

FRUITS

each serving = 100 cal.

- 1 medium_Apple
- 1 cup_Apricots
- 1 medium_Banana
- 1/4 medium_Cantaloupe
- 1 cup_Cherries
- 1 oz_Dried fruit
- 6 oz_Fresh-squeezed juice
- 1 medium_Grapefruit
- 1 cup_Grapes
- 1 cup_Kiwi
- Mango_1/2 medium
- Nectarine_1 medium
- Orange_1 large
- Papaya_1/2 medium
- Peach_1 medium
- Pear_1 medium
- Raspberries, blueberries, blackberries_1 cup
- Strawberries, sliced_2 cups
- Tangerine_1 medium
- Watermelon_1 cup

VEGETABLES

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

- Asparagus
- Beets
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard greens
- Cucumber
- Eggplant
- Kale
- Lettuce
- Marinara sauce
- Mushrooms
- Peas
- Peppers
- Spinach
- Sprouts
- Squash (summer or winter)
- String beans
- Tomatoes
- V-8® juice, low-sodium
- Vegetable soup

CONDIMENTS

each serving = 2 tbsp = 50 cal.

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

SNACKS

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

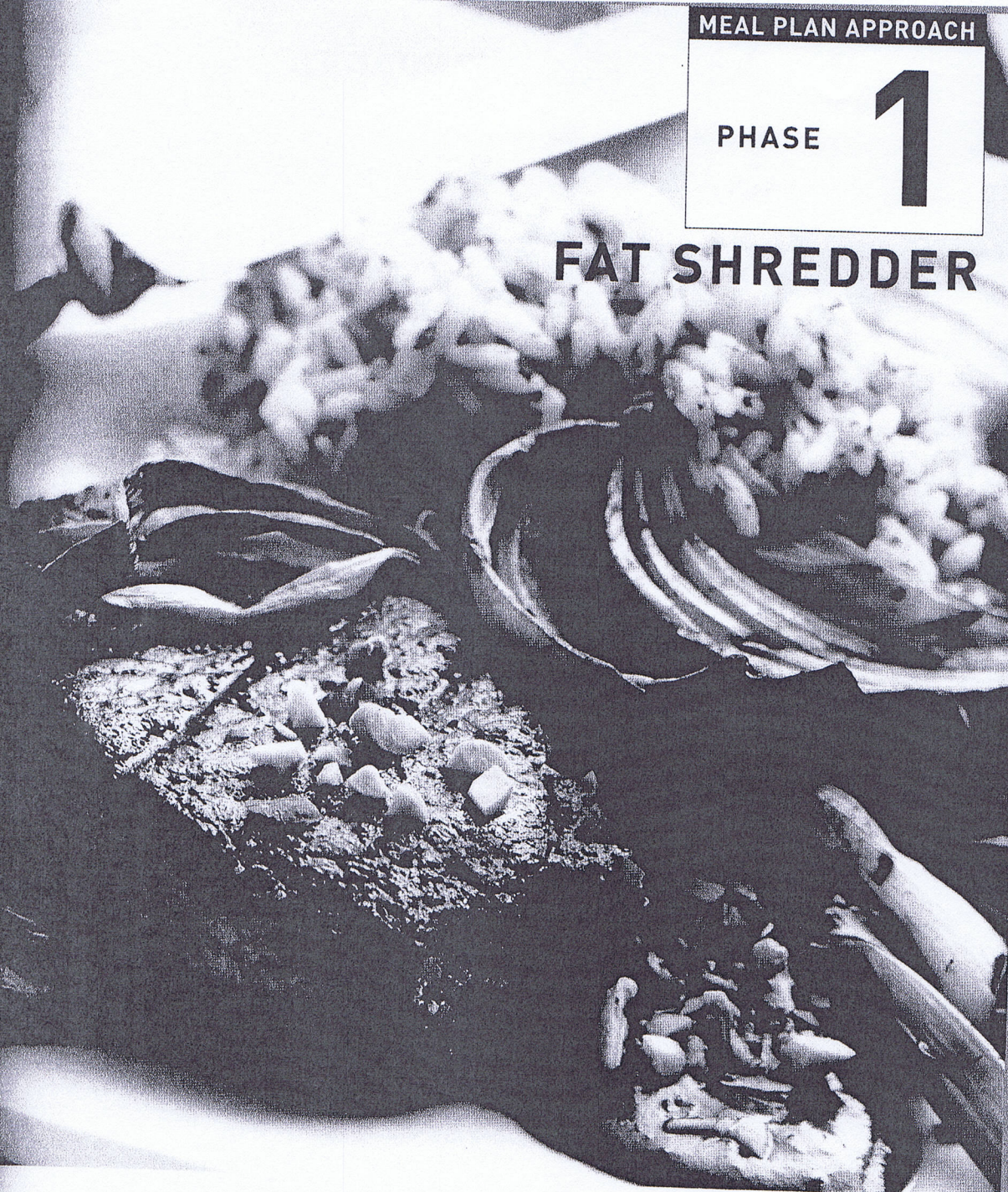
- | Single | Double |
|-----------------------------------------|-----------------------------------------------------|
| 1 oz_Cheese, low-fat | Cottage cheese, 1%_12 oz |
| 8 oz_Cottage cheese, 1% | Nuts_1 oz (almonds, cashews, pecans, 30 pistachios) |
| 1 oz_Dried fruit | P90X Peak Recovery Formula_12-16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

