There are 3 phases to the P90X Nutrition Plan.

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

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

**Phase 1**

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

**Phase 2**

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

**Phase 3**

**ENDURANCE MAXIMIZER**
An athletic diet of complex carbohydrates, lean proteins, and lower fat with an emphasis on more carbohydrates. You’ll need this combination of foods as fuel to get the most out of your final training block and truly get in the best shape of your life!
THE 3 PHASES

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

The nutritional proportions for each of the 3 plans are as follows:

<table>
<thead>
<tr>
<th>PHASE</th>
<th>GOAL</th>
<th>PROTEIN</th>
<th>CARBOHYDRATE</th>
<th>FAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>PHASE 1</td>
<td>Strengthen muscle and shed excess body fat</td>
<td>50%</td>
<td>30%</td>
<td>20%</td>
</tr>
<tr>
<td>FAT SHREDDER</td>
<td>Maintain Phase 1 changes with additional</td>
<td>40%</td>
<td>40%</td>
<td>20%</td>
</tr>
<tr>
<td>ENERGY BOOSTER</td>
<td>energy for midstream performance</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ENDURANCE MAXIMIZER</td>
<td>Support peak physical performance and satisfaction over the long term</td>
<td>20%</td>
<td>60%</td>
<td>20%</td>
</tr>
</tbody>
</table>

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

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

**ENDURANCE MAXIMIZER** This plan should be earned. It’s an athletic diet and you’ll only need it if you are pushing your body to the limit, which you should be if you keep your promise to “Bring It.” Of note is that Phase 3 should be tried at some point, even if you feel good in Phase 2. We’ve seen many people hesitate to move on to this more carb-heavy phase for fear that they’ll gain weight, but surprise! They found that once they did, they had more energy, worked out even harder, and had better results. This is important to keep in mind. Athletes eat more carbs, and there is a reason that they do. We wouldn’t put it in the plan if it weren’t proven to improve results.

CUSTOMIZING THE PHASES

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

DETERMINE YOUR PHASE

☐ (1) FAT SHREDDER  
☐ (2) ENERGY BOOSTER  
☐ (3) ENDURANCE MAXIMIZER
THERE ARE 3 NUTRITION LEVELS WITHIN EACH APPROACH.

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

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

   \[
   \text{YOUR BODY WEIGHT} \times 10 = \text{RMR (IN CALORIES)}
   \]

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.

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.

   \[
   \begin{align*}
   \text{YOUR RMR} + \text{DAILY ACTIVITY BURN} + 600 &= \text{ENERGY AMOUNT}
   \end{align*}
   \]

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

   Example: A 6-foot, 180-pound man

   \[
   \begin{align*}
   \text{RMR} &= 180 \text{ (body weight in pounds)} \times 10 = 1,800 \\
   \text{Daily activity burn} &= 1,800 \times 20\% = 360 \\
   \text{Exercise expenditure} &= 600 \\
   \text{Energy amount} &= 1,800 + 360 + 600 = 2,760 \\
   \text{Nutrition level} &= II \\
   \text{Round down to the bottom of your level to create a slight calorie deficit, e.g., if you are at level II, your calorie target is 2,400 calories/day.}
   \end{align*}
   \]

   \[
   \begin{array}{|c|c|c|}
   \hline
   \text{ENERGY AMOUNT} & \text{NUTRITION LEVEL} \\
   \hline
   1,800–2,399 & 1,800 calories/day \quad \text{LEVEL I} \\
   2,400–2,999 & 2,400 calories/day \quad \text{LEVEL II} \\
   3,000+ & 3,000 calories/day \quad \text{LEVEL III} \\
   \hline
   \end{array}
   \]
GENERAL GUIDELINES

Following the daily Meal Plan Approach will take the guesswork out of your daily food preparation. You’ll enjoy a variety of delicious, healthy, and low-fat recipes that will provide you with the proper amount of nutrition and energy to get the most out of your P90X workout.
<table>
<thead>
<tr>
<th>Day</th>
<th>Breakfast</th>
<th>Snack</th>
<th>Lunch</th>
<th>Snack</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>1. Mushroom Omelet</td>
<td>1. Protein bar</td>
<td>1. Chef Salad</td>
<td>2 oz</td>
<td>6 oz. Salmon</td>
</tr>
<tr>
<td></td>
<td>1 cup. Fresh strawberries</td>
<td>1. Recovery drink*</td>
<td>2 oz. Soy nuts</td>
<td></td>
<td>2 tbsp. Lemon-Dill Sauce</td>
</tr>
<tr>
<td></td>
<td>8 oz. Cottage cheese, 1%</td>
<td></td>
<td>1/2 cup. Asparagus</td>
<td></td>
<td>1 cup. Wild rice</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1 cup. Red Pepper Soup</td>
<td></td>
<td>1 tbsp. Protein powder</td>
</tr>
<tr>
<td>2</td>
<td>1. Protein Shake</td>
<td>1. Protein bar</td>
<td>1. Shrimp Stir-Fry</td>
<td>1-1/2 oz. String cheese</td>
<td>6 oz. Turkey</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1. Recovery drink*</td>
<td>1 tbsp. Sesame seeds</td>
<td></td>
<td>2 tbsp. Gravy</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1 oz. Cashews</td>
<td></td>
<td>1/2 cup. Green beans</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1 cup. Butternut Squash Soup</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1 tbsp. Protein powder</td>
</tr>
<tr>
<td>3</td>
<td>2 slices. Turkey bacon</td>
<td>1. Protein bar</td>
<td>1. Chicken Salad</td>
<td>2 oz</td>
<td>6 oz. Halibut</td>
</tr>
<tr>
<td></td>
<td>4 oz. Fresh-squeezed juice</td>
<td></td>
<td></td>
<td></td>
<td>1 cup. Wild rice</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1/2 cup. Zucchini</td>
</tr>
<tr>
<td></td>
<td>8 oz. Skim milk</td>
<td>1. Recovery drink*</td>
<td>2 tbsp. Balsamic Vinaigrette</td>
<td></td>
<td>2 tbsp. Honey-Chile Sauce</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1 cup. Quinoa</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1/2 cup. Snap peas</td>
</tr>
<tr>
<td>5</td>
<td>1. Spinach Scramble</td>
<td>1. Protein bar</td>
<td>6 oz. Turkey Burger</td>
<td>8 oz</td>
<td>6 oz. Swordfish</td>
</tr>
<tr>
<td></td>
<td>1/2. Grapefruit, medium</td>
<td></td>
<td>1/2 cup. Coleslaw</td>
<td></td>
<td>1 cup. Wild rice</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1 cup. Gazpacho</td>
<td></td>
<td>1 Artichoke, medium</td>
</tr>
<tr>
<td>6</td>
<td>1. Protein Shake</td>
<td>1. Protein bar</td>
<td>1. Island Pork Tenderloin Salad</td>
<td>1 oz</td>
<td>1. Beef &amp; Broccoli Stir-Fry</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1. Recovery drink*</td>
<td></td>
<td></td>
<td>1 cup. Miso Soup</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1 tbsp. Protein powder</td>
</tr>
<tr>
<td>7</td>
<td>2 slices. Turkey bacon</td>
<td>1. Protein bar</td>
<td>1. Tuna Salad</td>
<td>8 oz</td>
<td>6 oz. Lemon-Garlic Chicken</td>
</tr>
<tr>
<td></td>
<td>8 oz. Skim milk</td>
<td></td>
<td>1 cup. Chilled Cucumber Soup</td>
<td></td>
<td>1 cup. Asparagus Soup</td>
</tr>
<tr>
<td></td>
<td>1/4. Cantaloupe, medium</td>
<td></td>
<td></td>
<td></td>
<td>1 tbsp. Protein powder</td>
</tr>
</tbody>
</table>

*Recipe included

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

* Immediately after workout

**Recipe included**

**LEVEL II**

**PHASE 1- FAT SHREDDER**
### MEAL PLAN APPROACH

**LEVEL III**

#### PHASE 1

<table>
<thead>
<tr>
<th>BREAKFAST</th>
<th>SNACK</th>
<th>LUNCH</th>
<th>SNACK</th>
<th>DINNER</th>
</tr>
</thead>
</table>
| **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_Aspargus  
1 cup_Wild rice  
2 cups_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 | 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 | 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 | 10 oz_Chicken breast  
4 tbsp_Honey-Chile Sauce  
1 cup_Quinoa  
1 cup_Snap peas |
| **DAY 5** | 1. Spinach Scramble  
12 oz_Skim milk  
1. Grapefruit, medium | 1. Protein bar  
1. Recovery drink* | 10 oz_Turkey Burger  
3 oz_Low-fat Swiss cheese  
2 cups_Coleslaw  
2 cups_Gazpacho  
3 tbsp_Protein powder | 10 oz_Swordfish  
4 tbsp_Mango-Ginger Sauce  
1 cup_Wild rice  
1_Artichoke, medium |
| **DAY 6** | 1. Protein Shake | 1. Protein bar  
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 | 10 oz_Lemon-Garlic Chicken  
1 cup_Wild rice  
2 cups_Aspargus Soup  
3 tbsp_Protein powder |

* Recipe included

* Immediately after workout
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**

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

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

Serves 16

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

<table>
<thead>
<tr>
<th>LEVEL I</th>
<th>LEVEL II</th>
<th>LEVEL III</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 tablespoons = 1 condiment</td>
<td>3 tablespoons = 1-1/2 condiments</td>
<td>4 tablespoons = 2 condiments</td>
</tr>
</tbody>
</table>

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

Serves 2

Whisk together until emulsified.

<table>
<thead>
<tr>
<th>LEVEL I</th>
<th>LEVEL II</th>
<th>LEVEL III</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 tablespoons = 1 condiment</td>
<td>3 tablespoons = 1-1/2 condiments</td>
<td>4 tablespoons = 2 condiments</td>
</tr>
</tbody>
</table>
PESTO SAUCE

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

Serves 20

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

2. In food processor, puree basil, toasted nuts, and garlic. Add Parmesan cheese, wine, lemon juice, and chicken broth and process until blended. Add salt to taste and blend. Serve on pasta, chicken, or seafood.

