

EARLY MORNING

AFTERNOON

EARLY EVENING

LATE EVENING

X-CITE

LUNCH
ALLOW 60-90
MINUTES FOR DIGESTION

SNACK #2
ALLOW 60-90
MINUTES FOR DIGESTION

DINNER
ALLOW 60-90
MINUTES FOR DIGESTION

WORKOUT

X-CITE

X-CITE

X-CITE

X-LR8

WORKOUT

WORKOUT

WORKOUT

BREAKFAST

X-LR8

X-LR8

X-LR8
+
RECONSTRUXION

Omega-3's should be taken 3 times per day, morning, noon and night for optimal muscle recovery.

For the highest quality Omega-3's on the market check out:

omega3formula.com

SNACK #2

DINNER

BED

For more information on Athlean-RX quality supplements check out:

ATHLEANRX.COM
RECRUIT * REBUILD * RECOVER

	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 (see Jeff's recommendation here)	7:00 AM Whole wheat english muffin w/ jelly, high grade omega-3's (see Jeff's recommendation here), protein shake (skim milk and 1 scoop Rx2 XLR8, 1/2 banana)	7:00 AM 5 egg white /1 whole egg omelet (made with onions, peppers, mushrooms and salsa), high grade omega-3's (see Jeff's recommendation here), whole wheat toast, bottle of water	7:00 AM Whole wheat waffles w/ fresh blueberries and fat free cool whip, protein shake (skim milk and 1 scoop RX-2 XLR8), high grade omega-3's (see Jeff's recommendation here)	7:00 AM Bowl of oatmeal (add cinnamon + walnuts), skim milk, scrambled egg whites, high grade omega-3's (see Jeff's recommendation here)	8:00 AM Whole wheat toast, egg white soufflé (5 egg whites mixed in a glass bowl microwaved on high for 4 minutes), high grade omega-3's (see Jeff's recommendation here)	8:00 AM Bowl of Kashi Go Lean (or other high protein cereal) w/ skim milk, scrambled egg whites with salsa, high grade omega-3's (see Jeff's recommendation here)
	SNACK 1	9:30 AM *RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	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 *RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	10:30 AM *1/2 peanut butter sandwich on whole wheat bread, bottle of water
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 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 (Chobani, Oikos, etc.) with honey and almonds, bottle of water	3:00 PM *Plain greek yogurt (Chobani, Oikos, etc.) with honey and almonds, bottle of water	3:00 PM *RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	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 *RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day
DINNER	6:00 PM Grilled ahi tuna steak, edamame, jasmine rice, sauteed broccoli, bottle of water	6:00 PM Cajun chicken breast, couscous, baked sweet potato, mixed grilled veggies, bottle of water	6:00 PM Grilled ahi tuna steak, edamame, jasmine 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 Cajun chicken breast, couscous, baked 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 seasoning, 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 Once 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 CARBOHYDRATES

