

Weekly Meal Plan: Balanced Slim Down Plan – 1,500 Calories

*Including images, nutrition info and recipes.

Upgrading to the [Team Beachbody Club Membership](#) allows you to view all meal plans and calorie counts from 1,300 to 2,700. [Click here to upgrade your membership!](#)

Recipe Info for Oat Bran Cereal with Raspberries

Diet Exchange

Bread/Starch	1.5
Fruit	0.0
Fat Free Milk	1.0
Reduced Fat Milk	0.0
Whole Milk	0.0
Other Carbohydrates	0.0
Vegetable	0.0
Lean Meat	0.0
Medium Fat Meat	0.0
High Fat Meat	0.0
Plant Protein	0.0
Fat	1.0
Alcohol	0.0

Ingredients

- 1/3 cup cereal, dry oat bran
- 8 fluid ounces milk, fat-free
- 1/4 cup raspberries
- 1 teaspoon almonds, roasted, coarsely chopped
- 2 pieces turkey breakfast sausage

Preparation

- Pour oat bran and milk into bowl and stir; heat according to package directions. Stir in raspberries and almonds.
- Prepare turkey links as per package directions and serve on the side.
- Enjoy breakfast with a cup of coffee or tea, or other calorie free beverage.

Nutritional Information

Calories	400
Calories from Fat	120
Total Fat	14 g
Saturated Fat	3.5 g
Cholesterol	50 mg
Sodium	490 mg
Total Carbohydrate	41 g
Dietary Fiber	7 g
Sugars	14 g
Protein	29 g
Vitamin A	10%
Vitamin C	15%
Calcium	35%
Iron	15%

Prep Time: 5 minutes or less

Total Time: 10 minutes

Recipe Info for Salmon Salad on Crispbread



Ingredients

- 1/4 tomato, medium
- 1/4 cucumber
- 1 ounce salmon, canned in water
- 1 teaspoon mayonnaise, low-fat
- 1/2 teaspoon Dijon mustard
- 2 pieces rye crispbread crackers, low-sodium
- 8 fluid ounces water

Diet Exchange

Bread/Starch	0.0
Fruit	0.0
Fat Free Milk	0.0
Reduced Fat Milk	0.0
Whole Milk	0.0
Other Carbohydrates	0.0
Vegetable	0.5
Lean Meat	0.0
Medium Fat Meat	0.0
High Fat Meat	0.0
Plant Protein	0.0

Preparation

- Wash tomato and peel cucumber; slice thinly.
- Drain salmon and combine with mayonnaise and mustard in a small bowl.
- Spread salmon salad onto crispbread crackers; top with tomato and cucumber slices.
- Enjoy with a glass of water.

Prep Time: 5 minutes or less

Total Time: 5 minutes or less

Fat	0.5
Alcohol	0.0

Nutritional Information

Calories	120
Calories from Fat	30
Total Fat	3.5 g
Saturated Fat	0.5 g
Cholesterol	15 mg
Sodium	140 mg
Total Carbohydrate	15 g
Dietary Fiber	3 g
Sugars	3 g
Protein	8 g
Vitamin A	8%
Vitamin C	15%
Calcium	10%
Iron	6%

Recipe Info for Shakeology®



Ingredients

- 1 serving Shakeology®, Favorite Flavor

Preparation

- Mix 1 serving of Shakeology with one of our [delicious recipes](#).
- To determine how many calories you have remaining for the day, click the "Details" button on your Team Beachbody Meal Planner. Then select a recipe from [this list](#) that falls within your available calorie count.
- You can also click the "Substitute Meal" icon to see Shakeology recipes that fit your plan.

Prep Time: 5 minutes or less

Total Time: 5 minutes or less

Diet Exchange

Bread/Starch	0.0
Fruit	0.0
Fat Free Milk	0.0
Reduced Fat Milk	0.0
Whole Milk	0.0
Other Carbohydrates	0.0
Vegetable	0.0
Lean Meat	0.0
Medium Fat Meat	0.0
High Fat Meat	0.0
Plant Protein	0.0
Fat	0.0
Alcohol	0.0

Nutritional Information

Calories	140
Calories from Fat	10
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	15 mg
Sodium	100 mg
Total Carbohydrate	17 g
Dietary Fiber	3 g
Sugars	9 g
Protein	17 g
Vitamin A	100%
Vitamin C	300%
Calcium	50%
Iron	20%

Recipe Info for Soy Nuts and Raisins



Ingredients

- 1 1/2 tablespoons soy beans, dry roasted, unsalted
- 2 teaspoons raisins

Preparation

- Enjoy a mixture of soy nuts and raisins.

Diet Exchange

Bread/Starch	0.5
Fruit	0.5
Fat Free Milk	0.0
Reduced Fat Milk	0.0
Whole Milk	0.0
Other Carbohydrates	0.0
Vegetable	0.0
Lean Meat	0.0
Medium Fat Meat	0.0
High Fat Meat	0.0
Plant Protein	0.5
Fat	0.5
Alcohol	0.0

Prep Time: 5 minutes or less
Total Time: 5 minutes or less

Nutritional Information

Calories	100
Calories from Fat	35
Total Fat	4 g
Saturated Fat	0.5 g
Cholesterol	0 mg
Sodium	0 mg
Total Carbohydrate	11 g
Dietary Fiber	3 g
Sugars	4 g
Protein	6 g
Calcium	2%
Iron	4%
Not a significant source of Vitamin A, Vitamin C	

Recipe Info for Glazed Chicken

Glazed Chicken

Prep Time: 5 minutes or less
Total Time: 35 minutes
Cook Time: 30 minutes



Ingredients

- 6 1/2 ounces chicken breast, boneless/skinless, raw
- 1 1/4 teaspoons extra virgin olive oil
- 2 teaspoons brown sugar, packed
- 2 tablespoons orange juice
- 1 teaspoon mustard, any flavor
- 1 teaspoon parsley, fresh, chopped
- 1/8 teaspoon black pepper

Diet Exchange

Bread/Starch	1.5
Fruit	1.5
Fat Free Milk	0.0
Reduced Fat Milk	0.0
Whole Milk	0.0
Other Carbohydrates	0.5
Vegetable	1.5
Lean Meat	4.5
Medium Fat Meat	0.0
High Fat Meat	0.0
Plant Protein	0.0
Fat	2.5

Preparation

- Preheat oven to 375°F.
- Place chicken in shallow baking dish, coated with olive oil.
- For glaze, in a small bowl whisk together with a fork the sugar, juice, mustard, parsley and a dash of pepper.

Alcohol 0.0

Nutritional Information

Calories	600
Calories from Fat	170
Total Fat	19 g
Saturated Fat	3.5 g
Cholesterol	100 mg
Sodium	850 mg
Total Carbohydrate	67 g
Dietary Fiber	18 g
Sugars	26 g
Protein	44 g
Vitamin A	8%
Vitamin C	110%
Calcium	10%
Iron	25%

- Brush the glaze over the chicken. Bake chicken, uncovered, covered in preheated oven, for 20-30 minutes, or until chicken is no longer pink.

Grilled Eggplant

Prep Time: 5 minutes or less

Total Time: 25 minutes

Cook Time: 20 minutes

Ingredients

- 1/4 eggplant
- 1/2 teaspoon extra virgin olive oil

Preparation

- Heat grill.
- Slice eggplant about 1/2-inch thick.
- Brush both sides of the eggplant slices with the oil. Season with salt and pepper.
- Place eggplant slices on the hot preheated grill. Grill about 15 to 20 min., turning once.

