



**FOCUS**  
**T25**

**GET IT DONE  
NUTRITION**

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## OVERVIEW:

### IT'S SIMPLE. EAT SMALLER PORTIONS, 5 TIMES A DAY.

Eating every few hours is proven to boost your metabolism and regulate blood sugar levels. We recommend eating breakfast, lunch, dinner, and two snacks. We've even provided recipes to choose from.

Take the 4-STEP CALORIE QUIZ to figure out if you should be eating 1,200 calories or 1,600 calories a day. Then you can use the recipes to fill your daily calorie requirements.

#### THE 4-STEP CALORIE QUIZ

##### 1. What's your gender?

If you're a woman, (+1) point

If you're a man, (+2) points

##### 2. How much do you weigh?

If it's 130 pounds or less, (+1) point

If it's more than 130 pounds, (+2) points

##### 3. How active (outside of FOCUS T25) are you?

If you're sedentary, (+1) point

If you're moderately to highly active, (+2) points

##### 4. Add up your points.

If you scored 3 points,  
eat at the 1,200-calorie level.

If you scored 4 or more,  
eat at the 1,600-calorie level.

TOTAL

## SUGGESTED CALORIES PER MEAL:

Here's an estimate of how many calories you should eat per meal, depending on your target calories for the day. The recipes included here are designed to work for both the 1,200-calorie and 1,600-calorie level.

YOUR 1,200-CALORIE DAY		YOUR 1,600-CALORIE DAY	
BREAKFAST	300	BREAKFAST	400
SNACK #1	150	SNACK #1	150
LUNCH	300	LUNCH	450
SNACK #2	150	SNACK #2	150
DINNER	300	DINNER	450

- These suggestions are just a guide. Don't worry too much. Just don't starve all day, then eat a 1,200-calorie dinner. The idea is to strike a balance.
- Your daily calorie totals should include beverages, so be sure to account for that latte you drink between breakfast and your first snack.



## WANT MORE CUSTOMIZATION?

Your calorie deficit is going to help you lose weight. The nutrient-packed foods you choose will sustain your energy levels while you blast that fat. Along the way, you might want to tweak your diet to suit your specific needs. We've provided two types of meals to help you do just that:



Recipes labeled with a **P** are protein-rich and have fewer carbs.



Recipes labeled with a **C** are relatively higher in carbs than protein.

### Have a lot of body fat to lose?

Eat mostly **P** meals.

*A diet higher in protein can promote fat loss if you have a substantial amount of fat to burn.*



### Just trying to shed a few pounds?

Eat mostly **C** meals.

*Make sure you have all the energy FOCUS T25 workouts require so you can avoid a plateau.*



## NUTRITION TROUBLESHOOTING

You can also customize your diet for specific needs throughout your day.

Having trouble with temptation during your day?

Eat a **P** breakfast.

*Studies show a protein meal in the morning helps with satiety.*



Want to supercharge your workout?

Have a **C** meal 2 to 3 hours before you Push Play.

*Carbs are your body's favorite fuel.*



Feeling hungry, but it's close to bedtime?

Go for a **P** dinner or snack.

*Protein can help repair muscles as you rest.*



## WHAT IF I'M STILL HUNGRY?

ADD 1 TO 2 SNACKS TO YOUR PLAN.

It might be that the calorie level you've chosen simply isn't enough food for your needs. If you're feeling irritable, if your performance lags, or if you're just plain hungry all the time, add 1 to 2 snacks to your plan. We recommend fruits or veggies. Fiber-packed fresh produce is filling, but it'll also give you a nice little carbohydrate hit that'll energize you until your next meal.



# THE RECIPES

**25 RECIPES**  
**5 INGREDIENTS\*\***  
**5 MINUTES TO PREP**

\*\*Water, nonfat cooking spray, sea salt, ground black pepper, and optional garnishes are not included in the five ingredients.

Each recipe is written for the 1,200-calorie level. If you're at the 1,600-calorie level, simply use the adjustments noted under each recipe.

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#### FLAVOR-BOOSTER CONDIMENTS:

Here are a few condiments that are always great for helping to kick up the flavor.

- Lemon or Lime Juice
- Spicy/Dijon Mustard
- Horseradish
- Vinegar (Cider Vinegar)
- Garlic
- Low-Sodium or Fresh Salsa
- Fresh/Dried Herbs
- Spices

#### EAT ORGANIC WHEN POSSIBLE

We strongly recommend going organic with these foods (if they're available and within your budget). When it comes to meat, you'll avoid the nasty hormones and antibiotics the industry pumps into conventionally raised animals. With produce, you'll avoid genetic modifications and pesticides. Also, new research shows organic fruits and veggies to be higher in phytonutrients than conventionally raised produce is.

