

THERE ARE **3 PHASES** TO THE P90X 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 P90X 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!



THE 3 PHASES

Like the P90X exercise program, the P90X Nutrition Guideline is divided into 3 phases, calibrated to move from fast, efficient fat loss (Phase 1) to peak energy (Phase 2) to lasting success (Phase 3). The nutritional proportions change with each plan, so it's important to follow the instructions for your current plan.

The nutritional proportions for each of the 3 plans are as follows:

PHASE	GOAL	PROTEIN	CARBOHYDRATE	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	Support peak physical performance and satisfaction over the long term	20%	60%	20%

PHASE 1

FAT SHREDDER *Those who are reasonably fit and have more body fat can use this phase more easily than someone who is very fit and doesn't have a lot of excess body fat to lose. This stage is designed to cut down your body fat percentage, and as this happens, your available energy should also decrease. Therefore, Phase 1 should only be extended if you need to drop more fat and also feel like you have ample energy to push hard during your workouts. Conversely, this phase could be shortened by a week or two if your body fat is already low and you feel like you don't have the necessary energy to get the most out of your workouts.*

PHASE 2

ENERGY BOOSTER *This is more of a well-rounded, long-term, sensible eating plan, and there shouldn't be too much trouble once you get here. This plan can also be used as long as you like if you're feeling great, have plenty of energy, and it seems like you're making overall progress.*

PHASE 3

ENDURANCE MAXIMIZER *This plan should be earned. It's an athletic diet and you'll only need it if you are pushing your body to the limit, which you should be if you keep your promise to "Bring It." Of note is that Phase 3 should be tried at some point, even if you feel good in Phase 2. We've seen many people hesitate to move on to this more carb-heavy phase for fear that they'll gain weight, but surprise! They found that once they did, they had more energy, worked out even harder, and had better results. This is important to keep in mind. Athletes eat more carbs, and there is a reason that they do. We wouldn't put it in the plan if it weren't proven to improve results.*

CUSTOMIZING THE PHASES

While P90X is designed as a 90-day program, you might choose to alter your choice or timing of one or more of the phases.

DETERMINE YOUR PHASE

- ☐ (1) FAT SHREDDER
- ☐ (2) ENERGY BOOSTER
- ☐ (3) ENDURANCE MAXIMIZER

THERE ARE **3 APPROACHES** FOR EACH PHASE.

We have developed three different approaches to ensure proper nutrition for all phases of P90X. The choice is yours as to which one will work best for you. **Keep in mind that you can stick with one approach throughout the entire program, or alternate based on your lifestyle demands.**

THE PORTION APPROACH

This approach is designed for those who don't have a lot of time or patience to prepare a meal that involves more than one or two steps. It is definitely better suited to those who don't like to cook or follow recipes.

THE MEAL PLAN APPROACH

By following the daily meal plans, you'll not only take the guesswork out of your daily food preparation, but you'll also enjoy a variety of delicious, healthy, and low-fat recipes that will provide you with the proper amount of nutrition and energy to get the most out of your P90X workouts.

THE QUICK OPTION APPROACH

*We all have days when it seems we can't find the time to eat, let alone cook. So we've included some quick food options that require minimal or no effort, because **YOU MUST EAT TO SUCCEED WITH P90X.***

DETERMINE YOUR APPROACH

☐ PORTION ☐ MEAL PLAN ☐ QUICK OPTION

YOUR BODY FAT PERCENTAGE

Lowering your body fat and increasing lean muscle mass is essential to your overall success. It is important to track your progress 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 page 19 of the *P90X Fitness Guide*), or simply use a body fat caliper (available at Beachbody.com) and record your results here.

	CURRENT BODY FAT %	NOTES
Start		
Day 28		
Day 56		
Day 90		

BODY FAT TARGET

As your body fat percentage changes during the next 90 days, here's where the numbers place you in terms of general targets.

	FIT RANGE	ATHLETE RANGE	ELITE ATHLETE RANGE
MEN	14-17%	10-13%	4-9%
WOMEN	21-24%	16-20%	12-15%



THERE ARE 3 NUTRITION LEVELS WITHIN EACH APPROACH.

Please take a moment to determine your daily nutrition and calorie needs. The data you provide will determine how much food you need (and how much you don't need) while you go through P90X.

