

# ***MIKE'S WORKOUT PLAN***

	<b>Sun</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thur</b>	<b>Fri</b>	<b>Sat</b>
<b>Exercise</b>	<b>Pilates</b>	<b>Chest &amp; Biceps</b>	<b>Back &amp; Abs</b>	<b>Run</b>	<b>Legs</b>	<b>Shoulders Triceps</b> &	<b>Rest</b>
<b>Category</b>	<b>Mobility</b>	<b>Resistance</b>	<b>Resistance</b>	<b>Cardio</b>	<b>Resistance</b>	<b>Resistance</b>	<b>Rest</b>

# MIKES MEAL PLAN

	Sun	Mon	Tue	Wed	Thur	Fri	Sat
Breakfast	Greek Yogurt, Raspberries, Blueberries, Seed Mix	Greek Yogurt, Raspberries, Blackberries, Seed Mix	Greek Yogurt, Raspberries, Mango, Seed Mix	Greek Yogurt, Raspberries, Blackberries, Seed Mix	Greek Yogurt, Raspberries, Blueberries, Seed Mix	Greek Yogurt, Raspberries, Blueberries, Seed Mix	Greek Yogurt, Raspberries, Mango, Seed Mix
Lunch	Salmon, Scrambled Eggs, Avocado	Steak, Fried Eggs, Tomatoes, Spinach	Tuna, Avocado, Salad, Olives, Boiled Eggs	Salmon Omlette, Tomatoes, Spinach	Sardines, Avocado, Boiled Eggs, Spinach	Mackerel, Scrambled Eggs, Spinach	Turkey Steak, Salad, Olives, Tomatoes
Dinner	Chicken, Mixed Vegetables, Sweet Potatoe	Seabass, Mixed Vegetables, Olives, Rice	Steak, Brocoli, Asparagus, Chickpeas	Turkey Steak, Mixed Vegetables, Sweet Potatoe	Stir Fried Chicken and Vegetables, Quinoa	Lamb Chops Mixed Vegetables, Rice	Steak, Black Beans, Avocado, Rice
Snacks	Grapes	Almonds, Walnuts	Grapes	Carrot Sticks	Mixed Fruit	Almonds, Walnuts	Dates