

# NUTRITION GUIDE

FUEL YOUR PERFORMANCE



# ASIXE®

P90X2<sup>®</sup>

**NUTRITION GUIDE**  
EATING FOR POWER PERFORMANCE



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# AN ATHLETE'S NUTRITION PLAN

## Foreword by Steve Edwards

This is not a weight loss diet. I think it's important to get that out of the way right up front. This doesn't mean that you won't lose weight. If you want to, you will. But this nutrition plan is designed to increase your body's performance, where weight loss comes as a natural extension of being healthy, because that's how you'll get lasting results.

The P90X2™ nutrition plan, like the P90X® nutrition plan before it, gives you a strategy for fueling your body to recover from the rigors of an intense exercise program. When you recover properly, your body builds lean mass more quickly, which changes your metabolic process. I'll explain this more in a second, but first, let's look at what's new in the X2 plan.



The first thing we did was eliminate any confusion from the original, which simply means we've answered your questions. Since P90X launched in 2004, we've received thousands of questions and comments. We've been listening.

We then "Tony-ized" things by consulting with his two personal chefs, Shawna Brannon and Melissa Costello. When Tony began a vegan diet (after P90X, by the way) we heard a lot of gripes as to why the P90X nutrition plan didn't reflect this. Regardless of his latest trend, now you can eat the way Tony does—though it's certainly not necessary to get results.

Next, we consulted with the most experienced nutritionists we could find: our staff. Not many people see the number of challenging diet scenarios we're privy to at Beachbody®, and we've done our best to pass this knowledge on to you. That said, we're also always trying to up our game. Please feel free to hit up Sara Ryba, Denis Faye, myself, or any of our staff on chats or the Message Boards at TeamBeachbody.com. Your questions help us improve.

The notion that no one diet is right for everyone (or bioindividuality) is the model the **P90X2 Fuel Your Performance Fitness Guide** is based on. Our customers range from grandparents to stay-at-home moms to professional athletes; far too much diversity to say there's only one way to eat. The P90X2 plan is designed to be customizable for just about everyone.

So back to performance eating. Different nutrition strategies work better at different times. When you're out of shape and overweight, simply cutting calories works well. But as you get into better shape, you need to eat for the activity you're doing; otherwise your performance stops improving, along with your results.

When you switch between the plans in the nutrition guide, pay attention to how you feel. If you're tracking each workout (and you should be) note your performance differences. Your goal is continual improvement. When your performance stops improving, it's time to rethink your diet. Switching between plans, or changing the number of calories you eat each day, is one of the best ways to determine how your nutrition plan is working.

Remember that as you get fitter, you'll burn more calories, even when you're not doing anything. We've seen Beachbody customers who, after losing weight initially by eating very little, have had to more than double the amount of calories they were eating in order to continue losing weight once they were fit. While this scenario is extreme, variations of it are common.

Once you reach a solid fitness base, you need to strategize your eating around recovery from exercise in order to keep seeing improvement. Athletes don't compete on starvation diets, and if you're doing P90X2, you too are an athlete!

—STEVE EDWARDS  
Director of Results, BEACHBODY

The **P90X2** plan is designed to be **customizable** for just about **everybody**.





... our new plan allows you the **freedom**  
to eat the way you need to eat,  
yet gives you some **structure** ...



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## WHAT'S NEW WITH THE P90X2 NUTRITION GUIDE?

You'll probably notice a few changes from the P90X Nutrition Plan. First, we've integrated the meal plan and the portion plan. We figured after one or more rounds of P90X, with possibly a little INSANITY® thrown in for good measure, you're probably very aware of your nutritional needs. So our new plan allows you the freedom to eat the way you need to eat, yet gives you some structure when you want to leave the nutritional driving to us.

To spice things up, we enlisted some top chefs to come up with a variety of delicious recipes suited for every taste. Instead of separating them from the portion plan, we've woven them into it. And with this new system, we can offer you even more P90X2-ready recipes in the future through the Beachbody and P90X newsletters, the Team Beachbody® Message Boards, and the Team Beachbody Meal Planner.

In addition to the standard menu, you can now also choose from an animal product-free Vegan Option and a Grain-Free Option. At this point in your fitness journey, you've

*“. . . we enlisted some top chefs to come up with a variety of delicious recipes . . .”*

probably read quite a bit about both of these and you're curious to see how they might work for you. Now you can. Both of these easy-to-understand systems still allow for maximum performance.

Speaking of choose-your-own-nutrition, you may notice the P90X “phases” have been

renamed “plans.” While we encouraged you to vary your protein, carbohydrates, and fat levels in a specific order with P90X, by now you should have a pretty good idea of what works for you when it comes to performance, shedding fat, or both. If you're still not sure which approach you should be using—the “Fat Shredder 2.0,” “Energy Booster 2.0,” or “Endurance Maximizer 2.0”—we've included a section to help you figure that out.

Important note: Picking one plan doesn't mean you're locked in for 90 days. If you feel like you could do with a few more carbs, switch to Endurance Maximizer 2.0 in week 4. If grains are getting you down in week 8, give the Grain-Free Option a try. There are three great plans, each featuring three options (27 ways to go in total, if you include the various calorie levels). Feel free to try them all to see what works best for you.

Finally, we've centralized the food lists and expanded them to include some more healthy options while cutting out a lot of the more questionable foods included in previous incarnations of the P90X Nutrition Plan. You're an athlete now. Time to eat like it.



# THE 3 PLANS

Pick the balance of foods that works for you. Everyone's body is different. Your body might like carbs; it might like protein. For the body's typical responses to these different types of eating, check out the list below. You'll also find more information in the "Nutritional Assessment" section on page 11.

## A QUICK LOOK AT P90X2 NUTRITION PLAN TERMINOLOGY

The different "PLANS" vary in macronutrient profiles (*proteins, carbs, fats*).

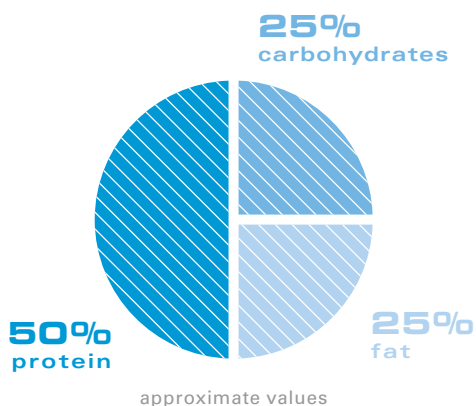
The different "LEVELS" vary in calories per day (*1,800; 2,400; 3,000*).

The different "OPTIONS" vary in nutritional philosophies (*Standard, Vegan, Grain-Free*).

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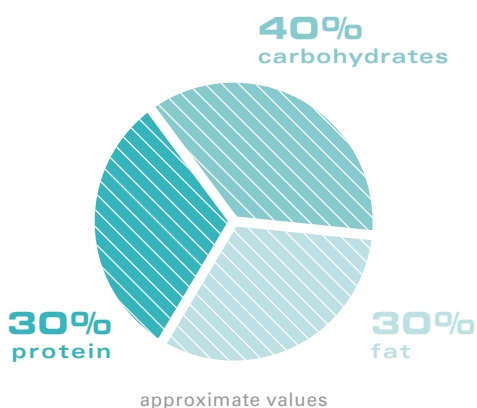
### **FS** PLAN 1 FAT SHREDDER 2.0

Remember, these are plans, not phases, so Fat Shredder 2.0 isn't anything you'll need long-term. Odds are, you don't need it at all, but if you've taken a little time off since P90X and need to get back on track, or just want to do some cutting, this plan might give you an effective few weeks of fat shredding.



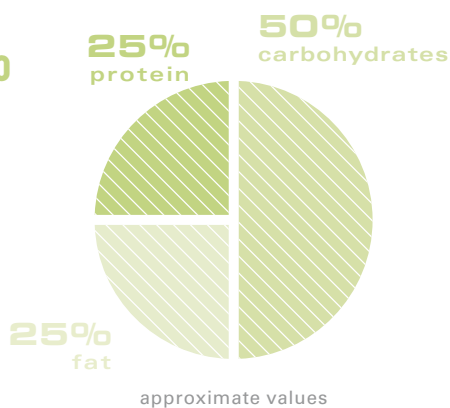
### **EB** PLAN 2 ENERGY BOOSTER 2.0

Consider this our Taoist plan. It's all about an even balance of protein, carbohydrates, and fat. Generally, athletes benefit from increased carbs, but some people feel better with more balance. As long as you've got plenty of energy, that's just fine.



### **EM** PLAN 3 ENDURANCE MAXIMIZER 2.0

The ideal endurance athlete's diet. But to paraphrase a certain web-slinging superhero, with extra carbs comes extra responsibility. If you're eating 3,000 calories, 50% of which is carbohydrates, you need to be giving it 100% to make use of that fuel.





## SPECIALTY EATING OPTIONS

While we're not necessarily advocating vegan or grain-free eating, they're both worth a try. If nothing else, these plans are interesting experiments to see how your body manages without animal proteins or grains.

Both options take serious commitment, and what we've offered here will get you through 90 days in a healthy, exercise-effective fashion. But if you're going to commit a lifetime to either form of eating, particularly vegan eating, you'll want to continue your research and look to communities like the Team Beachbody Message Boards for support.

Also keep in mind that these are two extremes. Maybe you don't want to cut *all* grains from your diet, and you'd just like to cut back. Maybe you'd rather go ovo-lacto vegetarian and include eggs and milk in your diet. That's fine. We've designed the various X2 food lists to be interchangeable. If you want to pull egg whites into the Vegan Option from the Standard Option protein portion list, nobody's going to mind. Except maybe the chickens.





## GRAIN-FREE EATING

There's not a ton of science backing up popular claims that the human digestive system isn't intended for grains, but there are benefits to going without them. Because grains are so easy to farm, they were the focal point of the agricultural revolution, so they've become the center of the modern Standard American Diet (SAD). The result is that we probably eat more than we really need. And since breads, pasta, and rice are high in calories, you can really pack it on.

Cutting them out also means you'll be upping the volume by getting all your carbs from fruit and veggies. This can help you feel satisfied after you eat. Although celiac disease and other grain intolerances hit only a tiny percentage of the population, they're on the rise, thanks to our overuse of these complex carbs. Given all of this, it wouldn't hurt to take a little break and see how your body reacts.

## VEGAN EATING

While it's fairly easy to cut grains from your diet, animal products take a little more work. You need to make absolutely sure you're still getting the B12, vitamin D, iron, calcium, and omega-3 fatty acids that traditionally come from meat, eggs, and dairy. We'll help you do that.

Going vegan has its benefits. First, there are the obvious ethical ones. Second, you're greatly reducing your exposure to a number of controversial nutritional components, such as saturated fat, cholesterol, and—if you eat seafood—mercury.

Finally, provided you don't replace the meat in your diet with fried and processed foods, it's incredibly difficult for a vegan to get fat. If your goal is to stay on the thin side, you'll have much more success as a vegan.

One other thing to note is you're probably not going to get as much protein as you'd get eating meat. No worries, though. Massive protein consumption is overrated, and you should easily hit the .8 to 1.5 grams of protein per kilogram of bodyweight that's required in a healthy diet. For most people, the protein factor shouldn't be a problem.











# DETERMINING HOW MUCH YOU SHOULD EAT

## 1. Calculate your Resting Metabolic Rate (RMR).

$$\text{body weight} \times 10 = \text{RMR}$$

## 2. Calculate your Daily Activity Burn (DAB).

Based on your current activity levels (outside of P90X2).

SEDENTARY	$\text{RMR} \times 10\%$	=	DAB
MODERATELY ACTIVE	$\text{RMR} \times 20\%$	=	DAB
VERY ACTIVE	$\text{RMR} \times 30\%$	=	DAB

## 3. Enter calories burned from your Daily Exercise (DE).

This varies, but a good average figure for P90X2 is 650 calories a day.\*

  
DE

## 4. Enter your Caloric Surplus (CS) or Caloric Deficit (CD).

This is the number of calories you'd like to add or subtract in order to gain or lose weight. 500 calories a day is approximately one pound per week.\*\*

  
CS/CD

## 5. Determine your Daily Caloric Target (DCT).

(Resting Metabolic Rate + Daily Activity Burn + Daily Exercise +/- Caloric Surplus or Caloric Deficit = Daily Caloric Target)

$$\text{RMR} + \text{DAB} + \text{DE} \pm \text{CS/CD} = \text{DCT}$$

## 6. Determine your nutrition level.

Now use your DCT to determine your nutrition level in the table.

Round down to the bottom of your level to create a slight calorie deficit (e.g., if you're at Level B, you should be consuming 2,400 calories per day).

<b>LEVEL A</b>	1,800–2,399	1,800 calories/day
<b>LEVEL B</b>	2,400–2,999	2,400 calories/day
<b>LEVEL C</b>	3,000+	3,000 calories/day

\*All numbers are only ballpark figures and it may take a little tweaking to nail it.

\*\*Don't use a CD that's more than 1,000 calories a day. If you go too long on too few calories, you lack the nutrients to properly recover from your workouts. This can lead to any number of issues, including injury or a results plateau.



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## WHICH PLAN IS RIGHT FOR YOU?

If you have fat to burn, start with Fat Shredder 2.0. If you're super-fit and ready to charge hard, go right to Endurance Maximizer 2.0. If you fall somewhere between those two, start with Energy Booster 2.0.

If you still genuinely have no idea where to begin, start with Fat Shredder 2.0. There's no better way to learn how your body works with carbs than to reduce them in your diet.

## Generally speaking, we **don't advise** staying on Fat Shredder 2.0 for more than **6 weeks**.

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### When do you switch plans?

The trick is to wring the carbohydrates out of your system until you lack the energy to get through your workouts. At this point, move to Energy Booster 2.0. Once you do this you'll understand, by experience, why carbohydrates are important in your diet.

And when you're ready for the big leagues, hit Endurance Maximizer 2.0. But remember, not everyone will earn it. This is the ideal plan for a very active lifestyle, where your percentage of protein is much lower. But it's only

effective when you're active and it's common for even the fittest athletes to change the amount of carbohydrates they eat during times when they're less active. Moving back and forth between various plans is a reality for most of us.

So, here's the bottom line: if you're running out of steam or you've hit a plateau, it's probably time to up the carbohydrates. Then when you get busy with work, kids, or life in general and become less active, you cut back—yes, even if you're fit.

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### When do you switch nutrition levels?

If you've followed the caloric needs chart and you've hit a plateau, you probably need to eat more. If you need more energy to push harder, again, more calories is probably the answer. And if you're trying to lower your body fat, eating more can be the solution for that too. Strange, huh? Here's the reason.

Back in the day when folks hunted and gathered, there were no convenience stores. People sometimes had to go for days with little or no food. The lucky ones who survived these times of famine adapted by slowing down their metabolisms and holding onto emergency fuel supplies (aka "fat"). We call this "starvation mode," and not eating enough and exercising too much

can trigger it. But eating more while still maintaining a slight deficit can cause the body to fall out of starvation mode and resume fat loss.

Try this yourself by upping your calories in blocks of 300 and waiting a week or two to see if this adjusted calorie amount kicks in. Hard to imagine that your now tight, toned, thin 155-pound body burns in excess of 3,000 calories. But really, that's just a drop in the bucket for most athletes. When he's in full-on training mode, Olympic swimmer Michael Phelps eats 12,000 calories a day! Chances are you'll never need that much, but you get the point.

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### Eating between levels

Upping calories by 300 can make things a bit tricky in the context of our 1,800, 2,400, and 3,000-calorie levels. Luckily, it's not as tough as it seems. If you're at 2,400-calorie Level B, for example, and you want to go to 2,700 calories, just hop up to 3,000-calorie Level C and cut out one double snack portion and halve the other snack portion to a single. That'll drop out 300 simple calories, giving you 2,700 calories.

Subtracting snacks or parts of snacks from a higher level is usually the best way to adjust calories and maintain a balance of food groups. But if you're already at 3,000 calories and you need more, start tacking on a balance of portions from protein, legumes, grains, fruits, and vegetables.





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## WHEN TO EAT

By now, you know the benefits of following a regular eating schedule. It keeps your blood sugar stable instead of peaking and crashing, which can lead to overeating and a general poor feeling.

As was the case with P90X, success in P90X2 comes to those who eat early and often. You should be eating every few hours while you're awake, favoring small meals and snacks. Ideally, you'll eat three balanced meals with two smaller snacks in between to help make up for the nutrients you might miss. So for example, if lunch was a little protein-heavy, you can have some fruit for your afternoon snack to balance things out.

Of course, it's a busy world, so sometimes those midday snacks might not be doable. If this is the case, three squares a day will work, but still try to get those snacks in there.

Try to finish eating approximately 3 hours before you hit the sack. Digestion interferes with your sleep cycles, and a good night's sleep is crucial to proper fitness. If you do need to break this rule, a small protein shake would be the snack of choice before bed.

Now what about nutrition for your workout? If you're following this plan properly, your body should have the glycogen stores and blood sugar to get you through an hour-long workout, so working out on an empty stomach is ideal. Digestion also interferes with exercise (stupid digestion, always getting in the way!) by competing for your body's resources. Blood flow is split between pumping through your muscles and around your stomach. So neither is done well.

But "bonking" (i.e., running out of blood sugar) during your workout can happen, particularly if you work out first thing in the morning. The long-term fix is to up calories or switch to a more carb-heavy plan, but as you're

*"As was the case with P90X, success in X2 comes to those who eat early and often."*

sorting that out, try eating half a banana or a half serving of Results and Recovery Formula 10 minutes before you Push Play. It should digest quickly and give you the blood sugar burst you need to blast it.

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## A NOTE ON HYDRATION

Despite recent studies indicating the old "eight 12-ounce glasses of water each day" rule is outdated, we still recommend you drink plenty of water. Specifically, half your body weight in ounces. So if you weigh 200 pounds, drink 100 ounces a day. While those anti-water studies are fine for the average Joe, they didn't account for the massive resources an athlete workin' X2 burns through. You're sweating, you're flushing out toxins, you're building new muscle. You're burning through your body's fluids like crazy, so you need to replenish.

The following water consumption guidelines relate specifically to your P90X2 workout:

### Water Consumption Guidelines

12 oz.	2 hrs. prior to exercise
8–12 oz.	15–30 min. prior to exercise
4–8 oz.	every 15 min. during exercise

## . . . what about nutrition for your workout?

If you're following this plan properly, your body should have the glycogen stores and blood sugar it needs to get you through an hour-long workout . . .

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### VICES

#### Caffeine and alcohol

Ah, everyone's favorite toxins. Should you consume them? In excess, they'll both kill ya. But in moderation, they're fine for most people.

