

BODY BEAST MEAL PLAN BUILD PHASE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	4 egg whites scrambled w/ 1 yolk, 2 pieces dry toast, 8 cherry tomatoes, green berry shakeology and 4 oz OJ	2 boston cream doughnuts, 1 cup red grapes Shakeology	4 hard-boiled eggs, one yolk, oatmeal w/ cinnamon & honey, whole wheat toast buttered, Shakeology and 4 oz OJ	4 hard-boiled eggs, one yolk, oatmeal w/ cinnamon & maple syrup, 8 cherry tomatoes, Shakeology and 4 oz OJ	4 hard-boiled eggs, one yolk, oatmeal w/ cinnamon & maple syrup, roma tomato, Shakeology w/ 4oz almond milk, green apple	4 hard-boiled eggs, one yolk, oatmeal w/ cinnamon & maple syrup, roma tomato, Shakeology w/ OJ, pear	4 egg whites scrambled w/ 1 yolk, 2 pieces dry toast, 8 roma tomato, green berry shakeology and 4 oz OJ
Post workout Shake	1/2 cup white grape juice, 1/2 cup water, 2-3 ice cubes, 2 scoops MaxCreatine, 2 scoops Fuel shot, 1 scoop Base shake	1/2 cup white grape juice, 1/2 cup water, 2-3 ice cubes, 2 scoops MaxCreatine, 2 scoops Fuel shot, 1 scoop Base shake	1/2 cup white grape juice, 1/2 cup water, 2-3 ice cubes, 2 scoops MaxCreatine, 2 scoops Fuel shot, 1 scoop Base shake	1/2 cup white grape juice, 1/2 cup water, 2-3 ice cubes, 2 scoops MaxCreatine, 2 scoops Fuel shot, 1 scoop Base shake	NO SHAKE REST DAY	1/2 cup white grape juice, 1/2 cup water, 2-3 ice cubes, 2 scoops MaxCreatine, 2 scoops Fuel shot, 1 scoop Base shake	1/2 cup white grape juice, 1/2 cup water, 2-3 ice cubes, 2 scoops MaxCreatine, 2 scoops Fuel shot, 1 scoop Base shake
Lunch	Beast meatloaf on whole wheat toast	beast tuna salad on corn tortilla, black beans and brown rice, 1/2 cup cucumber	Shepard's Pie, 8oz milk	4oz chicken w/ carrots, chick peas, onions, diced tomatoes, celery, 1/2 cup brown rice, sweet potato	4oz chicken w/ed beans and rice, green apple	Beast meatloaf on whole wheat toast, 1/4 dill pickle, 3 pepperoni peppers, 8oz milk	beast tuna salad on corn tortilla
Beast-O-Matic (Jaguar)	1/2 cup greek yogurt, 1 banana, 1/4 mango, 1 kiwi, 1/2 cup apple juice, 1 1/2 tsp peanut butter, 1 cup water, 1 cup ice	1/2 cup greek yogurt, 1 banana, 1/4 mango, 1 kiwi, 1/2 cup apple juice, 1 1/2 tsp peanut butter, 1 cup water, 1 cup ice	1/2 cup greek yogurt, 1 banana, 1/4 mango, 1 kiwi, 1/2 cup apple juice, 1 1/2 tsp peanut butter, 1 cup water, 1 cup ice	1/2 cup greek yogurt, 1 banana, 1/4 mango, 1 kiwi, 1/2 cup apple juice, 1 1/2 tsp peanut butter, 1 cup water, 1 cup ice	1/2 cup greek yogurt, 1 banana, 1/4 mango, 1 kiwi, 1/2 cup apple juice, 1 1/2 tsp peanut butter, 1 cup water, 1 cup ice	1/2 cup greek yogurt, 1 banana, 1/4 mango, 1 kiwi, 1/2 cup apple juice, 1 1/2 tsp peanut butter, 1 cup water, 1 cup ice	1/2 cup greek yogurt, 1 banana, 1/4 mango, 1 kiwi, 1/2 cup apple juice, 1 1/2 tsp peanut butter, 1 cup water, 1 cup ice
Dinner	2 servings Shepard's Pie	beast tuna salad sandwich: 1/2 cup beans, 1 small apple, 1/2 cup cucumber	beast tuna salad w/corn tortilla, apple juice	Shepard's pie, black beans and brown rice, 4oz apple juice	4oz chicken w/ carrots, chick peas, onions, diced tomatoes, celery, 1/2 cup brown rice	Taco's w/avocado, romaine hearts, roma tomato, corn tortilla, and black beans	Chicken Marsala from Carrabba's w spinach
Snack	6 triskits, 1 cup apple juice, 2 corn tortillas with 1 slice turkey sandwich, 1/2 cup coffee ice cream	3 stalks of celery, 8 oven roasted salted almonds, 8oz milk	beast tuna salad w/corn tortilla, green apple	beast meatloaf w/ whole wheat bread, 3 stalks celery w/ 3Thsp peanut butter, pear	3oz of turkey w/ corn tortilla, green apple, celery w/peanut butter, 4oz cranberry juice	3 stalks of celery, 8 oven roasted salted almonds	3 stalks of celery, 16 oven roasted salted almonds, green apple

Body Beast Nutrition Guide

AN Whitehead



Body Beast Nutrition Guide:

The Powerfood Nutrition Plan Susan Kleiner, Jeff O'Connell, 2006-05-30 The ultimate nutrition resource presenting targeted meal plans for everything from weight loss to energy and memory gain with sound advice to achieve the cut body and smoking sex life every guy wants This straightforward guide by well known sports nutritionist Susan M Kleiner shows men of all ages how to use food to improve every aspect of their lives Kleiner whips up a recipe for success that works for everyone from seasoned athletes to newly reformed fast food junkies Readers will find Pages of flavorful varied meals breakfast lunch dinner and snack menus for every guy whether he s diabetic athletic overweight or heart health conscious Practical and proven tips on the smart use of supplements Cutting edge information on the latest nutrition science including life extending foods dangerous trans fats and important antioxidants With menus for weight loss muscle gain extra energy and vitality The PowerFood Nutrition Plan is for everyone who recognizes that our health and well being relies on the food we eat Readers will discover that even small dietary changes can have a big impact

7 Reasons Your Not Getting the Results She Is Sagi Kalev, Dr. Bryan Walsh, 2016-01-18 Finally The Guidance you ve been Searching for from Experts You Can Trust Have you ever felt like you weren t getting the results you should be given the amount of effort you were putting into your fitness program Have you ever wondered why some women seem to get results so much easier than you do Have you ever suspected that there was something going on inside of you that was sabotaging your diet and exercise efforts Guess what You re right When your perfect diet and exercise program falls short the answer is not to find another perfect diet and exercise program The answer is to find out what s keeping you from getting the results she is Those answers are laid out for you in this cutting edge step by step do it yourself guide to women s health by Sagi Kalev and Dr Bryan Walsh They have combined their 30 years in the fitness and nutrition industry to bring you the SOLUTION you ve been looking for In 7 Reasons You re Not Getting The Results She Is you ll be walked through seven key areas of your physiology to determine what specifically may be contributing to your lack of results From there you will be given instructions on how to correct your individual physiological imbalances using testing diet and lifestyle changes and nutritional supplementation You ve already tried changing up your diet and exercise program a million times Now it s time to try something that works You will receive A personalized Fat Loss Blocker Assessment form that will help you uncover the specific reasons you aren t losing weight Specific lab testing recommendations where to order lab tests and insights on how to interpret them Individualized supplement recommendations designed to help nutritionally support your unique physiological imbalances and needs Specific nutrition and lifestyle recommendations tailored to each unique physiological imbalance you may have And most importantly a clear and concise explanation for why you are not getting the results you want like you ve never heard before

LL Cool J's Platinum 360 Diet and Lifestyle LL COOL J, Dave Honig, Chris Palmer, Jim Stoppani, 2010-04-27 Multi platinum Grammy award winning rapper and best selling author LL Cool J shares the secrets to his enviable physique and perhaps

even sexier his hard earned contentment and peace of mind His high energy no nonsense program includes a 30 day workout regimen designed to build lean sexy muscles and a breakthrough diet plan that can help you shed up to 20 pounds in just 4 weeks even with weekend cheat meals But what truly elevates the LL Cool J s Platinum 360 Diet and Lifestyle is LL s practical easy to follow advice for personal transformation Through self reflection and spiritual guidance he ll show you how to develop your own internal strength giving your the tools and wisdom to transform your life from the inside out It s not just about how to get fit but you can and deserve to be your best self *Diet for Dancers* Robin D. Chmelar, Sally Sevey Fitt, 1995

The first diet book based on research with dancers this guide provides information about proper dietary procedures that will enable people to reach and or maintain their optimal body weight for dancing Areas discussed include weight control individual differences in metabolism and body composition Public Health Nutrition Mark Lawrence, Tony Worsley, 2020-08-04 A ground breaking text in the developing field of public health nutrition from the foreword by Basil S Hetzel At last A book that approaches public health nutrition in a scholarly scientific and evidence based manner that at the same time delivers the practical competencies and skills required by the professional Public Health Nutritionist Elizabeth Belton Senior Lecturer School of Life Sciences The Robert Gordon University How can the nutritional health of populations be improved through action at local national and global levels The work of public health nutritionists is to bring population wide perspectives to the relationship between food and health Systematically drawing on international research in Public Health Nutrition leading international practitioners present both the theoretical underpinnings and applied nature of the field of public health nutrition The book is peer reviewed and divided into four sections Principles presents conceptual frameworks solutions responsibilities and outcome measures philosophical and evidential dimensions standards and dietary guidelines Populations explores groups for whom nutrition is especially relevant providing analysis of the food and health relationship from physiological social cultural political and economic perspectives Priorities examines key issues including vulnerable populations obesity indigenous nutrition international nutrition the nutritional transition food system trends and sustainability Practices covers professional skills for public health practitioners including monitoring the food and nutrition situation of populations physical activity research skills project management professional practice health promotion and communication policy and politics Public Health Nutrition is an essential resource for public health practitioners researchers and administrators as well as students of nutrition dietetics and public health wishing to obtain advanced and specialised competencies Farmers' Guide ,1897 Medico-pharmaceutical Critic and Guide William Josephus Robinson, 1928

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Female Linda Ojeda,1983 **The Eight Chapters of Maimonides on Ethics (Shemonah Perakim)** Moses
Maimonides,1912 **Columbia University Oriental Studies** ,1912 Children's Magazine Guide ,1994

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