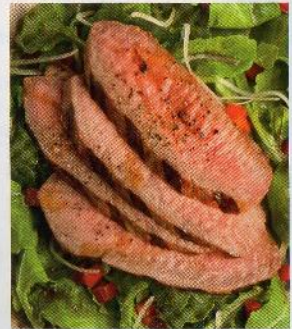
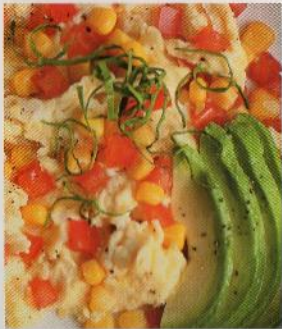
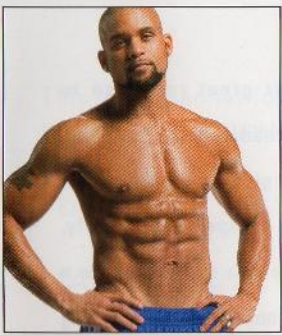
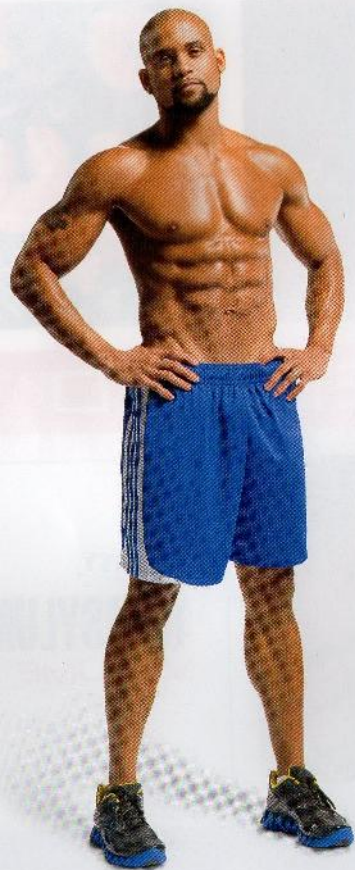




JUST LIKE SHAUN T GET SHREDDED 2



**INSANITY**  
**THE ASYLUM**  
VOLUME 2



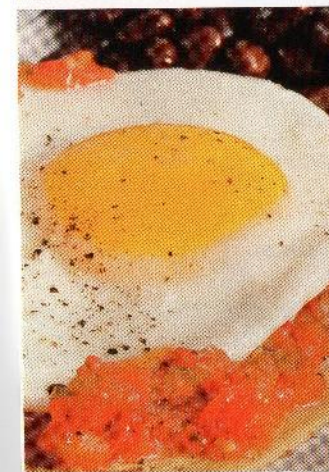
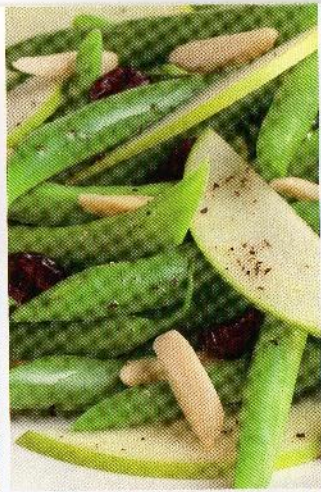
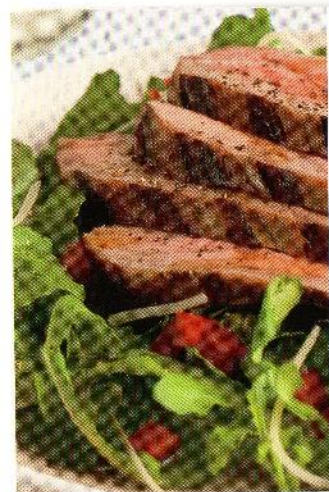
Thanks to your great response to Shaun's Get Shredded jump-start plan, we decided to give you more of the man's favorite recipes. Admittedly, proper nutrition can sometimes be a little bland, but not when you're eating Shaun T-style. These recipes may take a little more prep work, but if you truly want your nutrition to be the same caliber as your workouts, you'll love what we've cooked up for you. These recipes are restaurant-inspired, created by a chef, and approved by a nutritionist!

This meal planner follows the same guidelines as **INSANITY®** and **INSANITY: THE ASYLUM® Vol. 1**. As a reminder:

- EAT AT LEAST 5 TIMES PER DAY.
- EAT LOTS OF LEAN PROTEIN AND VEGGIES (MINIMAL STARCH).
- DRINK PLENTY OF WATER.
- AVOID SODA AND SIMILAR JUNK.
- ENJOY HEALTHY FATS LIKE NUTS, SEEDS, OLIVES, AND AVOCADOS.
- WHEN DINING OUT, IF YOU DON'T SEE IT ON THE MENU, ASK TO HAVE IT YOUR WAY!

**Don't forget to check out all the amazing new salads!**

**Plus Shakeology® recipes and vegan recipes too!**



## THE ORGANIC QUESTION

Is it worth it to go organic? It certainly doesn't hurt, especially when it comes to soy and dairy. Organic crops, including soy, cannot be genetically modified. This means that by paying a little more for organic tempeh, you're avoiding those weird GMOs, not to mention pesticide residues.

With organic dairy, you're avoiding all the hormones and antibiotics they feed conventionally raised cows. And if that's not enough, a recent English study shows that not only is organic milk more nutritionally consistent, but it contains higher levels of omega-3 fatty acids.

As for organic produce, to be honest, science has yet to determine how much more nutritious it is (we're betting that answer is "a lot"), but you're still dodging all the chemical pesticides and herbicides they load on conventional fruits and veggies.

# CALORIE CALCULATOR: HOW TO FIGURE OUT YOUR CALORIE NEEDS

STEP  
1

## CALCULATE YOUR BASE MAINTENANCE CALORIES

If you're sedentary outside of doing INSANITY: THE ASYLUM 2, multiply your current weight by 12. That's how many calories you need to consume every day for weight maintenance. If you're moderately active and exercise 3 to 5 times a week in addition to ASYLUM 2, multiply your weight by 13. If you're highly active or have a highly active job, multiply your weight by 14.

### SEDENTARY LIFESTYLE (DESK JOB):

$$\boxed{\phantom{000}} \times 12 = \boxed{\phantom{000}}$$

(current weight in pounds) (maintenance calories)

### MODERATELY ACTIVE LIFESTYLE (SERVER IN A RESTAURANT):

$$\boxed{\phantom{000}} \times 13 = \boxed{\phantom{000}}$$

(current weight in pounds) (maintenance calories)

### HIGHLY ACTIVE LIFESTYLE (CONSTRUCTION WORKER):

$$\boxed{\phantom{000}} \times 14 = \boxed{\phantom{000}}$$

(current weight in pounds) (maintenance calories)

STEP  
2

## CALCULATE YOUR TOTAL MAINTENANCE CALORIES INCLUDING YOUR DAILY INSANITY: THE ASYLUM 2 WORKOUT.

(ASYLUM 2 burns an average of 400 calories per day.)

$$\boxed{\phantom{000}} + 400 \text{ calories} = \boxed{\phantom{000}}$$

(maintenance calories) (total maintenance calories)

STEP  
3

## CALCULATE YOUR WEIGHT LOSS CALORIE NEEDS:

$$\boxed{\phantom{000}} - 500 = \boxed{\phantom{000}}$$

(total maintenance calories) (weight loss calories)

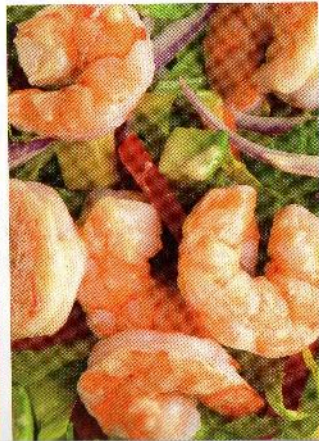
The base meal plan provides 1,800 calories per day over the course of five meals. There's also a modified meal plan that provides 1,500 calories per day. This lower-calorie plan modifies the first two meals of the day and is listed under each recipe. The last three meals of the day are the same for both the 1,800 and 1,500 calorie plans.

If your total from your calorie calculator is less than 1,500 calories a day, simply round up to 1,500 calories as you plan your meals. If your answer falls between two levels, round up. For example, if your calorie allowance is 1,650 calories, round that up to 1,800 calories.

For those who need more than 1,800 calories, Shaun suggests following the plan as written, then adding a sixth meal to the end of your day. See the grid on page 7.

## 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. And you eat five to six meals per day! Shaun recommends that you give this plan 14 days to see the full effect. At that point, it's likely that you'll feel so good, you'll want to 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 from the *INSANITY: THE ASYLUM* Vol. 1 "Get Shredded Guide" to help you exchange certain foods.



MEAL  
**1**

### PROTEIN & STARCH

Base Diet: Approx. 500 calories • Lower-calorie modification: 300 calories

MEAL  
**2**

### PROTEIN & STARCH or PROTEIN & VEGETABLE

Base Diet: Approx. 400 calories • Lower-calorie modification: 300 calories

MEAL  
**3**

### PROTEIN & VEGETABLE, with STARCH 3x/WEEK

Base Diet: Approx. 300 calories • No calorie modification

MEAL  
**4**

### VEG OUT!

Base Diet: Approx. 300 calories • No calorie modification

MEAL  
**5**

### PROTEIN & VEGETABLE

Base Diet: Approx. 300 calories • No calorie modification

MEAL  
**6**

### HAVE A SHAKEOLOGY SHAKE

Or choose from meal options 4 or 5

**RAINBOW SCRAMBLE**

(Makes 1 serving)

Total Time: 12 min.

