

## Six-Pack Weekly Quick View (Meals + Workouts + Snacks)

Day	Workout	Meals (Breakfast / Lunch / Dinner)
Mon	Push (Chest/Shoulders/Triceps)	5 eggs + Greek yogurt / Chicken + quinoa / Steak + veggies
Tue	Pull (Back/Biceps)	Same breakfast / Salmon + rice / Burgers + veggies
Wed	Legs & Core	Same / Chicken thighs + potato / Cod + cauliflower rice
Thu	Conditioning & Core	Same / Ground turkey + rice / Ribeye + veggies
Fri	Push/Pull Hybrid	Same / Chicken + brown rice / Steak + zucchini noodles
Sat	Rest / Active Recovery	Same / Salmon + farro / Burgers + peppers/onions
Sun	Rest / Recovery	Same / Chicken + wild rice / Cod + Brussels sprouts

### ■ Snack Options (use to reach ~200g protein daily)

- Protein shake (25g, post-workout)
- Greek yogurt cup (20g)
- 2 boiled eggs (12g)
- Cottage cheese (20g)
- Beef jerky (10–15g)
- Almonds or walnuts (healthy fats, ~6g protein per ounce)