Day 1 - Push Workout + High-Protein Plant Meals

Affirmation:

"I fuel my body with strength, clarity, and purpose. Today, I rise."

MEAL PLAN + MACROS (Estimates):

Breakfast:

Chickpea Scramble + Quinoa + Sautéed Watercress

- Protein 24g / Carbs 42g / Fats 12g
- Snack:

Seeded Watermelon + Brazil Nuts

- Protein 6g / Carbs 28g / Fats 10g
- Lunch:

Stuffed Bell Peppers (Walnut meat + Coconut Rice)

- Protein 22g / Carbs 40g / Fats 18g
- Snack (optional):

Organic Protein Bar (Homemade – date, hempseed, nut butter)

- Protein 12g / Carbs 20g / Fats 10g
- Dinner:

Chickpea Pasta with Walnut Meat Sauce + Arugula + Purple Tomatoes

- Protein 30g / Carbs 45g / Fats 15g
- Estimated Daily Total:

Protein: 94g | Carbs: 175g | Fats: 65g

Triceps):

Exercise	Sets	Reps	Equipment	Notes
Push-ups (Weighted or Band Resisted)	4	12–15	Bodyweight/Ban d	Slow tempo
Landmine Press	4	10	Landmine	Alternate sides
Dumbbell Shoulder Press	3	12	Dumbbells	Controlled
Triceps Dips	3	15	Bench or Box	Core tight
Resistance Band Chest Fly	3	12	Bands	Pause at contraction

Optional Finisher:

• 3 rounds: 15 kettlebell swings + 10 explosive push-ups + 30 sec high knees

Mindset Prompt:

Write down one thing that made you feel strong today.

Day 2 - Pull Workout + Antioxidant Power Meals

Affirmation:

"I am committed to growth. My body gets stronger, my spirit stays grounded."

MEAL PLAN + MACROS:

Breakfast:

Fonio Bowl + Sliced Mango + Coconut Butter Drizzle

- Protein 10g / Carbs 40g / Fats 15g
- Snack:

Dates + Pumpkin Seeds

- Protein 8g / Carbs 30g / Fats 12g
- Lunch:

Quinoa + Roasted Yellow Squash + Kale + Tahini Dressing

- Protein 18g / Carbs 38g / Fats 14g
- Snack:

Tart Cherry Juice + Homemade Protein Bites

- Protein 10g / Carbs 22g / Fats 8g
- Dinner:

Lentils + Asparagus + Sautéed Purple Tomatoes

- Protein 28g / Carbs 35g / Fats 10g

Estimated Total: Protein 74g | Carbs 165g | Fats 59g

TRENGTH TRAINING - PULL (Back, Biceps):

Exercise	Sets	Reps	Equipment
Bent-Over Row	4	12	Dumbbells/Bands
Resistance Band Lat Pulldown	3	15	Bands
Bicep Curls	3	15	Dumbbells
Kettlebell Upright Row	3	10	Kettlebell
Plank Row (Renegade Row)	3	12	Dumbbells
Finisher:30 sec battle rope (or ju	mp rope) x 3 rounds		

