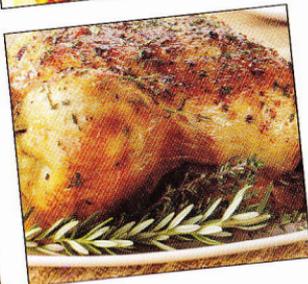
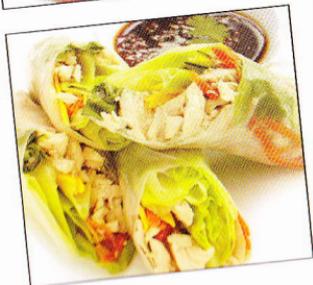
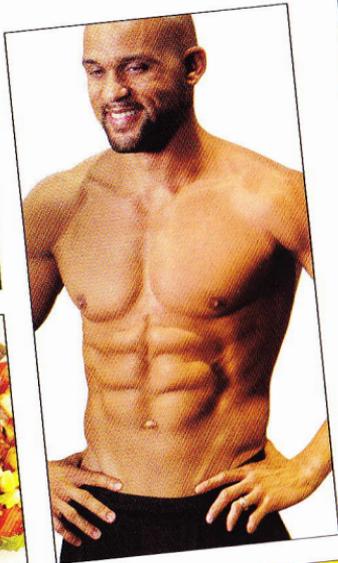
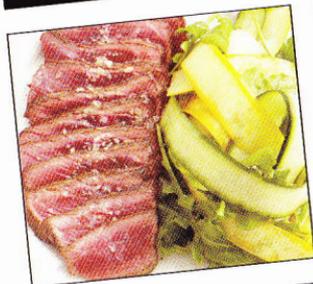


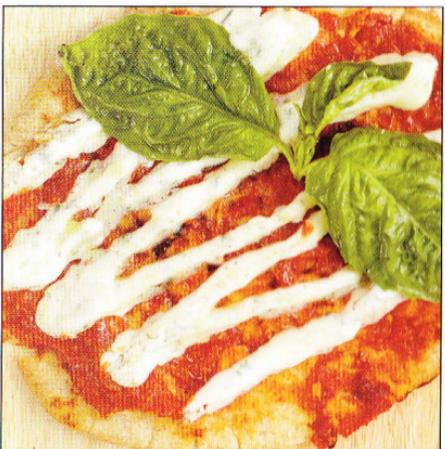
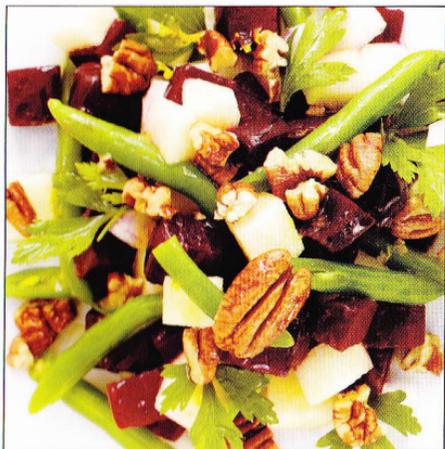
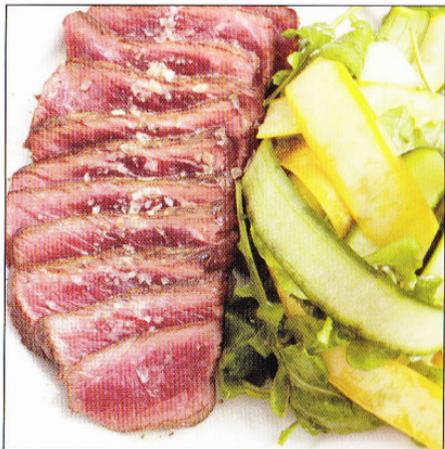
# GET SHREDDED

SHAUN T'S 14-DAY PLAN FOR GETTING RIPPED!



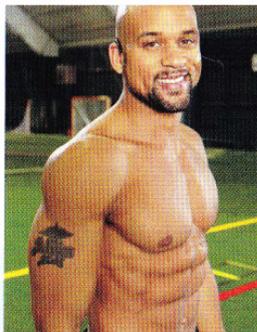
**INSANITY**

**THE ASYLUM**



# GET SHREDDED

SHAUN T'S 14-DAY PLAN FOR GETTING RIPPED!



If you're like most people, you're trying to lose weight. But even if you're engaged in an intense program like **INSANITY®** or **INSANITY: THE ASYLUM™**, you may not lose weight as quickly as you'd like. Shaun talks to customers every day, and says the slow weight loss is usually due to one of two reasons:

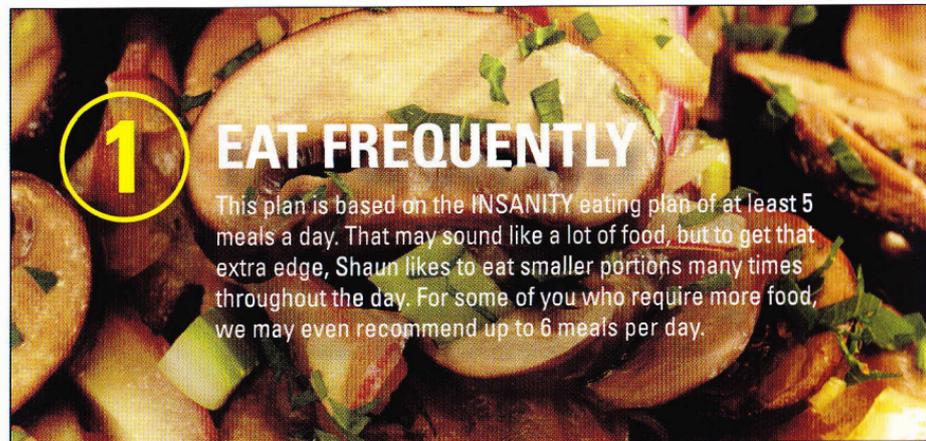
- 1** You start eating more food than you previously were, until you're eating more calories than you're burning.
- 2** You're not eating enough, so your body goes into "starvation" mode and holds onto fat—and your scale doesn't budge.

INSANITY: THE ASYLUM is an extreme and physically demanding workout. This is NOT for beginners or individuals with any medical condition that may be compromised by extreme cardio and strength exercise. Consult your physician and follow all enclosed safety and other instructions before beginning this program. Consult your physician before beginning this or any meal plan, particularly if you have any unique needs that would be impacted by a restricted meal plan.



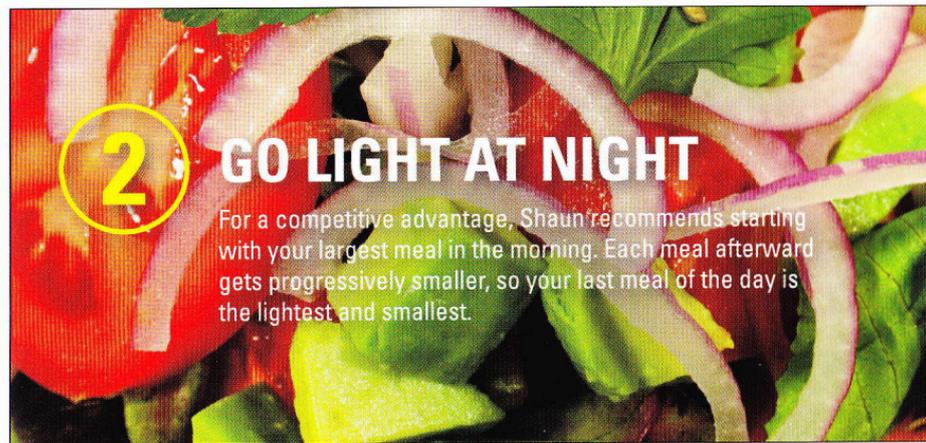
SHAUN T HAS BATTLED HIS WEIGHT SINCE HE WAS IN HIS TEENS. HE'S ALWAYS TRYING TO TURN UP THE HEAT AND GET HIS GAME TO THE NEXT LEVEL. FOR INSANITY: THE ASYLUM, HE LITERALLY GOT INTO THE BEST SHAPE OF HIS LIFE. **WONDERING HOW HE GOT SO LEAN AND RIPPED? HE LIVES BY SOME VERY SIMPLE PRINCIPLES, WHICH ARE THE FOUNDATION OF THIS 14-DAY PLAN.**

SHAUN CREATED THIS PLAN TO GIVE YOU A JUMP-START ON LOSING WEIGHT AND EATING HEALTHIER. HE HOPES THAT AFTER FOLLOWING IT FOR 14 DAYS, YOU'LL INCORPORATE MANY OF THE PRINCIPLES INTO YOUR EVERYDAY LIFE. MAKING THESE SMALL CHANGES CAN MAKE ALL THE DIFFERENCE IN THE WORLD.