1

Calculate your resting metabolic rate (RMR). This is basically the number of calories you need to breathe, pump blood, grow hair, blink—be alive.

YOUR BODY WEIGHT RMR (IN CALORIES)

x 10 =

2

Calculate your daily activity burn, the calories required for daily movement apart from exercise.

YOUR RMR

DAILY ACTIVITY BURN

x 20% =

Keep in mind that all lifestyles aren't created equal. A construction worker will have a higher daily burn rate than a computer programmer, so this figure should be treated as a ballpark estimate. You will probably need to do some personal adjusting to get it perfect. Don't worry, this will become more obvious than you think once you get going.

3

Add the calories required for your exercise needs, which we have calculated at 600 calories per day for the P90X program. Add it all up and you've got your energy amount.

YOUR RMR

DAILY ACTIVITY BURN

ENERGY AMOUNT

+

+ 600 =

4

Now use your energy amount to determine your nutrition level in the table.

Example: A 6-foot, 180-pound man

RMR = 180 (body weight in pounds) x 10 = 1,800

Daily activity burn = 1,800 (RMR) x 20% = 360

Exercise expenditure = 600

Energy amount = 1,800 + 360 + 600 = 2,760

Nutrition level = II

YOUR
ENERGY AMOUNT

NUTRITION LEVEL

1,800-2,399

1,800 calories/day

LEVEL I

2,400-2,999

2,400 calories/day

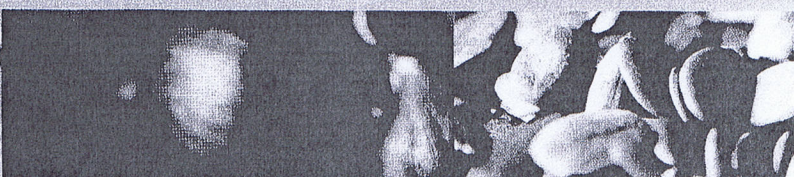
LEVEL II

3,000+

3,000 calories/day

LEVEL III

YOUR NUTRITION LEVEL =



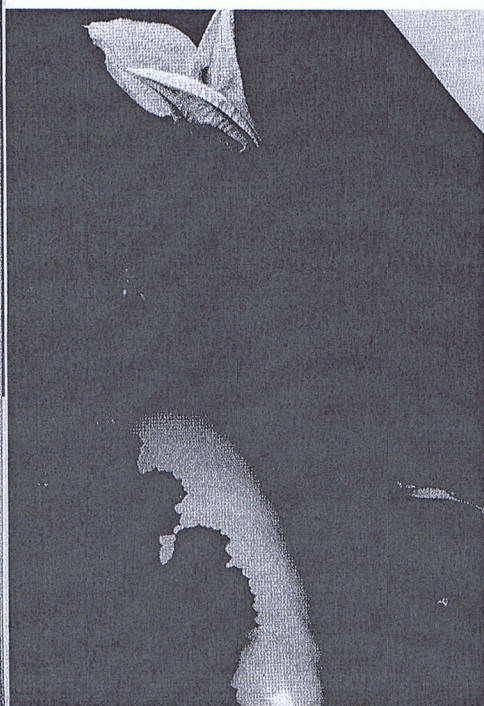
GENERAL GUIDELINES

keeping a daily journal

While this plan is designed to meet each individual's nutritional needs, there are some general rules that should be applied to ensure positive results.

Knowing what, when, and how much to eat plays a vital role in your development. In this section you'll also discover healthy ways to prepare the foods you choose to eat, and make them taste good so you'll WANT to eat them again. Following these guidelines and maintaining an eating discipline will optimize your energy level and fat-burning ability throughout your P90X workouts. Research shows that one of the most powerful ways to successfully change your eating habits is to keep a daily journal. By logging your food intake as well as your exercise, you keep yourself accountable while also creating a space to express your thoughts and feelings. You'll no longer have to remember what worked and what didn't. You can look back on your log to track your journey and fine-tune your plan to your personal experience and needs. You'd be surprised how often you find that bad moods are associated with bad foods.

You'll find a daily journal for each week of P90X included at the back of this book. Try to carry your current journal page with you so you can track meals as you eat them and jot down thoughts as they arise.



