



The Best 7-Day Female Body Toning Meal Plan with PDF

How many calories should a woman eat to get toned?

Protein

Whether you're looking to gain muscle, burn fat, or maintain your weight with the female body toning meal plan, you must eat enough protein to keep your metabolism fast.

Ideally, you want to eat one gram of protein for every pound that you weigh. One gram of protein is equivalent to four calories.

Here are a few examples of how protein would take up someone's calories. Let's use someone who weighs 150 pounds as an example.

Lose Weight:

Overall calories: 1,750

Protein: 150 grams or 600 calories

Remaining calories for carbs and fat: 1,150

Maintain Weight:

Overall calories: 2,000

Protein: 150 grams or 600 calories

Remaining calories for carbs and fat: 1,400

Gain Weight:

Overall calories: 2,250

Protein: 150 grams or 600 calories

Remaining calories for carbs and fat: 1,650

Carbohydrates

The average diet consists of 30-50% carbohydrates. This is because the majority of people derive the most energy from this macronutrient.

Going off of the 150-pound female example, let's continue to figure out what she should eat if we go with 45% carbs. There are four calories in every gram of carbohydrates.

Lose Weight:

Starting calories: 1,750

Remaining calories for carbs and fat: 1,150

Carbohydrates: 196 grams or 784 calories

Remaining calories for fat: 366

Maintain Weight:

Starting calories: 2,000

Remaining calories for carbs and fat: 1,400

Carbohydrates: 225 grams or 900 calories

Remaining calories for fat: 500

Gain Weight:

Starting calories: 2,250

Remaining calories for carbs and fat: 1,650

Carbohydrates: 253 grams or 1,012 calories

Remaining calories for fat: 638

Fats

Lastly, you have your fats to factor in. Keep in mind that we are referring to foods like avocados, olive oil, almonds, and peanut butter.

These provide healthy fats for the body to optimize hormone levels and the overall functioning of the body.

There are nine calories in every gram of fat.

Lose Weight:

Starting calories: 1,750

Fat: 40 grams or 366 calories

Maintain Weight:

Starting calories: 2,000

Fat: 56 grams or 500 calories

Gain Weight:

Starting calories: 2,250

Fat: 71 grams of 638 calories

7-Day Female Body Toning Meal Plan

The following includes my dietary recommendations for women who want to tone up.

These are nutrient-dense meals that help meet the right macros, give you enough vitamins and minerals, and support your recovery in the gym.

I've included all of the ingredients you need for each meal, so it's easy to shop and prepare to your liking. You can also adjust the amount of some ingredients (like protein powder or nut butter) to suit your macro allotments.

Monday

Breakfast: Omelet and Toast

- One whole egg plus egg whites
- Spinach
- Onions
- Bell peppers
- Protein bread
- Peanut butter

Lunch: Tuna on Rice Cakes

- Rice cakes
- Canned tuna
- Low-calorie mayo
- Apple

Dinner: Ground Turkey Chili

- Ground turkey
- Beef broth
- Tomato sauce
- Black beans
- Pinto beans
- Red kidney beans
- Spices
- Cheddar cheese
- Tortilla chips

Snacks: Protein Shake

- Protein powder
- Water or almond milk

Tuesday

Breakfast: Protein Oatmeal

- Quick oats
- Almond milk
- Peanut butter or almond butter
- Protein powder
- Berries

Lunch: Salmon, Rice, and Veggies

- Olive oil

- Salmon
- Rice
- Bell peppers
- Broccoli
- Asparagus
- Teriyaki sauce

Dinner: Turkey Wrap

- Protein tortilla
- Low-calorie mayo or mustard
- Turkey
- Arugula
- Slice of cheese
- Strawberries

Snacks: Parfait

- Greek yogurt
- Granola
- Fruit

Wednesday

Breakfast: Protein Pancakes

- Protein pancake mix
- Peanut butter
- Low-sugar syrup
- Berries
- Turkey bacon

Lunch: Tuna on Rice Cakes

- Rice cakes
- Canned tuna
- Low-calorie mayo

- Apple

Dinner: Chicken Pasta

- Chicken
- Protein penne
- Spaghetti sauce
- Spinach

Snacks: Protein Shake

- Protein powder
- Water or almond milk

Thursday

Breakfast: Omelet and Toast

- One whole egg
- Egg whites
- Spinach
- Onions
- Bell peppers
- Protein bread
- Peanut butter

