



X-FACTOR MEAL PLAN 2.0

WELCOME TO THE X-FACTOR MEAL PLAN!

Welcome to the X-Factor Meal Plan! You'll find this to be an easy nutrition plan to follow, and that is key to your success. Whether you're doing AX-1, AX-2 or our more advanced NXT program, the built in simplicity of the ATHLEAN-X Meal Plan means you'll be able to stick with this method of eating because it's built for the long term.

For a nutrition plan to be effective in the long term, it needs to be flexible, quick and adaptable! That means calorie counting, measuring, food weighing and "macronutrient mania" are out! Not only are these all major time drains but they add a level of complexity to eating that just does not have to be there. As a matter of fact, it is this food scrutiny that often winds up leading to an abandonment of the plan entirely since the effort is just too much and too confusing for the long haul. It does not have to be so complicated!

So let's simplify things. There are two things you'll want to focus on to understand our ATHLEAN style of eating. One is our set of rules or 'Axioms' that show you how to follow the meal plan as a whole. The second thing is an easy to follow set of instructions for how to customize your meal plan further based upon a specific goal whether that be more fat loss or more muscle gain.

Let's start with the 10 Axioms first. Don't worry, I'm not going to read you the riot act here. I just want to give you guys the best way to utilize this nutrition plan of attack so that it actually WORKS for you! With the ATHLEAN-X Meal Plan, you will not only find something that you will be able to do without first having to enroll in culinary school, but is also easier than ever to start implementing today! Plus, you'll see that most everything in here is something that will require less than 10 minutes to prepare! I know that must sound like music to your ears if you are lucky enough to be able to find the time to get your workout in each day, let alone needing to find time for hours of daily meal prep!

And if you think that in order to get ripped and build lean muscle that you'd have to eat like a bird to do it...fat chance! Wait until you see how I recommend that you eat, and you're going to be shocked and excited at the same time! Not only will you have plenty of food choices to pick from, but you will be allowed to eat plenty of food... period! With the ATHLEAN-X Training Systems, you've discovered the ultimate plan for creating the body that most men want, without having to give up all of what most guys like!

Ready to get started? Cool, then let's get down to business!

Stay Strong,



Jeff Cavaliere
Founder/Creator of ATHLEAN-X Training Systems



THE ATHLEAN PYRAMID



YOUR ATHLEAN BODY

You've all heard of food pyramids. The USDA food pyramid. The Mayo Clinic food pyramid. The Vegan food pyramid. The Egyptian food pyramid. etc., etc., etc. Enough already! All these pyramids do is mislead and confuse. Getting ripped and muscular through proper eating doesn't have to be that complicated. To illustrate this, I figured I would enter the world of food pyramids with my own ATHLEAN Pyramid! Let me explain.

THE X STANDS FOR YOUR X FACTOR

Are you starting with the necessary motivation to make a change in your body? Are you finally sick of not being able to put on the muscle that you have always wished you could? Are you determined to follow a step-by-step path to your new body...with everything clearly laid out for you? Are you ready to change your body more in the next 90 days than you have in the last 3 years? If you've answered "YES" to these questions...then you've got the "X" Factor!

EAT

The purpose of this meal plan guide is to show you how to eat for fat loss and muscle growth. However, more than just that...it is intended to show you how to eat realistically! Let's face it...most guys aren't going to want to start eating tofu and salads to get a six-pack! It's just not worth it. Instead, in this program, you are actually encouraged to eat...and eat real food...and lots of it!

TRAIN

By choosing your ATHLEAN-X System, you have by far chosen the best program for adding lean muscle in record time! This proven system is the exact same one used by many of today's top professional athletes and celebrities to get "that look" you've long desired. Beyond that, we back it up with actual science based functional strength applications to have you doing more than just looking the part...but moving the part as well!

THE ATHLEAN PYRAMID

RECOVER

With the intense workouts that you will be doing over the next 90 days, it becomes crucial that you are not only eating well, but recovering also! Aim for 7 hours of sleep a night to give your body the best ability to recuperate and restore your energy levels to allow for yet another results producing workout every time you step into the gym. Keep your eye on the prize and don't shortchange your efforts in the weight room by ignoring the equally important time spent away from the iron...where your body really goes to work on building a "new" you! Want to take the muscle recovery to another level? Then be sure your nutrition (and most specifically your pre-sleep nutrition) is spot on! The saying "you are what you eat" has never been more true than when deciding what to put into your body to fuel the muscle repair machinery that hums along while you're out like a light. Make the wrong choices and you can undermine all the hard work you put in earlier in the day.

FINALLY...THE ATHLEAN BODY IS YOURS!

With everything else in place, you have no choice but to get that "ATHLEAN" BODY you've always wanted! It is that simple. Just follow along with this "Done For You" body transformation program and you will be looking at a new person in the mirror in a short 90 days from now! No more need to get lost in pyramids that don't work! Put the ATHLEAN Pyramid to work for you now and be sure to check out our 10 ATHLEAN AXIOMS for adapting your meal plan and getting the absolute most out of every day! Head to the next page to check them out...

THE ATHLEAN AXIOMS

As promised...here are your rules to eat by for the 90-Day Meal Plans. As I said, don't worry...I'm not out to make this impossible or to drown you in the fine print. On the contrary. My rules are going to be brief, will add clarity, and will hopefully make this way of eating even better than you ever could have imagined. All without the unnecessary work that most other 'meal plans' would require of you! Now without any further delay...let's get started!

AXIOM 1

CUT OUT THE CALORIE COUNTING!

That's right. Forget counting calories. Forget measuring things. Forget wasting your time worrying about all this stuff. Why? It's really not necessary. The minute I get my clients to believe in this concept, it's like a light bulb goes off and everything else becomes easy. Let me ask you a question. Would you rather look more muscular and ripped or would you like to know how many calories a day you consume? Seriously. I'm sure there are still some stubborn guys out there that would say "the calories" but that's just because old habits and conventional wisdom die hard. I'm telling you that you don't need to know specific calories as long as the food choices you are making are good ones. This program revolves around making good food choices...and then letting you eat as much of those foods as you'd like. You will get full on this meal plan before you get fat! That is my promise. Take all the unnecessary math out of the picture here and instead concentrate on improving your food choices and you will be much more successful on this eating plan than any one you've ever followed before.



AXIOM 2

IF YOU DON'T LIKE SOMETHING...DON'T EAT IT!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Breakfast Whole wheat waffles w/ fresh blueberries and fat free cool whip, protein shake (skim milk and 1 scoop RX-2 XLSB) and high grade omega 3's (see Jeff's recommendation here!)		Snack #1 1/2 peanut butter sandwich on whole wheat bread, bottle of water RX Note: ATHLEAN RX2 can be used as a meal replacement shake substitute for snacks 1 or 2, in addition to your post-workout use		Lunch Grilled chicken on a whole wheat wrap with lettuce, tomato, and salsa, fat free yogurt, and a bottle of water		Snack #2 1/2 peanut butter sandwich, on whole wheat bread, bottle of water RX Note: ATHLEAN RX2 can be used as a meal replacement shake substitute for snacks 1 in addition to your post-workout use	
<p>DON'T LIKE THIS?</p> <p>SWAP IT FOR ANY LUNCH FROM ANOTHER DAY</p> <p>ATHLEAN RX3 is the ideal last snack of the day to set the stage for optimal muscle repair, recovery and growth. (click here for recipe)</p>							

I know this should probably go without saying, but if you really don't like something that is suggested on a given day in the meal plans...by all means, don't eat it. There are too many meals spread out over the next 90 days (540 to be exact) for me to have nailed every one for everybody!

That said, by the way...this is why most meal plans are garbage. They make you feel as if they suggest you eat oatmeal in the morning for breakfast, and you don't eat it because it just so happens that you HATE OATMEAL, then you won't get good results! Nonsense! If you don't like oatmeal, don't have it. Feel free to substitute any other breakfast meal that I have on here within the next 90 days and you will be fine. Some of you out there will lock in on 2 or 3 breakfasts that you like and that's it. That's fine. Stick to what works for you and you will get better results than you ever would following one of those rigid plans!

AXIOM 3

SUPPLEMENTS CAN BE A SAVIOR!

Are supplements necessary? Not always. But when it comes to adding muscle and burning fat, it is imperative that you continue to supply your body with good calories every two and a half to three hours to keep your muscle building factory in full operation! The convenience of protein powders cannot be understated. I personally use the portability of protein powder supplements to my advantage (both with myself and my clients) to produce the most muscular, ripped body you can expect to get naturally.

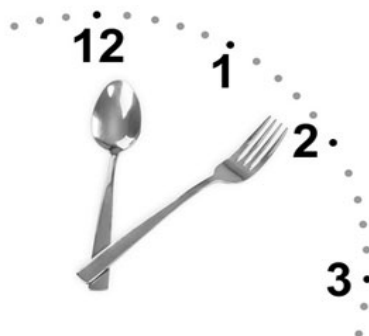
The fact that I can mix up a protein shake in the morning and take it with me throughout the day is huge. If I had to rely on whole foods all the time for my much-needed calories, I might look like a traveling Tupperware party! Not necessary. Invest in a \$2 shaker bottle and load it with your protein powder before you leave the house in the morning and all you need to do is add water later in the day when you need it...and you're all set!

As far as which brand I suggest...I have to admit, this is where I was as confused at what to take as you may feel at times. So many supplements, so many under-delivering. So I set out to create my own and now I proudly use them every day and they have become the only thing I recommend to my athletes. The ATHLEAN-Rx supplement series is everything your muscles need and nothing they don't...exactly at the times they need it. With just one pre workout (RX-1 X-CITE), one you take within 45 minutes following your hard A-X workout (RX-2 XLR8), and one for recovery just before bed (RX-3 RECONSTRUCTION)...it couldn't be any simpler. Throw in the fact that I can vouch personally for everything that goes in them and their safety (they are NSF approved products - the gold standard of the industry) and you can be confident in your choice if you decide to take what I use. That being said, again, taking supplements is a personal preference. For me the convenience and peace of mind of knowing that I'm getting everything I need to support my hard workouts is perfect. For you maybe not. Either way, whatever you decide...decide what is right for YOU. Great results await you either way!



AXIOM 4

EAT EVERY 2 1/2 TO 3 HOURS!



As I just alluded to in the last rule, it is crucial that you get some good food into your system every 2 1/2 to 3 hours. Not only will this keep your blood sugar levels stable (which will curb your fat storage and keep your energy levels up throughout the day), but it will prevent you from wanting to overeat or binge at your next meal when the last meal you ate was 6 hours ago!

As with any of the meals in this meal plan, it's ok to stick with the snacks you like best and that work best for you. It's also fine to swap out mid-morning and mid-afternoon snacks for an RX-2 X-LR8 protein shake any time you like.

AXIOM 5

A FAILURE TO PREPARE IS PREPARING TO FAIL!

Now I know that as guys, most of us aren't exactly Julia Child in the kitchen. But that is ok, and it certainly doesn't have to stop us. It might be a bit of a stretch to think that we are actually going to prepare food each and every day. Probably not going to happen. But what you can do to make this all much easier is to pick one day where you prepare a bulk portion of what you would like to eat throughout the week (either for lunches or dinners or both). For example, feel like having grilled chicken wraps for lunch and variations of it for dinner throughout the week? Grill a bunch of them up on a Sunday and then just store them in a plastic container or bag in the fridge and go to them as you need them. Make it once... use it often!

Want my secret weapon? I'm a really busy guy, as I bet a lot of you are too. And sometimes I just don't have the time to cook all those meals, even on a Sunday! So I tend to take advantage of catering menus (link to Youtube video) at places that are known for cooking healthy, tasty, clean meals. And the best part is that the more servings you order, the less expensive they are! Try places like Whole Foods Market or other healthy local caterers, and ask which foods might freeze well.



AXIOM 6

CARVE UP THOSE CARBS!



If you think you've got to go "low carb" to get and stay lean, our X-Factor Meal Plans will prove you wrong! There's no need to avoid starchy carbs like pasta, rice, potatoes and beans. In fact, carbs are a great source of fuel for the hard workouts you'll be doing day in and day out in the ATHLEAN-X programs.

When you're preparing your meals, use the diagram to the left as your guide. Shoot for about 40% of your plate being protein. Another 40% should be fibrous carbs (which are basically veggies and fruits!). The remaining 20% can be the carb of your choosing - pick something you enjoy!

AXIOM 7

DELETE THE SWEETS!

I know this one might be hard for some of you, but if you really want to get your very own 6 pack then you are going to have to work with me here. If you are a habitual sweets eater, stop! Not only are these foods often loaded with tons of fat, calories and sugar...but they are worse, what we would call “empty calories”. This means that these foods do NOTHING for helping your muscles repair themselves and grow larger. They do nothing to fuel your metabolism. They do nothing to give you more useable energy. Really...they do NOTHING! Follow the pattern here yourself and have NOTHING to do with them, if building the best body you can is your goal.



AXIOM 8

GET YOUR FILL OF FIBER



One of the most underrated nutrients when it comes to building a leaner, more muscular body is fiber. Sometimes, the muscleheads will talk of nothing but protein...as if it’s the Holy Grail of muscle. And while it certainly does play a role in helping you to grow stronger, fiber is one element of your food that you’re going to want to increase in order to get your biceps to bulge while your waistline gets shredded.

Fiber leads to a feeling of fullness. It’s the bulk associated with foods like broccoli, salads, squash, asparagus, carrots, etc. that fills the stomach and makes you feel less like you want to drop by a Burger King and try one of everything on the menu! When you combine this with the frequent eating (every 2 1/2 to 3 hours) you have a lethal one-two punch that should leave your body fat shaking (or jiggling) knowing its days are numbered!

AXIOM 9**WATER WATER ALL THE TIME!**

I'm sure you've heard how valuable water is, both to keeping you feeling full...but also to keeping you 6 feet above those that won't drink it (that's the grave for those who haven't figured out my sick, but true, sense of humor yet!). In fact, getting at least half of your body weight in ounces of water each day is crucial to building bigger muscles!

