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Lift Weight Eat Food -
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1) Plug in age, height,
and weight into the
equation. $66 + (6.23 \times$

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$$\begin{aligned} & 195\text{lbs}) + (12.7 \times \\ & 71) - (6.8 \times \\ & 35\text{years}) 66 + (1215) \\ & + (901) - (238) = \\ & 1944 \text{ calories. 2) } \end{aligned}$$

Apply “ activity level ” . So 2420 calories is his basal energy expenditure, that is, his calorie needs for weight maintenance if he were inactive.

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Nutrition Guide

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teach you how to eat
healthy, how to
balance your daily
intake of food and
how much you must
eat in order to survive
the heavy workouts.

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how to balance your
daily intake of food
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must eat in order to survive the heavy workouts. Even after the end of the 60-day training you can continue to use this guide to eating and live healthier and stronger.

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The Elite Nutrition

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plan is based around eating five meals per day. All meals should be around the same number of calories and spread out throughout the day. All meals listed in the plan consist of approximately 40% protein, 40% carbohydrates and 20% healthy fats. Although limiting

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carbs seems to be
popular lately, the
Insanity Elite
nutrition plan does
not recommend that
because carbs are key
to fueling the body
for demanding
workouts.

Insanity Meal Plan &
Diet - Lift Weight Eat
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your daily INSANITY

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workout. INSANITY
burns an average of
600 calories per day,
so: Maintenance
Caloric Needs + 600
calories = Insanitized
Caloric Needs Step 3
Finally, calculate your
Modified Caloric
Needs. Here, you ' ll
decide how much
you need to add or
subtract for your
personal goals. This

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final number will be
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The Insanity nutrition
plan is put together

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so that you can have the most energy and fat loss by portioning the macro-nutrients (proteins, carbs, fats) in the right time of your specific workout. As well, some people don't eat enough so the nutrition guide will make sure that you are reaching your required calories or

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Insanity Workout

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The average calories
burned in an Insanity
workout is 600

calories. Add this to
your Maintenance

Calories from step #1.

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2200 + 600 = 2800

calories per day.

NOTE: At this point,
you have calculated
how many calories
you need per day
while doing Insanity
to maintain your
current weight!

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is made for those
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