# BREAKFAST



- TOMATILLO AND AVOCADO SCRAMBLE
- ITALIAN SCRAMBLE
- ALMOND BUTTER AND BLUEBERRY OATMEAL
- TEMPEH SCRAMBLE
- CHOCOLATE-STRAWBERRY SMOOTHIE



## TOMATILLO AND AVOCADO SCRAMBLE

(Makes 1 serving)

1 large egg

6 large egg whites ( $\frac{3}{4}$  cup)

Ground black pepper

(to taste; optional)

$\frac{1}{2}$  tsp. extra-virgin olive oil

3 Tbsp. tomatillo salsa

$\frac{1}{4}$  medium avocado, sliced

- Combine egg and egg whites in a medium bowl. Season with pepper (if desired); whisk to blend.
- Heat oil in medium skillet over medium-low heat.
- Add egg mixture; cook, stirring occasionally, for 3 to 4 minutes, or until eggs are set.
- Top eggs with salsa and avocado.

**1,600-calorie modification:** Increase whole eggs to 2 and olive oil to 1 tsp.

Nutritional Information (per serving): Calories: 298 Fat: 16 g Saturated Fat: 3 g Cholesterol: 186 mg Sodium: 748 mg Carbohydrate: 9 g Fiber: 3 g Sugars: 5 g Protein: 29 g

P



**Eggs.** Yes, the WHOLE egg. Don't skimp here just 'cause you're counting calories! The egg whites are packed with protein, and the yolks are packed full of nutrients like calcium, potassium, and iron.



## ITALIAN SCRAMBLE

(Makes 1 serving)

2 large eggs  
4 large egg whites ( $\frac{1}{2}$  cup)  
2 Tbsp. grated parmesan cheese  
Nonstick cooking spray  
5 fresh basil leaves, finely chopped  
 $\frac{1}{2}$  medium tomato, chopped

- Combine eggs, egg whites, and cheese in a medium bowl.
- Heat medium skillet lightly coated with spray over medium-low heat.
- Add egg mixture; cook, stirring occasionally, for 3 to 4 minutes, or until eggs are set.
- Top eggs with basil and tomato.

**1,600-calorie modification:** Increase egg whites to 6, cheese to 3 Tbsp., and tomato to 1 whole medium tomato.



**TOMATOES.** The antioxidant powerhouse—rich in lycopene, the antioxidant that helps fight off certain cancers. Plus they are relatively inexpensive and easy to find all year 'round.

Nutritional Information (per serving): Calories: 298 Fat: 14 g Saturated Fat: 6 g Cholesterol: 387 mg Sodium: 604 mg Carbohydrate: 4 g Fiber: 1 g Sugar: 3 g Protein: 34 g

## ALMOND BUTTER AND BLUEBERRY OATMEAL

(Makes 1 serving)

**1½ cup water**  
**½ cup old-fashioned rolled oats**  
**4 tsp. all-natural almond butter**  
**½ cup fresh blueberries**

- Bring water to a boil in medium saucepan over medium heat.
- Add oats; cook, stirring frequently, for 3 to 4 minutes, or until most of water is absorbed. Remove from heat.
- Combine oatmeal and almond butter in a medium serving bowl; top with blueberries.

**1,600-calorie modification:** Increase water to 1½ cups, oats to 2½ cup, almond butter to 5 tsp., and blueberries to ½ cup.

C



**Nutritional Information (per serving):** Calories: 308 Fat: 14 g Saturated Fat: 1 g  
Cholesterol: 0 mg Sodium: 9 mg Carbohydrate: 38 g Fiber: 7 g Sugar: 7 g Protein: 11 g



Want to be full and STAY full? You need fiber.



## TEMPEH SCRAMBLE

(Makes 1 serving)

**½ tsp. extra-virgin olive oil**  
**5 oz. tempeh, diced**  
**½ medium red bell pepper, diced**  
**¼ medium red onion, diced**  
**½ tsp. dried thyme**  
**Sea salt and ground black pepper**  
(to taste; optional)

- Heat oil in medium skillet over medium-low heat.
- Add tempeh, bell pepper, onion, and thyme; cook, stirring frequently, for 3 to 4 minutes, or until vegetables are tender-crisp.
- Season with salt and pepper if desired; cook for 1 minute.
- Serve immediately.

**1,600-calorie modification:** Increase tempeh to 7 oz.



**ONIONS.** Looking for a way to kick things up a notch? Throw onions into the mix. They'll give your food the punch of flavor it needs. Plus they're packed with phytonutrients that help lower cholesterol and blood pressure.

