

THERE ARE **3 PHASES** TO THE P90X NUTRITION PLAN.

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 recommended here.

PHASE 1

FAT SHREDDER

FAT SHREDDER

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

PHASE 2

ENERGY BOOSTER

ENERGY BOOSTER

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

PHASE 3

ENDURANCE MAXIMIZER

ENDURANCE MAXIMIZER

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



THE 3 PHASES

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

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

PHASE 1

FAT SHREDDER

Those who are reasonably fit and have more body fat can use this phase more easily than someone who is 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 also feel like you have ample energy to push hard during your workouts. Conversely, this phase could be shortened by a week or two if your body fat is already low and you feel like you don't have the necessary energy to get the most out of your workouts.

PHASE 2

ENERGY BOOSTER

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

PHASE 3

ENDURANCE MAXIMIZER

This plan should be earned. It's an athletic diet and you'll only need it if you are pushing your body to the limit, which you should be if you keep your promise to "Bring It." Of note is that Phase 3 should be tried 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 that 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 is a reason that they do. We wouldn't put it in the plan if it weren't proven to improve results.

CUSTOMIZING THE PHASES

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

DETERMINE YOUR PHASE

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

THERE ARE **3 NUTRITION LEVELS** WITHIN EACH APPROACH.

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		x 10 =	RMR (IN CALORIES)
<input type="text"/>			<input type="text"/>

2

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

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

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

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

3

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

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

4

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

Example: A 6-foot, 180-pound man

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

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

Exercise expenditure = 600

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

Nutrition level = II

Round down to the bottom of your level to create a slight calorie deficit, e.g., if you are 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 =



FAT SHREDDER

GENERAL GUIDELINES

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

FAT SHREDDER

MEAL PLAN APPROACH

LEVEL I
PHASE

1

_Recipe included

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
DAY 1	<p>1_Mushroom Omelet </p> <p>1_cup_Fresh strawberries</p> <p>8_oz_Cottage cheese, 1%</p>	<p>1_Protein bar</p> <p>1_Recovery drink*</p>	<p>1_Chef Salad </p>	<p>2_oz_Soy nuts</p>	<p>6_oz_Salmon</p> <p>2_tbsp_Lemon-Dill Sauce </p> <p>1/2_cup_Asparagus</p> <p>1_cup_Wild rice</p> <p>1_cup_Red Pepper Soup </p> <p>1_tbsp_Protein powder</p>
DAY 2	<p>1_Protein Shake </p>	<p>1_Protein bar</p> <p>1_Recovery drink*</p>	<p>1_Shrimp Stir-Fry </p> <p>1_tbsp_Sesame seeds</p> <p>1_oz_Cashews</p>	<p>1-1/2_oz_String cheese</p>	<p>6_oz_Turkey</p> <p>2_tbsp_Gravy </p> <p>1/2_cup_Green beans</p> <p>1_cup_Butternut Squash Soup </p> <p>1_tbsp_Protein powder</p>
DAY 3	<p>2_slices_Turkey bacon</p> <p>1_Chicken Scramble </p> <p>4_oz_Fresh-squeezed juice</p>	<p>1_Protein bar</p> <p>1_Recovery drink*</p>	<p>1_Chicken Salad </p> <p>2_cups_Salad greens</p> <p>1_cup_Vegetable Soup </p> <p>1_tbsp_Protein powder</p>	<p>2_oz_Soy nuts</p>	<p>6_oz_Halibut</p> <p>2_tbsp_Pesto Sauce </p> <p>1_cup_Wild rice</p> <p>1/2_cup_Zucchini</p>
DAY 4	<p>1_Soy Sausage Muffin </p> <p>8_oz_Skim milk</p>	<p>1_Protein bar</p> <p>1_Recovery drink*</p>	<p>1_Steak & Arugula Salad </p> <p>2_tbsp_Balsamic Vinaigrette </p>	<p>1_oz_Turkey jerky</p>	<p>6_oz_Chicken breast</p> <p>2_tbsp_Honey-Chile Sauce </p> <p>1_cup_Quinoa</p> <p>1/2_cup_Snap peas</p>
DAY 5	<p>1_Spinach Scramble </p> <p>8_oz_Skim milk</p> <p>1/2_Grapefruit, medium</p>	<p>1_Protein bar</p> <p>1_Recovery drink*</p>	<p>6_oz_Turkey Burger </p> <p>1-1/2_oz_Low-fat Swiss cheese</p> <p>1/2_cup_Coleslaw </p> <p>1_cup_Gazpacho </p> <p>1_tbsp_Protein powder</p>	<p>8_oz_Cottage cheese, 1%</p>	<p>6_oz_Swordfish</p> <p>2_tbsp_Mango-Ginger Sauce </p> <p>1_cup_Wild rice</p> <p>1_Artichoke, medium</p>
DAY 6	<p>1_Protein Shake </p>	<p>1_Protein bar</p> <p>1_Recovery drink*</p>	<p>1_Island Pork Tenderloin Salad </p>	<p>1_oz_Turkey jerky</p>	<p>1_Beef & Broccoli Stir-Fry </p> <p>1_cup_Miso Soup </p> <p>1_tbsp_Protein powder</p>
DAY 7	<p>2_slices_Turkey bacon</p> <p>1_Cheese Scramble </p> <p>8_oz_Skim milk</p> <p>1/4_Cantaloupe, medium</p>	<p>1_Protein bar</p> <p>1_Recovery drink*</p>	<p>1_Tuna Salad </p> <p>2_cups_Salad greens</p> <p>1_cup_Chilled Cucumber Soup </p>	<p>8_oz_Cottage cheese, 1%</p>	<p>6_oz_Lemon-Garlic Chicken </p> <p>1_cup_Wild rice</p> <p>1_cup_Asparagus Soup </p> <p>1_tbsp_Protein powder</p>

FAT SHREDDER

MEAL PLAN APPROACH

LEVEL II
PHASE

1

PHASE 1-FAT SHREDDER

 _Recipe included

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
DAY 1	1 Mushroom Omelet  1 cup_Fresh strawberries 12 oz_Cottage cheese, 1%	1_Protein bar 1_Recovery drink*	1_Chef Salad 	30 nuts_Pistachios	8 oz_Salmon 3 tbsp_Lemon-Dill Sauce  1 cup_Asparagus 1 cup_Wild rice 2 cups_Red Pepper Soup  2 tbsp_Protein powder
DAY 2	1_Protein Shake 	1_Protein bar 1_Recovery drink*	1_Shrimp Stir-Fry  1 tbsp_Sesame seeds 1 oz_Cashews	3 oz_String cheese	8 oz_Turkey 3 tbsp_Gravy  1 cup_Green beans  2 cups_Butternut Squash Soup  2 tbsp_Protein powder
DAY 3	3 slices_Turkey bacon 1_Chicken Scramble  6 oz_Fresh-squeezed juice	1_Protein bar 1_Recovery drink*	1_Chicken Salad  3 cups_Salad greens 2 cups_Vegetable Soup  2 tbsp_Protein powder	4 oz_Soy nuts	8 oz_Halibut 3 tbsp_Pesto Sauce  1 cup_Wild rice 1 cup_Zucchini
DAY 4	1_Soy Sausage Muffin  12 oz_Skim milk	1_Protein bar 1_Recovery drink*	1_Steak & Arugula Salad  3 tbsp_Balsamic Vinaigrette 	2 oz_Turkey jerky	8 oz_Chicken breast 3 tbsp_Honey-Chile Sauce  1 cup_Quinoa 1 cup_Snap peas
DAY 5	1_Spinach Scramble  12 oz_Skim milk 1_Grapefruit, medium	1_Protein bar 1_Recovery drink*	8 oz_Turkey Burger  3 oz_Low-fat Swiss cheese 1 cup_Coleslaw  2 cups_Gazpacho  2 tbsp_Protein powder	12 oz_Cottage cheese, 1%	8 oz_Swordfish 3 tbsp_Mango-Ginger Sauce  1 cup_Wild rice 1_Artichoke, medium
DAY 6	1_Protein Shake 	1_Protein bar 1_Recovery drink*	1_Island Pork Tenderloin Salad 	2 oz_Turkey jerky	1_Beef & Broccoli Stir-Fry  2 cups_Miso Soup  2 tbsp_Protein powder
DAY 7	3 slices_Turkey bacon 1_Cheese Scramble  12 oz_Skim milk 1/4_Cantaloupe, medium	1_Protein bar 1_Recovery drink*	1_Tuna Salad  3 cups_Salad greens 2 cups_Chilled Cucumber Soup	12 oz_Cottage cheese, 1%	8 oz_Lemon-Garlic Chicken  1 cup_Wild rice 2 cups_Asparagus Soup  2 tbsp_Protein powder

* Immediately after workout

FAT SHREDDER

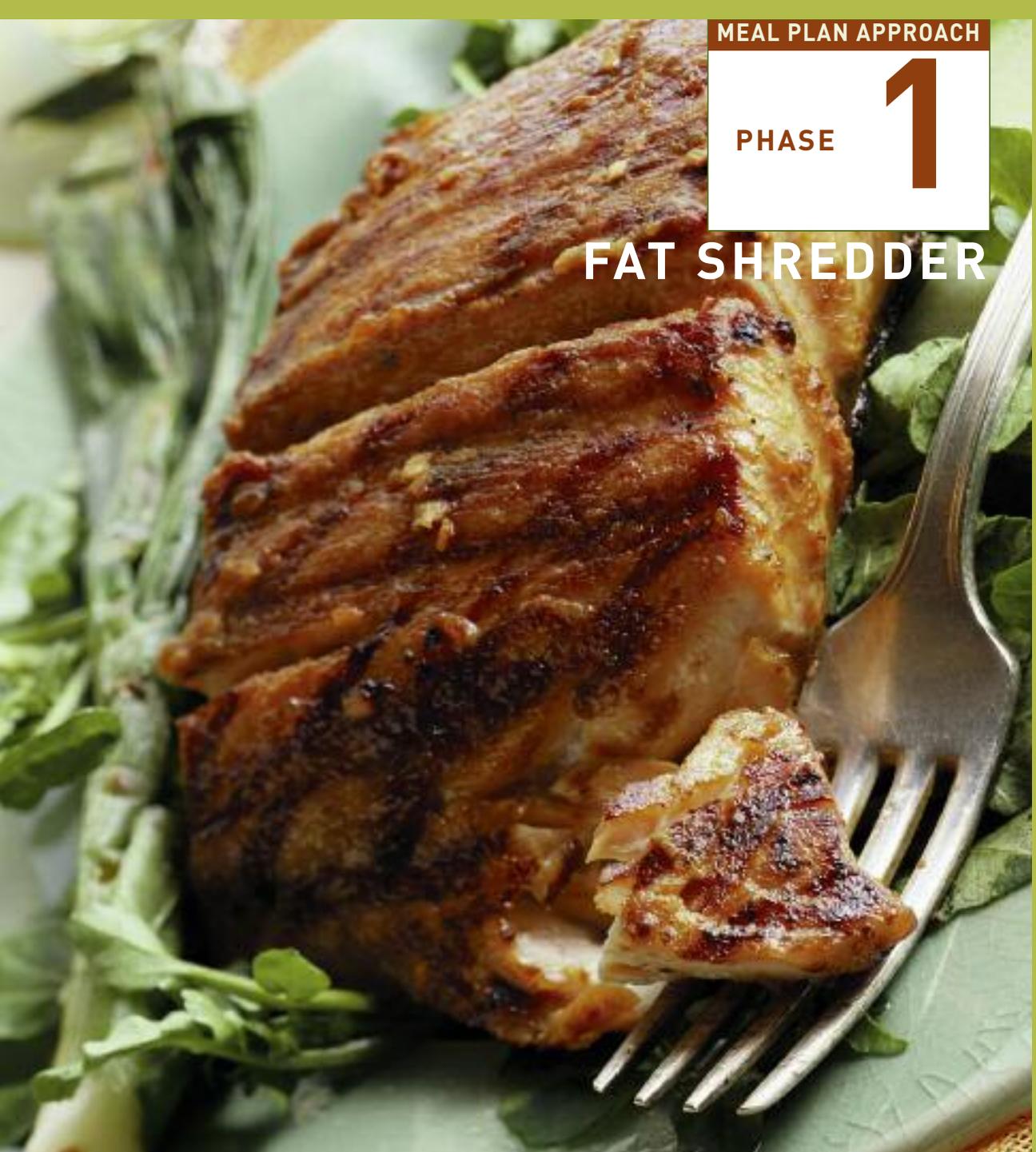
MEAL PLAN APPROACH

LEVEL III
PHASE 1

_Recipe included

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
DAY 1	<p>1_Mushroom Omelet </p> <p>1_cup_Fresh strawberries</p> <p>12_oz_Cottage cheese, 1%</p>	<p>1_Protein bar</p> <p>1_Recovery drink*</p>	<p>1_Chef Salad </p>	<p>30_nuts_Pistachios</p> <p>2_oz_Turkey jerky</p>	<p>10_oz_Salmon</p> <p>4_tbsp_Lemon-Dill Sauce </p> <p>1_cup_Asparagus</p> <p>1_cup_Wild rice</p> <p>2_cups_Red Pepper Soup </p> <p>3_tbsp_Protein powder</p>
DAY 2	<p>1_Protein Shake </p>	<p>1_Protein bar</p> <p>1_Recovery drink*</p>	<p>1_Shrimp Stir-Fry </p> <p>2_tbsp_Sesame seeds</p> <p>1_oz_Cashews</p>	<p>3_oz_String cheese</p> <p>4_oz_Soy nuts</p>	<p>10_oz_Turkey</p> <p>4_tbsp_Gravy </p> <p>1_cup_Green beans</p> <p>2_cups_Butternut Squash Soup </p> <p>3_tbsp_Protein powder</p>
DAY 3	<p>4_slices_Turkey bacon</p> <p>1_Chicken Scramble </p> <p>8_oz_Fresh-squeezed juice</p>	<p>1_Protein bar</p> <p>1_Recovery drink*</p>	<p>1_Chicken Salad </p> <p>4_cups_Salad greens</p> <p>2_cups_Vegetable Soup </p> <p>3_tbsp_Protein powder</p>	<p>4_oz_Soy nuts</p> <p>12_oz_Cottage cheese</p>	<p>10_oz_Halibut</p> <p>4_tbsp_Pesto Sauce </p> <p>1_cup_Wild rice</p> <p>1_cup_Zucchini</p>
DAY 4	<p>1_Soy Sausage Muffin </p> <p>12_oz_Skim milk</p>	<p>1_Protein bar</p> <p>1_Recovery drink*</p>	<p>1_Steak & Arugula Salad </p> <p>4_tbsp_Balsamic Vinaigrette </p>	<p>3_oz_String cheese</p> <p>1_oz_Cashews</p>	<p>10_oz_Chicken breast</p> <p>4_tbsp_Honey-Chile Sauce </p> <p>1_cup_Quinoa</p> <p>1_cup_Snap peas</p>
DAY 5	<p>1_Spinach Scramble </p> <p>12_oz_Skim milk</p> <p>1_Grapefruit, medium</p>	<p>1_Protein bar</p> <p>1_Recovery drink*</p>	<p>10_oz_Turkey Burger </p> <p>3_oz_Low-fat Swiss cheese</p> <p>2_cups_Coleslaw </p> <p>2_cups_Gazpacho </p> <p>3_tbsp_Protein powder</p>	<p>12_oz_Cottage cheese, 1%</p> <p>2_oz_Turkey jerky</p>	<p>10_oz_Swordfish</p> <p>4_tbsp_Mango-Ginger Sauce </p> <p>1_cup_Wild rice</p> <p>1_Artichoke, medium</p>
DAY 6	<p>1_Protein Shake </p>	<p>1_Protein bar</p> <p>1_Recovery drink*</p>	<p>1_Island Pork Tenderloin Salad </p>	<p>2_oz_Turkey jerky</p> <p>1_oz_Almonds</p>	<p>1_Beef & Broccoli Stir-Fry </p> <p>2_cups_Miso Soup </p> <p>3_tbsp_Protein powder</p>
DAY 7	<p>4_slices_Turkey bacon</p> <p>1_Cheese Scramble </p> <p>12_oz_Skim milk</p> <p>1/2_Cantaloupe, medium</p>	<p>1_Protein bar</p> <p>1_Recovery drink*</p>	<p>1_Tuna Salad </p> <p>4_cups_Salad greens</p> <p>2_cups_Chilled Cucumber Soup </p>	<p>12_oz_Cottage cheese, 1%</p> <p>1_oz_Almonds</p>	<p>10_oz_Lemon-Garlic Chicken </p> <p>1_cup_Wild rice</p> <p>2_cups_Asparagus Soup </p> <p>3_tbsp_Protein powder</p>

FAT SHREDDER



High in protein and fiber, these recipes will put you on the fast track towards building lean muscle mass while shedding excess body fat.

