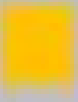
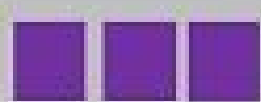
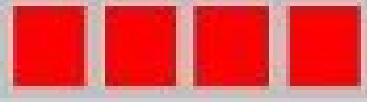


INSANITY MAX 30 DAILY FOOD CHART

Plan A (<150 pounds)

	3 Veggies
	2 Fruits
	4 Proteins
	2 Carbs
	1 Healthy Fat
	1 Seed and Dressing
	2 Oil/Nut Butters

Plan B (>150 pounds)

	3 Veggies
	2 Fruits
	4 Proteins
	3 Carbs
	1 Healthy Fat
	1 Seed and Dressing
	4 Oil/Nut Butters

My Daily Insanity Food For Thought

Jianjun Gao



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