

# How I did the P90X<sup>®</sup> Diet

*Some hints, tricks, and tips I  
used to stay with the nutrition  
plan*

**Glen Gosch Fitness**

## Table of Contents

<b>INTRODUCTION</b>	<b>3</b>
<b>HOW I DID THE PLAN ON A BUDGET</b>	<b>4</b>
<b>HOW I DID THE PLAN TO SAVE TIME</b>	<b>6</b>
<b>QUICK REVIEW OF EACH PHASE OF THE DIET</b>	<b>8</b>
<b>CHECKLISTS</b>	<b>9</b>

## Introduction

If you have not read the P90X nutrition guide, take 30 minutes to read the whole thing. This will make a lot more sense if you do.

No fluff in this guide, just tips on how to make the P90X nutrition plan easy.

This is the plan I followed to lose 50 pounds in 5 months with P90X and 10 Minute Trainer.

The information in this guide is based off of the “Portion Approach” of the P90X guide.

I am an Independent Team Beachbody Coach. My views do not necessarily reflect those of Beachbody.

All warnings found in the P90X nutrition guide should be adhered to (check with a doctor before you begin any diet or fitness plan).

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If you are not yet a member of my Team Beachbody team, click here to join:  
<http://www.beachbodycoach.com/gleng>

If you do not yet own P90X, you can get it from me here with some free Team Beachbody network exclusives (free extra workouts!) Click the link above to shop for P90X.

**Bottom line: These are my opinions and me sharing what has worked for me while doing P90X.**

## How I did the plan on a budget

Buy lean meat on sale. When chicken is on sale, buy it up! Stock up your freezer. Meat can be expensive, but when you get it on sale it's not that bad.

Same with fruit and veggies. Buy what you like and what's on sale.

Whey protein is an inexpensive way to get some extra protein in the diet. Look for brands that are natural and don't use artificial flavoring like aspartame and sucralose.

Have a variety of seasonings on hand to mix up the flavor of different meals. My staples were Mexican/Southwestern seasonings (cumin, chili powder, coriander, cilantro, etc.), Cajun (a cayenne pepper blend), Italian (oregano, garlic powder, sea salt, other herbs, or an Italian blend), and Asian flavors (garlic, cilantro, etc.). Try not to go too heavy on salt/sodium.

Hot sauce is cool to mix up flavor too. You can go crazy with most hot sauces and not affect your diet. There is not enough calories in hot sauce to matter and affect your results.

Get the recovery drink. It is less than \$2 per serving. It provides calories you need after your workouts. If you try to buy creatine, whey protein, glutamine, and a carbohydrate source such as 100% fruit juice all separately, you will most likely be spending more cash.

Shakeology sounds expensive, if you completely cut junk food out of your diet (be honest), don't eat fast food, reduce your eating out altogether, it is affordable. When my wife and I both started drinking Shakeology (\$120 times two!) our monthly expenses actually stayed the same. We no longer bought multivitamins and some of the other superfood supplements that are in Shakeology; couple that

with no longer buying soda, alcohol (okay, maybe a little alcohol), or junk food and our monthly expenses were unaffected.

If you find the plan is expensive compared to your current grocery bill, think of this: Is the extra expense worth it? Will you be okay with saving a few bucks and by not following the plan and getting just okay results 90 days from now? Or 90 days from now do you want to look in the mirror and say, "I gave it my all! WOW! Look at those results!"?

## How I did the plan to save time

I would make a lot of meals ahead of time of my days off from work or at least have some of the ingredients prepped.

For example: If chicken breasts and top sirloin were on sale, I would buy a bunch of them and grill and/or sauté enough meat to last me about 5 days. I would store the meat in the fridge and then pull it out as needed, either for a quick dinner or a meal to take with me to work.

I would also buy enough produce to last for a few days to a week: fruit, veggies, and leafy greens like lettuce or spinach. Something like lettuce I would buy to last a few days because lettuce tends to turn really quick. Something like an onion I would buy for the week because they tend to last longer. I would then do a quick mid-week shopping trip to pick up any lettuce or other perishables that needed replenished for the week.

I would slice up enough onions, peppers or other firm veggies for several days and then store them in a plastic container with a lid and damp (barely damp) paper towel to preserve freshness. I would then pull them out of the fridge as needed.

I would plan my meals for the week to include similar ingredients. Here are 5 dinners for example:

Day 1 – Lean meat, sliced onion, sliced bell pepper + Mexican/Southwestern spices = Fajitas

Day 2 – Lean meat, chopped onion, chopped bell pepper + Cajun seasoning blend = Cajun Stir-fry

Day 3 – Lean meat, chopped onion, broccoli, garlic + Soy sauce and Asian Spices = Oriental Stir-fry

Day 4 – Lean meat (chicken), onion, bell peppers, marinara sauce + Italian seasonings = Chicken Cacciatore

Day 5 – Lean meat, sliced onion, sliced mushrooms, sliced carrots, sliced cucumber, lettuce + low-fat salad dressing = Chopped salad.

You can see by just switching out a few ingredients you can make 5 entirely different flavored dishes.

When it was time for chicken fajitas I would just pull out some pre-cooked chicken, onion, bell pepper, and then stir-fry it all quickly in a pan with some Mexican/Southwestern seasoning. Top it with some salsa and/or hot sauce and I had fajitas in about 5 minutes. If I was on Phase 1 of the diet I would put the fajitas over a bed of lettuce. If I was eating more carbs during Phase 2 or 3 of the diet plan I might have put the fajita mixture over a bed of brown rice or in a whole wheat tortilla.

I would also buy frozen meals from time to time as well. Amy's Kitchen, Smart Ones, and Lean Cuisine were some that I would use. I opted for these just a couple of times a week, and I would suggest the same for you. These meals often have a lot of sodium so take caution on having them daily.

Protein bars such as the P90X protein bars were good for snacks. Clif Builders protein bars were my go-to if I ran out of P90X bars.

I kept a checklist in my pocket throughout the day to keep track of my portions throughout the day. This saved me time on trying to keep track of what I was eating. I have provided the checklists in this guide if you would like to use them.

