

# Weekly Workout & Meal Plan

WalkingOnlineWorkouts.com

February 23, 2020 - February 29, 2020

**#WALKDOUBLE2020**

	Meal	Workout
Sunday	Meal Prep!	Rest
Monday	Sheet Pan Teriyaki Chicken	Mosaic
Tuesday	FAT TUESDAY! Easy Red Beans and Rice	Release
Wednesday	Sheet Pan Pesto Turkey Tenderloin	Broadway
Thursday	Sheet Pan Ranch Chicken	A Grateful Heart
Friday	Sheet Pan Pizza Fish	Mixed Up Nu Skool
Saturday	OFF!	1980's (One Hour) (Or Make Up Any Missed Workouts)