

A man with dark hair and a beard, wearing a dark green athletic shirt, is lifting two dumbbells with both arms raised. He is looking upwards and to the left with a focused expression. The background is a blurred gym setting with wooden beams and other equipment.

LifeVantage®

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# PHYSIQ™

*30-day Smart Restart™*

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Combine PhysIQ with these essential weight management strategies and meal planning tips to start *burning stubborn fat* today.

# Make Healthy Living a Habit

Your daily habits are the biggest obstacles to feeling great, shedding unhealthy pounds and losing inches from your waist. Commit to a PhysIQ 30-Day Smart Restart to break unhealthy patterns and make healthy living a habit for you and your whole family. You can meet realistic goals and make great strides toward a lighter and brighter you with PhysIQ in the first 30 days—no matter how busy your life feels.

## What is PhysIQ?

As we get older, our stressful lives give us less time to be healthy and we all need help managing our weight. PhysIQ is the smart way to start burning stubborn fat today. It's a safe, long-term weight management solution that uses proven ingredients to support your diet and exercise routine—helping you look and feel your best again.

The PhysIQ weight management system supports your venture to better health with PhysIQ Prebiotic, PhysIQ Fat Burn\*, and PhysIQ Whey Protein shake.

## What it's *NOT!*

PhysIQ doesn't demand an overly restrictive diet. You don't have to go to the extremes of crash dieting or cutting out entire food groups, swearing off some of your favorite foods to never eat again. This is about SMART weight management.

Most Americans are overfed and undernourished. We eat large portions of unhealthy, nutrient-poor food and wonder why we can't lose unhealthy weight.

Losing weight or maintaining a healthy weight is more than cutting carbs or fat—it's about knowing what nourishes our body, developing long lasting habits and planning for success.

That's why we put together these weight management strategies and menu planning tips to help you get the most out of PhysIQ and feel great while you shed unwanted bodyfat.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

# Get Started in 5 Steps

## *30-Day Smart Restart*

### 01 Answer These Questions

- a. How do I feel?
- b. How is my energy?
- c. How much do I weigh?
- d. What are my realistic 30-day goals? (energy, weight & size)

My ultimate goal with the 30-day Smart Restart is to feel \_\_\_\_\_ .

My ultimate goal with the 30-day Smart Restart is to lose \_\_\_\_\_ lbs/kg.

My ultimate goal with the 30-day Smart Restart is to lose \_\_\_\_\_ in/cm.

### 02 Take Your 'Before' Measurements and Photographs

- a. What are my measurements?
- b. Take 'Before' photos to see your progress—even if you aren't planning to share them with anyone.

1. Arm \_\_\_\_\_ in/cm

2. Chest \_\_\_\_\_ in/cm

3. Waist \_\_\_\_\_ in/cm

4. Butt/Hips \_\_\_\_\_ in/cm

5. Thigh \_\_\_\_\_ in/cm

#### **INSTRUCTIONS ON HOW TO TAKE PROPER BEFORE PHOTOGRAPHS**

- Have someone else take your photos if you can.
- Good lighting is key.
- Wear tight clothing like sport shorts and a tank top or a bathing suit.
- Stand in front of a blank wall and face the camera.
- Take a head-to-toe photo.
- Take a right profile photo.
- Take a left profile photo.
- Take a back profile photo.

### 03 Change How You Eat

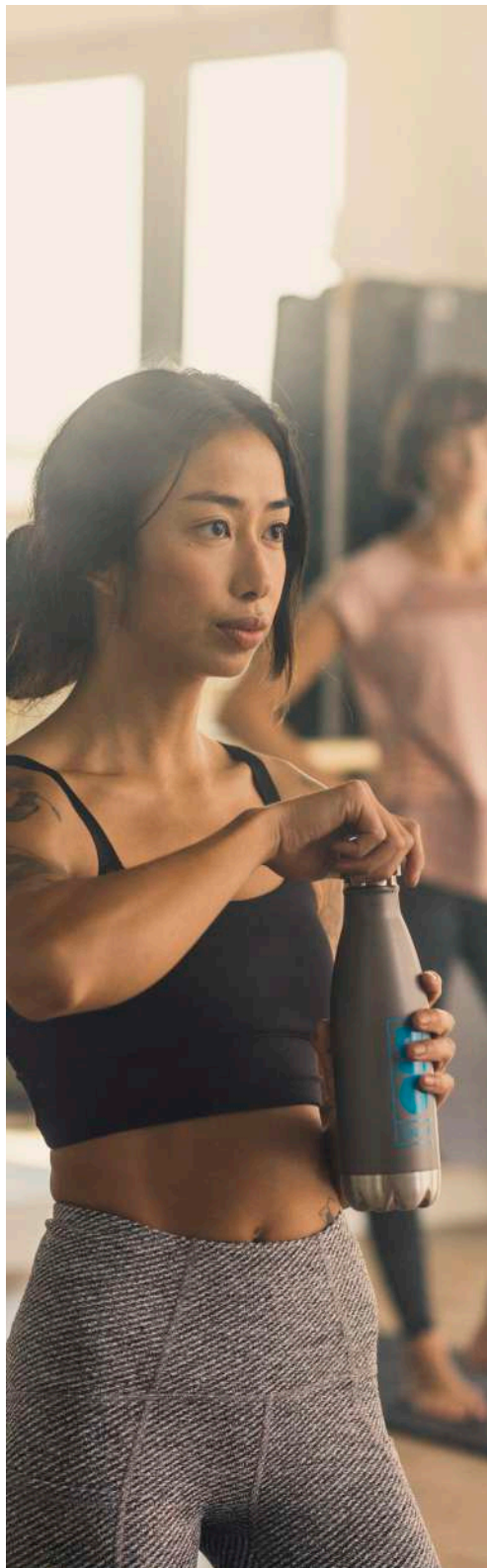
- a. Get rid of the junk—from the fridge, your pantry and even your secret stashes!
- b. Plan and prep your meals either weekly or daily—a menu calendar is the best way to do this.
- c. Stop going to the drive through and eating out. Eating out will add about 40% more calories to your meals automatically.
- d. Bring your own lunch to work. Plan snacks ahead. Stock your car, desk and purse with healthy snacks. Follow the snack guide for more ideas.
- e. PRACTICE PORTION CONTROL!

### 04 Track Your Progress

- a. Record your weight and/or measurements every week or every 2-4 weeks.
- b. Take new photos every month to document your progress.
- c. Track your diet and exercise habits—keep a diet diary, use a fitness tracker and calorie counter tools.

### 05 Create Accountability with Community

- a. Connect with a 30-Day Smart Restart group or start your own with friends looking to make healthier living a habit.
- b. Encourage each other, work out together and let everyone know what your goals are so that you can keep each other on track!



## Why You Need to Know your BMR

Knowing your BMR will help you with your goals, whether you want to lose weight, gain weight or maintain your current weight.

Your BMR (Basal Metabolic Rate) is the minimum number of calories your body burns to stay alive, whether you are sedentary or active and it's different for everyone. These calories are the absolute minimum amount of energy your body burns, and includes all involuntary (independent of your own will) activities that your body does to stay alive such as digestion, respiration, circulation, removing waste products and regulating your body temperature.

### How to Calculate Your Basal Metabolic Rate

#### Calculate BMR for Women

**Women:**

$$655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$$

*example:* You are the average American Women: 40 years old, height 5'4" and 150 pounds. First, convert your height into inches. 5'4" equals 64 inches. Now add your numbers to the equation below:

$$655 + (4.35 \times 150) + (4.7 \times 64) - (4.7 \times 40)$$

$$655 + 652.5 + 300.8 - 188 = 1420.3$$

**YOUR BMR = 1420.3 CALORIES**

BMR varies per individual and is influenced by physical activity. To calculate a more accurate BMR, add the calculations below based on your physical activity.

- **Sedentary** (do not exercise):  $\text{BMR} \times 1.2$
- **Lightly active** (light exercise/walking):  $\text{BMR} \times 1.375$
- **Moderately active** (moderate exercise 3-5 days of the week):  $\text{BMR} \times 1.55$
- **Very active** (moderate or vigorous exercise most days of the week):  $\text{BMR} \times 1.725$
- **Extremely active** (vigorous exercise every day and intense athletic training):  $\text{BMR} \times 1.9$

#### Calculate BMR for Men

**Men:**

$$66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age in years})$$

*example:* You are the average American Man: 40 years old, height 5'9" and 196 pounds. First, convert your height into inches. 5'9" equals 69 inches. Now add your numbers to the equation below:

$$66 + (6.23 \times 196) + (12.7 \times 69) - (6.8 \times 40)$$

$$66 + 12201.08 + 876.3 - 272 = 1891.38$$

**YOUR BMR = 1891.4 CALORIES**

To lose weight, you need to create a calorie "deficit." For example, if you're trying to lose a pound—which equals 3500 calories—per week, you'll need to put out 500 more calories than you take in per day. This is easier than it sounds, though! Creating a 500-calorie deficit is as simple as swapping a regular soda for a glass of water and taking a brisk 2.5-mile walk.

# Essential Weight Management Strategies

*“Do something today that your future self will thank you for.”*

Successful weight management is about changing how you eat—not just what you eat. For long-term success, you’ll need to set realistic goals, create healthy new habits, and find an eating plan that works for you and your family.

This isn’t just about losing weight—your kids are relying on you to give them a healthy start.

## 01 Set Realistic Weight Management Goals

Start by setting goals you can meet and sustain. For many of us, a realistic weight loss goal to start with is 1-2 lbs per week.

Drastic weight loss isn’t necessary for your health—even 3-5% weight loss can improve your health. Plus, it’s not how much weight you lose that matters most, it’s where you lose it from—that’s why PhysIQ™ Fat Burn targets belly fat. If you have an apple shape instead of a pear shape, you’re at higher risk for many health concerns.

To track your overall progress, measure your waist circumference weekly along with watching the scale. Your waist circumference is a better overall indicator of your success.

## 02 Exercise is Part of the Deal

PhysIQ helps you manage your weight, but exercise is mandatory if you want to preserve your lean body mass and lose the belly fat.

Ideally, you should make time for 30 minutes of exercise a day (5 days a week). But, we don’t all have that much time to start and that’s ok.

Starting with 15 minute sessions and increasing in 15 minutes intervals can make a huge difference. One of the best ways to get motivated is to wear a pedometer or Fitness Trackers and start tracking your steps.

Yes, walking counts as exercise. Aim for 10,000 steps per day to start and see where you can venture from there.

## 03 Make Friends with Protein

Protein is one of your greatest allies in portion control and managing your weight. It makes you feel full faster and longer so you don’t feel like you need to eat as much.

More importantly, getting enough protein and cutting carbohydrates helps you lose more weight by saving muscle mass. Your body needs to burn more calories to keep muscle mass than it does to store fat. Protein helps maintain and build calorie-burning muscle while keeping you full and satisfied longer in between meals.

If you don’t get enough protein, you’ll lose muscle mass, set yourself up for weight cycling (repeated loss and regain of body weight) and risk of gaining back all the fat you worked so hard to burn off.

## 04 Use a 7-Day Jump Start

If you want to jump start your weight loss, start the first 7 days with cleansing foods, low carbohydrates, and up your protein intake.

During this first week, drink more water, eat leafy greens, and avoid alcohol, processed foods and sugar, diet soda and high sodium foods. This phase of your journey can consist largely of PhysIQ™ Protein Shake, lean meats, eggs, vegetables and healthy fats.

Many people find that their 7-Day Jump Start helps them lose several pounds quickly, reduces sugar and carbohydrate cravings and inspires them to keep going. Knocking a few notches off your belt in the first 7 days is a great way to get motivated for your journey back into health.

## 05 Get Rid of the Junk!

If you’re serious about managing your weight, it’s time to clean out your cabinets.

