

**INSANITY**

# PRINTABLE MEAL PLAN

SOREYFITNESS.COM					Sorey Fitness by Sorey	
WEEK 1	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SUPPLEMENTS
MONDAY	1 BANANA WITH 1 CUP SMOOTHIE (ORANGE, BLUEBERRY, & VANILLA)	1 BANANA WITH 1 CUP SMOOTHIE (ORANGE, BLUEBERRY, & VANILLA)	1 CUP CHICKEN SOUP WITH 1 CUP RICE (ORANGE, BLUEBERRY, & VANILLA)	1 BANANA WITH 1 CUP SMOOTHIE (ORANGE, BLUEBERRY, & VANILLA)	1 CUP CHICKEN SOUP WITH 1 CUP RICE (ORANGE, BLUEBERRY, & VANILLA)	1 BANANA WITH 1 CUP SMOOTHIE (ORANGE, BLUEBERRY, & VANILLA)
TUESDAY	1 BANANA WITH 1 CUP SMOOTHIE (ORANGE, BLUEBERRY, & VANILLA)	1 BANANA WITH 1 CUP SMOOTHIE (ORANGE, BLUEBERRY, & VANILLA)	1 CUP CHICKEN SOUP WITH 1 CUP RICE (ORANGE, BLUEBERRY, & VANILLA)	1 BANANA WITH 1 CUP SMOOTHIE (ORANGE, BLUEBERRY, & VANILLA)	1 CUP CHICKEN SOUP WITH 1 CUP RICE (ORANGE, BLUEBERRY, & VANILLA)	1 BANANA WITH 1 CUP SMOOTHIE (ORANGE, BLUEBERRY, & VANILLA)
WEDNESDAY	1 BANANA WITH 1 CUP SMOOTHIE (ORANGE, BLUEBERRY, & VANILLA)	1 BANANA WITH 1 CUP SMOOTHIE (ORANGE, BLUEBERRY, & VANILLA)	1 CUP CHICKEN SOUP WITH 1 CUP RICE (ORANGE, BLUEBERRY, & VANILLA)	1 BANANA WITH 1 CUP SMOOTHIE (ORANGE, BLUEBERRY, & VANILLA)	1 CUP CHICKEN SOUP WITH 1 CUP RICE (ORANGE, BLUEBERRY, & VANILLA)	1 BANANA WITH 1 CUP SMOOTHIE (ORANGE, BLUEBERRY, & VANILLA)
THURSDAY	1 BANANA WITH 1 CUP SMOOTHIE (ORANGE, BLUEBERRY, & VANILLA)	1 BANANA WITH 1 CUP SMOOTHIE (ORANGE, BLUEBERRY, & VANILLA)	1 CUP CHICKEN SOUP WITH 1 CUP RICE (ORANGE, BLUEBERRY, & VANILLA)	1 BANANA WITH 1 CUP SMOOTHIE (ORANGE, BLUEBERRY, & VANILLA)	1 CUP CHICKEN SOUP WITH 1 CUP RICE (ORANGE, BLUEBERRY, & VANILLA)	1 BANANA WITH 1 CUP SMOOTHIE (ORANGE, BLUEBERRY, & VANILLA)
FRIDAY	1 BANANA WITH 1 CUP SMOOTHIE (ORANGE, BLUEBERRY, & VANILLA)	1 BANANA WITH 1 CUP SMOOTHIE (ORANGE, BLUEBERRY, & VANILLA)	1 CUP CHICKEN SOUP WITH 1 CUP RICE (ORANGE, BLUEBERRY, & VANILLA)	1 BANANA WITH 1 CUP SMOOTHIE (ORANGE, BLUEBERRY, & VANILLA)	1 CUP CHICKEN SOUP WITH 1 CUP RICE (ORANGE, BLUEBERRY, & VANILLA)	1 BANANA WITH 1 CUP SMOOTHIE (ORANGE, BLUEBERRY, & VANILLA)
SATURDAY	1 BANANA WITH 1 CUP SMOOTHIE (ORANGE, BLUEBERRY, & VANILLA)	1 BANANA WITH 1 CUP SMOOTHIE (ORANGE, BLUEBERRY, & VANILLA)	1 CUP CHICKEN SOUP WITH 1 CUP RICE (ORANGE, BLUEBERRY, & VANILLA)	1 BANANA WITH 1 CUP SMOOTHIE (ORANGE, BLUEBERRY, & VANILLA)	1 CUP CHICKEN SOUP WITH 1 CUP RICE (ORANGE, BLUEBERRY, & VANILLA)	1 BANANA WITH 1 CUP SMOOTHIE (ORANGE, BLUEBERRY, & VANILLA)
SUNDAY	1 BANANA WITH 1 CUP SMOOTHIE (ORANGE, BLUEBERRY, & VANILLA)	1 BANANA WITH 1 CUP SMOOTHIE (ORANGE, BLUEBERRY, & VANILLA)	1 CUP CHICKEN SOUP WITH 1 CUP RICE (ORANGE, BLUEBERRY, & VANILLA)	1 BANANA WITH 1 CUP SMOOTHIE (ORANGE, BLUEBERRY, & VANILLA)	1 CUP CHICKEN SOUP WITH 1 CUP RICE (ORANGE, BLUEBERRY, & VANILLA)	1 BANANA WITH 1 CUP SMOOTHIE (ORANGE, BLUEBERRY, & VANILLA)

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# Insanity Workout Eating Guide

**R Sanford**

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