

# AX

## X-FACTOR MEAL PLAN

# WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	NOTE: PLEASE SEE "SUPPLEMENTAL GUIDE" TO ADAPT YOUR WORKOUT PLAN AND MEAL PLAN TO YOUR SPECIFIC SCHEDULE!						
BREAKFAST	7:00 AM Bowl of Oatmeal (add cinnamon + Walnuts) Skim Milk Scrambled Egg Whites High Grade Omega-3's	7:00 AM Whole Wheat English Muffin w/ jelly High Grade Omega-3's Protein Shake (skim milk and 1 scoop X-LR8 or whey powder)	7:00 AM 5 Egg White /1 Whole Egg Omelet (made with onions, peppers, mushrooms and salsa) High Grade Omega-3's Whole Wheat Toast	7:00 AM Whole Wheat Waffles w/ fresh blueberries and fat free Cool Whip Protein Shake (skim milk and 1 scoop X-LR8 or whey powder) High Grade Omega-3's	7:00 AM Bowl of Oatmeal (add cinnamon + Walnuts) Skim Milk Scrambled Egg Whites High Grade Omega-3's	8:00 AM Whole Wheat Toast Egg White Souffle (5 egg whites mixed in a glass bowl microwaved on high for 4 minutes) High Grade Omega-3's	8:00 AM Bowl of Kashi Go Lean w/ Skim Milk Scrambled Egg Whites w/Salsa High Grade Omega-3's
SNACK 1	9:30 AM Protein Bar (suggestions include EAS carb sense, Pure Protein, or 2:1 Protein Bars) Bottle of Water	9:30 AM 1/2 Peanut Butter sandwich on Whole Wheat Bread Bottle of Water	9:30 AM 1% Cottage Cheese Ripe Banana Bottle of Water	9:30 AM 1/2 Peanut Butter sandwich on Whole Wheat Bread Bottle of Water	9:30 AM Protein Bar (suggestions include EAS carb sense, Pure Protein, or 2:1 Protein Bars) Bottle of Water	10:30 AM 1/2 Peanut Butter sandwich on whole wheat bread Bottle of Water	10:30 AM Bag of Homemade Trail Mix (coconut, almonds, Kashi Go Lean cereal, walnuts, sprinkle a few chocolate chips)
LUNCH	12:00 PM Grilled Chicken on a Whole Wheat Wrap with lettuce, tomato and salsa Bottle of Water	12:00 PM Canned Tuna in Water (mix with lemon juice and black pepper) add Fat Free Mayo put on Whole Wheat Bread with lettuce and tomato Bottle of Water	12:00 PM Turkey Burger with onions, lettuce, tomato, and Fat Free Swiss Cheese Fat Free Yogurt Bottle of Water	12:00 PM Grilled Chicken on a Whole Wheat Wrap with lettuce, tomato, and salsa Fat Free Yogurt Bottle of Water	12:00 PM Canned Tuna in Water (mix with lemon juice and black pepper) add Fat Free Mayo and put on Whole Wheat Bread Bottle of Water	1:00 PM Turkey Burger with onions, lettuce, tomato, and Fat Free Swiss Cheese Fat Free Yogurt Bottle of Water	1:00 PM Grilled Chicken on a Whole Wheat Wrap with Lettuce, Tomato, and Salsa Fat Free Yogurt Bottle of Water
SNACK 2	3:00 PM Plain Greek Yogurt with honey and almonds Bottle of Water	3:00 PM 1/2 Peanut Butter sandwich on Whole Wheat Bread Bottle of Water	3:00 PM Protein Bar (suggestions include EAS carb sense, Pure Protein, or 2:1 Protein Bars) Bottle of Water	3:00 PM 1/2 Peanut Butter sandwich on whole wheat bread Bottle of Water	3:00 PM Turkey or Beef Jerky Saltine Crackers Bottle of Water	4:00 PM 1/2 Peanut Butter sandwich on whole wheat bread Bottle of Water	4:00 PM Protein Bar (suggestions include EAS carb sense, Pure Protein, or 2:1 Protein Bars) Bottle of Water
DINNER	6:00 PM Grilled Ahi Tuna Steak Edamame Jasmine Rice Sautéed Broccoli Bottle of Water	6:00 PM Cajun Chicken Breast Cous Cous Baked Sweet Potato Mixed Grilled Veggies Bottle of Water	6:00 PM Grilled Ahi Tuna Steak Edamame Jasmine Rice Sautéed Broccoli Bottle of Water	6:00 PM Top Round or Grilled Sirloin Steak Baked Sweet Potato Grilled Asparagus Bottle of Water	6:00 PM Cajun Chicken Breast Cous Cous Sweet Potato Mixed Grilled Veggies Bottle of Water	6:30 PM Lemon Grilled Chicken Brown Rice Grilled Vegetable Mix Bottle of Water	6:30 PM Grilled Pork Chop Applesauce Grilled Portobello Mushrooms Baked Sweet Potato Bottle of Water
SNACK 3	9:00 PM RECONSTRUCTION OR 12 ounce glass of skim or 1% milk and a small banana or berries	9:00 PM RECONSTRUCTION OR No fat cottage cheese or ricotta cheese with cinnamon and a few crushed almonds	9:00 PM RECONSTRUCTION OR 1-2 pieces of Fat Free String Cheese and Grapes	9:00 PM RECONSTRUCTION OR Thinly sliced roasted turkey wrapped around a pickle with cayenne pepper	9:00 PM RECONSTRUCTION OR 12 ounce glass of skim or 1% milk and a small banana or berries	9:30 PM RECONSTRUCTION OR Air Popped Popcorn with Molly McButter Bottle of Water	9:30 PM RECONSTRUCTION OR Air Popped Popcorn with Cinnamon Sugar Bottle of Water
TIPS	THE "X" FACTOR TIP A good minimum daily water recommendation is one half your bodyweight in ounces. For example, 180 pound guy should drink 90 oz. or more	THE "X" FACTOR TIP Carbs are not the enemy! Don't treat them as such. In fact, they will help you power through your workouts for serious muscle gains!	THE "X" FACTOR TIP Frequent meals is crucial for steadying the metabolism and turning your body into a fat burning furnace	THE "X" FACTOR TIP Avoid the alcohol if possible. One night of heavy drinking is enough to erase the efforts of one week of intense weight training!	THE "X" FACTOR TIP Fats slow down digestion. Not a good idea to include them in your post workout meal, when quick absorption is key!	THE "X" FACTOR TIP All fruit is not created equal. Avoid dried fruit whenever you can have the fresh version. Dried fruits are loaded with sugars, calories, and unhealthy nitrates	THE "X" FACTOR TIP Ounce for ounce, almonds have by far the most protein of any of the nuts...by almost two times its nearest competitor!

COLOR CODES:

● PROTEIN

● STARCHY CARBS

● FIBROUS CARBS

● HEALTHY FATS

IF YOU WANT TO  
**LOOK LIKE AND ATHLETE**  
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# AX

## X-FACTOR MEAL PLAN

# WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	NOTE: PLEASE SEE "SUPPLEMENTAL GUIDE" TO ADAPT YOUR WORKOUT PLAN AND MEAL PLAN TO YOUR SPECIFIC SCHEDULE!						
BREAKFAST	7:00 AM Bowl of Kashi Heart To Heart Cereal w/ skim milk Fat Free Yogurt High Grade Omega-3's	7:00 AM Bowl of Oatmeal (add cinnamon + Walnuts) Skim Milk Scrambled Egg Whites High Grade Omega-3's	7:00 AM Breakfast Smoothie - Made with 2 cups of skim milk, 1/2 banana, fresh strawberries and 1 scoop X-LR8 or Vanilla Greek Yogurt High Grade Omega-3's	7:00 AM Whole Wheat Waffles w/ applesauce and High Grade Omega-3's Protein Shake (skim milk and 1 scoop X-LR8 or whey powder)	7:00 AM Whole Wheat Toast Egg White Souffle (5 egg whites mixed in a glass bowl and microwaved on high for 4 minutes) High Grade Omega-3's	8:00 AM Turkey Bacon Whole Wheat Toast Scrambled Egg Whites w/ Salsa Skim Milk High Grade Omega-3's	8:00 AM Bowl of Oatmeal (add cinnamon + Walnuts) Skim Milk Scrambled Egg Whites High Grade Omega-3's
SNACK 1	9:30 AM 25-30 Grapes Low Fat Mozzarella String Cheese Bottle of Water	9:30 AM Protein Bar (suggestions include EAS carb sense, Pure Protein or 2:1 Protein Bars) Bottle of Water	9:30 AM Almonds and Apricots (mix about 10 dried apricots with 20-25 almonds in a bag) Bottle of Water	9:30 AM Protein Bar (suggestions include EAS carb sense, Pure Protein or 2:1 Protein Bars) Bottle of Water	9:30 AM Plain Greek Yogurt with honey and almonds Apple Bottle of Water	10:30 AM Protein Bar (suggestions include EAS carb sense, Pure Protein or 2:1 Protein Bars) Bottle of Water	10:30 AM Protein Bar (suggestions include EAS carb sense, Pure Protein or 2:1 Protein Bars) Bottle of Water
LUNCH	12:00 PM Turkey Burger with onions, lettuce, tomato, and Fat Free Swiss Cheese Fat Free Yogurt Bottle of Water	12:00 PM Grilled Chicken on a Whole Wheat Wrap with onions and BBQ Sauce Fat Free Yogurt Bottle of Water	12:00 PM Mixed Green Salad with Grilled Salmon, lemon, and black pepper Bottle of Water	12:00 PM Tuna Fish Salad (made with fat free mayo) on Whole Wheat Bread, Lettuce, Tomato, Onion Bottle of Water	12:00 PM Sashimi Lunch over Brown Rice Edamame Light Soy Sauce Bottle of Water	1:00 PM Grilled Chicken on a Whole Wheat Wrap with onions and BBQ Sauce Fat Free Yogurt Bottle of Water	1:00 PM Roasted Turkey Breast (leftovers from dinner) on whole wheat bread with cranberry sauce, lettuce, black pepper, and slivered almonds
SNACK 2	3:00 PM Protein Bar (suggestions include EAS carb sense, Pure Protein or 2:1 Protein Bars) Bottle of Water	3:00 PM 1% Cottage Cheese 1 ripe banana Bottle of Water	3:00 PM Protein Bar (suggestions include EAS carb sense, Pure Protein or 2:1 Protein Bars) Bottle of Water	3:00 PM Peanut Butter Sliced Green Apple Bottle of Water	3:00 PM Protein Bar (suggestions include EAS carb sense, Pure Protein or 2:1 Protein Bars) Bottle of Water	4:00 PM Turkey or Beef Jerky Saltine Crackers Bottle of Water	4:00 PM Plain Greek Yogurt with honey and almonds Bottle of Water
DINNER	6:00 PM Grilled Salmon Steak (w/ teriyaki drizzle) Brown Rice Sauteed Broccoli Bottle of Water	6:00 PM Top Round or Grilled Sirloin Steak Baked Sweet Potato Grilled Asparagus Bottle of Water	6:00 PM Grilled Salmon Steak (w/ teriyaki drizzle) Brown Rice Sauteed Broccoli Bottle of Water	6:00 PM Turkey Burger Whole Wheat Bun A-1 Steak Sauce Baked "Sweet Potato" Fries Bottle of Water	6:00 PM Cajun Chicken Breast Cous Cous Sweet Potato Mixed Grilled Veggies Bottle of Water	6:30 PM Roasted Turkey Breast Sweet Potato Mash Cranberry Sauce Grilled Zucchini Bottle of Water	6:30 PM Grilled Pork Chop Applesauce Grilled Portabella Mushrooms Baked Sweet Potato Bottle of Water
SNACK 3	9:00 PM RECONSTRUCTION OR 1% Cottage Cheese Fresh Strawberries Bottle of Water	9:00 PM RECONSTRUCTION OR Greek Yogurt Handfuls of Crushed almonds	9:00 PM RECONSTRUCTION OR Beef Jerky or Turkey Jerky Bottle of Water	9:00 PM RECONSTRUCTION OR Small Bowl of Kashi Go Lean (or other high protein cereal) in nonfat/skim milk	9:00 PM RECONSTRUCTION OR 1% Cottage Cheese Fresh Strawberries Bottle of Water	9:30 PM RECONSTRUCTION OR Air Popped Popcorn with Ranch Powder Bottle of Water	9:30 PM RECONSTRUCTION OR Air Popped Popcorn with Cajun Spices Bottle of Water
TIPS	THE "X" FACTOR TIP Chestnuts are the only low-fat nut, with just one gram of fat and 70 calories per ounce	THE "X" FACTOR TIP Macadamia Nuts are the highest on the other hand, with 19 grams of fat and 199 calories per ounce!	THE "X" FACTOR TIP Pears are the least likely fruit to cause an allergy! Most babies start with pears for just this reason. At just 100 calories...it's ideal for you as well	THE "X" FACTOR TIP If you must, the Miller Genuine Draft Lite (MGD 64) is the lowest calorie, best tasting beer rated in a recent survey of beer drinkers	THE "X" FACTOR TIP Are you or your children gamers? If so, take advantage of the Wii Boxing's ability to burn 110 calories every 15 minutes!	THE "X" FACTOR TIP It is recommended that you keep your daily sodium intake under 2300 mg. How much is that? Just 1 teaspoon!	THE "X" FACTOR TIP A measly serving of large French Fries from McDonalds will cost you 570 calories and 30 grams of saturated fat!

