

# Balanced Diet and Exercise Schedule

## Monday

Workout  
**Strength training (30 min)**

### Meals

Breakfast: Greek yogurt & berries  
Lunch: Grilled chicken salad  
Snack: Almonds & apple  
Dinner: Baked salmon & broccoli

## Friday

Workout  
**Core workout (30 min)**

### Meals

Breakfast: Avocado toast  
Lunch: Tuna salad  
Snack: Trail mix  
Dinner: Spaghetti & turkey meatballs

## Tuesday

Workout: **3-mile run**

### Meals

Breakfast: Oatmeal & banana  
Lunch: Turkey wrap  
Snack: Rice cake & peanut butter  
Dinner: Stir-fried tofu & veggies

## Saturday

Workout: **Hike (1-2 hours)**

### Meals

Breakfast: Pancakes & fruit  
Lunch: Caprese salad  
Snack: Smoothie bowl  
Dinner: Grilled steak & asparagus

## Wednesday

Workout: **Yoga (45 min)**

### Meals

Breakfast: Smoothie  
Lunch: Grilled shrimp & sweet potatoes  
Snack: Cottage cheese  
Dinner: Lentil soup

## Sunday

Workout: **Rest Day**

### Meals

Breakfast: Waffles & almond butter  
Lunch: Veggie burger  
Snack: Orange slices  
Dinner: Baked cod & green beans

## Thursday

Workout: **HIIT (20 min)**

### Meals

Breakfast: Scrambled eggs & toast  
Lunch: Quinoa & black beans  
Snack: Baby carrots & hummus  
Dinner: Grilled chicken & Brussels sprouts

Note