

A group of five people, three men and two women, are in a dynamic, low-to-the-ground pose on a wooden floor, likely a gym. They are wearing athletic wear. The word "INSANITY" is written in a stylized, white, outlined font in the top left corner.

**INSANITY**

# PRINTABLE MEAL PLAN

SOREYFITNESS.COM					Sorey Fitness by Kristine	
WEEK 1	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SUPPLEMENTS
MONDAY	1 BANANA WITH 1 CUP SMOOTHIE	1 BANANA WITH 1 CUP SMOOTHIE	1 CUP CHICKEN SOUP WITH 1 CUP RICE AND 1 CUP BEANS	1 BANANA WITH 1 CUP SMOOTHIE	1 CUP CHICKEN SOUP WITH 1 CUP RICE AND 1 CUP BEANS	1 BANANA WITH 1 CUP SMOOTHIE
TUESDAY	1 BANANA WITH 1 CUP SMOOTHIE	1 BANANA WITH 1 CUP SMOOTHIE	1 CUP CHICKEN SOUP WITH 1 CUP RICE AND 1 CUP BEANS	1 BANANA WITH 1 CUP SMOOTHIE	1 CUP CHICKEN SOUP WITH 1 CUP RICE AND 1 CUP BEANS	1 BANANA WITH 1 CUP SMOOTHIE
WEDNESDAY	1 BANANA WITH 1 CUP SMOOTHIE	1 BANANA WITH 1 CUP SMOOTHIE	1 CUP CHICKEN SOUP WITH 1 CUP RICE AND 1 CUP BEANS	1 BANANA WITH 1 CUP SMOOTHIE	1 CUP CHICKEN SOUP WITH 1 CUP RICE AND 1 CUP BEANS	1 BANANA WITH 1 CUP SMOOTHIE
THURSDAY	1 BANANA WITH 1 CUP SMOOTHIE	1 BANANA WITH 1 CUP SMOOTHIE	1 CUP CHICKEN SOUP WITH 1 CUP RICE AND 1 CUP BEANS	1 BANANA WITH 1 CUP SMOOTHIE	1 CUP CHICKEN SOUP WITH 1 CUP RICE AND 1 CUP BEANS	1 BANANA WITH 1 CUP SMOOTHIE
FRIDAY	1 BANANA WITH 1 CUP SMOOTHIE	1 BANANA WITH 1 CUP SMOOTHIE	1 CUP CHICKEN SOUP WITH 1 CUP RICE AND 1 CUP BEANS	1 BANANA WITH 1 CUP SMOOTHIE	1 CUP CHICKEN SOUP WITH 1 CUP RICE AND 1 CUP BEANS	1 BANANA WITH 1 CUP SMOOTHIE
SATURDAY	1 BANANA WITH 1 CUP SMOOTHIE	1 BANANA WITH 1 CUP SMOOTHIE	1 CUP CHICKEN SOUP WITH 1 CUP RICE AND 1 CUP BEANS	1 BANANA WITH 1 CUP SMOOTHIE	1 CUP CHICKEN SOUP WITH 1 CUP RICE AND 1 CUP BEANS	1 BANANA WITH 1 CUP SMOOTHIE
SUNDAY	1 BANANA WITH 1 CUP SMOOTHIE	1 BANANA WITH 1 CUP SMOOTHIE	1 CUP CHICKEN SOUP WITH 1 CUP RICE AND 1 CUP BEANS	1 BANANA WITH 1 CUP SMOOTHIE	1 CUP CHICKEN SOUP WITH 1 CUP RICE AND 1 CUP BEANS	1 BANANA WITH 1 CUP SMOOTHIE

## 3 WEEKS OF FREE MEAL IDEAS!

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# Insanity Workout Eating Guide

**Kathleen Armour**

A red circular graphic with a gradient, appearing as a partial circle or a thick arrow pointing to the right, located to the right of the author's name.

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