Lunch: Salmon, Rice, and Veggies

- Olive oil
- Salmon
- Rice
- Bell peppers
- Broccoli
- Asparagus
- Teriyaki sauce

Dinner: Chicken Pasta

- Chicken
- Protein penne
- Spaghetti sauce
- Spinach

Snacks: Parfait

- Greek yogurt
- Granola
- Fruit

Friday

Breakfast: Protein Oatmeal

- Quick oats
- Almond milk
- Peanut butter or almond butter
- Protein powder
- Berries

Lunch: Protein Pizza

- Protein flatbread or tortilla
- Pizza sauce
- Mozzarella cheese
- Ground turkey or chicken
- Spinach
- Bell peppers

Dinner: Ground Turkey Chili

- Ground turkey
- Beef broth
- Tomato sauce
- Black beans
- Pinto beans

- Red kidney beans
- Spices
- Cheddar cheese
- Tortilla chips

Snacks: Protein Shake

- Protein powder
- Water or almond milk

Saturday

Breakfast: Protein Pancakes

- Protein pancake mix
- Peanut butter
- Low-sugar syrup
- Berries
- Turkey bacon

Lunch: Salmon, Rice, and Veggies

- Olive oil
- Salmon
- Rice
- Bell peppers
- Broccoli
- Asparagus
- Teriyaki sauce

Dinner: Turkey Wrap

- Protein tortilla
- Low-calorie mayo or mustard
- Turkey
- Arugula
- Slice of cheese

- Strawberries

Snacks: Parfait

- Greek yogurt
- Granola
- Fruit

Sunday

Breakfast: Omelet and Toast

- One whole egg
- Egg whites
- Spinach
- Onions
- Bell peppers
- Protein bread
- Peanut butter

Lunch: Protein Pizza

- Protein flatbread or tortilla
- Pizza sauce
- Mozzarella cheese
- Ground turkey or chicken
- Spinach
- Bell peppers

Dinner: Chicken Pasta

- Chicken
- Protein penne
- Spaghetti sauce
- Spinach

Snacks: Protein Shake

- Protein powder
- Water or almond milk

The Best Female Body Toning Exercises

As for what to do in the gym, here are some of the most effective toning exercises I share with clients.

1. Bench Press

Bench press is a great exercise for targeting numerous muscles of the upper body at once! Perform it at least once a week during an upper-body or push day workout.

Equipment Requirements

Bench, barbell, and plates

How-To Perform Bench Press

1. Lay on a bench with a loaded barbell above you.
2. Evenly grip the bar and bring it directly above your chest so that your arms are fully extended.
3. Bend your elbows and bring the barbell down to your chest.
4. Push the barbell back up until your arms are straight again before repeating the movement.

Benefits

- Builds your chest
- Strengthens your triceps
- Challenges your shoulders

Pro Tips

- Avoid splaying out your elbows to prevent injuries; focus on keeping your arms tucked into your sides.
- When you bring down the barbell, bring it to the very center of your chest so your upper back can provide support and stability.

2. Lat Pulldowns

If you desire an hourglass figure, you need to include lat pulldowns on an upper-body or pull day!

Your waist can only get so small, but lat pulldowns allow your shoulders and upper back to appear wider. This creates the illusion of a smaller waist.

Equipment Requirements

Cable machine

How-To Perform Lat Pulldowns

1. Take a seat at the cable machine and grab each end of a bar so that your arms are fully extended in a V shape.
2. With your chest up and shoulders back, pull the bar down until it touches your chest.
3. Slowly release it back up to the starting position.

Benefits

- Builds your back
- Strengthens your biceps
- Contributes to an hourglass shape

Pro Tips

- If you find that you cannot bring the bar all the way to your chest, opt for a lighter weight for increased range of motion.
- To take things up a notch, try alternating which end of the bar you bring down to work each side of the body individually.

3. Barbell Hip Thrusts

The barbell hip thrust is one of the best exercises for growing the glutes. See how heavy you can go with this exercise on a lower-body day!

