 medium apple

2 tablespoons (32 grams) of peanut butter

## Training Programs, Exercises, and Nutrition Plans

Lunch: Mediterranean tuna pita pockets

1 whole-wheat pita

5 ounces (140 grams) of canned tuna

chopped red onion and celery

1/4 avocado

1 tablespoon (9 grams) of crumbled feta cheese

Snack: cheese and grapes

2 ounces (56 grams) of cheddar cheese

1 cup (92 grams) of grapes

Dinner: salmon with veggies and wild rice

5 ounces (140 grams) of baked salmon

2 tablespoons (30 ml) of olive oil

1/2 cup (82 grams) of cooked wild rice

1 cup (180 grams) of roasted asparagus

1 cup (100 grams) of roasted eggplant

Meal Plan 2 :

Breakfast: nut butter and banana toast

## Training Programs, Exercises, and Nutrition Plans

2 slices of whole-grain toast

2 tablespoons (32 grams) of almond butter

1 sliced banana

cinnamon to sprinkle on top

Snack: power smoothie

3/4 cup (180 ml) of unsweetened, non-dairy milk

1 cup (20 grams) of spinach

1 scoop (42 grams) of plant-based protein powder

1 cup (123 grams) of frozen blueberries

1 tablespoon (14 grams) of hemp seeds

Lunch: avocado-tuna salad

1/2 avocado

5 ounces (140 grams) of canned tuna

1/2 cup (75 grams) of cherry tomatoes

2 cups (100-140 grams) of mixed greens

Lunch: black bean and sweet potato burrito

1 whole-wheat tortilla

1/4 cup (41 grams) of cooked brown rice

## **Training Programs, Exercises, and Nutrition Plans**

1/2 cup (102 grams) of cooked sweet potatoes

1/4 cup (50 grams) of black beans

2 tablespoons (30 grams) of salsa

Snack: vegetables and hummus

fresh carrot and celery sticks

2 tablespoons (30 grams) of hummus

1/2 whole-wheat pita bread

Dinner: chicken and broccoli stir-fry

5 ounces (140 grams) of chicken

2 cups (176 grams) of broccoli

1/2 cup (82 grams) of cooked brown rice

fresh garlic and ginger

1 tablespoon (15 ml) of soy sauce

Meal Plan 3 :

Breakfast: berry yogurt parfait

7 ounces (200 grams) of plain Greek yogurt

1/2 cup (74 grams) of fresh blueberries

1/2 cup (76 grams) of sliced strawberries

## **Training Programs, Exercises, and Nutrition Plans**

1/4 cup (30 grams) of granola

Snack: banana and almond butter

1 banana

1 1/2 tablespoons (24 grams) of almond butter

Lunch: peanut noodles with tofu and peas

3/4 cup (132 grams) of cooked rice noodles

5 ounces (141 grams) of tofu

1/2 cup (125 grams) of peas

1 tablespoon (16 grams) of creamy peanut butter

2 teaspoons (10 grams) of tamari or soy sauce

1/2 teaspoon (2 grams) of Sriracha

2 teaspoons (14 grams) of honey

juice of 1/2 lime

Snack: protein bar

Look for bars containing approximately 200-250 calories with less than 12 grams of sugar and at least 5 grams of fiber.

Dinner: fish tacos



## **Training Programs, Exercises, and Nutrition Plans**

3 corn tortillas

6 ounces (170 grams) of grilled cod

1/2 avocado

2 tablespoons (34 grams) of pico de gallo

Meal Plan 4 :

Breakfast: avocado toast with egg

1/2 avocado

2 slices of whole-wheat toast

1 tablespoon (15 ml) of olive oil

1 egg

Snack: Greek yogurt with strawberries

7 ounces (200 grams) of plain Greek yogurt

3/4 cup (125 grams) of sliced strawberries

Lunch: quinoa with mixed vegetables and grilled chicken

1/2 cup (93 grams) of cooked quinoa

5 ounces (142 grams) of grilled chicken

1 tablespoon (15 ml) of olive oil

1 cup (180 grams) of mixed, non-starchy vegetables

## Training Programs, Exercises, and Nutrition Plans

Snack: dark chocolate and almonds

2 squares (21 grams) of dark chocolate

15-20 almonds

Dinner: vegetarian chili

1/2 cup (121 grams) of canned, crushed tomatoes

1/2 cup (130 grams) of kidney beans

1/2 cup (103 grams) of butternut squash

1/2 cup (75 grams) of cooked sweet corn

1/4 cup (28 grams) of diced white onions

1/4 of a jalapeño pepper

Meal Plan 5 :

Breakfast: oatmeal with seeds and dried fruit

1/2 cups (80 grams) of steel-cut oats

1 tablespoon (14 grams) of hemp seeds

1 tablespoon (12 grams) of flax seeds

2 tablespoons (20 grams) of dried cherries

Snack: bell peppers and carrots with guacamole

## **Training Programs, Exercises, and Nutrition Plans**

1/2 bell pepper, cut into strips

1 cup of carrot sticks

4 tablespoons (60 grams) of guacamole

Lunch: grilled vegetable and mozzarella wrap

1 whole-wheat tortilla

1/2 cup (60 grams) of grilled red peppers

5 slices (42 grams) of grilled zucchini

3 ounces (84 grams) of fresh mozzarella

Snack: chia pudding with banana

5 ounces (170 grams) of chia pudding

1/2 of a sliced banana

Dinner: pasta with pesto, peas, and shrimp

2 tablespoons (30 grams) of pesto

1/2 cup (42 grams) of whole-wheat or brown-rice penne

6 ounces (170 grams) of shrimp

1/2 cup (80 grams) of peas

1 tablespoon (5 grams) of grated Parmesan cheese

## **Training Programs, Exercises, and Nutrition Plans**

A healthy and well-balanced diet can be both delicious and nourishing. This 2,000-calorie sample menu consists of meals with whole, unprocessed foods. Plus, it's rich in fiber, protein, fruit, vegetables, and healthy fats.