Biscuit

Prep Time: 5 minutes or less

Total Time: 20 minutes

Cook Time: 15 minutes

Ingredients

- 2 biscuits, buttermilk, lower fat, 2 1/4"
- 3/4 teaspoon margarine, canola-based, trans-fat free

Preparation

- Prepare biscuit per package directions; top with margarine.

Raspberries

Prep Time: 5 minutes or less

Total Time: 5 minutes or less

Cook Time: 0 minutes

Ingredients

- 1 1/2 cups raspberries

Preparation

- Enjoy a large bowl of raspberries for dessert.

Recipe Info for Mushroom, Spinach and Onion Frittata



Ingredients

- 2/3 cup liquid-egg substitute
- 1/8 teaspoon black pepper
- 2 tablespoons cheddar cheese, low-fat
- 1 teaspoon canola oil
- 1/2 cup spinach, fresh, chopped
- 1/2 cup mushrooms, sliced
- 2 tablespoons green onion, chopped
- 1 slice bread, whole wheat
- 3/4 cup fresh grapes (any color)

Diet Exchange

Bread/Starch	1.0
Fruit	1.5
Fat Free Milk	0.0
Reduced Fat Milk	0.0
Whole Milk	0.0
Other Carbohydrates	0.0
Vegetable	0.5
Lean Meat	0.0
Medium Fat Meat	0.5
High Fat Meat	0.0
Plant Protein	0.0
Fat	1.0
Alcohol	0.0

Nutritional Information

Calories	380
Calories from Fat	110
Total Fat	12 g
Saturated Fat	2.5 g
Cholesterol	< 5 mg
Sodium	550 mg
Total Carbohydrate	39 g
Dietary Fiber	4 g
Sugars	24 g
Protein	29 g
Vitamin A	45%
Vitamin C	15%
Calcium	20%
Iron	30%

Recipe Info for Chicken Salad

Diet Exchange

Bread/Starch	1.0
Fruit	0.0
Fat Free Milk	0.0
Reduced Fat Milk	0.0
Whole Milk	0.0
Other Carbohydrates	0.0
Vegetable	0.0
Lean Meat	0.5
Medium Fat Meat	0.0
High Fat Meat	0.0
Plant Protein	0.0
Fat	0.5
Alcohol	0.0

Nutritional Information

Calories	120
Calories from Fat	30
Total Fat	3.5 g
Saturated Fat	0 g
Cholesterol	20 mg
Sodium	160 mg
Total Carbohydrate	11 g
Dietary Fiber	2 g
Sugars	1 g
Protein	9 g

Ingredients

- 2 1/2 tablespoons chicken, cooked
- 1 teaspoon mayonnaise, low-fat
- 1/8 teaspoon dill weed, dried
- 1 piece whole wheat bread, thin sliced
- 8 fluid ounces water

Preparation

- Shred cooked chicken breast.
- Mix chicken with mayonnaise and a dash of dill weed.
- Serve with (or on) whole wheat bread.
- Enjoy with a glass of water.

Prep Time: 5 minutes or less
Total Time: 5 minutes or less

Preparation

- Whisk together egg substitute and pepper in a medium bowl with a fork or wire whisk until well mixed. Stir in cheese; set aside.
- Heat oil in a small, ovenproof skillet over medium heat.
- Sauté spinach, mushrooms and onion in oil, stirring occasionally, until tender. Pour egg mixture over mushroom mixture.
- Cover and cook over medium-low heat for 3 to 5 minutes or until eggs are set and light brown on bottom.
- Set oven to broil. Broil frittata with top 4 to 6 inches from heat for about 2-3 minutes or until golden brown.
- Serve with whole wheat toast and grapes.
- Enjoy breakfast with a cup of coffee or tea, or other calorie free beverage

Prep Time: 5 minutes or less
Total Time: 15 minutes

Calcium	4%
Iron	6%
Not a significant source of Vitamin A, Vitamin C	

Recipe Info for Shakeology®



Ingredients

- 1 serving Shakeology®, Favorite Flavor

Preparation

- Mix 1 serving of Shakeology with one of our [delicious recipes](#).
- To determine how many calories you have remaining for the day, click the "Details" button on your Team Beachbody Meal Planner. Then select a recipe from [this list](#) that falls within your available calorie count.
- You can also click the "Substitute Meal" icon to see Shakeology recipes that fit your plan.

Prep Time: 5 minutes or less
Total Time: 5 minutes or less

Diet Exchange

Bread/Starch	0.0
Fruit	0.0
Fat Free Milk	0.0
Reduced Fat Milk	0.0
Whole Milk	0.0
Other Carbohydrates	0.0
Vegetable	0.0
Lean Meat	0.0
Medium Fat Meat	0.0
High Fat Meat	0.0
Plant Protein	0.0
Fat	0.0
Alcohol	0.0

Nutritional Information

Calories	140
Calories from Fat	10
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	15 mg
Sodium	100 mg
Total Carbohydrate	17 g
Dietary Fiber	3 g
Sugars	9 g
Protein	17 g
Vitamin A	100%
Vitamin C	300%
Calcium	50%
Iron	20%

Recipe Info for Edamame

Diet Exchange

Bread/Starch	0.5
Fruit	0.0
Fat Free Milk	0.0
Reduced Fat Milk	0.0
Whole Milk	0.0
Other Carbohydrates	0.0
Vegetable	0.0
Lean Meat	0.0
Medium Fat Meat	0.0
High Fat Meat	0.0
Plant Protein	1.0
Fat	0.5
Alcohol	0.0

Nutritional Information

Ingredients

- 1/2 cup edamame, thaw 'n serve
- 8 fluid ounces water

Preparation

- Crunch on steamed or boiled edamame for this easy snack.
- Serve with a glass of water.

Prep Time: 3 minutes or less

Calories	100
Calories from Fat	25
Total Fat	3 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	270 mg
Total Carbohydrate	9 g
Dietary Fiber	4 g
Sugars	1 g
Protein	8 g
Vitamin A	10%
Vitamin C	10%
Calcium	6%
Iron	10%

Total Time: 8 minutes

Recipe Info for Shrimp Stir-Fry



Diet Exchange

Bread/Starch	1.5
Fruit	1.5
Fat Free Milk	0.0
Reduced Fat Milk	0.0
Whole Milk	0.0
Other Carbohydrates	0.0
Vegetable	2.5
Lean Meat	4.0
Medium Fat Meat	0.0
High Fat Meat	0.0
Plant Protein	0.0
Fat	3.5
Alcohol	0.0

Nutritional Information

Calories	590
Calories from Fat	190
Total Fat	21 g
Saturated Fat	4 g
Cholesterol	260 mg
Sodium	490 mg
Total Carbohydrate	61 g
Dietary Fiber	9 g
Sugars	25 g
Protein	42 g
Vitamin A	180%
Vitamin C	260%
Calcium	20%
Iron	40%

Shrimp Stir-Fry

Prep Time: 10 minutes
Total Time: 25 minutes
Cook Time: 15 minutes

Ingredients

- 2 tablespoons vegetable broth, low sodium
- 1 teaspoon soy sauce, reduced sodium
- 1 tablespoon white-rice vinegar
- 1/8 teaspoon sugar
- 2 1/2 teaspoons sesame oil
- 1/2 teaspoon ginger, fresh, chopped
- 1 teaspoon garlic, chopped
- 1/4 cup onions, chopped
- 8 broccoli florets, fresh
- 1/4 cup bell pepper, red, chopped
- 1/4 cup carrot, grated
- 6 ounces (US or Canada) shrimp, uncooked

Preparation

- In a small bowl, mix together broth, soy sauce, vinegar and sugar. Set aside.
- Heat oil in medium skillet over medium-high heat. Add ginger and garlic. Sauté for 1-2 minutes. Add onion to skillet, and cook for 2 minutes, stirring occasionally. Add remaining vegetables along with the stir fry mixture, and continue to cook, stirring frequently, until vegetables are crisp-tender. Add shrimp and cook until they turn pink.

