



As you get into better shape, your workouts will intensify and your body will start to crave more carbs to increase its performance. You will start to add starches and "good" complex carbohydrates back into your diet to facilitate harder training in a very balanced approach.

## **PHASE 2: ENERGY BOOSTER**

This phase would be good for the long term if you were sedentary or exercised occasionally. But you don't, so we're going to have to adjust it again. Keep in mind though that this would be the default phase, meaning it's the most well-rounded diet for the average joe or jane.

**ENERGY BOOSTER**

**PHASE**

**2**

**DAYS 29-56**




**LEVEL I**



**LEVEL II**



**LEVEL III**

 = 1 SERVING

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

PORTION PLAN FOODS

FATS

1

each serving = 1 tbsp = 120 cal.

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

PROTEINS

2

each serving = 100 cal.

- 3 oz\_Chicken or turkey breast
- 6\_Egg whites
- 3 oz\_Fish and shellfish
- 3 oz\_Ham slices, fat-free
- 3 oz\_Pork tenderloin
- 1/3 cup\_Protein powder
- 3 oz\_Red meat (top sirloin, skirt steak)
- 3 oz\_Red meat, lean
- Soy burger\_1
- Soy slices\_5
- Tofu\_3 oz
- Tuna\_3 oz
- Turkey bacon\_2 slices
- Veggie burger\_1
- Veggie dog\_1

CARBOHYDRATES

3

each serving = 200 cal.

GRAINS LEGUMES POTATOES

- 1 medium\_Bagel, whole wheat
- 1 cup\_Baked beans
- 1 cup\_Beans (kidney, black, etc.)
- 1\_Bran muffin (2.5 oz)
- 2 slices\_Bread (whole wheat, rye, or pumpernickel)
- 1 cup\_Cereal, whole grain
- 1 cup\_Couscous
- 12\_Crackers
- 2 whole\_English muffins
- 1 cup\_Hummus
- 1 cup\_Lentils
- 1 cup\_Oatmeal
- Pancakes (3.6 oz)\_3
- Pasta or noodles\_1 cup
- Pita, whole wheat\_1 large
- Potato (2" x 4-3/4")\_1
- Quinoa\_1 cup
- Refried beans, low-fat\_1 cup
- Rice, brown or wild\_1 cup
- Sweet potato\_1 medium
- Tortillas, corn\_3
- Tortilla, whole wheat\_1 large
- Waffles, whole wheat\_2
- Wheat berries\_1 cup

DAIRY PRODUCTS

4

each serving = 120 cal.

- 1-1/2 oz\_Cheese, low-fat
- 1 cup\_Cottage cheese, 1%
- 1-1/2 oz\_Feta cheese
- 1-1/2 oz\_Goat cheese, semisoft
- 1-1/2 oz\_Mozzarella, part skim
- 3 oz\_Parmesan cheese
- Skim milk\_8 oz
- Soy cheese\_1-1/2 oz
- Soy milk\_8 oz
- Yogurt, nonfat fruit-flavored\_8 oz
- Yogurt, nonfat plain\_8 oz



## FRUITS

5

each serving = 100 cal.

1 medium_Apple	Mango_1/2 medium
1 cup_Apricots	Nectarine_1 medium
1 medium_Banana	Orange_1 large
1/4 medium_Cantaloupe	Papaya_1/2 medium
1 cup_Cherries	Peach_1 medium
1 oz_Dried fruit	Pear_1 medium
6 oz_Fresh-squeezed juice	Raspberries, blueberries, blackberries_1 cup
1 medium_Grapefruit	Strawberries, sliced_2 cups
1 cup_Grapes	Tangerine_1 medium
1 cup_Kiwi	Watermelon_1 cup

## VEGETABLES

6

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

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

## CONDIMENTS

7

each serving = 2 tbsp = 50 cal.

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

## SNACKS

8

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

Single	Double
8 oz_Cottage cheese, 1%	Cheese, low-fat_1 oz with crackers_6
1 oz_Dried fruit	Cottage cheese, 1%_12 oz
1/2_P90X Peak Performance Protein Bar	Hummus_4 tbsp with carrot sticks
1 tbsp_Peanut butter with celery sticks	Nuts_1 oz
3 cups_Popcorn, lite	P90X Peak Performance Protein Bar_1
1 large_Pretzel, sourdough	P90X Peak Recovery Formula_12-16 oz
2 oz_Soy nuts	Soy nuts_4 oz
1-1/2 oz_String cheese	String cheese_3 oz
1 oz_Turkey jerky	Turkey jerky_2 oz
8 oz_Yogurt, nonfat plain	Yogurt, nonfat fruit-flavored_8 oz

1 DAIRY

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

2 MEAT POULTRY SOY

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

3 SEAFOOD

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

4 VEGETABLES

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



**FRUIT**

5

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

**BREADS    GRAINS    LEGUMES**

6

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

**CONDIMENTS**

7

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

**SEASONINGS**


8




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

**SNACKS**

9

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

 *Recipe included*

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

■ \_Recipe included

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



 \_Recipe included

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

## CAESAR DRESSING

per serving:

3 tablespoons lemon juice

2 tablespoons red wine vinegar

1 teaspoon olive oil

2 teaspoons anchovy paste

1 teaspoon black pepper

1-1/2 tablespoons garlic, minced

1-1/2 teaspoons Worcestershire sauce

1/4 cup Parmesan cheese

6 ounces nonfat ricotta cheese

1 tablespoon nonfat mayonnaise

1 tablespoon balsamic vinegar

43 Calories (kcal)

2 g Total Fat

(30% calories from fat)

5 g Protein

3 g Carbohydrate

5 mg Cholesterol

121 mg Sodium

Serves 8 (yields 1 cup)

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

### LEVEL I

2 tablespoons = 1 condiment

### LEVEL II

3 tablespoons = 1-1/2 condiments

### LEVEL III

4 tablespoons = 2 condiments

## LIME-SOY VINAIGRETTE

per serving:

1 cup rice vinegar

1/2 cup low-sodium soy sauce

1/2 cup fresh lime juice

4 teaspoons dark sesame oil

2 teaspoons lemon zest

2 teaspoons fresh ginger

4 cloves garlic, minced

20 Calories (kcal)

1 g Total Fat

(44% calories from fat)

1 g Protein

3 g Carbohydrate

0 mg Cholesterol

300 mg Sodium

Serves 16 (yields 2 cups)

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

### LEVEL I

2 tablespoons = 1 condiment

### LEVEL II

3 tablespoons = 1-1/2 condiments

### LEVEL III

4 tablespoons = 2 condiments

## GREEN APPLE SALSA

per serving:

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

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

Serves 16 (yields 4-1/2 cups)

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

### LEVEL I

2 tablespoons = 1 condiment

### LEVEL II

3 tablespoons = 1-1/2 condiments

### LEVEL III

4 tablespoons = 2 condiments

## PEAR & PEPPERCORN SAUCE

per serving:

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

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

Serves 8 (yields 1 cup)

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

### LEVEL I

2 tablespoons = 1 condiment

### LEVEL II

3 tablespoons = 1-1/2 condiments

### LEVEL III

4 tablespoons = 2 condiments

## PEAR & GRANOLA MUFFIN

per serving:

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

Serves 10

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

### LEVEL I

1 muffin  
1 carbohydrate

### LEVEL II

1 muffin  
1 carbohydrate

### LEVEL III

1 muffin  
1 carbohydrate

## BREAKFAST POTATOES

per serving:

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

Serves 1

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

### LEVEL I

1/2 vegetable, 1 fat

### LEVEL II

1/2 vegetable, 1 fat

### LEVEL III

1/2 vegetable, 1 fat

## GHICKEN PITA - LEVEL I

per serving:

6 ounces boneless, skinless chicken breast  
1 whole wheat pita  
1-1/2 ounces low-fat feta cheese, crumbled  
1/4 cup tomato, chopped  
2 tablespoons red onion, chopped  
1/4 cup cucumber, peeled and chopped  
squeeze of lemon

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

Serves 1

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

## LEVEL I

2 protein, 1 carbohydrate,  
1 vegetable, 1 dairy

## CHICKEN PITA - LEVEL II

per serving:

9 ounces boneless, skinless chicken breast  
1 whole wheat pita  
1-1/2 ounces low-fat feta cheese, crumbled  
1/4 cup tomato, chopped  
2 tablespoons red onion, chopped  
1/4 cup cucumber, peeled and chopped  
spueeze of lemon

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

Serves 1

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

## LEVEL II

3 protein, 1 carbohydrate,  
1 vegetable, 1 dairy

### CHICKEN PITA - LEVEL III

per serving:

12 ounces boneless, skinless chicken breast

1 whole wheat pita

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

1/4 cup tomato, chopped

2 tablespoons red onion, chopped

1/4 cup cucumber, peeled and chopped

squeeze of lemon

677 Calories (kcal)

15 g Total Fat

(20% calories from fat)

92 g Protein

41 g Carbohydrate

235 mg Cholesterol

1041 mg Sodium

Serves 1

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

### LEVEL III

4 protein, 1 carbohydrate,  
1 vegetable, 1 dairy

### SHRIMP PASTA POMODORO - LEVEL I

per serving:

1 tablespoon olive oil

1 tablespoon garlic, chopped

2 tablespoons fat-free chicken broth, low sodium

1/2 cup tomato, peeled and diced

2 ounces whole wheat pasta

6 ounces medium shrimp, uncooked

2 tablespoons basil leaves, chopped

531 Calories (kcal)

17 g Total Fat

(28% calories from fat)

45 g Protein

51 g Carbohydrate

259 mg Cholesterol

328 mg Sodium

Serves 1

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

### LEVEL I

2 protein, 1 carbohydrate,

1 vegetable, 1 fat

## SHRIMP PASTA POMODORO - LEVEL II

per serving:

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

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

Serves 1

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

### LEVEL II

3 protein, 1 carbohydrate,  
1 vegetable, 1 fat

## SHRIMP PASTA POMODORO - LEVEL III

per serving:

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

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

Serves 1

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

### LEVEL III

4 protein, 1 carbohydrate,  
1 vegetable, 1 fat

## CHICKEN CAESAR SALAD - LEVEL I

per serving:

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

519 Calories (kcal)  
17 g Total Fat  
(30% calories from fat)  
62 g Protein  
26 g Carbohydrate  
132 mg Cholesterol  
1120 mg Sodium

Serves 1

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

## LEVEL I

2 protein, 1 carbohydrate,  
1 vegetable, 1 fat

## CHICKEN CAESAR SALAD - LEVEL II

per serving:

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

620 Calories (kcal)  
18 g Total Fat  
(27% calories from fat)  
83 g Protein  
28 g Carbohydrate  
181 mg Cholesterol  
1180 mg Sodium

Serves 1

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

## LEVEL II

3 protein, 1 carbohydrate,  
1 vegetable, 1 fat



## CHICKEN CAESAR SALAD - LEVEL III

per serving:

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

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

Serves 1

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

## LEVEL III

4 protein, 1 carbohydrate,  
2 vegetable, 1 fat

## CRILLED CHICKEN BURRITO - LEVEL I

per serving:

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

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

Serves 1

1. Grill or bake chicken breast in a Pyrex dish at 350 degrees for approximately 20 minutes. Cool and slice thinly.
2. Place tortilla in microwave between 2 paper towels and cook on high for 10 seconds.
3. Remove and put chicken, chopped tomatoes, cilantro, red onion, lettuce, avocado, and sour cream into tortilla and roll up.

