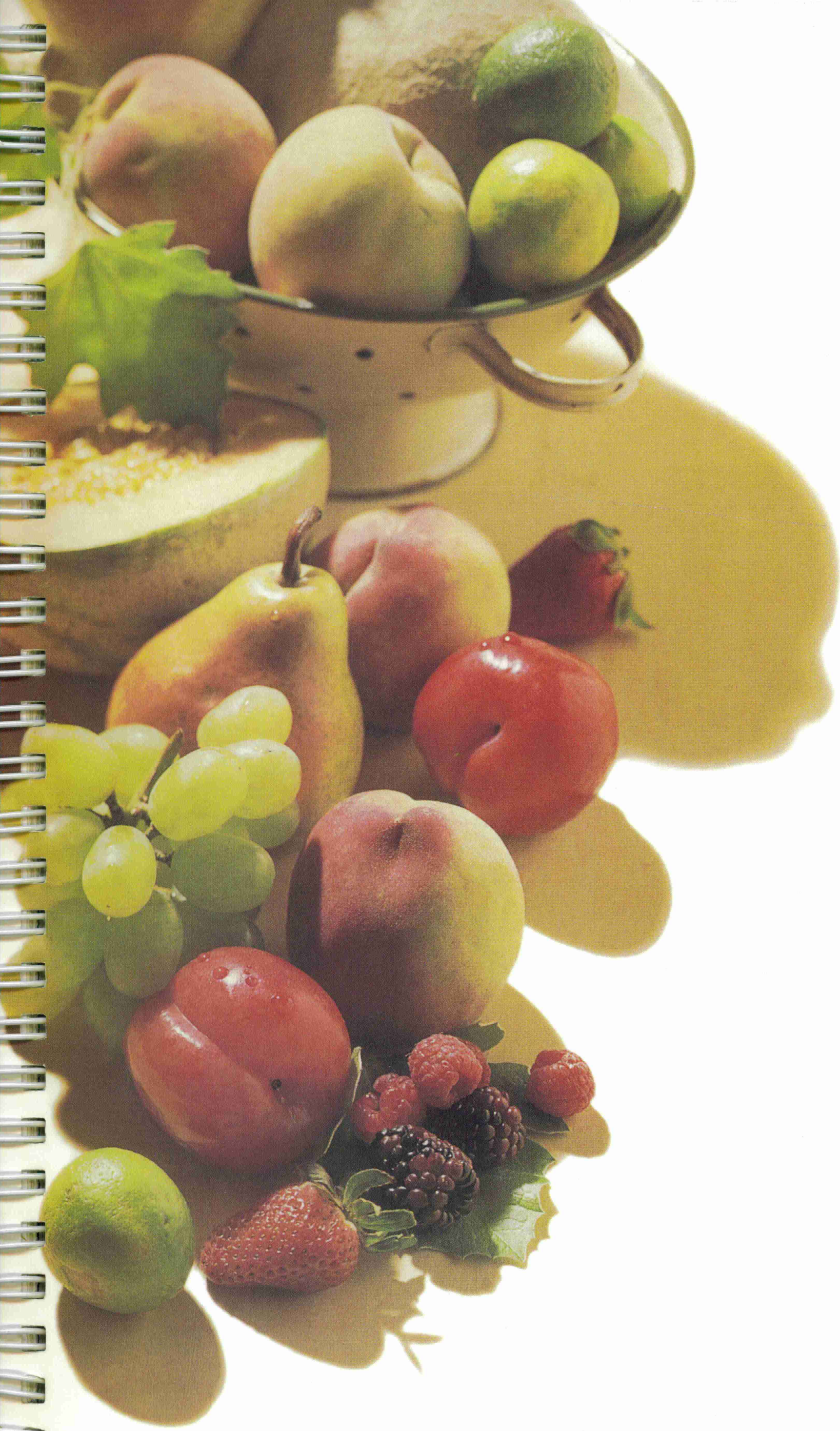


Nutrition Plan

EATING FOR POWER PERFORMANCE

EXTREME HOME FITNESS™

TM

P90X™ nutrition plan

EATING FOR POWER PERFORMANCE

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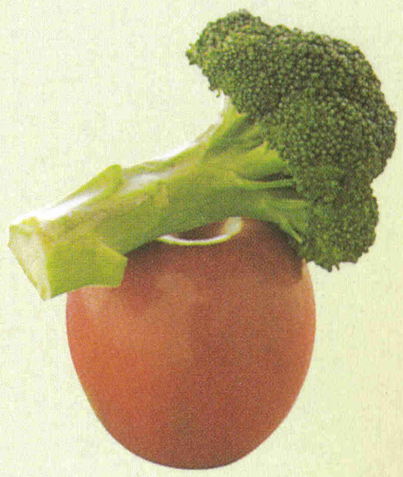
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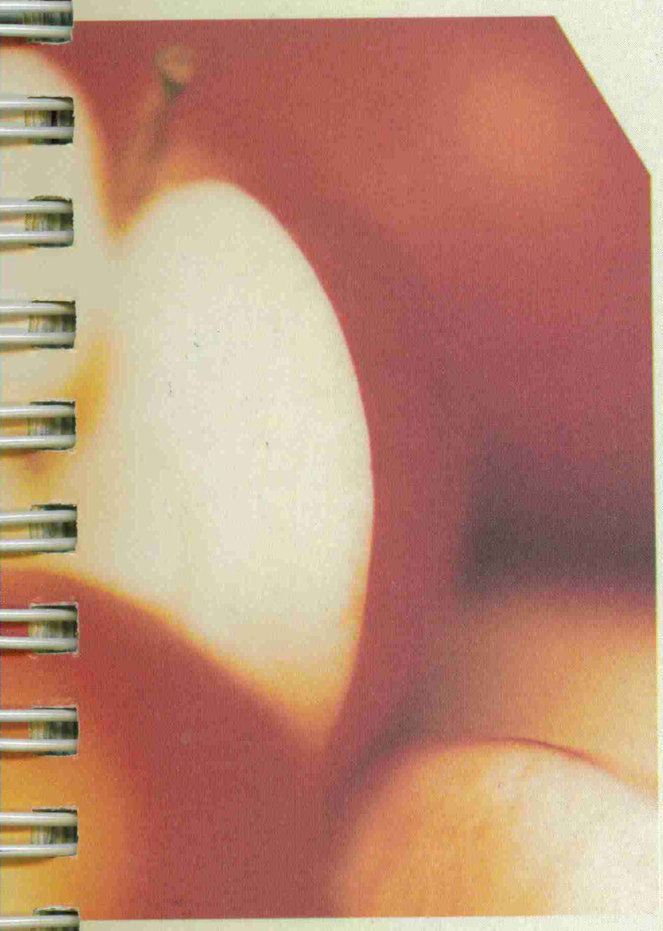
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INTRODUCTION

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

Your body doesn't run on exercise. It runs on the food you put in your mouth. The goal of this book is to help you learn what kinds of food, how much, and when to eat so that you can lose fat, get lean, and get into incredible shape. Be warned. If you want real results from your exercise program (AND WE MEAN INCREDIBLE RESULTS!), skipping this nutrition plan is NOT an option. Establishing and maintaining the right kind of diet is just as important to your overall success as any workout. In fact, some may consider the diet the toughest exercise- but it is absolutely key to achieving your best results.

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

Because P90X is structured to challenge your body through 3 phases, this plan is designed to change right along with your workout schedule. Its 3-phase system works in tandem with the P90X routines, providing the right combination of foods to satisfy your body's energy needs every step of the way, with no unhealthy gimmicks.

PHASE 1
days 1-28
FAT SHREDDER

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

PHASE 2
days 29-56
ENERGY BOOSTER

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

PHASE 3
days 57-90
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!

Keep in mind that there are basically three types of people when it comes to following a nutrition plan: those who adhere to the guidelines and follow the plan to a tee; those who follow only the basics, eliminating foods that are high in fat and sodium; and those who read these words and then continue to eat the way they're accustomed to. If this last group describes you, now is the time to make a change. Your commitment to getting in the best shape of your life depends on it. Just take comfort in knowing that the fundamentals of this plan are simple and easy to follow, and that you can always go back to your old habits after the 90 days. (Doubt you will, though!)

There are two diet approaches presented in the P90X Nutrition Plan. The choice is yours as to which one will work best for you. Keep in mind that you can stick with one plan throughout the entire 90 days, or alternate the plans to adjust to your lifestyle and maximize your results.

1 THE PORTION PLAN

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

2 THE MEAL PLAN

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





PROGRESS ASSESSMENT

To achieve the primary objective of lowering your body fat and increasing lean muscle mass, it's vital to track your progress throughout each phase of this plan. And while it may seem daunting at first to determine your nutition level (an integral part of your eating approach), it's actually quite easy. Once armed with this crucial data, you'll have a clear path towards achieving your desired weight loss and fitness goals.

PROGRESS ASSESSMENT

Please take a few moments to record your current body fat percentage and determine your nutrition level. The data you provide will determine how much food you need (and how much you don't need) while you go through P90X.

BODY FAT TARGET

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

Lowering your body fat and increasing lean muscle mass is essential to your overall success. Because of this, it is important to track your progress throughout this program by measuring and recording your body fat percentage at the end of each phase.

To get started, use the body fat measurement you assessed prior to taking your Fit Test (see the P90X Prep section of the *P90X Fitness Guide*), or simply use a body fat caliper (available at Beachbody.com) and record your results here.

	CURRENT BODY FAT %	*NOTES*
Start (Prior to Day 1)		
Day 28 (Phase 1 complete)		
Day 56 (Phase 2 complete)		
Day 90 (Phase 3 complete!)		

DETERMINE YOUR NUTRITION LEVEL

Your nutrition level is based on the daily amount of calories your body needs for optimal health and performance during this extreme fitness program.

To determine your nutrition level, simply complete the following 4 steps.

1

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

YOUR BODY WEIGHT		*RMR (IN CALORIES)*
	x 10 =	

2

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

Keep in mind that all lifestyles aren't created equal. A construction worker will have a higher daily burn rate than a computer programmer, so this figure should be treated as a ballpark estimate. You 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		*DAILY ACTIVITY BURN*
	x 20% =	

3

_Add the calories required for your exercise needs, which we have calculated at 600 calories per day for the P90X program.

Add it all up and you've got your energy amount.

YOUR RMR		*DAILY ACTIVITY BURN*		*ENERGY AMOUNT*
	+		+ 600 =	

4

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

Example: A 6-foot, 180-pound man

RMR = 180 (body weight in pounds) x 10=1800

Daily activity burn = 1800 (RMR) x 20% = 360

Exercise expenditure = 600

Energy amount = 1800 +360 +600=2760

Nutrition level = II

YOUR ENERGY AMOUNT	*NUTRITION LEVEL*	
1800-2399	1800 calories/day	**LEVEL I**
2400-2999	2400 calories/day	**LEVEL II**
3000+	3000 calories/day	**LEVEL III**

YOUR NUTRITION LEVEL =

THE 3 PHASES

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

The nutritional proportions for each of the 3 phases are as follows.

	PHASE	*GOAL*	*PROTEIN*	*CARBOHYDRATE*	*FAT*
PHASE 1	FAT SHREDDER_ Days 1-28	Strengthen muscle and shed excess body fat	50%	30%	20%
PHASE 2	ENERGY BOOSTER_ Days 29-56	Maintain Phase 1 changes with additional energy for midstream performance	40%	40%	20%
PHASE 3	ENDURANCE MAXIMIZER_ Days 57-90	Support peak physical performance and satisfaction over the long term	20%	60%	20%

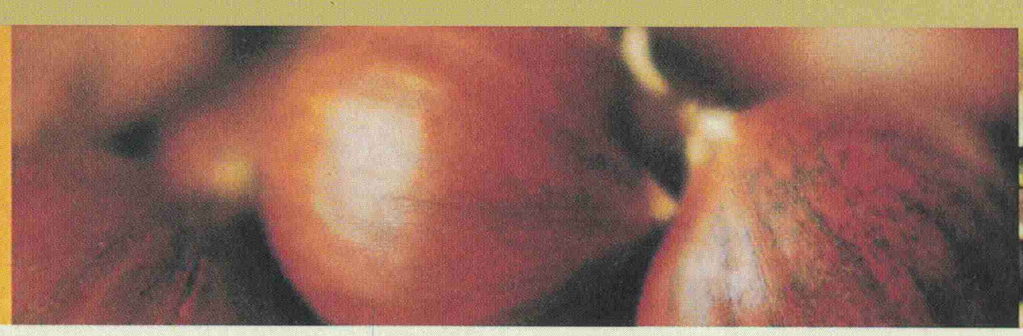


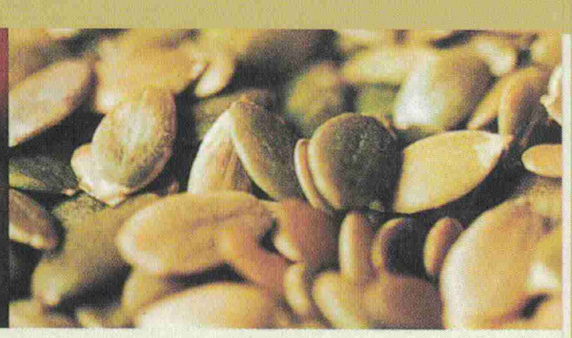


GENERAL GUIDELINES

While this plan is designed to meet each individual's nutritional needs, there are some general rules that should be applied to ensure positive results. Knowing what, when, and how much to eat plays a vital role in your development. In this section you'll also discover healthy ways to prepare the foods you choose to eat, and make them taste good so you'll WANT to eat them again. Following these guidelines and maintaining an eating discipline will optimize your energy level and fat-burning ability throughout your P90X workouts.





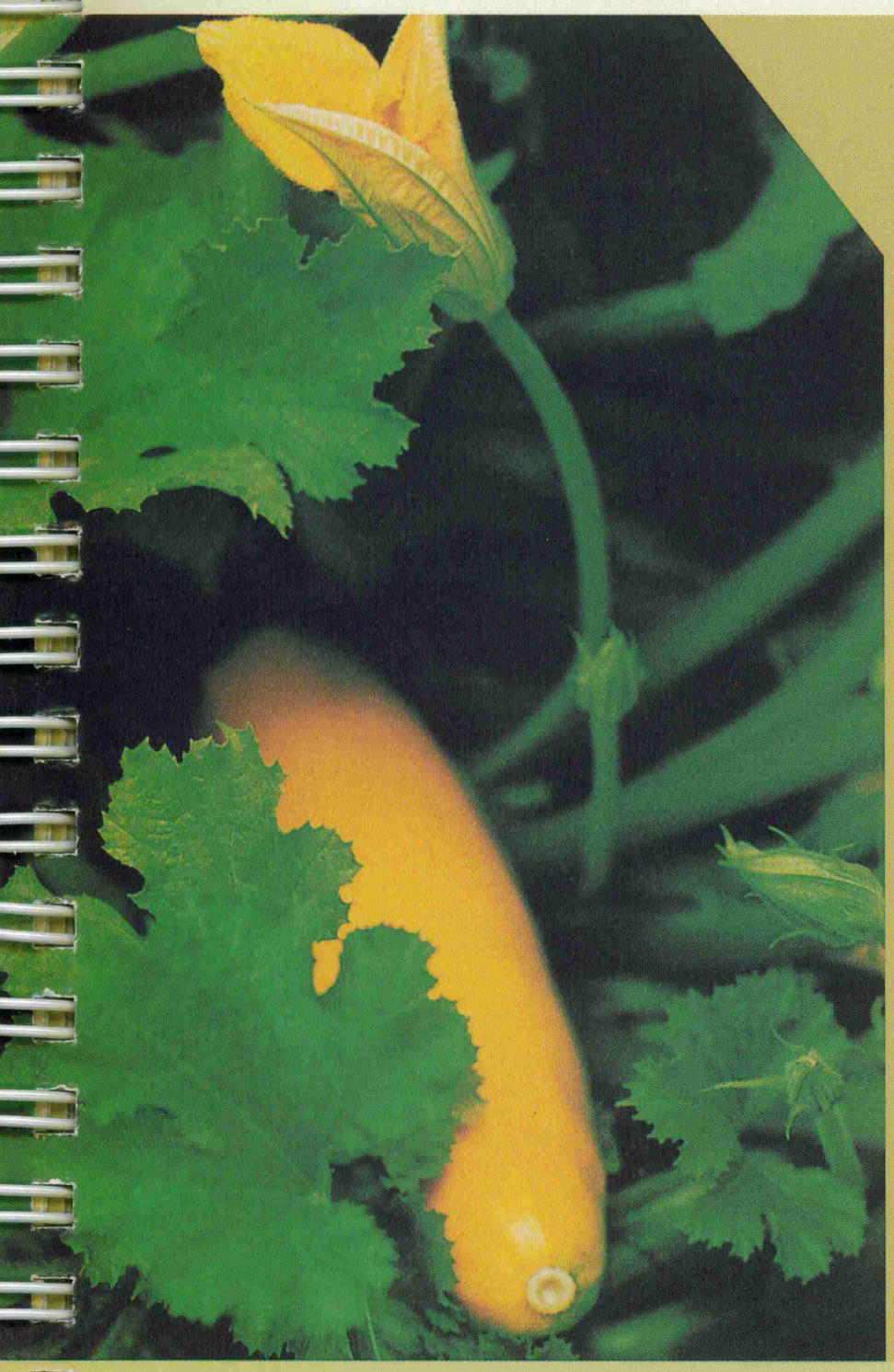


keeping a daily journal

GENERAL GUIDELINES

Research shows that one of the most powerful ways to successfully change your eating habits is to keep a daily journal. By logging your food intake and exercise, you keep yourself accountable while also creating a space to express your thoughts and feelings. You'll no longer have to remember what worked and what didn't. You can look back on your log to track your journey and fine-tune your fitness plan to your personal experience and needs. You'd be surprised how often you find that bad moods are associated with bad foods.

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



WHY DIET MATTERS

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

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

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

WHAT RESULTS TO EXPECT

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

THE NUMBER ONE OBSTACLE

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

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

_ Skipping meals and eating off schedule.