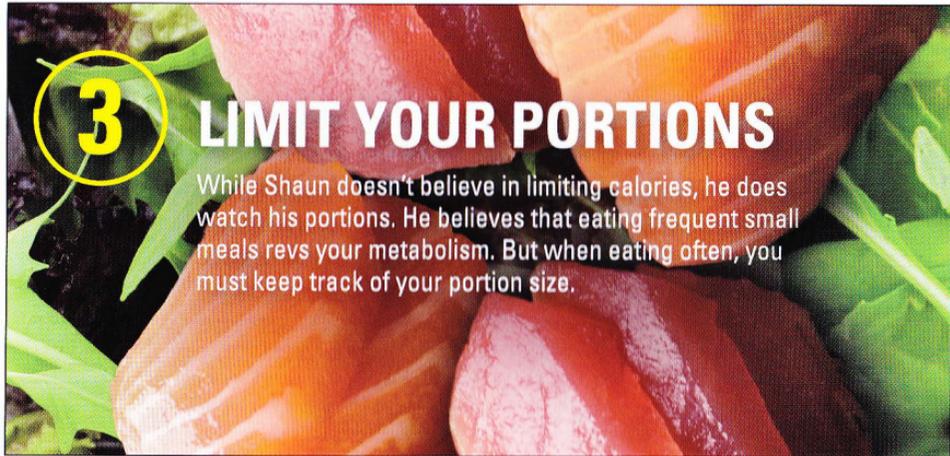
## 1 EAT FREQUENTLY

This plan is based on the INSANITY eating plan of at least 5 meals a day. That may sound like a lot of food, but to get that extra edge, Shaun likes to eat smaller portions many times throughout the day. For some of you who require more food, we may even recommend up to 6 meals per day.



## 2 GO LIGHT AT NIGHT

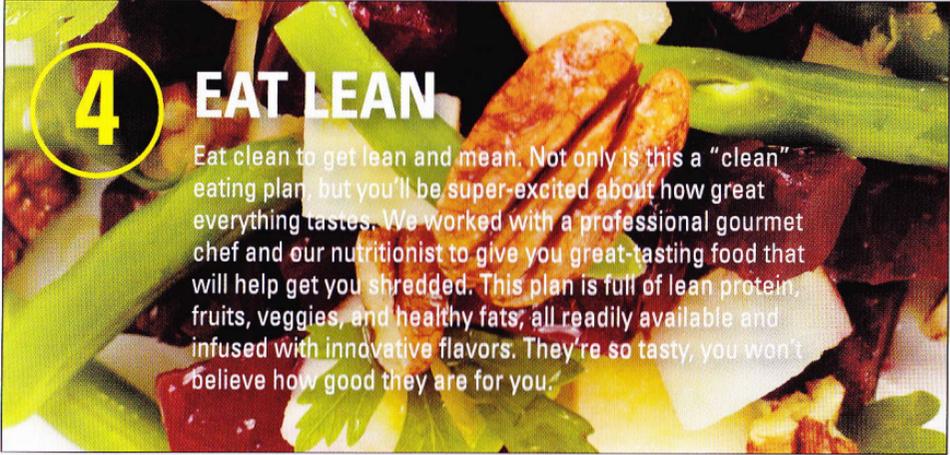
For a competitive advantage, Shaun recommends starting with your largest meal in the morning. Each meal afterward gets progressively smaller, so your last meal of the day is the lightest and smallest.



3

## LIMIT YOUR PORTIONS

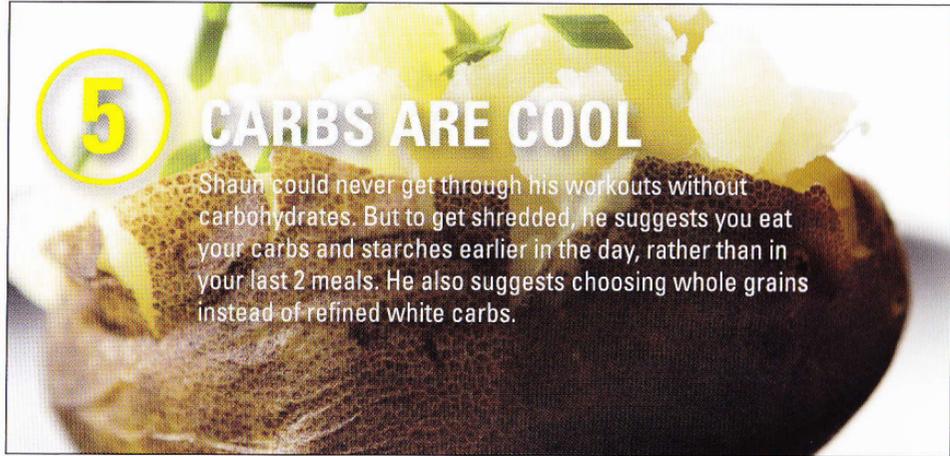
While Shaun doesn't believe in limiting calories, he does watch his portions. He believes that eating frequent small meals revs your metabolism. But when eating often, you must keep track of your portion size.



4

## EAT LEAN

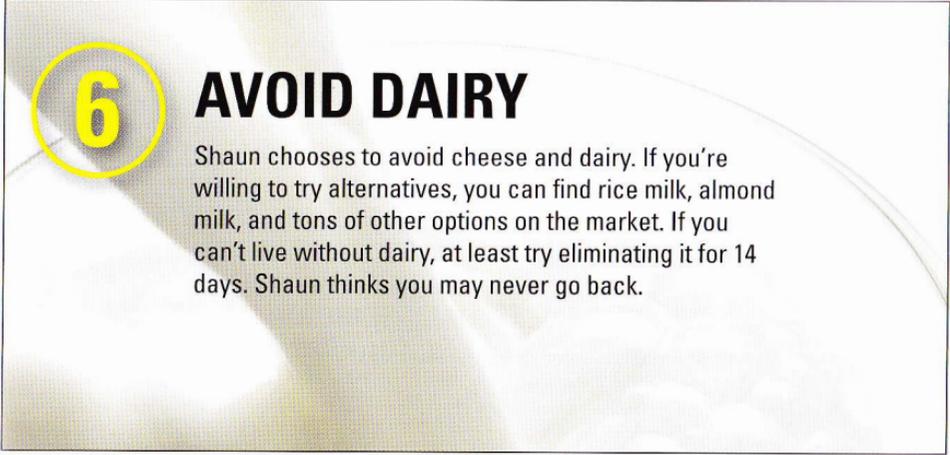
Eat clean to get lean and mean. Not only is this a "clean" eating plan, but you'll be super-excited about how great everything tastes. We worked with a professional gourmet chef and our nutritionist to give you great-tasting food that will help get you shredded. This plan is full of lean protein, fruits, veggies, and healthy fats, all readily available and infused with innovative flavors. They're so tasty, you won't believe how good they are for you.



5

## CARBS ARE COOL

Shaun could never get through his workouts without carbohydrates. But to get shredded, he suggests you eat your carbs and starches earlier in the day, rather than in your last 2 meals. He also suggests choosing whole grains instead of refined white carbs.



6

## AVOID DAIRY

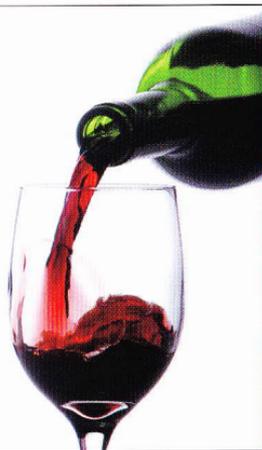
Shaun chooses to avoid cheese and dairy. If you're willing to try alternatives, you can find rice milk, almond milk, and tons of other options on the market. If you can't live without dairy, at least try eliminating it for 14 days. Shaun thinks you may never go back.

## 7 HYDRATE!

It's really important to stay hydrated. Water is obviously best. Sparkling water gives a little kick. Shoot for drinking a minimum of 64 ounces of water per day. Try adding lemon and lime. Tea and coffee are OK if you take them black or use stevia, but they don't count toward your water allowance. There are NO juices or sodas allowed on this plan.

## 8 LIMIT ALCOHOL

Shaun likes to enjoy life, which means that at times he does indulge in a glass of red wine with dinner. But he limits his consumption and never imbibes before a shoot. So if you want to have an alcoholic drink, do it occasionally and in moderation. For the next 14 days, though, avoid it completely.

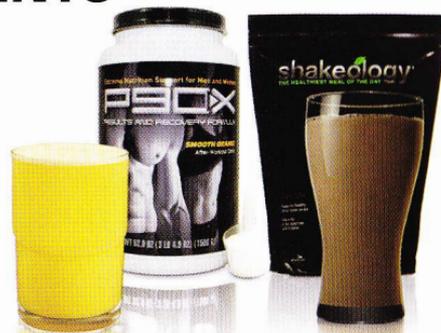


## 9 DON'T FEAR FAT!

Obviously, avoid butter and cheese, as they are very high in saturated fat. However, there are lots of foods that are "rich" or high in fat but also good for you, like avocados and nuts. Shaun's favorite healthy fatty food is avocado, and he eats it at most meals. Filled with monounsaturated fats, avocados are tasty, satisfying, and tummy flattening.

## 10 SUPPLEMENTS

Shaun's customers love Results and Recovery Formula® and claim it's critical to success with INSANITY: THE ASYLUM. Be sure to drink yours immediately after your workout.



# SAMPLE DAY

The grid on the facing page illustrates the framework and timeline of Shaun's diet, and outlines the components of each meal period. In the following pages, you'll find actual meals and recipes to eat within each meal period. (The meals are delicious! They've been created by a brilliant chef and a registered dietitian.)



All the meals contain 300 to 500 calories. We've also provided modifications that reduce the amount of calories in some of the meals, for women or people with weight loss goals. (We can't expect all of you to burn as many calories as Shaun—he's a big guy with lots of lean muscle mass, which makes him a calorie inferno.)

## MEAL

## TIME

## DESCRIPTION

1

7–8 a.m.

### PROTEIN & STARCH

Base Diet: Approx. 500 calories  
Lower Calorie Modification: 300 calories

2

10–10:30 a.m.

### PROTEIN & STARCH **OR** PROTEIN & VEGETABLE

Base Diet: Approx. 400 calories  
Lower Calorie Modification: 300 calories

3

12:30–1:30 p.m.

