Nutrition Plan
EATING FOR POWER PERFORMANCE
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**
A high-protein-based diet designed to help you strengthen muscle while rapidly shedding fat from your body.

**PHASE 2**

**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**
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:

<table>
<thead>
<tr>
<th>PHASE</th>
<th>GOAL</th>
<th>PROTEIN</th>
<th>CARBOHYDRATE</th>
<th>FAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phase 1  Fat Shredder</td>
<td>Strengthen muscle and shed excess body fat</td>
<td>50%</td>
<td>30%</td>
<td>20%</td>
</tr>
<tr>
<td>Phase 2  Energy Booster</td>
<td>Maintain Phase 1 changes with additional energy for midstream performance</td>
<td>40%</td>
<td>40%</td>
<td>20%</td>
</tr>
<tr>
<td>Phase 3  Endurance Maximizer</td>
<td>Support peak physical performance and satisfaction over the long term</td>
<td>20%</td>
<td>60%</td>
<td>20%</td>
</tr>
</tbody>
</table>

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.

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**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**
This is more of a well-rounded, long-term, sensible eating plan, and there shouldn’t be too much trouble once you get here. This plan can also be used as long as you like if you’re feeling great, have plenty of energy, and it seems like you’re making overall progress.

**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.

---

**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.

<table>
<thead>
<tr>
<th>APPROACH</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>THE PORTION APPROACH</td>
<td>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.</td>
</tr>
<tr>
<td>THE MEAL PLAN APPROACH</td>
<td>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.</td>
</tr>
<tr>
<td>THE QUICK OPTION APPROACH</td>
<td>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.</td>
</tr>
</tbody>
</table>

**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).

<table>
<thead>
<tr>
<th>CURRENT BODY FAT %</th>
<th>NOTES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Start</td>
<td></td>
</tr>
<tr>
<td>Day 28</td>
<td></td>
</tr>
<tr>
<td>Day 56</td>
<td></td>
</tr>
<tr>
<td>Day 90</td>
<td></td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>MEN</th>
<th>FIT RANGE</th>
<th>ATHLETE RANGE</th>
<th>ELITE ATHLETE RANGE</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>14–17%</td>
<td>10–13%</td>
<td>4–9%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>WOMEN</th>
<th>FIT RANGE</th>
<th>ATHLETE RANGE</th>
<th>ELITE ATHLETE RANGE</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>21–24%</td>
<td>16–20%</td>
<td>12–15%</td>
</tr>
</tbody>
</table>
Calculate your resting metabolic rate (RMR). This is basically the number of calories you need to breathe, pump blood, grow hair, blink—be alive.

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.

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.

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).
**GENERAL GUIDELINES**

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.

**Keeping a daily journal**

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.

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 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 anti-aging nutrients.

**THE NUMBER-ONE OBSTACLE**

**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
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**

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.

**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.
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
SUPPLEMENTS AND P90X

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. You’ll get better results and recover faster using Results and Recovery Formula, 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 from your workout.* And the delicious, smooth orange flavor makes it a nice post-workout 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 resynthesis. 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 percent. 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

You’re doing the ultimate fitness program; it’s only right that you use the ultimate supplements. P90X Peak Health Formula is the highest-quality, most complete multivitamin we’ve ever offered. Taken daily, each packet will ensure that your body gets the vital nutrients you need to perform at your best and get the most out of P90X.*

You may notice that the vitamin and mineral levels in Peak Health Formula go far beyond what you’ll find in a conventional multivitamin. You’re now exercising at a level that can seriously deplete micronutrients, so it’s important to make sure you get back everything you lose—and then some.
P90X® PEAK PERFORMANCE PROTEIN BARS
With four great flavors and 20 grams of protein, our bars are designed to take the edge off when you’re training hard.

Yes, we spend most of this guide urging you to stay away from added sugar, but the sugar in P90X Peak Performance Protein Bars does an important job as it transports the protein to your muscles and recharges your glycogen. The fat in the bars promotes time-released delivery, because during a program like P90X, when you’ve incurred a ton of muscle breakdown, you’re often burning glycogen even at rest trying to recover.*

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 NEW E&E Energy and Endurance™ is an essential part of your P90X workout 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, essential B vitamins, electrolytes, and natural energizers to help you power through your workouts!

E&E Energy and Endurance will help you:*  
• Burn more calories and fat to get ripped faster.  
• Maximize performance to build muscle 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.
GET RIPPED EVEN FASTER.
FIRE UP YOUR ENERGY LEVELS, LOSE MORE WEIGHT, AND
ACHIEVE OPTIMAL HEALTH.

Unlike any other shake out there, Shakeology® contains the most potent superfoods and essential nutrients available. Its 70-plus ingredients are derived from whole-food sources—all-natural food your body can easily absorb and utilize.

Each nutritious serving is packed with antioxidants; energy-providing carbohydrates; a full spectrum of vitamins and minerals, prebiotics and enzymes for better digestive health; and at least 15 grams of protein to keep you feeling full.* Even eating the recommended servings of fruits and vegetables every day won’t give you this much nutrition.

Try it risk free for 30 days and you should notice a difference as soon as the first week. Replacing one meal a day with Shakeology can help you:

- Increase energy levels for your workout
- Reduce cravings
- Lose weight and get lean
- Improve digestion and regularity for optimal health

SHAKEOLOGY CONTAINS:
- Protein
- Essential Amino Acids
- Antioxidants
- Digestive Enzymes
- Prebiotics
- Vitamins
- Minerals
- Phytonutrients

How to incorporate Shakeology into P90X Nutrition Plan:
- Menu Approach: Use Shakeology for breakfast every day. Check out the recipes on pages 35 and 36.
- Portion Approach: Replace a snack or one scoop can count as a Protein Portion and a Carb Portion.

NOW AVAILABLE IN 3 DELICIOUS FLAVORS:
- Chocolate
- Greenberry
- Tropical Strawberry (vegan/dairy-free formula)

To learn more, contact your Team Beachbody Coach or visit Shakeology.com.

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

Follow Shakeology on:
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**: 7 servings
- **DAIRY**: 3 servings
- **FRUITS**: 1 serving
- **VEGETABLES**: 4 servings
- **FATS**: 1 serving
- **CARBOHYDRATES**: 1 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**: 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.
FAT SHREDDER
DAILY SERVING CHART

1,800 Calories/Day

PHASE 1
PORTION APPROACH

LEVEL I

PROTEINS
DAIRY
FRUITS
VEGETABLES
FATS
CARBOHYDRATES
SNACKS
CONDIMENTS

1,800 Calories/Day

LEVEL II

PROTEINS
DAIRY
FRUITS
VEGETABLES
FATS
CARBOHYDRATES
SNACKS
CONDIMENTS

2,400 Calories/Day

LEVEL III

PROTEINS
DAIRY
FRUITS
VEGETABLES
FATS
CARBOHYDRATES
SNACKS
CONDIMENTS

3,000 Calories/Day

PORTION APPROACH

= 1 serving
During Phase 1, use the following list to determine which foods to purchase from the grocery store and what amount 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.

### FATS

<table>
<thead>
<tr>
<th>Serving</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Each serving</td>
<td>120</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Food Type</th>
<th>Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 oz. Avocado</td>
<td>Olive oil 1 Tbsp.</td>
</tr>
<tr>
<td>1 Tbsp. Canola oil</td>
<td>Olives 4 oz.</td>
</tr>
</tbody>
</table>

### PROTEINS

<table>
<thead>
<tr>
<th>Serving</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Each serving</td>
<td>100</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Food Type</th>
<th>Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 oz. Boneless, skinless chicken or turkey breast</td>
<td>Soy burger 1</td>
</tr>
<tr>
<td>6 Egg whites</td>
<td>Soy cheese slices 5</td>
</tr>
<tr>
<td>3 oz. Fish and shellfish</td>
<td>Tofu 3 oz.</td>
</tr>
<tr>
<td>3 oz. Ham slices, fat-free</td>
<td>Tuna 3 oz.</td>
</tr>
<tr>
<td>3 oz. Pork tenderloin</td>
<td>Turkey bacon 2 slices</td>
</tr>
<tr>
<td>1/3 cup Beachbody Whey Protein Powder</td>
<td>Veggie burger 1</td>
</tr>
<tr>
<td>3 oz. Red meat (top sirloin, flank steak)</td>
<td>Veggie dog 1</td>
</tr>
</tbody>
</table>

### CARBOHYDRATES

<table>
<thead>
<tr>
<th>Serving</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Each serving</td>
<td>200</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Food Type</th>
<th>Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 medium Bagel, whole wheat</td>
<td>Pancakes (3.6 oz.) 3</td>
</tr>
<tr>
<td>1 cup Baked beans</td>
<td>Pasta or noodles 1 cup</td>
</tr>
<tr>
<td>1 cup Beans (kidney, black, etc.)</td>
<td>Pita, whole wheat 1 large</td>
</tr>
<tr>
<td>1 Bran muffin (2.5 oz)</td>
<td>Potato 1 medium</td>
</tr>
<tr>
<td>2 slices Bread (whole wheat, rye, or pumpernickel)</td>
<td>Quinoa 1 cup</td>
</tr>
<tr>
<td>1 cup Cereal, whole grain</td>
<td>Refried beans, low-fat 1 cup</td>
</tr>
<tr>
<td>1 cup Couscous</td>
<td>Rice, brown or wild 1 cup</td>
</tr>
<tr>
<td>12 Crackers</td>
<td>Sweet potato 1 medium</td>
</tr>
<tr>
<td>2 English muffin halves, whole wheat</td>
<td>Tortilla, corn 3</td>
</tr>
<tr>
<td>1 cup Hummus</td>
<td>Tortilla, whole wheat 1 large</td>
</tr>
<tr>
<td>1 cup Lentils</td>
<td>Waffles, whole wheat 2</td>
</tr>
<tr>
<td>1 cup Oatmeal</td>
<td>Wheat berries 1 cup</td>
</tr>
</tbody>
</table>

### DAIRY PRODUCTS

<table>
<thead>
<tr>
<th>Serving</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Each serving</td>
<td>120</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Food Type</th>
<th>Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 oz. Cheese, low-fat</td>
<td>Parmesan cheese 1 oz.</td>
</tr>
<tr>
<td>1 cup Cottage cheese, 1%</td>
<td>Skim milk 8 oz.</td>
</tr>
<tr>
<td>1 oz. Feta cheese</td>
<td>Soy cheese 1 oz.</td>
</tr>
<tr>
<td>1 oz. Goat cheese, semisoft</td>
<td>Soy milk 8 oz.</td>
</tr>
<tr>
<td>1-1/2 oz. Mozzarella, part-skim</td>
<td>Yogurt, plain nonfat 8 oz.</td>
</tr>
</tbody>
</table>
### FRUITS

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Fruit/Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 medium</td>
<td>Apple</td>
</tr>
<tr>
<td>1 cup</td>
<td>Apricots</td>
</tr>
<tr>
<td>1 medium</td>
<td>Banana</td>
</tr>
<tr>
<td>1/4 medium</td>
<td>Cantaloupe</td>
</tr>
<tr>
<td>1 cup</td>
<td>Cherries</td>
</tr>
<tr>
<td>1 oz.</td>
<td>Dried fruit</td>
</tr>
<tr>
<td>1 medium</td>
<td>Grapefruit</td>
</tr>
<tr>
<td>1 cup</td>
<td>Grapes</td>
</tr>
<tr>
<td>1 cup</td>
<td>Kiwi</td>
</tr>
<tr>
<td>1/2 medium</td>
<td>Mango</td>
</tr>
<tr>
<td>1 medium</td>
<td>Orange</td>
</tr>
<tr>
<td>1 large</td>
<td>Papaya</td>
</tr>
<tr>
<td>1/2 medium</td>
<td>Mango</td>
</tr>
<tr>
<td>1/4 medium</td>
<td>Cantaloupe</td>
</tr>
<tr>
<td>1 cup</td>
<td>Cherries</td>
</tr>
<tr>
<td>1 oz.</td>
<td>Dried fruit</td>
</tr>
<tr>
<td>1 medium</td>
<td>Grapefruit</td>
</tr>
<tr>
<td>1 cup</td>
<td>Grapes</td>
</tr>
<tr>
<td>1 cup</td>
<td>Kiwi</td>
</tr>
<tr>
<td>1/2 medium</td>
<td>Mango</td>
</tr>
</tbody>
</table>

Each serving = 100 calories

### VEGETABLES

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Vegetable/Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 serving</td>
<td>Asparagus</td>
</tr>
<tr>
<td></td>
<td>Beets</td>
</tr>
<tr>
<td></td>
<td>Bok choy</td>
</tr>
<tr>
<td></td>
<td>Broccoli</td>
</tr>
<tr>
<td></td>
<td>Brussels sprouts</td>
</tr>
<tr>
<td></td>
<td>Cabbage</td>
</tr>
<tr>
<td></td>
<td>Carrots</td>
</tr>
<tr>
<td></td>
<td>Cauliflower</td>
</tr>
<tr>
<td></td>
<td>Celery</td>
</tr>
<tr>
<td></td>
<td>Collard greens</td>
</tr>
<tr>
<td></td>
<td>Cucumber</td>
</tr>
<tr>
<td></td>
<td>Eggplant</td>
</tr>
<tr>
<td>2 cups</td>
<td>Leafy greens</td>
</tr>
<tr>
<td></td>
<td>Kale</td>
</tr>
<tr>
<td></td>
<td>Lettuce</td>
</tr>
<tr>
<td></td>
<td>Marinara sauce</td>
</tr>
<tr>
<td></td>
<td>Mushrooms</td>
</tr>
<tr>
<td></td>
<td>Peas</td>
</tr>
<tr>
<td></td>
<td>Peppers</td>
</tr>
<tr>
<td></td>
<td>Spinach</td>
</tr>
<tr>
<td></td>
<td>Sprouts</td>
</tr>
<tr>
<td></td>
<td>Squash (summer or winter)</td>
</tr>
<tr>
<td></td>
<td>String beans</td>
</tr>
<tr>
<td></td>
<td>Tomatoes</td>
</tr>
<tr>
<td></td>
<td>Watermelon</td>
</tr>
</tbody>
</table>

Each serving = 50 calories

### CONDIMENTS

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Condiment</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 serving</td>
<td>BBQ and other low-fat sauces and marinades, fat-free dressings, mustard, honey, pure fruit jams</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Each serving = 50 calories (2 Tbsp.)

