

FITNESS PLANNER

BY MOM WIFE FITNESS LIFE

WWW.MOMWIFEFITNESSLIFE.COM

	A.M.	Lunch/Afternoon	P.M.
Monday		Booty & Ab Workout	20-30 Min. of Cardio
Tuesday	Upper Body & Ab Workout		
Wednesday		Full Body HIIT Workout	
Thursday	Upper Body & Ab Workout + 20-30 Min. of Cardio		
Friday		Booty & Ab Workout	
Saturday	Ab & Core Workout + 20-30 Min. of Cardio		

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Friday		Booty & Ab Workout	
Saturday			



CLEAN EATING

SAMPLE 5 DAY MEAL PLAN

M/W/F

BREAKFAST

Make ahead Vegetable egg muffin cups, fresh strawberries, cottage cheese, freshly squeezed fruit juice

LUNCH

Chef salad, turkey bacon, fruit smoothie

DINNER

Salmon or chicken breast, dill sauce, asparagus, protein powder, snap peas

T/TH

BREAKFAST

Turkey bacon, make-ahead egg muffin cups, freshly squeezed fruit juice

LUNCH

Chicken salad, salad greens, vegetable soup, protein powder

DINNER

Halibut or chicken breast, honey sauce, quinoa, snap peas, zucchini, garlic chicken



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M/W/F

BREAKFAST

LUNCH

DINNER

T/TH

BREAKFAST

LUNCH

DINNER