

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 3 Phase Nutrition Guide

Liyong Dong

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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Table of Contents P90x 3 Phase Nutrition Guide

1. Understanding the eBook P90x 3 Phase Nutrition Guide
 - The Rise of Digital Reading P90x 3 Phase Nutrition Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying P90x 3 Phase Nutrition Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an P90x 3 Phase Nutrition Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from P90x 3 Phase Nutrition Guide
 - Personalized Recommendations
 - P90x 3 Phase Nutrition Guide User Reviews and Ratings
 - P90x 3 Phase Nutrition Guide and Bestseller Lists

5. Accessing P90x 3 Phase Nutrition Guide Free and Paid eBooks
 - P90x 3 Phase Nutrition Guide Public Domain eBooks
 - P90x 3 Phase Nutrition Guide eBook Subscription Services
 - P90x 3 Phase Nutrition Guide Budget-Friendly Options
6. Navigating P90x 3 Phase Nutrition Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - P90x 3 Phase Nutrition Guide Compatibility with Devices
 - P90x 3 Phase Nutrition Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of P90x 3 Phase Nutrition Guide
 - Highlighting and Note-Taking P90x 3 Phase Nutrition Guide
 - Interactive Elements P90x 3 Phase Nutrition Guide
8. Staying Engaged with P90x 3 Phase Nutrition Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers P90x 3 Phase Nutrition Guide
9. Balancing eBooks and Physical Books P90x 3 Phase Nutrition Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection P90x 3 Phase Nutrition Guide
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine P90x 3 Phase Nutrition Guide
 - Setting Reading Goals P90x 3 Phase Nutrition Guide
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of P90x 3 Phase Nutrition Guide
 - Fact-Checking eBook Content of P90x 3 Phase Nutrition Guide
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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