PHASE

1

FAT SHREDDER

PHASE 1-FAT SHREDDER



GENERAL GUIDELINES

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

Prepare the easy-to-follow recipes corresponding to your nutrition level. A shopping list of the groceries needed for the Meal Plan Approach is included at the end of each phase for your convenience.

FAT SHREDDER

MEAL PLAN APPROACH


LEVEL II
PHASE

1

☐ _Recipe included

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
DAY 1 1_Mushroom Omelet ☐ 1 cup_Fresh strawberries 12 oz_Cottage cheese, 1%	1_Protein bar 1_Recovery drink	1_Chef Salad ☐	30 nuts_Pistachios	8 oz_Salmon 3 tbsp_Lemon-Dill Sauce ☐ 1 cup_Asparagus 1 cup_Wild rice 2 cups_Red Pepper Soup ☐ 2 tbsp_Protein powder
DAY 2 1_Protein Shake ☐	1_Protein bar 1_Recovery drink	1_Shrimp Stir-Fry ☐ 1 tbsp_Sesame seeds 1 oz_Cashews	3 oz_String cheese	8 oz_Turkey 3 tbsp_Gravy ☐ 1 cup_Green beans ☐ 2 cups_Butternut Squash Soup ☐ 2 tbsp_Protein powder
DAY 3 3 slices_Turkey bacon 1_Chicken Scramble ☐ 6 oz_Fresh-squeezed juice	1_Protein bar 1_Recovery drink	1_Chicken Salad ☐ 3 cups_Salad greens 2 cups_Vegetable Soup ☐ 2 tbsp_Protein powder	4 oz_Soy nuts	8 oz_Halibut 3 tbsp_Pesto Sauce ☐ 1 cup_Wild rice 1 cup_Zucchini
DAY 4 1_Soy Sausage Muffin ☐ 12 oz_Skim milk	1_Protein bar 1_Recovery drink	1_Steak & Arugula Salad ☐ 3 tbsp_Balsamic Vinaigrette ☐	2 oz_Turkey jerky	8 oz_Chicken breast 3 tbsp_Honey-Chile Sauce ☐ 1 cup_Quinoa 1 cup_Snap peas
DAY 5 1_Spinach Scramble ☐ 12 oz_Skim milk 1_Grapefruit, medium	1_Protein bar 1_Recovery drink	8 oz_Turkey Burger ☐ 3 oz_Low-fat Swiss cheese 1 cup_Coleslaw ☐ 2 cups_Gazpacho ☐ 2 tbsp_Protein powder	12 oz_Cottage cheese, 1%	8 oz_Swordfish 3 tbsp_Mango-Ginger Sauce ☐ 1 cup_Wild rice 1_Artichoke, medium
DAY 6 1_Protein Shake ☐	1_Protein bar 1_Recovery drink	1_Island Pork Tenderloin Salad ☐	2 oz_Turkey jerky	1_Beef & Broccoli Stir-Fry ☐ 2 cups_Miso Soup ☐ 2 tbsp_Protein powder
DAY 7 3 slices_Turkey bacon 1_Cheese Scramble ☐ 12 oz_Skim milk 1/4_Cantaloupe, medium	1_Protein bar 1_Recovery drink	1_Tuna Salad ☐ 3 cups_Salad greens 2 cups_Chilled Cucumber Soup	12 oz_Cottage cheese, 1%	8 oz_Lemon-Garlic Chicken ☐ 1 cup_Wild rice 2 cups_Asparagus Soup ☐ 2 tbsp_Protein powder





























