

Meal Plan For Insanity Max 30

Plan A

	Breakfast	Snack	Lunch	Snack	Dinner
Monday	Chocolate Shakeology 1/2 frozen banana Unsweetened Almond Milk, Water, Ice	Strawberries Greek Yogurt w/honey	Salad (2 cups spinach,kale, cucumber, tomato, peppers) 2 Hard Boiled Eggs 1 tsp EVOO, 1 Tbsp Red Wine Vinegar	Tropical Quinoa Unsweetened Coconut	Fish Tacos (Mediterranean Flounder, with spinach, peppers, pico on 2 corn shells, Avocado)
Tuesday	Chocolate Shakeology 1/2 frozen banana Unsweetened Almond Milk, Water, Ice, Mint Extract	Strawberries Greek Yogurt w/honey	Salad (2 cups spinach,kale, cucumber, tomato, peppers) 2 Hard Boiled Eggs 1 tsp EVOO, 1 Tbsp Red Wine Vinegar	Tropical Quinoa Unsweetened Coconut	Fish Tacos (Mediterranean Flounder, with spinach, peppers, pico on 2 corn shells, Avocado)
Wednesday	Cafe Latte Shakeology 1/2 frozen banana Unsweetened Almond Milk, Water, Ice	Apple Greek Yogurt w/honey	Avocado Veggie Burger on 2 slices Ezeikel Whole Grain Toast Spinach	Sunflower Seeds	Salad (2 cups spinach,kale, cucumber, tomato, peppers) 2 Hard Boiled Eggs 1 tsp EVOO, Lime Juice
Thursday	Chocolate Shakeology 1/2 frozen banana Unsweetened Almond Milk, Water, Ice	Apple Greek Yogurt w/honey	Avocado Veggie Burger on 2 slices Ezeikel Whole Grain Toast Spinach	Sunflower Seeds	Salad (2 cups spinach,kale, cucumber, tomato, peppers) 2 Hard Boiled Eggs 1 tsp EVOO, Lime Juice
Friday	Chocolate Shakeology 1/2 frozen banana Unsweetened Almond Milk, Water, Ice	2 Hard Boiled Eggs	Mexican bowl (guacamole, Brown Rice/Black Beans Peppers, Onion and Romaine)	Apple Greek Yogurt w/honey	Salmon salad with sunflower seeds and EVOO, lime juice
Saturday	Kale, onion, peppers cooked in chilli powder 2 Poached Eggs 1 Slice Ezeikel Toast	Overnight Oatmeal 2 tsp peanut butter Berries	Chocolate Shakeology Nice Cream Unsweetened Almond Milk, Water, Ice Almonds/Chia	Greek Yogurt w/honey	Salad (2 cups spinach,kale, cucumber, tomato, peppers) 2 Hard Boiled Eggs 1 tsp EVOO, Lime Juice
Sunday	Kale, onion, peppers cooked in chilli powder 2 Poached Eggs 1 Slice Ezeikel Toast	Overnight Oatmeal 2 tsp peanut butter Berries	Chocolate Shakeology Nice Cream Unsweetened Almond Milk, Water, Ice Almonds/Chia	Greek Yogurt w/honey	Salmon salad with sunflower seeds and EVOO, lime juice