Clear out ALL of the unhealthy food and beverages—yes, even your secret stash. If the food isn’t aligned with your goals, toss it!

The reality is, if the treats aren’t around to eat when your cravings hit, you CAN’T eat them. If the junk food is in your kitchen it’s easy to crumble, but if you have to drive all the way to the store to buy it, you give the cravings room to pass.

Trust us, even though it hurts at first, getting rid of the heavily processed and sugar-filled foods is worth it. They’re not doing anyone any good.

### HAND GUIDE for PORTION CONTROL



**SERVING SIZE:** 1 cup  
**VISUAL AID:** Fist

**BEST FOR:** Rice, Cooked Vegetables, Beans, Tea/Coffee, Cereal, Casseroles, Soups, Fresh Fruit, Salads, Sprouts, Popcorn, Yogurt



**SERVING SIZE:** ½ cup  
**VISUAL AID:** Cupped Hand

**BEST FOR:** Pasta, Potatoes, Pudding, Ice Cream, Walnuts, Almonds



**SERVING SIZE:** 3 oz  
**VISUAL AID:** Palm

**BEST FOR:** Beef, Chicken, Pork, Poultry, Fish



**SERVING SIZE:** 1 tsp  
**VISUAL AID:** Thumb

**BEST FOR:** Salad Dressing, Peanut Butter, Cheese, Cream, Mayonnaise



**SERVING SIZE:** 6 in  
**VISUAL AID:** Hand

**BEST FOR:** Bread, Pita Bread, Pizza, Sandwich, Burger

## 06 Practice Portion Control

It's not what you eat, but how much you eat. Portion control is a vital practice when you're working to lose weight and keep it off.

But, you don't need to memorize a food list or carry around measuring cups to get a better handle on serving sizes. Use your hands to gauge the serving sizes of foods instead of trying to memorize complicated lists of ounces, cups, and tablespoons.

Use smaller plates and portion food from the stove to help control your portions more effectively.

## 07 Learn How to Stay Full

One of the biggest challenges you'll face when you get sincere about portion control is not feeling full after you're done eating.

That's because many of the foods you're eating are full of calories and not enough nutrition. To feel full after eating smaller portions, you need to learn to eat more foods that "stick to your ribs".

And sorry, that gooey, heavily processed mac and cheese doesn't count. That'll just stick to your lower intestine.

These types of food are high in protein, fiber, healthy fats, and are minimally processed. Focusing on these foods will help you feel full and help you master the game of portion control. Some of these foods are:

- PhysiQ™ Protein Shake 18g of protein.
- PhysiQ Prebiotic with 2g of fiber.
- High protein foods (lean meats like beef, chicken and turkey, cottage cheese, eggs).
- High fiber foods—especially those higher in soluble fiber such as steel cut oats, beans, lentils, flaxseeds and chia seeds. These foods also help lower LDL "lousy" cholesterol.
- Healthy fats like avocados, olive oil, coconut oil and nuts.
- Minimally processed grains like cracked wheat, brown rice and Quinoa.

## 08 How Much is Enough Protein?

Plan 20 grams of protein per meal for women and 35 grams for men. This translates into a 3oz cooked portion of protein (beef, chicken, turkey) for women and 5oz for men.

Portion control, remember?

That won't always be enough to make you feel full so use the PhysiQ Protein Shake to supplement your diet. It makes a great on-the-go, low calorie, high protein snack that keeps you full, longer.

## 09 Watch What You Drink

Ditch the pop, sports drinks, gigantic sugary smoothies and energy drinks—drink more water.

Staying hydrated is essential to balancing your natural weight management system and we consume too many empty calories through other drinks.

Everyone's body needs different amounts of water to stay hydrated, but a great universal starting point is 8 cups of water per day (64oz).

Make sure you space out your drinking through the day and don't drink all 64 ounces at once. Start drinking water early in the morning to feel more energized and get a head start on your hydration goal for the day.

## 10 Eat Mindfully & Stay in the Moment

Last but certainly not least, be aware of emotional, mindless eating.

"Comfort food" gets its name because eating makes us feel good. When we're upset, food quickly becomes an unhealthy crutch and being aware of why we eat is a big step toward managing our weight for the long run.

It helps to eat slowly, savor you food, and enjoy the company of others. A joyful dinner table and family meals help you manage your weight AND give your children a healthy start in life at the same time. Families that eat together, stay together!

# How to take the PhysiQ Products

The next time you wake up, give your day a boost with our proven PhysiQ weight management system. Using these products together, you immediately begin to recharge and rebalance your body's internal weight management system. This comprehensive approach helps kick start the body's ability to lose weight, supports optimal digestion and immune function, and can lead to inches melting from your waist.

PHYSIQ PREBIOTIC	PHYSIQ FAT BURN**	PHYSIQ PROTEIN SHAKE‡
1 Scoop	2 Capsules	1 Scoop

PhysiQ Protein is suitable any time of day as a meal, snack or pre/post-workout nutrition.

*\*PhysiQ Fat Burn should be taken with breakfast.*

*‡PhysiQ Protein Shake can be taken any time of the day. For more protein, can you increase PhysiQ Protein Shake to 2 scoops.*

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

# PhysIQ Meal Planning Tips

*“A goal without a plan is just a wish.”*

Now that you’ve got some essential weight management strategies, create a plan to put the right food on the table and meet your goals.

## 01 Create a Menu Calendar

Your menu calendar is the cornerstone of eating healthy, losing weight, and getting fit.

Each week, take time to plan your meals on a calendar, write a shopping list, and pack your pantry with healthy foods.

Post your menu for the week on the refrigerator and get the family involved—they can give you ideas to fill in your calendar and make everyone happy.

## 02 Make it a Family & Community Affair

Engaging your family and friends in your menu planning gives you support and accountability—vital keys to reaching your goals.

It also makes it easier when everyone is on board with what’s for dinner. If you have a menu posted, no one can complain when they didn’t pitch in by telling you what they want.

Bring your friends into the mix by starting a community online or in-person, to share your success, motivate each other and trade menu planning tips.

## 03 Eat Differently at Different Times

Your digestion is more active in the middle of the day than it is at night. That’s why a good rule of thumb is to “Eat like a king in the morning and eat like a mouse at night.”

This way, your body can burn more calories while you’re awake rather than turning calories to fat while you sleep.

This guideline gives you a great tool for planning a menu. Start to plan bigger meals or foods that are harder to digest at lunch whenever you can and try not to eat large dinners.

## 04 Plan on 6-8 Servings of Non-Starchy Vegetables and 2 Servings of Fruit Per Day

This sounds hard to keep up with, but if you work it into your plan it’s easy. Gauging servings can be hard so just plan to fill ½ of your plate with vegetables for every meal.

Aim for 6-8 servings of brightly colored vegetables. Not all vegetables are created equal. Leafy green vegetables (like kale, broccoli, squash, etc) are rich in vitamins and minerals. Watch out for starchy vegetables (like potatoes, corn, peas, etc) because they convert to sugars quickly and are best in smaller doses.

Avocados are a great source of healthy fat and have great benefits. Women should only eat ½ an avocado per day, while men can have 1 full avocado per day.

Fresh fruits shine at breakfast, as a table centerpiece, and as desserts. Sneaking in a piece of dark chocolate (milk chocolate is overloaded with sugars) with your strawberries is okay.

### MENU PLANNING IDEAS:

- Plan meals around activities for the week.
- Search the internet for new recipe ideas.
- Save money by selecting foods from the grocery ads for the week.
- Plan a crock pot meal for busy school nights.
- Cook 3-5 lbs of lean ground beef or turkey with garlic and onions. Freeze in 3 or more containers. For a quick meal, defrost to make casseroles, tacos or meaty spaghetti.
- Make a few meals to-go for hectic days.
- Keep bags of individually frozen chicken breasts in the freezer. Defrost in the microwave to grill or use for stir fries or casseroles.
- Prep veggies when you bring them home from the store.
- Plan a night for leftovers. Turn leftover meats, vegetables and starches into a tasty casserole or hearty soup.
- Prep foods the night before and have them oven-ready.
- Keep processed foods out of the house and out of sight.
- Use a colorful bowl of fresh fruit as the centerpiece on your table.

## 05 Get Breakfast Right

We’ve all heard that breakfast is the most important meal of the day.

It’s true, but you can’t just eat anything, what you eat is critically important. Take cold breakfast cereal for example.

The refined carbohydrates found in the majority of cold cereals don’t stick with you for long, as much of the fiber has been removed, leaving you to feel hungry an hour later. Instead of cold cereal, eat a high protein breakfast like eggs and cottage cheese with fruit for a more satisfying meal that will stick with you for most of the morning.

## 06 Try PhysIQ Protein Shake for Breakfast

PhysIQ Protein Shake is your go-to for breakfast. Make a smoothie with 1 scoop of PhysIQ Protein powder, 1 cup skim milk (or milk-alternative), 1 cup frozen berries and flaxseed or chia seeds for fiber. Or, use PhysIQ Protein Shake mixed with water to supplement a mixed meal of whole grain and fruit with healthy protein.

### PROTEIN AMOUNTS:

- 1 Scoop PhysIQ Protein Shake- 18g Protein
- 1 Cup Skim Milk- 8.5g Protein
- 1 Cup Almond Milk- 1g Protein
- 1 Cup Coconut Milk- 1g Protein

## 07 Meals On the Go

On busy days we might not have time to sit down for lunch or dinner and that’s something you can plan for.

Make a few meals you can take with you when the day gets the best of you. Your body will thank you for not having to skip a meal.

If you don’t have anything planned, you still have PhysIQ Protein Shake to keep you going. Mix it with skim milk or a milk alternative and satisfy your hunger on the way to your next thing.

## 08 What About Snacks?

Smart snacking is an important part of sticking to your plan. We all get hungry in between meals and eating the right food is the key to snacking.

Fruits, nuts, veggies, and PhysIQ Protein Shake help you satisfy hunger and maintain your commitment to portion control throughout your day.

For a snack at work, keep a container of PhysIQ Protein Shake in your desk. Mix it with water, milk, or a milk alternative for a mid-morning or afternoon boost.

When we start to manage our weight, evenings

come with cravings for sweets like ice cream. Make a great tasting PhysIQ Protein Shake to curb the cravings and help you change your evening snacking pattern. Use one of our many **PHYSIQ PROTEIN SHAKE RECIPES** available in our recipe section of this booklet.

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## FAQs

### *Can I drink alcohol on the PhysIQ 30 Day Smart Restart?*

For best results, limit your alcohol intake. Alcohol is high calorie and adds up quickly.

### *Can I do the PhysIQ 30 Day Smart Restart if I am Vegan or Vegetarian?*

Yes! Find the meal plan that works best for you and modify the animal protein with vegan proteins (nuts and seeds, quinoa, beans and chickpeas). There are many sources of vegetable proteins.

### *Do I need to exercise with the PhysIQ 30 Day Smart Restart?*

For best results, we recommend 30 minutes of exercise per day, 5 days a week.

