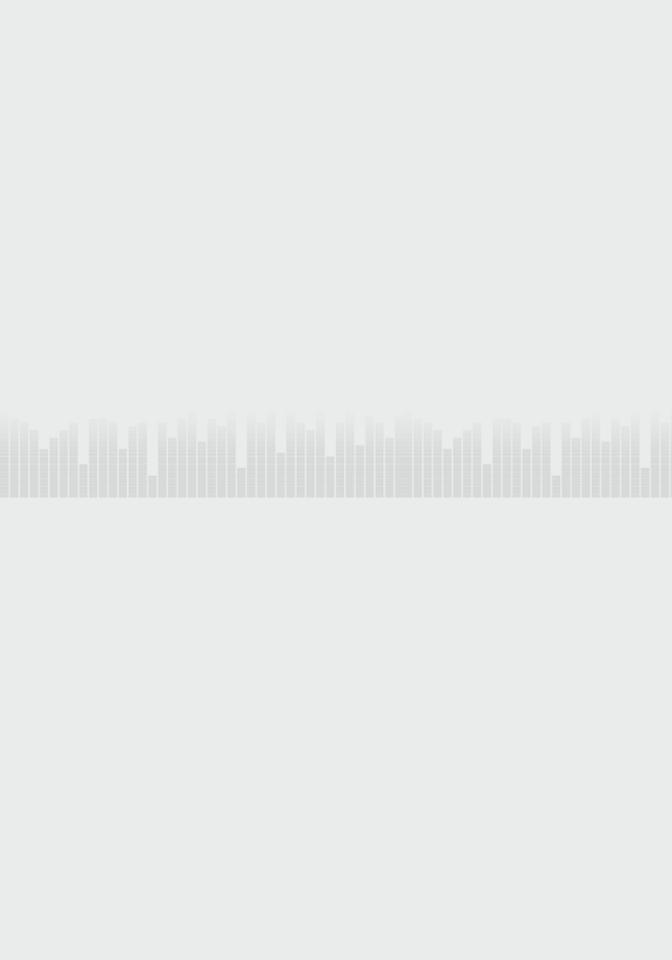
TURBOFIRE®









REAL NUTRITION. REAL RESULTS. REAL EASY.

It's no use working out hard if you don't eat the right foods. Your body needs good, clean fuel to burn while you're working out.

This Nutrition Guide serves up everything you need to get the results you want, without added time, effort, or empty calories.

As you flip through these pages you'll find easy, mouthwatering recipe ideas that can be prepped in under half an hour. So you spend less time in the kitchen and more time doing what you want, without feeling hungry.

Staying fueled will leave you satisfied and pumped with plenty of energy for intense cardio conditioning. You'll be eating five times a day: three meals and two snacks made up of lean foods to help burn fat, reduce cravings, and maintain high energy levels during your classes. Soon you'll be shedding the extra pounds and revealing a stronger, more toned body. The real you.

The results can be addicting, too. TurboFire® kicks off a lifestyle you'll want to maintain for years. It's a complete health and fitness plan that really works.

Getting the body you've always wanted begins right here. Right now. So let's get started. The coming weeks will shape you now and for the rest of your life.



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HOW THE PROGRAM WORKS

It's simple, really. First, calculate how many calories you should eat by using the formula on page 3 of this guide. Then choose your meals and snacks from pages 24 to 56. Every meal in this guide is balanced to meet your nutritional requirements, and you have the freedom to customize your meal plan to suit your taste. You don't need to guess calories, protein, carbs, fat, etc. We've already broken these down for you, so tracking your dietary intakes will be a cinch.

As you increase your metabolism over the course of the program, you may want to recalculate your caloric needs. Don't sweat it, though. In the next section, we'll walk you through the steps you'll take to incorporate a structured eating plan. But don't think of this as a diet. It's a good way to establish a foundation for making healthy food choices for the rest of your life.



THE BASICS OF LOSING WEIGHT

THE CALORIE DEFICIT

TurboFire nutrition is all about common sense. Unlike fad diets, crash diets, or starvation marathons, creating a small daily caloric deficit is a systematic approach to maintaining an efficient metabolism. It also helps keep you from rebounding on your weight loss, because you shouldn't be going into huge hormonal swings. The way you'll learn to eat in this Nutrition Guide is a good strategic meal plan to help you maintain health and fitness for life.



TOTAL = 159 calories

COUNT THE CALORIES. LOSE THE WEIGHT.

1 Stock up on fruits and vegetables.

They're generally very low in calories and very high in vitamins, minerals, phytonutrients, and fiber, which help tide you over until your next meal.

2 Bring it with you.

Avoid being tempted by junk food or drive-throughs by taking wholesome foods like cereal, fruit, yogurt, or a Shakeology® shake with you wherever you go. Refer to the Snack-O-Matic section on page 32 for tips.

3 Make small changes.

Cut back on your portions, use a smallersized plate, and add alternative foods in small increments without getting overwhelmed about a new eating plan.

4 Weigh it out.

Use a food scale to weigh your portions and know how many calories you're eating. You'll get a more accurate tally. It won't take long before you get a feel for the right portions for your target calorie count.







Round up or average your calories to make them easier to track. Also, start the day with a 200-calorie reserve for small slip-ups during the day like gum, candy at the office, sugar and creamer in coffee and tea. or that small bite of pizza.

HOW MANY CALORIESSHOULD YOU EAT?

Before we show you what you're going to eat, you will have to determine how many calories you will need. This calculator will help you do that, but you will have to recalculate your calories three times (weeks 1–5, weeks 6–12, and weeks 13–20), because the workouts will be increasing in intensity through the duration of the program.

STEP 1	current weight by 12. That's how many ca maintenance. If you're moderately active	physical activity outside TurboFire, multiply your lories you need to consume every day for weight and exercise 3 to 5 times a week in addition to you're highly active or have a highly active job,
	SEDENTARY LIFESTYLE (DESK JOB)	
	(current weight in pounds) x 12	(Maintenance Calories)
	MODERATELY ACTIVE LIFESTYLE (SE	RVER IN A RESTAURANT):
	(current weight in pounds) x 13	(Maintenance Calories)
	HIGHLY ACTIVE LIFESTYLE (CONSTR	UCTION WORKER):
	(current weight in pounds) x 14	(Maintenance Calories)
STEP 2	including your TurboFire workouts for we 450 calories per day for weeks 1–5.	eks 1-5. TurboFire will burn an average of alories =
	(Maintenance Calories)	(Total Maintenance Calories)
STEP 3	Deficit (CD) or Caloric Surplus (C This is the number of calories you'd like to) by subtracting or adding your Caloric (S) o cut out of (or add to) your current diet in order calories a day* averages to a loss of about one
	- 500 ca	alories =
	(Total Maintenance Calories)	(Calorie Target)
	You may also decide that you just want to should just stay at your TMC without having	o maintain your current weight. In that case, you and to subtract or add 500 calories.

*Don't use a **Caloric Deficit** that's more than 500 calories a day for your regular diet. (A deficit that drastic is only OK for less than a week or for cleansing purposes.) If you go without enough calories for too long, you'll lack the nutrients to properly recover from your classes. This can lead to the dreaded "results plateau." Your body will also break down, in the form of an injury and/or an illness. So don't do it.

WEEKS 6–12

HOW MANY CALORIES SHOULD YOU EAT?

Before we show you what you're going to eat, you will have to determine how many calories you will need. This calculator will help you do that, but you will have to recalculate your calories three times (weeks 1–5, weeks 6–12, and weeks 13–20), because the workouts will be increasing in intensity through the duration of the program.

SIEP1	If you're sedentary and plan on doing little physical activity outside TurboFire, multiply your current weight by 12. That's how many calories you need to consume every day for weight maintenance. If you're moderately active and exercise 3 to 5 times a week in addition to TurboFire, multiply your weight by 13. If you're highly active or have a highly active job, multiply your weight by 14.
	SEDENTARY LIFESTYLE (DESK JOB):
	(current weight in pounds) x 12 = (Maintenance Calories)
	MODERATELY ACTIVE LIFESTYLE (SERVER IN A RESTAURANT):
	x 13 =
	(current weight in pounds) (Maintenance Calories)
	HIGHLY ACTIVE LIFESTYLE (CONSTRUCTION WORKER):
	x 14 =
	(current weight in pounds) (Maintenance Calories)
STEP 2	Calculate your Total Maintenance Calories (TMC) including your TurboFire workouts for weeks 6–12. TurboFire will burn an average of 600 calories per day for weeks 6–12. + 600 calories = (Total Maintenance Calories)
STEP 3	Calculate your Calorie Target (CT) by subtracting or adding your Caloric Deficit (CD) or Caloric Surplus (CS)
	This is the number of calories you'd like to cut out of (or add to) your current diet in order to lose (or gain) weight. A deficit of 500 calories a day* averages to a loss of about one pound per week.
	- 500 calories =
	(Total Maintenance Calories) (Calorie Target)
	You may also decide that you just want to maintain your current weight. In that case, you should just stay at your TMC without having to subtract or add 500 calories.

*Don't use a **Caloric Deficit** that's more than 500 calories a day for your regular diet. (A deficit that drastic is only OK for less than a week or for cleansing purposes.) If you go without enough calories for too long, you'll lack the nutrients to properly recover from your classes. This can lead to the dreaded "results plateau." Your body will also break down, in the form of an injury and/or an illness. So don't do it.

WEEKS 13-20

HOW MANY CALORIESSHOULD YOU EAT?

Before we show you what you're going to eat, you will have to determine how many calories you will need. This calculator will help you do that, but you will have to recalculate your calories three times (weeks 1–5, weeks 6–12, and weeks 13–20), because the workouts will be increasing in intensity through the duration of the program.

STEP 1	Calculate your Maintenance Calories (MC) outside TurboFire		
	If you're sedentary and plan on doing little physical activity outside TurboFire, multiply your current weight by 12. That's how many calories you need to consume every day for weight maintenance. If you're moderately active and exercise 3 to 5 times a week in addition to TurboFire, multiply your weight by 13. If you're highly active or have a highly active job, multiply your weight by 14.		
	SEDENTARY LIFESTYLE (DESK JOB):		
	x 12 =		
	(current weight in pounds) (Maintenance Calories)		
	MODERATELY ACTIVE LIFESTYLE (SERVER IN A RESTAURANT):		
	x 13 =		
	(current weight in pounds) (Maintenance Calories)		
	HIGHLY ACTIVE LIFESTYLE (CONSTRUCTION WORKER):		
	x 14 =		
	(current weight in pounds) (Maintenance Calories)		
STEP 2	Calculate your Total Maintenance Calories (TMC) including your TurboFire workouts for weeks 13–20. TurboFire will burn an average of 700 calories per day for weeks 13–20. + 700 calories = (Total Maintenance Calories)		
STEP 3	Calculate your Calorie Target (CT) by subtracting or adding your Caloric Deficit (CD) or Caloric Surplus (CS)		
	This is the number of calories you'd like to cut out of (or add to) your current diet in order to lose (or gain) weight. A deficit of 500 calories a day* averages to a loss of about one pound per week.		
	- 500 calories =		
	(Total Maintenance Calories) (Calorie Target)		
	You may also decide that you just want to maintain your current weight. In that case, you should just stay at your TMC without having to subtract or add 500 calories.		

*Don't use a **Caloric Deficit** that's more than 500 calories a day for your regular diet. (A deficit that drastic is only OK for less than a week or for cleansing purposes.) If you go without enough calories for too long, you'll lack the nutrients to properly recover from your classes. This can lead to the dreaded "results plateau." Your body will also break down, in the form of an injury and/or an illness. So don't do it.

PLANNINGYOUR CALORIES

WHAT TO EAT

You have your calories figured out. Now it's time for the fun part. With which delicious foods do you want to satisfy that caloric goal? Pages 24 through 56 are packed with simple, mouthwatering recipes for every meal of the day, not to mention snacks. Simply pick a breakfast, lunch, and dinner and add up the calories listed at the end of each recipe. Then satisfy your remaining calories with snacks—typically two a day. (HINT: The Snack-O-Matic on page 32 is a great way to fine-tune your caloric intake, but if you're not hitting your numbers on the head, don't stress. Just try to get within 100 calories or so.)

If you're not getting enough calories, add a third snack or increase your protein intake by 2 to 3 ounces in one of your meals.

If you're getting too many calories, skip a snack or reduce your protein intake by 2 ounces in one of your meals.

Even if you follow the plan just right, you might find that you feel overly stuffed or still hungry after meals. In that case, there's nothing wrong with shifting your calories to get more out of the TurboFire program.

WHEN TO FAT

Since TurboFire Classes are intense, you'll need to feed your body with the proper nutrients by eating five times a day. That means three meals plus two snacks. Not only does eating every few hours support your metabolism, but it also gives you energy to get through your classes.

WHEN TO PLAN YOUR MEALS AND SNACKS

Breakfast: Within an hour of waking up

Snack: 2 to 3 hours after breakfast

Lunch: 2 to 3 hours after snack

Snack: 2 to 3 hours after lunch

Dinner: Eat at least 3 hours before going to bed

KEEP SNACKING

Most of the snacks recommended in the TurboFire meal plan contain 100 calories or less. This makes it easy to mix and match snacks to meet your caloric requirements. If your body needs more calories, you can either increase your portions or use meals in place of snacks.

Whatever you do, avoid eating fewer than 1,200 calories a day. You'll not only lack the proper nutrients to FUEL THE FIRE, but your body could think it's starving and spin your metabolism in the opposite direction. And you wouldn't want it to do that, because you'll gradually put the weight back on.

WHAT TO DRINK

Figuring how much water to drink is easy. Take your body weight, divided by two, in ounces. That's how much to drink. So if you weigh 140 pounds, that would be 140 divided by 2=70. That's 70 ounces of water, every day. When it's hot and you're sweating a lot, drink more H_2O . It contains zero calories, keeps you satiated, and also helps flush toxins from your body.

Just keep in mind that most other beverages contain calories. Try to limit the amounts of juices, flavored waters, and calorie-rich beverages you drink throughout the day. Also, if you must drink during your meals, take small sips. Drinking while you eat hinders thermogenesis and decreases your body's ability to lose weight. You'll learn more about various beverages on page 23. 'Til then, think of it this way: Instead of drinking away your calories, you could be enjoying a healthy snack or more bites of that delicious meal you just whipped up. Cheers to that.





) TIIRBN TIP

Drink an 8-oz. glass of water 30 minutes prior to eating a meal to help you feel full. You'll probably eat less food than you usually do.

ADJUSTING TO YOUR **NEW METABOLISM**

POWER THROUGH A PLATEAU

As your body gets into better shape, it should begin to burn more calories. In turn, you may need to increase the calories you eat to maintain your fitness goals and avoid seeing a plateau in your results. This will be especially true after you've been taking your TurboFire classes for a while.

In the simplest sense, when your body's out of shape and has more fat and less muscle, your metabolism is slow. As you begin to eat less, you lose fat, since your body converts it into fuel. Add exercise to this equation and you start building muscle, which also speeds up your fat loss. More muscle requires more calories to maintain.

Muscle requires more calories to maintain. If you don't eat more, your workouts will suffer, and so will your results. If you don't eat more, your workouts will suffer, and so will your results.

Initially, when you were eating less, say around 1,200 calories per day, you may have lost weight somewhat quickly. You probably became thinner and in better shape. After some time, though, you may have found that you stopped

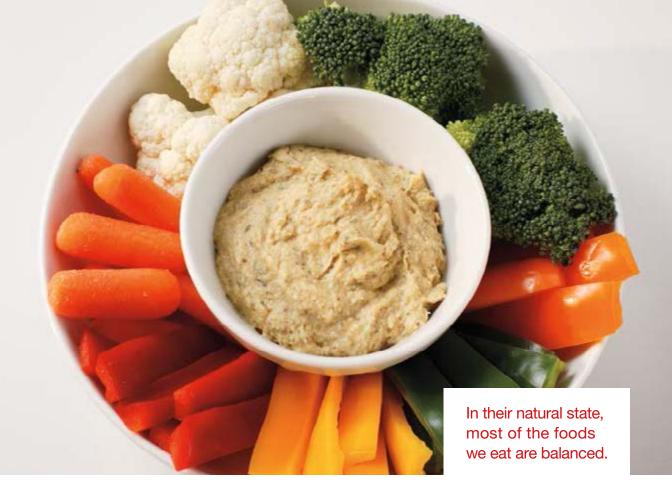
losing weight. Why? Your body hit a plateau and needed more fuel to help you to increase the intensity of your workouts. If you've experienced this lack of continuous weight loss, try reducing your calorie deficit (CD) by eating more while continuing your Class Schedule.

