

Eating Correctly With The P90X Nutrition Guide

So if you have been looking and researching the P90x workout routine, you have probably heard of this nutrition guide that it provides. Besides doing the workouts, this is probably the most vital piece of the P90x routine and you should devote yourself to it, so you can get the most out of every workout. The P90x nutrition plan has three phases and each phase corresponds with whatever workout phase you are doing at the time. With each phase there are three different approaches you can choose, the portion approach, the meal plan approach and the quick option approach. Let's take a look at these in a little more depth.

The first option is "the portion approach," it is designed for those who really do not know how to cook or do not have the patience or time to cook. Each meal in this approach only involves one to two steps to ensure a quick meal that is still healthy for your body. Secondly, "the meal plan approach" is for those who actually have time to cook a meal. This is great because P90x has provided recipes that you can follow so you do not have to guess on how to make healthy meals. You'll enjoy a variety of healthy, delicious, and low-fat food that will provide you with energy to maximize your P90x results. The final option is "the quick option approach," it helps those who have a hard time finding time to eat or cook. P90x nutrition has provided a whole bunch of quick foods that require limited effort, but you must eat if you want to achieve anything in the P90x workout program.

Earlier I wrote how the nutrition guide has three phases; well those phases are fat shredding, energy boosting and endurance maximizer. The first phase is the "Fat Shredder," this phase is designed for those who actually have body fat that they can lose. It will decrease the percentage of your body fat, but since you will be cutting fat, you will also lose energy. So this phase can actually be cut short if you feel like you do not have enough energy to get through a workout, but it also can be extended if you have more fat that you want to cut, just make sure you have enough energy. The second phase is the "Energy-Boosting Phase," this phase can be used basically in your every day life, the phase is full of well balanced meals that will provide you with the correct nutrition to give your body energy. This phase can also go as long as you want, if your body is still getting enough energy. The third phase is the "Endurance Maximizer Phase." This diet is designed for athletes; it is a carb-heavy diet that is meant for those who are always active. P90x does encourage this phase, even though many people avoid this phase because of the fear of gaining weight, but this phase will provide you with more energy, so you can workout harder and more effectively. So hopefully this has been helpful, I hope you enjoy your P90x workout.

About the Author

The [PX90 workout routine](#) will challenge every aspect of your life, but the most important part of the [workout routine](#) isn't the workout itself, but the nutrition guide that comes with it. Eating correctly is just as important as working out everyday.

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