### SNACKS

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Snack</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single</td>
<td>1 oz. Cheese, low-fat</td>
</tr>
<tr>
<td></td>
<td>8 oz. Cottage cheese, 1%</td>
</tr>
<tr>
<td></td>
<td>1 oz. Dried fruit</td>
</tr>
<tr>
<td></td>
<td>1/2 P90X Peak Performance Protein Bar</td>
</tr>
<tr>
<td></td>
<td>1 Tbsp. Peanut butter with celery sticks</td>
</tr>
<tr>
<td></td>
<td>2 oz. Soy nuts</td>
</tr>
<tr>
<td></td>
<td>1-1/2 oz. String cheese</td>
</tr>
<tr>
<td></td>
<td>1 oz. Turkey jerky</td>
</tr>
<tr>
<td></td>
<td>8 oz. Yogurt, plain nonfat</td>
</tr>
<tr>
<td>Double</td>
<td>Cottage cheese, 1%-12 oz.</td>
</tr>
<tr>
<td></td>
<td>Nuts 1 oz. (almonds, cashews, pecans, 30 pistachios)</td>
</tr>
<tr>
<td></td>
<td>P90X Peak Performance Protein Bar 1</td>
</tr>
<tr>
<td></td>
<td>P90X Results and Recovery Formula 12 to 16 oz.</td>
</tr>
<tr>
<td></td>
<td>Soy nuts 4 oz.</td>
</tr>
<tr>
<td></td>
<td>String cheese 3 oz.</td>
</tr>
<tr>
<td></td>
<td>Turkey jerky 2 oz.</td>
</tr>
</tbody>
</table>

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.

### SHAKEOLOGY

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Shakeology</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single</td>
<td>2/3 serving for amount</td>
</tr>
</tbody>
</table>

*For more information on Shakeology, please refer to page 15.*
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.
<table>
<thead>
<tr>
<th>DAY</th>
<th>BREAKFAST</th>
<th>SNACK</th>
<th>LUNCH</th>
<th>SNACK</th>
<th>DINNER</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>1. Mushroom Omelet  &lt;br&gt; 1 cup Fresh strawberries  &lt;br&gt; 8 oz. Cottage cheese, 1%</td>
<td>1. _P90X Peak Performance Protein Bar  &lt;br&gt; 1. _Results and Recovery Formula drink**</td>
<td>1. _Chef Salad</td>
<td>2 oz. Soy nuts  &lt;br&gt; 6 oz. Salmon  &lt;br&gt; 2 Tbsp. Lemon-Dill Sauce  &lt;br&gt; 1/2 cup Asparagus  &lt;br&gt; 1 cup Wild rice  &lt;br&gt; 1 cup Red Pepper Soup  &lt;br&gt; 1 Tbsp. Beachbody Whey Protein Powder</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>1. _Shakeology P90X-tra Shake*  &lt;br&gt; 1. _Banana</td>
<td>1. _P90X Peak Performance Protein Bar  &lt;br&gt; 1. _Results and Recovery Formula drink**</td>
<td>1. _Shrimp Stir-Fry  &lt;br&gt; 1 Tbsp. Sesame seeds  &lt;br&gt; 1 oz. Cashews</td>
<td>1-1/2 oz. String cheese  &lt;br&gt; 6 oz. Turkey  &lt;br&gt; 2 Tbsp. Gravy  &lt;br&gt; 1/2 cup Green beans  &lt;br&gt; 1 cup Butternut Squash Soup  &lt;br&gt; 1 Tbsp. Beachbody Whey Protein Powder</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>2 slices Turkey bacon  &lt;br&gt; 1. _Chicken Scramble  &lt;br&gt; 4 oz. Fresh-squeezed juice</td>
<td>1. _P90X Peak Performance Protein Bar  &lt;br&gt; 1. _Results and Recovery Formula drink**</td>
<td>1. _Chicken Salad  &lt;br&gt; 2 cups Salad greens  &lt;br&gt; 1 cup Vegetable Soup  &lt;br&gt; 1 Tbsp. Beachbody Whey Protein Powder</td>
<td>2 oz. Soy nuts  &lt;br&gt; 6 oz. Halibut  &lt;br&gt; 2 Tbsp. Pesto Sauce  &lt;br&gt; 1 cup Wild rice  &lt;br&gt; 1/2 cup Snap peas</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>1. _Soy Sausage Muffin  &lt;br&gt; 8 oz. Skim milk</td>
<td>1. _P90X Peak Performance Protein Bar  &lt;br&gt; 1. _Results and Recovery Formula drink**</td>
<td>1. _Steak and Arugula Salad  &lt;br&gt; 2 Tbsp. Balsamic Vinaigrette</td>
<td>1 oz. Turkey jerky  &lt;br&gt; 6 oz. Chicken breast  &lt;br&gt; 2 Tbsp. Honey-Chile Sauce  &lt;br&gt; 1 cup Quinoa  &lt;br&gt; 1/2 cup Zucchini</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>1. _Spinach Scramble  &lt;br&gt; 8 oz. Skim milk  &lt;br&gt; 1/2 Grapefruit, medium</td>
<td>1. _P90X Peak Performance Protein Bar  &lt;br&gt; 1. _Results and Recovery Formula drink**</td>
<td>6 oz. Turkey Burger  &lt;br&gt; 1-1/2 oz. Low-fat Swiss cheese  &lt;br&gt; 1/2 cup Coleslaw  &lt;br&gt; 1 cup Gazpacho  &lt;br&gt; 1 Tbsp. Beachbody Whey Protein Powder</td>
<td>8 oz. Cottage cheese, 1%  &lt;br&gt; 6 oz. Swordfish  &lt;br&gt; 2 Tbsp. Mango-Ginger Sauce  &lt;br&gt; 1 cup Wild rice  &lt;br&gt; 1 Artichoke, medium</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>1. _Shakeology P90X-tra Shake*  &lt;br&gt; 1. _Banana</td>
<td>1. _P90X Peak Performance Protein Bar  &lt;br&gt; 1. _Results and Recovery Formula drink**</td>
<td>1. _Island Pork Tenderloin Salad</td>
<td>1 oz. Turkey jerky  &lt;br&gt; 1. _Beef and Broccoli Stir-Fry  &lt;br&gt; 1 cup Miso Soup  &lt;br&gt; 1 Tbsp. Beachbody Whey Protein Powder</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>2 slices Turkey bacon  &lt;br&gt; 1. _Cheese Scramble  &lt;br&gt; 8 oz. Skim milk  &lt;br&gt; 1/4 Cantaloupe, medium</td>
<td>1. _P90X Peak Performance Protein Bar  &lt;br&gt; 1. _Results and Recovery Formula drink**</td>
<td>1. _Tuna Salad  &lt;br&gt; 2 cups Salad greens  &lt;br&gt; 1 cup Chilled Cucumber Soup</td>
<td>8 oz. Cottage cheese, 1%  &lt;br&gt; 6 oz. Lemon-Garlic Chicken  &lt;br&gt; 1 cup Wild rice  &lt;br&gt; 1 cup Asparagus Soup  &lt;br&gt; 1 Tbsp. Beachbody Whey Protein Powder</td>
<td></td>
</tr>
</tbody>
</table>

*Recipe included

**Immediately after workout.

*For more information on Shakeology, please refer to page 18.

FAT SHREDDER

MEAL PLAN APPROACH

LEVEL I

PHASE 1
<table>
<thead>
<tr>
<th>DAY</th>
<th>BREAKFAST</th>
<th>SNACK</th>
<th>LUNCH</th>
<th>SNACK</th>
<th>DINNER</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>1_Mushroom Omelet</td>
<td>1 _Mushroom Omelet</td>
<td>1_Chef Salad</td>
<td>30_Pistachio nuts</td>
<td>8 oz._Salmon</td>
</tr>
<tr>
<td></td>
<td>1 cup_Fresh strawberries</td>
<td>1 _Fresh strawberries</td>
<td>1_Shrimp Stir-Fry</td>
<td>3 Tbsp._Lemon-Dill Sauce</td>
<td>3 Tbsp._Asparagus</td>
</tr>
<tr>
<td></td>
<td>12 oz._Cottage cheese, 1%</td>
<td>12 oz._Cottage cheese, 1%</td>
<td>1_Oatmeal</td>
<td>1 cup_Wild rice</td>
<td>1 cup_Wild rice</td>
</tr>
<tr>
<td></td>
<td></td>
<td>12 oz._Cottage cheese, 1%</td>
<td>1_Shrimp Stir-Fry</td>
<td>3 Tbsp._Lemon-Dill Sauce</td>
<td>2 cups_Red Pepper Soup</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1_Oatmeal</td>
<td>1 cup_Wild rice</td>
<td>2 Tbsp._Beachbody Whey Protein Powder</td>
</tr>
<tr>
<td>2</td>
<td>1_Shakeology P90X-tra Shake*</td>
<td>1_Shakeology P90X-tra Shake*</td>
<td>1_Shrimp Stir-Fry</td>
<td>1 Tbsp._Sesame seeds</td>
<td>3 oz._String cheese</td>
</tr>
<tr>
<td></td>
<td>1_Banana</td>
<td>1_Banana</td>
<td>1_Oatmeal</td>
<td>1 oz._Cashews</td>
<td>8 oz._Turkey</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1_Shrimp Stir-Fry</td>
<td>1 oz._Cashews</td>
<td>3 oz._Gravy</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1_Oatmeal</td>
<td>1 cup_Green beans</td>
<td>1 cup_Green beans</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1_Shrimp Stir-Fry</td>
<td>1 oz._Cashews</td>
<td>2 cups_Butternut Squash Soup</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1_Oatmeal</td>
<td>1 cup_Green beans</td>
<td>2 Tbsp._Beachbody Whey Protein Powder</td>
</tr>
<tr>
<td>3</td>
<td>3 slices_Turkey bacon</td>
<td>3 slices_Turkey bacon</td>
<td>1_Chicken Salad</td>
<td>4 oz_Soy nuts</td>
<td>8 oz._Halibut</td>
</tr>
<tr>
<td></td>
<td>1_Cheese Scramble</td>
<td>1_Cheese Scramble</td>
<td>3 cups_Salad greens</td>
<td>8 oz._Chicken breast</td>
<td>3 Tbsp._Pesto Sauce</td>
</tr>
<tr>
<td></td>
<td>6 oz._Fresh-squeezed juice</td>
<td>6 oz._Fresh-squeezed juice</td>
<td>2 cups_Vegetable Soup</td>
<td>1 cup_Quinoa</td>
<td>1 cup_Quinoa</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>2 Tbsp._Beachbody Whey Protein Powder</td>
<td>1 cup_Snap peas</td>
<td>1 cup_Snap peas</td>
</tr>
<tr>
<td>4</td>
<td>1_Soy Sausage Muffin</td>
<td>1_Soy Sausage Muffin</td>
<td>1_Steak and Arugula Salad</td>
<td>2 oz._Turkey jerky</td>
<td>8 oz._Swordfish</td>
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<tr>
<td></td>
<td>12 oz._Skim milk</td>
<td>12 oz._Skim milk</td>
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<td>2 oz._Turkey jerky</td>
<td>3 Tbsp._Mango-Ginger Sauce</td>
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<td>2 oz._Turkey jerky</td>
<td>1 cup_Wild rice</td>
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<td>1_Steak and Arugula Salad</td>
<td>2 oz._Turkey jerky</td>
<td>1 Artichoke, medium</td>
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<tr>
<td>5</td>
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<td>12 oz._Skim milk</td>
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<td>12 oz._Cottage cheese, 1%</td>
<td>3 Tbsp._Mango-Ginger Sauce</td>
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<td>12 oz._Cottage cheese, 1%</td>
<td>1 cup_Wild rice</td>
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<tr>
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<td>1_Grapefruit, medium</td>
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<td>12 oz._Cottage cheese, 1%</td>
<td>1 cup_Wild rice</td>
</tr>
<tr>
<td></td>
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<td>1_Island Pork Tenderloin Salad</td>
<td>12 oz._Cottage cheese, 1%</td>
<td>1 Artichoke, medium</td>
</tr>
<tr>
<td>6</td>
<td>1_Shakeology P90X-tra Shake*</td>
<td>1_Shakeology P90X-tra Shake*</td>
<td>1_Tuna Salad</td>
<td>12 oz._Cottage cheese, 1%</td>
<td>8 oz._Lemon-Garlic Chicken</td>
</tr>
<tr>
<td></td>
<td>1_Banana</td>
<td>1_Banana</td>
<td>3 cups_Salad greens</td>
<td>12 oz._Cottage cheese, 1%</td>
<td>1 cup_Wild rice</td>
</tr>
<tr>
<td></td>
<td></td>
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<td>2 cups_Chilled Cucumber Soup</td>
<td>12 oz._Cottage cheese, 1%</td>
<td>2 cups_Asparagus Soup</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>2 cups_Chilled Cucumber Soup</td>
<td>12 oz._Cottage cheese, 1%</td>
<td>2 Tbsp._Beachbody Whey Protein Powder</td>
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*For more information on Shakeology, please refer to page 16.

