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# EATING FOR POWER PERFORMANCE

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A Note from Steve Edwards ..... iii

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# WHY THE P90X<sup>®</sup> NUTRITION PLAN LOOKS DIFFERENT FROM OTHER BEACHBODY DIET PLANS

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

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

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

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

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

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

P90X is not a fast-track weight loss solution like other programs. It's an unprecedented fitness solution designed to give you a stronger, healthier body that will become leaner and perform better over time. It's not designed for weight loss per se. It's designed to increase human performance and improve overall body composition. Trust it. Nutrition expert Carrie Wiatt, creator of the P90X Nutrition Plan, has developed an individualized approach to healthy eating that's made her a leading lifestyle educator through her work as an author, consultant, media personality, and chef. At Diet Designs®, her Los Angeles-based nutrition company, Carrie combines fresh, upscale cuisine with low-fat preparation, portion control, and personalized counseling. After years of practice, Carrie compiled her proven techniques in her first book, *Eating by Design: The Individualized Food Personality Type Nutrition Plan.* Her second successful book, *Portion Savvy: The 30-Day Smart Plan for Eating Well*, presents a monthlong plan for controlled eating and food management. Wiatt's ability to bridge the gap between science and food circles has made her a sought-after media expert on healthy living.

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

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

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

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# THE P90X NUTRITION PLAN HAS 3 PHASES.

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

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





# **FAT SHREDDER**

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

# **ENERGY BOOSTER**

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



# ENDURANCE MAXIMIZER

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



# THE 3 PHASES

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

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

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



PHASE

**ENERGY BOOSTER** This is more of a well-rounded, long-term, sensible eating plan, and there shouldn't be too much trouble

once you get here. This plan can also be used as long as you like if you're feeling great, have plenty of energy, and it seems like you're making overall progress.

**ENDURANCE MAXIMIZER** This phase should be earned. It's an athletic diet, and you'll only need it if you're pushing



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

# CUSTOMIZING THE PHASES

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

D	ETERMINE YOUR PHASE
	(1) FAT SHREDDER
	(2) ENERGY BOOSTER
	(3) ENDURANCE MAXIMIZER



# EACH PHASE HAS 3 APPROACHES.

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

# THE PORTION APPROACH

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

# THE MEAL PLAN APPROACH

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

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

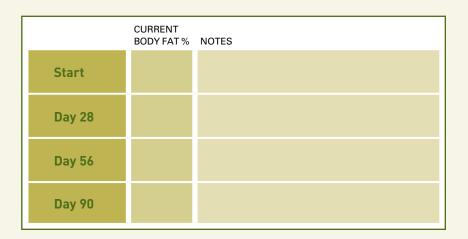
# DETERMINE YOUR APPROACH PORTION MEAL PLAN QUICK OPTION



# YOUR BODY FAT PERCENTAGE

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

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



## **BODY FAT TARGET**

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

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



# EACH APPROACH HAS 3 NUTRITION LEVELS.

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

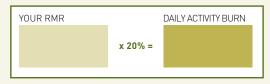
## 1

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

YOUR BODY WEIGHT		RMR (IN CALORIES)
	x 10 =	

# 2

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



Keep in mind that all lifestyles aren't created equal. A construction worker will have a higher daily burn rate than

a computer programmer, so this figure should be treated as a ballpark estimate. You'll probably need to do some personal adjusting to get it perfect. Don't worry; this will become more obvious than you think once you get going.

# 3

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



# 4

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

Example: A 6-foot, 180-pound man

RMR = 180 (body weight in pounds) x 10 = 1,800 Daily activity burn = 1,800 (RMR) x 20% = 360 Exercise expenditure = 600 Energy amount = 1,800 + 360 + 600 = 2,760

Nutrition level = II

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

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

# YOUR NUTRITION LEVEL =

# **GENERAL GUIDELINES**

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

## keeping a daily journal

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

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



# WHY DIET MATTERS

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

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

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



# WHEN TO EAT

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

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

okay, let's get started. big P90X step...

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

**TOSS THE JUNK!** 

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

# Yes, we mean it. Throw it away!

## WHAT RESULTS TO EXPECT

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

The number-one obstacle to success is underestimating

portion size. Calories do count in the energy

# THE NUMBER-ONE OBSTACLE

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

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

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

# DRINK WATER

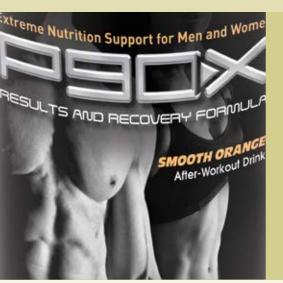
Drinking enough water is a vital part of any conditioning program, as it aids every aspect of bodily function. You should drink at

least six to eight 12-ounce glasses of water each day. The following water consumption guidelines relate specifically to your P90X workout:

#### **P90X HYDRATION SCHEDULE**

12 oz. water 2 hours prior to exercise8 to 12 oz. water 15 to 30 minutes prior to exercise4 to 8 oz. water every 15 minutes during exercise





# **P90X® RESULTS AND RECOVERY** FORMULA® AND THIS PLAN

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

# RECALCULATING YOUR CALORIES Even though some pretty bright minds were

tapped during the formulation of this nutrition

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

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

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

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

# **"BONKING"**

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

# LOW-FAT COOKING TECHNIQUES

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

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

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

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

# A BETTER SAUTÉ

1\_ Heat 2 tablespoons of liquid in a sauté pan over medium-high heat.

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

# PASTA AND NOODLES

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

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

# GRILLING, BAKING, AND POACHING

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

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

# **VEGETARIANS**

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

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



# **SUPPLEMENTS AND P90X**

# **P90X RESULTS AND RECOVERY FORMULA®**

There's a 60-minute window after training hard in which you need to fuel your body appropriately to maximize your results—in terms of both weight loss and performance. You'll get better results and recover faster using Results and Recovery Formula, and it tastes so great you won't believe how good it is for you. When recovering from intense workouts, this formula will provide you with the vital nutrients you need to bounce back from your workout.\* And the delicious, smooth orange flavor makes it a nice post-workout reward.

A dextrose-based formula provides optimum glycogen replenishment while a high Protein Efficiency Ratio (PER) blend offers the critical building blocks for rapid muscle resynthesis. Vitamins and antioxidants help reduce muscle soreness and assist in repair and growth.\*

Studies show that with proper nutrition during the first hour following exercise, you can increase your body's ability to recover by more than 100 percent. Our Results and Recovery Formula combines the proper nutrients into this state-of-the-art, great-tasting, body-shaping cocktail that's guaranteed to take your results to the next level.\*



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

# P90X<sup>®</sup> PEAK HEALTH FORMULA

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

You may notice that the vitamin and mineral levels in Peak Health Formula go far beyond what you'll find in a conventional multivitamin. You're now exercising at a level that can seriously deplete micronutrients, so it's important to make sure you get back everything you lose—and then some.



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# **P90X<sup>®</sup> PEAK PERFORMANCE PROTEIN BARS**

With four great flavors and 20 grams of protein, our bars are designed to take the edge off when you're training hard.

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



# **E&E ENERGY AND ENDURANCE<sup>™</sup> PREWORKOUT FORMULA**

Your P90X workouts are tough and if you don't have the energy to go full out, you won't get your best results. That's why NEW E&E Energy and Endurance<sup>™</sup> is an essential part of your P90X workout program. It's scientifically formulated to help improve your energy, endurance, strength, and focus, so you can maximize every second of your P90X workouts!\*

E&E Energy and Endurance features a proprietary blend of advanced nitric oxide boosters, amino acids, essential B vitamins, electrolytes, and natural energizers to help you power through your workouts!

E&E Energy and Endurance will help you:\*

- Burn more calories and fat to get ripped faster.
- Maximize performance to build muscle faster.



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





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# GET RIPPED EVEN FASTER. FIRE UP YOUR ENERGY LEVELS, LOSE MORE WEIGHT, AND ACHIEVE OPTIMAL HEALTH.

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

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

# SHAKEOLOGY CONTAINS:

- \_Protein
- \_Essential Amino Acids
- \_Antioxidants
- \_Digestive Enzymes
- \_Prebiotics
- \_Vitamins
- \_Minerals
- \_Phytonutrients

#### NOW AVAILABLE IN 3 DELICIOUS FLAVORS:

- \_Chocolate
- \_Greenberry
- \_Tropical Strawberry (vegan/dairy-free formula)

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

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







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

- \_Increase energy levels for your workout
- \_Reduce cravings
- \_Lose weight and get lean
- \_Improve digestion and regularity for optimal health

How to incorporate Shakeology into P90X Nutrition Plan:

- \_Menu Approach: Use Shakeology for breakfast every day. Check out the recipes on pages 35 and 36.
- -Portion Approach: Replace a snack or one scoop can count as a Protein Portion *and* a Carb Portion.

# **PORTION APPROACH**

PHASE

# FAT SHREDDER

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

FRUITS 1 serving VEGETABLES 4 servings FATS 1 serving CARBOHYDRATES 1 serving	PROTEINS	7 servings
VEGETABLES 4 servings FATS 1 serving CARBOHYDRATES 1 serving	DAIRY	3 servings
FATS 1 serving CARBOHYDRATES 1 serving	FRUITS	1 serving
CARBOHYDRATES 1 serving	VEGETABLES	4 servings
	FATS	1 serving
SNACKS 2 servings	CARBOHYDRATES	1 serving
	SNACKS	2 servings

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

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

CONDIMENTS 2 servings

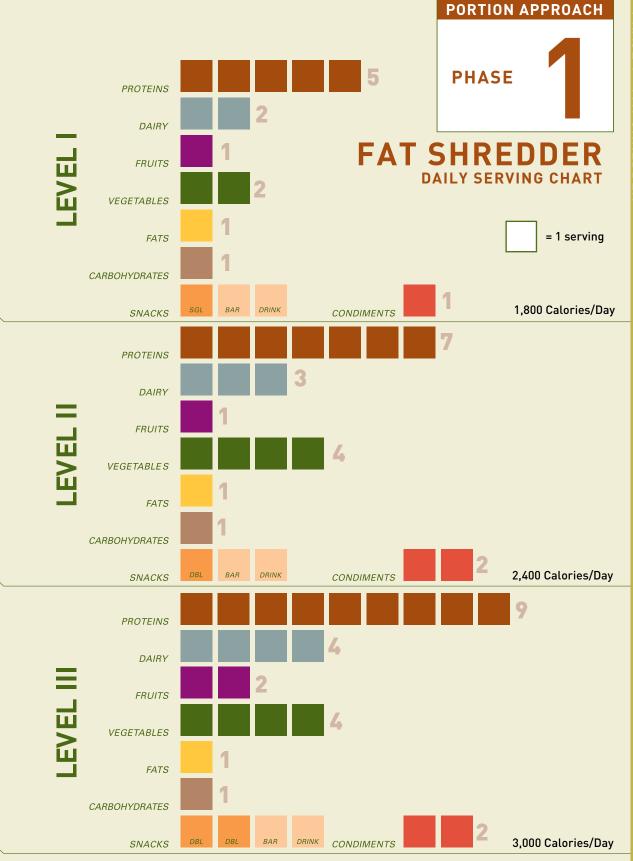
#### Important Note on Snacks:

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

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

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





# **PORTION APPROACH**

PHASE

**FAT SHREDDER** PORTION APPROACH FOODS LIST

**ALL LEVELS** 

During Phase 1, use the following list to determine which foods to purchase from the grocery store and what amount constitutes one serving. Remember, the foods you choose to incorporate in your diet are up to you—just make sure the portions fit within the parameters of your determined nutrition level.

FATS		
Each serving = 120 calories	<b>3 oz.</b> _Avocado <b>1 Tbsp.</b> _Canola oil <b>1Tbsp.</b> _Flaxseed oil	Olive oil_ <b>1Tbsp.</b> Olives_ <b>4 oz.</b>
PROTEINS		
Each serving = 100 calories	3 ozBoneless, skinless chicken or turkey breast 6_Egg whites 3 ozFish and shellfish 3 ozHam slices, fat-free 3 ozPork tenderloin 1/3 cup_Beachbody Whey Protein Powder 3 ozRed meat (top sirloin, flank steak) 3 ozRed meat, lean	Soy burger_1 Soy cheese slices_5 Tofu_3 oz. Tuna_3 oz. Turkey bacon_2 slices Veggie burger_1 Veggie dog_1
CARBOHYDRATES	GRAINS LEGUMES POTATOE	S
Each serving = 200 calories	1 medium_Bagel, whole wheat 1 cup_Baked beans 1 cup_Beans (kidney, black, etc.) 1_Bran muffin (2.5 oz) 2 slices_Bread (whole wheat, rye, or pumpernickel) 1 cup_Cereal, whole grain 1 cup_Couscous 12_Crackers 2_English muffin halves, whole wheat 1 cup_Hummus 1 cup_Lentils 1 cup_Oatmeal	Pancakes (3.6 oz.)_3 Pasta or noodles_1 cup Pita, whole wheat_1 large Potato_1 medium Quinoa_1 cup Refried beans, low-fat_1 cup Rice, brown or wild_1 cup Sweet potato_1 medium Tortillas, corn_3 Tortilla, whole wheat_1 large Waffles, whole wheat_2 Wheat berries_1 cup
DAIRY PRODUCTS		
Each serving = 120 calories	<b>1 oz</b> Cheese, low-fat <b>1 cup</b> Cottage cheese, 1%	Parmesan cheese_ <b>1 oz.</b> Skim milk <b>8 oz.</b>

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

20

**cup\_**Cottage cheese, 1%

Skim milk\_8 oz. Soy cheese\_1 oz. Soy milk\_8 oz. Yogurt, plain nonfat\_8 oz.



Each serving = 100 calories

1 medium\_Apple 1 cup\_Apricots 1 medium\_Banana 1/4 medium\_Cantaloupe 1 cup\_Cherries 1 oz.\_Dried fruit 1 medium\_Grapefruit 1 cup\_Grapes 1 cup\_Kiwi 1/2 medium\_Mango Nectarine\_1 medium Orange\_1 large Papaya\_1/2 medium Peach\_1 medium Pear\_1 medium Raspberries, blueberries, blackberries\_1 cup Strawberries, sliced\_2 cups Tangerine \_1 medium Watermelon\_1 cup

# VEGETABLES

Each serving = 50 calories

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

1 serving = 2 cups leafy greens

## CONDIMENTS

Each serving = 50 calories (2 Tbsp.)

#### **SNACKS**

Single serving = 100 calories Double serving = 200 calories

Note: One portion of low-fat cheese or cottage cheese counts as either a snack or a dairy portion, not both. Asparagus Beets Bok choy Broccoli Brussels sprouts Cabbage Carrots Cauliflower Celery Collard greens Cucumber Eggplant Kale Lettuce Marinara sauce Mushrooms Peas Peppers Spinach Sprouts Squash (summer or winter) String beans Tomatoes Vegetable soup

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

#### Single

1 oz.\_Cheese, low-fat 8 oz.\_Cottage cheese, 1% 1 oz.\_Dried fruit 12\_Mini rice cakes 1/2\_P90X Peak Performance Protein Bar 1 Tbsp.\_Peanut butter with celery sticks 2 oz.\_Soy nuts 1-1/2 oz.\_String cheese 1 oz.\_Turkey jerky 8 oz.\_Yogurt, plain nonfat 2/3 scoop\_Shakeology\*

#### Doubl

Cottage cheese, 1%\_**12 oz.** Nuts\_**1 oz.** (almonds, cashews, pecans, 30 pistachios) P90X Peak Performance Protein Bar\_**1** P90X Results and Recovery Formula\_**12 to 16 oz** Soy nuts\_**4 oz.** String cheese\_**3 oz.** Turkey jerky\_**2 oz.** 