## Quick review of each phase of the diet

Remember to refer to the nutrition guide for exact details, but here is a brief summary of the 3 phases of eating in P90X.

The P90X phase one “Fat Shredder” plan involves a high-protein, low-carb style of eating.

It is recommended to follow this plan for 4 weeks, but no longer than 6 weeks.

This low-carb plan might be quite the adjustment for some people.

I found that it normally takes a week or so for me to adjust to this style of eating. It’s a lot of protein, and very few carbs.

The P90X phase two “Energy Booster” plan is still low-carb, but trades a little bit of proteins for carbs compared to phase 1.

The P90X phase three “Endurance Maximizer” plan is a more balanced diet with moderate protein, carb, and fat consumption.



## Checklists

The next pages are printable checklists.

This is how you use them:

Print multiple pages of the **Level** and **Phase** you will need for the next 4 weeks. For example: If you are starting Phase 1 and you have determined that your calorie needs put you on Level 2, then print the checklists for Ph. 1: Fat Shredder – Level 2.

Cut the papers into 4's.

When you eat a serving of protein, check off one of the protein boxes. When you eat a serving of vegetables, check off one of the vegetable boxes. You get the idea.

Remember that 2 protein servings could easily be accomplished in one meal. A serving of protein in the P90X nutrition plan is approximately 3 oz. So a 6 oz. steak or chicken breast counts as two servings.

Use the P90X nutrition guide that came with the DVDs to determine which of the plans are best for you.

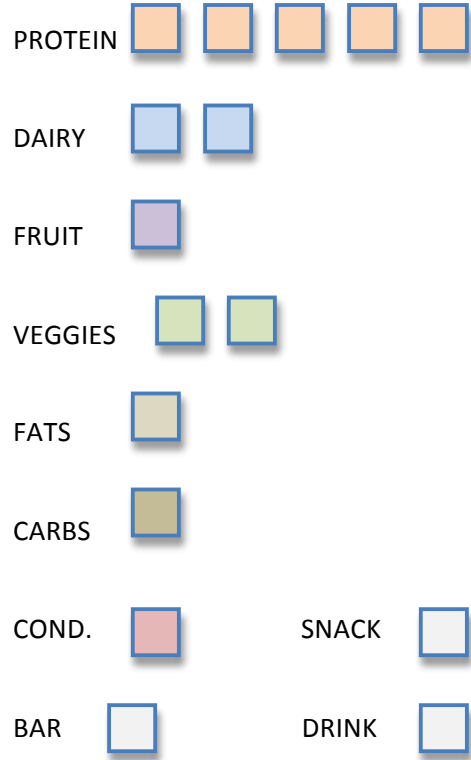
I have included all scenarios from P90X for these checklists.

Each checklist is for one day and can fit easily into your pocket or purse.

**Ph. 1: Fat Shredder – Level 1**



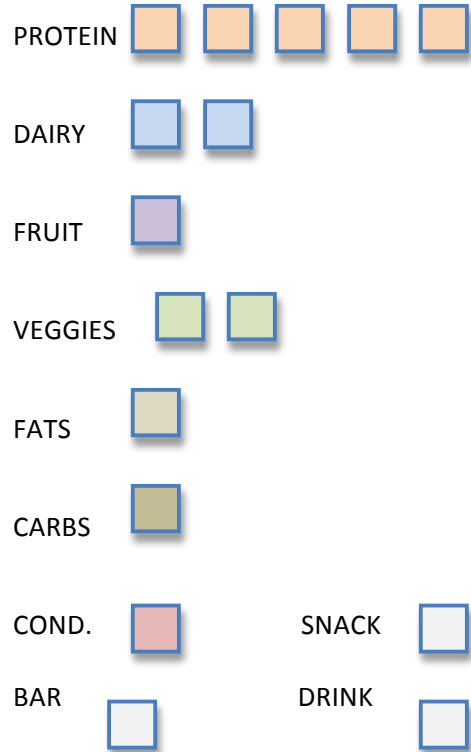
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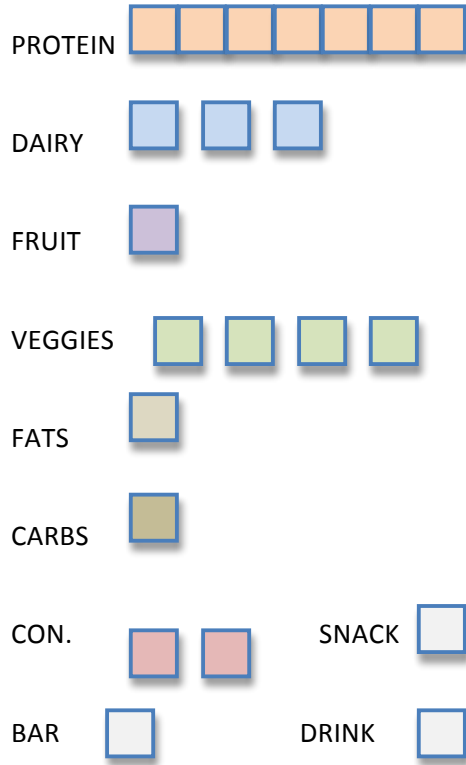
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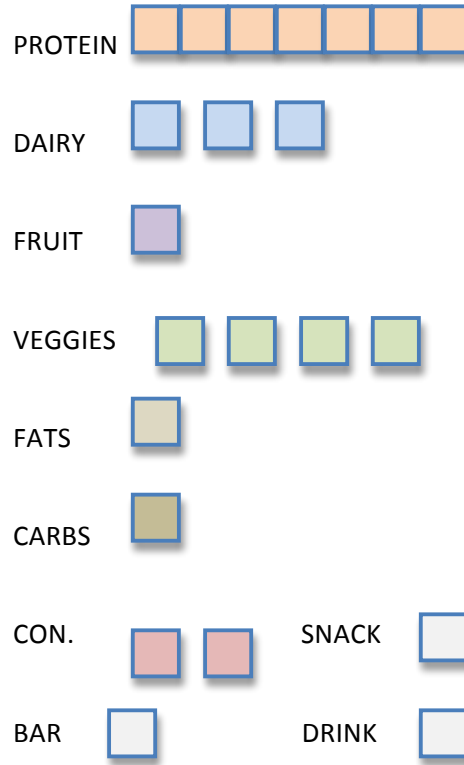
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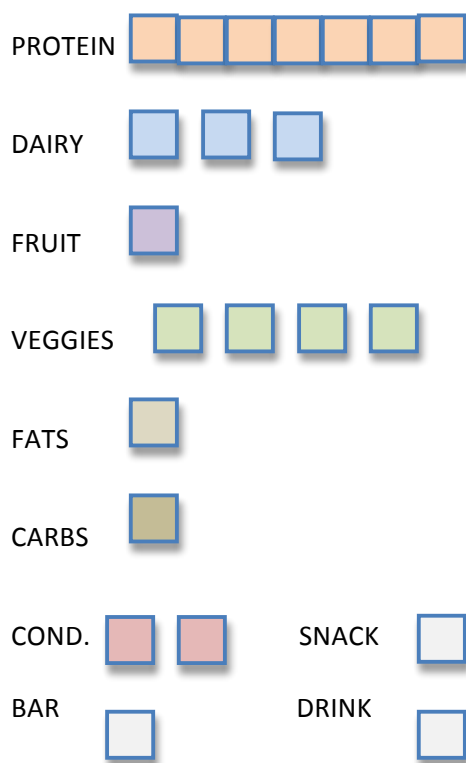
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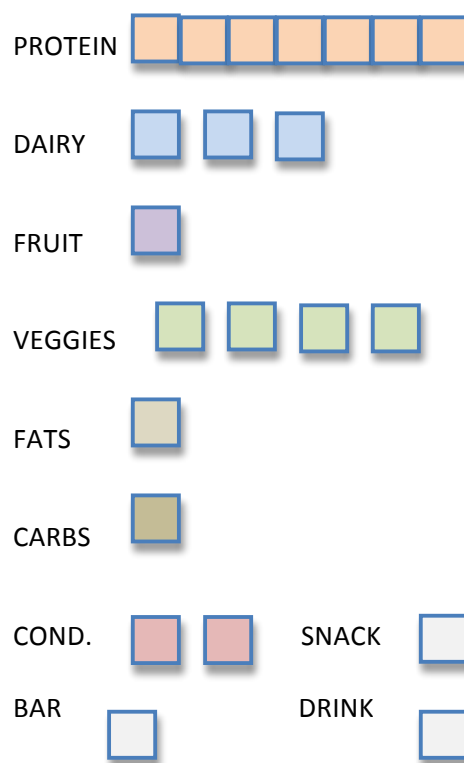
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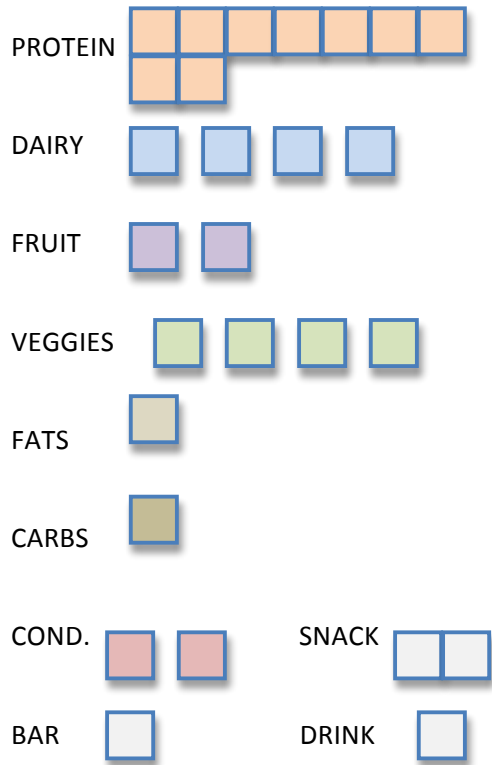
