

WORKOUT and MEAL PLAN

		Fri	Sat	Sun	Mon	Tue	Wed	Thur	Fri
	Randy and Sarita	2 cups of coffee	2 cups of coffee	2 cups of coffee	2 cups of coffee	2 cups of coffee	2 cups of coffee	2 cups of coffee	2 cups of coffee
Breakfast	Randy	2 eggs, pepper, bagel and cream cheese, cherries	Cereal and toast	Pancakes topped with berries	Eggs and toast pineapple and kiwi	Cereal and toast	2 eggs, pepper, bagel and cream cheese, cherries	Eggs and toast pineapple and kiwi	2 eggs, pepper, bagel and cream cheese, cherries
	Sarita	GF granola and dairy free yogurt, blueberries	GF granola and dairy free yogurt, chopped apple with 1 toast and jam	mushrooms, tomato, black beans fried	Sweet potato with frozen blueberries, dash of salt/pepper	GF granola and dairy free yogurt, blueberries	Avocado toast, tomato, hummus and black pepper	GF granola and dairy free yogurt, blueberries	GF granola and dairy free yogurt, blueberries
Snack	Randy	2 Bananas	2 Bananas & Trail Mix	2 Bananas	2 Bananas & Trail Mix	2 Bananas	2 Bananas & Trail Mix	2 Bananas	2 Bananas & Trail Mix
	Randy and Sarita	Carrots and grapes	Carrots, bell pepper	Kiwi and pineapple	Grapes and carrots	Home made bran muffin (GF)	Pineapple chopped and carrots/celery	Carrots and celery chopped	Home made bran muffin (GF)
Lunch	Randy	PB&J, chips and cookies	Lemon Cheese ravioli and red sauce, garlic bread plus brownie	Tuna sammy, chips and Chocolate milk plus cookies	Lentil Chili, Ritz crackers - cookies	PB&J, chips and cookies	Jar Salad: garbanzo, celery, cucumber, tomato, olives - sesame seeds and black	Bean and Cheese burrito, salsa and chips	PB&J, chips and cookies
	Sarita	Avocado, black bean, cucumber, tomato with 2T TJ's salsa and black pepper	Mashed potatoes with olives and steamed peas and corn topping. 2T vegan salsa	Lentil Chili with a TJ corn/flour tortilla	COMPLETE Juice Plus Shake with strawberries and banana	Leftover Lentil Chili, baked chips	Jar Salad: garbanzo, celery, cucumber, tomato, olives - sesame seeds and black pepper	COMPLETE Juice Plus shake - chocolate! Use Kite yogurt unsweetened	Jar Salad: avocado, black bean, corn, tomato, salsa and cucumber with TJ's corn/flour tortilla (not baked)
Snack	Randy and Sarita	Baked chips and hummus	Watermelon	Celery and carrots chopped	Hummus and chips	Hummus and chips	Cucumber and tomatos chopped	Mashed potatoes with salsa on top	Baked chips and hummus
Dinner	Randy and Sarita	Quinoa and Kilbasa stew - veggies and spinach	Spinach salad with loaded baked potato (hummus, tomato, olive, Frank's Hot sauce)	Fiesta Salad with a baquette	Mountain of broccoli and mountain of mashed potatoes plus corn on the cob	Big Ass Salad with avocado and garbanzo beans. Seeds. Tomato, cucumber, bell pepper, carrot, celery	Pita Pizza with side salad - toppings mushrooms, olive, jalapeño for me for Randy pineapple, ham and jalapeño	Black Bean avocado salad with TJ's corn/flour tortilla baked	LEFTOVERS! Probably salad because we don't want to waste!
Workout Guide		Weights	20 Min KB workout	Ab workout	Upper body/Legs	Arms and Abs	KB full body 20 Min	Body weight workout 20 min	Core only 20 mins - hover, abs, plank
		2 mile road walk	5K walk road	5K walk trail	2.4 mile morning walk road	2.4 mile walk hill road	5K evening trail	45 min trail hike	2.4 mile walk hill road
		5 Push-Ups	5 Push-Ups	6 Push-Ups	7 Push-Ups	8 Push-Ups	9 Push-Ups	10 Push-Ups	11 Push-Ups