**Immediately after workout.
<table>
<thead>
<tr>
<th>BREAKFAST</th>
<th>SNACK</th>
<th>LUNCH</th>
<th>SNACK</th>
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<tr>
<td><strong>DAY 1</strong></td>
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<tr>
<td>1_Mushroom Omelet</td>
<td>1 cup_Fresh strawberries</td>
<td>1 _Chef Salad</td>
<td>30_Pistachio nuts</td>
<td>10 oz._Salmon</td>
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<td>1_Shakeology P90X-tra Shake*</td>
<td>1 _P90X Peak Performance Protein Bar</td>
<td>1_Shrimp Stir-Fry</td>
<td>3 oz._String cheese</td>
<td>10 oz._Turkey</td>
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<tr>
<td>1 _Results and Recovery Formula drink**</td>
<td>2 Tbsp._Sesame seeds</td>
<td>4 oz._Soy nuts</td>
<td>4 Tbsp._Gravy</td>
<td>1 cup_Green beans</td>
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<td>1 _Chicken Salad</td>
<td>4 cups_Salad greens</td>
<td>1_Instant Pot Wild rice</td>
<td>4 Tbsp._Butternut Squash Soup</td>
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<td>2 cups_Vegetable Soup</td>
<td>3 Tbsp._Beachbody Whey Protein Powder</td>
<td>1_Balsamic Vinaigrette</td>
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<td><strong>DAY 3</strong></td>
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<tr>
<td>4 slices_Turkey bacon</td>
<td>1 _Soy Sausage Muffin</td>
<td>1 _Steak and Arugula Salad</td>
<td>4 oz._Soy nuts</td>
<td>10 oz._Halibut</td>
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<td>8 oz._Fresh-squeezed juice</td>
<td>12 oz._Skim milk</td>
<td>4 Tbsp._Balsamic Vinaigrette</td>
<td>12 oz._Cottage cheese, 1%</td>
<td>4 Tbsp._Honey-Chile Sauce</td>
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<td><strong>DAY 4</strong></td>
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<td>1_Spinach Scramble</td>
<td>1 _Soy Sausage Muffin</td>
<td>1_Island Pork Tenderloin Salad</td>
<td>10 oz._Turkey Burger</td>
<td>10 oz._Swordfish</td>
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<td>12 oz._Skim milk</td>
<td>1 _Grapefruit, medium</td>
<td>1_Island Pork Tenderloin Salad</td>
<td>3 oz._Low-fat Swiss cheese</td>
<td>4 Tbsp._Mango-Ginger Sauce</td>
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<td><strong>DAY 5</strong></td>
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<td>1 _Spinach Scramble</td>
<td>1_Island Pork Tenderloin Salad</td>
<td>2 oz._Turkey jerky</td>
<td>10 oz._Swordfish</td>
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<td>12 oz._Skim milk</td>
<td>1 _Grapefruit, medium</td>
<td>1_Island Pork Tenderloin Salad</td>
<td>2 cups_Coleslaw</td>
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<tr>
<td><strong>DAY 6</strong></td>
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<tr>
<td>4 slices_Turkey bacon</td>
<td>1 _Cheese Scramble</td>
<td>1女王 Pork Tenderloin Salad</td>
<td>1 _Beef and Broccoli Stir-Fry</td>
<td>3 Tbsp._Beachbody Whey Protein Powder</td>
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<tr>
<td>12 oz._Skim milk</td>
<td>1 _Cheese Scramble</td>
<td>1 _Beef and Broccoli Stir-Fry</td>
<td>4 Tbsp._Miso Soup</td>
<td>1 cup_Wild rice</td>
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<tr>
<td>1/2_Cantaloupe, medium</td>
<td>1 _Beef and Broccoli Stir-Fry</td>
<td>2 _Lemon-Garlic Chicken</td>
<td>2 cups_Asparagus Soup</td>
<td>1 cup_Wild rice</td>
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<td><strong>DAY 7</strong></td>
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<tr>
<td>1_P90X Peak Performance Protein Bar</td>
<td>1 _Tuna Salad</td>
<td>12 oz._Cottage cheese, 1%</td>
<td>10 oz._Lemon-Garlic Chicken</td>
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<tr>
<td>1 _Results and Recovery Formula drink**</td>
<td>4 cups_Salad greens</td>
<td>1 _Tuna Salad</td>
<td>1 cup_Asparagus Soup</td>
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<td><strong>Recipe included</strong></td>
<td>2 cups_Chilled Cucumber Soup</td>
<td>1 _Tuna Salad</td>
<td>12 cups_Asparagus Soup</td>
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<tr>
<td><strong>PHASE 1</strong></td>
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*For more information on Shakeology, please refer to page 14.
**Immediately after workout.
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**

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

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**

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

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

**Per serving:**

**BALSAMIC VINAIGRETTE**

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

**CUMIN VINAIGRETTE**

- Calories (kcal): 69
- Total Fat: 7 g (92% calories from fat)
- Protein: 0 g
- Carbohydrate: 2 g
- Cholesterol: 0 mg
- Sodium: 329 mg
# Pesto Sauce

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)

Serves 10

1. Heat skillet over medium-high heat and toast nuts, turning until golden brown.  
2. 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.

### Calorie Information

<table>
<thead>
<tr>
<th></th>
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<th>Total Fat</th>
<th>% Calories from Fat</th>
<th>Protein</th>
<th>Carbohydrate</th>
<th>Cholesterol</th>
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<td>67</td>
<td>6 g</td>
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<td>4 mg</td>
<td>137 mg</td>
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</table>

### Level Guide

- **Level I**: 2 Tbsp. = 1 condiment  
- **Level II**: 3 Tbsp. = 1-1/2 condiments  
- **Level III**: 4 Tbsp. = 2 condiments

---

# Mango-Ginger Sauce

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

Serves 8

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

### Calorie Information

<table>
<thead>
<tr>
<th></th>
<th>Calories (kcal)</th>
<th>Total Fat</th>
<th>% Calories from Fat</th>
<th>Protein</th>
<th>Carbohydrate</th>
<th>Cholesterol</th>
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<tr>
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<td>46</td>
<td>1 g</td>
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<td>1 g</td>
<td>9 g</td>
<td>0 mg</td>
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### Level Guide

- **Level I**: 2 Tbsp. = 1 condiment  
- **Level II**: 3 Tbsp. = 1-1/2 condiments  
- **Level III**: 4 Tbsp. = 2 condiments

---

**SAUCES**

PHASE 1—FAT SHREDDER
**GRAVY**

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

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.

**HONEY-CHILE SAUCE**

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

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.
LEMON-DILL SAUCE  

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

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.

CHILLED CUCUMBER SOUP  

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

Serves 4

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

LEVEL I  
2 Tbsp. = 1 condiment

LEVEL II  
3 Tbsp. = 1-1/2 condiments

LEVEL III  
4 Tbsp. = 2 condiments

SAUCES/SOUPS

PHASE 1—FAT SHREDDER
ASPARAGUS SOUP

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

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

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

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

SOUPS

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

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

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

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.
VEGETABLE SOUP

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

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.

RED PEPPER SOUP

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

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

SOUPS

LEVEL I
1 cup soup = 1 vegetable

LEVEL II
2 cups soup = 2 vegetables

LEVEL III
3 cups soup = 3 vegetables

per serving:

VEGETABLE SOUP
Calories (kcal) .............. 49
Total Fat .................... 1 g
(2% calories from fat)
Protein ...................... 7 g
Carbohydrate .......... 10 g
Cholesterol .............. 0 mg
Sodium .................. 377 mg

RED PEPPER SOUP
Calories (kcal) .............. 57
Total Fat .................... 1 g
(5% calories from fat)
Protein ...................... 3 g
Carbohydrate .......... 6 g
Cholesterol .............. 0 mg
Sodium .................. 145 mg

**SHAKEOLOGY P90X-TRA—LEVEL I**

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

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

**LEVEL III**
See next page

---

**SHAKEOLOGY P90X-TRA—LEVEL II**

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

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

**LEVEL I**
See above

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

**LEVEL III**
See next page

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*For more information on Shakeology, please refer to page 15.*
SHAKEOLOGY P90X-TRA—LEVEL III

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

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.

SOY SAUSAGE MUFFIN

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

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
See previous page

LEVEL II
See previous page

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

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

per serving:

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

per serving:

Calories (kcal) ..............57
Total Fat ......................1 g
(5% calories from fat)
Protein ......................3 g
Carbohydrate ............6 g
Cholesterol ................0 mg
Sodium ...................145 mg
### CHICKEN SCRAMBLE—LEVEL I

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<th>Serving Size</th>
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<tr>
<td>3 oz. chicken breast, cooked and diced</td>
<td></td>
</tr>
<tr>
<td>1 oz. feta cheese, crumbled</td>
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</tr>
<tr>
<td>1-1/2 Tbsp. chopped fresh basil</td>
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<tr>
<td>Salt and pepper (to taste)</td>
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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.

### CHICKEN SCRAMBLE—LEVEL II

<table>
<thead>
<tr>
<th>Ingredient(s)</th>
<th>Serving Size</th>
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</thead>
<tbody>
<tr>
<td>8 egg whites</td>
<td></td>
</tr>
<tr>
<td>4 oz. chicken breast, cooked and diced</td>
<td></td>
</tr>
<tr>
<td>1-1/2 oz. feta cheese, crumbled</td>
<td></td>
</tr>
<tr>
<td>2 Tbsp. chopped fresh basil</td>
<td></td>
</tr>
<tr>
<td>Salt and pepper (to taste)</td>
<td></td>
</tr>
</tbody>
</table>

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.

### LEVELS

<table>
<thead>
<tr>
<th>Level</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td><strong>LEVEL I</strong></td>
<td>2 protein, 1 dairy</td>
</tr>
<tr>
<td><strong>LEVEL II</strong></td>
<td>See below</td>
</tr>
<tr>
<td><strong>LEVEL III</strong></td>
<td>See next page</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Level</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>LEVEL I</strong></td>
<td>See above</td>
</tr>
<tr>
<td><strong>LEVEL II</strong></td>
<td>2-1/2 protein, 1-1/2 dairy</td>
</tr>
<tr>
<td><strong>LEVEL III</strong></td>
<td>See next page</td>
</tr>
</tbody>
</table>
CHICKEN SCRAMBLE—LEVEL III

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

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

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

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.

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

CHEESE SCRAMBLE—LEVEL III

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

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.

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

LEVEL I
See previous page

LEVEL II
2-1/2 protein, 1 dairy

LEVEL III
See below

LEVEL I
See previous page

LEVEL II
See above

LEVEL III
3-1/2 protein, 1 dairy
**SPINACH SCRAMBLE—LEVEL I**

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

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.

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

**LEVEL I**
1 protein, 1 dairy, 1 vegetable

**LEVEL II**
See below

**LEVEL III**
See next page

---

**SPINACH SCRAMBLE—LEVEL II**

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

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.

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

**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**

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

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**

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

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

---

**PHASE 1—FAT SHREDDER**

per serving:

Spinach Scramble—Level III:
- Calories (kcal): 518
- Total Fat: 25 g  
  (43% calories from fat)
- Protein: 55 g
- Carbohydrate: 19 g
- Cholesterol: 101 mg
- Sodium: 1,877 mg

Mushroom Omelet—Level I:
- Calories (kcal): 506
- Total Fat: 9 g  
  (35% calories from fat)
- Protein: 68 g
- Carbohydrate: 10 g
- Cholesterol: 62 mg
- Sodium: 845 mg
MUSHROOM OMELET—LEVEL II

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

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.

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

LEVEL I
See previous page

LEVEL II
1-1/2 protein, 1 dairy, 1 vegetable
See above

LEVEL III
See below

MUSHROOM OMELET—LEVEL III

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

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.

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

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

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Calories (kcal)</th>
<th>Total Fat</th>
<th>Protein</th>
<th>Carbohydrate</th>
<th>Cholesterol</th>
<th>Sodium</th>
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<tbody>
<tr>
<td>3 oz. fat-free turkey breast, chopped</td>
<td>323</td>
<td>8 g (21% calories from fat)</td>
<td>50 g</td>
<td>14 g</td>
<td>86 mg</td>
<td>515 mg</td>
</tr>
<tr>
<td>3 oz. extra-lean low-sodium ham, chopped</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1-1/2 oz. fat-free mozzarella cheese, chopped</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1/2 Roma tomato, chopped</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 cups chopped romaine lettuce</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1/4 cup chopped hearts of palm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 oz. avocado, diced</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 Tbsp. low-fat ranch dressing</td>
<td></td>
<td></td>
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</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Calories (kcal)</th>
<th>Total Fat</th>
<th>Protein</th>
<th>Carbohydrate</th>
<th>Cholesterol</th>
<th>Sodium</th>
</tr>
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<tbody>
<tr>
<td>4 oz. fat-free turkey breast, chopped</td>
<td>452</td>
<td>9 g (18% calories from fat)</td>
<td>74 g</td>
<td>18 g</td>
<td>119 mg</td>
<td>720 mg</td>
</tr>
<tr>
<td>4 oz. extra-lean low-sodium ham, chopped</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 oz. fat-free mozzarella cheese, chopped</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1/2 Roma tomato, chopped</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 cups chopped romaine lettuce</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1/4 cup chopped hearts of palm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 oz. avocado, diced</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 Tbsp. low-fat ranch dressing</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

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**

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

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**

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)

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

---

**LUNCH**

CHEF SALAD—LEVEL III

<table>
<thead>
<tr>
<th>Calories (kcal)</th>
<th>611</th>
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</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>14 g</td>
</tr>
<tr>
<td>(20% calories from fat)</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>96 g</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>26 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>150 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>913 mg</td>
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STEAK AND ARUGULA SALAD—LEVEL I

<table>
<thead>
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<th>Calories (kcal)</th>
<th>398</th>
</tr>
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<tbody>
<tr>
<td>Total Fat</td>
<td>11 g</td>
</tr>
<tr>
<td>(42% calories from fat)</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>38 g</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>20 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>87 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>293 mg</td>
</tr>
</tbody>
</table>
STEAK AND ARUGULA SALAD—LEVEL II

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.

LUNCH

STEAK AND ARUGULA SALAD—LEVEL III

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.
**TUNA SALAD—LEVEL I**

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

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**

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

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

---

per serving:

- **Calories (kcal):** Level I: 248
- **Total Fat:** Level I: 5 g (17% calories from fat)
- **Protein:** Level I: 44 g
- **Carbohydrate:** Level I: 5 g
- **Cholesterol:** Level I: 51 mg
- **Sodium:** Level I: 348 mg

per serving:

- **Calories (kcal):** Level II: 337
- **Total Fat:** Level II: 7 g (17% calories from fat)
- **Protein:** Level II: 59 g
- **Carbohydrate:** Level II: 8 g
- **Cholesterol:** Level II: 68 mg
- **Sodium:** Level II: 447 mg
### PHASE 1—FAT SHREDDER

#### TUNA SALAD—LEVEL III

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 oz. tuna canned in water, drained</td>
<td>1</td>
</tr>
<tr>
<td>2-1/2 Tbsp. low-fat mayonnaise</td>
<td>2-1/2</td>
</tr>
<tr>
<td>1 tsp. lemon zest</td>
<td>1</td>
</tr>
<tr>
<td>1 squeeze of fresh lemon juice</td>
<td>1</td>
</tr>
<tr>
<td>3 Tbsp. shredded carrots</td>
<td>3</td>
</tr>
<tr>
<td>3 Tbsp. chopped celery</td>
<td>3</td>
</tr>
<tr>
<td>3 Tbsp. chopped green onion</td>
<td>3</td>
</tr>
<tr>
<td>2 tsp. celery seeds</td>
<td>2</td>
</tr>
</tbody>
</table>

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.

#### CHICKEN SALAD—LEVEL I

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 oz. raw boneless, skinless chicken breast</td>
<td>6</td>
</tr>
<tr>
<td>2 Tbsp. low-fat mayonnaise</td>
<td>2</td>
</tr>
<tr>
<td>3/4 Tbsp. Dijon mustard</td>
<td>3/4</td>
</tr>
<tr>
<td>1/4 cup diced celery</td>
<td>1/4</td>
</tr>
<tr>
<td>2 Tbsp. diced green onions</td>
<td>2</td>
</tr>
<tr>
<td>1/8 tsp. black pepper</td>
<td>1/8</td>
</tr>
<tr>
<td>1/8 tsp. fresh dill</td>
<td>1/8</td>
</tr>
</tbody>
</table>

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

---

**LUNCH**

**Per Serving:**

- **TUNA SALAD—LEVEL III**
  - Calories (kcal): 459
  - Total Fat: 10 g (20% calories from fat)
  - Protein: 75 g
  - Carbohydrate: 15 g
  - Cholesterol: 85 mg
  - Sodium: 549 mg

- **CHICKEN SALAD—LEVEL I**
  - Calories (kcal): 217
  - Total Fat: 6 g (26% calories from fat)
  - Protein: 32 g
  - Carbohydrate: 7 g
  - Cholesterol: 79 mg
  - Sodium: 257 mg

---

**LEVEL I**

See previous page

**LEVEL II**

See previous page

**LEVEL III**

3 protein, 1 vegetable, 1 condiment

**LEVEL I**

2 protein

**LEVEL II**

See next page

**LEVEL III**

See next page
**CHICKEN SALAD—LEVEL II**

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

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

per serving:
- Calories (kcal) .......... 345
- Total Fat ................. 12 g
  (32% calories from fat)
- Protein .................. 43 g
- Carbohydrate .......... 14 g
- Cholesterol ........... 105 mg
- Sodium ................ 361 mg

**CHICKEN SALAD—LEVEL III**

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

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

per serving:
- Calories (kcal) .......... 485
- Total Fat ................. 16 g
  (26% calories from fat)
- Protein .................. 59 g
- Carbohydrate .......... 26 g
- Cholesterol ........... 132 mg
- Sodium ................ 544 mg

---
**LEVEL I**
See previous page

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

**LEVEL III**
See below

---
**LEVEL I**
See previous page

**LEVEL II**
See above

**LEVEL III**
3-1/2 protein, 2 vegetables, 1 condiment
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

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**

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)

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

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>3/4 orange</td>
<td></td>
</tr>
<tr>
<td>1-1/2 cup fresh spinach</td>
<td></td>
</tr>
<tr>
<td>3/4 red bell pepper, cut lengthwise into thin strips</td>
<td></td>
</tr>
<tr>
<td>2 Tbsp. golden raisins</td>
<td></td>
</tr>
<tr>
<td>1-1/2 cup shredded Napa cabbage</td>
<td></td>
</tr>
<tr>
<td>8 oz. Island Pork Tenderloin [see recipe on page 49]</td>
<td></td>
</tr>
<tr>
<td>3 Tbsp. Cumin Vinaigrette [see recipe in Dressings]</td>
<td></td>
</tr>
<tr>
<td>island pork tenderloin salad—level ii — per serving:</td>
<td></td>
</tr>
<tr>
<td>Calories (kcal) ..........</td>
<td>882</td>
</tr>
<tr>
<td>Total Fat................</td>
<td>17 g</td>
</tr>
<tr>
<td>(35% calories from fat)</td>
<td></td>
</tr>
<tr>
<td>Protein ..................</td>
<td>52 g</td>
</tr>
<tr>
<td>Carbohydrate ............</td>
<td>93 g</td>
</tr>
<tr>
<td>Cholesterol .............</td>
<td>147 mg</td>
</tr>
<tr>
<td>Sodium ..................</td>
<td>862 mg</td>
</tr>
</tbody>
</table>

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.

### ISLAND PORK TENDERLOIN SALAD—LEVEL III

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 orange</td>
<td></td>
</tr>
<tr>
<td>2 cup fresh spinach</td>
<td></td>
</tr>
<tr>
<td>1 red bell pepper, cut lengthwise into thin strips</td>
<td></td>
</tr>
<tr>
<td>1/4 cup golden raisins</td>
<td></td>
</tr>
<tr>
<td>2 cups shredded Napa cabbage</td>
<td></td>
</tr>
<tr>
<td>10 oz. Island Pork Tenderloin [see recipe on page 49]</td>
<td></td>
</tr>
<tr>
<td>4 Tbsp. Cumin Vinaigrette [see recipe in Dressings]</td>
<td></td>
</tr>
<tr>
<td>****island pork tenderloin salad—level iii — per serving:</td>
<td></td>
</tr>
<tr>
<td>Calories (kcal) ........</td>
<td>1,029</td>
</tr>
<tr>
<td>Total Fat................</td>
<td>19 g</td>
</tr>
<tr>
<td>(31% calories from fat)</td>
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<tr>
<td>Protein ..................</td>
<td>69 g</td>
</tr>
<tr>
<td>Carbohydrate ............</td>
<td>87 g</td>
</tr>
<tr>
<td>Cholesterol .............</td>
<td>147 mg</td>
</tr>
<tr>
<td>Sodium ..................</td>
<td>986 mg</td>
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</tbody>
</table>

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.
### SHRIMP STIR-FRY—LEVEL I

<table>
<thead>
<tr>
<th>Calories (kcal)</th>
<th>Total Fat</th>
<th>Protein</th>
<th>Carbohydrate</th>
<th>Cholesterol</th>
<th>Sodium</th>
</tr>
</thead>
<tbody>
<tr>
<td>332</td>
<td>4 g</td>
<td>44 g</td>
<td>33 g</td>
<td>259 mg</td>
<td>552 mg</td>
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</table>

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.

### SHRIMP STIR-FRY—LEVEL II

<table>
<thead>
<tr>
<th>Calories (kcal)</th>
<th>Total Fat</th>
<th>Protein</th>
<th>Carbohydrate</th>
<th>Cholesterol</th>
<th>Sodium</th>
</tr>
</thead>
<tbody>
<tr>
<td>444</td>
<td>5 g</td>
<td>61 g</td>
<td>44 g</td>
<td>345 mg</td>
<td>920 mg</td>
</tr>
</tbody>
</table>

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

---

**LUNCH**

**PHASE 1—FAT SHREDDER**
**SHRIMP STIR-FRY—LEVEL III**

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.

**TURKEY BURGER—LEVEL I**

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.
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)

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.

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)

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.
### BEEF AND BROCCOLI STIR-FRY

**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

**Per Serving:**

- 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.

### LEMON-GARLIC CHICKEN

**Per Serving:**

- 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

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

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

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

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>PROTEINS</td>
<td>6</td>
</tr>
<tr>
<td>DAIRY</td>
<td>2</td>
</tr>
<tr>
<td>FRUITS</td>
<td>1</td>
</tr>
<tr>
<td>VEGETABLES</td>
<td>3</td>
</tr>
<tr>
<td>FATS</td>
<td>1</td>
</tr>
<tr>
<td>CARBOHYDRATES</td>
<td>3</td>
</tr>
<tr>
<td>SNACKS</td>
<td>2</td>
</tr>
<tr>
<td>CONDIMENTS</td>
<td>1-1/2</td>
</tr>
</tbody>
</table>

(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.
ENERGY BOOSTER
DAILY SERVING CHART

LEVEL I
- PROTEINS
- DAIRY
- FRUITS
- VEGETABLES
- FATS
- CARBOHYDRATES
- SNACKS
- CONDIMENTS

LEVEL II
- PROTEINS
- DAIRY
- FRUITS
- VEGETABLES
- FATS
- CARBOHYDRATES
- SNACKS
- CONDIMENTS

LEVEL III
- PROTEINS
- DAIRY
- FRUITS
- VEGETABLES
- FATS
- CARBOHYDRATES
- SNACKS
- CONDIMENTS

1,800 Calories/Day
1,800 Calories/Day
2,400 Calories/Day
3,000 Calories/Day

PORTION APPROACH
PHASE 2

1 serving = 1

59
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.

### FATS
Each serving = 120 calories

- 3 oz. Avocado
- 1 Tbsp. Canola oil
- 1 Tbsp. Flaxseed oil
- Olive oil
- 1 Tbsp.
- 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

- 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

### GRAINS

- 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

### LEGUMES

- Parmesan cheese, 1 oz.
- Skim milk, 8 oz.
- Soy cheese, 1 oz.
- Soy milk, 8 oz.
- Yogurt, plain nonfat, 8 oz.

### POTATOES

- Note: One portion of low-fat cheese or cottage cheese counts as either a snack or a dairy portion, not both.
FRUITS
Each serving = 100 calories

- 1 medium Apple
- 1 cup Apricots
- 1 medium Banana
- 1/4 medium Cantaloupe
- 1 cup Cherries
- 1 oz Dried fruit
- 1 medium Grapefruit
- 1 cup Grapes
- 1 cup Kiwi
- 1/2 medium Mango
- Nectarine
- Orange
- Papaya
- Peach
- Pear
- Raspberries, blueberries, blackberries
- Strawberries, sliced
- Tangerine
- Watermelon

VEGETABLES
Each serving = 50 calories

1 serving = 1 cup cooked vegetables, vegetable juice, or vegetable soup
1 serving = 2 cups leafy greens

- Asparagus
- Beets
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard greens
- Cucumber
- Eggplant
- Kale
- Lettuce
- Marinara sauce
- Mushrooms
- Peas
- Peppers
- Spinach
- Sprouts
- Squash
- String beans
- Tomatoes
- 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.