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SHAKEOLOGY

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

Single 2/3\_serving for amount

# MEAL PLAN APPROACH

PHASE

# FAT SHREDDER

# PHASE 1—FAT SHREDDER

# **GENERAL GUIDELINES**

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

# MEAL PLAN APPROACH

# FAT SHREDDER





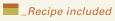


BREAKFAST	SNACK	LUNCH	SNACK	DINNER
DAY 1 1_Mushroom Omelet 1 1 cup_Fresh strawberries 8 ozCottage cheese, 1%	1_P90X Peak Performance Protein Bar 1_Results and Recovery Formula drink**	1_Chef Salad	2 ozSoy nuts	6 ozSalmon 2 TbspLemon-Dill Sauce 1/2 cup_Asparagus 1 cup_Wild rice 1 cup_Red Pepper Soup 1 TbspBeachbody Whey Protein Powder
DAY 2 1_Shakeology P90X-tra Shake* 1_Banana	1_P90X Peak Performance Protein Bar 1_Results and Recovery Formula drink**	1_Shrimp Stir-Fry ■ 1 <b>Tbsp</b> Sesame seeds 1 ozCashews	1-1/2 ozString cheese	6 ozTurkey 2 TbspGravy ■ 1/2 cup_Green beans 1 cup_Butternut Squash Soup 1 TbspBeachbody Whey Protein Powder
2 slices_Turkey bacon 1_Chicken Scramble = 4 ozFresh-squeezed juice	1_P90X Peak Performance Protein Bar 1_Results and Recovery Formula drink**	1_Chicken Salad ■ 2 cups_Salad greens 1 cup_Vegetable Soup ■ 1 TbspBeachbody Whey Protein Powder	2 ozSoy nuts	6 ozHalibut 2 TbspPesto Sauce ■ 1 cup_Wild rice 1/2 cup_Zucchini
1_Soy Sausage Muffin ■ 8 ozSkim milk	1_P90X Peak Performance Protein Bar 1_Results and Recovery Formula drink**	1_Steak and Arugula Salad ■ 2 TbspBalsamic Vinaigrette ■	<b>1 oz</b> Turkey jerky	6 ozChicken breast 2 TbspHoney-Chile Sauce ■ 1 cup_Quinoa 1/2 cup_Snap peas
DAY 5 1_Spinach Scramble ■ 8 ozSkim milk 1/2_Grapefruit, medium	1_P90X Peak Performance Protein Bar 1_Results and Recovery Formula drink**	6 ozTurkey Burger ■ 1-1/2 ozLow-fat Swiss cheese 1/2 cup_Coleslaw ■ 1 cup_Gazpacho ■ 1 TbspBeachbody Whey Protein Powder	<b>8 oz.</b> _Cottage cheese, 1%	<b>6 oz.</b> _Swordfish <b>2 Tbsp.</b> _Mango-Ginger Sauce ■ <b>1 cup_</b> Wild rice 1_Artichoke, medium
DAY 6 1_Shakeology P90X-tra Shake* ■ 1_Banana	1_P90X Peak Performance Protein Bar 1_Results and Recovery Formula drink**	1_Island Pork Tenderloin Salad ■	<b>1 oz</b> Turkey jerky	1_Beef and Broccoli Stir-Fry ■ 1 cup_Miso Soup ■ 1 TbspBeachbody Whey Protein Powder
<b>DAY</b> 7 <b>2 slices</b> _Turkey bacon 1_Cheese Scramble 8 <b>8 oz.</b> _Skim milk 1/4_Cantaloupe, medium *For more information on Shakeology, please refer to page 15.	1_P90X Peak Performance Protein Bar 1_Results and Recovery Formula drink** **Immediately after workout.	1_Tuna Salad <b>■</b> 2 cups_Salad greens 1 cup_Chilled Cucumber Soup <b>■</b>	<b>8 oz.</b> _Cottage cheese, 1%	6 oz_Lemon-Garlic Chicken ■ 1 cup_Wild rice 1 cup_Asparagus Soup ■ 1 TbspBeachbody Whey Protein Powder

# **FAT SHREDDER**

LUNCH

SNACK



BREAKFAST



SNACK

MEAL	PLAN APPROACH	P
	el II PHASE	HASE 1-F
ACK	DINNER	Ř
ichio nuts	8 ozSalmon 3 TbspLemon-Dill Sauce 1 cup_Asparagus 1 cup_Wild rice 2 cups_Red Pepper Soup 2 TbspBeachbody Whey Protein Powder	- SHREDDER

DAY 1 1_Mushroom Omelet 1 cup_Fresh strawberries 12 ozCottage cheese, 1%	1_P90X Peak Performance Protein Bar 1_Results and Recovery Formula drink**	1_Chef Salad =	30_Pistachio nuts	8 ozSalmon 3 TbspLemon-Dill Sauce 1 cup_Asparagus 1 cup_Wild rice 2 cups_Red Pepper Soup 2 TbspBeachbody Whey Protein Powder
DAY 2 1_Shakeology P90X-tra Shake* 1_Banana	1_P90X Peak Performance Protein Bar 1_Results and Recovery Formula drink**	1_Shrimp Stir-Fry ■ 1 <b>Tbsp.</b> _Sesame seeds 1 ozCashews	<b>3 oz</b> String cheese	8 ozTurkey 3 TbspGravy ■ 1 cup_Green beans 2 cups_Butternut Squash Soup 2 TbspBeachbody Whey Protein Powder
3 slices_Turkey bacon 1_Chicken Scramble 6 ozFresh-squeezed juice	1_P90X Peak Performance Protein Bar 1_Results and Recovery Formula drink**	1_Chicken Salad 3 cups_Salad greens 2 cups_Vegetable Soup 2 TbspBeachbody Whey Protein Powder	4 ozSoy nuts	8 ozHalibut 3 TbspPesto Sauce ■ 1 cup_Wild rice 1 cup_Zucchini
DAY 4 1_Soy Sausage Muffin ■ 12 ozSkim milk	1_P90X Peak Performance Protein Bar 1_Results and Recovery Formula drink**	1_Steak and Arugula Salad 3 TbspBalsamic Vinaigrette	<b>2 oz.</b> _Turkey jerky	8 ozChicken breast 3 TbspHoney-Chile Sauce ■ 1 cup_Quinoa 1 cup_Snap peas
DAY 5 1_Spinach Scramble 12 ozSkim milk 1_Grapefruit, medium	1_P90X Peak Performance Protein Bar 1_Results and Recovery Formula drink**	8 ozTurkey Burger 3 ozLow-fat Swiss cheese 1/2 cup_Coleslaw 1 cup_Gazpacho 2 TbspBeachbody Whey Protein Powder	<b>12 oz</b> Cottage cheese, 1%	8 ozSwordfish 3 TbspMango-Ginger Sauce 1 cup_Wild rice 1_Artichoke, medium
DAY 6 1_Shakeology P90X-tra Shake* ■ 1_Banana	1_P90X Peak Performance Protein Bar 1_Results and Recovery Formula drink**	1_Island Pork Tenderloin Salad 🗖	<b>2 oz.</b> _Turkey jerky	1_Beef and Broccoli Stir-Fry ■ 2 cups_Miso Soup ■ 2 TbspBeachbody Whey Protein Powder
<b>3 slices_</b> Turkey bacon 1_Cheese Scramble <b>12 oz</b> Skim milk 1/4_Cantaloupe, medium *For more information on Shakeology, please refer to page 15.	1_P90X Peak Performance Protein Bar 1_Results and Recovery Formula drink** **Immediately after workout.	1_Tuna Salad ■ 3 cups_Salad greens 2 cups_Chilled Cucumber Soup ■	<b>12 oz</b> Cottage cheese, 1%	8 oz_Lemon-Garlic Chicken = 1 cup_Wild rice 2 cups_Asparagus Soup = 2 TbspBeachbody Whey Protein Powder 25

# FAT SHREDDER







BREAKFAST	SNACK	LUNCH	SNACK	DINNER
DAY 1 1_Mushroom Omelet = 1 cup_Fresh strawberries 12 ozCottage cheese, 1%	1_P90X Peak Performance Protein Bar 1_Results and Recovery Formula drink**	1_Chef Salad =	30_Pistachio nuts 2 ozTurkey jerky	10 ozSalmon 4 TbspLemon-Dill Sauce 1 cup_Asparagus 1 cup_Wild rice 2 cups_Red Pepper Soup 3 TbspBeachbody Whey Protein Powder
DAY 2 1_Shakeology P90X-tra Shake*	1_P90X Peak Performance Protein Bar 1_Results and Recovery Formula drink**	1_Shrimp Stir-Fry ■ 2 TbspSesame seeds 1 ozCashews	3 ozString cheese 4 ozSoy nuts	10 ozTurkey 4 TbspGravy 1 cup_Green beans 2 cups_Butternut Squash Soup 3 TbspBeachbody Whey Protein Powder
<b>4 slices_</b> Turkey bacon 1_Chicken Scramble <b>8 oz</b> Fresh-squeezed juice	1_P90X Peak Performance Protein Bar 1_Results and Recovery Formula drink**	1_Chicken Salad ■ 4 cups_Salad greens 2 cups_Vegetable Soup ■ 3 TbspBeachbody Whey Protein Powder	<b>4 oz.</b> _Soy nuts <b>12 oz.</b> _Cottage cheese, 1%	10 ozHalibut 4 TbspPesto Sauce ■ 1 cup_Wild rice 1 cup_Zucchini
DAY 4 1_Soy Sausage Muffin ■ 12 ozSkim milk	1_P90X Peak Performance Protein Bar 1_Results and Recovery Formula drink**	1_Steak and Arugula Salad 4 TbspBalsamic Vinaigrette	3 ozString Cheese 1 ozCashews	10 ozChicken breast 4 TbspHoney-Chile Sauce 1 cup_Quinoa 1 cup_Snap peas
DAY 5 1_Spinach Scramble 12 ozSkim milk 1_Grapefruit, medium	1_P90X Peak Performance Protein Bar 1_Results and Recovery Formula drink**	10 ozTurkey Burger 3 ozLow-fat Swiss cheese 2 cups_Coleslaw 2 cups_Gazpacho 3 TbspBeachbody Whey Protein Powder	<b>12 oz.</b> _Cottage cheese, 1% <b>2 oz.</b> _Turkey jerky	10 ozSwordfish 4 TbspMango-Ginger Sauce 1 cup_Wild rice 1_Artichoke, medium
DAY 6 1_Shakeology P90X-tra Shake*	1_P90X Peak Performance Protein Bar 1_Results and Recovery Formula drink**	1_Island Pork Tenderloin Salad ■	<b>2 oz.</b> _Turkey jerky <b>1 oz.</b> _Almonds	<ul> <li>1_Beef and Broccoli Stir-Fry</li> <li>2 cups_Miso Soup</li> <li>3 TbspBeachbody Whey Protein Powder</li> </ul>
<b>4 slices</b> _Turkey bacon 1_Cheese Scramble <b>12 oz</b> Skim milk <b>1/2_Cantaloupe</b> , medium *For more information on Shakeology, please refer to page 15.	1_P90X Peak Performance Protein Bar 1_Results and Recovery Formula drink** **Immediately after workout	1_Tuna Salad ■ 4 cups_Salad greens 2 cups_Chilled Cucumber Soup ■	12 ozCottage cheese, 1% 1 ozAlmonds	10 oz_Lemon-Garlic Chicken 1 cup_Wild rice 2 cups_Asparagus Soup 3 TbspBeachbody Whey Protein Powder

# MEAL PLAN APPROACH

PHASE

FAT SHREDDER



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

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



# **BALSAMIC VINAIGRETTE**

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

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

## Serves 8

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

LEVEL I 2 Tbsp.=1 condiment LEVEL II 3 Tbsp.=1-1/2 condiments LEVEL III 4 Tbsp.=2 condiments

# **CUMIN VINAIGRETTE**

per serving:

Calories (kcal)69
Total Fat <b>7 g</b>
(92% calories from fat)
Protein0 g
Carbohydrate <b>2 g</b>
Cholesterol <b>0 mg</b>
Sodium <b>329 mg</b>

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

## Serves 2

LEVEL I

28

2 Tbsp.=1 condiment

Whisk together until well mixed.

LEVEL II 3 Tbsp.=1-1/2 condiments LEVEL III 4 Tbsp.=2 condiments



# PESTO SAUCE

#### per serving:

per serving:

1/2 cup pine nuts	Calories (kcal)67
2 cups fresh basil, packed	Total Fat <b>6 g</b>
1 Tbsp. chopped garlic	(9% calories from fat)
1/2 cup grated low-fat Parmesan cheese	Protein <b>2 g</b>
3 Tbsp. white cooking wine	Carbohydrate <b>2 g</b>
3 Tbsp. lemon juice	Cholesterol <b>4 mg</b>
1/4 cup fat-free low-sodium chicken or vegetable broth	Sodium <b>137 mg</b>
Salt (to taste)	

#### Serves 10

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

LEVEL I		
2 Tbsp.=1 condiment	3 Tbsp.=1-1/2 condiments	4 Tbsp.=2 condiments

# MANGO-GINGER SAUCE

1/2 Tbsp. olive oil Calories (kcal)......46 Total Fat.....1 g 1 cup finely chopped red onion (19% calories from fat) 1 cup peeled, cubed mango Protein .....1 g 1/2 cup chopped tomato 1-1/2 Tbsp. minced fresh ginger Carbohydrate .....9 g 1/4 cup fresh lime juice Cholesterol .....0 mg 2 Tbsp. orange juice Sodium......3 mg 2 Tbsp. dry sherry 1-1/2 Tbsp. brown sugar 1-1/2 Tbsp. white vinegar

#### Serves 8

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

LEVEL I 2 Tbsp.=1 condiment LEVEL II 3 Tbsp.=1-1/2 condiments LEVEL III 4 Tbsp.=2 condiments



# GRAVY

1/3 cup chopped shallots	Calories (kcal) <b>34</b>
1/3 cup all-purpose flour	Total Fat <b>&lt;1 g</b>
3 cups fat-free low-sodium chicken broth	(1% calories from fat)
1/4 tsp. salt	Protein4 g
1 tsp. poultry seasoning	Carbohydrate4 g
	Cholesterol <b>0 mg</b>
Serves 10	Sodium

1. Sauté shallots in some of the broth until soft (see Low-Fat Cooking Techniques). Gradually whisk in the flour, adding broth as needed to form a thick paste.

2. Gradually add remaining broth, stirring and cooking until thickened. Add salt and poultry seasoning.

LEVEL I		LEVEL III
2 Tbsp.=1 condiment	3 Tbsp.=1-1/2 condiments	4 Tbsp.=2 condiments

# **HONEY-CHILE SAUCE**

per serving:

1/4 cup finely chopped shallots	Calories (kcal) <b>56</b>
2/3 cup honey, slightly warmed	Total Fat <b>1 g</b>
1/4 cup sherry vinegar	(13% calories from fat)
1 tsp. pasilla chile powder	Protein <b>1 g</b>
1/4 tsp. ground cumin	Carbohydrate <b>13 g</b>
1-1/2 cups fat-free low-sodium chicken or vegetable broth	Cholesterol <b>0 mg</b>
Salt and pepper (to taste)	Sodium <b>48 mg</b>
1 tsp. chopped cilantro	
3 Tbsp. chopped pecans, toasted	

### Serves 16

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

LEVEL I 2 Tbsp.=1 condiment

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LEVEL II 3 Tbsp.=1-1/2 condiments **LEVEL III** 4 Tbsp.=2 condiments



# LEMON-DILL SAUCE

per serving:	A U
	п 
Calories (kcal) <b>58</b>	
Total Fat	2
(0% calories from fat)	- U
Protein <b>3 g</b>	Ξ
Carbohydrate <b>5 g</b>	R
Cholesterol <b>0 mg</b>	
Sodium <b>107 mg</b>	Ē

# Serves 10

1/2 cup chopped shallots

2 cups white wine

2 Tbsp. arrowroot powder

- 1. Coat a large sauté pan with cooking spray; sauté shallots until soft (not brown), moistening with wine if necessary.
- 2. In a medium bowl, dissolve arrowroot in 1/2 cup of chicken broth and set aside.

1 Tbsp. chopped fresh dill

2 cups fat-free low-sodium chicken broth

1 tsp. minced lemongrass

6 Tbsp. lemon juice

- 3. Add remaining wine to shallots, bring to boil, and boil until reduced by half. Add remaining chicken broth, return to boil, and reduce by half again.
- 4. Add arrowroot mixture to pan and stir to blend. Transfer contents to a food processor or blender and puree until smooth.
- 5. Return sauce to pan. Add lemon juice and lemongrass and simmer over low heat for about 30 minutes, until thick. Strain out lemongrass and stir in dill.

# LEVEL I

2 Tbsp.=1 condiment

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

4 Tbsp.=2 condiments

# CHILLED CUCUMBER SOUP

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

Calories (kcal)	.60
Total Fat	1 g
(5% calories from fat)	
Protein	5 g
Carbohydrate <b>1</b>	0 g
Cholesterol1	mg
Sodium <b>191</b>	mg

### Serves 4

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

LEVEL I 1 cup soup =1/2 vegetable LEVEL II 2 cups soup =1 vegetable LEVEL III

3 cups soup =1-1/2 vegetables

# **ASPARAGUS SOUP**

1-1/4 cups diced onions	Calories (kcal) <b>38</b>
1/2 tsp. chopped garlic	Total Fat <b>&lt;1 g</b>
1-1/2 quarts fat-free low-sodium chicken or vegetable broth	(0% calories from fat)
1-1/2 pounds asparagus, diced	Protein <b>2 g</b>
1/2 potato, diced	Carbohydrate <b>5 g</b>
1 dash salt	Cholesterol <b>0 mg</b>
1/2 tsp. yellow mustard seed	Sodium <b>1,780 mg</b>
1 dash 17-spice mix	
1/2 tsp. dry mustard	

### Serves 8

1. Sauté onions and garlic in 1/4 cup of chicken broth.

- 2. Add asparagus, potato, and remaining broth. Bring to a boil. Reduce heat and simmer 15 to 20 minutes.
- Remove soup from heat and puree with a food processor or immersion blender. Return to pan and season with spices.
   Serve.

LEVEL I		LEVEL III
1 cup soup = 1 vegetable	2 cups soup = 2 vegetables	3 cups soup = 3 vegetables

# **BUTTERNUT SQUASH SOUP**

per serving:

1 Tbsp. minced shallot	Calories (kcal) <b>70</b>
1 clove garlic, pressed or minced	Total Fat <b>(1 g</b>
3 cups cubed butternut squash	(1% calories from fat)
1/2 cup fat-free low-sodium chicken or vegetable broth	Protein <b>3 g</b>
	Carbohydrate <b>18 g</b>
	Cholesterol <b>0 mg</b>
	Sodium <b>89 mg</b>

### Serves 3

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

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LEVEL I

1 cup soup = 1 vegetable

LEVEL II 2 cups soup = 3 vegetables LEVEL III 2 cups soup = 3 vegetables



# GAZPACHO

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

Tabasco<sup>®</sup> sauce (to taste)

# Serves 5

1. Place tomatoes, tomato juice, cucumbers, carrots, peppers, onion, shallots, and garlic in a food processor or blender and process until smooth.