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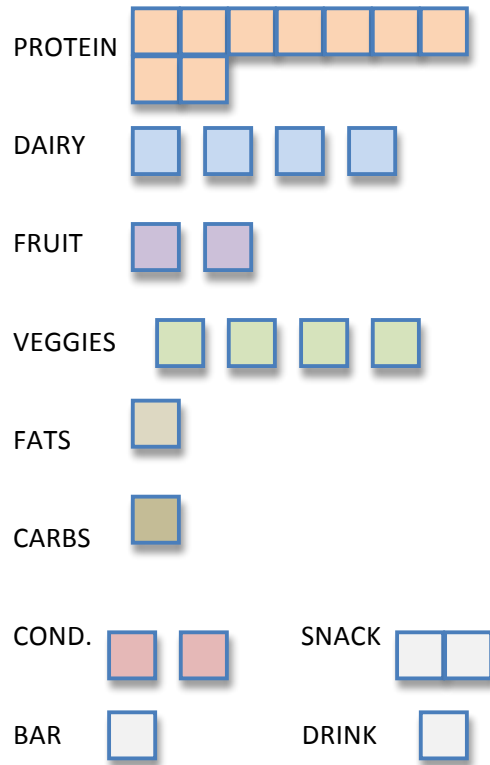
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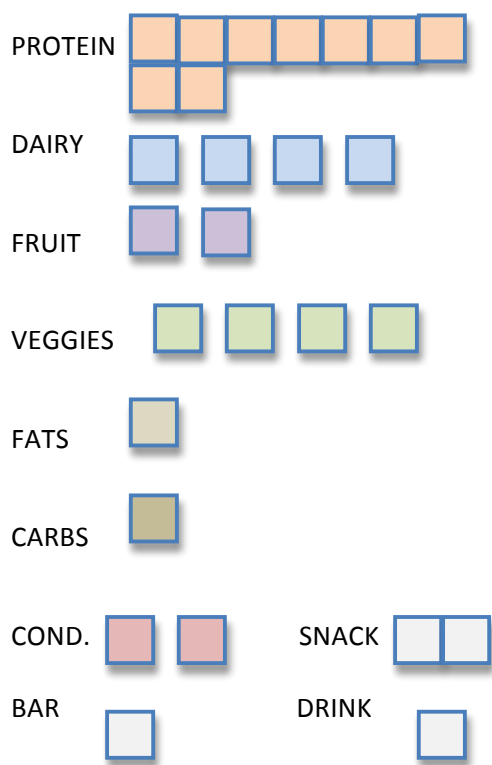
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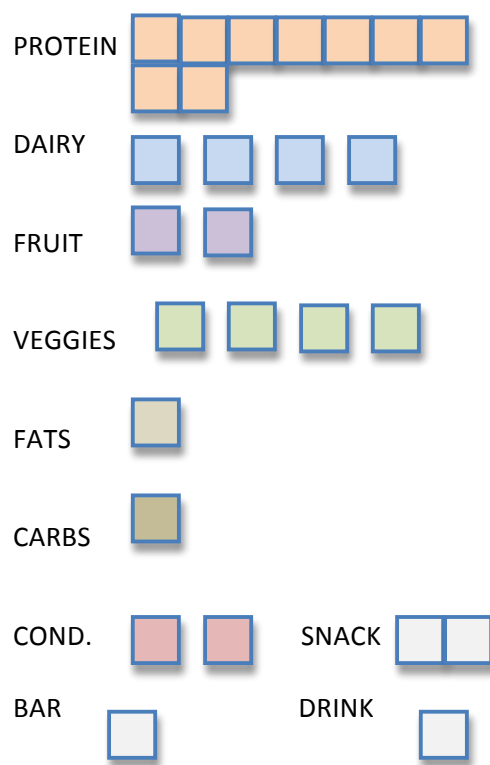
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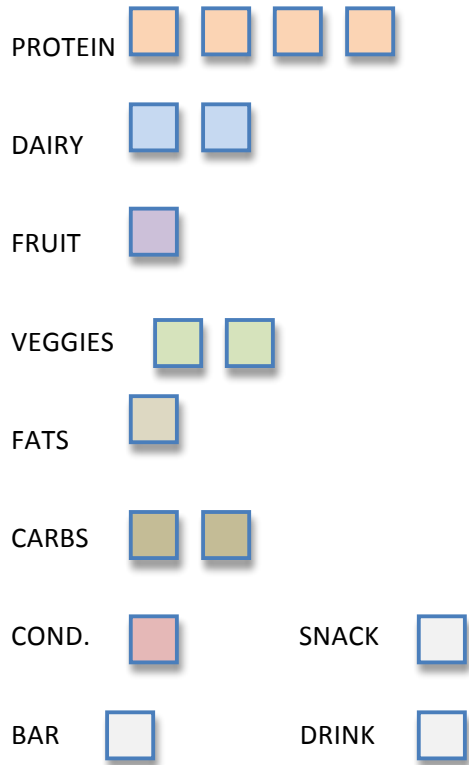
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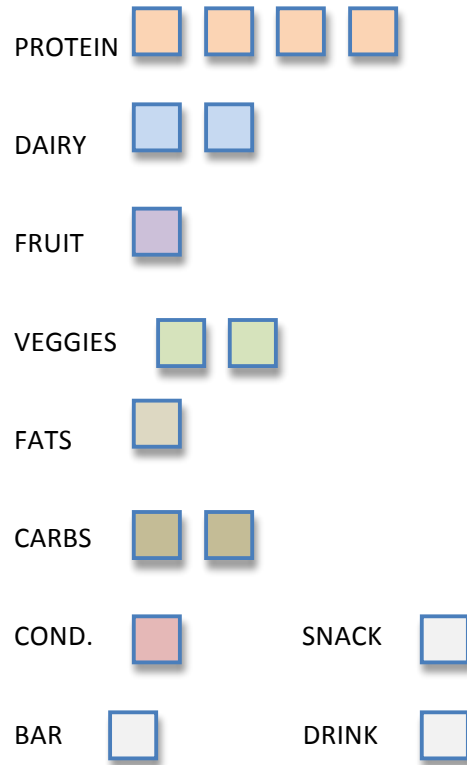
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**Ph. 2: Fat Energy Booster – Level 1**



