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~~Diet Plan |~~

~~Insanity Workout~~

~~Diet Shaun T's~~

~~Insanity~~

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~~Shaun T's Weight~~

~~Loss Tips Quick~~

~~look at the~~

~~Insanity Max 30~~

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My Simple

Nutrition Diet

Plan For

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~~My Review Coach~~

~~Todd -~~

~~Calculating Your~~

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~~Nutrition!~~ Nutrition Guide

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Nutrition Plan

101 Beginners

Guide To Meal

Prep | Step By

Step Guide

Insanity Meal

Plan Review How

To Meal Prep For

The Entire Week

| Bodybuilding

Shredding Diet

Meal Plan

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Month 1 Review

What I Ate

During Insanity

~~60 Day Workout~~

~~Plan | Review |~~

~~Insanity Max 30~~

X-insanity sans

theme - the

insanity event.

Zac Smith -

Grocery Shopping

Essentials.

Beginners Guide

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To Meal Prep |

Low Carb Fat

Loss Diet ~~WEIGHT~~

~~LOSS MEAL PREP~~

~~FOR WOMEN (1~~

~~WEEK IN 1 HOUR)~~

Get *LEAN* \u0026

Build *MUSCLE*

Diet Plan | My

Weekly Meal Plan

\u0026 *Prep |*

Alpha M. Diet

VLOG Insanity

Nutrition Plan

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~~Review~~ *Insanity*

Nutrition made

Easy ~~Insanity~~

~~workout~~ — Get

~~nutrition guide~~

~~FREE~~ The Most

SIMPLE Insanity

MAX30 Nutrition

Plan - Is It TOO

Simple? A

Registered

Dietitian's

review of the

Insanity Max :30

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meal plan Nutrition Guide

Beach Body

Shredding Diet |

Meal By Meal |

Full Meal Plan

Insanity

Nutrition Guide:

Protein Pancakes

Shaun T and

Quick Meals

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Example: Nutrition Guide

Determining Your Calories 1) Plug in age, height, and weight into the equation $66 + (6.23 \times 195\text{lbs}) + (12.7 \times 71\text{''}) - (6.8 \times 35\text{years})$ $66 + (1215) + \dots$ 2)

Apply "activity level" So 2420 calories is his

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basal energy
expenditure,
that is, his
calorie needs
for ...

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*- What To Eat &
When To Eat It*

...

elite nutrition
meal i . an . an

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Swim Management

Software &

Mobile App for

Swim Meets ...

Insanity Meal

Plan & Diet

Insanity Elite

Nutrition Plan

Introduction.

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PDF As most

already know,

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the Insanity... Nutrition Guide

Getting Started
with the Plan.

Since each
individual has

different
caloric

requirements,
the Elite

Nutrition plan

does... Program

Assessment.

After ...

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Insanity Meal

Plan & Diet -

Lift Weight Eat

Food - Nutrition

Calculate your calories and how much you must

eat • For weight loss, subtract

500 calories per day from your

number in step 2

• For weight maintenance, do

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nothing, just Nutrition Guide

use the number
from step 2 •

For weight gain,
add 250 to 300
calories per day
to your number
from step 2

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requires from

1,500 to 2,500

calories a day,

depending on

your regular

calorie intake.

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Nutrition Guide

Once you calculate the calorie intake and you know what you need, you can make a food list.

First, check your fridge to see what you already have and don't have and then go to the market and buy

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Nutrition Guide

only what you
actually need.

*Insanity Elite
Nutrition Guide
Made Easy | The
Fit Club ...*

Insanity
Nutrition Plan -
Tracking Your
Macros The first
thing you need
to do is create
a free account

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with MyFitnessPa

l.com. Its easy
to use online
and they have an
app for both
iphone and
android so that
you can track
your food

WHEREVER you
are! The next
step is
understanding
how to break

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down your macros
into something
you can track.

*Calculating Your
Insanity*

*Nutrition Plan -
Precision ...*

Insanity workout
nutrition is an
important part
of the program
and may I
repeat, can be

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your own key in
Nutrition Guide

creating an
inspiring
Insanity success
story like what
I have now, one
year after I
bravely took
some risk. I
want to spread a
message of
inspiration so I
have listed down
an overview of

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what Insanity

workout

nutrition is all
about.

Insanity Workout

Nutrition -

GetFitToLive.com

Step 1:

Calculate our
calorie intake

Women: $BMR = 655$
 $+ (4.35 \times \text{weight}$
 $\text{in pounds}) +$

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(4.7 x height in

inches) - (4.7

x... Step 2:

Determine your
activity level.

Insanity

exercise factor
will be 1.55, We

don't count the
Cardio Recovery

workout... Step

3: So what we

have by now is

the amount of

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*Insanity
Nutrition Plan
and Calendar
Simplified /
Elite ...*

This Elite
Nutrition guide
is designed to
power your body
through the most
intense workouts
of your life.

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Nutrition Guide

When you're digging into this ultra-extreme fitness regimen, you can't go low-calorie or low-carb. You need to fuel your system with balanced and nutritious meals and snacks.

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ELITE NUTRITION

INSANITY Max 30

Nutrition Plan

Step 3 Simple

meals that work!

This is chicken,

carrots/tomatoes

, rice, and

peas. The

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Nutrition Plan

suggests that

you eat 5 meals

per day in Step

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#3 of the **Nutrition Guide**.

*INSANITY Max 30
Nutrition Plan -
Three Tips to
Succeed*

Insanity Meal
Plan -Insanity
Nutrition Guide
Month-1:The
Insanity Meal
Plan offers 10
different
options for each

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Nutrition Guide
of your 5 meals
and you can form
your own daily
or weekly
nutrition plan
based on these
meals/recipes
provided. Each
of the meals is
targeted for 300
calories and
then lists
options for
increasing that

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intake to 400 or
500 calories.

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The INSANITY
Elite Nutrition
Plan goes into
some detail
regarding the
benefits of
dietary protein,
carbohydrates,

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and fat. It does not, however, spend much time explaining its ratio: 40% protein, 40% carbohydrates, 20% fat. Again, these numbers are a baseline selected to work with a wide audience.

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possible. Your

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Reason.

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With Insanity, it's normal to increase your calories just to maintain as you may experience quick fat loss in a specific time during your 60 days. Each of Insanity's 5

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Meals per day in the Nutrition Guide comes with 10 options you can choose from. They recommend you choose one meal of the 10 for each meal.

*Lose Your
Insanity Elite
Nutrition Plan?*

1 2 3 4 5 6 7 8

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9 10 11 12 13 14

15 16 17 18 19

20 21 22 23 24

25 26 27 28 29

30 31 32 33 34

35 36 37 38 39

40 41 42 43 44

45 46 47 48 49

50 51 52 53 54

55 56

Insanity Workout

Calendar -

Insanity Fit

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Test Nutrition Guide

Beachbody On

Demand -

Streaming

Beachbody

Workouts Anytime

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Page 41/41