

# R<sup>x</sup>RECIPES



ATHLEAN-RX

## INTRODUCTION

At ATHLEAN-X we know that abs are made in the kitchen. But rocking a body that has six pack abs year-round isn't easy. Let's face it, food is one of life's greatest joys. The ATHLEAN-X Factor Meal Plan is written to allow you to enjoy your life while still eating healthy, supporting your training and achieving that ripped, ATHLEAN look. Consider this recipe guide a supplement to that. All the recipes contained are Athlean-Approved and will not interfere with your training goals. In fact, since many of the recipes use ATHLEAN-Rx they're going to help you move closer to achieving your goals. Why eat regular cookies when you can eat cookies that are packed with Kre-Alkayn that's going to help you pack on lean muscle AND taste great... seems like a no-brainer. Like always, you're not required to use our supplements. Many of these recipes will work without the use of supplements or even with another brand, but if you want supplements that I'd put in my own body, I recommend ATHLEAN-Rx.

**Stay Strong (and enjoy!)**

**Jeff**

## ABOUT ATHLEAN RX X-CITE

X-Cite continues carve out its place as one of the most effective pre-workout supplements on the market. Made from the most researched, most effective ingredients in sports nutrition, it's no wonder why X-Cite is the choice for serious athletes.

### BETA ALANINE

Beta Alanine Increases intramuscular concentrations of carnosine thereby increasing strength, power, endurance and recovery, thereby increasing athletic performance and muscle mass.

- Increases fat loss and muscle growth
- Reduces post training session fatigue

### L-CITRULLINE MALATE

One of the best benefits of L-Citrulline DL-Malate is enhanced ATP production. This is needed by every living cell in the body and equates to higher energy levels. This is even more important for muscles which are engaged in heavy training or otherwise working. Increased ATP production also leads to the ability to train harder and recover faster.

- Improves muscle endurance and aerobic performance
- Boosts energy
- Increases ATP production allowing for harder training and faster recovery
- Supports lean muscle mass gains

### CREATINE HCL

Creatine hydrochloride's main benefit is helping to build muscle faster and easier. This is thought to be due to an increase in the production and supply of ATP to working muscle cells. This also provides more energy to the muscles, helping to avoid lactic acid build-up and allowing for longer and more intense workouts.

- Increases muscle strength and power
- Allows for faster and easier muscle growth
- Is better absorbed than Creatine Monohydrate and does not require a loading phase
- Reduces muscle damage and post workout soreness



## L-TYROSINE

One huge benefit of L-Tyrosine supplementation is that it can be useful for weight loss. It does this by improving some of the neurobiological disturbances typically caused by dietary restrictions. Medical research also indicates that L-Tyrosine supplementation can sharpen the memory, if taken on a regular basis. Tyrosine is able to protect the nerves from toxins and it is even able to cross the blood-brain barrier, which is one of the reasons why it is effective at raising the levels of key neurotransmitters. Another interesting L-tyrosine benefit is it helps the body adjust to situations of cold and fatigue.

- Supports weight loss
- Improves memory
- Regulates hormones

## BETAINE ANHYDROUS

One of the most important benefits of Betaine is its ability to improve muscle strength and power during training sessions. Some studies have shown that it can improve endurance, increase the number of reps that can be done with a given weight, and improve power and force with every rep. Evidence also indicates that Betaine improves protein synthesis following training sessions.

- Improves muscle strength, power and endurance
- Increases protein synthesis following training sessions
- Increases growth hormone and insulin-like growth factor 1 production
- May help promote fat loss

## TAURINE

Brand new studies suggest that Taurine is the most abundant amino acid in the body (above glutamine), particularly in the power generating type II fibers. Through supplementation it is possible to maintain peak stores of this important nutrient to enable more consistent force production without energy dropoff. Long term, taurine has been shown to be a cell volumizer that boosts internal muscle hydration...resulting in higher rates of muscle growth and function.

- Supports greater muscle growth and function
- Helps support cardiovascular function
- Helps temporarily restore mental alertness
- Assists in periods of increased mental and physical exertion



## CHOLINE BITARTRATE

Choline is a precursor for several neurotransmitters that are important for brain function including muscle control, reflexes, memory and cognition. Research has also shown Choline to be beneficial for attention and focus.

