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Fat – a thumb size, focusing on getting in your essential fatty acids like; avocado, olive oil, walnuts and flaxseeds AND. Carbohydrates – one to two handfuls of low-starch carbs such as asparagus, cabbage, broccoli,

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cauliflower, leafy greens, raw carrots, onions, tomatoes and eggplant.

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The Les Mills PUMP Get Lean Nutrition Guide is the official nutrition recommended for the Les Mills PUMP fitness program. Like all Beachbody nutrition guides it's full of pretty pictures, step by step instructions, and recipes. The guide is broken down into three phases. The first is the seven day jump start.

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Meal 1 - Chilli Scrambled Eggs on roast tomatoes and baby spinach  
Meal 2 - Lamb and egg stack with tomatoes and avocado\*  
Meal 3 - Chicken lettuce cups  
Meal 4 - Meatballs on grated carrot and celery  
Meal 5 - Baked chicken thighs with lemon and olive oil + Protein shake post-workout. Day 5.

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## **The 21 Day Challenge.**

Meat is usually considered the most protein-rich food, yet plants supply most of the protein consumed by humans globally. So is one better than the other?

## **Les Mills - Nutrition**

Fat - a thumb size, focusing on getting in your essential fatty acids like;

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avocado, olive oil, walnuts and flaxseeds  
AND. Carbohydrates – one to two  
handfuls of low-starch carbs such as  
asparagus, cabbage, broccoli,  
cauliflower, leafy greens, raw carrots,  
onions, tomatoes and eggplant.

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bodycombat release your inner warrior;  
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strong; bodyjam hear the beats, feel the  
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muscle, get fit; bodystep lift your fitness,  
raise your energy; cxworx 30 minutes of  
core intensity; les mills barre ballet  
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bodybalance calm & centered, long &  
strong; bodyjam hear the beats, feel the

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So Les Mills starts off with a 7 day jump  
start. This jump start has an average  
calorie/day of between 1000-1200



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calories with 4 meals a day spread out throughout the day and making dinner the last meal. The shopping guide falls along all the other guides in that it is about 2 1/2 pages when you put all the recipes together.

### **Les Mills Pump Nutrition Guide Review | P90x nutrition ...**

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Les Mills Pump Nutrition Guide Many people think that they can achieve remarkable results with sheer willpower and exercise alone. What they don't understand is that nutrition is truly the cornerstone of all successful workouts, and that extreme results require extreme levels of dedication to healthy, nutritious, and balanced meals.

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This intense training technique accelerates your heart rate, burning up to 1,000 calories per workout and torching more fat to reveal gorgeous muscles and a sleek, sculpted body-fast. Now you can get in the best shape of

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your life at home with the LES MILLS PUMP DVD workout complete with barbell and weights. From the Manufacturer

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Since the Turbo Fire workout is so incredibly intense, you will need to

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ensure that you get a steady source of nutrition. That means five meals a day—three main meals, and two snacks. You should try to eat your breakfast within an hour of waking up, and your first snack within a couple of hours of that.

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