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## Nutrition plan. Little Help?

Posted by HMNyge - 2008/05/17 00:37

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Hi everyone, I just purchased the P90x program. I can already tell that I am going to struggle the most with the diet portion. Not that I eat poorly, or at least I don't think I do. Of course I don't really know all that much about nutrition and need some help in that respect. I'm not much of a cook, although I'd like to improve. I tend to eat a lot of deli meat (Salen's smokehouse ham) and multigrain breads, fruits, yogurt, salads, chicken and beef. I already know that I need to start keeping track of what I eat in a journal. I really just need a plan of attack. I am in dental school and don't have a ton of time to be cooking and grocery shopping, but then, i'm sure no one on here has much time to do it either! How does everyone efficiently plan and prepare meals? How often do you grocery shop? How can I make this program work so that I don't feel like I'm either working out, cooking, or shopping for food all the time?

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## Re:Nutrition plan. Little Help?

Posted by Coy G - 2008/05/17 10:12

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Well, the odds of you actually following the diet exactly as instructed are pretty slim. What I've been doing is working on my diet before I even started the program. If it'll help you should draw out a calendar and mark down what you want to eat on that specific day, that way it doesn't get confusing and you can keep things organized.

Me, personally, I mix and match things that sound appealing to me, but also follow the guide to a certain point. For example: I'll drink a homemade smoothie with the contents being the same ones recommended in the guide. Then for a snack I'll get some celery and peanut butter or pistachios. (I know the guide says soy nuts, but I found that pistachios are good for boosting energy and speeding up the metabolism so I prefer those), then for lunch I'll have a portioned chicken or some turkey or maybe some tuna or whatever is on menu at that time and then follow the same routine for the next snack and then dinner. Just try to do it to where you can eat the same stuff often, but you don't get tired of it. Try seasoning some steak or marinating your chicken or whatever sounds good to you, but is healthy at the same time.

For grocery shopping, I was able to get away with spending about 50 bucks for roughly two weeks of food. Now, keep in mind when I buy packs of turkey, chicken, steak, etc I cut one piece of meat in half and that would be my lunch/dinner. I.E. in a pack of chicken breasts there is usually 3 slabs of meat and I turn it into 6. I didn't read much into the guide so I'm not sure if they mention portioning your food, but that is a big deal. Don't eat to fill up, just eat to satisfy your hunger for the time being.

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## Re:Nutrition plan. Little Help?

Posted by kenny - 2008/05/17 13:12

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I have been following the Fat Smash diet by Dr. Ian smith - [Read the review here](#). I've lost over 25lbs now and thats including building muscles ding P90X.

The first 9 days is the toughest, after that it wasn't too bad. Also, A key is to prepare your food ahead of time. Try to cook for the next 2 days.

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## Re:Nutrition plan. Little Help?

Posted by wisco - 2008/05/18 14:58

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Kenny - how long have you been following Fat Smash? Have you been doing it the whole time you've been P90xing?

I just started the Fat Smash 9 day detoxification on Thursday - so far, so good....I'm hoping it will get me through a plateau I've been on for a few weeks.

Thanks!

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## Re:Nutrition plan. Little Help?

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Posted by kenny - 2008/05/18 15:22

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I actually started it around day 30 of doing to the P90x program. I started seeing better results once i started this diet. I've been eating this way for at least for 3 months. If you stick with it, you will get past your plateau.

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### Re:Nutrition plan. Little Help?

Posted by wisco - 2008/05/18 15:36

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Thanks for the quick answer. That's pretty close to my start time too. Here's hoping!! :-)

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### Re:Nutrition plan. Little Help?

Posted by kenny - 2008/05/19 08:37

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Post your progress on the forum doing this diet. So far, I don't know anyone else who is doing this plan with P90X. It made the difference for me but it may not for other people.

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