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Body Beast Bulk Phase Meal Plan - November 30, 2015							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout	Bulk Chest	Bulk Legs	Bulk Arms	Beast Cardio	Bulk Back	Run 2 miles & Hammer & Chisel	Rest
Breakfast	Shakeology w/ Spinach & Raspberries	Shakeology w/ Spinach & Raspberries	Shakeology w/ Spinach & Raspberries	Shakeology w/ Spinach & Almond Milk	Shakeology w/ Spinach & Almond Milk	Shakeology w/ Spinach & Almond Milk	Wheat English Muffin, eggs, PB
Snack	apple w PB	apple and 2 hard boiled eggs	apple w PB	2 hard boiled eggs & oranges	grapefruit & cottage cheese	orange w/ cashews	apple w/ cashews
Lunch	Ground chicken burger wrap, steamed broccoli	Grilled chix, carrots, apple, PB	grilled chicken, baked chips, steamed broccoli	tuna melt and veggies	Turkey sandwich and veggies	tuna melt, wheat bread, mozzarella cheese, spinach apple & cottage cheese, pumpkin seeds	Shakeology w/ Spinach & Almond Milk
Snack	grapefruit w cottage cheese	raw veggies & cheese	grapes and 2 hard boiled eggs	apple and PB	apple and PB		grapefruit & cottage cheese
Dinner	chicken fajitas	girls party!!!	Tuna and kale salad	turkey meatballs and spaghetti	homemade whole wheat pizzas	cheat meal	Chix, Spinach wrap raw veggies & hummus
Snack	egg whites	chocolate protien powder	egg whites	egg whites	dark chocolate	egg whites	chocolate protein powder

Rachel Mitchell- Team Take Heart

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