

The Menu

Jamba Juice
Top 5 Healthiest Smoothies (lowest calories per serving)
<ul style="list-style-type: none">• Vanilla Blue Sky (210 Cal)• Strawberry Whirl (210 Cal)• Peach Perfection (210 Cal)• Mega Mango (210 Cal)• Strawberry Paradise (220 Cal)
Top 5 Most nutritious Items (Most nutrients per serving, no ranking)
<ul style="list-style-type: none">• Orange-C booster (240 Cal)• Greens n' Ginger (230 Cal)• Apple n' Greens (250 Cal)• Vanilla Blue Sky (210 Cal)• Vanilla Blue Sky Bowl (330 Cal)
Starbucks
A healthy Caffeine fix
<ul style="list-style-type: none">• Unsweetened coffee (iced or hot) (5 Cal per serving)• Unsweetened Americano (iced or hot) (15 Cal per serving)• Unsweetened Espresso (iced or hot) (10 Cal per serving) <p>If you would like extra flavors, syrups can be used in moderation If you would like cream or dairy in your coffee, use coconut, soy or almond milk</p>
Healthy yet flavorful (not coffees)
<ul style="list-style-type: none">• Unsweetened teas (iced or hot, applies to any flavor) (45 Cal average based on standard recipe) *Note: Guava and Peach Iced tea are more sweetened and have more calories and therefore are excluded from this list• Very berry hibiscus refresher (70 Cal per serving)• Strawberry Acai refresher (90 Cal per serving)• Mango Dragon fruit refresher (90 Cal per serving)
Some things to eat
<ul style="list-style-type: none">• Classic oatmeal (160 Cal)• Egg and cheese Protein Box (470 Cal)• Spinach feta and egg white wrap (280 Cal)• Reduced fat turkey bacon and egg white breakfast sandwich (230 Cal)• Hearty Blueberry Oatmeal (220 Cal)

QDOBA
Top 5 Healthiest Entrees
<ul style="list-style-type: none"> ● Taco salad with no bowl, with grilled chicken, beans, salsa verde, fajita vegetables, and lettuce (345 cal) ● Burrito bowl with grilled chicken, brown rice, beans, fajita vegetables, lettuce (530 cal) ● Loaded tortilla soup (160 cal) ● Naked burrito with grilled chicken, beans, pico de gallo, brown rice, lettuce, fajita vegetables (450 cal) ● Vegetarian burrito with a wheat tortilla, brown rice, beans, pico de gallo (465 cal)
Healthy Additions
<ul style="list-style-type: none"> ● Lettuce (0 cal) ● Fajita vegetables (35 cal) ● Pico de gallo (10 cal) ● Guacamole [healthy fat] (130 cal) ● Beans (130-140 cal) ● Salsa verde (15 cal) ● Salsa roja (20 cal) ● Cilantro (0 cal) ● Fiery habanero (20 cal)

Einstein Bagels
Top 5 Healthiest breakfast combo(bagel +topping) (lowest calories per serving)
<ul style="list-style-type: none"> ● Everything(280 kcal) + reduced-fat plain shmear(100kcal) ● Asiago (290kcal) + smoked salmon shmear(110kcal) ● Blueberry(280kcal) + honey almond shmear(120kcal) ● Cinnamon raisin(290kcal) + strawberry shmear(120kcal) ● Plain(270 kcal) + bacon & cheddar(200kcal)
Top 5 Healthiest lunch combo (lowest calories per serving)
<ul style="list-style-type: none"> ● Hummus Veg Out (420kcal) ● Nova Lox(500kcal) ● Tasty Turkey(510kcal) ● Albuquerque Turkey(680kcal) ● Pepperoni chicken(680kcal)

Fitness Plan

People's workout goals are different in which some may want to build muscles whereas others may want to lose weight or get healthier. So, each individual may need to have their own specialized plan that helps to achieve their goals easily. However, there are some general workout plans that target the major muscles and may help to achieve your goals and strengthen your body if it's followed along with a healthy diet plan. The general plan includes the following:

- 1- Warmup
- 2- Squat
- 3- Bench press
- 4- Deadlift
- 5- Seated cable row
- 6- Triceps pushdown
- 7- Crunch
- 8- Medium Lat Pulldown
- 9- Overhead press
- 10- Biceps curl
- 11- Cool down, stretch

The warm-up:

Warm-up with 10 to 30 minutes of aerobic exercise depending on requirements for fat loss. This can be done with running, cycling, walking, jogging or any other exercises that require stepper machines or cross-trainer. Warming up is important to prevent injury by increasing muscle temperature and blood flow to the heart, lungs, and muscles and it should be full-body warmup even if you are planning to work out a few muscle groups (Mascarin et al. 2015).

