



nutrition plan

EATING FOR POWER PERFORMANCE

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WHY THE P90X NUTRITION PLAN LOOKS DIFFERENT FROM OTHER BEACHBODY DIET PLANS

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

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

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

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

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

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

P90X is not a fast-track weight loss solution like other programs. It’s an unprecedented fitness solution designed to give you a stronger, healthier body that will become leaner and perform better over time. It’s not designed for weight loss per se. It’s designed to increase human performance and improve overall body composition. Trust it.

Nutrition expert Carrie Wiatt, creator of the P90X Nutrition Plan, has developed an individualized approach to healthy eating that has made her a leading lifestyle educator in her work as an author, consultant, media personality, and chef. At Diet Designs, her Los Angeles-based nutrition company, Carrie combines fresh, upscale cuisine with low-fat preparation, portion control, and personalized counseling. After years of practice, Carrie compiled her proven techniques in her first book, *Eating by Design: The Individualized Food Personality Type Nutrition Plan*. Her second successful book, *Portion Savvy*, presents a 30-day plan for controlled eating and food management. Wiatt's ability to bridge the gap between science and food circles has made her a sought-after media expert on healthy living.

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

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

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

THERE ARE **3 PHASES** TO THE P90X NUTRITION PLAN.

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

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

PHASE 1

FAT SHREDDER

FAT SHREDDER

A high-protein-based diet designed to help you strengthen muscle while rapidly shedding fat from your body.

PHASE 2

ENERGY BOOSTER

ENERGY BOOSTER

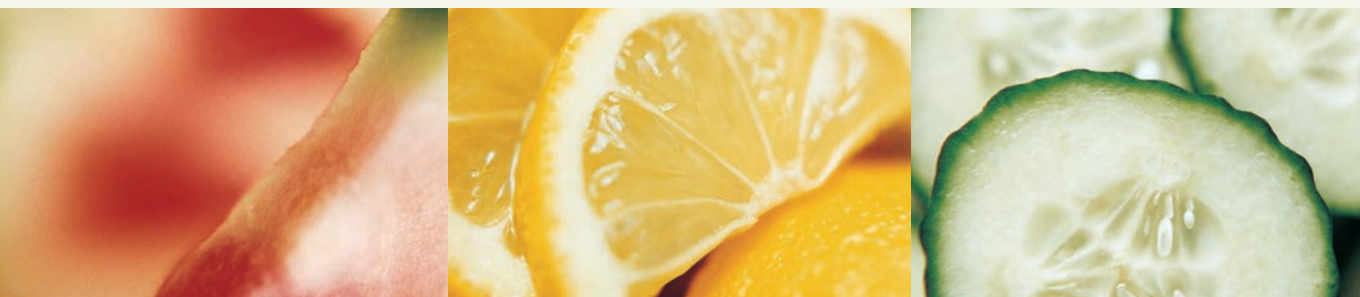
A balanced mix of carbohydrates and protein with a lower amount of fat to supply additional energy for performance.

PHASE 3

ENDURANCE MAXIMIZER

ENDURANCE MAXIMIZER

An athletic diet of complex carbohydrates, lean proteins, and lower fat with an emphasis on more carbohydrates. You'll need this combination of foods as fuel to get the most out of your final training block and truly get in the best shape of your life!



THE 3 PHASES

Like the P90X exercise program, the P90X Nutrition Guideline is divided into 3 phases, calibrated to move from fast, efficient fat loss (Phase 1) to peak energy (Phase 2) to lasting success (Phase 3). The nutritional proportions change with each plan, so it's important to follow the instructions for your current plan.

The nutritional proportions for each of the 3 plans are as follows:

PHASE	GOAL	PROTEIN	CARBOHYDRATE	FAT
PHASE 1 FAT SHREDDER	Strengthen muscle and shed excess body fat	50%	30%	20%
PHASE 2 ENERGY BOOSTER	Maintain Phase 1 changes with additional energy for midstream performance	40%	40%	20%
PHASE 3 ENDURANCE MAXIMIZER	Support peak physical performance and satisfaction over the long term	20%	60%	20%

PHASE 1

FAT SHREDDER

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

PHASE 2

ENERGY BOOSTER

This is more of a well-rounded, long-term, sensible eating plan, and there shouldn't be too much trouble once you get here. This plan can also be used as long as you like if you're feeling great, have plenty of energy, and it seems like you're making overall progress.

PHASE 3

ENDURANCE MAXIMIZER

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

CUSTOMIZING THE PHASES

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

DETERMINE YOUR PHASE

- ☐ (1) FAT SHREDDER
- ☐ (2) ENERGY BOOSTER
- ☐ (3) ENDURANCE MAXIMIZER

THERE ARE **3 APPROACHES** FOR EACH PHASE.

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

THE PORTION APPROACH

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

THE MEAL PLAN APPROACH

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

THE QUICK OPTION APPROACH

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

DETERMINE YOUR APPROACH

☐

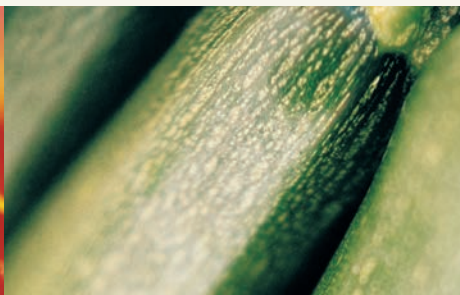
PORTION

☐

MEAL PLAN

☐

QUICK OPTION



YOUR BODY FAT PERCENTAGE

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

To get started, use the body fat measurement you assessed prior to taking your Fit Test (see page 19 of the P90X Fitness Guide), or simply use a body fat caliper and record your results here.

	CURRENT BODY FAT %	NOTES
Start		
Day 28		
Day 56		
Day 90		

BODY FAT TARGET

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

	FIT RANGE	ATHLETE RANGE	ELITE ATHLETE RANGE
MEN	14–17%	10–13%	4–9%
WOMEN	21–24%	16–20%	12–15%

THERE ARE 3 NUTRITION LEVELS WITHIN EACH APPROACH.

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

1

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

YOUR BODY WEIGHT		x 10 =	RMR (IN CALORIES)
<input type="text"/>			<input type="text"/>

2

Calculate your daily activity burn, the calories required for daily movement apart from exercise.

Keep in mind that all lifestyles aren't created equal. A construction worker will have a higher daily burn rate than

a computer programmer, so this figure should be treated as a ballpark estimate. You will probably need to do some personal adjusting to get it perfect. Don't worry, this will become more obvious than you think once you get going.

YOUR RMR		x 20% =	DAILY ACTIVITY BURN
<input type="text"/>			<input type="text"/>

3

Add the calories required for your exercise needs, which we have calculated at 600 calories per day for the P90X program. Add it all up and you've got your energy amount.

