

# VEGAN - P90X JOURNAL

PHASE 1 (FAT SHREDDER), LEVEL III

DATE:

DAY #:

PLANNED

SERVINGS

## BREAKFAST

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## SNACK

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## LUNCH

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## SNACK

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## DINNER

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## OTHER

- \_\_\_\_\_

### PHASE 1, LEVEL III

#### DAILY SERVINGS

Protein (9)

Fruits (2)

Vegetables (4)

Fats (omega-3) (2 1/2)

Carb One (legumes) (2 1/2)

Carb Two (grains) (1 1/2)

Snacks (4) – Single ,

Double , Drink

Condiments (2)

#### NOTES

TODAY'S WEIGHT:

\_\_\_\_\_

WORKOUT:

\_\_\_\_\_

INTENSITY:

\_\_\_\_\_