**Nutritional Information (per serving):** Calories: 309 Fat: 12 g Saturated Fat: 2 g Cholesterol: 0 mg Sodium: 331 mg Carbohydrate: 22 g Fiber: 5 g Sugar: 4 g Protein: 29 g

# LUNCH



- CHICKEN WALDORF SALAD
- TEMPEH STRIPS WITH ALMOND SAUCE
- SWEET POTATO AND QUINOA SALAD
- SALMON, AVOCADO, AND TOMATO SALAD
- DIJON CHICKEN POCKET

## CHICKEN WALDORF SALAD

(Makes 1 serving)

**5 oz. Cooked Chicken Breast, cut into 1-inch cubes**

(see Make-Ahead Recipes, pg. 78)

**¼ medium Granny Smith apple, thinly sliced**

**1 Tbsp. chopped raw walnuts**

**½ cup halved red grapes**

**1 Tbsp. Citrus Vinaigrette**

(see Make-Ahead Recipes, pg. 71)

- Combine Cooked Chicken Breast, apple, walnuts, and grapes in a medium serving bowl; mix well.
- Drizzle with Citrus Vinaigrette; toss gently to blend.

**1,600-calorie modification:** Increase Cooked Chicken Breast to 6 oz., apple to ½ medium apple, walnuts to 2 Tbsp., and Citrus Vinaigrette to 2 Tbsp.

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Nutritional Information (per serving): Calories: 300 Fat: 13 g Saturated Fat: 2 g  
Cholesterol: 90 mg Sodium: 274 mg Carbohydrate: 16 g Fiber: 2 g Sugar: 12 g Protein: 31 g



**BROCCOLI.** The original superfood. Vitamin C. Vitamin A. Folate. Potassium. Magnesium. B vitamins. Phytonutrients.

## TEMPEH STRIPS WITH ALMOND SAUCE

(Makes 1 serving)

Nonstick cooking spray

2 tsp. all-natural almond butter

2 tsp. rice vinegar, *divided use*

1½ tsp. reduced-sodium tamari soy sauce, *divided use*

4 oz. tempeh, cut into thin strips

1 cup steamed broccoli florets

- Preheat oven or toaster oven to 350° F. Cover baking pan with aluminum foil and lightly coat with spray. Set aside.
- Combine almond butter, 1½ tsp. vinegar, and 1 tsp. soy sauce in a small bowl; set aside.
- Combine tempeh strips, *remaining* ½ tsp. vinegar, and *remaining* ½ tsp. soy sauce in a medium bowl.
- Place tempeh on prepared baking pan. Bake for 8 minutes; turn and bake for 5 more minutes, or until golden.
- Serve with almond sauce and broccoli.

**1,600-calorie modification:** Increase almond butter to 1 Tbsp. (equal to 3 tsp.) and tempeh to 6 oz.

**Nutritional Information (per serving):** Calories: 314 Fat: 14 g. Saturated Fat: 2 g. Cholesterol: 0 mg. Sodium: 413 mg. Carbohydrate: 20 g. Fiber: 7 g. Sugar: 4 g. Protein: 29 g.

## SWEET POTATO AND QUINOA SALAD

(Makes 1 serving)

### Water

$\frac{1}{2}$  medium sweet potato, peeled, diced

$\frac{1}{2}$  cup Cooked Quinoa

(see Make-Ahead Recipes, pg. 74)

$\frac{1}{4}$  medium red bell pepper, diced

1 Tbsp. chopped raw cashews

2 Tbsp. Citrus Vinaigrette

(see Make-Ahead Recipes, pg. 71)

- Fill bottom of steamer with 2 inches of water; bring to a boil over high heat. Place sweet potato in top of steamer; steam for 5 to 7 minutes, or until fork-tender.
- Combine cooked sweet potato, Cooked Quinoa, bell pepper, and cashews in a medium serving bowl.
- Drizzle with Citrus Vinaigrette; toss gently to blend. Serve immediately.

**1,600-calorie modification:** Increase Cooked Quinoa to  $\frac{3}{4}$  cup, bell pepper to 1 medium bell pepper, and cashews to 2 Tbsp.

**Nutritional Information (per serving):** Calories: 318 Fat: 13 g Saturated Fat: 2 g Cholesterol: 0 mg Sodium: 205 mg Carbohydrate: 45 g Fiber: 5 g Sugar: 12 g Protein: 7 g

C



**SWEET POTATOES.** Packed with antioxidants, as well as tons of iron and potassium, sweet potatoes are a great alternative to the traditional white potato. Leave the skin on if you're in need of more fiber.



**SALMON.** A great source of omega-3 fatty acids. Why do we care? Studies show omega-3s can boost heart health and reduce inflammation in your muscles, which matters when you're working out with Shaun T.