### *I can't eat all of the meals, is that normal?*

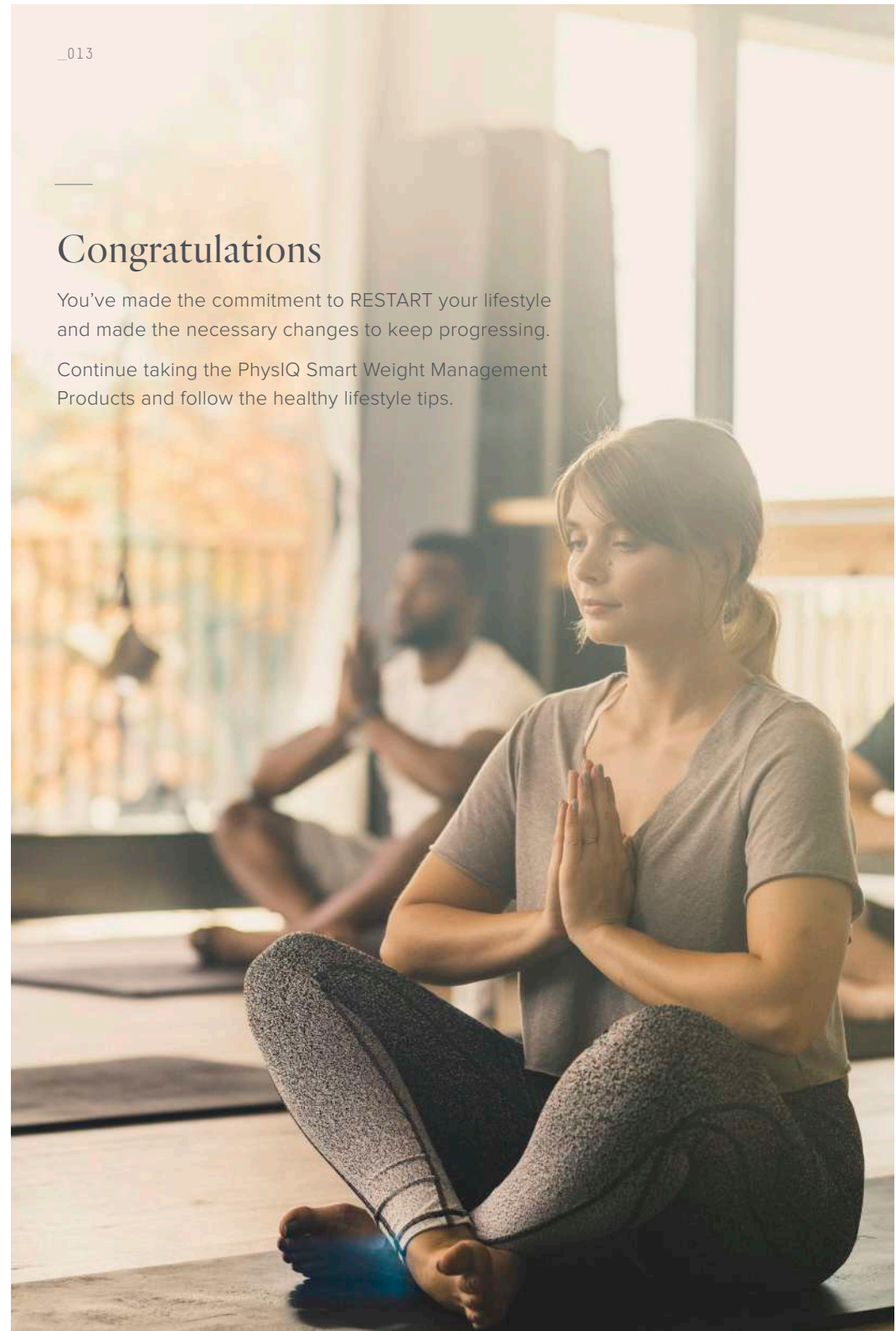
Yes, when you start to eat more nutritious and filling foods compared to empty calories, you will feel fuller faster and longer. Good rule of thumb is to eat all the vegetables first, then protein, and last carbohydrates.

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## Congratulations

You've made the commitment to RESTART your lifestyle and made the necessary changes to keep progressing.

Continue taking the PhysIQ Smart Weight Management Products and follow the healthy lifestyle tips.



# 1200 CALORIE Meal Plan

## DAY 02

**Breakfast** **PhysIQ Protein Shake**  
1 PhysIQ Protein Shake—pick one of our many recipes

2 tablespoons hummus;  
½ cup mixed berries

**Snack** **Eggs & Berries**

2 hard-boiled eggs; ½ cup mixed berries; 1 granola bar\* (~140 calories) (\*Examples: Kashi Honey Almond Flax, Nature Valley Fruit & Nut)

**Snack**  
10 pistachios

**Dinner** **Vegetarian Quinoa Chili & Cornbread**

1 cup chili; ¼ of an avocado; 1 tablespoon plain Greek yogurt or sour cream; Sprinkle of cheese; 1 small square of cornbread (~2 inch cube); 1 cup non-fat milk (or milk alternative)

**Lunch** **Mediterranean Chicken Salad Sandwich**

1 stuffed pita half; 1 string cheese; 1 cup raw vegetables;

## DAY 04

**Breakfast** **PhysIQ Protein Shake**  
1 PhysIQ Protein Shake—pick one of our many recipes

**Snack**  
¼ cup cottage cheese;  
5 strawberries

**Snack** **Homemade Smoothie & Whole Grain Toast with Nut Butter**

1 berry-flaxseed smoothie;  
1 hard-boiled egg

**Dinner** **Roasted Salmon with Potatoes & Mushrooms**

3 oz. serving salmon; ½ cup potato & mushroom mixture

**Lunch** **Cilantro-Lime Chicken Pasta Salad**

1 ½ cups pasta salad; 1 piece of fruit; ½ cup non-fat milk (or milk alternative)

## DAY 06

**Breakfast** **PhysIQ Protein Shake**  
1 PhysIQ Protein Shake—pick one of our many recipes

3 tablespoons salsa; 1 tablespoon plain Greek yogurt; Sprinkle of cheese; ½ cup mixed berries

**Snack** **Banana Nut Muffin & Eggs**

½ banana nut muffin; 2 teaspoons light margarine spread (e.g. Smart Balance); 2 scrambled eggs (1 whole egg + 1 egg white); ½ cup mixed berries

**Snack**  
½ (100 calorie) pack Emerald almonds

**Dinner** **Raspberry Balsamic Chicken & Roasted Vegetables**

3 oz. raspberry balsamic chicken; ½ cup brown rice (or other whole grain); 1 cup roasted vegetables; ½ cup non-fat milk (or milk alternative)

**Lunch** **Black Bean & Vegetable Wrap**

1 (7-inch) whole wheat tortilla; ¼ cup black beans; ¼ cup corn; ¼ cup chopped bell-pepper;

## DAY 01

**Breakfast** **PhysIQ Protein Shake**  
1 PhysIQ Protein Shake—pick one of our many recipes

Tomato slices; Lettuce;  
2 teaspoons mustard; 1 cup raw vegetables; 1 tablespoon fat free ranch dressing

**Snack** **Apple Cinnamon Baked Oatmeal & Yogurt**

½ cup apple cinnamon baked oatmeal; ¼ cup non-fat milk (or milk alternative); 1 (5.3 oz.) Chobani Simply 100 Greek yogurt; ½ cup mixed berries

**Snack**  
1 hard-boiled egg

**Dinner** **Lemon-Grilled Chicken & Mediterranean Couscous Salad**

1 chicken breast half (3 ounces); 1 cup asparagus, roasted; ½ cup Mediterranean couscous salad; 1 cup fresh fruit

## DAY 03

**Breakfast** **PhysIQ Protein Shake**  
1 PhysIQ Protein Shake—pick one of our many recipes

chopped fresh cilantro; 1/8 cup frozen corn, thawed; 1/8 cup black beans; 1 tablespoon BBQ sauce; 1 tablespoon Ranch dressing; Lime juice (optional)

**Snack** **Sweet Potato & Zucchini Muffin**

1 sweet potato & zucchini muffin; ¼ cup low-fat cottage cheese; 1 small apple, chopped

**Snack**  
¼ cup steamed edamame (soybeans in pods)

**Dinner** **Stuffed Peppers**

1 stuffed pepper; 1 cup fresh fruit

**Lunch** **BBQ Chicken Salad**

2 cups chopped romaine lettuce; 1 (3 oz.) cooked chicken breast, shredded; ¼ Roma tomato chopped; 1 tablespoon

## DAY 05

**Breakfast** **PhysIQ Protein Shake**  
1 PhysIQ Protein Shake—pick one of our many recipes

**Snack**  
1 cup raw vegetables;  
2 tablespoons hummus

**Snack** **Scrambled Egg Muffins & Whole Grain Toast**

2 scrambled egg muffins;  
1 medium banana

**Dinner** **Turkey Burger & Green Salad**

1 whole wheat sandwich thin; 3 oz. lean ground turkey, cooked; 1 tomato slice; Lettuce; 2 teaspoons ketchup; 2 teaspoons mustard; 1 cup vegetable salad; 1 tablespoon vinaigrette

**Lunch** **Tuna Pita Pocket**

1 pita half; 1 (5.3 oz.) Chobani Simply 100 Greek yogurt; 1 cup mixed berries

## DAY 07

**Breakfast** **PhysIQ Protein Shake**  
1 PhysIQ Protein Shake—pick one of our many recipes

½ slice cheese; Tomato slices; Cucumber slices; Lettuce; 2 teaspoons mustard; ½ cup mixed berries

**Snack** **Veggie Scramble**

3 egg whites; ½ - 1 cup favorite veggies (fresh spinach, diced tomato, etc.); 1/8 cup black beans; 3 tablespoons salsa; Sprinkle shredded cheddar cheese; ½ cup mixed berries

**Snack**  
½ (100 calorie) pack Emerald almonds

**Dinner** **Shredded Pork Salad with Cilantro-Lime Vinaigrette**

1 shredded pork salad; 2 tablespoons cilantro-lime vinaigrette

**Lunch** **Green Goddess Hummus Sandwich**

1 whole wheat sandwich thin; 3 tablespoons hummus;

# 1500 CALORIE Meal Plan

## DAY 02

**Breakfast** **PhysIQ Protein Shake**  
1 PhysIQ Protein Shake—pick one of our many recipes

mixed berries; 1 granola bar\* (~140 calories) (\*Examples: Kashi Honey Almond Flax, Nature Valley Fruit & Nut); ½ cup non-fat milk (or milk alternative)

**Snack**  
25 pistachios

**Lunch** **Mediterranean Chicken Salad Sandwich**

1 stuffed pita half; 1 string cheese; 1 cup raw vegetables; 2 table-spoons hummus; 1 medium sized piece of fruit

**Dinner** **Vegetarian Quinoa Chili & Cornbread**

1 ½ cups chili; ¼ of an avocado; 1 tablespoon plain Greek yogurt or sour cream; Sprinkle of cheese; 1 small square of cornbread (~2 inch cube); 1 cup non-fat milk (or milk alternative)

**Snack** **Eggs & Berries**

2 hard-boiled eggs; ½ cup

## DAY 04

**Breakfast** **PhysIQ Protein Shake**  
1 PhysIQ Protein Shake—pick one of our many recipes

**Snack**  
½ cup cottage cheese;  
5 strawberries

**Snack** **Homemade Smoothie & Whole Grain Toast with Nut Butter**

1 berry-flaxseed smoothie; 1 slice whole grain bread, toasted; 2 teaspoons natural peanut butter (or any other nut butter)

**Dinner** **Roasted Salmon with Potatoes & Mushrooms**

3-4 oz. serving salmon; 1 cup potato & mushroom mixture; ½ cup non-fat milk (or milk alternative)

**Lunch** **Cilantro-Lime Chicken Pasta Salad**

1 ½ cups pasta salad; 1 piece of fruit; ¾ cup non-fat milk (or milk alternative)

## DAY 06

**Breakfast** **PhysIQ Protein Shake**  
1 PhysIQ Protein Shake—pick one of our many recipes

3 tablespoons salsa; 1 table-spoon plain Greek yogurt; Sprinkle of cheese; ½ cup mixed berries; ½ cup non-fat milk (or milk alternative)

**Snack** **Banana Nut Muffin & Eggs**

1 banana nut muffin; 2 teaspoons light margarine spread (e.g. Smart Balance); 2 scrambled eggs (1 whole egg + 1 egg white); ½ cup mixed berries