● HEALTHY FATS

● FIBROUS CARBOHYDRATES

	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 (see Jeff's recommendation here), fat free yogurt	7:00 AM Bowl of oatmeal (add cinnamon + walnuts), skim milk, scrambled egg whites, high grade omega-3's (see Jeff's recommendation here)	7:00 AM Breakfast smoothie- made with 2 cups of skim milk, 1/2 banana, fresh strawberries and 1 scoop Rx-2 XLR8 or vanilla greek yogurt, high grade omega-3's (see Jeff's recommendation here)	7:00 AM Whole wheat waffles w/ applesauce, high grade omega-3's (see Jeff's recommendation here) protein shake (skim milk and 1 scoop Rx-2 XLR8)	7:00 AM Whole wheat toast, egg white soufflé (5 egg whites mixed in a glass bowl microwaved on high for 4 minutes), high grade omega-3's's (see Jeff's recommendation here)	8:00 AM Turkey bacon, whole wheat toast, scrambled egg whites w/ salsa, skim milk, high grade omega-3's's (see Jeff's recommendation here)	8:00 AM Bowl of oatmeal (add cinnamon + walnuts), skim milk, scrambled egg whites, high grade omega-3's (see Jeff's recommendation here)
	SNACK 1	9:30 AM *25-30 grapes, low fat mozzarella string cheese, bottle of water	9:30 AM *RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	9:30 AM *Almonds and apricots (mix about 10 dried apricots with 20-25 almonds in a bag), bottle of water	9:30 AM *RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	9:30 AM *Plain greek yogurt (Chobani, Oikos, etc.) with sliced peaches and almonds, bottle of water	10:30 AM *RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day
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 to prepare) on whole wheat pita with craisins, apple, bottle of water	12:00 PM Sashimi lunch over brown rice and 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 *RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	3:00 PM *1% cottage cheese, 1 ripe banana, bottle of water	3:00 PM *RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	3:00 PM *Peanut butter, sliced green apple, bottle of water	3:00 PM *RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	4:00 PM *Turkey or beef jerky, saltine crackers, bottle of water	4:00 PM *Plain greek yogurt (Chobani, Oikos, etc.) 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 on a whole wheat bun with A-1 steak sauce, baked "sweet potato" fries, bottle of water	6:00 PM Cajun chicken breast, cous cous, baked 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 portobello 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, hand full 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!

COLOR CODES:

● PROTEIN

● STARCHY CARBOHYDRATES

● HEALTHY FATS

● FIBROUS CARBOHYDRATES

	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 with 1 scoop RX-2 XLR8, high grade omega-3's (see Jeff's recommendation here), glass of skim milk	7:00 AM Breakfast smoothie - Made with 2 cups of skim milk, 1/2 banana, fresh strawberries, and 1 scoop Rx-2 XLR8 or vanilla greek yogurt, high grade omega-3's (see Jeff's recommendation here)	7:00 AM Fat free granola bar, banana, glass of skim milk, high grade omega-3's (see Jeff's recommendation here)	7:00 AM Turkey bacon, whole wheat toast, scrambled egg whites w/ salsa, skim milk, high grade omega-3's (see Jeff's recommendation here)	7:00 AM Scrambled egg whites, fat free mozzarella, salsa, english muffin, skim milk high grade omega-3's (see Jeff's recommendation here)	8:00 AM Whole wheat waffles with sugar free maple syrup and pumpkin butter, skim milk high grade omega-3's (see Jeff's recommendation here)	8:00 AM Bowl of oatmeal (add cinnamon + walnuts), skim milk, scrambled egg whites, high grade omega-3's (see Jeff's recommendation here)
	SNACK 1	9:30 AM *Plain greek yogurt (Chobani, Oikos, etc) with honey and almonds, apple, bottle of water	9:30 AM *RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	9:30 AM *1/2 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 *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
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 cheese, 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 with raisins, 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 *RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	3:00 PM *Turkey or beef jerky, saltine crackers, bottle of water	3:00 PM *RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	3:00 PM *1/2 peanut butter sandwich, on 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 *RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	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, apple-sauce, grilled portobello mushrooms, baked sweet potato, bottle of water	6:00 PM Fresh Pasta with roasted red tomato sauce 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 with roasted apple and onion, cous cous, sweet potato, mixed grilled veggies, bottle of water	6:30 PM Grilled ahi tuna steak, edamame, jasmine rice, sauteed broccoli, and a bottle of water	6:30 PM Baked chicken breast, sweet potato fries (baked in the oven with a coating of PAM), mixed grilled veggies, bottle of water
SNACK 3	9:00 PM RECONSTRUCTION	9:00 PM RECONSTRUCTION	9:00 PM RECONSTRUCTION	9:00 PM RECONSTRUCTION	9:00 PM RECONSTRUCTION	9:30 PM RECONSTRUCTION	9:30 PM RECONSTRUCTION
	OR **12 ounce glass of skim or 1% milk and a small banana or berries	OR **No fat cottage cheese or ricotta cheese with cinnamon and a few crushed almonds	OR **1-2 pieces of Fat Free string cheese and grapes	OR **Thinly sliced roasted turkey wrapped around a pickle with cayenne pepper	OR **12 ounce glass of skim or 1% milk and a small banana or berries	OR **Air popped popcorn with drizzled honey, bottle of water	OR **Air popped popcorn 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!