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## X-FACTOR MEAL PLAN

# WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	NOTE: PLEASE SEE "SUPPLEMENTAL GUIDE" TO ADAPT YOUR WORKOUT PLAN AND MEAL PLAN TO YOUR SPECIFIC SCHEDULE!						
BREAKFAST	7:00 AM Bowl of Oatmeal w/1 scoop X-LR8 or Whey Protein Powder High Grade Omega-3's Skim Milk	7:00 AM Breakfast Smoothie - Made with 2 cups of skim milk, 1/2 banana, fresh strawberries, and 1 scoop X-LR8 or Vanilla Greek Yogurt High Grade Omega-3's	7:00 AM Health Valley Fat Free Granola Bar Banana Skim Milk High Grade Omega-3's	7:00 AM Turkey Bacon Whole Wheat Toast Scrambled Egg Whites w/Salsa Skim Milk High Grade Omega-3's	7:00 AM Scrambled Egg Whites Fat Free Mozzarella Salsa English Muffin Skim Milk High Grade Omega-3's	8:00 AM Whole Wheat Waffles Sugar Free Maple Syrup Pumpkin Butter Skim Milk High Grade Omega-3's	8:00 AM Bowl of Oatmeal (add cinnamon and walnuts) Skim Milk Scrambled Egg Whites with Salsa High Grade Omega-3's
SNACK 1	9:30 AM Plain Greek Yogurt with honey and almonds Bottle of Water	9:30 AM Protein Bar (suggestions include EAS carb sense, Pure Protein, or 2:1 Protein Bars) Bottle of Water	9:30 AM 1% Cottage Cheese Ripe Banana Bottle of Water	9:30 AM 1/2 Peanut Butter and Banana sandwich Whole Wheat Bread Bottle of Water	9:30 AM Bag of Homemade Trail Mix (coconut, almonds, Kashi Go Lean cereal, walnuts, sprinkle a few chocolate chips)	10:30 AM 25-30 Grapes Low Fat Mozzarella String Cheese Bottle of Water	10:30 AM Protein Bar (suggestions include EAS carb sense, Pure Protein, or 2:1 Protein Bars) Bottle of Water
LUNCH	12:00 PM Mixed Green Salad with Grilled Chicken, pineapple, and orange slices Bag of Pretzels Bottle of Water	12:00 PM Turkey Breast on a Whole Wheat Wrap with hot mustard and Fat Free Swiss Fat Free Yogurt Bottle of Water	12:00 PM Peanut Butter and Jelly Sandwich on Whole Wheat Bread Fat Free Yogurt Bottle of Water	12:00 PM Grilled Chicken on a Whole Wheat Wrap with Grilled Veggies Bag of Pretzels Bottle of Water	12:00 PM Mixed Green Salad with Grilled Chicken, pineapple, and orange slices Bag of Pretzels Bottle of Water	1:00 PM Tuna Fish Salad (made with fat-free mayo to prepare) on Whole Wheat pita w/craisins 1 Apple Bottle of Water	1:00 PM Grilled Chicken on a Whole Wheat Wrap with mango slices and black pepper Fat Free Yogurt Bottle of Water
SNACK 2	3:00 PM Protein Bar (suggestions include EAS carb sense, Pure Protein, or 2:1 Protein Bars) Bottle of Water	3:00 PM Turkey or Beef Jerky Saltine Crackers Bottle of Water	3:00 PM Protein Bar (suggestions include EAS carb sense, Pure Protein, or 2:1 Protein Bars) Bottle of Water	3:00 PM 1/2 Peanut Butter and Banana sandwich Whole Wheat Bread Bottle of Water	3:00 PM Bag of Homemade Trail Mix (coconut, almonds, Kashi Go Lean cereal, walnuts, sprinkle a few chocolate chips)	4:00 PM Protein Bar (suggestions include EAS carb sense, Pure Protein, or 2:1 Protein Bars) Bottle of Water	4:00 PM No fat cottage cheese or ricotta cheese with cinnamon and a few crushed almonds
DINNER	6:00 PM Grilled Halibut Steak (w/ squeezed lemon) Brown Rice Sauteed Spinach Bottle of Water	6:00 PM Grilled Pork Chop Applesauce Grilled Portabella mushrooms Baked Sweet Potato Bottle of Water	6:00 PM Fresh Pasta with Roasted Red Tomato Sauce, Broccoli and Grilled Oregano Chicken Bottle of Water	6:00 PM Grilled Sirloin Steak with garlic and A-1 steak sauce Baked Sweet Potato Sauteed Broccoli Bottle of Water	6:00 PM Grilled Chicken Breast w/ roasted apple/onion Cous Cous Sweet Potato Mixed Grilled Veggies Bottle of Water	6:30 PM Seared Ahi Tuna Steak with black peppercorns and wasabi (no mayo) Jasmine Rice Wilted Spinach Bottle of Water	6:30 PM Baked Chicken Breast Sweet Potato Fries (baked in the oven with coating of PAM) Mixed Grilled Veggies Bottle of Water
SNACK 3	9:00 PM RECONSTRUCTION OR 12 ounce glass of skim or 1% milk and a small banana or berries	9:00 PM RECONSTRUCTION OR No fat cottage cheese or ricotta cheese with cinnamon and a few crushed almonds	9:00 PM RECONSTRUCTION OR 1-2 pieces of Fat Free String Cheese and Grapes	9:00 PM RECONSTRUCTION OR Thinly sliced roasted turkey wrapped around a pickle with cayenne pepper	9:00 PM RECONSTRUCTION OR 12 ounce glass of skim or 1% milk and a small banana or berries	9:30 PM RECONSTRUCTION OR Air Popped Popcorn with drizzled honey Bottle of Water	9:30 PM RECONSTRUCTION OR Air Popped Popcorn with with Garlic powder and hot sauce Bottle of Water
TIPS	THE "X" FACTOR TIP Fast food restaurants use the colors yellow, red and orange, because those are the colors that stimulate the appetite the most	THE "X" FACTOR TIP Try to get 30-40 grams of fiber each day. Not only does it slow down food absorption (and therefore control blood sugar) but it will ramp up the metabolism	THE "X" FACTOR TIP Milk loses 80% of its riboflavin and other vitamins with just 30 minutes of light exposure! Buy your milk in the opaque plastic bottles	THE "X" FACTOR TIP There is three times as much caffeine in a cup of coffee as there is in one red bull! Clever marketing for red bull would have you believe otherwise	THE "X" FACTOR TIP Just a 3% decline in body hydration can cause a 10% decrease in strength and 8% decrease in speed!	THE "X" FACTOR TIP Yet another reason to eat whole food instead of processed. In the USA it costs 200 times more for a pound of potato chips than a pound of potatoes	THE "X" FACTOR TIP Don't worry about eating the dye on your Grade A meat. It's actually edible and made from grape skins!

