

ATHLEAN-X X-Factor MEAL PLANS

WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast - 7:00am Omelet or Omelet substitute (omission = Yellow) Oat Milk Scrambled Egg Whites	Breakfast - 7:00am Omelet without English Muffin w/ jelly Yellow Protein Shake (made with skim milk)	Breakfast - 7:00am 3 Egg whites + 1 whole Egg Omelet (made with onions, peppers, mushrooms and salsa) Yellow Omelet without Tostitos	Breakfast - 7:00am Omelet without English or Tostitos (omission and fat free custard whip) Protein Shake (made with skim milk) Yellow	Breakfast - 7:00am Omelet or Omelet (add Omelette = Yellow) Oat Milk Scrambled Egg Whites	Breakfast - 7:00am Omelet without English Muffin w/ jelly Yellow Protein Shake (made with skim milk)	Breakfast - 7:00am Omelet or Tostitos (no custard or skin milk) Scrambled Egg Whites w/ salsa Yellow
Snack #1 - 9:00am Protein Bar (suggestions include ProgradeStrength.com Cravers, EAS carb serum, Pure Protein) Bottle of Water	Snack #1 - 9:00am 1/2 Protein Bar sandwich on whole wheat bread Bottle of Water	Snack #1 - 9:00am Protein Bar (suggestions include ProgradeStrength.com Cravers, EAS carb serum, Pure Protein) Bottle of Water	Snack #1 - 9:00am 1/2 Protein Bar sandwich on whole wheat bread Bottle of Water	Snack #1 - 9:00am Protein Bar (suggestions include ProgradeStrength.com Cravers, EAS carb serum, Pure Protein) Bottle of Water	Snack #1 - 9:00am 1/2 Protein Bar sandwich on whole wheat bread Bottle of Water	Snack #1 - 9:00am Protein Bar (suggestions include ProgradeStrength.com Cravers, EAS carb serum, Pure Protein) Bottle of Water
Lunch - 12:00pm Grilled Chicken on a whole wheat wrap with lettuce, tomato and salsa Fat Free Yogurt Fat Bottle of Water	Lunch - 12:00pm Grilled Tuna in water one with lemon juice and black pepper) add Fat Free Mayo (put on whole wheat bread) Bottle of Water	Lunch - 12:00pm Turkey Burger with onions, lettuce, tomato, and Fat Free Swiss Cheese Fat Free Yogurt Fat Bottle of Water	Lunch - 12:00pm Grilled Chicken on a whole wheat wrap with lettuce, tomato and salsa Fat Free Yogurt Fat Bottle of Water	Lunch - 12:00pm Grilled Tuna in water (one with lemon juice and black pepper) add Fat Free Mayo and put on whole wheat bread Bottle of Water	Lunch - 12:00pm Turkey Burger with onions, lettuce, tomato, and Fat Free Swiss Cheese Fat Free Yogurt Fat Bottle of Water	Lunch - 12:00pm Grilled Chicken on a whole wheat wrap with lettuce, tomato and salsa Fat Free Yogurt Fat Bottle of Water
Snack #2 - 3:00pm Meal Replacement Shake made with water or skim milk (top recommendation is ProgradeStrength.com or EAS Myoplex)	Snack #2 - 3:00pm 1/2 Protein Bar sandwich on whole wheat bread Bottle of Water	Snack #2 - 3:00pm Meal Replacement Shake made with water or skim milk (top recommendation is ProgradeStrength.com or EAS Myoplex)	Snack #2 - 3:00pm 1/2 Protein Bar sandwich on whole wheat bread Bottle of Water	Snack #2 - 3:00pm Meal Replacement Shake made with water or skim milk (top recommendation is ProgradeStrength.com or EAS Myoplex)	Snack #2 - 3:00pm 1/2 Protein Bar sandwich on whole wheat bread Bottle of Water	Snack #2 - 3:00pm Meal Replacement Shake made with water or skim milk (top recommendation is ProgradeStrength.com or EAS Myoplex)
Dinner - 6:00pm Grilled AM Turkey Steak, Edamame Jasmine Rice Sautéed Broccoli Bottle of Water	Dinner - 6:00pm Cajun Chicken Bread - Cous Cous Sautéed Sweet Potato Mixed Grilled Veggies Fat Bottle of Water	Dinner - 6:00pm Grilled AM Turkey Steak, Edamame Jasmine Rice Sautéed Broccoli Bottle of Water	Dinner - 6:00pm Egg Round or Grilled Sirloin Steak Sautéed Sweet Potato Grilled Asparagus Bottle of Water	Dinner - 6:00pm Cajun Chicken Breast Cous Cous Sweet Potato Mixed Grilled Veggies Bottle of Water	Dinner - 6:00pm Cajun Grilled Chicken Green Rice Grilled vegetable Mix Bottle of Water	Dinner - 6:00pm Grilled Pork Chop Prograde Grilled Potatoes Mushrooms Sautéed Sweet Potato Bottle of Water
Snack #3 - 8:00pm Muscle Recovery Drink (Prograde Strength "Workout" Drink or EAS Muscle Armor recommended)	Snack #3 - 8:00pm Muscle Recovery Drink (Prograde Strength "Workout" Drink or EAS Muscle Armor recommended)	Snack #3 - 8:00pm Muscle Recovery Drink (Prograde Strength "Workout" Drink or EAS Muscle Armor recommended)	Snack #3 - 8:00pm Muscle Recovery Drink (Prograde Strength "Workout" Drink or EAS Muscle Armor recommended)	Snack #3 - 8:00pm Muscle Recovery Drink (Prograde Strength "Workout" Drink or EAS Muscle Armor recommended)	Snack #3 - 8:00pm Air Popped Popcorn with Moly MultiBulb Bottle of Water	Snack #3 - 8:00pm Air Popped Popcorn with Cinnamon Sugar Bottle of Water
The "X" Factor Tip	The "X" Factor Tip	The "X" Factor Tip	The "X" Factor Tip	The "X" Factor Tip	The "X" Factor Tip	The "X" Factor Tip
A good minimum daily water recommendation is one half your bodyweight in ounces. For example, 150 pound guy should drink 75oz, or more.	Caffeine is not the enemy! Don't treat them as such. In fact, they will help you power through your workouts for various muscle gains!	Frequent meals is crucial for elevating the metabolism and turning your body into a fat burning furnace.	Avoid the alcohol if possible. One night of heavy drinking is enough to erase the efforts of one week of intense weight training!	Fats slow down digestion. Not a good idea to include them in your post workout meal when quick absorption is key!	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.	Don't be fooled, almonds have by far the most protein of any of the nuts... by almost ten times it's nearest competitor!

Athlean X Training System Workouts

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Athlean X Training System Workouts :

Athlean X Training System Workouts : Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the captivating narratives that have charmed audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This touching tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Athlean X Training System Workouts : Delia Owens "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and suspenseful novel that will keep you wondering until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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