



FAT SHREDDER

PHASE

1

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

PORTION PLAN FOODS

which foods fall into which categories, and the appropriate portion size equal to one serving.

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

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

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

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

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




LEVEL I



LEVEL II



LEVEL III

 = 1 SERVING

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

PORTION PLAN FOODS

FATS

1

each serving =1 tbsp =120 cal.

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

PROTEINS

2

each serving =100 cal.

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

CARBOHYDRATES

3

each serving =200 cal.

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

DAIRY PRODUCTS

4

each serving =120 cal.

1 oz_Cheese, low-fat	Parmesan cheese_3 oz
1 cup_Cottage cheese, 1%	Skim milk_8 oz
1 oz_Feta cheese	Soy cheese_1 oz
1 oz_Goat cheese, semisoft	Soy milk_8 oz
1-1/2 oz_Mozzarella, part skim	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 cal.
 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 = 2tbsp = 50 cal.

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

SNACKS

8

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

Single	Double
1 oz_Cheese, low-fat	Cottage cheese, 1%_12 oz
8 oz_Cottage cheese, 1%	Nuts_1 oz (almonds, cashews, pecans, 30 pistachios)
1 oz_Dried fruit	P90X Peak Recovery Formula_12-16 oz
1_Frozen fruit bar	P90X Peak Performance Protein Bar_1
8 oz_Fruit sorbet	Soy nuts_4 oz
12_Mini rice cakes	String cheese_3 oz
4 oz_Nonfat frozen yogurt	Turkey jerky_2 oz
1/2_P90X Peak Performance Protein Bar	
1 tbsp_Peanut butter with celery sticks	
2 oz_Soy nuts	
1-1/2 oz_String cheese	
1 oz_Turkey jerky	
8 oz_Yogurt, nonfat plain	

1 DAIRY

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

2 MEAT POULTRY SOY

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

3 SEAFOOD

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

4 VEGETABLES

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



5

FRUIT

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

6

BREADS GRAINS LEGUMES

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

7

CONDIMENTS

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

8

SEASONINGS

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

9

SNACKS

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

■ _Recipe included

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
DAY 1 1_Mushroom Omelet ■ 1 cup_Fresh strawberries 8 oz_Cottage cheese, 1%	1_Protein bar 1_Recovery drink	1_Chef Salad ■	2 oz_Soy nuts	6 oz_Salmon 2 tbsp_Lemon-Dill Sauce ■ 1/2 cup_Asparagus 1 cup_Wild rice 1 cup_Puree of Red Pepper Soup ■ 1 tbsp_Protein powder
DAY 2 1_Protein Shake ■	1_Protein bar 1_Recovery drink	1_Shrimp Stir-fry ■ 1 tbsp_Sesame seeds 1 oz_Cashews	1-1/2 oz_String cheese	6 oz_Turkey 2 tbsp_Gravy ■ 1/2 cup_Green beans 1 cup_Butternut Squash Soup ■ 1 tbsp_Protein powder
DAY 3 Slices_Turkey bacon 1_Chicken Scramble ■ 4 oz_Fresh-squeezed juice	1_Protein bar 1_Recovery drink	1_Chicken Salad ■ 2 cups_Salad greens 1 cup_Vegetable Soup ■ 1 tbsp_Protein powder	2 oz_Soy nuts	6 oz_Halibut 2 tbsp_Pesto Sauce ■ 1 cup_Wild rice 1/2 cup_Zucchini
DAY 4 1_Soy Sausage Muffin ■ 8 oz_Skim milk	1_Protein bar 1_Recovery drink	1_Steak & Arugula Salad ■ 2 tbsp_Balsamic Vinaigrette ■	1 oz_Turkey jerky	6 oz_Chicken breast 2 tbsp_Honey-Chili Sauce ■ 1 cup_Quinoa 1/2 cup_Snap peas
DAY 5 1_Spinach Scramble ■ 8 oz_Skim milk 1/2_Grapefruit, medium	1_Protein bar 1_Recovery drink	6 oz_Turkey Burger ■ 1-1/2 oz_Low-fat Swiss cheese 1/2 cup_Coleslaw ■ 1 cup_Gazpacho ■ 1 tbsp_Protein powder	8 oz_Cottage cheese, 1%	6 oz_Swordfish 2 tbsp_Mango-Ginger Sauce ■ 1 cup_Wild rice 1_Artichoke, medium
DAY 6 1_Protein Shake ■	1_Protein bar 1_Recovery drink	1_Island Pork Tenderloin Salad ■	1 oz_Turkey jerky	1_Beef & Broccoli Stir-fry ■ 1 cup_Miso Soup ■ 1 tbsp_Protein powder
DAY 7 Slices_Turkey bacon 1_Cheese Scramble ■ 8 oz_Skim milk 1/4_Cantaloupe, medium	1_Protein bar 1_Recovery drink	1_Tuna Salad ■ 2 cups_Salad greens 1 cup_Chilled Cucumber Soup ■	8 oz_Cottage cheese, 1%	6 oz_Lemon-Garlic Chicken ■ 1 cup_Wild rice 1 cup_Puree of Asparagus Soup ■ 1 tbsp_Protein powder