## SALMON, AVOCADO, AND TOMATO SALAD

(Makes 1 serving)

**½ medium avocado, cut into 1-inch cubes**

**1 medium tomato, cut into 1-inch cubes**

**1 (5-oz.) raw wild salmon fillet**

[or 1 (5-oz.) pouch wild pink salmon, boneless, skinless]

**12 fresh cilantro sprigs, coarsely chopped**

**2 Tbsp. Citrus Vinaigrette**

(see Make-Ahead Recipes, pg. 71)

- Preheat broiler to high.
- Broil salmon for 5 to 7 minutes on each side, or until it flakes easily when tested with a fork. Place salmon on serving plate; place in refrigerator to cool.
- Combine avocado, tomato, and cilantro in a medium bowl. Drizzle with Citrus Vinaigrette; toss gently to blend.
- Serve avocado mixture over salmon.

**Tip:** You can find precooked salmon in a plastic pouch in the same aisle as canned tuna in the grocery store.

**1,600-calorie modification:** Increase avocado to  $\frac{1}{2}$  medium avocado and salmon to 1 (7-oz.) fillet.

**Nutritional Information (per serving):** Calories: 295 Fat: 18 g. Saturated Fat: 2 g. Cholesterol: 30 mg. Sodium: 432 mg. Carbohydrate: 12 g. Fiber: 5 g. Sugar: 5 g. Protein: 26 g.

## DIJON CHICKEN POCKET

(Makes 1 serving)

**2 oz. Cooked Chicken Breast, shredded**

(see Make-Ahead Recipes, pg. 78)

**2 Tbsp. plain nonfat Greek yogurt**

**2 tsp. Dijon mustard**

**1 tsp. chopped raw pecans**

**1 (6½-inch) whole wheat pita, cut in half to make pockets**

**Fresh parsley sprig, chopped**

(for garnish; optional)

- Combine Cooked Chicken Breast, yogurt, mustard, and pecans in a small bowl; mix well.
- Fill both pita halves evenly with chicken mixture.
- Garnish with parsley if desired.

**1,600-calorie modification:** Increase Cooked Chicken Breast to 5 oz. and pecans to 5 tsp.

C



Nutritional Information (per serving): Calories: 308 Fat: 6 g Saturated Fat: 1 g Cholesterol: 56 mg Sodium: 621 mg Carbohydrate: 38 g Fiber: 5 g Sugar: 2 g Protein: 27 g

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**CHICKEN.** If you aren't vegan or vegetarian, chicken and turkey should be staples of your diet.

# DINNER



- QUINOA PATTIES OVER SPINACH
- TOMATO-BASIL SALMON WITH GARBANZOS
- TILAPIA WITH KALE AND TOMATO
- RICE WITH LENTILS AND ROASTED RED PEPPERS
- CHILI-SPICE STEAK SALAD

## QUINOA PATTIES OVER SPINACH

(Makes 1 serving)



**¾ cup Cooked Quinoa** (see Make-Ahead Recipes, pg. 74)

**½ medium red bell pepper, finely chopped**

**4 tsp. flaxseed**

**Sea salt and ground black pepper (to taste)**

**1 large egg white**

**Nonstick cooking spray**

**3 cups fresh baby spinach**

- Combine Cooked Quinoa, bell pepper, flaxseed, salt, pepper, and egg in a medium bowl; mix well. Form into two balls. Place one ball in a 1-cup measure. Press into a patty using fingers or ½-cup measure. Turn 1-cup measure over to release patty. Repeat with other ball.
- Heat medium skillet lightly coated with spray over medium heat.
- Place patties in skillet; cook for 2 minutes. Turn and cook for 2 minutes, or until cooked through and light golden. Remove from skillet. Keep warm.
- Add spinach to skillet; cook, stirring frequently, for 2 to 3 minutes, or until wilted.
- Place spinach on a serving plate; top with patties.

**1,600-calorie modification:** Increase Cooked Quinoa to 1¼ cup, bell pepper to ¾ medium bell pepper, and flaxseed to 2 Tbsp. (equal to 6 tsp.), to make three patties.

**Nutritional Information (per serving):** Calories: 298 Fat: 9 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 512 mg Carbohydrate: 41 g Fiber: 11 g Sugar: 3 g Protein: 15 g



**QUINOA.** The supergrain of the future. Protein-, fiber-, and iron-rich. Gluten-free. Plus it's a complete protein, making it ideal for vegetarians and vegans.



