

## PROTEIN SHAKE-LEVEL III

per serving:

1 cup skim milk

2 scoops protein powder, such as Beachbody's Whey Protein Powder

1 cup berries

1 whole banana

1 cup ice

495 Calories (kcal)

3 g Total Fat

(6% calories from fat)

45 g Protein

71 g Carbohydrate

5 mg Cholesterol

387 mg Sodium

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

### LEVEL I

See previous page

### LEVEL II

See previous page

### LEVEL III

2 protein, 1 dairy, 2 fruit

## SOY SAUSAGE MUFFIN

per serving:

2 to 4 soy sausage patties (approximately 80 calories each)

1 to 2 whole wheat English muffins

1-1/2 to 4 ounces fat-free mozzarella cheese

395 Calories (kcal)

7 g Total Fat

(2% calories from fat)

34 g Protein

46 g Carbohydrate

28 mg Cholesterol

1,490 mg Sodium

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

### LEVEL I

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

### LEVEL II

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

### LEVEL III

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

## CHICKEN SCRAMBLE-LEVEL I

per serving:

6 egg whites

3 ounces chicken breast, cooked and diced

1-1/2 ounces fat-free Parmesan cheese, grated

1/2 tablespoon fresh basil, chopped

320 Calories (kcal)

6 g Total Fat

(17% calories from fat)

49 g Protein

16 g Carbohydrate

78 mg Cholesterol

678 mg Sodium

1. Coat a nonstick skillet with cooking spray and place over medium heat.
2. Lightly beat the egg whites with a fork and add to the pan. Cook, stirring, until halfway set. Add the diced chicken and cook through. Add salt and pepper to taste. Garnish with fresh basil and serve.

### LEVEL I

2 protein, 1 dairy

### LEVEL II

See below

### LEVEL III

See next page

## CHICKEN SCRAMBLE-LEVEL II

per serving:

8 egg whites

3 ounces chicken breast, cooked and diced

3 ounces fat-free Parmesan cheese, grated

2 teaspoons fresh basil, chopped

455 Calories (kcal)

6 g Total Fat

(12% calories from fat)

70 g Protein

30 g Carbohydrate

112 mg Cholesterol

1,093 mg Sodium

1. Coat a nonstick skillet with cooking spray and place over medium heat.
2. Lightly beat the egg whites with a fork and add to the pan. Cook, stirring, until halfway set. Add the diced chicken and cook through. Add salt and pepper to taste. Garnish with fresh basil and serve.

### LEVEL I

See above

### LEVEL II

3 protein, 2 dairy

### LEVEL III

See next page

## CHICKEN SCRAMBLE—LEVEL III

per serving:

10 egg whites

4 ounces chicken breast, cooked and diced

4 ounces fat-free Parmesan cheese, grated

1 tablespoon fresh basil, chopped

596 Calories (kcal)

8 g Total Fat

(12% calories from fat)

90 g Protein

40 g Carbohydrate

149 mg Cholesterol

1,421 mg Sodium

1. Coat a nonstick skillet with cooking spray and place over medium heat.
2. Lightly beat the egg whites with a fork and add to the pan. Cook, stirring, until halfway set. Add the diced chicken and cook through. Add salt and pepper to taste. Garnish with fresh basil and serve.

### LEVEL I

See previous page

### LEVEL II

See previous page

### LEVEL III

4 protein, 2 dairy

## CHEESE SCRAMBLE—LEVEL I

per serving:

6 whole egg whites

2 tablespoons skim milk

1-1/2 ounces mozzarella cheese, part-skim, grated

salt and pepper to taste

230 Calories (kcal)

4 g Total Fat

(29% calories from fat)

34 g Protein

5 g Carbohydrate

24 mg Cholesterol

450 mg Sodium

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

### LEVEL I

2 protein, 1 dairy

### LEVEL II

See next page

### LEVEL III

see next page

## CHEESE SCRAMBLE-LEVEL II

per serving:

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

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

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

### LEVEL I

See previous page

### LEVEL II

3 protein, 2 dairy

### LEVEL III

See below

## CHEESE SCRAMBLE-LEVEL III

per serving:

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

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

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

### LEVEL I

See previous page

### LEVEL II

See above

### LEVEL III

4 protein, 2 dairy

## SPINACH SCRAMBLE-LEVEL I

per serving:

1/2 cup Roma tomato, diced  
1 cup spinach leaves, cleaned and dried  
6 egg whites  
1-1/2 ounces feta cheese, crumbled  
1 tablespoon fresh basil, chopped

239 Calories (kcal)  
9 g Total Fat  
(35% calories from fat)  
29 g Protein  
9 g Carbohydrate  
38 mg Cholesterol  
835 mg Sodium

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

### LEVEL I

1 protein, 1 dairy, 1 vegetable

### LEVEL II

See below

### LEVEL III

See next page

## SPINACH SCRAMBLE-LEVEL II

per serving:

1/2 cup Roma tomato, diced  
1 cup spinach leaves, cleaned and dried  
8 egg whites  
3 ounces feta cheese, crumbled  
1 tablespoon fresh basil, chopped

384 Calories (kcal)  
18 g Total Fat  
(43% calories from fat)  
42 g Protein  
12 g Carbohydrate  
76 mg Cholesterol  
1,419 mg Sodium

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

### LEVEL I

See above

### LEVEL II

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

### LEVEL III

See next page

## SPINACH SCRAMBLE-LEVEL III

per serving:

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

518 Calories (kcal)  
25 g Total Fat  
(43% calories from fat)  
55 g Protein  
19 g Carbohydrate  
101 mg Cholesterol  
1,877 mg Sodium

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

### LEVEL I

See previous page

### LEVEL II

See previous page

### LEVEL III

2 protein, 2 dairy, 2 vegetable

## MUSHROOM OMELET-LEVEL I

per serving:

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

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

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

### LEVEL I

1 protein, 1 dairy, 1 vegetable

### LEVEL II

See next page

### LEVEL III

See next page

## MUSHROOM OMELET-LEVEL II

per serving:

8 egg whites

salt and pepper to taste

3/4 cup mushrooms, sliced

2 tablespoons green onion, chopped

1/2 Roma tomato, chopped

3 ounces low-fat cheddar cheese, shredded

298 Calories (kcal)

6 g Total Fat

(19% calories from fat)

50 g Protein

8 g Carbohydrate

18 mg Cholesterol

966 mg Sodium

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

### LEVEL I

See previous page

### LEVEL II

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

### LEVEL III

see below

## MUSHROOM OMELET-LEVEL III

per serving:

10 egg whites

salt and pepper to taste

1 cup mushrooms, sliced

2 tablespoons green onion, chopped

1/2 Roma tomato, chopped

4 ounces low-fat cheddar cheese, shredded

395 Calories (kcal)

8 g Total Fat

(19% calories from fat)

64 g Protein

13 g Carbohydrate

24 mg Cholesterol

1,256 mg Sodium

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

### LEVEL I

See previous page

### LEVEL II

See above

### LEVEL III

2 protein, 2 dairy, 1 vegetable

**CHEF SALAD-LEVEL I**

per serving:

3 ounces fat-free turkey breast, chopped

3 ounces ham, extra lean, low sodium, chopped

1-1/2 ounces fat-free mozzarella cheese, chopped

1/2 Roma tomato, chopped

2 cups romaine lettuce, chopped

1/4 cup hearts of palm, chopped

1 ounce avocado, diced

2 tablespoons low-fat ranch dressing

323 Calories (kcal)

8 g Total Fat

(21% calories from fat)

50 g Protein

14 g Carbohydrate

86 mg Cholesterol

515 mg Sodium

Toss ingredients together in a bowl and drizzle with dressing.