GENERAL GUIDELINES 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 1 LEVEL I serving. LEVEL II and LEVEL III will vary, depending on portion size.

BALSAMIC VINAIGRETTE

per serving:

1-1/2 cups balsamic vinegar	14 Calories (kcal)
2 tablespoons fresh lemon juice	1 g Total Fat
6 tablespoons Dijon mustard	(42% calories from fat)
4 teaspoons shallots, chopped	0 g Protein
4 teaspoons fresh basil, chopped	2 g Carbohydrate
2 teaspoons olive oil	0 mg Cholesterol
black pepper to taste	71 mg Sodium

Serves 16

Whisk together all ingredients in a small bowl. Store covered in the refrigerator.

LEVEL I

2 tablespoons = 1 condiment

LEVEL II

3 tablespoons = 1-1/2 condiments

LEVEL III

4 tablespoons = 2 condiments

CUMIN VINAIGRETTE

per serving:

2 tablespoons fresh lime juice	69 Calories (kcal)
1/2 tablespoon orange juice	7 g Total Fat
1/2 tablespoon Dijon mustard	(92% calories from fat)
1/2 teaspoon cumin powder	0 g Protein
1/4 teaspoon salt	2 g Carbohydrate
1/8 teaspoon black pepper	0 mg Cholesterol
1 tablespoon olive oil	329 mg Sodium

Serves 2

Whisk together until emulsified.

LEVEL I

2 tablespoons = 1 condiment

LEVEL II

3 tablespoons = 1-1/2 condiments

LEVEL III

4 tablespoons = 2 condiments

PESTO SAUCE

per serving:

1 cup pine nuts	61 Calories (kcal)
4 cups fresh basil, packed	4 g Total Fat
2 tablespoons garlic, chopped	(49% calories from fat)
1 cup fat-free Parmesan cheese, grated	4 g Protein
1/3 cup white cooking wine	4 g Carbohydrate
1/3 cup lemon juice	5 mg Cholesterol
1/2 cup fat-free chicken broth, low sodium	110 mg Sodium
1/2 teaspoon salt	

Serves 20

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 tablespoons = 1 condiment

LEVEL II

3 tablespoons = 1-1/2 condiments

LEVEL III

4 tablespoons = 2 condiments

MANGO-GINGER SAUCE

per serving:

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

Serves 8

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

LEVEL I

2 tablespoons = 1 condiment

LEVEL II

3 tablespoons = 1-1/2 condiments

LEVEL III

4 tablespoons = 2 condiments

GRAVY

per serving:

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

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

Serves 10

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

LEVEL I

2 tablespoons = 1 condiment

LEVEL II

3 tablespoons = 1-1/2 condiments

LEVEL III

4 tablespoons = 2 condiments

HONEY-CHILE SAUCE

per serving:

1/4 cup shallots, chopped fine
2/3 cup honey, slightly warmed
1/4 cup sherry vinegar
1 teaspoon pasilla chile powder
1/4 teaspoon ground cumin
1-1/2 cups fat-free chicken broth, low sodium
salt and pepper to taste
1 teaspoon cilantro, chopped

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

Serves 16

3 tablespoons chopped pecans, toasted

1. Coat a sauté pan with cooking spray and place on medium-high heat. Add chopped shallots and sauté until tender.
2. Add the honey and vinegar to the pan. Quickly stir in the chile powder, cumin, and broth. Bring to a boil and reduce 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 tablespoons = 1 condiment

LEVEL II

3 tablespoons = 1-1/2 condiments

LEVEL III

4 tablespoons = 2 condiments

LEMON-DILL SAUCE

per serving:

1/2 cup shallots, chopped	58 Calories (kcal)
2 cups white wine	trace Total Fat
2 tablespoons arrowroot	(0% calories from fat)
2 cups fat-free chicken broth, low sodium	3 g Protein
6 tablespoons lemon juice	5 g Carbohydrate
1 teaspoon lemongrass, minced	0 mg Cholesterol
1 tablespoon fresh dill, chopped	107 mg Sodium
Serves 10	

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

LEVEL I

2 tablespoons=1 condiment

LEVEL II

3 tablespoons=1-1/2 condiments

LEVEL III

4 tablespoons= 2 condiments

CHILLED CUCUMBER SOUP

per serving:

1 whole hothouse cucumber	60 Calories (kcal)
1/2 cup red onion, chopped	trace Total Fat
3 tablespoons fresh dill, chopped	(5% calories from fat)
1 tablespoon fresh mint, chopped	5 g Protein
1-1/4 cups nonfat plain yogurt	10 g Carbohydrate
1/4 teaspoon salt	1 mg Cholesterol
1/8 teaspoon black pepper	191 mg Sodium
1/16 teaspoon cayenne	
1/4 tablespoon celery seed	
Serves 4	

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

LEVEL I

1 cup soup =
1/2 vegetable

LEVEL II

2 cups soup =
1 vegetable

LEVEL III

2 cups soup =
1-1/2 vegetables

ASPARAGUS SOUP

per serving:

1-1/4 cups onions, diced	
1/2 teaspoon garlic, chopped	38 Calories (kcal)
1-1/2 quarts fat-free chicken broth, low sodium	trace Total Fat
1-1/2 pounds asparagus, diced	(9% calories from fat)
1/2 potato, diced	2 g Protein
1 dash salt	5 g Carbohydrate
1/2 teaspoon yellow mustard seed	0 mg Cholesterol
1 dash 17-spice mix	1,780 mg Sodium
Serves 8	1/2 teaspoon dry mustard

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

LEVEL I

1 cup soup,
1 tablespoon protein powder =
1/2 protein, 1 vegetable

LEVEL II

2 cups soup,
2 tablespoons protein powder =
1 protein, 1 vegetable

LEVEL III

2 cups soup,
3 tablespoons protein powder =
1 protein, 1 vegetable

BUTTERNUT SQUASH SOUP

per serving:

1 tablespoon shallot, minced	
1 clove garlic, pressed or minced	70 Calories (kcal)
3 cups butternut squash, peeled and seeded	trace Total Fat
1/2 cup fat-free chicken broth, low sodium	(1% calories from fat)
	3 g Protein
	18 g Carbohydrate
	0 mg Cholesterol
Serves 3	89 mg Sodium

1. Combine the 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 the squash and chicken broth and simmer until the squash is soft, about 20 minutes. Transfer to a blender or food processor and puree.
3. Return the soup to the pan and place over medium heat until heated through. Serve.
4. If desired, add protein powder just before serving.

LEVEL I

1 cup soup,
1 tablespoon protein powder =
1/2 protein, 1 vegetable

LEVEL II

2 cups soup,
2 tablespoons protein powder =
1 protein, 1 vegetable

LEVEL III

2 cups soup,
3 tablespoons protein powder =
1 protein, 1 vegetable

GAZPACHO

per serving:

28 ounces canned tomatoes, low sodium	
3 cups low-sodium tomato juice	20 Calories (kcal)
2-1/2 cups hothouse cucumbers, peeled and diced	trace Total Fat
1/2 cup carrots, peeled and diced	(4% calories from fat)
3/4 cup each green and red bell pepper, seeded and diced	1 g Protein
1/2 red onion, diced	5 g Carbohydrate
2 shallots	0 mg Cholesterol
2 garlic cloves	5 mg Sodium
1/3 cup red wine vinegar	
1/3 cup fresh lemon juice	
1 teaspoon paprika	
1/4 cup each fresh oregano, basil, and Italian parsley, chopped	
1/4 teaspoon white pepper	
1/4 teaspoon Tabasco sauce or to taste	
Serves 10	

- Place the tomatoes, tomato juice, cucumbers, carrots, green and red peppers, onion, shallots, and garlic in a food processor or blender and process until smooth.
- Add the 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.

Note: Additional protein powder is not recommended for this recipe. If desired, we suggest that you take protein powder separately with your meal.

LEVEL I

1 cup soup =
1/2 vegetable

LEVEL II

2 cups soup =
1 vegetable

LEVEL III

2 cups soup =
1 vegetable

MISO SOUP

per serving:

1/2 teaspoon dark sesame oil	
1/3 cup shallots, finely chopped	107 Calories (kcal)
3 tablespoons miso	3 g Total Fat
1 quart vegetable stock	(23% calories from fat)
1/4 cup firm silken tofu, diced	4 g Protein
3 tablespoons scallions, sliced for garnish	16 g Carbohydrate
	1 mg Cholesterol
Serves 8	1,052 mg Sodium

- Heat the sesame oil in a saucepan over medium heat. Add the shallots and cook until translucent.
- Add the miso and mix well. Add the vegetable stock and bring to a simmer. Reduce heat to low and simmer for 15 minutes.
- To serve, ladle into bowls and garnish each serving with tofu and scallions.
- If desired, add protein powder just before serving.

LEVEL I

1 cup soup =
1/2 vegetable

LEVEL II

2 cups soup =
1 vegetable

LEVEL III

2 cups soup =
1 vegetable

VEGETABLE SOUP

per serving:

10 cups fat-free chicken broth, low sodium	
4 red potatoes, cut into 1-inch cubes	49 Calories (kcal)
4 cups onions, quartered	trace Total Fat
1 cup carrots, sliced 1 inch thick	(2% calories from fat)
3 cups celery, sliced 1 inch thick	7 g Protein
2 cups zucchini, sliced 1 inch thick	10 g Carbohydrate
8 ounces tomato sauce, canned	0 mg Cholesterol
2 cloves garlic, minced	377 mg Sodium
1/4 bunch fresh parsley, chopped	
1/4 bunch cilantro, chopped	
dash black pepper	
Serves 18	

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

LEVEL I

1 cup soup,
1 tablespoon protein powder =
1/2 protein, 1 vegetable

LEVEL II

2 cups soup,
2 tablespoons protein powder =
1 protein, 2 vegetable

LEVEL III

2 cups soup,
3 tablespoons protein powder =
1 protein, 2 vegetable

RED PEPPER SOUP

per serving:

2 cups white wine	
1 onion, finely chopped	57 Calories (kcal)
5 roasted red peppers	trace Total Fat
2 cups celery, chopped	(5% calories from fat)
1 tablespoon garlic, minced	3 g Protein
2 plum tomatoes, chopped	6 g Carbohydrate
1/4 cup tomato paste	0 mg Cholesterol
2 cups fat-free chicken broth, low sodium	145 mg Sodium
2 tablespoons dried thyme	
1/4 teaspoon each ground white pepper and ground cumin	
dash salt	
Serves 12	

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. If desired, add protein powder just before serving.

LEVEL I

1 cup soup,
1 tablespoon protein powder =
1/2 protein, 1 vegetable

LEVEL II

2 cups soup,
2 tablespoons protein powder =
1 protein, 2 vegetable

LEVEL III

2 cups soup,
3 tablespoons protein powder =
1 protein, 2 vegetable

PROTEIN SHAKE-LEVEL I

per serving:

- 1 cup skim milk
- 1 scoop protein powder, such as Beachbody's Whey Protein Powder
- 1/2 cup berries
- 1/2 banana
- 1/2 cup ice

- 290 Calories (kcal)
- 2 g Total Fat
(6% calories from fat)
- 27 g Protein
- 41 g Carbohydrate
- 5 mg Cholesterol
- 257 mg Sodium

Combine all the ingredients in a blender. Blend until smooth.

LEVEL I

1 protein, 1 dairy, 1 fruit

LEVEL II

See below

LEVEL III

See next page

PROTEIN SHAKE-LEVEL II

per serving:

- 1 cup skim milk
- 1-1/2 scoops protein powder, such as Beachbody's Whey Protein Powder
- 1 cup berries
- 1/2 banana
- 1/2 cup ice

- 387 Calories (kcal)
- 2 g Total Fat
(5% calories from fat)
- 36 g Protein
- 54 g Carbohydrate
- 5 mg Cholesterol
- 322 mg Sodium

Combine all the ingredients in a blender. Blend until smooth.

LEVEL I

See above

LEVEL II

1 1/2 protein, 1 dairy, 2 fruit

LEVEL III

See next page

PROTEIN SHAKE-LEVEL III

per serving:

- 1 cup skim milk
- 2 scoops protein powder, such as Beachbody's Whey Protein Powder
- 1 cup berries
- 1 whole banana
- 1 cup ice

495 Calories (kcal)
3 g Total Fat
(6% calories from fat)
45 g Protein
71 g Carbohydrate
5 mg Cholesterol
387 mg Sodium

Combine all the ingredients in a blender. Blend until smooth.

