

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 5

	DAY 29	DAY 30	DAY 31	DAY 32	DAY 33	DAY 34	DAY 35
	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 *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 *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 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	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 *Natural turkey bacon, whole wheat toast, scrambled egg whites w/ salsa, skim milk, RX1 X-Cite, high grade omega-3's (see Jeff's recom- mendation 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)	8:00 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)
SNACK 1	9:30 AM **Beef jerky, whole wheat crackers, bottle of water	9:30 AM **Almond butter on a slice of whole wheat bread, fresh watermelon, 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	9:30 AM **25-30 grapes, low fat mozzarella string cheese, bottle of water	9:30 AM **RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	10:30 AM **Almond butter on a slice of whole wheat bread, kiwi slices, bottle of water	10:30 AM **RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day
LUNCH	12:00 PM Turkey burger with onions, lettuce, tomato, and mustard, fat free swiss cheese, on a whole wheat bun, fat free yogurt, bottle of water	12:00 PM Curry chicken on a whole wheat pita with low fat mayo, celery, sprouts, almonds and cumin, fat free yogurt, bottle of water	12:00 PM Canned tuna in water (mix with lemon juice, olive oil, tomato, onion, lettuce and black pepper) on whole wheat bread, bottle of water	12:00 PM Whole wheat pasta salad with citrus grilled chicken, mixed greens and low-fat vin- aigrette, 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 breast on a whole wheat wrap with hot mustard and fat free swiss cheese, fat free yogurt, bottle of water	1:00 PM Mixed green salad with grilled chicken, watermelon or strawberries, whole wheat crackers, 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 **Plain greek yogurt, with honey, almonds and cinnamon, bottle of water	3:00 PM **RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	3:00 PM **Peanut butter, sliced green apple, and raisins, bottle of water	3:00 PM **Bag of homemade trail mix (coconut, almonds, walnuts, candied ginger, a few chocolate chips), bottle of water	4:00 PM **Whole grain pretzels, spicy mustard, fat free yogurt, bottle of water	4:00 PM **1% cottage cheese, fresh strawberries, bottle of water
DINNER	6:00 PM Cajun chicken breast, baked sweet potato, grilled onions and peppers, bottle of water	6:00 PM Sashimi, edamame, brown rice, seaweed salad, wasabi bottle of water	6:00 PM Lemon thyme chicken, with garlic, shallot, black pepper, grape tomatoes, zucchini, thyme and lemon, served with whole wheat pasta, 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 Cajun chicken breast, baked sweet potato, grilled onions and peppers, bottle of water	6:30 PM Fresh whole wheat pasta with roasted red tomato sauce and grilled oregano chicken, bottle of water	6:30 PM Pork tenderloin slices fried in coconut oil topped with mustard, with sauteed broccolini and garlic, bottle of water
SNACK 3	9:00 PM 1% cottage cheese, fresh strawberries, bottle of water	9:00 PM Air popped popcorn with cinnamon sugar, bottle of water	9:00 PM Beef jerky or turkey jerky, bottle of water	9:00 PM Air popped popcorn with garlic powder and hot sauce, bottle of water	9:00 PM No fat cottage cheese or ricotta cheese with cinnamon and a few crushed almonds, bottle of water	9:30 PM Thinly sliced roasted turkey wrapped around a pickle with cayenne pepper, bottle of water	9:30 PM 1-2 pieces of fat free string cheese and grapes, bottle of water
	Take RX3 RECONSTRUXION 30 minutes before bedtime.	Take RX3 RECONSTRUXION 30 minutes before bedtime.	Take RX3 RECONSTRUXION 30 minutes before bedtime.	Take RX3 RECONSTRUXION 30 minutes before bedtime.	Take RX3 RECONSTRUXION 30 minutes before bedtime.	Take RX3 RECONSTRUXION 30 minutes before bedtime.	Take RX3 RECONSTRUXION 30 minutes before bedtime.
COLOR CODES: · NIACIN RICH · NITRIC OXIDE BOOSTER · THERMOGENIC FOOD · KRE-ALKALYN (BUFFERED CREATINE)							

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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 6

	DAY 36	DAY 37	DAY 38	DAY 39	DAY 40	DAY 41	DAY 42
	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 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)	7:00 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)	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 *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 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)	8:00 AM 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)	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)
SNACK 1	9:30 AM **Plain greek yogurt, with sliced peaches, almonds and cinnamon, 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, cashews and apricots (mix about 10 dried apricots with 20-25 nuts in a bag), bottle of water	9:30 AM **RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	9:30 AM **Whole grain pretzels, spicy mustard, fat free yogurt, bottle of water	10:30 AM **Bag of homemade trail mix (coconut, almonds, walnuts, candied ginger, a few chocolate chips), bottle of water	10:30 AM **RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day
LUNCH	12:00 PM Mixed green salad with grilled chicken, watermelon or strawberries, whole wheat crackers, 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 breast on a whole wheat wrap with hot mustard and fat free swiss cheese, fat free yogurt, bottle of water	12:00 PM Peanut butter and jelly sandwich on whole wheat bread, kiwi slices, fat free yogurt, 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	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	1:00 PM Canned tuna in water (mix with lemon juice, olive oil, tomato, onion, lettuce and black pepper) on whole wheat bread, bottle of water
SNACK 2	3:00 PM **Whole grain pretzels, spicy mustard, fat free yogurt, bottle of water	3:00 PM **Plain greek yogurt, with honey, almonds and cinnamon, 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 **RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	4:00 PM **Peanut butter, sliced green apple, and raisins, bottle of water	4:00 PM **Plain greek yogurt, with honey, almonds and cinnamon, bottle of water
DINNER	6:00 PM Grilled shrimp, whole wheat angel hair pasta, garlic, mixed green salad, and olive oil, bottle of water	6:00 PM Lemon thyme chicken, with garlic, shallot, black pepper, grape tomatoes, zucchini, thyme and lemon, served with whole wheat pasta, bottle of water	6:00 PM Lemon filet of sole, wilted garlic spinach, brown rice, bottle of water	6:00 PM Baked chicken breast, with tabasco sauce, sauteed onions, peppers and mushrooms, baked "sweet potato" fries, bottle of water	6:00 PM Grilled pork chop, cole slaw, brown rice, bottle of water	6:30 PM Grilled halibut steak (w/ squeezed lemon and black pepper), brown rice, sauteed spinach, bottle of water	6:30 PM Fresh whole wheat pasta with roasted red tomato sauce and grilled oregano chicken, bottle of water
SNACK 3	9:00 PM Beef jerky or turkey jerky, bottle of water	9:00 PM Air popped popcorn with garlic powder and hot sauce, 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 Beef jerky or turkey jerky, bottle of water	9:30 PM Air popped popcorn with cinnamon sugar, bottle of water	9:30 PM Thinly sliced roasted turkey wrapped around a pickle with cayenne pepper, bottle of water
	Take RX3 RECONSTRUXION 30 minutes before bedtime.	Take RX3 RECONSTRUXION 30 minutes before bedtime.	Take RX3 RECONSTRUXION 30 minutes before bedtime.	Take RX3 RECONSTRUXION 30 minutes before bedtime.	Take RX3 RECONSTRUXION 30 minutes before bedtime.	Take RX3 RECONSTRUXION 30 minutes before bedtime.	Take RX3 RECONSTRUXION 30 minutes before bedtime.
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