

X-FACTOR SHRED

MEAL PLAN



WELCOME TO INFERNO MAX / SHRED!

Welcome to the Inferno Max Shred X-Factor Meal Plan! Because each person’s goals will be different with regard to how much bodyfat you are looking to lose, I’ve provided you with two things: a new X-Factor Standard Meal Plan, and this list of ‘shredded down’ meal swaps for each breakfast, lunch and dinner. The amount of Shred Swaps you’ll make per day will depend on how much bodyfat you need to shed.

In this Meal Plan, I wanted to give you additional customization and flexibility. I haven’t provided you with a hard coded meal plan for each level below because I realize that for those of you who will be swapping one or two meals per day, you’ll want the option of choosing which of the meals on any given day that you want to swap.

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 shed 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.

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

Remember to refer back to these guidelines as you begin to drop in bodyfat, and adjust your number of Shred Swaps accordingly!

Stay Strong,

Jeff

BREAKFAST

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)
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 egg whites, spinach, bell peppers, mushrooms, salsa, fat free cottage cheese), glass of skim 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, strawberries, blueberries, ground flaxseed, 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)	Turkey sausage with sautéed peppers, onions and mushrooms on a bed of wilted spinach, scrambled egg whites, glass of skim milk, high grade omega-3's (see Jeff's recommendation here)

LUNCH

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

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
Lean ground beef tacos (with black beans and grated cheddar cheese, lettuce and tomato on corn tortillas), with Spanish rice, glass of water	Taco salad with extra lean ground beef, with black beans, lettuce, tomatoes, and cajun spices, 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!							
	WORKOUT DAY: Remember your *RX1 and **RX2.	WORKOUT DAY: Remember your *RX1 and **RX2.		WORKOUT DAY: Remember your *RX1 and **RX2.	WORKOUT DAY: Remember your *RX1 and **RX2.	WORKOUT DAY: Remember 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 **RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	9:30 AM Raw veggies and hummus, bottle of water	9:30 AM Low fat Greek yogurt parfait with raspberries and blueberries and a sprinkle of granola on top, 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 Apple butter, celery and fat free cheddar wedges, bottle of water	10:30 AM Low fat cottage cheese with blueberries or strawberries, bottle of water
LUNCH	12:00 PM Grilled tuna with mixed greens, tomatoes, onions, cubed boiled potato, olive oil and vinegar, bottle of water	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 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 Chicken vegetable soup with a baked potato and Mrs. Dash butter topping, bottle of water	12:00 PM Tuna salad (with low fat mayo) on a whole wheat wrap, cannellini beans on jasmine rice, bottle of water	1:00 PM Bowtie pasta salad with grilled chicken (tossed with a pesto sauce and chick peas), low fat Greek yogurt, bottle of water	1:00 PM 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 Peach with fat free string cheese, bottle of water	3:00 PM Small can of tuna and an apple, bottle of water	3:00 PM **RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	3:00 PM Handful of almonds and a bunch of grapes with a wedge of low fat cheese, bottle of water	3:00 PM Beef, turkey, tuna or salmon jerky, bottle of water	4:00 PM Unsalted pumpkin seeds and a few dried apricots, bottle of water	4:00 PM **RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day
DINNER	6:00 PM Grilled 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	6:00 PM 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	6:00 PM Grilled halibut steak (w/ squeezed lemon and olive oil), brown rice, sauteed spinach and onions, glass of water	6:00 PM Sushi (cucumber or tuna rolls), ginger salad, spicy edamame, glass of water	6:00 PM Roasted chicken breast (no skin), rosemary roasted potatoes, honey drizzled sauteed carrots, salad w/ olive oil and vinegar, 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 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 Air popped popcorn with cinnamon sugar, glass of skim milk	9:00 PM Applesauce and a handful of walnuts, bottle of water	9:00 PM Thinly sliced roasted turkey wrapped around a pickle, bottle of water	9:00 PM Air popped popcorn with hot sauce, glass of skim milk	9:00 PM Whole grain pretzels, spicy mustard, fat free yogurt, bottle of water	9:30 PM Three hardboiled eggs (2 with yolks removed), a banana, bottle of water	9:30 PM 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.

