

# VEGAN - P90X JOURNAL

## PHASE 3 (ENDURANCE MAXIMIZER), LEVEL III

DATE: \_\_\_\_\_

DAY #: \_\_\_\_\_

PLANNED

SERVINGS

### BREAKFAST

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

### SNACK

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

### LUNCH

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

### SNACK

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

### DINNER

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

### OTHER

- \_\_\_\_\_

### PHASE 3, LEVEL III DAILY SERVINGS

Protein (4)

Fruits (3)

Vegetables (5)

Fats (omega-3) (2)

Carb One (legumes) (3)

Carb Two (grains) (3)

Snacks (2) – Drink , Double or  
2 Single

Condiments (3)

### NOTES

TODAY'S WEIGHT:

\_\_\_\_\_

WORKOUT:

\_\_\_\_\_

INTENSITY:

\_\_\_\_\_