**LEVEL I**

2 protein, 1 dairy, 1 vegetable,  
1 condiment

**LEVEL II**

See below

**LEVEL III**

See next page

**CHEF SALAD-LEVEL II**

per serving:

4 ounces fat-free turkey breast, chopped

4 ounces ham, extra lean, low sodium, chopped

3 ounces fat-free mozzarella cheese, chopped

1/2 Roma tomato, chopped

2 cups romaine lettuce, chopped

1/4 cup hearts of palm, chopped

1 ounce avocado, diced

3 tablespoons low-fat ranch dressing

452 Calories (kcal)

9 g Total Fat

(18% calories from fat)

74 g Protein

18 g Carbohydrate

119 mg Cholesterol

720 mg Sodium

Toss ingredients together in a bowl and drizzle with dressing.

**LEVEL I**

See above

**LEVEL II**

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

**LEVEL III**

See next page



### CHEF SALAD-LEVEL III

per serving:

5 ounces fat-free turkey breast, chopped	611 Calories (kcal)
5 ounces ham, extra lean, low sodium, chopped	14 g Total Fat
4 ounces fat-free mozzarella cheese, chopped	(20% calories from fat)
1 Roma tomato, chopped	96 g Protein
2-1/2 cups romaine lettuce, chopped	26 g Carbohydrate
1/4 cup hearts of palm, chopped	150 mg Cholesterol
2 ounces avocado, diced	913 mg Sodium
4 tablespoons low-fat ranch dressing	

Toss ingredients together in a bowl and drizzle with dressing.

#### LEVEL I

See previous page

#### LEVEL II

See previous page

#### LEVEL III

3 protein, 2 dairy, 1 vegetable,  
2 condiment

### STEAK AND ARUGULA SALAD-LEVEL I

per serving:

6 ounces top sirloin	398 Calories (kcal)
2 cups arugula	11 g Total Fat
1/2 pint cherry tomatoes, halved	(42% calories from fat)
1/2 cup canned artichoke hearts, drained	38 g Protein
2 tablespoons balsamic vinaigrette (see recipe in Dressings)	20 g Carbohydrate
	87 mg Cholesterol
	293 mg Sodium

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

#### LEVEL I

2 protein, 1 vegetable

#### LEVEL II

See next page

#### LEVEL III

See next page

## STEAK AND ARUGULA SALAD-LEVEL II

per serving:

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

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

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

### LEVEL I

See previous page

### LEVEL II

2-1/2 protein, 1 vegetable

### LEVEL III

See below

## STEAK AND ARUGULA SALAD-LEVEL III

per serving:

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

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

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

### LEVEL I

See previous page

### LEVEL II

See above

### LEVEL III

3 protein, 2 vegetable

## TUNA SALAD-LEVEL I

per serving:

6 ounces tuna, canned	248 Calories (kcal)
3/4 ounce low-fat mayonnaise	5 g Total Fat
1/2 teaspoon lemon zest	(17% calories from fat)
squeeze of lemon	44 g Protein
1 tablespoon carrots, shredded	5 g Carbohydrate
1 tablespoon celery, chopped	51 mg Cholesterol
1 tablespoon green onion, chopped	348 mg Sodium
1 teaspoon celery seeds	

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

### LEVEL I

2 protein, 1 fat

### LEVEL II

See below

### LEVEL III

See next page

## TUNA SALAD-LEVEL II

per serving:

8 ounces tuna, canned	337 Calories (kcal)
1 ounce low-fat mayonnaise	7 g Total Fat
3/4 teaspoon lemon zest	(17% calories from fat)
squeeze of lemon	59 g Protein
2 tablespoons carrots, shredded	8 g Carbohydrate
2 tablespoons celery, chopped	68 mg Cholesterol
2 tablespoons green onion, chopped	447 mg Sodium
1-1/2 teaspoons celery seeds	

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

### LEVEL I

See above

### LEVEL II

2-1/2 protein, 1 fat

### LEVEL III

See next page

### TUNA SALAD-LEVEL III

per serving:

10 ounces tuna, canned	459 Calories (kcal)
1-1/4 ounces low-fat mayonnaise	10 g Total Fat
1 tablespoon lemon zest	(20% calories from fat)
squeeze of lemon	75 g Protein
3 tablespoons carrots, shredded	15 g Carbohydrate
3 tablespoons celery, chopped	85 mg Cholesterol
3 tablespoons green onion, chopped	549 mg Sodium
2 teaspoons celery seeds	

