

Check the
boxes to
track your
progress.

week one: MEAL & FITNESS PLAN



DAY 1



DAY 2



DAY 3



DAY 4



DAY 5



DAY 6



DAY 7

☐ BREAKFAST

Our best-ever breakfast sandwich

☐ SNACK

Dairy-free chocolate almond butter chews

☐ LUNCH

Grilled portobello and quinoa salad

☐ SNACK

Nuts with cut vegetables

☐ DINNER

Turkey and white-bean soup

ACTIVITY

☐ **Walk** as far and as fast as you can without wrecking yourself for tomorrow. Remember to keep track of your distances so you can monitor your progress all month long.

☐ BREAKFAST

Ricotta-oat-bran pancakes with maple-raspberry sauce

☐ SNACK

Seeds and fruit

☐ LUNCH

Tofu-teriyaki noodles

☐ SNACK

Unsalted rice crackers with almond butter

☐ DINNER

Kale, red pepper and quinoa toss

ACTIVITY

☐ **Walk** as far and as fast as you can without wrecking yourself for tomorrow. Remember to keep track of your distances so you can monitor your progress all month long.

☐ BREAKFAST

Quick quinoa porridge

☐ SNACK

1 small banana

☐ LUNCH

Madras chicken soup

☐ SNACK

A serving of baked granola

☐ DINNER

Quick chicken and greens stir-fry

ACTIVITY

☐ Kinesthetic awareness

- Stand on 1 foot, hold for 30 seconds. Alternate.
- Squats with both legs planted.
- Stand on 1 foot and do moderate squats (careful!). Alternate.
- Hold soup cans at your sides and repeatedly raise until arms are parallel to the floor and your body is shaped like a "T." Keep eyes closed.
- Do the same as above, but raise arms out in front of you to exhaustion

☐ BREAKFAST

Energizing green smoothie with spinach and protein

☐ SNACK

1/2 cup of hummus with five stalks of celery

☐ LUNCH

Quinoa tabbouleh salad

☐ SNACK

Single serve bag of Popchips

☐ DINNER

Baby greens with chicken and spring vegetables

ACTIVITY

☐ Core strength

- Beginner: Elevated plank: feet on the floor but hands leaning on the edge of a countertop.
- Moderate: Modified elbow plank: elbows and knees on floor.
- Expert: Full plank: elbows and toes on floor.
- *Hold for 30-60 seconds each
- Go for a walk - try jogging intermittently throughout

☐ BREAKFAST

Pecan-cranberry granola

☐ SNACK

1 orange

☐ LUNCH

Hoisin chicken in lettuce cups

☐ SNACK

2 cups air-popped popcorn

☐ DINNER

Roasted halibut with tomato-mint salsa

ACTIVITY

☐ Legs

Do the stairs in a local park/venue for 20 minutes or until you're exhausted. Be gentle if you have bad knees.

☐ BREAKFAST

Smoked salmon-and-avocado toasts

☐ SNACK

1 oz. cheddar cheese and 4 whole-wheat crackers

☐ LUNCH

Grilled vegetable fajitas

☐ SNACK

1 cup fruit or flavoured yogurt

☐ DINNER

Roasted fish and creamy dill sauce

ACTIVITY

☐ Improving core strength

Buy an exercise ball (65 cm is recommended) and practice sitting on it for no more than one hour. Engage core to maintain balance.

☐ BREAKFAST

Poached eggs over sautéed greens and toast

☐ SNACK

1 cup banana chips

☐ LUNCH

Easy shrimp sandwich

☐ SNACK

1/2 cup frozen yogurt or ice cream

☐ DINNER

Honey-glazed tilapia

ACTIVITY

☐ Rest

Don't use this as a day to throw away your diet as well. You'll only regret it.



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week two: MEAL & FITNESS PLAN



DAY 1



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DAY 4



DAY 5



DAY 6



DAY 7

☐ BREAKFAST

Perfect soft-boiled eggs with tomato soldiers

☐ SNACK

1/2 cup roasted spiced almonds

☐ LUNCH

Grilled portobello and quinoa salad

☐ SNACK

Coconut-date snack rolls

☐ DINNER

Porcini-crusted black cod with garlic spinach

ACTIVITY

☐ Upper body

Head to the park!
Park bench push-ups and tricep dips. If you can't get to the park, use a couch or countertop. 10-15 reps of each until exhaustion.