Prep Time: 7 min.

Cooking Time: 5 min.

- 1 large egg
- 3 egg whites
- ¼ teaspoon sea salt
- ¼ teaspoon ground black pepper
- 1 teaspoon extra-virgin olive oil
- ¼ cup frozen organic corn, defrosted
- ¼ cup diced tomato
- ⅓ avocado, thinly sliced
- 3 leaves basil, chopped
- 2 slices whole-grain bread, toasted

1. Beat egg and egg whites in medium bowl. Season with salt and pepper; set aside.
2. Heat oil in medium skillet over medium-high heat.
3. Add corn and tomato; cook, stirring frequently, for 1 to 2 minutes, or until tomato releases juices.
4. Add eggs; cook, stirring gently, for 1 to 2 minutes. Reduce heat to low; continue cooking for 30 seconds, or until eggs are fluffy and cooked through; remove from heat.
5. Top with avocado and basil.
6. Serve with toast.

**Lower-Calorie Modification:**

Omit whole egg and reduce bread to 1 slice.

**Nutritional Information (per serving):**

Calories: 509 • Fat: 17 g • Saturated Fat: 3 g  
Cholesterol: 186 mg • Sodium: 1,439 mg • Sugar: 8 g  
Carbohydrate: 65 g • Fiber: 12 g • Protein: 30 g

*A scramble loaded with lots of veggies—corn, tomato, avocado, and basil. Yum!*



**GINGER-CINNAMON ALMOND OATMEAL**

(Makes 1 serving)

Total Time: 16 min.

Prep Time: 7 min.

Cooking Time: 9 min.

*The peppery and slightly sweet flavor of ginger makes this oatmeal really good.*

- 1¼ cups water
- 1 cup unsweetened almond milk
- 1 dash sea salt
- 1 cup dry quick-cooking steel-cut oats
- 1 tablespoon 100% maple syrup
- 1 dash ground cinnamon
- 1 dash ground ginger
- 3 tablespoons sliced raw almonds

1. Heat water, almond milk, and salt in medium saucepan over high heat until it reaches a boil.
2. Add oats; reduce heat to low; cook, stirring frequently, for 5 to 7 minutes; remove from heat.
3. Add maple syrup, cinnamon, and ginger.
4. Top with almonds; serve.

**Lower-Calorie Modification:**

Reduce dry oats to ¾ cup and water to 1 cup. Reduce maple syrup to 1 teaspoon and almonds to 2 teaspoons.

**Nutritional Information (per serving):**

Calories: 490 • Fat: 17 g • Saturated Fat: 2 g  
Cholesterol: 0 mg • Sodium: 461 mg • Sugar: 14 g  
Carbohydrate: 74 g • Fiber: 11 g • Protein: 16 g

**YOUR OWN MUESLI PARFAIT**

(Makes 1 serving)

Total Time: 5 min.

Prep Time: 5 min.

Cooking Time: None

*This is a delicious way to get your morning fiber.*

- 1 cup Greek yogurt or plain organic soy yogurt, *divided use*
- ½ cup Your Own Muesli (see next recipe), *divided use*
- ½ cup sliced strawberries, *divided use*

1. Place ½ cup Greek yogurt in small bowl; top with ¼ cup Your Own Muesli, and ¼ cup strawberries. Repeat layers.
2. Serve immediately.

**Lower-Calorie Modification:**

Reduce Greek yogurt to ¾ cup and reduce Your Own Muesli to ¼ cup.

**Nutritional Information (per serving):**

Calories: 526 • Fat: 17 g • Saturated Fat: 4 g  
Cholesterol: 13 mg • Sodium: 140 mg • Sugar: 40 g  
Carbohydrate: 70 g • Fiber: 9 g • Protein: 29 g

**YOUR OWN MUESLI**

(Makes 14 servings, ¼ cup each)

Total Time: 6 min.

Prep Time: 6 min.

Cooking Time: None

*High-fiber cereal, oats, nuts, seeds, and dried fruit make an American version of this European breakfast staple.*

- 2 cups old-fashioned rolled oats
- ½ cup bran flakes
- ¾ cup raisins
- ½ cup dried cranberries
- ½ cup chopped dates
- ½ cup chopped raw walnuts
- ½ cup raw pumpkin seeds, unsalted
- ¼ cup unsweetened coconut flakes, toasted
- ¼ cup flaxseeds

1. Combine oats, bran flakes, raisins, cranberries, dates, walnuts, pumpkin seeds, coconut flakes, and flaxseeds in large mixing bowl.

**Nutritional Information (per serving of Muesli only):**

Calories: 183 • Fat: 8 g • Saturated Fat: 2 g  
Cholesterol: 0 mg • Sodium: 10 mg • Sugar: 12 g  
Carbohydrate: 25 g • Fiber: 4 g • Protein: 5 g

Tips: Muesli will keep in an airtight container for up to 2 months.

For a vegan option, soak muesli in almond, soy, or coconut beverage for 20 minutes and enjoy.





**HIGH-PROTEIN CINNAMON-APPLE-OATMEAL PANCAKES**

(Makes 1 serving, 5 small pancakes)

Total Time: 28 min.

Prep Time: 20 min.

Cooking Time: 8 min.

- 1 scoop Beachbody® Whey Protein Powder, Chocolate or Vanilla flavor, or equivalent
- ½ cup old-fashioned rolled oats (or quick-cooking rolled oats)
- ½ teaspoon baking powder
- ½ teaspoon ground cinnamon
- 1 dash sea salt
- 4 large egg whites
- ½ medium apple, diced or grated
- 2 tablespoons unsweetened almond milk
- 2 teaspoons safflower oil (or butter), *divided use*
- 2 teaspoons 100% maple syrup (optional)
- 2 tablespoons diced apple (for garnish; optional)

1. Mix Whey Protein Powder, oats, baking powder, cinnamon, and salt in medium bowl; set aside.
2. Beat egg whites in separate medium bowl; add apple and almond milk.
3. Add dry ingredients to wet ingredients; mix well. Allow to rest for 15 minutes.
4. Heat 1 *teaspoon oil* in large nonstick skillet over medium heat.
5. Ladle ¼ cup batter into pan for each pancake and cook until bubbles cover the top, about 3 minutes. Flip; cook until golden brown, another minute. Add remaining 1 *teaspoon oil*; repeat with remaining batter.
6. Serve warm with maple syrup. Garnish with diced apples (if desired).

**Lower-Calorie Modification:**

Reduce oil to 1 *teaspoon* and maple syrup to 1 *teaspoon*. Eat only 3 pancakes.

**Nutritional Information (per serving):**

Calories: 488 • Fat: 15 g • Saturated Fat: 2 g  
Cholesterol: 20 mg • Sodium: 922 mg • Sugar: 16 g  
Carbohydrate: 51 g • Fiber: 9 g • Protein: 38 g

*These flavorful, high-fiber pancakes help you start your day off right.*

**EGGS LEO SCRAMBLE**

(Makes 1 serving)

Total Time: 25 min.

Prep Time: 20 min.

Cooking Time: 5 min.

- 1 large egg
- 3 egg whites
- ¼ teaspoon ground black pepper
- 1 teaspoon extra-virgin olive oil
- ¼ small onion, finely chopped
- 2 ounces lox (smoked salmon), chopped
- 1 tablespoon chopped fresh dill
- 2 slices whole-grain bread, toasted

1. In a small bowl, combine egg and egg whites. Season with pepper; set aside.
2. Heat oil in medium skillet over medium-high heat.
3. Add onion; cook, stirring frequently, for 1 to 2 minutes, or until onion is translucent.
4. Add eggs, and lox; cook, stirring gently, for about 1 to 2 minutes; reduce heat to low; continue cooking for 30 seconds, or until eggs are fluffy and cooked through.
5. Remove from heat; garnish with dill and serve with toast.

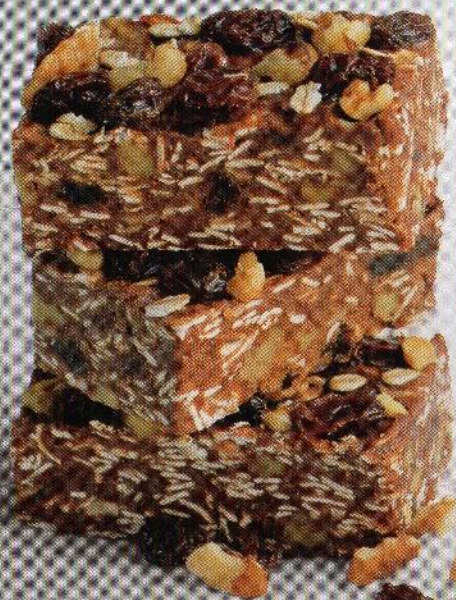
**Lower-Calorie Modification:**

Omit 1 whole egg and reduce bread to 1 slice.