It may be hard to convince yourself that you need to eat more in order to lose weight. However, the method to this science works because TurboFire is all about performance. That restricted calorie regimen you started off with in the beginning of the program won't provide you with enough energy to power through your classes. Just make sure to add healthy calories to your diet to keep energy levels high.

The plateau effect is quite common. We've even seen people who had to double their caloric intake to keep their weight loss going after they were in shape. Surprising, yet true.



Don't reduce the number of calories you're eating all at once. Zigzag your diet. Add or subtract 200 calories a day for 3 or 4 days per week, but eat the way you have been on the other days. Your body will be forced to adjust to these deficit days.



COUNTINGPROTEIN, FAT, AND CARBS

MACRONUTRIENTS

A lot of diet books focus on macronutrients (protein, fat, carbohydrates) and how much of each you should be eating. This trend is a result of more and more processed foods becoming part of our diets.

In their natural state, most of the foods we eat are balanced. However, processing changes the chemical makeup of these foods, stripping them of natural nutrients. Manufacturers then attempt to add nutrients back into these foods, but it's not nearly the same amount as in their original and natural forms.

The effect: When we base our diets on processed foods, we become malnourished, even when we're consuming plenty of calories. A healthy, balanced diet virtually eliminates the need for macronutrient counting.

This TurboFire Nutrition Plan is already nutritionally balanced. We've done the work for you, so you won't need to count protein, fat, and carb grams. Instead, you can focus on more interesting things—like your classes and your life.

HOW TO READ LABELS

MAKE SENSE OF WHAT'S IN THE PACKAGE

Most packaged foods have a Nutrition Facts label. Use this information to make healthy choices quickly and easily.

Vitamin A

Vitamin C

Calcium

Iron

Don't get tricked. Many singleserving packages claim to contain two or more servings to make it seem like they contain fewer calories.

Calories provide a measure of how much energy you get from a serving of this food.

Fiber check: Fiber contains zero calories and promotes regularity. You should have at least 25 grams of fiber in your daily diet.

Nutrition Facts

Serving Size 1 cup (228g) Servings Per Container 2

Amount Per Serving	
Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 3	31g 10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Nutrients in the Red Zone: Saturated fat, trans fat, cholesterol, and sodium. Limit these nutrients, as consuming too many of them can increase your risk of various health problems, like obesity, heart disease, and high blood pressure.

.....

4%

2%

20% 4%

Daily values footnote: Makes recommendations based on a diet of 2,000 or 2,500 daily calories. Make sure these values match your daily caloric needs.

WHAT THE LABELS DON'T TELL YOU

Marketing professionals spend a lot of time and money trying to make their products more appealing to customers. Some of these claims and buzzwords are catchy and very believable. Yet many of these claims actually cover up the truth.

You've probably seen some of these marketing terms plastered on the packaging of your favorite products. Now you can decipher what they really mean. Keep in mind, however, that just because it's FDA-approved doesn't mean it's good for you.

FDA NUTRITION CLAIM DEFINITIONS*

Low-calorie: 40 calories or less

Light/Lite: One-third fewer calories or 50% less fat than the regular product

Fat free: Less than half a gram of fat

Low-fat: 3 grams or less of fat

Reduced-fat: 25% less fat than the regular product

Fewer (or less) calories: At least 25% fewer calories than the regular product

*Information on a per-serving basis.

MORE TO A LABEL THAN MEETS THE EYE

Fact: Packaged foods are packed with extra calories. This is because the actual weight of a packaged food item is usually 5 percent to 10 percent more than the label net weight. Sometimes it's as much as 50 percent more. To calculate the actual calories, weigh it on a food scale. You might be surprised how much you've been adding to your diet without knowing it. That's why a 200-calorie reserve helps make your daily count of the calories you eat more accurate.

Packaged foods are packed with extra calories. Sometimes it's as much as 50 percent more.



The Truth behind the Label

Half the guilt doesn't mean half the calories.

It's easy to think you can eat bigger portions of low-fat or fat-free foods, but that's not true. These foods are often filled with ingredients with little or no nutritional value. And doubling up on nothing is still nothing. Well, except empty calories and chemicals.



Candy, soft drinks, fruit juices, alcoholic beverages, and prepackaged snacks may be fat free. However, they're usually high in sugar and contain empty calories that are anything but empty. They're often worse than the fat.

Sweetened with empty calories.

Soft drinks, ice cream, canned foods, jam, sauces, and breakfast cereals can be loaded with sugar. Enjoy only moderate quantities of these types of processed, packaged foods. Also, check the labels. Sugar can be disguised in many forms. Common aliases: sucrose, glucose, malt, high-fructose corn syrup, molasses, honey, maple syrup, and yes, even this fancy one: "organic evaporated cane juice."





Cutting the fat on meat.

Pizza lovers beware: One serving of pepperoni has about a third of your recommended daily saturated fat. Love salami? You may not after knowing that in regular beef-and-pork-based salami, more than 70 percent of the calories come from fat. Go for a leaner choice instead, like Canadian bacon or turkey bacon.

Low fat that's full of it

Don't be fooled by labels claiming to have a lower percentage of fat. It's serving size and total grams of fat that count. For example, whole milk with 3.5 percent fat sounds low, but an 8-oz. cup contains 8 grams of fat.

Organic junk food.

If it's organic, it must be healthy, right? Not really. Your body processes organic refined flour the same way it breaks down conventional flour. All in all, you're still eating a high-calorie, low-nutrient letdown.

The vitamin void.

Some products may claim to be a "good source of 7 vitamins and minerals." Let's take a closer look at the ingredients list. Apparently, 5 of those 7 vitamins and minerals are derived from the first ingredient: enriched flour, otherwise known as refined flour with nutrients added after it's been stripped of fiber. The fact is, fiber helps digestion and promotes regularity, among other things. And most adults don't get enough of it. Substitute whole foods or Shakeology for these highly processed false bearers of fiber.

What's inside this wheat bread?

Ignore fat when it comes to bread. Claims like "1 gram of fat per slice" are really trying to distract you from the truth. The truth is that these products have three times more sugar than fiber. Not to mention a dozen additives, chemicals, and preservatives. Apparently, not all breads are made of flour, water, and yeast. Look for whole-grain breads with fewer than six ingredients on the label.

Fat-free vs. sugar-free. Who wins?

Depends on how many calories are in a serving. In sugar-free products, fat may be increased to compensate for sugar's other qualities besides sweetness, like tenderness. Same for fat-free products. Sugar content may be increased to imitate the bulking and tenderizing effect that fat has on foods. Sometimes, the natural, nonengineered product in a smaller portion size is your best choice.

The surprise in the cereal box isn't the toy inside.

It's sugar. Catchphrases like "a hint of sweetness" can mean as much sugar as a scoop of vanilla ice cream. Even healthy-sounding labels can be loaded with sugar. For a better alternative, look for cereals with less than 10 grams of sugar, some protein, and at least 3 grams of fiber per serving.

Drizzled or drenched. It's all in the dressing.

A bowlful of fresh salad and veggies is chockfull of vitamins and minerals. But it may also be chock-full of unwanted calories and fat. Ranch, Caesar, and blue cheese salad dressings clock in at around 150 calories and 15 grams of fat per serving, while French, Catalina, and Thousand Island are loaded with low-grade oils and excess sugar. You're better off drizzling half a tablespoon of olive oil with a squirt of lemon or a dash of flavored vinegars (e.g., balsamic, red wine, or rice vinegar) and saving those unwanted calories for something later, like a tasty snack.





Dip your fork into dressing before taking a bite of salad and you'll end up using a lot less than if you poured it all over your salad.

EAT GOOD CARBS, NOT BAD CARBS.

The idea that all carbohydrates are unhealthy is a misconception. Over the years, the wrong kinds of carbs, like soda and candy, have given carbs a bad name. The truth is, carbohydrates fuel the body with nutrients. Did you know that many of the world's healthiest foods are good carbohydrates, like fruits, vegetables, and whole grains? Yup, these are the kinds of good, clean foods that are your friends. And when you're exercising at high intensities, they'll help you keep up the momentum.

This is how it works: Since good carbs have a low glycemic index, they supply your body with a steady stream of blood sugar. In turn, you'll have more energy to get through your classes so you can

Many of the world's healthiest foods are good carbs, like fruits, vegetables, and whole grains.

burn calories more efficiently. Sure, if you eat too many, even good carbs will be stored as fat. But without them, you'll crash. In reality, getting enough good carbs in your diet is absolutely essential for high performance.

Now for the lowdown on bad carbs. These refined carbs and sugars have a high glycemic index that isn't balanced out by fiber. So your body absorbs them too fast, creating an insulin response that'll spike your blood sugar levels, then drop them quickly (aka "the sugar rush/crash"). This process just leaves you feeling lethargic, without enough energy. If you cut refined carbs and sugars out of your daily diet, you'll probably notice a renewed sense of energy. So why not give it a try? Today's a good day to start.

Good Carbs to Add to Your Diet

- ½ cup cooked brown rice, whole grain pasta, or barley
- 1 small baked sweet potato*
- 3/4 cup cooked corn or 1 small ear, corn on the cob
- ½ cup cooked beans
- 1 small baked potato with skin
- 1 slice sprouted whole-grain bread
- 2/3 cup whole-grain, high-fiber breakfast cereal
- 1/2 cup cooked quinoa
- 1 piece of fruit
- 1 cup fresh berries

100-150 calories per serving



*Baked Sweet Potato. For recipe, see page 37.



Read nutritional labels to help you measure out correct serving sizes so you don't overeat.

REMEMBER TO FACTOR IN THE FIBER.

Fiber has a number of amazing benefits, like helping us digest food and lower our cholesterol. It also helps us feel full. Unfortunately, several studies indicate that most Americans don't get the recommended 25 to 40 grams of fiber a day. Why be a statistic? You can easily get plenty of fiber by incorporating more fruits, vegetables, and whole grains into your diet. Also, try to skip processed foods, as they're often stripped of fiber and offer your body less nourishment than whole foods.

Want to know how much fiber a packaged food contains? Just check the Nutrition Facts label. Under the *Carbohydrates* heading you'll see how many grams of fiber it contains. If there are none, maybe you can swap it for a better choice.

THE POWER OF PROTEIN.

Protein is made up of the amino acids our bodies require to build muscle. Unlike carbs and fat, protein isn't really vilified in the press. Most of us are aware we need it, and that protein can be found in many sources, both meats and vegetarian. But

here's the problem. When you eat large amounts of protein in one sitting, your body can have a tough time digesting it all. Instead, try to consume small amounts of protein throughout the day.

When you eat large amounts of protein in one sitting, your body can have a tough time digesting it all.

If most people eat more than 30 grams of protein per meal, the excess just goes to waste. Protein

is found in many sources other than red meats, but not much is found in processed foods. Grilling up a fresh, lean piece of chicken or fish is a better, natural whole-food choice. Or snack on some nuts, eggs, beans, or cottage cheese.

THE ORGANIC QUESTION.

Should you eat organic? We think you should! You don't need to, but it's certainly better for you, particularly when it comes to soy and dairy. Organic soy cannot, by definition, be genetically modified, so paying a few extra cents for your tofu means you're simultaneously avoiding both GMOs and pesticide residues that can linger on crops.

Organic dairy is free of the various hormones and antibiotics fed to conventionally raised cows. Also, recent studies out of England show that organic milk is more nutritionally consistent and contains a higher concentration of omega-3 fatty acids. The same generally holds true for organic and grass-fed meats.

As for organic produce, again you're avoiding pesticide residues and any potential genetic engineering. Furthermore, emerging research shows that organic fruits and veggies can be higher in phytonutrients. As for vitamins and minerals, there's no conclusive evidence yet, but why wait around for science to catch up with your healthy eating habits!





Like carbs, fats are essential for health. The problem, much like the one we have with carbs, is that we eat too many of the wrong types of fats. Omega-3, -6, and -9 fatty acids are key to the healthy functioning of your brain, metabolism, and immune system.

FOLLOW THESE SHORTCUTS TO EATING THE RIGHT FATS WHILE OMITTING BAD FATS.

- The more white you see on raw meat, the more saturated fat it contains. Limit these types of fatty cuts.
- 2 If a food contains any trans fats, avoid it altogether.
- Remove the skin from poultry before cooking to avoid letting saturated fat sneak into your meal.
- Choose fish like salmon for a healthy dose of omega-3s.
- Buy all-natural nuts, seeds, and nut butters.

- 6 Select low-fat dairy to decrease unwanted saturated fat. Or replace milk with rice or almond milk.
- 7 Use natural cooking oils in preparing your foods. Olive oil is a great source of monounsaturated fats.
- Though it's high in saturated fat, natural dairy butter (preferably organic, from grass-fed cows) is loaded with vitamins and is usually better than lower-calorie margarine options. Your body needs saturated fat, just not much. If you're going to use butter, make a little pat go a long way.

MANAGING YOUR HUNGER

WHEN YOUR BODY TALKS, LISTEN.

You expend about 60 to 75 percent of your daily calories just maintaining your basic bodily functions, like your body temperature, your nervous system, your breathing, and your heartbeat, as well as nourishing and repairing your muscles and cells. A simple rule you can keep in mind is to eat when you're hungry and stop when you aren't.

Don't skip meals: Avoid slowing down your metabolism. You should be fueling your body five times a day. Eat breakfast, lunch, and dinner, and snack on healthy choices throughout the day. Studies indicate that people who skip breakfast regularly are up to 450 percent more likely to be overweight than those who don't. Skipping meals doesn't help you cut

Studies indicate that people who skip breakfast are up to 450 percent more likely to be overweight than those who don't.

calories. Only smaller portion sizes and the kinds of foods you eat will. Choose meal and snack options from the recipes section to customize your daily caloric intake.

Water burns: Seventy-five percent of people don't drink enough water. Without enough water in your system, your metabolism slows down and you end up burning fewer calories. Always drink at least 8 glasses or 64 ounces of water a day.

Catch more zzzzs: Getting too little sleep triggers hormonal changes that lead to an increased appetite. Also, sleep deprivation can cause your body to have more cravings for foods that are high in sugar and fat. If you're tired, often you won't have the energy to work out. So be sure you get enough sleep—7 to 8 hours each night. That way, you'll have the energy to get those legs up and those fists punching in your classes. (Your body will thank you for it.)



Are you drinking enough water? When you're awake, you should be taking a bathroom break at least every four hours. If not, it's time to hydrate.

DON'T LET YOUR HUNGER MANAGE YOU.

When you're hungry, it's easy to let your stomach do the talking. Make sure you take control over your hunger before it gets out of control. Here are a few tips to help you manage your appetite:

Drink water 30 minutes before every meal.

Sometimes, the effects of thirst are disguised as hunger pangs. Water will not only ease the hunger temporarily, it'll also help you reduce the amount you eat at a meal. Drink water instead of sodas, fruit juices, and sugary drinks during your meals and you won't be adding empty calories.

You don't need to eat everything on your plate.

Avoid overeating just because it's there. Pack leftovers into a doggie bag when you're eating out. Or split your meal in half and take half home. That way you can enjoy the same delicious meal twice.

Hold the dessert? Yes.

