Nutrition Plan
EATING FOR POWER PERFORMANCE
TABLE OF CONTENTS

INTRODUCTION
A Note from Steve Edwards .................................. iii

PROGRESS ASSESSMENT
The 3 Phases .................................................. 1
Customizing the Phases ........................................ 2
3 Approaches to Achieving Your Goal .............. 3
Your Body Fat Percentage .................................... 4
Body Fat Target ................................................. 4
Determining Your Nutrition Level ................... 5

GENERAL GUIDELINES
General Guidelines ........................................... 6
Why Diet Matters ............................................. 6
When to Eat .................................................... 7
Toss the Junk! ................................................... 7
What Results to Expect ..................................... 8
The Number-One Obstacle ................................ 8
Drink Water ...................................................... 8
Recalculating Your Calories ......................... 9
“Bonking” ....................................................... 9
Low-Fat Cooking Techniques .................... 10
Vegetarians ....................................................... 11
Supplements and P90X ................................. 12
Shakeology .................................................... 14

PHASE 1: FAT SHREDDER
Portion Approach ........................................... 17
Daily Serving Chart ....................................... 19
Approved Food List ..................................... 20
Meal Plan Approach ................................... 23
Recipes ....................................................... 27

PHASE 2: ENERGY BOOSTER
Portion Approach ........................................... 57
Daily Serving Chart ....................................... 59
Approved Food List ..................................... 60
Meal Plan Approach ................................... 63
Recipes ....................................................... 67

PHASE 3: ENDURANCE MAXIMIZER
Portion Approach ........................................... 81
Daily Serving Chart ....................................... 83
Approved Food List ..................................... 84
Meal Plan Approach ................................... 87
Recipes ....................................................... 91

QUICK OPTIONS
Convenience Foods ...................................... 105
Quick At-Home Dishes ................................ 105

CALORIE AND GRAM BREAKDOWN ................ 106

DAILY JOURNAL ........................................... 108

RECIPE INDEX—ALL LEVELS ....................... 117
WHY THE P90X® NUTRITION PLAN LOOKS DIFFERENT FROM OTHER BEACHBODY DIET PLANS

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

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

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

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

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

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

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

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

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

Once you incorporate the principles of the P90X Nutrition Plan into your training regimen, you will quickly begin to feel better, look better, and without a doubt perform better. Your cravings for unhealthy foods will be greatly reduced. Bye-bye, Twinkies®!
THE P90X NUTRITION PLAN HAS 3 PHASES.

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

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

**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!
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></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>PHASE 2</td>
<td>Maintain Phase 1 changes with additional energy for midstream performance</td>
<td>40%</td>
<td>40%</td>
<td>20%</td>
</tr>
<tr>
<td>ENERGY BOOSTER</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>PHASE 3</td>
<td>Support peak physical performance and satisfaction over the long term</td>
<td>20%</td>
<td>60%</td>
<td>20%</td>
</tr>
<tr>
<td>ENDURANCE MAXIMIZER</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

### PHASE 2  
**ENERGY BOOSTER**

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

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

### DETERMINE YOUR PHASE
- (1) FAT SHREDDER
- (2) ENERGY BOOSTER
- (3) ENDURANCE MAXIMIZER
EACH PHASE HAS 3 APPROACHES.

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

**THE PORTION APPROACH**

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

**THE MEAL PLAN APPROACH**

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

**THE QUICK OPTION APPROACH**

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

**DETERMINE YOUR APPROACH**

☐ PORTION  ☐ MEAL PLAN  ☐ QUICK OPTION
YOUR BODY FAT PERCENTAGE

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

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

<table>
<thead>
<tr>
<th>CURRENT BODY FAT %</th>
<th>NOTES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Start</td>
<td></td>
</tr>
<tr>
<td>Day 28</td>
<td></td>
</tr>
<tr>
<td>Day 56</td>
<td></td>
</tr>
<tr>
<td>Day 90</td>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>FIT RANGE</th>
<th>ATHLETE RANGE</th>
<th>ELITE ATHLETE RANGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>MEN</td>
<td></td>
<td></td>
</tr>
<tr>
<td>14–17%</td>
<td>10–13%</td>
<td>4–9%</td>
</tr>
<tr>
<td>WOMEN</td>
<td></td>
<td></td>
</tr>
<tr>
<td>21–24%</td>
<td>16–20%</td>
<td>12–15%</td>
</tr>
</tbody>
</table>
EACH APPROACH HAS 3 NUTRITION LEVELS.

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

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

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

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’ll probably need to do some personal adjusting to get it perfect. Don’t worry; this will become more obvious than you think once you get going.

   \[
   \text{YOUR RMR} \times 20\% = \text{DAILY ACTIVITY BURN}
   \]

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.

   \[
   \text{YOUR RMR} + \text{DAILY ACTIVITY BURN} + 600 = \text{ENERGY AMOUNT}
   \]

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

   **Example:** A 6-foot, 180-pound man
   
   \[
   \text{RMR} = 180 \times 10 = 1,800
   \]

   \[
   \text{Daily activity burn} = 1,800 \times 20\% = 360
   \]

   \[
   \text{Exercise expenditure} = 600
   \]

   \[
   \text{Energy amount} = 1,800 + 360 + 600 = 2,760
   \]

   Nutrition level is II

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

   YOUR NUTRITION LEVEL = LEVEL II

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

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

Keeping a Daily Journal

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

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

WHY DIET MATTERS

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

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

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

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

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

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

TOSS THE JUNK!

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

Yes, we mean it. Throw it away!
WHAT RESULTS TO EXPECT

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

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

OTHER “DON’TS” THAT CAN DERAIL YOUR DIET INCLUDE:

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

THE NUMBER-ONE OBSTACLE

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

**P90X HYDRATION SCHEDULE**

- 12 oz. water 2 hours prior to exercise
- 8 to 12 oz. water 15 to 30 minutes prior to exercise
- 4 to 8 oz. water every 15 minutes during exercise
RECALCULATING YOUR CALORIES

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

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

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

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

“BONKING”

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

Learning just a few basic skills can make you a low-fat chef with good habits you’ll use for life. Cooking with liquids other than fat can trim the fat content of a dish by up to 1,000 calories. This can have a positive effect on your total health and well-being, and maybe even prevent illnesses like cancer and heart disease. And on top of all that, you can lose lots of weight.

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

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

A BETTER SAUTÉ

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

PASTA AND NOODLES

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

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

GRILLING, BAKING, AND POACHING

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

For added flavor and moisture, brush seafood, meat, or poultry with fresh citrus juice, mustard, Worcestershire sauce, soy sauce, or fresh herbs before grilling, baking, or roasting. Or use an oil-free marinade—for best flavor, marinate at least 2 hours or overnight in the refrigerator.
If you’re a vegetarian, chances are you already know this drill, but any of these P90X recipes can be prepared vegetarian-style with some creative substitutions. Keep in mind that as a vegetarian, you need to do your own calculating to get enough protein. Unlike meat dishes, most of your options contain some carbs. Here are some substitutions for meat that can help your diet stay high in protein:

- Beans/lentils/soybeans
- Cottage cheese
- Egg substitutes
- Egg whites
- Garden burgers
- Hemp protein
- Hummus
- Nonfat cheese
- Nonfat yogurt
- Seitan
- Soy burgers
- Soy cheese
- Soy yogurt
- Tempeh
- Tofu
THE FOLLOWING EQUIPMENT IS RECOMMENDED FOR USE WITH P90X.

**P90X CHIN-UP BAR**

Pull-ups are an integral movement for upper-body development, and for this reason P90X requires a bar that can be used for a variety of pull-up exercises. Beachbody has designed the ultimate pull-up/chin-up bar to securely fit in most doorways. This valuable workout tool is ideal for performing the array of pull-up exercises used in this program.

**P90X CHIN-UP MAX**

Designed for use with the P90X Chin-Up Bar, the Chin-Up Max gives you an adjustable amount of lift so you can work your way up to doing more unassisted chin-ups and pull-ups. Use it to build strength, improve technique, and push your results even further.

**TONY HORTON’S POWERSTANDS®**

If your chest is already strong enough to knock out three sets of 20-plus push-ups each, these non-skid push-up stands designed by Tony Horton are the ideal tool for intensifying your movements. They can also benefit those who suffer from wrist ailments, as the unique ergonomic design helps alleviate stress on the wrist joints.

**STANDARD DUMBBELLS**

A major portion of P90X calls for weight resistance exercises to build strength and muscle. Depending on your fitness level, you will need a variety of dumbbells ranging in weight from 5 to 50 pounds.

**B-LINES® RESISTANCE BANDS**

Some people prefer bands to dumbbells—especially if you travel. Beachbody offers bands with ergonomic handles for maximum comfort during even the most intense movements. For men we recommend a three-band kit that includes Magenta (B4), Red (B6), and Green (B8). For women we recommend a three-band kit that includes Pink (B3), Magenta (B4), and Red (B6).

**YOGA BLOCKS (2)**

For those new to yoga and the slightly less flexible, these blocks offer added support to assist with balance while holding certain poses.

**BEACHBODY JUMP MAT**

With hundreds of exercise mats to choose from, only one had what it took for P90X. This high-quality, shock-absorbing mat will help reduce the stress placed on your joints and tendons and will provide a secure and comfortable surface during P90X.

---

*PowerStands is a registered trademark of Tony Horton.*
SUPPLEMENTS

THE FOLLOWING SUPPLEMENTS ARE RECOMMENDED FOR USE WITH P90X.

P90X may be just 45 minutes out of your day, but it’s still an extremely intense fitness program. Sheer will and determination may get you to the finish line, but to achieve the best results, you’ve got to have the proper quality and quantity of nutrition. These supplements are optional, so you have a choice. But know that they were designed for P90X programs and will supply your body with the nutrients necessary to give you added strength, energy, and stamina for each workout. Keep in mind, supplements are not drugs. Supplements are taken to subtly assist the mind and body to perform optimally on a daily basis.*

The cornerstone supplements identified below have been created to help you get the most from your efforts throughout this program.

SHAKEOLOGY®: THE HEALTHIEST MEAL OF THE DAY®

Making Shakeology part of your P90X nutrition plan is a great way to increase energy and reduce junk food cravings. Shakeology is a nutrient-dense superfood shake. Packed with protein, antioxidants, phytonutrients, prebiotics, enzymes, and many rare ingredients—like camu-camu and yacon—it gives you unique nutrients you can’t get from an ordinary diet. Choose from these great flavors: rich, decadent Chocolate; refreshing, fruity Greenberry; simply satisfying Vanilla. Or, if you’re looking for the great benefits of Shakeology without animal products, we’ve got that covered. Check out our vegan Tropical Strawberry or Chocolate Vegan Shakeology. Whether you use it as a meal replacement for weight loss or as a healthy snack alternative, Shakeology can help you reduce junk food cravings, get lean, improve digestion, and increase energy to get you through your P90X workouts.*

To learn more, visit Shakeology.com. To order, ask your Team Beachbody Coach or go to ShakeologyP90X.com.

P90X RESULTS AND RECOVERY FORMULA®

There’s a 60-minute window after training hard in which you need to fuel your body appropriately to maximize your results—in terms of both weight loss and performance. Results and Recovery Formula helps you get better results and recover faster, and it tastes so great. You won’t believe how good it is for you. When recovering from intense workouts, this formula will provide you with the vital nutrients you need to bounce back. The delicious, smooth orange flavor makes it a nice postworkout reward. A dextrose-based formula provides optimum glycogen replenishment while a high Protein Efficiency Ratio (PER) blend offers the critical building blocks for rapid muscle building. Vitamins and antioxidants help reduce muscle soreness and assist in repair and growth. Studies show that with proper nutrition during the first hour following exercise, you can increase your body’s ability to recover by more than 100%. Our Results and Recovery Formula combines the proper nutrients into this state-of-the-art, great-tasting, body-shaping cocktail that’s guaranteed to take your results to the next level.*

P90X PEAK HEALTH FORMULA

Optimize your results with P90X Peak Health Formula, the highest-quality, most complete multivitamin we’ve ever offered. Taken daily, each individual packet will ensure that your body gets the vital nutrients it needs so you can perform your best and get the most out of your fitness program. This formula’s potent combination of ingredients sourced from vitamins, minerals, and other antioxidants will boost your strength and energy to levels you never thought possible. Plus you’ll experience added anti-stress, cardiovascular, energy, immune system, and memory/nerve support. You get all these ingredients in one balanced packet—at a substantial savings off what you’d pay for the same ingredients if purchased separately.*

P90X PEAK PERFORMANCE PROTEIN BARS

To get results and build strength, you need protein. Try indulgent Chocolate Fudge, delicious Café Mocha, scrumptious Chocolate Peanut Butter, or creamy Wildberry Yogurt flavor. All P90X bars pack a whopping 20 grams of protein, and you can try them all with the Variety Pack. Get the protein you need—without the trans fat of other so-called health bars. Our tasty bars are a great alternative to fast food and snacks that are high in saturated fats and high fructose corn syrup.

E&E ENERGY AND ENDURANCE® PREWORKOUT FORMULA

Your P90X workouts are tough, and if you don’t have the energy to go full out, you won’t get your best results. That’s why E&E Energy and Endurance is an essential part of your program. It’s scientifically formulated to help improve your energy, endurance, strength, and focus, so you can maximize every second of your P90X workouts! E&E Energy and Endurance features a proprietary blend of advanced nitric oxide boosters, amino acids, B vitamins, electrolytes, and natural energizers to help you power through your workouts! Not only that, but you can burn more calories and fat to get ripped faster.*

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
There’s no denying that P90X gets you ripped, but to keep up with these intense workouts, you’ve got to fuel up properly.

That’s why there’s Shakeology. Not only can you whip up one of these delicious shakes in LESS THAN ONE MINUTE, Shakeology’s Your Daily Dose of Dense Nutrition® that’s packed with incredible amounts of protein, antioxidants, phytonutrients, prebiotics, enzymes, and many rare superfoods from around the world that your body desperately needs and craves.* Plus, Shakeology helps to significantly increase your energy levels, as well as reduce junk food cravings.* What could be better than that?

And because Shakeology’s key ingredients are derived from whole food sources, your body will be able to easily absorb and utilize the nutrients you’re feeding it immediately. So if you really want to transform your body as quickly as humanly possible, add Shakeology to your P90X regimen. Now you can BRING IT in just 45 minutes with P90X and make it in less than ONE minute with Shakeology.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
WE SURVEYED NEARLY 3,000 DAILY SHAKEOLOGY DRINKERS AND HERE’S WHAT THEY TOLD US:**

▶ 93% feel healthier since drinking it.
▶ 81% feel it has helped them reduce their cravings for junk food.
▶ 86% experienced an increase in their energy levels.
▶ 77% feel more alert and focused throughout their day.
▶ 97% feel Shakeology is a smart investment in their health.

Now available in 6 delicious flavors:
▶ Vanilla
▶ Chocolate
▶ Strawberry
▶ Greenberry
▶ Tropical Strawberry Vegan
▶ Chocolate Vegan

It’s our Bottom-of-the-Bag Guarantee.

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

To learn more, contact your Team Beachbody® Coach or visit ShakeologyP90X.com today.

Follow us on: [Facebook.com/Shakeology](http://Facebook.com/Shakeology) [Instagram.com/Shakeology](http://Instagram.com/Shakeology) [Twitter.com/Shakeology](http://Twitter.com/Shakeology) [YouTube.com/Shakeology](http://YouTube.com/Shakeology)

**Based on a survey of 2,769 Shakeology users who drank Shakeology 5 or more times per week and exercised 3 times per week. All trademarks are the property of their respective owners.
The Portion Approach was designed to allow you to mix and match the foods of your choice. There are NO specific meal plans or recipes for this approach. Just select from the Portion Approach foods listed on the following pages and eat the amounts indicated for your nutrition level. Along with identifying the right foods to buy, the list shows you which foods fall into which categories, and the appropriate portion size to equal one serving.

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

- **PROTEINS**: 7 servings
- **DAIRY**: 3 servings
- **FRUITS**: 1 serving
- **VEGETABLES**: 4 servings
- **FATS**: 1 serving
- **CARBOHYDRATES**: 1 serving
- **SNACKS**: 2 servings
  
  (2 items from the single snack group or 1 item from the double snack group) PLUS a P90X Peak Performance Protein Bar and P90X Results and Recovery Formula drink

- **CONDIMENTS**: 2 servings

**Important Note on Snacks:**

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

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

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

PHASE 1—FAT SHREDDER

LEVEL I

1,800 Calories/Day

- PROTEINS
- DAIRY
- FRUITS
- VEGETABLES
- FATS
- CARBOHYDRATES
- SNACKS
- CONDIMENTS

1 serving

LEVEL II

2,400 Calories/Day

- PROTEINS
- DAIRY
- FRUITS
- VEGETABLES
- FATS
- CARBOHYDRATES
- SNACKS
- CONDIMENTS

1 serving

LEVEL III

3,000 Calories/Day

- PROTEINS
- DAIRY
- FRUITS
- VEGETABLES
- FATS
- CARBOHYDRATES
- SNACKS
- CONDIMENTS

1 serving

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

## FATS
Each serving = 120 calories

- 3 oz. Avocado
- 1 Tbsp. Canola oil
- 1 Tbsp. Flaxseed oil
- Olive oil 1 Tbsp.
- Olives 4 oz.

## PROTEINS
Each serving = 100 calories

- 3 oz. Boneless, skinless chicken or turkey breast
- 6 Egg whites
- 3 oz. Fish and shellfish
- 3 oz. Ham slices, fat-free
- 3 oz. Pork tenderloin
- 1/3 cup Beachbody Whey Protein Powder
- 3 oz. Red meat (top sirloin, flank steak)
- 3 oz. Red meat, lean
- Soy burger 1
- Soy cheese slices 5
- Tofu 3 oz.
- Tuna 3 oz.
- Turkey bacon 2 slices
- Veggie burger 1
- Veggie dog 1

## CARBOHYDRATES
Each serving = 200 calories

- 1 medium Bagel, whole wheat
- 1 cup Baked beans
- 1 cup Beans (kidney, black, etc.)
- 1 Bran muffin (2.5 oz)
- 2 slices Bread (whole wheat, rye, or pumpernickel)
- 1 cup Cereal, whole grain
- 1 cup Couscous
- 12 Crackers
- 2 English muffin halves, whole wheat
- 1 cup Hummus
- 1 cup Lentils
- 1 cup Oatmeal
- Pancakes (3.6 oz.) 3
- Pasta or noodles 1 cup
- Pita, whole wheat 1 large
- Potato 1 medium
- Quinoa 1 cup
- Refried beans, low-fat 1 cup
- Rice, brown or wild 1 cup
- Sweet potato 1 medium
- Tortillas, corn 3
- Tortilla, whole wheat 1 large
- Waffles, whole wheat 2
- Wheat berries 1 cup

## DAIRY PRODUCTS
Each serving = 120 calories

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

- 1 oz. Cheese, low-fat
- 1 cup Cottage cheese, 1%
- 1 oz. Feta cheese
- 1 oz. Goat cheese, semi-soft
- 1-1/2 oz. Mozzarella, part-skim
- Parmesan cheese 1 oz.
- Skim milk 8 oz.
- Soy cheese 1 oz.
- Soy milk 8 oz.
- Yogurt, plain nonfat 8 oz.
### FRUITS

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 medium Apple</td>
<td>100</td>
</tr>
<tr>
<td>1 cup Apricots</td>
<td></td>
</tr>
<tr>
<td>1 medium Banana</td>
<td></td>
</tr>
<tr>
<td>1 cup Cherries</td>
<td></td>
</tr>
<tr>
<td>1 oz. Dried fruit</td>
<td></td>
</tr>
<tr>
<td>1 medium Grapefruit</td>
<td></td>
</tr>
<tr>
<td>1 cup Grapes</td>
<td></td>
</tr>
<tr>
<td>1 cup Kiwi</td>
<td></td>
</tr>
<tr>
<td>1/2 medium Mango</td>
<td></td>
</tr>
<tr>
<td>Nectarine 1 medium</td>
<td></td>
</tr>
<tr>
<td>Orange 1 large</td>
<td></td>
</tr>
<tr>
<td>Papaya 1/2 medium</td>
<td></td>
</tr>
<tr>
<td>Peach 1 medium</td>
<td></td>
</tr>
<tr>
<td>Pear 1 medium</td>
<td></td>
</tr>
<tr>
<td>Raspberries, blueberries, blackberries 1 cup</td>
<td></td>
</tr>
<tr>
<td>Strawberries, sliced 2 cups</td>
<td></td>
</tr>
<tr>
<td>Tangerine 1 medium</td>
<td></td>
</tr>
<tr>
<td>Watermelon 1 cup</td>
<td></td>
</tr>
</tbody>
</table>