**Snack**  
1 (100 calorie) pack Emerald almonds

**Lunch** **Black Bean & Vegetable Wrap**

1 (7-inch) whole wheat tortilla; ¼ cup black beans; ¼ cup corn; ¼ cup chopped bell-pepper;

**Dinner** **Raspberry Balsamic Chicken & Roasted Vegetables**

4 oz. raspberry balsamic chicken; ¾ cup brown rice (or other whole grain); 1 cup roasted vegetables

## DAY 01

**Breakfast** **PhysIQ Protein Shake**  
1 PhysIQ Protein Shake—pick one of our many recipes

1 cup raw vegetables; 1 table-spoon fat free ranch dressing; 1 medium-sized piece of fruit or 1 heaping cup of mixed berries

**Snack** **Apple Cinnamon Baked Oatmeal & Yogurt**

¾ cup apple cinnamon baked oatmeal; ¾ cup non-fat milk (or milk alternative); 1 (5.3 oz.) Chobani Simply 100 Greek yogurt

**Snack**  
1 hard-boiled egg; ¼ cup grapes

**Lunch** **Lemon-Grilled Chicken & Mediterranean Couscous Salad**

1 chicken breast half (3-4 ounces); 1 cup asparagus, roasted; ½ cup Mediterranean couscous salad; 1 cup fresh fruit; 1 cup non-fat milk (or milk alternative)

**Dinner** **Lemon-Grilled Chicken & Mediterranean Couscous Salad**

1 chicken breast half (3-4 ounces); 1 cup asparagus, roasted; ½ cup Mediterranean couscous salad; 1 cup fresh fruit; 1 cup non-fat milk (or milk alternative)

## DAY 03

**Breakfast** **PhysIQ Protein Shake**  
1 PhysIQ Protein Shake—pick one of our many recipes

chopped fresh cilantro; 1/8 cup frozen corn, thawed; ¼ cup black beans; Sprinkle of shredded sharp cheddar cheese; 1 tablespoon BBQ sauce; 1 tablespoon Ranch dressing; Lime juice (optional)

**Snack** **Sweet Potato & Zucchini Muffin**

1 sweet potato & zucchini muffin; ¼ cup low-fat cottage cheese; 1 small apple, chopped

**Snack**  
½ cup steamed edamame (soybeans in pods)

**Lunch** **BBQ Chicken Salad**

2 cups chopped romaine lettuce; 1 (3 oz.) cooked chicken breast, shredded; ½ Roma tomato chopped; 1 tablespoon diced red onion; 1 tablespoon

**Dinner** **Stuffed Peppers**

1 stuffed pepper; ½ cup corn; 1 cup fresh fruit; ½ cup non-fat milk (or milk alternative)

## DAY 05

**Breakfast** **PhysIQ Protein Shake**  
1 PhysIQ Protein Shake—pick one of our many recipes

**Snack**  
1 plain rice cake; 2 teaspoons almond butter (or any other nut butter)

**Snack** **Scrambled Egg Muffins & Whole Grain Toast**

2 scrambled egg muffins; 1 slice whole grain bread, toasted; 2 teaspoons light margarine spread (e.g. Smart Balance)

**Dinner** **Turkey Burger & Green Salad**

1 whole wheat sandwich thin; 3 oz. lean ground turkey, cooked; 1 tomato slice; Lettuce; 1 slice cheese; 2 teaspoons ketchup; 2 teaspoons mustard; 2 cups vegetable salad; 1 ½ tablespoons vinaigrette

**Lunch** **Tuna Pita Pocket**

1 pita half; 1 (5.3 oz.) Chobani Simply 100 Greek yogurt; 1 cup mixed berries; 1 cup raw vegetables; 2 tablespoons hummus

## DAY 07

**Breakfast** **PhysIQ Protein Shake**  
1 PhysIQ Protein Shake—pick one of our many recipes

½ slice cheese; Tomato slices; Cucumber slices; Lettuce; 2 teaspoons mustard; ½ cup mixed berries

**Snack** **Breakfast Burrito**

1 x 7-8" tortilla; 2 egg whites; ½ - 1 cup favorite veggies (fresh spinach, diced tomato, etc.); 1/8 cup black beans; 2 tablespoons salsa; Sprinkle shredded cheddar cheese; ½ cup mixed berries

**Snack**  
10 almonds;  
1 red bell pepper, sliced

**Lunch** **Green Goddess Hummus Sandwich**

1 whole wheat sandwich thin; 3 tablespoons hummus;

**Dinner** **Shredded Pork Salad with Cilantro-Lime Vinaigrette**

1 shredded pork salad; 2 tablespoons cilantro-lime vinaigrette



# 1800 CALORIE Meal Plan

## DAY 02

**Breakfast** PhysIQ Protein Shake  
1 PhysIQ Protein Shake—pick one of our many recipes; 1 cup celery; 2 tablespoons natural peanut butter

**Snack**  
25 pistachios; 12 Blue Diamond Nut Thins (or 100 calorie serving of whole grain crackers)

**Snack** Vegetable Frittata Muffins & Berries  
2 vegetable frittata muffins; ¼ avocado, diced; ½ cup mixed berries; 1 granola bar\* (~140 calories) (\*examples: Kashi Honey Almond Flax, Nature Valley Fruit & Nut); ½ cup non-fat milk (or milk alternative)

**Dinner** Vegetarian Quinoa Chili & Cornbread  
1 ½ cups chili; ¼ of an avocado; 1 tablespoon plain Greek yogurt or sour cream; Sprinkle of cheese; 1 small square of cornbread (~2 inch cube); 1 cup non-fat milk (or milk alternative) cornbread (~2 inch cube); 1 cup non-fat milk (or milk alternative)

**Lunch** Mediterranean Chicken Salad Pita  
1 stuffed pita half; 1 string cheese; 1 cup raw vegetables; 3 tablespoons hummus; 1 medium sized piece of fruit

## DAY 04

**Breakfast** PhysIQ Protein Shake  
1 PhysIQ Protein Shake—pick one of our many recipes; 1 cup baby carrots; 2 tablespoons hummus

**Snack**  
½ cup cottage cheese; 5 strawberries; 15 almonds or 1 (100 calorie) pack Emerald almonds

**Snack** Homemade Smoothie & Whole Grain Toast with Nut Butter  
1 berry-flaxseed smoothie; 1 scrambled egg (1 whole egg); 1 slice whole grain bread, toasted; 2 teaspoons light margarine spread (e.g. Smart Balance)

**Dinner** Roasted Salmon with Potatoes & Mushrooms  
3-4 oz. serving salmon; 1 cup potato & mushroom mixture; ½ cup non-fat milk (or milk alternative)

**Lunch** Cilantro-Lime Chicken Pasta Salad  
1 ½ cups pasta salad; 1 piece of fruit; 1 cup non-fat milk (or milk alternative)

## DAY 01

**Breakfast** PhysIQ Protein Shake  
1 PhysIQ Protein Shake—pick one of our many recipes 1 string cheese; ½ cup mixed berries

**Snack**  
1 (100 calorie) pack Emerald almonds; 1 cup grapes

**Snack** Apple Cinnamon Baked Oatmeal & Yogurt  
¾ cup apple cinnamon baked oatmeal; ¾ cup non-fat milk (or milk alternative); 1 (5.3 oz.) Chobani Simply 100 Greek yogurt; 1 hard-boiled egg

**Dinner** Lemon-Grilled Chicken & Mediterranean Couscous Salad  
1 chicken breast half (~3-4 ounces); 1 cup asparagus, roasted; 1 cup Mediterranean couscous salad; 1 cup fresh fruit; 1 cup non-fat milk (or milk alternative)

**Lunch** Turkey Avocado Sandwich  
1 whole wheat sandwich thin; 2 oz. sliced turkey; 1 slice cheese; 2 avocado slices; Tomato slices; Lettuce; 2 teaspoons mustard; 1 cup raw vegetables; 1 table-spoon fat free ranch dressing; 1 medium-sized piece of fruit or 1 heaping cup of mixed berries

## DAY 03

**Breakfast** PhysIQ Protein Shake  
1 PhysIQ Protein Shake—pick one of our many recipes; 30 pistachios

Sprinkle of shredded sharp cheddar cheese; 1 tablespoon BBQ sauce; 1 tablespoon low-fat Ranch dressing; Lime juice (optional); 1 small whole grain roll

**Snack** Sweet Potato & Zucchini Muffin  
1 sweet potato & zucchini muffin; 2 teaspoons light margarine spread (e.g. Smart Balance); ¾ cup low-fat cottage cheese; ¾ cup mixed berries

**Snack**  
1 cup steamed edamame (soybeans in pods)

**Lunch** BBQ Chicken Salad  
2 cups chopped romaine lettuce; 1 (3 oz.) cooked chicken breast, shredded; ½ Roma tomato, chopped; 1 tablespoon diced red onion; 1 tablespoon chopped fresh cilantro; 1/8 cup frozen corn, thawed; ¼ cup black beans;

**Dinner** Stuffed Peppers  
1 stuffed pepper; ½ cup corn; 1 cup fresh fruit; ½ cup non-fat milk (or milk alternative)

## DAY 05

**Breakfast** PhysIQ Protein Shake  
1 PhysIQ Protein Shake—pick one of our many recipes; 12 Blue Diamond Nut Thins (or 100 calorie serving of whole grain crackers)

**Snack**  
2 apple cinnamon rice cakes; 1 tablespoon almond butter (or any other nut butter)

**Snack** Scrambled Egg Muffins & Whole Grain Toast  
3-4 oz. serving salmon; 2 scrambled egg muffins; 1 slice whole grain bread, toasted; 2 teaspoons light margarine spread (e.g. Smart Balance); 1 medium banana

**Dinner** Turkey Burger & Green Salad  
1 whole wheat sandwich thin; 3 oz. lean ground turkey, cooked; 1 tomato slice; Lettuce; 1 slice cheese; 2 teaspoons ketchup; 2 teaspoons mustard; 2 cups vegetable salad; 1 ½ tablespoons vinaigrette

**Lunch** Tuna Pita Pocket  
1 pita half; 1 (5.3 oz.) Chobani Simply 100 Greek yogurt; 1 cup berries; 1 cup raw vegetables; 2 tablespoons hummus

## DAY 06

**Breakfast** PhysIQ Protein Shake  
1 PhysIQ Protein Shake—pick one of our many recipes; 12 Blue Diamond Nut Thins (or 100 calorie serving of whole grain crackers)

**Lunch** Black Bean & Vegetable Wrap  
1 (7-inch) whole wheat tortilla; ¼ cup black beans; ¼ cup corn; ¼ cup chopped bell-pepper; 3 tablespoons salsa; 1 tablespoon plain Greek yogurt; sprinkle of cheese; 1 piece fresh fruit; 1 cup non-fat milk (or milk alternative)

**Snack** Apple Cranberry Muffin & Eggs  
1 apple cranberry muffin; 2 teaspoons light margarine spread (e.g. Smart Balance); 2 scrambled eggs (1 whole egg + 1 egg white); 1 (5.3 oz.) Chobani Simply 100 Greek yogurt; ½ cup berries

**Snack**  
1 (100 calorie) pack Emerald Almonds; 1 cup baby carrots; 2 tablespoons hummus

**Dinner** Raspberry Balsamic Chicken & Roasted Vegetables  
4 oz. raspberry balsamic chicken; ¾ cup brown rice (or other whole grain); 1 cup roasted vegetables

## DAY 07

**Breakfast** PhysIQ Protein Shake  
1 PhysIQ Protein Shake—pick one of our many recipes; 1 red bell pepper, sliced; 2 tablespoons hummus

**Lunch** Green Goddess Hummus Sandwich  
1 whole wheat sandwich thin; 3 tablespoons hummus; 1 slice cheese; Tomato Slices; 3 avocado slices; Cucumber slices; Lettuce; 2 teaspoons mustard; 1 piece fresh fruit

**Snack** Breakfast Burrito  
1 x 7-8" tortilla; 1 scrambled egg (1 whole egg); ½ - 1 cup favorite veggies (fresh spinach, diced tomato, etc.); ¼ cup black beans; 2 tablespoons salsa; 2 tablespoons shredded cheddar cheese; ½ cup mixed berries

**Snack**  
1 (100 calorie) pack Emerald almonds; ½ cup low-fat cottage cheese; 5 grape tomatoes, halved

**Dinner** Shredded Pork Salad with Cilantro-Lime Vinaigrette  
1 shredded pork salad; 2 tablespoons cilantro-lime vinaigrette

# 2000 CALORIE Meal Plan

## DAY 01

**Breakfast** **PhysIQ Protein Shake**  
1 PhysIQ Protein Shake—pick one of our many recipes 1 string cheese; ½ cup mixed berries

spoon fat free ranch dressing; 1 medium-sized piece of fruit or 1 heaping cup of mixed berries

**Snack** **Apple Cinnamon Baked Oatmeal & Yogurt**

1 cup apple cinnamon baked oatmeal; ¾ cup non-fat milk (or milk alternative); 1 (5.3 oz.) Chobani low-fat Greek yogurt; 1 hard-boiled egg

**Snack**

1 (100 calorie) pack Emerald almonds; 1 cup grapes

**Lunch** **Turkey Avocado Sandwich**

1 whole wheat sandwich thin; 4 oz. sliced turkey; 1 slice cheese; ¼ avocado, sliced; Tomato slices; Lettuce; 2 teaspoons mustard; 1 cup raw vegetables; 1 table-

**Dinner** **Lemon-Grilled Chicken & Mediterranean Couscous Salad**

1 chicken breast half (~3-4 ounces); 1 cup asparagus, roasted; 1 cup Mediterranean couscous salad; 1 cup fresh fruit; 1 cup non-fat milk (or milk alternative)

## DAY 02

**Breakfast** **PhysIQ Protein Shake**  
1 PhysIQ Protein Shake—pick one of our many recipes; 1 cup celery; 2 tablespoons natural peanut butter

**Snack**

25 pistachios; 12 Blue Diamond Nut Thins (or 100 calorie serving of whole grain crackers)

**Snack**

1 sweet potato & zucchini muffin; 2 teaspoons light margarine spread (e.g. Smart Balance); ¾ cup low-fat cottage cheese; 1 cup mixed berries; 1 hard-boiled egg

**Lunch** **BBQ Chicken Salad**

2 cups chopped romaine lettuce; 1 (4 oz.) cooked chicken breast, shredded; ½ Roma tomato, chopped; 1 tablespoon diced red onion; 1 tablespoon

chopped fresh cilantro; 1/8 cup frozen corn, thawed; 1/8 cup black beans; Sprinkle of shredded sharp cheddar cheese; 1 tablespoon BBQ sauce; 1 tablespoon low-fat Ranch dressing; Lime juice (optional); 1 small whole grain roll; 1 small apple

**Snack**

1 cup steamed edamame (soybeans in pods)

**Dinner** **Stuffed Peppers**

1 stuffed pepper; ½ cup corn; 1 cup fresh fruit; ½ cup non-fat milk (or milk alternative)

## DAY 03

**Breakfast** **PhysIQ Protein Shake**  
1 PhysIQ Protein Shake—pick one of our many recipes; 12 Blue Diamond Nut Thins (or 100 calorie serving of whole grain crackers)

**Snack**

2 apple cinnamon rice cakes; 1 tablespoon almond butter (or any other nut butter)

**Snack** **Scrambled Egg Muffins & Whole Grain Toast**

3-4 oz. serving salmon; 1 cup potato & mushroom mixture; ½ cup non-fat milk (or milk alternative)

**Dinner** **Turkey Burger & Green Salad**

1 whole wheat sandwich thin; 3 oz. lean ground turkey, cooked; 1 tomato slice; Lettuce; 1 slice cheese; 2 teaspoons ketchup; 2 teaspoons mustard; 2 cups vegetable salad; 1½ tablespoons vinaigrette

**Lunch** **Tuna Pita Pocket**

1 whole pita pocket; 1 cup mixed berries; 1 cup raw vegetables; 2 tablespoons hummus

## DAY 04

**Breakfast** **PhysIQ Protein Shake**  
1 PhysIQ Protein Shake—pick one of our many recipes; 1 cup baby carrots; 2 table- spoons hummus

**Snack**

½ cup cottage cheese; 5 strawberries; 15 almonds or 1 (100 calorie) pack Emerald almonds

**Snack** **Vegetable Frittata Muffins & Berries**

3 vegetable frittata muffins; ¼ avocado, diced; ½ cup mixed berries; 1 granola bar\* (~140 calories) (\*examples: Kashi Honey Almond Flax, Nature Valley Fruit & Nut); 1 cup non-fat milk (or milk alternative)

**Dinner** **Vegetarian Quinoa Chili & Cornbread**

1½ cups chili; ¼ of an avocado; 1 tablespoon plain Greek yogurt or sour cream; Sprinkle of cheese; 1 small square of cornbread (~2 inch cube); 1 cup non-fat milk (or milk alternative)

**Lunch** **Mediterranean Chicken Salad Pita**

1 whole stuffed pita; 1 cup raw vegetables; 1 medium-sized piece of fruit

## DAY 05

**Breakfast** **PhysIQ Protein Shake**  
1 PhysIQ Protein Shake—pick one of our many recipes; 1 cup baby carrots; 2 table- spoons hummus

**Snack**

½ cup cottage cheese; 5 strawberries; 15 almonds or 1 (100 calorie) pack Emerald almonds

**Snack** **Homemade Smoothie & Whole Grain Toast with Nut Butter**

1 berry-flaxseed smoothie; 2 scrambled egg (2 whole eggs); 1 slice whole grain bread, toasted; 2 teaspoons light margarine spread (e.g. Smart Balance)

**Dinner** **Roasted Salmon with Potatoes & Mushrooms**

3-4 oz. serving salmon; 1 cup potato & mushroom mixture; ½ cup non-fat milk (or milk alternative)

**Lunch** **Cilantro-Lime Chicken Pasta Salad**

2 cups pasta salad; 1 piece of fruit; 1 cup non-fat milk (or milk alternative)

## DAY 06

**Breakfast** **PhysIQ Protein Shake**  
1 PhysIQ Protein Shake—pick one of our many recipes; 12 Blue Diamond Nut Thins (or 100 calorie serving of whole grain crackers)

corn; ½ cup chopped bell pepper; 3 tablespoons salsa; 2 tablespoons plain Greek yogurt; 2 tablespoons shredded cheddar cheese; 1 piece fresh fruit; 1 cup non-fat milk (or milk alternative)

**Snack** **Apple Cranberry Muffin & Eggs**

1 apple cranberry muffin; 2 teaspoons light margarine spread (e.g. Smart Balance); 2 scrambled eggs (2 whole eggs); 1 (5.3 oz.) Chobani Simply 100 Greek yogurt; ¾ cup mixed berries

**Snack**

1 (100 calorie) pack Emerald Almonds; 1 cup baby carrots; 2 tablespoons hummus

**Lunch** **Black Bean & Vegetable Wrap**

1 (7-inch) whole wheat tortilla; ½ cup black beans; ¼ cup

**Dinner** **Raspberry Balsamic Chicken & Roasted Vegetables**

4 oz. raspberry balsamic chicken; ¾ cup brown rice (or other whole grain); 1 cup roasted vegetables

## DAY 07

**Breakfast** **PhysIQ Protein Shake**  
1 PhysIQ Protein Shake—pick one of our many recipes; 1 red bell pepper, sliced; 2 tablespoons hummus

**Lunch** **Green Goddess Hummus Sandwich**

1 whole wheat sandwich thin; 3 tablespoons hummus; 1 slice cheese; Tomato Slices; 3 avocado slices; Cucumber slices; Lettuce; 2 teaspoons mustard; 1 piece fresh fruit; 1 cup non-fat milk (or milk alternative)

**Snack** **Breakfast Burrito**

1 x 7-8" tortilla; 2 scrambled eggs (2 whole eggs); ½ - 1 cup favorite veggies (fresh spinach, diced tomato, etc.); ¼ cup black beans; 2 tablespoons salsa; 2 tablespoons shredded cheddar cheese; 1 cup mixed berries

**Snack**

1 (100 calorie) pack Emerald almonds; ½ cup low-fat cottage cheese; 5 grape tomatoes, halved

**Dinner** **Shredded Pork Salad with Cilantro-Lime Vinaigrette**

1 shredded pork salad; 2 tablespoons cilantro-lime vinaigrette

# 2300 CALORIE Meal Plan

## DAY 02

**Breakfast** **PhysIQ Protein Shake**  
1 PhysIQ Protein Shake—pick one of our many recipes; 1 cup celery; 1½ tablespoons natural peanut butter

**Snack** **Vegetable Frittata Muffins & Berries**  
3 vegetable frittata muffins; ½ avocado, diced; ½ cup mixed berries; 1 granola bar\* (~140 calories) (\*examples: Kashi Honey Almond Flax, Nature Valley Fruit & Nut); 1 cup non-fat milk (or milk alternative)

**Lunch** **Mediterranean Chicken Salad Pita**  
1 whole stuffed pita; 1 cup raw vegetables; 1 medium-sized piece of fruit

### Snack

25 pistachios; 12 Blue Diamond Nut Thins (or 100 calorie serving of whole grain crackers)

### Dinner

**Chicken Tortilla Soup**  
1½ cups soup; ¼ of an avocado, diced 1 tablespoon plain Greek yogurt or sour cream; 2 tablespoons shredded cheddar cheese; 10 multigrain tortilla chips; ½ cup non-fat milk (or milk alternative)

## DAY 04

**Breakfast** **PhysIQ Protein Shake**  
1 PhysIQ Protein Shake—pick one of our many recipes; 1 cup baby carrots; 4 tablespoons hummus

**Snack** **Homemade Smoothie & Whole Grain Toast with Nut Butter**  
1 berry-flaxseed smoothie; 2 scrambled eggs (2 whole eggs); 2 slices whole grain bread, toasted; 2 teaspoons light margarine spread (e.g. Smart Balance)

**Lunch** **Cilantro-Lime Chicken Pasta Salad**  
2 cups pasta salad; 1 small apple, sliced; 1 tablespoon natural creamy peanut butter; 1 cup non-fat milk (or milk alternative)

### Snack

1 cup cottage cheese; 5 strawberries; 15 almonds or 1 (100 calorie) pack Emerald almonds

### Dinner

**Roasted Salmon with Potatoes & Mushrooms**  
3-4 oz. serving salmon; 1 cup potato & mushroom mixture; ½ cup non-fat milk (or milk alternative)

## DAY 01

**Breakfast** **PhysIQ Protein Shake**  
1 PhysIQ Protein Shake—pick one of our many recipes; 1 string cheese; 12 Blue Diamond Nut Thins (or 100 calorie serving of whole grain crackers); ½ cup mixed berries

### Snack

**Apple Cinnamon Baked Oatmeal & Yogurt**  
1 cup apple cinnamon baked oatmeal; ¾ cup non-fat milk (or milk alternative); 1 (5.3 oz.) Chobani low-fat Greek yogurt; 2 hard-boiled eggs

**Lunch** **Turkey Avocado Sandwich**  
1 whole wheat sandwich thin; 4 oz. sliced turkey; 1 slice cheese; ¼ avocado, sliced; Tomato slices;

Lettuce; 2 tablespoons hummus; 2 teaspoons mustard; 1 cup raw vegetables; 2 tablespoons fat free ranch dressing; 1 medium-sized piece of fruit or 1 heaping cup of mixed berries

