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

per serving:

9 ounces lean boneless pork loin 1 medium sweet potato

1 medium apple

513 Calories (kcal)
12 g Total Fat
(21% calories from fat)
48 g Protein
53 g Carbohydrate
115 mg Cholesterol
111 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.

LEVELI

See previous page

LEVEL II

3 protein, 1 carbohydrate, 1 fruit LEVEL III

See below

# PORK CHOP BAKED WITH APPLE AND SWEET POTATO-LEVEL III per serving:

12 ounces lean boneless pork loin

1 medium sweet potato

1 medium apple

611 Calories (kcal) 16 g Total Fat (23% calories from fat) 63 g Protein

> 53 g Carbohydrate 153 mg Cholesterol

> > 142 mg Sodium

PHASE 3-ENDURANCE MAXIMIZER

- 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.

LEVELI

See previous page

LEVELII

See above

LEVEL III

4 protein,

1 carbohydrate, 1 fruit

DINNER

99



# QUICK OPTIONS

# CONVENIENCE FOODS GUIDELINES

If you just don't have the time to prepare anything more elaborate than toast, here are some brands you can consider the next time you hit the frozen food section. These foods can be used sparingly when needed, but do not exceed more than one per day.

Follow the calories, fat, and sodium guidelines below:

\_Amy's Kitchen

- \_Weight Watchers Smart Ones
- \_Lean Cuisine
- \_Cascadian Farms
- \_Cedarlane Natural Food
- \_Healthy Choice

LEVELI	1,800 CALORIES	Up to 400 calories per meal	10 g fat	600 mg sodium
LEVEL II	2,400 CALORIES	Up to 600 calories per meal	12 g fat	800 mg sodium
LEVEL III	3,000 CALORIES	Up to 800 calories per meal	15 g fat	1,000 mg sodium

# QUICK AT-HOME DISHES

Try these healthy and tasty quick dishes that are a snap to prepare.

#### SERVING SIZE

SOFT TACOS	Chicken	6 oz.	2 protein
	Corn tortillas	2	1 carbohydrate
	Salsa	to taste	1 condiment
STIR-FRY	Shrimp or chicken	6 oz.	2 protein
	Rice	1 cup	1 carbohydrate
	Vegetables	1 cup	1 vegetable
	Soy sauce	to taste	1 condiment
TUNA SALAD	Tuna	6 oz.	2 protein
	Bread	2 slices	1 carbohydrate
	Salad greens	2 cups	1 vegetable
	Fat-free dressing or mayo	2 tbsp	1 condiment
BURGER	Soy or turkey burger	1	2 protein
	Lettuce, tomato, onion	to taste	1 vegetable
	Ketchup and mustard	to taste	1 condiment

# FAST FOODS

Finally, for those who need to catch a quick meal while away from home, here are some of the best fast food choices.

### GUIDELINES

The majority of fast foods have a high fat and sodium content. You should NOT exceed one fast food meal per day, a few times a week. Use with Portion Approach servings.

#### IMPORTANT

during

You can eat chicken, turkey, or beef without the bun or bread. Avoid high-fat dressings on salads. Refer to the Portion Approach for proper servings.

during

You can eat chicken, turkey, or beef with half the bun or bread. Avoid PHASE high-fat dressings on salads. Refer to the Portion Approach for proper servings.

You can eat chicken, turkey, or beef with the whole bun or bread. Avoid high-fat dressings on salads. Refer to the Portion Approach for proper servings.

	CALORIES	PROTEIN	CARB.	FAT
SUBWAY				
Includes Italian or wheat bread, let	tuce, tomatoes, onic	ons, green pepper,	olives, and pickles.	
6-inch Ham	290	1 Serving	1 Serving	½ Serving
6-inch Roast Beef	290	1 Serving	1 Serving	½ Serving
6-inch Subway Club	320	1 Serving	1 Serving	½ Serving
6-inch Turkey Breast	280	½ Serving	1 Serving	¼ Serving
6-inch Veggie Delite	230	1/2 Serving	½ Serving	½ Serving
6-inch Sweet Onion Chicken Teriyaki	370	1 Serving	1½ Servings	⅓ Serving
6-inch Turkey Breast and Ham	290	1 Serving	1 Serving	½ Serving
SALADS WITHOUT DRESSING				
Ham	120	½ Serving	% Serving	% Serving
Roast Beef	140	½ Serving	¼ Serving	% Serving
Veggie Delite	60	¼ Serving	% Serving	% Serving
Grilled Chicken Breast Strips	140	½ Serving	% Serving	% Serving
Turkey Breast	120	½ Serving	½ Serving	% Serving
MCDONALD'S				
Hamburger	260	1 Serving	% Serving	½ Serving
Grilled Chicken Caesar Salad (no dressing)	220	½ Serving	% Serving	½ Serving
Fruit 'n Yogurt Parfait	160	½ Serving	1½ Servings	½ Serving

<b>C</b> /2	ALORIES	PROTEIN	CARB.	FAT
JACK IN THE BOX				
Chicken Fajita Pita	300	1 Serving	% Serving	1 Serving
BURGER KING				
Veggie Burger	420	1 Serving	1 Serving	1 Serving
Tendercrisp Caesar Salad (no dressing or croutons)	400	1 Serving	1 Serving	1 Serving
CARL'S JR. Jr. Hamburger	280	½ Serving	% Serving	% Serving
Charbroiled BBQ Chicken Sandwich	370	1½ Servings	1 Serving	% Serving
Charbroiled Chicken Salad-To-Go	330	1 Servings	•	
Garden Salad-To-Go		9	% Serving	½ Serving
Garden Salad-10-60	120	1 Serving	% Serving	¼ Serving
PIZZA HUT				
Thin 'N Crispy Pizza				
= 1 slice Cheese	200	½ Serving	½ Serving	½ Serving
Thin 'N Crispy Pizza = 1 slice Veggie Lover's	180	½ Serving	½ Serving	½ Serving
Pasta, 1 serving Spaghetti w/ Marinara	490	½ Serving	2 Servings	½ Serving
TACO BELL				
Soft Taco				
Beef	210	½ Serving	½ Serving	% Serving
Chicken	190	⅓ Serving	½ Serving	½ Serving
Tostada	250	3½ Servings	½ Serving	¾ Serving
WENDY'S				
Jr. Hamburger	280	1½ Servings	½ Serving	½ Serving
Ultimate Chicken Grill	370	1 Serving	¾ Serving	½ Serving
Mandarin Chicken Salad	550	1 Serving	1 Serving	1 Serving
Spinach Chicken Salad	450	½ Serving	¼ Serving	1 Serving
Baked Potato (plain)	160	% Serving	1½ Servings	0 Serving
CHICK-FIL-A				
Chargrilled Chicken	180	1 Serving	% Serving	½ Serving
Garden Salad				
Chargrilled Chicken Sandwich (no butter)	270	1 Serving	½ Serving	% Serving
Samurion (no sutter)				

Staying true to the eating approach you have selected for this plan is more important to your P90X success than anything else. Deviating from the healthy, targeted nutrition plan outlined for you is NOT an option. One of the best ways to keep on track and stay within the parameters of your nutrition level is to maintain a daily journal. What and how much you choose to write is up to you. Just be sure to indicate in some manner how successful you were for each specific day.

					_FR _SA _SU
					_FR
Mark both the second and the contract of the second and the second					
					TH
					_WE
					_TU
BREAKFAST	SNACK	LUNCH	SNACK	COMMENTS	_MO
					2 week
					_SU
					_SA
		er e			_FR
					_TH
			and the state of t		_WE
					_TU
					_MO
BREAKFAST	SNACK	LUNCH	SNACK DINNER	COMMENTS	

(I)						<b>发生的自己的特别的自己的发展的自己的自己的自己的自己的自己的自己的自己的自己的自己的自己的自己的自己的自己的</b>
week 3	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	COMMENTS
_TU						
_WE						
_TH						
_FR						
_SA						
_SU						
week 4	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	COMMENTS
week 4	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	COMMENTS
_MO	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	COMMENTS
_MO	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	COMMENTS
_MO _TU _WE	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	COMMENTS
_MO _TU _WE _TH	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	COMMENTS

BREAKFAST	SNACK LUNCH	SNACK	DINNER	COMMENTS	5 week
					_MO
					_TU
	PER STATE OF THE S				_WE
					_TH
					_FR
					_SA
	and the second s		000 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5		_SU
BREAKFAST	SNACK LUNCH	SNACK	DINNER	COMMENTS	6 / week
					_MO
					_TU
					_WE
		The state of the s	AND THE RESIDENCE OF THE PROPERTY OF THE PROPE		_TH
					_FR
					_SA
					_SU
	DA	ILY JO	URNAL		107

north-parameters and the second secon					
week 7 BREAKFAST _MO	SNACK	LUNCH	SNACK	DINNER	COMMENTS
_TU					
_WE					
_TH					
_FR	CONTRACTOR AND				
_SA					
_SU	on maken saan sigan deel soon meel saad aa aa ah oo		обоснівного разтівного паво на прости на пристава на прости		
week 8 BREAKFAST _MO	SNACK	LUNCH	SNACK	DINNER	COMMENTS
BREAKFAST	SNACK	LUNCH	SNACK	DINNER	COMMENTS
_MO _TU _WE	SNACK	LUNCH	SNACK	DINNER	COMMENTS
_MO	SNACK	LUNCH	SNACK	DINNER	COMMENTS
_MO _TU _WE	SNACK	LUNCH	SNACK	DINNER	COMMENTS
_MO _TU _WE _TH	SNACK	LUNCH	SNACK	DINNER	COMMENTS

BREAKFAST SNACK			_TU _WE _TH _FR
BREAKFAST SNACK			_TH _FR
BREAKFAST SNACK			_FR
BREAKFAST SNACK			
BREAKFAST SNACK			
BREAKFAST SNACK			_SA
BREAKFAST SNACK			_SU
	LUNCH SNACK	DINNER COMMEN	TS 10 week
			_MO
			_ <i>TU</i>
			_WE
			_TH
			_FR
			_SA
			_SU
		URNAL	

The second secon						
week 11	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	COMMENTS
_MO						
_TU						
_WE						
_TH						
_FR		and the second of the second o				
_SA		One And Andreas Annual				
_SU						
Language and the second		NAMES AND ASSESSMENT OF THE SECOND STREET, CO.		NAMES AND ADDRESS OF THE PROPERTY OF THE PROPE		
76						
week 12		KARITA O BATTA KATIBRAKO BATA O O PROVINCISK ELATIT ALITAGA CATALA	LUNCH	SNACK	DINNER	COMMENTS
week 12		KARITA O BATTA KATIBRAKO BATA O O PROVINCISK ET ATATT ELITISCIS CITIZAL	LUNCH	SNACK	DINNER	COMMENTS
week 12		KARITA O BATTA KATIBRAKO BATA O O PROVINCISK ET ATATT ELITISCIS CITIZAL	LUNCH	SNACK	DINNER	COMMENTS
week 12 _MO		KARITA O BATTA KATIBRAKO BATA O O PROVINCISK ET ATATT ELITISCIS CITIZAL	LUNCH	SNACK	DINNER	COMMENTS
week 12 _MO _TU		KARITA O BATTA KATIBRAKO BATA O O PROVINCISK ET ATATT ELITISCIS CITIZAL	LUNCH	SNACK	DINNER	COMMENTS
_MO _TU _WE		KARITA O BATTA KATIBRAKO BATA O O PROVINCISK ET ATATT ELITISCIS CITIZAL	LUNCH	SNACK	DINNER	COMMENTS
MOTUWETH		KARITA O BATTA KATIBRAKO BATA O O PROVINCISK ET ATATT ELITISCIS CITIZAL	LUNCH	SNACK	DINNER	COMMENTS

BREAKFAS	SNACK	LUNCH	SNACK	DINNER	COMMENT	S 13 week
						_MO
						_TU
						_WE
1						_TH
•						_FR
				The state of the s		_SA
1				manusing and manusing and processing and the second		_SU
BREAKFAS	T SNACK	LUNCH	SNACK	DINNER	COMMENT	14 week
						_MO
						_TU
		over a service successful and a service succes				_WE
						<u>.</u> TH
	2004					_FR
						_SA
	\$\$\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\		A COLOR DE LA COLO	The second section of the sect		_SU
		SOURCE CONTRACTOR CONTRACTOR OF THE PROPERTY O	MONTH OF THE PARTY			The state of the s

			4			
week 1	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	COMMENTS
_TU						
_WE						
_TH						
_FR						
_SA						•
_SU		yr ganlaid Arnaud y ac dh'inn ann a ghaill chuir an ac a c i riad an ac a				
				BONGHISO BERMUNDUNUNUNUN		WHI SHOOK STATE OF THE STATE OF
week 16				(a) -		
	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	COMMENTS
	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	COMMENTS
_MO	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	COMMENTS
_MO _TU	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	COMMENTS
_MO _TU _WE	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	COMMENTS
_MO _TU _WE _TH	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	COMMENTS