YOUR RMR		+	DAILY ACTIVITY BURN		+	600 =	ENERGY AMOUNT
<input type="text"/>			<input type="text"/>				<input type="text"/>

4

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

Example: A 6-foot, 180-pound man

RMR = 180 (body weight in pounds) x 10 = 1,800

Daily activity burn = 1,800 (RMR) x 20% = 360

Exercise expenditure = 600

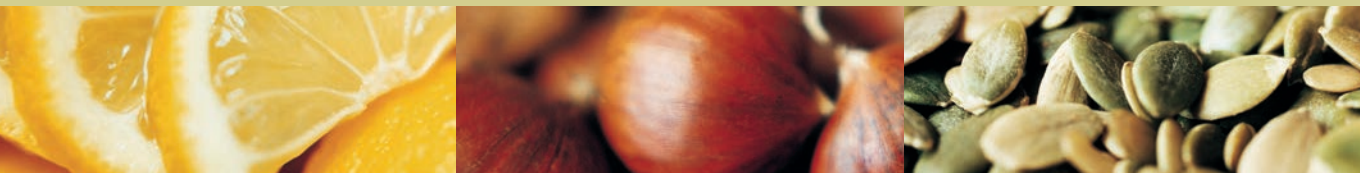
Energy amount = 1,800 + 360 + 600 = 2,760

Nutrition level = II

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

YOUR ENERGY AMOUNT	NUTRITION LEVEL	
1,800–2,399	1,800 calories/day	LEVEL I
2,400–2,999	2,400 calories/day	LEVEL II
3,000+	3,000 calories/day	LEVEL III

YOUR NUTRITION LEVEL =



GENERAL GUIDELINES

keeping a daily journal

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

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

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



WHY DIET MATTERS

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

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

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



WHEN TO EAT

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

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

okay, let’s get started.

big P90X step...

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

TOSS THE JUNK!

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

Yes, we mean it. Throw it away!

WHAT RESULTS TO EXPECT

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

THE NUMBER ONE OBSTACLE

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

OTHER "DON'TS" THAT CAN DERAIL YOUR DIET INCLUDE:

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

DRINK WATER

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

P90X HYDRATION SCHEDULE

- 12 oz. water two hours prior to exercise
- 8–12 oz. water 15 to 30 minutes prior to exercise
- 4–8 oz. water every 15 minutes during exercise





THE P90X® RESULTS AND RECOVERY FORMULA AND THIS PLAN

It's best to have the Results and Recovery Formula after-workout drink within one hour of finishing your hardest workout of the day, when your glycogen stores are at their lowest. This should be the only thing you consume during this time frame. You can also split this up if you do double workouts, and have half a serving after both workouts, or even a full serving if you're trying to gain mass. But keep in mind that you don't need to replenish glycogen stores if they haven't been exhausted. So if you completed one of your workouts at a lower intensity, you may want to save the recovery drink for after your harder workout.

RECALCULATING YOUR CALORIES

mean it's perfect for everyone. If you feel that you need to eat either more or less than you've calculated, then this really might be the case.

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

One thing to caution you against is **UNDEREATING**. If you don't feed your body enough, your metabolism will slow down and you'll compromise your workouts. This can affect your results in ways you may not notice because you may feel okay generally, but your performance could be lagging. Do not run out of energy. The only time that you should drop your caloric intake is if you are working out hard, yet still gaining fat.

You might actually need to add calories if you feel like you are running out of energy during your workouts, but this could also result from eating too far before you exercise. If you decide to eat more, adding as little as 200–300 calories per day should be enough unless your calculations are way off. This is easily done by adding a snack such as nuts or dried fruit, substituting a meal in place of a snack, or adding a P90X protein bar or protein shake.

“BONKING”

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

LOW-FAT COOKING TECHNIQUES

Learning just a few basic skills can make you a low-fat chef with good habits you'll use for life. Cooking with liquids other than fat can trim the fat content of a dish by up to 1,000

calories. This can have a positive effect on your total health and well-being, and maybe even prevent illnesses such as cancer and heart disease. And on top of all that, you can lose lots of weight.

Refer to these techniques when making the P90X recipes or preparing foods from the Portion Approach.

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

A BETTER SAUTÉ



- 1_ Heat 2 tablespoons of liquid in a sauté pan over medium-high heat.
- 2_ When the liquid begins to steam, add ingredients and stir.
- 3_ Continue to sauté, stirring frequently, until the liquid in the pan evaporates. Quickly add 2 more tablespoons of liquid, stirring to scrape up the glaze at the bottom of the pan.
- 4_ Continue to cook, adding liquid as necessary, until done.

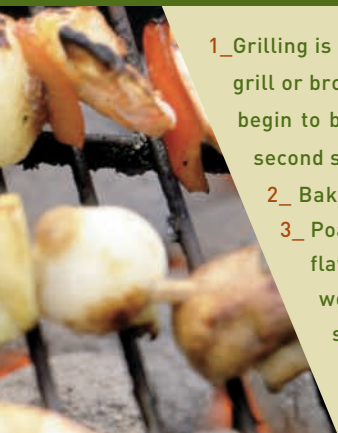
PASTA AND NOODLES



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

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

GRILLING, BAKING, AND POACHING



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

For added flavor and moisture, brush seafood, meat, or poultry with fresh citrus juice, mustard, Worcestershire sauce, soy sauce, or fresh herbs before grilling or roasting. Or use an oil-free marinade—for best flavor, marinate at least two hours or overnight in the refrigerator.

VEGETARIANS

If you are a vegetarian, chances are you already know this drill, but any of the P90X recipes can be prepared vegetarian with some creative substitution. Keep in mind that, as a vegetarian, you need to do your own calculating to get enough protein. Unlike meat dishes, most of your options contain some carbs. Here are some meat substitutions that can help your diet stay high in protein.

Beans/lentils/soybeans	Nonfat yogurt
Cottage cheese	Seitan
Egg substitutes	Soy burgers
Egg whites	Soy cheese
Garden burgers	Soy yogurt
Hemp protein	Tempeh
Hummus	Tofu
Nonfat cheese	



FAT SHREDDER

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

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

Important Note on Snacks:

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

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

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


PORTION APPROACH

PHASE

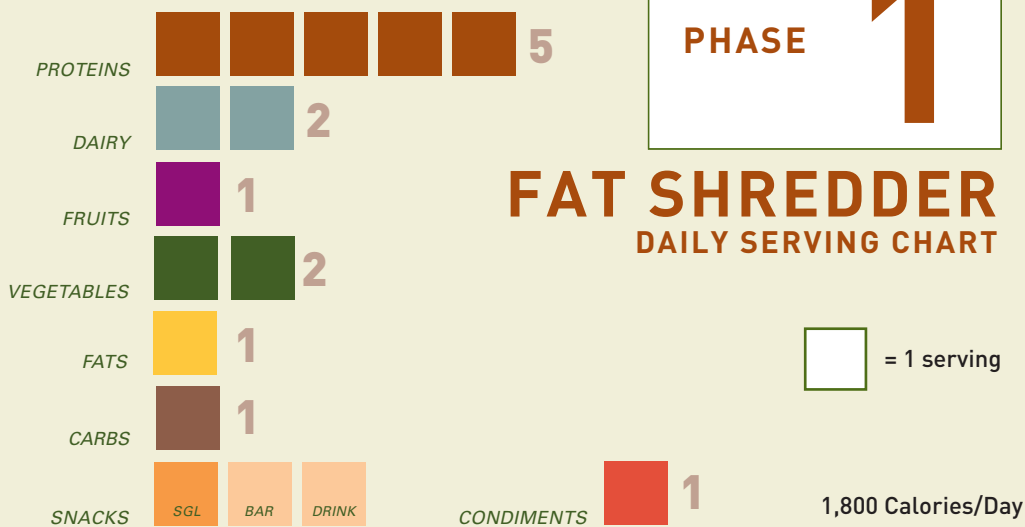
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FAT SHREDDER