**Nutritional Information (per serving):**

Calories: 499 • Fat: 15 g • Saturated Fat: 3 g  
Cholesterol: 199 mg • Sodium: 1,310 mg • Sugar: 6 g  
Carbohydrate: 56 g • Fiber: 9 g • Protein: 39 g

*Lox is a surprising and delicious addition to this scrambled egg dish.*



*These high-protein, high-fiber breakfast bars are easy to take on the go.*

### SHAKEOLOGY BREAKFAST BARS

(Makes 9 servings, 1 bar each)

Total Time: 3 hrs.  
Prep Time: 3 hrs.  
Cooking Time: None

- 4 scoops Chocolate Shakeology
- 2 cups quick-cooking rolled oats
- ½ cup chopped raw walnuts
- ½ cup raisins
- 1 cup unsweetened almond milk
- ½ cup natural smooth peanut butter

1. Combine Shakeology, oats, walnuts, and raisins in large mixing bowl; mix well.
2. Add almond milk and peanut butter; mix well with clean hands.
3. Press mixture into 8 x 8-inch baking pan; cover and refrigerate at least 3 hours.
4. Cut into 9 bars.

Nutritional Information (per serving):  
Calories: 305 • Fat: 13 g • Saturated Fat: 2 g  
Cholesterol: 7 mg • Sodium: 121 mg • Sugar: 11 g  
Carbohydrate: 30 g • Fiber: 5 g • Protein: 15 g

### ALMOND PARADISE SMOOTHIE

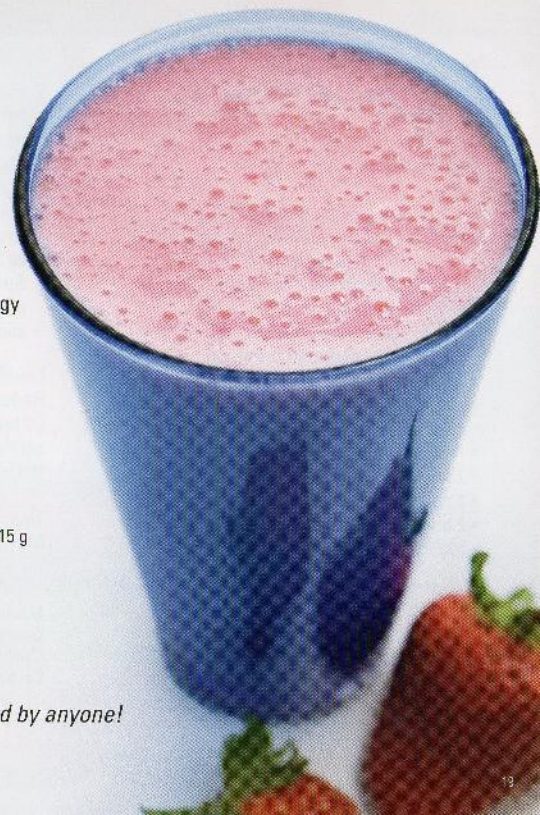
(Makes 1 serving)

Total Time: 3 min.  
Prep Time: 3 min.  
Cooking Time: None

- 1 cup unsweetened almond milk
- 2 teaspoons natural almond butter
- ½ cup sliced fresh strawberries
- 1 scoop Tropical Strawberry Shakeology
- ½ cup ice

1. Place almond milk, almond butter, strawberries, Shakeology, and ice in blender; cover. Blend until smooth.
2. Serve immediately.

Nutritional Information (per serving):  
Calories: 292 • Fat: 10 g • Saturated Fat: 0 g  
Cholesterol: 10 mg • Sodium: 251 mg • Sugar: 15 g  
Carbohydrate: 30 g • Fiber: 8 g • Protein: 19 g



*This vegan smoothie can be enjoyed by anyone!*

**CHILI SALMON BURGER**

(Makes 2 servings, 1 burger each)

Total Time: 140 min.

Prep Time: 130 min.

Cooking Time: 10 min.

*Salmon is a great source of omega-3s.  
This is a good way to enjoy salmon.*

- 6 ounces salmon fillet, boneless, skinless, cubed
- ¼ cup whole wheat bread crumbs
- ¼ cup finely chopped green onions
- 2 teaspoons chili sauce
- 1 large egg, beaten
- 2 teaspoons chopped fresh parsley
- 1 teaspoon fresh lemon juice
- 2 whole-grain hamburger buns
- 2 teaspoons mayonnaise
- 2 leaves lettuce
- 2 slices tomato

1. Place salmon, bread crumbs, onions, chili sauce, egg, parsley, and lemon juice in food processor; process until blended. Refrigerate for at least 1 hour.

2. Preheat grill or broiler to high. (If broiler, set rack 4 inches from heat.) Spray baking pan with nonstick cooking spray.
3. Shape salmon mixture into 2 patties. (Salmon mixture will be moist.)
4. Place patties on prepared baking pan. Broil for about 5 minutes on each side, or to desired doneness.
5. Spread each hamburger bun with half of mayonnaise; top each with lettuce, tomato slice, and salmon patty.

**Lower-Calorie Modification:**

Reduce mayonnaise to 1 teaspoon (½ teaspoon per burger/serving); serve each salmon patty open-faced with just half of the hamburger bun.

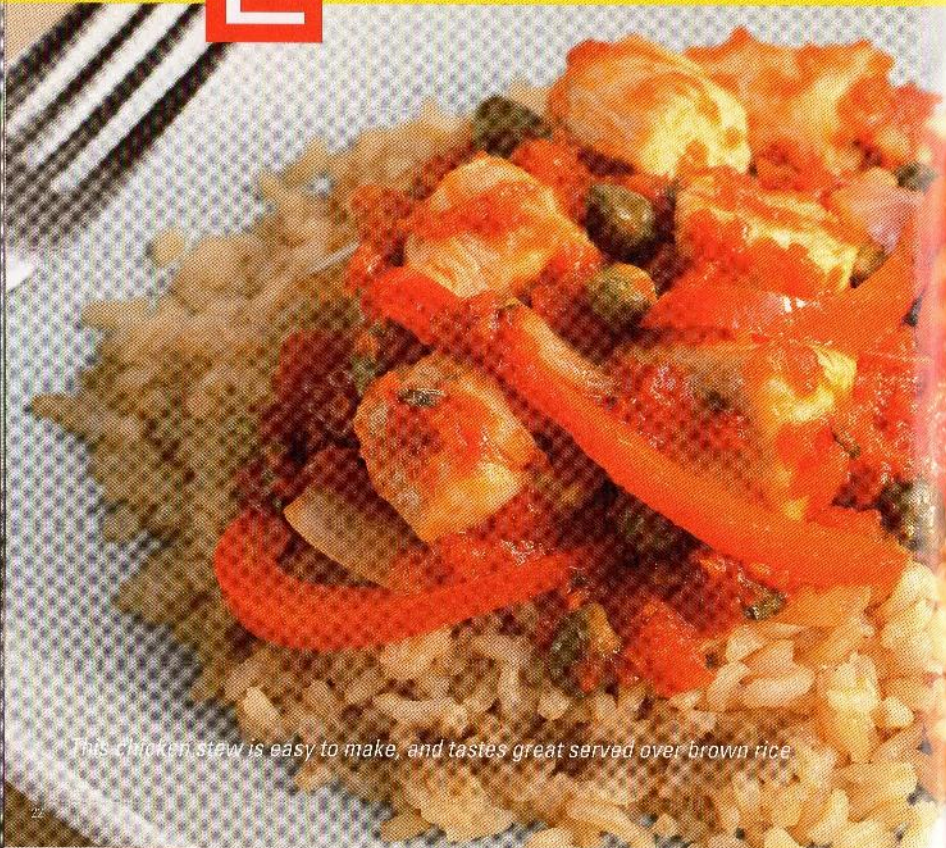
**Tips:**

Make one patty and freeze the other patty for a later meal.

**Nutritional Information (per serving):**

Calories: 427 • Fat: 14 g • Saturated Fat: 3 g  
Cholesterol: 143 mg • Sodium: 994 mg • Sugar: 12 g  
Carbohydrate: 47 g • Fiber: 4 g • Protein: 28 g





*This chicken stew is easy to make, and tastes great served over brown rice.*

### QUICK AND EASY CHICKEN CACCIATORE

(Makes 4 servings)

Total Time: 22 min.

Prep Time: 7 min.

Cooking Time: 15 min.

- 4 chicken breast halves (about 1 pound total), boneless, skinless, cut into 1-inch pieces
- ¼ teaspoon sea salt
- ¼ teaspoon ground black pepper
- 4 teaspoons extra-virgin olive oil
- 1 medium onion, chopped
- 1 large red bell pepper, cut into thin strips
- 1 (28-ounce) can diced tomatoes (reserve liquid)
- 1 teaspoon dried oregano
- 2 tablespoons drained capers
- 3 cups cooked brown rice, hot

1. Season chicken with salt and pepper; set aside.
2. Heat oil in large skillet over medium-high heat.
3. Add onion and bell pepper; cook, stirring occasionally, for 3 to 5 minutes, or until vegetables are tender-crisp.
4. Add chicken; cook, stirring occasionally, for 5 to 7 minutes, or until pieces are no longer pink in the center.
5. Add tomatoes (with liquid), oregano, and capers; stir. Cook, stirring occasionally, until hot.
6. Serve each portion over ¾ cup rice.