### Snack

1 (100 calorie) pack Emerald almonds; 1 cup grapes

### Dinner

**Lemon-Grilled Chicken & Mediterranean Couscous Salad**  
1 chicken breast (~6 ounces); 1 cup asparagus, roasted; 1 cup Mediterranean couscous salad; 1 cup fresh fruit; ½ cup non-fat milk (or milk alternative)

## DAY 03

**Breakfast** **PhysIQ Protein Shake**  
1 PhysIQ Protein Shake—pick one of our many recipes; 30 pistachios; 12 Blue Diamond Nut Thins (or 100 calorie serving of whole grain crackers)

### Snack

**Sweet Potato & Zucchini Muffin**  
1 sweet potato & zucchini muffin; 2 tsp light margarine spread (e.g. Smart Balance); 1 cup low-fat cottage cheese; 1 cup mixed berries; 1 hard-boiled egg

**Lunch** **BBQ Chicken Salad**  
2 cups chopped romaine lettuce; 1 (6 oz.) cooked chicken breast, shredded; ½ Roma tomato, chopped; 1 tbsp diced red onion; 1 tbsp chopped fresh

cilantro; 1/8 cup frozen corn, thawed; ¼ cup black beans; 2 tbsp shredded sharp cheddar cheese; 1 tbsp BBQ sauce; 1 tbsp low-fat Ranch dressing; Lime juice (optional); 1 small whole grain roll; 2 tsp light margarine spread (e.g. Smart Balance); 1 small apple

### Snack

1 cup steamed edamame (soybeans in pods)

### Dinner

**Stuffed Peppers**  
1 stuffed pepper; ½ cup corn; 1 cup fresh fruit; ½ cup non-fat milk (or milk alternative)

## DAY 05

**Breakfast** **PhysIQ Protein Shake**  
1 PhysIQ Protein Shake—pick one of our many recipes; 12 Blue Diamond Nut Thins (or 100 calorie serving of whole grain crackers)

### Snack

**Scrambled Egg Muffins & Whole Grain Toast**  
1 whole wheat sandwich thin; 3 oz. lean ground turkey, cooked; 1 tomato slice; Lettuce; 1 slice cheese; 2 teaspoons ketchup; 2 teaspoons mustard; 2 cups vegetable salad; 1½ tablespoons vinaigrette

**Lunch** **Tuna Pita Pocket**  
1 whole pita pocket; 1 cup mixed berries; 1 (5.3 oz.) Chobani Simply 100 Greek yogurt; 1 cup raw vegetables; 4 tablespoons hummus

9 Triscuit crackers; 2 Laughing Cow creamy light spreadable cheese wedge

### Dinner

**Turkey Burger & Green Salad**

## DAY 06

**Breakfast** **PhysIQ Protein Shake**  
1 PhysIQ Protein Shake—pick one of our many recipes; 12 Blue Diamond Nut Thins (or 100 calorie serving of whole grain crackers); 1 Laughing Cow light spreadable cheese wedge

### Snack

**Apple Cranberry Muffin & Eggs**  
1 apple cranberry muffin; 3 teaspoons light margarine spread (e.g. Smart Balance); 2 scrambled eggs (2 whole eggs); 1 (5.3 oz.) Chobani low-fat Greek yogurt; 1 cup mixed berries

**Lunch** **Chicken Salad Melt**  
1 chicken salad melt; 1 small apple; 2 tablespoons natural creamy peanut butter; 1 cup non-fat milk (or milk alternative)

**Snack**  
1 (100 calorie) pack Emerald Almonds; 1 cup baby carrots; 4 tablespoons hummus

### Dinner

**Raspberry Balsamic Chicken & Roasted Vegetables**  
6 oz. raspberry balsamic chicken; ½ cup brown rice (or other whole grain); 1 cup roasted vegetables

## DAY 07

**Breakfast** **PhysIQ Protein Shake**  
1 PhysIQ Protein Shake—pick one of our many recipes; 1 red bell pepper, sliced; 4 tablespoons hummus

### Snack

**Breakfast Burrito**  
1 x 7-8" tortilla; 2 scrambled eggs (2 whole eggs); ½ - 1 cup favorite veggies (fresh spinach, diced tomato, etc.); ¼ cup black beans; 2 tablespoons salsa; 2 tablespoons shredded cheddar cheese; 1 cup mixed berries; 1 (5.3 oz.) Chobani Simply 100 Greek yogurt

**Lunch** **Green Goddess Hummus Sandwich**  
1 whole wheat sandwich thin; 2 oz. deli sliced chicken breast; 3 tablespoons hummus; 1 slice cheese; Tomato Slices; 3 avocado slices; Cucumber slices; Lettuce; 2 teaspoons mustard; 1 piece fresh fruit; 1 cup non-fat milk (or milk alternative)

### Snack

1 (100 calorie) pack Emerald almonds; 1 cup low-fat cottage cheese; 7 grape tomatoes, halved

### Dinner

**Shredded Pork Salad with Cilantro-Lime Vinaigrette**  
1 shredded pork salad; 2 tablespoons cilantro-lime vinaigrette

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## PHYSIQ PROTEIN SHAKE RECIPES

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### *power pineapple*

**INGREDIENTS:**

- 1 cup pineapple juice
- 1 scoop PhysIQ Vanilla Protein
- 3 strawberries
- 1 banana
- 1 tbsp greek yogurt

**DIRECTIONS:**

**OI** Blend well and enjoy.

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### *power greens*

**INGREDIENTS:**

- 8-10 oz skim milk\*
- 1 scoop PhysIQ Vanilla Protein
- 1/2 frozen banana
- 1/2 cup spinach

**DIRECTIONS:**

**OI** Blend well and enjoy.

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### *sweet spinach*

**INGREDIENTS:**

- 1 cup skim milk\*
- 1 scoop PhysIQ Vanilla Protein
- 1 large handful of organic baby spinach
- 1/4 cup frozen mango chunks
- 1/4 cup frozen pineapple
- 1/2 banana (fresh or frozen)
- 1 tbsp flax meal
- 1 tbsp chia seeds

**DIRECTIONS:**

**OI** Blend well and enjoy.

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## PHYSIQ PROTEIN SHAKE RECIPES

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### *triple berry*

**INGREDIENTS:**

- 8-10 oz skim milk\*
- 1 scoop PhysIQ Vanilla Protein
- 1/3 cup frozen strawberries
- 1/4 cup frozen raspberries
- 1/4 cup frozen blackberries

**DIRECTIONS:**

**OI** Blend well and enjoy.

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### *berry peach*

**INGREDIENTS:**

- 1 cup water
- 1 scoop PhysIQ Vanilla Protein
- 1/2 ripe peach (peeled)
- 6 frozen strawberries
- 1 tbsp flaxseed oil

**DIRECTIONS:**

**OI** Blend well and enjoy.

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### *tropical*

**INGREDIENTS:**

- 8-10 oz skim milk\*
- 1 scoop PhysIQ Vanilla Protein
- 1/2 frozen banana
- 1/3 cup frozen pineapple

**DIRECTIONS:**

**OI** Blend well and enjoy.

\* May be substituted with any unsweetened milk alternative

**TIP** Add 1 scoop of PhysIQ Vanilla Protein to increase protein

**TIP** Add 1/3 cup oatmeal to any smoothie to increase fiber

**TIP** Add flax seed for additional omega 3's

**TIP** Use fresh or frozen fruit

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## PHYSIQ PROTEIN SHAKE RECIPES

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### *almond butter chia*

#### INGREDIENTS:

- 1 cup skim milk\*
- 1 scoop PhysIQ Vanilla Protein
- 1 large ripe banana
- 1 tbsp unsweetened almond butter
- 1 tbsp chia seeds

#### DIRECTIONS:

**OI** Blend well and enjoy.

#### OPTIONAL

Add in ground cinnamon, maca powder, cacao powder, blueberries (or fruit of choice), spinach (or green of choice).

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### *pb + j*

#### INGREDIENTS:

- 1 cup skim milk\*
- 1 scoop PhysIQ Vanilla Protein
- 1 cup frozen berries
- 1 tbsp all-natural peanut or almond butter
- 2 tbsp rolled oats

#### DIRECTIONS:

**OI** Blend well and enjoy.

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### *peanut butter chocolate*

#### INGREDIENTS:

- 1 cup skim milk\*
- 1 scoop PhysIQ Vanilla Protein
- 1 large frozen banana
- 1 tsp peanut butter
- 10 chocolate chips

#### DIRECTIONS:

**OI** Blend well and enjoy.

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## PHYSIQ PROTEIN SHAKE RECIPES

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### *strawberries and cream*

#### INGREDIENTS:

- 8-10 oz skim milk\*
- 1 scoop PhysIQ Vanilla Protein
- 1/3 cup frozen strawberries

#### DIRECTIONS:

**OI** Blend well and enjoy.

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### *banana almond cream*

#### INGREDIENTS:

- 1/2 cup skim milk\*
- 1 scoop PhysIQ Vanilla Protein
- 1 frozen banana
- 10 almonds  
— or 1 teaspoon of Almond Butter

#### DIRECTIONS:

**OI** Blend well and enjoy.

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### *vanilla coffee cream*

#### INGREDIENTS:

- 8-10 oz skim milk\*
- 1 scoop PhysIQ Vanilla Protein
- 1/3 cup coffee  
— freeze left over coffee in ice cube trays and you can use this for future shakes
- add ice

#### DIRECTIONS:

**OI** Blend well and enjoy.

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\* May be substituted with any unsweetened milk alternative

**TIP** Add 1 scoop of PhysIQ Vanilla Protein to increase protein

**TIP** Add 1/3 cup oatmeal to any smoothie to increase fiber

**TIP** Add flax seed for additional omega 3's

**TIP** Use fresh or frozen fruit

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## PHYSIQ PROTEIN SHAKE RECIPES

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### *strawberry nut*

**INGREDIENTS:**

- 1 scoop PhysIQ Vanilla Protein
- 1 cup fat-free strawberry greek yogurt
- 4 strawberries
- 6 chopped macadamia nuts

**DIRECTIONS:**

**OI** Blend well and enjoy.

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### *pumpkin pie*

**INGREDIENTS:**

- 8-10 oz skim milk\*
- 1 scoop PhysIQ Vanilla Protein
- 1/2 cup pumpkin puree
- add cinnamon or pumpkin pie spice to taste
- add ice

**DIRECTIONS:**

**OI** Blend well and enjoy.

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### *key lime pie*

**INGREDIENTS:**

- 1 cup skim milk\*
- 1 scoop PhysIQ Vanilla Protein
- 1 frozen banana
- 1 tbsp key lime juice
- zest of one key lime
- 1 teaspoon maple syrup
- 1 cup ice cubes

**DIRECTIONS:**

**OI** Blend well and enjoy.

**OPTIONAL**

Top with a dollop of greek yogurt and graham cracker crumbs.

## PHYSIQ PROTEIN SHAKE RECIPES

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### *oatmeal cookie*

**INGREDIENTS:**

- 1-1/2 cup water or skim milk\*
- 1 scoop PhysIQ Vanilla Protein
- 1 cup dry oatmeal
- 1/2 teaspoon cinnamon
- 1/8 cup sugar-free maple syrup
- 1 tbsp chopped almonds

**DIRECTIONS:**

**OI** Blend well and enjoy.

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### *french toast*

**INGREDIENTS:**

- 1 cup water
- 1 scoop PhysIQ Vanilla Protein
- 1/2 cup fat free cottage cheese†
- 1 tsp cinnamon
- dash of nutmeg or pumpkin pie spice
- 3-5 packets of Stevia or sweetener of choice to taste
- add ice

**DIRECTIONS:**

**OI** Blend well and enjoy.

**OPTIONAL**

Top with light whipped cream and a dash of cinnamon.

