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P90x portion plan pdf

Posted by Coach Todd on May 31, 2013 in Nutrition | I have found that the P90X Nutrition Plan that is found in the P90x Nutrition Guide that you get with the workout program is quite complicated. The only reason I can understand it now is because I have been following it for the past 2 years! But what about those who are just starting P90X? Its my firm belief (from the results of my team members here at RIPPEDCLUB) that the more simple something is...the more likely you are to have success. A lot of people just give up on the P90X nutrition plan all together because they find it too hard to follow. ...You dont have time to make the meals in the nutrition guide ...You dont know whether your dinner counts as 2 protein portions and 3 carb portions ...You dont understand what calorie intake you should be at ...You dont know when to switch to the next P90X nutrition phase ...And what are the P90X nutrition phases anyway??? All of these are reasons that people do not follow the "P90X nutrition plan". Its why you maybe have given up on it all together and just decided to eat "healthy". But if you want extreme results, you have to eat with precision and you have to do it in a way that makes sense to you and in a way that doesnt take up all your time! AND IT NEEDS TO BE SIMPLE! ...Im all for simple! So lets take a look at how you can simply the P90X nutrition plan down into terms that you and I can understand so that we have the best chance of sticking to this thing for some infomomial style results! In fact...lets do it step-by-step! SIMPLE STEP-BY-STEP P90X Nutrition Plan Be sure not to skip any of these steps!!! Each one is vital to your success! Step #1: Your Calorie Intake To MAINTAIN Your Current Weight Step #2: Determine Your Calorie Deficit To Lose Weight Step #3: Do NOT use the P90X Portion Plan! ...It leaves too much room for guesswork and you want to be precise for EXTREME results! That is why I recommend that once you have determined what your calorie intake will be in STEP #2, you want to break down that calorie intake into Macronutrients (proteins/carbs/fats). The reason you want to break down your calorie intake into macronutrients is so you can track what you are eating based on how many grams of protein/carbs/fats you have. Fat Shredder (Phase-1): 50% of your calorie intake will come from protein, 30% from carbs and 20% from fats -> 50/30/20 Energy Booster (Phase -2): 40% of your calorie intake will come from protein, 40% from carbs and 20% from fats -> 40/40/20 Endurance Maximizer (Phase-3): 30% of your calorie intake will come from protein, 50% from carbs and 20% from fats -> 30/50/20 Here is how to break down your calorie intake into "grams" and macronutrients so that you can EASILY track them! Step #4: Track Your Nutrition using Myfitnesspal.com Click Here for some additional P90X nutrition plan tips in an article I wrote that goes with this video Step #5: Time To Go Shopping - P90X Shopping List Step #6: P90X Nutrition Plan Round-1 MUST-DO'S Step #7: Visit The Nutrition Zone For More Information & Answers!!!! I hope this resource has simplified the P90X Nutrition Plan for you! If you have any questions, dont hesitate to post them right below in the comments section and I will get back to you ASAP! PS - If this article on the P90X Nutrition Plan was helpful, could you do me a favor and help me get this information into the hand of more people who need it. Just click the LIKE, TWEET, or G+1 and if you could Share this on your Facebook wall...that'd be even cooler! The more people we can help UNDERSTAND nutrition, the more lives we are going to change! BRING IT! Coach Todd P90x Simplified The P90x Portion Approach To Nutrition .P90x Fat Shredder Portion Map .P90x Diet Plan Which Friggin Plan Rippedclub .42 Specific P90x Portion Control Chart .P90x Diet Plan Diet Shred Diet Metabolic Diet Fast .P90x Simplified The P90x Portion Approach To Nutrition .42 Specific P90x Portion Control Chart .Excel Spreadsheet Workout Manager For P90x Plus Workout .42 Specific P90x Portion Control Chart .P90x Meal Plan Spreadsheet Punctual P90x Portion Approach Chart .42 Specific P90x Portion Control Chart .P90x Diet Plan .The 21 Day Fix A Review And Beginners Guide .My 21 Day Fix Portion Control Containers Sizes Guide Meal .P90x Vs Insanity Which Workout Program Is Better 2019 .42 Specific P90x Portion Control Chart .Excel Workout Tool For P90x Plus .Portion Fix Vs Ultimate Portion Fix The Beachbody Blog .Eat Right 90 