 *_Recipe included*

BREAKFAST


SNACK

LUNCH


SNACK

DINNER



DAY 1

1_ Mushroom Omelet 
1 cup_ Fresh strawberries
12 oz_ Cottage cheese, 1%


1_ Protein bar
1_ Recovery drink

1_ Chef Salad 


30 nuts_ Pistachios

8 oz_ Salmon
3 tbsp_ Lemon-Dill Sauce 
1 cup_ Asparagus
1 cup_ Wild rice
2 cups_ Puree of Red Pepper Soup 
2 tbsp_ Protein powder




DAY 2

1_ Protein Shake 


1_ Protein bar
1_ Recovery drink

1_ Shrimp Stir-fry 
1 tbsp_ Sesame seeds
1 oz_ Cashews



3 oz_ String cheese

8 oz_ Turkey
3 tbsp_ Gravy 
1 cup_ Green beans 
2 cups_ Butternut Squash Soup 
2 tbsp_ Protein powder


DAY 3

3 slices_ Turkey bacon
1_ Chicken Scramble 
6 oz_ Fresh-squeezed juice


1_ Protein bar
1_ Recovery drink

1_ Chicken Salad 
3 cups_ Salad greens
2 cups_ Vegetable Soup 
2 tbsp_ Protein powder



4 oz_ Soy nuts

8 oz_ Halibut
3 tbsp_ Pesto Sauce 
1 cup_ Wild rice
1 cup_ Zucchini


DAY 4

1_ Soy Sausage Muffin 
12 oz_ Skim milk


1_ Protein bar
1_ Recovery drink

1_ Steak & Arugula Salad 
3 tbsp_ Balsamic Vinaigrette 




2 oz_ Turkey jerky

8 oz_ Chicken breast
3 tbsp_ Honey-Chili Sauce 
1 cup_ Quinoa
1 cup_ Snap peas


DAY 5

1_ Spinach Scramble 
12 oz_ Skim milk
1_ Grapefruit, medium


1_ Protein bar
1_ Recovery drink

8 oz_ Turkey Burger 
3 oz_ Low-fat Swiss cheese
1 cup_ Coleslaw 
2 cups_ Gazpacho 
2 tbsp_ Protein powder


12 oz_ Cottage cheese, 1%

8 oz_ Swordfish
3 tbsp_ Mango-Ginger Sauce 
1 cup_ Wild rice
1_ Artichoke, medium



DAY 6

1_ Protein Shake 


1_ Protein bar
1_ Recovery drink

1_ Island Pork Tenderloin Salad 



2 oz_ Turkey jerky

1_ Beef & Broccoli Stir-fry 
2 cups_ Miso Soup 
2 tbsp_ Protein powder



DAY 7


3 slices_ Turkey bacon
1_ Cheese Scramble 
12 oz_ Skim milk
1/4_ Cantaloupe, medium































1_ Protein bar
1_ Recovery drink

1_ Tuna Salad 
3 cups_ Salad greens
2 cups_ Chilled Cucumber Soup 

12 oz_ Cottage cheese, 1%

8 oz_ Lemon-Garlic Chicken 
1 cup_ Wild rice
2 cups_ Puree of Asparagus Soup 
2 tbsp_ Protein powder

