

Insanity Week 2 Meal Plan

	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday
Workout	Cardio Power and Resistance	Pure Cardio and Cardio Abs	<u>Plyo</u> Cardio Circuit	FIT TEST	REST/Volleyball Tournament	Pure Cardio and Cardio Abs	Cardio Recovery
Breakfast	<u>Shakeology</u> with 1 cup Water and ice, Coffee with Skim Milk/Stevia	<u>Shakeology</u> with 1 cup Water and ice, Coffee with Skim Milk/Stevia	<u>Shakeology</u> with 1 cup Water and ice, Coffee with Skim Milk/Stevia	<u>Shakeology</u> with 1 cup Water and ice, Coffee with Skim Milk/Stevia	<u>Shakeology</u> with 1 cup Water and ice, Coffee with Skim Milk/Stevia	Egg Sandwich; Bagel, 2 Eggs, 1 slice Cheddar	<u>Shakeology</u> with 1 cup Water and ice, Coffee with Skim Milk/Stevia
Snack	Banana	Pineapple (1 cup)	Pretzels, 1 Cheese Stick	Pineapple/Strawberries (1 cup)			Apple, 1 Cheese Stick
Lunch	Turkey Lettuce Wrap; 4 Slices Turkey, Carrots, Red Cabbage, Avocado, Light Ranch Dressing to dip	<u>Chobani</u> , 1/4 cup Almonds	16 Shrimp, Cocktail Sauce, Broccoli (1/2 cup), Carrots (1/2 cup), Hummus (1/4 cup)	Hummus Wrap; 1/4 cup Roasted Red Pepper Hummus, Lettuce, Carrots, Green Onion	Homemade Nutrition Bar	6" Ham and Turkey Sub from Subway, No Cheese, All the Veggies and Olive Oil and Vinegar	Chopped Salad with Balsamic Vinaigrette Dressing (Recipe on Blog)
Snack	Apple, 1 String Cheese	Banana	Homemade Nutrition Bar, Apple	Apple, 1 String Cheese	Apple, Almonds		<u>Shakeology</u> with 1 Banana, ice, and Almond Milk
Dinner	Baked Fish; Snap Peas, Sweet Potato	Slow Cooker Turkey Breast; Roasted Vegetables	LEFTOVERS	Dinner Out; Grilled Salmon, Veggies and Sweet Potato	Protein Pizzas (Insanity Meal Plan)	<u>Shakeology</u> with 1 cup Water and ice, Coffee with Skim Milk/Stevia	Steak Fajitas
Snack (if needed)	Almonds, 1 oz.	Almonds, 1 oz. and Tea	Fruit	Fruit			

Insanity Food Guide

Sabine Zange



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