WHY DIET MATTERS

A large body of scientific evidence shows that diet and exercise work hand in hand to promote fitness and physical performance. One reason for this symbiotic relationship is the energy equation. When you expend more calories than you consume, you burn body fat (aka "stored energy") and build lean body mass—but because you need energy to exercise, every calorie you eat must be of the highest quality to get you over the hump.

As Tony says, "The better the car, the better the fuel you need to make it run as designed." We are making you into a better car, so it's time for some high-octane grub!

Another reason diet matters is metabolism. A nutrient-dense, interval-based eating program keeps your metabolic rate high to burn fat at the maximum, even when you're not working out. Finally, a healthy diet regulates blood sugar to balance hormonal secretions, promoting optimal fat burn and a steady fuel supply. All this works together to get you into peak condition in 90 days.



WHEN TO EAT

It is important to follow a regular eating schedule. First, it keeps your blood sugar stable instead of peaking and crashing, which can lead to overeating and a general poor feeling. Second, regular meals will speed up your metabolism by challenging it to keep processing calories, rather than storing them in a game of "feast or famine."

Success in P90X comes to those who eat early and often. You should be eating every few hours while you're awake, favoring small meals and snacks. Try to finish your last snack approximately three hours before you hit the sack. This will help keep undigested carbs from being stored as fat. If you do need to break this rule, a small protein shake would be the snack of choice before bed, as it can help your recovery during sleep.

okay, let's get started.

big P90X step...

Before determining which foods to incorporate into your selected eating plan,

TOSS THE JUNK!

Now would be a good time to get rid of all the junk food currently in your possession. Foods high in saturated and trans fats, sodium, and sugar should be the first to be thrown out (i.e., cookies, pastries, candy, processed meats, potato chips, soda, high-sodium frozen foods, canned soups, etc.). You know them. You think you love them. They are the problem. Throw them away, and don't let anyone give you more. Don't be nice. Don't take a bite. Say: "Thanks, but I'm not eating that kind of stuff for 90 days." And by the way, congratulations! You're taking this program seriously, and just remember— if you think it's junk food, it probably is.

Yes, we mean it. Throw it away!

WHAT RESULTS TO EXPECT

The P90X Nutrition Plan is designed to optimize your exercise plan to build strength and lean muscle mass. This dramatic change in your physical composition means that you might not see a big difference on the scale because often you'll be trading fat for lean, strong muscle—and you will not only see it, but you will definitely feel the difference in your body. Unlike other diets that focus on the relatively meaningless measure of weight, you'll use body fat percentage and self-perceived energy to guide you to your goal. This program is for real.

THE NUMBER ONE OBSTACLE

The number one obstacle to success is underestimating portion size. Calories DO count in the energy equation, and small errors can add up to big disappointments. It's very important to measure each portion accurately at every meal, the way we've outlined here. It might sound like a lot of work, but after 90 days it will be second nature. After 90 days you will know how to eat. Think of this plan as a graduate degree in eating, and you'll graduate in only three months.

OTHER "DON'TS" THAT CAN DERAIL YOUR DIET INCLUDE:

- _ Skipping meals and eating off schedule.
- _ Following fads and trends, such as overemphasizing certain food groups and completely excluding others.
- _ Not planning your food choices ahead.
- _ Skimping on fruits and vegetables, your natural supply of antiaging nutrients.

DRINK WATER

Drinking enough water is a vital part of any conditioning program, as it aids every aspect of bodily function. You should drink at least six to eight 12-ounce glasses of noncarbonated water each day. The following water consumption guidelines relate specifically to your P90X workout:

P90X HYDRATION SCHEDULE

- 12 oz. water two hours prior to exercise
- 8–12 oz. water 15 to 30 minutes prior to exercise
- 4–8 oz. water every 15 minutes during exercise





THE P90X® PEAK RECOVERY FORMULA AND THIS PLAN

It's best to have the Peak Recovery Formula after-workout drink within one hour of finishing your hardest workout of the day, when your glycogen stores are at their lowest. This should be the only thing you consume during this time frame. You can also split this up if you do double workouts, and have half a serving after both workouts, or even a full serving if you're trying to gain mass. But keep in mind that you don't need to replenish glycogen stores if they haven't been exhausted. So if you completed one of your workouts at a lower intensity, you may want to save the recovery drink for after your harder workout.

