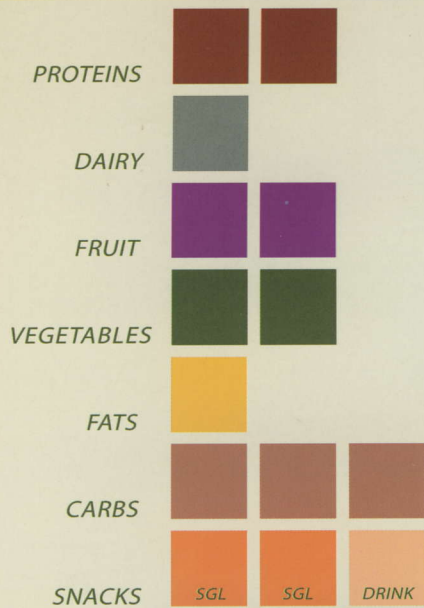




Anaerobic exercise burns calories at a hugely accelerated rate, and P90X keeps you anaerobic for large chunks of time. In order to stay energized throughout this final phase, you are going to need a lot of fuel, meaning carbs. With the proper amount of fuel you'll be able to work out much harder and, in turn, burn more calories and cause more extensive

### **PHASE 3: ENDURANCE MAXIMIZER**

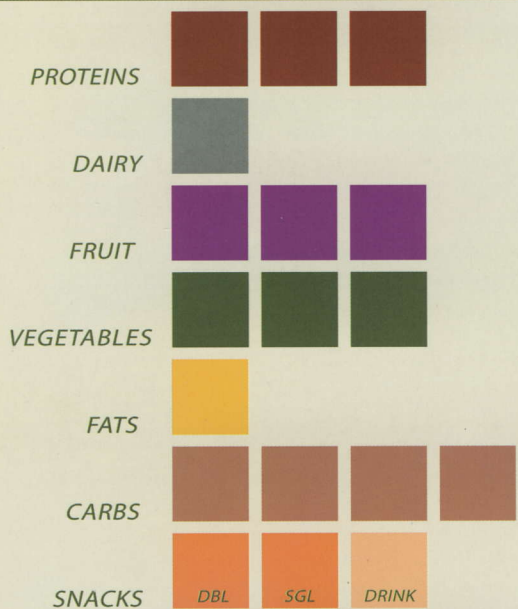
muscular breakdown, leading to greater fitness. So your diet will now be primarily carbs for fuel, with enough protein and fat to keep your muscles recovering quickly and everything running smoothly. Congratulations, you are now eating like an athlete!



CONDIMENTS



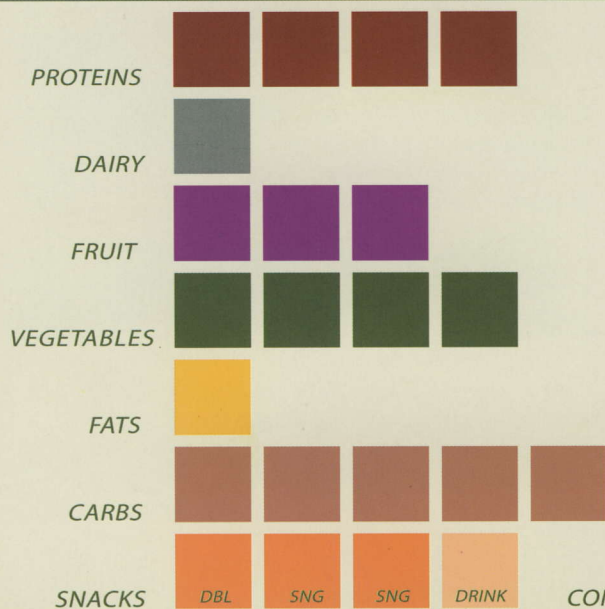
LEVEL I



CONDIMENTS



LEVEL II



CONDIMENTS



LEVEL III

[White square] = 1 SERVING

During Phase 3 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.

1-1/2 oz_Cheese, low-fat	Parmesan cheese_3 oz
1 cup_Cottage cheese, 1%	Skim milk_8 oz
1-1/2 oz_Feta cheese	Soy cheese_1-1/2 oz
1-1/2 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 = 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
1 oz_ Dried fruit	Bean dip_4 tbsp with chips_1 oz
3_ Fig Newtons	Cheese, low-fat_1 oz with crackers_6
1_ Frozen fruit bar	Hummus_4 tbsp with carrot sticks
1 medium piece_ Fruit	Nuts_1 oz
8 oz_ Fruit sorbet	P90X Peak Performance Protein Bar_1
12_ Mini rice cakes	P90X Peak Recovery Formula_12-16 oz
4 oz_ Nonfat frozen yogurt	Soy nuts_4 oz
1 tbsp_ Peanut butter with celery sticks	String cheese_3 oz
1 oz_ Pita chips	Yogurt, nonfat fruit-flavored_8 oz
3 cups_ Popcorn, lite	
1 large_ Pretzel, sourdough	
2 oz_ Soy nuts	
1-1/2 oz_ String cheese	
1 oz_ Tortilla chips, low-fat	
8 oz_ Yogurt, nonfat plain	

