

P90X success than anything else. Deviating from the healthy, targeted nutrition plan outlined for you is NOT an option. One of the best ways to keep on track stay within the parameters of your nutrition level is to maintain a daily journal. What and how much you choose to write is up to you. Just be sure to indicate in some manner how successful you were for each specific day.

BREAKFAST	SNACK	LUNCH	SNACK	DINNER	COMMENTS	1 week
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2						_TU
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2						_WE
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2						_TH
2						_FR
2						
2						_SA
5						CII
2						_SU
2						2 week
BREAKFAST	SNACK	LUNCH	SNACK	DINNER	COMMENTS	Z) WEEK
5						_MO
2						_MO
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veek 3	COMMENTS	DDEAMEACE	CNIACK	LUNGU	CNIACK	
MO_	COMMENTS	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
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reek 4	COMMENTS	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
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WE_ TH_						
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WE_ TH_ FR_						
WE_ TH_ FR_						

BREAKFAST	SNACK	LUNCH	SNACK	DINNER	COMMENTS	5 week
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2						_MO
3						
						_TU
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9						_WE
7						_TH
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5						_SA
7						_SU
5						
3						1
BREAKFAST	SNACK	LUNCH	SNACK	DINNER	COMMENTS	6 week
5						_MO
5						
						_TU
						14/5
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week 7	COMMENTS		CALACIA		CNIACK	
	COMMENTS	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
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TU_						5
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WEEK 0	COMMENTS	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
MO_	COMMENTS	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
	COMMENTS	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
	COMMENTS	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
МО_	COMMENTS	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
MO_ TU_	COMMENTS	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
МО_	COMMENTS	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
MO_ TU_	COMMENTS	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
MO_ TU_	COMMENTS	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
MO_ TU_ WE_	COMMENTS	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
MO_ TU_ WE_	COMMENTS	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
MO_ TU_ WE_	COMMENTS	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
MO_ TU_ WE_ TH_ FR_	COMMENTS	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
MO_ TU_ WE_	COMMENTS	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
MO_ TU_ WE_ TH_ FR_	COMMENTS	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
MO_ TU_ WE_ TH_ FR_	COMMENTS	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
MO_ TU_ WE_ TH_ SA_	COMMENTS	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
MO_ TU_ WE_ TH_ SA_	DAILY JOUR		SNACK	LUNCH	SNACK	DINNER

BREAKFAST	CNACK	HINGH	CNIACK		COMMENTS	9 week
BREAKFASI	SNACK	LUNCH	SNACK	DINNER	COMMENTS	
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O.						_TH
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n n						_SU
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	CNIACK		CNIACI			10 week
BREAKFAST	SNACK	BUNCHESS	SNACK	DINNER	COMMENTS	
BREAKFAST	SNACK	LUNCH	SNACK	DINNER	COMMENTS	_MO
n n	SNACK	LUNCH	SNACK	DINNER	COMMENTS	_MO _TU
)	SNACK	LUNCH	SNACK	DINNER	COMMENTS	
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חחחחחח	SNACK	LUNCH	SNACK	DINNER	COMMENTS	_TU
ה ה ה ה	SNACK	LUNCH	SNACK	DINNER	COMMENTS	_TU _WE
חחחחחח	SNACK	LUNCH	SNACK	DINNER	COMMENTS	_TU _WE
ה ה ה ה ה ה ה ה	SNACK	LUNCH	SNACK	DINNER	COMMENTS	_TU _WE _TH
חחחחחחחח	SNACK	LUNCH	SNACK	DINNER	COMMENTS	_TU _WE _TH _FR
חחחחחחחחח	SNACK	LUNCH	SNACK	DINNER	COMMENTS	_TU _WE _TH _FR
חחחחחחחחח	SNACK	LUNCH	SNACK	DINNER	COMMENTS	_TU _WE _TH _FR _SA

week 11	COMMENTS	DDEAKEACT	CNACK	HINCH	CNIACV	DININED
MO_	COMMENTS	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
TU_						
WE_						
TH_						=
						=
FR_						
SA_						
SU_						
week 12						=
WEEK 12	COMMENTS	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
MO_						
TU_						
TU_ WE_						
WE_						
WE_						
WE_ TH_ FR_						
WE_ TH_						
WE_ TH_ FR_ SA_						
WE_ TH_ FR_						
WE_ TH_ FR_ SA_	DAILY JOUR	OLAI				

						13 week
BREAKFAST	SNACK	LUNCH	SNACK	DINNER.	COMMENTS	15 WEEK
2						_MO
<u> </u>						_TU
2						_WE
2						
						_TH
9						_FR
0						
2						_SA
5						_SU
5						
2						14 week
BREAKFAST	SNACK	LUNCH	SNACK	DINNER	COMMENTS	14 / Week
5						_MO
a						_TU
2						_WE
5						
5						_ТН
2						_FR
3						_SA
						_SU
3						
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week 15	COMMENTS	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
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TU_						
WE_						
TH_						
FR_						
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SU_						
week 16	COMMENTS	DEFAUEACT	CNIACV	LUNCH	CNIACK	DIMINED
MO_	COMMENTS	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
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TU_						
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WE_						
TH_						
FR_						
SA_						
SU_						
118	DAILY JOUR	NAL				