When it comes to coffee, studies show that two to three cups a day can potentially increase your metabolism, boost performance, and help with mental acuity. In truth, it's not the actual java that's problematic, it's the junk you put in it. Drink your coffee black or with a splash of the low-fat milk substance of your choice. No cream. No artificial creamers. No sweeteners.

As for alcohol, studies show that one or two glasses of wine a day have plenty of benefits, from heart health to stress reduction to general longevity. While an alcoholic beverage probably won't hinder your results with P90X2, your body is in a state of stress during the program, so it's definitely not going to help. With that in mind, remember that

*"Some people consider . . . P90X and P90X2 to be detoxifying boot camps . . . in other words . . . **toss the junk!**"*

some people consider programs like P90X and P90X2 to be detoxifying boot camps. And seriously, if you can't go 90 days without a beer or a latte, maybe it's time you reevaluate your relationship with those beverages.

#### Other cheat foods?

Again, this is a boot camp. In the real world, the occasional cheat meal helps keep you sane. Life is too short not to eat a couple of French fries sometimes. But if you joined the Marines, would your drill instructor serve you a nice slice of banana cream pie come Friday night because you'd been working hard all week? No! In other words...

#### **Toss the junk!**

Just as you did with P90X, start by tossing saturated and trans fats, sodium, and sugar. These troublemakers should be the first to go:

*". . . just remember—if you think it's junk food, it probably is."*

cookies, pastries, candy, processed meats, potato chips, soda, high-sodium frozen foods, canned soups, etc. You know them. You think you love them. They're 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.



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## SUPPLEMENTS AND P90X2

### P90X RESULTS AND RECOVERY FORMULA®

It's best to have the P90X Results and Recovery Formula after-workout drink as soon as you finish your hardest workout of the day, when your glycogen stores are at their lowest. Then give it an hour to absorb, or 45 minutes in a pinch. This should be the only thing you consume during this time frame.

But keep in mind that you don't need to replenish glycogen stores if they haven't been exhausted. P90X Results and Recovery Formula works on a sliding scale, so if you complete your workouts at a lower intensity, help yourself to a smaller serving. And if you're doing a more recovery-based workout, like **X2 Recovery + Mobility**, you can skip it entirely.



## P90X® PEAK HEALTH FORMULA

You're doing the ultimate fitness program; it's only right that you use the ultimate supplements. P90X Peak Health Formula is the highest-quality, most complete multivitamin we've ever offered. Taken daily, each packet will ensure that your body gets the vital nutrients you need to perform at your best and get the most out of P90X2.\*

You may notice that the vitamin and mineral levels in Peak Health Formula go far beyond what you'll find in a conventional multivitamin. You're now exercising at a level that can seriously deplete micronutrients, so it's important to make sure you get back everything you lose—and then some.



## P90X® PEAK PERFORMANCE PROTEIN BARS

With four great flavors and 20 grams of protein, our bars are designed to take the edge off when you're training hard.

Yes, we spend most of this guide urging you to stay away from added sugar, but the sugar in P90X Peak Performance Protein Bars does an important job as it transports the protein to your muscles and recharges your glycogen. The fat in the bars promotes time-released delivery, because during a program like P90X2, when you've incurred a ton of muscle breakdown, you're often burning glycogen even at rest trying to recover.\*





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## SHAKE. DRINK. RIP.

### FIRE UP YOUR ENERGY LEVELS, LOSE MORE WEIGHT, AND ACHIEVE OPTIMAL HEALTH.

Unlike any other shake out there, Shakeology® contains the most potent superfoods and essential nutrients available. Its 70-plus ingredients are derived from whole-food sources—all-natural food your body can easily absorb and utilize.

Each 140-calorie serving is packed with antioxidants, energy-providing carbohydrates, a full spectrum of vitamins and minerals, prebiotics and enzymes for better digestive health, and 15 grams of protein to keep you feeling full.\* Even eating the recommended servings of fruits and vegetables every day won't give you this much nutrition.

Replace one meal a day with this ultra-premium nutritional shake. It not only keeps your energy levels up for your workouts, but it also helps you lose weight and increase regularity for optimal health.\* Try it risk free for 30 days and you should notice a difference as soon as the first week.

#### Both Chocolate and Greenberry Shakeology contain:

- Protein
- Essential Amino Acids
- Antioxidants
- Digestive Enzymes
- Prebiotics
- Vitamins
- Minerals
- Phytonutrients
- No Caffeine
- No Gluten

And new flavors are in development!

To learn more, contact your Team Beachbody Coach or visit [Shakeology.com](https://www.shakeology.com).

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

**“Veganism** isn’t for everyone,  
but there are many **positive benefits** . . . that range  
from helping to heal the body of disease and illness  
to helping us find our **natural energy.**”



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## THE GRAIN-FREE OPTION

### Why go grain-free?

The short answer is, “Why not?” While primal-eating devotees tend to overplay the evils of grains, it is true that there’s not much you get in cereals that you can’t get in nuts, legumes, and other assorted vegetables. Also, grains tend to be highly caloric, so if you’re trying to trim calories, reducing them can work to your advantage.

Furthermore, there are a number of allergies and intolerances associated with grains, including celiac disease (you’d probably know if you had that), yeast intolerance, and the oh-so-trendy gluten intolerance—the body’s unwillingness to process a certain kind of protein found in wheat, barley, and rye. These are very real issues and can manifest themselves via a host of symptoms, including skin issues, fatigue, and assorted musculoskeletal problems. Given that they don’t contain nutrients you can’t get other places, it might not be a bad idea to go cold turkey and see what happens.

And even if you don’t have an intolerance, the Standard American Diet (SAD) plies folks with

far more grains than they need. Part of being an elite athlete is knowing what you need and what works best for you. The best way to figure out exactly how much rice, bread, and pasta you need in your diet is to go without for a while and then slowly add it back in.

### Grain-free versus gluten-free

We decided to create a grain-free option instead of a gluten-free option simply because it’s easier to add elements back into a strict plan than to pull things out. If you’re comfortable with grains, but want to eliminate glutes, it’s easy. Just use the gluten-free grains included in the Standard and Vegan option food lists, specifically amaranth, corn, and rice.

If you need help figuring out how to integrate these foods into your plan, come visit us in the Nutrition forum on the Team Beachbody Message Boards.

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## THE VEGAN OPTION

### A note from Melissa Costello, Tony Horton’s personal chef and yoga partner in X2 Yoga.

When most people hear I’m a vegan, the first question they ask is, “How do you get enough protein?” My answer to that is twofold and simple: 1) As a society, we’ve become obsessed with protein and most of us are eating three times the amount we need for our bodies to build muscle, repair, and recover, and 2) When our bodies are working at their optimal and balanced states, they utilize protein much more easily than if we’re toxic or overloaded with nutritional stressors like caffeine, sugar, and processed foods.

So that brings me to the “real” answer to the question: Plant-based protein in the form of beans, nuts, seeds, vegetables, and grains is easier to digest and more bioavailable to the system than the hard-to-digest protein from animal sources is, specifically because the body doesn’t have to work as hard to break down plant protein as it does animal protein.

You can definitely get enough protein from a plant-based diet, even though it may feel very different from what you’ve always

considered enough protein. A plant-based or vegan diet will also help you find your natural body weight and energy level.

When people hear “vegan,” they automatically think “healthy,” but that isn’t necessarily true. There are plenty of unhealthy vegans out there who aren’t educated on how to eat properly. A lot of vegans will eat a diet of highly processed foods, thinking they’re healthy because they’re vegan.

People also tell me they’re afraid they won’t have enough variety in their diet if they go vegan. But just think about the great variety of fruits, vegetables, grains, beans, nuts, seeds, etc., that are out there, and there’s no way you’re going to be bored. It’s a matter of knowing what to do with these foods, which is why we’ve provided simple and delicious recipes for you in this guide. They’ll help you supplement your normal eating with more plant-based foods, or if you want to eat completely vegan, you can do that too!



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## Vegan versus vegetarian

Keep in mind that there are many gradations between going animal product free and having three square meat meals a day.

Two other options to consider are ovo-lacto vegetarianism, where you add eggs, dairy, and honey to the vegan diet, and pescatarianism, which also includes fish.

*If you need help figuring out how to rework the meal plans for either of these options, come visit us in the Nutrition forum on the Team Beachbody Message Boards.*

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## High protein and vegan eating

Although we've included all the blocks you need to complete Fat Shredder 2.0 the vegan way, you'll probably notice a dearth of plan 1 recipes here in the guide. The reason for this is that going high protein while avoiding animal products basically means living on soy and protein powder.

And even if you follow the Vegan Option for Fat Shredder 2.0, you'll still find that your actual protein intake probably won't hit the 50 percent mark.

Frankly, we suggest you just skip right to Energy Booster 2.0. Vegans have little need

for plan 1, given that many of the benefits of eating meat-free replace the benefits of eating high-protein.

For example, you may lose the satiated feeling that a diet rich in protein can provide. You'll replace it with the full feeling of a diet rich in fiber and low glycemic carbs. Also, accidental overeating is rarely a concern with vegans, given how filling and low in calories most fruits and veggies are. Of course, a vegan could still sabotage a diet with highly caloric foods like fried bananas and soy ice cream—but we're better than that, aren't we?





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## Potential vitamin and mineral deficiencies

The five nutrient deficiencies often associated with the vegan diet are vitamin B12, vitamin D, iron, calcium, and omega-3 fatty acid deficiencies.

The modified Vegan Fats portion list should help with omega-3s.

B12 and D are tricky. It's hard to find veggie sources, so you'll probably want to take a good multivitamin, like ActiVit® or P90X Peak Health Formula.

As for iron and calcium, if you keep plenty of variety in your diet, you should be OK, but

you'll want to lean toward the following foods.

*Calcium:* Leafy greens, almonds, broccoli, oranges, chickpeas, and soy. A salad a day should cover it.

*Iron:* Spinach, pumpkin seeds, white beans, and lentils.

Whole-grain cereals are often fortified with both these minerals, so check the labels on those as well.

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## Vegan Recovery Drink recipe

Most recovery drinks, including our own P90X Results and Recovery Formula, contain whey protein because it's so quickly absorbed by the body. Since whey comes from dairy, we suggest vegans substitute soy protein or pea and rice protein. Your body may not soak them up as quickly, but they'll get to where they need to be, so don't stress. We've left hemp

protein off this list because it's typically loaded with fiber, which further slows down absorption.

The fructose in fruit juice also isn't an ideal sugar for a recovery drink, but it works and it's about as natural as you can get, which is a priority for many vegans.

- Mix 12 ounces of apple or grape juice with the protein powder of your choice. Powders tend to vary in calorie amounts, so do the math.
- You want approximately 10 to 12 grams of protein to the 45 grams of sugar you'll find in the juice.
- You're shooting for a carb-to-protein ratio of between 3-to-1 and 5-to-1.











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## THE PORTION APPROACH

We decided to make the “Portion Approach” the centerpiece of the P90X2 nutrition plan. At this point in your fitness journey, we’re guessing you know a thing or two about how your body works. So we’re giving you the freedom to mix and match the foods of your choice. While there’s no specific daily structure for P90X2, we’ve included a number of recipes that fit seamlessly into the plan. You’ll find these in the recipe section of the guide.

Building a menu this way is easy. Just select from the foods listed on the following pages, as well as the recipes listed afterward, and eat the amounts indicated for your nutrition level. Along with identifying the right foods to buy, the lists show you which foods fall into which categories, and the appropriate portion size that equals one serving. The recipes give you details on how many portion servings they contain.

# “ . . . we’re giving you the **freedom** to mix and match . . . Building a menu this way is **easy.**”

For example, if you decide to do the regular version of Fat Shredder 2.0 and you’ve determined you’re at nutrition Level B, you’d 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
grains.....	0.5 serving
legumes & tubers .....	0.5 serving
condiments.....	2 servings
snacks .....	2 servings*

*\*PLUS a P90X Peak Performance Protein Bar and P90X Results and Recovery formula drink.*

## Note that the Standard, Vegan, and Grain-Free Options all have their own food lists, so make sure you’re pulling from the right list.

And for the record, we don’t recommend Fat Shredder 2.0 as a long-term diet. Eventually you’ll need your carbs to get the most out of your workouts. Six weeks is the longest period for which we recommend you follow this particular plan.

## An important note on snacks

There are two snack groups listed in your Portion Approach foods—the single group and the double group. If “single” appears beside a snack serving block on your Portion Chart, you can have any 1 item from the single snack group. If “double” appears 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.

## An even more important note on snacks

While the P90X Results and Recovery Formula and the Vegan Recovery Drink appear as snack portions, you shouldn’t just drink them randomly. They’re targeted nutrition to be consumed immediately following your workout, as explained on page 20.

## An important note on carbohydrates

You’ll notice that the P90X “Carbohydrates” portion has been split into “Legumes & Tubers” and “Grains” here. No, this isn’t some secret Beachbody conspiracy to get you to eat more carbs. You’ll be eating roughly the same amount you were eating with P90X, but you’ll be targeting the nutrients a little more. Although all the foods listed in “Legumes & Tubers” and “Grains” are primarily carbs, they also contain protein. Of the eight essential amino acids found in protein, grains have high levels of half, while legumes and tubers have high levels of the other half. By balancing the two out, you not only get a good supply of complex carbs, you also get a source of “complete protein” otherwise generally only found in animal products, soy, and hemp.

For vegans, targeting complete proteins as much as possible is crucial, since you’re not getting them from animal products.

Obviously, grain-free eaters shouldn’t eat from the grains list. You’ll miss that legumes/grain synergy, but it’s okay because you make up for it with plenty of animal-based protein.

People following the Standard Option can get away with jumbling the two lists and picking whatever they want from either. But for more balanced nutrition, choose an even amount from each separate list.

P90X2

LEVEL

**A**

**1,800**  
CALORIES

**PLAN 1  
FAT SHREDDER 2.0**

	STANDARD	VEGAN	GRAIN-FREE
PROTEINS	5	6	5
DAIRY	2	—	2
FRUIT	1	1	1
VEGETABLES	2	2	2
FATS	1	1.5	1
GRAINS	0.5	1	—
LEGUMES & TUBERS	0.5	1	1
CONDIMENTS	1	1	1
SNACKS	single, bar, P90X Results and Recovery Formula	double, Vegan Recovery Drink	single, bar, P90X Results and Recovery Formula

## PLAN 2 ENERGY BOOSTER 2.0

STANDARD	VEGAN	GRAIN-FREE
4	4	4
2	—	2
1	1	1
4	4	4
1	1	1
0.5	1.5	—
0.5	1.5	1
1	1	1
single, bar, P90X Results and Recovery Formula	single, Vegan Recovery Drink	single, bar, P90X Results and Recovery Formula

## PLAN 3 ENDURANCE MAXIMIZER 2.0

STANDARD	VEGAN	GRAIN-FREE
2	2	2
1	—	1
2	2	2
2	3	2
1	1	1
1	1.5	—
1	1.5	2
1	2	2
single, bar, P90X Results and Recovery Formula	double, Vegan Recovery Drink	single, bar, P90X Results and Recovery Formula

P90X2

LEVEL

**B**

**2,400**  
CALORIES

**PLAN 1  
FAT SHREDDER 2.0**

	STANDARD	VEGAN	GRAIN-FREE
PROTEINS	7	7	7
DAIRY	3	—	3
FRUIT	1	1	1
VEGETABLES	4	4	4
FATS	1	2	1
GRAINS	0.5	1.5	—
LEGUMES & TUBERS	0.5	1.5	1
CONDIMENTS	2	2	2
SNACKS	double, bar, P90X Results and Recovery Formula	single, double, Vegan Recovery Drink	double, bar, P90X Results and Recovery Formula

## PLAN 2 ENERGY BOOSTER 2.0

STANDARD	VEGAN	GRAIN-FREE
6	6	6
2	—	2
1	1	1
3	3	3
1	1	1
1.5	1.5	—
1.5	2.5	3
1	2	1
single, bar, P90X Results and Recovery Formula	single, double, Vegan Recovery Drink	single, bar, P90X Results and Recovery Formula

## PLAN 3 ENDURANCE MAXIMIZER 2.0

STANDARD	VEGAN	GRAIN-FREE
3	3	3
1	—	2
3	3	3
3	4	4
1	1	1
2	2.5	—
2	2.5	3
1	2	1
single, bar, P90X Results and Recovery Formula	double, Vegan Recovery Drink	single, bar, P90X Results and Recovery Formula



P90X2

LEVEL

C

3,000  
CALORIES

**PLAN 1  
FAT SHREDDER 2.0**

	STANDARD	VEGAN	GRAIN-FREE
PROTEINS	9	9	9
DAIRY	4	—	4.5
FRUIT	2	2	2
VEGETABLES	4	4	4
FATS	1	2.5	1
GRAINS	1	1.5	—
LEGUMES & TUBERS	1	2.5	2
CONDIMENTS	2	2	2
SNACKS	double, bar, P90X Results and Recovery Formula	single, double, Vegan Recovery Drink	single, bar, P90X Results and Recovery Formula

## PLAN 2 ENERGY BOOSTER 2.0

STANDARD	VEGAN	GRAIN-FREE
8	7	8
2	—	2
2	2	2
3	3	5
1	2	1
1.5	2	—
1.5	3	3
3	4	3
single, double, bar, P90X Results and Recovery Formula	single, double, Vegan Recovery Drink	double, bar, P90X Results and Recovery Formula

## PLAN 3 ENDURANCE MAXIMIZER 2.0

STANDARD	VEGAN	GRAIN-FREE
4	4	4
1	—	2
3	3	5
5	5	6
1	2	1
2.5	3	—
2.5	3	4
3	4	4
double, bar, P90X Results and Recovery Formula	double, Vegan Recovery Drink	double, P90X Results and Recovery Formula

# FOOD LISTS

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You more detail-oriented X2ers may notice that some foods in the portion lists don't match up exactly with the suggested calorie amounts. There are a few reasons for this. First, commercial foods, particularly baked goods, vary from brand to brand. Not every whole-grain bagel is going to hit 200 calories on the nose. With this in mind, we shot for an average.

Second, we wanted to make the plan as easy to use as possible, so we generalized with things like fruits and vegetables. Every medium piece of fruit does not magically equal 100 calories, but we felt it might be a little too specific to insist on measurements like "1 and 5/8 of an orange" or "48 grapes."

The key to a healthy diet is variety. We encourage you to eat a variety of foods from the lists. If you do this, the calories should average out. Furthermore, you'll be assuring yourself a more complete variety of vitamins, minerals, phytonutrients, amino acids, fatty acids, and so on.

