

Prepare for success on this journey.

The best project you'll ever work on is you.

Eat clean, train dirty.

If it doesn't challenge you, it doesn't change you.

Just keep moving.

Eat according to your goals.

Be stronger than your excuses.

*Sunday*

*Monday*

*Tuesday*

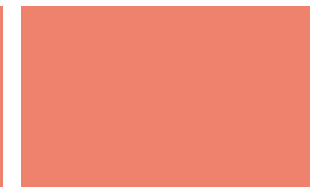
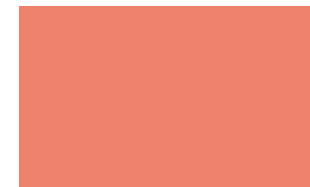
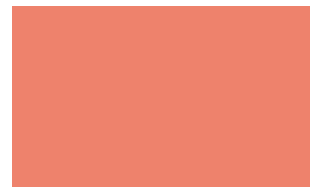
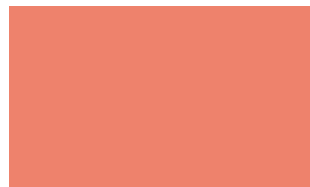
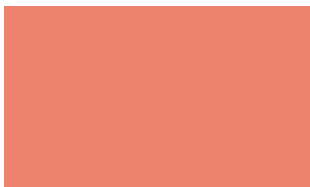
*Wednesday*

*Thursday*

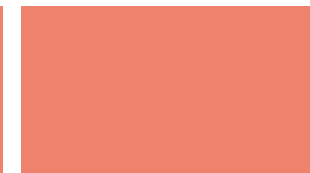
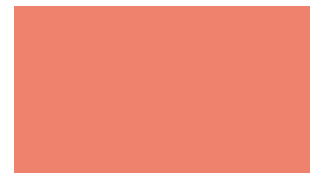
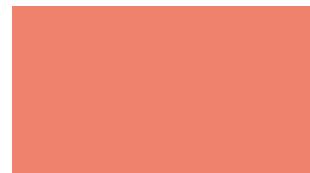
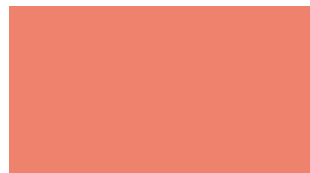
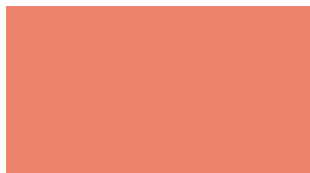
*Friday*

*Saturday*

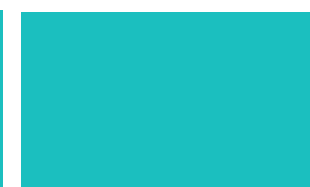
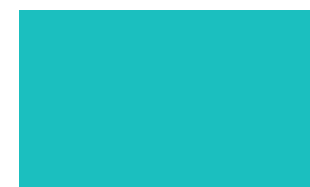
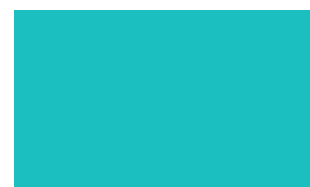
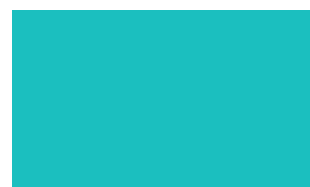
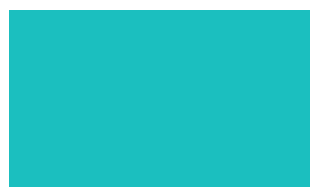
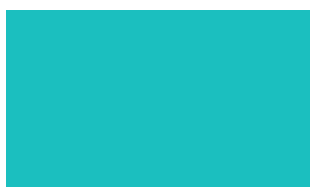
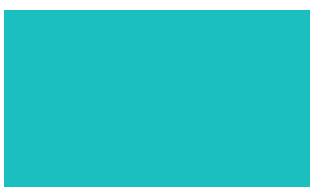
Breakfast



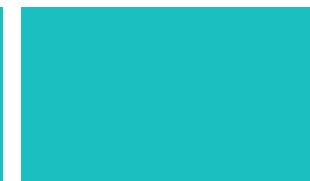
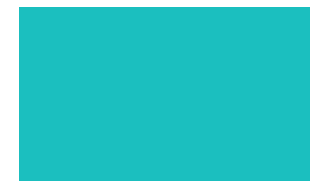
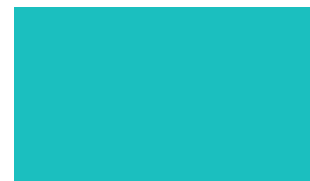
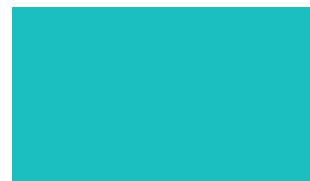
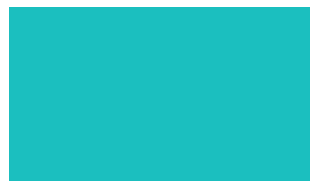
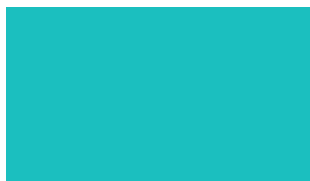
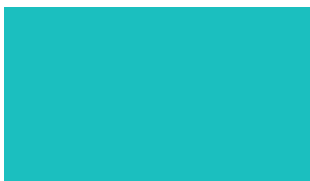
Snack



Lunch



Snack



Dinner

