

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

Thomas Johnston Homer



Insanity Food Guide:

The Satisfied Guide to Eating Well Dr. Rhona Epstein, PSY.D, Jackie Mack, 2024-09-10 Discover the missing piece to your journey toward food freedom with an empowering new companion to Dr Rhona Epstein's transformative work *Satisfied*. Licensed psychologist, counselor and coach Dr Rhona Epstein has helped countless clients struggling with food addiction and disordered eating with her time-tested methods. Since 2018 her book *Satisfied* and its accompanying workbook and journal have led many people toward food freedom through the power of the recovery programs and God's divine help. But sometimes the idea of breaking free is much simpler than the reality of it. Building on the principles of her bestseller *Satisfied*, Dr Rhona takes the methods of recovery and helps you apply them to your everyday life in *The Satisfied Guide to Eating Well*. Her holistic approach not only satisfies your soul but also nurtures your body through a practical and transformative food plan. With wisdom gleaned from her extensive experience as a renowned therapist and wellness expert, she offers useful advice for implementing healthy choices and guides you toward creating a personal food plan that can fit your life every day. In these pages you'll find step-by-step resources for customizing a food plan that will work for you. Solutions for permanently changing your mindset about food. Tips and tricks for navigating social situations while also keeping your food plan in place. Simple recipes to nourish your body and help you stay on track. Take the *Satisfied* method to another level with *The Satisfied Guide to Eating Well* and find true freedom on the other side. **The Girlfriends' Guide to Pregnancy** Vicki

Iovine, 2007-01-09 The practical, comforting, honest and hilarious bestseller for moms to be with more than one and a half million copies in print. Your doctor gives you medical advice. Your mother buys you baby clothes. But who can give you the real skinny when you're pregnant? Your girlfriends, of course! At least the ones who've been through the exhilaration and exhaustion, the agony and ecstasy of pregnancy. Four-time delivery room veteran Vicki Iovine talks to you the way only a best friend can in the book that will go the whole nine months for every mother to be. In this revised and updated edition, get the lowdown on all those little things that are too strange or embarrassing to ask. Practical tips and hilarious takes on everything pregnant. What really happens to your body from morning sickness and gas to eating everything in sight and what it's like to go from being a babe to having one. *The Many Moods of Pregnancy* why you're so irritable, distracted, tired, lightheaded or at least more than usual. *Staying Stylish* You may be pregnant but you can still be the fashionista you've always been or at least you don't have to look like a walking beachball wearing the hippest designers and proudly showing off your bump. *Pregnancy is Down To a Science* from in vitro fertilization to scheduled C-sections, there are so many options, alternatives and scientific tests to take that being pregnant can be downright confusing. And much more. For a reassuring voice or just a few good belly laughs, turn to this straight talking guide on what to really expect when you're expecting. **The Essential Guide to**

Intermittent Fasting for Women Megan Ramos, 2023-06-06 From renowned experts Megan Ramos and Dr Jason Fung, a transformative approach to women's health and well-being that gives readers the tools to reclaim their health sustainably.

Essential reading for any woman wanting to improve her metabolic health and make sense of her body hormones and sustainable fasting strategies Cynthia Thurlow author of Intermittent Fasting Transformation Intermittent fasting has changed my body mind and life I am truly grateful and humbled by humans like Megan who are sharing the truth about health Raven Symon Struggling with your metabolism and hormone health Disappointed by diets that don't provide sustainable long term results Sick of feeling tired and stressed all the time Megan Ramos was in the same position when she discovered intermittent fasting at the clinic where she was a researcher After suffering from non alcoholic fatty liver disease PCOS and type 2 diabetes she harnessed the power of fasting to reverse these conditions lose over 80 pounds and achieve long lasting health Today as the co founder of The Fasting Method with Dr Jason Fung she has helped over 20 000 people primarily women improve their wellbeing through intermittent fasting In The Essential Guide to Intermittent Fasting for Women Ramos shares Easy to use fasting protocols that can be incorporated into your busy schedule Information on when and how to eat to feel full and energized How intermittent fasting can support your health through fertility struggles PCOS perimenopause and menopause How balancing your hormones and stress levels can help you avoid weight gain and depression Designed specifically for women of all ages and their unique needs this go to guide provides you with the steps to take control of your health for good

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