

EARLY MORNING

AFTERNOON

EARLY EVENING

LATE EVENING

X-CITE

LUNCH
ALLOW 60-90
MINUTES FOR DIGESTION

SNACK #2
ALLOW 60-90
MINUTES FOR DIGESTION

DINNER
ALLOW 60-90
MINUTES FOR DIGESTION

WORKOUT

X-CITE

X-CITE

X-CITE

X-LR8

WORKOUT

WORKOUT

WORKOUT

BREAKFAST

X-LR8

X-LR8

X-LR8
+
RECONSTRUXION

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

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

omega3formula.com

SNACK #2

DINNER

BED

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

ATHLEANRX.COM
RECRUIT * REBUILD * RECOVER

AX 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.

**ATHLEAN RX2 can be used as a meal replacement shake substitute for snacks 1 or 2, in addition to your post-workout use

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NOTE: PLEASE SEE "SUPPLEMENTAL GUIDE" TO ADAPT YOUR WORKOUT PLAN AND MEAL PLAN TO YOUR SPECIFIC SCHEDULE!							
BREAKFAST	7:00 AM *Bowl of oatmeal (add cinnamon , 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 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, 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	10:30 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)
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)	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 broccolini and garlic , bottle of water
	9:00 PM 1-2 pieces of fat free string cheese and grapes	9:00 PM No fat cottage cheese or ricotta cheese with cinnamon and a few crushed almonds	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	9:00 PM 12 ounce glass of skim or 1% milk and a small banana or berries	9:30 PM No fat cottage cheese or ricotta cheese with cinnamon and a few crushed almonds	9:30 PM Air popped popcorn with cinnamon sugar, bottle of water
SNACK 3	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.
	THE 'X' FACTOR TIP A good minimum daily water recommendation is one half your bodyweight in ounces. For example, 180 pound guy should drink 90 oz. or more	THE 'X' FACTOR TIP Carbs are not the enemy! Don't treat them as such. In fact, they will help you power through your workouts for serious muscle gains!	THE 'X' FACTOR TIP Frequent meals is crucial for steadying the metabolism and turning your body into a fat burning furnace	THE 'X' FACTOR TIP Avoid the alcohol if possible. One night of heavy drinking is enough to erase the efforts of one week of intense weight training!	THE 'X' FACTOR TIP Fats slow down digestion. Not a good idea to include them in your post workout meal, when quick absorption is key!	THE 'X' FACTOR TIP All fruit is not created equal. Avoid dried fruit whenever you can have the fresh version. Dried fruits are loaded with sugars, calories, and unhealthy nitrates	THE 'X' FACTOR TIP Once for ounce, almonds have by far the most protein of any of the nuts...by almost two times its nearest competitor!

COLOR CODES: · NIACIN RICH · NITRIC OXIDE BOOSTER · THERMOGENIC FOOD · KRE-ALKALYN (BUFFERED CREATINE)

A-X 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.

