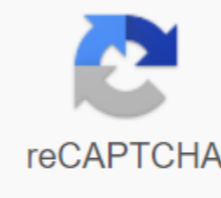




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P90x nutrition guide review

Home » Reviews » Weight Loss Programs » P90X Nutrition Plan Review Parlaying the wild success of the first P90X program, Beachbody came out with their second version of the fitness program dubbed P90X2. As with the first P90X, the P90X2 comes with the P90X Nutrition Plan. This is what should be followed for all the time participants do P90X2. The P90X Nutrition Plan consists of three phases, each lasting 30 days and coincides with the three different training blocks in the P90X2 program. The first phase of the P90X Nutrition plan is the Fat Shredder phase. It is a high protein, low carbohydrate phase that is supposed to help participants shred excess fat quickly. #1 Rated Diet Program #1 Rated Diet Pill #1 Rated Pill for Women ☆☆☆☆☆ ☆☆☆☆☆ How Does It Work? How does it work? Follow the 30 to 90 day weight loss program while taking the PS1000 Metabolic Burst supplement. PS1000 allows you to lose more weight and reach goals faster than most on weight loss programs. Fat burner, fat blocker, appetite suppressant, and energy booster in a pill. Use it alone or in combination with a dining plan. Best diet pill in a market. Trimtone claims to burn stubborn stored fat and convert it into energy. In addition, it lowers insulin levels, regulates blood sugar and keeps furious appetite in check. Who's it for? Who's it for? People who are dedicated to making lifestyle changes, learning healthy eating habits and want to use supplements to speed up the process. People who want help to curb their appetite, get more energy, and burn more fat. Exclusively made for women, Trimtone is completely natural fat burner that triggers thermogenesis and increases metabolism Money Back Money Back 180 Days 60 Days 100 Days Visit Website Go Now GO NOW GO THE SECOND STAGE is called Energy Booster Stage and balances the mix of proteins and carbohydrates to almost 50/50. This is supposedly necessary as training begins to intensify and your body will therefore be demanding more energy. * The third stage is Endurance Maximizer and is intended to help get participants through the rest of the program. It is said to be molded according to what professional athletes consume and have a bit more on the carbohydrate side as opposed to the Energy Booster phase. Each stage consists of five daily meals and extreme levels of fitness that take anywhere from an hour to an hour and a half to complete. Supplements are also recommended and sold separately by Beachbody. Dieters will lose weight while using the P90X Nutrition Plan, but only if they also do the necessary six days of intense working out as well. The P90X Nutrition Plan was designed to complement an extreme workout and without training it will do a little good. If anything, this program is more of a workout program rather than a weight loss program. People are getting in good shape muscle building while you are taking part. A lot of the exercises require pull ups, and push ups so beware if you're not in that shape to jump right into something like that. back to the menu : P90X The nutrition plan itself is easy to understand, but after that can be a challenge. There are no blow off days allowed, and the number of calories that you may be used to will be dramatically cut. Cravings can be expected and will need to be combated regularly. In addition, the training routines required with the P90X2 are very extreme. Each session is either weights, cardio, or a combination of the two and a good portion of time is required to be sacrificed to complete the program. Many find exercising either too hard or just too time consuming, but the P90X Nutrition Plan won't work without exercising. This program is hard to follow for even fitness fanatics. back to the menu : P90X Nutrition plan comes with lots of hard work and starting costs. The P90X2 program itself costs about \$330 plus shipping, and there are also costs for food to be considered. In addition, Beachbody suggests that you buy their vitamins, supplements, and meal bars, which can greatly add to the total cost. If you don't have equipment like a pull up bar, or some weights, you also will need to invest in them. But what cannot be discounted is how extreme the P90X2 program is. Those who just get into weight loss and fitness will struggle mightily with the P90X2 and with the P90X Nutrition Plan. A major drawback of this diet is the cost. To receive in-depth information about the diet, you must order the P90X workout package, which costs \$120 for the 90-day program. This does not include the additional cost of supplements sold separately. A pack of 12 protein bars costs nearly \$24 before shipping and handling fees [source: Beachbody]. Many of the dietary recommendations run counter to respected organizations like the American Heart Association and the Mayo Clinic. The P90X Diet is light on fruits and veggies, while the Mayo Clinic recommends unlimited portions [source: Mayo Clinic]. The AHA does not recommend high protein diets due to health risks such as elevated ketone levels in the bloodstream. Advertising Eliminating Carbohydrates Cuts Water Weight, one of the reasons many low-carb diets offer fast results. Unfortunately, this weight is easily re-gained. Mayo Clinic recommends a diet consisting of 45 to 65 percent carbohydrates, 10 to 35 percent protein, and 20 to 35 percent fats (consisting of good fats such as monounsaturated fats) [source: Mayo Clinic]. Two of the three phases of the P90X Diet prescribe carbohydrate intake that does not meet the minimum levels of carbohydrates required by the Mayo Clinic. In addition, the three phases of the diet vary quite a bit if all three phases are incorporated during the 90-day program, Dieter will have changed their diet three times in as many months. While there are recipes provided