Add vinegar, lemon juice, paprika, oregano, basil, parsley, and white pepper and process to combine.
 Add Tabasco sauce to taste and blend. Chill for several hours before serving.

1 cup soup =1/2 vegetable	2 cups soup =1 vegetable	3 cups soup =1-1/2 vegetables

# MISO SOUP

### per serving:

Calories (kcal) <b>107</b>
Total Fat <b>3 g</b>
(23% calories from fat)
Protein <b>4 g</b>
Carbohydrate 16 g
Cholesterol <b>1 mg</b>
Sodium <b>1,052 mg</b>

# Serves 8

1. Heat sesame oil in a saucepan over medium heat. Add shallots and cook until translucent.

2. Add miso and mix well. Add stock and bring to a simmer. Reduce heat to low and simmer for 15 minutes.

3. To serve, ladle into bowls and garnish each serving with tofu and scallions.

4. Serve.

# LEVEL I

1 cup soup =1 vegetable, 1/2 protein

# LEVEL II

2 cups soup =2 vegetables, 1 protein

# LEVEL III

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



# **VEGETABLE SOUP**

10 cups fat-free low-sodium chicken or vegetable broth	Calories (kcal)49
4 medium red potatoes, cut into 1-inch cubes	Total Fat <b>‹1 g</b>
4 cups quartered onions	(2% calories from fat)
1 cup sliced carrots (1 inch thick)	Protein <b>7 g</b>
3 cups sliced celery (1 inch thick)	Carbohydrate <b>10 g</b>
2 cups sliced zucchini (1 inch thick)	Cholesterol <b>0 mg</b>
8 ounces canned tomato sauce	Sodium
2 cloves garlic, minced	
1/4 bunch fresh parsley, chopped	
1/4 bunch cilantro, chopped	

# Serves 18

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

1 dash black pepper

LEVELI		
1 cup soup = 1 vegetable	2 cups soup = 2 vegetables	3 cups soup = 3 vegetables

# **RED PEPPER SOUP**

per serving:

2 cups white wine (more if needed)		Calories (kcal) <b>57</b>
1 onion, finely chopped		Total Fat <b>‹1 g</b>
5 roasted red peppers, cored,	, seeded, and chopped	(5% calories from fat)
2 cups chopped celery		Protein <b>3 g</b>
1 Tbsp. minced garl	ic	Carbohydrate <b>6 g</b>
2 plum tomatoe	es, chopped	Cholesterol 0 mg
1/4 cup to	mato paste	Sodium <b>145 mg</b>
2 cup	s fat-free low-sodium chicken or veg	etable broth
2	2 Tbsp. dried thyme	
	1/4 tsp. each ground white peppe	r and ground cumin
Serves 12	1 dash salt	

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

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LEVEL I 1 cup soup = 1 vegetable

LEVEL II 2 cups soup = 2 vegetables

LEVEL III 3 cups soup = 3 vegetables



# SHAKEOLOGY P90X-TRA-LEVEL I

per serving:

3/4 cup nonfat milk	Calories (kcal)
1/2 cup water	Total Fat <b>2 g</b>
1 scoop Chocolate Shakeology	(6% calories from fat)
1/2 cup berries	Protein <b>25 g</b>
1/2 small banana	Carbohydrate
1/2 cup ice	Cholesterol <b>19 mg</b>
	Sodium <b>178 mg</b>

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

2. Serve immediately.

LEVEL I	LEVEL II	LEVEL III
1 protein, 1 dairy, 1 fruit	See below	See next page

# SHAKEOLOGY P90X-TRA-LEVEL II

per serving:

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

Calories (kcal)385
Total Fat <b>2 g</b>
(6% calories from fat)
Protein
Carbohydrate <b>57 g</b>
Cholesterol 27 mg
Sodium <b>254 mg</b>

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

2. Serve immediately.

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

LEVEL I See above LEVEL II 1-1/2 protein, 1 dairy, 1 fruit

# LEVEL III

See next page

# SHAKEOLOGY P90X-TRA—LEVEL III

per serving:

# 1 cup nonfat milk

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

Calories (kcal)492
Total Fat3 g
(6% calories from fat)
Protein
Carbohydrate <b>72 g</b>
Cholesterol 35 mg
Sodium <b>305 mg</b>

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

2. Serve immediately.

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

LEVELI		
See previous page	See previous page	2 protein, 1 dairy, 1-1/2 fruit

# SOY SAUSAGE MUFFIN

per serving:

? to 4 soy sausage patties (approximately 80 calories each)	Calories (kcal) <b>57</b>
1 to 2 whole wheat English muffins	Total Fat <b>&lt;1 g</b>
1-1/2 to 4 oz. fat-free mozzarella cheese	(5% calories from fat)
	Protein <b>3 g</b>
	Carbohydrate6 g
	Cholesterol <b>0 mg</b>
	Sodium <b>145 mg</b>

1. Cook soy sausage according to package instructions.

2. Toast English muffin(s), then top with cheese and melt in toaster oven or under broiler for 2 to 3 minutes.

3. Place sausage on one muffin half and top with other half.

# LEVEL I

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

# LEVEL II

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

BREAKFAST

# LEVEL III

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

# CHICKEN SCRAMBLE—LEVEL I

per serving:	SAI
Calories (kcal) <b>308</b>	Τ
Total Fat9 g	FAT
(14% calories from fat)	
Protein <b>52 g</b>	HS
Carbohydrate <b>3 g</b>	R
Cholesterol	
Sodium <b>703 mg</b>	
_	고

6 egg whites

3 oz. chicken breast, cooked and diced

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

LEVEL I	LEVEL II	
2 protein, 1 dairy	See below	See next page

# CHICKEN SCRAMBLE-LEVEL II

per serving:

8 egg whites	Calories (kcal)
4 oz. chicken breast, cooked and diced	Total Fat <b>13 g</b>
1-1/2 oz. feta cheese, crumbled	(21% calories from fat)
2 Tbsp. chopped fresh basil	Protein <b>70 g</b>
Salt and pepper (to taste)	Carbohydrate4 g
	Cholesterol 133 mg
	Sodium

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

LEVEL I See above

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

LEVEL III See next page

# CHICKEN SCRAMBLE—LEVEL III

# 10 egg whites

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

Calories (kcal) <b>539</b>
Total Fat <b>18 g</b>
(27% calories from fat)
Protein
Carbohydrate <b>5 g</b>
Cholesterol 169 mg
Sodium <b>1,277 mg</b>

1. Lightly coat a nonstick skillet with cooking spray and place over medium heat.

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

See previous page	See previous page	3 protein, 2 dairy

# CHEESE SCRAMBLE-LEVEL I

per serving:

6 egg whites	Calories (kcal)
2 Tbsp. skim milk	Total Fat <b>4 g</b>
1-1/2 oz. part-skim mozzarella cheese, grated	(29% calories from fat)
Salt and pepper (to taste)	Protein <b>34 g</b>
	Carbohydrate <b>5 g</b>
	Cholesterol 24 mg
	Sodium

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

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

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LEVEL II See next page

BREAKFAST

LEVEL III See next page

# CHEESE SCRAMBLE—LEVEL II

per serving:	AS
	Ē
Calories (kcal) <b>388</b>	ī
Total Fat <b>7 g</b>	FAT
(35% calories from fat)	
Protein <b>53 g</b>	HS
Carbohydrate8 g	RE
Cholesterol 47 mg	
Sodium	
50010111	H۳.

1. Lightly coat a medium nonstick skillet with cooking spray and place over medium heat.

2. In a bowl, lightly beat egg whites with skim milk.

3 oz. part-skim mozzarella cheese, grated Salt and pepper (to taste)

8 egg whites

3 Tbsp. skim milk

3. Pour egg mixture into pan and cook slightly, then add cheese and cook to desired firmness.

LEVELI		LEVEL III
See previous page	2-1/2 protein, 1 dairy	See below

# CHEESE SCRAMBLE—LEVEL III

per serving:

10 egg whites	Calories (kcal) <b>506</b>
4 Tbsp. skim milk	Total Fat <b>9 g</b>
4 oz. part-skim mozzarella cheese, grated	(35% calories from fat)
Salt and pepper (to taste)	Protein <b>68 g</b>
	Carbohydrate <b>10 g</b>
	Cholesterol62 mg
	Sodium

# 1. Lightly coat a medium nonstick skillet with cooking spray and place over medium heat.

2. In a bowl, lightly beat egg whites with skim milk.

3. Pour egg mixture into pan and cook slightly, then add cheese and cook to desired firmness.

LEVEL I See previous page LEVEL II See above

LEVEL III 3-1/2 protein, 1 dairy

# SPINACH SCRAMBLE—LEVEL I

1/2 cup diced Roma tomatoes

1 cup spinach leaves, cleaned and dried

- 6 egg whites
  - 1-1/2 oz. feta cheese, crumbled
    - 1 Tbsp. chopped fresh basil

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

LEVELI	LEVEL II	LEVEL III	
1 protein, 1 dairy, 1 vegetable	See below	See next page	

# SPINACH SCRAMBLE-LEVEL II

per serving:

1/2 cup diced Roma tomatoes	Calories (kcal) <b>384</b>
1 cup spinach leaves, cleaned and dried	Total Fat <b>18 g</b>
8 egg whites	(43% calories from fat)
3 oz. feta cheese, crumbled	Protein <b>42 g</b>
1 Tbsp. chopped fresh basil	Carbohydrate 12 g
	Cholesterol <b>76 mg</b>
	Sodium <b>1,419 mg</b>

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

LEVEL I See above

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LEVEL II 1-1/2 protein, 1-1/2 dairy, 1 vegetable LEVEL III See next page

# SPINACH SCRAMBLE—LEVEL III

per serving:

per serving:

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

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

LEVELI	LEVEL II	
See previous page	See previous page	2 protein, 2 dairy, 2 vegetables

# MUSHROOM OMELET-LEVEL I

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

# LEVEL I

1 protein, 1/2 dairy, 1 vegetable

1 cup diced Roma tomatoes

10 egg whites

2 cups spinach leaves, cleaned and dried

4 oz. feta cheese, crumbled

2 Tbsp. chopped fresh basil

**LEVEL II** See next page LEVEL III See next page

# PHASE 1—FAT SHREDDER

# MUSHROOM OMELET-LEVEL II

8 egg whites	Calories (kcal) <b>298</b>
Salt and pepper (to taste)	Total Fat <b>6 g</b>
3/4 cup sliced mushrooms	(19% calories from fat)
2 Tbsp. chopped green onion	Protein <b>50 g</b>
1/2 Roma tomato, chopped	Carbohydrate8 g
3 oz. low-fat cheddar cheese, shredded	Cholesterol 18 mg
3 02. tow-lat cheddal cheese, shiedded	Sodium <b>966 mg</b>

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

LEVELI		
See previous page	1-1/2 protein, 1 dairy, 1 vegetable	See below

# MUSHROOM OMELET-LEVEL III

per serving:

Salt and nenner (to taste) Total Fat	0
Salt and pepper (to taste) Total Fat	οy
1 cup sliced mushrooms (19% calories from fat)	
2 Tbsp. chopped green onion Protein	4 g
1/2 Roma tomato, chopped Carbohydrate1	3 g
4 oz. low-fat cheddar cheese, shredded Cholesterol	mg
Sodium	mg

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

LEVEL I See previous page

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

BREAKFAST

# CHEF SALAD—LEVEL I

per serving:
Calories (kcal) <b>323</b>
Total Fat8 g
(21% calories from fat)
Protein <b>50 g</b>
Carbohydrate <b>14 g</b>
Cholesterol
Sodium <b>515 mg</b>

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

1/4 cup chopped hearts of palm 1 oz. avocado, diced

3 oz. fat-free turkey breast, chopped

3 oz. extra-lean low-sodium ham, chopped

1/2 Roma tomato, chopped

1-1/2 oz. fat-free mozzarella cheese, chopped

2 cups chopped romaine lettuce

LEVEL I		LEVEL III
2 protein, 1/2 dairy, 2 vegetables, 1 condiment	See below	See next page

2 Tbsp. low-fat ranch dressing

# CHEF SALAD—LEVEL II

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

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



LEVEL II

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

LUNCH

# LEVEL III

See next page

PHASE 1—FAT SHREDDER

per serving:

# CHEF SALAD—LEVEL III

5 oz. fat-free turkey breast, chopped	Calories (kcal) <b>611</b>
5 oz. extra-lean low-sodium ham, chopped	Total Fat <b>14 g</b>
4 oz. fat-free mozzarella cheese, chopped	(20% calories from fat)
1 Roma tomato, chopped	Protein <b>96 g</b>
2-1/2 cups chopped romaine lettuce	Carbohydrate26 g
1/4 cup chopped hearts of palm	Cholesterol <b>150 mg</b>
2 oz. avocado, diced	Sodium <b>913 mg</b>
4 Tbsp. low-fat ranch dressing	

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

LEVELI	LEVEL II	LEVEL III
See previous page	See previous page	3 protein, 2 dairy, 1 vegetable, 1 condiment

# STEAK AND ARUGULA SALAD-LEVEL I

per serving:

6 oz. top sirloin	Calories (kcal) <b>398</b>
2 cups arugula	Total Fat <b>11 g</b>
1/2 pint cherry tomatoes, halved	(42% calories from fat)
1/2 cup canned artichoke hearts, drained	Protein <b>38 g</b>
2 Tbsp. Balsamic Vinaigrette (see recipe in Dressings)	Carbohydrate <b>20 g</b>
	Cholesterol 87 mg
	Sodium

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

LEVEL I 2 protein, 3 vegetables, 1 condiment

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LEVEL II See next page

LUNCH

LEVEL III See next page

# STEAK AND ARUGULA SALAD-LEVEL II

per serving:

8 oz. top sirloin	Calories (kcal) <b>531</b>
3 cups arugula	Total Fat <b>14 g</b>
1/2 pint cherry tomatoes, halved	(42% calories from fat)
3/4 cup canned artichoke hearts, drained	Protein <b>51 g</b>
3 Tbsp. Balsamic Vinaigrette (see recipe in Dressings)	Carbohydrate <b>26 g</b>
	Cholesterol <b>116 mg</b>
	Sodium <b>414 mg</b>

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

LEVELI	LEVEL II	LEVEL III
See previous page	3 protein, 4 vegetables, 1 condiment	See below

# STEAK AND ARUGULA SALAD—LEVEL III

per serving:

10 oz. top sirloin	Calories (kcal) <b>695</b>
4 cups arugula	Total Fat <b>17 g</b>
1 pint cherry tomatoes, halved	(41% calories from fat)
1 cup canned artichoke hearts, drained	Protein <b>66 g</b>
4 Tbsp. Balsamic Vinaigrette (see recipe in Dressings)	Carbohydrate40 g
	Cholesterol 144 mg
	Sodium <b>547 mg</b>

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

LEVEL I See previous page LEVEL II See above 3-1/2 protein, 5 vegetables, 2 condiments

# LUNCH

# TUNA SALAD-LEVEL I

6 oz. tuna canned in water, drained	Calories (kcal) <b>248</b>
1-1/2 Tbsp. low-fat mayonnaise	Total Fat <b>5 g</b>
1/2 tsp. lemon zest	(17% calories from fat)
1 squeeze of fresh lemon juice	Protein <b>44 g</b>
1 Tbsp. shredded carrots	Carbohydrate <b>5 g</b>
1 Tbsp. chopped celery	Cholesterol <b>51 mg</b>
1 Tbsp. chopped green onion	Sodium <b>348 mg</b>
1 tsp. celery seeds	

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

LEVELI	LEVEL II		
2 protein, 1 condiment	See below	See next page	

# TUNA SALAD-LEVEL II

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

per serving:

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

LEVEL I See above

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

LUNCH

LEVEL III See next page

# TUNA SALAD-LEVEL III

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

Calories (kcal)459
Total Fat <b>10 g</b>
(20% calories from fat)
Protein <b>75 g</b>
Carbohydrate15 g
Cholesterol 85 mg
Sodium <b>549 mg</b>

per serving:

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

LEVEL I See previous page LEVEL II See previous page LEVEL III

3 protein, 1 vegetable, 1 condiment

# CHICKEN SALAD-LEVEL I

6 oz. raw boneless, skinless chicken breast 2 Tbsp. low-fat mayonnaise 3/4 Tbsp. Dijon mustard 1/4 cup diced celery 2 Tbsp. diced green onions 1/8 tsp. black pepper 1/8 tsp. fresh dill Calories (kcal) ......217 Total Fat......6 g (26% calories from fat) Protein ......32 g Carbohydrate ......7 g Cholesterol .......79 mg Sodium ..........257 mg

per serving:

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

LUNCH

LEVEL I 2 protein LEVEL II See next page LEVEL III See next page

# PHASE 1—FAT SHREDDER

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# CHICKEN SALAD-LEVEL II

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

Calories (kcal) <b>345</b>
Total Fat <b>12 g</b>
(32% calories from fat)
Protein43 g
Carbohydrate <b>14 g</b>
Cholesterol 105 mg
Sodium <b>361 mg</b>

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

LEVEL I See previous page

1

LEVEL II 2-1/2 protein, 1 vegetable, 1 condiment LEVEL III See below

# CHICKEN SALAD-LEVEL III

per serving:

0 oz. raw boneless, skinless chicken	breast
3 Tbsp. low-fat mayonnaise	
1-1/2 tablespoon Dijon must	ard
3/4 cup diced celery	
1/3 cup diced gree	n onions
1/2 tsp. black	pepper
1/2 tsp. f	resh dill

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

LUNCH

LEVEL I See previous page

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LEVEL II See above LEVEL III 3-1/2 protein, 2 vegetables, 1 condiment

# **ISLAND PORK TENDERLOIN**

per serving:

16 oz. lean pork tenderloin 1/2 tsp. salt 1/4 tsp. pepper 1/2 tsp. chili powder 1/2 tsp. ground cumin 1/2 tsp. cinnamon 2 tsp. olive oil 1/4 cup brown su

### 1/4 cup brown sugar, firmly packed 1/2 Tbsp. finely chopped fresh garlic 1/2 Tbsp. Tabasco sauce

# Serves 4

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

# ISLAND PORK TENDERLOIN SALAD—LEVEL I

### per serving:

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

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

# LEVELI

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

LEVEL II See next page LEVEL III See next page

# LUNCH

# ISLAND PORK TENDERLOIN SALAD—LEVEL II

per serving:

3/4 orange	Calories (kcal)882
1-1/2 cup fresh spinach	Total Fat <b>17 g</b>
3/4 red bell pepper, cut lengthwise into thin strips	(35% calories from fat)
2 Tbsp. golden raisins	Protein <b>52 g</b>
1-1/2 cup shredded Napa cabbage	Carbohydrate <b>93 g</b>
8 oz. Island Pork Tenderloin (see recipe on page 49)	Cholesterol 147 mg
3 Tbsp. Cumin Vinaigrette (see recipe in Dressings)	Sodium <b>862 mg</b>

1. Peel and cut orange crosswise into 1/4-inch thick slices and set aside.

2. Toss spinach, cabbage, bell pepper, and raisins in a large bowl.

3. Mound salad mixture on a large plate. Arrange pork and orange slices on top and drizzle with dressing.

LEVEL I

See previous page

LEVEL II 3 protein, 1 fruit, 3 vegetables, 4 condiments LEVEL III See below

# ISLAND PORK TENDERLOIN SALAD—LEVEL III p

per serving:

1 orange	Calories (kcal) <b>1,029</b>
2 cup fresh spinach	Total Fat <b>19 g</b>
1 red bell pepper, cut lengthwise into thin strips	(31% calories from fat)
1/4 cup golden raisins	Protein <b>69 g</b>
2 cups shredded Napa cabbage	Carbohydrate
10 oz. Island Pork Tenderloin (see recipe on page 49)	Cholesterol 147 mg
4 Tbsp. Cumin Vinaigrette (see recipe in Dressings)	Sodium <b>986 mg</b>

1. Peel and cut orange crosswise into 1/4-inch thick slices and set aside.

2. Toss spinach, cabbage, bell pepper, and raisins in a large bowl.

3. Mound salad mixture on a large plate. Arrange pork and orange slices on top and drizzle with dressing.

LEVEL I See previous page

50

LEVEL II See above LEVEL III 4 protein, 2 fruits, 4 vegetables, 4 condiments



# SHRIMP STIR-FRY-LEVEL I

per serving:

per serving:

	0-legies (heal) 222
6 oz. shrimp, peeled	Calories (kcal) <b>332</b>
1/4 Tbsp. low-sodium soy sauce	Total Fat4 g
1/2 tsp. rice vinegar	
1/4 cup fat-free chicken or vegetable broth	(9% calories from fat)
1/4 tsp. minced garlic	Protein44 g
1/4 tsp. minced ginger	Carbohydrate
1/2 cup red onion, cut in wedges	· · · ·
1/2 cup broccoli florets	Cholesterol 259 mg
1-1/4 cups trimmed snow peas	Sodium <b>552 mg</b>
1-1/2 cups halved mushrooms	
1/4 cup diced yellow bell pepper	r
1/4 cup canned water chest	tnuts, drained

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

LEVELI		LEVEL III
2 protein, 3 vegetables	See below	See next page

# SHRIMP STIR-FRY-LEVEL II

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

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

LEVEL	I		
See above			

2-1/2 protein, 4 vegetables

LEVEL III

See next page

LUNCH

# SHRIMP STIR-FRY—LEVEL III

10 oz. shrimp, peeled	Calories (kcal) <b>571</b>
3/4 Tbsp. low-sodium soy sauce	Total Fat <b>6 g</b>
1 tsp. rice vinegar	(9% calories from fat)
3/4 cup fat-free chicken or vegetable broth	
3/4 tsp. minced garlic	Protein <b>78 g</b>
3/4 tsp. minced ginger	Carbohydrate <b>59 g</b>
1 cup red onion, cut in wedges	Cholesterol
1-3/4 cups trimmed snow peas	chotester of
1 cup broccoli florets	Sodium <b>1,290 mg</b>
2 cups halved mushrooms	
3/4 cup diced yellow bell pepper	
3/4 cup canned water chestn	uts, drained

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

LEVEL I

See previous page

LEVEL II See previous page 3-1/2 protein, 5 vegetables

# TURKEY BURGER—LEVEL I

per serving:

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

Calories (kcal)......259 Total Fat.....4.5 g (35% calories from fat) Protein.....45 g Carbohydrate ......13 g Cholesterol .....82 mg Sodium .....270 mg

1. Preheat grill or broiler.

2. Combine all ingredients and form into patty.

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

LEVEL I 2 protein, 1/2 dairy, 1 condiment

52

LEVEL II See next page LEVEL III See next page



# **TURKEY BURGER—LEVEL II**

### per serving:

rving:	HAS
337 6 g	E 1 – FA
at) <b>60 g</b>	T SHR
17 g )7 mg 51 mg	REDDE
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8 oz. extra-lean (97% fat-free) ground turkey	Calories (kcal) <b>337</b>	
2 Tbsp. whole-grain bread crumbs	Total Fat <b>6 g</b>	
4 Tbsp. low-fat buttermilk	(35% calories from fat)	
3 tsp. minced green onions	Protein <b>60 g</b>	
3 tsp. chopped parsley	Carbohydrate	
1/2 tsp. Dijon mustard	Cholesterol 107 mg	
2 dashes Worcestershire sauce	Sodium <b>351 mg</b>	
Black pepper (to taste)		

1. Preheat grill or broiler.

2. Combine all ingredients and form into patty.

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

LEVEL I See previous page LEVEL II 3 protein, 1/2 dairy, 1 condiment LEVEL III

See below

# TURKEY BURGER—LEVEL III

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

Calories (kcal)421
Total Fat <b>8 g</b>
(35% calories from fat)
Protein <b>75 g</b>
Carbohydrate <b>21 g</b>
Cholesterol 134 mg
Sodium <b>439 mg</b>

1. Preheat grill or broiler.

2. Combine all ingredients and form into patty.

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

LEVEL I See previous page LEVEL II See above LEVEL III

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

# LUNCH

# **BEEF AND BROCCOLI STIR-FRY**

1/4 cup soy sauce	Calories (kcal)
1/2 red onion, sliced	Total Fat <b>11 g</b>
1 Tbsp. minced garlic 1-1/2 pound top sirloin steak, sliced 1 inch thick	(21% calories from fat)
1 Tbsp. sesame oil	Protein <b>46 g</b>
2 Tbsp. rice vinegar	Carbohydrate
1 Tbsp. minced ginger 4 cups broccoli florets	Cholesterol
8 oz. dried soba noodles	Sodium <b>1,591 mg</b>

### Serves 4

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

# LEVEL I

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

# LEVEL II

2 cups = 3 protein, 1 carbohydrate, 1 vegetable

# LEVEL III

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

# LEMON-GARLIC CHICKEN

per serving:

1/4 cup fresh lemon juice	Calories (kcal) <b>153</b>	
2 Tbsp. molasses	Total Fat <b>4 g</b>	
2 tsp. Worcestershire sauce	(24% calories from fat)	
4 garlic cloves, chopped	Protein <b>21 g</b>	
2 lbs. boneless, skinless chicken thighs	Carbohydrate8 g	
1/4 teaspoon salt	Cholesterol	
1/4 teaspoon black pepper	Sodium	
3 lemon wedges		

### Serves 3

1. Combine first 4 ingredients in a nonreactive dish and add chicken, turning to coat all sides. Cover and marinate in refrigerator 1 hour, turning occasionally.

3 parsley sprigs

- 2. Preheat oven to 425° F.
- 3. Remove chicken from dish, reserving marinade, and arrange in a shallow roasting pan coated with cooking spray. Pour reserved marinade over chicken; sprinkle with salt and pepper.
- 4. Bake for 20 minutes, basting occasionally with marinade. Bake without basting for 20 minutes more or until chicken is done. Serve with lemon wedges and garnish with parsley, if desired.

LEVEL I

54

6 oz. = 2 protein

LEVEL II 8 oz. = 2-1/2 protein LEVEL III 10 oz. = 3 protein



# **COLESLAW**

PHASE 1—FAT SHREDDER

3 cups shredded green cabbage	Calories (kcal) <b>38</b>
1 cup shredded red cabbage	Total Fat
1 cup julienned jicama 1/2 red onion, finely chopped	(4% calories from fat)
2 Red Delicious apples, finely diced	Protein <b>0 g</b>
1/2 cup fat-free mayonnaise	Carbohydrate9 g
1/3 cup white vinegar 2 Tbsp. plus 2 tsp. raw sugar	Cholesterol 0 mg
2 Tbsp. plus 2 tsp. Dijon mustard 1-1/2 tsp. caraway seed	Sodium <b>171 mg</b>
1/4 tsp. salt 1/5 tsp. salt	

# Serves 12

1. Combine vegetables and apples in a large bowl and mix well.

2. Combine remaining ingredients in a small bowl and mix well to make dressing.

3. Pour dressing over slaw and toss until evenly coated. Cover tightly and chill before serving.

LEVELI		LEVEL III
1/2 cup = 1/2 vegetable	1 cup = 1 vegetable	2 cups = 2 vegetables



# PORTION APPROACH



# **ENERGY BOOSTER**

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

For example, if you're in Phase 2 and have determined that you're at nutrition level II, you'd

be allotted a specific number of s	ervings per	day from each food group, as follows:
PROTEINS	6 servings	
DAIRY	2 servings	
FRUITS	1 serving	
VEGETABLES	3 servings	
FATS	1 serving	
CARBOHYDRATES	3 serving	
SNACKS	2 servings	(2 items from the single snack group
		1 item from the double snack group)

(2 items from the single snack group or1 item from the double snack group) PLUSa P90X Peak Performance Protein Bar andP90X Results and Recovery Formula drink

CONDIMENTS 1-1/2 servings

# Important Note on Snacks:

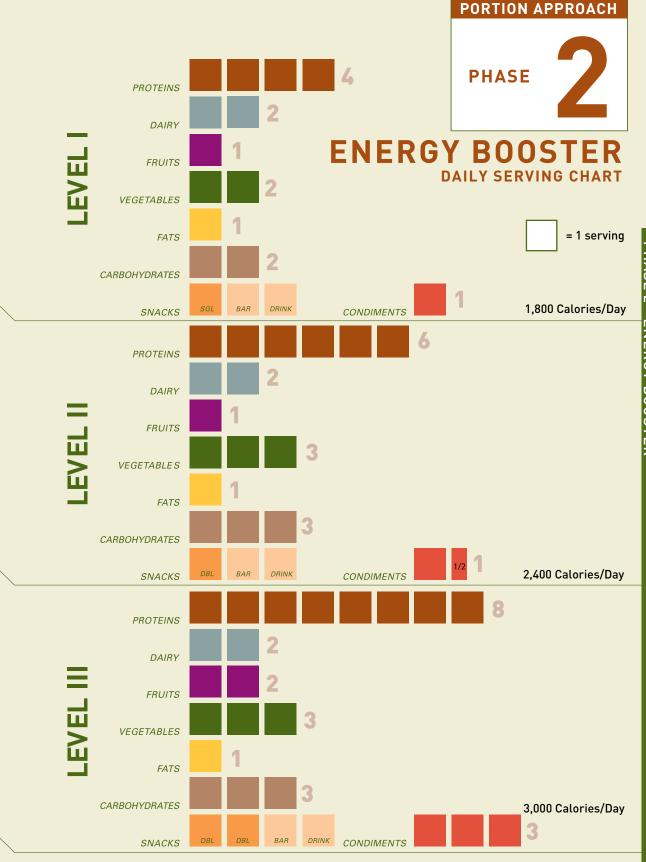
There are two snack groups listed in your Portion Approach foods—the single group and the double group.

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

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

# PORTION APPROACH





PORTION APPROACH

# **PORTION APPROACH**

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



# **ENERGY BOOSTER PORTION APPROACH FOODS LIST**

FATS		
Each serving = 120 calories	3 ozAvocado	Olive oil_1Tbsp.
	<b>1 Tbsp</b> Canola oil	Olives_4 oz.
	1TbspFlaxseed oil	
PROTEINS		
Each serving = 100 calories	<b>3 oz</b> Boneless, skinless, chicken or turkey breast	Soy burger_1
	6_Egg whites	Soy cheese slices_5
	<b>3 oz</b> Fish and shellfish	Tofu <b>_3 oz.</b>
	<b>3 oz</b> Ham slices, fat-free	Tuna_ <b>3 oz.</b>
	<b>3 oz</b> Pork tenderloin	Turkey bacon_ <b>2 slices</b>
	1/3 cup_Protein powder	Veggie burger_ <b>1</b>
	<b>3 oz</b> Red meat (top sirloin, flank steak)	Veggie dog_ <b>1</b>
	<b>3 oz</b> Red meat, lean	
CARBOHYDRATES	GRAINS LEGUMES POTATOE	S
Each serving = 200 calories	<b>1 medium</b> Bagel, whole wheat	Pancakes (3.6 oz.) <b>3</b>
Lach serving = 200 catories	1 cup_Baked beans	Pasta or noodles_1 cup
	1 cup_Beans (kidney, black, etc.)	Pita, whole wheat_ <b>1 large</b>
	<b>1</b> Bran muffin (2.5 oz)	
	<b>1_</b> Bran muffin (2.5 oz) <b>2 slices</b> Bread (whole wheat, rve, or numpernickel)	Potato_ <b>1 medium</b>
	<b>2 slices_</b> Bread (whole wheat, rye, or pumpernickel)	Potato_ <b>1 medium</b> Quinoa_ <b>1 cup</b>
	<b>2 slices_</b> Bread (whole wheat, rye, or pumpernickel) <b>1 cup_</b> Cereal, whole grain	Potato_ <b>1 medium</b> Quinoa_ <b>1 cup</b> Refried beans, low-fat_ <b>1 cup</b>
	<b>2 slices</b> _Bread (whole wheat, rye, or pumpernickel) <b>1 cup</b> _Cereal, whole grain <b>1 cup</b> _Couscous	Potato_ <b>1 medium</b> Quinoa_ <b>1 cup</b> Refried beans, low-fat_ <b>1 cup</b> Rice, brown or wild_ <b>1 cup</b>
	2 slices_Bread (whole wheat, rye, or pumpernickel) 1 cup_Cereal, whole grain 1 cup_Couscous 12_Crackers	Potato_ <b>1 medium</b> Quinoa_ <b>1 cup</b> Refried beans, low-fat_ <b>1 cup</b> Rice, brown or wild_ <b>1 cup</b> Sweet potato_ <b>1 medium</b>
	2 slices_Bread (whole wheat, rye, or pumpernickel) 1 cup_Cereal, whole grain 1 cup_Couscous 12_Crackers 2_English muffin halves, whole wheat	Potato_1 medium Quinoa_1 cup Refried beans, low-fat_1 cup Rice, brown or wild_1 cup Sweet potato_1 medium Tortillas, corn_3
	2 slices_Bread (whole wheat, rye, or pumpernickel) 1 cup_Cereal, whole grain 1 cup_Couscous 12_Crackers 2_ English muffin halves, whole wheat 1 cup_Hummus	Potato_1 medium Quinoa_1 cup Refried beans, low-fat_1 cup Rice, brown or wild_1 cup Sweet potato_1 medium Tortillas, corn_3 Tortilla, whole wheat_1 large
	2 slices_Bread (whole wheat, rye, or pumpernickel) 1 cup_Cereal, whole grain 1 cup_Couscous 12_Crackers 2_English muffin halves, whole wheat	Potato_1 medium Quinoa_1 cup Refried beans, low-fat_1 cup Rice, brown or wild_1 cup Sweet potato_1 medium Tortillas, corn_3
	2 slices_Bread (whole wheat, rye, or pumpernickel) 1 cup_Cereal, whole grain 1 cup_Couscous 12_Crackers 2_English muffin halves, whole wheat 1 cup_Hummus 1 cup_Lentils	Potato_1 medium Quinoa_1 cup Refried beans, low-fat_1 cup Rice, brown or wild_1 cup Sweet potato_1 medium Tortillas, corn_3 Tortilla, whole wheat_1 large Waffles, whole wheat_2
DAIRY PRODUCTS	2 slices_Bread (whole wheat, rye, or pumpernickel) 1 cup_Cereal, whole grain 1 cup_Couscous 12_Crackers 2_English muffin halves, whole wheat 1 cup_Hummus 1 cup_Lentils	Potato_1 medium Quinoa_1 cup Refried beans, low-fat_1 cup Rice, brown or wild_1 cup Sweet potato_1 medium Tortillas, corn_3 Tortilla, whole wheat_1 large Waffles, whole wheat_2
DAIRY PRODUCTS Each serving = 120 calories	2 slices_Bread (whole wheat, rye, or pumpernickel) 1 cup_Cereal, whole grain 1 cup_Couscous 12_Crackers 2_English muffin halves, whole wheat 1 cup_Hummus 1 cup_Lentils	Potato_1 medium Quinoa_1 cup Refried beans, low-fat_1 cup Rice, brown or wild_1 cup Sweet potato_1 medium Tortillas, corn_3 Tortilla, whole wheat_1 large Waffles, whole wheat_2
Each serving = 120 calories	2 slices_Bread (whole wheat, rye, or pumpernickel) 1 cup_Cereal, whole grain 1 cup_Couscous 12_Crackers 2_English muffin halves, whole wheat 1 cup_Hummus 1 cup_Lentils 1 cup_Oatmeal	Potato_1 medium Quinoa_1 cup Refried beans, low-fat_1 cup Rice, brown or wild_1 cup Sweet potato_1 medium Tortillas, corn_3 Tortilla, whole wheat_1 large Waffles, whole wheat_2 Wheat berries_1 cup
	2 slices_Bread (whole wheat, rye, or pumpernickel) 1 cup_Cereal, whole grain 1 cup_Couscous 12_Crackers 2_English muffin halves, whole wheat 1 cup_Hummus 1 cup_Lentils 1 cup_Oatmeal 1 ozCheese, low-fat	Potato_1 medium Quinoa_1 cup Refried beans, low-fat_1 cup Rice, brown or wild_1 cup Sweet potato_1 medium Tortillas, corn_3 Tortilla, whole wheat_1 large Waffles, whole wheat_2 Wheat berries_1 cup

counts as either a snack or a dairy portion, not both.