## LEVEL I

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

## GRILLED CHICKEN BURRITO - LEVEL II

per serving:

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

Serves 1

1. Grill or bake chicken breast in a Pyrex dish at 350 degrees for approximately 20 minutes. Cool and slice thinly.
2. Place tortilla in microwave between 2 paper towels and cook on high for 10 seconds.
3. Remove and put chicken, chopped tomatoes, cilantro, red onion, lettuce, avocado, and sour cream into tortilla and roll up.

### LEVEL II

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

## GRILLED CHICKEN BURRITO - LEVEL III

per serving:

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

Serves 1

1. Grill or bake chicken breast in a Pyrex dish at 350 degrees for approximately 20 minutes. Cool and slice thinly.
2. Place tortilla in microwave between 2 paper towels and cook on high for 10 seconds.
3. Remove and put chicken, chopped tomatoes, cilantro, red onion, lettuce, avocado, and sour cream into tortilla and roll up.

### LEVEL III

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

## WHITE BEAN & TUNA SALAD - LEVEL I

per serving:

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

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

Serves 1

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

### LEVEL I

2 protein, 1 carbohydrate  
1 vegetable, 1 fat

## WHITE BEAN & TUNA SALAD - LEVEL II

per serving:

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

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

Serves 1

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

### LEVEL II

3 protein, 1 carbohydrate,  
1 vegetable, 1 fat

## WHITE BEAN & TUNA SALAD - LEVEL III

per serving:

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

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

Serves 1

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

### LEVEL III

4 protein, 1 carbohydrate  
1 vegetable, 1 fat

## ITALIAN MEATLOAF - LEVEL I

per serving:

*1/2 cup onions, diced*

*2 tablespoons fat-free chicken broth, low sodium*

*2 tablespoons minced garlic*

*1-1/2 pounds ground turkey breast*

*1/2 cup sourdough breadcrumbs*

*1/2 cup + 2 tablespoons low-sodium, low-fat marinara sauce*

*2 tablespoons fresh basil, chopped*

*2 tablespoons Italian parsley, chopped*

297 Calories (kcal)

3 g Total Fat

(8% calories from fat)

45 g Protein

20 g Carbohydrate

106 mg Cholesterol

410 mg Sodium

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

### LEVEL I

*2 slices (6 ounces)*

*2 protein, 1 vegetable*

## ITALIAN MEATLOAF - LEVEL II

per serving:

*1/2 cup onions, diced*

*2 tablespoons fat-free chicken broth, low sodium*

*2 tablespoons minced garlic*

*1-1/2 pounds ground turkey breast*

*1/2 cup sourdough breadcrumbs*

*1/2 cup + 2 tablespoons low-sodium, low-fat marinara sauce*

*2 tablespoons fresh basil, chopped*

*2 tablespoons Italian parsley, chopped*

396 Calories (kcal)

4 g Total Fat

(8% calories from fat)

60 g Protein

26 g Carbohydrate

141 mg Cholesterol

546 mg Sodium

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

### LEVEL II

*3 slices (9 ounces)*

*3 protein, 1 vegetable*

## ITALIAN MEATLOAF - LEVEL III

per serving:

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

594 Calories (kcal)  
5 g Total Fat  
(8% calories from fat)  
91 g Protein  
40 g Carbohydrate  
211 mg Cholesterol  
819 mg Sodium

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

### LEVEL III

4 slices (12 ounces)  
4 protein, 1 vegetable

## GRILLED AHI TUNA SALAD - LEVEL I

per serving:

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

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

Serves 1

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

### LEVEL I

2 protein, 1/2 fruit, 1 vegetable

## GRILLED AHI TUNA SALAD - LEVEL II

per serving:

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

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

Serves 1

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

## LEVEL II

3 protein, 1/2 fruit, 1 vegetable

## GRILLED AHI TUNA SALAD - LEVEL III

per serving:

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

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

Serves 1

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

## LEVEL III

4 protein, 1/2 fruit, 2 vegetable