

# Download Shaun T Nutrition Guide For Insanity

After completing the Insanity Program, Shaun T, Insanity's fitness trainer and creator, hopes that you continue to use Insanity's Elite Nutrition plan as a guide for what a balanced diet should look like and an overall healthier lifestyle. The main idea behind the Elite Nutrition Plan is that it is not a diet at all. We would like to show you a description here but the site won't allow us. Shaun T. Insanity Elite Nutrition Guide. Insanity is Shaun T's latest, cardio-based 60-day fitness program. Insanity promises to get you in the best shape of your life! That is, if you do the exercises for 60-days and follow the Insanity Elite Nutrition plan. The Insanity Elite Nutrition plan is part of the Insanity at-home fitness package –...The Insanity nutrition plan is layed out for you in simple terms. I really like how simple it is to follow. It's not as complex as the P90X nutrition guide. You simply eat 5 times per day and each meal is about 300 calories. Then you just add in 100 calorie blocks to get to the calorie count you need.