

Women's Lean & Strong Program

Custom Plan for 5'11", 150 lbs
3 Light-Weight Workouts / Week

"Consistency over intensity."

Master Playbook

Women's Fitness Playbook – How to Use Your PDFs

Step 1 – Guides

- Print Weekly Plan • Quick View in gym • Mobile PDF on phone

Step 2 – Plan

- Sunday review • Grocery Checklist • Simple rotating meals

Step 3 – Daily

- Breakfast: eggs + yogurt • Follow meals • Snacks to hit protein • Light sessions

Step 4 – Track

- Weekly/4■Week trackers • Tick meals/workouts • Notes

Step 5 – Measure

- Weight/waist weekly • Photos 2–4 weeks • Adjust if stalls

Step 6 – Cycle

- 1–4 learn • 5–8 consistent • 9–12 refine

Weekly Fitness & Meal Plan (5'11", 150 lbs, 3 Days Light Weights)

Workout	Breakfast	Lunch	Dinner	Notes
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	2 whole eggs + 1 cup Greek yogurt + berries	5 oz chicken + 1 cup quinoa + broccoli	5 oz salmon + roasted veggies + 1/2 cup rice	Light effort, focus on technique
Low-Impact Conditioning & Core 30–40 min brisk walk/cycle, Dead bug 3×10/side, Side Plank 3×30s/side	2 whole eggs + 1 cup Greek yogurt + berries	Turkey bowl (5 oz) + brown rice + greens	Lean beef burger (lettuce wrap) + green beans	Zone 2 cardio, core stability
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	2 whole eggs + 1 cup Greek yogurt + berries	5 oz cod + sweet corn + salad	Chicken stir-fry (5 oz) + jasmine rice + veg	Glute emphasis, low impact
Active Recovery / Mobility 20–30 min easy walk + 20 min yoga/mobility	2 whole eggs + 1 cup Greek yogurt + berries	Greek yogurt parfait + oats + almonds	Shrimp tacos (2–3) on corn tortillas + slaw	Keep it light, mobility focus
Upper Body (Light) Seated DB Shoulder Press 3×12, Chest-Supported Row 3×12, Cable Row 3×12, Hammer Curl 2×15, Rope Pressdown 2×15, Pallof Press 3×10/side	2 whole eggs + 1 cup Greek yogurt + berries	Chicken salad wrap + fruit	Baked salmon (5 oz) + quinoa + asparagus	Pump, no heavy weights
Optional Conditioning Incline treadmill 20–30 min (easy) + Core circuit (3 rounds): Glute bridge 12, Heel taps 12/side, Plank 30s	2 whole eggs + 1 cup Greek yogurt + berries	Egg scramble bowl + avocado toast	Sirloin strips (5 oz) + roasted potatoes + veg	Optional cardio, core work
Rest / Recovery Light stretching, hydration, sleep focus	2 whole eggs + 1 cup Greek yogurt + berries	Chicken & wild rice soup	Turkey meatballs + marinara + zucchini noodles	Full recovery, hydration

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

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)

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)

Women's Weekly Grocery Checklist

Proteins

- ✓ Eggs (18–24)
- ✓ Chicken breast (3–4 lbs)
- ✓ Salmon (2–3 lbs)
- ✓ Cod/white fish (1–2 lbs)
- ✓ Lean ground turkey (2 lbs)
- ✓ Lean ground beef (1–2 lbs)
- ✓ Greek yogurt (6–7 cups)
- ✓ Cottage cheese (2 tubs)
- ✓ Tuna packets (4–6)

Carbs & Grains

- ✓ Quinoa
- ✓ Brown/Jasmine rice
- ✓ Whole■grain wraps
- ✓ Oats
- ✓ Potatoes (optional)

Veggies & Greens

- ✓ Spinach
- ✓ Mixed greens
- ✓ Broccoli
- ✓ Asparagus
- ✓ Zucchini
- ✓ Peppers
- ✓ Onions
- ✓ Mushrooms
- ✓ Brussels sprouts

Fruits

- ✓ Berries
- ✓ Apples
- ✓ Citrus (lemons/limes)

Fats & Extras

- ✓ Avocados
- ✓ Olive oil
- ✓ Almonds/walnuts
- ✓ Chia/Flax seeds
- ✓ Salsa, Marinara, Low■sugar sauces

Weekly Tracking Sheet – Women's Plan

Day	Workout	Breakfast	Lunch	Dinner	Snacks	Notes
Mon	Full-Body	■	■	■	■	
Tue	Conditioning	■	■	■	■	
Wed	Lower/Glutes	■	■	■	■	
Thu	Mobility	■	■	■	■	
Fri	Upper	■	■	■	■	
Sat	Optional Cond.	■	■	■	■	
Sun	Rest	■	■	■	■	