COLOR CODES: **PROTEIN** **STARCHY CARBOHYDRATES** **HEALTHY FATS** **FIBROUS CARBOHYDRATES**



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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)
SNACK 1	9:30 AM Peach with fat free string cheese, bottle of water	9:30 AM Small can of tuna and an apple, bottle of water	9:30 AM **RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	9:30 AM Fat free ricotta cheese with cinnamon and crushed almonds, bottle of water	9:30 AM Apple butter, celery and fat free cheddar wedges, bottle of water	10:30 AM Low fat cottage cheese with blueberries or strawberries, bottle of water	10:30 AM **RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day
LUNCH	12:00 PM Grilled chicken with tomato, cucumber and tahini dressing inside a whole wheat pita, 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 Sliced turkey, lettuce, tomato, onion, low fat cheese, and spicy mustard on whole wheat bread, low fat Greek yogurt, bottle of water	12:00 PM Grilled tuna with mixed greens, tomatoes, onions, cubed boiled potato, olive oil and vinegar, bottle of water	12:00 PM Burrito bowl made with shredded lean pork, pinto beans, fresh salsa, lettuce and fat free shredded cheddar, brown rice, bottle of water	1:00 PM 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	1:00 PM Tuna salad (with low fat mayo) on a whole wheat wrap, cannellini beans on jasmine rice, bottle of water
SNACK 2	3:00 PM **RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	3:00 PM Raw veggies and hummus, bottle of water	3:00 PM Unsalted pumpkin seeds and a few dried apricots, bottle of water	3:00 PM Green apple with almond butter, bottle of water	3:00 PM **RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	4:00 PM Beef, turkey, tuna or salmon jerky, bottle of water	4:00 PM Low fat Greek yogurt parfait with raspberries and blueberries and a sprinkle of granola on top, bottle of water
DINNER	6:00 PM 90% lean ground beef meatballs (on whole wheat pasta, with spicy tomato sauce, fresh spinach, grated mozzarella cheese), glass of water	6:00 PM Sliced turkey breast, mushroom couscous, grilled asparagus with lemon and olive oil, baked sweet potato, glass of water	6:00 PM Sautéed shrimp in red pepper curry sauce, grilled jicama, roasted broccoli with salt and olive oil, glass of water	6:00 PM Sirloin steak, sautéed onions, mushrooms and broccoli (with garlic and olive oil), wild rice pilaf, 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	6:30 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	6:30 PM 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 Glass of skim milk and a banana	9:00 PM Air popped popcorn with hot sauce, glass of skim milk	9:00 PM Applesauce and a handful of walnuts, bottle of water	9:00 PM Air popped popcorn with cinnamon sugar, glass of skim milk	9:00 PM Thinly sliced roasted turkey wrapped around a pickle, bottle of water	9:30 PM Applesauce and a handful of walnuts, bottle of water	9:30 PM 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 **RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	9:30 AM Low fat cottage cheese with blueberries or strawberries, bottle of water	9:30 AM Low fat Greek yogurt parfait with raspberries and blueberries and a sprinkle of granola on top, bottle of water	9:30 AM Handful of almonds and a bunch of grapes with a wedge of low fat cheese, bottle of water	9:30 AM **RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	10:30 AM Apple butter, celery and fat free cheddar wedges, bottle of water	10:30 AM Unsalted pumpkin seeds and a few dried apricots, bottle of water
LUNCH	12:00 PM Blackberry cottage cheese salad (1-2% cottage cheese, fresh blackberries, sliced almonds, mesclun greens, balsamic glaze), fat free Greek yogurt, bottle of water	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 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 Grilled tuna with mixed greens, tomatoes, onions, cubed boiled potato, olive oil and vinegar, bottle of water	12:00 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 Burrito bowl made with shredded lean pork, pinto beans, fresh salsa, lettuce and fat free shredded cheddar, brown rice, bottle of water	1:00 PM Chicken vegetable soup with a baked potato and Mrs. Dash butter topping, bottle of water
SNACK 2	3:00 PM Beef, turkey, tuna or salmon jerky, bottle of water	3:00 PM Small can of tuna and an apple, bottle of water	3:00 PM **RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	3:00 PM Raw veggies and hummus, bottle of water	3:00 PM Peach with fat free string cheese, bottle of water	4:00 PM Fat free ricotta cheese with cinnamon and crushed almonds, bottle of water	4:00 PM **RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day
DINNER	6:00 PM Grilled sea scallops with a honey Dijon mustard dip, butternut squash puree, sautéed zucchini and onions, glass of water	6:00 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	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 Sirloin steak, sautéed onions, mushrooms and broccoli (with garlic and olive oil), wild rice pilaf, glass of water	6:00 PM Grilled halibut steak (w/ squeezed lemon and olive oil), brown rice, sautéed spinach and onions, glass of water	6:30 PM Sliced turkey breast, mushroom couscous, grilled asparagus with lemon and olive oil, baked sweet potato, glass of water	6:30 PM 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 Air popped popcorn with cinnamon sugar, glass of skim milk	9:00 PM Whole grain pretzels, spicy mustard, fat free yogurt, bottle of water	9:00 PM Thinly sliced roasted turkey wrapped around a pickle, bottle of water	9:00 PM Air popped popcorn with hot sauce, glass of skim milk	9:00 PM Three hardboiled eggs (2 with yolks removed), a banana, bottle of water	9:30 PM Canned tuna with whole wheat crackers, bottle of water	9:30 PM 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.