LEVEL I

See previous page

LEVEL II

See previous page

LEVEL III

2 protein, 1 dairy, 2 fruit

SOY SAUSAGE MUFFIN

per serving:

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

395 Calories (kcal)
7 g Total Fat
(2% calories from fat)
34 g Protein
46 g Carbohydrate
28 mg Cholesterol
1,490 mg Sodium

1. Cook soy sausage according to package instructions.
2. Top the English muffin with the cheese and cook in a toaster oven or under the broiler for 2 to 3 minutes or until cheese melts.
3. Place sausage on one muffin half and top with other half.

LEVEL I

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

LEVEL II

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

LEVEL III

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

CHICKEN SCRAMBLE-LEVEL I

per serving:

6 egg whites	
3 ounces chicken breast, cooked and diced	320 Calories (kcal)
1-1/2 ounces fat-free Parmesan cheese, grated	6 g Total Fat
1/2 tablespoon fresh basil, chopped	(17% calories from fat)
	49 g Protein
	16 g Carbohydrate
	78 mg Cholesterol
	678 mg Sodium

1. Coat a nonstick skillet with cooking spray and place over medium heat.
2. Lightly beat the egg whites with a fork and add to the pan. Cook, stirring, until halfway set. Add the diced chicken and cook through. Add salt and pepper to taste. Garnish with fresh basil and serve.

LEVEL I

2 protein, 1 dairy

LEVEL II

See below

LEVEL III

See next page

CHICKEN SCRAMBLE-LEVEL II

per serving:

8 egg whites	
3 ounces chicken breast, cooked and diced	455 Calories (kcal)
3 ounces fat-free Parmesan cheese, grated	6 g Total Fat
2 teaspoons fresh basil, chopped	(12% calories from fat)
	70 g Protein
	30 g Carbohydrate
	112 mg Cholesterol
	1,093 mg Sodium

1. Coat a nonstick skillet with cooking spray and place over medium heat.
2. Lightly beat the egg whites with a fork and add to the pan. Cook, stirring, until halfway set. Add the diced chicken and cook through. Add salt and pepper to taste. Garnish with fresh basil and serve.

LEVEL I

See above

LEVEL II

3 protein, 2 dairy

LEVEL III

See next page

CHICKEN SCRAMBLE—LEVEL III

per serving:

10 egg whites

4 ounces chicken breast, cooked and diced

4 ounces fat-free Parmesan cheese, grated

1 tablespoon fresh basil, chopped

596 Calories (kcal)

8 g Total Fat

(12% calories from fat)

90 g Protein

40 g Carbohydrate

149 mg Cholesterol

1,421 mg Sodium

1. Coat a nonstick skillet with cooking spray and place over medium heat.
2. Lightly beat the egg whites with a fork and add to the pan. Cook, stirring, until halfway set. Add the diced chicken and cook through. Add salt and pepper to taste. Garnish with fresh basil and serve.

LEVEL I

See previous page

LEVEL II

See previous page

LEVEL III

4 protein, 2 dairy

CHEESE SCRAMBLE—LEVEL I

per serving:

6 whole egg whites

2 tablespoons skim milk

1-1/2 ounces mozzarella cheese, part-skim, grated

salt and pepper to taste

230 Calories (kcal)

4 g Total Fat

(29% calories from fat)

34 g Protein

5 g Carbohydrate

24 mg Cholesterol

450 mg Sodium

1. In a bowl, lightly beat the egg whites with the skim milk.
2. In a medium pan coated with vegetable spray, add the egg mixture and cook slightly—then add the cheese and cook to desired firmness.

LEVEL I

2 protein, 1 dairy

LEVEL II

See next page

LEVEL III

see next page

CHEESE SCRAMBLE-LEVEL II

per serving:

8 whole egg whites
 3 tablespoons skim milk
 3 ounces mozzarella cheese, part-skim, grated
 salt and pepper to taste

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

1. In a bowl, beat the egg whites with the skim milk.
2. In a medium pan coated with vegetable spray, add the egg mixture and cook slightly—then add the cheese and cook to desired firmness.

LEVEL I

See previous page

LEVEL II

3 protein, 2 dairy

LEVEL III

See below

CHEESE SCRAMBLE-LEVEL III

per serving:

10 whole egg whites
 4 tablespoons skim milk
 4 ounces mozzarella cheese, part-skim, grated
 salt and pepper to taste

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

1. In a bowl, beat the egg whites with the skim milk.
2. In a medium pan coated with vegetable spray, add the egg mixture and cook slightly—then add the cheese and cook to desired firmness.

LEVEL I

See previous page

LEVEL II

See above

LEVEL III

4 protein, 2 dairy

SPINACH SCRAMBLE-LEVEL I

per serving:

- 1/2 cup Roma tomato, diced
- 1 cup spinach leaves, cleaned and dried
- 6 egg whites
- 1-1/2 ounces feta cheese, crumbled
- 1 tablespoon fresh basil, chopped

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

1. In a small nonstick pan coated with vegetable spray, sauté tomatoes and spinach until slightly tender. Remove and set aside.
2. Whisk the egg whites together in a bowl and add to the pan. Cook, stirring, over low heat until almost set. Add the vegetable mixture, cheese, and basil. Cook to desired firmness.

LEVEL I

1 protein, 1 dairy, 1 vegetable

LEVEL II

See below

LEVEL III

See next page

SPINACH SCRAMBLE-LEVEL II

per serving:

- 1/2 cup Roma tomato, diced
- 1 cup spinach leaves, cleaned and dried
- 8 egg whites
- 3 ounces feta cheese, crumbled
- 1 tablespoon fresh basil, chopped

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

1. In a small nonstick pan coated with vegetable spray, sauté tomatoes and spinach until slightly tender. Remove and set aside.
2. Whisk the egg whites together in a bowl and add to the pan. Cook, stirring, over low heat until almost set. Add the vegetable mixture, cheese, and basil. Cook to desired firmness.

LEVEL I

See above

LEVEL II

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

LEVEL III

See next page

SPINACH SCRAMBLE-LEVEL III

per serving:

1 cup Roma tomato, diced	518 Calories (kcal)
2 cups spinach leaves, cleaned and dried	25 g Total Fat
10 egg whites	(43% calories from fat)
4 ounces feta cheese, crumbled	55 g Protein
2 tablespoons fresh basil, chopped	19 g Carbohydrate
	101 mg Cholesterol
	1,877 mg Sodium

1. In a small nonstick pan coated with vegetable spray, sauté tomatoes and spinach until slightly tender. Remove and set aside.
2. Whisk the egg whites together in a bowl and add to the pan. Cook, stirring, over low heat until almost set. Add the vegetable mixture, cheese, and basil. Cook to desired firmness.

LEVEL I

See previous page

LEVEL II

See previous page

LEVEL III

2 protein, 2 dairy, 2 vegetable

MUSHROOM OMELET-LEVEL I

per serving:

6 egg whites	191 Calories (kcal)
salt and pepper to taste	3 g Total Fat
3/4 cup mushrooms, sliced	(15% calories from fat)
2 tablespoons green onion, chopped	32 g Protein
1/2 Roma tomato, chopped	7 g Carbohydrate
1-1/2 ounces low-fat cheddar cheese, shredded	9 mg Cholesterol
	596 mg Sodium

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

LEVEL I

1 protein, 1 dairy, 1 vegetable

LEVEL II

See next page

LEVEL III

See next page

MUSHROOM OMELET-LEVEL II

per serving:

8 egg whites	298 Calories (kcal)
salt and pepper to taste	6 g Total Fat
3/4 cup mushrooms, sliced	(19% calories from fat)
2 tablespoons green onion, chopped	50 g Protein
1/2 Roma tomato, chopped	8 g Carbohydrate
3 ounces low-fat cheddar cheese, shredded	18 mg Cholesterol
	966 mg Sodium

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

LEVEL I

See previous page

LEVEL II

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

LEVEL III

see below

MUSHROOM OMELET-LEVEL III

per serving:

10 egg whites	395 Calories (kcal)
salt and pepper to taste	8 g Total Fat
1 cup mushrooms, sliced	(19% calories from fat)
2 tablespoons green onion, chopped	64 g Protein
1/2 Roma tomato, chopped	13 g Carbohydrate
4 ounces low-fat cheddar cheese, shredded	24 mg Cholesterol
	1,256 mg Sodium

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

LEVEL I

See previous page

LEVEL II

See above

LEVEL III

2 protein, 2 dairy, 1 vegetable

CHEF SALAD-LEVEL I

per serving:

3 ounces fat-free turkey breast, chopped	323 Calories (kcal)
3 ounces ham, extra lean, low sodium, chopped	8 g Total Fat
1-1/2 ounces fat-free mozzarella cheese, chopped	(21% calories from fat)
1/2 Roma tomato, chopped	50 g Protein
2 cups romaine lettuce, chopped	14 g Carbohydrate
1/4 cup hearts of palm, chopped	86 mg Cholesterol
1 ounce avocado, diced	515 mg Sodium
2 tablespoons low-fat ranch dressing	

Toss ingredients together in a bowl and drizzle with dressing.

LEVEL I

2 protein, 1 dairy, 1 vegetable,
1 condiment

LEVEL II

See below

LEVEL III

See next page

CHEF SALAD-LEVEL II

per serving:

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

Toss ingredients together in a bowl and drizzle with dressing.

LEVEL I

See above

LEVEL II

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

LEVEL III

See next page

CHEF SALAD—LEVEL III

per serving:

5 ounces fat-free turkey breast, chopped	611 Calories (kcal)
5 ounces ham, extra lean, low sodium, chopped	14 g Total Fat
4 ounces fat-free mozzarella cheese, chopped	(20% calories from fat)
1 Roma tomato, chopped	96 g Protein
2-1/2 cups romaine lettuce, chopped	26 g Carbohydrate
1/4 cup hearts of palm, chopped	150 mg Cholesterol
2 ounces avocado, diced	913 mg Sodium
4 tablespoons low-fat ranch dressing	

Toss ingredients together in a bowl and drizzle with dressing.

LEVEL I

See previous page

LEVEL II

See previous page

LEVEL III

3 protein, 2 dairy, 1 vegetable,
2 condiment

STEAK AND ARUGULA SALAD—LEVEL I

per serving:

6 ounces top sirloin	398 Calories (kcal)
2 cups arugula	11 g Total Fat
1/2 pint cherry tomatoes, halved	(42% calories from fat)
1/2 cup canned artichoke hearts, drained	38 g Protein
2 tablespoons balsamic vinaigrette (see recipe in Dressings)	20 g Carbohydrate
	87 mg Cholesterol
	293 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 the arugula, tomatoes, and artichoke hearts and arrange on plates. Top with the steak and drizzle with balsamic vinaigrette.

LEVEL I

2 protein, 1 vegetable

LEVEL II

See next page

LEVEL III

See next page

STEAK AND ARUGULA SALAD-LEVEL II

per serving:

8 ounces top sirloin	531 Calories (kcal)
3 cups arugula	14 g Total Fat
1/2 pint cherry tomatoes, halved	(42% calories from fat)
3/4 cup canned artichoke hearts, drained	51 g Protein
3 tablespoons balsamic vinaigrette (see recipe in Dressings)	26 g Carbohydrate
	116 mg Cholesterol
	414 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 the arugula, tomatoes, and artichoke hearts and arrange on plates. Top with the steak and drizzle with balsamic vinaigrette.

LEVEL I

See previous page

LEVEL II

2-1/2 protein, 1 vegetable

LEVEL III

See below

STEAK AND ARUGULA SALAD-LEVEL III

per serving:

10 ounces top sirloin	695 Calories (kcal)
4 cups arugula	17 g Total Fat
1 pint cherry tomatoes, halved	(41% calories from fat)
1 cup canned artichoke hearts, drained	66 g Protein
4 tablespoons balsamic vinaigrette (see recipe in Dressings)	40 g Carbohydrate
	144 mg Cholesterol
	547 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 the arugula, tomatoes, and artichoke hearts and arrange on plates. Top with the steak and drizzle with balsamic vinaigrette.

LEVEL I

See previous page

LEVEL II

See above

LEVEL III

3 protein, 2 vegetable

TUNA SALAD-LEVEL I

per serving:

6 ounces tuna, canned	248 Calories (kcal)
3/4 ounce low-fat mayonnaise	5 g Total Fat
1/2 teaspoon lemon zest	(17% calories from fat)
squeeze of lemon	44 g Protein
1 tablespoon carrots, shredded	5 g Carbohydrate
1 tablespoon celery, chopped	51 mg Cholesterol
1 tablespoon green onion, chopped	348 mg Sodium
1 teaspoon celery seeds	

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

LEVEL I

2 protein, 1 fat

LEVEL II

See below

LEVEL III

See next page

TUNA SALAD-LEVEL II

per serving:

8 ounces tuna, canned	337 Calories (kcal)
1 ounce low-fat mayonnaise	7 g Total Fat
3/4 teaspoon lemon zest	(17% calories from fat)
squeeze of lemon	59 g Protein
2 tablespoons carrots, shredded	8 g Carbohydrate
2 tablespoons celery, chopped	68 mg Cholesterol
2 tablespoons green onion, chopped	447 mg Sodium
1-1/2 teaspoons celery seeds	

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

LEVEL I

See above

LEVEL II

2-1/2 protein, 1 fat

LEVEL III

See next page

TUNA SALAD-LEVEL III

per serving:

10 ounces tuna, canned	459 Calories (kcal)
1-1/4 ounces low-fat mayonnaise	10 g Total Fat
1 tablespoon lemon zest	(20% calories from fat)
squeeze of lemon	75 g Protein
3 tablespoons carrots, shredded	15 g Carbohydrate
3 tablespoons celery, chopped	85 mg Cholesterol
3 tablespoons green onion, chopped	549 mg Sodium
2 teaspoons celery seeds	

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

LEVEL I

See previous page

LEVEL II

See previous page

LEVEL III

3 protein, 1 fat

CHICKEN SALAD-LEVEL I

per serving:

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

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

LEVEL I

2 protein

LEVEL II

See next page

LEVEL III

See next page

CHICKEN SALAD-LEVEL II

per serving:

8 ounces boneless, skinless chicken breast halves
2-1/2 ounces low-fat mayonnaise
1 tablespoon Dijon mustard
2-1/2 tablespoons green onions, diced
1/4 teaspoon black pepper
1/4 teaspoon fresh dill
1/2 cup celery, diced

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

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

LEVEL I

See previous page

LEVEL II

2-1/2 protein

LEVEL III

See below

CHICKEN SALAD-LEVEL III

per serving:

10 ounces boneless, skinless chicken breast halves
3 ounces low-fat mayonnaise
1-1/2 tablespoons Dijon mustard
1/3 cup green onions, diced
1/2 teaspoon black pepper
1/2 teaspoon fresh dill
3/4 cup celery, diced

517 Calories (kcal)
16 g Total Fat
(26% calories from fat)
59 g Protein
38 g Carbohydrate
132 mg Cholesterol
544 mg Sodium

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

LEVEL I

See previous page

LEVEL II

See above

LEVEL III

3 protein

ISLAND PORK TENDERLOIN

16 ounces pork tenderloin, lean
 1/2 teaspoon salt
 1/4 teaspoon pepper
 1/2 teaspoon chile powder
 1/2 teaspoon ground cumin
 1/2 teaspoon cinnamon
 2 teaspoons olive oil
 1/4 cup brown sugar, packed
 1/2 tablespoon fresh garlic, finely chopped
 1/2 tablespoon Tabasco sauce

Serves 4

1. Preheat oven to 350 degrees.
2. Stir together salt, pepper, cumin, chile powder, and cinnamon, then coat pork with the spice rub.
3. Heat 1 tablespoon oil in a 12-inch skillet over moderately high heat and brown pork, turning, 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 20 minutes.