☐ BREAKFAST

Homemade apple-cinnamon instant oatmeal

☐ SNACK

Blueberry brain-boost smoothie

☐ LUNCH

Hoisin chicken in lettuce cups

☐ SNACK

Salt and vinegar-roasted chickpeas

☐ DINNER

Grilled-vegetable fajitas

ACTIVITY

☐ Legs and glutes

It's time to hike: Find any road, hill or path where there's an uneven ground.

☐ BREAKFAST

Avocado-tomato scramble

☐ SNACK

Papaya smoothie

☐ LUNCH

Grilled chicken and strawberry salad

☐ SNACK

Mexican hummus dip

☐ DINNER

Fresh veggie lasagna

ACTIVITY

☐ Resistance training

What you'll need:
Exercise ball

- Place fit ball against wall and put against lower back. Do a steady squat movement downwards so ball rolls up back (10 reps x3)
- Place exercise ball on floor, lean over top (toes on the floor), hands out stretched (also touching floor). Raise legs for as many reps as possible.

☐ BREAKFAST

Quick quinoa porridge

☐ SNACK

Blueberry muffin

☐ LUNCH

The modern cobb salad

☐ SNACK

Golden hummus with veggies

☐ DINNER

Vegetable omelette with lentils

ACTIVITY

☐ Core

- Plank (2-3 reps holding 30-60 seconds)
- Spend 45-1 hour on your exercise ball practicing balance

☐ BREAKFAST

Gluten-free strawberry and granola parfait

☐ SNACK

Fresh juice smoothie with sunflower seeds

☐ LUNCH

Tahini lettuce wraps

☐ SNACK

Dairy-free almond butter chews

☐ DINNER

Seared salmon with ruby grapefruit and snowpeas

ACTIVITY

☐ Upper body

Head to the park:
• Monkey bar rows and pull-ups
• Lower body Russian twist (20 reps)
• 30 minutes of cardio

☐ BREAKFAST

Best-ever breakfast sandwich

☐ SNACK

Pecan-cranberry granola

☐ LUNCH

Shrimp and grapefruit salad

☐ SNACK

Chocolate-walnut banana bread

☐ DINNER

Stealthy healthy burger

ACTIVITY

☐ Cardio

Dance! 45 minutes either at home or out with girlfriends!

☐ BREAKFAST

Banana-oatmeal pancakes

☐ SNACK

Cranberry-pistachio yogurt dip

☐ LUNCH

Creamy bean salad with a soft-boiled egg

☐ SNACK

Wasabi edamame dip with celery

☐ DINNER

Maple-cider chicken and nutty quinoa

ACTIVITY

☐ Rest

Lean bodies are made in the kitchen so keep your calories in check



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week three: MEAL & FITNESS PLAN



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DAY 4



DAY 5



DAY 6



DAY 7

☐ BREAKFAST

Homemade apple-cinnamon instant oatmeal

☐ SNACK

Curried chicken salad

☐ LUNCH

Honey-ginger tofu

☐ SNACK

2 cups air-popped popcorn

☐ DINNER

Shrimp and watermelon tostadas

ACTIVITY

☐ Upper body

- Bench hops (5-10 reps) These can be done at the park or in the gym
- 30 minute walk with a slow jog every 100 metres until you're uncomfortable, repeat

☐ BREAKFAST

1 cup high fibre cereal, 1 cup skim milk, 125 mL blueberries

☐ SNACK

1 orange

☐ LUNCH

Easy shrimp sandwich

☐ SNACK

1/2 cup of steamed edamame

☐ DINNER

Mediterranean turkey burger

ACTIVITY

☐ Aerobic training

Swimming, cycling, kayaking, or Zumba. Pick your poison and participate for at least 45 minutes.

☐ BREAKFAST

Vegan overnight oats

☐ SNACK

8 ounces of Greek yogurt

☐ LUNCH

Not Your Mother's tuna salad

☐ SNACK

1 small pita with a tablespoon of hummus

☐ DINNER

Artichoke chicken with roasted peppers

ACTIVITY

☐ Outdoor leg workout

- 20-30 park bench step-ups
- 30 minute walk/jog

☐ BREAKFAST

1/2 whole-wheat bagel with 1 slice Swiss cheese and 1 cup orange juice

☐ SNACK

1 cup fruit or flavoured yogurt

☐ LUNCH

Heirloom caprese salad

☐ SNACK

1 pear

☐ DINNER

Veggie quinoa frittata

ACTIVITY

☐ Legs

Pick either a hike, or the stairs. Push yourself to go for a quarter longer than you did the first time.