- Improves attention
- Enhanced focus

## CAFFEINE ANHYDROUS AND GUARANA

Caffeine is a widely used stimulant which is well studied and known to be safe in dosages of up to 500-600 mg. X-Cite provides the perfect blend of natural anhydrous caffeine and its herbal relative guarana, to produce unparalleled mental alertness and energy without the jitters or dangerous side effects of other popular pre-workout stimulants.

- Increases muscle endurance and strength
- Decreases muscle fatigue during workouts
- Boosts thermogenesis
- Improves concentration and short term memory



# X-CITE JELLO SHOTS

## INGREDIENTS:

1 scoop ATHLEAN RX1 X-CITE in Cherry Lemon Ice, Fresh Squeezed Orange, Jolly Watermelon Pucker or Country Pink Lemonade

1 Small Box Sugar Free Jell-O (choose your favorite flavor)

## DIRECTIONS:

Open package of Jell-O and pour it into your mixing bowl.

Add boiling water and mix until Jell-O is fully dissolved.

Add of RX1 X-CITE and mix.

When X-CITE is fully dissolved, pour in cold water and mix thoroughly.

Pour mixture evenly into your ice cube tray (should hold 12 cubes).

Refrigerate until firm (usually about 3 hours).

30 Minutes prior to working out...pop 6 shots and train hard! Enjoy!

## NUTRITION FACTS:

Makes 2 servings. Each serving contains 45 calories, 2g protein, 0g fat, 6g carbs.



# X-CITE MORNING ISLAND SMOOTHIE

## INGREDIENTS:

1 scoop ATHLEAN RX1 X-CITE in Fresh Squeezed Orange  
1 ½ cups freshly squeezed orange juice (4 oranges)  
1 tbsp freshly squeezed lime juice  
1 cup strawberries, tops removed, and cut in half  
½ to 1 ripe banana

## DIRECTIONS:

Combine RX1 X-CITE, orange juice, lime juice, strawberries, and banana.  
Process in a blender until smooth.  
Refrigerate until cold.

## NUTRITION FACTS:

Makes 1 serving. Each serving contains 295 calories, 4g protein, 0g fat, 72g carbs.



## ABOUT ATHLEAN RX2 XLR8

Since it exploded onto the market, XLR8 has continued to earn praise from the thousands of members of Team Athlean who have experienced its power. Nothing fancy, just the stuff you need.

### KRE-ALKALYN

Kre-Alkalyn is a buffered form of creatine that is processed at a higher PH level than the more acidic creatine monohydrate form. The more acidic the creatine, the more likely it is to chemically be converted into creatinine...the unusable byproduct. The decreased acidity of Kre-Alkalyn allows more of the creatine to be absorbed by the muscles and allows for smaller effective dosages with NO NEED FOR LOADING! This delivery is extremely well tolerated by the body with far less "creatine bloat" experienced and does not have to be cycled allowing you to get the uninterrupted benefits of creatine.

- Increases muscle strength and power
- Allows for faster and easier muscle growth
- Is better absorbed than Creatine Monohydrate and does not require a loading phase
- Reduces muscle damage and post workout soreness
- Reduces post training session fatigue

### BETAINE ANHYDROUS

One of the most important benefits of Betaine is its ability to improve muscle strength and power during training sessions. Some studies have shown that it can improve endurance, increase the number of reps that can be done with a given weight, and improve power and force with every rep. Evidence also indicates that Betaine improves protein synthesis following training sessions.

- Improves muscle strength, power and endurance
- Increases protein synthesis following training sessions
- Increases growth hormone and insulin-like growth factor 1 production
- May help promote fat loss





## BANANA BREAD PROTEIN SHAKE

### INGREDIENTS:

1 scoop ATHLEAN RX2 XLR8 in French Vanilla Bean or Strawberry Banana Split  
½ ripe banana  
¼ cup cooked oatmeal  
⅓ cup bran flakes type cereal  
½ cup skim milk  
Stevia and cinnamon to taste

### DIRECTIONS:

Blend and enjoy!

### NUTRITION FACTS:

Makes 1 serving. Each serving contains 321 calories, 23.5g protein, 2.5g fat, 53g carbs.

## OATMEAL SUBSTITUTE PROTEIN SHAKE

### INGREDIENTS:

1 scoop ATHLEAN RX2 XLR8 in French Vanilla Bean, Strawberry Banana Split  
or Chocolate Fudge Brownie  
½ cup cooled cooked oatmeal  
(can use oat flour or dry oats if you're really short on time!)  
½ tbsp maple syrup  
Handful of chopped almonds  
½ cup skim milk

### DIRECTIONS:

Blend and enjoy!

### NUTRITION FACTS:

Makes 1 serving. Each serving contains  
367 calories, 26.5g protein, 7.5g fat, 48.5g carbs.



## BREAKFAST PROTEIN SMOOTHIE

### INGREDIENTS:

2 scoops ATHLEAN RX2 XLR8 in French Vanilla Bean or Strawberry Banana Split  
1 cup almond milk (or regular nonfat milk)  
½ cup of spinach  
½ cup of blueberries (or raspberries)  
½ cup uncooked oatmeal  
1 tbsp peanut butter  
Ice

### DIRECTIONS:

Blend and enjoy!

### NUTRITION FACTS:

Makes 1 serving. Each serving contains 443 calories, 36g protein, 13.5g fat, 43g carbs.

## GREENS PROTEIN SHAKE

### INGREDIENTS:

1 scoop ATHLEAN RX2 XLR8 in French Vanilla Bean or Strawberry Banana Split  
1 cup water  
½ cup nonfat Greek yogurt  
½ ripe banana  
½ tbsp flax seed oil  
½ tbsp honey  
1 tsp spirulina (or a handful of spinach will do)  
Ice

### DIRECTIONS:

Blend and enjoy!

### NUTRITION FACTS:

Makes 1 serving. Each serving contains  
313 calories, 28.5g protein,  
8g fat, 31.5g carbs.



## COFFEE PROTEIN PICK ME UP

### INGREDIENTS:

2 scoops ATHLEAN RX2 XLR8 in French Vanilla Bean or Chocolate Fudge Brownie  
8 oz. cooled coffee  
½ tbsp peanut butter  
½ frozen banana  
Cinnamon and stevia to taste  
Ice

### DIRECTIONS:

Blend and enjoy!

### NUTRITION FACTS:

Makes 1 serving. Each serving contains 309 calories, 32.5g protein, 6.5g fat, 29g carbs.

## PROTEIN PUMPKIN CREAM CHEESE

### INGREDIENTS:

2 scoops of ATHLEAN RX2 XLR8 in French Vanilla Bean  
⅓ cup Pure Pumpkin  
½ cup nonfat cottage cheese  
2 tbsps honey or agave  
½ tsp vanilla extract  
Cinnamon and dash of nutmeg

### DIRECTIONS:

Blend all ingredients together and then store in a container to spread on toast, and add to oatmeal or just eat by itself!

### NUTRITION FACTS:

Makes 4 servings. Each serving contains 108 calories, 10.5g protein, .5g fat, 16g carbs.