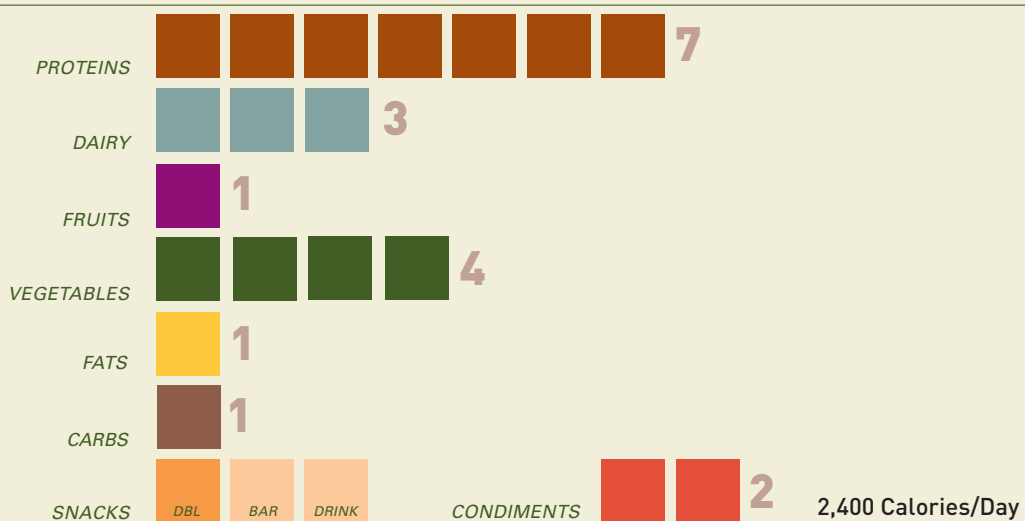
DAILY SERVING CHART

 = 1 serving

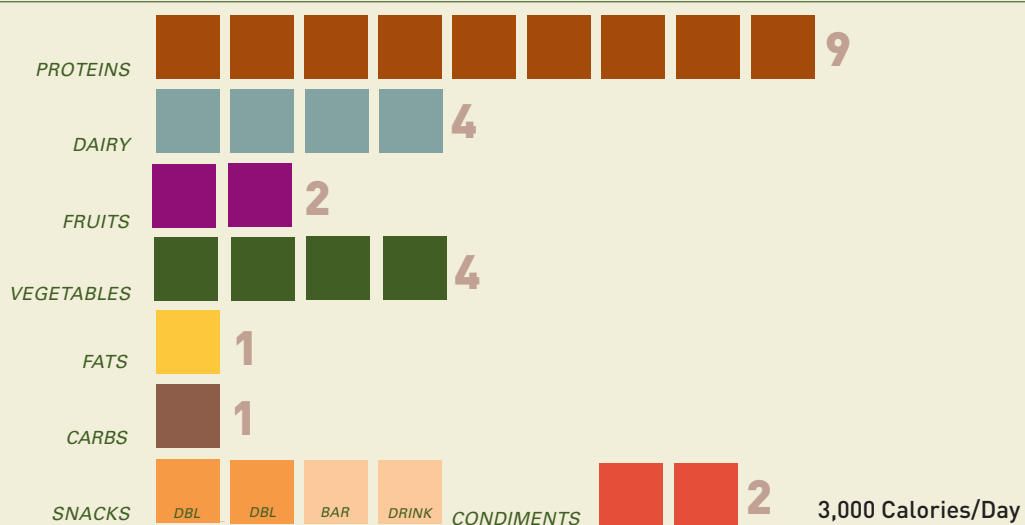
LEVEL I



LEVEL II



LEVEL III



During Phase 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 APPROACH

PHASE
ALL LEVELS

1

FAT SHREDDER

PORTION APPROACH FOODS LIST

FATS

each serving = 120 cal.

3 oz_Avocado
1 tbsp_Canola oil
1 tbsp_Flaxseed oil

Olive oil_1 tbsp
Olives_4 oz

PROTEINS

each serving = 100 cal.

3 oz_Boneless, skinless, chicken or turkey breast
6_Egg whites
3 oz_Fish and shellfish
3 oz_Ham slices, fat-free
3 oz_Pork tenderloin
1/3 cup_Protein powder
3 oz_Red meat (top sirloin, flank steak)
3 oz_Red meat, lean

Soy burger_1
Soy cheese slices_5
Tofu_3 oz
Tuna_3 oz
Turkey bacon_2 slices
Veggie burger_1
Veggie dog_1

CARBOHYDRATES

each serving = 200 cal.

GRAINS

LEGUMES

POTATOES

1 medium_Bagel, whole wheat
1 cup_Baked beans
1 cup_Beans (kidney, black, etc.)
1_Bran muffin (2.5 oz)
2 slices_Bread (whole wheat, rye, or pumpernickel)
1 cup_Cereal, whole grain
1 cup_Couscous
12_Crackers
2_English muffins, whole wheat
1 cup_Hummus
1 cup_Lentils
1 cup_Oatmeal

Pancakes (3.6 oz)_3
Pasta or noodles_1 cup
Pita, whole wheat_1 large
Potato (2" x 4-3/4")_1
Quinoa_1 cup
Refried beans, low-fat_1 cup
Rice, brown or wild_1 cup
Sweet potato_1 medium
Tortillas, corn_3
Tortilla, whole wheat_1 large
Waffles, whole wheat_2
Wheat berries_1 cup

DAIRY PRODUCTS

each serving = 120 cal.

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

1 oz_Cheese, low-fat
1 cup_Cottage cheese, 1%
1 oz_Feta cheese
1 oz_Goat cheese, semisoft
1-1/2 oz_Mozzarella, part-skim

Parmesan cheese_1 oz
Skim milk_8 oz
Soy cheese_1 oz
Soy milk_8 oz
Yogurt, nonfat plain_8 oz



FRUITS

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_Cheries	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

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-sodium
Eggplant	Vegetable soup
Kale	

CONDIMENTS

each serving = 2 tbsp = 50 cal.