### VEGETABLES

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 serving = 1 cup</td>
<td>50</td>
</tr>
<tr>
<td>cooked vegetables,</td>
<td></td>
</tr>
<tr>
<td>vegetable juice,</td>
<td></td>
</tr>
<tr>
<td>or vegetable soup</td>
<td></td>
</tr>
<tr>
<td>1 serving = 2 cups</td>
<td>100</td>
</tr>
<tr>
<td>leafy greens</td>
<td></td>
</tr>
</tbody>
</table>

### CONDIMENTS

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>BBQ and other low-fat sauces and marinades, fat-free dressings, mustard, honey, pure fruit jams</td>
<td></td>
</tr>
</tbody>
</table>

### SNACKS

<table>
<thead>
<tr>
<th>Single serving = 100 calories</th>
<th>Double serving = 200 calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 oz. Cheese, low-fat</td>
<td>Cottage cheese, 1% 12 oz.</td>
</tr>
<tr>
<td>8 oz. Cottage cheese, 1%</td>
<td>Nuts 1 oz. (almonds, cashews, pecans, 30 pistachios)</td>
</tr>
<tr>
<td>1 oz. Dried fruit</td>
<td>P90X Peak Performance Protein Bar 1</td>
</tr>
<tr>
<td>1/2_P90X Peak Performance Protein Bar</td>
<td>P90X Results and Recovery Formula 12 to 16 oz.</td>
</tr>
<tr>
<td>1 Tbsp. Peanut butter with celery sticks</td>
<td>Soy nuts 4 oz.</td>
</tr>
<tr>
<td>2 oz. Soy nuts</td>
<td>String cheese 3 oz.</td>
</tr>
<tr>
<td>1-1/2 oz. String cheese</td>
<td>Turkey jerky 2 oz.</td>
</tr>
<tr>
<td>1 oz. Turkey jerky</td>
<td></td>
</tr>
<tr>
<td>8 oz. Yogurt, plain nonfat</td>
<td></td>
</tr>
<tr>
<td>2/3 scoop Shakeology*</td>
<td></td>
</tr>
</tbody>
</table>

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

### SHAKEOLOGY

<table>
<thead>
<tr>
<th>Single</th>
<th>Double</th>
</tr>
</thead>
<tbody>
<tr>
<td>2/3 serving for amount</td>
<td></td>
</tr>
</tbody>
</table>

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

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

## MEAL PLAN APPROACH

### LEVEL I

#### PHASE 1

<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>1</td>
<td>1_Mushroom Omelet</td>
<td>1_P90X Peak Performance Protein Bar</td>
<td>1_Chef Salad</td>
<td>2 oz._Soy nuts</td>
<td>6 oz._Salmon 2 Tbsp._Lemon-Dill Sauce 1/2 cup_Asparagus 1 cup_Wild rice 1 cup_Red Pepper Soup 1 Tbsp._Beachbody Whey Protein Powder</td>
</tr>
<tr>
<td></td>
<td>1 cup_Fresh strawberries</td>
<td>1_Results and Recovery Formula drink**</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>8 oz._Cottage cheese, 1%</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1_Banana</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>DAY 2</th>
<th>BREAKFAST</th>
<th>SNACK</th>
<th>LUNCH</th>
<th>SNACK</th>
<th>DINNER</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>1_Shakeology P90X-tra Shake*</td>
<td>1_P90X Peak Performance Protein Bar</td>
<td>1_Shrimp Stir-Fry</td>
<td>1-1/2 oz._String cheese</td>
<td>6 oz._Turkey 2 Tbsp._Gravy 1/2 cup_Green beans 1 cup_Butternut Squash Soup 1 Tbsp._Beachbody Whey Protein Powder</td>
</tr>
<tr>
<td></td>
<td>1_Banana</td>
<td>1_Results and Recovery Formula drink**</td>
<td>1 Tbsp._Sesame seeds 1 oz._Cashews</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>DAY 3</th>
<th>BREAKFAST</th>
<th>SNACK</th>
<th>LUNCH</th>
<th>SNACK</th>
<th>DINNER</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>2 slices_Turkey bacon</td>
<td>1_P90X Peak Performance Protein Bar</td>
<td>1_Chicken Salad</td>
<td>2 oz._Soy nuts</td>
<td>6 oz._Halibut 2 Tbsp._Pesto Sauce 1 cup_Wild rice 1/2 cup_Zucchini</td>
</tr>
<tr>
<td></td>
<td>1_Chicken Scramble</td>
<td>1_Results and Recovery Formula drink**</td>
<td>2 cups_Salad greens 1 cup_Vegetable Soup 1 Tbsp._Beachbody Whey Protein Powder</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>4 oz._Fresh-squeezed juice</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>DAY 4</th>
<th>BREAKFAST</th>
<th>SNACK</th>
<th>LUNCH</th>
<th>SNACK</th>
<th>DINNER</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>1_Soy Sausage Muffin</td>
<td>1_P90X Peak Performance Protein Bar</td>
<td>1_Steak and Arugula Salad</td>
<td>1 oz._Turkey jerky</td>
<td>6 oz._Chicken breast 2 Tbsp._Honey-Chile Sauce 1 cup_Quinoa 1/2 cup_Snap peas</td>
</tr>
<tr>
<td></td>
<td>8 oz._Skim milk</td>
<td>1_Results and Recovery Formula drink**</td>
<td>2 Tbsp._Balsamic Vinaigrette</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1/2_Grapefruit, medium</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>DAY 5</th>
<th>BREAKFAST</th>
<th>SNACK</th>
<th>LUNCH</th>
<th>SNACK</th>
<th>DINNER</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>1_Spinach Scramble</td>
<td>1_P90X Peak Performance Protein Bar</td>
<td>6 oz._Turkey Burger</td>
<td>8 oz._Cottage cheese, 1%</td>
<td>6 oz._Swordfish 2 Tbsp._Mango-Ginger Sauce 1 cup_Wild rice 1_Artichoke, medium</td>
</tr>
<tr>
<td></td>
<td>8 oz._Skim milk</td>
<td>1_Results and Recovery Formula drink**</td>
<td>1-1/2 oz._Low-fat Swiss cheese 1/2 cup_Coleslaw 1 cup_Gazpacho 1 Tbsp._Beachbody Whey Protein Powder</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1/2_Grapefruit, medium</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<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>6</td>
<td>1_Shakeology P90X-tra Shake*</td>
<td>1_P90X Peak Performance Protein Bar</td>
<td>1_Island Pork Tenderloin Salad</td>
<td>1 oz._Turkey jerky</td>
<td>1_Beef and Broccoli Stir-Fry 1 cup_Miso Soup 1 Tbsp._Beachbody Whey Protein Powder</td>
</tr>
<tr>
<td></td>
<td>1_Banana</td>
<td>1_Results and Recovery Formula drink**</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>DAY 7</th>
<th>BREAKFAST</th>
<th>SNACK</th>
<th>LUNCH</th>
<th>SNACK</th>
<th>DINNER</th>
</tr>
</thead>
<tbody>
<tr>
<td>7</td>
<td>2 slices_Turkey bacon</td>
<td>1_P90X Peak Performance Protein Bar</td>
<td>1_Tuna Salad</td>
<td>8 oz._Cottage cheese, 1%</td>
<td>6 oz._Lemon-Garlic Chicken 1 cup_Wild rice 1 cup_Asparagus Soup 1 Tbsp._Beachbody Whey Protein Powder</td>
</tr>
<tr>
<td></td>
<td>1_Cheese Scramble</td>
<td>1_Results and Recovery Formula drink**</td>
<td>2 cups_Salad greens 1 cup_Chilled Cucumber Soup</td>
<td></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>1/4_Cantaloupe, medium</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*For more information on Shakeology, please refer to page 16.*

**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><strong><em>Recipe included</em></strong></td>
<td>1. <em>Chef Salad</em></td>
<td>30. <em>Pistachio nuts</em></td>
<td>8 oz. <em>Salmon</em></td>
</tr>
<tr>
<td>1 cup <em>Fresh strawberries</em></td>
<td></td>
<td>1 cup <em>Cottage cheese, 1%</em></td>
<td></td>
<td>3 Tbsp. <em>Lemon-Dill Sauce</em></td>
</tr>
<tr>
<td>12 oz. <em>Cottage cheese, 1%</em></td>
<td></td>
<td></td>
<td></td>
<td>1 cup <em>Asparagus</em></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1 cup <em>Wild rice</em></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>2 cups <em>Red Pepper Soup</em></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>2 Tbsp. <em>Beachbody Whey Protein Powder</em></td>
</tr>
<tr>
<td><strong>DAY 2</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1. <em>Shakeology P90X-tra Shake*</em></td>
<td></td>
<td>1. <em>Shrimp Stir-Fry</em></td>
<td>3 oz. <em>String cheese</em></td>
<td>8 oz. <em>Turkey</em></td>
</tr>
<tr>
<td>1 <em>Banana</em></td>
<td></td>
<td>1 Tbsp. <em>Sesame seeds</em></td>
<td></td>
<td>3 Tbsp. <em>Gravy</em></td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 oz. <em>Cashews</em></td>
<td></td>
<td>1 cup <em>Green beans</em></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>2 cups <em>Butternut Squash Soup</em></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>2 Tbsp. <em>Beachbody Whey Protein Powder</em></td>
</tr>
<tr>
<td><strong>DAY 3</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 slices <em>Turkey bacon</em></td>
<td></td>
<td>1. <em>Chicken Salad</em></td>
<td>4 oz. <em>Soy nuts</em></td>
<td>8 oz. <em>Halibut</em></td>
</tr>
<tr>
<td>1 <em>Chicken Scramble</em></td>
<td></td>
<td>3 <em>cups</em> <em>Salad greens</em></td>
<td></td>
<td>3 Tbsp. <em>Pesto Sauce</em></td>
</tr>
<tr>
<td>6 oz. <em>Fresh-squeezed juice</em></td>
<td></td>
<td>2 <em>cups</em> <em>Vegetable Soup</em></td>
<td></td>
<td>1 cup <em>Quinoa</em></td>
</tr>
<tr>
<td></td>
<td></td>
<td>2 Tbsp. <em>Beachbody Whey Protein Powder</em></td>
<td></td>
<td>1 cup <em>Snap peas</em></td>
</tr>
<tr>
<td><strong>DAY 4</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 <em>Soy Sausage Muffin</em></td>
<td></td>
<td>1. <em>Steak and Arugula Salad</em></td>
<td>2 oz. <em>Turkey jerky</em></td>
<td>8 oz. <em>Chicken breast</em></td>
</tr>
<tr>
<td>12 oz. <em>Skim milk</em></td>
<td></td>
<td>3 <em>Tbsp.</em> <em>Balsamic Vinaigrette</em></td>
<td></td>
<td>3 Tbsp. <em>Honey-Chile Sauce</em></td>
</tr>
<tr>
<td>1 <em>Grapefruit, medium</em></td>
<td></td>
<td></td>
<td></td>
<td>1 cup <em>Quinoa</em></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1 cup <em>Artichoke, medium</em></td>
</tr>
<tr>
<td><strong>DAY 5</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 <em>Spinach Scramble</em></td>
<td></td>
<td>8 oz. <em>Turkey Burger</em></td>
<td>12 oz. <em>Cottage cheese, 1%</em></td>
<td>8 oz. <em>Swordfish</em></td>
</tr>
<tr>
<td>12 oz. <em>Skim milk</em></td>
<td></td>
<td>3 oz. <em>Low-fat Swiss cheese</em></td>
<td></td>
<td>3 Tbsp. <em>Mango-Ginger Sauce</em></td>
</tr>
<tr>
<td>1 <em>Grapefruit, medium</em></td>
<td></td>
<td>1/2 <em>cup_Coleslaw</em></td>
<td></td>
<td>1 cup <em>Wild rice</em></td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 cup <em>Gazpacho</em></td>
<td></td>
<td>1 <em>Artichoke, medium</em></td>
</tr>
<tr>
<td></td>
<td></td>
<td>2 Tbsp. <em>Beachbody Whey Protein Powder</em></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>DAY 6</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1. <em>Shakeology P90X-tra Shake*</em></td>
<td></td>
<td>1 <em>Island Pork Tenderloin Salad</em></td>
<td>2 oz. <em>Turkey jerky</em></td>
<td>1 <em>Beef and Broccoli Stir-Fry</em></td>
</tr>
<tr>
<td>1 <em>Banana</em></td>
<td></td>
<td></td>
<td></td>
<td>2 cups <em>Miso Soup</em></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>2 Tbsp. <em>Beachbody Whey Protein Powder</em></td>
</tr>
<tr>
<td><strong>DAY 7</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 slices <em>Turkey bacon</em></td>
<td></td>
<td>1 <em>Tuna Salad</em></td>
<td>12 oz. <em>Cottage cheese, 1%</em></td>
<td>8 oz. <em>Lemon-Garlic Chicken</em></td>
</tr>
<tr>
<td>1 <em>Cheese Scramble</em></td>
<td></td>
<td>3 <em>cups</em> <em>Salad greens</em></td>
<td></td>
<td>1 cup <em>Wild rice</em></td>
</tr>
<tr>
<td>12 oz. <em>Skim milk</em></td>
<td></td>
<td>2 <em>cups</em> <em>Chilled Cucumber Soup</em></td>
<td></td>
<td>2 cups <em>Asparagus Soup</em></td>
</tr>
<tr>
<td>1/4 <em>Cantaloupe, medium</em></td>
<td></td>
<td></td>
<td></td>
<td>2 Tbsp. <em>Beachbody Whey Protein Powder</em></td>
</tr>
</tbody>
</table>

*For more information on Shakeology, please refer to page 16.

**Immediately after workout.**
## 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 Fresh strawberries</td>
<td>1. _P90X Peak Performance Protein Bar</td>
<td>1. _Chicken Salad</td>
<td>1. _Steak and Arugula Salad</td>
<td>1. _Spinach Scramble</td>
<td>1. _Shakeology P90X-tra Shake*</td>
<td>1. _Tuna Salad</td>
</tr>
<tr>
<td>12 oz. Cottage cheese, 1%</td>
<td>1. _Results and Recovery Formula drink**</td>
<td>4 cups Salad greens</td>
<td>4 Tbsp. Balsamic Vinaigrette</td>
<td>12 oz. Skim milk</td>
<td>1 cup Grapefruit, medium</td>
<td>1 cup Fresh-squeezed juice</td>
</tr>
</tbody>
</table>

## SNACK

<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. _P90X Peak Performance Protein Bar</td>
<td>1. _Shrimp Stir-Fry</td>
<td>1. _Chicken Salad</td>
<td>1. _Steak and Arugula Salad</td>
<td>1. _Spinach Scramble</td>
<td>1. _Shakeology P90X-tra Shake*</td>
<td>1. _Tuna Salad</td>
</tr>
<tr>
<td>1. _Results and Recovery Formula drink**</td>
<td>2 Tbsp. Sesame seeds</td>
<td>4 cups Salad greens</td>
<td>4 Tbsp. Balsamic Vinaigrette</td>
<td>12 oz. Skim milk</td>
<td>1 cup Grapefruit, medium</td>
<td>4 cups Salad greens</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 oz. Cashews</td>
<td></td>
<td></td>
<td></td>
<td>1 oz. Almonds</td>
</tr>
</tbody>
</table>

## LUNCH

<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>2 oz. Turkey jerky</td>
<td></td>
<td>4 Tbsp. _Lemon-Dill Sauce</td>
<td></td>
<td></td>
<td></td>
<td>10 oz. Lemon-Garlic Chicken</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 cup Asparagus</td>
<td></td>
<td></td>
<td></td>
<td>1 cup Wild rice</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 cup Wild rice</td>
<td></td>
<td></td>
<td></td>
<td>2 cups Asparagus Soup</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2 cups Red Pepper Soup</td>
<td></td>
<td></td>
<td></td>
<td>3 Tbsp. Beachbody Whey Protein Powder</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3 Tbsp. Beachbody Whey Protein Powder</td>
<td></td>
<td></td>
<td></td>
<td>3 Tbsp. Beachbody Whey Protein Powder</td>
</tr>
</tbody>
</table>

## SNACK

<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. _Shakeology P90X-tra Shake*</td>
<td>1. _P90X Peak Performance Protein Bar</td>
<td>1. _Chicken Salad</td>
<td>1. _Shakeology P90X-tra Shake*</td>
<td>1. _Spinach Scramble</td>
<td>1. _Tuna Salad</td>
<td>1. _Spinach Scramble</td>
</tr>
<tr>
<td>1. _Results and Recovery Formula drink**</td>
<td>4 Tbsp. Gravy</td>
<td>4 cups Vegetable Soup</td>
<td>12 oz. Cottage cheese, 1%</td>
<td>12 oz. Cottage cheese, 1%</td>
<td>12 oz. Cottage cheese, 1%</td>
<td>12 oz. Cottage cheese, 1%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 oz. Cashews</td>
<td></td>
<td></td>
<td></td>
<td>1 oz. Almonds</td>
</tr>
</tbody>
</table>

## DINNER

<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 Asparagus</td>
<td>1 cup Wild rice</td>
<td>1 cup Quinoa</td>
<td>1 cup Avocado</td>
<td>1 cup Wild rice</td>
<td>1 cup Wild rice</td>
<td>1 cup Wild rice</td>
</tr>
</tbody>
</table>

*For more information on Shakeology, please refer to page 15.**Immediately after workout.
High in protein and fiber, these recipes will put you on the fast track toward building lean muscle mass while shedding excess body fat. From soup to stir-fry, there are plenty of delicious food options to help speed up your metabolism and give your body the fuel it needs for the new challenges that lie ahead.

**GENERAL GUIDELINES**

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

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

Serves 8

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

**CUMIN VINAIGRETTE**

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

Serves 2

Whisk together until well mixed.
### Pesto Sauce

1/2 cup pine nuts
2 cups fresh basil, packed
1 Tbsp. chopped garlic
1/2 cup grated low-fat Parmesan cheese
3 Tbsp. white cooking wine
3 Tbsp. lemon juice
1/4 cup fat-free low-sodium chicken or vegetable broth
Salt (to taste)

Serves 10

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

### Mango-Ginger Sauce

1/2 Tbsp. olive oil
1 cup finely chopped red onion
1 cup peeled, cubed mango
1/2 cup chopped tomato
1-1/2 Tbsp. minced fresh ginger
1/4 cup fresh lime juice
2 Tbsp. orange juice
2 Tbsp. dry sherry
1-1/2 Tbsp. brown sugar
1-1/2 Tbsp. white vinegar

Serves 8

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

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

### Nutritional Information

**Pesto Sauce**

- Calories (kcal): 67
- Total Fat: 6 g (9% calories from fat)
- Protein: 2 g
- Carbohydrate: 2 g
- Cholesterol: 4 mg
- Sodium: 137 mg

**Mango-Ginger Sauce**

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

1/3 cup chopped shallots
1/3 cup all-purpose flour
3 cups fat-free low-sodium chicken broth
1/4 tsp. salt
1 tsp. 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 remaining broth, stirring and cooking until thickened. Add salt and poultry seasoning.

HONEY-CHILE SAUCE

1/4 cup finely chopped shallots
2/3 cup honey, slightly warmed
1/4 cup sherry vinegar
1 tsp. pasilla chile powder
1/4 tsp. ground cumin
1-1/2 cups fat-free low-sodium chicken or vegetable broth
Salt and pepper (to taste)
1 tsp. chopped cilantro
3 Tbsp. chopped pecans, toasted

Serves 16

1. Lightly coat a sauté pan with cooking spray and place over medium-high heat. Add shallots and sauté until tender.

2. Add honey and vinegar to pan. Quickly stir in chile powder, cumin, and broth. Bring to a boil and boil until reduced by half.

3. Transfer sauce to a blender or food processor and blend at high speed until smooth. Season to taste with salt and pepper. Stir in cilantro. Garnish dish with toasted pecans.

LEVEL I
2 Tbsp. = 1 condiment

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

LEVEL III
4 Tbsp. = 2 condiments

per serving:

<table>
<thead>
<tr>
<th>Calories (kcal)</th>
<th>Total Fat</th>
<th>Protein</th>
<th>Carbohydrate</th>
<th>Cholesterol</th>
<th>Sodium</th>
</tr>
</thead>
<tbody>
<tr>
<td>34</td>
<td>1 g</td>
<td>4 g</td>
<td>13 g</td>
<td>0 mg</td>
<td>229 mg</td>
</tr>
</tbody>
</table>

per serving:

<table>
<thead>
<tr>
<th>Calories (kcal)</th>
<th>Total Fat</th>
<th>Protein</th>
<th>Carbohydrate</th>
<th>Cholesterol</th>
<th>Sodium</th>
</tr>
</thead>
<tbody>
<tr>
<td>56</td>
<td>1 g</td>
<td>4 g</td>
<td>4 g</td>
<td>0 mg</td>
<td>48 mg</td>
</tr>
</tbody>
</table>
LEMON-DILL SAUCE

1/2 cup chopped shallots
2 cups white wine
2 Tbsp. arrowroot powder
2 cups fat-free low-sodium chicken broth
6 Tbsp. lemon juice
1 tsp. minced lemongrass
1 Tbsp. chopped fresh dill

Serves 10

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

CHILLED CUCUMBER SOUP

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

Serves 4

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

LEVEL I
2 Tbsp. = 1 condiment

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

LEVEL III
4 Tbsp. = 2 condiments

LEVEL I
1 cup soup = 1/2 vegetable

LEVEL II
2 cups soup = 1 vegetable

LEVEL III
3 cups soup = 1-1/2 vegetables

per serving:
Calories (kcal)............ 58
Total Fat.................. <1 g
(0% calories from fat)
Protein .................... 3 g
Carbohydrate ............. 5 g
Cholesterol .............. 0 mg
Sodium .................. 107 mg

per serving:
Calories (kcal)............ 60
Total Fat.................. <1 g
(5% calories from fat)
Protein .................... 5 g
Carbohydrate ............. 10 g
Cholesterol .............. 1 mg
Sodium .................. 191 mg
**ASPARAGUS SOUP**

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

Serves 8

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

**BUTTERNUT SQUASH SOUP**

1 Tbsp. minced shallot
1 clove garlic, pressed or minced
3 cups cubed butternut squash
1/2 cup fat-free low-sodium chicken or vegetable broth

Serves 3

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

**LEVEL I**

1 cup soup = 1 vegetable

**LEVEL II**

2 cups soup = 2 vegetables

**LEVEL III**

3 cups soup = 3 vegetables
GAZPACHO

14 oz. canned low-sodium tomatoes
1-1/2 cups low-sodium tomato juice
1-1/4 cups peeled, diced cucumbers
1/4 cup peeled, diced carrots
1/2 cup each diced green and red bell pepper
1/2 red onion, diced
1 shallot, peeled
1 garlic clove, peeled
3 Tbsp. red wine vinegar
3 Tbsp. fresh lemon juice
1/2 tsp. paprika
2 Tbsp. each chopped fresh oregano, basil, and Italian parsley
1/8 tsp. white pepper
Tabasco® sauce (to taste)

Serves 5

1. Place tomatoes, tomato juice, cucumbers, carrots, peppers, onion, shallots, and garlic in a food processor or blender and process until smooth.
2. Add vinegar, lemon juice, paprika, oregano, basil, parsley, and white pepper and process to combine. Add Tabasco sauce to taste and blend. Chill for several hours before serving.

MISO SOUP

1/2 teaspoon dark sesame oil
1/3 cup finely chopped shallots
3 Tbsp. miso
1 quart vegetable stock
1/4 cup diced firm silken tofu
3 Tbsp. sliced scallions (for garnish)

Serves 8

1. Heat sesame oil in a saucepan over medium heat. Add shallots and cook until translucent.
2. Add miso and mix well. Add stock and bring to a simmer. Reduce heat to low and simmer for 15 minutes.
3. To serve, ladle into bowls and garnish each serving with tofu and scallions.
4. Serve.

LEVEL I

1 cup soup = 1/2 vegetable

LEVEL II

2 cups soup = 1 vegetable

LEVEL III

3 cups soup = 1-1/2 vegetables

SOUPS

LEVEL I

1 cup soup = 1 vegetable, 1/2 protein

LEVEL II

2 cups soup = 2 vegetables, 1 protein

LEVEL III

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

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

Serves 18
1 dash black pepper

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

RED PEPPER SOUP

2 cups white wine (more if needed)
1 onion, finely chopped
5 roasted red peppers, cored, seeded, and chopped
2 cups chopped celery
1 Tbsp. minced garlic
2 plum tomatoes, chopped
1/4 cup tomato paste
2 cups fat-free low-sodium chicken or vegetable broth
2 Tbsp. dried thyme
1/4 tsp. each ground white pepper and ground cumin

Serves 12
1 dash salt

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

LEVEL III
3 cups soup = 3 vegetables
### SHAKEOLOGY P90X-TRA—LEVEL I

- 3/4 cup nonfat milk
- 1/2 cup water
- 1 scoop Chocolate Shakeology
- 1/2 cup berries
- 1/2 small banana
- 1/2 cup ice

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

**BREAKFAST**

per serving:

- Calories (kcal): 289
- Total Fat (g): 2
  - (6% calories from fat)
- Protein (g): 25
- Carbohydrate (g): 45
- Cholesterol (mg): 19
- Sodium (mg): 178

### SHAKEOLOGY P90X-TRA—LEVEL II

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

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

**BREAKFAST**

per serving:

- Calories (kcal): 385
- Total Fat (g): 2
  - (6% calories from fat)
- Protein (g): 37
- Carbohydrate (g): 57
- Cholesterol (mg): 27
- Sodium (mg): 254

*For more information on Shakeology, please refer to page 15.*
**SHAKEOLOGY P90X-TRA—LEVEL III**

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

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

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

**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 oz. fat-free mozzarella cheese

1. Cook soy sausage according to package instructions.  
2. Toast English muffin(s), then top with cheese and melt in toaster oven or under broiler for 2 to 3 minutes.  
3. Place sausage on one muffin half and top with other half.

**LEVEL I**  
See previous page

**LEVEL II**  
See previous page

**LEVEL III**  
2 protein, 1 dairy, 1-1/2 fruit

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

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

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

---

Calories (kcal) ..........492  
Total Fat ...............3 g  
(6% calories from fat)  
Protein ..................46 g  
Carbohydrate ..........72 g  
Cholesterol ..........35 mg  
Sodium ...............305 mg
**CHICKEN SCRAMBLE—LEVEL I**

6 egg whites  
3 oz. chicken breast, cooked and diced  
1 oz. feta cheese, crumbled  
1-1/2 Tbsp. chopped fresh basil  
Salt and pepper (to taste)

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

**CHICKEN SCRAMBLE—LEVEL II**

8 egg whites  
4 oz. chicken breast, cooked and diced  
1-1/2 oz. feta cheese, crumbled  
2 Tbsp. chopped fresh basil  
Salt and pepper (to taste)

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

Per serving:
- Calories (kcal): 539
- Total Fat: 18 g (27% calories from fat)
- Protein: 88 g
- Carbohydrate: 5 g
- Cholesterol: 169 mg
- Sodium: 1,277 mg

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

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

LEVEL I
See previous page

LEVEL II
See previous page

LEVEL III
3 protein, 2 dairy

CHEESE SCRAMBLE—LEVEL I

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

6 egg whites
2 Tbsp. skim milk
1-1/2 oz. part-skim mozzarella cheese, grated
Salt and pepper (to taste)

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

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

LEVEL II
See next page

LEVEL III
See next page
CHEESE SCRAMBLE—LEVEL II

8 egg whites
3 Tbsp. skim milk
3 oz. part-skim mozzarella cheese, grated
Salt and pepper (to taste)

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

CHEESE SCRAMBLE—LEVEL III

10 egg whites
4 Tbsp. skim milk
4 oz. part-skim mozzarella cheese, grated
Salt and pepper (to taste)

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

1/2 cup diced Roma tomatoes
   1 cup spinach leaves, cleaned and dried
6 egg whites
   1-1/2 oz. feta cheese, crumbled
   1 Tbsp. chopped fresh basil

1. Place a small nonstick pan lightly coated with vegetable spray over medium heat. Sauté tomatoes and spinach until slightly tender. Place in separate dish and set aside.

2. Whisk egg whites together in a bowl and pour into pan. Cook, stirring, over low heat until almost set. Add vegetable mixture, cheese, and basil. Cook to desired firmness.

LEVEL I
1 protein, 1 dairy, 1 vegetable

LEVEL II
See below

LEVEL III
See next page

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

SPINACH SCRAMBLE—LEVEL II

1/2 cup diced Roma tomatoes
   1 cup spinach leaves, cleaned and dried
8 egg whites
   3 oz. feta cheese, crumbled
   1 Tbsp. chopped fresh basil

1. Place a small nonstick pan lightly coated with vegetable spray over medium heat. Sauté tomatoes and spinach until slightly tender. Place in separate dish and set aside.

2. Whisk egg whites together in a bowl and pour into pan. Cook, stirring, over low heat until almost set. Add vegetable mixture, cheese, and basil. Cook to desired firmness.

LEVEL I
See above

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

LEVEL III
See next page

per serving:
Calories (kcal)............384
Total Fat....................18 g
[43% calories from fat]
Protein......................42 g
Carbohydrate ...............12 g
Cholesterol ...............76 mg
Sodium....................1,419 mg
## Spinach Scramble—Level III

1 cup diced Roma tomatoes  
2 cups spinach leaves, cleaned and dried  
10 egg whites  
4 oz. feta cheese, crumbled  
2 Tbsp. chopped fresh basil

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

### Per Serving:

<table>
<thead>
<tr>
<th>Nutrition</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories (kcal)</td>
<td>518</td>
</tr>
<tr>
<td>Total Fat</td>
<td>25 g (43% calories from fat)</td>
</tr>
<tr>
<td>Protein</td>
<td>55 g</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>19 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>101 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>1,877 mg</td>
</tr>
</tbody>
</table>

---

## Mushroom Omelet—Level I

6 egg whites  
Salt and pepper (to taste)  
3/4 cup sliced mushrooms  
2 Tbsp. chopped green onion  
1/2 Roma tomato, chopped  
1-1/2 oz. low-fat cheddar cheese, shredded

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

### Per Serving:

<table>
<thead>
<tr>
<th>Nutrition</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories (kcal)</td>
<td>506</td>
</tr>
<tr>
<td>Total Fat</td>
<td>9 g (35% calories from fat)</td>
</tr>
<tr>
<td>Protein</td>
<td>68 g</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>10 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>62 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>845 mg</td>
</tr>
</tbody>
</table>

---

<table>
<thead>
<tr>
<th>Level</th>
<th>Nutrition</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level I</td>
<td>1 protein, 1/2 dairy, 1 vegetable</td>
<td></td>
</tr>
<tr>
<td>Level II</td>
<td>See next page</td>
<td></td>
</tr>
<tr>
<td>Level III</td>
<td>See next page</td>
<td></td>
</tr>
</tbody>
</table>
MUSHROOM OMELET—LEVEL II

8 egg whites
Salt and pepper (to taste)
3/4 cup sliced mushrooms
2 Tbsp. chopped green onion
1/2 Roma tomato, chopped
3 oz. low-fat cheddar cheese, shredded

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

LEVEL I
See previous page

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

LEVEL III
See below

MUSHROOM OMELET—LEVEL III

10 egg whites
Salt and pepper (to taste)
1 cup sliced mushrooms
2 Tbsp. chopped green onion
1/2 Roma tomato, chopped
4 oz. low-fat cheddar cheese, shredded

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

LEVEL I
See previous page

LEVEL II
See above

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

per serving:

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

LEVEL III
Calories (kcal)............395
Total Fat.................. 8 g
(19% calories from fat)
Protein.................... 64 g
Carbohydrate............. 13 g
Cholesterol............ 24 mg
Sodium................... 1,256 mg
CHEF SALAD—LEVEL I

3 oz. fat-free turkey breast, chopped
3 oz. extra-lean low-sodium ham, chopped
1-1/2 oz. fat-free mozzarella cheese, chopped
1/2 Roma tomato, chopped
2 cups chopped romaine lettuce
1/4 cup chopped hearts of palm
1 oz. avocado, diced
2 Tbsp. low-fat ranch dressing

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

CHEF SALAD—LEVEL II

4 oz. fat-free turkey breast, chopped
4 oz. extra-lean low-sodium ham, chopped
3 oz. fat-free mozzarella cheese, chopped
1/2 Roma tomato, chopped
2 cups chopped romaine lettuce
1/4 cup chopped hearts of palm
1 oz. avocado, diced
3 Tbsp. low-fat ranch dressing

Toss all ingredients except dressing together in a bowl; drizzle with dressing.
CHEF SALAD—LEVEL III  

5 oz. fat-free turkey breast, chopped  
5 oz. extra-lean low-sodium ham, chopped  
4 oz. fat-free mozzarella cheese, chopped  
1 Roma tomato, chopped  
2-1/2 cups chopped romaine lettuce  
1/4 cup chopped hearts of palm  
2 oz. avocado, diced  
4 Tbsp. low-fat ranch dressing  

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

LEVEL I  
See previous page  

LEVEL II  
See previous page  

LEVEL III  
3 protein, 2 dairy, 1 vegetable, 1 condiment

STEAK AND ARUGULA SALAD—LEVEL I  

6 oz. top sirloin  
2 cups arugula  
1/2 pint cherry tomatoes, halved  
1/2 cup canned artichoke hearts, drained  
2 Tbsp. 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 arugula, tomatoes, and artichoke hearts and arrange on plates. Top with steak and drizzle with balsamic vinaigrette.

LEVEL I  
2 protein, 3 vegetables, 1 condiment  

LEVEL II  
See next page  

LEVEL III  
See next page
**STEAK AND ARUGULA SALAD—LEVEL II**

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

8 oz. top sirloin
- 3 cups arugula
- 1/2 pint cherry tomatoes, halved
- 3/4 cup canned artichoke hearts, drained
- 3 Tbsp. 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 arugula, tomatoes, and artichoke hearts and arrange on plates. Top with steak and drizzle with balsamic vinaigrette.

**STEAK AND ARUGULA SALAD—LEVEL III**

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

10 oz. top sirloin
- 4 cups arugula
- 1 pint cherry tomatoes, halved
- 1 cup canned artichoke hearts, drained
- 4 Tbsp. 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 arugula, tomatoes, and artichoke hearts and arrange on plates. Top with steak and drizzle with balsamic vinaigrette.
# Tuna Salad—Level I

6 oz. tuna canned in water, drained

- 1-1/2 Tbsp. low-fat mayonnaise
- 1/2 tsp. lemon zest
- 1 squeeze of fresh lemon juice
- 1 Tbsp. shredded carrots
- 1 Tbsp. chopped celery
- 1 Tbsp. chopped green onion
- 1 tsp. celery seeds

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

**Per serving:**

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

### Level I

- 2 protein, 1 condiment

### Level II

- See below

### Level III

- See next page

---

# Tuna Salad—Level II

8 oz. tuna canned in water, drained

- 2 Tbsp. low-fat mayonnaise
- 1/2 tsp. lemon zest
- 1 squeeze of fresh lemon juice
- 2 Tbsp. shredded carrots
- 2 Tbsp. chopped celery
- 2 Tbsp. chopped green onion
- 1-1/2 tsp. celery seeds

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

**Per serving:**

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

### Level I

- See above

### Level II

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

### Level III

- See next page
**TUNA SALAD—LEVEL III**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Level III</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 oz. tuna canned in water, drained</td>
<td>3 protein, 1 vegetable, 1 condiment</td>
</tr>
<tr>
<td>2-1/2 Tbsp. low-fat mayonnaise</td>
<td></td>
</tr>
<tr>
<td>1 tsp. lemon zest</td>
<td></td>
</tr>
<tr>
<td>1 squeeze of fresh lemon juice</td>
<td></td>
</tr>
<tr>
<td>3 Tbsp. shredded carrots</td>
<td></td>
</tr>
<tr>
<td>3 Tbsp. chopped celery</td>
<td></td>
</tr>
<tr>
<td>3 Tbsp. chopped green onion</td>
<td></td>
</tr>
<tr>
<td>2 tsp. celery seeds</td>
<td></td>
</tr>
</tbody>
</table>

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

**CHICKEN SALAD—LEVEL I**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Level I</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 oz. raw boneless, skinless chicken breast</td>
<td>2 protein</td>
</tr>
<tr>
<td>2 Tbsp. low-fat mayonnaise</td>
<td></td>
</tr>
<tr>
<td>3/4 Tbsp. Dijon mustard</td>
<td></td>
</tr>
<tr>
<td>1/4 cup diced celery</td>
<td></td>
</tr>
<tr>
<td>2 Tbsp. diced green onions</td>
<td></td>
</tr>
<tr>
<td>1/8 tsp. black pepper</td>
<td></td>
</tr>
<tr>
<td>1/8 tsp. fresh dill</td>
<td></td>
</tr>
</tbody>
</table>

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

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

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

**per serving:**
- Calories (kcal) ............ **345**
- Total Fat ................... **12 g**
  [32% calories from fat]
- Protein ...................... **43 g**
- Carbohydrate .............. **14 g**
- Cholesterol ............. **105 mg**
- Sodium .................... **361 mg**

## CHICKEN SALAD—LEVEL III

**10 oz. raw boneless, skinless chicken breast**
3 Tbsp. low-fat mayonnaise
1-1/2 tablespoon Dijon mustard
3/4 cup diced celery
1/3 cup diced green onions
1/2 tsp. black pepper
1/2 tsp. fresh dill

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

**per serving:**
- Calories (kcal) ............ **485**
- Total Fat ................... **16 g**
  [26% calories from fat]
- Protein ...................... **59 g**
- Carbohydrate .............. **26 g**
- Cholesterol ............. **132 mg**
- Sodium .................... **544 mg**

---

<table>
<thead>
<tr>
<th>LEVEL I</th>
<th>LEVEL II</th>
<th>LEVEL III</th>
</tr>
</thead>
<tbody>
<tr>
<td>See previous page</td>
<td>2-1/2 protein, 1 vegetable, 1 condiment</td>
<td>See below</td>
</tr>
</tbody>
</table>

**LEVEL I**

See previous page

**LEVEL II**

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

**LEVEL III**

See below

**LEVEL I**

See previous page

**LEVEL II**

See above

**LEVEL III**

3-1/2 protein, 2 vegetables, 1 condiment
ISLAND PORK TENDERLOIN

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

ISLAND PORK TENDERLOIN SALAD—LEVEL I

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

**LEVEL I**
2 protein, 1/2 fruit, 2 vegetables, 3 condiments

**LEVEL II**
See next page

**LEVEL III**
See next page
LUNCH

ISLAND PORK TENDERLOIN SALAD—LEVEL II

3/4 orange
1-1/2 cup fresh spinach
3/4 red bell pepper, cut lengthwise into thin strips
2 Tbsp. golden raisins
1-1/2 cup shredded Napa cabbage
8 oz. Island Pork Tenderloin (see recipe on page 49)
3 Tbsp. Cumin Vinaigrette (see recipe in Dressings)

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

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

ISLAND PORK TENDERLOIN SALAD—LEVEL III

1 orange
2 cup fresh spinach
1 red bell pepper, cut lengthwise into thin strips
1/4 cup golden raisins
2 cups shredded Napa cabbage
10 oz. Island Pork Tenderloin (see recipe on page 49)
4 Tbsp. Cumin Vinaigrette (see recipe in Dressings)

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

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

LEVEL I
See previous page

LEVEL II
3 protein, 1 fruit, 3 vegetables, 4 condiments

LEVEL III
See below

LEVEL I
See previous page

LEVEL II
See above

LEVEL III
4 protein, 2 fruits, 4 vegetables, 4 condiments
SHRIMP STIR-FRY—LEVEL I

per serving:

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

6 oz. shrimp, peeled
1/4 Tbsp. low-sodium soy sauce
1/2 tsp. rice vinegar
1/4 cup fat-free chicken or vegetable broth
1/4 tsp. minced garlic
1/4 tsp. minced ginger
1/2 cup red onion, cut in wedges
1/2 cup broccoli florets
1 1/4 cups trimmed snow peas
1 1/2 cups halved mushrooms
1/4 cup diced yellow bell pepper
1/4 cup canned water chestnuts, drained

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

LEVEL I
2 protein, 3 vegetables

LEVEL II
See below

LEVEL III
See next page

SHRIMP STIR-FRY—LEVEL II

per serving:

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

8 oz. shrimp, peeled
1/2 Tbsp. low-sodium soy sauce
3/4 tsp. rice vinegar
1/2 cup fat-free chicken or vegetable broth
1/2 tsp. minced garlic
1/2 tsp. minced ginger
3/4 cup red onion, cut in wedges
3/4 cup broccoli florets
1 1/2 cups trimmed snow peas
1 3/4 cups halved mushrooms
1/2 cup diced yellow bell pepper
1/2 cup canned water chestnuts, drained

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

LEVEL I
See above

LEVEL II
2-1/2 protein, 4 vegetables

LEVEL III
See next page
### SHRIMP STIR-FRY—LEVEL III

**Ingredients:**
- 10 oz. shrimp, peeled
- 3/4 Tbsp. low-sodium soy sauce
- 1 tsp. rice vinegar
- 3/4 cup fat-free chicken or vegetable broth
- 3/4 tsp. minced garlic
- 3/4 tsp. minced ginger
- 1 cup red onion, cut in wedges
- 1-3/4 cups trimmed snow peas
- 1 cup broccoli florets
- 2 cups halved mushrooms
- 3/4 cup diced yellow bell pepper
- 3/4 cup canned water chestnuts, drained

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

### TURKEY BURGER—LEVEL I

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

**Instructions:**
1. Preheat grill or broiler.
2. Combine all ingredients and form into patty.
3. Grill until cooked through (with no pink remaining), 7 to 10 minutes per side.
**TURKEY BURGER—LEVEL II**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Calories (kcal)</th>
<th>Total Fat</th>
<th>Protein</th>
<th>Carbohydrate</th>
<th>Cholesterol</th>
<th>Sodium</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 oz. extra-lean (97% fat-free) ground turkey</td>
<td>337</td>
<td>6 g</td>
<td>60 g</td>
<td>17 g</td>
<td>351 mg</td>
<td></td>
</tr>
<tr>
<td>2 Tbsp. whole-grain bread crumbs</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4 Tbsp. low-fat buttermilk</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 tsp. minced green onions</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 tsp. chopped parsley</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1/2 tsp. Dijon mustard</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 dashes Worcestershire sauce</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Black pepper (to taste)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

1. Preheat grill or broiler.
2. Combine all ingredients and form into patty.
3. Grill until cooked through (with no pink remaining), 7 to 10 minutes per side.