☐ BREAKFAST

Poached eggs over sautéed greens and toast

☐ SNACK

125 mL almonds

☐ LUNCH

Grilled eggplant salad

☐ SNACK

3 dried figs

☐ DINNER

Salmon with lemon-tarragon vinaigrette

ACTIVITY

☐ Upper body

- Pull ups. You can do these at the park, at the gym, or at home (Using a post, and a towel, pull yourself towards it with feet on an incline).
- 45 minute walk/jog

☐ BREAKFAST

1 blueberry muffin

☐ SNACK

1 apple

☐ LUNCH

Balsamic grilled chicken salad

☐ SNACK

1/2 cup pumpkin seeds & 1 cup yogurt

☐ DINNER

Salmon and avocado omega burger

ACTIVITY

☐ Cardio

- *Do all of these for 1 minute, repeat 3 times
- Jumping jacks
- Shadow boxing
- Run up and down stairs
- Inchworm exercise
- Jogging in place
- Russian twist
- Burpees (Don't feel bad if you can only do a few - they're brutally hard)

☐ BREAKFAST

2 gluten-free buckwheat pancakes

☐ SNACK

1 ounce of hard cheese with a handful of rye crackers

☐ LUNCH

Zesty shrimp skewers

☐ SNACK

1 cup yogurt with 1/2 cup roasted almonds

☐ DINNER

Mussels with crunchy glass noodle cakes

ACTIVITY

☐ Rest



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week four: MEAL & FITNESS PLAN



DAY 1



DAY 2



DAY 3



DAY 4



DAY 5



DAY 6



DAY 7

☐ **BREAKFAST**

Organic muesli with unsweetened almond milk and fresh fruit

☐ **SNACK**

Unsalted rice crackers with almonds

☐ **LUNCH**

Chicken, mushroom and goat cheese wraps

☐ **SNACK**

4-5 savoury sesame-tofu cakes

☐ **DINNER**

Tandoori salmon with zucchini boats

ACTIVITY

☐ **Whole body workout**

Do an entire park workout:

- Bench hops
- Monkey bar pull ups
- Bench push ups
- Bench step-ups
- Bench tricep dips

Run/jog home

☐ **BREAKFAST**

1 poached egg with whole-grain toast and fresh berries

☐ **SNACK**

1/2 cup cottage cheese & 1 apple, cut in small chunks

☐ **LUNCH**

Madras chicken soup

☐ **SNACK**

1 orange with 1/2 cup roasted almonds

☐ **DINNER**

Barley-ricotta cabbage rolls

ACTIVITY

☐ **Aerobics**

Bike, swim, hike...anything to get your heart rate up for at least half an hour

☐ **BREAKFAST**

Whole-grain french toast topped with plain yogurt and fresh fruit

☐ **SNACK**

1 apple with 2 graham crackers

☐ **LUNCH**

Mushroom-barley pilaf

☐ **SNACK**

1 serving of baked onion rings

☐ **DINNER**

Barley sushi salad with nori

ACTIVITY

☐ **Total body**

- Pushups. Alternate the angle of your body and how far apart your hands are. (15-20, x3)
- Squats against a wall (hold for 30-60 sec. x3)
- Place exercise ball on the floor, lean over top of it, toes on the floor, hands stretched out in front touching floor. Raise legs for as many reps as possible

☐ **BREAKFAST**

Whole-grain cereal with a banana and 1% milk

☐ **SNACK**

1 hard-boiled egg

☐ **LUNCH**

Shrimp and mango noodle salad

☐ **SNACK**

Crudite jar with Moroccan hummus

☐ **DINNER**

Avocado tuna wrap

ACTIVITY

☐ **Walk**

No running, no park workout, just walk. For further than you have through this experience.

☐ **BREAKFAST**

A whole-grain bagel with light cream cheese and smoked salmon

☐ **SNACK**

1 banana

☐ **LUNCH**

Fresh mint and shrimp salad rolls

☐ **SNACK**

Spicy kale chips

☐ **DINNER**

Lentil, kale and sausage soup

ACTIVITY

☐ **Park workout**

- Bench hops
- Monkey bar pull ups
- Bench push ups
- Bench step-ups
- Bench tricep dips

☐ **BREAKFAST**

Steel-cut oatmeal with dried cranberries and almonds

☐ **SNACK**

Oatmeal in a jar

☐ **LUNCH**

Ginger-shrimp brown-rice bowl

☐ **SNACK**

20 brazil nuts

☐ **DINNER**

Roasted veggies and pasta with goat cheese

ACTIVITY

☐ **Cardio**

Go for a run. 20-30 minutes is a great start. Gradually build on this to become a regular runner and blast calories fast!