**ATHLEAN RX2 can be used as a meal replacement shake substitute for snacks 1 or 2, in addition to your post-workout use

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NOTE: PLEASE SEE "SUPPLEMENTAL GUIDE" TO ADAPT YOUR WORKOUT PLAN AND MEAL PLAN TO YOUR SPECIFIC SCHEDULE!							
BREAKFAST	7:00 AM *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 *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)	7:00 AM *Whole wheat waffles w/ applesauce, and cinnamon, turkey breakfast sausage, RX1 X-Cite, high grade omega-3's (see Jeff's recommendation here)	7:00 AM *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)	8:00 AM *Whole wheat english muffin topped with 1 egg and turkey bacon, grapefruit, 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)
	9:30 AM **25-30 grapes, low fat mozzarella string cheese, bottle of water	9:30 AM **RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	9:30 AM **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	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 **Bag of homemade trail mix (coconut, almonds, walnuts, candied ginger, a few chocolate chips)
LUNCH	12:00 PM Turkey salad with tomato, avocado and onion, olive oil, parmesan cheese, balsamic vinegar and pepper, bottle of water	12:00 PM Mixed green salad with grilled salmon, lemon, and black pepper, bottle of water	12:00 PM Grilled chicken with sauteed spinach and garlic, served with brown rice, bottle of water	12:00 PM Sashimi, edamame, brown rice, seaweed salad, wasabi bottle of water	12:00 PM Roasted Turkey Breast on whole wheat bread with cranberry sauce, lettuce, black pepper, and slivered almonds	1:00 PM Chicken burrito on a whole wheat wrap with brown rice, tomato avocado, swiss cheese and spicy salsa, bottle of water	1:00 PM Tuna fish salad (made with fat free mayo) on whole wheat pita with celery, onions, 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 **1% cottage cheese, 1 ripe banana, 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, celery and raisins 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 jerky, whole wheat crackers, bottle of water	4:00 PM **Plain greek yogurt, with honey, almonds and cinnamon, bottle of water
DINNER	6:00 PM Top round or grilled sirloin steak with black pepper, baked sweet potato, sauteed broccoli with garlic, bottle of water	6:00 PM Roasted turkey breast, sweet potato mash, cranberry sauce, grilled asparagus bottle of water	6:00 PM Grilled pork chop, cole slaw, brown rice bottle of water	6:00 PM Turkey burger on a whole wheat bun with tabasco sauce, baked "sweet potato" fries, bottle of water	6:00 PM Cajun chicken breast, baked sweet potato, grilled onions and peppers, bottle of water	6:30 PM Grilled salmon steak (w/ teriyaki drizzle), brown rice, sauteed asparagus with ginger, bottle of water	6:30 PM Grilled pork chop, cole slaw, brown rice, bottle of water
	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 1% cottage cheese, fresh strawberries, bottle of water	9:00 PM Beef jerky or turkey jerky, bottle of water	9:30 PM Greek yogurt, hand full of crushed almonds	9:30 PM Air popped popcorn with cajun spices, 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.
TIPS	THE 'X' FACTOR TIP Chestnuts are the only low-fat nut, with just one gram of fat and 70 calories per ounce	THE 'X' FACTOR TIP Macadamia Nuts are the highest on the other hand, with 19 grams of fat and 199 calories per ounce!	THE 'X' FACTOR TIP Pears are the least likely fruit to cause an allergy! Most babies start with pears for just this reason. At just 100 calories...it's ideal for you as well	THE 'X' FACTOR TIP If you must, the Miller Genuine Draft Lite (MGD 64) is the lowest calorie, best tasting beer rated in a recent survey of beer drinkers	THE 'X' FACTOR TIP Are you or your children gamers? If so, take advantage of the Wii Boxing's ability to burn 110 calories every 15 minutes!	THE 'X' FACTOR TIP It is recommended that you keep your daily sodium intake under 2300 mg. How much is that? Just 1 teaspoon!	THE 'X' FACTOR TIP A measly serving of large French Fries from McDonalds will cost you 570 calories and 30 grams of saturated fat!

COLOR CODES: · NIACIN RICH · NITRIC OXIDE BOOSTER · THERMOGENIC FOOD · KRE-ALKALYN (BUFFERED CREATINE)

AX 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.

