

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 shakeology and 4 oz OJ	2 boston cream doughnuts, 1 cup red grapes Shakeology	4 hard-boiled eggs, one yolk, oatmeal w/ cinnamon & honey, whole wheat toast buttered, Shakeology and 4 oz OJ	4 hard-boiled eggs, one yolk, oatmeal w/ cinnamon & maple syrup, 8 cherry tomatoes, Shakeology and 4 oz OJ	4 hard-boiled eggs, one yolk, oatmeal w/ cinnamon & maple syrup, roma tomato, Shakeology w/ 4oz almond milk, green apple	4 hard-boiled eggs, one yolk, oatmeal w/ cinnamon & maple syrup, roma tomato, Shakeology w/ OJ, pear	4 egg whites scrambled w/ 1 yolk, 2 pieces dry toast, 8 roma tomato, green berry shakeology and 4 oz OJ
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 w/ed 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 sandwich, 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/ 3Thsp 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

Don Colbert, MD

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.

Body Beast Nutrition Guide:

The Powerfood Nutrition Plan Susan Kleiner, Jeff O'Connell, 2006-05-30 Geared specifically to men's nutritional needs this comprehensive guide will show you how choosing the right foods can enhance every aspect of your life With chapters on everything from food's effect on mood sex and brainpower to the role food plays in weight loss muscle gain and athletic performance you'll have all the information you'll need to see remarkable results within weeks Always on the cutting edge nutritionist Susan Kleiner uses the latest nutritional research to provide innovative recipes and meal plans to ensure maximum results The Powerfood Nutrition Plan includes Vital tips for using food to increase longevity and improve physical appearance More than 20 detailed meal plans designed to address a variety of fitness and nutrition goals Quick easy and delicious recipes to keep you going The Powerfood Nutrition Plan is the guidebook to help you break out of your routine and become more powerful in every area of your life So pick up that fork It's time to get started on the body and life you've always wanted

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Public Health Nutrition Mark Lawrence,Tony Worsley,2020-08-04 A ground breaking text in the developing field of public health nutrition from the foreword by Basil S Hetzel At last A book that approaches public health nutrition in a scholarly scientific and evidence based manner that at the same time delivers the practical competencies and skills required by the professional Public Health Nutritionist Elizabeth Belton Senior Lecturer School of Life Sciences The Robert Gordon University How can the nutritional health of populations be improved through action at local national and global levels The work of public health

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