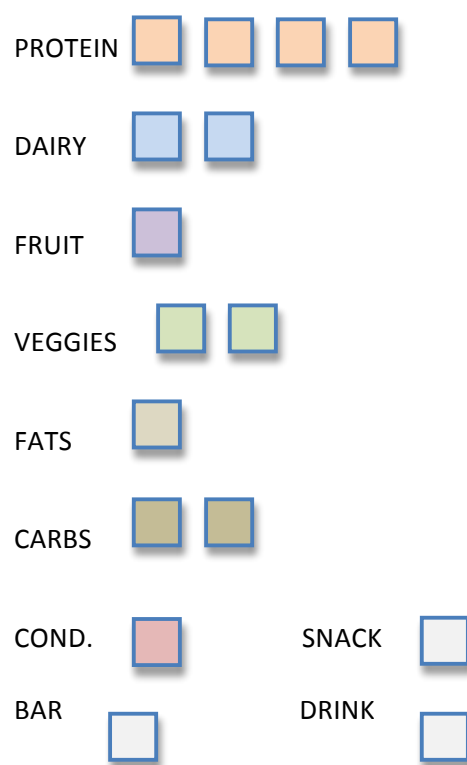
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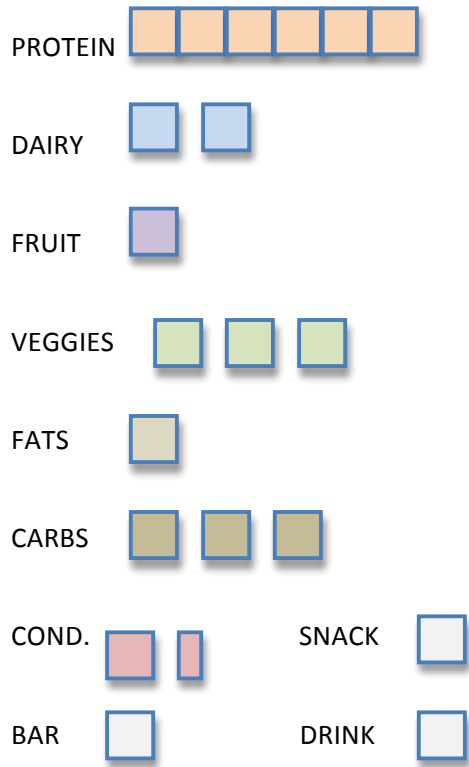
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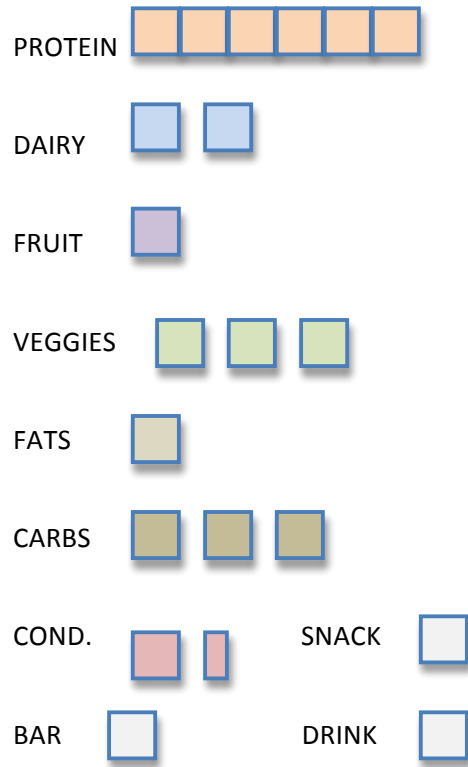
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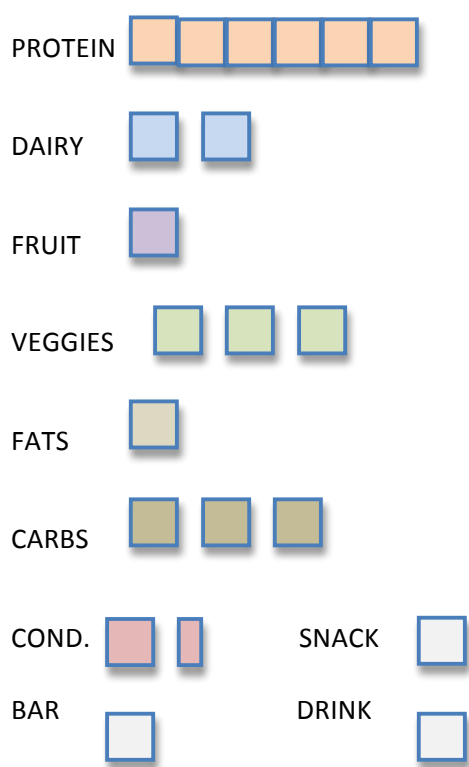
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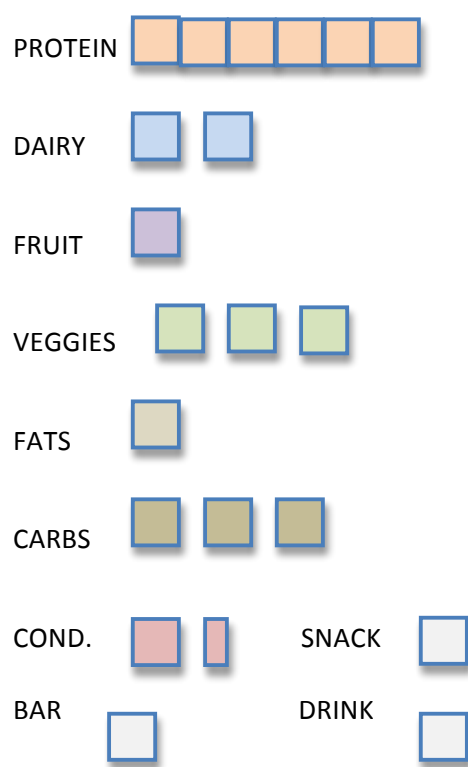
