





























# FOOD TRACKERS

To help you make sure you're eating everything you're supposed to eat, here are a series of Food Trackers to get you through INSANITY MAX:30.

PLAN A (<150 pounds)							
DAILY FOOD CHART	VEG 	FRUIT 	PRTN 	CARB 	FAT 	S & D 	OIL 
	3	2	4	2	1	1	2

PLAN B (>150 pounds)							
DAILY FOOD CHART	VEG 	FRUIT 	PRTN 	CARB 	FAT 	S & D 	OIL 
	4	3	4	3	1	1	4

DAY:	VEG 	FRUIT 	PRTN 	CARB 	FAT 	S & D 	OIL 
MEAL 1							
MEAL 2							
MEAL 3							
MEAL 4							
MEAL 5							
TOTAL							
WATER							

DAY:	VEG 	FRUIT 	PRTN 	CARB 	FAT 	S & D 	OIL 
MEAL 1							
MEAL 2							
MEAL 3							
MEAL 4							
MEAL 5							
TOTAL							
WATER							