Brown Rice

Prep Time: 5 minutes or less
Total Time: 50 minutes
Cook Time: 45 minutes

Ingredients

- 1/2 cup rice, brown, cooked
- 3/4 teaspoon sesame oil
- 1 teaspoon onion, green, chopped

Preparation

- Prepare rice per package directions.

- Drizzle with sesame oil and top with onions.

Tropical Pineapple

Prep Time: 5 minutes or less

Total Time: 5 minutes or less

Cook Time: 0 minutes

Ingredients

- 1 cup pineapple chunks, canned in water
- 2 teaspoons coconut, dried, shredded, sweetened

Preparation

- Sprinkle pineapple with coconut and enjoy for dessert.

Recipe Info for Shakeology®



Ingredients

- 1 serving Shakeology®, Favorite Flavor

Preparation

- Mix 1 serving of Shakeology with one of our [delicious recipes](#).
- To determine how many calories you have remaining for the day, click the "Details" button on your Team Beachbody Meal Planner. Then select a recipe from [this list](#) that falls within your available calorie count.
- You can also click the "Substitute Meal" icon to see Shakeology recipes that fit your plan.

Prep Time: 5 minutes or less

Total Time: 5 minutes or less

Diet Exchange

Bread/Starch	0.0
Fruit	0.0
Fat Free Milk	0.0
Reduced Fat Milk	0.0
Whole Milk	0.0
Other Carbohydrates	0.0
Vegetable	0.0
Lean Meat	0.0
Medium Fat Meat	0.0
High Fat Meat	0.0
Plant Protein	0.0
Fat	0.0
Alcohol	0.0

Nutritional Information

Calories	140
Calories from Fat	10
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	15 mg
Sodium	100 mg
Total Carbohydrate	17 g
Dietary Fiber	3 g
Sugars	9 g
Protein	17 g
Vitamin A	100%
Vitamin C	300%
Calcium	50%

Iron 20%

Recipe Info for Nachos

Diet Exchange

Bread/Starch	1.0
Fruit	0.0
Fat Free Milk	0.0
Reduced Fat Milk	0.0
Whole Milk	0.0
Other Carbohydrates	0.0
Vegetable	0.0
Lean Meat	0.0
Medium Fat Meat	0.0
High Fat Meat	0.0
Plant Protein	0.0
Fat	0.0
Alcohol	0.0

Nutritional Information

Calories	120
Calories from Fat	25
Total Fat	3 g
Saturated Fat	1 g
Cholesterol	< 5 mg
Sodium	180 mg
Total Carbohydrate	16 g
Dietary Fiber	2 g
Sugars	less than 1 g
Protein	8 g
Calcium	15%
Iron	6%

Not a significant source of Vitamin A, Vitamin C

Recipe Info for Turkey & Vegetable Sandwich

Diet Exchange

Bread/Starch	1.5
Fruit	0.0
Fat Free Milk	0.0
Reduced Fat Milk	0.0
Whole Milk	0.0
Other Carbohydrates	0.0
Vegetable	0.0
Lean Meat	0.0
Medium Fat Meat	0.0
High Fat Meat	0.0
Plant Protein	0.0
Fat	1.5
Alcohol	0.0

Nutritional Information

Calories	300
Calories from Fat	90
Total Fat	9 g
Saturated Fat	1.5 g
Cholesterol	40 mg
Sodium	1,140 mg
Total Carbohydrate	31 g
Dietary Fiber	5 g
Sugars	6 g
Protein	23 g
Vitamin A	8%
Vitamin C	60%
Calcium	6%
Iron	10%

Recipe Info for Beef Jerky

Diet Exchange

Bread/Starch	0.5
Fruit	0.0

Ingredients

- 1 pita, wheat, small, 4" diameter
- 1/8 teaspoon olive oil, extra virgin
- 3 tablespoons cheddar cheese, low-fat, low-sodium
- 1/8 teaspoon oregano, dried
- 1 piece jalapeño
- 8 fluid ounces water

Preparation

- Slice open pita and brush very lightly with olive oil. Cut into triangular wedges.
- Sprinkle cheese evenly over pita wedges.
- Season with a pinch of oregano.
- Heat under broiler until cheese is melted.
- Add a slice of jalapeno, if desired.
- Enjoy with a glass of water.

Prep Time: 5 minutes or less

Total Time: 10 minutes

Ingredients

- 2 slices bread, whole wheat
- 1 1/2 tablespoons mayonnaise, low-fat
- 1 teaspoon mustard, any flavor
- 3 ounces turkey breast, oven roasted
- 2 tomato slices, medium
- 1/3 cup bell peppers, green, sliced

Preparation

- Spread bread with mayonnaise and mustard.
- Arrange turkey, tomato and peppers on one slice, top with the other.
- Enjoy with a calorie free beverage.

Prep Time: 5 minutes or less

Total Time: 5 minutes or less

Ingredients

- 3/4 ounce beef jerky, teriyaki, California style
- 2 crackers, whole wheat
- 8 fluid ounces water

Fat Free Milk	0.0
Reduced Fat Milk	0.0
Whole Milk	0.0
Other Carbohydrates	0.0
Vegetable	0.0
Lean Meat	1.0
Medium Fat Meat	0.0
High Fat Meat	0.0
Plant Protein	0.0
Fat	0.0
Alcohol	0.0

Nutritional Information

Calories	130
Calories from Fat	30
Total Fat	3.5 g
Saturated Fat	0.5 g
Cholesterol	15 mg
Sodium	600 mg
Total Carbohydrate	15 g
Dietary Fiber	2 g
Sugars	0 g
Protein	11 g
Iron	10%

Not a significant source of Vitamin A, Vitamin C, Calcium

Recipe Info for Sweet Pepper Pork



Diet Exchange

Bread/Starch	2.0
Fruit	0.5
Fat Free Milk	0.0
Reduced Fat Milk	0.0
Whole Milk	0.0
Other Carbohydrates	0.0
Vegetable	3.0
Lean Meat	5.0
Medium Fat Meat	0.0
High Fat Meat	0.0
Plant Protein	0.0
Fat	2.5
Alcohol	0.0

Nutritional Information

Calories	620
Calories from Fat	210
Total Fat	23 g
Saturated Fat	5 g
Cholesterol	110 mg
Sodium	220 mg
Total Carbohydrate	60 g
Dietary Fiber	8 g
Sugars	19 g
Protein	45 g
Vitamin A	25%
Vitamin C	280%
Calcium	10%
Iron	25%

Preparation

- Enjoy beef jerky, crackers and a glass of water for this simple snack.