☐ **BREAKFAST**

Maple and candied-ginger granola

☐ **SNACK**

Four dried figs

☐ **LUNCH**

Black rice and edamame salad

☐ **SNACK**

1 apple with peanut butter

☐ **DINNER**

Coconut-curry-tofu pita pockets

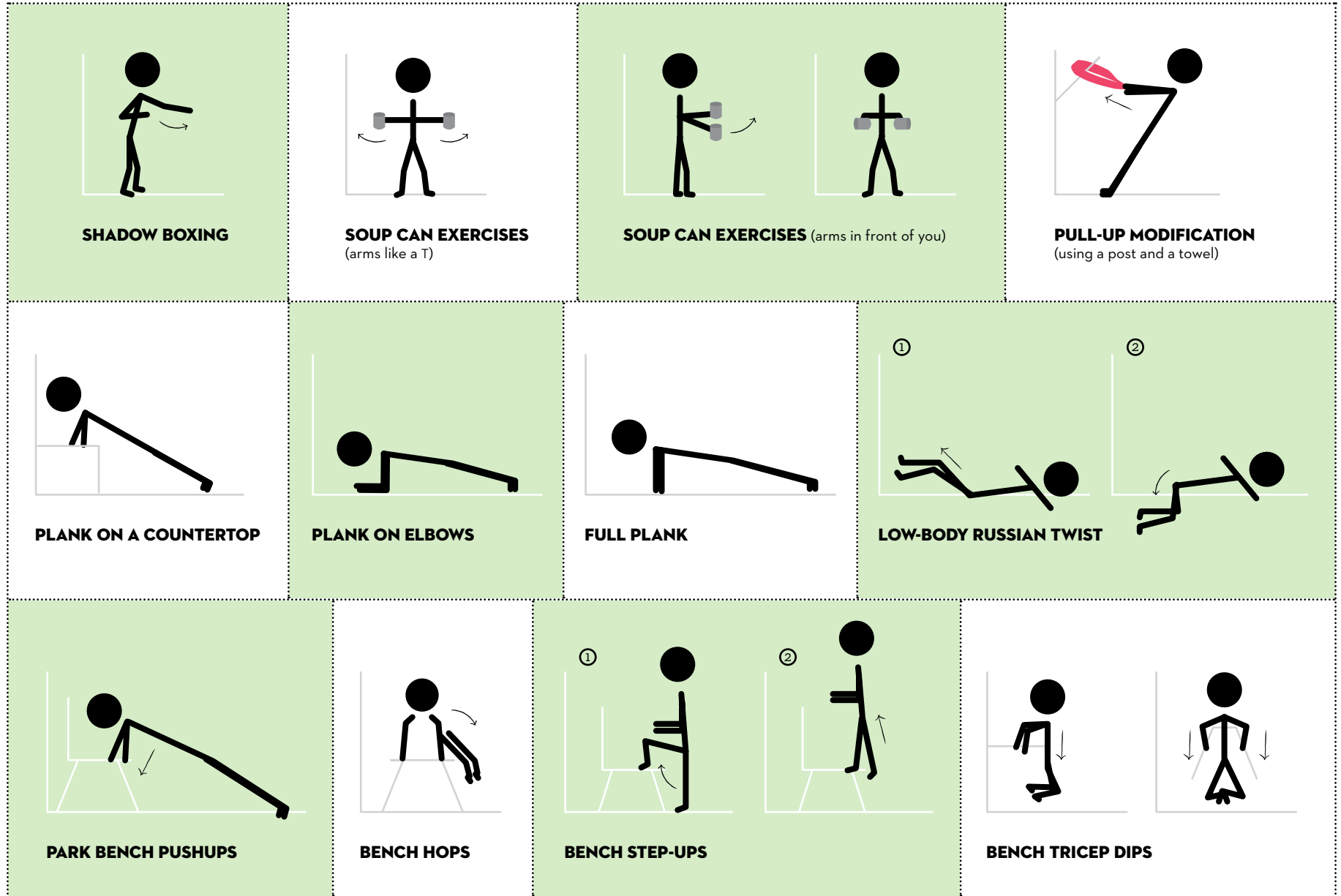
ACTIVITY

☐ **Finish July off with a bang!**

- Do the full-body park or home workout - your choice - and then some stair training.
- Most important of all, when you're done, figure out what you're going to do tomorrow. And the day after that. And the day after that ...