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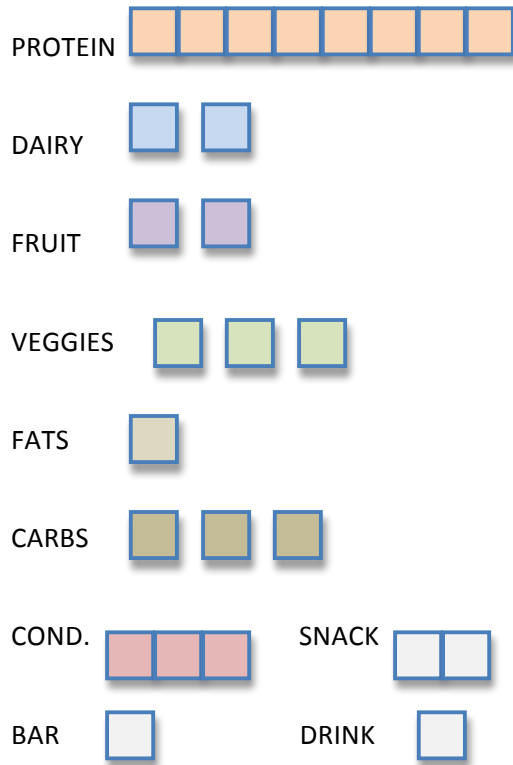
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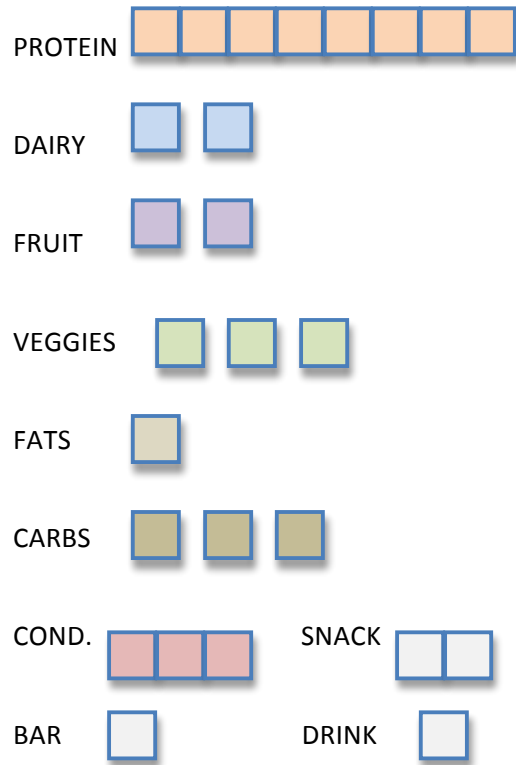
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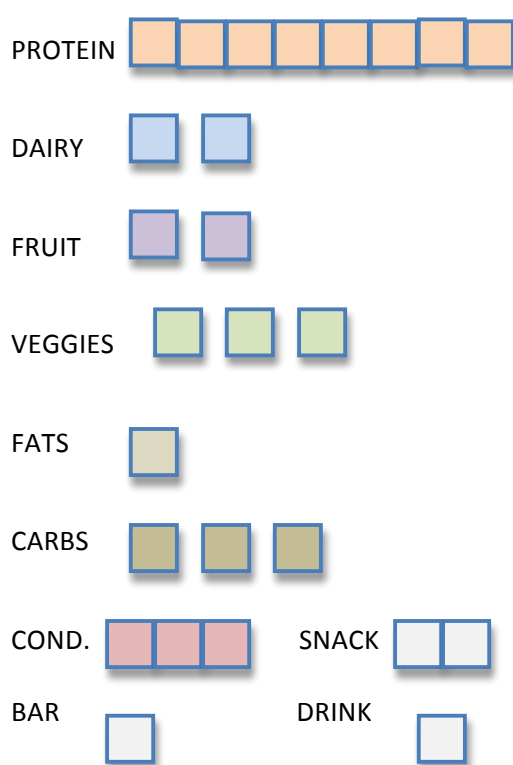
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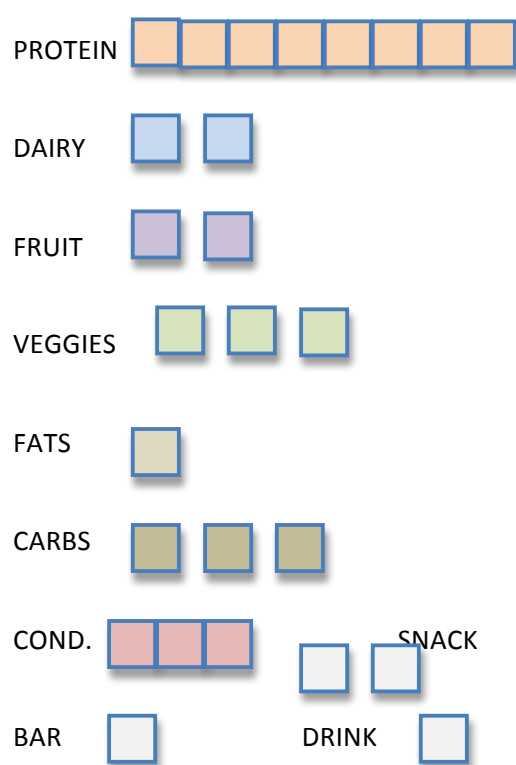
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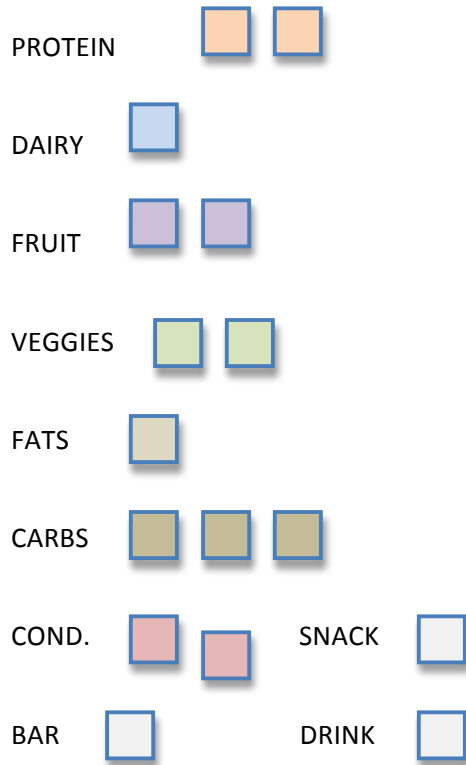
