

# Women's Weekly Plan (Mobile-Friendly)

## Mon

**Workout:** Full-Body (Light Weights) Goblet Squat 3×12, Incline DB Press 3×12, Lat Pulldown 3×12, DB RDL 3×12, Seated Row 3×12, Plank 3×30s

**Meals:** Breakfast: 2 whole eggs + 1 cup Greek yogurt + berries | Lunch: 5 oz chicken + 1 cup quinoa + broccoli | Dinner: 5 oz salmon + roasted veggies + 1/2 cup rice

## Tue

**Workout:** Low-Impact Conditioning & Core 30–40 min brisk walk/cycle, Dead bug 3×10/side, Side Plank 3×30s/side

**Meals:** Breakfast: 2 whole eggs + 1 cup Greek yogurt + berries | Lunch: Turkey bowl (5 oz) + brown rice + greens | Dinner: Lean beef burger (lettuce wrap) + green beans

## Wed

**Workout:** Lower Body & Glutes (Light) Step-Ups 3×12/leg, Hip Thrust 3×12, Leg Press 3×12, Cable Kickbacks 3×12/leg, Calf Raise 3×15, Bird-Dog 3×10/side

**Meals:** Breakfast: 2 whole eggs + 1 cup Greek yogurt + berries | Lunch: 5 oz cod + sweet corn + salad | Dinner: Chicken stir-fry (5 oz) + jasmine rice + veg

## Thu

**Workout:** Active Recovery / Mobility 20–30 min easy walk + 20 min yoga/mobility

**Meals:** Breakfast: 2 whole eggs + 1 cup Greek yogurt + berries | Lunch: Greek yogurt parfait + oats + almonds | Dinner: Shrimp tacos (2–3) on corn tortillas + slaw

## Fri

**Workout:** Upper Body (Light) Seated DB Shoulder Press 3×12, Chest-Supported Row 3×12, Cable Chest Fly 3×12, Cable Row 3×12, Hammer Curl 2×15, Rope Pressdown 2×15, Pallof Press 3×10/side

**Meals:** Breakfast: 2 whole eggs + 1 cup Greek yogurt + berries | Lunch: Chicken salad wrap + fruit | Dinner: Baked salmon (5 oz) + quinoa + asparagus

## Sat

**Workout:** Optional Conditioning Incline treadmill 20–30 min (easy) + Core circuit (3 rounds): Glute bridge 12, Heel taps 12/side, Plank 30s

**Meals:** Breakfast: 2 whole eggs + 1 cup Greek yogurt + berries | Lunch: Egg scramble bowl + avocado toast | Dinner: Sirloin strips (5 oz) + roasted potatoes + veg

## Sun

**Workout:** Rest / Recovery Light stretching, hydration, sleep focus

**Meals:** Breakfast: 2 whole eggs + 1 cup Greek yogurt + berries | Lunch: Chicken & wild rice soup |  
Dinner: Turkey meatballs + marinara + zucchini noodles

## Snack Options

- Protein shake (20–25g)
- Greek yogurt (15–20g)
- Cottage cheese (15–20g)
- Tuna packet (16–18g)
- Jerky (10–12g)
- Boiled eggs (6–12g)