



TRAINING PLAN

# 30 DAY HOME BASED WORKOUTS

---

BODYWEIGHT ONLY

---





TRAINING PLAN

# 30 DAY HOME BASED WORKOUTS

---

BODYWEIGHT ONLY

---





TRAIN  
AT HOME

---

30 DAY  
**HOME  
BASED**  
WORKOUT  
PLAN







TRAIN  
AT HOME

30 DAY  
**HOME  
BASED**  
WORKOUT  
PLAN





## DISCLAIMER

This ebook is intended for educational and informational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. Always consult with your doctor or a qualified healthcare provider before beginning any new fitness or nutrition program – especially if you have any pre-existing medical conditions, injuries, or health concerns.

The workouts and recommendations provided in this program should be performed using proper form and technique to help minimize the risk of injury. If you are unsure about any exercise, please seek guidance from a certified personal trainer or fitness professional.

Your participation in this program is completely voluntary, and any risks, injuries, or health issues that may arise are solely your responsibility. Listen to your body, modify as needed, and never push through pain.

Results will vary from person to person based on individual effort, consistency, genetics, and adherence to the program. The author(s) and publisher disclaim any liability for injuries, losses, or damages incurred as a result of following this program.

Prioritize safety, respect your limits, and make choices that support your long-term health.





# CONTENTS

WELCOME	PAGE 4
HOW IT WORKS: YOUR STRUCTURE	PAGE 5
YOUR GAME PLAN	PAGE 6
WHAT DO YOU NEED	PAGE 7
PROGRESS TRACKING	PAGE 8
SET YOUR INTENTION	PAGE 9
HOW TO TRACK YOUR PROGRESS	PAGE 10
DAILY & WEEKLY CHECK-IN	PAGE 13
PROGRESS ISN'T JUST PHYSICAL	PAGE 14
30-DAYS OF HOME WORKOUTS	PAGE 15
• WARMING UP AND STRETCHING	PAGE 16
• CIRCUITS 1 - 10	PAGE 17-26
30-DAY STRUCTURE	PAGE 27
• DAYS 1-10	PAGE 28
• DAYS 11-20	PAGE 29
• DAYS 21-30	PAGE 30
• BENEFITS OF THIS FORMAT	PAGE 31
• OPTIONAL: LOWER BODY BURNOUT	PAGE 32
NUTRITION GUIDE	PAGE 33
FUELING YOUR BODY	PAGE 34
PORTION CONTROL: HAND COUNTING	PAGE 35
PORTION CONTROL: CALORIES & MACROS	PAGE 36
HEALTHY CHOICES GROCERY LIST	PAGE 37
SAMPLE DAILY MEAL IDEAS	PAGE 38
QUICK, HEALTHY SNACK IDEAS	PAGE 39
2000 CALORIE MEAL PLAN EXAMPLE	PAGE 40
2200 CALORIE MEAL PLAN EXAMPLE	PAGE 41
3 HEALTHY RECIPES	PAGE 42-45
SIMPLE WAYS TO STAY HYDRATED	PAGE 46
SIMPLE WAYS FOR BETTER SLEEP	PAGE 47
THANK YOU	PAGE 48





# WELCOME TO THE **30-DAY HOME WORKOUT CHALLENGE**

## WELCOME

You just made one of the best decisions for your body, mind, and energy. Over the next 30 days, you're going to move better, feel stronger, and build a fitness routine that actually sticks. Whether you're brand new to working out or just need a reboot from home, this challenge is for you.

**This isn't about perfection. This is about showing up.** You don't need a fancy gym, a ton of equipment, or hours each day. You just need a little space, a bit of time, and the willingness to commit to yourself — one day at a time.



## WHAT TO EXPECT

- 30 days of expertly designed home workouts
- A mix of strength, cardio, core, and mobility
- **No equipment required**
- 20 to 40 minutes a day — flexible and doable
- Nutrition, sleep, hydration tips to support your journey

## WHAT YOU'LL GAIN

- Increase strength and stamina
- Improve energy and mood
- Build lean muscle and burn fat
- Boost your confidence and discipline
- Create healthy habits that last





# HOW IT WORKS YOUR STRUCTURE

---

All you have to do is show up and press play! (well, turn the page). You don't need to think – just follow the plan. Every day builds on the last, and before you know it... 30 days are done and you've built something amazing.

## EACH 10 DAY PHASE HAS A CLEAR STRUCTURE:

---

1

**Workouts:**

Full-body strength, core work, cardio blasts, and functional movement.

2

**Recovery Days:**

Stretch, walk, breathe, and recharge.

3

**Optional Challenge:**

For when you want to turn it up a notch, a lower body burn to end your workout.

Don't worry about being perfect. Just promise yourself you'll keep going. Your body is ready. Your mind is stronger than you think.





# YOUR GAME PLAN

Before we jump into the workouts, let's get clear on how these workouts work. Having a game plan will help you stay focused, motivated, and consistent – even on the hard days.

## HERE'S THE STRUCTURE:

You'll follow a 10 day rhythm designed to balance effort and recovery. Each workout has a specific goal: build strength, boost your cardio, fire up your core, or improve mobility.

When the 30 days is over, to continue your journey, you can adjust your phases into a weekly rhythm,

## A SAMPLE 7 DAYS LOOKS LIKE THIS:

Day	Focus
Day 1	Full Body Strength
Day 2	Core + Cardio
Day 3	Active Recovery (Stretch/Mobility)
Day 4	Lower Body Power
Day 5	Core + Conditioning
Day 6	Full Body HIIT/Challenge Day
Day 7	Rest or Light Movement





# WHAT DO YOU NEED

---

## HOW MUCH TIME DO I NEED A DAY?

- Most workouts: 20–40 minutes
- Some recovery days: 15–20 minutes

## WHAT EQUIPMENT DO I NEED?

- A workout mat or soft surface
  - A water bottle
  - **Your Body!** Resistance bands are optional
- 

## BEFORE YOU START:

- 1 Pick your workout time:**  
and protect it like a meeting.
- 2 Decide where you'll work out:**  
living room, garage, wherever feels good.
- 3 Print or save your workout plan:**  
Or have it on a computer in front of you.
- 4 Take your Day 1 photos or notes:**  
you'll be amazed at your progress.







# PROGRESS TRACKING

---







# SET YOUR INTENTION

---

Here's a secret: the real transformation doesn't start in your body  
– **it starts in your mind.**

## ASK YOURSELF:

■ Why are you doing these workouts?

■ How do you want to feel 30 days from now?

■ What's something in your life this will help you improve?

This is your intention. It's your **anchor**. On the days you feel tired, unmotivated, or off-track, this is what will bring you back.





# HOW TO TRACK YOUR PROGRESS

## START WITH A DAY 1 CHECK-IN:

Measure in the morning before eating or drinking.