The exercise:

You will start with 1 set of 10 repetitions of each exercise for the first week and increase that gradually until reaching 3 sets of 10 or 12 repetitions for each exercise (Nation n.d.). You should pick a weight that is neither too heavy nor too light depending on each individual. Rest between each exercise depends on your goal. For strength, rest might be longer than for building muscles (De Salles et al. 2016). These exercises should be repeated 2 to 3 times a week depending on one's goal. If 3 sessions are too much try at least to do 2 sessions each week, Monday to Tuesday (Mailey, Gasper, and Dlugonski 2019).

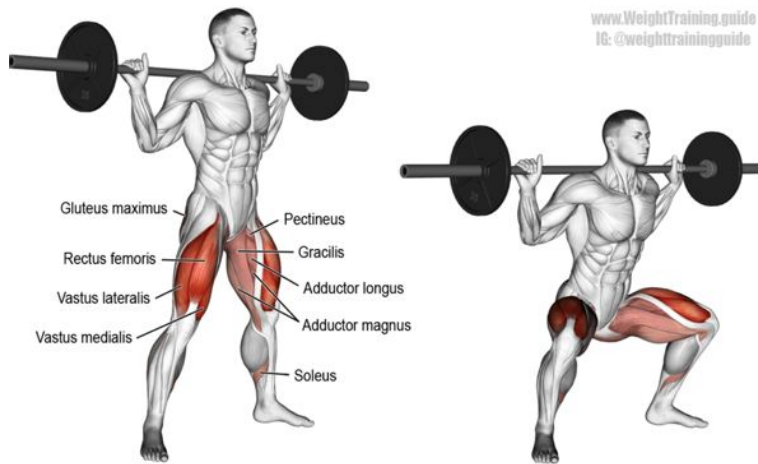
Here's how it works:

- 1- Week 1:
1 X 10, 1 minute
Meaning that 1 set of 10 repetitions of each exercise with 60 seconds rest between each exercise.
- 2- Week 2:
1 X 10, 1 minute

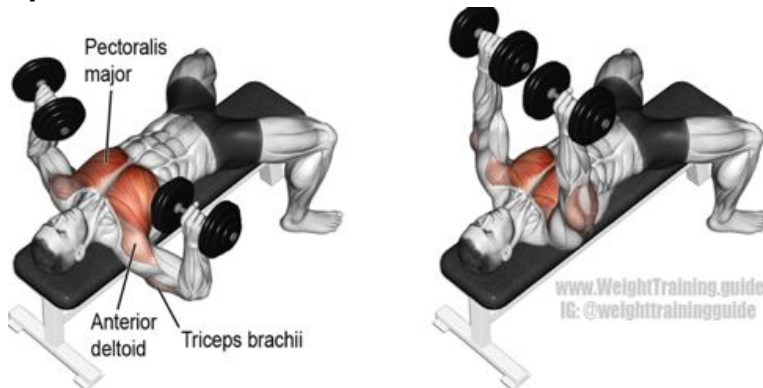
- 3- Week 3:
2 X 10, 1mintue
- 4- Week 4:
2 X 10, 1mintue
- 5- Week 5:
2 X 10, 1mintue
- 6- Week 6:
3 X 10, 1mintue
- 7- Week 7:
3 X 10, 1mintue

Note: you can do 12 reps per set depending on your goal and you can also mix and match the number of reps per workout (Ethier 2019).