_ Following fads and trends, such as over-emphasizing certain food groups and excluding others (can you say "Athins"?).

_ Not planning ahead with your food choices.

_ Skimping on fruits and vegetables, your natural supply of anti-aging nutrients.

DRINK WATER

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

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

GENERAL HYDRATION GUIDELINES:

- No sodas or flavored waters
- Choose caffeine-free coffee and tea





It is important to follow a regular eating schedule. First, it keeps your blood sugar stable instead of peaking and crashing, which can lead to overeating and a general poor feeling.

WHEN TO EAT

Second, regular meals will speed up your metabloism by challenging it to keep processing calories, rather than storing them in a game of "feast and famine."

The concept of time is crucial to everything in life-it keeps us on track, and this is especially true when it comes to eating. Success in P90X comes to those who eat early and often. You should be eating every few hours while you're awake, favoring small meals and snacks. Try to finish your last snack approximately three hours before you hit the sack. This will help keep undigested carbs from being stored as fat. If you do need to break this rule, a small protein shake would be the snack of choice before bed, as it can help your recovery during sleep.

CUSTOMIZING THE PHASES

While P90X is designed as a 90-day program, there are a few reasons why you might choose to extend one or more of the phases an extra week or two.

PHASE 1 *_especially will affect people differently. Those who are reasonably fit and have more body fat can extend this phase more easily than someone who is quite 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 *_ is more of a well-rounded eating plan, and there shouldn't be too much trouble once you get here. This stage can also be extended if you're feeling great, have plenty of energy, and it seems like you're making overall progress.*

PHASE 3 *_ 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 back 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.*

THE P90X PEAK RECOVERY FORMULA AND THIS PLAN

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

CHANGING THE NUMBER OF CALORIES

Even though some pretty bright minds were tapped during the formulation of this diet, that doesn't mean it's perfect for everyone. If you feel that you need to eat either more or less than you've calculated, then this really might be the case.

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

One thing to caution you against is UNDEREATING. If you don't feed your body enough, your metabolism will slow down and you'll compromise your workouts. This can affect your results in ways you may not notice because you may feel okay, but your performance could be lagging. You should not run out of energy. The only time that you should drop your caloric intake is if you are working out hard, yet still gaining fat.

You might actually need to add calories if you feel like you are running out of energy during your workouts, but this could also result from eating too early before you exercise. If you decide to eat more, adding as little as 200-300 calories per day should be enough unless your calculations are way off. This is easily done by adding a snack such as nuts or dried fruit, substituting a meal in place of a snack, or adding a protein shake. Other than this, all your eating guidelines should remain the same.

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

LOW-FAT COOKING TECHNIQUES

Learning just a few basic skills can make you a low-fat chef with good habits you"ll use for life. Cooking with liquids other than fat can trim the fat content of a dish by up to 1000 calories. This can have a positive effect on your total health and well-being, and maybe even prevent illnesses such as cancer amd heart disease. And on top of all that, you can lose lots of weight.

Refer to these techniques when making the P90X recipes or preparing foods from the Portion Plan.

A BETTER SAUTÉ



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

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

2_ When the liquid begins to steam, add ingredients and stir.

3_ Continue to sauté, stirring frequently, until the liquid in the pan evaporates. Quickly add 2 more tablespoons of liquid , stirring to scrape up the glaze at the bottom of the pan.

4_ Continue to cook, adding liquid as necessary, until done.

PASTA AND NOODLES



1_ Always select pasta made without oils or eggs, All the recipes here call for dry, not fresh, pasta.

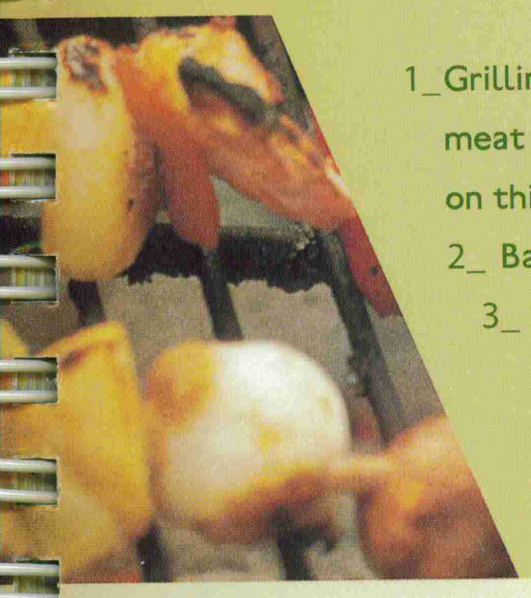
2_ Skip adding oil and salt to the cooking water; the sauce provides plenty of flavor and moisture.

3_ Cook pasta in a large pot of boiling water, adding pasta to the pot gradually so the water continues to boil.

4_ Two ounces of dry pasta yields 1 to 1-1/2 cups cooked, depending on the type of pasta.

GRILLING, BAKING, AND POACHING

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



1_Grilling is the fastest cooking method, and is best suited for thicker cuts. Begin with a preheated grill or broiler, turning meat over when the grilled side is done (fish should flake, poultry should begin to brown). Cook the other side. Depending on thickness, grill 5-7 minutes per side; the second side will probably take less time than the first.

2_ Baking is a slower cooking method. Bake most cuts at 350 degrees for 20-30 minutes.

3_ Poaching involves a slow simmer in liquid-such as water, stock, or wine-that you can flavor with herbs, onions, shallots, or garlic. Poaching is a gentle cooking method that works well for delicate cuts like chicken breast, fish fillets, and shellfish. In a wide saucepan, heat enough liquid to just cover your ingredients until it reches a very slow simmer. Add ingredients in a single layer and cook uncovered 7-10 minutes, or until cooked through.

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

okay, let's get started.

big P90X step...

TOSS THE JUNK!

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



PHASE 1: FAT SHREDDER

The reason high-protein diets are all the rage these days is not so much because they work well as because they are an easy adjustment in the right direction from the bad eating habits many of us have. Since most people eat too many carbs, this phase will help you alter your body chemistry so that you crave carbs for what they're intended, which is fuel. By eating a high-protein and high-fiber diet, you will kick your metabolism into gear and eliminate a lot of the undigested junk and water weight you're holding onto right now. The carbs you will eat will be needed for your workouts, which will train your body to use its fat stores for easier, low-level activity. And you'll have ample protein for proper muscle resynthesis from the massive breakdown that will occur during this initial phase.



FAT SHREDDER

PHASE 1

PORTION PLAN FOODS

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

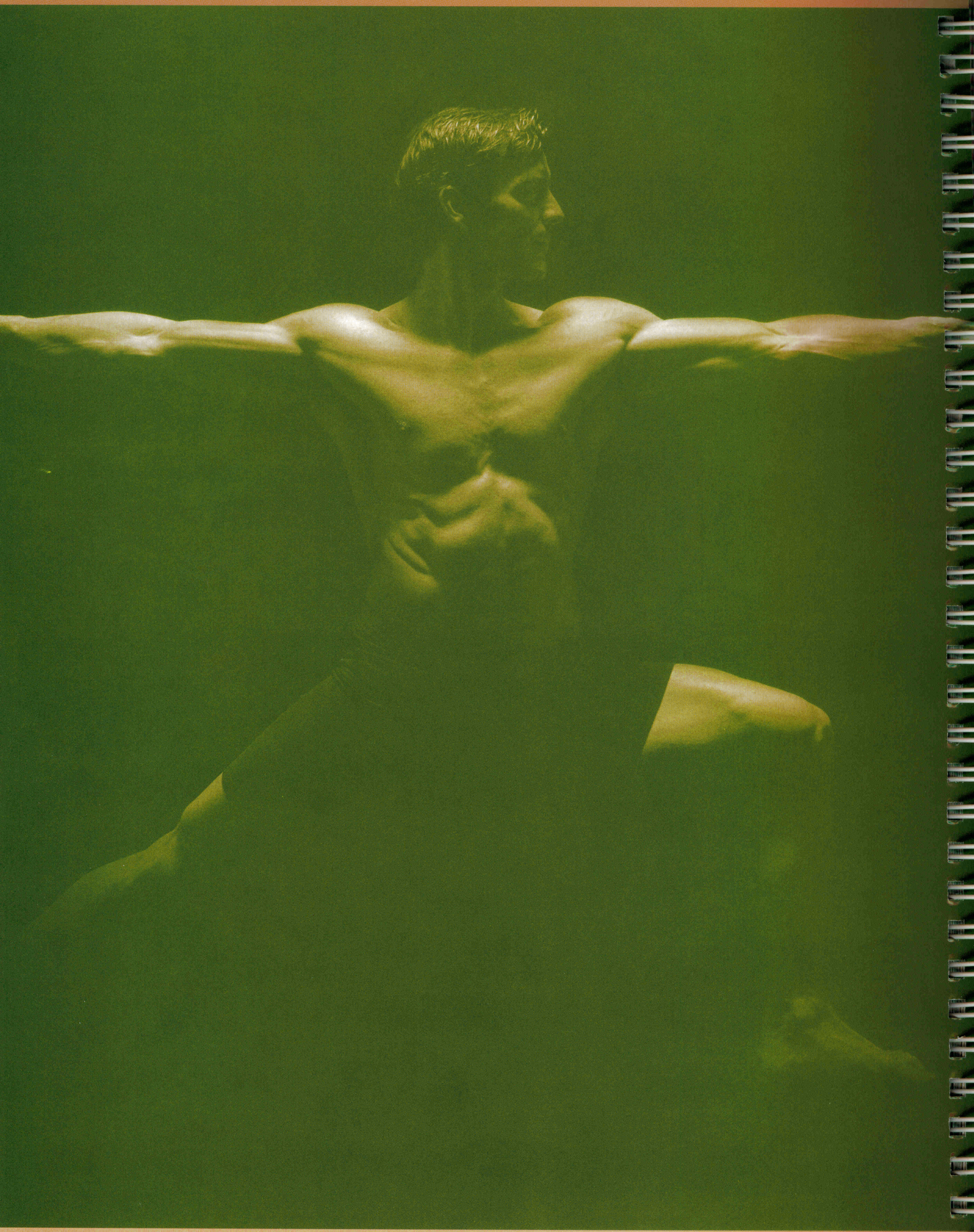
For example, if you are in Phase 1 and have determined that you are at nutrition level II, you would be allotted a specific number of servings per day from each food group, as follows:

_7 servings from the proteins group
_3 servings from the dairy group
_1 serving from the fruits group
_4 servings from the vegetables group
_1 serving from the fats group
_1 serving from the carbohydrates group
_2 servings from the snacks group (2 items from the single snack group or 1 item from the double snack group) PLUS a P90X Peak Performance Protein Bar and P90X Peak Recovery Formula Drink
_2 servings from the condiments group

Important Note on Snacks: There are two snack groups listed in your Portion Plan foods-the single group and the double group.

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

Additionally, if the words Bar and Drink appear beside a snack serving block, you can have a P90X Peak Performance Protein Bar and P90X Peak Recovery Formula Drink along WITH your allotted snack servings.



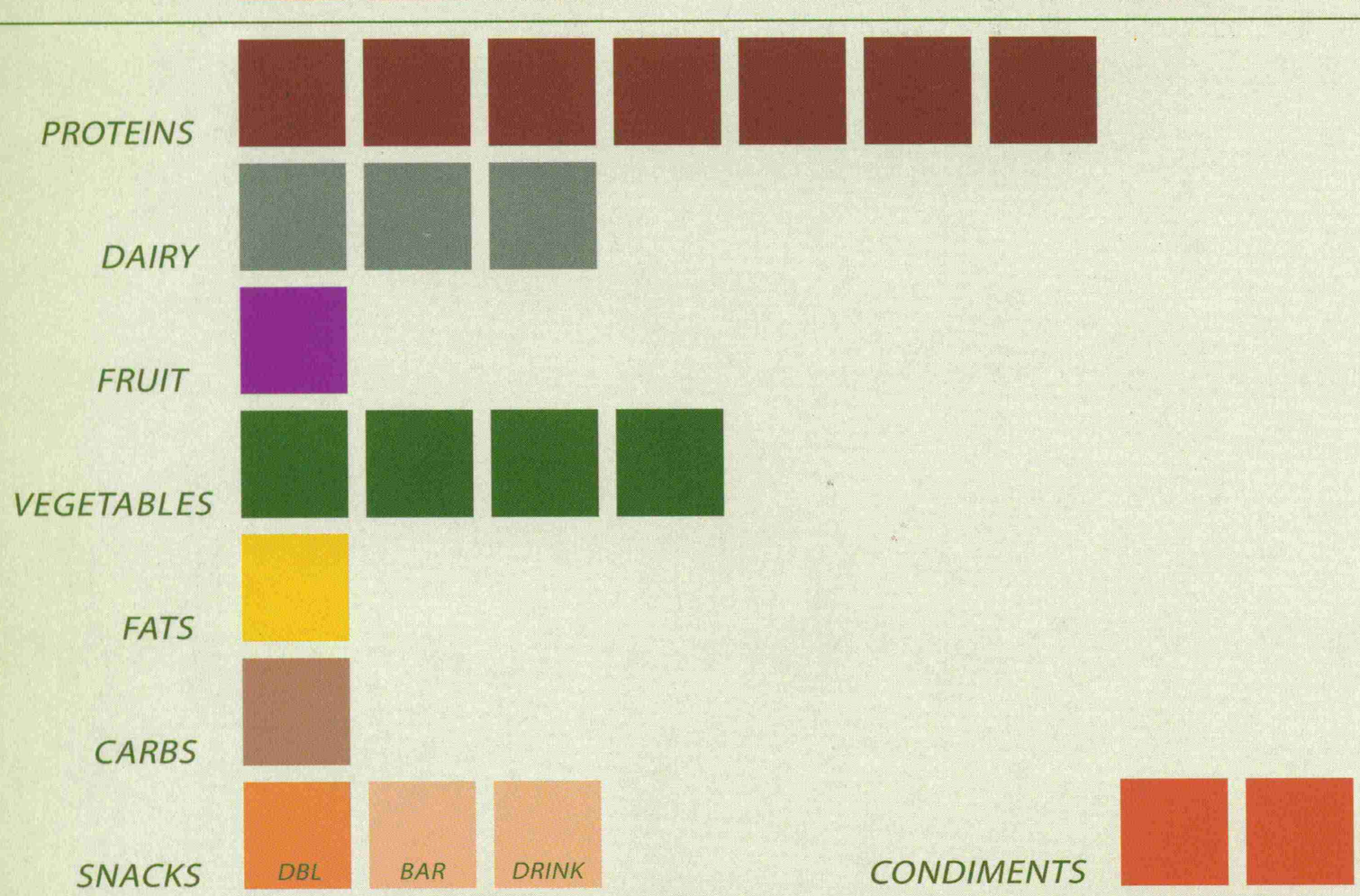
FAT SHREDDER

PHASE 1

DAYS 1-28



LEVEL I



LEVEL II



LEVEL III

=1 SERVING

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

PORTION PLAN FOODS

FATS

1

each serving =1 tbsp =120 cal.

Olives, avocado, canola oil, olive oil, flaxseed oil

PROTEINS

2

each serving =100 cal.

3 oz_*Chicken or turkey breast*
6_*Egg whites*
3 oz_*Fish and shellfish*
3 oz_*Ham slices, fat-free*
3 oz_*Pork tenderloin*
1/3 cup_*Protein powder*
3 oz_*Red meat (top sirloin, skirt steak)*
3 oz_*Red meat, lean*
Soy burger_1
Soy slices_5
Tofu_3 oz
Tuna_3 oz
Turkey bacon_2 slices
Veggie burger_1
Veggie dog_1

CARBOHYDRATES

3

each serving =200 cal.

GRAINS

1 medium_*Bagel, whole wheat*
1 cup_*Baked beans*
1 cup_*Beans (kidney, black, etc.)*
1_*Bran muffin (2.5 oz)*
2 slices_*Bread (whole wheat, rye, or pumpernickel)*
1 cup_*Cereal, whole grain*
1 cup_*Couscous*
12_*Crackers*
2 whole_*English muffins*
1 cup_*Hummus*
1 cup_*Lentils*
1 cup_*Oatmeal*
Pancakes (3.6 oz)_3
Pasta or noodles_1 cup
Pita, whole wheat_1 large
Potato (2" x 4-3/4")_1
Quinoa_1 cup
Refried beans, low-fat_1 cup
Rice, brown or wild_1 cup
Sweet potato_1 medium
Tortillas, corn_3
Tortilla, whole wheat_1 large
Waffles, whole wheat_2
Wheat berries_1 cup

DAIRY PRODUCTS

4

each serving =120 cal.

1 oz_*Cheese, low-fat*
1 cup_*Cottage cheese, 1%*
1 oz_*Feta cheese*
1 oz_*Goat cheese, semisoft*
1-1/2 oz_*Mozzarella, part skim*
Parmesan cheese_3 oz
Skim milk_8 oz
Soy cheese_1 oz
Soy milk_8 oz
Yogurt, nonfat plain_8 oz



FRUITS

5

each serving =100 cal.

1 medium_ *Apple*
1 cup_ *Apricots*
1 medium_ *Banana*
1/4 medium_ *Cantaloupe*
1 cup_ *Cherries*
1 oz_ *Dried fruit*
6 oz_ *Fresh-squeezed juice*
1 medium_ *Grapefruit*
1 cup_ *Grapes*
1 cup_ *Kiwi*
*Mango*_1/2 medium
*Nectarine*_1 medium
*Orange*_1 large
*Papaya*_1/2 medium
*Peach*_1 medium
*Pear*_1 medium
*Raspberries, blueberries, blackberries*_1 cup
*Strawberries, sliced*_2 cups
Tangerine _1 medium
*Watermelon*_1 cup

VEGETABLES

6

each serving = 50 cal.
1 cup= cooked vegetables
vegetable juice
or vegetable soup
2 cups = leafy greens

Asparagus
Beets
Bok choy
Broccoli
Brussels sprouts
Cabbage
Carrots
Cauliflower
Celery
Collard greens
Cucumber
Eggplant
Kale
Lettuce
Marinara sauce
Mushrooms
Peas
Peppers
Spinach
Sprouts
Squash (summer or winter)
String beans
Tomatoes
V-8® juice, low-salt
Vegetable soup, etc

CONDIMENTS

7

each serving =2 tbsp = 50 cal.

