

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

R Sanford

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