60

Yogurt, plain nonfat\_8 oz.

# PORTION APPROACH



Each serving = 100 calories

1 medium\_Apple 1 cup\_Apricots 1 medium\_Banana 1/4 medium\_Cantaloupe 1 cup\_Cherries 1 oz.\_Dried fruit 1 medium\_Grapefruit 1 cup\_Grapes 1 cup\_Kiwi 1/2 medium\_Mango Nectarine\_1 medium Orange\_1 large Papaya\_1/2 medium Peach\_1 medium Pear\_1 medium Raspberries, blueberries, blackberries\_1 cup Strawberries, sliced\_2 cups Tangerine \_1 medium Watermelon\_1 cup

# VEGETABLES

Each serving = 50 calories

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

1 serving = 2 cups leafy greens

# CONDIMENTS

Each serving = 50 calories (2 Tbsp.)

# SNACKS

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

Note: One portion of low-fat cheese or cottage cheese counts as either a snack or a dairy portion, not both. Asparagus Beets Bok choy Broccoli Brussels sprouts Cabbage Carrots Cauliflower Celery Collard greens Cucumber Eggplant Kale Lettuce Marinara sauce Mushrooms Peas Peppers Spinach Sprouts Squash (summer or winter) String beans Tomatoes Vegetable soup

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

# ingle D

8 oz.\_Cottage cheese, 1% 1 oz.\_Dried fruit 1/2\_P90X Peak Performance Protein Bar 1 Tbsp.\_Peanut butter with celery sticks 3 cups\_Popcorn, light 1 large\_Pretzel, sourdough 2 oz.\_Soy nuts 1-1/2 oz.\_String cheese 1 oz.\_Turkey jerky 8 oz.\_Yogurt, plain nonfat 2/3 scoop\_Shakeology\* Cheese, low-fat\_1 oz. with crackers\_6 Cottage cheese, 1%\_12 oz. Hummus\_4 Tbsp. with carrot sticks Nuts\_1 oz. (almonds, cashews, pecans, 30 pistachios) P90X Peak Performance Protein Bar\_1 P90X Results and Recovery Formula\_12 to 16 oz. Soy nuts\_4 oz. String cheese\_3 oz. Turkey jerky\_2 oz. Yogurt, nonfat fruit-flavored\_8 oz.

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

SHAKEOLOGY

2/3\_serving for amount

# PORTION APPROACH

Single

# **MEAL PLAN APPROACH**



# **ENERGY BOOSTER**

# **GENERAL GUIDELINES**

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

# MEAL PLAN APPROACH

# **ENERGY BOOSTER**





\_Recipe included

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
1 1cup_Oatmeal 8 ozSkim milk 1 TbspBeachbody Whey Protein Powder 1/2 ozRaisins	1_P90X Peak Performance Protein Bar 1_Results and Recovery Formula drink**	1_Shrimp Pasta Pomodoro ■	8 ozCottage cheese, 1%	<ul> <li>6 oz. Extra-lean burger patty</li> <li>1-1/2 oz. Low-fat melted cheese</li> <li>2 cups_Salad greens w/ cucumber and tomatoes</li> <li>2 TbspDressing (your choice)</li> <li>1/2 cup_Fresh berries</li> </ul>
<b>1_Whole wheat bagel</b> <b>8 oz</b> Cottage cheese, 1% <b>1_Orange, medium</b>	1_P90X Peak Performance Protein Bar 1_Results and Recovery Formula drink**	1_Grilled Chicken Burrito 🗖	<b>1 oz.</b> _Turkey jerky	<b>6 oz</b> Halibut <b>2 Tbsp</b> Sauce (your choice) 1_Artichoke, medium
A 1_Pear and Granola Muffin 8 ozNonfat yogurt 1 cup_Strawberries, sliced	1_P90X Peak Performance Protein Bar 1_Results and Recovery Formula drink**	Tuna Roll-Up: 6 ozTuna Salad ■ (see Phase 1 recipes) 1_Whole wheat tortilla 1/4 cup_Sprouts and diced tomatoes	<b>8 oz.</b> _Cottage cheese, 1%	<ul> <li>6 ozChicken breast</li> <li>2 TbspSauce (your choice)</li> <li>2 cups_Mushroom, zucchini, and onion sauté</li> <li>2 TbspGrated Parmesan cheese</li> </ul>
DAY _4 1_Shakeology P90X-tra Shake* ■ 1_Banana	1_P90X Peak Performance Protein Bar 1_Results and Recovery Formula drink**	Turkey Breast Sandwich: 6 ozFat-free turkey breast 2 slices_Whole wheat toast 1 leaf_Lettuce 2 slices_Tomato	<b>8 oz</b> Nonfat plain yogurt	6 ozSalmon 2 TbspGreen Apple Salsa ■ 1 cup_Asparagus 2 cups_Salad greens 2 TbspDressing (your choice)
2_Whole wheat waffles 1/2_Banana, medium 2 TbspLow sugar maple syrup 8 ozSkim milk	1_P90X Peak Performance Protein Bar 1_Results and Recovery Formula drink**	1_Chicken Pita ■	1 ozTurkey jerky	6 ozGrilled Ahi Tuna Salad ■ 2 TbspLime-Soy Vinaigrette ■
6_Egg whites 1_Breakfast Potatoes 8 ozCottage cheese, 1% 6 ozFreshed-squeezed juice	1_P90X Peak Performance Protein Bar 1_Results and Recovery Formula drink**	1_White Bean and Tuna Salad	<b>1 Tbsp</b> Peanut butter w/ celery sticks	6 ozItalian Meat Loaf ■ 1 cup_Spinach and romaine salad 1-1/2 ozMozzarella cheese, cubed 2 TbspDressing (your choice)
3_Pancakes, 3.6 oz <b>2 Tbsp.</b> Low sugar maple syrup <b>1 cup</b> _Blueberries <b>8 oz.</b> _Skim milk <b>1 Tbsp.</b> _Beachbody Whey Protein Powder *For more information on Shakeology, please refer to page 15.	1_P90X Peak Performance Protein Bar 1_Results and Recovery Formula drink** **Immediately after workout.	1_Tangy Orange Chicken Spinach Salad <b>=</b> <b>2 Tbsp.</b> _Tangy Orange Vinaigrette <b>=</b>	1-1/2 ozString cheese	6 ozFilet mignon 2 TbspPear and Peppercorn Sauce 1 cup_Portobello mushrooms

# **ENERGY BOOSTER**





Recipe included

				DUNIED
BREAKFAST 1 1cup_Oatmeal 8 ozSkim milk 1 TbspBeachbody Whey Protein Powder 1/2 ozRaisins	SNACK 1_P90X Peak Performance Protein Bar 1_Results and Recovery Formula drink**	LUNCH	SNACK 1 ozLow-fat cheese 6_Crackers	DINNER 9 ozExtra-lean burger patty 3 ozLow-fat melted cheese 1_Baked potato, medium 3 cups_Salad greens w/ cucumber and tomatoes 3 TbspDressing (your choice) 1/2 cup_Fresh berries
<b>DAY 2</b> <b>1_Whole wheat bagel</b> <b>8 ozCottage cheese, 1%</b> <b>1_Orange, medium</b>	1_P90X Peak Performance Protein Bar 1_Results and Recovery Formula drink**	1_Grilled Chicken Burrito ■ 1 cup_Gazpacho ■ (see Phase 1 recipes)	<b>4 Tbsp.</b> _Hummus w/ carrot sticks	9 ozHalibut 3 TbspSauce (your choice) 1_Artichoke, medium 1 cup_Wheat berries
1_Pear and Granola Muffin = 8 ozNonfat yogurt 1 cup_Strawberries, sliced	1_P90X Peak Performance Protein Bar 1_Results and Recovery Formula drink**	Tuna Roll-Up: 9 ozTuna Salad ■ (see Phase 1 recipes) 1_Whole wheat tortilla 1/4 cup_Sprouts and diced tomatoes	3 cups_Light popcorn 1-1/2 ozString cheese	9 ozChicken breast 3 TbspSauce (your choice) 2 cups_Mushroom, zucchini, and onion sauté 3 TbspGrated Parmesan cheese 1 cup_Brown rice
DAY _4 1_Shakeology P90X-tra Shake* ■ 1_Banana	1_P90X Peak Performance Protein Bar 1_Results and Recovery Formula drink**	1 cup_Vegetable Soup ■ (see Phase 1 recipes) Turkey Breast Sandwich: 9 ozFat-free turkey breast 2 slices_Whole wheat toast 1 leaf_Lettuce 2 slices_Tomato	8 ozNonfat fuit-flavored yogurt	<ul> <li>9 ozSalmon</li> <li>3 TbspGreen Apple Salsa</li> <li>1 cup_Asparagus</li> <li>1_Baked potato, medium</li> <li>3 cups_Salad greens</li> <li>3 TbspDressing (your choice)</li> </ul>
2_Whole wheat waffles 1/2_Banana, medium 3 <b>Tbsp.</b> _Low-sugar maple syrup 8 ozSkim milk	1_P90X Peak Performance Protein Bar 1_Results and Recovery Formula drink**	1_Chicken Pita 💻	1 <b>oz.</b> _Turkey jerky 1_Sourdough pretzel	9 ozGrilled Ahi Tuna Salad ■ 3 TbspLime-Soy Vinaigrette ■ 1_Whole grain roll
6_Egg whites 1_Breakfast Potatoes 8 ozCottage cheese, 1% 6 ozFreshed-squeezed juice	1_P90X Peak Performance Protein Bar 1_Results and Recovery Formula drink**	1_White Bean and Tuna Salad <b>■</b>	1 <b>Tbsp</b> Peanut butter w/ celery sticks 1 <b>oz.</b> _Dried fruit	<ul> <li>9 ozItalian Meat Loaf</li> <li>1_Baked potato, medium</li> <li>3 cups_Spinach and romaine salad</li> <li>3 ozMozzarella cheese, cubed</li> <li>3 TbspDressing (your choice)</li> </ul>
3_Pancakes, 3.6 oz <b>3 Tbsp.</b> Low-sugar maple syrup <b>1 cup</b> _Blueberries <b>8 oz.</b> Skim milk <b>1 Tbsp.</b> _Beachbody Whey Protein Powder *For more information on Shakeology, please refer to page 15.	1_P90X Peak Performance Protein Bar 1_Results and Recovery Formula drink** **Immediately after workout	1_Tangy Orange Chicken Spinach Salad ■ 3 TbspTangy Orange Vinaigrette ■	2 ozSoy nuts 3 cups_Light popcorn	<ul> <li>9 ozFilet mignon</li> <li>3 TbspPear and Peppercorn Sauce</li> <li>1 cup_Portobello mushrooms</li> <li>1 cup_Wild rice 65</li> </ul>

# **ENERGY BOOSTER**



LEVEL III PHASE 2

\_Recipe included

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
Interpendiate State Stat	SINACK 1_P90X Peak Performance Protein Bar 1_Results and Recovery Formula drink**	1_Shrimp Pasta Pomodoro ■ 1 cup_Melon	<b>SNACK</b> <b>1 oz.</b> _Low-fat cheese <b>6</b> _Crackers <b>1</b> _Sourdough pretzel	12 ozExtra-lean burger patty 3 ozLow-fat melted cheese 1_Baked potato, medium 4 cups_Salad greens w/ cucumber and tomatoes 4 TbspDressing (your choice) 1/2 cup_Fresh berries
1_Whole wheat bagel 8 ozCottage cheese, 1% 1_Orange, medium	1_P90X Peak Performance Protein Bar 1_Results and Recovery Formula drink**	1_Grilled Chicken Burrito ■ 1 cup_Gazpacho ■ (see Phase 1 recipes)	4 <b>Tbsp.</b> _Hummus w/ carrot sticks 1 <b>oz.</b> _Turkey jerky	12 ozHalibut 4 TbspSauce (your choice) 1_Artichoke, medium 1 cup_Wheat berries 1_Nectarine, medium
AY 3 1_Pear and Granola Muffin 8 ozNonfat yogurt 1 cup_Strawberries, sliced	1_P90X Peak Performance Protein Bar 1_Results and Recovery Formula drink**	Tuna Roll-Up: <b>12 oz.</b> _Tuna Salad [see Phase 1 recipes] 1_Whole wheat tortilla <b>1/4 cup</b> _Sprouts and diced tomatoes 1_Peach, medium	1 ozAlmonds 3 cups_Light popcorn	12 ozChicken breast 4 TbspSauce (your choice) 2 cups_Mushroom, zucchini, and onion sauté 4 TbspGrated Parmesan cheese 1 cup_Brown rice
DAY 4 1_Shakeology P90X-tra Shake* 1_Banana	1_P90X Peak Performance Protein Bar 1_Results and Recovery Formula drink**	1 cup_Vegetable Soup ■ (see Phase 1 recipes) Turkey Breast Sandwich: 12 ozFat-free turkey breast 2 slices_Whole wheat toast 1 leaf_Lettuce 2 slices_Tomato	8 ozNonfat fuit-flavored yogurt 3 cups_Light popcorn	12 ozSalmon 4 TbspGreen Apple Salsa 1 cup_Asparagus 1_Baked potato, medium 4 cups_Salad greens 4 TbspDressing (your choice)
2_Whole wheat waffles 1/2_Banana, medium 4 TbspLow-sugar maple syrup 8 ozSkim milk	1_P90X Peak Performance Protein Bar 1_Results and Recovery Formula drink**	1_Chicken Pita <b>■</b> 1 cup_Grapes	<b>2 oz.</b> _Soy nuts <b>2 oz.</b> _Turkey jerky	12 ozGrilled Ahi Tuna Salad 4 TbspLime-Soy Vinaigrette 1_Whole grain roll
6_Egg whites 1_Breakfast Potatoes 8 ozCottage cheese, 1% 6 ozFreshed-squeezed juice	1_P90X Peak Performance Protein Bar 1_Results and Recovery Formula drink**	1_White Bean and Tuna Salad ■	8 ozNonfat fuit-flavored yogurt 1 TbspPeanut butter w/ celery sticks	<ul> <li>12 ozItalian Meat Loaf</li> <li>1_Baked potato, medium</li> <li>4 cups_Spinach and romaine salad</li> <li>3 ozMozzarella cheese, cubed</li> <li>4 TbspDressing (your choice)</li> </ul>
3_Pancakes, 3.6 oz 4 TbspLow-sugar maple syrup 1 cup_Blueberries 8 ozSkim milk 1 TbspBeachbody Whey Protein Powder *For more information on Shakeology, please refer to page 15.	1_P90X Peak Performance Protein Bar 1_Results and Recovery Formula drink** **Immediately after workout.	1_Tangy Orange Chicken Spinach Salad <b>4</b> 4 <b>Tbsp.</b> _Tangy Orange Vinaigrette <b>1</b> 1 <b>cup</b> _Strawberries, sliced	1 ozLow-fat cheese 6_Crackers 1_Sourdough pretzel	12 ozFilet mignon 4 TbspPear and Peppercorn Sauce 1 cup_Portobello mushrooms 1 cup_Wild rice



# ENERGY BOOSTER

Balanced in carbohydrates and protein, but still low in fat, these recipes, including delicious sandwiches, salads, and pasta dishes, will contribute to a well-rounded long-term eating plan. They'll give you the resources

## **GENERAL GUIDELINES**

you need to boost your energy and help you maintain the changes you made in Phase 1, and help you realize your potential in Phase 2.