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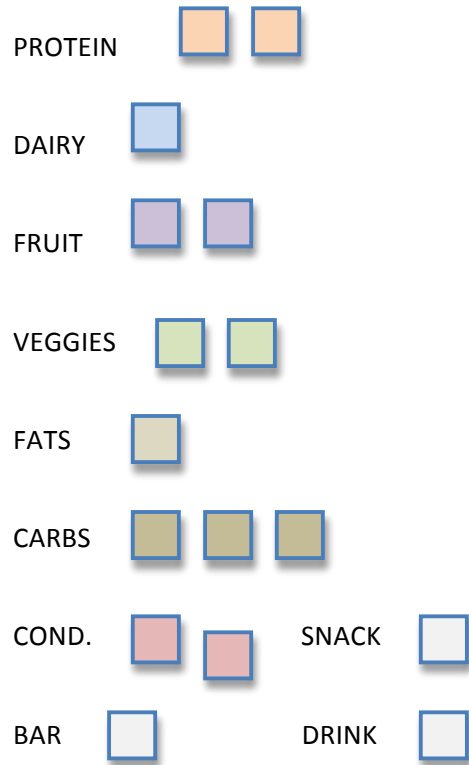
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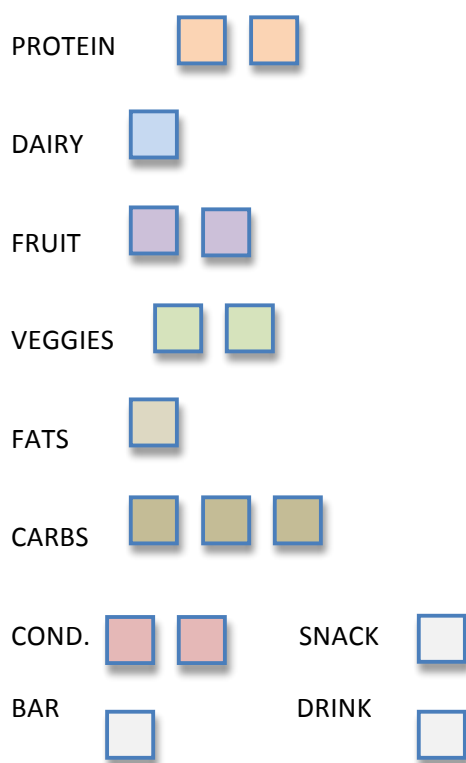
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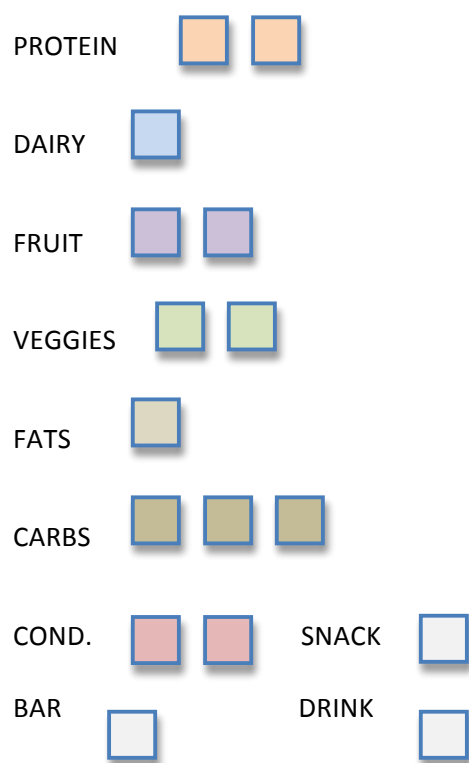
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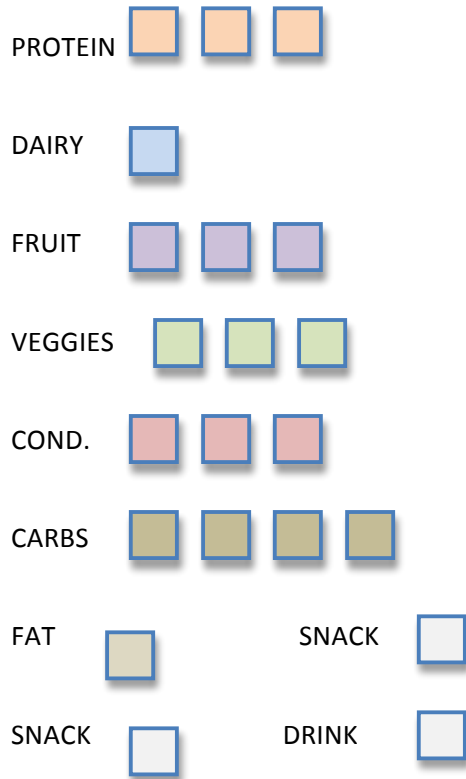