**TURKEY BURGER—LEVEL III**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Calories (kcal)</th>
<th>Total Fat</th>
<th>Protein</th>
<th>Carbohydrate</th>
<th>Cholesterol</th>
<th>Sodium</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 oz. extra-lean (97% fat-free) ground turkey</td>
<td>421</td>
<td>8 g</td>
<td>75 g</td>
<td>21 g</td>
<td>439 mg</td>
<td></td>
</tr>
<tr>
<td>2-1/2 Tbsp. whole-grain bread crumbs</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5 Tbsp. low-fat buttermilk</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3-3/4 tsp. minced green onions</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3-3/4 tsp. chopped parsley</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3/4 tsp. Dijon mustard</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 dashes Worcestershire sauce</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Black pepper (to taste)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

1. Preheat grill or broiler.
2. Combine all ingredients and form into patty.
3. Grill until cooked through (with no pink remaining), 7 to 10 minutes per side.
BEEF AND BROCCOLI STIR-FRY

1/4 cup soy sauce
1/2 red onion, sliced
1 Tbsp. minced garlic
1 Tbsp. minced ginger
1 Tbsp. sesame oil
2 Tbsp. rice vinegar
4 cups broccoli florets
8 oz. dried soba noodles

Serves 4

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

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

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

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

per serving:

Calories (kcal) ............ 466
Total Fat ................... 11 g
(21% calories from fat)
Protein .................... 46 g
Carbohydrate ............. 49 g
Cholesterol ............... 99 mg
Sodium.................... 1,591 mg

LEMON-GARLIC CHICKEN

1/4 cup fresh lemon juice
2 Tbsp. molasses
2 tsp. Worcestershire sauce
4 garlic cloves, chopped
2 lbs. boneless, skinless chicken thighs
1/4 teaspoon salt
1/4 teaspoon black pepper
3 lemon wedges
3 parsley sprigs

Serves 3

1. Combine first 4 ingredients in a nonreactive dish and add chicken, turning to coat all sides. Cover and marinate in refrigerator 1 hour, turning occasionally.
2. Preheat oven to 425° F.
3. Remove chicken from dish, reserving marinade, and arrange in a shallow roasting pan coated with cooking spray. Pour reserved marinade over chicken; sprinkle with salt and pepper.
4. Bake for 20 minutes, basting occasionally with marinade. Bake without basting for 20 minutes more or until chicken is done. Serve with lemon wedges and garnish with parsley, if desired.

LEVEL I
6 oz. = 2 protein

LEVEL II
8 oz. = 2-1/2 protein

LEVEL III
10 oz. = 3 protein

per serving:

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

3 cups shredded green cabbage
1 cup shredded red cabbage
1 cup julienned jicama
1/2 red onion, finely chopped
2 Red Delicious apples, finely diced
1/2 cup fat-free mayonnaise
1/3 cup white vinegar
2 Tbsp. plus 2 tsp. raw sugar
2 Tbsp. plus 2 tsp. Dijon mustard
1-1/2 tsp. caraway seed
1/4 tsp. salt
1 pinch white pepper

Serves 12

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

LEVEL I
1/2 cup = 1/2 vegetable

LEVEL II
1 cup = 1 vegetable

LEVEL III
2 cups = 2 vegetables

per serving:
Calories (kcal)..............38
Total Fat....................<1 g
(4% calories from fat)
Protein .....................0 g
Carbohydrate .............9 g
Cholesterol ..............0 mg
Sodium .................171 mg
The Portion Approach was designed to allow you to mix and match the foods of your choice. There are NO specific meal plans or recipes for this approach. **Just select from the Portion Approach foods listed on the following pages and eat the amounts indicated for your nutrition level.** Along with identifying the right foods to buy, the list shows you which foods fall into which categories, and the appropriate portion size to equal one serving.

For example, if you’re in Phase 2 and have determined that you’re at nutrition level II, you’d be allotted a specific number of servings per day from each food group, as follows:

<table>
<thead>
<tr>
<th>Category</th>
<th>Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>PROTEINS</td>
<td>6</td>
</tr>
<tr>
<td>DAIRY</td>
<td>2</td>
</tr>
<tr>
<td>FRUITS</td>
<td>1</td>
</tr>
<tr>
<td>VEGETABLES</td>
<td>3</td>
</tr>
<tr>
<td>FATS</td>
<td>1</td>
</tr>
<tr>
<td>CARBOHYDRATES</td>
<td>3</td>
</tr>
<tr>
<td>SNACKS</td>
<td>2</td>
</tr>
<tr>
<td>CONDIMENTS</td>
<td>1 1/2</td>
</tr>
</tbody>
</table>

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

**Important Note on Snacks:**

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

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

Additionally, if the words **Bar** or **Drink** appear inside a snack serving block, you can have a P90X Peak Performance Protein Bar and P90X Results and Recovery Formula drink IN ADDITION TO your allotted snack servings.
During Phase 2, use the following list to determine which foods to purchase from the grocery store, and what amount of these foods constitutes one serving. Remember, the foods you choose to incorporate in your diet are up to you—just make sure the portions fit within the parameters of your determined nutrition level.

## Energy Booster

### Portion Approach Foods List

#### Fats

<table>
<thead>
<tr>
<th>Serving</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 oz.</td>
<td>Avocado</td>
</tr>
<tr>
<td>1 Tbsp.</td>
<td>Canola oil</td>
</tr>
<tr>
<td>1 Tbsp.</td>
<td>Flaxseed oil</td>
</tr>
</tbody>
</table>

**Note:** Each serving = 120 calories

#### Proteins

<table>
<thead>
<tr>
<th>Serving</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 oz.</td>
<td>Boneless, skinless, chicken or turkey breast</td>
</tr>
<tr>
<td>6</td>
<td>Egg whites</td>
</tr>
<tr>
<td>3 oz.</td>
<td>Fish and shellfish</td>
</tr>
<tr>
<td>3 oz.</td>
<td>Ham slices, fat-free</td>
</tr>
<tr>
<td>3 oz.</td>
<td>Pork tenderloin</td>
</tr>
<tr>
<td>1/3 cup</td>
<td>Protein powder</td>
</tr>
<tr>
<td>3 oz.</td>
<td>Red meat (top sirloin, flank steak)</td>
</tr>
<tr>
<td>3 oz.</td>
<td>Red meat, lean</td>
</tr>
</tbody>
</table>

**Note:** Each serving = 100 calories

#### Carbohydrates

<table>
<thead>
<tr>
<th>Serving</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 medium</td>
<td>Bagel, whole wheat</td>
</tr>
<tr>
<td>1 cup</td>
<td>Baked beans</td>
</tr>
<tr>
<td>1 cup</td>
<td>Beans (kidney, black, etc.)</td>
</tr>
<tr>
<td>1</td>
<td>Bran muffin (2.5 oz)</td>
</tr>
<tr>
<td>2 slices</td>
<td>Bread (whole wheat, rye, or pumpernickel)</td>
</tr>
<tr>
<td>1 cup</td>
<td>Cereal, whole grain</td>
</tr>
<tr>
<td>1 cup</td>
<td>Couscous</td>
</tr>
<tr>
<td>12</td>
<td>Crackers</td>
</tr>
<tr>
<td>2</td>
<td>English muffin halves, whole wheat</td>
</tr>
<tr>
<td>1 cup</td>
<td>Hummus</td>
</tr>
<tr>
<td>1 cup</td>
<td>Lentils</td>
</tr>
<tr>
<td>1 cup</td>
<td>Oatmeal</td>
</tr>
</tbody>
</table>

**Note:** Each serving = 200 calories

#### Grains

- Pancakes (3.6 oz.)
- Pasta or noodles
- Pita, whole wheat
- Potato
- Quinoa
- Refried beans
- Rice, brown or wild
- Sweet potato
- Tortillas, corn
- Tortilla, whole wheat
- Waffles, whole wheat
- Wheat berries

**Note:** Each serving = 120 calories

#### Legumes

- Parmesan cheese
- Skim milk
- Soy cheese
- Soy milk
- Yogurt, plain nonfat

**Note:** Each serving = 1 oz.
### FRUITS
Each serving = 100 calories

- 1 medium Apple
- 1 cup Apricots
- 1 medium Banana
- 1/4 medium Cantaloupe
- 1 cup Cherries
- 1 oz. Dried fruit
- 1 medium Grapefruit
- 1 cup Grapes
- 1 cup Kiwi
- 1/2 medium Mango

### VEGETABLES
Each serving = 50 calories

- Asparagus
- Beets
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard greens
- Cucumber
- Eggplant

### CONDIMENTS
Each serving = 50 calories (2 Tbsp.)

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

### SNACKS
Single serving = 100 calories
Double serving = 200 calories

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

<table>
<thead>
<tr>
<th>Single</th>
<th>Double</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 oz. Cottage cheese, 1%</td>
<td>Cheese, low-fat_1 oz. with crackers_6</td>
</tr>
<tr>
<td>1 oz. Dried fruit</td>
<td>Cottage cheese, 1%_%12 oz.</td>
</tr>
<tr>
<td>1/2 P90X Peak Performance Protein Bar</td>
<td>Hummus_4 Tbsp. with carrot sticks</td>
</tr>
<tr>
<td>1 Tbsp. Peanut butter with celery sticks</td>
<td>Nuts_1 oz. (almonds, cashews, pecans, 30 pistachios)</td>
</tr>
<tr>
<td>3 cups Popcorn, light</td>
<td>P90X Peak Performance Protein Bar_1</td>
</tr>
<tr>
<td>1 large Pretzel, sourdough</td>
<td>P90X Results and Recovery Formula_12 to 16 oz.</td>
</tr>
<tr>
<td>2 oz. Soy nuts</td>
<td>Soy nuts_4 oz.</td>
</tr>
<tr>
<td>1-1/2 oz. String cheese</td>
<td>String cheese_3 oz.</td>
</tr>
<tr>
<td>1 oz. Turkey jerky</td>
<td>Turkey jerky_2 oz.</td>
</tr>
<tr>
<td>8 oz. Yogurt, plain nonfat</td>
<td>Yogurt, nonfat fruit-flavored_8 oz.</td>
</tr>
<tr>
<td>2/3 scoop Shakeology*</td>
<td></td>
</tr>
</tbody>
</table>

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

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

#### MEAL PLAN APPROACH

**LEVEL 1**

**PHASE 2**

<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>1</td>
<td>1 cup Oatmeal</td>
<td>1 Tbsp._ Beachbody Whey Protein Powder</td>
<td>1 _P90X Peak Performance Protein Bar</td>
<td>1 _Shrimp Pasta Pomodoro</td>
<td>6 oz._ Extra-lean burger patty</td>
</tr>
<tr>
<td></td>
<td>8 oz._ Skim milk</td>
<td></td>
<td>1 _Results and Recovery Formula drink**</td>
<td>8 oz._ Cottage cheese, 1%</td>
<td>1-1/2 oz._ Low-fat melted cheese</td>
</tr>
<tr>
<td></td>
<td>1/2 oz._ Raisins</td>
<td></td>
<td></td>
<td></td>
<td>2 cups_Salad greens w/ cucumber and tomatoes</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>2 Tbsp._ Dressing (your choice)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1/2 cup_Fresh berries</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>DAY 2</th>
<th>1Whole wheat bagel</th>
<th>1 _P90X Peak Performance Protein Bar</th>
<th>1 _Grilled Chicken Burrito</th>
<th>6 oz._ Turkey jerky</th>
<th></th>
<th>8 oz._ Cottage cheese, 1%</th>
<th>6 oz._ Halibut</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>8 oz._ Cottage cheese, 1%</td>
<td>1 _Results and Recovery Formula drink**</td>
<td>1 _Grilled Chicken Burrito</td>
<td>6 oz._ Turkey jerky</td>
<td></td>
<td></td>
<td>2 Tbsp._ Sauce (your choice)</td>
</tr>
<tr>
<td></td>
<td>1 _Orange, medium</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| DAY 3 | 1 _Pear and Granola Muffin | 1 _P90X Peak Performance Protein Bar | Tuna Roll-Up: 6 oz._ Tuna Salad (see Phase 1 recipes) | 8 oz._ Cottage cheese, 1% | | 6 oz._ Chicken breast |
|-------|--------------------------|----------------------------------|----------------------------------|---------------------------------|--------|-----------------|----------------|
|       | 8 oz._ Nonfat yogurt | 1 _Results and Recovery Formula drink** | 1 _Whole wheat tortilla 1/4 cup_Sprouts and diced tomatoes | 6 oz._ Fat-free turkey breast | | | 2 Tbsp._ Sauce (your choice) |
|       | 1 cup_Strawberries, sliced | | | 2 slices_Whole wheat toast | | | | |
|       | | | | 1 leaf_Lettuce | | | | |
|       | | | | 2 slices_Tomato | | | | |
|       | | | | | | | | |

| DAY 4 | 1 _Shakeology P90X-tra Shake* | 1 _P90X Peak Performance Protein Bar | Turkey Breast Sandwich: 6 oz._ Fat-free turkey breast 2 slices_Whole wheat toast 1 leaf_Lettuce 2 slices_Tomato | 8 oz._ Nonfat plain yogurt | | 6 oz._ Salmon |
|-------|---------------------------|----------------------------------|----------------------------------|---------------------------------|--------|-----------------|----------------|
|       | 1_Banana | 1 _Results and Recovery Formula drink** | | | | | | |
|       | | | | | | | | |

| DAY 5 | 2 _Whole wheat waffles | 1 _P90X Peak Performance Protein Bar | 1 _Chicken Pita | 6 oz._ Grilled Ahi Tuna Salad | | 6 oz._ Grilled Ahi |
|-------|----------------------|----------------------------------|-----------------|---------------------------------|--------|-----------------|----------------|
|       | 1/2_Banana, medium | 1 _Results and Recovery Formula drink** | | | | | | |
|       | 2 Tbsp._ Low sugar maple syrup | | | | | | | |
|       | 8 oz._ Skim milk | | | | | | | |

| DAY 6 | 6 Egg whites | 1 _P90X Peak Performance Protein Bar | 1 _White Bean and Tuna Salad | 6 oz._ Italian Meat Loaf | | 6 oz._ Filet mignon |
|-------|--------------|----------------------------------|------------------|---------------------------------|--------|-----------------|----------------|
|       | 1_Breakfast Potatoes | 1 _Results and Recovery Formula drink** | | 1 cup_Spinach and romaine salad | | | | |
|       | 8 oz._ Cottage cheese, 1% | | | 1-1/2 oz._ Mozzarella cheese, cubed | | | | |
|       | 6 oz._ Freshed-squeezed juice | | | 2 Tbsp._ Dressing (your choice) | | | | |

| DAY 7 | 3_Pancakes, 3.6 oz | 1 _P90X Peak Performance Protein Bar | 1_Tangy Orange Chicken Spinach Salad | 6 oz._ Filet mignon | | 6 oz._ Filet mignon |
|-------|------------------|----------------------------------|------------------|---------------------------------|--------|-----------------|----------------|
|       | 2 Tbsp._ Low sugar maple syrup | 1 _Results and Recovery Formula drink** | 2 Tbsp._ Tangy Orange Vinaigrette | | | | | |
|       | 1 cup_Blueberries | | | | | | | |
|       | 8 oz._ Skim milk | | | | | | | |
|       | 1 Tbsp._ Beachbody Whey Protein Powder | | | | | | | |