FAT SHREDDER

 *_Recipe included*

MEAL PLAN APPROACH

LEVEL I
PHASE

1































	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
DAY <u>1</u>	1_Mushroom Omelet  1_cup_Fresh strawberries 8_oz_Cottage cheese, 1%	1_Protein bar 1_Recovery drink	1_Chef Salad 	2_oz_Soy nuts	6_oz_Salmon 2_tbsp_Lemon-Dill Sauce 1/2_cup_Asparagus 1_cup_Wild rice 1_cup_Red Pepper Soup 1_tbsp_Protein powder
DAY <u>2</u>	1_Protein Shake 	1_Protein bar 1_Recovery drink	1_Shrimp Stir-Fry  1_tbsp_Sesame seeds 1_oz_Cashews	1-1/2_oz_String cheese	6_oz_Turkey 2_tbsp_Gravy  1/2_cup_Green beans 1_cup_Butternut Squash Soup  1_tbsp_Protein powder
DAY <u>3</u>	2_slices_Turkey bacon 1_Chicken Scramble  4_oz_Fresh-squeezed juice	1_Protein bar 1_Recovery drink	1_Chicken Salad  2_cups_Salad greens 1_cup_Vegetable Soup  1_tbsp_Protein powder	2_oz_Soy nuts	6_oz_Halibut 2_tbsp_Pesto Sauce  1_cup_Wild rice 1/2_cup_Zucchini
DAY <u>4</u>	1_Soy Sausage Muffin  8_oz_Skim milk	1_Protein bar 1_Recovery drink	1_Steak & Arugula Salad  2_tbsp_Balsamic Vinaigrette 	1_oz_Turkey jerky	6_oz_Chicken breast 2_tbsp_Honey-Chile Sauce  1_cup_Quinoa 1/2_cup_Snap peas
DAY <u>5</u>	1_Spinach Scramble  8_oz_Skim milk 1/2_Grapefruit, medium	1_Protein bar 1_Recovery drink	6_oz_Turkey Burger  1-1/2_oz_Low-fat Swiss cheese 1/2_cup_Coleslaw  1_cup_Gazpacho  1_tbsp_Protein powder	8_oz_Cottage cheese, 1%	6_oz_Swordfish 2_tbsp_Mango-Ginger Sauce  1_cup_Wild rice 1_Artichoke, medium
DAY <u>6</u>	1_Protein Shake 	1_Protein bar 1_Recovery drink	1_Island Pork Tenderloin Salad 	1_oz_Turkey jerky	1_Beef & Broccoli Stir-Fry  1_cup_Miso Soup  1_tbsp_Protein powder
DAY <u>7</u>	2_slices_Turkey bacon 1_Cheese Scramble  8_oz_Skim milk 1/4_Cantaloupe, medium	1_Protein bar 1_Recovery drink	1_Tuna Salad  2_cups_Salad greens 1_cup_Chilled Cucumber Soup 	8_oz_Cottage cheese, 1%	6_oz_Lemon-Garlic Chicken  1_cup_Wild rice 1_cup_Asparagus Soup  1_tbsp_Protein powder

FAT SHREDDER

MEAL PLAN APPROACH

LEVEL III
PHASE 1

 Recipe included

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
DAY 1	1_Mushroom Omelet  1_cup_Fresh strawberries 12_oz_Cottage cheese, 1%	1_Protein bar 1_Recovery drink	1_Chef Salad 	30_nuts_Pistachios 2_oz_Turkey jerky	10_oz_Salmon 4_tbsp_Lemon-Dill Sauce  1_cup_Aspargus 1_cup_Wild rice 2_cups_Red Pepper Soup  3_tbsp_Protein powder
DAY 2	1_Protein Shake 	1_Protein bar 1_Recovery drink	1_Shrimp Stir-Fry  2_tbsp_Sesame seeds 1_oz_Cashews	3_oz_String cheese 4_oz_Soy nuts	10_oz_Turkey 4_tbsp_Gravy  1_cup_Green beans 2_cups_Butternut Squash Soup  3_tbsp_Protein powder
DAY 3	4_slices_Turkey bacon 1_Chicken Scramble  8_oz_Fresh-squeezed juice	1_Protein bar 1_Recovery drink	1_Chicken Salad  4_cups_Salad greens 2_cups_Vegetable Soup  3_tbsp_Protein powder	4_oz_Soy nuts 12_oz_Cottage cheese	10_oz_Halibut 4_tbsp_Pesto Sauce  1_cup_Wild rice 1_cup_Zucchini
DAY 4	1_Soy Sausage Muffin  12_oz_Skim milk	1_Protein bar 1_Recovery drink	1_Steak & Arugula Salad  4_tbsp_Balsamic Vinaigrette 	3_oz_String cheese 1_oz_Cashews	10_oz_Chicken breast 4_tbsp_Honey-Chile Sauce  1_cup_Quinoa 1_cup_Snap peas
DAY 5	1_Spinach Scramble  12_oz_Skim milk 1_Grapefruit, medium	1_Protein bar 1_Recovery drink	10_oz_Turkey Burger  3_oz_Low-fat Swiss cheese 2_cups_Coleslaw  2_cups_Gazpacho  3_tbsp_Protein powder	12_oz_Cottage cheese, 1% 2_oz_Turkey jerky	10_oz_Swordfish 4_tbsp_Mango-Ginger Sauce  1_cup_Wild rice 1_Artichoke, medium
DAY 6	1_Protein Shake 	1_Protein bar 1_Recovery drink	1_Island Pork Tenderloin Salad 	2_oz_Turkey jerky 1_oz_Almonds	1_Beef & Broccoli Stir-Fry  2_cups_Miso Soup  3_tbsp_Protein powder
DAY 7	4_slices_Turkey bacon 1_Cheese Scramble  12_oz_Skim milk 1/2_Cantaloupe, medium	1_Protein bar 1_Recovery drink	1_Tuna Salad  4_cups_Salad greens 2_cups_Chilled Cucumber Soup 	12_oz_Cottage cheese, 1% 1_oz_Almonds	10_oz_Lemon-Garlic Chicken  1_cup_Wild rice 2_cups_Aspargus Soup  3_tbsp_Protein powder