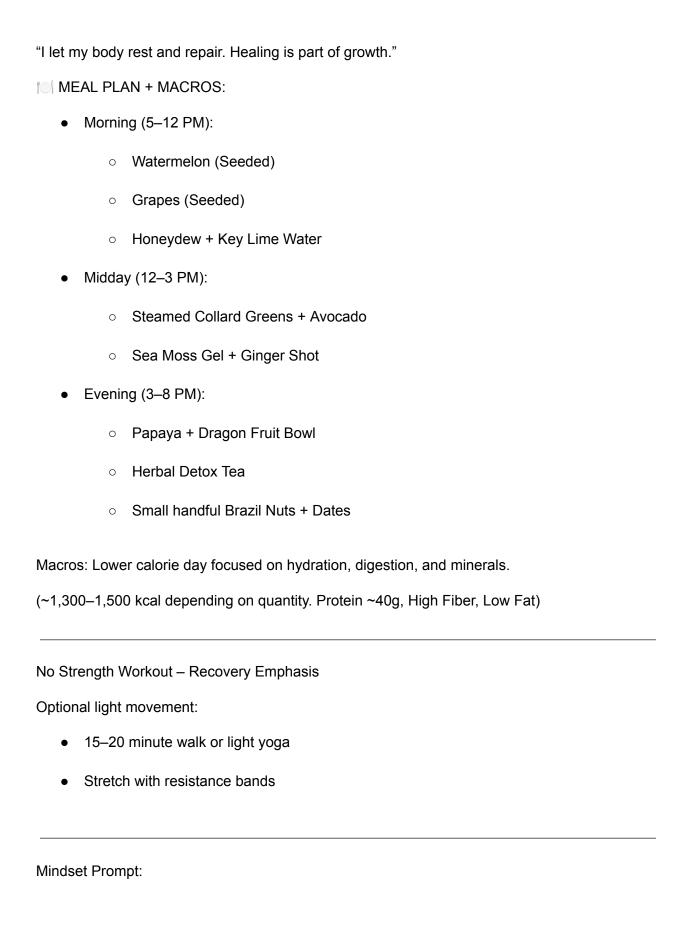
Mindset Prompt:

How did you show discipline today?



Day 3 – Recovery & Detox Day (Fruit-Focused)

Affirmation:





Day 4 – Legs (Strength) + Muscle Fuel Meals



"My foundation is powerful. I move with strength and purpose."

MEAL PLAN + MACROS:

Breakfast:

Quinoa + Ground Vanilla Bean + Date Sugar + Hemp Milk

- Protein 14g / Carbs 38g / Fats 8g
- Snack:

Almond Butter + Banana + Flaxseeds

- Protein 10g / Carbs 22g / Fats 14g
- Lunch:

Lentils + Coconut Rice + Roasted Summer Squash

- Protein 26g / Carbs 45g / Fats 16g
- Snack:

Cantaloupe + Tart Cherries

- Protein 4g / Carbs 28g / Fats 2g
- Dinner:

Seitan Stir-Fry + Bell Peppers + Snap Peas + Sesame Oil

- Protein 30g / Carbs 35g / Fats 12g

Estimated Total: Protein: 84g | Carbs: 168g | Fats: 52g

TSTRENGTH TRAINING – LEGS:

Exercise	Sets	Reps	Equipment
Goblet Squats	4	12	Dumbbell
Kettlebell Swings	3	15	Kettlebell
Reverse Lunges	3	12 each	Bodyweight or Weights
Resistance Band Glute Kickbacks	3	15	Bands
Calf Raises	4	20	Bodyweight



Finisher:

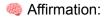
2 Rounds:

- 20 Air Squats
- 15 Kettlebell Swings
- 10 Box Jumps or Step-Ups

Mindset Prompt:

How are your legs feeling? Where do you feel strength today?

Day 5 - Upper Body (Weighted) + Energizing Meals



"I show up for myself, and my effort multiplies."

MEAL PLAN + MACROS:

Breakfast:

Chickpea Pancakes (chickpea flour, buckwheat, date sugar, vanilla, cinnamon) + Coconut Butter

- Protein 18g / Carbs 38g / Fats 12g
- Snack:

Raisins + Pumpkin Seeds + Key Lime Water

- Protein 6g / Carbs 26g / Fats 8g
- Lunch:

Stuffed Bell Peppers (Fonio, Avocado, Spices)

- Protein 20g / Carbs 35g / Fats 16g
- Snack (optional):

Tart Cherry Juice + Apple Slices + Tahini

- Protein 5g / Carbs 22g / Fats 10g
- Dinner:

Chickpea Pasta + Sautéed Tomatoes + Brazil Nut Crumble

- Protein 28g / Carbs 45g / Fats 14g

Total: Protein 77g | Carbs 166g | Fats 60g

TUPPER BODY – STRENGTH (Chest, Back, Arms):

Exercise	Sets	Reps	Equipment
Dumbbell Chest Press	4	10	Dumbbells
Bent-Over Rows	3	12	Dumbbells
Shoulder Press	3	12	Resistance Bands
Incline Push-Ups	3	15	Bodyweight
Dumbbell Hammer Curls	3	15	Dumbbells



Finisher:

Landmine Chest Press x 15 + High Knees 30 sec x 3 rounds

Mindset Prompt:

What does showing up for yourself look like today?