That said, some people thrive on specifics. If you're one of them, approach each portion from a calorie perspective. Read labels and/or look up exact calories online. You can also refer to the Calorie and Macronutrients breakdowns on page 114. If you stray from our measurements, it won't hurt our feelings. We promise.

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## STANDARD OPTION FOOD LIST

If you're doing the Standard Option—Fat Shredder 2.0, Energy Booster 2.0, or Endurance Maximizer 2.0—use the following list to determine which foods to purchase from the grocery store, and how much of these foods make up 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.

### FATS

	<b>Each serving = 120 calories</b>
Avocado	3 ounces
Olive oil	1 tablespoon
Olives	4 ounces
Raw nuts	1 ounce
Flaxseed, ground	3 tablespoons
Flaxseed oil	1 tablespoon
Pumpkin seed oil	1 tablespoon
Walnut oil	1 tablespoon
Canola oil	1 tablespoon
Chia oil	1 tablespoon

### PROTEIN

	<b>Each serving = 100 calories</b>
Boneless, skinless chicken or turkey breast	3 ounces
Egg whites	6 whites
Fish and shellfish	3 ounces
Ham slices, low sodium, fat free	3 ounces
Hemp protein powder	100 calories, depending on brand
Pork tenderloin	3 ounces
Red meat, lean	3 ounces
Rice and pea protein powder	100 calories, depending on brand
Seitan	3 ounces
Tempeh	2 ounces
Tofu	3 ounces
Tuna	3 ounces
Turkey bacon	2 slices
Veggie burger	1
Venison	3 ounces
Whey protein powder	100 calories, depending on brand

**LEGUMES & TUBERS**

Baked beans	1 cup
Beans (kidney, black, etc.)	1 cup
Edamame	1 cup (shelled)
Hummus	0.5 ounce
Lentils	1 cup
Peanuts (raw or home roasted)	1 ounce
Peas	1/2 cup
Potato	1 medium
Quinoa	1 cup
Refried beans, nonfat	1 cup
Sweet potato	1 large
Yam	1 medium

**Each serving = 200 calories****GRAINS**

Amaranth	1 cup
Whole-grain bagel	1 medium
Whole-grain bread	2 slices
Whole-grain cereal	1 cup
Whole-grain couscous	1 cup
Whole-grain crackers	12
Whole-grain English muffin	2 halves
Oatmeal	1 cup
Whole-grain pancakes	3 (3.6 ounces each)
Whole-grain pasta	1 cup
Rice, brown or wild	1 cup
Whole wheat tortilla	1 large (10")
Whole-grain waffles	2
Wheat berries	1 cup

**Each serving = 200 calories****DAIRY & DAIRY SUBSTITUTES Each serving = 120 calories**

*Note: Each dairy portion you pick from here counts only as a dairy portion, even if it's listed in the snack section.*

Cheese, low-fat	2 ounces
Cottage cheese, 1%	3/4 cup
Feta cheese	1.5 ounces
Goat cheese, semisoft	1.5 ounces
Mozzarella, part skim	1.5 ounces
Parmesan cheese	2 tablespoons
Skim milk	8 ounces
Organic soy cheese	1.5 ounces
Organic soy milk	1 cup
Yogurt, nonfat plain	1 cup

**FRUIT**

Apple	1 medium
Apricots	1 cup
Banana	1 medium
Cherries	1 cup
Dried fruit	1 ounce
Figs	2 large
Grapefruit	1 medium
Grapes	1 cup
Kiwifruit	2 fruits
Mango	1/2 medium
Melon	1 cup
Nectarine	1 medium
Orange	1 large
Papaya	1/2 medium
Peach	1 large
Pear	1 medium
Pineapple	1 cup
Raspberries, blueberries, blackberries	1 cup
Strawberries, sliced	2 cups
Tangerine	1 medium

**Each serving = 100 calories**

**VEGETABLES**

Vegetable sauces and soup	1/2 cup
Cooked vegetables	1 cup
Leafy greens, lightly packed	2 cups
Asparagus	2 cups raw / 1 cup cooked
Beets	3/4 cup cooked
Bok Choy	2 cups raw / 1/2 cup cooked
Broccoli	2 cups raw / 1 cup cooked
Brussels Sprouts	1 cup cooked
Cabbage	2 cups raw / 1-1/2 cups cooked
Carrots	1 cup raw / 1 cup cooked
Cauliflower	2 cups raw / 1-1/2 cups cooked
Celery	2-1/2 cups raw / 2 cups cooked
Collard Greens	4 cups raw / 1 cup cooked
Cucumbers	3 cups raw
Eggplant	2 cups cooked
Kale	2 cups raw / 1-1/2 cups cooked
Lettuce (NOT iceberg)	6 cups raw
Marinara Sauce	3/4 cup
Mushrooms	2-1/2 cups raw / 1 cup cooked
Peppers	2 cups raw / 1-1/2 cups cooked
Radishes	2 cups raw
Salsa	1/2 cup
Spinach	6 cups raw / 1 cup cooked
Sprouts	5 cups raw
Squash (Summer or Winter)	2 cups raw / 1 cup cooked
String Beans	1-1/2 cups raw / 1 cup cooked
Tomatoes	2 cups raw / 1 cup cooked
Vegetable Soup	1 cup

**Each serving = 50 calories****CONDIMENTS****Each serving = 50 calories**

BBQ and other low-fat/low sodium sauces and marinades, mustard, honey, pure fruit jams. (Consult label for serving size.)

**SNACKS**

*Each snack portion counts only as a snack portion, even if it's listed in another section. Two single snacks can be counted as one double snack.*

Single serving	100 calories
Double serving	200 calories

**SINGLE SNACKS**

Cottage cheese, low-fat	1 cup
Dried fruit	1 ounce
Frozen fruit bar	1
Fruit	1 medium piece
Rice cake	2
Peanut butter (with celery sticks)	1 tablespoon
Popcorn, air-popped	3 cups
Seaweed	10 ounces
Shakeology	2/3 serving
Yogurt, nonfat plain	1 cup

**DOUBLE SNACKS**

Bean dip	4 tablespoons
with baked corn chips	1 ounce
Hummus (with carrot sticks)	1 ounce
Pumpkin seeds	2 ounces
Raw nuts	1 ounce



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## VEGAN OPTION FOOD LIST

If you're doing the Vegan Option, whether it's Fat Shredder 2.0, Energy Booster 2.0, or Endurance Maximizer 2.0, use the following list to determine which foods to purchase from the grocery store, and how much of these foods make up 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.

### FATS

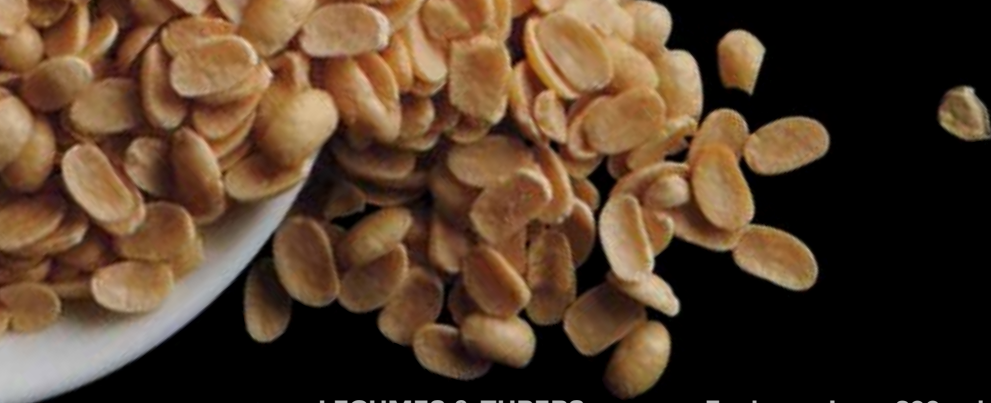
Flaxseed, ground	3 tablespoons
Flaxseed oil	1 tablespoon
Pumpkin seed oil	1 tablespoon
Walnut oil	1 tablespoon
Canola oil	1 tablespoon
Chia oil	1 tablespoon

### Each serving = 120 calories

### PROTEIN

Hemp protein powder	100 calories' worth, depending on brand
Rice and pea protein powder	100 calories' worth, depending on brand
Organic seitan	3 ounces
Organic tempeh	2 ounces
Organic tofu	3 ounces
Organic veggie burger	1

### Each serving = 100 calories



### LEGUMES & TUBERS

Baked beans	1 cup
Beans (kidney, black, etc.)	1 cup
Edamame	1 cup (shelled)
Hummus	1/2 cup
Lentils	1 cup
Peanuts (raw or home roasted)	1 ounce
Peas	1/2 cup
Potato	1 medium
Quinoa	1 cup
Refried beans, nonfat	1 cup
Sweet potato	1 medium
Yam	1 medium

### Each serving = 200 calories

### GRAINS

Amaranth	1 cup
Whole-grain bagel	1 medium
Whole-grain bread	2 slices
Whole-grain cereal	1 cup
Whole-grain couscous	1 cup
Whole-grain crackers	12
Whole-grain English muffin	2 halves
Oatmeal	1 cup
Whole-grain pancakes	3 (3.6 ounces each)
Whole-grain pasta	1 cup
Rice, brown or wild	1 cup
Whole wheat tortilla	1 large
Whole-grain waffles	2
Wheat berries	1 cup

### Each serving = 200 calories

### FRUIT

Apple	1 medium
Apricots	1 cup
Banana	1 medium
Cherries	1 cup
Dried fruit	1 ounce
Figs	2 large
Grapefruit	1 medium
Grapes	1 cup
Kiwifruit	2 fruits
Mango	1/2 medium
Melon	1 cup
Nectarine	1 medium
Orange	1 large
Papaya	1/2 medium
Peach	1 medium
Pear	1 medium
Pineapple	1 cup
Raspberries, blueberries, blackberries	1 cup
Strawberries, sliced	2 cups
Tangerine	1 medium

### Each serving = 100 calories

## VEGETABLES

Vegetable sauces and soup  
Cooked vegetables  
Leafy greens, lightly packed  
Asparagus  
Beets  
Bok Choy  
Broccoli  
Brussels Sprouts  
Cabbage  
Carrots  
Cauliflower  
Celery  
Collard Greens  
Cucumbers  
Eggplant  
Kale  
Lettuce (NOT Iceberg)  
Marinara Sauce  
Mushrooms  
Peppers  
Radishes  
Salsa  
Spinach  
Sprouts  
Squash (Summer or Winter)  
String Beans  
Tomatoes  
Vegetable Soup

## Each serving = 50 calories

1/2 cup  
1 cup  
2 cups  
2 cups raw / 1 cup cooked  
3/4 cup cooked  
2 cups raw / 1/2 cup cooked  
2 cups raw / 1 cup cooked  
1 cup cooked  
2 cups raw / 1-1/2 cups cooked  
1 cup raw / 1 cup cooked  
2 cups raw / 1-1/2 cups cooked  
2-1/2 cups raw / 2 cups cooked  
4 cups raw / 1 cup cooked  
3 cups raw  
2 cups cooked  
2 cups raw / 1-1/2 cups cooked  
6 cups raw  
3/4 cup  
2-1/2 cups raw / 1 cup cooked  
2 cups raw / 1-1/2 cups cooked  
2 cups raw  
1/2 cup  
6 cups raw / 1 cup cooked  
5 cups raw  
2 cups raw / 1 cup cooked  
1-1/2 cups raw / 1 cup cooked  
2 cups raw / 1 cup cooked  
1 cup

## CONDIMENTS

BBO and other low-fat/low-sodium sauces and marinades, mustard, pure fruit jams. (Consult label for serving size.)

## Each serving = 50 calories

## SNACKS

*Each snack portion counts only as a snack portion, even if it's listed in another section. Two single snacks can be counted as one double snack.*

Single serving 100 calories  
Double serving 200 calories

## SINGLE SNACKS

Dried fruit 1 ounce  
Frozen fruit bar 1  
Fruit 1 medium piece  
Rice cake 1  
Peanut butter with celery sticks 1 tablespoon  
Popcorn, air-popped 3 cups  
Seaweed 10 ounces

## DOUBLE SNACKS

Bean dip 4 Tbsp. with baked corn chips - 1 oz  
Hummus 1 ounce with carrot sticks  
Pumpkin seeds 2 ounces  
Raw nuts 1 ounce







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## GRAIN-FREE OPTION FOOD LIST

If you take the Grain-Free Option, whether it's Fat Shredder 2.0, Energy Booster 2.0, or Endurance Maximizer 2.0, use the following list to determine which foods to purchase from the grocery store, and how much of these foods make up 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.

### FATS

#### Each serving = 120 calories

Avocado	3 ounces
Olive oil	1 ounce
Olives	4 ounces
Raw nuts	1 ounce
Flaxseed, ground	3 tablespoons
Flaxseed oil	1 tablespoon
Pumpkin seed oil	1 tablespoon
Walnut oil	1 tablespoon
Chia oil	1 tablespoon

### PROTEIN

#### Each serving = 100 calories

Boneless, skinless chicken or turkey breast	3 ounces
Egg whites	6 whites
Fish and shellfish	3 ounces
Ham slices, low sodium, fat free	3 ounces
Hemp protein powder	100 calories, depending on brand
Pork tenderloin	3 ounces
Red meat, lean	3 ounces
Tempeh	2 ounces
Organic tofu	3 ounces
Tuna	3 ounces
Turkey bacon	2 slices
Organic veggie burger	1
Venison	3 ounces
Whey protein powder	100 calories, depending on brand



**LEGUMES & TUBERS**

**Each serving = 200 calories**

Baked beans	1 cup
Beans (kidney, black, etc.)	1 cup
Edamame	1 cup (shelled)
Hummus	1/2 cup
Lentils	1 cup
Peanuts (raw or home roasted)	1 ounce
Peas	1/2 cup
Potato	1 medium
Quinoa	1 cup
Refried beans, nonfat	1 cup
Sweet potato	1 medium
Yam	1 medium

**DAIRY & DAIRY SUBSTITUTES Each serving = 120 calories**

*Each dairy portion you pick from here counts only as a dairy portion, even if it's listed in the snack section.*

Cheese, low fat	1.5 ounces
Cottage cheese, 1%	1 cup
Feta cheese	1.5 ounces
Goat cheese, semisoft	1.5 ounces
Mozzarella, part skim	1.5 ounces
Parmesan cheese	1 ounce
Skim milk	8 ounces
Organic soy cheese	1.5 ounces
Organic soy milk	8 ounces
Yogurt, nonfat plain	8 ounces

**FRUIT**

**Each serving = 100 calories**

Apple	1 medium
Apricots	1 cup
Banana	1 medium
Cherries	1 cup
Dried fruit	1 ounce
Figs	2 large
Grapefruit	1 medium
Grapes	1 cup
Kiwifruit	2 fruits
Mango	1/2 medium
Melon	1 cup
Nectarine	1 medium
Orange	1 large
Papaya	1/2 medium
Peach	1 medium
Pear	1 medium
Pineapple	1 cup
Raspberries, blueberries, blackberries	1 cup
Strawberries, sliced	2 cups
Tangerine	1 medium

## VEGETABLES

Vegetable sauces and soup	1/2 cup
Cooked vegetables	1 cup
Leafy greens, lightly packed	2 cups
Asparagus	2 cups raw / 1 cup cooked
Beets	3/4 cup cooked
Bok Choy	2 cups raw / 1/2 cup cooked
Broccoli	2 cups raw / 1 cup cooked
Brussels Sprouts	1 cup cooked
Cabbage	2 cups raw / 1-1/2 cups cooked
Carrots	1 cup raw / 1 cup cooked
Cauliflower	2 cups raw / 1-1/2 cups cooked
Celery	2-1/2 cups raw / 2 cups cooked
Collard Greens	4 cups raw / 1 cup cooked
Cucumbers	3 cups raw
Eggplant	2 cups cooked
Kale	2 cups raw / 1-1/2 cups cooked
Lettuce (NOT Iceberg)	6 cups raw
Marinara Sauce	3/4 cup
Mushrooms	2-1/2 cups raw / 1 cup cooked
Peppers	2 cups raw / 1-1/2 cups cooked
Radishes	2 cups raw
Salsa	1/2 cup
Spinach	6 cups raw / 1 cup cooked
Sprouts	5 cups raw
Squash (Summer or Winter)	2 cups raw / 1 cup cooked
String Beans	1-1/2 cups raw / 1 cup cooked
Tomatoes	2 cups raw / 1 cup cooked
Vegetable Soup	1 cup

## Each serving = 50 calories

## CONDIMENTS

## Each serving = 50 calories

BBQ and other low-fat/low sodium sauces and marinades, mustard, honey, pure fruit jams. (Consult label for serving size.)

## SNACKS

*Each snack portion counts only as a snack portion, even if it's listed in another section. Two single snacks can be counted as one double snack.*

Single serving	100 calories
Double serving	200 calories

## SINGLE SNACKS

Cottage cheese, low fat	8 ounces
Dried fruit	1 ounce
Frozen fruit bar	1
Fruit	1 medium piece
Peanut butter	1 tablespoon with celery sticks
Soy nuts	2 ounces
Seaweed	10 ounces
Shakeology	2/3 serving
Yogurt, nonfat, plain	8 ounces

## DOUBLE SNACKS

Hummus	1 ounce with carrot sticks
Pumpkin seeds	2 ounces
Raw nuts	1 ounce









---

## HOW THE RECIPES FIT INTO THE PLANS

On the following pages you'll find recipes for every P90X2 need. Breakfast recipes. Lunch recipes. Dinner recipes. Vegan recipes. Carnivore recipes. Grain-free recipes. Scheduling all this culinary goodness is up to you. Simply pick the recipes that get your tastebuds hyped with anticipation, note the boxes they tick off, and plug them into the plan you're using.

To help make these choices a little easier, we've provided a series of symbols next to each recipe to let you know how they best fit into the plan. You don't need to follow these symbols, but they're there for you.



Again, just because a recipe has a certain symbol next to it doesn't mean you should only eat it on that particular plan. If you really like the Fat Shredder 2.0-ideal Broiled Lemon Basil Salmon and you want to eat it on the Endurance Maximizer 2.0 Plan, that's fine. Just increase your carbs elsewhere in the day.

### A NOTE ON SERVINGS

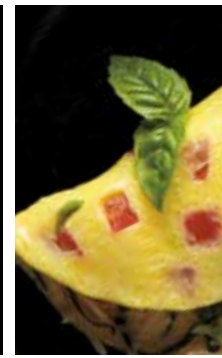
We've divided the recipes into servings, but that doesn't necessarily mean you need to limit yourself to one serving. If you're allowed 3,000 calories a day, odds are you'll be eating two or three recipe servings at a sitting. You're working hard. Enjoy the fuel-up!