Prep Time: 5 minutes or less

Total Time: 5 minutes or less

Sweet Pepper Pork

Prep Time: 10 minutes

Total Time: 25 minutes

Cook Time: 15 minutes

Ingredients

- 6 ounces pork sirloin chops, raw, boneless
- 1 1/2 teaspoons extra virgin olive oil
- 1/4 onion, yellow
- 1/2 bell pepper, green, medium
- 4 mushrooms, medium, fresh
- 1/2 teaspoon garlic, chopped
- 1/4 teaspoon cumin, ground

Preparation

- Place boneless pork between two pieces of plastic wrap. Using a wooden mallet, pound to 1/8-inch thickness. Remove plastic wrap.
- Heat oil over medium-high heat, cook the pork slice for 2 to 4 minutes, or until meat is browned and juices run clear, turning over once. Remove from skillet and keep warm.
- Cut onion and green pepper into thin strips and slice mushrooms.
- Add onion, bell pepper, mushrooms, garlic and cumin to skillet and cook approximately 4 minutes or until vegetables are crisp tender. Serve vegetable mixture with pork slice.

Broccoli

Prep Time: 5 minutes or less

Total Time: 10 minutes

Cook Time: 5 minutes or less

Ingredients

- 4 broccoli spears, raw
- 1/2 teaspoon spread, buttery, low-fat

Preparation

- Steam broccoli on stove or in microwave until crisp tender.
- Top with melted spread.

Brown Rice

Prep Time: 5 minutes or less

Total Time: 50 minutes

Cook Time: 45 minutes

Ingredients

- 1/2 cup rice, brown, cooked
- 3/4 teaspoon sesame oil
- 1 teaspoon onion, green, chopped

Preparation

- Prepare rice per package directions.
- Drizzle with sesame oil and top with onions.

Quick Blueberry Crisp

Prep Time: 5 minutes or less

Total Time: 6 minutes

Cook Time: 1 minute or less

Ingredients

- 1/4 teaspoon unsalted butter
- 1 graham cracker 2-1/2" square
- 1/2 teaspoon brown sugar, packed
- 1/3 cup blueberries
- 1 tablespoon fat-free whipped topping, frozen

Preparation

- Melt butter.
- Crush graham crackers; combine crumbs with butter and brown sugar. Set aside.
- Place blueberries in a small microwave safe bowl. Top with crumb mixture.
- Microwave on HIGH for 30 seconds or until heated and bubbly. Top with whipped topping.

Recipe Info for Breakfast Chili Cheese Bake

Diet Exchange

Bread/Starch	1.0
Fruit	1.5
Fat Free Milk	0.0
Reduced Fat Milk	0.0
Whole Milk	0.0
Other Carbohydrates	0.0
Vegetable	0.0
Lean Meat	1.0
Medium Fat Meat	0.0
High Fat Meat	0.5
Plant Protein	0.0
Fat	1.0

Ingredients

- 1/2 teaspoon unsalted butter
- 1/2 cup liquid-egg substitute
- 1 egg white, uncooked
- 3 tablespoons cheddar & monterey jack cheese, w/jalapeno pepper, shredded
- 1/4 cup cottage cheese, 1% fat
- 2 teaspoons green chilies, canned
- 2 1/2 tablespoons flour, all-purpose
- 1/8 teaspoon black pepper
- 6 fluid ounces orange juice

Alcohol	0.0
Nutritional Information	
Calories	420
Calories from Fat	130
Total Fat	14 g
Saturated Fat	6 g
Cholesterol	30 mg
Sodium	670 mg
Total Carbohydrate	40 g
Dietary Fiber	1 g
Sugars	19 g
Protein	33 g
Vitamin A	25%
Vitamin C	160%
Calcium	35%
Iron	20%

Preparation

- Preheat oven to 350°F.
- Melt butter. Beat egg substitute and egg white together.
- Lightly spray a small baking pan with cooking spray.
- Mix all ingredients, except orange juice, together in baking pan.
- Bake, uncovered, for about 20 minutes, or until it puffs up and an inserted toothpick comes out clean.
- Serve warm, with a glass of orange juice to drink.

Prep Time: 5 minutes or less
Total Time: 25 minutes

Recipe Info for Soy Nuts and Raisins



Ingredients

- 1 1/2 tablespoons soy beans, dry roasted, unsalted
- 2 teaspoons raisins

Preparation

- Enjoy a mixture of soy nuts and raisins.

Prep Time: 5 minutes or less
Total Time: 5 minutes or less

Diet Exchange

Bread/Starch	0.5
Fruit	0.5
Fat Free Milk	0.0
Reduced Fat Milk	0.0
Whole Milk	0.0
Other Carbohydrates	0.0
Vegetable	0.0
Lean Meat	0.0
Medium Fat Meat	0.0
High Fat Meat	0.0
Plant Protein	0.5
Fat	0.5
Alcohol	0.0

Nutritional Information

Calories	100
Calories from Fat	35
Total Fat	4 g
Saturated Fat	0.5 g
Cholesterol	0 mg
Sodium	0 mg
Total Carbohydrate	11 g
Dietary Fiber	3 g
Sugars	4 g
Protein	6 g
Calcium	2%
Iron	4%

Not a significant source of Vitamin A, Vitamin C

Recipe Info for Shakeology®



Ingredients

- 1 serving Shakeology®, Favorite Flavor

Preparation

- Mix 1 serving of Shakeology with one of our [delicious recipes](#).
- To determine how many calories you have remaining for the day, click the "Details" button on your Team Beachbody Meal Planner. Then select a recipe from [this list](#) that falls within your available calorie count.
- You can also click the "Substitute Meal" icon to see Shakeology recipes that fit your plan.

Prep Time: 5 minutes or less
Total Time: 5 minutes or less

Diet Exchange

Bread/Starch	0.0
Fruit	0.0
Fat Free Milk	0.0
Reduced Fat Milk	0.0
Whole Milk	0.0
Other Carbohydrates	0.0
Vegetable	0.0
Lean Meat	0.0
Medium Fat Meat	0.0
High Fat Meat	0.0
Plant Protein	0.0
Fat	0.0
Alcohol	0.0

Nutritional Information

Calories	140
Calories from Fat	10
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	15 mg
Sodium	100 mg
Total Carbohydrate	17 g
Dietary Fiber	3 g
Sugars	9 g
Protein	17 g
Vitamin A	100%
Vitamin C	300%
Calcium	50%
Iron	20%

Recipe Info for Ham Wrapped Dates

Diet Exchange

Bread/Starch	0.0
Fruit	1.0
Fat Free Milk	0.0
Reduced Fat Milk	0.0
Whole Milk	0.0
Other Carbohydrates	0.0
Vegetable	0.0
Lean Meat	0.0
Medium Fat Meat	0.0
High Fat Meat	0.0
Plant Protein	0.0
Fat	0.0
Alcohol	0.0

Nutritional Information

Calories	120
Calories from Fat	30
Total Fat	3.5 g
Saturated Fat	1 g
Cholesterol	25 mg

Ingredients

- 1 1/2 ounces ham, low sodium, thinly sliced
- 2 dates, whole
- 8 fluid ounces water

Preparation

- Slice ham into 2 strips.
- Wrap ham strips around dates and enjoy with a glass of water.

