

Week of Weight Loss

October 5-12, 2014

#RuntasticWOW

In honor of our 5th birthday & 95 million app downloads we have been working together with our friends at MyFitnessPal to bring you first-rate information regarding one of the most popular topics amongst both of our userbases' - weight loss & management. Throughout the Week of Weight Loss, you will have a daily workout prepared by Runtastic Fitness Coach Lunden and mouth watering and healthy meal options from MyFitnessPal. In addition, we will have new blog posts & videos each day during the week to further motivate, educate and inspire you to reach your personal goals.

So, what's the plan...?

#RuntasticWOW

Daily Workout Breakfast Lunch Snack Dinner						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
20-Minute Total Body Workout	7-Minute Workout	20/20/20 Cardio	REST DAY!	12-Minute Total Body Workout	Road Warrior Workout Part 2	Standing Core & Cardio
Abs of Steel Part 1		Rock the Chair Workout		Abs of Steel Part 2		Abs of Steel Part 3
Easy Apple Pancakes	High-Protein Oatmeal	Blueberry Almond Parfait	Brussels Sprout Hash	Breakfast Tacos	Beet Berry Smoothie	French Toast Wrap
Avocado Tuna Salad	Arugula Salad w/ Pesto	4 Delicious Tacos (choose 1)	Superfood Salad	Strawberry & Kale Salad	Balsamic Chicken Salad	Pesto Egg Salad
10 Simple Snacks Under 200 Cal	10 Simple Snacks Under 200 Cal	10 Simple Snacks Under 200 Cal	10 Simple Snacks Under 200 Cal	10 Simple Snacks Under 200 Cal	10 Simple Snacks Under 200 Cal	10 Simple Snacks Under 200 Cal
Chimichurri Veggie Bowl	Cheesy Veggie Enchiladas	Grilled Chicken & Salad	Meat & Grain Burger	Honey Mustard Chicken	Cheesy Meatloaf Minis	Glazed Salmon & Kale Salad





In order to successfully follow the plan, we've gathered links to videos (on how to do the featured exercises) and recipes for the suggested meals here:

Sunday, Oct. 5

Daily Workout: [20 Minute Total Body Workout](#) + [Abs of Steel Part 1](#)
Breakfast: [Easy Apple Pancakes](#)
Lunch: [Avocado Tuna Salad](#)
Snack: [10 Simple Snacks Under 200 Calories](#)
Dinner: [Chimichurri Veggie Bowl](#)

Monday, Oct. 6

Daily Workout: [7-minute Workout](#)
Breakfast: [High-Protein Oatmeal](#)
Lunch: [Arugula Salad with Balsamic Pesto Dressing](#)
Snack: [10 Simple Snacks Under 200 Calories](#)
Dinner: [Cheesy Veggie Enchiladas](#)

Tuesday, Oct. 7

Daily Workout: [20/20/20 Cardio](#) + [Rock the Chair Workout](#)
Breakfast: [Blueberry Almond Oatmeal Parfait](#)
Lunch: [4 Delicious Taco Recipes](#)
Snack: [10 Simple Snacks Under 200 Calories](#)
Dinner: [Grilled Chicken with Tomato Avocado Salad](#)

Wednesday, Oct. 8

Daily Workout: REST DAY!
Breakfast: [Egg with Bacon + Brussels Sprout Hash](#)
Lunch: [Ultimate Superfood Salad](#)
Snack: [10 Simple Snacks Under 200 Calories](#)
Dinner: [Meat & Grain Burgers](#)

Thursday, Oct. 9

Daily Workout: [12-Minute Total Body](#) + [Abs of Steel Part 2](#)
*Note: 12-Minute Total Body requires weights. If you do not have weights you can use water bottles, canned food, water bottles filled with sand/mud.
Breakfast: [Southwestern Breakfast Tacos](#)
Lunch: [Baby Kale & Strawberry Salad](#)
Snack: [10 Simple Snacks Under 200 Calories](#)
Dinner: [Baked Honey Mustard Chicken](#)

Friday, Oct. 10

Daily Workout: [Road Warrior Workout Part 2](#)
Breakfast: [4-Ingredient Beet Berry Smoothie](#)
Lunch: [Balsamic Chicken Salad](#)
Snack: [10 Simple Snacks Under 200 Calories](#)
Dinner: [Cheesy Meatload Minis](#)

Saturday, Oct. 11

Daily Workout: [Standing Core & Cardio](#) + [Abs of Steel Part 3](#)

Breakfast: [Cinnamon French Toast Breakfast Wrap](#)

Lunch: [Pesto Egg Salad](#)

Snack: [10 Simple Snacks Under 200 Calories](#)

Dinner: [Easy Balsamic Glazed Salmon and Massaged Kale Salad](#)

Sunday, Oct. 12

You did it! You made it through the Week of Weight Loss, but it doesn't stop here! Make sure you utilize the tools we have provided for you this week, as well as those provided by MyFitnessPal, on a regular basis.

Fitness & healthy living is a lifelong commitment and we pledge to stand by you through the rest of your journey - no matter what your goal may be. Get moving... Here's to your health!

How does participation work...?

Facebook Event: <https://www.facebook.com/events/805567486132989/>

Join our community as we conquer this week together. All #RuntasticWOW content will be posted within this event, plus you can share your thoughts, feelings and motivate others who are part of the event, too. Pictures can be especially fun and inspiring! And, don't forget to LIKE Runtastic and MyFitnessPal on Facebook.

Twitter

We want to hear from you! Post your tweets using #RuntasticWOW and let us know how you are doing, what healthy recipes you enjoy most & how you are feeling after the daily workouts. All Week of Weight Loss content will be posted on the @Runtastic Twitter account, as well. Don't forget to follow @Runtastic and @MyFitnessPal and use the hashtag #RuntasticWOW whenever applicable.

Instagram

We want to see how you are doing. Post your pictures using #RuntasticWOW, whether it's a healthy MyFitnessPal meal you made or a sweaty selfie after you finish your daily workout. Don't forget to follow @Runtastic and @MyFitnessPal.

Google +

All Week of Weight Loss content will be posted on the +Runtastic Google Plus account. Add +Runtastic and +MyFitnessPal to your circles & post pictures and status updates using #RuntasticWOW!

Pinterest

Look out for the Runtastic Week of Weight Loss Pinterest Board! All Week of Weight Loss content will be posted on this board. Feel free to create your own #RuntasticWOW board as well, so you can pin all of the posts and have all of the information handy - even after the week is over. Be sure to follow Runtastic and MyFitnessPal on Pinterest.