COLOR CODES: **PROTEIN** **STARCHY CARBOHYDRATES** **HEALTHY FATS** **FIBROUS CARBOHYDRATES**



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NOTE: PLEASE SEE "SUPPLEMENTAL GUIDE" TO ADAPT YOUR WORKOUT PLAN AND MEAL PLAN TO YOUR SPECIFIC SCHEDULE!							
	WORKOUT DAY: Remember your *RX1 and **RX2.		WORKOUT DAY: Remember your *RX1 and **RX2.		WORKOUT DAY: Remember your *RX1 and **RX2.	WORKOUT DAY: Remember 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)
SNACK 1	9:30 AM Raw veggies and hummus, bottle of water	9:30 AM Apple butter, celery and fat free cheddar wedges, bottle of water	9:30 AM Peach with fat free string cheese, bottle of water	9:30 AM **RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	9:30 AM Low fat cottage cheese with blueberries or strawberries, bottle of water	10:30 AM Low fat Greek yogurt parfait with raspberries and blueberries and a sprinkle of granola on top, bottle of water	10:30 AM **RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day
LUNCH	12:00 PM 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	12:00 PM Tuna salad (with low fat mayo) on a whole wheat wrap, cannellini beans on jasmine rice, bottle of water	12:00 PM Grilled chicken with tomato, cucumber and tahini dressing inside a whole wheat pita, low fat Greek yogurt, bottle of water	12:00 PM 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	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	1:00 PM Burrito bowl made with shredded lean pork, pinto beans, fresh salsa, lettuce and fat free shredded cheddar, brown rice, bottle of water	1:00 PM Thai beef salad (with lettuce, bean sprouts, tomato, cucumber, red onion, low sodium soy sauce and chili flakes), brown rice, bottle of water
SNACK 2	3:00 PM Unsalted pumpkin seeds and a few dried apricots, 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 Green apple with almond butter, 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	4:00 PM Small can of tuna and an apple, bottle of water	4:00 PM Handful of almonds and a bunch of grapes with a wedge of low fat cheese, bottle of water
DINNER	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 rosemary chicken breast (with marinara sauce and grated parmesan cheese on whole wheat pasta), mixed greens salad, glass of water	6:00 PM Sautéed shrimp in red pepper curry sauce, grilled jicama, roasted broccoli with salt and olive oil, glass of water	6:00 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	6:00 PM Sushi (cucumber or tuna rolls), ginger salad, spicy edamame, glass of water	6:30 PM Sirloin steak, sautéed onions, mushrooms and broccoli (with garlic and olive oil), wild rice pilaf, glass of water	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
SNACK 3	9:00 PM Whole grain pretzels, spicy mustard, fat free yogurt, bottle of water	9:00 PM Glass of skim milk and a banana	9:00 PM Air popped popcorn with cinnamon sugar, glass of skim milk	9:00 PM Three hardboiled eggs (2 with yolks removed), a banana, bottle of water	9:00 PM Thinly sliced roasted turkey wrapped around a pickle, bottle of water	9:30 PM Air popped popcorn with hot sauce, glass of skim milk	9:30 PM 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.