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

#### LEVEL I

See previous page

#### LEVEL II

See previous page

#### LEVEL III

3 protein, 1 fat

### CHICKEN SALAD-LEVEL I

per serving:

6 ounces boneless, skinless chicken breast halves	217 Calories (kcal)
2 tablespoons low-fat mayonnaise	6 g Total Fat
3/4 tablespoon Dijon mustard	(26% calories from fat)
2 tablespoons green onions, diced	32 g Protein
1/8 teaspoon black pepper	7 g Carbohydrate
1/8 teaspoon fresh dill	79 mg Cholesterol
1/4 cup celery, diced	257 mg Sodium

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

#### LEVEL I

2 protein

#### LEVEL II

See next page

#### LEVEL III

See next page

## CHICKEN SALAD-LEVEL II

per serving:

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

345 Calories (kcal)  
12 g Total Fat  
(32% calories from fat)  
43 g Protein  
14 g Carbohydrate  
105 mg Cholesterol  
361 mg Sodium

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

### LEVEL I

See previous page

### LEVEL II

2-1/2 protein

### LEVEL III

See below

## CHICKEN SALAD-LEVEL III

per serving:

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

517 Calories (kcal)  
16 g Total Fat  
(26% calories from fat)  
59 g Protein  
38 g Carbohydrate  
132 mg Cholesterol  
544 mg Sodium

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

### LEVEL I

See previous page

### LEVEL II

See above

### LEVEL III

3 protein

## ISLAND PORK TENDERLOIN

- 16 ounces pork tenderloin, lean
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 teaspoon chile powder
- 1/2 teaspoon ground cumin
- 1/2 teaspoon cinnamon
- 2 teaspoons olive oil
- 1/4 cup brown sugar, packed
- 1/2 tablespoon fresh garlic, finely chopped
- 1/2 tablespoon Tabasco sauce

Serves 4

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

## ISLAND PORK TENDERLOIN SALAD-LEVEL I

per serving:

- 1/2 orange, peeled and cut
  - 1 cup fresh spinach
  - 1/2 red bell pepper, cut lengthwise into thin strips
  - 1 tablespoon golden raisins
  - 1 cup Napa cabbage, shredded
  - 6 ounces Island Pork Tenderloin
  - 2 tablespoons cumin vinaigrette (see recipe in Dressings)
- 556 Calories (kcal)
  - 13 g Total Fat
  - (37% calories from fat)
  - 39 g Protein
  - 51 g Carbohydrate
  - 111 mg Cholesterol
  - 781 mg Sodium

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

**LEVEL I**  
2 protein, 1/2 fruit, 1 vegetable

**LEVEL II**  
See next page

**LEVEL III**  
See next page

## ISLAND PORK TENDERLOIN SALAD-LEVEL II

per serving:

*3/4 orange, peeled and cut*

*1-1/2 cups fresh spinach*

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

*2 tablespoons cup golden raisins*

*1-1/2 cups Napa cabbage, shredded*

*8 ounces Island Pork Tenderloin*

*3 tablespoons cumin vinaigrette (see recipe in Dressings)*

882 Calories (kcal)

17 g Total Fat

(35% calories from fat)

52 g Protein

93 g Carbohydrate

147 mg Cholesterol

862 mg Sodium

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

### LEVEL I

See previous page

### LEVEL II

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

### LEVEL III

See below

## ISLAND PORK TENDERLOIN SALAD-LEVEL III

per serving:

*1 orange, peeled and cut*

*2 cups fresh spinach*

*1 red bell pepper, cut lengthwise into thin strips*

*1/4 cup golden raisins*

*2 cups Napa cabbage, shredded*

*10 ounces Island Pork Tenderloin*

*4 tablespoons cumin vinaigrette (see recipe in Dressings)*

1,029 Calories (kcal)

19 g Total Fat

(31% calories from fat)

