

TURBO FIRE®

FUEL
THE **FIRE**



It's no use working out hard if you don't eat the right foods. Your body needs good, clean fuel to burn while you're working out.

This Nutrition Guide serves up everything you need to get the results you want, without added time, effort, or empty calories.

As you flip through these pages you'll find easy, mouthwatering recipe ideas that can be prepped in under half an hour. So you spend less time in the kitchen and more time doing what you want, without feeling hungry.

Staying fueled will leave you satisfied and pumped with plenty of energy for intense cardio conditioning. You'll be eating five times a day: three meals and two snacks made up of lean foods to help burn fat, reduce cravings, and maintain high energy levels during your classes. Soon you'll be shedding the extra pounds and revealing a stronger, more toned body. The real you.

The results can be addicting, too. TurboFire® kicks off a lifestyle you'll want to maintain for years. It's a complete health and fitness plan that really works.

Getting the body you've always wanted begins right here. Right now. So let's get started. The coming weeks will shape you now and for the rest of your life.

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HOW THE PROGRAM WORKS

It's simple, really. First, calculate how many calories you should eat by using the formula on page 12 of this guide. Then choose three meals and two snacks a day from pages 48 to 93. Every meal in this guide is balanced to meet your nutritional requirements and you have the freedom to customize your meal plan to suit your taste. You don't need to guess calories, protein, carbs, fat, etc. We've already broken these down for you, so tracking your dietary intakes will be a cinch.

As you increase your metabolism over the course of the program, you may want to recalculate your caloric needs. Don't sweat it, though. In the next section, we'll walk you through the steps you'll take to incorporate a structured eating plan. But don't think of this as a diet. It's a good way to establish a foundation for making healthy food choices for the rest of your life.

THE BASICS OF LOSING WEIGHT

THE CALORIE DEFICIT

Here's the skinny on shedding pounds: eat fewer calories than you burn day after day, while maintaining lean muscle, and you lose weight. To break it down, there are 3,500 calories in one pound. For every 3,500 calories of deficit, you can lose one pound of body weight. This may seem daunting at first, but don't let it be. Pace yourself. If you create a 500-calorie daily deficit by combining a healthy diet and a TurboFire Class regimen, that's about one pound every week.

Unlike fad diets, crash diets, or starvation marathons, creating a small daily caloric deficit is a systematic approach to maintaining an efficient metabolism. It also helps keep you from rebounding on your weight loss because you don't go into huge hormonal swings. The way you'll learn to eat in this Nutrition Guide is a good strategic meal plan to help you maintain health and fitness for life.

TURBO TIP

Be patient. Stick to the plan. Creating a change in your body takes knowing the facts, motivating yourself to do something about it, and time to make it all happen. Soon you'll be slimmer and stronger than ever before.

1/2 head red cabbage
45 calories

1 small apple
60 calories



1 Tbsp. walnuts
43 calories

1 Tbsp. red wine vinegar
1 calorie

1 Tbsp. dried cranberries
20 calories

TOTAL = 169 calories

COUNT THE CALORIES. LOSE THE WEIGHT.

1 Write it down.

Paying close attention to what you eat or how much you work out can help adjust the good and bad habits you've developed. By writing these things down or journaling, you hold yourself accountable. It'll also help to avoid caloric amnesia by keeping track of the snacks, nibbles, or extra helpings you forgot all about. So you can be honest with yourself. No one will be peeking at your list.

Making copies and filling out the Daily Tracker Sheets in the TURN UP THE BURN Fitness Guide can make you stick to your health and fitness goals. Or use the TurboTracker. Not only is it easier to keep tabs on yourself, but the TurboTracker is filled with lots of useful information that's available at your fingertips any time you need it. To order, contact your Team Beachbody® Coach at TeamBeachbody.com, or go to TurboFireAdvanced.com.



Calorie Target **1,745**

FUEL TRACKER

BREAKFAST	TIME	CALORIES
Breakfast Quesadilla	8:00 AM	322
Grapefruit Juice - 4 oz.		48
BREAKFAST TOTALS ⇒		370

SNACK 1	TIME	CALORIES
Shakeology - Chocolate	10:30 AM	214
Covered Bananas		
SNACK TOTALS ⇒		214

LUNCH	TIME	CALORIES
Turkey Wrap	1:00 PM	351
LUNCH TOTALS ⇒		351

SNACK 2	TIME	CALORIES
5 Grapes	3:30 PM	98
SNACK TOTALS ⇒		98

	TIME	CALORIES
Lemon Salmon	6:00 PM	250
Carrots		159
DINNER TOTALS ⇒		409

TOTAL CALORIES CONSUMED ⇒ **1,442**

WATER (8-oz. glasses)

<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

VITAMINS/SUPPLEMENTS

Activit
Shakeology

SLEEP (hrs.)

8

2 Stock up on fruits and vegetables.

They're very low in calories and very high in vitamins, minerals, phytonutrients, and fiber, which help tide you over until your next meal.

3 Bring it with you.

Avoid being tempted by junk food or drive-throughs by taking wholesome foods like cereal, fruit, yogurt, or a Shakeology® shake with you wherever you go. Refer to the Snack-o-Matic section on page 60 for tips.

4 Make small changes.

Cut back on your portions, use a smaller sized plate, and add alternative foods in small increments without getting overwhelmed about a new eating plan.

5 Weigh it out.

Use a food scale to weigh your portions and know how many calories you're eating. You'll get a more accurate tally. It won't take long before you get a feel for the right portions for your target calorie count.

TURBO TIP



Buy small containers that you can take with you to control your portions and monitor the foods you eat.



HOW MANY CALORIES SHOULD YOU EAT?

STEP 1

Calculate your Resting Metabolic Rate (RMR).

Your current body weight X 10 = RMR

STEP 2

Calculate your Daily Activity Burn (DAB) based on your current activity levels (outside of TurboFire).

SEDENTARY

RMR x 10% = DAB

MODERATELY ACTIVE

RMR x 20% = DAB

VERY ACTIVE

RMR x 30% = DAB

STEP 3

Add calories burned from your Daily Exercise (DE). Although this will vary, a good average number for a TurboFire Class is 650 calories a day.*

*Statistic based on test group results. Caloric expenditures may vary and are based on many factors, including height, weight, intensity level, muscle mass, and fitness levels.