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

SNACKS

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

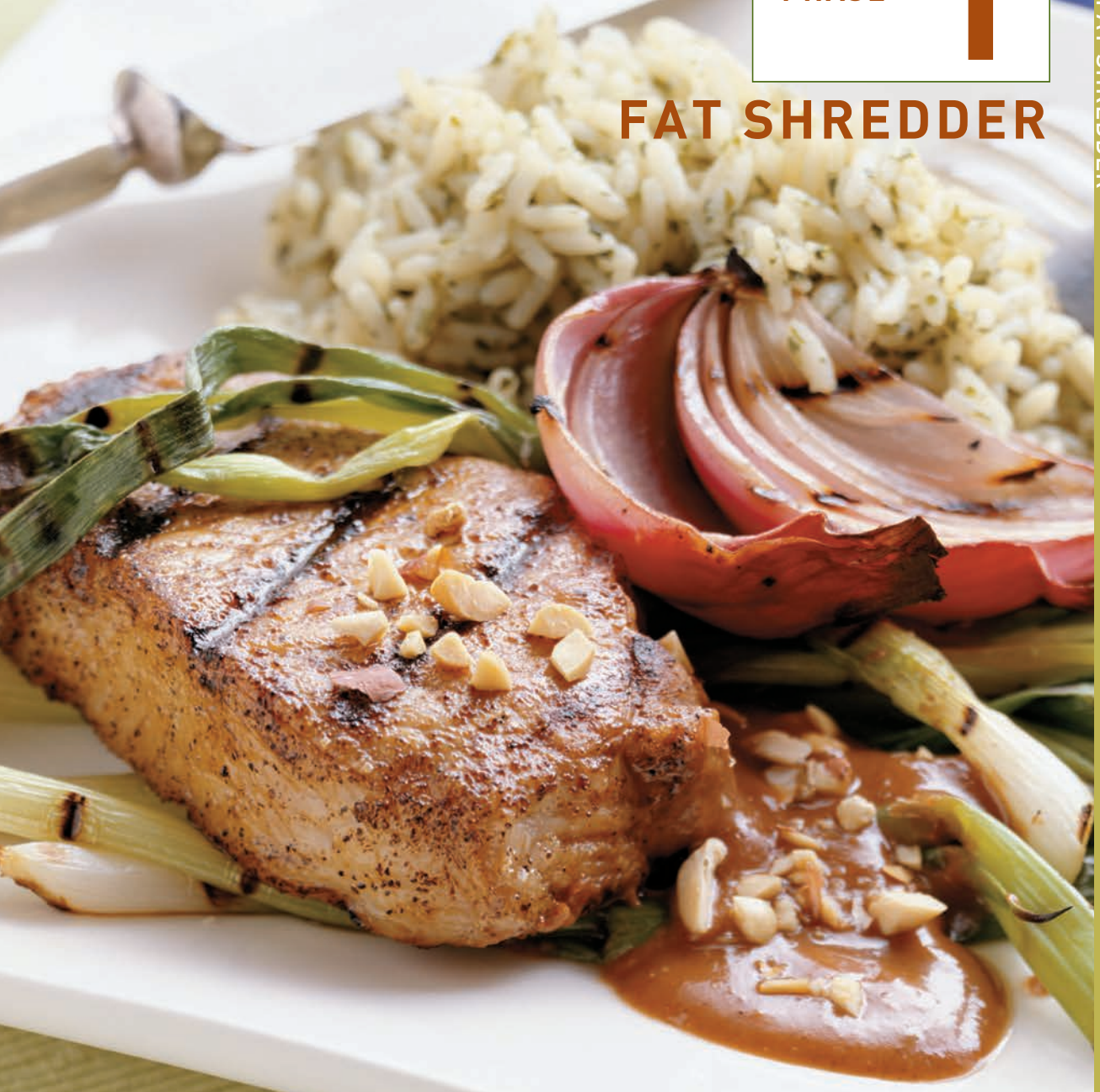
Note: One portion of low-fat cheese or cottage cheese counts as either a snack or a dairy portion, not both.

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	

PHASE

1

FAT SHREDDER



GENERAL GUIDELINES

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

FAT SHREDDER































 _Recipe included

MEAL PLAN APPROACH

LEVEL I

PHASE

1

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_Aspparagus 1_cup_Wild rice 1_cup_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 2_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-Chile 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 2_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_Aspparagus Soup  1_tbsp_Protein powder

OVERVIEW

* Immediately after workout

FAT SHREDDER

 _Recipe included




MEAL PLAN APPROACH

LEVEL II

PHASE

1

PHASE 1-FAT SHREDDER

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_Aspparagus 1_cup_Wild rice 2_cups_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-Chile 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_Aspparagus Soup  2_tbsp_Protein powder

OVERVIEW

* Immediately after workout































FAT SHREDDER

 _Recipe included

MEAL PLAN APPROACH

LEVEL III
PHASE

1

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 2 oz_Turkey jerky	10 oz_Salmon 4 tbsp_Lemon-Dill Sauce  1_cup_Asparagus 1_cup_Wild rice 2 cups_Red Pepper Soup  3 tbsp_Protein powder
DAY 2 1_Protein Shake 	1_Protein bar 1_Recovery drink*	1_Shrimp Stir-Fry  2 tbsp_Sesame seeds 1 oz_Cashews	3 oz_String cheese 4 oz_Soy nuts	10 oz_Turkey 4 tbsp_Gravy  1_cup_Green beans 2 cups_Butternut Squash Soup  3 tbsp_Protein powder
DAY 3 4 slices_Turkey bacon 1_Chicken Scramble  8 oz_Fresh-squeezed juice	1_Protein bar 1_Recovery drink*	1_Chicken Salad  4 cups_Salad greens 2 cups_Vegetable Soup  3 tbsp_Protein powder	4 oz_Soy nuts 12 oz_Cottage cheese	10 oz_Halibut 4 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  4 tbsp_Balsamic Vinaigrette 	3 oz_String cheese 1 oz_Cashews	10 oz_Chicken breast 4 tbsp_Honey-Chile 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*	10 oz_Turkey Burger  3 oz_Low-fat Swiss cheese 2 cups_Coleslaw  2 cups_Gazpacho  3 tbsp_Protein powder	12 oz_Cottage cheese, 1% 2 oz_Turkey jerky	10 oz_Swordfish 4 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 oz_Almonds	1_Beef & Broccoli Stir-Fry  2 cups_Miso Soup  3 tbsp_Protein powder
DAY 7 4 slices_Turkey bacon 1_Cheese Scramble  12 oz_Skim milk 1/2_Cantaloupe, medium	1_Protein bar 1_Recovery drink*	1_Tuna Salad  4 cups_Salad greens 2 cups_Chilled Cucumber Soup 	12 oz_Cottage cheese, 1% 1 oz_Almonds	10 oz_Lemon-Garlic Chicken  1_cup_Wild rice 2 cups_Asparagus Soup  3 tbsp_Protein powder

