

# ONEWEEKFIT PERSONALIZED PLAN

Generated on 3/20/2025

## 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

– Day 5: Core Focus

\* Crunches: 3 sets x 15 reps

\* Russian twists: 3 sets x 20 reps

\* Leg raises: 3 sets x 12 reps

– Day 6: Full Body

\* Burpees: 3 sets x 10 reps

\* Mountain climbers: 3 sets x 30 seconds

\* Jumping jacks: 3 sets x 30 seconds

– Day 7: Active Recovery

\* Light walking: 30 minutes

\* Stretching: 15 minutes

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## MEAL PLAN FOR THE WEEK

– Day 1:

\* Breakfast: 3 egg omelet with spinach and cheese, 1 slice whole grain toast

\* Lunch: Grilled chicken salad with mixed greens and olive oil dressing

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\* 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:

\* Breakfast: Scrambled eggs (3) with whole grain toast and avocado

\* Lunch: Quinoa bowl with black beans, corn, and grilled chicken

\* Dinner: Baked white fish (6oz) with roasted potatoes and asparagus

– Day 6:

\* Breakfast: Whole grain pancakes with Greek yogurt and berries

\* Lunch: Grilled chicken wrap with hummus and vegetables

\* Dinner: Lean pork tenderloin (6oz) with steamed vegetables and brown rice

– Day 7:

\* Breakfast: Veggie and egg white omelet with whole grain toast

\* Lunch: Salmon salad with mixed greens and light vinaigrette

\* Dinner: Turkey breast (6oz) with mashed sweet potatoes and green beans