### WEIGHTS (LBS)

### ARM (CM)

LARGEST PART

### HIPS (CM)

WIDEST AREA

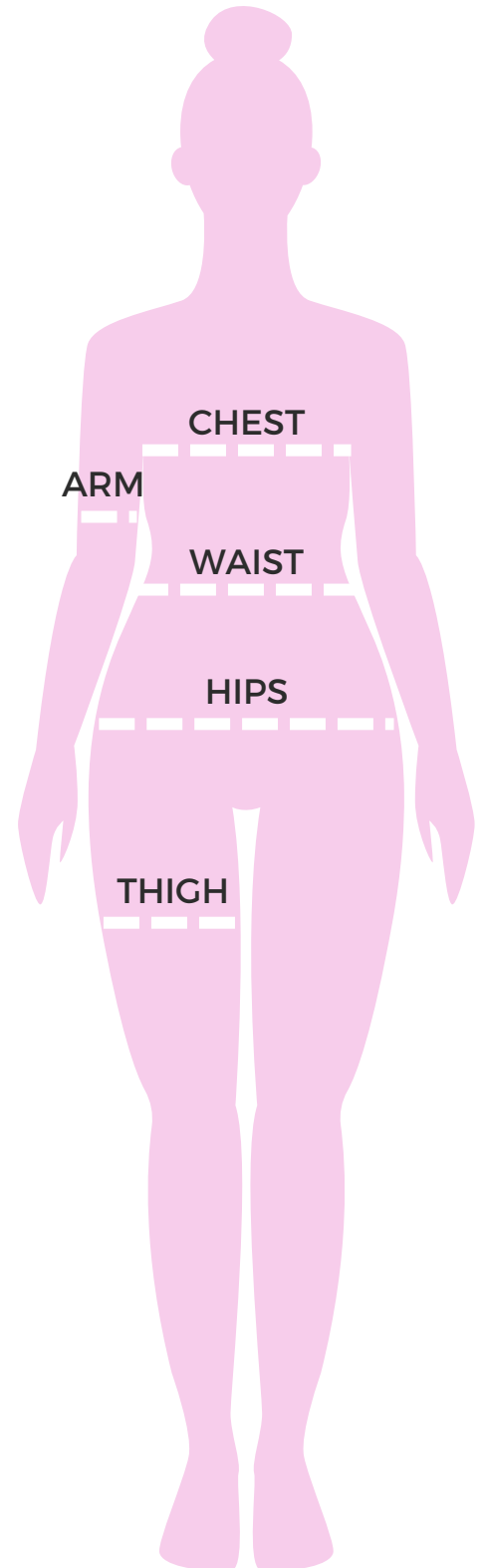
### CHEST (CM)

### WAIST (CM)

AT BELLY BUTTON

### THIGH (CM)

LARGEST PART



## ASK YOURSELF:



How do you feel right now:  
energy, confidence, stress?



## PHOTO STARTING POINT

Take photos in good lighting, first thing in the morning.

FRONT



BACK



SIDE 1



SIDE 2





## STRENGTH & FITNESS BASELINE

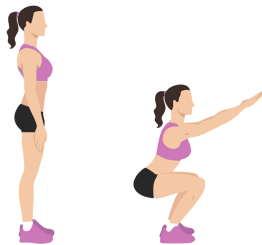
Record how many reps you can complete before failure for each movement.

Perform these exercises in good form in the morning.

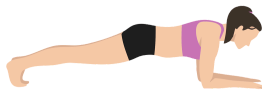
### PUSH-UPS




### SQUATS




### PLANK HOLD (SECONDS)




### BURPEES (IN 60 SECONDS)




## MINDSET & HABITS CHECK-IN

Before starting, assess where you are mentally and habitually.

On a **scale of 1-10** (1 = poor, 10 = excellent), rate yourself:

Nutrition  
habits:

Workout  
consistency:

Energy  
levels:

Sleep  
quality:

Motivation  
to change:



# DAILY & WEEKLY CHECK-IN

You don't need to obsess — just check in with yourself briefly to stay aligned and motivated.

## ➤ ASK YOURSELF DAILY (1-2 MIN):

Did I move today?

How did I feel after?

Did I stay on track with food, water, or sleep?

## ➤ ASK YOURSELF WEEKLY:

What am I proud of this week?

What challenged me?

What's one goal or focus for next week?

Use the tracking log or journaling space at the end of this eBook to keep a simple record.





# PROGRESS ISN'T JUST **PHYSICAL**

Progress shows up everywhere. Watch for it!  
You may notice:



Better sleep



Clearer skin



More focus



More patience



Fewer cravings



Feeling stronger mentally  
and emotionally

# 30-DAYS OF HOME WORKOUTS

---





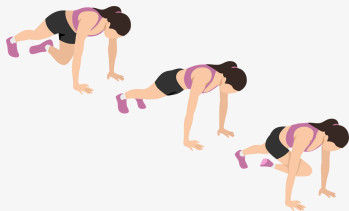
# WARMING UP AND STRETCHING

A proper warm-up and stretching routine are vital for preventing injury, improving performance, and preparing your body for intense workouts. Here's how to do it right!

Warming up gets your heart rate up, increases blood flow to your muscles, and prepares both your mind and body for the exercise ahead. It can help reduce the risk of injury by increasing joint mobility and muscle elasticity.

- **Duration:** Aim for a 5-7 minute warm-up before every workout.
- **Goal:** Raise your core temperature and get your body moving.

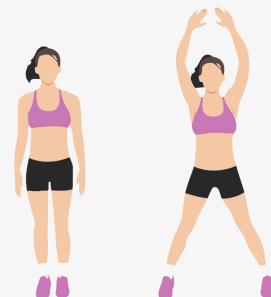
## WARM-UP ROUTINE



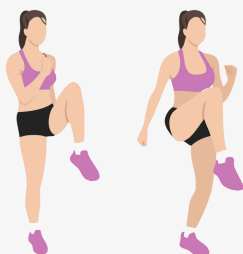
Mountain Climber  
Twists  
(3 minutes):



Dynamic Stretching  
(2-5 minutes):



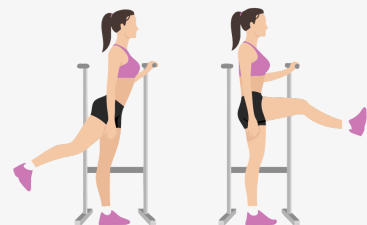
Jumping Jacks  
(30-45 seconds)



High Knees  
(30-45 seconds)



Arm Circles  
(30secs forward&back)



Leg Swings  
(12-15 per leg)