69 g Protein

87 g Carbohydrate

147 mg Cholesterol

986 mg Sodium

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

### LEVEL I

See previous page

### LEVEL II

See above

### LEVEL III

3 protein, 1 fruit, 2 vegetable

## SHRIMP STIR-FRY-LEVEL I

per serving:

6 ounces shrimp, peeled	332 Calories (kcal)
1/4 tablespoon low-sodium soy sauce	4 g Total Fat
1/2 teaspoon rice vinegar	(9% calories from fat)
1/4 cup fat-free chicken broth	44 g Protein
1/4 teaspoon garlic, minced	33 g Carbohydrate
1/4 teaspoon ginger, minced	259 mg Cholesterol
1/2 cup red onion, sliced in wedges	552 mg Sodium
1/2 cup broccoli florets	
1-1/4 cups snow peas, trimmed	
1-1/2 cups mushrooms, halved	
1/4 cup yellow bell pepper, cubed	
1/4 cup canned water chestnuts, drained	

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

### LEVEL I

2 protein, 1 vegetable

### LEVEL II

See below

### LEVEL III

See next page

## SHRIMP STIR-FRY-LEVEL II

per serving:

8 ounces shrimp, peeled	444 Calories (kcal)
1/2 tablespoon low-sodium soy sauce	5 g Total Fat
3/4 teaspoon rice vinegar	(9% calories from fat)
1/2 cup fat-free chicken broth	61 g Protein
1/2 teaspoon garlic, minced	44 g Carbohydrate
1/2 teaspoon ginger, minced	345 mg Cholesterol
3/4 cup red onion, sliced in wedges	920 mg Sodium
3/4 cup broccoli florets	
1-1/2 cups snow peas, trimmed	
1-3/4 cups mushrooms, halved	
1/2 cup yellow bell pepper, cubed	
1/2 cup canned water chestnuts, drained	

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

### LEVEL I

See above

### LEVEL II

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

### LEVEL III

See next page



## SHRIMP STIR-FRY-LEVEL III

per serving:

10 ounces shrimp, peeled	571 Calories (kcal)
3/4 tablespoon low-sodium soy sauce	6 g Total Fat
1 teaspoon rice vinegar	(9% calories from fat)
3/4 cup fat-free chicken broth	78 g Protein
3/4 teaspoon garlic, minced	59 g Carbohydrate
3/4 teaspoon ginger, minced	431 mg Cholesterol
1 cup red onion, sliced in wedges	1,290 mg Sodium
1 cup broccoli florets	
1-3/4 cups snow peas, trimmed	
2 cups mushrooms, halved	
3/4 cup yellow bell pepper, cubed	
3/4 cup canned water chestnuts, drained	

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

### LEVEL I

See previous page

### LEVEL II

See previous page

### LEVEL III

3 protein, 2 vegetable

## TURKEY BURGER-LEVEL I

per serving:

6 ounces ground turkey breast	306 Calories (kcal)
1-1/2 tablespoons sourdough bread crumbs	12 g Total Fat
3 tablespoons low-fat buttermilk	(35% calories from fat)
2-1/4 teaspoons green onions, minced	37 g Protein
2-1/4 teaspoons parsley, chopped	11 g Carbohydrate
1/4 teaspoon Dijon mustard	101 mg Cholesterol
1 dash Worcestershire sauce	252 mg Sodium
black pepper to taste	

1. Preheat the grill or broiler.
2. Combine all ingredients and form into patty.
3. Grill until cooked through, 7 to 10 minutes per side.

### LEVEL I

1 protein

### LEVEL II

See next page

### LEVEL III

See next page

### TURKEY BURGER-LEVEL II

per serving:

8 ounces ground turkey breast	410 Calories (kcal)
2 tablespoons sourdough bread crumbs	16 g Total Fat
4 tablespoons low-fat buttermilk	(35% calories from fat)
3 teaspoons green onions, minced	49 g Protein
3 teaspoons parsley, chopped	14 g Carbohydrate
1/2 teaspoon Dijon mustard	135 mg Cholesterol
2 dashes Worcestershire sauce	351 mg Sodium
2 dashes black pepper to taste	

1. Preheat the grill or broiler.
2. Combine all ingredients and form into patty.
3. Grill until cooked through, 7 to 10 minutes per side.