1 DAIRY

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

2 MEAT POULTRY SOY

- |   |                    |
|---|--------------------|
| Chicken breast halves, skinless, boneless | Soy/veggie burgers |
| Pork chops, center cut                    | Steak, flank       |

3 SEAFOOD

- |                |                          |
|----------------|--------------------------|
| Halibut        | Shrimp, raw, medium-size |
| Salmon fillets |                          |

4 VEGETABLES

- |   |                          |
|---|--------------------------|
| Arugula   | Salsa fresca             |
| Broccoli  | Scallions                |
| Carrots   | Shallots                 |
| Celery  | Soybeans                 |
| Garlic, minced                                    | Spinach, frozen, chopped |
| Green beans                                       | spinach                  |
| Green chiles, canned, chopped                     | Sprouts                  |
| Lettuce (iceberg, romaine, butter, red leaf, etc) | Squash, yellow           |
| Mushrooms, Portobello                             | Tomatoes, cherry         |
| Mushrooms, white                                  | Tomatoes, Roma           |
| Peas  | Tomatoes, stewed         |
| Pepper, yellow                                    | Sweet potatoes           |
| Potatoes  | Water chestnuts, canned  |
| Onion, brown                                      | Yams                     |
| Onion, red  | Zucchini                 |

5 FRUIT

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

## BREADS    GRAINS    LEGUMES

6

Bagel, whole wheat	Quinoa
Baked beans, canned, nonfat	Refried beans, canned, fat-free
Black beans, canned	Tabouli
Bread, whole wheat	Tortillas, whole wheat
Bun, whole grain	Pasta, whole grain
Crackers, wheat	Pastry flour, whole grain
Flour, all-purpose	Rice, brown
Flour, whole wheat	Rice, Spanish
Granola, low-fat	Rice, white
Italian bread (focaccia)	Roll, whole grain
Navy beans, canned	Waffles, whole grain
Oatmeal (uncooked oats)	

## CONDIMENTS

7

Apricot preserves	Mustard, stone-ground
Baking powder	Olive oil
Baking soda	Olive oil spray
Brown sugar	Peanut butter, chunky
Canola oil	Sour cream, lite
Chicken broth, defatted, low-sodium	Soy sauce, low-sodium
Chili sauce	Steak sauce
Dijon mustard	Sweet vermouth
Evaporated skim milk	Tabasco sauce
Fructose	Tomato paste
Fruit jam, pure	Vegetable oil
Honey	Vinegar, red wine
Ketchup	Vinegar, rice
Maple syrup, low-sugar	Worcestershire sauce

## SEASONINGS

8

Arrowroot	Cumin
Black pepper, ground	Garlic powder
Cayenne pepper	Oregano
Chives	Salt
Cinnamon	

## SNACKS

9

Bean dip, low-fat	Nuts (almonds, cashews, pecans, pistachios, soy)
Dried fruit (apricots, pears, raisins)	Pita chips
Fig Newtons	Popcorn, lite
Frozen fruit bars	Pretzels, sourdough
Frozen yogurt, nonfat	Sorbet
Hummus, low-fat	String cheese, part-skim
Mini rice cakes	Tortilla chips, low-fat