Nutrition Plan Log For Multiweek Fitness .P90x Diet Plan .P90x Workout Routine Was A Great Workout I Mix My Favorite .P90x Nutrition Plan Download P90x Food Journal My P90x .P90x Simplified The P90x Portion Approach To Nutrition .42 Specific P90x Portion Control Chart .Beachbody P90x Tony Hortons 90 Day Extreme Home Fitness .Ladies Fat Shredder Diet Teamripped .P90x3 Nutrition Plan What Makes This One So Different .How To Figure Out Containers For A Pre Portion Fix Program .P90x Nutrition Plan Eating For Power Performance Extreme .P90x Diet Plan .42 Specific P90x Portion Control Chart .Getting Fit With P90x Phase 1 Elizabeths Kitchen Diary .P90x Final Results The Squawk Blog .P90x Diet Simplified .CompnofolnI P90x Phase 2 Grocery List .P90x Nutrition Plan Kozen Jasonkellyphoto Co .P90x Diet Plan Nutrition Guide Pdf Allworkoutroutines .Weekly P90x Stats Measurements P90x Versus A Fat Guy .Rosemary Conley Portion Pots Guide Portion Control Diet .Getting Fit With P90x Phase 1 Elizabeths Kitchen Diary .P90x Diet Plan .Portion Fix Vs Ultimate Portion Fix The Beachbody Blog .P90x Endurance Maximizer Sample Diet Teamripped .P90x Nutrition Plan Eating For Power Performance Extreme .The 5 Best Meal Tracking Apps For Managing Your Diet .I Failed P90x And Heres What You Can Learn From My Experience .P90x Workout Reviews Allworkoutroutines .Beast90x P90x Body Beast Hybrid Schedule Rippedclub .21 Day Fix Portion Control Containers Kit Beach Body Food Plan Diet Weight Loss .We had a couple over for dinner last night, and the husband mentioned that I looked as though I had lost weight. I haven't. Both my husband and I, however, are noticing very slight changes in my "leanness" quotient. I haven't taken measurements, so I'm not sure if these are real physical results, or if they are psychosomatic. We will see.... Up until now, I haven't mentioned the P90X Nutrition Plan. In conjunction with the fitness side, Tony Horton encourages that you follow a "strict" eating regimen. I put strict in quotes because for many people, it will seem strict...especially if you are not eating very healthy today. However, if you are LEGITIMATELY* eating healthy, then it won't seem so bad. * I think it's important to note that "healthy" is relative. I've had clients who've claimed that they eat healthy or "pretty" healthy and I'll tell you, there are a lot of delusional people out there. It is human nature to remember your healthier moments more than those that are unhealthy. And so, if you use qualifying phrases like "pretty healthy," "usually healthy" or "healthy most of the time" to describe your eating habits, there is a good chance that you are eating less healthy than you think. Tony Horton emphasizes that the importance of the P90X Nutrition Plan is that you are properly fueling your body for optimal performance. I agree: If you eat junk, you'll feel like crap, the exercises will be more difficult, and you'll see less results. However, if you eat the right foods to help your body perform optimally, you'll feel better and more energized, you'll be able to conduct the exercises more easily, and finally, you'll see the results that you want to see. The P90X Nutrition Plan is structured into three phases, depending on your nutritional and fitness levels: Phase Goal Protein Carbohydrates Fat** Phase 1: Fat Shredder Strengthen muscle and shed excess body fat 50% 30% 20% Phase 2: Energy Booster Maintain Phase 1 changes with additional energy for midstream performance 40% 40% 20% Phase 3: Endurance Maximizer Supports peak physical performance and satisfaction over the long term 20% 60% 20% ** A point about Fat: In the portion approach, Tony Horton specifies that you should have 1 fat. This may sound completely unrealistic, but again, it's all dependent on what you view as healthy. In the P90X Nutrition Plan, one fat is equal to 3 ounces of Avocado, 4 ounces of olives or 1 Tablespoon of Canola, Flaxseed or Olive oil. This fat portion is specific to WHOLE fats. And 1 Tablespoon of oil for the day is relatively realistic. When you look at other allowed foods, you'll notice that you can have nuts and a variety of cheeses. These are fats too! So don't feel as though you are super deprived of fats because you only get "One" fat. The P90X Nutrition Plan phases don't follow the workout phases. Instead, you have to pay attention to how your body responds to each phase to know what is best. In short, the more fit you are, the more Phase 3 will be appropriate. Whereas if you need to lose a lot of weight or are out of shape, you'll