# CIRCUIT 1

## REPEAT **3** ROUNDS

---

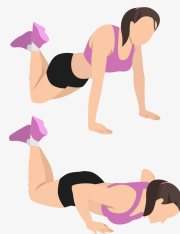
### FULL BODY IGNITE

GOAL: ACTIVATE ALL MAJOR MUSCLE GROUPS



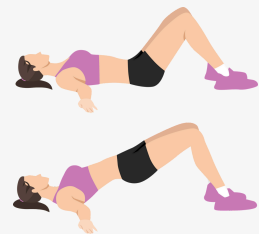
**BODYWEIGHT  
SQUAT**

X 10



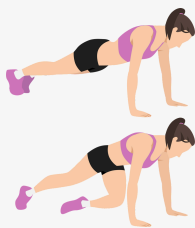
**MODIFIED  
PUSH UPS**

X 10



**GLUTE  
BRIDGES**

X 12



**MOUNTAIN  
CLIMBERS**

X 10



**TRICEP  
DIPS**

X 10



**FOREARM  
PLANK**

X 30 SEC



# CIRCUIT 2

## REPEAT **3** ROUNDS

---

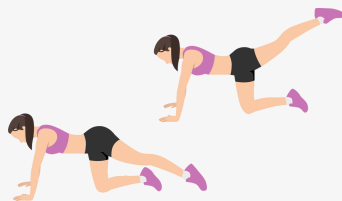
### **CORE STRONG**

GOAL: BUILD DEEP CORE STRENGTH AND CONTROL



**BICYCLE CRUNCHES**

X 20



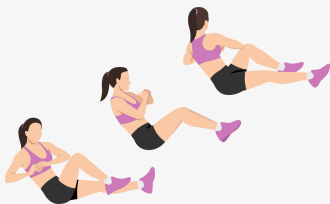
**PLANK LEG RAISES**

X 15



**FOREARM PLANK**

X 30 SEC



**RUSSIAN TWISTS**

X 20



**SPIDERMAN PLANK**

X 10



**KNEE TUCKS**

X 12

# CIRCUIT 3

## REPEAT **3** ROUNDS

---

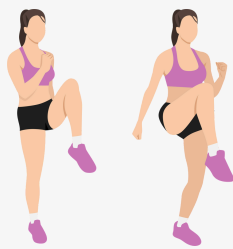
### CARDIO BLAST

GOAL: BOOST HEART RATE AND BURN CALORIES



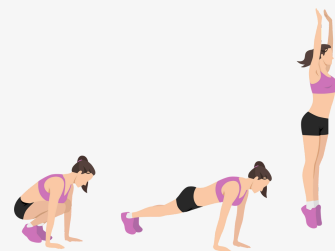
**IN-AND-OUT JACKS**

X 30



**HIGH KNEES**

X 20



**BURPEES**

X 10 SEC



**JUMP SQUATS**

X 20



**SIDE SHUFFLE**

X 15



**MOUNTAIN CLIMBERS**

X 20



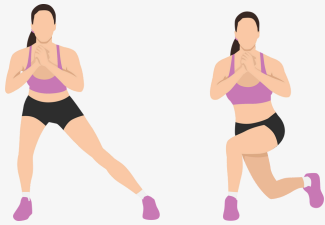
# CIRCUIT 4

## REPEAT **3** ROUNDS

---

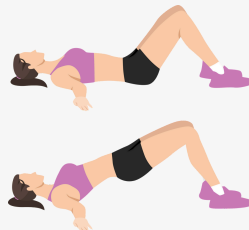
### LOWER BODY BURN

GOAL: STRENGTHEN AND TONE GLUTES, THIGHS, AND CALVES



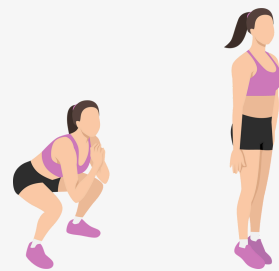
**CURTSY  
LUNGE**

X 15



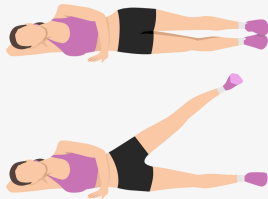
**GLUTE  
BRIDGES**

X 20



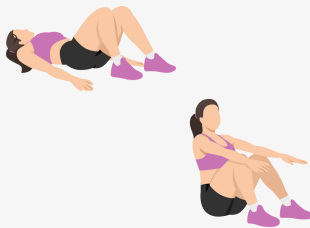
**SUMO SQUAT  
JACKS**

X 15



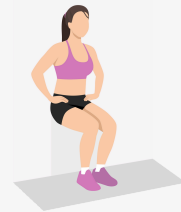
**SIDE-LYING  
LEG RAISES**

X 20



**SIT UPS**

X 10



**WALL SIT**

X 30 SEC

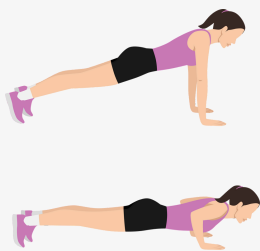
# CIRCUIT 5

## REPEAT **3** ROUNDS

---

### UPPER BODY & CORE

GOAL: SCULPT ARMS, CHEST, AND TIGHTEN CORE



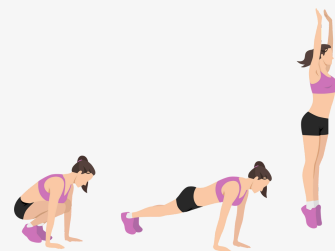
**PUSH-UPS**

X 10



**TRICEP DIPS**

X 15



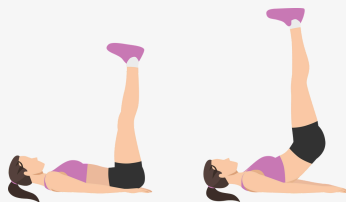
**BURPEES**

X 15



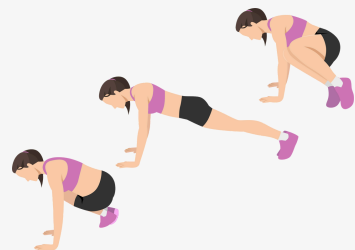
**PLANK HIP  
DIPS**

X 20



**PULSE  
UPS**

X 10



**SKI ABS**

X 30 SEC





# CIRCUIT 6

## REPEAT **3** ROUNDS

---

### ACTIVE RECOVERY FLOW

GOAL: STRETCH, RELEASE TENSION, SUPPORT MOBILITY



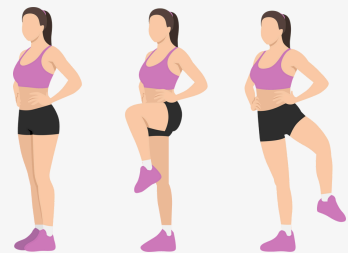
**FORWARD  
FOLD**

X 60 SEC



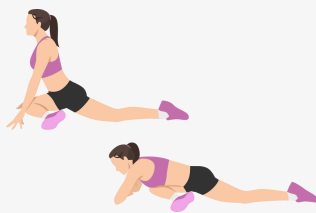
**COBRA  
STRETCH**

X 30 SEC



**GATE  
OPENERS**

X 30 SEC



**HIP FLEXOR  
STRETCH**

X 30 SEC



**CHILD'S  
POSE**

X 60 SEC



**DEEP  
BREATHS**

X 5  
(inhale 4 / exhale 6)