MANGO-GINGER SAUCE

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
2 tablespoons orange juice
2 tablespoons dry sherry
1-1/2 tablespoons brown sugar
1-1/2 tablespoons white vinegar

Serves 8

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

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

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.

---

**HONEY-CHILE SAUCE**

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 teaspoon cilantro, chopped

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

---

**LEVEL I**

2 tablespoons = 1 condiment

**LEVEL II**

3 tablespoons = 1-1/2 condiments

**LEVEL III**

4 tablespoons = 2 condiments
LEMON-DILL SAUCE

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

Serves 10

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

Per serving:

- 58 Calories (kcal)
- Trace Total Fat (0% calories from fat)
- 3 g Protein
- 5 g Carbohydrate
- 0 mg Cholesterol
- 107 mg Sodium

CHILLED CUCUMBER SOUP

1 whole hothouse cucumber  
1/2 cup red onion, chopped  
3 tablespoons fresh dill, 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

Serves 4

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

Per serving:

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

1-1/4 cups onions, diced
1/2 teaspoon garlic, chopped
1-1/2 quarts 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

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

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

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**

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

Serves 10

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 combine. Add Tabasco sauce to taste and blend. Chill for several hours before serving.

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

---

**MISO SOUP**

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

Serves 8

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

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

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

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

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

Serves 18

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

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

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

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

RED PEPPER SOUP

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

Serves 12

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

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

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

LEVEL III
2 cups soup,
3 tablespoons protein powder =
1 protein, 2 vegetable
### PROTEIN SHAKE–LEVEL I

<table>
<thead>
<tr>
<th>1 cup skim milk</th>
<th>1 scoop protein powder, such as Beachbody's Whey Protein Powder</th>
<th>1/2 cup berries</th>
<th>1/2 banana</th>
<th>1/2 cup ice</th>
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<tr>
<td>290 Calories (kcal)</td>
<td>2 g Total Fat (6% calories from fat)</td>
<td>27 g Protein</td>
<td>41 g Carbohydrate</td>
<td>5 mg Cholesterol</td>
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</table>

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

### PROTEIN SHAKE–LEVEL II

<table>
<thead>
<tr>
<th>1 cup skim milk</th>
<th>1-1/2 scoops protein powder, such as Beachbody's Whey Protein Powder</th>
<th>1 cup berries</th>
<th>1/2 banana</th>
<th>1/2 cup ice</th>
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</thead>
<tbody>
<tr>
<td>387 Calories (kcal)</td>
<td>2 g Total Fat (5% calories from fat)</td>
<td>36 g Protein</td>
<td>54 g Carbohydrate</td>
<td>5 mg Cholesterol</td>
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</table>

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

### LEVEL I

- 1 protein, 1 dairy, 1 fruit

### LEVEL II

- See below

### LEVEL III

- See next page
**PROTEIN SHAKE—LEVEL III**

1 cup skim milk

2 scoops protein powder, such as Beachbody’s Whey Protein Powder

1 cup berries

1 whole banana

1 cup ice

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

**SOY SAUSAGE MUFFIN**

2 to 4 soy sausage patties (approximately 80 calories each)

1 to 2 whole wheat English muffins

1-1/2 to 4 ounces fat-free mozzarella cheese

1. Cook soy sausage according to package instructions.

2. Top the English muffin with the cheese and cook in a toaster oven or under the broiler for 2 to 3 minutes or until cheese melts.

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

---

<table>
<thead>
<tr>
<th>LEVEL I</th>
<th>LEVEL II</th>
<th>LEVEL III</th>
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<tbody>
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<td>2 protein, 1 dairy, 2 fruit</td>
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<table>
<thead>
<tr>
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<th>LEVEL II</th>
<th>LEVEL III</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 soy patties, 1 English muffin, 1-1/2 oz cheese = 1 protein, 1/2 carbohydrate, 1 dairy</td>
<td>3 soy patties, 1 English muffin, 3 oz cheese = 2 protein, 1/2 carbohydrate, 2 dairy</td>
<td>4 soy patties, 2 English muffins, 4 oz cheese = 3 protein, 1 carbohydrate, 2 dairy</td>
</tr>
</tbody>
</table>
CHICKEN SCRAMBLE–LEVEL I
per serving:

- 6 egg whites
- 3 ounces chicken breast, cooked and diced
- 1-1/2 ounces fat-free Parmesan cheese, grated
- 1/2 tablespoon fresh basil, chopped

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.

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

LEVEL I
2 protein, 1 dairy

LEVEL II
See below

LEVEL III
See next page

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

CHICKEN SCRAMBLE–LEVEL II
per serving:

- 8 egg whites
- 3 ounces chicken breast, cooked and diced
- 3 ounces fat-free Parmesan cheese, grated
- 2 teaspoons fresh basil, chopped

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.

per serving:

- 455 Calories (kcal)
- 6 g Total Fat
- (12% calories from fat)
- 70 g Protein
- 30 g Carbohydrate
- 112 mg Cholesterol
- 1,093 mg Sodium
CHICKEN SCRAMBLE—LEVEL III

10 egg whites
4 ounces chicken breast, cooked and diced
4 ounces fat-free Parmesan cheese, grated
1 tablespoon fresh basil, chopped

per serving:
596 Calories (kcal)
8 g Total Fat
(12% calories from fat)
90 g Protein
40 g Carbohydrate
149 mg Cholesterol
1,421 mg Sodium

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

2. Lightly beat the egg whites with a fork and add to the pan. Cook, stirring, until halfway set. Add the diced chicken and cook through. Add salt and pepper to taste. Garnish with fresh basil and serve.

CHEESE SCRAMBLE—LEVEL I

6 whole egg whites
2 tablespoons skim milk
1-1/2 ounces mozzarella cheese, part-skim, grated
salt and pepper to taste

per serving:
230 Calories (kcal)
4 g Total Fat
(29% calories from fat)
34 g Protein
5 g Carbohydrate
24 mg Cholesterol
450 mg Sodium

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

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

LEVEL I
See previous page

LEVEL II
See previous page

LEVEL III
4 protein, 2 dairy

LEVEL I
2 protein, 1 dairy

LEVEL II
See next page

LEVEL III
see next page
**CHEESE SCRAMBLE—LEVEL II**

<table>
<thead>
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<th>Ingredients</th>
<th>Amount</th>
<th>Serving Information</th>
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</thead>
<tbody>
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<td>8 whole egg whites</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 tablespoons skim milk</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 ounces mozzarella cheese, part-skim, grated</td>
<td></td>
<td></td>
</tr>
<tr>
<td>salt and pepper to taste</td>
<td></td>
<td></td>
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<tr>
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<td></td>
<td></td>
</tr>
</tbody>
</table>

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.

**Nutritional Information**

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

---

**CHEESE SCRAMBLE—LEVEL III**

<table>
<thead>
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<th>Ingredients</th>
<th>Amount</th>
<th>Serving Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 whole egg whites</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4 tablespoons skim milk</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4 ounces mozzarella cheese, part-skim, grated</td>
<td></td>
<td></td>
</tr>
<tr>
<td>salt and pepper to taste</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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.

**Nutritional Information**

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

---

**LEVEL I**

- See previous page

**LEVEL II**

- 3 protein, 2 dairy

**LEVEL III**

- See below
SPINACH SCRAMBLE–LEVEL I

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

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.

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

LEVEL I
1 protein, 1 dairy, 1 vegetable

LEVEL II
See below

LEVEL III
See next page

SPINACH SCRAMBLE–LEVEL II

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

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.

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

LEVEL I
See above

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

LEVEL III
See next page
SPINACH SCRAMBLE–LEVEL III

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

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.

per serving:
518 Calories (kcal)
25 g Total Fat
(43% calories from fat)
55 g Protein
19 g Carbohydrate
101 mg Cholesterol
1,877 mg Sodium

MUSHROOM OMELET–LEVEL I

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

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.

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

LEVEL I
See previous page

LEVEL II
See previous page

LEVEL III
2 protein, 2 dairy, 2 vegetable

LEVEL I
1 protein, 1 dairy, 1 vegetable

LEVEL II
See next page

LEVEL III
See next page
MUSHROOM OMELET–LEVEL II

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

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.

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

LEVEL I
See previous page

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

LEVEL III
see below

MUSHROOM OMELET–LEVEL III

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

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.

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

LEVEL I
See previous page

LEVEL II
See above

LEVEL III
2 protein, 2 dairy, 1 vegetable
CHEF SALAD–LEVEL I

3 ounces fat-free turkey breast, chopped
3 ounces ham, 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

Toss ingredients together in a bowl and drizzle with dressing.

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

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

LEVEL II
See below

LEVEL III
See next page

LEVEL III
See next page

CHEF SALAD–LEVEL II

4 ounces fat-free turkey breast, chopped
4 ounces ham, 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

Toss ingredients together in a bowl and drizzle with dressing.

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

LEVEL I
See above

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

LEVEL III
See next page
**CHEF SALAD—LEVEL III**

5 ounces fat-free turkey breast, chopped  
5 ounces ham, 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

Toss ingredients together in a bowl and drizzle with dressing.

**STEAK AND ARUGULA SALAD—LEVEL I**

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 in Dressings)

1. Grill or broil steak until done, approximately 7 to 10 minutes on each side. Cool and cut into 1-inch slices.

2. Toss together the arugula, tomatoes, and artichoke hearts and arrange on plates. Top with the steak and drizzle with balsamic vinaigrette.