ISLAND PORK TENDERLOIN SALAD-LEVEL I

per serving:

1/2 orange, peeled and cut	556 Calories (kcal)
1 cup fresh spinach	13 g Total Fat
1/2 red bell pepper, cut lengthwise into thin strips	(37% calories from fat)
1 tablespoon golden raisins	39 g Protein
1 cup Napa cabbage, shredded	51 g Carbohydrate
6 ounces Island Pork Tenderloin	111 mg Cholesterol
2 tablespoons cumin vinaigrette (see recipe in Dressings)	781 mg Sodium

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

LEVEL I

2 protein, 1/2 fruit, 1 vegetable

LEVEL II

See next page

LEVEL III

See next page

ISLAND PORK TENDERLOIN SALAD-LEVEL II

per serving:

3/4 orange, peeled and cut	
1-1/2 cups fresh spinach	882 Calories (kcal)
3/4 red bell pepper, cut lengthwise into thin strips	17 g Total Fat
2 tablespoons cup golden raisins	(35% calories from fat)
1-1/2 cups Napa cabbage, shredded	52 g Protein
8 ounces Island Pork Tenderloin	93 g Carbohydrate
3 tablespoons cumin vinaigrette (see recipe in Dressings)	147 mg Cholesterol
	862 mg Sodium

1. Peel and cut oranges crosswise into 1/4-inch thick slices and set aside.
2. Toss spinach, cabbage, bell pepper, and raisins in a large bowl.
3. Prepare the dressing.
4. 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

2-1/2 protein, 1 fruit, 1-1/2 vegetable

LEVEL III

See below

ISLAND PORK TENDERLOIN SALAD-LEVEL III

per serving:

1 orange, peeled and cut	
2 cups fresh spinach	1,029 Calories (kcal)
1 red bell pepper, cut lengthwise into thin strips	19 g Total Fat
1/4 cup golden raisins	(31% calories from fat)
2 cups Napa cabbage, shredded	69 g Protein
10 ounces Island Pork Tenderloin	87 g Carbohydrate
4 tablespoons cumin vinaigrette (see recipe in Dressings)	147 mg Cholesterol
	986 mg Sodium

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

LEVEL I

See previous page

LEVEL II

See above

LEVEL III

3 protein, 1 fruit, 2 vegetable

SHRIMP STIR-FRY-LEVEL I

per serving:

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

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

LEVEL I

2 protein, 1 vegetable

LEVEL II

See below

LEVEL III

See next page

SHRIMP STIR-FRY-LEVEL II

per serving:

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

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

LEVEL I

See above

LEVEL II

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

LEVEL III

See next page

SHRIMP STIR-FRY-LEVEL III

per serving:

10 ounces shrimp, peeled	571 Calories (kcal)
3/4 tablespoon low-sodium soy sauce	6 g Total Fat
1 teaspoon rice vinegar	(9% calories from fat)
3/4 cup fat-free chicken broth	78 g Protein
3/4 teaspoon garlic, minced	59 g Carbohydrate
3/4 teaspoon ginger, minced	431 mg Cholesterol
1 cup red onion, sliced in wedges	1,290 mg Sodium
1 cup broccoli florets	
1-3/4 cups snow peas, trimmed	
2 cups mushrooms, halved	
3/4 cup yellow bell pepper, cubed	
3/4 cup canned water chestnuts, drained	

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

LEVEL I

See previous page

LEVEL II

See previous page

LEVEL III

3 protein, 2 vegetable

TURKEY BURGER-LEVEL I

per serving:

6 ounces extra lean, 97% fat-free ground turkey	259 Calories (kcal)
1-1/2 tablespoons sourdough bread crumbs	4.5 g Total Fat
3 tablespoons low-fat buttermilk	(35% calories from fat)
2-1/4 teaspoons green onions, minced	45 g Protein
2-1/4 teaspoons parsley, chopped	13 g Carbohydrate
1/4 teaspoon Dijon mustard	82 mg Cholesterol
1 dash Worcestershire sauce	270 mg Sodium
black pepper to taste	

1. Preheat the grill or broiler.
2. Combine all ingredients and form into patty.
3. Grill until cooked through, 7 to 10 minutes per side.

LEVEL I

2 protein, 1/4 carbohydrate

LEVEL II

See next page

LEVEL III

See next page

TURKEY BURGER-LEVEL II

per serving:

8 ounces extra lean, 97% fat-free ground turkey	337 Calories (kcal)
2 tablespoons sourdough bread crumbs	6 g Total Fat
4 tablespoons low-fat buttermilk	(35% calories from fat)
3 teaspoons green onions, minced	60 g Protein
3 teaspoons parsley, chopped	17 g Carbohydrate
1/2 teaspoon Dijon mustard	107 mg Cholesterol
2 dashes Worcestershire sauce	351 mg Sodium
2 dashes black pepper to taste	

1. Preheat the grill or broiler.
2. Combine all ingredients and form into patty.
3. Grill until cooked through, 7 to 10 minutes per side.

LEVEL I

See previous page

LEVEL II

2-1/2 protein, 1/4 carbohydrates,
1/4 Fat

LEVEL III

See below

TURKEY BURGER-LEVEL III

per serving:

10 ounces extra lean, 97% fat-free ground turkey	421 Calories (kcal)
2-1/2 tablespoons sourdough bread crumbs	8 g Total Fat
5 tablespoons low-fat buttermilk	(35% calories from fat)
3-3/4 teaspoons green onions, minced	75 g Protein
3-3/4 teaspoons parsley, chopped	21 g Carbohydrate
3/4 teaspoon Dijon mustard	134 mg Cholesterol
2 dashes Worcestershire sauce	439 mg Sodium
2 dashes black pepper to taste	

1. Preheat the grill or broiler.
2. Combine all ingredients and form into patty.
3. Grill until cooked through, 7 to 10 minutes per side.

LEVEL I

See previous page

LEVEL II

See above

LEVEL III

3 protein, 1/2 carbohydrate,
1/4 fat

BEEF AND BROCCOLI STIR-FRY

per serving:

1/4 cup soy sauce		
1/2 red onion, sliced		466 Calories (kcal)
1 tablespoon garlic, minced		11 g Total Fat
1-1/2 pound top sirloin steak, sliced 1 inch thick		(21% calories from fat)
1 tablespoon sesame oil		46 g Protein
2 tablespoons rice vinegar		49 g Carbohydrate
1 tablespoon ginger, minced		99 mg Cholesterol
4 cups broccoli florets		1,591 mg Sodium
Serves 4	8 ounces dried soba noodles	

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

LEVEL I

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

LEVEL II

2 cups =
3 protein, 1 carbohydrate, 1 vegetable

LEVEL III

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

LEMON-GARLIC CHICKEN

per serving:

1/4 cup fresh lemon juice		
2 tablespoons molasses		153 Calories (kcal)
2 teaspoons Worcestershire sauce		4 g Total Fat
4 garlic cloves, chopped		(24% calories from fat)
2 pounds boneless, skinless chicken thighs		21 g Protein
1/4 teaspoon salt		8 g Carbohydrate
1/4 teaspoon black pepper		86 mg Cholesterol
lemon wedges		219 mg Sodium
parsley sprigs		
Serves 3		

1. Combine first 4 ingredients in a nonreactive dish and add chicken. Cover and marinate in refrigerator 1 hour, turning occasionally.
2. Preheat oven to 425 degrees.
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 at 425 degrees for 20 minutes, basting occasionally with marinade. Bake without basting for 20 minutes more or until chicken is done. Serve with lemon wedges and garnish with parsley, if desired.

LEVEL I

6 ounces =
2 protein

LEVEL II

8 ounces =
2-1/2 protein

LEVEL III

10 ounces =
3 protein

COLESLAW

per serving:

3 cups green cabbage, shredded	
1 cup red cabbage, shredded	38 Calories (kcal)
1 cup jicama, julienned	trace Total Fat
1/2 red onion, finely chopped	(4% calories from fat)
2 Red Delicious apples, finely diced	0 g Protein
1/2 cup fat-free mayonnaise	9 g Carbohydrate
1/3 cup white vinegar	0 mg Cholesterol
2 tablespoons plus 2 teaspoons fructose	171 mg Sodium
2 tablespoons plus 2 teaspoons Dijon mustard	
1-1/2 teaspoons caraway seed	
1/4 teaspoon salt	
pinch white pepper	

Serves 12

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

LEVEL I

1/2 cup =
1/2 vegetable

LEVEL II

1 cup =
1 vegetable

LEVEL III

2 cups =
2 vegetable

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, meatloaf, and filet mignon are just a few of the appetizing dishes you'll find. There's also a variety of salads to keep it light at lunchtime.

ENERGY BOOSTER

MEAL PLAN APPROACH

LEVEL I PHASE 2

_Recipe included

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
DAY 1	<p>1 cup_Oatmeal 8 oz_Skim milk 1 tbsp_Protein powder 1/2 oz_Raisins</p>	<p>1_Protein bar 1_Recovery drink*</p>	<p>1_Shrimp Pasta Pomodoro </p>	<p>8 oz_Cottage cheese, 1%</p>	<p>6 oz_Extra-lean burger patty 1-1/2 oz_Low-fat melted cheese 2 cups_Salad greens w/ cucumber and tomatoes 2 tbsp_Dressing (your choice) 1/2 cup_Fresh berries</p>
DAY 2	<p>1_Whole wheat bagel 8 oz_Cottage cheese, 1% 1_Orange, medium</p>	<p>1_Protein bar 1_Recovery drink*</p>	<p>1_Grilled Chicken Burrito </p>	<p>1 oz_Turkey jerky</p>	<p>6 oz_Halibut 2 tbsp_Sauce (your choice) 1_Artichoke, medium</p>
DAY 3	<p>1_Pear and Granola Muffin  8 oz_Nonfat yogurt 1 cup_Strawberries, sliced</p>	<p>1_Protein bar 1_Recovery drink*</p>	<p>Tuna Roll-Up: 6 oz_Tuna Salad  (see Phase 1 recipes) 1_Whole wheat tortilla 1/4 cup_Sprouts and diced tomatoes</p>	<p>8 oz_Cottage cheese, 1%</p>	<p>6 oz_Chicken breast 2 tbsp_Sauce (your choice) 2 cups_Mushroom, zucchini, and onion sauté 3 oz_Grated Parmesan cheese</p>
DAY 4	<p>1_Protein Shake  (see Phase 1 recipes)</p>	<p>1_Protein bar 1_Recovery drink*</p>	<p>Turkey Breast Sandwich: 6 oz_Fat-free turkey breast 2 slices_Whole wheat toast 1 leaf_Lettuce 2 slices_Tomato</p>	<p>8 oz_Nonfat plain yogurt</p>	<p>6 oz_Salmon 2 tbsp_Green Apple Salsa  1 cup_Asparagus 2 cups_Salad greens 2 tbsp_Dressing (your choice)</p>
DAY 5	<p>2_Whole wheat waffles 1/2_Banana, medium 2 tbsp_Low-sugar maple syrup 8 oz_Skim milk</p>	<p>1_Protein bar 1_Recovery drink*</p>	<p>1_Chicken Pita </p>	<p>1 oz_Turkey jerky</p>	<p>6 oz_Grilled Ahi Tuna Salad  2 tbsp_Lime-Soy Vinaigrette </p>
DAY 6	<p>6_Egg whites 1_Breakfast Potatoes  8 oz_Cottage cheese, 1% 6 oz_Fresh-squeezed juice</p>	<p>1_Protein bar 1_Recovery drink*</p>	<p>1_White Bean and Tuna Salad </p>	<p>1 tbsp_Peanut butter w/ celery sticks</p>	<p>6 oz_Italian Meatloaf  2 cups_Spinach and romaine salad 1-1/2 oz_Mozzarella cheese, cubed 2 tbsp_Dressing (your choice)</p>
DAY 7	<p>3_Pancakes, 3.6 oz 2 tbsp_Low-sugar maple syrup 1 cup_Blueberries 8 oz_Skim milk 1 tbsp_Protein powder</p>	<p>1_Protein bar 1_Recovery drink*</p>	<p>1_Chicken Caesar Salad  2 tbsp_Caesar Dressing </p>	<p>1-1/2 oz_String cheese</p>	<p>6 oz_Filet mignon 2 tbsp_Pear and Peppercorn Sauce  1 cup_Portobello mushrooms</p>

