

VEGAN - P90X JOURNAL

PHASE 2 (ENERGY BOOSTER), LEVEL III

DATE:

DAY #:

PLANNED

SERVINGS

BREAKFAST

- _____
- _____
- _____
- _____

SNACK

- _____
- _____
- _____

LUNCH

- _____
- _____
- _____
- _____
- _____

SNACK

- _____
- _____
- _____

DINNER

- _____
- _____
- _____
- _____
- _____

OTHER

- _____

PHASE 2, LEVEL III DAILY SERVINGS

Protein (7)

Fruits (2)

Vegetables (3)

Fats (omega-3) (2)

Carb One (legumes) (2 ½)

Carb Two (grains) (2 ½)

Snacks (3) – Double , Drink ,
Single

Condiments (4)

NOTES

TODAY'S WEIGHT:

WORKOUT:

INTENSITY:
