

# Insanity Elite Nutrition Guide

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**insanity nutrition guide | how to eat during** - The Insanity Elite Nutrition Guide has you eating 5 meals per day. The base for the program is 1500 calories with each meal coming in around 300 calories.

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**insanity meal plan & diet** - - The Insanity Elite Nutrition Plan is not a diet at all. It is a plan to teach you how to eat healthy for the time period you spend with Insanity and beyond.

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