### WHERE TO FIND MORE RECIPES

The recipes in this guide should keep your mouth and tummy happy for quite a while, but they aren't the only options you have. For more great recipes, check out the Beachbody and P90X Newsletters and the Team Beachbody Meal Planner.

If you have a personal recipe you'd like to convert for the X2 plans and you're unsure how to calculate the number of servings of each type of food it contains, come to the Team Beachbody Message Boards, where our great Coaches and advice staff can help you work it out.



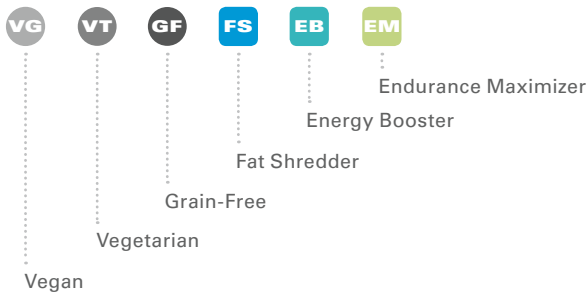


# BREAKFAST RECIPES



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## LEGEND




---

## TOMATO PESTO EGG-WHITE OMELET

- 1/8 cup finely chopped fresh basil leaves
- 1 garlic clove, finely chopped
- 1 roma tomato, chopped
- 1 tsp. olive oil
- 3 egg whites
- 1 Tbsp. shredded Parmesan cheese

- 1: Whisk egg whites and set aside.
- 2: Place olive oil in a small skillet and preheat over medium-low heat. Add garlic, basil, and tomato and sauté for 2 to 3 minutes.
- 3: Add egg whites and cook for about 1 minute, then gently lift edge of omelet and allow liquid to flow underneath. Cook an additional minute or two and flip. Cook 1 more minute.
- 4: Add cheese, fold in half, and slide onto plate.




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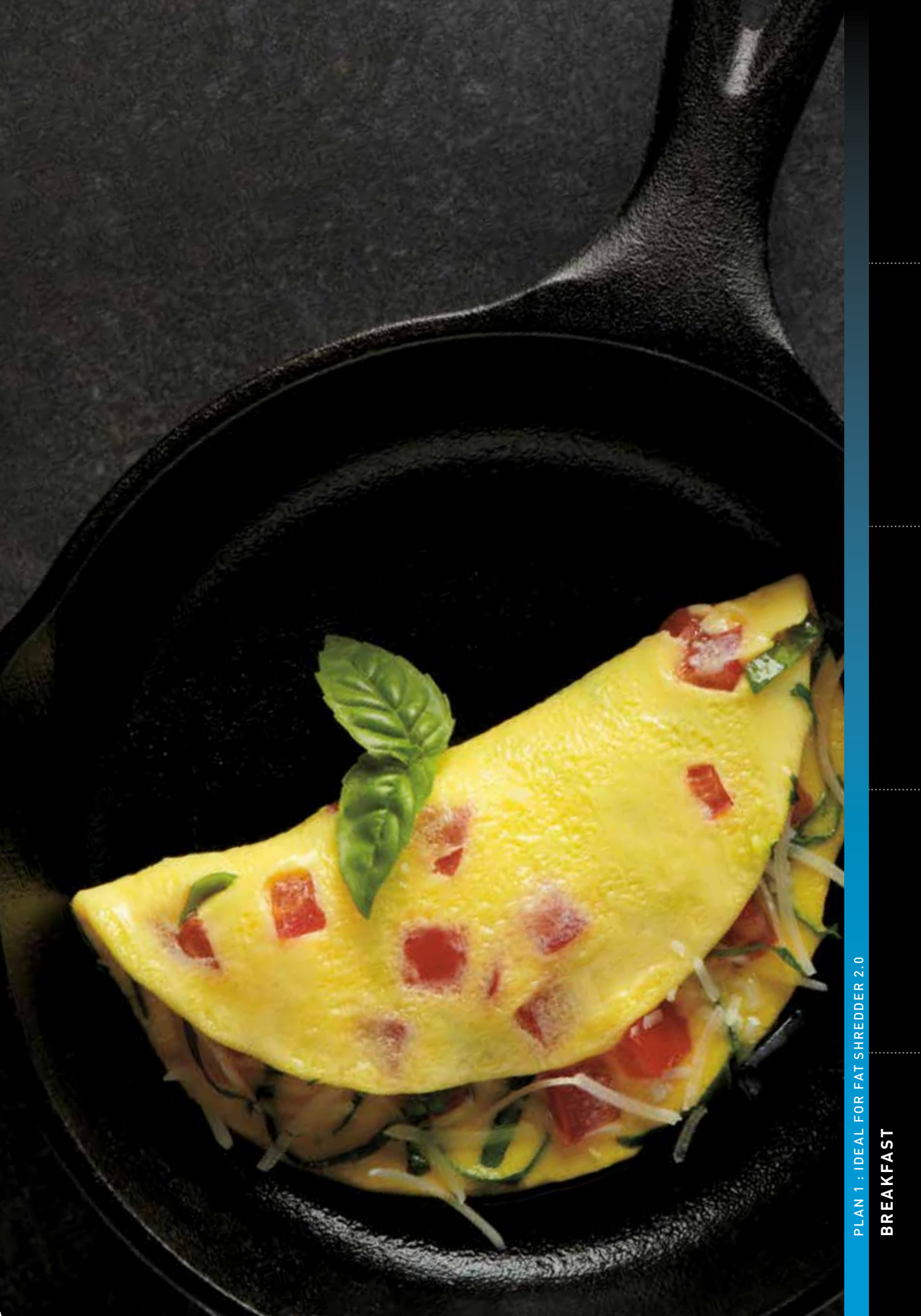
### SERVES 1 PORTION

1/2 protein  
 1 vegetable  
 1 condiment

---

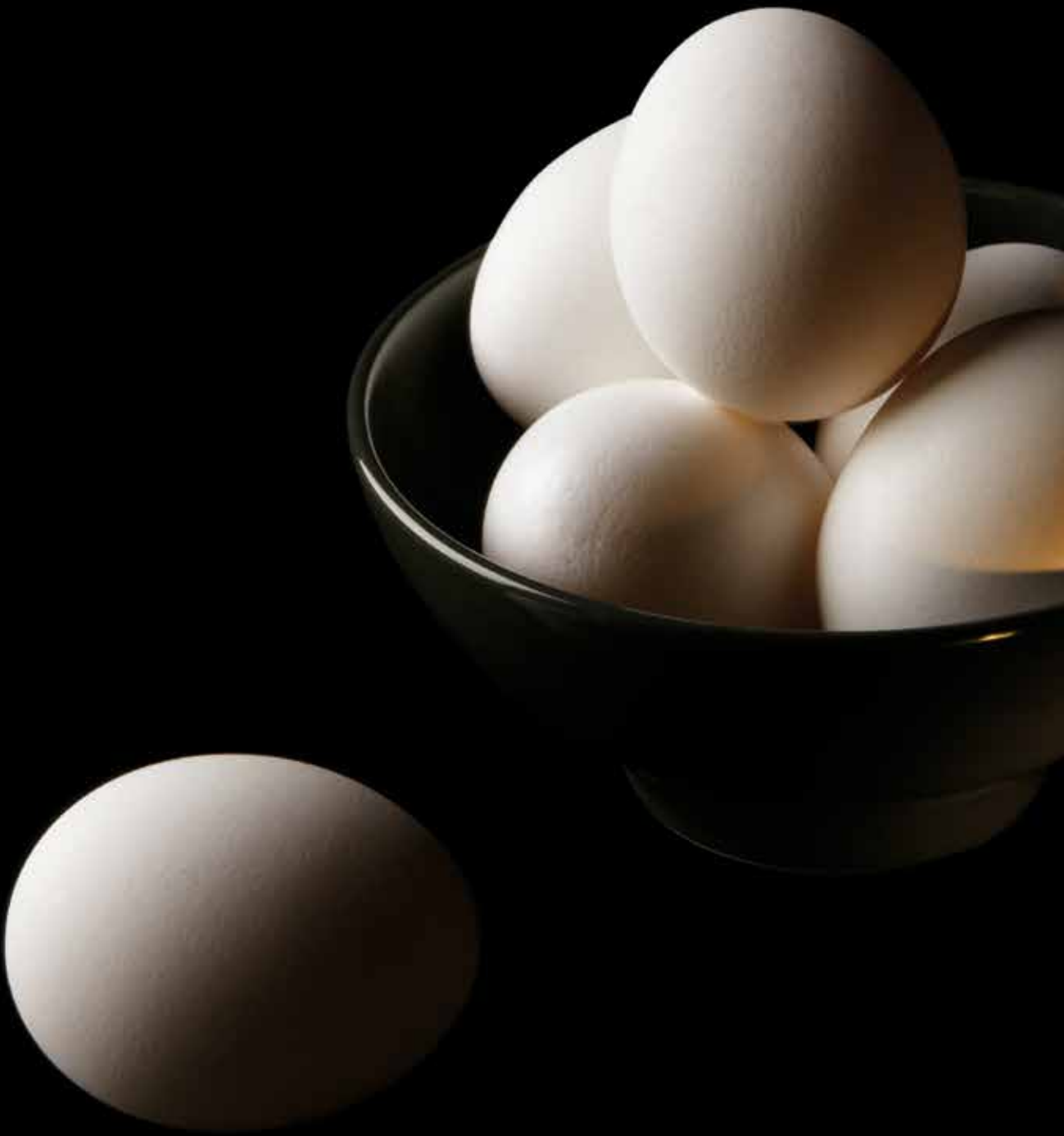
calories .....	138
fat .....	7 g
saturated fat .....	2 g
carbohydrate .....	5 g
protein .....	13 g
fiber .....	1 g
sodium .....	241 mg
cholesterol.....	4 mg

---



PLAN 1 : IDEAL FOR FAT SHREDDER 2.0

**BREAKFAST**



## WHOLE WHEAT CREPES FLORENTINE

### INGREDIENTS FOR CREPES

- 3/4 cup water
- 1/2 cup whole wheat pastry flour
- 1/4 cup low-fat (1%) milk
- 1 egg white
- 1 tsp. olive oil
- 1 pinch salt
- Nonstick cooking spray

### INGREDIENTS FOR CREPE FILLING

- 1/4 cup diced onion
- 1/4 cup chopped raw chicken breast meat
- 1/4 cup frozen spinach, thawed and drained
- 3 egg whites, beaten
- 1 tsp. olive oil
- 1 Tbsp. low-fat shredded mozzarella cheese

### CREPES

- 1:** Whisk first 6 ingredients together until smooth. Cover and refrigerate 1 to 8 hours.
- 2:** Spray a small frying pan with cooking spray and heat over medium heat.
- 3:** Pour 1/4 cup of batter into pan and spread thin by tilting pan in a circular motion. Cook 2 to 3 minutes, until crepe begins to brown around the edges and top is covered in bubbles. Flip and cook an additional 1 to 2 minutes until crepe is no longer wet in the center but is still moist.
- 4:** Yields 6 to 8 crepes. Leftover crepes can be stored in a plastic bag in the refrigerator for up to 1 week, and reheated in a frying pan.

### FILLING

- 1:** Place olive oil in a medium frying pan and preheat over medium heat, then add onion and chicken and sauté until chicken is cooked thoroughly.
- 2:** Add egg whites and spinach. Cook, scrambling, until eggs are no longer runny.
- 3:** Add cooked egg mixture and cheese to crepe; roll up crepe and serve hot.

**FS**

### SERVES 1 PORTION

1 protein  
1/2 grain  
1/2 fat

calories .....241  
fat .....8 g  
saturated fat.....2 g  
carbohydrate .....13 g  
protein .....27 g  
fiber .....3 g  
sodium.....329 mg  
cholesterol.....34 mg

---

## BREAKFAST MUFFIN CUPS TO GO

- 1 cup cooked instant rice
- 1/4 cup low-fat shredded cheese
- 3 eggs
- Nonstick cooking spray
- 3 Tbsp. low-fat milk
- 2 Tbsp. diced green chili or jalapeño
- 2 Tbsp. finely chopped onion
- 1/4 tsp. ground cumin
- 1/4 tsp. garlic powder
- 1/4 tsp. sea salt
- 1/4 tsp. pepper
- 1 cup browned ground chicken, turkey, or extra-lean ground beef



---

### SERVES 3 PORTIONS

---

2 protein  
1/2 grain

---

calories .....	280
fat .....	12 g
saturated fat .....	3.5 g
carbohydrate .....	18 g
protein .....	23 g
fiber .....	1.5 g
sodium.....	388 mg
cholesterol.....	249 mg

---

- 1: Preheat oven to 400° F. In large bowl, combine 1 cup cooked rice, half of cheese, and 1 egg (beaten).
- 2: Lightly coat six cup muffin tin cups with cooking spray.
- 3: Press one-sixth of mixture into bottom and sides of each muffin cup.
- 4: Bake at 400° F for 5-8 minutes, or until lightly browned.
- 5: Remove pan from oven and set aside.

- 6: In a small bowl, whisk together remaining 2 eggs and milk.
- 7: Add chilies, onion, cumin, garlic powder, salt, pepper, and remaining half of cheese to bowl and mix thoroughly; add one-sixth of mixture to each muffin cup.
- 8: Return to oven and bake 15 to 20 more minutes, or until set.

---

## PEACHES 'N' CREAM PARFAIT

- 1/2 cup nonfat vanilla yogurt
- 1/2 cup sliced peaches, fresh or frozen and defrosted, unsweetened
- 1/2 cup 1% or 2% low-sodium cottage cheese
- 1 Tbsp. slivered almonds
- 1 tsp. ground flaxseeds



---

### SERVES 1 PORTION

---

1 dairy  
1 fruit

---

calories .....	220
fat .....	5 g
saturated fat.....	1 g
carbohydrate .....	24 g
protein .....	20 g
fiber .....	2 g
sodium.....	70 mg
cholesterol.....	5 mg

---

- 1: Place vanilla yogurt in a cereal bowl.
- 2: Layer peaches over yogurt.
- 3: Spoon cottage cheese over peaches.
- 4: Sprinkle with almonds and flaxseeds.



PLAN 2 : IDEAL FOR ENERGY BOOSTER 2.0

**BREAKFAST**





## BREAKFAST QUINOA

- 1 cup almond, rice, or skim milk
- 1 cup water
- 1 cup organic quinoa, rinsed
- 2 cups fresh berries
- 1 tsp. vanilla
- 1 tsp. ground cinnamon
- 1/4 cup chopped nuts (optional)
- 4 tsp. honey or rice syrup

- 1: Combine milk, water, and quinoa in a medium saucepan. Bring to a boil over high heat.
- 2: Reduce heat to medium low; cover and simmer 15 minutes or until most of the liquid is absorbed. Turn off heat; let stand covered 5 minutes.
- 3: Stir in berries, vanilla, and cinnamon; transfer to 4 bowls and top with nuts.
- 4: Drizzle 1 teaspoon preferred sweetener over each serving.



### SERVES 4 PORTIONS

with nuts 1 fruit  
1/2 grain  
1/2 fat

calories .....265  
fat .....8 g  
saturated fat .....0.5 g  
carbohydrate .....42 g  
protein .....8 g  
fiber .....5 g  
sodium .....55 mg  
cholesterol .....0 mg

without nuts 1 fruit  
1/2 grain

calories .....217  
fat .....3.5 g  
saturated fat .....0 g  
carbohydrate .....41 g  
protein .....6 g  
fiber .....5 g  
sodium .....55 mg  
cholesterol .....0 mg

## HOMEMADE MUESLI

- 1 cup rolled oats
- 1/2 cup low-fat milk; fruit juice; or almond, soy, or rice milk
- 1 apple
- 2 Tbsp. chopped nuts
- 1/4 cup low-fat natural yogurt
- 1 tsp. honey

- 1: Combine rolled oats and milk or juice, cover, and refrigerate overnight.
- 2: In the morning, add grated apple, nuts, yogurt, and honey and mix well.



### SERVES 2 PORTIONS

1 fruit  
1/2 grain  
1/2 fat

calories .....291  
fat .....8 g  
saturated fat .....1.5 g  
carbohydrate .....45 g  
protein .....12 g  
fiber .....6 g  
sodium .....56 mg  
cholesterol .....5 mg

---

## POWER CORN PANCAKES WITH BLUEBERRIES

- 3/4 cup buckwheat flour
- 1/4 cup cornmeal
- 1/4 cup ground flax
- 1/4 cup hemp protein powder
- 2 tsp. baking powder
- 1/4 tsp. sea salt
- 1-1/2 cup almond or rice milk
- 1/4 cup water
- 1 tsp. cinnamon
- 1/2 banana, mashed
- 1 Tbsp. agave nectar
- 1 cup fresh blueberries

- 1:** Place first 11 ingredients in a large bowl, and mix together well.
- 2:** Gently fold in blueberries.
- 3:** Spray a griddle with cooking spray and heat over medium heat. Pour mixture onto griddle by 1/3 cupfuls and cook until bubbly. Flip over and cook on other side for a few minutes until lightly browned.
- 4:** Makes 8 to 10 pancakes.



---

### SERVES 4 PORTIONS

1/2 protein  
1/2 grain  
1 fruit

---

calories .....	250
fat .....	6 g
saturated fat .....	0 g
carbohydrate .....	41 g
protein .....	9 g
fiber .....	10 g
sodium.....	420 mg
cholesterol.....	0 mg

---



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THE HEALTHIEST MEAL OF THE DAY<sup>®</sup>



## PEANUT BUTTER PROTEIN SHAKEOLOGY

- 1 scoop Chocolate Shakeology *(or other meal replacement)*
- 1 Tbsp. all-natural peanut butter
- 1/2 cup pasteurized egg-white substitute
- 3/4 cup cold water
- 1 cup ice

1: Place all ingredients in a blender and blend until smooth and frothy.



### SERVES 1 PORTION

1 protein  
1/2 legume  
1/2 fat

---

calories .....	270
fat .....	8 g
saturated fat .....	1 g
carbohydrate .....	23 g
protein .....	27 g
fiber .....	4 g
sodium .....	270 mg
cholesterol .....	10 mg

---

## PEPPERMINT PATTY SHAKEOLOGY

- 1 scoop Chocolate Shakeology *(or other meal replacement)*
- 1 cup cold water
- 1/2 cup nonfat milk, or soy, rice, or almond milk
- 1/2 tsp. mint extract or 12 fresh mint leaves
- Ice to taste

1: Place all ingredients in a blender and blend until smooth and frothy.



