

WELLBE&CO

BODY REBOOT

SNEAK PEEK SAMPLE

12-WEEK NUTRITION & TRAINING GUIDE



www.wellbecompany.com



**NUTRITION GUIDE
SNEAK PEEK**

LEGEND



LOWER CARBS

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Meals that can be made to limit carbohydrate-rich foods and provide approx. < 25 g net carbs per serving.



PALEO

PALEO

Meals that can be made to contain no grains, pulses or dairy.



VEGETARIAN

VEGETARIAN

Meals that can be made to contain no meat but may include meat by-products like milk and eggs.



VEGAN

VEGAN

Meals that can be made to be 100% plant-based and contain no meat or meat by-products.



NO GLUTEN

NO GLUTEN

Meals that can be made without any gluten-containing grains.



MEAL PLANNERS

SAMPLE MEAL PLAN

CLICKABLE NUTRITION CALENDAR

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
B	CREAMY OVERNIGHT OATS				BERRY YOGHURT SMOOTHIE		BRUNCH: RESTAURANT OMELETTE OR SIMILAR MEAL CHOICE
S			FRUIT	YOGHURT			
L			QUINOA BURRITO BOWL		ASIAN NOODLE SALAD		
S		RAW NUTS				POPCORN	
D	SMOKY TOMATO SPAGHETTI			LIGHTER MEXICAN TACOS			
D	?		SWEET TREAT				ICE CREAM SUNDAY



SUPPLEMENTS

The below supplements are optional but recommended and listed in order of importance

TYPE	TIMING	REASON
Probiotic 5-9 strain	1x daily before food	Improves digestion and overall gut health
???	1x daily with food	
???	1x daily before food	
???	1x daily before bed	
???	Dissolve and drink 1 tsp (5g) in a glass of water daily	

A person wearing teal leggings and orange and white sneakers is running on a metal staircase. The background is blurred, showing a building and trees. A red banner with white text is overlaid on the image.

TRAINING GUIDE SNEAK PEEK

TRAINING

WORKOUT BREAKDOWN

STRENGTH WORKOUTS

With a focus on developing upper body definition, toning and strengthening the legs, and building up the glutes

CORE + CARDIO

To help increase core strength, elevate the heart rate and improve your endurance and cardiovascular health

METCON

Metabolic conditioning includes very high intensity and challenging exercises and workouts aimed at revving your metabolism and increasing post-exercise fat burn

YOGA

Move mindfully by connecting breath with movement in these guided classes. Build strength, stability and flexibility





WORKOUT CALENDARS

SAMPLE WORKOUTS

CLICKABLE WORKOUT CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	CORE & GLUTE YOGA BURN				CARDIO & CORE BURNER	REST
<u>FULL BODY</u> <u>AMRAP</u> <u>BLASTER</u>		UPPER BODY DB STRENGTH			BANDED GLUTE BURNER	
		FULL BODY DB STRENGTH	REST			REST
	REST		CARDIO & CORE BURNER	<u>FIERY FLOW</u> <u>YOGA</u>		

A photograph of two young women sitting on a gym floor, laughing and looking towards the right. The woman on the left has curly hair and is wearing a dark tank top and leggings. The woman on the right has her hair in a ponytail and is wearing a light blue sports bra and dark leggings. The background is a brick wall with a window. The entire image has a warm, reddish-orange tint. A white horizontal line is positioned above the main text.

READY TO START?

[DOWNLOAD YOUR PLAN HERE](#)