

ATHLEAN-X ULTIMATE ARMS X-FACTOR MEAL PLAN

RX
NOTES

*RX1 X-Cite should be taken 30 minutes prior to your workout. If you are not working out take it in the morning as shown below.

**RX-2 X-LR8 can be used as a meal replacement shake substitute for snacks 1 or 2, in addition to your post-workout use.

WEEK 1

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
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 *RX-1 and **RX-2.	If today is a WORKOUT DAY: Remember to take your *RX-1 and **RX-2.	If today is a WORKOUT DAY: Remember to take your *RX-1 and **RX-2.	If today is a WORKOUT DAY: Remember to take your *RX-1 and **RX-2.	If today is a WORKOUT DAY: Remember to take your *RX-1 and **RX-2.	If today is a WORKOUT DAY: Remember to take your *RX-1 and **RX-2.	If today is a WORKOUT DAY: Remember to take your *RX-1 and **RX-2.
BREAKFAST	7:00 AM *Bowl of oatmeal (add cinnamon, almonds and strawberries or raspberries), skim milk, scrambled eggs , RX1 X-Cite , high grade omega-3's (see Jeff's recommendation here)	7:00 AM *Tex Mex Omelet (made with onions, avocado, peppers, mushrooms, spicy salsa and low fat colby jack cheese), whole wheat toast , bottle of water, RX1 X-Cite , high grade omega-3's	7:00 AM * Whole wheat english muffin topped with 1 egg and natural turkey bacon, grapefruit, RX1 X-Cite , high grade omega-3's (see Jeff's recommendation here)	7:00 AM * Whole wheat waffles w/ fresh strawberries, cinnamon and fat free cool whip, natural turkey breakfast sausage, RX1 X-Cite , high grade omega-3's (see Jeff's recommendation here)	7:00 AM * Pumpkin oatmeal (with pumpkin puree, cinnamon, raisins and walnuts), skim milk, scrambled eggs, RX1 X-Cite , high grade omega-3's (see Jeff's recommendation here)	8:00 AM *Fat free granola with skim milk, cashews, figs and fresh berries, RX1 X-Cite , high grade omega-3's (see Jeff's recommendation here)	8:00 AM *Smoothie (2 cups of skim milk, 1/2 banana, fresh strawberries, dash of cinnamon and greek yogurt), RX1 X-Cite , high grade omega-3's (see Jeff's recommendation here)
	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 ** Almond butter on a slice of whole wheat bread, fresh watermelon , bottle of water	9:30 AM **1% cottage cheese with cinnamon, ripe banana , bottle of water	9:30 AM ** Almond butter on a slice of whole wheat bread, kiwi slices , 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 ** Turkey jerky, whole wheat crackers , bottle of water	10:30 AM **Bag of homemade trail mix (coconut, almonds, walnuts, candied ginger , a few chocolate chips), bottle of water
