

ATHLEAN-X X-Factor MEAL PLANS

WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast - 7:00am Omelet or Omelet substitute (omission = Yellow) Oats 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 Tuna	Breakfast - 7:00am Omelet without English or Tuna (omission and fat free custard whip) Protein Shake (made with skim milk) Yellow	Breakfast - 7:00am Omelet or Omelet (add Omelette = Yellow) Oats 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 Tuna (no casein or skim milk) Scrambled Egg Whites w/ salsa Yellow
Snack #1 - 9:00am Protein Bar (suggestions include ProgradeStrength.com Cravers, EAS carb bars, 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 bars, 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 bars, 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 bars, 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 - 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 Tuna 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 Tuna 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 Multi-Ber 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 serious 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

Ensheng Dong



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Table of Contents Athlean X Training System Workouts

1. Understanding the eBook Athlean X Training System Workouts
 - The Rise of Digital Reading Athlean X Training System Workouts
 - Advantages of eBooks Over Traditional Books
2. Identifying Athlean X Training System Workouts
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Athlean X Training System Workouts
 - User-Friendly Interface
4. Exploring eBook Recommendations from Athlean X Training System Workouts
 - Personalized Recommendations
 - Athlean X Training System Workouts User Reviews and Ratings
 - Athlean X Training System Workouts and Bestseller Lists
5. Accessing Athlean X Training System Workouts Free and Paid eBooks
 - Athlean X Training System Workouts Public Domain eBooks
 - Athlean X Training System Workouts eBook Subscription Services
 - Athlean X Training System Workouts Budget-Friendly Options

6. Navigating Athlean X Training System Workouts eBook Formats
 - ePub, PDF, MOBI, and More
 - Athlean X Training System Workouts Compatibility with Devices
 - Athlean X Training System Workouts Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Athlean X Training System Workouts
 - Highlighting and Note-Taking Athlean X Training System Workouts
 - Interactive Elements Athlean X Training System Workouts
8. Staying Engaged with Athlean X Training System Workouts
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Athlean X Training System Workouts
9. Balancing eBooks and Physical Books Athlean X Training System Workouts
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Athlean X Training System Workouts
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Athlean X Training System Workouts
 - Setting Reading Goals Athlean X Training System Workouts
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Athlean X Training System Workouts
 - Fact-Checking eBook Content of Athlean X Training System Workouts
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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