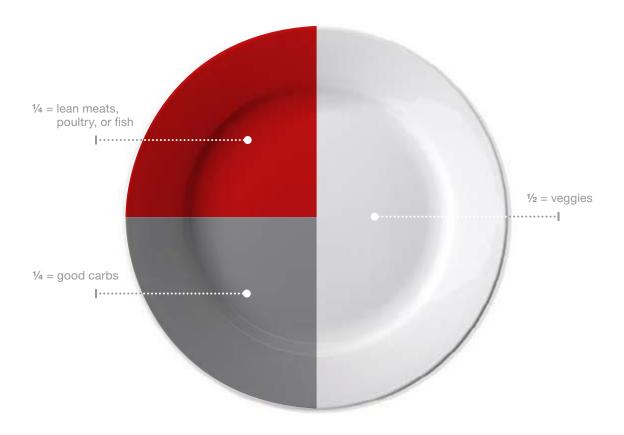
Wait until 20 minutes after you've eaten the main course. If you're still hungry, treat yourself to fresh fruit or sorbet.

Veggies on the side, please.

If your meal doesn't come with vegetables, get a side order or have a fresh garden salad on the side. You'll eat more nutrients that'll burn off easily.

Eat slowly. Chew 20 times before you swallow.





Eyeball What's On Your Plate

An easy way to begin eating healthier starts with what you pile on your plate. To reduce portions, first choose a smaller-sized plate. Then section it off so you can get the most nutrition out of every meal.

- Fill half your plate with vegetables, like broccoli, cauliflower, carrots, green beans, or a mixed green salad.
- Fill one-quarter of your plate with lean meats, poultry, or fish.
- Fill the other quarter of your plate with good carbs like brown rice, whole-grain pasta, or sweet potatoes.
- Add a small piece of fruit or 8 ounces of low-fat yogurt.
- Limit fat to 1 or 2 teaspoons of butter or olive oil. Use nonstick cooking spray and you can limit calories even more.

STAY ON TOP OF MICHI'S LADDER

Michi's Ladder is an easy guide to finding the foods you need to fuel your body. It's not a diet, but a simple substitution plan. We recommend you trade the unhealthier foods you currently eat for choices that are higher up on the ladder. Stick with Tiers 1 and 2 to lose weight and stay healthy. Although there are healthy choices in the lower tiers, especially in Tier 3, they're calorically dense. Try to avoid foods from Tiers 4 and 5 and you'll trim unwanted calories from your diet. Yes, it's that simple.

PROTEIN = P CARB = C FAT = F

TIER 1: THE PIOUS TIER		
Apples, with skin C Artichokes (without sauce) P C Arrichokes (without sauce) P C Amaranth P C Arugula C Asparagus C Barley C Beans P C F Beets C Blueberries C Bok choy C Boysenberries C Broccoli P C Broccoli P C Broccoli sprouts P C Carots C Cauliflower C Celery C Chard P C Chickpeas P C Citrus fruits C Collard greens P C Cottage cheese, nonfat P	Cucumbers C Egg whites P Endive C Fish (broiled, steamed, grilled) P F Flaxseed F Garlic, fresh C Grapefruit C Grapes C Hempseed F Herbs Kale P F C Ketchup (homemade, no sugar) C Kiwifruit C Lentils P F C Lettuce (romaine, green or red leaf) C Melon, C Milk, nonfat P C Mushrooms C Mustard C Natto P F C Nectarines C Onions C Papayas C Peaches C Pears, with skin C	Peas P C Peppers C Pineapple C Plums C Prunes C Quinoa P C Radishes C Raspberries C Refried beans (nonfat) P C Rice, whole grain C Salsa (natural, no sugar or oil) C Spelt P C Spinach P C Squash C Strawberries C String beans P C Sweet potatoes C Tea (green or black, no sugar) Tomato sauce (no sugar) C Tomatoes C Vinegar Water Yams C Yogurt, nonfat, no sugar P C Zucchini C
	TIER 2: THE HAPPY TIER	
Apples, skinless C Applesauce (raw) C Avocados F Bagels, whole-grain C Bananas C Bread, whole-grain F C Broths (veggie, chicken, etc., low-sodium) F C Buffalo, super lean (under 10% fat) P F Cereal, whole-grain P F C Cheese, nonfat P Coffee, black or cappuccino w/nonfat milk C Coconut F Corn F C Couscous P F C Cottage cheese, low-fat P F Cream cheese, nonfat P Dates C	Eggs, whole PF Eggplant C Feta cheese, low-fat PF Fowl, skinless, white meat only PF Figs C Granola, raw, no sugar PFC Hummus PFC Juice, fresh-squeezed w/pulp, no sugar C Mangoes C Meat, wild game PF Milk, 1% PFC Muesli, raw, no sugar PFC Nuts, raw PF Nut butters, raw, no additives PF Oatmeal PC Olive oil F Olives F	Pork tenderloin P F Plantains C Raisins C Ricotta cheese, nonfat P Rye Crisp C Seitan P F C Steak, super-lean P F Squid P F Stevia Sunflower seeds P F Tahini P F Tempeh P F C Tofu P F C Vegetable juice C Veggie burger P F C Yacon syrup C Yogurt, low fat, no sugar P F C

TIER 3: THE SWISS TIER		
Applesauce (big brand) C Agave nectar C Almond milk PFC Beef, ground, super-lean (under 10% fat) PF Beef, lean cuts PF Broths (veggie, chicken, etc.) C Butter, unsalted F Canola oil F Cheese, hard Cheese, low-fat PF Chicken taco, baked PFC Chili (no lard or sugar added) PF Crackers, whole grain FC Cream cheese, low-fat PF Fowl, skinless, dark meat only PF Fowl, ground, super-lean (under 10% fat) PF French fries, baked FC	Fruit, dried C Granola (no sugar added) C Honey C Jam or marmalade (no sugar added) C Ketchup (store-bought, no sugar added) C Lamb, lean P F Lettuce, iceberg C Maple syrup (natural, no sugar added) C Milk, 2% P F C Muesli (big brand) P C Molasses C Oatmeal, flavored P C Pancakes, buckwheat C Pasta, whole-grain C Pickles C Popcorn, plain F C	Potatoes, baked or boiled C Refried beans, low-fat PFC Rice cakes C Rice milk C Rice, white C Sauerkraut C Shellfish P Shrimp P Soy milk PFC Soy nuts PFC Sugar alcohols (Truvia, and anything ending in -tol) C Sushi PFC Tortillas, whole wheat FC Veal PF Wine, red C Wine, white C
	TIER 4: THE DODGY TIER	
Artificial sweeteners (sucralose, aspartame, saccharine, etc.) Bagels, refined flour C Beef, ground, lean (under 20% fat) PF Beer C Bread, refined flour C Butter (salted) F Caesar salad, w/chicken PFC Canadian bacon PF Cheese, soft (including blue and goat) F Chips, low-fat, baked C Cobb salad PFC Coffee, iced mocha latte w/nonfat milk PC Coffee, latte w/whole milk PFC Crackers FC Crackers FC Cream cheese F Fish, fried PF Fowl, with skin PF	Fowl, ground, lean (under 20% fat) PF Graham crackers C Ham PF Hot dogs, turkey PF Ice cream, sugar-free or fat-free F C Jell-O C Jerky, turkey P Juice, from concentrate C Lamb chops PF Lasagna PF C Macaroni and cheese F C Mayonnaise F Meat loaf PF Milk, whole PF C Muffins F C Nuts, salted or roasted F Nut butters, processed F C Pancakes F C Peanut butter, not raw F C	Pizza, thin crust veggie PFC Popcorn, w/salt and butter FC Pork chop PF Potato salad or macaroni salad FC Pretzels C Pudding, w/low-fat milk FC Reuben sandwich PFC Sauce, steak, etc. C Sherbet C Sloppy Joe, lean beef or turkey PFC Soup, canned creamy PFC Soy sauce Spaghetti, w/meatballs PFC Sub sandwich PFC Sweet-and-sour sauce FC Tortilla, refined flour or corn FC Tuna salad or chicken salad PF Yogurt, frozen C
	TIER 5: THE NEWBURG TIER	
Alcohol, hard liquor Bacon P F Baked beans P F C Beef, ground, regular, (over 20% fat) P F Beef taco, fried P F C Breaded" foods F C Breakfast sandwich, fast food P F C Cake F C Candy P F C Cereal, sugared P F C Chicken a la King P F C Chicken or fish sandwich, fried P F C Chicken or fish sandwich, fried P F C Chicken fried steak P F C Cinnamon bun F C Coffee, mocha, macchiato, ice blended, frappe, triple caramel vanilla buzz bomb, etc. F C	Cookies, Oreo et al. F C Creamed veggies F C Creamer, nondairy F C Diner fare P F C Doughnuts F C Energy drinks C Fowl, ground, regular (over 20% fat) P F French fries F C Gravy P F Grilled cheese sandwich P F C Hamburger, fast food P F C High fructose corn syrup C Hot dogs P F C "Hydrogenated" foods F Ice cream F C Jerky, beef, pork, venison P F C Juice, sugar added C Lobster Newburg P F C Margarine F Milk, cream, or half-half P F C	Nachos F C Onion rings F C Pastries F C Pies F C Pizza, delivery P F C Potato skins, fried F C Refried beans, w/lard P F C Salad dressing, creamy F C Sausage P F Soft drinks, diet (read the studies) Soft drinks, sugared C Sports drinks and foods (unless you're playing sports) Syrup C Sugar, refined C Tater tots F C Toaster pastries F C Vegetable oil (cheap big brand) F

PREWORKOUT FOOD

WHEN TO FUEL UP BEFORE CLASS.

Ideally, you want to eat a meal 3 hours prior to working out. If you eat 2 hours beforehand, make sure you reduce your portion size. Or if it's just over an hour before your class starts, grab something small and keep it close to a 4:1 carb-to-protein ratio, with a minimal amount of fat. Just try not to exceed 200 calories for your preclass snack.

If you train in the morning or haven't eaten in a long time, snack on fruit, have a small glass of juice, or sip on some Results and Recovery Formula® as you begin to warm up. Having one of these easily digestible foods that's around 100 calories will give you energy and momentum until the end of your class.

To order Results and Recovery Formula®, contact your Team Beachbody® Coach or visit Beachbody.com.











Estimate your calories as you consume them. Research shows that people who are aware of their calorie consumption eat less and fill up faster. Don't forget to include a 200-calorie daily reserve for food you forget to tally up or had underestimated.

BEVERAGES

WHAT TO DRINK AND WHAT TO AVOID: THE GOOD. THE BAD. THE UGLY.

THE GOOD	
Water	Nearly 70 percent of your body is made up of water. You should be replenishing your system frequently with pure water to help your body function properly. Remember, drink at least 64 ounces a day.
Protein drinks	Those with few added ingredients can be a helpful way to add a lot of nutrients with very few calories.
Shakeology	The most efficient 140 calories you can consume, it's the Healthiest Meal of the Day®. Period. Visit Shakeology.com to learn more.
Sports drinks while working out	During and immediately after your class, a proper sports drink like Results and Recovery Formula will help you train harder and recover faster. Just make sure to keep track of those calories.
Coffee and black tea	Good in moderation, numerous studies confirm the health benefits of drinking these two noncaloric beverages. Keep sweeteners and creamers in moderation, too.
Herbal teas	These noncaloric herbal brews offer a wide variety of natural ingredients that can be beneficial to your health. Ginger, for instance, is great for cleansing. Find a good book or read more about the healthy benefits of various herbal teas online.
Juiced vegetables	Home juicers are a great tool for juicing vegetables, which are loaded with nutrients and contain very few calories.
THE BAD	
Flavored waters	These drinks add calories and chemicals to an already-perfect beverage. Always read the label to see what you're really drinking. Some flavored waters are OK. But nothing's better than fresh, pure $\rm H_2O$.
Wine	Many studies boast wine's health benefits, like lowering blood pressure and helping to slow down the aging process. However, it's still a high-calorie indulgence. Also, alcohol helps put the "toxic" in "intoxicated."
Beer	Like wine, beer also has many benefits when it's brewed naturally. This is not so much the case with the mass-market junk beers you'll find on most store shelves.
Pure juice	One hundred percent juice is natural and has all sorts of good ingredients in it. The downside is that juicing can strip fruit of its fiber and condense its sugars, turning a perfectly healthy piece of fruit into a calorie-laden sugar bomb. Why not just enjoy a whole fresh orange instead?
Milk	While dairy products contain calcium, plant-based sources allow the body to absorb this necessary element more easily. Broccoli, kale, spring greens, cabbage, parsley, and watercress are better alternatives. Also rich in calcium: nuts, sesame seeds, peas, beans, and lentils.
Sweetened teas and coffee with creamer	Every spoonful of sugar, artificial sweetener, or creamer we add to these beverages can far outweigh any benefit they may have.
Energy drinks	As a pick-me-up, these drinks give us a temporary energy boost. Drinking more than one a day places them in the "soda" category. Not to mention that the caffeine and sugar crash your body undergoes a few hours later outweighs that burst of energy.
Smoothies	Even if your smoothie contains nothing but healthy ingredients, most smoothies contain far more sugar and calories than you should consume at one time.
THE UGLY	
Soda	Without a doubt the worst drink on the planet, soda is almost single-handedly responsible for the obesity epidemic. Loaded with empty calories, soda offers no nutritional value.
Diet soda	The chemical trickery involved in creating diet soda seemed okay until the long-term studies started pouring in. Studies have shown that even people who drink this stuff in moderation have a far greater risk of developing any one of a variety of diseases.
Coffeehouse drinks	These are nothing more than dessert with a buzz, followed by a sugar crash. Most of these caffeine-sugar bombs have as many calories as an entire meal. How do you like them grande lattes now?
Cocktails	Alcohol is the unhealthy part of beer and wine. As for hard liquor, it's usually mixed with something else from the bad or ugly list.
Sports drinks (while not working out)	When not playing sports or working out intensely, sports drinks offer few if any health benefits.
Milkshakes	It's nothing more than ice cream blended with whole milk. Need we say more? (Sure, they're yummy, but milkshakes counteract the hard work you've been putting into your classes and daily diet.)

CHALENE'S CALORIE-CONSCIOUS MEALENS

BREAKFASTS













GREEN PEPPER AND HAM SCRAMBLE

(Makes 1 serving)

- 1 large egg
- 1 egg white
- Nonstick cooking spray
- 2 oz. lean, low-sodium, nitrite-free ham (or cooked turkey bacon or turkey sausage), chopped
- ½ medium green bell pepper, chopped
- 2 Tbsp. shredded pepper jack cheese (½ oz.)
- Sea salt and ground black pepper (to taste; optional)
- 2 green onions, chopped
- 1 slice whole wheat bread, toasted
- ½ cup unsweetened cranberry juice
- 1 Combine egg and egg white in a small bowl.
- 2 Heat medium nonstick skillet lightly coated with spray over medium-low heat. Add eggs; cook, stirring frequently, for 4 to 6 minutes, or until almost set.
- 3 Add ham, bell pepper, and cheese; cook until set.
- 4 Season with salt and pepper if desired.
- 5 Garnish with green onions.
- 6 Serve with toast and cranberry juice.

NUTRITIONAL INFORMATION (PER SERVING, INCLUDING TOAST AND CRANBERRY JUICE):

Calories: 396 / Total Fat: 15 g / Saturated Fat: 6 g Cholesterol: 233 mg / Sodium: 908 mg / Carbohydrate: 36 g Fiber: 5 g / Sugar: 22 g / Protein: 30 g

FRUIT 'N' NUT ENGLISH MUFFIN

(Makes 1 serving)

- 1 whole wheat English muffin, split, toasted
- 1 Tbsp. all-natural almond butter
- 1 Tbsp. all-fruit apricot jam
- 1 cup English breakfast tea, brewed, hot
- 1 Spread each muffin half with almond butter.
- 2 Top with jam.
- 3 Serve with English breakfast tea.

NUTRITIONAL INFORMATION (PER SERVING): Calories: 288 / Total Fat: 10 g / Saturated Fat: 1 g Cholesterol: 0 mg / Sodium: 218 mg / Carbohydrate: 43 g Fiber: 5 g / Sugar: 14 g / Protein: 10 g

TOAD IN THE HOLE WITH TURKEY SAUSAGE

(Makes 1 serving)

- 1 slice whole wheat bread
- Nonstick cooking spray
- 1 large egg
- Sea salt and ground black pepper (to taste; optional)
- Paprika (to taste; optional)
- 3 links cooked turkey sausage (60 to 70 calories per link), hot
- 1 Use a round cookie cutter to cut a hole in the center of the bread.
- 2 Heat medium nonstick skillet lightly coated with spray over medium heat. Add bread; cook over medium-low heat for 1 minute on each side.
- 3 Drop egg in the center of the bread; cook for 1 to 2 minutes. Turn egg-bread combo; cook 1 minute.
- 4 Season with salt, pepper, and paprika if desired.
- 5 Serve with turkey sausage.

