

WHAT

# BEYONCE

EATS IN A DAY

## BREAKFAST

Scrambled egg whites  
Vegetable smoothie

## LUNCH

Café Gratitude Salad:  
Kale, cucumber, carrots, nori sheets,  
cilantro basil scallions, toasted  
almonds, Tahini, lemon, olive oil,  
garlic, and sesame oil dressing.

## DINNER

Fish (e.g. lobster)  
Vegetables (e.g. broccoli, green beans)  
Quinoa

## SNACKS

Almonds  
Oatcake  
Apple

## DRINKS

Gallon of water with lemon  
Cold-pressed juice  
Gatorade



# Beyonce Diet And Exercise

**Peckham, Stephen, Hann, Alison**

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