LUNCH	12:00 PM Chicken burrito on a whole wheat wrap with brown rice, tomato, avocado , swiss cheese and spicy salsa , bottle of water	12:00 PM Canned salmon in water (mix with lemon juice, olive oil, tomato, onion, lettuce and black pepper) on whole wheat bread , bottle of water	12:00 PM Turkey burger with onions, lettuce, tomato, and mustard , fat free swiss cheese, on a whole wheat bun , fat free yogurt, bottle of water	12:00 PM Chicken burrito on a whole wheat wrap with brown rice, tomato, avocado , swiss cheese and spicy salsa , bottle of water	12:00 PM Canned salmon in water (mix with lemon juice, olive oil, tomato, onion, lettuce and black pepper) on whole wheat bread , bottle of water	1:00 PM Turkey burger with onions, lettuce, tomato, and mustard , fat free swiss cheese, on a whole wheat bun , fat free yogurt, bottle of water	1:00 PM Curry chicken on a whole wheat pita with low fat mayo, celery, sprouts, almonds and cumin , fat free yogurt, bottle of water
	3:00 PM **Plain greek yogurt, with honey, almonds and cinnamon , bottle of water	3:00 PM **Bag of homemade trail mix (coconut, almonds, walnuts, candied ginger , a few chocolate chips), 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 ** Turkey jerky, whole wheat crackers , bottle of water	3:00 PM ** Almond butter on a slice of whole wheat bread, fresh watermelon , 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	4:00 PM ** Almond butter on a slice of whole wheat bread, fresh watermelon , bottle of water
DINNER	6:00 PM Sashimi, edamame, brown rice, seaweed salad, wasabi bottle of water	6:00 PM Cajun chicken breast, baked sweet potato, grilled onions and peppers , bottle of water	6:00 PM Beef stirfry with onions, broccoli, bell peppers, mushrooms, chili powder, black pepper, coconut oil served with brown rice , bottle of water	6:00 PM Top round or grilled sirloin steak with black pepper, baked sweet potato, grilled asparagus , bottle of water	6:00 PM Cajun chicken breast, baked sweet potato, grilled onions and peppers , bottle of water	6:30 PM Lemon thyme chicken, with garlic, shallot, black pepper, grape tomatoes, zucchini, thyme and lemon , served with whole wheat pasta , bottle of water	6:30 PM Pork tenderloin slices fried in coconut oil topped with mustard, with sauteed broccoli and garlic , bottle of water
	9:00 PM 1-2 pieces of fat free string cheese and grapes , bottle of water	9:00 PM No fat cottage cheese or ricotta cheese with cinnamon and a few crushed almonds , bottle of water	9:00 PM Air popped popcorn with spicy seasoning , bottle of water	9:00 PM Thinly sliced roasted turkey wrapped around a pickle with cayenne pepper , bottle of water	9:00 PM 12 ounce glass of skim or 1% milk and a small banana or berries	9:00 PM No fat cottage cheese or ricotta cheese with cinnamon and a few crushed almonds , bottle of water	9:30 PM Air popped popcorn with cinnamon sugar, bottle of water
SNACK 3	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: · NIACIN RICH · NITRIC OXIDE BOOSTER · THERMOGENIC FOOD · KRE-ALKALYN (BUFFERED CREATINE)