STEP 4

Subtract or add your Caloric Deficit (CD) or Surplus. This is the number of calories you'd like to cut out (or add) of your current diet in order to lose (or gain) weight. A deficit of 500 calories a day averages to a loss of about one pound per week.*

STEP 5

Put all those numbers together to find out how many calories you need.

$$\text{RMR} + \text{DAB} + \text{DE} - \text{CD} = \text{Your Calorie Target}$$

(Resting Metabolic Rate + Daily Activity Burn + Daily Exercise - Caloric Deficit = Your Calorie Target)

 + + - =

*Don't use a Caloric Deficit that's more than 1,000 calories a day for your regular diet. (A deficit that drastic is only okay for less than a week or for cleansing purposes.) If you go without enough calories for too long, you'll lack the nutrients to properly recover from your classes. This can lead to the dreaded "results plateau." Your body will also break down in the form of an injury and/or an illness. So don't do it.

TURBO TIP

Round up or average your calories to make them easier to track. Also, start the day with a 200-calorie catchall for small slip-ups during the day like gum, candy at the office, sugar and creamer in coffee and tea, or that small bite of pizza.

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WEEKS 9-12

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TURBO TIP

When you're craving a snack, grab a handful of raw nuts, or a piece of fruit to satisfy that sweet tooth. Processed foods with a sugary taste are usually high in calories and low in nutritional content.

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WEEKS 17-20

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PLANNING YOUR CALORIES

WHEN TO EAT

Since TurboFire Classes are intense, you'll need to feed your body with the proper nutrients by eating five times a day. That means three meals plus two snacks. Eating every few hours not only supports your metabolism, but also gives you energy to get through your classes.

WHEN TO PLAN YOUR MEALS AND SNACKS

Breakfast: Within an hour of waking up

Snack: 2 to 3 hours after breakfast

Lunch: 2 to 3 hours after snack

Snack: 2 to 3 hours after lunch

Dinner: Eat at least 3 hours before going to bed

WHAT TO EAT

The TurboFire meal plan is based on a 1,500-calorie daily diet. However, everyone's body is different, which means our calorie intake also varies. So you may need to alter it to suit your needs. This is where journaling in the TurboTracker can help you notice certain patterns in your energy levels. Whether you feel overly stuffed or still hungry after meals, you can make any necessary changes to get more out of the TurboFire program.

1,200 CALORIES	1,300 CALORIES	1,400 CALORIES	1,500 CALORIES	1,600 CALORIES	1,800 CALORIES
-300 calories	-200 calories	-100 calories	—	+100 calories	+300 calories
Skip a snack AND decrease protein from one of your meals by 2 oz.	Skip a snack or decrease protein by 4 oz.	Decrease protein from one of your meals by 2 oz.	Stick to the TurboFire meal plan	Add 2 oz. of protein to one of your meals	Add a snack and 2 oz. of protein to one of your meals

KEEP SNACKING

The snacks recommended in the TurboFire meal plan contain 100 calories or less. This makes it easy to mix and match snacks to meet your caloric requirements. If your body needs more calories you can either increase your portions or use meals in place of snacks.

Whatever you do, avoid eating fewer than 1,200 calories a day. You'll not only lack the proper nutrients to FUEL THE FIRE, but your body could think it's starving and spin your metabolism in the opposite direction. And you wouldn't want it to do that, because you'll gradually put the weight back on.

WHAT TO DRINK

Staying hydrated is key. You'll want to drink at least 8 glasses or 64 ounces of pure water throughout the day. When it's hot and you're sweating a lot, drink more H₂O. It contains zero calories, keeps you satiated, and also helps flush toxins from your body.

Just keep in mind that most other beverages contain calories. Try to limit the amounts of juices, flavored waters, and calorie-rich drinks throughout the day. Also, if you must drink during your meals, take small sips. Drinking while you eat hinders thermogenesis and decreases your body's ability to lose weight. You'll learn more about various beverages on page 44. 'Til then, think of it this way: instead of drinking away your calories, you could be enjoying a healthy snack or more bites of that delicious meal you just whipped up. Cheers to that.



TURBO TIP

Drink an 8-oz. glass of water 30 minutes prior to eating a meal to help you feel full. In turn, you'll eat less food than you're used to.

ADJUSTING TO YOUR NEW METABOLISM

POWER THROUGH A PLATEAU

As your body gets into better shape, it will begin to burn more calories. In turn, you may need to increase the calories you eat to maintain your fitness goals and avoid seeing a plateau in your results. This will be especially true after you've been taking your TurboFire Classes for a while.

In the simplest sense, when your body's out of shape and has more fat and less muscle, your metabolism is slow. As you begin to eat less, you lose fat, since your body converts it into fuel. Add exercise to this equation and now you start building muscle, which also speeds up your fat loss. More muscle requires more calories to maintain. If you don't eat more, your workouts will suffer and so will your results.