#### Lower-Calorie Modification:

Reduce rice by half, to ¾ cup (slightly less than ½ cup) per serving.

#### Nutritional Information (per serving):

Calories: 396 • Fat: 9 g • Saturated Fat: 2 g  
 Cholesterol: 73 mg • Sodium: 778 mg • Sugar: 9 g  
 Carbohydrate: 48 g • Fiber: 7 g • Protein: 30 g

**BLACK BEAN CHILI WITH QUINOA**

(Makes 4 servings, 1½ cups chili and ¾ cup quinoa each)

Total Time: 28 min.

Prep Time: 6 min.

Cooking Time: 22 min.

*This vegetarian chili provides a rich and balanced source of vital nutrients.*

- 4 teaspoons extra-virgin olive oil
- 1 medium onion, chopped
- 1 large red bell pepper, chopped
- 2 cloves garlic, chopped
- 2 cans (16 ounces each) lower-sodium black beans, drained (reserve ½ cup liquid)
- 1 (16-ounce) can tomato sauce, no added salt
- 2 teaspoons mild chili powder
- 1 teaspoon dried oregano
- ½ teaspoon ground cumin
- ¼ teaspoon cayenne pepper
- ½ teaspoon sea salt
- 3 cups cooked quinoa (follow package directions), hot
- ½ cup chopped fresh cilantro

1. Heat oil in large saucepan over medium-high heat.
2. Add onion, bell pepper, and garlic; cook, stirring frequently, for 5 minutes, or until onion softens.
3. Add beans (with ½ cup reserved liquid), tomato sauce, chili powder, oregano, cumin, and cayenne; mix well.
4. Bring chili to a boil, stirring occasionally; reduce heat to medium-low; cook, partially covered, for 15 minutes. Season with salt.
5. Serve chili with ¾ cup of quinoa; garnish with cilantro.

**Lower-Calorie Modification:**

Reduce chili to ¾ cup and quinoa to ½ cup.

**Nutritional Information (per serving):**

Calories: 403 • Fat: 8 g • Saturated Fat: 1 g  
Cholesterol: 0 mg • Sodium: 774 mg • Sugar: 11 g  
Carbohydrate: 76 g • Fiber: 18 g • Protein: 17 g



**TUNA SALAD SANDWICH WITH A TWIST**

(Makes 1 serving)

Total Time: 6 min.

Prep Time: 6 min.

Cooking Time: None

*This tuna salad is made with hummus instead of mayonnaise, and has raisins, carrots, and almonds to give it a different twist.*

- 1 (6-ounce) can solid white tuna, packed in water, drained
- 2 tablespoons prepared hummus
- 2 teaspoons sliced almonds
- 2 teaspoons raisins
- 2 tablespoons grated carrots
- 1 teaspoon fresh lemon juice
- 2 leaves lettuce
- 2 slices whole-grain bread, toasted if desired

1. Combine tuna, hummus, almonds, raisins, carrots, and lemon juice in medium mixing bowl; mix well.
2. Spread tuna mixture on a slice of bread; top with lettuce and second slice of bread.

**Lower-Calorie Modification:**

Reduce hummus to 4 teaspoons, almonds to 1 teaspoon, raisins to 1 teaspoon; serve tuna open-faced on one slice of bread.

**Nutritional Information (per serving):**

Calories: 422 • Fat: 10 g • Saturated Fat: 1 g  
Cholesterol: 88 mg • Sodium: 552 mg • Sugar: 11 g  
Carbohydrate: 51 g • Fiber: 9 g • Protein: 55 g

**CRAZY GOOD DAL**

(Makes 3 servings, 1½ cups each)

Total Time: 36 min.

Prep Time: 5 min.

Cooking Time: 31 min.

*Dal is a spicy dish made with lentils, tomatoes, onions, and different seasonings. This dal is seasoned with a jalapeño.*

- 1 cup dry red lentils
- 4 teaspoons extra-virgin olive oil
- 1 medium onion, finely chopped
- ¼ teaspoon ground cumin
- 2 cloves garlic, finely chopped
- 2 teaspoons finely chopped ginger
- 1 jalapeño pepper, stemmed, seeded, and finely chopped
- 2 cups vegetable broth
- 3 medium tomatoes, chopped
- ½ teaspoon sea salt
- ¼ cup chopped cilantro
- 3 tablespoons chopped raw cashews

1. Rinse lentils, removing stones and debris; drain well; set aside.
2. Heat oil in a large saucepan over medium high heat.
3. Add onion; cook, stirring frequently, for 5 minutes, or until softened.
4. Add cumin, garlic, ginger, and jalapeño; cook, stirring frequently, for about 2 minutes.
5. Add lentils, broth, tomatoes and salt; bring to a boil.
6. Reduce heat to medium-low, cover, and gently boil, stirring frequently, for 22 minutes, or until lentils are soft.
7. Top with chopped cilantro and cashews; serve warm.

**Lower-Calorie Modification:**

Reduce serving size to ¾ cup.

**Nutritional Information (per serving):**

Calories: 397 • Fat: 13 g • Saturated Fat: 2 g  
Cholesterol: 0 mg • Sodium: 736 mg • Sugar: 8 g  
Carbohydrate: 52 g • Fiber: 12 g • Protein: 21 g

**BAKED TEMPEH AND SWEET POTATO**

(Makes 2 servings)

Total Time: 70 min.

Prep Time: 35 min.

Cooking Time: 35 min.

*Sweet and savory—this pairing is perfectly delicious!*

- 2 tablespoons reduced-sodium tamari soy sauce
- 4 teaspoons apple cider vinegar
- 2 teaspoons sesame oil
- 2 cloves garlic, finely chopped
- 1 teaspoon grated fresh ginger
- 1 (6-ounce) package tempeh, cut into bite-sized pieces
- 1½ cups cubed sweet potato
- 2 tablespoons finely chopped fresh cilantro (or parsley)

1. Combine soy sauce, vinegar, sesame oil, garlic, and ginger in medium shallow dish. Add tempeh and sweet potatoes; mix well to coat.
2. Marinate at room temperature for 30 minutes.
3. Preheat oven to 350° F.
4. Transfer marinated tempeh mixture to medium baking dish; cover with aluminum foil; bake for 20 minutes.
5. Stir; bake for an additional 10 to 15 minutes, or until potatoes are tender.
6. Garnish with cilantro; serve.

Nutritional Information (per serving):

Calories: 306 • Fat: 11 g • Saturated Fat: 2 g  
 Cholesterol: 0 mg • Sodium: 781 mg • Sugar: 5 g  
 Carbohydrate: 32 g • Fiber: 5 g • Protein: 21 g

**LEMON-DILL HALIBUT**

(Makes 1 serving)

Total Time: 15 min.

Prep Time: 5 min.

Cooking Time: 10 min.

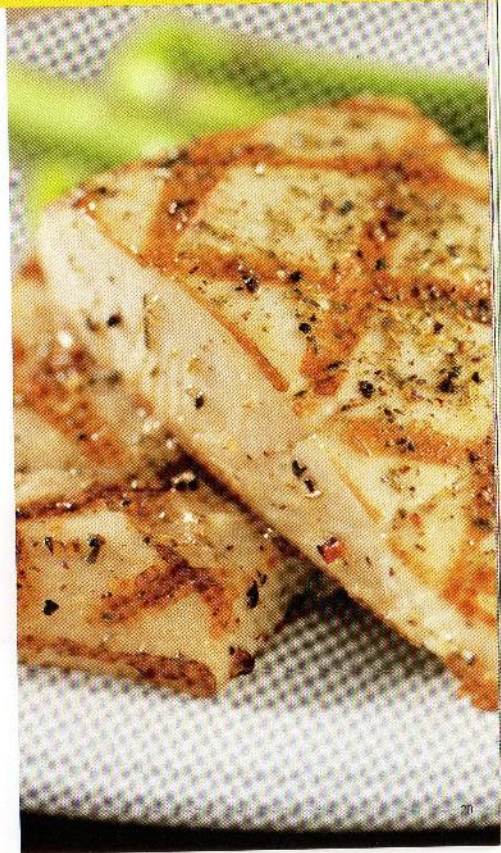
*This simple halibut fillet is delicious served over couscous.*

- 6 ounces halibut fillet
- 1 teaspoon olive oil
- ¼ teaspoon lemon pepper
- 1 dash sea salt
- 1 teaspoon finely chopped fresh dill
- ¾ cup cooked whole wheat couscous, hot
- Lemon wedges

1. Preheat oven to 500° F.
2. Brush both sides of halibut with oil. Place halibut on baking pan.
3. Sprinkle with lemon pepper, salt, and dill.
4. Bake for 10 minutes, or until halibut flakes easily when tested with a fork.
5. Serve halibut over couscous; garnish with lemon wedges.

Nutritional Information (per serving):

Calories: 313 • Fat: 7 g • Saturated Fat: 1 g  
 Cholesterol: 83 mg • Sodium: 659 mg • Sugar: 0 g  
 Carbohydrate: 25 g • Fiber: 2 g • Protein: 36 g





**HUEVOS RANCHEROS**

(Makes 1 serving)

Total Time: 12 min.

Prep Time: 5 min.

Cooking Time: 7 min.

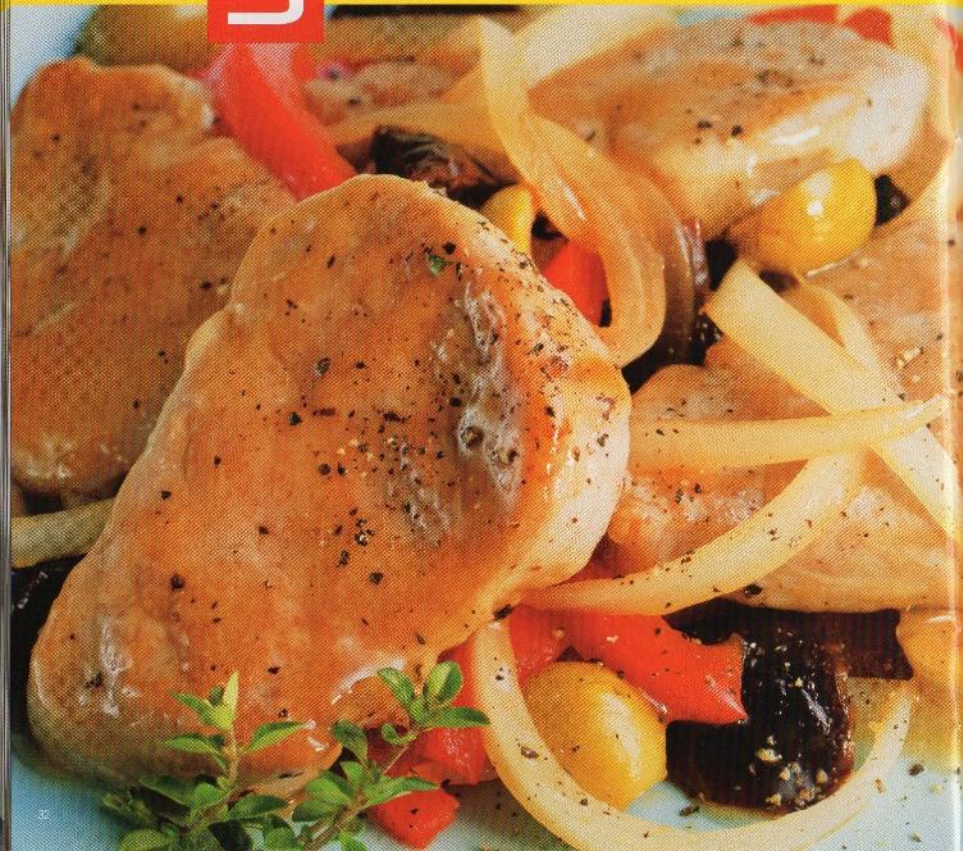
- ½ cup medium salsa
- 2 large eggs
- Ground black pepper (to taste)
- 1 small corn tortilla, warm
- ¼ cup cooked black beans, warm

1. Heat salsa in medium skillet over medium-high heat until gently boiling; reduce heat to low.
2. Break each egg carefully on top of salsa. Cook 3 to 5 minutes to desired doneness; season with pepper.
3. Place warm tortilla on serving plate; top with eggs and salsa. Serve with black beans.

**Nutritional Information (per serving):**

Calories: 300 • Fat: 10 g • Saturated Fat: 3 g  
Cholesterol: 372 mg • Sodium: 1,103 mg • Sugar: 12 g  
Carbohydrate: 32 g • Fiber: 5 g • Protein: 17 g

*A healthy version of huevos rancheros that will satisfy your craving for Mexican food.*



**PORK TENDERLOIN WITH PEPPERS,  
OLIVES, AND PRUNES**  
(Makes 4 servings)

Total Time: 38 min.

Prep Time: 8 min.

Cooking Time: 30 min.

- 1½ pounds pork tenderloin, trimmed of fat, cut into ½-inch-thick rounds
- ½ teaspoon sea salt
- ½ teaspoon ground black pepper
- 1 tablespoon extra-virgin olive oil
- 1 small onion, thinly sliced
- 1 medium red bell pepper, thinly sliced
- ¼ cup chopped pitted green olives
- ½ cup chopped pitted prunes (dried plums)
- ½ cup organic reduced-sodium chicken broth (or vegetable broth)
- 2 tablespoons red-wine vinegar

1. Season pork evenly with salt and pepper; set aside.
2. Heat oil in large saucepan over medium-high heat.
3. Cook onion and bell pepper, stirring frequently, for 5 minutes, or until onion is translucent.
4. Add pork; cook, stirring frequently, for 5 minutes, or until meat is no longer pink.
5. Add olives and prunes; cook, stirring frequently, for 3 minutes.
6. Add broth and vinegar; bring to a boil; reduce heat to low and cook, covered, for 10 to 15 minutes, or until pork is cooked through and sauce is thickened.

Nutritional Information (per serving):  
Calories: 306 • Fat: 10 g • Saturated Fat: 2 g  
Cholesterol: 82 mg • Sodium: 892 mg • Sugar: 10 g  
Carbohydrate: 18 g • Fiber: 2 g • Protein: 36 g

*Tender pork in a sweet and savory sauce—a great combination!*

**LENTIL AND KALE SOUP**

(Makes 6 servings)

Total Time: 62 min.

Prep Time: 10 min.

Cooking Time: 52 min.

- 1½ cups dry brown lentils
- 2 tablespoons extra-virgin olive oil
- 1 small onion, chopped
- 2 large carrots, diced
- 2 medium stalks celery, chopped
- 2 cloves garlic, finely chopped
- ½ teaspoon sea salt
- ½ teaspoon ground cumin
- 8 cups vegetable broth
- 1 (14.5-ounce) can crushed tomatoes, no-added-salt variety (reserve liquid)

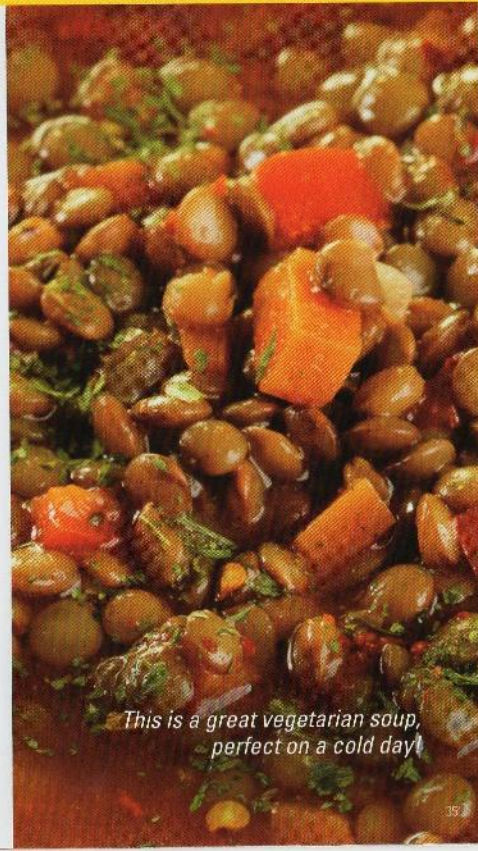
- 4 cups chopped kale
- 1 to 2 tablespoons apple cider vinegar

1. Rinse lentils, removing stones and debris; drain well; set aside.
2. Heat oil in large, heavy saucepan over medium-high heat.
3. Add onion, carrots, celery, and garlic; cook, stirring frequently, for 3 to 5 minutes, or until onions are golden brown.
4. Add salt and cumin; cook, stirring constantly, for 30 seconds.

5. Add vegetable broth, tomatoes (with liquid), and lentils; bring to boil. Reduce heat to medium-low; cook, covered, for 30 minutes.
6. Add kale; continue cooking, uncovered, for 15 minutes, or until lentils are tender.
7. Add vinegar; serve immediately.

## Nutritional Information (per serving):

Calories: 290 • Fat: 5 g • Saturated Fat: 1 g  
 Cholesterol: 0 mg • Sodium: 974 mg • Sugar: 8 g  
 Carbohydrate: 45 g • Fiber: 18 g • Protein: 16 g



*This is a great vegetarian soup,  
perfect on a cold day!*

**GAZPACHO WITH CRAB**

(Makes 4 servings, about 1½ cups each)

Total Time: 20 min.

Prep Time: 20 min.

