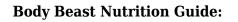
BODY BEAST MEAL PLAN BUILD PHASE

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------------------|---|--|--|---|--|---|--|
| Breakfast | 4 egg whites scrembled wi 1 yolk, 2 pieces dry toue, 8 cherry temators, green berry stackeology and 4 oz CB | 2 hoston creme doughnuts, 1 cup-ted grapes Shakeology | 4 hard boiled eggs, one yelk, estendial wi citesamon & honey, whole wheat toost buttered, Shakerology and 4 or CO | 4 hard boiled eggs, one yolk, outmost w' circumos & maple syrup, 8 cherry temators, Shakeology and 4 or OJ | 4 hard belied eggs, one yolk, estimad wi citmamon & maple syrup, roma tomato, Shaksology wi 4oz almond milk, green apple | 4 hard boiled eggs, one yolk, outnead w/ cimeation & maple syrup, roma tomain, Shakeology w O.f., pear | 4 agg whites scrambled w/ 1 yelk 2 pieces dry teast, 8 rotts komisto, green berry shakeology ass 4 oz GI |
| Post workout Skake | 1/2 cup white grape juice, 1/2 cup water, 2/3 ice cubes, 2 scroops MaxCreatine, 2 scroops Fuel shot, 1 scroop Base shake | 1/2 cup white grape juice, 1/2 cup water, 2-3 for cubes, 2 secops MaxCreatine, 2 secops Fred shot, 1 secop Base shake | 1/2 cup white grape juice, 1/2 cup water, 2-3 ice cubes, 2 scoops ManCreatine, 2 scoops Fast shot, 1 scoop Base shake | 1/2 cup white graps julice, 1/2 cup water, 2-3 too cubes, 2 socops MarcTreatine, 2 socops Fisel shoe, 1 socop Base shake | NO SHAKE REST DAY | 1/2 cup white grape julce, 1/2 cup water, 2-3 los cubes, 2 scoops MasCreatine, 2 scoops Fuel shot, 1 scoop Base shake | 1/2 cup white grape juice, 1/2 cup water, 2-3 intercubes, 2 scoops MarcCreatine, 2 scoops Fuel sten, 1 scoop Base shake |
| Lunch | Deset mostlef on whole wheat tosst | besst time sailed on even tortilla, black besse and brown rice, 1/2 cup cucumber | Shepard's Pie, Nor milk | Ane chickes w/ carrots, chick peas, onions, dired tomatoes, celery, 1/2 cup brown rice, sweet potato | for chicken whed beans and rice, green apple | Beast messled on whole wheat toust, 1/4 dill pickle, 3 peppercini peppers, for milk | bosst tune salad on corn tortilla |
| Beast-O- Matic (Jaguar) | 1/2 cup greek yegurt, 1 beneins, 1/4 mangs, 1 kiwi, 1/2 cup apple juice, 1 1/2 tup pesent butter, 1 cup water, 1 cup ice | 1/2 oup greek yogurt, 1 banana, 1/4 mango, 1 kiwi, 1/2 cup apple juice, 1 1/2 tap peanet butter, 1 cup water, 1 exp sce | 1/2 cop greek yogurt, 1 banana, 1/4 mango, 1 kiwi, 1/2 cop apple juice, 1 1/2 top peasus butter, 1 cop water, 1 cop ice | 1/2 cup greek yogurt, 1 batains, 1/4 mange, 1 kiwi, 1/2 cup apple juice, 1 1/2 tup pesnut butter, 1 cup water, 1 cup les | 1/2 cup greek yogurt, 1 banana, 1/4 mango, 1 kiwi, 1/2 cup apple juloe, 1 1/2 tup posmat hutter, 1 cup water, 1 cup sor | 1/2 cup greek yogur, 1 banana, 1/4 mango, 1 kiwi, 1/2 cup apple julor, 1 1/2 tsp poanut batter, 1 cup water, 1 cup sor | 1/2 cup greek yegun, 1 hanana, 1/4 mango, 1 kiwi, 1/2 cup apple juice, 1 1/2 top peens batter, 1 cup water, 1 cup ice |
| Piner | 2 servings Shepard's Pie | beast tutta solad sandwich: I/2 cup beans: I small apple, I/2 cup oucumber | boast tuna salad wipsen tortilla, apple juice | Shepard's pie, black beans and brown rice, 4ce apple juice | 4oz chicken w/ carrets, chick peas, enions, dicod tomatoes, celory, 1/2 cup brown rice | Taco's w'avacado, romaine hearts, roma tomato, com tortilla, and black beans | Chicken Marsala from Carrabbe's w spinach |
| Snack | 6 triskits, I oup apple juice, 2 corn torrillas with I slice turkey such, 1/2 oup coffee ice cream | 3 stalks of colory, 8 oven routed saled almonds, for milk | hoset tutu salad wicers tortilla, green apple | board meadless? w/ whole wheat bread, 3 stalks colony w/ 3Thep peament butter, pear | Sea of turkey w' com tortilla, green apple, celery w/pesses bustes, 4ex creeberry juice | 3 stalks of celery, 8 even rounted salted almonds | 3 stalks of colory, 16 oven roasted salted almonds, green apple |

Body Beast Nutrition Guide

KJ Lindholm-Leary



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