RECALCULATING YOUR CALORIES

Even though some pretty bright minds were tapped during the formulation of this diet, that doesn't mean it's perfect for everyone. If you feel that you need to eat either more or less than you've calculated, then this really might be the case.

But first you should try eating the amount you calculated. Your body will let you know what's right over time. In the beginning it might send you false signals, trying to get you to eat more out of habit, but given a trial period it will find its healthy balance of diet and exercise, a more accurate sense of how much you should be eating. Metabolic rates vary more than we can predict here, so there is a chance that you'll need to recalculate calorie needs somewhat, up or down.

One thing to caution you against is **UNDEREATING**. If you don't feed your body enough, your metabolism will slow down and you'll compromise your workouts. This can affect your results in ways you may not notice because you may feel okay generally, but your performance could be lagging. Do not run out of energy. The only time that you should drop your caloric intake is if you are working out hard, yet still gaining fat.

You might actually need to add calories if you feel like you are running out of energy during your workouts, but this could also result from eating too far before you exercise. If you decide to eat more, adding as little as 200–300 calories per day should be enough unless your calculations are way off. This is easily done by adding a snack such as nuts or dried fruit, substituting a meal in place of a snack, or adding a P90X protein bar or protein shake.

“BONKING”

If you're in Phase 1, you could be “bonking” due to lack of carbohydrates in your diet. Bonking is when your body simply runs out of stored glycogen during a hard workout and can no longer push beyond its anaerobic threshold. This is very common in sports like running and cycling, but it can also happen during routine weight training, especially with a low-carb diet. In this case, adding a serving of a complex carbohydrate like rice, potatoes, or bread to any meal during the day will usually do the trick. Complex carbs are stored as liver glycogen to be used when necessary, so, unlike sugars, they don't need to be consumed right before you need them in order to be effective.

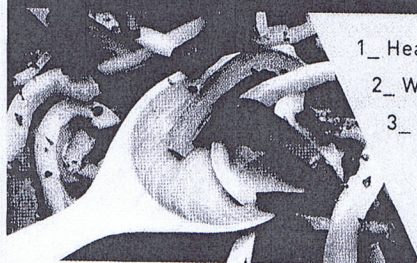
LOW-FAT COOKING TECHNIQUES

Learning just a few basic skills can make you a low-fat chef with good habits you'll use for life. Cooking with liquids other than fat can trim the fat content of a dish by up to 1,000 calories. This can have a positive effect on your total health and well-being, and maybe even prevent illnesses such as cancer and heart disease. And on top of all that, you can lose lots of weight.

Refer to these techniques when making the P90X recipes or preparing foods from the Portion Approach.

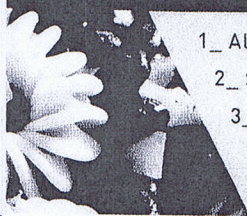
Eliminate the fat used in traditional sautés by substituting flavorful liquids for butter, margarine, or oil. Choose from chicken or vegetable stock, dry sherry, red or white wine, fruit juice, vinegar, soy sauce, or a combination of two or more.

A BETTER SAUTÉ



- 1_ Heat 2 tablespoons of liquid in a sauté pan over medium-high heat.
- 2_ When the liquid begins to steam, add ingredients and stir.
- 3_ Continue to sauté, stirring frequently, until the liquid in the pan evaporates. Quickly add 2 more tablespoons of liquid, stirring to scrape up the glaze at the bottom of the pan.
- 4_ Continue to cook, adding liquid as necessary, until done.

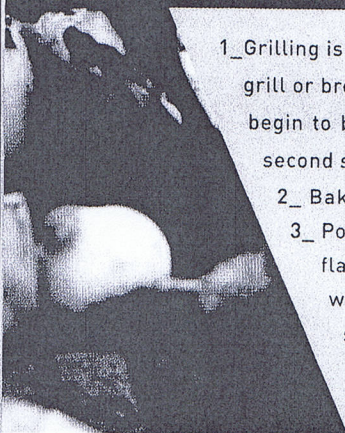
PASTA AND NOODLES



- 1_ Always select pasta made without oils or eggs. All the recipes here call for dry, not fresh, pasta.
- 2_ Skip adding oil and salt to the cooking water; the sauce provides plenty of flavor and moisture.
- 3_ Cook pasta in a large pot of boiling water, adding pasta to the pot gradually so the water continues to boil.
- 4_ Two ounces of dry pasta yields 1 to 1-1/2 cups cooked, depending on the type of pasta.

