

## HOURS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WO-exercise	1-Hour Cardio+ <i>½-½</i>	1-Hour Cardio+ <i>½-½</i>	1 Hour Cardio+ <i>½-½</i>				
BRAIN-study	2-Hour + Study	<i>*2-Hour + CURRENT</i>	2-Hour + Study				
SM-house	*30-Min House	Cook & Shop	*30-Min House	*30-Min House	Cook & Shop	*30-Min House	Cook & Shop
<i>5% Processed Foods   95% Whole Food   Class every semester full effort !</i>							
After 6	<b>CLASS</b>	<b>CLASS</b>					
CHARA	30-Min Exercise						

## FOOD 8:00-6:00 Daily

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b>	<b>Parfait</b>	<b>Parfait</b>	<b>Parfait</b>	<b>Parfait</b>	<b>Parfait</b>	<b>Parfait</b>	<b>Parfait</b>
<b>2</b>	8 oz Lettuce Protein Beans	8 oz Lettuce Protein 2 Eggs	8 oz Lettuce Protein Beans	8 oz Lettuce Protein 2 Eggs	8 oz Lettuce Protein Beans	8 oz Lettuce Protein 6 oz Meat	8 oz Lettuce Protein 2 Eggs
<b>3</b>	<b>Choose</b>	<b>Choose</b>	<b>Choose</b>	<b>Choose</b>	<b>Choose</b>	<b>OUT</b>  Cheat Meal Day OR 2 Partial Cheat Meals	<b>Choose</b>
	Nuts Nut Butter Avocado Oatmeal Parfait	Normal Meal Beans Bread Parchment Fish		My Birthday, Holidays, & Special Days are <i>Cheat Days</i>  <i>Birthday</i> <i>Everything</i>	<b>Lettuce 8 oz</b> 2T Flax   Cal 200 Carbs Protein	<b>Parfait</b> ½ c Greek Yogurt ½ c coconut milk 1 T Chia 1 T Tahini ½ c berries 2 t hemp  Cal 550 Carbs Protein	<b>Meat (protein)</b> Sirloin 3 oz 23 g Chicken 3 oz 23 g 2 Eggs 14 g 2 T peanut butter 8 g  Cal Carbs Protein

### Classes

<b>ACCT One: 261</b> <b>ART Web: 263</b>	LGL Real Estate	IT
ACCT Two	LGL Wills and Estates	IT
FIN 108	Finance Class	IT
		IT

1. ~~not smoking~~
2. ~~eating a diet that aligns with nutritional guidelines~~
3. exercising at least 150 minutes a week, or 30 minutes five times a week.
4. keeping a BMI below 20 percent for men and 30 percent for women