COLOR CODES: PROTEIN STARCHY CARBOHYDRATES HEALTHY FATS FIBROUS CARBOHYDRATES



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NOTE: PLEASE SEE "SUPPLEMENTAL GUIDE" TO ADAPT YOUR WORKOUT PLAN AND MEAL PLAN TO YOUR SPECIFIC SCHEDULE!							
	WORKOUT DAY: Remember your *RX1 and **RX2.	WORKOUT DAY: Remember your *RX1 and **RX2.	WORKOUT DAY: Remember your *RX1 and **RX2.		WORKOUT DAY: Remember your *RX1 and **RX2.	WORKOUT DAY: Remember 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)	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.

COLOR CODES: **PROTEIN** **STARCHY CARBOHYDRATES** **HEALTHY FATS** **FIBROUS CARBOHYDRATES**



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NOTE: PLEASE SEE "SUPPLEMENTAL GUIDE" TO ADAPT YOUR WORKOUT PLAN AND MEAL PLAN TO YOUR SPECIFIC SCHEDULE!							
	WORKOUT DAY: Remember your *RX1 and **RX2.	WORKOUT DAY: Remember your *RX1 and **RX2.	WORKOUT DAY: Remember your *RX1 and **RX2.		WORKOUT DAY: Remember your *RX1 and **RX2.	WORKOUT DAY: Remember 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.

COLOR CODES: PROTEIN STARCHY CARBOHYDRATES HEALTHY FATS FIBROUS CARBOHYDRATES



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NOTE: PLEASE SEE "SUPPLEMENTAL GUIDE" TO ADAPT YOUR WORKOUT PLAN AND MEAL PLAN TO YOUR SPECIFIC SCHEDULE!							
	WORKOUT DAY: Remember your *RX1 and **RX2.	WORKOUT DAY: Remember your *RX1 and **RX2.	WORKOUT DAY: Remember your *RX1 and **RX2.		WORKOUT DAY: Remember your *RX1 and **RX2.	WORKOUT DAY: Remember 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	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)
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 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
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, 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, 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	Bowtie pasta salad with grilled chicken (tossed with a pesto sauce and chick peas), low fat Greek yogurt, 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	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
DINNER	6:00 PM	6:00 PM	6:00 PM	6:00 PM	6:00 PM	6:30 PM	6:30 PM
	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	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 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	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
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	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.

COLOR CODES: PROTEIN STARCHY CARBOHYDRATES HEALTHY FATS FIBROUS CARBOHYDRATES



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NOTE: PLEASE SEE "SUPPLEMENTAL GUIDE" TO ADAPT YOUR WORKOUT PLAN AND MEAL PLAN TO YOUR SPECIFIC SCHEDULE!							
	WORKOUT DAY: Remember your *RX1 and **RX2.	WORKOUT DAY: Remember your *RX1 and **RX2.		WORKOUT DAY: Remember your *RX1 and **RX2.	WORKOUT DAY: Remember 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.

COLOR CODES: **PROTEIN** **STARCHY CARBOHYDRATES** **HEALTHY FATS** **FIBROUS CARBOHYDRATES**



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NOTE: PLEASE SEE "SUPPLEMENTAL GUIDE" TO ADAPT YOUR WORKOUT PLAN AND MEAL PLAN TO YOUR SPECIFIC SCHEDULE!							
	WORKOUT DAY: Remember your *RX1 and **RX2.	WORKOUT DAY: Remember your *RX1 and **RX2.		WORKOUT DAY: Remember your *RX1 and **RX2.		WORKOUT DAY: Remember 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 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	Sirloin steak, sautéed 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, 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	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.