**GARBANZO BEANS.** Yummy, cheap, packed with fiber—and they make you feel FULL!

## TOMATO-BASIL SALMON WITH GARBANZOS

(Makes 1 serving)

**½ cup canned crushed tomatoes with basil, with juice**

**1 tsp. capers**

**½ clove garlic, finely chopped**

**1 (5-oz.) raw wild salmon fillet**

**Nonstick cooking spray**

**1 pinch sea salt (optional)**

**Ground black pepper (to taste; optional)**

**½ cup canned chickpeas (garbanzo beans), drained**

- Combine tomatoes, capers, and garlic in a small bowl; set aside.
- Season both sides of salmon fillet with salt and pepper if desired.
- Heat medium skillet lightly coated with spray over medium-high heat.
- Add salmon; cook for 2 minutes on one side. Turn.
- Layer tomato mixture and chickpeas over salmon in skillet; cook, covered, for 5 minutes, or until salmon is cooked through and flakes easily when tested with a fork.

**1,600-calorie modification:** Increase tomatoes to  $\frac{2}{3}$  cup and salmon to 1 (8-oz.) fillet.

**Nutritional Information (per serving):** Calories: 308 Fat: 10 g Saturated Fat: 2 g Cholesterol: 78 mg Sodium: 651 mg Carbohydrate: 19 g Fiber: 1 g Sugar: 4 g Protein: 33 g

## TILAPIA WITH KALE AND TOMATO

(Makes 1 serving)

1 (6-oz.) raw tilapia fillet  
1 pinch sea salt (optional)  
Ground black pepper (to taste; optional)  
1 tsp. extra-virgin olive oil  
 $\frac{1}{2}$  clove garlic, finely chopped  
2 cups chopped fresh kale  
 $\frac{1}{2}$  cup canned diced tomatoes, with juice

- Season both sides of tilapia with salt and pepper if desired; set aside.
- Heat oil in large skillet over medium heat.
- Add garlic and kale; cook, stirring frequently, for 1 minute.
- Add tomatoes (with juice); bring to a boil. Reduce heat to low.
- Place tilapia fillet on top of kale mixture; cook, covered, for 1 minute. Gently turn tilapia over and cook for 2 to 3 minutes, or until tilapia is cooked through and flakes easily when tested with a fork.
- Remove from heat and serve.

**1,600-calorie modification:** Increase tilapia to 1 (8-oz.) fillet, oil to 2 tsp., kale to 3 cups, and tomatoes to  $\frac{3}{4}$  cup.

Nutritional Information (per serving): Calories: 294 Fat: 9 g Saturated Fat: 2 g Cholesterol: 85 mg Sodium: 669 mg Carbohydrate: 19 g Fiber: 3 g Sugar: 4 g Protein: 40 g

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KALE. Can't go wrong with leafy greens. No other food has a higher nutrient-per-calorie ratio.



25 TILAPIA. Salmon isn't your thing? Give tilapia a try. It doesn't have the omega-3s of salmon, but it's high in protein, with relatively low fat.



**LENTILS.** Filled with protein, fiber, and folate, lentils are great hot or cold, especially for vegetarians.



**BROWN RICE.** White is out, and brown is in! Why? 'Cause brown rice has twice the fiber that white does, so it'll keep you feeling full longer.

## RICE WITH LENTILS AND ROASTED RED PEPPERS

(Makes 1 serving)

**½ cup Cooked Brown Rice**

(see Make-Ahead Recipes, pg. 72)

**¼ cup Cooked Lentils**

(see Make-Ahead Recipes, pg. 76)

**¼ cup drained, diced roasted red peppers  
(from jar) (1½ oz.)**

**1 Tbsp. chopped raw walnuts**

**2 Tbsp. Citrus Vinaigrette**

(see Make-Ahead Recipes, pg. 71)

- Combine Cooked Brown Rice, Cooked Lentils, red peppers, walnuts, and Citrus Vinaigrette in a medium serving bowl; toss gently to blend.
- Serve immediately.

**1,600-calorie modification:** Increase Cooked Brown Rice to ¾ cup, Cooked Lentils to ½ cup, and walnuts to 4 tsp.

Nutritional Information (per serving): Calories: 299 Fat: 14 g Saturated Fat: 2 g Cholesterol: 0 mg Sodium: 456 mg Carbohydrate: 37 g Fiber: 7 g Sugar: 3 g Protein: 8 g



## CHILI-SPICE STEAK SALAD

(Makes 1 serving)

3 oz. raw lean sirloin, cut into thin strips

¼ tsp. chili powder

Sea salt and ground black pepper (to taste; optional)

Nonstick cooking spray

2 cups shredded red cabbage

½ medium avocado, sliced

2 Tbsp. Balsamic Vinaigrette

(see Make-Ahead Recipes, pg. 71)

- Season sirloin with chili powder, salt (if desired), and pepper (if desired). Set aside.
- Heat medium skillet lightly coated with spray over medium-high heat.
- Add sirloin; cook, stirring constantly, for 1 to 2 minutes, or until cooked through.
- Place cabbage on a serving plate; top with sirloin and avocado.
- Drizzle with Balsamic Vinaigrette.

