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[Athlean X Full Gym 90 Day Training Program Pdf Pdf](#)

Plan 1 Off Day Customize Meal Plan Export to Chart

Mesomorph - Plan 1		Totals Required					
Serving		759 cal 50.2 g 15.9 g 103.7 g					
Meal 1 (Breakfast)		822 cal 65.1 g 17.4 g 108.6 g 10.1 g					
Item	Measure	Grams	Calories	Protein	Fat	Carbs	Fiber
BREAD,MULTI/VHLE GRAZI	3 slice	78	207	10.4	3.3	33.8	5.8
EGG,WHITE,RAW	1 1/2 cup	274.5	132	29.9	0.5	2	0
EGG,WHOLE,RAW	2 Large	112	160	14.1	11.1	0.9	0
CEREALS MULTIGRAIN OATS,DRY	1 1/2 cup	90	300	10.2	2.3	66.1	10.8
STRAWBERRIES,RAW	1/2 cup	76	24	0.5	0.2	5.8	1.5
WATER,TAP,DRINKING	2 1/2 cup	533.3	0	0	0	0	0

Mesomorph - Plan 1		Totals Required					
Serving		459 cal 50.2 g 15.9 g 28.7 g					
Meal 2 (Snack)		564 cal 55.6 g 10.3 g 43.0 g 4.3 g					
Item	Measure	Grams	Calories	Protein	Fat	Carbs	Fiber
BROCCOLIRAW	1 1/2 cup	102.4	35	2.9	0.4	6.8	2.7
OL,OLIVE	1 tbsp	14	124	0	14	0	0
CHICKEN BREAST,NO SKIN,RAW	7 1/2 oz	213	234	49.2	2.6	0	0
RICE,BROWN,MEDIUM GRAIN,RAW	1/2 cup	47.5	172	3.6	1.3	36.2	1.6

Mesomorph - Plan 1		Totals Required					
Serving		689 cal 59.2 g 15.9 g 66.4 g 9.9 g					
Meal 3 (Lunch)		634 cal 59.1 g 18.1 g 62.4 g 9.9 g					
Item	Measure	Grams	Calories	Protein	Fat	Carbs	Fiber
ALMONDS	1/2 cup	23.8	137	5	11.7	5.1	2.9
APPLES,RAW,WITH SKIN	1/2 cup	62.5	33	0.2	0.1	8.6	1.5
CHEESE,COTTAGE,LOWFAT,1%	1 1/2 cup	254.3	183	31.5	2.6	6.9	0
SALAD DRSSNG, MIRACLE WNP	1 tbsp	16	13	0	0.4	2.5	0.3
TURKEY BREAST MEAT	4 1/2 slice	94.5	98	16.1	1.6	4	0.5
BREAD,PITA,WHOLE-WHEAT	1 pita, (6-1/2" dia)	64	170	6.3	1.7	35.2	4.7

Mesomorph - Plan 1		Totals Required					
Serving		459 cal 50.2 g 15.9 g 28.7 g					
Meal 4 (Snack)		620 cal 56.6 g 23.8 g 42.3 g 3.4 g					
Item	Measure	Grams	Calories	Protein	Fat	Carbs	Fiber
OL,OLIVE	1 1/2 tbsp	21	186	0	21	0	0
CARROTS,RAW	1/2 cup	64	26	0.6	0.2	6.1	1.8
TURKEY BREAST,MEAT ONLY,RAW	7 1/2 oz	213	236	52.4	1.4	0	0
RICE,BROWN,MEDIUM GRAIN,RAW	1/2 cup	47.5	172	3.6	1.3	36.2	1.6

Mesomorph - Plan 1		Totals Required					
Serving		620 cal 50.2 g 15.9 g 69.1 g					
Meal 5 (Dinner)		643 cal 63.2 g 18.5 g 54.4 g 6.3 g					
Item	Measure	Grams	Calories	Protein	Fat	Carbs	Fiber
CHICKEN BREAST,NO SKIN,RAW	8 1/2 oz	241.4	266	53.7	3	0	0
SWEET POTATO,RAW	1/2 potato	65	56	1	0	13.1	2
ASPARAGUS,RAW	11 spear	132	26	2.9	0.2	5.1	2.8
RICE,BROWN,MEDIUM GRAIN,RAW	1/2 cup	47.5	172	3.6	1.3	36.2	1.6
OL,OLIVE	1 tbsp	14	124	0	14	0	0

Mesomorph - Plan 1		Totals Required					
Serving		459 cal 50.2 g 15.9 g 28.7 g					
Meal 6 (Snack)		136 cal 15.1 g 1.7 g 16.2 g 3.4 g					
Item	Measure	Grams	Calories	Protein	Fat	Carbs	Fiber
STRAWBERRIES,RAW	1 1/2 cup	171	35	1.1	0.5	13.1	3.4
CHEESE,COTTAGE,LOWFAT,1%	1/2 cup	113	81	14	1.2	3.1	0

Daily Macronutrient

Nutrient	Actual	Target
Calories	3422cal	3456cal
	99%	100%
Carbs	326.8g	345.6g
	38%	40%
Protein	314.8g	302.4g
	36%	35%
Fat	97.9g	96g
	25%	25%
Fiber	45.5g	
	1%	

Post-Workout Recovery Shake

Protein	Carbs	Calories
59g	95g	616Cal

Water Intake

Recommended	Actual (oz)
158oz	0



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