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The material here is designed to help you make informed decisions about your health. It is not intended as a substitute for any treatment that may have been prescribed by your doctor. If you suspect that you have a medical problem, please seek competent medical care.

Before you undertake a new health program or fitness regimen, we encourage you to discuss your plans with your health care professional, especially if you have not exercised for several years, are over 35, or are overweight.

We inspire and enable people to improve their lives and the world around them

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Eat to Lose Your Gut

- **YOU’VE GOT THE WORKOUT**—here’s how to fuel it.

  We could give you a highly restrictive, “extreme” diet. And if you followed it to a T, you would get amazing results. Guaranteed. This would actually be true no matter what type of diet we offered—whether it was very low fat, very low carb, vegan, or a juice cleanse.

  Which might make you wonder: If all these diets work, then what do they have in common?

  Answer: They all reduce your calorie intake. It’s truly that simple—no matter what you’ve been told.

  And that’s why we’re presenting a far less restrictive but just as effective option. It’s an eating plan strategically designed to help you stay satisfied while accelerating fat loss to an all-time high. Yet it also gives you the freedom to enjoy the foods you love. Even junk foods.
Anyone can tell you: Trying to lose fat without a smart diet can be an exercise in futility. But the reality is, the less you feel like you’re dieting, the more likely you are to have success. When we created this diet, we asked a simple question: What if you could lose serious weight without feeling deprived? How would you do it?

Well, we know it has to start with calories, of course. You have to control those. But we also know that having more of certain nutrients and less of others is key in helping you control those calories. That’s why we’ve created guidelines for protein, fat, and carbs. These aren’t rigid do-this-or-you-will-fail guidelines. They’re do-this-and-it-will-be-easier-to-succeed guidelines. Big difference. If you don’t follow the guidelines but still eat fewer calories than you expend, you’ll lose fat. That’s just the way it works.

However, this diet is designed to help you eat fewer calories with less thought, less effort, and less deprivation. On the next few pages, we’ll show you the road map, and then you’ll be ready to start the program.

### Daily Calories

We’ve created two separate calorie goals: one for men and one for women. Men will eat 2,000 calories a day. Women will eat 1,500 calories—75% of what’s recommended for men. Why the difference? Because the average man has a greater body weight and more muscle mass than the average woman, and ultimately, that’s what dictates metabolism.

Keep in mind, this is a cookie-cutter approach to dieting. For example, you might be a guy who can lose weight eating significantly more than 2,000 calories. But at 2,000 calories, you’ll still be eating a reasonable amount—you’ll just shed fat a little faster.

### Protein

You probably don’t need to be sold on the virtues of protein, since it’s the raw material for muscle growth. But this nutrient also helps extinguish your appetite and aids in fat loss. It’s the key to fast results.

We prescribe a minimum of 125 grams of protein a day for men and 94 grams a day for women. You could go higher, and that’s completely fine. It’s even encouraged, since it helps quell your appetite. But these recommended amounts provide a healthy dose of daily protein without requiring you to consume protein supplements (though we recommend them as a great option) or to force-feed yourself a side of beef every day.

Generally, you should strive to eat at least 20 grams of protein at each main meal. And again, there’s no downside to eating more protein than this, as long as you stay within your target calorie range.

### Fat

You’ll eat roughly the same number of calories from fat—a bit more, actually—as you do from protein. So if you’re a man, you’ll eat about 65 grams of fat a day; if you’re a woman, you’ll eat about 50 grams a day.
That might sound like a lot. But you’ll likely find it’s ideal. Recent studies have clearly shown that it’s not fat that inflates your belly, but too many calories—period.

Just as important, scientific research doesn’t support the notion that fat is harmful to your health, especially when it’s consumed in the context of a reasonable diet overall. Read: Eating fat isn’t bad for your health; eating too many calories is the real threat.

What’s more, fat may actually keep you from overeating. That’s because consuming it may boost your levels of cholecystokinin (CCK), a hormone that makes you feel full. In other words, CCK release is the reason you put down your fork. The end result: You stop eating sooner and stay satisfied longer.

**Carbs**

The rest of your calories—about the same amount as you eat from fat—will be from carbs. That’s about 150 grams of carbs for men, and about 110 grams of carbs for women. Carb-containing foods not only taste good but can also be rich in vitamins and minerals. So you don’t need to eliminate them altogether; you just need to make sure you don’t eat them in excess.

Consuming the right amounts of protein and fat will make that far easier, since both keep hunger at bay. Ideally, you’ll cap your carb intake at about 40 grams for any given meal. Don’t consider that an ironclad rule—it’s just a guideline that you should try to adhere to most of the time.

**Free Calories**

Since we want to make it easier for you to stick to this diet, we’ve assigned 10 to 15% of your daily calories as “free” calories. For men, that’s 200 to 300 free calories, and for women, 150 to 225 free calories. (Sorry, ladies! Blame your muscle mass!)

This gives you flexibility. You can use your free calories however you want. Feel like eating a bowl of ice cream? You can have it. A glass of wine? It’s allowed. Chips and guacamole? No problem.

As long as you limit yourself to your free-calorie allotment, you can eat whatever you want. For instance, if you prefer to eat “clean,” you can simply have slightly larger servings at each meal or a much larger serving at one meal, or you can redeem your free calories for a protein shake.

It’s your choice. In terms of calories, what you choose will have no effect on your overall results. You’ll have to determine for yourself what’s best psychologically and then manage your free calories accordingly.

There’s another perk here: If you don’t use your free calories—or only use a portion of them—you can transfer them to the next day. So if you have a social event on Friday, you might want to save some or all of your free calories on Wednesday or Thursday in order to splurge on Friday night. Think of it as transferring funds from one day’s account to the next.

What’s more, if you find yourself unexpectedly veering from your eating plan on Monday, you can simply estimate the number of calories that
you’re “over” and reduce them with free calories from subsequent days. Don’t overcomplicate this! Your free calories are simply designed to provide you with the ability to enjoy any food you want, within limits. But again, if you don’t care for this flexibility, you can simply eat bigger portions of your planned meals or choose a healthy snack.

**Meal Frequency**

This one’s up to you. You’ll see that our 21-Day Diet Plan provides three meals and one IsoPure Protein shake a day. It’s based on the idea that lots of people like to have breakfast, lunch, an afternoon snack, and then dinner. Plus, with the option of your free calories, you can easily include another snack if you want (we offer some tasty choices starting on page 51). The key is using the strategy that best allows you to stick with the diet.

**Beverages**

As a smart strategy, stick with calorie-free beverages. For the most part, that means water, unsweetened coffee and tea, and diet soda and other zero-calorie drinks.

The reason: Liquid calories are far easier to overconsume than those in solid food. They also tend to have little impact on diminishing your appetite.

A couple of caveats: Milk can be a great choice if you’re not lactose intolerant, since it contains protein and some fat (if you opt for 2% or whole).

This no-calorie beverage guideline doesn’t apply to protein shakes either. That’s because they’re filling and have been shown to reduce appetite. Consider them snacks or meals.

Diet soda is a bit controversial. While there’s no strong research that shows it’s harmful to your waistline or your health, some evidence suggests that consuming a lot of sugary-tasting beverages—even if they’re artificially sweetened—may lead to a preference for sweetness overall. Conceivably, that could make it harder to stick to a healthful diet.

As for regular soda and juice, we simply don’t recommend them. Of course, you can do whatever you want with your free calories. The concerns are that these drinks won’t satisfy you and will have a significant impact on blood sugar, which can lead to cravings later on.

What about alcohol? As long as you can fit it into your free calories, it’s perfectly acceptable. One warning: For some people, consuming alcohol stimulates appetite—so be aware of this, and adjust your intake as needed. For reference, 4 ounces of wine contains about 100 calories, and 1 ounce of 100-proof liquor has about 80 calories. (Most commercial beers list calorie counts on the label.)

**Protein Shakes**

Protein shakes are a super-convenient way to boost your protein intake. We recommend whey protein, as its high-quality milk protein has been well studied. We’ve included a 7-day sample of Vanilla Isopure Zero Carb to get you started. (Check out other great flavors at theisopurecompany.com.)
For a simple way to clean up your diet and get lean, you need look no further than this meal plan. It’s meant to show you an easy way to slash calories and accelerate fat loss while allowing you to enjoy food and maintain your sanity. Keep in mind, this is just a template for you to use. You can follow it exactly as shown or simply use it as an example. There are three rules we’d like you to follow.

Rule 1

DON’T GET TOO CAUGHT UP WITH THE NUMBERS

When it comes to nutrition, just about everything is an estimate. For instance, you can’t know for sure whether the 400-calorie portion you spooned out is actually 400 calories—or perhaps just 380. Or maybe it’s 420.

Sure, you could measure everything out, but ultimately, that’s just a hassle. What’s more, we want you to be able to seamlessly swap in any breakfast, lunch, or dinner that you want without obsessing over whether you matched the calories precisely or not.

In fact, that’s the whole approach we took with this eating plan. While we’ve created calorie goals for each meal, you’ll see that they’re rarely exact. But they are close and ultimately add up to put you in the ballpark of your daily calorie goal.

For men, that daily calorie goal is 2,000 calories; for women, it’s 1,500. Some days the number of calories you eat may be a little less than your goal; some days it may be a little more. The upshot: You’ll get the results you want without having to micromanage every bite.

Rule 2

KEEP YOUR DIET FLEXIBLE

Built into your eating plan are up to 300 free calories per day if you’re a man and 225 calories if you’re a woman. So if you’re a guy who’s scheduled to eat 400 calories at breakfast but you overindulge and consume, say, 600 calories, that’s perfectly fine. You can simply subtract the additional 200 calories you consumed from your daily total of 300 free calories. So you have just 100 free calories for the rest of the day.

But what if you overeat later in the day—after you’ve already used your 300 free calories? Subtract the overage from the next day’s allotment of free calories. While this might sound like a complicated balancing act, you’ll likely find that it’s very simple. Keep track of what you eat in a notebook that’s small enough to tote around.

At the end of the day, just note roughly how many surplus calories you have. You can transfer unused calories forward to any day as well as make up for using surplus at your best opportunity.
Rule 3

ADJUST YOUR PLAN BASED ON RESULTS

How do you know if the diet is working? Well, your pants should start to loosen within a couple of weeks, and your weight should drop, too. If this isn’t happening, you may have to make adjustments.

Start by paying closer attention to your portion sizes, and double-check to make sure you’re not exceeding your daily calorie goal. If that doesn’t kickstart your weight loss, it’s time to scale back on your free calories.

That’s the beauty of this meal plan. If you need to further reduce your calorie intake, you can simply reduce or eliminate your free calories and still eat the meals and snack that are shown.

Weight loss is rarely linear—meaning, you won’t necessarily lose 2 pounds of fat a week. You might lose 3 pounds one week and 1 pound the next. The bottom line: Give yourself a couple of weeks before changing your course of action. If you don’t see weight loss for 2 straight weeks, you’ll want to take a closer look at your calorie intake. But more importantly, how are your jeans fitting? If they’re getting looser, you’re getting leaner.

How to Use the Plan

Consider this your blueprint. You can follow it as written or use it as inspiration to create your own meal plan.

For example, if you find yourself in an airport during lunch, you could just swap in a smart option (see Fast Foods for Fat Loss on page 57 or refer to the nutrition information on a packaged product or a restaurant’s website).

If you have a cookbook that lists calorie counts, you can have anything you want. (You can also use a nutrition tracker like MyFitnessPal, LoseIt, or SparkPeople to calculate the calories in any meal that you prepare.) Simply adjust your serving size so it fits your overall calorie goal. In fact, that’s exactly what we’ve done here.

We’ve chosen portion sizes that help achieve the targets and strategically added in a couple of extra slices of turkey or cheese, some fruit, or nuts where necessary. It’s absolutely not rocket science!

Oh, and here’s a nifty tip: You can always eat leftovers from dinner as your next day’s lunch. It’s actually a genius strategy, since the same portion size will match your target calories for both meals.

Are you ready? It’s time to lose your spare tire!

The Calorie Breakdown

The meals in the 21-Day plan will come in above or below these figures but will even out over the day.

<table>
<thead>
<tr>
<th></th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Snack</th>
<th>Dinner</th>
<th>Free Calories</th>
<th>Total Daily Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>MEN</td>
<td>400</td>
<td>500</td>
<td>300</td>
<td>500</td>
<td>300</td>
<td>2,000</td>
</tr>
<tr>
<td>WOMEN</td>
<td>300</td>
<td>400</td>
<td>200</td>
<td>400</td>
<td>200</td>
<td>1,500</td>
</tr>
<tr>
<td>DAY</td>
<td>Breakfast</td>
<td>Lunch</td>
<td>Snack</td>
<td>Dinner</td>
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<td></td>
</tr>
<tr>
<td>1</td>
<td>CHIVE EGGS WITH TOAST &amp; JAM</td>
<td>TURKEY &amp; PEPPER JACK SANDWICH</td>
<td>ISOPURE PROTEIN SHAKE</td>
<td>KOREAN-STYLE PEPPER STEAK</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>OLD-FASHIONED FRIED EGG SANDWICH</td>
<td>CLASSIC HAM, TOMATO &amp; CHEESE SANDWICH</td>
<td>ISOPURE PROTEIN SHAKE</td>
<td>TEXAS CHILI</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>DILL EGGS WITH ENGLISH MUFFIN</td>
<td>ROAST BEEF &amp; CHEDDAR SANDWICH</td>
<td>ISOPURE PROTEIN SHAKE</td>
<td>TOMATO-&amp; ZUCCHINI-SAUCED CHICKEN</td>
<td></td>
<td></td>
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<tr>
<td>4</td>
<td>CRANBERRY-ALMOND OATMEAL</td>
<td>TURKEY &amp; AVOCADO SANDWICH</td>
<td>ISOPURE PROTEIN SHAKE</td>
<td>ACORN SQUASH &amp; PORK LOIN</td>
<td></td>
<td></td>
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<tr>
<td>5</td>
<td>SCRAMBLED EGGS WITH SRIRACHA &amp; BACON</td>
<td>HAM, MANCHEGO &amp; APPLE SANDWICH</td>
<td>ISOPURE PROTEIN SHAKE</td>
<td>THE BIG SALAD</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>APPLE-CINNAMON OATMEAL</td>
<td>TURKEY PASTRAMI SANDWICH</td>
<td>ISOPURE PROTEIN SHAKE</td>
<td>SIMPLE STEAK WITH ASPARAGUS</td>
<td></td>
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</tr>
<tr>
<td>7</td>
<td>SOUTH-WESTERN WRAP</td>
<td>TURKEY BLT SANDWICH</td>
<td>ISOPURE PROTEIN SHAKE</td>
<td>GENERAL TSO’S CHICKEN WITH BROCCOLI</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Breakfast

CHIVE EGGS WITH TOAST & JAM

FOR MEN
- Eat 1 serving, along with ½ cup of berries or other fruit.
  Protein: 25 g
  Carbohydrates: 35 g
  Fat: 16 g
  Calories: 395

FOR WOMEN
- Eat 1 serving, but have 2 eggs instead of 3.
  Protein: 19 g
  Carbohydrates: 25 g
  Fat: 12 g
  Calories: 275

Lunch

TURKEY & PEPPER JACK SANDWICH

FOR MEN
- Eat 1 serving, but have 6 ounces of turkey instead of 3.
  Protein: 44 g
  Carbohydrates: 26 g
  Fat: 18 g
  Calories: 470

FOR WOMEN
- Eat 1 serving.
  Protein: 29 g
  Carbohydrates: 26 g
  Fat: 18 g
  Calories: 380

Snack

ISOPURE PROTEIN SHAKE

FOR MEN
- Drink 1 serving, plus have 1 medium fruit.
  Protein: 50 g
  Carbohydrates: 25 g
  Fat: 1 g
  Calories: 310

FOR WOMEN
- Drink 1 serving.
  Protein: 50 g
  Carbohydrates: 0 g
  Fat: 1 g
  Calories: 210

Dinner

KOREAN-STYLE PEPPER STEAK

FOR MEN
- Eat 1 serving.
  Protein: 35 g
  Carbohydrates: 39 g
  Fat: 26 g
  Calories: 528

FOR WOMEN
- Eat 1 serving, but skip the ½ cup of rice.
  Protein: 33 g
  Carbohydrates: 20 g
  Fat: 23 g
  Calories: 433

DAILY TOTALS

FOR MEN
- Protein: 154 g
  Carbohydrates: 125 g
  Fat: 61 g
  Calories: 1,703
  Free Calories: 297

FOR WOMEN
- Protein: 131 g
  Carbohydrates: 71 g
  Fat: 54 g
  Calories: 1,298
  Free Calories: 202
<table>
<thead>
<tr>
<th>Time</th>
<th>Meal</th>
<th>FOR MEN</th>
<th>FOR WOMEN</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Breakfast</td>
<td>Old-Fashioned Fried Egg Sandwich</td>
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<td></td>
<td></td>
<td>FOR MEN</td>
<td>FOR WOMEN</td>
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<td></td>
<td></td>
<td>Eat 1 serving, but add 1 slice of cheese to the sandwich.</td>
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<tr>
<td></td>
<td></td>
<td>Protein: 30 g</td>
<td>Protein: 22 g</td>
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<td></td>
<td></td>
<td>Carbohydrates: 25 g</td>
<td>Carbohydrates: 25 g</td>
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<td></td>
<td></td>
<td>Fat: 22 g</td>
<td>Fat: 13 g</td>
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<td></td>
<td></td>
<td>Calories: 410</td>
<td>Calories: 310</td>
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<td></td>
<td>Snack</td>
<td>Isopure Protein Shake</td>
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<td></td>
<td></td>
<td>FOR MEN</td>
<td>FOR WOMEN</td>
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<td></td>
<td></td>
<td>Drink 1 serving, plus have 1 medium fruit.</td>
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<td></td>
<td></td>
<td>Protein: 50 g</td>
<td>Protein: 50 g</td>
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<td>Carbohydrates: 25 g</td>
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<td>Fat: 1 g</td>
<td>Fat: 1 g</td>
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<td></td>
<td>Lunch</td>
<td>Classic Ham, Tomato &amp; Cheese Sandwich</td>
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<td></td>
<td></td>
<td>FOR MEN</td>
<td>FOR WOMEN</td>
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<td></td>
<td></td>
<td>Eat 1 serving, but add 2 ounces of ham and 1 cup of fruit.</td>
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<td></td>
<td></td>
<td>Protein: 37 g</td>
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<td></td>
<td></td>
<td>Carbohydrates: 46 g</td>
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<td></td>
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<td>Fat: 18 g</td>
<td>Fat: 18 g</td>
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<td></td>
<td></td>
<td>Calories: 540</td>
<td>Calories: 380</td>
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<tr>
<td></td>
<td>Dinner</td>
<td>Texas Chili</td>
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<td></td>
<td></td>
<td>FOR MEN</td>
<td>FOR WOMEN</td>
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<td></td>
<td></td>
<td>Eat 1 serving.</td>
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<td></td>
<td></td>
<td>Protein: 65 g</td>
<td>Protein: 65 g</td>
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<td>Carbohydrates: 22 g</td>
<td>Carbohydrates: 22 g</td>
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<td></td>
<td>Fat: 13 g</td>
<td>Fat: 13 g</td>
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<tr>
<td></td>
<td></td>
<td>Calories: 438</td>
<td>Calories: 438</td>
</tr>
</tbody>
</table>

**Day 2 Daily Totals**

**FOR MEN**
- Protein: 182 g
- Carbohydrates: 118 g
- Fat: 54 g
- Calories: 1,698
- Free Calories: 302

**FOR WOMEN**
- Protein: 164 g
- Carbohydrates: 73 g
- Fat: 45 g
- Calories: 1,338
- Free Calories: 162
Breakfast

**DILL EGGS WITH ENGLISH MUFFIN**

**FOR MEN**
- Eat 1 serving with ½ cup of berries or other fruit.
  - Protein: 26 g
  - Carbohydrates: 22 g
  - Fat: 22 g
  - Calories: 395

**FOR WOMEN**
- Eat 1 serving.
  - Protein: 26 g
  - Carbohydrates: 12 g
  - Fat: 22 g
  - Calories: 345

Snack

**ISOPURE PROTEIN SHAKE**

**FOR MEN**
- Drink 1 serving, plus have 1 medium fruit.
  - Protein: 50 g
  - Carbohydrates: 25 g
  - Fat: 1 g
  - Calories: 310

**FOR WOMEN**
- Drink 1 serving.
  - Protein: 50 g
  - Carbohydrates: 0 g
  - Fat: 1 g
  - Calories: 210

Lunch

**ROAST BEEF & CHEDDAR SANDWICH**

**FOR MEN**
- Eat 1 serving, but add 2 ounces of lean roast beef and 1 cup of fruit.
  - Protein: 39 g
  - Carbohydrates: 45 g
  - Fat: 11 g
  - Calories: 490

**FOR WOMEN**
- Eat 1 serving.
  - Protein: 29 g
  - Carbohydrates: 25 g
  - Fat: 11 g
  - Calories: 330

Dinner

**TOMATO- & ZUCCHINI-SAUCED CHICKEN**

**FOR MEN**
- Eat 2 servings with 1 cup of cooked whole wheat pasta.
  - Protein: 63 g
  - Carbohydrates: 49 g
  - Fat: 9 g
  - Calories: 506

**FOR WOMEN**
- Eat 1½ servings with 1 cup of cooked whole wheat pasta.
  - Protein: 49 g
  - Carbohydrates: 46 g
  - Fat: 7 g
  - Calories: 423

---

**DAILY TOTALS**

**FOR MEN**
- Protein: 178 g
- Carbohydrates: 141 g
- Fat: 43 g
- Calories: 1,701
- Free Calories: 299

**FOR WOMEN**
- Protein: 154 g
- Carbohydrates: 83 g
- Fat: 41 g
- Calories: 1,308
- Free Calories: 192
Breakfast
CRANBERRY-ALMOND OATMEAL

FOR MEN
► Eat 1 serving with 1 cup of fruit (or 1 whole fruit).
  Protein: 28 g
  Carbohydrates: 45 g
  Fat: 9 g
  Calories: 387

FOR WOMEN
► Eat 1 serving with ½ cup of fruit.
  Protein: 28 g
  Carbohydrates: 35 g
  Fat: 9 g
  Calories: 337

Lunch
TURKEY & AVOCADO SANDWICH

FOR MEN
► Eat 1 serving, but have 6 ounces of turkey instead of 2.
  Protein: 43 g
  Carbohydrates: 30 g
  Fat: 21 g
  Calories: 510

FOR WOMEN
► Eat 1 serving.
  Protein: 23 g
  Carbohydrates: 30 g
  Fat: 21 g
  Calories: 370

Snack
ISOPURE PROTEIN SHAKE

FOR MEN
► Drink 1 serving, plus have 1 medium fruit.
  Protein: 50 g
  Carbohydrates: 25 g
  Fat: 1 g
  Calories: 310

FOR WOMEN
► Drink 1 serving.
  Protein: 50 g
  Carbohydrates: 0 g
  Fat: 1 g
  Calories: 210

Dinner
ACORN SQUASH & PORK LOIN

FOR MEN
► Eat 1 serving.
  Protein: 30 g
  Carbohydrates: 39 g
  Fat: 18 g
  Calories: 422

FOR WOMEN
► Eat 1 serving.
  Protein: 30 g
  Carbohydrates: 39 g
  Fat: 18 g
  Calories: 422

---

**DAILY TOTALS**

**FOR MEN**
- Protein: 151 g
- Carbohydrates: 139 g
- Fat: 49 g
- Calories: 1,629
- Free Calories: 371

**FOR WOMEN**
- Protein: 131 g
- Carbohydrates: 104 g
- Fat: 49 g
- Calories: 1,339
- Free Calories: 161
### Breakfast

**Scrambled Eggs with Sriracha & Bacon**

**For Men**
- Eat 1 serving with 1 cup of fruit.
  - Protein: 25 g
  - Carbohydrates: 21 g
  - Fat: 22 g
  - Calories: 405

**For Women**
- Eat 1 serving with ½ cup of fruit.
  - Protein: 25 g
  - Carbohydrates: 11 g
  - Fat: 22 g
  - Calories: 355

### Snack

**Isopure Protein Shake**

**For Men**
- Drink 1 serving, plus have 1 medium fruit.
  - Protein: 50 g
  - Carbohydrates: 25 g
  - Fat: 1 g
  - Calories: 310

**For Women**
- Drink 1 serving.
  - Protein: 50 g
  - Carbohydrates: 0 g
  - Fat: 1 g
  - Calories: 210

### Lunch

**Ham, Manchego & Apple Sandwich**

**For Men**
- Eat 1 serving, but have 6 ounces of ham instead of 2, plus ½ cup of fruit.
  - Protein: 44 g
  - Carbohydrates: 46 g
  - Fat: 12 g
  - Calories: 520

**For Women**
- Eat 1 serving.
  - Protein: 24 g
  - Carbohydrates: 36 g
  - Fat: 12 g
  - Calories: 355

### Dinner

**The Big Salad**

**For Men**
- Eat 1 serving.
  - Protein: 47 g
  - Carbohydrates: 20 g
  - Fat: 25 g
  - Calories: 478

**For Women**
- Eat 1 serving.
  - Protein: 47 g
  - Carbohydrates: 20 g
  - Fat: 25 g
  - Calories: 478

---

**Daily Totals**

**For Men**
- Protein: 166 g
- Carbohydrates: 112 g
- Fat: 60 g
- Calories: 1,713
- Free Calories: 287

**For Women**
- Protein: 146 g
- Carbohydrates: 67 g
- Fat: 60 g
- Calories: 1,393
- Free Calories: 107
### DAY 6

#### Breakfast

**APPLE-CINNAMON OATMEAL**

- **FOR MEN**
  - Eat 1 serving, but have 4 tablespoons of chopped walnuts instead of 2.
  - Protein: 30 g
  - Carbohydrates: 27 g
  - Fat: 19 g
  - Calories: 387

- **FOR WOMEN**
  - Eat 1 serving.
  - Protein: 28 g
  - Carbohydrates: 25 g
  - Fat: 9 g
  - Calories: 287

#### Snack

**ISOPURE PROTEIN SHAKE**

- **FOR MEN**
  - Drink 1 serving, plus have 1 medium fruit.
  - Protein: 50 g
  - Carbohydrates: 25 g
  - Fat: 1 g
  - Calories: 310

- **FOR WOMEN**
  - Drink 1 serving.
  - Protein: 50 g
  - Carbohydrates: 0 g
  - Fat: 1 g
  - Calories: 210

#### Lunch

**TURKEY PASTRAMI SANDWICH**

- **FOR MEN**
  - Eat 1 serving.
  - Protein: 29 g
  - Carbohydrates: 28 g
  - Fat: 18 g
  - Calories: 400

- **FOR WOMEN**
  - Eat 1 serving, but have 2 ounces of turkey pastrami instead of 3.
  - Protein: 24 g
  - Carbohydrates: 28 g
  - Fat: 18 g
  - Calories: 370

#### Dinner

**SIMPLE STEAK WITH ASPARAGUS**

- **FOR MEN**
  - Eat 1 serving with ½ cup brown rice. (We used Uncle Ben’s Ready Rice Whole Grain Brown.)
  - Protein: 55 g
  - Carbohydrates: 24 g
  - Fat: 25 g
  - Calories: 537

- **FOR WOMEN**
  - Eat 1 serving.
  - Protein: 52 g
  - Carbohydrates: 4 g
  - Fat: 24 g
  - Calories: 420

---

### DAILY TOTALS

<table>
<thead>
<tr>
<th>FOR MEN</th>
<th>FOR WOMEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Protein: 164 g</td>
<td>Protein: 154 g</td>
</tr>
<tr>
<td>Carbohydrates: 104 g</td>
<td>Carbohydrates: 57 g</td>
</tr>
<tr>
<td>Fat: 63 g</td>
<td>Fat: 52 g</td>
</tr>
<tr>
<td>Calories: 1,634</td>
<td>Calories: 1,287</td>
</tr>
<tr>
<td>Free Calories: 366</td>
<td>Free Calories: 213</td>
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</tbody>
</table>
**Breakfast**

**SOUTHWESTERN WRAP**

FOR MEN
- Eat 1 serving, but add 1 slice of lean ham to the wrap.
  - Protein: 30 g
  - Carbohydrates: 25 g
  - Fat: 19 g
  - Calories: 405

FOR WOMEN
- Eat 1 serving, but make it with 2 eggs instead of 3.
  - Protein: 25 g
  - Carbohydrates: 25 g
  - Fat: 15 g
  - Calories: 305

**Lunch**

**TURKEY BLT SANDWICH**

FOR MEN
- Eat 1 serving, but have 4 ounces of turkey instead of 3, and pair with 1 cup of fruit.
  - Protein: 36 g
  - Carbohydrates: 44 g
  - Fat: 15 g
  - Calories: 490

FOR WOMEN
- Eat 1 serving.
  - Protein: 31 g
  - Carbohydrates: 24 g
  - Fat: 15 g
  - Calories: 360

**Snack**

**ISOPURE PROTEIN SHAKE**

FOR MEN
- Drink 1 serving, plus 1 medium fruit.
  - Protein: 50 g
  - Carbohydrates: 25 g
  - Fat: 1 g
  - Calories: 310

FOR WOMEN
- Drink 1 serving.
  - Protein: 50 g
  - Carbohydrates: 0 g
  - Fat: 1 g
  - Calories: 210

**Dinner**

**GENERAL TSO’S CHICKEN WITH BROCCOLI**

FOR MEN
- Eat 2 servings of the chicken (with 1 cup of broccoli and ½ cup of rice).
  - Protein: 63 g
  - Carbohydrates: 42 g
  - Fat: 11 g
  - Calories: 477

FOR WOMEN
- Eat 1½ servings of the chicken (with 1 cup of broccoli and ½ cup of rice).
  - Protein: 48 g
  - Carbohydrates: 40 g
  - Fat: 9 g
  - Calories: 394

**DAILY TOTALS**

FOR MEN
- Protein: 179 g
- Carbohydrates: 136 g
- Fat: 46 g
- Calories: 1,682
- Free Calories: 318

FOR WOMEN
- Protein: 154 g
- Carbohydrates: 89 g
- Fat: 40 g
- Calories: 1,269
- Free Calories: 231
### WEEK 2 MENUS

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<th>Dinner</th>
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<td>PHILLY CHEESE STEAK SANDWICH</td>
<td>ISOPURE PROTEIN SHAKE</td>
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<td>GRILLED CHEESE SANDWICH</td>
<td>ISOPURE PROTEIN SHAKE</td>
<td>ITALIAN SEAFOOD STEW</td>
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<td>CHIVE EGGS WITH TOAST &amp; JAM</td>
<td>SLOPPY JOE WITH MUSHROOMS</td>
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<td>CHICKEN SPINACH PITA PIZZA</td>
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<td>SOUTH-WESTERN WRAP</td>
<td>SPICY SAUSAGE &amp; MUSHROOM SOUP</td>
<td>ISOPURE PROTEIN SHAKE</td>
<td>MARINATED BEEF &amp; VEGGIE KEBABS</td>
</tr>
</tbody>
</table>
**Breakfast**

**OLD-FASHIONED FRIED EGG SANDWICH**

**FOR MEN**
- Eat 1 serving, but add 1 slice of cheese to the sandwich.
  Protein: 30 g  
  Carbohydrates: 25 g  
  Fat: 22 g  
  Calories: 410

**FOR WOMEN**
- Eat 1 serving.
  Protein: 22 g  
  Carbohydrates: 25 g  
  Fat: 13 g  
  Calories: 310

**Lunch**

**PHILLY CHEESE STEAK SANDWICH**

**FOR MEN**
- Eat 1 sandwich, plus 1 cup of grapes
  Protein: 27 g  
  Carbohydrates: 67 g  
  Fat: 11 g  
  Calories: 471

**FOR WOMEN**
- Eat 1 sandwich.
  Protein: 26 g  
  Carbohydrates: 40 g  
  Fat: 11 g  
  Calories: 367

**Snack**

**ISOPURE PROTEIN SHAKE**

**FOR MEN**
- Drink 1 serving and eat 1 medium fruit.
  Protein: 50 g  
  Carbohydrates: 25 g  
  Fat: 1 g  
  Calories: 310

**FOR WOMEN**
- Drink 1 serving.
  Protein: 50 g  
  Carbohydrates: 0 g  
  Fat: 1 g  
  Calories: 210

**Dinner**

**BBQ SHRIMP**

**FOR MEN**
- Eat 1 serving, plus 1 cup of cooked brown rice and 1 cup of steamed yellow squash.
  Protein: 32 g  
  Carbohydrates: 67 g  
  Fat: 10.5 g  
  Calories: 473

**FOR WOMEN**
- Eat 1 serving, plus ½ cup of cooked brown rice and 1 cup of steamed yellow squash.
  Protein: 29 g  
  Carbohydrates: 46 g  
  Fat: 9.5 g  
  Calories: 365

**DAILY TOTALS**

**FOR MEN**
- Protein: 139 g  
  Carbohydrates: 184 g  
  Fat: 44.5 g  
  Calories: 1,664  
  Free Calories: 336

**FOR WOMEN**
- Protein: 127 g  
  Carbohydrates: 111 g  
  Fat: 34.5 g  
  Calories: 1,252  
  Free Calories: 248
Snack

**iSoPURe PROTEIN SHAKE**

**FOR MEN**
- Drink 1 serving and eat 1 medium fruit.
  Protein: 50 g  
  Carbohydrates: 25 g  
  Fat: 1 g  
  Calories: 310

**FOR WOMEN**
- Drink 1 serving.
  Protein: 50 g  
  Carbohydrates: 0 g  
  Fat: 1 g  
  Calories: 210

**Day 9**

**Breakfast**

**SCRAMBLED EGGS WITH SRIRACHA & BACON**

**FOR MEN**
- Eat 1 serving with ½ cup of fruit.
  Protein: 25 g  
  Carbohydrates: 11 g  
  Fat: 22 g  
  Calories: 355

**FOR WOMEN**
- Eat 1 serving.
  Protein: 22 g  
  Carbohydrates: 25 g  
  Fat: 13 g  
  Calories: 310

**Lunch**

**GRILLED CHEESE SANDWICH**

**FOR MEN**
- Eat 1 sandwich with an additional slice of mozzarella cheese, plus 1 medium apple.
  Protein: 28 g  
  Carbohydrates: 52 g  
  Fat: 21 g  
  Calories: 491

**FOR WOMEN**
- Eat 1 sandwich, plus 1 medium apple.
  Protein: 21 g  
  Carbohydrates: 51 g  
  Fat: 15 g  
  Calories: 425

**Dinner**

**ITALIAN SEAFOOD STEW**

**FOR MEN**
- Eat 1 serving, plus 1 medium pear.
  Protein: 49 g  
  Carbohydrates: 52 g  
  Fat: 10 g  
  Calories: 539

**FOR WOMEN**
- Eat 1 serving.
  Protein: 48 g  
  Carbohydrates: 24 g  
  Fat: 10 g  
  Calories: 436

**Daily Totals**

**FOR MEN**
- Protein: 152 g  
  Carbohydrates: 140 g  
  Fat: 54 g  
  Calories: 1,695  
  Free Calories: 305

**FOR WOMEN**
- Protein: 141 g  
  Carbohydrates: 100 g  
  Fat: 39 g  
  Calories: 1,381  
  Free Calories: 119
Day 10

Breakfast

CHIVE EGGS WITH TOAST & JAM

FOR MEN
▶ Eat 1 serving, along with ½ cup of berries or other fruit.
  Protein: 25 g
  Carbohydrates: 35 g
  Fat: 16 g
  Calories: 395

FOR WOMEN
▶ Eat 1 serving, but have 2 eggs instead of 3.
  Protein: 19 g
  Carbohydrates: 25 g
  Fat: 12 g
  Calories: 275

Snack

ISOPURE PROTEIN SHAKE

FOR MEN
▶ Drink 1 serving and eat 1 medium fruit.
  Protein: 50 g
  Carbohydrates: 25 g
  Fat: 1 g
  Calories: 310

FOR WOMEN
▶ Drink 1 serving.
  Protein: 50 g
  Carbohydrates: 0 g
  Fat: 1 g
  Calories: 210

Lunch

SLOPPY JOE WITH MUSHROOMS

FOR MEN
▶ Eat 1 sandwich.
  Protein: 40 g
  Carbohydrates: 38 g
  Fat: 18 g
  Calories: 460

FOR WOMEN
▶ Eat 1 open-face sandwich on half a bun.
  Protein: 37 g
  Carbohydrates: 37 g
  Fat: 16 g
  Calories: 350

Dinner

CHICKEN SPINACH PITA PIZZA

FOR MEN
▶ Eat 1 serving, plus 1 medium fruit.
  Protein: 46 g
  Carbohydrates: 58 g
  Fat: 14 g
  Calories: 535

FOR WOMEN
▶ Eat 1 serving.
  Protein: 46 g
  Carbohydrates: 33 g
  Fat: 14 g
  Calories: 440

Daily Totals

FOR MEN
  Protein: 161 g
  Carbohydrates: 156 g
  Fat: 49 g
  Calories: 1,700
  Free Calories: 300

FOR WOMEN
  Protein: 152 g
  Carbohydrates: 95 g
  Fat: 43 g
  Calories: 1,275
  Free Calories: 225
**Day 11**

**Breakfast**

**Apple-Cinnamon Oatmeal**

**For Men**
- Eat 1 serving, but have 4 tablespoons of chopped walnuts instead of 2.
  - Protein: 30 g
  - Carbohydrates: 27 g
  - Fat: 19 g
  - Calories: 387

**For Women**
- Eat 1 serving.
  - Protein: 28 g
  - Carbohydrates: 25 g
  - Fat: 9 g
  - Calories: 287

**Lunch**

**Apple-Cheese Sandwich**

**For Men**
- Eat 1 sandwich, plus 1 medium peach.
  - Protein: 20 g
  - Carbohydrates: 61 g
  - Fat: 21 g
  - Calories: 500

**For Women**
- Eat 1 sandwich.
  - Protein: 19 g
  - Carbohydrates: 46 g
  - Fat: 21 g
  - Calories: 440

**Snack**

**Isopure Protein Shake**

**For Men**
- Drink 1 serving and eat 1 medium fruit.
  - Protein: 50 g
  - Carbohydrates: 25 g
  - Fat: 1 g
  - Calories: 310

**For Women**
- Eat 1 serving with steamed spinach and pine nuts, plus ½ cup of cooked brown rice.
  - Protein: 38 g
  - Carbohydrates: 61 g
  - Fat: 12 g
  - Calories: 510

**Dinner**

**Glazed Pork Chops & Peaches**

**For Men**
- Eat 1 serving with steamed spinach and pine nuts, plus ½ cup of cooked brown rice.
  - Protein: 38 g
  - Carbohydrates: 61 g
  - Fat: 12 g
  - Calories: 510

**For Women**
- Eat 1 serving.
  - Protein: 33 g
  - Carbohydrates: 38 g
  - Fat: 10 g
  - Calories: 400

---

**Daily Totals**

**For Men**
- Protein: 138 g
- Carbohydrates: 174 g
- Fat: 53 g
- Calories: 1,707
- Free Calories: 293

**For Women**
- Protein: 130 g
- Carbohydrates: 109 g
- Fat: 41 g
- Calories: 1,337
- Free Calories: 163
Dinner

BAKED ZITI

FOR MEN
▶ Eat 1 serving, plus 1 steamed zucchini, sliced, and 1 cup of halved strawberries.
Protein: 35 g
Carbohydrates: 116 g
Fat: 7 g
Calories: 472

FOR WOMEN
▶ Eat 1 serving, plus 1 cup of halved strawberries.
Protein: 31 g
Carbohydrates: 64 g
Fat: 6 g
Calories: 420

Snack

ISOPURE PROTEIN SHAKE

FOR MEN
▶ Drink 1 serving and eat 1 medium fruit.
Protein: 50 g
Carbohydrates: 25 g
Fat: 1 g
Calories: 310

FOR WOMEN
▶ Drink 1 serving.
Protein: 50 g
Carbohydrates: 0 g
Fat: 1 g
Calories: 210

Breakfast

EGG, TOMATO & CHEESE SANDWICH

FOR MEN
▶ Eat 1 serving.
Protein: 25 g
Carbohydrates: 25 g
Fat: 21 g
Calories: 395

FOR WOMEN
▶ Eat 1 serving but with 1 egg instead of 2.
Protein: 19 g
Carbohydrates: 25 g
Fat: 16 g
Calories: 324

Lunch

BUFFALO CHICKEN SANDWICH

FOR MEN
▶ Eat 1 sandwich, plus 1 cup of grapes.
Protein: 45 g
Carbohydrates: 52 g
Fat: 16 g
Calories: 525

FOR WOMEN
▶ Eat 1 sandwich.
Protein: 44 g
Carbohydrates: 25 g
Fat: 16 g
Calories: 421

DAILY TOTALS

FOR MEN
Protein: 155 g
Carbohydrates: 218 g
Fat: 45 g
Calories: 1,702
Free Calories: 298

FOR WOMEN
Protein: 144 g
Carbohydrates: 114 g
Fat: 39 g
Calories: 1,375
Free Calories: 125
Breakfast

CRANBERRY-ALMOND OATMEAL

FOR MEN
- Eat 1 serving, plus 1 cup of fruit (or 1 whole fruit).
  - Protein: 28 g
  - Carbohydrates: 45 g
  - Fat: 9 g
  - Calories: 387

FOR WOMEN
- Eat 1 serving.
  - Protein: 28 g
  - Carbohydrates: 25 g
  - Fat: 9 g
  - Calories: 287

Lunch

REUBEN SANDWICH

FOR MEN
- Eat 1 serving, but add 1 additional slice of cheese.
  - Protein: 38 g
  - Carbohydrates: 47 g
  - Fat: 15 g
  - Calories: 482

FOR WOMEN
- Eat 1 serving.
  - Protein: 31 g
  - Carbohydrates: 46 g
  - Fat: 9 g
  - Calories: 397

Snack

ISOPURE PROTEIN SHAKE

FOR MEN
- Drink 1 serving and eat 1 medium fruit.
  - Protein: 50 g
  - Carbohydrates: 25 g
  - Fat: 1 g
  - Calories: 310

FOR WOMEN
- Drink 1 serving.
  - Protein: 50 g
  - Carbohydrates: 0 g
  - Fat: 1 g
  - Calories: 210

Dinner

CEDAR-PLANK GRILLED SALMON

FOR MEN
- Eat 1 serving, plus ¼ pound of grilled asparagus.
  - Protein: 45 g
  - Carbohydrates: 24 g
  - Fat: 20 g
  - Calories: 490

FOR WOMEN
- Eat 1 serving.
  - Protein: 43 g
  - Carbohydrates: 20 g
  - Fat: 15 g
  - Calories: 420

Daily Totals

FOR MEN
- Protein: 161 g
- Carbohydrates: 141 g
- Fat: 45 g
- Calories: 1,669
- Free Calories: 331

FOR WOMEN
- Protein: 152 g
- Carbohydrates: 91 g
- Fat: 34 g
- Calories: 1,314
- Free Calories: 186
Day 14

Snack

ISOPURE PROTEIN SHAKE

FOR MEN
Drink 1 serving and eat 1 medium fruit.
Protein: 50 g
Carbohydrates: 25 g
Fat: 1 g
Calories: 310

FOR WOMEN
Eat 1 serving.
Protein: 50 g
Carbohydrates: 0 g
Fat: 1 g
Calories: 210

Breakfast

SOUTHWESTERN WRAP

FOR MEN
Eat 1 serving.
Protein: 25 g
Carbohydrates: 25 g
Fat: 19 g
Calories: 375

FOR WOMEN
Eat 1 serving but with 2 eggs instead of 3.
Protein: 19 g
Carbohydrates: 25 g
Fat: 14 g
Calories: 304

Lunch

SPICY SAUSAGE & MUSHROOM SOUP

FOR MEN
Eat 1 serving, plus 1 medium fruit.
Protein: 36 g
Carbohydrates: 64 g
Fat: 16 g
Calories: 520

FOR WOMEN
Eat 1 serving.
Protein: 36 g
Carbohydrates: 39 g
Fat: 16 g
Calories: 425

Dinner

MARINATED BEEF & VEGGIE KEBABS

FOR MEN
Eat 1 serving, plus ½ cup of steamed brown rice.
Protein: 30 g
Carbohydrates: 65 g
Fat: 22 g
Calories: 487

FOR WOMEN
Eat 1 serving.
Protein: 25 g
Carbohydrates: 19 g
Fat: 20 g
Calories: 377

DAILY TOTALS

FOR MEN
Protein: 141 g
Carbohydrates: 179 g
Fat: 58 g
Calories: 1,692
Free Calories: 308

FOR WOMEN
Protein: 130 g
Carbohydrates: 83 g
Fat: 51 g
Calories: 1,316
Free Calories: 184
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</table>
Day 15

Breakfast

APPLE-CINNAMON OATMEAL

FOR MEN
- Eat 1 serving, plus 1 cup of fruit (or a whole fruit).
  Protein: 28 g
  Carbohydrates: 45 g
  Fat: 9 g
  Calories: 387

FOR WOMEN
- Eat 1 serving, plus ½ cup of fruit.
  Protein: 28 g
  Carbohydrates: 35 g
  Fat: 9 g
  Calories: 337

Lunch

MEXI-CALI TUNA SALAD

FOR MEN
- Eat 1 serving.
  Protein: 36 g
  Carbohydrates: 42 g
  Fat: 17 g
  Calories: 460

FOR WOMEN
- Eat 1 serving made with ¼ avocado instead of ½.
  Protein: 35 g
  Carbohydrates: 38 g
  Fat: 10 g
  Calories: 380

Snack

ISOPURE PROTEIN SHAKE

FOR MEN
- Drink 1 serving and eat 1 medium fruit.
  Protein: 50 g
  Carbohydrates: 25 g
  Fat: 1 g
  Calories: 310

FOR WOMEN
- Drink 1 serving.
  Protein: 50 g
  Carbohydrates: 0 g
  Fat: 1 g
  Calories: 210

Dinner

CHICKEN STIR-FRY

FOR MEN
- Eat 1 serving, plus 1 cup of steamed brown rice.
  Protein: 38 g
  Carbohydrates: 59 g
  Fat: 15 g
  Calories: 536

FOR WOMEN
- Eat 1 serving, plus 1 cup of halved strawberries.
  Protein: 34 g
  Carbohydrates: 35 g
  Fat: 13 g
  Calories: 367

DAILY TOTALS

FOR MEN
- Protein: 152 g
- Carbohydrates: 171 g
- Fat: 42 g
- Calories: 1,693
- Free Calories: 307

FOR WOMEN
- Protein: 147 g
- Carbohydrates: 108 g
- Fat: 33 g
- Calories: 1,294
- Free Calories: 206
**Breakfast**

**CHIVE EGGS WITH TOAST & JAM**

**FOR MEN**
- Eat 1 serving, plus ½ cup of berries or other fruit.
  - Protein: 25 g
  - Carbohydrates: 35 g
  - Fat: 16 g
  - Calories: 395

**FOR WOMEN**
- Eat 1 serving, but have 2 eggs instead of 3.
  - Protein: 19 g
  - Carbohydrates: 25 g
  - Fat: 12 g
  - Calories: 275

**Lunch**

**GRILLED PORK TACOS**

**FOR MEN**
- Eat 3 tacos.
  - Protein: 48 g
  - Carbohydrates: 40 g
  - Fat: 12 g
  - Calories: 461

**FOR WOMEN**
- Eat 2 tacos.
  - Protein: 32 g
  - Carbohydrates: 27 g
  - Fat: 8 g
  - Calories: 307

**Snack**

**ISOPURE PROTEIN SHAKE**

**FOR MEN**
- Drink 1 serving and eat 1 medium fruit.
  - Protein: 50 g
  - Carbohydrates: 25 g
  - Fat: 1 g
  - Calories: 310

**FOR WOMEN**
- Drink 1 serving.
  - Protein: 50 g
  - Carbohydrates: 0 g
  - Fat: 1 g
  - Calories: 210

**Dinner**

**CREAMY LASAGNA**

**FOR MEN**
- Eat 1 serving of Creamy Chicken Lasagna.
  - Protein: 31 g
  - Carbohydrates: 27 g
  - Fat: 26 g
  - Calories: 470

**FOR WOMEN**
- Eat 1 serving of Creamy Spinach-Mushroom Lasagna.
  - Protein: 19 g
  - Carbohydrates: 30 g
  - Fat: 26 g
  - Calories: 439

**Daily Totals**

**FOR MEN**
- Protein: 154 g
  - Carbohydrates: 127 g
  - Fat: 55 g
  - Calories: 1,636
  - Free Calories: 364

**FOR WOMEN**
- Protein: 120 g
  - Carbohydrates: 82 g
  - Fat: 47 g
  - Calories: 1,231
  - Free Calories: 269
**Breakfast**

**CRANBERRY-ALMOND OATMEAL**

**FOR MEN**
- Eat 1 serving, plus 1 cup of fruit (or a whole fruit).
  - Protein: 28 g
  - Carbohydrates: 45 g
  - Fat: 9 g
  - Calories: 387

**FOR WOMEN**
- Eat 1 serving.
  - Protein: 28 g
  - Carbohydrates: 25 g
  - Fat: 9 g
  - Calories: 287

**Lunch**

**FIG PANINI**

**FOR MEN**
- Eat 1 serving.
  - Protein: 32 g
  - Carbohydrates: 43 g
  - Fat: 22 g
  - Calories: 490

**FOR WOMEN**
- Eat 1 serving, but use 1 slice of cheese instead of 2.
  - Protein: 24 g
  - Carbohydrates: 41 g
  - Fat: 14 g
  - Calories: 384

**Snack**

**ISOPURE PROTEIN SHAKE**

**FOR MEN**
- Drink 1 serving and eat 1 medium fruit.
  - Protein: 50 g
  - Carbohydrates: 25 g
  - Fat: 1 g
  - Calories: 310

**FOR WOMEN**
- Drink 1 serving.
  - Protein: 50 g
  - Carbohydrates: 0 g
  - Fat: 1 g
  - Calories: 210

**Dinner**

**GARLIC SHRIMP WITH WHITE BEANS & TOMATOES**

**FOR MEN**
- Eat 1 serving, plus 1 cup of steamed snap peas.
  - Protein: 38 g
  - Carbohydrates: 47 g
  - Fat: 21 g
  - Calories: 521

**FOR WOMEN**
- Eat 1 serving.
  - Protein: 35 g
  - Carbohydrates: 37 g
  - Fat: 17 g
  - Calories: 436

**DAILY TOTALS**

**FOR MEN**
- Protein: 148 g
- Carbohydrates: 160 g
- Fat: 53 g
- Calories: 1,708
- Free Calories: 292

**FOR WOMEN**
- Protein: 137 g
- Carbohydrates: 103 g
- Fat: 41 g
- Calories: 1,317
- Free Calories: 183
DAY 18

**Breakfast**

**SCRAMBLED EGGS WITH SRIRacha & BACon**

**FOR MEN**
- Eat 1 serving, plus 1 cup of fruit.
  - Protein: 25 g
  - Carbohydrates: 21 g
  - Fat: 22 g
  - Calories: 405

**FOR WOMEN**
- Eat 1 serving.
  - Protein: 22 g
  - Carbohydrates: 25 g
  - Fat: 13 g
  - Calories: 310

**Lunch**

**ROAST BEEF PITA WITH CUCUMBER SAUCE**

**FOR MEN**
- Eat 1 serving, plus 1 cup of grapes.
  - Protein: 37 g
  - Carbohydrates: 58 g
  - Fat: 11 g
  - Calories: 468

**FOR WOMEN**
- Eat 1 serving.
  - Protein: 36 g
  - Carbohydrates: 31 g
  - Fat: 11 g
  - Calories: 364

**Snack**

**ISOPURE PROTEIN SHAKE**

**FOR MEN**
- Drink 1 serving and eat 1 medium fruit.
  - Protein: 50 g
  - Carbohydrates: 25 g
  - Fat: 1 g
  - Calories: 310

**FOR WOMEN**
- Drink 1 serving.
  - Protein: 50 g
  - Carbohydrates: 0 g
  - Fat: 1 g
  - Calories: 210

**Dinner**

**BRAZILIAN RICE & BEANS**

**FOR MEN**
- Eat 1 serving.
  - Protein: 20 g
  - Carbohydrates: 80 g
  - Fat: 12 g
  - Calories: 510

**FOR WOMEN**
- Eat 1 serving made with 1 tablespoon of olive oil instead of 2.
  - Protein: 20 g
  - Carbohydrates: 80 g
  - Fat: 8 g
  - Calories: 390

---

**DAILY TOTALS**

**FOR MEN**
- Protein: 132 g
- Carbohydrates: 184 g
- Fat: 46 g
- Calories: 1,693
- Free Calories: 307

**FOR WOMEN**
- Protein: 128 g
- Carbohydrates: 136 g
- Fat: 33 g
- Calories: 1,274
- Free Calories: 226
Breakfast

OLD-FASHIONED FRIED EGG SANDWICH

FOR MEN
Eat 1 serving, but add 1 slice of cheese to the sandwich.
Protein: 30 g
Carbohydrates: 25 g
Fat: 22 g
Calories: 410

FOR WOMEN
Eat 1 serving.
Protein: 22 g
Carbohydrates: 25 g
Fat: 13 g
Calories: 310

Lunch

MEDITERRANEAN PIZZA WITH SMOKED HAM

FOR MEN
Eat 1 serving but with 8 ounces of smoked ham instead of 6 and 6 ounces of goat cheese instead of 4.
Protein: 36 g
Carbohydrates: 36 g
Fat: 26 g
Calories: 500

FOR WOMEN
Eat 1 serving but with 4 ounces of smoked ham instead of 6.
Protein: 25 g
Carbohydrates: 36 g
Fat: 21 g
Calories: 410

Snack

ISOPURE PROTEIN SHAKE

FOR MEN
Drink 1 serving and eat 1 medium fruit.
Protein: 50 g
Carbohydrates: 25 g
Fat: 1 g
Calories: 310

FOR WOMEN
Drink 1 serving.
Protein: 50 g
Carbohydrates: 0 g
Fat: 1 g
Calories: 210

Dinner

ROASTED HALIBUT

FOR MEN
Eat 1 serving, plus ½ cup of steamed brown rice.
Protein: 40 g
Carbohydrates: 64 g
Fat: 25 g
Calories: 510

FOR WOMEN
Eat 1 serving.
Protein: 35 g
Carbohydrates: 18 g
Fat: 23 g
Calories: 400

DAILY TOTALS

FOR MEN
Protein: 156 g
Carbohydrates: 150 g
Fat: 74 g
Calories: 1,730
Free Calories: 270

FOR WOMEN
Protein: 132 g
Carbohydrates: 79 g
Fat: 58 g
Calories: 1,330
Free Calories: 170
Day 20

**Breakfast**

**Egg, Tomato & Cheese Sandwich**

**FOR MEN**
- Eat 1 serving.
  - Protein: 25 g
  - Carbohydrates: 25 g
  - Fat: 21 g
  - Calories: 395

**FOR WOMEN**
- Eat 1 serving, but have 1 egg instead of 2.
  - Protein: 19 g
  - Carbohydrates: 25 g
  - Fat: 16 g
  - Calories: 324

**Lunch**

**Burger with Blue Cheese Sauce**

**FOR MEN**
- Eat 1 serving.
  - Protein: 45 g
  - Carbohydrates: 30 g
  - Fat: 23 g
  - Calories: 510

**FOR WOMEN**
- Eat 1 serving, but make recipe with ¾ pound of beef instead of 1¼ pounds.
  - Protein: 30 g
  - Carbohydrates: 30 g
  - Fat: 16 g
  - Calories: 390

**Snack**

**Isopure Protein Shake**

**FOR MEN**
- Drink 1 serving and eat 1 medium fruit.
  - Protein: 50 g
  - Carbohydrates: 25 g
  - Fat: 1 g
  - Calories: 310

**FOR WOMEN**
- Drink 1 serving.
  - Protein: 50 g
  - Carbohydrates: 0 g
  - Fat: 1 g
  - Calories: 210

**Dinner**

**Chicken Pad Thai**

**FOR MEN**
- Eat 1 serving, but make recipe with 8 ounces of rice noodles instead of 4.
  - Protein: 30 g
  - Carbohydrates: 55 g
  - Fat: 20 g
  - Calories: 500

**FOR WOMEN**
- Eat 1 serving.
  - Protein: 28 g
  - Carbohydrates: 32 g
  - Fat: 19 g
  - Calories: 400

---

**Daily Totals**

**FOR MEN**
- Protein: 150 g
  - Carbohydrates: 135 g
  - Fat: 65 g
  - Calories: 1,715
  - Free Calories: 285

**FOR WOMEN**
- Protein: 127 g
  - Carbohydrates: 87 g
  - Fat: 52 g
  - Calories: 1,324
  - Free Calories: 176
**Breakfast**

**SOUTHWESTERN WRAP**

**FOR MEN**
- Eat 1 serving, but add 1 slice of lean ham deli-meat to the wrap.
  - Protein: 30 g
  - Carbohydrates: 25 g
  - Fat: 19 g
  - Calories: 405

**FOR WOMEN**
- Eat 1 serving, but make it with 2 eggs instead of 3.
  - Protein: 25 g
  - Carbohydrates: 25 g
  - Fat: 15 g
  - Calories: 305

**Lunch**

**GRILLED CHICKEN & PINEAPPLE SANDWICH**

**FOR MEN**
- Eat 1 serving, but add 1 slice of Swiss cheese.
  - Protein: 48 g
  - Carbohydrates: 33 g
  - Fat: 14 g
  - Calories: 450

**FOR WOMEN**
- Eat 1 serving.
  - Protein: 41 g
  - Carbohydrates: 32 g
  - Fat: 7 g
  - Calories: 350

**Snack**

**ISOPURE PROTEIN SHAKE**

**FOR MEN**
- Drink 1 serving and eat 1 medium fruit.
  - Protein: 50 g
  - Carbohydrates: 25 g
  - Fat: 1 g
  - Calories: 310

**FOR WOMEN**
- Drink 1 serving.
  - Protein: 50 g
  - Carbohydrates: 0 g
  - Fat: 1 g
  - Calories: 210

**Dinner**

**GO-TO SPAGHETTI & MEATBALLS**

**FOR MEN**
- Eat 1 serving but with 6 meatballs instead of 4.
  - Protein: 38 g
  - Carbohydrates: 54 g
  - Fat: 13 g
  - Calories: 466

**FOR WOMEN**
- Eat 1 serving but with 2 meatballs instead of 4.
  - Protein: 34 g
  - Carbohydrates: 54 g
  - Fat: 11 g
  - Calories: 426

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**Daily Totals**

**FOR MEN**
- Protein: 166 g
- Carbohydrates: 137 g
- Fat: 47 g
- Calories: 1,631
- Free Calories: 369

**FOR WOMEN**
- Protein: 150 g
- Carbohydrates: 111 g
- Fat: 34 g
- Calories: 1,291
- Free Calories: 209
NOTE: THE NUTRITIONAL AMOUNTS and calorie counts are general estimates based on typical products you’ll find in the supermarket. They’ll be in the ballpark, which is the goal, but for a more exact number, refer to the Nutrition Facts Label for the product you’re using, and adjust as needed.

## BREAKFASTS

Follow these steps to create a great egg breakfast any morning. When you use this matrix, you can create almost limitless options. We recommend choosing at least 2 eggs and building from there.

### COOK YOUR EGGS

To scramble or fry your eggs, lightly coat a nonstick pan with cooking spray. A 2-second spray will add about 15 calories. If you’d rather cook with butter, olive oil, or vegetable oil, add 50 calories for a pat of butter or a teaspoon of oil.

### STEP 1

**70 calories per large egg**

### STEP 2

**CHOOSE YOUR BREAD**

<table>
<thead>
<tr>
<th>140 calories each</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 slice of cheddar, american, or swiss cheese (100 calories)</td>
</tr>
<tr>
<td>1 slice of bacon (40 calories)</td>
</tr>
<tr>
<td>1 ounce of smoked salmon/lox (35 calories)</td>
</tr>
<tr>
<td>1 English muffin</td>
</tr>
<tr>
<td>1 flour tortilla</td>
</tr>
</tbody>
</table>

### STEP 3

**ADD CHEESE OR MEAT**

**Little or no calories**

- Salt, pepper, mustard, sriracha, salsa, cayenne pepper, fresh dill, fresh chives, tomatoes, onions, and/or spinach

**100 calories**

- 1 slice of cheddar, american, or swiss cheese

**35 calories**

- 1 ounce of smoked salmon/lox

**40 calories**

- 1 slice of bacon

**30 calories**

- 1 ounce of turkey or ham deli-meat

### STEP 4

**FLAVOR WITH FREE TOPPINGS**

- SALT, PEPPER, MUSTARD, SRIRACHA, SALSA, CAYENNE PEPPER, FRESH DILL, FRESH CHIVES, TOMATOES, ONIONS, AND/OR SPINACH

### STEP 5

**SELECT FROM THESE WITH CARE**

- BUTTER (50 calories per pat/ounce)
- MAYONNAISE (60 calories per tablespoon)
- JAM/JELLY (50 calories per tablespoon)

* Double-check the package for the actual calories, as this can vary depending on the product.
To get you started, here are six ways you can mix and match the ingredients on the previous page for a variety of morning meals. Remember, men are shooting for 400 calories at breakfast, and women are targeting 300 to 350 calories. In the examples that follow, you can subtract ingredients to reduce the calories or add items to increase calories.

Note that we’ve suggested simple ways to boost the calorie count, including that you can add fruit (in addition to any of the ingredients above), assuming you stay in the neighborhood of 40 grams of carbs most of the time. For reference, 2 slices of bread, 1 English muffin, or 1 tortilla all put you at around 25 grams. One-half cup of fruit adds about 10 grams of carbohydrates, and 1 cup adds about 20 to 25 grams.

**Old-Fashioned Fried Egg Sandwich**

**MAKES 1 SERVING**

2 EGGS  
2 SLICES WHOLE WHEAT BREAD  
MUSTARD

Fry the eggs. Toast the bread and spread each slice with the mustard. Make a sandwich with the fried eggs.

**NUTRITION FACTS**
- **Protein**: 22 g
- **Carbohydrates**: 25 g
- **Fat**: 13 g
- **Calories**: 310

**Smart Additions**
- Add 1 slice of cheese for 100 more calories and another 6 grams of protein and 9 grams of fat.
- Add 1 whole fruit or 1 cup of fruit for 100 more calories and 20 to 25 grams more carbohydrates.

**Chive Eggs with Toast & Jam**

**MAKES 1 SERVING**

3 EGGS  
1 SLICE WHOLE WHEAT BREAD  
CHIVES, CHOPPED  
JAM

Scramble the eggs with a generous sprinkling of chives. Toast the bread. Top the toast with the scrambled eggs or have the toast with jam on the side.

**NUTRITION FACTS**
- **Protein**: 25 g
- **Carbohydrates**: 25 g
- **Fat**: 16 g
- **Calories**: 345

**Smart Addition**
- Add ½ cup of fruit for 50 more calories and 10 to 12 g more carbohydrates.

**Egg, Tomato & Cheese Sandwich**

**MAKES 1 SERVING**

2 EGGS  
1 ENGLISH MUFFIN  
2 SLICES SWISS CHEESE  
2 SLICES TOMATO

Fry the eggs. Toast the English muffin. Place the eggs on the muffin and top with slices of cheese and tomato.

**NUTRITION FACTS**
- **Protein**: 25 g
- **Carbohydrates**: 25 g
- **Fat**: 21 g
- **Calories**: 395

**Southwestern Wrap**

**MAKES 1 SERVING**

3 EGGS  
1 FLOUR TORTILLA  
SALSA

Scramble the eggs and place them on the tortilla. Top liberally with the salsa. Roll up the tortilla.

**NUTRITION FACTS**
- **Protein**: 25 g
- **Carbohydrates**: 25 g
- **Fat**: 19 g
- **Calories**: 375

**Smart Addition**
- Add 1 slice of lean ham for 30 more calories and 5 grams more protein.
Dill Eggs with English Muffin

**MAKES 1 SERVING**

- **3** eggs
- Fresh dill
- **½** English muffin
- Butter

Scramble the eggs with the dill. Toast the English muffin half and spread with a pat of butter.

**NUTRITION FACTS**

- **Protein**: 22 g
- **Carbohydrates**: 25 g
- **Fat**: 13 g
- **Calories**: 310

Scrambled Eggs with Sriracha & Bacon

**MAKES 1 SERVING**

- **2** slices bacon
- **3** eggs
- Sriracha sauce

Cook the bacon to desired crispness. Scramble the eggs and top with the sriracha.

**NUTRITION FACTS**

- **Protein**: 22 g
- **Carbohydrates**: 25 g
- **Fat**: 13 g
- **Calories**: 310

These oatmeal recipes are delicious, and they take just 3 minutes to prepare. While you can certainly eat regular oatmeal, pack in the protein with a protein powder, which will feed your muscles and keep you satisfied longer.

Cranberry-Almond Oatmeal

**MAKES 1 SERVING**

- **½** cup water
- **¼** cup rolled oats
- 1 tablespoon dried cranberries, unsweetened
- 1 scoop vanilla protein powder
- 2 tablespoons almonds, sliced

Combine the water, oats, and cranberries in a bowl. Microwave for 1 to 2 minutes. Stir and let sit for 1 minute. Mix in the protein powder and almonds.

**NUTRITION FACTS**

- **Protein**: 28 g
- **Carbohydrates**: 25 g
- **Fat**: 9 g
- **Calories**: 287

Apple-Cinnamon Oatmeal

**MAKES 1 SERVING**

- **½** cup water
- **¼** cup rolled oats
- ½ small apple, diced
- 1 scoop vanilla protein powder
- 1 teaspoon cinnamon
- 2 tablespoons walnuts, chopped

Combine the water, oats, and apples in a bowl. Microwave for 1 to 2 minutes. Stir and let sit for 1 minute. Mix in the protein powder, cinnamon, and walnuts.

**NUTRITION FACTS**

- **Protein**: 28 g
- **Carbohydrates**: 25 g
- **Fat**: 9 g
- **Calories**: 287

This yogurt parfait is a great way to get a nutrient-packed breakfast in a to-go cup. You can have it as part of your lunch or dinner as your calorie allotments allow.

Greek Yogurt Parfait

**MAKES 1 SERVING**

- ½ scoop vanilla protein powder
- ¼ cup fat free Greek yogurt
- ½ cup blueberries
- 1 tablespoon chia seeds
- ½ cup sliced strawberries
- 2 tablespoons chopped pecans

Mix the protein powder with the Greek yogurt. Layer ½ cup of the yogurt mixture, then blueberries, chia seeds, remaining yogurt, strawberries, and pecans.

**NUTRITION FACTS**

- **Protein**: 25 g
- **Carbohydrates**: 32 g
- **Fat**: 12 g
- **Calories**: 292
Build a Better Sandwich!

Mix and match these ingredients to create a variety of sandwiches. We also give you more recipes to follow the 21-Day Diet Plan. No directions are required for the first few sandwiches—just pile it on in any order you like.

Remember, men are shooting for 500 calories at lunch, and women are targeting 400 calories. In the examples that follow, you can subtract ingredients to reduce the calories or add items to increase calories. These are just examples to show you how it works; you can build your sandwich any way you want.

Note that we’ve suggested simple ways to boost the calorie count, including that you can add fruit (in addition to any of the ingredients below), assuming you stay in the neighborhood of 40 grams of carbs most of the time. Two slices of bread puts you at around 25 grams, so you can add up to a cup of fruit and still be reasonably close to your number. A half cup of fruit adds about 10 grams of carbohydrates, and 1 cup adds about 20 to 25 grams.

**Choose Your Bread**

140 calories for 2 slices; 70 calories for 1.
- Whole wheat, rye, pumpernickel

**Pick Your Cheese**

100 calories per slice
- Cheddar, american, swiss, pepper jack, manchego, blue, mozzarella, asiago, parmesan

**ADD MEAT**

At least 3 ounces recommended*

<table>
<thead>
<tr>
<th>1 ounce of smoked salmon/lox</th>
<th>35 calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 slice of bacon</td>
<td>40 calories</td>
</tr>
<tr>
<td>1 ounce of lean turkey, chicken, roast beef, or ham deli-meat</td>
<td>20 calories</td>
</tr>
</tbody>
</table>

**Select From These With Care**

- Mayonnaise (60 calories per tablespoon)
- Hummus (50 calories per 2 tablespoons)
- Olive Oil (50 calories per teaspoon)
- Avocado (60 calories per quarter)
- Apple or pear slices (40 calories per half of a medium fruit)
- Salad dressing (70 calories per tablespoon; lighter versions may allow 2 tablespoons for the same calories)

**Flavor with Free Toppings**

Little or no calories
- Salt, pepper, oregano, mustard, fresh dill, tomatoes, onions, caramelized onions, lettuce, spinach, arugula, pickles, cucumber, peppers, pepperoncini, hot peppers, giardiniera, balsamic vinegar

* Double-check the package for the actual calories, as this can vary depending on the product.
### Turkey & Pepper Jack Sandwich

**MAKES 1 SERVING**
- 2 slices whole wheat bread
- 3 ounces turkey
- 1 slice pepper jack cheese
- Iceberg or romaine lettuce
- 2 tomato slices
- 1 tablespoon mayonnaise

**NUTRITION FACTS**
- **Protein**: 29 g
- **Carbohydrates**: 26 g
- **Fat**: 18 g
- **Calories**: 380

> **Smart Additions**
- Add ½ cup of fruit for 50 more calories and 10 to 12 grams more carbohydrates.
- Add 2 more ounces of turkey for 60 more calories and 10 grams more protein.

### Classic Ham, Tomato & Cheese Sandwich

**MAKES 1 SERVING**
- 2 slices whole wheat bread
- 3 ounces lean ham
- 1 slice american cheese
- Lettuce
- 2 tomato slices
- 1 tablespoon mayonnaise

**NUTRITION FACTS**
- **Protein**: 29 g
- **Carbohydrates**: 26 g
- **Fat**: 18 g
- **Calories**: 380

> **Smart Additions**
- Add ½ cup of fruit for 50 more calories and 10 to 12 grams more carbohydrates.
- Add 2 more ounces of turkey for 60 more calories and 10 grams more protein.

### Sloppy Joes with Mushrooms

**MAKES 4 SERVINGS**
- 1½ pounds lean ground turkey
- ¼ pound mushrooms, sliced
- ½ teaspoon garlic powder
- 1 cup ketchup
- ¼ cup apple cider vinegar
- 2 tablespoons yellow mustard
- ¼ cup worcestershire sauce
- Ground black pepper
- 4 whole wheat hamburger buns

**Smart Additions**
- Add 1 slice of bacon for 40 more calories, 4 grams more protein, and 4 grams more fat.
- Add ½ cup of fruit for 50 more calories and 10 to 12 grams more carbohydrates.

### Turkey & Avocado Sandwich

**MAKES 1 SERVING**
- 2 slices pumpernickel bread
- 2 ounces turkey
- ½ avocado, sliced
- 2 tomato slices
- Lettuce
- 1 tablespoon honey mustard

**NUTRITION FACTS**
- **Protein**: 23 g
- **Carbohydrates**: 30 g
- **Fat**: 21 g
- **Calories**: 420

> **Smart Additions**
- Add 2 more ounces of turkey for 60 more calories and 10 grams more protein.
- Add 2 slices of bacon for 80 more calories, 8 grams more protein, and 8 grams more fat.

### Roast Beef & Cheddar Sandwich

**MAKES 1 SERVING**
- 2 slices whole wheat bread
- 3 ounces roast beef
- 1 slice cheddar
- Caramelized onions

**NUTRITION FACTS**
- **Protein**: 29 g
- **Carbohydrates**: 25 g
- **Fat**: 11 g
- **Calories**: 330

> **Smart Additions**
- Add 2 more ounces of lean roast beef for 60 more calories and 10 grams more protein.
- Add 1 whole fruit or 1 cup of fruit for 100 more calories and 20 to 25 grams more protein.
Grilled Cheese Sandwich

**Makes 1 Serving**

- 1 teaspoon olive oil
- 2 slices (or ½ cup) part-skim mozzarella cheese
- 2 slices tomato
- 2 slices whole wheat bread
- Oregano to taste

Add the oil to a skillet and place over medium heat. Place the cheese and tomato slices on a slice of bread. Sprinkle the oregano on top. Cover with the second bread slice. Grill the sandwich until the cheese melts.

**Nutrition Facts**

- Protein: 21 g
- Carbohydrates: 26 g
- Fat: 15 g
- Calories: 330

**Smart Addition**
- Add 2 slices of bacon for 80 more calories, 8 grams more protein, and 8 grams more fat.

Turkey BLT Sandwich

**Makes 1 Serving**

- 2 slices whole wheat bread
- 3 ounces turkey
- 2 slices bacon
- 2 slices tomato
- Lettuce
- 1 tablespoon mayonnaise

**Nutrition Facts**

- Protein: 31 g
- Carbohydrates: 24 g
- Fat: 15 g
- Calories: 360

**Smart Additions**
- Add 1 more slice of bacon for 40 more calories, 4 grams more protein, and 4 grams more fat.
- Add ½ cup of fruit for 50 more calories and 10 to 12 grams more carbohydrates.

Philly Cheese Steak Sandwiches

**Makes 4 Servings**

- 1½ teaspoons olive oil
- 1 onion, sliced
- 1 red bell pepper, sliced
- ½ pound thinly sliced deli-style roast beef
- ¼ cup shredded cheddar cheese
- 4 whole grain hoagie rolls
- 2 dill pickle spears, halved, for garnish

1. In a large nonstick skillet, heat the oil over medium-high heat. Cook the onion and bell peppers for 5 minutes, or until tender. Transfer to a bowl.
2. Reduce the heat to medium. Cook the roast beef slices in the skillet for 1 minute, or until heated through. Top with the cheese and cook for 1 minute, or until the cheese is melted.
3. Divide the beef among the 4 rolls and top with the onion and peppers. Serve each sandwich with half a pickle.

**Nutrition Facts**

- Protein: 26 g
- Carbohydrates: 40 g
- Fat: 11 g
- Calories: 367

**Smart Additions**
- Add ½ cup of fruit for 50 more calories and about 10 to 12 grams more carbohydrates.
- Add 2 more ounces of ham for 60 more calories and 10 grams more protein.

Ham, Manchego & Apple Sandwich

**Makes 1 Serving**

- 2 slices whole wheat bread
- 1 slice manchego
- ½ cup apple slices

**Nutrition Facts**

- Protein: 24 g
- Carbohydrates: 36 g
- Fat: 12 g
- Calories: 350

**Smart Additions**
- Add ½ cup of fruit for 50 more calories and about 10 to 12 grams more carbohydrates.
- Add 2 more ounces of ham for 60 more calories and 10 grams more protein.

Turkey Pastrami Sandwich

**Makes 1 Serving**

- 2 slices rye bread
- 3 ounces turkey pastrami
- 1 slice swiss cheese
- 1 tablespoon low-fat thousand island dressing

**Nutrition Facts**

- Protein: 29 g
- Carbohydrates: 28 g
- Fat: 18 g
- Calories: 400

**Smart Additions**
- Add 2 more ounces of turkey pastrami for 60 more calories and 10 grams more protein.
- Add 1 whole fruit or 1 cup of fruit for 100 more calories and 20 to 25 grams more protein.
Grilled Pork Tacos

**MAKES 4 SERVINGS**
**2 tacos each**

- 1 mango, peeled, pitted, and diced
- 2 plum tomatoes, diced
- ¼ cup diced fresh cilantro
- 1 jalapeño, seeded and finely chopped (wear plastic gloves when handling)
- ½ teaspoon paprika
- ¼ teaspoon salt
- 2 cloves garlic, minced
- 1½ teaspoons chipotle seasoning
- 1¼ pounds trimmed pork tenderloin
- 1 tablespoon olive oil
- 8 soft corn tortillas (6" diameter)
- 1 cup shredded lettuce

1. In a bowl, stir together the mango, tomatoes, cilantro, and pepper. Set aside.
2. Coat a grill rack with cooking spray. Heat the grill to medium.
3. In a cup, mix the paprika, salt, garlic, and chipotle seasoning. Rub all over the pork and drizzle with the oil.
4. Grill the pork for 25 minutes, turning occasionally, or until a thermometer inserted in the center reaches 145°F and the juices run clear. Let stand for 10 minutes before slicing. Cut the pork into thin slices.
5. Stack the tortillas and wrap them in foil. Place them on a cool corner of the grill to warm for 10 minutes.
6. Place the tortillas on a work surface. Arrange the pork in the center of each tortilla. Top with the lettuce and salsa.

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Apple-Cheese Sandwich

**MAKES 1 SERVING**

- 2 slices 7-grain bread
- 2 teaspoons mayonnaise
- 1 teaspoon Dijon mustard
- 2 slices Swiss cheese
- 1 apple, halved, cored, and thinly sliced
- 1 tablespoon chopped walnuts

1. Preheat a toaster oven to 350°F.
2. Spread 1 of the bread slices with the mayonnaise and the other slice with the mustard. Top each with the cheese.
3. Place on a tray and put into the toaster oven until the cheese has melted. Top 1 of the bread slices with the apple pieces and sprinkle with the walnuts. Press the sandwich halves together.

**NUTRITION FACTS**

- Protein 19 g
- Carbohydrates 46 g
- Fat 21 g
- Calories 440

**Smart Additions**

- Add 2 ounces of turkey for 60 more calories and 10 grams more protein.
- Add 1 whole fruit or 1 cup of fruit for 100 more calories and 20 to 25 grams more carbohydrates.

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Reuben Sandwich

**MAKES 1 SERVING**

- ¼ cup canned sauerkraut, rinsed twice and drained well
- 1 tablespoon crumbled feta cheese
- 1 tablespoon low-fat thousand island dressing
- 2 slices rye bread
- 4 slices reduced-sodium smoked deli turkey
- 1 slice low-fat Swiss or mozzarella cheese

1. Mix the sauerkraut, feta, and dressing in a small bowl. Spread on 1 of the bread slices. Top with the turkey, cheese, and the remaining bread.
2. Coat a nonstick skillet with cooking spray and place over medium heat until hot. Add the sandwich and grill for 2 to 3 minutes per side, until the cheese has melted.

**NUTRITION FACTS**

- Protein 31 g
- Carbohydrates 46 g
- Fat 9 g
- Calories 397

**Smart Additions**

- Add 2 more ounces of turkey for 60 more calories and 10 grams more protein.
- Add 1 whole fruit or 1 cup of fruit for 100 more calories and 20 to 25 grams more carbohydrates.
Buffalo Chicken Sandwiches

MAKES 4 SERVINGS

\[ \frac{1}{2} \text{ CUP PLAIN GREEK YOGURT} \]
\[ \frac{1}{4} \text{ CUP CRUMBLED BLUE CHEESE} \]
\[ \text{JUICE OF } \frac{1}{2} \text{ LEMON} \]
\[ \text{SALT AND GROUND BLACK PEPPER} \]
\[ 4 \text{ BONELESS, SKINLESS CHICKEN BREAST HALVES} \]
\[ (4 \text{ TO } 6 \text{ OUNCES EACH}) \]
\[ 1\frac{1}{2} \text{ TEASPOONS CHILI POWDER} \]
\[ 1 \text{ RED ONION, SLICED} \]
\[ 2 \text{ TABLESPOONS BUTTER, MELTED IN THE MICROWAVE FOR 20 SECONDS} \]
\[ 2 \text{ TABLESPOONS HOT SAUCE} \]
\[ 4 \text{ ROMAINE LETTUCE LEAVES} \]
\[ 4 \text{ SESAME BUNS, TOASTED} \]

1. Preheat a grill or nonstick grill pan. As it’s heating, combine the yogurt, blue cheese, and lemon juice, plus a pinch each of the salt and pepper. Stir and set aside.

2. Season the chicken breasts with the chili powder and salt and pepper to taste. Add the chicken breasts to the hot grill and cook for 5 to 6 minutes on one side before flipping them.

3. Add the onion to the grill’s perimeter. (If you’re using a grill pan, you’ll need to wait to remove the chicken before grilling the onions.) Cook the chicken for 4 to 5 minutes more, until firm and springy to the touch. Remove it to a plate, along with the grilled onion.

4. In a small bowl, combine the butter and hot sauce and brush the mixture all over the chicken. Place a leaf of romaine on the bottom half of each bun. Top with a chicken breast and spoon on some blue-cheese sauce. Add the grilled onions and the top half of the bun.

Spicy Sausage & Mushroom Soup

MAKES 4 SERVINGS

\[ \frac{3}{4} \text{ CUP WILD RICE} \]
\[ 1 \text{ TABLESPOON EXTRA-VIRGIN OLIVE OIL} \]
\[ 1 \text{ POUND PRECOOKED SPICY CHICKEN SAUSAGE, SLICED} \]
\[ 2 \text{ PACKAGES (8 OUNCES EACH) SLICED MUSHROOMS (TRY CREMINI OR WHITE BUTTON)} \]
\[ \frac{1}{4} \text{ CUP WATER} \]
\[ \frac{1}{4} \text{ TEASPOON DRIED THyme} \]
\[ \frac{1}{4} \text{ TEASPOON RED-PEPPER FLAKES} \]
\[ 4 \text{ CUPS CHOPPED KALE} \]
\[ \frac{1}{4} \text{ CUP WHITE WINE} \]
\[ 6 \text{ CUPS LOW-SODIUM CHICKEN BROTH} \]
\[ \text{GROUND BLACK PEPPER} \]

1. In a medium saucepan, cook the rice according to the package directions.

2. Meanwhile, heat the oil in a soup pot over medium-high heat. Add the sausage and cook for 5 to 6 minutes, or until brown. (If you use raw sausage, cook for 8 to 10 minutes, or until brown and cooked through.) Remove the sausage.

3. In the same pot, add the mushrooms and cook for 5 to 8 minutes, or until soft and browned. Add the water, scraping up the sausage bits stuck to the bottom of the pan. Add the thyme, pepper flakes, kale, and wine. Cook for 4 minutes, or until the kale is wilted. Add the broth and simmer for 15 minutes. Season to taste with the pepper.

4. When the rice is cooked, stir it into the soup along with the sausage. Simmer for 5 minutes, or until hot.

NUTRITION FACTS

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<thead>
<tr>
<th>Buffalo Chicken Sandwiches</th>
<th>Smart Additions</th>
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<tbody>
<tr>
<td>Protein 44 g Carbohydrates 25 g Fat 16 g Calories 421</td>
<td>Add 1 slice of bacon for 40 more calories, 4 grams more protein, and 4 grams more fat. Add 1/2 cup of fruit for 50 more calories and 10 to 12 grams more carbohydrates.</td>
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NUTRITION FACTS

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<tr>
<th>Spicy Sausage &amp; Mushroom Soup</th>
<th>Smart Additions</th>
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<tbody>
<tr>
<td>Protein 36 g Carbohydrates 39 g Fat 16 g Calories 425</td>
<td>Add 1/2 cup of fruit for 50 more calories and about 10 to 12 grams more carbohydrates or 1 whole fruit or 1 cup of fruit for 100 more calories and 20 to 25 grams more carbohydrates.</td>
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NUTRITION FACTS

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<th>Recipe: Lunches</th>
<th>Smart Additions</th>
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<tbody>
<tr>
<td>Protein 32 g Carbohydrates 27 g Fat 8 g Calories 307 g</td>
<td>Add 1 slice of bacon for 40 more calories, 4 grams more protein, and 4 grams more fat. Add 1/2 cup of fruit for 50 more calories and 10 to 12 grams more carbohydrates.</td>
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</table>
Grilled Chicken & Pineapple Sandwiches

MAKES 4 SERVINGS

4 boneless, skinless chicken breasts (6 ounces each)
2 tablespoons teriyaki sauce
4 slices pineapple (½” thick)
4 whole wheat kaiser rolls
½ medium red onion, thinly sliced
1 jalapeño, seeded and finely chopped (wear plastic gloves when handling)

1. Place the chicken in a resealable plastic bag, add enough teriyaki sauce to cover, and let it marinate in the refrigerator for at least 30 minutes (or up to 12 hours).

2. Preheat a grill or grill pan; it’s ready when you can’t hold your hand above the grate or pan for longer than 5 seconds. Remove the chicken from the marinade and place it on the grill. (Discard any remaining marinade.) Grill for 4 to 5 minutes, and flip. Continue cooking until the chicken is lightly charred and feels firm to the touch. Remove and set aside.

3. While the chicken is resting, place the pineapple slices and rolls on the grill. Toast the rolls lightly and cook the pineapple for about 2 minutes on each side, or until it’s soft and caramelized. Top each roll with the chicken and, if you like, drizzle on a bit of the teriyaki sauce from the bottle. Top the sandwiches with the pineapple, onion, and jalapeño.

NUTRITION FACTS

Protein 41 g  
Carbohydrates 32 g  
Fat 7 g  
Calories 350

Smart Additions

• Add ½ cup of fruit for 50 more calories and about 10 to 12 grams more carbohydrates or 1 whole fruit or 1 cup of fruit for 100 more calories and 20 to 25 grams more carbohydrates.

Roast Beef Pita with Cucumber Sauce

MAKES 1 SERVING

½ cup low-fat plain yogurt
½ cup cucumber, chopped
1 teaspoon fresh dill, or a sprinkle of dried
2 tablespoons hummus
1 small (4”) whole wheat pita, cut in half
3 ounces thin-sliced lean roast beef

1. In a small bowl, stir together the yogurt, cucumber, and dill.

2. Spread 1 tablespoon of the hummus in each pita half. Stuff each with an equal amount of the roast beef. Spoon the yogurt sauce into each pita half.

NUTRITION FACTS

Protein 36 g  
Carbohydrates 42 g  
Fat 17 g  
Calories 460

Smart Additions

• Add ½ cup of fruit for 50 more calories and about 10 to 12 grams more carbohydrates or 1 whole fruit or 1 cup of fruit for 100 more calories and 20 to 25 grams more carbohydrates.
**Burgers with Blue Cheese Sauce**

**MAKES 4 SERVINGS**

- 2 teaspoons olive oil
- 1 medium red onion, halved lengthwise and sliced
- Salt and ground black pepper
- 1¼ pounds 90% lean ground beef
- 1 tablespoon plus 2 teaspoons Worcestershire sauce
- 1 teaspoon onion powder
- ¼ teaspoon garlic powder
- 5 tablespoons chopped fresh flat-leaf parsley
- ¼ teaspoon salt
- ½ cup low-fat plain Greek yogurt
- 1½ ounces blue cheese, crumbled (about 1/3 cup)
- 1 teaspoon Dijon mustard
- 4 whole wheat hamburger buns
- 4 leaves green leaf lettuce
- 1 medium tomato, sliced

1. Heat the broiler and coat a baking sheet with cooking spray. Heat the oil in a medium skillet on medium-high heat. Add the onion and cook for about 8 minutes, stirring occasionally, until tender and lightly browned. Season to taste with the salt and pepper.

2. Combine the beef, Worcestershire, onion powder, garlic powder, 4 tablespoons of the parsley, salt, and pepper in a large bowl. Form into 4 patties, about 3” wide and ½” thick. Place on the prepared baking sheet and broil 6” from the heat for about 12 minutes, or until the patties feel firm and the centers are no longer pink, turning halfway through.

3. Mix the yogurt, blue cheese, mustard, and the remaining 1 tablespoon parsley in a small bowl. Spread the top halves of the buns with the yogurt mixture.

Top the bottom half of each bun with a patty, lettuce leaf, one-quarter of the onion, and a slice of tomato. Cover with the top halves of the buns and serve.

**NUTRITION FACTS**

- **Protein**: 36 g
- **Carbohydrates**: 31 g
- **Fat**: 19 g
- **Calories**: 436

**Smart Additions**

- Add 2 slices of bacon for 80 more calories, 8 grams more protein, and 8 grams more fat.
- Add 1 whole fruit or 1 cup of fruit for 100 more calories and 20 to 25 grams more carbohydrates.

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**Mediterranean Pizza with Smoked Ham**

**MAKES 4 SERVINGS**

- 1 thin (12”) whole wheat pizza crust
- ¼ cup jarred pesto
- 1 cup arugula or baby spinach
- 6 ounces uncured smoked ham, coarsely chopped
- ⅔ cup jarred sliced roasted red peppers
- ½ cup sliced olives (optional)
- ½ cup torn fresh basil
- 4 ounces goat cheese, crumbled
- Ground black pepper

1. Preheat the oven to 400°F. Place the pizza crust on a baking sheet and bake for 6 minutes. Remove and turn the oven to broil.

2. Spread the pesto on the crust. Top with the arugula or spinach, ham, red peppers, olives (if using), basil, and goat cheese. Season to taste with the black pepper. Broil for 1 minute, or until the toppings are hot.

**NUTRITION FACTS**

- **Protein**: 29 g
- **Carbohydrates**: 37 g
- **Fat**: 21 g
- **Calories**: 427

**Smart Additions**

- Add ½ cup of fruit for 50 more calories and about 10 to 12 grams more carbohydrates or 1 whole fruit or 1 cup of fruit for 100 more calories and 20 to 25 grams more carbohydrates.

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**Fig Panini**

**MAKES 1 SERVING**

- 1 ciabatta roll
- 4 thin slices ham
- 2 slices Swiss cheese
- 2 fresh figs, sliced
- 1 small handful arugula

1. Split the roll and layer the bottom half with 2 of the ham slices, the cheese, figs, arugula, and the remaining ham.

2. Top with the other half of the roll and heat in a panini press until the cheese melts.

**NUTRITION FACTS**

- **Protein**: 32 g
- **Carbohydrates**: 43 g
- **Fat**: 22 g
- **Calories**: 490

**Smart Additions**

- Add 2 more ounces of ham for 60 more calories and 10 grams more protein.
- Add ½ cup of fruit for 50 more calories and about 10 to 12 grams more carbohydrates.
These recipes are loaded with protein, which will help you feel satisfied before you head off to bed. But remember, the leftovers also make a great next day’s lunch. Please note how many serving sizes each recipe contains, and adjust accordingly. For example, the recipe for Simple Steak with Asparagus makes 1 serving, while the recipe for General Tso’s Chicken with Broccoli makes 4 servings. You can double the recipe to make twice the servings, or cut it in half to make fewer. Enjoy!

### Tomato- & Zucchini-Sauced Chicken

**MAKES 4 SERVINGS**

- 4 boneless, skinless chicken breasts (4 ounces each), pounded to ⅛” thickness
- Salt and ground black pepper
- 2 teaspoons olive oil
- 1 clove garlic, crushed
- 1½ cups chopped zucchini
- 1 teaspoon dried basil
- 1½ cups no-salt-added canned tomatoes

1. Sear the chicken in a skillet over medium-high heat (4 to 5 minutes per side), seasoning each side with a pinch of salt and pepper as the other side cooks. Remove the breasts from the skillet, and reduce the heat to medium.

2. Add the oil and garlic to the skillet and cook for about 30 seconds, stirring frequently and scraping with a spoon to release the browned bits left behind by the meat.

3. Add the zucchini and basil. Let the mixture rest for 1 minute.

4. Stir in the tomatoes and place the chicken breasts back in the skillet.

5. Cover and cook for 2 minutes more.

**NUTRITION FACTS**

- **Protein**: 28 g
- **Carbohydrates**: 6 g
- **Fat**: 4 g
- **Calories**: 166

### General Tso’s Chicken with Broccoli

**MAKES 4 SERVINGS**

- 1 pound boneless, skinless chicken breasts, cut into 1” cubes
- 2 tablespoons plus 2 teaspoons cornstarch
- 2 garlic cloves, minced
- 1 tablespoon minced fresh ginger
- 1 teaspoon canola oil
- ¼ cup reduced-sodium chicken broth
- 1 tablespoon reduced-sodium soy sauce
- 1 tablespoon hoisin sauce
- 1 tablespoon rice wine vinegar
- 1 tablespoon honey
- 1 tablespoon chili sauce, such as sriracha
- 4 cups steamed broccoli florets
- 2 cups cooked brown rice

1. Preheat the oven to 375°F. On a foil-lined baking sheet, toss the chicken chunks with 2 tablespoons of the cornstarch. Spread the cubes out and bake for about 12 minutes, or until they’re cooked through.

2. Meanwhile, in a medium saucepan, sauté the garlic and ginger in the oil on medium for 2 minutes, stirring often. Add the broth, soy sauce, hoisin, vinegar, honey, and chili sauce; simmer 3 minutes. Whisk the remaining 2 teaspoons cornstarch into 2 tablespoons water; add that and heat for about 30 seconds, or until the mixture has thickened.

3. Add the cooked chicken to the pan with the sauce and toss together. Serve with the broccoli and brown rice.

**NUTRITION FACTS**

- **Protein**: 33 g
- **Carbohydrates**: 37 g
- **Fat**: 6 g
- **Calories**: 311
**Korean-Style Pepper Steak**

**Makes 1 Serving**

- ½ pound sirloin, sliced diagonally into thin strips
- 1 cup bite-size pieces red or green bell pepper (or ½ cup of each)
- 1 cup bite-size pieces onion
- 2 tablespoons reduced-sodium soy sauce
- 1 teaspoon sugar
- 1½ teaspoons olive oil
- 1 clove garlic, crushed
- 1 teaspoon red-pepper flakes

1. Place all the ingredients (except rice) into a large resealable plastic bag. Shake well so that the soy sauce and oil coat everything in the bag.
2. Pour the meat, sauce, and vegetables into a medium-hot cast-iron skillet and cook for 2 to 3 minutes, stirring frequently until the meat is seared and the vegetables begin to lose their water. Serve on the rice.

**Nutrition Facts**

- Protein 35 g
- Carbohydrates 39 g
- Fat 26 g
- Calories 528

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**Simple Steak with Asparagus**

**Makes 1 Serving**

- 5–6 ounces NY strip or filet
- Salt and ground black pepper
- 6 stalks asparagus
- 2 teaspoons canola oil
- 2 teaspoons parmesan cheese

1. Preheat the oven to 425°F.
2. Season the steak with the salt and pepper on both sides. Place an oven-safe frying pan over medium-high heat. Once the pan is sufficiently hot (2 to 3 minutes), add the steak. Let sear for 4 to 5 minutes. Flip and sear on the other side for 3 to 4 minutes.
3. Toss the asparagus in the canola oil, spread out on a baking sheet, and season with the salt and pepper.
4. Place the baking sheet with the asparagus and the pan with the steak in the oven. Let the steak continue to cook until it reaches desired doneness (145° for medium-rare, 160° for medium). Remove from the oven and let it rest on a plate on the counter for 5 minutes to allow for the juices to reinfuse into the meat.
5. Continue roasting the asparagus for a total of 10 to 12 minutes. Remove from the oven and top with the cheese.

**Nutrition Facts**

- Protein 52 g
- Carbohydrates 4 g
- Fat 24 g
- Calories 442

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**Texas Chili**

**Makes 8 Servings**

- 3 pounds top round lean beef
- 1 tablespoon canola oil
- 2 cloves garlic
- 1 onion, diced
- 1 tablespoon cumin
- ¼ cup chili powder
- ½ teaspoon ground black pepper
- 2 teaspoons unsweetened cocoa powder
- 2 cans (4.5 ounces each) diced green chilies
- 1 chipotle pepper, diced (optional)
- 2 cans (6 ounces each) tomato paste
- 32 ounces low-sodium beef broth
- 1 cup water
- 5 scallions, chopped

1. Trim all visible fat from the beef. Cut the beef into 1” cubes.
2. Place the oil in a large saucepan over medium heat. Add the beef and sauté until it is browned on the edges. Remove the beef from the pan and place in a medium bowl.
3. Add the garlic and onion to the pan. Cook until the onion soften.
4. Add the beef back to the pan. Stir in the cumin, chili powder, black and red pepper, cocoa powder, chilies, chipotle pepper (if using) and tomato paste until thoroughly combined and the beef is well coated.
5. Add the beef broth and water to the pan. Cover and simmer for 45 minutes. Remove the lid and simmer 45 minutes longer. Top with the scallions before serving.

**Nutrition Facts**

- Protein 65 g
- Carbohydrates 22 g
- Fat 13 g
- Calories 438
**BBQ Shrimp**

**MAKES 4 SERVINGS**

1. **Clove garlic, crushed**
2. **Tablespoon Old Bay seasoning**
3. **Tablespoons extra-virgin olive oil**
4. **Teaspoons lemon juice**
5. **Large shrimp, peeled and deveined with tails left on**
6. **Large red bell pepper, cut into 1” pieces**
7. **Can (8 ounces) pineapple chunks, drained**
8. **Lime, cut into wedges**
9. **Chopped parsley**

1. Soak 12 bamboo or wooden skewers in water for 30 minutes.
2. Mix the garlic, Old Bay, oil, and lemon juice into a paste in a large bowl. Add the shrimp and toss to coat evenly.
3. Thread the shrimp, bell pepper, and pineapple onto the skewers. Place in a shallow dish, cover, and chill for 30 minutes.
4. Coat a grill with cooking spray before lighting the grill. Place the shrimp skewers on the grill and cook uncovered over medium heat for 3 minutes, turning once.
5. Continue to grill for another 4 minutes, or until the shrimp turn pink. Squeeze the lime juice over everything and sprinkle with the parsley.

**NUTRITION FACTS**

- **Protein**: 25 g
- **Carbohydrates**: 13 g
- **Fat**: 8 g
- **Calories**: 220

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**Italian Seafood Stew**

**MAKES 4 SERVINGS**

1. **Tablespoon olive oil**
2. **Bulb fennel, diced**
3. **Medium onion, diced**
4. **Clove garlic, roughly chopped**
5. **Teaspoon fennel seeds**
6. **Teaspoon red-pepper flakes**
7. **Can (28 ounces) whole peeled tomatoes**
8. **Ounces clam juice**
9. **Cup chicken stock**
10. **Cups red wine**
11. **Bay leaves**
12. **Teaspoon dried thyme**
13. **Pound firm white fish, such as halibut or cod, cut into chunks**
14. **Pound medium shrimp, peeled and deveined**
15. **Mussels, scrubbed and debearded**

1. Heat the oil in a large saucepan or pot over medium heat. Add the fennel, onion, garlic, fennel seeds, and red-pepper flakes and sauté until the vegetables are soft, about 5 minutes.
2. Lightly crush the tomatoes with your fingers (careful: juice may splatter from inside them) and discard the remaining tomato juice from the can. Add the tomatoes to the pan, along with the clam juice, chicken stock, wine, bay leaves, and thyme, and bring to a simmer. Cook for 5 minutes, taste, and adjust the seasoning with the salt and black pepper.
3. Place the fish, shrimp, and mussels in the pan. Cook for about 5 minutes, or until the fish is firm, the shrimp are pink, and the mussels are open. Serve with the reserved fennel fronds for garnish.

**NUTRITION FACTS**

- **Protein**: 48 g
- **Carbohydrates**: 24 g
- **Fat**: 10 g
- **Calories**: 436

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**The Big Salad**

**MAKES 1 SERVING**

1. **Cup romaine lettuce, shredded or chopped**
2. **Tablespoon red wine vinegar**
3. **Small tomato, diced**
4. **Cup chopped cucumber**
5. **Tablespoon crumbled blue cheese**
6. **Hard-boiled egg, diced**
7. **Avocado, cubed**

1. Toss the lettuce with the red wine vinegar in a medium bowl.
2. Place the lettuce on a plate and add the remaining toppings.

**NUTRITION FACTS**

- **Protein**: 47 g
- **Carbohydrates**: 20 g
- **Fat**: 25 g
- **Calories**: 478

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**Chicken Spinach Pita Pizza**

**MAKES 1 SERVING**

1. **Tablespoons marinara sauce**
2. **Large pita or other flatbread**
3. **Cup frozen spinach, thawed and drained**
4. **Cup crumbled feta cheese**
5. **Cup chopped cooked chicken breast**

Spread the marinara sauce over the pita. Top with the spinach, cheese, and chicken. Season with the salt and pepper. Bake at 375°F for 6 minutes.

**NUTRITION FACTS**

- **Protein**: 46 g
- **Carbohydrates**: 33 g
- **Fat**: 14 g
- **Calories**: 440
### Baked Ziti

**MAKES 4 SERVINGS**

- **1/2 pound whole wheat ziti**
- **1/2 pound boneless, skinless chicken breasts**
- **1 large onion, chopped**
- **1/4 cup sundried tomatoes, chopped**
- **2 cloves garlic, minced**
- **2 tablespoons balsamic vinegar**
- **1 can (28 ounces) tomatoes in a thick puree**
- **2 teaspoons Italian seasoning**
- **1 cup shredded reduced-fat mozzarella cheese**

1. Coat a 2½-quart baking dish with cooking spray. Preheat the oven to 350°F.
2. Cook the ziti according to the package directions. Place in a large bowl.
3. Heat a skillet coated with cooking spray over medium heat. Add the chicken and cook for 5 minutes, or until browned on all sides. Place the cooked chicken in a bowl.
4. Spray the skillet again and cook the onion and sundried tomatoes for 5 minutes, or until soft. During the last minute, add the garlic. Add the vinegar and cook for 3 minutes, stirring to loosen any bits that may be sticking to the pan. Stir in the canned tomatoes (including puree), Italian seasoning, and chicken. Simmer for 15 minutes. Add to the bowl with the ziti and toss.
5. Place half of the ziti mixture in the baking dish and top with 1/2 cup of the cheese. Add the remaining ziti, top with the remaining cheese, and bake for 25 minutes.

**NUTRITION FACTS**

- **Protein** 30 g
- **Carbohydrates** 52 g
- **Fat** 6 g
- **Calories** 370

### Cedar-Plank Grilled Salmon

**MAKES 4 SERVINGS**

- **2 wild salmon fillets** (about 1 1/2 pounds)
- **Salt and ground black pepper**
- **4 tablespoons grainy mustard**
- **6 tablespoons packed brown sugar**

1. Soak 1 or 2 cedar planks in cold water for 2 hours. Remove and shake off the water.
2. Rinse the salmon fillets under cold water and pat dry with paper towels. This removes the excess water, which can start to steam the fish.
3. Season the flesh side of the fillets with the salt and pepper. Using a brush, spread the mustard over the fish to cover. Make sure to get some on the thick vertical part of the fillet. Crush the brown sugar in a bowl with a fork, then sprinkle over the mustard.
4. Place the cedar planks on a medium-hot grill for 3 minutes, until you can smell smoke. Then turn the planks over and place the coated fillets on the planks skin side down. Cover the grill and cook for about 20 minutes, or until the fish is cooked through. (It should reach an internal temperature of 135°F.)
5. If your plank edges start to flame, mist with a spray bottle of water and move to a cooler part of the grill. When done, serve right from the plank.

**NUTRITION FACTS**

- **Protein** 43 g
- **Carbohydrates** 20 g
- **Fat** 15 g
- **Calories** 420

### Chicken Pad Thai

**MAKES 4 SERVINGS**

- **4 ounces flat brown rice noodles**
- **2 tablespoons low-sodium soy sauce**
- **2 tablespoons peanut butter, warmed**
- **1 tablespoon low-sodium fish sauce**
- **1 lime, quartered, for garnish**

1. Prepare the noodles according to the package instructions.
2. In a small bowl, combine the soy sauce, peanut butter, sriracha, and fish sauce.
3. In a large nonstick skillet, heat the oil over medium-high heat.
4. Cook the chicken, stirring often, for 5 minutes, or until no longer pink and the juices run clear. Add the garlic and cook for 30 seconds. Stir in the noodles and cook for 1 minute, or until hot. Add the soy sauce mixture and cook, tossing, for 1 minute. Stir in the scallions and remove from the heat.
5. Divide among 4 plates, garnishing each with 1/4 cup of the bean sprouts and sprinkling with the peanuts. Serve with the lime wedges.

**NUTRITION FACTS**

- **Protein** 26 g
- **Carbohydrates** 32 g
- **Fat** 15 g
- **Calories** 355
Chicken Stir-Fry

**MAKES 4 SERVINGS**

2 tablespoons canola oil  
1 pound ground chicken breast  
1 small onion, thinly sliced  
3 cloves garlic, minced  
1 tablespoon peeled and grated fresh ginger  
½ pound trimmed green beans, cut in half (about 3 cups loosely packed)  
½ pound broccoli crowns, cut into ½” pieces (about 3 cups)  
½ pound cabbage, thinly sliced (about 3 cups loosely packed)  
¼ pound shiitake mushrooms, thinly sliced (about 1¼ cups loosely packed)  
3 tablespoons reduced-sodium soy sauce  
2 tablespoons sriracha or other hot chili sauce  
1 tablespoon rice wine vinegar or lime juice  
3 scallions (green and white parts), thinly sliced  
1 tablespoon rice wine vinegar or lime juice  
3 scallions (green and white parts), thinly sliced  
1 bunch cilantro, stems removed, coarsely chopped  
¼ teaspoon salt (optional)  
¼ cup chopped peanuts

1. Heat a wok or large skillet over medium-high heat. Add 1 tablespoon of the oil. Add the chicken and cook for 5 minutes, or until no longer pink. Remove the chicken from the wok.

2. In the same pan, add the remaining 1 tablespoon oil and the onion. Cook for 2 to 3 minutes, or until the onion is translucent.

3. Add the garlic and ginger and cook for 1 minute, or until fragrant and golden, being careful not to let either burn.

4. Add the green beans, broccoli, cabbage, and mushrooms. Cook for 5 minutes, or until slightly tender.

5. Add the soy sauce, sriracha, and vinegar or lime juice. Cook for 2 to 3 minutes, or until reduced slightly.

6. Return the chicken to the wok. Add the scallions and cilantro. Remove the wok from the heat and add the salt, if using. Garnish with the peanuts.

**NUTRITION FACTS**

- **Protein**: 33 g  
- **Carbohydrates**: 23 g  
- **Fat**: 13 g  
- **Calories**: 318

Grilled Asparagus

**MAKES 4 SERVINGS**

1 pound asparagus, tough ends trimmed  
1½ tablespoons extra-virgin olive oil  
Salt and ground black pepper

Brush the asparagus with the oil and season with the salt and pepper. Grill over high heat for 3 to 4 minutes, turning once or twice, until tender and slightly charred.

**NUTRITION FACTS**

- **Protein**: 2 g  
- **Carbohydrates**: 4 g  
- **Fat**: 5 g  
- **Calories**: 70

Garlic Shrimp with White Beans & Tomatoes

**MAKES 4 SERVINGS**

1 pound shrimp, peeled and deveined  
4 tablespoons extra-virgin olive oil  
1 teaspoon pimentón (smoked paprika)  
3 cloves garlic, minced  
½ teaspoon red-pepper flakes  
1 bay leaf, broken into pieces  
1 can (14.5 ounces) petite-diced tomatoes, drained  
1 tablespoon tomato paste  
2 cans (15 ounces each) white beans, drained and rinsed  
1 cup chicken broth  
2 tablespoons chopped fresh parsley

1. Heat a large skillet over medium-high heat. In a bowl, toss the shrimp with 1 tablespoon of the oil and the pimentón. Add the shrimp to the skillet and cook, stirring frequently, for 1 to 2 minutes, or until golden pink and just cooked through. Add half of the garlic during the last few seconds of cooking. Spoon the shrimp into a bowl.

2. Return the skillet to the heat. Add 2 tablespoons of the oil, the red-pepper flakes, bay leaf, and the remaining garlic. Cook for just a few seconds, or until the garlic is fragrant and turns golden. Add the tomatoes and cook for 2 minutes, or until most of the liquid evaporates.

3. Add the tomato paste and cook until the mixture starts to darken. Add the beans and broth. Simmer for 4 to 5 minutes, or until it reaches a thick stew consistency. Stir in the shrimp and parsley. Continue cooking for 1 to 2 minutes, or until just heated through. Drizzle with the remaining 1 tablespoon oil. Serve immediately.
Go-To Spaghetti & Meatballs

**MAKES 4 SERVINGS**

- 8 OUNCES WHOLE WHEAT SPAGHETTI
- ¼ CUP GROUND FLAXSEEDS
- ¾ POUND 95% LEAN GROUND BEEF
- 2 CLOVES GARLIC, MINCED
- 2 TABLESPOONS GRATED PARMESAN CHEESE
- ½ TEASPOON DRIED OREGANO
- 1 EGG
- 1 SMALL ONION, CHOPPED
- 1½ CUPS MARINARA SAUCE
- 6 CUPS FRESH SPINACH

1. Prepare the spaghetti according to the package directions, omitting the salt.
2. In a large bowl, mix the flaxseeds, beef, garlic, cheese, and oregano with your hands until all ingredients are combined. Add the egg and mix until all ingredients are again combined. Form into 16 meatballs.
3. Heat a large nonstick skillet coated with cooking spray over medium heat. Cook the meatballs for 6 minutes, turning often, or until browned. Transfer to a clean platter and set aside.
4. Return the skillet to medium-high heat and add the chopped onion. Cook for 5 minutes, stirring often, or until softened. Add the marinara sauce. Bring to a boil, reduce the heat to medium low, cover, and simmer for 5 minutes, stirring often. Add the meatballs and cook for 8 minutes, or until a thermometer inserted in the center registers 160°F. Add the spinach to the sauce mixture, stir, and cook for 2 minutes.
5. Divide the spaghetti among 4 plates and top with the meatballs and sauce.

**NUTRITION FACTS**

- **Protein**: 36 g
- **Carbohydrates**: 54 g
- **Fat**: 12 g
- **Calories**: 446

Marinated Beef & Veggie Kebabs

**MAKES 4 SERVINGS**

- 1 TEASPOON PEELED AND GRATED FRESH GINGER
- 3 TABLESPOONS REDUCED-SODIUM SOY SAUCE
- ½ CUP DRY WHITE WINE
- 1 TABLESPOON HONEY
- 1 TABLESPOON EXTRA-VIRGIN OLIVE OIL
- 1 POUND SIRLOIN STEAK, TRIMMED OF FAT, CUT INTO 1½" CUBES
- 1 RED BELL PEPPER, CUT INTO 12 CHUNKS
- 1 YELLOW BELL PEPPER, CUT INTO 12 CHUNKS
- 1 SMALL EGGPLANT, CUT INTO 12 CUBES
- 1 RED ONION, CUT INTO 12 CHUNKS
- SALT AND GROUND BLACK PEPPER

1. Combine the ginger, soy sauce, wine, honey, and oil in a large resealable plastic bag. Seal the bag and shake it to mix the ingredients. Open the bag and add the beef, red and yellow bell peppers, eggplant, and onion. Seal it again and toss to coat with the marinade. Place the bag in the refrigerator and let the beef marinate for 1 hour, turning the bag over occasionally.
2. Coat a grill rack with cooking spray and preheat the grill to medium high. Assemble the kebabs on four 12" metal skewers or eight 6" wooden skewers (soak them in water for an hour or two before using), threading a few pieces of vegetables in between pieces of beef. Don’t overcrowd the skewers. Season to taste with the salt and pepper.
3. Grill the kebabs over medium-high heat, turning once or twice, for 8 minutes for medium-rare or 11 minutes for well-done, or until desired doneness.

**NUTRITION FACTS**

- **Protein**: 25 g
- **Carbohydrates**: 19 g
- **Fat**: 20 g
- **Calories**: 377

Brazilian Rice & Beans

**MAKES 4 SERVINGS**

- 2 TABLESPOONS OLIVE OIL
- 1 CUP CHOPPED ONION
- 1 TABLESPOON MINCED GARLIC
- 1½ TEASPOONS GROUND CUMIN
- ¼ TEASPOON SALT
- ¼ CUP CHOPPED BACON
- 3 CUPS CANNED BLACK BEANS OR RED KIDNEY BEANS, RINSED AND DRAINED
- 1 CUP LOW-SODIUM CHICKEN BROTH
- 2 CUPS COOKED BROWN RICE

Mix the oil, onion, garlic, cum-in, salt, and bacon in a large saucepan. Cook over medium heat, stirring occasionally, for 4 minutes, or until the onion is softened. Stir in the beans to coat with the seasonings. Add the broth. Reduce the heat to medium low. Cover and cook for 15 minutes for the flavors to blend. Serve over the rice.

**NUTRITION FACTS**

- **Protein**: 20 g
- **Carbohydrates**: 80 g
- **Fat**: 12 g
- **Calories**: 510
Glazed Pork Chops & Peaches

MAKES 4 SERVINGS

1/3 cup old grand-dad or other bourbon
1/4 cup honey
3 tablespoons low-sodium soy sauce
1 tablespoon brown sugar
1 tablespoon extra-virgin olive oil
1/2 teaspoon ground ginger
1/4 teaspoon red-pepper flakes
1/4 teaspoon ground black pepper

4 medium pork chops on the bone
2 peaches, halved and pitted

1. Mix the bourbon, honey, soy sauce, sugar, oil, ginger, red-pepper flakes, and pepper in a large bowl. Transfer about 6 tablespoons of the marinade to a small microwaveable bowl. Add the pork chops and peaches to the remaining marinade and toss to coat.

2. Grill the pork and peaches over medium-high heat and cook for 5 minutes on each side, or until the pork is done.

3. Microwave the remaining marinade on high for 90 seconds and spoon over the pork and peaches.

NUTRITION FACTS
Protein 28 g
Carbohydrates 30 g
Fat 9 g
Calories 360

Acorn Squash & Pork Loin

MAKES 2 SERVINGS

1 acorn squash, seeded and cut into 1" cubes
1/4 onion, thinly sliced
2–3 pitted dates, chopped
1 tablespoon extra-virgin olive oil
2 teaspoons salt
3 teaspoons cinnamon
1 pork loin (7 ounces)

1. Preheat the oven to 450°F.

2. Combine the squash, onion, dates, olive oil, 1 teaspoon of the salt, and 2 teaspoons of the cinnamon in a large bowl. Rub the pork with the remaining salt and cinnamon and place it on a baking sheet, surrounded by the squash mixture.

3. Roast the pork for 20 to 25 minutes, or until the squash is tender (check the pork after 20 minutes and remove if done).

NUTRITION FACTS
Protein 30 g
Carbohydrates 39 g
Fat 18 g
Calories 422

Roasted Halibut

MAKES 2 SERVINGS

2 fillets of halibut or other firm white fish (5 ounces each)
8 ounces marinated artichoke hearts
1 cup cherry tomatoes
1/2 lemon, cut into fourths
2 tablespoons olive oil
Salt and ground black pepper

1. Preheat the oven to 400°F.

2. Take 2 large sheets of aluminum foil, place a fillet in the center of each, and top equally with the artichokes, tomatoes, and onion. Squeeze a lemon quarter onto each fillet. Drizzle with the olive oil and top with salt and pepper, then fold the foil and seal to create a secure pouch.

3. Place the pouches on a baking sheet in the center of the oven and bake for 12 to 15 minutes, depending on how thick the fish is. Serve with the remaining lemon wedges.

NUTRITION FACTS
Protein 35 g
Carbohydrates 18 g
Fat 23 g
Calories 400

Glazed Pork Chops & Peaches

MAKES 4 SERVINGS

1/3 cup old grand-dad or other bourbon
1/4 cup honey
3 tablespoons low-sodium soy sauce
1 tablespoon brown sugar
1 tablespoon extra-virgin olive oil
1/2 teaspoon ground ginger
1/4 teaspoon red-pepper flakes
1/4 teaspoon ground black pepper

4 medium pork chops on the bone
2 peaches, halved and pitted

1. Mix the bourbon, honey, soy sauce, sugar, oil, ginger, red-pepper flakes, and pepper in a large bowl. Transfer about 6 tablespoons of the marinade to a small microwaveable bowl. Add the pork chops and peaches to the remaining marinade and toss to coat.

2. Grill the pork and peaches over medium-high heat and cook for 5 minutes on each side, or until the pork is done.

3. Microwave the remaining marinade on high for 90 seconds and spoon over the pork and peaches.

NUTRITION FACTS
Protein 28 g
Carbohydrates 30 g
Fat 9 g
Calories 360
Creamy Lasagna

**MAKES 12 SERVINGS**

- 15 OVEN-READY, RIPPLED-STYLE LASAGNA NOODLES (YOU’LL NEED TWO 8-OUNCE BOXES)
- 4 CUPS FILLING (SEE RECIPES BELOW)
- 1½ TEASPOONS DRIED BASIL
- 12 OUNCES CREAM CHEESE, SOFTENED
- ½ CUP CHICKEN OR VEGETABLE BROTH
- 4 CUPS MARINARA SAUCE
- 4 CUPS SHREDDED MOZZARELLA CHEESE
- ¾ CUP FRESHLY GRATED PARMESAN CHEESE

1. Adjust the oven rack to the lower-middle position and preheat the oven to 400°F.
2. Put 2 quarts of piping hot tap water in a 13” x 9” baking dish. Add the noodles and soak for 10 minutes, or until soft. Drain and set the noodles aside.
3. Meanwhile, prepare your choice of filling. Combine the filling with the basil, 8 ounces of the cream cheese, and ¼ cup of the broth.
4. In a small bowl, mix the remaining 4 ounces cream cheese with the remaining ¼ cup broth.
5. To assemble the lasagna, smear ¼ cup marinara sauce on the bottom of the baking dish, then assemble 4 layers in the following order: 3 lasagna noodles, a scant cup of marinara sauce, 1 cup of the chicken filling or a scant cup of the spinach-mushroom filling, ¾ cup mozzarella cheese, and 2 tablespoons Parmesan cheese.
6. Once assembled, top the lasagna with the remaining 3 noodles, the cream cheese–broth mixture, the remaining mozzarella, and ¼ cup Parmesan.
7. Cover the lasagna with foil coated with cooking spray. Bake for 40 to 45 minutes, or until bubbly throughout. Leaving the lasagna on the same rack, turn the oven to broil. Remove the foil and broil for 4 to 5 minutes, or until the lasagna is spotty brown. Remove from the oven. Let sit for 10 minutes, then cut into squares and serve.

- **Chicken Filling**
  Shred 4 cups cooked chicken in a medium bowl.

- **Spinach-Mushroom Filling**
  Heat 2 tablespoons extra-virgin olive oil in a large skillet over medium-high heat. Add 1 pound sliced mushrooms. Cook for 5 to 7 minutes, or until tender and well browned. Add 2 (10-ounce) packages thawed and squeezed-dry chopped frozen spinach. Continue to cook until heated through. Transfer to a medium bowl.

**Nutrition Facts**

- **(Chicken)**
  - Protein: 31 g
  - Carbohydrates: 27 g
  - Fat: 26 g
  - Calories: 470

- **(Spinach-Mushroom)**
  - Protein: 19 g
  - Carbohydrates: 30 g
  - Fat: 26 g
  - Calories: 439

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Steamed & Sautéed Sugar Snap Peas

**MAKES 4 SERVINGS**

- 1 POUND SUGAR SNAP PEAS, STEMS AND TOUGH STRINGS REMOVED
- ¼ CUP WATER
- 1 TABLESPOON EXTRA-VIRGIN OLIVE OIL
- SALT
- 2 TABLESPOONS CHOPPED FRESH MINT, OR ANY FRESH HERB
- 1½ TEASPOONS LEMON ZEST

1. In a large skillet, combine the snap peas, water, oil, and a pinch of salt. Heat on high and let the peas steam for 3 minutes, or until bright green and crisp-tender.
2. Once the water evaporates, continue to cook the peas, stirring frequently, for 2 minutes. Turn off the heat and stir in the mint and lemon zest.

**Nutrition Facts**

- Protein: 3 g
- Carbohydrates: 10 g
- Fat: 4 g
- Calories: 85

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IsoPure Protein Shake

**FOR 300 CALORIES:**

- Drink 1 serving.
- Drink 1 serving and eat 1 piece medium fruit.

**Nutrition Facts**

- Protein: 50 g
- Carbohydrates: 25 g
- Fat: 1 g
- Calories: 310

**FOR 200 CALORIES:**

- Drink 1 serving.

**Nutrition Facts**

- Protein: 50 g
- Carbohydrates: 0 g
- Fat: 1 g
- Calories: 210
**Mozzarella Cheese & Apple Slices**

- For 300 calories: Eat 2 ounces of mozzarella with 1 medium apple.

  **NUTRITION FACTS**
  - Protein 13 g
  - Carbohydrates 25 g
  - Fat 18 g
  - Calories 300

- For 200 calories: Eat 1 ounce of mozzarella with 1 medium apple.

  **NUTRITION FACTS**
  - Protein 7 g
  - Carbohydrates 25 g
  - Fat 9 g
  - Calories 200

**Nuts & Fruit**

- For 300 calories: Eat 1 serving of your favorite nut—for instance, almonds, peanuts, pistachios—or pumpkin or sunflower seeds, along with 1 large piece of fruit or 1 cup of fruit. (These nutrition facts are based on almonds and a large apple, but they’re in the ballpark for just about any alternative.)

  **NUTRITION FACTS**
  - Protein 21 g
  - Carbohydrates 22 g
  - Fat 6 g
  - Calories 210

- For 200 calories: Eat 2 ounces of cheese with 1 medium apple.

  **NUTRITION FACTS**
  - Protein 13 g
  - Carbohydrates 37 g
  - Fat 15 g
  - Calories 286

- For 200 calories: Eat 1 serving (about 1 tablespoon) of your favorite nut—for instance, almonds, peanuts, pistachios—or pumpkin or sunflower seeds, along with ½ large piece of fruit or ½ cup of fruit. (These nutrition facts are based on almonds and ½ large apple, but they’re in the ballpark for just about any alternative.)

  **NUTRITION FACTS**
  - Protein 7 g
  - Carbohydrates 25 g
  - Fat 9 g
  - Calories 200

**Turkey, Swiss & Hummus Wraps**

Simply place a slice of Swiss cheese on a cutting board and top it with 1 slice of deli turkey and 1 tablespoon of hummus. Roll it up (or just fold it in half) and eat.

- For 300 calories: Eat 2 wraps.

  **NUTRITION FACTS**
  - Protein 24 g
  - Carbohydrates 10 g
  - Fat 24 g
  - Calories 310

- For 200 calories: Eat 1 wrap, but make it with 2 slices of turkey instead of 1.

  **NUTRITION FACTS**
  - Protein 17 g
  - Carbohydrates 3 g
  - Fat 11 g
  - Calories 185

**Asiago Cheese & Pear Slices**

- For 300 calories: Eat 2 ounces of cheese with 1 medium pear.

  **NUTRITION FACTS**
  - Protein 12 g
  - Carbohydrates 19 g
  - Fat 18 g
  - Calories 280

- For 200 calories: Eat 1 tablespoon of peanut butter on 1 slice of whole wheat toast.

  **NUTRITION FACTS**
  - Protein 8 g
  - Carbohydrates 16 g
  - Fat 9 g
  - Calories 165

**Spicy Tuna & Crackers**

Mix tuna with salsa. Use Triscuits to scoop.

- For 300 calories: Eat 5.2 ounces of tuna (2 packets, or about 2 cans) mixed with a generous helping of salsa (to taste), along with 1 serving (1 ounce, per label) of Triscuits.

  **NUTRITION FACTS**
  - Protein 39 g
  - Carbohydrates 25 g
  - Fat 7 g
  - Calories 300

- For 200 calories: Eat 2.6 ounces of tuna (1 packet, or about 1 can) mixed with a generous helping of salsa (to taste), along with 1 serving (1 ounce, per label) of Triscuits.

  **NUTRITION FACTS**
  - Protein 21 g
  - Carbohydrates 22 g
  - Fat 6 g
  - Calories 210

**Peanut Butter on Toast**

- For 300 calories: Eat 2 tablespoons of peanut butter on 1 slice of whole wheat toast.

  **NUTRITION FACTS**
  - Protein 22 g
  - Carbohydrates 47 g
  - Fat 4 g
  - Calories 304

- For 200 calories: Eat 1 serving of plain Greek yogurt (such as 7 ounces of Fage 2%) with 1 cup of sliced strawberries.

  **NUTRITION FACTS**
  - Protein 21 g
  - Carbohydrates 20 g
  - Fat 4 g
  - Calories 199

**Yogurt with Fruit**

- For 300 calories: Eat 1 serving of plain Greek yogurt (such as 7 ounces of Fage 2%) with 1 cup of sliced strawberries and a medium banana.

  **NUTRITION FACTS**
  - Protein 22 g
  - Carbohydrates 47 g
  - Fat 4 g
  - Calories 304

- For 200 calories: Eat 1 serving of plain Greek yogurt (such as 7 ounces of Fage 2%) with 1 cup of sliced strawberries.

  **NUTRITION FACTS**
  - Protein 21 g
  - Carbohydrates 20 g
  - Fat 4 g
  - Calories 199

**ADDITIONAL SNACKS**

These 200- to 300-calorie snacks are good options for the free calories you have at your disposal at the end of the day.
Each week’s list shows all of the foods you’ll need to have on hand. Take a photo of it with your smartphone or write down a list, old-school. You may have some of these foods—especially the condiments, spices, and oils—on your shelves already. If so, just cross them off.

Week 1 lists some foods you’ll be using in Weeks 2 and/or 3, so we haven’t included them again. Just remember that if you switch some menus around, your shopping list will likely need updating.
### WEEK 2 SHOPPING LIST

**BREADS**
- 7-grain bread
- Rye bread
- 1 large pita
- 4 sesame buns
- Whole grain hoagie rolls
- Whole wheat hamburger buns

**PRODUCE**
- **FRESH HERBS**
  - Parsley

- **VEGETABLES**
  - ¼ lb asparagus
  - 1 green bell pepper
  - 3 red bell peppers
  - 1 yellow bell pepper
  - 1 small eggplant
  - 1 fennel bulb
  - 2 bulbs garlic
  - 4 cups kale
  - Romaine lettuce
  - 1¼ lb sliced mushrooms
  - 3 onions (cooking)
  - 2 red onions
  - 1 yellow squash
  - 1 tomato
  - 1 zucchini

- **FRUIT**
  - 7 pieces any fruit (men)
  - 8 oz chopped any fruit or berries (men)
  - 3 apples
  - Grapes
  - 1 lemon
  - 1 lime
  - 3 peaches
  - 1 pear
  - 8 oz strawberries

**CONDIMENTS**
- Apple cider vinegar
- Balsamic vinegar
- Hot sauce
- Ketchup
- Mustard, grainy and Dijon
- Worcestershire sauce

**SPICES**
- Bay leaves
- Fennel seeds
- Garlic powder
- Ground ginger
- Italian seasoning
- Old Bay seasoning
- Oregano
- Thyme

**FISH/SEAFOOD**
- 12–16 mussels, in shell
- 1½ lb shrimp
- 1 lb white fish (halibut, cod)
- 1½ lb wild salmon

**MEAT**
- 6 4-oz boneless, skinless chicken breasts
- ¾ cup cooked, chopped chicken breast
- 1 lb spicy chicken sausage
- 4 medium pork chops, with bone
- ¼ lb sliced deli roast beef
- 1 lb sirloin steak
- ¼ lb sliced reduced-sodium smoked deli turkey
- 1½ lb lean ground turkey

**REFRIGERATOR AISLE**
- 8 oz crumbled blue cheese
- ½ cup shredded Cheddar
- 1 dozen eggs
- 4 oz crumbled feta cheese
- 4 oz mozzarella, sliced
- 8 oz shredded mozzarella
- 8 oz Swiss cheese, sliced
- 1 small container plain Greek yogurt

**PACKAGED GOODS**
- 2 oz almonds, slivered
- 48 oz chicken broth
- 8 oz chicken stock
- 12 oz clam juice
- Dill pickles
- Lemon juice
- Small jar marinara sauce
- Peanut butter
- Pine nuts
- 8 oz canned pineapple chunks
- 8 oz wild rice
- 1 can sauerkraut
- Brown sugar
- 2 oz sundried tomatoes
- 28 oz whole canned tomatoes
- 28 oz canned tomatoes in puree
- Chopped walnuts
  - (5 oz men, 3 oz women)
- ½ lb whole wheat ziti

**FREEZER SECTION**
- 1 10-oz package frozen spinach

**ALCOHOL**
- Bourbon (½ cup)
- Red wine (1½ cups)
- White wine (¾ cup)
**WEEK 3 SHOPPING LIST**

**BREADS**
- 1 Ciabatta roll
- 8 6-inch corn tortillas
- 4 whole wheat hamburger buns
- 4 whole wheat kaiser rolls
- 1 4-inch whole wheat pita
- 1 12-inch whole wheat pizza crust, thin

**PRODUCE**

**FRESH HERBS**
- Basil
- Chives
- Cilantro
- Dill
- Flat-leaf parsley

**VEGETABLES**
- Arugula
- 1 avocado
- 8 oz fresh bean sprouts
- ½ lb green beans
- ½ lb broccoli crowns
- ½ lb cabbage
- 1 small cucumber
- 2 garlic bulbs
- 1 head any kind lettuce
- ¼ lb shiitake mushrooms
- 1 lb sliced mushrooms (women)
- 3 onions
- 2 red onions
- 2 jalapeño peppers
- 6 scallions
- 1 lb fresh spinach
- 8 oz cherry tomatoes
- 2 plum tomatoes
- 1 slicing tomato

**FRUIT**
- 13 pieces any kind of fruit (men)
  - Any chopped fruit or berries (8–12 oz men, 6–8 oz women)
- 1–2 apples
- 2 fresh figs
- Grapes
- 1 lime
- 1 lemon
- 1 mango
- Fresh pineapple
- 8 oz strawberries (women)

**CONDIMENTS**
- Low-sodium fish sauce
- Pesto
- Teriyaki sauce

**SPICES**
- Chipotle seasoning
- Onion powder
- Paprika
- Smoked paprika (pimentón)

**FISH/SEAFOOD**
- 2 5-oz halibut fillets
- 1 lb shrimp

**MEAT**
- Lean ground beef
  - (2 lb men, 1½ lb women)
- 1 lb ground chicken breast
- 4 cups cooked shredded chicken
- 6 6-oz boneless, skinless chicken breasts
- Uncured ham
  - (8 oz men, 4 oz women)
- 6 oz lean ham slices
- 1¼ lb pork tenderloin
- 3 oz lean deli roast beef

**REFRIGERATOR AISLE**
- 1½ oz crumbled blue cheese
- 12 oz cream cheese
- 1½ dozen eggs
- Hummus
- 4 cups shredded mozzarella
- ¾ cup freshly grated Parmesan cheese
- 1 slice Swiss cheese
- ½ cup plain Greek yogurt
- 1 cup plain low-fat yogurt

**PACKAGED GOODS**
- 2 oz almonds, slivered
- 8 oz marinated artichoke hearts
- 20 oz chicken broth
- ¼ cup canned black beans
- 2 15-oz cans white beans
- 2 14.5-oz cans black or red kidney beans
- ¼ cup ground flaxseeds
- 1 lb oven-ready rippled-style lasagna noodles
- 2 24-oz jars marinara sauce
- Olives
- Peanut oil
- ½ cup chopped peanuts
- 1 small jar roasted red peppers
- 4 oz flat brown rice noodles
- ½ lb Whole wheat spaghetti
- 1 14.5-oz petite-diced tomatoes
- Tomato paste
- 1 3-oz can chunk light tuna
- Chopped walnuts
  - (4 oz men, 2 oz women)

**FREEZER SECTION**
- 2 10-oz boxes frozen spinach (women)
FAST FOOD FOR FAT LOSS

We’re not suggesting that any of the following fast-food options are health food. And we’re not commenting on the quality of the meal. Nor is this an exhaustive list of the menu offerings that can fit your eating plan.

Our goal is simply to provide you with options that will keep you on track. They’re not necessarily perfect choices; think of them more like damage control. But you can certainly use this list to guide you when you’re in a hurry.

They’ll keep you close to your target calorie range and help you get a good dose of protein without carb overload. For more options—customized to your preferences—check any restaurant’s website for complete nutrition information that will allow you to create your own menu.

**McDONALD’S**

**Breakfast**

FOR MEN

- **Sausage McMuffin with Egg**
  - Protein: 26 g
  - Carbohydrates: 31 g
  - Fat: 23 g
  - Calories: 450

- **Steak Egg and Cheese McMuffin**
  - Protein: 26 g
  - Carbohydrates: 31 g
  - Fat: 23 g
  - Calories: 430

- **Southern Style Chicken Biscuit**
  - Protein: 17 g
  - Carbohydrates: 41 g
  - Fat: 20 g
  - Calories: 410

FOR WOMEN

- **Egg McMuffin**
  - Protein: 17 g
  - Carbohydrates: 31 g
  - Fat: 13 g
  - Calories: 300

- **Egg White Delight**
  - Protein: 18 g
  - Carbohydrates: 30 g
  - Fat: 8 g
  - Calories: 300

**Lunch & Dinner**

FOR MEN

- **Big Mac**
  - Protein: 24 g
  - Carbohydrates: 47 g
  - Fat: 27 g
  - Calories: 530

- **Quarter Pounder with Cheese**
  - Protein: 29 g
  - Carbohydrates: 42 g
  - Fat: 26 g
  - Calories: 520

- **McRib**
  - Protein: 22 g
  - Carbohydrates: 44 g
  - Fat: 26 g
  - Calories: 500

- **Chicken McNuggets (10 piece) + order of Apple Slices**
  - Protein: 22 g
  - Carbohydrates: 34 g
  - Fat: 30 g
  - Calories: 490

FOR WOMEN

- **Premium Grilled Chicken Club Sandwich**
  - Protein: 40 g
  - Carbohydrates: 44 g
  - Fat: 20 g
  - Calories: 510

- **Premium Grilled Chicken Classic Sandwich**
  - Protein: 28 g
  - Carbohydrates: 42 g
  - Fat: 9 g
  - Calories: 350

- **Premium McWrap Sweet Chili Chicken (Grilled)**
  - Protein: 27 g
  - Carbohydrates: 47 g
  - Fat: 10 g
  - Calories: 380

- **Southern Style Crispy Chicken Sandwich**
  - Protein: 21 g
  - Carbohydrates: 43 g
  - Fat: 19 g
  - Calories: 430

- **McDouble**
  - Protein: 23 g
  - Carbohydrates: 33 g
  - Fat: 19 g
  - Calories: 390
Premium Bacon Ranch Salad with Crispy Chicken
Protein: 26 g
Carbohydrates: 36 g
Fat: 22 g
Calories: 390

**STARBUCKS**

**Breakfast**

**FOR MEN**

- Bacon & Gouda Breakfast Sandwich
  Protein: 17 g
  Carbohydrates: 30 g
  Fat: 18 g
  Calories: 350

- Ham & Cheddar Breakfast Sandwich
  Protein: 20 g
  Carbohydrates: 31 g
  Fat: 16 g
  Calories: 350

**FOR WOMEN**

- Ham & Cheddar Breakfast Sandwich
  Protein: 20 g
  Carbohydrates: 31 g
  Fat: 16 g
  Calories: 350

- Spinach & Feta Breakfast Wrap
  Protein: 19 g
  Carbohydrates: 33 g
  Fat: 10 g
  Calories: 290

- Bacon & Gouda Breakfast Sandwich
  Protein: 17 g
  Carbohydrates: 30 g
  Fat: 18 g
  Calories: 350

**Lunch & Dinner**

**FOR MEN**

- BK Breakfast Muffin Sandwich
  Protein: 17 g
  Carbohydrates: 27 g
  Fat: 23 g
  Calories: 390

- Double Croissan'wich with Bacon, Egg & Cheese
  Protein: 17 g
  Carbohydrates: 32 g
  Fat: 27 g
  Calories: 440

- Ham, Egg & Cheese Biscuit
  Protein: 18 g
  Carbohydrates: 35 g
  Fat: 23 g
  Calories: 430

- Whopper
  Protein: 22 g
  Carbohydrates: 50 g
  Fat: 22 g
  Calories: 510

**FOR WOMEN**

- Ham & Swiss Panini
  Protein: 23 g
  Carbohydrates: 42 g
  Fat: 10 g
  Calories: 340

- Chicken Santa Fe Panini
  Protein: 26 g
  Carbohydrates: 45 g
  Fat: 12 g
  Calories: 410

- Roasted Tomato & Mozzarella Panini
  Protein: 15 g
  Carbohydrates: 44 g
  Fat: 18 g
  Calories: 390
Big King
Protein: 19 g
Carbohydrates: 38 g
Fat: 31 g
Calories: 530

Original Chicken Sandwich (without Mayo)
Protein: 29 g
Carbohydrates: 53 g
Fat: 36 g
Calories: 450

Chicken Nuggets
10-Piece with Barbecue Dipping Sauce
Protein: 21 g
Carbohydrates: 45 g
Fat: 29 g
Calories: 510

Chicken Caesar Garden Fresh Salad with Tendergrill and Dressing
Protein: 35 g
Carbohydrates: 20 g
Fat: 27 g
Calories: 450

Chicken Apple & Cranberry Garden Fresh Salad with Tendergrill and Dressing
Protein: 28 g
Carbohydrates: 34 g
Fat: 26 g
Calories: 480

Chicken BLT Garden Fresh Wrap—Crispy
Protein: 19 g
Carbohydrates: 42 g
Fat: 26 g
Calories: 470

FOR WOMEN
Double Cheeseburger
Protein: 16 g
Carbohydrates: 27 g
Fat: 19 g
Calories: 350

Bacon Double Cheeseburger
Protein: 17 g
Carbohydrates: 27 g
Fat: 21 g
Calories: 390

Tendergrill Chicken Sandwich
Protein: 31 g
Carbohydrates: 38 g
Fat: 16 g
Calories: 410

Chicken Strips
3-Piece with Barbecue Dipping Sauce
Protein: 15 g
Carbohydrates: 30 g
Fat: 20 g
Calories: 360

Ranch Crispy Chicken Wrap
Protein: 15 g
Carbohydrates: 30 g
Fat: 20 g
Calories: 360

Ham, Egg & Cheese on English Muffin
Protein: 17 g
Carbohydrates: 34 g
Fat: 8 g
Calories: 280

Bacon, Egg & Cheese on English Muffin
Protein: 16 g
Carbohydrates: 32 g
Fat: 10 g
Calories: 290

Egg White Turkey Sausage Flatbread
Protein: 19 g
Carbohydrates: 32 g
Fat: 8 g
Calories: 280

WENDY’S

Lunch & Dinner

FOR MEN
10-Piece Chicken Nuggets with Barbecue Dipping Sauce
Protein: 23 g
Carbohydrates: 35 g
Fat: 30 g
Calories: 495

10-Piece Spicy Chicken Nuggets with Barbecue Dipping Sauce
Protein: 25 g
Carbohydrates: 34 g
Fat: 28 g
Calories: 475

Double Stack
Protein: 29 g
Carbohydrates: 27 g
Fat: 25 g
Calories: 460

Apple Pecan Salad (Full Size) with Light Ranch Dressing
Protein: 36 g
Carbohydrates: 44 g
Fat: 23 g
Calories: 530

DUNKIN DONUTS

Breakfast

FOR MEN
Egg & Cheese on Biscuit
Protein: 14 g
Carbohydrates: 37 g
Fat: 23 g
Calories: 420

Egg & Cheese on Croissant
Protein: 15 g
Carbohydrates: 40 g
Fat: 24 g
Calories: 440
Spicy Chicken Caesar Salad (Half Size) with Lemon Garlic Caesar Dressing
- Protein: 22 g
- Carbohydrates: 28 g
- Fat: 29 g
- Calories: 450

 Asiago Ranch Chicken Club—Grilled
- Protein: 42 g
- Carbohydrates: 43 g
- Fat: 21 g
- Calories: 530

FOR WOMEN
- Jr. Bacon Cheeseburger
  - Protein: 20 g
  - Carbohydrates: 26 g
  - Fat: 19 g
  - Calories: 390

- Jr. Cheeseburger Deluxe
  - Protein: 17 g
  - Carbohydrates: 28 g
  - Fat: 19 g
  - Calories: 350

- Ultimate Chicken Grill
  - Protein: 34 g
  - Carbohydrates: 43 g
  - Fat: 7 g
  - Calories: 370

- Crispy Chicken Caesar Wrap
  - Protein: 16 g
  - Carbohydrates: 32 g
  - Fat: 24 g
  - Calories: 410

- Apple Pecan Salad (Half Size) with Pomegranate Vinaigrette
  - Protein: 19 g
  - Carbohydrates: 31 g
  - Fat: 26 g
  - Calories: 360

- Asian Cashew Chicken Salad (Full Size) with Asian Chili Vinaigrette
  - Protein: 39 g
  - Carbohydrates: 28 g

TACO BELL

FOR MEN
- Cheesy Gordita Crunch
  - Protein: 20 g
  - Carbohydrates: 40 g
  - Fat: 28 g
  - Calories: 490

- Chicken Quesadilla
  - Protein: 28 g
  - Carbohydrates: 39 g
  - Fat: 27 g
  - Calories: 510

- Steak Quesadilla
  - Protein: 28 g
  - Carbohydrates: 38 g
  - Fat: 28 g
  - Calories: 520

- Cantina Power Burrito: Chicken
  - Protein: 28 g
  - Carbohydrates: 43 g
  - Fat: 20 g
  - Calories: 460

- Cantina Power Burrito: Steak
  - Protein: 28 g
  - Carbohydrates: 41 g
  - Fat: 21 g
  - Calories: 470

FOR WOMEN
- Gordita Supreme: Chicken
  - Protein: 17 g
  - Carbohydrates: 31 g
  - Fat: 9 g
  - Calories: 270

- Chalupa Supreme: Chicken
  - Protein: 17 g
  - Carbohydrates: 31 g
  - Fat: 18 g
  - Calories: 350

- Chalupa Supreme: Steak
  - Protein: 17 g
  - Carbohydrates: 30 g
  - Fat: 19 g
  - Calories: 350

- Fresco Burrito Supreme: Steak
  - Protein: 19 g
  - Carbohydrates: 48 g
  - Fat: 9 g
  - Calories: 350

- Fresco Burrito Supreme: Chicken
  - Protein: 19 g
  - Carbohydrates: 49 g
  - Fat: 8 g
  - Calories: 330

- Chili Cheese Burrito
  - Protein: 16 g
  - Carbohydrates: 39 g
  - Fat: 16 g
  - Calories: 370

- Chicken Burrito
  - Protein: 16 g
  - Carbohydrates: 45 g
  - Fat: 18 g
  - Calories: 400

KFC

FOR MEN
- Doublicious with OR Filet
  - Protein: 30 g
  - Carbohydrates: 42 g
  - Fat: 27 g
  - Calories: 530

- EC Chicken Breast
  - Protein: 35 g
  - Carbohydrates: 20 g
  - Fat: 29 g
  - Calories: 490

- OR Thigh Value Box
  - Protein: 20 g
  - Carbohydrates: 42 g
  - Fat: 32 g
  - Calories: 540

FOR WOMEN
- Country Fried Steak with Peppered White Gravy
  - Protein: 13 g
Carbohydrates: 26 g  
Fat: 26 g  
Calories: 390

**Crispy Chicken BLT Salad with Fat-Free Ranch Dressing**  
Protein: 31 g  
Carbohydrates: 26 g  
Fat: 18 g  
Calories: 385

**OR Chicken Breast with an Order of Green Beans**  
Protein: 37 g  
Carbohydrates: 17 g  
Fat: 14 g  
Calories: 345

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**PANERA**

**Breakfast**

**FOR MEN**

- **Turkey Sausage, Egg White & Spinach Breakfast Sandwich**  
  Protein: 16 g  
  Carbohydrates: 52 g  
  Fat: 12 g  
  Calories: 410

- **Egg & Cheese on Ciabatta**  
  Protein: 19 g  
  Carbohydrates: 43 g  
  Fat: 15 g  
  Calories: 390

- **Ham, Egg & Cheese on Whole Grain**  
  Protein: 16 g  
  Carbohydrates: 31 g  
  Fat: 15 g  
  Calories: 340

**Lunch & Dinner**

**FOR MEN**

- **Half Steak & White Cheddar Panini on French Baguette**  
  Protein: 26 g  
  Carbohydrates: 52 g  
  Fat: 18 g  
  Calories: 480

- **Roasted Turkey & Avocado BLT on Sourdough**  
  Protein: 37 g  
  Carbohydrates: 48 g  
  Fat: 19 g  
  Calories: 510

- **Fuji Apple Chicken Salad**  
  Protein: 32 g  
  Carbohydrates: 35 g  
  Fat: 34 g  
  Calories: 550

**FOR WOMEN**

- **Half Frontega Chicken Panini on Focaccia**  
  Protein: 23 g  
  Carbohydrates: 42 g  
  Fat: 15 g  
  Calories: 390

- **Half Chipotle Chicken Panini on French**  
  Protein: 27 g  
  Carbohydrates: 36 g  
  Fat: 19 g  
  Calories: 420

- **Half Bacon Turkey Bravo on Tomato Basil**  
  Protein: 26 g  
  Carbohydrates: 42 g  
  Fat: 13 g  
  Calories: 390

- **Half Smokehouse Turkey on Three Cheese Panini**  
  Protein: 27 g  
  Carbohydrates: 34 g  
  Fat: 13 g  
  Calories: 360

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**SUBWAY**

**Lunch**

**FOR MEN**

- **6” Tuna Sandwich**  
  Protein: 20 g  
  Carbohydrates: 44 g  
  Fat: 25 g  
  Calories: 480

- **6” BLT Sandwich and Roast Beef Salad**  
  Protein: 34 g  
  Carbohydrates: 54 g  
  Fat: 13 g  
  Calories: 460

- **6” Philly Cheesesteak**  
  Protein: 38 g  
  Carbohydrates: 51 g  
  Fat: 17 g  
  Calories: 500

- **6” Spicy Italian**  
  Protein: 20 g  
  Carbohydrates: 46 g  
  Fat: 24 g  
  Calories: 480

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**FIVE GUYS**

**Dinner**

**FOR MEN**

- **Little Cheeseburger**  
  Protein: 27 g  
  Carbohydrates: 40 g  
  Fat: 32 g  
  Calories: 550

- **Little Bacon Burger**  
  Protein: 27 g  
  Carbohydrates: 39 g  
  Fat: 33 g  
  Calories: 560

- **Hot Dog**  
  Protein: 18 g  
  Carbohydrates: 40 g  
  Fat: 35 g  
  Calories: 545

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**FOR WOMEN**

- **Little Hamburger**  
  Protein: 23 g  
  Carbohydrates: 39 g  
  Fat: 26 g  
  Calories: 480
FOR WOMEN

- 6” Steak and Cheese
  Protein: 26 g
  Carbohydrates: 48 g
  Fat: 10 g
  Calories: 380

- 6” Subway Melt
  Protein: 23 g
  Carbohydrates: 47 g
  Fat: 11 g
  Calories: 370

- 6” Italian BMT
  Protein: 20 g
  Carbohydrates: 46 g
  Fat: 16 g
  Calories: 410

FOR MEN

- Chick-n-Strips (4-Count) and Barbecue Sauce
  Protein: 43 g
  Carbohydrates: 32 g
  Fat: 24 g
  Calories: 515

- Nuggets (12-Count) with Barbecue Sauce
  Protein: 41 g
  Carbohydrates: 26 g
  Fat: 19 g
  Calories: 445

- Grilled Chicken Club Sandwich
  Protein: 38 g
  Carbohydrates: 41 g
  Fat: 14 g
  Calories: 440

- Chick-n-Minis (3-Count) with Barbecue Sauce
  Protein: 33 g
  Carbohydrates: 27 g
  Fat: 18 g
  Calories: 405

CHICK-FIL-A

Breakfast

FOR MEN

- Chicken Breakfast Burrito
  Protein: 23 g
  Carbohydrates: 43 g
  Fat: 19 g
  Calories: 440

- Chicken Biscuit
  Protein: 16 g
  Carbohydrates: 48 g
  Fat: 20 g
  Calories: 440

FOR WOMEN

- Chick-n-Minis (3)
  Protein: 15 g
  Carbohydrates: 30 g
  Fat: 11 g
  Calories: 280

Lunch & Dinner

FOR MEN

- Steak Burrito with Taco with Fajita Vegetables, Romaine Lettuce, and Fresh Tomato Salsa
  Protein: 39 g
  Carbohydrates: 58 g
  Fat: 17 g
  Calories: 535

- Chicken Burrito with Taco with Fajita Vegetables, Romaine Lettuce, and Fresh Tomato Salsa
  Protein: 41 g
  Carbohydrates: 52 g
  Fat: 7 g
  Calories: 420

- Chicken Salad with Pinto Beans, Cheese, and Fresh Tomato Salsa
  Protein: 46 g
  Carbohydrates: 29 g
  Fat: 16 g
  Calories: 425

FOR WOMEN

- 6" Steak and Cheese
  Protein: 26 g
  Carbohydrates: 48 g
  Fat: 10 g
  Calories: 380

- 6” Subway Melt
  Protein: 23 g
  Carbohydrates: 47 g
  Fat: 11 g
  Calories: 370

- 6” Italian BMT
  Protein: 20 g
  Carbohydrates: 46 g
  Fat: 16 g
  Calories: 410

CHIPOTLE

Lunch & Dinner

FOR MEN

- Steak Burrito with Taco with Fajita Vegetables, Romaine Lettuce, and Fresh Tomato Salsa
  Protein: 39 g
  Carbohydrates: 58 g
  Fat: 17 g
  Calories: 535

- Chicken Burrito with Taco with Fajita Vegetables, Romaine Lettuce, and Fresh Tomato Salsa
  Protein: 41 g
  Carbohydrates: 52 g
  Fat: 7 g
  Calories: 420

- Chicken Salad with Pinto Beans, Cheese, and Fresh Tomato Salsa
  Protein: 46 g
  Carbohydrates: 29 g
  Fat: 16 g
  Calories: 425

FOR WOMEN

- 6" Steak and Cheese
  Protein: 26 g
  Carbohydrates: 48 g
  Fat: 10 g
  Calories: 380

- 6” Subway Melt
  Protein: 23 g
  Carbohydrates: 47 g
  Fat: 11 g
  Calories: 370

- 6” Italian BMT
  Protein: 20 g
  Carbohydrates: 46 g
  Fat: 16 g
  Calories: 410
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