OVERVIEW

* Immediately after workout

ENERGY BOOSTER

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

For example, if you are in Phase 2 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:

PROTEINS	6 servings	
DAIRY	2 servings	
FRUITS	1 serving	
VEGETABLES	3 servings	
FATS	1 serving	
CARBOHYDRATES	3 servings	
SNACKS	2 servings	[2 items from the single snack group or 1 item from the double snack group] PLUS a P90X Peak Performance Protein Bar and P90X Results and Recovery Formula drink
CONDIMENTS	1-1/2 servings	

Important Note on Snacks:

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

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


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

PHASE

2

ENERGY BOOSTER

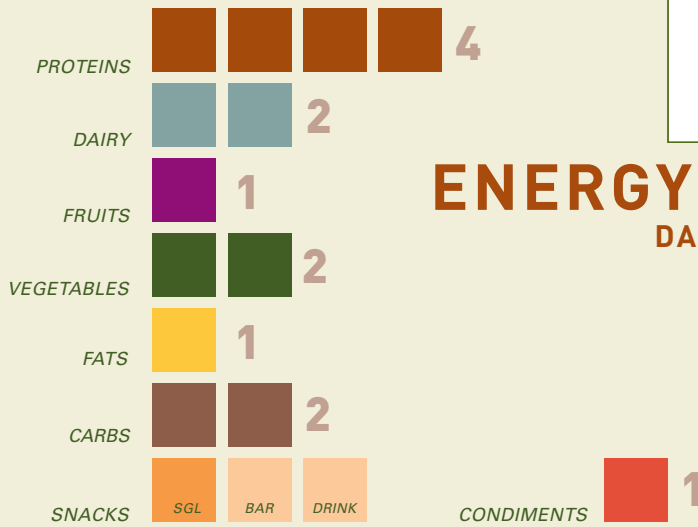
DAILY SERVING CHART

 = 1 serving

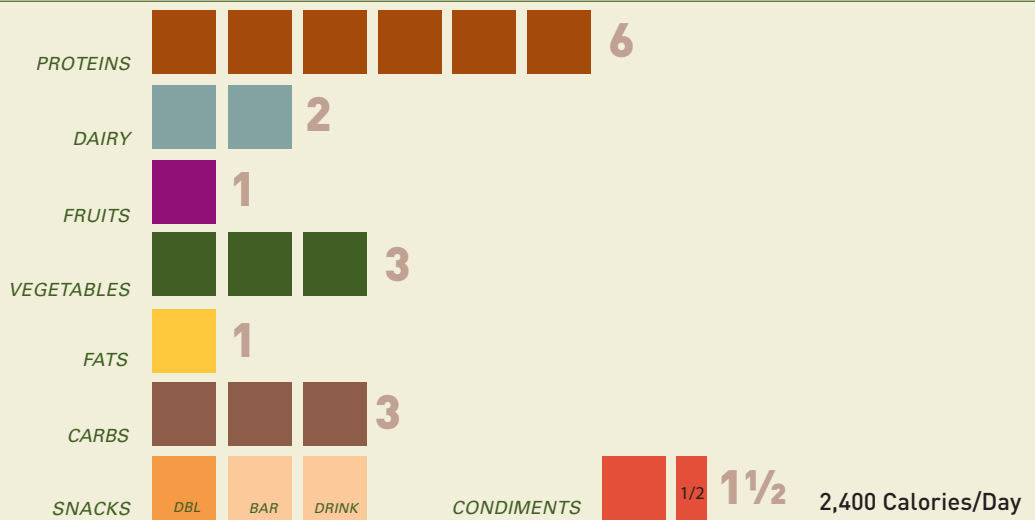
1,800 Calories/Day

PHASE 2-ENERGY BOOSTER

LEVEL I

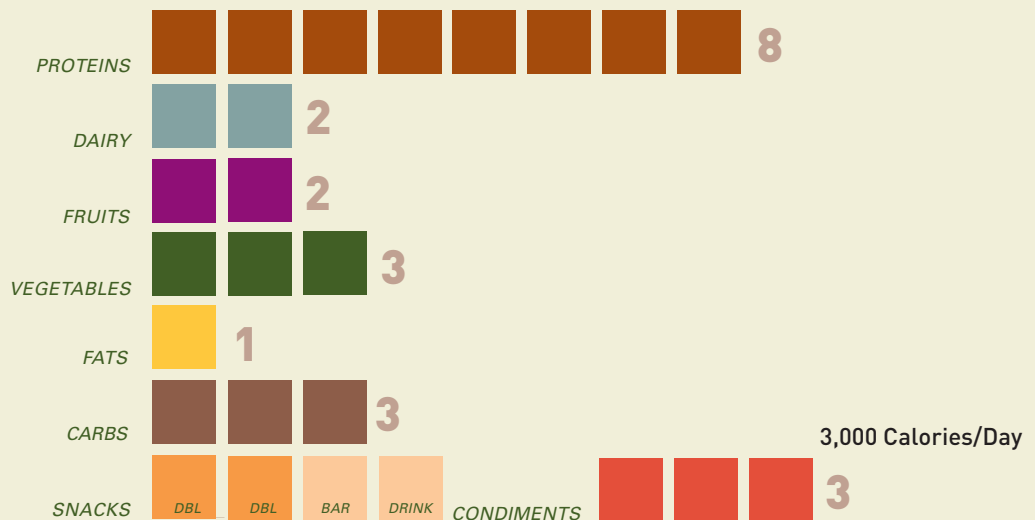


LEVEL II



2,400 Calories/Day

LEVEL III



3,000 Calories/Day

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

ENERGY BOOSTER

PORTION APPROACH FOODS LIST

FATS

each serving = 120 cal.

3 oz_Avocado
1 tbsp_Canola oil
1 tbsp_Flaxseed oil
Olive oil_1 tbsp
Olives_4 oz

PROTEINS

each serving = 100 cal.

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

CARBOHYDRATES

each serving = 200 cal.

GRAINS

LEGUMES

POTATOES

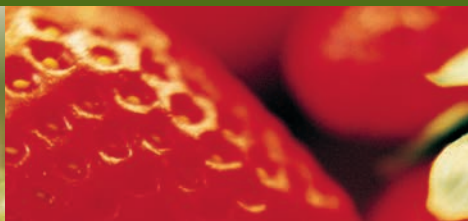
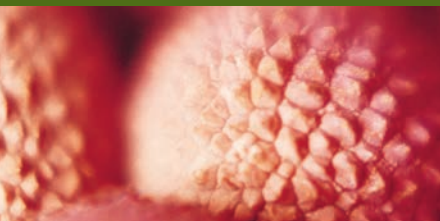
1 medium_Bagel, whole wheat
1 cup_Baked beans
1 cup_Beans (kidney, black, etc.)
1_Bran muffin (2.5 oz)
2 slices_Bread (whole wheat, rye, or pumpernickel)
1 cup_Cereal, whole grain
1 cup_Couscous
12_Crackers
2_English muffins, whole wheat
1 cup_Hummus
1 cup_Lentils
1 cup_Oatmeal
Pancakes (3.6 oz)_3
Pasta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

DAIRY PRODUCTS

each serving = 120 cal.

