

VEGAN - P90X JOURNAL

PHASE 2 (ENERGY BOOSTER), LEVEL II

DATE:

DAY #:

PLANNED

SERVINGS

BREAKFAST

- _____
- _____
- _____
- _____

SNACK

- _____
- _____
- _____

LUNCH

- _____
- _____
- _____
- _____
- _____

SNACK

- _____
- _____
- _____

DINNER

- _____
- _____
- _____
- _____
- _____

OTHER

- _____

PHASE 2, LEVEL II DAILY SERVINGS

Protein (6)

Fruits (1)

Vegetables (3)

Fats (omega-3) (1)

Carb One (legumes) (2)

Carb Two (grains) (2)

Snacks (3) – Single , Drink ,
Double

Condiments (2)

NOTES

TODAY'S WEIGHT:

WORKOUT:

INTENSITY:
