



10 WEEK EXTREME HOME FITNESS

Nutrition Plan

EATING FOR POWER PERFORMANCE



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WHY THE P90X® NUTRITION PLAN LOOKS DIFFERENT FROM OTHER BEACHBODY DIET PLANS

As you may notice from the math on the following pages, P90X isn't built around a daily "calorie deficit" for weight loss like the general Beachbody plans found in Power 90®, Kathy Smith's Project:You! Type 2®, and Slim in 6®. It's important that you understand why, so you have the right training mentality with this program, with the right expectations.

Our calculations in the P90X Nutrition Plan are different from those in our other programs' diet guides and in the Diet and Support center. Running a caloric deficit during P90X is risky, and chances are it would lead to overtraining, decreased performance, or perhaps injury or illness. If someone used a 600-calorie deficit during P90X, they might see weight loss initially, but over time their performance would get worse and worse. With constant monitoring we could increase a client's caloric consumption as needed, but this isn't practical within our program structure.

To exemplify this, the number-one piece of advice we give on the Message Boards is to eat more. In the initial stages of our programs, most of our customers lose weight due to a combination of eating fewer calories, eating better calories, and increasing their workload. Over time, they stagnate—or "plateau"—at the lower caloric intake because their bodies have changed and require more calories. It's quite hard to convince them that they can eat more and not gain weight. However, it's extremely common to see our members—when on a plateau—add calories and begin seeing dramatic weight loss. We've had clients actually need to double their caloric intake before this weight loss effect of increased calories reversed. Since P90X begins at the stage where a high percentage of our clients have hit a plateau, it's important that we give them enough fuel to recover from their workouts.

Where this can go wrong is that our guidelines are ballpark and can only be ballpark. There's no way to determine exactly how individual bodies work with one document. In a lab, we could do this—obviously, a limiting factor here. With that in mind, we needed to come up with the one best solution that would fit the greatest number of people.

In my experience, Carrie Wiatt's phased diet plan was the best way to do this. I knew we would run into problems with ultrafit people attempting the initial low-carb phase. However, the point is to attempt—the best way we could within our limitations—to teach you how to determine what works for your body. The easiest way I've found is to limit carbohydrate intake until performance begins to suffer, then add them back in. Therefore, Phase 1 may last 2 months or 2 days (you need to determine this for yourself). But through the process, you'll learn what carbohydrates actually do for your body and become more sensitive to why and when you should eat them. I've used this little trick with clients for years, and especially with women, it's often the one thing that will get them off a plateau.

The bottom line is that you need blood sugar to perform your best, and this comes from eating carbohydrates. Low-carb diets can be okay for obese people in their transitioning state, but a well-fueled athletic body burns a lot of carbohydrates. This is the reason the P90X plan transitions the way it does. Real athletes do not eat "low carb" to perform and it's important to understand this.

P90X is not a fast-track weight loss solution like other programs. It's an unprecedented fitness solution designed to give you a stronger, healthier body that will become leaner and perform better over time. It's not designed for weight loss per se. It's designed to increase human performance and improve overall body composition. Trust it.

Nutrition expert Carrie Wiatt, creator of the P90X Nutrition Plan, has developed an individualized approach to healthy eating that's made her a leading lifestyle educator through her work as an author, consultant, media personality, and chef. At Diet Designs®, her Los Angeles-based nutrition company, Carrie combines fresh, upscale cuisine with low-fat preparation, portion control, and personalized counseling. After years of practice, Carrie compiled her proven techniques in her first book, *Eating by Design: The Individualized Food Personality Type Nutrition Plan*. Her second successful book, *Portion Savvy: The 30-Day Smart Plan for Eating Well*, presents a monthlong plan for controlled eating and food management. Wiatt's ability to bridge the gap between science and food circles has made her a sought-after media expert on healthy living.

As Tony Horton has been quoted as saying, your body doesn't run on exercise; it runs on the food you put in your mouth. **The goal of this guide is to help you learn what kinds of food to eat, how much to eat, and when to eat so you can lose fat, get lean, and get into incredible shape.** Be warned: If you want real results from your exercise program (AND WE MEAN *INCREDIBLE RESULTS!*), skipping this nutrition plan is NOT an option.

Establishing and maintaining the right kind of diet is just as important to your overall success as any workout. In fact, some may consider the diet the toughest exercise—but it is absolutely key to achieving your best results.

Once you incorporate the principles of the P90X Nutrition Plan into your training regimen, you will quickly begin to feel better, look better, and without a doubt perform better. Your cravings for unhealthy foods will be greatly reduced. Bye-bye, Twinkies®!

THE P90X NUTRITION PLAN HAS 3 PHASES.

This plan is designed to change right along with your 3-phase workout demands, providing the right combination of foods to satisfy your body's energy needs every step of the way.

While P90X is designed as a 90-day program, you might choose to alter your choice or timing of one or more of the plans. **You can follow any phase at any time based on your nutritional level.** These are general guidelines we're recommending.

PHASE 1

FAT SHREDDER

FAT SHREDDER

A high-protein-based diet designed to help you strengthen muscle while rapidly shedding fat from your body.

PHASE 2

ENERGY BOOSTER

ENERGY BOOSTER

A balanced mix of carbohydrates and protein with a lower amount of fat to supply additional energy for performance.

PHASE 3

ENDURANCE MAXIMIZER

ENDURANCE MAXIMIZER

An athletic diet of complex carbohydrates, lean proteins, and lower fat, with an emphasis on more carbohydrates. You'll need this combination of foods as fuel to get the most out of your final training block and truly get in the best shape of your life!



THE 3 PHASES

Like the P90X exercise program, the P90X Nutrition Guideline is divided into 3 phases, calibrated to move from fast, efficient fat loss (Phase 1) to peak energy (Phase 2) to lasting success (Phase 3). The nutritional proportions change with each plan, so it's important to follow the instructions for your current plan.

| The nutritional proportions for each of the 3 plans are as follows: | | | | |
|---|---|---------|--------------|-----|
| PHASE | GOAL | PROTEIN | CARBOHYDRATE | FAT |
| PHASE 1 FAT SHREDDER | Strengthen muscle and shed excess body fat | 50% | 30% | 20% |
| PHASE 2 ENERGY BOOSTER | Maintain Phase 1 changes with additional energy for midstream performance | 40% | 40% | 20% |
| PHASE 3 ENDURANCE MAXIMIZER | Support peak physical performance and satisfaction over the long term | 20% | 60% | 20% |

PHASE 1

FAT SHREDDER Those who are reasonably fit and have more body fat can use this phase more easily than someone who's very fit and doesn't have a lot of excess body fat to lose. This stage is designed to cut down your body fat percentage, and as this happens, your available energy should also decrease. Therefore, Phase 1 should only be extended if you need to drop more fat and you feel you have ample energy to push hard during your workouts. Conversely, this phase could be shortened by a week or two if your body fat is already low and you feel like you don't have the necessary energy to get the most out of your workouts.

PHASE 2

ENERGY BOOSTER

PHASE 3

ENDURANCE MAXIMIZER This phase should be earned. It's an athletic diet, and you'll only need it if you're pushing your body to the limit, which you should be if you keep your promise to "Bring It!" Note that you should try Phase 3 at some point, even if you feel good in Phase 2. We've seen many people hesitate to move on to this more carb-heavy phase for fear they'll gain weight, but surprise! They found that once they did, they had more energy, worked out even harder, and had better results. This is important to keep in mind. Athletes eat more carbs, and there's a reason they do. We wouldn't put it in the plan if it weren't proven to improve results.

CUSTOMIZING THE PHASES

While P90X is designed as a 90-day program, you might choose to alter your choice or timing of one or more of the phases.

DETERMINE YOUR PHASE

- ☐ (1) FAT SHREDDER
- ☐ (2) ENERGY BOOSTER
- ☐ (3) ENDURANCE MAXIMIZER

EACH PHASE HAS 3 APPROACHES.

We've developed three different approaches to ensure proper nutrition for all phases of P90X. The choice is yours as to which one will work best for you. Keep in mind that you can stick with one approach throughout the entire program, or alternate based on your lifestyle demands.

THE PORTION APPROACH

This approach is designed for those who don't have a lot of time or patience to prepare a meal that involves more than one or two steps. It's definitely better suited to those who don't like to cook or follow recipes.

THE MEAL PLAN APPROACH

By following the daily meal plans, you'll not only take the guesswork out of your daily food preparation, but you'll also enjoy a variety of delicious, healthy, and low-fat recipes that'll provide you with the proper amount of nutrition and energy to get the most out of your P90X workouts.

THE QUICK OPTION APPROACH

We all have days when it seems we can't find the time to eat, let alone cook. So we've included some quick food options that require minimal or no effort, because YOU MUST EAT TO SUCCEED WITH P90X.

DETERMINE YOUR APPROACH

☐ PORTION ☐ MEAL PLAN ☐ QUICK OPTION



YOUR BODY FAT PERCENTAGE

Lowering your body fat and increasing lean muscle mass is essential to your overall success. It’s important to track your progress by measuring and recording your body fat percentage at the end of each phase.

Use Beachbody’s body fat tester to record your body fat measurements. To get the most accurate readings, follow the directions on the package. (Also record on page 16 of the P90X Fitness Guide).

| | CURRENT BODY FAT % | NOTES |
|--------|-----------------------|-------|
| Start | | |
| Day 28 | | |
| Day 56 | | |
| Day 90 | | |

BODY FAT TARGET

As your body fat percentage changes during the next 90 days, here’s where the numbers place you in terms of general targets.

| | FIT RANGE | ATHLETE RANGE | ELITE ATHLETE RANGE |
|-------|-----------|---------------|---------------------|
| MEN | 14–17% | 10–13% | 4–9% |
| WOMEN | 21–24% | 16–20% | 12–15% |

EACH APPROACH HAS 3 NUTRITION LEVELS.

Please take a moment to determine your daily nutrition and calorie needs. The data you provide will determine how much food you need (and how much you don't need) while you go through P90X.

1

Calculate your resting metabolic rate (RMR). This is basically the number of calories you need to breathe, pump blood, grow hair, blink—be alive.

| YOUR BODY WEIGHT | | RMR (IN CALORIES) |
|----------------------|--------|----------------------|
| <input type="text"/> | x 10 = | <input type="text"/> |

2

Calculate your daily activity burn, the calories required for daily movement apart from exercise.

Keep in mind that all lifestyles aren't created equal. A construction worker will have a higher daily burn rate than a computer programmer, so this figure should be treated as a ballpark estimate. You'll probably need to do some personal adjusting to get it perfect. Don't worry; this will become more obvious than you think once you get going.

| YOUR RMR | | DAILY ACTIVITY BURN |
|----------------------|---------|----------------------|
| <input type="text"/> | x 20% = | <input type="text"/> |

3

Add the calories required for your exercise needs, which we have calculated at 600 calories per day for the P90X program. Add it all up and you've got your energy amount.

| YOUR RMR | | DAILY ACTIVITY BURN | | ENERGY AMOUNT |
|----------------------|---|----------------------|---------|----------------------|
| <input type="text"/> | + | <input type="text"/> | + 600 = | <input type="text"/> |

4

Now use your energy amount to determine your nutrition level in the table.

Example: A 6-foot, 180-pound man

RMR = 180 (body weight in pounds) x 10 = 1,800

Daily activity burn = 1,800 (RMR) x 20% = 360

Exercise expenditure = 600

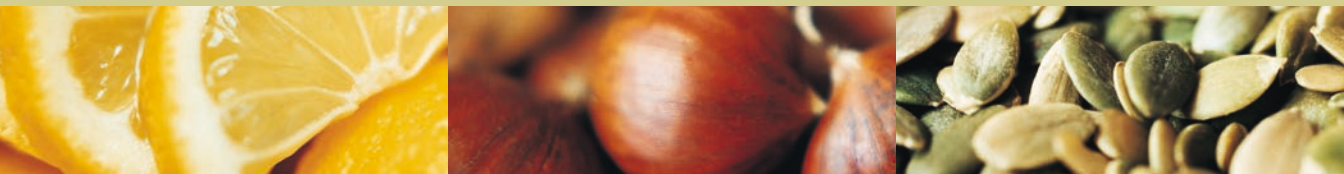
Energy amount = 1,800 + 360 + 600 = 2,760

Nutrition level = II

Round down to the bottom of your level to create a slight calorie deficit (e.g., if you're at level II, your calorie target is 2,400 calories/day).

| YOUR ENERGY AMOUNT | NUTRITION LEVEL | |
|--------------------|--------------------|-----------|
| 1,800–2,399 | 1,800 calories/day | LEVEL I |
| 2,400–2,999 | 2,400 calories/day | LEVEL II |
| 3,000+ | 3,000 calories/day | LEVEL III |

YOUR NUTRITION LEVEL =



GENERAL GUIDELINES

keeping a daily journal

While this plan is designed to meet each individual’s nutritional needs, there are some general rules that should be applied to ensure positive results.

Knowing what, when, and how much to eat plays a vital role in your development. In this section you’ll also discover healthy ways to prepare the foods you choose to eat, and make them taste good so you’ll *want* to eat them again. Following these guidelines and maintaining an eating discipline will optimize your energy level and fat-burning ability throughout your P90X workouts. Research shows that one of the most powerful ways to successfully change your eating habits is to keep a daily journal. By logging your food intake as well as your exercise, you keep yourself accountable while also creating a space to express your thoughts and feelings. You’ll no longer have to remember what worked and what didn’t. You can look back on your log to track your journey and fine-tune your plan according to your personal experience and needs. You’d be surprised how often bad moods are associated with bad foods.

You’ll find a daily journal for each week of P90X included at the back of this book. Try to carry your current journal page with you so you can track meals as you eat them and jot down thoughts as they arise.



WHY DIET MATTERS

A large body of scientific evidence shows that diet and exercise work hand in hand to promote fitness and physical performance. One reason for this symbiotic relationship is the energy equation. When you expend more calories than you consume, you burn body fat (aka “stored energy”) and build lean body mass—but because you need energy to exercise, every calorie you eat must be of the highest quality to get you over the hump.

As Tony says, “The better the car, the better the fuel you need to make it run as designed.” We’re making you into a better car, so it’s time for some high-octane grub!

Another reason diet matters is metabolism. A nutrient-dense, interval-based eating program keeps your metabolic rate high to burn maximum fat, even when you’re not working out. Finally, a healthy diet regulates blood sugar to balance hormonal secretions, promoting optimal fat burn and a steady fuel supply. All this works together to get you into peak condition in 90 days.



WHEN TO EAT

It's important to follow a regular eating schedule. First, it keeps your blood sugar stable instead of peaking and crashing, which can lead to overeating and a general poor feeling. Second, regular meals will speed up your metabolism by challenging it to keep processing calories, rather than storing them in a game of "feast or famine."

Success in P90X comes to those who eat early and often. You should be eating every few hours while you're awake, favoring small meals and snacks. Try to finish your last snack approximately 3 hours before you hit the sack. This'll help keep undigested carbs from being stored as fat. If you do need to break this rule, a small protein shake would be the snack of choice before bed, as it can help your recovery during sleep.

okay, let's get started.

big P90X step...

Before deciding which foods to incorporate into your selected eating plan,

TOSS THE JUNK!

Now would be a good time to get rid of all the junk food currently in your possession. Foods high in saturated and trans fats, sodium, and sugar should be the first things you throw out (e.g., cookies, pastries, candy, processed meats, potato chips, soda, high-sodium frozen foods, canned soups, etc.). You know them. You think you love them. They're the problem. Throw them away, and don't let anyone give you more. Don't be nice. Don't take a bite. Say, "Thanks, but I'm not eating that kind of stuff for 90 days." And by the way, congratulations! You're taking this program seriously, and just remember—if you think it's junk food, it probably is.

Yes, we mean it. Throw it away!

WHAT RESULTS TO EXPECT

The P90X Nutrition Plan is designed to optimize your exercise plan to build strength and lean muscle mass. This dramatic change in your physical composition means you might not see a big difference on the scale, because often you'll be trading fat for lean, strong muscle—and you'll not only see it, but you'll definitely *feel* the difference in your body. Unlike other diets that focus on the relatively meaningless measure of weight, you'll use body fat percentage and self-perceived energy to guide you to your goal. This program is for real.

THE NUMBER-ONE OBSTACLE

The number-one obstacle to success is underestimating portion size. Calories *do* count in the energy equation, and small errors can add up to big disappointments. It's very important to measure each portion accurately at every meal, the way we've outlined here. It might sound like a lot of work, but after 90 days, it'll be second nature. After 90 days, you'll know how to eat. Think of this plan as a graduate degree in eating, and you'll graduate in only 3 months.

OTHER "DON'TS" THAT CAN DERAIL YOUR DIET INCLUDE:

- _ Skipping meals and eating off schedule.
- _ Following fads and trends, like overemphasizing certain food groups and completely excluding others.
- _ Not planning your food choices ahead.
- _ Skimping on fruits and vegetables, your natural supply of antiaging nutrients.

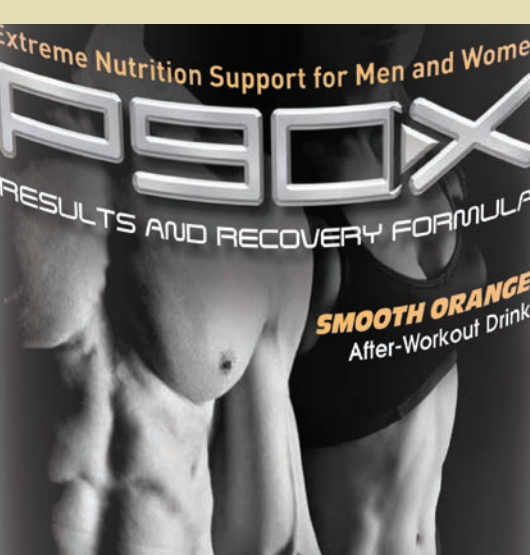
DRINK WATER

Drinking enough water is a vital part of any conditioning program, as it aids every aspect of bodily function. You should drink at least six to eight 12-ounce glasses of water each day. The following water consumption guidelines relate specifically to your P90X workout:

P90X HYDRATION SCHEDULE

- 12 oz. water 2 hours prior to exercise
- 8 to 12 oz. water 15 to 30 minutes prior to exercise
- 4 to 8 oz. water every 15 minutes during exercise





P90X® RESULTS AND RECOVERY FORMULA® AND THIS PLAN

It's best to have P90X Results and Recovery Formula after-workout drink within 1 hour of finishing your hardest workout of the day, when your glycogen stores are at their lowest. This should be the only thing you consume during this time frame. You can also split this up if you do double workouts, and have half a serving after each workout, or even a full serving after each workout if you're trying to gain mass. But keep in mind that you don't need to replenish glycogen stores if they haven't been exhausted. So if you completed one of your workouts at a lower intensity, you may want to save the Results and Recovery Formula for after your harder workout.

RECALCULATING YOUR CALORIES

Even though some pretty bright minds were tapped during the formulation of this nutrition

plan, that doesn't mean it's perfect for everyone. If you feel you need to eat either more or less than you've calculated, then this really might be the case.

But first you should try eating the amount you calculated. Your body will let you know what's right over time. In the beginning, it might send you false signals, trying to get you to eat more out of habit. Given a trial period, though, your body will find its healthy balance of diet and exercise, a more accurate sense of how much you should be eating. Metabolic rates vary more than we can predict here, so there's a chance you'll need to recalculate calorie needs somewhat, either up or down.

One thing to caution you against is *undereating*. If you don't feed your body enough, your metabolism will slow down and you'll compromise your workouts. This can affect your results in ways you may not notice because you may feel okay generally, but your performance could be lagging. Don't let your energy level take a dive. The only time you should drop your caloric intake is if you're working out hard, yet still gaining fat.

You might actually need to add calories if you feel like you're running out of energy during your workouts. However, this could also result from eating too soon before you exercise. If you decide to eat more, adding as little as 200 to 300 calories per day should be enough unless your calculations are way off. You can easily up your calorie intake by adding a snack like nuts or dried fruit, substituting a meal in place of a snack, or adding a P90X Peak Performance Protein Bar or Beachbody® Whey Protein Powder shake.

“BONKING”

If you're in Phase 1, you could be “bonking” due to lack of carbohydrates in your diet. Bonking is when your body simply runs out of stored glycogen during a hard workout and can no longer push beyond its anaerobic threshold. This is very common in sports like running and cycling, but it can also happen during routine weight training, especially with a low-carb diet. In this case, adding a serving of a complex carbohydrate like brown rice, potatoes, sweet potatoes, whole-grain bread, or whole-grain pasta to any meal during the day will usually do the trick. Complex carbs are stored as liver glycogen to be used when necessary, so unlike sugars, they don't need to be consumed right before you need them in order to be effective.

LOW-FAT COOKING TECHNIQUES

Learning just a few basic skills can make you a low-fat chef with good habits you'll use for life. Cooking with liquids other than fat can trim the fat content of a dish by up to 1,000 calories. This can

have a positive effect on your total health and well-being, and maybe even prevent illnesses like cancer and heart disease. And on top of all that, you can lose lots of weight.

Refer to these techniques when preparing the recipes from the Meal Plan or preparing foods from the Portion Approach.

Eliminate the fat used in traditional sautés by substituting flavorful liquids for butter, margarine, or oil. Choose chicken or vegetable stock, dry sherry, red or white wine, fruit juice, vinegar, soy sauce, or a combination of any two or more of these.

A BETTER SAUTÉ



- 1_ Heat 2 tablespoons of liquid in a sauté pan over medium-high heat.
- 2_ When the liquid begins to steam, add ingredients and stir.
- 3_ Continue to sauté, stirring frequently, until the liquid in the pan evaporates. Quickly add 2 more tablespoons of liquid, stirring to scrape up the glaze at the bottom of the pan.
- 4_ Continue to cook, adding liquid as necessary, until done.

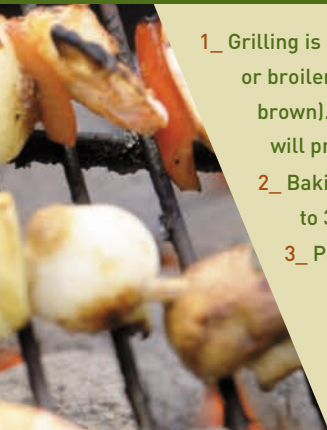
PASTA AND NOODLES



- 1_ Always select pasta made without oils or eggs. All the recipes here call for dry, not fresh, pasta.
- 2_ Skip adding oil and salt to the cooking water; the sauce provides plenty of flavor and moisture.
- 3_ Cook pasta in a large pot of boiling water, adding pasta to the pot gradually so the water continues to boil.
- 4_ Two ounces of dry pasta yields 1 to 1-1/2 cups cooked pasta, depending on the type.

Poultry, meats, and seafood all contain natural fats and can be cooked without any additional oils. Here's how:

GRILLING, BAKING, AND POACHING



- 1_ Grilling is the fastest cooking method, and is best suited for thicker cuts. Begin with a preheated grill or broiler, turning meat over when the grilled side is done (fish should flake, poultry should begin to brown). Cook the other side. Depending on thickness, grill 5 to 7 minutes per side; the second side will probably take less time than the first. (Tabletop two-sided electric grills cook twice as fast.)
- 2_ Baking and roasting are slower cooking methods. Bake or roast most cuts at 350 degrees for 20 to 30 minutes.
- 3_ Poaching involves simmering slowly in liquid, like water, stock, or wine—you can flavor with herbs, onions, shallots, and/or garlic. Poaching is a gentle cooking method that works well for delicate cuts like chicken breast, fish fillets, and shellfish. In a medium to large saucepan, heat just enough liquid to cover your ingredients until it reaches a very slow simmer. Add ingredients in a single layer and cook uncovered 7 to 10 minutes, or until cooked through.

For added flavor and moisture, brush seafood, meat, or poultry with fresh citrus juice, mustard, Worcestershire sauce, soy sauce, or fresh herbs before grilling, baking, or roasting. Or use an oil-free marinade—for best flavor, marinate at least 2 hours or overnight in the refrigerator.

VEGETARIANS

If you're a vegetarian, chances are you already know this drill, but any of these P90X recipes can be prepared vegetarian-style with some creative substitutions. Keep in mind that as a vegetarian, you need to do your own calculating to get enough protein. Unlike meat dishes, most of your options contain some carbs. Here are some substitutions for meat that can help your diet stay high in protein:

- | | |
|-------------------------|----------------|
| _Beans/lentils/soybeans | _Nonfat yogurt |
| _Cottage cheese | _Seitan |
| _Egg substitutes | _Soy burgers |
| _Egg whites | _Soy cheese |
| _Garden burgers | _Soy yogurt |
| _Hemp protein | _Tempeh |
| _Hummus | _Tofu |
| _Nonfat cheese | |



EQUIPMENT THE FOLLOWING EQUIPMENT IS RECOMMENDED FOR USE WITH P90X.



P90X CHIN-UP BAR

Pull-ups are an integral movement for upper-body development, and for this reason P90X requires a bar that can be used for a variety of pull-up exercises. Beachbody has designed the ultimate pull-up/chin-up bar to securely fit in most doorways. This valuable workout tool is ideal for performing the array of pull-up exercises used in this program.



P90X CHIN-UP MAX

Designed for use with the P90X Chin-Up Bar, the Chin-Up Max gives you an adjustable amount of lift so you can work your way up to doing more unassisted chin-ups and pull-ups. Use it to build strength, improve technique, and push your results even further.



TONY HORTON'S POWERSTANDS®

If your chest is already strong enough to knock out three sets of 20-plus push-ups each, these non-skid push-up stands designed by Tony Horton are the ideal tool for intensifying your movements. They can also benefit those who suffer from wrist ailments, as the unique ergonomic design helps alleviate stress on the wrist joints.



STANDARD DUMBBELLS

A major portion of P90X calls for weight resistance exercises to build strength and muscle. Depending on your fitness level, you will need a variety of dumbbells ranging in weight from 5 to 50 pounds.



B-LINES® RESISTANCE BANDS

Some people prefer bands to dumbbells—especially if you travel. Beachbody offers bands with ergonomic handles for maximum comfort during even the most intense movements. For men we recommend a three-band kit that includes Magenta (B4), Red (B6), and Green (B8). For women we recommend a three-band kit that includes Pink (B3), Magenta (B4), and Red (B6).



YOGA BLOCKS (2)

For those new to yoga and the slightly less flexible, these blocks offer added support to assist with balance while holding certain poses.



BEACHBODY JUMP MAT

With hundreds of exercise mats to choose from, only one had what it took for P90X. This high-quality, shock-absorbing mat will help reduce the stress placed on your joints and tendons and will provide a secure and comfortable surface during P90X.

PowerStands is a registered trademark of Tony Horton.

SUPPLEMENTS THE FOLLOWING SUPPLEMENTS ARE RECOMMENDED FOR USE WITH P90X.

P90X may be just 45 minutes out of your day, but it's still an extremely intense fitness program. Sheer will and determination may get you to the finish line, but to achieve the best results, you've got to have the proper quality and quantity of nutrition. These supplements are optional, so you have a choice. But know that they were designed for P90X programs and will supply your body with the nutrients necessary to give you added strength, energy, and stamina for each workout. Keep in mind, supplements are not drugs. Supplements are taken to subtly assist the mind and body to perform optimally on a daily basis.*

The cornerstone supplements identified below have been created to help you get the most from your efforts throughout this program.

SHAKEOLOGY®: THE HEALTHIEST MEAL OF THE DAY®



Making Shakeology part of your P90X nutrition plan is a great way to increase energy and reduce junk food cravings. Shakeology is a nutrient-dense superfood shake. Packed with protein, antioxidants, phytonutrients, prebiotics, enzymes, and many rare ingredients—like camu-camu and yacon—it gives you unique nutrients you can't get from an ordinary diet. Choose from these great flavors: rich, decadent Chocolate; refreshing, fruity Greenberry; simply satisfying Vanilla. Or, if you're looking for the great benefits of Shakeology without animal products, we've got that covered. Check out our vegan Tropical Strawberry or Chocolate Vegan Shakeology. Whether you use it as a meal replacement for weight loss or as a healthy snack alternative, Shakeology can help you reduce junk food cravings, get lean, improve digestion, and increase energy to get you through your P90X workouts.*

To learn more, visit Shakeology.com. To order, ask your Team Beachbody Coach or go to ShakeologyP90X.com.

P90X RESULTS AND RECOVERY FORMULA®



There's a 60-minute window after training hard in which you need to fuel your body appropriately to maximize your results—in terms of both weight loss and performance. Results and Recovery Formula helps you get better results and recover faster, and it tastes so great. You won't believe how good it is for you. When recovering from intense workouts, this formula will provide you with the vital nutrients you need to bounce back. The delicious, smooth orange flavor makes it a nice postworkout reward. A dextrose-based formula provides optimum glycogen replenishment while a high Protein Efficiency Ratio (PER) blend offers the critical building blocks for rapid muscle building. Vitamins and antioxidants help reduce muscle soreness and assist in repair and growth. Studies show that with proper nutrition during the first hour following exercise, you can increase your body's ability to recover by more than 100%. Our Results and Recovery Formula combines the proper nutrients into this state-of-the-art, great-tasting, body-shaping cocktail that's guaranteed to take your results to the next level.*

P90X PEAK HEALTH FORMULA



Optimize your results with P90X Peak Health Formula, the highest-quality, most complete multivitamin we've ever offered. Taken daily, each individual packet will ensure that your body gets the vital nutrients it needs so you can perform your best and get the most out of your fitness program. This formula's potent combination of ingredients sourced from vitamins, minerals, and other antioxidants will boost your strength and energy to levels you never thought possible. Plus you'll experience added anti-stress, cardiovascular, energy, immune system, and memory/nerve support. You get all these ingredients in one balanced packet—at a substantial savings off what you'd pay for the same ingredients if purchased separately.*

P90X PEAK PERFORMANCE PROTEIN BARS



To get results and build strength, you need protein. Try indulgent Chocolate Fudge, delicious Café Mocha, scrumptious Chocolate Peanut Butter, or creamy Wildberry Yogurt flavor. All P90X bars pack a whopping 20 grams of protein, and you can try them all with the Variety Pack. Get the protein you need—without the trans fat of other so-called health bars. Our tasty bars are a great alternative to fast food and snacks that are high in saturated fats and high fructose corn syrup.

E&E ENERGY AND ENDURANCE® PREWORKOUT FORMULA



Your P90X workouts are tough, and if you don't have the energy to go full out, you won't get your best results. That's why E&E Energy and Endurance is an essential part of your program. It's scientifically formulated to help improve your energy, endurance, strength, and focus, so you can maximize every second of your P90X workouts! E&E Energy and Endurance features a proprietary blend of advanced nitric oxide boosters, amino acids, B vitamins, electrolytes, and natural energizers to help you power through your workouts! Not only that, but you can burn more calories and fat to get ripped faster.*

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

shakeology®

THE HEALTHIEST MEAL OF THE DAY®

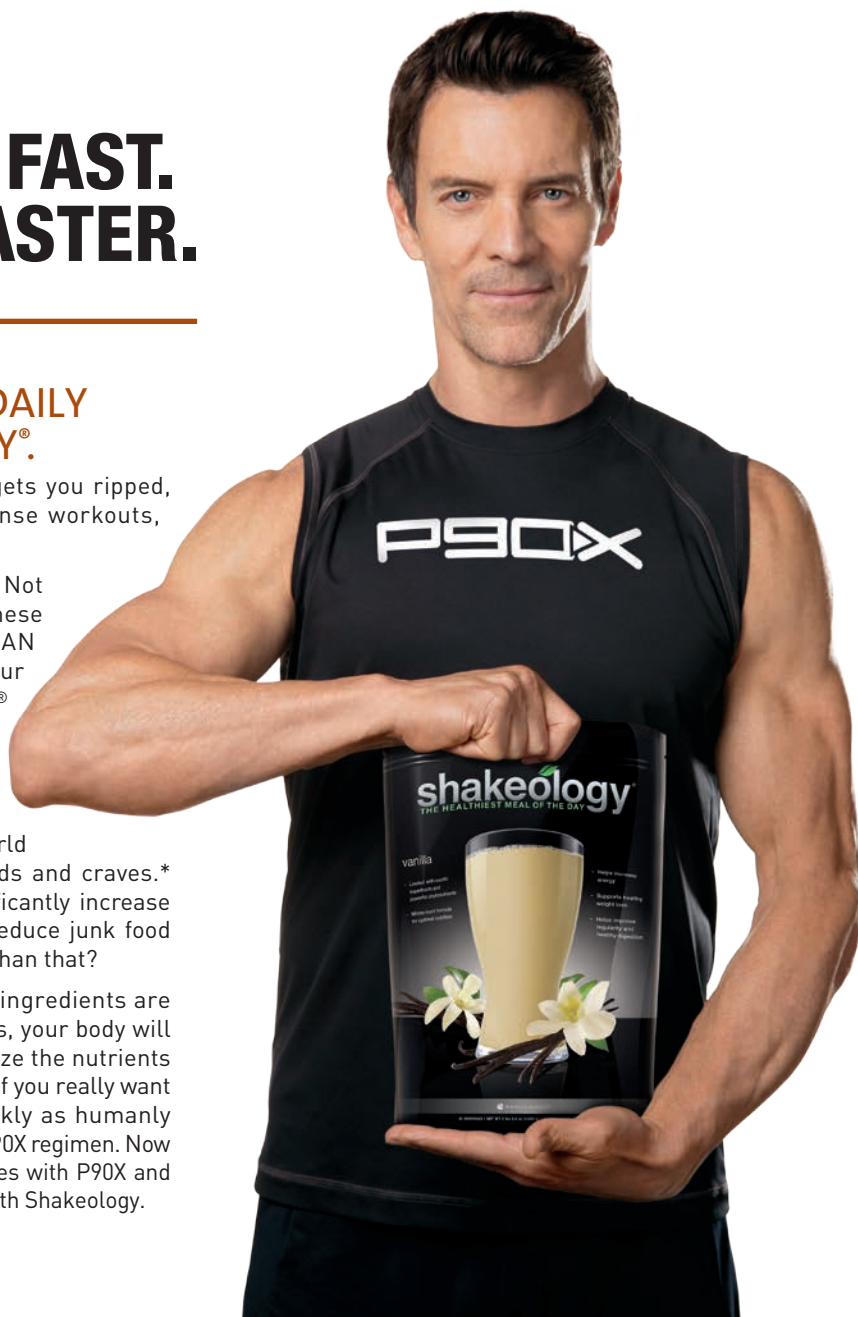
WORK OUT FAST. FUEL UP FASTER.

FUEL YOUR BODY DAILY WITH SHAKEOLOGY®.

There's no denying that P90X gets you ripped, but to keep up with these intense workouts, you've got to fuel up properly.

That's why there's Shakeology. Not only can you whip up one of these delicious shakes in LESS THAN ONE MINUTE, Shakeology's Your Daily Dose of Dense Nutrition® that's packed with incredible amounts of protein, antioxidants, phytonutrients, prebiotics, enzymes, and many rare superfoods from around the world that your body desperately needs and craves.* Plus, Shakeology helps to significantly increase your energy levels, as well as reduce junk food cravings.* What could be better than that?

And because Shakeology's key ingredients are derived from whole food sources, your body will be able to easily absorb and utilize the nutrients you're feeding it immediately. So if you really want to transform your body as quickly as humanly possible, add Shakeology to your P90X regimen. Now you can BRING IT in just 45 minutes with P90X and make it in less than ONE minute with Shakeology.



*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



WE SURVEYED NEARLY 3,000 DAILY SHAKEOLOGY DRINKERS AND HERE'S WHAT THEY TOLD US:**

- ▶ 93% feel healthier since drinking it.
- ▶ 81% feel it has helped them reduce their cravings for junk food.
- ▶ 86% experienced an increase in their energy levels.
- ▶ 77% feel more alert and focused throughout their day.
- ▶ 97% feel Shakeology is a smart investment in their health.

Now available in 6 delicious flavors:

- ▶ Vanilla
- ▶ Chocolate
- ▶ Strawberry
- ▶ Greenberry
- ▶ Tropical Strawberry Vegan
- ▶ Chocolate Vegan

It's our Bottom-of-the-Bag Guarantee.

We're so sure Shakeology will improve your health, we've created an amazing guarantee. Try Shakeology for 30 days and if you don't feel healthier, return it and we'll refund your money (less s&h). Even if the bag is totally empty.



To learn more, contact your Team Beachbody® Coach or visit ShakeologyP90X.com today.

Follow us on:



Facebook.com/Shakeology



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YouTube.com/Shakeology

**Based on a survey of 2,769 Shakeology users who drank Shakeology 5 or more times per week and exercised 3 times per week.
All trademarks are the property of their respective owners.

FAT SHREDDER

The Portion Approach was designed to allow you to mix and match the foods of your choice. There are NO specific meal plans or recipes for this approach. **Just select from the Portion Approach foods listed on the following pages and eat the amounts indicated for your nutrition level.** Along with identifying the right foods to buy, the list shows you which foods fall into which categories, and the appropriate portion size to equal one serving.

For example, if you're in Phase 1 and have determined that you're at nutrition level II, you'd be allotted a specific number of servings per day from each food group, as follows:

| | | |
|----------------------|-------------------|--|
| PROTEINS | <u>7 servings</u> | |
| DAIRY | <u>3 servings</u> | |
| FRUITS | <u>1 serving</u> | |
| VEGETABLES | <u>4 servings</u> | |
| FATS | <u>1 serving</u> | |
| CARBOHYDRATES | <u>1 serving</u> | |
| SNACKS | <u>2 servings</u> | (2 items from the single snack group or 1 item from the double snack group) PLUS a P90X Peak Performance Protein Bar and P90X Results and Recovery Formula drink |
| CONDIMENTS | <u>2 servings</u> | |

Important Note on Snacks:

There are two snack groups listed in your Portion Approach foods—the single group and the double group.

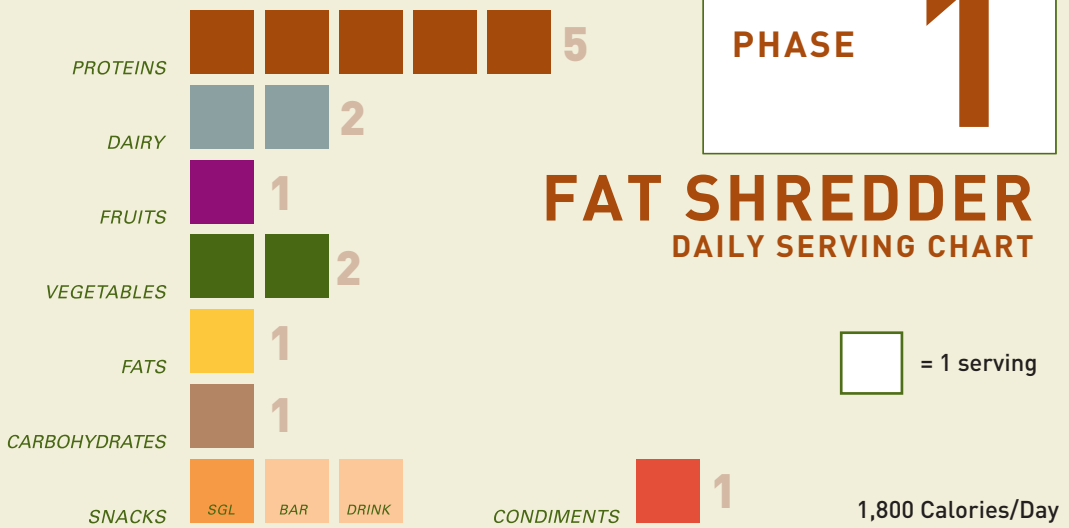
If the letters **SGL** appear beside a snack serving block on your Portion Chart, you can have any 1 item from the **single snack group**. If the letters **DBL** appear inside the snack serving block, you can have any 1 item from the **double snack group** OR any 2 items from the single snack group.

Additionally, if the words **Bar** or **Drink** appear inside a snack serving block, you can have a **P90X Peak Performance Protein Bar** and **P90X Results and Recovery Formula drink** IN ADDITION TO your allotted snack servings.

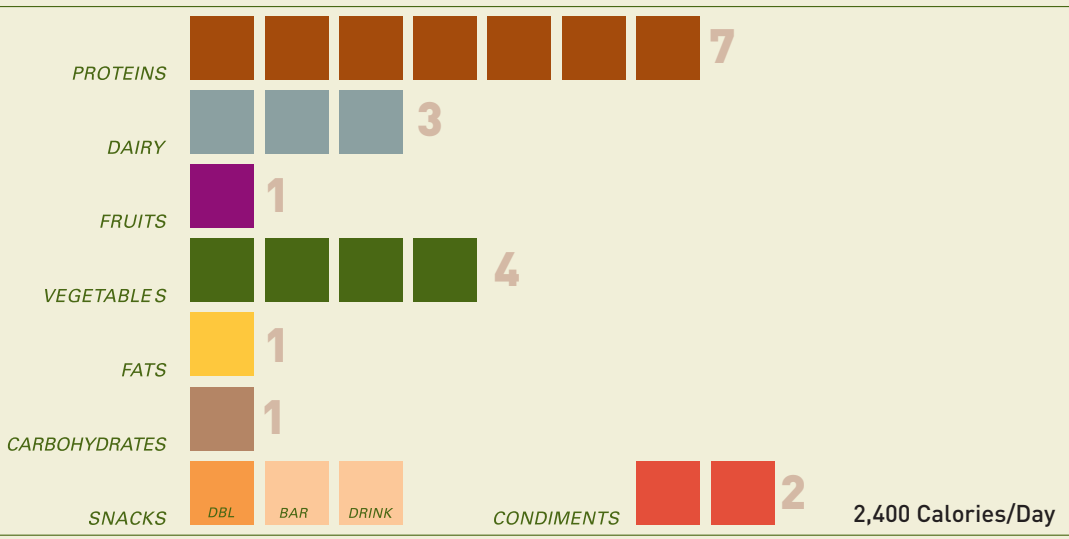
PORTION APPROACH

PHASE 1

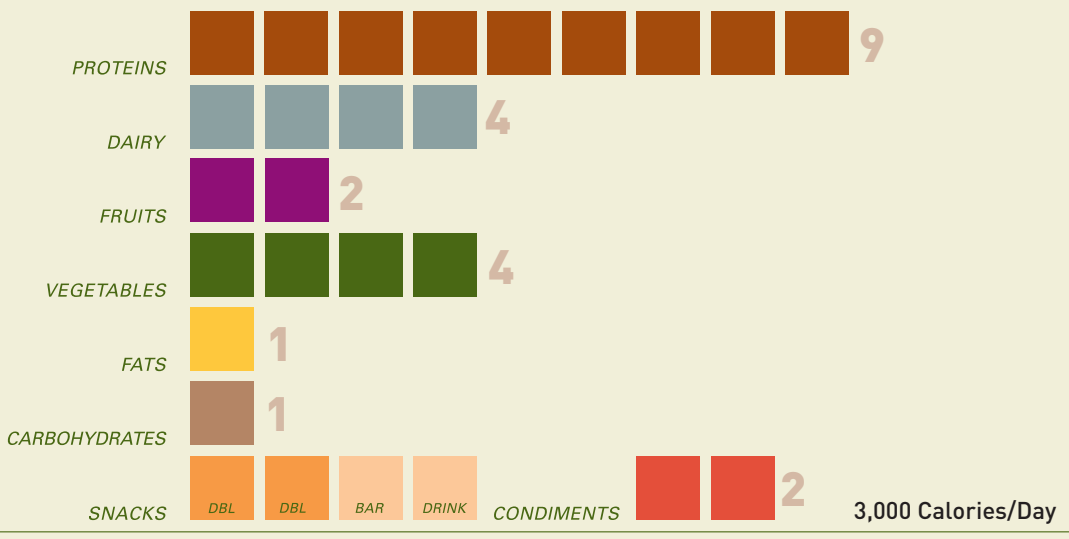
LEVEL I



LEVEL II



LEVEL III



PHASE ALL LEVELS

1

FAT SHREDDER PORTION APPROACH FOODS LIST

FATS

Each serving = 120 calories

3 oz._Avocado
1 Tbsp._Canola oil
1Tbsp._Flaxseed oil

Olive oil_**1Tbsp.**
Olives_**4 oz.**

PROTEINS

Each serving = 100 calories

3 oz._Boneless, skinless chicken or turkey breast
6_Egg whites
3 oz._Fish and shellfish
3 oz._Ham slices, fat-free
3 oz._Pork tenderloin
1/3 cup_Beachbody Whey Protein Powder
3 oz._Red meat (top sirloin, flank steak)
3 oz._Red meat, lean

Soy burger_**1**
Soy cheese slices_**5**
Tofu_**3 oz.**
Tuna_**3 oz.**
Turkey bacon_**2 slices**
Veggie burger_**1**
Veggie dog_**1**

CARBOHYDRATES

Each serving = 200 calories

GRAINS

LEGUMES

POTATOES

1 medium_Bagel, whole wheat
1 cup_Baked beans
1 cup_Beans (kidney, black, etc.)
1_Bran muffin (2.5 oz)
2 slices_Bread (whole wheat, rye, or pumpernickel)
1 cup_Cereal, whole grain
1 cup_Couscous
12_Crackers
2_English muffin halves, whole wheat
1 cup_Hummus
1 cup_Lentils
1 cup_Oatmeal

Pancakes (3.6 oz.)_**3**
Pasta or noodles_**1 cup**
Pita, whole wheat_**1 large**
Potato_**1 medium**
Quinoa_**1 cup**
Refried beans, low-fat_**1 cup**
Rice, brown or wild_**1 cup**
Sweet potato_**1 medium**
Tortillas, corn_**3**
Tortilla, whole wheat_**1 large**
Waffles, whole wheat_**2**
Wheat berries_**1 cup**

DAIRY PRODUCTS

Each serving = 120 calories

Note: One portion of low-fat cheese or cottage cheese counts as either a snack or a dairy portion, not both.

1 oz._Cheese, low-fat
1 cup_Cottage cheese, 1%
1 oz._Feta cheese
1 oz._Goat cheese, semisoft
1-1/2 oz._Mozzarella, part-skim

Parmesan cheese_**1 oz.**
Skim milk_**8 oz.**
Soy cheese_**1 oz.**
Soy milk_**8 oz.**
Yogurt, plain nonfat_**8 oz.**



FRUITS

Each serving = 100 calories

| | |
|-------------------------------|--|
| 1 medium _Apple | Nectarine_1 medium |
| 1 cup _Apricots | Orange_1 large |
| 1 medium _Banana | Papaya_1/2 medium |
| 1/4 medium _Cantaloupe | Peach_1 medium |
| 1 cup _Cherries | Pear_1 medium |
| 1 oz. _Dried fruit | Raspberries, blueberries, blackberries_1 cup |
| 1 medium _Grapefruit | Strawberries, sliced_2 cups |
| 1 cup _Grapes | Tangerine_1 medium |
| 1 cup _Kiwi | Watermelon_1 cup |
| 1/2 medium _Mango | |

VEGETABLES

Each serving = 50 calories

1 serving = 1 cup
cooked vegetables,
vegetable juice,
or vegetable soup

1 serving = 2 cups
leafy greens

| | |
|------------------|---------------------------|
| Asparagus | Kale |
| Beets | Lettuce |
| Bok choy | Marinara sauce |
| Broccoli | Mushrooms |
| Brussels sprouts | Peas |
| Cabbage | Peppers |
| Carrots | Spinach |
| Cauliflower | Sprouts |
| Celery | Squash (summer or winter) |
| Collard greens | String beans |
| Cucumber | Tomatoes |
| Eggplant | Vegetable soup |

CONDIMENTS

Each serving = 50 calories
(2 Tbsp.)

BBQ and other low-fat sauces and marinades, fat-free dressings, mustard, honey, pure fruit jams

SNACKS

Single serving = 100 calories
Double serving = 200 calories

Note: One portion of low-fat
cheese or cottage cheese
counts as either a snack or
a dairy portion, not both.

| | Single | Double |
|--|--|---|
| | 1 oz. _Cheese, low-fat | Cottage cheese, 1%_12 oz. |
| | 8 oz. _Cottage cheese, 1% | Nuts_1 oz. (almonds, cashews, pecans, 30 pistachios) |
| | 1 oz. _Dried fruit | P90X Peak Performance Protein Bar_1 |
| | 12 _Mini rice cakes | P90X Results and Recovery Formula_12 to 16 oz. |
| | 1/2 _P90X Peak Performance Protein Bar | Soy nuts_4 oz. |
| | 1 Tbsp. _Peanut butter with celery sticks | String cheese_3 oz. |
| | 2 oz. _Soy nuts | Turkey jerky_2 oz. |
| | 1-1/2 oz. _String cheese | |
| | 1 oz. _Turkey jerky | |
| | 8 oz. _Yogurt, plain nonfat | |
| | 2/3 scoop _Shakeology* | |

*For more information on Shakeology, please refer to page 15.

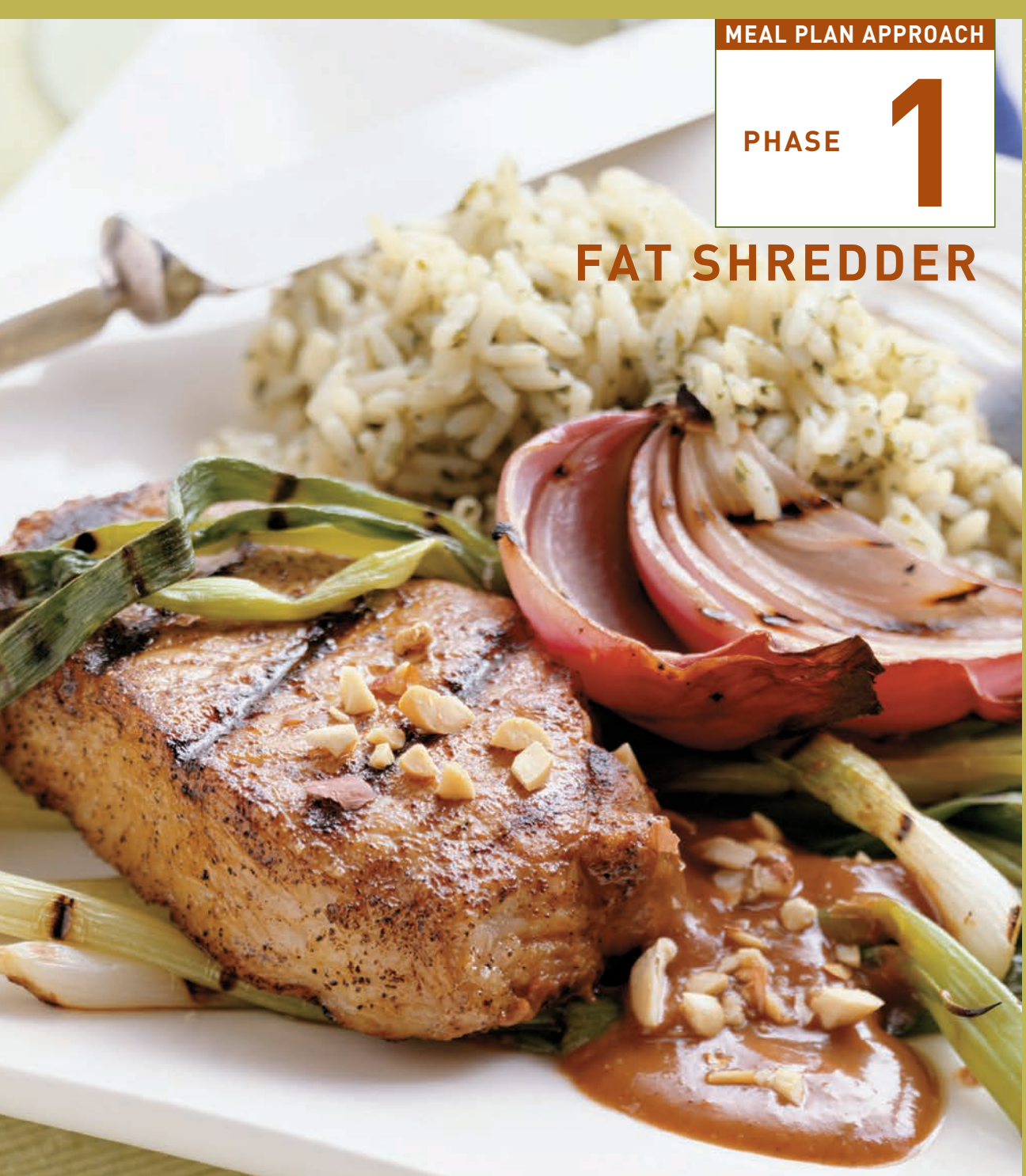
SHAKEOLOGY

Single
2/3_serving for amount

PHASE

1

FAT SHREDDER



GENERAL GUIDELINES

Following the Meal Plan Approach will take the guesswork out of your daily food preparation. You'll enjoy a variety of delicious, healthy, low-fat recipes that'll provide you with the proper amount of nutrition and energy to get the most out of your P90X workout.




















FAT SHREDDER

 _Recipe included

MEAL PLAN APPROACH

LEVEL I
PHASE

1

| BREAKFAST | SNACK | LUNCH | SNACK | DINNER |
|---|---|--|----------------------------------|--|
| DAY 1 1 _Mushroom Omelet  1 cup _Fresh strawberries 8 oz. _Cottage cheese, 1% | 1 _P90X Peak Performance Protein Bar 1 _Results and Recovery Formula drink** | 1 _Chef Salad  | 2 oz. _Soy nuts | 6 oz. _Salmon 2 Tbsp. _Lemon-Dill Sauce  1/2 cup _Asparagus 1 cup _Wild rice 1 cup _Red Pepper Soup  1 Tbsp. _Beachbody Whey Protein Powder |
| DAY 2 1 _Shakeology P90X-tra Shake*  1 _Banana | 1 _P90X Peak Performance Protein Bar 1 _Results and Recovery Formula drink** | 1 _Shrimp Stir-Fry  1 Tbsp. _Sesame seeds 1 oz. _Cashews | 1-1/2 oz. _String cheese | 6 oz. _Turkey 2 Tbsp. _Gravy  1/2 cup _Green beans 1 cup _Butternut Squash Soup 1 Tbsp. _Beachbody Whey Protein Powder |
| DAY 3 2 slices _Turkey bacon 1 _Chicken Scramble  4 oz. _Fresh-squeezed juice | 1 _P90X Peak Performance Protein Bar 1 _Results and Recovery Formula drink** | 1 _Chicken Salad  2 cups _Salad greens 1 cup _Vegetable Soup  1 Tbsp. _Beachbody Whey Protein Powder | 2 oz. _Soy nuts | 6 oz. _Halibut 2 Tbsp. _Pesto Sauce  1 cup _Wild rice 1/2 cup _Zucchini |
| DAY 4 1 _Soy Sausage Muffin  8 oz. _Skim milk | 1 _P90X Peak Performance Protein Bar 1 _Results and Recovery Formula drink** | 1 _Steak and Arugula Salad  2 Tbsp. _Balsamic Vinaigrette  | 1 oz. _Turkey jerky | 6 oz. _Chicken breast 2 Tbsp. _Honey-Chile Sauce  1 cup _Quinoa 1/2 cup _Snap peas |
| DAY 5 1 _Spinach Scramble  8 oz. _Skim milk 1/2 _Grapefruit, medium | 1 _P90X Peak Performance Protein Bar 1 _Results and Recovery Formula drink** | 6 oz. _Turkey Burger  1-1/2 oz. _Low-fat Swiss cheese 1/2 cup _Coleslaw  1 cup _Gazpacho  1 Tbsp. _Beachbody Whey Protein Powder | 8 oz. _Cottage cheese, 1% | 6 oz. _Swordfish 2 Tbsp. _Mango-Ginger Sauce  1 cup _Wild rice 1 _Artichoke, medium |
| DAY 6 1 _Shakeology P90X-tra Shake*  1 _Banana | 1 _P90X Peak Performance Protein Bar 1 _Results and Recovery Formula drink** | 1 _Island Pork Tenderloin Salad  | 1 oz. _Turkey jerky | 1 _Beef and Broccoli Stir-Fry  1 cup _Miso Soup  1 Tbsp. _Beachbody Whey Protein Powder |
| DAY 7 2 slices _Turkey bacon 1 _Cheese Scramble  8 oz. _Skim milk 1/4 _Cantaloupe, medium | 1 _P90X Peak Performance Protein Bar 1 _Results and Recovery Formula drink** | 1 _Tuna Salad  2 cups _Salad greens 1 cup _Chilled Cucumber Soup  | 8 oz. _Cottage cheese, 1% | 6 oz. _Lemon-Garlic Chicken  1 cup _Wild rice 1 cup _Asparagus Soup  1 Tbsp. _Beachbody Whey Protein Powder |

*For more information on Shakeology, please refer to page 15.

**Immediately after workout.

FAT SHREDDER



















 *_Recipe included*

MEAL PLAN APPROACH

LEVEL II
PHASE

1

PHASE 1 — FAT SHREDDER

| BREAKFAST | SNACK | LUNCH | SNACK | DINNER |
|--|---|--|-----------------------------------|---|
| DAY 1 1 _Mushroom Omelet  1 cup _Fresh strawberries 12 oz. _Cottage cheese, 1% | 1 _P90X Peak Performance Protein Bar 1 _Results and Recovery Formula drink** | 1 _Chef Salad  | 30 _Pistachio nuts | 8 oz. _Salmon 3 Tbsp. _Lemon-Dill Sauce  1 cup _Asparagus 1 cup _Wild rice 2 cups _Red Pepper Soup  2 Tbsp. _Beachbody Whey Protein Powder |
| DAY 2 1 _Shakeology P90X-tra Shake*  1 _Banana | 1 _P90X Peak Performance Protein Bar 1 _Results and Recovery Formula drink** | 1 _Shrimp Stir-Fry  1 Tbsp. _Sesame seeds 1 oz. _Cashews | 3 oz. _String cheese | 8 oz. _Turkey 3 Tbsp. _Gravy  1 cup _Green beans 2 cups _Butternut Squash Soup 2 Tbsp. _Beachbody Whey Protein Powder |
| DAY 3 3 slices _Turkey bacon 1 _Chicken Scramble  6 oz. _Fresh-squeezed juice | 1 _P90X Peak Performance Protein Bar 1 _Results and Recovery Formula drink** | 1 _Chicken Salad  3 cups _Salad greens 2 cups _Vegetable Soup  2 Tbsp. _Beachbody Whey Protein Powder | 4 oz. _Soy nuts | 8 oz. _Halibut 3 Tbsp. _Pesto Sauce  1 cup _Wild rice 1 cup _Zucchini |
| DAY 4 1 _Soy Sausage Muffin  12 oz. _Skim milk | 1 _P90X Peak Performance Protein Bar 1 _Results and Recovery Formula drink** | 1 _Steak and Arugula Salad  3 Tbsp. _Balsamic Vinaigrette  | 2 oz. _Turkey jerky | 8 oz. _Chicken breast 3 Tbsp. _Honey-Chile Sauce  1 cup _Quinoa 1 cup _Snap peas |
| DAY 5 1 _Spinach Scramble 12 oz. _Skim milk 1 _Grapefruit, medium | 1 _P90X Peak Performance Protein Bar 1 _Results and Recovery Formula drink** | 8 oz. _Turkey Burger  3 oz. _Low-fat Swiss cheese 1/2 cup _Coleslaw  1 cup _Gazpacho  2 Tbsp. _Beachbody Whey Protein Powder | 12 oz. _Cottage cheese, 1% | 8 oz. _Swordfish 3 Tbsp. _Mango-Ginger Sauce  1 cup _Wild rice 1 _Artichoke, medium |
| DAY 6 1 _Shakeology P90X-tra Shake*  1 _Banana | 1 _P90X Peak Performance Protein Bar 1 _Results and Recovery Formula drink** | 1 _Island Pork Tenderloin Salad  | 2 oz. _Turkey jerky | 1 _Beef and Broccoli Stir-Fry  2 cups _Miso Soup  2 Tbsp. _Beachbody Whey Protein Powder |
| DAY 7 3 slices _Turkey bacon 1 _Cheese Scramble  12 oz. _Skim milk 1/4 _Cantaloupe, medium | 1 _P90X Peak Performance Protein Bar 1 _Results and Recovery Formula drink** | 1 _Tuna Salad  3 cups _Salad greens 2 cups _Chilled Cucumber Soup  | 12 oz. _Cottage cheese, 1% | 8 oz. _Lemon-Garlic Chicken  1 cup _Wild rice 2 cups _Asparagus Soup  2 Tbsp. _Beachbody Whey Protein Powder |

*For more information on Shakeology, please refer to page 15.

**Immediately after workout.
















FAT SHREDDER

 _Recipe included

MEAL PLAN APPROACH

LEVEL III
PHASE

1

| BREAKFAST | SNACK | LUNCH | SNACK | DINNER |
|--|---|---|---|--|
| DAY 1 1 _Mushroom Omelet  1 cup _Fresh strawberries 12 oz. _Cottage cheese, 1% | 1 _P90X Peak Performance Protein Bar 1 _Results and Recovery Formula drink** | 1 _Chef Salad  | 30 _Pistachio nuts 2 oz. _Turkey jerky | 10 oz. _Salmon 4 Tbsp. _Lemon-Dill Sauce  1 cup _Asparagus 1 cup _Wild rice 2 cups _Red Pepper Soup  3 Tbsp. _Beachbody Whey Protein Powder |
| DAY 2 1 _Shakeology P90X-tra Shake*  | 1 _P90X Peak Performance Protein Bar 1 _Results and Recovery Formula drink** | 1 _Shrimp Stir-Fry  2 Tbsp. _Sesame seeds 1 oz. _Cashews | 3 oz. _String cheese 4 oz. _Soy nuts | 10 oz. _Turkey 4 Tbsp. _Gravy  1 cup _Green beans 2 cups _Butternut Squash Soup 3 Tbsp. _Beachbody Whey Protein Powder |
| DAY 3 4 slices _Turkey bacon 1 _Chicken Scramble  8 oz. _Fresh-squeezed juice | 1 _P90X Peak Performance Protein Bar 1 _Results and Recovery Formula drink** | 1 _Chicken Salad  4 cups _Salad greens 2 cups _Vegetable Soup  3 Tbsp. _Beachbody Whey Protein Powder | 4 oz. _Soy nuts 12 oz. _Cottage cheese, 1% | 10 oz. _Halibut 4 Tbsp. _Pesto Sauce  1 cup _Wild rice 1 cup _Zucchini |
| DAY 4 1 _Soy Sausage Muffin  12 oz. _Skim milk | 1 _P90X Peak Performance Protein Bar 1 _Results and Recovery Formula drink** | 1 _Steak and Arugula Salad  4 Tbsp. _Balsamic Vinaigrette  | 3 oz. _String Cheese 1 oz. _Cashews | 10 oz. _Chicken breast 4 Tbsp. _Honey-Chile Sauce  1 cup _Quinoa 1 cup _Snap peas |
| DAY 5 1 _Spinach Scramble 12 oz. _Skim milk 1 _Grapefruit, medium | 1 _P90X Peak Performance Protein Bar 1 _Results and Recovery Formula drink** | 10 oz. _Turkey Burger  3 oz. _Low-fat Swiss cheese 2 cups _Coleslaw  2 cups _Gazpacho  3 Tbsp. _Beachbody Whey Protein Powder | 12 oz. _Cottage cheese, 1% 2 oz. _Turkey jerky | 10 oz. _Swordfish 4 Tbsp. _Mango-Ginger Sauce  1 cup _Wild rice 1 _Artichoke, medium |
| DAY 6 1 _Shakeology P90X-tra Shake*  | 1 _P90X Peak Performance Protein Bar 1 _Results and Recovery Formula drink** | 1 _Island Pork Tenderloin Salad  | 2 oz. _Turkey jerky 1 oz. _Almonds | 1 _Beef and Broccoli Stir-Fry  2 cups _Miso Soup  3 Tbsp. _Beachbody Whey Protein Powder |
| DAY 7 4 slices _Turkey bacon 1 _Cheese Scramble  12 oz. _Skim milk 1/2 _Cantaloupe, medium | 1 _P90X Peak Performance Protein Bar 1 _Results and Recovery Formula drink** | 1 _Tuna Salad  4 cups _Salad greens 2 cups _Chilled Cucumber Soup  | 12 oz. _Cottage cheese, 1% 1 oz. _Almonds | 10 oz. _Lemon-Garlic Chicken  1 cup _Wild rice 2 cups _Asparagus Soup  3 Tbsp. _Beachbody Whey Protein Powder |

*For more information on Shakeology, please refer to page 15.

**Immediately after workout

PHASE

1

FAT SHREDDER



High in protein and fiber, these recipes will put you on the fast track toward building lean muscle mass while shedding excess body fat. From soup to stir-fry, there are plenty of delicious food options to help speed up your metabolism and give your body the fuel it needs for the new challenges that lie ahead.

GENERAL GUIDELINES

NOTE: All per-serving nutritional information is based on one LEVEL I serving. LEVEL II and LEVEL III will vary, depending on portion size.

BALSAMIC VINAIGRETTE

per serving:

3/4 cup balsamic vinegar
1 Tbsp. fresh lemon juice
3 Tbsp. Dijon mustard
2 tsp. chopped shallots
2 tsp. chopped fresh basil
1 tsp. olive oil
Black pepper to taste

Calories (kcal) **14**
Total Fat **1 g**
(42% calories from fat)
Protein **0 g**
Carbohydrate **2 g**
Cholesterol **0 mg**
Sodium **71 mg**

Serves 8

Whisk all ingredients together in a small bowl. Cover and store in refrigerator.

LEVEL I

2 Tbsp.=1 condiment

LEVEL II

3 Tbsp.=1-1/2 condiments

LEVEL III

4 Tbsp.=2 condiments

CUMIN VINAIGRETTE

per serving:

2 Tbsp. fresh lime juice
1/2 Tbsp. orange juice
1/2 Tbsp. Dijon mustard
1/2 tsp. ground cumin
1/4 tsp. salt
1/8 tsp. black pepper
1 Tbsp. olive oil

Calories (kcal) **69**
Total Fat **7 g**
(92% calories from fat)
Protein **0 g**
Carbohydrate **2 g**
Cholesterol **0 mg**
Sodium **329 mg**

Serves 2

Whisk together until well mixed.

LEVEL I

2 Tbsp.=1 condiment

LEVEL II

3 Tbsp.=1-1/2 condiments

LEVEL III

4 Tbsp.=2 condiments

PESTO SAUCE

per serving:

- 1/2 cup pine nuts
- 2 cups fresh basil, packed
- 1 Tbsp. chopped garlic
- 1/2 cup grated low-fat Parmesan cheese
- 3 Tbsp. white cooking wine
- 3 Tbsp. lemon juice
- 1/4 cup fat-free low-sodium chicken or vegetable broth
- Salt (to taste)

| | |
|------------------------|--------|
| Calories (kcal) | 67 |
| Total Fat..... | 6 g |
| (9% calories from fat) | |
| Protein | 2 g |
| Carbohydrate | 2 g |
| Cholesterol | 4 mg |
| Sodium | 137 mg |

Serves 10

- Heat skillet over medium-high heat and toast nuts, turning until golden brown.
- In food processor, puree basil, toasted nuts, and garlic. Add Parmesan cheese, wine, lemon juice, and chicken broth and process until blended. Add salt to taste and blend. Serve on pasta, chicken, or seafood.

LEVEL I

2 Tbsp.= 1 condiment

LEVEL II

3 Tbsp.= 1-1/2 condiments

LEVEL III

4 Tbsp.= 2 condiments

MANGO-GINGER SAUCE

per serving:

- 1/2 Tbsp. olive oil
- 1 cup finely chopped red onion
- 1 cup peeled, cubed mango
- 1/2 cup chopped tomato
- 1-1/2 Tbsp. minced fresh ginger
- 1/4 cup fresh lime juice
- 2 Tbsp. orange juice
- 2 Tbsp. dry sherry
- 1-1/2 Tbsp. brown sugar
- 1-1/2 Tbsp. white vinegar

| | |
|-------------------------|------|
| Calories (kcal) | 46 |
| Total Fat..... | 1 g |
| (19% calories from fat) | |
| Protein | 1 g |
| Carbohydrate | 9 g |
| Cholesterol | 0 mg |
| Sodium | 3 mg |

Serves 8

Stir together all ingredients in a nonreactive bowl. Store covered in refrigerator until ready to serve.

LEVEL I

2 Tbsp.= 1 condiment

LEVEL II

3 Tbsp.= 1-1/2 condiments

LEVEL III

4 Tbsp.= 2 condiments

GRAVY

per serving:

- 1/3 cup chopped shallots
- 1/3 cup all-purpose flour
- 3 cups fat-free low-sodium chicken broth
- 1/4 tsp. salt
- 1 tsp. poultry seasoning

Calories (kcal)**34**
Total Fat.....**<1 g**
(1% calories from fat)
Protein**4 g**
Carbohydrate**4 g**
Cholesterol**0 mg**
Sodium..... **229 mg**

Serves 10

1. Sauté shallots in some of the broth until soft (see Low-Fat Cooking Techniques). Gradually whisk in the flour, adding broth as needed to form a thick paste.
2. Gradually add remaining broth, stirring and cooking until thickened. Add salt and poultry seasoning.

LEVEL I

2 Tbsp.=1 condiment

LEVEL II

3 Tbsp.=1-1/2 condiments

LEVEL III

4 Tbsp.=2 condiments

HONEY-CHILE SAUCE

per serving:

- 1/4 cup finely chopped shallots
- 2/3 cup honey, slightly warmed
- 1/4 cup sherry vinegar
- 1 tsp. pasilla chile powder
- 1/4 tsp. ground cumin
- 1-1/2 cups fat-free low-sodium chicken or vegetable broth
- Salt and pepper (to taste)
- 1 tsp. chopped cilantro
- 3 Tbsp. chopped pecans, toasted

Calories (kcal)**56**
Total Fat..... **1 g**
(13% calories from fat)
Protein **1 g**
Carbohydrate **13 g**
Cholesterol **0 mg**
Sodium..... **48 mg**

Serves 16

1. Lightly coat a sauté pan with cooking spray and place over medium-high heat. Add shallots and sauté until tender.
2. Add honey and vinegar to pan. Quickly stir in chile powder, cumin, and broth. Bring to a boil and boil until reduced by half.
3. Transfer sauce to a blender or food processor and blend at high speed until smooth. Season to taste with salt and pepper. Stir in cilantro. Garnish dish with toasted pecans.

LEVEL I

2 Tbsp.=1 condiment

LEVEL II

3 Tbsp.=1-1/2 condiments

LEVEL III

4 Tbsp.=2 condiments

LEMON-DILL SAUCE

per serving:

- 1/2 cup chopped shallots
- 2 cups white wine
- 2 Tbsp. arrowroot powder
- 2 cups fat-free low-sodium chicken broth
- 6 Tbsp. lemon juice
- 1 tsp. minced lemongrass
- 1 Tbsp. chopped fresh dill

Calories (kcal)**58**
Total Fat.....**<1 g**
(0% calories from fat)
Protein**3 g**
Carbohydrate**5 g**
Cholesterol**0 mg**
Sodium..... **107 mg**

Serves 10

1. Coat a large sauté pan with cooking spray; sauté shallots until soft (not brown), moistening with wine if necessary.
2. In a medium bowl, dissolve arrowroot in 1/2 cup of chicken broth and set aside.
3. Add remaining wine to shallots, bring to boil, and boil until reduced by half. Add remaining chicken broth, return to boil, and reduce by half again.
4. Add arrowroot mixture to pan and stir to blend. Transfer contents to a food processor or blender and puree until smooth.
5. Return sauce to pan. Add lemon juice and lemongrass and simmer over low heat for about 30 minutes, until thick. Strain out lemongrass and stir in dill.

LEVEL I

2 Tbsp.= 1 condiment

LEVEL II

3 Tbsp.= 1-1/2 condiments

LEVEL III

4 Tbsp.= 2 condiments

CHILLED CUCUMBER SOUP

per serving:

- 1 whole cucumber
- 1/2 cup chopped red onion
- 3 Tbsp. chopped fresh dill
- 1 Tbsp. chopped fresh mint
- 1-1/4 cups nonfat plain yogurt
- 1/4 tsp. salt
- 1/8 tsp. black pepper
- 1/16 tsp. cayenne pepper
- 1/4 Tbsp. celery seed

Calories (kcal)**60**
Total Fat.....**<1 g**
(5% calories from fat)
Protein**5 g**
Carbohydrate **10 g**
Cholesterol**1 mg**
Sodium..... **191 mg**

Serves 4

Combine all ingredients in blender and puree. Chill. Garnish with chopped dill or parsley.

LEVEL I

1 cup soup = 1/2 vegetable

LEVEL II

2 cups soup = 1 vegetable

LEVEL III

3 cups soup = 1-1/2 vegetables

ASPARAGUS SOUP

per serving:

- 1-1/4 cups diced onions
- 1/2 tsp. chopped garlic
- 1-1/2 quarts fat-free low-sodium chicken or vegetable broth
- 1-1/2 pounds asparagus, diced
- 1/2 potato, diced
- 1 dash salt
- 1/2 tsp. yellow mustard seed
- 1 dash 17-spice mix
- 1/2 tsp. dry mustard

Calories (kcal)**38**
 Total Fat.....**<1 g**
 (0% calories from fat)
 Protein**2 g**
 Carbohydrate**5 g**
 Cholesterol**0 mg**
 Sodium..... **1,780 mg**

Serves 8

1. Sauté onions and garlic in 1/4 cup of chicken broth.
2. Add asparagus, potato, and remaining broth. Bring to a boil. Reduce heat and simmer 15 to 20 minutes.
3. Remove soup from heat and puree with a food processor or immersion blender. Return to pan and season with spices.
4. Serve.

LEVEL I

1 cup soup = 1 vegetable

LEVEL II

2 cups soup = 2 vegetables

LEVEL III

3 cups soup = 3 vegetables

BUTTERNUT SQUASH SOUP

per serving:

- 1 Tbsp. minced shallot
- 1 clove garlic, pressed or minced
- 3 cups cubed butternut squash
- 1/2 cup fat-free low-sodium chicken or vegetable broth

Calories (kcal)**70**
 Total Fat.....**<1 g**
 (1% calories from fat)
 Protein**3 g**
 Carbohydrate**18 g**
 Cholesterol**0 mg**
 Sodium..... **89 mg**

Serves 3

1. Place shallot and garlic in a nonstick saucepan and cook over low heat until translucent, adding a little water if necessary to prevent scorching.
2. Add chicken broth and bring to a simmer. Add squash and simmer until squash is soft, about 20 minutes. Transfer to a blender or food processor and puree.
3. Return soup to pan and place over medium heat until heated through.
4. Serve.

LEVEL I

1 cup soup = 1 vegetable

LEVEL II

2 cups soup = 3 vegetables

LEVEL III

2 cups soup = 3 vegetables

GAZPACHO

per serving:

| | | |
|--|------------------------|------|
| 14 oz. canned low-sodium tomatoes | Calories (kcal)..... | 20 |
| 1-1/2 cups low-sodium tomato juice | Total Fat..... | <1 g |
| 1-1/4 cups peeled, diced cucumbers | (4% calories from fat) | |
| 1/4 cup peeled, diced carrots | Protein..... | 1 g |
| 1/2 cup each diced green and red bell pepper | Carbohydrate..... | 5 g |
| 1/2 red onion, diced | Cholesterol..... | 0 mg |
| 1 shallot, peeled | Sodium..... | 5 mg |
| 1 garlic clove, peeled | | |
| 3 Tbsp. red wine vinegar | | |
| 3 Tbsp. fresh lemon juice | | |
| 1/2 tsp. paprika | | |
| 2 Tbsp. each chopped fresh oregano, basil, and Italian parsley | | |
| 1/8 tsp. white pepper | | |
| Tabasco® sauce (to taste) | | |

Serves 5

1. Place tomatoes, tomato juice, cucumbers, carrots, peppers, onion, shallots, and garlic in a food processor or blender and process until smooth.
2. Add vinegar, lemon juice, paprika, oregano, basil, parsley, and white pepper and process to combine. Add Tabasco sauce to taste and blend. Chill for several hours before serving.

LEVEL I

1 cup soup = 1/2 vegetable

LEVEL II

2 cups soup = 1 vegetable

LEVEL III

3 cups soup = 1-1/2 vegetables

MISO SOUP

per serving:

| | | |
|--|-------------------------|----------|
| 1/2 teaspoon dark sesame oil | Calories (kcal)..... | 107 |
| 1/3 cup finely chopped shallots | Total Fat..... | 3 g |
| 3 Tbsp. miso | (23% calories from fat) | |
| 1 quart vegetable stock | Protein..... | 4 g |
| 1/4 cup diced firm silken tofu | Carbohydrate..... | 16 g |
| 3 Tbsp. sliced scallions (for garnish) | Cholesterol..... | 1 mg |
| | Sodium..... | 1,052 mg |

Serves 8

1. Heat sesame oil in a saucepan over medium heat. Add shallots and cook until translucent.
2. Add miso and mix well. Add stock and bring to a simmer. Reduce heat to low and simmer for 15 minutes.
3. To serve, ladle into bowls and garnish each serving with tofu and scallions.
4. Serve.

LEVEL I

1 cup soup = 1 vegetable, 1/2 protein

LEVEL II

2 cups soup = 2 vegetables, 1 protein

LEVEL III

3 cups soup = 3 vegetables, 1-1/2 protein

VEGETABLE SOUP

per serving:

- 10 cups fat-free low-sodium chicken or vegetable broth
- 4 medium red potatoes, cut into 1-inch cubes
- 4 cups quartered onions
- 1 cup sliced carrots (1 inch thick)
- 3 cups sliced celery (1 inch thick)
- 2 cups sliced zucchini (1 inch thick)
- 8 ounces canned tomato sauce
- 2 cloves garlic, minced
- 1/4 bunch fresh parsley, chopped
- 1/4 bunch cilantro, chopped
- Serves 18
- 1 dash black pepper

Calories (kcal).....49
Total Fat.....<1 g
(2% calories from fat)
Protein7 g
Carbohydrate10 g
Cholesterol0 mg
Sodium.....377 mg

- 1. In a large stockpot, combine chicken broth, potatoes, onions, carrots, and celery. Bring to a boil, then reduce heat to medium-high and simmer until potatoes are tender, about 30 minutes.
- 2. Add zucchini, tomato sauce, garlic, parsley, and cilantro. Reduce heat to medium-low and cook for 10 to 15 minutes more, or until zucchini is just tender. Season to taste with black pepper and serve.

LEVEL I

1 cup soup = 1 vegetable

LEVEL II

2 cups soup = 2 vegetables

LEVEL III

3 cups soup = 3 vegetables

RED PEPPER SOUP

per serving:

- 2 cups white wine (more if needed)
- 1 onion, finely chopped
- 5 roasted red peppers, cored, seeded, and chopped
- 2 cups chopped celery
- 1 Tbsp. minced garlic
- 2 plum tomatoes, chopped
- 1/4 cup tomato paste
- 2 cups fat-free low-sodium chicken or vegetable broth
- 2 Tbsp. dried thyme
- 1/4 tsp. each ground white pepper and ground cumin
- Serves 12
- 1 dash salt

Calories (kcal).....57
Total Fat.....<1 g
(5% calories from fat)
Protein3 g
Carbohydrate6 g
Cholesterol0 mg
Sodium.....145 mg

- 1. Heat wine in a large, heavy soup pot over medium heat. Add onion, red peppers, and celery. Cook and stir for 3 minutes. Stir in garlic. Cook for 2 more minutes, adding more wine if necessary.
- 2. Add tomatoes, tomato paste, and broth; cover and bring to a boil. Reduce heat and simmer for 25 minutes.
- 3. Puree soup in a food processor or blender. Return to the pan, add seasonings, and heat through.
- 4. Serve.

LEVEL I

1 cup soup = 1 vegetable

LEVEL II

2 cups soup = 2 vegetables

LEVEL III

3 cups soup = 3 vegetables

SHAKEOLOGY P90X-TRA—LEVEL I

per serving:

- 3/4 cup nonfat milk
- 1/2 cup water
- 1 scoop Chocolate Shakeology
- 1/2 cup berries
- 1/2 small banana
- 1/2 cup ice

| | |
|------------------------|--------|
| Calories (kcal) | 289 |
| Total Fat..... | 2 g |
| (6% calories from fat) | |
| Protein | 25 g |
| Carbohydrate | 45 g |
| Cholesterol | 19 mg |
| Sodium | 178 mg |

- 1. Add milk, water, Shakeology, berries, banana, and ice to blender. Blend until smooth.
- 2. Serve immediately.

LEVEL I

1 protein, 1 dairy, 1 fruit

LEVEL II

See below

LEVEL III

See next page

SHAKEOLOGY P90X-TRA—LEVEL II

per serving:

- 1 cup nonfat milk
- 1-1/2 scoops Chocolate Shakeology
- 1/2 cup berries
- 1/2 small banana
- 1/2 cup ice

| | |
|------------------------|--------|
| Calories (kcal) | 385 |
| Total Fat..... | 2 g |
| (6% calories from fat) | |
| Protein | 37 g |
| Carbohydrate | 57 g |
| Cholesterol | 27 mg |
| Sodium | 254 mg |

- 1. Add milk, Shakeology, berries, banana, and ice to blender. Blend until smooth.
- 2. Serve immediately.

*For more information on Shakeology, please refer to page 15.

LEVEL I

See above

LEVEL II

1-1/2 protein, 1 dairy, 1 fruit

LEVEL III

See next page

SHAKEOLOGY P90X-TRA—LEVEL III

per serving:

- 1 cup nonfat milk
- 2 scoops Chocolate Shakeology
- 1 cup berries
- 1/2 small banana
- 1 cup ice

Calories (kcal)**492**
Total Fat.....**3 g**
(6% calories from fat)
Protein**46 g**
Carbohydrate**72 g**
Cholesterol**35 mg**
Sodium **305 mg**

- 1. Add milk, Shakeology, berries, banana, and ice to blender. Blend until smooth.
- 2. Serve immediately.

*For more information on Shakeology, please refer to page 15.

LEVEL I

See previous page

LEVEL II

See previous page

LEVEL III

2 protein, 1 dairy, 1-1/2 fruit

SOY SAUSAGE MUFFIN

per serving:

- 2 to 4 soy sausage patties (approximately 80 calories each)
- 1 to 2 whole wheat English muffins
- 1-1/2 to 4 oz. fat-free mozzarella cheese

Calories (kcal)**57**
Total Fat.....**41 g**
(5% calories from fat)
Protein**3 g**
Carbohydrate**6 g**
Cholesterol **0 mg**
Sodium **145 mg**

- 1. Cook soy sausage according to package instructions.
- 2. Toast English muffin(s), then top with cheese and melt in toaster oven or under broiler for 2 to 3 minutes.
- 3. Place sausage on one muffin half and top with other half.

LEVEL I

2 soy patties, 1 English muffin, 1-1/2 oz. cheese = 1 protein, 1 carbohydrate, 1 dairy

LEVEL II

3 soy patties, 1 English muffin, 3 oz. cheese = 2 protein, 1 carbohydrate, 2 dairy

LEVEL III

4 soy patties, 2 English muffins, 4 oz. cheese = 3 protein, 2 carbohydrate, 2 dairy

CHICKEN SCRAMBLE—LEVEL I

per serving:

- 6 egg whites
- 3 oz. chicken breast, cooked and diced
- 1 oz. feta cheese, crumbled
- 1-1/2 Tbsp. chopped fresh basil
- Salt and pepper (to taste)

Calories (kcal)**308**
Total Fat.....**9 g**
(14% calories from fat)
Protein**52 g**
Carbohydrate**3 g**
Cholesterol**96 mg**
Sodium **703 mg**

- 1. Lightly coat a nonstick skillet with cooking spray and place over medium heat.
- 2. Lightly beat egg whites with a fork and pour into pan. Cook, stirring, until halfway set. Add chicken and finish cooking until eggs are cooked through.
- 3. Place on plate. Salt and pepper to taste. Sprinkle with feta and garnish with basil.

LEVEL I
2 protein, 1 dairy

LEVEL II
See below

LEVEL III
See next page

CHICKEN SCRAMBLE—LEVEL II

per serving:

- 8 egg whites
- 4 oz. chicken breast, cooked and diced
- 1-1/2 oz. feta cheese, crumbled
- 2 Tbsp. chopped fresh basil
- Salt and pepper (to taste)

Calories (kcal)**424**
Total Fat.....**13 g**
(21% calories from fat)
Protein**70 g**
Carbohydrate**4 g**
Cholesterol **133 mg**
Sodium **990 mg**

- 1. Lightly coat a nonstick skillet with cooking spray and place over medium heat.
- 2. Lightly beat egg whites with a fork and pour into pan. Cook, stirring, until halfway set. Add chicken and finish cooking until eggs are cooked through.
- 3. Place on plate. Salt and pepper to taste. Sprinkle with feta and garnish with basil.

LEVEL I
See above

LEVEL II
2-1/2 protein, 1-1/2 dairy

LEVEL III
See next page

CHICKEN SCRAMBLE—LEVEL III

per serving:

10 egg whites
5 oz. chicken breast, cooked and diced
2 oz. feta cheese, crumbled
3 Tbsp. chopped fresh basil
Salt and pepper (to taste)

Calories (kcal) **539**
Total Fat..... **18 g**
(27% calories from fat)
Protein **88 g**
Carbohydrate **5 g**
Cholesterol **169 mg**
Sodium **1,277 mg**

1. Lightly coat a nonstick skillet with cooking spray and place over medium heat.
2. Lightly beat egg whites with a fork and pour into pan. Cook, stirring, until halfway set. Add chicken and finish cooking until eggs are cooked through.
3. Place on plate. Salt and pepper to taste. Sprinkle with feta and garnish with basil.

LEVEL I

See previous page

LEVEL II

See previous page

LEVEL III

3 protein, 2 dairy

CHEESE SCRAMBLE—LEVEL I

per serving:

6 egg whites
2 Tbsp. skim milk
1-1/2 oz. part-skim mozzarella cheese, grated
Salt and pepper (to taste)

Calories (kcal) **230**
Total Fat..... **4 g**
(29% calories from fat)
Protein **34 g**
Carbohydrate **5 g**
Cholesterol **24 mg**
Sodium **450 mg**

1. Lightly coat a medium nonstick skillet with cooking spray and place over medium heat.
2. In a bowl, lightly beat egg whites with skim milk.
3. Pour egg mixture into pan and cook slightly, then add cheese and cook to desired firmness.

LEVEL I

1-1/2 protein, 1/2 dairy

LEVEL II

See next page

LEVEL III

See next page

CHEESE SCRAMBLE—LEVEL II

per serving:

- 8 egg whites
- 3 Tbsp. skim milk
- 3 oz. part-skim mozzarella cheese, grated
- Salt and pepper (to taste)

Calories (kcal)**388**
 Total Fat.....**7 g**
 (35% calories from fat)
 Protein**53 g**
 Carbohydrate**8 g**
 Cholesterol**47 mg**
 Sodium**653 mg**

1. Lightly coat a medium nonstick skillet with cooking spray and place over medium heat.
2. In a bowl, lightly beat egg whites with skim milk.
3. Pour egg mixture into pan and cook slightly, then add cheese and cook to desired firmness.

LEVEL I

See previous page

LEVEL II

2-1/2 protein, 1 dairy

LEVEL III

See below

CHEESE SCRAMBLE—LEVEL III

per serving:

- 10 egg whites
- 4 Tbsp. skim milk
- 4 oz. part-skim mozzarella cheese, grated
- Salt and pepper (to taste)

Calories (kcal)**506**
 Total Fat.....**9 g**
 (35% calories from fat)
 Protein**68 g**
 Carbohydrate**10 g**
 Cholesterol**62 mg**
 Sodium**845 mg**

1. Lightly coat a medium nonstick skillet with cooking spray and place over medium heat.
2. In a bowl, lightly beat egg whites with skim milk.
3. Pour egg mixture into pan and cook slightly, then add cheese and cook to desired firmness.

LEVEL I

See previous page

LEVEL II

See above

LEVEL III

3-1/2 protein, 1 dairy

SPINACH SCRAMBLE—LEVEL I

per serving:

- 1/2 cup diced Roma tomatoes
- 1 cup spinach leaves, cleaned and dried
- 6 egg whites
- 1-1/2 oz. feta cheese, crumbled
- 1 Tbsp. chopped fresh basil

Calories (kcal)**239**
Total Fat.....**9 g**
(35% calories from fat)
Protein**29 g**
Carbohydrate**9 g**
Cholesterol**38 mg**
Sodium **835 mg**

1. Place a small nonstick pan lightly coated with vegetable spray over medium heat. Sauté tomatoes and spinach until slightly tender. Place in separate dish and set aside.
2. Whisk egg whites together in a bowl and pour into pan. Cook, stirring, over low heat until almost set. Add vegetable mixture, cheese, and basil. Cook to desired firmness.

LEVEL I

1 protein, 1 dairy, 1 vegetable

LEVEL II

See below

LEVEL III

See next page

SPINACH SCRAMBLE—LEVEL II

per serving:

- 1/2 cup diced Roma tomatoes
- 1 cup spinach leaves, cleaned and dried
- 8 egg whites
- 3 oz. feta cheese, crumbled
- 1 Tbsp. chopped fresh basil

Calories (kcal)**384**
Total Fat.....**18 g**
(43% calories from fat)
Protein**42 g**
Carbohydrate**12 g**
Cholesterol**76 mg**
Sodium **1,419 mg**

1. Place a small nonstick pan lightly coated with vegetable spray over medium heat. Sauté tomatoes and spinach until slightly tender. Place in separate dish and set aside.
2. Whisk egg whites together in a bowl and pour into pan. Cook, stirring, over low heat until almost set. Add vegetable mixture, cheese, and basil. Cook to desired firmness.

LEVEL I

See above

LEVEL II

1-1/2 protein, 1-1/2 dairy, 1 vegetable

LEVEL III

See next page

SPINACH SCRAMBLE—LEVEL III

per serving:

- 1 cup diced Roma tomatoes
- 2 cups spinach leaves, cleaned and dried
- 10 egg whites
- 4 oz. feta cheese, crumbled
- 2 Tbsp. chopped fresh basil

Calories (kcal) **518**
 Total Fat..... **25 g**
 (43% calories from fat)
 Protein **55 g**
 Carbohydrate **19 g**
 Cholesterol **101 mg**
 Sodium..... **1,877 mg**

1. Place a small nonstick pan lightly coated with vegetable spray over medium heat. Sauté tomatoes and spinach until slightly tender. Place in separate dish and set aside.
2. Whisk egg whites together in a bowl and pour into pan. Cook, stirring, over low heat until almost set. Add vegetable mixture, cheese, and basil. Cook to desired firmness.

LEVEL I

See previous page

LEVEL II

See previous page

LEVEL III

2 protein, 2 dairy, 2 vegetables

MUSHROOM OMELET—LEVEL I

per serving:

- 6 egg whites
- Salt and pepper (to taste)
- 3/4 cup sliced mushrooms
- 2 Tbsp. chopped green onion
- 1/2 Roma tomato, chopped
- 1-1/2 oz. low-fat cheddar cheese, shredded

Calories (kcal) **506**
 Total Fat..... **9 g**
 (35% calories from fat)
 Protein **68 g**
 Carbohydrate **10 g**
 Cholesterol **62 mg**
 Sodium..... **845 mg**

1. In a small bowl, lightly beat egg whites with a fork and season to taste with salt and pepper.
2. Lightly coat a small nonstick sauté pan with cooking spray and place over medium heat. Add mushrooms, tomatoes, and green onion and cook until tender.
3. Add egg mixture and cook until set on the bottom. Sprinkle cheese over top, fold omelet in half, and cook a bit longer until cheese is melted and eggs are set. Serve.

LEVEL I

1 protein, 1/2 dairy, 1 vegetable

LEVEL II

See next page

LEVEL III

See next page

MUSHROOM OMELET—LEVEL II

per serving:

8 egg whites
 Salt and pepper (to taste)
 3/4 cup sliced mushrooms
 2 Tbsp. chopped green onion
 1/2 Roma tomato, chopped
 3 oz. low-fat cheddar cheese, shredded

Calories (kcal).....**298**
 Total Fat.....**6 g**
 (19% calories from fat)
 Protein.....**50 g**
 Carbohydrate.....**8 g**
 Cholesterol.....**18 mg**
 Sodium.....**966 mg**

1. In a small bowl, lightly beat egg whites with a fork and season to taste with salt and pepper.
2. Lightly coat a small nonstick sauté pan with cooking spray and place over medium heat. Add mushrooms, tomatoes, and green onion and cook until tender.
3. Add egg mixture and cook until set on the bottom. Sprinkle cheese over top, fold omelet in half, and cook a bit longer until cheese is melted and eggs are set. Serve.

LEVEL I

See previous page

LEVEL II

1-1/2 protein, 1 dairy, 1 vegetable

LEVEL III

See below

MUSHROOM OMELET—LEVEL III

per serving:

10 egg whites
 Salt and pepper (to taste)
 1 cup sliced mushrooms
 2 Tbsp. chopped green onion
 1/2 Roma tomato, chopped
 4 oz. low-fat cheddar cheese, shredded

Calories (kcal).....**395**
 Total Fat.....**8 g**
 (19% calories from fat)
 Protein.....**64 g**
 Carbohydrate.....**13 g**
 Cholesterol.....**24 mg**
 Sodium.....**1,256 mg**

1. In a small bowl, lightly beat egg whites with a fork and season to taste with salt and pepper.
2. Lightly coat a small nonstick sauté pan with cooking spray and place over medium heat. Add mushrooms, tomatoes, and green onion and cook until tender.
3. Add egg mixture and cook until set on the bottom. Sprinkle cheese over top, fold omelet in half, and cook a bit longer until cheese is melted and eggs are set. Serve.

LEVEL I

See previous page

LEVEL II

See above

LEVEL III

1-1/2 protein, 1-1/2 dairy,
 1 vegetable

CHEF SALAD—LEVEL I

per serving:

- 3 oz. fat-free turkey breast, chopped
- 3 oz. extra-lean low-sodium ham, chopped
- 1-1/2 oz. fat-free mozzarella cheese, chopped
- 1/2 Roma tomato, chopped
- 2 cups chopped romaine lettuce
- 1/4 cup chopped hearts of palm
- 1 oz. avocado, diced
- 2 Tbsp. low-fat ranch dressing

Calories (kcal)**323**
 Total Fat.....**8 g**
 (21% calories from fat)
 Protein**50 g**
 Carbohydrate **14 g**
 Cholesterol**86 mg**
 Sodium.....**515 mg**

Toss all ingredients except dressing together in a bowl; drizzle with dressing.

LEVEL I

2 protein, 1/2 dairy, 2 vegetables,
1 condiment

LEVEL II

See below

LEVEL III

See next page

CHEF SALAD—LEVEL II

per serving:

- 4 oz. fat-free turkey breast, chopped
- 4 oz. extra-lean low-sodium ham, chopped
- 3 oz. fat-free mozzarella cheese, chopped
- 1/2 Roma tomato, chopped
- 2 cups chopped romaine lettuce
- 1/4 cup chopped hearts of palm
- 1 oz. avocado, diced
- 3 Tbsp. low-fat ranch dressing

Calories (kcal)**452**
 Total Fat.....**9 g**
 (18% calories from fat)
 Protein**74 g**
 Carbohydrate **18 g**
 Cholesterol **119 mg**
 Sodium.....**720 mg**

Toss all ingredients except dressing together in a bowl; drizzle with dressing.

LEVEL I

See above

LEVEL II

2-1/2 protein, 1 dairy, 2 vegetables,
1 condiment

LEVEL III

See next page

CHEF SALAD—LEVEL III

per serving:

- 5 oz. fat-free turkey breast, chopped
- 5 oz. extra-lean low-sodium ham, chopped
- 4 oz. fat-free mozzarella cheese, chopped
- 1 Roma tomato, chopped
- 2-1/2 cups chopped romaine lettuce
- 1/4 cup chopped hearts of palm
- 2 oz. avocado, diced
- 4 Tbsp. low-fat ranch dressing

Calories (kcal) **611**
 Total Fat **14 g**
 (20% calories from fat)
 Protein **96 g**
 Carbohydrate **26 g**
 Cholesterol **150 mg**
 Sodium **913 mg**

Toss all ingredients except dressing together in a bowl; drizzle with dressing.

LEVEL I

See previous page

LEVEL II

See previous page

LEVEL III

3 protein, 2 dairy, 1 vegetable,
1 condiment

STEAK AND ARUGULA SALAD—LEVEL I

per serving:

- 6 oz. top sirloin
- 2 cups arugula
- 1/2 pint cherry tomatoes, halved
- 1/2 cup canned artichoke hearts, drained
- 2 Tbsp. Balsamic Vinaigrette (see recipe in Dressings)

Calories (kcal) **398**
 Total Fat **11 g**
 (42% calories from fat)
 Protein **38 g**
 Carbohydrate **20 g**
 Cholesterol **87 mg**
 Sodium **293 mg**

1. Grill or broil steak until done, approximately 7 to 10 minutes on each side. Cool and cut into 1-inch slices.
2. Toss together arugula, tomatoes, and artichoke hearts and arrange on plates. Top with steak and drizzle with balsamic vinaigrette.

LEVEL I

2 protein, 3 vegetables, 1 condiment

LEVEL II

See next page

LEVEL III

See next page

STEAK AND ARUGULA SALAD—LEVEL II

per serving:

- 8 oz. top sirloin
- 3 cups arugula
- 1/2 pint cherry tomatoes, halved
- 3/4 cup canned artichoke hearts, drained
- 3 Tbsp. Balsamic Vinaigrette (see recipe in Dressings)

| | |
|-------------------------|--------|
| Calories (kcal) | 531 |
| Total Fat..... | 14 g |
| (42% calories from fat) | |
| Protein | 51 g |
| Carbohydrate | 26 g |
| Cholesterol | 116 mg |
| Sodium | 414 mg |

- 1. Grill or broil steak until done, approximately 7 to 10 minutes on each side. Cool and cut into 1-inch slices.
- 2. Toss together arugula, tomatoes, and artichoke hearts and arrange on plates. Top with steak and drizzle with balsamic vinaigrette.

LEVEL I

See previous page

LEVEL II

3 protein, 4 vegetables, 1 condiment

LEVEL III

See below

STEAK AND ARUGULA SALAD—LEVEL III

per serving:

- 10 oz. top sirloin
- 4 cups arugula
- 1 pint cherry tomatoes, halved
- 1 cup canned artichoke hearts, drained
- 4 Tbsp. Balsamic Vinaigrette (see recipe in Dressings)

| | |
|-------------------------|--------|
| Calories (kcal) | 695 |
| Total Fat..... | 17 g |
| (41% calories from fat) | |
| Protein | 66 g |
| Carbohydrate | 40 g |
| Cholesterol | 144 mg |
| Sodium | 547 mg |

- 1. Grill or broil steak until done, approximately 7 to 10 minutes on each side. Cool and cut into 1-inch slices.
- 2. Toss together arugula, tomatoes, and artichoke hearts and arrange on plates. Top with steak and drizzle with balsamic vinaigrette.

LEVEL I

See previous page

LEVEL II

See above

LEVEL III

3-1/2 protein, 5 vegetables,
2 condiments

TUNA SALAD—LEVEL I

per serving:

- 6 oz. tuna canned in water, drained
- 1-1/2 Tbsp. low-fat mayonnaise
- 1/2 tsp. lemon zest
- 1 squeeze of fresh lemon juice
- 1 Tbsp. shredded carrots
- 1 Tbsp. chopped celery
- 1 Tbsp. chopped green onion
- 1 tsp. celery seeds

| | |
|-------------------------|--------|
| Calories (kcal) | 248 |
| Total Fat..... | 5 g |
| (17% calories from fat) | |
| Protein | 44 g |
| Carbohydrate | 5 g |
| Cholesterol | 51 mg |
| Sodium | 348 mg |

Place tuna in a small bowl. Add mayonnaise and mix thoroughly. Then add lemon zest, lemon juice, carrots, celery, green onions, and celery seeds. Blend together. Serve.

LEVEL I
2 protein, 1 condiment

LEVEL II
See below

LEVEL III
See next page

TUNA SALAD—LEVEL II

per serving:

- 8 oz. tuna canned in water, drained
- 2 Tbsp. low-fat mayonnaise
- 1/2 tsp. lemon zest
- 1 squeeze of fresh lemon juice
- 2 Tbsp. shredded carrots
- 2 Tbsp. chopped celery
- 2 Tbsp. chopped green onion
- 1-1/2 tsp. celery seeds

| | |
|-------------------------|--------|
| Calories (kcal) | 337 |
| Total Fat..... | 7 g |
| (17% calories from fat) | |
| Protein | 59 g |
| Carbohydrate | 8 g |
| Cholesterol | 68 mg |
| Sodium | 447 mg |

Place tuna in a small bowl. Add mayonnaise and mix thoroughly. Then add lemon zest, lemon juice, carrots, celery, green onions, and celery seeds. Blend together. Serve.

LEVEL I
See above

LEVEL II
2-1/2 protein, 1 vegetable,
1 condiment

LEVEL III
See next page

TUNA SALAD—LEVEL III

per serving:

- 10 oz. tuna canned in water, drained
- 2-1/2 Tbsp. low-fat mayonnaise
- 1 tsp. lemon zest
- 1 squeeze of fresh lemon juice
- 3 Tbsp. shredded carrots
- 3 Tbsp. chopped celery
- 3 Tbsp. chopped green onion
- 2 tsp. celery seeds

| | |
|-------------------------|--------|
| Calories (kcal) | 459 |
| Total Fat..... | 10 g |
| (20% calories from fat) | |
| Protein | 75 g |
| Carbohydrate | 15 g |
| Cholesterol | 85 mg |
| Sodium..... | 549 mg |

Place tuna in a small bowl. Add mayonnaise and mix thoroughly. Then add lemon zest, lemon juice, carrots, celery, green onions, and celery seeds. Blend together. Serve.

LEVEL I
See previous page

LEVEL II
See previous page

LEVEL III
3 protein, 1 vegetable,
1 condiment

CHICKEN SALAD—LEVEL I

per serving:

- 6 oz. raw boneless, skinless chicken breast
- 2 Tbsp. low-fat mayonnaise
- 3/4 Tbsp. Dijon mustard
- 1/4 cup diced celery
- 2 Tbsp. diced green onions
- 1/8 tsp. black pepper
- 1/8 tsp. fresh dill

| | |
|-------------------------|--------|
| Calories (kcal) | 217 |
| Total Fat..... | 6 g |
| (26% calories from fat) | |
| Protein | 32 g |
| Carbohydrate | 7 g |
| Cholesterol | 79 mg |
| Sodium..... | 257 mg |

Poach chicken; cool and dice. Gently combine chicken with remaining ingredients and chill until ready to serve.

LEVEL I
2 protein

LEVEL II
See next page

LEVEL III
See next page

CHICKEN SALAD—LEVEL II

per serving:

- 8 oz. raw boneless, skinless chicken breast
- 2-1/2 Tbsp. low-fat mayonnaise
- 1 Tbsp. Dijon mustard
- 1/2 cup diced celery
- 2-1/2 Tbsp. diced green onions
- 1/4 tsp. black pepper
- 1/4 tsp. fresh dill

- Calories (kcal)345
- Total Fat..... 12 g
- (32% calories from fat)
- Protein43 g
- Carbohydrate 14 g
- Cholesterol 105 mg
- Sodium..... 361 mg

Poach chicken; cool and dice. Gently combine chicken with remaining ingredients and chill until ready to serve.

LEVEL I

See previous page

LEVEL II

2-1/2 protein, 1 vegetable,
1 condiment

LEVEL III

See below

CHICKEN SALAD—LEVEL III

per serving:

- 10 oz. raw boneless, skinless chicken breast
- 3 Tbsp. low-fat mayonnaise
- 1-1/2 tablespoon Dijon mustard
- 3/4 cup diced celery
- 1/3 cup diced green onions
- 1/2 tsp. black pepper
- 1/2 tsp. fresh dill

- Calories (kcal)485
- Total Fat..... 16 g
- (26% calories from fat)
- Protein59 g
- Carbohydrate 26 g
- Cholesterol 132 mg
- Sodium..... 544 mg

Poach chicken; cool and dice. Gently combine chicken with remaining ingredients and chill until ready to serve.

LEVEL I

See previous page

LEVEL II

See above

LEVEL III

3-1/2 protein, 2 vegetables,
1 condiment

ISLAND PORK TENDERLOIN

per serving:

- 16 oz. lean pork tenderloin
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 1/2 tsp. chili powder
- 1/2 tsp. ground cumin
- 1/2 tsp. cinnamon
- 2 tsp. olive oil
- 1/4 cup brown sugar, firmly packed
- 1/2 Tbsp. finely chopped fresh garlic
- 1/2 Tbsp. Tabasco sauce
- Serves 4
- (See below)

1. Preheat oven to 350° F.
2. Stir together salt, pepper, chili powder, cumin, and cinnamon, then coat pork with spice rub.
3. Heat oil in a 12-inch nonstick skillet over moderately high heat and brown pork, turning to brown all sides, about 4 minutes.
4. Stir together brown sugar, garlic, and Tabasco and pat onto top of tenderloin. Place pork in a roasting pan and cook in the oven for 45 minutes, or until meat thermometer inserted in center registers 160 to 165° F.
5. Slice thinly and add to Island Pork Tenderloin Salad (below and on page 50).

ISLAND PORK TENDERLOIN SALAD—LEVEL I

per serving:

- 1/2 orange
- 1 cup fresh spinach
- 1/2 red bell pepper, cut lengthwise into thin strips
- 1 Tbsp. golden raisins
- 1 cup shredded Napa cabbage
- 6 oz. Island Pork Tenderloin (see recipe above)
- 2 Tbsp. Cumin Vinaigrette (see recipe in Dressings)
- Calories (kcal)556
- Total Fat..... 13 g
- (37% calories from fat)
- Protein 39 g
- Carbohydrate 51 g
- Cholesterol 111 mg
- Sodium 781 mg

1. Peel and cut orange crosswise into 1/4-inch thick slices and set aside.
2. Toss spinach, cabbage, bell pepper, and raisins in a large bowl.
3. Mound salad mixture on a large plate. Arrange pork and orange slices on top and drizzle with dressing.

LEVEL I

2 protein, 1/2 fruit, 2 vegetables,
3 condiments

LEVEL II

See next page

LEVEL III

See next page

ISLAND PORK TENDERLOIN SALAD—LEVEL II

per serving:

3/4 orange

1-1/2 cup fresh spinach

3/4 red bell pepper, cut lengthwise into thin strips

2 Tbsp. golden raisins

1-1/2 cup shredded Napa cabbage

8 oz. Island Pork Tenderloin (see recipe on page 49)

3 Tbsp. Cumin Vinaigrette (see recipe in Dressings)

Calories (kcal) **882**

Total Fat **17 g**

(35% calories from fat)

Protein **52 g**

Carbohydrate **93 g**

Cholesterol **147 mg**

Sodium **862 mg**

1. Peel and cut orange crosswise into 1/4-inch thick slices and set aside.
2. Toss spinach, cabbage, bell pepper, and raisins in a large bowl.
3. Mound salad mixture on a large plate. Arrange pork and orange slices on top and drizzle with dressing.

LEVEL I

See previous page

LEVEL II

3 protein, 1 fruit, 3 vegetables,
4 condiments

LEVEL III

See below

ISLAND PORK TENDERLOIN SALAD—LEVEL III

per serving:

1 orange

2 cup fresh spinach

1 red bell pepper, cut lengthwise into thin strips

1/4 cup golden raisins

2 cups shredded Napa cabbage

10 oz. Island Pork Tenderloin (see recipe on page 49)

4 Tbsp. Cumin Vinaigrette (see recipe in Dressings)

Calories (kcal) **1,029**

Total Fat **19 g**

(31% calories from fat)

Protein **69 g**

Carbohydrate **87 g**

Cholesterol **147 mg**

Sodium **986 mg**

1. Peel and cut orange crosswise into 1/4-inch thick slices and set aside.
2. Toss spinach, cabbage, bell pepper, and raisins in a large bowl.
3. Mound salad mixture on a large plate. Arrange pork and orange slices on top and drizzle with dressing.

LEVEL I

See previous page

LEVEL II

See above

LEVEL III

4 protein, 2 fruits, 4 vegetables,
4 condiments

SHRIMP STIR-FRY—LEVEL I

per serving:

| | | |
|---|------------------------|--------|
| 6 oz. shrimp, peeled | Calories (kcal)..... | 332 |
| 1/4 Tbsp. low-sodium soy sauce | Total Fat..... | 4 g |
| 1/2 tsp. rice vinegar | (9% calories from fat) | |
| 1/4 cup fat-free chicken or vegetable broth | Protein..... | 44 g |
| 1/4 tsp. minced garlic | Carbohydrate..... | 33 g |
| 1/4 tsp. minced ginger | Cholesterol..... | 259 mg |
| 1/2 cup red onion, cut in wedges | Sodium..... | 552 mg |
| 1/2 cup broccoli florets | | |
| 1-1/4 cups trimmed snow peas | | |
| 1-1/2 cups halved mushrooms | | |
| 1/4 cup diced yellow bell pepper | | |
| 1/4 cup canned water chestnuts, drained | | |

1. Rinse shrimp and drain well.
2. Heat soy sauce, rice vinegar, and 2 tablespoons of chicken broth in a sauté pan over medium heat. Add garlic and ginger and sauté until tender.
3. Add all vegetables to pan and continue to sauté, stirring and adding more broth as necessary.
4. Add shrimp when vegetables are halfway cooked, and sauté until vegetables are tender and shrimp are opaque.

LEVEL I

2 protein, 3 vegetables

LEVEL II

See below

LEVEL III

See next page

SHRIMP STIR-FRY—LEVEL II

per serving:

| | | |
|---|------------------------|--------|
| 8 oz. shrimp, peeled | Calories (kcal)..... | 444 |
| 1/2 Tbsp. low-sodium soy sauce | Total Fat..... | 5 g |
| 3/4 tsp. rice vinegar | (9% calories from fat) | |
| 1/2 cup fat-free chicken or vegetable broth | Protein..... | 61 g |
| 1/2 tsp. minced garlic | Carbohydrate..... | 44 g |
| 1/2 tsp. minced ginger | Cholesterol..... | 345 mg |
| 3/4 cup red onion, cut in wedges | Sodium..... | 920 mg |
| 3/4 cup broccoli florets | | |
| 1-1/2 cups trimmed snow peas | | |
| 1-3/4 cups halved mushrooms | | |
| 1/2 cup diced yellow bell pepper | | |
| 1/2 cup canned water chestnuts, drained | | |

1. Rinse shrimp and drain well.
2. Heat soy sauce, rice vinegar, and 2 tablespoons of chicken broth in a sauté pan over medium heat. Add garlic and ginger and sauté until tender.
3. Add all vegetables to pan and continue to sauté, stirring and adding more broth as necessary.
4. Add shrimp when vegetables are halfway cooked, and sauté until vegetables are tender and shrimp are opaque.

LEVEL I

See above

LEVEL II

2-1/2 protein, 4 vegetables

LEVEL III

See next page

SHRIMP STIR-FRY—LEVEL III

per serving:

- 10 oz. shrimp, peeled

3/4 Tbsp. low-sodium soy sauce

1 tsp. rice vinegar

3/4 cup fat-free chicken or vegetable broth

3/4 tsp. minced garlic

3/4 tsp. minced ginger

1 cup red onion, cut in wedges

1-3/4 cups trimmed snow peas

1 cup broccoli florets

2 cups halved mushrooms

3/4 cup diced yellow bell pepper

3/4 cup canned water chestnuts, drained
- Calories (kcal).....

Total Fat.....

(9% calories from fat)

Protein

Carbohydrate

Cholesterol

Sodium.....
- 571

6 g

78 g

59 g

431 mg

1,290 mg

1. Rinse shrimp and drain well.

2. Heat soy sauce, rice vinegar, and 2 tablespoons of chicken broth in a sauté pan over medium heat.

3. Add all vegetables to pan and continue to sauté, stirring and adding more broth as necessary.

4. Add shrimp when vegetables are halfway cooked, and sauté until vegetables are tender and shrimp are opaque.

LEVEL I

See previous page

LEVEL II

See previous page

LEVEL III

3-1/2 protein, 5 vegetables

TURKEY BURGER—LEVEL I

per serving:

- 6 oz. extra-lean (97% fat-free) ground turkey

1-1/2 Tbsp. whole-grain bread crumbs

3 Tbsp. low-fat buttermilk

2-1/4 tsp. minced green onions

2-1/4 tsp. chopped parsley

1/4 tsp. Dijon mustard

1 dash Worcestershire sauce

Black pepper (to taste)
- Calories (kcal).....

Total Fat.....

(35% calories from fat)

Protein

Carbohydrate

Cholesterol

Sodium.....
- 259

4.5 g

45 g

13 g

82 mg

270 mg

1. Preheat grill or broiler.

2. Combine all ingredients and form into patty.

3. Grill until cooked through (with no pink remaining), 7 to 10 minutes per side.

LEVEL I

2 protein, 1/2 dairy, 1 condiment

LEVEL II

See next page

LEVEL III

See next page

TURKEY BURGER—LEVEL II

per serving:

- 8 oz. extra-lean (97% fat-free) ground turkey
- 2 Tbsp. whole-grain bread crumbs
- 4 Tbsp. low-fat buttermilk
- 3 tsp. minced green onions
- 3 tsp. chopped parsley
- 1/2 tsp. Dijon mustard
- 2 dashes Worcestershire sauce
- Black pepper (to taste)

Calories (kcal)**337**
 Total Fat.....**6 g**
 (35% calories from fat)
 Protein**60 g**
 Carbohydrate **17 g**
 Cholesterol **107 mg**
 Sodium..... **351 mg**

1. Preheat grill or broiler.
2. Combine all ingredients and form into patty.
3. Grill until cooked through (with no pink remaining), 7 to 10 minutes per side.

LEVEL I

See previous page

LEVEL II

3 protein, 1/2 dairy, 1 condiment

LEVEL III

See below

TURKEY BURGER—LEVEL III

per serving:

- 10 oz. extra-lean (97% fat-free) ground turkey
- 2-1/2 Tbsp. whole-grain bread crumbs
- 5 Tbsp. low-fat buttermilk
- 3-3/4 tsp. minced green onions
- 3-3/4 tsp. chopped parsley
- 3/4 tsp. Dijon mustard
- 2 dashes Worcestershire sauce
- Black pepper (to taste)

Calories (kcal)**421**
 Total Fat.....**8 g**
 (35% calories from fat)
 Protein**75 g**
 Carbohydrate **21 g**
 Cholesterol **134 mg**
 Sodium..... **439 mg**

1. Preheat grill or broiler.
2. Combine all ingredients and form into patty.
3. Grill until cooked through (with no pink remaining), 7 to 10 minutes per side.

LEVEL I

See previous page

LEVEL II

See above

LEVEL III

3-1/2 protein, 1/2 dairy,
2 condiments

BEEF AND BROCCOLI STIR-FRY

per serving:

1/4 cup soy sauce
 1/2 red onion, sliced
 1 Tbsp. minced garlic
 1-1/2 pound top sirloin steak, sliced 1 inch thick
 1 Tbsp. sesame oil
 2 Tbsp. rice vinegar
 1 Tbsp. minced ginger
 4 cups broccoli florets
 8 oz. dried soba noodles

Calories (kcal) **466**
 Total Fat **11 g**
 (21% calories from fat)
 Protein **46 g**
 Carbohydrate **49 g**
 Cholesterol **99 mg**
 Sodium **1,591 mg**

Serves 4

1. Bring 2 quarts of water to a boil.
2. Meanwhile, heat a small amount of soy sauce in a large sauté pan, add onions and garlic, and sauté until opaque.
3. Add beef and sauté, turning often with tongs, for 7 to 10 minutes. In small bowl, stir together oil, vinegar, and ginger and add to the sauté mixture.
4. Blanch broccoli in boiling water (or microwave on high, covered and vented, for 2 minutes).
 Add to the meat mixture and keep warm.
5. Prepare soba noodles according to package directions. Drain, toss with the beef and broccoli, and serve.

LEVEL I

1-1/2 cups = 2 protein,
 1 carbohydrate, 1 vegetable

LEVEL II

2 cups = 3 protein,
 1 carbohydrate, 1 vegetable

LEVEL III

2-1/2 cups = 3 protein,
 1 carbohydrate, 1 vegetable

LEMON-GARLIC CHICKEN

per serving:

1/4 cup fresh lemon juice
 2 Tbsp. molasses
 2 tsp. Worcestershire sauce
 4 garlic cloves, chopped
 2 lbs. boneless, skinless chicken thighs
 1/4 teaspoon salt
 1/4 teaspoon black pepper
 3 lemon wedges
 3 parsley sprigs

Calories (kcal) **153**
 Total Fat **4 g**
 (24% calories from fat)
 Protein **21 g**
 Carbohydrate **8 g**
 Cholesterol **86 mg**
 Sodium **219 mg**

Serves 3

1. Combine first 4 ingredients in a nonreactive dish and add chicken, turning to coat all sides. Cover and marinate in refrigerator 1 hour, turning occasionally.
2. Preheat oven to 425° F.
3. Remove chicken from dish, reserving marinade, and arrange in a shallow roasting pan coated with cooking spray. Pour reserved marinade over chicken; sprinkle with salt and pepper.
4. Bake for 20 minutes, basting occasionally with marinade. Bake without basting for 20 minutes more or until chicken is done. Serve with lemon wedges and garnish with parsley, if desired.

LEVEL I

6 oz. = 2 protein

LEVEL II

8 oz. = 2-1/2 protein

LEVEL III

10 oz. = 3 protein

COLESLAW

per serving:

- 3 cups shredded green cabbage
- 1 cup shredded red cabbage
- 1 cup julienned jicama
- 1/2 red onion, finely chopped
- 2 Red Delicious apples, finely diced
- 1/2 cup fat-free mayonnaise
- 1/3 cup white vinegar
- 2 Tbsp. plus 2 tsp. raw sugar
- 2 Tbsp. plus 2 tsp. Dijon mustard
- 1-1/2 tsp. caraway seed
- 1/4 tsp. salt
- 1 pinch white pepper

Calories (kcal)**38**
 Total Fat.....**<1 g**
 (4% calories from fat)
 Protein**0 g**
 Carbohydrate**9 g**
 Cholesterol**0 mg**
 Sodium..... **171 mg**

Serves 12

1. Combine vegetables and apples in a large bowl and mix well.
2. Combine remaining ingredients in a small bowl and mix well to make dressing.
3. Pour dressing over slaw and toss until evenly coated. Cover tightly and chill before serving.

LEVEL I

1/2 cup = 1/2 vegetable

LEVEL II

1 cup = 1 vegetable

LEVEL III

2 cups = 2 vegetables

ENERGY BOOSTER

The Portion Approach was designed to allow you to mix and match the foods of your choice. There are NO specific meal plans or recipes for this approach. **Just select from the Portion Approach foods listed on the following pages and eat the amounts indicated for your nutrition level.** Along with identifying the right foods to buy, the list shows you which foods fall into which categories, and the appropriate portion size to equal one serving.

For example, if you're in Phase 2 and have determined that you're at nutrition level II, you'd be allotted a specific number of servings per day from each food group, as follows:

| | | |
|----------------------|----------------|--|
| PROTEINS | 6 servings | |
| DAIRY | 2 servings | |
| FRUITS | 1 serving | |
| VEGETABLES | 3 servings | |
| FATS | 1 serving | |
| CARBOHYDRATES | 3 serving | |
| SNACKS | 2 servings | (2 items from the single snack group or 1 item from the double snack group) PLUS a P90X Peak Performance Protein Bar and P90X Results and Recovery Formula drink |
| CONDIMENTS | 1-1/2 servings | |

Important Note on Snacks:

There are two snack groups listed in your Portion Approach foods—the single group and the double group.

If the letters **SGL** appear beside a snack serving block on your Portion Chart, you can have any 1 item from the **single snack group**. If the letters **DBL** appear inside the snack serving block, you can have any 1 item from the **double snack group** OR any 2 items from the single snack group.

Additionally, if the words **Bar** or **Drink** appear inside a snack serving block, you can have a P90X Peak Performance Protein Bar and P90X Results and Recovery Formula drink IN ADDITION TO your allotted snack servings.




PHASE

2

ENERGY BOOSTER

DAILY SERVING CHART

 = 1 serving

1,800 Calories/Day

2,400 Calories/Day

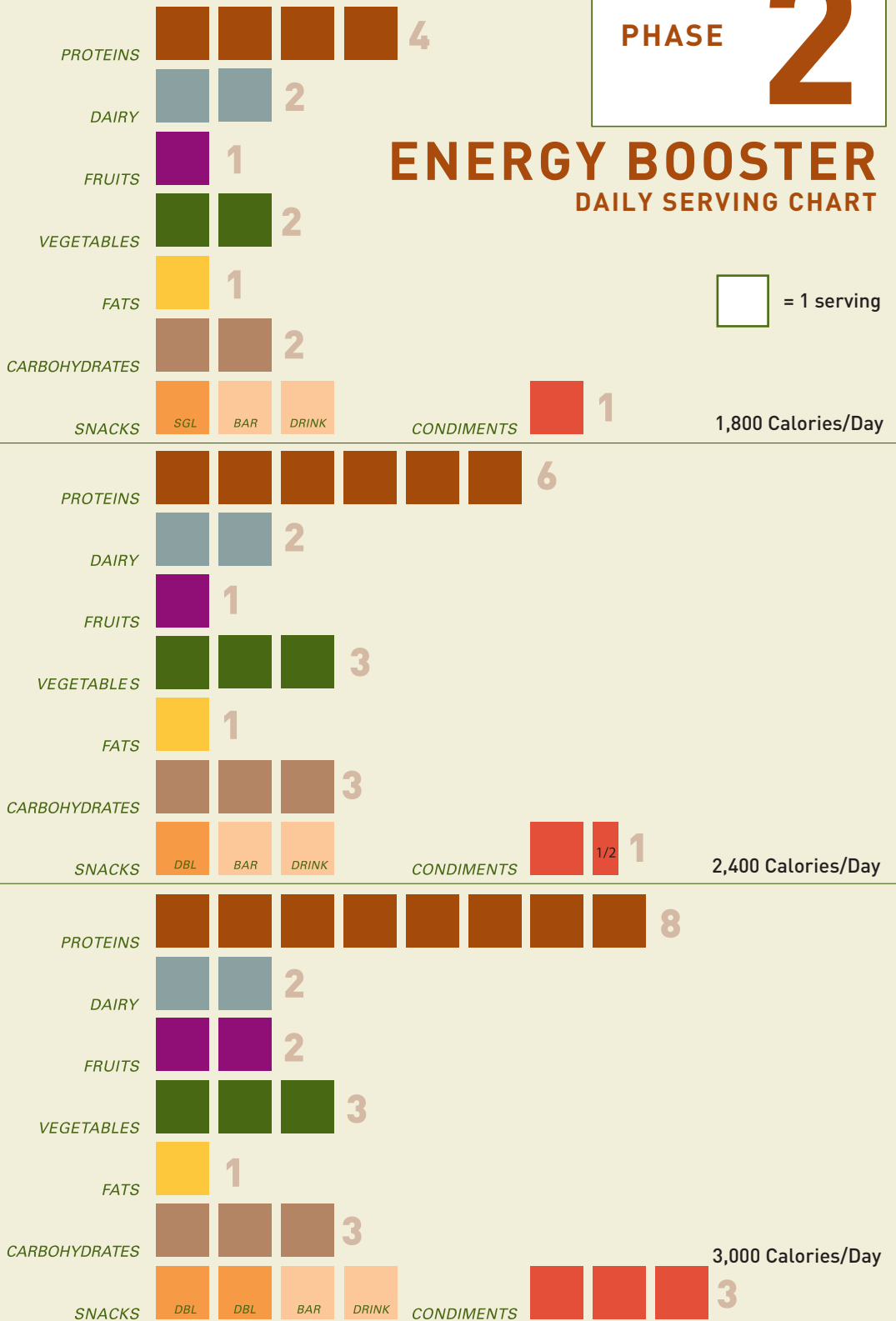
3,000 Calories/Day

PHASE 2—ENERGY BOOSTER

LEVEL I

LEVEL II

LEVEL III



During Phase 2, use the following list to determine which foods to purchase from the grocery store, and what amount of these foods constitutes one serving. Remember, the foods you choose to incorporate in your diet are up to you—just make sure the portions fit within the parameters of your determined nutrition level.

ENERGY BOOSTER

PORTION APPROACH FOODS LIST

FATS

Each serving = 120 calories

3 oz._Avocado
1 Tbsp._Canola oil
1Tbsp._Flaxseed oil

Olive oil_**1Tbsp.**
Olives_**4 oz.**

PROTEINS

Each serving = 100 calories

3 oz._Boneless, skinless, chicken or turkey breast
6_Egg whites
3 oz._Fish and shellfish
3 oz._Ham slices, fat-free
3 oz._Pork tenderloin
1/3 cup_Protein powder
3 oz._Red meat (top sirloin, flank steak)
3 oz._Red meat, lean

Soy burger_**1**
Soy cheese slices_**5**
Tofu_**3 oz.**
Tuna_**3 oz.**
Turkey bacon_**2 slices**
Veggie burger_**1**
Veggie dog_**1**

CARBOHYDRATES

Each serving = 200 calories

GRAINS

LEGUMES

POTATOES

1 medium_Bagel, whole wheat
1 cup_Baked beans
1 cup_Beans (kidney, black, etc.)
1_Bran muffin (2.5 oz)
2 slices_Bread (whole wheat, rye, or pumpernickel)
1 cup_Cereal, whole grain
1 cup_Couscous
12_Crackers
2_English muffin halves, whole wheat
1 cup_Hummus
1 cup_Lentils
1 cup_Oatmeal

Pancakes (3.6 oz.)_**3**
Pasta or noodles_**1 cup**
Pita, whole wheat_**1 large**
Potato_**1 medium**
Quinoa_**1 cup**
Refried beans, low-fat_**1 cup**
Rice, brown or wild_**1 cup**
Sweet potato_**1 medium**
Tortillas, corn_**3**
Tortilla, whole wheat_**1 large**
Waffles, whole wheat_**2**
Wheat berries_**1 cup**

DAIRY PRODUCTS

Each serving = 120 calories

Note: One portion of low-fat cheese or cottage cheese counts as either a snack or a dairy portion, not both.

1 oz._Cheese, low-fat
1 cup_Cottage cheese, 1%
1 oz._Feta cheese
1 oz._Goat cheese, semisoft
1-1/2 oz._Mozzarella, part-skim

Parmesan cheese_**1 oz.**
Skim milk_**8 oz.**
Soy cheese_**1 oz.**
Soy milk_**8 oz.**
Yogurt, plain nonfat_**8 oz.**



FRUITS

Each serving = 100 calories

| | |
|-------------------------------|--|
| 1 medium _Apple | Nectarine_ 1 medium |
| 1 cup _Apricots | Orange_ 1 large |
| 1 medium _Banana | Papaya_ 1/2 medium |
| 1/4 medium _Cantaloupe | Peach_ 1 medium |
| 1 cup _Cherries | Pear_ 1 medium |
| 1 oz. _Dried fruit | Raspberries, blueberries, blackberries_ 1 cup |
| 1 medium _Grapefruit | Strawberries, sliced_ 2 cups |
| 1 cup _Grapes | Tangerine_ 1 medium |
| 1 cup _Kiwi | Watermelon_ 1 cup |
| 1/2 medium _Mango | |

VEGETABLES

Each serving = 50 calories

1 serving = 1 cup
cooked vegetables,
vegetable juice,
or vegetable soup

1 serving = 2 cups
leafy greens

| | |
|------------------|---------------------------|
| Asparagus | Kale |
| Beets | Lettuce |
| Bok choy | Marinara sauce |
| Broccoli | Mushrooms |
| Brussels sprouts | Peas |
| Cabbage | Peppers |
| Carrots | Spinach |
| Cauliflower | Sprouts |
| Celery | Squash (summer or winter) |
| Collard greens | String beans |
| Cucumber | Tomatoes |
| Eggplant | Vegetable soup |

CONDIMENTS

Each serving = 50 calories
(2 Tbsp.)

BBQ and other low-fat sauces and marinades, fat-free dressings, mustard, honey, pure fruit jams

SNACKS

Single serving = 100 calories
Double serving = 200 cal.ories

Note: One portion of low-fat
cheese or cottage cheese
counts as either a snack or
a dairy portion, not both.

| Single | Double |
|--|---|
| 8 oz. _Cottage cheese, 1% | Cheese, low-fat_ 1 oz. with crackers_ 6 |
| 1 oz. _Dried fruit | Cottage cheese, 1%_ 12 oz. |
| 1/2_P90X Peak Performance Protein Bar | Hummus_ 4 Tbsp. with carrot sticks |
| 1 Tbsp. _Peanut butter with celery sticks | Nuts_ 1 oz. (almonds, cashews, pecans, 30 pistachios) |
| 3 cups _Popcorn, light | P90X Peak Performance Protein Bar_ 1 |
| 1 large _Pretzel, sourdough | P90X Results and Recovery Formula_ 12 to 16 oz. |
| 2 oz. _Soy nuts | Soy nuts_ 4 oz. |
| 1-1/2 oz. _String cheese | String cheese_ 3 oz. |
| 1 oz. _Turkey jerky | Turkey jerky_ 2 oz. |
| 8 oz. _Yogurt, plain nonfat | Yogurt, nonfat fruit-flavored_ 8 oz. |
| 2/3 scoop _Shakeology* | |

*For more information on Shakeology, please refer to page 15.

SHAKEOLOGY

Single
2/3_serving for amount

ENERGY BOOSTER

GENERAL GUIDELINES

Get the best of both worlds during Phase 2 of your training. To supply your body with additional energy for midstream performance, these recipes provide a balanced mix of carbohydrates and proteins. Mouthwatering muffins, meat loaf, and filet mignon are just a few of the appetizing dishes you'll find. There are also a variety of salads to keep it light at lunchtime.

ENERGY BOOSTER

 _Recipe included

MEAL PLAN APPROACH

LEVEL I

PHASE

2

| BREAKFAST | SNACK | LUNCH | SNACK | DINNER |
|--|---|--|--|--|
| DAY 1 1 cup _Oatmeal 8 oz. _Skim milk 1 Tbsp. _Beachbody Whey Protein Powder 1/2 oz. _Raisins | 1 _P90X Peak Performance Protein Bar 1 _Results and Recovery Formula drink** | 1 _Shrimp Pasta Pomodoro  | 8 oz. _Cottage cheese, 1% | 6 oz. _Extra-lean burger patty 1-1/2 oz. _Low-fat melted cheese 2 cups _Salad greens w/ cucumber and tomatoes 2 Tbsp. _Dressing (your choice) 1/2 cup _Fresh berries |
| DAY 2 1 _Whole wheat bagel 8 oz. _Cottage cheese, 1% 1 _Orange, medium | 1 _P90X Peak Performance Protein Bar 1 _Results and Recovery Formula drink** | 1 _Grilled Chicken Burrito  | 1 oz. _Turkey jerky | 6 oz. _Halibut 2 Tbsp. _Sauce (your choice) 1 _Artichoke, medium |
| DAY 3 1 _Pear and Granola Muffin  8 oz. _Nonfat yogurt 1 cup _Strawberries, sliced | 1 _P90X Peak Performance Protein Bar 1 _Results and Recovery Formula drink** | Tuna Roll-Up: 6 oz. _Tuna Salad  (see Phase 1 recipes) 1 _Whole wheat tortilla 1/4 cup _Sprouts and diced tomatoes | 8 oz. _Cottage cheese, 1% | 6 oz. _Chicken breast 2 Tbsp. _Sauce (your choice) 2 cups _Mushroom, zucchini, and onion sauté 2 Tbsp. _Grated Parmesan cheese |
| DAY 4 1 _Shakeology P90X-tra Shake*  1 _Banana | 1 _P90X Peak Performance Protein Bar 1 _Results and Recovery Formula drink** | Turkey Breast Sandwich: 6 oz. _Fat-free turkey breast 2 slices _Whole wheat toast 1 leaf _Lettuce 2 slices _Tomato | 8 oz. _Nonfat plain yogurt | 6 oz. _Salmon 2 Tbsp. _Green Apple Salsa  1 cup _Asparagus 2 cups _Salad greens 2 Tbsp. _Dressing (your choice) |
| DAY 5 2 _Whole wheat waffles 1/2 _Banana, medium 2 Tbsp. _Low sugar maple syrup 8 oz. _Skim milk | 1 _P90X Peak Performance Protein Bar 1 _Results and Recovery Formula drink** | 1 _Chicken Pita  | 1 oz. _Turkey jerky | 6 oz. _Grilled Ahi Tuna Salad  2 Tbsp. _Lime-Soy Vinaigrette  |
| DAY 6 6 _Egg whites 1 _Breakfast Potatoes  8 oz. _Cottage cheese, 1% 6 oz. _Freshed-squeezed juice | 1 _P90X Peak Performance Protein Bar 1 _Results and Recovery Formula drink** | 1 _White Bean and Tuna Salad  | 1 Tbsp. _Peanut butter w/ celery sticks | 6 oz. _Italian Meat Loaf  1 cup _Spinach and romaine salad 1-1/2 oz. _Mozzarella cheese, cubed 2 Tbsp. _Dressing (your choice) |
| DAY 7 3 _Pancakes, 3.6 oz 2 Tbsp. _Low sugar maple syrup 1 cup _Blueberries 8 oz. _Skim milk 1 Tbsp. _Beachbody Whey Protein Powder | 1 _P90X Peak Performance Protein Bar 1 _Results and Recovery Formula drink** | 1 _Tangy Orange Chicken Spinach Salad  2 Tbsp. _Tangy Orange Vinaigrette  | 1-1/2 oz. _String cheese | 6 oz. _Filet mignon 2 Tbsp. _Pear and Peppercorn Sauce  1 cup _Portobello mushrooms |

*For more information on Shakeology, please refer to page 15.

**Immediately after workout.
















ENERGY BOOSTER

 _Recipe included

MEAL PLAN APPROACH

LEVEL II


PHASE **2**

| BREAKFAST | SNACK | LUNCH | SNACK | DINNER |
|--|--|--|---|---|
| DAY 1 1 cup _Oatmeal 8 oz. _Skim milk 1 Tbsp. _Beachbody Whey Protein Powder 1/2 oz. _Raisins | 1 _P90X Peak Performance Protein Bar 1 _Results and Recovery Formula drink** | 1 _Shrimp Pasta Pomodoro  | 1 oz. _Low-fat cheese 6 _Crackers | 9 oz. _Extra-lean burger patty 3 oz. _Low-fat melted cheese 1 _Baked potato, medium 3 cups _Salad greens w/ cucumber and tomatoes 3 Tbsp. _Dressing (your choice) 1/2 cup _Fresh berries |
| DAY 2 1 _Whole wheat bagel 8 oz. _Cottage cheese, 1% 1 _Orange, medium | 1 _P90X Peak Performance Protein Bar 1 _Results and Recovery Formula drink** | 1 _Grilled Chicken Burrito  1 cup _Gazpacho  (see Phase 1 recipes) | 4 Tbsp. _Hummus w/ carrot sticks | 9 oz. _Halibut 3 Tbsp. _Sauce (your choice) 1 _Artichoke, medium 1 cup _Wheat berries |
| DAY 3 1 _Pear and Granola Muffin  8 oz. _Nonfat yogurt 1 cup _Strawberries, sliced | 1 _P90X Peak Performance Protein Bar 1 _Results and Recovery Formula drink** | Tuna Roll-Up: 9 oz. _Tuna Salad  (see Phase 1 recipes) 1 _Whole wheat tortilla 1/4 cup _Sprouts and diced tomatoes | 3 cups _Light popcorn 1-1/2 oz. _String cheese | 9 oz. _Chicken breast 3 Tbsp. _Sauce (your choice) 2 cups _Mushroom, zucchini, and onion sauté 3 Tbsp. _Grated Parmesan cheese 1 cup _Brown rice |
| DAY 4 1 _Shakeology P90X-tra Shake*  1 _Banana | 1 _P90X Peak Performance Protein Bar 1 _Results and Recovery Formula drink** | 1 cup _Vegetable Soup  (see Phase 1 recipes) Turkey Breast Sandwich: 9 oz. _Fat-free turkey breast 2 slices _Whole wheat toast 1 leaf _Lettuce 2 slices _Tomato | 8 oz. _Nonfat fruit-flavored yogurt | 9 oz. _Salmon 3 Tbsp. _Green Apple Salsa  1 cup _Asparagus 1 _Baked potato, medium 3 cups _Salad greens 3 Tbsp. _Dressing (your choice) |
| DAY 5 2 _Whole wheat waffles 1/2 _Banana, medium 3 Tbsp. _Low-sugar maple syrup 8 oz. _Skim milk | 1 _P90X Peak Performance Protein Bar 1 _Results and Recovery Formula drink** | 1 _Chicken Pita  | 1 oz. _Turkey jerky 1 _Sourdough pretzel | 9 oz. _Grilled Ahi Tuna Salad  3 Tbsp. _Lime-Soy Vinaigrette  1 _Whole grain roll |
| DAY 6 6 _Egg whites 1 _Breakfast Potatoes  8 oz. _Cottage cheese, 1% 6 oz. _Freshed-squeezed juice | 1 _P90X Peak Performance Protein Bar 1 _Results and Recovery Formula drink** | 1 _White Bean and Tuna Salad  | 1 Tbsp. _Peanut butter w/ celery sticks 1 oz. _Dried fruit | 9 oz. _Italian Meat Loaf  1 _Baked potato, medium 3 cups _Spinach and romaine salad 3 oz. _Mozzarella cheese, cubed 3 Tbsp. _Dressing (your choice) |
| DAY 7 3 _Pancakes, 3.6 oz 3 Tbsp. _Low-sugar maple syrup 1 cup _Blueberries 8 oz. _Skim milk 1 Tbsp. _Beachbody Whey Protein Powder | 1 _P90X Peak Performance Protein Bar 1 _Results and Recovery Formula drink** **Immediately after workout | 1 _Tangy Orange Chicken Spinach Salad  3 Tbsp. _Tangy Orange Vinaigrette  | 2 oz. _Soy nuts 3 cups _Light popcorn | 9 oz. _Filet mignon 3 Tbsp. _Pear and Peppercorn Sauce  1 cup _Portobello mushrooms 1 cup _Wild rice |

PHASE 2—ENERGY BOOSTER

*For more information on Shakeology, please refer to page 15.

ENERGY BOOSTER

 _Recipe included

MEAL PLAN APPROACH

LEVEL III

PHASE **2**

| BREAKFAST | SNACK | LUNCH | SNACK | DINNER |
|--|---|--|--|--|
| DAY 1 1 cup _Oatmeal 8 oz. _Skim milk 1 Tbsp. _Beachbody Whey Protein Powder 1/2 oz. _Raisins | 1 _P90X Peak Performance Protein Bar 1 _Results and Recovery Formula drink** | 1 _Shrimp Pasta Pomodoro  1 cup _Melon | 1 oz. _Low-fat cheese 6 _Crackers 1 _Sourdough pretzel | 12 oz. _Extra-lean burger patty 3 oz. _Low-fat melted cheese 1 _Baked potato, medium 4 cups _Salad greens w/ cucumber and tomatoes 4 Tbsp. _Dressing (your choice) 1/2 cup _Fresh berries |
| DAY 2 1 _Whole wheat bagel 8 oz. _Cottage cheese, 1% 1 _Orange, medium | 1 _P90X Peak Performance Protein Bar 1 _Results and Recovery Formula drink** | 1 _Grilled Chicken Burrito  1 cup _Gazpacho  (see Phase 1 recipes) | 4 Tbsp. _Hummus w/ carrot sticks 1 oz. _Turkey jerky | 12 oz. _Halibut 4 Tbsp. _Sauce (your choice) 1 _Artichoke, medium 1 cup _Wheat berries 1 _Nectarine, medium |
| DAY 3 1 _Pear and Granola Muffin  8 oz. _Nonfat yogurt 1 cup _Strawberries, sliced | 1 _P90X Peak Performance Protein Bar 1 _Results and Recovery Formula drink** | Tuna Roll-Up: 12 oz. _Tuna Salad  (see Phase 1 recipes) 1 _Whole wheat tortilla 1/4 cup _Sprouts and diced tomatoes 1 _Peach, medium | 1 oz. _Almonds 3 cups _Light popcorn | 12 oz. _Chicken breast 4 Tbsp. _Sauce (your choice) 2 cups _Mushroom, zucchini, and onion sauté 4 Tbsp. _Grated Parmesan cheese 1 cup _Brown rice |
| DAY 4 1 _Shakeology P90X-tra Shake*  1 _Banana | 1 _P90X Peak Performance Protein Bar 1 _Results and Recovery Formula drink** | 1 cup _Vegetable Soup  (see Phase 1 recipes) Turkey Breast Sandwich: 12 oz. _Fat-free turkey breast 2 slices _Whole wheat toast 1 leaf _Lettuce 2 slices _Tomato | 8 oz. _Nonfat fruit-flavored yogurt 3 cups _Light popcorn | 12 oz. _Salmon 4 Tbsp. _Green Apple Salsa  1 cup _Asparagus 1 _Baked potato, medium 4 cups _Salad greens 4 Tbsp. _Dressing (your choice) |
| DAY 5 2 _Whole wheat waffles 1/2 _Banana, medium 4 Tbsp. _Low-sugar maple syrup 8 oz. _Skim milk | 1 _P90X Peak Performance Protein Bar 1 _Results and Recovery Formula drink** | 1 _Chicken Pita  1 cup _Grapes | 2 oz. _Soy nuts 2 oz. _Turkey jerky | 12 oz. _Grilled Ahi Tuna Salad  4 Tbsp. _Lime-Soy Vinaigrette  1 _Whole grain roll |
| DAY 6 6 _Egg whites 1 _Breakfast Potatoes  8 oz. _Cottage cheese, 1% 6 oz. _Freshed-squeezed juice | 1 _P90X Peak Performance Protein Bar 1 _Results and Recovery Formula drink** | 1 _White Bean and Tuna Salad  | 8 oz. _Nonfat fruit-flavored yogurt 1 Tbsp. _Peanut butter w/ celery sticks | 12 oz. _Italian Meat Loaf  1 _Baked potato, medium 4 cups _Spinach and romaine salad 3 oz. _Mozzarella cheese, cubed 4 Tbsp. _Dressing (your choice) |
| DAY 7 3 _Pancakes, 3.6 oz 4 Tbsp. _Low-sugar maple syrup 1 cup _Blueberries 8 oz. _Skim milk 1 Tbsp. _Beachbody Whey Protein Powder | 1 _P90X Peak Performance Protein Bar 1 _Results and Recovery Formula drink** | 1 _Tangy Orange Chicken Spinach Salad  4 Tbsp. _Tangy Orange Vinaigrette  1 cup _Strawberries, sliced | 1 oz. _Low-fat cheese 6 _Crackers 1 _Sourdough pretzel | 12 oz. _Filet mignon 4 Tbsp. _Pear and Peppercorn Sauce  1 cup _Portobello mushrooms 1 cup _Wild rice |

**Immediately after workout.

*For more information on Shakeology, please refer to page 15.

ENERGY BOOSTER

**GENERAL GUIDELINES**

Balanced in carbohydrates and protein, but still low in fat, these recipes, including delicious sandwiches, salads, and pasta dishes, will contribute to a well-rounded long-term eating plan. They'll give you the resources you need to boost your energy and help you maintain the changes you made in Phase 1, and help you realize your potential in Phase 2.

NOTE: All per-serving nutritional information is based on one LEVEL I serving. LEVEL II and LEVEL III will vary, depending on portion size.

TANGY ORANGE VINAIGRETTE

per serving:

- 8 Tbsp. orange juice
- 4 Tbsp. red wine vinegar
- 2 Tbsp. olive oil
- 4 small cloves garlic, minced
- 2 oz. low-fat Parmesan cheese, grated

Calories (kcal) **118**
 Total Fat..... **10 g**
 (73% calories from fat)
 Protein **4 g**
 Carbohydrate **4 g**
 Cholesterol **12 mg**
 Sodium **216 mg**

Serves 4

Combine all dressing ingredients in a small bowl and whisk.
 See Tangy Orange Chicken Spinach Salad recipe.

LEVEL I

4 Tbsp. = 1/2 fat, 1 condiment

LEVEL II

5 Tbsp. = 1/2 fat, 2 condiments

LEVEL III

6 Tbsp. = 1 fat, 2 condiments

LIME-SOY VINAIGRETTE

per serving:

- 1/2 cup rice vinegar
- 1/4 cup low-sodium soy sauce
- 1/4 cup fresh lime juice
- 2 tsp. dark sesame oil
- 1 tsp. lemon zest
- 1 tsp. minced fresh ginger
- 2 cloves minced garlic

Calories (kcal) **20**
 Total Fat..... **1 g**
 (44% calories from fat)
 Protein **1 g**
 Carbohydrate **3 g**
 Cholesterol **0 mg**
 Sodium **300 mg**

Serves 8

Combine all ingredients in a blender or food processor and process until smooth.

LEVEL I

4 Tbsp. = 1 condiment

LEVEL II

3 Tbsp. = 1-1/2 condiments

LEVEL III

4 Tbsp. = 2 condiments

GREEN APPLE SALSA

per serving:

- 3 plum tomatoes, chopped
- 1 cup Granny Smith apples, cored and chopped
- 1/2 cup cucumber, chopped
- 1/2 cup corn kernels, chopped
- 1/2 cup red bell pepper, chopped
- 1/4 cup chopped green onions
- 3/4 cup chopped red onion
- 2-1/2 Tbsp. chopped fresh cilantro
- 1-1/2 Tbsp. fresh lime juice
- 1 Tbsp. seeded and chopped jalapeño
- 1 Tbsp. balsamic vinegar
- 1-1/2 tsp. sugar
- 3/4 tsp. salt
- 1/2 tsp. ground black pepper

Calories (kcal) **24**
 Total Fat.....**<1 g**
 (4% calories from fat)
 Protein **1 g**
 Carbohydrate **6 g**
 Cholesterol **0 mg**
 Sodium **163 mg**

Serves 16

Combine all ingredients in a bowl, stirring well. Serve at room temperature or chilled.

LEVEL I

2 Tbsp. = 1 condiment

LEVEL II

3 Tbsp. = 1-1/2 condiments

LEVEL III

4 Tbsp. = 2 condiments

PEAR AND PEPPERCORN SAUCE

per serving:

- 1 cup orange juice
- 1 Tbsp. flour
- 2 medium pears
- 1 Tbsp. Dijon mustard
- 1 tsp. crushed peppercorns
- 1/4 tsp. ground nutmeg

Calories (kcal) **46**
 Total Fat.....**<1 g**
 (6% calories from fat)
 Protein **1 g**
 Carbohydrate **11 g**
 Cholesterol **0 mg**
 Sodium **24 mg**

Serves 8

1. In a small saucepan, blend orange juice and flour and bring to a boil. Simmer until reduced to 3/4 cup.
2. Add pears, mustard, peppercorns, and nutmeg and continue cooking for several minutes, stirring until blended and thickened.

LEVEL I

2 Tbsp. = 1 condiment

LEVEL II

3 Tbsp. = 1-1/2 condiments

LEVEL III

4 Tbsp. = 2 condiments

PEAR AND GRANOLA MUFFINS

per serving:

- 3/4 cup canned pear nectar
- 2 egg whites
- 2 Tbsp. vegetable oil
- 1 Tbsp. lemon juice
- 1 tsp. grated lemon peel
- 1 cup whole wheat flour
- 1 cup all-purpose flour
- 2/3 cup firmly packed brown sugar
- 1/2 cup low-fat granola
- 1 Tbsp. baking powder
- 1/2 tsp. ground nutmeg
- 1/2 tsp. salt

Calories (kcal) **227**
 Total Fat..... **5 g**
 (19% calories from fat)
 Protein **5 g**
 Carbohydrate **43 g**
 Cholesterol **0 mg**
 Sodium **284 mg**

Serves 10

1-1/4 cups cored, chopped pear

1. Preheat oven to 350° F. Prepare 10 muffin cups by greasing and flouring or lining with paper liners.
 2. Whisk together first five ingredients in large bowl to blend.
 3. In separate medium bowl, stir both flours and sugar until no sugar lumps remain. Mix in granola, baking powder, nutmeg, and salt. Add pear; toss to coat.
 4. Stir flour mixture into egg mixture until blended (batter will be thick). Divide among muffin cups.
 5. Bake until golden brown and tester inserted into center comes out clean (about 20 minutes).
- Transfer muffins to rack and cool.

LEVEL I

1 muffin = 1 carbohydrate

LEVEL II

1 muffin = 1 carbohydrate

LEVEL III

1 muffin = 1 carbohydrate

BREAKFAST POTATOES

per serving:

- 1 tsp. olive oil
- 1 medium potato, peeled and cut into 1/2-inch cubes
- 2 mushrooms, chopped
- 1 Tbsp. chopped onion
- 1/4 tsp. garlic salt

Calories (kcal) **150**
 Total Fat..... **5 g**
 (27% calories from fat)
 Protein **3 g**
 Carbohydrate **25 g**
 Cholesterol **0 mg**
 Sodium **522 mg**

1. Heat oil in medium nonstick skillet over medium heat. Add potatoes and cover. Cook 8 to 10 minutes or until tender, stirring occasionally.
2. Add remaining ingredients; mix lightly. Cook and stir 5 minutes or until potatoes are lightly browned and mixture is heated through.

LEVEL I

1 carbohydrate

LEVEL II

1 carbohydrate

LEVEL III

1 carbohydrate,
1/2 vegetable, 1 fat

CHICKEN PITA—LEVEL I

per serving:

- 6 oz. boneless, skinless chicken breast
- 1 whole wheat pita
- 1-1/2 oz. low-fat feta cheese, crumbled
- 1/4 cup chopped tomato
- 2 Tbsp. chopped red onion
- 1/4 cup peeled, chopped cucumber
- 1 squeeze fresh lemon juice

Calories (kcal)**490**
 Total Fat..... **13 g**
 (23% calories from fat)
 Protein**52 g**
 Carbohydrate**41 g**
 Cholesterol **137 mg**
 Sodium..... **931 mg**

1. Grill chicken breast or bake in glass baking dish at 350° F for approximately 20 minutes.
2. Cool chicken and cut into 1-inch cubes.
3. Place chicken in pita and add all other ingredients. Squeeze lemon over top.

LEVEL I

2 protein, 1 carbohydrate, 1 dairy

LEVEL II

See below

LEVEL III

See next page

CHICKEN PITA—LEVEL II

per serving:

- 9 oz. boneless, skinless chicken breast
- 1 whole wheat pita
- 1-1/2 oz. low-fat feta cheese, crumbled
- 1/4 cup chopped tomato
- 2 Tbsp. chopped red onion
- 1/4 cup peeled, chopped cucumber
- 1 squeeze fresh lemon juice

Calories (kcal)**583**
 Total Fat..... **14 g**
 (21% calories from fat)
 Protein**72 g**
 Carbohydrate**41 g**
 Cholesterol **186 mg**
 Sodium..... **986 mg**

1. Grill chicken breast or bake in glass baking dish at 350° F for approximately 20 minutes.
2. Cool chicken and cut into 1-inch cubes.
3. Place chicken in pita and add all other ingredients. Squeeze lemon over top.

LEVEL I

See above

LEVEL II

3 protein, 1 carbohydrate, 1 dairy

LEVEL III

See next page

CHICKEN PITA—LEVEL III

per serving:

- 12 oz. boneless, skinless chicken breast
- 1 whole wheat pita
- 1-1/2 oz. low-fat feta cheese, crumbled
- 1/4 cup chopped tomato
- 2 Tbsp. chopped red onion
- 1/4 cup peeled, chopped cucumber
- 1 squeeze fresh lemon juice

Calories (kcal).....**677**
 Total Fat.....**15 g**
 (20% calories from fat)
 Protein.....**92 g**
 Carbohydrate.....**41 g**
 Cholesterol.....**235 mg**
 Sodium.....**1,041 mg**

1. Grill chicken breast or bake in glass baking dish at 350° F for approximately 20 minutes.
2. Cool chicken and cut into 1-inch cubes.
3. Place chicken in pita and add all other ingredients. Squeeze lemon over top.

LEVEL I

See previous page

LEVEL II

See previous page

LEVEL III

4 protein, 1 carbohydrate,
1 dairy

SHRIMP PASTA POMODORO—LEVEL I

per serving:

- 1 Tbsp. olive oil
- 1 Tbsp. chopped garlic
- 2 Tbsp. fat-free low-sodium chicken or vegetable broth
- 1/2 cup peeled and diced tomato
- 2 oz. whole wheat pasta
- 6 oz. uncooked medium shrimp
- 2 Tbsp. chopped basil leaves

Calories (kcal).....**150**
 Total Fat.....**5 g**
 (27% calories from fat)
 Protein.....**3 g**
 Carbohydrate.....**25 g**
 Cholesterol.....**0 mg**
 Sodium.....**522 mg**

1. Bring medium pot of water to boil for pasta.
 2. Meanwhile, place olive oil and garlic in a large sauté pan and sauté for several minutes until lightly browned.
 3. Add chicken broth and tomatoes to sauté pan; simmer for 5 to 10 minutes or until tender.
 4. Cook pasta according to directions on package. Drain.
 5. Add shrimp to pan and cook for several more minutes, until shrimp are opaque.
- Add basil and cooked pasta to shrimp mixture and toss.

LEVEL I

2 protein, 1 carbohydrate,
1 vegetable, 1/2 fat

LEVEL II

See next page

LEVEL III

See next page

SHRIMP PASTA POMODORO—LEVEL II

per serving:

- 1 Tbsp. olive oil
- 1 Tbsp. chopped garlic
- 2 Tbsp. fat-free low-sodium chicken or vegetable broth
- 1/2 cup peeled and diced tomato
- 2 oz. whole wheat pasta
- 9 oz. uncooked medium shrimp
- 2 Tbsp. chopped basil leaves

Calories (kcal) **619**
 Total Fat..... **19 g**
 (27% calories from fat)
 Protein **61 g**
 Carbohydrate **52 g**
 Cholesterol **388 mg**
 Sodium..... **392 mg**

1. Bring medium pot of water to boil for pasta.
2. Meanwhile, place olive oil and garlic in a large sauté pan and sauté for several minutes until lightly browned.
3. Add chicken broth and tomatoes to sauté pan; simmer for 5 to 10 minutes or until tender.
4. Cook pasta according to directions on package. Drain.
5. Add shrimp to sauté pan and cook for several more minutes, until shrimp are opaque.
 Add basil and cooked pasta to shrimp mixture and toss.

LEVEL I

See previous page

LEVEL II

3 protein, 1 carbohydrate,
1 vegetable, 1/2 fat

LEVEL III

See below

SHRIMP PASTA POMODORO—LEVEL III

per serving:

- 1 Tbsp. olive oil
- 1 Tbsp. chopped garlic
- 2 Tbsp. fat-free low-sodium chicken or vegetable broth
- 1/2 cup peeled and diced tomato
- 2 oz. whole wheat pasta
- 12 oz. uncooked medium shrimp
- 2 Tbsp. chopped basil leaves

Calories (kcal) **711**
 Total Fat..... **20 g**
 (25% calories from fat)
 Protein **80 g**
 Carbohydrate **53 g**
 Cholesterol **517 mg**
 Sodium..... **580 mg**

1. Bring medium pot of water to boil for pasta.
2. Meanwhile, place olive oil and garlic in a large sauté pan and sauté for several minutes until lightly browned.
3. Add chicken broth and tomatoes to sauté pan; simmer for 5 to 10 minutes or until tender.
4. Cook pasta according to directions on package. Drain.
5. Add shrimp to sauté pan and cook for several more minutes, until shrimp are opaque.
 Add basil and cooked pasta to shrimp mixture and toss.

LEVEL I

See previous page

LEVEL II

See next above

LEVEL III

3 protein, 1 carbohydrate,
1 vegetable, 1/2 fat

TANGY ORANGE CHICKEN SPINACH SALAD—LEVEL I per serving:

6 oz. boneless, skinless chicken breast
 2 cups spinach, stems removed
 1/4 small red onion, finely sliced
 1 medium tomato, diced
 1/2 cup sliced mushrooms
 4 Tbsp. Tangy Orange Vinaigrette (See recipe on page 68)

Calories (kcal)**472**
 Total Fat.....**16 g**
 (31% calories from fat)
 Protein**60 g**
 Carbohydrate**20 g**
 Cholesterol **155 mg**
 Sodium **404 mg**

1. Cook chicken breast as desired and dice.
2. In a large bowl, combine ingredients with dressing and toss.

LEVEL I

2 protein, 2 vegetable, 1 fat,
 1 condiment

LEVEL II

See below

LEVEL III

See next page

TANGY ORANGE CHICKEN SPINACH SALAD—LEVEL II per serving:

8 oz. boneless, skinless chicken breast
 3 cups spinach, stems removed
 1/4 small red onion, finely sliced
 1 medium tomato, diced
 1 cup sliced mushrooms
 5 Tbsp. Tangy Orange Vinaigrette (See recipe on page 68)

Calories (kcal)**613**
 Total Fat.....**21 g**
 (31% calories from fat)
 Protein**80 g**
 Carbohydrate**24 g**
 Cholesterol **206 mg**
 Sodium **526 mg**

1. Cook chicken breast as desired and dice.
2. In a large bowl, combine ingredients with dressing and toss.

LEVEL I

See above

LEVEL II

3 protein, 2 vegetable, 1 fat,
 2 condiments

LEVEL III

See next page

TANGY ORANGE CHICKEN SPINACH SALAD—LEVEL III

per serving:

- 10 oz. boneless, skinless chicken breast
- 4 cups spinach, stems removed
- 1/4 small red onion, finely sliced
- 1 medium tomato, diced
- 1 cup sliced mushrooms
- 6 Tbsp. Tangy Orange Vinaigrette (See recipe on page 68)

Calories (kcal) **741**
 Total Fat..... **25 g**
 (31% calories from fat)
 Protein **99 g**
 Carbohydrate **26 g**
 Cholesterol **256 mg**
 Sodium **645 mg**

1. Cook chicken breast as desired and dice.
2. In a large bowl, combine ingredients with dressing and toss.

LEVEL I

See previous page

LEVEL II

See previous page

LEVEL III

3-1/2 protein, 3 vegetable,
1 fat, 2 condiments

GRILLED CHICKEN BURRITO—LEVEL I

per serving:

- 6 oz. boneless, skinless chicken breast
- 1/2 cup chopped tomatoes
- 2 Tbsp. chopped cilantro
- 2 Tbsp. chopped red onion
- 1/2 cup shredded romaine lettuce
- 1/8 avocado
- 1 Tbsp. low-fat sour cream
- 1 small whole wheat tortilla

Calories (kcal) **373**
 Total Fat..... **10 g**
 (23% calories from fat)
 Protein **44 g**
 Carbohydrate **27 g**
 Cholesterol **100 mg**
 Sodium **309 mg**

1. Grill chicken breast or bake in a glass baking dish at 350° F for approximately 20 minutes.
Cool and slice thinly.
2. Place tortilla in microwave between 2 paper towels and cook on high for 10 seconds.
3. Remove tortilla and pile chicken, tomatoes, cilantro, onion, lettuce, avocado,
and sour cream in center. Roll into burrito.

LEVEL I

2 protein, 1/2 carbohydrate,
1 vegetable, 1 condiment

LEVEL II

See next page

LEVEL III

See next page

GRILLED CHICKEN BURRITO—LEVEL II

per serving:

- 9 oz. boneless, skinless chicken breast
- 1/2 cup chopped tomatoes
- 2 Tbsp. chopped cilantro
- 2 Tbsp. chopped red onion
- 1/2 cup shredded romaine lettuce
- 1/8 avocado
- 1 Tbsp. low-fat sour cream
- 1 small whole wheat tortilla

Calories (kcal).....**467**
 Total Fat.....**11 g**
 (20% calories from fat)
 Protein.....**64 g**
 Carbohydrate.....**27 g**
 Cholesterol.....**149 mg**
 Sodium.....**364 mg**

1. Grill chicken breast or bake in a glass baking dish at 350° F for approximately 20 minutes.
Cool and slice thinly.
2. Place tortilla in microwave between 2 paper towels and cook on high for 10 seconds.
3. Remove tortilla and pile chicken, tomatoes, cilantro, onion, lettuce, avocado,
and sour cream in center. Roll into burrito.

LEVEL I

See previous page

LEVEL II

3 protein, 1/2 carbohydrate,
1 vegetable, 1 condiment

LEVEL III

See below

GRILLED CHICKEN BURRITO—LEVEL III

per serving:

- 12 oz. boneless, skinless chicken breast
- 1/2 cup chopped tomatoes
- 2 Tbsp. chopped cilantro
- 2 Tbsp. chopped red onion
- 1/2 cup shredded romaine lettuce
- 1/8 avocado
- 1 Tbsp. low-fat sour cream
- 1 small whole wheat tortilla

Calories (kcal).....**555**
 Total Fat.....**12 g**
 (19% calories from fat)
 Protein.....**83 g**
 Carbohydrate.....**27 g**
 Cholesterol.....**198 mg**
 Sodium.....**419 mg**

1. Grill chicken breast or bake in a glass baking dish at 350° F for approximately 20 minutes.
Cool and slice thinly.
2. Place tortilla in microwave between 2 paper towels and cook on high for 10 seconds.
3. Remove tortilla and pile chicken, tomatoes, cilantro, onion, lettuce, avocado,
and sour cream in center. Roll into burrito.

LEVEL I

See previous page

LEVEL II

See above

LEVEL III

4 protein, 1/2 carbohydrate,
1 vegetable, 1 condiment

WHITE BEAN AND TUNA SALAD—LEVEL I

per serving:

- 6 oz. tuna canned in water, drained
- 1 cup cooked white beans
- 1/2 cup chopped green pepper
- 1/2 cup chopped yellow pepper
- 2 Tbsp. chopped green onion
- 2 Tbsp. chopped fresh parsley
- 1 dash white pepper
- 1 Tbsp. lemon juice
- 1 Tbsp. lemon zest
- 1 tsp. olive oil

Calories (kcal).....**540**
 Total Fat.....**7 g**
 (11% calories from fat)
 Protein.....**63 g**
 Carbohydrate.....**58 g**
 Cholesterol.....**51 mg**
 Sodium.....**595 mg**

1. Place first 6 ingredients in a glass bowl and mix thoroughly.
2. In a separate bowl, mix remaining ingredients until blended and drizzle over salad.

LEVEL I

2 protein, 1 carbohydrate,
1 vegetable, 1 fat

LEVEL II

See below

LEVEL III

See next page

WHITE BEAN AND TUNA SALAD—LEVEL II

per serving:

- 9 oz. tuna canned in water, drained
- 1 cup cooked white beans
- 3/4 cup chopped green pepper
- 3/4 cup chopped yellow pepper
- 3 Tbsp. chopped green onion
- 3 Tbsp. chopped fresh parsley
- 1 dash white pepper
- 2 Tbsp. lemon juice
- 2 Tbsp. lemon zest
- 2 tsp. olive oil

Calories (kcal).....**710**
 Total Fat.....**12 g**
 (19% calories from fat)
 Protein.....**86 g**
 Carbohydrate.....**66 g**
 Cholesterol.....**77 mg**
 Sodium.....**888 mg**

1. Place first 6 ingredients in a glass bowl and mix thoroughly.
2. In a separate bowl, mix remaining ingredients until blended and drizzle over salad.

LEVEL I

See above

LEVEL II

3 protein, 1 carbohydrate,
2 vegetable, 1 fat

LEVEL III

See next page

WHITE BEAN AND TUNA SALAD—LEVEL III

per serving:

12 oz. tuna canned in water, drained

1 cup cooked white beans

1 cup chopped green pepper

1 cup chopped yellow pepper

4 Tbsp. chopped green onion

3 Tbsp. chopped fresh parsley

1 dash white pepper

3 Tbsp. lemon juice

3 Tbsp. lemon zest

1 Tbsp. olive oil

Calories (kcal).....**936**

Total Fat.....**18 g**

(27% calories from fat)

Protein.....**110 g**

Carbohydrate.....**86 g**

Cholesterol.....**102 mg**

Sodium.....**1,181 mg**

1. Place first 6 ingredients in a glass bowl and mix thoroughly.

2. In a separate bowl, mix remaining ingredients until blended and drizzle over salad.

LEVEL I

See previous page

LEVEL II

See previous page

LEVEL III

4 protein, 1 carbohydrate,
3 vegetable, 1 fat

ITALIAN MEAT LOAF

per serving:

- 1/2 cup diced onions
- 2 Tbsp. fat-free low-sodium chicken or vegetable broth
- 2 Tbsp. minced garlic
- 1-1/2 lbs. ground turkey breast
- 1/2 cup whole-grain bread crumbs
- 1/2 cup + 2 Tbsp. low-sodium, low-fat marinara sauce
- 2 Tbsp. chopped fresh basil
- 2 Tbsp. chopped fresh Italian parsley

Calories (kcal)**297**
 Total Fat.....**3 g**
 (8% calories from fat)
 Protein**45 g**
 Carbohydrate **20 g**
 Cholesterol **106 mg**
 Sodium.....**410 mg**

Serves 4

1. Preheat oven to 350° F.
2. Sauté onions in chicken broth until lightly browned; add garlic and cook 5 minutes more. Remove from heat.
3. When cool, combine in large bowl with ground turkey, bread crumbs, 1/2 cup marinara sauce, basil, and parsley. Form mixture into a loaf. Shape and place in an ungreased loaf pan.
4. Brush with 2 Tbsp. marinara sauce and bake 30 to 45 minutes, or until cooked through.
5. Drain fat and let cool 20 minutes before cutting into 8 slices.

LEVEL I

2 slices (6 oz.) =
 2 protein, 1 vegetable

LEVEL II

3 slices (9 oz.) =
 3 protein, 1 vegetable

LEVEL III

4 slices (12 oz.) =
 4 protein, 1 vegetable

GRILLED AHI TUNA SALAD—LEVEL I

per serving:

- 6 oz. yellowfin tuna (ahi)
- 2 cups arugula leaves
- 2 Tbsp. soybeans
- 1/4 cup canned water chestnuts, drained
- 1/2 cup cubed papaya
- 1 tsp. sesame seeds
- 2 Tbsp. Lime-Soy Vinaigrette (see recipe on page 68)

Calories (kcal)**352**
 Total Fat.....**8 g**
 (20% calories from fat)
 Protein**51 g**
 Carbohydrate **20 g**
 Cholesterol **77 mg**
 Sodium **79 mg**

1. Grill tuna for 2 to 4 minutes on each side, depending on your preference for doneness.
2. Cut into thin slices.
3. Arrange arugula leaves on a large plate. Sprinkle soybeans and water chestnuts on top.
4. Add papaya and ahi last. Garnish with sesame seeds and drizzle with dressing.

LEVEL I

2 protein, 1/2 fruit, 2 vegetables

LEVEL II

See next page

LEVEL III

See next page

GRILLED AHI TUNA SALAD—LEVEL II

per serving:

| | |
|--|---------------------------------|
| 9 oz. yellowfin tuna (ahi) | Calories (kcal)..... 449 |
| 3 cups arugula leaves | Total Fat..... 9 g |
| 2 Tbsp. soybeans | (17% calories from fat) |
| 1/4 cup canned water chestnuts, drained | Protein..... 71 g |
| 1/2 cup cubed papaya | Carbohydrate..... 21 g |
| 1 tsp. sesame seeds | Cholesterol..... 115 mg |
| 3 Tbsp. Lime-Soy Vinaigrette (see recipe on page 68) | Sodium..... 116 mg |

1. Grill tuna for 2 to 4 minutes on each side, depending on your preference for doneness.
2. Cut into thin slices.
3. Arrange arugula leaves on a large plate. Sprinkle soybeans and water chestnuts on top.
4. Add papaya and ahi last. Garnish with sesame seeds and drizzle with dressing.

LEVEL I

See previous page

LEVEL II

2 protein, 1/2 fruit, 2 vegetables

LEVEL III

See below

GRILLED AHI TUNA SALAD—LEVEL III

per serving:

| | |
|--|---------------------------------|
| 12 oz. yellowfin tuna (ahi) | Calories (kcal)..... 546 |
| 4 cups arugula leaves | Total Fat..... 10 g |
| 2 Tbsp. soybeans | (16% calories from fat) |
| 1/4 cup canned water chestnuts, drained | Protein..... 91 g |
| 1/2 cup cubed papaya | Carbohydrate..... 22 g |
| 1 tsp. sesame seeds | Cholesterol..... 153 mg |
| 4 Tbsp. Lime-Soy Vinaigrette (see recipe on page 68) | Sodium..... 153 mg |

1. Grill tuna for 2 to 4 minutes on each side, depending on your preference for doneness.
2. Cut into thin slices.
3. Arrange arugula leaves on a large plate. Sprinkle soybeans and water chestnuts on top.
4. Add papaya and ahi last. Garnish with sesame seeds and drizzle with dressing.

LEVEL I

See previous page

LEVEL II

See above

LEVEL III

2 protein, 1/2 fruit,
2 vegetables

ENDURANCE MAXIMIZER

The Portion Approach was designed to allow you to mix and match the foods of your choice. There are NO specific meal plans or recipes for this approach. **Just select from the Portion Approach foods listed on the following pages and eat the amounts indicated for your nutrition level.** Along with identifying the right foods to buy, the list shows you which foods fall into which categories, and the appropriate portion size to equal one serving.

For example, if you're in Phase 3 and have determined that you're at nutrition level II, you'd be allotted a specific number of servings per day from each food group, as follows:

| | |
|---------------|------------|
| PROTEINS | 3 servings |
| DAIRY | 1 servings |
| FRUITS | 3 serving |
| VEGETABLES | 3 servings |
| FATS | 1 serving |
| CARBOHYDRATES | 4 serving |
| SNACKS | 3 servings |
| CONDIMENTS | 3 servings |

(2 items from the single snack group or 1 item from the double snack group) PLUS a P90X Peak Performance Protein Bar and P90X Results and Recovery Formula drink

Important Note on Snacks:

There are two snack groups listed in your Portion Approach foods—the single group and the double group.

If the letters **SGL** appear beside a snack serving block on your Portion Chart, you can have any 1 item from the **single snack group**. If the letters **DBL** appear inside the snack serving block, you can have any 1 item from the **double snack group** OR any 2 items from the single snack group.

Additionally, if the words **Bar** or **Drink** appear inside a snack serving block, you can have a P90X Peak Performance Protein Bar and P90X Results and Recovery Formula drink **IN ADDITION TO** your allotted snack servings.




PHASE

3

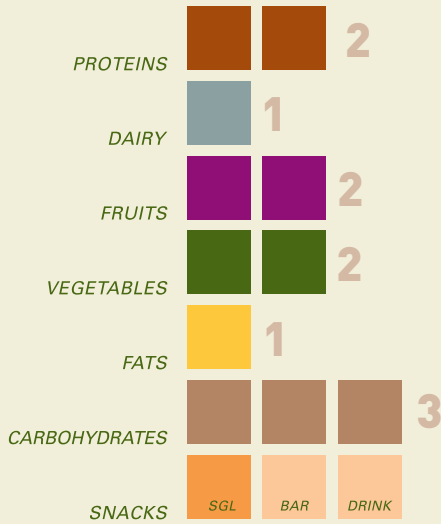
ENDURANCE MAXIMIZER

DAILY SERVING CHART

 = 1 serving

1,800 Calories/Day

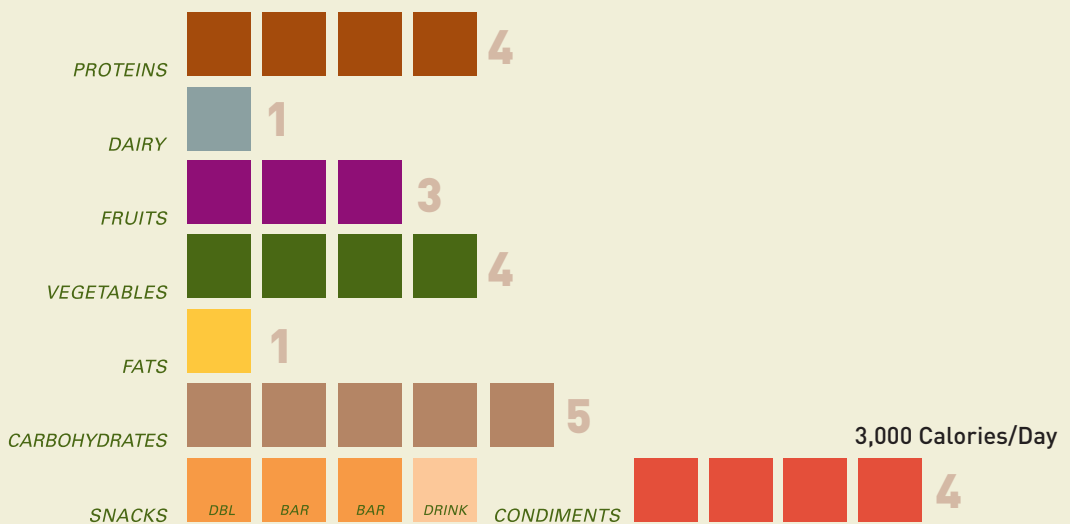
LEVEL I



LEVEL II



LEVEL III



PHASE ALL LEVELS

3

During Phase 3, use the following list to determine which foods to purchase from the grocery store, and what amount of these foods constitutes one serving. Remember, the foods you choose to incorporate in your diet are up to you—just make sure the portions fit within the parameters of your determined nutrition level.

ENDURANCE MAXIMIZER

PORTION APPROACH FOODS LIST

FATS

Each serving = 120 calories

3 oz._Avocado
1 Tbsp._Canola oil
1Tbsp._Flaxseed oil

Olive oil_**1Tbsp.**
Olives_**4 oz.**

PROTEINS

Each serving = 100 calories

3 oz._Boneless, skinless, chicken or turkey breast
6_Egg whites
3 oz._Fish and shellfish
3 oz._Ham slices, fat-free
3 oz._Pork tenderloin
1/3 cup_Protein powder
3 oz._Red meat (top sirloin, flank steak)
3 oz._Red meat, lean

Soy burger_**1**
Soy cheese slices_**5**
Tofu_**3 oz.**
Tuna_**3 oz.**
Turkey bacon_**2 slices**
Veggie burger_**1**
Veggie dog_**1**

CARBOHYDRATES

Each serving = 200 calories

GRAINS

LEGUMES

POTATOES

1 medium_Bagel, whole wheat
1 cup_Baked beans
1 cup_Beans (kidney, black, etc.)
1_Bran muffin (2.5 oz.)
2 slices_Bread (whole wheat, rye, or pumpernickel)
1 cup_Cereal, whole grain
1 cup_Couscous
12_Crackers
2_English muffin halves, whole wheat
1 cup_Hummus
1 cup_Lentils
1 cup_Oatmeal

Pancakes (3.6 oz.)_**3**
Pasta or noodles_**1 cup**
Pita, whole wheat_**1 large**
Potato_**1 medium**
Quinoa_**1 cup**
Refried beans, low-fat_**1 cup**
Rice, brown or wild_**1 cup**
Sweet potato_**1 medium**
Tortillas, corn_**3**
Tortilla, whole wheat_**1 large**
Waffles, whole wheat_**2**
Wheat berries_**1 cup**

DAIRY PRODUCTS

Each serving = 120 calories

Note: One portion of low-fat cheese or cottage cheese counts as either a snack or a dairy portion, not both.

1-1/2 oz._Cheese, low-fat
1 cup_Cottage cheese, 1%
1-1/2 oz._Feta cheese
1-1/2 oz._Goat cheese, semisoft
1-1/2 oz._Mozzarella, part-skim

Parmesan cheese_**1 oz.**
Skim milk_**8 oz.**
Soy cheese_**1-1/2 oz.**
Soy milk_**8 oz.**
Yogurt, plain nonfat_**8 oz.**



FRUITS

Each serving = 100 calories

| | |
|------------------------------|--|
| 1 medium_Apple | Nectarine_1 medium |
| 1 cup_Apricots | Orange_1 large |
| 1 medium_Banana | Papaya_1/2 medium |
| 1/4 medium_Cantaloupe | Peach_1 medium |
| 1 cup_Cherries | Pear_1 medium |
| 1 oz._Dried fruit | Raspberries, blueberries, blackberries_1 cup |
| 1 medium_Grapefruit | Strawberries, sliced_2 cups |
| 1 cup_Grapes | Tangerine_1 medium |
| 1 cup_Kiwi | Watermelon_1 cup |
| 1/2 medium_Mango | |

VEGETABLES

Each serving = 50 calories

1 serving = 1 cup
cooked vegetables,
vegetable juice,
or vegetable soup

1 serving = 2 cups
leafy greens

| | |
|------------------|---------------------------|
| Asparagus | Kale |
| Beets | Lettuce |
| Bok choy | Marinara sauce |
| Broccoli | Mushrooms |
| Brussels sprouts | Peas |
| Cabbage | Peppers |
| Carrots | Spinach |
| Cauliflower | Sprouts |
| Celery | Squash (summer or winter) |
| Collard greens | String beans |
| Cucumber | Tomatoes |
| Eggplant | Vegetable soup |

CONDIMENTS

Each serving = 50 calories
(2 Tbsp.)

BBQ and other low-fat sauces and marinades, fat-free dressings, mustard, honey, pure fruit jams

SNACKS

Single serving = 100 calories
Double serving = 200 calories

Note: One portion of low-fat cheese or cottage cheese counts as either a snack or a dairy portion, not both.

| Single | Double |
|---|--|
| 1 oz._Dried fruit | Bean dip_4 Tbsp. with chips_1 oz. |
| 1 medium piece_Fruit | Cheese, low-fat_1 oz. with crackers_6 |
| 12_Mini-rice cakes | Hummus_4 Tbsp. with carrot sticks |
| 1 Tbsp._Peanut butter with celery sticks | Nuts_1 oz. (almonds, cashews, pecans, 30 pistachios) |
| 1 oz._Pita chips | P90X Peak Performance Protein Bar_1 |
| 3 cups_Popcorn, light | P90X Results and Recovery Formula_12-16 oz. |
| 1 large_Pretzel, sourdough | Soy nuts_4 oz. |
| 2 oz._Soy nuts | String cheese_3 oz. |
| 1-1/2 oz._String cheese | Yogurt, nonfat fruit-flavored_8 oz. |
| 1 oz._Tortilla chips, low-fat | |
| 8 oz._Yogurt, plain nonfat | |
| 2/3 scoop_Shakeology* | |

*For more information on Shakeology, please refer to page 15.

SHAKEOLOGY

Single
2/3_serving for amount

ENDURANCE MAXIMIZER



GENERAL GUIDELINES

If you've been craving those traditional carb favorites like pancakes, pasta, and potatoes, then welcome to Phase 3. The high-carbohydrate recipes in this section will help keep you energized during the final stretch. Additionally, there are plenty of great-tasting meat, poultry, and seafood entrees to ensure fast muscle recovery.

ENDURANCE MAXIMIZER

 _Recipe included

MEAL PLAN APPROACH

LEVEL I

PHASE

3

| BREAKFAST | SNACK | LUNCH | SNACK | DINNER |
|---|---|---|--|--|
| DAY 1 1 _Blueberry Muffin  8 oz. _Plain nonfat yogurt 1 cup _Berries | 1 _Results and Recovery Formula drink** | 1 _Veggie burger 1/2 _Whole grain bun 2 cups _Salad greens 2 Tbsp. _Dressing (your choice) | 3 _Fig Newtons 1 _Sourdough pretzel | 6 oz. _Chicken 2 Tbsp. _Apricot Sauce  1/2 cups _Baked yam, medium 1 cup _Green beans, steamed 1/4 _Mango |
| DAY 2 2 _Whole grain waffles 1 Tbsp. _Peanut butter 8 oz. _Skim milk 1 _Banana, medium | 1 _Results and Recovery Formula drink** | 1 _Pasta Salad  | 12 _Mini-rice cakes 1 _Frozen fruit bar | 6 oz. _Halibut 2 Tbsp. _Mustard Cream Sauce  1 cup _Brown rice 2 cups _Spinach, steamed 1 cup _Raspberries |
| DAY 3 1 _Whole grain roll 1/2 cup _Low-fat ricotta cheese 4 slices _Roma tomato 2 tsp. _Olive oil 1 cup _Cantaloupe pieces | 1 _Results and Recovery Formula drink** | 1 cup _Black and White Bean Chili  2 cups _Salad greens 2 Tbsp. _Dressing (your choice) | 3 cups _Popcorn, light 4 oz. _Nonfat frozen yogurt | 6 oz. _Flank steak, grilled 2 Tbsp. _Steak sauce 1 _Baked potato, medium 1 cup _Onion, zucchini, and stewed tomato sauté 1 _Nectarine, medium |
| DAY 4 1/2 cup _Low-fat granola 8 oz. _Plain nonfat yogurt 1 cup _Strawberries, sliced | 1 _Results and Recovery Formula drink** | 1 _Stuffed Baked Potato  2 cups _Salad greens 2 Tbsp. _Dressing (your choice) | 1 oz. _Dried fruit 2 oz. _Soy nuts | 6 oz. _Mediterranean Shrimp Kebabs  1 cup _White rice 1 _Orange, medium |
| DAY 5 3 _Oatmeal Pancakes  2 Tbsp. _Low sugar maple syrup 1 cup _Applesauce | 1 _Results and Recovery Formula drink** | 1 _Grilled Veggie Focaccia  1 cup _Melon pieces | 8 oz. _Fruit sorbet 12 _Mini-rice cakes | 6 oz. _Chicken 2 Tbsp. _Barbecue Sauce  1 cup _Nonfat baked beans 2 cups _Salad greens 2 Tbsp. _Dressing (your choice) |
| DAY 6 8 oz. _Cottage cheese, 1% 1 cup _Pineapple chunks 2 slices _Whole wheat toast 2 tsp. _Pure fruit jam | 1 _Results and Recovery Formula drink** | 1 _Spicy Chinese Noodles  | 1 _Sourdough pretzel 4 oz. _Nonfat frozen yogurt | 6 oz. _Salmon 2 Tbsp. _Dijonnaise Sauce  1 cup _Quinoa 1 cup _Broccoli, steamed 1 cup _Grapes |
| DAY 7 1 _Whole wheat bagel 2 Tbsp. _Fat-free cream cheese 8 oz. _Plain nonfat yogurt 1 cup _Berries | 1 _Results and Recovery Formula drink** | 1 _Vegetarian Tostada  | 1 _Medium piece fresh fruit 1 Tbsp. _Peanut butter w/ celery sticks | 6 oz. _Pork Chop with Apple and Sweet Potato  1 cup _Peas 2 cups _Salad greens 2 Tbsp. _Dressing (your choice) |

**Immediately after workout.

ENDURANCE MAXIMIZER

 _Recipe included

MEAL PLAN APPROACH

LEVEL II


PHASE

3

| BREAKFAST | SNACK | LUNCH | SNACK | DINNER |
|--|---|--|--|---|
| DAY 1 1 _Blueberry Muffin  8 oz. _Plain nonfat yogurt 1 cup _Berries | 1 _Results and Recovery Formula drink** | 1 _Veggie burger 1 _Whole grain bun 3 cups _Salad greens 3 Tbsp. _Dressing (your choice) 1 cup _Melon pieces | 1 oz. _Almonds 1-1/2 oz. _String cheese | 9 oz. _Chicken 3 Tbsp. _Apricot Sauce  1 _Baked yam, medium 1 cup _Green beans, steamed 3 cups _Salad greens 3 Tbsp. _Dressing (your choice) 1/4 _Mango |
| DAY 2 3 _Whole grain waffles 2 Tbsp. _Peanut butter 8 oz. _Skim milk 1 _Banana, medium | 1 _Results and Recovery Formula drink** | 1 _Pasta Salad  1 cup _Melon pieces | 1 oz. _Low-fat tortilla chips 4 Tbsp. _Bean dip 1 _Medium piece fresh fruit | 9 oz. _Halibut 3 Tbsp. _Mustard Cream Sauce  1 cup _Brown rice 3 cups _Spinach, steamed 1 _Peach, medium |
| DAY 3 1 _Whole grain roll 1/2 cup _Low-fat ricotta cheese 4 slices _Roma tomato 2 Tsp. _Olive oil 1 cup _Cantaloupe pieces | 1 _Results and Recovery Formula drink** | 2 cups _Black and White Bean Chili  3 cups _Salad greens 3 Tbsp. _Dressing (your choice) 1 cup _Grapes | 3 cups _Popcorn, light 8 oz. _Nonfat fruit-flavored yogurt | 9 oz. _Flank steak, grilled 3 Tbsp. _Steak sauce 1 _Baked potato, medium 2 cups _Onion, zucchini, and stewed tomato sauté 1 _Nectarine, medium |
| DAY 4 1/2 cup _Low-fat granola 8 oz. _Plain nonfat yogurt 1 cup _Strawberries, sliced | 1 _Results and Recovery Formula drink** | 2 _Stuffed Baked Potato  3 cups _Salad greens 3 Tbsp. _Dressing (your choice) 1 _Orange, medium | 1 oz. _Pita chips 4 Tbsp. _Hummus w/ carrot sticks | 9 oz. _Mediterranean Shrimp Kebabs  1 cup _White rice 3 cups _Salad greens 3 Tbsp. _Dressing (your choice) 1 cup _Melon pieces |
| DAY 5 3 _Oatmeal Pancakes  3 Tbsp. _Low sugar maple syrup 1 cup _Applesauce 8 oz. _Skim milk | 1 _Results and Recovery Formula drink** | 1 _Grilled Veggie Focaccia  1 cup _Tabouli salad 1 _Peach, medium | 8 oz. _Fruit sorbet 1-1/2 oz. _String cheese 6 _Crackers | 9 oz. _Chicken 3 Tbsp. _Barbecue Sauce  1 cup _Nonfat baked beans 3 cups _Salad greens 3 Tbsp. _Dressing (your choice) 1 cup _Fruit salad |
| DAY 6 8 oz. _Cottage cheese, 1% 1 cup _Pineapple chunks 2 slices _Whole wheat toast 3 tsp. _Pure fruit jam | 1 _Results and Recovery Formula drink** | 1 _Spicy Chinese Noodles  3 cups _Salad greens 3 Tbsp. _Dressing (your choice) 1 cup _Fruit salad | 1 oz. _Almonds 1 oz. _Dried fruit 8 oz. _Nonfat plain yogurt | 9 oz. _Salmon 3 Tbsp. _Dijonnaise Sauce  1 cup _Quinoa 1 cup _Broccoli, steamed 1 cup _Grapes |
| DAY 7 1 _Whole wheat bagel 2 Tbsp. _Fat-free cream cheese 8 oz. _Plain nonfat yogurt 1 cup _Berries | 1 _Results and Recovery Formula drink** | 1 _Vegetarian Tostada  1 cup _Fruit salad | 1 oz. _Cashews 1 oz. _Dried fruit | 9 oz. _Pork Chop with Apple and Sweet Potato  1 cup _Peas 3 cups _Salad greens 3 Tbsp. _Dressing (your choice) |

**Immediately after workout.

ENDURANCE MAXIMIZER

 _Recipe included

MEAL PLAN APPROACH

LEVEL III

PHASE

3

| BREAKFAST | SNACK | LUNCH | SNACK | DINNER |
|--|---|--|--|--|
| DAY 1 1 _Blueberry Muffin  8 oz. _Plain nonfat yogurt 1 cup _Berries 1/2 cup _Low-fat granola | 1 _Results and Recovery Formula drink** | 1 _Veggie burger 1 _Whole grain bun 4 cups _Salad greens 4 Tbsp. _Dressing (your choice) 1 cup _Melon pieces | 1 oz. _Almonds 1 oz. _Dried fruit 8 oz. _Nonfat frozen yogurt | 12 oz. _Chicken 4 Tbsp. _Apricot Sauce  1 _Baked yam, medium 1 cup _Green beans, steamed 4 cups _Salad greens 4 Tbsp. _Dressing (your choice) 1/4 _Mango |
| DAY 2 4 _Whole grain waffles 2 Tbsp. _Peanut butter 8 oz. _Skim milk 1 _Banana, medium | 1 _Results and Recovery Formula drink** | 1 _Pasta Salad  1 cup _Melon pieces | 1 oz. _Low-fat tortilla chips 4 Tbsp. _Bean dip 1 _Frozen fruit bar | 12 oz. _Halibut 4 Tbsp. _Mustard Cream Sauce  1 cup _Brown rice 3 cups _Spinach, steamed 1 _Peach, medium |
| DAY 3 1 _Whole grain roll 1/2 cup _Low-fat ricotta cheese 4 slices _Roma tomato 2 Tsp. _Olive oil 1 cup _Cantaloupe pieces | 1 _Results and Recovery Formula drink** | 2 cups _Black and White Bean Chili  4 cups _Salad greens 4 Tbsp. _Dressing (your choice) 1 cup _Grapes 6 _Crackers | 3 cups _Popcorn, light 8 oz. _Nonfat fruit-flavored yogurt 2 oz. _Soy nuts | 12 oz. _Flank steak, grilled 4 Tbsp. _Steak sauce 1 _Baked potato, medium 2 cups _Onion, zucchini, and stewed tomato sauté 1 _Nectarine, medium |
| DAY 4 1 cup _Low-fat granola 8 oz. _Plain nonfat yogurt 1 cup _Strawberries, sliced | 1 _Results and Recovery Formula drink** | 2 _Stuffed Baked Potato  4 cups _Salad greens 4 Tbsp. _Dressing (your choice) 1 _Orange, medium | 1 oz. _Pita chips 4 Tbsp. _Hummus w/ carrot sticks 1 oz. _Dried fruit | 12 oz. _Mediterranean Shrimp Kebabs  1 cup _White rice 4 cups _Salad greens 4 Tbsp. _Dressing (your choice) 1 cup _Melon pieces |
| DAY 5 4 _Oatmeal Pancakes  4 Tbsp. _Low-sugar maple syrup 1 cup _Applesauce 8 oz. _Skim milk | 1 _Results and Recovery Formula drink** | 1 _Grilled Veggie Focaccia  1 cup _Tabouli salad 1 _Peach, medium | 8 oz. _Fruit sorbet 1-1/2 oz. _String cheese 6 _Crackers 3 cups _Popcorn, light | 12 oz. _Chicken 4 Tbsp. _Barbecue Sauce  1 cup _Nonfat baked beans 4 cups _Salad greens 4 Tbsp. _Dressing (your choice) 1 cup _Fruit salad |
| DAY 6 8 oz. _Cottage cheese, 1% 1 cup _Pineapple chunks 4 slices _Whole wheat toast 3 tsp. _Pure fruit jam | 1 _Results and Recovery Formula drink** | 1 _Spicy Chinese Noodles  4 cups _Salad greens 4 Tbsp. _Dressing (your choice) 1 cup _Fruit salad | 1 _Sourdough pretzel 8 oz. _Frozen yogurt 1 _Medium piece of fruit | 12 oz. _Salmon 4 Tbsp. _Dijonnaise Sauce  1 cup _Quinoa 1 cup _Broccoli, steamed 1 cup _Grapes |
| DAY 7 1 _Whole wheat bagel 2 Tbsp. _Fat-free cream cheese 8 oz. _Plain nonfat yogurt 1 cup _Berries 1/2 cup _Low-fat granola | 1 _Results and Recovery Formula drink** | 1 _Vegetarian Tostada  1 cup _Fruit salad | 1 oz. _Cashews 1 oz. _Dried fruit 1 _Sourdough pretzel | 12 oz. _Pork Chop with Apple and Sweet Potato  1 cup _Peas 4 cups _Salad greens 4 Tbsp. _Dressing (your choice) |

**Immediately after workout.

ENDURANCE MAXIMIZER



Now that your body has become an efficient fuel-burning machine, you're ready for an athletic diet that'll help you push your body to the limit.

These recipes, full of complex carbohydrates, lean protein, and low fat, will give you the extra push you need to maximize your endurance and get in the best shape of your life.

GENERAL GUIDELINES

NOTE: All per-serving nutritional information is based on one LEVEL I serving. LEVEL II and LEVEL III will vary, depending on portion size.

APRICOT SAUCE

per serving:

1/2 cup apricot preserves
1/8 cup Dijon mustard
1/4 cup low-sodium soy sauce

Calories (kcal)**56**
Total Fat.....**<1 g**
(3% calories from fat)
Protein **1 g**
Carbohydrate **14 g**
Cholesterol **0 mg**
Sodium **353 mg**

Serves 8

In a small bowl, combine all ingredients and blend well.

LEVEL I

2 Tbsp. = 1 condiment

LEVEL II

3 Tbsp. = 1-1/2 condiments

LEVEL III

4 Tbsp. = 2 condiments

DIJONNAISE SAUCE

per serving:

4 oz. nonfat yogurt
4 oz. low-fat mayonnaise
1 Tbsp. Dijon mustard
1 tsp. chopped fresh dill
2 tsp. Worcestershire sauce
Black pepper (to taste)
1 dash Tabasco® sauce

Calories (kcal)**34**
Total Fat.....**2 g**
(51% calories from fat)
Protein **1 g**
Carbohydrate **3 g**
Cholesterol**<1 mg**
Sodium **47 mg**

Serves 8

In a small bowl, combine all ingredients and blend well.

LEVEL I

2 Tbsp. = 1 condiment

LEVEL II

3 Tbsp. = 1-1/2 condiments

LEVEL III

4 Tbsp. = 2 condiments

MUSTARD CREAM SAUCE

per serving:

- 4 shallots, peeled and chopped
- 1-1/4 cups fat-free low-sodium chicken or vegetable broth
- 1-1/4 cups sweet vermouth
- 1/2 tsp. arrowroot powder
- 1/2 cup evaporated skim milk
- 1/4 cup Dijon mustard
- 1/2 tsp. salt
- 1 dash white pepper
- 1 Tbsp. chopped chives (for garnish)

| | |
|------------------------|--------|
| Calories (kcal) | 43 |
| Total Fat..... | <1 g |
| (6% calories from fat) | |
| Protein | 2 g |
| Carbohydrate | 4 g |
| Cholesterol | <1 mg |
| Sodium | 164 mg |

Serves 8

1. Lightly coat the bottom of a saucepan with cooking spray and place over medium heat.
 2. Add shallots and sauté until tender, using 1/4 cup of broth to deglaze pan as necessary.
 3. Stir in remaining broth and vermouth. Simmer until reduced to 3/4 cup.
 4. Dissolve arrowroot in a small amount of cold water and add to pan. Stir until slightly thickened.
 5. Transfer sauce to a blender. Add evaporated milk, mustard, salt, and pepper and process until smooth.
- Garnish with chives.

LEVEL I

2 Tbsp. = 1 condiment

LEVEL II

3 Tbsp. = 1-1/2 condiments

LEVEL III

4 Tbsp. = 2 condiments

BARBECUE SAUCE

per serving:

- 1/4 cup ketchup
- 1/4 cup chili sauce
- 2 Tbsp. Worcestershire sauce
- 2 Tbsp. red wine vinegar
- 2 tsp. stone-ground mustard
- 1 tsp. dark brown sugar
- 1 dash cayenne pepper
- 2-1/2 tsp. crushed garlic

| | |
|------------------------|--------|
| Calories (kcal) | 16 |
| Total Fat..... | <1 g |
| (1% calories from fat) | |
| Protein | <1 g |
| Carbohydrate | 4 g |
| Cholesterol | 0 mg |
| Sodium | 128 mg |

Serves 8

Whisk all ingredients together in a small bowl. Refrigerate until ready to use.

LEVEL I

2 Tbsp. = 1 condiment

LEVEL II

3 Tbsp. = 1-1/2 condiments

LEVEL III

4 Tbsp. = 2 condiments

BLUEBERRY MUFFINS

per serving:

- 1-3/4 cups whole wheat pastry flour
- 2-1/2 tsp. baking powder
- 1 cup powdered sugar
- 3/4 cup low-fat buttermilk
- 3 egg whites
- 1 cup thawed frozen blueberries (reserve juice)

Calories (kcal)167
Total Fat.....1 g
(2% calories from fat)
Protein4 g
Carbohydrate40 g
Cholesterol1 mg
Sodium.....135 mg

Serves 12

- 1. Preheat oven to 375° F. Line 12 muffin cups with paper liners.
- 2. In a small bowl, combine flour, baking powder, and sugar.
- 3. In a mixing bowl, whisk together buttermilk, egg whites, and 2 Tbsp. of reserved berry juice.
- 4. Add flour mixture to buttermilk mixture, stirring just to combine. Fold in berries.
- 5. Spoon batter into prepared muffin cups, mounding slightly. Bake until lightly browned, about 20 minutes.

LEVEL I

1 muffin = 1 carbohydrate

LEVEL II

1 muffin = 1 carbohydrate

LEVEL III

1 muffin = 1 carbohydrate

OATMEAL PANCAKES

per serving:

- 1/2 cup quick-cooking oats
- 1/2 cup low-fat buttermilk
- 1/2 cup skim milk
- 2 egg whites
- 1 Tbsp. canola oil
- 2 Tbsp. firmly packed brown sugar
- Salt (to taste)
- 1 tsp. baking powder
- 1/2 cup whole wheat flour
- 1/2 cup all-purpose flour
- 1 tsp. cinnamon
- 1/2 tsp. baking soda

Calories (kcal)228
Total Fat.....5 g
(19% calories from fat)
Protein9 g
Carbohydrate37 g
Cholesterol2 mg
Sodium.....468 mg

Serves 4

- 1. In a medium bowl, combine oats, buttermilk, and milk. Set aside for 15 to 20 minutes to let oats absorb liquid.
- 2. In a separate bowl, beat together egg whites and oil. Add to oat mixture and mix together well. In small bowl, combine sugar, salt, cinnamon, baking powder, baking soda, and flour. Stir into oat mixture.
- 3. Heat a lightly oiled or nonstick griddle over medium-high heat (375 degrees for electric frying pan). Use 1/8 cup batter per pancake. Turn when tops bubble and edges look cooked. (Turn only once.)

LEVEL I

3 pancakes = 1 carbohydrate

LEVEL II

3 pancakes = 1 carbohydrate

LEVEL III

3 pancakes = 1 carbohydrate

BLACK AND WHITE BEAN CHILI

per serving:

- 1 tsp. canola oil
- 1 cup diced onion
- 2 cups fat-free low-sodium chicken or vegetable broth
- 6 oz. canned tomato paste
- 4 oz. green chilies, chopped
- 1 tsp. ground cumin
- 16 oz. canned black beans, rinsed and drained
- 16 oz. canned navy beans, rinsed and drained

Calories (kcal) **202**
 Total Fat..... **2 g**
 (8% calories from fat)
 Protein **15 g**
 Carbohydrate **35 g**
 Cholesterol **0 mg**
 Sodium **964 mg**

Serves 6

1. In a large soup pot, heat oil over medium-high heat. Add onions and cook for 5 minutes.
2. Add broth, tomato paste, chilies, cumin, and beans. Bring to a boil.
3. Reduce heat to low and simmer for 10 to 15 minutes, stirring occasionally.

LEVEL I

1 cup = 1 carbohydrate

LEVEL II

2 cups = 2 carbohydrates

LEVEL III

2 cups = 2 carbohydrates

GRILLED VEGGIE FOCACCIA

per serving:

- 1 large portobello mushroom, sliced thinly
- 1 large zucchini, sliced thinly
- 1 large yellow squash, sliced thinly
- 1-1/2 oz. part-skim mozzarella cheese, sliced
- 2 slices focaccia bread

Calories (kcal) **284**
 Total Fat..... **9 g**
 (28% calories from fat)
 Protein **19 g**
 Carbohydrate **33 g**
 Cholesterol **23 mg**
 Sodium **467 mg**

Serves 1

1. Grill or broil vegetables for 3 to 5 minutes using olive oil spray.
2. Place mozzarella cheese on one slice of bread, and toast under broiler or in toaster oven until cheese is melted.
3. Place vegetables on same side as cheese and top with second slice of bread. Serve.

LEVEL I

1 carbohydrate, 2 vegetables

LEVEL II

1 carbohydrate, 2 vegetables

LEVEL III

1 carbohydrate, 2 vegetables

STUFFED BAKED POTATO

per serving:

- 1 medium baking potato
- 10 oz. frozen chopped spinach
- 1/2 cup chopped broccoli
- 1 Tbsp. finely chopped green onions
- 1-1/2 oz. low-fat cheddar cheese
- 1 dash salt
- 1 dash pepper
- 1 dash garlic powder

Calories (kcal).....**167**
 Total Fat.....**1 g**
 (2% calories from fat)
 Protein**4 g**
 Carbohydrate**40 g**
 Cholesterol**1 mg**
 Sodium..... **135 mg**

(Levels II & III, please double ingredients)

1. Bake potato at 425° F for 45 to 60 minutes, or microwave for about 8 minutes and then let stand for 3 to 5 minutes.
2. When potato is done, scoop its insides into a small bowl, reserving skin.
3. Add spinach, broccoli, green onions, cheese, and seasonings. Mash.
4. Fill potato skin with mixture and bake in oven 10 minutes longer to blend the flavors.

LEVEL I

1 potato = 1 carbohydrate,
 1 vegetable, 1/2 dairy

LEVEL II

2 potatoes = 2 carbohydrates,
 2 vegetables, 1 dairy

LEVEL III

2 potatoes = 2 carbohydrates,
 2 vegetables, 1 dairy

PASTA SALAD—LEVEL I

per serving:

- 2 oz. pasta
- 1 cup broccoli florets, steamed
- 2 whole green onions, chopped
- 1 Tbsp. olive oil
- 1 cup halved cherry tomatoes
- 1/2 tsp. fresh basil
- 1/4 tsp. garlic powder
- 1 oz. low-fat Parmesan cheese, grated

Calories (kcal).....**500**
 Total Fat.....**21 g**
 (32% calories from fat)
 Protein**17 g**
 Carbohydrate**65 g**
 Cholesterol**28 mg**
 Sodium..... **460 mg**

1. Cook pasta according to directions on package. Drain.
2. While pasta cooks, steam broccoli.
3. In a bowl, combine cooked pasta, broccoli, green onions, olive oil, tomatoes, basil, and garlic powder. Mix well.
4. Sprinkle with cheese and toss again. Chill before serving.

LEVEL I

1 carbohydrate, 2 vegetables,
 1 fat, 1/2 dairy

LEVEL II

See next page

LEVEL III

See next page

PASTA SALAD—LEVEL II

per serving:

- 3 oz. pasta
- 1 cup broccoli florets, steamed
- 2 whole green onions, chopped
- 1-1/2 Tbsp. olive oil
- 1 cup halved cherry tomatoes
- 1/2 tsp. fresh basil
- 1/4 tsp. garlic powder
- 1 oz. low-fat Parmesan cheese, grated

Calories (kcal) **666**
 Total Fat..... **28 g**
 (43% calories from fat)
 Protein **21 g**
 Carbohydrate **87 g**
 Cholesterol **28 mg**
 Sodium **462 mg**

1. Cook pasta according to directions on package. Drain.
2. While pasta cooks, steam broccoli.
3. In a bowl, combine cooked pasta, broccoli, green onions, olive oil, tomatoes, basil, and garlic powder. Mix well.
4. Sprinkle with cheese and toss again. Chill before serving.

LEVEL I

See previous page

LEVEL II

1-1/2 carbohydrates, 2 vegetables,
1-1/2 fats, 1/2 dairy

LEVEL III

See next below

PASTA SALAD—LEVEL III

per serving:

- 4 oz. pasta
- 1-1/2 cup broccoli florets, steamed
- 3 whole green onions, chopped
- 2 Tbsp. olive oil
- 1 cup halved cherry tomatoes
- 1 tsp. fresh basil
- 1/2 tsp. garlic powder
- 1 oz. low-fat Parmesan cheese, grated

Calories (kcal) **847**
 Total Fat..... **35 g**
 (54% calories from fat)
 Protein **26 g**
 Carbohydrate **111 g**
 Cholesterol **28 mg**
 Sodium **475 mg**

1. Cook pasta according to directions on package. Drain.
2. While pasta cooks, steam broccoli.
3. In bowl, combine cooked pasta, broccoli, green onions, olive oil, tomatoes, basil, and garlic powder. Mix well.
4. Sprinkle with cheese and toss again. Chill before serving.

LEVEL I

See previous page

LEVEL II

See above

LEVEL III

2 carbohydrates, 2 vegetables,
1-1/2 fats, 1/2 dairy

SPICY CHINESE NOODLES—LEVEL I

per serving:

- 2 oz. pasta
- 2 Tbsp. chunky peanut butter
- 1-1/2 Tbsp. low-sodium soy sauce
- 1-1/2 Tbsp. rice vinegar
- 1 tsp. honey
- 1 dash cayenne pepper
- 1 Tbsp. finely chopped green onions
- Fat-free chicken broth (optional)

Calories (kcal) **429**
 Total Fat **17 g**
 (35% calories from fat)
 Protein **16 g**
 Carbohydrate **56 g**
 Cholesterol **0 mg**
 Sodium **1,056 mg**

1. Cook pasta according to directions on package. Drain.
2. While pasta is cooking, combine peanut butter, soy sauce, vinegar, honey, and cayenne in a medium saucepan.
3. Add pasta to peanut butter sauce in pan and mix together. If pasta is too dry, add a little fat-free chicken broth to thin sauce. Garnish with green onions.

LEVEL I

1 protein, 1 carbohydrate, 1-1/2 fat

LEVEL II

See below

LEVEL III

See next page

SPICY CHINESE NOODLES—LEVEL II

per serving:

- 3 oz. pasta
- 3 Tbsp. chunky peanut butter
- 2 Tbsp. low-sodium soy sauce
- 2 Tbsp. rice vinegar
- 1-1/2 tsp. honey
- 1 dash cayenne pepper
- 2 Tbsp. finely chopped green onions
- Fat-free chicken broth (optional)

Calories (kcal) **660**
 Total Fat **26 g**
 (33% calories from fat)
 Protein **25 g**
 Carbohydrate **89 g**
 Cholesterol **0 mg**
 Sodium **1,444 mg**

1. Cook pasta according to directions on package. Drain.
2. While pasta is cooking, combine peanut butter, soy sauce, vinegar, honey, and cayenne in a medium saucepan.
3. Add pasta to peanut butter sauce in pan and mix together. If pasta is too dry, add a little fat-free chicken broth to thin sauce. Garnish with green onions.