Prep Time: 5 minutes or less
Total Time: 5 minutes or less

Sodium	420 mg
Total Carbohydrate	13 g
Dietary Fiber	1 g
Sugars	11 g
Protein	10 g
Iron	4%

Not a significant source of Vitamin A, Vitamin C, Calcium

Recipe Info for Spiced Cod



Diet Exchange

Bread/Starch	1.5
Fruit	0.0
Fat Free Milk	0.0
Reduced Fat Milk	0.0
Whole Milk	0.0
Other Carbohydrates	1.0
Vegetable	1.5
Lean Meat	0.0
Medium Fat Meat	0.0
High Fat Meat	0.0
Plant Protein	0.0
Fat	4.0
Alcohol	0.0

Nutritional Information

Calories	590
Calories from Fat	190
Total Fat	21 g
Saturated Fat	3 g
Cholesterol	75 mg
Sodium	530 mg
Total Carbohydrate	54 g
Dietary Fiber	8 g
Sugars	22 g
Protein	44 g
Vitamin A	20%
Vitamin C	45%
Calcium	10%
Iron	20%

Spiced Cod

Prep Time: 5 minutes or less

Total Time: 25 minutes

Cook Time: 15 minutes

Ingredients

- 6 1/2 ounces cod, raw
- 1/4 teaspoon cumin, ground
- 1/8 teaspoon ginger, ground
- 1/8 teaspoon salt
- 1/8 teaspoon paprika
- 1 tablespoon olive oil, extra virgin

Preparation

- Preheat oven to 425°F. Line a baking sheet with aluminum foil. Place the fish on the prepared baking sheet.
- In a small bowl, combine cumin, ginger, salt, and paprika. Stir in olive oil. Brush both sides of the fish with the seasoned oil.
- Bake fish for 10 to 15 minutes, or until fish flakes easily with a fork.

Green Bean Almondine

Prep Time: 10 minutes

Total Time: 10 minutes

Cook Time: 0 minutes

Ingredients

- 1 cup snap green beans, fresh
- 1/4 teaspoon extra virgin olive oil
- 1/2 teaspoon almonds, slivered

Preparation

- Steam green beans in your microwave or stovetop until crisp tender; drain. While still warm, toss with olive oil and almonds.

Black Beans & Rice

Prep Time: 5 minutes or less

Total Time: 25 minutes

Cook Time: 20 minutes

Ingredients

- 3/4 teaspoon extra virgin olive oil
- 2 teaspoons chopped onions
- 2 tablespoons black beans, cooked
- 1 teaspoon fresh cilantro

- 1/8 teaspoon cumin, ground
- 1/2 bay leaf
- 1/8 teaspoon black pepper
- 5 tablespoons white rice, cooked
- 1 teaspoon garlic, chopped

Preparation

- Coat a small skillet with cooking spray. Heat to medium. Add onions and suat  for 3-4 minutes until they re translucent.
- Place beans in a small saucepan. Mix in onions, chopped cilantro, cumin and pepper. Throw in one bay leaf. Bring to a boil. reduce heat and simmer for 10-15 minutes.
- Remove bay leaf from beans.
- Pour hot beans over cooked rice.

Raspberry Gelatin Dessert

Prep Time: 5 minutes or less

Total Time: 5 minutes or less

Cook Time: 0 minutes

Ingredients

- 1/2 cup gelatin, favorite flavor, prepared from dry mix
- 2 tablespoons raspberries
- 1 tablespoon fat-free whipped topping, frozen

Preparation

- Prepare gelatin per package directions.
- Portion out 1/2 cup and top with raspberries and whipped topping.

Recipe Info for Huevos Rancheros

Diet Exchange

Bread/Starch	1.5
Fruit	0.0
Fat Free Milk	0.5
Reduced Fat Milk	0.0
Whole Milk	0.0
Other Carbohydrates	0.0
Vegetable	1.5
Lean Meat	0.0
Medium Fat Meat	0.0
High Fat Meat	0.0
Plant Protein	0.0
Fat	1.5
Alcohol	0.0

Nutritional Information

Calories	400
Calories from Fat	120
Total Fat	13 g
Saturated Fat	2.5 g
Cholesterol	< 5 mg
Sodium	580 mg
Total Carbohydrate	41 g
Dietary Fiber	6 g
Sugars	17 g
Protein	30 g

Ingredients

- 1/2 tablespoon olive oil, extra virgin
- 1/4 cup onion, chopped
- 1/4 cup bell pepper, green, chopped
- 1/4 cup tomato, chopped
- 1/4 teaspoon chili powder
- 1/2 cup liquid-egg substitute
- 2 pieces bread, whole wheat
- 6 fluid ounces milk, fat-free

Preparation

- Heat olive oil in a nonstick skillet to medium high heat and saut  all vegetables 2-3 minutes, or until onions are translucent.
- Mix chili powder in with egg substitute; add egg substitute to skillet and scramble until eggs are set.
- Serve eggs with whole wheat toast.
- Enjoy breakfast with a cup of milk.

Vitamin A	30%
Vitamin C	70%
Calcium	35%
Iron	25%

Prep Time: 5 minutes or less
Total Time: 15 minutes

Recipe Info for Turkey Lettuce Wrap



Ingredients

- 1 lettuce leaf
- 1/4 tomato, medium
- 1 teaspoon mayonnaise, low-fat
- 2 ounces turkey breast, oven roasted, fat-free, low-sodium
- 6 baby carrots

Diet Exchange

Bread/Starch	0.0
Fruit	0.0
Fat Free Milk	0.0
Reduced Fat Milk	0.0
Whole Milk	0.0
Other Carbohydrates	0.0
Vegetable	1.0
Lean Meat	1.0
Medium Fat Meat	0.0
High Fat Meat	0.0
Plant Protein	0.0
Fat	0.5
Alcohol	0.0

Preparation

- Wash lettuce leaf and pat dry with a paper towel; set aside.
- Wash tomato and either chop finely or slice thinly.
- Spread mayonnaise evenly onto one side of turkey slice.
- Place lettuce leaf and tomato over turkey, and roll up from one end.
- Secure roll with a toothpick, if desired.
- Enjoy with carrots.

Prep Time: 5 minutes or less
Total Time: 5 minutes or less

Nutritional Information

Calories	90
Calories from Fat	15
Total Fat	2 g
Saturated Fat	0 g
Cholesterol	25 mg
Sodium	440 mg
Total Carbohydrate	7 g
Dietary Fiber	2 g
Sugars	4 g
Protein	11 g
Vitamin A	210%
Vitamin C	15%
Calcium	6%
Iron	4%

Recipe Info for Shakeology®



Ingredients

- 1 serving Shakeology®, Favorite Flavor

Preparation

- Mix 1 serving of Shakeology with one of our [delicious recipes](#).
- To determine how many calories you have remaining for the day, click the "Details" button on your Team Beachbody Meal Planner. Then select a recipe from [this list](#) that falls within your available calorie count.
- You can also click the "Substitute Meal" icon to see Shakeology recipes that fit your plan.