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

SNACKS

8

single serving =100 cal.
double serving =200 cal.

Single	Double
1 oz_ *Cheese, low-fat*	*Cottage cheese, 1%* _12 oz
8 oz_ *Cottage cheese, 1%*	*Nuts*_1 oz *(almonds, cashews, pecans, 30 pistachios)*
1 oz_ *Dried fruit*	*P90X Peak Recovery Formula*_12-16 oz
1_ *Frozen fruit bar*	*P90X Peak Performance Protein Bar*_1
8 oz_ *Fruit sorbet*	*Soy nuts*_4 oz
12_ *Mini rice cakes*	*String cheese*_3 oz
4 oz_ *Nonfat frozen yogurt*	*Turkey jerky*_2 oz
1/2_ *P90X Peak Performance Protein Bar*	
1 tbsp_ *Peanut butter with celery sticks*	
2 oz_ *Soy nuts*	
1-1/2 oz_ *String cheese*	
1 oz_ *Turkey jerky*	
8 oz_ *Yogurt, nonfat plain*	

MARKET LIST

ALL LEVELS PHASE 1

DAIRY

1

Buttermilk, low-fat
Cheddar cheese, low-fat
Cottage cheese, 1%
Eggs
Feta cheese
Mozzarella, part skim
Parmesan cheese, fat-free
Skim milk
Swiss cheese, low-fat
Yogurt, nonfat plain

MEAT POULTRY SOY

2

Chicken breast halves, skinless
Chicken thighs, skinless
Ham, extra lean
Pork tenderloin
Protein powder
Soy/veggie burgers
Steak, flank or skirt
Steak, top sirloin
Tempeh, ground
Tofu, firm, low-fat(silken)
Turkey bacon
Turkey breast, ground
Veggie dogs

SEAFOOD

3

Albacore tuna, canned
Halibut
Salmon fillets
Shrimp, raw, medium-size
Swordfish

VEGETABLES

4

Artichoke
Artichoke hearts, canned
Arugula
Asparagus
Avocado
Basil, fresh
Broccoli
Butternut squash
Cabbage, Napa
Cabbage, red
Carrots
Celery
Cilantro, fresh
Cucumber, hothouse
Garlic
Ginger, fresh
Green beans
Hearts of palm, canned
Jicama
Lemongrass
Lettuce (iceberg, romaine, butter, red leaf, etc.)
Mushrooms
Onion, brown
Onion, green
Onion, red
Oregano, fresh
Parsley, fresh
Peas, snap
Peas, snow
Pepper, green
Pepper, red
Pepper, yellow
Potatoes
Scallions
Shallots
Spinach
Sweet potatoes
Tomatoes, canned, low-sodium
Tomatoes, cherry
Tomatoes, Roma
V-8® juice, low-salt
Zucchini



FRUIT

5

Apples
Bananas
Blueberries
Cantaloupe
Honeydew
Lemons
Lemon juice
Limes
Lime juice
Mangoes
Oranges
Orange juice
Raisins, golden
Strawberries

BREADS GRAINS LEGUMES

6

Breadcrumbs, sourdough
Bun, whole wheat
Crackers, whole wheat
English muffin, whole grain
Flour, all-purpose
Quinoa
Rice, basmati
Rice, brown
Rjice, wild
Soba noodles

CONDIMENTS

7

Brown sugar
Chicken broth, fat-free, low-sodium
Cooking wine, white sherry
Dijon mustard
Fructose
Honey
Italian salad dressing, fat-free
Mayonnaise, fat-free
Miso, yellow
Molasses
Olive oil
Peanut butter, reduced-fat
Ranch salad dressing, low-fat
Sesame oil
Soy sauce, low-sodium
Tabasco sauce
Tomato paste
Vinegar, balsamic
Vinegar, rice
Vinegar, sherry
Vinegar, white
Water chestnuts
Worcestershire sauce

SEASONINGS

8

Arrowroot
caraway seed
Celery seed
chile
Chile powder, pasilla
Cinnamon
Cumin
Curry powder
Dill
Mint
Mustard seed
Paprika
Pepper, black
Pepper, white
Poultry seasoning
Salt
Sesame seeds
Sugar
Thyme

SNACKS

9

Nuts (pecans, pine nuts, pistachios)
Nuts, dry roasted, unsalted (almonds, cashews, soy)
String cheese, part skim
Turkey jerky

MEAL PLAN

LEVEL I PHASE 1

_Recipe included

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
DAY 1	1_ Mushroom Omelet 1 cup_ Fresh strawberries 8 oz_ Cottage cheese, 1%	1_ Protein bar 1_ Recovery drink	1_ Chef Salad	2 oz_ Soy nuts	6 oz_ Salmon 2 tbsp_ Lemon-Dill Sauce 1/2 cup_ Asparagus 1 cup_ Wild rice 1 cup_ Puree of Red Pepper Soup 1 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	1-1/2 oz_ String cheese	6 oz_ Turkey 2 tbsp_ Gravy 1/2 cup_ Green beans 1 cup_ Butternut Squash Soup 1 tbsp_ Protein powder
DAY 3	2 slices_ Turkey bacon 1_ Chicken Scramble 4 oz_ Fresh-squeezed juice	1_ Protein bar 1_ Recovery drink	1_ Chicken Salad 2 cups_ Salad greens 1 cup_ Vegetable Soup 1 tbsp_ Protein powder	2 oz_ Soy nuts	6 oz_ Halibut 2 tbsp_ Pesto Sauce 1 cup_ Wild rice 1/2 cup_ Zucchini
DAY 4	1_ Soy Sausage Muffin 8 oz_ Skim milk	1_ Protein bar 1_ Recovery drink	1_ Steak & Arugula Salad 2 tbsp_ Balsamic Vinaigrette	1 oz_ Turkey jerky	6 oz_ Chicken breast 2 tbsp_ Honey-Chili Sauce 1 cup_ Quinoa 1/2 cup_ Snap peas
DAY 5	1_ Spinach Scramble 8 oz_ Skim milk 1/2_ Grapefruit, medium	1_ Protein bar 1_ Recovery drink	6 oz_ Turkey Burger 1-1/2 oz_ Low-fat Swiss cheese 1/2 cup_ Coleslaw 1 cup_ Gazpacho 1 tbsp_ Protein powder	8 oz_ Cottage cheese, 1%	6 oz_ Swordfish 2 tbsp_ Mango-Ginger Sauce 1 cup_ Wild rice 1_ Artichoke, medium
DAY 6	1_ Protein Shake	1_ Protein bar 1_ Recovery drink	1_ Island Pork Tenderloin Salad	1 oz_ Turkey jerky	1_ Beef & Broccoli Stir-fry 1 cup_ Miso Soup 1 tbsp_ Protein powder
DAY 7	2 slices_ Turkey bacon 1_ Cheese Scramble 8 oz_ Skim milk 1/4_ Cantaloupe, medium	1_ Protein bar 1_ Recovery drink	1_ Tuna Salad 2 cups_ Salad greens 1 cup_ Chilled Cucumber Soup	8 oz_ Cottage cheese, 1%	6 oz_ Lemon-Garlic Chicken 1 cup_ Wild rice 1 cup_ Puree of Asparagus Soup 1 tbsp_ Protein powder

MEAL PLAN

LEVEL II PHASE 1

_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_ Puree of 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-Chili 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_ Puree of Asparagus Soup 2 tbsp_ Protein powder

MEAL PLAN

LEVEL III PHASE 1

_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 2 oz_ Turkey jerky	10 oz_ Salmon 4 tbsp_ Lemon-Dill Sauce 1 cup_ Asparagus 1 cup_ Wild rice 2 cups_ Puree of Red Pepper Soup 3 tbsp_ Protein powder
DAY 2	1_ Protein Shake	1_ Protein bar 1_ Recovery drink	1_ Shrimp Stir-fry 2 tbsp_ Sesame seeds 1 oz_ Cashews	3 oz_ String cheese 4 oz_ Soy nuts	10 oz_ Turkey 4 tbsp_ Gravy 1 cup_ Green beans 2 cups_ Butternut Squash Soup 3 tbsp_ Protein powder
DAY 3	4 slices_ Turkey bacon 1_ Chicken Scramble 8 oz_ Fresh-squeezed juice	1_ Protein bar 1_ Recovery drink	1_ Chicken Salad 4 cups_ Salad greens 2 cups_ Vegetable Soup 3 tbsp_ Protein powder	4 oz_ Soy nuts 12 oz_ Cottage cheese	10 oz_ Halibut 4 tbsp_ Pesto Sauce 1 cup_ Wild rice 1 cup_ Zucchini
DAY 4	1_ Soy Sausage Muffin 12 oz_ Skim milk	1_ Protein bar 1_ Recovery drink	1_ Steak & Arugula Salad 4 tbsp_ Balsamic Vinaigrette	3 oz_ String cheese 1 oz_ Cashews	10 oz_ Chicken breast 4 tbsp_ Honey-Chili 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	10 oz_ Turkey Burger 3 oz_ Low-fat Swiss cheese 2 cups_ Coleslaw 2 cups_ Gazpacho 3 tbsp_ Protein powder	12 oz_ Cottage cheese, 1% 2 oz_ Turkey jerky	10 oz_ Swordfish 4 tbsp_ Mango-Ginger Sauce 1 cup_ Wild rice 1_ Artichoke, medium
DAY 6	1_ Ptotein Shake	1_ Protein bar 1_ Recovery drink	1_ Island Pork Tenderloin Salad	2 oz_ Turkey jerky 1 oz_ Almonds	1_ Beef & Broccoli Stir-fry 2 cups_ Miso Soup 3 tbsp_ Protein powder
DAY 7	4 slices_ Turkey bacon 1_ Cheese Scramble 12 oz_ Skim milk 1/2_ Cantaloupe, medium	1_ Protein bar 1_ Recovery drink	1_ Tuna Salad 4 cups_ Salad greens 2 cups_ Chilled Cucumber Soup	12 oz_ Cottage cheese, 1% 1 oz_ Almonds	10 oz_ Lemon-Garlic Chicken 1 cup_ Wild rice 2 cups_ Puree of Asparagus Soup 3 tbsp_ Protein powder

P90X Meal Plan Recipes: Phase 1



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

GENERAL GUIDELINES

BALSAMIC VINAIGRETTE

per serving:

1-1/2 cups balsamic vinegar
2 tablespoons fresh lemon juice
6 tablespoons Dijon mustard
4 teaspoons shallots, chopped
4 teaspoons fresh basil, chopped
2 teaspoons olive oil
black pepper to taste

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

Serves 16 (yields 2 cups)

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

2 tablespoons fresh lime juice
1/2 tablespoon orange juice
1/2 tablespoon Dijon mustard
1/2 teaspoon cumin powder
1/4 teaspoon salt
1/8 teaspoon black pepper
1 tablespoon olive oil

*Yields 4 tablespoons**

Whisk together until emulsified.

**Per serving information included with Island Pork Tenderloin Salad recipe.*

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
4 cups fresh basil, packed
2 tablespoons garlic, chopped
1 cup fat-free Parmesan cheese, grated
1/3 cup white cooking wine
1/3 cup lemon juice
1/2 cup fat-free chicken broth, low sodium
1/2 teaspoon salt

61 Calories (kcal)
4 g Total Fat
(49% calories from fat)
4 g Protein
4 g Carbohydrate
5 mg Cholesterol
110 mg Sodium

Serves 20 (yields 2-1/2 cups)

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 peocess 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
1 cup red onion, finely chopped
1 cup mango, peeled and cubed
1/2 cup tomato, chopped
1-1/2 tablespoons fresh ginger, minced
1/4 cup fresh lime juice
1/8 cup orange juice
1/8 cup dry sherry
1-1/2 tablespoons brown sugar
1-1/2 tablespoons white vinegar

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

Serves 8

Stir togerher 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-CHILI 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
3 tablespoons chopped pecans, toasted

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

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:

4 ounces shallots
2 cups white wine
2 tablespoons arrowroot
2 cups fat-free chicken broth, low sodium
6 tablespoons lemon juice
1 teaspoon lemon grass, minced
1 tablespoon fresh dill, chopped

58 Calories (kcal)
trace Total Fat
(0% calories from fat)
3 g Protein
5 g Carbohydrate
0 mg Cholesterol
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 l/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 lemon grass and simmer over low heat for about 30 minutes, until thick. Strain out the lemon grass 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
1/2 cup red onion, chopped
3 tablespoons fresh dill weed, chopped
1 tablespoon fresh mint, chopped
1-1/4 cups nonfat plain yogurt
1/4 teaspoon salt
1/8 teaspoon black pepper
1/16 teaspoon cayenne
1/4 tablespoon celery seed

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

Yields 1 quart (serving size: 1 cup)

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 vegetable

PUREE OF ASPARAGUS SOUP

per serving:

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

38 Calories (kcal)
trace Total Fat
(9% calories from fat)
2 g Protein
5 g Carbohydrate
0 mg Cholesterol
1780 mg Sodium

Serves 8

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
3 cups butternut squash, peeled and seeded
1/2 cup fat-free chicken broth, low sodium

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

Serves 3

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
2-1/2 cups hothouse cucumbers, peeled and diced
1/2 cup carrots, peeled and diced
3/4 cup each green and red bell pepper, seeded and diced
1/2 red onion, diced
2 shallots
2 garlic cloves
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

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

Serves 10 (yields 10 cups)

1. 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.

2. Add the vinegar, lemon juice, paprika, oregano, basil, parsley, and white pepper and process to ccombine. 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
3 tablespoons miso
1 quart vegetable stock
1/4 cup firm silken tofu, diced
3 tablespoons scallions, sliced for garnish

107 Calories (kcal)
3 g Total Fat
(23% calories from fat)
4 g Protein
16 g Carbohydrate
1 mg Cholesterol
1052 mg Sodium

Serves 8

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

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

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

4. If desired, add protein powder just before serving.

LEVEL I
1 cup soup, 1 tablespoon protein powder
1/2 protein, 0 carbohydrate

LEVEL II
2 cups soup, 2 tablespoons protein powder
1 protein, 1/2 carbohydrate

LEVEL III
2 cups soup, 3 tablespoons protein powde
1 protein, 1/2 carbohydrate

VEGETABLE SOUP

per serving:

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

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

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

PUREE OF RED PEPPER SOUP

per serving:

2 cups white wine
1 onion, finely chopped
5 roasted red peppers
2 cups celery, chopped
1 tablespoon garlic, minced
2 plum tomatoes, chopped
1/4 cup tomato paste
2 cups fat-free chicken broth, low sodium
2 tablespoons dried thyme
1/4 teaspoon each ground white pepper and ground cumin
dash salt

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

Serves 12 (yields 12 cups)

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

3 tablespoons protein powder, such as Beachbody® Whey Protein Powder

1/2 cup berries

1/2 banana

1/2 cup ice

233 Calories (kcal)
2 g Total Fat
(8% calories from fat)
20 g Protein
36 g Carbohydrate
4 mg Cholesterol
130 mg Sodium

Serves 1

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

LEVEL I

1 protein, 1 dairy, 1 fruit

PROTEIN SHAKE-LEVEL II

per serving:

1 cup skim milk

4 tablespoons protein powder, such as Beachbody® Whey protein Powder

1 cup berries

1/2 banana

1/2 cup ice

253 Calories (kcal)
2 g Total Fat
(9% calories from fat)23 g Protein
37 g Carbohydrate
4 mg Cholesterol
130 mg Sodium

Serves 1

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

LEVEL II

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

PROTEIN SHAKE-LEVEL III

per serving:

1 cup skim milk
5 tablespoons protein powder, such as Beachbody® Whey Protein Powder
1 cup berries
1 whole banana
1 cup ice

328 Calories (kcal)
3 g Total Fat
(9% calories from fat)
27 g Protein
52 g Carbohydrate
4 mg Cholesterol
131 mg Sodium

Serves 1

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

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 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
1490 mg Sodium

Serves 1

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 miuntes 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

6 egg whitse

3 ounces chicken breast, cooked and diced

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

1/2 tablespoon fresh basil, chopped

Serves 1

per serving:

320 Calories (kcal)
6 g Total Fat
(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

CHICKEN SCRAMBLE-LEVEL II

8 egg whites

3 ounces chicken breast, cooked and diced

3 ounces fat-free Parmesan cheese, grated

2 teaspoons fresh basil, chopped

Serves 1

per serving:

455 Calories (kcal)
6 g Total Fat
(12% calories from fat)
70 g Protein
30 g Carbohydrate
112 mg Cholesterol
1093 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 II

3 protein, 2 dairy

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
1421 mg Sodium

Serves 1

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 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

Serves 1

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
1 proten, 1 dairy

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

Serves 1

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

LEVEL II
1-1/2 protein, 2 dairy

CHEESE SCRAMBLE - LEVEL III

per serving:

10 whole egg whites
4 tablespoons skim milk
4 ounces mozzarella cheese, part skim
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

Serves 1

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 III
2 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

Serves 1

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 mixtuer, cheese, and basil. Cook to desired firmness.

LEVEL I

1 protein, 1 dairy, 1 vegetable

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
1419 mg Sodium

Serves 1

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 vegerable mixture, cheese, and basil. Cook to desired firmness.