---

**LEVEL I**
See previous page  
2 protein, 1 vegetable

**LEVEL II**
See previous page  
3 protein, 1 vegetable, 2 condiment

**LEVEL III**
See next page  
3 protein, 2 dairy, 1 vegetable, 2 condiment

---

**per serving:**

**CHEF SALAD—LEVEL III**

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

**STEAK AND ARUGULA SALAD—LEVEL I**

398 Calories (kcal)  
11 g Total Fat  
(42% calories from fat)  
38 g Protein  
20 g Carbohydrate  
87 mg Cholesterol  
293 mg Sodium
STEAK AND ARUGULA SALAD–LEVEL II

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 in Dressings)

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

per serving:
- 531 Calories (kcal)
- 14 g Total Fat (42% calories from fat)
- 51 g Protein
- 26 g Carbohydrate
- 116 mg Cholesterol
- 414 mg Sodium

LEVEL I
See previous page

LEVEL II
2-1/2 protein, 1 vegetable

LEVEL III
See below

STEAK AND ARUGULA SALAD–LEVEL III

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

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

per serving:
- 695 Calories (kcal)
- 17 g Total Fat (41% calories from fat)
- 66 g Protein
- 40 g Carbohydrate
- 144 mg Cholesterol
- 547 mg Sodium

LEVEL I
See previous page

LEVEL II
See above

LEVEL III
3 protein, 2 vegetable
**TUNA SALAD–LEVEL I**

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

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

---

**LEVEL I**
2 protein, 1 fat

---

**LEVEL II**
See below

---

**LEVEL III**
See next page

---

**TUNA SALAD–LEVEL II**

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

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

---

**LEVEL I**
See above

---

**LEVEL II**
2-1/2 protein, 1 fat

---

**LEVEL III**
See next page

---

per serving:

**LEVEL I**

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<th>Calorie</th>
<th>Total Fat</th>
<th>Protein</th>
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(17% calories from fat)

**LEVEL II**

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<th>Protein</th>
<th>Carbohydrate</th>
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<td>7 g</td>
<td>59 g</td>
<td>8 g</td>
<td>68 mg</td>
<td>447 mg</td>
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</tbody>
</table>

(17% calories from 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 carrots, shredded
- 3 tablespoons celery, chopped
- 3 tablespoons green onion, chopped
- 2 teaspoons celery seeds

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

**CHICKEN SALAD–LEVEL I**

6 ounces boneless, 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

Poach chicken; cool and dice. Gently combine the chicken with the remaining ingredients and chill until ready to serve.
### CHICKEN SALAD–LEVEL II

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

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

<table>
<thead>
<tr>
<th>Serving</th>
<th>Calories (kcal)</th>
<th>Total Fat (g)</th>
<th>% from Fat</th>
<th>Protein (g)</th>
<th>Carbohydrate (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
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<td>14</td>
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### CHICKEN SALAD–LEVEL III

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

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

<table>
<thead>
<tr>
<th>Serving</th>
<th>Calories (kcal)</th>
<th>Total Fat (g)</th>
<th>% from Fat</th>
<th>Protein (g)</th>
<th>Carbohydrate (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
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<tbody>
<tr>
<td>LEVEL III</td>
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<td>16</td>
<td>26%</td>
<td>59</td>
<td>38</td>
<td>132</td>
<td>544</td>
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</table>
**ISLAND PORK TENDERLOIN**

16 ounces pork tenderloin, lean

- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 teaspoon chile powder
- 1/2 teaspoon ground cumin
- 1/2 teaspoon cinnamon

2 teaspoons olive oil

- 1/4 cup brown sugar, packed
- 1/2 tablespoon fresh garlic, finely chopped

1/2 tablespoon Tabasco sauce

Serves 4

1. Preheat oven to 350 degrees.
2. Stir together salt, pepper, cumin, chile powder, and cinnamon, then coat pork with the spice rub.
3. Heat 1 tablespoon oil in a 12-inch skillet over moderately high heat and brown pork, turning, about 4 minutes.
4. Stir together brown sugar, garlic, and Tabasco and pat onto top of tenderloin. Place pork in a roasting pan and cook in the oven for 20 minutes.

**ISLAND PORK TENDERLOIN SALAD—LEVEL I**

1/2 orange, peeled and cut

- 1 cup fresh spinach
- 1/2 red bell pepper, cut lengthwise into thin strips
- 1 tablespoon golden raisins
- 1 cup Napa cabbage, shredded

6 ounces Island Pork Tenderloin

2 tablespoons cumin vinaigrette (see recipe in Dressings)

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

**LEVEL I**  
2 protein, 1/2 fruit, 1 vegetable

**LEVEL II**  
See next page

**LEVEL III**  
See next page
ISLAND PORK TENDERLOIN SALAD–LEVEL II

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

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

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

LEVEL I
See previous page

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

LEVEL III
See below

ISLAND PORK TENDERLOIN SALAD–LEVEL III

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

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

per serving:
1,029 Calories (kcal)
19 g Total Fat
(31% calories from fat)
69 g Protein
87 g Carbohydrate
147 mg Cholesterol
986 mg Sodium

LEVEL I
See previous page

LEVEL II
See above

LEVEL III
3 protein, 1 fruit, 2 vegetable
SHRIMP STIR-FRY—LEVEL I

<p>| | | |</p>
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<th></th>
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<tbody>
<tr>
<td><strong>LEVEL I</strong></td>
<td><strong>LEVEL II</strong></td>
<td><strong>LEVEL III</strong></td>
</tr>
<tr>
<td>2 protein, 1 vegetable</td>
<td>See below</td>
<td>See next page</td>
</tr>
</tbody>
</table>

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

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

---

SHRIMP STIR-FRY—LEVEL II

<p>| | | |</p>
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<td><strong>LEVEL II</strong></td>
<td><strong>LEVEL III</strong></td>
</tr>
<tr>
<td>See above</td>
<td>2-1/2 protein, 1-1/2 vegetable</td>
<td>See next page</td>
</tr>
</tbody>
</table>

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

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

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. Add all the vegetables to the pan and continue to sauté, stirring and adding more broth as necessary. Add shrimp when the vegetables are halfway cooked and sauté until the vegetables are tender and the shrimp are opaque.

**LEVEL I**
See previous page

**LEVEL II**
See previous page

**LEVEL III**
3 protein, 2 vegetable

---

TURKEY BURGER–LEVEL I

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

**LEVEL I**
2 protein, 1/4 carbohydrate

**LEVEL II**
See next page

**LEVEL III**
See next page
# TURKEY BURGER—LEVEL II

<table>
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<tr>
<th>Per Serving</th>
<th>Calories (kcal)</th>
<th>Total Fat (g)</th>
<th>Calories from Fat (%)</th>
<th>Protein (g)</th>
<th>Carbohydrate (g)</th>
<th>Cholesterol (mg)</th>
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<tr>
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<td>337</td>
<td>6</td>
<td>35%</td>
<td>60</td>
<td>17</td>
<td>107</td>
<td>351</td>
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</table>

**Ingredients:**
- 8 ounces extra lean, 97% fat-free ground turkey
- 2 tablespoons sourdough bread crumbs
- 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

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

---

# TURKEY BURGER—LEVEL III

<table>
<thead>
<tr>
<th>Per Serving</th>
<th>Calories (kcal)</th>
<th>Total Fat (g)</th>
<th>Calories from Fat (%)</th>
<th>Protein (g)</th>
<th>Carbohydrate (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>421</td>
<td>8</td>
<td>35%</td>
<td>75</td>
<td>21</td>
<td>134</td>
<td>439</td>
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</tbody>
</table>

**Ingredients:**
- 10 ounces extra lean, 97% fat-free ground turkey
- 2-1/2 tablespoons sourdough bread crumbs
- 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

**Instructions:**
1. Preheat the grill or broiler.
2. Combine all ingredients and form into patty.
3. Grill until cooked through, 7 to 10 minutes per side.
## BEEF AND BROCCOLI STIR-FRY

**Ingredients**
- 1/4 cup soy sauce
- 1/2 red onion, sliced
- 1 tablespoon garlic, minced
- 1 tablespoon sesame oil
- 2 tablespoons rice vinegar
- 1 tablespoon ginger, minced
- 4 cups broccoli florets

**Preparation**

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

**Nutritional Information**

- **Serves 4**
- **8 ounces dried soba noodles**

### LEVEL I
- 1 1/2 cups = 2 cups = 2 1/2 cups =
- 2 protein, 1 carbohydrate, 1 vegetable

### LEVEL II
- 2 cups = 3 protein, 1 carbohydrate, 1 vegetable

### LEVEL III
- 2 1/2 cups = 3 protein, 1 carbohydrate, 1 vegetable

---

## LEMON-GARLIC CHICKEN

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

**Preparation**

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.

**Nutritional Information**

- **Serves 3**

### LEVEL I
- 6 ounces = 2 protein

### LEVEL II
- 8 ounces = 2-1/2 protein

### LEVEL III
- 10 ounces = 3 protein
**COLESLAW**

Serves 12

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

<table>
<thead>
<tr>
<th>LEVEL I</th>
<th>LEVEL II</th>
<th>LEVEL III</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 cup = 1/2 vegetable</td>
<td>1 cup = 1 vegetable</td>
<td>2 cups = 2 vegetable</td>
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</tbody>
</table>

**Nutrition Information per serving:**
- 38 Calories (kcal)
- trace Total Fat (4% calories from fat)
- 0 g Protein
- 9 g Carbohydrate
- 0 mg Cholesterol
- 171 mg Sodium
GENERAL GUIDELINES