Cooking Time: None

*Gazpacho is a refreshing cold soup that's made from a pureed mixture of tomatoes, bell peppers, onions, cucumbers, and bread crumbs. This variation is topped with crab.*

- 3 slices sourdough bread, toasted, diced
- ¼ cup water
- 1½ pounds ripe tomatoes, quartered
- 1 medium green bell pepper, chopped
- ½ small red onion, chopped
- 2 large cucumbers, peeled, seeded, and chopped
- 2 cloves garlic, chopped
- 2 tablespoons red wine vinegar
- 3 tablespoons extra-virgin olive oil
- ¼ teaspoon sea salt
- 2 cans (6 ounces each) crabmeat, drained
- Chopped fresh red onion and fresh parsley sprigs (for garnish, optional)

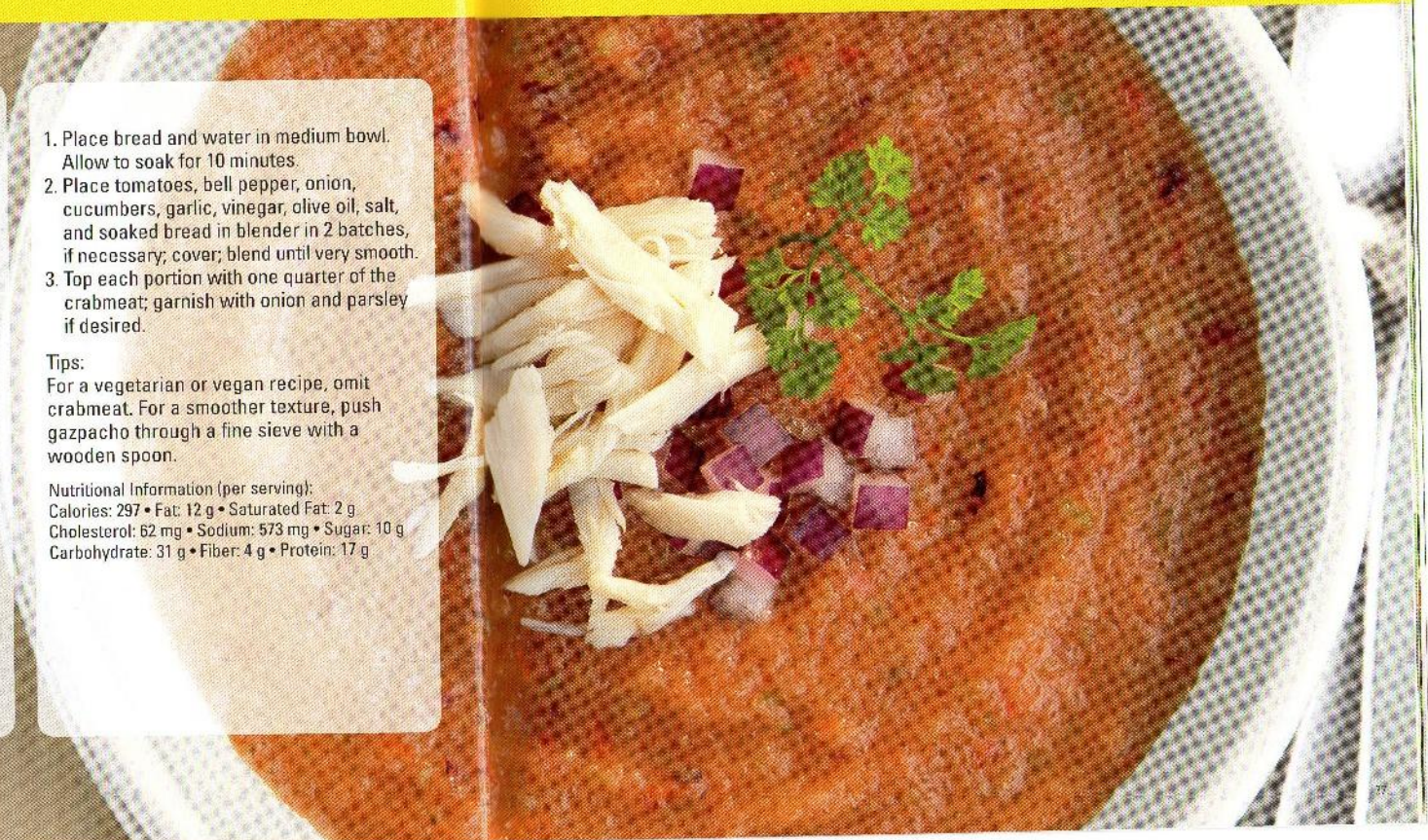
1. Place bread and water in medium bowl. Allow to soak for 10 minutes.
2. Place tomatoes, bell pepper, onion, cucumbers, garlic, vinegar, olive oil, salt, and soaked bread in blender in 2 batches, if necessary; cover; blend until very smooth.
3. Top each portion with one quarter of the crabmeat; garnish with onion and parsley if desired.

**Tips:**

For a vegetarian or vegan recipe, omit crabmeat. For a smoother texture, push gazpacho through a fine sieve with a wooden spoon.

**Nutritional Information (per serving):**

Calories: 297 • Fat: 12 g • Saturated Fat: 2 g  
Cholesterol: 62 mg • Sodium: 573 mg • Sugar: 10 g  
Carbohydrate: 31 g • Fiber: 4 g • Protein: 17 g



**SPINACH, GOAT CHEESE, AND PECAN SALAD**

(Makes 1 serving)

Total Time: 8 min.

Prep Time: 8 min.

Cooking Time: None

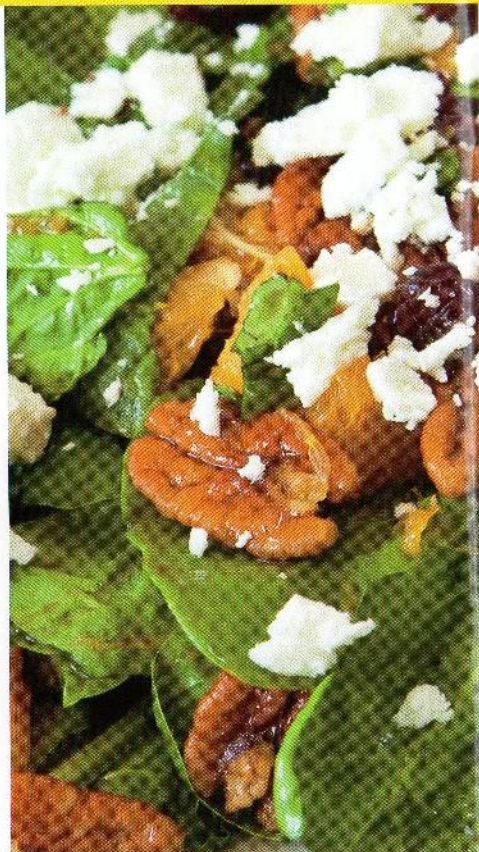
*This colorful and delicious salad is a wonderful way to eat your spinach!*

- 1 tablespoon balsamic vinegar
- 2 tablespoons fresh orange juice
- ½ teaspoon Dijon mustard
- 1 teaspoon extra-virgin olive oil
- 3 cups baby spinach leaves
- 1 medium beet, steamed, cooled, diced
- 2 ounces soft goat cheese
- 1 tablespoon chopped pecans

1. Combine vinegar, orange juice, mustard, and oil in small bowl; mix well; set aside.
2. Place spinach in medium serving bowl; drizzle with dressing; toss gently to blend.
3. Top spinach mixture with beets, goat cheese, and pecans.

Nutritional Information (per serving):

Calories: 317 • Fat: 22 g • Saturated Fat: 9 g  
 Cholesterol: 26 mg • Sodium: 409 mg • Sugar: 9 g  
 Carbohydrate: 18 g • Fiber: 5 g • Protein: 15 g

**EDAMAME SALAD WITH GINGER VINAIGRETTE**

(Makes 1 serving)

Total Time: 10 min.

Prep Time: 10 min.

Cooking Time: None

*This is a very satisfying salad, thanks to the protein-rich and fiber-rich edamame.*

- ¾ cup organic edamame, frozen or fresh, shelled
- 2 teaspoons reduced-sodium tamari soy sauce



- 1 tablespoon rice vinegar
- 2 teaspoons sesame oil
- ½ teaspoon honey
- 1 teaspoon finely chopped or grated fresh ginger
- 2 cups (about ¼ head) finely shredded Napa cabbage
- 1 small carrot, finely shredded
- ½ medium red bell pepper, thinly sliced
- 1 stalk green onion, thinly sliced
- 2 tablespoons chopped fresh cilantro (or parsley)

1. Prepare edamame according to package directions; set aside to cool.
2. Combine soy sauce, vinegar, sesame oil, honey, and ginger in small bowl; mix well; set aside.
3. Place cabbage, carrot, bell pepper, green onion, and edamame in medium bowl. Drizzle with dressing; toss gently to blend.
4. Garnish with cilantro; serve.

Nutritional Information (per serving):

Calories: 313 • Fat: 16 g • Saturated Fat: 3 g  
 Cholesterol: 0 mg • Sodium: 604 mg • Sugar: 15 g  
 Carbohydrate: 28 g • Fiber: 10 g • Protein: 16 g

**GREEN BEANS WITH APPLES,  
ALMONDS, AND CRANBERRIES**  
(Makes 1 serving)

Total Time: 18 min.

Prep Time: 10 min.

Cooking Time: 8 min.

- 2 tablespoons fresh lemon juice
- 1 tablespoon apple cider vinegar
- 1 tablespoon extra-virgin olive oil
- ¼ teaspoon sea salt
- ¼ teaspoon ground black pepper
- ½ pound fresh green beans, trimmed, cut into 1-inch pieces
- ½ medium green apple, thinly sliced
- 1 tablespoon slivered almonds
- 1 tablespoon dried cranberries

1. Combine lemon juice, vinegar, oil, salt, and pepper in small bowl; mix well; set aside.
2. Place beans in large saucepan; cover with water. Boil beans for 5 to 8 minutes, or until soft but still bright green; transfer beans immediately to an ice water bath to cool; drain after 3 minutes.
3. Combine green beans, apple, almonds, and cranberries in medium bowl. Drizzle with dressing; toss gently to blend; serve immediately.

