



BODY BURN 30

NUTRITION GUIDE



BODY BURN 30 EATING PLAN PRINCIPLES

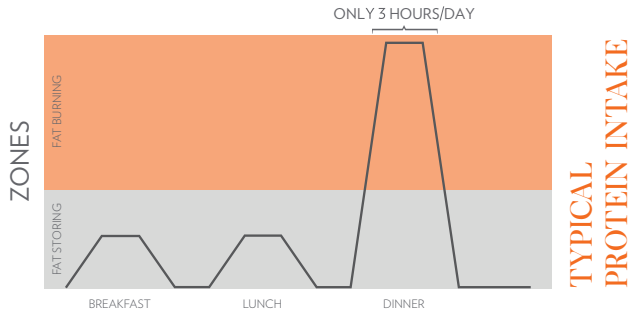


An important part of the Body Burn Program is the simple eating plan—a scientifically-advanced, safe, and balanced plan designed to promote healthy weight management. There are **three guiding** principles that will help you create your eating plan: **Protein Intake, Calorie Awareness, and Selecting the Best Options.**

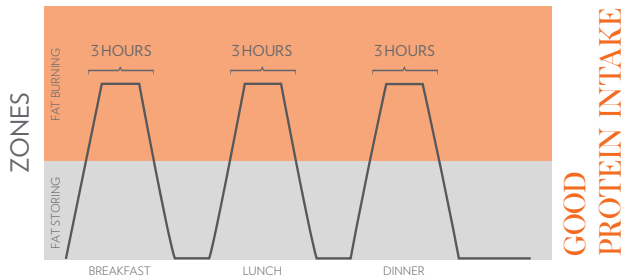
PROTEIN INTAKE

The Body Burn eating plan focuses on improving metabolism and maintaining and building lean muscle mass by **leveraging lean proteins that help your body burn rather than store the food you eat.** Many people eat most of their protein later in the day, but this program encourages you to **eat lean protein evenly spaced throughout the day to help maximize your metabolism.**

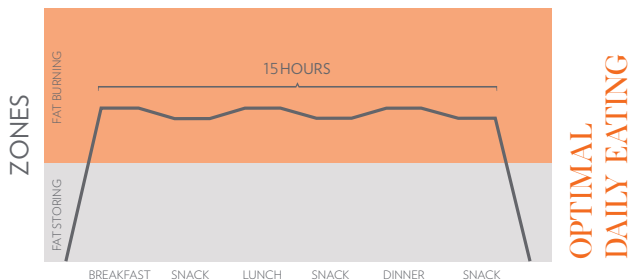
Below are three graphs that illustrate the benefits of eating protein evenly throughout the day to keep your body in the fat-burning zone.



Most people consume the majority of their daily protein during their main meal, typically dinner. Consequently, they only surpass the 30 gram threshold required to keep their body in the fat-burning zone once per day, or for **approximately 3 hours**.



To provide your body with the optimal amounts of protein necessary to stay in the fat-burning zone, consume at least **30 grams of protein** at each of your three main meals. This will keep your body in a fat-burning zone for **up to 9 hours per day**.

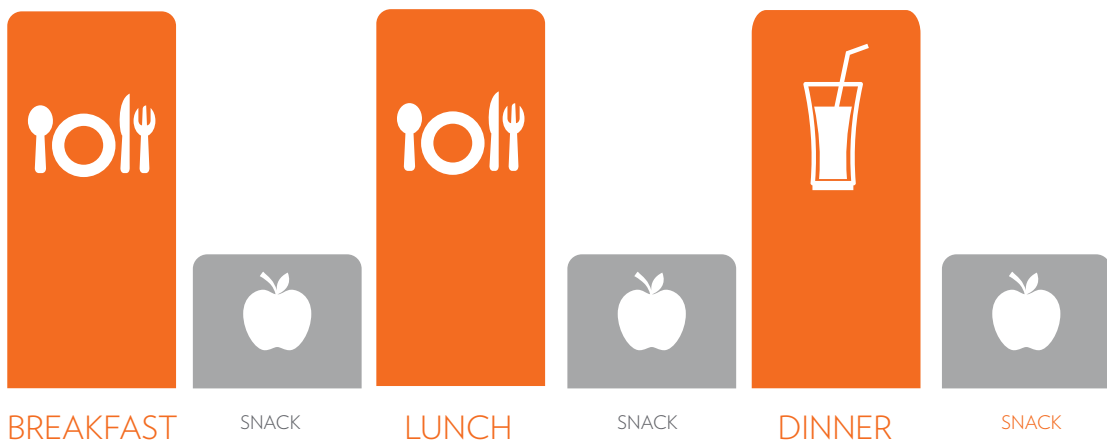


1-2 hours after eating a meal that contains **30 grams of protein**, a snack will extend the time that you are in the fat-burning zone for an additional 2 hours. So, for every meal you consume with **30 grams of protein**, you can be in the fat-burning zone for up to 5 hours. By adding a snack following each of your three meals, you can be in the fat-burning zone for **up to 15 hours per day**.

30 /30 /30- OPTIMAL PROTEIN INTAKE

Consuming optimal protein throughout the day is an important step in making a healthy transformation. A simple way for you to remember how much protein you need each day is **30 /30 /30** :

30 grams of protein in each meal, 3 times a day. Making sure you consume **30 grams** of protein at breakfast, lunch, and dinner will help maintain muscle mass (your body's metabolic engine) to keep you in the fat-burning zone.



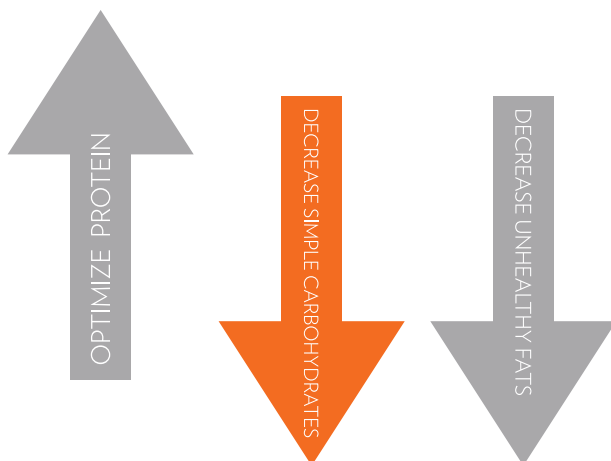
CALORIE AWARENESS

Not all calories are created equal. Eating the right combination of macronutrients is important for body transformation. Optimizing your protein intake throughout the day is essential to staying in the fat-burning zone. Just as important, is being aware that overall daily calorie consumption is key to your transformation. Put an emphasis on calories from protein and complex carbohydrates, and reduce calories from simple carbohydrates (carbs) and fats, especially unhealthy fats.

TYPICAL DIET: DECREASE IN ALL NUTRIENTS



TR90 PROGRAM: OPTIMIZE PROTEIN (30/30/30), DECREASE SIMPLE CARBS AND UNHEALTHY FATS



SELECTING THE BEST OPTIONS

Making the best food choices as you follow the eating plan is essential to your success on the Body Burn 30 program. Here are some examples of food in the same category but with different nutritional values

4 oz. of **steak** has 30 grams of protein and 229 calories.

4.5 oz. of **chicken** has 30 grams of protein and 165 calories.

3.5 oz. of **fish** has 30 grams of protein and 141 calories.

HOW DO YOUR FOODS COMPARE?

MINIMIZE	GOOD	BEST
 STEAK	 CHICKEN	 FISH
 PEANUT BUTTER	 ALMONDS	 GREEK YOGURT
 WHITE RICE	 BROWN RICE	 QUINOA
 FRUIT JUICE	 DRIED FRUIT	 FRESH FRUIT



BODY BURN 30

3-2-1 EATING PLAN

BODY BURN 3-2-1 EATING PLAN

Now that you understand the importance of protein intake, calorie awareness, and selecting the best options, you can start putting together your daily eating using the simple 3-2-1 eating plan. Each section is designed to help you easily remember how to structure your daily eating.

3 SNACKS A DAY



The ageLOC TR90 program recommends three small, healthy snacks between larger meals. Eating quality snacks can help reduce hunger and overeating and will help you maintain healthy energy levels while keeping you in the fat-burning zone.

100 CALORIE SNACK IDEAS

VEGETABLES

- 1/2 cup edamame (shelled)
- 2 cups grilled zucchini
- 1 small ear of corn
- 1 cup carrots with 2 tablespoon hummus
- 2 cups raw vegetables (carrots, broccoli, celery, cucumber, tomatoes, sugar snap peas), with 2 tablespoons light dressing
- 2 cups green beans or 1 cup steamed green beans
- 2 cups cauliflower, 2 tablespoon light dressing
- 1 cup red bell pepper dipped in 2 tablespoon hummus



FRUIT

- 1/2 large grapefruit
- 1 medium peach
- 1 medium pear
- 1 cup mango chunks
- 2 plums
- 1 1/2 cups strawberries or 1 cup frozen strawberries
- 1 cup raspberries
- 1 1/2 cups watermelon, cantaloupe, or honeydew melon
- 1 1/2 cups red or green grapes or 1 cup frozen grapes



- 2 kiwis
- 1/2 cup nonfat greek yogurt with a teaspoon of honey
- 1 medium orange or 2 clementine oranges
- 1 medium apple
- 15 cherries
- 1 large nectarine
- 1 cup blueberries
- 1 cup of pineapple –grill it for 2 minutes on each side for a new taste
- 1 cup unsweetened applesauce
- 3/4 cup unsweetened apple chips



NUTS AND SEEDS

- 2 tablespoons sunflower seeds
- 25 pistachios
- 14 almonds
- 17 peanuts
- 10 hazelnuts



DAIRY/POULTRY

- 1 reduced-fat mozzarella string cheese
- 1 cup skim milk
- 6 ounces lowfat Greek yogurt
- 1 egg, hard boiled or scrambled



QUICK SNACK MIXES

- 1 cup sliced bell pepper with 2 tablespoons hummus
- 1 egg with a half slice of whole wheat toast
- 4 slices smoked turkey dipped in 2 teaspoons honey mustard
- 1/2 cup nonfat cottage cheese with 1/2 cup fresh pineapple or mango

Cucumber salad - one large sliced cucumber with 2 tablespoons chopped red onion and 2 tablespoons apple-cider vinegar

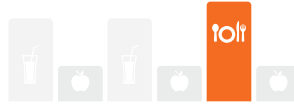
Lettuce wrap - two slices of ham with 2 teaspoons honey mustard rolled in a romaine or iceberg lettuce leaf

Caprese salad - 1 ounce fresh mozzarella with 1/2 cup cherry tomatoes and 2 teaspoons balsamic vinegar

Spicy black beans - 1/4 cup black beans with 1 tablespoon salsa and 1 tablespoon non-fat Greek yogurt

Strawberry salad - 1 cup raw spinach with 1/2 cup sliced strawberries and 1 tablespoon balsamic vinegar

2 HEALTHY MEALS A DAY



Your body requires a variety of nutrients to maintain proper health, especially when working to make weight maintenance and body shaping changes. At least once a day, eat a well-balanced meal. Your meal should consist of a lean protein, an abundance of vegetables, a moderate amount of fruit, and a small portion of grains. For best results, avoid high-fat foods, fried foods, processed foods, sweets, and sauces. To help create a balanced, healthy meal, use the portion guide on the opposite page for correct serving sizes.



1 SHAKE A DAY



One of your meals should be supplemented with ageLOC TR90 Protein Boost, which is a quick, easy source of quality lean protein. It is important to add additional protein as needed to make sure you are getting 30g of protein with each shake. For example, you can add an extra scoop of Protein Boost, or add protein from other food sources like Greek yogurt or milk.

HOW TO BUILD A SIMPLE SHAKE

 +  = 15g protein
1 SCOOP PROTEIN BOOST WATER

 +  = 16g protein
1 SCOOP PROTEIN BOOST ALMOND MILK

 +  = 23g protein
1 SCOOP PROTEIN BOOST SKIM MILK

 +  +  = 23g protein
1 SCOOP PROTEIN BOOST SKIM MILK STRAWBERRIES

 +  +  = 30-35g protein
1 SCOOP PROTEIN BOOST SKIM MILK GREEK YOGURT

PORTION GUIDE

Use these hand portions as a serving size guide to help build your healthy meal.

PROTEIN

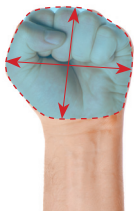
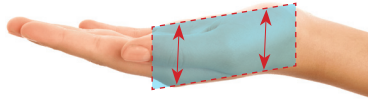
Use the 30 grams per meal (30/30/30) guideline. If you do not have a way to measure grams, use these hand portion guides:



MEAT SOURCES:

Size and Thickness of palm of hand

Examples: chicken breast, pork chop, fish fillet

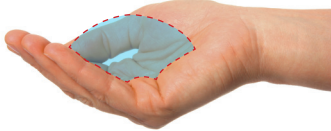


NON-MEAT SOURCES:

Size and thickness of fist.

Examples: lowfat cottage cheese, unsweetened Greek yogurt

GRAINS, NUTS, FRUITS AND VEGETABLES

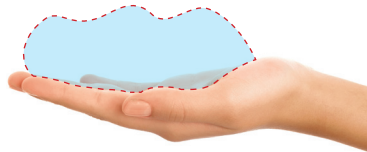


LEGUMES, WHOLE GRAIN BREAD, NUTS:

Amount that can fit into cupped hand

Examples: quinoa, brown rice, or almonds

When determining portion sizes of grains, cupped hand refers to fully-prepared grains (not dry and uncooked).



FRUITS AND VEGETABLES:

Amounts that can be held by open palm

Examples: asparagus, carrots, or grapes

FIVE IMPORTANT TIPS*

As you follow the BODY BURN 30 eating plan, here are some important tips to keep you on track.

1. Do not skip meals. Start each morning with 30 grams of protein.
2. Consume the recommended portions from each food group.
3. Eat your food slowly to recognize when you feel full faster to avoid overeating.
4. Stay hydrated throughout the day by drinking plenty of water: at least six, eight ounce (250 ml) glasses daily.
5. Choose the “BEST” food options
 - a. Select foods that are high in fiber to help you feel full longer.
 - b. Don't eat fried, sugary, high-fat, or highly-processed foods since they are high in calories.
 - c. Read food labels carefully to get as much protein and as little sugar as possible.
 - d. Increase vegetable intake whenever possible. The low-caloric density of vegetables allows you to eat plenty without sabotaging your weight management efforts. Additionally, the fiber content in vegetables can help you feel full.

* Always consult a physician if you have allergies or any medical conditions before you change your diet.





SHAKE AND MIX RECIPES

EXAMPLE SHAKE RECIPES

Each scoop of protein contains only 15g of protein. Make sure to add other sources of protein like milk, greek yogurt, almonds, oats, etc. to increase your shakes to 30g of protein. All these delicious shake recipes are under 250 calories!



VANILLA PEAR

- 1 1/2 cups water
- 1 cup sliced pears
- 1 cup ice
- 1 scoop ageLOC TR90 Protein Boost



VANILLA GREEK YOGURT

- 1/2 cup water
- 1 six-ounce container 0% fat plain Greek yogurt
- 1 scoop TR90 Protein Boost



VANILLA COCONUT

1 1/2 cups coconut water

1 scoop ageLOC TR90 Protein Boost



PEACH VANILLA

2 cups water

1 cup sliced peaches

1 cup ice

1 scoop TR90 Protein Boost



MELON CON VANILLA

- 1 1/2 cups water
- 1 cup diced fresh cantaloupe
- 1 scoop ageLOC TR90 Protein Boost



STRAWBERRY VANILLA

- 1 1/2 cups water
- 1 cup strawberries (fresh or frozen)
- 1 cup ice
- 1 scoop TR90 Protein Boost



PINEAPPLE SURPRISE

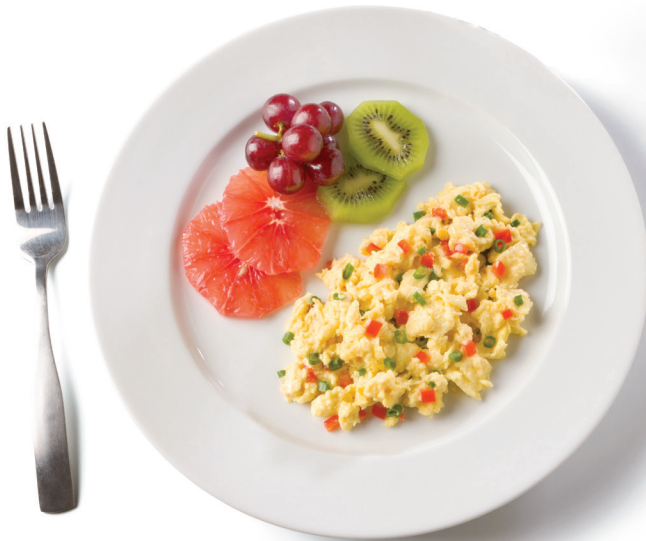
1 1/2 cups water
1 cup baby spinach
1/2 cup fresh pineapple
1 scoop TR90 Protein Boost



VANILLA ORANGE-BERRIES

2 cups water
1/2 cup frozen berries (strawberries,
blackberries, and raspberries)
1/2 an orange
1 cup ice
1 scoop TR90 Protein Boost

MEAL EXAMPLE RECIPES



SCRAMBLED EGGS

- 4 eggs or 8 egg whites
- 1 tablespoon cold water
- 2 tablespoons diced red bell pepper
- 2 tablespoons finely chopped green onion
- 1 teaspoon olive oil

Calories	461
Protein	29g
Carb	9g
Fat	35g

Mix eggs and cold water until well beaten. Sautee peppers and onion in a non-stick skillet with olive oil just until colors are bright. Add egg mixture and scramble to your desired taste. Season to taste with salt and pepper. Serve with colorful selection of your favorite fruits.



YOGURT PARFAIT

12 oz. plain Greek yogurt (sweeten with two drops of vanilla flavored stevia liquid if desired)

1/3 cup diced mixed fresh fruit

1/4 cup rolled oats

1/2 teaspoon agave nectar

Calories	300
Protein	36g
Carb	36g
Fat	1g

Toss oats with agave nectar until they are well coated. Spread out on a cookie sheet treated with non-stick cooking spray and bake in a oven at 350°F / 177°C until lightly toasted (about seven minutes). Let cool. Layer yogurt and fruit in a parfait glass and top with toasted oats.



POACHED EGG AND VEGETABLES

1 piece whole grain toast

1 teaspoon olive oil

1 cup sliced crimini mushrooms

1/4 teaspoon salt-free seasoning blend (Mrs. Dash, Chef's Shake, etc.)

6 spears asparagus (try to find skinny, pencil asparagus), trim off tough ends

Juice of 1/2 lemon

2 eggs + 2 egg whites

In a small non-stick sauté pan that is just big enough to hold the asparagus, sauté the crimini mushrooms in olive oil until nicely browned, season with salt-free seasoning, and place on top of toast on serving plate. Without washing out the pan, bring water (just enough to cover the asparagus) with lemon juice and a dash of salt, to a light boil. Poach asparagus in seasoned water until just tender. Remove and place on mushrooms. Lower heat to a low simmer and gently poach the egg so that the white is just barely set and the yolk is still runny. Place egg on top of asparagus. Season with salt and pepper to taste.

Calories	360
Protein	28g
Carb	26g
Fat	16g



EGGS FLORENTINE

- 1/2 whole grain English muffin toasted
- 1 cup fresh spinach
- 1/2 clove fresh garlic minced (divide in half)
- 1 teaspoon olive oil
- 1 egg (cooked as you like)
- 1/2 cup skim milk
- 3/4 teaspoon cornstarch dissolved in 2 teaspoons cold water
- 1/2 cup shredded Parmesan cheese

Calories	509
Protein	40g
Carb	31g
Fat	25g

Place English muffin on serving plate. Sauté spinach and half the garlic in the olive oil until spinach is just wilted. Place on top of English muffin. Place cooked egg on top of spinach. Bring milk and remaining garlic just to a boil and thicken with cornstarch mixture, stirring constantly. Reduce heat and simmer one minute. Remove from heat and add cheese, stirring to melt. Pour sauce over egg.



SESAME CHICKEN STRIPS

3 oz. boneless skinless chicken breast

Salt and pepper

1 beaten egg white

1 tablespoon sesame seeds

2 tablespoons soy sauce

1/2 teaspoon finely chopped fresh ginger

Preheat oven to 400° F / 205 C°. Cut chicken breast into three strips, and season with salt and pepper. Dip each strip in egg white and then roll in sesame seeds to coat evenly. Place on a non-stick baking sheet and bake until fully cooked, approximately 12 minutes. Combine soy sauce and ginger and serve on the side for dipping.

Calories	168
Protein	29g
Carb	4g
Fat	4g

CASHEW CHICKEN SALAD ON MIXED GREENS WITH FRESH FRUIT

- 3 oz. boneless, skinless chicken breast
- 1 cup low sodium chicken broth or stock
- 1/2 tablespoon diced yellow onion
- 1 tablespoon diced celery
- 1 handful quartered red grapes (8 or so)
- 1/2 tablespoon olive oil mayonnaise
- 1/8 teaspoon fresh thyme leaves
- 1/4 teaspoon finely chopped fresh parsley
- 1/4 cup roasted, salted cashews
- Salt and cayenne pepper to taste
- 1 cup mixed lettuces
- 1/2 teaspoon red wine vinegar
- 1/2 teaspoon olive oil
- 1/4 teaspoon Dijon mustard
- 1/8 teaspoon agave nectar
- 1 serving colorful fruit of your choice

Calories	449
Protein	29g
Carb	36g
Fat	21g



Poach chicken in chicken broth until fully cooked. Remove and cool, saving broth for another use, perhaps for the mashed sweet potatoes (page 78). Finely dice chicken breast and combine it with onion, celery, grapes, thyme, parsley, mayonnaise, and cashews. Stir to mix thoroughly. Season to taste with salt and cayenne pepper. Combine vinegar, oil, mustard, and agave. Use to dress mixed lettuces and place on a plate as a bed for the chicken salad. Garnish with your selection of colorful fruits.

STIR-FRIED VEGETABLES

- 2 cups shredded napa cabbage
- 1/2 cup julienned red bell pepper
- 1/2 cup julienned zucchini

Calories	64
Protein	4g
Carb	12g
Fat	0g

Stir-fry peppers and zucchini in a non-stick skillet coated with non-stick spray over high heat until colors brighten. Add cabbage and stir-fry one to two minutes to wilt cabbage. Season with salt and pepper as desired.

ALMOND RICE PILAF

- 1/3 cup brown rice
- 2 teaspoons finely chopped yellow onion
- 1 teaspoon olive oil
- 1/8 cup sliced toasted almonds
- 1 teaspoon finely chopped fresh parsley

Calories	113
Protein	4g
Carb	13g
Fat	5g

In a one-quart saucepan, sauté yellow onion in olive oil until translucent. Add brown rice and sauté one minute. Carefully add 2/3 cup water. Bring to a boil then reduce heat and simmer covered until rice is tender and water is absorbed, about 25 minutes. Stir in almonds and parsley, and season with salt and pepper to taste.

Note: The Almond Rice Pilaf recipe makes two servings. Consume one serving per meal and refrigerate the other serving to eat with another meal.

TORTILLA SALAD

2 oz. cooked, diced chicken
1 six inch corn tortilla
1/2 teaspoon olive oil
3 cups mixed lettuce
1/2 cup canned black beans drained
and rinsed
1 tablespoon diced red onion
1 tablespoon diced green bell pepper
1/2 small diced red jalapeno (seeds
and ribs removed)
1/2 clove minced fresh garlic
1 diced Roma tomato (seeds removed)
1/2 tablespoon chopped fresh cilantro
1 tablespoon crumbled Queso Fresco
1/2 small diced avocado

Calories	528
Protein	31g
Carb	49g
Fat	19g



Place greens on a serving plate and set aside. Brush both sides of tortilla with 1/2 teaspoon olive oil. Cut tortilla into eight wedges and place on a baking sheet. Bake at 350°F / 177°C until browned and crisp, just a few minutes. Keep an eye on the tortilla it will brown quickly. Remove to cool. In a non-stick skillet, sauté onion, pepper, jalapeno, and garlic in 1/2 teaspoon olive oil until translucent. Add beans and chicken and sauté one minute more, then add tomatoes and cilantro, and sauté just to heat through. Spoon mixture on top of lettuce, surround with tortilla crisps, and top with diced avocado and crumbled cheese. Add 2 tablespoons of your favorite no-sugar salsa if desired.



SHRIMP SALAD STUFFED TOMATO WITH FRESH FRUIT

- 1 cup bay shrimp (if frozen, thaw first) drained
- 1 tablespoon diced yellow onion
- 2 tablespoons diced celery root
- 1 tablespoon diced water chestnuts
- 1 hard-boiled chopped egg white
- 1 tablespoon olive oil mayonnaise
- 1/4 teaspoon dried dill
- 1/2 teaspoon finely chopped fresh parsley
- 1/4 teaspoon lemon pepper seasoning
- 1 medium ripe globe tomato
- 1 serving colorful fruits of your choice

Combine shrimp, onion, celery root, water chestnuts, egg white, mayonnaise, dill, lemon pepper, and parsley. Set aside to chill. Place tomato stem side down and cut into 8 wedges, leaving the bottom 1/4" intact to create "petals." Season the inside of the tomato with salt and pepper to taste. Spread tomato petals apart slightly and fill center with shrimp salad. Arrange your choice of colorful fresh fruits.

Calories	253
Protein	28g
Carb	24g
Fat	5g



MEDITERRANEAN CHICKPEA SALAD

1/2 can drained and rinsed low-sodium chickpeas
(garbanzo beans)

2 oz. cooked diced chicken

1/4 cup diced cucumber (seeds removed)

1/4 cup diced tomato (seeds removed)

2 tablespoons diced red bell pepper

1 tablespoon diced red onion

1 teaspoon chopped fresh oregano leaves

Juice of 1/2 lemon

1/2 tablespoon olive oil

1 oz. crumbled feta cheese

5 pitted Kalamata olives, cut in half

Salt and black pepper to taste

Calories	499
Protein	31g
Carb	42g
Fat	23g

Rub the chickpeas to remove any remaining skins. Discard skins. Combine with remaining ingredients and toss to coat thoroughly. Chill. Serve over a bed of mixed greens.

ROASTED MUSHROOM QUINOA

- 1/3 cup quinoa
- 2/3 cup chopped mushrooms (your favorites)
- 3 tablespoons finely chopped yellow onion
- 1/2 clove finely minced garlic
- 2/3 cup chicken broth or stock (low sodium)

Calories	151
Protein	10g
Carb	29g
Fat	3g

Place quinoa in a fine colander and rinse thoroughly under cold water. Set aside to drain. Sauté mushrooms, onions, and garlic in 1 teaspoon olive oil until onions are translucent and mushrooms are softened. Add in rinsed quinoa and cook, stirring until quinoa dries out and begins to toast. Carefully add in chicken broth. Bring to a boil. Cover pan and reduce heat to simmer for about 15 minutes or until liquid is fully absorbed. Remove from heat and stir in 1 teaspoon freshly chopped parsley (if desired) and season to taste with salt and pepper.

Note: The Roasted Mushroom Quinoa recipe makes two servings. Consume one serving per meal and refrigerate the other serving to eat with another meal.

STEAK “AU POIVRE” WITH FRESH CORN POLENTA

- 4 oz. tenderloin steak
- 2 teaspoons coarsely-ground black pepper
- 1/2 teaspoon kosher salt
- 1 teaspoon olive oil
- 2 tablespoons cognac
- 1/2 cup beef broth
- 1 tablespoon plain Greek yogurt

Calories	233
Protein	6g
Carb	23g
Fat	13g

Sprinkle salt on all sides of steak. Place pepper on a plate and press all sides of steak evenly onto the pepper. Over medium heat, sear steak in olive oil (using a non-stick skillet) until done to your liking. Remove steak to a plate and cover to keep warm. Off of heat add cognac to pan (be careful, you want it to ignite so keep your face away) and immediately add beef broth. Bring to a boil and reduce liquid by half. Remove from heat and whisk in Greek yogurt. Salt sauce to taste. Serve over steak.

CORN POLENTA

- 8 oz. fresh corn, cut from the cob, reserve out
 - 1 oz. for roasting
- 8 oz. water
- Dash of salt
- 1 tablespoon crumbled feta cheese
- 2 teaspoons olive oil
- 1 tablespoon diced red bell pepper

Calories	233
Protein	6g
Carb	23g
Fat	13g

In a small saucepan, combine corn, water, and salt, bring to a simmer and cook about 10 minutes until corn is tender. Drain corn and RESERVE liquid. Process corn in the bowl of a food processor, adding cooking liquid in gradually until a thick, creamy texture is reached. Sauté reserved corn and diced red bell pepper in 2 teaspoons olive oil until nicely browned. Stir this mixture and the feta cheese into the polenta and serve alongside the steak.



TOFU SALAD WITH PEANUT DRESSING

3 oz. extra-firm tofu
2 oz. chicken (for a vegetarian-friendly recipe, serve with a side of 1/2 cup cottage cheese.)

2 cups chopped romaine lettuce

1 oz. julienned red bell pepper

1 cup chopped napa cabbage

1 oz. julienned carrot

2 chopped green onions

1 tablespoon chopped dry roasted peanuts

1/3 teaspoon chopped fresh ginger

1 tablespoon light soy sauce

1 teaspoon sesame oil

1 teaspoon peanut butter

1/2 teaspoon garlic-red chili paste (for example, Sambal Oelek paste)

1 teaspoon agave nectar

Season tofu with salt and pepper to your liking and sauté in a non-stick skillet with 1 teaspoon olive oil until browned and heated through. Set aside. Toss salad ingredients (down to green onion) and sprinkle peanuts on top. Combine remaining ingredients for dressing, thinning with water to desired consistency. Drizzle dressing over salad and top with tofu.

Calories	387
Protein	31g
Carb	23g
Fat	19g



BAKED TILAPIA WITH TOMATILLO SALSA

- 4 oz. tilapia fillet (salt-free seasoning blend—Mrs. Dash, Chef’s Shake, etc.)
- 1/2 cup finely diced fresh tomatillo
- 1/4 cup finely diced roma tomato (skinned)
- 1 tablespoon finely diced red bell pepper
- 1 teaspoon finely diced green onion
- 1 teaspoon finely diced red onion
- 1 teaspoon chopped fresh cilantro
- Juice from 1/2 fresh lime
- 1/2 teaspoon agave nectar
- Pinch cayenne pepper

Season tilapia fillet with salt-free seasoning and bake at 350°F / 177 °C until done (about 12 minutes). Combine remaining ingredients and season to taste with salt. Top tilapia with salsa and serve with 3/4 cup mashed sweet potatoes and grilled asparagus.

Calories	312
Protein	35g
Carb	25g
Fat	8g

BAKED TILAPIA WITH MANGO SALSA

- 6 oz. tilapia filet (salt-free seasoning blend
–Mrs. Dash, Chef’s Shake, etc.)
- 1/2 finely diced ripe mango
- 1 tablespoon finely diced red bell pepper
- 1 teaspoon finely diced green onion
- 1 teaspoon finely diced red onion
- 1 teaspoon chopped fresh cilantro
- Juice from 1/4 fresh lime
- 1/2 teaspoon agave nectar
- Pinch cayenne pepper

Season tilapia filet with salt-free seasoning and bake at 350° F / 177 °C until fish is cooked as desired (about 12 minutes). Combine remaining ingredients and season to taste with salt. Top tilapia with salsa and serve with 3/4 cup mashed sweet potatoes and grilled asparagus.

Calories	281
Protein	31g
Carb	28g
Fat	5g

MASHED SWEET POTATO

- 1 large dark-fleshed sweet potato peeled and
cut into chunks
- 1/2 to 1 cup chicken broth
- 1 teaspoon agave nectar
- 1/2 teaspoon cinnamon
- Salt and pepper

Place sweet potato in enough water to cover it and boil until completely tender. Drain. Mash potato flesh with sufficient chicken broth to moisten to your liking, then season with agave, cinnamon, salt, and pepper.

Calories	215
Protein	13g
Carb	34g
Fat	3g

Note: The Mashed Sweet Potato recipe makes two servings. Consume one serving per meal and refrigerate the other serving to eat with another meal.



PAN-BROILED PORK CHOP, TOMATO & EGGPLANT SALSA

- 4 oz. pork chop
- 1 cup halved cherry tomatoes
- 1 cup diced eggplant
- 1/2 clove minced fresh garlic
- 1/4 teaspoon dried basil
- 1/4 teaspoon dried thyme
- 2 teaspoons tomato paste
- 1/2 cup water

Calories	310
Protein	34g
Carb	16g
Fat	12g

Place pork chop in a pre-heated non-stick skillet on medium-high heat and pan broil to desired taste. Remove to a warmed serving plate and add 1 teaspoon olive oil to the same pan. Sauté eggplant in olive oil until lightly browned, then add tomatoes and garlic and sauté until tomatoes begin to soften. Add remaining ingredients, stirring to combine, then reduce heat and simmer until sauce thickens. Season to taste with salt and pepper.



SATAY STYLE CHICKEN WITH CUCUMBER RELISH

4 oz. boneless, skinless chicken breast in strips

Marinade

1 oz. olive oil

2 teaspoons minced lemongrass

1/2 teaspoon minced fresh garlic

1/4 teaspoon crushed red chili flakes

1/2 teaspoon curry powder

1/2 teaspoon honey

1/4 oz. Thai fish sauce

Calories	228
Protein	27g
Carb	3g
Fat	12g

CUCUMBER RELISH

Calories	4
Protein	0g
Carb	1g
Fat	0g

Combine all marinade ingredients. Add the chicken and marinate, refrigerate for up to an hour. While chicken is marinating, combine:

1/4 cup diced cucumber (seeds removed)

1 teaspoon finely diced red onion

1 tablespoon rice wine vinegar

Agave nectar, salt, crushed red chili flakes, black pepper to taste.

Remove chicken from marinade and reserve liquid. Thread the chicken onto skewers (pre-soaked if wooden), one strip per skewer, and grill or broil until done, about two minutes per side. Serve chicken with cucumber relish and 1/3 cup steamed brown rice (or use one serving of Roasted Mushroom Quinoa).



LEMON POACHED SALMON WITH LEEKS AND FENNEL

- 4 oz. portion of salmon
- 1 leek, washed and chopped (white and pale green part only)
- 1/2 thinly sliced fennel bulb
- Juice and zest of 1/2 lemon
- 1 large sprig fresh thyme
- 1 bay leaf
- Salt and pepper to taste

Calories	292
Protein	33g
Carb	22g
Fat	8g

In a shallow saucepan, place leeks, fennel, lemon, and herbs. Salt and pepper both sides of the salmon and place on top of vegetables. Add enough water to just come up halfway on the salmon. Cover pan and bring to a simmer. Cook gently until fish is done to your liking, about five to eight minutes. Remove fish and drain cooking liquid off of the vegetables. Serve with grilled asparagus and 1/3 cup steamed brown rice (or use one serving of Almond Rice Pilaf).

SKIRT STEAK FAJITAS WITH BLACK BEANS

3 oz. beef skirt steak, cut in narrow strips

Marinade

1 tablespoon red wine vinegar

1 teaspoon Dijon mustard

1 tablespoon olive oil

1/2 teaspoon crushed dried oregano

1/4 teaspoon dried thyme

1/4 teaspoon ground cumin seed

1/4 teaspoon salt

1/2 teaspoon ground chili powder

Mix all ingredients well (except steak). Add steak and marinate up to 30 minutes.

Fajitas

2 tablespoons julienned red bell pepper

2 tablespoons julienned green bell pepper

2 teaspoons olive oil

1 julienned red onion

1/2 teaspoon ground cumin seed

1/2 teaspoon ground chili powder

1/4 teaspoon dried oregano

1/4 cup beef broth

Salt and pepper to taste

1 corn tortilla prepared as directed for tortilla salad

When beef is marinated, sauté in a non-stick skillet with 2 teaspoons olive oil for one minute, then add peppers and onions and sauce two minutes more to brown lightly. Add remaining ingredients except tortillas and cook on medium heat to reduce liquid by half. Remove from heat and serve in warm corn tortillas with a side of 1/3 cup black beans (seasoned with salt, pepper, chopped fresh cilantro, and a squeeze of fresh lime juice). Serve over 2 cups mixed greens

Calories	445
Protein	29g
Carb	26g
Fat	25g



CHICKEN & MUSHROOM BARLEY “RISOTTO”

- 6 oz. diced chicken breast
- 1 oz. dried forest mushrooms, soaked
in 2 cups water
- 1 tablespoon diced yellow onion
- 1 tablespoon diced celery
- 1 teaspoon olive oil
- 1/2 cup pearled barley
- 1/4 teaspoon dried thyme
- 1 bay leaf
- 1/4 cup grated Asiago cheese

Calories	441
Protein	35g
Carb	46g
Fat	13g

Strain mushrooms through a fine strainer, reserving liquid. Chop finely. In a non-stick skillet, sauté chicken breast in 1/2 teaspoon olive oil until browned. Remove chicken and set aside. Add remaining 1/2 teaspoon olive oil to same pan and sauté onions and celery until tender. Add mushrooms, barley, chicken, thyme, and bay leaf. Add in 1 1/2 cups reserved mushroom liquid. Bring to a boil. Cover, reduce heat, and simmer until barley is tender. Thicken remaining liquid with 1/2 teaspoon cornstarch dissolved in 2 teaspoons cold water. Salt and pepper to taste. Finish with Asiago cheese.

Note: The Chicken & Mushroom Barley “Risotto” recipe makes two servings. Consume one serving per meal and refrigerate the other serving to eat with another meal.



CHOOSE FROM THE **BEST** CHOICES

	BEST	GOOD	AVOID
Protein from Meat Sources	Lean ground turkey (93% lean)	Lean ground hamburger	Regular hamburger (73% lean)
	Skinless chicken breast (white meat only)	Skinless chicken (dark and white meat)	Processed chicken (e.g. chicken fingers)
	Broiled fish	Lean cuts, trim fat prior to cooking	Fatty meats (sausage, marbled beef, bacon)
Protein from Non-Meat Sources	Greek yogurt, sweetened with stevia or agavé	Unsweetened yogurt	Sweetened yogurt
	TR90 shake mixed with low-fat milk	TR90 shake mixed with water	Protein shake mixed with fruit juice
	Fat-free cottage cheese	1% cottage cheese	2% cottage cheese
	Skim/fat-free milk	2% or 1% milk	Whole milk (4% milk fat)
	Low-fat cheeses	Cheese sparingly	Excessive cheese
	Plain Greek yogurt	Fat-free sour cream	Sour cream
Grains, Legumes, Whole Grain Bread, Nuts	Whole grain bread		White bread
	Whole grain crisp bread	Wheat Thins	Club crackers
	Quinoa	Brown rice	White rice
	Fresh/home cooked legumes	Low-sodium canned legumes	High-sodium canned legumes
	Raw unsalted nuts	Roasted salted nuts	Candied nuts, macadamia nuts
Fruits and Vegetables	Fresh fruits	unsweetend dried fruit	Fruit juices, dates, sweetened dried fruits, canned fruit in syrup
	Fresh apple (with skin)	Non-sweetened applesauce	Sweetened applesauce
	Baked sweet potato	Baked potato with Greek yogurt (or fat-free sour cream)	Mashed potatoes with butter
	Steamed vegetables, and raw (a mix of both is preferred)	Stir fry vegetables	Vegetables with sauce, especially cream sauce
Oil	Canola oil (high temp cooking), olive oil (low temp cooking, dressings)	Peanut oil, vegetable oil, sunflower oil, safflower oil, sesame oil, flaxseed oil	Corn oil, margarine, hydrogenated oils, lard, shortening
Sweets	Fresh fruits	Sugar free sweets, dark chocolate	Pastries, candy, milk/white chocolate
Sweeteners	Stevia	Honey	Sugar
Drinks	Water (eating fresh fruits/vegetables is preferable to drinking them)	Fruit/vegetable juice blends (no sugar added), home juiced fruit/vegetable juice	Pre-sweetened drinks, fruit drinks, fruit juices, soda

