

FIT IN 40 CHALLENGE



WEEK 4 – MEAL & WORKOUT PLAN

Try to target a 1,500 calorie daily total when putting together your personal meal plan.

The workouts incorporate the use of fitness bands available at most sporting goods stores. A jump rope and set of dumbbells can also come in handy, but are not necessary. If you have questions on how to do certain exercises or want to make sure your form is good, there are many helpful videos available online.

BREAKFAST: Oatmeal or Coconut Yogurt with Hemp Seeds

SNACK (include one or both snacks daily): PlantFusion® Coconut Blueberry Protein Smoothie

LUNCH: Choose any Lunch Recipe or eat Dinner Leftovers (Half Portion)

SNACK: PlantFusion® Protein Shake with Nuts or Avocado

DINNER: Choose any Dinner Recipe

BREAKFAST: Chia Seed Pudding or Spelt Flakes Cereal with Coconut or Cacao

SNACK (include one or both snacks daily): PlantFusion® Tropical Protein Smoothie

LUNCH: Choose any Lunch Recipe or eat Dinner Leftovers (Half Portion)

SNACK: PlantFusion® Protein Shake with Fruit

DINNER: Choose any Dinner Recipe

BREAKFAST: Oatmeal or Coconut Yogurt with Hemp Seeds

SNACK (include one or both snacks daily): PlantFusion® Coconut Blueberry Protein Smoothie

LUNCH: Choose any Lunch Recipe or eat Dinner Leftovers (Half Portion)

SNACK: PlantFusion® Protein Shake with Nuts or Avocado

DINNER: Choose any Dinner Recipe

BREAKFAST: Chia Seed Pudding or Spelt Flakes Cereal with Coconut or Cacao

SNACK (include one or both snacks daily): PlantFusion® Tropical Protein Smoothie

LUNCH: Choose any Lunch Recipe or eat Dinner Leftovers (Half Portion)

SNACK: PlantFusion® Protein Shake with Fruit

DINNER: Choose any Dinner Recipe

BREAKFAST: Oatmeal or Coconut Yogurt with Hemp Seeds

SNACK (include one or both snacks daily): PlantFusion® Coconut Blueberry Protein Smoothie

LUNCH: Choose any Lunch Recipe or eat Dinner Leftovers (Half Portion)

SNACK: PlantFusion® Protein Shake with Nuts or Avocado

DINNER: Choose any Dinner Recipe

BREAKFAST: Chia Seed Pudding or Spelt Flakes Cereal with Coconut or Cacao

SNACK (include one or both snacks daily): PlantFusion® Tropical Protein Smoothie

LUNCH: Choose any Lunch Recipe or eat Dinner Leftovers (Half Portion)

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SNACK: PlantFusion® Protein Shake with Nuts or Avocado

DINNER: Choose any Dinner Recipe

WORKOUT PLAN

3 ROUNDS – LEGS

- 10 – Jump Squats
- 10 – Band Lying Glute Bridges
- 1 minute – Wall Sit
- 20 seconds – Butt Kicks
- 20 – Band Lateral Shuffle (20 steps each leg)
- 10 – Lateral Step-Ups (10 total steps)
- 5 – Box Jumps

3 ROUNDS – CHEST & BACK

- 5 – Burpees
- 10 – Pushups
- 10 – Lying Back Extensions
- 10 – Wide Grip Band Rows
- 20 – Mountain Climbers
- 10 – Band/Dumbbell Chest Press
- 10 – Band/Dumbbell Deadlifts

3 ROUNDS – SHOULDERS & ARMS

- 10 – Jump Rope or Jumping Jacks
- 10 – Pushups
- 30 seconds – Up-Down Plank
- 30 – Mountain Climbers
- 20 – Band/Dumbbell Overhead Shoulder Press
- 20 – Band/Dumbbell Biceps Curls
- 10-15 – Bench Dips

NOTE: You can swap days for both the meals and workouts, but we recommend taking a least one rest day in between workouts. So you can do a M, W, F schedule, or a T, Th, Sat. — whatever works best for you.