

Please take a few moments to record your current body fat percentage and determine your nutrition level. The data you provide will determine how much food you need (and how much you don't need) while you go through P90X.

## PROGRESS ASSESSMENT

	FIT RANGE	ATHLETE RANGE	ELITE ATHLETE RANGE
<b>MEN</b>	14-17%	10-13%	6-9%
<b>WOMEN</b>	21-24%	16-20%	12-15%

## BODY FAT TARGET

Lowering your body fat and increasing lean muscle mass is essential to your overall success. Because of this, it is important to track your progress throughout this program by measuring and recording your body fat percentage at the end of each phase.

To get started, use the body fat measurement you assessed prior to taking your Fit Test (see the P90X Prep section of the *P90X Fitness Guide*), or simply use a body fat caliper (available at [Beachbody.com](http://Beachbody.com)) and record your results here.

	CURRENT BODY FAT %	NOTES
Start (Prior to Day 1)		
Day 28 (Phase 1 completed)		
Day 56 (Phase 2 completed)		
Day 90 (Phase 3 completed)		

## DETERMINE YOUR NUTRITION LEVEL

Your nutrition level is based on the daily amount of calories your body needs for optimal health and performance during this extreme fitness program.

To determine your nutrition level, simply complete the following 4 steps.

# P90x Nutrition Guide Rapidshare

**Emily Robert**

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the author's name.

## **P90x Nutrition Guide Rapidshare:**

My P90x Nutrition Plan ,2012 3 5 14 The website issue has now been resolved P90x Beachbody s extreme fitness program is hard enough without worrying about planning your meals using the P90x nutrition guide This handy meal plan with shopping lists for Phase 1 Level II removes the guesswork Provides variety and comfort foods uses common ingredients and leftovers and is designed for lunches at work Also includes cost saving tips for accomplishing P90x on a budget This 28 day plan Uses a good variety of recipes so you don t get bored Uses enough repetition so that you re not learning a new recipe for every meal Includes comfort foods and family friendly meals nothing weird or uber healthy tasting Cuts costs at every turn Re uses ingredients so you re not letting good food go bad Uses up leftovers With portable easier lunches that can be taken to work Thank you for your rave reviews and support Due to popular demand I m currently working on a Level II Phase 2 meal plan Food for Fitness Anita BEAN,1998 *Healthy Crossfit Diet Cookbook* Emily Robert,2020-08-13 When it comes to CrossFit training your diet is important if not more important for reaching your fitness goals The human body needs the right things when you move more training and nutrition choices can vary with the kind of CrossFit sessions with which you weight gain multiply your fitter friend's on it. Even when it matters appearance diet plays a significant role in how you look and how you feel in the gym. But diet is a matter of diet and diet which is available online written with ultimate nutrition and lack of sugar from nutrition and nutrition. In the fitness world diet is a tricky subject. We'll cover several topics in this guide but here they'll help your bases regarding nutrition. Here are guidelines for a good CrossFit diet. Meet your needs. If your goal is getting fitter in the gym you'll need to eat more than an average person. Not too many calories, but not too little weight, but eventually it will lead to a lot of underrating. Proper split of macronutrients. Talk with your carbohydrate intake and fat intake until you find a balance that boosts your metabolism. Adequate intake of micronutrients. Eat lots of vitamins and minerals. The healthiest food is healthy. Aligned to your goal. Depending on your exercise and goal your diet should be different. What you'd like to achieve weight loss or to build your metabolism for a certain CrossFit metabolism. **Strong Body for Athletes** Katia Kolner,2021-02-23 55% OFF for Bookstores NOW at 26.95 instead of 36.95 Are you interested in getting a strong agile body by following a diet plan and achieving amazing results in 30 days Your Customers will Never Stop more to Use this Awesome meal plan foods Are you interested in getting a strong agile body by following a diet plan and achieving amazing results in 30 days Your Customers will Never Stop more to Use this Awesome meal plan foods Are you a sport beginner or expert and are you looking for a guide to nutrition weight loss and perfecting your body The plant based diet for athletes cookbook is made just for you It will take you on a journey towards a better and healthier life When you start any diet you usually have an end goal in mind which serves as motivation It is more of a lifestyle change that will benefit you for years Having an end goal of losing weight can help you get started Are doing it to have more energy fewer medical issues and a better quality of life Before you begin your journey with a whole food plant based diet This book covers Appetizer and Snack Recipes Breakfast Dessert and Smoothie Recipes Main Dish Recipes Side and Salad Recipes Vegetable Recipes Soup and Stew Recipes And much more Making a lifestyle change is often challenging Hence

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