NUTRITIONAL INFORMATION (PER SERVING): Calories: 340 / Total Fat: 21 g / Saturated Fat: 5 g Cholesterol: 320 mg / Sodium: 961 mg / Carbohydrate: 13 g Fiber: 2 g / Sugar: 2 g / Protein: 23 g

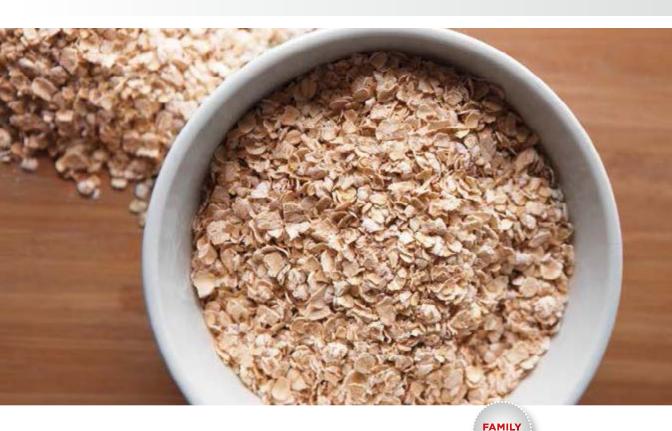
WARM CINNAMON-DUSTED APPLE SLICES

(Makes 2 servings, 3/4 cup each)

- 3 medium apples, cored, sliced
- 3 Tbsp. water
- 1/4 tsp. ground cinnamon
- 4 tsp. ground raw walnuts (or almonds)
- 1 cup nonfat cottage cheese
- 1 Cook apples and water in medium nonstick skillet over medium heat for 3 to 6 minutes, or until soft yet crisp; remove from skillet.
- 2 Place on serving plate. Top evenly with cinnamon and walnuts.
- 3 Serve with ½ cup cottage cheese on the side per serving.

NUTRITIONAL INFORMATION (PER SERVING, INCLUDING COTTAGE CHEESE):

Calories: 255 / Total Fat: 4 g / Saturated Fat: 0 g Cholesterol: 5 mg / Sodium: 434 mg / Carbohydrate: 46 g Fiber: 7 g / Sugar: 33 g / Protein: 14 g



APPLE-CINNAMON OATMEAL

(Makes 2 servings, 1 cup each)

- 1½ cups water
- 3/4 cup old-fashioned rolled oats
- ½ medium Granny Smith apple, chopped
- · 2 Tbsp. chopped raw walnuts
- 1 tsp. ground cinnamon
- 2 cups 100% orange juice
- 1 Bring water to boil in medium saucepan over medium heat. Add oats; cook, stirring frequently, for 4 to 5 minutes. Remove from heat.
- 2 Combine oatmeal, apple, walnuts, and cinnamon in a medium serving bowl.
- 3 Serve with 1 cup orange juice on the side per serving.

NUTRITIONAL INFORMATION (PER SERVING, INCLUDING **ORANGE JUICE**):

Calories: 294 / Total Fat: 8 g / Saturated Fat: 1 g Cholesterol: 0 mg / Sodium: 9 mg / Carbohydrate: 53 g Fiber: 4 g / Sugar: 26 g / Protein: 7 g

EGG FRITTATA

(Makes 4 servings, 1 4-inch square piece each)

- 3 egg whites
- 3 large eggs
- 2 Tbsp. nonfat milk
- ½ cup crumbled feta cheese (2 oz.)
- 1 cup fresh spinach, chopped
- 1 Tbsp. dried basil (or dried oregano)
- Ground black pepper (to taste; optional)

MEAL

- Nonstick cooking spray
- · 4 slices whole wheat bread, toasted
- 2 cups low-sodium vegetable juice
- 1 Preheat oven to 425° F.
- 2 Combine egg whites, eggs, and milk in a medium bowl.
- 3 Add cheese, spinach, basil, and pepper (if desired); mix well.
- 4 Lightly coat an 8 x 8-inch square casserole dish with spray. Pour egg mixture into dish.
- 5 Bake for 20 to 22 minutes, or until eggs are set.
- 6 Serve with 1 slice toast and ½ cup vegetable juice on the side per serving.

NUTRITIONAL INFORMATION (PER SERVING, INCLUDING TOAST AND VEGETABLE JUICE):

Calories: 278 / Total Fat: 10 g / Saturated Fat: 4 g Cholesterol: 156 mg / Sodium: 549 mg / Carbohydrate: 32 g Fiber: 4 g / Sugar: 7 g / Protein: 16 g



FAMILY MEAL

APPLE-CINNAMON-YOGURT-PANCAKES

(Makes 4 servings, 2 pancakes each)

- 1 large egg
- 1 cup plain nonfat yogurt
- 1 Tbsp. vegetable oil
- 7 tsp. raw honey, divided use
- 1 cup whole wheat flour
- 1 tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. sea salt
- 1 tsp. ground cinnamon
- Nonstick cooking spray
- 2 medium apples, peeled, sliced
- 2 cups low-fat cottage cheese
- 1 Place egg, yogurt, oil, and 3 tsp. honey in a large mixing bowl; whisk to blend. Set aside.
- 2 Combine flour, baking powder, baking soda, salt, and cinnamon in a medium bowl; mix well.
- 3 Add dry ingredients to wet ingredients; mix well.
- 4 Heat large nonstick skillet lightly coated with spray over medium-high heat.

- 5 Spoon about ¼ cup batter into skillet for each pancake; cook for 1 to 2 minutes, or until bubbles form on top. Flip with spatula and cook for 30 seconds. Repeat with remaining batter.
- 6 Top pancakes evenly with apples and remaining 4 tsp. honey.
- 7 Serve with ½ cup cottage cheese on side per serving.

NUTRITIONAL INFORMATION (PER SERVING, INCLUDING COTTAGE CHEESE):

Calories: 341 / Total Fat: 6 g / Saturated Fat: 1 g Cholesterol: 52 mg / Sodium: 600 mg / Carbohydrate: 52 g Fiber: 3 g / Sugar: 24 g / Protein: 22 g

FRUIT BOWL

(Makes 1 serving)

- 1/8 medium cantaloupe, peeled, cubed
- ½ medium honeydew melon, peeled, cubed
- 1 medium orange, peeled, sectioned
- ½ medium banana, sliced
- 1 Combine cantaloupe, honeydew, orange, and banana in a medium bowl; toss gently to blend.

NUTRITIONAL INFORMATION (PER SERVING): Calories: 186 / Total Fat: 1 g / Saturated Fat: 0 g Cholesterol: 0 mg / Sodium: 34 mg / Carbohydrate: 47 g Fiber: 7 g / Sugar: 36 g / Protein: 3 g

GUILTLESS EGG SANDWICH

(Makes 1 serving)

- Nonstick cooking spray
- 2 egg whites
- Sea salt and ground black pepper (to taste; optional)
- 1 whole wheat English muffin, split, toasted
- 2 Tbsp. shredded cheddar cheese
- 2 links cooked turkey sausage (60 to 70 calories per link), hot
- ½ cup 100% grapefruit juice
- 1 Heat medium nonstick skillet lightly coated with spray over medium-low heat. Add eggs; cook for 3 to 4 minutes. Do not stir. As eggs set, lift edges, letting uncooked portion flow underneath. Season with salt and pepper if desired.
- 2 Top muffin half with cheese, eggs, sausage, and other half of muffin. Serve with grapefruit iuice on the side.

NUTRITIONAL INFORMATION (PER SERVING, INCLUDING ${\bf GRAPEFRUIT\ JUICE}):$

Calories: 390 / Total Fat: 16 g / Saturated Fat: 5 g Cholesterol: 105 mg / Sodium: 990 mg / Carbohydrate: 36 g Fiber: 3 g / Sugar: 2 g / Protein: 26 g



Oats contain high levels of soluble fiber, which acts as a sponge by soaking up cholesterol and carrying it out of the body to help lower cholesterol levels.



LOW-FAT HONEY YOGURT

(Makes 1 serving)

- 8 oz. low-fat plain yogurt
- 1 tsp. raw honey
- 1 Combine yogurt and honey in a small bowl; mix well.

NUTRITIONAL INFORMATION (PER SERVING): Calories: 140 / Total Fat: 2 g / Saturated Fat: 1 g Cholesterol: 7 mg / Sodium: 147 mg / Carbohydrate: 23 g Fiber: 3 g / Sugar: 20 g / Protein: 9 g

BREAKFAST QUESADILLA

(Makes 1 serving)

- Nonstick cooking spray
- 2 egg whites
- 1 (6-inch) whole wheat tortilla, warm
- 2 Tbsp. shredded pepper jack cheese
- 1 Tbsp. pico de gallo (fresh tomato salsa)
- 1 tsp. sour cream
- 1 fresh cilantro sprig, chopped
- 1 Heat medium nonstick skillet lightly coated with spray over medium-low heat. Add eggs; cook for 3 to 4 minutes. Do not stir. As eggs set, lift edges, letting uncooked portion flow underneath; remove from skillet.
- 2 Top tortilla with eggs, cheese, and pico de gallo; fold in half.
- 3 Place tortilla in skillet. Cook 1 to 2 minutes, or until cheese melts; remove from pan.
- 4 Garnish with sour cream and cilantro and serve.

NUTRITIONAL INFORMATION (PER SERVING): Calories: 284 / Total Fat: 12 g / Saturated Fat: 4 g Cholesterol: 18 mg / Sodium: 772 mg / Carbohydrate: 30 g Fiber: 5 g / Sugar: 2 g / Protein: 16 g

SNACKS





THE SNACK-O-MATIC

SNACKS AROUND 100 CALORIES

Grabbing an apple or a handful of raw nuts for a healthy snack may be easy, but it can get boring. To add a little zest to your two daily snacks, we've created the Snack-O-Matic. It's super-easy to use. Just pick a "base." Spread a "dip" across it. Top it off with a "topping." And add all the "freebies" you want. You can pick and choose ingredients according to your tastes and still have a delicious snack that's around 100 calories. There are no limitations, as long as you pick three items. You can mix and match bases with spreads. Have a base and two spreads. Want three toppings? Then have three toppings. The only rule is to have two snacks every day.

HOW TO USE THE SNACK-O-MATIC

1 Apple	+ 38 calories
2 Low-fat cream cheese	+ 30 calories
3 Raisins	+ 31 calories
TOTAL CALORIES	= 99 calories
1 Whole wheat pita	+ 37 calories
2 Hummus	+ 25 calories
3 Smoked salmon	+ 33 calories
4 Dill	+ 0 calories
TOTAL CALORIES	= 95 calories



Explore all the options of the Snack-O-Matic. When you come up with your favorite mouthwatering combination, share it on the message boards at TeamBeachbody.com.

1 PICK YOUR BASE

Apple, ½, small, sliced • 38 calories

Cantaloupe, 1/8, medium • 30 calories

Carrot, 1, large • 30 calories

Celery, 3 stalks • 18 calories

Corn chips, 5, baked • 40 calories

Crackers, 4, whole-grain/wheat • 30 calories

Honeydew, 1/8, medium • 30 calories

Jicama, 1, small, sliced • 35 calories

Melba toast pieces, 2 • 38 calories

Pita, ½ of a 4" pita, whole wheat • 37 calories

Rice cake, 1, whole-grain • 35 calories

Toast, ½ slice, whole-grain • 35 calories

2 CHOOSE YOUR DIP

Avocado, 1/8, medium • 28 calories

Cottage cheese, ¼ cup, low-fat • 41 calories

Cream cheese, 1 Tbsp., low-fat • 30 calories

Honey, 2 Tbsp. • 42 calories

Hummus, 1 Tbsp. • 25 calories

Nut butter, 1 Tbsp. • 30 calories

Pesto, 2 tsp. • 38 calories

Salsa, ½ cup • 35 calories

Tapenade (olive paste), 1 Tbsp. • 30 calories

Whole fruit spread, 2 tsp. • 38 calories

ADD A TOPPING

Anchovies, 4, canned, drained • 34 calories

Banana, ½, small • 45 calories

Bell pepper, 1, medium • 24 calories

Blueberries, 40 • 31 calories

Cheese, 1" cube, low-fat • 29 calories

Cucumber, ½ • 23 calories

Egg whites, 2 • 32 calories

Pear, ½, small • 43 calories

Raisins, 20 • 31 calories

Raspberries, 30 • 30 calories

Sardine, 1, canned, drained • 25 calories

Salmon, 1 oz., smoked • 33 calories

Strawberries, 8, medium • 32 calories

Tofu, 2 oz. • 30 calories

Tomato, whole, medium • 22 calories

Tuna, 1 oz., canned, water-packed • 32 calories

Turkey, 1 oz., low-sodium • 31 calories

4 HAVE A FREEBIE

Feel free to eat as much as you like of these ingredients.

Allspice Mustard

Basil Nutmeg

Cilantro Paprika

Cinnamon Parsley

Coriander Pepper

Cumin Rosemary

Dill Sage

Garlic Tabasco®

Horseradish Tarragon

Lemon juice Thyme

Mint





THREE-BEAN SALAD

(Makes 6 servings, ½ cup each)

- 1 (14.5 oz.) can green beans, drained (or 3 cups fresh green beans, steamed, cooled)
- ½ cup canned kidney beans, drained
- ½ cup canned white (cannellini) beans, drained
- 1 tsp. extra-virgin olive oil
- 1 tsp. vinegar
- Sea salt and ground black pepper (to taste; optional)
- 1 Place green beans, kidney beans, and white beans in a large bowl.
- 2 Add oil and vinegar; toss gently to blend.
- 3 Season with salt and pepper if desired.

NUTRITIONAL INFORMATION (PER SERVING): Calories: 61 / Total Fat: 1 g / Saturated Fat: 0 g Cholesterol: 0 mg / Sodium: 197 mg / Carbohydrate: 10 g Fiber: 3 g / Sugar: 1 g / Protein: 3 g

EDAMAME

(Makes 1 serving)

- ½ cup shelled organic edamame, steamed or boiled
- 1 Place edamame in medium serving bowl.

NUTRITIONAL INFORMATION (PER SERVING): Calories: 90 / Total Fat: 4 g / Saturated Fat: 1 g Cholesterol: 0 mg / Sodium: 8 mg / Carbohydrate: 7 g Fiber: 2 g / Sugar: 2 g / Protein: 8 g

KIWIFRUIT WITH STRAWBERRY YOGURT

(Makes 1 serving)

- 1 kiwifruit, peeled, sliced
- ¼ cup nonfat strawberry yogurt
- 1 Serve kiwifruit with yogurt for dipping.

NUTRITIONAL INFORMATION (PER SERVING): Calories: 87 / Total Fat: 0 g / Saturated Fat: 0 g Cholesterol: 0 mg / Sodium: 35 mg / Carbohydrate: 19 g Fiber: 2 g / Sugar: 14 g / Protein: 3 g

GRAPES

(Makes 1 serving)

- 1 cup red or green grapes
- 1 Place grapes in a bowl and serve.

NUTRITIONAL INFORMATION (PER SERVING): Calories: 106 / Total Fat: 0 g / Saturated Fat: 0 g Cholesterol: 0 mg / Sodium: 3 mg / Carbohydrate: 28 g Fiber: 1 g / Sugar: 24 g / Protein: 1 g

FRUIT KEBABS

(Makes 1 serving, 4 skewers each)

- 4 pineapple cubes
- 4 medium strawberries
- 4 red or green grapes
- 4 cantaloupe cubes
- Spear 1 pineapple cube, 1 strawberry,1 grape, and 1 cantaloupe cube on each6-inch skewer.
- 2 Makes 4 skewers.

