

VEGAN - P90X JOURNAL

PHASE 3 (ENDURANCE MAXIMIZER), LEVEL I

DATE:

DAY #:

PLANNED

SERVINGS

BREAKFAST

- _____
- _____
- _____
- _____

SNACK

- _____
- _____
- _____

LUNCH

- _____
- _____
- _____
- _____
- _____

SNACK

- _____
- _____
- _____

DINNER

- _____
- _____
- _____
- _____
- _____

OTHER

- _____

PHASE 3, LEVEL I DAILY SERVINGS

Protein (2)

Fruits (2)

Vegetables (2)

Fats (omega-3) (1)

Carb One (legumes) (2)

Carb Two (grains) (2)

Snacks (2) – Drink , Double or
2 Single

Condiments (1)

NOTES

TODAY'S WEIGHT:

WORKOUT:

INTENSITY:
