

ATHLEAN-X X-Factor MEAL PLANS

WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast - 7:00am Omelet or Omelet substitute (omission = Warning) Oat Milk Scrambled Egg Whites	Breakfast - 7:00am Omelet without eggs (omission = Warning) 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 eggs or fresh mushrooms and fat free goat cheese Protein Shake (made with skim milk) Oat Milk	Breakfast - 7:00am Omelet or Omelet substitute (omission = Warning) Oat Milk Scrambled Egg Whites	Breakfast - 7:00am Omelet without eggs (omission = Warning) Oat Milk Protein Shake (made with skim milk)	Breakfast - 8:00am Omelet or Omelet substitute (omission = Warning) Oat Milk Scrambled Egg Whites or salsa (omission = Warning) Oat Milk
Snack #1 - 9:00am Protein Bar (suggestions include ProgradeStrength.com Cravers, EAS carb series, 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 series, 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 series, 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 series, 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 Sautéed 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 Sautéed 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 (suggestion) 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 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 ten times it's nearest competitor!

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The Top Books of the Year Athlean X Training System Workouts The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous captivating novels captivating the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the engaging narratives that have enthralled audiences this year. Athlean X Training System Workouts : Colleen Hoover "It Ends with Us" This heartfelt tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Athlean X Training System Workouts : 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 captivating 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 evocative 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, entrancing readers with its evocative prose and mesmerizing setting. These top-selling 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 compelling 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 thrilling novel that will keep you speculating until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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e inglaterra la existencia de una hermanastra mulata perseguida por la inquisición y los pasquines difamatorios que la han puesto en ridículo antes de llegar a la ciudad su camino se cruzará con el de diego de veranz un malcriado aristócrata desterrado de la ciudad acusado de un crimen que tras su fachada de bonvivant trabaja en secreto

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lo más extraño sin embargo fue salir a la calle para preguntar en qué ciudad estaba y que nadie le ayudase la gente le ignoraba de una manera abiertamente deliberada entonces una voz habló a su espalda cuando se volvió encontró a una joven de unos veinte años que vestía un chándal rosa chicle y calzaba zapatillas de barbie

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