**ATHLEAN RX2 can be used as a meal replacement shake substitute for snacks 1 or 2, in addition to your post-workout use

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NOTE: PLEASE SEE "SUPPLEMENTAL GUIDE" TO ADAPT YOUR WORKOUT PLAN AND MEAL PLAN TO YOUR SPECIFIC SCHEDULE!							
BREAKFAST	7:00 AM Bowl of oatmeal (add figs , raisins cinnamon), skim milk, scrambled eggs , RX1 X-Cite, high grade omega-3's (see Jeff's recommendation here)	7:00 AM 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)	7:00 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)	7:00 AM * 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)	7:00 AM ** Whole wheat english muffin topped with 1 egg and turkey bacon , grapefruit , RX1 X-Cite, high grade omega-3's (see Jeff's recommendation here)	8:00 AM * Whole wheat waffles w/ fresh strawberries , cinnamon and fat free cool whip, turkey breakfast sausage , RX1 X-Cite, high grade omega-3's (see Jeff's recommendation here)	8:00 AM Bowl of oatmeal (add grapes and mandarin slices), skim milk, turkey breakfast sausage , RX1 X-Cite, high grade omega-3's (see Jeff's recommendation here)
	9:30 AM **1% cottage cheese , fresh strawberries , bottle of water	9:30 AM **RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	9:30 AM **Plain greek yogurt, with honey , almonds , apple and cinnamon , bottle of water	9:30 AM **Bag of homemade trail mix (coconut, almonds , walnuts , candied ginger , a few chocolate chips)	9:30 AM ** Almond butter on a slice of whole wheat bread , fresh watermelon , bottle of water	10:30 AM **25-30 grapes , low fat mozzarella string cheese , 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 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 Turkey breast on a whole wheat wrap with hot mustard and fat free swiss cheese , fat free yogurt, bottle of water	12:00 PM Mixed green salad with grilled chicken , watermelon or strawberries , whole wheat crackers , bottle of water	12:00 PM Peanut butter and jelly sandwich on whole wheat bread , kiwi slices , fat free yogurt, bottle of water	1:00 PM Chicken burrito on a whole wheat wrap with brown rice , tomato avocado , swiss cheese and spicy salsa , 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
	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 ** Beef 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	3:00 PM **No fat cottage cheese or ricotta cheese with cinnamon and a few crushed almonds	3:00 PM **Bag of homemade trail mix (coconut, almonds , walnuts , candied ginger , a few chocolate chips)	4:00 PM **RX-2 Protein Shake (click here for recipe options) or swap in any other "A-X Approved" snack from another day	4:00 PM ** Almond butter on a slice of whole wheat bread , kiwi slices , bottle of water
DINNER	6:00 PM Grilled halibut steak (w/ squeezed lemon and black pepper), brown rice , sauteed spinach , bottle of water	6:00 PM Fresh whole wheat pasta with roasted red tomato sauce and grilled oregano chicken , bottle of water	6:00 PM Top round or grilled sirloin steak with black pepper , baked sweet potato , sauteed broccoli with garlic , bottle of water	6:00 PM Grilled pork chop , cole slaw , brown rice , bottle of water	6:00 PM Grilled chicken breast with roasted apple and onion , cous cous , sweet potato , mixed grilled veggies , bottle of water	6:30 PM Beef stirfry with onions , broccoli , bell peppers , mushrooms , chili powder , black pepper , coconut oil served with brown rice , bottle of water	6:30 PM Baked chicken breast , with tabasco sauce , sauteed onions , peppers and mushrooms , baked "sweet potato" fries , 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	9:00 PM Thinly sliced roasted turkey wrapped around a pickle with cayenne pepper	9:00 PM 1-2 pieces of fat free string cheese and grapes	9:00 PM 12 ounce glass of skim or 1% milk and a small banana or berries	9:30 PM Air popped popcorn with drizzled honey and cinnamon , bottle of water	9:30 PM Beef jerky or turkey jerky , bottle of water
SNACK 3	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.
	THE "X" FACTOR TIP Fast food restaurants use the colors yellow, red and orange, because those are the colors that stimulate the appetite the most	THE "X" FACTOR TIP Try to get 30-40 grams of fiber each day. Not only does it slow down food absorption (and therefore control blood sugar) but it will ramp up the metabolism	THE "X" FACTOR TIP Milk loses 80% of its riboflavin and other vitamins with just 30 minutes of light exposure! Buy your milk in the opaque plastic bottles	THE "X" FACTOR TIP There is three times as much caffeine in a cup of coffee as there is in one red bull! Clever marketing for red bull would have you believe otherwise	THE "X" FACTOR TIP Just a 3% decline in body hydration can cause a 10% decrease in strength and 8% decrease in speed!	THE "X" FACTOR TIP Yet another reason to eat whole food instead of processed. In the USA it costs 200 times more for a pound of potato chips than a pound of potatoes	THE "X" FACTOR TIP Don't worry about eating the dye on your Grade A meat. It's actually edible and made from grape skins!

