
 = 1 serving

PHASE

3

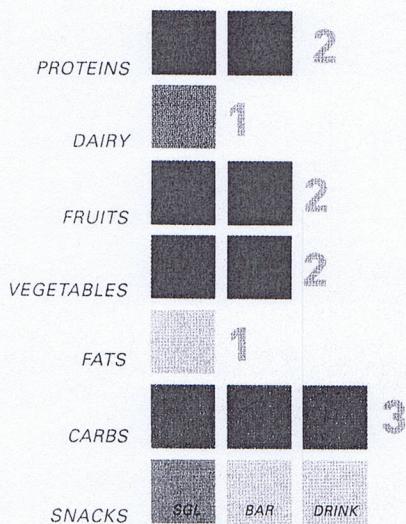
# ENDURANCE MAXIMIZER

DAILY SERVING CHART

 = 1 serving

1,800 Calories/Day

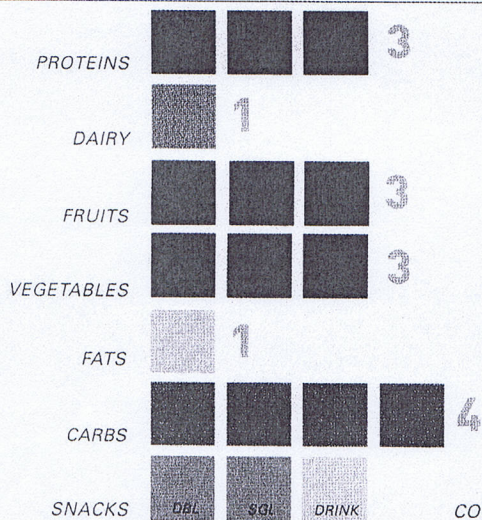
LEVEL I



CONDIMENTS



LEVEL II

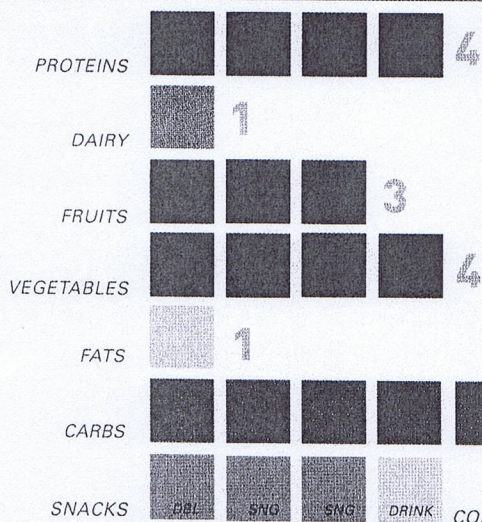


CONDIMENTS



2,400 Calories/Day

LEVEL III



CONDIMENTS



3,000 Calories/Day

PHASE 3-ENDURANCE MAXIMIZER



During Phase 3, use the following list to determine which foods to purchase from the grocery store, and how much of these foods constitutes one serving. Remember, the foods you choose to incorporate in your diet are up to you—just make sure the portions fit within the parameters of your determined nutrition level.

## PORTION APPROACH

PHASE  
ALL LEVELS

3

# ENDURANCE MAXIMIZER

## PORTION APPROACH FOODS LIST

### FATS

each serving = 120 cal.

3 oz\_Avocado  
1 tbsp\_Canola oil  
1 tbsp\_Flaxseed oil

Olive oil\_1 tbsp  
Olives\_4 oz

### PROTEINS

each serving = 100 cal.

3 oz\_Boneless, skinless, chicken or turkey breast  
6\_Egg whites  
3 oz\_Fish and shellfish  
3 oz\_Ham slices, fat-free  
3 oz\_Pork tenderloin  
1/3 cup\_Protein powder  
3 oz\_Red meat (top sirloin, 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

Parmesan cheese\_3 oz  
Skim milk\_8 oz  
Soy cheese\_1-1/2 oz  
Soy milk\_8 oz  
Yogurt, nonfat plain\_8 oz



## FRUITS

each serving = 100 cal.

1 medium_Apple	Nectarine_1 medium
1 cup_Apricots	Orange_1 large
1 medium_Banana	Papaya_1/2 medium
1/4 medium_Cantaloupe	Peach_1 medium
1 cup_Cherries	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

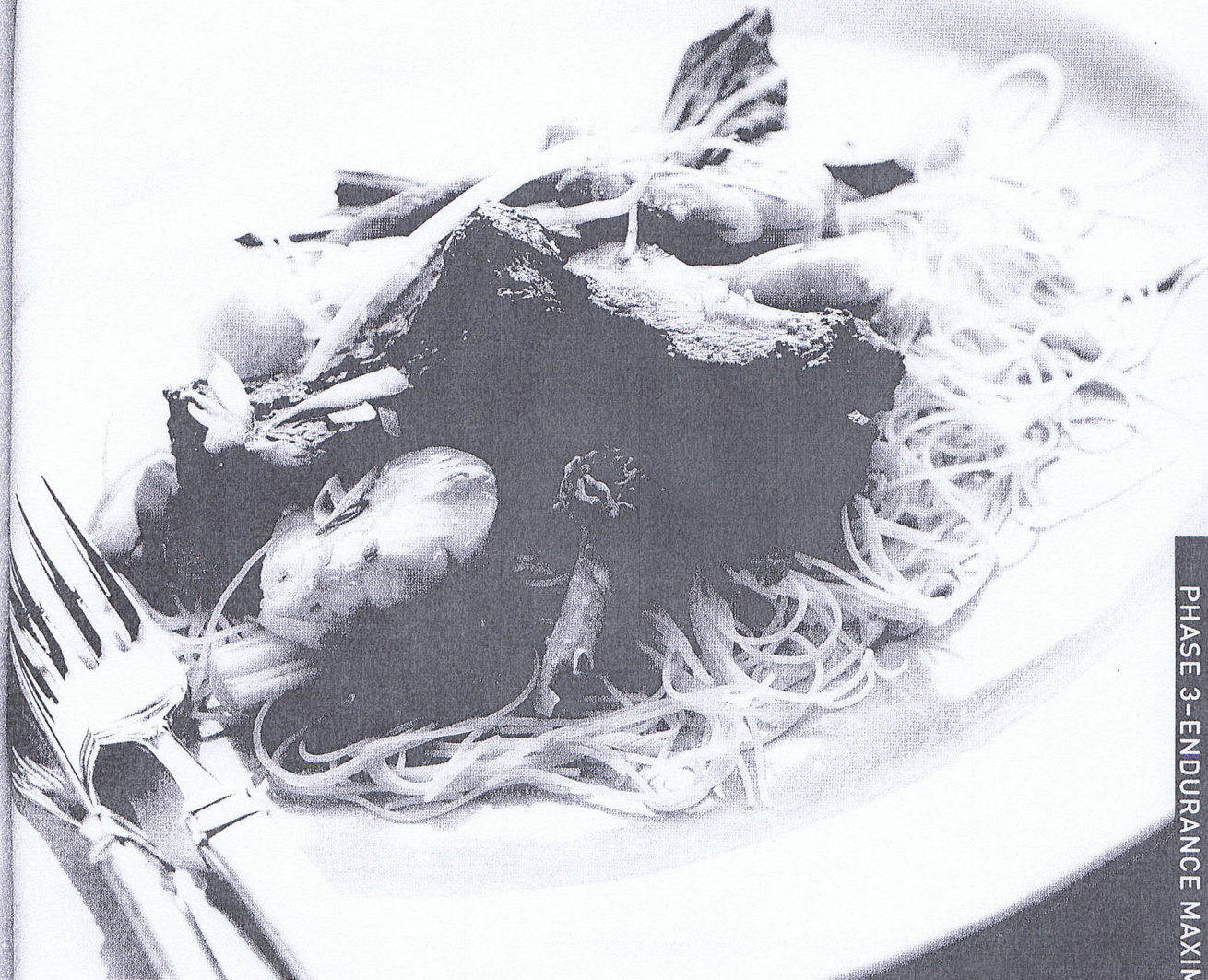
single serving = 100 cal.  
double serving = 200 cal.

Single	Double
1 oz_Dried fruit	Bean dip_4 tbsp with chips_1 oz
3_Fig Newtons	Cheese, low-fat_1 oz with crackers_6
1_Frozen fruit bar	Hummus_4 tbsp with carrot sticks
1 medium piece_Fruit	Nuts_1 oz
8 oz_Fruit sorbet	P90X Peak Performance Protein Bar_1
12_Mini rice cakes	P90X Peak Recovery Formula_12-16 oz
4 oz_Nonfat frozen yogurt	Soy nuts_4 oz
1 tbsp_Peanut butter with celery sticks	String cheese_3 oz
1 oz_Pita chips	Yogurt, nonfat fruit-flavored_8 oz
3 cups_Popcorn, lite	
1 large_Pretzel, sourdough	
2 oz_Soy nuts	
1-1/2 oz_String cheese	
1 oz_Tortilla chips, low-fat	
8 oz_Yogurt, nonfat plain	

PHASE 3-ENDURANCE MAXIMIZER



## ENDURANCE MAXIMIZER




PHASE 3-ENDURANCE MAXIMIZER

## GENERAL GUIDELINES

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



# ENDURANCE MAXIMIZER















 Recipe included

## MEAL PLAN APPROACH

LEVEL I

PHASE

3

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
DAY 1 1_Blueberry Muffin  8 oz_Nonfat plain yogurt 1 cup_Berries	1_Recovery drink	1_Veggie burger 1/2_Whole grain bun 2 cups_Salad greens 2 tbsp_Dressing (your choice)	3_Fig Newtons 1_Sourdough pretzel	6 oz_Chicken 2 tbsp_Apricot Sauce  1/2_Baked yam, medium 1 cup_Green beans, steamed 1/4_Mango
DAY 2 2_Whole grain waffles 1 tbsp_Peanut butter 8 oz_Skim milk 1_Banana, medium	1_Recovery drink	1_Pasta Salad 	12_Mini rice cakes 1_Frozen fruit bar	6 oz_Halibut 2 tbsp_Mustard Cream Sauce  1 cup_Brown rice 2 cups_Spinach, steamed 1 cup_Raspberries
DAY 3 1_Whole grain roll 1/2 cup_Low-fat ricotta cheese 4 slices_Roma tomato drizzle_Olive oil 1 cup_Cantaloupe	1_Recovery drink	1 cup_Black and White Bean Chili  2 cups_Salad greens 2 tbsp_Dressing (your choice)	3 cups_Lite popcorn 4 oz_Nonfat frozen yogurt	6 oz_Flank steak, grilled 2 tbsp_Steak sauce 1_Baked potato, medium 1 cup_Onion, zucchini, and stewed tomato sauté 1_Nectarine, medium
DAY 4 1/2 cup_Low-fat granola 8 oz_Nonfat plain yogurt 1 cup_Strawberries, sliced	1_Recovery drink	1_Stuffed Baked Potato  2 cups_Salad greens 2 tbsp_Dressing (your choice)	1 oz_Dried fruit 2 oz_Soy nuts	6 oz_Mediterranean Shrimp Kebabs  1 cup_White rice 1_Orange, medium
DAY 5 3_Oatmeal Pancakes  2 tbsp_Low-sugar maple syrup 1 cup_Applesauce	1_Recovery drink	1_Grilled Veggie Focaccia  1 cup_Melon	8 oz_Fruit sorbet 12_Mini rice cakes	6 oz_Chicken 2 tbsp_Barbecue Sauce  1 cup_Nonfat baked beans 2 cups_Salad greens 2 tbsp_Dressing (your choice)
DAY 6 8 oz_Cottage cheese, 1% 1 cup_Pineapple chunks 2 slices_Whole wheat toast 2 tsp_Pure fruit jam	1_Recovery drink	1_Spicy Chinese Noodles 	1_Sourdough pretzel 4 oz_Nonfat frozen yogurt	6 oz_Salmon 2 tbsp_Dijonnaise Sauce  1 cup_Quinoa 1 cup_Broccoli, steamed 1 cup_Grapes
DAY 7 1_Whole wheat bagel 2 tbsp_Fat-free cream cheese 8 oz_Nonfat plain yogurt 1 cup_Berries	1_Recovery drink	1_Vegetarian Tostada 	1_Medium fresh fruit 1 tbsp_Peanut butter w/ celery sticks	6 oz_Pork Chop with Apple and Sweet Potato  1 cup_Peas 2 cups_Salad greens 2 tbsp_Dressing (your choice)



# ENDURANCE MAXIMIZER

■ Recipe included

## MEAL PLAN APPROACH

LEVEL II  
PHASE


3

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
<b>DAY 1</b> 1_Blueberry Muffin ■ 8 oz_Nonfat plain yogurt 1 cup_Berries	1_Recovery drink	1_Veggie burger 1_Whole grain bun 3 cups_Salad greens 3 tbsp_Dressing (your choice) 1 cup_Melon	1 oz_Almonds 1-1/2 oz_String cheese	9 oz_Chicken 3 tbsp_Apricot Sauce ■ 1_Baked yam, medium 1 cup_Green beans, steamed 3 cups_Salad greens 3 tbsp_Dressing (your choice) 4_Mango
<b>DAY 2</b> 3_Whole grain waffles 2 tbsp_Peanut butter 8 oz_Skim milk 1_Banana, medium	1_Recovery drink	1_Pasta Salad ■ 1 cup_Melon	1 oz_Low-fat tortilla chips w/ 4 tbsp_Bean dip 1_Medium fruit	9 oz_Halibut 3 tbsp_Mustard Cream Sauce ■ 1 cup_Brown rice 3 cups_Spinach, steamed 1_Peach, medium
<b>DAY 3</b> 1_Whole grain roll 1/2 cup_Low-fat ricotta cheese 4 slices_Roma tomato drizzle_Olive oil 1 cup_Cantaloupe	1_Recovery drink	2 cups_Black and White Bean Chili ■ 3 cups_Salad greens 3 tbsp_Dressing (your choice) 1 cup_Grapes	3 cups_Lite popcorn 8 oz_Nonfat fruit-flavored yogurt	9 oz_Flank steak, grilled 3 tbsp_Steak sauce 1_Baked potato, medium 2 cups_Onion, zucchini, and stewed tomato sauté 1_Nectarine, medium
<b>DAY 4</b> 1/2 cup_Low-fat granola 8 oz_Nonfat plain yogurt 1 cup_Strawberries, sliced	1_Recovery drink	2_Stuffed Baked Potatoes ■ 3 cups_Salad greens 3 tbsp_Dressing (your choice) 1_Orange, medium	1 oz_Pita chips w/ 4 tbsp_Hummus w/ carrot sticks	9 oz_Mediterranean Shrimp Kebabs ■ 1 cup_White rice 3 cups_Salad greens 3 tbsp_Dressing (your choice) 1 cup_Melon
<b>DAY 5</b> 3_Oatmeal Pancakes ■ 3 tbsp_Low-sugar maple syrup 1 cup_Applesauce 8 oz_Skim milk	1_Recovery drink	1_Grilled Veggie Focaccia ■ 1 cup_Tabouli salad 1_Peach, medium	8 oz_Fruit sorbet 1-1/2 oz_String cheese 6_Crackers	9 oz_Chicken 3 tbsp_Barbecue Sauce ■ 1 cup_Nonfat baked beans 3 cups_Salad greens 3 tbsp_Dressing (your choice) 1 cup_Fruit salad
<b>DAY 6</b> 8 oz_Cottage cheese, 1% 1 cup_Pineapple chunks 2 slices_Whole wheat toast 3 tsp_Pure fruit jam	1_Recovery drink	1_Spicy Chinese Noodles ■ 3 cups_Salad greens 3 tbsp_Dressing (your choice) 1 cup_Fruit salad	1 oz_Almonds 1 oz_Dried fruit 8 oz_Nonfat plain yogurt	9 oz_Salmon 3 tbsp_Dijonnaise Sauce ■ 1 cup_Quinoa 1 cup_Broccoli, steamed 1 cup_Grapes
<b>DAY 7</b> 1_Whole wheat bagel 2 tbsp_Fat-free cream cheese 8 oz_Nonfat plain yogurt 1 cup_Berries	1_Recovery drink	1_Vegetarian Tostada ■ 1 cup_Fruit salad	1 oz_Cashews 1 oz_Dried fruit	9 oz_Pork Chop with Apple and Sweet Potato ■ 1 cup_Peas 3 cups_Salad greens 3 tbsp_Dressing (your choice)

PHASE 3-ENDURANCE MAXIMIZER



# ENDURANCE MAXIMIZER















 Recipe included

## MEAL PLAN APPROACH

LEVEL III

PHASE

3

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
DAY 1	1_Blueberry Muffin  8 oz_Nonfat plain yogurt 1 cup_Berries 1/2 cup_Low-fat granola	1_Recovery drink	1_Veggie burger 1_Whole grain bun 4 cups_Salad greens 4 tbsp_Dressing (your choice) 1 cup_Melon	1 oz_Almonds 1 oz_Dried fruit 8 oz_Nonfat frozen yogurt	12 oz_Chicken 4 tbsp_Apricot Sauce  1_Baked yam, medium 1 cup_Green beans, steamed 4 cups_Salad greens 4 tbsp_Dressing (your choice) 1/4_Mango
DAY 2	4_Whole grain waffles 2 tbsp_Peanut butter 8 oz_Skim milk 1_Banana, medium	1_Recovery drink	1_Pasta Salad  1 cup_Melon	1 oz_Low-fat tortilla chips w/ 4 tbsp_Bean dip 1_Frozen fruit bar	12 oz_Halibut 4 tbsp_Mustard Cream Sauce  1 cup_Brown rice 3 cups_Spinach, steamed 1_Peach, medium
DAY 3	1_Whole grain roll 1/2 cup_Low-fat ricotta cheese 4 slices_Roma tomato drizzle_Olive oil 1 cup_Cantaloupe	1_Recovery drink	2 cups_Black and White Bean Chili  4 cups_Salad greens 4 tbsp_Dressing (your choice) 1 cup_Grapes 6_Crackers	3 cups_Lite popcorn 8 oz_Nonfat fruit-flavored yogurt 2 oz_Soy nuts	12 oz_Flank steak, grilled 4 tbsp_Steak sauce 1_Baked potato, medium 2 cups_Onion, zucchini, and stewed tomato sauté 1_Nectarine, medium
DAY 4	1 cup_Low-fat granola 8 oz_Nonfat plain yogurt 1 cup_Strawberries, sliced	1_Recovery drink	2_Stuffed Baked Potatoes  4 cups_Salad greens 4 tbsp_Dressing (your choice) 1_Orange, medium	1 oz_Pita chips 4 tbsp_Hummus w/ carrots 1 oz_Dried fruit	12 oz_Mediterranean Shrimp Kebabs  1 cup_White rice 4 cups_Salad greens 4 tbsp_Dressing (your choice) 1 cup_Melon
DAY 5	4_Oatmeal Pancakes  4 tbsp_Low-sugar maple syrup 1 cup_Applesauce 8 oz_Skim milk	1_Recovery drink	1_Grilled Veggie Focaccia  1 cup_Tabouli salad 1_Peach, medium	8 oz_Fruit sorbet 1-1/2 oz_String cheese w/ 6_Crackers 3 cups_Lite popcorn	12 oz_Chicken 4 tbsp_Barbecue Sauce  1 cup_Nonfat baked beans 4 cups_Salad greens 4 tbsp_Dressing (your choice) 1 cup_Fruit salad
DAY 6	8 oz_Cottage cheese, 1% 1 cup_Pineapple chunks 4 slices_Whole wheat toast 3 tsp_Pure fruit jam	1_Recovery drink	1_Spicy Chinese Noodles  4 cups_Salad greens 4 tbsp_Dressing (your choice) 1 cup_Fruit salad	1_Sourdough pretzel 8 oz_Frozen yogurt 1_Fruit, medium	12 oz_Salmon 4 tbsp_Dijonnaise Sauce  1 cup_Quinoa 1 cup_Broccoli, steamed 1 cup_Grapes
DAY 7	1_Whole wheat bagel 2 tbsp_Fat-free cream cheese 8 oz_Nonfat plain yogurt 1 cup_Berries 1/2 cup_Low-fat granola	1_Recovery drink	1_Vegetarian Tostada  1 cup_Fruit salad	1 oz_Cashews 1 oz_Dried fruit 1_Sourdough pretzel	12 oz_Pork Chop with Apple and Sweet Potato  1 cup_Peas 4 cups_Salad greens 4 tbsp_Dressing (your choice)



PHASE

3

## ENDURANCE

PHASE 3-ENDURANCE MAXIMIZER

Now that your body has become an efficient fuel-burning machine, you're ready for an athletic diet which will help you push your body to the limit.

These recipes, full of complex carbohydrates, lean protein, and low fat

**GENERAL GUIDELINES**

will give you the extra push you need to maximize your endurance and get in the best shape of your life.

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**



## APRICOT SAUCE

per serving:

*1/2 cup apricot preserves*  
*1/8 cup Dijon mustard*  
*1/4 cup low-sodium soy sauce*

*56 Calories (kcal)*  
*trace Total Fat*  
*(3% calories from fat)*  
*1 g Protein*  
*14 g Carbohydrate*  
*0 mg Cholesterol*  
*353 mg Sodium*

*Serves 8*

*In a small bowl, combine all ingredients and blend well.*

### LEVEL I

*2 tablespoons = 1 condiment*

### LEVEL II

*3 tablespoons = 1-1/2 condiments*

### LEVEL III

*4 tablespoons = 2 condiments*

## DIJONNAISE SAUCE

per serving:

*4 ounces nonfat yogurt*  
*4 ounces low-fat mayonnaise*  
*1 tablespoon Dijon mustard*  
*1 teaspoon fresh dill, chopped*  
*2 teaspoons Worcestershire sauce*  
*black pepper to taste*  
*dash Tabasco sauce*

*34 Calories (kcal)*  
*2 g Total Fat*  
*(51% calories from fat)*  
*1 g Protein*  
*3 g Carbohydrate*  
*trace Cholesterol*  
*47 mg Sodium*

*Serves 8*

*In a small bowl, combine all ingredients and blend well.*

### LEVEL I

*2 tablespoons = 1 condiment*

### LEVEL II

*3 tablespoons = 1-1/2 condiments*

### LEVEL III

*4 tablespoons = 2 condiments*



## MUSTARD CREAM SAUCE

per serving:

4 shallots, chopped

1-1/4 cups fat-free chicken broth, low sodium

1-1/4 cups sweet vermouth

1/2 teaspoon arrowroot

1/2 cup evaporated skim milk

1/4 cup Dijon mustard

1/2 teaspoon salt

dash white pepper

43 Calories (kcal)

trace Total Fat

(6% calories from fat)

2 g Protein

4 g Carbohydrate

trace Cholesterol

164 mg Sodium

Serves 8

1 tablespoon chopped chives, for garnish

1. Coat the bottom of a saucepan with cooking spray and place over medium heat.
2. Add the shallots and sauté until tender, using 1/4 cup of the broth to deglaze the pan as necessary.
3. Stir in the remaining broth and the vermouth. Simmer until reduced to 3/4 cup.
4. Dissolve the arrowroot in a small amount of cold water and add to the pan. Stir until slightly thickened.
5. Transfer the sauce to a blender. Add the evaporated milk, mustard, salt, and pepper and process until smooth. Garnish with chives.

### LEVEL I

2 tablespoons = 1 condiment

### LEVEL II

3 tablespoons = 1-1/2 condiments

### LEVEL III

4 tablespoons = 2 condiments

## BARBECUE SAUCE

per serving:

1/4 cup ketchup

1/4 cup chili sauce

2 tablespoons Worcestershire sauce

2 tablespoons red wine vinegar

2 teaspoons stone-ground mustard

1 teaspoon dark brown sugar

dash cayenne pepper

2-1/2 teaspoons garlic, crushed

16 Calories (kcal)

trace Total Fat

(1% calories from fat)

trace Protein

4 g Carbohydrate

0 mg Cholesterol

128 mg Sodium

Serves 8

Blend all ingredients together in a small bowl. Refrigerate until ready to use.

### LEVEL I

2 tablespoons = 1 condiment

### LEVEL II

3 tablespoons = 1-1/2 condiments

### LEVEL III

4 tablespoons =  
2 condiments

PHASE 3-ENDURANCE MAXIMIZER

## SAUCES



## BLUEBERRY MUFFINS

per serving:

1-3/4 cups whole wheat pastry flour

2-1/2 teaspoons baking powder

1 cup powdered fructose

3/4 cup low-fat buttermilk

3 egg whites

1 cup thawed frozen blueberries, reserving juice

167 Calories (kcal)

1 g Total Fat

(2% calories from fat)

4 g Protein

40 g Carbohydrate

1 mg Cholesterol

135 mg Sodium

Serves 12

1. Preheat oven to 375 degrees. Line 12 muffin cups with papers.
2. In a small bowl, combine the flour, baking powder, and fructose.
3. In a mixing bowl, whisk together the buttermilk, egg whites, and 2 tablespoons of reserved berry juice.
4. Add the flour mixture to the wet ingredients, stirring just to combine. Stir in the berries.
5. Spoon the batter into the prepared muffin cups, mounding slightly. Bake until lightly browned, about 20 minutes.

### LEVEL I

1 muffin =

1 carbohydrate

### LEVEL II

1 muffin =

1 carbohydrate

### LEVEL III

1 muffin =

1 carbohydrate

## OATMEAL PANCAKES

per serving:

1/2 cup quick-cooking oats

1/2 cup low-fat buttermilk

1/2 cup skim milk

2 egg whites

1 tablespoon canola oil

2 tablespoons brown sugar, packed

1/2 teaspoon salt, or to taste

1 teaspoon baking powder

1/2 cup whole wheat flour

1/2 cup all-purpose flour

1 teaspoon cinnamon

228 Calories (kcal)

5 g Total Fat

(19% calories from fat)

9 g Protein

37 g Carbohydrate

2 mg Cholesterol

468 mg Sodium

Serves 4

1/2 teaspoon baking soda

1. In a medium bowl, combine the oats, buttermilk, and milk. Set aside for 15 to 20 minutes to let the oatmeal soften.
2. Beat in the egg whites and oil and mix well. Add the sugar, salt, and cinnamon, then the baking powder, baking soda, and flour. Stir just until moistened.
3. Heat a lightly oiled or nonstick griddle over medium-high heat (375 degrees for electric frying pan). For each pancake, pour about 1/8 cup batter onto the griddle. Turn when the tops are covered with bubbles and the edges look cooked. Turn only once.

### LEVEL I

3 pancakes =

1 carbohydrate

### LEVEL II

3 pancakes =

1 carbohydrate

### LEVEL III

4 pancakes =

1 carbohydrate



## BLACK AND WHITE BEAN CHILI

per serving:

1 teaspoon canola oil	202 Calories (kcal)
1 cup onion, diced	2 g Total Fat
2 cups fat-free chicken broth, low sodium	(8% calories from fat)
6 ounces canned tomato paste	15 g Protein
4 ounces green chilies, chopped	35 g Carbohydrate
1 teaspoon cumin	0 mg Cholesterol
16 ounces canned black beans, drained and rinsed	964 mg Sodium
16 ounces canned navy beans, drained and rinsed	

Serves 6

1. In a large soup pot, heat the oil over medium-high heat. Add the onions and cook for 5 minutes.
2. Add the broth, tomato paste, chilies, cumin, and beans. Bring to a boil.
3. Reduce heat to low and simmer for 10 to 15 minutes, stirring occasionally.

### LEVEL I

1 cup =  
1 carbohydrate

### LEVEL II

2 cups =  
2 carbohydrate

### LEVEL III

2 cups =  
2 carbohydrate

## GRILLED VEGGIE FOCACCIA

per serving:

1 large portobello mushroom, sliced thin	284 Calories (kcal)
1 large zucchini, sliced thin	9 g Total Fat
1 large yellow squash, sliced thin	(28% calories from fat)
1-1/2 ounces part-skim mozzarella cheese	19 g Protein
2 slices Italian focaccia bread	33 g Carbohydrate
	23 mg Cholesterol
	467 mg Sodium

Serves 1

1. Grill or broil vegetables for 3 to 5 minutes using olive oil spray.
2. Place mozzarella cheese on one slice of bread, and toast until cheese is melted.
3. Place vegetables on same side as cheese and top with second slice of bread.

### LEVEL I

1 carbohydrate,  
2 vegetable

### LEVEL II

1 carbohydrate,  
2 vegetable

### LEVEL III

1 carbohydrate,  
2 vegetable

PHASE 3-ENDURANCE MAXIMIZER

LUNCH



## STUFFED BAKED POTATO

per serving:

1 medium baking potato	291 Calories (kcal)
10 ounces frozen chopped spinach	4 g Total Fat
1/2 cup broccoli, chopped	(12% calories from fat)
1 tablespoon green onions, finely chopped	23 g Protein
1-1/2 ounces low-fat cheddar cheese	46 g Carbohydrate
dash salt	9 mg Cholesterol
dash pepper	505 mg Sodium
dash garlic powder	

(Levels II & III, please double ingredients)

1. Bake the potato at 425 degrees for 45 to 60 minutes, or microwave for about 8 minutes and then let stand for 3 to 5 minutes.
2. When the potato is done, scoop its insides into a small bowl, reserving skin.
3. Add the spinach, broccoli, green onions, cheese, and seasonings. Mash.
4. Fill the potato skin with the mixture and bake in the oven 10 minutes longer to blend the flavors.

### LEVEL I

1 potato =  
1 carbohydrate, 1 vegetable, 1 dairy

### LEVEL II

2 potatoes =  
2 carbohydrate, 2 vegetable, 2 dairy

### LEVEL III

2 potatoes =  
2 carbohydrate, 2 vegetable,  
2 dairy

## PASTA SALAD-LEVEL I

per serving:

2 ounces pasta	453 Calories (kcal)
1 cup broccoli florets, steamed	15 g Total Fat
2 whole green onions, sliced	(29% calories from fat)
1 tablespoon olive oil	20 g Protein
1 cup cherry tomatoes, halved	63 g Carbohydrate
1/2 teaspoon fresh basil	23 mg Cholesterol
1/4 teaspoon garlic powder	242 mg Sodium
1 ounce fat-free Parmesan cheese, grated	

1. Cook the pasta according to the directions on the package. Drain.
2. While pasta cooks, steam the broccoli and chop the green onions.
3. Combine the cooked pasta, broccoli, green onions, olive oil, tomatoes, basil, and garlic powder. Mix well.
4. Sprinkle with cheese and toss again. Chill before serving.

### LEVEL I

1 carbohydrate,  
2 vegetable, 1 fat

### LEVEL II

See next page

### LEVEL III

See next page



## PASTA SALAD-LEVEL II

per serving:

3 ounces pasta

1 cup broccoli florets, steamed

2 whole green onions, sliced

1-1/2 tablespoons olive oil

1 cup cherry tomatoes, halved

1/2 teaspoon fresh basil

1/4 teaspoon garlic powder

1 ounce fat-free Parmesan cheese, grated

628 Calories (kcal)

22 g Total Fat

(31% calories from fat)

24 g Protein

86 g Carbohydrate

23 mg Cholesterol

248 mg Sodium

1. Cook the pasta according to the directions on the package. Drain.
2. While pasta cooks, steam the broccoli and chop the green onions.
3. Combine the cooked pasta, broccoli, green onions, olive oil, tomatoes, basil, and garlic powder. Mix well.
4. Sprinkle with cheese and toss again. Chill before serving.

### LEVEL I

See previous page

### LEVEL II

1-1/2 carbohydrate,  
2 vegetable, 1 fat

### LEVEL III

See below

## PASTA SALAD-LEVEL III

per serving:

4 ounces pasta

1-1/2 cups broccoli florets, steamed

3 whole green onions, sliced

2 tablespoons olive oil

1 cup cherry tomatoes, halved

1 teaspoon fresh basil

1/2 teaspoon garlic powder

1 ounce fat-free Parmesan cheese, grated

802 Calories (kcal)

30 g Total Fat

(32% calories from fat)

29 g Protein

109 g Carbohydrate

23 mg Cholesterol

259 mg Sodium

1. Cook the pasta according to the directions on the package. Drain.
2. While pasta cooks, steam the broccoli and chop the green onions.
3. Combine the cooked pasta, broccoli, green onions, olive oil, tomatoes, basil, and garlic powder. Mix well.
4. Sprinkle with cheese and toss again. Chill before serving.

### LEVEL I

See previous page

### LEVEL II

See above

### LEVEL III

2 carbohydrate,  
2 vegetable, 1 fat

PHASE 3-ENDURANCE MAXIMIZER

LUNCH



## SPICY CHINESE NOODLES-LEVEL I

per serving:

2 ounces pasta

2 tablespoons chunky peanut butter

1-1/2 tablespoons low-sodium soy sauce

1-1/2 tablespoons rice vinegar

1 teaspoon honey

dash cayenne pepper

1 tablespoon green onions, finely chopped

429 Calories (kcal)

17 g Total Fat

(35% calories from fat)

16 g Protein

56 g Carbohydrate

0 mg Cholesterol

1,056 mg Sodium

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

2. While the pasta is cooking, combine in a small saucepan the peanut butter, soy sauce, vinegar, honey, and cayenne.

3. Mix together the pasta and the peanut butter sauce. If the pasta is too dry, add a little fat-free chicken broth to thin the sauce. Garnish with green onions.

### LEVEL I

1 carbohydrate,  
1 condiment, 1 fat

### LEVEL II

See below

### LEVEL III

See next page

## SPICY CHINESE NOODLES-LEVEL II

per serving:

3 ounces pasta

3 tablespoons chunky peanut butter

2 tablespoons low-sodium soy sauce

2 tablespoons rice vinegar

1-1/2 teaspoons honey

dash cayenne pepper

2 tablespoons green onions, finely chopped

660 Calories (kcal)

26 g Total Fat

(33% calories from fat)

25 g Protein

89 g Carbohydrate

0 mg Cholesterol

1,444 mg Sodium

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

2. While the pasta is cooking, combine in a small saucepan the peanut butter, soy sauce, vinegar, honey, and cayenne.

3. Mix together the pasta and the peanut butter sauce. If the pasta is too dry, add a little fat-free chicken broth to thin the sauce. Garnish with green onions.

### LEVEL I

See above

### LEVEL II

1-1/2 carbohydrate,  
2 condiment, 1 fat

### LEVEL III

See next page



## SPICY CHINESE NOODLES-LEVEL III

per serving:

4 ounces pasta

3 tablespoons chunky peanut butter

3 tablespoons low-sodium soy sauce

3 tablespoons rice vinegar

2 teaspoons honey

dash cayenne pepper

3 tablespoons green onions, finely chopped

789 Calories (kcal)

26 g Total Fat

(28% calories from fat)

29 g Protein

115 g Carbohydrate

0 mg Cholesterol

2,047 mg Sodium

1. Cook the pasta according to the directions on the package. Drain.
2. While the pasta is cooking, combine in a small saucepan the peanut butter, soy sauce, vinegar, honey and cayenne.
3. Mix together the pasta and the peanut butter sauce. If the pasta is too dry, add a little fat-free chicken broth to thin the sauce. Garnish with green onions.

### LEVEL I

See previous page

### LEVEL II

See previous page

### LEVEL III

2 carbohydrate,  
2 condiment, 1 fat

## VEGETARIAN TOSTADA-LEVEL I

per serving:

1 large whole wheat tortilla

1 cup fat-free canned refried beans

1/4 cup tomato, diced

2 tablespoons red onion, diced

1 cup iceberg lettuce, shredded

2 tablespoons low-fat sour cream

2 tablespoons salsa

449 Calories (kcal)

7 g Total Fat

(14% calories from fat)

22 g Protein

75 g Carbohydrate

6 mg Cholesterol

1,437 mg Sodium

1. Preheat oven to 350 degrees.
2. Spray tortilla with corn oil spray and brown tortilla for several minutes until crisp.
3. Meanwhile, heat beans in a small saucepan.
4. Remove tortilla and layer with beans, tomato, onion, lettuce, sour cream, and salsa.

### LEVEL I

2 carbohydrate,  
1 vegetable, 1 condiment

### LEVEL II

See next page

### LEVEL III

See next page

PHASE 3-ENDURANCE MAXIMIZER

LUNCH



## VEGETARIAN TOSTADA-LEVEL II

per serving:

1 large whole wheat tortilla	575 Calories (kcal)
1 cup fat-free canned refried beans	8 g Total Fat
1/2 cup Spanish-style rice, cooked	(12% calories from fat)
1/2 cup tomato, diced	25 g Protein
3 tablespoons red onion, diced	102 g Carbohydrate
2 cups iceberg lettuce, shredded	6 mg Cholesterol
2 tablespoons low-fat sour cream	1,510 mg Sodium
3 tablespoons salsa	

1. Preheat oven to 350 degrees.
2. Spray tortilla with corn oil spray and brown tortilla for several minutes until crisp.
3. Meanwhile, heat beans in a small saucepan.
4. Remove tortilla and layer with beans, rice, tomato, onion, lettuce, sour cream, and salsa.