COLOR CODES: PROTEIN STARCHY CARBOHYDRATES HEALTHY FATS FIBROUS CARBOHYDRATES



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NOTE: PLEASE SEE "SUPPLEMENTAL GUIDE" TO ADAPT YOUR WORKOUT PLAN AND MEAL PLAN TO YOUR SPECIFIC SCHEDULE!							
	WORKOUT DAY: Remember your *RX1 and **RX2.	WORKOUT DAY: Remember your *RX1 and **RX2.		WORKOUT DAY: Remember your *RX1 and **RX2.		WORKOUT DAY: Remember 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 **RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	9:30 AM Green apple with almond butter, bottle of water	9:30 AM Fat free ricotta cheese with cinnamon and crushed almonds, bottle of water	9:30 AM Low fat cottage cheese with blueberries or strawberries, bottle of water	9:30 AM Raw veggies and hummus, bottle of water	10:30 AM **RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	10:30 AM Handful of almonds and a bunch of grapes with a wedge of low fat cheese, bottle of water
LUNCH	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 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 Grilled chicken with tomato, cucumber and tahini dressing inside a whole wheat pita, low fat Greek yogurt, bottle of water	12:00 PM Burrito bowl made with shredded lean pork, pinto beans, fresh salsa, lettuce and fat free shredded cheddar, brown rice, bottle of water	12:00 PM Chicken vegetable soup with a baked potato and Mrs. Dash butter topping, bottle of water	1:00 PM 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	1:00 PM Tuna salad (with low fat mayo) on a whole wheat wrap, cannellini beans on jasmine rice, bottle of water
SNACK 2	3:00 PM Beef, turkey, tuna or salmon jerky, bottle of water	3:00 PM Small can of tuna and an apple, bottle of water	3:00 PM Peach with fat free string cheese, 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 Apple butter, celery and fat free cheddar wedges, bottle of water	4:00 PM Unsalted pumpkin seeds and a few dried apricots, 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 90% lean ground beef meatballs (on whole wheat pasta, with spicy tomato sauce, fresh spinach, grated mozzarella cheese), glass of water	6:00 PM Grilled rosemary chicken breast (with marinara sauce and grated parmesan cheese on whole wheat pasta), mixed greens salad, glass of water	6:00 PM Sushi (cucumber or tuna rolls), ginger salad, spicy edamame, glass of water	6:00 PM Sliced turkey breast, mushroom couscous, grilled asparagus with lemon and olive oil, baked sweet potato, glass of water	6:00 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	6:30 PM Sauteed shrimp in red pepper curry sauce, grilled jicama, roasted broccoli with salt and olive oil, glass of water	6:30 PM 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 Canned tuna with whole wheat crackers, bottle of water	9:00 PM Air popped popcorn with cinnamon sugar, glass of skim milk	9:00 PM Thinly sliced roasted turkey wrapped around a pickle, bottle of water	9:00 PM Air popped popcorn with hot sauce, glass of skim milk	9:00 PM Applesauce and a handful of walnuts, bottle of water	9:30 PM Thinly sliced roasted turkey wrapped around a pickle, bottle of water	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.

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NOTE: PLEASE SEE "SUPPLEMENTAL GUIDE" TO ADAPT YOUR WORKOUT PLAN AND MEAL PLAN TO YOUR SPECIFIC SCHEDULE!							
	WORKOUT DAY: Remember your *RX1 and **RX2.	WORKOUT DAY: Remember your *RX1 and **RX2.		WORKOUT DAY: Remember your *RX1 and **RX2.		WORKOUT DAY: Remember 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, 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	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, 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	Roasted chicken breast (no skin), rosemary roasted potatoes, honey drizzled sauteed 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.

COLOR CODES: **PROTEIN** **STARCHY CARBOHYDRATES** **HEALTHY FATS** **FIBROUS CARBOHYDRATES**



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NOTE: PLEASE SEE "SUPPLEMENTAL GUIDE" TO ADAPT YOUR WORKOUT PLAN AND MEAL PLAN TO YOUR SPECIFIC SCHEDULE!							
	WORKOUT DAY: Remember your *RX1 and **RX2.	WORKOUT DAY: Remember your *RX1 and **RX2.		WORKOUT DAY: Remember your *RX1 and **RX2.		WORKOUT DAY: Remember 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	Breakfast protein shake (with 2 scoops of French Vanilla Bean RX-2 XLR8 protein powder, fresh berries, ground flaxseed, oats, and ice), hC=5 M=100 Y=100 K=Digh grade omega-3's (see Jeff's	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.

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