COLOR CODES:

● PROTEIN

● STARCHY CARBOHYDRATES

● HEALTHY FATS

● FIBROUS CARBOHYDRATES

	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 Rx-2 XLR8 or plain yogurt), high grade omega-3's (see Jeff's recommendation here)	7:00 AM Bowl of Kashi Heart to Heart cereal w/ skim milk, high grade omega-3's (see Jeff's recommendation here), fat free greek yogurt	7:00 AM Bowl of oatmeal (add cinnamon + walnuts), skim milk, scrambled egg whites w/hot sauce, high grade omega-3's (see Jeff's recommendation here), fat free greek yogurt	7:00 AM Bowl of Kashi Go Lean (or other high protein cereal) w/ skim milk, scrambled egg whites with salsa, high grade omega-3's (see Jeff's recommendation here)	7:00 AM English muffin with pumpkin butter, protein shake (skim milk, banana and 1 scoop Rx-2 XLR8), high grade omega-3's (see Jeff's recommendation here)	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 (see Jeff's recommendation here)	8:00 AM Scrambled egg whites, turkey bacon, whole wheat toast, glass of skim milk, high grade omega-3's (see Jeff's recommendation here)
	SNACK 1	9:30 AM *A bag of pretzels with spicy mustard, fat free yogurt, bottle of water	9:30 AM *RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	9:30 AM *RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	9:30 AM *RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	9:30 AM *Peanut butter, sliced green apple, bottle of water	10:30 AM *Plain greek yogurt (Chobani, Oikos, etc) with sliced peaches and almonds, 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, fat free yogurt, bottle of water
SNACK 2	3:00 PM *RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	3:00 PM *Turkey or beef jerky, saltine crackers, bottle of water	3:00 PM *A bag of pretzels with spicy mustard, fat free yogurt, bottle of water	3:00 PM *Plain greek yogurt (Chobani, Oikos, etc) with honey and almonds, bottle of water	3:00 PM *RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	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 *Plain greek yogurt (Chobani, Oikos, etc) with honey and almonds, 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 chop, apple-sauce, grilled portobello mushrooms, baked sweet potato, 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	9:00 PM RECONSTRUCTION	9:00 PM RECONSTRUCTION	9:00 PM RECONSTRUCTION	9:00 PM RECONSTRUCTION	9:30 PM RECONSTRUCTION	9:30 PM RECONSTRUCTION
	OR **1% cottage cheese, fresh strawberries, bottle of water	OR **Greek yogurt, handfuls of crushed almonds	OR **Beef jerky or turkey jerky, bottle of water	OR **Small bowl of Kashi Go Lean (or other high protein cereal) in nonfat / skim milk	OR **1% cottage cheese, fresh strawberries, bottle of water	OR **Air popped popcorn sprinkled with parmesan cheese, bottle of water	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!

COLOR CODES:

● PROTEIN

● STARCHY CARBOHYDRATES

● HEALTHY FATS

● FIBROUS CARBOHYDRATES

	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 (see Jeff's recommendation here)	7:00 AM Whole wheat english muffin w/ jelly, high grade omega-3's (see Jeff's recommendation here) protein shake (skim milk and 1 scoop Rx2 XLR8, 1/2 banana)	7:00 AM 5 egg white /1 whole egg omelet (made with onions, peppers, mushrooms and salsa), high grade omega-3's (see Jeff's recommendation here), whole wheat toast, and a bottle of water	7:00 AM Whole wheat waffles w/ fresh blueberries and fat free cool whip, protein shake (skim milk and 1 scoop RX-2 XLR8) and high grade omega-3's (see Jeff's recommendation here)	7:00 AM Bowl of oatmeal, (add cinnamon + Walnuts), skim milk, scrambled egg whites, high grade omega-3's (see Jeff's recommendation here)	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 (see Jeff's recommendation here)	8:00 AM Bowl of Kashi Go Lean (or other high protein cereal) w/ skim milk, scrambled egg whites with salsa, high grade omega-3's (see Jeff's recommendation here)
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 *RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	10:30 AM *1/2 peanut butter sandwich on whole wheat bread, bottle of water	10:30 AM *RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day
LUNCH	12:00 PM Grilled chicken on a whole wheat wrap with onions and BBQ sauce, 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 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 *RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	3:00 PM *1/2 peanut butter sandwich on whole wheat bread, bottle of water	3:00 PM *RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	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, sauteed broccoli, and a bottle of water	6:00 PM Cajun chicken breast, cous cous, baked sweet potato, mixed grilled veggies, and a bottle of water	6:00 PM Grilled ahi tuna steak, edamame, jasmine rice, sauteed broccoli, and a 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, baked sweet potato, mixed grilled veggies, and a 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 **1-2 pieces of fat free string cheese and grapes	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 seasoning, 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 tsp 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!

