

# 4■Week Calendar View – Women's Plan

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Full■Body (Light) B: Eggs+Yogurt L: Chicken+Quinoa D: Salmon+Veg	Conditioning+Core B: Eggs+Yogurt L: Turkey+Rice D: Burger+Veg	Lower/Glutes (Light) B: Eggs+Yogurt L: Cod+Salad D: Chicken+Rice	Mobility/Walk B: Eggs+Yogurt L: Yogurt+Oats D: Shrimp Tacos	Upper (Light) B: Eggs+Yogurt L: Chicken Wrap D: Salmon+Quinoa	Optional Cond. B: Eggs+Yogurt L: Egg Bowl D: Sirloin+Potatoes	Rest B: Eggs+Yogurt L: Soup D: Turkey Meatballs

**Snacks as needed:** shake, Greek yogurt, cottage cheese, tuna, jerky, boiled eggs