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

1-1/2 oz_Cheese, low-fat
1 cup_Cottage cheese, 1%
1-1/2 oz_Feta cheese
1-1/2 oz_Goat cheese, semisoft
1-1/2 oz_Mozzarella, part skim
1 oz_Parmesan cheese
Skim milk_8 oz
Soy cheese_1-1/2 oz
Soy milk_8 oz
Yogurt, nonfat fruit-flavored_8 oz
Yogurt, nonfat plain_8 oz



FRUITS

each serving = 100 cal.

1 medium_Apple
1 cup_Apricots
1 medium_Banana
1/4 medium_Cantaloupe
1 cup_Cherries
1 oz_Dried fruit
6 oz_Fresh-squeezed juice
1 medium_Grapefruit
1 cup_Grapes
1 cup_Kiwi
1/2 medium_Mango

Nectarine_1 medium
Orange_1 large
Papaya_1/2 medium
Peach_1 medium
Pear_1 medium
Raspberries, blueberries,
blackberries_1 cup
Strawberries, sliced_2 cups
Tangerine_1 medium
Watermelon_1 cup

VEGETABLES

each serving = 50 cal.
1 cup = cooked vegetables,
vegetable juice,
or vegetable soup
2 cups = leafy greens

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

Lettuce
Marinara sauce
Mushrooms
Peas
Peppers
Spinach
Sprouts
Squash (summer or winter)
String beans
Tomatoes
V-8® juice, low-sodium
Vegetable soup

CONDIMENTS

each serving = 2 tbsp = 50 cal.