Nutritional Information (per serving):

Calories: 307 • Fat: 18 g • Saturated Fat: 2 g  
Cholesterol: 0 mg • Sodium: 586 mg • Sugar: 23 g  
Carbohydrate: 37 g • Fiber: 10 g • Protein: 6 g

*This easy and cold green bean salad is made special with the addition of apples, almonds, and cranberries.*

**TROPICAL PAPAYA AND AVOCADO SALAD**

(Makes 1 serving)

Total Time: 10 min.

Prep Time: 10 min.

Cooking Time: None

*Tropical fruit and avocado combine to make this refreshing summer salad.*

- 2 tablespoons pineapple juice
- 1 tablespoon apple cider vinegar
- 2 teaspoons extra-virgin olive oil
- ¼ teaspoon sea salt
- ¼ teaspoon ground black pepper
- ¼ medium papaya, peeled, cubed
- ½ medium avocado, cubed
- ½ cup cubed fresh pineapple
- ½ cup cubed jicama
- 2 tablespoons chopped fresh basil leaves

1. Combine pineapple juice, vinegar, oil, salt, and pepper in small bowl; mix well; set aside.
2. Place papaya, avocado, pineapple, and jicama in medium bowl. Drizzle with dressing; toss gently to blend.
3. Garnish with basil; serve immediately.

**Nutritional Information (per serving):**

Calories: 309 • Fat: 20 g • Saturated Fat: 3 g  
Cholesterol: 0 mg • Sodium: 548 mg • Sugar: 20 g  
Carbohydrate: 35 g • Fiber: 10 g • Protein: 3 g

**GRILLED STEAK AND ARUGULA SALAD**

(Makes 1 serving)

Total Time: 32 min.

Prep Time: 13 min.

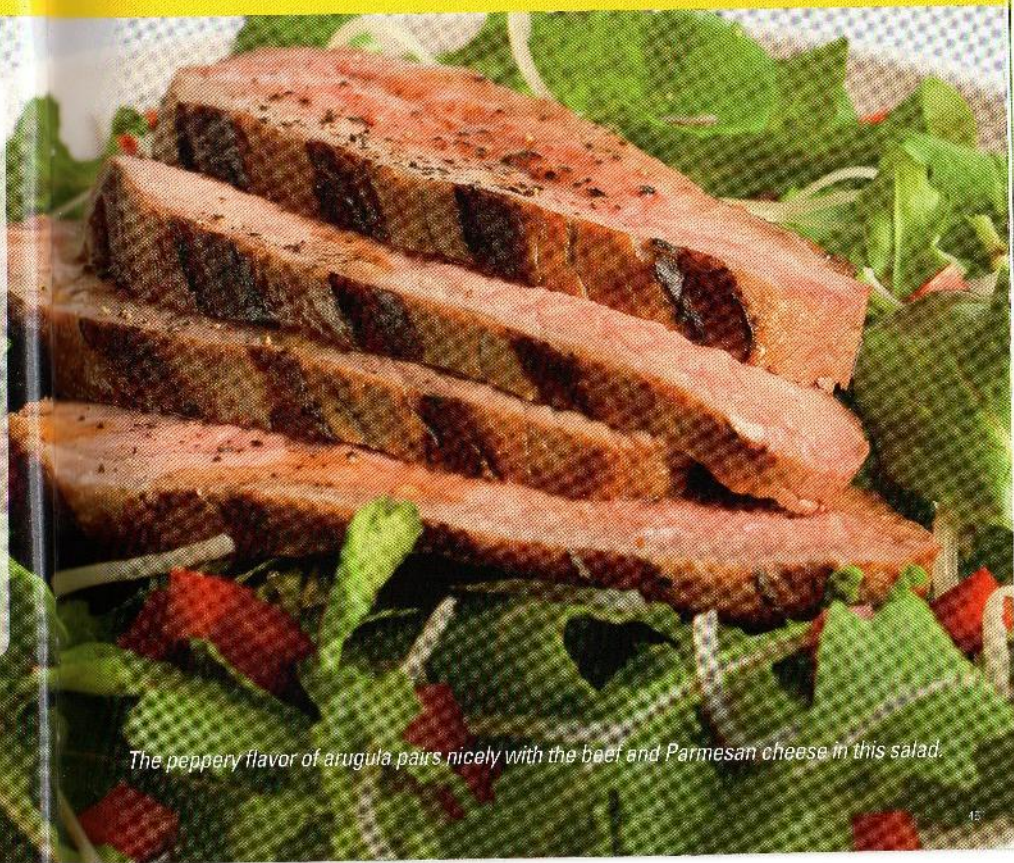
Cooking Time: 19 min.

- 2 teaspoons extra-virgin olive oil
- 1 teaspoon fresh lemon juice
- 1 teaspoon balsamic vinegar
- 4 ounces beef tri-tip
- 1 dash sea salt
- ¼ teaspoon ground black pepper
- 3 cups arugula
- 2 tablespoons chopped red bell pepper
- 2 tablespoons shaved or grated Parmesan cheese

1. Preheat grill or broiler to high.
2. Combine oil, lemon juice, and vinegar in small bowl; mix well; set aside.

3. Season beef with salt and pepper.
4. Once grill or broiler is hot, cook beef to desired doneness; about 4 to 5 minutes on each side for medium-rare, or 6 to 7 minutes on each side for medium; remove from heat; let stand for 5 minutes before slicing thinly.
5. Place arugula and bell pepper in medium bowl; drizzle with dressing; toss gently to blend.
6. Top salad with steak and cheese; serve immediately.

Nutritional Information (per serving):  
Calories: 318 • Fat: 16 g • Saturated Fat: 4 g  
Cholesterol: 99 mg • Sodium: 535 mg • Sugar: 2 g  
Carbohydrate: 5 g • Fiber: 1 g • Protein: 37 g



*The peppery flavor of arugula pairs nicely with the beef and Parmesan cheese in this salad.*



**MAD SHRIMP SALAD**

(Makes 1 serving)

Total Time: 10 min.

Prep Time: 10 min.

Cooking Time: None

- 2 tablespoons fresh lemon juice
- 2 teaspoons extra-virgin olive oil
- 1 teaspoon Dijon mustard
- ½ teaspoon honey
- 2 cups finely shredded romaine lettuce
- ½ medium red bell pepper, sliced
- ¼ small red onion, thinly sliced
- ¼ medium avocado, cubed
- 4 ounces medium shrimp, cooked, cooled, peeled

1. Combine lemon juice, oil, mustard, and honey in small mixing bowl; mix well; set aside.
2. Combine lettuce, bell pepper, onion, and avocado in medium bowl. Drizzle with dressing; toss gently to blend.
3. Top with cooked shrimp; serve immediately.

**Nutritional Information (per serving):**

Calories: 325 • Fat: 18 g • Saturated Fat: 2 g  
Cholesterol: 220 mg • Sodium: 401 mg • Sugar: 8 g  
Carbohydrate: 18 g • Fiber: 6 g • Protein: 27 g

*The shrimp is the star of this tasty salad.*

**SEITAN AND BROCCOLI STIR-FRY**

(Makes 2 servings, 1½ cups each)

Total Time: 15 min.

Prep Time: 5 min.

Cooking Time: 10 min.

- 1 tablespoon reduced-sodium tamari soy sauce
- 1 tablespoon rice vinegar
- ½ teaspoon dark sesame oil
- ½ teaspoon honey
- ½ teaspoon grated fresh ginger
- 1 tablespoon extra-virgin olive oil
- 1 clove garlic, finely chopped
- 2 cups broccoli florets
- ½ medium red bell pepper, cut into thin strips
- 2 packages (8 ounces each) seitan, drained, cut into strips
- Water

1. Combine soy sauce, vinegar, sesame oil, honey, and ginger in small bowl; mix well; set aside.
2. Heat olive oil in large skillet over medium-high heat.
3. Add garlic and broccoli; cook, stirring constantly, for 4 to 5 minutes, or until the broccoli is bright green.
4. Add bell pepper, seitan, and soy sauce mixture; continue to cook, stirring constantly, for 3 to 4 minutes, or until hot, adding a small amount of water (1 to 2 tablespoons) to the skillet if it gets dry.
5. Remove from heat; serve immediately.

Nutritional Information (per serving):  
Calories: 303 • Fat: 10 g • Saturated Fat: 1 g  
Cholesterol: 0 mg • Sodium: 1,131 mg • Sugar: 4 g  
Carbohydrate: 15 g • Fiber: 3 g • Protein: 40 g

*Here's a delicious Asian stir-fry—seitan provides the healthy vegetarian protein.*



### BAKED HONEY DIJON SALMON OVER MIXED GREENS

(Makes 1 serving)

Total Time: 20 min.

Prep Time: 8 min.

Cooking Time: 12 min.

*This is a tasty and healthy salmon salad.*

- 2 teaspoons finely chopped pecans
- 1 teaspoon finely chopped fresh parsley
- 2 teaspoons Dijon mustard
- ½ teaspoon honey
- 4 ounces wild salmon fillet
- 1 dash ground black pepper
- 2 cups mixed greens
- ½ medium cucumber, sliced
- ½ medium tomato, chopped
- 2 tablespoons fresh lemon juice
- 1 teaspoon extra-virgin olive oil

1. Preheat oven to 450° F.
2. Cover baking pan with aluminum foil.
3. Combine pecans and parsley in a small bowl; set aside.

