

FIT IN 40 CHALLENGE



WEEK 5 – 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® Avocado-Kale-Kiwi 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® Mango Key Lime Pie 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

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

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WORKOUT PLAN

3 ROUNDS – LEGS

- 20–50 yards – Sprint
- 20–50 yards – High Knees
- 20–50 yards – Butt Kicks
- 30 – Weighted Walking Lunges (30 total steps)
- 20 – Lateral Step-Ups
- 20 – Banded Lateral Shuffle (20 steps each leg)
- 20 – Band Kick Backs (20 each leg)

3 ROUNDS – ABS & MOBILITY

- 1 minute – Jump Rope or Jumping Jacks
- 20–50 yards – High Knees
- 20–50 yards – Butt Kicks
- 20 – Sit-Ups
- 1 minute – Jump Rope or Jumping Jacks
- 20 – Lying Leg Raises
- 1 minute – Plank

3 ROUNDS – FULL BODY

- 30 – Jump Rope or Jumping Jacks
- 10 – Bodyweight Squats
- 15 – Crunches
- 10 – Travelling Jump Squats
- 20 – Banded Lateral Shuffle (20 steps each leg)
- 5 – Burpees
- 10 – Band or Dumbbell Curls into Overhead Press

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.