# PROTEIN PANCAKES

## INGREDIENTS:

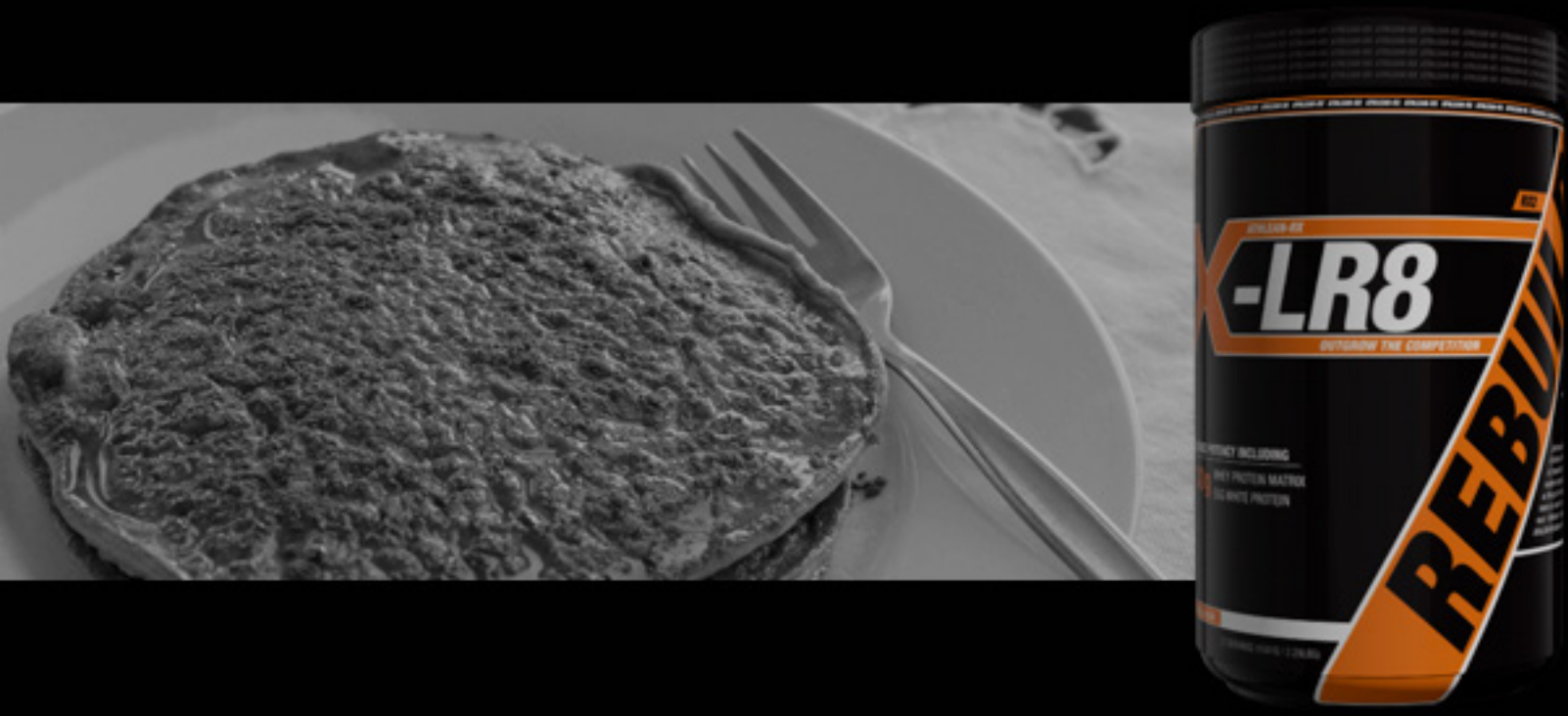
2 scoops ATHLEAN RX2 XLR8 in French Vanilla Bean  
1 cup whole oats  
2 whole eggs  
2 egg whites  
1 banana  
1 cup berries  
2 tbsp peanut butter  
Cinnamon to taste  
1 tbsp coconut oil

## DIRECTIONS:

Cook the oats as directed.  
Add the eggs and egg whites and beat.  
Toss in RX2 XLR8, banana, berries, and peanut butter and stir.  
Shake some cinnamon over the mixture; add sweetener if you prefer.  
Place a pan on high heat and add coconut oil.  
Spoon in the mixture a little at a time to make silver dollar-size pancakes.  
Flip when bubbles appear on the surface.  
(Adapted from Muscle & Fitness.)

## NUTRITION FACTS:

Makes approximately 3 servings. Each serving contains 387 calories, 21g protein, 17g fat, 41g carbs.



# PROTEIN OATMEAL

## INGREDIENTS:

1 scoop ATHLEAN RX2 XLR8 in French Vanilla Bean or Chocolate Fudge Brownie

$\frac{3}{4}$  cups whole oats

$\frac{1}{2}$  cup unsweetened almond milk or water

1 egg white

$\frac{1}{2}$  tbsp stevia

Ground cinnamon

Chopped almonds or walnuts (optional)

## DIRECTIONS:

Place the oats in a microwave safe bowl.

Mix in the RX2 XLRU, almond milk, and stevia in a shaker and add it to the oats.

Microwave on high for 2 minutes.

Stir and then microwave for 1 more minute or until the oats are cooked.

Sprinkle some cinnamon and add some chopped nuts.

## NUTRITION FACTS:

Makes 1 serving. Each serving (without chopped nuts) contains 361 calories, 23g protein, 8.5g fat, 49g carbs.



# PEANUT BUTTER VANILLA PROTEIN COOKIES

## INGREDIENTS:

4 scoops ATHLEAN RX2 XLR8 in French Vanilla Bean  
1 cup oat flour (or put dry oatmeal in a food processor or blender)  
 $\frac{3}{4}$  cup peanut butter  
1 tbsp vanilla extract  
5 egg whites  
2 tbsps coconut oil  
 $\frac{1}{3}$  cup honey  
 $\frac{1}{2}$  cup nonfat plain Greek yogurt

## DIRECTIONS:

Blend all ingredients well (or mix with a strong spoon in a bowl).  
Batter will be very thick.  
Spoon onto prepared cookie sheet.  
Cook for about 9 minutes at 350 degrees.

