

# Acces PDF Focus T25 Nutrition Guide

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Nutrition Plan, Calorie Intake | Is  
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Meals/\$3.50 Each) 22 Minute Hard  
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- NEW Shaun T 25 Minute  
Workouts- Home Workouts Work  
Focus T25 Workout - It's About  
Time! Shaun T ' s Meal Plan That  
Targets Your Problem Areas: Butt,

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Thighs and Waist Focus T25:  
What's in the Box? ~~Beach Body~~  
~~Shredding Diet~~ | ~~Meal By Meal~~ |  
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For Focus T25, I suggest: 40%  
Protein / 30% Carbs / 30% Fats.  
This means 40% of your calories  
would come from Protein; 30%  
from Carbohydrates; 30% from  
Fats. YOUR NEXT STEP: Track

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the calories and macros the right way. Check out my post “ How to Use MyFitnessPal ” to plug in these numbers.

~~Focus T25 Nutrition Guide Tips  
and Tricks to Succeed~~

The T25 diet recommends eating

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breakfast, lunch, dinner, and two snacks every day. The 4-Step Calorie Quiz. In the T25 Nutrition Guide you are shown what they are calling a “ 4-step calorie quiz ” to figure out if you should be eating 1,200 calories or 1,600 calories per day. This is where the

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simplicity comes in.

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or marinating fish or chicken). I  
love to use this marinade to make  
these grilled... Grilled Fish Tacos  
with cabbage citrus slaw. Dijon  
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EXTREME Eating Plan, the  
operative word for the FOCUS  
T25 Get It Done Nutrition Guide is  
“spartan.” The FOCUS T25 Get It

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Done Nutrition Guide has two brackets: 1,200 calories and 1,600 calories. While meal choices are all balanced, some lean toward protein and others lean toward carbs.

~~How to Pick a Beachbody Nutrition~~

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~~Plan | The Beachbody Blog~~

The Focus T25 program consists of 10 different 25-minute workouts. You start with the Alpha phase, which includes five workouts: Cardio; Speed 1.0; Total body circuit; Ab intervals; Lower focus



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~~Focus T25 Workout: What You Do,  
How Hard It Is, and More~~

So lets first take a look at each of  
the three calorie intake options  
offered in the T25 Nutrition Guide:

Focus T25 Calorie Intake Levels

First off there is the Focus T25 5

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Day Fast Track. This is based on a 1,100 calorie per day balance of proteins, carbs, and fats and has all your meals planned out for you.

~~Focus T25 Calorie Intake - Is  
THAT Enough Food???~~ |  
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What makes the T25 nutrition guide SO unique and really sets it apart from any other nutrition guide? Find out this and more while I walk you through the T25...

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This Nutrition Guide helps determine how many calories you need to take by making it super simple. You ’ re either going to eat 1,200 or 1,600 calories... No weird

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calorie numbers to keep track of.

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FOCUS T25 comes with 11  
workouts on 9 DVDs, a Quick Start  
guide, the Get It Done Nutrition

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guide, Alpha/Beta wall calendars, the 5-day Fast Track meal guide, a B-Lines Resistance Band (15 lb.), and Free online support. VIDEO: What Does The Media Say About The Focus T25 Workout \*Results may vary by individual.



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~~FOCUS T25 Workout - NEW~~

~~Shaun T 25 Minute Workouts~~

Shaun T has recently released Focus T25 which is an athletic based full body workout program. In T25, you go through two phases (Alpha and Beta) and need to commit to 5 weeks in each phase.

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It will take 10 weeks to complete the program and you ' ll workout 5 days a week, with one day of rest and one day to stretch.

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