Get the best of both worlds during Phase 2 of your training. To supply your body with additional energy for midstream performance, these recipes provide a balanced mix of carbohydrates and proteins. Mouthwatering muffins, meatloaf, and filet mignon are just a few of the appetizing dishes you’ll find. There’s also a variety of salads to keep it light at lunchtime.
<table>
<thead>
<tr>
<th>DAY 1</th>
<th>BREAKFAST</th>
<th>SNACK</th>
<th>LUNCH</th>
<th>SNACK</th>
<th>DINNER</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1 cup Oatmeal</td>
<td>1 Protein bar</td>
<td>1 Shrimp Pasta Pomodoro</td>
<td>8 oz Cottage cheese, 1%</td>
<td>6 oz Extra-lean burger patty</td>
</tr>
<tr>
<td></td>
<td>8 oz Skim milk</td>
<td>1 Recovery drink*</td>
<td>(see Phase 1 recipes)</td>
<td>1-1/2 oz Low-fat melted cheese</td>
<td>1-1/2 oz</td>
</tr>
<tr>
<td></td>
<td>1 tbsp Protein powder</td>
<td></td>
<td>8 oz Nonfat yogurt</td>
<td>2 cups Salad greens w/ cucumber and tomatoes</td>
<td>2 tbsp Dressing (your choice)</td>
</tr>
<tr>
<td></td>
<td>1/2 oz Raisins</td>
<td></td>
<td>1 oz Turkey jerky</td>
<td>1/2 cup Fresh berries</td>
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<th>DAY 2</th>
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<tbody>
<tr>
<td></td>
<td>1 Whole wheat bagel</td>
<td>1 Protein bar</td>
<td>1 Grilled Chicken Burrito</td>
<td>1 oz Turkey jerky</td>
<td>6 oz Halibut</td>
</tr>
<tr>
<td></td>
<td>8 oz Cottage cheese, 1%</td>
<td>1 Recovery drink*</td>
<td>(see Phase 1 recipes)</td>
<td>2 tbsp Sauce (your choice)</td>
<td>2 tbsp Sauce (your choice)</td>
</tr>
<tr>
<td></td>
<td>1 Orange, medium</td>
<td></td>
<td>1 oz Turkey jerky</td>
<td>1 Artichoke, medium</td>
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<tr>
<th>DAY 3</th>
<th>BREAKFAST</th>
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<th>LUNCH</th>
<th>SNACK</th>
<th>DINNER</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1 Pear and Granola Muffin</td>
<td>1 Protein bar</td>
<td>Tuna Roll-Up: 6 oz Tuna Salad</td>
<td>8 oz Cottage cheese, 1%</td>
<td>6 oz Chicken breast</td>
</tr>
<tr>
<td></td>
<td>8 oz Nonfat yogurt</td>
<td>1 Recovery drink*</td>
<td>(see Phase 1 recipes)</td>
<td>2 tbsp Sauce (your choice)</td>
<td>2 cups Mushroom, zucchini, and onion sauté</td>
</tr>
<tr>
<td></td>
<td>1 cup Strawberries, sliced</td>
<td></td>
<td>1 Whole wheat tortilla</td>
<td>3 oz Grated Parmesan cheese</td>
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<tr>
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<th>LUNCH</th>
<th>SNACK</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>1 Protein Shake</td>
<td>1 Protein bar</td>
<td>Turkey Breast Sandwich: 6 oz Fat-free turkey breast</td>
<td>8 oz Nonfat plain yogurt</td>
<td>6 oz Salmon</td>
</tr>
<tr>
<td></td>
<td>(see Phase 1 recipes)</td>
<td>1 Recovery drink*</td>
<td>2 slices Whole wheat toast</td>
<td>2 tbsp Green Apple Salsa</td>
<td>2 tbsp Lime-Soy Vinaigrette</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1 leaf Lettuce</td>
<td>1 cup Asparagus</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>2 slices Tomato</td>
<td>2 cups Salad greens</td>
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<th>DINNER</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>2 Whole wheat waffles</td>
<td>1 Protein bar</td>
<td>1 Chicken Pita</td>
<td>1 oz Turkey jerky</td>
<td>6 oz Grilled Ahi Tuna Salad</td>
</tr>
<tr>
<td></td>
<td>1/2 Banana, medium</td>
<td>1 Recovery drink*</td>
<td>(see Phase 1 recipes)</td>
<td>2 tbsp Lime-Soy Vinaigrette</td>
<td>2 tbsp Lime-Soy Vinaigrette</td>
</tr>
<tr>
<td></td>
<td>2 tbsp Low-sugar maple syrup</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>8 oz Skim milk</td>
<td></td>
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<th>SNACK</th>
<th>DINNER</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>6 Egg whites</td>
<td>1 Protein bar</td>
<td>1 White Bean and Tuna Salad</td>
<td>1 tbsp Peanut butter w/ celery sticks</td>
<td>6 oz Italian Meatloaf</td>
</tr>
<tr>
<td></td>
<td>1 Breakfast Potatoes</td>
<td>1 Recovery drink*</td>
<td>(see Phase 1 recipes)</td>
<td>2 cups Spinach and romaine salad</td>
<td>1-1/2 oz Mozzarella cheese, cubed</td>
</tr>
<tr>
<td></td>
<td>8 oz Cottage cheese, 1%</td>
<td></td>
<td>1 tbsp Caesar Dressing</td>
<td>2 tbsp Dressing (your choice)</td>
<td>2 tbsp Dressing (your choice)</td>
</tr>
<tr>
<td></td>
<td>6 oz Fresh-squeezed juice</td>
<td></td>
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<tr>
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<th>LUNCH</th>
<th>SNACK</th>
<th>DINNER</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>3 Pancakes, 3.6 oz</td>
<td>1 Protein bar</td>
<td>1 Chicken Caesar Salad</td>
<td>1-1/2 oz String cheese</td>
<td>6 oz Filet mignon</td>
</tr>
<tr>
<td></td>
<td>2 tbsp Low-sugar maple syrup</td>
<td>1 Recovery drink*</td>
<td>(see Phase 1 recipes)</td>
<td>2 tbsp Pear and Peppercorn Sauce</td>
<td>2 tbsp Pear and Peppercorn Sauce</td>
</tr>
<tr>
<td></td>
<td>1 cup Blueberries</td>
<td></td>
<td>2 tbsp Caesar Dressing</td>
<td>1 cup Portobello mushrooms</td>
<td></td>
</tr>
<tr>
<td></td>
<td>8 oz Skim milk</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 tbsp Protein powder</td>
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<td></td>
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* Immediately after workout
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<th>LUNCH</th>
<th>SNACK</th>
<th>DINNER</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1 cup Oatmeal</td>
<td>1 Protein bar</td>
<td>1 Shrimp Pasta Pomodoro</td>
<td>1 oz Low-fat cheese w/ 6 Crackers</td>
<td>9 oz Extra-lean burger patty</td>
</tr>
<tr>
<td></td>
<td>8 oz Skim milk</td>
<td>1 Recovery drink*</td>
<td></td>
<td>3 oz Low-fat melted cheese</td>
<td>1 oz Halibut</td>
</tr>
<tr>
<td></td>
<td>1 tbsp Protein powder</td>
<td></td>
<td>1 cup Gazpacho (see Phase 1 recipes)</td>
<td>1 oz ·Baked potato, medium</td>
<td>3 tbsp ·Sauce (your choice)</td>
</tr>
<tr>
<td></td>
<td>1/2 oz Raisins</td>
<td>1 Recovery drink*</td>
<td></td>
<td>3 cups ·Salad greens w/ cucumber and tomatoes</td>
<td>1 ·Artichoke, medium</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1/2 oz ·Baked potato</td>
<td>3 tbsp ·Dressing (your choice)</td>
<td>1 cup ·Wheat berries</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1 leaf ·Lettuce</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>2 slices ·Tomato</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1 cup ·Vegetable Soup (see Phase 1 recipes)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1 oz ·Turkey jerky</td>
<td>9 oz ·Grilled Ahi Tuna Salad</td>
<td>1 oz ·Sourdough pretzel</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1 ·Sourdough pretzel</td>
<td>3 tbsp ·Lime-Soy Vinaigrette</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1 oz ·Turkey jerky</td>
<td>9 oz ·Grilled Ahi Tuna Salad</td>
<td>1 ·Whole grain roll</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>3 tbsp ·Sauce (your choice)</td>
<td>3 tbsp ·Sauce (your choice)</td>
<td>1 ·Whole grain roll</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>2 cups ·Mushroom, zucchini, and onion sauté</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>6 oz ·Grated Parmesan cheese</td>
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<td></td>
<td></td>
<td></td>
<td>1 cup ·Brown rice</td>
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<table>
<thead>
<tr>
<th>DAY 2</th>
<th>BREAKFAST</th>
<th>SNACK</th>
<th>LUNCH</th>
<th>SNACK</th>
<th>DINNER</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>1 Whole wheat bagel</td>
<td>1 Protein bar</td>
<td>1 Grilled Chicken Burrito</td>
<td>4 tbsp ·Hummus w/ carrot sticks</td>
<td>9 oz ·Halibut</td>
</tr>
<tr>
<td></td>
<td>8 oz ·Cottage cheese, 1%</td>
<td>1 Recovery drink*</td>
<td>1 cup ·Gazpacho (see Phase 1 recipes)</td>
<td>3 oz ·Low-fat melted cheese</td>
<td>3 tbsp ·Sauce (your choice)</td>
</tr>
<tr>
<td></td>
<td>1 Orange, medium</td>
<td></td>
<td></td>
<td>1 ·Baked potato, medium</td>
<td>1 ·Artichoke, medium</td>
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<td></td>
<td></td>
<td></td>
<td>1/2 oz ·Baked potato</td>
<td>3 tbsp ·Dressing (your choice)</td>
<td>1 cup ·Wheat berries</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>1 leaf ·Lettuce</td>
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<td></td>
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<td></td>
<td></td>
<td></td>
<td>2 slices ·Tomato</td>
<td></td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td>1 cup ·Vegetable Soup (see Phase 1 recipes)</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>3 cups ·Lite popcorn</td>
<td>1-1/2 oz ·String cheese</td>
<td>1 ·Whole grain roll</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1 oz ·Turkey jerky</td>
<td>9 oz ·Grilled Ahi Tuna Salad</td>
<td>1 ·Whole grain roll</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>1 ·Sourdough pretzel</td>
<td>3 tbsp ·Lime-Soy Vinaigrette</td>
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<td></td>
<td></td>
<td></td>
<td>1 oz ·Turkey jerky</td>
<td>9 oz ·Grilled Ahi Tuna Salad</td>
<td>1 ·Whole grain roll</td>
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<td></td>
<td></td>
<td></td>
<td>3 tbsp ·Sauce (your choice)</td>
<td>3 tbsp ·Sauce (your choice)</td>
<td>1 ·Whole grain roll</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>2 cups ·Mushroom, zucchini, and onion sauté</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>6 oz ·Grated Parmesan cheese</td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td>1 cup ·Brown rice</td>
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<tr>
<th>DAY 3</th>
<th>BREAKFAST</th>
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<th>SNACK</th>
<th>DINNER</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>1 Protein Shake (see Phase 1 recipes)</td>
<td>1 Protein bar</td>
<td>Tuna Roll-Up: 9 oz ·Tuna Salad (see Phase 1 recipes)</td>
<td>3 cups ·Lite popcorn</td>
<td>9 oz ·Salmon</td>
</tr>
<tr>
<td></td>
<td>(see Phase 1 recipes)</td>
<td>1 Recovery drink*</td>
<td>1 ·Whole wheat tortilla</td>
<td>1-1/2 oz ·String cheese</td>
<td>3 tbsp ·Green Apple Salsa</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1/4 cup ·Sprouts and diced tomatoes</td>
<td></td>
<td>1 ·Asparagus</td>
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</thead>
<tbody>
<tr>
<td></td>
<td>2 Whole wheat waffles</td>
<td>1 Protein bar</td>
<td>Turkey Breast Sandwich: 9 oz ·Fat-free turkey breast</td>
<td>8 oz ·Nonfat fruit-flavored yogurt</td>
<td>9 oz ·Salmon</td>
</tr>
<tr>
<td></td>
<td>1/2 ·Banana, medium</td>
<td>1 Recovery drink*</td>
<td>2 slices ·Whole-wheat toast</td>
<td>3 tbsp ·Green Apple Salsa</td>
<td>3 oz ·Asparagus</td>
</tr>
<tr>
<td></td>
<td>3 tbsp ·Low-sugar maple syrup</td>
<td></td>
<td>1 leaf ·Lettuce</td>
<td>1 ·Baked potato, medium</td>
<td>1 ·Baked potato, medium</td>
</tr>
<tr>
<td></td>
<td>8 oz ·Skim milk</td>
<td></td>
<td>2 slices ·Tomato</td>
<td>3 cups ·Salad greens</td>
<td>3 cups ·Salad greens</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1 cup ·Vegetable Soup (see Phase 1 recipes)</td>
<td>3 tbsp ·Dressing (your choice)</td>
<td>3 tbsp ·Dressing (your choice)</td>
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<th>SNACK</th>
<th>DINNER</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>6 ·Egg whites</td>
<td>1 Protein bar</td>
<td>1 White Bean and Tuna Salad</td>
<td>1 tbsp ·Peanut butter w/ celery sticks</td>
<td>9 oz ·Italian Meatloaf</td>
</tr>
<tr>
<td></td>
<td>1 Breakfast Potatoes</td>
<td>1 Recovery drink*</td>
<td></td>
<td>1 oz ·Dried fruit</td>
<td>1 ·Baked potato, medium</td>
</tr>
<tr>
<td></td>
<td>8 oz ·Cottage cheese, 1%</td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>6 oz ·Fresh-squeezed juice</td>
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<table>
<thead>
<tr>
<th>DAY 6</th>
<th>BREAKFAST</th>
<th>SNACK</th>
<th>LUNCH</th>
<th>SNACK</th>
<th>DINNER</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>3 ·Pancakes, 3.6 oz</td>
<td>1 Protein bar</td>
<td>1 Chicken Caesar Salad</td>
<td>2 oz ·Soy nuts</td>
<td>9 oz ·Filet mignon</td>
</tr>
<tr>
<td></td>
<td>3 tbsp ·Low-sugar maple syrup</td>
<td>1 Recovery drink*</td>
<td>3 tbsp ·Caesar Dressing</td>
<td>3 cups ·Lite popcorn</td>
<td>3 tbsp ·Pear and Peppercorn Sauce</td>
</tr>
<tr>
<td></td>
<td>1 cup ·Blueberries</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td></td>
<td>8 oz ·Skim milk</td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 tbsp ·Protein powder</td>
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* Immediately after workout
# ENERGY BOOSTER

