

VEGAN P90X PORTION LIST

PROTEIN

Hemp protein powder – 100 calories, depending on brand
Rice and pea protein powder – 100 calories, depending on brand
Seitan – 3 oz.
Soy burger – 1
Soy cheese slices – 5
Tempeh – 2 oz.
Tofu – 3 oz.
Veggie burger – 1
Veggie dog – 1

FAT (OMEGA-3)

Flaxseed Oil – 1 Tbsp.
Pumpkin Seed Oil – 1 Tbsp.
Walnut Oil – 1 Tbsp.
Canola Oil – 1 Tbsp.
Chia Oil – 1 Tbsp.

SNACKS

SINGLE

Dried fruit – 1 oz.
Frozen fruit bar – 1
Fruit – 1 medium piece
Rice cake – 1
Peanut butter (with celery sticks) – 1 Tbsp.
Popcorn, air-popped or light – 3 cups
Soy nuts – 2 oz.
Seaweed – 10 oz.

DOUBLE

Bean dip (with 4 oz. chips) – 4 Tbsp.
Hummus (with carrot sticks) – 1 oz.
Pumpkin seeds – 2 oz.
Raw nuts – 1 oz.

CARB ONE (LEGUMES)

Baked beans – 1 cup
Beans (kidney, black, etc.) – 1 cup
Hummus – 1 cup
Lentils – 1 cup
Peanuts (raw or home-roasted) – 1 oz.
Refried beans, nonfat – 1 cup

CARB TWO (GRAINS)

Amaranth – 1 cup
Whole grain bagel, medium – 1
Bran muffin (2.5 oz.) – 1
Whole-grain bread – 2 slices
Whole-grain cereal – 1 cup
Whole-grain couscous – 1 cup
Whole-grain crackers – 12
Whole-grain English muffin – 2 halves
Oatmeal – 1 cup
Pancakes (3.6 ounces) – 3
Whole-grain pasta – 1 cup
Quinoa – 1 cup
Rice, brown or wild – 1 cup
Whole wheat tortilla, large – 1
Whole-grain waffles – 2
Wheat berries – 1 cup

CONDIMENTS

Nonfat or low-fat condiments, BBQ sauce, salad dressings, honey, pure fruit jam – 2 Tablespoons

NOTES