† Cottage cheese gives the shake a thicker consistency. If you are sensitive to dairy, use tofu instead.

\* May be substituted with any unsweetened milk alternative

**TIP** Add 1 scoop of PhysIQ Vanilla Protein to increase protein

**TIP** Add 1/3 cup oatmeal to any smoothie to increase fiber

**TIP** Add flax seed for additional omega 3's

**TIP** Use fresh or frozen fruit

## BREAKFAST RECIPES + MID MORNING SNACKS

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### *apple cinnamon baked oatmeal*

*Servings: 12 (1 serving = 1/2 cup)*

**INGREDIENTS:**

- 2 cups rolled oats
- 1 1/2 teaspoon baking powder
- 3/4 teaspoon salt
- 2 tablespoon chopped pecans
- 1/4 cup raisins
- 2 cups diced apples
- 3 eggs
- 2 cups fat-free milk
- 1/2 teaspoon vanilla extract
- 1/4 cup light brown sugar
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon nutmeg

**DIRECTIONS:**

- 01** Preheat oven to 325 degrees F. Grease an 8-by-8-inch baking dish and set aside.
- 02** In a small bowl filled with hot water, allow raisins to soak for about 5 minutes until nice and plump.
- 03** In a large bowl, mix together oats, baking powder and salt. Stir in apples, pecans and raisins, then set aside.
- 04** In another bowl, whisk together eggs, milk, brown sugar, cinnamon and nutmeg. Pour over dry mixture and gently stir to combine.
- 05** Pour everything into greased dish and bake for about 1 hour, until golden brown. Serve and enjoy!

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### *berry flaxseed smoothie*

*Servings: 1 (~1 cup)*

**INGREDIENTS:**

- 1 tablespoon ground flaxseed
- 1/4 cup orange juice
- 1/4 cup skim milk
- 1/4 cup non-fat vanilla Greek yogurt
- 1/2 cup unsweetened frozen mixed berries
- 1 small banana, sliced

**DIRECTIONS:**

- 01** Place all ingredients in a blender and blend until smooth.

## BREAKFAST RECIPES + MID MORNING SNACKS

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### *sweet potato & zucchini muffins*

*Servings: 12 (1 serving = 1 muffin)*

**INGREDIENTS:**

- 1 1/2 cups grated zucchini
- 1 1/2 cups peeled and grated sweet potato
- 3/4 cup sugar
- 1 large egg
- 1/4 cup vegetable oil
- 1/3 cup unsweetened applesauce
- 1 teaspoon vanilla
- 1 1/2 cups whole white wheat flour
- 1/4 teaspoon baking soda
- 1 1/2 teaspoons baking powder
- 1 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/2 teaspoon salt
- 1 cup chopped walnuts (optional)

**DIRECTIONS:**

- 01** Preheat oven to 375°F. Butter and flour 12 muffin cups (or line with muffin liners).
- 02** Peel sweet potatoes. Using a handheld grater or a food processor, grate the sweet potatoes and zucchini. Set aside.
- 03** In a large bowl, whisk the egg with the sugar. Stir in the oil and then the applesauce and vanilla.
- 04** In a separate bowl, mix together the flour, baking soda, baking powder, cinnamon, and salt. Combine with the wet ingredients, mixing until just combined and still a bit lumpy. Fold in the zucchini, sweet potatoes and walnuts.
- 05** Divide batter among the prepared muffin cups. Bake for 20 minutes, until the tops are golden and a tester inserted into the center of the muffin comes out clean. Rest muffins in the pan on a cooling rack for 2 minutes, then remove them from the tin to cool completely.

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### *scrambled egg muffins*

*Servings: 3 (1 serving = 2 egg muffins)*

**INGREDIENTS:**

- 6 eggs
- 1/8 cup chopped red bell pepper
- 1/4 cup shredded cheddar cheese
- Salt and pepper to taste

**DIRECTIONS:**

- 01** Preheat oven to 350 degrees. In a large bowl, beat eggs. Stir in bell pepper, cheese, salt and pepper. Spoon by 1/3 cupfuls into muffin cups coated with cooking spray.
- 02** Bake 20-25 minutes or until a knife inserted near the center comes out clean.

## BREAKFAST RECIPES + MID MORNING SNACKS

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### *apple cranberry muffins*

*Servings: 12 (1 serving = 1 muffin)*

**INGREDIENTS:**

- 1 cup chopped apple
- ¾ cup cranberries, chopped if desired
- 2 eggs
- ¾ cup brown sugar
- 1 cup buttermilk or substitute
- 2 tablespoons canola oil
- 1 teaspoon vanilla
- 1 ½ cups whole wheat flour
- ½ cup wheat bran
- ½ teaspoon baking soda
- 1 ¼ teaspoons baking powder
- 2 teaspoons cinnamon
- ¼ teaspoon allspice
- ½ teaspoon salt

**DIRECTIONS:**

- 01** Preheat oven to 375°F. Butter and flour 12 muffin cups (or line with muffin liners).
- 02** Chop apple into small cubes. Chop cranberries if desired. Set aside.
- 03** In a large bowl, whisk the eggs with the sugar. Stir in the buttermilk, oil, and vanilla.
- 04** In a separate bowl, mix together the flour, wheat bran, baking soda, baking powder, cinnamon, allspice, and salt. Combine with the wet ingredients, mixing until just combined and still a bit lumpy. Fold in the apples and cranberries.
- 05** Divide batter among the prepared muffin cups. Bake for 20 minutes, until the tops are golden and a tester inserted into the center of the muffin comes out clean. Rest muffins in the pan on a cooling rack for 2 minutes, then remove them from the tin to cool completely.

## LUNCH + DINNER RECIPES

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### *lemon-grilled chicken*

*Servings: 7 (1 serving = 1 breast half (3 oz.))*

**INGREDIENTS:**

- 3 tablespoons lemon juice
- 2 tablespoons olive oil
- 2 garlic cloves, minced
- 7 (6 oz.) skinless, boneless chicken breasts
- ½ teaspoon salt
- ½ teaspoon black pepper
- Cooking spray

**DIRECTIONS:**

- 01** Prepare grill to medium-high heat.
- 02** Combine first 4 ingredients in a large plastic bag. Marinate in refrigerator 30 minutes, turning occasionally. Remove chicken from bag; discard marinade. Sprinkle chicken evenly with salt and pepper.
- 03** Place chicken on grill rack coated with cooking spray; grill 6 minutes on each side or until done.

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### *mediterranean couscous salad*

*Servings: 8 (1 serving = 1 cup)*

**INGREDIENTS:**

- 1 cup low-sodium chicken broth
- ¾ cup uncooked whole wheat couscous
- 1 cup cubed tomatoes (~3 medium)
- ½ cup halved olives
- ¾ cup chopped cucumbers
- ¼ cup chopped fresh dill or 1 tablespoon dried dill weed
- 2 tablespoons lemon juice
- 2 tablespoons olive oil
- 1/8 teaspoon salt
- 2 tablespoons crumbled feta cheese

**DIRECTIONS:**

- 01** In a 2-quart saucepan, heat broth to boiling. Stir in couscous; remove from heat. Cover; let stand 5 minutes.
- 02** In a large bowl, place tomatoes, cucumber, olives, onions and dill weed. Stir in couscous.
- 03** In a small bowl, beat lemon juice, oil and salt with wire whisk until well blended; pour over vegetable mixture and toss. Cover; refrigerate 1 hour to blend flavors.
- 04** Just before serving, sprinkle with cheese.



## LUNCH + DINNER RECIPES

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### *vegetable frittata muffins*

*Servings: 6 (1 serving = 2 muffins)*

**INGREDIENTS:**

- ½ yellow onion, diced
- 1 red bell pepper, diced
- 8 ounces button mushrooms, trimmed and sliced
- ¼ teaspoon Kosher salt
- ¼ teaspoon black pepper
- 4 whole eggs
- 4 egg whites
- ½ cup non-fat milk
- ¾ cup reduced-fat sharp cheddar cheese, shredded
- ½ zucchini skin on, diced

**DIRECTIONS:**

- 01** Preheat the oven to 350 degrees. Spray a standard 12-cup muffin pan with non-stick cooking spray.
- 02** Liberally coat a large skillet with cooking spray and place over medium heat. Add the onion, bell pepper, and mushrooms and sauté until soft, 8-10 minutes. Season with salt and pepper to taste.
- 03** In a large mixing bowl, whisk together the eggs, egg whites, and skim milk. Add the cheese, zucchini, and sautéed vegetables and mix thoroughly. Stir in the ground black pepper and kosher salt. Feel free to add in any other herbs or seasonings.
- 04** Pour ¼ to ½ cup of the egg mixture into the twelve muffin cups. Bake for 22 to 24 minutes. Check every few minutes after 15 minutes to make sure the frittatas don't burn.

## LUNCH + DINNER RECIPES

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### *chicken tortilla soup*

*Servings: 8 (1 serving = ~1 1/2 cups)*

**INGREDIENTS:**

- 3 chicken breasts, cooked and shredded
- 1 tablespoon olive oil
- 1 red onion, diced
- 3 garlic cloves
- 2 (15 ounce) cans diced fire-roasted tomatoes
- 1 package taco seasoning
- 2 (15 ounce) cans no-salt added black beans
- 2 (15 ounce) cans no-salt added pinto beans
- 8 ounces diced green chilies
- 8 ounces Chile Verde (green)
- 1 cup water
- Toppings: shredded cheese, plain Greek yogurt or sour cream, and avocado

**DIRECTIONS:**

- 01** Fill a 3-quart saucepan halfway with water. Place chicken in water and bring to a boil over high heat. Once boiling, reduce heat to medium-high and continue to cook chicken for ~10 minutes or until cooked through. Remove chicken from pot and let cool. Shred chicken and set aside.
- 02** Preheat oil in a large stockpot over medium heat. Pour onion into pot and cook for ~5 minutes or until softened and starting to brown. Add garlic, cook for an additional 1-2 minutes. Stir often to make sure garlic doesn't burn.
- 03** Add tomatoes (do not drain) and taco seasoning to the pot.
- 04** Drain one can of black beans and one can of pinto beans. Save the liquid in the other two cans. Add the beans, liquid from the two bean cans, green chilies, Chile Verde, and water to the pot.
- 05** Bring soup to a boil. Turn down heat to medium-low and simmer for 30 minutes or until thickened.
- 06** To serve: pour soup into bowl.

## LUNCH + DINNER RECIPES

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### *mediterranean chicken salad pitas*

*Servings: 12 (1 serving = 1 stuffed pita half)*

#### INGREDIENTS:

- 1 cup low-fat plain Greek yogurt
- 2 tablespoons lemon juice
- ½ teaspoon ground cumin
- ¼ teaspoon crushed red pepper
- 3 cups chopped cooked chicken
- 1 cup chopped red bell pepper (about 1 large)
- ½ cup diced red onion
- ¼ cup chopped fresh cilantro
- 1 (15 oz.) can no-salt-added chickpeas (garbanzo beans), rinsed and drained
- 6 (6-inch) whole wheat pitas, cut in half
- 12 lettuce leaves
- 6 (1/8-inch thick) slices tomato, cut in half

#### DIRECTIONS:

- 01** Combine first 4 ingredients in a small bowl; set aside.
- 02** Combine chicken and next 5 ingredients (through chickpeas) in a large bowl.
- 03** Add yogurt mixture to chicken mixture; toss gently to coat. Line each pita half with 1 lettuce leaf and 1 tomato piece; add ½ cup chicken mixture to each pita half.