* Immediately
after workout

ENERGY BOOSTER

MEAL PLAN APPROACH

LEVEL II PHASE 2

 _Recipe included

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
DAY 1 1 cup_Oatmeal 8 oz_Skim milk 1 tbsp_Protein powder 1/2 oz_Raisins	1_Protein bar 1_Recovery drink*	1_Shrimp Pasta Pomodoro 	1 oz_Low-fat cheese w/ 6_Crackers	9 oz_Extra-lean burger patty 3 oz_Low-fat melted cheese 1_Baked potato, medium 3 cups_Salad greens w/ cucumber and tomatoes 3 tbsp_Dressing (your choice) 1/2 cup_Fresh berries
DAY 2 1_Whole wheat bagel 8 oz_Cottage cheese, 1% 1_Orange, medium	1_Protein bar 1_Recovery drink*	1_Grilled Chicken Burrito  1 cup_Gazpacho  (see Phase 1 recipes)	4 tbsp_Hummus w/ carrot sticks	9 oz_Halibut 3 tbsp_Sauce (your choice) 1_Artichoke, medium 1 cup_Wheat berries
DAY 3 1_Pear and Granola Muffin  8 oz_Nonfat yogurt 1 cup_Strawberries, sliced	1_Protein bar 1_Recovery drink*	Tuna Roll-Up: 9 oz_Tuna Salad  (see Phase 1 recipes) 1_Whole wheat tortilla 1/4 cup_Sprouts and diced tomatoes	3 cups_Lite popcorn 1-1/2 oz_String cheese	9 oz_Chicken breast 3 tbsp_Sauce (your choice) 2 cups_Mushroom, zucchini, and onion sauté 6 oz_Grated Parmesan cheese 1 cup_Brown rice
DAY 4 1_Protein Shake  (see Phase 1 recipes)	1_Protein bar 1_Recovery drink*	Turkey Breast Sandwich: 9 oz_Fat-free turkey breast 2 slices_Whole-wheat toast 1 leaf_Lettuce 2 slices_Tomato 1 cup_Vegetable Soup  (see Phase 1 recipes)	8 oz_Nonfat fruit-flavored yogurt	9 oz_Salmon 3 tbsp_Green Apple Salsa  1 cup_Asparagus 1_Baked potato, medium 3 cups_Salad greens 3 tbsp_Dressing (your choice)
DAY 5 2_Whole wheat waffles 1/2_Banana, medium 3 tbsp_Low-sugar maple syrup 8 oz_Skim milk	1_Protein bar 1_Recovery drink*	1_Chicken Pita 	1 oz_Turkey jerky 1_Sourdough pretzel	9 oz_Grilled Ahi Tuna Salad  3 tbsp_Lime-Soy Vinaigrette  1_Whole grain roll
DAY 6 6_Egg whites 1_Breakfast Potatoes  8 oz_Cottage cheese, 1% 6 oz_Fresh-squeezed juice	1_Protein bar 1_Recovery drink*	1_White Bean and Tuna Salad 	1 tbsp_Peanut butter w/ celery sticks 1 oz_Dried fruit	9 oz_Italian Meatloaf  1_Baked potato, medium 3 cups_Spinach and romaine salad 3 oz_Mozzarella cheese, cubed 3 tbsp_Dressing (your choice)
DAY 7 3_Pancakes, 3.6 oz 3 tbsp_Low-sugar maple syrup 1 cup_Blueberries 8 oz_Skim milk 1 tbsp_Protein powder	1_Protein bar 1_Recovery drink*	1_Chicken Caesar Salad  3 tbsp_Caesar Dressing 	2 oz_Soy nuts 3 cups_Lite popcorn	9 oz_Filet mignon 3 tbsp_Pear and Peppercorn Sauce  1 cup_Portobello mushrooms 1 cup_Wild rice

* Immediately
after workout

ENERGY BOOSTER

MEAL PLAN APPROACH

LEVEL III PHASE 2

 _Recipe included

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
DAY 1	<p>1 cup_Oatmeal 8 oz_Skim milk 1 tbsp_Protein powder 1/2 oz_Raisins</p>	<p>1_Protein bar 1_Recovery drink</p>	<p>1_Shrimp Pasta Pomodoro  1 cup_Melon</p>	<p>1 oz_Low-fat cheese w/ 6_Crackers 1_Sourdough pretzel</p>	<p>12 oz_Extra-lean burger patty 3 oz_Low-fat melted cheese 1_Baked potato, medium 4 cups_Salad greens w/ cucumber and tomatoes 4 tbsp_Dressing (your choice) 1/2 cup_Fresh berries</p>
DAY 2	<p>1_Whole wheat bagel 8 oz_Cottage cheese, 1% 1_Orange, medium</p>	<p>1_Protein bar 1_Recovery drink</p>	<p>1_Grilled Chicken Burrito  2 cups_Gazpacho  (see Phase 1 recipes)</p>	<p>4 tbsp_Hummus w/ carrot sticks 1 oz_Turkey jerky</p>	<p>12 oz_Halibut 4 tbsp_Sauce (your choice) 1_Artichoke, medium 1 cup_Wheat berries 1_Nectarine, medium</p>
DAY 3	<p>1_Pear and Granola Muffin  8 oz_Nonfat yogurt 1 cup_Strawberries, sliced</p>	<p>1_Protein bar 1_Recovery drink</p>	<p>Tuna Roll-Up: 12 oz_Tuna Salad  (see Phase 1 recipes) 1_Whole wheat tortilla 1/4 cup_Sprouts and diced tomatoes 1_Peach, medium</p>	<p>1 oz_Almonds 3 cups_Lite popcorn</p>	<p>12 oz_Chicken breast 4 tbsp_Sauce (your choice) 2 cups_Mushroom, zucchini, and onion sauté 9 oz_Grated Parmesan cheese 1 cup_Brown rice</p>
DAY 4	<p>1_Protein Shake  (see Phase 1 recipes)</p>	<p>1_Protein bar 1_Recovery drink</p>	<p>Turkey Breast Sandwich: 12 oz_Fat-free turkey breast 2 slices_Whole wheat toast 1 leaf_Lettuce 2 slices_Tomato 1 cup_Vegetable Soup  (see Phase 1 recipes)</p>	<p>8 oz_Nonfat fruit-flavored yogurt 3 cups_Lite popcorn</p>	<p>12 oz_Salmon 4 tbsp_Green Apple Salsa  1 cup_Aspparagus 1_Baked potato, medium 4 cups_Salad greens 4 tbsp_Dressing (your choice)</p>
DAY 5	<p>2_Whole wheat waffles 1/2_Banana, medium 4 tbsp_Low-sugar maple syrup 8 oz_Skim milk</p>	<p>1_Protein bar 1_Recovery drink</p>	<p>1_Chicken Pita  1 cup_Grapes</p>	<p>2 oz_Soy nuts 2 oz_Turkey jerky</p>	<p>12 oz_Grilled Ahi Tuna Salad  4 tbsp_Lime-Soy Vinaigrette  1_Whole grain roll</p>
DAY 6	<p>6_Egg whites 1_Breakfast Potatoes  8 oz_Cottage cheese, 1% 6 oz_Fresh-squeezed juice</p>	<p>1_Protein bar 1_Recovery drink</p>	<p>1_White Bean and Tuna Salad </p>	<p>8 oz_Nonfat fruit-flavored yogurt 1 tbsp_Peanut butter w/ celery sticks</p>	<p>12 oz_Italian Meatloaf  1_Baked potato, medium 4 cups_Spinach and romaine salad 3 oz_Mozzarella cheese, cubed 4 tbsp_Dressing (your choice)</p>
DAY 7	<p>3_Pancakes, 3.6 oz 4 tbsp_Low-sugar maple syrup 1 cup_Blueberries 8 oz_Skim milk 1 tbsp_Protein powder</p>	<p>1_Protein bar 1_Recovery drink</p>	<p>1_Chicken Caesar Salad  4 tbsp_Caesar Dressing  1 cup_Strawberries, sliced</p>	<p>1 oz_Low-fat cheese w/ 6_Crackers 1_Sourdough pretzel</p>	<p>12 oz_Filet mignon 4 tbsp_Pear and Peppercorn Sauce  1 cup_Portobello mushrooms 1 cup_Wild rice</p>

* Immediately
after workout

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

GENERAL GUIDELINES

NOTE: All per-serving nutritional information is based on 1 LEVEL I serving. LEVEL II and LEVEL III will vary, depending on portion size.

CAESAR DRESSING

per serving:

3 tablespoons lemon juice	43 Calories (kcal)
2 tablespoons red wine vinegar	2 g Total Fat
1 teaspoon olive oil	(30% calories from fat)
2 teaspoons anchovy paste	5 g Protein
1 teaspoon black pepper	3 g Carbohydrate
1-1/2 tablespoons garlic, minced	5 mg Cholesterol
1-1/2 teaspoons Worcestershire sauce	121 mg Sodium
1/4 cup fat-free Parmesan cheese	
6 ounces nonfat ricotta cheese	
1 tablespoon nonfat mayonnaise	
1 tablespoon balsamic vinegar	

Serves 8

Combine all ingredients in a blender or food processor and process until smooth.
See Chicken Caesar Salad recipe.

LEVEL I

2 tablespoons = 1 condiment

LEVEL II

3 tablespoons = 1-1/2 condiments

LEVEL III

4 tablespoons = 2 condiments

LIME-SOY VINAIGRETTE

per serving:

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

Serves 16

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

LEVEL I

2 tablespoons = 1 condiment

LEVEL II

3 tablespoons = 1-1/2 condiments

LEVEL III

4 tablespoons = 2 condiments

GREEN APPLE SALSA

per serving:

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

Serves 16

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

LEVEL I

2 tablespoons = 1 condiment

LEVEL II

3 tablespoons = 1-1/2 condiments

LEVEL III

4 tablespoons = 2 condiments

PEAR AND PEPPERCORN SAUCE

per serving:

1 cup orange juice	
1 tablespoon flour	46 Calories (kcal)
2 medium pears	trace Total Fat
1 tablespoon Dijon mustard	(6% calories from fat)
1 teaspoon peppercorns, crushed	1 g Protein
1/4 teaspoon ground nutmeg	11 g Carbohydrate
	0 mg Cholesterol
	24 mg Sodium

Serves 8

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

LEVEL I

2 tablespoons = 1 condiment

LEVEL II

3 tablespoons = 1-1/2 condiments

LEVEL III

4 tablespoons = 2 condiments

PEAR AND GRANOLA MUFFIN

per serving:

3/4 cup canned pear nectar	
2 egg whites	227 Calories (kcal)
2 tablespoons vegetable oil	5 g Total Fat
1 tablespoon lemon juice	(19% calories from fat)
1 teaspoon lemon peel, grated	5 g Protein
1 cup whole wheat flour	43 g Carbohydrate
1 cup all-purpose flour	0 mg Cholesterol
2/3 cup brown sugar, packed	284 mg Sodium
1/2 cup low-fat granola	
1 tablespoon baking powder	
1/2 teaspoon ground nutmeg	
1/2 teaspoon salt	
1-1/4 cups pear, chopped	

Serves 10

1. Preheat oven to 350 degrees.
2. Whisk together first five ingredients in large bowl to blend.
3. Stir both flours and sugar in medium bowl until no sugar lumps remain.
4. Mix in granola, baking powder, nutmeg, and salt. Add pear; toss to coat. Stir flour mixture into egg mixture until blended (batter will be thick). Divide among 10 prepared 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 teaspoon olive oil	
1 medium potato, peeled and cut into 1/2-inch pieces	150 Calories (kcal)
2 mushrooms, chopped	5 g Total Fat
1 tablespoon onion, chopped	(27% calories from fat)
1/4 teaspoon garlic salt	3 g Protein
	25 g Carbohydrate
	0 mg Cholesterol
	522 mg Sodium

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

LEVEL I

1 carbohydrate, 1/2 vegetable, 1 fat

LEVEL II

1 carbohydrate, 1/2 vegetable, 1 fat

LEVEL III

1 carbohydrate, 1/2 vegetable, 1 fat

CHICKEN PITA-LEVEL I

per serving:

6 ounces boneless, skinless chicken breast

1 whole wheat pita

1-1/2 ounces low-fat feta cheese, crumbled

1/4 cup tomato, chopped

2 tablespoons red onion, chopped

1/4 cup cucumber, peeled and chopped

squeeze of lemon

490 Calories (kcal)

13 g Total Fat

(23% calories from fat)

52 g Protein

41 g Carbohydrate

137 mg Cholesterol

931 mg Sodium

1. Grill or bake chicken breast in Pyrex dish at 350 degrees for approximately 20 minutes.
2. Cool chicken and cube into 1-inch pieces.
3. Place in pita and add all other ingredients. Squeeze lemon over top.

LEVEL I

2 protein, 1 carbohydrate,

LEVEL II

See below

LEVEL III

See next page

CHICKEN PITA-LEVEL II

per serving:

9 ounces boneless, skinless chicken breast

1 whole wheat pita

1-1/2 ounces low-fat feta cheese, crumbled

1/4 cup tomato, chopped

2 tablespoons red onion, chopped

1/4 cup cucumber, peeled and chopped

squeeze of lemon

583 Calories (kcal)

14 g Total Fat

(21% calories from fat)

72 g Protein

41 g Carbohydrate

186 mg Cholesterol

986 mg Sodium

1. Grill or bake chicken breast in Pyrex dish at 350 degrees for approximately 20 minutes.
2. Cool chicken and cube into 1-inch pieces.
3. Place in pita and add all other ingredients. Squeeze lemon over top.

LEVEL I

See above

LEVEL II

3 protein, 1 carbohydrate,
1 vegetable, 1 dairy

LEVEL III

See next page

CHICKEN PITA-LEVEL III

per serving:

12 ounces boneless, skinless chicken breast	677 Calories (kcal)
1 whole wheat pita	15 g Total Fat
1-1/2 ounces low-fat feta cheese, crumbled	(20% calories from fat)
1/4 cup tomato, chopped	92 g Protein
2 tablespoons red onion, chopped	41 g Carbohydrate
1/4 cup cucumber, peeled and chopped	235 mg Cholesterol
squeeze of lemon	1,041 mg Sodium

1. Grill or bake chicken breast in Pyrex dish at 350 degrees for approximately 20 minutes.
2. Cool chicken and cube into 1-inch pieces.
3. Place in pita and add all other ingredients. Squeeze lemon over top.

LEVEL I

See previous page

LEVEL II

See previous page

LEVEL III

4 protein, 1 carbohydrate,
1 vegetable, 1 dairy

SHRIMP PASTA POMODORO-LEVEL I

per serving:

1 tablespoon olive oil	531 Calories (kcal)
1 tablespoon garlic, chopped	17 g Total Fat
2 tablespoons fat-free chicken broth, low sodium	(28% calories from fat)
1/2 cup tomato, peeled and diced	45 g Protein
2 ounces whole wheat pasta	51 g Carbohydrate
6 ounces medium shrimp, uncooked	259 mg Cholesterol
2 tablespoons basil leaves, chopped	328 mg Sodium

1. Bring large 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 pan; simmer for 5 to 10 minutes or until tender.
4. Cook the pasta according to the directions on the package. Drain.
5. Add shrimp to pan and cook for several more minutes, until shrimp are opaque.
Add basil and toss shrimp mixture with cooked pasta.

LEVEL I

2 protein, 1 carbohydrate,
1 vegetable, 1 fat

LEVEL II

See next page

LEVEL III

See next page

SHRIMP PASTA POMODORO-LEVEL II

per serving:

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

1. Bring large 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 pan; simmer for 5 to 10 minutes or until tender.
4. Cook the pasta according to the directions on the package. Drain.
5. Add shrimp to pan and cook for several more minutes, until shrimp are opaque. Add basil and toss shrimp mixture with cooked pasta.

LEVEL I

See previous page

LEVEL II

3 protein, 1 carbohydrate,
1 vegetable, 1 fat

LEVEL III

See below

SHRIMP PASTA POMODORO-LEVEL III

per serving:

1 tablespoon olive oil	711 Calories (kcal)
1 tablespoon garlic, chopped	20 g Total Fat
2 tablespoons fat-free chicken broth, low sodium	(25% calories from fat)
1/2 cup tomato, peeled and diced	80 g Protein
2 ounces whole wheat pasta	53 g Carbohydrate
12 ounces medium shrimp, uncooked	517 mg Cholesterol
2 tablespoons basil leaves, chopped	580 mg Sodium

1. Bring large 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 pan; simmer for 5 to 10 minutes or until tender.
4. Cook the pasta according to the directions on the package. Drain.
5. Add shrimp to pan and cook for several more minutes, until shrimp are opaque. Add basil and toss shrimp mixture with cooked pasta.