- 8 oz Cottage cheese, 1%
- 1 oz Dried fruit
- 1/2 P90X Peak Performance Protein Bar
- 1 Tbsp Peanut butter with celery sticks
- 3 cups Popcorn, light
- 1 large Pretzel, sourdough
- 2 oz Soy nuts
- 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

PORTION APPROACH
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.
<table>
<thead>
<tr>
<th>MEAL PLAN APPROACH</th>
<th>LEVEL I</th>
<th>PHASE 2</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>DAY 1</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1. <strong>Shakeology</strong></td>
<td><strong>P90X-tra Shake</strong></td>
<td><strong>Shakeology</strong></td>
</tr>
<tr>
<td>2. <strong>Pear and Granola Muffin</strong></td>
<td><strong>Banana</strong></td>
<td><strong>Banana</strong></td>
</tr>
<tr>
<td><strong>SNACK</strong></td>
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<td></td>
</tr>
<tr>
<td><strong>LUNCH</strong></td>
<td></td>
<td></td>
</tr>
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<td><strong>DINNER</strong></td>
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<td></td>
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<tr>
<td><strong>SNACK</strong></td>
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<td></td>
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<td><strong>DAY 3</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1. <strong>Shakeology</strong></td>
<td><strong>P90X-tra Shake</strong></td>
<td><strong>Shakeology</strong></td>
</tr>
<tr>
<td>2. <strong>Whole wheat bagel</strong></td>
<td><strong>8 oz.</strong></td>
<td><strong>Cottage cheese, 1%</strong></td>
</tr>
<tr>
<td><strong>SNACK</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>LUNCH</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>SNACK</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>DAY 4</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1. <strong>Shakeology</strong></td>
<td><strong>P90X-tra Shake</strong></td>
<td><strong>Shakeology</strong></td>
</tr>
<tr>
<td>2. <strong>Whole wheat waffles</strong></td>
<td><strong>1/2</strong></td>
<td><strong>Banana, medium</strong></td>
</tr>
<tr>
<td><strong>SNACK</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>LUNCH</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td></td>
<td></td>
</tr>
<tr>
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<td></td>
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<td><strong>DAY 5</strong></td>
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<td></td>
</tr>
<tr>
<td>1. <strong>Shakeology</strong></td>
<td><strong>P90X-tra Shake</strong></td>
<td><strong>Shakeology</strong></td>
</tr>
<tr>
<td>2. <strong>Whole wheat waffles</strong></td>
<td><strong>1/2</strong></td>
<td><strong>Banana, medium</strong></td>
</tr>
<tr>
<td><strong>SNACK</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>LUNCH</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>SNACK</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>DAY 6</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1. <strong>Shakeology</strong></td>
<td><strong>P90X-tra Shake</strong></td>
<td><strong>Shakeology</strong></td>
</tr>
<tr>
<td>2. <strong>Egg whites</strong></td>
<td><strong>1 Breakfast Potatoes</strong></td>
<td><strong>1 Breakfast Potatoes</strong></td>
</tr>
<tr>
<td><strong>SNACK</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>LUNCH</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>SNACK</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>DAY 7</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1. <strong>Shakeology</strong></td>
<td><strong>P90X-tra Shake</strong></td>
<td><strong>Shakeology</strong></td>
</tr>
<tr>
<td>2. <strong>Pancakes, 3.6 oz</strong></td>
<td><strong>2 Tbsp.</strong></td>
<td><strong>Low sugar maple syrup</strong></td>
</tr>
<tr>
<td><strong>SNACK</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>LUNCH</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>SNACK</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

**Immediately after workout.**
## Energy Booster

### Meal Plan Approach

#### Level II

#### Phase 2

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Breakfast</th>
<th>Snack</th>
<th>Lunch</th>
<th>Snack</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1 cup Oatmeal</td>
<td>1 cup _P90X Peak Performance Protein Bar</td>
<td>1 cup _Shrimp Pasta Pomodoro</td>
<td>1 oz. _Low-fat cheese</td>
<td>9 oz. _Extra-lean burger patty</td>
</tr>
<tr>
<td></td>
<td>8 oz. _Skim milk</td>
<td>1 Tbsp. _Beachbody Whey Protein Powder</td>
<td>6 _Crackers</td>
<td>1 oz. _Low-fat melted cheese</td>
<td>3 oz. _Baked potato, medium</td>
</tr>
<tr>
<td></td>
<td>1/2 oz. _Raisins</td>
<td>1/2 oz. _Results and Recovery Formula drink**</td>
<td>1 cup _Gazpacho*</td>
<td>3 cups _Salad greens w/ cucumber and tomatoes</td>
<td>3 Tbsp. _Dressing (your choice)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1 cup _Gazpacho*</td>
<td>1/2 cup _Fresh berries</td>
<td>1/2 cup _Fresh berries</td>
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<table>
<thead>
<tr>
<th>Day 2</th>
<th>Breakfast</th>
<th>Snack</th>
<th>Lunch</th>
<th>Snack</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1 Whole wheat bagel</td>
<td>1 cup _P90X Peak Performance Protein Bar</td>
<td>1 _Grilled Chicken Burrito</td>
<td>4 Tbsp. _Hummus w/ carrot sticks</td>
<td>9 oz. _Halibut</td>
</tr>
<tr>
<td></td>
<td>8 oz. _Cottage cheese, 1%</td>
<td>1 cup _Gazpacho*</td>
<td>1 cup _Gazpacho*</td>
<td>3 Tbsp. _Sauce (your choice)</td>
<td>3 Tbsp. _Sauce (your choice)</td>
</tr>
<tr>
<td></td>
<td>1 _Orange, medium</td>
<td>1 _Results and Recovery Formula drink**</td>
<td>1 cup _Gazpacho*</td>
<td>1 _Artichoke, medium</td>
<td>1 _Artichoke, medium</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1 cup _Gazpacho*</td>
<td>1 cup _Wheat berries</td>
<td>1 cup _Wheat berries</td>
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</table>

<table>
<thead>
<tr>
<th>Day 3</th>
<th>Breakfast</th>
<th>Snack</th>
<th>Lunch</th>
<th>Snack</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1 _Pear and Granola Muffin</td>
<td>1 _P90X Peak Performance Protein Bar</td>
<td>Tuna Roll-Up: 9 oz. _Tuna Salad</td>
<td>3 cups _Light popcorn</td>
<td>9 oz. _Chicken breast</td>
</tr>
<tr>
<td></td>
<td>8 oz. _Nonfat yogurt</td>
<td>1 _Results and Recovery Formula drink**</td>
<td>1 _Whole wheat tortilla</td>
<td>1 _String cheese</td>
<td>3 Tbsp. _Mushroom, zucchini, and onion sauté</td>
</tr>
<tr>
<td></td>
<td>1 cup _Strawberries, sliced</td>
<td></td>
<td>1/4 cup _Sprouts and diced tomatoes</td>
<td>3 _Soy nuts</td>
<td>3 _Soy nuts</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Day 4</th>
<th>Breakfast</th>
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<th>Lunch</th>
<th>Snack</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1 _Shakeology P90X-tra Shake*</td>
<td>1 _P90X Peak Performance Protein Bar</td>
<td>1 cup _Vegetable Soup</td>
<td>8 oz. _Nonfat fruit-flavored yogurt</td>
<td>9 oz. _Salmon</td>
</tr>
<tr>
<td></td>
<td>1 _Banana</td>
<td>1 _Results and Recovery Formula drink**</td>
<td>[see Phase 1 recipes]</td>
<td>3 Tbsp. _Green Apple Salsa</td>
<td>3 Tbsp. _Green Apple Salsa</td>
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<table>
<thead>
<tr>
<th>Day 5</th>
<th>Breakfast</th>
<th>Snack</th>
<th>Lunch</th>
<th>Snack</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2 _Whole wheat waffles</td>
<td>1 _P90X Peak Performance Protein Bar</td>
<td>1 _Chicken Pita</td>
<td>1 _Turkey jerky</td>
<td>9 oz. _Grilled Ahi</td>
</tr>
<tr>
<td></td>
<td>1/2 _Banana, medium</td>
<td>1 _Results and Recovery Formula drink**</td>
<td>1 _Sourdough pretzel</td>
<td>1 _Sourdough pretzel</td>
<td>1 _Sourdough pretzel</td>
</tr>
<tr>
<td></td>
<td>3 Tbsp. _Low-sugar maple syrup</td>
<td></td>
<td>1 _Baked potato, medium</td>
<td>3 _Tbsp. _Lime-Soy Vinaigrette</td>
<td>3 Tbsp. _Lime-Soy Vinaigrette</td>
</tr>
<tr>
<td></td>
<td>8 oz. _Skim milk</td>
<td></td>
<td>3 cups _Light popcorn</td>
<td>1 _Whole grain roll</td>
<td>1 _Whole grain roll</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Day 6</th>
<th>Breakfast</th>
<th>Snack</th>
<th>Lunch</th>
<th>Snack</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>6 _Egg whites</td>
<td>1 _P90X Peak Performance Protein Bar</td>
<td>1 _White Bean and Tuna Salad</td>
<td>1 Tbsp. _Peanut butter w/ celery sticks</td>
<td>9 oz. _Italian Meat Loaf</td>
</tr>
<tr>
<td></td>
<td>1 _Breakfast Potatoes</td>
<td>1 _Results and Recovery Formula drink**</td>
<td>1 _Turkey salad</td>
<td>1 _Dried fruit</td>
<td>1 _Baked potato, medium</td>
</tr>
<tr>
<td></td>
<td>8 oz. _Cottage cheese, 1%</td>
<td></td>
<td>3 _Tbsp. _Tangy Orange Vinaigrette</td>
<td>3 _Baked potato, medium</td>
<td>3 _Baked potato, medium</td>
</tr>
<tr>
<td></td>
<td>6 oz. _Freshed-squeezed juice</td>
<td></td>
<td></td>
<td>3 oz. _Mozzarella cheese, cubed</td>
<td>3 oz. _Mozzarella cheese, cubed</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Day 7</th>
<th>Breakfast</th>
<th>Snack</th>
<th>Lunch</th>
<th>Snack</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>3 _Pancakes, 3.6 oz</td>
<td>1 _P90X Peak Performance Protein Bar</td>
<td>1 _Tangy Orange Chicken Spinach Salad</td>
<td>2 _oz. _Soy nuts</td>
<td>9 oz. _Filet mignon</td>
</tr>
<tr>
<td></td>
<td>3 Tbsp. _Low-sugar maple syrup</td>
<td>1 _Results and Recovery Formula drink**</td>
<td>3 _Tbsp. _Tangy Orange Vinaigrette</td>
<td>3 _Tbsp. _Portobello mushrooms</td>
<td>3 Tbsp. _Pepper and Peppercorn Sauce</td>
</tr>
<tr>
<td></td>
<td>1 cup _Blueberries</td>
<td></td>
<td></td>
<td>1 _Wild rice</td>
<td>1 _Wild rice</td>
</tr>
<tr>
<td></td>
<td>8 oz. _Skim milk</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 Tbsp. _Beachbody Whey Protein Powder</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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*Recipe included

**Immediately after workout

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

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup Oatmeal</td>
<td>1 Whole wheat bagel</td>
<td>1 Pear and Granola Muffin</td>
<td>1 Shakeology P90X-tra Shake*</td>
<td>2 Whole wheat waffles</td>
<td>6 Egg whites</td>
<td>3 Pancakes, 3.6 oz</td>
</tr>
<tr>
<td>8 oz. Skim milk</td>
<td>8 oz. Cottage cheese, 1%</td>
<td>8 oz. Nonfat yogurt</td>
<td>1 cup_Strawberries, sliced</td>
<td>1/2 Banana, medium</td>
<td>1 Breakfast Potatoes</td>
<td>4 Tbsp. Low-sugar maple syrup</td>
</tr>
<tr>
<td>1 Tbsp. Beachbody Whey Protein Powder</td>
<td>1 Tbsp. Beachbody Whey Protein Powder</td>
<td>1 cup_Strawberries, sliced</td>
<td>1 cup_White bean and Tuna Salad</td>
<td>1/2 Banana, medium</td>
<td>8 oz. Cottage cheese, 1%</td>
<td>4 Tbsp. Low-sugar maple syrup</td>
</tr>
<tr>
<td>1/2 oz. Raisins</td>
<td>1/2 oz. Raisins</td>
<td>1 cup_Strawberries, sliced</td>
<td>1 cup_White bean and Tuna Salad</td>
<td>1/2 Banana, medium</td>
<td>8 oz. Cottage cheese, 1%</td>
<td>4 Tbsp. Low-sugar maple syrup</td>
</tr>
</tbody>
</table>

---

## Snack

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 _P90X Peak Performance Protein Bar</td>
<td>1 _Grilled Chicken Burrito</td>
<td>1 _P90X Peak Performance Protein Bar</td>
<td>1 cup_Vegetable Soup</td>
<td>1 _Chicken Pita</td>
<td>1 _Tangy Orange Chicken Spinach Salad</td>
<td>1 _P90X Peak Performance Protein Bar</td>
</tr>
<tr>
<td>1 _Results and Recovery Formula drink**</td>
<td>1 cup_Melon</td>
<td>1 _Results and Recovery Formula drink**</td>
<td>1 cup_Melon</td>
<td>1 _Chicken Pita</td>
<td>1 _Tangy Orange Chicken Spinach Salad</td>
<td>1 _Results and Recovery Formula drink**</td>
</tr>
<tr>
<td>1 _Shrimp Pasta Pomodoro</td>
<td>1 cup_Gazpacho</td>
<td>1 cup_Gazpacho</td>
<td>Turkey Breast Sandwich:</td>
<td>1 Tbsp. Peanut butter w/ celery sticks</td>
<td>4 Tbsp. Tangy Orange</td>
<td>1 _P90X Peak Performance Protein Bar</td>
</tr>
<tr>
<td>1 _Results and Recovery Formula drink**</td>
<td>1 oz._Low-fat cheese, 6 _ Crackers</td>
<td>1 oz._Low-fat cheese, 6 _ Crackers</td>
<td>12 oz._Tuna Salad</td>
<td>1 oz._Almonds</td>
<td>1 oz._Low-fat cheese, 6 _ Crackers</td>
<td>1 _P90X Peak Performance Protein Bar</td>
</tr>
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## Lunch