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

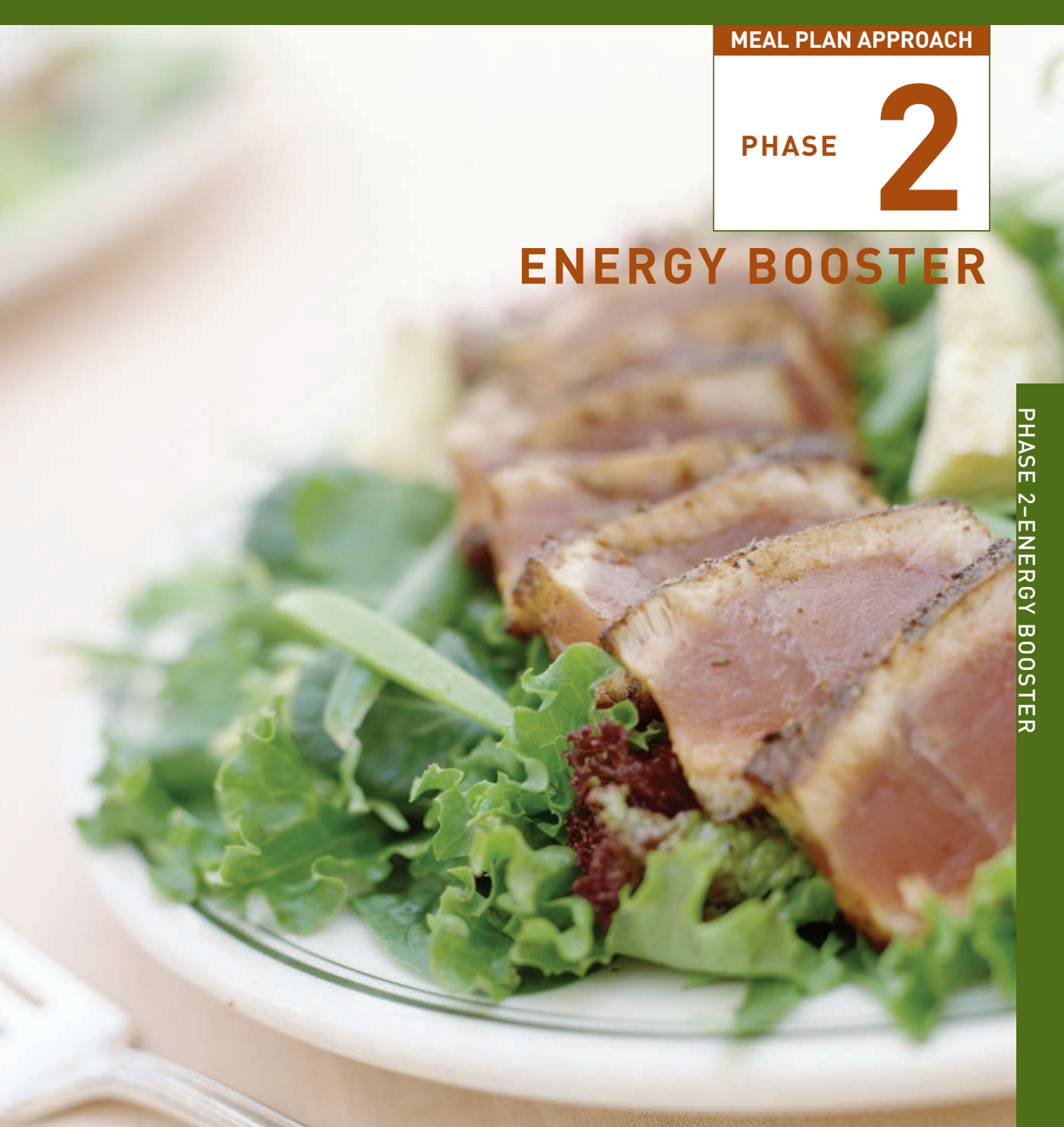
SNACKS

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

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

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

ENERGY BOOSTER



GENERAL GUIDELINES

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

ENERGY BOOSTER
















 _Recipe included

MEAL PLAN APPROACH

LEVEL I

PHASE

2

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

OVERVIEW

* Immediately after workout

ENERGY BOOSTER

 _Recipe included

MEAL PLAN APPROACH

LEVEL II

PHASE

2

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

* Immediately after workout

PHASE 2-ENERGY BOOSTER


















ENERGY BOOSTER

 _Recipe included

MEAL PLAN APPROACH

LEVEL III

PHASE **2**

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
DAY 1	1 cup_Oatmeal 8 oz_Skim milk 1 tbsp_Protein powder 1/2 oz_Raisins	1_Protein bar 1_Recovery drink	1_Shrimp Pasta Pomodoro  1 cup_Melon	1 oz_Low-fat cheese w/ 6_Crackers 1_Sourdough pretzel	12 oz_Extra-lean burger patty 3 oz_Low-fat melted cheese 1_Baked potato, medium 4 cups_Salad greens w/ cucumber and tomatoes 4 tbsp_Dressing (your choice) 1/2 cup_Fresh berries
DAY 2	1_Whole wheat bagel 8 oz_Cottage cheese, 1% 1_Orange, medium	1_Protein bar 1_Recovery drink	1_Grilled Chicken Burrito  2 cups_Gazpacho  (see Phase 1 recipes)	4 tbsp_Hummus w/ carrot sticks 1 oz_Turkey jerky	12 oz_Halibut 4 tbsp_Sauce (your choice) 1_Artichoke, medium 1 cup_Wheat berries 1_Nectarine, medium
DAY 3	1_Pear and Granola Muffin  8 oz_Nonfat yogurt 1 cup_Strawberries, sliced	1_Protein bar 1_Recovery drink	Tuna Roll-Up: 12 oz_Tuna Salad  (see Phase 1 recipes) 1_Whole wheat tortilla 1/4 cup_Sprouts and diced tomatoes 1_Peach, medium	1 oz_Almonds 3 cups_Lite popcorn	12 oz_Chicken breast 4 tbsp_Sauce (your choice) 2 cups_Mushroom, zucchini, and onion sauté 9 oz_Grated Parmesan cheese 1 cup_Brown rice
DAY 4	1_Protein Shake  (see Phase 1 recipes)	1_Protein bar 1_Recovery drink	Turkey Breast Sandwich: 12 oz_Fat-free turkey breast 2 slices_Whole wheat toast 1 leaf_Lettuce 2 slices_Tomato 1 cup_Vegetable Soup  (see Phase 1 recipes)	8 oz_Nonfat fruit-flavored yogurt 3 cups_Lite popcorn	12 oz_Salmon 4 tbsp_Green Apple Salsa  1 cup_Aspparagus 1_Baked potato, medium 4 cups_Salad greens 4 tbsp_Dressing (your choice)
DAY 5	2_Whole wheat waffles 1/2_Banana, medium 4 tbsp_Low-sugar maple syrup 8 oz_Skim milk	1_Protein bar 1_Recovery drink	1_Chicken Pita  1 cup_Grapes	2 oz_Soy nuts 2 oz_Turkey jerky	12 oz_Grilled Ahi Tuna Salad  4 tbsp_Lime-Soy Vinaigrette  1_Whole grain roll
DAY 6	6_Egg whites 1_Breakfast Potatoes  8 oz_Cottage cheese, 1% 6 oz_Fresh-squeezed juice	1_Protein bar 1_Recovery drink	1_White Bean and Tuna Salad 	8 oz_Nonfat fruit-flavored yogurt 1 tbsp_Peanut butter w/ celery sticks	12 oz_Italian Meatloaf  1_Baked potato, medium 4 cups_Spinach and romaine salad 3 oz_Mozzarella cheese, cubed 4 tbsp_Dressing (your choice)
DAY 7	3_Pancakes, 3.6 oz 4 tbsp_Low-sugar maple syrup 1 cup_Blueberries 8 oz_Skim milk 1 tbsp_Protein powder	1_Protein bar 1_Recovery drink	1_Chicken Caesar Salad  4 tbsp_Caesar Dressing  1 cup_Strawberries, sliced	1 oz_Low-fat cheese w/ 6_Crackers 1_Sourdough pretzel	12 oz_Filet mignon 4 tbsp_Pear and Peppercorn Sauce  1 cup_Portobello mushrooms 1 cup_Wild rice

OVERVIEW

* Immediately after workout

ENDURANCE MAXIMIZER

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

For example, if you are in Phase 3 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:

PROTEINS	3 servings	
DAIRY	1 serving	
FRUITS	3 servings	
VEGETABLES	3 servings	
FATS	1 serving	
CARBOHYDRATES	4 servings	
SNACKS	3 servings	(1 item from the single snack group plus 1 item from the double snack group) PLUS a P90X Results and Recovery Formula drink
CONDIMENTS	3 servings	

Important Note on Snacks:

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

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

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


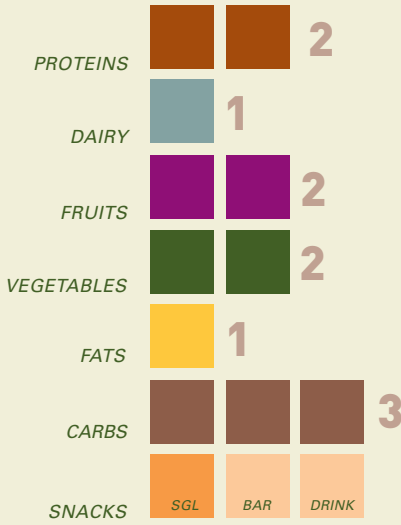

PHASE

3

ENDURANCE MAXIMIZER

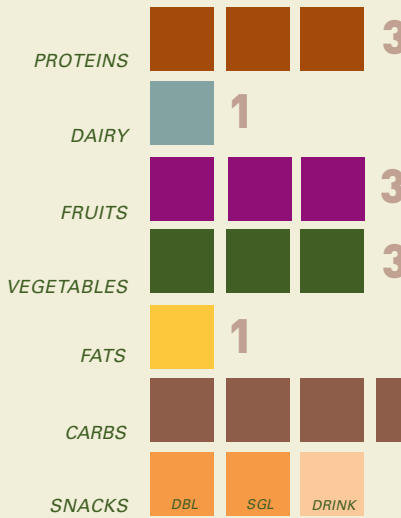
DAILY SERVING CHART

LEVEL I

 = 1 serving

 = 1 serving

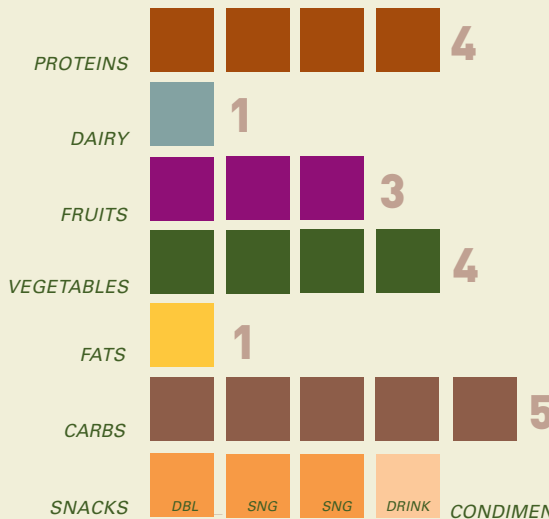
1,800 Calories/Day

LEVEL II



2,400 Calories/Day

LEVEL III



3,000 Calories/Day

PHASE 3-ENDURANCE MAXIMIZER

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.

ENDURANCE MAXIMIZER

PORTION APPROACH FOODS LIST

FATS

each serving = 120 cal.

3 oz_Avocado
1 tbsp_Canola oil
1 tbsp_Flaxseed oil
Olive oil_1 tbsp
Olives_4 oz

PROTEINS

each serving = 100 cal.

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

CARBOHYDRATES

each serving = 200 cal.

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

DAIRY PRODUCTS

each serving = 120 cal.