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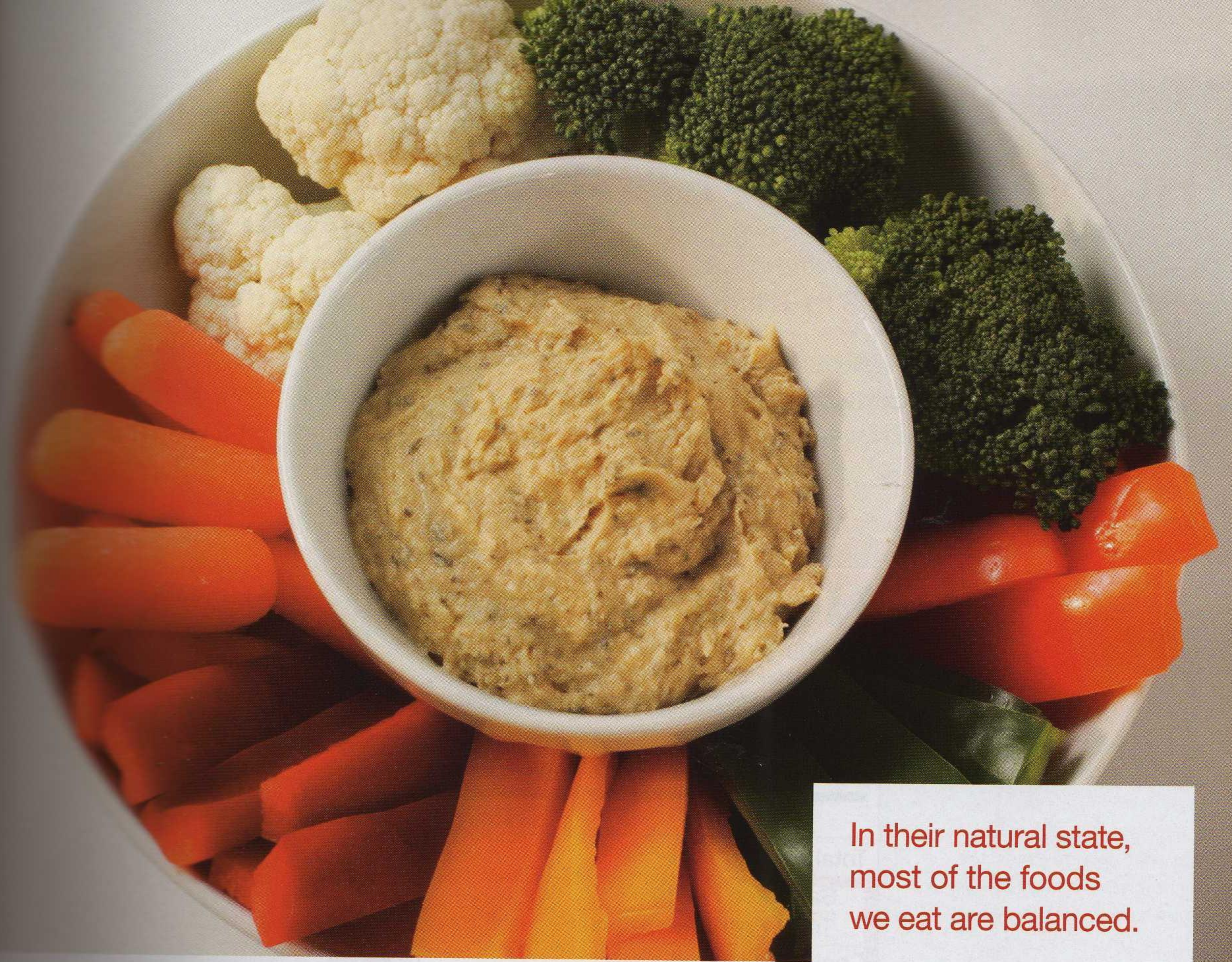
Initially, when you were eating less, say around 1,200 calories, you may have lost weight somewhat quickly. You became thinner and in better shape. After some time, you stopped losing weight. Why? Your body is going through a plateau and needs more fuel to increase the intensity of your workouts. If you've experienced this lack of continuous weight loss, try reducing your calorie deficit (CD), by eating more while continuing your Class Schedule.

It may be hard to convince yourself that you need to eat more in order to lose weight. However, the method to this science works because TurboFire is all about performance. That restricted calorie regimen you started off with in the beginning of the program won't provide you with enough energy to power through your classes. Just make sure to add healthy calories to your diet to keep energy levels high.

The plateau effect is quite common. We've even seen people who had to double their caloric intake to keep their weight loss going after they were in shape. Surprising, yet true.

TURBO TIP

Don't reduce the number of calories you're eating all at once. Zig-zag your diet. Add or subtract 200 calories a day for three or four days per week and eat the way you have been on the other days. Your body will be forced to adjust to these deficit days.



In their natural state, most of the foods we eat are balanced.

COUNTING PROTEIN, FAT, AND CARBS

MACRONUTRIENTS

A lot of diet books focus on macronutrients (protein, fat, carbohydrates) and how much of them you should be eating. This trend is a result of more and more processed foods being funneled into our diets.

In their natural state, most of the foods we eat are balanced. However, processing changes the chemical makeup of these foods, stripping them of natural nutrients. Manufacturers then attempt to add nutrients back into these foods, but it's not nearly the same amount as in their original and natural forms.

The effect: when we base our diets on processed foods, we become malnourished even when consuming plenty of calories. A healthy, balanced diet virtually eliminates the need for macronutrient counting.

This TurboFire Nutrition Plan is already nutritionally balanced. We've done the work for you, so you won't need to count protein, fat, and carb grams. Instead, you can focus on more interesting things—like your classes and your life.

HOW TO READ LABELS

MAKE SENSE OF WHAT'S IN THE PACKAGE

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

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

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

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

Nutrition Facts

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

Amount Per Serving

Calories 250 Calories from Fat 110

% Daily Value*

Total Fat 12g 18%

Saturated Fat 3g 15%

Trans Fat 1.5g

Cholesterol 30mg 10%

Sodium 470mg 20%

Total Carbohydrate 31g 10%

Dietary Fiber 0g 0%

Sugars 5g

Protein 5g

Vitamin A 4%

Vitamin C 2%

Calcium 20%

Iron 4%

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

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

Nutrients in the Red Zone: saturated fat, trans fat, cholesterol, and sodium. Limit these nutrients as they may increase various health risks such as obesity, heart disease, and high blood pressure.

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

WHAT THE LABELS DON'T TELL YOU

Marketing professionals spend a lot of time and money trying to make their products more appealing to customers. Some of these claims and buzzwords are catchy, and very believable. Yet many of these claims only cover up the truth.

You've probably seen some of these marketing terms plastered on the packaging of your favorite products. Now you can decipher what they really mean. Keep in mind, however, that just because it's FDA-approved doesn't mean it's good for you.

FDA NUTRITION CLAIM DEFINITIONS*

Low calorie: 40 calories or less

Light/Lite: One-third fewer calories or 50% less fat than the regular product

Fat free: Less than half a gram of fat

Low fat: 3 grams or less of fat

Reduced fat: 25% less fat than regular product

Fewer or less calories: At least 25% fewer calories than regular product

**Information on a per-serving basis.*

MORE TO A LABEL THAN MEETS THE EYE

Fact: Packaged foods are packed with extra calories. This is because the actual weight of a packaged food item is usually 5% to 10% more than the label net weight. Sometimes it's as much as 50% more. To calculate the actual calories, weigh it on a food scale. You might be surprised how much you've been adding to your diet without knowing it. That's why a 200-calorie catchall helps make your daily calories eaten more accurate.

Packaged foods are packed with extra calories. Sometimes it's as much as 50% more.



The Truth Behind the Label

Half the guilt doesn't mean half the calories.

It's easy to think that you can eat bigger portions of low-fat or fat-free foods, but that's not true. These foods are often filled with ingredients with little or no nutritional value. And doubling up on nothing is still nothing. Well, except empty calories and chemicals.

Fat free doesn't mean calorie free.

Candy, soft drinks, fruit juices, alcoholic beverages, and pre-packaged snacks may be fat free. However, they're usually high in sugar and contain empty calories that are anything but empty. They're often worse than the fat.

Sweetened with empty calories.

Soft drinks, ice cream, canned foods, jam, sauces, and breakfast cereals can be loaded with sugar. Enjoy only moderate quantities of these types of processed, packaged foods. Also, check the labels. Sugar can be disguised in many forms. Common aliases: sucrose, glucose, malt, high-fructose corn syrup, molasses, honey, maple syrup, and yes, even this fancy one: "organic evaporated cane juice."