■ \_Recipe included


BREAKFAST	SNACK	LUNCH	SNACK	DINNER
<b>AY 1</b> 1_ Blueberry Muffin ■ 8 oz_ Nonfat plain yogurt 1 cup_ Berries	1_ Recovery drink	1_ Veggie burger 1/2_ Whole grain bun 2 cups_ Salad greens 2 tbsp_ Dressing (your choice)	3_ Fig Newtons 1_ Sourdough pretzel	6 oz_ Chicken 2 tbsp_ Apricot Sauce ■ 1/2_ Baked yam, medium 1 cup_ Green beans, steamed 1/4_ Mango
<b>AY 2</b> 2_ Whole grain waffles 1 tbsp_ Peanut butter 8 oz_ Skim milk 1_ Banana, medium	1_ Recovery drink	1_ Pasta Salad ■	12_ Mini rice cakes 1_ Frozen fruit bar	6 oz_ Halibut 2 tbsp_ Mustard Cream Sauce ■ 1 cup_ Brown rice 2 cups_ Spinach, steamed 1 cup_ Raspberries
<b>AY 3</b> 1_ Whole grain roll 1/2 cup_ Low-fat ricotta cheese 4 slices_ Roma tomato drizzle_ Olive oil 1 cup_ Cantaloupe	1_ Recovery drink	1 cup_ Black & White Bean Chili ■ 2 cups_ Salad greens 2 tbsp_ Dressing (your choice)	3 cups_ Lite popcorn 4 oz_ Nonfat frozen yogurt	6 oz_ Flank steak, grilled 2 tbsp_ Steak sauce 1_ Baked potato, medium 1 cup_ Onion, zucchini, and stewed tomato sauté 1_ Nectarine, medium
<b>AY 4</b> 1/2 cup_ Low-fat granola 8 oz_ Nonfat plain yogurt 1 cup_ Strawberries, sliced	1_ Recovery drink	1_ Stuffed Baked Potato ■ 2 cups_ Salad greens 2 tbsp_ Dressing (your choice)	1 oz_ Dried fruit 2 oz_ Soy nuts	6 oz_ Mediterranean Shrimp Kebabs ■ 1 cup_ White rice 1_ Orange, medium
<b>AY 5</b> 3_ Oatmeal Pancakes ■ 2 tbsp_ Low-sugar maple syrup 1 cup_ Applesauce	1_ Recovery drink	1_ Grilled Veggie Focaccia ■ 1 cup_ Melon	8 oz_ Fruit sorbet 12_ Mini rice cakes	6 oz_ Chicken 2 tbsp_ Barbecue Sauce ■ 1 cup_ Nonfat baked beans 2 cups_ Salad greens 2 tbsp_ Dressing (your choice)
<b>AY 6</b> 8 oz_ Cottage cheese, 1% 1 cup_ Pineapple chunks, in water 2 slices_ Whole wheat toast 2 tsp_ Pure fruit jam	1_ Recovery drink	1_ Spicy Chinese Noodles ■	1_ Sourdough pretzel 4 oz_ Nonfat frozen yogurt	6 oz_ Salmon 2 tbsp_ Dijonnaise Sauce ■ 1 cup_ Quinoa 1 cup_ Broccoli, steamed 1 cup_ Grapes
<b>AY 7</b> 1_ Whole wheat bagel 2 tbsp_ Fat-free cream cheese 8 oz_ Nonfat plain yogurt 1 cup_ Berries	1_ Recovery drink	1_ Vegetarian Tostada ■	1_ Medium fresh fruit 1 tbsp_ Peanut butter w/ celery sticks	6 oz_ Pork Chop with Apple & Sweet Potato ■ 1 cup_ Peas 2 cups_ Salad greens 2 tbsp_ Dressing (your choice)

■ \_Recipe included

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
DAY 1	1_ Blueberry Muffin ■ 8 oz_ Nonfat plain yogurt 1 cup_ Berries	1_ Recovery drink	1_ Veggie burger 1_ Whole grain bun 3 cups_ Salad greens 3 tbsp_ Dressing (your choice) 1 cup_ Melon	1 oz_ Almonds 1-1/2 oz_ String cheese	9 oz_ Chicken 3 tbsp_ Apricot Sauce ■ 1_ Baked yam, medium 1 cup_ Green beans, steamed 3 cups_ Salad greens 3 tbsp_ Dressing (your choice) 1/4_ Mango
DAY 2	3_ Whole grain waffles 2 tbsp_ Peanut butter 8 oz_ Skim milk 1_ Banana, medium	1_ Recovery drink	1_ Pasta Salad ■ 1 cup_ Melon	1 oz_ Low-fat tortilla chips w/ 4 tbsp_ Bean dip 1_ Medium fruit	9 oz_ Halibut 3 tbsp_ Mustard Cream Sauce ■ 1 cup_ Brown rice 3 cups_ Spinach, steamed 1_ Peach, medium
DAY 3	1_ Whole grain roll 1/2 cup_ Low-fat ricotta cheese 4 slices_ Roma tomato drizzle_ Olive oil 1 cup_ Cantaloupe	1_ Recovery drink	2 cups_ Black & White Bean Chili ■ 3 cups_ Salad greens 3 tbsp_ Dressing (your choice) 1 cup_ Grapes	3 cups_ Lite popcorn 8 oz_ Nonfat fruit-flavored yogurt	9 oz_ Flank steak, grilled 3 tbsp_ Steak sauce 1_ Baked potato, medium 2 cups_ Onion, zucchini, and stewed tomato sauté 1_ Nectarine, medium
DAY 4	1/2 cup_ Low-fat granola 8 oz_ Nonfat plain yogurt 1 cup_ Strawberries, sliced	1_ Recovery drink	2_ Stuffed Baked Potatoes ■ 3 cups_ Salad greens 3 tbsp_ Dressing (your choice) 1_ Ojange, medium	1 oz_ Pita chips w/ 4 tbsp_ Hummus w/ carrot sticks	9 oz_ Mediterranean Shrimp Kebabs ■ 1 cup_ White rice 3 cups_ Salad greens 3 tbsp_ Dressing (your choice) 1 cup_ Melon
DAY 5	3_ Oatmeal Pancakes ■ 3 tbsp_ Low-sugar maple syrup 1 cup_ Applesauce 8 oz_ Skim milk	1_ Recovery drink	1_ Grilled Veggie Focaccia ■ 1 cup_ Tabouli salad 1_ Peach, medium	8 oz_ Fruit sorbet 1-1/2 oz_ String cheese 6_ Crackers	9 oz_ Chicken 3 tbsp_ Barbecue Sauce ■ 1 cup_ Nonfat baked beans 3 cups_ Salad greens 3 tbsp_ Dressing (your choice) 1 cup_ Fruit salad
DAY 6	8 oz_ Cottage cheese, 1% 1 cup_ Pineapple chunks, in water 2 slices_ Whole wheat toast 3 tsp_ Pure fruit jam	1_ Recovery drink	1_ Spicy Chinese Noodles ■ 3 cups_ Salad greens 3 tbsp_ Dressing (your choice) 1 cup_ Fruit salad	1 oz_ Almonds 1 oz_ Dried fruit 8 oz_ Nonfat plain yogurt	9 oz_ Salmon 3 tbsp_ Dijonnaise Sauce ■ 1 cup_ Quinoa 1 cup_ Broccoli, steamed 1 cup_ Grapes
DAY 7	1_ Whole wheat bagel 2 tbsp_ Fat-free cream cheese 8 oz_ Nonfat plain yogurt 1 cup_ Berries	1_ Recovery drink	1_ Vegetarian Tostada ■ 1 cup_ Fruit salad	1 oz_ Cashews 1 oz_ Dried fruit	9 oz_ Pork Chop with Apple & Sweet Potato ■ 1 cup_ Peas 3 cups_ Salad greens 3 tbsp_ Dressing (your choice)