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## X-FACTOR MEAL PLAN

# WEEK 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	NOTE: PLEASE SEE "SUPPLEMENTAL GUIDE" TO ADAPT YOUR WORKOUT PLAN AND MEAL PLAN TO YOUR SPECIFIC SCHEDULE!						
BREAKFAST	7:00 AM Oatmeal Power Shake (made with 12 ounces skim milk, 1/4 cup oats, banana, strawberries, and 1 scoop X-LR8 or plain yogurt) High Grade Omega-3's	7:00 AM Bowl of Kashi Heart to Heart w/ skim milk Scrambled Egg Whites w/salsa High Grade Omega-3's	7:00 AM Bowl of Oatmeal (add cinnamon + Walnuts) Skim Milk Scrambled Egg Whites w/hot sauce High Grade Omega-3's	7:00 AM Bowl of Kashi Go Lean w/ skim milk Scrambled Egg Whites w/salsa High Grade Omega-3's	7:00 AM English Muffin with Pumpkin Butter Protein Shake (skim milk, banana and 1 scoop X-LR8 or whey powder) High Grade Omega-3's	8:00 AM Whole Wheat French Toast (dipped in egg beaters) with sugar free maple syrup Glass of Skim Milk High Grade Omega-3's	8:00 AM Scrambled Egg Whites Turkey Bacon Whole Wheat Toast Glass of Skim Milk High Grade Omega-3's
SNACK 1	9:30 AM A bag of pretzels with spicy mustard Fat Free Yogurt Bottle of Water	9:30 AM Protein Bar (suggestions include EAS carb sense, Pure Protein, or 2:1 Protein Bars) Bottle of Water	9:30 AM Protein Bar (suggestions include EAS carb sense, Pure Protein, or 2:1 Protein Bars) Bottle of Water	9:30 AM Protein Bar (suggestions include EAS carb sense, Pure Protein, or 2:1 Protein Bars) Bottle of Water	9:30 AM Peanut Butter Sliced Green Apple Bottle of Water	10:30 AM Plain Greek Yogurt (Fage) with sliced peaches and almonds Bottle of Water	10:30 AM Walnuts and Apricots (mix about 10 dried apricots with 10-12 walnuts in a bag) Bottle of Water
LUNCH	12:00 PM Grilled Chicken on a Whole Wheat Wrap with spinach, sun-dried tomatoes and pepper Fat Free Yogurt Bottle of Water	12:00 PM Pasta Salad with citrus grilled chicken and low-fat vinaigrette Bottle of Water	12:00 PM Egg White and Pepper Omelet on a Whole Wheat Wrap with Fat Free Swiss Cheese Fat Free Yogurt Bottle of Water	12:00 PM Canned Tuna in Water (mix with lemon juice and black pepper) add Fat Free Mayo and put on Whole Wheat Bread Bottle of Water	12:00 PM Steak and Cheese Wrap (on a whole wheat wrap, slice up flank steak and grill with onions & peppers) add low fat mozzarella	1:00 PM Cajun Grilled Chicken on a Whole Wheat Wrap with lettuce, tomato, and salsa Bottle of Water	1:00 PM Peanut Butter and Jelly Sandwich on Whole Wheat Bread Pear Bottle of Water
SNACK 2	3:00 PM Protein Bar (suggestions include EAS carb sense, Pure Protein, or 2:1 Protein Bars) Bottle of Water	3:00 PM Turkey or Beef Jerky Saltine Crackers Bottle of Water	3:00 PM Peanut Butter Sliced Green Apple Bottle of Water	3:00 PM Plain Greek Yogurt with honey and almonds and Apple Bottle of Water	3:00 PM Protein Bar (suggestions include EAS carb sense, Pure Protein, or 2:1 Protein Bars) Bottle of Water	4:00 PM A couple of bunches of grapes with a wedge of Laughing Cow or Baby Ebel cheese Bottle of Water	4:00 PM A bag of pretzels with spicy mustard Fat Free Yogurt Bottle of Water
DINNER	6:00 PM Grilled Shrimp Angel Hair Pasta Garlic and Olive Oil Bottle of Water	6:00 PM Top Round or Grilled Sirloin Steak Baked Sweet Potato Grilled Asparagus Bottle of Water	6:00 PM Lemon Filet of Sole Wilted Garlic Spinach Brown Rice Bottle of Water	6:00 PM Grilled Pork Chops with BBQ sauce Beer cooked Sauerkraut Steamed Cabbage Bottle of Water	6:00 PM Chicken Parmesan Lite (made with grilled chicken and fat free mozzarella cheese) Black Beans and Rice Bottle of Water	6:30 PM Turkey Sausage with Red Peppers and Onions Baked Sweet Potato Bottle of Water	6:30 PM Chicken Cacciatore Lite (made with mushrooms, tomatoes, onions, peppers) Brown Rice Bottle of Water
SNACK 3	9:00 PM RECONSTRUCTION OR 1% Cottage Cheese Fresh Strawberries Bottle of Water	9:00 PM RECONSTRUCTION OR Greek Yogurt Handful of Crushed almonds	9:00 PM RECONSTRUCTION OR Beef Jerky or Turkey Jerky Bottle of Water	9:00 PM RECONSTRUCTION OR Small Bowl of Kashi Go Lean (or other high protein cereal) in nonfat/skim milk	9:00 PM RECONSTRUCTION OR 1% Cottage Cheese Fresh Strawberries Bottle of Water	9:30 PM RECONSTRUCTION OR Air Popped Popcorn with sprinkled Parmesan cheese Bottle of Water	9:30 PM RECONSTRUCTION OR Air Popped Popcorn with sprinkled sea salt Bottle of Water
TIPS	THE "X" FACTOR TIP Horseradish is a virtual calorie free way to add spice to your meal without the waist bloating effects of wasabi mayo	THE "X" FACTOR TIP If you drink caffeine within two hours of a meal you will drastically decrease your ability to absorb the iron in the meal you just ate!	THE "X" FACTOR TIP Most of today's "Protein Bars" have become glorified candy bars. Detour bars, Oh Yeah, and many others are cluprits to avoid.	THE "X" FACTOR TIP Think all sushi is healthy? Wrong. There are 300 calories and 11 grams of fat in a spicy tuna roll!	THE "X" FACTOR TIP Think the spicy tuna roll is bad? Don't even think about getting 'tempura' anything! There are 520 calories and 21 grams of fat in a shrimp tempura roll!	THE "X" FACTOR TIP Want to make this all worse? The average person consumes 2-3 rolls (12-18 pieces) when they go out for sushi!	THE "X" FACTOR TIP There is as much sugar in 2 glasses of orange juice as there is in one can of soda!

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# AX

## X-FACTOR MEAL PLAN

# WEEK 5

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	NOTE: PLEASE SEE "SUPPLEMENTAL GUIDE" TO ADAPT YOUR WORKOUT PLAN AND MEAL PLAN TO YOUR SPECIFIC SCHEDULE!						
BREAKFAST	7:00 AM Bowl of Oatmeal (add cinnamon + Walnuts) Skim Milk Scrambled Egg Whites High Grade Omega-3's	7:00 AM Whole Wheat English Muffin w/ jelly High Grade Omega-3's Protein Shake (skim milk and 1 scoop X-LR8 or whey powder)	7:00 AM 5 Egg White /1 Whole Egg Omelet (made with onions, peppers, mushrooms and salsa) High Grade Omega-3's Whole Wheat Toast	7:00 AM Whole Wheat Waffles w/ fresh blueberries and fat free Cool Whip Protein Shake (skim milk and 1 scoop X-LR8 or whey powder) High Grade Omega-3's	7:00 AM Bowl of Oatmeal (add cinnamon + Walnuts) Skim Milk Scrambled Egg Whites High Grade Omega-3's	8:00 AM Whole Wheat Toast Egg White Souffle (5 egg whites mixed in a glass bowl microwaved on high for 4 minutes) High Grade Omega-3's	8:00 AM Bowl of Kashi Go Lean w/ skim milk Scrambled Egg Whites w/salsa High Grade Omega-3's
SNACK 1	9:30 AM Turkey or Beef Jerky Saltine Crackers Bottle of Water	9:30 AM 1/2 Peanut Butter sandwich on Whole Wheat Bread Bottle of Water	9:30 AM 25-30 Grapes Low Fat Mozzarella String Cheese Bottle of Water	9:30 AM 1/2 Peanut Butter sandwich on Whole Wheat Bread Bottle of Water	9:30 AM Protein Bar (suggestions include EAS carb sense, Pure Protein, or 2:1 Protein Bars) Bottle of Water	10:30 AM 1/2 Peanut Butter sandwich on whole wheat bread Bottle of Water	10:30 AM Protein Bar (suggestions include EAS carb sense, Pure Protein, or 2:1 Protein Bars) Bottle of Water
LUNCH	12:00 PM Grilled Chicken on a Whole Wheat Wrap with lettuce, tomato, and salsa Fat Free Yogurt Bottle of Water	12:00 PM Canned Tuna in Water (mix with lemon juice and black pepper) add Fat Free Mayo put on Whole Wheat Bread Bottle of Water	12:00 PM Turkey Burger with onions, lettuce, tomato, and Fat Free Swiss Cheese Fat Free Yogurt Bottle of Water	12:00 PM Grilled Chicken on a Whole Wheat Wrap with lettuce, tomato, and salsa Fat Free Yogurt Bottle of Water	12:00 PM Canned Tuna in Water (mix with lemon juice and black pepper) add Fat Free Mayo and put on Whole Wheat Bread Bottle of Water	1:00 PM Turkey Burger with onions, lettuce, tomato, and Fat Free Swiss Cheese Fat Free Yogurt Bottle of Water	1:00 PM Grilled Chicken on a Whole Wheat Wrap with lettuce, tomato, and salsa Fat Free Yogurt Bottle of Water
SNACK 2	3:00 PM Protein Bar (suggestions include EAS carb sense, Pure Protein, or 2:1 Protein Bars) Bottle of Water	3:00 PM 1/2 Peanut Butter sandwich on Whole Wheat Bread Bottle of Water	3:00 PM Protein Bar (suggestions include EAS carb sense, Pure Protein, or 2:1 Protein Bars) Bottle of Water	3:00 PM 1/2 Peanut Butter sandwich on whole wheat bread Bottle of Water	3:00 PM 1% Cottage Cheese Ripe Banana Bottle of Water	4:00 PM 1/2 Peanut Butter sandwich on whole wheat bread Bottle of Water	4:00 PM No Fat Cottage Cheese or Ricotta Cheese with cinnamon and a few crushed almonds
DINNER	6:00 PM Grilled Ahi Tuna Steak Edamame Jasmine Rice Sautéed Broccoli Bottle of Water	6:00 PM Cajun Chicken Breast Cous Cous Baked Sweet Potato Mixed Grilled Veggies Bottle of Water	6:00 PM Grilled Ahi Tuna Steak Edamame Jasmine Rice Sautéed Broccoli Bottle of Water	6:00 PM Top Round or Grilled Sirloin Steak Baked Sweet Potato Grilled Asparagus Bottle of Water	6:00 PM Cajun Chicken Breast Cous Cous Sweet Potato Mixed Grilled Veggies Bottle of Water	6:30 PM Lemon Grilled Chicken Brown Rice Grilled Vegetable Mix Bottle of Water	6:30 PM Grilled Pork Chop Applesauce Grilled Portabella Mushrooms Baked Sweet Potato Bottle of Water
SNACK 3	9:00 PM RECONSTRUCTION OR 12 ounce glass of skim or 1% milk and a small banana or berries	9:00 PM RECONSTRUCTION OR No fat cottage cheese or ricotta cheese with cinnamon and a few crushed almonds	9:00 PM RECONSTRUCTION OR 1-2 pieces of Fat Free String Cheese and Grapes	9:00 PM RECONSTRUCTION OR Thinly sliced roasted turkey wrapped around a pickle with cayenne pepper	9:00 PM RECONSTRUCTION OR 12 ounce glass of skim or 1% milk and a small banana or berries	9:30 PM RECONSTRUCTION OR Air Popped Popcorn with Molly McButter Bottle of Water	9:30 PM RECONSTRUCTION OR Air Popped Popcorn with Cinnamon Sugar Bottle of Water
TIPS	THE "X" FACTOR TIP If you get indigestion don't take an antacid. You can neutralize the acids with some raw vegetables (like carrots) without the side effects	THE "X" FACTOR TIP Add the spicy stuff freely! Did you know that tabasco, chili powder, hot sauces, etc. all increase the metabolism as they crank up body temp?	THE "X" FACTOR TIP Omega 3's are essential to a healthy diet and joints. 1-2 grams a day of a high concentration EPA/DHA (1200 mg is best) is vital	THE "X" FACTOR TIP Clams are extremely high in Vitamin-B12! With none of the cholesterol of shrimp, these shellfish are nutritional powerhouses!	THE "X" FACTOR TIP Egg whites cook great in a microwave! Put 5 in a glass bowl, mix with spices and salsa and microwave on high for 4 minutes!	THE "X" FACTOR TIP Pop your popcorn with just 1/4 tbsp of olive oil to prevent sticking (only 30 calories) and then mix with your spices or sweeteners!	THE "X" FACTOR TIP Meal replacement drinks are best taken within 1 hour after your workout. Take the Progradestrength Lean during this time for max benefits!

