

## ENERGY BOOSTER

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

For example, if you are in Phase 2 and have determined that you are at nutrition level II, you would be allotted a specific number of servings per day from each food group, as follows:

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

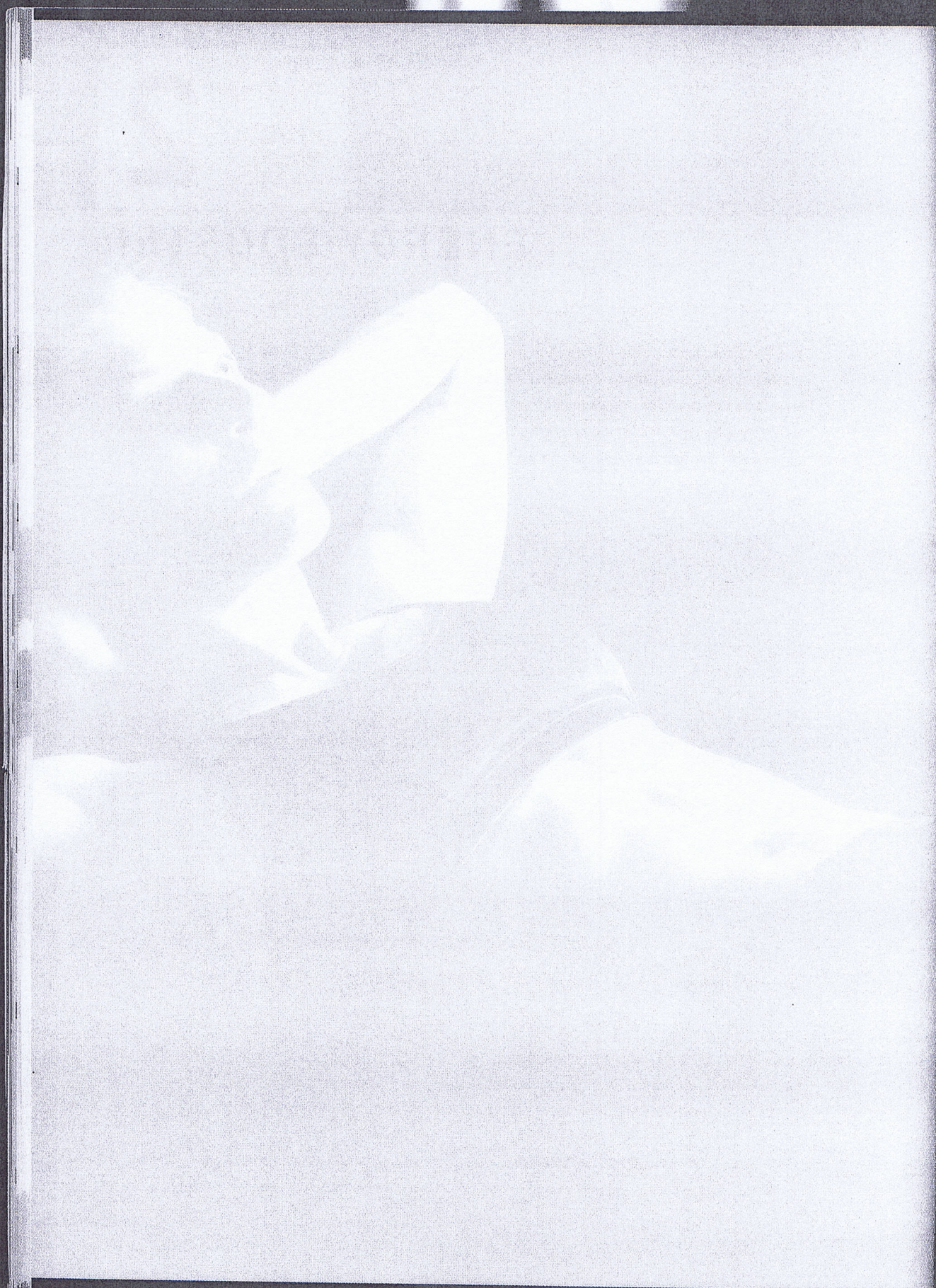
**Important Note on Snacks:**

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

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

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








PHASE

2

