

THE 3 PHASES

Like the P90X exercise program, the P90X Nutrition Guideline is divided into 3 phases, calibrated to move from fast, efficient fat loss (Phase 1) to peak energy (Phase 2) to lasting success (Phase 3). The nutritional proportions change with each plan, so it's important to follow the instructions for your current plan.

The nutritional proportions for each of the 3 plans are as follows:

PHASE	GOAL	PROTEIN	CARBOHYDRATE	FAT
PHASE 1 FAT SHREDDER	Strengthen muscle and shed excess body fat	50%	30%	20%
PHASE 2 ENERGY BOOSTER	Maintain Phase 1 changes with additional energy for midstream performance	40%	40%	20%
PHASE 3 ENDURANCE MAXIMIZER	Support peak physical performance and satisfaction over the long term	20%	60%	20%

PHASE 1

FAT SHREDDER

Those who are reasonably fit and have more body fat can use this phase more easily than someone who is very fit and doesn't have a lot of excess body fat to lose. This stage is designed to cut down your body fat percentage, and as this happens, your available energy should also decrease. Therefore, Phase 1 should only be extended if you need to drop more fat and also feel like you have ample energy to push hard during your workouts. Conversely, this phase could be shortened by a week or two if your body fat is already low and you feel like you don't have the necessary energy to get the most out of your workouts.

PHASE 2

ENERGY BOOSTER

This is more of a well-rounded, long-term, sensible eating plan, and there shouldn't be too much trouble once you get here. This plan can also be used as long as you like if you're feeling great, have plenty of energy, and it seems like you're making overall progress.

PHASE 3

ENDURANCE MAXIMIZER

This plan should be earned. It's an athletic diet and you'll only need it if you are pushing your body to the limit, which you should be if you keep your promise to "Bring it." Of note is that Phase 3 should be tried at some point, even if you feel good in Phase 2. We've seen many people hesitate to move on to this more carb-heavy phase for fear that they'll gain weight, but surprise! They found that once they did, they had more energy, worked out even harder, and had better results. This is important to keep in mind. Athletes eat more carbs, and there is a reason that they do. We wouldn't put it in the plan if it weren't proven to improve results.

P90x Nutrition Guide Rapidshare

Emily Robert

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the author's name.

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My P90x Nutrition Plan ,2012 3 5 14 The website issue has now been resolved P90x Beachbody s extreme fitness program is hard enough without worrying about planning your meals using the P90x nutrition guide This handy meal plan with shopping lists for Phase 1 Level II removes the guesswork Provides variety and comfort foods uses common ingredients and leftovers and is designed for lunches at work Also includes cost saving tips for accomplishing P90x on a budget This 28 day plan Uses a good variety of recipes so you don t get bored Uses enough repetition so that you re not learning a new recipe for every meal Includes comfort foods and family friendly meals nothing weird or uber healthy tasting Cuts costs at every turn Re uses ingredients so you re not letting good food go bad Uses up leftovers With portable easier lunches that can be taken to work Thank you for your rave reviews and support Due to popular demand I m currently working on a Level II Phase 2 meal plan

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P90x Nutrition Guide Rapidshare Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**P90x Nutrition Guide Rapidshare**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we shall delve to the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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