### SERVES 1 PORTION

1 protein  
1/2 legume

---

calories .....	185
fat .....	1 g
saturated fat .....	0 g
carbohydrate .....	24 g
protein .....	22 g
fiber .....	3 g
sodium .....	165 mg
cholesterol .....	17 mg

---

## GREEN VERY BERRY SHAKEOLOGY

- 1 scoop Greenberry Shakeology *(or other meal replacement)*
- 1 cup cold water
- 1/2 cup unsweetened vanilla soy, rice, or almond milk
- 6 frozen strawberries (unsweetened)
- 1/4 cup frozen blueberries (unsweetened)
- 1-1/2 tsp. natural cashew butter
- Ice to taste

1: Place all ingredients in a blender and blend until smooth and frothy.



### SERVES 1 PORTION

1/2 protein  
1/2 legume  
1/2 fruit

---

calories .....	249
fat .....	6 g
saturated fat .....	1 g
carbohydrate .....	33 g
protein .....	17 g
fiber .....	6 g
sodium .....	189 mg
cholesterol .....	10 mg

---



## SALAD RECIPES





## COCOA BEEF AND MUSHROOM SALAD

- 1 Tbsp. unsweetened cocoa powder
- 1 tsp. ground red pepper
- 1 4-oz. filet mignon (or any lean beef)
- 1/2 cup beef broth
- 1 small can sliced mushrooms (drained)
- 1 Tbsp. olive oil
- 2 Tbsp. balsamic vinegar
- 2 cups chopped arugula or romaine lettuce

- 1: Mix cocoa powder and red pepper together on a small plate. Coat both sides of meat in mixture.
- 2: Heat a small skillet over medium-high heat. Place beef in skillet and sear for about 2 minutes on each side.
- 3: Add beef broth and simmer for 6 to 10 minutes, depending on how rare you like your meat. Remove beef and set aside on a cutting board.
- 4: Add mushrooms, olive oil, and vinegar to broth and juices in skillet and simmer until warm.
- 5: Arrange arugula on plates. Slice beef into thin slices and lay on top of lettuce; top with mushrooms and pan juices. Serve warm.



### SERVES 2 PORTIONS

1/2 protein  
1 vegetable  
1 fat

---

calories .....	197
fat .....	12 g
saturated fat .....	3 g
carbohydrate .....	9 g
protein .....	15 g
fiber .....	3 g
sodium.....	592 mg
cholesterol.....	35 mg

---

## SHRIMP SALAD

- 1/2 lb. cooked shrimp
- 2 celery stalks, finely chopped
- 2 Tbsp. chopped green onion
- 1/4 cup diced cucumber
- 1/3 cup low-fat plain yogurt
- 1/8 tsp. hot sauce
- 1 tsp. lemon juice
- 1/2 tsp. garlic powder
- 1/4 tsp. ground white or black pepper
- Salt (to taste)
- 2 cups shredded lettuce

- 1: Combine first 10 ingredients in a small bowl and mix well.
- 2: Arrange lettuce on plates and top with shrimp mixture.



### SERVES 2 PORTIONS

1/2 protein  
1 vegetable

---

calories .....	156
fat .....	2 g
saturated fat .....	0.5 g
carbohydrate .....	7 g
protein .....	28 g
fiber .....	2 g
sodium.....	469 mg
cholesterol.....	225 mg

---



PLAN 1 : IDEAL FOR FAT SHREDDER 2.0

SALAD



## CHICKEN BROCCOLI SALAD

- 3 oz. cooked chicken breast, chopped
- 1-1/2 cups chopped fresh broccoli florets
- 1 carrot, grated
- 1 Tbsp. chopped walnuts
- 2 Tbsp. chopped celery
- 2 Tbsp. chopped red onion
- 2 Tbsp. raisins
- 2 Tbsp. plain low-fat yogurt
- 1 tsp. lemon juice
- 1 tsp. agave nectar

**1:** In a large bowl, combine chicken, broccoli, celery, onion, and raisins.

**2:** In a separate small dish, whisk together yogurt, lemon juice, and agave nectar.

**3:** Toss dressing with broccoli mixture until well coated.

**4:** Cover and chill for 30 minutes.



### SERVES 1 PORTION

2 protein  
3 vegetables

---

calories .....	371
fat .....	8.5 g
saturated fat .....	1.5 g
carbohydrate .....	41 g
protein .....	35 g
fiber .....	.6 g
sodium .....	164 mg
cholesterol .....	74 mg

---

## MEDITERRANEAN TUNA SALAD

- 1 Tbsp. olive oil
- 1 Tbsp. freshly squeezed lemon juice
- 1/8 cup roasted red bell pepper (from jar) cut into strips
- 1 tsp. champagne vinegar or white wine vinegar
- 2 Tbsp. fresh chopped parsley
- Freshly ground black pepper (to taste)
- 1 clove garlic, pressed or minced
- 1 cup fresh spinach leaves
- 1/2 cup cooked brown rice
- 1 6-oz. can chunk white tuna in water (drained)
- 1/2 cucumber, chopped
- 1/4 cup chopped red onion
- 1/2 cup diced tomato or 1 diced roma tomato, seeds removed
- Salt (to taste)

- 1: Dressing: In a small mixing bowl, whisk together olive oil, lemon juice, bell peppers, vinegar, parsley, pepper, salt, and garlic.
- 2: For each serving, place spinach on a plate and top with brown rice, tuna, cucumber, onion, and tomato. Drizzle with dressing.

EB

### SERVES 2 PORTIONS

1 protein  
2 vegetable  
1/2 fat

calories	273
fat	10 g
saturated fat	2 g
carbohydrate	20 g
protein	23 g
fiber	2.5 g
sodium	519 mg
cholesterol	36 mg

## TAMARI TOFU OVER GREENS

- 8 oz. organic extra-firm tofu, drained, pressed, and cut into cubes
- 3 Tbsp. low-sodium soy sauce
- 2 Tbsp. balsamic vinegar
- 1 tsp. toasted sesame oil
- 6 cups chopped romaine lettuce leaves, washed
- 12 cherry tomatoes, halved
- 1/4 cup diced red onion
- 1/4 cup diced cucumber
- 1/2 cup chickpeas

- 1: Preheat oven to 375° F.
- 2: Place tofu in a glass baking dish.
- 3: In a small bowl, mix soy sauce, vinegar, and sesame oil and pour over tofu.
- 4: Bake tofu for about 20 minutes, turning once.
- 5: Remove from oven and cool about 5 to 10 minutes.
- 6: In large bowl, toss next 5 ingredients until mixed; top with cooled tofu and pan juices.

EB

VG

VT

GF

### SERVES 2 PORTIONS

1 protein  
3 vegetable

calories	260
fat	10 g
saturated fat	1 g
carbohydrate	26 g
protein	19 g
fiber	8 g
sodium	680 mg
cholesterol	0 mg

---

## CURRIED “CHICKEN” SALAD

- 8 oz. organic tempeh, diced into 1/4" cubes
- 1 15-oz. can chickpeas, drained
- 2 celery stalks, diced
- 1 green apple, diced
- 2 Tbsp. dried cranberries or raisins
- 2 tsp. sea salt
- Black pepper (to taste)
- 2 Tbsp. rice wine vinegar
- 2 Tbsp. vegan mayonnaise

- 1:** In a steamer basket, steam tempeh for 10 minutes. Let cool.  
Place in a large mixing bowl
- 2:** Mash chickpeas with a fork or food processor. Add to tempeh.
- 3:** Add remaining ingredients and stir well to combine.
- 4:** Serve.



---

### SERVES 4 PORTIONS

---

1 protein  
1/2 legume  
1/2 fruit  
1 condiment

---

calories .....290  
fat .....11 g  
saturated fat .....1.5 g  
carbohydrate .....34 g  
protein .....17 g  
fiber .....11 g  
sodium.....360 mg  
cholesterol.....0 mg

---

---

## MANDARIN SPINACH SALAD

- 1 Tbsp. olive oil
- 2 Tbsp. freshly squeezed blood orange or navel orange juice
- 2 Tbsp. balsamic vinegar
- 1/2 tsp. freshly ground black pepper
- 1 pinch sea salt
- 1 tsp. garlic powder
- 4 cups fresh spinach leaves
- 1 avocado, sliced
- 1 Tbsp. chopped walnuts
- 1 small can mandarin oranges, drained
- 1/4 cup chopped red onion

- 1: Dressing:** In a large mixing bowl, whisk together olive oil, juice, vinegar, pepper, salt, and garlic powder.
- 2:** Add spinach and gently toss mixture to coat spinach leaves. Divide spinach mixture into 2 portions.
- 3:** Fan out avocado slices on top of each portion.
- 4:** Top each portion with 1 Tbsp. walnuts and 6 to 8 mandarin orange wedges.



---

### SERVES 2 PORTIONS

---

1/2 fruit  
1 vegetable  
1/2 fat

---

calories .....18  
fat .....9 g  
saturated fat .....1 g  
carbohydrate .....22 g  
protein .....4 g  
fiber .....5 g  
sodium.....160 mg  
cholesterol.....0 mg

---



## MEDITERRANEAN ARUGULA SALAD

- 2 Tbsp. olive oil
- 1/4 cup freshly squeezed lemon juice
- 1 Tbsp. water
- 1/2 tsp. dried oregano
- Freshly ground black pepper (to taste)
- 1 tsp. garlic powder
- 1 tsp. honey
- 5 cups arugula lettuce
- 1 15-oz. can garbanzo beans, rinsed and drained
- 1 14-oz. can water-packed hearts of palm, chopped coarsely
- 1 7-oz. jar red peppers, drained, roasted, and cut into strips
- 1 cup chopped roma tomatoes, seeds removed



**SERVES 4  
PORTIONS**

3 vegetables  
1/2 fat

calories .....	209
fat .....	9 g
saturated fat .....	1 g
carbohydrate .....	27 g
protein .....	7 g
fiber .....	6 g
sodium .....	608 mg
cholesterol .....	0 mg

- 1:** Dressing: In large mixing bowl, whisk together olive oil, lemon juice, water, oregano, pepper, garlic, and honey.
- 2:** Add arugula and gently toss.
- 3:** Divide into 4 servings and top each salad with equal amounts garbanzo beans, chopped hearts of palm, and tomato.



## SOUP RECIPES







## CHICKEN AND WHITE BEAN SOUP

- 2 tsp. olive oil
- 1 large onion, chopped
- 2 stalks celery, chopped
- 1/4 tsp. dried rosemary
- 1/4 tsp. dried sage
- 1 32-oz. carton low-sodium chicken broth
- 1 cup water
- 12 oz. boneless, skinless rotisserie-roasted white chicken meat, shredded
- 1 can white beans, low sodium if possible, rinsed and drained

- 1: Place olive oil in a large stockpot over medium heat; add onion and celery and cook until onion is translucent.
- 2: Add rosemary and sage and cook for another 30 seconds.
- 3: Add broth, water, chicken, and white beans. Simmer for 15 to 20 minutes.
- 4: Ladle into bowls and serve hot.



### SERVES 6 PORTIONS

1 protein  
1/2 legume

calories	180
fat	4.5 g
saturated fat	1 g
carbohydrate	13 g
protein	23 g
fiber	3 g
sodium	330 mg
cholesterol	55 mg

## SEAFOOD GAZPACHO

- 1 cup chopped cucumber, skin on, seeds removed
- 1 red bell pepper, cleaned and roughly chopped
- 1 orange bell pepper, cleaned and roughly chopped
- 4 roma tomatoes, chopped
- 1 small red onion, cleaned and roughly chopped
- 2 cloves garlic, minced
- 3 cups low-sodium tomato juice
- 2 Tbsp. olive oil
- 1/4 cup red wine vinegar
- 1 pinch salt
- 1 Tbsp. ground black pepper
- 1 lb. large shrimp, cleaned, shelled, and boiled
- Cilantro (to taste)

- 1: Place first 6 ingredients in a food processor or blender and pulse until all vegetables are about uniform size.
- 2: Add tomato juice, oil, and vinegar and pulse until well combined.
- 3: Season with salt and pepper.
- 4: Transfer soup to a large soup bowl, cover, and place into refrigerator for at least 1 hour to allow flavors to marry.
- 5: While soup is chilling, chill shrimp. When ready to serve, slice shrimp lengthwise.
- 6: Portion soup into soup bowls and lay one fourth of shrimp on each portion. Garnish with cilantro if desired.



### SERVES 4 PORTIONS

1 protein  
2 vegetables  
1/2 fat

calories	270
fat	9 g
saturated fat	1.5 g
carbohydrate	17 g
protein	31 g
fiber	3 g
sodium	380 mg
cholesterol	230 mg

---

## BEEF AND BARLEY SOUP

- 2 Tbsp. olive oil
- 1 cup chopped onion
- 1 lb. boneless lean beef, cubed
- 3 bay leaves
- 1/2 tsp. sea salt
- 1 tsp. ground black pepper
- 2 tsp. garlic powder
- 1/2 tsp. ground coriander
- 2 stalks celery, chopped
- 4 carrots, chopped
- 1 parsnip, chopped
- 1 32-oz. carton low-sodium, low-fat beef broth
- 2 cups water
- 2/3 cup quick-cooking barley
- 1 14-oz. can low-sodium diced tomatoes with juice

**1:** Place olive oil in a large stockpot and heat over medium heat. Add onion and beef and sauté until beef is browned and onion is translucent.

**2:** Add remaining ingredients and bring to boil. Reduce heat and simmer for 1 hour, stirring occasionally.

**3:** Ladle into bowl and serve hot.



---

### SERVES 6 PORTIONS

---

1 protein  
3 vegetables  
1 condiment

---

calories .....	305
fat .....	10 g
saturated fat .....	2.5 g
carbohydrate .....	32 g
protein .....	21 g
fiber .....	7.5 g
sodium.....	325 mg
cholesterol.....	39 mg

---

---

## CHICKEN ENCHILADA SOUP

- 1/2 medium onion, chopped
- 2 large ribs celery, chopped
- 2/3 cup chopped fresh cilantro leaves
- 1 8-oz. can low-sodium tomato sauce
- 1/2 tsp. chili powder
- 1/2 tsp. cumin
- 1 tsp. sea salt
- 1 32-oz. carton low-sodium chicken stock
- 2 cups water
- 1 medium tomato, chopped
- 1 4.5-oz. can green chilies
- Jalapeños (optional, to taste)
- 1 15.5-oz. can low-sodium black beans, drained and rinsed
- 12 oz. boneless, skinless chicken breast meat, cubed
- 1 avocado, sliced
- 1 medium chopped tomato, seeds removed
- 1/2 cup shredded low-fat cheese (optional)

**1:** In a large stockpot, combine all ingredients except avocado, tomato, cheese, and 8 sprigs of cilantro.

**2:** Bring to a boil, reduce heat, and simmer for approximately 1 hour, stirring often.

**3:** Ladle into bowls and serve hot. Top each serving with 1 Tbsp. low-fat shredded cheese, 1/8 avocado, 1/8 tomato, and a sprig of cilantro.



---

### SERVES 8 PORTIONS

---

1 protein  
1 vegetable

---

calories .....	160
fat .....	5 g
saturated fat .....	1 g
carbohydrate .....	14 g
protein .....	14 g
fiber .....	5 g
sodium.....	380 mg
cholesterol.....	25 mg

---



PLAN 2 : IDEAL FOR ENERGY BOOSTER 2.0

SOUP



## CREAM OF BROCCOLI SOUP

- 2 Tbsp. olive oil
- 1 clove garlic, minced
- 1 cup chopped onion
- 1-1/2 lb. fresh broccoli
- 1 tsp. sea salt
- 1/4 tsp. white pepper
- 2 cups nonfat milk or almond milk
- 2 cups low-sodium chicken or vegetable stock

- 1: In a large stockpot, heat olive oil over medium heat and sauté onion and garlic until onion is translucent.
- 2: Cut all broccoli florets from large stalk and rinse.
- 3: Add stock, pepper, sea salt, and broccoli and bring to a boil.
- 4: Reduce heat and simmer for approximately 30 minutes or until broccoli is tender.
- 5: Remove 1 cup of broccoli pieces with a slotted spoon and set aside.
- 6: Cool remaining broccoli and stock mixture. When lukewarm, place in a blender or food processor and blend until it forms a smooth puree.
- 7: Take broccoli you set aside and chop into smaller pieces.
- 8: Return blended mixture and chopped broccoli pieces to pot, add milk, and slowly heat soup over medium heat, stirring constantly. Do not boil.
- 9: Serve hot.



### SERVES 4 PORTIONS

1/2 fat  
3 vegetables

---

calories	190
fat	8 g
saturated fat	1.5 g
carbohydrate	22 g
protein	11 g
fiber	5 g
sodium	367 mg
cholesterol	5 mg

---

## HERBED VEGGIE SOUP

- 1 Tbsp. olive oil
- 1 large sweet yellow onion, diced
- 8 oz. organic tempeh, cut into 1/4" cubes
- 3 stalks celery, chopped into small pieces
- 3 carrots, peeled and diced
- 2 tsp. dried thyme
- 2 tsp. marjoram
- 1 small sweet potato, peeled and cut into 1/4" cubes
- 1 cup chopped brussels sprouts
- 1 14.5-oz. can organic fire-roasted diced tomatoes
- 4 cups low-sodium vegetable broth
- 2 cups chopped spinach, fresh or frozen
- Sea salt (to taste)
- Ground black pepper (to taste)



### SERVES 5 PORTIONS

1 protein  
3 vegetables

---

calories	256
fat	8 g
saturated fat	1 g
carbohydrate	32 g
protein	14 g
fiber	7 g
sodium	820 mg
cholesterol	0 mg

---

- 1: Heat olive oil in a large soup pot over medium heat; add onion and sauté until soft.
- 2: Add tempeh and sauté until slightly brown.
- 3: Add celery, carrots, thyme, and marjoram and stir together. Cook for another 5 minutes or until carrots are soft.
- 4: Add sweet potato, brussels sprouts, tomatoes, and broth.
- 5: Turn heat to high, cover pot, and bring to a boil.
- 6: Turn heat down to a simmer and cook for about 30 minutes, until sweet potatoes are soft.
- 7: Add spinach and stir well. Remove from heat immediately.
- 8: Season with salt and pepper. Serve.