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

**Immediately after workout.**
## ENERGY BOOSTER

### MEAL PLAN APPROACH

#### LEVEL II

#### PHASE 2

<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 cup _Oatmeal</td>
<td>1 oz. _Low-fat cheese</td>
<td>1 _Shrimp Pasta Pomodoro</td>
<td>1 oz. _Low-fat cheese</td>
<td>9 oz. _Extra-lean burger patty</td>
</tr>
<tr>
<td></td>
<td>_8 oz. _Skim milk</td>
<td>6 _Crackers</td>
<td>_1 Tbsp. _Beachbody Whey Protein Powder</td>
<td>6 _Crackers</td>
<td>3 oz. _Low-fat melted cheese</td>
</tr>
<tr>
<td></td>
<td>_1 Tbsp. _Beachbody Whey Protein Powder</td>
<td>_1/2 cup _Fresh dressing (your choice)</td>
<td>_1/2 cup _Fresh dressing (your choice)</td>
<td>_1/2 cup _Fresh dressing (your choice)</td>
<td>1 _Baked potato, medium</td>
</tr>
<tr>
<td></td>
<td>_1/2 oz._Raisins</td>
<td>_1 oz. _Shrimp Pasta Pomodoro</td>
<td>_1 oz. _Low-fat cheese</td>
<td>_1 oz. _Low-fat cheese</td>
<td>_3 cups _Salad greens w/ cucumber and tomatoes</td>
</tr>
<tr>
<td>2</td>
<td>_1/2 oz._Raisins</td>
<td>_1 oz. _Shrimp Pasta Pomodoro</td>
<td>_1 oz. _Low-fat cheese</td>
<td>_1 oz. _Low-fat cheese</td>
<td>3 Tbsp. _Dressing (your choice)</td>
</tr>
<tr>
<td></td>
<td>_1 Tbsp. _Beachbody Whey Protein Powder</td>
<td>_1 oz. _Low-fat cheese</td>
<td>_1 oz. _Low-fat cheese</td>
<td>_1 oz. _Low-fat cheese</td>
<td>1/2 _cup _Fresh dressing (your choice)</td>
</tr>
<tr>
<td></td>
<td>_1 cup _Shakeology P90X-tra</td>
<td>_3 Tbsp. _Hummus w/ carrot sticks</td>
<td>_3 Tbsp. _Hummus w/ carrot sticks</td>
<td>_3 Tbsp. _Hummus w/ carrot sticks</td>
<td>_9 oz. _Halibut</td>
</tr>
<tr>
<td></td>
<td>_1 _Shakeology P90X-tra Shake*</td>
<td>_9 oz. _Chicken breast</td>
<td>_9 oz. _Chicken breast</td>
<td>_9 oz. _Chicken breast</td>
<td>_3 Tbsp. _Sauce (your choice)</td>
</tr>
<tr>
<td></td>
<td>_1 _Shakeology P90X-tra</td>
<td>_1 cup _Sauce (your choice)</td>
<td>_1 cup _Sauce (your choice)</td>
<td>_1 cup _Sauce (your choice)</td>
<td>_2 cups _Mushroom, zucchini, and onion sauté</td>
</tr>
<tr>
<td></td>
<td>_1 Banana</td>
<td>_1 Tbsp. _Sauce</td>
<td>_1 Tbsp. _Sauce</td>
<td>_1 Tbsp. _Sauce</td>
<td>_2 cups _Mushroom, zucchini, and onion sauté</td>
</tr>
<tr>
<td></td>
<td>_8 oz. _Nonfat yogurt</td>
<td>_1 oz. _Brown rice</td>
<td>_1 oz. _Brown rice</td>
<td>_1 oz. _Brown rice</td>
<td>_3 Tbsp. _Grated Parmesan cheese</td>
</tr>
<tr>
<td></td>
<td>_1 cup _Strawberries, sliced</td>
<td>_1 oz. _Brown rice</td>
<td>_1 oz. _Brown rice</td>
<td>_1 oz. _Brown rice</td>
<td>_1 cup _Brown rice</td>
</tr>
<tr>
<td></td>
<td>_1 _Pear and Granola Muffin</td>
<td>_1 cup _Brown rice</td>
<td>_1 cup _Brown rice</td>
<td>_1 cup _Brown rice</td>
<td>_1 cup _Brown rice</td>
</tr>
<tr>
<td></td>
<td>_8 oz. _Nonfat yogurt</td>
<td>_1 cup _Brown rice</td>
<td>_1 cup _Brown rice</td>
<td>_1 cup _Brown rice</td>
<td>_1 cup _Brown rice</td>
</tr>
<tr>
<td></td>
<td>_1 _Pear and Granola Muffin</td>
<td>_1 cup _Brown rice</td>
<td>_1 cup _Brown rice</td>
<td>_1 cup _Brown rice</td>
<td>_1 cup _Brown rice</td>
</tr>
<tr>
<td>3</td>
<td>_1 _Pear and Granola Muffin</td>
<td>_1 cup _Brown rice</td>
<td>_1 cup _Brown rice</td>
<td>_1 cup _Brown rice</td>
<td>_1 cup _Brown rice</td>
</tr>
<tr>
<td></td>
<td>_8 oz. _Nonfat yogurt</td>
<td>_1 cup _Brown rice</td>
<td>_1 cup _Brown rice</td>
<td>_1 cup _Brown rice</td>
<td>_1 cup _Brown rice</td>
</tr>
<tr>
<td></td>
<td>_1 cup _Brown rice</td>
<td>_1 cup _Brown rice</td>
<td>_1 cup _Brown rice</td>
<td>_1 cup _Brown rice</td>
<td>_1 cup _Brown rice</td>
</tr>
<tr>
<td></td>
<td>_1 _Pear and Granola Muffin</td>
<td>_1 cup _Brown rice</td>
<td>_1 cup _Brown rice</td>
<td>_1 cup _Brown rice</td>
<td>_1 cup _Brown rice</td>
</tr>
<tr>
<td></td>
<td>_8 oz. _Nonfat yogurt</td>
<td>_1 cup _Brown rice</td>
<td>_1 cup _Brown rice</td>
<td>_1 cup _Brown rice</td>
<td>_1 cup _Brown rice</td>
</tr>
<tr>
<td>4</td>
<td>_2 _Whole wheat waffles</td>
<td>_3 _Light popcorn</td>
<td>_3 _Light popcorn</td>
<td>_3 _Light popcorn</td>
<td>_3 _Light popcorn</td>
</tr>
<tr>
<td></td>
<td>_1/2 _Banana, medium</td>
<td>_2 _Light popcorn</td>
<td>_2 _Light popcorn</td>
<td>_2 _Light popcorn</td>
<td>_2 _Light popcorn</td>
</tr>
<tr>
<td></td>
<td>_3 _Tbsp. _Low-sugar maple syrup</td>
<td>_3 _Light popcorn</td>
<td>_3 _Light popcorn</td>
<td>_3 _Light popcorn</td>
<td>_3 _Light popcorn</td>
</tr>
<tr>
<td></td>
<td>_8 oz. _Skim milk</td>
<td>_3 _Light popcorn</td>
<td>_3 _Light popcorn</td>
<td>_3 _Light popcorn</td>
<td>_3 _Light popcorn</td>
</tr>
<tr>
<td>5</td>
<td>_2 _Whole wheat waffles</td>
<td>_1 _Tuna Roll-Up:</td>
<td>_3 _Light popcorn</td>
<td>_3 _Light popcorn</td>
<td>_3 _Light popcorn</td>
</tr>
<tr>
<td></td>
<td>_1/2 _Banana, medium</td>
<td>_9 oz. _Tuna Salad</td>
<td>_9 oz. _Tuna Salad</td>
<td>_9 oz. _Tuna Salad</td>
<td>_9 oz. _Tuna Salad</td>
</tr>
<tr>
<td></td>
<td>_3 _Tbsp. _Low-sugar maple syrup</td>
<td>_9 oz. _Tuna Salad</td>
<td>_9 oz. _Tuna Salad</td>
<td>_9 oz. _Tuna Salad</td>
<td>_9 oz. _Tuna Salad</td>
</tr>
<tr>
<td></td>
<td>_8 oz. _Skim milk</td>
<td>_9 oz. _Tuna Salad</td>
<td>_9 oz. _Tuna Salad</td>
<td>_9 oz. _Tuna Salad</td>
<td>_9 oz. _Tuna Salad</td>
</tr>
<tr>
<td>6</td>
<td>_6 _Egg whites</td>
<td>_1 _Tuna Roll-Up:</td>
<td>_3 _Light popcorn</td>
<td>_3 _Light popcorn</td>
<td>_3 _Light popcorn</td>
</tr>
<tr>
<td></td>
<td>_1 _Breakfast Potatoes</td>
<td>_9 oz. _Tuna Salad</td>
<td>_9 oz. _Tuna Salad</td>
<td>_9 oz. _Tuna Salad</td>
<td>_9 oz. _Tuna Salad</td>
</tr>
<tr>
<td></td>
<td>_8 oz. _Cottage cheese, 1%</td>
<td>_9 oz. _Tuna Salad</td>
<td>_9 oz. _Tuna Salad</td>
<td>_9 oz. _Tuna Salad</td>
<td>_9 oz. _Tuna Salad</td>
</tr>
<tr>
<td></td>
<td>_6 _oz. _Freshed-squeezed juice</td>
<td>_9 oz. _Tuna Salad</td>
<td>_9 oz. _Tuna Salad</td>
<td>_9 oz. _Tuna Salad</td>
<td>_9 oz. _Tuna Salad</td>
</tr>
<tr>
<td>7</td>
<td>_3 _Pancakes, 3.6 oz</td>
<td>_1 _Tuna Roll-Up:</td>
<td>_3 _Light popcorn</td>
<td>_3 _Light popcorn</td>
<td>_3 _Light popcorn</td>
</tr>
<tr>
<td></td>
<td>_3 _Tbsp. _Low-sugar maple syrup</td>
<td>_1 oz. _Turkey jerky</td>
<td>_3 _Light popcorn</td>
<td>_3 _Light popcorn</td>
<td>_3 _Light popcorn</td>
</tr>
<tr>
<td></td>
<td>_1 _cup _Blueberries</td>
<td>_1 _Sourdough pretzel</td>
<td>_3 _Light popcorn</td>
<td>_3 _Light popcorn</td>
<td>_3 _Light popcorn</td>
</tr>
<tr>
<td></td>
<td>_8 oz. _Skim milk</td>
<td>_9 oz. _Grilled Ahi</td>
<td>_3 _Light popcorn</td>
<td>_3 _Light popcorn</td>
<td>_3 _Light popcorn</td>
</tr>
<tr>
<td></td>
<td>_1 _Tbsp. _Beachbody Whey Protein Powder</td>
<td>_Tuna Salad</td>
<td>_3 _Light popcorn</td>
<td>_3 _Light popcorn</td>
<td>_3 _Light popcorn</td>
</tr>
<tr>
<td></td>
<td>_1 _Tangy Orange Chicken Spinach Salad</td>
<td>_1 _Turkey jerky</td>
<td>_3 _Light popcorn</td>
<td>_3 _Light popcorn</td>
<td>_3 _Light popcorn</td>
</tr>
<tr>
<td></td>
<td>_2 _oz. _Soy nuts</td>
<td>_1 _Sourdough pretzel</td>
<td>_3 _Light popcorn</td>
<td>_3 _Light popcorn</td>
<td>_3 _Light popcorn</td>
</tr>
<tr>
<td></td>
<td>_3 _cups _Light popcorn</td>
<td>_1 _Sourdough pretzel</td>
<td>_3 _Light popcorn</td>
<td>_3 _Light popcorn</td>
<td>_3 _Light popcorn</td>
</tr>
</tbody>
</table>

*For more information on Shakeology, please refer to page 15.*
## 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 8 oz. Skim milk 1 Tbsp. Beachbody Whey Protein Powder 1/2 oz. Raisins</td>
<td>1 Whole wheat bagel 8 oz. Cottage cheese, 1% 1 Orange, medium</td>
<td>1 Pear and Granola Muffin = 8 oz. Nonfat yogurt 1 cup Strawberries, sliced</td>
<td>1 Shakeology P90X-tra Shake* 1 Banana</td>
<td>2 Whole wheat waffles 1/2 <em>Banana</em>, medium 4 Tbsp. Low-sugar maple syrup 8 oz. Skim milk</td>
<td>6 Egg whites 1 Breakfast Potatoes = 8 oz. <em>Cottage cheese</em>, 1% 6 oz. _Freshed-squeezed juice</td>
<td>3 Pancakes, 3.6 oz 4 Tbsp. Low-sugar maple syrup 1 cup Blueberries 8 oz. Skim milk 1 Tbsp. Beachbody Whey Protein Powder</td>
</tr>
</tbody>
</table>

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

**SNACK**

<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 _Shrimp Pasta Pomodoro 1 cup _Melon</td>
<td>1 _Grilled Chicken Burrito 1 cup Gazpacho [see Phase 1 recipes]</td>
<td>Tuna Roll-Up: 12 oz. Tuna Salad [see Phase 1 recipes] 1 Whole wheat tortilla 1/4 cup Sprouts and diced tomatoes 1 Peach, medium</td>
<td>1 cup _Vegetable Soup [see Phase 1 recipes] Turkey Breast Sandwich: 12 oz. Fat-free turkey breast 2 slices Whole wheat toast 1 leaf Lettuce 2 slices Tomato</td>
<td>1 Chicken Pita 1 cup _Grapes 2 oz. _Turkey jerky</td>
<td>2 oz. Soy nuts 2 oz. _Turkey jerky</td>
<td>1 Tangy Orange Chicken Spinach Salad 4 Tbsp. _Tangy Orange Vinaigrette 1 cup Strawberries, sliced</td>
</tr>
</tbody>
</table>

### LUNCH

<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 oz. Low-fat cheese 6 Crackers 1 _Sourdough pretzel</td>
<td>1 oz. _Low-fat cheese 6 Crackers 1 _Sourdough pretzel</td>
<td>4 Tbsp. _Hummus w/ carrot sticks 1 oz. _Turkey jerky</td>
<td>8 oz. Nonfat fuit-flavored yogurt 3 cups _Light popcorn</td>
<td>1 _Almonds 3 cups _Light popcorn</td>
<td>12 oz. _Chicken breast 4 Tbsp. _Sauce (your choice) 1 cup <em>Artichoke</em>, medium 1 cup _Wheat berries 1 <em>Nectarine</em>, medium</td>
<td>1 oz. _Filet mignon 4 Tbsp. _Pear and Peppercorn Sauce 1 cup _Portobello mushrooms 1 cup _Wild rice</td>
</tr>
</tbody>
</table>

**SNACK**

<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>12 oz. _Extra-lean burger patty 3 oz. _Low-fat melted cheese 1 <em>Baked potato</em>, medium 4 cups _Salad greens w/ cucumber and tomatoes 4 Tbsp. _Dressing (your choice) 1/2 cup _Fresh dressing</td>
<td>12 oz. _Halibut 4 Tbsp. _Sauce (your choice) 1 cup <em>Artichoke</em>, medium 1 cup _Wheat berries 1 <em>Nectarine</em>, medium</td>
<td>12 oz. _Salmon 4 Tbsp. _Green Apple Salsa 1 cup _Asparagus 1 <em>Baked potato</em>, medium 4 cups _Salad greens 4 Tbsp. _Dressing (your choice)</td>
<td>1 oz. _Halibut 4 Tbsp. _Sauce (your choice) 1 cup <em>Artichoke</em>, medium 1 cup _Wheat berries 1 <em>Nectarine</em>, medium</td>
<td>12 oz. _Almond butter 1 cup _Banana 1 cup _Peanut butter 1 cup _Brown rice</td>
<td>12 oz. _Grilled Ahi Tuna Salad 4 Tbsp. _Lime-Soy Vinaigrette 1 _Whole grain roll</td>
<td>12 oz. _Filet mignon 4 Tbsp. _Pear and Peppercorn Sauce 1 cup _Portobello mushrooms 1 cup _Wild rice</td>
</tr>
</tbody>
</table>

**DINNER**

<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 oz. _Low-fat cheese 6 Crackers 1 _Sourdough pretzel</td>
<td>1 oz. _Low-fat cheese 6 Crackers 1 _Sourdough pretzel</td>
<td>4 Tbsp. _Hummus w/ carrot sticks 1 oz. _Turkey jerky</td>
<td>8 oz. Nonfat fuit-flavored yogurt 3 cups _Light popcorn</td>
<td>1 _Almonds 3 cups _Light popcorn</td>
<td>12 oz. _Chicken breast 4 Tbsp. _Sauce (your choice) 1 cup <em>Artichoke</em>, medium 1 cup _Wheat berries 1 <em>Nectarine</em>, medium</td>
<td>1 oz. _Filet mignon 4 Tbsp. _Pear and Peppercorn Sauce 1 cup _Portobello mushrooms 1 cup _Wild rice</td>
</tr>
</tbody>
</table>
Balanced in carbohydrates and protein, but still low in fat, these recipes, including delicious sandwiches, salads, and pasta dishes, will contribute to a well-rounded long-term eating plan. They’ll give you the resources you need to boost your energy and help you maintain the changes you made in Phase 1, and help you realize your potential in Phase 2.

**GENERAL GUIDELINES**

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

**Serves 4**

Combine all dressing ingredients in a small bowl and whisk.

See Tangy Orange Chicken Spinach Salad recipe.

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Level I</th>
<th>Level II</th>
<th>Level III</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 Tbsp. orange juice</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
</tr>
<tr>
<td>4 Tbsp. red wine vinegar</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
</tr>
<tr>
<td>2 Tbsp. olive oil</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
</tr>
<tr>
<td>4 small cloves garlic, minced</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
</tr>
<tr>
<td>2 oz. low-fat Parmesan cheese, grated</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
</tr>
</tbody>
</table>

**Per serving:**

- Calories (kcal): 118
- Total Fat: 10 g
- (73% calories from fat)
- Protein: 4 g
- Carbohydrate: 4 g
- Cholesterol: 12 mg
- Sodium: 216 mg

### LIME-SOY VINAIGRETTE

**Serves 8**

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

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Level I</th>
<th>Level II</th>
<th>Level III</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 cup rice vinegar</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
</tr>
<tr>
<td>1/4 cup low-sodium soy sauce</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
</tr>
<tr>
<td>1/4 cup fresh lime juice</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
</tr>
<tr>
<td>2 tsp. dark sesame oil</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
</tr>
<tr>
<td>1 tsp. lemon zest</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
</tr>
<tr>
<td>1 tsp. minced fresh ginger</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
</tr>
<tr>
<td>2 cloves minced garlic</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
</tr>
</tbody>
</table>

**Per serving:**

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

3 plum tomatoes, chopped
1 cup Granny Smith apples, cored and chopped
1/2 cup cucumber, chopped
1/2 cup corn kernels, chopped
1/2 cup red bell pepper, chopped
1/4 cup chopped green onions
1/4 cup chopped red onion
2-1/2 Tbsp. chopped fresh cilantro
1-1/2 Tbsp. fresh lime juice
1 Tbsp. seeded and chopped jalapeño
1 Tbsp. balsamic vinegar
1-1/2 tsp. sugar
3/4 tsp. salt
1/2 tsp. ground black pepper

Serves 16

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

LEVEL I
2 Tbsp. = 1 condiment

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

LEVEL III
4 Tbsp. = 2 condiments

PEAR AND PEPPERCORN SAUCE

1 cup orange juice
1 Tbsp. flour
2 medium pears
1 Tbsp. Dijon mustard
1 tsp. crushed peppercorns
1/4 tsp. 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, stirring until blended and thickened.

LEVEL I
2 Tbsp. = 1 condiment

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

LEVEL III
4 Tbsp. = 2 condiments
PEAR AND GRANOLA MUFFINS

3/4 cup canned pear nectar
2 egg whites
2 Tbsp. vegetable oil
1 Tbsp. lemon juice
1 tsp. grated lemon peel
1 cup whole wheat flour
1 cup all-purpose flour
2/3 cup firmly packed brown sugar
1/2 cup low-fat granola
1 Tbsp. baking powder
1/2 tsp. ground nutmeg
1/2 tsp. salt

1-1/4 cups cored, chopped pear

Serves 10

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

LEVEL I
1 muffin = 1 carbohydrate

LEVEL II
1 muffin = 1 carbohydrate

LEVEL III
1 muffin = 1 carbohydrate

BREACKFAST POTATOES

1 tsp. olive oil
1 medium potato, peeled and cut into 1/2-inch cubes
2 mushrooms, chopped
1 Tbsp. chopped onion
1/4 tsp. garlic salt

1. Heat oil in medium nonstick skillet over medium heat. Add potatoes 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 potatoes are lightly browned and mixture is heated through.

LEVEL I
1 carbohydrate

LEVEL II
1 carbohydrate

LEVEL III
1 carbohydrate, 1/2 vegetable, 1 fat
CHICKEN PITA—LEVEL I

6 oz. boneless, skinless chicken breast
1 whole wheat pita
1-1/2 oz. low-fat feta cheese, crumbled
1/4 cup chopped tomato
2 Tbsp. chopped red onion
1/4 cup peeled, chopped cucumber
1 squeeze fresh lemon juice

1. Grill chicken breast or bake in glass baking dish at 350°F for approximately 20 minutes.
2. Cool chicken and cut into 1-inch cubes.
3. Place chicken in pita and add all other ingredients. Squeeze lemon over top.

per serving:
Calories (kcal) ..........490
Total Fat .................13 g
(23% calories from fat)
Protein ................52 g
Carbohydrate ..........41 g
Cholesterol ........137 mg
Sodium ...............931 mg

LEVEL I
2 protein, 1 carbohydrate, 1 dairy

LEVEL II
See below

LEVEL III
See next page

CHICKEN PITA—LEVEL II

9 oz. boneless, skinless chicken breast
1 whole wheat pita
1-1/2 oz. low-fat feta cheese, crumbled
1/4 cup chopped tomato
2 Tbsp. chopped red onion
1/4 cup peeled, chopped cucumber
1 squeeze fresh lemon juice

1. Grill chicken breast or bake in glass baking dish at 350°F for approximately 20 minutes.
2. Cool chicken and cut into 1-inch cubes.
3. Place chicken in pita and add all other ingredients. Squeeze lemon over top.

per serving:
Calories (kcal) ..........583
Total Fat .................14 g
(21% calories from fat)
Protein ................72 g
Carbohydrate ..........41 g
Cholesterol ........186 mg
Sodium ...............986 mg

LEVEL I
See above

LEVEL II
3 protein, 1 carbohydrate, 1 dairy

LEVEL III
See next page

PHASE 2—ENERGY BOOSTER
CHICKEN PITA—LEVEL III

12 oz. boneless, skinless chicken breast
1 whole wheat pita
1-1/2 oz. low-fat feta cheese, crumbled
1/4 cup chopped tomato
2 Tbsp. chopped red onion
1/4 cup peeled, chopped cucumber
1 squeeze fresh lemon juice

1. Grill chicken breast or bake in glass baking dish at 350°F for approximately 20 minutes.
2. Cool chicken and cut into 1-inch cubes.
3. Place chicken in pita and add all other ingredients. Squeeze lemon over top.