A muscle without water is like solar generator without sun...neither one of them is likely to work. That said, the best way to get a head start on this hydration race is to drink 24 ounces of water immediately upon waking. After sleeping for the last 7 hours or so, your body is craving to be rehydrated. So give it what it wants. Keep a 12 ounce glass at your bathroom sink and chug two of them right after brushing your teeth in the morning. You'll be well on your way to getting your recommended daily amount by simply following that up with a bottle of water at every one of your six meals thereafter!

**AXIOM 10****SOMETIMES...ALMOST IS GOOD ENOUGH****38 FOR 42****90% PERFECT**

You have to look at the big picture here. If you are eating the way I suggest you do then you will be eating 6 times a day 7 days a week. That comes out to 42 total meals a week. Now, do you have to eat perfectly every single time? I'm not going to lie. No. If you were to eat say, 37 meals on point but slipped up just a bit on 5 of them, you would be doing just fine. The closer you get to a perfect 42 for 42, the quicker you will see those last few inches drop from your waist...and that 4 pack you're sporting may turn into the 6 pack you've wanted!

The whole idea is this. If you're the of guy who likes an exact plan to follow, take these meal plans and use them as a nutrition bible, where you follow every single meal to the letter, day by day, if that is what you feel will get you on track and ensure your success. If instead, you are just looking for a "guideline" for how to eat and have been unsure of how to structure your meals (either in food

choices or meal timing), then let these 90 days serve as a detailed example that will give you even more ideas that you can adapt to fit your needs. Either way, use these meal plans hand in hand with your AX-1 Training Camp program and in just 90 days from now...look bigger, more ripped, and feel healthier and better than you have at any point in your life! Guaranteed.

CUSTOMIZING YOUR PLAN

Now that we've got that covered, let's take a look at how to additionally customize your plan. Remember we're not counting macros or calories here! It's not about becoming food scientists...that's just not sustainable, and it's not necessary either! Instead, I'll provide you with a method that makes it much simpler to eat according to your goals without having to stress about every calorie or every gram of carbs, fats and protein.

Because each person's goals will be different with regard to how much bodyfat you are looking to lose or how many pounds of lean muscle mass you are looking to pack on, I wanted to offer a customized Meal Plan solution to allow you to achieve your goals faster. To that end, I've provided you with a new and updated "Standard" X-Factor Meal Plan, and two lists of alternative meal "swap" options and a set of guidelines below, which will allow you to customize your meal plan based on your specific goal. The Shred Swaps lists contain meal swaps for each breakfast, lunch and dinner for those of you that have additional bodyfat to lose. The amount of Shred Swaps you'll make per day will depend on how much bodyfat you need to lose. The Size Swaps lists contain meal swap options for each breakfast, lunch and dinner for those that are looking to pack on muscle mass and weight. The amount of Size Swaps you'll make per day will depend on how much mass you are looking to put on. The following guidelines will help you determine how to use the swap lists, how many swaps to make and what you should consider with regards to supplementation.

If you follow it closely and do your swaps properly, this X-Factor Meal Plan will help you meet your goals. As you look at the Standard Meals and their corresponding Swaps, you'll start to understand what types of changes I've made to 'shred down' or 'size up' the Standard Meals, and you'll be able to apply this new knowledge to adapt your other favorite meals and snacks.

Remember to refer back to these guidelines as you begin to drop in bodyfat or increase your muscle mass, and adjust your number of swaps accordingly!



IF YOUR GOAL IS FAT LOSS...

If you've got some additional bodyfat to lose, you'll be using the Shred Swaps list. The number of Shred Swaps you'll make a day depends on your specific goal. If you are making fewer than 3 Shred Swaps per day, you can make the swaps for any meal: breakfast, lunch or dinner. Here are your guidelines for how many Shred Swaps to make each day:

If you are:

Greater than 30% bodyfat – 3 Shred Swaps

15-29% bodyfat – 2 Shred Swaps

14% bodyfat or less – 1 Shred Swap

I want to make a special note to people who fall in that 'Greater than 30% bodyfat' level. You'll notice that at 3 meal swaps per day, this makes a complete shred plan. In other words, we've eliminated most fats and starchy carbs temporarily. For those of you doing 1 or 2 Shred Swaps per day, just those meals will have fewer fats and starchy carbs. But, I'm not saying fats and starchy carbs aren't good for you! As a matter of fact, you'll see them return as you start to drop down in bodyfat percentage, and as the new lean muscle tissue you're building becomes more adept at storing glycogen. For now, we've chosen to limit the fats and starchy carbs because people with excess weight tend to overeat these two food categories.

You might be wondering about supplementation. If you're at the greater than 30% bodyfat level doing 3 Shred Swaps per day, supplements aren't necessarily your top priority. However, regardless of your bodyfat level, you may find that supplements can help give you an extra edge as you work to lose bodyfat and build muscle. If you find that you need some extra energy to put into your workouts, you may wish to try RX1 X-CITE. It contains beta alanine and creatine to help you push harder and take your workouts farther. Or if you find yourself dragging in your workouts or suffering from a good deal of soreness, RX3 RECONSTRUXION may be worth a try, as it is specifically designed for muscle recovery. What about a protein supplement like RX2 XLR8? It can be a convenient way to increase your protein intake, but please don't take RX2 or any other protein supplement thinking it will be a substitute for proper eating. You'll need to get your nutrition in check, first and foremost. As your bodyfat level decreases, incorporating a protein powder will give you that extra fine tuning edge to help you continue to build lean muscle mass.

That being said, once you've determined how many swaps you'll need to make per day, do take a look at the Shred Swaps lists below. Again, if you are doing just 1 or 2 swaps per day, you can choose which of your meals you prefer to swap out. The same swaps are available to you inside the portal for each meal at the push of a button!

IF YOUR GOAL IS ADDING LEAN MASS...

If your goal is to add on lean muscle mass, you'll be using the Size Swaps list. The number of Size Swaps you'll make a day depends on your specific goal. If you are making fewer than 3 Size Swaps per day, you can make the swaps for any meal: breakfast, lunch or dinner. Here are your guidelines for how many Size Swaps to make each day:

If you want to gain:

5 extra lbs of lean mass – 1 meal swap
From 6-15 lbs of lean mass – 2 meal swaps
15 or more lbs of lean mass – 3 meal swaps

You'll notice that I've increased starchy carbs and fats in these swaps. The fats provide greater calorie density per gram, and the starchy carbohydrates are easier to eat in higher quantities, so both will help you put on additional weight.

That said, regardless of which category you fall into, you'll want to focus on your supplementation to ensure you're doing everything possible to support and speed up the muscle growth process. First, you'll certainly want to make sure that you're meeting the protein requirements for the intense training you're undergoing to help your body to pack on muscle. This is where high quality supplements like Athlean-RX become incredibly useful. The RX2 XLR8 protein supplement is great for a convenient additional protein option as well as meeting post-workout recovery needs. Since you'll be training very hard, RX3 RECONSTRUXION is also an essential adjunct to your night time muscle recovery. Finally, the RX1 X-CITE pre-workout supplement is catered to adding lean mass. It contains both beta alanine and creatine which will help you push harder and further in your workouts.

That being said, once you've determined how many swaps you'll need to make per day, do take a look at the Size Swaps lists below. Again, if you are doing just 1 or 2 swaps per day, you can choose which of your meals you prefer to swap out. The same swaps are available to you inside the portal for each meal at the push of a button!

BREAKFAST - SHRED SWAPS

STANDARD X-FACTOR MEAL	SHRED SWAP
Pumpkin spice oatmeal (with canned pumpkin, cinnamon, nutmeg, walnuts and sliced apples), glass of 1-2% milk, scrambled eggs with salsa, (2:1 egg white to whole egg ratio) high grade omega-3's (see Jeff's recommendation here)	Pumpkin spice oatmeal (with canned pumpkin, cinnamon and nutmeg, glass of 1-2% milk, scrambled egg whites with salsa, high grade omega-3's (see Jeff's recommendation here)
Omelet (2:1 egg white to whole egg ratio), (with spinach, tomatoes, and onions), paprika hashbrowns, glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Omelet (all egg whites), (with spinach, tomatoes, and onions), glass skim milk, medium banana, high grade omega-3's (see Jeff's recommendation here)
Breakfast burrito on a whole wheat wrap (2:1 egg white to whole egg ratio), (with fat free cheese, black beans, salsa, green peppers and onions), glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Breakfast burrito on a whole wheat wrap (all egg whites), (salsa, green peppers and onions), glass of skim milk, high grade omega-3's (see Jeff's recommendation here)
Protein pancakes (with RX2 and oats) topped with strawberries, banana, whipped cream, maple syrup drizzle, glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Protein pancakes (with RX2) topped with strawberries, blueberries, and whipped cream, glass of skim milk, high grade omega-3's (see Jeff's recommendation here)
Apple spice oatmeal (with sliced apple, walnuts and cinnamon, low fat Greek yogurt with oats), glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Apple spice oatmeal (with sliced apple, and cinnamon, fat free Greek yogurt, glass of skim milk, high grade omega-3's (see Jeff's recommendation here)
Coco choco oatmeal blended with shredded coconut, almond extract, a banana and a bit of cocoa powder, scrambled eggs (2:1 egg white to whole egg ratio), glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Coco choco oatmeal blended with coconut extract, almond extract and a bit of cocoa powder, scrambled egg whites, glass of skim milk, high grade omega-3's (see Jeff's recommendation here)
Lox or smoked salmon and capers on a whole wheat bagel, low fat Greek yogurt with oats, glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Lox or smoked salmon and capers, fat free Greek yogurt topped with raspberries, glass of skim milk, high grade omega-3's (see Jeff's recommendation here)
Turkey bacon and scrambled eggs (2:1 egg white to whole egg ratio) with salsa, piece of whole wheat toast and apple butter, glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Turkey bacon and scrambled egg whites with salsa, glass of skim milk, high grade omega-3's (see Jeff's recommendation here)
Bowl of fat free granola (with 1-2% milk, cashews, figs and fresh berries), bottle of water, high grade omega-3's (see Jeff's recommendation here)	Bowl of Kashi Go Lean cereal (with skim milk and fresh blueberries), bottle of water, high grade omega-3's (see Jeff's recommendation here)

LUNCH - SHRED SWAPS

STANDARD X-FACTOR MEAL	SHRED SWAP
Grilled tuna with mixed greens, tomatoes, onions, cubed boiled potato, olive oil and vinegar, bottle of water	Grilled tuna with mixed greens, tomatoes, onions, salt, pepper and lemon juice, bottle of water
Thai beef salad (with lettuce, bean sprouts, tomato, cucumber, red onion, low sodium soy sauce and chili flakes), brown rice, bottle of water	Thai beef salad (with lettuce, bean sprouts, tomato, cucumber, red onion, low sodium soy sauce and chili flakes), bottle of water
Chicken, sautéed with onions and mushrooms, with tomatoes, hot sauce and melted low fat Swiss cheese in a whole wheat wrap, low fat Greek yogurt, bottle of water	Chicken, sautéed with onions and mushrooms, with tomatoes, hot sauce and grated nonfat parmesan cheese, bottle of water
Chicken vegetable soup with a baked potato and Mrs. Dash butter topping, bottle of water	Chicken vegetable soup, mixed green salad, bottle of water
Bowtie pasta salad with grilled chicken (tossed with a pesto sauce and chick peas), low fat Greek yogurt, bottle of water	Grilled chicken with pesto sauce over spinach greens, side of pasta, bottle of water
Tuna salad (with low fat mayo) on a whole wheat wrap, cannellini beans on jasmine rice, bottle of water	Tuna salad (with fat free mayo) on a whole wheat wrap, bottle of water
Grilled chicken with tomato, cucumber and tahini dressing inside a whole wheat pita, low fat Greek yogurt, bottle of water	Grilled chicken with tomato, cucumber and fresh squeezed lime, inside a whole wheat pita, bottle of water
Egg salad sandwich (2:1 egg white to whole egg ratio) on 2 slices of Ezekiel bread, low fat mayo, and celery, topped with tomato and lettuce, bottle of water	Egg salad sandwich (all egg whites) on 1 slice of Ezekiel bread, fat free mayo, and celery, topped with tomato and lettuce, bottle of water
Sliced turkey, lettuce, tomato, onion, low fat cheese, and spicy mustard on whole wheat bread, low fat Greek yogurt, bottle of water	Sliced turkey rollups, (lettuce, tomato, onion and spicy mustard), greens salad with oil and vinegar, bottle of water
Blackberry cottage cheese salad (1-2% cottage cheese, fresh blackberries, slivered almonds, mesclun greens, balsamic glaze), fat free Greek yogurt, bottle of water	Blackberry cottage cheese salad (fat free cottage cheese, fresh blackberries, mesclun greens, balsamic glaze), bottle of water
Chili (made with 90% lean ground beef, kidney beans, chili powder, cayenne pepper, canned tomatoes, and cumin) topped with grated parmesan, whole wheat roll for dipping, bottle of water	Chili (made with extra lean ground beef, kidney beans, chili powder, cayenne pepper, canned tomatoes, and cumin) topped with grated parmesan, bottle of water
Burrito bowl made with shredded lean pork, pinto beans, fresh salsa, lettuce and fat free shredded cheddar, brown rice, bottle of water	Burrito bowl made with shredded lean pork, pinto beans, fresh salsa, lettuce and onion, bottle of water

