

## 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.

### LEVEL I

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

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

See previous page

### LEVEL II

See above

### LEVEL III

4 protein,  
1 carbohydrate, 1 fruit

PHASE 3-ENDURANCE MAXIMIZER

DINNER



## 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*

LEVEL I	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*  
**PHASE 1** 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*  
**PHASE 2** You can eat chicken, turkey, or beef with half the bun or bread. Avoid high-fat dressings on salads. Refer to the Portion Approach for proper servings.

*during*  
**PHASE 3** 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, lettuce, tomatoes, onions, 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	½ Serving
6-inch Veggie Delite	230	½ Serving	½ Serving	½ Serving
6-inch Sweet Onion Chicken Teriyaki	370	1 Serving	1½ Servings	½ Serving
6-inch Turkey Breast and Ham	290	1 Serving	1 Serving	½ Serving

### SALADS WITHOUT DRESSING

Ham	120	½ Serving	½ Serving	½ Serving
Roast Beef	140	½ Serving	½ Serving	½ Serving
Veggie Delite	60	½ Serving	½ Serving	½ Serving
Grilled Chicken Breast Strips	140	½ Serving	½ Serving	½ Serving
Turkey Breast	120	½ Serving	½ Serving	½ Serving

### MCDONALD'S

Hamburger	260	1 Serving	¾ Serving	½ Serving
Grilled Chicken Caesar Salad (no dressing)	220	½ Serving	½ Serving	½ Serving
Fruit 'n Yogurt Parfait	160	½ Serving	1½ Servings	½ Serving

	CALORIES	PROTEIN	CARB.	FAT
--	----------	---------	-------	-----

## JACK IN THE BOX

Chicken Fajita Pita	300	1 Serving	$\frac{1}{2}$ 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	$\frac{1}{2}$ Serving	$\frac{1}{2}$ Serving	$\frac{1}{2}$ Serving
Charbroiled BBQ Chicken Sandwich	370	1 $\frac{1}{2}$ Servings	1 Serving	$\frac{1}{2}$ Serving
Charbroiled Chicken Salad-To-Go	330	1 Serving	$\frac{1}{2}$ Serving	$\frac{1}{2}$ Serving
Garden Salad-To-Go	120	1 Serving	$\frac{1}{2}$ Serving	$\frac{1}{2}$ Serving

## PIZZA HUT

Thin 'N Crispy Pizza = 1 slice Cheese	200	$\frac{1}{2}$ Serving	$\frac{1}{2}$ Serving	$\frac{1}{2}$ Serving
Thin 'N Crispy Pizza = 1 slice Veggie Lover's	180	$\frac{1}{2}$ Serving	$\frac{1}{2}$ Serving	$\frac{1}{2}$ Serving
Pasta, 1 serving Spaghetti w/ Marinara	490	$\frac{1}{2}$ Serving	2 Servings	$\frac{1}{2}$ Serving

## TACO BELL

Soft Taco				
Beef	210	$\frac{1}{2}$ Serving	$\frac{1}{2}$ Serving	$\frac{1}{2}$ Serving
Chicken	190	$\frac{1}{2}$ Serving	$\frac{1}{2}$ Serving	$\frac{1}{2}$ Serving
Tostada	250	3 $\frac{1}{2}$ Servings	$\frac{1}{2}$ Serving	$\frac{1}{2}$ Serving

## WENDY'S

Jr. Hamburger	280	1 $\frac{1}{2}$ Servings	$\frac{1}{2}$ Serving	$\frac{1}{2}$ Serving
Ultimate Chicken Grill	370	1 Serving	$\frac{1}{2}$ Serving	$\frac{1}{2}$ Serving
Mandarin Chicken Salad	550	1 Serving	1 Serving	1 Serving
Spinach Chicken Salad	450	$\frac{1}{2}$ Serving	$\frac{1}{2}$ Serving	1 Serving
Baked Potato (plain)	160	$\frac{1}{2}$ Serving	1 $\frac{1}{2}$ Servings	0 Serving

## CHICK-FIL-A

Chargrilled Chicken Garden Salad	180	1 Serving	$\frac{1}{2}$ Serving	$\frac{1}{2}$ Serving
Chargrilled Chicken Sandwich (no butter)	270	1 Serving	$\frac{1}{2}$ Serving	$\frac{1}{2}$ Serving



## DAILY JOURNAL

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.

BREAKFAST	SNACK	LUNCH	SNACK	DINNER	COMMENTS	1 / week
						_MO
						_TU
						_WE
						_TH
						_FR
						_SA
						_SU

BREAKFAST	SNACK	LUNCH	SNACK	DINNER	COMMENTS	2 / week
						_MO
						_TU
						_WE
						_TH
						_FR
						_SA
						_SU

week 3	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	COMMENTS
_MO						
_TU						
_WE						
_TH						
_FR						
_SA						
_SU						

week 4	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	COMMENTS
_MO						
_TU						
_WE						
_TH						
_FR						
_SA						
_SU						

BREAKFAST

SNACK

LUNCH

SNACK

DINNER

COMMENTS

5 / week

\_MO

\_TU

\_WE

\_TH

\_FR

\_SA

\_SU

BREAKFAST

SNACK

LUNCH

SNACK

DINNER

COMMENTS

6 / week

\_MO

\_TU

\_WE

\_TH

\_FR

\_SA

\_SU

DAILY JOURNAL

107

week 7	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	COMMENTS
_MO						
_TU						
_WE						
_TH						
_FR						
_SA						
_SU						

week 8	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	COMMENTS
_MO						
_TU						
_WE						
_TH						
_FR						
_SA						
_SU						

BREAKFAST	SNACK	LUNCH	SNACK	DINNER	COMMENTS	9 / week
						_MO
						_TU
						_WE
						_TH
						_FR
						_SA
						_SU

BREAKFAST	SNACK	LUNCH	SNACK	DINNER	COMMENTS	10 / week
						_MO
						_TU
						_WE
						_TH
						_FR
						_SA
						_SU

week 11	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	COMMENTS
_MO						
_TU						
_WE						
_TH						
_FR						
_SA						
_SU						

week 12	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	COMMENTS
_MO						
_TU						
_WE						
_TH						
_FR						
_SA						
_SU						

BREAKFAST

SNACK

LUNCH

SNACK

DINNER

COMMENTS

13 / week

\_MO

\_TU

\_WE

\_TH

\_FR

\_SA

\_SU

BREAKFAST

SNACK

LUNCH

SNACK

DINNER

COMMENTS

14 / week

\_MO

\_TU

\_WE

\_TH

\_FR

\_SA

\_SU

DAILY JOURNAL

111

week 15

BREAKFAST

SNACK

LUNCH

SNACK

DINNER

COMMENTS

\_MO

\_TU

\_WE

\_TH

\_FR

\_SA

\_SU

week 16

BREAKFAST

SNACK

LUNCH

SNACK

DINNER

COMMENTS

\_MO

\_TU

\_WE

\_TH

\_FR

\_SA

\_SU