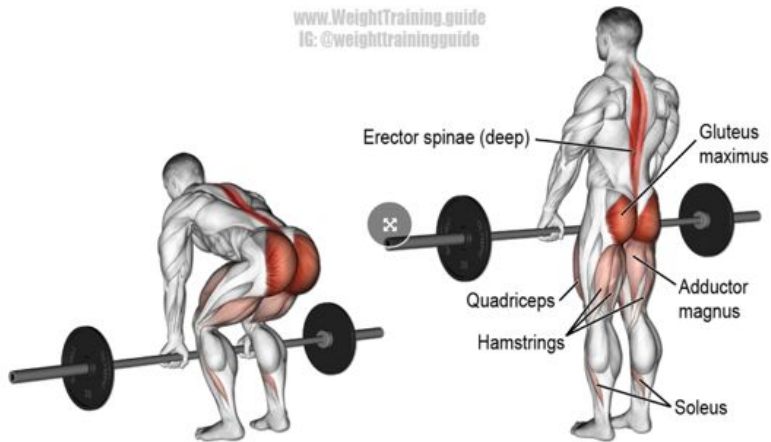
The following figures represents what muscles are targeted by each exercise (“Weight Training: How Many Reps (and Sets) to Do” n.d.):



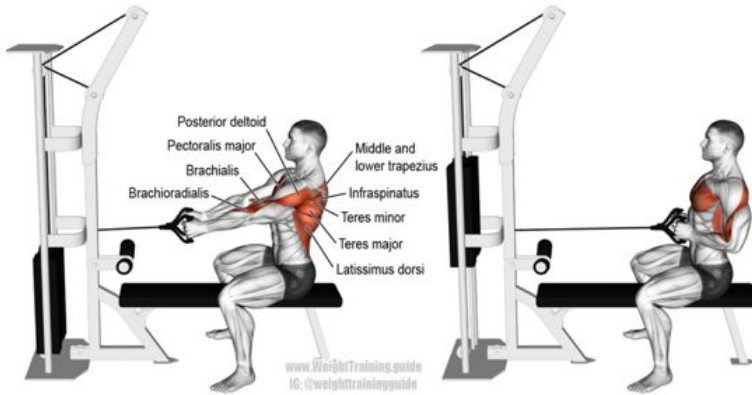
Squat



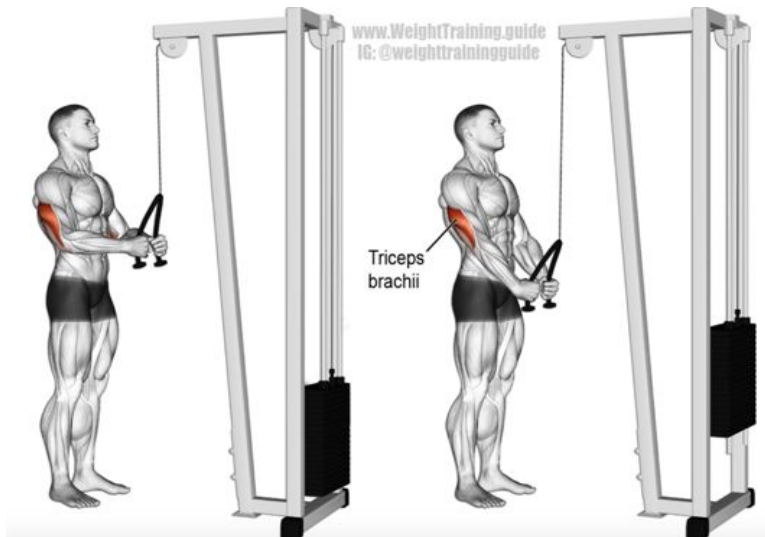
Bench Press



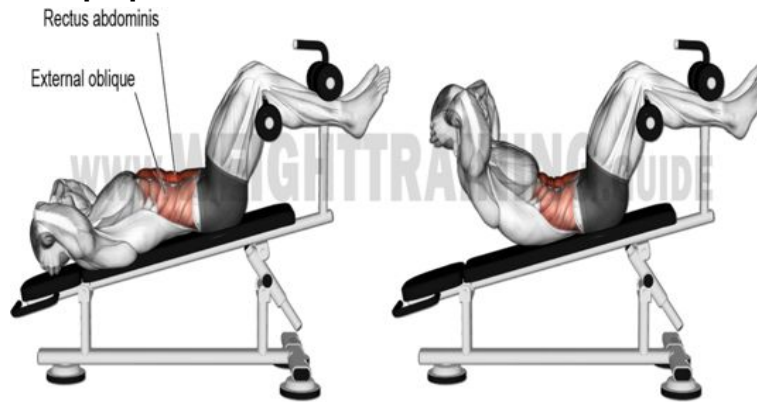
Deadlift



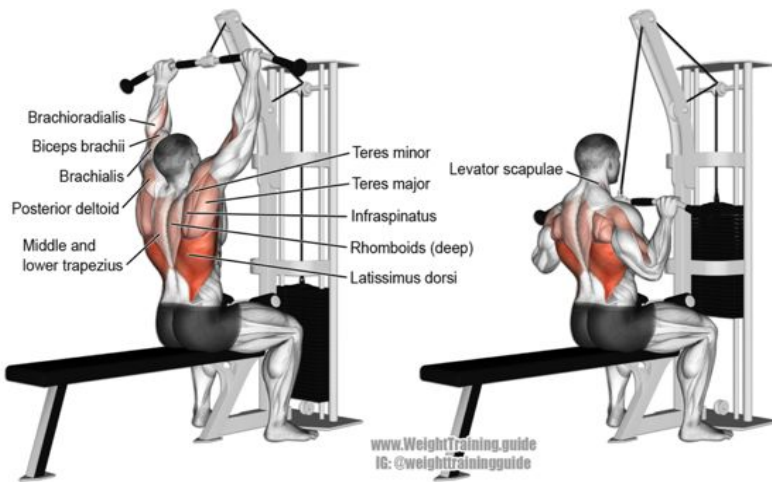
Seated cable row



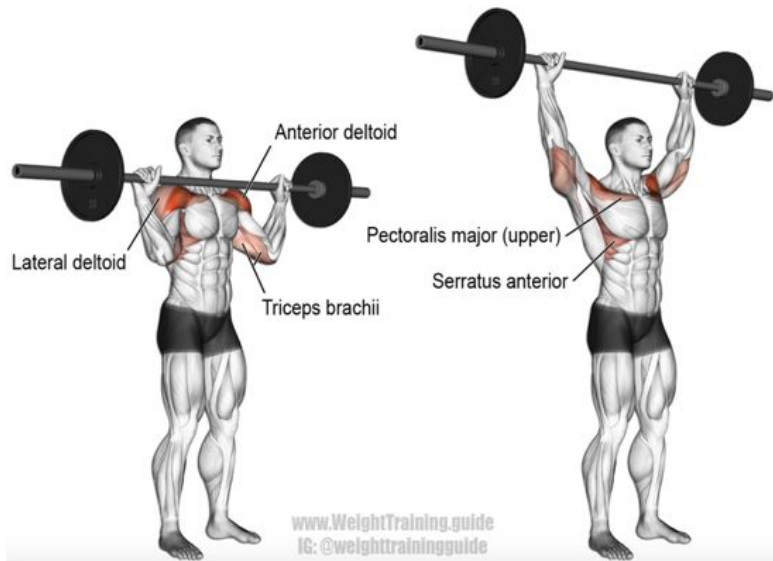
Triceps pushdown



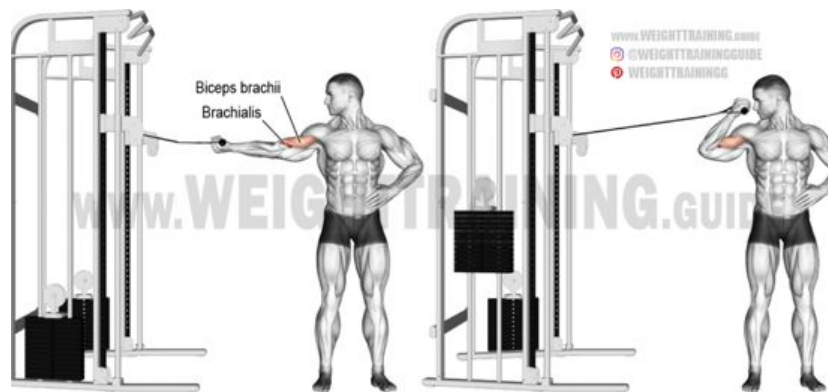
Crunch



Medium Lat Pulldown



Barbell Overhead press



Biceps curl

The Cooldown and muscles stretching:

There are several post-workout stretches such as lunging hip flexor stretch, cat cow stretch, standing calf stretch etc. that can reduce muscles tension as well as reducing muscle injuries and improving your performance for the next workout ("Stretching After a Workout: 6 Stretches to Boost Your Flexibility" n.d.). So ending up your exercise with cooldown/stretch is an important practice to keep your muscles in good shape.