## SPICY BLACK BEAN SOUP

- 2 tsp. olive oil
- 1 medium onion, chopped
- 3 cloves of garlic, minced
- 1 tsp. chili powder
- 1 tsp. cumin
- 1 4.5-oz. can diced green chiles
- 2 15.5-oz. cans low-sodium, black beans, drained
- 2 large ribs celery, chopped
- 2 cups low-sodium chicken or vegetable broth
- 2 tsp. Worcestershire sauce
- 1 14.5-oz. can no-salt-added diced tomatoes
- 1 cup chopped fresh cilantro leaves
- 1 lime, cut into wedges
- 4 whole sprigs cilantro

- 1:** Heat olive oil in a large stockpot; sauté onion, garlic, cumin, and chili powder until edges of onion begin to brown.
- 2:** Add next 7 ingredients and simmer covered for 15 minutes, stirring occasionally.
- 3:** Remove 1 cup of soup mixture and purée in a blender or food processor.

- 4:** Return mixture to pot and continue to simmer for an additional 10 to 15 minutes.
- 5:** Ladle into bowls and serve hot; garnish each serving with cilantro and a lime wedge.



### SERVES 4 PORTIONS

1 legume  
1 vegetable

---

calories .....	260
fat .....	3 g
saturated fat.....	0.5 g
carbohydrate .....	44 g
protein .....	16 g
fiber .....	14 g
sodium.....	370 mg
cholesterol.....	5 mg

---

## WHITE BEAN ZUCCHINI SOUP

- 2 Tbsp. olive oil or coconut oil
- 3 large zucchini, halved lengthwise and sliced into 1/4" pieces
- 1 yellow onion, diced
- 1 leek, sliced thin (white part only)
- 2 garlic cloves, minced
- 3 celery stalks, diced
- 1 tsp. dried thyme (or 2 tsp. fresh)
- 1 tsp. dried rosemary (or 2 tsp. fresh)
- 1 tsp. marjoram
- 3 red bliss potatoes, cut into 1/2" inch cubes
- 4 cups low-sodium vegetable broth
- 2 can low-sodium white beans, drained and rinsed
- Sea salt and pepper (to taste)

- 1:** In a large skillet, heat 1 Tbsp. of oil over medium heat. Sauté zucchini until brown.
- 2:** Meanwhile, in a large stockpot, heat remaining 1 Tbsp. of oil over medium heat and sauté onion, leek, garlic, and celery until translucent.
- 3:** Add herbs to stockpot and stir to combine.
- 4:** Add browned zucchini, potatoes, beans, and broth to stockpot.

- 5:** Turn up heat and bring to a boil, then turn down to a simmer, cover pot, and cook until potatoes are tender.
- 6:** Add salt and pepper, then puree soup with either a hand blender or a regular blender. (If using a regular blender, wait until soup cools before blending, then reheat to serve.)



### SERVES 6 PORTIONS

1 legume  
1 vegetable

---

calories .....	250
fat .....	6 g
saturated fat.....	1 g
carbohydrate .....	41 g
protein .....	10 g
fiber .....	9 g
sodium.....	190 mg
cholesterol.....	0 mg

---



PLAN 3 : IDEAL FOR ENDURANCE MAXIMIZER 2.0

SOUP





## LUNCH | DINNER RECIPES



---

## BROILED LEMON-BASIL SALMON

- 1 Tbsp. olive oil
- 2 4-oz. salmon fillets
- 1/2 tsp. sea salt
- 1/4 tsp freshly ground black pepper
- 2 cloves fresh garlic, minced
- 2 Tbsp. dried parsley flakes
- 1/4 cup finely chopped fresh basil leaves
- 1 fresh lemon (half for juice, half sliced)

- 1:** Line a small baking pan with foil and coat foil with olive oil.
- 2:** Place salmon fillets skin side down on foil and brush with olive oil.
- 3:** Sprinkle salmon with salt, pepper, garlic, parsley, and 1/2 of basil.
- 4:** Squeeze juice from lemon half over salmon filets.
- 5:** Cover, place in refrigerator, and marinate for at least 1 hour.
- 6:** Position oven rack 3 to 4 inches from heat source and preheat broiler.
- 7:** Broil salmon until opaque in the center, about 6 to 8 minutes.
- 8:** Transfer salmon to warm plate. Garnish with lemon slices and remainder of basil.



---

### SERVES 2 PORTIONS

---

1 protein  
1 fat

---

calories .....	227
fat .....	11 g
saturated fat .....	2 g
carbohydrate .....	7 g
protein .....	24 g
fiber .....	2 g
sodium.....	640 mg
cholesterol.....	53 mg

---

---

## BRUSCHETTA CHICKEN

### SALSA TOPPING

- 6 medium roma tomatoes, seeded and chopped
- 1/4 cup finely chopped fresh basil leaves
- 1/2 tsp. sea salt
- 3 cloves fresh garlic, minced
- 1 Tbsp. balsamic vinegar
- 1/4 tsp. freshly ground black pepper
- 1 Tbsp. olive oil

### CHICKEN BREAST

- 1 Tbsp. chopped fresh oregano
- 1 Tbsp. chopped fresh basil
- 1/2 tsp. chopped fresh thyme
- 1 tsp. chopped fresh Italian parsley
- 2 Tbsp. fresh lemon juice
- 2 Tbsp. balsamic vinegar
- 1 Tbsp. olive oil
- 1/2 tsp. garlic powder
- 1/2 tsp. freshly ground black pepper
- 1/4 tsp. sea salt
- 4 skinless, boneless chicken breast halves

- 1:** For salsa, combine all ingredients in a medium bowl. Cover and chill in refrigerator until ready to serve.
- 2:** For chicken breast, combine all ingredients in a large ziplock plastic bag. Shake to distribute well, seal, and marinate in refrigerator for at least 1 hour.
- 3:** Preheat oven to 350° F.



---

### SERVES 4 PORTIONS

---

1 protein  
1 vegetable  
1/2 fat

---

calories .....	201
fat .....	7 g
saturated fat .....	1 g
carbohydrate .....	9 g
protein .....	24 g
fiber .....	2 g
sodium.....	354 mg
cholesterol.....	62 mg

---

- 4:** Remove chicken from bag; discard marinade.
- 5:** Place chicken in glass baking dish. Cover with foil and place in oven for 30 to 40 minutes or until chicken is thoroughly cooked.
- 6:** Serve with salsa on top; garnish with fresh basil leaves.





## CHICKEN SALAD PITA POCKET

- 4 oz. poached or broiled boneless, skinless chicken breast, chopped into 1/2 inch cubes
- 1 Tbsp. fat-free mayonnaise
- 1 celery stalk, chopped
- 1 Tbsp. chopped onion
- 1/2 tsp. curry powder
- 1/2 tsp. Dijon mustard
- Salt and pepper (to taste)
- 2 Tbsp. chopped apple or raisins (optional)
- 1/2 whole wheat pita
- Shredded lettuce

- 1: Combine first 8 ingredients in a bowl and mix well.
- 2: Spoon into pita and top with shredded lettuce.

**FS**

### SERVES 1 PORTION

1 protein  
1/2 grain  
1 fat

with fat free mayonnaise

calories .....	307
fat .....	5.5 g
saturated fat .....	2 g
carbohydrate .....	24 g
protein .....	38 g
fiber .....	4.5 g
sodium .....	462 mg
cholesterol .....	96 mg

## EASY JERK CHICKEN

- 1 Tbsp. onion powder
- 2 tsp. allspice
- 1 tsp. black pepper
- 1 tsp. ground red pepper
- 2 tsp. raw sugar or palm sugar
- 1 tsp. salt
- 1/2 tsp. nutmeg
- 1/4 tsp. clove
- 4 4-oz. boneless, skinless chicken breasts
- 1 Tbsp. coconut oil or grape seed oil
- 1/2 cup low-sodium chicken broth

- 1: Combine first 8 ingredients in a large plastic bag; add chicken and shake until coated in seasoning.
- 2: In a medium frying pan, heat coconut oil or grape seed oil over medium-high heat.
- 3: Remove chicken from bag, place in frying pan, and sear for 2 to 3 minutes on each side. (Discard marinade.)
- 4: Reduce heat, add chicken broth, and simmer for an additional 15 to 20 minutes or until chicken pieces are cooked through.
- 5: Transfer to plate and top with pan juices.

**FS**
**GF**

### SERVES 4 PORTIONS

1 protein  
1 condiment

calories .....	174
fat .....	6 g
saturated fat .....	1 g
carbohydrate .....	4 g
protein .....	23 g
fiber .....	1 g
sodium .....	420 mg
cholesterol .....	65 mg

---

## INDIVIDUAL MEAT LOAVES

- 2 large egg whites
- 1/2 cup quick-cooking oats
- 2 Tbsp. Worcestershire sauce
- 1/2 tsp garlic powder
- 2 Tbsp. ketchup
- 1/4 tsp. salt
- 1/4 tsp. ground black pepper
- 1 lb. ground lean chicken or turkey breast
- 3 Tbsp. minced onion
- 1 small can tomato sauce
- Nonstick cooking spray

- 1: Preheat oven to 350° F.
- 2: In a large bowl, beat egg whites well with a whisk.
- 3: Stir in oats, Worcestershire, garlic powder, ketchup, salt, and pepper.
- 4: Add ground meat and onion; mix well.
- 5: Divide beef mixture into 4 equal portions, shaping each into an oval-shaped loaf.
- 6: Lightly spray a foil-lined, rimmed baking pan with cooking spray. Place loaves on prepared pan and cover each loaf with tomato sauce.
- 7: Bake for 30 minutes or until cooked through.



---

### SERVES 4 PORTIONS

---

1 protein  
1/2 grain

---

calories .....	208
fat .....	2 g
saturated fat .....	0.5 g
carbohydrate .....	16 g
protein .....	30 g
fiber .....	2.5 g
sodium.....	352 mg
cholesterol.....	70 mg

---

---

## MISO-GLAZED HALIBUT

- 2 Tbsp. sesame seeds
- 1/4 cup miso paste (sweet white miso paste if available)
- 1/4 cup saki
- 2 Tbsp. tamari
- 2 Tbsp. minced fresh ginger
- 1 Tbsp. honey or rice syrup
- 4 4-oz. halibut fillets
- 2 Tbsp. chopped scallions
- 1 Tbsp. chopped fresh basil

- 1: Whisk first 6 ingredients together in a shallow glass baking dish.
- 2: Add fish and turn to coat both sides.
- 3: Cover and refrigerate for between 2 and 6 hours.
- 4: Position oven rack 3 to 4" from heat source and preheat oven broiler.
- 5: Remove fish from baking dish and discard marinade. Place fish on rimmed baking sheet.
- 6: With broiler door slightly ajar, broil halibut until opaque in the center, about 6 to 8 minutes.
- 7: Transfer to warm plate and sprinkle with scallions and basil.



---

### SERVES 4 PORTIONS

---

1 protein  
2 condiments

---

calories .....	193
fat .....	4 g
saturated fat .....	0.5 g
carbohydrate .....	9 g
protein .....	27 g
fiber .....	2.5 g
sodium.....	625 mg
cholesterol.....	36 mg

---

## QUICK-SEARED TUNA

- 2 6-oz. tuna steaks
- 2 Tbsp. fresh lemon juice
- Sea salt and white pepper (to taste)
- 2 Tbsp. reduced-sodium soy sauce
- 1/4 cup chopped green onions
- 2 cloves minced garlic
- 2 Tbsp. saki
- 1 Tbsp. fresh minced ginger

- 1: Preheat large skillet over medium-high heat.
- 2: Rub tuna with 1 Tbsp. lemon juice and lightly season with sea salt and white pepper.
- 3: Place tuna steaks in skillet and cook for 1 to 2 minutes on each side, depending on thickness.
- 4: Transfer tuna from pan to warm plates and set aside.
- 5: Reduce heat to medium; add soy sauce, remaining 1 Tbsp. lemon juice, green onions, garlic, saki, and ginger to pan and cook for 1 minute.
- 6: Pour sauce over tuna steaks and serve immediately.

FS

### SERVES 2 PORTIONS

2 protein  
1 condiment

calories .....	233
fat .....	2 g
saturated fat .....	0.5 g
carbohydrate .....	7 g
protein .....	41 g
fiber .....	1 g
sodium .....	743 mg
cholesterol .....	76 mg





## ASIAN SPICED BAKED TOFU

- 1 lb. organic extra firm tofu, drained and pressed, cut lengthwise into 4 cutlets
- 1-1/2 cups cooked quinoa

### MARINADE

- 3 Tbsp. low-sodium soy sauce
- 2 Tbsp. rice wine vinegar
- 2 tsp. agave nectar or maple syrup
- 2 tsp. sesame oil
- 2 garlic cloves, minced
- 1/4 tsp. red pepper flakes
- 2 tsp. chopped fresh ginger

- 1: Combine all marinade ingredients in a glass baking dish.
- 2: Place tofu in glass baking dish and turn to coat.
- 3: Cover and refrigerate for 30 minutes.
- 4: Preheat oven to 400° F.
- 5: Bake tofu for 20 minutes, then turn cutlets and bake for 10 more minutes.
- 6: Serve each cutlet on a bed of quinoa.



### SERVES 4 PORTIONS

1 protein  
1/2 legume

---

calories .....	235
fat .....	10 g
saturated fat .....	1 g
carbohydrate .....	23 g
protein .....	15 g
fiber .....	3 g
sodium.....	300 mg
cholesterol.....	0 mg

---

## OPEN-FACED BAKED TOFU SANDWICH WITH PEANUT SAUCE

- 1 lb. organic firm tofu, drained and pressed, cut lengthwise into 4 cutlets
- 1/4 tsp. olive oil
- 1/2 cup light coconut milk
- 1/2 cup water
- 1 Tbsp. chunky peanut butter
- 2 Tbsp. low-sodium soy sauce
- 1/4 tsp. red pepper flakes
- 2 Tbsp. rice wine vinegar
- 2 tsp. maple syrup
- 4 slices sprouted whole-grain bread
- 4 romaine lettuce leaves
- 4 thick tomato slices
- 4 slices red onion

- 1: Preheat oven to 375° F.
- 2: Place tofu in a glass baking dish rubbed with a little olive oil to prevent sticking.
- 3: Place next 7 ingredients in a blender or food processor and blend until combined. Pour over tofu.
- 4: Bake for about 15 minutes, turn cutlets, and bake 15 more minutes.
- 5: Make 4 open-face sandwiches, using one slice bread, one tofu cutlet, one lettuce leaf, one tomato, and one onion slice for each.



### SERVES 4 PORTIONS

1 protein  
1/2 grain  
1 condiment

---

calories .....	260
fat .....	10 g
saturated fat .....	2 g
carbohydrate .....	27 g
protein .....	16 g
fiber .....	5 g
sodium.....	300 mg
cholesterol.....	0 mg

---

## CHICKEN AND BROCCOLI RICE

- 2 cups water
- 2-1/4 cups low-sodium chicken stock
- 2 8-oz. boneless, skinless chicken breasts
- 1 cup instant brown rice
- 3 cups broccoli, chopped
- 1/4 tsp. ground black pepper
- 1/4 tsp. salt

- 1: In a medium pot, bring 1 cup chicken stock and 2 cups water to boil. Add chicken, reduce heat, and poach, simmering, for 30 minutes.
- 2: Remove chicken from stock (do not drain) and set aside to cool.
- 3: Add remaining 1-1/4 cup chicken stock, rice, broccoli, pepper, and salt to liquid in pot. Bring to a boil, reduce heat, and simmer covered for 5 minutes.
- 4: Shred chicken and return to pot.
- 5: Leave uncovered and continue to simmer until liquid has been absorbed by rice.

**EB**

### SERVES 4 PORTIONS

1 protein  
1/2 grain  
1 vegetable

calories	249
fat	4.5 g
saturated fat	1 g
carbohydrate	23 g
protein	29 g
fiber	4.5 g
sodium	272 mg
cholesterol	64 mg

## CHICKEN LETTUCE WRAPS

- 1/4 cup water or chicken broth
- 1 lb. lean ground chicken breast
- 3 Tbsp. diced onion
- 1 bunch green onions, chopped
- 2 cloves fresh garlic, minced
- 2/3 cup chopped mushrooms
- 1 small can water chestnuts, drained and chopped
- 1/2 tsp. sesame oil
- 2 tsp. reduced-sodium soy sauce
- 1 Tbsp. hot mustard
- 1 Tbsp. water
- 1 tsp. red chili paste
- 2 Tbsp. honey or rice syrup
- 2 Tbsp. rice wine vinegar
- 1/2 tsp. powdered ginger
- 6 iceberg lettuce leaves, rinsed and patted dry
- 2 Tbsp. chopped cashew pieces (optional)

- 1: In a medium skillet over high heat, brown ground chicken in 1/4 cup of water or broth, stirring often.
- 2: Drain off excess liquid and reduce heat to medium.
- 3: Add onion, green onions, garlic, mushrooms, and water chestnuts and continue to cook.
- 4: In a small bowl, whisk together sesame oil, soy sauce, mustard, water, chili paste, honey or rice syrup, vinegar, and ginger. Add this mixture to pan along with cashews (if desired) and stir.
- 5: Simmer until excess liquid has evaporated.
- 6: Scoop mixture into lettuce leaves, fold, and eat like a taco or burrito.

**EB GF**

### SERVES 6 PORTIONS

1 protein  
1 vegetable

calories	158
fat	4 g
saturated fat	1 g
carbohydrate	14 g
protein	17 g
fiber	2 g
sodium	327 mg
cholesterol	42 mg

## FIESTA CHICKEN

- Nonstick cooking spray
- 2 4-oz. skinless, boneless chicken breasts
- 1/2 tsp. garlic powder
- 3/4 tsp. ground cumin
- 1 lime
- 1 10-oz. can low-sodium diced tomatoes with green chilies
- 2 Tbsp. shredded low-fat Mexican blend cheese
- 1 cup cooked brown rice
- 2 Tbsp. chopped fresh cilantro



### SERVES 2 PORTIONS

1 protein  
1 grain

---

calories .....	305
fat .....	4 g
saturated fat.....	1.5 g
carbohydrate .....	34 g
protein .....	29 g
fiber .....	5 g
sodium.....	101 mg
cholesterol.....	64 mg

---

- 1: Coat a large ovenproof skillet with cooking spray and heat over medium-high heat.
- 2: Sprinkle both sides of chicken evenly with garlic powder and 1/2 tsp. cumin.
- 3: Cook for 6 minutes on each side until done. Remove chicken from pan and set aside.
- 4: Cut lime in half and squeeze evenly over chicken.
- 5: Add remaining 1/4 tsp. cumin and canned tomatoes to pan and cook for 1 minute.
- 6: Set rack 3 to 4" from heat source and preheat oven broiler.
- 7: Return chicken to pan. Spoon tomato mixture over chicken, sprinkle with cheese, and place under broiler for 2 minutes or until cheese melts.
- 8: Place 1/2 cup of rice on each plate. Top each with chicken breast and garnish with fresh cilantro.