LEVEL II

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

SPINACH SCRAMBLE-LEVEL III

per serving:

1 cup Roma tomato, diced
2 cups spinach leaves, cleaned and dried
10 egg whites
4 ounces feta cheese, crumbled
2 tablespoons fresh basil, chopped

518 Calories (kcal)
25 g Total Fat
(43% calories from fat)
55 g Protein
19 g Carbohydrate
101 mg Cholesterol
1877 mg Sodium

Serves 1

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 III

2 protein, 2 dairy, 2 vegetable

MUSHROOM OMELET-LEVEL I

per serving:

6 egg whites
salt and pepper to taste
3/4 cup mushrooms, sliced
2 tablespoons green onion, chopped
1/2 Roma tomato, chopped
1-1/2 ounces low-fat cheddar cheese, shredded

191 Calories (kcal)
3 g Total Fat
(15% calories from fat)
32 g Protein
7 g Carbohydrate
9 mg Cholesterol
596 mg Sodium

Serves 1

1. In a small bowl, lightly beat the egg whites with a fork and season to taste with aslt 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

MUSHROOM OMELET-LEVEL II

per serving:

8 egg whites
salt and pepper to taste
3/4 cup mushrooms, sliced
2 tablespoons green onion, chopped
1/2 Roma tomato, chopped
3 ounces low-fat cheddar cheese, shredded

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

Serves 1

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 II

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

MUSHROOM OMELET - LEVEL III

per serving:

10 egg whites
salt and pepper to taste
1 cup mushrooms, sliced
2 tablespoons green onion, chopped
1/2 Roma tomato, chopped
4 ounces low-fat cheddar cheese, shredded

395 Calories (kcal)
8 g Total Fat
(19% calories from fat)
64 g Protein
13 g Carbohydrate
24 mg Cholesterol
1256 mg Sodium

Serves 1

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 III

2 protein, 2 dairy, 1 vegetable

CHEF SALAD-LEVEL I

per serving:

3 ounces fat-free turkey breast, chopped
3 ounces ham slice, extra lean, low sodium, chopped
1-1/2 ounces fat-free mozzarella cheese, chopped
1/2 Roma tomato, chopped
2 cups romaine lettuce, chopped
1/4 cup hearts of palm, chopped
1 ounce avocado, diced
2 tablespoons low-fat Ranch dressing

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

Serves 1

Toss ingredients together in a bowl and drizzle with dressing.

LEVEL I

2 protein, 1 dairy, 1 vegetable, 1 condiment

CHEF SALAD - LEVEL II

per serving:

4 ounces fat-free turkey breast, chopped
4 ounces ham slice,extra lean, low sodium, chopped
3 ounces fat-free mozzarella cheese, chopped
1/2 Roma tomato, chopped
2 cups romaine lettuce, chopped
1/4 cup hearts of palm, chopped
1 ounce avocado, diced
3 tablespoons low-fat Ranch dressing

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

Serves 1

Toss ingredients togerher in a bowl and drizzle with dressing.

LEVEL II

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

CHEF SALAD - LEVEL III

per serving:

5 ounces fat-free turkey breast, chopped
5 ounces ham slice, extra lean, low sodium, chopped
4 ounces fat-free mozzarella cheese, chopped
1 Roma tomato, chopped
2-1/2 cups romaine lettuce, chopped
1/4 cup hearts of palm, chopped
2 ounces avocado, diced
4 tablespoons low-fat Ranch dressing

611 Calories (kcal)
14 g Total Fat
(20% calories from fat)
96 g Protein
26 g Carbohydrate
150 mg Cholesterol 5352
913 mg Sodium

Serves 1

Toss ingredients together in a bowl and drizzle with dressing.

LEVEL III

3 protein, 2 dairy, 1 vegetable, 2 condiments

STEAK & ARUGULA SALAD - LEVEL I

per serving:

6 ounces top sirloin
2 cups arugula
1/2 pint cherry tomatoes, halved
1/2 cup canned artichoke hearts, drained
2 tablespoons balsamic vinaigrette (see recipe)

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

Serves 4

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

6 ounces steak, 2 tablespoons dressing
2 protein, 1 vegetable

STEAK & ARUGULA SALAD - LEVEL II

per serving:

8 ounces top sirloin
3 cups arugula
1/2 pint cherry tomatoes, halved
3/4 cup canned artichoke hearts, drained
3 tablespoons balsamic vinaigrette (see recipe)

Serves 4

531 Calories (kcal)
14 g Total Fat
(42% calories from fat)
51 g Protein
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 II

8 ounces steak, 3 tablespoons dressing
2-1/2 protein, 1-1/2 vegetable

STEAK & ARUGULA SALAD - LEVEL III

per serving:

10 ounces top sirloin
4 cups arugula
1 pint cherry tomatoes, halved
1 cup canned artichoke hearts, drained
4 tablespoons balsamic vinaigrette (see recipe)

Serves 4

695 Calories (kcal)
17 g Total Fat
(41% calories from fat)
66 g Protein
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 III

10 ounces steak, 4 tablespoons dressing
3 protein, 2 vegetable

TUNA SALAD - LEVEL I

per serving:

6 ounces tuna, canned
3/4 ounce low-fat mayonnaise
1-2 teaspoon lemon zest
squeeze of lemon
1 tablespoon shredded carrots
1 tablespoon chooped celery
1 tablespoon chopped green onion
1 teaspoon celery seeds

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

Serves 1

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

TUNA SALAD - LEVEL II

per serving:

8 ounces tuna, canned
1 ounce low-fat mayonnaise
3/4 teaspoon lemon zest
squeeze of lemon
2 tablespoon shredded carrots
2 tablespoon chopped celery
2 tablespoon chopped green onion
1-1/2 teaspoons celery seeds

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

Serves 1

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 II

2-1/2 protein, 1 fat

TUNA SALAD - LEVEL III

10 ounces tuna, canned
1-1/4 ounces low-fat mayonnaise
1 tablespoon lemon zest
squeeze of lemon
3 tablespoons shredded carrots
3 tablespoons chopped celery
3 tablespoons chopped green onion
2 teaspoons celery seeds

per serving:

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

Serves 2

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 III
3 protein, 1 fat

CHICKEN SALAD - LEVEL I

6 ounces skinless chicken breast halves
2 tablespoons low-fat mayonnaise
3/4 tablespoon Dijon mustard
2 tablespoons green onions, diced
1/8 teaspoon black pepper
1/8 teaspoon fresh dill
1/4 cup celery, diced

per serving:

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

Serves 4

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

LEVEL I
6 ounces
2 protein

CHICKEN SALAD - LEVEL II

per serving:

8 ounces 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

Serves 3

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

LEVEL II
8 ounces
2-1/2 protein

CHICKEN SALAD - LEVEL III

per serving:

10 ounces skinless chicken breast halves
3 ounces low-fat mayonnaise
1-1/2 tablespoons Dijon mustard
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

Serves 2

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

LEVEL III
10 ounces
3 protein

ISLAND PORK TENDERLOIN

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

Serves 4 (yields 15 ounces)

1. Preheat oven to 350 degrees.
2. Stir together salt, pepper, cumin, chili 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

1/2 each orange, peeled and cut
1 cup fresh spinach
1/2 each red bell pepper, cut lengthwise into thin strips
1/16 cup golden raisins
1 cup Napa cabbage
6 ounces Island Pork Tenderloin
2 tablespoons cumin vinaigrette (see recipe)

Serves 1

per serving:

556 Calories (kcal)
13 g Total Fat
(37% calories from fat)
39 g Protein
51 g Carbohydrate
111 mg Cholesterol
781 mg Sodium

1. While the tenderloin is roasting in the oven, peel and cut oranges crosswise into 1/4-inch thick slices and set side.
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

ISLAND PORK TENDERLOIN SALAD - LEVEL II

per serving:

3/4 each orange, peeled and cut
1-1/2 cups fresh spinach
3/4 each red bell pepper, cut lengthwise into thin strips
1-8 cup golden raisins
1-1/2 cups Napa cabbage
8 ounces Island Pork Tenderloin
3 tablespoons cumin vinargrette (see recipe)

882 Calories (kcal)
17 g Total Fat
(35% calories from fat)
52 g Protein
93 g Carbohydrate
147 mg Cholesterol
862 mg Sodium

Serves 1

1. While the tenderloin is roasting in the oven, peel and cut oranges crosswise into 1/4-inch thick slices and set side.
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 II

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

ISLAND PORK TENDERLOIN SALAD - LEVEL III

per serving:

1 each orange, peeled and cut
2 cups fresh spinach
1 each red bell pepper, cut lengthwise into thin strips
1/4 cup golden raisins
2 cups Napa cabbage
10 ounces Island Pork Tenderloin
4 tablespoons cumin vinaigrette (see recipe)

1029 Calories (kcal)
19 g Total Fat
(31% calories from fat)
69 g Protein
87 g Carbohydrate
147 mg Cholesterol
986 mg Sodium

Serves 1

1. While the tenderloin is roasting in the oven, peel and cut oranges crosswise into 1/4-inch thick slices and set side.
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 III

3 protein, 1 fruit, 2 vegetable

SHRIMP STIR-FRY - LEVEL I

per serving:

6 ounces shrimp, peeled
1/4 tablespoon low-sodium soy sauce
1/2 teaspoon rice vinegar
1/4 cup fat-free chicken broth
1-4 teaspoon garlic, minced
1-4 teaspoon ginger, minced
1-2 cup red onion, sliced in wedges
1-2 cup broccoli florets
1-1/4 cups snow peas, trimmed
1-1/2 cups mushtooms, halved
1/4 cup yellow bell pepper, cubed
1/4 cup canned water chestnuts, drained

332 Calories (kcal)
4 g Total Fat
(9% calories from fat)
44 g Protein
33 g Carbohydrate
259 mg Cholesterol
552 mg Sodium

Serves 1

1. Wash 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 is opaque.

LEVEL I

4 cups
2 protein, 1 vegetable

SHRIMP STIR-FRY - LEVEL II

per serving:

8 ounces shrimp, peeled
1/2 tablespoon low-sodium soy sauce
3/4 teaspoon rice vinegar
1/2 cup fat-free chicken broth
1/2 teaspoon garlic, minced
1/2 teaspoon ginger, minced
3/4 cup red onion, sliced in wedges
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

444 Calories (kcal)
5 g Total Fat
(9% calories from fat)
61 g Protein
44 g Carbohydrate
345 mg Cholesterol
920 mg Sodium

Serves 1

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 is opaque.

LEVEL II

4-1/2 cups
2-1/2 protein, 1-1/2 vegetable

SHRIMP STIR-FRY - LEVEL III

per serving:

10 ounces shrimp, peeled
3/4 tablespoon low-sodium soy sauce
1 teaspoon rice vinegar
3/4 cup fat-free chicken broth
3/4 teaspoon garlic, minced
3/4 teaspoon ginger, minced
1 cup red onion, sliced in wedges
1 cup bbroccoli florets
1-3/4 cups snow pwas, trimmed
2 cups mushrooms, halved
3/4 cup yellow bell pepper, cubed
3/4 cup canned water chestnuts, drained

571 Calories (kcal)
6 g Total Fat
(9% calories from fat)
78 g Protein
59 g Carbohydrate
431 mg Cholesterol
1290 mg Sodium

Serves 1

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 is opaque.

LEVEL III

5 cups
3 protein, 2 vegetable

TURKEY BURGER - LEVEL I

per serving:

6 ounces ground turkey breast
1-1/2 tablespoons sourdough breadcrumbs
3 tablespoons low-fat buttermilk
2-1/4 teaspoons green onions, minced
2-1/4 teaspoons parsley, chopped
1/4 teaspoon Dijon mustard
1 dash Wprcestershire sauce
black pepper to taste

306 Calories (kcal)
12 g Total Fat
(35% calories from fat)
37 g Protein
11 g Carbohydrate
101 mg Cholesterol
252 mg Sodium

Serves 1

1. Preheat the grill or broiler.

2. Combine all ingredients and divide mixture into patties, size according to nutrition level (see below).

3. Grill until cooked through, 7 to 10 minutes per side.

LEVEL I

6-ounce patty
1 protein

TURKEY BURGER - LEVEL II

per serving:

8 ounces ground turkey breast
2 tablespoons sourdough breadcrumbs
4 tablespoons low-fat buttermilk
3 teaspoons green onions, minced
3 teaspoons parsley, chopped
1/2 teaspoon Dijon mustard
2 dashes Worcestershire sauce
2 dashes black pepper to taste

410 Calories (kcal)
16 g Total Fat
(35% calories from fat)
49 g Protein
14 g Carbohydrate
135 mg Cholesterol
351 mg Sodium

Serves 1

1. Preheat the grill or broiler.
2. Combine all ingredients and divide mixture into patties, size according to nutrition level (see below).
3. Grill until cooked through, 7 to 10 minutes per side.

LEVEL II
8-ounce patty
2-1/2 protein

TURKEY BURGER - LEVEL III

per serving:

10 ounces ground turkey breast
2-1/2 tablespoons sourdough breadcrumbs
5 tablespoons low-fat buttermilk
3-3/4 teaspoons green onions, minced
3-3/4 teaspoons parsley, chopped
3/4 teaspoon Dijon mustard
2 dashes Worcestershire sauce
2 dashes black pepper to taste

512 Calories (kcal)
20 g Total Fat
(35% calories from fat)
61 g Protein
18 g Carbohydrate
169 mg Cholesterol
443 mg Sodium

Serves 1

1. Preheat the grill or broiler.
2. Combine all ingredients and divide mixture into patties, size according to nutrition level (see below).
3. Grill until cooked through, 7 to 10 minutes per side.

LEVEL III
10-ounce patty
3 protein

BEEF & BROCCOLI STIR - FRY - LEVEL I

per serving:

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

Yields 6 cups

466 Calories (kcal)
11 g Total Fat
(21% calories from fat)
46 g Protein
49 g Carbohydrate
99 mg Cholesterol
1591 mg Sodium

1. Bring 2 quarts 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

BEEF & BROCCOLI STIR-FRY - LEVEL II

per serving:

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

Yields 6 cups

622 Calories (kcal)
15 g Total Fat
(21% calories from fat)
61 g Protein
65 g Carbohydrate
132 mg Cholesterol
2122 mg Sodium

1. Bring 2 quarts 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 II

2 cups
3 protein, 1 carbohydrate, 1 vegetable

BEEF & BROCCOLI STIR-FRY - LEVEL III

per serving:

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

Yields 6 cups

777 Calories (kcal)
19 g Total Fat
(21% calories from fat)
76 g Protein
81 g Carbohydrate
165 mg Cholesterol
2652 mg Sodium

1. Bring 2 quarts 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 III
2-1/2 cups
3 protein, 1 carbohydrate, 1 vegetable

LEMON-GARLIC CHICKEN - LEVEL I

per serving:

1/4 cup fresh lemon juice
2 tablespoons molasses
2 teaspoons Worcestershire sauce
4 garlic cloves, chopped
2 pounds skinless chicken thighs
1/4 teaspoon salt
1/4 teaspoon black pepper
lemon wedges
parsley sprigs

Yields 18 ounces

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

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

LEMON-GARLIC CHICKEN - LEVEL II

per serving:

1/4 cup fresh lemon juice
2 tablespoons molasses
2 teaspoons Worcestershire sauce
4 garlic cloves, chopped
2 pounds skinless chicken thighs
1/4 teaspoon salt
1/4 teaspoon black pepper
lemon wedges
parsley sprigs

192 Calories (kcal)
5 g Total Fat
(24% calories from fat)
26 g Protein
10 g Carbohydrate
107 mg Cholesterol
274 mg Sodium

Yields 32 ounces

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 II

8 ounces
2-1/2 protein

LEMON=GARLIC CHICKEN - LEVEL III

per serving:

1/4 cup fresh lemon juice
2 tablespoons molasses
2 teaspoons Worcestershire sauce
4 garlic cloves, chopped
2 pounds skinless chicken thighs
1/4 teaspoon salt
1/4 teaspoon black pepper
lemon wedges
parsley sprigs

256 Calories (kcal)
7 g Total Fat
(24% calories from fat)
34 g Protein
13 g Carbohydrate
143 mg Cholesterol
365 mg Sodium

Yields 32 ounces

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 III

10 ounces
3 prorein

COLESLAW

3 cups green cabbage, shredded
1 cup red cabbage, shredded
1 cup jicama, julienned
1/2 red onion, finely chopped
2 red delicious apples, finely diced
1/2 cup fat-free mayonnaise
1/3 cup white vinegar
2 tablespoons plus 2 teaspoons fructose
2 tablespoons plus 2 teaspoons Dijon mustard
1-1/2 teaspoons caraway seed
1/4 teaspoon salt
pinch white pepper

Yields 6 cups

per serving:

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

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

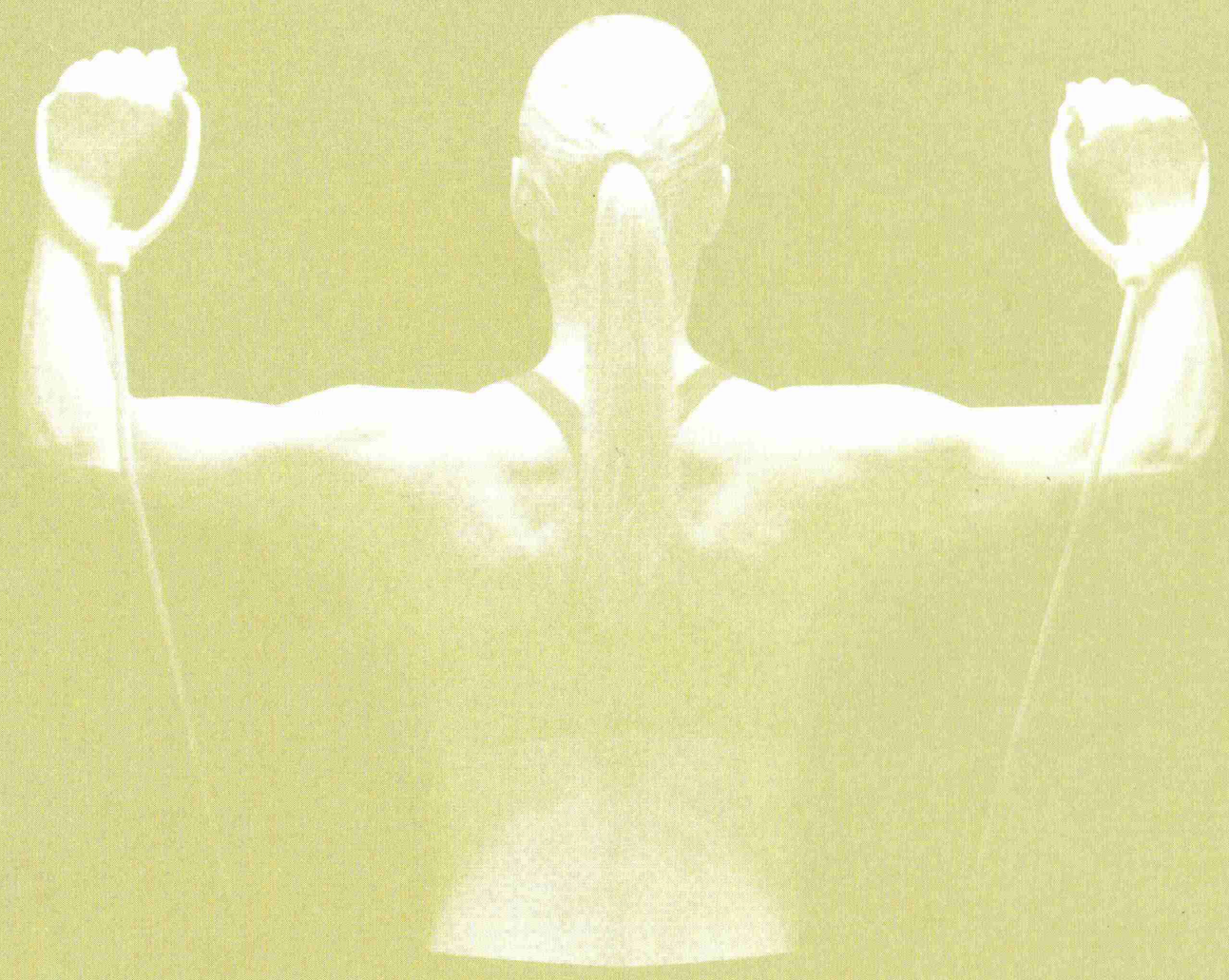
2. Combine the remaining ingredients in a small bowl and mix well to make dressing.