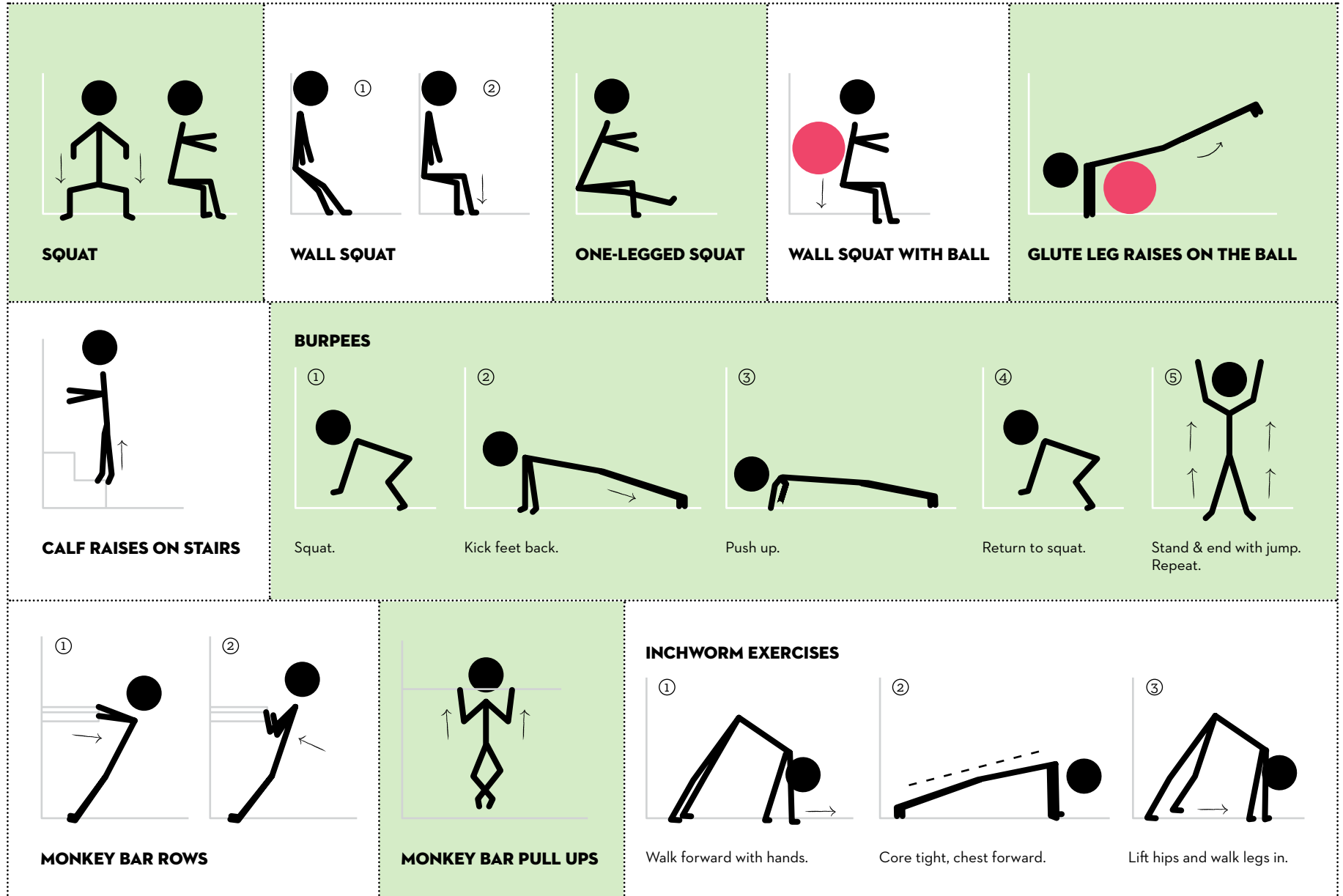


★ 22 EXERCISES TO TONE YOUR WHOLE BODY ★



*Illustrated by Erica Rodrigues

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