Poultry, meats, and seafood all contain natural fats and can be cooked without any additional oils. Here's how:

GRILLING, BAKING, AND POACHING



- 1_ Grilling is the fastest cooking method, and is best suited for thicker cuts. Begin with a preheated grill or broiler, turning meat over when the grilled side is done (fish should flake, poultry should begin to brown). Cook the other side. Depending on thickness, grill 5-7 minutes per side; the second side will probably take less time than the first.
- 2_ Baking is a slower cooking method. Bake most cuts at 350 degrees for 20-30 minutes.
- 3_ Poaching involves a slow simmer in liquid—such as water, stock, or wine—that you can flavor with herbs, onions, shallots, or garlic. Poaching is a gentle cooking method that works well for delicate cuts like chicken breast, fish filets, and shellfish. In a wide saucepan, heat enough liquid to just cover your ingredients until it reaches a very slow simmer. Add ingredients in a single layer and cook uncovered 7-10 minutes, or until cooked through.

For added flavor and moisture, brush seafood, meat, or poultry with fresh citrus juice, mustard, Worcestershire sauce, soy sauce, or fresh herbs before grilling or roasting. Or use an oil-free marinade—for best flavor, marinate at least two hours or overnight in the refrigerator.

VEGETARIANS

If you are a vegetarian, chances are you already know this drill, but any of the P90X recipes can be prepared vegetarian with some creative substitution. Keep in mind that, as a vegetarian, you need to do your own calculating to get enough protein. Unlike meat dishes, most of your options contain some carbs. Here are some meat substitutions that can help your diet stay high in protein.

Beans/lentils/soybeans	Nonfat yogurt
Cottage cheese	Seitan
Egg substitutes	Soy burgers
Egg whites	Soy cheese
Garden burgers	Soy yogurt
Hemp protein	Tempeh
Hummus	Tofu
Nonfat cheese	

PHASE

1

FAT SHREDDER

The Portion Approach was designed to allow you to mix and match the foods of your choice. There are NO specific meal plans or recipes for this approach. Just select from the Portion Approach foods listed on the following pages and eat the amounts indicated for your nutrition level. Along with identifying the right foods to buy, the list shows you which foods fall into which categories, and the appropriate portion size equal to one serving.

For example, if you are in Phase 1 and have determined that you are at nutrition level II, you would be allotted a specific number of servings per day from each food group, as follows:

PROTEINS	7 servings	
DAIRY	3 servings	
FRUITS	1 serving	
VEGETABLES	4 servings	
FATS	1 serving	
CARBOHYDRATES	1 serving	
SNACKS	2 servings	(2 items from the single snack group or 1 item from the double snack group) PLUS a P90X Peak Performance Protein Bar and P90X Peak Recovery Formula drink
CONDIMENTS	2 servings	

Important Note on Snacks:

There are two snack groups listed in your Portion Approach foods—the single group and the double group.

If the letters **SGL** appear beside a snack serving block on your Portion Chart, you can have any 1 item from the **single snack group**. If the letters **DBL** appear inside the snack serving block, you can have any 1 item from the **double snack group** OR any 2 items from the single snack group.


Additionally, if the words **Bar** or **Drink** appear inside a snack serving block, you can have a **P90X Peak Performance Protein Bar** and **P90X Peak Recovery Formula** drink along WITH your allotted snack servings.