 \_Recipe included

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
DAY 1	1_ Blueberry Muffin  8 oz_ Nonfat plain yogurt 1 cup_ Berries 1/2 cup_ Low-fat granola	1_ Recovery drink	1_ Veggie burger 1_ Whole grain bun 4 cups_ Salad greens 4 tbsp_ Dressing (your choice) 1 cup_ Melon	1 oz_ Almonds 1 oz_ Dried fruit 8 oz_ Nonfat frozen yogurt	12 oz_ Chicken 4 tbsp_ Apricot Sauce  1_ Baked yam, medium 1 cup_ Green beans, steamed 4 cups_ Salad greens 4 tbsp_ Dressing (your choice) 1/4_ Mango
DAY 2	4_ Whole grain waffles 2 tbsp_ Peanut butter 8 oz_ Skim milk 1_ Banana, medium	1_ Recovery drink	1_ Pasta Salad  1 cup_ Melon	1 oz_ Low-fat tortilla chips w/ 4 tbsp_ Bean dip 1_ Frozen fruit bar	12 oz_ Halibut 4 tbsp_ Mustard Cream Sauce  1 cup_ Brown rice 3 cups_ Spinach, steamed 1_ Peach, medium
DAY 3	1_ Whole grain roll 1/2 cup_ Low-fat ricotta cheese 4 slices_ Roma tomato drizzle_ Olive oil 1 cup_ Cantaloupe	1_ Recovery drink	2 cups_ Black & White Bean Chili  4 cups_ Salad greens 4 tbsp_ Dressing (your choice) 1 cup_ Grapes 6_ Crackers	3 cups_ Lite popcorn 8 oz_ Nonfat fruit-flavored yogurt 2 oz_ Soy nuts	12 oz_ Flank steak, grilled 4 tbsp_ Steak sauce 1_ Baked potato, medium 2 cups_ Onion, zucchini, and stewed tomato sauté 1_ Nectarine, medium
DAY 4	1 cup_ Low-fat granola 8 oz_ Nonfat plain yogurt 1 cup_ Strawberries, sliced	1_ Recovery drink	2_ Stuffed Baked Potatoes  4 cups_ Salad greens 4 tbsp_ Dressing (your choice) 1_ Orange, medium	1 oz_ Pita chips 4 tbsp_ Hummus w/ carrots 1 oz_ Dried fruit	12 oz_ Mediterranean Shrimp Kebabs  1 cup_ White rice 4 cups_ Salad greens 4 tbsp_ Dressing (your choice) 1 cup_ Melon
DAY 5	4_ Oatmeal Pancakes  4 tbsp_ Low-sugar maple syrup 1 cup_ Applesauce 8 oz_ Skim milk	1_ Recovery drink	1_ Grilled Veggie Focaccia  1 cup_ Tabouli salad 1_ Peach, medium	8 oz_ Fruit sorbet 1-1/2 oz_ String cheese w/ 6_ Crackers 3 cups_ Lite popcorn	12 oz_ Chicken 4 tbsp_ Barbecue Sauce  1 cup_ Nonfat baked beans 4 cups_ Salad greens 4 tbsp_ Dressing (your choice) 1 cup_ Fruit salad
DAY 6	8 oz_ Cottage cheese, 1% 1 cup_ Pineapple chunks, in water 4 slices_ Whole wheat toast 3 tsp_ Pure fruit jam	1_ Recovery drink	1_ Spicy Chinese Noodles  4 cups_ Salad greens 4 tbsp_ Dressing (your choice) 1 cup_ Fruit salad	1_ Sourdough pretzel 8 oz_ Frozen yogurt 1_ Fruit, medium	12 oz_ Salmon 4 tbsp_ Dijonnaise Sauce  1 cup_ Quinoa 1 cup_ Broccoli, steamed 1 cup_ Grapes
DAY 7	1_ Whole wheat bagel 2 tbsp_ Fat-free cream cheese 8 oz_ Nonfat plain yogurt 1 cup_ Berries 1/2 cup_ Low-fat granola	1_ Recovery drink	1_ Vegetarian Tostada  1 cup_ Fruit salad	1 oz_ Cashews 1 oz_ Dried fruit 1_ Sourdough pretzel	12 oz_ Pork Chop with Apple & Sweet Potato  1 cup_ Peas 4 cups_ Salad greens 4 tbsp_ Dressing (your choice)