ATHLEAN-X ULTIMATE ARMS X-FACTOR MEAL PLAN

RX
NOTES

*RX1 X-Cite should be taken 30 minutes prior to your workout. If you are not working out take it in the morning as shown below.

**RX-2 X-LR8 can be used as a meal replacement shake substitute for snacks 1 or 2, in addition to your post-workout use.

WEEK 2

	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
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 *RX-1 and **RX-2.	If today is a WORKOUT DAY: Remember to take your *RX-1 and **RX-2.	If today is a WORKOUT DAY: Remember to take your *RX-1 and **RX-2.	If today is a WORKOUT DAY: Remember to take your *RX-1 and **RX-2.	If today is a WORKOUT DAY: Remember to take your *RX-1 and **RX-2.	If today is a WORKOUT DAY: Remember to take your *RX-1 and **RX-2.	If today is a WORKOUT DAY: Remember to take your *RX-1 and **RX-2.
	7:00 AM	7:00 AM	7:00 AM	7:00 AM	7:00 AM	8:00 AM	8:00 AM
BREAKFAST	*Whole wheat pita with two scrambled eggs, Canadian bacon, spinach, bell pepper, salsa, low fat cottage cheese, and low fat shredded cheese, RX1 X-Cite, high grade omega-3's	*Bowl of oatmeal (add cinnamon, almonds and strawberries or raspberries), skim milk, scrambled eggs, RX1 X-Cite, high grade omega-3's (see Jeff's recommendation here)	*Smoothie (2 cups of skim milk, 1/2 banana, fresh strawberries, dash of cinnamon and greek yogurt), RX1 X-Cite, high grade omega-3's (see Jeff's recommendation here)	*Whole wheat waffles w/ applesauce, and cinnamon, natural turkey breakfast sausage, RX1 X-Cite, high grade omega-3's (see Jeff's recommendation here)	*Breakfast taco with whole wheat tortilla, eggs, spicy salsa and low fat cheddar, RX1 X-Cite, high grade omega-3's (see Jeff's recommendation here)	*Whole wheat english muffin topped with 1 egg and natural turkey bacon, grapefruit, RX1 X-Cite, high grade omega-3's (see Jeff's recommendation here)	*Pumpkin oatmeal (with pumpkin puree, cinnamon, raisins and walnuts), skim milk, scrambled eggs, RX1 X-Cite, 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
	**25-30 grapes, low fat mozzarella 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	**Plain greek yogurt, with sliced peaches, almonds and cinnamon, bottle of water	**RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	**Almonds, cashews and apricots (mix about 10 dried apricots with 20-25 nuts in a bag), bottle of water	**RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	**Bag of homemade trail mix (coconut, almonds, walnuts, candied ginger, a few chocolate chips), 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
	Turkey salad with tomato, avocado and onion, olive oil, parmesan cheese, balsamic vinegar and pepper, bottle of water	Mixed green salad with grilled salmon, lemon, and black pepper, bottle of water	Grilled chicken with sauteed spinach and garlic, served with brown rice, bottle of water	Sashimi, edamame, brown rice, seaweed salad, wasabi bottle of water	Roasted Turkey Breast on whole wheat bread with cranberry sauce, lettuce, black pepper, and slivered almonds, bottle of water	Chicken burrito on a whole wheat wrap with brown rice, tomato, avocado, swiss cheese and spicy salsa, bottle of water	Tuna fish salad (made with fat free mayo) on whole wheat pita with celery, onions, apple, 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
	**RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	**1% cottage cheese, 1 ripe banana, cinnamon, bottle of water	**RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	**Peanut butter, celery and raisins 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 jerky, whole wheat crackers, bottle of water	**Plain greek yogurt, with honey, almonds and cinnamon, 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
	Top round or grilled sirloin steak with black pepper, baked sweet potato, sauteed broccoli with garlic, bottle of water	Roasted turkey breast, sweet potato mash, cranberry sauce, grilled asparagus bottle of water	Grilled pork chop, cole slaw, brown rice bottle of water	Turkey burger on a whole wheat bun with tabasco sauce, baked "sweet potato" fries, bottle of water	Cajun chicken breast, baked sweet potato, grilled onions and peppers, bottle of water	Grilled salmon steak (w/ teriyaki drizzle), brown rice, sauteed asparagus with ginger, bottle of water	Grilled pork chop, cole slaw, brown rice, bottle 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
	1% cottage cheese, fresh strawberries, bottle of water	Air popped popcorn with cinnamon sugar, bottle of water	Beef jerky or turkey jerky, bottle of water	1% cottage cheese, fresh strawberries, bottle of water	Beef jerky or turkey jerky, bottle of water	Greek yogurt, hand full of crushed almonds, bottle of water	Air popped popcorn with cajun spices, 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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ATHLEAN-X ULTIMATE ARMS X-FACTOR MEAL PLAN

RX
NOTES

*RX1 X-Cite should be taken 30 minutes prior to your workout. If you are not working out take it in the morning as shown below.

**RX-2 X-LR8 can be used as a meal replacement shake substitute for snacks 1 or 2, in addition to your post-workout use.

WEEK 3

	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
	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 *RX-1 and **RX-2.	If today is a WORKOUT DAY : Remember to take your *RX-1 and **RX-2.	If today is a WORKOUT DAY : Remember to take your *RX-1 and **RX-2.	If today is a WORKOUT DAY : Remember to take your *RX-1 and **RX-2.	If today is a WORKOUT DAY : Remember to take your *RX-1 and **RX-2.	If today is a WORKOUT DAY : Remember to take your *RX-1 and **RX-2.	If today is a WORKOUT DAY : Remember to take your *RX-1 and **RX-2.
	7:00 AM	7:00 AM	7:00 AM	7:00 AM	7:00 AM	8:00 AM	8:00 AM
BREAKFAST	Bowl of oatmeal (add figs , raisins cinnamon), skim milk, scrambled eggs , RX1 X-Cite , high grade omega-3's (see Jeff's recommendation here)	Smoothie (2 cups of skim milk, 1/2 banana , strawberries , kiwis and greek yogurt), RX1 X-Cite , high grade omega-3's (see Jeff's recommendation here)	*Fat free granola with skim milk, cashews , figs and fresh berries , RX1 X-Cite , high grade omega-3's (see Jeff's recommendation here)	* Natural turkey bacon , whole wheat toast , scrambled egg whites w/ salsa , skim milk, RX1 X-Cite , high grade omega-3's (see Jeff's recommendation here)	* Whole wheat english muffin topped with 1 egg and natural turkey bacon , grapefruit , RX1 X-Cite , high grade omega-3's (see Jeff's recommendation here)	* Whole wheat waffles w/ fresh strawberries , cinnamon and fat free cool whip, natural turkey breakfast sausage , RX1 X-Cite , high grade omega-3's (see Jeff's recommendation here)	Bowl of oatmeal (add grapes and mandarin slices), skim milk, natural turkey breakfast sausage , RX1 X-Cite , 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	**1% cottage cheese, fresh 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	**Plain greek yogurt, with honey , almonds , apple and cinnamon , bottle of water	**Bag of homemade trail mix (coconut, almonds , walnuts , candied ginger , a few chocolate chips), bottle of water	** Almond butter on a slice of whole wheat bread , fresh watermelon , bottle of water	** 25-30 grapes , low fat mozzarella 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	Mixed green salad with grilled chicken , watermelon or strawberries , whole wheat crackers , bottle of water	Canned tuna in water (mix with lemon juice, olive oil, tomato , onion , lettuce and black pepper) on whole wheat bread , bottle of water	Turkey breast on a whole wheat wrap with hot mustard and fat free swiss cheese, fat free yogurt, bottle of water	Mixed green salad with grilled chicken , watermelon or strawberries , whole wheat crackers , bottle of water	Peanut butter and jelly sandwich on whole wheat bread , kiwi slices , fat free yogurt, bottle of water	Chicken burrito on a whole wheat wrap with brown rice , tomato , avocado , swiss cheese and spicy salsa , bottle of water	Canned tuna in water (mix with lemon juice, olive oil, tomato , onion , lettuce and black pepper) on whole wheat bread , 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	** Beef jerky , whole wheat crackers , bottle of water	**RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	**No fat cottage cheese or ricotta cheese with cinnamon and a few crushed almonds , bottle of water	**Bag of homemade trail mix (coconut, almonds , walnuts , candied ginger , a few chocolate chips), bottle of water	**RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	** Almond butter on a slice of whole wheat bread , kiwi slices , 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 halibut steak (w/ squeezed lemon and black pepper), brown rice , sauteed spinach , bottle of water	Fresh whole wheat pasta with roasted red tomato sauce and grilled oregano chicken , bottle of water	Top round or grilled sirloin steak with black pepper , baked sweet potato , sauteed broccoli with garlic , bottle of water	Grilled pork chop , cole slaw , brown rice , bottle of water	Grilled chicken breast with roasted apple and onion , cous cous , sweet potato , mixed grilled veggies , bottle of water	Beef stirfry with onions , broccoli , bell peppers , mushrooms , chili powder , black pepper , coconut oil served with brown rice , bottle of water	Baked chicken breast , with tabasco sauce , sauteed onions , peppers and mushrooms , baked "sweet potato" fries , bottle 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 garlic powder and hot sauce , bottle of water	No fat cottage cheese or ricotta cheese with cinnamon and a few crushed almonds , bottle of water	Thinly sliced roasted turkey wrapped around a pickle with cayenne pepper , bottle of water	1-2 pieces of fat free string cheese and grapes , bottle of water	12 ounce glass of skim or 1% milk and a small banana or berries	Air popped popcorn with drizzled honey and cinnamon , bottle of water	Beef jerky or turkey jerky , 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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ATHLEAN-X ULTIMATE ARMS X-FACTOR MEAL PLAN

RX
NOTES

*RX1 X-Cite should be taken 30 minutes prior to your workout. If you are not working out take it in the morning as shown below.