**MEAL PLAN APPROACH**

**LEVEL III**

**PHASE 2**

## BREAKFAST

<table>
<thead>
<tr>
<th>DAY 1</th>
<th>DAY 2</th>
<th>DAY 3</th>
<th>DAY 4</th>
<th>DAY 5</th>
<th>DAY 6</th>
<th>DAY 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup Oatmeal</td>
<td>1 Whole wheat bagel</td>
<td>1 Pear and Granola Muffin</td>
<td>1 Protein Shake (see Phase 1 recipes)</td>
<td>2 Whole wheat waffles</td>
<td>6 Egg whites</td>
<td>3 Pancakes, 3.6 oz</td>
</tr>
<tr>
<td>8 oz Skim milk</td>
<td>8 oz Cottage cheese, 1%</td>
<td>8 oz Nonfat yogurt</td>
<td>1/2 Banana, medium</td>
<td>1/2 Banana, medium</td>
<td>1 Breakfast Potatoes</td>
<td>4 tbsp Low-sugar maple syrup</td>
</tr>
<tr>
<td>1 tbsp Protein powder</td>
<td>1 Whole wheat bagel</td>
<td>1 cup Strawberries, sliced</td>
<td>1/2 tsp Low-sugar maple syrup</td>
<td>8 oz Skim milk</td>
<td>8 oz Cottage cheese, 1%</td>
<td>6 oz Fresh-squeezed juice</td>
</tr>
<tr>
<td>1/2 oz Raisins</td>
<td>1 Orange, medium</td>
<td>4 tbsp Hummus w/ carrot sticks</td>
<td>1/2 tsp Low-sugar maple syrup</td>
<td>8 oz Skim milk</td>
<td>6 oz Fresh-squeezed juice</td>
<td>1 tbsp Protein powder</td>
</tr>
</tbody>
</table>

### Recipe included

1. **1 Protein bar**
2. **1 Recovery drink**
3. **1 Shrimp Pasta Pomodoro**
4. **1 Cup Melon**
5. **1 Grilled Chicken Burrito**
6. **2 cups Gazpacho**
7. **4 tbsp Hummus w/ carrot sticks**
8. **1 Turkey jerky**
9. **1 Almonds**
10. **3 cups Lite popcorn**
11. **8 oz Tuna Salad**
12. **1 Whole wheat tortilla**
13. **1/4 cup Sprouts and diced tomatoes**
14. **1 Peach, medium**
15. **1 Tuna Roll-Up:**
16. **12 oz Tuna Salad**
17. **(see Phase 1 recipes)**
18. **1 Whole wheat tortilla**
19. **1/4 cup Sprouts and diced tomatoes**
20. **1 Peach, medium**
21. **Turkey Breast Sandwich:**
22. **12 oz Fat-free turkey breast**
23. **2 slices Whole wheat toast**
24. **1 leaf Lettuce**
25. **2 slices Tomato**
26. **1 cup Vegetable Soup**
27. **(see Phase 1 recipes)**
28. **1 Soy nuts**
29. **2 Turkey jerky**
30. **1 Chicken Pita**
31. **1 cup Grapes**
32. **1 White Bean and Tuna Salad**
33. **8 oz Nonfat fruit-flavored yogurt**
34. **1 tbsp Peanut butter w/ celery sticks**
35. **12 oz Salmon**
36. **4 tbsp Green Apple Salsa**
37. **1 cup Asparagus**
38. **1 Baked potato, medium**
39. **4 cups Salad greens**
40. **4 tbsp Dressing (your choice)**
41. **12 oz Grilled Ahi Tuna Salad**
42. **4 tbsp Lime-Soy Vinaigrette**
43. **1 Whole grain roll**
44. **12 oz Italian Meatloaf**
45. **1 Baked potato, medium**
46. **4 cups Spinach and romaine salad**
47. **3 cups Mozzarella cheese, cubed**
48. **4 tbsp Dressing (your choice)***

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*Immediately after workout*

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**ENERGY BOOSTER**

**DAY 1**

- 1 cup Oatmeal
- 8 oz Skim milk
- 1 tbsp Protein powder
- 1/2 oz Raisins

**DAY 2**

- 1 whole wheat bagel
- 8 oz Cottage cheese, 1%
- 1 Orange, medium

**DAY 3**

- 1 Pear and Granola Muffin
- 8 oz Nonfat yogurt
- 1 cup Strawberries, sliced

**DAY 4**

- 1 Protein Shake (see Phase 1 recipes)
- 1 whole wheat waffles
- 1/2 Banana, medium

**DAY 5**

- 2 whole wheat waffles
- 1/2 Banana, medium
- 4 tbsp Low-sugar maple syrup
- 8 oz Skim milk

**DAY 6**

- 6 Egg whites
- 1 Breakfast Potatoes
- 8 oz Cottage cheese, 1%
- 6 oz Fresh-squeezed juice

**DAY 7**

- 3 Pancakes, 3.6 oz
- 4 tbsp Low-sugar maple syrup
- 1 cup Blueberries
- 8 oz Skim milk
- 1 tbsp Protein powder

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**ADD A LITTLE EXTRA**

- 3 oz Low-fat cheese w/ 6 Crackers
- 1 Sourdough pretzel
- 1 oz Low-fat cheese w/ 6 Crackers
- 1 Sourdough pretzel
- 1 oz Low-fat cheese w/ 6 Crackers
- 1 Sourdough pretzel
- 1 oz Low-fat cheese w/ 6 Crackers
- 1 Sourdough pretzel

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**LEVEL III**

**PHASE 2**

**DAY 1**

- 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**

- 12 oz Halibut
- 4 tbsp Sauce (your choice)
- 1 Artichoke, medium
- 1 cup Wheat berries
- 1 Nectarine, medium

**DAY 3**

- 12 oz Chicken breast
- 4 tbsp Sauce (your choice)
- 1 mushroom, zucchini, and onion sauté
- 9 oz Grated Parmesan cheese
- 1 cup Brown rice

**DAY 4**

- 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**

- 12 oz Grilled Ahi Tuna Salad
- 4 tbsp Lime-Soy Vinaigrette
- 1 Whole grain roll

**DAY 6**

- 12 oz Italian Meatloaf
- 1 Baked potato, medium
- 4 cups Spinach and romaine salad
- 3 oz Mozzarella cheese, cubed
- 4 tbsp Dressing (your choice)

---

*Immediately after workout*
Balanced in carbohydrates and protein, but still low in fat, these recipes including delicious sandwiches, salads, and pasta dishes will contribute to a well-rounded, long-term eating plan. They will give you the resources you need to boost your energy and help you maintain the changes made in Phase 1 and help you realize your potential in Phase 2.