probably see best results (at the beginning) if you go on the Fat Shredder. Personally, I've always eaten somewhere in the Phase 2 area. My fat intake tends to be around 20% and will rarely go over 30%, and I feel that I do well on a higher protein diet. I think that for most people who are fit and not looking to be elite athletes, Phase 2 is good. However, if you use "healthy" as a loose term to express how you eat, you may very well benefit from following the P90X Nutrition Plan closely. Tony Horton provides three approaches for the P90X Nutrition Plan: The Portion Approach: Personally, I find this the easiest. It tells you how many servings of each food type you can consume. The Meal Approach: This requires that you use a lot of the P90X Nutrition Plan books recipes. The Quick Approach: This is best for those who don't want to cook. For any of these approaches, I highly recommend that you use NutritionData.com or FitDay.com to track your food intake and to understand the ratio of protein, carbs and fat you are consuming. My Personal Intentions with the P90X Nutrition Plan: In my book - "GET REAL" and STOP Dieting! - I discuss my 85% - 15% rule. What this means is that you follow a "strict," healthy diet 85% of the time and allow yourself to indulge in moderation (15%) of the time. For instance, on the weekends have dessert, have some wine, etc. The ONLY way I can see anyone achieving sustainable results is to follow a diet that is realistic. If you deny yourself too much, you will inevitably fall off the wagon. So, that being said, I am following the P90X Nutrition Plan as much as I would have before. The real test in doing P90X is to see if the fitness philosophy of muscle confusion works. Prior to P90X, I worked out 6 days a week and did three days of weight training and 3 days of cardio, and ate very healthy (legitimately). So, again, the workout time hasn't changed...but the workouts have. THAT is the test I'm conducting. Want to try P90X for yourself? Buy the P90X Extreme Home Fitness Program here. Like what you see? Sign up for updates...It's FREE! Sign up here Update: I've made a new video that simplifies how to lose body fat with P90X. Start with this video before reading below.P90X Nutrition! The P90X Nutritional Plan is based on 3 phases outlined below. You're supposed to start phase 1 with pretty restricted calories/carbs and then INCREASE both as you go through it. It is designed to prevent your body metabolism from slowing down and plateaueing. Even though I added calories, I did not increase my ratio of carbs to protein as it suggests. I stayed at 40/40/20 (protein/carb/fat) the whole way through.P90X is not a starvation diet or a big calorie restriction diet like many other popular diets. You lose the fat mostly through exercise!The 4 critical parts of the P90X nutrition plan are:1) Remove the junk from your diet: simple carbs and sugars, processed foods, toxins and saturated fats 2) Replace with quality complex carbs, lean protein and healthy fats 3) Eat enough to fuel your workouts and metabolism (with the right calorie goal!) 4) Target the right ratio of protein, carb, fat (by tracking what you eat!)What foods should I eat with my daily P90X Diet?Below are 4 different daily food plans based on my calorie goals as I went through the program:David's 1900 Calorie P90X Diet David's 2100 Calorie P90X Diet David's 2400 Calorie P90X Diet David's 2300 Calorie P90X Diet with NO DAIRY*Read through our P90X approved foods list with a lot of different foods to choose from.Know which carbs to avoid and which carbs to eat - check out my list of simple and complex carbs.We've also recorded a youtube video that shows healthy foods to buy from CostCo that are "P90X approved". Watch Kate's P90X Foods from CostCo video.What "Must Have" supplement should I use with P90X to lose fat in a healthy way?Shakeology - The best way to transform your body is with Shakeology. This is the foundation of my nutrition plan and has really improved my overall health. I was skeptical of the price at first so I decided to try it out using the 30 day-money back guarantee. I've been on it every day since. In fact, it's now one of only 2 Beachbody supplements that I recommend. To me, it's WORTH IT but you'll have to decide that for yourself.It's basically a high quality meal replacement unlike anything else. It will help you lose that body fat and give you energy. Why? Because it contains 17g quality carbs, 18g quality protein and 70 of the healthiest nutrients in the world. It improves your digestive