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A Day How To*

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Beginner's*

*Guide! | Buff
Dudes Cutting*

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AND HOW TO GET
YOUR FREE 7 DAY
EATING PLAN*

*Getting Started
with 21 Day Fix
Portion Control
Eating Plan*

*Beach Body
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Shredding Diet |
Meal By Meal |
Full Meal Plan

P90X3 \u0026

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Nutrition Guide
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In the T25
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you are shown
what they are
calling a
“4-step calorie

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quiz” to figure out if you should be eating 1,200 calories or 1,600 calories per day. This is where the simplicity comes in. They only give you two calorie intake options and 4 questions to

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determine which
calorie intake
you will use.

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Nutrition Plan
Enough For
EXTREME Results~~

~~...~~

Nutritional
Information (per
serving) :

Calories: 301 /

Total Fat: 11g /

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Saturated Fat:

2g /

Cholesterol: 4

mg / Sodium: 694

mg /

Carbohydrate:

37g / Fiber: 8g

/ Sugar: 8g /

Protein: 16g

Preheat grill or

broiler to high

Grill or Broil

patty for 3 to 4

minutes on each

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side or to
desired doneness
Place ...

~~5 Day Fast Track
Nutrition Guide
For T25
Fitness Rocks
Blog~~

For Focus T25, I
suggest: 40%
Protein / 30%
Carbs / 30%
Fats. This means

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40% of your
calories would
come from
Protein; 30%
from
Carbohydrates;
30% from Fats.
YOUR NEXT STEP:
Track the
calories and
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on products and nutrition, to ensure your group's ultimate success. 3.

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has two

brackets: 1,200

calories and

1,600 calories.

While meal

choices are all

balanced, some

lean toward

protein and

others lean

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program. Let me walk you through the T25 nutrition guide and fast track planner in this review below:

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much calories
you are needed
per single meal
when you are
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Zimmerman lost
54 lbs. with

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FOCUS T25. He entered his results into the Beachbody Challenge, and won the \$500 Daily Prize for November 26th!... Before and After

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successfully.

FOCUS for 25
minutes a day 5
days ...

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What is also
great about the
Focus T25
nutrition guide
is that it lists
25 healthy foods
that you should

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have at home at any time. There also are three common questions which they address into this nutrition guide, such as: What if I notice food cravings, what if it is really late and I feel like I'm hungry, and what

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if I want to do
a double charged
workout in terms
of intensity.

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In a nutshell,
Focus T25 is a
high intensity
cardio/strength
training program

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that last 25 minutes giving you the same weight loss results as the old insanity program that was 45-60 minutes. It was developed from the ground up by Shaun-T, a world-renowned personal trainer and fitness

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