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



## TANGY ORANGE VINAIGRETTE

### 8 Tbsp. orange juice

4 Tbsp. red wine vinegar

2 Tbsp. olive oil

4 small cloves garlic, minced

2 oz. low-fat Parmesan cheese, grated

### Serves 4

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

Calories (kcal) <b>118</b>
Total Fat <b>10 g</b>
(73% calories from fat)
Protein4 g
Carbohydrate4 g
Cholesterol <b>12 mg</b>
Sodium

LEVEL I		LEVEL III
4 Tbsp. = 1/2 fat, 1 condiment	5 Tbsp. = 1/2 fat, 2 condiments	6 Tbsp. = 1 fat, 2 condiments

## LIME-SOY VINAIGRETTE

per serving:

1/2 cup rice vinegar	Calories (kcal) <b>20</b>
1/4 cup low-sodium soy sauce	Total Fat <b>1 g</b>
1/4 cup fresh lime juice	(44% calories from fat)
2 tsp. dark sesame oil	Protein <b>1 g</b>
1 tsp. lemon zest	Carbohydrate <b>3 g</b>
1 tsp. minced fresh ginger	Cholesterol <b>0 mg</b>
2 cloves minced garlic	Sodium <b>300 mg</b>

### Serves 8

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

LEVEL I 4 Tbsp. = 1 condiment LEVEL II 3 Tbsp. = 1-1/2 condiments LEVEL III 4 Tbsp. = 2 condiments



## **GREEN APPLE SALSA**

3 plum tomatoes, chopped Calories (kcal)......24 1 cup Granny Smith apples, cored and chopped 1/2 cup cucumber, chopped (4% calories from fat) 1/2 cup corn kernels, chopped Protein .....1 g 1/2 cup red bell pepper, chopped 1/4 cup chopped green onions Carbohydrate ......6 g 1/4 cup chopped red onion Cholesterol .....0 mg 2-1/2 Tbsp. chopped fresh cilantro Sodium ..... 163 mg 1-1/2 Tbsp. fresh lime juice 1 Tbsp. seeded and chopped jalapeño 1 Tbsp. balsamic vinegar 1-1/2 tsp. sugar 3/4 tsp. salt

1/2 tsp. ground black pepper

Serves 16

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

LEVEL I	LEVEL II	LEVEL III
2 Tbsp. = 1 condiment	3 Tbsp. = 1-1/2 condiments	4 Tbsp. = 2 condiments

## PEAR AND PEPPERCORN SAUCE

#### Serves 8

1. In a small saucepan, blend orange juice and flour and bring to a boil. Simmer until reduced to 3/4 cup.

Add pears, mustard, peppercorns, and nutmeg and continue cooking for several minutes, stirring until blended and thickened.

LEVEL I 2 Tbsp. = 1 condiment LEVEL II 3 Tbsp. = 1-1/2 condiments LEVEL III 4 Tbsp. = 2 condiments

per serving:

Sodium......24 mg

## PEAR AND GRANOLA MUFFINS

3/4 cup canned pear nectar	Calories (kcal) <b>227</b>
2 egg whites 2 Tbsp. vegetable oil	Total Fat <b>5 g</b>
1 Tbsp. lemon juice	(19% calories from fat)
1 tsp. grated lemon peel 1 cup whole wheat flour	Protein <b>5 g</b>
1 cup all-purpose flour	Carbohydrate
2/3 cup firmly packed 1/2 cup low-fat c	
172 cup tow-rat g	
1/2 tsp	. ground nutmeg
Serves 10	2 tsp. salt 1-1/4 cups cored, chopped pear

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

Transfer muffins to rack and cool.

## LEVEL I

1 muffin = 1 carbohydrate

LEVEL II

1 muffin = 1 carbohydrate

LEVEL III

1 muffin = 1 carbohydrate

## **BREAKFAST POTATOES**

per serving:

1 tsp. olive oil	Calories (kcal) <b>150</b>
1 medium potato, peeled and cut into 1/2-inch cubes	Total Fat <b>5 g</b>
2 mushrooms, chopped	(27% calories from fat)
1 Tbsp. chopped onion	Protein <b>3 g</b>
1/4 tsp. garlic salt	Carbohydrate <b>25 g</b>
	Cholesterol <b>0 mg</b>
	Sodium <b>522 mg</b>

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

LEVEL I 1 carbohydrate

70

LEVEL II 1 carbohydrate LEVEL III 1 carbohydrate, 1/2 vegetable, 1 fat



## CHICKEN PITA-LEVEL I

6 oz. boneless, skinless chicken breast	Calories (kcal)
1 whole wheat pita	Total Fat <b>13 g</b>
1-1/2 oz. low-fat feta cheese, crumbled	(23% calories from fat)
1/4 cup chopped tomato	Protein <b>52 g</b>
2 Tbsp. chopped red onion	Carbohydrate41 g
1/4 cup peeled, chopped cucumber	Cholesterol 137 mg
1 squeeze fresh lemon juice	Sodium <b>931 mg</b>

1. Grill chicken breast or bake in glass baking dish at 350° F for approximately 20 minutes.

2. Cool chicken and cut into 1-inch cubes.

3. Place chicken in pita and add all other ingredients. Squeeze lemon over top.

LEVELI	LEVEL II	
2 protein, 1 carbohydrate, 1 dairy	See below	See next page

## CHICKEN PITA-LEVEL II

9 oz. boneless, skinless chicken breast	Calories (kcal) <b>583</b>
1 whole wheat pita	Total Fat <b>14 g</b>
1-1/2 oz. low-fat feta cheese, crumbled	(21% calories from fat)
1/4 cup chopped tomato	Protein <b>72 g</b>
2 Tbsp. chopped red onion	Carbohydrate41 g
1/4 cup peeled, chopped cucumber	Cholesterol <b>186 mg</b>
1 squeeze fresh lemon juice	Sodium <b>986 mg</b>

1. Grill chicken breast or bake in glass baking dish at 350° F for approximately 20 minutes.

2. Cool chicken and cut into 1-inch cubes.

3. Place chicken in pita and add all other ingredients. Squeeze lemon over top.



LEVEL II 3 protein, 1 carbohydrate, 1 dairy



See next page

per serving:

## CHICKEN PITA-LEVEL III

12 oz. boneless, skinless chicken breast	Calories (kcal)677
1 whole wheat pita	Total Fat <b>15 g</b>
1-1/2 oz. low-fat feta cheese, crumbled	(20% calories from fat)
1/4 cup chopped tomato	Protein <b>92 g</b>
2 Tbsp. chopped red onion	Carbohydrate41 g
1/4 cup peeled, chopped cucumber	Cholesterol 235 mg
1 squeeze fresh lemon juice	Sodium <b>1,041 mg</b>

1. Grill chicken breast or bake in glass baking dish at 350° F for approximately 20 minutes.

2. Cool chicken and cut into 1-inch cubes.

3. Place chicken in pita and add all other ingredients. Squeeze lemon over top.

LEVEL I		
See previous page	See previous page	4 protein, 1 carbohydrate, 1 dairy

## SHRIMP PASTA POMODORO-LEVEL I

per serving:

1 Tbsp. olive oil	Calories (kcal) <b>150</b>
1 Tbsp. chopped garlic	Total Fat <b>5 g</b>
2 Tbsp. fat-free low-sodium chicken or vegetable broth	(27% calories from fat)
1/2 cup peeled and diced tomato	Protein <b>3 g</b>
2 oz. whole wheat pasta	Carbohydrate <b>25 g</b>
6 oz. uncooked medium shrimp	Cholesterol <b>0 mg</b>
2 Tbsp. chopped basil leaves	Sodium <b>522 mg</b>

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

## LEVEL I

72

2 protein, 1 carbohydrate, 1 vegetable, 1/2 fat LEVEL II See next page LEVEL III See next page



## SHRIMP PASTA POMODORO-LEVEL II

per serving:

1 Tbsp. olive oil	Calories (kcal) <b>619</b>
1 Tbsp. chopped garlic	Total Fat <b>19 g</b>
2 Tbsp. fat-free low-sodium chicken or vegetable broth	(27% calories from fat)
1/2 cup peeled and diced tomato	Protein <b>61 g</b>
2 oz. whole wheat pasta	Carbohydrate <b>52 g</b>
9 oz. uncooked medium shrimp	Cholesterol <b>388 mg</b>
2 Tbsp. chopped basil leaves	Sodium <b>392 mg</b>

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

LEVELI	LEVEL II	LEVEL III
See previous page	3 protein, 1 carbohydrate, 1 vegetable, 1/2 fat	See below

## SHRIMP PASTA POMODORO—LEVEL III

per serving:

Calories (kcal) <b>711</b>
Total Fat <b>20 g</b>
(25% calories from fat)
Protein <b>80 g</b>
Carbohydrate <b>53 g</b>
Cholesterol 517 mg
Sodium <b>580 mg</b>

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

LEVEL I See previous page LEVEL II See next above

LUNCH

## LEVEL III

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

73

## TANGY ORANGE CHICKEN SPINACH SALAD—LEVEL I per serving:

6 oz. boneless, skinless chicken breast	Calories (kcal) <b>472</b>
2 cups spinach, stems removed	Total Fat <b>16 g</b>
1/4 small red onion, finely sliced	(31% calories from fat)
1 medium tomato, diced	Protein60 g
1/2 cup sliced mushrooms	Carbohydrate <b>20 g</b>
4 Tbsp. Tangy Orange Vinaigrette (See recipe on page 68)	Cholesterol 155 mg
	Sodium <b>404 mg</b>
	Sodium <b>404 mg</b>

1. Cook chicken breast as desired and dice.

2. In a large bowl, combine ingredients with dressing and toss.

LEVEL I	LEVEL II	
2 protein, 2 vegetable, 1 fat, 1 condiment	See below	See next page

## TANGY ORANGE CHICKEN SPINACH SALAD—LEVEL II per serving:

8 oz. boneless, skinless chicken breast	Calories (kcal) <b>613</b>
3 cups spinach, stems removed	Total Fat <b>21 g</b>
1/4 small red onion, finely sliced	(31% calories from fat)
1 medium tomato, diced	Protein <b>80 g</b>
1 cup sliced mushrooms	Carbohydrate <b>24 g</b>
5 Tbsp. Tangy Orange Vinaigrette (See recipe on page 68)	Cholesterol 206 mg
	Sodium <b>526 mg</b>

1. Cook chicken breast as desired and dice.

2. In a large bowl, combine ingredients with dressing and toss.

LEVEL I See above

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LEVEL II

3 protein, 2 vegetable, 1 fat, 2 condiments

LEVEL III See next page



## TANGY ORANGE CHICKEN SPINACH SALAD—LEVEL III per serving:

10 oz. boneless, skinless chicken breast	Calories (kcal) <b>741</b>
4 cups spinach, stems removed	Total Fat <b>25 g</b>
1/4 small red onion, finely sliced	(31% calories from fat)
1 medium tomato, diced	Protein <b>99 g</b>
1 cup sliced mushrooms	Carbohydrate <b>26 g</b>
6 Tbsp. Tangy Orange Vinaigrette (See recipe on page 68)	Cholesterol 256 mg
	Sodium <b>645 mg</b>

1. Cook chicken breast as desired and dice.

2. In a large bowl, combine ingredients with dressing and toss.

LEVEL I See previous page LEVEL II See previous page

### LEVEL III

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

## GRILLED CHICKEN BURRITO-LEVEL I

per serving:

6 oz. boneless, skinless chicken breast	Calories (kcal)
1/2 cup chopped tomatoes	Total Fat <b>10 g</b>
2 Tbsp. chopped cilantro	(23% calories from fat)
2 Tbsp. chopped red onion	Protein <b>44 g</b>
1/2 cup shredded romaine lettuce	Carbohydrate27 g
1/8 avocado	Cholesterol 100 mg
1 Tbsp. low-fat sour cream	Sodium <b>309 mg</b>
1 small whole wheat tortilla	

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

## LEVEL I

2 protein, 1/2 carbohydrate, 1 vegetable, 1 condiment LEVEL II See next page



## 

## **GRILLED CHICKEN BURRITO-LEVEL II**

per serving:

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

Calories (kcal)467
Total Fat <b>11 g</b>
(20% calories from fat)
Protein64 g
Carbohydrate27 g
Cholesterol 149 mg
Sodium <b>364 mg</b>

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

## LEVEL I

See previous page

LEVEL II

3 protein, 1/2 carbohydrate, 1 vegetable, 1 condiment LEVEL III See below

## **GRILLED CHICKEN BURRITO-LEVEL III**

per serving:

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

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

LEVEL I See previous page

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LEVEL II See above LEVEL III 4 protein, 1/2 carbohydrate, 1 vegetable, 1 condiment



## WHITE BEAN AND TUNA SALAD-LEVEL I

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

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

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

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

LEVEL I		
2 protein, 1 carbohydrate, 1 vegetable, 1 fat	See below	See next page

1 tsp. olive oil

## WHITE BEAN AND TUNA SALAD-LEVEL II

per serving:

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

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

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

Calories (kcal)710
Total Fat <b>12 g</b>
(19% calories from fat)
Protein
Carbohydrate
Cholesterol77 mg
Sodium

LEVEL I See above

LEVEL II

3 protein, 1 carbohydrate, 2 vegetable, 1 fat

LUNCH

LEVEL III See next page

per serving:

## WHITE BEAN AND TUNA SALAD-LEVEL III

per serving:

12 oz. tuna canned in water, drained 1 cup cooked white beans 1 cup chopped green pepper 1 cup chopped yellow pepper 4 Tbsp. chopped green onion 3 Tbsp. chopped fresh parsley 1 dash white pepper 3 Tbsp. lemon juice 3 Tbsp. lemon zest 1 Tbsp. olive oil 1. Place first 6 ingredients in a glass bowl and mix thoroughly.

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

LEVEL I		
See previous page	See previous page	4 protein, 1 carbohydrate, 3 vegetable, 1 fat



## **ITALIAN MEAT LOAF**

1/2 cup diced onions	Calories (kcal) <b>297</b>
2 Tbsp. fat-free low-sodium chicken or vegetable broth	Total Fat <b>3 g</b>
2 Tbsp. minced garlic	(8% calories from fat)
1-1/2 lbs. ground turkey breast	Protein45 g
1/2 cup whole-grain bread crumbs	Carbohydrate <b>20 g</b>
1/2 cup + 2 Tbsp. low-sodium, low-fat marinara sauce	Cholesterol 106 mg
2 Tbsp. chopped fresh basil	Sodium <b>410 mg</b>
2 Tbsp. chopped fresh Italian parsley	

### Serves 4

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

LEVEL I 2 slices (6 oz.) = 2 protein, 1 vegetable LEVEL II 3 slices (9 oz.) = 3 protein, 1 vegetable

## LEVEL III

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

## GRILLED AHI TUNA SALAD-LEVEL I

per serving:

6 oz. yellowfin tuna (ahi)	Calories (kcal) <b>352</b>
2 cups arugula leaves	Total Fat <b>8 g</b>
2 Tbsp. soybeans	(20% calories from fat)
1/4 cup canned water chestnuts, drained	Protein <b>51 g</b>
1/2 cup cubed papaya	Carbohydrate <b>20 g</b>
1 tsp. sesame seeds	Cholesterol <b>77 mg</b>
2 Tbsp. Lime-Soy Vinaigrette (see recipe on page 68)	Sodium <b>79 mg</b>

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

LEVEL I 2 protein, 1/2 fruit, 2 vegetables LEVEL II See next page LEVEL III See next page PHASE 2-ENERGY BOOSTER

## **GRILLED AHI TUNA SALAD-LEVEL II**

per serving:

9 oz. yellowfin tuna (ahi)	Calories (kcal)449
3 cups arugula leaves	Total Fat9 g
2 Tbsp. soybeans	(17% calories from fat)
1/4 cup canned water chestnuts, drained	Protein <b>71 g</b>
1/2 cup cubed papaya	Carbohydrate <b>21 g</b>
1 tsp. sesame seeds	Cholesterol 115 mg
3 Tbsp. Lime-Soy Vinaigrette (see recipe on page 68)	Sodium <b>116 mg</b>

1. Grill tuna for 2 to 4 minutes on each side, depending on your preference for doneness.

2. Cut into thin slices.

3. Arrange arugula leaves on a large plate. Sprinkle soybeans and water chestnuts on top.

4. Add papaya and ahi last. Garnish with sesame seeds and drizzle with dressing.

LEVELI		LEVEL III
See previous page	2 protein, 1/2 fruit, 2 vegetables	See below

## GRILLED AHI TUNA SALAD—LEVEL III

per serving:

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

1. Grill tuna for 2 to 4 minutes on each side, depending on your preference for doneness.

2. Cut into thin slices.

3. Arrange arugula leaves on a large plate. Sprinkle soybeans and water chestnuts on top.

4. Add papaya and ahi last. Garnish with sesame seeds and drizzle with dressing.

LEVEL I See previous page

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LEVEL II See above LEVEL III 2 protein, 1/2 fruit, 2 vegetables



## PORTION APPROACH



## ENDURANCE MAXIMIZER

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

For example, if you're in Phase 3 and have determined that you're at nutrition level II, you'd

be allotted a specific number of s	servings per	day from each food group, as follows:
PROTEINS	3 servings	
DAIRY	1 servings	
FRUITS	3 serving	
VEGETABLES	3 servings	
FATS	1 serving	
CARBOHYDRATES	4 serving	
SNACKS	3 servings	(2 items from the single snack group
		1 item from the double snack group) I

