

Quick View + Snacks – 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

■ Snack Options (aim ~110–130g protein/day)

- Protein shake (20–25g)
- Greek yogurt cup (15–20g)
- 1–2 boiled eggs (6–12g)
- Cottage cheese (15–20g)
- Tuna packet (16–18g)
- Jerky (10–12g)
- Almonds/walnuts (~6g per oz)