



Intentional Time
∞ With Jesus

Transformation From The Inside Out™

Faith & Fitness 7-Day Meal & Workout Plan

Day 1 – Strength in Christ

Scripture: *“I can do all things through Christ which strengthened me.”* – Philippians 4:13 (KJV)

Meals (≈150g protein)

- **Breakfast:** 3 scrambled eggs + 4 oz turkey sausage + spinach sautéed in olive oil + 1 small, sweet potato (25g protein)
- **Lunch:** 6 oz grilled chicken breast + roasted broccoli + ½ cup quinoa (40g protein)
- **Dinner:** 7 oz baked salmon + asparagus + ½ cup cauliflower rice (45g protein)
- **Snack/Shake:** Premier Protein Shake (30g protein)

Workout:

- **Strength Training:** Upper Body Push (Chest/Shoulders/Triceps) – Pushups, Dumbbell Press, Overhead Press (3x12)
- **Cardio:** 20-min brisk walk or treadmill incline walk
- **Flexibility:** Shoulder and chest stretches (hold 20–30 sec each)

Day 2 – Prosper in Health

Scripture: *“Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.”* – 3 John 1:2

Meals (≈150g protein)

- **Breakfast:** 4 boiled eggs + sautéed peppers/onions + $\frac{1}{2}$ avocado (28g protein)
- **Lunch:** 7 oz grilled turkey burger (no bun) + green beans + $\frac{1}{2}$ baked sweet potato (42g protein)
- **Dinner:** 6 oz lean beef steak + roasted zucchini + $\frac{1}{2}$ cup cauliflower mash (45g protein)
- **Snack/Shake:** Premier Protein Shake (30g protein)

Workout:

- **Strength Training:** Lower Body (Squats, Lunges, Deadlifts, Calf Raises – 3x12)
- **Cardio:** 25-min cycling
- **Flexibility:** Hip flexor and hamstring stretches

Day 3 – Running with Endurance

Scripture: “Let us run with patience the race that is set before us.” – Hebrews 12:1

Meals (\approx 150g protein)

- **Breakfast:** 3 scrambled eggs + 3 oz smoked salmon + spinach (28g protein)
- **Lunch:** 7 oz grilled chicken breast + roasted Brussels sprouts + $\frac{1}{2}$ cup lentils (40g protein)
- **Dinner:** 6 oz grilled cod + steamed broccoli + $\frac{1}{2}$ cup mashed cauliflower (42g protein)
- **Snack/Shake:** Premier Protein Shake (30g protein)

Workout:

- **Strength Training:** Upper Body Pull (Rows, Lat Pulldown, Bicep Curls – 3x12)
- **Cardio:** 30-min jog or elliptical
- **Flexibility:** Back and biceps stretches

Day 4 – The Lord Provides

Scripture: “But my God shall supply all your needs according to His riches in glory by Christ Jesus.” – Philippians 4:19

Meals (\approx 150g protein)

- **Breakfast:** 4 egg omelet with peppers + 2 oz turkey bacon + spinach (30g protein)
- **Lunch:** 7 oz grilled salmon + asparagus + ½ cup wild rice (42g protein)
- **Dinner:** 6 oz grilled chicken thigh (skinless) + roasted broccoli + ½ cup butternut squash (40g protein)
- **Snack/Shake:** Premier Protein Shake (30g protein)

Workout:

- **Strength Training:** Full Body Circuit (Squats, Pushups, Rows, Planks – 3 rounds)
- **Cardio:** 25-min HIIT intervals (walk/run or bike sprints)
- **Flexibility:** Hip and lower back stretches

Day 5 – Temple of the Holy Spirit

Scripture: “*Know ye not that your body is the temple of the Holy Ghost which is in you...?*” – 1 Corinthians 6:19

Meals (≈150g protein)

- **Breakfast:** 4 scrambled eggs + 3 oz ground turkey + zucchini (30g protein)
- **Lunch:** 6 oz lean ground beef + spinach salad + ½ cup roasted carrots (42g protein)
- **Dinner:** 7 oz baked tilapia + roasted green beans + ½ cup cauliflower rice (40g protein)
- **Snack/Shake:** Premier Protein Shake (30g protein)

Workout:

- **Strength Training:** Lower Body (Squats, Step-ups, Hamstring Curls, Glute Bridges – 3x12)
- **Cardio:** 30-min power walk
- **Flexibility:** Glutes and hamstring stretches

Day 6 – Discipline for Gain

Scripture: “But I keep under my body, and bring it into subjection...” – 1 Corinthians 9:27

Meals (\approx 150g protein)

- **Breakfast:** 3 boiled eggs + 2 oz turkey sausage + kale sautéed (28g protein)
- **Lunch:** 6 oz chicken breast + roasted broccoli + $\frac{1}{2}$ cup lentils (42g protein)
- **Dinner:** 7 oz grilled beef steak + sautéed spinach + $\frac{1}{2}$ cup baked sweet potato (50g protein)
- **Snack/Shake:** Premier Protein Shake (30g protein)

Workout:

- **Strength Training:** Upper Body Push/Pull Mix (Pushups, Rows, Overhead Press, Curls – 3x12)
- **Cardio:** 20-min cycling or brisk walk
- **Flexibility:** Shoulder/arm stretches

Day 7 – Rest & Renewal

Scripture: “Come unto me, all ye that labor and are heavy laden, and I will give you rest.” – Matthew 11:28

Meals (\approx 150g protein)

- **Breakfast:** 3 eggs + 3 oz smoked salmon + sautéed spinach (28g protein)
- **Lunch:** 7 oz grilled turkey burger (no bun) + roasted cauliflower + $\frac{1}{2}$ cup butternut squash (42g protein)
- **Dinner:** 6 oz baked chicken breast + roasted asparagus + $\frac{1}{2}$ cup cauliflower mash (42g protein)
- **Snack/Shake:** Premier Protein Shake (30g protein)

Workout:

- **Strength Training:** Light Full Body (Bodyweight squats, pushups, rows – 2x12)
- **Cardio:** 20-min walk outdoors (active recovery)
- **Flexibility:** Full body stretch (arms, legs, back, chest)

✖ This plan balances **faith, food, and fitness** for 7 days—anchoring your physical goals in scripture while meeting nutrition and workout needs.