 _Recipe included

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
DAY 1	<p>1_ Mushroom Omelet </p> <p>1 cup_ Fresh strawberries</p> <p>12 oz_ Cottage cheese, 1%</p>	<p>1_ Protein bar</p> <p>1_ Recovery drink</p>	<p>1_ Chef Salad </p>	<p>30 nuts_ Pistachios</p> <p>2 oz_ Turkey jerky</p>	<p>10 oz_ Salmon</p> <p>4 tbsp_ Lemon-Dill Sauce </p> <p>1 cup_ Asparagus</p> <p>1 cup_ Wild rice</p> <p>2 cups_ Puree of Red Pepper Soup </p> <p>3 tbsp_ Protein powder</p>
DAY 2	<p>1_ Protein Shake </p>	<p>1_ Protein bar</p> <p>1_ Recovery drink</p>	<p>1_ Shrimp Stir-fry </p> <p>2 tbsp_ Sesame seeds</p> <p>1 oz_ Cashews</p>	<p>3 oz_ String cheese</p> <p>4 oz_ Soy nuts</p>	<p>10 oz_ Turkey</p> <p>4 tbsp_ Gravy </p> <p>1 cup_ Green beans</p> <p>2 cups_ Butternut Squash Soup </p> <p>3 tbsp_ Protein powder</p>
DAY 3	<p>4 slices_ Turkey bacon</p> <p>1_ Chicken Scramble </p> <p>8 oz_ Fresh-squeezed juice</p>	<p>1_ Protein bar</p> <p>1_ Recovery drink</p>	<p>1_ Chicken Salad </p> <p>4 cups_ Salad greens</p> <p>2 cups_ Vegetable Soup </p> <p>3 tbsp_ Protein powder</p>	<p>4 oz_ Soy nuts</p> <p>12 oz_ Cottage cheese</p>	<p>10 oz_ Halibut</p> <p>4 tbsp_ Pesto Sauce </p> <p>1 cup_ Wild rice</p> <p>1 cup_ Zucchini</p>
DAY 4	<p>1_ Soy Sausage Muffin </p> <p>12 oz_ Skim milk</p>	<p>1_ Protein bar</p> <p>1_ Recovery drink</p>	<p>1_ Steak & Arugula Salad </p> <p>4 tbsp_ Balsamic Vinaigrette </p>	<p>3 oz_ String cheese</p> <p>1 oz_ Cashews</p>	<p>10 oz_ Chicken breast</p> <p>4 tbsp_ Honey-Chili Sauce </p> <p>1 cup_ Quinoa</p> <p>1 cup_ Snap peas</p>
DAY 5	<p>1_ Spinach Scramble </p> <p>12 oz_ Skim milk</p> <p>1_ Grapefruit, medium</p>	<p>1_ Protein bar</p> <p>1_ Recovery drink</p>	<p>10 oz_ Turkey Burger </p> <p>3 oz_ Low-fat Swiss cheese</p> <p>2 cups_ Coleslaw </p> <p>2 cups_ Gazpacho </p> <p>3 tbsp_ Protein powder</p>	<p>12 oz_ Cottage cheese, 1%</p> <p>2 oz_ Turkey jerky</p>	<p>10 oz_ Swordfish</p> <p>4 tbsp_ Mango-Ginger Sauce </p> <p>1 cup_ Wild rice</p> <p>1_ Artichoke, medium</p>
DAY 6	<p>1_ Protein Shake </p>	<p>1_ Protein bar</p> <p>1_ Recovery drink</p>	<p>1_ Island Pork Tenderloin Salad </p>	<p>2 oz_ Turkey jerky</p> <p>1 oz_ Almonds</p>	<p>1_ Beef & Broccoli Stir-fry </p> <p>2 cups_ Miso Soup </p> <p>3 tbsp_ Protein powder</p>
DAY 7	<p>4 slices_ Turkey bacon</p> <p>1_ Cheese Scramble </p> <p>12 oz_ Skim milk</p> <p>1/2_ Cantaloupe, medium</p>	<p>1_ Protein bar</p> <p>1_ Recovery drink</p>	<p>1_ Tuna Salad </p> <p>4 cups_ Salad greens</p> <p>2 cups_ Chilled Cucumber Soup </p>	<p>12 oz_ Cottage cheese, 1%</p> <p>1 oz_ Almonds</p>	<p>10 oz_ Lemon-Garlic Chicken </p> <p>1 cup_ Wild rice</p> <p>2 cups_ Puree of Asparagus Soup </p> <p>3 tbsp_ Protein powder</p>

BALSAMIC VINAIGRETTE

per serving:

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

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

Serves 16 (yields 2 cups)

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

LEVEL I

2 tablespoons = 1 condiment

LEVEL II

3 tablespoons = 1-1/2 condiments

LEVEL III

4 tablespoons = 2 condiments

CUMIN VINAIGRETTE

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

Yields 4 tablespoons*

Whisk together until emulsified.