PHASE

1

FAT SHREDDER

DAILY SERVING CHART

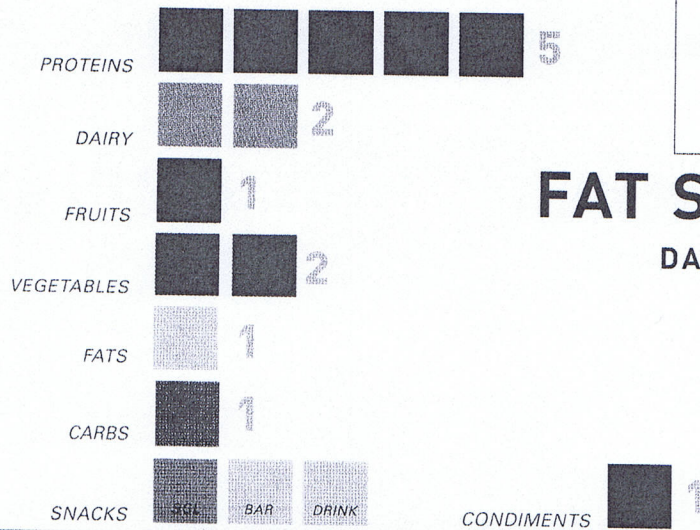
 = 1 serving

1,800 Calories/Day

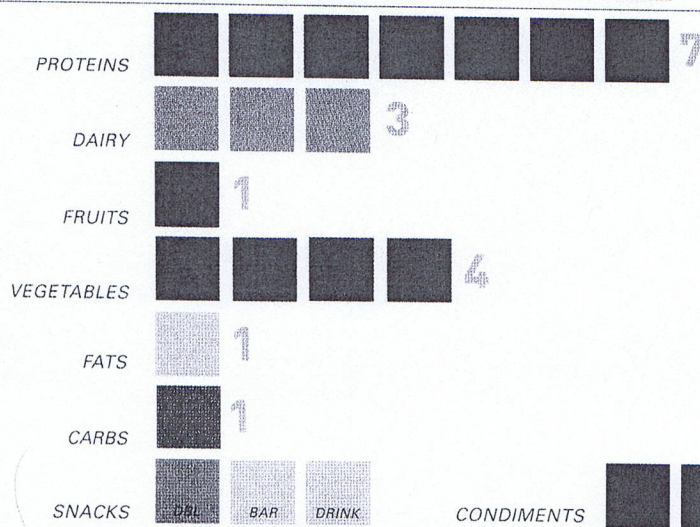
2,400 Calories/Day

3,000 Calories/Day

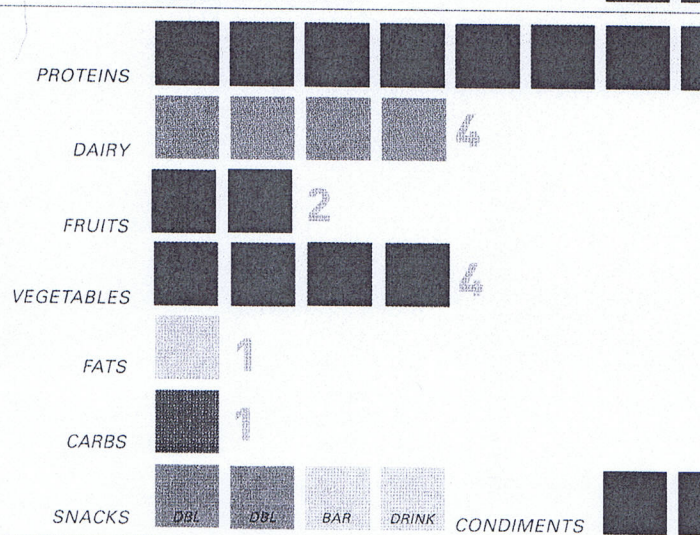
LEVEL I



LEVEL II



LEVEL III



PHASE 1

ALL LEVELS

FAT SHREDDER

PORTION APPROACH FOODS LIST

During Phase 1, use the following list to determine which foods to purchase from the grocery store and how much of these foods constitutes one serving. Remember, the foods you choose to incorporate in your diet are up to you—just make sure the portions fit within the parameters of your determined nutrition level.

FATS

each serving = 120 cal.

3 oz_Avocado
1 tbsp_Canola oil
1 tbsp_Flaxseed oil
Olive oil_1 tbsp
Olives_4 oz

PROTEINS

each serving = 100 cal.

3 oz_Boneless, skinless, chicken or turkey breast
6_Egg whites
3 oz_Fish and shellfish
3 oz_Ham slices, fat-free
3 oz_Pork tenderloin
1/3 cup_Protein powder
3 oz_Red meat (top sirloin, skirt steak)
3 oz_Red meat, lean
Soy burger_1
Soy cheese slices_5
Tofu_3 oz
Tuna_3 oz
Turkey bacon_2 slices
Veggie burger_1
Veggie dog_1

CARBOHYDRATES GRAINS LEGUMES POTATOES

each serving = 200 cal.

