



Understanding P90X Nutrition

Counting Calories may be your worst nightmare. You may wonder why in the world you have to count calories. I hope to explain and help you understand. We don't want to drive this into the ground, but we do want you to have great results. So the following is an explanation of how to simplify this nutrition guide and help you be successful. If you read through the guide and these tips and still have trouble, please contact your FitHouse Trainer or attend the P90X Nutrition Meeting.

1st – be sure you have the P90X Nutrition plan downloaded. If you don't, please download it at www.fithousems.com/resources. Once downloaded, please read through it carefully.

Remember, your results will be based on the information in the nutrition plan and how well you handle your nutrition. So don't overlook this.

5 Tips for SUCCESS!!

Tip #1 – How much protein?

On page 4 of that nutrition plan, you'll see the 3 phases of nutrition – This section simply lets you know how much of each food category you need to reach your goals. It really has to do with how much protein, carbs, and fats you're going to eat.

The nutritional proportions for each of the 3 plans are as follows:				
PHASE	GOAL	PROTEIN	CARBOHYDRATE	FAT
PHASE 1 FAT SHREDDER	Strengthen muscle and shed excess body fat	50%	30%	20%
PHASE 2 ENERGY BOOSTER	Maintain Phase 1 changes with additional energy for midstream performance	40%	40%	20%
PHASE 3 ENDURANCE MAXIMIZER	Support peak physical performance and satisfaction over the long term	20%	60%	20%

Focus on the Fat Shredder phase if you're looking to shed fat or lose more than 15 lbs.

Focus on the Energy Booster if you're pretty much happy with where you are but just want to tone up and build some muscle.

And focus on the Endurance Maximizer if you've got less weight to lose and are already fairly active with fitness (running, training, etc.) However, if looking to build muscle and tone – go back to the endurance maximize.



Tip #2 – Pick Your approach

I find the simplest approach is The Portion Approach, but decide for yourself by reading the 3 different approaches on page 5 – Portion, Meal Plan, or Quick Option.

The Portion approach will tell you how many portions of protein, vegetable, fruit, carbs, etc to eat each day, and you can track this with the P90X app or track it in the P90X Calorie / Portion Counter spreadsheet at www.fithousems.com/resources.

You'll see on page 14 the portion approach for the fat shredder phase –

For example, if you are in Phase 1 and have determined that you are at nutrition level II, you would be allotted a specific number of servings per day from each food group, as follows:

PROTEINS	7 servings	
DAIRY	3 servings	
FRUITS	1 serving	
VEGETABLES	4 servings	
FATS	1 serving	
CARBOHYDRATES	1 serving	
SNACKS	2 servings	[2 items from the single snack group or 1 item from the double snack group] PLUS a P90X Peak Performance Protein Bar and P90X Results and Recovery Formula drink
CONDIMENTS	2 servings	

This may seem complicated at first, but it's not – just read through the foods list on page 16-17. It gives foods for each category and lists the serving size. Then you just track how many servings per category as listed above (or in whatever nutrition phase you're currently in.)



Tip #3 – Know your Eating Level (calories)

It's good to know HOW MUCH food to eat, right?

Let's face it – you can work hard in your workouts, but if you eat too little, or eat too much, you won't get great results.

SPECIAL NOTE: Not eating enough food is just as bad as overeating.

Page 7 of the P90X Nutrition Guide helps you calculate your calorie total and gives you which level of food it recommends. This is JUST A RECOMMENDATION.

However, as your coach, if you're really trying to lose weight, I recommend a slight modification to these numbers.

Be sure to download the P90X Calorie / Portion Counter from our website at www.fithousems.com/resources. Once downloaded, open and fill out your personal information – Male/Female, age weight, height, etc.

---->>>>>>> Just below the Daily Food list, you'll see a section on P90X Calorie Counter. Simply look at the Calorie Calculation for Losing weight with P90X.

You can now compare that number with the numbers on page 7 of the Nutrition guide. You can round up if you need to but I wouldn't recommend rounding down. Many of you are likely to fall in LEVEL 1, but some may fall in LEVEL 2 or higher.

EXAMPLE 1 –

Let's say you calculate up your calorie intake and it comes to 1,600 calories. Level 1 is 1,800 calories. What do you do?

I recommend staying at 1,600 and using the portion plan for Level 1. You can always modify your calories down a little from the portion plan, but chances are you'll be fine.

EXAMPLE 2 –

Many females will calculate their calories around 1200-1400 calories.

Never go below 1200 calories.

Obviously this estimate is quite a bit lower than Level 1, so you'll need to slightly adjust the portions down a little to compensate BUT HERE'S THE MAIN POINT – keep your %s roughly the same – i.e. 50% protein, 30% carb, 20% fats (or whatever your Phase dictates – remember page 4).

Page 15 gives the 3 levels of calories and their portions – **PRINT THIS OFF AND STICK IT ON THE FRIDGE.**

Each phase of Nutrition has a different portion counter. So be sure to look at the portions for each phase of your eating. See pages 23 and 31 for phases 2 and 3 portions.



Tip #4 – Pack it the night before.

The very easiest way to be successful is to prepare your food each night. Learn how many portions you need each day and set those out for eating or pack your foods to go to work. As you eat, track your portions in the P90X app or Portion Counter spreadsheet.

Page 18 begins the Meal Plan approach which gives LOTS of recipes for your foods. You'll need to simply lay out your meals each day to be successful.

Tip #5 – Stick to the list.

It's very simple – if it ain't on the list – don't eat it. Use that food list given on page 16-17 as GOLD – it's the BIBLE of your nutrition

Remember, we want results....great results!

Supplements

Supplements can be purchased from your Coach or Trainer at FitHouse, so ask them. Please don't go online and get it elsewhere. Our pricing for classes and training take into account that supplements will also be purchased through FitHouse Trainers. It's a service we're happy to give you.

P90X Recovery Drink

The Recovery Drink is an important part of P90X nutrition, but it's also specially formulated to give you great results. It should be taken right after your weight workouts (absolutely within 45 minutes) – the workouts that you tax your muscles the most. I highly recommend the P90X recovery drink from Beachbody. This is meant to give you sugar to restore the glycogen you've just depleted. It speeds up recovery and helps you keep the muscle that you just worked up. You don't need to take this after a Cardio workout. It won't hurt you, but it's just extra calories. Put 45 minutes between when you drink this recovery drink and your next meal.

Shakeology

I highly recommend you at least look into Shakeology. I can only say what it does for me. It was key for me in my transformation. It really does give me the energy and the nutrition I need to push through the day at a very hard pace. It is also phenomenal at helping you drop weight and fat and keep it off.