4. Combine mustard and honey in a small bowl; mix well.
5. Place salmon skin side down on prepared baking pan; season with pepper; spread mustard mixture on top of salmon, then spread pecan mixture over all.
6. Bake for 10 to 12 minutes, or until salmon easily flakes with a fork.
7. While salmon is baking, combine mixed greens, cucumber, tomato, lemon juice and oil. Toss gently to blend.
8. Serve salmon over mixed green salad.

Nutritional Information (per serving):

Calories: 314 • Fat: 15 g • Saturated Fat: 2 g  
Cholesterol: 62 mg • Sodium: 311 mg • Sugar: 11 g  
Carbohydrate: 21 g • Fiber: 3 g • Protein: 26 g

### CHICKEN PARMESAN WITH STEAMED VEGETABLES

(Makes 4 servings)

Total Time: 63 min.

Prep Time: 8 min.

Cooking Time: 55 min.

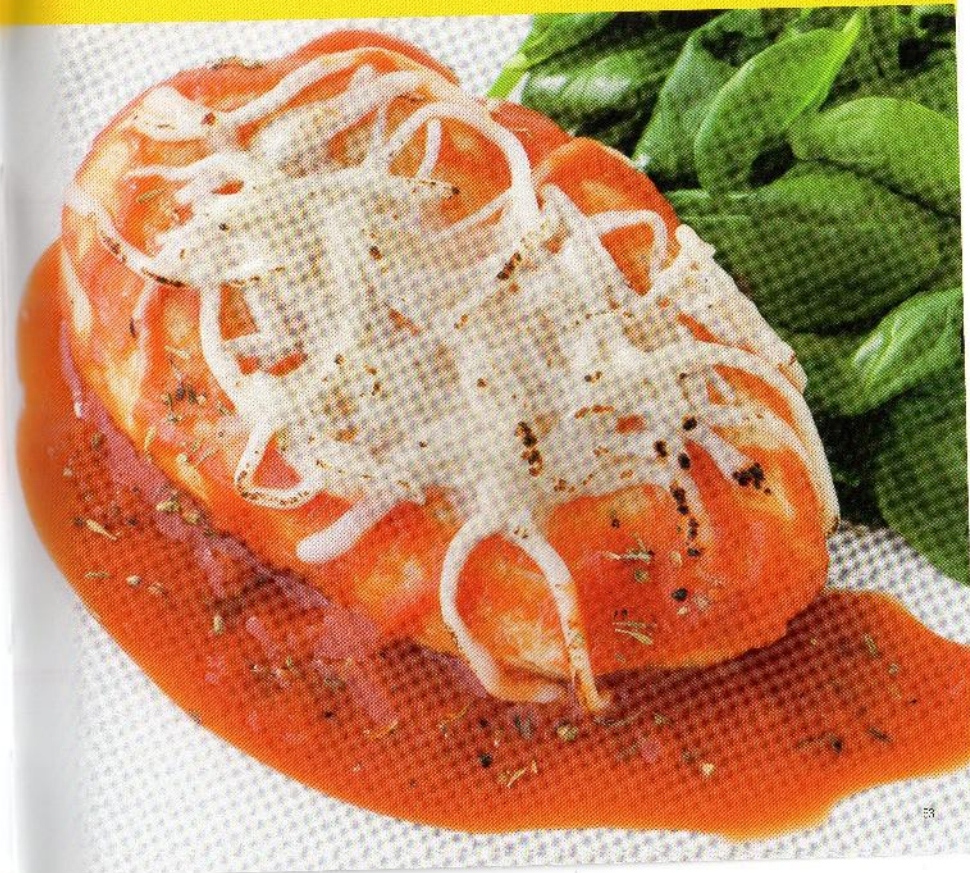
*This version of Chicken Parmesan is served with steamed veggies.*

- 4 teaspoons extra-virgin olive oil, *divided use*
- 2 shallots, finely chopped
- 2 cloves garlic, finely chopped
- 8 medium Roma tomatoes, chopped
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1 teaspoon sea salt, *divided use*
- ¼ teaspoon ground black pepper
- 4 chicken breast halves (about 1 pound total), boneless, skinless
- 2 tablespoons shredded Parmesan cheese
- 2 tablespoons grated mozzarella cheese
- 2 cups mixed vegetables, steamed, hot

1. Preheat oven to 350° F.
2. Heat 1 *tablespoon* oil in medium saucepan over medium-high heat.

3. Cook shallots and garlic, stirring constantly, for 3 minutes, or until shallots are translucent.
4. Add tomatoes, basil, oregano, ½ *teaspoon* salt, and pepper; bring to a boil.
5. Reduce heat to low; cook, stirring occasionally, for 10 to 15 minutes, or until thickened; remove from heat.
6. Combine remaining 1 *teaspoon* oil and remaining ½ *teaspoon* salt in a bowl; add chicken and coat thoroughly.
7. Place chicken in a glass baking dish and top evenly with prepared tomato sauce. Cover with aluminum foil and bake on middle oven rack for 25 minutes, or until chicken is cooked through.
8. Remove foil; sprinkle each chicken breast half with ½ *tablespoon* mozzarella and ½ *tablespoon* parmesan cheese; bake uncovered for 10 minutes, or until cheese is bubbly.
9. Serve chicken with steamed vegetables.

Nutritional Information (per serving):  
 Calories: 304 • Fat: 10 g • Saturated Fat: 2 g  
 Cholesterol: 77 mg • Sodium: 809 mg • Sugar: 10 g  
 Carbohydrate: 23 g • Fiber: 7 g • Protein: 31 g



# HOW TO READ LABELS

## MAKE SENSE OF WHAT'S IN THE PACKAGE

Most packaged foods have a Nutrition Facts label. Use this information to make healthy choices quickly and easily.

Calories provide a measure of how much energy you get from a serving of this food.

Nutrients in the highlighted zone: saturated fat, trans fat, cholesterol, and sodium. Limit these, as they may increase various health risks, like obesity, heart disease, and high blood pressure.

Daily Values footnote: Makes recommendations based on a diet of 2,000 or 2,500 daily calories. Make sure these values match your daily caloric needs.

## Nutrition Facts

Serving Size 1 cup (228g)  
Servings Per Container 2

Amount Per Serving

Calories 250      Calories from Fat 110

% Daily Value\*

Total Fat 12g      18%

Saturated Fat 3g      15%

Trans Fat 1.5g

Cholesterol 30mg      10%

Sodium 470mg      20%

Total Carbohydrate 31g      10%

Dietary Fiber 0g      0%

Sugars 5g

Protein 5g

Vitamin A      4%

Vitamin C      2%

Calcium      20%

Iron      4%

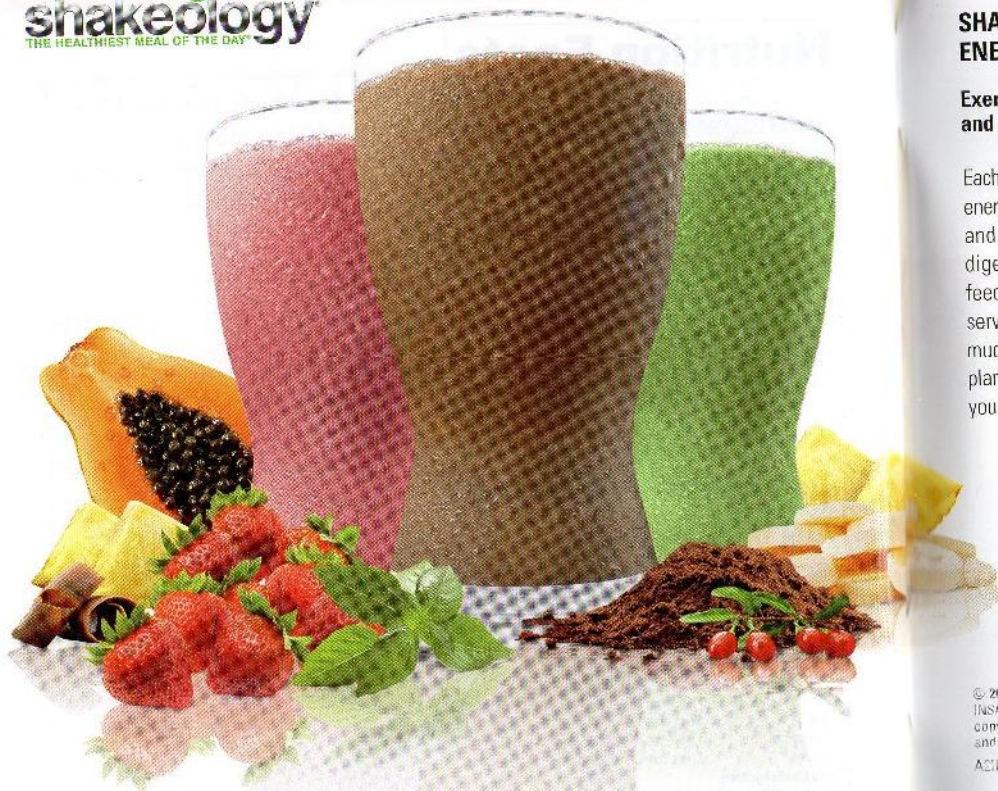
\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Don't get tricked. Many single-serving foods are broken into two servings to hide calories.

Fiber check: Fiber contains zero calories and promotes regularity. You should have at least 25 grams in your daily diet.

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