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● HEALTHY FATS

IF YOU WANT TO  
**LOOK LIKE AND ATHLETE**  
YOU'VE GOT TO  
**TRAIN LIKE AN ATHLETE**

# AX

## X-FACTOR MEAL PLAN

# WEEK 6

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	NOTE: PLEASE SEE "SUPPLEMENTAL GUIDE" TO ADAPT YOUR WORKOUT PLAN AND MEAL PLAN TO YOUR SPECIFIC SCHEDULE!						
BREAKFAST	7:00 AM Bowl of Kashi Heart To Heart Cereal w/ skim milk High Grade Omega-3's Fat Free Yogurt	7:00 AM Bowl of Oatmeal (add cinnamon + Walnuts) Skim Milk Scrambled Egg Whites with salsa High Grade Omega-3's	7:00 AM Breakfast Smoothie - Made with 2 cups of skim milk, 1/2 banana, fresh strawberries and 1 scoop X-LR8 or Vanilla Greek Yogurt High Grade Omega-3's	7:00 AM Whole Wheat Waffles w/ applesauce and High Grade Omega-3's Protein Shake (skim milk and 1 scoop X-LR8 or whey powder)	7:00 AM Whole Wheat Toast Egg White Souffle (5 egg whites mixed in a glass bowl and microwaved on high for 4 minutes) High Grade Omega-3's	8:00 AM Turkey Bacon Whole Wheat Toast Scrambled Egg Whites w/ Salsa Skim Milk High Grade Omega-3's	8:00 AM Bowl of Oatmeal (add cinnamon + Walnuts) Skim Milk Scrambled Egg Whites High Grade Omega-3's
SNACK 1	9:30 AM 25-30 Grapes Low Fat Mozzarella String Cheese Bottle of Water	9:30 AM Protein Bar (suggestions include EAS carb sense, Pure Protein or 2:1 Protein Bars) Bottle of Water	9:30 AM Almonds and Apricots (mix about 10 dried apricots with 20-25 almonds in a bag) Bottle of Water	9:30 AM Protein Bar (suggestions include EAS carb sense, Pure Protein or 2:1 Protein Bars) Bottle of Water	9:30 AM Plain Greek Yogurt with honey and almonds Apple Bottle of Water	10:30 AM Protein Bar (suggestions include EAS carb sense, Pure Protein or 2:1 Protein Bars) Bottle of Water	10:30 AM Protein Bar (suggestions include EAS carb sense, Pure Protein or 2:1 Protein Bars) Bottle of Water
LUNCH	12:00 PM Turkey Burger with onions, lettuce, tomato, and Fat Free Swiss Cheese Fat Free Yogurt Bottle of Water	12:00 PM Grilled Chicken on a Whole Wheat Wrap with onions and BBQ Sauce Fat Free Yogurt Bottle of Water	12:00 PM Mixed Green Salad with Grilled Salmon, lemon, and black pepper Bottle of Water	12:00 PM Tuna Fish Salad (made with fat free mayo) on Whole Wheat Bread, Lettuce, Tomato, Onion Bottle of Water	12:00 PM Sashimi Lunch over Brown Rice Edamame Light Soy Sauce Bottle of Water	1:00 PM Grilled Chicken on a Whole Wheat Wrap with onions and BBQ Sauce Fat Free Yogurt Bottle of Water	1:00 PM Roasted Turkey Breast (leftovers from dinner) on whole wheat bread with cranberry sauce, lettuce, black pepper, and slivered almonds
SNACK 2	3:00 PM Protein Bar (suggestions include EAS carb sense, Pure Protein or 2:1 Protein Bars) Bottle of Water	3:00 PM 1% Cottage Cheese 1 ripe banana Bottle of Water	3:00 PM Protein Bar (suggestions include EAS carb sense, Pure Protein or 2:1 Protein Bars) Bottle of Water	3:00 PM Peanut Butter Sliced Green Apple Bottle of Water	3:00 PM Protein Bar (suggestions include EAS carb sense, Pure Protein or 2:1 Protein Bars) Bottle of Water	4:00 PM Turkey or Beef Jerky Saltine Crackers Bottle of Water	4:00 PM Plain Greek Yogurt with honey and almonds Bottle of Water
DINNER	6:00 PM Grilled Salmon Steak (w/ teriyaki drizzle) Brown Rice Sauteed Broccoli Bottle of Water	6:00 PM Top Round or Grilled Sirloin Steak Baked Sweet Potato Grilled Asparagus Bottle of Water	6:00 PM Grilled Salmon Steak (w/ teriyaki drizzle) Brown Rice Sauteed Broccoli Bottle of Water	6:00 PM Turkey Burger Whole Wheat Bun A-1 Steak Sauce Baked "Sweet Potato" Fries Bottle of Water	6:00 PM Cajun Chicken Breast Cous Cous Sweet Potato Mixed Grilled Veggies Bottle of Water	6:30 PM Roasted Turkey Breast Sweet Potato Mash Cranberry Sauce Grilled Zucchini Bottle of Water	6:30 PM Grilled Pork Chop Applesauce Grilled Portabella Mushrooms Baked Sweet Potato Bottle of Water
SNACK 3	9:00 PM RECONSTRUCTION OR 1% Cottage Cheese Fresh Strawberries Bottle of Water	9:00 PM RECONSTRUCTION OR Greek Yogurt Handful of Crushed Almonds	9:00 PM RECONSTRUCTION OR Beef Jerky or Turkey Jerky Bottle of Water	9:00 PM RECONSTRUCTION OR Small Bowl of Kashi Go Lean (or other high protein cereal) in nonfat/skim milk	9:00 PM RECONSTRUCTION OR 1% Cottage Cheese Fresh Strawberries Bottle of Water	9:30 PM RECONSTRUCTION OR Air Popped Popcorn with Ranch Powder Bottle of Water	9:30 PM RECONSTRUCTION OR Air Popped Popcorn with Cajun Spices Bottle of Water
TIPS	THE "X" FACTOR TIP No need to be afraid of red meat if you're trying to get shredded. Sirloin Tips and Top Round have nearly the same amount of fat as chicken breast	THE "X" FACTOR TIP Always keep your favorite spices on hand. They are ultra convenient and add flavor in an instant without the need for fatty butter or sauces	THE "X" FACTOR TIP Having a recovery drink prior to bed sets the stage for optimal nutrient delivery when it's needed the most... at rest!	THE "X" FACTOR TIP Slice up a sweet potato into fry size pieces. Spray a baking sheet with PAM, add salt and pepper and bake at around 425°F for 10 minutes	THE "X" FACTOR TIP Go light on the "light" soy sauce. Even though it has half the sodium of regular soy sauce, it still has almost 400 mg per teaspoon!	THE "X" FACTOR TIP Things like Rice, Sweet Potato Mash, Cous Cous, etc. can be made in bulk on Sunday and used throughout the week	THE "X" FACTOR TIP Need to add flavor to your protein without butter or sauces? Use the outdoor grill to get that smoky flavor without the fat!