NUTRITIONAL INFORMATION (PER SERVING): Calories: 63 / Total Fat: 0 g / Saturated Fat: 0 g Cholesterol: 0 mg / Sodium: 8 mg / Carbohydrate: 16 g Fiber: 2 g / Sugar: 13 g / Protein: 1 g

RAW ALMONDS

(Makes 1 serving)

- ½ oz. raw almonds (about 10 to 12)
- 1 Place almonds in a bowl and serve.

NUTRITIONAL INFORMATION (PER SERVING): Calories: 82 / Total Fat: 7 g / Saturated Fat: 1 g Cholesterol: 0 mg / Sodium: 0 mg / Carbohydrate: 3 g Fiber: 2 g / Sugar: 1 g / Protein: 3 g

STRAWBERRIES AND CREAM CHEESE

(Makes 1 serving)

- 6 medium strawberries, cut in half
- 1 Tbsp. whipped cream cheese
- 1 Serve strawberries with cream cheese for dipping.

NUTRITIONAL INFORMATION (PER SERVING): Calories: 53 / Total Fat: 3 g / Saturated Fat: 2 g Cholesterol: 10 mg / Sodium: 46 mg / Carbohydrate: 6 g Fiber: 1 g / Sugar: 4 g / Protein: 1 g









HARD-BOILED EGG

(Makes 1 serving)

- 1 large egg
- Cold water
- Sea salt and ground black pepper (to taste; optional)
- 1 Place egg in small saucepan and add water to cover egg by 1 inch.
- 2 Place over high heat and bring water just to a boil. Remove pan from heat, cover, and let stand 12 minutes.
- 3 Remove egg from hot water and serve warm, or rinse in cold water until cool.
- 4 Peel egg. Cut in half.
- 5 Serve topped with salt and pepper if desired.

NUTRITIONAL INFORMATION (PER SERVING): Calories: 78 / Total Fat: 5 g / Saturated Fat: 2 g Cholesterol: 187 mg / Sodium: 329 mg / Carbohydrate: 1 g Fiber: 0 g / Sugar: 1 g / Protein: 6 g

COTTAGE CHEESE AND FRUIT

(Makes 1 serving)

- ²/₃ cup low-fat cottage cheese
- ½ cup berries, fresh or frozen
- 1 Place cottage cheese in a medium bowl; top with berries.

NUTRITIONAL INFORMATION (PER SERVING): Calories: 148 / Total Fat: 2 g / Saturated Fat: 1 g Cholesterol: 6 mg / Sodium: 20 mg / Carbohydrate: 14 g Fiber: 4 g / Sugars: 12 g / Protein: 19 g

CELERY WITH PEANUT BUTTER AND RAISINS

(Makes 1 serving)

- 1 medium celery stalk
- 1 Tbsp. all-natural peanut butter
- 6 raisins
- 1 Spread celery with peanut butter; top with raisins. Cut stalk into 3 pieces.

NUTRITIONAL INFORMATION (PER SERVING): Calories: 128 / Total Fat: 8 g / Saturated Fat: 1 g Cholesterol: 0 mg / Sodium: 33 mg / Carbohydrate: 11 g Fiber: 2 g / Sugars: 7 g / Protein: 5 g



PUMPKIN PUDDING

(Makes 1 serving)

- ¼ cup nonfat plain Greek yogurt
- 1/4 cup canned pumpkin
- 2 tsp. whipped cream cheese
- 1 tsp. raw honey
- 1 pinch ground allspice
- 1 Combine yogurt, pumpkin, cream cheese, honey, and allspice in a food processor; pulse until well mixed.

NUTRITIONAL INFORMATION (PER SERVING): Calories: 91 / Total Fat: 2 g / Saturated Fat: 1 g Cholesterol: 7 mg / Sodium: 200 mg / Carbohydrate: 13 g Fiber: 2 g / Sugar: 10 g / Protein: 7 g

BAKED SWEET POTATO

(Makes 1 serving)

- ½ medium sweet potato
- 1 tsp. raw honey
- 1 dash ground nutmeg
- 1 Preheat oven to 450° F.
- 2 Scrub sweet potato; place potato on oven rack and bake for 35 to 45 minutes, or until fork-tender.
- 3 Remove from oven; pierce with a fork to let steam out. Cut a 1½ inch cross in center of potato.
- 4 Drizzle with honey and sprinkle with nutmeg.

NUTRITIONAL INFORMATION (PER SERVING): Calories: 74 / Total Fat: 0 g / Saturated Fat: 0 g Cholesterol: 0 mg / Sodium: 140 mg / Carbohydrate: 18 g Fiber: 2 g / Sugar: 12 g / Protein: 1 g

ASIAN RICE BOWL

(Makes 1 serving)

- 1/3 cup cooked brown rice, hot
- 1 tsp. low-sodium tamari soy sauce
- 1 tsp. sesame seeds
- 1 Place rice in a small serving bowl.
- 2 Top with soy sauce and sesame seeds.

Tip: 1 cup uncooked brown rice generally yields 3 cups cooked brown rice. As a convenience, you can cook up a bunch in advance, store it in the fridge, and use it for up to 4 days.

NUTRITIONAL INFORMATION (PER SERVING): Calories: 92 / Total Fat: 1 g / Saturated Fat: 0 g Cholesterol: 0 mg / Sodium: 234 mg / Carbohydrate: 16 g Fiber: 1 g / Sugar: 0 g / Protein: 2 g

CUCUMBER, ZUCCHINI, AND HUMMUS

(Makes 1 serving)

- 2 Tbsp. prepared hummus
- ½ medium cucumber, sliced
- 1 medium zucchini, sliced
- 1 Place hummus in a small serving bowl.
- 2 Serve with cucumber and zucchini.

NUTRITIONAL INFORMATION (PER SERVING): Calories: 80 / Total Fat: 2 g / Saturated Fat: 0 g Cholesterol: 0 mg / Sodium: 133 mg / Carbohydrate: 12 g Fiber: 4 g / Sugar: 6 g / Protein: 4 g

ALMOND-BUTTER-AND-**BANANA RICE CAKE**

(Makes 1 serving)

- 1 whole-grain brown rice cake
- 1½ tsp. all-natural almond butter
- ½ medium banana, sliced
- 1 Spread rice cake with almond butter and top with banana slices.

NUTRITIONAL INFORMATION (PER SERVING): Calories: 136 / Total Fat: 5 g / Saturated Fat: 0 g Cholesterol: 0 mg / Sodium: 1 mg / Carbohydrate: 22 g Fiber: 2 g / Sugar: 8 g / Protein: 3 g



(Makes 1 serving)

- 1½ cups fresh cherries
- 1 Serve cherries in a medium bowl.

NUTRITIONAL INFORMATION (PER SERVING): Calories: 130 / Total Fat: 0 g / Saturated Fat: 0 g Cholesterol: 0 mg / Sodium: 0 mg / Carbohydrate: 33 g Fiber: 4 g / Sugar: 27 g / Protein: 2 g

GARLIC-PARMESAN POPCORN

(Makes 1 serving)

- 2 cups air-popped popcorn, hot
- 2 Tbsp. grated Parmesan cheese (½ oz.)
- 1 tsp. garlic powder
- 1 Combine popcorn, cheese, and garlic powder in a large, clean paper bag; shake well.
- 2 Serve immediately.

NUTRITIONAL INFORMATION (PER SERVING): Calories: 121 / Total Fat: 4 g / Saturated Fat: 2 g Cholesterol: 11 mg / Sodium: 193 mg / Carbohydrate: 14 g

Fiber: 2 g / Sugar: 0 g / Protein: 7 g









By controlling the amount of calories you consume, you'll force your body to use stored fat for fuel.

LUNCHES







WHOLE WHEAT PENNE PRIMAVERA

FAMILY

MEAL

(Makes 6 servings, about 2 cups each)

- 1 lb. dry whole wheat penne pasta
- 1 Tbsp. extra-virgin olive oil
- 2 cloves garlic, crushed
- 1/2 medium red bell pepper, sliced
- ½ medium zucchini, sliced
- ½ cup frozen peas
- 2 cups mixed fresh vegetables, (like broccoli florets, sliced carrots, and cauliflower), steamed
- 2 Tbsp. grated Parmesan cheese (½ oz.)
- 1 Cook pasta according to package directions. Drain; set aside.
- 2 Heat oil in large nonstick skillet over mediumhigh heat.
- 3 Add garlic; cook, stirring frequently, for 1 minute.
- 4 Add bell pepper, zucchini, and peas; cook, stirring frequently, 2 to 3 minutes, or until tender.
- 5 Add pasta and steamed vegetables; cook, stirring frequently, about 3 minutes, or until heated through.
- 6 Top with 1 tsp. cheese per serving.

NUTRITIONAL INFORMATION (PER SERVING): Calories: 308 / Total Fat: 4 g / Saturated Fat: 1 g Cholesterol: 2 mg / Sodium: 73 mg / Carbohydrate: 58 g Fiber: 10 g / Sugar: 2 g / Protein: 14 g

GARLIC-PARMESAN TOAST

(Makes 6 servings, 1 slice each)

- 6 slices whole-grain bread
- 2 tsp. extra-virgin olive oil
- ¼ tsp. garlic salt
- 2 Tbsp. grated Parmesan cheese (1/2 oz.)
- 1 Preheat broiler to high.
- 2 Brush bread with oil; sprinkle each slice evenly with garlic salt and cheese.
- 3 Heat in broiler for 1 to 3 minutes or until browned.

NUTRITIONAL INFORMATION (PER SERVING): Calories: 82 / Total Fat: 3 g / Saturated Fat: 1 g Cholesterol: 2 mg / Sodium: 178 mg / Carbohydrate: 13 g Fiber: 4 g / Sugar: 1 g / Protein: 5 g

BRET'S "BACK BY POPULAR DEMAND" SLOW-COOKER CHILI

(Makes 6 servings, 1 cup each)

- 1 lb. raw 93% lean ground turkey
- ½ onion, chopped
- 2 cloves garlic, chopped
- ½ cup canned diced tomatoes, with juice

FAMILY

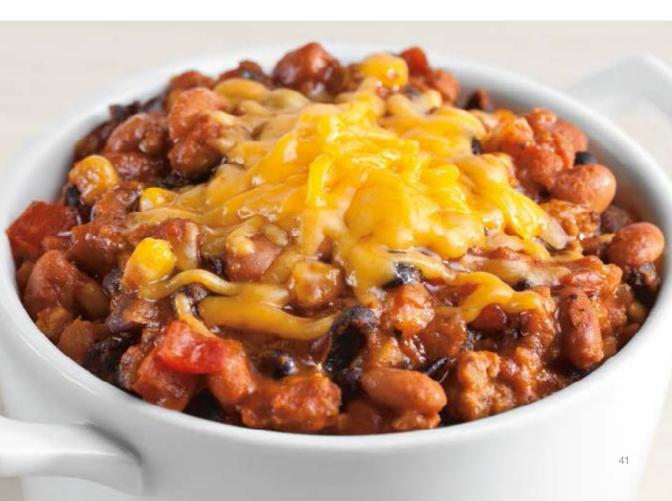
- 1½ cups whole-kernel corn
- 1 (15 oz.) can black beans, drained
- 1 (15 oz.) can pinto beans (or chili beans or kidney beans), drained
- ½ cup tomato sauce
- ½ cup water
- 1 Tbsp. tomato paste
- 1 tsp. chili powder
- ½ tsp. ground cumin
- Sea salt and ground black pepper (to taste; optional)
- ¾ cup shredded cheddar cheese (3 oz.)
- 1 Cook turkey, onion, and garlic in medium nonstick skillet over medium heat, stirring frequently, 4 to 5 minutes, or until turkey browns. Drain; discard fat.

- 2 Cook turkey mixture, tomatoes, corn, black beans, pinto beans, tomato sauce, water, tomato paste, chili powder, cumin, and salt and pepper (if desired) in medium saucepan over medium heat, stirring occasionally. Bring to a boil. Reduce heat, cook at a gentle boil for 15 to 20 minutes.
- 3 Sprinkle each serving with 2 Tbsp. (½ oz.) cheese.

Tips/modifications:

Chili can be prepared in a slow cooker: Brown turkey, onion, and garlic in a skillet; add all ingredients to slow cooker; cook 4 hours on low or 2 hours on high.

NUTRITIONAL INFORMATION (PER SERVING): Calories: 354 / Total Fat: 14 g / Saturated Fat: 5 g Cholesterol: 95 mg / Sodium: 550 mg / Carbohydrate: 26 g Fiber: 7 g / Sugar: 6 g / Protein: 30 g



TURKEY BURGER

(Makes 1 serving)

- 4 oz. raw 93% lean ground turkey patty
- 1 Tbsp. barbecue sauce
- 1 whole wheat hamburger bun
- 1 slice medium onion
- 1 lettuce leaf (optional)
- 1 slice medium tomato (optional)
- 1 Preheat arill or broiler to high.
- 2 Grill or broil patty about 5 minutes on each side, or until no longer pink in the middle.
- 3 Spread barbecue sauce on bottom bun; top with patty and onion; add lettuce and tomato if desired; add top bun.

NUTRITIONAL INFORMATION (PER SERVING): Calories: 320 / Total Fat: 13 g / Saturated Fat: 4 g Cholesterol: 90 mg / Sodium: 444 mg / Carbohydrate: 27 g Fiber: 3 g / Sugar: 9 g / Protein: 25 g

BAKED SWEET POTATO FRIES

(Makes 1 serving)

- 1 Medium sweet potato, cut lengthwise into ¾ x ¾-inch fries
- Sea salt (to taste; optional)
- Nonstick cooking spray
- 1 Preheat oven to 350° F.
- 2 Combine sweet potato and salt (if desired) in a medium bowl; toss gently to blend.
- 3 Lightly coat a baking pan with spray; place sweet potato fries on pan.
- 4 Bake for 20 to 22 minutes, or until cooked through, turning after 12 minutes.

NUTRITIONAL INFORMATION (PER SERVING): Calories: 112 / Total Fat: 0 g / Saturated Fat: 0 g Cholesterol: 0 mg / Sodium: 338 mg / Carbohydrate: 26 g Fiber: 4 g / Sugar: 5 g / Protein: 2 g

CHICKEN LETTUCE CUPS

(Makes 1 serving)

- 4 Bibb lettuce leaves
- 3 oz. grilled chicken breast, boneless, skinless, diced
- 4 water chestnuts, diced
- 2 Tbsp. shredded carrots
- 2 Tbsp. bean sprouts
- 2 Tbsp. Asian Dressing (see below)
- 1 Place lettuce leaves on serving plate.
- 2 Top with chicken, water chestnuts, carrots, and bean sprouts.
- 3 Serve with Asian Dressing.

NUTRITIONAL INFORMATION (PER SERVING, INCLUDING ASIAN DRESSING):

Calories: 291 / Total Fat: 13 g / Saturated Fat: 2 g Cholesterol: 72 mg / Sodium: 357 mg / Carbohydrate: 12 g Fiber: 3 g / Sugar: 4 g / Protein: 33 g

ASIAN DRESSING

(Makes 1 serving)

- 1 Tbsp. all-natural peanut butter
- 1 tsp. low-sodium tamari soy sauce
- ¼ tsp. sesame oil
- 1 tsp. rice vinegar
- 1/4 tsp. ground ginger
- Ground black pepper (to taste; optional)
- Red chili paste (like Sriracha) (to taste; optional)
- 1 Combine peanut butter, soy sauce, oil, vinegar, ginger, and pepper (if desired) in a medium bowl; whisk to blend.
- 2 Add chili paste if desired; mix well.

Tips/modifications:

Red chili paste can be found in the Asian section of your grocery store.

NUTRITIONAL INFORMATION (PER SERVING): Calories: 120 / Total Fat: 9 g / Saturated Fat: 1 g Cholesterol: 0 mg / Sodium: 279 mg / Carbohydrate: 6 g Fiber: 1 g / Sugar: 2 g / Protein: 5 g



To save time in the kitchen, use a double-sided indoor grill to cook a chicken breast in less than 5 minutes.