LEVEL I

See previous page

LEVEL II

See above

LEVEL III

4 protein, 1 carbohydrate,
2 vegetable, 1 fat

CHICKEN CAESAR SALAD-LEVEL I

per serving:

6 ounces boneless, skinless chicken breast

2 cups romaine lettuce, chopped

Caesar dressing (see Dressings)

1-1/2 ounces fat-free Parmesan cheese, grated

1 cup low-fat croutons

519 Calories (kcal)

17 g Total Fat

(30% calories from fat)

62 g Protein

26 g Carbohydrate

132 mg Cholesterol

1,120 mg Sodium

1. Cook chicken breast as desired and slice across the grain.

2. In a large bowl, toss the lettuce with 2 tablespoons of Caesar dressing. Top with chicken, Parmesan cheese, and croutons.

LEVEL I

2 protein, 1 carbohydrate,
1 vegetable, 1 fat

LEVEL II

See below

LEVEL III

See next page

CHICKEN CAESAR SALAD-LEVEL II

per serving:

9 ounces boneless, skinless chicken breast

3 cups romaine lettuce, chopped

Caesar dressing (see Dressings)

1-1/2 ounces fat-free Parmesan cheese, grated

1 cup low-fat croutons

620 Calories (kcal)

18 g Total Fat

(27% calories from fat)

83 g Protein

28 g Carbohydrate

181 mg Cholesterol

1,180 mg Sodium

1. Cook chicken breast as desired and slice across the grain.

2. In a large bowl, toss the lettuce with 3 tablespoons of Caesar dressing. Top with chicken, Parmesan cheese, and croutons.

LEVEL I

See above

LEVEL II

3 protein, 1 carbohydrate,
1 vegetable, 1 fat

LEVEL III

See next page

CHICKEN CAESAR SALAD-LEVEL III

per serving:

12 ounces boneless, skinless chicken breast	
4 cups romaine lettuce, chopped	722 Calories (kcal)
Caesar dressing (see Dressings)	19 g Total Fat
1-1/2 ounces fat-free Parmesan cheese, grated	(24% calories from fat)
1 cup low-fat croutons	103 g Protein
	29 g Carbohydrate
	231 mg Cholesterol
	1,240 mg Sodium

1. Cook chicken breast as desired and slice across the grain.
2. In a large bowl, toss the lettuce with 4 tablespoons of Caesar dressing. Top with chicken, Parmesan cheese, and croutons.

LEVEL I

See previous page

LEVEL II

See previous page

LEVEL III

4 protein, 1 carbohydrate, 2 vegetable, 1 fat

GRILLED CHICKEN BURRITO-LEVEL I

per serving:

6 ounces boneless, skinless chicken breast	
1/2 cup tomatoes, chopped	373 Calories (kcal)
2 tablespoons cilantro, chopped	10 g Total Fat
2 tablespoons red onion, chopped	(23% calories from fat)
1/2 cup iceberg lettuce, shredded	44 g Protein
1/8 avocado	27 g Carbohydrate
1 tablespoon low-fat sour cream	100 mg Cholesterol
1 whole wheat tortilla	309 mg Sodium

1. Grill or bake chicken breast in a Pyrex dish at 350 degrees 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 and put chicken, chopped tomatoes, cilantro, red onion, lettuce, avocado, and sour cream into tortilla and roll up.

LEVEL I

1 carbohydrate, 2 protein, 1 vegetable, 1 condiment, 1 fat

LEVEL II

See next page

LEVEL III

See next page

GRILLED CHICKEN BURRITO-LEVEL II

per serving:

9 ounces boneless, skinless chicken breast	467 Calories (kcal)
1/2 cup tomatoes, chopped	11 g Total Fat
2 tablespoons cilantro, chopped	(20% calories from fat)
2 tablespoons red onion, chopped	64 g Protein
1/2 cup iceberg lettuce, shredded	27 g Carbohydrate
1/8 avocado	149 mg Cholesterol
1 tablespoon low-fat sour cream	364 mg Sodium
1 whole wheat tortilla	

1. Grill or bake chicken breast in a Pyrex dish at 350 degrees 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 and put chicken, chopped tomatoes, cilantro, red onion, lettuce, avocado, and sour cream into tortilla and roll up.

LEVEL I

See previous page

LEVEL II

1 carbohydrate, 3 protein,
1 vegetable, 1 condiment, 1 fat

LEVEL III

See below

GRILLED CHICKEN BURRITO-LEVEL III

per serving:

12 ounces boneless, skinless chicken breast	555 Calories (kcal)
1/2 cup tomatoes, chopped	12 g Total Fat
2 tablespoons cilantro, chopped	(19% calories from fat)
2 tablespoons red onion, chopped	83 g Protein
1/2 cup iceberg lettuce, shredded	27 g Carbohydrate
1/8 avocado	198 mg Cholesterol
1 tablespoon low-fat sour cream	419 mg Sodium
1 whole wheat tortilla	

1. Grill or bake chicken breast in a Pyrex dish at 350 degrees 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 and put chicken, chopped tomatoes, cilantro, red onion, lettuce, avocado, and sour cream into tortilla and roll up.

LEVEL I

See previous page

LEVEL II

See above

LEVEL III

1 carbohydrate, 4 protein,
1 vegetable, 1 condiment, 1 fat

WHITE BEAN AND TUNA SALAD-LEVEL I

per serving:

6 ounces canned tuna, in water	540 Calories (kcal)
1 cup white beans, cooked	7 g Total Fat
1/2 cup green pepper	(11% calories from fat)
1/2 cup yellow pepper	63 g Protein
2 tablespoons green onion	58 g Carbohydrate
2 tablespoons parsley	51 mg Cholesterol
dash white pepper	595 mg Sodium
1 tablespoon lemon juice	
1 tablespoon lemon zest	
1 teaspoon olive oil	

1. Place all ingredients in a glass bowl and mix thoroughly.
2. Drizzle lightly with olive oil.

LEVEL I

2 protein, 1 carbohydrate,
1 vegetable, 1 fat

LEVEL II

See below

LEVEL III

See next page

WHITE BEAN AND TUNA SALAD-LEVEL II

per serving:

9 ounces canned tuna, in water	710 Calories (kcal)
1 cup white beans, cooked	12 g Total Fat
3/4 cup green pepper	(19% calories from fat)
3/4 cup yellow pepper	86 g Protein
3 tablespoons green onion	66 g Carbohydrate
3 tablespoons parsley	77 mg Cholesterol
dash white pepper	888 mg Sodium
2 tablespoons lemon juice	
2 tablespoons lemon zest	
2 teaspoons olive oil	

1. Place all ingredients in a glass bowl and mix thoroughly.
2. Drizzle lightly with olive oil.

LEVEL I

See above

LEVEL II

3 protein, 1 carbohydrate,
1 vegetable, 1 fat

LEVEL III

See next page

WHITE BEAN AND TUNA SALAD-LEVEL III

per serving:

12 ounces canned tuna, in water	
1 cup white beans, cooked	936 Calories (kcal)
1 cup green pepper	18 g Total Fat
1 cup yellow pepper	(27% calories from fat)
4 tablespoons green onion	110 g Protein
3 tablespoons parsley	86 g Carbohydrate
dash white pepper	102 mg Cholesterol
3 tablespoons lemon juice	1181 mg Sodium
3 tablespoons lemon zest	
1 tablespoon olive oil	

1. Place all ingredients in a glass bowl and mix thoroughly.
2. Drizzle lightly with olive oil.

LEVEL I

See previous page

LEVEL II

See previous page

LEVEL III

4 protein, 1 carbohydrate,
1 vegetable, 1 fat

ITALIAN MEATLOAF

per serving:

1/2 cup onions, diced	
2 tablespoons fat-free chicken broth, low sodium	297 Calories (kcal)
2 tablespoons garlic, minced	3 g Total Fat
1-1/2 pounds ground turkey breast	(8% calories from fat)
1/2 cup sourdough bread crumbs	45 g Protein
1/2 cup + 2 tablespoons low-sodium, low-fat marinara sauce	20 g Carbohydrate
2 tablespoons fresh basil, chopped	106 mg Cholesterol
Serves 4	2 tablespoons Italian parsley, chopped
	410 mg Sodium

1. Preheat oven to 350 degrees.
2. Sauté the onions in the chicken broth until lightly browned.
3. Add the garlic and cook 5 minutes more. Remove from heat and cool slightly.
4. In a large mixing bowl, combine the onion mixture with the ground turkey, bread crumbs, 1/2 cup marinara sauce, basil, and parsley.
5. Form mixture into a loaf. Shape and place in an ungreased loaf pan.
6. Brush with the remaining 2 tablespoons marinara sauce and bake until cooked through, 30 to 45 minutes.
7. Drain off fat and let cool 20 minutes before cutting into 8 slices.

LEVEL I

2 slices (6 ounces) =
2 protein, 1 vegetable

LEVEL II

3 slices (9 ounces) =
3 protein, 1 vegetable

LEVEL III

4 slices (12 ounces) =
4 protein, 1 vegetable

GRILLED AHI TUNA SALAD—LEVEL I

per serving:

6 ounces yellowfin tuna (ahi)	
2 cups arugula leaves	352 Calories (kcal)
2 tablespoons soybeans	8 g Total Fat
1/4 cup canned water chestnuts, drained	(20% calories from fat)
1/2 cup papaya, cubed	
1 teaspoon sesame seeds	51 g Protein
lime-soy vinaigrette (see Dressings)	20 g Carbohydrate
	77 mg Cholesterol
	79 mg Sodium

1. Grill tuna for 2 to 4 minutes on each side, depending on your preference for doneness.
2. Slice into portion-size pieces.
3. Arrange the arugula leaves on a large plate. Sprinkle the soybeans and water chestnuts on top.
4. Add the papaya and ahi last. Garnish with sesame seeds and drizzle with 2 tablespoons of lime-soy vinaigrette.

LEVEL I

2 protein, 1/2 fruit, 1 vegetable

LEVEL II

See next page

LEVEL III

See next page

GRILLED AHI TUNA SALAD-LEVEL II

per serving:

9 ounces yellowfin tuna (ahi)	
3 cups arugula leaves	449 Calories (kcal)
2 tablespoons soybeans	9 g Total Fat
1/4 cup canned water chestnuts, drained	(17% calories from fat)
1/2 cup papaya, cubed	71 g Protein
1 teaspoon sesame seeds	21 g Carbohydrate
lime-soy vinaigrette (see Dressings)	115 mg Cholesterol
	116 mg Sodium

1. Grill tuna for 2 to 4 minutes on each side, depending on your preference for doneness.
2. Slice into portion-size pieces.
3. Arrange the arugula leaves on a large plate. Sprinkle the soybeans and water chestnuts on top.
4. Add the papaya and ahi last. Garnish with sesame seeds and drizzle with 3 tablespoons of lime-soy vinaigrette.

LEVEL I

See previous page

LEVEL II

3 protein, 1/2 fruit, 1 vegetable

LEVEL III

See below

GRILLED AHI TUNA SALAD-LEVEL III

per serving:

12 ounces yellowfin tuna (ahi)	
4 cups arugula leaves	546 Calories (kcal)
2 tablespoons soybeans	10 g Total Fat
1/4 cup canned water chestnuts, drained	(16% calories from fat)
1/2 cup papaya, cubed	91 g Protein
1 teaspoon sesame seeds	22 g Carbohydrate
lime-soy vinaigrette (see Dressings)	153 mg Cholesterol
	153 mg Sodium

1. Grill tuna for 2 to 4 minutes on each side, depending on your preference for doneness.
2. Slice into portion-size pieces.
3. Arrange the arugula leaves on a large plate. Sprinkle the soybeans and water chestnuts on top.
4. Add the papaya and ahi last. Garnish with sesame seeds and drizzle with 4 tablespoons of lime-soy vinaigrette.

LEVEL I

See previous page

LEVEL II

See above

LEVEL III

4 protein, 1/2 fruit,
2 vegetable

ENDURANCE MAXIMIZER



GENERAL GUIDELINES

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

ENDURANCE MAXIMIZER

MEAL PLAN APPROACH

LEVEL I

PHASE

3

 _Recipe included

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
DAY 1	<p>1_Blueberry Muffin </p> <p>8 oz_Nonfat plain yogurt</p> <p>1 cup_Berries</p>	1_Recovery drink*	<p>1_Veggie burger</p> <p>1/2_Whole grain bun</p> <p>2 cups_Salad greens</p> <p>2 tbsp_Dressing (your choice)</p>	<p>3_Fig Newtons</p> <p>1_Sourdough pretzel</p>	<p>6 oz_Chicken</p> <p>2 tbsp_Apricot Sauce </p> <p>1/2_Baked yam, medium</p> <p>1 cup_Green beans, steamed</p> <p>1/4_Mango</p>
DAY 2	<p>2_Whole grain waffles</p> <p>1 tbsp_Peanut butter</p> <p>8 oz_Skim milk</p> <p>1_Banana, medium</p>	1_Recovery drink*	1_Pasta Salad 	<p>12_Mini rice cakes</p> <p>1_Frozen fruit bar</p>	<p>6 oz_Halibut</p> <p>2 tbsp_Mustard Cream Sauce </p> <p>1 cup_Brown rice</p> <p>2 cups_Spinach, steamed</p> <p>1 cup_Raspberries</p>
DAY 3	<p>1_Whole grain roll</p> <p>1/2 cup_Low-fat ricotta cheese</p> <p>4 slices_Roma tomato</p> <p>drizzle_Olive oil</p> <p>1 cup_Cantaloupe</p>	1_Recovery drink*	<p>1 cup_Black and White Bean Chili </p> <p>2 cups_Salad greens</p> <p>2 tbsp_Dressing (your choice)</p>	<p>3 cups_Lite popcorn</p> <p>4 oz_Nonfat frozen yogurt</p>	<p>6 oz_Flank steak, grilled</p> <p>2 tbsp_Steak sauce</p> <p>1_Baked potato, medium</p> <p>1 cup_Onion, zucchini, and stewed tomato sauté</p> <p>1_Nectarine, medium</p>
DAY 4	<p>1/2 cup_Low-fat granola</p> <p>8 oz_Nonfat plain yogurt</p> <p>1 cup_Strawberries, sliced</p>	1_Recovery drink*	<p>1_Stuffed Baked Potato </p> <p>2 cups_Salad greens</p> <p>2 tbsp_Dressing (your choice)</p>	<p>1 oz_Dried fruit</p> <p>2 oz_Soy nuts</p>	<p>6 oz_Mediterranean Shrimp Kebabs </p> <p>1 cup_White rice</p> <p>1_Orange, medium</p>
DAY 5	<p>3_Oatmeal Pancakes </p> <p>2 tbsp_Low-sugar maple syrup</p> <p>1 cup_Applesauce</p>	1_Recovery drink*	<p>1_Grilled Veggie Focaccia </p> <p>1 cup_Melon</p>	<p>8 oz_Fruit sorbet</p> <p>12_Mini rice cakes</p>	<p>6 oz_Chicken</p> <p>2 tbsp_Barbecue Sauce </p> <p>1 cup_Nonfat baked beans</p> <p>2 cups_Salad greens</p> <p>2 tbsp_Dressing (your choice)</p>
DAY 6	<p>8 oz_Cottage cheese, 1%</p> <p>1 cup_Pineapple chunks</p> <p>2 slices_Whole wheat toast</p> <p>2 tsp_Pure fruit jam</p>	1_Recovery drink*	1_Spicy Chinese Noodles 	<p>1_Sourdough pretzel</p> <p>4 oz_Nonfat frozen yogurt</p>	<p>6 oz_Salmon</p> <p>2 tbsp_Dijonnaise Sauce </p> <p>1 cup_Quinoa</p> <p>1 cup_Broccoli, steamed</p> <p>1 cup_Grapes</p>
DAY 7	<p>1_Whole wheat bagel</p> <p>2 tbsp_Fat-free cream cheese</p> <p>8 oz_Nonfat plain yogurt</p> <p>1 cup_Berries</p>	1_Recovery drink*	1_Vegetarian Tostada 	<p>1_Medium fresh fruit</p> <p>1 tbsp_Peanut butter w/ celery sticks</p>	<p>6 oz_Pork Chop with Apple and Sweet Potato </p> <p>1 cup_Peas</p> <p>2 cups_Salad greens</p> <p>2 tbsp_Dressing (your choice)</p>