## APRICOT SAUCE

per serving:

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

56 Calories (kcal)  
trace Total Fat  
(3% calories from fat)  
1 g Protein  
14 g Carbohydrate  
0 mg Cholesterol  
353 mg Sodium

Serves 8 (yields 1 cup)

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

### LEVEL I

2 tablespoons = 1 condiment

### LEVEL II

3 tablespoons = 1-1/2 condiments

### LEVEL III

4 tablespoons = 2 condiments

## DIJONNAISE SAUCE

per serving:

- 4 ounces nonfat yogurt
- 4 ounces low-fat mayonnaise
- 1 tablespoon Dijon mustard
- 1 teaspoon fresh dill, chopped
- 2 teaspoons Worcestershire sauce
- black pepper to taste
- dash Tabasco sauce

34 Calories (kcal)  
2 g Total Fat  
(51% calories from fat)  
1 g Protein  
3 g Carbohydrate  
trace Cholesterol  
47 mg Sodium

Serves 8 (yields 1 cup)

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

### LEVEL I

2 tablespoons = 1 condiment

### LEVEL II

3 tablespoons = 1-1/2 condiments

### LEVEL III

4 tablespoons = 2 condiments

## MUSTARD CREAM SAUCE

per serving:

4 shallots, chopped

1-1/4 cups fat-free chicken broth, low sodium

1-1/4 cups sweet vermouth

1/2 teaspoon arrowroot

1/2 cup evaporated skim milk

1/4 cup Dijon mustard

1/2 teaspoon salt

dash white pepper

1 tablespoon chopped chives, for garnish

Serves 8 (yields 1 cup)

43 Calories (kcal)  
trace Total Fat  
(6% calories from fat)  
2 g Protein  
4 g Carbohydrate  
trace Cholesterol  
164 mg Sodium

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

### LEVEL I

2 tablespoons = 1 condiment

### LEVEL II

3 tablespoons = 1-1/2 condiments

### LEVEL III

4 tablespoons = 2 condiments

## BARBECUE SAUCE

per serving:

1/4 cup ketchup

1/4 cup chili sauce

2 tablespoons Worcestershire sauce

2 tablespoons red wine vinegar

2 teaspoons stone-ground mustard

1 teaspoon dark brown sugar

dash cayenne pepper

2-1/2 teaspoons garlic, crushed

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

Yields 1 cup

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

### LEVEL I

2 tablespoons = 1 condiment

### LEVEL II

3 tablespoons = 1-1/2 condiments

### LEVEL III

4 tablespoons = 2 condiments

## BLUEBERRY MUFFINS

per serving:

- 1-3/4 cups whole wheat pastry flour
- 2-1/2 teaspoons baking powder
- 1 cup powdered fructose
- 3/4 cup low-fat buttermilk
- 3 egg whites
- 1 cup thawed frozen blueberries, reserving juice

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

Serves 12 (yields 12 muffins)

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

### LEVEL I

1 muffin  
1 carbohydrate

### LEVEL II

1 muffin  
1 carbohydrate

### LEVEL III

1 muffin  
1 carbohydrate

## OATMEAL PANCAKES - LEVEL I

per serving:

- 1/2 cup quick-cooking oats
- 1/2 cup low-fat buttermilk
- 1/2 cup skim milk
- 2 egg whites
- 1 tablespoon canola oil
- 2 tablespoons brown sugar, packed
- 1/2 teaspoon salt, or to taste
- 1 teaspoon baking powder
- 1/2 cup whole wheat flour
- 1/2 cup all-purpose flour
- 1 teaspoon cinnamon
- 1/2 teaspoon baking soda

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

Serves 4 (yields twelve 3-inch pancakes)

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

### LEVEL I

3 pancakes  
1 carbohydrate

## OATMEAL PANCAKES - LEVEL II

per serving:

- 1/2 cup quick-cooking oats
- 1/2 cup low-fat buttermilk
- 1/2 cup skim milk
- 2 egg whites
- 1 tablespoon canola oil
- 2 tablespoons brown sugar, packed
- 1/2 teaspoon salt, or to taste
- 1 teaspoon baking powder
- 1/2 cup whole wheat flour
- 1/2 cup all-purpose flour
- 1 teaspoon cinnamon
- 1/2 teaspoon baking soda

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

Serves 4 (yields twelve 3-inch pancakes)

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

### LEVEL II

3 pancakes  
1 carbohydrate

## OATMEAL PANCAKES - LEVEL III

per serving:

- 1/2 cup quick-cooking oats
- 1/2 cup low-fat buttermilk
- 1/2 cup skim milk
- 2 egg whites
- 1 tablespoon canola oil
- 2 tablespoons brown sugar, packed
- 1/2 teaspoon salt, or to taste
- 1 teaspoon baking powder
- 1/2 cup whole wheat flour
- 1/2 cup all-purpose flour
- 1 teaspoon cinnamon
- 1/2 teaspoon baking soda

304 Calories (kcal)  
6 g Total Fat  
(19% calories from fat)  
12 g Protein  
50 g Carbohydrate  
2 mg Cholesterol  
624 mg Sodium

Serves 3 (yields twelve 3-inch pancakes)

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

### LEVEL III

4 pancakes  
1 carbohydrate

## BLACK & WHITE BEAN CHILI

per serving:

- 1 teaspoon canola oil
- 1 cup onion, diced
- 2 cups fat-free chicken broth, low sodium
- 6 ounces canned tomato paste
- 4 ounces green chilies, chopped
- 1 teaspoon cumin
- 16 ounces canned black beans, drained and rinsed
- 16 ounces canned navy beans, drained and rinsed

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

Yields 6 cups

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

### LEVEL I

1 cup  
1 carbohydrate

### LEVEL II

2 cups  
2 carbohydrate

### LEVEL III

2 cups  
2 carbohydrate

## GRILLED VEGGIE FOCACCIA

per serving:

- 1 large Portobello mushroom, sliced thin
- 1 large zucchini, sliced thin
- 1 large yellow squash, sliced thin
- 1-1/2 ounces part-skim mozzarella cheese
- 2 slices Italian focaccia bread

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

Serves 1

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

### LEVEL I

1 carbohydrate,  
2 vegetable

### LEVEL II

1 carbohydrate,  
2 vegetable

### LEVEL III

1 carbohydrate,  
2 vegetable

## STUFFED BAKED POTATO

per serving:

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

291 Calories (kcal)  
4 g Total Fat  
(12% calories from fat)  
23 g Protein  
46 g Carbohydrate  
9 mg Cholesterol  
505 mg Sodium

Serves 1 (Levels II & III, please double ingredients)

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

### LEVEL I

- 1 potato
- 1 carbohydrate, 1 vegetable, 1 dairy

### LEVEL II

- 2 potatoes
- 2 carbohydrate, 2 vegetable, 2 dairy

### LEVEL III

- 2 potatoes
- 2 carbohydrate, 2 vegetable, 2 dairy

## PASTA SALAD - LEVEL I

per serving:

- 2 ounces pasta
- 1 cup broccoli florets, steamed
- 2 whole scallions, sliced
- 1 tablespoon olive oil
- 1 cup cherry tomatoes, halved
- 1/2 teaspoon fresh basil
- 1/4 teaspoon garlic powder
- 1 ounce fat-free Parmesan cheese, grated

453 Calories (kcal)  
15 g Total Fat  
(29% calories from fat)  
20 g Protein  
63 g Carbohydrate  
23 mg Cholesterol  
242 mg Sodium

Serves 1

1. Cook the pasta according to the directions on the package. Drain.
2. While pasta cooks, steam the broccoli and chop the scallions.
3. Combine the cooked pasta, broccoli, scallions, olive oil, tomatoes, basil, and garlic powder. Mix well.
4. Sprinkle with cheese and toss again. Chill before serving.