3. Pour the dressing over the slaw and toss until evenly coates. 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



PHASE 2: ENERGY BOOSTER

As you get into better shape, your workouts will intensify and your body will start to crave more carbs to increase its performance. You will start to add starches and "good" complex carbohydrates back into your diet to facilitate harder training in a very balanced approach. This phase would be good for the long term if you were sedentary or exercised occasionally. But you don't, so we're going to have to adjust it again. Keep in mind though that this would be the default phase, meaning it's the most well-rounded diet for the average joe or jane.



PHASE **2**

ENERGY BOOSTER

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

PORTION PLAN FOODS



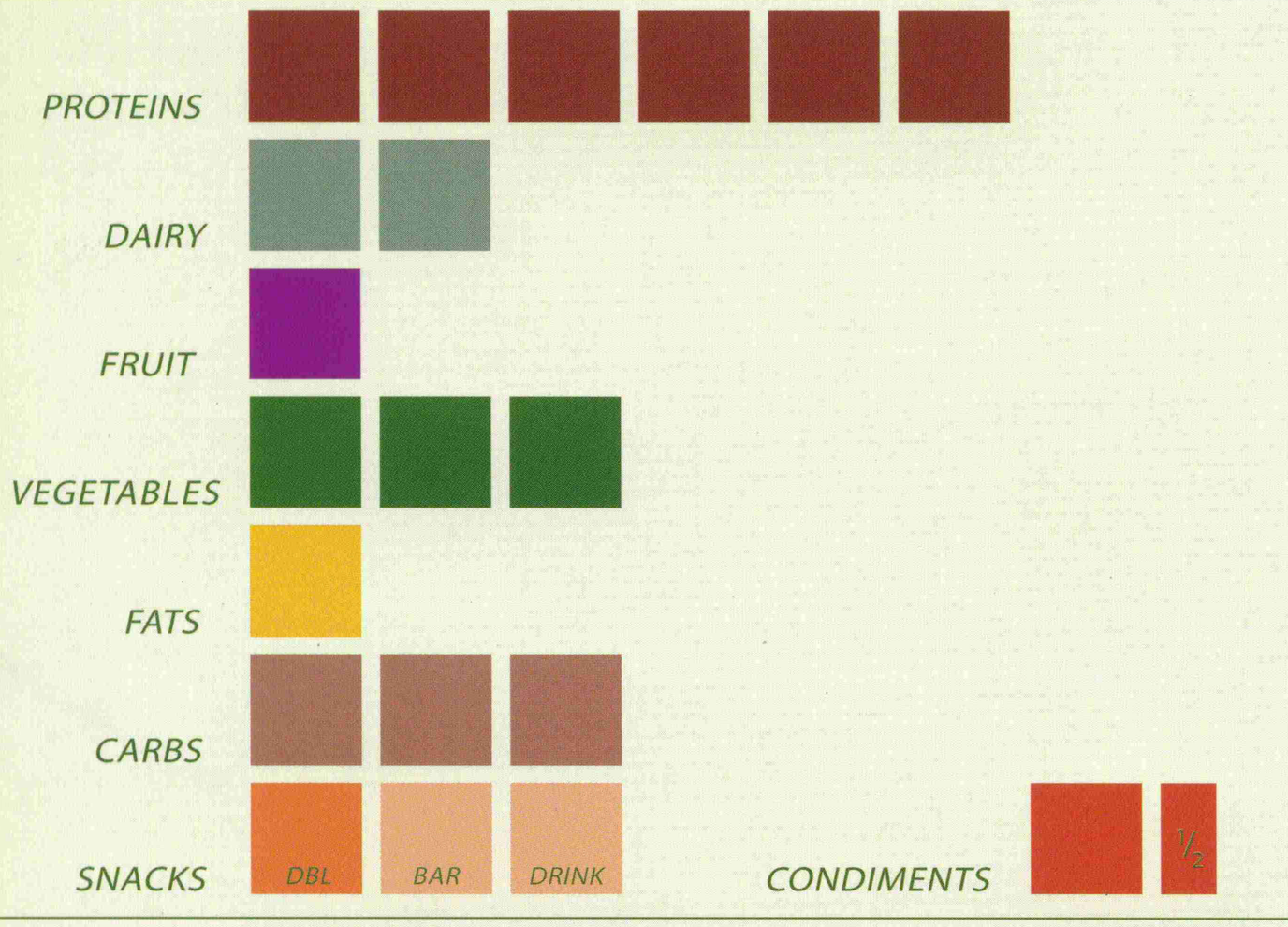
ENERGY BOOSTER

PHASE 2

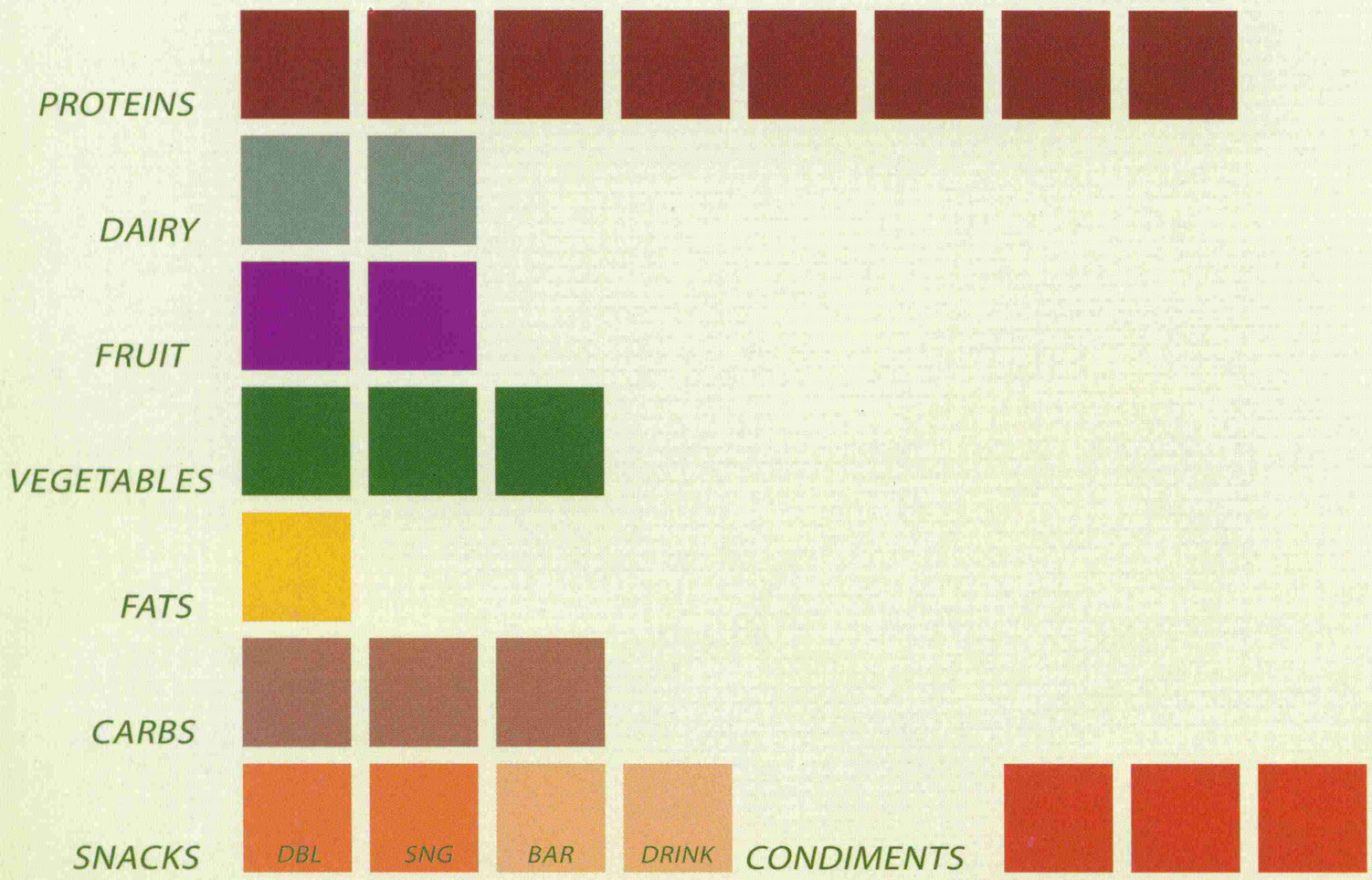
DAYS 29-56



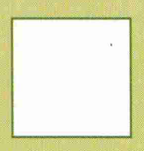
LEVEL I



LEVEL II



LEVEL III



=1 SERVING

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

PORTION PLAN FOODS

FATS

1

each serving =1 tbsp =120 cal.

Olives, avocado, canola oil, olive oil, flaxseed oil

PROTEINS

2

each serving =100 cal.

- 3 oz_Chicken or turkey breast
- 6_Egg whites
- 3 oz_Fish and shellfish
- 3 oz_Ham slices, fat-free
- 3 oz_Pork tenderloin
- 1/3 cup_Protein powder
- 3 oz_Red meat (top sirloin, skirt steak)
- 3 oz_Red meat, lean
- Soy burger_1
- Soy slices_5
- Tofu_3 oz
- Tuna_3 oz
- Turkey bacon_2 slices
- Veggie burger_1
- Veggie dog_1

CARBOHYDRATES

3

each serving =200 cal.

GRAINS LEGUMES POTATOES

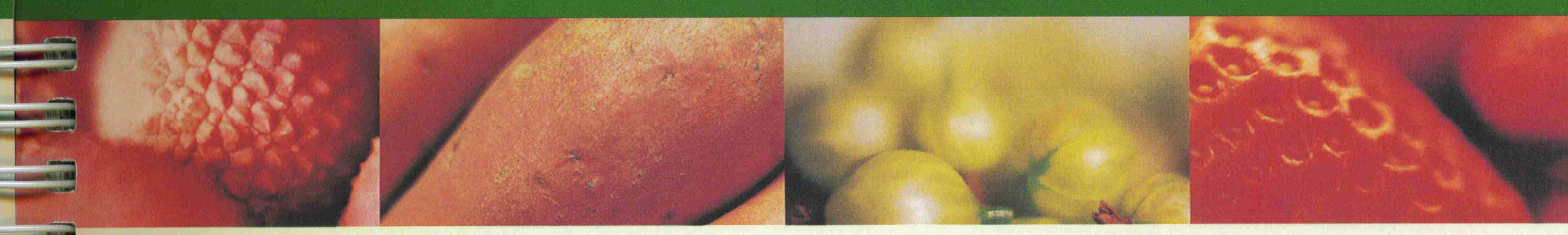
- 1 medium_Bagel, whole wheat
- 1 cup_Baked beans
- 1 cup_Beans (kidney, black, etc.)
- 1_Bran muffin (2.5 oz)
- 2 slices_Bread (whole wheat, rye, or pumpernickel)
- 1 cup_Cereal, whole grain
- 1 cup_Couscous
- 12_Crackers
- 2 whole_English muffins
- 1 cup_Hummus
- 1 cup_Lentils
- 1 cup_Oatmeal
- Pancakes (3.6 oz)_3
- Pasta or noodles_1 cup
- Pita, whole wheat_1 large
- Potato (2" x 4-3/4")_1
- Quinoa_1 cup
- Refried beans, low-fat_1 cup
- Rice, brown or wild_1 cup
- Sweet potato_1 medium
- Tortillas, corn_3
- Tortilla, whole wheat_1 large
- Waffles, whole wheat_2
- Wheat berries_1 cup

DAIRY PRODUCTS

4

each serving =120 cal.

- 1-1/2 oz_Cheese, low-fat
- 1 cup_Cottage cheese, 1%
- 1-1/2 oz_Feta cheese
- 1-1/2 oz_Goat cheese, semisoft
- 1-1/2 oz_Mozzarella, part skim
- 3 oz_Parmesan cheese
- Skim milk_8 oz
- Soy cheese_1-1/2 oz
- Soy milk_8 oz
- Yogurt, nonfat fruit-flavored_8 oz
- Yogurt, nonfat plain_8 oz



FRUITS

5

each serving =100 cal.

1 medium_ *Apple*
1 cup_ *Apricots*
1 medium_ *Banana*
1/4 medium _*Cantaloupe*
1 cup_ *Cherries*
1 oz_ *Dried fruit*
6 oz_ *Fresh-squeezed juice*
1 medium_ *Grapefruit*
1 cup_ *Grapes*
1 cup_ *Kiwi*
*Mango*_1/2 medium
*Nectarine*_1 medium
*Orange*_1 large
*Papaya*_1/2 medium
*Peach*_1 medium
*Pear*_1 medium
*Raspberries, blueberries, blackberries*_1 cup
*Strawberries, sliced*_2 cups
Tangerine _1 medium
*Watermelon*_1 cup

VEGETABLES

6

Each serving = 50 calories
1 cup= cooked vegetables
vegetable juice
or vegetable soup
2 cups = leafy greens

Asparagus
Beets
Bok choy
Broccoli
Brussels sprouts
Cabbage
Carrots
Cauliflower
Celery
Collard greens
Cucumber
Eggplant
Kale
Lettuce
Marinara sauce
Mushrooms
Peas
Peppers
Spinach
Sprouts
Squash (summer or winter)
String beans
Tomatoes
V-8® juice, low-salt
Vegetable soup, etc

CONDIMENTS

7

each serving =2 tbsp = 50 cal.

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

SNACKS

8

single serving =100 cal.
double serving =200 cal.

Single	Double
8 oz_ *Cottage cheese, 1%*	*Cheese , low-fat*_1 oz *with crackers*_6
1 oz_ *Dried fruit*	*Cottage cheese, 1%*_12 oz
1/2_ *P90X Peak Performance Protein Bar*	*Hummus* _4 tbsp *with carrot sticks*
1 tbsp _*Peanut butter with celery sticks*	*Nuts* _1 oz
3 cups_ *Popcorn, lite*	*P90X Peak Performance Protein Bar*_1
1 large_ *Pretzel, sourdough*	*P90X Peak Recovery Formula*_12-16 oz
2 oz_ *Soy nuts*	*Soy nuts*_4 oz
1-1/2 oz_ *String cheese*	*String cheese*_3 oz
1 oz_ *Turkey jerky*	*Turkey jerky*_2 oz
8 oz_ *Yogurt, nonfat plain*	*Yogurt, nonfat fruit-flavored*_8 oz

MARKET LIST

ALL LEVELS PHASE 2

DAIRY

1

Cheddar cheese,low-fat
Cottage cheese,1%
Eggs
Feta cheese, low-fat
Mozzarella, part skim
Parmesan cheese, fat-free
Ricotta cheese, low-fat
Skim milk
Yogurt, nonfat fruit-flavored
Yogurt, nonfat plain

MEAT POULTRY SOY

2

Beef, ground, extra lean
Beef tenderloin fillet
Chicken breast halves, skinless, boneless
Ham, fat-free
Pork tenderloin, sliced
Protein powder
Turkey breast, ground

SEAFOOD

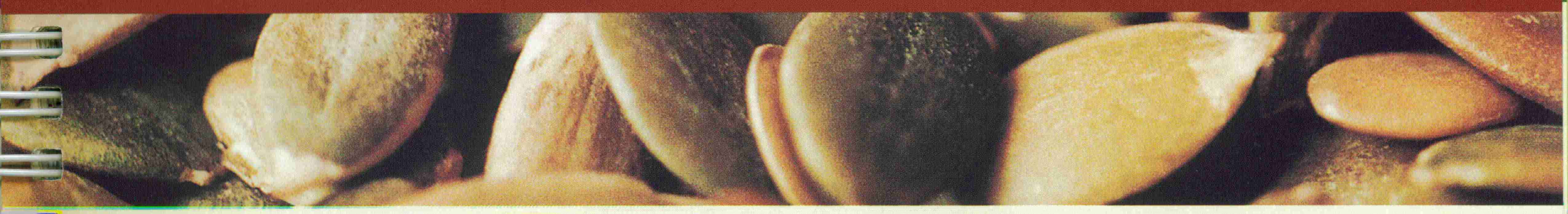
3

Ahi tuna steaks
Albacore tuna, canned
Shrimp, raw, medium-size

VEGETABLES

4

Artichoke
Arugula
Asparagus
Avocado
Basil, fresh
Carrots
Celery
Cilantro, fresh
Corn
Cucumber
Garlic
Ginger, fresh
Italian parsley, fresh
Jalapeño peppers
Lettuce (iceberg, romaine, butter, red leaf, etc.)
Mushrooms, Portobello
Mushrooms, white
Onion,brown
Onion, green
Onion, red
Pepper, green
Pepper, red
Pepper, yellow
Potatoes
Soybeans
Spinach leaves
Sprouts
Tomatoes, cherry
Tomatoes, Roma
Water chestnuts, canned
Zucchini