## NUTRITION FACTS:

Makes 25 cookies. Each cookie contains 102 calories, 5g protein, 5.5g fat, 9.5g carbs.



# PROTEIN PUDDING

## INGREDIENTS:

2 scoops ATHLEAN RX2 XLR8 in French Vanilla Bean, Chocolate Fudge Brownie or Strawberry Banana Split  
1 box sugar free vanilla pudding  
2 cups fat free skim milk

## DIRECTIONS:

Mix the RX2 XLR8 and milk until completely combined.  
Add pudding powder and whisk briskly until combined for 1-2 minutes.  
Chill in fridge for about 5 minutes to set.

## NUTRITION FACTS:

Makes 3 servings. Each serving contains 170 calories, 15g protein, 1g fat, 22g carbs.



# SUPER SOFT PEANUT BUTTER CHOCOLATE CHIP PROTEIN "COOKIES"

## INGREDIENTS:

4 scoops ATHLEAN RX2 XLR8 in French Vanilla Bean  
2 ½ cup chick peas (rinsed and dried)  
½ cup peanut butter  
¼ cup honey or agave  
1 tsp baking powder  
2 tsps vanilla extract  
½ tsp butter extract  
1 tbsp coconut oil  
¼ cup dark chocolate chips

## DIRECTIONS:

Blend first 8 ingredients together in food processor or blender.  
Stir in chocolate chips.  
Then spoon onto prepared nonstick cookie sheet and cook at 350 for 10 minutes.

## NUTRITION FACTS:

Makes 25 cookies. Each cookie contains 88 calories, 5g protein, 4g fat, 9.5g carbs.

# STRAWBERRY "CHEESECAKE" SWIRL

## INGREDIENTS:

2 scoops ATHLEAN RX2 XLR8 in French Vanilla Bean or Strawberry Banana Split  
1 cup water  
10 strawberries (frozen)  
3-4 tbsps of low fat or fat free sour cream  
Stevia to taste

## DIRECTIONS:

Blend and enjoy!

## NUTRITION FACTS:

Makes 1 serving. Each serving contains 330 calories,  
39g protein, 2.5g fat, 33g carbs.





# COCONUT CHOCOLATE CHIP PROTEIN COOKIES

## INGREDIENTS:

4 scoops ATHLEAN RX2 XLR8 in Chocolate Fudge Brownie or French Vanilla Bean

1 egg

½ cup coconut flour

Pinch of baking soda

½ cup raw flaked coconut

¼ cup coconut milk (any milk will work)

10 ground brazil nuts

¼ cup dark chocolate chips

## DIRECTIONS:

Preheat oven to 350 degrees.

Mix all ingredients together, saving the chocolate chips for last to sprinkle on top.

Separate batter into 12 cookies on a non stick cookie sheet.

Bake for about 15-20 minutes.

## NUTRITION FACTS:

Makes 12 cookies. Each cookie contains 108 calories, 7g protein, 6g fat, 8g carbs.



# PEANUT BUTTER WALNUT BANANA PROTEIN MUFFINS

## INGREDIENTS:

4 scoops ATHLEAN RX2 XLR8 in French Vanilla Bean  
2 cups oat flour (or put dry oatmeal in a food processor or blender)  
1 tsp baking powder  
(blend these first three ingredients together before adding anything else)  
2 ripe bananas  
1 tsp vanilla extract  
1/3 cup honey or agave  
3/4 cup peanut butter  
1/4 cup chopped walnuts  
Cinnamon to taste  
Stevia to taste (optional)

## DIRECTIONS:

Blend all ingredients except walnuts together in food processor or blender.  
Then add in walnuts.  
Pour/spoon into muffin molds.  
Bake for about 12 minutes at 350 degrees.

## NUTRITION FACTS:

Makes 10 muffins. Each muffin contains 299 calories,  
13.5g protein, 13g fat, 34g carbs.



# BLACK BEAN CHOCOLATE PROTEIN BROWNIES

## INGREDIENTS:

4 scoops ATHLEAN RX2 XLR8 in French Vanilla Bean or Chocolate Fudge Brownie

1 can of black beans (16 oz. can drained and dried)

⅓ cup oat flour (or put dry oatmeal in a food processor or blender)

⅓ cup melted coconut oil

2 whole eggs

1 egg white

¼ cup cocoa powder

¼ cup honey or agave

1 tsp vanilla extract

Pinch of salt

Cinnamon to taste

## DIRECTIONS:

Blend all ingredients together in a food processor or blender.