### LEVEL I

- 1 carbohydrate,
- 2 vegetable, 1 fat

per serving:

## PASTA SALAD - LEVEL II

3 ounces pasta

1 cup broccoli florets, steamed

2 whole scallions, sliced

1-1/2 tablespoons olive oil

1 cup cherry tomatoes, halved

1/2 teaspoon fresh basil

1/4 teaspoon garlic powder

1 ounce fat-free Parmesan cheese, grated

628 Calories (kcal)

22 g Total Fat

(31% calories from fat)

24 g Protein

86 g Carbohydrate

23 mg Cholesterol

248 mg Sodium

Serves 1

1. Cook the pasta according to the directions on the package. Drain.
2. While pasta cooks, steam the broccoli and chop the scallions.
3. Combine the cooked pasta, broccoli, scallions, olive oil, tomatoes, basil, and garlic powder. Mix well.
4. Sprinkle with cheese and toss again. Chill before serving.

### LEVEL II

1-1/2 carbohydrate,

2 vegetable, 1 fat

per serving:

## PASTA SALAD - LEVEL III

4 ounces pasta

1-1/2 cups broccoli florets, steamed

3 whole scallions, sliced

2 tablespoons olive oil

1 cup cherry tomatoes, halved

1 teaspoon fresh basil

1/2 teaspoon garlic powder

1 ounce fat-free Parmesan cheese, grated

802 Calories (kcal)

30 g Total Fat

(32% calories from fat)

29 g Protein

109 g Carbohydrate

23 mg Cholesterol

259 mg Sodium

Serves 1

1. Cook the pasta according to the directions on the package. Drain.
2. While pasta cooks, steam the broccoli and chop the scallions.
3. Combine the cooked pasta, broccoli, scallions, olive oil, tomatoes, basil, and garlic powder. Mix well.
4. Sprinkle with cheese and toss again. Chill before serving.

### LEVEL III

2 carbohydrate,

2 vegetable, 1 fat



## SPICY CHINESE NOODLES - LEVEL I

per serving:

2 ounces pasta

2 tablespoons chunky peanut butter

1-1/2 tablespoons low-sodium soy sauce

1-1/2 tablespoons rice vinegar

1 teaspoon honey

dash cayenne pepper

1 tablespoon scallions, finely chopped

429 Calories (kcal)

17 g Total Fat

(35% calories from fat)

16 g Protein

56 g Carbohydrate

0 mg Cholesterol

1056 mg Sodium

Serves 1

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

## LEVEL I

1 carbohydrate,  
1 condiment, 1 fat

## SPICY CHINESE NOODLES - LEVEL II

per serving:

3 ounces pasta

3 tablespoons chunky peanut butter

2 tablespoons low-sodium soy sauce

2 tablespoons rice vinegar

1-1/2 teaspoons honey

dash cayenne pepper

2 tablespoons scallions, finely chopped

660 Calories (kcal)

26 g Total Fat

(33% calories from fat)

25 g Protein

89 g Carbohydrate

0 mg Cholesterol

1444 mg Sodium

Serves 1

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

## LEVEL II

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

## SPICY CHINESE NOODLES - LEVEL III

per serving:

4 ounces pasta

3 tablespoons chunky peanut butter

3 tablespoons low-sodium soy sauce

3 tablespoons rice vinegar

2 teaspoons honey

dash cayenne pepper

3 tablespoons scallions, finely chopped

789 Calories (kcal)

26 g Total Fat

(28% calories from fat)

29 g Protein

115 g Carbohydrate

0 mg Cholesterol

2047 mg Sodium

Serves 1

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

### LEVEL III

2 carbohydrate,

2 condiment, 1 fat

## VEGETARIAN TOSTADA - LEVEL I

per serving:

1 large whole wheat tortilla

1 cup fat-free canned refried beans

1/4 cup tomato, diced

2 tablespoons red onion, diced

1 cup iceberg lettuce, shredded

2 tablespoons low-fat sour cream

2 tablespoons salsa

449 Calories (kcal)

7 g Total Fat

(14% calories from fat)

22 g Protein

75 g Carbohydrate

6 mg Cholesterol

1437 mg Sodium

Serves 1

1. Preheat oven to 350 degrees.
2. Spray tortilla with corn oil spray and brown tortilla for several minutes until crisp.
3. Meanwhile, heat beans in a small saucepan.
4. Remove tortilla and layer with beans, tomato, onion, lettuce, sour cream, and salsa.

### LEVEL I

2 carbohydrate,

1 vegetable, 1 condiment

## VEGETARIAN TOSTADA - LEVEL II

per serving:

- 1 large whole wheat tortilla
- 1 cup fat-free canned refried beans
- 1/2 cup Spanish-style rice, cooked
- 1/2 cup tomato, diced
- 3 tablespoons red onion, diced
- 2 cups iceberg lettuce, shredded
- 2 tablespoons low-fat sour cream
- 3 tablespoons salsa

575 Calories (kcal)  
8 g Total Fat  
(12% calories from fat)  
25 g Protein  
102 g Carbohydrate  
6 mg Cholesterol  
1510 mg Sodium

Serves 1

1. Preheat oven to 350 degrees.
2. Spray tortilla with corn oil spray and brown tortilla for several minutes until crisp.
3. Meanwhile, heat beans in a small saucepan.
4. Remove tortilla and layer with beans, rice, tomato, onion, lettuce, sour cream, and salsa.