FRUIT

5

Apples, green
Bananas
Blueberries
Cantaloupe
Grapes
Honeydew
Lemons
Lemon juice
Lime juice
Nectarines
Oranges
Orange juice, fresh
Papayas
Peaches
Pears
Pear nectar
Raisins
Raspberries
Strawberries

BREADS GRAINS LEGUMES

6

Bagels, whole wheat
Beans, white
Bread, whole wheat
Breadcrumbs, sourdough
Couscous, wheat
Crackers, rice
Crackers, wheat
Croutons, sourdough
Flour, all purpose
Flour, whole wheat
Granola, low-fat
Oatmeal
Pasta, whole grain
Pita, whole wheat
Rice, brown
Rice, wild
Roll, whole grain
Tortillas, whole wheat
Waffles, whole wheat
Wheat berries

CONDIMENTS

7

Anchovy paste
Baking powder
Brown sugar
Chicken broth, defatted, low-sodium
Dijon mustard
Maple syrup, low-sugar
Marinara sauce, low-fat, low-sodium
Mayonnaise, nonfat
Olive oil
Peanut butter, reduced-fat
Sesame oil, dark
Sour cream, lite
Soy sauce, low-sodium
Sugar
Vegetable oil
Vinegar, balsamic
Vinegar, red wine
Vinegar, rice
Worcestershire sauce

SEASONINGS

8

Black pepper, ground
Nutmeg, ground
Peppercorns, crushed
Salt
Sesame seeds

SNACKS

9

Dried fruit (apricots, pears, raisins)
Hummus, low-fat
Popcorn, lite
Pretzels, sourdough
Soy nuts
String cheese, part skim
Tortilla chips, low-fat
Turkey jerky

MEAL PLAN

LEVEL I 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	8 oz_ Cottage cheese, 1%	6 oz_ Extra-lean burger patty 1-1/2 oz_ Low-fat melted cheese 2 cups_ Salad greens w/cucumber and tomatoes 2 tbsp_ Dressing (your choice) 1/2 cup_ Fresh berries
DAY 2	1_ Whole wheat bagel 8 oz_ Cottage cheese, 1% 1_ Orange, medium	1_ Protein bar 1_ Recovery drink	1_ Grilled Chicken Burrito	1 oz_ Turkey jerky	6 oz_ Halibut 2 tbsp_ Sauce (your choice) 1_ Artichoke, medium
DAY 3	1_ Pear & Granola Muffin 8 oz_ Nonfat yogurt 1 cup_ Strawberries, sliced	1_ Protein bar 1_ Recovery drink	Tuna Roll-up: 6 oz_ Tuna Salad (see Phase 1 recipes) 1_ Whole wheat tortilla 1/4 cup_ Sprouts and diced tomatoes	8 oz_ Cottage cheese, 1%	6 oz_ Chicken breast 2 tbsp_ Sauce (your choice) 2 cups_ Mushroom, zucchini, and onion sauté 3 oz_ Grated Parmesan cheese
DAY 4	1_ Protein Shake (see Phase 1 recipes)	1_ Protein bar 1_ Recovery drink	Turkey Breast Sandwich: 6 oz_ Fat-free turkey breast 2 slices_ Whole wheat toast 1 leaf_ Lettuce 2 slices_ Tomato	8 oz_ Nonfat plain yogurt	6 oz_ Salmon 2 tbsp_ Green Apple Salsa 1 cup_ Asparagus 2 cups_ Salad greens 2 tbsp_ Dressing (your choice)
DAY 5	2_ Whole wheat waffles 1/2_ Banana, medium 2 tbsp_ Low-sugar maple syrup 8 oz_ Skim milk	1_ Protein bar 1_ Recovery drink	1_ Chicken Pita	1 oz_ Turkey jerky	6 oz_ Grilled Ahi Tuna Salad 2 tbsp_ Lime-Soy Vinaigrette
DAY 6	6_ Egg whites 1_ Breakfast Potatoes 8 oz_ Cottage cheese, 1% 6 oz_ Fresh-squeezed juice	1_ Protein bar 1_ Recovery drink	1_ White Bean & Tuna Salad	1 tbsp_ Peanut butter w/ celery sticks	6 oz_ Italian Meatloaf 2 cups_ Spinach & romaine salad 1-1/2 oz_ Mozzarella cheese, cubed 2 tbsp_ Dressing (your choice)
DAY 7	3_ Pancakes, 3.6 oz 2 tbsp_ Low-sugar maple syrup 1 cup_ Blueberries 8 oz_ Skim milk 1 tbsp_ Protein powder	1_ Protein bar 1_ Recovery drink	1_ Chicken Caesar Salad 2 tbsp_ Caesar Dressing	1-1/2oz_ String cheese	6 oz_ Filet mignon 2 tbsp_ Peat & Peppercorn Sauce 1 cup_ Portobello mushrooms

MEAL PLAN

LEVEL II PHASE 2

_Recipe included

DAY	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
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
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
3	1_ Pear & 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
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)
5	2_ Whole wheat waffles 1/2_ Banana, medium 3 tbsp_ Low-sugat 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
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 & Tuna Salad	1 tbsp_ Peanut butter w/ celery sticks 1 oz_ Dried fruit	9 oz_ Italian Meatloaf 1_ Baked potato, medium 3 cups_ Spinach & romaine salad 3 oz_ Mozzarella cheese, cubed 3 tbsp_ Dressing (your choice)
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 popcotn	9 oz_ Filet mignon 3 tbsp_ Pear & Peppercorn Sauce 1 cup_ Portobello mushrooms 1 cup_ Wild rice

MEAL PLAN

LEVEL III 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 cup_ Melon	1 oz_ Low-fat cheese w/ 6_ Crackers 1_ Sourdough pretzel	12 oz_ Extra-lean burger patty 3 oz_ Low-fat melted cheese 1_ Baked potato, medium 4 cups_ Salad greens w/ cucumber and tomatoes 4 tbsp_ Dressing (your choice) 1/2 cup_ Fresh berries
DAY 2	1_ Whole wheat bagel 8 oz_ Cottage cheese, 1% 1_ Orange, medium	1_ Protein bar 1_ Recovery drink	1_ Grilled Chicken Burrito ▬ 2 cups_ Gazpacho ▬ (see Phase 1 recipes)	4 tbsp_ Hummus w/ carrot sticks 4 oz_ Turkey jerky	12 oz_ Halibut 4 tbsp_ Sauce (your choice) 1_ Artichoke, medium 1 cup_ Wheat berries 1_ Nectarine, medium
DAY 3	1_ Pear & Granola Muffin ▬ 8 oz_ Nonfat yogurt 1 cup_ Strawberries, sliced	1_ Protein bar 1_ Recovery drink	Tuna Roll-up: 12 oz_ Tuna Salad ▬ (see Phase 1 recipes) 1_ Whole-wheat tortilla 1/4 cup_ Sprouts and diced tomatoes 1_ Peach, medium	1 oz_ Almonds 3 cups_ Lite popcorn	12 oz_ Chicken breast 4 tbsp_ Sauce (your choice) 2 cups_ Mushoroon, zucchini, and onion sauté 9 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: 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)	8 oz_ Nonfat fruit-flavored yogurt 3 cups_ Lite popcorn	12 oz_ Salmon 4 tbsp_ Green Apple Salsa ▬ 1 cup_ Asparagus 1_ Baked potato, medium 4 cups_ Salad greens 4 tbsp_ Dressing (your choice)
DAY 5	2_ Whole wheat waffles 1/2_ Banana, medium 4 tbsp_ Low-sugar maple syrup 8 oz_ Skim milk	1_ Protein bar 1_ Recovery drink	1_ Chicken Pita ▬ 1 cup_ Grapes	2 oz_ Soy nuts 2 oz_ Turkey jerky	12 oz_ Grilled Ahi Tuna Salad ▬ 4 tbsp_ Lime-Soy Vinaigrette ▬ 1_ Whole-grain roll
DAY 6	6_ Egg whites 1_ Bteakfast Potatoes ▬ 8 oz_ Cottage cheese, 1% 6 oz_ Fresh-squeezed juice	1_ Protein bar 1_ Recovery drink	1_ White Bean & Tuna Salad ▬	8 oz_ Nonfat fruit-flavored yogurt 1 tbsp_ Peanut butter w/ celery sticks	12 oz_ Italian Meatloaf ▬ 1_ Baked potato, medium 4 cups_ Spinach & romaine salad 3 oz_ Mozzarella cheese, cubed 4 tbsp_ Dressing (your choice)
DAY 7	3_ Pancakes, 3.6 oz 4 tbsp_ Low-sugar maple syrup 1 cup_ Blueberries 8 oz_ Skim milk 1 tbsp_ Protein powder	1_ Protein bar 1_ Recovery drink	1_ Chicken Caesar Salad ▬ 4 tbsp_ Caesar Dressing ▬ 1 cup_ Strawberries, sliced	1 oz_ Low-fat cheese, w/ 6_ Crackers 1_ Sourdough pretzel	12 oz_ Filet mignon 4 tbsp_ Pear & Peppercorn Sauce ▬ 1 cup_ Portobello mushrooms 1 cup_ Wild rice

2

P90X Meal Plan Recipes: Phase 2



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. Mouth-watering muffins, mestloaf, and filet mignon are just a few of the appetizing dishes you'll fird. There's also a variety of salads to keep it light at lunchtime.

CAESAR DRESSING

per serving:

3 tablespoons lemon juice
2 tablespoons red wine vinegar
1 teaspoon olive oil
2 tesapoons anchovy paste
1 teaspoon black pepper
1-1/2 tablespoons garlic, minced
1-1/2 teaspoons Worcestershire sauce
1/4 cup Parmesan cheese
6 ounces nonfat ricotta cheese
1 tablespoon nonfat mayonnaise
1 tablespoon balsamic vinegar

43 Calories (kcal)
2 g Total Fat
(30% calories from fat)
5 g Protein
3 g Carbohydrate
5 mg Cholesterol
121 mg Sodium

Serves 8 (yields 1 cup)

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:

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

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

Serves 16 (yields 2 cups)

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
1/2 cup cucumber, chopped
1/2 cup corn kernels, chopped
1/2 cup red bell pepper, chopped
1/4 cup green onions, chopped
1/4 cup red onion, chopped
2-1/2 tablespoons fresh cilantro, chopped
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

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

Serves 16 (yields 4-1/2 cups)

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 & PEPPERCORN SAUCE

per serving:

1 cup orange juice
1 tablespoon flour
2 medium pears
1 tablespoon Dijon mustard
1 teaspoon peppercorn, crushed
1/4 teaspoon ground nutmeg

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

Serves 8 (yields 1 cup)

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, peppercorn, 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 comdiments

PEAR & GRANOLA MUFFIN

per serving:

3/4 cup canned pear nectar
2 egg whites
2 tablespoons vegetable oil
1 tablespoon lemon juice
1 teaspoon lemon peel, grated
1 cup whole wheat flour
1 cup all-purpose flour
2/3 cup brown sugar, packed
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

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

Serves 10

1. Preheat oven to 350 degrees.
2. Whisk together first 5 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
2 mushrooms, chopped
1 tablespoon onion, chopped
1/4 teaspoon garlic salt

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

Serves 1

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
1/2vegetable, 1 fat

LEVEL II
1/2vegetable, 1 fat

LEVEL III
1/2 vegetable, 1 fat

GHICKEN 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

Serves 1

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,
1 vegetable, 1 dairy

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
spueeze 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

Serves 1

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 II

3 protein, 1 carbohydrate,
1 vegetable, 1 dairy

CHICKEN PITA - LEVEL III

per serving:

12 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

677 Calories (kcal)
15 g Total Fat
(20% calories from fat)
92 g Protein
41 g Carbohydrate
235 mg Cholesterol
1041 mg Sodium

Serves 1

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 III

4 protein, 1 carbohydrate,
1 vegetable, 1 dairy

SHRIMP PASTA POMODORO - LEVEL I

per serving:

1 tablespoon olive oil
1 tablespoon garlic, chopped
2 tablespoons fat-free chicken broth, low sodium
1/2 cup tomato, peeled and diced
2 ounces whole wheat pasta
6 ounces medium shrimp, uncooked
2 tablespoons basil leaves, chopped

531 Calories (kcal)
17 g Total Fat
(28% calories from fat)
45 g Protein
51 g Carbohydrate
259 mg Cholesterol
328 mg Sodium

Serves 1

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 is opaque. Add basil and toss shrimp mixture with cooked pasta.

LEVEL I

2 protein, 1 carbohydrate,
1 vegetable, 1 fat

SHRIMP PASTA POMODORO - LEVEL II

per serving:

1 tablespoon olive oil
1 tablespoon garlic, chopped
2 tablespoons fat-free chicken broth, low sodium
1/2 cup tomato, peeled and diced
2 ounces whole wheat pasta
9 ounces medium shrimp, uncooked
2 tablespoons basil leaves, chopped

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

Serves 1

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 is opaque. Add basil and toss shrimp mixture with cooked pasta.

LEVEL II

3 protein, 1 carbohydrate,
1 vegetable, 1 fat

SHRIMP PASTA POMODORO - LEVEL III

per serving:

1 tablespoon olive oil
1 tablespoon garlic, chopped
2 tablespoons fat-free chicken broth, low sodium
1/2 cup tomato, peeled and diced
2 ounces whole wheat pasta
12 ounces medium shrimp, uncooked
2 tablespoons basil leaves, chopped

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

Serves 1

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 is opaque. Add basil and toss shrimp mixture with cooked pasta.

LEVEL III

4 protein, 1 carbohydrate,
1 vegetable, 1 fat

CHICKEN CAESAR SALAD - LEVEL I

per serving:

6 ounces boneless, skinless chicken breast
2 cups romaine lettuce, chopped
Caesar dressing (see recipe)
1-1/2 ounces low-fat 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
1120 mg Sodium

Serves 1

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

CHICKEN CAESAR SALAD - LEVEL II

per serving:

9 ounces boneless, skinless chicken breast
3 cups romaine lettuce, chopped
Caesar dressing (see recipe)
1-1/2 ounces low-fat 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
1180 mg Sodium

Serves 1

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 II

3 protein, 1 carbohydrate,
1 vegetable, 1 fat

CHICKEN CAESAR SALAD - LEVEL III

per serving:

12 ounces boneless, skinless chicken breast
4 cups romaine lettuce, chopped
Caesar dressing (see recipe)
1-1/2 ounces low-fat Parmesan cheesen grated
1 cup low-fat croutons

722 Calories (kcal)
19 g Total Fat
(24% calories from fat)
103 g Protein
29 g Carbohydrate
231 mg Cholesterol
1240 mg Sodium

Serves 1

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 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
2 tablespoons cilantro, chopped
2 tablespoons red onion, chopped
1/2 cup iceberg lettuce, shredded
1/8 avocado
1 tablespoon low-fat sour cream
1 whole wheat tortilla

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

Serves 1

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

GRILLED CHICKEN BURRITO - LEVEL II

per serving:

9 ounces boneless, skinless chicken breast
1/2 cup tomatoes,chopped
2 tablespoons cilantro, chopped
2 tablespoons red onion, chopped
1/2 cup iceberg lettuce, shredded
1/8 avocado
1 tablespoon low-fat sour cream
1 whole wheat tortilla

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

Serves 1

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 II

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

GRILLED CHICKEN BURRITO - LEVEL III

per serving:

12 ounces boneless, skinless chicken breast
1/2 cup tomatoes, chopped
2 tablespoons cilantro, chopped
2 tablespoons red onion, chopped
1/2 cup iceberg lettuce, shredded
1/8 avocado
1 tablespoon low-fat sour cream
1 whole wheat tortilla

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

Serves 1

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 III

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

WHITE BEAN& TUNA SALAD - LEVEL I

per serving:

6 ounces canned tuna,in water
1 cup white beans, cooked
1/2 cup green pepper
1/2 cup yellow pepper
2 tablespoons green onion
2 tablespoons parsley
dash white pepper
1 tablespoon lemon juice
1 tablespoons lemon zest
1 teaspoon olive oil

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

Serves 1

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

WHITE BEAN & TUNA SALAD - LEVEL II

per serving:

9 ounces canned tuna, in water
1 cup white beans, cooked
3/4 cup green pepper
3/4 cup yellow pepper
3 tablespoons green onion
3 tablespoons parsley
dash white pepper
2 tablespoons lemon juice
2 tablespoons lemon zest
2 teaspoons olive oil

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

Serves 1

1. Place all ingredients in a glass bowl and mix thoroughly.

2. Drizzle lightly with olive oil.

LEVEL II

3 protein, 1 carbohydrate,
1 vegetable, 1 fat

WHITE BEAN & TUNA SALAD - LEVEL III

12 ounces canned tuna, in water
1 cup white beans, cooked
1 cup green pepper
1 cup yellow pepper
4 tablespoons green onion
3 tablespoons parsley
dash white pepper
3 tablespoons lemon juice
3 tablespoons lemon zest
2 tablespoon olive oil

per serving:

936 Calories (kcal)
18 g Total Fat
(27% calories from fat)
110 g Protein
86 g Carbohydrate
102 mg Cholesterol
1181 mg Sodium

Serves 1

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

LEVEL III
4 protein, 1 carbohydrate
1 vegetable, 1 fat

ITALIAN MEATLOAF - LEVEL I

per serving:

1/2 cup onions, diced
2 tablespoons fat-free chicken broth, low sodium
2 tablespoons minced garlic
1-1/2 pounds ground turkey breast
1/2 cup sourdough breadcrumbs
1/2 cup + 2 tablespoons low-sodium, low-fat marinara sauce
2 tablespoons fresh basil, chopped
2 tablespoons Italian parsley, chopped