Continue to blend until it is a thick brownie batter consistency.

Pour it into a prepared 8x8 pan.

Bake at 350 degrees for 25 minutes or until a toothpick comes out clean.

## NUTRITION FACTS:

Makes 9 brownies. Each brownie contains 227 calories, 12g protein, 11.5g fat, 20.5g carbs.



# CINNAMON COCONUT PROTEIN SQUARES

## INGREDIENTS:

- 4 scoops ATHLEAN RX2 XLR8 in French Vanilla Bean
- ½ cup coconut flour
- ½ cup nonfat Greek yogurt
- ½ cup almond milk
- ½ cup unsweetned coconut flakes (or 2 tbsps coconut oil)
- 2 tbsps ground flaxseed
- ⅓ cup honey or agave
- 1 tbsp cinnamon
- 1 tsp vanilla extract
- 1 tsp baking powder
- 1 cup egg whites
- Just a squirt of vinegar

## DIRECTIONS:

- Blend all ingredients together in a food processor or blender except egg whites and vinegar.
- In a separate bowl, whisk egg whites until frothy, then add in the vinegar and beat some more.
- Add this to the first mixture and stir gently until combined.
- Pour it into a prepared 8x8 pan.
- Bake at 350 degrees for 35 minutes or until a toothpick comes out clean.

## NUTRITION FACTS:

Makes 9 squares. Each square contains 144 calories, 11.5g protein, 4.5g fat, 16.5g carbs.



# SPINACH WALNUT RAISIN PROTEIN SQUARES

## INGREDIENTS:

- 4 scoops ATHLEAN RX2 XLR8 in French Vanilla Bean
- 1 ripe banana
- 2 large handfuls of spinach
- ½ cup almond milk
- 1 tbsp flaxseed
- 2 tbsps egg whites
- ½ cup of oat flour (or put dry oatmeal in a food processor or blender)
- ½ tbsp psyllium husk
- ¼ cup raisins
- ¼ cup walnuts

## DIRECTIONS:

- Blend together banana, spinach and almond milk in a food processor or blender.
- Blend in flaxseed, egg white, oat flour, psyllium husk and RX2 XLR8 until smooth.
- Then add raisins and walnuts (crush them up in your hand).
- Pour into an 8x8 pan lined with wax paper and bake at 375 degrees for about 23 minutes.

## NUTRITION FACTS:

FOR ENTIRE RECIPE: 125 calories, 9g protein, 4g fat, 14g carbs.



# CLASSIC PEANUT BUTTER PROTEIN PACKED COOKIES

## INGREDIENTS:

- 4 scoops ATHLEAN RX2 XLR8 in French Vanilla Bean
- 1 cup of oat flour (or put dry oatmeal in a food processor or blender)
- $\frac{2}{3}$  cup creamy peanut butter
- 2 tsps vanilla extract
- 5 egg whites
- 2 tbsps coconut oil
- $\frac{1}{3}$  cup honey
- $\frac{1}{2}$  cup plain nonfat Greek yogurt

## DIRECTIONS:

- Combine all ingredients (either mix well by hand or blend together in a food processor or blender).
- Form into balls and place on a greased cookie sheet.
- Place in oven and bake for about 9 minutes at 350 degrees.

## NUTRITION FACTS:

Makes 25 cookies. Each cookie contains 95 calories, 6g protein, 4g fat, 9g carbs.



# FROZEN RED VELVET PROTEIN DESSERT

## INGREDIENTS:

1 scoop ATHLEAN RX2 XLR8 in French Vanilla Bean  
½ cup almond milk  
½ frozen banana (very ripe)  
¾ tbsps unsweetened cocoa powder  
⅛ cup nonfat cottage cheese (or fat free)  
1 tbsp rolled oats  
¼ tsp butter extract (or vanilla)  
Stevia or honey to taste  
Optional: red food coloring (for color)

## For Cream Topping

1 tbsp nonfat cottage cheese  
1 tbsp nonfat Greek yogurt  
½ tbsp honey  
½ tbsp pure pumpkin

## DIRECTIONS:

Place all ingredients in a blender and blend until smooth.  
Pour into mug and place in freezer, covered, for about one hour or so.  
Use blender to combine together ingredients for cream topping and blend until creamy.  
Set in fridge to cool.  
When ready to eat, take your mug out of the freezer and allow to sit for about 5 minutes (or microwave for about 10-20 seconds).  
Top with cream topping.