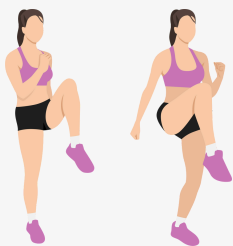
# CIRCUIT 7

## REPEAT **3** ROUNDS

---

### HIIT BLAST

GOAL: SHORT BURSTS OF MAX EFFORT AND REST



#### HIGH KNEES

30SEC ON  
15SEX REST



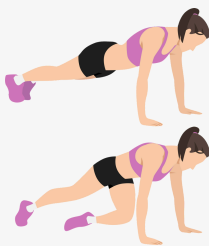
#### SIDE SHUFFLE

30SEC ON  
15SEX REST



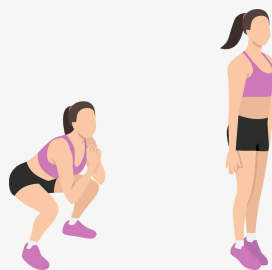
#### DOUBLE PULSE SQUAT JUMP

30SEC ON  
15SEX REST



#### MOUNTAIN CLIMBERS

30SEC ON  
15SEX REST



#### SUMO SQUAT JACKS

30SEC ON  
15SEX REST



#### BURPEES

30SEC ON  
15SEX REST





# CIRCUIT 8

## REPEAT **3** ROUNDS

---

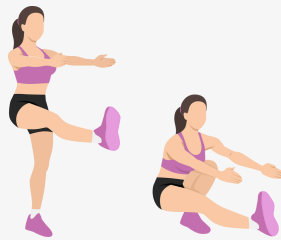
### **STANDING STRONG**

GOAL: A NO-FLOOR, JOINT-FRIENDLY BURN



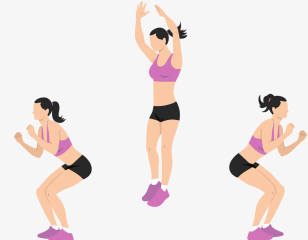
**STANDING  
KNEE RAISES**

X 15



**PISTOL  
SQUATS**

X 10



**180 JUMP  
SQUATS**

X 15



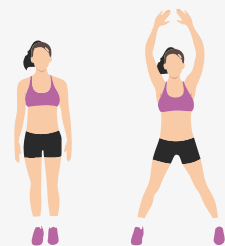
**LUNGES**

X 10



**ARM CIRCLES**

X 20



**JUMPING  
JACKS**

X 15

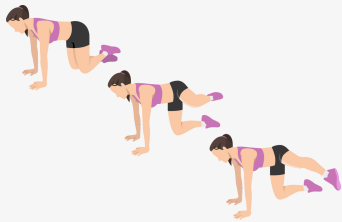
# CIRCUIT 9

## REPEAT **3** ROUNDS

---

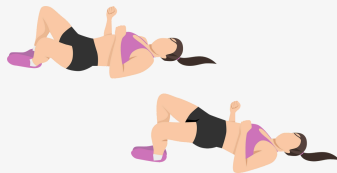
### **BODYWEIGHT GLUTE-CAMP**

GOAL: FULL GLUTE CONDITIONING



**ROUNDHOUSE  
KICK**

X 15



**FROG PUMPS**

X 20



**DONKEY  
KICKS**

X 15



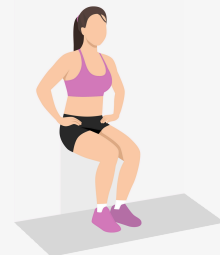
**CURTSY  
SQUATS**

X 20



**LEG RAISE  
GLUTE BRIDGE**

X 10



**WALL SIT**

X 30 SEC

