

WWW.INGRIDSEGEVFITNESS.COM

INSTAGRAM: @INGRIDSEGEVFITNESS

FACEBOOK: @INGRIDSEGEVFIT

TWITTER: @INGRIDSEGEV

INGRID@INGRIDSEGEVFITNESS.COM



Ingrid Segev
FITNESS

SAMPLE DAILY NUTRITION & EXERCISE PLAN		
	Breakfast:	Banana & 2 Hardboiled Eggs. Coffee w/LF Milk or Tea
	Snack:	Organic apple w/peanut butter
	Lunch:	Salad (Romaine Lettuce, Grilled Chicken, (or Tofu) Chickpeas, Tomatoes, Fat Free Feta, Cucumbers, Peppers. Light EVOO w/ dash S/P or Lemon/Lime Juice
	Snack:	Veggies w/Hummus or Dried Apricots
	Dinner:	Grilled Chicken w/ Couscous & Steamed Veggies
	Snack:	Fruit or Handful of Unsalted Nuts
	Dessert:	1 oz Dark Chocolate (Darker the Better) or 2 Dates
	EXERCISE	
	ACTION	REPS
	Warmup:	Stretch --> 5 minutes Jump Rope --> 5 minutes
	Workout:	Legs & Abs In & Out Jump 3 x 15 Lateral Lunge 3 x 25 Fast Feet Step Up 3 x 30 secs Mountain Climbers 3 x 25 secs AB Heel Taps 3 x 30 AB Bicycle Crunch 3 x 25 AB Russian Twists 3 x 20 secs Plank 30 secs x 3 sets
	Cardio:	7 Min Circuit- Sliding Mountain Climbers, Pushups, Cross Climbers, Squat Seated Row, High Knees, Burpees, Skater, Butt Kickers, Jumping Jacks
	Cooldown:	Stretch --> 5 minutes