

## breakfast

fruit salad

(kiwi fruit, banana, orange)

5 oz greek yogurt

**snack:** 1 oz almonds

baked apple

w/ teaspoon of honey

## lunch

8 oz turkey wrap

w/ cucumber

w/ lettuce

**snack:** 2 rice cakes

w/ 1/2 oz low fat cheese

## dinner

8 oz grilled wild salmon

w/ steamed vegetables

**snack:** 8 oz low-fat Greek yogurt

w/cinnamon

## cardio

Running /distance

**beginners:** run or jog for 2 miles**intermediate:** run 4 miles**advanced:** run 6 miles

## rest between sets

**beginner:** as long as you need**intermediate:** up to 2 minutes**advanced:** 60 seconds

## 1. mountain climbers

**b:** 6|4|6|4|6**i:** 14|10|14|10|14**a:** 30|20|30|20|30

## 3. push-ups

**b:** 6|4|6|4|6**i:** 14|10|14|10|14**a:** 30|20|30|20|30

## 2. cross-body crunches

**b:** 10|12|10|12|10**i:** 12|16|12|16|12**a:** 30|20|30|20|30

## 4. squats

**b:** 6|4|6|4|6**i:** 14|10|14|10|14**a:** 30|20|30|20|30