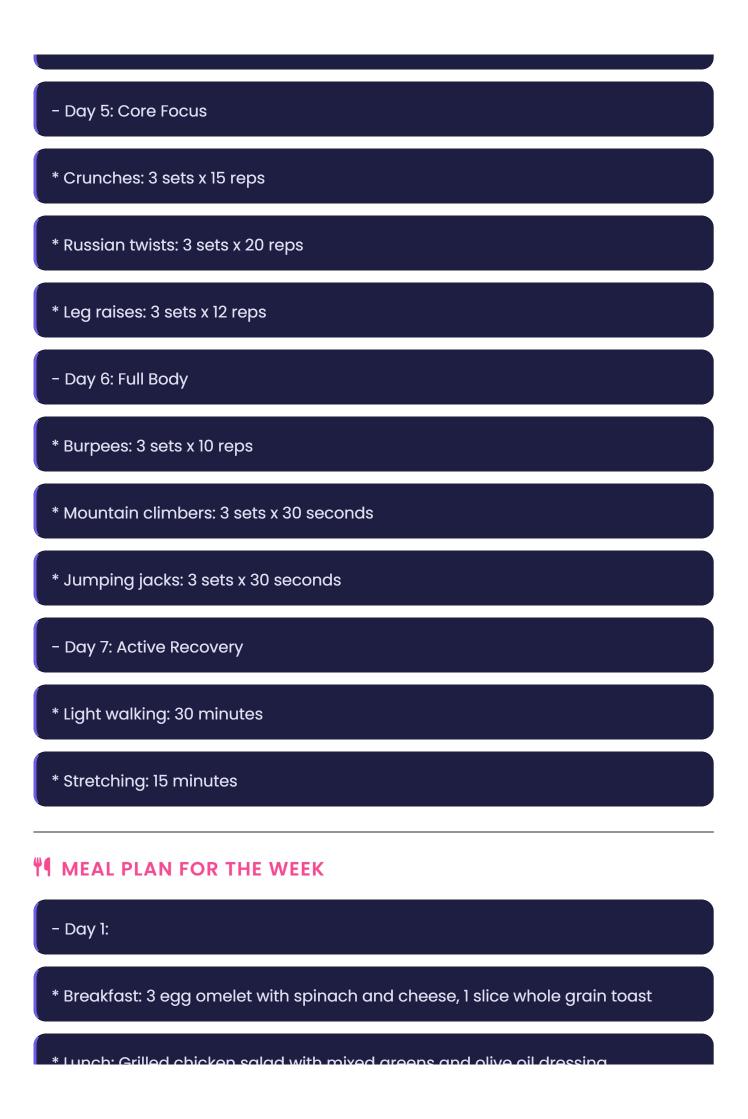
ONEWEEKFIT PERSONALIZED PLAN

Generated on 3/20/2025

III WORKOUT SUGGESTIONS - Day 1: Full Body * Push-ups: 3 sets x 10 reps * Bodyweight squats: 3 sets x 15 reps * Plank: 3 sets x 30 seconds - Day 2: Upper Body Focus * Dumbbell rows: 3 sets x 12 reps * Shoulder press: 3 sets x 10 reps * Bicep curls: 3 sets x 12 reps - Day 3: Rest Day - Day 4: Lower Body Focus * Lunges: 3 sets x 10 reps per leg * Calf raises: 3 sets x 15 reps

* Glute bridges: 3 sets x 15 reps



Edition. Office official saide with mixed greens and onve on dressing
* Dinner: Salmon fillet (6oz) with roasted vegetables and quinoa (1/2 cup)
- Day 2:
* Breakfast: Greek yogurt (1 cup) with berries and granola
* Lunch: Turkey and avocado wrap with whole grain tortilla
* Dinner: Lean beef stir-fry with broccoli and brown rice (1/2 cup)
- Day 3:
* Breakfast: Protein smoothie with banana, protein powder, milk and peanut butter
* Lunch: Tuna salad sandwich on whole grain bread
* Dinner: Grilled chicken breast (6oz) with sweet potato and green beans
- Day 4:
* Breakfast: Oatmeal (1 cup) with sliced banana and almonds
* Lunch: Chickpea and vegetable soup with whole grain roll
* Dinner: Turkey meatballs (4oz) with whole wheat pasta and tomato sauce
- Day 5:

