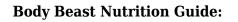
# BODY BEAST MEAL PLAN BUILD PHASE

	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 citeramon & honey, whole wheat toost buttered, Shakerology and 4 or CO	4 hard boiled eggs, one yelk, outmost w' circumon & maple syrup, 8 cherry ternators, Shakeology and 4 or CJ	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 jules, 1/2 cup water, 2-3 ice cubes, 2 scoops MariCreatine, 2 scoops Fuel shot, 1 scoop Base shake	1/2 cup white graps julics, 1/2 cup water, 2-3 ice cubin, 2 scoops MarcTreatine, 2 scoops Fire! short, 1 scoops 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	And oblickes w/ carrots, chick peas, onloss, dired tomatres, 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	boast tuna salad on com 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 bennena, 1/4 mamgo, 1 kiwi, 1/2 cop apple juice, 1 1/2 top peasest butter, 1 cop water, 1 cop ioe	1/2 sup greek yogurt, 1 battana, 1/4 mango, 1 kiwi, 1/2 sup apple juice, 1 1/2 top peanut 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 yogun, 1 banana, 1/4 mango, 1 kiwi, 1/2 cup apple juice, 1 1/2 top peans batter, 1 cup water, 1 cup ice
Diner	2 servings Shepard's Pie	beast tutta salad sandwich: I/2 cup beans: I small apple, I/2 cup oucumber	houst tune saled witness tortilla, apple juice	Shepard's pie, black boans and brown rice, 4oz apple juice	4oz chicken w/ carrets, chick pess, enions, dicod tomatoes, celory, 1/2 cup brown rice	Taco's w'avacado, romaine hearls, roma tomato, com tortilla, and black beans	Chicken Marsala from Carrabbe's w spinach
Snack	6 triskits, I oup apple juice, 2 corn torollas with I slice turkey such, 1/2 oup coffee ice cream	3 stalks of colory, 8 oven routed saled almonds, 8or milk	hoset tutu salad wicorn tortilla, green apple	board meadlerd w/ whole wheat bread, 3 stalks celery w/ 3Thep peanut buttet, pear	Sea of turkey w' com tortilla, green apple, celery w/peemst buster, 4ex creeberry juice	3 stalks of colory, 8 even rounted salted almonds	3 stalks of colory, 16 oven roasted salted almonds, green apple

## **Body Beast Nutrition Guide**

**Thomas Griffiths** 



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