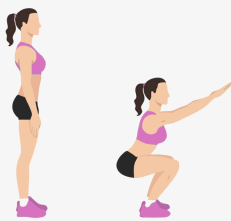
# CIRCUIT 10

## REPEAT **3** ROUNDS

---

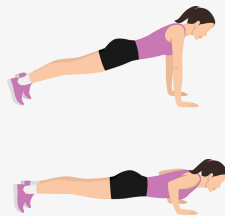
### MIND & MUSCLE

GOAL: FOCUSED MOVEMENT WITH CONTROL AND BREATH



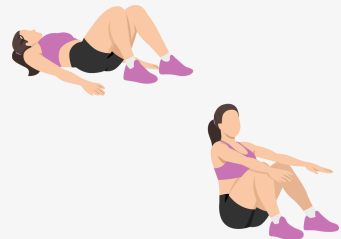
**SLOW  
SQUATS**

X 10



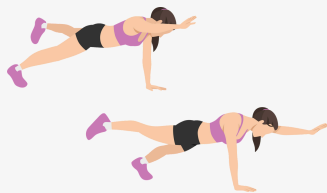
**SLOW  
PUSH-UPS**

X 10



**SLOW  
CRUNCHES**

X 15



**SUPERMAN  
HOLDS**

X 10



**FORWARD  
FOLD**

X 30 SEC



**DEEP BREATHS  
IN BUTTERFLY  
STRETCH**

X 5



# 30-DAY STRUCTURE

---

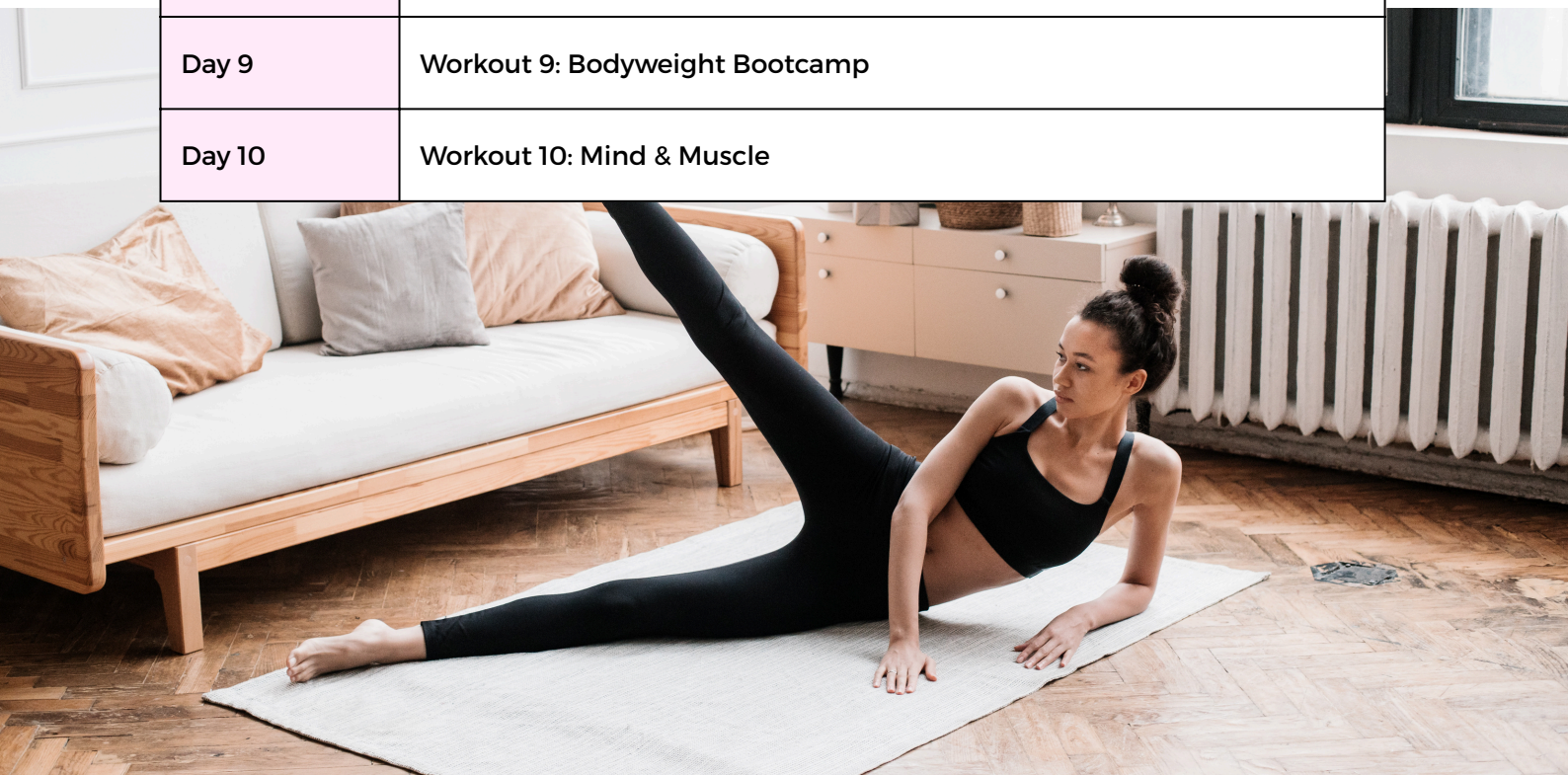




# DAYS 1-10

## FOUNDATION ROUND

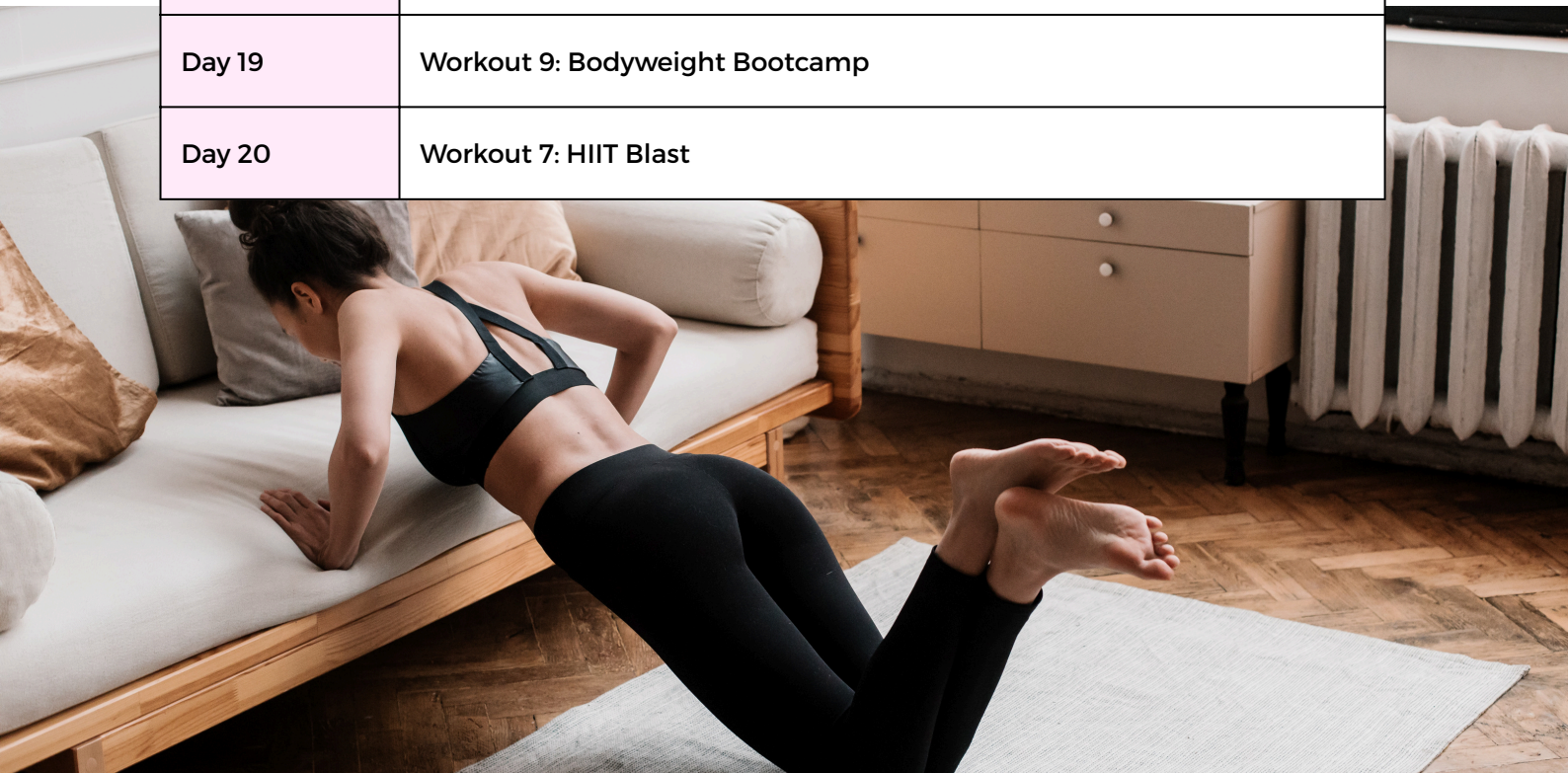
Day	Workout
Day 1	Workout 1: Full Body Ignite
Day 2	Workout 2: Core Strong
Day 3	Workout 3: Cardio Blast
Day 4	Workout 4: Lower Body Burn
Day 5	Workout 5: Upper Body & Core
Day 6	Workout 6: Active Recovery Flow
Day 7	Workout 7: HIIT Blast
Day 8	Workout 8: Standing Strong
Day 9	Workout 9: Bodyweight Bootcamp
Day 10	Workout 10: Mind & Muscle



# DAYS 11–20

## MIX-UP ROUND

Day	Workout
Day 11	Workout 4: Lower Body Burn
Day 12	Workout 8: Standing Strong
Day 13	Workout 2: Core Strong
Day 14	Workout 5: Upper Body & Core
Day 15	Workout 10: Mind & Muscle
Day 16	Workout 3: Cardio Blast
Day 17	Workout 6: Active Recovery Flow
Day 18	Workout 1: Full Body Ignite
Day 19	Workout 9: Bodyweight Bootcamp
Day 20	Workout 7: HIIT Blast