Cutting the fat on meat.

Pizza lovers beware: one serving of pepperoni has about a third of your recommended daily saturated fat. Love salami? You may not after knowing that in regular beef-and-pork based salami, more than 70% of the calories come from fat. Go for a leaner choice instead, like Canadian bacon or turkey bacon.

Low fat that's full of it.

Don't be fooled by labels claiming to have a lower percentage of fat. It's serving size and total grams of fat that count. For example, whole milk with 3.5% fat sounds low, but an 8-oz. cup contains 8 grams of fat.

Organic junk food.

If it's organic, then it must be healthy, right? Not really. Your body processes organic refined flour the same way it breaks down conventional flour. All in all, you're still eating a high-calorie, low-nutrient letdown.

The vitamin void.

Some products may claim to be a “good source of 7 vitamins and minerals.” Let’s take a closer look at the ingredients list. Apparently, 5 of those 7 vitamins and minerals are derived from the first ingredient: enriched flour, otherwise known as refined flour with nutrients added after it’s been stripped of fiber. Fact is, fiber helps digestion and promotes regularity, among other things. And most adults don’t get enough of it. Substitute these highly processed, false bearers of fiber with whole foods or Shakeology.®

What’s inside this wheat bread?

Ignore fat when it comes to bread. Claims like “1 gram of fat per slice” are really trying to distract you from the truth. The truth is these products have three times more sugar than fiber. Not to mention a dozen additives, chemicals, and preservatives. Apparently, not all breads are made of flour, water, and yeast. Look for whole-grain breads with fewer than six ingredients on the label.

Fat free vs. sugar free. Who wins?

Depends on how many calories are in a serving. In sugar-free products, fat may be increased to compensate for sugar’s other qualities besides sweetness, like tenderness. Same for fat-free products. Sugar content may be increased to imitate the bulking and tenderizing effect that fat has on foods. Sometimes, the natural, non-engineered product in a smaller portion size is your best choice.

The surprise in the cereal box isn’t the toy inside.

It’s sugar. Catchphrases like “a hint of sweetness” can mean as much sugar as a scoop of vanilla ice cream. Even healthy-sounding labels can be loaded with sugar. For a better alternative, look for cereals with under 10 grams of sugar, some protein, and at least 3 grams of fiber per serving.

Drizzled or drenched. It’s all in the dressing.

A bowl full of fresh salad and veggies is chock-full of vitamins and minerals. But it may also be chock-full of unwanted calories and fat. Ranch, Caesar and blue cheese salad dressings clock in at around 150 calories and 15 grams of fat per serving, while French, Catalina, and Thousand Island are loaded with low-grade oils and excess sugar. You’re better off drizzling half a tablespoon of olive oil with a squirt of lemon or flavored vinegars (e.g., balsamic, red wine, or rice vinegar) and saving those unwanted calories for something later, like a tasty snack.



TURBO TIP

Dip your fork into dressing and you’ll end up using a lot less than if you poured it all over your salad.

EAT GOOD CARBS. NOT BAD CARBS.

The idea that all carbohydrates are unhealthy is a misconception. Over the years, the wrong kinds of carbs, such as soda and candy, have given good carbs a bad name. Truth is, carbohydrates fuel the body with nutrients. Did you know that many of the world's healthiest foods are good carbohydrates like fruits, vegetables, and whole grains? Yup, these are the kinds of good, clean foods that are your friends. And when you're exercising at high intensities, they'll help you keep up the momentum.

This is how it works: since good carbs have a low glycemic index, they supply your body with a steady stream of blood sugar. In turn, you'll have more energy to get through your class so you can burn calories more efficiently. Sure, if you eat too many, even good carbs will be stored as fat. But without them, you'll crash. In reality, getting enough good carbs in your diet is absolutely essential for high performance.

Many of the world's healthiest foods are good carbs like fruits, vegetables, and whole grains.

Now for the lowdown on bad carbs. These refined carbs and sugars have a high glycemic index which isn't balanced out by fiber. So your body absorbs them too fast, creating an insulin response that'll spike your blood sugar levels, then drop them quickly (aka "the sugar rush/crash"). This process just leaves you feeling lethargic, without enough energy. If you cut refined carbs and sugars out of your daily diet, you'll probably notice a renewed sense of energy. So why not give it a try? Today is a good day to start.



Good Carbs to Add to Your Diet

- 1/2 cup cooked brown rice, whole wheat pasta, or barley
- 1 small baked sweet potato
- 3/4 cup cooked corn
- 1/2 cup canned beans, rinsed of brine
- 1 small baked potato with skin
- 1 slice of whole-grain bread
- 1 whole wheat English muffin
- 2/3 cup of whole-grain, high-fiber breakfast cereal
- 1/2 cup of cooked whole wheat couscous
- 1 small banana, large orange, or apple

100–150 calories per serving

TURBO TIP

Read nutritional labels to help you measure out correct serving sizes so you don't overeat.

REMEMBER TO FACTOR IN THE FIBER.

Fiber has a number of amazing benefits such as helping us digest food and lowering our cholesterol. It also helps our bodies and stomachs feel full. Unfortunately, several studies indicate that most Americans don't get the recommended 25 to 40 grams of fiber a day. Why be a statistic? Getting plenty of fiber can be easily done by incorporating more fruits, vegetables, and whole grains in your diet. Also, try to skip processed foods as they're often stripped of fiber, and offer your body less nourishment than whole foods.

Want to know how much fiber a certain food contains? Just check the Nutrition Facts label. Under the *Carbohydrates* heading you'll see how many grams of fiber it contains. If there are none, maybe you can swap it for a better choice.

THE POWER OF PROTEIN.