With a little planning and preparation, achieving a nutritious diet can be easy. Also, it's possible to find similar meals similar when dining out.

Nevertheless, it's often easier to make healthier choices and control portion sizes when you prepare your meals at home from fresh ingredients.

A 2,000-calorie diet should consist of whole, unprocessed foods and be rich in fruits, vegetables, protein, whole grains, and healthy fats. Planning and preparing your meals makes it easier to eat a healthy, balanced diet.

3000 Calories Meal Plan :

Meal Plan 1 :

Breakfast: 1 cup (80 grams) of oats with 1 cup (240 ml) of dairy or plant-based milk, 1 sliced banana, and 2 tablespoons (33 grams) of peanut butter

Snack: trail mix made with 1 cup (80 grams) of dry cereal, 1/4 cup (30 grams) of granola, 1/4 cup (34 grams) of dried fruit, and 20 nuts

Lunch: 1 cup (100 grams) of spaghetti with 3/4 cups (183 grams) of tomato sauce and 4 ounces (112 grams) of cooked ground beef, as well as 1 medium breadstick with 1 tablespoon (14 grams) of butter

## **Training Programs, Exercises, and Nutrition Plans**

Snack: 1 cup (226 grams) of cottage cheese and 1/2 cup (70 grams) of blueberries

Dinner: 4 ounces (110 grams) of salmon, 1 cup (100 grams) of brown rice, and 5 asparagus spears

### **Meal Plan 2 :**

Breakfast: smoothie made with 2 cups (480 ml) of dairy or plant-based milk, 1 cup (227 grams) of yogurt, 1 cup (140 grams) of blueberries, and 2 tablespoons (33 grams) of almond butter

Snack: 1 granola bar, 1 piece of fruit, and 2 pieces of string cheese

Lunch: 12-inch sub sandwich with meat, cheese, and veggies with 3 ounces (85 grams) of baby carrots, 2 tablespoons (28 grams) of hummus, and apple slices on the side

Snack: 1 scoop of whey protein powder mixed in 1 cup (240 ml) of dairy or plant-based milk

Dinner: 4-ounce (113-gram) sirloin steak, 1 medium-sized (173-gram) baked potato with 1 tablespoon (14 grams) of butter, and 1 cup (85 grams) of broccoli

### **Meal Plan 3 :**

Breakfast: 3 whole-wheat waffles with 2 tablespoons (33 grams) of peanut butter, 1 orange, and 2 cups (480 ml) of dairy or plant-based milk

Snack: 1 nut-based granola bar and 1 ounce (28 grams) of almonds

Lunch: 6-ounce (170-gram) 90%-lean burger on a whole-wheat bun with 1 tomato slice and lettuce leaf, as well as 1 1/2 cup (86 grams) of homemade sweet potato fries cooked in olive oil

Snack: 1 cup (227 grams) of Greek yogurt and 1 cup (140 grams) of strawberries

Dinner: 4-ounce (112-gram) chicken breast, 1/2 cup (84 grams) of quinoa, and 1 1/3 cups (85 grams) of sugar snap peas

## **Training Programs, Exercises, and Nutrition Plans**

### **Meal Plan 4 :**

Breakfast: 3-egg omelet with sliced onions, red and green bell peppers, and 1/4 cup (28 grams) of shredded cheese with 2 cups (480 ml) of dairy or plant-based milk to drink

Snack: 2 tablespoons (33 grams) of peanut butter and 1 banana on 1 slice of whole-wheat bread

Lunch: 8 ounces (226 grams) of tilapia fillets, 1/4 cup (32 grams) of lentils, and a salad topped with 1/4 cup (30 grams) of walnuts

Snack: 2 sliced, hard-boiled eggs atop a mixed green salad

Dinner: turkey chili made with a 4-ounce (114-gram) turkey breast, chopped onions, garlic, celery, and sweet peppers, 1/2 cup (123 grams) of canned, diced tomatoes, and 1/2 cup (120 grams) of cannellini beans, topped with 1/4 cup (28 grams) of shredded cheese. Add oregano, bay leaves, chili powder, and cumin as desired for taste.

### **Meal Plan 5 :**

Breakfast: 3 whole eggs, 1 apple, and 1 cup (80 grams) of oatmeal made with 1 cup (240 ml) of dairy or plant-based milk

Snack: 1 cup (226 grams) of plain yogurt with 1/4 cup (30 grams) of granola and 1/2 cup (70 grams) of raspberries

Lunch: 6-ounce (168-gram) chicken breast, 1 medium-sized (151-gram) sweet potato, 3/4 cup (85 grams) of green beans, and 1 ounce (28 grams) of nuts

Snack: 1/2 cup (130 grams) of chickpeas atop greens

Dinner: burrito bowl with 6 ounces (170 grams) of chopped sirloin steak, 1/2 cup (130 grams) of black beans, 1/2 cup (90 grams) of brown rice, 1 cup (35 grams) of shredded lettuce and spinach, and 2 tablespoons (16 grams) of salsa