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 oz._Extra-lean burger patty</td>
<td>4 Tbsp. Hummus w/ carrot sticks</td>
<td>1 oz._Turkey jerky</td>
<td>8 oz._Nonfat fuit-flavored yogurt</td>
<td>3 oz._Soy nuts</td>
<td>12 oz._Soy nuts</td>
<td>12 oz._Filet mignon</td>
</tr>
<tr>
<td>3 oz._Low-fat melted cheese</td>
<td>1 _Results and Recovery Formula drink**</td>
<td>1 _Sourdough pretzel</td>
<td>1 oz._Turkey jerky</td>
<td>2 slices_Tomato</td>
<td>1 oz._Turkey jerky</td>
<td>4 Tbsp. Pear and Peppercorn Sauce</td>
</tr>
<tr>
<td>1 _Baked potato, medium</td>
<td>4 Tbsp. _Sauce (your choice)</td>
<td>1 _Baked potato, medium</td>
<td>1 _Baked potato, medium</td>
<td>1 _Baked potato, medium</td>
<td>1 _Baked potato, medium</td>
<td>1 _Baked potato, medium</td>
</tr>
<tr>
<td>4 cups_Salad greens w/ cucumber and tomatoes</td>
<td>4 Tbsp. _Dressing (your choice)</td>
<td>1 _Baked potato, medium</td>
<td>1 _Baked potato, medium</td>
<td>1 _Baked potato, medium</td>
<td>1 _Baked potato, medium</td>
<td>1 _Baked potato, medium</td>
</tr>
<tr>
<td>1/2 cup_Fresh berries</td>
<td>1 _Baked potato, medium</td>
<td>1 _Baked potato, medium</td>
<td>1 _Baked potato, medium</td>
<td>1 _Baked potato, medium</td>
<td>1 _Baked potato, medium</td>
<td>1 _Baked potato, medium</td>
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## Snack

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 _P90X Peak Performance Protein Bar</td>
<td>1 _Chicken Pita</td>
<td>1 _Chicken Pita</td>
<td>1 cup_Vegetable Soup</td>
<td>1 _White Bean and Tuna Salad</td>
<td>1 _Tangy Orange Chicken Spinach Salad</td>
<td>1 _P90X Peak Performance Protein Bar</td>
</tr>
<tr>
<td>1 _Results and Recovery Formula drink**</td>
<td>2 oz._Soy nuts</td>
<td>2 oz._Soy nuts</td>
<td>Turkey Breast Sandwich:</td>
<td>1 cup_White bean and Tuna Salad</td>
<td>4 Tbsp. _Tangy Orange</td>
<td>1 _P90X Peak Performance Protein Bar</td>
</tr>
<tr>
<td>1 cup_Fresh berries</td>
<td>1 _Turkey jerky</td>
<td>1 _Turkey jerky</td>
<td>12 oz._Tuna Salad</td>
<td>4 Tbsp. _Sauce (your choice)</td>
<td>4 Tbsp. _Sauce (your choice)</td>
<td>1 _P90X Peak Performance Protein Bar</td>
</tr>
<tr>
<td>6 _Crackers</td>
<td>1 _Raisins</td>
<td>1 _Raisins</td>
<td>1 _Whole wheat tortilla</td>
<td>1 _Baked potato, medium</td>
<td>1 _Baked potato, medium</td>
<td>1 _P90X Peak Performance Protein Bar</td>
</tr>
<tr>
<td>1 _Sourdough pretzel</td>
<td>1 oz._Turkey jerky</td>
<td>1 oz._Turkey jerky</td>
<td>1 cup_Melon</td>
<td>1 cup_Melon</td>
<td>1 _Baked potato, medium</td>
<td>1 _P90X Peak Performance Protein Bar</td>
</tr>
<tr>
<td>1 _Shrimp Pasta Pomodoro</td>
<td>1 _Grilled Chicken Burrito</td>
<td>1 _Grilled Chicken Burrito</td>
<td>1 cup_Melon</td>
<td>1 _Chicken Pita</td>
<td>4 Tbsp. _Tangy Orange</td>
<td>1 _P90X Peak Performance Protein Bar</td>
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## Dinner

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 oz._Halibut</td>
<td>4 Tbsp. _Sauce (your choice)</td>
<td>1 _Baked potato, medium</td>
<td>12 oz._Salmon</td>
<td>4 Tbsp. Green Apple Salsa</td>
<td>1 cup_Asparagus</td>
<td>12 oz._Filet mignon</td>
</tr>
<tr>
<td>4 Tbsp. _Sauce (your choice)</td>
<td>1 _Baked potato, medium</td>
<td>4 Tbsp. _Sauce (your choice)</td>
<td>4 Tbsp. _Sauce (your choice)</td>
<td>1 _Baked potato, medium</td>
<td>1 _Baked potato, medium</td>
<td>4 Tbsp. _Sauce (your choice)</td>
</tr>
<tr>
<td>1 cup_Wheat berries</td>
<td>1 _Nectarine, medium</td>
<td>1 _Nectarine, medium</td>
<td>1 _Baked potato, medium</td>
<td>1 _Baked potato, medium</td>
<td>1 _Baked potato, medium</td>
<td>1 _Baked potato, medium</td>
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</tbody>
</table>

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*Recipe included

---

**Immediately after workout.

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

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

Serves 4

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

<table>
<thead>
<tr>
<th>Calories (kcal)</th>
<th>Total Fat (g)</th>
<th>Protein (g)</th>
<th>Carbohydrate (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
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<tbody>
<tr>
<td>118</td>
<td>10</td>
<td>4</td>
<td>4</td>
<td>12</td>
<td>216</td>
</tr>
</tbody>
</table>

### Lime-Soy Vinaigrette

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

Serves 8

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

<table>
<thead>
<tr>
<th>Calories (kcal)</th>
<th>Total Fat (g)</th>
<th>Protein (g)</th>
<th>Carbohydrate (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>20</td>
<td>1</td>
<td>1</td>
<td>3</td>
<td>0</td>
<td>300</td>
</tr>
</tbody>
</table>
GREEN APPLE SALSA

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
1/4 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

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

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

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

Serves 10

1-1/4 cups cored, chopped pear

1. Preheat oven to 350° F. Prepare 10 muffin cups by greasing and floursing 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

BREAFKFAST POTATOES

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

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

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

Calories (kcal) ..........150
Total Fat..................5 g
(27% calories from fat)
Protein ....................3 g
Carbohydrate ..........25 g
Cholesterol ............0 mg
Sodium ................522 mg
### CHICKEN PITA—LEVEL I

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 oz. boneless, skinless chicken breast</td>
<td></td>
</tr>
<tr>
<td>1 whole wheat pita</td>
<td></td>
</tr>
<tr>
<td>1-1/2 oz. low-fat feta cheese, crumbled</td>
<td></td>
</tr>
<tr>
<td>1/4 cup chopped tomato</td>
<td></td>
</tr>
<tr>
<td>2 Tbsp. chopped red onion</td>
<td></td>
</tr>
<tr>
<td>1/4 cup peeled, chopped cucumber</td>
<td></td>
</tr>
<tr>
<td>1 squeeze fresh lemon juice</td>
<td></td>
</tr>
</tbody>
</table>

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.

### Nutritional Information

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

---

### CHICKEN PITA—LEVEL II

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>9 oz. boneless, skinless chicken breast</td>
<td></td>
</tr>
<tr>
<td>1 whole wheat pita</td>
<td></td>
</tr>
<tr>
<td>1-1/2 oz. low-fat feta cheese, crumbled</td>
<td></td>
</tr>
<tr>
<td>1/4 cup chopped tomato</td>
<td></td>
</tr>
<tr>
<td>2 Tbsp. chopped red onion</td>
<td></td>
</tr>
<tr>
<td>1/4 cup peeled, chopped cucumber</td>
<td></td>
</tr>
<tr>
<td>1 squeeze fresh lemon juice</td>
<td></td>
</tr>
</tbody>
</table>

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.

### Nutritional Information

- Calories (kcal): 583
- Total Fat: 14 g (21% calories from fat)
- Protein: 72 g
- Carbohydrate: 41 g
- Cholesterol: 186 mg
- Sodium: 986 mg
CHICKEN PITA—LEVEL III

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

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

4 protein, 1 carbohydrate, 1 dairy

SHRIMP PASTA POMODORO—LEVEL I

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

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

per serving:

CHICKEN PITA—LEVEL III

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

SHRIMP PASTA POMODORO—LEVEL I

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

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

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.

per serving:

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

---

**SHRIMP PASTA POMODORO—LEVEL III**

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

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.

per serving:

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

---

**LEVEL I**

See previous page

**LEVEL II**

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

See below

**LEVEL III**

See next above
**TANGY ORANGE CHICKEN SPINACH SALAD—LEVEL I**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 oz. boneless, skinless chicken breast</td>
<td>2 cups spinach, stems removed</td>
</tr>
<tr>
<td>1/4 small red onion, finely sliced</td>
<td>1 medium tomato, diced</td>
</tr>
<tr>
<td>1/2 cup sliced mushrooms</td>
<td>4 Tbsp. Tangy Orange Vinaigrette (See recipe on page 68)</td>
</tr>
</tbody>
</table>

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

Nutritional Information per serving:
- Calories (kcal): 472
- Total Fat: 16 g (31% calories from fat)
- Protein: 60 g
- Carbohydrate: 60 g
- Cholesterol: 155 mg
- Sodium: 404 mg

---

### 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**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 oz. boneless, skinless chicken breast</td>
<td>3 cups spinach, stems removed</td>
</tr>
<tr>
<td>1/4 small red onion, finely sliced</td>
<td>1 medium tomato, diced</td>
</tr>
<tr>
<td>1 cup sliced mushrooms</td>
<td>5 Tbsp. Tangy Orange Vinaigrette (See recipe on page 68)</td>
</tr>
</tbody>
</table>

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

Nutritional Information per serving:
- Calories (kcal): 613
- Total Fat: 21 g (31% calories from fat)
- Protein: 80 g
- Carbohydrate: 24 g
- Cholesterol: 206 mg
- Sodium: 526 mg

---

### 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

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)

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

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

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

per serving:

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

per serving:

Calories (kcal) ............373
Total Fat ..................10 g
(23% calories from fat)
Protein ....................44 g
Carbohydrate .............27 g
Cholesterol .............100 mg
Sodium ...................309 mg
GRILLED CHICKEN BURRITO—LEVEL II

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

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

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

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

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 tsp. olive oil

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.

Lunch

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

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

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

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.

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

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

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

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

per serving:

Calories (kcal) ............ 936
Total Fat ................... 18 g
(27% calories from fat)
Protein .................... 110 g
Carbohydrate ............ 86 g
Cholesterol .......... 102 mg
Sodium .............. 1,181 mg
ITALIAN MEAT LOAF

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

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, 1/2 fruit, 2 vegetables

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

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)

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

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>9 oz. yellowfin tuna (ahi)</td>
<td></td>
</tr>
<tr>
<td>3 cups arugula leaves</td>
<td></td>
</tr>
<tr>
<td>2 Tbsp. soybeans</td>
<td></td>
</tr>
<tr>
<td>1/4 cup canned water chestnuts, drained</td>
<td></td>
</tr>
<tr>
<td>1/2 cup cubed papaya</td>
<td></td>
</tr>
<tr>
<td>1 tsp. sesame seeds</td>
<td></td>
</tr>
<tr>
<td>3 Tbsp. Lime-Soy Vinaigrette</td>
<td>(see recipe on page 68)</td>
</tr>
</tbody>
</table>

**Per serving:**
- Calories (kcal) ............ 449
- Total Fat ..................... 9 g
  (17% calories from fat)
- Protein ...................... 71 g
- Carbohydrate ............ 21 g
- Cholesterol .......... 115 mg
- 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.

### GRILLED AHI TUNA SALAD—LEVEL III

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 oz. yellowfin tuna (ahi)</td>
<td></td>
</tr>
<tr>
<td>4 cups arugula leaves</td>
<td></td>
</tr>
<tr>
<td>2 Tbsp. soybeans</td>
<td></td>
</tr>
<tr>
<td>1/4 cup canned water chestnuts, drained</td>
<td></td>
</tr>
<tr>
<td>1/2 cup cubed papaya</td>
<td></td>
</tr>
<tr>
<td>1 tsp. sesame seeds</td>
<td></td>
</tr>
<tr>
<td>4 Tbsp. Lime-Soy Vinaigrette</td>
<td>(see recipe on page 68)</td>
</tr>
</tbody>
</table>

**Per serving:**
- Calories (kcal) ............ 546
- Total Fat ..................... 10 g
  (16% calories from fat)
- Protein ...................... 91 g
- Carbohydrate ............ 22 g
- Cholesterol .......... 153 mg
- 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.
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.

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:

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>PROTEINS</td>
<td>3</td>
</tr>
<tr>
<td>DAIRY</td>
<td>1</td>
</tr>
<tr>
<td>FRUITS</td>
<td>3</td>
</tr>
<tr>
<td>VEGETABLES</td>
<td>3</td>
</tr>
<tr>
<td>FATS</td>
<td>1</td>
</tr>
<tr>
<td>CARBOHYDRATES</td>
<td>4</td>
</tr>
<tr>
<td>SNACKS</td>
<td>3</td>
</tr>
<tr>
<td>CONDIMENTS</td>
<td>3</td>
</tr>
</tbody>
</table>

(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.
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.