#### LEVEL I

See previous page

#### LEVEL II

2-1/2 protein

#### LEVEL III

See below

### TURKEY BURGER-LEVEL III

per serving:

10 ounces ground turkey breast	512 Calories (kcal)
2-1/2 tablespoons sourdough bread crumbs	20 g Total Fat
5 tablespoons low-fat buttermilk	(35% calories from fat)
3-3/4 teaspoons green onions, minced	61 g Protein
3-3/4 teaspoons parsley, chopped	18 g Carbohydrate
3/4 teaspoon Dijon mustard	169 mg Cholesterol
2 dashes Worcestershire sauce	443 mg Sodium
2 dashes black pepper to taste	

1. Preheat the grill or broiler.
2. Combine all ingredients and form into patty.
3. Grill until cooked through, 7 to 10 minutes per side.

#### LEVEL I

See previous page

#### LEVEL II

See above

#### LEVEL III

3 protein

## BEEF AND BROCCOLI STIR-FRY

per serving:

<i>1/4 cup soy sauce</i>	<i>466 Calories (kcal)</i>
<i>1/2 red onion, sliced</i>	<i>11 g Total Fat</i>
<i>1 tablespoon garlic, minced</i>	<i>(21% calories from fat)</i>
<i>1-1/2 pound top sirloin steak, sliced 1 inch thick</i>	<i>46 g Protein</i>
<i>1 tablespoon sesame oil</i>	<i>49 g Carbohydrate</i>
<i>2 tablespoons rice vinegar</i>	<i>99 mg Cholesterol</i>
<i>1 tablespoon ginger, minced</i>	<i>1,591 mg Sodium</i>
<i>4 cups broccoli florets</i>	
<i>Serves 4</i>	<i>8 ounces dried soba noodles</i>

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

### LEVEL I

*1-1/2 cups =  
2 protein, 1 carbohydrate, 1 vegetable*

### LEVEL II

*2 cups =  
3 protein, 1 carbohydrate, 1 vegetable*

### LEVEL III

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

## LEMON-GARLIC CHICKEN

per serving:

<i>1/4 cup fresh lemon juice</i>	<i>153 Calories (kcal)</i>
<i>2 tablespoons molasses</i>	<i>4 g Total Fat</i>
<i>2 teaspoons Worcestershire sauce</i>	<i>(24% calories from fat)</i>
<i>4 garlic cloves, chopped</i>	<i>21 g Protein</i>
<i>2 pounds boneless, skinless chicken thighs</i>	<i>8 g Carbohydrate</i>
<i>1/4 teaspoon salt</i>	<i>86 mg Cholesterol</i>
<i>1/4 teaspoon black pepper</i>	<i>219 mg Sodium</i>
<i>lemon wedges</i>	
<i>parsley sprigs</i>	
<i>Serves 3</i>	

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

### LEVEL I

*6 ounces =  
2 protein*

### LEVEL II

*8 ounces =  
2-1/2 protein*

### LEVEL III

*10 ounces =  
3 protein*

## COLESLAW

per serving:

3 cups green cabbage, shredded	
1 cup red cabbage, shredded	38 Calories (kcal)
1 cup jicama, julienned	trace Total Fat
1/2 red onion, finely chopped	(4% calories from fat)
2 Red Delicious apples, finely diced	0 g Protein
1/2 cup fat-free mayonnaise	9 g Carbohydrate
1/3 cup white vinegar	0 mg Cholesterol
2 tablespoons plus 2 teaspoons fructose	171 mg Sodium
2 tablespoons plus 2 teaspoons Dijon mustard	
1-1/2 teaspoons caraway seed	
1/4 teaspoon salt	
pinch white pepper	

Serves 12

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

### LEVEL I

1/2 cup =  
1/2 vegetable

### LEVEL II

1 cup =  
1 vegetable

### LEVEL III

2 cups =  
2 vegetable