Equipment Requirements

Barbell, plates, and a bar pad

How-To Perform Barbell Hip Thrusts

1. Take a seat on the floor with your back against the side of a bench and a loaded barbell on your hips.
2. Plant your feet flat on the ground and position yourself so that your bum is off the ground and the bench is supporting your weight.
3. Grab onto the barbell, and push your hips up towards the sky. Your legs should form a 90-degree angle at the top of this exercise.
4. Pause here for a moment before bringing your hips back down and repeating the movement.

Benefits

- Builds the glutes
- Strengthens the hamstrings
- Protects the knees

Pro Tips

- To avoid straining your neck, keep your chin tucked into your chest for the entirety of the movement.
- To make this exercise more difficult, pulse at the top of the motion before bringing your hips back down.

4. Sumo Deadlifts

Sumo deadlifts work the entire body while building the glutes and promoting functional movements with more ease in everyday life.

Include this exercise on a lower-body or pull day at least once a week.

Equipment Requirements

Barbell and plates

How-To Perform Sumo Deadlifts

1. Have a loaded barbell on the ground in front of you.
2. Position your feet wider than hip-width apart with your toes pointed out at a 45-degree angle.

3. Squat down and evenly grab the bar.
4. Keeping your back straight and shoulders back, use your legs to bring the bar up until you are standing straight.
5. Pause here for a moment before bending your knees and bringing the weight back down to the floor.

Benefits

- Improves grip
- Builds the glutes
- Strengthens the quads and hamstrings

Pro Tips

- Before lifting the barbell, try sticking your bum up so that as you come up, your lower back evens out and doesn't end up rounding. A rounded lower back during deadlifting can lead to severe injury.
- Be sure to warm up with just the barbell before adding weight to prevent injury.

5. Barbell Back Squats

The barbell back squat is one of the compound exercises that works multiple muscles of the lower body while strengthening your core and promoting good posture.

Be sure to do this one on a lower-body day!

Equipment Requirements

Barbell and plates

How-To Perform Barbell Back Squats

1. Center your upper back under a loaded barbell.
2. Position your feet slightly wider than hip-width with your toes pointed out.
3. Push your glutes back before bending your knees and coming into a squat.
4. Pause when your thighs are parallel to the floor and then push up through your heels until you come back to standing.

Benefits

- Builds the glutes
- Strengthens the quads
- Functional movement

Pro Tips

- If you find the barbell hurting the back of your neck, try using a bar pad.
- As you squat down, ensure that your knees do not go past your toes.

7-Day Female Body Toning Workout Program

Monday - Glutes and Abdominals

EXERCISE	SETS	REPS	REST TIME
Barbell Hip Thrusts	4	6-8	1 minute 30 seconds
Cable Kickbacks	3	8-10	1 minute
Bulgarian Split Squats	3	8-10	1 minute
Ab Crunch Machine	2	10-12	30 seconds
Hanging Leg Raises	2	10-12	30 seconds

Tuesday - Chest, Triceps, and Shoulders

EXERCISE	SETS	REPS	REST TIME
Bench Press	4	6-8	1 minute 30 seconds
Assisted Dips	3	8-10	1 minute
Lateral Raises	3	8-10	1 minute
Machine Chest Flys	2	10-12	30 seconds
Cable Tricep Pressdowns	2	10-12	30 seconds

Wednesday - Quads, Hamstrings, and Calves

EXERCISE	SETS	REPS	REST TIME
Barbell Back Squats	4	6-8	1 minute 30 seconds
Leg Presses	3	8-10	1 minute
Good Mornings	3	8-10	1 minute
Lying Hamstring Curls	2	10-12	30 seconds
Seated Calf Raise Machine	2	10-12	30 seconds

Thursday

Rest day!

Friday - Back, Biceps, and Abdominals

EXERCISE	SETS	REPS	REST TIME
Lat Pulldowns	4	6-8	1 minute 30 seconds
Assisted Pull-Ups	3	8-10	1 minute
Cable Bicep Curls	3	8-10	1 minute
Concentrated Curls	2	10-12	30 seconds
Weighted Russian Twists	2	10-12	30 seconds

Saturday - Lower Body

EXERCISE	SETS	REPS	REST TIME
Sumo Deadlifts	4	6-8	1 minute 30 seconds
Hack Squats	3	8-10	1 minute
Hip Abductor Machine	3	8-10	1 minute
Weighted Step Ups	2	10-12	30 seconds
Smith Machine Calf Raises	2	10-12	30 seconds

Sunday

Rest day!

