



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

## QUICK OPTIONS

### 1 QUICK DISHES\_ to make at home

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

#### SERVING SIZE

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

### 2 CONVENIENCE FOODS

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

*\_Amy's Kitchen*

*\_Cascadian Farms*

*\_Weight Watchers Smart Ones*

*\_Cedarlane Natural Foods*

*\_Lean Cuisine*

*\_Healthy Choice*

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

#### CONVENIENCE FOOD GUIDELINES

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

# 3 FAST FOODS

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

## MCDONALD'S

1

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

## JACK IN THE BOX

2

	CALORIES	FAT	CARB.	PROTEIN
Chicken Fajita Pita	330	11 g	35 g	24 g

## BURGER KING

3

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

## CARL'S JR.

4

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

## PIZZA HUT

5

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

<b>SUBWAY</b>		<b>CALORIES</b>	<b>FAT</b>	<b>CARB.</b>	<b>PROTEIN</b>
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6

6-inch Ham	290	5 g	46 g	18 g
6-inch Roast Beef	290	5 g	45 g	19 g
6-inch Roasted Chicken Breast	320	5 g	47 g	23 g
6-inch Turkey Breast	220	3.5 g	36 g	13 g
6-inch Veggie Delite®	230	3 g	44 g	9 g

*Includes Italian or wheat bread, lettuce, tomatoes, onions, green pepper, olives, and pickles.*

6-inch Sweet Onion Chicken Teriyaki	380	5 g	59 g	26 g
Red Wine Vinaigrette Club	350	6 g	53 g	24 g
Honey Mustard Ham	310	5 g	52 g	18 g

*Includes Italian or wheat bread, selected vegetables and selected sauce.*

*Salads without dressing*

Ham	110	3 g	11 g	11 g
Roast Beef	120	3 g	10 g	12 g
Veggie Delite®	50	1 g	9 g	2 g
Roasted Chicken Breast	140	3 g	12 g	16 g
Turkey Breast	100	2 g	11 g	11 g

<b>TACO BELL</b>		<b>CALORIES</b>	<b>FAT</b>	<b>CARB.</b>	<b>PROTEIN</b>
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7

Soft Taco				
<i>Beef</i>	210	10 g	21 g	11 g
<i>Chicken</i>	190	6 g	19 g	14 g
Tostada	250	10 g	29 g	11 g

<b>WENDY'S</b>		<b>CALORIES</b>	<b>FAT</b>	<b>CARB.</b>	<b>PROTEIN</b>
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8

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

<b>CHICK-FIL-A</b>		<b>CALORIES</b>	<b>FAT</b>	<b>CARB.</b>	<b>PROTEIN</b>
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9

Chargrilled Chicken Garden Salad	180	6 g	9 g	22 g
Chargrilled Chicken Sandwich (no butter)	250	3 g	28 g	26 g

## FAST FOOD GUIDELINES

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

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

### IMPORTANT

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

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

PSOX