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# AX

## X-FACTOR MEAL PLAN

# WEEK 7

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	NOTE: PLEASE SEE "SUPPLEMENTAL GUIDE" TO ADAPT YOUR WORKOUT PLAN						AND MEAL PLAN TO YOUR SPECIFIC SCHEDULE!
BREAKFAST	7:00 AM Bowl of Oatmeal w/1 scoop X-LR8 or Whey Protein Powder High Grade Omega-3's Skim Milk	7:00 AM Breakfast Smoothie - Made with 2 cups of skim milk, 1/2 banana, fresh strawberries, and 1 scoop X-LR8 or Vanilla Greek Yogurt High Grade Omega-3's	7:00 AM Health Valley Fat Free Granola Bar Banana Skim Milk High Grade Omega-3's	7:00 AM Turkey Bacon Whole Wheat Toast Scrambled Egg Whites w/Salsa Skim Milk High Grade Omega-3's	7:00 AM Scrambled Egg Whites Fat Free Mozzarella Salsa English Muffin Skim Milk High Grade Omega-3's	8:00 AM Whole Wheat Waffles Sugar Free Maple Syrup Pumpkin Butter Skim Milk High Grade Omega-3's	8:00 AM Bowl of Oatmeal (add cinnamon and walnuts) Skim Milk Scrambled Egg Whites with Salsa High Grade Omega-3's
SNACK 1	9:30 AM Plain Greek Yogurt with honey and almonds Bottle of Water	9:30 AM Protein Bar (suggestions include EAS carb sense, Pure Protein, or 2:1 Protein Bars) Bottle of Water	9:30 AM 1% Cottage Cheese Ripe Banana Bottle of Water	9:30 AM 1/2 Peanut Butter and Banana sandwich Whole Wheat Bread Bottle of Water	9:30 AM Bag of Homemade Trail Mix (coconut, almonds, Kashi Go Lean cereal, walnuts, sprinkle a few chocolate chips)	10:30 AM 25-30 Grapes Low Fat Mozzarella String Cheese Bottle of Water	10:30 AM Protein Bar (suggestions include EAS carb sense, Pure Protein, or 2:1 Protein Bars) Bottle of Water
LUNCH	12:00 PM Mixed Green Salad with Grilled Chicken, pineapple, and orange slices Bag of Pretzels Bottle of Water	12:00 PM Turkey Breast on a Whole Wheat Wrap with hot mustard and Fat Free Swiss Fat Free Yogurt Bottle of Water	12:00 PM Peanut Butter and Jelly Sandwich on Whole Wheat Bread Fat Free Yogurt Bottle of Water	12:00 PM Grilled Chicken on a Whole Wheat Wrap with grilled veggies Bag of Pretzels Bottle of Water	12:00 PM Mixed Green Salad with Grilled Chicken, pineapple, and orange slices Bag of Pretzels Bottle of Water	1:00 PM Tuna Fish Salad (made with fat-free mayo to prepare) on Whole Wheat pita w/craisins 1 Apple Bottle of Water	1:00 PM Grilled Chicken on a Whole Wheat Wrap with mango slices and black pepper Fat Free Yogurt Bottle of Water
SNACK 2	3:00 PM Protein Bar (suggestions include EAS carb sense, Pure Protein, or 2:1 Protein Bars) Bottle of Water	3:00 PM Turkey or Beef Jerky Saltine Crackers Bottle of Water	3:00 PM Protein Bar (suggestions include EAS carb sense, Pure Protein, or 2:1 Protein Bars) Bottle of Water	3:00 PM 1/2 Peanut Butter and Banana sandwich Whole Wheat Bread Bottle of Water	3:00 PM Bag of Homemade Trail Mix (coconut, almonds, Kashi Go Lean cereal, walnuts, sprinkle a few chocolate chips)	4:00 PM Protein Bar (suggestions include EAS carb sense, Pure Protein, or 2:1 Protein Bars) Bottle of Water	4:00 PM No fat cottage cheese or ricotta cheese with cinnamon and a few crushed almonds
DINNER	6:00 PM Grilled Halibut Steak (w/ squeezed lemon) Brown Rice Sauteed Spinach Bottle of Water	6:00 PM Grilled Pork Chop Applesauce Grilled Portabella mushrooms Baked Sweet Potato Bottle of Water	6:00 PM Fresh Pasta with Roasted Red Tomato Sauce, Broccoli Rabe, and Grilled Oregano Chicken Bottle of Water	6:00 PM Grilled Sirloin Steak with garlic and A-1 steak sauce Baked Sweet Potato Sauteed broccoli Bottle of Water	6:00 PM Grilled Chicken Breast w/ roasted apple/onion Cous Cous Sweet Potato Mixed Grilled Veggies Bottle of Water	6:30 PM Seared Ahi Tuna Steak with black peppercorns and wasabi (no mayo) Jasmine Rice Wilted Spinach Bottle of Water	6:30 PM Baked Chicken Breast Sweet Potato Fries (baked in the oven with coating of PAM) Mixed Grilled Veggies Bottle of Water
SNACK 3	9:00 PM RECONSTRUCTION OR 12 ounce glass of skim or 1% milk and a small banana or berries	9:00 PM RECONSTRUCTION OR No fat cottage cheese or ricotta cheese with cinnamon and a few crushed almonds	9:00 PM RECONSTRUCTION OR 1-2 pieces of Fat Free string cheese and grapes	9:00 PM RECONSTRUCTION OR Thinly sliced roasted turkey wrapped around a pickle with cayenne pepper	9:00 PM RECONSTRUCTION OR 12 ounce glass of skim or 1% milk and a small banana or berries	9:30 PM RECONSTRUCTION OR Air Popped Popcorn with drizzled honey Bottle of Water	9:30 PM RECONSTRUCTION OR Air Popped Popcorn with with Garlic powder and hot sauce Bottle of Water
TIPS	THE "X" FACTOR TIP Temporarily tempted by a food you know you shouldn't eat? Remember all the hard work you've put into the gym and ask "is it worth it?"	THE "X" FACTOR TIP Survive in a social setting by carrying an open bottle of beer and sipping. Nobody will know whether it's your first or your sixth!	THE "X" FACTOR TIP Pasta is not the enemy in a fat loss diet! You just have to control the portions a bit. Occupy 1/3 of your plate with it and save room for protein and veggies	THE "X" FACTOR TIP Generally, most good whole wheat wraps have as many calories as just 1 piece of bread!	THE "X" FACTOR TIP Want to save a few extra calories during the day? Mix your shakes in water instead of skim milk. Add ice to prevent too thin a drink	THE "X" FACTOR TIP If you feel as if you're not recovering from your workouts quickly enough, supplement with 5 grams of L-Glutamine each day	THE "X" FACTOR TIP Forget the loading phase with creatine. Instead, take a steady 5 grams a day and reach full capacity in just 16 days without the side effects

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# AX

## X-FACTOR MEAL PLAN

# WEEK 8

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	NOTE: PLEASE SEE "SUPPLEMENTAL GUIDE" TO ADAPT YOUR WORKOUT PLAN AND MEAL PLAN TO YOUR SPECIFIC SCHEDULE!						
BREAKFAST	7:00 AM Oatmeal Power Shake (made with 12 ounces skim milk, 1/4 cup oats, banana, <b>strawberries</b> , and 1 scoop X-LR8 or plain yogurt) High Grade Omega-3's	7:00 AM Bowl of Kashi Heart to Heart w/ skim milk Scrambled Egg Whites w/salsa High Grade Omega-3's	7:00 AM Bowl of Oatmeal (add cinnamon + <b>Walnuts</b> ) Skim Milk Scrambled Egg Whites w/hot sauce High Grade Omega-3's	7:00 AM Bowl of Kashi Go Lean w/ skim milk Scrambled Egg Whites w/salsa High Grade Omega-3's	7:00 AM English Muffin with Pumpkin Butter Protein Shake (skim milk, banana and 1 scoop X-LR8 or whey powder) High Grade Omega-3's	8:00 AM Whole Wheat French Toast (dipped in egg beaters) with sugar free maple syrup Glass of Skim Milk High Grade Omega-3's	8:00 AM Scrambled Egg Whites Turkey Bacon Whole Wheat Toast Glass of Skim Milk High Grade Omega-3's
SNACK 1	9:30 AM A bag of pretzels with spicy mustard <b>Fat Free Yogurt</b> Bottle of Water	9:30 AM <b>Protein Bar</b> (suggestions include EAS carb sense, Pure Protein, or 2:1 Protein Bars) Bottle of Water	9:30 AM <b>Protein Bar</b> (suggestions include EAS carb sense, Pure Protein, or 2:1 Protein Bars) Bottle of Water	9:30 AM <b>Protein Bar</b> (suggestions include EAS carb sense, Pure Protein, or 2:1 Protein Bars) Bottle of Water	9:30 AM <b>Peanut Butter Sliced Green Apple</b> Bottle of Water	10:30 AM <b>Plain Greek Yogurt</b> with sliced <b>peaches</b> and <b>almonds</b> Bottle of Water	10:30 AM <b>Walnuts</b> and <b>Apricots</b> (mix about 10 dried apricots with 10-12 walnuts in a bag) Bottle of Water
LUNCH	12:00 PM <b>Grilled Chicken</b> on a Whole Wheat Wrap with <b>spinach</b> , <b>sun-dried tomatoes</b> and black pepper <b>Fat Free Yogurt</b> Bottle of Water	12:00 PM Pasta Salad with <b>citrus</b> <b>grilled chicken</b> and <b>low-fat vinaigrette</b> Bottle of Water	12:00 PM <b>Egg White</b> and <b>Pepper Omelet</b> on a Whole Wheat Wrap with <b>Fat Free Swiss Cheese</b> <b>Fat Free Yogurt</b> Bottle of Water	12:00 PM <b>Canned Tuna in Water</b> (mix with lemon juice and black pepper) add <b>Fat Free Mayo</b> and put on Whole Wheat Bread Bottle of Water	12:00 PM <b>Steak</b> and <b>Cheese Wrap</b> (on a whole wheat wrap, slice up flank steak and grill with <b>onions &amp; peppers</b> ) add <b>low fat mozzarella</b>	1:00 PM <b>Cajun Grilled Chicken</b> on a Whole Wheat Wrap with <b>lettuce</b> , <b>tomato</b> , and <b>salsa</b> Bottle of Water	1:00 PM <b>Peanut Butter</b> and <b>Jelly Sandwich</b> on Whole Wheat Bread <b>Pear</b> Bottle of Water
SNACK 2	3:00 PM <b>Protein Bar</b> (suggestions include EAS carb sense, Pure Protein, or 2:1 Protein Bars) Bottle of Water	3:00 PM <b>Turkey</b> or <b>Beef Jerky</b> Saltine Crackers Bottle of Water	3:00 PM A bag of pretzels with spicy mustard <b>Fat Free Yogurt</b> Bottle of Water	3:00 PM <b>Plain Greek Yogurt (Fage)</b> with honey and almonds and <b>apples</b> Bottle of Water	3:00 PM <b>Protein Bar</b> (suggestions include EAS carb sense, Pure Protein, or 2:1 Protein Bars) Bottle of Water	4:00 PM A couple of <b>bunches of grapes</b> with a <b>wedge of Laughing Cow</b> or <b>Baby Bel</b> <b>cheese</b> Bottle of Water	4:00 PM A bag of pretzels with spicy mustard <b>Fat Free Yogurt</b> Bottle of Water
DINNER	6:00 PM <b>Grilled Shrimp</b> Angel Hair Pasta <b>Garlic</b> and <b>Olive Oil</b> Bottle of Water	6:00 PM <b>Top Round</b> or <b>Grilled Sirloin Steak</b> <b>Baked Sweet Potato</b> <b>Grilled Asparagus</b> Bottle of Water	6:00 PM <b>Lemon Filet of Sole</b> <b>Wilted Garlic Spinach</b> <b>Brown Rice</b> Bottle of Water	6:00 PM <b>Grilled Pork Chops</b> with BBQ sauce <b>Beer</b> cooked <b>Sauerkraut</b> <b>Steamed Cabbage</b> Bottle of Water	6:00 PM <b>Chicken Parmesan Lite</b> (made with grilled chicken and fat free mozzarella cheese) <b>Black Beans</b> and <b>Rice</b> Bottle of Water	6:30 PM <b>Turkey Sausage</b> with <b>Red Peppers</b> and <b>Onions</b> <b>Baked Sweet Potato</b> Bottle of Water	6:30 PM <b>Chicken Cacciatore Lite</b> (made with <b>mushrooms</b> , <b>tomatoes</b> , <b>onions</b> , <b>peppers</b> ) <b>Brown Rice</b> Bottle of Water
SNACK 3	9:00 PM RECONSTRUCTION OR <b>1% Cottage Cheese</b> <b>Fresh Strawberries</b> Bottle of Water	9:00 PM RECONSTRUCTION OR <b>Greek Yogurt</b> Handful of Crushed <b>Almonds</b>	9:00 PM RECONSTRUCTION OR <b>Beef Jerky</b> or <b>Turkey Jerky</b> Bottle of Water	9:00 PM RECONSTRUCTION OR Small Bowl of Kashi Go Lean (or other high protein cereal) in nonfat/skim milk	9:00 PM RECONSTRUCTION OR <b>1% Cottage Cheese</b> <b>Fresh Strawberries</b> Bottle of Water	9:30 PM RECONSTRUCTION OR Air Popped Popcorn with sprinkled Parmesan cheese Bottle of Water	9:30 PM RECONSTRUCTION OR Air Popped Popcorn with sprinkled sea salt Bottle of Water
TIPS	THE "X" FACTOR TIP Put some grapes in the freezer for a quick, unique low calorie, nutrient-rich treat that you can use as a snack	THE "X" FACTOR TIP Coffee is basically calorie-free! Problem is...throw in the creamers and sugar and you just created a 200-300 calorie system shock	THE "X" FACTOR TIP If you're intimidated by the kitchen and how to cook your foods, don't be afraid to use the microwave. Most foods cook easily and still maintain taste!	THE "X" FACTOR TIP Save money and buy your staple foods at wholesale clubs like Costco or BJ's. You'll save hundreds of dollars a month!	THE "X" FACTOR TIP Craving something sweet and can't take it? Go for the frozen yogurt and splurge on your favorite topping! It won't destroy your fat loss efforts	THE "X" FACTOR TIP Look at the big picture. You are eating 42 meals a week. Make 35 or more of them perfect and you will see significant results!	THE "X" FACTOR TIP It takes just 21 days to overcome craving temptations. Maintain your will power for 3 weeks and your healthy eating will become second nature