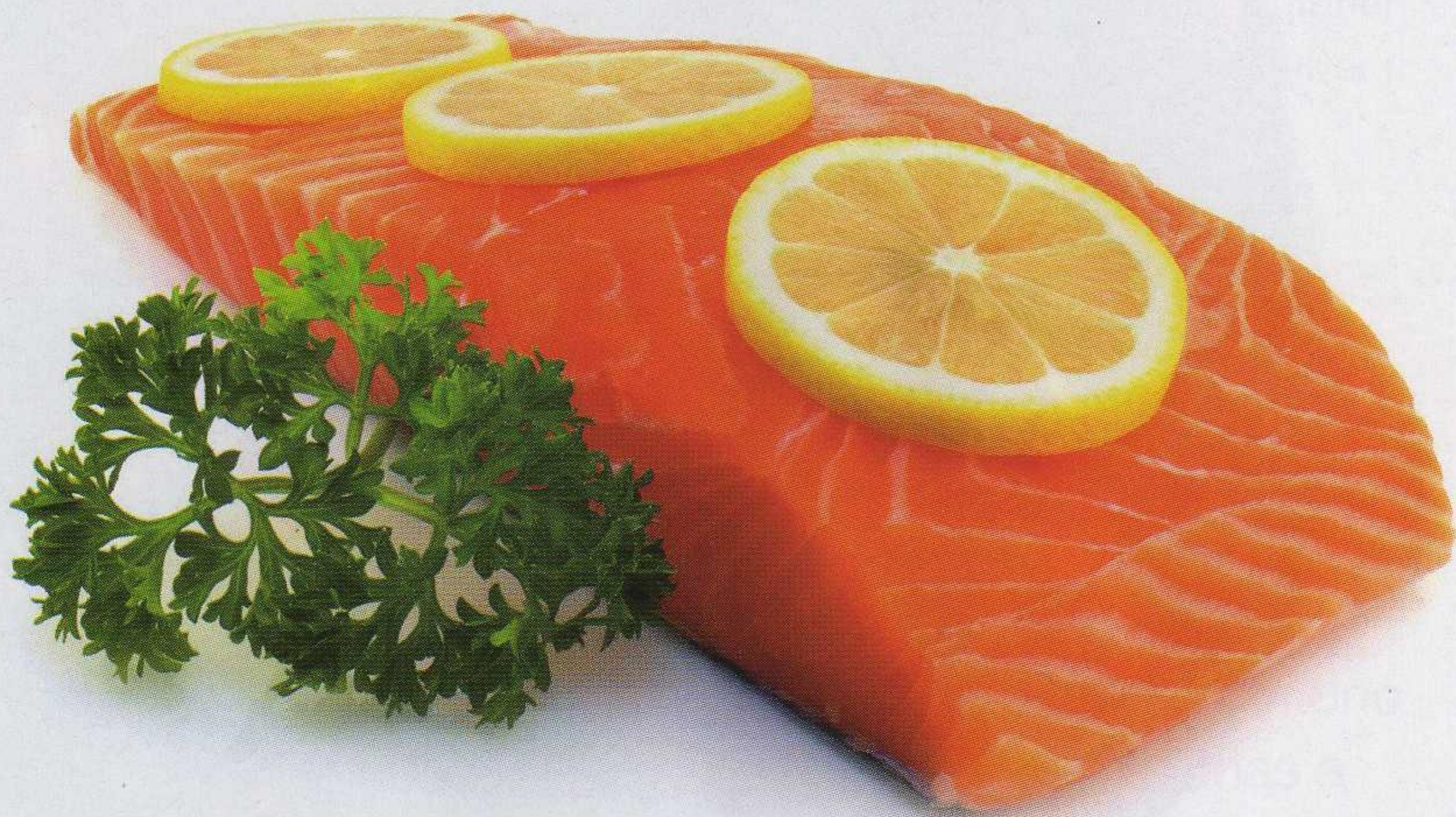
Protein is made up of the amino acids our bodies require to build muscle. Unlike carbs and fat, protein isn't really vilified or slammed in the press. Most of us are aware we need it, and that protein is found in meat as well as many vegetarian sources. Herein lies the problem. When you eat large amounts of protein in one sitting, your body has a tough time digesting it all. Instead, try to consume small amounts of protein throughout the day.

When you eat large amounts of protein in one sitting, your body has a tough time digesting it all.

More than 30 grams just goes to waste for most people. Protein is found in many non-red meat sources, but not so much in processed foods. Grilling up a fresh, lean piece of chicken or fish is a better and natural whole food choice. Or snack on some nuts, eggs, beans, or cottage cheese.

Getting plenty of fiber can be easily done by incorporating more fruits, vegetables, and whole grains in your diet.





The Skinny on Fat

Like carbs, fats are essential for health. The problem, much like the one we have with carbs, is that we eat too many of the wrong types of fats. Omega-3, -6, and -9 fatty acids are key to the healthy function of your brain, metabolism, and immune system.

FOLLOW THESE SHORTCUTS TO EATING THE RIGHT FATS WHILE OMITTING BAD FATS.

- 1** The more white you see on raw meat, the more saturated fat it contains. Limit these types of fatty cuts.
- 2** If a food contains any trans fats, avoid it altogether.
- 3** Take the skin off poultry. Remove it before cooking to avoid saturated fat from sneaking into your meal.
- 4** Choose fish such as salmon to get a healthy dose of omega-3s.
- 5** Buy all-natural nuts, seeds, and nut butters.
- 6** Select low-fat dairy to decrease unwanted saturated fat. Or replace milk with rice or almond milk.
- 7** Use natural cooking oils to prepare your foods. Olive oil and canola are great sources of monounsaturated fats.
- 8** Though high in saturated fat, natural butter (preferably organic, from grass-fed cows) is loaded with vitamins and is usually better than lower-calorie margarine options. Your body needs saturated fat, just not much. If you're going to use butter, make a little pat go a long way.

MANAGING YOUR HUNGER

WHEN YOUR BODY TALKS, LISTEN.

About 60% to 75% of your daily calories are expended just keeping up your bodily functions. They're used to maintain your body's temperature, for regulating your nerves, for breathing, and to keep your heart beating, as well as to nourish and repair your muscles and cells. A simple rule you can keep in mind is to eat when you're hungry, stop when you're not.

Don't skip meals: Avoid slowing down your metabolism. You should be fueling your body five times a day. Eat breakfast, lunch, and dinner, and snack on healthy choices throughout the day. Studies indicate those who skip breakfast regularly are up to 450% more likely to be overweight. Skipping meals doesn't help you cut calories. Only smaller portion sizes and the kinds of foods you eat will. Choose meals and snack options from the recipes section to customize your daily caloric intake.

Studies indicate those who skip breakfast are up to 450% more likely to be overweight.

Water burns: 75% of people don't drink enough water. Without enough water in your system, your metabolism slows down and you end up burning fewer calories. Always drink at least 8 glasses or 64 ounces of water a day.

Catch more Zzzzs: Getting too little sleep triggers hormonal changes that lead to an increased appetite. Also, sleep deprivation will cause your body to have more cravings for foods high in sugar and fat. If you're tired, often you won't have the energy to work out. So be sure to get enough sleep—7 to 8 hours each night. That way you can get those legs up and those fists punching. (Your body will thank you for it.)

TURBO TIP

Are you drinking enough water? When you're awake, you should be taking a bathroom break every four hours. If not, it's time to hydrate.

