

Body Beast Meal Plan and Workout Schedule

Week of May 15-21

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout	Bulk: Chest	Bulk: Legs	Bulk: Arms	Bulk Cardio + Abs	Bulk: Back	Bulk: Shoulders	Rest
Breakfast	Strawberry Shakeo + 1/2 banana + Power Greens (1 red, 1 purple, 1 green)	Strawberry Shakeo + 1/2 banana + Power Greens (1 red, 1 purple, 1 green)	Strawberry Shakeo + 1/2 banana + Power Greens (1 red, 1 purple, 1 green)	Strawberry Shakeo + 1/2 banana + Power Greens (1 red, 1 purple, 1 green)	Strawberry Shakeo + 1/2 banana + Power Greens (1 red, 1 purple, 1 green)	Strawberry Shakeo + 1/2 banana + Power Greens (1 red, 1 purple, 1 green)	Strawberry Shakeo + 1/2 banana + Power Greens (1 red, 1 purple, 1 green)
Snack	Greek Yogurt w/ Berries (1 red, 2 purple)	Greek Yogurt w/ Berries (1 red, 2 purple)	Greek Yogurt w/ Berries (1 red, 2 purple)	Greek Yogurt w/ Berries (1 red, 2 purple)	Greek Yogurt w/ Berries (1 red, 2 purple)	Apple + 2 hard boiled eggs (1 purple, 1 red)	Apple + 2 hard boiled eggs (1 purple, 1 red)
Lunch	Stirfry w/ rice & chicken (1 green, 2 red, 1 yellow)	Stirfry w/ rice & chicken (1 green, 2 red, 1 yellow)	Stirfry w/ rice & chicken (1 green, 2 red, 1 yellow)	Stirfry w/ rice & chicken (1 green, 2 red, 1 yellow)	Stirfry w/ rice & chicken (1 green, 2 red, 1 yellow)	Jalapeno turkey burgers w/ sweet potato fries (1 red, 1 green, 1 yellow, 1 blue)	Jalapeno turkey burgers w/ sweet potato fries (1 red, 1 green, 1 yellow, 1 blue)
Snack	Cucumbers and tomatos in oil & vinegar + sweet potato chips (1 green, 1 yellow, 2 tsp)	Cucumbers and tomatos in oil & vinegar + sweet potato chips (1 green, 1 yellow, 2 tsp)	Cucumbers and tomatos in oil & vinegar (1 green, 1 tsp)	Cucumbers and tomatos in oil & vinegar (1 green, 1 tsp)	Cucumbers and tomatos in oil & vinegar (1 green, 1 tsp)	Baby carrots + Yogurt Dip + Mango Bites (1 green, 1 red, 1 purple)	Baby carrots + Yogurt Dip + Mango Bites (1 green, 1 red, 1 purple)
Dinner	Zoodles w/ Shrimp Marinara Sauce (1 red, 2 green, 1 blue)	Zoodles w/ Shrimp Marinara Sauce (1 red, 2 green, 1 blue)	Jalapeno turkey burgers w/ sweet potato fries (1 red, 1 green, 1 yellow, 1 blue)	Jalapeno turkey burgers w/ sweet potato fries (1 red, 1 green, 1 yellow, 1 blue)	Going out for Sushi (yellow for drinks)	Going out for Greek (yellow for drinks)	Burrito Bowls (2 red, 1 green, 1 yellow)