



PRINTABLE MEAL PLAN

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|------------------|---|---|---|---|---|---|
| WEEK 1 | BREAKFAST | SNACK | LUNCH | SNACK | DINNER | SUPPLEMENTS |
| MONDAY | 1 BANANA 1/2 CUP RASPBERRIES 1/2 CUP 1/2 CUP YOGURT | 1 BANANA 1/2 CUP RASPBERRIES 1/2 CUP 1/2 CUP YOGURT | 1 BANANA 1/2 CUP RASPBERRIES 1/2 CUP 1/2 CUP YOGURT | 1 BANANA 1/2 CUP RASPBERRIES 1/2 CUP 1/2 CUP YOGURT | 1 BANANA 1/2 CUP RASPBERRIES 1/2 CUP 1/2 CUP YOGURT | 1 BANANA 1/2 CUP RASPBERRIES 1/2 CUP 1/2 CUP YOGURT |
| TUESDAY | 1 BANANA 1/2 CUP RASPBERRIES 1/2 CUP 1/2 CUP YOGURT | 1 BANANA 1/2 CUP RASPBERRIES 1/2 CUP 1/2 CUP YOGURT | 1 BANANA 1/2 CUP RASPBERRIES 1/2 CUP 1/2 CUP YOGURT | 1 BANANA 1/2 CUP RASPBERRIES 1/2 CUP 1/2 CUP YOGURT | 1 BANANA 1/2 CUP RASPBERRIES 1/2 CUP 1/2 CUP YOGURT | 1 BANANA 1/2 CUP RASPBERRIES 1/2 CUP 1/2 CUP YOGURT |
| WEDNESDAY | 1 BANANA 1/2 CUP RASPBERRIES 1/2 CUP 1/2 CUP YOGURT | 1 BANANA 1/2 CUP RASPBERRIES 1/2 CUP 1/2 CUP YOGURT | 1 BANANA 1/2 CUP RASPBERRIES 1/2 CUP 1/2 CUP YOGURT | 1 BANANA 1/2 CUP RASPBERRIES 1/2 CUP 1/2 CUP YOGURT | 1 BANANA 1/2 CUP RASPBERRIES 1/2 CUP 1/2 CUP YOGURT | 1 BANANA 1/2 CUP RASPBERRIES 1/2 CUP 1/2 CUP YOGURT |
| THURSDAY | 1 BANANA 1/2 CUP RASPBERRIES 1/2 CUP 1/2 CUP YOGURT | 1 BANANA 1/2 CUP RASPBERRIES 1/2 CUP 1/2 CUP YOGURT | 1 BANANA 1/2 CUP RASPBERRIES 1/2 CUP 1/2 CUP YOGURT | 1 BANANA 1/2 CUP RASPBERRIES 1/2 CUP 1/2 CUP YOGURT | 1 BANANA 1/2 CUP RASPBERRIES 1/2 CUP 1/2 CUP YOGURT | 1 BANANA 1/2 CUP RASPBERRIES 1/2 CUP 1/2 CUP YOGURT |
| FRIDAY | 1 BANANA 1/2 CUP RASPBERRIES 1/2 CUP 1/2 CUP YOGURT | 1 BANANA 1/2 CUP RASPBERRIES 1/2 CUP 1/2 CUP YOGURT | 1 BANANA 1/2 CUP RASPBERRIES 1/2 CUP 1/2 CUP YOGURT | 1 BANANA 1/2 CUP RASPBERRIES 1/2 CUP 1/2 CUP YOGURT | 1 BANANA 1/2 CUP RASPBERRIES 1/2 CUP 1/2 CUP YOGURT | 1 BANANA 1/2 CUP RASPBERRIES 1/2 CUP 1/2 CUP YOGURT |
| SATURDAY | 1 BANANA 1/2 CUP RASPBERRIES 1/2 CUP 1/2 CUP YOGURT | 1 BANANA 1/2 CUP RASPBERRIES 1/2 CUP 1/2 CUP YOGURT | 1 BANANA 1/2 CUP RASPBERRIES 1/2 CUP 1/2 CUP YOGURT | 1 BANANA 1/2 CUP RASPBERRIES 1/2 CUP 1/2 CUP YOGURT | 1 BANANA 1/2 CUP RASPBERRIES 1/2 CUP 1/2 CUP YOGURT | 1 BANANA 1/2 CUP RASPBERRIES 1/2 CUP 1/2 CUP YOGURT |
| SUNDAY | 1 BANANA 1/2 CUP RASPBERRIES 1/2 CUP 1/2 CUP YOGURT | 1 BANANA 1/2 CUP RASPBERRIES 1/2 CUP 1/2 CUP YOGURT | 1 BANANA 1/2 CUP RASPBERRIES 1/2 CUP 1/2 CUP YOGURT | 1 BANANA 1/2 CUP RASPBERRIES 1/2 CUP 1/2 CUP YOGURT | 1 BANANA 1/2 CUP RASPBERRIES 1/2 CUP 1/2 CUP YOGURT | 1 BANANA 1/2 CUP RASPBERRIES 1/2 CUP 1/2 CUP YOGURT |

**3 WEEKS OF
MEALS TO GET
MAX RESULTS**

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Insanity Meal Plan Guide

Michael Brown

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