DON'T LET YOUR HUNGER MANAGE YOU.

When you're hungry, it's easy to let your stomach do the talking. Make sure you take control over your hunger before it gets out of control. Here are a few tips to help you manage your appetite:

Drink water 30 minutes before every meal.

Sometimes, the effects of thirst are disguised as hunger pangs. Water will not only ease the hunger temporarily, it'll also help you reduce the amount you eat at a meal. Drink water instead of sodas, fruit juices, and sugary drinks during your meals and you won't be adding empty calories.

You don't need to eat everything on your plate.

Avoid overeating just because it's there. Pack leftovers into a doggie bag when you're eating out. Or split your meal in half and take half home. That way you can enjoy the same delicious meal twice.

Hold the dessert? Yes.

Wait until 20 minutes after you've eaten the main course. If you're still hungry, treat yourself to fresh fruit or sorbet.

Veggies on the side, please.

If your meal doesn't come with vegetables, get a side order or have a fresh garden salad on the side. You'll eat more nutrients that'll burn off easily.

Eat slowly. Chew 20 times before you swallow.

Your taste buds can savor the flavors longer and you'll avoid filling up too quickly. Also, chewing your food well helps your body digest it properly.

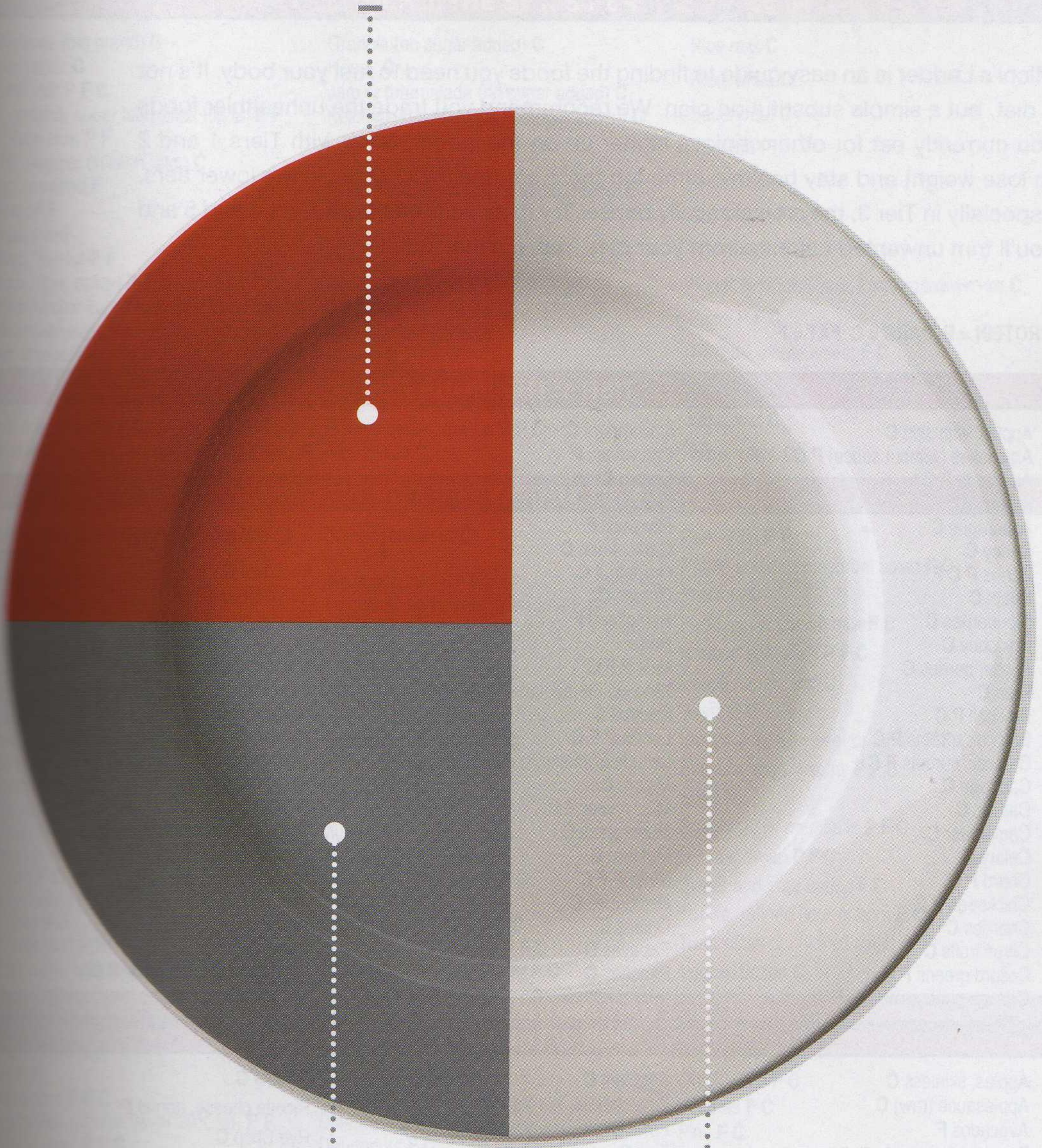


Eyeball What's on Your Plate

An easy way to begin eating healthier starts with what you pile on your plate. To reduce portions, first choose a smaller-sized plate. Then section it off so you can get the most nutrition out of every meal.

- Fill half your plate with vegetables such as broccoli, cauliflower, carrots, green beans, or mixed green salad.
- Fill one-quarter of your plate with lean meats, poultry, or fish.
- Fill the other quarter of your plate with good carbs like brown rice, whole-grain pasta, or sweet potatoes.
- Add a small piece of fruit or 8 ounces of low-fat yogurt.
- Limit fat to 1 or 2 teaspoons of butter, olive oil, or canola oil. Use a nonstick cooking spray instead and you can limit calories even more.

$1/4$ = lean meats, poultry, or fish



$1/2$ = veggies

$1/4$ = good carbs

STAY ON TOP OF MACHI'S LADDER

Michi's Ladder is an easy guide to finding the foods you need to fuel your body. It's not a diet, but a simple substitution plan. We recommend you trade the unhealthier foods you currently eat for other choices higher up on the ladder. Stick with Tiers 1 and 2 to lose weight and stay healthy. Although there are healthy choices in the lower tiers, especially in Tier 3, they're calorically dense. Try to avoid foods from Tiers 4 and 5 and you'll trim unwanted calories from your diet. Yes, it's that simple.