**1,600-calorie modification:** Increase sirloin to 5 oz. and avocado to ¾ medium avocado.

Nutritional Information (per serving): Calories: 318 Fat: 19 g Saturated Fat: 3 g Cholesterol: 71 mg Sodium: 406 mg Carbohydrate: 14 g Fiber: 5 g Sugar: 6 g Protein: 27 g

P



**AVOCADOS.** The quintessential good fat. Why? They're full of potassium, folate, fiber, and tons of antioxidant-rich vitamins. Definitely worth the calories.



## SALSA BOATS

(Makes 1 serving)

**2 large hard-boiled eggs**

**1 tsp. Dijon mustard**

**2 tsp. fresh salsa**

- Cut eggs in half. Remove egg yolks.
- Combine egg yolks with mustard in a small bowl; mix well.
- Spoon egg yolk mixture evenly into egg white halves.
- Top each egg half with salsa.

Nutritional Information (per serving): Calories: 151 Fat: 10 g Saturated Fat: 3 g  
Cholesterol: 372 mg Sodium: 325 mg Carbohydrate: 2 g Fiber: 0 g Sugar: 1 g Protein: 13 g

## TURKEY, PEPPER, AND AVOCADO ROLLS

(Makes 1 serving)

3 slices low-sodium nitrite-free turkey breast

(about 3 oz.)

½ medium avocado, sliced

½ medium red bell pepper, cut into 6 thin slices

- Top each turkey slice with avocado and bell pepper slices; roll and enjoy.

P



Nutritional Information (per serving): Calories: 149 Fat: 5 g Saturated Fat: 1 g  
Cholesterol: 38 mg Sodium: 544 mg Carbohydrate: 7 g Fiber: 3 g Sugar: 3 g Protein: 23 g

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**BELL PEPPERS.** Any color, any time—bell peppers are loaded with antioxidants, especially vitamin C. In fact, one red pepper has nearly 3 times the amount of vitamin C found in an orange.



**RASPBERRIES.** Low-cal and packed with vitamins and fiber. Plus they're a great way to satisfy your sweet tooth.



## YOGURT BOWL

(Makes 1 serving)

$\frac{3}{4}$  cup plain nonfat Greek yogurt

$\frac{1}{2}$  cup fresh raspberries

1 Tbsp. sliced raw almonds

- Place yogurt in a medium serving bowl; top with raspberries and almonds.

Nutritional Information (per serving): Calories: 156 Fat: 3 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 69 mg Carbohydrate: 15 g Fiber: 5 g Sugar: 10 g Protein: 19 g

## EDAMAME-SESAME BOWL

(Makes 1 serving)

**¾ cup shelled edamame**  
**6 fresh cilantro sprigs, chopped**  
**1 tsp. sesame seeds**  
**1 Tbsp. rice vinegar**

- Combine edamame, cilantro, sesame seeds, and vinegar in a medium serving bowl; mix well.

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Nutritional Information (per serving): Calories: 151 Fat: 6 g Saturated Fat: 1 g  
Cholesterol: 0 mg Sodium: 9 mg Carbohydrate: 13 g Fiber: 7 g Sugar: 3 g Protein: 13 g



**YOGURT AND NUT BUTTER SMOOTHIE**

(Makes 1 serving)

$\frac{1}{2}$  cup water  
 $\frac{1}{4}$  cup plain nonfat Greek yogurt  
 $\frac{1}{2}$  scoop Shakeology, any flavor  
 $1\frac{1}{2}$  tsp. all-natural cashew butter  
 $\frac{1}{2}$  cup ice

- Place water, yogurt, Shakeology, cashew butter, and ice in blender; cover. Blend until smooth.

Nutritional Information (per serving): Calories: 157 Fat: 5 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 99 mg Carbohydrate: 13 g Fiber: 3 g Sugar: 5 g Protein: 16 g

**ALMOND-BANANA SMOOTHIE**

(Makes 1 serving)

$\frac{1}{2}$  cup water  
 $\frac{1}{2}$  scoop Shakeology, any flavor  
 $\frac{1}{2}$  medium banana, cut into chunks  
 $\frac{1}{2}$  tsp. all-natural almond butter  
 $\frac{1}{2}$  cup ice

- Place water, Shakeology, banana, almond butter, and ice in blender; cover. Blend until smooth.