## FISH TACOS

- 1 lb. white fish cut into 2" pieces (halibut, cod, catfish, or tilapia)
- 1 clove garlic, minced
- 1 fresh lime
- 1/2 tsp. ground cumin
- 1/4 tsp. sea salt
- 8 6-inch corn tortillas (lard free)
- 1 cup shredded cabbage
- 8 Tbsp. low-fat sour cream
- 8 Tbsp. low-fat shredded cheese



### SERVES 4 PORTIONS

1 protein  
1/2 grain  
1 condiment

---

calories .....	243
fat .....	5 g
saturated fat.....	3 g
carbohydrate .....	21 g
protein .....	28 g
fiber .....	2 g
sodium.....	390 mg
cholesterol.....	55 mg

---

- 1: Preheat oven to 350° F.
- 2: In a 1-gallon ziplock bag, combine fish, garlic, lime juice, cumin, and salt and shake to coat.
- 3: Place in refrigerator and let marinate for 15 minutes.
- 4: Remove fish from bag and discard remaining marinade.
- 5: Line a baking sheet with foil and place fish on sheet.
- 6: Bake for 10 minutes or until fish flakes easily with a fork.
- 7: While fish is cooking, heat tortillas by wrapping in foil and placing them in the oven, directly on the rack, for 10 minutes.
- 8: Place 1/8 of fish in the center of each tortilla and top each with 1/8 cup shredded cabbage, 1 Tbsp. sour cream, and 1 Tbsp. shredded cheese. Makes 8 tacos (2 per serving).





## VEGAN LETTUCE WRAPS

- 1 Tbsp. sesame oil
- 2 tsp. minced garlic
- 2 tsp. freshly grated or chopped ginger (peeled)
- 1/2 red bell pepper, diced
- 1 carrot, peeled and diced
- 1 lb. organic extra-firm tofu, drained and crumbled into a bowl
- 2 tsp. chili paste
- 1 Tbsp. agave nectar
- 1 Tbsp. mellow white miso paste
- 3 Tbsp. water
- 1/2 cucumber, peeled and cut into long, thin strips
- 8 butter lettuce or Bibb lettuce leaves, washed and dried

- 1: Heat sesame oil in a skillet over medium heat and sauté garlic for about 2 minutes.
- 2: Add bell pepper and carrot and sauté until soft.
- 3: Add tofu to pan and cook thoroughly for about 5 minutes.
- 4: In a blender cup, combine chili paste, agave nectar, miso, and water. Blend until smooth.
- 5: Add to tofu mixture and stir to combine. Let heat through for about 3 to 5 minutes.
- 6: To assemble: Scoop about 1/4 cup tofu mixture onto leaf and top with cucumber strips. Roll and enjoy.



### SERVES 4 PORTIONS

1 protein  
1 vegetable  
1 condiment

calories .....	192
fat .....	10 g
saturated fat.....	1.5 g
carbohydrate .....	13 g
protein .....	13 g
fiber .....	3 g
sodium.....	190 mg
cholesterol.....	0 mg

## PEAR PORK MEDALLIONS

- 4 2-oz. thin-cut boneless pork chops or medallions
- Salt (to taste)
- Pepper (to taste)
- Garlic powder (to taste)
- 4 pear halves, canned in juice (reserve juice)



### SERVES 2 PORTIONS

1 protein  
1 fruit  
1 condiment

calories	248
fat	6 g
saturated fat	2 g
carbohydrate	20 g
protein	27 g
fiber	2.5 g
sodium	198 mg
cholesterol	78 mg

- 1: Preheat oven to 350° F.
- 2: Place pork medallions in a rimmed baking dish.
- 3: Lightly sprinkle each piece with salt, pepper, and garlic powder.
- 4: Drizzle about 1 teaspoon of pear juice over each medallion.
- 5: Thinly slice pear halves and lay slices over top of each medallion.
- 6: Cover with foil and bake for 20 to 30 minutes, or until pork is cooked all the way through.

## ROASTED TOFU WITH VEGGIES

- 1 lb. organic firm tofu, drained, cut into cubes
- 5 garlic cloves, peeled
- 1 lb. green beans, trimmed
- 1/2 cup whole mushrooms, stems trimmed
- 1/2 yellow onion, cut into chunks
- 3 baby red potatoes, cut into quarters
- 1 Tbsp. olive oil
- 1 Tbsp. low-sodium soy sauce
- All-purpose seasoning blend (to taste)



### SERVES 4 PORTIONS

1 protein  
1 legume

calories	270
fat	9 g
saturated fat	1 g
carbohydrate	35 g
protein	31 g
fiber	7 g
sodium	320 mg
cholesterol	0 mg

- 1: Preheat oven to 375° F.
- 2: Place first 6 ingredients into a glass baking dish and drizzle with olive oil and soy sauce.
- 3: Sprinkle seasoning blend over all and toss to coat.
- 4: Roast uncovered for about an hour, stirring every 20 minutes or so.
- 5: Remove from oven and serve.

## SOUTHWEST TURKEY BURGERS

- 10 oz. ground turkey breast
- 1/2 cup salsa (from jar OK, with corn and beans if possible)
- 1/2 tsp. garlic powder
- 1/4 cup seasoned breadcrumbs
- 4 toasted whole-grain hamburger buns
- 4 thick slices beefsteak tomato
- 4 large romaine lettuce leaves
- 4 slices red onion
- 4 thin slices low-sodium cheddar cheese

- 1: Combine turkey, salsa, garlic powder, and breadcrumbs in a bowl.
- 2: Form into 4 patties and grill or broil until cooked through.
- 3: Serve burgers on buns topped with lettuce, tomato, onion, and cheese.



### SERVES 4 PORTIONS

- 1 protein
- 1 grain
- 1 vegetable

---

calories .....	357
fat .....	12 g
saturated fat .....	5 g
carbohydrate .....	32 g
protein .....	30 g
fiber .....	3.5 g
sodium.....	433 mg
cholesterol.....	56 mg

---

## HUMMUS CHICKEN LETTUCE WRAPS

- 2 large lettuce leaves, romaine or Boston lettuce, washed and dried
- 1/4 cup hummus
- 2 large slices tomato
- 3 oz. boneless, skinless chicken breast, grilled or poached
- 10 baby carrots

- 1: Lay lettuce leaves on a large dinner plate.
- 2: Place half of hummus in center of each leaf.
- 3: Place 1 tomato slice and half of chicken on each.
- 4: Roll up.
- 5: Serve wraps with carrots on the side.



### SERVES 1 PORTION

- 1 protein
- 2 vegetable
- 1 condiment

---

calories .....	233
fat .....	8 g
saturated fat .....	0.5 g
carbohydrate .....	22 g
protein .....	21 g
fiber .....	6 g
sodium.....	440 mg
cholesterol.....	45 mg

---





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## BLACK BEAN BURRITOS

- 2 4" whole wheat tortillas or 1 medium (should total about 100 to 120 calories)
- 1/2 cup canned low-sodium black beans or fat-free refried beans
- 1/4 cup salsa (from jar)
- 1-oz. low-sodium low-fat shredded cheddar or Jack cheese
- 1/4 cup chopped tomato
- 1/8 sliced avocado

- 1: Lay tortilla on a dinner plate.
- 2: Place half of beans, salsa, cheese, tomato, and avocado in the center of each tortilla.
- 3: Wrap each tortilla and place back on dinner plate, seam side down.
- 4: Microwave for 1 to 2 minutes, or until cheese has melted and the burrito is warm throughout.



---

### SERVES 1 PORTION

---

1 grain  
1/2 legume  
1 vegetable

---

calories	330
fat	8 g
saturated fat	2 g
carbohydrate	44 g
protein	18 g
fiber	10 g
sodium	410 mg
cholesterol	5 mg

---

---

## CHICKEN CHILI

- 2 Tbsp. olive oil
- 1 large white onion, peeled and roughly chopped
- 2 cloves garlic, minced
- 3 Tbsp. chili powder
- 2 Tbsp. cumin
- 1 Tbsp. oregano
- 1 tsp. cayenne pepper
- 2 bell peppers, cleaned and roughly chopped
- 2 large carrots, peeled and roughly chopped
- 1 cup white button mushrooms, cleaned and cut into quarters
- 1 28-oz. can low-sodium diced stewed tomatoes
- 1 16-oz. can low-sodium red kidney beans
- 1 16-oz. can low-sodium white kidney (cannellini) beans
- 1 lb. ground chicken breast (or cubed chicken)

- 1: Place olive oil in a large nonstick skillet over medium heat.
- 2: Add onions and garlic.
- 3: Cook for about 12 to 15 minutes, until onions begin to soften.
- 4: Add chili powder, cumin, oregano, and cayenne pepper and stir well.
- 5: Add peppers, carrots, and mushrooms and cook, stirring often, for about 12 to 15 minutes or until vegetables begin to soften.
- 6: Cook chicken in a nonstick skillet coated with cooking spray over medium heat for about 8 to 10 minutes, or until cooked throughout.
- 7: Add diced tomatoes, beans, and chicken to chili, reduce heat to low, and simmer partially covered for 30 minutes.



---

### SERVES 6 PORTIONS

---

1/2 protein  
1/2 legume  
2 vegetables

---

calories	270
fat	8 g
saturated fat	1 g
carbohydrate	32 g
protein	20 g
fiber	10 g
sodium	170 mg
cholesterol	30 mg

---

## CURRY CHICKEN WITH RICE

- 1 tsp. coconut oil
- 2 8-oz. boneless, skinless chicken breasts, cubed
- 1 small onion, chopped
- 2 cloves garlic, minced
- 8 oz. unsweetened almond milk
- 1 6-oz. can tomato paste
- 2 tsp. curry powder
- 2 carrots, chopped
- 1 potato, peeled and diced
- 2 cups cooked brown rice

- 1: Place coconut oil in large skillet over medium heat. Add chicken, garlic, and onion and cook until chicken is cooked through.
- 2: Stir in almond milk, tomato paste, and curry powder.
- 3: Add carrots and potato and reduce heat.
- 4: Simmer for approximately 30 minutes, or until carrots are tender.
- 5: Serve each portion over 1/2 cup cooked brown rice.

EM

### SERVES 4 PORTIONS

1 protein  
1 grain  
1 condiment

calories .....350  
fat .....6 g  
saturated fat .....2 g  
carbohydrate .....46 g  
protein .....29 g  
fiber .....6 g  
sodium .....410 mg  
cholesterol .....62 mg

## HONEY JALAPEÑO CHICKEN WRAPS

- 2 4-oz. boneless, skinless chicken breasts
- 1 tsp. coconut oil
- 1/2 tsp. garlic powder
- 2 Tbsp. honey
- 2 Tbsp. Dijon mustard
- 2 Tbsp. finely minced fresh jalapeño
- 1 tsp. garlic powder
- 4 5" to 6" whole wheat tortillas
- 4 tsp. grated low-fat cheese

- 1: Cut chicken breasts lengthwise into strips.
- 2: Place coconut oil in skillet over medium heat; add chicken and sprinkle with garlic powder. Thoroughly cook chicken, remove from skillet, and set aside.
- 3: Combine honey, mustard, and jalapeño in small bowl.
- 4: Heat fresh skillet over medium heat and place tortilla in pan.

EM

### SERVES 2 PORTIONS

1 protein  
1 grain  
1/2 condiment

calories .....332  
fat .....7 g  
saturated fat .....3 g  
carbohydrate .....47 g  
protein .....30 g  
fiber .....3 g  
sodium .....625 mg  
cholesterol .....63 mg

- 5: Heat tortilla for approximately 30 seconds, flip, and add 1/4 of chicken and 1 tsp. of cheese.
- 6: When cheese is melted, remove from pan, roll up, and serve with dipping sauce on the side.
- 7: Repeat for remaining 3 tortillas.



## HONEY-MUSTARD CHICKEN WITH OVEN-ROASTED VEGETABLES

- 1 Tbsp. honey
- 2 tsp. Dijon mustard
- 2 tsp. olive oil
- 1/2 tsp. dried thyme
- 2 4-oz. boneless, skinless chicken breasts
- Nonstick cooking spray
- 2 small red new potatoes, cleaned and halved
- 1 cup baby carrots
- 1 cup brussels sprouts, cleaned and halved
- Sea salt (to taste)
- Black pepper (to taste)



### SERVES 2 PORTIONS

1 legume  
1 protein  
1 vegetable

calories .....370  
fat .....8 g  
saturated fat .....1.5 g  
carbohydrate .....47 g  
protein .....20 g  
fiber .....6 g  
sodium .....540 mg  
cholesterol .....30 mg

- 1: In a medium nonreactive bowl, combine honey, mustard, olive oil, and thyme.
- 2: Add chicken, cover, and allow to marinate in the refrigerator from 30 minutes to 1 hour.
- 3: Preheat oven to 375° F.
- 4: Spray a cookie sheet with nonstick cooking spray and arrange vegetables on it. (You may need 2 cookie sheets.)
- 5: Sprinkle veggies with sea salt and place in oven for about 30 to 40 minutes, turning every 10 minutes.
- 6: Place chicken in a baking pan and place in same oven for 20 to 25 minutes, or until cooked through.
- 7: Pierce one of each kind of vegetable with fork to make sure they're done. Place one chicken breast and half the vegetables on each plate and serve.

## ROASTED VEGETABLE PASTA

- 1/2 orange bell pepper, cut into thin strips
- 1 zucchini, cut into 1/2" pieces
- 10 cherry tomatoes
- 1/2 red onion, cut into 1/2" pieces
- 8 mushrooms, stems removed
- 1 Tbsp. olive oil
- 2 tsp. dried oregano
- Sea salt and pepper (to taste)
- 4 oz. whole wheat fusilli pasta
- 1/2 cup vegetable broth
- 4 oz. organic tempeh, crumbled
- 2 Tbsp. freshly chopped basil



### SERVES 2 PORTIONS

1 protein  
1/2 grain  
3 vegetables  
1 fat (does not include the sea salt 'to taste')

calories .....454  
fat .....16 g  
saturated fat .....2 g  
carbohydrate .....61 g  
protein .....23 g  
fiber .....15 g  
sodium .....150 mg  
cholesterol .....0 mg

- 1: Preheat oven to 450° F.
- 2: Place first 5 ingredients in a bowl and drizzle with olive oil to coat, along with oregano and sea salt. Toss to make sure all vegetables are well coated.
- 3: Place vegetables on a baking sheet lined with parchment. Place in oven and roast for 10 to 15 minutes, or until browned.
- 4: Cook pasta according to package directions. Drain, rinse, and return to pot.
- 5: Add vegetable broth to pasta and place over very low heat. Add crumbled tempeh and stir to combine; cook just long enough to heat through.
- 6: Add roasted vegetables to pasta mixture and toss to coat.
- 7: Add basil and season with sea salt and pepper. Serve immediately.

---

## SAFFRON-INFUSED COUCOUS BOWL

- 1/2 Tbsp. olive oil
- 1/2 cup sugar snap peas, cut in half diagonally
- 3/4 cup cooked couscous
- 2 oz. cooked boneless, skinless chicken breast, shredded
- 1/4 cup low-sodium chicken broth
- 1/2 tsp. saffron
- 1/4 cup chopped scallions

- 1:** Heat olive oil in a medium nonstick skillet over medium heat.
- 2:** Add snap peas and sauté for 5 minutes or until the peas begin to soften.
- 3:** Add couscous, chicken, broth, and saffron to pan and reduce heat to low.
- 4:** Cover and cook on low for 5 to 8 minutes, or until broth has been absorbed.
- 5:** Serve in a bowl, topped with chopped scallions.

EM

---

### SERVES 1 PORTION

---

1 grain  
1 protein  
1/2 vegetable

---

calories .....320  
fat .....9 g  
saturated fat.....1.5 g  
carbohydrate .....36 g  
protein .....24 g  
fiber .....4 g  
sodium.....70 mg  
cholesterol.....50 mg

---

---

## STIR-FRY ASIAN VEGGIES

- 1 Tbsp. sesame oil
- 3 garlic cloves, minced
- 1 Tbsp. freshly minced or grated ginger
- 1 lb. organic firm tofu, cubed
- 1/4 tsp. red pepper flakes
- 8 shiitake mushrooms, thinly sliced
- 1 medium red bell pepper, seeds removed and thinly sliced
- 2 cups broccoli florets
- 1 cup shredded cabbage
- 1 cup shelled edamame
- 2 Tbsp. fresh lime juice
- 2 Tbsp. low-sodium soy sauce
- 3 Tbsp. orange juice
- 1 Tbsp. toasted sesame oil
- 2 tsp. maple syrup
- 1 Tbsp. arrowroot or cornstarch powder
- 1-1/2 cups cooked quinoa
- Sea salt (to taste)

- 1:** Heat 1 Tbsp. sesame oil in a large skillet or wok over medium heat. Sauté garlic, ginger, tofu, and red pepper flakes until tofu is lightly browned.
- 2:** Add mushrooms and sauté 3 to 4 more minutes, or until they release their juices.
- 3:** Add bell pepper, broccoli, cabbage, and edamame. Cover, turn heat down to low, and steam veggies for about 3 to 4 minutes.

- 4:** Meanwhile, in a small bowl, combine lime juice, soy sauce, orange juice, sesame oil, maple syrup, and arrowroot and whisk together.
- 5:** Pour contents of bowl over veggies in skillet and let cook 2 more minutes, stirring occasionally to prevent sticking. Sauce will begin to bubble and thicken. Don't overcook veggies; they should be crisp and brightly colored.
- 6:** Season with sea salt and serve over bed of quinoa.