### PROTEIN & VEGETABLE, WITH STARCH 3X/WEEK

Base Diet: Approx. 300 calories  
No Calorie Modification

4

3:30–4:30 p.m.

### ALL SALAD! VEG OUT!

Base Diet: Approx. 300 calories  
No Calorie Modification

5

6:30–7:30 p.m.

### PROTEIN & VEGETABLE

Base Diet: Approx. 300 calories  
No Calorie Modification

6

9–10 p.m.

### HAVE A SHAKEOLOGY® SHAKE OR CHOOSE FROM MEAL OPTIONS 4 OR 5

## GET STARTED

### HOW TO FIGURE OUT YOUR CALORIE NEEDS:

The base meal plan provides 1,800 calories per day over the course of 5 meals. There's also a modified meal plan that provides 1,500 calories per day. This lower-calorie plan modifies the first 2 meals of the day and is listed under each recipe. The last 3 meals of the day are the same for both the 1,800- and the 1,500-calorie plans. Read on to figure out which calorie level you should follow.

### WHAT DO YOU WEIGH?

- **150 POUNDS OR LESS:** For individuals weighing 150 pounds or less who want to LOSE weight, Shaun suggests starting with the 1,500-calorie-per-day plan. So for meals 1 and 2, be sure to choose the lower-calorie modification.
- **150-200 POUNDS:** Individuals weighing 150 to 200 pounds who want to LOSE weight should choose the regular recipes as written, which will provide 1,800 calories per day.
- **200 POUNDS OR MORE:** For individuals weighing 200 pounds or more, Shaun suggests following the plan as written, then adding a 6th meal to the end of your day. As you'll see in the grid on page 9, the 6th meal should consist of either all vegetables or protein and vegetables—but NOT a starch.

### LET'S GO!

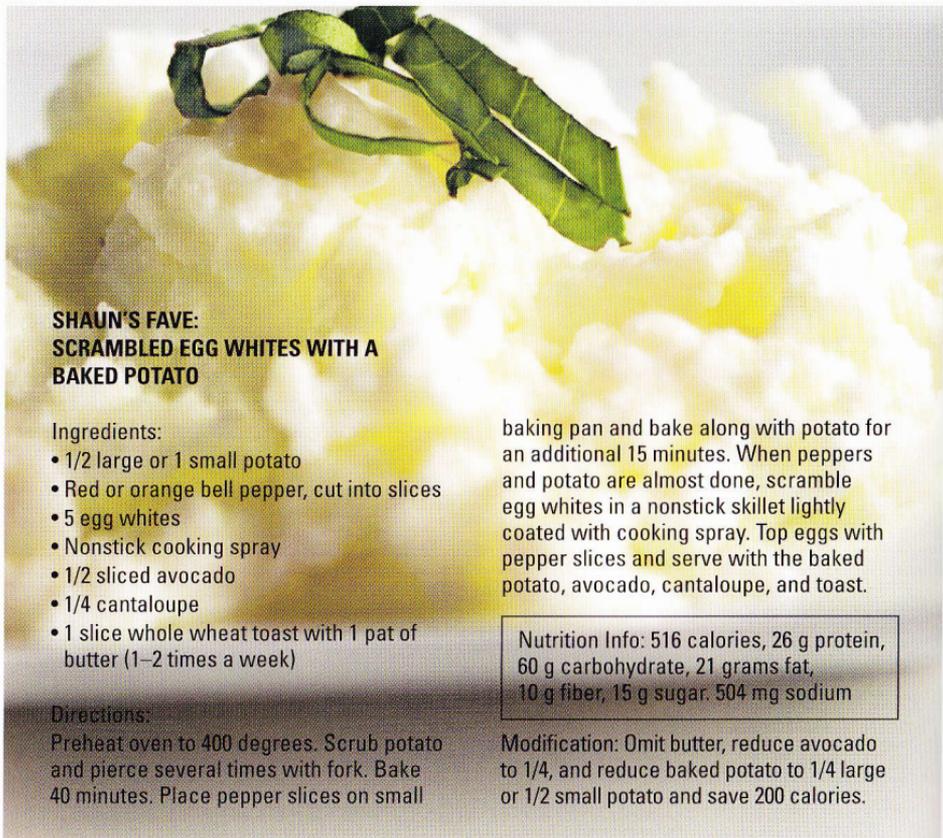
Now you have all the information you need to get started. On the following pages, you'll find delicious, nutritious meal options that will fuel your body from morning until night with 5 to 7 meals per day. Shaun recommends that you give this plan 14 days to see the full effect. At that point, you'll feel so good you'll probably continue nourishing your body this way forever.

If some meals in the plan don't suit your taste, simply repeat the ones that appeal to you. You can also use Shaun's substitution lists at the end of the plan to help you to swap out certain foods.

### DID YOU KNOW?

- He weighs himself every day.
- When he goes out to eat, his first-choice treat is lobster risotto.
- As for snacks: His all-time favorite is donuts. So once or twice a month, he'll eat 3 mini-donuts (= 1 donut).
- He drinks coffee in the morning and after dinner.
- He drinks 2 to 3 liters of water a day.

## SHAUN'S SECRETS



**SHAUN'S FAVE:  
SCRAMBLED EGG WHITES WITH A  
BAKED POTATO**

**Ingredients:**

- 1/2 large or 1 small potato
- Red or orange bell pepper, cut into slices
- 5 egg whites
- Nonstick cooking spray
- 1/2 sliced avocado
- 1/4 cantaloupe
- 1 slice whole wheat toast with 1 pat of butter (1–2 times a week)

**Directions:**

Preheat oven to 400 degrees. Scrub potato and pierce several times with fork. Bake 40 minutes. Place pepper slices on small

baking pan and bake along with potato for an additional 15 minutes. When peppers and potato are almost done, scramble egg whites in a nonstick skillet lightly coated with cooking spray. Top eggs with pepper slices and serve with the baked potato, avocado, cantaloupe, and toast.

**Nutrition Info:** 516 calories, 26 g protein, 60 g carbohydrate, 21 grams fat, 10 g fiber, 15 g sugar, 504 mg sodium

**Modification:** Omit butter, reduce avocado to 1/4, and reduce baked potato to 1/4 large or 1/2 small potato and save 200 calories.

**POACHED EGGS OVER LEMON SPINACH**

**Ingredients:**

- 2 cups plus 2 Tbsp. water
- 1 Tbsp. freshly squeezed lemon juice
- 2 eggs
- 1-1/2 cup spinach
- 1 whole-grain English muffin, toasted
- 1/2 avocado, sliced

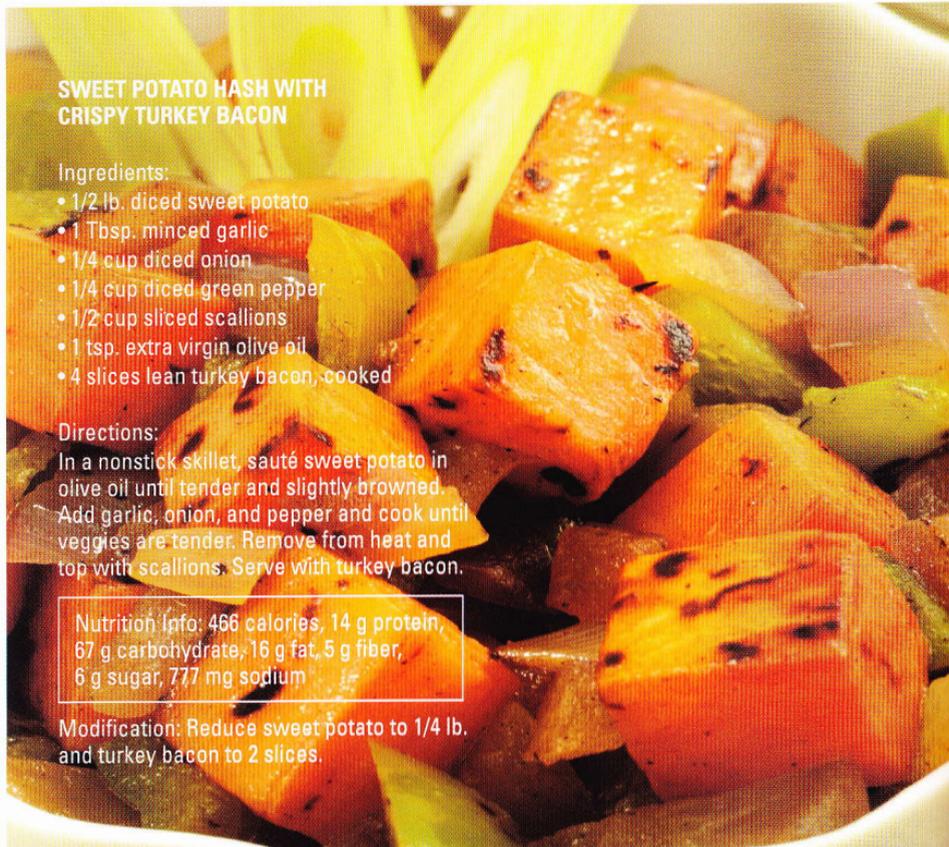
**Directions:**

Boil 2 cups water with 1 tsp. of the lemon juice. Break 2 eggs into a small bowl. When water boils, add eggs to pan and poach 4 to 8 minutes. In a nonstick skillet, heat 2 Tbsp. water and remaining 2 tsp. lemon juice. Add spinach and cook until wilted. Pile spinach onto a plate and top with poached eggs. Serve with toasted English muffin and avocado. Season with salt and pepper as desired.