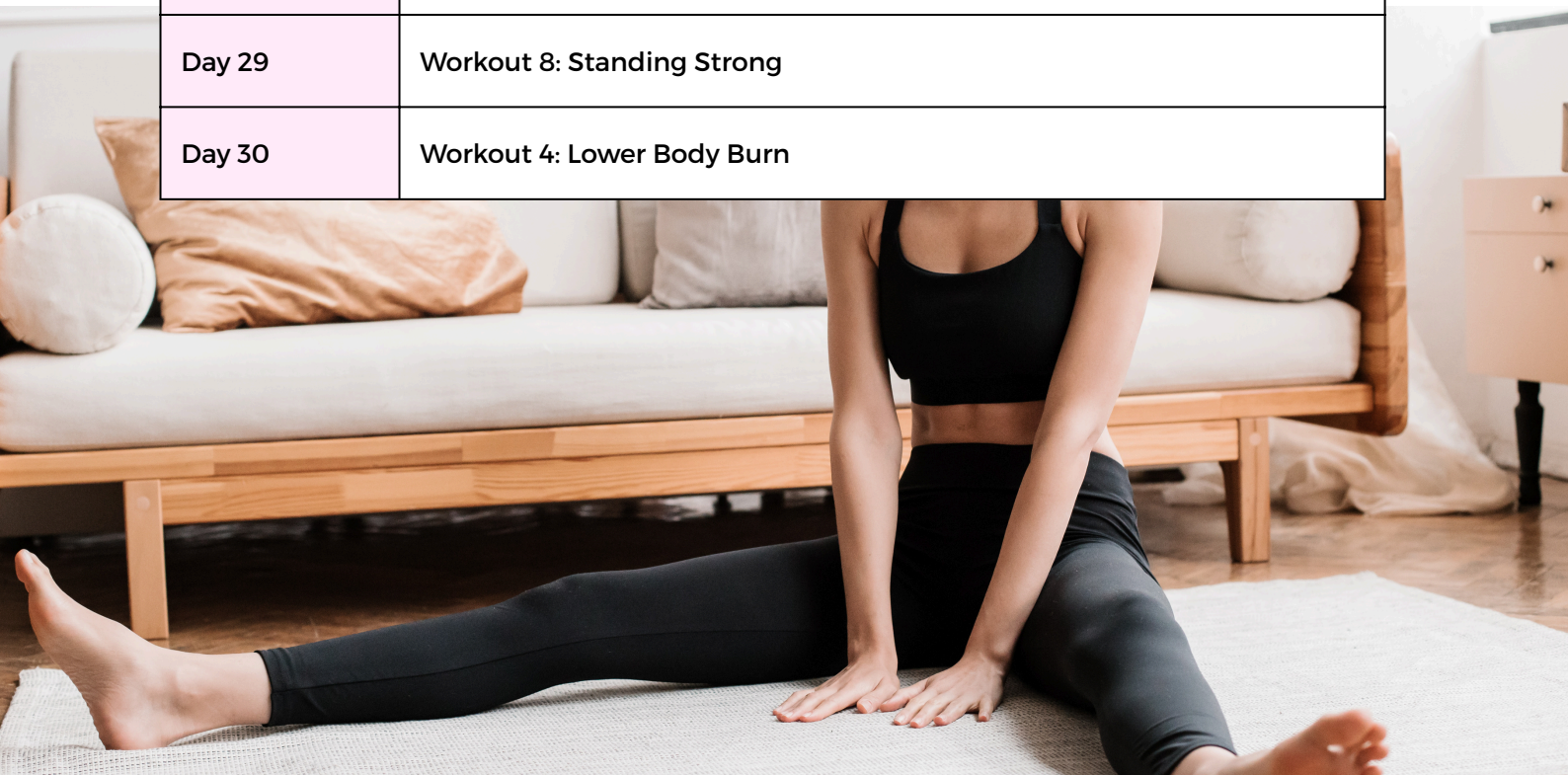




# DAYS 21–30

## POWER FINISH

Day	Workout
Day 21	Workout 5: Upper Body & Core
Day 22	Workout 7: HIIT Blast
Day 23	Workout 2: Core Strong
Day 24	Workout 9: Bodyweight Bootcamp
Day 25	Workout 1: Full Body Ignite
Day 26	Workout 6: Active Recovery Flow
Day 27	Workout 3: Cardio Blast
Day 28	Workout 10: Mind & Muscle
Day 29	Workout 8: Standing Strong
Day 30	Workout 4: Lower Body Burn



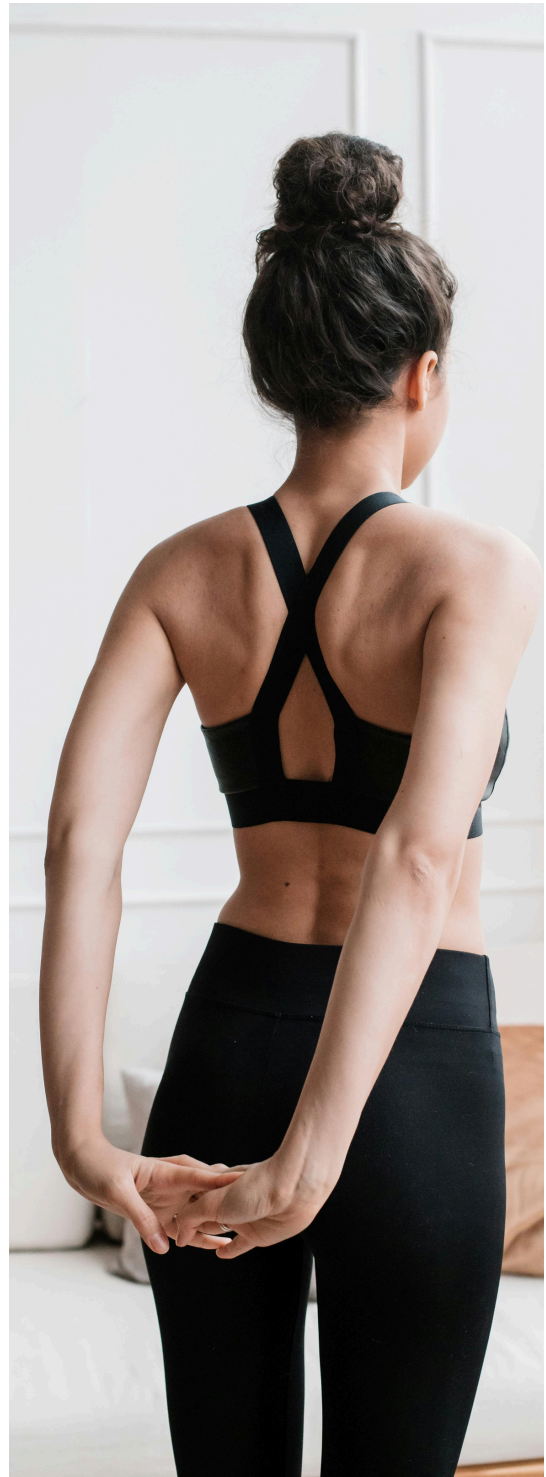
# BENEFITS OF THIS **FORMAT**

---

Varying the workout order every 10 days isn't just about keeping things interesting – it's a smart way to challenge your body in new ways without overwhelming it.

By mixing up the routine, you'll stay more engaged, reduce the risk of burnout or injury, and see more well-rounded progress. This structure is designed to feel fresh each week while still being easy to follow.

- 1** Keeps it fresh and fun
- 2** Prevents overworking the same areas
- 3** Balances effort and recovery
- 4** Builds strength, cardio, core, mobility in rotation



# OPTIONAL: LOWER BODY BURNOUT

Burnout finishers are the secret weapon to maximizing muscle engagement and muscle fatigue, leading to increased muscle growth. By pushing your body to its limits at the end of a workout, you activate more muscle fibers, forcing them to adapt and grow stronger.

## Benefits of Burnouts:



Helps break through plateaus and maximize growth.