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

CONDIMENTS 3 servings

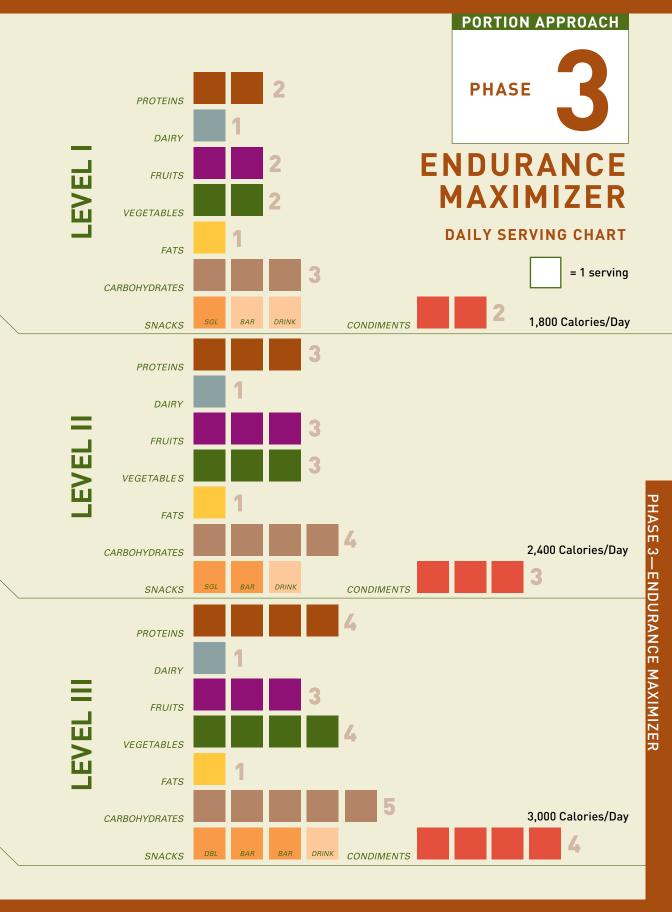
## Important Note on Snacks:

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

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

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





PORTION APPROACH

**PORTION APPROACH** 

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



## ENDURANCE MAXIMIZER

## **PORTION APPROACH FOODS LIST**

FATS		
Each serving = 120 calories	<b>3 oz</b> Avocado	Olive oil_ <b>1Tbsp.</b>
	<b>1 Tbsp</b> Canola oil	Olives_4 oz.
	1TbspFlaxseed oil	
DRATEING		
PROTEINS		
Each serving = 100 calories	<b>3 oz</b> Boneless, skinless, chicken or turkey breast	Soy burger_ <b>1</b>
	6_Egg whites	Soy cheese slices_5
	<b>3 oz</b> Fish and shellfish	Tofu <b>_3 oz.</b>
	<b>3 oz</b> Ham slices, fat-free	Tuna_ <b>3 oz.</b>
	<b>3 oz</b> Pork tenderloin	Turkey bacon_ <b>2 slices</b>
	1/3 cup_Protein powder	Veggie burger_1
	<b>3 oz</b> Red meat (top sirloin, flank steak)	Veggie dog_ <b>1</b>
	<b>3 oz</b> Red meat, lean	
CARBOHYDRATES	GRAINS LEGUMES POTATOE	S
Each serving = 200 calories	<b>1 medium_</b> Bagel, whole wheat	Pancakes (3.6 oz.)_ <b>3</b>
	1 cup_Baked beans	Pasta or noodles_ <b>1 cup</b>
	1 cup_Beans (kidney, black, etc.)	Pita, whole wheat_ <b>1 large</b>
	<b>1_</b> Bran muffin (2.5 oz.)	Potato_ <b>1 medium</b>
	<b>2 slices_</b> Bread (whole wheat, rye, or pumpernickel)	Quinoa_ <b>1 cup</b>
	1 cup_Cereal, whole grain	Refried beans, low-fat_ <b>1 cup</b>
	1 cup_Couscous	Rice, brown or wild_ <b>1 cup</b>
	12_Crackers	Sweet potato_1 medium
	2_English muffin halves, whole wheat	Tortillas, corn_ <b>3</b>
	1 cup_Hummus	Tortilla, whole wheat_ <b>1 large</b>
	1 cup_Lentils	Waffles, whole wheat_ <b>2</b>
	1 cup_Oatmeal	Wheat berries_1 cup
DAIRY PRODUCTS		
Each serving = 120 calories	<b>1-1/2 oz</b> Cheese, low-fat	Parmesan cheese_ <b>1 oz.</b>
Note: One portion of low-fat	1 cup_Cottage cheese, 1%	Skim milk_8 oz.
cheese or cottage cheese	1-1/2 ozFeta cheese	Soy cheese_1-1/2 oz.
counts as either a snack or	1-1/2 ozGoat cheese, semisoft 1-1/2 ozMozzarella, part-skim	Soy milk_8 oz.
a dairy portion, not both.	I-I/2 02IVIO22arena, part-skim	Yogurt, plain nonfat_ <b>8 oz.</b>

## PORTION APPROACH

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## FRUITS

Each serving = 100 calories

1 medium\_Apple 1 cup\_Apricots 1 medium\_Banana 1/4 medium\_Cantaloupe 1 cup\_Cherries 1 oz.\_Dried fruit 1 medium\_Grapefruit 1 cup\_Grapes 1 cup\_Kiwi 1/2 medium\_Mango Nectarine\_1 medium Orange\_1 large Papaya\_1/2 medium Peach\_1 medium Pear\_1 medium Raspberries, blueberries, blackberries\_1 cup Strawberries, sliced\_2 cups Tangerine \_1 medium Watermelon\_1 cup

## VEGETABLES

Each serving = 50 calories

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

1 serving = 2 cups leafy greens

### CONDIMENTS

Each serving = 50 calories (2 Tbsp.)

### SNACKS

Single serving = 100 calories Double serving = 200 calories

Note: One portion of low-fat cheese or cottage cheese counts as either a snack or a dairy portion, not both. Asparagus Beets Bok choy Broccoli Brussels sprouts Cabbage Carrots Cauliflower Celery Collard greens Cucumber Eggplant Kale Lettuce Marinara sauce Mushrooms Peas Peppers Spinach Sprouts Squash (summer or winter) String beans Tomatoes Vegetable soup

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

### ingle

1 oz.\_Dried fruit 1 medium piece\_ Fruit 12\_Mini-rice cakes 1 Tbsp.\_Peanut butter with celery sticks 1 oz.\_Pita chips 3 cups\_Popcorn, light 1 large\_Pretzel, sourdough 2 oz.\_Soy nuts 1-1/2 oz.\_String cheese 1 oz.\_Tortilla chips, low-fat 8 oz.\_Yogurt, plain nonfat 2/3 scoop\_Shakeology\* Bean dip\_4 Tbsp. with chips\_1 oz. Cheese, low-fat\_1 oz. with crackers\_6 Hummus\_4 Tbsp. with carrot sticks Nuts\_1 oz. (almonds, cashews, pecans, 30 pistachios) P90X Peak Performance Protein Bar\_1 P90X Results and Recovery Formula\_12-16 o Soy nuts\_4 oz. String cheese\_3 oz. Yogurt, nonfat fr<u>uit-flavored 8 oz.</u>

For more information on Shakeology, please refer to page

Single

SHAKEOLOGY

2/3\_serving for amount

## PORTION APPROACH



## **GENERAL GUIDELINES**

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

## MEAL PLAN APPROACH

Recipe included





BREAKFAST	SNACK	LUNCH	SNACK	DINNER
DAY 1 1_Blueberry Muffin ■ 8 ozPlain nonfat yogurt 1 cup_Berries	1_Results and Recovery Formula drink**	1_Veggie burger3_Fig Newtons1/2_Whole grain bun1_Sourdough2 cups_Salad greenspretzel2 TbspDressing (your choice)		<ul> <li>6 ozChicken</li> <li>2 TbspApricot Sauce ■</li> <li>1/2 cups_Baked yam, medium</li> <li>1 cup_Green beans, steamed</li> <li>1/4_Mango</li> </ul>
2_Whole grain waffles 1 <b>Tbsp.</b> _Peanut butter 8 <b>oz.</b> _Skim milk 1_Banana, medium	1_Results and Recovery Formula drink**	1_Pasta Salad 💻	12_Mini-rice cakes 1_Frozen fruit bar	6 ozHalibut 2 TbspMustard Cream Sauce ■ 1 cup_Brown rice 2 cups_Spinach, steamed 1 cup_Raspberries
1_Whole grain roll 1/2 cup_Low-fat ricotta cheese 4 slices_Roma tomato 2 tspOlive oil 1 cup_Cantaloupe pieces	1_Results and Recovery Formula drink**	<ul> <li>1 cup_Black and White Bean Chili ■</li> <li>2 cups_Salad greens</li> <li>2 TbspDressing (your choice)</li> </ul>	3 cups_Popcorn, light 4 ozNonfat frozen yogurt	<ul> <li>6 ozFlank steak, grilled</li> <li>2 TbspSteak sauce</li> <li>1_Baked potato, medium</li> <li>1 cup_Onion, zucchini, and stewed tomato sauté</li> <li>1_Nectarine, medium</li> </ul>
1/2 cup_Low-fat granola 8 ozPlain nonfat yogurt 1 cup_Strawberries, sliced	1_Results and Recovery Formula drink**	1_Stuffed Baked Potato ■ 2 cups_Salad greens 2 TbspDressing (your choice)	1 ozDried fruit 2 ozSoy nuts	6 ozMediterranean Shrimp Kebabs ■ 1 cup_White rice 1_Orange, medium
3_Oatmeal Pancakes = 2 TbspLow sugar maple syrup 1 cup_Applesauce	1_Results and Recovery Formula drink**	1_Grilled Veggie Focaccia ■ 1 cup_Melon pieces	8 ozFruit sorbet 12_Mini-rice cakes	6 ozChicken 2 TbspBarbecue Sauce ■ 1 cup_Nonfat baked beans 2 cups_Salad greens 2 TbspDressing (your choice)
<b>B oz.</b> _Cottage cheese, 1% <b>1 cup_</b> Pineapple chunks <b>2 slices_</b> Whole wheat toast <b>2 tsp</b> Pure fruit jam	1_Results and Recovery Formula drink**	1_Spicy Chinese Noodles 🗖	1_Sourdough pretzel 4 ozNonfat frozen yogurt	6 ozSalmon 2 TbspDijonnaise Sauce 1 cup_Quinoa 1 cup_Broccoli, steamed 1 cup_Grapes
DAY 7 1_Whole wheat bagel 2 TbspFat-free cream cheese 8 ozPlain nonfat yogurt 1 cup_Berries 88	1_Results and Recovery Formula drink** **Immediately after workout.	1_Vegetarian Tostada 💻	1_Medium piece fresh fruit 1 <b>Tbsp.</b> _Peanut butter w/ celery sticks	<ul> <li>6 ozPork Chop with Apple and Sweet Potato ■</li> <li>1 cup_Peas</li> <li>2 cups_Salad greens</li> <li>2 TbspDressing (your choice)</li> </ul>

Recipe included





BREAKFAST	SNACK	LUNCH	SNACK	DINNER
DAY 1 1_Blueberry Muffin ■ 8 ozPlain nonfat yogurt 1 cup_Berries	1_Results and Recovery Formula drink**	1_Veggie burger 1_Whole grain bun <b>3 cups</b> _Salad greens <b>3 Tbsp.</b> _Dressing (your choice) 1 <b>cup</b> _Melon pieces	1 ozAlmonds 1-1/2 ozString cheese	<pre>9 ozChicken 3 TbspApricot Sauce 1_Baked yam, medium 1 cup_Green beans, steamed 3 cups_Salad greens 3 TbspDressing (your choice) 1/4_Mango</pre>
<b>2</b> <b>3_Whole grain waffles</b> <b>2 Tbsp.</b> _Peanut butter <b>8 oz.</b> _Skim milk <b>1_Banana, medium</b>	1_Results and Recovery Formula drink**	1_Pasta Salad <b>■</b> 1 cup_Melon pieces	<ol> <li>1 oz. Low-fat tortilla chips</li> <li>4 Tbsp. Bean dip</li> <li>1 Medium piece fresh fruit</li> </ol>	9 ozHalibut 3 TbspMustard Cream Sauce ■ 1 cup_Brown rice 3 cups_Spinach, steamed 1_Peach, medium
A 1_Whole grain roll 1/2 cup_Low-fat ricotta cheese 4 slices_Roma tomato 2 TspOlive oil 1 cup_Cantaloupe pieces	1_Results and Recovery Formula drink**	2 cups_Black and White Bean Chili ■ 3 cups_Salad greens 3 TbspDressing (your choice) 1 cup_Grapes	3 cups_Popcorn, light 8 ozNonfat fruit-flavored yogurt	<ul> <li>9 ozFlank steak, grilled</li> <li>3 TbspSteak sauce</li> <li>1_Baked potato, medium</li> <li>2 cups_Onion, zucchini, and stewed tomato sauté</li> <li>1_Nectarine, medium</li> </ul>
1/2 cup_Low-fat granola 8 ozPlain nonfat yogurt 1 cup_Strawberries, sliced	1_Results and Recovery Formula drink**	2_Stuffed Baked Potato ■ 3 cups_Salad greens 3 TbspDressing (your choice) 1_Orange, medium	1 ozPita chips 4 TbspHummus w/ carrot sticks	9 ozMediterranean Shrimp Kebabs PHASE 1 cup_White rice 3 cups_Salad greens 3 TbspDressing (your choice) 1 cup_Melon pieces
5 3_Oatmeal Pancakes 3 TbspLow sugar maple syrup 1 cup_Applesauce 8 ozSkim milk	1_Results and Recovery Formula drink**	1_Grilled Veggie Focaccia ■ 1 cup_Tabouli salad 1_Peach, medium	8 ozFruit sorbet 1-1/2 ozString cheese 6_Crackers	9 ozChicken 3 TbspBarbecue Sauce 1 cup_Nonfat baked beans 3 cups_Salad greens 3 TbspDressing (your choice) 1 cup_Fruit salad
<b>BOX</b> <b>8 oz.</b> _Cottage cheese, 1% <b>1 cup</b> _Pineapple chunks <b>2 slices_</b> Whole wheat toast <b>3 tsp.</b> _Pure fruit jam	1_Results and Recovery Formula drink**	1_Spicy Chinese Noodles ■ 3 cups_Salad greens 3 TbspDressing (your choice) 1 cup_Fruit salad	1 ozAlmonds 1 ozDried fruit 8 ozNonfat plain yougurt	9 ozSalmon 3 TbspDijonnaise Sauce ■ 1 cup_Quinoa 1 cup_Broccoli, steamed 1 cup_Grapes
1_Whole wheat bagel 2 <b>Tbsp.</b> _Fat-free cream cheese 8 ozPlain nonfat yogurt 1 <b>cup_</b> Berries	1_Results and Recovery Formula drink**	1_Vegetarian Tostada <b>■</b> 1 <b>cup</b> _Fruit salad	1 ozCashews 1 ozDried fruit	9 ozPork Chop with Apple and Sweet Potato ■ 1 cup_Peas 3 cups_Salad greens 3 TbspDressing (your choice) 89