## NUTRITION FACTS:

Makes 1 serving. Each serving contains 286 calories, 25.5g protein, 3.5g fat, 41.5g carbs.



# CARROT ZUCCHINI WALNUT PROTEIN SQUARES

## INGREDIENTS:

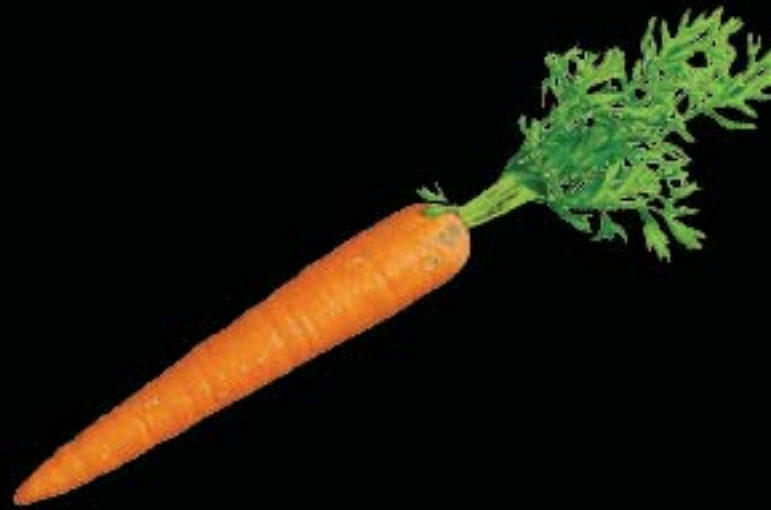
4 scoops ATHLEAN RX2 XLR8 in French Vanilla Bean  
½ cup coconut flour  
½ cup of oat flour (or put dry oatmeal in a food processor or blender)  
½ cup nonfat plain Greek yogurt  
½ cup almond milk  
2 tbsps ground flaxseed  
Handful of crushed walnuts  
½ cup honey  
1 tsp baking powder  
1 tsp vanilla extract  
Cinnamon to taste  
1 cup egg whites  
Splash of vinegar

## DIRECTIONS:

Combine all ingredients except the last two (egg whites and vinegar) in a large bowl and mix well.  
In a separate bowl combine egg whites and vinegar and beat with a fork until stiff.  
Add the egg white mixture to the large bowl and combine well with a whisk or spoon.  
Pour onto an 8x8 pan lined with wax paper and bake at 350 degrees for about 30 min (or until a toothpick comes out clean).

## NUTRITION FACTS:

Makes 9 squares. Each square contains 169 calories, 13g protein, 5g fat, 18.5g carbs.





# ABOUT ATHLEAN RX3 RECONSTRUXION

Recovery is more than just a buzzword. It is a recognized stage of the muscle building process. The fact is, if you aren't taking recovery seriously, you are never going to reach your full potential. Recovery is so important that several of the leading sports organizations in the world have created panels of specialists to make sure their million dollar athletes are recovering properly and adequately, and Athlean-Rx ReconstruXion has been a part of that conversation.

## LCLT

Research suggests that L-Carnitine L-Tartrate improves muscle recovery and repair times. This is probably due to a boost in nitric oxide (NO) production, which improves blood flow and oxygen consumption in the muscles. LCLT also increases androgen receptors in the muscle cells, which means more testosterone is recruited to build muscle.

- Improves muscle recovery and repair between training sessions (probably due to a boost in Nitric Oxide and an increase in muscle oxygen consumption)
- Increases androgen receptors in muscle cells, thereby recruiting more testosterone to build muscle
- Improves insulin sensitivity

## L-LEUCINE

Considered one of the most anabolic of all the individual amino acids, L-Leucine is considered to be the main activator of protein synthesis via its effects on the mTOR pathway. What makes it especially vital (and often in deficient supply) is that it is an essential amino acid, which means that the body doesn't produce it naturally. The only way for you to get this key amino acid in your system is through diet and or supplementation. Throw in its additional researched ability to prevent the breakdown of muscle tissue after intense training, and your ability to tip the balance of muscle growth in your favor just grew by leaps and bounds with ReconstruXion.