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AX 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.

**ATHLEAN RX2 can be used as a meal replacement shake substitute for snacks 1 or 2, in addition to your post-workout use

WEEK 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NOTE: PLEASE SEE "SUPPLEMENTAL GUIDE" TO ADAPT YOUR WORKOUT PLAN AND MEAL PLAN TO YOUR SPECIFIC SCHEDULE!							
BREAKFAST	7:00 AM Oatmeal 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 *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 *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)	7:00 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)	7:00 AM Whole wheat english muffin with pumpkin butter, cinnamon, turkey breakfast sausage, RX1 X-Cite, high grade omega-3's (see Jeff's recommendation here)	8:00 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)	8:00 AM *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)
	9:30 AM **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	10:30 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
LUNCH	12:00 PM Grilled chicken on a whole wheat wrap with spinach, sun-dried tomatoes and pepper, fat free yogurt, bottle of water	12:00 PM Egg and pepper omelet with spinach and mushrooms on a whole wheat wrap with fat free swiss cheese, fat free yogurt, bottle of water	12:00 PM Whole wheat pasta salad with citrus grilled chicken, mixed greens and low-fat vinaigrette, 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 Steak and cheese on a whole wheat wrap, grill with onions & peppers) add low fat mozzarella	1:00 PM Peanut butter and jelly sandwich on whole wheat bread, 1/2 banana, fat free yogurt, 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
	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 **Almond butter on a slice of whole wheat bread, fresh watermelon, bottle of water	3:00 PM **Whole grain pretzels, spicy mustard, fat free yogurt, bottle of water	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 **Plain greek yogurt, with honey, almonds and cinnamon, bottle of water	4:00 PM **Bag of homemade trail mix (coconut, almonds, walnuts, candied ginger, a few chocolate chips)
DINNER	6:00 PM Top round or grilled sirloin steak with black pepper, baked sweet potato, grilled asparagus 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 Pork tenderloin slices fried in coconut oil topped with mustard, with sauteed broccoli and garlic, bottle of water	6:00 PM Grilled shrimp, whole wheat angel hair pasta, garlic, mixed green salad, and olive oil, bottle of water	6:30 PM Turkey sausage with red peppers and onions, baked sweet potato, bottle of water	6:30 PM Chicken cacciatore lite (made with mushrooms, tomatoes, onions, peppers), brown rice, bottle of water
	9:00 PM Greek yogurt, hand full of crushed almonds	9:00 PM 1% cottage cheese, fresh strawberries, bottle of water	9:00 PM Air popped popcorn with cajun spices, bottle of water	9:00 PM Thinly sliced roasted turkey wrapped around a pickle with cayenne pepper	9:00 PM No fat cottage cheese or ricotta cheese with cinnamon and a few crushed almonds	9:30 PM Beef jerky or turkey jerky, 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.
	THE 'X' FACTOR TIP Horseradish is a virtual calorie free way to add spice to your meal without the waist bloating effects of wasabi mayo	THE 'X' FACTOR TIP If you drink caffeine within two hours of a meal you will drastically decrease your ability to absorb the iron in the meal you just ate!	THE 'X' FACTOR TIP Most of today's "Protein Bars" have become glorified candy bars. Detour bars, Oh Yeah, and many others are cluprits to avoid.	THE 'X' FACTOR TIP Think all sushi is healthy? Wrong. There are 300 calories and 11 grams of fat in a spicy tuna roll!	THE 'X' FACTOR TIP Think the spicy tuna roll is bad? Don't even think about getting 'tempura' anything! There are 520 calories and 21 grams of fat in a shrimp tempura roll!	THE 'X' FACTOR TIP Want to make this all worse? The average person consumes 2-3 rolls (12-18 pieces) when they go out for sushi!	THE 'X' FACTOR TIP There is as much sugar in 2 glasses of orange juice as there is in one can of soda!