1 medium_Bagel, whole wheat
1 cup_Baked beans
1 cup_Beans (kidney, black, etc.)
1_Bran muffin (2.5 oz)
2 slices_Bread (whole wheat, rye, or pumpernickel)
1 cup_Cereal, whole grain
1 cup_Couscous
12_Crackers
2_English muffins, whole wheat
1 cup_Hummus
1 cup_Lentils
1 cup_Oatmeal
Pancakes (3.6 oz)_3
Pasta or noodles_1 cup
Pita, whole wheat_1 large
Potato (2" x 4-3/4")_1
Quinoa_1 cup
Refried beans, low-fat_1 cup
Rice, brown or wild_1 cup
Sweet potato_1 medium
Tortillas, corn_3
Tortilla, whole wheat_1 large
Waffles, whole wheat_2
Wheat berries_1 cup

DAIRY PRODUCTS

each serving = 120 cal.

1 oz_Cheese, low-fat
1 cup_Cottage cheese, 1%
1 oz_Feta cheese
1 oz_Goat cheese, semisoft
1-1/2 oz_Mozzarella, part-skim
Parmesan cheese_3 oz
Skim milk_8 oz
Soy cheese_1 oz
Soy milk_8 oz
Yogurt, nonfat plain_8 oz

FRUITS

each serving = 100 cal.

1 medium_Apple
1 cup_Apricots
1 medium_Banana
1/4 medium_Cantaloupe
1 cup_Cheries
1 oz_Dried fruit
6 oz_Fresh-squeezed juice
1 medium_Grapefruit
1 cup_Grapes
1 cup_Kiwi
Mango_1/2 medium
Nectarine_1 medium
Orange_1 large
Papaya_1/2 medium
Peach_1 medium
Pear_1 medium
Raspberries, blueberries, blackberries_1 cup
Strawberries, sliced_2 cups
Tangerine_1 medium
Watermelon_1 cup

VEGETABLES

each serving = 50 cal.
1 cup = cooked vegetables,
vegetable juice,
or vegetable soup
2 cups = leafy greens

Asparagus
Beets
Bok choy
Broccoli
Brussels sprouts
Cabbage
Carrots
Cauliflower
Celery
Collard greens
Cucumber
Eggplant
Kale
Lettuce
Marinara sauce
Mushrooms
Peas
Peppers
Spinach
Sprouts
Squash (summer or winter)
String beans
Tomatoes
V-8® juice, low-sodium
Vegetable soup

CONDIMENTS

each serving = 2 tbsp = 50 cal.

BBQ and other low-fat sauces and marinades, fat-free dressings, mustard,
honey, pure fruit jams

SNACKS

single serving = 100 cal.
double serving = 200 cal.

Single
1 oz_Cheese, low-fat
8 oz_Cottage cheese, 1%
1 oz_Dried fruit
1_Frozen fruit bar
8 oz_Fruit sorbet
12_Mini rice cakes
4 oz_Nonfat frozen yogurt
1/2_P90X Peak Performance Protein Bar
1 tbsp_Peanut butter with celery sticks
2 oz_Soy nuts
1-1/2 oz_String cheese
1 oz_Turkey jerky
8 oz_Yogurt, nonfat plain
Double
Cottage cheese, 1%_12 oz
Nuts_1 oz. (almonds, cashews, pecans, 30 pistachios)
P90X Peak Recovery Formula_12-16 oz
P90X Peak Performance Protein Bar_1
Soy nuts_4 oz
String cheese_3 oz
Turkey jerky_2 oz

PHASE

1

FAT SHREDDER

PHASE 1-FAT SHREDDER

GENERAL GUIDELINES

Following the daily Meal Plan Approach will take the guesswork out of your daily food preparation. You'll enjoy a variety of delicious, healthy, and low-fat recipes that will provide you with the proper amount of nutrition and energy to get the most out of your P90X workout.

Prepare the easy-to-follow recipes corresponding to your nutrition level. A shopping list of the groceries needed for the Meal Plan Approach is included at the end of each phase for your convenience.