

SPRING INTO FITNESS:

A 7-Day Meal Plan and Workout Calendar to Get You Going!

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DAY	WORKOUT
Monday	CARDIO: aim for 30 minutes with this Energizing Indoor Cardio Workout! Or, run, walk, bike, or use your favorite cardio equipment at the gym to get up and moving for at least 30 minutes.
Tuesday	STRENGTH: hit all of the major muscle groups with this 10-Minute Total Body Workout for Busy Moms . Have some extra time? Complete another circuit (or two) for a 20-minute or 30-minute blast!
Wednesday	CARDIO: try this 20-Minute Fat-Burning Cardio Circuit Workout , which can be done inside or outside (the kids can join in!). No equipment necessary! Have another favorite cardio activity? Run, walk, bike, or use cardio equipment at the gym to get up and moving for at least 20-30 minutes.
Thursday	STRENGTH: Grab a set of dumbbells and do this Time-Saving Total Body Strength Workout in your living room. Bonus – you can watch TV or chat with your family at the same time!
Friday	CARDIO: get your heart rate up with this 15-Minute Jump Rope Workout (or just pretend you have an invisible jump rope!). Have another favorite cardio activity? Run, walk, bike, or use cardio equipment at the gym to get up and moving for at least 20-30 minutes.
Saturday	YOGA: Stretch it out with a relaxing yoga sequence. I like this Wake-Me-Up Morning Yoga Workout , but you can take a class at the gym, pop in your favorite DVD, or just spend some time stretching your muscles!
Sunday	ACTIVE RECOVERY/REST: get outside and go for a walk, play with your kids, or just walk around the mall. Take it easy and get ready for the week ahead!

MEAL SUGGESTIONS:

BREAKFAST:

- Whole wheat English muffin with 1 tablespoon of peanut butter + 1 sliced banana. Have a glass of milk, an egg, or some Greek yogurt on the side for added protein.
- Yogurt Parfait: layer 1 cup of Greek yogurt (I like plain), with 1 cup of fresh or frozen berries and 1 cup of wholegrain cereal (such as Cheerios or Wheat Chex) OR ¼ cup [Maple Almond Crunch Granola](#). Garnish with 1 tablespoon of chopped nuts.
- 1 egg + 2 egg whites, scrambled. Top with salsa or hot sauce (if desired). Serve with toasted wholegrain waffles drizzled with a small amount of maple syrup or topped with fresh fruit. A couple of slices of wholegrain toast are also nice on the side instead of the waffles.
- [Morning Glory Muffin](#) + a hard-boiled egg or yogurt.
- [Frosted Sugar Cookie Protein Shake](#) + a piece of fruit
- [Glazed Honey Bun Breakfast Cookies](#) + cottage cheese + fruit
- [Overnight Peach Cobbler Protein Oats](#)

LUNCH:

- [Thai Peanut Chicken Salad](#) wrapped in lettuce leaves or wholegrain pita or tortilla
- Grown-Up PB&J: two slices of wholegrain bread + 1 tablespoon peanut butter (or other nut butter) + 1 teaspoon all-fruit jam. Serve with a side salad or veggie sticks, plus a glass of milk or yogurt for added protein and calcium.
- [4-Ingredient Chicken Taquitos](#) (use a reduced-fat cheese and wholegrain tortillas for a healthier option). These can be made in advance and kept in the refrigerator or freezer until ready to bake!

- [Orange Sesame Chicken Quinoa](#): this is a great make-ahead option that tastes good at room temp, cold, or heated up. Prep a batch on the weekend and enjoy lunch for a few days!
- [Slow Cooker Southwestern Black Bean Soup](#) (another great make-ahead option that you can enjoy for days!)
- [Mediterranean Pita Bites](#)
- Grab lunch on-the-go! I'm often out with the kids and we stop for a meal at a quick spot like Subway, where I'll get a deli meat sub (roast beef or turkey are my favorites), roasted chicken, or a Veggie Delite on wholegrain bread plus all of the veggie toppings! Are you somewhere else? Look for lighter options on the restaurant menu or website, such as a salad with plenty of veggies and lean protein (grilled, not fried) or a broth-based soup and side salad. Just watch the high-fat dressings and condiments! Skip the burgers, fries, hotdogs, and other typically high-calorie, highly-processed options.

DINNER:

- [Maple Pecan Crusted Salmon](#) served with steamed vegetables of choice and a baked potato.
- [Turkey Reuben Sliders](#) served with a side salad and a cup of vegetable-based soup (such as Tomato Basil).
- [Healthy 4-Ingredient Enchilada Casserole](#) served with a side salad, if desired.
- [Sheet Pan Supper: Sausage, Green Beans, and Crispy Oven-Roasted Potatoes](#)
- [One Dish Garlic and Herb Pork Tenderloin](#)
- [Korean Beef Kabobs](#) served with a side of brown rice
- [Dump-and-Bake Skinny Chicken Parmesan Casserole](#) served with a side of steamed or roasted veggies (such as broccoli)

SNACKS:

- [Healthy Trail Mix Cookie](#) + a latte or a glass of milk.
- [Homemade Granola Bars](#)
- 1 serving Greek-style yogurt topped with 2 tablespoons [Slow Cooker Salted Caramel Almond Granola](#)
- [Skinny Chocolate Covered Strawberry Sundae](#)
- 1 ounce cheese or 1 cheese stick + 1 serving wholegrain crackers (such as Wasa Crispbread)
- 1 handful of almonds or other favorite nuts
- 1 banana or apple + 1 tablespoon peanut butter or almond butter
- [Orange Dream Protein Smoothie](#) (great post-workout option!)
- 1-2 squares of dark chocolate + a few almonds or other nuts