Day 6 - Lower Body + Core + Power Meals

Affirmation:

"My lower body grounds me. I move with purpose and power."

MEAL PLAN + MACROS:

Breakfast:

Fonio + Sliced Mango + Flaxseed "Egg"

- Protein 12g / Carbs 40g / Fats 10g
- Snack:

Organic Protein Bar + Watercress Juice

- Protein 10g / Carbs 25g / Fats 8g
- Lunch:

Red Lentils + Steamed Okra + Quinoa

- Protein 24g / Carbs 42g / Fats 12g
- Snack:

Melon Bowl (Cantaloupe + Honeydew)

- Protein 3g / Carbs 30g / Fats 1g
- Dinner:

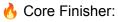
Seared Mushrooms + Coconut Rice + Avocado

- Protein 20g / Carbs 38g / Fats 14g

Total: Protein 69g | Carbs 175g | Fats 45g

X LOWER BODY + CORE:

Exercise	Sets	Reps	Equipment
Bulgarian Split Squats	3	10 each	Dumbbells or Bodyweight
Kettlebell Deadlifts	4	12	Kettlebell
Resistance Band Glute Bridges	3	15	Bands
Weighted Calf Raises	4	20	Dumbbells
Plank (Hold)	3	45 sec	Bodyweight



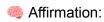
20 Russian Twists + 15 Leg Raises + 30 sec Plank Hold x 2

Mindset Prompt:

Where are you feeling progress? Write it down.



Day 7 - Recovery & Rhythm



"Recovery isn't rest—it's how I prepare for more growth."

MEAL PLAN + MACROS:

- Morning (5–12 PM):
 - o Burro Bananas + Seeded Grapes + Herbal Tea
 - Water with Ginger + Key Lime
- Midday (12–3 PM):
 - Steamed Kale + Avocado + Sea Moss
 - Cucumber + Basil Juice
- Evening (3–8 PM):
 - Watermelon (Seeded)
 - Papaya + Coconut Butter

Macros: Lower day focused on detox & nutrients

(~1,300 kcal | ~35–40g Protein | High Water Content & Fiber)

Optional Movement:

- 15–20 min walk
- Stretch or light yoga
- 5–10 mins breathwork

Mindset Prompt:

How do you honor your recovery? What will you carry into Week 2?



Day 8 - Push (Power + Endurance)

Affirmation:

"My effort compounds. Each rep is an investment in my strength."

MEAL PLAN + MACROS:

Breakfast:

Chickpea Flour Omelet (Onions, Arugula, Purple Tomatoes)

- Protein 18g / Carbs 35g / Fats 10g
- Snack:

Date + Almond Butter + Chia Seeds

- Protein 6g / Carbs 25g / Fats 10g
- Lunch:

Quinoa + Asparagus + Chickpeas + Basil Tahini

- Protein 24g / Carbs 40g / Fats 14g
- Snack:

Watermelon + Coconut Yogurt

- Protein 4g / Carbs 22g / Fats 6g
- Dinner:

Baked Stuffed Bell Peppers (Red Lentils + Avocado)

- Protein 22g / Carbs 38g / Fats 14g

Total: Protein 74g | Carbs 160g | Fats 54g

PUSH WORKOUT (Chest + Triceps + Shoulders):

Exercise	Sets	Reps	Equipment
Dumbbell Bench Press	4	10	Dumbbells
Overhead Band Press	3	15	Resistance Bands
Incline Push-Ups	3	15	Bodyweight
Triceps Dips	3	12	Bench
Dumbbell Lateral Raise	3	15	Dumbbells
♣ Finisher:			
20 Air Punches (weighte	ed) + 10 Burpees x 3		

Mindset Prompt:

What's something you didn't think you could do—until you did?