LEVEL I

See above

LEVEL II

1 protein, 1-1/2 carbohydrates, 2 fats

LEVEL III

See next page

SPICY CHINESE NOODLES—LEVEL III

per serving:

- 4 oz. pasta
- 3 Tbsp. chunky peanut butter
- 3 Tbsp. low-sodium soy sauce
- 3 Tbsp. rice vinegar
- 2 tsp. honey
- 1 dash cayenne pepper
- 3 Tbsp. finely chopped green onions
- Fat-free chicken broth (optional)

Calories (kcal) **789**
 Total Fat..... **26 g**
 (28% calories from fat)
 Protein **29 g**
 Carbohydrate **115 g**
 Cholesterol **0 mg**
 Sodium **2,047 mg**

1. Cook pasta according to directions on package. Drain.
2. While pasta is cooking, combine peanut butter, soy sauce, vinegar, honey, and cayenne in a medium saucepan.
3. Add pasta to peanut butter sauce in pan and mix together. If pasta is too dry, add a little fat-free chicken broth to thin sauce. Garnish with green onions.

LEVEL I

See previous page

LEVEL II

See previous page

LEVEL III

1 protein, 2 carbohydrate, 2 fats

VEGETARIAN TOSTADA—LEVEL I

per serving:

- 1 large whole wheat tortilla
- 1 cup fat-free canned refried beans
- 1/4 cup diced tomato
- 2 Tbsp. diced red onion
- 1 cup shredded romaine lettuce
- 2 Tbsp. low-fat sour cream
- 2 Tbsp. salsa

Calories (kcal) **449**
 Total Fat..... **7 g**
 (14% calories from fat)
 Protein **22 g**
 Carbohydrate **75 g**
 Cholesterol **6 mg**
 Sodium **1,437 mg**

1. Place large nonstick frying pan over medium heat.
2. Spray both sides of tortilla with corn oil spray and brown for several minutes on both sides until crisp.
3. Meanwhile, heat beans in a small saucepan.
4. Remove tortilla from pan. Place on plate and layer with beans, tomato, onion, lettuce, sour cream, and salsa. Serve.

LEVEL I

2 carbohydrates, 1 vegetable

LEVEL II

See next page

LEVEL III

See next page

VEGETARIAN TOSTADA—LEVEL II

per serving:

- 1 large whole wheat tortilla
 - 1 cup fat-free canned refried beans
 - 1/2 cup cooked Spanish-style rice
 - 1/2 cup diced tomato
 - 3 Tbsp. diced red onion
 - 2 cups shredded romaine lettuce
 - 2 Tbsp. low-fat sour cream
 - 3 Tbsp. salsa

Calories (kcal).....**575**
Total Fat.....**8 g**
(12% calories from fat)
Protein**25 g**
Carbohydrate **102 g**
Cholesterol**6 mg**
Sodium..... **1,510 mg**

- 1. Place large nonstick frying pan over medium heat.
- 2. Spray both sides of tortilla with corn oil spray and brown for several minutes on both sides until crisp.
- 3. Meanwhile, heat beans in a small saucepan.
- 4. Remove tortilla from pan. Place on plate and layer with beans, rice, tomato, onion, lettuce, sour cream, and salsa. Serve.

LEVEL I

See previous page

LEVEL II

2-1/2 carbohydrates, 2 vegetables

LEVEL III

See below

VEGETARIAN TOSTADA—LEVEL III

per serving:

- 1 large whole wheat tortilla
 - 1 cup fat-free canned refried beans
 - 1 cup cooked Spanish-style rice
 - 1/2 cup diced tomato
 - 3 Tbsp. diced red onion
 - 2 cups shredded romaine lettuce
 - 2 Tbsp. low-fat sour cream
 - 3 Tbsp. salsa

Calories (kcal).....**701**
Total Fat.....**8 g**
(10% calories from fat)
Protein**27 g**
Carbohydrate **130 g**
Cholesterol**6 mg**
Sodium..... **1,510 mg**

- 1. Place large nonstick frying pan over medium heat.
- 2. Spray both sides of tortilla with corn oil spray and brown for several minutes on both sides until crisp.
- 3. Meanwhile, heat beans in a small saucepan.
- 4. Remove tortilla from pan. Place on plate and layer with beans, rice, tomato, onion, lettuce, sour cream, and salsa. Serve.

LEVEL I

See previous page

LEVEL II

See above

LEVEL III

3 carbohydrates, 2 vegetables

MEDITERRANEAN SHRIMP KEBABS—LEVEL I

per serving:

- 6 shrimp (1 ounce each)
- 1/8 red onion, cubed
- 1/2 zucchini, cut in 1-inch-thick slices
- 1/4 yellow pepper, seeded and diced
- 4 white button mushrooms
- 1/4 cup fresh lemon juice
- 1 Tbsp. olive oil
- 1 tsp. oregano
- 2 metal or wooden skewers

Calories (kcal)**349**
Total Fat..... **17 g**
(42% calories from fat)
Protein **36 g**
Carbohydrate **14 g**
Cholesterol **259 mg**
Sodium..... **257 mg**

1. Assemble kebabs by alternating vegetables and shrimp, using three shrimp per skewer.
2. In a small bowl, blend lemon juice, olive oil, and oregano to make a marinade.
3. Brush marinade over kebabs; place kebabs on grill for 7 to 10 minutes.
4. Turn and brush with remaining marinade while grilling until vegetables are cooked and shrimp are opaque.

LEVEL I

2 protein, 1 vegetable, 1 fat

LEVEL II

See below

LEVEL III

See next page

MEDITERRANEAN SHRIMP KEBABS—LEVEL II

per serving:

- 9 shrimp (1 ounce each)
- 1/8 red onion, cubed
- 1/2 zucchini, cut in 1-inch-thick slices
- 1/4 yellow pepper, seeded and diced
- 6 white button mushrooms
- 1/4 cup fresh lemon juice
- 1 Tbsp. olive oil
- 1 tsp. oregano
- 3 metal or wooden skewers

Calories (kcal)**449**
Total Fat..... **7 g**
(14% calories from fat)
Protein **22 g**
Carbohydrate **75 g**
Cholesterol **6 mg**
Sodium **1,437 mg**

1. Assemble kebabs by alternating vegetables and shrimp, using three shrimp per skewer.
2. In a small bowl, blend lemon juice, olive oil, and oregano to make a marinade.
3. Brush marinade over kebabs; place kebabs on grill for 7 to 10 minutes.
4. Turn and brush with remaining marinade while grilling until vegetables are cooked and shrimp are opaque.

LEVEL I

See above

LEVEL II

3 protein, 1 vegetable, 1 fat

LEVEL III

See next page

MEDITERRANEAN SHRIMP KEBABS—LEVEL III

per serving:

- 12 shrimp (1 ounce each)
- 1/8 red onion, cubed
- 1/2 zucchini, cut in 1-inch-thick slices
- 1/4 yellow pepper, seeded and diced
- 8 white button mushrooms
- 1/4 cup fresh lemon juice
- 1 Tbsp. olive oil
- 1 tsp. oregano
- 4 metal or wooden skewers

| | |
|------------------------|--------|
| Calories (kcal) | 636 |
| Total Fat..... | 27 g |
| (1% calories from fat) | |
| Protein | 73 g |
| Carbohydrate | 28 g |
| Cholesterol | 517 mg |
| Sodium | 513 mg |

- 1. Assemble kebabs by alternating vegetables and shrimp, using three shrimp per skewer.
- 2. In a small bowl, blend lemon juice, olive oil, and oregano to make a marinade.
- 3. Brush marinade over kebabs; place kebabs on grill for 7 to 10 minutes.
- 4. Turn and brush with remaining marinade while grilling until vegetables are cooked and shrimp are opaque.

LEVEL I

See previous page

LEVEL II

See previous page

LEVEL III

4 protein, 1 vegetable, 1 fat

PORK CHOP BAKED WITH APPLE AND SWEET POTATO—LEVEL I

per serving:

- 6 oz. lean boneless pork loin
- 1 medium sweet potato
- 1 medium apple
- Pinch cinnamon (optional)
- Pinch salt (optional)
- Pinch black pepper (optional)

| | |
|-------------------------|-------|
| Calories (kcal) | 415 |
| Total Fat..... | 8 g |
| (17% calories from fat) | |
| Protein | 33 g |
| Carbohydrate | 53 g |
| Cholesterol | 77 mg |
| Sodium | 80 mg |

- 1. Preheat oven to 350° F.
- 2. Slice sweet potato thinly. Core apple and slice it into eight pieces.
- 3. On a large piece of foil, layer sweet potato slices, pork chop, then apple slices.
If desired, sprinkle with cinnamon, salt, and pepper.
- 4. Wrap well and bake for 40 minutes.

LEVEL I

2 protein, 1 carbohydrate, 1 fruit

LEVEL II

See next page

LEVEL III

See next page

PORK CHOP BAKED WITH APPLE AND SWEET POTATO—LEVEL II

per serving:

| | | |
|-------------------------------|-------------------------|--------|
| 9 oz. lean boneless pork loin | Calories (kcal)..... | 513 |
| 1 medium sweet potato | Total Fat..... | 12 g |
| 1 medium apple | (21% calories from fat) | |
| Pinch cinnamon (optional) | Protein..... | 48 g |
| Pinch salt (optional) | Carbohydrate..... | 53 g |
| Pinch black pepper (optional) | Cholesterol..... | 115 mg |
| | Sodium..... | 111 mg |

1. Preheat oven to 350° F.
2. Slice sweet potato thinly. Core apple and slice it into eight pieces.
3. On a large piece of foil, layer sweet potato slices, pork chop, then apple slices.
If desired, sprinkle with cinnamon, salt, and pepper.
4. Wrap well and bake for 40 minutes.

| | | |
|-------------------|------------------------------------|-----------|
| LEVEL I | LEVEL II | LEVEL III |
| See previous page | 2 protein, 1 carbohydrate, 1 fruit | See below |

PORK CHOP BAKED WITH APPLE AND SWEET POTATO—LEVEL III

per serving:

| | | |
|--------------------------------|-------------------------|--------|
| 12 oz. lean boneless pork loin | Calories (kcal)..... | 611 |
| 1 medium sweet potato | Total Fat..... | 16 g |
| 1 medium apple | (23% calories from fat) | |
| Pinch cinnamon (optional) | Protein..... | 63 g |
| Pinch salt (optional) | Carbohydrate..... | 53 g |
| Pinch black pepper (optional) | Cholesterol..... | 153 mg |
| | Sodium..... | 142 mg |

1. Preheat oven to 350° F.
2. Slice sweet potato thinly. Core apple and slice it into eight pieces.
3. On a large piece of foil, layer sweet potato slices, pork chop, then apple slices.
If desired, sprinkle with cinnamon, salt, and pepper.
4. Wrap well and bake for 40 minutes.

| | | |
|-------------------|-----------|---------------------------------------|
| LEVEL I | LEVEL II | LEVEL III |
| See previous page | See above | 4 protein, 1 carbohydrate, 1 fruit |



QUICK OPTIONS

CONVENIENCE FOODS GUIDELINES

If you just don't have the time to prepare anything more elaborate than toast, here are some brands you can consider the next time you hit the frozen food section. These foods can be used sparingly when needed, but do not exceed more than one per day.

- _Amy's Kitchen®
- _Weight Watchers® Smart Ones®
- _Lean Cuisine®
- _Cascadian Farm®
- _Cedarlane® Natural Food
- _Healthy Choice®

Follow the calorie, fat, and sodium guidelines below:

| | | | | |
|-----------|----------------|-----------------------------|----------|-----------------|
| LEVEL I | 1,800 CALORIES | Up to 400 calories per meal | 10 g fat | 600 mg sodium |
| LEVEL II | 2,400 CALORIES | Up to 600 calories per meal | 12 g fat | 800 mg sodium |
| LEVEL III | 3,000 CALORIES | Up to 800 calories per meal | 15 g fat | 1,000 mg sodium |

Amy's Kitchen, Weight Watchers, Smart Ones, Lean Cuisine, Cascadian Farm, Cedarlane, and Healthy Choice are registered trademarks of their respective owners.

QUICK AT-HOME DISHES

Try these quick, healthy, and tasty dishes that are a snap to prepare.

| SERVING SIZE | | |
|--------------|---------------------------|----------------|
| SOFT TACOS | Chicken | 6 oz. |
| | Corn tortillas | 2 |
| STIR-FRY | Salsa | to taste |
| | 2 protein | 1 carbohydrate |
| TUNA SALAD | 1 vegetable | 1 condiment |
| | Shrimp or chicken | 6 oz. |
| BURGER | Rice | 1 cup |
| | Vegetables | 1 cup |
| | Soy sauce | to taste |
| | 1 carbohydrate | 1 vegetable |
| | Tuna | 6 oz. |
| | Bread | 2 slices |
| | Salad greens | 2 cups |
| | Fat-free dressing or mayo | 2 Tbsp. |
| | 2 protein | 1 carbohydrate |
| | 1 vegetable | 1 condiment |
| | Soy or turkey burger | 1 |
| | Lettuce, tomato, onion | to taste |
| | Ketchup and mustard | to taste |
| | 2 protein | 1 carbohydrate |

CALORIE AND GRAM BREAKDOWN

The P90X Nutrition Plan is designed to work without having to worry about a lot of math. The portion plans keep fiber, vitamins, and minerals high, while keeping cholesterol, sodium, and bad fats low. But if you're someone who likes to be a little more DIY with your nutrition, this is the information you'll need.

If you're going to build a diet yourself based purely on these numbers, you really need to know what you're doing. If you know how to do that, go for it. If not, we recommend using our plans as a base.

CALORIES

| | | PROTEIN | CARBS | FAT | |
|--|-----------|----------------|----------------|----------------|--------------|
| <div>PHASE1</div> <div>FAT SHREDDER</div> | LEVEL I | 1,800 calories | 900 calories | 540 calories | 360 calories |
| | LEVEL II | 2,400 calories | 1,200 calories | 720 calories | 480 calories |
| | LEVEL III | 3,000 calories | 1,500 calories | 900 calories | 600 calories |
| | | | | | |
| <div>PHASE2</div> <div>ENERGY BOOSTER</div> | LEVEL I | 1,800 calories | 720 calories | 720 calories | 360 calories |
| | LEVEL II | 2,400 calories | 960 calories | 960 calories | 480 calories |
| | LEVEL III | 3,000 calories | 1,200 calories | 1,200 calories | 600 calories |
| | | | | | |
| <div>PHASE3</div> <div>ENDURANCE MAXIMIZER</div> | LEVEL I | 1,800 calories | 360 calories | 1,080 calories | 360 calories |
| | LEVEL II | 2,400 calories | 480 calories | 1,440 calories | 480 calories |
| | LEVEL III | 3,000 calories | 600 calories | 1,800 calories | 600 calories |
| | | | | | |

To convert those calories into grams, we used the following equations:
1 gram of protein = 4 calories • 1 gram of carbohydrates = 4 calories • 1 gram of fat = 9 calories

Keep in mind, your body isn't a computer. It doesn't need, nor understand, exact numbers—if your daily carb, protein, and fat grams aren't on the nose, it doesn't matter. In other words, whether you're counting percentages, calories, or grams, just get in the ballpark with your macronutrients and you'll be fine. In fact, varying nutrients can avoid potential plateaus. Also, keeping a daily log will help you figure out the best ways to fine-tune your eating.

GRAMS

| | | | PROTEIN | CARBS | FAT |
|--------------------------------|-----------|----------------|---------|-------|------|
| PHASE 1 FAT SHREDDER | LEVEL I | 1,800 calories | 225 g | 135 g | 40 g |
| | LEVEL II | 2,400 calories | 300 g | 180 g | 53 g |
| | LEVEL III | 3,000 calories | 375 g | 225 g | 67 g |
| | | | | | |
| PHASE 2 ENERGY BOOSTER | LEVEL I | 1,800 calories | 180 g | 180 g | 40 g |
| | LEVEL II | 2,400 calories | 240 g | 240 g | 53 g |
| | LEVEL III | 3,000 calories | 300 g | 300 g | 67 g |
| | | | | | |
| PHASE 3 ENDURANCE MAXIMIZER | LEVEL I | 1,800 calories | 90 g | 270 g | 40 g |
| | LEVEL II | 2,400 calories | 120 g | 360 g | 53 g |
| | LEVEL III | 3,000 calories | 150 g | 450 g | 67 g |
| | | | | | |

NEED HELP? GET A FREE COACH.

You may be asking—what's a Team Beachbody Coach?

A TEAM BEACHBODY COACH IS A CUSTOMER, JUST LIKE YOU, who has seen the results that Beachbody products bring and therefore loves using the products and sharing them with other people. It's simple. Your Coach wants YOU to get in the best shape of your life.

AND TO HELP YOU ACHIEVE THAT GOAL, YOUR COACH CAN KEEP YOU ON TRACK—

by staying in touch, online or over the phone, or by referring you to some of the amazing accountability resources located at TeamBeachbody.com.

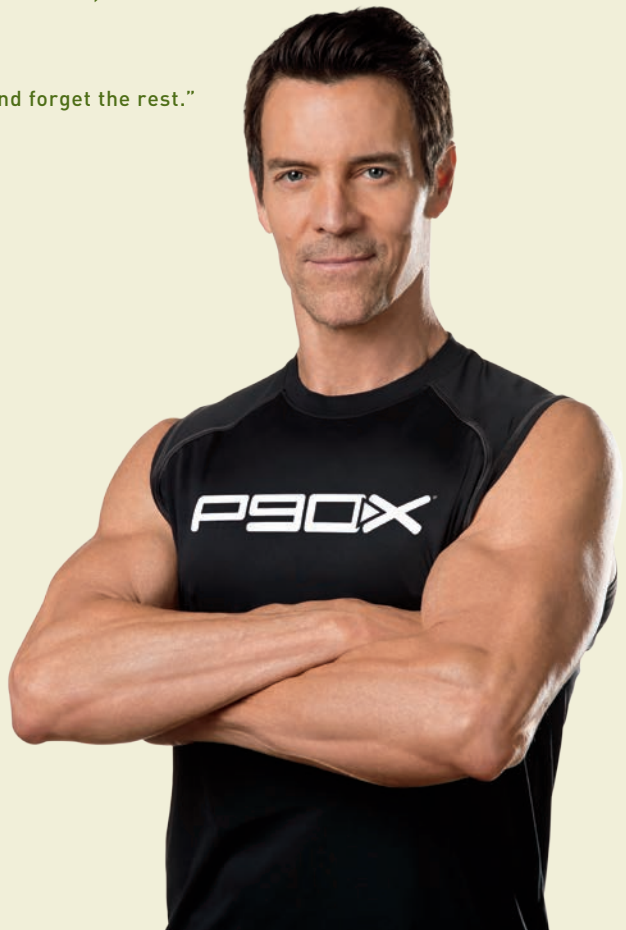
Think of your Coach as your best friend in the Team Beachbody community. He or she can direct you to where to find the best exercise advice, nutrition tips, support, and health information.

With a Coach by your side, you can truly "Do your best, and forget the rest." And here's the best part about having your Coach:

IT'S FREE. THAT'S RIGHT. IT COSTS NOTHING. ZIP. ZERO. ZILCH. NADA.

Millions of people just like you have been partnered with their Coaches to get in the best shape of their lives. So what are you waiting for?

Create your FREE user account at TEAMBEACHBODY.COM today to automatically get a Coach that will help you Bring It like never before!



GET THE CHANCE TO WIN CASH AND PRIZES



BEACHBODY CHALLENGE®

**GET SUPPORT.
GET FIT.
GET PRIZES.**

The Beachbody Challenge will give you the motivation and support you need to get in shape with P90X. With peer support and a chance to win cash and prizes[†], you'll see results in no time. Then share your results to get a FREE shirt and a chance to win more than \$100,000![†]

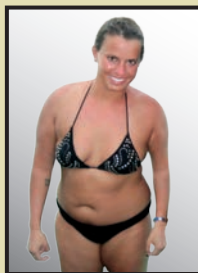
**GET
YOUR
FREE
SHIRT**

**TAKE THE CHALLENGE AT
TAKEBBCHALLENGE.COM**



"In the long term, I don't think I could have lost the weight and kept it off without the support system of the Beachbody Challenge; it's been absolutely essential. Winning money is just the icing on the cake."

—Lisa J.
Beachbody Challenge
Monthly Winner



before



after*

[†]Go to TakeBBChallenge.com for all rules, terms, and conditions. *Results vary.



DAILY JOURNAL

Staying true to the eating approach you've selected for this plan is more important to your P90X success than anything else. Deviating from the healthy, targeted nutrition plan outlined for you is NOT an option. One of the best ways to keep on track and stay within the parameters of your nutrition level is to maintain a daily journal. What and how much you choose to write is up to you. Just be sure to indicate how successful you were for each specific day.

| | | | | | | 1 / week |
|-----------|-------|-------|-------|--------|----------|----------|
| BREAKFAST | SNACK | LUNCH | SNACK | DINNER | COMMENTS | _MO |
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| | | | | | | 2 / week |
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| week | 3 | | | | | | |
| | | BREAKFAST | SNACK | LUNCH | SNACK | DINNER | COMMENTS |
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| week | 4 | | | | | | |
| | | BREAKFAST | SNACK | LUNCH | SNACK | DINNER | COMMENTS |
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| | | | | | | 5 / week |
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| BREAKFAST | SNACK | LUNCH | SNACK | DINNER | COMMENTS | |
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| | | | | | | 6 / week |
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| BREAKFAST | SNACK | LUNCH | SNACK | DINNER | COMMENTS | |
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| week 7 | | | | | | |
| | BREAKFAST | SNACK | LUNCH | SNACK | DINNER | COMMENTS |
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| week 8 | | | | | | |
| | BREAKFAST | SNACK | LUNCH | SNACK | DINNER | COMMENTS |
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| | | | | | | 9 / week |
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| week 11 | | | | | | |
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| week 12 | | | | | | |
| | BREAKFAST | SNACK | LUNCH | SNACK | DINNER | COMMENTS |
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| BREAKFAST | SNACK | LUNCH | SNACK | DINNER | COMMENTS | |
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| BREAKFAST | SNACK | LUNCH | SNACK | DINNER | COMMENTS | |
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| week | 15 | | | | | | |
| | | BREAKFAST | SNACK | LUNCH | SNACK | DINNER | COMMENTS |
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week

16

| | BREAKFAST | SNACK | LUNCH | SNACK | DINNER | COMMENTS |
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OTHER BEACHBODY PRODUCTS

AVAILABLE THROUGH YOUR COACH OR AT [BEACHBODY.COM](http://beachbody.com)

P90X3®

Finished P90X? Now get ready for your next challenge . . . P90X3. Featuring Tony Horton's breakthrough Muscle Acceleration system, P90X3 is designed to get you completely ripped in just 30 minutes a day. It's literally a whole workout in half the time! Go to P90X3.com now.

| | |
|--------------|----------|
| Retail Price | \$119.85 |
| Club Price | \$107.87 |
| Coach Price | \$89.89 |



P90X2®

Train off-balance to build the body of an athlete. With P90X2, you'll engage all of your muscles with every move, delivering the same kind of training pro athletes pay thousands of dollars for.

| | |
|--------------|----------|
| Retail Price | \$119.85 |
| Club Price | \$107.87 |
| Coach Price | \$89.89 |





P90®

A 90-Day Body Transformation for EVERYONE! The all-new P90 program uses workouts that are simple, doable, and less extreme to help you get dramatic, visible results in just 90 days!

| | |
|--------------|---------|
| Retail Price | \$79.90 |
| Club Price | \$71.91 |
| Coach Price | \$59.93 |



P90X ONE ON ONE®

Use these gritty personal workouts with Tony to push yourself beyond P90X. Cherry-pick a DVD from three 12-volume DVD sets, all designed to keep you at your most ripped.

| | |
|--------------|---------|
| Retail Price | \$19.95 |
| Club Price | \$17.96 |
| Coach Price | \$14.96 |



P90X+®

Ramp up your P90X results with 5 new extreme workouts that increase the intensity, keep things fresh, and take your fitness gains beyond anything you've ever imagined.

| | |
|--------------|---------|
| Retail Price | \$59.90 |
| Club Price | \$53.91 |
| Coach Price | \$44.93 |



FOCUS T25®

Get an hour's results in 25 minutes a day! Trainer Shaun T gives you everything you need, nothing you don't. 25 minutes. 5 days a week. 100% results.

| | |
|--------------|----------|
| Retail Price | \$119.85 |
| Club Price | \$107.87 |
| Coach Price | \$89.89 |



INSANITY®

Shaun T pushes you past your limits with plyometric drills on top of strength, power, and resistance intervals, plus ab and core training moves. All you need is an insane mindset to Dig Deeper® and get crazy-fit in 60 days. It's the most intense workout ever put on DVD.

| | |
|--------------|----------|
| Retail Price | \$119.85 |
| Club Price | \$107.87 |
| Coach Price | \$89.89 |



BODY BEAST®

Man up. Build massive muscle in just 90 days with this pro-level program. Created by renowned body builder Sagi Kalev, it uses breakthrough sports science to get you big, while cutting fat to carve your physique like no other home training system—ever.

| | |
|--------------|---------|
| Retail Price | \$89.85 |
| Club Price | \$80.87 |
| Coach Price | \$67.39 |

*Power Sculpting Band contains natural rubber latex which may cause severe allergic reactions.

All prices and products shown are subject to change. Please visit Beachbody.com for the most current information.

BRING IT![®] IN STYLE WITH P90X APPAREL



[SHOP WOMEN'S APPAREL](#)

[SHOP MEN'S APPAREL](#)



Unbeatable fit, style, and performance from warm-up to cooldown.



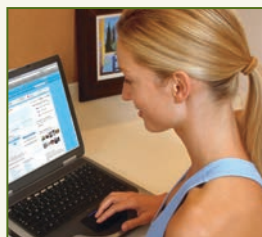
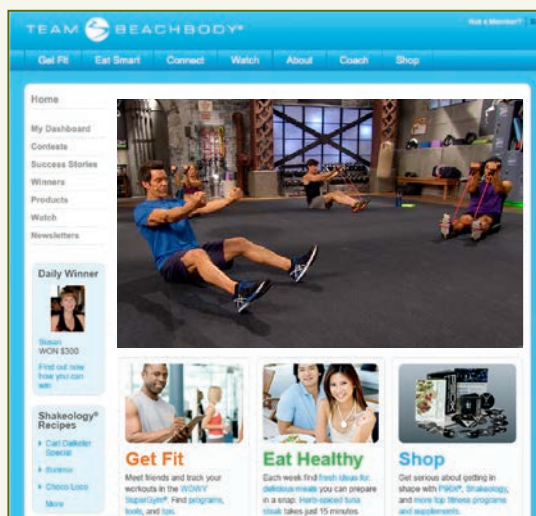
P90X
LIVE

**LIKE YOUR P90X EXPERIENCE?
DID YOU KNOW YOU CAN TAKE
A P90X CLASS LIVE?**

**VISIT P90XCERTIFICATION.COM
TO FIND A CLASS.**

TEAM BEACHBODY CLUB

LET'S BE STRONG TOGETHER
TEAMBEACHBODY.COM

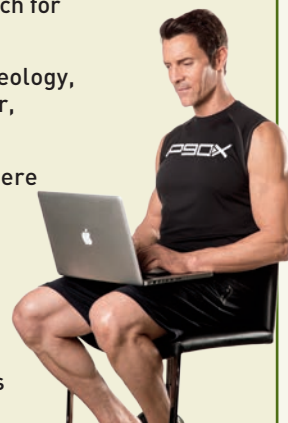


Buying the P90X program is a step in the right direction. However, to get the best results possible, you also need support, accountability, and a daily commitment to exercise and a healthy diet. That's where the Team Beachbody website comes in. It's an essential tool to keep you on track with your eating and exercise goals.

*Go to **TEAMBEACHBODY.COM/SIGNUP** to get started. YOU GET A RISK-FREE 30-DAY TRIAL and a FREE GIFT valued at \$20!*

10 WAYS TEAMBEACHBODY.COM VIP CLUB MEMBERSHIP HELPS YOU SUCCEED AT P90X:

- ▶ Personalized online meal plans based on your goals
- ▶ Diet and workout advice from fitness and nutrition experts
- ▶ Michi's Ladder, a simple food substitution guideline that can help you tell the difference between healthy and unhealthy food choices
- ▶ Nutrition tools, including a Healthy Weight Calculator and a Body Fat Calculator
- ▶ Live video chats with Beachbody's celebrity trainers, including Tony Horton, Shaun T, Chalene Johnson, and more
- ▶ Message Boards where you can get answers to all your food and fitness questions 24/7
- ▶ Your own personal Coach for guidance and support
- ▶ 10% discount on Shakeology, fitness programs, gear, and supplements
- ▶ An online calendar where you can schedule and log your P90X workouts
- ▶ Your own personal blog to journal your progress and share your ideas and opinions



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WARNING: P90X® is an extreme, high-intensity, physically demanding workout. It is not for beginners or individuals who are prone to injury or who may have any medical conditions that may be compromised by extreme, physically demanding exercise.

Consult with your physician or healthcare professional before beginning this or any exercise program, starting this or any nutrition plan, or using any supplement or meal replacement program—particularly if pregnant, breast feeding, providing to a child, or if you have any other unique or special needs or restrictions. Keep out of reach of children or others who may require supervision. Review and follow all enclosed safety and other materials, including the Fitness Guide, before beginning P90X.

The information in this Nutrition Guide is not intended to diagnose any medical condition or to replace the advice of a healthcare professional.

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