CHILLED CUCUMBER YOGURT (TZATZIKI)

(Makes 4 servings, ½ cup each)

- 1 clove garlic, minced
- 1 medium cucumber, diced
- 2 cups low-fat plain yogurt
- 2 fresh mint leaves, finely chopped (optional)
- Sea salt and ground black pepper (to taste; optional)
- 1 Combine garlic, cucumber, yogurt, and mint (if desired), in a medium bowl; mix well.
- 2 Season with salt and pepper if desired.

NUTRITIONAL INFORMATION (PER SERVING): Calories: 75 / Total Fat: 2 g / Saturated Fat: 1 g Cholesterol: 7 mg / Sodium: 145 mg / Carbohydrate: 9 g Fiber: 0 g / Sugar: 9 g / Protein: 6 g

TURKEY WRAP

(Makes 1 serving)

- 1 (6-inch) whole wheat tortilla
- ½ medium avocado, thinly sliced
- ½ medium cucumber, thinly sliced
- 1/4 cup shredded romaine lettuce
- 1 medium tomato, thinly sliced
- 3 oz. low-sodium, nitrite-free turkey breast, deli-sliced
- 1 pepperoncini, sliced (optional)
- 1 Place a tortilla on a serving plate.
- 2 Top with avocado, cucumber, lettuce, tomato, turkey, and pepperoncini (if desired); fold and wrap.

NUTRITIONAL INFORMATION (PER SERVING): Calories: 350 / Total Fat: 19 g / Saturated Fat: 3 g Cholesterol: 38 mg / Sodium: 724 mg / Carbohydrate: 31 g Fiber: 10 g / Sugar: 7 g / Protein: 20 g





PARMESAN ASPARAGUS

(Makes 4 servings, 5 spears each)

- Water
- 20 medium asparagus spears, ends trimmed
- ½ tsp. extra-virgin olive oil
- ¼ cup grated Parmesan cheese (1 oz.)
- 1 Boil water in steamer or saucepan (large enough to fit whole asparagus spears) over high heat. Reduce heat to medium-high. Add asparagus; cook for 3 to 5 minutes, or until tender-crisp. Remove from heat; drain. Place asparagus on a plate or in a serving bowl and chill in refrigerator for 20 minutes.
- 2 Combine asparagus, oil, and cheese in a large bowl; toss gently to blend.

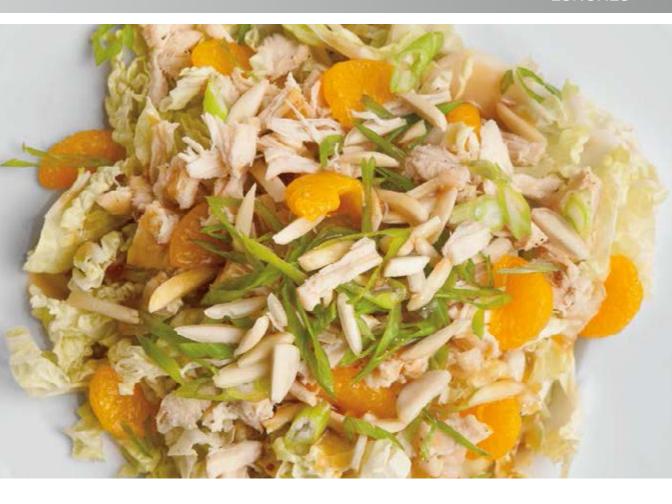
NUTRITIONAL INFORMATION (PER SERVING): Calories: 52 / Total Fat: 2 g / Saturated Fat: 1 g Cholesterol: 6 mg / Sodium: 98 mg / Carbohydrate: 4 g Fiber: 2 g / Sugar: 2 g / Protein: 5 g

RED CABBAGE AND APPLE SALAD WITH WALNUTS AND CRANBERRIES

(Makes 1 serving)

- 1/4 head red cabbage, shredded
- ½ medium Granny Smith apple, thinly sliced
- 1 Tbsp. chopped walnuts
- 1 Tbsp. dried cranberries
- Red wine vinegar (or balsamic vinegar)
- Sea salt and ground black pepper (to taste; optional)
- 1 Combine cabbage, apple, walnuts, and cranberries in a large bowl; mix well.
- 2 Drizzle with vinegar; season with salt and pepper if desired; toss to blend.

NUTRITIONAL INFORMATION (PER SERVING): Calories: 159 / Total Fat: 5 g / Saturated Fat: 1 g Cholesterol: 0 mg / Sodium: 307 mg / Carbohydrate: 28 g Fiber: 5 g / Sugar: 19 g / Protein: 3 g



CHINESE CHICKEN SALAD

(Makes 4 servings, 2 cups each)

- 1 head Napa cabbage (or green cabbage), sliced 1/4-inch thick
- 1/4 cup sliced water chestnuts, drained
- ½ cup slivered almonds (2 oz.)
- ¼ cup canned mandarin oranges, drained
- 2 green onions, sliced
- 6 oz. cooked chicken breast, boneless, skinless, shredded
- 2 Tbsp. Honey-Sesame Dressing
- 1 Combine cabbage, water chestnuts, almonds, oranges, and green onions in a large bowl; mix well.
- 2 Top with chicken and dressing; toss gently to blend.

NUTRITIONAL INFORMATION (PER SERVING): Calories: 376 / Total Fat: 23 g / Saturated Fat: 2 g Cholesterol: 36 mg / Sodium: 242 mg / Carbohydrate: 25 g Fiber: 7 g / Sugar: 15 g / Protein: 19 g

HONEY-SESAME DRESSING

(Makes 4 servings, about 2 Tbsp. each)

- 1 Tbsp. sesame oil
- 3 Tbsp. canola oil
- 1/4 cup rice vinegar
- 1 Tbsp. raw honey
- 1 Tbsp. low-sodium tamari soy sauce
- 1 tsp. ground black pepper
- 1 Place all ingredients in a medium bowl; whisk to blend.

NUTRITIONAL INFORMATION (PER SERVING): Calories: 152 / Total Fat: 14 g / Saturated Fat: 1 g Cholesterol: 0 mg / Sodium: 175 mg / Carbohydrate: 7 g Fiber: 0 g / Sugar: 6 g / Protein: 1 g

HUMMUS VEGGIE-WICH

(Makes 1 serving)

- 2 Tbsp. prepared hummus
- 2 slices whole wheat bread (toasted, if desired)
- ¼ medium avocado, mashed
- ½ medium cucumber, sliced
- 1 cup alfalfa sprouts
- ¾ oz. Swiss cheese (sliced)
- 1 Spread hummus on one slice of bread.
- 2 Top with avocado, cucumber, sprouts, cheese, and second slice of bread.

NUTRITIONAL INFORMATION (PER SERVING): Calories: 391 / Total Fat: 20 g / Saturated Fat: 6 g Cholesterol: 20 mg / Sodium: 429 mg / Carbohydrate: 40 g Fiber: 15 g / Sugar: 8 g / Protein: 19 g

GREEK PITA SANDWICH

(Makes 4 servings, 1 sandwich each)

- 3 (4 oz. each) raw chicken breasts, boneless, skinless
- Nonstick cooking spray
- 1 tsp. garlic salt
- 1 tsp. ground black pepper
- 4 (6-inch) whole wheat pitas, cut in half
- ½ cup prepared hummus
- 2 medium tomatoes, diced
- 1/3 cup crumbled feta cheese (13/4 oz.)
- 3 romaine lettuce leaves
- 1 Preheat oven to 350° F.
- 2 Place chicken in baking pan lightly coated with spray; sprinkle with garlic salt and pepper.
- 3 Bake for 20 minutes, or until chicken is no longer pink in the middle.
- 4 When cool, cut chicken into 1-inch cubes.
- 5 Spread inside of each pita half with hummus; fill with chicken, tomatoes, cheese, and lettuce.

NUTRITIONAL INFORMATION (PER SERVING): Calories: 366 / Total Fat: 10 g / Saturated Fat: 3 g Cholesterol: 66 mg / Sodium: 1,126 mg / Carbohydrate: 43 g Fiber: 8 g / Sugar: 3 g / Protein: 29 g

SMALL MIXED GREEN SALAD

(Makes 1 serving)

- ½ cup mixed salad greens
- ½ medium tomato, diced
- ¼ medium cucumber, cut in half lengthwise, sliced
- 1½ tsp. balsamic vinegar
- 1 Combine greens, tomato, and cucumber in a medium bowl.
- 2 Drizzle with vinegar; toss gently to blend.

NUTRITIONAL INFORMATION (PER SERVING): Calories: 25 / Total Fat: 0 g / Saturated Fat: 0 g Cholesterol: 0 mg / Sodium: 17 mg / Carbohydrate: 6 g Fiber: 2 g / Sugar: 3 g / Protein: 1 g



DINNERS







HERB-ROASTED CHICKEN

(Makes 4 servings, 8 oz. each)

- 1 (3 lb.) raw whole chicken
- ½ lemon (or 2 crushed garlic cloves)
- 2 Tbsp. dried rosemary (or thyme, sage, or marjoram)

FAMILY

MEAL

- Sea salt and ground black pepper (to taste; optional)
- 1 Preheat oven to 350° F.
- 2 Clean chicken. Squeeze lemon juice inside chicken; rub rosemary, salt, and pepper (if desired) on outside of chicken.
- 3 Place chicken breast-side-up on rack in roasting pan.
- 4 Bake 70 to 80 minutes, or until juices run clear and chicken is no longer pink in the middle.
- 5 Serve chicken without skin.

Tips/modifications:

If using fresh herbs, increase amount to 3 Tbsp.

NUTRITIONAL INFORMATION (PER SERVING): Calories: 273 / Total Fat: 7 g / Saturated Fat: 2 g Cholesterol: 155 mg / Sodium: 246 mg / Carbohydrate: 2 g Fiber: 1 g / Sugar: 0 g / Protein: 49 g

ROASTED ROOT VEGETABLES

(Makes 4 servings, ½ cup each)

- 2 medium carrots, peeled, halved crosswise
- 2 medium beets, peeled, quartered
- 1 medium sweet potato, peeled, thickly sliced
- 1 medium turnip, peeled, cut into wedges
- Nonstick cooking spray
- Sea salt and ground black pepper (to taste; optional)
- 1 parsley sprig, chopped (optional)
- 1 Preheat oven to 350° F.
- 2 Add carrots, beets, sweet potato and turnip. Lightly coat roasting pan with spray;
- 3 Season with salt and pepper if desired.
- 4 Bake for 60 to 80 minutes, or until vegetables are fork-tender.
- 5 Garnish with parsley if desired.

Tips/modifications:

If serving with Herb-Roasted Chicken, vegetables can be roasted in the pan with chicken.

NUTRITIONAL INFORMATION (PER SERVING): Calories: 67 / Total Fat: 0 g / Saturated Fat: 0 g Cholesterol: 0 mg / Sodium: 158 mg / Carbohydrate: 15 g Fiber: 4 g / Sugar: 7 g / Protein: 2 g

BROILED HALIBUT WITH LEMON-THYME BUTTER



(Makes 4 servings, 1 fillet each)

- 1 Tbsp. butter, softened to room temperature
- 3 Tbsp. fresh lemon juice
- 1 Tbsp. dried thyme
- 1 tsp. sea salt
- 1 tsp. ground black pepper
- 4 (8 oz. each) halibut fillets
- 1 Preheat grill or broiler to high.
- 2 Combine butter, lemon juice, thyme, salt, and pepper in a small bowl.
- 3 Brush halibut with butter mixture.
- 4 Grill or broil 5 to 8 minutes on each side, basting frequently with butter mixture. Cook until halibut flakes easily when tested with a fork.

NUTRITIONAL INFORMATION (PER SERVING): Calories: 237 / Total Fat: 6 g / Saturated Fat: 2 g Cholesterol: 119 mg / Sodium: 688 mg / Carbohydrate: 2 g Fiber: 0 g / Sugar: 0 g / Protein: 42 g

MASHED TURNIPS AND POTATOES

(Makes 4 servings, 1/4 cup each)

- Water
- 2 medium turnips, peeled, cubed
- 3 medium potatoes, peeled, cubed
- ½ cup nonfat milk
- Sea salt and ground black pepper (to taste; optional)
- 1 Bring water to boil in medium saucepan over high heat.
- 2 Add turnips and potatoes; reduce heat to medium. Cook for 15 to 20 minutes, or until vegetables are soft. Drain.
- 3 Add milk gradually, mashing with a potato masher until smooth.
- 4 Season with salt and pepper if desired.

NUTRITIONAL INFORMATION (PER SERVING): Calories: 119 / Total Fat: 0 g / Saturated Fat: 0 g Cholesterol: 0 mg / Sodium: 144 mg / Carbohydrate: 26 g Fiber: 4 g / Sugar: 5 g / Protein: 4 g



BUTTERNUT SQUASH AND GREEN APPLE SOUP

(Makes 4 servings, 1½ cups each)

- 1 medium butternut squash, peeled, cubed
- 3 medium Granny Smith apples, peeled, sliced (reserve 2 slices for garnish)
- 1/4 tsp. ground nutmeg
- 4 cups low-sodium organic chicken broth (or vegetable broth)
- Sea salt and ground black pepper (to taste; optional)
- 1 tsp. chopped fresh thyme
- 1 Place squash, apples, nutmeg, and broth in medium saucepan; bring to a boil over high heat, stirring occasionally. Reduce heat; cook at a gentle boil for 10 to 15 minutes, or until squash and apples are soft. Remove from heat.

- 2 Place soup in a blender or food processor, in 2 or more batches if necessary; cover with lid and kitchen towel. Blend until smooth.
- 3 Season with salt and pepper if desired.
- 4 Chop reserved apple slices; garnish soup with chopped apple and thyme.

Tips/modifications:

Soup can be cooked in a slow cooker on low heat for 6 to 8 hours instead of in a saucepan.

NUTRITIONAL INFORMATION (PER SERVING): Calories: 147 / Total Fat: 2 g / Saturated Fat: 1 g Cholesterol: 25 mg / Sodium: 202 mg / Carbohydrate: 32 g Fiber: 4 g / Sugar: 15 g / Protein: 4 g

COD WITH MANGO SALSA

(Makes 2 servings, 1 fillet each)

- ¼ cup water
- 1 Tbsp. extra-virgin olive oil
- 1 tsp. fresh lemon juice
- Sea salt and ground black pepper (optional)
- 2 (8 oz. each) raw cod fillets (or any white fish fillets, like halibut)
- Mango Salsa (see following recipe)
- 1 Preheat oven to 350° F.
- 2 Combine water, oil, and lemon juice in an ovenproof dish or casserole with a cover; mix well. Place cod in mixture and turn to coat all sides; season with salt and pepper if desired.
- 3 Bake cod, covered, for 20 to 25 minutes, basting at least once with juices.
- 4 Top cod with Mango Salsa and serve.

NUTRITIONAL INFORMATION (PER SERVING, INCLUDING MANGO SALSA):

Calories: 286 / Total Fat: 9 g / Saturated Fat: 1 g Cholesterol: 97 mg / Sodium: 259 mg / Carbohydrate: 10 g Fiber: 1 g / Sugar: 8 g / Protein: 41 g

MANGO SALSA

(Makes 2 servings, 1/4 cup each)

- 1/2 medium mango, peeled, diced
- 2 Tbsp. finely chopped onion
- ¼ medium tomato, chopped
- 1 tsp. finely chopped jalapeño
- 1 fresh cilantro sprig, chopped
- 1 Combine mango, onion, tomato, jalapeño, and cilantro in a medium bowl; mix well.
- 2 Serve with fish or chicken. Chill any unused portion, covered, in fridge.

NUTRITIONAL INFORMATION (PER SERVING): Calories: 39 / Total Fat: 0 g / Saturated Fat: 0 g Cholesterol: 0 mg / Sodium: 2 mg / Carbohydrate: 10 g Fiber: 1 g / Sugar: 8 g / Protein: 1 g

GARLIC-PARMESAN SOURDOUGH TOAST

(Makes 4 servings, 1 slice each)

- · 4 slices sourdough bread
- 1 tsp. garlic salt
- 1/4 cup grated Parmesan cheese (1 oz.)
- 1 Preheat broiler to high.
- 2 Sprinkle bread with garlic salt and cheese.
- 3 Heat in broiler for 1 to 3 minutes, or until browned.