Recipe included





BREAKFAST	SNACK	LUNCH	SNACK	DINNER
BREARFAST 1 1_Blueberry Muffin = 8 ozPlain nonfat yogurt 1 cup_Berries 1/2 cup_Low-fat granola	SNACK 1_Results and Recovery Formula drink**	LUNCH 1_Veggie burger 1_Whole grain bun 4 cups_Salad greens 4 TbspDressing (your choice) 1 cup_Melon pieces	1 ozAlmonds 1 ozDried fruit 8 ozNonfat frozen yogurt	12 ozChicken 4 TbspApricot Sauce 1_Baked yam, medium 1 cup_Green beans, steamed 4 cups_Salad greens 4 TbspDressing (your choice) 1/4_Mango
<b>A</b> _Whole grain waffles <b>2 Tbsp.</b> _Peanut butter <b>8 oz.</b> _Skim milk 1_Banana, medium	1_Results and Recovery Formula drink**	1_Pasta Salad <b>■</b> 1 <b>cup</b> _Melon pieces	1 ozLow-fat tortilla chips 4 TbspBean dip 1_Frozen fruit bar	12 ozHalibut 4 TbspMustard Cream Sauce ■ 1 cup_Brown rice 3 cups_Spinach, steamed 1_Peach, medium
1_Whole grain roll 1/2 cup_Low-fat ricotta cheese 4 slices_Roma tomato 2 TspOlive oil 1 cup_Cantaloupe pieces	1_Results and Recovery Formula drink**	<ul> <li>2 cups_Black and White Bean Chili ■</li> <li>4 cups_Salad greens</li> <li>4 TbspDressing (your choice)</li> <li>1 cup_Grapes</li> <li>6_Crackers</li> </ul>	3 cups_Popcorn, light 8 ozNonfat fruit-flavored yogurt 2 ozSoy nuts	12 ozFlank steak, grilled 4 TbspSteak sauce 1_Baked potato, medium 2 cups_Onion, zucchini, and stewed tomato sauté 1_Nectarine, medium
<b>1 cup_</b> Low-fat granola <b>8 oz.</b> _Plain nonfat yogurt <b>1 cup</b> _Strawberries, sliced	1_Results and Recovery Formula drink**	2_Stuffed Baked Potato ■ 4 cups_Salad greens 4 TbspDressing (your choice) 1_Orange, medium	1 ozPita chips 4 TbspHummus w/ carrot sticks 1 ozDried fruit	12 ozMediterranean Shrimp Kebabs 1 cup_White rice 4 cups_Salad greens 4 TbspDressing (your choice) 1 cup_Melon pieces
4_Oatmeal Pancakes = 4 TbspLow-sugar maple syrup 1 cup_Applesauce 8 ozSkim milk	1_Results and Recovery Formula drink**	1_Grilled Veggie Focaccia ■ 1 cup_Tabouli salad 1_Peach, medium	8 ozFruit sorbet 1-1/2 ozString cheese 6_Crackers 3 cups_Popcorn, light	12 ozChicken 4 TbspBarbecue Sauce 1 cup_Nonfat baked beans 4 cups_Salad greens 4 TbspDressing (your choice) 1 cup_Fruit salad
<b>Box_6</b> <b>8 oz.</b> _Cottage cheese, 1% <b>1 cup_</b> Pineapple chunks <b>4 slices_</b> Whole wheat toast <b>3 tsp</b> Pure fruit jam	1_Results and Recovery Formula drink**	1_Spicy Chinese Noodles ■ 4 cups_Salad greens 4 TbspDressing (your choice) 1 cup_Fruit salad	1_Sourdough pretzel 8 ozFrozen yogurt 1_Medium piece of fruit	12 ozSalmon 4 TbspDijonnaise Sauce 1 cup_Quinoa 1 cup_Broccoli, steamed 1 cup_Grapes
1_Whole wheat bagel 2 TbspFat-free cream cheese 8 ozPlain nonfat yogurt 1 cup_Berries 1/2 cup_Low-fat granola 90	1_Results and Recovery Formula drink** **Immediately after workout.	1_Vegetarian Tostada <b>■</b> 1 cup_Fruit salad	1 ozCashews 1 ozDried fruit 1_Sourdough pretzel	12 ozPork Chop with Apple and Sweet Potato ■ 1 cup_Peas 4 cups_Salad greens 4 TbspDressing (your choice)



Now that your body has become an efficient fuel-burning machine, you're ready for an athletic diet that'll help you push your body to the limit. These recipes, full of complex carbohydrates, lean protein, and low

## **GENERAL GUIDELINES**

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

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



## **APRICOT SAUCE**

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

### Serves 8

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

		LEVEL III
2 Tbsp. = 1 condiment	3 Tbsp. = 1-1/2 condiments	4 Tbsp. = 2 condiments

## **DIJONNAISE SAUCE**

per serving:

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

#### Serves 8

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

LEVEL I 2 Tbsp. = 1 condiment

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

DRESSINGS

LEVEL III 4 Tbsp. = 2 condiments

## **MUSTARD CREAM SAUCE**

4 shallots, peeled and chopped	Calories (kcal) <b>43</b>
1-1/4 cups fat-free low-sodium chicken or vegetable broth	Total Fat <b>41 g</b>
1-1/4 cups sweet vermouth	(6% calories from fat)
1/2 tsp. arrowroot powder 1/2 cup evaporated skim milk 1/4 cup Dijon mustard 1/2 tsp. salt 1 dash white pepper 1 Tbsp. chopped chives (for garnish)	Protein2 g Carbohydrate4 g Cholesterol

### Serves 8

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

## LEVEL I

2 Tbsp. = 1 condiment

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

4 Tbsp. = 2 condiments

## BARBECUE SAUCE

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

PHASE 3—ENDURANCE MAXIMIZER

Calories (kcal)16
Total Fat
(1% calories from fat)
Protein
Carbohydrate4 g
Cholesterol <b>0 mg</b>
Sodium <b>128 mg</b>

### Serves 8

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

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

SAUCES

## **BLUEBERRY MUFFINS**

1-3/4 cups whole wheat pastry flour	Calories (kcal) <b>167</b>
2-1/2 tsp. baking powder	Total Fat <b>1 g</b>
1 cup powdered sugar	(2% calories from fat)
3/4 cup low-fat buttermilk	Protein <b>4 g</b>
3 egg whites	Carbohydrate40 g
1 cup thawed frozen blueberries (reserve juice)	Cholesterol 1 mg
	Sodium <b>135 mg</b>

### Serves 12

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

### LEVEL I

1 muffin = 1 carbohydrate

LEVEL II 1 muffin = 1 carbohydrate LEVEL III

1 muffin = 1 carbohydrate

## **OATMEAL PANCAKES**

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

## Calories (kcal)......228 Total Fat.....5 g (19% calories from fat) Protein.....9 g Carbohydrate ......37 g Cholesterol .....2 mg Sodium.....468 mg

per serving:

#### Serves 4

1. In a medium bowl, combine oats, buttermilk, and milk. Set aside for 15 to 20 minutes to let oats absorb liquid.

1/2 tsp. baking soda

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

LEVEL I

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3 pancakes = 1 carbohydrate

LEVEL II 3 pancakes = 1 carbohydrate LEVEL III 3 pancakes = 1 carbohydrate

## BREAKFAST

## **BLACK AND WHITE BEAN CHILI**

per serving:

1 tsp. canola oil	Calories (kcal) <b>202</b>
1 cup diced onion	Total Fat <b>2 g</b>
2 cups fat-free low-sodium chicken or vegetable broth	(8% calories from fat)
6 oz. canned tomato paste	Protein <b>15 g</b>
4 oz. green chilies, chopped	Carbohydrate <b>35 g</b>
1 tsp. ground cumin	Cholesterol <b>0 mg</b>
16 oz. canned black beans, rinsed and drained	Sodium <b>964 mg</b>
16 oz. canned navy beans, rinsed and drained	

### Serves 6

1. In a large soup pot, heat oil over medium-high heat. Add onions and cook for 5 minutes.

2. Add broth, tomato paste, chilies, cumin, and beans. Bring to a boil.

3. Reduce heat to low and simmer for 10 to 15 minutes, stirring occasionally.

LEVELI	LEVEL II	LEVEL III
1 cup = 1 carbohydrate	2 cups = 2 carbohydrates	2 cups = 2 carbohydrates

<b>GRILLED VEGGI</b>	E FOCACCIA
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1 large portobello mushroom, sliced thinly 1 large zucchini, sliced thinly 1 large yellow squash, sliced thinly 1-1/2 oz. part-skim mozzarella cheese, sliced 2 slices focaccia bread per serving:

Calories (kcal)284	
Total Fat9 g	
(28% calories from fat)	
Protein <b>19 g</b>	
Carbohydrate	
Cholesterol 23 mg	
Sodium	

### Serves 1

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

### LEVELI

1 carbohydrate, 2 vegetables

LEVEL II 1 carbohydrate, 2 vegetables

## LEVEL III

1 carbohydrate, 2 vegetables



## **STUFFED BAKED POTATO**

### 1 medium baking potato

10 oz. frozen chopped spinach

1/2 cup chopped broccoli

1 Tbsp. finely chopped green onions

1-1/2 oz. low-fat cheddar cheese

## 1 dash salt

1 dash pepper

## 1 dash garlic powder

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

## (Levels II & III, please double ingredients)

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

### LEVEL I

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

## LEVEL II

2 potatoes = 2 carbohydrates, 2 vegetables, 1 dairy

## LEVEL III

2 potatoes = 2 carbohydrates, 2 vegetables, 1 dairy

## PASTA SALAD-LEVEL I

2 oz. pasta

1 cup broccoli florets, steamed 2 whole green onions, chopped 1 Tbsp. olive oil 1 cup halved cherry tomatoes 1/2 tsp. fresh basil 1/4 tsp. garlic powder

1 oz. low-fat Parmesan cheese, grated

per serving:

Calories (kcal) <b>500</b>
Total Fat <b>21 g</b>
(32% calories from fat)
Protein <b>17 g</b>
Carbohydrate65 g
Cholesterol 28 mg
Sodium

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

## LEVEL I

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1 carbohydrate, 2 vegetables, 1 fat, 1/2 dairy LEVEL II See next page LEVEL III See next page



## PASTA SALAD—LEVEL II

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

(43% calories from fat) Protein ...... 21 g Carbohydrate ......87 g Cholesterol ...... 28 mg 

- 1. Cook pasta according to directions on package. Drain.
- 2. While pasta cooks, steam broccoli.

3

- 3. In a bowl, combine cooked pasta, broccoli, green onions, olive oil, tomatoes, basil, and garlic powder. Mix well.
- 4. Sprinkle with cheese and toss again. Chill before serving.

LEVEL I LEVEL II LEVEL III See previous page 1-1/2 carbohydrates, 2 vegetables, See next below 1-1/2 fats, 1/2 dairy

## PASTA SALAD-LEVEL III

#### per serving:

per serving:	PH
Calories (kcal) <b>847</b> Total Fat <b>35 g</b> (54% calories from fat) Protein <b>26 g</b>	IASE 3—ENDURANC
Carbohydrate 111 g	R
Cholesterol <b>28 mg</b>	Ą
Sodium <b>475 mg</b>	<b>VCE MAXIMIZE</b>
and garlic powder.	R

1. Cook pasta according to directions on package. Drain.

1 cup halved cherry tomatoes

1/2 tsp. garlic powder

1 tsp. fresh basil

2. While pasta cooks, steam broccoli.

1-1/2 cup broccoli florets, steamed

2 Tbsp. olive oil

3 whole green onions, chopped

3. In bowl, combine cooked pasta, broccoli, green onions, olive oil, tomatoes, basil, and garlic powder. Mix well.

1 oz. low-fat Parmesan cheese, grated

4. Sprinkle with cheese and toss again. Chill before serving.

LEVEL I See previous page

4 oz. pasta

LEVEL II See above

LEVEL III

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

## LUNCH

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## SPICY CHINESE NOODLES—LEVEL I

per serving:

2 oz. pasta	Calories (kcal)
2 Tbsp. chunky peanut butter	Total Fat <b>17 g</b>
1-1/2 Tbsp. low-sodium soy sauce	(35% calories from fat)
1-1/2 Tbsp. rice vinegar	Protein <b>16 g</b>
1 tsp. honey	Carbohydrate <b>56 g</b>
1 dash cayenne pepper	Cholesterol <b>0 mg</b>
1 Tbsp. finely chopped green onions	Sodium <b>1,056 mg</b>
Fat-free chicken broth (optional)	

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

LEVEL I		
1 protein, 1 carbohydrate, 1-1/2 fat	See below	See next page

## SPICY CHINESE NOODLES—LEVEL II

per serving:

3 oz. pasta	Calories (kcal) <b>660</b>
3 Tbsp. chunky peanut butter	Total Fat <b>26 g</b>
2 Tbsp. low-sodium soy sauce	(33% calories from fat)
2 Tbsp. rice vinegar	Protein <b>25 g</b>
1-1/2 tsp. honey	Carbohydrate89 g
1 dash cayenne pepper	Cholesterol <b>0 mg</b>
2 Tbsp. finely chopped green onions	Sodium <b>1,444 mg</b>
Fat-free chicken broth (optional)	

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

98

LEVEL II

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





## SPICY CHINESE NOODLES—LEVEL III

per serving:

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

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

1. Cook pasta according to directions on package. Drain.

4 oz.

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

LEVELI		LEVEL III
See previous page	See previous page	1 protein, 2 carbohydrate, 2 fats

<b>VEGETARIAN TOSTADA-LE</b>	EVELI
------------------------------	-------

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

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

per serving:

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

## LEVEL I

2 carbohydrates, 1 vegetable

LEVEL II See next page LEVEL III See next page PHASE 3—ENDURANCE MAXIMIZER

LUNCH

99

## VEGETARIAN TOSTADA-LEVEL II

per serving:

1 large whole wheat tortilla	Calories (kcal) <b>575</b>
1 cup fat-free canned refried beans	Total Fat8 g
1/2 cup cooked Spanish-style rice	(12% calories from fat)
1/2 cup diced tomato	Protein <b>25 g</b>
3 Tbsp. diced red onion	Carbohydrate <b>102 g</b>
2 cups shredded romaine lettuce	Cholesterol6 mg
2 Tbsp. low-fat sour cream	Sodium <b>1,510 mg</b>
3 Tbsp. salsa	

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

See previous page

LEVEL I

LEVEL II 2-1/2 carbohydrates, 2 vegetables LEVEL III See below

## **VEGETARIAN TOSTADA-LEVEL III**

per serving:

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

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

LEVEL I See previous page LEVEL II See above





#### MEDITERRANEAN SHRIMP KEBABS-LEVEL I per serving:

6 shrimp (1 ounce each)	Calories (kcal) <b>349</b>
1/8 red onion, cubed	Total Fat <b>17 g</b>
1/2 zucchini, cut in 1-inch-thick slices	(42% calories from fat)
1/4 yellow pepper, seeded and diced	Protein <b>36 g</b>
4 white button mushrooms	Carbohydrate <b>14 g</b>
1/4 cup fresh lemon juice	Cholesterol 259 mg
1 Tbsp. olive oil	Sodium <b>257 mg</b>
1 tsp. oregano	
2 metal or wooden skewers	

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

LEVEL I	LEVEL II	
2 protein, 1 vegetable, 1 fat	See below	See next page

#### MEDITERRANEAN SHRIMP KEBABS—LEVEL II per serving:

9 shrimp (1 ounce each)	Calories (kcal) <b>449</b>
1/8 red onion, cubed	Total Fat <b>7 g</b>
1/2 zucchini, cut in 1-inch-thick slices	(14% calories from fat)
1/4 yellow pepper, seeded and diced	Protein <b>22 g</b>
6 white button mushrooms	Carbohydrate <b>75 g</b>
1/4 cup fresh lemon juice	Cholesterol <b>6 mg</b>
1 Tbsp. olive oil	Sodium <b>1,437 mg</b>
1 tsp. oregano	
3 metal or wooden skewers	

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

LEVEL I See above

LEVEL II 3 protein, 1 vegetable, 1 fat LEVEL III See next page

DINNER

#### MEDITERRANEAN SHRIMP KEBABS—LEVEL III per serving:

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

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

#### LEVEL I

See previous page

LEVEL II See previous page LEVEL III

4 protein, 1 vegetable, 1 fat

#### PORK CHOP BAKED WITH APPLE AND SWEET POTATO—LEVEL I per serving:

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

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

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

#### LEVELI

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2 protein, 1 carbohydrate, 1 fruit

LEVEL II See next page





#### PORK CHOP BAKED WITH APPLE AND SWEET POTATO — LEVEL II per serving:

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

Calories (kcal) <b>513</b>
Total Fat <b>12 g</b>
(21% calories from fat)
Protein 48 g
Carbohydrate53 g
Cholesterol 115 mg
Sodium <b>111 mg</b>

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

LEVELI		LEVEL
See previous page	2 protein, 1 carbohydrate, 1 fruit	See below

#### PORK CHOP BAKED WITH APPLE AND SWEET POTATO—LEVEL III per serving:

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

111

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

LEVEL I See previous page LEVEL II

See above

LEVEL III

4 protein, 1 carbohydrate, 1 fruit

# PHASE 3—ENDURANCE MAXIMIZER

#### DINNER



# QUICK OPTIONS

#### CONVENIENCE FOODS GUIDELINES

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

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

Follow the calorie, fat, and sodium guidelines below:

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

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

### QUICK AT-HOME DISHES

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

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

# CALORIE AND GRAM BREAKDOWN

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

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

#### CALORIES

		PROTEIN	CARBS	FAT
PHASE 1 FAT SHREDDER	LEVEL I 1,800 calories LEVEL II 2,400 calories LEVEL III 3,000 calories	900 calories 1,200 calories 1,500 calories	540 calories 720 calories 900 calories	360 calories 480 calories 600 calories
PHASE 2	LEVEL I 1,800 calories LEVEL II 2,400 calories LEVEL III 3,000 calories	720 calories 960 calories 1,200 calories	720 calories 960 calories 1,200 calories	360 calories 480 calories 600 calories
PHASE 3 ENDURANCE MAXIMIZER	LEVEL I 1,800 calories LEVEL II 2,400 calories LEVEL III 3,000 calories	360 calories 480 calories 600 calories	1,080 calories 1,440 calories 1,800 calories	360 calories 480 calories 600 calories

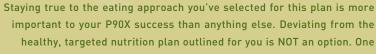
To convert those calories into grams, we used the following equations:

1 gram of protein = 4 calories • 1 gram of carbohydrates = 4 calories • 1 gram of fat = 9 calories

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

#### GRAMS

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



of the best ways to keep on track and stay within the parameters of your nutrition level is to maintain a daily journal. What and how much you choose to write is

up to you. Just be sure to indicate how successful you were for each specific day.

BREAKFAST	SNACK	LUNCH	SNACK	DINNER	COMMENTS	1 week
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BREAKFAST	SNACK	LUNCH	SNACK	DINNER	COMMENTS	5 week
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						6 week
BREAKFAST	SNACK	LUNCH	SNACK	DINNER	COMMENTS	_мо
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week 7	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	COMMENTS
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BREAKFAST	SNACK	LUNCH	SNACK	DINNER	COMMENTS	9 week
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	CNIA OK		CNIA OK	DINNED	000005050	10 week
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	CNA CK		CNACK	DINNED	COMMENTS	13 week
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week 15	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	COMMENTS
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