

# Insanity Workout Nutrition Guide: Part 2 Review

POSTED BY LORI HARDEN

So, we've covered the basics of the **Insanity** Workout Nutrition guide in my **Part 1 Review**, now let's take a look at the good stuff: the recipes! There are 50 total recipes available within the nutrition guide. I thought that I would share 2 from each section, for a total of 10 recipes.

## MEAL 1, RECIPE 1: BERRY PROTEIN SMOOTHIE

1-1/2 scoops protein powder  
1/2 cup fresh or frozen berries (your choice)  
1 cup skim, almond, rice, or soy milk and ice

Combine in blender until smooth.

Nutrition Breakdown: 306 calories, 36 grams protein, 36 grams carbohydrate, 3 grams fat, 3.5 grams fiber

## MEAL 1, RECIPE 2: VEGGIE OMELET

2 whole eggs  
2 egg whites  
Mushrooms and/or onions to taste  
1 slice whole-grain wheat toast  
1 tbsp. all-fruit preserves

In a non-stick skillet coated with cooking spray, make an egg omelet with 2 whole eggs plus 2 egg whites, sauteed mushrooms and/or onions, and serve with 1 slice of whole-grain wheat toast topped with 1 tbsp. of all-fruit preserves.

Nutrition Breakdown: 301 calories, 24 grams protein, 25 grams carbohydrate, 11 grams fat, 3 grams fiber

## MEAL 2, RECIPE 1: PROTEIN PANCAKE

1 whole egg  
2 egg whites  
1 scoop whey protein powder  
1/4 cup instant oatmeal

Combine ingredients with a few spoonfuls of water. Mix batter well, and then cook one large pancake on a non-stick skillet coated with cooking spray.

Nutrition Breakdown: 313 calories, 31 grams protein, 27 grams carbohydrate, 8 grams fat, 5 grams fiber

## MEAL 2, RECIPE 2: TURKEY BLT

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**TD Snyder**



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