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# AX

## X-FACTOR MEAL PLAN

# WEEK 9

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	NOTE: PLEASE SEE "SUPPLEMENTAL GUIDE" TO ADAPT YOUR WORKOUT PLAN AND MEAL PLAN TO YOUR SPECIFIC SCHEDULE!						
BREAKFAST	7:00 AM Bowl of Oatmeal (add cinnamon + Walnuts) Skim Milk Scrambled Egg Whites High Grade Omega-3's	7:00 AM Whole Wheat English Muffin w/ jelly High Grade Omega-3's Protein Shake (skim milk and 1 scoop X-LR8 or whey powder)	7:00 AM 5 Egg White /1 Whole Egg Omelet (made with onions, peppers, mushrooms and salsa) High Grade Omega-3's Whole Wheat Toast	7:00 AM Whole Wheat Waffles w/ fresh blueberries and fat free Cool Whip Protein Shake (skim milk and 1 scoop X-LR8 or whey powder) High Grade Omega-3's	7:00 AM Bowl of Oatmeal (add cinnamon + Walnuts) Skim Milk Scrambled Egg Whites High Grade Omega-3's	8:00 AM Whole Wheat Toast Egg White Souffle (5 egg whites mixed in a glass bowl microwaved on high for 4 minutes) High Grade Omega-3's	8:00 AM Bowl of Kashi Go Lean w/ skim milk Scrambled Egg Whites w/salsa High Grade Omega-3's
SNACK 1	9:30 AM Protein Bar (suggestions include EAS carb sense, Pure Protein, or 2:1 Protein Bars) Bottle of Water	9:30 AM 1/2 Peanut Butter sandwich on Whole Wheat Bread Bottle of Water	9:30 AM 1% Cottage Cheese Ripe Banana Bottle of Water	9:30 AM 1/2 Peanut Butter sandwich on Whole Wheat Bread Bottle of Water	9:30 AM Protein Bar (suggestions include EAS carb sense, Pure Protein, or 2:1 Protein Bars) Bottle of Water	10:30 AM 1/2 Peanut Butter sandwich on whole wheat bread Bottle of Water	10:30 AM Bag of Homemade Trail Mix (coconut, almonds, Kashi Go Lean cereal, walnuts, sprinkle a few chocolate chips)
LUNCH	12:00 PM Grilled Chicken on a Whole Wheat Wrap with lettuce, tomato and salsa Bottle of Water	12:00 PM Canned Tuna in Water (mix with lemon juice and black pepper) add Fat Free Mayo put on Whole Wheat Bread Bottle of Water	12:00 PM Turkey Burger with onions, lettuce, tomato, and Fat Free Swiss Cheese Fat Free Yogurt Bottle of Water	12:00 PM Grilled Chicken on a Whole Wheat Wrap with lettuce, tomato, and salsa Fat Free Yogurt Bottle of Water	12:00 PM Canned Tuna in Water (mix with lemon juice and black pepper) add Fat Free Mayo and put on Whole Wheat Bread Bottle of Water	1:00 PM Turkey Burger with onions, lettuce, tomato, and Fat Free Swiss Cheese Fat Free Yogurt Bottle of Water	1:00 PM Grilled Chicken on a Whole Wheat Wrap with lettuce, tomato, and salsa Fat Free Yogurt Bottle of Water
SNACK 2	3:00 PM Plain Greek Yogurt with honey and almonds Bottle of Water	3:00 PM 1/2 Peanut Butter sandwich on Whole Wheat Bread Bottle of Water	3:00 PM Protein Bar (suggestions include EAS carb sense, Pure Protein, or 2:1 Protein Bars) Bottle of Water	3:00 PM 1/2 Peanut Butter sandwich on whole wheat bread Bottle of Water	3:00 PM Turkey or Beef Jerky Saltine Crackers Bottle of Water	4:00 PM 1/2 Peanut Butter sandwich on whole wheat bread Bottle of Water	4:00 PM Protein Bar (suggestions include EAS carb sense, Pure Protein, or 2:1 Protein Bars) Bottle of Water
DINNER	6:00 PM Grilled Ahi Tuna Steak Edamame Jasmine Rice Sautéed Broccoli Bottle of Water	6:00 PM Cajun Chicken Breast Cous Cous Baked Sweet Potato Mixed Grilled Veggies Bottle of Water	6:00 PM Grilled Ahi Tuna Steak Edamame Jasmine Rice Sautéed Broccoli Bottle of Water	6:00 PM Top Round or Grilled Sirloin Steak Baked Sweet Potato Grilled Asparagus Bottle of Water	6:00 PM Cajun Chicken Breast Cous Cous Sweet Potato Mixed Grilled Veggies Bottle of Water	6:30 PM Lemon Grilled Chicken Brown Rice Grilled Vegetable Mix Bottle of Water	6:30 PM Grilled Pork Chop Applesauce Grilled Portabella Mushrooms Baked Sweet Potato Bottle of Water
SNACK 3	9:00 PM RECONSTRUCTION OR 12 ounce glass of skim or 1% milk and a small banana or berries	9:00 PM RECONSTRUCTION OR No fat cottage cheese or ricotta cheese with cinnamon and a few crushed almonds	9:00 PM RECONSTRUCTION OR 1-2 pieces of Fat Free String Cheese and Grapes	9:00 PM RECONSTRUCTION OR Thinly sliced roasted turkey wrapped around a pickle with cayenne pepper	9:00 PM RECONSTRUCTION OR 12 ounce glass of skim or 1% milk and a small banana or berries	9:30 PM RECONSTRUCTION OR Air Popped Popcorn with Molly McButter Bottle of Water	9:30 PM RECONSTRUCTION OR Air Popped Popcorn with Cinnamon Sugar Bottle of Water
TIPS	THE "X" FACTOR TIP Want to simplify your nutrition approach? Aim to lower saturated fats and simple sugars! This combo will result in fat loss and muscle growth	THE "X" FACTOR TIP Chewing gum is one of the best ways to get yourself from one meal to the next without munching on unnecessary calories in-between	THE "X" FACTOR TIP Remember to eat every 2 1/2 to 3 hours from the time you wake up until you go to bed to keep your metabolism burning all day long	THE "X" FACTOR TIP Stuck at a Chinese restaurant and not sure what to eat? Go with the brown sauces on your chicken or shrimp. They have far less calories and fat	THE "X" FACTOR TIP Stuck at an Italian restaurant and not sure what to eat? Red sauces (marinara is best) should be the choice every time!	THE "X" FACTOR TIP Don't make hard candies a habit. Just two a day for a year will result in a 7 pound weight gain!	THE "X" FACTOR TIP Guys love soup and the convenience of canned soup, but watch out for the sodium. Most will bloat you like a blimp with their salt sabotage!