LEVEL I
See previous page

LEVEL III
4 protein, 1 carbohydrate, 1 dairy

LEVEL II
See previous page

SHRIMP PASTA POMODORO—LEVEL I

1 Tbsp. olive oil
1 Tbsp. chopped garlic
2 Tbsp. fat-free low-sodium chicken or vegetable broth
1/2 cup peeled and diced tomato
2 oz. whole wheat pasta
6 oz. uncooked medium shrimp
2 Tbsp. chopped basil leaves

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

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

LEVEL II
See next page

LEVEL III
See next page

LUNCH

per serving:

CHICKEN PITA—LEVEL III

Calories (kcal) ............677
Total Fat .................15 g
(20% calories from fat)
Protein .................92 g
Carbohydrate ...........41 g
Cholesterol ...........235 mg
Sodium ...............1,041 mg

SHRIMP PASTA POMODORO—LEVEL I

Calories (kcal) ............150
Total Fat .................5 g
(27% calories from fat)
Protein .................3 g
Carbohydrate ...........25 g
Cholesterol ............0 mg
Sodium ...............522 mg
SHRIMP PASTA POMODORO—LEVEL II

1 Tbsp. olive oil
1 Tbsp. chopped garlic
2 Tbsp. fat-free low-sodium chicken or vegetable broth
1/2 cup peeled and diced tomato
2 oz. whole wheat pasta
9 oz. uncooked medium shrimp
2 Tbsp. chopped basil leaves

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

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

LUNCH

per serving:

SHRIMP PASTA POMODORO—LEVEL III

1 Tbsp. olive oil
1 Tbsp. chopped garlic
2 Tbsp. fat-free low-sodium chicken or vegetable broth
1/2 cup peeled and diced tomato
2 oz. whole wheat pasta
12 oz. uncooked medium shrimp
2 Tbsp. chopped basil leaves

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

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

LEVEL I
See previous page

LEVEL II
3 protein, 1 carbohydrate,
1 vegetable, 1/2 fat
See below

LEVEL III
See next above

3 protein, 1 carbohydrate,
1 vegetable, 1/2 fat
TANGY ORANGE CHICKEN SPINACH SALAD—LEVEL I

6 oz. boneless, skinless chicken breast
2 cups spinach, stems removed
1/4 small red onion, finely sliced
1 medium tomato, diced
1/2 cup sliced mushrooms
4 Tbsp. Tangy Orange Vinaigrette (See recipe on page 68)

1. Cook chicken breast as desired and dice.
2. In a large bowl, combine ingredients with dressing and toss.

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

LEVEL II
See below

LEVEL III
See next page

per serving:

Calories (kcal) ............ 472
Total Fat ................. 16 g
(31% calories from fat)
Protein .................. 60 g
Carbohydrate .......... 20 g
Cholesterol .......... 155 mg
Sodium ................. 404 mg

TANGY ORANGE CHICKEN SPINACH SALAD—LEVEL II

8 oz. boneless, skinless chicken breast
3 cups spinach, stems removed
1/4 small red onion, finely sliced
1 medium tomato, diced
1 cup sliced mushrooms
5 Tbsp. Tangy Orange Vinaigrette (See recipe on page 68)

1. Cook chicken breast as desired and dice.
2. In a large bowl, combine ingredients with dressing and toss.

LEVEL I
See above

LEVEL II
3 protein, 2 vegetable, 1 fat,
2 condiments

LEVEL III
See next page

per serving:

Calories (kcal) ............ 613
Total Fat ................. 21 g
(31% calories from fat)
Protein .................. 80 g
Carbohydrate .......... 24 g
Cholesterol .......... 206 mg
Sodium ................. 526 mg
TANGY ORANGE CHICKEN SPINACH SALAD—LEVEL III

10 oz. boneless, skinless chicken breast
4 cups spinach, stems removed
1/4 small red onion, finely sliced
1 medium tomato, diced
1 cup sliced mushrooms
6 Tbsp. Tangy Orange Vinaigrette (See recipe on page 68)

1. Cook chicken breast as desired and dice.
2. In a large bowl, combine ingredients with dressing and toss.

LEVEL I
See previous page

LEVEL II
See previous page

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

GRILLED CHICKEN BURRITO—LEVEL I

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

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

LEVEL I
2 protein, 1/2 carbohydrate, 1 vegetable, 1 condiment

LEVEL II
See next page

LEVEL III
See next page
GRILLED CHICKEN BURRITO—LEVEL II

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

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

LEVEL I
See previous page

LEVEL II
3 protein, 1/2 carbohydrate, 1 vegetable, 1 condiment

LEVEL III
See below

GRILLED CHICKEN BURRITO—LEVEL III

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

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

LEVEL I
See previous page

LEVEL II
See above

LEVEL III
4 protein, 1/2 carbohydrate, 1 vegetable, 1 condiment
WHITE BEAN AND TUNA SALAD—LEVEL I

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

1. Place first 6 ingredients in a glass bowl and mix thoroughly.
2. In a separate bowl, mix remaining ingredients until blended and drizzle over salad.

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

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

LEVEL II
See below

LEVEL III
See next page

WHITE BEAN AND TUNA SALAD—LEVEL II

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

1. Place first 6 ingredients in a glass bowl and mix thoroughly.
2. In a separate bowl, mix remaining ingredients until blended and drizzle over salad.

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

LEVEL I
See above

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

LEVEL III
See next page
WHITE BEAN AND TUNA SALAD—LEVEL III

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

1. Place first 6 ingredients in a glass bowl and mix thoroughly.
2. In a separate bowl, mix remaining ingredients until blended and drizzle over salad.

LEVEL I
See previous page

LEVEL II
See previous page

LEVEL III
4 protein, 1 carbohydrate, 3 vegetable, 1 fat

per serving:

Calories (kcal) ............ 936
Total Fat ................ 18 g
(27% calories from fat)
Protein .................. 110 g
Carbohydrate ............ 86 g
Cholesterol ............ 102 mg
Sodium ................. 1,181 mg
ITALIAN MEAT LOAF

1/2 cup diced onions
2 Tbsp. fat-free low-sodium chicken or vegetable broth
2 Tbsp. minced garlic
1-1/2 lbs. ground turkey breast
1/2 cup whole-grain bread crumbs
1/2 cup + 2 Tbsp. low-sodium, low-fat marinara sauce
2 Tbsp. chopped fresh basil
2 Tbsp. chopped fresh Italian parsley

Serves 4

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

LEVEL I
2 slices (6 oz.) =
2 protein, 1/2 fruit, 2 vegetables

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

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

GRILLED AHI TUNA SALAD—LEVEL I

6 oz. yellowfin tuna (ahi)
2 cups arugula leaves
2 Tbsp. soybeans
1/4 cup canned water chestnuts, drained
1/2 cup cubed papaya
1 tsp. sesame seeds
2 Tbsp. Lime-Soy Vinaigrette (see recipe on page 68)

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

LEVEL I
2 protein, 1/2 fruit, 2 vegetables

LEVEL II
See next page

LEVEL III
See next page
**GRILLED AHI TUNA SALAD—LEVEL II**

<table>
<thead>
<tr>
<th>Calories (kcal)</th>
<th>449</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>9 g</td>
</tr>
<tr>
<td>(17% calories from fat)</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>71 g</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>21 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>115 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>116 mg</td>
</tr>
</tbody>
</table>

9 oz. yellowfin tuna (ahi)
3 cups arugula leaves
2 Tbsp. soybeans
1/4 cup canned water chestnuts, drained
1/2 cup cubed papaya
1 tsp. sesame seeds
3 Tbsp. Lime-Soy Vinaigrette (see recipe on page 68)

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

**LEVEL I**
See previous page

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

**LEVEL III**
See below

---

**GRILLED AHI TUNA SALAD—LEVEL III**

<table>
<thead>
<tr>
<th>Calories (kcal)</th>
<th>546</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>10 g</td>
</tr>
<tr>
<td>(16% calories from fat)</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>91 g</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>22 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>153 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>153 mg</td>
</tr>
</tbody>
</table>

12 oz. yellowfin tuna (ahi)
4 cups arugula leaves
2 Tbsp. soybeans
1/4 cup canned water chestnuts, drained
1/2 cup cubed papaya
1 tsp. sesame seeds
4 Tbsp. Lime-Soy Vinaigrette (see recipe on page 68)

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

**LEVEL I**
See previous page

**LEVEL II**
See above

**LEVEL III**
2 protein, 1/2 fruit,
2 vegetables
The Portion Approach was designed to allow you to mix and match the foods of your choice. There are NO specific meal plans or recipes for this approach. Just select from the Portion Approach foods listed on the following pages and eat the amounts indicated for your nutrition level. Along with identifying the right foods to buy, the list shows you which foods fall into which categories, and the appropriate portion size to equal one serving.

For example, if you’re in Phase 3 and have determined that you’re at nutrition level II, you’d be allotted a specific number of servings per day from each food group, as follows:

- **PROTEINS**: 3 servings
- **DAIRY**: 1 serving
- **FRUITS**: 3 servings
- **VEGETABLES**: 3 servings
- **FATS**: 1 serving
- **CARBOHYDRATES**: 4 servings
- **SNACKS**: 3 servings (2 items from the single snack group or 1 item from the double snack group) PLUS a P90X Peak Performance Protein Bar and P90X Results and Recovery Formula drink
- **CONDIMENTS**: 3 servings

**Important Note on Snacks:**

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

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

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

1,800 Calories/Day

1 serving

2,400 Calories/Day

2 servings

3,000 Calories/Day

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

### FATS
Each serving = 120 calories
- 3 oz._Avocado
- 1 Tbsp._Canola oil
- 1 Tbsp._Flaxseed oil
- Olive oil _1Tbsp._
- Olives _4 oz._

### PROTEINS
Each serving = 100 calories
- 3 oz._Boneless, skinless, chicken or turkey breast
- 6_Egg whites
- 3 oz._Fish and shellfish
- 3 oz._Ham slices, fat-free
- 3 oz._Pork tenderloin
- 1/3 cup_Protein powder
- 3 oz._Red meat (top sirloin, flank steak)
- 3 oz._Red meat, lean
- Soy burger _1
- Soy cheese slices _5
- Tofu _3 oz._
- Tuna _3 oz._
- Turkey bacon _2 slices
- Veggie burger _1
- Veggie dog _1

### CARBOHYDRATES
Each serving = 200 calories
- 1 medium_Bagel, whole wheat
- 1 cup_Baked beans
- 1 cup_Beans (kidney, black, etc.)
- 1_Bran muffin (2.5 oz.)
- 2 slices_Bread (whole wheat, rye, or pumpernickel)
- 1 cup_Cereal, whole grain
- 1 cup_Couscous
- 12_Crackers
- 2_English muffin halves, whole wheat
- 1 cup_Hummus
- 1 cup_Lentils
- 1 cup_Oatmeal
- Pancakes (3.6 oz.) _3
- Pasta or noodles _1 cup
- Pita, whole wheat _1 large
- Potato _1 medium
- Quinoa _1 cup
- Refried beans, low-fat _1 cup
- Rice, brown or wild _1 cup
- Sweet potato _1 medium
- Tortillas, corn _3
- Tortilla, whole wheat _1 large
- Waffles, whole wheat _2
- Wheat berries _1 cup

### DAIRY PRODUCTS
Each serving = 120 calories
Note: One portion of low-fat cheese or cottage cheese counts as either a snack or a dairy portion, not both.
- 1-1/2 oz._Cheese, low-fat
- 1 cup_Cottage cheese, 1%
- 1-1/2 oz._Feta cheese
- 1-1/2 oz._Goat cheese, semisoft
- 1-1/2 oz._Mozzarella, part-skim
- Parmesan cheese _1 oz._
- Skim milk _8 oz._
- Soy cheese _1-1/2 oz._
- Soy milk _8 oz._
- Yogurt, plain nonfat _8 oz._
### FRUITS

Each serving = 100 calories

- 1 medium Apple
- 1 cup Apricots
- 1 medium Banana
- 1/4 medium Cantaloupe
- 1 cup Cherries
- 1 oz. Dried fruit
- 1 medium Grapefruit
- 1 cup Grapes
- 1 cup Kiwi
- 1/2 medium Mango
- Nectarine_1 medium
- Orange_1 large
- Papaya_1/2 medium
- Peach_1 medium
- Pear_1 medium
- Raspberries, blueberries, blackberries_1 cup
- Strawberries, sliced_2 cups
- Tangerine_1 medium
- Watermelon_1 cup

### VEGETABLES

Each serving = 50 calories

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

1 serving = 2 cups leafy greens

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

### CONDIMENTS

Each serving = 50 calories (2 Tbsp.)

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

### SNACKS

Single serving = 100 calories

Double serving = 200 calories

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

- 1 oz. Dried fruit
- 1 medium piece Fruit
- 12 Mini-rice cakes
- 1 Tbsp. Peanut butter with celery sticks
- 1 oz. Pita chips
- 3 cups Popcorn, light
- 1 large Pretzel, sourdough
- 2 oz. Soy nuts
- 1-1/2 oz. String cheese
- 1 oz. Tortilla chips, low-fat
- 8 oz. Yogurt, plain nonfat
- 2/3 scoop Shakeology*

- Bean dip_4 Tbsp. with chips_1 oz.
- Cheese, low-fat_1 oz. with crackers_6
- Hummus_4 Tbsp. with carrot sticks
- Nuts_1 oz. (almonds, cashews, pecans, 30 pistachios)
- P90X Peak Performance Protein Bar_1
- P90X Results and Recovery Formula_12–16 oz.
- Soy nuts_4 oz.
- String cheese_3 oz.
- Yogurt, nonfat fruit-flavored_8 oz.

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

### SHAKEOLOGY

Single

2/3 serving for amount

PORTION APPROACH
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>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. Blueberry Muffin</td>
<td>1. Results and Recovery</td>
<td>1. Veggie burger</td>
<td>3. Fig Newtons</td>
<td>6 oz. Chicken</td>
</tr>
<tr>
<td>8 oz. Plain nonfat</td>
<td>Formula drink**</td>
<td>1/2 Whole grain bun</td>
<td>1. Sourdough pretzel</td>
<td>2 Tbsp. Apricot Sauce</td>
</tr>
<tr>
<td>yogurt</td>
<td></td>
<td>2 cups Salad greens</td>
<td></td>
<td>1/2 cups Baked yam, medium</td>
</tr>
<tr>
<td>1 cup Berries</td>
<td></td>
<td>2 Tbsp. Dressing (your choice)</td>
<td></td>
<td>1 cup Green beans, steamed</td>
</tr>
<tr>
<td><strong>DAY 2</strong></td>
<td></td>
<td></td>
<td></td>
<td>1/4 Mango</td>
</tr>
<tr>
<td>waffles</td>
<td>Formula drink**</td>
<td></td>
<td>1. Frozen fruit bar</td>
<td>2 Tbsp. Mustard Cream</td>
</tr>
<tr>
<td>1 Tbsp. Peanut butter</td>
<td></td>
<td></td>
<td></td>
<td>Sauce</td>
</tr>
<tr>
<td>8 oz. Skim milk</td>
<td></td>
<td></td>
<td></td>
<td>1 cup Brown rice</td>
</tr>
<tr>
<td>1. Banana, medium</td>
<td></td>
<td></td>
<td></td>
<td>2 cups Spinach, steamed</td>
</tr>
<tr>
<td><strong>DAY 3</strong></td>
<td></td>
<td></td>
<td></td>
<td>1 cup Raspberries</td>
</tr>
<tr>
<td>1. Whole grain roll</td>
<td>1. Results and Recovery</td>
<td>1 cup Black and White Bean Chili</td>
<td>3 cups Popcorn, light</td>
<td>6 oz. Flank steak, grilled</td>
</tr>
<tr>
<td>1/2 cup Low-fat</td>
<td>Formula drink**</td>
<td>2 cups Salad greens</td>
<td>4 oz. Nonfat frozen</td>
<td>2 Tbsp. Steak sauce</td>
</tr>
<tr>
<td>ricotta cheese</td>
<td></td>
<td></td>
<td>yogurt</td>
<td>1. Baked potato, medium</td>
</tr>
<tr>
<td>4 slices Roma tomato</td>
<td></td>
<td>2 Tbsp. Dressing (your choice)</td>
<td></td>
<td>1 cup Onion, zucchini, and</td>
</tr>
<tr>
<td>2 tsp. Olive oil</td>
<td></td>
<td></td>
<td></td>
<td>stewed tomato sauté</td>
</tr>
<tr>
<td>1 cup Cantaloupe</td>
<td></td>
<td></td>
<td></td>
<td>1 Nectarine, medium</td>
</tr>
<tr>
<td>pieces</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>DAY 4</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1/2 cup Low-fat</td>
<td>1. Results and Recovery</td>
<td>1. Stuffed Baked Potato</td>
<td>1 oz. Dried fruit</td>
<td>6 oz. Mediterranean Shrimp</td>
</tr>
<tr>
<td>granola</td>
<td>Formula drink**</td>
<td>2 cups Salad greens</td>
<td>2 oz. Soy nuts</td>
<td>Kebabs</td>
</tr>
<tr>
<td>8 oz. Plain nonfat</td>
<td></td>
<td></td>
<td></td>
<td>1 cup White rice</td>
</tr>
<tr>
<td>yogurt</td>
<td></td>
<td>2 Tbsp. Dressing (your choice)</td>
<td></td>
<td>1 Orange, medium</td>
</tr>
<tr>
<td>1 cup Strawberries,</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>sliced</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>DAY 5</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 Tbsp. Low sugar</td>
<td>Formula drink**</td>
<td>1 cup Melon pieces</td>
<td>12. Mini-rice cakes</td>
<td>2 Tbsp. Barbecue Sauce</td>
</tr>
<tr>
<td>maple syrup</td>
<td></td>
<td></td>
<td></td>
<td>1 cup Nonfat baked beans</td>
</tr>
<tr>
<td>1 cup Applesauce</td>
<td></td>
<td></td>
<td></td>
<td>2 cups Salad greens</td>
</tr>
<tr>
<td><strong>DAY 6</strong></td>
<td></td>
<td></td>
<td></td>
<td>2 Tbsp. Dressing (your choice)</td>
</tr>
<tr>
<td>1%</td>
<td>Formula drink**</td>
<td>4 oz. Nonfat frozen yogurt</td>
<td></td>
<td>2 Tbsp. Dijonnaise Sauce</td>
</tr>
<tr>
<td>1 cup Pineapple</td>
<td></td>
<td></td>
<td></td>
<td>1 cup Quinoa</td>
</tr>
<tr>
<td>chunks</td>
<td></td>
<td></td>
<td></td>
<td>1 cup Broccoli, steamed</td>
</tr>
<tr>
<td>2 slices Whole wheat</td>
<td></td>
<td></td>
<td></td>
<td>1 cup Grapes</td>
</tr>
<tr>
<td>toast</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 tsp. Pure fruit</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>jam</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>DAY 7</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 Tbsp. Fat-free</td>
<td>Formula drink**</td>
<td>1 Tbsp. Peanut butter w/ celery</td>
<td>fresh fruit</td>
<td>and Sweet Potato</td>
</tr>
<tr>
<td>cream cheese</td>
<td></td>
<td>sticks</td>
<td></td>
<td>1 cup Peas</td>
</tr>
<tr>
<td>8 oz. Plain nonfat</td>
<td></td>
<td></td>
<td></td>
<td>2 cups Salad greens</td>
</tr>
<tr>
<td>yogurt</td>
<td></td>
<td></td>
<td></td>
<td>2 Tbsp. Dressing (your choice)</td>
</tr>
<tr>
<td>1 cup Berries</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Immediately after workout.**

---

**Recipe included**
## ENDURANCE MAXIMIZER

### MEAL PLAN APPROACH

<table>
<thead>
<tr>
<th>MEAL</th>
<th>BREAKFAST</th>
<th>SNACK</th>
<th>LUNCH</th>
<th>SNACK</th>
<th>DINNER</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>PHASE 3—ENDURANCE MAXIMIZER</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>LEVEL III</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### DAY 1
- **BREAKFAST**
  - 1 Blueberry Muffin
  - 8 oz. Plain nonfat yogurt
  - 1 cup Berries

- **SNACK**
  - 1 Results and Recovery Formula drink**

- **LUNCH**
  - 1 Veggie burger
  - 1 Whole grain bun
  - 3 cups Salad greens
  - 3 Tbsp. Dressing (your choice)
  - 1 cup Melon pieces

- **SNACK**
  - 1 oz. Almonds
  - 1/2 oz. String cheese

- **DINNER**
  - 9 oz. Chicken
  - 3 Tbsp. Apricot Sauce
  - 1 Baked yam, medium
  - 1 cup Green beans, steamed
  - 3 cups Salad greens
  - 3 Tbsp. Dressing (your choice)
  - 1/4 Mango

### DAY 2
- **BREAKFAST**
  - 3 Whole grain waffles
  - 2 Tbsp. Peanut butter
  - 8 oz. Skim milk
  - 1 Banana, medium

- **SNACK**
  - 1 Results and Recovery Formula drink**

- **LUNCH**
  - 1 Pasta Salad
  - 1 cup Melon pieces

- **SNACK**
  - 1 oz. Low-fat tortilla chips
  - 4 Tbsp. Bean dip
  - 1 Medium piece fresh fruit

- **DINNER**
  - 9 oz. Halibut
  - 3 Tbsp. Mustard Cream Sauce
  - 1 cup Brown rice
  - 3 cups Spinach, steamed
  - 1 Peach, medium

### DAY 3
- **BREAKFAST**
  - 1 Whole grain roll
  - 1/2 cup Low-fat ricotta cheese
  - 4 slices Roma tomato
  - 2 Tbsp. Olive oil
  - 1 cup Cantaloupe pieces

- **SNACK**
  - 1 Results and Recovery Formula drink**

- **LUNCH**
  - 2 cups Black and White Bean Chili
  - 3 cups Salad greens
  - 3 Tbsp. Dressing (your choice)
  - 1 cup Grapes

- **SNACK**
  - 3 cups Popcorn, light
  - 8 oz. Nonfat fruit-flavored yogurt

- **DINNER**
  - 9 oz. Flank steak, grilled
  - 3 Tbsp. Steak sauce
  - 1 Baked potato, medium
  - 2 cups Onion, zucchini, and stewed tomato sauce
  - 1 Nectarine, medium

### DAY 4
- **BREAKFAST**
  - 1/2 cup Low-fat granola
  - 8 oz. Plain nonfat yogurt
  - 1 cup Strawberries, sliced

- **SNACK**
  - 1 Results and Recovery Formula drink**

- **LUNCH**
  - 2 Stuffed Baked Potato
  - 3 cups Salad greens
  - 3 Tbsp. Dressing (your choice)
  - 1 Orange, medium

