

FOOD Fitness Kickstart Plan

****THE FOOD FITNESS KICKSTART PLAN****

7 Days of Real Meals & Real Movement to Start Strong

By Coach Ron

Fighting Off Our Demons Fitness

INTRO FROM COACH RON

Welcome to the FOOD Fitness Kickstart.

If you've made it here, it means something inside you wants to change. I've been there. Overwhelmed, stuck, tired of starting over. That's why I built this plan. Not to be perfect. But to be real.

This 7-day guide is about momentum. It's simple, structured, and something I've used to restart my own journey. It's not flashy. It's not a gimmick. It's your first win.

Let's fight off our demons together. One meal, one workout, one day at a time.

HOW TO USE THIS PLAN

****Your Daily Routine:****

- Wake up and move your body (light gym session or at-home workout)
- Drink your post-workout protein shake within 20 minutes (optional)

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- Follow the eating schedule below
- Drink at least 1 gallon of water per day

****Meals:**** Simple, repeatable, easy to prep.

- Lean protein (turkey, chicken, salmon, pork loin)
- Jasmine or brown rice (pre-measured 4 oz)
- Veggie medley (5 oz per meal)

****Supplements (optional):****

- Daily Multivitamin (your choice)
- Fish Oil

GROCERY LIST

****Proteins:****

- Lean ground turkey
- Chicken breast
- Salmon
- Pork loin
- Eggs (boil ahead of time)
- Lean Body shakes (or your favorite post-workout shake)
- Pure Protein bars

****Carbs:****

- Jasmine rice

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- Brown rice

****Veggies:****

- Taylor Farms Pad Thai veggie blend (no sauce)

****Other:****

- Franks Red Hot (for flavor)
- Water (aim for a gallon a day)

7-DAY MEAL PLAN

****Every Day:****

- Post-Workout: Lean Body shake
- Meal 1:
 - 5 oz protein (ground turkey, chicken, salmon, or pork loin)
 - 4 oz jasmine rice
 - 2 boiled eggs
 - 5 oz veggie medley
- Snack:
 - 1 Pure Protein bar
- Meal 2:
 - 5 oz protein (ground turkey, chicken, salmon, or pork loin)
 - 4 oz brown rice
 - 1 boiled egg
 - 5 oz veggie medley

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- Optional: Shake before bed if hunger strikes

7-DAY WORKOUT PLAN (BEGINNER-FRIENDLY)

MONDAY - Upper Body Basics

- Wall Push-ups or Incline Push-ups - 3x8-10
- Light Dumbbell Curls - 2x10
- Overhead Shoulder Press - 2x10
- Seated Chest Press Machine - 2x10 (or bodyweight wall press)
- Optional: 10-minute walk

TUESDAY - Back & Cardio

- Seated Row Machine or Resistance Band Rows - 3x10
- Light Dumbbell Lat Raises - 2x12
- Standing Band Pull-aparts - 2x12
- 15-20 min treadmill walk (no incline or low incline)

WEDNESDAY - Legs & Core

- Chair Squats - 3x10
- Standing Calf Raises - 3x15
- Lying Leg Curls (if available) or Glute Bridges - 3x12
- Dead Bugs or Bird-Dogs - 3 rounds

THURSDAY - Light Total Body + Triceps

- Dumbbell Shoulder Press - 2x10

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- Resistance Band Tricep Extensions - 2x12
- Standing Lateral Raises - 2x10
- 10-minute walk or bike

FRIDAY - Active Recovery

- 30-minute walk outside or treadmill
- Light stretching or mobility routine

SATURDAY - At-Home Full Body

- Bodyweight Squats - 2x15
- Modified Push-ups (on knees or incline) - 2x10
- Standing Rows with Band - 2x12
- Core: Planks (as long as comfortable) - 2 rounds

SUNDAY - Full Rest

- Hydrate, prep meals, and reflect

WHAT'S NEXT?

If this helped you feel focused again, you're ready for more. My coaching isn't about perfection-it's about having a plan, and sticking with it.

Book a free 15-min Kickstart Call with me:

<https://calendly.com/talkfitnesswithcoachron/introductory-consultation>

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Let's fight off our demons together. You've already taken the first step.

Coach Ron

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