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

LEVEL I

2 tablespoons = 1 condiment

LEVEL II

3 tablespoons = 1-1/2 condiments

LEVEL III

4 tablespoons = 2 condiments

PESTO SAUCE

per serving:

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

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

Serves 20 (yields 2-1/2 cups)

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

LEVEL I

2 tablespoons = 1 condiment

LEVEL II

3 tablespoons = 1-1/2 condiments

LEVEL III

4 tablespoons = 2 condiments

MANGO-GINGER SAUCE

per serving:

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

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

Serves 8

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

LEVEL I

2 tablespoons = 1 condiment

LEVEL II

3 tablespoons = 1-1/2 condiments

LEVEL III

4 tablespoons = 2 condiments

per serving:

GRAVY

- 1/3 cup shallots, chopped
- 1/3 cup all-purpose flour
- 3 cups fat-free chicken broth, low sodium
- 1/4 teaspoon salt
- 1 teaspoon poultry seasoning

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

Serves 10

1. Sauté shallots in some of the broth until soft (see Low-fat Cooking Techniques). Gradually whisk in the flour, adding broth as needed to form a thick paste.
2. Gradually add the remaining broth, stirring and cooking until thickened. Add the salt and poultry seasoning.

LEVEL I

2 tablespoons = 1 condiment

LEVEL II

3 tablespoons = 1-1/2 condiments

LEVEL III

4 tablespoons = 2 condiments

HONEY-CHILI SAUCE

per serving:

- 1/4 cup shallots, chopped fine
- 2/3 cup honey, slightly warmed
- 1/4 cup sherry vinegar
- 1 teaspoon pasilla chile powder
- 1/4 teaspoon ground cumin
- 1-1/2 cups fat-free chicken broth, low sodium
- salt and pepper to taste
- 1 teaspoon cilantro, chopped
- 3 tablespoons chopped pecans, toasted

56 Calories (kcal)
 1 g Total Fat
 (13% calories from fat)
 1 g Protein
 13 g Carbohydrate
 0 mg Cholesterol
 48 mg Sodium

Serves 16

1. Coat a sauté pan with cooking spray and place on medium-high heat. Add chopped shallots and sauté until tender.
2. Add the honey and vinegar to the pan. Quickly stir in the chile powder, cumin, and broth. Bring to a boil and reduce by half.
3. Transfer sauce to a blender or food processor and blend at high speed until smooth. Season to taste with salt and pepper. Stir in cilantro. Garnish dish with toasted pecans.

LEVEL I

2 tablespoons = 1 condiment

LEVEL II

3 tablespoons = 1-1/2 condiments

LEVEL III

4 tablespoons = 2 condiments

LEMON-DILL SAUCE

per serving:

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

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

Serves 10

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

LEVEL I

2 tablespoons=1 condiment

LEVEL II

3 tablespoons=1-1/2 condiments

LEVEL III

4 tablespoons=2 condiments

CHILLED CUCUMBER SOUP

per serving:

- 1 whole hothouse cucumber
- 1/2 cup red onion, chopped
- 3 tablespoons fresh dill weed, chopped
- 1 tablespoon fresh mint, chopped
- 1-1/4 cups nonfat plain yogurt
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1/16 teaspoon cayenne
- 1/4 tablespoon celery seed

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

Yields 1 quart (serving size: 1 cup)

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

LEVEL I

1 cup soup
1/2 vegetable

LEVEL II

2 cups soup
1 vegetable

LEVEL III

2 cups soup
1-1/2 vegetable

PUREE OF ASPARAGUS SOUP

per serving:

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

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

Serves 8

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

LEVEL I

1 cup soup, 1 tablespoon protein powder
1/2 protein, 1 vegetable

LEVEL II

2 cups soup, 2 tablespoons protein powder
1 protein, 1 vegetable

LEVEL III

2 cups soup, 3 tablespoons protein powder
1 protein, 1 vegetable

BUTTERNUT SQUASH SOUP

per serving:

- 1 tablespoon shallot, minced
- 1 clove garlic, pressed or minced
- 3 cups butternut squash, peeled and seeded
- 1/2 cup fat-free chicken broth, low sodium

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

Serves 3

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

LEVEL I

1 cup soup, 1 tablespoon protein powder
1/2 protein, 1 vegetable

LEVEL II

2 cups soup, 2 tablespoons protein powder
1 protein, 1 vegetable

LEVEL III

2 cups soup, 3 tablespoons protein powder
1 protein, 1 vegetable

GAZPACHO

per serving:

28 ounces canned tomatoes, low sodium

3 cups low-sodium tomato juice

2-1/2 cups hothouse cucumbers, peeled and diced

1/2 cup carrots, peeled and diced

3/4 cup each green and red bell pepper, seeded and diced

1/2 red onion, diced

2 shallots

2 garlic cloves

1/3 cup red wine vinegar

1/3 cup fresh lemon juice

1 teaspoon paprika

1/4 cup each fresh oregano, basil, and Italian parsley, chopped

1/4 teaspoon white pepper

1/4 teaspoon Tabasco sauce or to taste

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

Serves 10 (yields 10 cups)

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

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

LEVEL I

1 cup soup
1/2 vegetable

LEVEL II

2 cups soup
1 vegetable

LEVEL III

2 cups soup
1 vegetable

MISO SOUP

per serving:

1/2 teaspoon dark sesame oil

1/3 cup shallots, finely chopped

3 tablespoons miso

1 quart vegetable stock

1/4 cup firm silken tofu, diced

3 tablespoons scallions, sliced for garnish

Serves 8

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

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

LEVEL I

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

LEVEL II

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

LEVEL III

2 cups soup, 3 tablespoons protein powder
1 protein, 1/2 carbohydrate

VEGETABLE SOUP

per serving:

10 cups fat-free chicken broth, low sodium

4 red potatoes, cut into 1-inch cubes

4 cups onions, quartered

1 cup carrots, sliced 1 inch thick

3 cups celery, sliced 1 inch thick

2 cups zucchini, sliced 1 inch thick

8 ounces tomato sauce, canned

2 cloves garlic, minced

1/4 bunch fresh parsley, chopped

1/4 bunch cilantro, chopped

dash black pepper

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

Serves 18

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

LEVEL I

1 cup soup, 1 tablespoon protein powder
1/2 protein, 1 vegetable

LEVEL II

2 cups soup, 2 tablespoons protein powder
1 protein, 2 vegetable

LEVEL III

2 cups soup, 3 tablespoons protein powder
1 protein, 2 vegetable

PUREE OF RED PEPPER SOUP

per serving:

2 cups white wine

1 onion, finely chopped

5 roasted red peppers

2 cups celery, chopped

1 tablespoon garlic, minced

2 plum tomatoes, chopped

1/4 cup tomato paste

2 cups fat-free chicken broth, low sodium

2 tablespoons dried thyme

1/4 teaspoon each ground white pepper and ground cumin

dash salt

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

Serves 12 (yields 12 cups)

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

LEVEL I

1 cup soup, 1 tablespoon protein powder
1/2 protein, 1 vegetable

LEVEL II

2 cups soup, 2 tablespoons protein powder
1 protein, 2 vegetable

LEVEL III

2 cups soup, 3 tablespoons protein powder
1 protein, 2 vegetable

PROTEIN SHAKE-LEVEL I

1 cup skim milk

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

1/2 cup berries

1/2 banana

1/2 cup ice

per serving:

233 Calories (kcal)

2 g Total Fat

(8% calories from fat)

20 g Protein

36 g Carbohydrate

4 mg Cholesterol

130 mg Sodium

Serves 1

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

LEVEL I

1 protein, 1 dairy, 1 fruit

PROTEIN SHAKE-LEVEL II

1 cup skim milk

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

1 cup berries

1/2 banana

1/2 cup ice

per serving:

253 Calories (kcal)

2 g Total Fat

(9% calories from fat) 23 g

Protein

37 g Carbohydrate

4 mg Cholesterol

130 mg Sodium

Serves 1

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

LEVEL II

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

PROTEIN SHAKE-LEVEL III

per serving:

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

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

Serves 1

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

LEVEL III

2 protein, 1 dairy, 2 fruit

SOY SAUSAGE MUFFIN

per serving:

- 2 to 4 soy sausage patties (approximately 80 calories each)
- 1 to 2 English muffins
- 1-1/2 to 4 ounces fat-free mozzarella cheese

395 Calories (kcal)
7 g Total Fat
(2% calories from fat)
34 g Protein
46 g Carbohydrate
28 mg Cholesterol
1490 mg Sodium

Serves 1

1. Cook soy sausage according to package instructions.
2. Top the English muffin with the cheese and cook in a toaster oven or under the broiler for 2 to 3 minutes or until cheese melts.
3. Place sausage on one muffin half and top with other half.