**Nutrition Info:** 467 calories, 23 g protein, 39 g carbohydrate, 27 g fat, 10 g fiber, 5 g sugar, 623 mg sodium

**Modification:** Reduce avocado to 1/4 and reduce to 1/2 English muffin.





## SWEET POTATO HASH WITH CRISPY TURKEY BACON

### Ingredients:

- 1/2 lb. diced sweet potato
- 1 Tbsp. minced garlic
- 1/4 cup diced onion
- 1/4 cup diced green pepper
- 1/2 cup sliced scallions
- 1 tsp. extra virgin olive oil
- 4 slices lean turkey bacon, cooked

### Directions:

In a nonstick skillet, sauté sweet potato in olive oil until tender and slightly browned. Add garlic, onion, and pepper and cook until veggies are tender. Remove from heat and top with scallions. Serve with turkey bacon.

Nutrition Info: 466 calories, 14 g protein, 67 g carbohydrate, 16 g fat, 5 g fiber, 6 g sugar, 777 mg sodium

Modification: Reduce sweet potato to 1/4 lb. and turkey bacon to 2 slices.

## GARDEN FRITTATA

### Ingredients:

- 2 tsp. grape seed or canola oil
- 1 clove garlic, minced
- 1/4 cup small-diced red onion
- 1/4 cup shredded yellow squash
- 1/4 cup shredded zucchini
- 1/8 cup shredded carrots
- 2 whole eggs plus 3 egg whites, beaten
- 2 slices whole wheat bread, toasted

### Directions:

Preheat oven to 350 degrees. Add oil to an ovenproof sauté pan and heat on medium until oil is hot and shimmers. Add garlic, onion, squash, zucchini, and carrots and cook until onions are translucent. Add eggs and mix well. Place pan in oven and bake for 5 to 10 minutes. Eggs should puff up when done. Remove pan from oven and invert on a plate. Serve with toast.

Nutrition Info: 462 calories, 30 g protein, 37 g carbohydrate, 21 g fat, 5 g fiber, 9 g sugar, 603 mg sodium

Modification: Reduce to 1 whole egg and 3 egg whites and 1 slice of wheat toast.



# MEAL 1



## KASHA "OATMEAL" (2 SERVINGS)

### Ingredients:

- 2 cups water
- 1/4 tsp. salt
- 1 cup dry kasha
- 4 Tbsp. chopped pistachios
- 2 Tbsp. chopped cranberries (dried)
- 2 tsp. Sugar in the Raw®, agave, or maple syrup
- 1 Tbsp. flax seeds
- 1 whole grapefruit

### Directions:

Place water in saucepan over medium high heat. Once it's boiling, add salt and kasha. Stir well with a fork, cover pot, and reduce heat to low. Simmer for 10 to 15 minutes, or until water is absorbed and kasha has softened.

Measure out 1 cup of cooked kasha\* and stir in the pistachios, cranberries, and sugar. Top with flax seeds and serve with grapefruit.

(\*Save the remaining kasha for another morning.)

Nutrition Info: 473 calories, 14 g protein, 76 g carbohydrate, 16 g fat, 13 g fiber, 33 g sugar, 299 mg sodium

Modification: Reduce pistachios to 2 Tbsp. and omit grapefruit.

## COCO-LOCO SHAKE

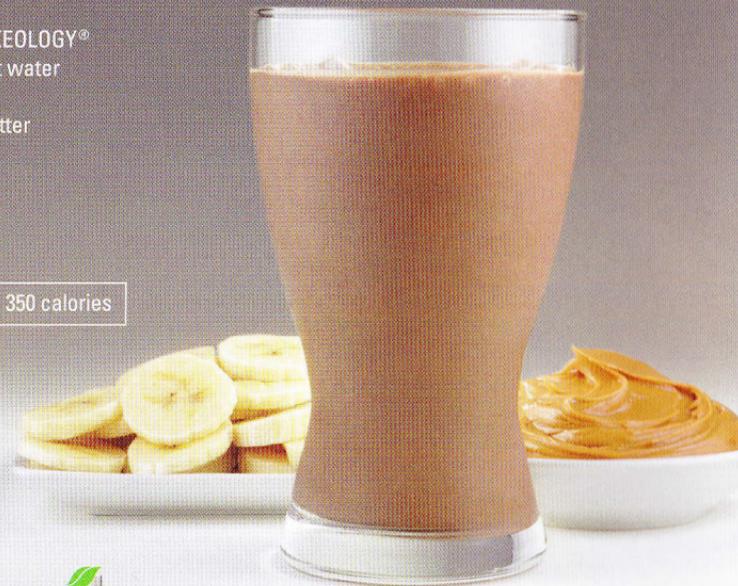
### Ingredients:

- 1 scoop SHAKEOLOGY®
- 1 cup coconut water
- 1/2 banana
- 1 Tbsp. nut butter
- Ice

### Directions:

Mix in blender.

Nutrition Info: 350 calories



**shakeology**  
THE HEALTHIEST MEAL OF THE DAY

Order Shakeology through your coach or at [TryShakeology.com](http://TryShakeology.com).



## SHAUN'S FAVE: CHOPPED CHICKEN SALAD

### Ingredients:

- 4 oz. skinless, boneless chicken breast, grilled and cut into 1-inch cubes
- 3 cups chopped romaine lettuce
- 1/3 avocado, sliced
- 12 asparagus spears, steamed and chopped
- 1 tsp. honey
- 2 tsp. Dijon mustard
- 1 Tbsp. lemon juice

### Directions:

Toss chicken, lettuce, avocado, and asparagus in a large salad bowl. In a small bowl, whisk together honey, mustard, and lemon juice. Drizzle over salad.

Nutrition Info: 399 calories, 44 g protein, 26 g carbohydrate, 16 g fat, 10 g fiber, 11 g sugar, 360 mg sodium

Modification: Reduce chicken to 3 oz. and reduce avocado to 1/8.

## GRILLED CHICKEN PITA PIZZA

### Ingredients:

- 4 Tbsp. firm tofu
- Dash of garlic powder
- Pinch of dried oregano
- Pinch of dried basil
- Dash of salt
- 1 tsp. olive oil
- 1 6-inch whole wheat pita, toasted
- 1 clove minced garlic
- 1 plum tomato, thinly sliced
- 2 oz. diced grilled chicken breast
- 4 fresh whole basil leaves

### Directions:

Preheat oven to 400 degrees. Make "tofu ricotta cheese" by mashing tofu, garlic powder, oregano, basil, salt, and olive oil with a fork. Spread on toasted pita bread and top with minced garlic, tomato, and chicken. Place on a cookie sheet and bake for 5 to 6 minutes, or until warm. Top with basil.

**Nutrition Info:** 383 calories, 30 g protein, 45 g carbohydrate, 10 g fat, 7 g fiber, 3 g sugar, 661 mg sodium

**Modification:** Replace chicken with broccoli.



## DIY "GRANOLA"

### Ingredients:

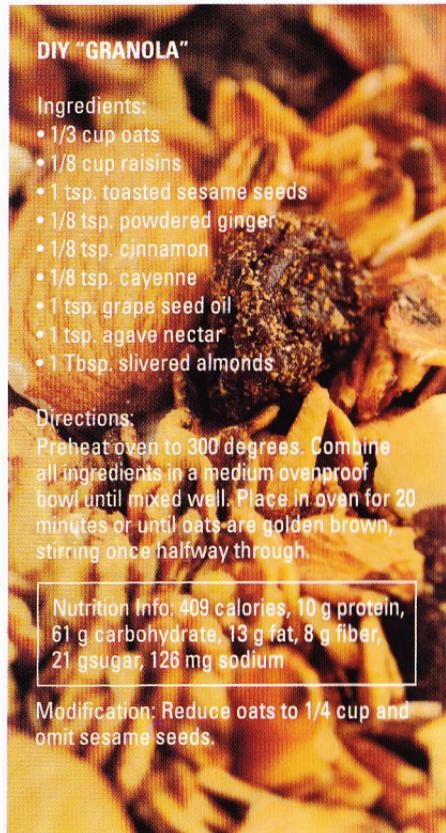
- 1/3 cup oats
- 1/8 cup raisins
- 1 tsp. toasted sesame seeds
- 1/8 tsp. powdered ginger
- 1/8 tsp. cinnamon
- 1/8 tsp. cayenne
- 1 tsp. grape seed oil
- 1 tsp. agave nectar
- 1 Tbsp. slivered almonds

### Directions:

Preheat oven to 300 degrees. Combine all ingredients in a medium ovenproof bowl until mixed well. Place in oven for 20 minutes or until oats are golden brown, stirring once halfway through.

**Nutrition Info:** 409 calories, 10 g protein, 61 g carbohydrate, 13 g fat, 8 g fiber, 21 g sugar, 126 mg sodium

**Modification:** Reduce oats to 1/4 cup and omit sesame seeds.



# MEAL 2

## QUINOA SALAD

### Ingredients:

- 1/2 cup quinoa
- 2 cups water or cooking broth
- Pinch of salt
- 1 tsp. turmeric
- 1 lemon wedge
- 1 lime wedge
- 1/4 cup sliced cucumber
- 1 Tbsp. diced onion
- 1 tsp. grated ginger
- 1 Tbsp. julienned mint
- 1 Tbsp. chopped pistachio nuts
- 1/2 cup chopped romaine lettuce

### Directions:

Combine quinoa, water or broth, salt, and turmeric in a medium saucepan. Cover and cook over medium heat until about half the liquid is absorbed and quinoa begins to soften, about 15 minutes. Strain quinoa in a mesh strainer, then place in a bowl. Squeeze lemon and lime over quinoa. When cool, toss with rest of ingredients and serve.

**Nutrition Info:** 383 calories, 14 g protein, 64 g carbohydrate, 9 g fat, 7 g fiber, 1 g sugar, 597 mg sodium

Modification: Reduce quinoa to 1/3 cup.



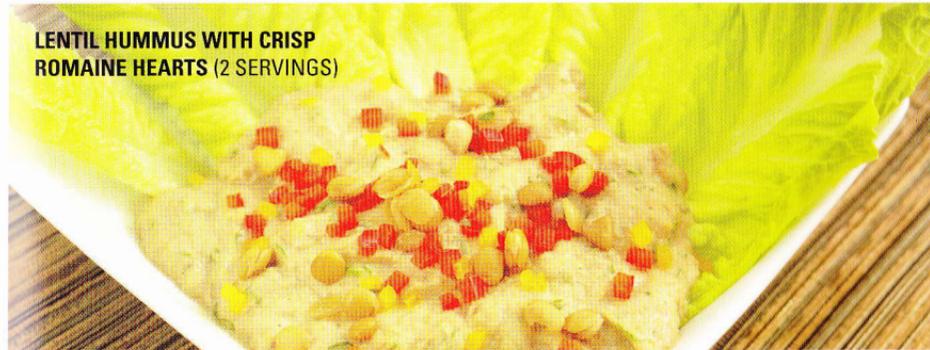
## LENTIL HUMMUS WITH CRISP ROMAINE HEARTS (2 SERVINGS)

### Ingredients:

- 2 cups water
- 1 cup plus 3 Tbsp. lentils
- 2 shallots, cleaned and roughly chopped
- 2 cloves garlic, peeled and roughly chopped
- 2 Tbsp. chopped fresh parsley
- 1 tsp. cumin
- 2 Tbsp. lemon juice
- 1 Tbsp. extra virgin olive oil
- 1/2 tsp. salt
- 8 crisp romaine lettuce leaves (from heart)

### Directions:

Place 2 cups of water in a small saucepan. Add 1 cup of the lentils to water and place over high heat until water boils. Reduce heat



to low, cover, and allow to simmer for 10 to 15 minutes, or until lentils are tender but not mushy. Strain if necessary. Place cooked lentils in a food processor with remaining ingredients, reserving remaining lentils and lettuce leaves. Pulse to a smooth paste. Add a little water to thin if needed. Remove hummus from processor and fold in remaining lentils. Spoon half of hummus onto a dinner plate and arrange the romaine leaves around it. (Refrigerate the other half for another meal.)

**Nutrition Info:** 395 calories, 23 g protein, 61 g carbohydrate, 7 g fat, 15 g fiber, 50 g sugar, 418 mg sodium

Modification: Divide hummus into 3 servings.

# MEAL 3

## SHAUN'S FAVORITE SASHIMI AND SALAD

### Ingredients:

- 2 cups chopped mixed greens
- 1/4 avocado, sliced
- 5 oz. tuna or salmon sashimi, thinly sliced

(If you choose to include a starch with this meal, Shaun suggests 1 cup of brown rice)

### Directions:

Pile greens onto a dinner plate and top with avocado. Place sashimi either on top of the salad or around the perimeter of the plate.

Nutrition info for sashimi and salad NOT including the brown rice: 301 calories, 38 g protein, 6 g carbohydrate, 15 g fat, 4 g fiber, 1 g sugar, 69 mg sodium

## DIY SALAD

### Ingredients:

- 4 oz. lean protein (such as skinless chicken or turkey breast, white fish, pork tenderloin, or shrimp)
- 2 cups of mixed greens
- 1/2 cup chopped cucumber
- 5 cherry tomatoes, sliced
- 1/4 avocado, sliced
- 1 Tbsp. fresh lemon juice
- Salt and pepper (to taste)

(If you choose to include a starch, we suggest a toasted 6-inch whole wheat pita pocket.)

### Directions:

Grill, broil, or bake your lean protein of choice and cut into bite-sized pieces. Toss together greens, veggies, and avocado with protein and top with fresh lemon juice. Season as desired with salt and pepper.

Nutrition info, does NOT include starch:  
315 calories, 39 g protein, 14 g carbohydrate,  
12 g fat, 6 gr fiber, 2 g sugar, 126 mg sodium

The meals with an asterisk (\*) include a starch. The meals without an \* can have a starch added to them by referring to the list of starches (see page 45). Just be sure to limit starches to 3 times per week if you're looking for weight loss.



## GRILLED FISH TACO WITH CABBAGE CITRUS SLAW\*

### Ingredients:

- 6 oz. flat white fish, such as flounder or fluke
- 1/4 tsp. salt (or 1/2 tsp. sea salt)
- 1/2 cup shredded raw cabbage
- 10 cilantro leaves
- Juice of 4 lime segments
- Dash of cayenne pepper, optional
- 1 100- to 120-calorie corn tortilla

### Directions:

Heat grill pan. Wash fish, pat dry and sprinkle with salt. Grill fish until cooked through. Wrap tortilla(s) in a damp paper towel and microwave for 30 seconds. Pile shredded cabbage, cilantro, and sliced fish on tortilla. Season with lime juice and cayenne, fold, and serve.

Nutrition info, with corn tortillas:  
324 calories, 44 g protein, 28 g carbohydrate,  
4 g fat, 4 g fiber,  
1.5 g sugar, 821 mg sodium

# MEAL 3

## AVOCADO TUNA SALAD

### Ingredients:

- 1/2 avocado, mashed
- Juice from 2 lime wedges
- Dash of salt
- Dash of cayenne pepper
- 5 oz. light tuna (packed in water)
- 1 cup mixed greens
- 1/2 cup sprouts
- Slice of tomato

(If having starch at this meal, try 2 whole-grain rice cakes.)

### Directions:

Place avocado, lime juice, salt, and cayenne in a mixing bowl and use a fork to mash into a paste. Drain tuna well and add to bowl; mix well. Pile mixed greens on a plate and top with tuna/avocado mixture. Finish with sprouts and tomato.

Nutrition info, without starch: 321 calories, 33 g protein, 13 g carbohydrate, 16 g fat, 7 g fiber, 2 g sugar, 640 mg sodium

## SPICY CHICKEN SUMMER ROLL\*

### Ingredients:

- 2 rice paper wrappers
- 1/4 lb chicken breast, poached, cooled, and shredded with fork
- 2 Tbsp. shredded carrot
- 2 Tbsp. minced onion
- 10 basil leaves
- 20 cilantro leaves
- 10 mint leaves
- 2 Tbsp. soy sauce
- 1 tsp. fish sauce
- Juice of 1 lime
- Crushed red pepper (to taste)
- 1/2 tsp. peanuts

### Directions:

Dip rice paper wrappers in and out of warm water until soft and pliable, then place on damp towel. Place half of chicken, carrots, onions, basil leaves, cilantro, and mint, in that order, on the center of each wrapper and roll each like a burrito. Make dipping sauce by mixing remaining ingredients together in a small bowl. Serve rolls with dipping sauce.

Nutrition info for summer rolls without dipping sauce: 335 calories, 38 g protein, 31 g carbohydrate, 4 g fat, 2.5 g fiber, 2 g sugar, 201 mg sodium

Nutrition info for 1/4 of dipping sauce: 10 calories, 500 mg sodium



### SEARED TUNA WITH WHITE BEAN VINAIGRETTE

#### Ingredients:

- 1/2 head radicchio or endive
- 2 Tbsp. red wine vinaigrette
- 1/3 cup cooked or canned white beans
- 1 Tbsp. chopped shallots
- 1 clove garlic, minced
- 4 black olives, sliced into rings
- 4 oz. tuna fillet
- 1 Tbsp. lemon juice

(If you choose to add a starch to this meal, a whole-grain dinner roll or whole wheat pita would go nicely.)

#### Directions:

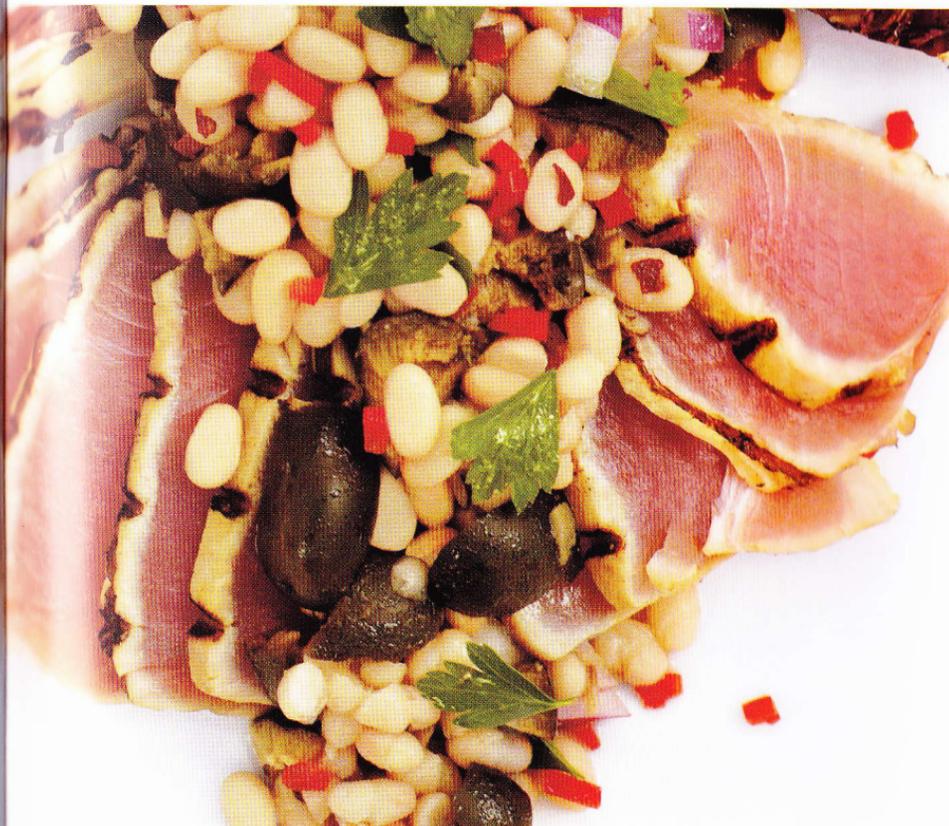
Preheat broiler to high. Cut radicchio or endive half in half, wash, dry, and brush with 1 Tbsp. of red wine vinaigrette, and place under broiler cut side up. Cook until charred and hot. Preheat grill or place sauté pan over high heat. In a mixing bowl, combine white beans, remaining 1 Tbsp. of red wine vinaigrette, shallots, garlic, and olives.

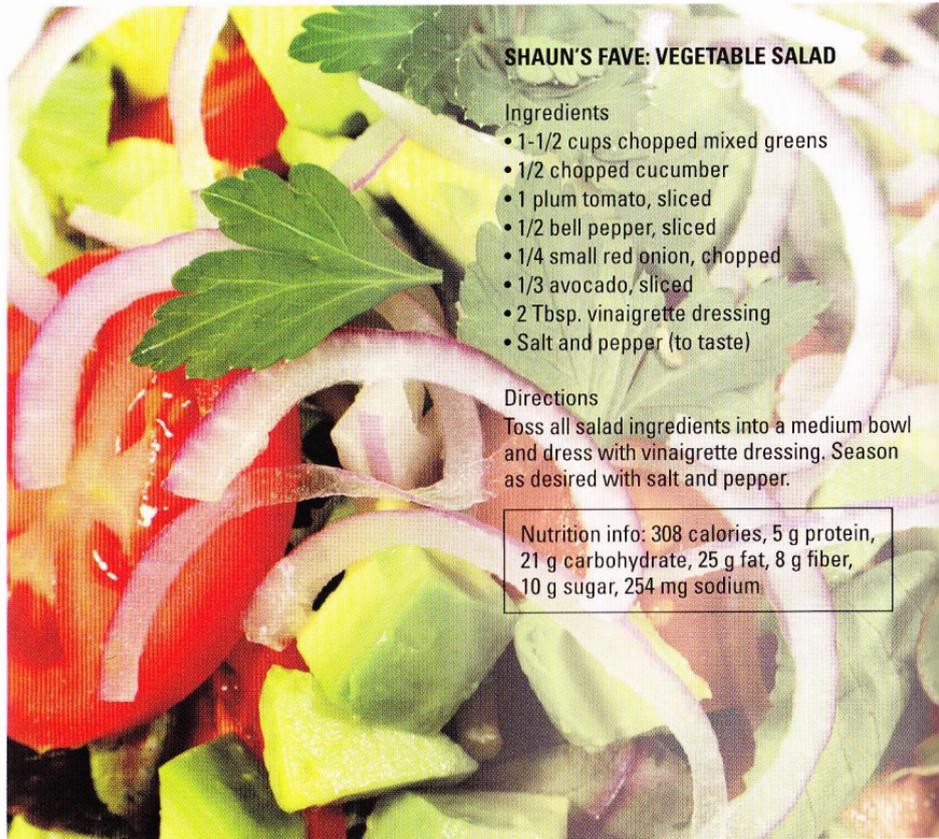
Mix well and set aside. Sear tuna on grill or sauté pan, about 1 minute per side. Place radicchio and tuna on plate and top with bean vinaigrette.

Nutrition info (without added starch):  
299 calories, 30 g protein, 21 g carbohydrate,  
10 g fat, 4 g fiber, 4 g sugar, 620 mg sodium

**List of Starch Choices** (to add to meals that do NOT have a starch, up to 3x/week)

- 1 6-inch wheat pita pocket
- 1 whole wheat tortilla or 2 small whole wheat tortillas (about 100 to 120 calories total)
- 1/2 to 1 cup brown rice
- 1 slice whole wheat toast
- 1 whole-grain English muffin
- 1/2 to 1 cup whole grain couscous or orzo
- 2 brown rice cakes
- 1 whole-grain dinner roll





## SHAUN'S FAVE: VEGETABLE SALAD

### Ingredients

- 1-1/2 cups chopped mixed greens
- 1/2 chopped cucumber
- 1 plum tomato, sliced
- 1/2 bell pepper, sliced
- 1/4 small red onion, chopped
- 1/3 avocado, sliced
- 2 Tbsp. vinaigrette dressing
- Salt and pepper (to taste)

### Directions

Toss all salad ingredients into a medium bowl and dress with vinaigrette dressing. Season as desired with salt and pepper.

Nutrition info: 308 calories, 5 g protein, 21 g carbohydrate, 25 g fat, 8 g fiber, 10 g sugar, 254 mg sodium

Meal 4 is an all-out veg-out. Get ready to crunch and munch on some delicious and nutritious vegetables!



## TOASTED PECAN AND BEET SALAD

### Ingredients

- 2 medium raw beets
- 1/4 cup green beans, cleaned and cut
- 1/4 cup diced apples
- 2 Tbsp. chopped white onion
- 1 Tbsp. chopped toasted pecans
- 1/2 tsp. maple syrup
- 1 Tbsp. sherry vinegar
- 1 Tbsp. chopped parsley
- 1 Tbsp. chopped tarragon
- 1 Tbsp. extra virgin olive oil
- Salt and pepper (to taste)

### Directions:

Fill a medium saucepan half-full with water and boil on high heat. Add beets and cook until tender. Drain and cool. Whisk syrup, vinegar, parsley, tarragon, and olive oil in bowl. Peel and dice beets and toss with veggies and pecans and drizzle dressing on top. Season with salt and pepper.

Nutrition info: 282 calories, 4 g protein, 25 g carbohydrate, 20 g fat, 5 g fiber, 15 g sugar, 87 mg sodium



### GRILLED CORN, POBLANO, AND TOMATO SALAD

#### Ingredients:

- 1 medium tomato, chopped
- 1 Tbsp. chopped fresh cilantro
- 2 Tbsp. chopped fresh basil
- ½ Tbsp. balsamic vinegar
- 1 to 2 ears corn, husked
- 1 poblano pepper
- 2 ¼-inch slices white onion
- 2 tsp. grape seed oil
- 1 cup chopped romaine lettuce
- 1 lime wedge
- Salt and pepper (to taste)

#### Directions:

Preheat grill or broiler to high. Place tomato, cilantro, basil, and vinegar in a mixing bowl. Mix together and set aside. Brush shucked corn, poblano, and onion slices with grape seed oil and place all on hot grill. Grill corn until hot and seared with grill marks; char pepper on all sides; grill onion slices until charred slightly on outside and just cooked inside. Remove vegetables from grill.

Cut corn from the cob. Roughly chop onions. Using the back of a knife, scrape charred skin from pepper, then cut it open, remove stem and seeds, and chop pepper roughly. Add all three to bowl with tomato mixture and mix well. Pile chopped lettuce in the middle of a plate and squeeze lime juice over it. Top with tomato/corn mixture. Season as desired with salt and pepper and serve.

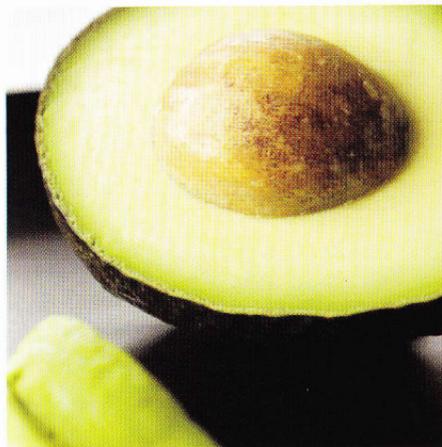
Nutrition info: 295 calories, 8 g protein,  
48 g carbohydrate, 11 g fat, 8 g fiber,  
12 g sugar, 42 mg sodium

# MEAL 4

## MIXED GREEN SALAD WITH GRAPEFRUIT, AVOCADO, AND RED ONION

### Ingredients:

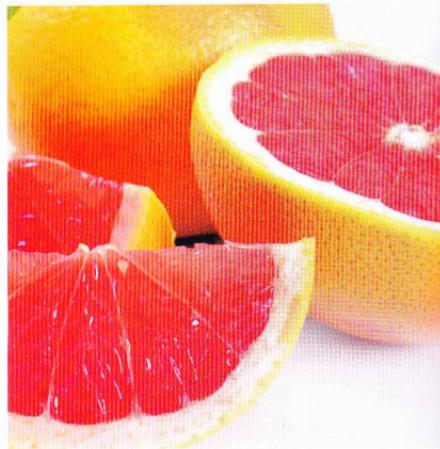
- 1/2 grapefruit, peeled and segmented
- 1/3 avocado, sliced
- 2 Tbsp. chopped red onion
- 1 tsp. freshly squeezed lime juice
- 2 tsp. freshly squeezed grapefruit juice
- 1 Tbsp. grape seed oil
- 2 cups mixed mesclun greens
- Salt and pepper (to taste)



### Directions:

In a mixing bowl, toss together grapefruit segments, avocado, red onion, lime juice, grapefruit juice, and grape seed oil. Serve over bed of mixed greens. Season as desired with salt and pepper.

Nutrition info: 298 calories, 4 g protein, 21 g carbohydrate, 24 g fat, 7 g fiber, 12 g sugar, 35 mg sodium



## RAW MUSHROOM SALAD

This recipe is best when prepared 1 day in advance

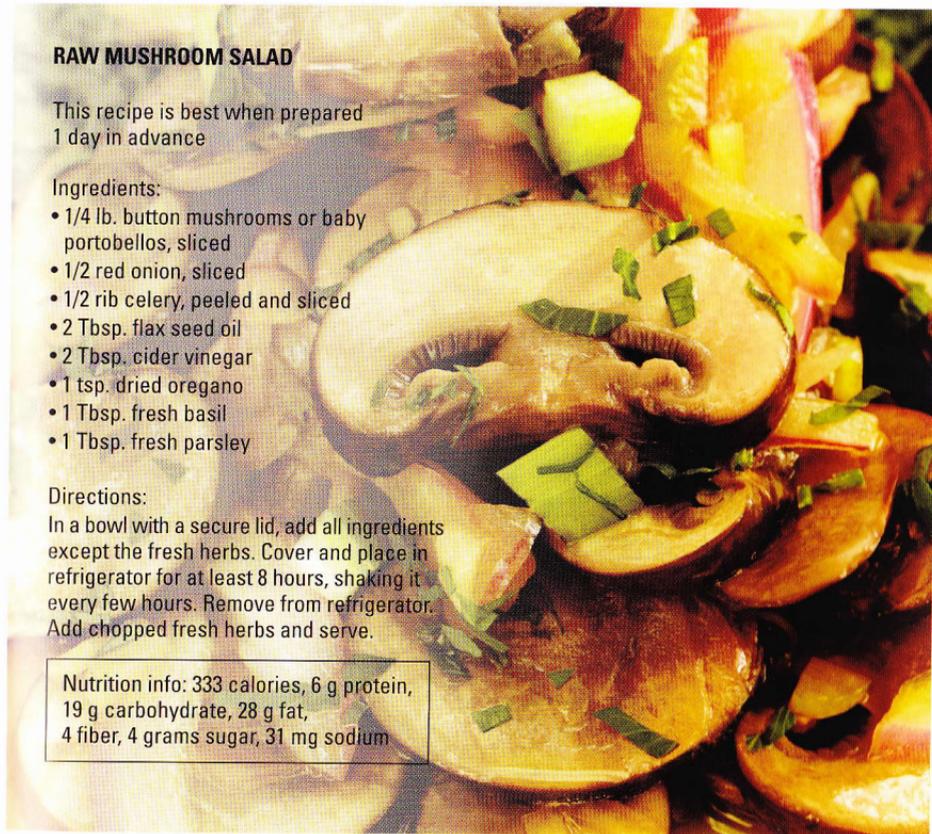
### Ingredients:

- 1/4 lb. button mushrooms or baby portobellos, sliced
- 1/2 red onion, sliced
- 1/2 rib celery, peeled and sliced
- 2 Tbsp. flax seed oil
- 2 Tbsp. cider vinegar
- 1 tsp. dried oregano
- 1 Tbsp. fresh basil
- 1 Tbsp. fresh parsley

### Directions:

In a bowl with a secure lid, add all ingredients except the fresh herbs. Cover and place in refrigerator for at least 8 hours, shaking it every few hours. Remove from refrigerator. Add chopped fresh herbs and serve.

Nutrition info: 333 calories, 6 g protein, 19 g carbohydrate, 28 g fat, 4 fiber, 4 grams sugar, 31 mg sodium



# MEAL 5

## SHAUN'S FAVE: ROAST CHICKEN WITH VEGETABLE PUREE

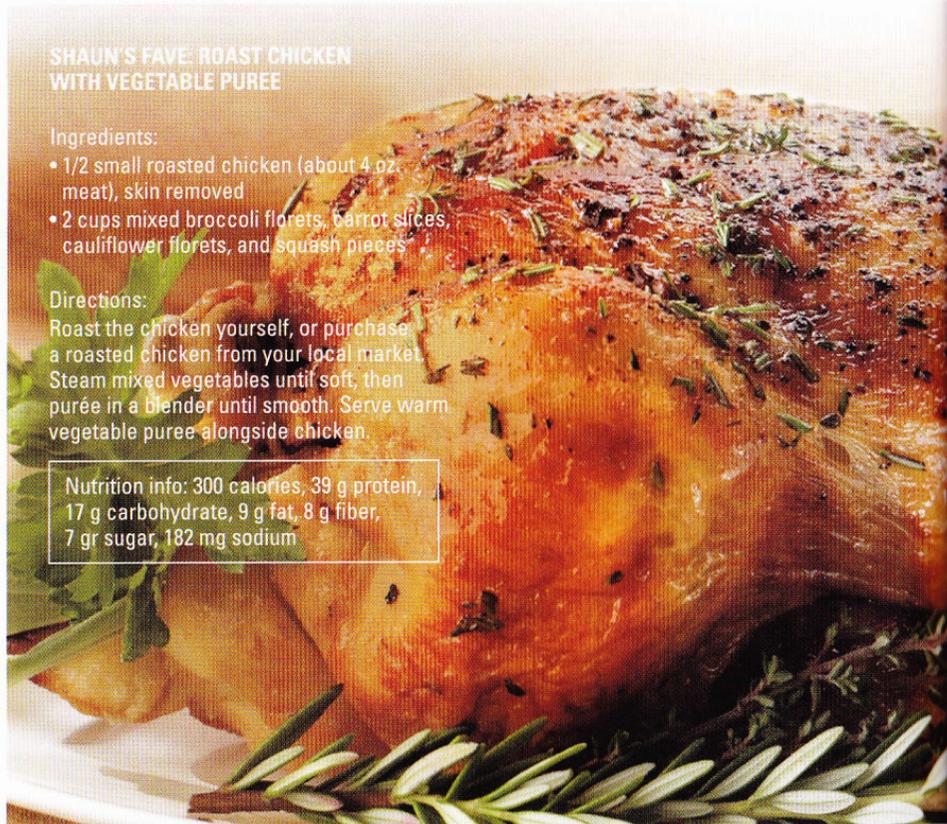
### Ingredients:

- 1/2 small roasted chicken (about 4 oz. meat), skin removed
- 2 cups mixed broccoli florets, carrot slices, cauliflower florets, and squash pieces

### Directions:

Roast the chicken yourself, or purchase a roasted chicken from your local market. Steam mixed vegetables until soft, then purée in a blender until smooth. Serve warm vegetable puree alongside chicken.

Nutrition info: 300 calories, 39 g protein, 17 g carbohydrate, 9 g fat, 8 g fiber, 7 g sugar, 182 mg sodium



*This meal should be a lean protein with raw or cooked vegetables. It's the perfect way to nourish your body at the end of the day without too many calories.*

## VEGETABLE EGG WHITE OMELET

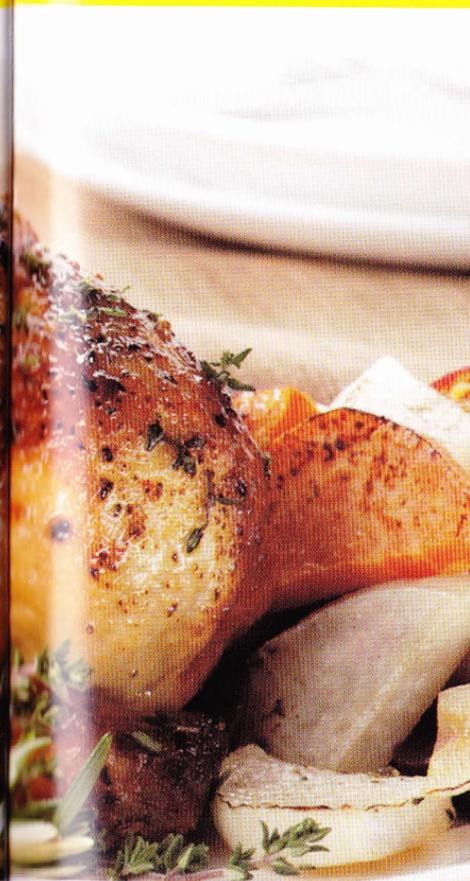
### Ingredients:

- 5 egg whites
- 1/2 cup spinach leaves, washed and torn into pieces
- 1/4 cup button mushrooms, cleaned and sliced
- 4 brussels sprouts, steamed and chopped
- 1/2 avocado, sliced
- 1/2 medium tomato, sliced
- Nonstick cooking spray

### Directions:

Coat a nonstick skillet with cooking spray, then heat over medium heat. Lightly beat egg whites, then pour into pan and cook for 2 to 3 minutes, or until eggs just begin to set. Add the spinach, mushrooms, and brussels sprouts. Cook for 3 to 5 more minutes, until eggs are completely set and vegetables are warm. Serve omelet with sliced avocado and sliced tomato.

Nutrition info: 303 calories, 23 g protein, 21 g carbohydrate, 16 g fat, 8 g fiber, 8 g sugar, 330 mg sodium



# MEAL 5



## CHERMOULA TOFU, EGGPLANT, AND RED PEPPER SKEWER

### Ingredients:

- 8 oz. extra-firm tofu, cut into 6 cubes
- 1 red bell pepper, cut into 6 chunks
- 1/3 eggplant, cut into 6 chunks
- 2 tsp. chermoula (see recipe)
- 2 tsp. olive oil
- 1 cup mixed greens

Preheat grill or broiler to high. To make two skewers, spear a piece of eggplant, then pepper, then tofu onto each skewer, until each has three

pieces of each ingredient. Brush skewers with olive oil and chermoula. Place skewers on heated grill. Turn every 2 minutes until vegetables are hot and slightly charred. Remove from heat. Serve over a bed of mixed greens.

Chermoula is a delicious Moroccan marinade/condiment that's tangy and a little bit spicy. If you can't find it in your market, make your own by mixing these ingredients together in a bowl:

- 1/2 medium white onion, finely chopped
- 1 tsp. chopped fresh coriander leaves
- 2 tsp. chopped fresh parsley
- 1 garlic clove, crushed



## POACHED HALIBUT WITH WILTED GREENS AND SHREDDED CARROT

### Ingredients:

- 2 cups mixed greens (like kale, spinach, or chard)
- 1 Tbsp. shredded carrot
- 1 cup vegetable broth
- 6 oz. halibut (or other firm white fish)
- Freshly squeezed lemon juice (to taste)
- Salt and pepper (to taste)

### Directions:

Heat ½ inch of water in a steamer or saucepan, then steam greens and carrot for about 2 to 4 minutes, or until just soft. Remove from saucepan and place in the bottom of a soup bowl. In a separate sauté pan, heat vegetable broth over medium high heat. Just before it boils, add fish. Cover and lower heat to medium. Cook fish for approximately 6 to 8 minutes, or until fish is cooked through and flakes easily. Pour broth over greens and carrots, top with fish, season as desired with lemon juice, salt, and pepper, and serve.

- 3 tsp. ground cumin
- 2 tsp. mild paprika
- 1 tsp. turmeric
- 1 pinch each cayenne pepper, black pepper, and salt

Nutrition info: 298 calories, 21 g protein, 24 g carbohydrate, 15 g fat, 7 g fiber, 12 g sugar, 310 mg sodium

Nutrition info: 287 calories, 52 g protein, 12 g carbohydrate, 5 g fat, 4 g fiber, 5 g sugar, 1178 mg sodium

# MEAL 5

## 5-SPICE TURKEY BREAST WITH CRANBERRY RELISH AND STEAMED BRUSSELS SPROUTS

### Ingredients

- 1 cup vegetable broth
- 1 tsp. Chinese 5-spice powder
- 6 oz. raw turkey breast
- 1/4 cup raw cranberries
- 3 orange segments
- 1 Tbsp. diced raw onion
- Salt and pepper (to taste)
- 1 cup brussels sprouts, cut in half

### Directions:

Place vegetable broth and 5-spice powder in a medium saucepan over medium-high heat. When broth simmers, add turkey breast and poach until cooked through. While turkey is cooking, place cranberries, orange segments, onions, salt, and pepper in a food processor or blender and pulse until you have a chunky sauce. Steam brussels sprouts in water until just tender. Remove turkey from broth. Place turkey and brussels sprouts on plate. Top with cranberry relish.

Nutrition info: 293 calories, 48 g protein, 23 g carbohydrate, 2 g fat, 6 g fiber, 13 grams sugar, 310 mg sodium

# MEAL 5

## CHARRED SIRLOIN WITH YELLOW AND GREEN ZUCCHINI SALAD

### Ingredients:

- 4 oz. lean sirloin (at room temperature)
- Salt and pepper (to taste)
- 1/2 cup green zucchini, cut into long, thin strips with a vegetable peeler
- 1/2 cup yellow summer squash, cut into long, thin strips with a vegetable peeler
- 1 clove garlic, minced
- 1 Tbsp. chopped fresh parsley
- Juice from 1 lemon wedge
- 2 tsp. extra virgin olive oil
- 1 cup arugula

### Directions:

Preheat grill or broiler to high. Season sirloin with salt and pepper. Place zucchini and yellow squash in a mixing bowl with garlic, parsley, lemon juice, and olive oil and mix well. Once grill or broiler is hot, cook sirloin to desired doneness. Remove from heat and place on cutting board for 5 minutes. Add arugula to squash mixture and toss. Slice beef, place on plate with salad, and serve.

Nutrition info: 288 calories, 28 g protein, 6 g carbohydrate, 16 g fat, 2 g fiber, 2 g sugar, 528 mg sodium



# FOOD SUBSTITUTIONS

**FRUITS:** All of the following are 1 single serving of fruit, and may be interchanged as desired.

- 1/2 banana
- 2 small plums
- 1 peach
- 1 cup berries (blueberries, blackberries, raspberries, or strawberries)
- 1/2 cup pineapple chunks
- 1/2 papaya
- 2 kiwis
- 1 apple
- 15 to 20 grapes
- 1 orange
- 1 cup melon chunks (cantaloupe, honeydew, or watermelon)
- 1/2 mango
- 15 to 20 cherries
- 1 pear

## PROTEINS:

Food in meal plan	May substitute with	
<b>1 oz. chicken breast, turkey breast, or tuna canned in water</b>	<ul style="list-style-type: none"> <li>• 1 oz. tofu, shrimp, or white fish</li> <li>• 3/4 oz. lean red meat, like sirloin</li> <li>• 1 oz. lean pork tenderloin</li> <li>• 1/4 cup beans</li> </ul>	<ul style="list-style-type: none"> <li>• 1 egg or 3 egg whites <i>(do not exceed 2 full eggs per day)</i></li> <li>• 1/2 oz. nuts</li> </ul>
<b>1 oz. shrimp or white fish</b>	<ul style="list-style-type: none"> <li>• 1 oz. tuna, turkey, tofu, or chicken breast</li> <li>• 3/4 oz. lean red meat, like sirloin</li> <li>• 1 oz. lean pork tenderloin</li> </ul>	<ul style="list-style-type: none"> <li>• 1 egg or 3 egg whites <i>(do not exceed 2 full eggs per day)</i></li> <li>• 1/2 oz. nuts</li> <li>• 1/4 cup beans</li> </ul>
<b>1 egg</b>	<ul style="list-style-type: none"> <li>• 1-1/2 oz. tuna, turkey, tofu, chicken, white fish, or shrimp</li> <li>• 1 oz. salmon or other "fatty" fish</li> <li>• 1-1/2 oz. lean pork tenderloin</li> </ul>	<ul style="list-style-type: none"> <li>• 3 egg whites <i>(do not exceed 2 full eggs per day)</i></li> <li>• 1/3 cup beans</li> </ul>
<b>1 oz. lean red meat</b>	<ul style="list-style-type: none"> <li>• 1-1/2 oz. tuna, turkey, tofu, chicken, white fish, or shrimp</li> <li>• 1 oz. salmon or other "fatty" fish</li> <li>• 1-1/2 oz. lean pork tenderloin</li> </ul>	<ul style="list-style-type: none"> <li>• 1 egg or 3 egg whites <i>(do not exceed 2 full eggs per day)</i></li> <li>• 1/3 cup beans</li> </ul>

Use these lists to help customize the foods in your meal plan. Simply swap out the foods you don't enjoy for ones you find more appealing.

## BREADS/STARCH:

Food in meal plan	May substitute with	
<b>1/2 of a 6-inch whole wheat pita</b>	<ul style="list-style-type: none"> <li>• 1 slice whole wheat bread</li> <li>• 1 whole wheat English muffin</li> </ul>	<ul style="list-style-type: none"> <li>• 1 small whole-grain dinner roll</li> </ul>
<b>1 slice of whole wheat bread (about 100 calories per slice)</b>	<ul style="list-style-type: none"> <li>• 1 small whole-grain dinner roll</li> <li>• 1 whole wheat English muffin</li> <li>• 1/3 cup of brown rice</li> </ul>	<ul style="list-style-type: none"> <li>• 1/2 cup whole-grain cereal, no sugar added</li> <li>• 1/2 of a 6-inch whole wheat pita</li> </ul>
<b>1/3 cup brown rice</b>	<ul style="list-style-type: none"> <li>• 1/2 cup whole-grain pasta or couscous</li> <li>• 1 small baked potato or sweet potato</li> </ul>	<ul style="list-style-type: none"> <li>• 2/3 cup green peas</li> <li>• 1 slice whole wheat bread</li> <li>• 1/3 cup cooked barley</li> </ul>
<b>1 small baked potato</b>	<ul style="list-style-type: none"> <li>• 1 baked sweet potato</li> <li>• 1/3 cup brown rice</li> <li>• 1/2 cup whole wheat pasta or couscous</li> </ul>	<ul style="list-style-type: none"> <li>• 1/3 cup cooked barley</li> <li>• 1 slice whole-grain bread</li> <li>• 1 whole wheat English muffin</li> </ul>

**VEGETABLES:** All of the following are 1 single serving of vegetables and may be interchanged as desired.

- 1 cup cooked broccoli (2 cups raw)
- 1 cup cooked spinach (2 cups raw)
- 1/3 cup corn or 1 ear corn on the cob
- 1/3 cup cooked peas
- 1 cup cooked mushrooms (2 cups raw)
- 1 cup sliced cucumber
- 1 cup steamed bell pepper pieces (2 cups raw)
- 3 cups salad greens
- 12 asparagus spears
- 1 cup cooked zucchini
- 1 cup cooked green beans
- 3/4 cup cooked pea pods
- 1 whole tomato or 14 cherry tomatoes
- 1 cup steamed brussels sprouts

## MISCELLANEOUS:

Food in meal plan	May substitute with	
<b>1/3 avocado</b>	<ul style="list-style-type: none"> <li>• 1/2 oz. nuts</li> </ul>	<ul style="list-style-type: none"> <li>• 1 Tbsp. peanut butter</li> <li>• 1 Tbsp. olive oil</li> </ul>