### LEVEL II

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

## VEGETARIAN TOSTADA - LEVEL III

per serving:

- 1 large whole wheat tortilla
- 1 cup fat-free canned refried beans
- 1 cup Spanish-style rice, cooked
- 1/2 cup tomato, diced
- 3 tablespoons red onion, diced
- 2 cups iceberg lettuce, shredded
- 2 tablespoons low-fat sour cream
- 3 tablespoons salsa

701 Calories (kcal)  
8 g Total Fat  
(10% calories from fat)  
27 g Protein  
130 g Carbohydrate  
6 mg Cholesterol  
1510 mg Sodium

Serves 1

1. Preheat oven to 350 degrees.
2. Spray tortilla with corn oil spray and brown tortilla for several minutes until crisp.
3. Meanwhile, heat beans in a small saucepan.
4. Remove tortilla and layer with beans, rice, tomato, onion, lettuce, sour cream, and salsa.

### LEVEL III

3 carbohydrate,  
2 vegetable, 1 condiment

## MEDITERRANEAN SHRIMP KEBABS - LEVEL I

per serving:

6 shrimps (1 ounce each)

1/8 red onion, cubed

1/2 zucchini, cut in 1-inch-thick slices

1/4 yellow pepper, seeded and cubed

4 white mushrooms

1/4 cup fresh lemon juice

1 tablespoon olive oil

1 teaspoon oregano

2 metal or wooden skewers

349 Calories (kcal)

17 g Total Fat

(42% calories from fat)

36 g Protein

14 g Carbohydrate

259 mg Cholesterol

257 mg Sodium

Serves 1 (yields 2 kebabs)

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

## LEVEL I

2 protein, 1 vegetable, 1 fat

## MEDITERRANEAN SHRIMP KEBABS - LEVEL II

per serving:

9 shrimps (1 ounce each)

1/8 red onion, cubed

1/2 zucchini, cut in 1-inch-thick slices

1/4 yellow pepper, seeded and cubed

6 white mushrooms

1/4 cup fresh lemon juice

1 tablespoon olive oil

1 teaspoon oregano

3 metal or wooden skewers

435 Calories (kcal)

18 g Total Fat

(37% calories from fat)

53 g Protein

14 g Carbohydrate

388 mg Cholesterol

382 mg Sodium

Serves 1 (yields 3 kebabs)

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

## LEVEL II

3 protein, 1 vegetable, 1 fat

## MEDITERRANEAN SHRIMP KEBABS - LEVEL III

per serving:

12 shrimps (1 ounce each)

1/8 red onion, cubed

1/2 zucchini, cut in 1-inch-thick slices

1/4 yellow pepper, seeded and cubed

8 white mushrooms

1/4 cup fresh lemon juice

1 tablespoon olive oil

1 teaspoon oregano

4 metal or wooden skewers

636 Calories (kcal)

27 g Total Fat

(1% calories from fat)

73 g Protein

28 g Carbohydrate

517 mg Cholesterol

513 mg Sodium

Serves 1 (yields 4 kebabs)

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

### LEVEL III

4 protein, 2 vegetable, 1 fat

## PORK CHOP BAKED WITH APPLE & SWEET POTATO - LEVEL II

per serving:

6 ounces lean boneless pork loin

1 medium sweet potato

1 medium apple

415 Calories (kcal)

8 g Total Fat

(17% calories from fat)

33 g Protein

53 g Carbohydrate

77 mg Cholesterol

80 mg Sodium

Serves 1

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

### LEVEL I

2 protein,

1 carbohydrate, 1 fruit

## PORK CHOP BAKED WITH APPLE & SWEET POTATO - LEVEL II

per serving:

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

513 Calories (kcal)  
12 g Total Fat  
(21% calories from fat)  
48 g Protein  
53 g Carbohydrate  
115 mg Cholesterol  
111 mg Sodium

Serves 1

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

### LEVEL II

3 protein,  
1 carbohydrate, 1 fruit

## PORK CHOP BAKED WITH APPLE & SWEET POTATO - LEVEL III

per serving:

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

611 Calories (kcal)  
16 g Total Fat  
(23% calories from fat)  
63 g Protein  
53 g Carbohydrate  
153 mg Cholesterol  
142 mg Sodium

Serves 1

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

### LEVEL III

4 protein,  
1 carbohydrate, 1 fruit