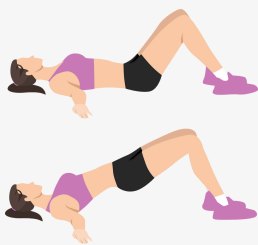


Increases endurance and activation.



Creates a serious burn that ensures full fatigue.

## BODYWEIGHT BURNOUT:



**GLUTE BRIDGES**  
**X 30**

(HOLD LAST REP FOR 10 SEC)



**FROG PUMPS**  
**X 25**



**DONKEY KICKS X**  
**15/LEG**





# NUTRITION GUIDE

---



# FUELING YOUR BODY

---

Your body is the engine – food is the fuel. The goal isn't to diet. It's to nourish, energize, and support your workouts so you actually feel stronger, not drained.

**Let's keep it simple:**

1

**Eat mostly real food:** veggies, fruits, whole grains, lean proteins, and healthy fats.

2

**Prioritize protein at every meal:** it helps build muscle and keep you satisfied.

3

**Drink water and Get Enough Sleep:** lots of it. Your muscles, joints, and brain need hydration and rest to function at their best.

---

## The Best Foods:



**Lean Proteins:** Chicken, salmon, eggs, tofu.



**Complex Carbs:** Brown rice, quinoa, oats.



**Healthy Fats:** Avocado, almonds, coconut oil.



**Greens & Fiber:** Spinach, broccoli, sweet potatoes.



@betterlife



# PORTION CONTROL: HAND PORTION COUNTING

## INTERMEDIATE GUIDE

### HOW MUCH SHOULD YOU EAT?

Instead of obsessing over calories, you can use your hand or weighed portions:



**Protein:**  
Palm-sized portion (20–30g)



**Carbs:**  
Cupped hand (20–40g)



**Vegetables:**  
Fist-sized portion (30–50g)



**Fats:**  
Thumb-sized portion (7–12g)



When it comes to portion sizes, your activity level plays a key role in determining how much food you need to fuel your body.

People with different activity levels require different amounts of each macronutrient to ensure they have the right energy and nutrients for their daily activities.

#### Minimal Activity

use the above  
measurements

#### Moderate Activity

add 0.5 to all the  
above **e.g 1.5 palm  
sized portions**

#### High Activity

add 1 to all the  
above **e.g 2 palm  
sized portions**





# PORTION CONTROL: CALORIES & MACROS

## ADVANCED GUIDE

### 1 CALCULATE YOUR BMR

BMR is an acronym for Basal Metabolic Rate and it refers to the number of calories that your body requires to use to perform all the biological and physiological processes.

To calculate your BMR, follow these equations:

#### WOMEN

$655 + (4.35 \times \text{WEIGHT IN POUNDS})$   
 $+ (4.7 \times \text{HEIGHT IN INCHES}) - (4.7 \times \text{AGE})$   
 = BMR

#### MEN

$66 + (6.23 \times \text{WEIGHT IN POUNDS})$   
 $+ 12.7 \times \text{HEIGHT IN INCHES} - (6.8 \times \text{AGE})$   
 = BMR

This is the number of calories that your body requires in order to survive.

### 2 FIND YOUR TOTAL DAILY ENERGY EXPENDITURE (TDEE)

Your TDEE is the number of calories you burn in a day.

Use this formula:

**BMR (BASAL METABOLIC RATE) +  
ACTIVITY LEVEL = TDEE**

MINIMAL ACTIVITY: **1.4**  
 MODERATE ACTIVITY: **1.6**  
 HIGH ACTIVITY: **1.8**



Calculate using your accurate activity number based on the above.

### 3 BREAK DOWN YOUR MACROS

A common macro split is:

- 40% Carbs, 30% Protein, 30% Fats  
(Balanced)
- 50% Carbs, 25% Protein, 25% Fats  
(For endurance athletes)

**EXAMPLE: IF YOUR TDEE IS  
2,000 CALORIES/DAY:**

- 40% Carbs = 800 calories (200g)
- 30% Protein = 600 calories (150g)
- 30% Fats = 600 calories (67g)



# HEALTHY CHOICES GROCERY LIST

To help get your nutrition on track, choose some foods from the **grocery list** to get in your next shop to fuel your workouts!

Macronutrient	Food Options
Protein Sources	Chicken, Salmon, Eggs, Tofu, Greek Yogurt, Cottage Cheese, Lean Beef, Turkey, Lentils, Protein Powder
Carbs for Energy	Brown Rice, Quinoa, Oats, Sweet Potatoes, Whole Wheat Bread, Beans, Bananas, Apples, Berries, Chickpeas
Healthy Fats	Avocados, Almonds, Walnuts, Peanut Butter, Chia Seeds, Flaxseeds, Coconut Oil, Olive Oil, Dark Chocolate, Sunflower Seeds
Fiber & Micronutrients	Spinach, Broccoli, Kale, Asparagus, Carrots, Bell Peppers, Zucchini, Cucumbers, Mushrooms, Brussels Sprouts
Hydration & Electrolytes	Water, Coconut Water, Electrolyte Drinks, Herbal Teas, Cucumber-Infused Water, Lemon Water, Watermelon, Celery Juice, Green Tea, Bone Broth



# SAMPLE DAILY MEAL IDEAS



**Breakfast:**  
Scrambled eggs +  
avocado toast



**Lunch:**  
Chicken stir-fry with  
veggies and rice



**Snack:**  
Hummus + carrots



**Dinner:**  
Grilled salmon, sweet  
potato, and greens



**Breakfast:**  
Greek yogurt with  
berries + granola



**Lunch:**  
Tuna wrap + side  
salad



**Snack:**  
Hard-boiled eggs +  
fruit



**Dinner:**  
Veggie-packed pasta  
with lean ground  
turkey





# QUICK, HEALTHY SNACK IDEAS

---

**DAY 1**

Greek yogurt with honey and almonds.

**DAY 2**

Hard-boiled eggs with hot sauce.

**DAY 3**

Apple slices with peanut butter.

**DAY 4**

Hummus with carrots and celery.

**DAY 5**

Smoothie with banana & whey protein.



Plan your snacks for the upcoming week and prep at least 2-3 days worth in advance to stay on track.



# 2000 CALORIE MEAL PLAN EXAMPLE

Meal	Food	Amount (g) (Cups)	Calories	Protein (g)	Carbs (g)	Fats (g)	Fiber (g)
Breakfast	Oatmeal with protein powder, banana & peanut butter	50g (½ cup) oats, 30g (1 scoop) protein, ½ banana, 10g (2 tsp) peanut butter	450	35	55	12	7
Snack	Hard-boiled eggs with hummus & carrots	2 eggs, 50g (3 tbsp) hummus, 80g (½ cup) carrots	300	20	15	18	4
Lunch	Turkey wrap with whole wheat tortilla & veggies	100g (3.5 oz) turkey, 1 whole wheat tortilla, 50g (½ cup) spinach, 20g (2 tbsp) avocado	500	45	50	14	6
Snack	Cottage cheese with flaxseeds & blueberries	150g (¾ cup) cottage cheese, 10g (1 tbsp) flaxseeds, 50g (½ cup) blueberries	250	23	20	8	4
Dinner	Grilled steak with quinoa & roasted broccoli	120g (4 oz) steak, 80g (½ cup) quinoa, 100g (1 cup) broccoli	500	48	50	18	8
Total	-	-	2000	171g	190g	70g	29g

Nutritional values are approximate and may vary depending on ingredient brands, cooking methods, portion sizes, and specific food choices. Always double-check labels and use a food scale for the most accurate tracking. Adjust portions as needed to fit your individual goals.