## LUNCH + DINNER RECIPES

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### *stuffed peppers*

*Servings: 4 (1 serving = 1 pepper)*

#### INGREDIENTS:

- 4 large green bell peppers
- 1 ½ teaspoons canola oil
- 1 medium onion, chopped
- 2 clove garlic, minced
- 1 pound ground turkey
- 1 ½ cups cooked brown rice (or can substitute w/ quinoa)
- 1 (8 oz.) can tomato sauce, divided
- 1 tablespoon chopped fresh parsley
- 1 teaspoon salt (optional)
- ¼ teaspoon pepper

#### DIRECTIONS:

- 01** Preheat oven to 350 degrees F.
- 02** Cut out stem ends of bell peppers and discard. Scoop out seeds. Bring 8 cups water to a boil in a large pot and blanch the peppers until tender-crisp, about 1 minute. Drain and cool under cold running water. Set aside.
- 03** Heat oil in a large nonstick skillet over medium heat. Add onion and garlic and cook, stirring occasionally, until softened, about 3 minutes. Add turkey and cook, crumbling with a wooden spoon, just until it loses its pink color, about 2 minutes. Drain the fat.
- 04** Transfer the turkey mixture to a medium bowl and mix in rice, ½ cup tomato sauce, parsley, salt (if using) and pepper. Stuff the peppers with the mixture and place them in a 2-quart casserole dish. Spoon the remaining ½ cup tomato sauce over the peppers. Cover and back until the peppers are tender and the filling is heated through, 30-35 minutes.

## LUNCH + DINNER RECIPES

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### *cilantro-lime chicken pasta salad*

*Servings: 5 (1 serving = ~2 cups)*

**INGREDIENTS:**

- 4 oz. dried whole wheat rotini pasta
- ¼ cup lime juice
- ¼ cup fresh cilantro leaves
- 2 tablespoons olive oil
- 1 tablespoon sugar
- ½ teaspoon salt
- ½ teaspoon garlic powder
- ½ teaspoon ground cumin
- ¼ teaspoon cayenne pepper
- 1 pound skinless, boneless chicken breast halves
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 ½ cups grape tomato, halved
- 1 cup finely chopped red onion
- 1 medium mango, peeled and cut into ½ inch pieces
- 1 medium avocado, cut into ½ inch pieces
- ¾ cup chopped yellow pepper
- ¾ cup chopped red pepper
- 1 fresh jalapeno, seeded and finely chopped
- Lime wedges (optional)

**DIRECTIONS:**

- 01** Cook pasta according to directions on the package; drain. Set aside.
- 02** Meanwhile, for the dressing, in a blender combine lime juice, cilantro, oil, sugar, ½ teaspoon salt, garlic powder, cumin, and cayenne pepper. Cover and blend about 30 seconds or until well mixed. Set aside.
- Preheat the broiler. Sprinkle chicken with ½ teaspoon salt and black pepper. Place chicken on a pan so that they are sitting ~5 inches from the top of the oven. Broil 10-15 minutes, turning over about halfway through the cooking time. Chicken is done when it has reached an internal temperature of 165 degrees. Let the chicken cool for 10 minutes then cut into bite-size pieces.
- 03** In a large bowl combine pasta, chicken, tomatoes, red onion, mango, avocado, peppers and jalapeno. Pour dressing over pasta mixture; toss gently to coat. If desired, squeeze fresh lime juice over the pasta.

## LUNCH + DINNER RECIPES

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### *roasted salmon with potatoes and mushrooms*

*Servings: 4 (1 serving = ~3-4 oz. salmon and ~1 cup potato & mushroom mixture)*

**INGREDIENTS:**

- 1 pound small red potatoes (~5), halved
- 8 ounces button mushrooms
- 3 tablespoons olive oil
- Salt and black pepper, to taste
- 1 ¼ pound skinless salmon fillet
- 1 tablespoon red wine vinegar
- 1 tablespoon whole-grain mustard
- 1 teaspoon honey
- 2 tablespoons fresh flat-leaf parsley, chopped

**DIRECTIONS:**

- 01** Heat oven to 400 degrees F. On a rimmed baking sheet, toss the potatoes, mushrooms, and 1 tablespoon of the oil. Sprinkle evenly with salt and pepper.
- 02** Roast, tossing once, until the potatoes begin to soften, about 20 minutes.
- 03** Push the vegetables to the edges of the pan and place the salmon in the center. Season with ¼ teaspoon each salt and pepper.
- 04** Roast until the salmon is opaque throughout, the mushrooms are tender, and the potatoes are golden brown, 12-15 minutes.
- 05** Meanwhile, in a bowl, whisk together the vinegar, mustard, honey, and parsley, the remaining 2 tablespoons of oil, and ¼ teaspoon each salt and pepper. Drizzle over the salmon and vegetables before serving.

## LUNCH + DINNER RECIPES

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### *raspberry balsamic chicken*

*Servings: 4 (1 serving = 1 chicken breast)*

#### INGREDIENTS:

- ¾ cup seedless all-fruit raspberry jam
- ½ cup balsamic vinegar
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 4 (4-5 oz.) boneless, skinless chicken breasts
- 2 ½ teaspoons extra-virgin olive oil
- ½ cup chopped shallots (2-3 large)
- 1 ½ teaspoons minced fresh thyme

#### DIRECTIONS:

- 01** Combine jam and vinegar in a small pan over medium-low heat. Cook, stirring often, until the jam is dissolved, 3-4 minutes. Remove from heat, stir in salt and pepper and let cool slightly. Reserve ½ cup of the sauce. Place chicken breasts and the rest of the sauce in a large sealable plastic bag. Seal and shake gently to coat. Marinate in the refrigerator for 1 to 1 ½ hours.
- 02** Heat oil in a large nonstick skillet over medium-high heat. Add shallots and thyme and cook, stirring often, until the shallots begin to soften, about 1 minute. Remove the chicken from the marinade (discard marinade). Add the chicken to the pan and cook until just beginning to brown, 2 minutes on each side. Add the reserved raspberry sauce; stir to melt the jam and coat the chicken. Reduce heat to low, cover and cook until the chicken is cooked through and no longer pink in the center, 6 to 10 minutes. Serve immediately.

*Make ahead tip: cover and refrigerate the sauce for up to 1 week.*

## LUNCH + DINNER RECIPES

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### *chicken salad melts*

*Servings: 6 (serving size = 1 sandwich)*

#### INGREDIENTS:

- 2 cups shredded skinless, boneless rotisserie chicken breast
- ¼ cup plain fat-free Greek yogurt
- ¼ cup canola mayonnaise (such as Hellmann's)
- 2 teaspoons chopped fresh dill
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 3 green onions, thinly sliced
- 6 whole wheat English muffins, split and toasted
- 3 ounces sharp Cheddar cheese, shredded (about ¾ cup)
- 6 lettuce leaves

#### DIRECTIONS:

- 01** Preheat broiler to high.
- 02** Combine first 7 ingredients in a medium bowl; stir well. Place 1/3 cup chicken mixture on bottom half of each muffin. Top evenly with cheese. Broil 1 minute or until cheese melts. Top sandwiches evenly with apple, lettuce, and top halves of muffins.

## LUNCH + DINNER RECIPES

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### *slow cooker pork carnitas*

*Servings: 8 (1 serving = ~1 cup pork)*

**INGREDIENTS:**

- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 2 teaspoons dried oregano
- 2 teaspoons salt
- 1 teaspoon ground black pepper
- 4 pound pork shoulder, excess fat trimmed
- 4 cloves garlic, peeled
- 2 onions, quartered
- 2 oranges, juiced
- 2 limes, juiced

**DIRECTIONS:**

- 01** In a small bowl, combine chili powder, cumin, oregano, salt and pepper. Season pork loin with spice mixture, rubbing in thoroughly on all sides.
- 02** Place garlic, onions, orange juice, lime juice and seasoned pork shoulder into a slow cooker. Cover and cook on low heat for 8 hours or high for 4-5 hours.
- 03** Remove pork shoulder from the slow cooker and shred the meat before returning to the pot with the juices; season with salt and pepper, to taste, if needed. Cover and keep warm for an additional 30 minutes.
- 04** Preheat oven to broil. Place carnitas onto a baking sheet and broil until crisped and crusted, about 3-4 minutes.
- 05** Serve immediately.

## LUNCH + DINNER RECIPES

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### *shredded pork salad*

*Servings: 1 (1 salad)*

**SALAD INGREDIENTS:**

- 1 (7-inch) flour tortillas, taco style
- 2 cups lettuce, chopped
- ¼ cup black beans
- ½ cup shredded pork
- 3 tablespoons Pico de Gallo
- ¼ avocado, diced
- 1 tablespoon cotija cheese crumbles

**DRESSING INGREDIENTS:**

- 1 cup packed cilantro
- ½ cup extra-virgin olive oil
- ¼ cup lime juice
- ¼ cup orange juice
- ½ teaspoon salt
- ½ teaspoon pepper
- Pinch of minced garlic

**DIRECTIONS:**

- 01** To make the dressing – puree the cilantro, olive oil, lime juice, orange juice, salt, pepper and garlic in a blender or food processor until smooth. Set aside.
- 02** Place flour tortilla in the bottom of a bowl. Top tortilla with lettuce, black beans, shredded pork, Pico de Gallo, avocado, cheese crumbles and 2 tablespoons cilantro-lime vinaigrette.

## LUNCH + DINNER RECIPES

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### *tuna pita pocket*

*Servings: 6 (1 serving = 1 pita half)*

#### INGREDIENTS:

- 1 ½ cups shredded romaine lettuce
- ¾ cup diced tomatoes
- ½ cup finely chopped green bell peppers
- ½ cup shredded carrots
- ½ cup finely chopped broccoli
- ¼ cup finely chopped onion
- 2 cans (6 oz. each) low-sodium white tuna packed in water, drained
- ½ cup low-fat ranch dressing
- 3 whole wheat pita pockets, cut in half

#### DIRECTIONS:

- 01** In a large bowl, add the lettuce, tomatoes, peppers, carrots, broccoli and onions. Toss to mix evenly.
- 02** In a small bowl, add the tuna and ranch dressing. Stir to mix well. Add the tuna mixture to the lettuce mixture and stir to combine.
- 03** Scoop ¾ cup of the tuna salad into each pita pocket half and serve immediately.

## LUNCH + DINNER RECIPES

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### *vegetarian quinoa chili*

*Servings: 10 (1 serving = ~1 cup)*

#### INGREDIENTS:

- ½ cup uncooked quinoa, rinsed
- 1 cup water
- 1 tablespoon olive oil
- 1 small onion, chopped
- 3 cloves garlic, minced
- 1 jalapeno pepper, diced
- 1 large carrot, peeled and chopped
- 2 celery stalks
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 medium zucchini, chopped
- 2 (15 oz.) cans black beans, drained and rinsed
- 1 (15 oz.) can red kidney beans, drained and rinsed
- 3 (15 oz.) can diced tomatoes
- 1 (15 oz.) can tomato sauce
- 2-3 tablespoons chili powder
- 1 tablespoon ground cumin
- Salt and black pepper, to taste

#### DIRECTIONS:

- 01** In a medium sauce pan, combine the quinoa and water. Cook over medium heat until water is absorbed, about 15 minutes. Set aside.
- 02** In a large pot, heat the olive oil over high heat. Add the onion and cook until tender, about 5 minutes. Stir in garlic, jalapeno, carrot, celery, peppers, and zucchini. Cook until vegetables are tender, about 10 minutes.
- 03** Add the black beans, kidney beans, tomatoes, and tomato sauce. Stir in the cooked quinoa. Season with chili powder, cumin, salt, and black pepper. Simmer chili on low for about 30 minutes. Serve warm.

*\*Optional toppings: green onions, avocado slices, cheese, sour cream, Greek yogurt, chips, etc.*

*\*\*Nutrition facts label includes ¼ cup avocado slices, 2 tsp. shredded cheese, and 1 Tbsp. nonfat plain Greek yogurt*

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