DINNER - SHRED SWAPS

STANDARD X-FACTOR MEAL	SHRED SWAP
Grilled rosemary chicken breast (with marinara sauce and grated parmesan cheese on whole wheat pasta), mixed greens salad, glass of water	Grilled rosemary chicken breast (with spicy marinara sauce, onions and mushrooms, mixed greens salad, glass of water
Grilled halibut steak (w/ squeezed lemon and olive oil), brown rice, sauteed spinach and onions, glass of water	Grilled halibut steak (w/ squeezed lemon and olive oil), sauteed spinach and onions, glass of water
Turkey burger (with garlic powder, sauteed onions and mushrooms, tomato, lettuce, slice of low fat Swiss cheese, on a whole wheat bun), field green salad with vinaigrette, glass of water	Bunless turkey burger (with garlic powder, sauteed onions and mushrooms), field green salad with oil and vinegar, glass of water
Grilled sea scallops with a honey Dijon mustard dip, butternut squash puree, sautéed zucchini and onions, glass of water	Grilled sea scallops with a honey Dijon mustard dip, sautéed zucchini and onions, glass of water
Sushi (cucumber or tuna rolls), ginger salad, spicy edamame, glass of water	Mixed sashimi, seaweed salad, side of brown rice, glass of water
Roasted chicken breast (no skin), rosemary roasted potatoes, honey drizzled sauteed carrots, salad w/ olive oil and vinegar, glass of water	Roasted chicken breast (no skin), baked potato, salad w/ olive oil and vinegar, glass of water
90% lean ground beef meatballs (on whole wheat pasta, with spicy tomato sauce, fresh spinach, grated mozzarella cheese), glass of water	Cubed grilled chicken breast (on whole wheat pasta, fresh sliced tomatoes, fresh spinach), glass of water
Sirloin steak, sauteed onions, mushrooms and broccoli (with garlic and olive oil), wild rice pilaf, glass of water	Top round steak with cracked peppercorns, butternut squash, steamed broccoli with lemon, glass of water
Sliced turkey breast, mushroom couscous, grilled asparagus with lemon and olive oil, baked sweet potato, glass of water	Sliced turkey breast, mushroom couscous, grilled asparagus with lemon and olive oil, glass of water
Sauteed shrimp in red pepper curry sauce, grilled jicama, roasted broccoli with salt and olive oil, glass of water	Grilled cajun shrimp, spaghetti squash, roasted broccoli with salt and olive oil, glass of water
Grilled pork tenderloin, applesauce, roasted green beans with almond slices, baked sweet potato, salad (with tomatoes, onions, kale, vinegar, olive oil and garlic), glass of water	Grilled pork tenderloin, applesauce, roasted green beans, salad (with sliced beets, kale, vinegar, olive oil and garlic), glass of water

BREAKFAST - SIZE SWAPS

STANDARD X-FACTOR MEAL	SIZE SWAP
Pumpkin spice oatmeal (with canned pumpkin, cinnamon, nutmeg, walnuts and sliced apples), glass of 1-2% milk, scrambled eggs with salsa, (2:1 egg white to whole egg ratio) high grade omega-3's (see Jeff's recommendation)	Pumpkin spice oatmeal (with canned pumpkin, cinnamon, nutmeg, walnuts, and a scoop of French Vanilla Bean RX-2 XLR8 protein powder, glass of whole milk, scrambled eggs, high grade omega-3's (see Jeff's recommendation here)
Omelet (2:1 egg white to whole egg ratio), (with spinach, tomatoes, and onions), paprika hashbrowns, glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Omelet (2:1 whole egg to egg white ratio), (with spinach, tomatoes, and onions), paprika hashbrowns, whole wheat toast, glass of whole milk, high grade omega-3's (see Jeff's recommendation here)
Breakfast burrito on a whole wheat wrap (2:1 egg white to whole egg ratio), (with fat free cheese, black beans, salsa, green peppers and onions), glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Breakfast burrito on a whole wheat wrap (2:1 whole egg to egg white ratio), (with low fat cheese, black beans, salsa, avocado, green peppers and onions), glass of whole milk, high grade omega-3's (see Jeff's recommendation here)
Protein pancakes (with RX2 and oats) topped with strawberries, banana, whipped cream, maple syrup drizzle, glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Protein pancakes (with RX2 and oats) topped with banana, walnuts, butter, whipped cream, maple syrup drizzle, glass of whole milk, high grade omega-3's (see Jeff's recommendation here)
Apple spice oatmeal (with sliced apple, walnuts and cinnamon, low fat Greek yogurt with oats), glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Apple spice oatmeal (with sliced apple, walnuts, cinnamon, and a scoop of French Vanilla Bean RX-2 XLR8 protein powder), Greek yogurt with banana slices and granola), glass of whole milk, high grade omega-3's
Coco choco oatmeal blended with shredded coconut, almond extract, a banana and a bit of cocoa powder, scrambled eggs (2:1 egg white to whole egg ratio), glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Coco choco oatmeal blended with shredded coconut, crushed almonds, a banana, and a scoop of Chocolate Fudge Brownie RX-2 XLR8 protein powder), glass of whole milk, high grade omega-3's (see Jeff's recommendation here)
Lox or smoked salmon and capers on a whole wheat bagel, low fat Greek yogurt with oats, glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Lox or smoked salmon and capers on a whole wheat bagel, with cream cheese, Greek yogurt with banana slices and granola, glass of whole milk, high grade omega-3's
Turkey bacon and scrambled eggs (2:1 egg white to whole egg ratio) with salsa, piece of whole wheat toast and apple butter, glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Turkey bacon and scrambled eggs (2:1 whole egg to egg white ratio) with salsa, avocado, whole wheat toast and butter, glass of whole milk, high grade omega-3's (see Jeff's recommendation here)
Bowl of fat free granola (with 1-2% milk, cashews, figs and fresh berries), bottle of water, high grade omega-3's (see Jeff's recommendation here)	Bowl of granola (with whole milk, cashews, figs and fresh berries, shredded coconut and a few chocolate chips), bottle of water, high grade omega-3's (see Jeff's recommendation here)
Whole wheat pita with scrambled eggs (2:1 egg white to whole egg ratio), (with Canadian bacon, spinach, bell peppers, salsa, low fat cottage cheese), glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Whole wheat pita with scrambled eggs (2:1 whole egg to egg white ratio), (with Canadian bacon, spinach, bell peppers, salsa, cottage cheese), glass of whole milk, high grade omega-3's (see Jeff's recommendation here)
Breakfast protein shake (with 2 scoops of French Vanilla Bean RX-2 XLR8 protein powder, fresh berries, ground flaxseed, oats, and ice), high grade omega-3's (see Jeff's recommendation here)	Breakfast protein shake (with 2 scoops of French Vanilla Bean RX-2 XLR8 protein powder, whole banana, vanilla Greek yogurt, ground flaxseed, peanut butter, oats, and ice), high grade omega-3's (see Jeff's recommendation here)

LUNCH - SIZE SWAPS

STANDARD X-FACTOR MEAL	SIZE SWAP
Grilled tuna with mixed greens, tomatoes, onions, salt, pepper and lemon juice, bottle of water	Grilled tuna with mixed greens, tomatoes, onions, cubed boiled potato, avocado, olive oil and vinegar, whole wheat toast, bottle of water
Thai beef salad (with lettuce, bean sprouts, tomato, cucumber, red onion, low sodium soy sauce and chili flakes), brown rice, bottle of water	Thai beef salad (with lettuce, bean sprouts, tomato, cucumber, red onion, peanut sauce, peanuts and chili flakes), brown rice, bottle of water
Chicken, sautéed with onions and mushrooms, with tomatoes, hot sauce and melted low fat Swiss cheese in a whole wheat wrap, low fat Greek yogurt, bottle of water	Chicken, sautéed with onions and mushrooms, with tomatoes, hot sauce and melted Swiss cheese in a whole wheat wrap, side of rice, Greek yogurt, bottle of water
Chicken vegetable soup with a baked potato and Mrs. Dash butter topping, bottle of water	Chicken vegetable soup with saltine crackers, baked potato with shredded cheddar and bacon bits, bottle of water
Bowtie pasta salad with grilled chicken (tossed with a pesto sauce and chick peas), low fat Greek yogurt, bottle of water	Bowtie pasta salad with grilled chicken (tossed with a pesto sauce, pine nuts and parmesan cheese), whole grain roll, Greek yogurt, bottle of water
Tuna salad (with low fat mayo) on a whole wheat wrap, cannellini beans on jasmine rice, bottle of water	Tuna salad (with mayo) on a whole wheat wrap, with dried cranberries, cannellini beans on jasmine rice, bottle of water
Grilled chicken with tomato, cucumber and tahini dressing inside a whole wheat pita, low fat Greek yogurt, bottle of water	Grilled chicken with tomato, cucumber and tahini dressing inside a whole wheat pita, topped with feta cheese and slivered almonds, Greek yogurt, bottle of water
Egg salad sandwich (2:1 egg white to whole egg ratio) on 2 slices of Ezekiel bread, low fat mayo, and celery, topped with tomato and lettuce, bottle of water	Egg salad sandwich (2:1 whole egg to egg white ratio) on 2 slices of 7 grain bread, mayo, and celery, topped with tomato and lettuce, bottle of water
Sliced turkey, lettuce, tomato, onion, low fat cheese, and spicy mustard on whole wheat bread, low fat Greek yogurt, bottle of water	Sliced turkey, lettuce, tomato, onion, cheese, bacon and spicy mustard on 7 grain bread, Greek yogurt, bottle of water
Blackberry cottage cheese salad (1-2% cottage cheese, fresh blackberries, slivered almonds, mesclun greens, balsamic glaze), fat free Greek yogurt, bottle of water	Blackberry cottage cheese salad (cottage cheese, fresh blackberries, slivered almonds, mesclun greens, dried cranberries, goat cheese, balsamic glaze), Greek yogurt, bottle of water
Chili (made with 90% lean ground beef, kidney beans, chili powder, cayenne pepper, canned tomatoes, and cumin) topped with grated parmesan, whole wheat roll for dipping, bottle of water	Chili (made with 90% lean ground beef, kidney beans, chili powder, cayenne pepper, canned tomatoes, and cumin) topped with melted cheese, a baked sweet potato with butter and cinnamon, bottle of water

DINNER - SIZE SWAPS

STANDARD X-FACTOR MEAL	SIZE SWAP
Grilled rosemary chicken breast (with marinara sauce and grated parmesan cheese on whole wheat pasta), mixed greens salad, glass of water	Grilled rosemary chicken breast (with marinara sauce and grated parmesan cheese on whole wheat pasta), mixed greens salad, glass of water
Grilled halibut steak (w/ squeezed lemon and olive oil), brown rice, sauteed spinach and onions, glass of water	Grilled halibut steak (w/ squeezed lemon), topped with coconut milk curry sauce, brown rice, sauteed spinach and onions, glass of water
Turkey burger (with garlic powder, sauteed onions and mushrooms, tomato, lettuce, slice of low fat Swiss cheese, on a whole wheat bun), field green salad with vinaigrette, glass of water	Turkey burger (with garlic powder, sauteed onions and mushrooms, tomato, lettuce, slice of Swiss cheese, on a whole wheat bun), Caesar salad, glass of water
Grilled sea scallops with a honey Dijon mustard dip, butternut squash puree, sautéed zucchini and onions, glass of water	Seared lemon butter sea scallops, angel hair pasta with butter, sautéed zucchini and onions, glass of water
Sushi (cucumber or tuna rolls), ginger salad, spicy edamame, glass of water	Sushi (California or spicy tuna rolls), ginger salad, spicy edamame, glass of water
Roasted chicken breast (no skin), rosemary roasted potatoes, honey drizzled sauteed carrots, salad w/ olive oil and vinegar, glass of water	Roasted chicken with skin, mashed potatoes, sauteed carrots cooked in honey and orange juice, wild rice, glass of water
90% lean ground beef meatballs (on whole wheat pasta, with spicy tomato sauce, fresh spinach, grated mozzarella cheese), glass of water	80% lean ground beef meatballs (on pasta, with spicy tomato sauce, fresh spinach, fresh mozzarella chunks), glass of water
Sirloin steak, sauteed onions, mushrooms and broccoli (with garlic and olive oil), wild rice pilaf, glass of water	T-bone steak, sauteed onions and mushrooms, butternut squash, wild rice pilaf with feta cheese crumbles, glass of water
Sliced turkey breast, mushroom couscous, grilled asparagus with lemon and olive oil, baked sweet potato, glass of water	Sliced turkey breast, cranberry sauce, cranberry walnut couscous, grilled asparagus with lemon and olive oil, sweet potato mash, glass of water
Sauteed shrimp in red pepper curry sauce, grilled jicama, roasted broccoli with salt and olive oil, glass of water	Sauteed shrimp in coconut milk curry sauce, rice, baked jicama fries, roasted broccoli with salt and olive oil, glass of water
Grilled pork tenderloin, applesauce, roasted green beans with almond slices, baked sweet potato, salad (with tomatoes, onions, kale, vinegar, olive oil and garlic), glass of water	Honey roasted pork chops, applesauce, green beans with almond slices, mashed sweet potatoes, salad (with sliced beets, potatoes, kale, vinegar, olive oil and garlic), glass of water
Lean ground beef tacos (with black beans and grated cheddar cheese, lettuce and tomato on corn tortillas), with Spanish rice, glass of water	80% lean ground beef tacos (with refried beans and melted cheddar cheese and sour cream, lettuce and tomato on corn tortillas), with Spanish rice, glass of water