- **SNACK**
  - 1 oz. Pita chips
  - 4 Tbsp. Hummus w/ carrot sticks

- **DINNER**
  - 9 oz. Mediterranean Shrimp Kebabs
  - 1 cup White rice
  - 3 cups Salad greens
  - 3 Tbsp. Dressing (your choice)
  - 1 cup Melon pieces

### DAY 5
- **BREAKFAST**
  - 3 Oatmeal Pancakes
  - 3 Tbsp. Low sugar maple syrup
  - 1 cup Applesauce
  - 8 oz. Skim milk

- **SNACK**
  - 1 Results and Recovery Formula drink**

- **LUNCH**
  - 1 Grilled Veggie Focaccia
  - 1 cup Tabouli salad
  - 1 Peach, medium

- **SNACK**
  - 8 oz. Fruit sorbet
  - 1-1/2 oz. String cheese
  - 6 Crackers

- **DINNER**
  - 9 oz. Chicken
  - 3 Tbsp. Barbecue Sauce
  - 1 cup Nonfat baked beans
  - 3 cups Salad greens
  - 3 Tbsp. Dressing (your choice)
  - 1 cup Fresh salad

### DAY 6
- **BREAKFAST**
  - 8 oz. Cottage cheese, 1%
  - 1 cup Pineapple chunks
  - 2 slices Whole wheat toast
  - 3 Tbsp. Pure fruit jam

- **SNACK**
  - 1 Results and Recovery Formula drink**

- **LUNCH**
  - 1 Spicy Chinese Noodles
  - 3 cups Salad greens
  - 3 Tbsp. Dressing (your choice)
  - 1 cup Fruit salad

- **SNACK**
  - 1 oz. Almonds
  - 1 oz. Dried fruit
  - 8 oz. Nonfat plain yogurt

- **DINNER**
  - 9 oz. Salmon
  - 3 Tbsp. Dijonnaise Sauce
  - 1 cup Quinoa
  - 1 cup Broccoli, steamed
  - 1 cup Grapes

### DAY 7
- **BREAKFAST**
  - 1 Whole wheat bagel
  - 2 Tbsp. Fat-free cream cheese
  - 8 oz. Plain nonfat yogurt
  - 1 cup Berries

- **SNACK**
  - 1 Results and Recovery Formula drink**

- **LUNCH**
  - 1 Vegetarian Tostada
  - 1 cup Fruit salad

- **SNACK**
  - 1 oz. Cashews
  - 1 oz. Dried fruit

- **DINNER**
  - 9 oz. Pork Chop with Apple and Sweet Potato
  - 1 cup Peas
  - 3 cups Salad greens
  - 3 Tbsp. Dressing (your choice)
## ENDURANCE MAXIMIZER

### MEAL PLAN APPROACH

**LEVEL III PHASE 3**

<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>8 oz. Plain nonfat yogurt</td>
<td>1 oz. Whole grain bun</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>4 cups Salad greens</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 Tbsp._Dressing (your choice)</td>
<td>1 cup Melon pieces</td>
<td>4 cups Salad greens</td>
<td>4 Tbsp._Dressing (your choice)</td>
</tr>
<tr>
<td><strong>DAY 2</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4 Whole grain waffles</td>
<td>1. Results and Recovery Formula drink**</td>
<td>1. Pasta Salad =</td>
<td>1 oz._Low-fat tortilla chips</td>
<td>12 oz._Halibut</td>
</tr>
<tr>
<td>2 Tbsp. Peanut butter</td>
<td>1 cup Melon pieces</td>
<td>4 Tbsp._Bean dip</td>
<td>4 Tbsp._Mustard Cream Sauce</td>
<td>1 cup Brown rice</td>
</tr>
<tr>
<td>8 oz. Skim milk</td>
<td>1 oz._Peach, medium</td>
<td>1 Frozen fruit bar</td>
<td>3 cups_Spinach, steamed</td>
<td>3 cups_Spinach, steamed</td>
</tr>
<tr>
<td>1_Banana, medium</td>
<td><strong>DAY 3</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1. Whole grain roll</td>
<td>2 cups Black and White Bean Chili =</td>
<td>2 Stuffed Baked Potato =</td>
<td>1 oz._Pita chips</td>
<td>12 oz._Mediterranean Shrimp Kebabs</td>
</tr>
<tr>
<td>1/2 cup Low-fat ricotta cheese</td>
<td>4 cups Salad greens</td>
<td>4 Tbsp._Dressing (your choice)</td>
<td>4 Tbsp._Hummus w/ carrot sticks</td>
<td>1 cup White rice</td>
</tr>
<tr>
<td>4 slices Roma tomato</td>
<td>1 cup Grapes</td>
<td>1 Orange, medium</td>
<td>1 cup Dried fruit</td>
<td>4 cups_Salad greens</td>
</tr>
<tr>
<td>2 Tbsp. Olive oil</td>
<td>6 Crackers</td>
<td><strong>DAY 4</strong></td>
<td>12 oz._Flank steak, grilled</td>
<td>4 Tbsp._Steak sauce</td>
</tr>
<tr>
<td>1 cup Cantaloupe pieces</td>
<td>1. Results and Recovery Formula drink**</td>
<td>2. Stuffed Baked Potato =</td>
<td>1 Baked potato, medium</td>
<td>1 Baked potato, medium</td>
</tr>
<tr>
<td><strong>DAY 5</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 cup Low-fat granola</td>
<td>2. Stuffed Baked Potato =</td>
<td>1. Grilled Veggie Focaccia =</td>
<td>12 oz._Chicken</td>
<td>12 oz._Chicken</td>
</tr>
<tr>
<td>8 oz. Plain nonfat yogurt</td>
<td>4 cups Salad greens</td>
<td>1 cup Tabouli salad</td>
<td>4 Tbsp._Barbecue Sauce</td>
<td>4 Tbsp._Barbecue Sauce</td>
</tr>
<tr>
<td>1 cup Strawberries, sliced</td>
<td>4 Tbsp._Dressing (your choice)</td>
<td>1 Peach, medium</td>
<td>1 cup Nonfat baked beans</td>
<td>1 cup Nonfat baked beans</td>
</tr>
<tr>
<td>1. Results and Recovery Formula drink**</td>
<td>1. Grilled Veggie Focaccia =</td>
<td>8 oz._Fruit sorbet</td>
<td>4 Tbsp._Salad greens</td>
<td>4 Tbsp._Salad greens</td>
</tr>
<tr>
<td><strong>DAY 6</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8 oz. Cottage cheese, 1%</td>
<td>1. Vegetarian Tostada =</td>
<td>1. Sourdough pretzel</td>
<td>1 oz._Cashews</td>
<td>12 oz._Salmon</td>
</tr>
<tr>
<td>1 cup Pineapple chunks</td>
<td>1 cup_Fruit salad</td>
<td>8 oz._Frozen yogurt</td>
<td>1 oz._Dried fruit</td>
<td>4 Tbsp._Dijonnaise Sauce</td>
</tr>
<tr>
<td>4 slices Whole wheat toast</td>
<td><strong>DAY 7</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 tsp. Pure fruit jam</td>
<td>1. Vegetarian Tostada =</td>
<td>1. Vegetarian Tostada =</td>
<td>1 oz._Cashews</td>
<td>12 oz._Pork Chop with Apple and Sweet Potato</td>
</tr>
<tr>
<td><strong>DAY 7</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1. Whole wheat bagel</td>
<td>2 tsp._Fat-free cream cheese</td>
<td>1. Vegetarian Tostada =</td>
<td>1 oz._Cashews</td>
<td>12 oz._Pork Chop with Apple and Sweet Potato</td>
</tr>
<tr>
<td>2 Tbsp._Fat-free cream cheese</td>
<td>8 oz._Plain nonfat yogurt</td>
<td>1 Oz. Dried fruit</td>
<td>1 cup Peas</td>
<td>1 cup Peas</td>
</tr>
<tr>
<td>1 cup Berries</td>
<td>1 cup Melon pieces</td>
<td>1 Sourdough pretzel</td>
<td>4 Tbsp._Salad greens</td>
<td>4 Tbsp._Salad greens</td>
</tr>
<tr>
<td>1/2 cup Low-fat granola</td>
<td><strong>DAY 8</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Recipe included**

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

**DIJONNAISE SAUCE**

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

Serves 8

In a small bowl, combine all ingredients and blend well.
**MUSTARD CREAM SAUCE**

<table>
<thead>
<tr>
<th>Calories (kcal)</th>
<th>Total Fat</th>
<th>Protein</th>
<th>Carbohydrate</th>
<th>Cholesterol</th>
<th>Sodium</th>
</tr>
</thead>
<tbody>
<tr>
<td>43</td>
<td>&lt;1 g</td>
<td>2 g</td>
<td>4 g</td>
<td>&lt;1 mg</td>
<td>164 mg</td>
</tr>
</tbody>
</table>

4 shallots, peeled and chopped
1-1/4 cups fat-free low-sodium chicken or vegetable broth
1-1/4 cups sweet vermouth
1/2 tsp. arrowroot powder
1/2 cup evaporated skim milk
1/4 cup Dijon mustard
1/2 tsp. salt
1 dash white pepper
1 Tbsp. chopped chives (for garnish)

Serves 8

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

**LEVEL I**
2 Tbsp. = 1 condiment

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

**LEVEL III**
4 Tbsp. = 2 condiments

---

**BARBECUE SAUCE**

<table>
<thead>
<tr>
<th>Calories (kcal)</th>
<th>Total Fat</th>
<th>Protein</th>
<th>Carbohydrate</th>
<th>Cholesterol</th>
<th>Sodium</th>
</tr>
</thead>
<tbody>
<tr>
<td>16</td>
<td>&lt;1 g</td>
<td>&lt;1 g</td>
<td>4 g</td>
<td>0 mg</td>
<td>128 mg</td>
</tr>
</tbody>
</table>

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

Serves 8

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

**LEVEL I**
2 Tbsp. = 1 condiment

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

**LEVEL III**
4 Tbsp. = 2 condiments
BLUEBERRY MUFFINS

1-3/4 cups whole wheat pastry flour
2-1/2 tsp. baking powder
1 cup powdered sugar
3/4 cup low-fat buttermilk
3 egg whites
1 cup thawed frozen blueberries (reserve juice)

Serves 12

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

OATMEAL PANCAKES

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

Serves 4

1. In a medium bowl, combine oats, buttermilk, and milk. Set aside for 15 to 20 minutes to let oats absorb liquid.
2. In a separate bowl, beat together egg whites and oil. Add to oat mixture and mix together well. In small bowl, combine sugar, salt, cinnamon, baking powder, baking soda, and flour. Stir into oat mixture.
3. Heat a lightly oiled or nonstick griddle over medium-high heat (375 degrees for electric frying pan).

Use 1/8 cup batter per pancake. Turn when tops bubble and edges look cooked. (Turn only once.)
### Black and White Bean Chili

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

Serves 6

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

### Grilled Veggie Focaccia

**Per serving:**
- Calories (kcal): 284
- Total Fat: 9 g (28% calories from fat)
- Protein: 19 g
- Carbohydrate: 33 g
- Cholesterol: 23 mg
- Sodium: 467 mg

Serves 1

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

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

(Levels II & III, please double ingredients)

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

PASTA SALAD—LEVEL I

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

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

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

LEVEL II
2 potatoes = 2 carbohydrates,
2 vegetables, 1 dairy

LEVEL III
2 potatoes = 2 carbohydrates,
2 vegetables, 1 dairy

LEVEL I
1 carbohydrate, 2 vegetables,
1 fat, 1/2 dairy

LEVEL II
See next page

LEVEL III
See next page
**PASTA SALAD—LEVEL II**

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

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

**LEVEL I**
See previous page

**LEVEL II**
1-1/2 carbohydrates, 2 vegetables, 1-1/2 fats, 1/2 dairy

**LEVEL III**
See next below

---

**PASTA SALAD—LEVEL III**

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

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

**LEVEL I**
See previous page

**LEVEL II**
See above

**LEVEL III**
2 carbohydrates, 2 vegetables, 1-1/2 fats, 1/2 dairy

---

**LUNCH**

**PASTA SALAD—LEVEL II**

<table>
<thead>
<tr>
<th>Calories (kcal)</th>
<th>666</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>28 g</td>
</tr>
<tr>
<td>(43% calories from fat)</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>21 g</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>87 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>28 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>462 mg</td>
</tr>
</tbody>
</table>

**PASTA SALAD—LEVEL III**

<table>
<thead>
<tr>
<th>Calories (kcal)</th>
<th>847</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>35 g</td>
</tr>
<tr>
<td>(54% calories from fat)</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>26 g</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>111 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>28 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>475 mg</td>
</tr>
</tbody>
</table>
SPICY CHINESE NOODLES—LEVEL I

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

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

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

LEVEL I
1 protein, 1 carbohydrate, 1-1/2 fat

LEVEL II
See below

LEVEL III
See next page

---

SPICY CHINESE NOODLES—LEVEL II

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

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

per serving:
Calories (kcal) ..........660
Total Fat............... 26 g
(33% calories from fat)
Protein .................25 g
Carbohydrate .........89 g
Cholesterol ..........0 mg
Sodium ............1,444 mg

LEVEL I
See above

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

LEVEL III
See next page
SPICY CHINESE NOODLES—LEVEL III

<table>
<thead>
<tr>
<th>Calories (kcal)</th>
<th>789</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>26 g</td>
</tr>
<tr>
<td>(28% calories from fat)</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>29 g</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>115 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>2,047 mg</td>
</tr>
</tbody>
</table>

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

VEGETARIAN TOSTADA—LEVEL I

<table>
<thead>
<tr>
<th>Calories (kcal)</th>
<th>449</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>7 g</td>
</tr>
<tr>
<td>(14% calories from fat)</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>22 g</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>75 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>6 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>1,437 mg</td>
</tr>
</tbody>
</table>

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

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

**VEGETARIAN TOSTADA—LEVEL III**

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

---

**LEVEL I**

See previous page

**LEVEL II**

2-1/2 carbohydrates, 2 vegetables

**LEVEL III**

See below

---

**LEVEL I**

See previous page

**LEVEL II**

See above

**LEVEL III**

3 carbohydrates, 2 vegetables

---
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 diced
4 white button mushrooms
1/4 cup fresh lemon juice
1 Tbsp. olive oil
1 tsp. oregano
2 metal or wooden skewers

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

DINNER

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

LEVEL I
2 protein, 1 vegetable, 1 fat

LEVEL II
See below

LEVEL III
See next page

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 diced
6 white button mushrooms
1/4 cup fresh lemon juice
1 Tbsp. olive oil
1 tsp. oregano
3 metal or wooden skewers

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

LEVEL I
See above

LEVEL II
3 protein, 1 vegetable, 1 fat

LEVEL III
See next page

PHASE 3—ENDURANCE MAXIMIZER
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 diced
8 white button mushrooms
1/4 cup fresh lemon juice
1 Tbsp. olive oil
1 tsp. oregano

4 metal or wooden skewers

1. Assemble kebabs by alternating vegetables and shrimp, using three shrimp per skewer.
2. In a small bowl, blend lemon juice, olive oil, and oregano to make a marinade.
3. Brush marinade over kebabs; place kebabs on grill for 7 to 10 minutes.
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 oz. lean boneless pork loin
1 medium sweet potato
1 medium apple
Pinch cinnamon (optional)
Pinch salt (optional)
Pinch black pepper (optional)

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

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

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

per serving:

<table>
<thead>
<tr>
<th>Calories (kcal)</th>
<th>Total Fat (g)</th>
<th>Protein (g)</th>
<th>Carbohydrate (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>513</td>
<td>12</td>
<td>48</td>
<td>53</td>
<td>115</td>
<td>111</td>
</tr>
</tbody>
</table>

(23% calories from fat)

LEVEL I
See previous page

LEVEL II
2 protein, 1 carbohydrate, 1 fruit

LEVEL III
See below

PORK CHOP BAKED WITH APPLE AND SWEET POTATO—LEVEL III

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

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

per serving:

<table>
<thead>
<tr>
<th>Calories (kcal)</th>
<th>Total Fat (g)</th>
<th>Protein (g)</th>
<th>Carbohydrate (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>611</td>
<td>16</td>
<td>63</td>
<td>53</td>
<td>153</td>
<td>142</td>
</tr>
</tbody>
</table>

(23% calories from fat)
QUICK AT-HOME DISHES

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

<table>
<thead>
<tr>
<th>SERVING SIZE</th>
<th>SOFT TACOS</th>
<th>STIR-FRY</th>
<th>TUNA SALAD</th>
<th>BURGER</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Chicken</td>
<td>Shrimp or chicken</td>
<td>Tuna</td>
<td>Soy or turkey burger</td>
</tr>
<tr>
<td></td>
<td>Corn tortillas</td>
<td>Rice</td>
<td>Bread</td>
<td>Lettuce, tomato, onion</td>
</tr>
<tr>
<td></td>
<td>Salsa</td>
<td>Vegetables</td>
<td>Salad greens</td>
<td>Ketchup and mustard</td>
</tr>
<tr>
<td></td>
<td>6 oz.</td>
<td>6 oz.</td>
<td>6 oz.</td>
<td>1 to taste</td>
</tr>
<tr>
<td></td>
<td>2 to taste</td>
<td>1 cup</td>
<td>2 slices</td>
<td>to taste</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 cup</td>
<td>2 cups</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>to taste</td>
<td>2 Tbsp.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2 protein</td>
<td>2 protein</td>
<td>2 protein</td>
<td>2 protein</td>
</tr>
<tr>
<td></td>
<td>1 carbohydrate</td>
<td>1 carbohydrate</td>
<td>1 carbohydrate</td>
<td>1 carbohydrate</td>
</tr>
<tr>
<td></td>
<td>1 condiment</td>
<td>1 condiment</td>
<td>1 condiment</td>
<td>1 condiment</td>
</tr>
</tbody>
</table>

QUICK OPTIONS

CONVENIENCE FOODS GUIDELINES

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

_ Amy’s Kitchen®_
_ Weight Watchers® Smart Ones®_
_ Lean Cuisine®_
_ Cascadian Farm®_
_ Cedarlane® Natural Food_
_ Healthy Choice®_

Follow the calorie, fat, and sodium guidelines below:

<table>
<thead>
<tr>
<th>LEVEL I</th>
<th>1,800 CALORIES</th>
<th>Up to 400 calories per meal</th>
<th>10 g fat</th>
<th>600 mg sodium</th>
</tr>
</thead>
<tbody>
<tr>
<td>LEVEL II</td>
<td>2,400 CALORIES</td>
<td>Up to 600 calories per meal</td>
<td>12 g fat</td>
<td>800 mg sodium</td>
</tr>
<tr>
<td>LEVEL III</td>
<td>3,000 CALORIES</td>
<td>Up to 800 calories per meal</td>
<td>15 g fat</td>
<td>1,000 mg sodium</td>
</tr>
</tbody>
</table>

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

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

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

### CALORIES

<table>
<thead>
<tr>
<th>PHASE 1</th>
<th>LEVEL I 1,800 calories</th>
<th>LEVEL II 2,400 calories</th>
<th>LEVEL III 3,000 calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>FAT SHREDDER</td>
<td>900 calories</td>
<td>1,200 calories</td>
<td>1,500 calories</td>
</tr>
<tr>
<td></td>
<td>540 calories</td>
<td>720 calories</td>
<td>900 calories</td>
</tr>
<tr>
<td></td>
<td>360 calories</td>
<td>480 calories</td>
<td>600 calories</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>PHASE 2</th>
<th>LEVEL I 1,800 calories</th>
<th>LEVEL II 2,400 calories</th>
<th>LEVEL III 3,000 calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>ENERGY BOOSTER</td>
<td>720 calories</td>
<td>960 calories</td>
<td>1,200 calories</td>
</tr>
<tr>
<td></td>
<td>720 calories</td>
<td>960 calories</td>
<td>1,200 calories</td>
</tr>
<tr>
<td></td>
<td>360 calories</td>
<td>480 calories</td>
<td>600 calories</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>PHASE 3</th>
<th>LEVEL I 1,800 calories</th>
<th>LEVEL II 2,400 calories</th>
<th>LEVEL III 3,000 calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>ENDURANCE MAXIMIZER</td>
<td>360 calories</td>
<td>480 calories</td>
<td>600 calories</td>
</tr>
<tr>
<td></td>
<td>1,080 calories</td>
<td>1,440 calories</td>
<td>1,800 calories</td>
</tr>
<tr>
<td></td>
<td>360 calories</td>
<td>480 calories</td>
<td>600 calories</td>
</tr>
</tbody>
</table>

To convert those calories into grams, we used the following equations:
1 gram of protein = 4 calories • 1 gram of carbohydrates = 4 calories • 1 gram of fat = 9 calories
Keep in mind, your body isn’t a computer. It doesn’t need, nor understand, exact numbers—if your daily carb, protein, and fat grams aren’t on the nose, it doesn’t matter. In other words, whether you’re counting percentages, calories, or grams, just get in the ballpark with your macronutrients and you’ll be fine. In fact, varying nutrients can avoid potential plateaus. Also, keeping a daily log will help you figure out the best ways to fine-tune your eating.