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

1-1/2 oz_Cheese, low-fat
1 cup_Cottage cheese, 1%
1-1/2 oz_Feta cheese
1-1/2 oz_Goat cheese, semisoft
1-1/2 oz_Mozzarella, part-skim
Parmesan cheese_1 oz
Skim milk_8 oz
Soy cheese_1-1/2 oz
Soy milk_8 oz
Yogurt, nonfat plain_8 oz



FRUITS

each serving = 100 cal.

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

VEGETABLES

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-sodium |
| Eggplant | Vegetable soup |
| Kale | |

CONDIMENTS

each serving = 2 tbsp = 50 cal.

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

SNACKS

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

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

- | 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 | |

ENDURANCE MAXIMIZER



GENERAL GUIDELINES

If you've been craving those traditional carb favorites like pancakes, pasta, and potatoes, then welcome to Phase 3. The high-carbohydrate recipes in this section will help keep you energized during the final stretch. Additionally, there are plenty of great-tasting meat, poultry, and seafood entrees to ensure fast muscle recovery.

ENDURANCE MAXIMIZER

 _Recipe included

MEAL PLAN APPROACH

LEVEL I

PHASE

3

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
DAY 1 1_Blueberry Muffin  8 oz_Nonfat plain yogurt 1 cup_Berries	1_Recovery drink*	1_Veggie burger 1/2_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
DAY 2 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
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*	1 cup_Black and 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
DAY 4 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
DAY 5 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)
DAY 6 8 oz_Cottage cheese, 1% 1 cup_Pineapple chunks 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
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_Medium fresh fruit 1 tbsp_Peanut butter w/ celery sticks	6 oz_Pork Chop with Apple and Sweet Potato  1 cup_Peas 2 cups_Salad greens 2 tbsp_Dressing (your choice)

OVERVIEW

* Immediately after workout

ENDURANCE MAXIMIZER

 _Recipe included

MEAL PLAN APPROACH

LEVEL II

PHASE

3

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)
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 and 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_Orange, 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
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 and Sweet Potato 
1 cup_Peas
3 cups_Salad greens
3 tbsp_Dressing (your choice)

OVERVIEW

* Immediately after workout

PHASE 3-ENDURANCE MAXIMIZER

ENDURANCE MAXIMIZER

 _Recipe included

MEAL PLAN APPROACH

LEVEL III

PHASE

3

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 and 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 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 and Sweet Potato  1 cup_Peas 4 cups_Salad greens 4 tbsp_Dressing (your choice)

OVERVIEW

* Immediately after workout



QUICK OPTIONS

CONVENIENCE FOODS GUIDELINES

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

Follow the calories, fat, and sodium guidelines below:

- _Amy's Kitchen
- _Weight Watchers Smart Ones
- _Lean Cuisine
- _Cascadian Farms
- _Cedarlane Natural Food
- _Healthy Choice

LEVEL I	1,800 CALORIES	Up to 400 calories per meal	10 g fat	600 mg sodium
LEVEL II	2,400 CALORIES	Up to 600 calories per meal	12 g fat	800 mg sodium
LEVEL III	3,000 CALORIES	Up to 800 calories per meal	15 g fat	1,000 mg sodium

QUICK AT-HOME DISHES

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

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

FAST FOODS

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

GUIDELINES

The majority of fast foods have a high fat and sodium content. You should NOT exceed one fast food meal per day, a few times a week. Use with Portion Approach servings.

IMPORTANT

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

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

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

	CALORIES	PROTEIN	CARB.	FAT
SUBWAY				
Includes Italian or wheat bread, lettuce, tomatoes, onions, green pepper, olives, and pickles.				
6-inch Ham	290	1 Serving	1 Serving	½ Serving
6-inch Roast Beef	290	1 Serving	1 Serving	½ Serving
6-inch Subway Club	320	1 Serving	1 Serving	½ Serving
6-inch Turkey Breast	280	½ Serving	1 Serving	¼ Serving
6-inch Veggie Delite	230	½ Serving	½ Serving	½ Serving
6-inch Sweet Onion Chicken Teriyaki	370	1 Serving	1½ Servings	½ Serving
6-inch Turkey Breast and Ham	290	1 Serving	1 Serving	½ Serving
SALADS WITHOUT DRESSING				
Ham	120	½ Serving	¼ Serving	¼ Serving
Roast Beef	140	½ Serving	¼ Serving	¼ Serving
Veggie Delite	60	¼ Serving	¼ Serving	¼ Serving
Grilled Chicken Breast Strips	140	½ Serving	¼ Serving	¼ Serving
Turkey Breast	120	½ Serving	¼ Serving	¼ Serving
MCDONALD'S				
Hamburger	260	1 Serving	¾ Serving	½ Serving
Grilled Chicken Caesar Salad (no dressing)	220	½ Serving	¼ Serving	½ Serving
Fruit 'n Yogurt Parfait	160	½ Serving	1½ Servings	½ Serving

	CALORIES	PROTEIN	CARB.	FAT
JACK IN THE BOX				
Chicken Fajita Pita	300	1 Serving	¾ Serving	1 Serving
BURGER KING				
Veggie Burger	420	1 Serving	1 Serving	1 Serving
Tendercrisp Caesar Salad (no dressing or croutons)	400	1 Serving	1 Serving	1 Serving
CARL'S JR.				
Jr. Hamburger	280	½ Serving	¾ Serving	½ Serving
Charbroiled BBQ Chicken Sandwich	370	1½ Servings	1 Serving	¾ Serving
Charbroiled Chicken Salad-To-Go	330	1 Serving	¾ Serving	½ Serving
Garden Salad-To-Go	120	1 Serving	¾ Serving	¾ Serving
PIZZA HUT				
Thin 'N Crispy Pizza = 1 slice Cheese	200	½ Serving	½ Serving	½ Serving
Thin 'N Crispy Pizza = 1 slice Veggie Lover's	180	½ Serving	½ Serving	½ Serving
Pasta, 1 serving Spaghetti w/ Marinara	490	½ Serving	2 Servings	½ Serving
TACO BELL				
Soft Taco				
Beef	210	½ Serving	¾ Serving	¾ Serving
Chicken	190	½ Serving	¾ Serving	½ Serving
Tostada	250	3½ Servings	¾ Serving	¾ Serving
WENDY'S				
Jr. Hamburger	280	1½ Servings	¾ Serving	½ Serving
Ultimate Chicken Grill	370	1 Serving	¾ Serving	½ Serving
Mandarin Chicken Salad	550	1 Serving	1 Serving	1 Serving
Spinach Chicken Salad	450	½ Serving	¾ Serving	1 Serving
Baked Potato (plain)	160	¾ Serving	1½ Servings	0 Serving
CHICK-FIL-A				
Chargrilled Chicken	180	1 Serving	¾ Serving	½ Serving
Garden Salad				
Chargrilled Chicken Sandwich (no butter)	270	1 Serving	¾ Serving	¾ Serving