

WEEKLY WORKOUT & MEAL PLANNER

Workouts: WalkingOnlineWorkouts.com

Recipes: WoWzerKitchen.com

April 11, 2021

By Justine R.!

Sunday	Rest	MEAL PREP!!!
Monday	Kick Butt, Lift Up Kitchen Barre: Squats	Bacon Cheddar Chicken
Tuesday	Good Day Standing Abs II	Chicken Fajita Casserole
Wednesday	Faith Kitchen Barre: Chest	One Pan Pizza Casserole
Thursday	Werk Out Kitchen Barre: Rock-n-Roll Hips	Easy & Health Taco Chili
Friday	NEW WORKOUT New ARM Segment	Oven Baked Horseradish Salmon
Saturday	Ritmo ONE HOUR	YOUR CHOICE!