# ENERGY BOOSTER

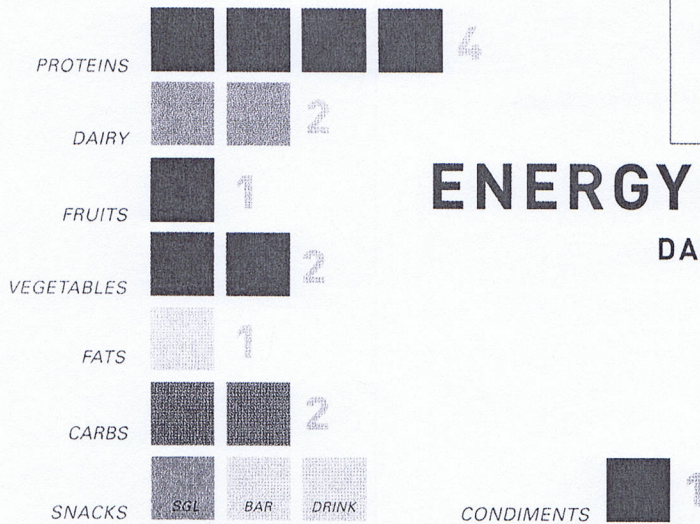
DAILY SERVING CHART

 = 1 serving

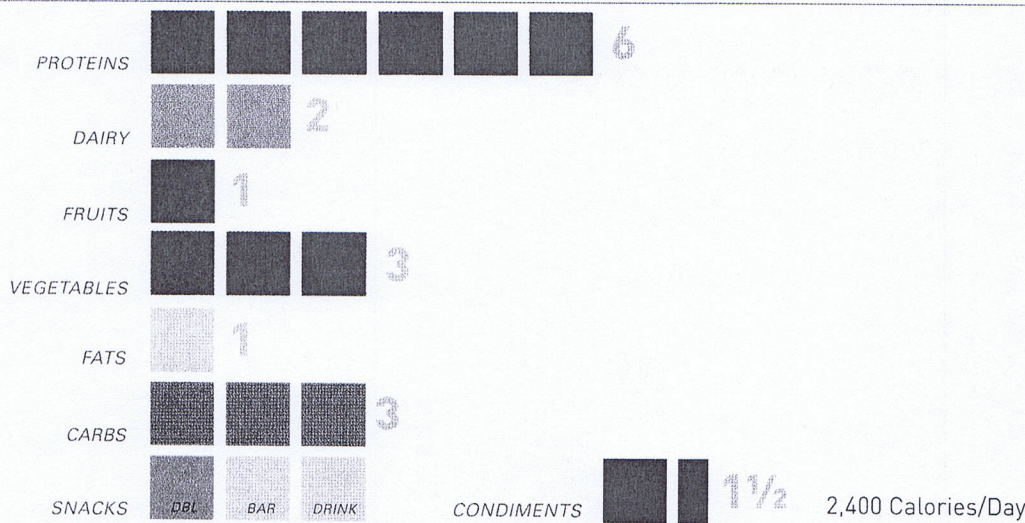
1,800 Calories/Day

PHASE 2-ENERGY BOOSTER

LEVEL I

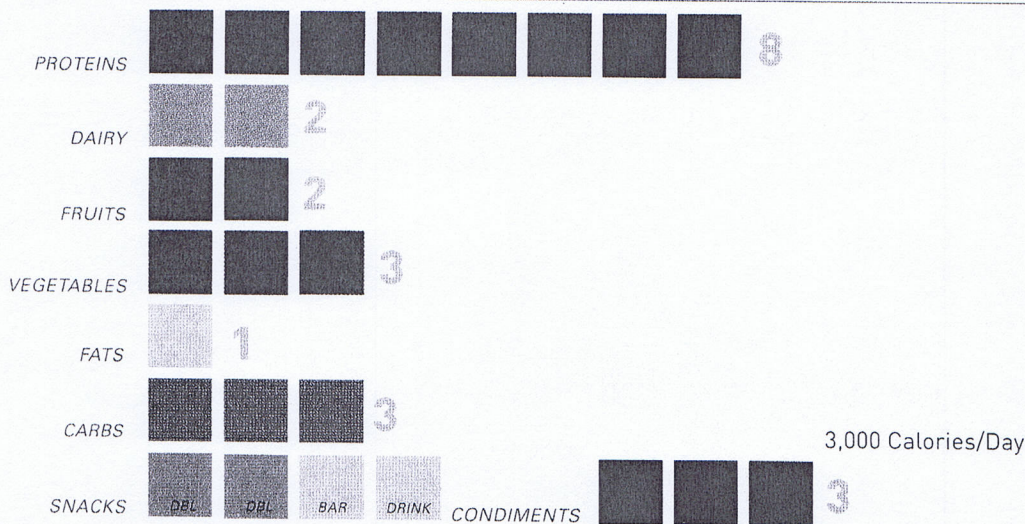


LEVEL II



2,400 Calories/Day

LEVEL III



3,000 Calories/Day



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

# ENERGY BOOSTER

## PORTION APPROACH FOODS LIST

### FATS

each serving = 120 cal.

3 oz\_Avocado  
1 tbsp\_Canola oil  
1 tbsp\_Flaxseed oil  
Olive oil\_1 tbsp  
Olives\_4 oz

### PROTEINS

each serving = 100 cal.