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AX 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 5

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NOTE: PLEASE SEE "SUPPLEMENTAL GUIDE" TO ADAPT YOUR WORKOUT PLAN AND MEAL PLAN TO YOUR SPECIFIC SCHEDULE!							
BREAKFAST	7:00 AM *Whole wheat waffles w/ fresh strawberries, cinnamon and fat free cool whip, 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 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 *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)	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)
	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 vinaigrette, 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
	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)	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
	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	9:30 PM Thinly sliced roasted turkey wrapped around a pickle with cayenne pepper	9:30 PM 1-2 pieces of fat free string cheese and grapes
SNACK 3	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.
TIPS	THE 'X' FACTOR TIP If you get indigestion don't take an antacid. You can neutralize the acids with some raw vegetables (like carrots) without the side effects	THE 'X' FACTOR TIP Add the spicy stuff freely! Did you know that tabasco, chili powder, hot sauces, etc. all increase the metabolism as they crank up body temp?	THE 'X' FACTOR TIP Omega 3's are essential to a healthy diet and joints. 1-2 grams a day of a high concentration EPA/DHA (1200 mg is best) is vital	THE 'X' FACTOR TIP Clams are extremely high in Vitamin-B12! With none of the cholesterol of shrimp, these shellfish are nutritional powerhouses!	THE 'X' FACTOR TIP Egg whites cook great in a microwave! Put 5 in a glass bowl, mix with spices and salsa and microwave on high for 4 minutes!	THE 'X' FACTOR TIP Pop your popcorn with just 1/4 tbsp of olive oil to prevent sticking (only 30 calories) and then mix with your spices or sweeteners!	THE 'X' FACTOR TIP Meal replacement drinks are best taken within 1 hour after your workout. Take the Prograde strength Lean during this time for max benefits!

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AX 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.

**ATHLEAN RX2 can be used as a meal replacement shake substitute for snacks 1 or 2, in addition to your post-workout use

WEEK 6

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NOTE: PLEASE SEE "SUPPLEMENTAL GUIDE" TO ADAPT YOUR WORKOUT PLAN AND MEAL PLAN TO YOUR SPECIFIC SCHEDULE!							
BREAKFAST	7:00 AM 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, 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, 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, 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)
	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)	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	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
TIPS	Take RX3 RECONSTRUXION 30 minutes before bedtime. THE "X" FACTOR TIP No need to be afraid of red meat if you're trying to get shredded. Sirloin Tips and Top Round have nearly the same amount of fat as chicken breast	Take RX3 RECONSTRUXION 30 minutes before bedtime. THE "X" FACTOR TIP Always keep your favorite spices on hand. They are ultra convenient and add flavor in an instant without the need for fatty butter or sauces	Take RX3 RECONSTRUXION 30 minutes before bedtime. THE "X" FACTOR TIP Having a recovery drink prior to bed sets the stage for optimal nutrient delivery when it's needed the most... at rest!	Take RX3 RECONSTRUXION 30 minutes before bedtime. THE "X" FACTOR TIP Slice up a sweet potato into fry size pieces. Spray a baking sheet with PAM, add salt and pepper and bake at around 425°F for 10 minutes	Take RX3 RECONSTRUXION 30 minutes before bedtime. THE "X" FACTOR TIP Go light on the "light" soy sauce. Even though it has half the sodium of regular soy sauce, it still has almost 400 mg per teaspoon!	Take RX3 RECONSTRUXION 30 minutes before bedtime. THE "X" FACTOR TIP Things like Rice, Sweet Potato Mash, Cous Cous, etc. can be made in bulk on Sunday and used throughout the week	Take RX3 RECONSTRUXION 30 minutes before bedtime. THE "X" FACTOR TIP Need to add flavor to your protein without butter or sauces? Use the outdoor grill to get that smoky flavor without the fat!

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