297 Calories (kcal)
3 g Total Fat
(8% calories from fat)
45 g Protein
20 g Carbohydrate
106 mg Cholesterol
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, breadcrumbs, 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

ITALIAN MEATLOAF - LEVEL II

per serving:

1/2 cup onions, diced
2 tablespoons fat-free chicken broth, low sodium
2 tablespoons minced garlic
1-1/2 pounds ground turkey breast
1/2 cup sourdough breadcrumbs
1/2 cup + 2 tablespoons low-sodium, low-fat marinara sauce
2 tablespoons fresh basil, chopped
2 tablespoons Italian parsley, chopped

396 Calories (kcal)
4 g Total Fat
(8% calories from fat)
60 g Protein
26 g Carbohydrate
141 mg Cholesterol
546 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, breadcrumbs, 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 II

3 slices (9 ounces)
3 protein, 1 vegetable

ITALIAN MEATLOAF - LEVEL III

per serving:

1/2 cup onions, diced
2 tablespoons fat-free chicken broth, low sodium
2 tablespoons minced garlic
1-1/2 pounds ground turkey breast
1/2 cup sourdough breadcrumbs
1/2 cup + 2 tablespoons low-sodium, low-fat marinara sauce
2 tablespoons fresh basil, chopped
2 tablespoons Italian parsley, chopped

594 Calories (kcal)
5 g Total Fat
(8% calories from fat)
91 g Protein
40 g Carbohydrate
211 mg Cholesterol
819 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, breadcrumbs, 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 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
2 tablespoons soybeans
1/4 cup canned water chestnuts, drained
1/2 cup papaya, cubed
1 teaspoon sesame seeds
Lime-soy vinaigrette (see recipe)

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

Serves 1

1. Grill tuna for 2 to 4 minutes on esch side, depending on your preference for doneness.
2. Slice into portion-size pieces.
3. Arrange the arugula leaves on 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

GRILLED AHI TUNA SALAD - LEVEL II

per serving:

9 ounces yellowfin tuna (ahi)
3 cups arugula leaves
2 tablespoons soybeans
1/4 cup canned water chestnuts, drained
1/2 cup papaya, cubed
1 teaspoon sesame seeds
Lime-soy vinaigrette (see recipe)

449 Calories (kcal)
9 g Total Fat
(17% calories from fat)
71 g Protein
21 g Carbohydrate
115 mg Cholesterol
116 mg Sodium

Serves 1

1. Grill tuna for 2 to 4 minutes on esch side, depending on your preference for doneness.
2. Slice into portion-size pieces.
3. Arrange the arugula leaves on 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 II

3 protein, 1/2 fruit, 1 vegetable

GRILLED AHI TUNA SALAD - LEVEL III

per serving:

12 ounces yellowfin tuna (ahi)
4 cups arugula leaves
2 tablespoons soybeans
1/4 cup canned water chestnuts, drained
1/2 cup papaya, cubed
1 teaspoon sesame seeds
Lime-soy vinaigrette (see recipe)

546 Calories (kcal)
10 g Total Fat
(16% calories from fat)
91 g Protein
22 g Carbohydrate
153 mg Cholesterol
153 mg Sodium

Serves 1

1. Grill tuna for 2 to 4 minutes on esch side, depending on your preference for doneness.
2. Slice into portion-size pieces.
3. Arrange the arugula leaves on 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 III

4 protein, 1/2 fruit, 2 vegetable



PHASE 3: ENDURANCE MAXIMIZER

Anaerobic exercise burns calories at a hugely accelerated rate, and P90X keeps you anaerobic for large chunks of time. In order to stay energized throughout this final phase, you are going to need a lot of fuel, meaning carbs. With the proper amount of fuel you'll be able to work out much harder and, in turn, burn more calories and cause more extensive muscular breakdown, leading to greater fitness.So your diet will now be primarily carbs for fuel, with enough protein and fat to keep your muscles recovering quickly and everything running smoothly. Congratulations, you are now eating like an athlete!

MEAL PLAN

LEVEL II PHASE 3

_Recipe included

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
DAY 1	1_ Blueberry Muffin 8 oz_ Nonfat plain yogurt 1 cup_ Berries	1_ Recovery drink	1_ Veggie burger 1_ Whole grain bun 3 cups_ Salad greens 3 tbsp_ Dressing (your choice) 1 cup_ Melon	1 oz_ Almonds 1-1/2 oz_ String cheese	9 oz_ Chicken 3 tbsp_ Apricot Sauce 1_ Baked yam, medium 1 cup_ Green beans, steamed 3 cups_ Salad greens 3 tbsp_ Dressing (your choice) 1/4_ Mango
DAY 2	3_ Whole grain waffles 2 tbsp_ Peanut butter 8 oz_ Skim milk 1_ Banana, medium	1_ Recovery drink	1_ Pasta Salad 1 cup_ Melon	1 oz_ Low-fat tortilla chips w/ 4 tbsp_ Bean dip 1_ Medium fruit	9 oz_ Halibut 3 tbsp_ Mustard Cream Sauce 1 cup_ Brown rice 3 cups_ Spinach, steamed 1_ Peach, medium
DAY 3	1_ Whole grain roll 1/2 cup_ Low-fat ricotta cheese 4 slices_ Roma tomato drizzle_ Olive oil 1 cup_ Cantaloupe	1_ Recovery drink	2 cups_ Black & White Bean Chili 3 cups_ Salad greens 3 tbsp_ Dressing (your choice) 1 cup_ Grapes	3 cups_ Lite popcorn 8 oz_ Nonfat fruit-flavored yogurt	9 oz_ Flank steak, grilled 3 tbsp_ Steak sauce 1_ Baked potato, medium 2 cups_ Onion, zucchini, and stewed tomato sauté 1_ Nectarine, medium
DAY 4	1/2 cup_ Low-fat granola 8 oz_ Nonfat plain yogurt 1 cup_ Strawberries, sliced	1_ Recovery drink	2_ Stuffed Baked Potatoes 3 cups_ Salad greens 3 tbsp_ Dressing (your choice) 1_ Ojange, medium	1 oz_ Pita chips w/ 4 tbsp_ Hummus w/ carrot sticks	9 oz_ Mediterranean Shrimp Kebabs 1 cup_ White rice 3 cups_ Salad greens 3 tbsp_ Dressing (your choice) 1 cup_ Melon
DAY 5	3_ Oatmeal Pancakes 3 tbsp_ Low-sugat maple syrup 1 cup_ Applesauce 8 oz_ Skim milk	1_ Recovery drink	1_ Grilled Veggie Focaccia 1 cup_ Tabouli salad 1_ Peach, medium	8 oz_ Fruit sorbet 1-1/2 oz_ String cheese 6_ Crackers	9 oz_ Chicken 3 tbsp_ Barbecue Sauce 1 cup_ Nonfat baked beans 3 cups_ Salad greens 3 tbsp_ Dressing (your choice) 1 cup_ Fruit salad
DAY 6	8 oz_ Cottage cheese, 1% 1 cup_ Pineapple chunks, in water 2 slices_ Whole wheat toast 3 tsp_ Pure fruit jam	1_ Recovery drink	1_ Spicy Chinese Noodles 3 cups_ Salad greens 3 tbsp_ Dressing (your choice) 1 cup_ Fruit salad	1 oz_ Almonds 1 oz_ Dried fruit 8 oz_ Nonfat plain yogurt	9 oz_ Salmon 3 tbsp_ Dijonnaise Sauce 1 cup_ Quinoa 1 cup_ Broccoli, steamed 1 cup_ Grapes
DAY 7	1_ Whole wheat bagel 2 tbsp_ Fat-free cream cheese 8 oz_ Nonfat plain yogurt 1 cup_ Berries	1_ Recovery drink	1_ Vegetarian Tostada 1 cup_ Fruit salad	1 oz_ Cashwes 1 oz_ Dried fruit	9 oz_ Pork Chop with Apple & Sweet Potato 1 cup_ Peas 3 cups_ Salad greens 3 tbsp_ Dressing (your choice)

MEAL PLAN

LEVEL III PHASE 3

_ = Recipe included

DAY	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
1	1_ Blueberry Muffin 8 oz_ Nonfat plain yogurt 1 cup_ Berries 1/2 cup_ Low-fat granola	1_ Recovery drink	1_ Veggle burger 1_ Whole grain bun 4 cups_ Salad greens 4 tbsp_ Dressing (your choice) 1 cup_ Melon	1 oz_ Almonds 1 oz_ Dried fruit 8 oz_ Nonfat frozen yogurt	12 oz_ Chicken 4 tbsp_ Apricot Sauce 1_ Baked yam, medium 1 cup_ Green beans, steamed 4 cups_ Salad greens 4 tbsp_ Dressing (your choice) 1/4_ Mango
2	4_ Whole grain waffles 2 tbsp_ Peanut butter 8 oz_ Skim milk 1_ Banana, medium	1_ Recovery drink	1_ Pasta Salad 1 cup_ Melon	1 oz_ Low-fat tortilla chips w/ 4 tbsp_ Bean dip 1_ Frozen fruit bar	12 oz_ Halibut 4 tbsp_ Mustard Cream Sauce 1 cup_ Brown rice 3 cups_ Spinach, steamed 1_ Peach, medium
3	1_ Whole grain roll 1/2 cup_ Low-fat ricotta cheese 4 slices_ Roma tomato drizzle_ Olive oil 1 cup_ Cantaloupe	1_ Recovery drink	2 cups_ Black & White Bean Chili 4 cups_ Salad greens 4 tbsp_ Dressing (your choice) 1 cup_ Grapes 6_ Crackers	3 cups_ Lite popcorn 8 oz_ Nonfat fruit-flavored yogurt 2 oz_ Soy nuts	12 oz_ Flank steak, grilled 4 tbsp_ Steak sauce 1_ Baked potato, medium 2 cups_ Onion, zucchini, and stewed tomato sauté 1_ Nectarine, medium
4	1 cup_ Low-fat granola 8 oz_ Nonfat plain yogurt 1 cup_ Strawberries, sliced	1_ Recovery drink	2_ Stuffed Baked Potatoes 4 cups_ Salad greens 4 tbsp_ Dressing (your choice) 1_ Orange, medium	1 oz_ Pita chips 4 tbsp_ Hummus w/ carrots 1 oz_ Dried fruit	12 oz_ Mediterranean Shrimp Kebabs 1 cup_ White rice 4 cups_ Salad greens 4 tbsp_ Dressing (your choice) 1 cup_ Melon
5	4_ Oatmeal Pancakes 4 tbsp_ Low-sugar maple syrup 1 cup_ Applesauce 8 oz_ Skim milk	1_ Recovery drink	1_ Grilled Veggie Focaccia 1 cup_ Tabouli salad 1_ Peach, medium	8 oz_ Fruit sorbet 1-1/2 oz_ String cheese w/ 6_ Crackers 3 cups_ Lite popcorn	12 oz_ Chicken 4 tbsp_ Barbecue Sauce 1 cup_ Nonfat baked beans 4 cups_ Salad greens 4 tbsp_ Dressing (your choice) 1 cup_ Fruit salad
6	8 oz_ Cottage cheese, 1% 1 cup_ Pineapple chunks, in water 4 slices_ Whole wheat toast 3 tsp_ Pure fruit jam	1_ Recovery drink	1_ Spicy Chinese Noodles 4 cups_ Salad greens 4 tbsp_ Dressing (your choice) 1 cup_ Fruit salad	1_ Sourdough pretzel 8 oz_ Frozen yogurt 1_ Fruit, medium	12 oz_ Salmon 4 tbsp_ Dijonnaise Sauce 1 cup_ Quinoa 1 cup_ Broccoli, steamed 1 cup_ Grapes
7	1_ Whole wheat bagel 2 tbsp_ Fat-free cream cheese 8 oz_ Nonfat plain yogurt 1 cup_ Berries 1/2 cup_ Low-fat granola	1_ Recovery drink	1_ Vegetarian Tostada 1 cup_ Fruit salad	1 oz_ Cashews 1 oz_ Dried fruit 1_ Sourdough pretzel	12 oz_ Pork Chop with Apple & Sweet Potato 1 cup_ Peas 4 cups_ Salad greens 4 tbsp_ Dressing (your choice)

P90X Meal Plan Recipes: Phase 3



If you've been craving those traditional carb favprites 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.

GENERAL GUIDELINES

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 (yields 1 cup)

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 (yields 1 cup)

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
1-1/4 cups sweet vermouth
1/2 teaspoon arrowroot
1/2 cup evaporated skim milk
1/4 cup Dijon mustard
1/2 teaspoon salt
dash white pepper
1 tablespoon chopped chives, for garnish

43 Calories (kcal)
trace Total Fat
(6% calories from fat)
2 g Protein
4 g Carbohydrate
trace Cholesterol
164 mg Sodium

Serves 8 (yields 1 cup)

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 reduce to 3/4 cup.

4. Dissolve the arrowroot in a small amount of cold water and add to the pan. Stir untiol slightly thickened.

5. Transfer the sauce to a blender, Add the evapotated 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
2 tablespoons Worcestershire sauce
2 tablespoons red wine vinegar
2 teaspoons stone-ground mustard
1 teaspoon dark brown sugar
dash cayenne pepper
2-1/2 teaspoons garlic, crushed

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

Yields 1 cup

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
1 cup powdered fructose
3/4 cup low-fat buttermilk
3 egg whites
1 cup thawed frozen blueberries, reserving juice

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

Serves 12 (yields 12 muffins)

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 - LEVEL I

per serving:

1/2 cup quick-cooking oats
1/2 cup low-fat buttermilk
1/2 cup skim milk
2 egg whites
1 tablespoon canola oil
2 tablespoons brown sugar, packed
1/2 teaspoon salt, or to taste
1 teaspoon baking powder
1/2 cup whole wheat flour
1/2 cup all-purpose flour
1 teaspoon cinnamon
1/2 teaspoon baking soda

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

Serves 4 (yields twelve 3-inch pancakes)

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

OATMEAL PANCAKES - LEVEL II

per serving:

1/2 cup quick-cooking oats
1/2 cup low-fat buttermilk
1/2 cup skim milk
2 egg whites
1 tablespoon canola oil
2 tablespoons brown sugar, packed
1/2 teaspoon salt, or to taste
1 teaspoon baking powder
1/2 cup whole wheat flour
1/2 cup all-purpose flour
1 teaspoon cinnamon
1/2 teaspoon baking soda

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

Serves 4 (yields twelve 3-inch pancakes)

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 II

3 pancakes
1 carbohydrate

OATMEAL PANCAKES - LEVEL III

per serving:

1/2 cup quick-cooking oats
1/2 cup low-fat buttermilk
1/2 cup skim milk
2 egg whites
1 tablespoon canola oil
2 tablespoons brown sugar, packed
1/2 teaspoon salt, or to taste
1 teaspoon baking powder
1/2 cup whole wheat flour
1/2 cup all-purpose flour
1 teaspoon cinnamon
1/2 teaspoon baking soda

304 Calories (kcal)
6 g Total Fat
(19% calories from fat)
12 g Protein
50 g Carbohydrate
2 mg Cholesterol
624 mg Sodium

Serves 3 (yields twelve 3-inch pancakes)

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 III

4 pancakes
1 carbohydrate

BLACK & WHITE BEAN CHILI

per serving:

1 teaspoon canola oil
1 cup onion, diced
2 cups fat-free chicken broth, low sodium
6 ounces canned tomato paste
4 ounces green chilies, chopped
1 teaspoon cumin
16 ounces canned black beans, drained and rinsed
16 ounces cannad navy beans, drained and rinsed

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

Yields 6 cups

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
1 large zucchini, sliced thin
1 large yellow squash, sliced thin
1-1/2 ounces part-skim mozzarella cheese
2 slices Italian focaccia bread

284 Calories (kcal)
9 g Total Fat
(28% calories from fat)
19 g Protein
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
10 ounces frozen chopped spinach
1/2 cup broccoli
1 tablespoon scallions, finely chopped
1-1/2 ounces low-fat cheddar cheese
dash salt
dash pepper
dash garlic powder

291 Calories (kcal)
4 g Total Fat
(12% calories from fat)
23 g Protein
46 g Carbohydrate
9 mg Cholesterol
505 mg Sodium

Serves 1 (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, scallions, 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 catbohydrate, 1 vegetable, 1 dairy

LEVEL II
2 potatoes
2 catbohydrate, 2 vegetable, 2 dairy

LEVEL III
2 potatoes
2 catbohydrate, 2 vegetable, 2 dairy

PASTA SALAD - LEVEL I

per serving:

2 ounces pasta
1 cup broccoli florets, steamed
2 whole scallions, sliced
1 tablespoon olive oil
1 cup cherry tomatoes, halved
1/2 teaspoon fresh basil
1/4 teaspoon garlic powder
1 ounce fat-free Parmesan cheese, grated

453 Calories (kcal)
15 g Total Fat
(29% calories from fat)
20 g Protein
63 g Carbohydrate
23 mg Cholesterol
242 mg Sodium

Serves 1

1. Cook the pasta according to the directions on the package. Drain.
2. While pasta cooks, steam the broccoli and chop the scallions.
3. Combine the cooked pasta, broccoli, scallions, 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

PASTA SALAD - LEVEL II

per serving:

3 ounces pasta
1 cup broccoli florets, steamed
2 whole scallions, sliced
1-1/2 tablespoons olive oil
1 cup cherry tomatoes, halved
1/2 teaspoon fresh basil
1/4 teaspoon garlic powder
1 ounce fat-free Parmesan cheese, grated

628 Calories (kcal)
22 g Total Fat
(31% calories from fat)
24 g Protein
86 g Carbohydrate
23 mg Cholesterol
248 mg Sodium

Serves 1

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

LEVEL II

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

PASTA SALAD - LEVEL III

per serving:

4 ounces pasta
1-1/2 cups broccoli florets, steamed
3 whole scallions, sliced
2 tablespoons olive oil
1 cup cherry tomatoes, halved
1 teaspoon fresh basil
1/2 teaspoon garlic powder
1 ounce fat-free Parmesan cheese, grated

802 Calories (kcal)
30 g Total Fat
(32% calories from fat)
29 g Protein
109 g Carbohydrate
23 mg Cholesterol
259 mg Sodium

Serves 1

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

LEVEL III

2 carbohydrate,
2 vegetable, 1 fat

SPICY CHINESE NOODLES - LEVEL I

per serving:

2 ounces pasta
2 tablespoons chunky peanut butter
1-1/2 tablespoons low-sodium soy sauce
1-1/2 tablespoons rice vinegar
1 teaspoon honey
dash cayenne pepper
1 tablespoon scallions, finely chopped

429 Calories (kcal)
17 g Total Fat
(35% calories from fat)
16 g Protein
56 g Carbohydrate
0 mg Cholesterol
1056 mg Sodium

Serves 1

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 scallions.