## GRAMS

<table>
<thead>
<tr>
<th>Phase</th>
<th>Level I</th>
<th>Level II</th>
<th>Level III</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Phase 1</strong></td>
<td>1,800 calories</td>
<td>2,400 calories</td>
<td>3,000 calories</td>
</tr>
<tr>
<td><strong>Fat Shredder</strong></td>
<td>225 g</td>
<td>300 g</td>
<td>375 g</td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>135 g</td>
<td>180 g</td>
<td>225 g</td>
</tr>
<tr>
<td><strong>Phase 2</strong></td>
<td>1,800 calories</td>
<td>2,400 calories</td>
<td>3,000 calories</td>
</tr>
<tr>
<td><strong>Energy Booster</strong></td>
<td>180 g</td>
<td>240 g</td>
<td>300 g</td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>180 g</td>
<td>240 g</td>
<td>300 g</td>
</tr>
<tr>
<td><strong>Phase 3</strong></td>
<td>1,800 calories</td>
<td>2,400 calories</td>
<td>3,000 calories</td>
</tr>
<tr>
<td><strong>Endurance Maximizer</strong></td>
<td>90 g</td>
<td>120 g</td>
<td>150 g</td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>270 g</td>
<td>360 g</td>
<td>450 g</td>
</tr>
<tr>
<td><strong>Fat</strong></td>
<td>40 g</td>
<td>53 g</td>
<td>67 g</td>
</tr>
</tbody>
</table>
NEED HELP?
GET A FREE COACH.
You may be asking—what’s a Team Beachbody Coach?

A TEAM BEACHBODY COACH IS A CUSTOMER, JUST LIKE YOU, who has seen the results that Beachbody products bring and therefore loves using the products and sharing them with other people. It’s simple. Your Coach wants YOU to get in the best shape of your life.

AND TO HELP YOU ACHIEVE THAT GOAL, YOUR COACH CAN KEEP YOU ON TRACK—by staying in touch, online or over the phone, or by referring you to some of the amazing accountability resources located at TeamBeachbody.com.

Think of your Coach as your best friend in the Team Beachbody community. He or she can direct you to where to find the best exercise advice, nutrition tips, support, and health information.

With a Coach by your side, you can truly “Do your best, and forget the rest.” And here’s the best part about having your Coach:

IT’S FREE. THAT’S RIGHT. IT COSTS NOTHING. ZIP. ZERO. ZILCH. NADA.

Millions of people just like you have been partnered with their Coaches to get in the best shape of their lives. So what are you waiting for?

Create your FREE user account at TEAMBEACHBODY.COM today to automatically get a Coach that will help you Bring It like never before!
In the long term, I don’t think I could have lost the weight and kept it off without the support system of the Beachbody Challenge; it’s been absolutely essential. Winning money is just the icing on the cake.

—Lisa J.
Beachbody Challenge Monthly Winner

GET SUPPORT.
GET FIT.
GET PRIZES.

The Beachbody Challenge will give you the motivation and support you need to get in shape with P90X. With peer support and a chance to win cash and prizes†, you’ll see results in no time. Then share your results to get a FREE shirt and a chance to win more than $100,000!†

TAKE THE CHALLENGE AT TAKEBBCHALLENGE.COM

GET YOUR FREE SHIRT

before

after*

†Go to TakeBBChallenge.com for all rules, terms, and conditions. *Results vary.
Staying true to the eating approach you’ve selected for this plan is more important to your P90X success than anything else. Deviating from the healthy, targeted nutrition plan outlined for you is NOT an option. One of the best ways to keep on track and stay within the parameters of your nutrition level is to maintain a daily journal. What and how much you choose to write is up to you. Just be sure to indicate how successful you were for each specific day.

DAILY JOURNAL
<table>
<thead>
<tr>
<th>BREAKFAST</th>
<th>SNACK</th>
<th>LUNCH</th>
<th>SNACK</th>
<th>DINNER</th>
<th>COMMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>_MO</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_TU</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_WE</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_TH</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_FR</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_SA</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_SU</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_MO</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_TU</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_WE</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_TH</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_FR</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_SA</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_SU</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>BREAKFAST</td>
<td>SNACK</td>
<td>LUNCH</td>
<td>SNACK</td>
<td>DINNER</td>
</tr>
<tr>
<td>-------</td>
<td>-----------</td>
<td>-------</td>
<td>-------</td>
<td>-------</td>
<td>--------</td>
</tr>
<tr>
<td>_MO</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_TU</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_WE</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_TH</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_FR</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_SA</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_SU</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>BREAKFAST</th>
<th>SNACK</th>
<th>LUNCH</th>
<th>SNACK</th>
<th>DINNER</th>
<th>COMMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>_MO</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_TU</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_WE</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_TH</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_FR</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_SA</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_SU</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>DAY</td>
<td>BREAKFAST</td>
<td>SNACK</td>
<td>LUNCH</td>
<td>SNACK</td>
<td>DINNER</td>
<td>COMMENTS</td>
</tr>
<tr>
<td>-----</td>
<td>-----------</td>
<td>-------</td>
<td>-------</td>
<td>-------</td>
<td>--------</td>
<td>----------</td>
</tr>
<tr>
<td>_MO</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_TU</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_WE</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_TH</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_FR</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_SA</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_SU</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>DAY</th>
<th>BREAKFAST</th>
<th>SNACK</th>
<th>LUNCH</th>
<th>SNACK</th>
<th>DINNER</th>
<th>COMMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>_MO</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_TU</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_WE</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_TH</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_FR</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_SA</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_SU</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

DAILY JOURNAL
<table>
<thead>
<tr>
<th></th>
<th>BREAKFAST</th>
<th>SNACK</th>
<th>LUNCH</th>
<th>SNACK</th>
<th>DINNER</th>
<th>COMMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>_MO</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_TU</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_WE</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_TH</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_FR</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_SA</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_SU</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Week 7**

<table>
<thead>
<tr>
<th></th>
<th>BREAKFAST</th>
<th>SNACK</th>
<th>LUNCH</th>
<th>SNACK</th>
<th>DINNER</th>
<th>COMMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>_MO</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_TU</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_WE</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_TH</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_FR</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_SA</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_SU</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Week 8**
<table>
<thead>
<tr>
<th>BREAKFAST</th>
<th>SNACK</th>
<th>LUNCH</th>
<th>SNACK</th>
<th>DINNER</th>
<th>COMMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>_MO</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>_TU</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>_WE</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>_TH</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>_FR</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>_SA</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>_SU</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>BREAKFAST</th>
<th>SNACK</th>
<th>LUNCH</th>
<th>SNACK</th>
<th>DINNER</th>
<th>COMMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>_MO</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>_TU</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>_WE</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>_TH</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>_FR</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>_SA</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>_SU</td>
</tr>
<tr>
<td>Week 11</td>
<td>Breakfast</td>
<td>Snack</td>
<td>Lunch</td>
<td>Snack</td>
<td>Dinner</td>
</tr>
<tr>
<td>---------</td>
<td>-----------</td>
<td>-------</td>
<td>-------</td>
<td>-------</td>
<td>--------</td>
</tr>
<tr>
<td>MO</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TU</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>WE</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TH</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>FR</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SA</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SU</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Week 12</th>
<th>Breakfast</th>
<th>Snack</th>
<th>Lunch</th>
<th>Snack</th>
<th>Dinner</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>MO</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TU</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>WE</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TH</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>FR</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SA</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SU</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>BREAKFAST</td>
<td>SNACK</td>
<td>LUNCH</td>
<td>SNACK</td>
<td>DINNER</td>
<td>COMMENTS</td>
</tr>
<tr>
<td>------</td>
<td>-----------</td>
<td>-------</td>
<td>-------</td>
<td>-------</td>
<td>--------</td>
<td>----------</td>
</tr>
<tr>
<td>_MO</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_TU</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_WE</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_TH</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_FR</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_SA</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_SU</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>BREAKFAST</th>
<th>SNACK</th>
<th>LUNCH</th>
<th>SNACK</th>
<th>DINNER</th>
<th>COMMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>_MO</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_TU</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_WE</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_TH</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_FR</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_SA</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_SU</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>BREAKFAST</td>
<td>SNACK</td>
<td>LUNCH</td>
<td>SNACK</td>
<td>DINNER</td>
<td>COMMENTS</td>
</tr>
<tr>
<td>-------</td>
<td>-----------</td>
<td>-------</td>
<td>-------</td>
<td>-------</td>
<td>--------</td>
<td>----------</td>
</tr>
<tr>
<td>_MO</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_TU</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_WE</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_TH</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_FR</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_SA</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_SU</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Week 15**

<table>
<thead>
<tr>
<th></th>
<th>BREAKFAST</th>
<th>SNACK</th>
<th>LUNCH</th>
<th>SNACK</th>
<th>DINNER</th>
<th>COMMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>_MO</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_TU</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_WE</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_TH</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_FR</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_SA</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_SU</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Week 16**

<table>
<thead>
<tr>
<th></th>
<th>BREAKFAST</th>
<th>SNACK</th>
<th>LUNCH</th>
<th>SNACK</th>
<th>DINNER</th>
<th>COMMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>_MO</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_TU</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_WE</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_TH</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_FR</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_SA</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_SU</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
OTHER BEACHBODY PRODUCTS
AVAILABLE THROUGH YOUR COACH OR AT BEACHBODY.COM

P90X3®

Finished P90X? Now get ready for your next challenge . . . P90X3. Featuring Tony Horton’s breakthrough Muscle Acceleration system, P90X3 is designed to get you completely ripped in just 30 minutes a day. It’s literally a whole workout in half the time! Go to P90X3.com now.

Retail Price $119.85
Club Price $107.87
Coach Price $89.89

P90X2®

Train off-balance to build the body of an athlete. With P90X2, you’ll engage all of your muscles with every move, delivering the same kind of training pro athletes pay thousands of dollars for.

Retail Price $119.85
Club Price $107.87
Coach Price $89.89
**P90®**

A 90-Day Body Transformation for EVERYONE! The all-new P90 program uses workouts that are simple, doable, and less extreme to help you get dramatic, visible results in just 90 days!

<table>
<thead>
<tr>
<th></th>
<th>Retail Price</th>
<th>Club Price</th>
<th>Coach Price</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Retail Price</strong></td>
<td>$79.90</td>
<td>$71.91</td>
<td>$59.93</td>
</tr>
</tbody>
</table>

**Power Sculpting Band** contains natural rubber latex which may cause severe allergic reactions.

All prices and products shown are subject to change. Please visit Beachbody.com for the most current information.

**P90X+®**

Ramp up your P90X results with 5 new extreme workouts that increase the intensity, keep things fresh, and take your fitness gains beyond anything you’ve ever imagined.

<table>
<thead>
<tr>
<th></th>
<th>Retail Price</th>
<th>Club Price</th>
<th>Coach Price</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Retail Price</strong></td>
<td>$59.90</td>
<td>$53.91</td>
<td>$44.93</td>
</tr>
</tbody>
</table>

**P90X ONE ON ONE®**

Use these gritty personal workouts with Tony to push yourself beyond P90X. Cherry-pick a DVD from three 12-volume DVD sets, all designed to keep you at your most ripped.

<table>
<thead>
<tr>
<th></th>
<th>Retail Price</th>
<th>Club Price</th>
<th>Coach Price</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Retail Price</strong></td>
<td>$19.95</td>
<td>$17.96</td>
<td>$14.96</td>
</tr>
</tbody>
</table>

**FOCUS T25®**

Get an hour’s results in 25 minutes a day! Trainer Shaun T gives you everything you need, nothing you don’t. 25 minutes. 5 days a week. 100% results.

<table>
<thead>
<tr>
<th></th>
<th>Retail Price</th>
<th>Club Price</th>
<th>Coach Price</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Retail Price</strong></td>
<td>$119.85</td>
<td>$107.87</td>
<td>$89.89</td>
</tr>
</tbody>
</table>

**INSANITY®**

Shaun T pushes you past your limits with plyometric drills on top of strength, power, and resistance intervals, plus ab and core training moves. All you need is an insane mindset to Dig Deeper® and get crazy-fit in 60 days. It’s the most intense workout ever put on DVD.

<table>
<thead>
<tr>
<th></th>
<th>Retail Price</th>
<th>Club Price</th>
<th>Coach Price</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Retail Price</strong></td>
<td>$119.85</td>
<td>$107.87</td>
<td>$89.89</td>
</tr>
</tbody>
</table>

**BODY BEAST®**

Man up. Build massive muscle in just 90 days with this pro-level program. Created by renowned body builder Sagi Kalev, it uses breakthrough sports science to get you big, while cutting fat to carve your physique like no other home training system—ever.

<table>
<thead>
<tr>
<th></th>
<th>Retail Price</th>
<th>Club Price</th>
<th>Coach Price</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Retail Price</strong></td>
<td>$89.85</td>
<td>$80.87</td>
<td>$67.39</td>
</tr>
</tbody>
</table>

*Power Sculpting Band contains natural rubber latex which may cause severe allergic reactions.

All prices and products shown are subject to change. Please visit Beachbody.com for the most current information.
BRING IT!®
IN STYLE
WITH P90X APPAREL

SHOP WOMEN’S APPAREL  SHOP MEN’S APPAREL

Unbeatable fit, style, and performance from warm-up to cooldown.
LIKE YOUR P90X EXPERIENCE? DID YOU KNOW YOU CAN TAKE A P90X CLASS LIVE? VISIT P90XCERTIFICATION.COM TO FIND A CLASS.
Buying the P90X program is a step in the right direction. However, to get the best results possible, you also need support, accountability, and a daily commitment to exercise and a healthy diet. That’s where the Team Beachbody website comes in. It’s an essential tool to keep you on track with your eating and exercise goals.

Go to TEAMBEACHBODY.COM/SIGNUP to get started. YOU GET A RISK-FREE 30-DAY TRIAL and a FREE GIFT valued at $20!
RECIPE INDEX

Apricot Sauce .................................................. 92
Asparagus Soup ................................................ 32
Balsamic Vinaigrette ........................................ 28
Barbecue Sauce ................................................ 93
Beef and Broccoli Stir-Fry .................................. 54
Black and White Bean Chili ......................... 95
Blueberry Muffins ............................................. 94
Breakfast Potatoes .......................................... 70
Butternut Squash Soup .................................. 32
Cheese Scramble—Level I ................................ 38
Cheese Scramble—Level II .............................. 39
Cheese Scramble—Level III ............................. 39
Chef Salad—Level I .......................................... 43
Chef Salad—Level II .......................................... 43
Chef Salad—Level III ......................................... 44
Chicken Pita—Level I ....................................... 71
Chicken Pita—Level II ....................................... 71
Chicken Pita—Level III ..................................... 72
Chicken Salad—Level I .................................... 47
Chicken Salad—Level II .................................... 48
Chicken Salad—Level III ................................... 48
Chicken Scramble—Level I .............................. 37
Chicken Scramble—Level II .............................. 37
Chicken Scramble—Level III ............................ 38
Chilled Cucumber Soup ................................... 31
Coleslaw .......................................................... 55
Cumin Vinaigrette ............................................. 28
Dijonnaise Sauce .............................................. 92
Gazpacho ......................................................... 33
Gravy ............................................................... 30
Green Apple Salsa ......................................... 69
Grilled Ahi Tuna Salad—Level I ................. 79
Grilled Ahi Tuna Salad—Level II ......... 80
Grilled Ahi Tuna Salad—Level III ......... 80
Grilled Chicken Burrito—Level I .......... 75
Grilled Chicken Burrito—Level II .......... 76
Grilled Chicken Burrito—Level III ....... 76
Grilled Veggie Focaccia ................................. 95
Honey-Chile Sauce .......................................... 30
Island Pork Tenderloin ................................. 49
Island Pork Tenderloin Salad—Level I .... 49
Island Pork Tenderloin Salad—Level II .... 50
Island Pork Tenderloin Salad—Level III ... 50
Italian Meatloaf ................................................ 79
Lemon-Dill Sauce ............................................ 31
Lemon-Garlic Chicken ................................. 54
Lime-Soy Vinaigrette .................................... 68
Mango-Ginger Sauce .................................... 29
Mediterranean Shrimp Kebabs—Level I .... 101
Mediterranean Shrimp Kebabs—Level II ... 101
Mediterranean Shrimp Kebabs—Level III ... 102
Miso Soup ......................................................... 33
Mushroom Omelet—Level I .................... 41
Mushroom Omelet—Level II .................... 42
Mushroom Omelet—Level III .................... 42
Mustard Cream Sauce .................................... 93
Oatmeal Pancakes ........................................... 94
Pasta Salad—Level I ...................................... 96
Pasta Salad—Level II ...................................... 97
Pasta Salad—Level III .................................... 97
Pear and Granola Muffin ......................... 70
Pear and Peppercorn Sauce ...................... 69
Pesto Sauce ..................................................... 29
Pork Chop Baked with Apple and Sweet Potato—Level I ........................................ 102
Pork Chop Baked with Apple and Sweet Potato—Level II ...................................... 103
Pork Chop Baked with Apple and Sweet Potato—Level III ...................................... 103
Red Pepper Soup ............................................. 34
Shakeology P90X-TRA—Level I .............. 35
Shakeology P90X-TRA—Level II ............ 35
Shakeology P90X-TRA—Level III .......... 36
Shrimp Pasta Pomodoro—Level I .......... 72
Shrimp Pasta Pomodoro—Level II .......... 73
Shrimp Pasta Pomodoro—Level III .......... 73
Shrimp Stir-Fry—Level I ...................... 51
Shrimp Stir-Fry—Level II ...................... 51
Shrimp Stir-Fry—Level III ...................... 52
Soy Sausage Muffin ........................................ 36
Spicy Chinese Noodles—Level I ............. 98
Spicy Chinese Noodles—Level II .......... 98
Spicy Chinese Noodles—Level III .......... 99
Spinach Scramble—Level I ..................... 40
Spinach Scramble—Level II ..................... 40
Spinach Scramble—Level III .................. 41
Steak and Arugula Salad—Level I ............ 44
Steak and Arugula Salad—Level II .......... 45
Steak and Arugula Salad—Level III .......... 45
Stuffed Baked Potato ................................. 96
Tangy Orange Chicken Spinach Salad—Level I .......... 74
Tangy Orange Chicken Spinach Salad—Level II .......... 74
Tangy Orange Chicken Spinach Salad—Level III .......... 75
Tangy Orange Vinaigrette ......................... 68
Tuna Salad—Level I ...................................... 46
Tuna Salad—Level II ...................................... 46
Tuna Salad—Level III ................................... 47
Turkey Burger—Level I ...................... 52
Turkey Burger—Level II ...................... 53
Turkey Burger—Level III ...................... 53
Vegetable Soup ............................................... 34
Vegetarian Tostada—Level I .................. 99
Vegetarian Tostada—Level II .............. 100
Vegetarian Tostada—Level III .......... 100
White Bean and Tuna Salad—Level I ........ 77
White Bean and Tuna Salad—Level II .......... 77
White Bean and Tuna Salad—Level III .......... 78
WARNING: P90X® is an extreme, high-intensity, physically demanding workout. It is not for beginners or individuals who are prone to injury or who may have any medical conditions that may be compromised by extreme, physically demanding exercise.

Consult with your physician or healthcare professional before beginning this or any exercise program, starting this or any nutrition plan, or using any supplement or meal replacement program—particularly if pregnant, breast feeding, providing to a child, or if you have any other unique or special needs or restrictions. Keep out of reach of children or others who may require supervision. Review and follow all enclosed safety and other materials, including the Fitness Guide, before beginning P90X.

The information in this Nutrition Guide is not intended to diagnose any medical condition or to replace the advice of a healthcare professional. © 2014 Beachbody, LLC. All rights reserved. Distributed by Beachbody, LLC, Santa Monica, CA 90404. Beachbody, LLC is the owner of the P90X, P90X3, P90X2, P90, P90X ONE on ONE, P90X+, FOCUS T25, INSANITY, Body Beast, P90X Results and Recovery Formula, Shakeology, Beachbody, and Team Beachbody trademarks, and all related designs, trademarks, copyrights, and other intellectual property.

If you are a member of the Team Beachbody® community, contact your Coach for information and support or log in at TeamBeachbody.com. For Beachbody and Team Beachbody Customer Service, please go to Beachbody.com.