



The **Report XT** Food Plan & Nutritional Guide has been produced to give you the same flexibility as the Workout Calendar. You don't have to eat the exact meal on the exact day that it is listed. Mix and match the meals to create the plan that you will be more likely to follow. Remember, the food you eat not only provides the fuel to run your body, but the fuel for your mind as well. If you need some great results in a short amount of time, use the 10-Day Slim Down Guide to accelerate your progress.

START PICTURE	10 DAY	30 DAY	60 DAY	90 DAY	
	WEIGHT	JEAN SIZE	CHEST	BICEP	WAIST
DAY ONE					
DAY 10					
DAY 30					
DAY 60					
DAY 90					



Tapout Xt Fitness Guide

A. G. Scott

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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