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	NOTE: PLEASE SEE "SUPPLEMENTAL GUIDE" TO ADAPT YOUR WORKOUT PLAN AND MEAL PLAN TO YOUR SPECIFIC SCHEDULE!						
	If today is a WORKOUT DAY : Remember to take your *RX1 and **RX2.	If today is a WORKOUT DAY : Remember to take your *RX1 and **RX2.	If today is a WORKOUT DAY : Remember to take your *RX1 and **RX2.	If today is a WORKOUT DAY : Remember to take your *RX1 and **RX2.	If today is a WORKOUT DAY : Remember to take your *RX1 and **RX2.	If today is a WORKOUT DAY : Remember to take your *RX1 and **RX2.	If today is a WORKOUT DAY : Remember to take your *RX1 and **RX2.
	7:00 AM	7:00 AM	7:00 AM	7:00 AM	7:00 AM	8:00 AM	8:00 AM
BREAKFAST	Pumpkin spice oatmeal (with canned pumpkin, cinnamon, nutmeg, walnuts and sliced apples), glass of 1-2% milk, scrambled eggs with salsa, (2:1 egg white to whole egg ratio) high grade omega-3's (see Jeff's recommendation here)	Omelet (2:1 egg white to whole egg ratio), (with spinach, tomatoes, and onions), paprika hashbrowns, glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Breakfast burrito on a whole wheat wrap (2:1 egg white to whole egg ratio), (with fat free cheese, black beans, salsa, green peppers and onions), glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Protein pancakes (with Rx2 and oats) topped with strawberries, banana, whipped cream, maple syrup drizzle, glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Apple spice oatmeal (with sliced apple, walnuts and cinnamon, low fat Greek yogurt with oats), glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Coco choco oatmeal (with shredded coconut, almond extract, a banana and a bit of cocoa powder), scrambled eggs (2:1 egg white to whole egg ratio), glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Lox or smoked salmon and capers on a whole wheat bagel, low fat Greek yogurt with oats, glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)
SNACK 1	9:30 AM	9:30 AM	9:30 AM	9:30 AM	9:30 AM	10:30 AM	10:30 AM
	**RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	Raw veggies and hummus, bottle of water	Low fat Greek yogurt parfait with raspberries and blueberries and a sprinkle of granola on top, bottle of water	Green apple with almond butter, bottle of water	**RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	Apple butter, celery and fat free cheddar wedges, bottle of water	Low fat cottage cheese with blueberries or strawberries, bottle of water
LUNCH	12:00 PM	12:00 PM	12:00 PM	12:00 PM	12:00 PM	1:00 PM	1:00 PM
	Grilled tuna with mixed greens, tomatoes, onions, cubed boiled potato, olive oil and vinegar, bottle of water	Thai beef salad (with lettuce, bean sprouts, tomato, cucumber, red onion, low sodium soy sauce and chili flakes), brown rice, bottle of water	Chicken, sautéed with onions and mushrooms, with tomatoes, hot sauce and melted low fat Swiss cheese in a whole wheat wrap, low fat Greek yogurt, bottle of water	Chicken vegetable soup with a baked potato and Mrs. Dash butter topping, bottle of water	Tuna salad (with low fat mayo) on a whole wheat wrap, cannellini beans on jasmine rice, bottle of water	Bowtie pasta salad with grilled chicken (tossed with a pesto sauce and chick peas), low fat Greek yogurt, bottle of water	Egg salad sandwich (2:1 egg white to whole egg ratio) on 2 slices of Ezekiel bread, low fat mayo, and celery, topped with tomato and lettuce, bottle of water
SNACK 2	3:00 PM	3:00 PM	3:00 PM	3:00 PM	3:00 PM	4:00 PM	4:00 PM
	Peach with fat free string cheese, bottle of water	Small can of tuna and an apple, bottle of water	**RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	Handful of almonds and a bunch of grapes with a wedge of low fat cheese, bottle of water	Beef, turkey, tuna or salmon jerky, bottle of water	Unsalted pumpkin seeds and a few dried apricots, bottle of water	**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	6:00 PM	6:00 PM	6:00 PM	6:00 PM	6:30 PM	6:30 PM
	Grilled pork tenderloin, applesauce, roasted green beans with almond slices, baked sweet potato, salad (with tomatoes, onions and kale, vinegar, olive oil and garlic), glass of water	Turkey burger (with garlic powder, sauteed onions and mushrooms, tomato, lettuce, slice of low fat Swiss cheese, on a whole wheat bun), Field green salad with vinaigrette, glass of water	Grilled halibut steak (w/ squeezed lemon and olive oil), brown rice, sauteed spinach and onions, glass of water	Sushi (cucumber or tuna rolls), ginger salad, spicy edamame, glass of water	Roasted chicken breast (no skin), rosemary roasted potatoes, honey drizzled sauteed carrots, salad w/ olive oil and vinegar, glass of water	Grilled sea scallops with a honey Dijon mustard dip, butternut squash puree, sautéed zucchini and onions, glass of water	Grilled rosemary chicken breast (with marinara sauce and grated parmesan cheese on whole wheat pasta), mixed greens salad, glass of water
SNACK 3	9:00 PM	9:00 PM	9:00 PM	9:00 PM	9:00 PM	9:30 PM	9:30 PM
	Air popped popcorn with cinnamon sugar, glass of skim milk	Applesauce and a handful of walnuts, bottle of water	Thinly sliced roasted turkey wrapped around a pickle, bottle of water	Air popped popcorn with hot sauce, glass of skim milk	Whole grain pretzels, spicy mustard, fat free yogurt, bottle of water	Three hardboiled eggs (2 with yolks removed), a banana, bottle of water	Canned tuna with whole wheat crackers, bottle of water
	Take RX3 RECONSTRUXION 30 minutes before bedtime.	Take RX3 RECONSTRUXION 30 minutes before bedtime.	Take RX3 RECONSTRUXION 30 minutes before bedtime.	Take RX3 RECONSTRUXION 30 minutes before bedtime.	Take RX3 RECONSTRUXION 30 minutes before bedtime.	Take RX3 RECONSTRUXION 30 minutes before bedtime.	Take RX3 RECONSTRUXION 30 minutes before bedtime.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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	7:00 AM	7:00 AM	7:00 AM	7:00 AM	7:00 AM	8:00 AM	8:00 AM
BREAKFAST	Turkey bacon and scrambled eggs (2:1 egg white to whole egg ratio) with salsa, piece of whole wheat toast and apple butter, glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Bowl of fat free granola (with 1-2% milk, cashews, figs and fresh berries), bottle of water, high grade omega-3's (see Jeff's recommendation here)	Whole wheat pita with scrambled eggs (2:1 egg white to whole egg ratio), (with Canadian bacon, spinach, bell peppers, salsa, low fat cottage cheese), glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Breakfast protein shake (with 2 scoops of French Vanilla Bean RX-2 XLR8 protein powder, fresh berries, ground flaxseed, oats, and ice), high grade omega-3's (see Jeff's recommendation here)	Turkey sausage with sautéed peppers, onions and mushrooms, whole wheat toast, scrambled eggs (2:1 egg white to whole egg ratio), glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Protein pancakes (with Rx2 and oats) topped with strawberries, banana, whipped cream, maple syrup drizzle, glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Breakfast burrito on a whole wheat wrap (2:1 egg white to whole egg ratio), (with fat free cheese, black beans, salsa, green peppers and onions), glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)
	9:30 AM	9:30 AM	9:30 AM	9:30 AM	9:30 AM	10:30 AM	10:30 AM
SNACK 1	Peach with fat free string cheese, bottle of water	Small can of tuna and an apple, bottle of water	**RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	Fat free ricotta cheese with cinnamon and crushed almonds, bottle of water	Apple butter, celery and fat free cheddar wedges, bottle of water	Low fat cottage cheese with blueberries or strawberries, bottle of water	**RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day
	12:00 PM	12:00 PM	12:00 PM	12:00 PM	12:00 PM	1:00 PM	1:00 PM
LUNCH	Grilled chicken with tomato, cucumber and tahini dressing inside a whole wheat pita, low fat Greek yogurt, bottle of water	Blackberry cottage cheese salad (1-2% cottage cheese, fresh blackberries, sliced almonds, mesclun greens, balsamic glaze), fat free Greek yogurt, bottle of water	Sliced turkey, lettuce, tomato, onion, low fat cheese, and spicy mustard on whole wheat bread, low fat Greek yogurt, bottle of water	Grilled tuna with mixed greens, tomatoes, onions, cubed boiled potato, olive oil and vinegar, bottle of water	Burrito bowl made with shredded lean pork, pinto beans, fresh salsa, lettuce and fat free shredded cheddar, brown rice, bottle of water	Chili (made with 90% lean ground beef, kidney beans, chili powder, cayenne pepper, canned tomatoes, and cumin) topped with grated parmesan, whole wheat roll for dipping, bottle of water	Tuna salad (with low fat mayo) on a whole wheat wrap, cannellini beans on jasmine rice, bottle of water
	3:00 PM	3:00 PM	3:00 PM	3:00 PM	3:00 PM	4:00 PM	4:00 PM
SNACK 2	**RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	Raw veggies and hummus, bottle of water	Unsalted pumpkin seeds and a few dried apricots, bottle of water	Green apple with almond butter, bottle of water	**RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	Beef, turkey, tuna or salmon jerky, bottle of water	Low fat Greek yogurt parfait with raspberries and blueberries and a sprinkle of granola on top, bottle of water
	6:00 PM	6:00 PM	6:00 PM	6:00 PM	6:00 PM	6:30 PM	6:30 PM
DINNER	90% lean ground beef meatballs (on whole wheat pasta, with spicy tomato sauce, fresh spinach, grated mozzarella cheese), glass of water	Sliced turkey breast, mushroom couscous, grilled asparagus with lemon and olive oil, baked sweet potato, glass of water	Sauteed shrimp in red pepper curry sauce, grilled jicama, roasted broccoli with salt and olive oil, glass of water	Sirloin steak, sauteed onions, mushrooms and broccoli (with garlic and olive oil), wild rice pilaf, glass of water	Lean ground beef tacos (with black beans and grated cheddar cheese, lettuce and tomato on corn tortillas), with Spanish rice, glass of water	Grilled pork tenderloin, applesauce, roasted green beans with almond slices, baked sweet potato, salad (with tomatoes, onions and kale, vinegar, olive oil and garlic), glass of water	Grilled rosemary chicken breast (with marinara sauce and grated parmesan cheese on whole wheat pasta), mixed greens salad, glass of water
	9:00 PM	9:00 PM	9:00 PM	9:00 PM	9:00 PM	9:30 PM	9:30 PM
SNACK 3	Glass of skim milk and a banana	Air popped popcorn with hot sauce, glass of skim milk	Applesauce and a handful of walnuts, bottle of water	Air popped popcorn with cinnamon sugar, glass of skim milk	Thinly sliced roasted turkey wrapped around a pickle, bottle of water	Applesauce and a handful of walnuts, bottle of water	Whole grain pretzels, spicy mustard, fat free yogurt, bottle of water
	Take RX3 RECONSTRUCTION 30 minutes before bedtime.	Take RX3 RECONSTRUCTION 30 minutes before bedtime.	Take RX3 RECONSTRUCTION 30 minutes before bedtime.	Take RX3 RECONSTRUCTION 30 minutes before bedtime.	Take RX3 RECONSTRUCTION 30 minutes before bedtime.	Take RX3 RECONSTRUCTION 30 minutes before bedtime.	Take RX3 RECONSTRUCTION 30 minutes before bedtime.

