

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 Tuna | Breakfast - 7:00am Omelet without English or Tuna (omission and fat free oat milk) 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 Tuna (w/ fat free oat 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 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! |

Athlean X Training System Workouts

Li Chen Masters



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