NUTRITIONAL INFORMATION (PER SERVING): Calories: 127 / Total Fat: 3 g / Saturated Fat: 1 g Cholesterol: 6 mg / Sodium: 722 mg / Carbohydrate: 19 g Fiber: 1 g / Sugar: 0 g / Protein: 6 g

QUINOA WITH BLACK BEANS

(Makes 2 servings, 3/4 cup each)

- 1 cup cooked quinoa, hot
- 1/3 cup canned black beans, drained, hot
- 1 Combine quinoa and black beans in a medium bowl; mix gently.

NUTRITIONAL INFORMATION (PER SERVING): Calories: 134 / Total Fat: 2 g / Saturated Fat: 0 g Cholesterol: 0 mg / Sodium: 167 mg / Carbohydrate: 25 g Fiber: 5 g / Sugar: 0 g / Protein: 6 g

CANDIED CARROTS

(Makes 4 servings, 1 cup each)

- water
- 10 medium carrots, shredded
- 1/4 cup raw honey
- 1 Boil water in a steamer or saucepan over high heat. Add carrots. Reduce heat to medium-high; cook for 3 to 5 minutes, or until tender-crisp. Remove from heat. Drain.
- 2 Combine carrots and honey in large bowl; toss gently to blend.
- 3 Serve warm.

NUTRITIONAL INFORMATION (PER SERVING): Calories: 122 / Total Fat: 0 g / Saturated Fat: 0 g Cholesterol: 0 mg / Sodium: 84 mg / Carbohydrate: 32 g Fiber: 3 g / Sugar: 26 g / Protein: 1 g

CHICKEN CACCIATORE

(Makes 6 servings, about 2½ cups each)

- 6 (3 oz. each) raw chicken breasts, boneless, skinless
- · Nonstick cooking spray
- 6 cups dry rotini pasta (12 oz.)

FAMILY MFAI

- 1 tsp. extra-virgin olive oil
- 1 medium onion, chopped
- 2 cloves garlic, chopped
- 3 cups low-sodium tomato sauce
- 1 tsp. Italian seasoning (no-salt-added variety)
- 4 medium zucchini, cut into 1-inch slices
- 1 Preheat oven to 350° F.
- 2 Place chicken breasts in single layer in a baking pan lightly coated with spray. Bake for 15 to 20 minutes, or until chicken is no longer pink in the middle. Cut into 1-inch cubes; set aside.
- 3 While chicken is baking, cook pasta according to package directions. Drain; set aside. Keep warm.
- 4 Heat oil in large skillet over medium-high heat.
- 5 Add onion and garlic; cook, stirring constantly, for 2 to 3 minutes, or until soft.
- 6 Add tomato sauce and Italian seasoning; bring to a boil, stirring occasionally. Reduce heat to medium-low. Cook at a gentle boil 5 to 7 minutes.
- 7 Add chicken and zucchini; cook for 5 to 7 minutes.
- 8 Serve chicken-tomato sauce mixture over pasta.

NUTRITIONAL INFORMATION (PER SERVING): Calories: 380 / Total Fat: 6 g / Saturated Fat: 1 g Cholesterol: 54 mg / Sodium: 148 mg / Carbohydrate: 52 g Fiber: 7 g / Sugar: 11 g / Protein: 32 g

TURBO TIP

To save time, use store-bought pico de gallo, found in the deli section of your grocery store. It's a great way to spruce up grilled fish, chicken, and lean beef. It's also good as a snack with low-calorie, low-sodium crackers.

PEPPERED AHI TUNA

(Makes 2 servings, 1 steak each)

- 2 (6 oz. each) raw ahi tuna steaks
- 1 Tbsp. whole black peppercorns, crushed
- Sea salt (to taste; optional)
- 1 fresh cilantro sprig (for garnish; optional)
- 1 lemon wedge (for garnish; optional)
- 1 Preheat grill to high.
- 2 Sprinkle pepper on tuna, covering all sides.
- 3 Grill tuna 2 to 4 minutes per side, or until it reaches desired degree of doneness.
- 4 Season with salt if desired.
- 5 Garnish with cilantro and lemon if desired.

NUTRITIONAL INFORMATION (PER SERVING): Calories: 197 / Total Fat: 1 g / Saturated Fat: 0 g Cholesterol: 66 mg / Sodium: 210 mg / Carbohydrate: 2 g Fiber: 1 g / Sugar: 0 g / Protein: 42 g

MEDITERRANEAN SHRIMP SALAD

(Makes 2 servings, 1½ cups each)

- 12 raw shrimp, cleaned, deveined (about 5 oz.)
- 10 medium asparagus spears, cooked, sliced
- 1/4 cup hearts of palm, drained, sliced
- ½ cup artichoke hearts, packed in water, drained, quartered
- 2 cups shredded romaine lettuce
- 1 Tbsp. extra-virgin olive oil
- 2 Tbsp. balsamic vinegar
- 1 Preheat grill to high.
- 2 Grill shrimp 2 to 3 minutes per side, or until they turn opaque and firm; set aside.
- 3 Combine asparagus, hearts of palm, artichokes, and lettuce in a large serving bowl.
- 4 Drizzle salad with oil and vinegar; toss gently to blend.
- 5 Top salad with shrimp.

NUTRITIONAL INFORMATION (PER SERVING): Calories: 197 / Total Fat: 9 g / Saturated Fat: 1 g Cholesterol: 108 mg / Sodium: 663 mg / Carbohydrate: 12 g Fiber: 5 g / Sugar: 4 g / Protein: 19 g

GRILLED LEMON SALMON

(Makes 4 servings, 1 steak each)

- 4 (6 oz. each) raw salmon steaks
- 2 tsp. garlic salt
- 2 tsp. ground black pepper
- 2 tsp. parsley flakes
- 6 Tbsp. fresh lemon juice
- 1 Preheat grill or broiler to high.
- 2 Sprinkle both sides of salmon with garlic salt and pepper.
- 3 Grill salmon 5 to 7 minutes on each side, or until salmon flakes easily when tested with a fork.
- 4 Combine parsley and lemon juice in a small bowl; drizzle over cooked salmon.

NUTRITIONAL INFORMATION (PER SERVING): Calories: 251 / Total Fat: 11 g / Saturated Fat: 2 g Cholesterol: 94 mg / Sodium: 928 mg / Carbohydrate: 2 g Fiber: 0 g / Sugar: 1 g / Protein: 34 g

MIXED GREEN SALAD WITH GOAT CHEESE

(Makes 4 servings, 1 cup each)

- · 4 cups mixed salad greens
- 2 medium tomatoes, diced
- 1 medium cucumber, sliced
- 1/3 cup crumbled, soft goat cheese (11/2 oz.)
- 1 Tbsp. extra-virgin olive oil
- 2 Tbsp. balsamic vinegar
- 1 Combine greens, tomatoes, cucumber, and cheese in a large bowl.
- 2 Drizzle with oil and vinegar; toss gently to blend.

NUTRITIONAL INFORMATION (PER SERVING): Calories: 99 / Total Fat: 7 g / Saturated Fat: 3 g Cholesterol: 8 mg / Sodium: 81 mg / Carbohydrate: 7 g Fiber: 2 g / Sugar: 4 g / Protein: 4 g









PANKO-CRUSTED "BAKED, NOT FRIED" CHICKEN



(Makes 8 servings, 1 piece each)

- · Nonstick cooking spray
- 8 (5 oz. each) raw chicken breasts, boneless, skinless, pounded thin
- ¼ cup Dijon mustard (or spicy Asian mustard)
- 3 cloves garlic, crushed
- ½ cup nonfat yogurt
- 2 Tbsp. sesame oil
- 4 tsp. dried parsley
- ¾ cup panko (Japanese-style) bread crumbs
- 1 Preheat oven to 400° F.
- 2 Select a baking pan large enough to fit all 8 breasts in a single layer; lightly coat with spray. Set aside.
- 3 Combine parsley and bread crumbs in a large bowl; mix well. Set aside.
- 4 Combine mustard, garlic, yogurt, and oil in a second large bowl; mix well. Set aside.
- 5 Wash and dry chicken breasts. Dip each chicken breast into mustard mixture, then roll in bread crumbs. Place chicken breasts sideby-side in baking pan.
- 6 Bake for 18 to 22 minutes, or until coating has browned and chicken is no longer pink in the middle.
- 7 Slice before serving. Serve with Dijon Sauce.

NUTRITIONAL INFORMATION (PER SERVING): Calories: 227 / Total Fat: 7 g / Saturated Fat: 1 g Cholesterol: 91 mg / Sodium: 362 mg / Carbohydrate: 7 g Fiber: 0 g / Sugar: 1 g / Protein: 32 g

DIJON SAUCE

(Makes 8 servings, 1 Tbsp. each)

- 1/4 cup Dijon mustard
- 1/4 cup nonfat yogurt
- 1 tsp. sesame oil
- 1 tsp. low-sodium tamari soy sauce
- 1 Combine mustard, yogurt, oil, and soy sauce in a medium bowl; mix well.

NUTRITIONAL INFORMATION (PER SERVING): Calories: 17 / Total Fat: 1 g / Saturated Fat: 0 g Cholesterol: 0 mg / Sodium: 213 mg / Carbohydrate: 2 g Fiber: 0 g / Sugar: 0 g / Protein: 0 g

CHICKEN AND SHRIMP STIR-FRY



(Makes 2 servings, about 2 cups each)

- 1½ cups dry soba noodles (3 oz.)
- 1 Tbsp. peanut oil
- 1 (6-oz.) raw chicken breast, boneless, skinless, sliced
- 12 snow peas
- 1 cup bean sprouts
- 2 green onions, sliced
- 8 medium raw shrimp, cleaned, deveined (about 6 oz.)
- 1 tsp. ground ginger
- 1 tsp. garlic powder
- 1 tsp. low-sodium tamari soy sauce
- 1 Cook noodles according to package directions. Drain; set aside. Keep warm.
- 2 Heat oil in large saucepan over medium-high heat.
- 3 Add chicken; cook, stirring frequently, for 2 to 3 minutes.
- 4 Add peas, sprouts, green onions, and shrimp; cook, stirring frequently, for 1 to 2 minutes.
- 5 Add ginger, garlic powder, and soy sauce; cook, stirring frequently, about 2 minutes, or until shrimp is firm and opaque. Remove from heat.
- 6 Toss chicken mixture with noodles in a large serving bowl.

Tips/modifications:

Steamed brown or white rice can be substituted for noodles.

NUTRITIONAL INFORMATION (PER SERVING): Calories: 377 / Total Fat: 11 g / Saturated Fat: 2 g Cholesterol: 184 mg / Sodium: 677 mg / Carbohydrate: 28 g Fiber: 3 g / Sugars: 3 g / Protein: 43 g



Don't consume fewer than 1,200 calories a day. Your body needs proper nutrition to burn fat efficiently. Otherwise, your body will think it's starving and slow your metabolism. Not good.

PEPPERCORN STEAK

(Makes 2 servings, 1 steak each)

- 2 (6 oz. each) raw ribeye steaks
- 1 tsp. extra-virgin olive oil
- 1 Tbsp. flour
- 2 cloves garlic, finely chopped
- 1½ cups low-sodium organic beef broth
- 1/4 tsp. Worcestershire sauce
- 2 tsp. whole black peppercorns, slightly crushed
- 1 Preheat grill or broiler to high.
- 2 Grill steaks 5 to 7 minutes per side, or until cooked to desired doneness; set aside. Keep warm.
- 3 While steaks are cooking, heat oil, flour, and garlic in large skillet over medium heat for 1 to 2 minutes, or until flour starts to brown.
- 4 Add broth gradually, stirring constantly.
- 5 Add Worcestershire sauce and peppercorns; cook, stirring constantly, for 4 to 5 minutes, or until gravy boils and thickens. Boil for 1 minute.
- 6 Serve half of sauce over each steak.

NUTRITIONAL INFORMATION (PER SERVING): Calories: 302 / Total Fat: 13 g / Saturated Fat: 5 g Cholesterol: 102 mg / Sodium: 427 mg / Carbohydrate: 5 g Fiber: 0 g / Sugar: 0 g / Protein: 39 g

SIMPLE SPINACH SALAD

(Makes 2 servings, 2 cups each)

- · 4 cups fresh spinach
- 1 medium tomato, cut into wedges
- ½ medium cucumber, sliced
- 1½ tsp. extra-virgin olive oil
- 1½ tsp. balsamic vinegar
- 1 Combine spinach, tomato, and cucumber in a large serving bowl.
- 2 Drizzle with oil and vinegar; toss gently to blend.

NUTRITIONAL INFORMATION (PER SERVING): Calories: 62 / Total Fat: 4 g / Saturated Fat: 1 g Cholesterol: 0 mg / Sodium: 53 mg / Carbohydrate: 6 g Fiber: 2 g / Sugar: 3 g / Protein: 3 g

RICE RIZI-BIZI

(Makes 8 servings, ²/₃ cup each)

- 1 cup dry brown rice
- 2 cups water
- 1 tsp. sea salt
- 2 cups peas, frozen



- 1 Place rice, water, and salt in a medium saucepan over medium-high heat; bring to a boil.
- 2 Reduce heat to maintain a gentle boil; cook, covered, for 50 minutes.
- 3 Add peas; mix well.

NUTRITIONAL INFORMATION (PER SERVING): Calories: 112 / Total Fat: 1 g / Saturated Fat: 0 g Cholesterol: 0 mg / Sodium: 305 mg / Carbohydrate: 23 g Fiber: 2 g / Sugar: 2 g / Protein: 3 g

TURBO AVOCADO WRAPS

FAMILY MEAL

(Makes 6 servings, 2 wraps each)

- 3 medium avocados, mashed
- 1/3 medium red onion, diced
- ¼ tsp. garlic salt
- 6 fresh cilantro sprigs, chopped
- 12 (6-inch) whole-grain tortillas
- 2 medium tomatoes, diced
- Hot sauce (to taste; optional)
- 1½ cups canned black beans, drained (optional)
- ¼ cup crumbled feta cheese (optional)
- 1 Combine avocados, onion, garlic salt, and cilantro in a medium bowl; mix well.
- 2 Spread avocado mixture on tortillas; top with tomatoes.
- 3 Top with hot sauce, black beans, and cheese if desired; fold and wrap.

NUTRITIONAL INFORMATION (PER SERVING): Calories: 379 / Total Fat: 20 g / Saturated Fat: 4 g Cholesterol: 6 mg / Sodium: 584 mg / Carbohydrate: 45 g Fiber: 10 g / Sugar: 5 g / Protein: 9 g





O TURBO TIP

Don't eat until you're full. By the time your brain tells you you're full, you've overeaten. Instead, follow a little ancient Japanese wisdom and eat until you're 80 percent full.

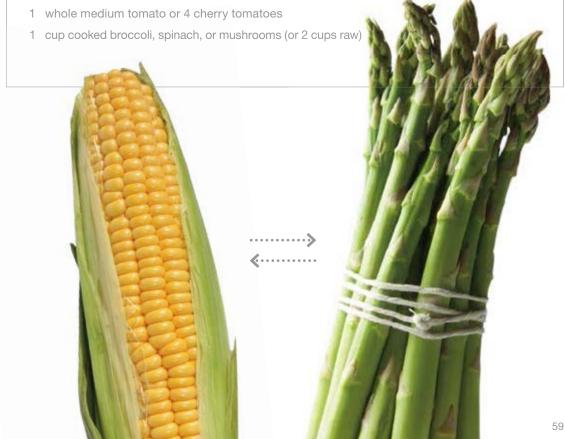
SUBSTITUTIONS

Want to further customize the FUEL THE FIRE Nutrition Guide? Can't eat a particular food in a recipe? Or don't have that item in your fridge? No problem. Simply swap the various food items to fit your preferences. The foods below are all interchangeable within their own categories.