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	7:00 AM	7:00 AM	7:00 AM	7:00 AM	7:00 AM	8:00 AM	8:00 AM
BREAKFAST	Omelet (2:1 egg white to whole egg ratio), (with spinach, tomatoes, and onions), paprika hashbrowns, glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Coco choco oatmeal (with shredded coconut, almond extract, a banana and a bit of cocoa powder), scrambled eggs (2:1 egg white to whole egg ratio), glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Whole wheat pita with scrambled eggs (2:1 egg white to whole egg ratio), (with Canadian bacon, spinach, bell peppers, salsa, low fat cottage cheese), glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Apple spice oatmeal (with sliced apple, walnuts and cinnamon, low fat Greek yogurt with oats), glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Turkey sausage with sautéed peppers, onions and mushrooms, whole wheat toast, scrambled eggs (2:1 egg white to whole egg ratio), glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Breakfast burrito on a whole wheat wrap (2:1 egg white to whole egg ratio), (with fat free cheese, black beans, salsa, green peppers and onions), glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Bowl of fat free granola (with 1-2% milk, cashews, figs and fresh berries), bottle of water, high grade omega-3's (see Jeff's recommendation here)
SNACK 1	9:30 AM	9:30 AM	9:30 AM	9:30 AM	9:30 AM	10:30 AM	10:30 AM
	**RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	Low fat cottage cheese with blueberries or strawberries, bottle of water	Low fat Greek yogurt parfait with raspberries and blueberries and a sprinkle of granola on top, bottle of water	Handful of almonds and a bunch of grapes with a wedge of low fat cheese, bottle of water	**RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	Apple butter, celery and fat free cheddar wedges, bottle of water	Unsalted pumpkin seeds and a few dried apricots, bottle of water
LUNCH	12:00 PM	12:00 PM	12:00 PM	12:00 PM	12:00 PM	1:00 PM	1:00 PM
	Blackberry cottage cheese salad (1-2% cottage cheese, fresh blackberries, sliced almonds, mesclun greens, balsamic glaze), fat free Greek yogurt, bottle of water	Bowtie pasta salad with grilled chicken (tossed with a pesto sauce and chick peas), low fat Greek yogurt, bottle of water	Thai beef salad (with lettuce, bean sprouts, tomato, cucumber, red onion, low sodium soy sauce and chili flakes), brown rice, bottle of water	Grilled tuna with mixed greens, tomatoes, onions, cubed boiled potato, olive oil and vinegar, bottle of water	Sliced turkey, lettuce, tomato, onion, low fat cheese, and spicy mustard on whole wheat bread, low fat Greek yogurt, bottle of water	Burrito bowl made with shredded lean pork, pinto beans, fresh salsa, lettuce and fat free shredded cheddar, brown rice, bottle of water	Chicken vegetable soup with a baked potato and Mrs. Dash butter topping, bottle of water
SNACK 2	3:00 PM	3:00 PM	3:00 PM	3:00 PM	3:00 PM	4:00 PM	4:00 PM
	Beef, turkey, tuna or salmon jerky, bottle of water	Small can of tuna and an apple, bottle of water	**RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	Raw veggies and hummus, bottle of water	Peach with fat free string cheese, bottle of water	Fat free ricotta cheese with cinnamon and crushed almonds, bottle of water	**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	6:00 PM	6:00 PM	6:00 PM	6:00 PM	6:30 PM	6:30 PM
	Grilled sea scallops with a honey Dijon mustard dip, butternut squash puree, sautéed zucchini and onions, glass of water	Grilled pork tenderloin, applesauce, roasted green beans with almond slices, baked sweet potato, salad (with tomatoes, onions and kale, vinegar, olive oil and garlic), glass of water	Roasted chicken breast (no skin), rosemary roasted potatoes, honey drizzled sautéed carrots, salad w/ olive oil and vinegar, glass of water	Sirloin steak, sautéed onions, mushrooms and broccoli (with garlic and olive oil), wild rice pilaf, glass of water	Grilled halibut steak (w/ squeezed lemon and olive oil), brown rice, sautéed spinach and onions, glass of water	Sliced turkey breast, mushroom couscous, grilled asparagus with lemon and olive oil, baked sweet potato, glass of water	90% lean ground beef meatballs (on whole wheat pasta, with spicy tomato sauce, fresh spinach, grated mozzarella cheese), glass of water
SNACK 3	9:00 PM	9:00 PM	9:00 PM	9:00 PM	9:00 PM	9:30 PM	9:30 PM
	Air popped popcorn with cinnamon sugar, glass of skim milk	Whole grain pretzels, spicy mustard, fat free yogurt, bottle of water	Thinly sliced roasted turkey wrapped around a pickle, bottle of water	Air popped popcorn with hot sauce, glass of skim milk	Three hardboiled eggs (2 with yolks removed), a banana, bottle of water	Canned tuna with whole wheat crackers, bottle of water	Applesauce and a handful of walnuts, bottle of water
	Take RX3 RECONSTRUCTION 30 minutes before bedtime.	Take RX3 RECONSTRUCTION 30 minutes before bedtime.	Take RX3 RECONSTRUCTION 30 minutes before bedtime.	Take RX3 RECONSTRUCTION 30 minutes before bedtime.	Take RX3 RECONSTRUCTION 30 minutes before bedtime.	Take RX3 RECONSTRUCTION 30 minutes before bedtime.	Take RX3 RECONSTRUCTION 30 minutes before bedtime.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NOTE: PLEASE SEE "SUPPLEMENTAL GUIDE" TO ADAPT YOUR WORKOUT PLAN AND MEAL PLAN TO YOUR SPECIFIC SCHEDULE!							
	If today is a WORKOUT DAY : Remember to take your *RX1 and **RX2.	If today is a WORKOUT DAY : Remember to take your *RX1 and **RX2.	If today is a WORKOUT DAY : Remember to take your *RX1 and **RX2.	If today is a WORKOUT DAY : Remember to take your *RX1 and **RX2.	If today is a WORKOUT DAY : Remember to take your *RX1 and **RX2.	If today is a WORKOUT DAY : Remember to take your *RX1 and **RX2.	If today is a WORKOUT DAY : Remember to take your *RX1 and **RX2.
	7:00 AM	7:00 AM	7:00 AM	7:00 AM	7:00 AM	8:00 AM	8:00 AM
BREAKFAST	Protein pancakes (with Rx2 and oats) topped with strawberries, banana, whipped cream, maple syrup drizzle, glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Turkey sausage with sautéed peppers, onions and mushrooms, whole wheat toast, scrambled eggs (2:1 egg white to whole egg ratio), glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Pumpkin spice oatmeal (with canned pumpkin, cinnamon, nutmeg, walnuts and sliced apples), glass of 1-2% milk, scrambled eggs with salsa, (2:1 egg white to whole egg ratio) high grade omega-3's (see Jeff's recommendation here)	Lox or smoked salmon and capers on a whole wheat bagel, low fat Greek yogurt with oats, glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Omelet (2:1 egg white to whole egg ratio), (with spinach, tomatoes, and onions), paprika hashbrowns, glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Breakfast protein shake (with 2 scoops of French Vanilla Bean RX-2 XLR8 protein powder, fresh berries, ground flaxseed, oats, and ice), high grade omega-3's (see Jeff's recommendation here)	Turkey bacon and scrambled eggs (2:1 egg white to whole egg ratio) with salsa, piece of whole wheat toast and apple butter, glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)
	9:30 AM	9:30 AM	9:30 AM	9:30 AM	9:30 AM	10:30 AM	10:30 AM
SNACK 1	Raw veggies and hummus, bottle of water	Apple butter, celery and fat free cheddar wedges, bottle of water	Peach with fat free string cheese, bottle of water	**RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	Low fat cottage cheese with blueberries or strawberries, bottle of water	Low fat Greek yogurt parfait with raspberries and blueberries and a sprinkle of granola on top, bottle of water	**RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day
	12:00 PM	12:00 PM	12:00 PM	12:00 PM	12:00 PM	1:00 PM	1:00 PM
LUNCH	Egg salad sandwich (2:1 egg white to whole egg ratio) on 2 slices of Ezekiel bread, low fat mayo, and celery, topped with tomato and lettuce, bottle of water	Tuna salad (with low fat mayo) on a whole wheat wrap, cannellini beans on jasmine rice, bottle of water	Grilled chicken with tomato, cucumber and tahini dressing inside a whole wheat pita, low fat Greek yogurt, bottle of water	Chili (made with 90% lean ground beef, kidney beans, chili powder, cayenne pepper, canned tomatoes, and cumin) topped with grated parmesan, whole wheat roll for dipping, bottle of water	Chicken, sautéed with onions and mushrooms, with tomatoes, hot sauce and melted low fat Swiss cheese in a whole wheat wrap, low fat Greek yogurt, bottle of water	Burrito bowl made with shredded lean pork, pinto beans, fresh salsa, lettuce and fat free shredded cheddar, brown rice, bottle of water	Thai beef salad (with lettuce, bean sprouts, tomato, cucumber, red onion, low sodium soy sauce and chili flakes), brown rice, bottle of water
	3:00 PM	3:00 PM	3:00 PM	3:00 PM	3:00 PM	4:00 PM	4:00 PM
SNACK 2	Unsalted pumpkin seeds and a few dried apricots, bottle of water	**RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	Green apple with almond butter, bottle of water	Beef, turkey, tuna or salmon jerky, bottle of water	**RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	Small can of tuna and an apple, bottle of water	Handful of almonds and a bunch of grapes with a wedge of low fat cheese, bottle of water
	6:00 PM	6:00 PM	6:00 PM	6:00 PM	6:00 PM	6:30 PM	6:30 PM
DINNER	Lean ground beef tacos (with black beans and grated cheddar cheese, lettuce and tomato on corn tortillas), with Spanish rice, glass of water	Grilled rosemary chicken breast (with marinara sauce and grated parmesan cheese on whole wheat pasta), mixed greens salad, glass of water	Sauteed shrimp in red pepper curry sauce, grilled jicama, roasted broccoli with salt and olive oil, glass of water	Turkey burger (with garlic powder, sauteed onions and mushrooms, tomato, lettuce, slice of low fat Swiss cheese, on a whole wheat bun), Field green salad with vinaigrette, glass of water	Sushi (cucumber or tuna rolls), ginger salad, spicy edamame, glass of water	Sirloin steak, sauteed onions, mushrooms and broccoli (with garlic and olive oil), wild rice pilaf, glass of water	Grilled pork tenderloin, applesauce, roasted green beans with almond slices, baked sweet potato, salad (with tomatoes, onions and kale, vinegar, olive oil and garlic), glass of water
	9:00 PM	9:00 PM	9:00 PM	9:00 PM	9:00 PM	9:30 PM	9:30 PM
SNACK 3	Whole grain pretzels, spicy mustard, fat free yogurt, bottle of water	Glass of skim milk and a banana	Air popped popcorn with cinnamon sugar, glass of skim milk	Three hardboiled eggs (2 with yolks removed), a banana, bottle of water	Thinly sliced roasted turkey wrapped around a pickle, bottle of water	Air popped popcorn with hot sauce, glass of skim milk	Canned tuna with whole wheat crackers, bottle of water
	Take RX3 RECONSTRUCTION 30 minutes before bedtime.	Take RX3 RECONSTRUCTION 30 minutes before bedtime.	Take RX3 RECONSTRUCTION 30 minutes before bedtime.	Take RX3 RECONSTRUCTION 30 minutes before bedtime.	Take RX3 RECONSTRUCTION 30 minutes before bedtime.	Take RX3 RECONSTRUCTION 30 minutes before bedtime.	Take RX3 RECONSTRUCTION 30 minutes before bedtime.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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	7:00 AM	7:00 AM	7:00 AM	7:00 AM	7:00 AM	8:00 AM	8:00 AM
BREAKFAST	Pumpkin spice oatmeal (with canned pumpkin, cinnamon, nutmeg, walnuts and sliced apples), glass of 1-2% milk, scrambled eggs with salsa, (2:1 egg white to whole egg ratio) high grade omega-3's (see Jeff's recommendation here)	Omelet (2:1 egg white to whole egg ratio), (with spinach, tomatoes, and onions), paprika hashbrowns, glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Apple spice oatmeal (with sliced apple, walnuts and cinnamon, low fat Greek yogurt with oats), glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Bowl of fat free granola (with 1-2% milk, cashews, figs and fresh berries), bottle of water, high grade omega-3's (see Jeff's recommendation here)	Breakfast burrito on a whole wheat wrap (2:1 egg white to whole egg ratio), (with fat free cheese, black beans, salsa, green peppers and onions), glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Whole wheat pita with scrambled eggs (2:1 egg white to whole egg ratio), (with Canadian bacon, spinach, bell peppers, salsa, low fat cottage cheese), glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Coco choco oatmeal (with shredded coconut, almond extract, a banana and a bit of cocoa powder), scrambled eggs (2:1 egg white to whole egg ratio), glass of 1-2% milk, 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 Fat free ricotta cheese with cinnamon and crushed almonds, bottle of water	9:30 AM Unsalted pumpkin seeds and a few dried apricots, bottle of water	9:30 AM Green apple with almond butter, 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 Low fat cottage cheese with blueberries or strawberries, bottle of water	10:30 AM Apple butter, celery and fat free cheddar wedges, bottle of water
LUNCH	12:00 PM Thai beef salad (with lettuce, bean sprouts, tomato, cucumber, red onion, low sodium soy sauce and chili flakes), brown rice, bottle of water	12:00 PM Bowtie pasta salad with grilled chicken (tossed with a pesto sauce and chick peas), low fat Greek yogurt, bottle of water	12:00 PM Chicken, sautéed with onions and mushrooms, with tomatoes, hot sauce and melted low fat Swiss cheese in a whole wheat wrap, low fat Greek yogurt, bottle of water	12:00 PM Blackberry cottage cheese salad (1-2% cottage cheese, fresh blackberries, slivered almonds, mesclun greens, balsamic glaze), fat free Greek yogurt, bottle of water	12:00 PM Chicken vegetable soup with a baked potato and Mrs. Dash butter topping, bottle of water	1:00 PM Sliced turkey, lettuce, tomato, onion, low fat cheese, and spicy mustard on whole wheat bread, low fat Greek yogurt, bottle of water	1:00 PM Grilled tuna with mixed greens, tomatoes, onions, cubed boiled potato, olive oil and vinegar, bottle of water