PHASE

1

PHASE 1-FAT SHREDDER

FAT SHREDDER



High in protein and fiber, these recipes will put you on the fast track towards building lean muscle mass while shedding excess body fat.

From soup to stir-fry, there are plenty of delicious food options to help speed up your metabolism and give your body the fuel it needs for the new challenges that lie ahead.

GENERAL GUIDELINES

NOTE: All per-serving nutritional information is based on 1 LEVEL I serving. LEVEL II and LEVEL III will vary, depending on portion size.

BALSAMIC VINAIGRETTE

per serving:

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

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

Serves 16

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

LEVEL I

2 tablespoons = 1 condiment

LEVEL II

3 tablespoons = 1-1/2 condiments

LEVEL III

4 tablespoons = 2 condiments

CUMIN VINAIGRETTE

per serving:

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

69 Calories (kcal)
7 g Total Fat
(92% calories from fat)
0 g Protein
2 g Carbohydrate
0 mg Cholesterol
329 mg Sodium

Serves 2

Whisk together until emulsified.

LEVEL I

2 tablespoons = 1 condiment

LEVEL II

3 tablespoons = 1-1/2 condiments

LEVEL III

4 tablespoons = 2 condiments

PESTO SAUCE

per serving:

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

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

Serves 20

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

LEVEL I

2 tablespoons = 1 condiment

LEVEL II

3 tablespoons = 1-1/2 condiments

LEVEL III

4 tablespoons = 2 condiments

MANGO-GINGER SAUCE

per serving:

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

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

Serves 8

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

LEVEL I

2 tablespoons = 1 condiment

LEVEL II

3 tablespoons = 1-1/2 condiments

LEVEL III

4 tablespoons = 2 condiments

GRAVY

per serving:

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

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

Serves 10

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

LEVEL I

2 tablespoons = 1 condiment

LEVEL II

3 tablespoons = 1-1/2 condiments

LEVEL III

4 tablespoons = 2 condiments

HONEY-CHILE SAUCE

per serving:

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

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

Serves 16

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

LEVEL I

2 tablespoons = 1 condiment

LEVEL II

3 tablespoons = 1-1/2 condiments

LEVEL III

4 tablespoons = 2 condiments

LEMON-DILL SAUCE

per serving:

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

Serves 10

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

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

LEVEL I

2 tablespoons = 1 condiment

LEVEL II

3 tablespoons = 1-1/2 condiments

LEVEL III

4 tablespoons = 2 condiments

CHILLED CUCUMBER SOUP

per serving:

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

Serves 4

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

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

LEVEL I

2 tablespoons = 1 condiment

LEVEL II

3 tablespoons = 1-1/2 condiments

LEVEL III

4 tablespoons = 2 condiments

ASPARAGUS SOUP

per serving:

- 1-1/4 cups onions, diced
 - 1/2 teaspoon garlic, chopped
 - 1-1/2 quarts fat-free chicken broth, low sodium
 - 1-1/2 pounds asparagus, diced
 - 1/2 potato, diced
 - 1 dash salt
 - 1/2 teaspoon yellow mustard seed
 - 1 dash 17-spice mix
 - 1/2 teaspoon dry mustard
- Serves 8

