



7-Day Workout and Recipe Plan - Day Three

Workout #3 - Core

Warm Up - 3 minutes

[CLICK HERE](#) for my favorite 3-minute warm up! Jogging, stairs, jumping jacks, etc are also good.

1. Plank

30-60 second hold



https://www.youtube.com/watch?v=V_9ttGC733M

2. Bridges

10-20 reps



https://www.youtube.com/watch?v=_je9kz4myHU

3. Side Planks

30-60 second hold each side



<https://www.youtube.com/watch?v=pitOuJxdyI0>

4. Bird Dogs

10-20 reps



<https://www.youtube.com/watch?v=KA0ekfSePrQ>

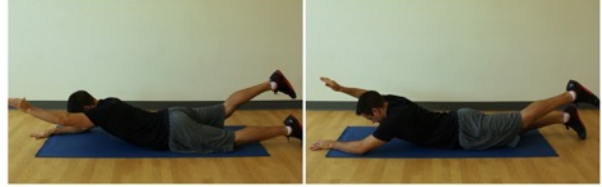
5. Bicycle Crunches

10-20 reps



6. Swimmers

10-20 reps



<https://www.youtube.com/watch?v=1we3bh9uhqY>

Repeat - 3 times



7-Day Healthy Menu Plan - Day Three

SLOW COOKER SKINNY CHICKEN ENCHILADAS

I love Mexican food and even if you are trying to eat healthy, you don't have to sacrifice your favorite foods! Here is a quick and easy dinner that will make you forget you are watching what you eat!

Prep time: 20 minutes
Cook time: 6 hours
Total Time: 6 hours 20 minutes

Serves: 8

INGREDIENTS

- 4 boneless, skinless chicken breasts
- 1 (16 oz) jar salsa
- 1 tablespoon homemade taco seasoning (or a packet of reduced-sodium taco seasoning)
- 1/2 teaspoon garlic powder
- salt and pepper to taste
- 8 whole wheat tortillas
- 1 (10 oz) can enchilada sauce
- 1 cup reduced-fat cheddar cheese, shredded

DIRECTIONS

Spray slow cooker with non-stick cooking spray. Place chicken in slow cooker, top with salsa, taco seasoning, garlic powder, and salt and pepper. Cook on LOW for 4-6 hours or HIGH for 2-3 hours.

When finished cooking, shred chicken with 2 forks.

Preheat oven to 350 degrees. Place 1/2 -3/4 cup of chicken mixture on tortilla, roll up, and place in 9x13" baking pan sprayed with non-stick cooking spray. Repeat with remaining tortillas until chicken is gone. Top enchiladas with enchilada sauce and sprinkle with shredded cheese. Bake for 20-25 minutes, or until cheese is melted.

Top with your favorite enchilada toppings (lettuce, tomato, avocado, onion, olives, fat-free sour cream, etc. Topping your enchilada with lots of vegetables is a great way to get more vegetables in your diet!).



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Nutrition Facts

Serving Size 210 g	
Amount Per Serving	
Calories 381	Calories from Fat 100
% Daily Value*	
Total Fat 11.1g	17%
Saturated Fat 4.5g	23%
Trans Fat 0.0g	
Cholesterol 65mg	22%
Sodium 622mg	26%
Potassium 768mg	22%
Total Carbohydrates 48.8g	16%
Dietary Fiber 13.3g	53%
Sugars 2.1g	
Protein 28.7g	
Vitamin A 9%	Vitamin C 14%
Calcium 32%	Iron 69%
Nutrition Grade A-	
* Based on a 2000 calorie diet	