



rexis

FITNESS + TRAINING

NUTRITION & MEAL PLAN OVERVIEW

How to use the **AXIS DIET PLAN**

Calculate number of calories needed.

Remember to use Desired Body Weight (DBW) to create deficit.

To find your Resting Metabolic Rate (RMR), Body Weight (BW) x 10 = RMR in calories

****Must use DBW if within 20lbs. If more than 20lbs to lose divide pound loss amount by 2 and use that number**

le: If BW = 200lbs and DBW = 150lbs use 175lbs to calculate RMR.

Once DBW of 175 is reached you will then use 150lbs to reach ultimate goal of 150lbs.

Calculate daily living factor = RMR x 1.20 = Calories needed on non-workout days.

On days that you DO workout RMR x 1.6.

Portion Sizes and Examples

Carbs: 1 portion = 20g/80 calories

½C starchy vegetable, ½ C rice/pasta, 1 Whole Wheat Wrap, 15 Crackers,
1 slice of whole grain sandwich bread, 1/2C Sweet Potatoes or White Potatoes,

Fruit: 1 Portion = 20g/80 calories

1 medium size Apple/Banana, 3/4C Grapes, 1C Berries

Non-Starchy Vegetables: Unlimited (at least 4 portions)

2 Handfuls Raw Spinach, 20 Baby Carrots, 1C Broccoli, 4 Stalks of Celery,
½ Sweet pepper, 10 Asparagus Spears

Protein: 1 portion = 20g/80 calories

3oz (palm size) of Cooked Chicken/Turkey/Fish/Beef, 6 Egg Whites,
3 Whole Eggs, 1 Scoop Protein Powder, 1 C Non-fat Greek Yogurt

Fat: 1 portion = 20g/180 calories

1/4C Nuts, 2TBSP Nut Butter, 1/4C Avocado, 1/2C Hummus, 1TBSP Olive Oil

DAYS 1-21



Initial Weight Loss Phase

The initial weight loss phase is intended to help you clear out your pantry and ultimately your body systems (kidney, liver, blood & colon) of toxins and just plain old JUNK! In these first 3 weeks you will see your quickest weight loss due to the amount of water weight you will be shedding with all that JUNK! The reason you will be on this phase for a short 3 weeks is because with the higher amounts of protein and lower carbohydrates you will begin to feel a little groggy and over time lose energy and momentum in your weight loss. Any longer in this phase and you may see negative side affects as your body will try to compensate for the lack of carbohydrates and retain weight.

Calorie level amounts will be: **Carbs 30% | Protein 50% | Fat: 20%**

1800 calories/ day

CARBS

135g/ 540 calories **7 portions**

PROTEIN

225g/ 900 calories **11 portions**

FAT

40g/ 360 calories **2 portions**

2400 calories/ day

CARBS

180g/ 720 calories **9 portions**

PROTEIN

300g/1,200 calories **15 portions**

FAT

54g/ 480 calories **3 portions**

3000 calories/ day

CARBS

225g/ 900 calories **11 portions**

PROTEIN

375g/1500 calories **19 portions**

FAT

67g/ 600 calories **4 portions**



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DAYS 22-50



Energy Building & Strength Building Phase

The energy building and strength building phase is exactly how it sounds. After your initial weight loss phase you will be ready to start lifting more weights and increasing your muscle mass to help you burn more calories at rest, giving you more energy throughout your typical day. This phase is a 4 week cycle to make sure you have adequate time to continue to see weight loss (up to 2 pounds/ week) without negative side affects.

Calorie level amounts will be: **Carbs 40% | Protein 35% | Fat 25%**

1800 calories/ day

CARBS

180g/ 720 calories **9 portions**

PROTEIN

158g/ 630 calories **8 portions**

FAT

50g/ 450 calories **3 portions**

2400 calories/ day

CARBS

240g/ 960 calories **12 portions**

PROTEIN

210g/ 840 calories **11 portions**

FAT

67g/ 600 calories **4 portions**

3000 calories/ day

CARBS

300g/ 1200 calories **15 portions**

PROTEIN

260g/ 1050 calories **13 portions**

FAT:

84g/ 750 calories **4 portions**

DAYS 51-90



Maintenance & Lifestyle Phase

The maintenance and lifestyle phase will constitute your final 5 weeks in the program and help you to see how this is not just a quick fix but ultimately a lifestyle change. You can still occasionally enjoy your favorite treats (holidays and birthdays etc) but they are not what is going to ultimately effectively fuel you through your Axis workout or your office day.

Calorie level amounts will be: **Carbs 50% | Protein 30% | Fat 20%**

1800 calories/ day

CARBS

225g/ 900 calories **11 portions**

PROTEIN

135g/ 540 calories **7 portions**

FAT

40g/ 360 calories **2 portions**

2400 calories/ day

CARBS

300g/ 1200 calories **15 portions**

PROTEIN

180g/ 720 calories **9 portions**

FAT

54g/ 480 calories **3 portions**

3000 calories/ day

CARBS

375g/ 1500 calories **19 portions**

PROTEIN

225g/ 900 calories **11 portions**

FAT

67g/ 600 calories **4 portions**



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Healthy Choices, options for Meal Replacements, Proteins, Carbs and Fats

Non-Starchy Vegetables Choices

- ☐ _____ Fresh Spinach
- ☐ _____ Asparagus Spears
- ☐ _____ Onion
- ☐ _____ Zucchini
- ☐ _____ Yellow Squash
- ☐ _____ Sweet Bell Pepper
- ☐ _____ Broccoli
- ☐ _____ Cauliflower
- ☐ _____ Fresh Salsa
- ☐ _____ Frozen Vegetable Mix
- ☐ _____ Tomato

Fruit & Starchy Vegetable Choices

- ☐ _____ Apple
- ☐ _____ Banana
- ☐ _____ Sweet Potato
- ☐ _____ Grape Fruit
- ☐ _____ Strawberry/ Blueberry
- ☐ _____ Red Potatoes
- ☐ _____ Oranges

Carbohydrate Choices

- ☐ _____ Old Fashioned Oats
- ☐ _____ Brown Rice
- ☐ _____ Quinoa
- ☐ _____ Whole Grain Bread/ Tortilla
- ☐ _____ Legumes

Fat Choices

- ☐ _____ Extra Virgin Olive Oil
- ☐ _____ Coconut Oil
- ☐ _____ Almonds
- ☐ _____ Almond Butter
- ☐ _____ Avocado

Fish Protein Sources

- ☐ _____ Swai
- ☐ _____ Tilapia
- ☐ _____ Can Tuna
- ☐ _____ Salmon

Vegetarian Protein Sources

- ☐ _____ Egg Whites
- ☐ _____ Large Egg
- ☐ _____ Chobani w/ Fruit
- ☐ _____ 1 Scoop Whey
- ☐ _____ 8oz/1C NF Greek Yogurt

Protein Supplement/ Meal Replacemnt

- ☐ _____ Isagenix Whey Protien
- ☐ _____ Isagenix Meal Replacement Bar
- ☐ _____ Isagenix Meal Replacement Shake
- ☐ _____ Isagenix Dairy Free Protien

Animal Protein Choices

- ☐ _____ Chicken
- ☐ _____ Turkey
- ☐ _____ Lean Beef
- ☐ _____ Boar's Head Deli Meats