

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Meal plan Week of July 1st							
Workout	Beast chest	Beast legs	Beast shoulders	T25 cardio	Beast Back	Beast arms	REST
Breakfast	½ c oatmeal, ¼ c almond milk, 1 tbsp flaxseed & wheat germ, ½ c blueberries, ½ scoop protein pwdr	½ c oatmeal, ¼ c almond milk, 1 tbsp flaxseed & wheat germ, ½ c blueberries, ½ scoop protein pwdr	½ c oatmeal, ¼ c almond milk, 1 tbsp flaxseed & wheat germ, ½ c blueberries, ½ scoop protein pwdr	½ c oatmeal, ¼ c almond milk, 1 tbsp flaxseed & wheat germ, ½ c blueberries, ½ scoop protein pwdr	½ c oatmeal, ¼ c almond milk, 1 tbsp flaxseed & wheat germ, ½ c blueberries, ½ scoop protein pwdr	½ c oatmeal, ¼ c almond milk, 1 tbsp flaxseed & wheat germ, ½ c blueberries, ½ scoop protein pwdr	½ c oatmeal, ¼ c almond milk, 1 tbsp flaxseed & wheat germ, ½ c blueberries, ½ scoop protein pwdr
Snack	Apple & 14 almonds	Apple & 14 almonds	Apple & 14 almonds	Apple & 14 almonds	Apple & 14 almonds	Apple & 14 almonds	Apple & 14 almonds
Lunch	Shakeology	Grilled chx salad, spinach, black beans, tom, red onion, Evoo & Balsamic Vinegar	Shakeology	Grilled chx salad, spinach, black beans, tom, red onion, Evoo & Balsamic Vinegar	Grilled chx salad, spinach, black beans, tom, red onion, Evoo & Balsamic Vinegar	Grilled chx salad, spinach, black beans, tom, red onion, Evoo & Balsamic Vinegar	Grilled chx salad, spinach, black beans, tom, red onion, Evoo & Balsamic Vinegar
Snack	½ c Greek yogurt, ½ c strawberries, drizzle of honey	Shakeology	½ c Greek yogurt, ½ c strawberries, drizzle of honey	Shakeology	Shakeology	Shakeology	Shakeology
Dinner	Chicken Kabobs w/ brown rice	Parmesan Pork chops, steamed broccoli	Balsamic Chicken & Mushrooms, roasted root veggies	Tomato Basil Turkey Cutlets, green beans, brown rice	Shrimp fajitas	Cauliflower pizza w/fresh salad	Grilled Chicken, roasted asparagus, sweet potato
Snack	Optional	Shakeology	veggies & hummus	Edamame	Optional	Optional	Optional

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Then you take a handful of those, and add a protein shake, and you'll be much further along than if you try to do it all by yourself. So I'm all about that, it's pretty easy for me. As for finding a personal chef or someone to help you, I found that the best way to do it was from the inside of your own home. So I wanted to make sure that I had the right people helping. My chef, my personal trainer, the nutritionist, the human resources representative, I wanted to make sure they were all one of my own. I also wanted to make sure that they were all on board. So, I needed to make sure that they all had a purpose that they weren't just

there because they were eating there. They had to have a reason, they had to have a purpose. In terms of my chef, I needed someone who knew how to prepare food in a unique way and was very fun to be around. That was number one. Number two, that they were very, very personable and very charismatic and people would want to be around them. But that they were very, very good at their job, and they were not going to cut corners. If you look at the celebrity chefs, they're there because they are very, very skilled and if they cut corners they will be the first ones to get caught and they will be the first ones to get fired. So, in terms of my chef, I looked for someone who could work in restaurants but they had a really great background in corporate America because they were always great with the customers, always had great attention to detail, and they were very, very organized. The trainer, I needed a trainer who knew me personally. I wanted someone who was going to understand how I wanted to be raised, the needs of a person like me. Someone who knew that I had an older brother with Down syndrome and someone who understood that. But, also, someone who would understand and give me a clear structure and someone who would be able to coach and teach me. Someone who knew how to work with personalities. Someone who would work with me and know how to work with people. I looked for someone who had lots of experience with special needs kids or with working with special needs kids. In terms of nutrition, I wanted to make sure that I was getting the right ingredients that would help

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