COLOR CODES:

● PROTEIN

● STARCHY CARBOHYDRATES

● HEALTHY FATS

● FIBROUS CARBOHYDRATES

	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 with 1 scoop RX-2 XLR8, glass of skim milk, high grade omega-3's (see Jeff's recommendation here)	7:00 AM Whole wheat waffles w/ applesauce, high grade omega-3's, protein shake (skim milk and 1 scoop Rx-2 XLR8)	7:00 AM Breakfast smoothie (2 cups of skim milk, 1/2 banana, fresh strawberries and 1 scoop Rx-2 XLR8 or vanilla greek yogurt, high grade omega-3's (see Jeff's recommendation here))	7:00 AM Whole wheat waffles w/ applesauce and high grade omega-3's (see Jeff's recommendation here), protein shake (skim milk and 1 scoop Rx-2 XLR8 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 (see Jeff's recommendation here)	8:00 AM Turkey bacon, whole wheat toast, scrambled egg whites w/ salsa, skim milk, high grade omega-3's (see Jeff's recommendation here)	8:00 AM Bowl of oatmeal (add cinnamon + walnuts), skim milk, scrambled egg whites, high grade omega-3's (see Jeff's recommendation here)
	SNACK 1	9:30 AM *Plain greek yogurt (Chobani, Oikos, etc) with sliced peaches and almonds, bottle of water	9:30 AM *RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	9:30 AM *Almonds and apricots (mix about 10 dried apricots with 20-25 almonds in a bag), bottle of water	9:30 AM *RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	9:30 AM *Plain greek yogurt (Chobani, Oikos, etc) with sliced peaches and almonds, bottle of water	10:30 AM *RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day
LUNCH	12:00 PM Mixed green salad with grilled chicken, pineapple, and orange slices, bag of pretzels, bottle of water	12:00 PM Tuna fish salad (made with fat free mayo to prepare) on whole wheat pita with raisins, apple, 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 and 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 *RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	3:00 PM *Peanut butter, sliced green apple, bottle of water	3:00 PM *RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	3:00 PM *Peanut butter, sliced green apple, bottle of water	3:00 PM *RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	4:00 PM *Turkey or beef jerky, saltine crackers, bottle of water	4:00 PM *Plain greek yogurt (Chobani, Oikos, etc) with honey and almonds, bottle of water
DINNER	6:00 PM Grilled halibut steak (w/ squeezed lemon), brown rice, sauteed spinach, bottle of water	6:00 PM Turkey burger on a whole wheat bun with A-1 steak sauce, baked "sweet potato" fries, bottle of water	6:00 PM Grilled salmon steak (w/ teriyaki drizzle), brown rice, sauteed broccoli, bottle of water	6:00 PM Turkey burger on a whole wheat bun with A-1 steak sauce, baked "sweet potato" fries, bottle of water	6:00 PM Cajun chicken breast, cous cous, baked sweet potato, mixed grilled veggies, and a 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, apple sauce, 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 **Small bowl of Kashi Go Lean (or other high protein cereal) in nonfat / skim milk	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

COLOR CODES:

● PROTEIN

● STARCHY CARBOHYDRATES

● HEALTHY FATS

● FIBROUS CARBOHYDRATES