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# AX

## X-FACTOR MEAL PLAN

# WEEK 10

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	NOTE: PLEASE SEE "SUPPLEMENTAL GUIDE" TO ADAPT YOUR WORKOUT PLAN AND MEAL PLAN TO YOUR SPECIFIC SCHEDULE!						
BREAKFAST	7:00 AM Bowl of Kashi Heart To Heart Cereal w/ skim milk High Grade Omega-3's Fat Free Yogurt	7:00 AM Bowl of Oatmeal (add cinnamon + Walnuts) Skim Milk Scrambled Egg Whites High Grade Omega-3's	7:00 AM Breakfast Smoothie - Made with 2 cups of skim milk, 1/2 banana, fresh strawberries and 1 scoop X-LR8 or Vanilla Greek Yogurt High Grade Omega-3's	7:00 AM Whole Wheat Waffles w/ applesauce High Grade Omega-3's Protein Shake (skim milk and 1 scoop X-LR8 or whey powder)	7:00 AM Whole Wheat Toast Egg White Souffle (5 egg whites mixed in a glass bowl and microwaved on high for 4 minutes) High Grade Omega-3's	8:00 AM Turkey Bacon Whole Wheat Toast Scrambled Egg Whites w/ Salsa Skim Milk High Grade Omega-3's	8:00 AM Bowl of Oatmeal (add cinnamon + Walnuts) Skim Milk Scrambled Egg Whites High Grade Omega-3's
SNACK 1	9:30 AM 25-30 Grapes Low Fat Mozzarella String Cheese Bottle of Water	9:30 AM Protein Bar (suggestions include EAS carb sense, Pure Protein or 2:1 Protein Bars) Bottle of Water	9:30 AM Almonds and Apricots (mix about 10 dried apricots with 20-25 almonds in a bag) Bottle of Water	9:30 AM Protein Bar (suggestions include EAS carb sense, Pure Protein or 2:1 Protein Bars) Bottle of Water	9:30 AM Plain Greek Yogurt (Fage) with honey and almonds Apple Bottle of Water	10:30 AM Protein Bar (suggestions include EAS carb sense, Pure Protein or 2:1 Protein Bars) Bottle of Water	10:30 AM Protein Bar (suggestions include EAS carb sense, Pure Protein or 2:1 Protein Bars) Bottle of Water
LUNCH	12:00 PM Turkey Burger with onions, lettuce, tomato, and Fat Free Swiss Cheese Fat Free Yogurt Bottle of Water	12:00 PM Grilled Chicken on a Whole Wheat Wrap with onions and BBQ Sauce Fat Free Yogurt Bottle of Water	12:00 PM Mixed Green Salad with Grilled Salmon, lemon, and black pepper Bottle of Water	12:00 PM Tuna Fish Salad (made with fat free mayo) on Whole Wheat Bread, Lettuce, Tomato, Onion Bottle of Water	12:00 PM Sashimi Lunch over Brown Rice Edamame Light Soy Sauce Bottle of Water	1:00 PM Grilled Chicken on a Whole Wheat Wrap with onions and BBQ Sauce Fat Free Yogurt Bottle of Water	1:00 PM Roasted Turkey Breast (leftovers from dinner) on whole wheat bread with cranberry sauce, lettuce, black pepper, and slivered almonds
SNACK 2	3:00 PM Protein Bar (suggestions include EAS carb sense, Pure Protein or 2:1 Protein Bars) Bottle of Water	3:00 PM 1% Cottage Cheese 1 ripe banana Bottle of Water	3:00 PM Protein Bar (suggestions include EAS carb sense, Pure Protein or 2:1 Protein Bars) Bottle of Water	3:00 PM Peanut Butter Sliced Green Apple Bottle of Water	3:00 PM Protein Bar (suggestions include EAS carb sense, Pure Protein or 2:1 Protein Bars) Bottle of Water	4:00 PM Turkey or Beef Jerky Saltine Crackers Bottle of Water	4:00 PM Plain Greek Yogurt with honey and almonds Bottle of Water
DINNER	6:00 PM Grilled Salmon Steak (w/ teriyaki drizzle) Brown Rice Sautéed Broccoli Bottle of Water	6:00 PM Top Round or Grilled Sirloin Steak Baked Sweet Potato Grilled Asparagus Bottle of Water	6:00 PM Grilled Salmon Steak (w/ teriyaki drizzle) Brown Rice Sautéed Broccoli Bottle of Water	6:00 PM Turkey Burger Whole Wheat Bun A-1 Steak Sauce Baked "Sweet Potato" Fries Bottle of Water	6:00 PM Cajun Chicken Breast Cous Cous Sweet Potato Mixed Grilled Veggies Bottle of Water	6:30 PM Roasted Turkey Breast Sweet Potato Mash Cranberry Sauce Grilled Zucchini Bottle of Water	6:30 PM Grilled Pork Chop Applesauce Grilled Portabella Mushrooms Baked Sweet Potato Bottle of Water
SNACK 3	9:00 PM RECONSTRUCTION OR 1% Cottage Cheese Fresh Strawberries Bottle of Water	9:00 PM RECONSTRUCTION OR Greek Yogurt Handful of Crushed almonds	9:00 PM RECONSTRUCTION OR Beef Jerky or Turkey Jerky Bottle of Water	9:00 PM RECONSTRUCTION OR Small Bowl of Kashi Go Lean (or other high protein cereal) in nonfat/skim milk	9:00 PM RECONSTRUCTION OR 1% Cottage Cheese Fresh Strawberries Bottle of Water	9:30 PM RECONSTRUCTION OR Air Popped Popcorn with Ranch Powder Bottle of Water	9:30 PM RECONSTRUCTION OR Air Popped Popcorn with Cajun Spices Bottle of Water
TIPS	THE "X" FACTOR TIP Getting muscular abs is necessary for guys wanting a six pack, but if you want to see it...you've got to stay dedicated to a good eating plan	THE "X" FACTOR TIP Don't shop hungry! Make a list of the things you need and stick to it. Your hunger might lead you to make choices your six pack will regret	THE "X" FACTOR TIP Buy more chicken breasts than you need and freeze them. No need to run to the store every time you need more	THE "X" FACTOR TIP Forget to defrost the chicken? No problem. Put it into a bowl of water (doesn't even have to be hot) and it will defrost in less than 15 minutes!	THE "X" FACTOR TIP Try to use a dinner plate with a rim on it. It will prevent you from shoveling too much food onto your plate and save you some calories	THE "X" FACTOR TIP If you're a white collar worker, snacks like the protein bars, bags of granola and turkey jerky are perfect as they can fit in your coat pocket	THE "X" FACTOR TIP The RTD supplement shakes may taste all right, but something just doesn't seem right to me about a "milkshake" that lasts for months!

COLOR CODES:

● PROTEIN

● STARCHY CARBS

● FIBROUS CARBS

● HEALTHY FATS

IF YOU WANT TO  
**LOOK LIKE AND ATHLETE**  
YOU'VE GOT TO  
**TRAIN LIKE AN ATHLETE**

# AX

## X-FACTOR MEAL PLAN

# WEEK 11

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	NOTE: PLEASE SEE "SUPPLEMENTAL GUIDE" TO ADAPT YOUR WORKOUT PLAN AND MEAL PLAN TO YOUR SPECIFIC SCHEDULE!						
BREAKFAST	7:00 AM Bowl of Oatmeal w/1 scoop X-LR8 or Whey Protein Powder High Grade Omega-3's Skim Milk	7:00 AM Breakfast Smoothie - Made with 2 cups of skim milk, 1/2 banana, fresh strawberries, and 1 scoop X-LR8 or Vanilla Greek Yogurt High Grade Omega-3's	7:00 AM Health Valley Fat Free Granola Bar Banana Skim Milk High Grade Omega-3's	7:00 AM Turkey Bacon Whole Wheat Toast Scrambled Egg Whites w/Salsa Skim Milk High Grade Omega-3's	7:00 AM Scrambled Egg Whites Fat Free Mozzarella Salsa English Muffin Skim Milk High Grade Omega-3's	8:00 AM Whole Wheat Waffles Sugar Free Maple Syrup Pumpkin Butter Skim Milk High Grade Omega-3's	8:00 AM Bowl of Oatmeal (add cinnamon and walnuts) Skim Milk Scrambled Egg Whites with Salsa High Grade Omega-3's
SNACK 1	9:30 AM Plain Greek Yogurt with honey and almonds Bottle of Water	9:30 AM Protein Bar (suggestions include EAS carb sense, Pure Protein, or 2:1 Protein Bars) Bottle of Water	9:30 AM Protein Bar (suggestions include EAS carb sense, Pure Protein, or 2:1 Protein Bars) Bottle of Water	9:30 AM 1/2 Peanut Butter and Banana sandwich Whole Wheat Bread Bottle of Water	9:30 AM Bag of Homemade Trail Mix (coconut, almonds, Kashi Go Lean cereal, walnuts, sprinkle a few chocolate chips)	10:30 AM 12 ounce of skim or 1% milk and a small banana or berries	10:30 AM 1% Cottage Cheese Fresh Strawberries Bottle of Water
LUNCH	12:00 PM Mixed Green Salad with Grilled Chicken, pineapple, and orange slices Bag of Pretzels Bottle of Water	12:00 PM Turkey Breast on a Whole Wheat Wrap with hot mustard and Fat Free Swiss Fat Free Yogurt Bottle of Water	12:00 PM Peanut Butter and Jelly Sandwich on Whole Wheat Bread Fat Free Yogurt Bottle of Water	12:00 PM Grilled Chicken on a Whole Wheat Wrap with grilled veggies Bag of Pretzels Bottle of Water	12:00 PM Mixed Green Salad with Grilled Chicken, pineapple, and orange slices Bag of Pretzels Bottle of Water	1:00 PM Tuna Fish Salad (made with fat-free mayo to prepare) on Whole Wheat Pita w/Craisins 1 Apple Bottle of Water	1:00 PM Grilled Chicken on a Whole Wheat Wrap with Mango Slices and black pepper Fat Free Yogurt Bottle of Water
SNACK 2	3:00 PM Protein Bar (suggestions include EAS carb sense, Pure Protein, or 2:1 Protein Bars) Bottle of Water	3:00 PM Peanut Butter Sliced Green Apple Bottle of Water	3:00 PM Turkey or Beef Jerky Saltine Crackers Bottle of Water	3:00 PM 1/2 Peanut Butter and Banana sandwich Whole Wheat Bread Bottle of Water	3:00 PM Bag of Homemade Trail Mix (coconut, almonds, Kashi Go Lean cereal, walnuts, sprinkle a few chocolate chips)	4:00 PM Protein Bar (suggestions include EAS carb sense, Pure Protein, or 2:1 Protein Bars) Bottle of Water	4:00 PM Protein Bar (suggestions include EAS carb sense, Pure Protein, or 2:1 Protein Bars) Bottle of Water
DINNER	6:00 PM Grilled Halibut Steak (w/ squeezed lemon) Brown Rice Sauteed Spinach Bottle of Water	6:00 PM Grilled Pork Chop Applesauce Grilled Portobello mushrooms Baked Sweet Potato Bottle of Water	6:00 PM Fresh Pasta with Roasted Red Tomato Sauce and Broccoli Rabe w/ Grilled Oregano Chicken Bottle of Water	6:00 PM Grilled Sirloin Steak with garlic and A-1 steak sauce Baked Sweet Potato Sauteed broccoli Bottle of Water	6:00 PM Grilled Chicken Breast w/ roasted apple/onion Cous Cous Sweet Potato Mixed Grilled Veggies Bottle of Water	6:30 PM Seared Ahi Tuna Steak with black peppercorns and wasabi (no mayo) Jasmine Rice Wilted Spinach Bottle of Water	6:30 PM Baked Chicken Breast Sweet Potato Fries (baked in the oven with coating of PAM) Mixed Grilled Veggies Bottle of Water
SNACK 3	9:00 PM RECONSTRUCTION OR 12 ounce glass of skim or 1% milk and a small banana or berries	9:00 PM RECONSTRUCTION OR No fat cottage cheese or ricotta cheese with cinnamon and a few crushed almonds	9:00 PM RECONSTRUCTION OR 1-2 pieces of Fat Free String Cheese and Grapes	9:00 PM RECONSTRUCTION OR Thinly sliced roasted turkey wrapped around a pickle with cayenne pepper	9:00 PM RECONSTRUCTION OR 12 ounce glass of skim or 1% milk and a small banana or berries	9:30 PM RECONSTRUCTION OR Air Popped Popcorn with drizzled honey Bottle of Water	9:30 PM RECONSTRUCTION OR Air Popped Popcorn with with Garlic powder and hot sauce Bottle of Water
TIPS	THE "X" FACTOR TIP Being adventurous can pay off in big fat loss rewards. Wild game meats like buffalo, venison, and ostrich are a great source of lean protein	THE "X" FACTOR TIP Need another treat to help you get by? Make some sugar free Jello and put some fat free Cool Whip on top. Just 30 calories a serving!	THE "X" FACTOR TIP Drinking water with every meal will help curb your appetite and aid the digestion. Not to mention, it you to your daily requirements easier	THE "X" FACTOR TIP At the ballgame? Skip the nachos and dirty water dogs and go for the hot pretzel and mustard instead!	THE "X" FACTOR TIP Try not to eat within at least 1 hour of working out. This will allow your muscles to receive the blood flow instead of your stomach	THE "X" FACTOR TIP Avoid Nitrous Oxide (NO) products. They are a waste of time, especially if you have bodyfat that is covering the veins these things "reveal"!	THE "X" FACTOR TIP Miss the carbonation of soda and don't know what to do? Have lemon flavored sparkling water!

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● FIBROUS CARBS

● HEALTHY FATS

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# AX

## X-FACTOR MEAL PLAN

# WEEK 12

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	NOTE: PLEASE SEE "SUPPLEMENTAL GUIDE" TO ADAPT YOUR WORKOUT PLAN AND MEAL PLAN TO YOUR SPECIFIC SCHEDULE!						
BREAKFAST	7:00 AM Oatmeal Power Shake (made with 12 ounces skim milk, 1/4 cup oats, banana, strawberries, and 1 scoop X-LR8 or plain yogurt) High Grade Omega-3's	7:00 AM Bowl of Kashi Heart to Heart w/ skim milk Scrambled Egg Whites w/salsa High Grade Omega-3's	7:00 AM Bowl of Oatmeal (add cinnamon + Walnuts) Skim Milk Scrambled Egg Whites w/hot sauce High Grade Omega-3's	7:00 AM Bowl of Kashi Go Lean w/ skim milk Scrambled Egg Whites w/salsa High Grade Omega-3's	7:00 AM English Muffin with Pumpkin Butter Protein Shake (skim milk, banana and 1 scoop X-LR8 or whey powder) High Grade Omega-3's	8:00 AM Whole Wheat French Toast (dipped in egg beaters) with sugar free maple syrup Glass of Skim Milk High Grade Omega-3's	8:00 AM Scrambled Egg Whites Turkey Bacon Whole Wheat Toast Glass of Skim Milk High Grade Omega-3's
SNACK 1	9:30 AM A bag of pretzels with spicy mustard Fat Free Yogurt Bottle of Water	9:30 AM Protein Bar (suggestions include EAS carb sense, Pure Protein, or 2:1 Protein Bars) Bottle of Water	9:30 AM A bag of pretzels with spicy mustard Fat Free Yogurt Bottle of Water	9:30 AM Protein Bar (suggestions include EAS carb sense, Pure Protein, or 2:1 Protein Bars) Bottle of Water	9:30 AM Peanut Butter Sliced Green Apple Bottle of Water	10:30 AM Plain Greek Yogurt with sliced peaches and almonds Bottle of Water	10:30 AM Walnuts and Apricots (mix about 10 dried apricots with 10-12 walnuts in a bag) Bottle of Water
LUNCH	12:00 PM Grilled Chicken on a Whole Wheat Wrap with spinach, sun-dried tomatoes and pepper Fat Free Yogurt Bottle of Water	12:00 PM Pasta Salad with citrus grilled chicken and low-fat vinaigrette Bottle of Water	12:00 PM Egg White and Pepper Omelet on a Whole Wheat Wrap with Fat Free Swiss Cheese Fat Free Yogurt Bottle of Water	12:00 PM Canned Tuna in Water (mix with lemon juice and black pepper) add Fat Free Mayo and put on Whole Wheat Bread Bottle of Water	12:00 PM Steak and Cheese Wrap (on a whole wheat wrap, slice up flank steak and grill with onions & peppers) add low fat mozzarella	1:00 PM Cajun Grilled Chicken on a Whole Wheat Wrap with lettuce, tomato, and salsa Bottle of Water	1:00 PM Peanut Butter and Jelly Sandwich on Whole Wheat Bread Pear Bottle of Water
SNACK 2	3:00 PM Protein Bar (suggestions include EAS carb sense, Pure Protein, or 2:1 Protein Bars) Bottle of Water	3:00 PM Turkey or Beef Jerky Saltine Crackers Bottle of Water	3:00 PM Protein Bar (suggestions include EAS carb sense, Pure Protein, or 2:1 Protein Bars) Bottle of Water	3:00 PM Plain Greek Yogurt with honey and almonds Apple Bottle of Water	3:00 PM Protein Bar (suggestions include EAS carb sense, Pure Protein, or 2:1 Protein Bars) Bottle of Water	4:00 PM A couple of bunches of grapes with a wedge of Laughing Cow or Baby Bel cheese Bottle of Water	4:00 PM A bag of pretzels with spicy mustard Fat Free Yogurt Bottle of Water
DINNER	6:00 PM Grilled Shrimp Angel Hair Pasta Garlic and Olive Oil Bottle of Water	6:00 PM Top Round or Grilled Sirloin Steak Baked Sweet Potato Grilled Asparagus Bottle of Water	6:00 PM Lemon Filet of Sole Wilted Garlic Spinach Brown Rice Bottle of Water	6:00 PM Grilled Pork Chops with BBQ sauce Beer cooked Sauerkraut Steamed Cabbage Bottle of Water	6:00 PM Chicken Parmesan Lite (made with grilled chicken and fat free mozzarella cheese) Black Beans and Rice Bottle of Water	6:30 PM Turkey Sausage with Red Peppers and Onions Baked Sweet Potato Bottle of Water	6:30 PM Chicken Cacciatore Lite (made with mushrooms, tomatoes, onions, peppers) Brown Rice Bottle of Water
SNACK 3	9:00 PM RECONSTRUCTION OR 1% Cottage Cheese Fresh Strawberries Bottle of Water	9:00 PM RECONSTRUCTION OR Greek Yogurt Handfuls of Crushed almonds	9:00 PM RECONSTRUCTION OR Beef Jerky or Turkey Jerky Bottle of Water	9:00 PM RECONSTRUCTION OR Small Bowl of Kashi Go Lean (or other high protein cereal) in nonfat/skim milk	9:00 PM RECONSTRUCTION OR 1% Cottage Cheese Fresh Strawberries Bottle of Water	9:30 PM RECONSTRUCTION OR Air Popped Popcorn with sprinkled Parmesan cheese Bottle of Water	9:30 PM RECONSTRUCTION OR Air Popped Popcorn with sprinkled sea salt Bottle of Water
TIPS	THE "X" FACTOR TIP Add Crystal Light to your water if you need a little flavor to make it easier to drink as much as you need to each day.	THE "X" FACTOR TIP When possible, aim to eat carbs, protein, and fats in each meal.	THE "X" FACTOR TIP The difference between a good supplement and a bad one is...lots of potential results and wasted money! <a href="http://www.mendosa.com/gilists.htm">http://www.mendosa.com/gilists.htm</a>	THE "X" FACTOR TIP Try to select carbs with a GI of 65 or less. Refer to this site for some common foods. <a href="http://www.mendosa.com/gilists.htm">http://www.mendosa.com/gilists.htm</a>	THE "X" FACTOR TIP Sunday is the perfect day to prepare foods that you'll use throughout the week. Grill your chicken, cook the sweet potatoes, etc.	THE "X" FACTOR TIP Vary your meals from time to time. Even though you may love one in particular, you should still change it up to keep your body guessing	THE "X" FACTOR TIP Soda is an absolute no-go on the AthLEAN-X program. With its 11 Tbsp's of sugar it's pure garbage!

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