# 2200 CALORIE MEAL PLAN EXAMPLE

Meal	Food	Amount (g) (Cups)	Calories	Protein (g)	Carbs (g)	Fats (g)	Fiber (g)
Breakfast	Scrambled eggs with avocado & whole wheat toast	2 large eggs, 65g ( $\frac{1}{2}$ avocado), 1 slice whole wheat toast	420	25	35	20	6
Snack	Protein smoothie with banana & almond butter	250ml (1 cup) almond milk, 35g (1 scoop) protein, $\frac{1}{2}$ banana, 15g (1 tbsp) almond butter	375	34	45	12	5
Lunch	Grilled chicken with brown rice & roasted vegetables	130g (4.5 oz) chicken, 120g ( $\frac{2}{3}$ cup) brown rice, 100g (1 cup) mixed veggies	520	50	55	14	8
Snack	Greek yogurt with granola & mixed nuts	180g ( $\frac{3}{4}$ cup) Greek yogurt, 25g ( $\frac{1}{4}$ cup) granola, 15g (1 tbsp) mixed nuts	325	22	38	12	4
Dinner	Baked salmon with quinoa & sautéed spinach	130g (4.5 oz) salmon, 100g ( $\frac{1}{2}$ cup) quinoa, 100g (1 cup) spinach	560	45	45	20	7
Total	-	-	2200	174g	218g	72g	30g

Nutritional values are approximate and may vary depending on ingredient brands, cooking methods, portion sizes, and specific food choices. Always double-check labels and use a food scale for the most accurate tracking. Adjust portions as needed to fit your individual goals.





# 3 HEALTHY RECIPES

---





## 1 BREAKFAST: VEGGIE-PACKED EGG MUFFINS

### TIME SCALE



**PREP TIME:**  
5 MINUTES



**COOKING TIME:**  
20 MINUTES



**SERVINGS CREATED:**  
4

### INGREDIENTS

- 4 large eggs
- 50g (½ cup) spinach, chopped
- 50g (½ cup) bell pepper, diced
- 50g (½ cup) mushrooms, sliced
- Salt and pepper to taste

### INSTRUCTIONS

- Preheat the oven to 375°F (190°C).
- Whisk the eggs in a bowl and season with salt and pepper.
- Stir in the chopped spinach, bell pepper, and mushrooms.
- Pour the mixture into a greased muffin tin (makes 4 muffins).
- Bake for 15-20 minutes until eggs are set and lightly browned.

### PER SERVING

Protein:  
15g

Carbs:  
5g

Fats:  
12g

Fiber:  
2g

Calories:  
250 kcal



@betterlife





## 2 LUNCH: TURKEY AND VEGGIE LETTUCE WRAPS

### TIME SCALE



**PREP TIME:**  
5 MINUTES



**COOKING TIME:**  
10 MINUTES



**SERVINGS CREATED:**  
2

### INGREDIENTS

- 100g (3.5 oz) lean ground turkey
- 3 large lettuce leaves (butter or iceberg)
- 50g (¼ cup) shredded carrots
- 50g (¼ cup) bell peppers, diced
- 1 tbsp soy sauce (low-sodium)
- 1 tsp sesame oil
- 1 clove garlic, minced

### INSTRUCTIONS

- Cook the ground turkey in a pan over medium heat, breaking it up as it cooks.
- Add garlic, soy sauce, and sesame oil. Stir in the carrots and bell peppers.
- Cook for another 3-4 minutes until the veggies are tender.
- Spoon the turkey mixture into lettuce leaves and serve.

### PER SERVING

Protein:  
30g

Carbs:  
10g

Fats:  
15g

Fiber:  
4g

Calories:  
400 kcal



@betterlife





### 3 DINNER: QUINOA & CHICKPEA STIR-FRY

#### TIME SCALE



**PREP TIME:**  
5 MINUTES



**COOKING TIME:**  
10 MINUTES



**SERVINGS CREATED:**  
1

#### INGREDIENTS

- 50g (½ cup) cooked quinoa
- 100g (½ cup) cooked chickpeas
- 100g (1 cup) broccoli florets
- 1 tsp olive oil
- 1 tsp soy sauce (low-sodium)
- 1 clove garlic, minced
- ½ tsp turmeric
- ½ tsp cumin

#### INSTRUCTIONS

- Heat the olive oil in a pan over medium heat.
- Add the garlic and cook until fragrant (1-2 minutes).
- Add the broccoli, chickpeas, turmeric, and cumin. Stir and cook for 5-7 minutes.
- Add the cooked quinoa and soy sauce, stir well, and cook for an additional 2-3 minutes.
- Serve warm.

#### PER SERVING

Protein:  
16g

Carbs:  
50g

Fats:  
10g

Fiber:  
10g

Calories:  
400 kcal



@betterlife

# SIMPLE WAYS TO STAY HYDRATED

Water is one of the most underrated tools in fitness. It plays a crucial role in digestion, metabolism, energy levels, and overall health. Yet, many people walk around dehydrated without even realizing it! **Here are some tips to stay hydrated:**



Start your morning with a glass of water before coffee.



Carry a water bottle wherever you go.



Eat more high-water foods (watermelon, cucumber, oranges).



Set reminders on your phone to drink every hour.



Flavor it! Add lemon, lime, cucumber, or mint.



Use a Large Water Bottle & Mark It with Time Goals



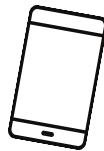
# SIMPLE WAYS FOR BETTER SLEEP

Sleep plays a critical role in muscle recovery, and overall well-being. Poor sleep negatively affects metabolism and increases cravings for unhealthy foods.

**Here's how to optimize your sleep:**



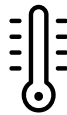
Set a sleep schedule – go to bed/wake up at the same time daily.



Limit screens 30-60 mins before bed – blue light disrupts melatonin.



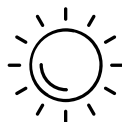
Avoid caffeine after 2-3 PM – it stays in your system for 6+ hours.



Keep your bedroom cool & dark – ideal sleep temperature: 16-20°C (60-68°F).



Do a relaxing bedtime routine – stretch, read, or meditate before bed.



Get morning sunlight – it helps regulate your sleep cycle for better rest!





# THANKYOU LET'S BEGIN!

---

You showed up. You moved. You kept going. And that matters.

Whether you crushed every workout or simply kept showing up in your own way, you trusted yourself, and committed to your health one day at a time.

These 30-days weren't just about squats, planks, or meal prep. It was about building momentum, choosing consistency, and reminding yourself that you are capable – even on the tough days.

Wherever you're headed next: repeating the challenge, leveling up, or simply taking a well-earned rest – know this:

**You're stronger than you were 30 days ago.**

**YOU'VE  
GOT THIS!**



@betterlife