DAI	RY	PRO	TEINS
1 1/2	cup skim, soy milk, or almond milk cup 1% to 2% cottage cheese (vegan or	1	canned tuna in water, shrimp, or white
1/2	lactose-free varieties are available) cup low-fat yogurt	3/4 1 1	fish (tilapia, cod, flounder) oz. lean red meat, like sirloin or flank steak oz. lean pork tenderloin egg or 3 egg whites
1	and Parmesan have low lactose levels) egg or 3 egg whites	1/3 1/4	cup 1% to 2% cottage cheese cup beans
	ADS/STARCHES surements after cooking.	FRU	ITS
1/2	cup pasta	1	apple
1/3	cup brown rice or cooked barley cup whole-grain orzo or couscous slice whole-grain bread	1/2	banana cup berries (blueberries, strawberries, blackberries, or raspberries)
1 1 2/3 1	small whole-grain dinner roll whole wheat English muffin cup green peas cup cooked oatmeal	15 t 2 ½ 1	o 20 grapes or cherries kiwifruit mango or papaya cup melon (cantaloupe, honeydew,
1	cup whole-grain cereal, no sugar added 6-inch whole wheat pita	1 1 1	watermelon) orange peach pear
		½ 2	cup pineapple small plums

VEGETABLES

- 3 cups salad greens
- 12 asparagus spears, cooked
- 1 cup cooked zucchini or green beans
- ⅓ cup cooked peas
- 1/3 cup corn
- 1 ear corn on the cob
- 3/4 cup cooked pea pods
- 1 cup steamed bell peppers (or 2 cups raw)
- 1 cup steamed brussels sprouts
- 1 cup sliced cucumber



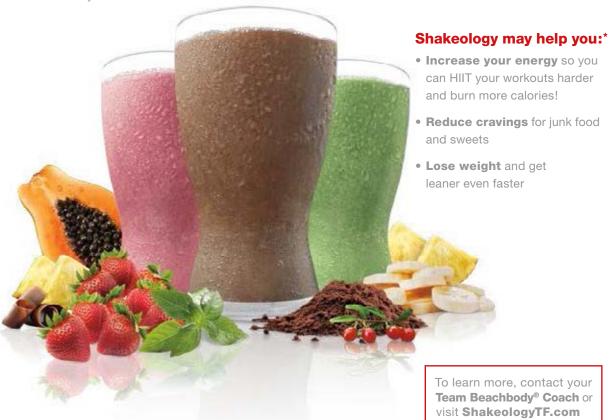
SHAKE. DRINK. BLAST.

GET MORE SIZZLING RESULTS FROM TURBOFIRE WITH SHAKEOLOGY.

FIRE UP YOUR ENERGY LEVELS, REDUCE CRAVINGS, AND LOSE WEIGHT EVEN FASTER!

Just replace one meal a day with Shakeology to simplify your meal plan, feel energized and satisfied, and eliminate the urge to eat junk food. As soon as the first week, you may notice more energy for your HIIT workouts, fewer cravings, better digestion—and the fat melting off even faster!

Each serving of Shakeology contains many of the world's most powerful superfoods. It's the perfect combination of protein, antioxidants, phytonutrients, enzymes, and several rare ingredients—including adaptogens, camu-camu, and sacha inchi—giving you the essential nutrients you can't get from an ordinary diet.



NOW AVAILABLE IN 4 DELICIOUS FLAVORS:

Chocolate • Greenberry • Tropical Strawberry (vegan) • Chocolate Vegan

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

Follow Shakeology at:

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shakeology THE HEALTHIEST MEAL OF THE DAY

*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.

Chalene's Favorite Shakeology Recipes

KIWILICIOUS

(Makes 1 serving)

- 1 cup water
- ½ cup chopped watermelon
- 1 kiwifruit, peeled and chopped
- 1 scoop Tropical Strawberry Shakeology
- ½ cup ice
- 1 Place water, watermelon, kiwi, Shakeology, and ice in blender; cover. Blend until smooth.

NUTRITIONAL INFORMATION (PER SERVING): Calories: 225 / Total Fat: 1 g / Saturated Fat: 0 g Cholesterol: 10 mg / Sodium: 78 mg / Carbohydrate: 36 g Fiber: 6 g / Sugar: 21 g / Protein: 16 g

CARL DAIKELER SPECIAL

(Makes 1 serving)

- 1 cup water
 - ½ medium banana, cut into chunks
 - 1 Tbsp. all-natural almond butter (or peanut butter)
 - 1 raw egg, pasteurized*
 - 1 scoop Chocolate Shakeology
 - ½ cup ice.
- 1 Place water, banana, almond butter, egg, Shakeology, and ice in blender; cover. Blend until smooth

Tips/modifications:

Pasteurized eggs can be purchased in many grocery or health food stores.

NUTRITIONAL INFORMATION (PER SERVING): Calories: 372 / Total Fat: 14 g / Saturated Fat: 2 g Cholesterol: 201 mg / Sodium: 179 mg / Carbohydrate: 34 g Fiber: 6 g / Sugar: 17 g / Protein: 29 g

*Consult your physician before consuming raw or undercooked eggs.

O TURBO TIP

Mix up your Shakeology. Try a different shake every day of the week with these great recipes.

SUNRISE ANTIOXIDANT SPECIAL

(Makes 1 serving)

- 1/4 cup 100% orange juice
- ¾ cup water
- 1 scoop Greenberry Shakeology
- ½ cup ice
- Finely grated orange peel (for garnish; optional)
- 1 Place orange juice, water, Shakeology, and ice in blender; cover. Blend until smooth.
- 2 Garnish with orange peel if desired.

NUTRITIONAL INFORMATION (PER SERVING): Calories: 168 / Total Fat: 1 g / Saturated Fat: 0 g Cholesterol: 10 mg / Sodium: 101 mg / Carbohydrate: 26 g Fiber: 3 g / Sugar: 16 g / Protein: 16 g

MOCHA MADNESS

(Makes 1 serving)

- ½ cup unsweetened almond milk
- 1 cup coffee, brewed, cooled
- 1 scoop Chocolate Shakeology
- ½ cup ice
- 1 Place almond milk, coffee, Shakeology, and ice in blender; cover. Blend until smooth.

Tips/modifications:

You can use instant coffee in this recipe: Dissolve 1 Tbsp. instant coffee granules in 1 cup hot water, then chill.

NUTRITIONAL INFORMATION (PER SERVING): Calories: 182 / Total Fat: 3 g / Saturated Fat: 0 g Cholesterol: 15 mg / Sodium: 238 mg / Carbohydrate: 20 g Fiber: 4 g / Sugar: 9 g / Protein: 19 g

STRAWBERRY PEACH SURPRISE

(Makes 1 serving)

- ¾ cup water
- ¾ cup strawberries, fresh or frozen
- ½ cup peaches, fresh or frozen
- 1 scoop Greenberry Shakeology
- ½ cup ice
- 1 Place water, strawberries, peaches, Shakeology, and ice in blender; cover. Blend until smooth.

NUTRITIONAL INFORMATION (PER SERVING): Calories: 199 / Total Fat: 1 g / Saturated Fat: 0 g Cholesterol: 10 mg / Sodium: 100 mg / Carbohydrate: 36 g Fiber: 6 g / Sugar: 22 g / Protein: 17 g

HARVEST PIE

(Makes 1 serving)

- 1 cup unsweetened rice milk
- 2 Tbsp. chopped raw walnut
- ½ tsp. ground cinnamon
- 1 scoop Tropical Strawberry Shakeology
- 2 cups ice
- 1 Place rice milk, walnut, cinnamon, Shakeology, and ice in blender; cover. Blend until smooth.

NUTRITIONAL INFORMATION (PER SERVING): Calories: 368 / Total Fat: 13 g / Saturated Fat: 1 g Cholesterol: 10 mg / Sodium: 180 mg / Carbohydrate: 43 g Fiber: 6 g / Sugar: 23 g / Protein: 18 g

YOGO BERRY BLAST

(Makes 1 serving)

- 1 cup water
 - ½ cup nonfat vanilla yogurt
 - 1 cup mixed berries, fresh or frozen
 - 1 scoop Greenberry Shakeology
 - ½ cup ice
- 1 Place water, yogurt, berries, Shakeology, and ice in blender; cover. Blend until smooth.

NUTRITIONAL INFORMATION (PER SERVING): Calories: 293 / Total Fat: 1 g / Saturated Fat: 0 g Cholesterol: 13 mg / Sodium: 177 mg / Carbohydrate: 51 g Fiber: 8 g / Sugar: 35 g / Protein: 22 g

PEANUT BUTTER CUP

(Makes 1 serving)

- ¾ cup water
- ½ cup unsweetened almond milk
- 1 Tbsp. all-natural peanut butter (or almond butter)
- 1 scoop Chocolate Shakeology
- ½ cup ice
- 1 Place water, almond milk, peanut butter, Shakeology, and ice in blender; cover. Blend until smooth.

NUTRITIONAL INFORMATION (PER SERVING): Calories: 268 / Total Fat: 11 g / Saturated Fat: 1 g Cholesterol: 15 mg / Sodium: 195 mg / Carbohydrate: 21 g Fiber: 5 g / Sugar: 10 g / Protein: 23 g

CHOCOLATE-COVERED STRAWBERRY

(Makes 1 serving)

- 1 cup water
- ½ cup unsweetened almond milk
- ½ cup strawberries, fresh or frozen
- 1 scoop Chocolate Shakeology
- 2 cups ice
- 1 Place water, almond milk, strawberries, Shakeology, and ice in blender; cover. Blend until smooth.

NUTRITIONAL INFORMATION (PER SERVING): Calories: 193 / Total Fat: 3 g / Saturated Fat: 0 g Cholesterol: 15 mg / Sodium: 197 mg / Carbohydrate: 25 g Fiber: 5 g / Sugar: 12 g / Protein: 19 g

BLUES BUSTER

(Makes 1 serving)

- ¾ cup water
- ¼ cup blueberries, fresh or frozen, reserve 3 for garnish
- ½ tsp. finely grated orange peel (reserve a small amount for garnish)
- 1 Tbsp. nonfat blueberry yogurt
- 1 scoop Greenberry Shakeology
- ½ cup ice
- Place water, blueberries, orange peel, yogurt, Shakeology, and ice in blender; cover.
 Blend until smooth.
- 2 Garnish with blueberries and orange peel (if desired).

NUTRITIONAL INFORMATION (PER SERVING): Calories: 169 / Total Fat: 1 g / Saturated Fat: 0 g Cholesterol: 10 mg / Sodium: 109 mg / Carbohydrate: 26 g Fiber: 4 g / Sugar: 16 g / Protein: 17 g

STRAWBERRY MOJITO

(Makes 1 serving)

- 1 cup water
- 1 Tbsp. fresh lime juice
- · 2 Tbsp. chopped fresh mint leaves
- 1 scoop Tropical Strawberry Shakeology
- ½ cup ice
- 1 Place water, lime juice, mint, Shakeology, and ice in blender; cover. Blend until smooth.

NUTRITIONAL INFORMATION (PER SERVING): Calories: 166 / Total Fat: 1 g / Saturated Fat: 0 g Cholesterol: 10 mg / Sodium: 76 mg / Carbohydrate: 22 g Fiber: 4 g / Sugar: 10 g / Protein: 15 g

Tasty Shakeology add-ins:

- 1 tsp. freshly grated orange peel adds a little zest to Greenberry and Tropical Strawberry Shakeology
- 1 squeeze of fresh lemon or lime juice is tasty in Greenberry and Tropical Strawberry Shakeology
- 1 Tbsp. nonfat yogurt adds a creamy, smoothie-like taste to all flavors
- 1 Tbsp. organic peanut, cashew, almond, or hazelnut butter tastes great in Chocolate or Tropical Strawberry Shakeology
- 1 dash cinnamon adds zing to Chocolate Shakeology

OTHER FRUITS YOU CAN TOSS INTO THE BLENDER

Apples	Melons	Oranges
Bananas	Nectarines	Pineapple
Blackberries	Papayas	Plums
Blueberries	Peaches	Raspberries
Boysenberries	Pears	Starfruit
Kiwifruit	Asian Pears	Strawberries
Mangoes	Korean Pears	Tangerines

THE SHAKEOLOGY SHAKE-UP

Want to shake up your metabolism a little? Try the 3-Day Shakeology Cleanse. Simply drink three Shakeology shakes a day. You can prepare them plain or use one of Chalene's recipes. For dinner, eat a salad. Drink plenty of water, consume no other calories, and go about your normal workout schedule. Doing this every few months can help keep your body energized and running smoothly.





) THRBO TIP

To avoid a "post-shake" chill in the cooler months of the year, drink Shakeology while sitting in direct sunlight for 15 minutes. You'll absorb vitamin D from natural sunlight (just remember to slather on the SPF).

YOUR **SHOPPING LIST**

Stock your pantry, shelves, and fridge with foods that are both good for you and great-tasting. Make copies of this grocery list and place it on your fridge so you always remember to have these foods on hand:

PROTEIN

- ☐ Eggs or egg whites, from free-range chickens if possible
- ☐ Fish and shellfish: salmon, tuna, trout, mahi-mahi, cod, shrimp, crab, etc.
- ☐ Lean red meats with less than 5% fat, grass-fed if possible
- ☐ Legumes (beans, peas, lentils, soy, peanuts)
- Low-fat or nonfat cottage cheese
- ☐ Organic or free-range chicken or turkey

CARBOHYDRATES

- ☐ Fresh vegetables
- ☐ Fresh whole fruits
- □ Oatmeal
- ☐ Whole-grain or mixed-grain breads and cereals
- Whole-grain pasta
- Whole-grain rice
- □ Quinoa

FATS

- ☐ Avocados
- Olive oil
- ☐ Fish oil containing EPA/DHA fatty acids
- ☐ Flaxseed oil
- ☐ Hempseed oil
- ☐ Raw nuts, like almonds, walnuts, and cashews

HERBS (FRESH OR DRIED)

- Basil
- ☐ Garlic
- Marjoram
- Oregano
- Parsley
- □ Rosemary
- ☐ Sage
- □ Tarragon
- □ Thyme



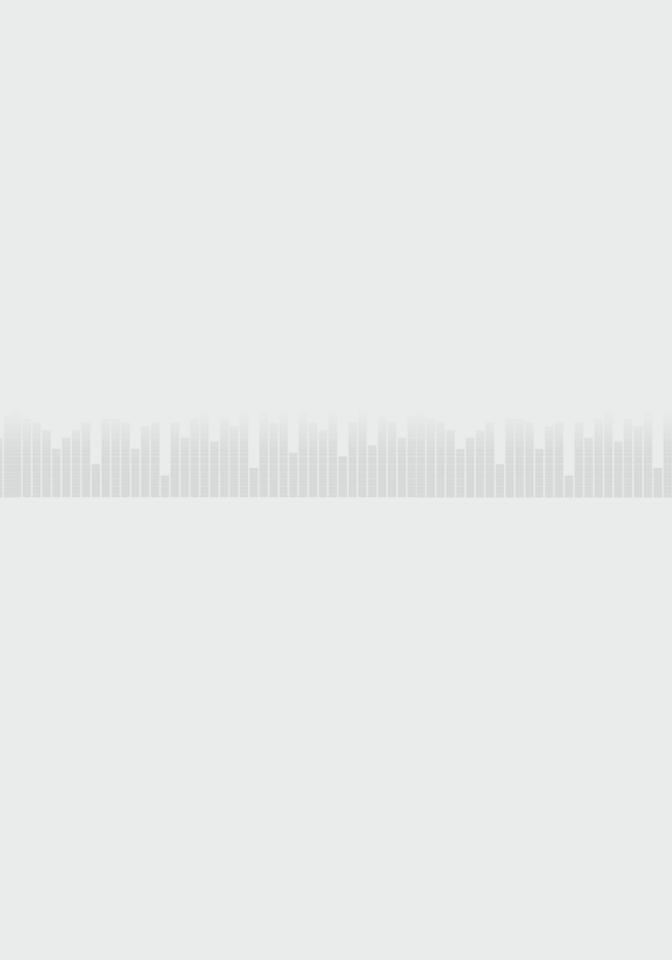
Spice up your cooking without dumping extra calories into the recipe. Fresh herbs and dried spices can turn a bland piece of meat or vegetable into a tasty dish. Always try to have your fridge or pantry stocked with at least 3 or more fresh or dried herbs.

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

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