ENDURANCE MAXIMIZER

MEAL PLAN APPROACH

LEVEL II
PHASE **3**

 _Recipe included

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
<p>DAY 1</p> <ul style="list-style-type: none"> 1_Blueberry Muffin  8 oz_Nonfat plain yogurt 1 cup_Berries 	<ul style="list-style-type: none"> 1_Recovery drink* 	<ul style="list-style-type: none"> 1_Veggie burger 1_Whole grain bun 3 cups_Salad greens 3 tbsp_Dressing (your choice) 1 cup_Melon 	<ul style="list-style-type: none"> 1 oz_Almonds 1-1/2 oz_String cheese 	<ul style="list-style-type: none"> 9 oz_Chicken 3 tbsp_Apricot Sauce  1_Baked yam, medium 1 cup_Green beans, steamed 3 cups_Salad greens 3 tbsp_Dressing (your choice) 4_Mango
<p>DAY 2</p> <ul style="list-style-type: none"> 3_Whole grain waffles 2 tbsp_Peanut butter 8 oz_Skim milk 1_Banana, medium 	<ul style="list-style-type: none"> 1_Recovery drink* 	<ul style="list-style-type: none"> 1_Pasta Salad  1 cup_Melon 	<ul style="list-style-type: none"> 1 oz_Low-fat tortilla chips w/ 4 tbsp_Bean dip 1_Medium fruit 	<ul style="list-style-type: none"> 9 oz_Halibut 3 tbsp_Mustard Cream Sauce  1 cup_Brown rice 3 cups_Spinach, steamed 1_Peach, medium
<p>DAY 3</p> <ul style="list-style-type: none"> 1_Whole grain roll 1/2 cup_Low-fat ricotta cheese 4 slices_Roma tomato drizzle_Olive oil 1 cup_Cantaloupe 	<ul style="list-style-type: none"> 1_Recovery drink* 	<ul style="list-style-type: none"> 2 cups_Black and White Bean Chili  3 cups_Salad greens 3 tbsp_Dressing (your choice) 1 cup_Grapes 	<ul style="list-style-type: none"> 3 cups_Lite popcorn 8 oz_Nonfat fruit-flavored yogurt 	<ul style="list-style-type: none"> 9 oz_Flank steak, grilled 3 tbsp_Steak sauce 1_Baked potato, medium 2 cups_Onion, zucchini, and stewed tomato sauté 1_Nectarine, medium
<p>DAY 4</p> <ul style="list-style-type: none"> 1/2 cup_Low-fat granola 8 oz_Nonfat plain yogurt 1 cup_Strawberries, sliced 	<ul style="list-style-type: none"> 1_Recovery drink* 	<ul style="list-style-type: none"> 2_Stuffed Baked Potatoes  3 cups_Salad greens 3 tbsp_Dressing (your choice) 1_Orange, medium 	<ul style="list-style-type: none"> 1 oz_Pita chips w/ 4 tbsp_Hummus w/ carrot sticks 	<ul style="list-style-type: none"> 9 oz_Mediterranean Shrimp Kebabs  1 cup_White rice 3 cups_Salad greens 3 tbsp_Dressing (your choice) 1 cup_Melon
<p>DAY 5</p> <ul style="list-style-type: none"> 3_Oatmeal Pancakes  3 tbsp_Low-sugar maple syrup 1 cup_Applesauce 8 oz_Skim milk 	<ul style="list-style-type: none"> 1_Recovery drink* 	<ul style="list-style-type: none"> 1_Grilled Veggie Focaccia  1 cup_Tabouli salad 1_Peach, medium 	<ul style="list-style-type: none"> 8 oz_Fruit sorbet 1-1/2 oz_String cheese 6_Crackers 	<ul style="list-style-type: none"> 9 oz_Chicken 3 tbsp_Barbecue Sauce  1 cup_Nonfat baked beans 3 cups_Salad greens 3 tbsp_Dressing (your choice) 1 cup_Fruit salad
<p>DAY 6</p> <ul style="list-style-type: none"> 8 oz_Cottage cheese, 1% 1 cup_Pineapple chunks 2 slices_Whole wheat toast 3 tsp_Pure fruit jam 	<ul style="list-style-type: none"> 1_Recovery drink* 	<ul style="list-style-type: none"> 1_Spicy Chinese Noodles  3 cups_Salad greens 3 tbsp_Dressing (your choice) 1 cup_Fruit salad 	<ul style="list-style-type: none"> 1 oz_Almonds 1 oz_Dried fruit 8 oz_Nonfat plain yogurt 	<ul style="list-style-type: none"> 9 oz_Salmon 3 tbsp_Dijonnaise Sauce  1 cup_Quinoa 1 cup_Broccoli, steamed 1 cup_Grapes
<p>DAY 7</p> <ul style="list-style-type: none"> 1_Whole wheat bagel 2 tbsp_Fat-free cream cheese 8 oz_Nonfat plain yogurt 1 cup_Berries 	<ul style="list-style-type: none"> 1_Recovery drink* 	<ul style="list-style-type: none"> 1_Vegetarian Tostada  1 cup_Fruit salad 	<ul style="list-style-type: none"> 1 oz_Cashews 1 oz_Dried fruit 	<ul style="list-style-type: none"> 9 oz_Pork Chop with Apple and Sweet Potato  1 cup_Peas 3 cups_Salad greens 3 tbsp_Dressing (your choice)

* Immediately after workout

ENDURANCE MAXIMIZER

MEAL PLAN APPROACH

LEVEL III
PHASE

3

 _Recipe included

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
DAY 1	<p>1 Blueberry Muffin </p> <p>8 oz_Nonfat plain yogurt</p> <p>1 cup_Berries</p> <p>1/2 cup_Low-fat granola</p>	1_Recovery drink*	<p>1_Veggie burger</p> <p>1_Whole grain bun</p> <p>4 cups_Salad greens</p> <p>4 tbsps_Dressing (your choice)</p> <p>1 cup_Melon</p>	<p>1 oz_Almonds</p> <p>1 oz_Dried fruit</p> <p>8 oz_Nonfat frozen yogurt</p>	<p>12 oz_Chicken</p> <p>4 tbsps_Apricot Sauce </p> <p>1_Baked yam, medium</p> <p>1 cup_Green beans, steamed</p> <p>4 cups_Salad greens</p> <p>4 tbsps_Dressing (your choice)</p> <p>1/4_Mango</p>
DAY 2	<p>4_Whole grain waffles</p> <p>2 tbsps_Peanut butter</p> <p>8 oz_Skim milk</p> <p>1_Banana, medium</p>	1_Recovery drink*	<p>1_Pasta Salad </p> <p>1 cup_Melon</p>	<p>1 oz_Low-fat tortilla chips w/</p> <p>4 tbsps_Bean dip</p> <p>1_Frozen fruit bar</p>	<p>12 oz_Halibut</p> <p>4 tbsps_Mustard Cream Sauce </p> <p>1 cup_Brown rice</p> <p>3 cups_Spinach, steamed</p> <p>1_Peach, medium</p>
DAY 3	<p>1_Whole grain roll</p> <p>1/2 cup_Low-fat ricotta cheese</p> <p>4 slices_Roma tomato</p> <p>drizzle_Olive oil</p> <p>1 cup_Cantaloupe</p>	1_Recovery drink*	<p>2 cups_Black and White Bean Chili </p> <p>4 cups_Salad greens</p> <p>4 tbsps_Dressing (your choice)</p> <p>1 cup_Grapes</p> <p>6_Crackers</p>	<p>3 cups_Lite popcorn</p> <p>8 oz_Nonfat fruit-flavored yogurt</p> <p>2 oz_Soy nuts</p>	<p>12 oz_Flank steak, grilled</p> <p>4 tbsps_Steak sauce</p> <p>1_Baked potato, medium</p> <p>2 cups_Onion, zucchini, and stewed tomato sauté</p> <p>1_Nectarine, medium</p>
DAY 4	<p>1 cup_Low-fat granola</p> <p>8 oz_Nonfat plain yogurt</p> <p>1 cup_Strawberries, sliced</p>	1_Recovery drink*	<p>2_Stuffed Baked Potatoes </p> <p>4 cups_Salad greens</p> <p>4 tbsps_Dressing (your choice)</p> <p>1_Orange, medium</p>	<p>1 oz_Pita chips</p> <p>4 tbsps_Hummus w/ carrots</p> <p>1 oz_Dried fruit</p>	<p>12 oz_Mediterranean Shrimp Kebabs </p> <p>1 cup_White rice</p> <p>4 cups_Salad greens</p> <p>4 tbsps_Dressing (your choice)</p> <p>1 cup_Melon</p>
DAY 5	<p>4_Oatmeal Pancakes </p> <p>4 tbsps_Low-sugar maple syrup</p> <p>1 cup_Applesauce</p> <p>8 oz_Skim milk</p>	1_Recovery drink*	<p>1_Grilled Veggie Focaccia </p> <p>1 cup_Tabouli salad</p> <p>1_Peach, medium</p>	<p>8 oz_Fruit sorbet</p> <p>1-1/2 oz_String cheese w/</p> <p>6_Crackers</p> <p>3 cups_Lite popcorn</p>	<p>12 oz_Chicken</p> <p>4 tbsps_Barbecue Sauce </p> <p>1 cup_Nonfat baked beans</p> <p>4 cups_Salad greens</p> <p>4 tbsps_Dressing (your choice)</p> <p>1 cup_Fruit salad</p>
DAY 6	<p>8 oz_Cottage cheese, 1%</p> <p>1 cup_Pineapple chunks</p> <p>4 slices_Whole wheat toast</p> <p>3 tsp_Pure fruit jam</p>	1_Recovery drink*	<p>1_Spicy Chinese Noodles </p> <p>4 cups_Salad greens</p> <p>4 tbsps_Dressing (your choice)</p> <p>1 cup_Fruit salad</p>	<p>1_Sourdough pretzel</p> <p>8 oz_Frozen yogurt</p> <p>1_Fruit, medium</p>	<p>12 oz_Salmon</p> <p>4 tbsps_Dijonnaise Sauce </p> <p>1 cup_Quinoa</p> <p>1 cup_Broccoli, steamed</p> <p>1 cup_Grapes</p>
DAY 7	<p>1_Whole wheat bagel</p> <p>2 tbsps_Fat-free cream cheese</p> <p>8 oz_Nonfat plain yogurt</p> <p>1 cup_Berries</p> <p>1/2 cup_Low-fat granola</p>	1_Recovery drink*	<p>1_Vegetarian Tostada </p> <p>1 cup_Fruit salad</p>	<p>1 oz_Cashews</p> <p>1 oz_Dried fruit</p> <p>1_Sourdough pretzel</p>	<p>12 oz_Pork Chop with Apple and Sweet Potato </p> <p>1 cup_Peas</p> <p>4 cups_Salad greens</p> <p>4 tbsps_Dressing (your choice)</p>

ENDURANCE MAXIMIZER



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

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

NOTE: All per-serving nutritional information is based on 1 LEVEL I serving. LEVEL II and LEVEL III will vary, depending on portion size.

APRICOT SAUCE

per serving:

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

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

Serves 8

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

LEVEL I

2 tablespoons = 1 condiment

LEVEL II

3 tablespoons = 1-1/2 condiments

LEVEL III

4 tablespoons = 2 condiments

DIJONNAISE SAUCE

per serving:

4 ounces nonfat yogurt
4 ounces low-fat mayonnaise
1 tablespoon Dijon mustard
1 teaspoon fresh dill, chopped
2 teaspoons Worcestershire sauce
black pepper to taste
dash Tabasco sauce

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

Serves 8

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

LEVEL I

2 tablespoons = 1 condiment

LEVEL II

3 tablespoons = 1-1/2 condiments

LEVEL III

4 tablespoons = 2 condiments

MUSTARD CREAM SAUCE

per serving:

4 shallots, chopped	
1-1/4 cups fat-free chicken broth, low sodium	43 Calories (kcal)
1-1/4 cups sweet vermouth	trace Total Fat
1/2 teaspoon arrowroot	(6% calories from fat)
1/2 cup evaporated skim milk	2 g Protein
1/4 cup Dijon mustard	4 g Carbohydrate
1/2 teaspoon salt	trace Cholesterol
dash white pepper	164 mg Sodium
Serves 8	1 tablespoon chopped chives, for garnish

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

LEVEL I

2 tablespoons = 1 condiment

LEVEL II

3 tablespoons = 1-1/2 condiments

LEVEL III

4 tablespoons = 2 condiments

BARBECUE SAUCE

per serving:

1/4 cup ketchup	
1/4 cup chili sauce	16 Calories (kcal)
2 tablespoons Worcestershire sauce	trace Total Fat
2 tablespoons red wine vinegar	(1% calories from fat)
2 teaspoons stone-ground mustard	trace Protein
1 teaspoon dark brown sugar	4 g Carbohydrate
dash cayenne pepper	0 mg Cholesterol
2-1/2 teaspoons garlic, crushed	128 mg Sodium
Serves 8	

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

LEVEL I

2 tablespoons = 1 condiment

LEVEL II

3 tablespoons = 1-1/2 condiments

LEVEL III

4 tablespoons =
2 condiments

BLUEBERRY MUFFINS

per serving:

1-3/4 cups whole wheat pastry flour	
2-1/2 teaspoons baking powder	167 Calories (kcal)
1 cup powdered fructose	1 g Total Fat
3/4 cup low-fat buttermilk	(2% calories from fat)
3 egg whites	4 g Protein
1 cup thawed frozen blueberries, reserving juice	40 g Carbohydrate
	1 mg Cholesterol
	135 mg Sodium

Serves 12

1. Preheat oven to 375 degrees. Line 12 muffin cups with papers.
2. In a small bowl, combine the flour, baking powder, and fructose.
3. In a mixing bowl, whisk together the buttermilk, egg whites, and 2 tablespoons of reserved berry juice.
4. Add the flour mixture to the wet ingredients, stirring just to combine. Stir in the berries.
5. Spoon the batter into the prepared muffin cups, mounding slightly. Bake until lightly browned, about 20 minutes.

