

## THERE ARE **3 PHASES** TO THE PSIX NUTRITION PLAN.

This plan is designed to change right along with your 3-phase workout demands, providing the right combination of foods to satisfy your body's energy needs every step of the way.

While PSIX is designed as a 90-day program, you might choose to alter your choice or timing of one or more of the plans. You can follow any phase at any time based on your nutritional level. These are general guidelines recommended here.

### PHASE 1

#### FAT SHREDDER

### FAT SHREDDER

A high-protein-based diet designed to help you strengthen muscle while rapidly shedding fat from your body.

### PHASE 2

#### ENERGY BOOSTER

### ENERGY BOOSTER

A balanced mix of carbohydrates and protein with a lower amount of fat to supply additional energy for performance.

### PHASE 3

#### ENDURANCE MAXIMIZER

### ENDURANCE MAXIMIZER

An athletic diet of complex carbohydrates, lean proteins, and lower fat with an emphasis on more carbohydrates. You'll need this combination of foods as fuel to get the most out of your final training block and truly get in the best shape of your life!



# P90x 3 Phase Nutrition Guide

**S Ashworth**

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

## **P90x 3 Phase Nutrition Guide:**

Fuel your quest for knowledge with is thought-provoking masterpiece, **P90x 3 Phase Nutrition Guide** . This educational ebook, conveniently sized in PDF ( Download in PDF: \*), is a gateway to personal growth and intellectual stimulation. Immerse yourself in the enriching content curated to cater to every eager mind. Download now and embark on a learning journey that promises to expand your horizons. .

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