Prep Time: 5 minutes or less
Total Time: 5 minutes or less

Diet Exchange

Bread/Starch	0.0
Fruit	0.0
Fat Free Milk	0.0
Reduced Fat Milk	0.0
Whole Milk	0.0
Other Carbohydrates	0.0
Vegetable	0.0
Lean Meat	0.0
Medium Fat Meat	0.0
High Fat Meat	0.0
Plant Protein	0.0
Fat	0.0
Alcohol	0.0

Nutritional Information

Calories	140
Calories from Fat	10
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	15 mg
Sodium	100 mg
Total Carbohydrate	17 g
Dietary Fiber	3 g
Sugars	9 g
Protein	17 g
Vitamin A	100%
Vitamin C	300%
Calcium	50%
Iron	20%

Recipe Info for Nachos

Diet Exchange

Bread/Starch	1.0
Fruit	0.0
Fat Free Milk	0.0
Reduced Fat Milk	0.0
Whole Milk	0.0
Other Carbohydrates	0.0
Vegetable	0.0
Lean Meat	0.0
Medium Fat Meat	0.0
High Fat Meat	0.0
Plant Protein	0.0
Fat	0.0
Alcohol	0.0

Nutritional Information

Calories	120
Calories from Fat	25
Total Fat	3 g
Saturated Fat	1 g
Cholesterol	< 5 mg
Sodium	180 mg
Total Carbohydrate	16 g
Dietary Fiber	2 g
Sugars	less than 1 g
Protein	8 g
Calcium	15%
Iron	6%

Not a significant source of Vitamin A, Vitamin C

Recipe Info for Creamy Chicken Dijon

Ingredients

- 1 pita, wheat, small, 4" diameter
- 1/8 teaspoon olive oil, extra virgin
- 3 tablespoons cheddar cheese, low-fat, low-sodium
- 1/8 teaspoon oregano, dried
- 1 piece jalapeño
- 8 fluid ounces water

Preparation

- Slice open pita and brush very lightly with olive oil. Cut into triangular wedges.
- Sprinkle cheese evenly over pita wedges.
- Season with a pinch of oregano.
- Heat under broiler until cheese is melted.
- Add a slice of jalapeno, if desired.
- Enjoy with a glass of water.

Prep Time: 5 minutes or less

Total Time: 10 minutes



Creamy Chicken Dijon

Prep Time: 5 minutes or less
Total Time: 35 minutes
Cook Time: 30 minutes

Ingredients

- 2 teaspoons mustard, any flavor
- 1 3/4 tablespoons mayonnaise, low-fat
- 2 tablespoons sour cream, fat-free
- 1 teaspoon lemon juice
- 6 ounces chicken breast, boneless/skinless, raw

Diet Exchange

Bread/Starch	2.0
Fruit	1.5
Fat Free Milk	0.0
Reduced Fat Milk	0.0
Whole Milk	0.0
Other Carbohydrates	0.0
Vegetable	1.5
Lean Meat	4.0
Medium Fat Meat	0.0
High Fat Meat	0.0
Plant Protein	0.0
Fat	3.0
Alcohol	0.0

Nutritional Information

Calories	590
Calories from Fat	170
Total Fat	19 g
Saturated Fat	3.5 g
Cholesterol	110 mg
Sodium	640 mg
Total Carbohydrate	60 g
Dietary Fiber	9 g
Sugars	22 g
Protein	43 g
Vitamin A	20%
Vitamin C	45%
Calcium	15%
Iron	15%

Preparation

- Preheat oven to 375°F.
- In a small bowl, combine mustard, mayonnaise, sour cream and lemon juice; mix well.
- Brush 1/2 of the mustard sauce on chicken and place in a shallow baking pan coated with non-stick cooking spray.
- Bake chicken for 25 to 30 minutes, or until chicken is no longer pink inside. Spoon remaining mustard sauce over chicken.

Green Bean Almondine

Prep Time: 10 minutes
Total Time: 10 minutes
Cook Time: 0 minutes

Ingredients

- 1 cup snap green beans, fresh
- 1/4 teaspoon extra virgin olive oil
- 1/2 teaspoon almonds, slivered

Preparation

- Steam green beans in your microwave or stovetop until crisp tender; drain. While still warm, toss with olive oil and almonds.

Brown Rice

Prep Time: 5 minutes or less
Total Time: 50 minutes
Cook Time: 45 minutes

Ingredients

- 1/2 cup rice, brown, cooked
- 3/4 teaspoon sesame oil
- 1 teaspoon onion, green, chopped

Preparation

- Prepare rice per package directions.

- Drizzle with sesame oil and top with onions.

Jello and Apple

Prep Time: 5 minutes or less

Total Time: 5 minutes or less

Cook Time: 0 minutes

Ingredients

- 1 JELL-O Gelatin sugar free, snack cup, favorite flavor
- 1 apple, medium

Preparation

- Enjoy your favorite flavor gelatin snack cup with an apple.

Recipe Info for Shakeology®



Ingredients

- 1 serving Shakeology®, Favorite Flavor

Preparation

- Mix 1 serving of Shakeology with one of our [delicious recipes](#).
- To determine how many calories you have remaining for the day, click the "Details" button on your Team Beachbody Meal Planner. Then select a recipe from [this list](#) that falls within your available calorie count.
- You can also click the "Substitute Meal" icon to see Shakeology recipes that fit your plan.

Prep Time: 5 minutes or less

Total Time: 5 minutes or less

Diet Exchange

Bread/Starch	0.0
Fruit	0.0
Fat Free Milk	0.0
Reduced Fat Milk	0.0
Whole Milk	0.0
Other Carbohydrates	0.0
Vegetable	0.0
Lean Meat	0.0
Medium Fat Meat	0.0
High Fat Meat	0.0
Plant Protein	0.0
Fat	0.0
Alcohol	0.0

Nutritional Information

Calories	140
Calories from Fat	10
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	15 mg
Sodium	100 mg
Total Carbohydrate	17 g
Dietary Fiber	3 g
Sugars	9 g
Protein	17 g
Vitamin A	100%
Vitamin C	300%
Calcium	50%

Iron 20%

Recipe Info for Cottage Cheese & Strawberries

Diet Exchange

Bread/Starch	0.0
Fruit	0.5
Fat Free Milk	0.0
Reduced Fat Milk	0.0
Whole Milk	0.0
Other Carbohydrates	0.0
Vegetable	0.0
Lean Meat	1.0
Medium Fat Meat	0.0
High Fat Meat	0.0
Plant Protein	0.0
Fat	0.5
Alcohol	0.0

Ingredients

- 1/3 cup cottage cheese, 1% fat
- 6 strawberries, whole, fresh
- 1 1/2 teaspoons pecans, chopped
- 8 fluid ounces water

Preparation

- Top cottage cheese with strawberries and pecans.
- Enjoy with a glass of water.

