

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 fungus (omission = Yellow) Oat Milk Protein Shake (made with skim milk)	Breakfast - 7:00am 3 Egg Whites + 1 whole Egg Omelet (made with onions, peppers, mushrooms and salsa) Oat Milk Protein Shake (made with skim milk)	Breakfast - 7:00am Omelet without fungus or fresh mushrooms and fat free goat cheese Protein Shake (made with skim milk) Oat Milk	Breakfast - 7:00am Omelet or Omelet substitute (omission = Yellow) Oat Milk Scrambled Egg Whites	Breakfast - 7:00am Omelet without fungus (omission = Yellow) Oat Milk Protein Shake (made with skim milk)	Breakfast - 8:00am Omelet or Omelet substitute (omission = Yellow) Scrambled Egg Whites Oat Milk Protein Shake (made with skim milk)
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 - 10:00am 1/2 Protein Bar sandwich on whole wheat bread Bottle of Water	Snack #1 - 10:00am 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 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 Bottle of Water	Lunch - 12:00pm Grilled Chicken on a whole wheat wrap with lettuce, tomato and salsa Fat Free Yogurt 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 - 1:00pm Turkey Burger with onions, lettuce, tomato, and Fat Free Swiss Cheese Fat Free Yogurt Bottle of Water	Lunch - 1:00pm Grilled Chicken on a whole wheat wrap with lettuce, tomato and salsa Fat Free Yogurt 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 - 4:00pm 1/2 Protein Bar sandwich on whole wheat bread Bottle of Water	Snack #2 - 4:00pm 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 Breast - Cook Cook Baked Sweet Potato Mixed Grilled Veggies 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 Baked Sweet Potato Grilled Asparagus Bottle of Water	Dinner - 6:00pm Cajun Chicken Breast Cook Cook 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 Multi-Bitter 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 that 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 two times it's nearest competitor!

Athlean X Training System Workouts

Tobias Bleicker



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