

Beginner Fitness and Nutrition Planner

BREAKFAST OPTIONS

- Egg white omelette w/ spinach and mushrooms
- Greek Yoghurt w/ Chia seeds and fruit
- Peanut butter oatmeal w/ 2 egg whites omelette
- Whole grain toast w/ almond butter or 2 scrambled eggs
- Protein shake w/berries, banana and almonds/walnuts
- Scrambled egg whites with cheese and mushrooms

LUNCH OPTIONS

- Sliced Turkey/Chicken w/ hummus and steam veggies
- Hard boiled eggs w/banana and almonds
- Avocado egg salad sandwich
- Spinach wrap w/carrot, bell pepper, low fat mayo and turkey
- Almond butter sandwich w/ honey, and banana on bread
- Turkey or Tuna club in whole grain bread

DINNER OPTIONS

- Turkey chili w/ gluten free corn bread
- Spinach salad w/ tuna or chicken
- Grilled fish w/ grilled veggies
- Meatloaf w/ sweet potato wedges
- Zucchini noodles w/ turkey or chicken meatballs and brocolli
- Lettuce wraps with Chicken

SNACK OPTIONS

- Cheese , apple and nuts
- Hummus, carrot and walnuts
- Apple and peanut butter
- Yoghurt with berries
- Rice cakes with nut butter
- Dark chocolate with nuts

MONDAY

Water : 

- 20 jumping jacks
- 20 pushups
- 20 squats
- 1 min plank

Rest/Repeat 3 times

TUESDAY

Water : 

- 20 lunges
- 2 minute stationery jog
- 20 crunches
- 1 min plank

Rest/Repeat 3 times

WEDNESDAY

Water : 

- 15 squat jumps
- 30 sec wall sit
- 20 Bicycle crunches
- 2 minutes stationery jog

Rest/Repeat 3 times

THURSDAY

Water : 

- 15 squats
- 15 push ups
- 2 minute stationery jog
- 30 stairs

Rest/Repeat 3 times

FRIDAY

Water : 

- 30 stairs
- 30-sec plank
- 20 leg raises
- 20 push ups

Rest/Repeat 3 times

SATURDAY

Water : 

- 20 jumping jacks
- 20 pushups
- 20 squats
- 1 min plank

Rest/Repeat 3 times

SUNDAY

Water : 

- 15 squat jumps
- 30 sec wall sit
- 20 bicycle crunches
- 2 minute stationery jog

Rest/Repeat 3 times

NOTES: