

## BODY BEAST MEAL PLAN BUILD PHASE

|                               | Sunday                                                                                                                  | Monday                                                                                                                  | Tuesday                                                                                                                 | Wednesday                                                                                                               | Thursday                                                                                                                 | Friday                                                                                                                  | Saturday                                                                                                                |
|-------------------------------|-------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|
| <b>Breakfast</b>              | 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                 |
| <b>Post workout Shake</b>     | 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   | <b>NO SHAKE REST DAY</b>                                                                                                 | 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   |
| <b>Lunch</b>                  | 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                                                                                       |
| <b>Beast-O-Matic (Jaguar)</b> | 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 |
| <b>Dinner</b>                 | 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                                                                               |
| <b>Snack</b>                  | 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

**Robin D. Chmelar, Sally Sevey Fitt**

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

## **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

7 Reasons Your Not Getting the Results She Is Sagi Kalev, Dr. Bryan Walsh, 2016-01-18 Finally The Guidance you've been Searching for from Experts You Can Trust Have you ever felt like you weren't getting the results you should be given the amount of effort you were putting into your fitness program Have you ever wondered why some women seem to get results so much easier than you do Have you ever suspected that there was something going on inside of you that was sabotaging your diet and exercise efforts Guess what You're right When your perfect diet and exercise program falls short the answer is not to find another perfect diet and exercise program The answer is to find out what's keeping you from getting the results she is Those answers are laid out for you in this cutting edge step by step do it yourself guide to women's health by Sagi Kalev and Dr Bryan Walsh They have combined their 30 years in the fitness and nutrition industry to bring you the SOLUTION you've been looking for In 7 Reasons You're Not Getting The Results She Is you'll be walked through seven key areas of your physiology to determine what specifically may be contributing to your lack of results From there you will be given instructions on how to correct your individual physiological imbalances using testing diet and lifestyle changes and nutritional supplementation You've already tried changing up your diet and exercise program a million times Now it's time to try something that works You will receive A personalized Fat Loss Blocker Assessment form that will help you uncover the specific reasons you aren't losing weight Specific lab testing recommendations where to order lab tests and insights on how to interpret them Individualized supplement recommendations designed to help nutritionally support your unique physiological imbalances and needs Specific nutrition and lifestyle recommendations tailored to each unique physiological imbalance you may have And most importantly a clear and concise explanation for why you are not getting the results you want like you've never heard before

LL Cool J's Platinum 360 Diet and Lifestyle LL COOL J, Dave Honig, Chris Palmer, Jim Stoppani, 2010-04-27 Multi platinum Grammy award winning rapper and best selling author LL Cool J shares the secrets to his enviable physique and perhaps even sexier his hard earned contentment and peace of mind His high energy no nonsense

program includes a 30 day workout regimen designed to build lean sexy muscles and a breakthrough diet plan that can help you shed up to 20 pounds in just 4 weeks even with weekend cheat meals But what truly elevates the LL Cool J s Platinum 360 Diet and Lifestyle is LL s practical easy to follow advice for personal transformation Through self reflection and spiritual guidance he ll show you how to develop your own internal strength giving you the tools and wisdom to transform your life from the inside out It s not just about how to get fit but you can and deserve to be your best self     The Gluten-Free Edge: A Nutrition and Training Guide for Peak Athletic Performance and an Active Gluten-Free Life (No Gluten, No Problem) Peter Bronski, Melissa McLean Jory, 2012-07-17 Gain an edge in sports and life by going gluten free Since the advent of sport athletes have worked to gain an edge on their competition to look feel and perform their best through both training and nutrition Today science is increasingly showing the negative impact that gluten a protein in wheat barley and rye can have on health For the estimated 30 million Americans with forms of gluten intolerance such as celiac disease this all too common protein can cause gastrointestinal trouble inflammation muscle fatigue and mental fog that hinder an active lifestyle and negatively impact athletic performance The solution a whole foods nutrient dense gluten free diet Others who voluntarily eat gluten free can also discover an edge they never knew was missing faster recovery reduced inflammation improved digestion and increased athletic performance The Gluten Free Edge is the first comprehensive resource that includes What gluten is and how it negatively impacts health and athletic performance The myriad benefits of adopting a gluten free nutrition plan What to eat during training competition and recovery How to deal with group meals eating on the road and getting glutened Insights from prominent athletes already living the gluten free edge And 50 simple high octane recipes to fuel your performance Whether you ve been diagnosed with gluten intolerance or simply want to get ahead of the competition this book is for you Your own gluten free edge is waiting     *Diet for Dancers* Robin D. Chmelar, Sally Sevey Fitt, 1995 The first diet book based on research with dancers this guide provides information about proper dietary procedures that will enable people to reach and or maintain their optimal body weight for dancing Areas discussed include weight control individual differences in metabolism and body composition     **The Intuitive Eating Treatment Manual** Blair Burnette, 2024-09-01 Intuitive Eating is a groundbreaking approach to nutrition that recognizes the body s natural hunger cues and signals Structured around the 10 principles of intuitive eating this comprehensive professional manual gives psychotherapists dietitians and nutritionists session by session techniques to teach clients how to implement the core tenets of intuitive eating and promote a healthy and nourishing relationship to food     *The Ultimate Sleep Guide* Don Colbert, MD, 2015-05-05 START TODAY ON A NEW LIFE PLAN ONE FILLED WITH VITALITY AND ROOTED IN A RESTFUL LIFE We live in a fast paced society in which nobody seems to have enough time More than half of all American adults suffer from insomnia And an estimated fifty million to seventy million Americans live on the brink of mental and physical collapse due to a lack of sleep In one year alone about forty two million sleeping pill prescriptions were filled for American adults and children Ultimately this

lack of sleep is taking a toll on our health and happiness If your current pace of life has left you feeling exhausted depleted and defeated rest assured that there is more for you If you are struggling to find balance and rest THERE S HOPE In The Ultimate Sleep Guide best selling author Dr Colbert shows you The risks and dangers of sleep deprivation The health benefits to getting a good night s sleep The link between poor diet and insomnia Causes symptoms characteristics and cures for common sleep disorders

**The Midlife Health Guide for Women** Chris G. Rao M.D.,2010-11-10 Have you been trying hard but cant lose or keep off the weight Is your sex drive stuck in neutral Energy in the gutter Whats the truth about bio identical hormonal replacements in women before and after menopause The MidLife Health Guide for Women addresses these and many other common concerns of middle aged women IBS addictions mood concerns breast health birth control and more Its all covered here Be proactive about your number one commodityyour health MidLife is the time to do it In his companion to The Midlife Health Guide for Men Chris Rao MD explains cutting edge methods to obtain optimal health through his integrative approaches Its all about Pro Aging and Pro Health Follow three women our Maggies in various stages of midlifetheir thirties forties and fifties Laugh cry and be enlightened as they share their health concerns and journey to optimal health You will be the better for it Dr Rao covers all the facts and options on Diets Learn the secret behind finally losing the fat Avoid the crash and burn phenomena Exercise Learn how to exercise intelligently increase your energy and metabolism Supplements Confused Discover the truth about which ones do you the most good Toxins and Heavy Metal What you and your doctor dont know can hurt you Testosterone Menopause Thyroid HGH and all hormonal options Are they safe and effective for your situation Ladies get back in the groove

Passionate Nutrition Jennifer Adler,Jess Thomson,2014-12-16 This power foods healthy living guidebook will inspire readers to eat well lose weight and embrace food as medicine Food as medicine is a powerfully healing way to eat and was embraced by nutritionist Jennifer Adler as she recovered from a malnour ished childhood and adolescence Part power foods cookbook part handbook for healthy living and eating and part memoir Passionate Nutrition provides digestible information tips and techniques for how to find your way to optimal health She focuses on abundant eat ing as opposed to restrictive eating and explores what she calls the healthy trinity digestion balance and whole foods Adler guides and encourages readers to shift their diet to achieve this desirable balance introduces power foods we should all eat and provides healthy ways to lose weight along with simple recipes to optimize health With her personal story interwoven readers will be inspired to embrace the healthy power of food

**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

nutritionists is to bring population wide perspectives to the relationship between food and health Systematically drawing on international research in Public Health Nutrition leading international practitioners present both the theoretical underpinnings and applied nature of the field of public health nutrition The book is peer reviewed and divided into four sections Principles presents conceptual frameworks solutions responsibilities and outcome measures philosophical and evidential dimensions standards and dietary guidelines Populations explores groups for whom nutrition is especially relevant providing analysis of the food and health relationship from physiological social cultural political and economic perspectives Priorities examines key issues including vulnerable populations obesity indigenous nutrition international nutrition the nutritional transition food system trends and sustainability Practices covers professional skills for public health practitioners including monitoring the food and nutrition situation of populations physical activity research skills project management professional practice health promotion and communication policy and politics Public Health Nutrition is an essential resource for public health practitioners researchers and administrators as well as students of nutrition dietetics and public health wishing to obtain advanced and specialised competencies

## Decoding **Body Beast Nutrition Guide**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Body Beast Nutrition Guide**," a mesmerizing literary creation penned with a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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