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Recipes

Breakfasts

- ☆ Asparagus Frittata
- ☆ Apple Cinnamon Pancakes
- ☆ Banana Nutmeg Pancakes
- ☆ Bodybuilder's Breakfast
- ☆ Chocolate Pancakes
- ☆ Easy Egg Sandwiches
- ☆ Finally French Toast
- ☆ Number One Breakfast
- ☆ Options with Oats
- ☆ Tasty Time Breakfast
- ☆ Very Veggie Eggs and Toast
- ☆ Whole Wheat Cinnamon Pancakes

Power Sandwiches

- ☆ Any-day Turkey Sandwich
- ☆ Chocolate Peanut Butter Muscle Booster
- ☆ Fiery Fish or Chicken Sandwich
- ☆ Friendlier Fluffer Nutter
- ☆ Juicy Roast Beef Sandwich
- ☆ Really Ripped Reuben
- ☆ Salmon Burger
- ☆ Super Stacked Sandwich
- ☆ Terrific Tuna Melt
- ☆ Turkey Cheeseburger

Power Meals

- ☆ Aloha Chicken
- ☆ Asian Turkey Stir Fry
- ☆ Baked Fish
- ☆ Cajun Gumbo
- ☆ Chicken Chili
- ☆ Chicken Quesadillas
- ☆ Chicken Stir Fry
- ☆ Citrus Chicken and Rice
- ☆ Citrus Stuffed Acorn Squash
- ☆ Fiesta Feast
- ☆ Garden Turkey Loaf
- ☆ Ginger Chicken
- ☆ Halibut with Greek Sauce
- ☆ Italian Chicken and Redskins
- ☆ Lettuce Wraps
- ☆ Maple Salmon and Sweet Potatoes
- ☆ Mexican Pot Roast
- ☆ Pan Roasted Red Snapper
- ☆ Pan Seared Pork Chops
- ☆ Power Pizza
- ☆ Roasted Turkey, Sun-Dried Tomatoes and Basil Wraps
- ☆ Salmon Skillet Dinner
- ☆ Shrimp Calzones
- ☆ Spanish Shrimp
- ☆ Steak and Tomatoes
- ☆ Southwest Pepper Steak
- ☆ Very Versatile Chicken

Side Items, Salads, and Sauces

- ☆ Broccoli Soup with Lemon Cream
- ☆ Creamy Low-cal Dressing
- ☆ Fat-free Creamy Onion Dressing
- ☆ Fluffy Fruit Dressing
- ☆ Fruit Jam
- ☆ Fruit Slaw
- ☆ Greater Greens
- ☆ Grilled Chicken Salad
- ☆ Kale and Potato Soup
- ☆ Lemon and Garlic Asparagus
- ☆ Low-cal Lemon Pepper Dressing and Herb Dressing
- ☆ Marinated Veggies
- ☆ Peanut Sauce
- ☆ Sautéed Spinach
- ☆ Spaghetti Squash Marinara or Hash Browns
- ☆ Spinach Soufflé
- ☆ Split Pea Soup with Ham
- ☆ Sunflower Nut Dressing
- ☆ Sweet Potato French Fries
- ☆ Sweet Potato Soup
- ☆ Tangy Tuna Salad

Protein Powered Shakes and Snacks

- ☆ Moccacino Freeze
- ☆ Peanut Butter Protein Bars
- ☆ Power Balls
- ☆ Power Shake
- ☆ Protein Powered Java
- ☆ Protein Pudding
- ☆ S'mores Protein Bars
- ☆ Two Shakes to Go
- ☆ Workout Energizer

Super Snacks and Muffins

- ☆ Blasted Blueberry Muffins
- ☆ Chocolate Macadamia Banana Pops
- ☆ Chocolate Muscle Muffins
- ☆ Cinnamon Apples and Cottage Cheese
- ☆ Granny's Molasses Muffins
- ☆ High Protein Cinnamon Nut Coffee Cake
- ☆ Honey and Banana Bread
- ☆ Jelly Belly Muffins
- ☆ Peanuttty Banana Treats
- ☆ Pears and Cottage Cheese
- ☆ Strongman's Apple Sauce
- ☆ Sweet Potato Snacks
- ☆ Very Best Strawberry Muffins
- ☆ Yogurt and Graham Snack

Cakes, Pies, and Desserts

- ☆ Almond Biscotti
- ☆ Apple Pie/Peach Pie
- ☆ Banana Cream Pie
- ☆ Blueberry/Blackberry/Raspberry or Cherry Pie
- ☆ Cravin' Carrot Cake
- ☆ Fruitful Graham Pie Crust
- ☆ Fudgy Brownies
- ☆ No-Guilt Pound Cake
- ☆ Pastry for Double Crust Pie
- ☆ Strawberry Banana Pie
- ☆ Strawberry Glacé Pie
- ☆ Strawberry Swirl Cheesecake
- ☆ Sweet Angel Food Cake
- ☆ Whole Wheat Chocolate Chip Cookies