Monthly Tracking Sheet (4 Weeks) – Women's Plan

Week 1

Day	Workout	Breakfast	Lunch	Dinner	Snacks	Notes
Mon	Full-Body	■	■	■	■	
Tue	Conditioning	■	■	■	■	
Wed	Lower/Glutes	■	■	■	■	
Thu	Mobility	■	■	■	■	
Fri	Upper	■	■	■	■	
Sat	Optional Cond.	■	■	■	■	
Sun	Rest	■	■	■	■	

Week 2

Day	Workout	Breakfast	Lunch	Dinner	Snacks	Notes
Mon	Full-Body	■	■	■	■	
Tue	Conditioning	■	■	■	■	
Wed	Lower/Glutes	■	■	■	■	
Thu	Mobility	■	■	■	■	
Fri	Upper	■	■	■	■	
Sat	Optional Cond.	■	■	■	■	
Sun	Rest	■	■	■	■	

Week 3

Day	Workout	Breakfast	Lunch	Dinner	Snacks	Notes
Mon	Full-Body	■	■	■	■	
Tue	Conditioning	■	■	■	■	
Wed	Lower/Glutes	■	■	■	■	
Thu	Mobility	■	■	■	■	
Fri	Upper	■	■	■	■	
Sat	Optional Cond.	■	■	■	■	
Sun	Rest	■	■	■	■	

Week 4

Day	Workout	Breakfast	Lunch	Dinner	Snacks	Notes
Mon	Full-Body	■	■	■	■	
Tue	Conditioning	■	■	■	■	
Wed	Lower/Glutes	■	■	■	■	
Thu	Mobility	■	■	■	■	
Fri	Upper	■	■	■	■	
Sat	Optional Cond.	■	■	■	■	
Sun	Rest	■	■	■	■	

Monthly Tracking + Progress (4 Weeks) – Women's Plan

Week 1

Day	Workout	Breakfast	Lunch	Dinner	Snacks	Notes
Mon	Full-Body	■	■	■	■	
Tue	Conditioning	■	■	■	■	
Wed	Lower/Glutes	■	■	■	■	
Thu	Mobility	■	■	■	■	
Fri	Upper	■	■	■	■	
Sat	Optional Cond.	■	■	■	■	
Sun	Rest	■	■	■	■	

Week 2

Day	Workout	Breakfast	Lunch	Dinner	Snacks	Notes
Mon	Full-Body	■	■	■	■	
Tue	Conditioning	■	■	■	■	
Wed	Lower/Glutes	■	■	■	■	
Thu	Mobility	■	■	■	■	
Fri	Upper	■	■	■	■	
Sat	Optional Cond.	■	■	■	■	
Sun	Rest	■	■	■	■	

Week 3

Day	Workout	Breakfast	Lunch	Dinner	Snacks	Notes
Mon	Full-Body	■	■	■	■	
Tue	Conditioning	■	■	■	■	
Wed	Lower/Glutes	■	■	■	■	
Thu	Mobility	■	■	■	■	
Fri	Upper	■	■	■	■	
Sat	Optional Cond.	■	■	■	■	
Sun	Rest	■	■	■	■	

Week 4

Day	Workout	Breakfast	Lunch	Dinner	Snacks	Notes
Mon	Full-Body	■	■	■	■	
Tue	Conditioning	■	■	■	■	
Wed	Lower/Glutes	■	■	■	■	
Thu	Mobility	■	■	■	■	
Fri	Upper	■	■	■	■	
Sat	Optional Cond.	■	■	■	■	
Sun	Rest	■	■	■	■	

■ Progress Tracker

Starting Weight: ____ lbs

Week 1: ____ lbs

Week 2: ____ lbs

Week 3: ____ lbs

Week 4: ____ lbs

Starting Waist: ____ in

Week 1: ____ in

Week 2: ____ in

Week 3: ____ in

Week 4: ____ in

Photos: ■ Start ■ Week 2 ■ Week 4

Notes: _____

12■Week Transformation Tracker – Women's Plan

Week 1

Day	Workout	Breakfast	Lunch	Dinner	Snacks	Notes
Mon	Full-Body	■	■	■	■	
Tue	Conditioning	■	■	■	■	
Wed	Lower/Glutes	■	■	■	■	
Thu	Mobility	■	■	■	■	
Fri	Upper	■	■	■	■	
Sat	Optional Cond.	■	■	■	■	
Sun	Rest	■	■	■	■	

Week 2

Day	Workout	Breakfast	Lunch	Dinner	Snacks	Notes
Mon	Full-Body	■	■	■	■	
Tue	Conditioning	■	■	■	■	
Wed	Lower/Glutes	■	■	■	■	
Thu	Mobility	■	■	■	■	
Fri	Upper	■	■	■	■	
Sat	Optional Cond.	■	■	■	■	
Sun	Rest	■	■	■	■	

