

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 shakology and 4 oz OI	2 boston cream donuts, 1 cup red grapes Shakology	4 hard-boiled eggs, one yolk, oatmeal w/ cinnamon & honey, whole wheat toast buttered, Shakology and 4 oz OI	4 hard-boiled eggs, one yolk, oatmeal w/ cinnamon & maple syrup, 8 cherry tomatoes, Shakology and 4 oz OI	4 hard-boiled eggs, one yolk, oatmeal w/ cinnamon & maple syrup, roma tomato, Shakology w/ 4oz almond milk, green apple	4 hard-boiled eggs, one yolk, oatmeal w/ cinnamon & maple syrup, roma tomato, Shakology w OI, pear	4 egg whites scrambled w/ 1 yolk, 2 pieces dry toast, 8 roma tomato, green berry shakology and 4 oz OI
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 wired 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 sausage, 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/ 3Tbsp 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

Thomas Griffiths

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

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