



roughly the same number of calories. This frequent eating is optimal for your metabolism and provides stamina for your intense workouts.

Everyone has different caloric needs, so this guide shows you how to increase the calories of all the meals. If you still need more calories, add the "Food Blocks" to your meals, or enjoy them as snacks, to reach your caloric requirements.

Each meal listed is around 40% protein, 40% carb, and 20% fat. It's important to balance protein, carbs, and fats to promote optimal blood sugar control, resulting in the best possible state for your workouts. There is a full overview on protein, carbs, and fat in this guide, as well as Michi's Ladder, a Beachbody tool to help you create your own meals.

The recommended foods have a low glycemic index, which has less impact on blood sugar. High glycemic foods, such as white bread and candy, cause a rapid rise and subsequent rapid drop in blood sugar,



draining your energy. Low glycemic foods provide you with steady energy throughout the day and optimal fuel for your workouts. The plan also avoids additives, overly processed foods, sugar substitutes, and alcohol.

HOW THE MEAL PLAN WORKS

Month One: Your Daily Meals

In the "Start Eating" section (pages 13–55) you'll find 5 separate meal lists. Each day you'll pick one meal from each of the five meal lists, totaling 5 meals a day. Try not to skip any meals.

Each meal list has 10 options to choose from. Keep selecting different meals to give yourself healthy variety.

Each meal contains approximately 300 calories, and has instructions about how to scale it up to either 400 or 500 calories depending on your individual caloric needs.

Insanity Workout Elite Nutrition Guide

Mark Steyvers

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

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