PROTEIN = P CARB = C FAT = F

TIER 1: THE PIOUS TIER

Apples, with skin C	Cucumbers C	Peas P C
Artichokes (without sauce) P C	Egg whites P	Peppers C
Amaranth P C	Endive C	Pineapple C
Arugula C	Fish (broiled, steamed, grilled) P F	Plums C
Asparagus C	Flaxseed F	Prunes C
Barley C	Garlic, fresh C	Quinoa P C
Beans P C F	Grapefruit C	Radishes C
Beets C	Grapes C	Raspberries C
Blueberries C	Hempseed F	Refried beans (nonfat) P C
Bok choy C	Herbs	Rice, whole grain C
Boysenberries C	Kale P F C	Salsa (natural, no sugar or oil) C
Bran C	Ketchup (homemade, no sugar) C	Spelt P C
Broccoli P C	Kiwifruit C	Spinach P C
Broccoli sprouts P C	Lentils P F C	Squash C
Brussels sprouts P C	Lettuce (romaine, green or red leaf) C	Strawberries C
Cabbage C	Melon, C	String beans P C
Carrots C	Milk, nonfat P C	Sweet potatoes C
Cauliflower C	Mushrooms C	Tea (green or black, no sugar)
Celery C	Mustard C	Tomato sauce (no sugar) C
Chard P C	Natto P F C	Tomatoes C
Chickpeas P C	Nectarines C	Vinegar
Cherries C	Onions C	Water
Citrus fruits C	Papayas C	Yams C
Collard greens P C	Peaches C	Yogurt, nonfat, no sugar P C
Cottage cheese, nonfat P	Pears, with skin C	Zucchini C

TIER 2: THE HAPPY TIER

Apples, skinless C	Eggplant C	Raisins C
Applesauce (raw) C	Feta cheese, low-fat P F	Ricotta cheese, nonfat P
Avocados F	Fowl—skinless, white meat only P F	Rye Crisp C
Bagels, whole grain C	Figs C	Seitan P F C
Bananas C	Granola, raw, no sugar P F C	Steak, super lean P F
Bread, whole-grain F C	Hummus P F C	Squid P F
Broths (veggie, chicken, etc., low sodium) F C	Juice, fresh-squeezed w/ pulp, no sugar C	Stevia
Buffalo, super lean (under 10% fat) P F	Mangoes C	Sunflower seeds P F
Cereal, whole-grain P F C	Meat, wild game P F	Tahini P F
Cheese, nonfat P	Milk, 1% P F C	Tempeh P F C
Coffee, black or cappuccino w/ nonfat milk C	Muesli, raw, no sugar P F C	Tofu P F C
Coconut F	Nuts, raw P F	Vegetable juice C
Corn F C	Nut butters, raw, no additives P F	Veggie burger P F C
Couscous P F C	Oatmeal P C	Yacon syrup C
Cottage cheese, low-fat P F	Olive oil F	Yogurt, low fat, no sugar P F C
Cream cheese, nonfat P	Olives F	
Dates C	Pork tenderloin P F	
Eggs, whole P F	Plantains C	

TIER 3: THE SWISS TIER

Applesauce (big brand) C	Granola (no sugar added) C	Rice milk C
Agave nectar C	Honey C	Rice, white C
Almond milk PFC	Jam or marmalade (no sugar added) C	Sauerkraut C
Beef, ground, super lean (under 10% fat) PF	Ketchup (store bought, no sugar added) C	Shellfish P
Beef, lean cuts PF	Lamb, lean PF	Shrimp P
Broths (veggie, chicken, etc.) C	Lettuce, iceberg C	Soy Milk PFC
Butter, unsalted F	Maple syrup (natural, no sugar added) C	Soy nuts PFC
Canola oil F	Milk, 2% PFC	Sugar alcohols (Truvia, & anything ending in -tol) C
Cheese, hard	Muesli (big brand) PC	Sushi PFC
Cheese, low-fat PF	Molasses C	Tortillas, whole wheat FC
Chicken taco, baked PFC	Oatmeal, flavored PC	Veal PF
Chili (no lard/or sugar added) PF	Pancakes, buckwheat C	Wine, red C
Crackers, whole grain FC	Pasta, whole-grain C	Wine, white C
Cream cheese, low-fat PF	Pickles C	
Fowl, skinless, dark meat only PF	Popcorn, plain FC	
Fowl, ground, super lean (under 10% fat) PF	Potatoes, baked or boiled C	
French fries, baked FC	Refried beans, low-fat PFC	
Fruit, dried C	Rice cakes C	

TIER 4: THE DODGY TIER

Artificial sweeteners (sucralose, aspartame, saccharine, etc.)	Graham crackers C	Pork chop PF
Bagels, refined flour C	Ham PF	Potato salad or macaroni salad FC
Beef, ground, lean (under 20% fat) PF	Hot dogs, turkey PF	Pretzels C
Beer C	Ice cream, sugar-free or fat-free FC	Pudding, w/ low-fat milk FC
Bread, refined flour C	Jell-O C	Reuben sandwich PFC
Butter (salted) F	Jerky, turkey P	Sauce, steak, etc. C
Caesar salad, w/ chicken PFC	Juice, from concentrate C	Sherbet C
Canadian bacon PF	Lamb chops PF	Sloppy Joe, lean beef or turkey PFC
Cheese, soft (including blue and goat) F	Lasagna PFC	Soup, canned creamy PFC
Chips, low-fat, baked C	Macaroni and cheese FC	Soy sauce
Clam salad PFC	Mayonnaise F	Spaghetti, w/ meatballs PFC
Coffee, iced mocha latte w/ nonfat milk PC	Meat loaf PF	Sub sandwich PFC
Coffee, latte w/ whole milk PFC	Milk, whole PFC	Sweet-and-sour sauce FC
Coffee cake FC	Muffins FC	Tortilla, refined flour or corn FC
Crackers FC	Nuts, salted or roasted F	Tuna salad or chicken salad PF
Cream cheese F	Nut butters, processed FC	Yogurt, frozen C
Fish, fried PF	Pancakes FC	
Fowl, with skin PF	Peanut butter, not raw FC	
Fowl, ground, lean (under 20% fat) PF	Pizza, thin crust veggie PFC	
	Popcorn, w/ salt and butter FC	