### FATS
Each serving = 120 calories

- 3 oz. Avocado
- 1 Tbsp. Canola oil
- 1 Tbsp. 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

<table>
<thead>
<tr>
<th>GRAINS</th>
<th>LEGUMES</th>
<th>POTATOES</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 medium Bagel, whole wheat</td>
<td>Pancakes (3.6 oz.) <em>3</em></td>
<td></td>
</tr>
<tr>
<td>1 cup Baked beans</td>
<td>Pasta or noodles <em>1 cup</em></td>
<td></td>
</tr>
<tr>
<td>1 cup Beans (kidney, black, etc.)</td>
<td>Pita, whole wheat <em>1 large</em></td>
<td></td>
</tr>
<tr>
<td>1 Bran muffin (2.5 oz.)</td>
<td>Potato <em>1 medium</em></td>
<td></td>
</tr>
<tr>
<td>2 slices Bread (whole wheat, rye, or pumpernickel)</td>
<td>Quinoa <em>1 cup</em></td>
<td></td>
</tr>
<tr>
<td>1 cup Cereal, whole grain</td>
<td>Refried beans, low-fat <em>1 cup</em></td>
<td></td>
</tr>
<tr>
<td>1 cup Couscous</td>
<td>Rice, brown or wild <em>1 cup</em></td>
<td></td>
</tr>
<tr>
<td>12 Crackers</td>
<td>Sweet potato <em>1 medium</em></td>
<td></td>
</tr>
<tr>
<td>2 English muffin halves, whole wheat</td>
<td>Tortillas, corn <em>3</em></td>
<td></td>
</tr>
<tr>
<td>1 cup Hummus</td>
<td>Tortilla, whole wheat <em>1 large</em></td>
<td></td>
</tr>
<tr>
<td>1 cup Lentils</td>
<td>Waffles, whole wheat <em>2</em></td>
<td></td>
</tr>
<tr>
<td>1 cup Oatmeal</td>
<td>Wheat berries <em>1 cup</em></td>
<td></td>
</tr>
</tbody>
</table>

### 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, semi-soft
- 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
- 1 cup Apricots
- 1 medium Banana
- 1/4 medium Cantaloupe
- 1 cup Cherries
- 1 oz. Dried fruit
- 1 medium Grapefruit
- 1 cup Grapes
- 1 cup Kiwi
- 1/2 medium Mango
- Nectarine_1 medium
- Orange_1 large
- Papaya_1/2 medium
- Peach_1 medium
- Pear_1 medium
- Raspberries, blueberries, blackberries_1 cup
- Strawberries, sliced_2 cups
- Tangerine_1 medium
- Watermelon_1 cup

### VEGETABLES
Each serving = 50 calories
- 1 serving = 1 cup cooked vegetables, vegetable juice, or vegetable soup
- 1 serving = 2 cups leafy greens
- Asparagus
- Beets
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard greens
- Cucumber
- Eggplant
- Kale
- Lettuce
- Marinara sauce
- Mushrooms
- Peas
- Peppers
- Spinach
- Sprouts
- Squash [summer or winter]
- String beans
- Tomatoes
- 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
  - 1 oz. Dried fruit
  - 1 medium piece Fruit
  - 12 Mini-rice cakes
  - 1 Tbsp. Peanut butter with celery sticks
  - 1 oz. Pita chips
  - 3 cups Popcorn, light
  - 1 large Pretzel, sourdough
  - 2 oz. Soy nuts
  - 1 oz. String cheese
  - 1 oz. Tortilla chips, low-fat
  - 8 oz. Yogurt, plain nonfat
  - 2/3 scoop Shakeology*
- Double
  - Bean dip_4 Tbsp. with chips_1 oz.
  - Cheese, low-fat_1 oz. with crackers_6
  - Hummus_4 Tbsp. with carrot sticks
  - Nuts_1 oz. [almonds, cashews, pecans, 30 pistachios]
  - P90X Peak Performance Protein Bar_1
  - P90X Results and Recovery Formula_12–16 oz.
  - Soy nuts_4 oz.
  - String cheese_3 oz.
  - Yogurt, nonfat fruit-flavored_8 oz.

*For more information on Shakeology, please refer to page 15.
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.
<table>
<thead>
<tr>
<th>DAY</th>
<th>BREAKFAST</th>
<th>SNACK</th>
<th>LUNCH</th>
<th>SNACK</th>
<th>DINNER</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>1. Blueberry Muffin 8 oz. Plain nonfat yogurt 1 cup Berries</td>
<td>1. Results and Recovery Formula drink**</td>
<td>1. Veggie burger 1/2 Whole grain bun 2 cups Salad greens 2 Tbsp. Dressing (your choice)</td>
<td>3. Fig Newtons 1. Sourdough pretzel</td>
<td>6 oz. Chicken 2 Tbsp. Apricot Sauce 1/2 cups Baked yam, medium 1 cup Green beans, steamed 1/4 Mango</td>
</tr>
<tr>
<td>3</td>
<td>1. Whole grain roll 1/2 cup Low-fat ricotta cheese 4 slices Roma tomato 2 tsp. Olive oil 1 cup Cantaloupe pieces</td>
<td>1. Results and Recovery Formula drink**</td>
<td>1 cup Black and White Bean Chili 2 cups Salad greens 2 Tbsp. Dressing (your choice)</td>
<td>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</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>8 oz. Cottage cheese, 1% 1 cup Pineapple chunks 2 slices Whole wheat toast 2 tsp. Pure fruit jam</td>
<td>1. Results and Recovery Formula drink**</td>
<td>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</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>1. Whole wheat bagel 2 Tbsp. Fat-free cream cheese 8 oz. Plain nonfat yogurt 1 cup Berries</td>
<td>1. Results and Recovery Formula drink**</td>
<td>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)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Immediately after workout.
<table>
<thead>
<tr>
<th>BREAKFAST</th>
<th>SNACK</th>
<th>LUNCH</th>
<th>SNACK</th>
<th>DINNER</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>DAY 1</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1_Blueberry Muffin **</td>
<td>1_Results and Recovery Formula drink**</td>
<td>1_Veggie burger **</td>
<td>1_Oz. Almonds</td>
<td>9 oz. Chicken</td>
</tr>
<tr>
<td>8 oz. Plain nonfat yogurt</td>
<td>1_Oz. Plain nonfat yogurt</td>
<td>1 Whole grain bun</td>
<td>1-1/2 oz. String cheese</td>
<td>3 Tbsp. Apricot Sauce **</td>
</tr>
<tr>
<td>1 cup Berries</td>
<td>3 cups Salad greens</td>
<td>3 Tbsp. Dressing (your choice)</td>
<td>1 cup Melon pieces</td>
<td>1 Baked yam, medium</td>
</tr>
<tr>
<td><strong>DAY 2</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 Whole grain waffles</td>
<td>1 Results and Recovery Formula drink**</td>
<td>2 cups Black and White Bean Chili **</td>
<td>3 cups Salad greens</td>
<td>9 oz. Halibut</td>
</tr>
<tr>
<td>2 Tbsp. Peanut butter</td>
<td>3 Tbsp. Dressing (your choice)</td>
<td>1 Medium piece fresh fruit</td>
<td>4 Tbsp. Bean dip</td>
<td>3 Tbsp. Mustard Cream Sauce</td>
</tr>
<tr>
<td>8 oz. Skim milk</td>
<td>1 cup Melon pieces</td>
<td>1 cup Grapes</td>
<td>1 Medium piece fresh fruit</td>
<td>1 cup Brown rice</td>
</tr>
<tr>
<td>1_Banana, medium</td>
<td>2 cups Popcorn, light</td>
<td>8 oz. Nonfat fruit-flavored yogurt</td>
<td>8 oz. Nonfat tortilla chips</td>
<td>3 cups Salad greens</td>
</tr>
<tr>
<td><strong>DAY 3</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 Whole grain roll</td>
<td>1 Results and Recovery Formula drink**</td>
<td>1_Stuffed Baked Potato **</td>
<td>1_Oz. Pita chips</td>
<td>9 oz. Flank steak, grilled</td>
</tr>
<tr>
<td>1/2 cup Low-fat ricotta cheese</td>
<td>3 cups Salad greens</td>
<td>4 Tbsp. Hummus w/ carrot sticks</td>
<td>3 Tbsp. Dressing (your choice)</td>
<td>3 Tbsp. Steak sauce</td>
</tr>
<tr>
<td>4 slices Roma tomato</td>
<td>3 Tbsp. Dressing (your choice)</td>
<td>1 Medium piece fresh fruit</td>
<td>1 Medium piece fresh fruit</td>
<td>1 cup Baked potato, medium</td>
</tr>
<tr>
<td>2 Tbsp. Olive oil</td>
<td>1 cup Grapes</td>
<td>1_Apricot Sauce</td>
<td>3 cups Salad greens</td>
<td>3 cups Onion, zucchini, and stewed tomato sauté</td>
</tr>
<tr>
<td>1 cup Cantaloupe pieces</td>
<td><strong>DAY 4</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1/2 cup Low-fat granola</td>
<td>1 Results and Recovery Formula drink**</td>
<td>1_Grilled Veggie Focaccia **</td>
<td>8 oz. Fruit sorbet</td>
<td>9 oz. Mediterranean Shrimp Kebabs **</td>
</tr>
<tr>
<td>8 oz. Plain nonfat yogurt</td>
<td>1 cup Tabouli salad</td>
<td>1 cup Tabouli salad</td>
<td>1-1/2 oz. String cheese</td>
<td>1 cup White rice</td>
</tr>
<tr>
<td>1 cup Strawberries, sliced</td>
<td>1_Peach, medium</td>
<td>6 Crackers</td>
<td>4 Tbsp. Hummus w/ carrot sticks</td>
<td>3 cups Salad greens</td>
</tr>
<tr>
<td><strong>DAY 5</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 Oatmeal Pancakes **</td>
<td>1 Results and Recovery Formula drink**</td>
<td>1_Spicy Chinese Noodles **</td>
<td>1 Oz. Almonds</td>
<td>9 oz. Salmon</td>
</tr>
<tr>
<td>3 Tbsp. Low sugar maple syrup</td>
<td>3 cups Salad greens</td>
<td>1 Oz. Dried fruit</td>
<td>1 Oz. Almonds</td>
<td>3 Tbsp. Dijonnaise Sauce</td>
</tr>
<tr>
<td>1 cup Applesauce</td>
<td>3 Tbsp. Dressing (your choice)</td>
<td>1 Cup Fruit salad</td>
<td>1 cup Fruit salad</td>
<td>1 cup Quinoa</td>
</tr>
<tr>
<td>8 oz. Skim milk</td>
<td><strong>DAY 6</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8 oz. Cottage cheese, 1%</td>
<td>1 Results and Recovery Formula drink**</td>
<td>1_Vegetarian Tostada **</td>
<td>1 Cashews</td>
<td>9 oz. Salmon</td>
</tr>
<tr>
<td>1 cup Pineapple chunks</td>
<td>3 cups Salad greens</td>
<td>1_Fruit salad</td>
<td>1 Oz. Cashews</td>
<td>1 cup Peas</td>
</tr>
<tr>
<td>2 slices Whole wheat toast</td>
<td>3 Tbsp. Dressing (your choice)</td>
<td>1 Medium piece fresh fruit</td>
<td>1 Oz. Dried fruit</td>
<td>3 cups Salad greens</td>
</tr>
<tr>
<td>3 Tbsp. Pure fruit jam</td>
<td><strong>DAY 7</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 Whole wheat bagel</td>
<td>1 Results and Recovery Formula drink**</td>
<td>1_Vegetarian Tostada **</td>
<td>1 Cashews</td>
<td>9 oz. Pork Chop with Apple and Sweet Potato **</td>
</tr>
<tr>
<td>2 Tbsp. Fat-free cream cheese</td>
<td>1 cup Fruit salad</td>
<td>1_Fruit salad</td>
<td>1 Oz. Cashews</td>
<td>1 cup Peas</td>
</tr>
<tr>
<td>8 oz. Plain nonfat yogurt</td>
<td><strong>ENDURANCE MAXIMIZER</strong></td>
<td>1 Cashews</td>
<td>1 Oz. Dried fruit</td>
<td>3 cups Salad greens</td>
</tr>
<tr>
<td>1 cup Berries</td>
<td><strong>LEVEL II PHASE 3</strong></td>
<td>1 Medium piece fresh fruit</td>
<td>1 Medium piece fresh fruit</td>
<td>3 Tbsp. Dressing (your choice)</td>
</tr>
</tbody>
</table>

