

Quick View (Meals + Workouts) – Women's Plan

Day	Workout	Meals (Breakfast / Lunch / Dinner)
Mon	Full-Body (Light)	Eggs+Yogurt / Chicken+Quinoa / Salmon+Veg
Tue	Conditioning+Core	Same / Turkey+Rice / Burger+Veg
Wed	Lower & Glutes (Light)	Same / Cod+Salad / Chicken+Rice
Thu	Mobility	Same / Yogurt+Oats / Shrimp Tacos
Fri	Upper (Light)	Same / Chicken Wrap / Salmon+Quinoa
Sat	Optional Conditioning	Same / Egg Bowl / Sirloin+Potatoes
Sun	Rest	Same / Chicken Soup / Turkey Meatballs