LEVEL I

2 soy patties, 1 English muffin, 1-1/2 oz cheese
1 protein, 1/2 carbohydrate, 1 dairy

LEVEL II

3 soy patties, 1 English muffin, 3 oz cheese
2 protein, 1/2 carbohydrate, 2 dairy

LEVEL III

4 soy patties, 2 English muffins, 4 oz cheese
3 protein, 1 carbohydrate, 2 dairy

CHEESE SCRAMBLE - LEVEL II

8 whole egg whites
3 tablespoons skim milk
3 ounces mozzarella cheese, part skim, grated
salt and pepper to taste

Serves 1

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

per serving:

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

LEVEL II

1-1/2 protein, 2 dairy

CHEESE SCRAMBLE - LEVEL III

10 whole egg whites
4 tablespoons skim milk
4 ounces mozzarella cheese, part skim
salt and pepper to taste

Serves 1

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

per serving:

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

LEVEL III

2 protein, 2 dairy

SPINACH SCRAMBLE-LEVEL I

per serving:

1/2 cup Roma tomato, diced

1 cup spinach leaves, cleaned and dried

6 egg whites

1-1/2 ounces feta cheese, crumbled

1 tablespoon fresh basil, chopped

239 Calories (kcal)

9 g Total Fat

(35% calories from fat)

29 g Protein

9 g Carbohydrate

38 mg Cholesterol

835 mg Sodium

Serves 1

1. In a small nonstick pan coated with vegetable spray, sauté tomatoes and spinach until slightly tender. Remove and set aside.
2. Whisk the egg whites together in a bowl and add to the pan. Cook, stirring, over low heat until almost set. Add the vegetable mixture, cheese, and basil. Cook to desired firmness.

LEVEL I

1 protein, 1 dairy, 1 vegetable

SPINACH SCRAMBLE-LEVEL II

per serving:

1/2 cup Roma tomato, diced

1 cup spinach leaves, cleaned and dried

8 egg whites

3 ounces feta cheese, crumbled

1 tablespoon fresh basil, chopped

384 Calories (kcal)

18 g Total Fat

(43% calories from fat)

42 g Protein

12 g Carbohydrate

76 mg Cholesterol

1419 mg Sodium

Serves 1

1. In a small nonstick pan coated with vegetable spray, sauté tomatoes and spinach until slightly tender. Remove and set aside.
2. Whisk the egg whites together in a bowl and add to the pan. Cook, stirring, over low heat until almost set. Add the vegetable mixture, cheese, and basil. Cook to desired firmness.

LEVEL II

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

SPINACH SCRAMBLE-LEVEL III

per serving:

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

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

Serves 1

1. In a small nonstick pan coated with vegetable spray, sauté tomatoes and spinach until slightly tender. Remove and set aside.
2. Whisk the egg whites together in a bowl and add to the pan. Cook, stirring, over low heat until almost set. Add the vegetable mixture, cheese, and basil. Cook to desired firmness.

LEVEL III

2 protein, 2 dairy, 2 vegetable

MUSHROOM OMELET-LEVEL I

per serving:

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

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

Serves 1

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

LEVEL I

1 protein, 1 dairy, 1 vegetable

MUSHROOM OMELET-LEVEL II

per serving:

8 egg whites

salt and pepper to taste

3/4 cup mushrooms, sliced

2 tablespoons green onion, chopped

1/2 Roma tomato, chopped

3 ounces low-fat cheddar cheese, shredded

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

Serves 1

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

LEVEL II

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

MUSHROOM OMELET - LEVEL III

per serving:

10 egg whites

salt and pepper to taste

1 cup mushrooms, sliced

2 tablespoons green onion, chopped

1/2 Roma tomato, chopped

4 ounces low-fat cheddar cheese, shredded

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

Serves 1

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

LEVEL III

2 protein, 2 dairy, 1 vegetable

CHEF SALAD-LEVEL I

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

per serving:

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

Serves 1

Toss ingredients together in a bowl and drizzle with dressing.