Day 9 - Pull (Grip + Focus)



"With every breath, I build strength I never knew I had."

MEAL PLAN + MACROS:

• Breakfast:

Quinoa Porridge + Cinnamon + Coconut Butter + Apricots

- Protein 14g / Carbs 38g / Fats 12g
- Snack:

Cashews + Key Lime Water

- Protein 6g / Carbs 10g / Fats 10g
- Lunch:

Chickpea Pasta + Purple Tomatoes + Hemp Seeds

- Protein 25g / Carbs 40g / Fats 12g
- Snack:

Tart Cherries + Flax Milk Smoothie

- Protein 12g / Carbs 24g / Fats 6g
- Dinner:

Sautéed Mushrooms + Red Lentils + Callaloo

- Protein 26g / Carbs 36g / Fats 10g

Total: Protein 83g | Carbs 148g | Fats 50g

TPULL WORKOUT (Back + Biceps):

Band Pull Aparts	3	20	Bands
Dumbbell Rows	4	10	Dumbbells
Kettlebell High Pull	3	12	Kettlebell
Hammer Curls	3	15	Dumbbells
Plank Pull-Throughs	3	12	Bodyweight

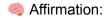


Finisher:

30 sec Jump Rope + 10 Band Rows x 2 rounds



Day 10 – Leg Power + Core Stability



"I rise through resistance. My body responds to discipline."

MEAL PLAN + MACROS:

Breakfast:

Chickpea Pancakes + Date Syrup + Cinnamon

- Protein 16g / Carbs 35g / Fats 8g
- Snack:

Protein Bites (Almonds, Dates, Coconut)

- Protein 8g / Carbs 20g / Fats 10g

• Lunch:

Sweet Potatoes + Black Beans + Kale

- Protein 24g / Carbs 42g / Fats 12g

Snack:

Melon Bowl + Key Lime Water

- Protein 2g / Carbs 25g / Fats 0g

• Dinner:

Seitan Stir-Fry + Bell Peppers + Brown Rice

- Protein 30g / Carbs 45g / Fats 14g

Total: Protein 80g | Carbs 167g | Fats 44g

X LEG + CORE WORKOUT:

Exercise	Sets	Reps	Equipment
Weighted Squats	4	12	Dumbbells
Kettlebell Lunges	3	10	Kettlebell
Glute Bridge Hold	3	30 sec	Bodyweight
Russian Twists	3	20	Bodyweight



10 Jump Squats + 10 Sit-Ups x 2–3 rounds



Day 11 - Upper Body + Strength & Speed



"I train for power, I eat for life, I rest with purpose."

MEAL PLAN + MACROS:

Breakfast:

Quinoa + Mango + Ground Vanilla Bean

- Protein 14g / Carbs 40g / Fats 8g
- Snack:

Homemade Protein Bar + Key Lime Water

- Protein 10g / Carbs 22g / Fats 10g
- Lunch:

Red Lentils + Grilled Zucchini + Coconut Oil Drizzle

- Protein 24g / Carbs 38g / Fats 14g
- Snack:

Tart Cherries + Flax Milk

- Protein 6g / Carbs 20g / Fats 6g

Dinner:

Seitan Sauté + Avocado + Arugula + Purple Tomatoes

- Protein 30g / Carbs 36g / Fats 14g

Total: Protein 84g | Carbs 156g | Fats 52g

Y UPPER BODY (Push/Pull Hybrid):

Exercise	Sets	Reps	Equipment
Landmine Press	4	10	Landmine
Dumbbell Rows	3	12	Dumbbells
Shoulder Press	3	10	Bands or Dumbbells
Push-Ups (Tempo)	3	15	Bodyweight
Kettlebell Upright Row	3	10	Kettlebell



Finisher:

Push-Up to Renegade Row Combo x 10 reps + 20 Jumping Jacks



Day 12 - Leg Day + Stability Focus

Affirmation:

"My base is strong. My recovery is earned."