system, removes toxins, lowers cholesterol, helps you to lose fat and improve energy levels, hair, nails and skin. I have this every day for breakfast.It comes out to \$4/day but if you order Shakeology from this site, I'll coach you for free.What should my daily calorie target be?Here's the P90X Calorie formula. As an example, I'm using 216 lbs as a starting weight.1) Determine your resting metabolic rate. Take your body weight (216lbs) x 10 = 2,160 2) Add calories for Daily activity (NOT including P90X) = +20% (of above #) = 432 3) Add calories for what is burned during P90X = 600 4) Add them up, we receive: 3,192 5) Now determine the calorie deficit you desire (3500 calories is 1 lb). I recommend 600-1000 per day. In this example, let's aim for 1000. This means you take 3,192 - 1000 = 2192 calories per day.My starting weight was 205 lbs so I ate 1900 calories for 3 months and dropped to 186 lbs while working out at the gym.I then started P90X and followed the following calorie goals:Phase 1: Fat Shredder (I ate 2100 calories during this phase) 50/30/20 (Protein/carb/fat)This phase is the lowest in calories to help kick start weight loss and is followed for the first four weeks. Carbohydrates are reduced while protein intake is kept high to help with building muscle and burning fat.Phase 2: Energy Booster (I ate 2300 calories during this phase) 40/40/20 (Protein/carb/fat)In phase two, complex carbohydrates are added back into the plan to allow you to train harder and keep up with the intense workouts during this phase.You are permitted to eat three servings of complex carbohydrates such as whole wheat bread, pasta or oatmeal as well as one piece of low glycemic index fruit daily. Protein intake also remains high so as to aid in muscle recovery.You can stick with this phase as long as it is working for you and only need to progress to phase 3 if you want to increase muscular endurance and gain more muscle.Phase 3: Endurance Maximizer (I did NOT move to Phase 3. I stayed with Phase 2 and ate 2400 calories for the last 30 days) 20/60/20 (Protein/carb/fat)Carbohydrates are increased further to give you the stamina necessary to get through the high intensity workouts of this phase.In all of the phases eating frequent small meals and drinking lots of water are emphasized.What Protein/Carb/Fat ratios should I follow?During Phase 1 (Fat Shredder), it's recommended that you follow a ratio of 50% protein, 30% carb, 20% fat. I did this for the first 30 days. This means that 50% of your daily calories came from protein, 30% came from carbohydrates and 20% from fat. During Phase 2 (Energy booster), it's recommended that you follow a ratio of 40% / 40% / 20%. I stayed with this for the last 60 days. I DID NOT move to phase 3 and I don't know of many people who have done so and had great results.It's hard to eat 40-50% protein with just regular food, so I HIGHLY recommend WHEY protein as a supplement. I have it twice a day. Click here for my p90x supplements that I use.How can I easily calculate and track my ratios on a daily basis?I use loseit.com (free) and the iphone app (free). There are many other alternatives but this one is very simple and easy to use. It's also the easiest for seeing the % of protein, carbs and fat you've eaten that day.If you're wondering if you want to track what you eat forever, the answer is NO... just for a period of time to build new habits.In order to create a lifestyle that you can live with long term, it really helps to educate yourself about how the nutritional value of food. I've found the best way to do this is by tracking what you eat for a few weeks. You'll be surprised and amazed at what you find. The easiest way I've found is by using (free) or the iphone app LoseIt. It has a pretty good database of foods already and you can just add other foods by reading the label on the food and plugging in the calories, protein, fat, carbs. It will then total it up for you each day and let you know how you did.Still have questions or just want help with your nutrition plan?Make sure to sign up for a FREE Team Beachbody Account to get support with your nutrition plan. I'll send you an email after you sign-up to get started!Already have a Team Beachbody Account?You can initiate a coach switch by sending an email to coachrelations@teambeachbody.com and asking them to switch you to David Ingram. Coach ID 153372. Make sure to CC: me on the email so I am aware of the switch. You can CC: me at david@symbolicfitness.com

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