LEVEL I

2 protein, 1 dairy, 1 vegetable, 1 condiment

CHEF SALAD - LEVEL II

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

per serving:

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

Serves 1

Toss ingredients together in a bowl and drizzle with dressing.

LEVEL II

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

CHEF SALAD - LEVEL III

per serving:

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

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

Serves 1

Toss ingredients together in a bowl and drizzle with dressing.

LEVEL III

3 protein, 2 dairy, 1 vegetable, 2 condiments

STEAK & ARUGULA SALAD - LEVEL I

per serving:

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

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

Serves 4

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

LEVEL I

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

STEAK & ARUGULA SALAD - LEVEL II

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

Serves 4

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

per serving:

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

LEVEL II

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

STEAK & ARUGULA SALAD - LEVEL III

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

Serves 4

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

per serving:

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

LEVEL III

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

TUNA SALAD - LEVEL I

per serving:

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

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

Serves 1

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

LEVEL I

2 protein, 1 fat

TUNA SALAD - LEVEL II

per serving:

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

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

Serves 1

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

LEVEL II

2-1/2 protein, 1 fat

TUNA SALAD - LEVEL III

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

per serving:

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

Serves 2

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

LEVEL III

3 protein, 1 fat

CHICKEN SALAD - LEVEL I

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

per serving:

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

Serves 4

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

LEVEL I

6 ounces
2 protein

CHICKEN SALAD - LEVEL II

per serving:

8 ounces skinless chicken breast halves

2-1/2 ounces low-fat mayonnaise

1 tablespoon Dijon mustard

2-1/2 tablespoons green onions, diced

1/4 teaspoon black pepper

1/4 teaspoon fresh dill

1/2 cup celery, diced

345 Calories (kcal)

12 g Total Fat

(32% calories from fat)

43 g Protein

14 g Carbohydrate

105 mg Cholesterol

361 mg Sodium

Serves 3

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

LEVEL II

8 ounces

2-1/2 protein

CHICKEN SALAD - LEVEL III

per serving:

10 ounces skinless chicken breast halves

3 ounces low-fat mayonnaise

1-1/2 tablespoons Dijon mustard

3 cup green onions, diced

1/2 teaspoon black pepper

1/2 teaspoon fresh dill

3/4 cup celery, diced

517 Calories (kcal)

16 g Total Fat

(26% calories from fat)

59 g Protein

38 g Carbohydrate

132 mg Cholesterol

544 mg Sodium

Serves 2

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

LEVEL III

10 ounces

3 protein

ISLAND PORK TENDERLOIN

16 ounces pork tenderloin, lean

1/2 teaspoon salt

1/4 teaspoon pepper

1/2 teaspoon chili powder

1/2 teaspoon ground cumin

1/2 teaspoon cinnamon

2 teaspoons olive oil

1/4 cup brown sugar, packed

1/2 tablespoon fresh garlic, finely chopped

1/2 tablespoon Tabasco sauce

Serves 4 (yields 15 ounces)

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

ISLAND PORK TENDERLOIN SALAD - LEVEL I

1/2 each orange, peeled and cut

1 cup fresh spinach

1/2 each red bell pepper, cut lengthwise into thin strips

1/16 cup golden raisins

1 cup Napa cabbage

6 ounces Island Pork Tenderloin

2 tablespoons cumin vinaigrette (see recipe)

Serves 1

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

per serving:

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

LEVEL I

2 protein, 1/2 fruit, 1 vegetable

ISLAND PORK TENDERLOIN SALAD - LEVEL II

per serving:

3/4 each orange, peeled and cut

1-1/2 cups fresh spinach

3/4 each red bell pepper, cut lengthwise into thin strips

1-8 cup golden raisins

1-1/2 cups Napa cabbage

8 ounces Island Pork Tenderloin

3 tablespoons cumin vinargrette (see recipe)

882 Calories (kcal)

17 g Total Fat

(35% calories from fat)

52 g Protein

93 g Carbohydrate

147 mg Cholesterol

862 mg Sodium

Serves 1

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

LEVEL II

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

ISLAND PORK TENDERLOIN SALAD - LEVEL III

per serving:

1 each orange, peeled and cut

2 cups fresh spinach

1 each red bell pepper, cut lengthwise into thin strips

1/4 cup golden raisins

2 cups Napa cabbage

10 ounces Island Pork Tenderloin

4 tablespoons cumin vinaigrette (see recipe)

1029 Calories (kcal)

19 g Total Fat

(31% calories from fat)

69 g Protein

87 g Carbohydrate

147 mg Cholesterol

986 mg Sodium

Serves 1

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

LEVEL III

3 protein, 1 fruit, 2 vegetable

SHRIMP STIR-FRY - LEVEL I

per serving:

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

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

Serves 1

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

LEVEL I

4 cups
2 protein, 1 vegetable

SHRIMP STIR-FRY - LEVEL II

per serving:

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

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

Serves 1

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

LEVEL II

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

SHRIMP STIR-FRY - LEVEL III

per serving:

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

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

Serves 1

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

LEVEL III

5 cups
3 protein, 2 vegetable

TURKEY BURGER - LEVEL I

per serving:

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

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

Serves 1

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

LEVEL I

6-ounce patty
1 protein

TURKEY BURGER - LEVEL II

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

per serving:

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

Serves 1

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

LEVEL II

8-ounce patty
2-1/2 protein

TURKEY BURGER - LEVEL III

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

per serving:

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

Serves 1

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

LEVEL III

10-ounce patty
3 protein

BEEF & BROCCOLI STIR - FRY - LEVEL I

per serving:

1/4 cup soy sauce

1/2 red onion, sliced

1 tablespoon minced garlic

1-1/2 pound top sirloin steak, sliced 1 inch thick

1 tablespoon sesame oil

2 tablespoons rice vinegar

1 tablespoon minced ginger

4 cups broccoli florets

8 ounces dried soba noodles

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

Yields 6 cups

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

LEVEL I

1-1/2 cups

2 protein, 1 carbohydrate, 1 vegetable

BEEF & BROCCOLI STIR-FRY - LEVEL II

per serving:

1/4 cup soy sauce

1/2 red onion, sliced

1 tablespoon minced garlic

1-1/2 pound top sirloin steak, sliced 1 inch thick

1 tablespoon sesame oil

2 tablespoons rice vinegar

1 tablespoon minced ginger

4 cups broccoli florets

8 ounces dried soba noodles

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

Yields 6 cups

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

LEVEL II

2 cups

3 protein, 1 carbohydrate, 1 vegetable

BEEF & BROCCOLI STIR-FRY - LEVEL III

per serving:

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

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

Yields 6 cups

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

LEVEL III

2-1/2 cups
3 protein, 1 carbohydrate, 1 vegetable

LEMON-GARLIC CHICKEN - LEVEL I

per serving:

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

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

Yields 18 ounces

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

LEVEL I

6 ounces
2 protein

LEMON-GARLIC CHICKEN - LEVEL II

per serving:

1/4 cup fresh lemon juice

2 tablespoons molasses

2 teaspoons Worcestershire sauce

4 garlic cloves, chopped

2 pounds skinless chicken thighs

1/4 teaspoon salt

1/4 teaspoon black pepper

lemon wedges

parsley sprigs

192 Calories (kcal)

5 g Total Fat

(24% calories from fat)

26 g Protein

10 g Carbohydrate

107 mg Cholesterol

274 mg Sodium

Yields 32 ounces

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

LEVEL II

8 ounces

2-1/2 protein

LEMON-GARLIC CHICKEN - LEVEL III

per serving:

1/4 cup fresh lemon juice

2 tablespoons molasses

2 teaspoons Worcestershire sauce

4 garlic cloves, chopped

2 pounds skinless chicken thighs

1/4 teaspoon salt

1/4 teaspoon black pepper

lemon wedges

parsley sprigs

256 Calories (kcal)

7 g Total Fat

(24% calories from fat)

34 g Protein

13 g Carbohydrate

143 mg Cholesterol

365 mg Sodium

Yields 32 ounces

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

LEVEL III

10 ounces

3 protein

COLESLAW

per serving:

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

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

Yields 6 cups

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

LEVEL I

- 1/2 cup
- 1/2 vegetable

LEVEL II

- 1 cup
- 1 vegetable

LEVEL III

- 2 cups
- 2 vegetable