EM

VG

VT

GF

---

### SERVES 3 PORTIONS

---

1 protein  
1 legume  
1 vegetable  
1 fat

---

calories .....470  
fat .....20 g  
saturated fat.....2 g  
carbohydrate .....48 g  
protein .....25 g  
fiber .....10 g  
sodium.....320 mg  
cholesterol.....0 mg

---





## STUFFED BELL PEPPERS

- 2 large red bell peppers
- Sea salt and pepper (to taste)
- 1 tsp. olive oil
- 1/2 yellow onion, diced
- 1 clove garlic, minced
- 1 cup water
- 8 oz. organic tempeh, crumbled
- 7.5-oz (1/2 can) fire-roasted diced tomatoes
- 2 Tbsp. raw pine nuts
- 1 cup cooked brown rice
- 1 Tbsp. freshly chopped parsley
- 1 Tbsp. freshly chopped basil
- 1 Tbsp. raisins



### SERVES 4 PORTIONS

1/2 protein  
1/2 legume  
1 vegetable  
1/2 fat

calories .....247  
fat .....7 g  
saturated fat .....1 g  
carbohydrate .....35 g  
protein .....12 g  
fiber .....8 g  
sodium .....130 mg  
cholesterol .....0 mg

- 1: Preheat oven to 375° F.
- 2: Halve peppers lengthwise, leaving stems intact. Scoop out seeds and place cut-side-up in a shallow baking dish. Sprinkle with salt and pepper. Bake for about 15 minutes, or until they're soft, but still retain their shape.
- 3: Put 1 cup of water on to boil in kettle or small pan.
- 4: While peppers are baking and water is boiling, heat olive oil in a large skillet over medium heat and sauté onion and garlic until soft.
- 5: Add tempeh, tomatoes, and pine nuts to skillet and sauté about 5 to 7 minutes.
- 6: Stir in rice, parsley, basil, and raisins. Remove from heat and season with a bit more salt and pepper.
- 7: Spoon mixture into peppers in the baking pan. Pour just enough boiling water around peppers to touch the base of each so they won't burn in the oven.
- 8: Bake for 15 minutes.

## STUFFED POTATO SKINS

- 1 large baked Idaho potato, with 1/2 the flesh scooped out
- 1 cup chopped steamed broccoli
- 1/4 cup shredded low-fat, low-sodium cheddar cheese
- 2 pieces well-done turkey bacon, crumbled
- 2 Tbsp. chopped scallions or fresh parsley



### SERVES 1 PORTION

1 legume  
1/2 protein  
1 vegetable

calories .....300  
fat .....9 g  
saturated fat .....3 g  
carbohydrate .....38 g  
protein .....20 g  
fiber .....6 g  
sodium .....540 mg  
cholesterol .....30 mg

- 1: Preheat oven to 325° F.
- 2: Stuff each potato half with broccoli.
- 3: Top each half with shredded cheese.
- 4: Crumble one piece of bacon on each half.
- 5: Place on a baking sheet and bake for 15 to 20 minutes, or until cheese is melted and each half is warm throughout.
- 6: Garnish with scallions or parsley.



---

## SWEET POTATO AND BLACK BEAN BURRITOS

- 1 Tbsp. olive oil
- 1/2 red onion, thinly sliced
- 1 red bell pepper, seeded and thinly sliced
- 8 oz. organic tempeh, crumbled
- 1 tsp. cumin
- 1 Tbsp. chili powder blend
- 1 garnet yam, peeled and cut into 1/4" cubes
- 10 oz. fire-roasted diced tomatoes (from can)
- 1 15.5-oz. can low-sodium black beans, drained and rinsed
- 4 10" whole-wheat tortillas
- 1/2 cup shredded lettuce

- 1: Heat olive oil in a large skillet over medium heat.
- 2: Sauté onion and red bell pepper until soft.
- 3: Add crumbled tempeh and cook until lightly browned.
- 4: Add spices and stir to mix well.
- 5: Add yams and tomatoes, turn heat to low, and cover skillet so yams can steam, about 8 to 10 minutes, until soft.
- 6: Add black beans and stir to combine.
- 7: To assemble: Lay tortilla flat and scoop mixture onto bottom third of tortilla. Top with lettuce and roll.



---

### SERVES 4 PORTIONS

1 protein  
1 grain  
1/2 legume  
1/2 fat

---

calories .....	467
fat .....	13 g
saturated fat .....	2 g
carbohydrate .....	67 g
protein .....	25 g
fiber .....	16 g
sodium.....	600 mg
cholesterol.....	0 mg

---

---

## TEMPEH SLOPPY JOES

- 1 Tbsp. olive oil
- 1 yellow onion, diced
- 2 cloves garlic, minced
- 1 green bell pepper, seeded and diced
- 1 lb. organic tempeh, crumbled
- 3 Tbsp. chili powder blend
- 2 tsp. dried oregano
- 1/2 tsp. sea salt
- 1 15-oz. can fire-roasted crushed tomatoes
- 1/4 cup tomato paste
- 2 to 3 Tbsp. maple syrup or agave nectar
- 1 Tbsp. yellow mustard
- 4 sprouted-grain buns

- 1: Heat olive oil in a large skillet over medium heat.
- 2: Sauté onion, garlic, and bell pepper until soft.
- 3: Add crumbled tempeh and stir together to mix well. Cook for another 2 minutes.
- 4: Add chili powder, oregano, sea salt, tomatoes, tomato paste, maple syrup or agave nectar, and mustard. Stir well to blend together.
- 5: Cook for another 10 minutes with lid on to steam the tempeh.
- 6: Turn off heat and let sit for 5 to 10 minutes for flavors to blend together.
- 7: Serve on sprouted-grain buns.



---

### SERVES 4 PORTIONS

1 protein  
1 grain  
1 vegetable  
1 fat  
1 condiment

---

calories .....	535
fat .....	18 g
saturated fat .....	3 g
carbohydrate .....	72 g
protein .....	33 g
fiber .....	11 g
sodium.....	720 mg
cholesterol.....	0 mg

---

## TOFU VEGGIE NOODLE BOWL

- 3 cups low-sodium vegetable broth
- 1 cup water
- 1 Tbsp. low-sodium soy sauce
- 1 cup chopped carrots
- 2 cups chopped broccoli
- 12 oz. organic extra-firm tofu, cubed
- 2 oz. buckwheat soba noodles

- 1: In large saucepan, bring broth, water, and soy sauce to a boil.
- 2: Add carrots and broccoli.
- 3: When broccoli turns bright green, add tofu.
- 4: When mixture comes back to a boil, add noodles.
- 5: When noodles are done (5 to 8 minutes—firm yet tender), spoon broth and noodles into bowls and serve.



### SERVES 3 PORTIONS

1/2 protein  
1 vegetable  
1/2 grain

---

calories	181
fat	3 g
saturated fat	0 g
carbohydrate	28 g
protein	13 g
fiber	4 g
sodium	588 mg
cholesterol	0 mg

---

## VEGGIE FAJITAS

- 1 Tbsp. olive oil
- 1/2 yellow onion, thinly sliced
- 8 oz. organic tempeh, crumbled
- 1 large portobello mushroom, cut in cubes
- 1/2 red bell pepper, seeded and thinly sliced
- 1/2 green bell pepper, seeded and thinly sliced
- 1/2 zucchini, cut into 1/2" strips
- 1/2 tsp. cumin
- 1/2 tsp. oregano
- 2 tsp. chili powder
- 2 Tbsp. freshly chopped cilantro
- 6 Tbsp. salsa
- 6 6" yellow corn tortillas (about 50 to 60 calories each)
- Sea salt (to taste)



### SERVES 3 PORTIONS

1 protein  
1/2 grain  
2 vegetables  
1 condiment

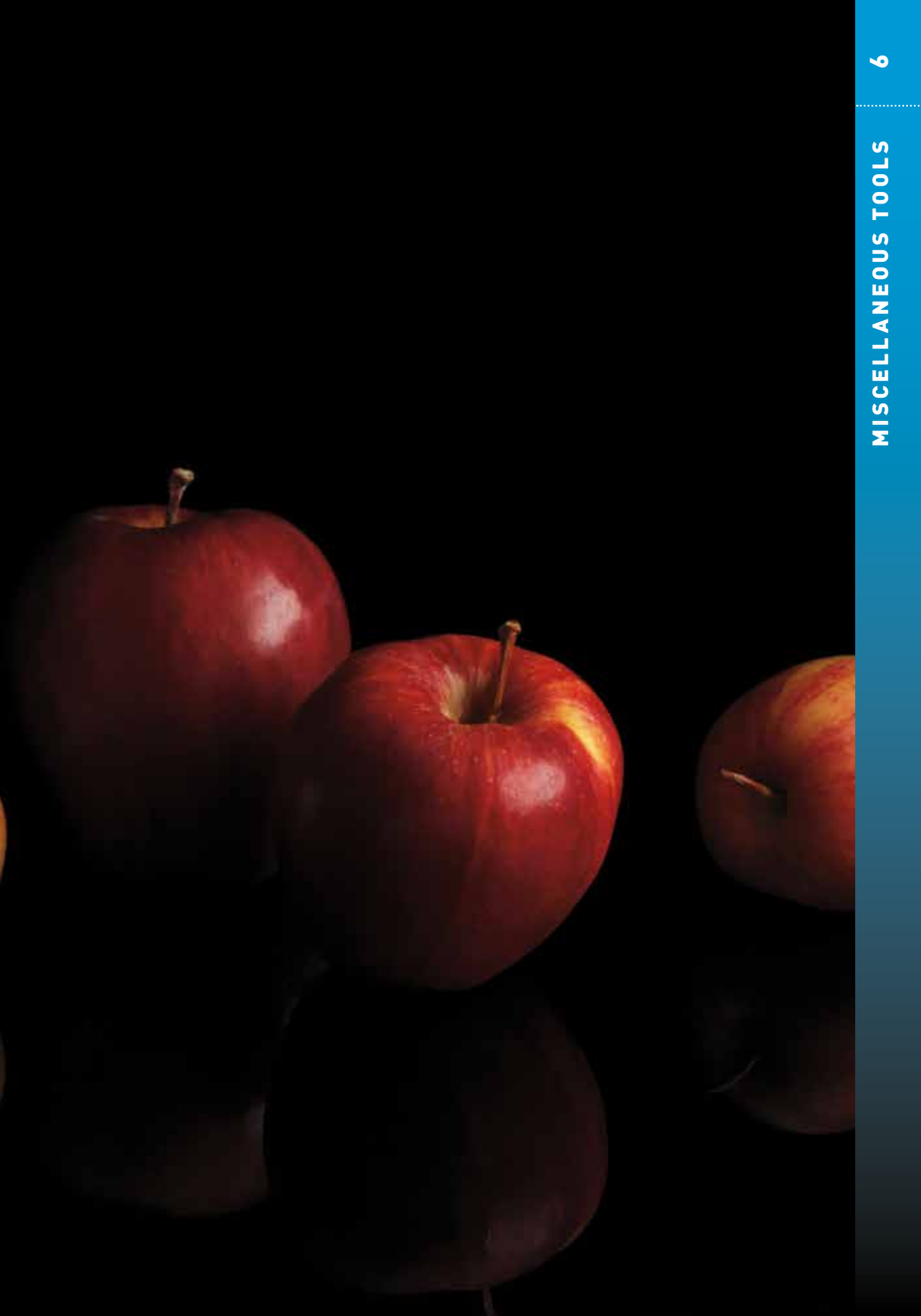
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calories	347
fat	15 g
saturated fat	2 g
carbohydrate	39 g
protein	19 g
fiber	6 g
sodium	170 mg
cholesterol	0 mg

---

- 1: Heat oil in a skillet over medium heat. Sauté onion and tempeh until slightly brown.
- 2: Add mushrooms and cook for a few more minutes until juices are released.
- 3: Add peppers, squash, cumin, oregano, and chili powder. Stir until well mixed. Cover skillet to steam veggies for 5 to 7 minutes.
- 4: Remove from pan and serve on tortillas with salsa, sea salt, and chopped cilantro.





## CONVENIENCE FOODS

### GUIDELINES

If you just don't have time to prepare anything elaborate, 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.

- Amy's Kitchen®
- Weight Watchers® Smart Ones
- Kashi®
- Cascadian Farm®
- Cedarlane® Natural Foods
- Healthy Choice®

Follow the calories, fat, and sodium guidelines below:

<b>LEVEL A</b>	1,800 calories	Up to 400 calories per meal	10 g fat	600 mg sodium
<b>LEVEL B</b>	2,400 calories	Up to 600 calories per meal	12 g fat	800 mg sodium
<b>LEVEL C</b>	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.

<b>Soft Tacos</b>	Chicken Corn tortillas Salsa	6 oz. 2 To taste	2 protein 1 carbohydrate 1 condiment
<b>Stir-fry</b>	Shrimp or chicken Rice Vegetables Soy sauce	6 oz. 1 cup 1 cup To taste	2 protein 1 carbohydrate 1 vegetable 1 condiment
<b>Tuna Salad</b>	Tuna Whole-grain bread Salad greens Fat-free dressing or mayo	6 oz. 2 slices 2 cups 2 Tbsp.	2 protein 1 carbohydrate 1 vegetable 1 condiment
<b>Burger</b>	Veggie or turkey burger Lettuce, tomato, onion Ketchup and mustard	1 To taste To taste	2 protein 1 vegetable 1 condiment

# HOW TO READ LABELS

## MAKE SENSE OF WHAT'S IN THE PACKAGE

Most packaged foods have a Nutrition Facts label. Use this information to make healthy choices quickly and easily.

Don't get tricked. Many single-serving foods are broken into two servings to hide calories.

Calories provide a measure of how much energy you get from a serving of this food.

Nutrients in the highlighted zone: saturated fat, trans fat, cholesterol, and sodium. Limit these, as they may increase various health risks, like obesity, heart disease, and high blood pressure.

Fiber check: Fiber contains zero calories and promotes regularity. You should have at least 25 grams in your daily diet.

Daily Values footnote: Makes recommendations based on a diet of 2,000 or 2,500 daily calories. Make sure these values match your daily caloric needs.

## Nutrition Facts

Serving Size 1 cup (228g)  
Servings Per Container 2

Amount Per Serving

Calories 250      Calories from Fat 110

% Daily Value\*

Total Fat 12g      18%

Saturated Fat 3g      15%

Trans Fat 1.5g

Cholesterol 30mg      10%

Sodium 470mg      20%

Total Carbohydrate 31g      10%

Dietary Fiber 0g      0%

Sugars 5g

Protein 5g

Vitamin A      4%

Vitamin C      2%

Calcium      20%

Iron      4%

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

# THE ORGANIC QUESTION

Should you eat organic or not? We think you should! It's not a must-do, but it's certainly better for you, particularly when it comes to soy and dairy. Organic soy cannot, by definition, be genetically modified, so paying a few extra cents for your tofu means you're simultaneously avoiding both GMOs and pesticide residues that can linger on crops.

Organic dairy is free of the various hormones and antibiotics they feed conventionally raised cows. Also, recent studies out of England show that organic milk is more nutritionally consistent and contains a higher concentration of omega-3 fatty acids. The same generally holds true for organic and grass-fed meats.

As for organic produce, again, you're avoiding pesticide residues and any potential genetic engineering. As for increased nutritional value, the honest truth is that scientific research has yet to come up with a conclusive answer. That said, we'd put our money on the answer being yes!

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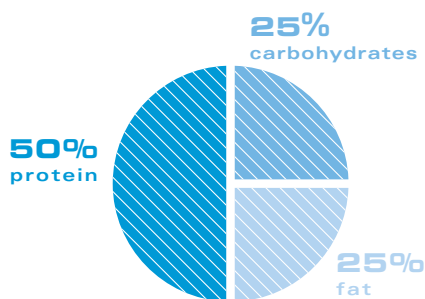
## THE PLANS BROKEN DOWN INTO CALORIES AND MACRONUTRIENTS

We've designed the P90X2 nutrition plan to work without your worrying about a lot of math, but some people like to be a little more DIY with their nutrition. If you're the type who likes to really dig around and crunch the nutritional numbers, here's the information you're looking for.

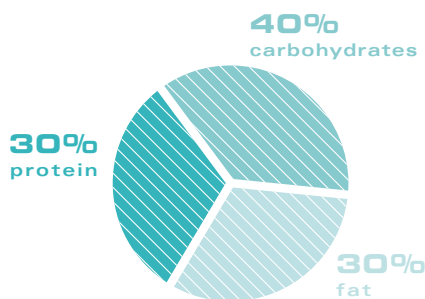
If you're going to build a diet yourself based purely on these numbers, you really need to know what you're doing. We designed the portion plans to keep fiber, vitamins, and minerals high, while keeping cholesterol, sodium, and bad fats low. If you know how to do that, go for it. If not, we recommend using our plans as a base.

Also, remember that your body isn't a computer. It doesn't need or understand exact numbers. If your daily carb, protein, and fat grams aren't on the nose, it doesn't matter. In fact, varying nutrients can avoid potential plateaus. Keeping a daily log will help you figure out the best ways to fine-tune your eating.

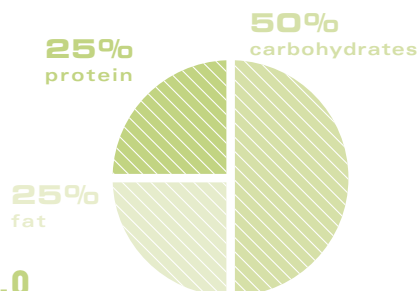
### **FS** PLAN 1 FAT SHREDDER 2.0



### **EB** PLAN 2 ENERGY BOOSTER 2.0



### **EM** PLAN 3 ENDURANCE MAXIMIZER 2.0



To convert those calories into grams, we used the following equations.

- 1 gram of protein = 4 calories
- 1 gram of carbohydrates = 4 calories
- 1 gram of fat = 9 calories

	PLAN 1 FAT SHREDDER 2.0			PLAN 2 ENERGY BOOSTER 2.0			PLAN 3 ENDURANCE MAXIMIZER 2.0		
	PROTEIN	CARBS	FAT	PROTEIN	CARBS	FAT	PROTEIN	CARBS	FAT
LEVEL A 1,800 calories	900 calories	450 calories	450 calories	540 calories	720 calories	540 calories	450 calories	900 calories	450 calories
	225 g	113 g	50 g	135 g	180 g	60 g	113 g	225 g	50 g
LEVEL B 2,400 calories	1,200 calories	600 calories	600 calories	720 calories	960 calories	720 calories	600 calories	1,200 calories	600 calories
	300 g	150 g	67 g	180 g	240 g	80 g	150 g	300 g	67 g
LEVEL C 3,000 calories	1,500 calories	750 calories	750 calories	600 calories	1,200 calories	600 calories	750 calories	1,500 calories	750 calories
	375 g	188 g	83 g	150 g	300 g	67 g	188 g	375 g	83 g



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WARNING: P90X2™ is an extreme, high-intensity, physically demanding workout. It is not for beginners or individuals who are prone to injury or who may have any medical conditions that may be compromised by extreme, physically demanding exercise.

Consult with your physician or healthcare professional before beginning this or any exercise program, starting this or any nutrition plan, or using any supplement or meal replacement program—particularly if pregnant, breast feeding, providing to a child, or if you have any other unique or special needs or restrictions. Keep out of reach of children or others who may require supervision. Review and follow all enclosed safety and other materials, including the Fitness Guide, before beginning P90X2.

The information in this Nutrition Guide is not intended to diagnose any medical condition or to replace the advice of a healthcare professional.

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