**GENERAL GUIDELINES**

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

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

Serves 8

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

### LEVEL I

2 tablespoons = 1 condiment

### LEVEL II

3 tablespoons = 1-1/2 condiments

### LEVEL III

4 tablespoons = 2 condiments

<table>
<thead>
<tr>
<th>per serving:</th>
<th>43 Calories (kcal)</th>
<th>2 g Total Fat</th>
<th>(30% calories from fat)</th>
<th>5 g Protein</th>
<th>3 g Carbohydrate</th>
<th>5 mg Cholesterol</th>
<th>121 mg Sodium</th>
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<td>2 g Total Fat</td>
<td>30% calories from fat</td>
<td>5 g Protein</td>
<td>3 g Carbohydrate</td>
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<td>121 mg Sodium</td>
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<tr>
<td>5 g Protein</td>
<td>3 g Carbohydrate</td>
<td>5 mg Cholesterol</td>
<td>121 mg Sodium</td>
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<tr>
<td>121 mg Sodium</td>
<td>3 g Carbohydrate</td>
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<tr>
<td>121 mg Sodium</td>
<td>3 g Carbohydrate</td>
<td>5 mg Cholesterol</td>
<td>121 mg Sodium</td>
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## LIME-SOY VINAIGRETTE

1 cup 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, minced
4 cloves garlic, minced

Serves 16

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

### LEVEL I

2 tablespoons = 1 condiment

### LEVEL II

3 tablespoons = 1-1/2 condiments

### LEVEL III

4 tablespoons = 2 condiments

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<tbody>
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<td>1 g Total Fat</td>
<td>(44% calories from fat)</td>
<td>1 g Protein</td>
<td>3 g Carbohydrate</td>
<td>0 mg Cholesterol</td>
<td>300 mg Sodium</td>
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<tr>
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<td>3 g Carbohydrate</td>
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<td>300 mg Sodium</td>
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<td>300 mg Sodium</td>
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GREEN APPLE SALSA

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

Serves 16

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

PEAR AND PEPPERCORN SAUCE

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

Serves 8

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

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

Serves 10

1. Preheat oven to 350 degrees.
2. Whisk together first five ingredients in large bowl to blend.
3. Stir both flours and sugar in medium bowl until no sugar lumps remain.
4. Mix in granola, baking powder, nutmeg, and salt. Add pear; toss to coat. Stir flour mixture into egg mixture until blended (batter will be thick). Divide among 10 prepared muffin cups.
5. Bake until golden brown and tester inserted into center comes out clean (about 20 minutes). Transfer muffins to rack and cool.

BREAKFAST POTATOES

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

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

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

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

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

1. Grill or bake chicken breast in Pyrex dish at 350 degrees for approximately 20 minutes.

2. Cool chicken and cube into 1-inch pieces.

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

**LEVEL I**

2 protein, 1 carbohydrate,

**LEVEL II**

See below

**LEVEL III**

See next page

per serving:

490 Calories (kcal)

13 g Total Fat

(23% calories from fat)

52 g Protein

41 g Carbohydrate

137 mg Cholesterol

931 mg Sodium

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**CHICKEN PITA–LEVEL II**

9 ounces boneless, skinless chicken breast

1 whole wheat pita

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

1/4 cup tomato, chopped

2 tablespoons red onion, chopped

1/4 cup cucumber, peeled and chopped

squeeze of lemon

1. Grill or bake chicken breast in Pyrex dish at 350 degrees for approximately 20 minutes.

2. Cool chicken and cube into 1-inch pieces.

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

**LEVEL I**

See above

**LEVEL II**

3 protein, 1 carbohydrate,

1 vegetable, 1 dairy

**LEVEL III**

See next page

per serving:

583 Calories (kcal)

14 g Total Fat

(21% calories from fat)

72 g Protein

41 g Carbohydrate

186 mg Cholesterol

986 mg Sodium
CHICKEN PITA–LEVEL III

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

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.

SHRIMP PASTA POMODORO–LEVEL I

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

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

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

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

**LEVEL I**
See previous page

**LEVEL II**
3 protein, 1 carbohydrate, 1 vegetable, 1 fat

**LEVEL III**
See below

---

**SHRIMP PASTA POMODORO—LEVEL III**

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

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

**LEVEL I**
See previous page

**LEVEL II**
See above

**LEVEL III**
4 protein, 1 carbohydrate, 2 vegetable, 1 fat

---

**per serving:**

**LEVEL II**

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

**LEVEL III**

- 711 Calories (kcal)
- 20 g Total Fat
- (25% calories from fat)
- 80 g Protein
- 53 g Carbohydrate
- 517 mg Cholesterol
- 580 mg Sodium
CHICKEN CAESAR SALAD—LEVEL I

6 ounces boneless, skinless chicken breast
2 cups romaine lettuce, chopped
Caesar dressing (see Dressings)
1-1/2 ounces fat-free Parmesan cheese, grated
1 cup low-fat croutons

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

LEVEL I
2 protein, 1 carbohydrate,
1 vegetable, 1 fat

LEVEL II
See below

LEVEL III
See next page

per serving:
519 Calories (kcal)
17 g Total Fat
(30% calories from fat)
62 g Protein
26 g Carbohydrate
132 mg Cholesterol
1,120 mg Sodium

CHICKEN CAESAR SALAD—LEVEL II

9 ounces boneless, skinless chicken breast
3 cups romaine lettuce, chopped
Caesar dressing (see Dressings)
1-1/2 ounces fat-free Parmesan cheese, grated
1 cup low-fat croutons

1. Cook chicken breast as desired and slice across the grain.
2. In a large bowl, toss the lettuce with 3 tablespoons of Caesar dressing. Top with chicken, Parmesan cheese, and croutons.

LEVEL I
See above

LEVEL II
3 protein, 1 carbohydrate,
1 vegetable, 1 fat

LEVEL III
See next page

per serving:
620 Calories (kcal)
18 g Total Fat
(27% calories from fat)
83 g Protein
28 g Carbohydrate
181 mg Cholesterol
1,180 mg Sodium
CHICKEN CAESAR SALAD—LEVEL III

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

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.

per serving:
722 Calories (kcal)
19 g Total Fat
(24% calories from fat)
103 g Protein
29 g Carbohydrate
231 mg Cholesterol
1,240 mg Sodium

GRILLED CHICKEN BURRITO—LEVEL I

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

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.

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

LEVEL I
See previous page

LEVEL II
See previous page

LEVEL III
4 protein, 1 carbohydrate,
2 vegetable, 1 fat
GRILLED CHICKEN BURRITO–LEVEL II

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

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.

GRILLED CHICKEN BURRITO–LEVEL III

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

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.
### WHITE BEAN AND TUNA SALAD—LEVEL I

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 ounces canned tuna, in water</td>
<td></td>
</tr>
<tr>
<td>1 cup white beans, cooked</td>
<td></td>
</tr>
<tr>
<td>1/2 cup green pepper</td>
<td></td>
</tr>
<tr>
<td>1/2 cup yellow pepper</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons green onion</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons parsley</td>
<td></td>
</tr>
<tr>
<td>dash white pepper</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon lemon juice</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon lemon zest</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon olive oil</td>
<td></td>
</tr>
</tbody>
</table>

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

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

### WHITE BEAN AND TUNA SALAD—LEVEL II

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>9 ounces canned tuna, in water</td>
<td></td>
</tr>
<tr>
<td>1 cup white beans, cooked</td>
<td></td>
</tr>
<tr>
<td>3/4 cup green pepper</td>
<td></td>
</tr>
<tr>
<td>3/4 cup yellow pepper</td>
<td></td>
</tr>
<tr>
<td>3 tablespoons green onion</td>
<td></td>
</tr>
<tr>
<td>3 tablespoons parsley</td>
<td></td>
</tr>
<tr>
<td>dash white pepper</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons lemon juice</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons lemon zest</td>
<td></td>
</tr>
<tr>
<td>2 teaspoons olive oil</td>
<td></td>
</tr>
</tbody>
</table>

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

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

### LEVEL I

- 2 protein, 1 carbohydrate, 1 vegetable, 1 fat

### LEVEL II

- See below

### LEVEL III

- See next page

---

**LUNCH**

**PHASE 2—ENERGY BOOSTER**
LUNCH

WHITE BEAN AND 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
1 tablespoon olive oil

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

LEVEL I
See previous page

LEVEL II
See previous page

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

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
ITALIAN MEATLOAF

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

Serves 4

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

GRILLED AHI TUNA SALAD—LEVEL I

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 Dressings)

Serves 4

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

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

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

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

per serving:

GRILLED AHI TUNA SALAD—LEVEL I

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

PHASE 2—ENERGY BOOSTER
GRILLED AHI TUNA SALAD–LEVEL II

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 Dressings)

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

LEVEL I
See previous page

LEVEL II
3 protein, 1/2 fruit, 1 vegetable

LEVEL III
See below

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

GRILLED AHI TUNA SALAD–LEVEL III

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 Dressings)