MEAL PLAN + MACROS:

Breakfast:

Fonio + Ground Flaxseed + Almond Milk

- Protein 12g / Carbs 35g / Fats 10g
- Snack:

Dates + Brazil Nuts

- Protein 6g / Carbs 22g / Fats 12g
- Lunch:

Chickpea + Cabbage Wrap + Hummus

- Protein 22g / Carbs 38g / Fats 14g
- Snack:

Watermelon + Coconut Yogurt

- Protein 4g / Carbs 20g / Fats 4g
- Dinner:

Black Bean Bowl + Brown Rice + Garlic Kale

- Protein 26g / Carbs 40g / Fats 12g

Total: Protein 70g | Carbs 155g | Fats 52g

TLEG & STABILITY WORKOUT:

Exercise	Sets	Reps	Equipment
Dumbbell Deadlifts	4	12	Dumbbells
Lateral Lunges	3	10 each	Bodyweight
Band Kickbacks	3	15	Bands
Glute Bridge March	3	20	Bodyweight
Calf Raise Holds	3	15 (3 sec hold)	Bodyweight



20 Sumo Squats + 10 Step-Ups (each leg)



Day 13 - Core + Conditioning

Affirmation:

"I've earned this. My core is my center. I breathe and keep going."

MEAL PLAN + MACROS:

- Smoothie Day Focus:
 - o Mango + Flax Milk + Hemp Seeds + Sea Moss
 - o Watercress + Key Lime Juice

- Chia + Berries + Coconut Milk
- Dinner (Solid Meal):

Seitan Stir-Fry with Quinoa + Avocado

Total: ~Protein 65g | Carbs 145g | Fats 40g

TORE & CONDITIONING:

Exercise	Sets	Reps	Equipment
Plank Hold	3	1 min	Bodyweight
V-Ups	3	20	Bodyweight
Flutter Kicks	3	30 sec	Bodyweight
Russian Twists	3	20	Bodyweight
High Knees	3	30 sec	Bodyweight



20 Crunches + 20 Jump Squats x 2



Day 14 - Shred Finale + Full Body Burn

Affirmation:

"This is only the beginning. I've changed. I'm choosing strength daily."

MEAL PLAN:

Best of Meals Day (repeat favorites!)

Choose 1 breakfast, lunch, and dinner from earlier days.

Hydrate well. Add fruit-based recovery shakes post-workout.

Estimated Total: ~Protein 85g | Carbs 170g | Fats 50g

THE FULL BODY SHRED - Final Circuit:

- Kettlebell Swings 3x20
- Dumbbell Thrusters 3x12
- Burpees 3x10
- Jump Lunges 2x12
- Band Rows 3x15
- Core: Plank 1 min hold x 2

Optional Finisher:

Tire flips, sled push, or landmine clean to press — if equipment is available.

MASTER GROCERY LIST

Includes everything you've used:

- Fresh produce (fruits, leafy greens, squashes, tomatoes)
- Whole grains (quinoa, fonio, spelt)
- Legumes (lentils, chickpeas, black beans)
- Healthy fats (avocados, seeds, coconut butter)

- Plant milks (almond, hemp, walnut, flax)
- Spices, sweeteners (maple, date sugar, vanilla)
- Extras (sea moss, key lime, arugula, purple tomatoes)

ADFITNESS: Eating in Rhythm

5–12 PM: Fruits, herbs, and water for flushing

12–3 PM: Vegetables for minerals and chlorophyll

3-8 PM: Solid, grounding meals

X No eating after 8 PM

♦ 2.7 Liters of water daily

Optional 1–5 day detox before starting (juice, tea, water fast)

© FINAL WORD

You've just completed a plant-powered transformation. You moved intentionally. You ate with alignment. This is just the start.

Stay in rhythm. Stay in purpose. Stay in power.

— Austin Davis, ADFITNESS 🦾