**Recipe included**

**Immediately after workout.**
# ENDURANCE MAXIMIZER

## MEAL PLAN APPROACH

### LEVEL III

#### PHASE 3

<table>
<thead>
<tr>
<th>BREAKFAST</th>
<th>SNACK</th>
<th>LUNCH</th>
<th>SNACK</th>
<th>DINNER</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>DAY 1</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8 oz. Plain nonfat yogurt</td>
<td>1. Whole grain bun</td>
<td>1 oz. Whole grain bun</td>
<td>1 oz. Dried fruit</td>
<td>4 Tbsp. Apricot Sauce</td>
</tr>
<tr>
<td>1 cup Berries</td>
<td>4 cups Salad greens</td>
<td>4 cups Salad greens</td>
<td>8 oz. Nonfat frozen yogurt</td>
<td>1 cup Green beans, steamed</td>
</tr>
<tr>
<td>1/2 cup Low-fat granola</td>
<td>4 Tbsp. Dressing (your choice)</td>
<td>1 cup Melon pieces</td>
<td>1/4 cup Melted margarine</td>
<td>4 cups Salad greens</td>
</tr>
<tr>
<td>1. Results and Recovery Formula drink**</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>DAY 2</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. Whole grain waffles</td>
<td>1. Results and Recovery Formula drink**</td>
<td>2 cups Black and White Bean Chili</td>
<td>3 cups Popcorn, light</td>
<td>12 oz. Halibut</td>
</tr>
<tr>
<td>8 oz. Skim milk</td>
<td>4 Tbsp. Dressing (your choice)</td>
<td>1 cup Grapes</td>
<td>1 oz. Pita chips</td>
<td>1 cup Brown rice</td>
</tr>
<tr>
<td>1. Banana, medium</td>
<td>6 Crackers</td>
<td>4 Tbsp. Bean dip</td>
<td>4 Tbsp. Bean dip</td>
<td>4 cups Salad greens</td>
</tr>
<tr>
<td><strong>DAY 3</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1. Whole grain roll</td>
<td>1. Results and Recovery Formula drink**</td>
<td>2 Stuffed Baked Potato</td>
<td>1 cup Pita chips</td>
<td>12 oz. Flank steak, grilled</td>
</tr>
<tr>
<td>1/2 cup Low-fat ricotta cheese</td>
<td>2 cups Black and White Bean Chili</td>
<td>4 cups Salad greens</td>
<td>1 oz. Hummus w/ carrot sticks</td>
<td>4 Tbsp. Steak sauce</td>
</tr>
<tr>
<td>4 slices Roma tomato</td>
<td>4 Tbsp. Dressing (your choice)</td>
<td>1 cup Grapes</td>
<td>1 oz. Dried fruit</td>
<td>1 cup Baked potato, medium</td>
</tr>
<tr>
<td>2 Tbsp. Olive oil</td>
<td>1 Orange, medium</td>
<td>6 Crackers</td>
<td>1 cup Grapes</td>
<td>2 cups Onion, zucchini, and stewed tomato sauce</td>
</tr>
<tr>
<td>1 cup Cantaloupe pieces</td>
<td></td>
<td>3 cups Popcorn, light</td>
<td>1 cup Grapes</td>
<td>1 cup Nectarine, medium</td>
</tr>
<tr>
<td><strong>DAY 4</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 cup Low-fat granola</td>
<td>1. Results and Recovery Formula drink**</td>
<td>1 Grilled Veggie Focaccia</td>
<td>8 oz. Fruit sorbet</td>
<td>12 oz. Mediterranean Shrimp Kebabs</td>
</tr>
<tr>
<td>8 oz. Plain nonfat yogurt</td>
<td>1 cup Tabouli salad</td>
<td>1 Peach, medium</td>
<td>1-1/2 oz. String cheese</td>
<td>1 cup White rice</td>
</tr>
<tr>
<td>1 cup Strawberries, sliced</td>
<td>1. Results and Recovery Formula drink**</td>
<td>6 Crackers</td>
<td>3 cups Popcorn, light</td>
<td>4 cups Salad greens</td>
</tr>
<tr>
<td><strong>DAY 5</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. Oatmeal Pancakes</td>
<td>1. Results and Recovery Formula drink**</td>
<td>1 Spicy Chinese Noodles</td>
<td>1 Sourdough pretzel</td>
<td>12 oz. Chicken</td>
</tr>
<tr>
<td>4 Tbsp. Low-sugar maple syrup</td>
<td>4 cups Salad greens</td>
<td>4 Tbsp. Dressing (your choice)</td>
<td>8 oz. Frozen yogurt</td>
<td>4 Tbsp. Barbecue Sauce</td>
</tr>
<tr>
<td>1 cup Applesauce</td>
<td>1 cup Tabouli salad</td>
<td>1 cup Fruit salad</td>
<td>1 Medium piece of fruit</td>
<td>1 cup Nonfat baked beans</td>
</tr>
<tr>
<td>8 oz. Skim milk</td>
<td>1. Results and Recovery Formula drink**</td>
<td></td>
<td></td>
<td>4 cups Salad greens</td>
</tr>
<tr>
<td><strong>DAY 6</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8 oz. Cottage cheese, 1%</td>
<td>1. Results and Recovery Formula drink**</td>
<td>1 Vegetarian Tostada</td>
<td>1 Sourdough pretzel</td>
<td>12 oz. Salmon</td>
</tr>
<tr>
<td>1 cup Pineapple chunks</td>
<td>4 cups Salad greens</td>
<td>1 cup Fruit salad</td>
<td>8 oz. Frozen yogurt</td>
<td>4 Tbsp. Dijonnaise Sauce</td>
</tr>
<tr>
<td>4 slices Whole wheat toast</td>
<td>4 Tbsp. Dressing (your choice)</td>
<td>1 cup Fruit salad</td>
<td>1 Medium piece of fruit</td>
<td>1 cup Quinoa</td>
</tr>
<tr>
<td>3 tsp. Pure fruit jam</td>
<td></td>
<td></td>
<td></td>
<td>1 cup Broccoli, steamed</td>
</tr>
<tr>
<td><strong>DAY 7</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1. Whole wheat bagel</td>
<td>1. Results and Recovery Formula drink**</td>
<td>1. Vegetarian Tostada</td>
<td>1 oz. Cashews</td>
<td>12 oz. Pork Chop with Apple and Sweet Potato</td>
</tr>
<tr>
<td>2 Tbsp. Fat-free cream cheese</td>
<td>1 cup Berries</td>
<td>1 cup Fruit salad</td>
<td>1 oz. Dried fruit</td>
<td>1 cup Peas</td>
</tr>
<tr>
<td>8 oz. Plain nonfat yogurt</td>
<td>1 cup Low-fat granola</td>
<td>1 cup Fruit salad</td>
<td>1 Sourdough pretzel</td>
<td>4 cups Salad greens</td>
</tr>
<tr>
<td>1 cup Berries</td>
<td>1/2 cup Low-fat granola</td>
<td></td>
<td></td>
<td>4 Tbsp. Dressing (your choice)</td>
</tr>
</tbody>
</table>

**Immediately after workout.**
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**

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>1/2 cup apricot preserves</th>
<th>1/8 cup Dijon mustard</th>
<th>1/4 cup low-sodium soy sauce</th>
</tr>
</thead>
</table>

Serves 8

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

**DIJONNAISE SAUCE**

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>4 oz. nonfat yogurt</th>
<th>4 oz. low-fat mayonnaise</th>
<th>1 Tbsp. Dijon mustard</th>
<th>1 tsp. chopped fresh dill</th>
<th>2 tsp. Worcestershire sauce</th>
<th>Black pepper (to taste)</th>
<th>1 dash Tabasco® sauce</th>
</tr>
</thead>
</table>

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

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)

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.
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.

BARBECUE SAUCE

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

Serves 8

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

| 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) |

**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.

### Nutrition Information

<table>
<thead>
<tr>
<th>Serving</th>
<th>Calories (kcal)</th>
<th>Total Fat (g)</th>
<th>Protein (g)</th>
<th>Carbohydrate (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blueberry Muffin</td>
<td>167</td>
<td>1 g (2% calories from fat)</td>
<td>4 g</td>
<td>40 g</td>
<td>1 mg</td>
<td>135 mg</td>
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</tbody>
</table>

### Level

- **Level I**
  - 1 muffin = 1 carbohydrate

- **Level II**
  - 1 muffin = 1 carbohydrate

- **Level III**
  - 1 muffin = 1 carbohydrate

## OATMEAL PANCAKES

| 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 |

**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.)

### Nutrition Information

<table>
<thead>
<tr>
<th>Serving</th>
<th>Calories (kcal)</th>
<th>Total Fat (g)</th>
<th>Protein (g)</th>
<th>Carbohydrate (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
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</thead>
<tbody>
<tr>
<td>Oatmeal Pancake</td>
<td>228</td>
<td>5 g (19% calories from fat)</td>
<td>9 g</td>
<td>37 g</td>
<td>2 mg</td>
<td>468 mg</td>
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### Level

- **Level I**
  - 3 pancakes = 1 carbohydrate

- **Level II**
  - 3 pancakes = 1 carbohydrate

- **Level III**
  - 3 pancakes = 1 carbohydrate
**BLACK AND WHITE BEAN CHILI**

**LEVEL I**
1 cup = 1 carbohydrate

**LEVEL II**
2 cups = 2 carbohydrates

**LEVEL III**
2 cups = 2 carbohydrates

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.

**GRILLED VEGGIE FOCACCIA**

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

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.
### STUFFED BAKED POTATO

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

(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.

### PASTA SALAD—LEVEL I

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

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.
**PASTA SALAD—LEVEL II**

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

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.

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<td>(43% calories from fat)</td>
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<td>Sodium</td>
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**PASTA SALAD—LEVEL III**

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

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.

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<td>Sodium</td>
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**SPICY CHINESE NOODLES—LEVEL I**

- 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)

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**

- 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)

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

**LEVEL I**
1 protein, 1 carbohydrate, 1-1/2 fat

**LEVEL II**
See above

**LEVEL III**
See next page
SPICY CHINESE NOODLES—LEVEL III

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)

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.

VEGETARIAN TOSTADA—LEVEL I

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

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.
VEGETARIAN TOSTADA—LEVEL II

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

per serving:
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

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

per serving:
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

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

LEVEL I
2 protein, 1 vegetable, 1 fat

LEVEL II
See below

LEVEL III
See next page

LEVEL I
See above

LEVEL II
3 protein, 1 vegetable, 1 fat

LEVEL III
See next page

MEDITERRANEAN SHRIMP KEBABS—LEVEL II

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

LEVEL I
See above

LEVEL II
3 protein, 1 vegetable, 1 fat

LEVEL III
See next page

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

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.

PHASE 3—ENDURANCE MAXIMIZER
MEDITERRANEAN SHRIMP KEBABS—LEVEL III

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

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.

PORK CHOP BAKED WITH APPLE AND SWEET POTATO—LEVEL I

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

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
See previous page
LEVEL II
See previous page
LEVEL III
4 protein, 1 vegetable, 1 fat

LEVEL I
See previous page
LEVEL II
See next page
LEVEL III
See next page
PORK CHOP BAKED WITH APPLE AND SWEET POTATO—LEVEL II

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

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
See previous page

LEVEL II
2 protein, 1 carbohydrate, 1 fruit

LEVEL III
See below

PORK CHOP BAKED WITH APPLE AND SWEET POTATO—LEVEL III

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

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
See previous page

LEVEL II
See above

LEVEL III
4 protein, 1 carbohydrate, 1 fruit

Per serving:
Calories (kcal)........... 513
Total Fat................ 12 g
(21% calories from fat)
Protein ................... 48 g
Carbohydrate .......... 53 g
Cholesterol ........... 115 mg
Sodium.................. 111 mg

Per serving:
Calories (kcal)........... 513
Total Fat................ 12 g
(21% calories from fat)
Protein ................... 48 g
Carbohydrate .......... 53 g
Cholesterol ........... 115 mg
Sodium.................. 111 mg

PHASE 3—ENDURANCE MAXIMIZER
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.

Follow the calorie, fat, and sodium guidelines below:

<table>
<thead>
<tr>
<th>LEVEL I</th>
<th>1,800 CALORIES</th>
<th>Up to 400 calories per meal</th>
<th>10 g fat</th>
<th>600 mg sodium</th>
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<tbody>
<tr>
<td>LEVEL II</td>
<td>2,400 CALORIES</td>
<td>Up to 600 calories per meal</td>
<td>12 g fat</td>
<td>800 mg sodium</td>
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<td>LEVEL III</td>
<td>3,000 CALORIES</td>
<td>Up to 800 calories per meal</td>
<td>15 g fat</td>
<td>1,000 mg sodium</td>
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QUICK AT-HOME DISHES
Try these quick, healthy, and tasty dishes that are a snap to prepare.

<table>
<thead>
<tr>
<th>SERVING SIZE</th>
</tr>
</thead>
</table>

**SOFT TACOS**
Chicken
Corn tortillas
Salsa
6 oz.
2
2 protein
1 carbohydrate
1 condiment
to taste
to taste
to taste

**STIR-FRY**
Shrimp or chicken
Rice
Vegetables
Soy sauce
6 oz.
1 cup
1 cup
2 protein
1 carbohydrate
1 vegetable
1 condiment
to taste
to taste

to taste

**TUNA SALAD**
Tuna
Bread
Salad greens
Fat-free dressing or mayo
6 oz.
2 slices
2 cups
2 Tbsp.
2 protein
1 carbohydrate
1 vegetable
1 condiment

**BURGER**
Soy or turkey burger
Lettuce, tomato, onion
Ketchup and mustard
1
1
2 protein
1 carbohydrate
1 vegetable
1 condiment
to taste
to taste
to taste
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

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<tr>
<th>PHASE 1</th>
<th>LEVEL I</th>
<th>1,800 calories</th>
<th>PROTEIN</th>
<th>900 calories</th>
<th>CARBS</th>
<th>540 calories</th>
<th>FAT</th>
<th>360 calories</th>
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<tr>
<td></td>
<td>LEVEL II</td>
<td>2,400 calories</td>
<td></td>
<td>1,200 calories</td>
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<td>720 calories</td>
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<td>1,500 calories</td>
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<td>2,400 calories</td>
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<td>1,800 calories</td>
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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

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<th>Phase</th>
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<th>Calories</th>
<th>Protein</th>
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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.
<table>
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<th>BREAKFAST</th>
<th>SNACK</th>
<th>LUNCH</th>
<th>SNACK</th>
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