SNACK 2	3:00 PM Small can of tuna and an apple, bottle of water	3:00 PM Beef, turkey, tuna or salmon jerky, 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 Raw veggies and hummus, bottle of water	3:00 PM Handful of almonds and a bunch of grapes with a wedge of low fat cheese, bottle of water	4:00 PM Peach with fat free string cheese, 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 Sliced turkey breast, mushroom couscous, grilled asparagus with lemon and olive oil, baked sweet potato, glass of water	6:00 PM Lean ground beef tacos (with black beans and grated cheddar cheese, lettuce and tomato on corn tortillas), with Spanish rice, glass of water	6:00 PM Grilled halibut steak (w/ squeezed lemon and olive oil), brown rice, sautéed spinach and onions, glass of water	6:00 PM Roasted chicken breast (no skin), rosemary roasted potatoes, honey drizzled sautéed carrots, salad w/ olive oil and vinegar, glass of water	6:00 PM 90% lean ground beef meatballs (on whole wheat pasta, with spicy tomato sauce, fresh spinach, grated mozzarella cheese), glass of water	6:30 PM Grilled sea scallops with a honey Dijon mustard dip, butternut squash puree, sautéed zucchini and onions, glass of water	6:30 PM Turkey burger (with garlic powder, sautéed onions and mushrooms, tomato, lettuce, slice of low fat Swiss cheese, on a whole wheat bun), Field green salad with vinaigrette, glass of water
SNACK 3	9:00 PM Air popped popcorn with hot sauce, glass of skim milk	9:00 PM Thinly sliced roasted turkey wrapped around a pickle, bottle of water	9:00 PM Glass of skim milk and a banana	9:00 PM Applesauce and a handful of walnuts, bottle of water	9:00 PM Canned tuna with whole wheat crackers, bottle of water	9:30 PM Air popped popcorn with hot sauce, glass of skim milk	9:30 PM Three hardboiled eggs (2 with yolks removed), a banana, bottle of water
	Take RX3 RECONSTRUCTION 30 minutes before bedtime.	Take RX3 RECONSTRUCTION 30 minutes before bedtime.	Take RX3 RECONSTRUCTION 30 minutes before bedtime.	Take RX3 RECONSTRUCTION 30 minutes before bedtime.	Take RX3 RECONSTRUCTION 30 minutes before bedtime.	Take RX3 RECONSTRUCTION 30 minutes before bedtime.	Take RX3 RECONSTRUCTION 30 minutes before bedtime.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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	If today is a WORKOUT DAY : Remember to take your *RX1 and **RX2.	If today is a WORKOUT DAY : Remember to take your *RX1 and **RX2.	If today is a WORKOUT DAY : Remember to take your *RX1 and **RX2.	If today is a WORKOUT DAY : Remember to take your *RX1 and **RX2.	If today is a WORKOUT DAY : Remember to take your *RX1 and **RX2.	If today is a WORKOUT DAY : Remember to take your *RX1 and **RX2.	If today is a WORKOUT DAY : Remember to take your *RX1 and **RX2.
	7:00 AM	7:00 AM	7:00 AM	7:00 AM	7:00 AM	8:00 AM	8:00 AM
BREAKFAST	Turkey bacon and scrambled eggs (2:1 egg white to whole egg ratio) with salsa, piece of whole wheat toast and apple butter, glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Omelet (2:1 egg white to whole egg ratio), (with spinach, tomatoes, and onions), paprika hashbrowns, glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Breakfast protein shake (with 2 scoops of French Vanilla Bean RX-2 XLR8 protein powder, fresh berries, ground flaxseed, oats, and ice), high grade omega-3's (see Jeff's recommendation here)	Coco choco oatmeal (with shredded coconut, almond extract, a banana and a bit of cocoa powder), scrambled eggs (2:1 egg white to whole egg ratio), glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Protein pancakes (with Rx2 and oats) topped with strawberries, banana, whipped cream, maple syrup drizzle, glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Turkey sausage with sautéed peppers, onions and mushrooms, whole wheat toast, scrambled eggs (2:1 egg white to whole egg ratio), glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Lox or smoked salmon and capers on a whole wheat bagel, low fat Greek yogurt with oats, glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)
	9:30 AM	9:30 AM	9:30 AM	9:30 AM	9:30 AM	10:30 AM	10:30 AM
SNACK 1	Peach with fat free string cheese, bottle of water	**RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	Raw veggies and hummus, bottle of water	Fat free ricotta cheese with cinnamon and crushed almonds, bottle of water	Apple butter, celery and fat free cheddar wedges, bottle of water	**RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	Low fat cottage cheese with blueberries or strawberries, bottle of water
	12:00 PM	12:00 PM	12:00 PM	12:00 PM	12:00 PM	1:00 PM	1:00 PM
LUNCH	Chicken vegetable soup with a baked potato and Mrs. Dash butter topping, bottle of water	Chili (made with 90% lean ground beef, kidney beans, chili powder, cayenne pepper, canned tomatoes, and cumin) topped with grated parmesan, whole wheat roll for dipping, bottle of water	Chicken, sautéed with onions and mushrooms, with tomatoes, hot sauce and melted low fat Swiss cheese in a whole wheat wrap, low fat Greek yogurt, bottle of water	Burrito bowl made with shredded lean pork, pinto beans, fresh salsa, lettuce and fat free shredded cheddar, brown rice, bottle of water	Tuna salad (with low fat mayo) on a whole wheat wrap, cannellini beans on jasmine rice, bottle of water	Egg salad sandwich (2:1 egg white to whole egg ratio) on 2 slices of Ezekiel bread, low fat mayo, and celery, topped with tomato and lettuce, bottle of water	Grilled chicken with tomato, cucumber and tahini dressing inside a whole wheat pita, low fat Greek yogurt, bottle of water
	3:00 PM	3:00 PM	3:00 PM	3:00 PM	3:00 PM	4:00 PM	4:00 PM
SNACK 2	Beef, turkey, tuna or salmon jerky, bottle of water	Handful of almonds and a bunch of grapes with a wedge of low fat cheese, bottle of water	Low fat Greek yogurt parfait with raspberries and blueberries and a sprinkle of granola on top, bottle of water	**RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	Unsalted pumpkin seeds and a few dried apricots, bottle of water	Green apple with almond butter, bottle of water	**RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day
	6:00 PM	6:00 PM	6:00 PM	6:00 PM	6:00 PM	6:30 PM	6:30 PM
DINNER	Sirloin steak, sauteed onions, mushrooms and broccoli (with garlic and olive oil), wild rice pilaf, glass of water	Sushi (cucumber or tuna rolls), ginger salad, spicy edamame, glass of water	Grilled pork tenderloin, applesauce, roasted green beans with almond slices, baked sweet potato, salad (with tomatoes, onions and kale, vinegar, olive oil and garlic), glass of water	Sauteed shrimp in red pepper curry sauce, grilled jicama, roasted broccoli with salt and olive oil, glass of water	Grilled rosemary chicken breast (with marinara sauce and grated parmesan cheese on whole wheat pasta), mixed greens salad, glass of water	Sliced turkey breast, mushroom couscous, grilled asparagus with lemon and olive oil, baked sweet potato, glass of water	90% lean ground beef meatballs (on whole wheat pasta, with spicy tomato sauce, fresh spinach, grated mozzarella cheese), glass of water
	9:00 PM	9:00 PM	9:00 PM	9:00 PM	9:00 PM	9:30 PM	9:30 PM
SNACK 3	Air popped popcorn with hot sauce, glass of skim milk	Glass of skim milk and a banana	Air popped popcorn with cinnamon sugar, glass of skim milk	Three hardboiled eggs (2 with yolks removed), a banana, bottle of water	Applesauce and a handful of walnuts, bottle of water	Canned tuna with whole wheat crackers, bottle of water	Whole grain pretzels, spicy mustard, fat free yogurt, bottle of water
	Take RX3 RECONSTRUCTION 30 minutes before bedtime.	Take RX3 RECONSTRUCTION 30 minutes before bedtime.	Take RX3 RECONSTRUCTION 30 minutes before bedtime.	Take RX3 RECONSTRUCTION 30 minutes before bedtime.	Take RX3 RECONSTRUCTION 30 minutes before bedtime.	Take RX3 RECONSTRUCTION 30 minutes before bedtime.	Take RX3 RECONSTRUCTION 30 minutes before bedtime.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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	7:00 AM	7:00 AM	7:00 AM	7:00 AM	7:00 AM	8:00 AM	8:00 AM
BREAKFAST	Apple spice oatmeal (with sliced apple, walnuts and cinnamon, low fat Greek yogurt with oats), glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Whole wheat pita with scrambled eggs (2:1 egg white to whole egg ratio), (with Canadian bacon, spinach, bell peppers, salsa, low fat cottage cheese), glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Turkey sausage with sautéed peppers, onions and mushrooms, whole wheat toast, scrambled eggs (2:1 egg white to whole egg ratio), glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Pumpkin spice oatmeal (with canned pumpkin, cinnamon, nutmeg, walnuts and sliced apples), glass of 1-2% milk, scrambled eggs with salsa, (2:1 egg white to whole egg ratio) high grade omega-3's (see Jeff's recommendation here)	Breakfast protein shake (with 2 scoops of French Vanilla Bean RX-2 XLR8 protein powder, fresh berries, ground flaxseed, oats, and ice), high grade omega-3's (see Jeff's recommendation here)	Bowl of fat free granola (with 1-2% milk, cashews, figs and fresh berries), bottle of water, high grade omega-3's (see Jeff's recommendation here)	Turkey bacon and scrambled eggs (2:1 egg white to whole egg ratio) with salsa, piece of whole wheat toast and apple butter, glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)
	9:30 AM	9:30 AM	9:30 AM	9:30 AM	9:30 AM	10:30 AM	10:30 AM
SNACK 1	**RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	Low fat Greek yogurt parfait with raspberries and blueberries and a sprinkle of granola on top, bottle of water	Fat free ricotta cheese with cinnamon and crushed almonds, bottle of water	**RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	Apple butter, celery and fat free cheddar wedges, bottle of water	Handful of almonds and a bunch of grapes with a wedge of low fat cheese, bottle of water	Peach with fat free string cheese, bottle of water
	12:00 PM	12:00 PM	12:00 PM	12:00 PM	12:00 PM	1:00 PM	1:00 PM
LUNCH	Blackberry cottage cheese salad (1-2% cottage cheese, fresh blackberries, slivered almonds, mesclun greens, balsamic glaze), fat free Greek yogurt, bottle of water	Sliced turkey, lettuce, tomato, onion, low fat cheese, and spicy mustard on whole wheat bread, low fat Greek yogurt, bottle of water	Grilled tuna with mixed greens, tomatoes, onions, cubed boiled potato, olive oil and vinegar, bottle of water	Chili (made with 90% lean ground beef, kidney beans, chili powder, cayenne pepper, canned tomatoes, and cumin) topped with grated parmesan, whole wheat roll for dipping, bottle of water	Thai beef salad (with lettuce, bean sprouts, onion, cucumber, red onion, low sodium soy sauce and chili flakes), brown rice, bottle of water	Grilled chicken with tomato, cucumber and tahini dressing inside a whole wheat pita, low fat Greek yogurt, bottle of water	Bowtie pasta salad with grilled chicken (tossed with a pesto sauce and chick peas), low fat Greek yogurt, bottle of water
	3:00 PM	3:00 PM	3:00 PM	3:00 PM	3:00 PM	4:00 PM	4:00 PM
SNACK 2	Beef, turkey, tuna or salmon jerky, bottle of water	Unsalted pumpkin seeds and a few dried apricots, bottle of water	**RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	Green apple with almond butter, bottle of water	Raw veggies and hummus, bottle of water	Small can of tuna and an apple, bottle of water	**RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day
	6:00 PM	6:00 PM	6:00 PM	6:00 PM	6:00 PM	6:30 PM	6:30 PM
DINNER	Turkey burger (with garlic powder, sautéed onions and mushrooms, tomato, lettuce, slice of low fat Swiss cheese, on a whole wheat bun), Field green salad with vinaigrette, glass of water	Sauteed shrimp in red pepper curry sauce, grilled jicama, roasted broccoli with salt and olive oil, glass of water	Roasted chicken breast (no skin), rosemary roasted potatoes, honey drizzled sautéed carrots, salad w/ olive oil and vinegar, glass of water	Grilled halibut steak (w/ squeezed lemon and olive oil), brown rice, sautéed spinach and onions, glass of water	Sliced turkey breast, mushroom couscous, grilled asparagus with lemon and olive oil, baked sweet potato, glass of water	Lean ground beef tacos (with black beans and grated cheddar cheese, lettuce and tomato on corn tortillas), with Spanish rice, glass of water	Grilled sea scallops with a honey Dijon mustard dip, butternut squash puree, sautéed zucchini and onions, glass of water
	9:00 PM	9:00 PM	9:00 PM	9:00 PM	9:00 PM	9:30 PM	9:30 PM
SNACK 3	Canned tuna with whole wheat crackers, bottle of water	Air popped popcorn with cinnamon sugar, glass of skim milk	Three hardboiled eggs (2 with yolks removed), a banana, bottle of water	Thinly sliced roasted turkey wrapped around a pickle, bottle of water	Canned tuna with whole wheat crackers, bottle of water	Applesauce and a handful of walnuts, bottle of water	Air popped popcorn with hot sauce, glass of skim milk
	Take RX3 RECONSTRUCTION 30 minutes before bedtime.	Take RX3 RECONSTRUCTION 30 minutes before bedtime.	Take RX3 RECONSTRUCTION 30 minutes before bedtime.	Take RX3 RECONSTRUCTION 30 minutes before bedtime.	Take RX3 RECONSTRUCTION 30 minutes before bedtime.	Take RX3 RECONSTRUCTION 30 minutes before bedtime.	Take RX3 RECONSTRUCTION 30 minutes before bedtime.

