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Vegan - P90X Journal

Phase 3 (Endurance Maximizer), Level II

Date:

Day #:

Planned Servings

Breakfast

- ❑ _____ _____
- ❑ _____ _____
- ❑ _____ _____
- ❑ _____ _____

Snack

- ❑ _____ _____
- ❑ _____ _____
- ❑ _____ _____

Lunch

- ❑ _____ _____
- ❑ _____ _____
- ❑ _____ _____
- ❑ _____ _____
- ❑ _____ _____

Snack

- ❑ _____ _____
- ❑ _____ _____
- ❑ _____ _____

Dinner

- ❑ _____ _____
- ❑ _____ _____
- ❑ _____ _____
- ❑ _____ _____
- ❑ _____ _____

Other

- ❑ _____ _____

Phase 3, Level II
Daily Servings

Protein (3) ❑❑❑
Fruits (3) ❑❑❑
Vegetables (3) ❑❑❑
Fats (omega-3) (1) ❑
Carb One (legumes) (2 ½) ❑❑❑
Carb Two (grains) (2 ½) ❑❑❑
Snacks (2) –Drink ❑, Double or 2 Single ❑
Condiments (2) ❑❑

Notes

Today's Weight:

_____

Workout: _____ Intensity: _____