Prep Time: 5 minutes or less

Total Time: 5 minutes or less

Nutritional Information

Calories	110
Calories from Fat	35
Total Fat	4 g
Saturated Fat	1 g
Cholesterol	5 mg
Sodium	290 mg
Total Carbohydrate	13 g
Dietary Fiber	2 g
Sugars	9 g
Protein	9 g
Vitamin A	2%
Vitamin C	110%
Calcium	15%
Iron	2%

Recipe Info for Lettuce, Tomato & Beef Wrap



Ingredients

- 1 lettuce leaf
- 1/4 tomato, medium
- 2 tablespoons sour cream, reduced fat
- 1 teaspoon horseradish sauce
- 1 low carb whole wheat tortilla, 6"
- 3 1/2 ounces roast beef, lean, deli-style
- 1/4 teaspoon oregano, dried
- 4 fluid ounces orange juice

Diet Exchange

Bread/Starch	0.0
Fruit	1.0
Fat Free Milk	0.0
Reduced Fat Milk	0.0
Whole Milk	0.0
Other Carbohydrates	0.0
Vegetable	0.5
Lean Meat	0.0
Medium Fat Meat	0.0
High Fat Meat	0.0
Plant Protein	0.0
Fat	1.0
Alcohol	0.0

Preparation

- Wash and chop lettuce and tomato.
- Mix sour cream and horseradish; spread over tortilla.
- Top prepared tortilla with chopped lettuce and tomato. Top with beef and oregano.
- Fold two opposite sides of tortilla in towards the center, and roll up from one of the remaining ends.
- Enjoy wrap with a small glass of orange juice.

Prep Time: 5 minutes or less

Total Time: 5 minutes or less

Nutritional Information

Calories	300
Calories from Fat	80
Total Fat	9 g
Saturated Fat	4 g
Cholesterol	50 mg
Sodium	1,000 mg
Total Carbohydrate	32 g

Dietary Fiber	9 g
Sugars	11 g
Protein	23 g
Vitamin A	50%
Vitamin C	120%
Calcium	6%
Iron	10%

Recipe Info for Pesto-Artichoke Chicken Wrap

Ingredients

Diet Exchange

Bread/Starch	0.0
Fruit	0.0
Fat Free Milk	0.0
Reduced Fat Milk	0.0
Whole Milk	0.0
Other Carbohydrates	0.0
Vegetable	0.0
Lean Meat	0.5
Medium Fat Meat	0.0
High Fat Meat	0.0
Plant Protein	0.0
Fat	0.0
Alcohol	0.0

- 2 tablespoons chicken, cooked
- 2 1/2 teaspoons artichoke hearts, fresh, cooked or canned
- 1/2 teaspoon scallions, fresh, chopped
- 1/2 teaspoon pesto sauce
- 1 low carb flour tortilla, 6"
- 1 piece pimiento strips
- 8 fluid ounces water

Preparation

- Shred chicken.
- In a small bowl, mix together shredded chicken, coarsely chopped artichoke hearts and scallions. Set aside.
- Spread pesto sauce on low carb tortilla. Arrange chicken mix and pimiento on top.
- Roll up tortilla; heat if desired.
- Enjoy with a glass of water.

Prep Time: 10 minutes
Total Time: 10 minutes

Nutritional Information

Calories	120
Calories from Fat	35
Total Fat	3.5 g
Saturated Fat	0 g
Cholesterol	15 mg
Sodium	260 mg
Total Carbohydrate	13 g
Dietary Fiber	8 g
Sugars	0 g
Protein	9 g
Vitamin C	4%
Calcium	4%

Not a significant source of Vitamin A, Iron

Recipe Info for Lemon Salmon with Olives



Lemon Salmon with Olives

Prep Time: 5 minutes or less
Total Time: 20 minutes
Cook Time: 15 minutes

Ingredients

- 6 1/2 ounces wild Alaskan or Washington salmon, fresh
- 1/2 lemon
- 7 olives, green, stuffed
- 1 tablespoon lemon juice
- 1 tablespoon white wine
- 1 teaspoon extra virgin olive oil
- 1/8 teaspoon black pepper

Preparation

- Preheat oven to 450°F.
- Place salmon on foil-lined baking sheet.
- Cut lemon half into 1/3-inch slices; cut olives into 1/4-inch slices.
- Place lemon and olive slices over salmon. Combine lemon juice, wine and olive oil. Drizzle over fish.
- Sprinkle with freshly ground pepper to taste. Pull up the sides of the foil and add 2 tbsp. of water. Cover with foil, folding edges together, and seal edges securely. Cook salmon for 8 to 12 minutes, or until fish flakes easily with fork.

Diet Exchange

Bread/Starch	1.5
Fruit	1.5
Fat Free Milk	0.0
Reduced Fat Milk	0.0
Whole Milk	0.0
Other Carbohydrates	0.0
Vegetable	1.5
Lean Meat	5.0
Medium Fat Meat	0.0
High Fat Meat	0.0
Plant Protein	0.0
Fat	3.0
Alcohol	0.0

Nutritional Information

Calories	600
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Calories from Fat	200
Total Fat	22 g
Saturated Fat	3.5 g
Cholesterol	85 mg
Sodium	990 mg
Total Carbohydrate	58 g
Dietary Fiber	6 g
Sugars	25 g
Protein	42 g
Vitamin A	80%
Vitamin C	170%
Calcium	15%
Iron	15%

Marinated Tomatoes

Prep Time: 20 minutes

Total Time: 20 minutes

Cook Time: 0 minutes

Ingredients

- 1 tomato, medium
- 1 teaspoon garlic, chopped
- 1/2 teaspoon extra virgin olive oil
- 1/8 teaspoon salt
- 1 teaspoon basil, fresh, chopped
- 2 teaspoons balsamic vinegar

Preparation

- Slice tomato.
- Toss with remaining ingredients. Let sit, stirring occasionally. Enjoy with meal.

Spaghetti with Garlic & Oil

Prep Time: 5 minutes or less

Total Time: 15 minutes

Cook Time: 10 minutes

Ingredients

- 1 ounce angel hair spaghetti pasta, uncooked
- 1 teaspoon garlic, chopped
- 1 teaspoon extra virgin olive oil

Preparation

- Prepare pasta per package directions. Drain.
- Sauté garlic in olive oil and toss with prepared pasta.

Mandarin Oranges & Cranberries

Prep Time: 5 minutes or less

Total Time: 5 minutes or less

Cook Time: 0 minutes

Ingredients

- 1 cup mandarin oranges, canned in juice, drained
- 2 teaspoons cranberries, dried

Preparation

- Enjoy a bowl of mandarin oranges mixed with dried cranberries for dessert.

Recipe Info for Poached Egg and Toast



Ingredients

- 2 eggs, large
- 1 slice bread, whole wheat
- 3/4 teaspoon margarine, canola-based, trans-fat free
- 2 teaspoons jam, all-fruit
- 10 fluid ounces milk, fat-free

Diet Exchange

Bread/Starch	1.0
Fruit	0.0
Fat Free Milk	1.0
Reduced Fat Milk	0.0
Whole Milk	0.0
Other Carbohydrates	0.5
Vegetable	0.0
Lean Meat	0.0
Medium Fat Meat	2.0
High Fat Meat	0.0
Plant Protein	0.0
Fat	0.5
Alcohol	0.0

Preparation

- Spray a saucepan lightly with non-stick cooking spray. Add enough water to fill the pan halfway. Bring water to a boil, then reduce heat to a simmer (bubbles should begin to break the surface of the water).
- Break egg into a measuring cup. Carefully slide egg into simmering water, holding the lip of the cup as close to the water as possible. Repeat with other egg.
- Simmer eggs, uncovered, for 3 to 5 minutes or to desired doneness. Remove with a slotted spoon.
- Toast bread to desired crispness. Spread with margarine and jam.
- Serve breakfast with a large glass of milk.