3 oz\_Boneless, skinless chicken or turkey breast  
6\_Egg whites  
3 oz\_Fish or shellfish  
3 oz\_Ham slices, fat-free  
3 oz\_Pork tenderloin  
1/3 cup\_Protein powder  
3 oz\_Red meat (top sirloin, skirt steak)  
3 oz\_Red meat, lean  
Soy burger\_1  
Soy cheese slices\_5  
Tofu\_3 oz  
Tuna\_3 oz  
Turkey bacon\_2 slices  
Veggie burger\_1  
Veggie dog\_1

### CARBOHYDRATES

each serving = 200 cal.

#### GRAINS

#### LEGUMES

#### POTATOES

1 medium\_Bagel, whole wheat  
1 cup\_Baked beans  
1 cup\_Beans (kidney, black, etc.)  
1\_Bran muffin (2.5 oz)  
2 slices\_Bread (whole wheat, rye, or pumpernickel)  
1 cup\_Cereal, whole grain  
1 cup\_Couscous  
12\_Crackers  
2\_English muffins, whole wheat  
1 cup\_Hummus  
1 cup\_Lentils  
1 cup\_Oatmeal  
Pancakes (3.6 oz)\_3  
Pasta or noodles\_1 cup  
Pita, whole wheat\_1 large  
Potato (2" x 4-3/4")\_1  
Quinoa\_1 cup  
Refried beans, low-fat\_1 cup  
Rice, brown or wild\_1 cup  
Sweet potato\_1 medium  
Tortillas, corn\_3  
Tortilla, whole wheat\_1 large  
Waffles, whole wheat\_2  
Wheat berries\_1 cup

### DAIRY PRODUCTS

each serving = 120 cal.

1-1/2 oz\_Cheese, low-fat  
1 cup\_Cottage cheese, 1%  
1-1/2 oz\_Feta cheese  
1-1/2 oz\_Goat cheese, semisoft  
1-1/2 oz\_Mozzarella, part skim  
3 oz\_Parmesan cheese  
Skim milk\_8 oz  
Soy cheese\_1-1/2 oz  
Soy milk\_8 oz  
Yogurt, nonfat fruit-flavored\_8 oz  
Yogurt, nonfat plain\_8 oz



## FRUITS

each serving = 100 cal.

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

## VEGETABLES

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

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

## CONDIMENTS

each serving = 2 tbsp = 50 cal.

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

## SNACKS

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

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

PHASE 2-ENERGY BOOSTER



PHASE

2

## ENERGY BOOSTER

PHASE 2-ENERGY BOOSTER

## GENERAL GUIDELINES

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



















# ENERGY BOOSTER

## MEAL PLAN APPROACH

LEVEL I


PHASE **2**

 Recipe included

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



# ENERGY BOOSTER


















 \_Recipe included

## MEAL PLAN APPROACH

LEVEL II


PHASE **2**

PHASE 2-ENERGY BOOSTER

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



















# ENERGY BOOSTER

 Recipe included

## MEAL PLAN APPROACH

### LEVEL III PHASE 2

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



PHASE

2

## ENERGY BOOSTER

PHASE 2-ENERGY BOOSTER

**GENERAL GUIDELINES**

Balanced in carbohydrates and protein, but still low in fat, these recipes including delicious sandwiches, salads, and pasta dishes will contribute to a well-rounded, long-term eating plan. They will give you the resources you need to boost your energy and help you maintain the changes made in Phase 1 and help you realize your potential in Phase 2.

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

**RECIPES**



## CAESAR DRESSING

per serving:

3 tablespoons lemon juice

2 tablespoons red wine vinegar

1 teaspoon olive oil

2 teaspoons anchovy paste

1 teaspoon black pepper

1-1/2 tablespoons garlic, minced

1-1/2 teaspoons Worcestershire sauce

1/4 cup fat-free Parmesan cheese

6 ounces nonfat ricotta cheese

1 tablespoon nonfat mayonnaise

1 tablespoon balsamic vinegar

43 Calories (kcal)

2 g Total Fat

(30% calories from fat)

5 g Protein

3 g Carbohydrate

5 mg Cholesterol

121 mg Sodium

Serves 8

Combine all ingredients in a blender or food processor and process until smooth.  
See Chicken Caesar Salad recipe.

### LEVEL I

2 tablespoons = 1 condiment

### LEVEL II

3 tablespoons = 1-1/2 condiments

### LEVEL III

4 tablespoons = 2 condiments

## LIME-SOY VINAIGRETTE

per serving:

1 cup rice vinegar

1/2 cup low-sodium soy sauce

1/2 cup fresh lime juice

4 teaspoons dark sesame oil

2 teaspoons lemon zest

2 teaspoons fresh ginger, minced

4 cloves garlic, minced

20 Calories (kcal)

1 g Total Fat

(44% calories from fat)

1 g Protein

3 g Carbohydrate

0 mg Cholesterol

300 mg Sodium

Serves 16

Combine all ingredients in a blender or food processor and process until smooth.

### LEVEL I

2 tablespoons = 1 condiment

### LEVEL II

3 tablespoons = 1-1/2 condiments

### LEVEL III

4 tablespoons = 2 condiments



## GREEN APPLE SALSA

per serving:

3 plum tomatoes, chopped

1 cup Granny Smith apples, chopped

1/2 cup cucumber, chopped

1/2 cup corn kernels, chopped

1/2 cup red bell pepper, chopped

1/4 cup green onions, chopped

1/4 cup red onion, chopped

2-1/2 tablespoons fresh cilantro, chopped

1-1/2 tablespoons fresh lime juice

1 tablespoon jalapeño, seeded and chopped

1 tablespoon balsamic vinegar

1-1/2 teaspoons sugar

3/4 teaspoon salt

1/2 teaspoon ground black pepper

24 Calories (kcal)

trace Total Fat

(4% calories from fat)

1 g Protein

6 g Carbohydrate

0 mg Cholesterol

163 mg Sodium

Serves 16

Combine all ingredients, stirring well. Serve at room temperature or chilled.

### LEVEL I

2 tablespoons = 1 condiment

### LEVEL II

3 tablespoons = 1-1/2 condiments

### LEVEL III

4 tablespoons = 2 condiments

PHASE 2-ENERGY BOOSTER

## PEAR AND PEPPERCORN SAUCE

per serving:

1 cup orange juice

1 tablespoon flour

2 medium pears

1 tablespoon Dijon mustard

1 teaspoon peppercorns, crushed

1/4 teaspoon ground nutmeg

46 Calories (kcal)

trace Total Fat

(6% calories from fat)

1 g Protein

11 g Carbohydrate

0 mg Cholesterol

24 mg Sodium

Serves 8

1. In a small saucepan blend orange juice and flour, and bring to a boil. Simmer until reduced to 3/4 cup.

2. Add pears, mustard, peppercorns, and nutmeg and continue cooking for several minutes until blended and thickened.

### LEVEL I

2 tablespoons = 1 condiment

### LEVEL II

3 tablespoons = 1-1/2 condiments

### LEVEL III

4 tablespoons = 2 condiments

## SAUCES



## PEAR AND GRANOLA MUFFIN

per serving:

3/4 cup canned pear nectar	227 Calories (kcal)
2 egg whites	5 g Total Fat
2 tablespoons vegetable oil	(19% calories from fat)
1 tablespoon lemon juice	5 g Protein
1 teaspoon lemon peel, grated	43 g Carbohydrate
1 cup whole wheat flour	0 mg Cholesterol
1 cup all-purpose flour	284 mg Sodium
2/3 cup brown sugar, packed	
1/2 cup low-fat granola	
1 tablespoon baking powder	
1/2 teaspoon ground nutmeg	
1/2 teaspoon salt	
1-1/4 cups pear, chopped	

Serves 10

1. Preheat oven to 350 degrees.
2. Whisk together first five ingredients in large bowl to blend.
3. Stir both flours and sugar in medium bowl until no sugar lumps remain.
4. Mix in granola, baking powder, nutmeg, and salt. Add pear; toss to coat. Stir flour mixture into egg mixture until blended (batter will be thick). Divide among 10 prepared muffin cups.
5. Bake until golden brown and tester inserted into center comes out clean (about 20 minutes). Transfer muffins to rack and cool.

### LEVEL I

1 muffin =  
1 carbohydrate

### LEVEL II

1 muffin =  
1 carbohydrate

### LEVEL III

1 muffin =  
1 carbohydrate

## BREAKFAST POTATOES

per serving:

1 teaspoon olive oil	150 Calories (kcal)
1 medium potato, peeled and cut into 1/2-inch pieces	5 g Total Fat
2 mushrooms, chopped	(27% calories from fat)
1 tablespoon onion, chopped	3 g Protein
1/4 teaspoon garlic salt	25 g Carbohydrate
	0 mg Cholesterol
	522 mg Sodium

1. Heat oil in medium-size nonstick skillet over medium heat. Add potato and cover. Cook 8 to 10 minutes or until tender, stirring occasionally.
2. Add remaining ingredients; mix lightly. Cook and stir 5 minutes or until potato is lightly browned and mixture is heated through.

### LEVEL I

1/2 vegetable, 1 fat

### LEVEL II

1/2 vegetable, 1 fat

### LEVEL III

1/2 vegetable, 1 fat



## CHICKEN PITA-LEVEL I

per serving:

6 ounces boneless, skinless chicken breast

1 whole wheat pita

1-1/2 ounces low-fat feta cheese, crumbled

1/4 cup tomato, chopped

2 tablespoons red onion, chopped

1/4 cup cucumber, peeled and chopped

squeeze of lemon

490 Calories (kcal)

13 g Total Fat

(23% calories from fat)

52 g Protein

41 g Carbohydrate

137 mg Cholesterol

931 mg Sodium

1. Grill or bake chicken breast in Pyrex dish at 350 degrees for approximately 20 minutes.
2. Cool chicken and cube into 1-inch pieces.
3. Place in pita and add all other ingredients. Squeeze lemon over top.

### LEVEL I

2 protein, 1 carbohydrate,

### LEVEL II

See below

### LEVEL III

See next page

PHASE 2-ENERGY BOOSTER

## CHICKEN PITA-LEVEL II

per serving:

9 ounces boneless, skinless chicken breast

1 whole wheat pita

1-1/2 ounces low-fat feta cheese, crumbled

1/4 cup tomato, chopped

2 tablespoons red onion, chopped

1/4 cup cucumber, peeled and chopped

squeeze of lemon

583 Calories (kcal)

14 g Total Fat

(21% calories from fat)

72 g Protein

41 g Carbohydrate

186 mg Cholesterol

986 mg Sodium

1. Grill or bake chicken breast in Pyrex dish at 350 degrees for approximately 20 minutes.
2. Cool chicken and cube into 1-inch pieces.
3. Place in pita and add all other ingredients. Squeeze lemon over top.

### LEVEL I

See above

### LEVEL II

3 protein, 1 carbohydrate,  
1 vegetable, 1 dairy

### LEVEL III

See next page

LUNCH



## CHICKEN PITA-LEVEL III

per serving:

12 ounces boneless, skinless chicken breast

1 whole wheat pita

1-1/2 ounces low-fat feta cheese, crumbled

1/4 cup tomato, chopped

2 tablespoons red onion, chopped

1/4 cup cucumber, peeled and chopped

squeeze of lemon

677 Calories (kcal)

15 g Total Fat

(20% calories from fat)

92 g Protein

41 g Carbohydrate

235 mg Cholesterol

1,041 mg Sodium

1. Grill or bake chicken breast in Pyrex dish at 350 degrees for approximately 20 minutes.

2. Cool chicken and cube into 1-inch pieces.

3. Place in pita and add all other ingredients. Squeeze lemon over top.

### LEVEL I

See previous page

### LEVEL II

See previous page

### LEVEL III

4 protein, 1 carbohydrate,  
1 vegetable, 1 dairy

## SHRIMP PASTA POMODORO-LEVEL I

per serving:

1 tablespoon olive oil

1 tablespoon garlic, chopped

2 tablespoons fat-free chicken broth, low sodium

1/2 cup tomato, peeled and diced

2 ounces whole wheat pasta

6 ounces medium shrimp, uncooked

2 tablespoons basil leaves, chopped

531 Calories (kcal)

17 g Total Fat

(28% calories from fat)

45 g Protein

51 g Carbohydrate

259 mg Cholesterol

328 mg Sodium

1. Bring large pot of water to boil for pasta.

2. Meanwhile, place olive oil and garlic in a large sauté pan and sauté for several minutes until lightly browned.

3. Add chicken broth and tomatoes to pan; simmer for 5 to 10 minutes or until tender.

4. Cook the pasta according to the directions on the package. Drain.

5. Add shrimp to pan and cook for several more minutes, until shrimp are opaque.  
Add basil and toss shrimp mixture with cooked pasta.

### LEVEL I

2 protein, 1 carbohydrate,  
1 vegetable, 1 fat

### LEVEL II

See next page

### LEVEL III

See next page



## SHRIMP PASTA POMODORO-LEVEL II

per serving:

1 tablespoon olive oil

1 tablespoon garlic, chopped

2 tablespoons fat-free chicken broth, low sodium

1/2 cup tomato, peeled and diced

2 ounces whole wheat pasta

9 ounces medium shrimp, uncooked

2 tablespoons basil leaves, chopped

619 Calories (kcal)

19 g Total Fat

(27% calories from fat)

61 g Protein

52 g Carbohydrate

388 mg Cholesterol

392 mg Sodium

1. Bring large pot of water to boil for pasta.
2. Meanwhile, place olive oil and garlic in a large sauté pan and sauté for several minutes until lightly browned.
3. Add chicken broth and tomatoes to pan; simmer for 5 to 10 minutes or until tender.
4. Cook the pasta according to the directions on the package. Drain.
5. Add shrimp to pan and cook for several more minutes, until shrimp are opaque.  
Add basil and toss shrimp mixture with cooked pasta.

### LEVEL I

See previous page

### LEVEL II

3 protein, 1 carbohydrate,  
1 vegetable, 1 fat

### LEVEL III

See below

PHASE 2-ENERGY BOOSTER

## SHRIMP PASTA POMODORO-LEVEL III

per serving:

1 tablespoon olive oil

1 tablespoon garlic, chopped

2 tablespoons fat-free chicken broth, low sodium

1/2 cup tomato, peeled and diced

2 ounces whole wheat pasta

12 ounces medium shrimp, uncooked

2 tablespoons basil leaves, chopped

711 Calories (kcal)

20 g Total Fat

(25% calories from fat)

80 g Protein

53 g Carbohydrate

517 mg Cholesterol

580 mg Sodium

1. Bring large pot of water to boil for pasta.
2. Meanwhile, place olive oil and garlic in a large sauté pan and sauté for several minutes until lightly browned.
3. Add chicken broth and tomatoes to pan; simmer for 5 to 10 minutes or until tender.
4. Cook the pasta according to the directions on the package. Drain.
5. Add shrimp to pan and cook for several more minutes, until shrimp are opaque.  
Add basil and toss shrimp mixture with cooked pasta.

### LEVEL I

See previous page

### LEVEL II

See above

### LEVEL III

4 protein, 1 carbohydrate,  
2 vegetable, 1 fat

LUNCH



## CHICKEN CAESAR SALAD-LEVEL I

per serving:

6 ounces boneless, skinless chicken breast

2 cups romaine lettuce, chopped

Caesar dressing (see Dressings)

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

1 cup low-fat croutons

519 Calories (kcal)

17 g Total Fat

(30% calories from fat)

62 g Protein

26 g Carbohydrate

132 mg Cholesterol

1,120 mg Sodium

1. Cook chicken breast as desired and slice across the grain.

2. In a large bowl, toss the lettuce with 2 tablespoons of Caesar dressing. Top with chicken, Parmesan cheese, and croutons.

### LEVEL I

2 protein, 1 carbohydrate,  
1 vegetable, 1 fat

### LEVEL II

See below

### LEVEL III

See next page

## CHICKEN CAESAR SALAD-LEVEL II

per serving:

9 ounces boneless, skinless chicken breast

3 cups romaine lettuce, chopped

Caesar dressing (see Dressings)

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

1 cup low-fat croutons

620 Calories (kcal)

18 g Total Fat

(27% calories from fat)

83 g Protein

28 g Carbohydrate

181 mg Cholesterol

1,180 mg Sodium

1. Cook chicken breast as desired and slice across the grain.

2. In a large bowl, toss the lettuce with 3 tablespoons of Caesar dressing. Top with chicken, Parmesan cheese, and croutons.

### LEVEL I

See above

### LEVEL II

3 protein, 1 carbohydrate,  
1 vegetable, 1 fat

### LEVEL III

See next page



## CHICKEN CAESAR SALAD-LEVEL III

per serving:

12 ounces boneless, skinless chicken breast

4 cups romaine lettuce, chopped

Caesar dressing (see Dressings)

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

1 cup low-fat croutons

722 Calories (kcal)

19 g Total Fat

(24% calories from fat)

103 g Protein

29 g Carbohydrate

231 mg Cholesterol

1,240 mg Sodium

1. Cook chicken breast as desired and slice across the grain.
2. In a large bowl, toss the lettuce with 4 tablespoons of Caesar dressing. Top with chicken, Parmesan cheese, and croutons.

### LEVEL I

See previous page

### LEVEL II

See previous page

### LEVEL III

4 protein, 1 carbohydrate,  
2 vegetable, 1 fat

PHASE 2-ENERGY BOOSTER

## GRILLED CHICKEN BURRITO-LEVEL I

per serving:

6 ounces boneless, skinless chicken breast

1/2 cup tomatoes, chopped

2 tablespoons cilantro, chopped

2 tablespoons red onion, chopped

1/2 cup iceberg lettuce, shredded

1/8 avocado

1 tablespoon low-fat sour cream

1 whole wheat tortilla

373 Calories (kcal)

10 g Total Fat

(23% calories from fat)

44 g Protein

27 g Carbohydrate

100 mg Cholesterol

309 mg Sodium

1. Grill or bake chicken breast in a Pyrex dish at 350 degrees for approximately 20 minutes. Cool and slice thinly.
2. Place tortilla in microwave between 2 paper towels and cook on high for 10 seconds.
3. Remove and put chicken, chopped tomatoes, cilantro, red onion, lettuce, avocado, and sour cream into tortilla and roll up.

### LEVEL I

1 carbohydrate, 2 protein,  
1 vegetable, 1 condiment, 1 fat

### LEVEL II

See next page

### LEVEL III

See next page

LUNCH



## GRILLED CHICKEN BURRITO-LEVEL II

per serving:

9 ounces boneless, skinless chicken breast

1/2 cup tomatoes, chopped

2 tablespoons cilantro, chopped

2 tablespoons red onion, chopped

1/2 cup iceberg lettuce, shredded

1/8 avocado

1 tablespoon low-fat sour cream

1 whole wheat tortilla

467 Calories (kcal)

11 g Total Fat

(20% calories from fat)

64 g Protein

27 g Carbohydrate

149 mg Cholesterol

364 mg Sodium

1. Grill or bake chicken breast in a Pyrex dish at 350 degrees for approximately 20 minutes. Cool and slice thinly.
2. Place tortilla in microwave between 2 paper towels and cook on high for 10 seconds.
3. Remove and put chicken, chopped tomatoes, cilantro, red onion, lettuce, avocado, and sour cream into tortilla and roll up.

### LEVEL I

See previous page

### LEVEL II

1 carbohydrate, 3 protein,  
1 vegetable, 1 condiment, 1 fat

### LEVEL III

See below

## GRILLED CHICKEN BURRITO-LEVEL III

per serving:

12 ounces boneless, skinless chicken breast

1/2 cup tomatoes, chopped

2 tablespoons cilantro, chopped

2 tablespoons red onion, chopped

1/2 cup iceberg lettuce, shredded

1/8 avocado

1 tablespoon low-fat sour cream

1 whole wheat tortilla

555 Calories (kcal)

12 g Total Fat

(19% calories from fat)

83 g Protein

27 g Carbohydrate

198 mg Cholesterol

419 mg Sodium

1. Grill or bake chicken breast in a Pyrex dish at 350 degrees for approximately 20 minutes. Cool and slice thinly.
2. Place tortilla in microwave between 2 paper towels and cook on high for 10 seconds.
3. Remove and put chicken, chopped tomatoes, cilantro, red onion, lettuce, avocado, and sour cream into tortilla and roll up.

### LEVEL I

See previous page

### LEVEL II

See above

### LEVEL III

1 carbohydrate, 4 protein,  
1 vegetable, 1 condiment, 1 fat



## WHITE BEAN AND TUNA SALAD-LEVEL I

per serving:

6 ounces canned tuna, in water

1 cup white beans, cooked

1/2 cup green pepper

1/2 cup yellow pepper

2 tablespoons green onion

2 tablespoons parsley

dash white pepper

1 tablespoon lemon juice

1 tablespoon lemon zest

1 teaspoon olive oil

540 Calories (kcal)

7 g Total Fat

(11% calories from fat)

63 g Protein

58 g Carbohydrate

51 mg Cholesterol

595 mg Sodium

1. Place all ingredients in a glass bowl and mix thoroughly.

2. Drizzle lightly with olive oil.

### LEVEL I

2 protein, 1 carbohydrate,  
1 vegetable, 1 fat

### LEVEL II

See below

### LEVEL III

See next page

## WHITE BEAN AND TUNA SALAD-LEVEL II

per serving:

9 ounces canned tuna, in water

1 cup white beans, cooked

3/4 cup green pepper

3/4 cup yellow pepper

3 tablespoons green onion

3 tablespoons parsley

dash white pepper

2 tablespoons lemon juice

2 tablespoons lemon zest

2 teaspoons olive oil

710 Calories (kcal)

12 g Total Fat

(19% calories from fat)

86 g Protein

66 g Carbohydrate

77 mg Cholesterol

888 mg Sodium

1. Place all ingredients in a glass bowl and mix thoroughly.

2. Drizzle lightly with olive oil.

### LEVEL I

See above

### LEVEL II

3 protein, 1 carbohydrate,  
1 vegetable, 1 fat

### LEVEL III

See next page

LUNCH



## WHITE BEAN AND TUNA SALAD-LEVEL III

per serving:

12 ounces canned tuna, in water

1 cup white beans, cooked

1 cup green pepper

1 cup yellow pepper

4 tablespoons green onion

3 tablespoons parsley

dash white pepper

3 tablespoons lemon juice

3 tablespoons lemon zest

1 tablespoon olive oil

936 Calories (kcal)

18 g Total Fat

(27% calories from fat)

110 g Protein

86 g Carbohydrate

102 mg Cholesterol

1181 mg Sodium

1. Place all ingredients in a glass bowl and mix thoroughly.

2. Drizzle lightly with olive oil.

### LEVEL I

See previous page

### LEVEL II

See previous page

### LEVEL III

4 protein, 1 carbohydrate,  
1 vegetable, 1 fat



## ITALIAN MEATLOAF

per serving:

1/2 cup onions, diced	
2 tablespoons fat-free chicken broth, low sodium	297 Calories (kcal)
2 tablespoons garlic, minced	3 g Total Fat
1-1/2 pounds ground turkey breast	(8% calories from fat)
1/2 cup sourdough bread crumbs	45 g Protein
1/2 cup + 2 tablespoons low-sodium, low-fat marinara sauce	20 g Carbohydrate
2 tablespoons fresh basil, chopped	106 mg Cholesterol
2 tablespoons Italian parsley, chopped	410 mg Sodium
Serves 4	

1. Preheat oven to 350 degrees.
2. Sauté the onions in the chicken broth until lightly browned.
3. Add the garlic and cook 5 minutes more. Remove from heat and cool slightly.
4. In a large mixing bowl, combine the onion mixture with the ground turkey, bread crumbs, 1/2 cup marinara sauce, basil, and parsley.
5. Form mixture into a loaf. Shape and place in an ungreased loaf pan.
6. Brush with the remaining 2 tablespoons marinara sauce and bake until cooked through, 30 to 45 minutes.
7. Drain off fat and let cool 20 minutes before cutting into 8 slices.

### LEVEL I

2 slices (6 ounces) =  
2 protein, 1 vegetable

### LEVEL II

3 slices (9 ounces) =  
3 protein, 1 vegetable

### LEVEL III

4 slices (12 ounces) =  
4 protein, 1 vegetable

PHASE 2-ENERGY BOOSTER

## GRILLED AHI TUNA SALAD-LEVEL I

per serving:

6 ounces yellowfin tuna (ahi)	352 Calories (kcal)
2 cups arugula leaves	8 g Total Fat
2 tablespoons soybeans	(20% calories from fat)
1/4 cup canned water chestnuts, drained	
1/2 cup papaya, cubed	51 g Protein
1 teaspoon sesame seeds	20 g Carbohydrate
lime-soy vinaigrette (see Dressings)	77 mg Cholesterol
	79 mg Sodium

1. Grill tuna for 2 to 4 minutes on each side, depending on your preference for doneness.
2. Slice into portion-size pieces.
3. Arrange the arugula leaves on a large plate. Sprinkle the soybeans and water chestnuts on top.
4. Add the papaya and ahi last. Garnish with sesame seeds and drizzle with 2 tablespoons of lime-soy vinaigrette.

### LEVEL I

2 protein, 1/2 fruit, 1 vegetable

### LEVEL II

See next page

### LEVEL III

See next page

DINNER



## GRILLED AHI TUNA SALAD-LEVEL II

per serving:

9 ounces yellowfin tuna (ahi)

3 cups arugula leaves

2 tablespoons soybeans

1/4 cup canned water chestnuts, drained

1/2 cup papaya, cubed

1 teaspoon sesame seeds

lime-soy vinaigrette (see Dressings)

449 Calories (kcal)

9 g Total Fat

(17% calories from fat)

71 g Protein

21 g Carbohydrate

115 mg Cholesterol

116 mg Sodium

1. Grill tuna for 2 to 4 minutes on each side, depending on your preference for doneness.
2. Slice into portion-size pieces.
3. Arrange the arugula leaves on a large plate. Sprinkle the soybeans and water chestnuts on top.
4. Add the papaya and ahi last. Garnish with sesame seeds and drizzle with 3 tablespoons of lime-soy vinaigrette.

### LEVEL I

See previous page

### LEVEL II

3 protein, 1/2 fruit, 1 vegetable

### LEVEL III

See below

## GRILLED AHI TUNA SALAD-LEVEL III

per serving:

12 ounces yellowfin tuna (ahi)

4 cups arugula leaves

2 tablespoons soybeans

1/4 cup canned water chestnuts, drained

1/2 cup papaya, cubed

1 teaspoon sesame seeds

lime-soy vinaigrette (see Dressings)

546 Calories (kcal)

10 g Total Fat

(16% calories from fat)

91 g Protein

22 g Carbohydrate

153 mg Cholesterol

153 mg Sodium

1. Grill tuna for 2 to 4 minutes on each side, depending on your preference for doneness.
2. Slice into portion-size pieces.
3. Arrange the arugula leaves on a large plate. Sprinkle the soybeans and water chestnuts on top.
4. Add the papaya and ahi last. Garnish with sesame seeds and drizzle with 4 tablespoons of lime-soy vinaigrette.

### LEVEL I

See previous page

### LEVEL II

See above

### LEVEL III

4 protein, 1/2 fruit,  
2 vegetable



## ENDURANCE MAXIMIZER

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

For example, if you are in Phase 3 and have determined that you are at nutrition level II, you would be allotted a specific number of servings per day from each food group, as follows:

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

### Important Note on Snacks:

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

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

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