LEVEL I

1 muffin =
1 carbohydrate

LEVEL II

1 muffin =
1 carbohydrate

LEVEL III

1 muffin =
1 carbohydrate

OATMEAL PANCAKES

per serving:

1/2 cup quick-cooking oats	
1/2 cup low-fat buttermilk	228 Calories (kcal)
1/2 cup skim milk	5 g Total Fat
2 egg whites	(19% calories from fat)
1 tablespoon canola oil	9 g Protein
2 tablespoons brown sugar, packed	37 g Carbohydrate
1/2 teaspoon salt, or to taste	2 mg Cholesterol
1 teaspoon baking powder	468 mg Sodium
1/2 cup whole wheat flour	
1/2 cup all-purpose flour	
1 teaspoon cinnamon	
1/2 teaspoon baking soda	

Serves 4

1. In a medium bowl, combine the oats, buttermilk, and milk. Set aside for 15 to 20 minutes to let the oatmeal soften.
2. Beat in the egg whites and oil and mix well. Add the sugar, salt, and cinnamon, then the baking powder, baking soda, and flour. Stir just until moistened.
3. Heat a lightly oiled or nonstick griddle over medium-high heat (375 degrees for electric frying pan). For each pancake, pour about 1/8 cup batter onto the griddle. Turn when the tops are covered with bubbles and the edges look cooked. Turn only once.

LEVEL I

3 pancakes =
1 carbohydrate

LEVEL II

3 pancakes =
1 carbohydrate

LEVEL III

4 pancakes =
1 carbohydrate

BLACK AND WHITE BEAN CHILI

per serving:

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

Serves 6

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

LEVEL I

1 cup =
1 carbohydrate

LEVEL II

2 cups =
2 carbohydrate

LEVEL III

2 cups =
2 carbohydrate

GRILLED VEGGIE FOCACCIA

per serving:

1 large portobello mushroom, sliced thin	284 Calories (kcal)
1 large zucchini, sliced thin	9 g Total Fat
1 large yellow squash, sliced thin	(28% calories from fat)
1-1/2 ounces part-skim mozzarella cheese	19 g Protein
2 slices Italian focaccia bread	33 g Carbohydrate
	23 mg Cholesterol
	467 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 until cheese is melted.
3. Place vegetables on same side as cheese and top with second slice of bread.

LEVEL I

1 carbohydrate,
2 vegetable

LEVEL II

1 carbohydrate,
2 vegetable

LEVEL III

1 carbohydrate,
2 vegetable

STUFFED BAKED POTATO

per serving:

1 medium baking potato	291 Calories (kcal)
10 ounces frozen chopped spinach	4 g Total Fat
1/2 cup broccoli, chopped	(12% calories from fat)
1 tablespoon green onions, finely chopped	23 g Protein
1-1/2 ounces low-fat cheddar cheese	46 g Carbohydrate
dash salt	9 mg Cholesterol
dash pepper	505 mg Sodium
dash garlic powder	

(Levels II & III, please double ingredients)

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

LEVEL I

1 potato =
1 carbohydrate, 1 vegetable, 1 dairy

LEVEL II

2 potatoes =
2 carbohydrate, 2 vegetable, 2 dairy

LEVEL III

2 potatoes =
2 carbohydrate, 2 vegetable,
2 dairy

PASTA SALAD-LEVEL I

per serving:

2 ounces pasta	453 Calories (kcal)
1 cup broccoli florets, steamed	15 g Total Fat
2 whole green onions, sliced	(29% calories from fat)
1 tablespoon olive oil	20 g Protein
1 cup cherry tomatoes, halved	63 g Carbohydrate
1/2 teaspoon fresh basil	23 mg Cholesterol
1/4 teaspoon garlic powder	242 mg Sodium
1 ounce fat-free Parmesan cheese, grated	

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

LEVEL I

1 carbohydrate,
2 vegetable, 1 fat

LEVEL II

See next page

LEVEL III

See next page

PASTA SALAD-LEVEL II

per serving:

3 ounces pasta	
1 cup broccoli florets, steamed	628 Calories (kcal)
2 whole green onions, sliced	22 g Total Fat
1-1/2 tablespoons olive oil	(31% calories from fat)
1 cup cherry tomatoes, halved	24 g Protein
1/2 teaspoon fresh basil	86 g Carbohydrate
1/4 teaspoon garlic powder	23 mg Cholesterol
1 ounce fat-free Parmesan cheese, grated	248 mg Sodium

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

LEVEL I

See previous page

LEVEL II

1-1/2 carbohydrate,
2 vegetable, 1 fat

LEVEL III

See below

PASTA SALAD-LEVEL III

per serving:

4 ounces pasta	
1-1/2 cups broccoli florets, steamed	802 Calories (kcal)
3 whole green onions, sliced	30 g Total Fat
2 tablespoons olive oil	(32% calories from fat)
1 cup cherry tomatoes, halved	29 g Protein
1 teaspoon fresh basil	109 g Carbohydrate
1/2 teaspoon garlic powder	23 mg Cholesterol
1 ounce fat-free Parmesan cheese, grated	259 mg Sodium

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

LEVEL I

See previous page

LEVEL II

See above

LEVEL III

2 carbohydrate,
2 vegetable, 1 fat

SPICY CHINESE NOODLES-LEVEL I

per serving:

2 ounces pasta	
2 tablespoons chunky peanut butter	429 Calories (kcal)
1-1/2 tablespoons low-sodium soy sauce	17 g Total Fat
1-1/2 tablespoons rice vinegar	(35% calories from fat)
1 teaspoon honey	16 g Protein
dash cayenne pepper	56 g Carbohydrate
1 tablespoon green onions, finely chopped	0 mg Cholesterol
	1,056 mg Sodium

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

LEVEL I

1 carbohydrate,
1 condiment, 1 fat

LEVEL II

See below

LEVEL III

See next page

SPICY CHINESE NOODLES-LEVEL II

per serving:

3 ounces pasta	
3 tablespoons chunky peanut butter	660 Calories (kcal)
2 tablespoons low-sodium soy sauce	26 g Total Fat
2 tablespoons rice vinegar	(33% calories from fat)
1-1/2 teaspoons honey	25 g Protein
dash cayenne pepper	89 g Carbohydrate
2 tablespoons green onions, finely chopped	0 mg Cholesterol
	1,444 mg Sodium

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

LEVEL I

See above

LEVEL II

1-1/2 carbohydrate,
2 condiment, 1 fat

LEVEL III

See next page

SPICY CHINESE NOODLES-LEVEL III

per serving:

4 ounces pasta	789 Calories (kcal)
3 tablespoons chunky peanut butter	26 g Total Fat
3 tablespoons low-sodium soy sauce	(28% calories from fat)
3 tablespoons rice vinegar	29 g Protein
2 teaspoons honey	115 g Carbohydrate
dash cayenne pepper	0 mg Cholesterol
3 tablespoons green onions, finely chopped	2,047 mg Sodium

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

LEVEL I

See previous page

LEVEL II

See previous page

LEVEL III

2 carbohydrate,
2 condiment, 1 fat

VEGETARIAN TOSTADA-LEVEL I

per serving:

1 large whole wheat tortilla	449 Calories (kcal)
1 cup fat-free canned refried beans	7 g Total Fat
1/4 cup tomato, diced	(14% calories from fat)
2 tablespoons red onion, diced	22 g Protein
1 cup iceberg lettuce, shredded	75 g Carbohydrate
2 tablespoons low-fat sour cream	6 mg Cholesterol
2 tablespoons salsa	1,437 mg Sodium

1. Preheat oven to 350 degrees.
2. Spray tortilla with corn oil spray and brown tortilla for several minutes until crisp.
3. Meanwhile, heat beans in a small saucepan.
4. Remove tortilla and layer with beans, tomato, onion, lettuce, sour cream, and salsa.

LEVEL I

2 carbohydrate,
1 vegetable, 1 condiment

LEVEL II

See next page

LEVEL III

See next page

VEGETARIAN TOSTADA-LEVEL II

per serving:

1 large whole wheat tortilla	
1 cup fat-free canned refried beans	575 Calories (kcal)
1/2 cup Spanish-style rice, cooked	8 g Total Fat
1/2 cup tomato, diced	(12% calories from fat)
3 tablespoons red onion, diced	25 g Protein
2 cups iceberg lettuce, shredded	102 g Carbohydrate
2 tablespoons low-fat sour cream	6 mg Cholesterol
3 tablespoons salsa	1,510 mg Sodium

1. Preheat oven to 350 degrees.
2. Spray tortilla with corn oil spray and brown tortilla for several minutes until crisp.
3. Meanwhile, heat beans in a small saucepan.
4. Remove tortilla and layer with beans, rice, tomato, onion, lettuce, sour cream, and salsa.

LEVEL I

See previous page

LEVEL II

2-1/2 carbohydrate,
2 vegetable, 1 condiment

LEVEL III

See below

VEGETARIAN TOSTADA-LEVEL III

per serving:

1 large whole wheat tortilla	
1 cup fat-free canned refried beans	701 Calories (kcal)
1 cup Spanish-style rice, cooked	8 g Total Fat
1/2 cup tomato, diced	(10% calories from fat)
3 tablespoons red onion, diced	27 g Protein
2 cups iceberg lettuce, shredded	130 g Carbohydrate
2 tablespoons low-fat sour cream	6 mg Cholesterol
3 tablespoons salsa	1,510 mg Sodium

1. Preheat oven to 350 degrees.
2. Spray tortilla with corn oil spray and brown tortilla for several minutes until crisp.
3. Meanwhile, heat beans in a small saucepan.
4. Remove tortilla and layer with beans, rice, tomato, onion, lettuce, sour cream, and salsa.

LEVEL I

See previous page

LEVEL II

See above

LEVEL III

3 carbohydrate,
2 vegetable, 1 condiment

MEDITERRANEAN SHRIMP KEBABS—LEVEL I

per serving:

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

1. Assemble kebabs by alternating vegetables with 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 and place on grill for 7 to 10 minutes.
4. Turn and brush with remaining marinade while grilling until vegetables are cooked and shrimp are opaque.

LEVEL I

2 protein, 1 vegetable, 1 fat

LEVEL II

See below

LEVEL III

See next page

MEDITERRANEAN SHRIMP KEBABS—LEVEL II

per serving:

9 shrimp (1 ounce each)	
1/8 red onion, cubed	435 Calories (kcal)
1/2 zucchini, cut in 1-inch-thick slices	18 g Total Fat
1/4 yellow pepper, seeded and cubed	(37% calories from fat)
6 white mushrooms	53 g Protein
1/4 cup fresh lemon juice	14 g Carbohydrate
1 tablespoon olive oil	388 mg Cholesterol
1 teaspoon oregano	382 mg Sodium
3 metal or wooden skewers	

1. Assemble kebabs by alternating vegetables with 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 and place on grill for 7 to 10 minutes.
4. Turn and brush with remaining marinade while grilling until vegetables are cooked and shrimp are opaque.

LEVEL I

See above

LEVEL II

3 protein, 1 vegetable, 1 fat

LEVEL III

See next page

MEDITERRANEAN SHRIMP KEBABS—LEVEL III

per serving:

12 shrimp (1 ounce each)	636 Calories (kcal)
1/8 red onion, cubed	27 g Total Fat
1/2 zucchini, cut in 1-inch-thick slices	(1% calories from fat)
1/4 yellow pepper, seeded and cubed	73 g Protein
8 white mushrooms	28 g Carbohydrate
1/4 cup fresh lemon juice	517 mg Cholesterol
1 tablespoon olive oil	513 mg Sodium
1 teaspoon oregano	
4 metal or wooden skewers	

1. Assemble kebabs by alternating vegetables with 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 and place on grill for 7 to 10 minutes.
4. Turn and brush with remaining marinade while grilling until vegetables are cooked and shrimp are opaque.

LEVEL I

See previous page

LEVEL II

See previous page

LEVEL III

4 protein, 2 vegetable, 1 fat

PORK CHOP BAKED WITH APPLE AND SWEET POTATO—LEVEL I

per serving:

6 ounces lean boneless pork loin	415 Calories (kcal)
1 medium sweet potato	8 g Total Fat
1 medium apple	(17% calories from fat)
	33 g Protein
	53 g Carbohydrate
	77 mg Cholesterol
	80 mg Sodium

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

LEVEL I

2 protein,
1 carbohydrate, 1 fruit

LEVEL II

See next page

LEVEL III

See next page

PORK CHOP BAKED WITH APPLE AND SWEET POTATO – LEVEL II

per serving:

- 9 ounces lean boneless pork loin
- 1 medium sweet potato
- 1 medium apple

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

1. Preheat oven to 350 degrees.
2. Slice the sweet potato thinly. Quarter, core, and slice the apple into eight pieces.
3. On a large piece of foil, layer sweet potato slices, pork chop, and 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

3 protein,
1 carbohydrate, 1 fruit

LEVEL III

See below

PORK CHOP BAKED WITH APPLE AND SWEET POTATO–LEVEL III

per serving:

- 12 ounces lean boneless pork loin
- 1 medium sweet potato
- 1 medium apple

611 Calories (kcal)
16 g Total Fat
(23% calories from fat)
63 g Protein
53 g Carbohydrate
153 mg Cholesterol
142 mg Sodium

1. Preheat oven to 350 degrees.
2. Slice the sweet potato thinly. Quarter, core, and slice the apple into eight pieces.
3. On a large piece of foil, layer sweet potato slices, pork chop, and 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