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

LEVEL I
See previous page

LEVEL II
See above

LEVEL III
4 protein, 1/2 fruit, 2 vegetable

per serving:
546 Calories (kcal)
10 g Total Fat
(16% calories from fat)
91 g Protein
22 g Carbohydrate
153 mg Cholesterol
153 mg Sodium
If you’ve been craving those traditional carb favorites like pancakes, pasta, and potatoes, then welcome to Phase 3. The high-carbohydrate recipes in this section will help keep you energized during the final stretch. Additionally, there are plenty of great-tasting meat, poultry, and seafood entrees to ensure fast muscle recovery.
<table>
<thead>
<tr>
<th>DAY</th>
<th>BREAKFAST</th>
<th>SNACK</th>
<th>LUNCH</th>
<th>SNACK</th>
<th>DINNER</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>1_Blueberry Muffin</td>
<td>1_Recovery drink*</td>
<td>1_Veggie burger</td>
<td>3_Fig Newtons</td>
<td>6 oz_Chicken</td>
</tr>
<tr>
<td></td>
<td>8 oz_Nonfat plain yogurt</td>
<td></td>
<td>1/2 Whole grain bun</td>
<td>1_Sourdough pretzel</td>
<td>2 tsp_Apricot Sauce</td>
</tr>
<tr>
<td></td>
<td>1 cup_Berries</td>
<td></td>
<td>2 cups_Salad greens</td>
<td></td>
<td>1/2_Baked yam, medium</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>2 tbsp_Dressing (your choice)</td>
<td></td>
<td>1 cup_Green beans, steamed</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1/4_Mango</td>
</tr>
<tr>
<td>2</td>
<td>2_Whole grain waffles</td>
<td>1_Recovery drink*</td>
<td>1_Pasta Salad</td>
<td>12_Mini rice cakes</td>
<td>6 oz_Halibut</td>
</tr>
<tr>
<td></td>
<td>1 tsp_Peanut butter</td>
<td></td>
<td></td>
<td>1_Frozen fruit bar</td>
<td>2 tsp_Mustard</td>
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<tr>
<td></td>
<td>8 oz_Skim milk</td>
<td></td>
<td></td>
<td></td>
<td>Cream Sauce</td>
</tr>
<tr>
<td></td>
<td>1_Banana, medium</td>
<td></td>
<td></td>
<td></td>
<td>1 cup_Brown rice</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>2 cups_Spinach, steamed</td>
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<tr>
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<td></td>
<td></td>
<td></td>
<td>1 cup_Raspberries</td>
</tr>
<tr>
<td>3</td>
<td>1_Whole grain roll</td>
<td>1_Recovery drink*</td>
<td>1 cup_Black and White Bean Chili</td>
<td>3 cups_Lite corn.</td>
<td>6 oz_Flank steak, grilled</td>
</tr>
<tr>
<td></td>
<td>1/2 cup_Low-fat</td>
<td></td>
<td></td>
<td>popcorn</td>
<td>2 tsp_Steak sauce</td>
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<tr>
<td></td>
<td>ricotta cheese</td>
<td></td>
<td></td>
<td></td>
<td>1_Baked potato, medium</td>
</tr>
<tr>
<td></td>
<td>4 slices_Roma tomato</td>
<td></td>
<td></td>
<td></td>
<td>1 cup_Onion, zucchini, and</td>
</tr>
<tr>
<td></td>
<td>drizzle_Olive oil</td>
<td></td>
<td></td>
<td></td>
<td>stewed tomato sauté</td>
</tr>
<tr>
<td></td>
<td>1 cup_Cantaloupe</td>
<td></td>
<td></td>
<td></td>
<td>1_Nectarine, medium</td>
</tr>
<tr>
<td>4</td>
<td>1/2 cup_Low-fat</td>
<td>1_Recovery drink*</td>
<td>1_Stuffed Baked Potato</td>
<td>1 oz_Dried fruit</td>
<td>6 oz_Mediterranean Shrimp Kebabs</td>
</tr>
<tr>
<td></td>
<td>granola</td>
<td></td>
<td></td>
<td>2 oz_Soy nuts</td>
<td></td>
</tr>
<tr>
<td></td>
<td>8 oz_Nonfat plain yogurt</td>
<td></td>
<td></td>
<td></td>
<td>1 White rice</td>
</tr>
<tr>
<td></td>
<td>1 cup_Strawberries, sliced</td>
<td></td>
<td></td>
<td></td>
<td>1_Orange, medium</td>
</tr>
<tr>
<td>5</td>
<td>3_Oatmeal Pancakes</td>
<td>1_Recovery drink*</td>
<td>1_Grilled Veggie Focaccia</td>
<td>8 oz_Fruit sorbet</td>
<td>6 oz_Chicken</td>
</tr>
<tr>
<td></td>
<td>2 tbsp_Low-sugar maple syrup</td>
<td></td>
<td></td>
<td>12_Mini rice cakes</td>
<td>2 tsp_Barbecue Sauce</td>
</tr>
<tr>
<td></td>
<td>1 cup_Applesauce</td>
<td></td>
<td></td>
<td></td>
<td>1 cup_Nonfat baked beans</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>2 cups_Salad greens</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>2 tbsp_Dressing (your choice)</td>
</tr>
<tr>
<td>6</td>
<td>8 oz_Cottage cheese, 1%</td>
<td>1_Recovery drink*</td>
<td>1_Spicy Chinese Noodles</td>
<td>1_Sourdough pretzel</td>
<td>6 oz_Salmon</td>
</tr>
<tr>
<td></td>
<td>1 cup_Pineapple chunks</td>
<td></td>
<td></td>
<td>4 oz_Nonfat frozen yogurt</td>
<td>2 tsp_Dijonnaise Sauce</td>
</tr>
<tr>
<td></td>
<td>2 slices_Whole wheat toast</td>
<td></td>
<td></td>
<td></td>
<td>1 cup_Quinoa</td>
</tr>
<tr>
<td></td>
<td>2 tsp_Pure fruit jam</td>
<td></td>
<td></td>
<td></td>
<td>1 cup_Broccoli, steamed</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1 cup_Grapes</td>
</tr>
<tr>
<td>7</td>
<td>1 Whole wheat bagel</td>
<td>1_Recovery drink*</td>
<td>1_Vegetarian Tostada</td>
<td>1_Medium fresh fruit</td>
<td>6 oz_Pork Chop with Apple</td>
</tr>
<tr>
<td></td>
<td>2 tsp_Fat-free cream cheese</td>
<td></td>
<td></td>
<td>1 tbsp_Peanut butter</td>
<td>and Sweet Potato</td>
</tr>
<tr>
<td></td>
<td>8 oz_Nonfat plain yogurt</td>
<td></td>
<td></td>
<td>w/ celery sticks</td>
<td>1 cup_Peas</td>
</tr>
<tr>
<td></td>
<td>1 cup_Berries</td>
<td></td>
<td></td>
<td></td>
<td>2 cups_Salad greens</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>2 tbsp_Dressing (your choice)</td>
</tr>
</tbody>
</table>

* Immediately after workout
## MEAL PLAN APPROACH

### LEVEL II PHASE 3

#### BREAKFAST

| DAY 1 | 1. Blueberry Muffin  
8 oz Nonfat plain yogurt  
1 cup Berries |
|---|---|
| DAY 2 | 3. Whole grain waffles  
2 tbsp Peanut butter  
8 oz Skim milk  
1 Banana, medium |
| DAY 3 | 1. Whole grain roll  
1/2 cup Low-fat ricotta cheese  
4 slices Roma tomato  
drizzle Olive oil  
1 cup Cantaloupe |
| DAY 4 | 1/2 cup Low-fat granola  
8 oz Nonfat plain yogurt  
1 cup Strawberries, sliced |
| DAY 5 | 3. Oatmeal Pancakes  
3 tbsp Low-sugar maple syrup  
1 cup Applesauce  
8 oz Skim milk |
| DAY 6 | 8 oz Cottage cheese, 1%  
1 cup Pineapple chunks  
2 slices Whole wheat toast  
3 tsp Pure fruit jam |
| DAY 7 | 1. Whole wheat bagel  
2 tbsp Fat-free cream cheese  
8 oz Nonfat plain yogurt  
1 cup Berries |

#### SNACK

<table>
<thead>
<tr>
<th>DAY 1</th>
<th>1. Recovery drink*</th>
</tr>
</thead>
<tbody>
<tr>
<td>DAY 2</td>
<td>1. Recovery drink*</td>
</tr>
<tr>
<td>DAY 3</td>
<td>1. Recovery drink*</td>
</tr>
<tr>
<td>DAY 4</td>
<td>1. Recovery drink*</td>
</tr>
<tr>
<td>DAY 5</td>
<td>1. Recovery drink*</td>
</tr>
<tr>
<td>DAY 6</td>
<td>1. Recovery drink*</td>
</tr>
<tr>
<td>DAY 7</td>
<td>1. Recovery drink*</td>
</tr>
</tbody>
</table>

#### LUNCH

| DAY 1 | 1. Veggie burger  
1 Whole grain bun  
3 cups Salad greens  
3 tbsp Dressing (your choice)  
1 cup Melon |
| --- | --- |
| DAY 2 | 1. Pasta Salad  
1 cup Melon |
| DAY 3 | 2 cups Black and White Bean Chili  
3 cups Salad greens  
3 tbsp Dressing (your choice)  
1 cup Grapes |
| DAY 4 | 2. Stuffed Baked Potatoes  
3 cups Salad greens  
3 tbsp Dressing (your choice)  
1 Orange, medium |
| DAY 5 | 1. Grilled Veggie Focaccia  
1 cup Tabouli salad  
1 Peach, medium |
| DAY 6 | 1. Spicy Chinese Noodles  
3 cups Salad greens  
3 tbsp Dressing (your choice)  
1 cup Fruit salad |
| DAY 7 | 1. Vegetarian Tostada  
1 cup Fruit salad |

#### SNACK

| DAY 1 | 1 oz Almonds  
1-1/2 oz String cheese |
| --- | --- |
| DAY 2 | 1 oz Low-fat tortilla chips w/  
4 tbsp Bean dip  
1 Medium fruit |
| DAY 3 | 2 cups Black and White Bean Chili  
3 cups Salad greens  
3 tbsp Dressing (your choice)  
1 cup Grapes |
| DAY 4 | 1 oz Pita chips w/  
4 tbsp Hummus w/ carrot sticks |
| DAY 5 | 1 oz Almonds  
1-1/2 oz String cheese  
6 Crackers |
| DAY 6 | 1 oz Almonds  
1 oz Dried fruit  
8 oz Nonfat plain yogurt |
| DAY 7 | 1 oz Cashews  
1 oz Dried fruit |

#### DINNER

| DAY 1 | 9 oz Chicken  
3 tbsp Apricot Sauce  
1 Baked yam, medium  
1 cup Green beans, steamed  
3 cups Salad greens  
3 tbsp Dressing (your choice)  
4 Mango |
| --- | --- |
| DAY 2 | 9 oz Halibut  
3 tbsp Mustard Cream Sauce  
1 cup Brown rice  
3 cups Spinach, steamed  
1 Peach, medium |
| DAY 3 | 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 | 9 oz Mediterranean Shrimp Kebabs  
1 cup White rice  
3 cups Salad greens  
3 tbsp Dressing (your choice)  
1 cup Melon |
| DAY 5 | 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 | 9 oz Salmon  
3 tbsp Dijonnaise Sauce  
1 cup Quinoa  
1 cup Broccoli, steamed  
1 cup Grapes |
| DAY 7 | 9 oz Pork Chop with Apple and Sweet Potato  
1 cup Peas  
3 cups Salad greens  
3 tbsp Dressing (your choice) |

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* *Immediately after workout*
### ENDURANCE MAXIMIZER

#### LEVEL III

<table>
<thead>
<tr>
<th>MEAL PLAN APPROACH</th>
<th>PHASE 3</th>
</tr>
</thead>
</table>