LEVEL I

1 carbohydrate,
1 condiment, 1 fat

SPICY CHINESE NOODLES - LEVEL II

per serving:

3 ounces pasta
3 tablespoons chunky peanut butter
2 tablespoons low-sodium soy sauce
2 tablespoons rice vinegar
1-1/2 teaspoons honey
dash cayenne pepper
2 tablespoons scallions, finely chopped

660 Calories (kcal)
26 g Total Fat
(33% calories from fat)
25 g Protein
89 g Carbohydrate
0 mg Cholesterol
1444 mg Sodium

Serves 1

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 scallions.

LEVEL II

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

SPICY CHINESE NOODLES - LEVEL III

per serving:

4 ounces pasta
3 tablespoons chunky peanut butter
3 tablespoons low-sodium soy sauce
3 tablespoons rice vinegar
2 teaspoons honey
dash cayenne pepper
3 tablespoons scallions, finely chopped

789 Calories (kcal)
26 g Total Fat
(28% calories from fat)
29 g Protein
115 g Carbohydrate
0 mg Cholesterol
2047 mg Sodium

Serves 1

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 scallions.

LEVEL III
2 carbohydrate,
2 condiment, 1 fat

VEGETARIAN TOSTADA - LEVEL I

per serving:

1 large whole wheat tortilla
1 cup fat-free canned refried beans
1/4 cup tomato, diced
2 tablespoons red onion, diced
1 cup iceberg lettuce, shredded
2 tablespoons low-fat spur cream
2 tablespoons salsa

449 Calories (kcal)
7 g Total Fat
(14% calories from fat)
22 g Protein
75 g Carbohydrate
6 mg Cholesterol
1437 mg Sodium

Serves 1

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

VEGETARIAN TOSTADA - LEVEL II

per serving:

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

575 Calories (kcal)
8 g Total Fat
(12% calories from fat)
25 g Protein
102 g Carbohydrate
6 mg Cholesterol
1510 mg Sodium

Serves 1

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 II

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

VEGETARIAN TOSTADA - LEVEL III

per serving:

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

701 Calories (kcal)
8 g Total Fat
(10% calories from fat)
27 g Protein
130 g Carbohydrate
6 mg Cholesterol
1510 mg Sodium

Serves 1

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 III

3 carbohydrate,
2 vegetable, 1 condiment

MEDITERRANEAN SHRIMP KEBABS - LEVEL I

per serving:

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

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

Serves 1 (yields 2 kebabs)

1. Assemble kebabs by alternating vegetables with three shrimps 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 shrimps are opaque.

LEVEL I

2 protein, 1 vegetable, 1 fat

MEDITERRANEAN SHRIMP KEBABS - LEVEL II

per serving:

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

435 Calories (kcal)
18 g Total Fat
(37% calories from fat)
53 g Protein
14 g Carbohydrate
388 mg Cholesterol
382 mg Sodium

Serves 1 (yields 3 kebabs)

1. Assemble kebabs by alternating vegetables with three shrimps 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 shrimps are opaque.

LEVEL II

3 protein, 1 vegetable, 1 fat

MEDITERRANEAN SHRIMP KEBABS - LEVEL III

per serving:

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

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

Serves 1 (yields 4 kebabs)

1. Assemble kebabs by alternating vegetables with three shrimps 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 shrimps are opaque.

LEVEL III

4 protein, 2 vegetable, 1 fat

PORK CHOP BAKED WITH APPLE & SWEET POTATO - LEVEL II

per serving:

6 ounces lean boneless pork loin
1 medium sweet potato
1 medium apple

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

Serves 1

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 catbohydrate, 1 fruit

PORK CHOP BAKED WITH APPLE & 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

Serves 1

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 II
3 protein,
1 catbohydrate, 1 fruit

PORK CHOP BAKED WITH APPLE & 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

Serves 1

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.

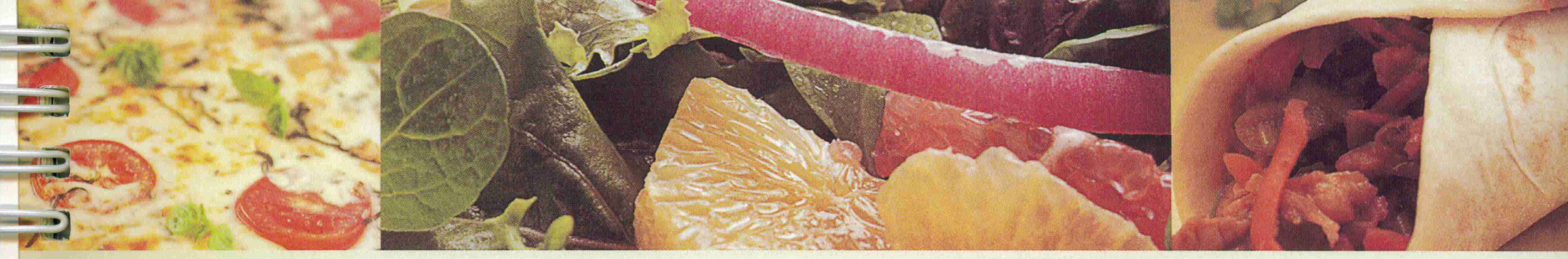
4. Wrap well and bake for 40 minutes.

LEVEL III
4 protein,
1 catbohydrate, 1 fruit



QUICK OPTIONS

If the only effort you put into making a meal is rolling down your car window, then this section is definitely for you. Let's face it, some of us simply don't like to cook, and anything more time consuming than slapping two pieces of bread together or hitting a few buttons on a microwave just ain't gonna happen. This doesn't mean you're destined to a life of nothing but PB&J sandwiches and frozen pizza, Believe it or not, there are plenty of healthy, low-fat eating alternatives for those who are "cooking challenged" in some capacity. So if you're not quite ready to break out that double boiler or just don't have the time, then turn the page to discover some smart and quick food options that fit your lifestyle.



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

QUICK OPTIONS

1 QUICK DISHES_ to make at home

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

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

2 CONVENIENCE FOODS

If you just don't have the time to prepare anything more elaborate than toast, here are some brands you can consider the next time you hit the frozen food section.

_Amy's Kitchen
_Weight Watchers Smart Ones
_Lean Cuisine
_Cascadian Farms
_Cedarlane Natural Foods
_Healthy Choice

These foods can be used sparingly when needed, but do not exceed more than one per day . Follow the calories, fat, and sodium guidelines below:

CONVENIENCE FOOD GUIDELINES

LEVEL I	800 CALORIES	Up to 400 calories per meal	10 g fat	600 mg sodium
LEVEL II	2400 CALORIES	Up to 600 calories per meal	12 g fat	800 mg sodium
LEVEL III	3000 CALORIES	Up to 800 calories per meal	15 g fat	1000 mg sodium

3 FAST FOODS_ Finally, for thoes who need to catch a quick meal while away from home, here are some smart fast food choices.

MCDONALD'S	CALORIES	FAT	CARB.	PROTEIN
1				
Chicken McGrill®	300	6.0 g	37 g	25 g
Grilled Chicken Caesar Salad (no dressing)	210	7.0 g	11 g	26 g
Fruit 'n Yogurt Parfait	280	4.0 g	53 g	8.0 g

JACK IN THE BOX	CALORIES	FAT	CARB.	PROTEIN
2				
Chicken Fajita Pita	330	11 g	35 g	24 g

BURGER KING	CALORIES	FAT	CARB.	PROTEIN
3				
BK Veggie®	310	7 g	46 g	15 g
Chicken Caesar Salad (no dressing or croutons)	160	6 g	5 g	25 g

CARL'S JR.	CALORIES	FAT	CARB.	PROTEIN
4				
Hamburger	280	9.0 g	36 g	14 g
Charbroiled BBQ Chicken Sandwich™	290	3.5 g	41 g	25 g
Charbroiled Chicken Salad-To-Go™	200	7 g	12 g	25 g
Garden Salad-To-Go™	50	2.5 g	4 g	3 g

PIZZA HUT	CALORIES	FAT	CARB.	PROTEIN
5				
Thin 'N Crispy Pizza = 1 slice Cheese	200	9 g	22 g	10 g
Thin 'N Crispy Pizza = 1 slice Veggie Lover's®	190	9 g	22 g	8.0 g
Pasta, 1 serving Spaqhetti w/ Marinara	490	6 g	91 g	18 g

SUBWAY 6	CALORIES	FAT	CARB.	PROTEIN
6-inch Ham	290	5 g	46 g	18 g
6-inch Roast Beef	290	5 g	45 g	19 g
6-inch Roasted Chicken Breast	320	5 g	47 g	23 g
6-inch Turkey Breast	220	3.5 g	36 g	13 g
6-inch Veggie Delite®	230	3 g	44 g	9 g
	Includes Italian or wheat bread, lettuce, tomat oes, onions, green pepper, olives, and pickles.			
6-inch Sweet Onion Chicken Teriyaki	380	5 g	59 g	26 g
Red Wine Vinaigrette Club	350	6 g	53 g	24 g
Honey Mustard Ham	310	5 g	52 g	18 g
	Includes Italian or wheat bread, selected vegetables and selected sauce.			
Salads without dressing				
Ham	110	3 g	11 g	11 g
Roast Beef	120	3 g	10 g	12 g
Veggie Delite®	50	1 g	9 g	2 g
Roasted Chicken Breast	140	3 g	12 g	16 g
Turkey Breast	100	2 g	11 g	11 g

TACO BELL 7	CALORIES	FAT	CARB.	PROTEIN
Soft Taco				
Beef	210	10 g	21 g	11 g
Chicken	190	6 g	19 g	14 g
Tostada	250	10 g	29 g	11 g

WENDY'S 8	CALORIES	FAT	CARB.	PROTEIN
Jr. Hamburger	270	9 g	14 g	34 g
Grilled Chicken Sandwich	300	7 g	36 g	24 g
Mandarin Chicken Salad	348	1.5 g	17 g	20 g
Spring Mix Salad	180	11 g	12 g	11 g
Baked Potato (plain)	310	0 g	72 g	7 g

CHICK-FIL-A 9	CALORIES	FAT	CARB.	PROTEIN
Chargrilled Chicken Garden Salad	180	6 g	9 g	22 g
Chargrilled Chicken Sandwich (no butter)	250	3 g	28 g	26 g

FAST FOOD GUIDELINES

The majority of fast foods have a high fat and sodium content, and should be used very sparingly. You should NOT exceed one meal per day, a few times a week.

during **PHASE 1** _you can eat chicken, turkey, or beef without the bun or bread. Avoid high-fat dressings on salads. Refer to your Portion Plan for proper servings.

IMPORTANT

during **PHASE 2** _you can eat chicken, turkey, or beef with half the bun or bread. Avoid high-fat dressings on salads. Refer to your Portion Plan for proper servings.

during **PHASE 3** _you can eat chicken, turkey, or beef with the whole bun or bread. Avoid high-fat dressings on salads. Refer to your Portion Plan for proper servings.

P90X



DAILY JOURNAL

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

1 week

BREAKFAST	SNACK	LUNCH	SNACK	DINNER	COMMENTS	
						_MO
						_TU
						_WE
						_TH
						_FR
						_SA
						_SU

2 week

BREAKFAST	SNACK	LUNCH	SNACK	DINNER	COMMENTS	
						_MO
						_TU
						_WE
						_TH
						_FR
						_SA
						_SU

week 3

	COMMENTS	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
MO_						
TU_						
WE_						
TH_						
FR_						
SA_						
SU_						

week 4

	COMMENTS	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
MO_						
TU_						
WE_						
TH_						
FR_						
SA_						
SU_						

5 week

BREAKFAST	SNACK	LUNCH	SNACK	DINNER	COMMENTS	
						_MO
						_TU
						_WE
						_TH
						_FR
						_SA
						_SU

6 week

BREAKFAST	SNACK	LUNCH	SNACK	DINNER	COMMENTS	
						_MO
						_TU
						_WE
						_TH
						_FR
						_SA
						_SU

week 7

	COMMENTS	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
MO_						
TU_						
WE_						
TH_						
FR_						
SA_						
SU_						

week 8

	COMMENTS	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
MO_						
TU_						
WE_						
TH_						
FR_						
SA_						
SU_						

9 week

BREAKFAST	SNACK	LUNCH	SNACK	DINNER	COMMENTS	
						_MO
						_TU
						_WE
						_TH
						_FR
						_SA
						_SU

10 week

BREAKFAST	SNACK	LUNCH	SNACK	DINNER	COMMENTS	
						_MO
						_TU
						_WE
						_TH
						_FR
						_SA
						_SU

week 11

	COMMENTS	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
MO_						
TU_						
WE_						
TH_						
FR_						
SA_						
SU_						

week 12

	COMMENTS	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
MO_						
TU_						
WE_						
TH_						
FR_						
SA_						
SU_						

13 week

BREAKFAST	SNACK	LUNCH	SNACK	DINNER	COMMENTS	
						_MO
						_TU
						_WE
						_TH
						_FR
						_SA
						_SU

14 week

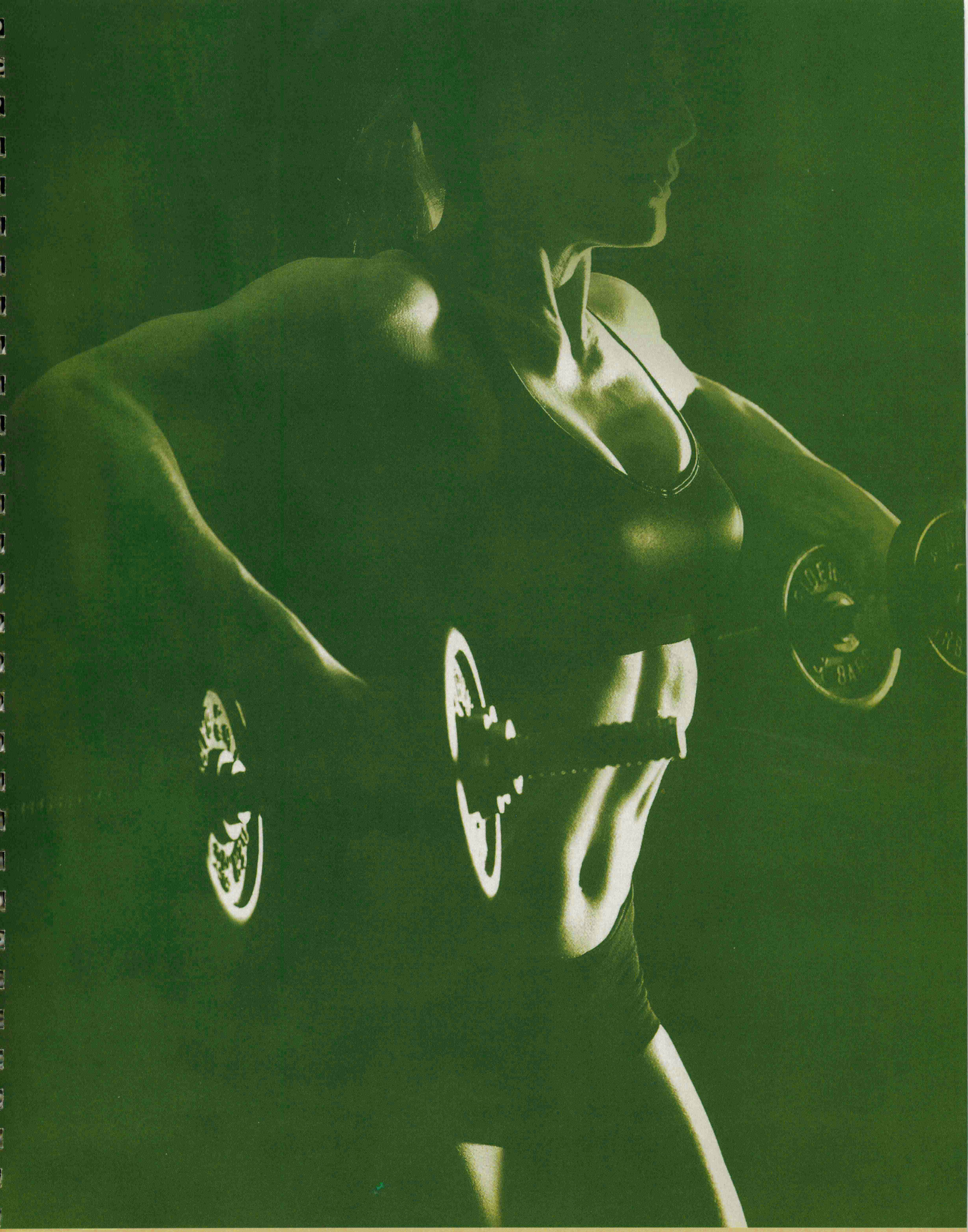
BREAKFAST	SNACK	LUNCH	SNACK	DINNER	COMMENTS	
						_MO
						_TU
						_WE
						_TH
						_FR
						_SA
						_SU

week 15

	COMMENTS	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
MO_						
TU_						
WE_						
TH_						
FR_						
SA_						
SU_						

week 16

	COMMENTS	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
MO_						
TU_						
WE_						
TH_						
FR_						
SA_						
SU_						





BEACHBODY

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