### LEVEL I

See previous page

### LEVEL II

2-1/2 carbohydrate,  
2 vegetable, 1 condiment

### LEVEL III

See below

## VEGETARIAN TOSTADA-LEVEL III

per serving:

1 large whole wheat tortilla	701 Calories (kcal)
1 cup fat-free canned refried beans	8 g Total Fat
1 cup Spanish-style rice, cooked	(10% calories from fat)
1/2 cup tomato, diced	27 g Protein
3 tablespoons red onion, diced	130 g Carbohydrate
2 cups iceberg lettuce, shredded	6 mg Cholesterol
2 tablespoons low-fat sour cream	1,510 mg Sodium
3 tablespoons salsa	

1. Preheat oven to 350 degrees.
2. Spray tortilla with corn oil spray and brown tortilla for several minutes until crisp.
3. Meanwhile, heat beans in a small saucepan.
4. Remove tortilla and layer with beans, rice, tomato, onion, lettuce, sour cream, and salsa.

### LEVEL I

See previous page

### LEVEL II

See above

### LEVEL III

3 carbohydrate,  
2 vegetable, 1 condiment



## MEDITERRANEAN SHRIMP KEBABS-LEVEL I

per serving:

6 shrimp (1 ounce each)

1/8 red onion, cubed

1/2 zucchini, cut in 1-inch-thick slices

1/4 yellow pepper, seeded and cubed

4 white mushrooms

1/4 cup fresh lemon juice

1 tablespoon olive oil

1 teaspoon oregano

2 metal or wooden skewers

349 Calories (kcal)

17 g Total Fat

(42% calories from fat)

36 g Protein

14 g Carbohydrate

259 mg Cholesterol

257 mg Sodium

1. Assemble kebabs by alternating vegetables with three shrimp per skewer.
2. In a small bowl, blend lemon juice, olive oil, and oregano to make a marinade.
3. Brush marinade over kebabs and place on grill for 7 to 10 minutes.
4. Turn and brush with remaining marinade while grilling until vegetables are cooked and shrimp are opaque.

### LEVEL I

2 protein, 1 vegetable, 1 fat

### LEVEL II

See below

### LEVEL III

See next page

## MEDITERRANEAN SHRIMP KEBABS-LEVEL II

per serving:

9 shrimp (1 ounce each)

1/8 red onion, cubed

1/2 zucchini, cut in 1-inch-thick slices

1/4 yellow pepper, seeded and cubed

6 white mushrooms

1/4 cup fresh lemon juice

1 tablespoon olive oil

1 teaspoon oregano

3 metal or wooden skewers

435 Calories (kcal)

18 g Total Fat

(37% calories from fat)

53 g Protein

14 g Carbohydrate

388 mg Cholesterol

382 mg Sodium

1. Assemble kebabs by alternating vegetables with three shrimp per skewer.
2. In a small bowl, blend lemon juice, olive oil, and oregano to make a marinade.
3. Brush marinade over kebabs and place on grill for 7 to 10 minutes.
4. Turn and brush with remaining marinade while grilling until vegetables are cooked and shrimp are opaque.

### LEVEL I

See above

### LEVEL II

3 protein, 1 vegetable, 1 fat

### LEVEL III

See next page



## MEDITERRANEAN SHRIMP KEBABS-LEVEL III

per serving:

12 shrimp (1 ounce each)

1/8 red onion, cubed

1/2 zucchini, cut in 1-inch-thick slices

1/4 yellow pepper, seeded and cubed

8 white mushrooms

1/4 cup fresh lemon juice

1 tablespoon olive oil

1 teaspoon oregano

4 metal or wooden skewers

636 Calories (kcal)

27 g Total Fat

(1% calories from fat)

73 g Protein

28 g Carbohydrate

517 mg Cholesterol

513 mg Sodium

1. Assemble kebabs by alternating vegetables with three shrimp per skewer.
2. In a small bowl, blend lemon juice, olive oil, and oregano to make a marinade.
3. Brush marinade over kebabs and place on grill for 7 to 10 minutes.
4. Turn and brush with remaining marinade while grilling until vegetables are cooked and shrimp are opaque.

### LEVEL I

See previous page

### LEVEL II

See previous page

### LEVEL III

4 protein, 2 vegetable, 1 fat

## PORK CHOP BAKED WITH APPLE AND SWEET POTATO-LEVEL I

per serving:

6 ounces lean boneless pork loin

1 medium sweet potato

1 medium apple

415 Calories (kcal)

8 g Total Fat

(17% calories from fat)

33 g Protein

53 g Carbohydrate

77 mg Cholesterol

80 mg Sodium

1. Preheat oven to 350 degrees.
2. Slice the sweet potato thinly. Quarter, core, and slice the apple into eight pieces.
3. On a large piece of foil, layer sweet potato slices, pork chop, and then apple slices. If desired, sprinkle with cinnamon, salt, and pepper.
4. Wrap well and bake for 40 minutes.

### LEVEL I

2 protein,  
1 carbohydrate, 1 fruit

### LEVEL II

See next page

### LEVEL III

See next page