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FOCUS T25 :: Nutrition Guide Explained

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Guide | Are You Following It Correctly?

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Nutrition - What to eat? Focus T25

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Nutrition Plan, Calorie Intake | Is This
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Focus T25 How to Meal Plan - Plus Size
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Home Workouts Work Focus T25
Workout - It's About Time! Shaun T's
Meal Plan That Targets Your Problem

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Areas: Butt, Thighs and Waist Focus T25:
What's in the Box? ~~Beach Body Shredding
Diet | Meal By Meal | Full Meal Plan
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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 the calories and macros the right way. Check out my post [How to Use MyFitnessPal](#) to plug in these numbers.

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

The T25 diet recommends eating 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

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figure out if you should be eating 1,200 calories or 1,600 calories per day. This is where the simplicity comes in.

~~Focus T25 Nutrition Plan Enough For
EXTREME Results ...~~

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FOCUS T25 NUTRITION GUIDE Citrus
Marinade (use for dressing or marinating
fish or chicken). I love to use this
marinade to make these grilled... Grilled
Fish Tacos with cabbage citrus slaw. Dijon
Chicken Pocket. I AM READY TO JOIN
YOUR T25 CHALLENGE GROUP !! I
AM READY TO JOIN YOUR T25

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CHALLENGE ...

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Alpha, Beta Phases of the workout (10
DVDs), Quick Start Guide, Get It Done
Nutrition Guide, Workout Calendar,
Stretch Workout, 5 Day Fast Start, 15

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shown that 30 minutes of exercise can be

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just as effective at burning fat and even more efficient... With FOCUS ...

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Shaun T's DVD Workout ...~~

FOCUS T25. Like the 21 Day Fix
EXTREME Eating Plan, the operative
word for the FOCUS T25 Get It Done

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Nutrition Guide is [spartan.] The FOCUS T25 Get It 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 Plan~~

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~~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

~~Focus T25 Workout: What You Do, How~~

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~~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 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

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out for you.

~~Focus T25 Calorie Intake Is THAT
Enough Food???~~ | RIPPEDCLUB

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

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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.

~~FOCUS T25 Workout NEW Shaun T 25~~

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~~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. It will take 10 weeks to complete the program and you'll workout 5 days a week, with

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one day of rest and one day to stretch.

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