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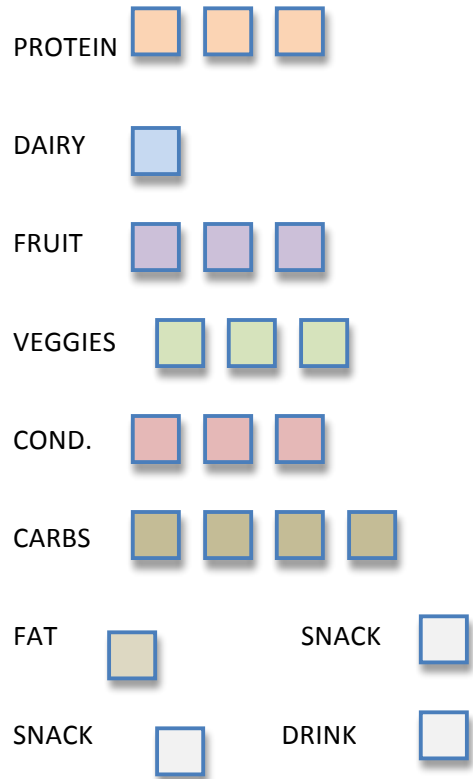




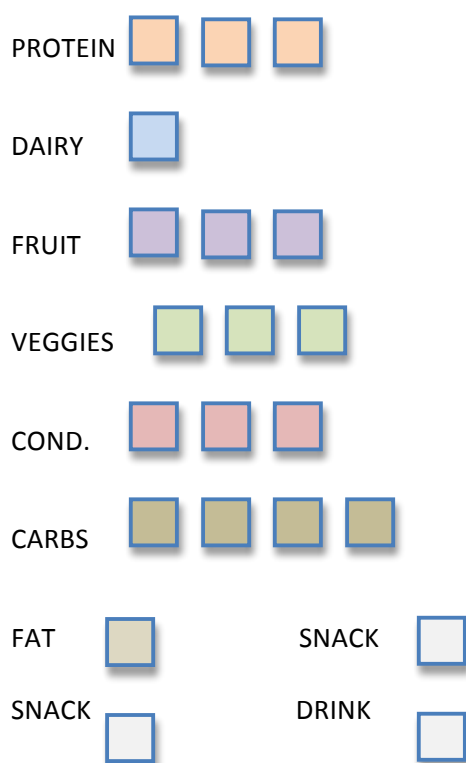
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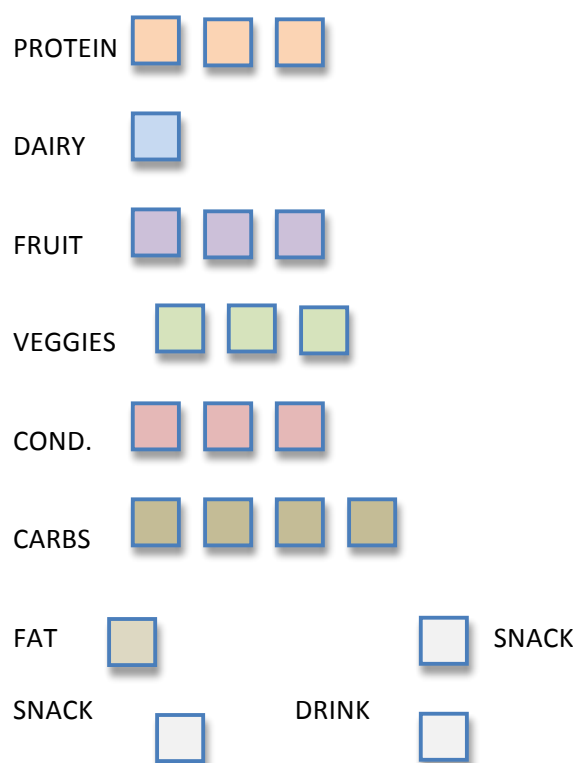
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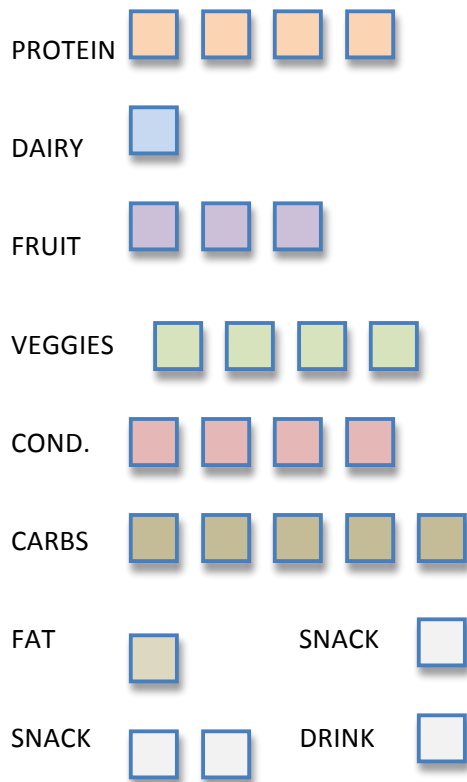
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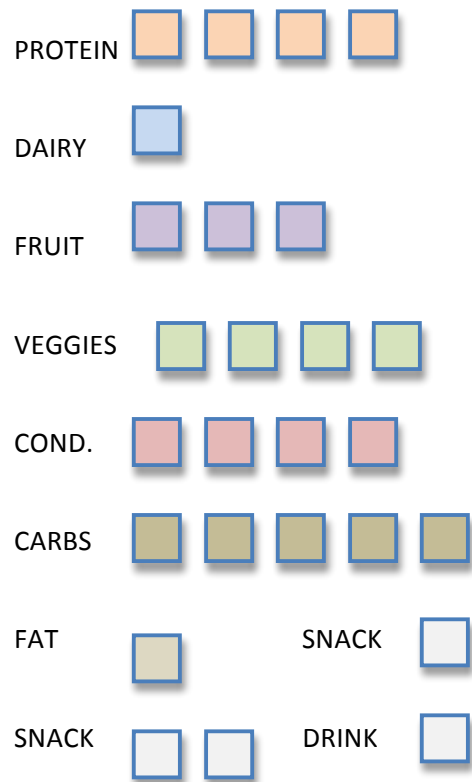
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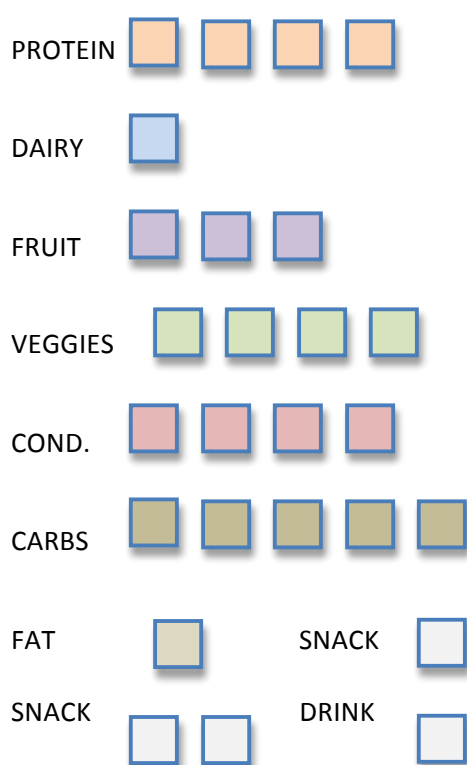
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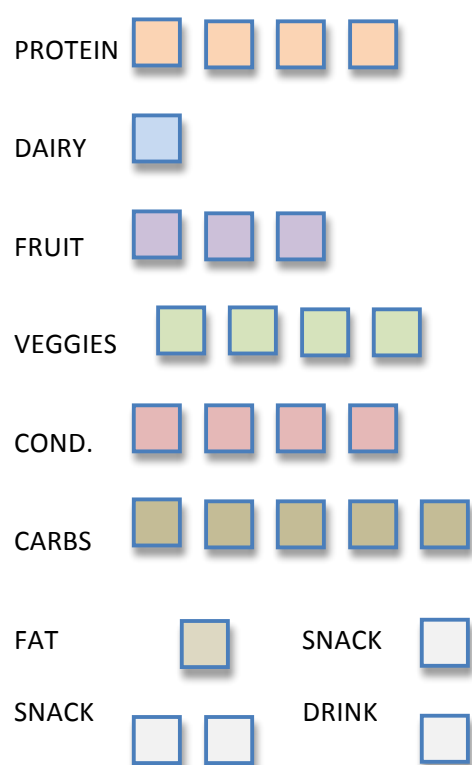
**Ph. 3: Endurance Maximizer – Level 3**



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