38 Calories (kcal)
trace Total Fat
(9% calories from fat)
2 g Protein
5 g Carbohydrate
0 mg Cholesterol
1,780 mg Sodium

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

LEVEL I

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

LEVEL II

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

LEVEL III

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

BUTTERNUT SQUASH SOUP

per serving:

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

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

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

LEVEL I

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

LEVEL II

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

LEVEL III

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

GAZPACHO

per serving:

- 28 ounces canned tomatoes, low sodium
- 3 cups low-sodium tomato juice
- 2-1/2 cups hothouse cucumbers, peeled and diced
- 1/2 cup carrots, peeled and diced
- 3/4 cup each green and red bell pepper, seeded and diced
- 1/2 red onion, diced
- 2 shallots
- 2 garlic cloves
- 1/3 cup red wine vinegar
- 1/3 cup fresh lemon juice
- 1 teaspoon paprika
- 1/4 cup each fresh oregano, basil, and Italian parsley, chopped
- 1/4 teaspoon white pepper
- 1/4 teaspoon Tabasco sauce or to taste

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

Serves 10

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

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

LEVEL I

1 cup soup =
 1/2 vegetable

LEVEL II

2 cups soup =
 1 vegetable

LEVEL III

2 cups soup =
 1 vegetable

MISO SOUP

per serving:

- 1/2 teaspoon dark sesame oil
- 1/3 cup shallots, finely chopped
- 3 tablespoons miso
- 1 quart vegetable stock
- 1/4 cup firm silken tofu, diced
- 3 tablespoons scallions, sliced for garnish

107 Calories (kcal)
 3 g Total Fat
 (23% calories from fat)
 4 g Protein
 16 g Carbohydrate
 1 mg Cholesterol
 1,052 mg Sodium

Serves 8

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

LEVEL I

1 cup soup =
 1/2 vegetable

LEVEL II

2 cups soup =
 1 vegetable

LEVEL III

2 cups soup =
 1 vegetable

VEGETABLE SOUP

per serving:

10 cups fat-free chicken broth, low sodium	49 Calories (kcal)
4 red potatoes, cut into 1-inch cubes	trace Total Fat
4 cups onions, quartered	(2% calories from fat)
1 cup carrots, sliced 1 inch thick	7 g Protein
3 cups celery, sliced 1 inch thick	10 g Carbohydrate
2 cups zucchini, sliced 1 inch thick	0 mg Cholesterol
8 ounces tomato sauce, canned	377 mg Sodium
2 cloves garlic, minced	
1/4 bunch fresh parsley, chopped	
1/4 bunch cilantro, chopped	
dash black pepper	
Serves 18	

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

LEVEL I

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

LEVEL II

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

LEVEL III

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

RED PEPPER SOUP

per serving:

2 cups white wine	57 Calories (kcal)
1 onion, finely chopped	trace Total Fat
5 roasted red peppers	(5% calories from fat)
2 cups celery, chopped	3 g Protein
1 tablespoon garlic, minced	6 g Carbohydrate
2 plum tomatoes, chopped	0 mg Cholesterol
1/4 cup tomato paste	145 mg Sodium
2 cups fat-free chicken broth, low sodium	
2 tablespoons dried thyme	
1/4 teaspoon each ground white pepper and ground cumin	
dash salt	
Serves 12	

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

LEVEL I

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

LEVEL II

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

LEVEL III

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

PROTEIN SHAKE-LEVEL I

per serving:

- 1 cup skim milk
- 1 scoop protein powder, such as Beachbody's Whey Protein Powder
- 1/2 cup berries
- 1/2 banana
- 1/2 cup ice

290 Calories (kcal)
2 g Total Fat
(6% calories from fat)
27 g Protein
41 g Carbohydrate
5 mg Cholesterol
257 mg Sodium

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

LEVEL I

1 protein, 1 dairy, 1 fruit

LEVEL II

See below

LEVEL III

See next page

PROTEIN SHAKE-LEVEL II

per serving:

- 1 cup skim milk
- 1-1/2 scoops protein powder, such as Beachbody's Whey Protein Powder
- 1 cup berries
- 1/2 banana
- 1/2 cup ice

387 Calories (kcal)
2 g Total Fat
(5% calories from fat)
36 g Protein
54 g Carbohydrate
5 mg Cholesterol
322 mg Sodium

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

LEVEL I

See above

LEVEL II

1 1/2 protein, 1 dairy, 2 fruit

LEVEL III

See next page