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	If today is a WORKOUT DAY : Remember to take your *RX1 and **RX2.	If today is a WORKOUT DAY : Remember to take your *RX1 and **RX2.	If today is a WORKOUT DAY : Remember to take your *RX1 and **RX2.	If today is a WORKOUT DAY : Remember to take your *RX1 and **RX2.	If today is a WORKOUT DAY : Remember to take your *RX1 and **RX2.	If today is a WORKOUT DAY : Remember to take your *RX1 and **RX2.	If today is a WORKOUT DAY : Remember to take your *RX1 and **RX2.
BREAKFAST	7:00 AM	7:00 AM	7:00 AM	7:00 AM	7:00 AM	8:00 AM	8:00 AM
	Breakfast burrito on a whole wheat wrap (2:1 egg white to whole egg ratio), (with fat free cheese, black beans, salsa, green peppers and onions), glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Protein pancakes (with Rx2 and oats) topped with strawberries, banana, whipped cream, maple syrup drizzle, glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Turkey bacon and scrambled eggs (2:1 egg white to whole egg ratio) with salsa, piece of whole wheat toast and apple butter, glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Coco choco oatmeal (with shredded coconut, almond extract, a banana and a bit of cocoa powder), scrambled eggs (2:1 egg white to whole egg ratio), glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Lox or smoked salmon and capers on a whole wheat bagel, low fat Greek yogurt with oats, glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Omelet (2:1 egg white to whole egg ratio), (with spinach, tomatoes, and onions), paprika hashbrowns, glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Breakfast protein shake (with 2 scoops of French Vanilla Bean RX-2 XLR8 protein powder, fresh berries, ground flaxseed, oats, and ice), high grade omega-3's (see Jeff's recommendation here)
SNACK 1	9:30 AM	9:30 AM	9:30 AM	9:30 AM	9:30 AM	10:30 AM	10:30 AM
	**RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	Green apple with almond butter, bottle of water	Peach with fat free string cheese, bottle of water	Raw veggies and hummus, bottle of water	**RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	Apple butter, celery and fat free cheddar wedges, bottle of water	Low fat cottage cheese with blueberries or strawberries, bottle of water
LUNCH	12:00 PM	12:00 PM	12:00 PM	12:00 PM	12:00 PM	1:00 PM	1:00 PM
	Grilled chicken with tomato, cucumber and tahini dressing inside a whole wheat pita, low fat Greek yogurt, bottle of water	Egg salad sandwich (2:1 egg white to whole egg ratio) on 2 slices of Ezekiel bread, low fat mayo, and celery, topped with tomato and lettuce, bottle of water	Chicken vegetable soup with a baked potato and Mrs. Dash butter topping, bottle of water	Burrito bowl made with shredded lean pork, pinto beans, fresh salsa, lettuce and fat free shredded cheddar, brown rice, bottle of water	Chicken, sautéed with onions and mushrooms, with tomatoes, hot sauce and melted low fat Swiss cheese in a whole wheat wrap, low fat Greek yogurt, bottle of water	Tuna salad (with low fat mayo) on a whole wheat wrap, cannellini beans on jasmine rice, bottle of water	Thai beef salad (with lettuce, bean sprouts, tomato, cucumber, red onion, low sodium soy sauce and chili flakes), brown rice, bottle of water
SNACK 2	3:00 PM	3:00 PM	3:00 PM	3:00 PM	3:00 PM	4:00 PM	4:00 PM
	Handful of almonds and a bunch of grapes with a wedge of low fat cheese, bottle of water	Beef, turkey, tuna or salmon jerky, bottle of water	**RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	Low fat Greek yogurt parfait with raspberries and blueberries and a sprinkle of granola on top, bottle of water	Fat free ricotta cheese with cinnamon and crushed almonds, bottle of water	**RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	Unsalted pumpkin seeds and a few dried apricots, bottle of water
DINNER	6:00 PM	6:00 PM	6:00 PM	6:00 PM	6:00 PM	6:30 PM	6:30 PM
	Sauteed shrimp in red pepper curry sauce, grilled jicama, roasted broccoli with salt and olive oil, glass of water	Grilled pork tenderloin, applesauce, roasted green beans with almond slices, baked sweet potato, salad (with tomatoes, onions and kale, vinegar, olive oil and garlic), glass of water	Lean ground beef tacos (with black beans and grated cheddar cheese, lettuce and tomato on corn tortillas), with Spanish rice, glass of water	Sushi (cucumber or tuna rolls), ginger salad, spicy edamame, glass of water	90% lean ground beef meatballs (on whole wheat pasta, with spicy tomato sauce, fresh spinach, grated mozzarella cheese), glass of water	Grilled rosemary chicken breast (with marinara sauce and grated parmesan cheese on whole wheat pasta), mixed greens salad, glass of water	Sliced turkey breast, mushroom couscous, grilled asparagus with lemon and olive oil, baked sweet potato, glass of water
SNACK 3	9:00 PM	9:00 PM	9:00 PM	9:00 PM	9:00 PM	9:30 PM	9:30 PM
	Glass of skim milk and a banana	Canned tuna with whole wheat crackers, bottle of water	Whole grain pretzels, spicy mustard, fat free yogurt, bottle of water	Air popped popcorn with cinnamon sugar, glass of skim milk	Thinly sliced roasted turkey wrapped around a pickle, bottle of water	Three hardboiled eggs (2 with yolks removed), a banana, bottle of water	Air popped popcorn with hot sauce, glass of skim milk
	Take RX3 RECONSTRUCTION 30 minutes before bedtime.	Take RX3 RECONSTRUCTION 30 minutes before bedtime.	Take RX3 RECONSTRUCTION 30 minutes before bedtime.	Take RX3 RECONSTRUCTION 30 minutes before bedtime.	Take RX3 RECONSTRUCTION 30 minutes before bedtime.	Take RX3 RECONSTRUCTION 30 minutes before bedtime.	Take RX3 RECONSTRUCTION 30 minutes before bedtime.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	NOTE: PLEASE SEE "SUPPLEMENTAL GUIDE" TO ADAPT YOUR WORKOUT PLAN AND MEAL PLAN TO YOUR SPECIFIC SCHEDULE!						
	If today is a WORKOUT DAY : Remember to take your *RX1 and **RX2.	If today is a WORKOUT DAY : Remember to take your *RX1 and **RX2.	If today is a WORKOUT DAY : Remember to take your *RX1 and **RX2.	If today is a WORKOUT DAY : Remember to take your *RX1 and **RX2.	If today is a WORKOUT DAY : Remember to take your *RX1 and **RX2.	If today is a WORKOUT DAY : Remember to take your *RX1 and **RX2.	If today is a WORKOUT DAY : Remember to take your *RX1 and **RX2.
	7:00 AM	7:00 AM	7:00 AM	7:00 AM	7:00 AM	8:00 AM	8:00 AM
BREAKFAST	Pumpkin spice oatmeal (with canned pumpkin, cinnamon, nutmeg, walnuts and sliced apples), glass of 1-2% milk, scrambled eggs with salsa, (2:1 egg white to whole egg ratio) high grade omega-3's (see Jeff's recommendation here)	Omelet (2:1 egg white to whole egg ratio), (with spinach, tomatoes, and onions), paprika hashbrowns, glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Whole wheat pita with scrambled eggs (2:1 egg white to whole egg ratio), (with Canadian bacon, spinach, bell peppers, salsa, low fat cottage cheese), glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Apple spice oatmeal (with sliced apple, walnuts and cinnamon, low fat Greek yogurt with oats), glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Turkey bacon and scrambled eggs (2:1 egg white to whole egg ratio) with salsa, piece of whole wheat toast and apple butter, glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Bowl of fat free granola (with 1-2% milk, cashews, figs and fresh berries), bottle of water, high grade omega-3's (see Jeff's recommendation here)	Turkey sausage with sautéed peppers, onions and mushrooms, whole wheat toast, scrambled eggs (2:1 egg white to whole egg ratio), glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)
	9:30 AM	9:30 AM	9:30 AM	9:30 AM	9:30 AM	10:30 AM	10:30 AM
SNACK 1	Low fat cottage cheese with blueberries or strawberries, bottle of water	Apple butter, celery and fat free cheddar wedges, bottle of water	**RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	Unsalted pumpkin seeds and a few dried apricots, bottle of water	Low fat Greek yogurt parfait with raspberries and blueberries and a sprinkle of granola on top, bottle of water	Fat free ricotta cheese with cinnamon and crushed almonds, bottle of water	**RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day
	12:00 PM	12:00 PM	12:00 PM	12:00 PM	12:00 PM	1:00 PM	1:00 PM
LUNCH	Grilled tuna with mixed greens, tomatoes, onions, cubed boiled potato, olive oil and vinegar, bottle of water	Chicken, sautéed with onions and mushrooms, with tomatoes, hot sauce and melted low fat Swiss cheese in a whole wheat wrap, low fat Greek yogurt, bottle of water	Blackberry cottage cheese salad (1-2% cottage cheese, fresh blackberries, slivered almonds, mesclun greens, balsamic glaze), fat free Greek yogurt, bottle of water	Thai beef salad (with lettuce, bean sprouts, tomato, cucumber, red onion, low sodium soy sauce and chili flakes), brown rice, bottle of water	Bowtie pasta salad with grilled chicken (tossed with a pesto sauce and chick peas), low fat Greek yogurt, bottle of water	Chili (made with 90% lean ground beef, kidney beans, chili powder, cayenne pepper, canned tomatoes, and cumin) topped with grated parmesan, whole wheat roll for dipping, bottle of water	Sliced turkey, lettuce, tomato, onion, low fat cheese, and spicy mustard on whole wheat bread, low fat Greek yogurt, bottle of water
	3:00 PM	3:00 PM	3:00 PM	3:00 PM	3:00 PM	4:00 PM	4:00 PM
SNACK 2	**RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	Handful of almonds and a bunch of grapes with a wedge of low fat cheese, bottle of water	Raw veggies and hummus, bottle of water	Peach with fat free string cheese, bottle of water	**RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	Beef, turkey, tuna or salmon jerky, bottle of water	Small can of tuna and an apple, bottle of water
	6:00 PM	6:00 PM	6:00 PM	6:00 PM	6:00 PM	6:30 PM	6:30 PM
DINNER	Roasted chicken breast (no skin), rosemary roasted potatoes, honey drizzled sauteed carrots, salad w/ olive oil and vinegar, glass of water	Grilled halibut steak (w/ squeezed lemon and olive oil), brown rice, sauteed spinach and onions, glass of water	Sirloin steak, sauteed onions, mushrooms and broccoli (with garlic and olive oil), wild rice pilaf, glass of water	Grilled sea scallops with a honey Dijon mustard dip, butternut squash puree, sautéed zucchini and onions, glass of water	Grilled pork tenderloin, applesauce, roasted green beans with almond slices, baked sweet potato, salad (with tomatoes, onions and kale), vinegar, olive oil and garlic), glass of water	Turkey burger (with garlic powder, sauteed onions and mushrooms, tomato, lettuce, slice of low fat Swiss cheese, on a whole wheat bun), Field green salad with vinaigrette, glass of water	Lean ground beef tacos (with black beans and grated cheddar cheese, lettuce and tomato on corn tortillas), with Spanish rice, glass of water
	9:00 PM	9:00 PM	9:00 PM	9:00 PM	9:00 PM	9:30 PM	9:30 PM
SNACK 3	Whole grain pretzels, spicy mustard, fat free yogurt, bottle of water	Thinly sliced roasted turkey wrapped around a pickle, bottle of water	Applesauce and a handful of walnuts, bottle of water	Air popped popcorn with hot sauce, glass of skim milk	Three hardboiled eggs (2 with yolks removed), a banana, bottle of water	Canned tuna with whole wheat crackers, bottle of water	Glass of skim milk and a banana
	Take RX3 RECONSTRUCTION 30 minutes before bedtime.	Take RX3 RECONSTRUCTION 30 minutes before bedtime.	Take RX3 RECONSTRUCTION 30 minutes before bedtime.	Take RX3 RECONSTRUCTION 30 minutes before bedtime.	Take RX3 RECONSTRUCTION 30 minutes before bedtime.	Take RX3 RECONSTRUCTION 30 minutes before bedtime.	Take RX3 RECONSTRUCTION 30 minutes before bedtime.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	NOTE: PLEASE SEE "SUPPLEMENTAL GUIDE" TO ADAPT YOUR WORKOUT PLAN AND MEAL PLAN TO YOUR SPECIFIC SCHEDULE!						
	If today is a WORKOUT DAY : Remember to take your *RX1 and **RX2.	If today is a WORKOUT DAY : Remember to take your *RX1 and **RX2.	If today is a WORKOUT DAY : Remember to take your *RX1 and **RX2.	If today is a WORKOUT DAY : Remember to take your *RX1 and **RX2.	If today is a WORKOUT DAY : Remember to take your *RX1 and **RX2.	If today is a WORKOUT DAY : Remember to take your *RX1 and **RX2.	If today is a WORKOUT DAY : Remember to take your *RX1 and **RX2.
	7:00 AM	7:00 AM	7:00 AM	7:00 AM	7:00 AM	8:00 AM	8:00 AM
BREAKFAST	Omelet (2:1 egg white to whole egg ratio), (with spinach, tomatoes, and onions), paprika hashbrowns, glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Coco choco oatmeal (with shredded coconut, almond extract, a banana and a bit of cocoa powder), scrambled eggs (2:1 egg white to whole egg ratio), glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Breakfast protein shake (with 2 scoops of French Vanilla Bean RX-2 XLR8 protein powder, fresh berries, ground flaxseed, oats, and ice), high grade omega-3's (see Jeff's recommendation here)	Breakfast burrito on a whole wheat wrap (2:1 egg white to whole egg ratio), (with fat free cheese, black beans, salsa, green peppers and onions), glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Lox or smoked salmon and capers on a whole wheat bagel, low fat Greek yogurt with oats, glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Turkey bacon and scrambled eggs (2:1 egg white to whole egg ratio) with salsa, piece of whole wheat toast and apple butter, glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Pumpkin spice oatmeal (with canned pumpkin, cinnamon, nutmeg, walnuts and sliced apples), glass of 1-2% milk, scrambled eggs with salsa, (2:1 egg white to whole egg ratio) high grade omega-3's (see Jeff's recommendation here)
SNACK 1	9:30 AM	9:30 AM	9:30 AM	9:30 AM	9:30 AM	10:30 AM	10:30 AM
	**RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	Green apple with almond butter, bottle of water	Fat free ricotta cheese with cinnamon and crushed almonds, bottle of water	Low fat cottage cheese with blueberries or strawberries, bottle of water	Raw veggies and hummus, bottle of water	**RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	Handful of almonds and a bunch of grapes with a wedge of low fat cheese, bottle of water
LUNCH	12:00 PM	12:00 PM	12:00 PM	12:00 PM	12:00 PM	1:00 PM	1:00 PM