- Reduces muscle breakdown caused by intense exercise or dieting
- Stimulates protein synthesis, which increases the effectiveness of training and speeds recovery time between training sessions
- May increase metabolic rate



## L-GLUTAMINE

L-Glutamine is most commonly used for improving healing time following injuries or surgery. It can help speed recovery time between training sessions due to an increase in nitrogen levels in the muscle cells which assists in protein synthesis. L-Glutamine is also recognized for boosting the immune system, increasing energy levels and helping to regulate blood sugar levels.

- Reduces healing time after injuries or surgery
- Increases nitrogen levels in the muscle cells to assist in protein synthesis, which increases the effectiveness of training and speeds recovery time between training sessions
- Boosts the immune system, which can be compromised by intense training
- Increases energy levels and helps maintain steady blood sugar levels

## BETAINE ANHYDROUS

One of the most important benefits of Betaine is its ability to improve muscle strength and power during training sessions. Some studies have shown that it can improve endurance, increase the number of reps that can be done with a given weight, and improve power and force with every rep. Evidence also indicates that Betaine improves protein synthesis following training sessions.

- Improves muscle strength, power and endurance
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- May help promote fat loss

## L-THEANINE

L-Theanine is recognized for improving cognitive and mental processing, as well as focus, attention, memory, alertness and mood. It can also help improve sleep quality, reduce stress and help keep the body in a state of relaxation. It also helps improve immune system function, which can become compromised with heavy training.

- Reduces the effects of stress
- Increases serotonin and dopamine
- Improves sleep quality
- Improves focus, attention, memory, alertness and mood
- Improves immune system function
- The most effective dose for Theanine is from 100-250g per day



# NIGHTTIME RECONSTRUXION VANILLA FROZEN YOGURT

## INGREDIENTS:

1 scoop ATHLEAN RX ReconstruXion in Twisted Lemon Lime, Pina Colada or Tangy Tangerine Twist  
1 cup plain nonfat Greek yogurt

## DIRECTIONS:

Mix together and place into freezer for about 30 minutes.

## NUTRITION FACTS:

Makes 1 serving. Each serving contains 130 calories, 24g protein, 0g fat, 13g carbs.



# NIGHTTIME RECONSTRUXION PINA COLADA SORBET

## INGREDIENTS:

1 scoop of ATHLEAN RX ReconstruXion in Pina Colada

½ cup of sorbet in pineapple or coconut flavor

2 tbsp shredded coconut

## DIRECTIONS:

Scoop out ½ cup of sorbet and sit out for a few minutes until slightly melted.

Mix in Recovery powder until completely mixed.

Put back into freezer for 5-10 minutes.

Top with shredded coconut and enjoy!

## NUTRITION FACTS:

Makes 1 serving. Each serving contains 180 calories, 0g protein, 4.5g fat, 33g carbs.



# NIGHTTIME RECONSTRUXION MANGO TANGERINE SORBET

## INGREDIENTS:

- 1 scoop of ATHLEAN RX ReconstruXion in Tangy Tangerine Twist
- ½ cup of sorbet in mango flavor
- ½ sliced banana

## DIRECTIONS:

- Scoop out ½ cup of sorbet and sit out for a few minutes until slightly melted.
- Mix in Recovery powder until completely mixed.
- Put back into freezer for 5-10 minutes.
- Top with sliced banana and enjoy!

## NUTRITION FACTS:

Makes 1 serving. Each serving contains 202 calories, 0g protein, 0g fat, 50.5g carbs.



# NIGHTTIME RECONSTRUXION POPSICLES

## INGREDIENTS:

- 1 scoop of ATHLEAN RX ReconstruXion in Twisted Lemon Lime, Tangy Tangerine Twist, or Pina Colada
- 2 cups fresh or frozen berries
- 1 cup freshly squeezed fruit juice (lime, orange or lemon)
- 1 cup water
- Stevia or sweetener of choice

## DIRECTIONS:

- Blend all ingredients on high, stopping to scrape down the sides if needed.
- You can add a little more water if the mixture seems too thick.
- Do a taste test and adjust ingredients if necessary, then blend a little more.
- Pour mixture into popsicle molds and freeze for several hours or overnight.

## NUTRITION FACTS:

Makes 1 serving. Each serving contains 80 calories, 1g protein, 0.5g fat, 19g carbs.

