

Coach Todd's P90X MASS GAIN Diet (Cardio Days - 3000 Calories)



Calories*/Proteins/Carbs/Fats

	Calories*	Proteins	Carbs	Fats																
Post Workout - 220*/10/39/2																				
P90X Results/Recovery Formula																				
Sci-Fit Kre-Alkalyn 1500/Gluta-lyn 1500																				
Breakfast (Part 1) - 338*/24/34/12																				
Chocolate PB Banana - Shakeology																				
Breakfast (Part 2) - 350*/14/49/12																				
Whole Wheat Bread - (2 slice)																				
Peanut Butter - (1 tbsp)																				
Natural Jam - (1 tbsp)																				
AM Snack - 422*/32/60/8																				
Homemade Protein Bar																				
Natural Honey - (1/4 tbsp)																				
Banana																				
Lunch - 437*/46/41/11																				
Lean Meat - (4oz)																				
Whole Wheat Bread - (2 slice)																				
Veggies - (2 cups)																				
String Cheese																				
Almonds - (8ct)																				
Early PM Snack - 306*/15/58/4																				
Cheerios/H2H																				
Skim Milk - (1 cup)																				
Late PM Snack - 298*/24/30/11																				
Pea Protein - (1 scoop)																				
Almonds - (16ct)																				
Apple																				
Dinner - 550*/42/52/4																				
Lean Meat - (4oz)																				
Veggies - (3 cups)																				
Brown Rice,Beans, or Whole Wheat Pasta - (180 cal)																				
Whole Wheat Bread - (1 slice)																				
Sci-Fit Kre-Alkalyn 1500/Gluta-lyn 1500																				
Late Snack - 113*/20/7/1																				
Pea Protein - (1 scoop)																				
Totals - 3034*/227/370/65																				

Coach Todd's P90X MASS GAIN Diet (Rest Days - 2800 Calories)



Calories*/Proteins/Carbs/Fats

Morning Supplements												
Sci-Fit Kre-Alkalyn 1500/Gluta-lyn 1500												
Breakfast (Part 1) - 338*/24/34/12												
Chocolate PB Banana - Shakeology												
Breakfast (Part 2) - 350*/14/49/12												
Whole Wheat Bread - (2 slice)												
Peanut Butter - (1 tbsp)												
Natural Jam - (1 tbsp)												
AM Snack - 422*/32/60/8												
Homemade Protein Bar												
Natural Honey - (1/4 tbsp)												
Banana												
Lunch - 437*/46/41/11												
Lean Meat - (4oz)												
Whole Wheat Bread - (2 slice)												
Veggies - (2 cups)												
String Cheese												
Almonds - (8ct)												
Early PM Snack - 306*/15/58/4												
Cheerios/H2H												
Skim Milk - (1 cup)												
Late PM Snack - 298*/24/30/11												
Pea Protein - (1 scoop)												
Almonds - (16ct)												
Apple												
Dinner - 550*/42/52/4												
Lean Meat - (4oz)												
Veggies - (3 cups)												
Brown Rice,Beans, or Whole Wheat Pasta - (180 cal)												
Whole Wheat Bread - (1 slice)												
Sci-Fit Kre-Alkalyn 1500/Gluta-lyn 1500												
Late Snack - 113*/20/7/1												
Pea Protein - (1 scoop)												
Totals - 2814*/217/331/63												