	Chicken, sautéed with onions and mushrooms, with tomatoes, hot sauce and melted low fat Swiss cheese in a whole wheat wrap, low fat Greek yogurt, bottle of water	Thai beef salad (with lettuce, bean sprouts, tomato, cucumber, red onion, low sodium soy sauce and chili flakes), brown rice, bottle of water	Grilled chicken with tomato, cucumber and tahini dressing inside a whole wheat pita, low fat Greek yogurt, bottle of water	Burrito bowl made with shredded lean pork, pinto beans, fresh salsa, lettuce and fat free shredded cheddar, brown rice, bottle of water	Chicken vegetable soup with a baked potato and Mrs. Dash butter topping, bottle of water	Egg salad sandwich (2:1 egg white to whole egg ratio) on 2 slices of Ezekiel bread, low fat mayo, and celery, topped with tomato and lettuce, bottle of water	Tuna salad (with low fat mayo) on a whole wheat wrap, cannellini beans on jasmine rice, bottle of water
SNACK 2	3:00 PM	3:00 PM	3:00 PM	3:00 PM	3:00 PM	4:00 PM	4:00 PM
	Beef, turkey, tuna or salmon jerky, bottle of water	Small can of tuna and an apple, bottle of water	Peach with fat free string cheese, bottle of water	**RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	Apple butter, celery and fat free cheddar wedges, bottle of water	Unsalted pumpkin seeds and a few dried apricots, bottle of water	**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	6:00 PM	6:00 PM	6:00 PM	6:00 PM	6:30 PM	6:30 PM
	90% lean ground beef meatballs (on whole wheat pasta, with spicy tomato sauce, fresh spinach, grated mozzarella cheese), glass of water	Grilled rosemary chicken breast (with marinara sauce and grated parmesan cheese on whole wheat pasta), mixed greens salad, glass of water	Sushi (cucumber or tuna rolls), ginger salad, spicy edamame, glass of water	Sliced turkey breast, mushroom couscous, grilled asparagus with lemon and olive oil, baked sweet potato, glass of water	Grilled pork tenderloin, applesauce, roasted green beans with almond slices, baked sweet potato, salad (with tomatoes, onions and kale, vinegar, olive oil and garlic), glass of water	Sauteed shrimp in red pepper curry sauce, grilled jicama, roasted broccoli with salt and olive oil, glass of water	Lean ground beef tacos (with black beans and grated cheddar cheese, lettuce and tomato on corn tortillas), with Spanish rice, glass of water
SNACK 3	9:00 PM	9:00 PM	9:00 PM	9:00 PM	9:00 PM	9:30 PM	9:30 PM
	Canned tuna with whole wheat crackers, bottle of water	Air popped popcorn with cinnamon sugar, glass of skim milk	Thinly sliced roasted turkey wrapped around a pickle, bottle of water	Air popped popcorn with hot sauce, glass of skim milk	Applesauce and a handful of walnuts, bottle of water	Thinly sliced roasted turkey wrapped around a pickle, bottle of water	Three hardboiled eggs (2 with yolks removed), a banana, bottle of water
	Take RX3 RECONSTRUCTION 30 minutes before bedtime.	Take RX3 RECONSTRUCTION 30 minutes before bedtime.	Take RX3 RECONSTRUCTION 30 minutes before bedtime.	Take RX3 RECONSTRUCTION 30 minutes before bedtime.	Take RX3 RECONSTRUCTION 30 minutes before bedtime.	Take RX3 RECONSTRUCTION 30 minutes before bedtime.	Take RX3 RECONSTRUCTION 30 minutes before bedtime.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	NOTE: PLEASE SEE "SUPPLEMENTAL GUIDE" TO ADAPT YOUR WORKOUT PLAN AND MEAL PLAN TO YOUR SPECIFIC SCHEDULE!						
	If today is a WORKOUT DAY : Remember to take your *RX1 and **RX2.	If today is a WORKOUT DAY : Remember to take your *RX1 and **RX2.	If today is a WORKOUT DAY : Remember to take your *RX1 and **RX2.	If today is a WORKOUT DAY : Remember to take your *RX1 and **RX2.	If today is a WORKOUT DAY : Remember to take your *RX1 and **RX2.	If today is a WORKOUT DAY : Remember to take your *RX1 and **RX2.	If today is a WORKOUT DAY : Remember to take your *RX1 and **RX2.
	7:00 AM	7:00 AM	7:00 AM	7:00 AM	7:00 AM	8:00 AM	8:00 AM
BREAKFAST	Protein pancakes (with Rx2 and oats) topped with strawberries, banana, whipped cream, maple syrup drizzle, glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Turkey bacon and scrambled eggs (2:1 egg white to whole egg ratio) with salsa, piece of whole wheat toast and apple butter, glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Turkey sausage with sautéed peppers, onions and mushrooms, whole wheat toast, scrambled eggs (2:1 egg white to whole egg ratio), glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Apple spice oatmeal (with sliced apple, walnuts and cinnamon, low fat Greek yogurt with oats), glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Whole wheat pita with scrambled eggs (2:1 egg white to whole egg ratio), (with Canadian bacon, spinach, bell peppers, salsa, low fat cottage cheese), glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Omelet (2:1 egg white to whole egg ratio), (with spinach, tomatoes, and onions), paprika hashbrowns, glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Bowl of fat free granola (with 1-2% milk, cashews, figs and fresh berries), bottle of water, high grade omega-3's (see Jeff's recommendation here)
	9:30 AM	9:30 AM	9:30 AM	9:30 AM	9:30 AM	10:30 AM	10:30 AM
SNACK 1	Low fat Greek yogurt parfait with raspberries and blueberries and a sprinkle of granola on top, bottle of water	**RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	Unsalted pumpkin seeds and a few dried apricots, bottle of water	Fat free ricotta cheese with cinnamon and crushed almonds, bottle of water	Green apple with almond butter, bottle of water	**RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	Low fat cottage cheese with blueberries or strawberries, bottle of water
	12:00 PM	12:00 PM	12:00 PM	12:00 PM	12:00 PM	1:00 PM	1:00 PM
LUNCH	Thai beef salad (with lettuce, bean sprouts, tomato, cucumber, red onion, low sodium soy sauce and chili flakes), brown rice, bottle of water	Chicken, sautéed with onions and mushrooms, with tomatoes, hot sauce and melted low fat Swiss cheese in a whole wheat wrap, low fat Greek yogurt, bottle of water	Grilled tuna with mixed greens, tomatoes, onions, cubed boiled potato, olive oil and vinegar, bottle of water	Bowtie pasta salad with grilled chicken (tossed with a pesto sauce and chick peas), low fat Greek yogurt, bottle of water	Blackberry cottage cheese salad (1-2% cottage cheese, fresh blackberries, slivered almonds, mesclun greens, balsamic glaze), fat free Greek yogurt, bottle of water	Chili (made with 90% lean ground beef, kidney beans, chili powder, cayenne pepper, canned tomatoes, and cumin) topped with grated parmesan, whole wheat roll for dipping, bottle of water	Sliced turkey, lettuce, tomato, onion, low fat cheese, and spicy mustard on whole wheat bread, low fat Greek yogurt, bottle of water
	3:00 PM	3:00 PM	3:00 PM	3:00 PM	3:00 PM	4:00 PM	4:00 PM
SNACK 2	**RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	Raw veggies and hummus, bottle of water	Peach with fat free string cheese, bottle of water	**RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	Beef, turkey, tuna or salmon jerky, bottle of water	Small can of tuna and an apple, bottle of water	Handful of almonds and a bunch of grapes with a wedge of low fat cheese, bottle of water
	6:00 PM	6:00 PM	6:00 PM	6:00 PM	6:00 PM	6:30 PM	6:30 PM
DINNER	Turkey burger (with garlic powder, sautéed onions and mushrooms, tomato, lettuce, slice of low fat Swiss cheese, on a whole wheat bun), Field green salad with vinaigrette, glass of water	Sauteed shrimp in red pepper curry sauce, grilled jicama, roasted broccoli with salt and olive oil, glass of water	90% lean ground beef meatballs (on whole wheat pasta, with spicy tomato sauce, fresh spinach, grated mozzarella cheese), glass of water	Grilled halibut steak (w/ squeezed lemon and olive oil), brown rice, sautéed spinach and onions, glass of water	Sirloin steak, sautéed onions, mushrooms and broccoli (with garlic and olive oil), wild rice pilaf, glass of water	Roasted chicken breast (no skin), rosemary roasted potatoes, honey drizzled sautéed carrots, salad w/ olive oil and vinegar, glass of water	Sushi (cucumber or tuna rolls), ginger salad, spicy edamame, glass of water
	9:00 PM	9:00 PM	9:00 PM	9:00 PM	9:00 PM	9:30 PM	9:30 PM
SNACK 3	Glass of skim milk and a banana	Thinly sliced roasted turkey wrapped around a pickle, bottle of water	Air popped popcorn with hot sauce, glass of skim milk	Three hardboiled eggs (2 with yolks removed), a banana, bottle of water	Canned tuna with whole wheat crackers, bottle of water	Glass of skim milk and a banana	Whole grain pretzels, spicy mustard, fat free yogurt, bottle of water
	Take RX3 RECONSTRUCTION 30 minutes before bedtime.	Take RX3 RECONSTRUCTION 30 minutes before bedtime.	Take RX3 RECONSTRUCTION 30 minutes before bedtime.	Take RX3 RECONSTRUCTION 30 minutes before bedtime.	Take RX3 RECONSTRUCTION 30 minutes before bedtime.	Take RX3 RECONSTRUCTION 30 minutes before bedtime.	Take RX3 RECONSTRUCTION 30 minutes before bedtime.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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	7:00 AM	7:00 AM	7:00 AM	7:00 AM	7:00 AM	8:00 AM	8:00 AM
BREAKFAST	Breakfast protein shake (with 2 scoops of French Vanilla Bean RX-2 XLR8 protein powder, fresh berries, ground flaxseed, oats, and ice), high grade omega-3's (see Jeff's recommendation here)	Pumpkin spice oatmeal (with canned pumpkin, cinnamon, nutmeg, walnuts and sliced apples), glass of 1-2% milk, scrambled eggs with salsa, (2:1 egg white to whole egg ratio) high grade omega-3's (see Jeff's recommendation here)	Lox or smoked salmon and capers on a whole wheat bagel, low fat Greek yogurt with oats, glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Turkey bacon and scrambled eggs (2:1 egg white to whole egg ratio) with salsa, piece of whole wheat toast and apple butter, glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Breakfast burrito on a whole wheat wrap (2:1 egg white to whole egg ratio), (with fat free cheese, black beans, salsa, green peppers and onions), glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Coco choco oatmeal (with shredded coconut, almond extract, a banana and a bit of cocoa powder), scrambled eggs (2:1 egg white to whole egg ratio), glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)	Protein pancakes (with Rx2 and oats) topped with strawberries, banana, whipped cream, maple syrup drizzle, glass of 1-2% milk, high grade omega-3's (see Jeff's recommendation here)
	9:30 AM	9:30 AM	9:30 AM	9:30 AM	9:30 AM	10:30 AM	10:30 AM
SNACK 1	Handful of almonds and a bunch of grapes with a wedge of low fat cheese, bottle of water	Apple butter, celery and fat free cheddar wedges, bottle of water	Low fat cottage cheese with blueberries or strawberries, bottle of water	**RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	Raw veggies and hummus, bottle of water	Peach with fat free string cheese, bottle of water	**RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day
	12:00 PM	12:00 PM	12:00 PM	12:00 PM	12:00 PM	1:00 PM	1:00 PM
LUNCH	Grilled chicken with tomato, cucumber and tahini dressing inside a whole wheat pita, low fat Greek yogurt, bottle of water	Egg salad sandwich (2:1 egg white to whole egg ratio) on 2 slices of Ezekiel bread, low fat mayo, and celery, topped with tomato and lettuce, bottle of water	Chicken, sautéed with onions and mushrooms, with tomatoes, hot sauce and melted low fat Swiss cheese in a whole wheat wrap, low fat Greek yogurt, bottle of water	Tuna salad (with low fat mayo) on a whole wheat wrap, cannellini beans on jasmine rice, bottle of water	Chicken vegetable soup with a baked potato and Mrs. Dash butter topping, bottle of water	Burrito bowl made with shredded lean pork, pinto beans, fresh salsa, lettuce and fat free shredded cheddar, brown rice, bottle of water	Thai beef salad (with lettuce, bean sprouts, tomato, cucumber, red onion, low sodium soy sauce and chili flakes), brown rice, bottle of water
	3:00 PM	3:00 PM	3:00 PM	3:00 PM	3:00 PM	4:00 PM	4:00 PM
SNACK 2	Fat free ricotta cheese with cinnamon and crushed almonds, bottle of water	**RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	Beef, turkey, tuna or salmon jerky, bottle of water	Low fat Greek yogurt parfait with raspberries and blueberries and a sprinkle of granola on top, bottle of water	Unsalted pumpkin seeds and a few dried apricots, bottle of water	**RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	Green apple with almond butter, bottle of water
	6:00 PM	6:00 PM	6:00 PM	6:00 PM	6:00 PM	6:30 PM	6:30 PM
DINNER	Grilled sea scallops with a honey Dijon mustard dip, butternut squash puree, sautéed zucchini and onions, glass of water	Sliced turkey breast, mushroom couscous, grilled asparagus with lemon and olive oil, baked sweet potato, glass of water	Grilled pork tenderloin, applesauce, roasted green beans with almond slices, baked sweet potato, salad (with tomatoes, onions and kale, vinegar, olive oil and garlic), glass of water	Roasted chicken breast (no skin), rosemary roasted potatoes, honey drizzled sautéed carrots, salad w/ olive oil and vinegar, glass of water	90% lean ground beef meatballs (on whole wheat pasta, with spicy tomato sauce, fresh spinach, grated mozzarella cheese), glass of water	Turkey burger (with garlic powder, sautéed onions and mushrooms, tomato, lettuce, slice of low fat Swiss cheese, on a whole wheat bun), Field green salad with vinaigrette, glass of water	Grilled rosemary chicken breast (with marinara sauce and grated parmesan cheese on whole wheat pasta), mixed greens salad, glass of water
	9:00 PM	9:00 PM	9:00 PM	9:00 PM	9:00 PM	9:30 PM	9:30 PM
SNACK 3	Three hardboiled eggs (2 with yolks removed), a banana, bottle of water	Canned tuna with whole wheat crackers, bottle of water	Air popped popcorn with cinnamon sugar, glass of skim milk	Glass of skim milk and a banana	Applesauce and a handful of walnuts, bottle of water	Three hardboiled eggs (2 with yolks removed), a banana, bottle of water	Whole grain pretzels, spicy mustard, fat free yogurt, bottle of water
	Take RX3 RECONSTRUCTION 30 minutes before bedtime.	Take RX3 RECONSTRUCTION 30 minutes before bedtime.	Take RX3 RECONSTRUCTION 30 minutes before bedtime.	Take RX3 RECONSTRUCTION 30 minutes before bedtime.	Take RX3 RECONSTRUCTION 30 minutes before bedtime.	Take RX3 RECONSTRUCTION 30 minutes before bedtime.	Take RX3 RECONSTRUCTION 30 minutes before bedtime.