by the creators of P90X, there aren't enough recipes to keep you interested too long past the first 90 days. And what happens after 90 days? The designers of the P90X Diet do not have a clear suggestion as to whether you should maintain one phase or the other, and some of this confusion is due to the fact that the program itself is only designed to last 90 days. After that, people who have completed the program are encouraged to try other programs offered by the same company, many of which include specialized nutrition plans. In addition to the about hour-long daily P90X workouts, maintaining the P90X Diet can be a pretty time-consuming pursuit for Dieters. Not only will Dieters track calorie intake and expenses, but meal preparation must be consistent with dietary guidelines that change depending on the phase. The P90X Diet is not to be presented by nutritionists or health care experts, but rather by a company that is bundling it together with a made-to-sell workout routine. In the long run, it may be better to adopt a diet recommended by a reputable health care agency or not-for-profit organization. Keep reading for much more information about different diets. Through all my research on P90X, I kept reading over and over again that sticking to the nutrition plan is definitely the most important part of the program. You can go cheap on the equipment, or save on the protein, but the nutrition plan can't be tampered with. You might as well forget about the P90X as an option if you're not willing to make major changes to your diet. Fortunately Beach Body provides a few options for the P90X nutrition plan and you can work it into any budget. 1. The Meal Plan - Really expensive and time consuming cooking 2. The quick options - A few quick and easy options to eat out at restaurants and even fast food (1 or 2 times a week) 3. Portion plan - A way for you to design yourself diet with cost-friendly foods that you like It is also important to know that meal plan has three phases: Days 1-30: Fat Shredder (strength muscle, shed fat) 50% Protein, 30% Carbohydrates, 20% Fat Day 31-60: Energy Booster (provides energy) 40% Protein, 40% Carbs, 20% Fat Day 61-90: Maximizes (peak physical performance) 20% Protein, 60% Carbohydrates, 20% Fat Before we dive deeper, the first step in the nutrition plan is to calculate how many calories your body needs to complete the program. Using your body weight, a number of equations lead you to your energy amount (how many calories you need). I currently weigh 206 lbs. My energy level turned out to be just over 3,000 calories. Depending on your energy level, you fit into one of three categories: Level 1: 1,800 - calories a day Level 2: 2,400 2,400 2,999 calories a day Level 3: 3,000+ calories a day At this time you can choose between the meal plan (they provide recipes) and the portion plan. When I chose the portion plan, I'll explain it a little longer. Depending on your energy level, the nutrition guide shows how many servings of different types of food you can eat. It also provides the foods that fall into these categories and serving sizes that count as a serving. To come up with a plan, your first step is to create a daily routine for your meals, snacks and work outs. This schedule will be your new religion for the next 90 days. You'll make a living from it and do your best not to sway. If you are taking supplements, you may want to add them to your schedule at this point because certain supplements may fill you up. You want to make sure you are able to take them at the right times and still eat all your meals. and my schedule looks like this: 6:30 - Breakfast 8:00 - Water (12 ounces) 10:00 - Snack One 11:00 - Water (12 oz) 12:00 - Lunch 1:30 - Water (12 oz) 3:00 - Snack Two 4:30 - Protein Shake 5:00 - N.O. Explode 6:00 - Work Out 7:00 - Recovery Drink 7:30 - Dinner 11:00 - Sleep Notice, how I added in water and my bedtime as well? I will also drink water on all meals/snacks. You will need to drink eight 12 ounce glasses of water a day on the program. You also have to wait three hours after your last meal before you can sleep. Next step is two plan your portions at each meal/snack. Min similar: 6:30 - Breakfast (3 proteins, 2 dairy, 1 fruit) 10pm - Snack One (1 protein, 1 double snack) 12:00 - Lunch (2 proteins, 1 carb, 1 dairy, 1 fruit, 2 vegetables, 1 spice) 3:00 - Snack Two (1 double snack, 1 protein bar) 7:30 - Dinner (2 proteins, 1 dairy, 2 vegetables, 1 fat, 1 spice) Your schedule/portions will vary depending on your energy level and eating preferences. The next step is to replace real foods for the different portions listed above. This is where you can save some money. The easiest way to do this is to eat pretty much the same meals every day and buy in bulk. This can get boring, but if you can handle it, it can save a ton of money. I highly recommend getting a membership at a club store where you can buy in bulk. The savings are amazing and made this diet possible for me. My first impression was: It's going to be expensive, and how on earth am I going to eat all this food? But after looking at my meal plan, I realized that I would eat much smaller portions of food and spread my meals out. Since I'll use the part plans, my grocery bill comes out to about \$75.00-\$100.00 a week. Again and again, I have to say that this P90X is an investment in your body and health. I am also learning that this is the part of physical education that grade school does not provide. In 90 days I will have learned how my body works, learn about the science of diet, and learn what works best to maintain my results. It has already taken me outside my comfort zone. Personally, I will take this nutrition experience as an educational option. I'm sure it will change the way I eat for the rest of my life. I hope it does the same for you. Good luck! Luck!

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