Nutritional Information (per serving): Calories: 149 Fat: 3 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 76 mg Carbohydrate: 22 g Fiber: 5 g Sugar: 10 g Protein: 10 g

P

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Shakeology.com

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**BANANAS.** The athlete's secret weapon, bananas are packed with vitamin B6, plus the same kinds of electrolytes you sweat out during a hard workout. They also provide a great preworkout sugar boost.



**APPLES.** Nutritious and delicious, and best of all, because of their high water content—they keep you FULL. Do we even need to mention all the antioxidants, phytonutrients, and fiber?



## APPLE SLICES WITH CASHEW BUTTER AND CINNAMON

(Makes 1 serving)

2 tsp. all-natural cashew butter

1 dash ground cinnamon

1 medium apple, sliced

- Sprinkle cashew butter with cinnamon. Serve with apple slices.

Nutritional Information (per serving): Calories: 159 Fat: 6 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 3 mg Carbohydrate: 29 g Fiber: 5 g Sugar: 19 g Protein: 2 g

## RICE CAKES, RED PEPPER, AND TZATZIKI

(Makes 1 serving)

- ½ cup plain nonfat Greek yogurt
- 2 Tbsp. chopped cucumber
- 1 fresh mint leaf, chopped
- 2 multigrain rice cakes
- 1 medium red bell pepper, cut into sticks

- Combine yogurt, cucumber, and mint in a small bowl; mix well.
- Serve mixture as a dipping sauce for rice cakes and bell pepper.

C



Nutritional Information (per serving): Calories: 150 Fat: 1 g Saturated Fat: 0 g  
Cholesterol: 0 mg Sodium: 93 mg Carbohydrate: 23 g Fiber: 2 g Sugar: 7 g Protein: 14 g



**GREEK YOGURT.** Why the obsession? Well, it has as much hunger-squashing protein as an egg, plus a whole slew of other stuff, like calcium and probiotics.



**MELON.** No matter the type, melon is hydrating, vitamin-rich, low in calories, and big in flavor.

## REFRESHING FRUIT SALAD

(Makes 1 serving)

**1 cup cubed watermelon  
½ cup cubed cantaloupe  
½ cup cubed honeydew melon  
1 Tbsp. chopped raw walnuts  
Fresh mint leaves  
(for garnish; optional)**

- Combine watermelon, cantaloupe, honeydew, and walnuts in a medium bowl; mix well.
- Garnish with mint if desired.

**Nutritional Information (per serving): Calories: 151 Fat: 5 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 29 mg Carbohydrate: 27 g Fiber: 2 g Sugar: 23 g Protein: 3 g**

## TRAIL MIX

(Makes 1 serving)

2 Tbsp. chopped dried apples or apricots

1 Tbsp. chopped raw walnuts

2 tsp. pumpkin seed kernels

1 Tbsp. raisins

- Combine apples, walnuts, pumpkin seeds, and raisins in a small bowl; mix well.

C



Nutritional Information (per serving): Calories: 160 Fat: 8 g Saturated Fat: 1 g  
Cholesterol: 0 mg Sodium: 2 mg Carbohydrate: 23 g Fiber: 3 g Sugar: 17 g Protein: 4 g



PUMPKIN SEEDS. Every seed has its own unique benefits, but pumpkin seeds are generally great sources of fiber and magnesium.

## MAKE-AHEAD RECIPES:

Our **FOCUS T25** recipes take about 5 minutes each to prepare, but you'll make them all even more quickly—and easily—if you do a little prep work. Here are a few quick bulk recipes for you to make on Sunday so the rest of the week will be a breeze.



**LEMONS.** Great for those looking to shed some pounds, because lemon juice is a digestive aid and a liver cleanser. Try squeezing some fresh lemon juice into your water!

## BALSAMIC VINAIGRETTE

(Makes 4 servings, 2 Tbsp. each)

- 3 Tbsp. balsamic vinegar
- 2 Tbsp. fresh lemon juice
- ½ tsp. raw honey
- 1 tsp. Dijon mustard
- 3 Tbsp. extra-virgin olive oil

- Combine vinegar, lemon juice, and honey in a medium bowl; whisk to blend.
- Stir in mustard; mix well.
- Slowly add oil while whisking; mix well.

**Tip:** Store leftover dressing in a covered container in the refrigerator. If dressing thickens when cold, hold at room temperature for 30 minutes and stir before serving.

