

PERSONAL TRAINER WITH FREE GYM (GREATNECK)



Wednesday

Food Group	Example
Breakfast	260 Calories, 20 g protein
	Fruit ½ Grapefruit
	Protein fitmixer* skinny* shake (REQUIRED)
Snack	140 Calories, 3 g protein
	Fruit 1 Small apple
	Starch 2 Graham Crackers
Lunch	470 Calories, 31 g protein
	Protein 3 oz. Deli meat
	Vegetable 1 Handful romaine lettuce
	½ Cup sliced tomato
	Starch 2 Slices whole wheat bread
	Fat 1 tsp. Mayo
	Free Mustard (on sandwich)
	Fruit 1 Small banana
Snack	80 Calories, 15 g protein
	Protein fitmixer* sculpt* shake (REQUIRED)
Dinner	570 Calories, 47 g protein
	Protein 5 oz. Beef
	Starch ½ Baked potato
	Vegetable ½ Cup cooked carrots
	½ Cup cooked asparagus
	Dairy 8 oz. Non-fat milk
Snack	80 Calories, 3 g protein
	Starch 5 Whole wheat crackers

Location

New York

<https://www.genclassifieds.com/x-696312-z>

free gym with purchase

Training! From Flap To Fit In 12 Weeks. I offer personal training at home or at gyms which will be free with your purchase of my service. I work at planet fitness in great neck (38 Great Neck Rd, Great Neck, NY 11021) so i can take you to any Planet fitness in the tri- state area!!!!!! I also work at Vivohealth Fitness (3 Delaware Dr, New Hyde Park, NY 11042) which I will be also able to take you to. All my clients lose at least 90% of there goal weight, and have a blast doing it.This is a great opportunity to get your kids started in a very user friendly gym. You wont find a more cost affordable trainer with free gym use any where!!!! ACT!!!!



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