Prep Time: 5 minutes or less
Total Time: 10 minutes

Nutritional Information

Calories	380
Calories from Fat	120
Total Fat	14 g
Saturated Fat	4 g
Cholesterol	430 mg
Sodium	430 mg
Total Carbohydrate	37 g
Dietary Fiber	2 g
Sugars	24 g
Protein	27 g
Vitamin A	25%
Calcium	45%
Iron	15%

Not a significant source of Vitamin C

Recipe Info for Seafood Salad with Celery Stalks

Diet Exchange

Ingredients

Bread/Starch	0.0
Fruit	0.0
Fat Free Milk	0.0
Reduced Fat Milk	0.0
Whole Milk	0.0
Other Carbohydrates	0.0
Vegetable	0.5
Lean Meat	0.0
Medium Fat Meat	0.0
High Fat Meat	0.0
Plant Protein	0.0
Fat	0.5
Alcohol	0.0

- 2 ounces crab, imitation
- 1 1/2 teaspoons mayonnaise, low-fat
- 1/8 teaspoon dill weed, dried
- 3 celery stalks
- 8 fluid ounces water

Preparation

- Shred crab and mix with mayonnaise and dill.
- Serve with celery stalks.
- Enjoy with a glass of water.

Prep Time: 5 minutes or less
Total Time: 5 minutes or less

Nutritional Information

Calories	110
Calories from Fat	30
Total Fat	3 g
Saturated Fat	0 g
Cholesterol	30 mg
Sodium	200 mg
Total Carbohydrate	11 g
Dietary Fiber	2 g
Sugars	2 g
Protein	9 g

Vitamin A	10%
Vitamin C	6%
Calcium	8%
Iron	2%

Recipe Info for Shakeology®



Ingredients

- 1 serving Shakeology®, Favorite Flavor

Preparation

- Mix 1 serving of Shakeology with one of our [delicious recipes](#).
- To determine how many calories you have remaining for the day, click the "Details" button on your Team Beachbody Meal Planner. Then select a recipe from [this list](#) that falls within your available calorie count.
- You can also click the "Substitute Meal" icon to see Shakeology recipes that fit your plan.

Prep Time: 5 minutes or less

Total Time: 5 minutes or less

Diet Exchange

Bread/Starch	0.0
Fruit	0.0
Fat Free Milk	0.0
Reduced Fat Milk	0.0
Whole Milk	0.0
Other Carbohydrates	0.0
Vegetable	0.0
Lean Meat	0.0
Medium Fat Meat	0.0
High Fat Meat	0.0
Plant Protein	0.0
Fat	0.0
Alcohol	0.0

Nutritional Information

Calories	140
Calories from Fat	10
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	15 mg
Sodium	100 mg
Total Carbohydrate	17 g
Dietary Fiber	3 g
Sugars	9 g
Protein	17 g
Vitamin A	100%
Vitamin C	300%
Calcium	50%
Iron	20%

Recipe Info for Crunchy Ham, Cheese and Veggie Stacks



Ingredients

- 1 teaspoon mayonnaise, low-fat
- 1 piece rye crispbread cracker, low-sodium
- 1/3 carrot
- 1/4 cucumber
- 1/2 ounce ham, lean, reduced sodium
- 1 piece cheese, Swiss, low-fat

Diet Exchange

Preparation

Bread/Starch	0.0
Fruit	0.0
Fat Free Milk	0.0
Reduced Fat Milk	0.0
Whole Milk	0.0
Other Carbohydrates	0.0
Vegetable	0.5
Lean Meat	0.0
Medium Fat Meat	0.0
High Fat Meat	0.0
Plant Protein	0.0
Fat	0.5
Alcohol	0.0

Nutritional Information

Calories	120
Calories from Fat	30
Total Fat	3.5 g
Saturated Fat	1 g
Cholesterol	15 mg
Sodium	390 mg
Total Carbohydrate	12 g
Dietary Fiber	3 g
Sugars	4 g
Protein	9 g
Vitamin A	90%
Vitamin C	10%
Calcium	20%
Iron	4%

Recipe Info for Parmesan-Dijon Chicken



Diet Exchange

Bread/Starch	2.5
Fruit	0.5
Fat Free Milk	0.0
Reduced Fat Milk	0.0
Whole Milk	0.0
Other Carbohydrates	0.5
Vegetable	0.0
Lean Meat	4.0
Medium Fat Meat	0.0
High Fat Meat	0.0
Plant Protein	0.0
Fat	3.0
Alcohol	0.0

Nutritional Information

Calories	600
Calories from Fat	180
Total Fat	20 g
Saturated Fat	5 g
Cholesterol	95 mg
Sodium	890 mg
Total Carbohydrate	61 g
Dietary Fiber	8 g
Sugars	18 g
Protein	45 g
Vitamin A	160%
Vitamin C	20%

- Spread mayo on crispbread.
- Arrange sliced carrot and cucumber on crispbread; top with ham and cheese.
- Sprinkle with sodium-free spices and herbs of choice such as freshly ground black pepper.
- Enjoy with a calorie free beverage.

Prep Time: 5 minutes or less

Total Time: 5 minutes or less

Parmesan-Dijon Chicken

Prep Time: 10 minutes

Total Time: 35 minutes

Cook Time: 25 minutes

Ingredients

- 1 1/2 tablespoons bread crumbs, seasoned
- 1 tablespoon Parmesan cheese, fat free
- 1 1/2 tablespoons spread, buttery, low-fat
- 1/2 teaspoon Dijon mustard
- 6 ounces chicken breast, boneless/skinless, raw

Preparation

- Preheat oven to 375°F.
- Mix bread crumbs and cheese and spread out on a plate.
- Melt 1 teaspoon of the spread and combine with mustard in a shallow dish.
- Dip chicken into spread mixture, then coat with bread crumb mixture. Place in baking dish. Dot with remaining spread. Baked uncovered for 20 to 25 minutes, turning once, or until chicken is no longer pink inside.

Peas & Carrots

Prep Time: 5 minutes or less

Total Time: 10 minutes

Cook Time: 5 minutes or less

Ingredients

- 1/2 cup peas and carrots, frozen
- 3/4 teaspoon spread, buttery, low-fat

Calcium	20%
Iron	20%

Preparation

- Heat peas and carrots in a small saucepan or in microwave per package directions.
- Top with spread.

Garlic Bread

Prep Time: 5 minutes or less

Total Time: 15 minutes

Cook Time: 10 minutes

Ingredients

- 1 teaspoon spread, buttery, low-fat
- 1/4 teaspoon garlic, chopped
- 1/2 whole wheat hoagie roll, medium
- 1/4 teaspoon parsley, dried

Preparation

- Combine spread and garlic in a small saucepan. Stir until melted.
- Brush spread/garlic mix onto roll. Sprinkle with parsley. Place on baking sheet and cook under broiler until golden.

Chocolate & Nut Coated Banana

Prep Time: 10 minutes

Total Time: 10 minutes

Cook Time: 0 minutes

Ingredients

- 1/2 banana, small
- 1 1/2 tablespoons chocolate syrup, fat-free light
- 1 teaspoon pecans, chopped

Preparation

- Please note: the prep time does not include time for the chocolate to set.
- Coat banana with chocolate syrup. Drizzle with nuts.
- Place in refrigerator or freezer to set.
- Enjoy for dessert.