**Nutritional Information (per serving):** Calories: 99 Fat: 10 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 34 mg Carbohydrate: 3 g Fiber: 0 g Sugar: 1 g Protein: 0 g

## CITRUS VINAIGRETTE

(Makes 4 servings, 2 Tbsp. each)

- 3 Tbsp. fresh 100% orange juice
- 2 Tbsp. fresh lemon juice
- ½ tsp. raw honey
- 2 tsp. Dijon mustard
- 3 Tbsp. extra-virgin olive oil

- Combine orange juice, lemon juice, and honey in a medium bowl; whisk to blend.
- Stir in mustard; mix well.
- Slowly add oil while whisking; mix well.

**Tip:** Store leftover dressing in a covered container in the refrigerator. If dressing thickens when cold, hold at room temperature for 30 minutes and stir before serving.

**Nutritional Information (per serving):** Calories: 72 Fat: 7 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 60 mg Carbohydrate: 3 g Fiber: 0 g Sugar: 2 g Protein: 0 g

## BROWN RICE

(Makes 8 servings,  $\frac{3}{4}$  cup each)

**1 cup dry brown rice**

**2 cups cold water**

**Sea salt and ground black pepper**

(to taste; optional)

- Combine brown rice, water, salt (if desired), and pepper (if desired) in medium saucepan with tightly fitting lid and bring to a boil over high heat.
- Reduce heat to maintain a gentle boil; cook, covered, for 50 minutes. Please don't lift lid to peek or stir, or rice will not cook evenly.
- Remove pan from heat. Continuing to keep pan tightly covered, let rice sit for 10 minutes.
- Fluff with a fork and serve.

*Tip:* You can store leftover Cooked Brown Rice in the refrigerator for up to 4 days.

Nutritional Information (per serving): Calories: 86 Fat: 1 g Saturated Fat: 0 g  
Cholesterol: 0 mg Sodium: 1 mg Carbohydrate: 18 g Fiber: 1 g Sugar: 0 g Protein: 2 g





## COOKED QUINOA

(Makes 8 servings,  $\frac{1}{2}$  cup each)

1 cup dry quinoa

2 cups cold water

Sea salt and ground black pepper  
(to taste; optional)

- Rinse quinoa thoroughly.
- Combine quinoa, water, salt (if desired), and pepper (if desired), in medium saucepan with tightly fitting lid and bring to a boil over high heat.
- Reduce heat to maintain a gentle boil; cook, covered, for 15 minutes, or until all water has been absorbed. Try to avoid peeking so quinoa will cook evenly.
- Remove pan from heat. Continuing to keep pan tightly covered, let quinoa sit for 5 minutes.
- Fluff with a fork and serve.

*Tip:* You can store leftover Cooked Quinoa in the refrigerator for up to 4 days.

Nutritional Information (per serving): Calories: 78 Fat: 1 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 1 mg Carbohydrate: 14 g Fiber: 1 g Sugar: 0 g Protein: 3 g

## COOKED LENTILS

(Makes 6 servings,  $\frac{1}{2}$  cup each)

**1 cup dry brown lentils**

**1½ cups water**

**Sea salt and ground black pepper**

(to taste; optional)

- Sort through the lentils to make sure there are no small stones. Rinse lentils in a colander under cool water.
- Bring water, salt (if desired), and pepper (if desired) to a boil in medium saucepan over high heat; add lentils.
- Bring back to a boil; cover and reduce heat to maintain a gentle boil. Cook for 20 minutes, or until lentils are tender.

*Tip:* You can store leftover Cooked Lentils in the refrigerator for up to 4 days.

Nutritional Information (per serving): Calories: 113 Fat: 0 g Saturated Fat: 0 g  
Cholesterol: 0 mg Sodium: 2 mg Carbohydrate: 19 g Fiber: 10 g Sugar: 1 g Protein: 8 g





## COOKED CHICKEN BREAST

(Makes 6 servings, 3 oz. each)

18 oz. raw chicken breast, boneless, skinless

½ tsp. extra-virgin olive oil

Sea salt and ground black pepper  
(to taste; optional)

- Preheat oven to 375° F.
- Place chicken in an ovenproof dish.
- Drizzle with oil. Season with salt and pepper if desired.
- Bake for 15 to 20 minutes, or until chicken is no longer pink in the middle and juices run clear.

*Tip:* To cook a single serving, use one 3-oz. piece of chicken breast and just a few drops of olive oil; reduce baking time to 12 to 15 minutes. You can also cook more than 6 servings at a time; just remember that cooked chicken can only be stored in the refrigerator for up to 4 days. For longer storage, keep Cooked Chicken Breast in freezer in individual-serving bags or containers.

Nutritional Information (per serving): Calories: 120 Fat: 3 g Saturated Fat: 1 g Cholesterol: 65 mg Sodium: 175 mg Carbohydrate: 0 g Fiber: 0 g Sugar: 0 g Protein: 22 g