
Followed the nutrition plan but also had some junk

Posted by Knicks - 2008/06/08 09:02

I have been doing the p90x for a week so far and I feel great so far...sweat a lot in every workout! One question though that I want to ask is that I followed the diet plan for phase 2 but I have to be honest, I had some junk food on a couple of days. Every week though I do a light jog 2 miles on my rest day (saturday) and im goin to continue doing it to condition myself for basketball. If I do this and also play basketball outside will i be able to loose all the junk food i ate? Also can follow the plan but also have a junk food once every week cause of all the cardio im adding to p90x cause i dont want to be too lean?

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Re:Followed the nutrition plan but also had some j

Posted by Lskarp - 2008/06/09 13:17

Junk is just that, junk. Eat less and you will have better results. Most of us are in the boat of eating some level of junk each week. Much better to be on the program and have a slip here and there, then to no be exercising an hour a day and then having the junk as well!!!

I did not do the plan per se, but watched what I ate and put in my 90 days and I am very happy with my results. Could they have been better if I was on the plan?? Without question they would have been!! but I probably would not have lasted 90 days as I would be in divorce court now because I would have made Mrs. Lskarp crazy with my obsession!!

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Re:Followed the nutrition plan but also had some junk

Posted by Storm - 2008/06/10 12:48

Knicks wrote:

Also can follow the plan but also have a junk food once every week cause of all the cardio im adding to p90x cause i dont want to be too lean?

I don't understand this "too lean" thing. Not particularly from you, but my brother says the same thing and it just doesn't make sense to me.

If you meant too skinny, that I would understand. But then the question is how do I add lean mass, not stop getting too lean.

The best way to keep from getting too lean is to add calories but add them from good lean sources. If you want a treat once a while that's fine, but you shouldn't be eating junk food to add (fatty) mass.

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