#### BREAKFAST

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Snack</th>
<th>Lunch</th>
<th>Snack</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 oz. Nonfat plain yogurt</td>
<td>1. Whole grain roll</td>
<td>1 oz. Dried fruit</td>
<td>4 tbsp. Apricot Sauce</td>
<td>4 tbsp. Apricot Sauce</td>
</tr>
<tr>
<td>1 cup Berries</td>
<td>2 cups. Black and White Bean Chili</td>
<td>8 oz. Nonfat frozen yogurt</td>
<td>1 cup. Green beans, steamed</td>
<td>1 cup. Green beans, steamed</td>
</tr>
<tr>
<td>1/2 cup Low-fat granola</td>
<td>4 cups. Salad greens</td>
<td>4 tbsp. Dressing (your choice)</td>
<td>4 cups. Salad greens</td>
<td>4 tbsp. Dressing (your choice)</td>
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</tbody>
</table>

#### SNACK

<table>
<thead>
<tr>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>4. Whole grain waffles</td>
<td>1 Recovery drink*</td>
<td>1 Recovery drink*</td>
<td>1 Recovery drink*</td>
<td>1 Recovery drink*</td>
</tr>
<tr>
<td>2 tbsp. Peanut butter</td>
<td>2 cups. Black and White Bean Chili</td>
<td>2 cups. Black and White Bean Chili</td>
<td>1 Grilled Veggie Focaccia</td>
<td>1 Recovery drink*</td>
</tr>
<tr>
<td>8 oz. Skim milk</td>
<td>4 cups. Salad greens</td>
<td>4 cups. Salad greens</td>
<td>1 cup. Tabouli salad</td>
<td>1 Recovery drink*</td>
</tr>
<tr>
<td>1 cup. Banana, medium</td>
<td>4 tbsp. Dressing (your choice)</td>
<td>4 tbsp. Dressing (your choice)</td>
<td>1 cup. Tabouli salad</td>
<td>1 Recovery drink*</td>
</tr>
<tr>
<td>1 cup. Cantaloupe</td>
<td>1 cup. Grapes</td>
<td>1 cup. Tabouli salad</td>
<td>1 cup. Tabouli salad</td>
<td>1 Recovery drink*</td>
</tr>
<tr>
<td></td>
<td>6. Crackers</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>
Now that your body has become an efficient fuel-burning machine, you’re ready for an athletic diet which will help you push your body to the limit. These recipes, full of complex carbohydrates, lean protein, and low fat will give you the extra push you need to maximize your endurance and get in the best shape of your life.

**GENERAL GUIDELINES**

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

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

Serves 8

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

<table>
<thead>
<tr>
<th>LEVEL I</th>
<th>LEVEL II</th>
<th>LEVEL III</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 tablespoons = 1 condiment</td>
<td>3 tablespoons = 1-1/2 condiments</td>
<td>4 tablespoons = 2 condiments</td>
</tr>
</tbody>
</table>

DIJONNAISE SAUCE

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

Serves 8

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

<table>
<thead>
<tr>
<th>LEVEL I</th>
<th>LEVEL II</th>
<th>LEVEL III</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 tablespoons = 1 condiment</td>
<td>3 tablespoons = 1-1/2 condiments</td>
<td>4 tablespoons = 2 condiments</td>
</tr>
</tbody>
</table>
**MUSTARD CREAM SAUCE**

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

Serves 8

1 tablespoon chopped chives, for garnish

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

**BARBECUE SAUCE**

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

Serves 8

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

**Ingredients:**
- 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

**Serves 12**

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

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

## Oatmeal Pancakes

**Ingredients:**
- 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

**Serves 4**

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

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

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

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

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

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

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

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

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 canned navy beans, drained and rinsed

Serves 6

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

GRILLED VEGGIE FOCACCIA

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

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 cup = 1 carbohydrate

LEVEL II
2 cups = 2 carbohydrate

LEVEL III
2 cups = 2 carbohydrate

LEVEL I
1 carbohydrate, 1 carbohydrate, 1 carbohydrate,
2 vegetable, 2 vegetable

LEVEL II
1 carbohydrate, 1 carbohydrate, 1 carbohydrate,
2 vegetable, 2 vegetable

LEVEL III
1 carbohydrate, 1 carbohydrate, 1 carbohydrate,
2 vegetable, 2 vegetable

PHASE 3–ENDURANCE MAXIMIZER
STUFFED BAKED POTATO

1 medium baking potato
10 ounces frozen chopped spinach
1/2 cup broccoli, chopped
1 tablespoon green onions, finely chopped
1-1/2 ounces low-fat cheddar cheese
dash salt
dash pepper
dash garlic powder

(Levels II & III, please double ingredients)

1. Bake the potato at 425 degrees for 45 to 60 minutes, or microwave for about 8 minutes and then let stand for 3 to 5 minutes.

2. When the potato is done, scoop its insides into a small bowl, reserving skin.

3. Add the spinach, broccoli, green onions, cheese, and seasonings. Mash.

4. Fill the potato skin with the mixture and bake in the oven 10 minutes longer to blend the flavors.

PASTA SALAD–LEVEL I

2 ounces pasta
1 cup broccoli florets, steamed
2 whole green onions, 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

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

2. While pasta cooks, steam the broccoli and chop the green onions.

3. Combine the cooked pasta, broccoli, green onions, olive oil, tomatoes, basil, and garlic powder. Mix well.

PASTA SALAD–LEVEL II

3 ounces pasta
1 cup broccoli florets, steamed
2 whole green onions, 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

1. Cook the pasta according to the directions on the package. Drain.
2. While pasta cooks, steam the broccoli and chop the green onions.
3. Combine the cooked pasta, broccoli, green onions, olive oil, tomatoes, basil, and garlic powder. Mix well.

PASTA SALAD–LEVEL III

4 ounces pasta
1-1/2 cups broccoli florets, steamed
3 whole green onions, 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

1. Cook the pasta according to the directions on the package. Drain.
2. While pasta cooks, steam the broccoli and chop the green onions.
3. Combine the cooked pasta, broccoli, green onions, olive oil, tomatoes, basil, and garlic powder. Mix well.
SPICY CHINESE NOODLES–LEVEL I

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 green onions, finely chopped

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

2. While the pasta is cooking, combine in a small saucepan the peanut butter, soy sauce, vinegar, honey, and cayenne.

3. Mix together the pasta and the peanut butter sauce. If the pasta is too dry, add a little fat-free chicken broth to thin the sauce. Garnish with green onions.

LEVEL I
1 carbohydrate, 1 condiment, 1 fat

LEVEL II
See below

LEVEL III
See next page

429 Calories (kcal)
17 g Total Fat
(35% calories from fat)
16 g Protein
56 g Carbohydrate
0 mg Cholesterol
1,056 mg Sodium

---

SPICY CHINESE NOODLES–LEVEL II

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 green onions, finely chopped

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

2. While the pasta is cooking, combine in a small saucepan the peanut butter, soy sauce, vinegar, honey, and cayenne.

3. Mix together the pasta and the peanut butter sauce. If the pasta is too dry, add a little fat-free chicken broth to thin the sauce. Garnish with green onions.

LEVEL I
See above

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

LEVEL III
See next page

660 Calories (kcal)
26 g Total Fat
(33% calories from fat)
25 g Protein
89 g Carbohydrate
0 mg Cholesterol
1,444 mg Sodium
**SPICY CHINESE NOODLES—LEVEL III**

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 green onions, finely chopped

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

**VEGETARIAN TOSTADA—LEVEL I**

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 sour cream
- 2 tablespoons salsa

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.
VEGETARIAN TOSTADA—LEVEL II

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

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.

per serving:

575 Calories (kcal)
8 g Total Fat
(12% calories from fat)
25 g Protein
102 g Carbohydrate
6 mg Cholesterol
1,510 mg Sodium

LEVEL I
See previous page

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

LEVEL III
See below

VEGETARIAN TOSTADA—LEVEL III

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

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.

per serving:

701 Calories (kcal)
8 g Total Fat
(10% calories from fat)
27 g Protein
130 g Carbohydrate
6 mg Cholesterol
1,510 mg Sodium

LEVEL I
See previous page

LEVEL II
See above

LEVEL III
3 carbohydrate, 2 vegetable, 1 condiment
**Mediterranean Shrimp Kebabs—Level I**

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

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

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

---

**Mediterranean Shrimp Kebabs—Level II**

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

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

**Per serving:**
- 435 Calories (kcal)
- 18 g Total Fat (37% calories from fat)
- 53 g Protein
- 14 g Carbohydrate
- 388 mg Cholesterol
- 382 mg Sodium
MEDITERRANEAN SHRIMP KEBABS—LEVEL III

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

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

PORK CHOP BAKED WITH APPLE AND SWEET POTATO—LEVEL I

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

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

---

LEVEL I
See previous page

LEVEL II
See previous page

LEVEL III
4 protein, 2 vegetable, 1 fat

---

LEVEL I
2 protein, 1 carbohydrate, 1 fruit

LEVEL II
See next page

LEVEL III
See next page
PORK CHOP BAKED WITH APPLE AND SWEET POTATO – LEVEL II

Per serving:

<table>
<thead>
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<th>Protein</th>
<th>Carbohydrate</th>
<th>Fruit</th>
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<tr>
<td>48 g</td>
<td>53 g</td>
<td>1</td>
</tr>
<tr>
<td>115 mg</td>
<td>111 mg</td>
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9 ounces lean boneless pork loin
1 medium sweet potato
1 medium apple

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

LEVEL I
See previous page

LEVEL II
3 protein, 1 carbohydrate, 1 fruit

LEVEL III
See below

PORK CHOP BAKED WITH APPLE AND SWEET POTATO – LEVEL III

Per serving:

<table>
<thead>
<tr>
<th>Protein</th>
<th>Carbohydrate</th>
<th>Cholesterol</th>
<th>Sodium</th>
</tr>
</thead>
<tbody>
<tr>
<td>63 g</td>
<td>53 g</td>
<td>153 mg</td>
<td>142 mg</td>
</tr>
</tbody>
</table>

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

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

LEVEL I
See previous page

LEVEL II
See above

LEVEL III
4 protein, 1 carbohydrate, 1 fruit