

Meal And Workout Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday
1	Workout: Upper Body Meal: High Protein	Workout: Lower Body Meal: Balanced Diet	Workout: Cardio	Workout: Upper Body Meal: High Protein	Workout: Lower Body Meal: Balanced Diet
2	Workout: Upper Body Meal: High Protein	Workout: Lower Body Meal: Balanced Diet	Workout: Cardio	Workout: Upper Body Meal: High Protein	Workout: Lower Body Meal: Balanced Diet
3	Workout: Upper Body Meal: High Protein	Workout: Lower Body Meal: Balanced Diet	Workout: Cardio	Workout: Upper Body Meal: High Protein	Workout: Lower Body Meal: Balanced Diet
4	Workout: Upper Body Meal: High Protein	Workout: Lower Body Meal: Balanced Diet	Workout: Cardio	Workout: Upper Body Meal: High Protein	Workout: Lower Body Meal: Balanced Diet
5	Workout: Upper Body Meal: High Protein	Workout: Lower Body Meal: Balanced Diet	Workout: Cardio	Workout: Upper Body Meal: High Protein	Workout: Lower Body Meal: Balanced Diet
6	Workout: Upper Body Meal: High Protein	Workout: Lower Body Meal: Balanced Diet	Workout: Cardio	Workout: Upper Body Meal: High Protein	Workout: Lower Body Meal: Balanced Diet
7	Workout: Upper Body Meal: High Protein	Workout: Lower Body Meal: Balanced Diet	Workout: Cardio	Workout: Upper Body Meal: High Protein	Workout: Lower Body Meal: Balanced Diet
8	Workout: Upper Body Meal: High Protein	Workout: Lower Body Meal: Balanced Diet	Workout: Cardio	Workout: Upper Body Meal: High Protein	Workout: Lower Body Meal: Balanced Diet
9	Workout: Upper Body Meal: High Protein	Workout: Lower Body Meal: Balanced Diet	Workout: Cardio	Workout: Upper Body Meal: High Protein	Workout: Lower Body Meal: Balanced Diet
10	Workout: Upper Body Meal: High Protein	Workout: Lower Body Meal: Balanced Diet	Workout: Cardio	Workout: Upper Body Meal: High Protein	Workout: Lower Body Meal: Balanced Diet
11	Workout: Upper Body Meal: High Protein	Workout: Lower Body Meal: Balanced Diet	Workout: Cardio	Workout: Upper Body Meal: High Protein	Workout: Lower Body Meal: Balanced Diet
12	Workout: Upper Body Meal: High Protein	Workout: Lower Body Meal: Balanced Diet	Workout: Cardio	Workout: Upper Body Meal: High Protein	Workout: Lower Body Meal: Balanced Diet

Meal Prep Workout Plan America

J. Michael Farr

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