

# ATHLEAN-X X-Factor MEAL PLANS

## WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast - 7:00am</b> Omelet or Omelet substitute (omission = <b>Yellow</b> ) Oat Milk Scrambled Egg Whites	<b>Breakfast - 7:00am</b> Omelet without fungus (omission = <b>Yellow</b> ) Oat Milk Protein Shake (made with skim milk)	<b>Breakfast - 7:00am</b> 3 Egg Whites + 1 whole Egg Omelet (made with onions, peppers, mushrooms and salsa) Oat Milk Protein Shake (made with skim milk)	<b>Breakfast - 7:00am</b> Omelet without fungus or fresh mushrooms and fat free goat cheese Protein Shake (made with skim milk) Oat Milk	<b>Breakfast - 7:00am</b> Omelet or Omelet substitute (omission = <b>Yellow</b> ) Oat Milk Scrambled Egg Whites	<b>Breakfast - 7:00am</b> Omelet without fungus (omission = <b>Yellow</b> ) Oat Milk Protein Shake (made with skim milk)	<b>Breakfast - 8:00am</b> Omelet or Omelet substitute (omission = <b>Yellow</b> ) Scrambled Egg Whites Oat Milk Protein Shake (made with skim milk)
<b>Snack #1 - 9:00am</b> Protein Bar (suggestions include ProgradeStrength.com Cravers, EAS carb serum, Pure Protein) Bottle of Water	<b>Snack #1 - 9:00am</b> 1/2 Protein Bar sandwich on whole wheat bread Bottle of Water	<b>Snack #1 - 9:00am</b> Protein Bar (suggestions include ProgradeStrength.com Cravers, EAS carb serum, Pure Protein) Bottle of Water	<b>Snack #1 - 9:00am</b> 1/2 Protein Bar sandwich on whole wheat bread Bottle of Water	<b>Snack #1 - 9:00am</b> Protein Bar (suggestions include ProgradeStrength.com Cravers, EAS carb serum, Pure Protein) Bottle of Water	<b>Snack #1 - 10:00am</b> 1/2 Protein Bar sandwich on whole wheat bread Bottle of Water	<b>Snack #1 - 10:00am</b> Protein Bar (suggestions include ProgradeStrength.com Cravers, EAS carb serum, Pure Protein) Bottle of Water
<b>Lunch - 12:00pm</b> Grilled Chicken on a whole wheat wrap with lettuce, tomato and salsa Fat Free Yogurt Bottle of Water	<b>Lunch - 12:00pm</b> Grilled Tuna in water (one with lemon juice and black pepper) add Fat Free Mayo (put on whole wheat bread) Bottle of Water	<b>Lunch - 12:00pm</b> Turkey Burger with onions, lettuce, tomato, and Fat Free Swiss Cheese Fat Free Yogurt Bottle of Water	<b>Lunch - 12:00pm</b> Grilled Chicken on a whole wheat wrap with lettuce, tomato and salsa Fat Free Yogurt Bottle of Water	<b>Lunch - 12:00pm</b> Grilled Tuna in water (one with lemon juice and black pepper) add Fat Free Mayo and put on whole wheat bread Bottle of Water	<b>Lunch - 1:00pm</b> Turkey Burger with onions, lettuce, tomato, and Fat Free Swiss Cheese Fat Free Yogurt Bottle of Water	<b>Lunch - 1:00pm</b> Grilled Chicken on a whole wheat wrap with lettuce, tomato and salsa Fat Free Yogurt Bottle of Water
<b>Snack #2 - 3:00pm</b> Meal Replacement (Shake made with water or skim milk (top recommendation is ProgradeStrength.com or EAS Myoplex))	<b>Snack #2 - 3:00pm</b> 1/2 Protein Bar sandwich on whole wheat bread Bottle of Water	<b>Snack #2 - 3:00pm</b> Meal Replacement (Shake made with water or skim milk (top recommendation is ProgradeStrength.com or EAS Myoplex))	<b>Snack #2 - 3:00pm</b> 1/2 Protein Bar sandwich on whole wheat bread Bottle of Water	<b>Snack #2 - 3:00pm</b> Meal Replacement (Shake made with water or skim milk (top recommendation is ProgradeStrength.com or EAS Myoplex))	<b>Snack #2 - 4:00pm</b> 1/2 Protein Bar sandwich on whole wheat bread Bottle of Water	<b>Snack #2 - 4:00pm</b> Meal Replacement (Shake made with water or skim milk (top recommendation is ProgradeStrength.com or EAS Myoplex))
<b>Dinner - 6:00pm</b> Grilled AM Turkey Steak, Edamame Jasmine Rice Sautéed Broccoli Bottle of Water	<b>Dinner - 6:00pm</b> Cajun Chicken Breast - Cook Cook Baked Sweet Potato Mixed Grilled Veggies Bottle of Water	<b>Dinner - 6:00pm</b> Grilled AM Turkey Steak, Edamame Jasmine Rice Sautéed Broccoli Bottle of Water	<b>Dinner - 6:00pm</b> Egg Round or Grilled Sirloin Steak Baked Sweet Potato Grilled Asparagus Bottle of Water	<b>Dinner - 6:00pm</b> Cajun Chicken Breast Cook Cook Sweet Potato Mixed Grilled Veggies Bottle of Water	<b>Dinner - 6:00pm</b> Cajun Grilled Chicken Green Rice Grilled vegetable Mix Bottle of Water	<b>Dinner - 6:00pm</b> Grilled Pork Chop Prograde Grilled Potatoes Mushrooms Sautéed Sweet Potato Bottle of Water
<b>Snack #3 - 8:00pm</b> Muscle Recovery Drink (Prograde Strength "Workout" Drink or EAS Muscle Armor (recommended))	<b>Snack #3 - 8:00pm</b> Muscle Recovery Drink (Prograde Strength "Workout" Drink or EAS Muscle Armor (recommended))	<b>Snack #3 - 8:00pm</b> Muscle Recovery Drink (Prograde Strength "Workout" Drink or EAS Muscle Armor (recommended))	<b>Snack #3 - 8:00pm</b> Muscle Recovery Drink (Prograde Strength "Workout" Drink or EAS Muscle Armor (recommended))	<b>Snack #3 - 8:00pm</b> Muscle Recovery Drink (Prograde Strength "Workout" Drink or EAS Muscle Armor (recommended))	<b>Snack #3 - 8:00pm</b> Air Popped Popcorn with Moly MultiBulb Bottle of Water	<b>Snack #3 - 8:00pm</b> Air Popped Popcorn with Cinnamon Sugar Bottle of Water
The "X" Factor Tip	The "X" Factor Tip	The "X" Factor Tip	The "X" Factor Tip	The "X" Factor Tip	The "X" Factor Tip	The "X" Factor Tip
A good minimum daily water recommendation is one half your bodyweight in ounces. For example, 150 pound guy should drink 75oz, or more.	Caffeine is not the enemy! Don't treat them as such. In fact, they will help you power through your workouts for various muscle gains!	Frequent meals is crucial for elevating the metabolism and turning your body into a fat burning furnace.	Avoid the alcohol if possible. One night of heavy drinking is enough to erase the efforts of one week of intense weight training!	Fats slow down digestion. Not a good idea to include them in your post workout meal when quick absorption is key!	All that is not created equal. Avoid dried fruit whenever you can have the fresh version. Dried fruits are loaded with sugars, calories and unhealthy nitrates.	Don't be fooled, almonds have by far the most protein of any of the nuts... by almost ten times it's nearest competitor!

# Athlean X Training System Workouts

**AN Whitehead**



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