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WEEK 4

	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
NOTE: PLEASE SEE "SUPPLEMENTAL GUIDE" TO ADAPT YOUR WORKOUT PLAN AND MEAL PLAN TO YOUR SPECIFIC SCHEDULE!							
BREAKFAST	If today is a WORKOUT DAY : Remember to take your *RX-1 and **RX-2. 7:00 AM	If today is a WORKOUT DAY : Remember to take your *RX-1 and **RX-2. 7:00 AM	If today is a WORKOUT DAY : Remember to take your *RX-1 and **RX-2. 7:00 AM	If today is a WORKOUT DAY : Remember to take your *RX-1 and **RX-2. 7:00 AM	If today is a WORKOUT DAY : Remember to take your *RX-1 and **RX-2. 7:00 AM	If today is a WORKOUT DAY : Remember to take your *RX-1 and **RX-2. 8:00 AM	If today is a WORKOUT DAY : Remember to take your *RX-1 and **RX-2. 8:00 AM
	Oatmeal smoothie (made with 12 ounces skin milk, 1/4 cup oats, banana, strawberries, and plain yogurt), RX1 X-Cite, high grade omega-3's (see Jeff's recommendation here)	*Tex Mex Omelet (made with onions, avocado, peppers, mushrooms, spicy salsa and low fat colby jack cheese), whole wheat toast, bottle of water, RX1 X-Cite, high grade omega-3's	*Pumpkin oatmeal (with pumpkin puree, cinnamon, raisins and walnuts), skim milk, scrambled eggs, RX1 X-Cite, high grade omega-3's (see Jeff's recommendation here)	*Fat free granola with skim milk, cashews, figs and fresh berries, RX1 X-Cite, high grade omega-3's (see Jeff's recommendation here)	Whole wheat english muffin with pumpkin butter, cinnamon, natural turkey breakfast sausage, RX1 X-Cite, high grade omega-3's (see Jeff's recommendation here)	Whole wheat french toast (dipped in egg) with sugar free maple syrup and cinnamon, skim milk, RX1 X-Cite, high grade omega-3's (see Jeff's recommendation here)	*Natural turkey bacon, whole wheat toast, scrambled egg whites w/ salsa, skim milk, RX1 X-Cite, high grade omega-3's (see Jeff's recommendation here)
SNACK 1	**Whole grain pretzels, spicy mustard, fat free yogurt, bottle of water 9:30 AM	**RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day 9:30 AM	**Almonds, walnuts and raisins, 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	**Peanut butter, sliced green apple, and raisins, bottle of water 9:30 AM	**Almonds, cashews and apricots (mix about 10 dried apricots with 20-25 nuts in a bag), bottle of water 10:30 AM	**Plain greek yogurt, with sliced peaches, almonds and cinnamon, bottle of water 10:30 AM
	12:00 PM	12:00 PM	12:00 PM	12:00 PM	12:00 PM	1:00 PM	1:00 PM
LUNCH	Grilled chicken on a whole wheat wrap with spinach, sun-dried tomatoes and pepper, fat free yogurt, bottle of water	Egg and pepper omelet with spinach and mushrooms on a whole wheat wrap with fat free swiss cheese, fat free yogurt, bottle of water	Whole wheat pasta salad with citrus grilled chicken, mixed greens and low-fat vinaigrette, bottle of water	Canned salmon in water (mix with lemon juice, olive oil, tomato, onion, lettuce and black pepper) on whole wheat bread, bottle of water	Steak and cheese on a whole wheat wrap, (grill with onions & peppers) add low fat mozzarella, bottle of water	Peanut butter and jelly sandwich on whole wheat bread, 1/2 banana, fat free yogurt, bottle of water	Turkey breast on a whole wheat wrap with hot mustard and fat free swiss cheese, fat free 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	**Almond butter on a slice of whole wheat bread, fresh watermelon, bottle of water	**Whole grain pretzels, spicy mustard, fat free yogurt, bottle of water	**Turkey jerky, whole wheat crackers, bottle of water	**RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	**Plain greek yogurt, with honey, almonds, apple and cinnamon, bottle of water	**Bag of homemade trail mix (coconut, almonds, walnuts, candied ginger, a few chocolate chips), 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	Top round or grilled sirloin steak with black pepper, baked sweet potato, grilled asparagus bottle of water	Lemon thyme chicken, with garlic, shallot, black pepper, grape tomatoes, zucchini, thyme and lemon, served with whole wheat pasta, bottle of water	Lemon filet of sole, wilted garlic spinach, brown rice, bottle of water	Pork tenderloin slices fried in coconut oil topped with mustard, with sauteed broccoli and garlic, bottle of water	Grilled shrimp, whole wheat angel hair pasta, garlic, mixed green salad, and olive oil, bottle of water	Turkey sausage with red peppers and onions, baked sweet potato, bottle of water	Chicken cacciatore lite (made with mushrooms, tomatoes, onions, peppers), brown rice, bottle 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	Greek yogurt, hand full of crushed almonds, bottle of water	1% cottage cheese, fresh strawberries, bottle of water	Air popped popcorn with cajun spices, bottle of water	Thinly sliced roasted turkey wrapped around a pickle with cayenne pepper, bottle of water	No fat cottage cheese or ricotta cheese with cinnamon and a few crushed almonds, bottle of water	Beef jerky or turkey jerky, bottle of water	Air popped popcorn with cinnamon sugar, 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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