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1) Plug in age, height,
and weight into the
equation. $66 + (6.23 \times$
 $195\text{lbs}) + (12.7 \times 71)$
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 $(1215) + (901) - (238) =$
1944 calories. 2) Apply
“ activity level ” . So

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2420 calories is his basal energy expenditure, that is, his calorie needs for weight maintenance if he were inactive.

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Insanity Nutrition guide will 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. Even after the end of the 60-day training you can continue to use this guide to eating and live

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healthier and stronger.
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Insanity Wokrout meal
plan - Nutrition Guide
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The Elite Nutrition 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

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40% protein, 40% carbohydrates and 20% healthy fats. Although limiting 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 &
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your daily INSANITY
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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

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personal goals. This final
number will be your

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The Insanity nutrition
plan is put together so
that you can have the
most energy and fat loss
by portioning the macro-

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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 need to cut down.

Insanity Workout
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Insanity Nutrition Guide

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The average calories burned in an Insanity workout is 600 calories.

Add this to your Maintenance Calories from step #1. $2200 + 600 = 2800$ 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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