Week 3

Day	Workout	Breakfast	Lunch	Dinner	Snacks	Notes
Mon	Full-Body	■	■	■	■	
Tue	Conditioning	■	■	■	■	
Wed	Lower/Glutes	■	■	■	■	
Thu	Mobility	■	■	■	■	
Fri	Upper	■	■	■	■	
Sat	Optional Cond.	■	■	■	■	
Sun	Rest	■	■	■	■	

Week 4

Day	Workout	Breakfast	Lunch	Dinner	Snacks	Notes
Mon	Full-Body	■	■	■	■	
Tue	Conditioning	■	■	■	■	
Wed	Lower/Glutes	■	■	■	■	
Thu	Mobility	■	■	■	■	
Fri	Upper	■	■	■	■	
Sat	Optional Cond.	■	■	■	■	
Sun	Rest	■	■	■	■	

Week 5

Day	Workout	Breakfast	Lunch	Dinner	Snacks	Notes
Mon	Full-Body	■	■	■	■	
Tue	Conditioning	■	■	■	■	
Wed	Lower/Glutes	■	■	■	■	

Thu	Mobility	■	■	■	■	
Fri	Upper	■	■	■	■	
Sat	Optional Cond.	■	■	■	■	
Sun	Rest	■	■	■	■	

Week 6

Day	Workout	Breakfast	Lunch	Dinner	Snacks	Notes
Mon	Full-Body	■	■	■	■	
Tue	Conditioning	■	■	■	■	
Wed	Lower/Glutes	■	■	■	■	
Thu	Mobility	■	■	■	■	
Fri	Upper	■	■	■	■	
Sat	Optional Cond.	■	■	■	■	
Sun	Rest	■	■	■	■	

Week 7

Day	Workout	Breakfast	Lunch	Dinner	Snacks	Notes
Mon	Full-Body	■	■	■	■	
Tue	Conditioning	■	■	■	■	
Wed	Lower/Glutes	■	■	■	■	
Thu	Mobility	■	■	■	■	
Fri	Upper	■	■	■	■	
Sat	Optional Cond.	■	■	■	■	
Sun	Rest	■	■	■	■	

Week 8

Day	Workout	Breakfast	Lunch	Dinner	Snacks	Notes
Mon	Full-Body	■	■	■	■	
Tue	Conditioning	■	■	■	■	
Wed	Lower/Glutes	■	■	■	■	
Thu	Mobility	■	■	■	■	
Fri	Upper	■	■	■	■	
Sat	Optional Cond.	■	■	■	■	
Sun	Rest	■	■	■	■	

Week 9

Day	Workout	Breakfast	Lunch	Dinner	Snacks	Notes
Mon	Full-Body	■	■	■	■	
Tue	Conditioning	■	■	■	■	
Wed	Lower/Glutes	■	■	■	■	
Thu	Mobility	■	■	■	■	
Fri	Upper	■	■	■	■	
Sat	Optional Cond.	■	■	■	■	
Sun	Rest	■	■	■	■	

Week 10

Day	Workout	Breakfast	Lunch	Dinner	Snacks	Notes
-----	---------	-----------	-------	--------	--------	-------

Mon	Full-Body	■	■	■	■	
Tue	Conditioning	■	■	■	■	
Wed	Lower/Glutes	■	■	■	■	
Thu	Mobility	■	■	■	■	
Fri	Upper	■	■	■	■	
Sat	Optional Cond.	■	■	■	■	
Sun	Rest	■	■	■	■	

Week 11

Day	Workout	Breakfast	Lunch	Dinner	Snacks	Notes
Mon	Full-Body	■	■	■	■	
Tue	Conditioning	■	■	■	■	
Wed	Lower/Glutes	■	■	■	■	
Thu	Mobility	■	■	■	■	
Fri	Upper	■	■	■	■	
Sat	Optional Cond.	■	■	■	■	
Sun	Rest	■	■	■	■	

Week 12

Day	Workout	Breakfast	Lunch	Dinner	Snacks	Notes
Mon	Full-Body	■	■	■	■	
Tue	Conditioning	■	■	■	■	
Wed	Lower/Glutes	■	■	■	■	
Thu	Mobility	■	■	■	■	

Fri	Upper	■	■	■	■	
Sat	Optional Cond.	■	■	■	■	
Sun	Rest	■	■	■	■	

■ Progress Tracker

Starting Weight: ____ lbs

Week 4: ____ lbs

Week 8: ____ lbs

Week 12: ____ lbs

Starting Waist: ____ in

Week 4: ____ in

Week 8: ____ in

Week 12: ____ in

Photos: ■ Start ■ W4 ■ W8 ■ W12

Notes: _____

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