TIER 5: THE NEWBURG TIER

Alcohol, hard liquor	Cookies, Oreo et al. FC	Nachos FC
Bacon PF	Creamed veggies FC	Onion rings FC
Baked beans PFC	Creamer, nondairy FC	Pastries FC
Beef, ground, regular, (over 20% fat) PF	Diner fare PFC	Pies FC
Beef taco, fried PFC	Doughnuts FC	Pizza, delivered PFC
"Breaded" foods FC	Energy drinks C	Potato skins, fried FC
Breakfast sandwich, fast food PFC	Fowl, ground, regular (over 20% fat) PF	Refried beans, w/ lard PFC
Cake FC	French fries FC	Salad dressing, creamy FC
Candy PFC	Gravy PF	Sausage PF
Cereal, sugared PFC	Grilled cheese sandwich PFC	Soft drinks, diet (read the studies)
Chicken a la King PFC	Hamburger, fast food PFC	Soft drinks, sugared C
Chicken, buffalo wings, nuggets, tenders PFC	High fructose corn syrup C	Sports drinks & foods (unless you're playing sports)
Chicken or fish sandwich, fried PFC	Hot dogs PFC	Syrup C
Chips, potato or corn FC	"Hydrogenated" foods F	Sugar, refined C
Chocolate PFC	Ice cream FC	Tater tots FC
Chicken fried steak PFC	Jerky, beef, pork, venison PFC	Toaster pastries FC
Cinnamon bun FC	Juice, sugar added C	Vegetable oil (cheap big brand) F
Coffee, mocha, macchiato, ice blended, mocha, triple caramel vanilla buzz, latte, etc. FC	Lobster Newburg PFC	
	Margarine F	
	Milk, cream or half-half PFC	

PRE-WORKOUT FOOD

WHEN TO FUEL UP BEFORE CLASS.

Ideally, you want to eat a meal 3 hours prior to working out. If you eat 2 hours beforehand, make sure you reduce your portion size. Or if it's just over an hour before your class starts, grab something small and keep it close to a 4:1 carb-to-protein ratio, with a minimal amount of fat. Just try not to exceed 200 calories for your pre-class snack.

If you train in the morning or haven't eaten in a long time, snack on fruit, have a small glass of juice, or sip on some Results and Recovery Formula™ as you begin to warm up. Having one of these easily digestible foods that's around 100 calories will give you energy and momentum until the end of your class.

To order the Results and Recovery Formula™, contact your Team Beachbody® Coach or visit Beachbody.com



BEVERAGES

WHAT TO DRINK AND WHAT TO AVOID: THE GOOD. THE BAD. THE UGLY.

THE GOOD

Water

Nearly 70% of your body is made up of water. You should be replenishing your system frequently with pure water to help your body function properly. Remember, drink at least 64 ounces a day.

Protein drinks

Those with few added ingredients can be a helpful way to add a lot of nutrients with very few calories.

Shakeology®

The most efficient 140 calories you can consume, it's the healthiest meal of the day. Period. Visit Shakeology.com to learn more.

Sports drinks while working out

During and immediately after your class, a proper sports drink like Results and Recovery Formula™ will help you train harder and recover faster. Just make sure to keep track of those calories.

Tea and coffee

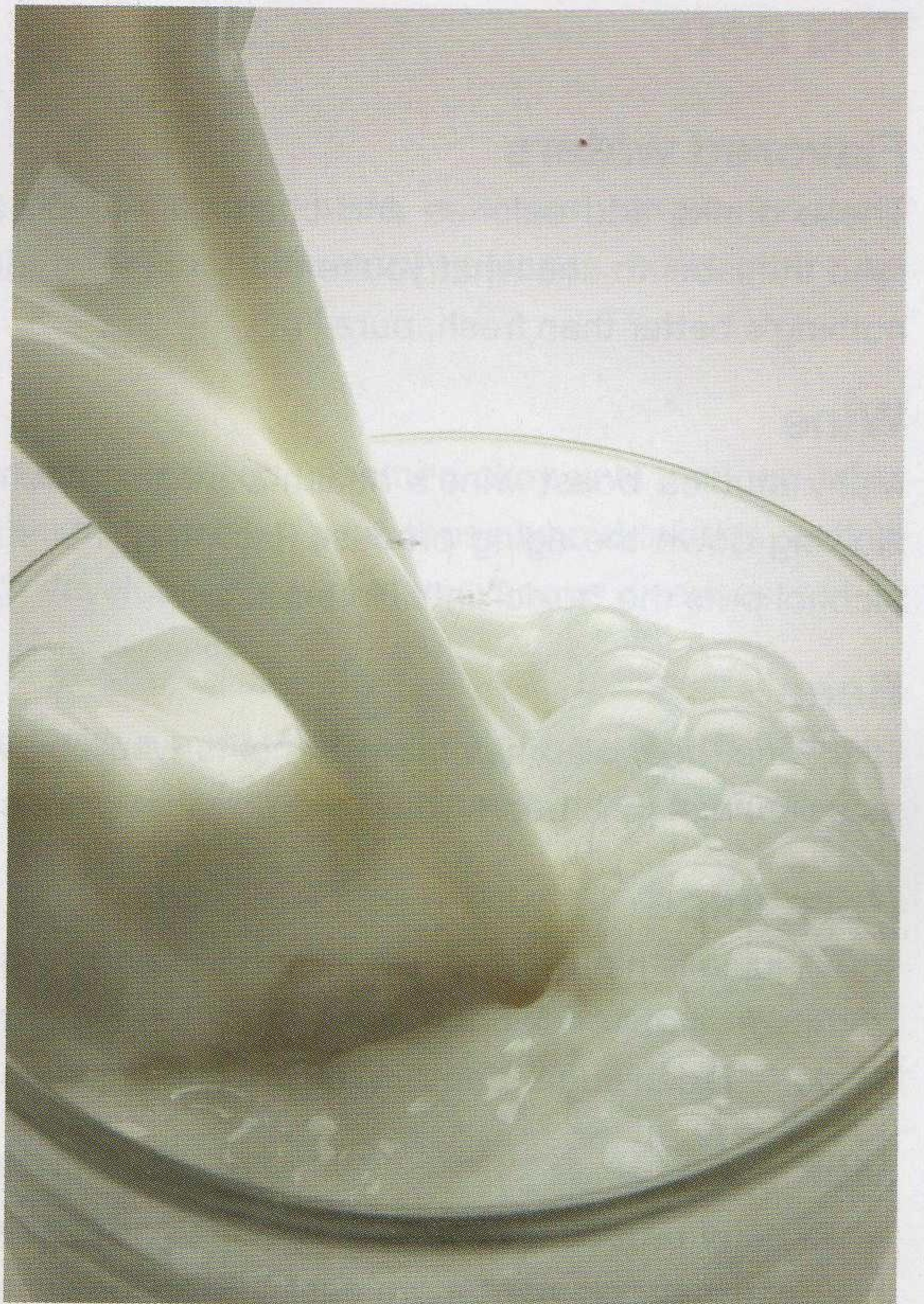
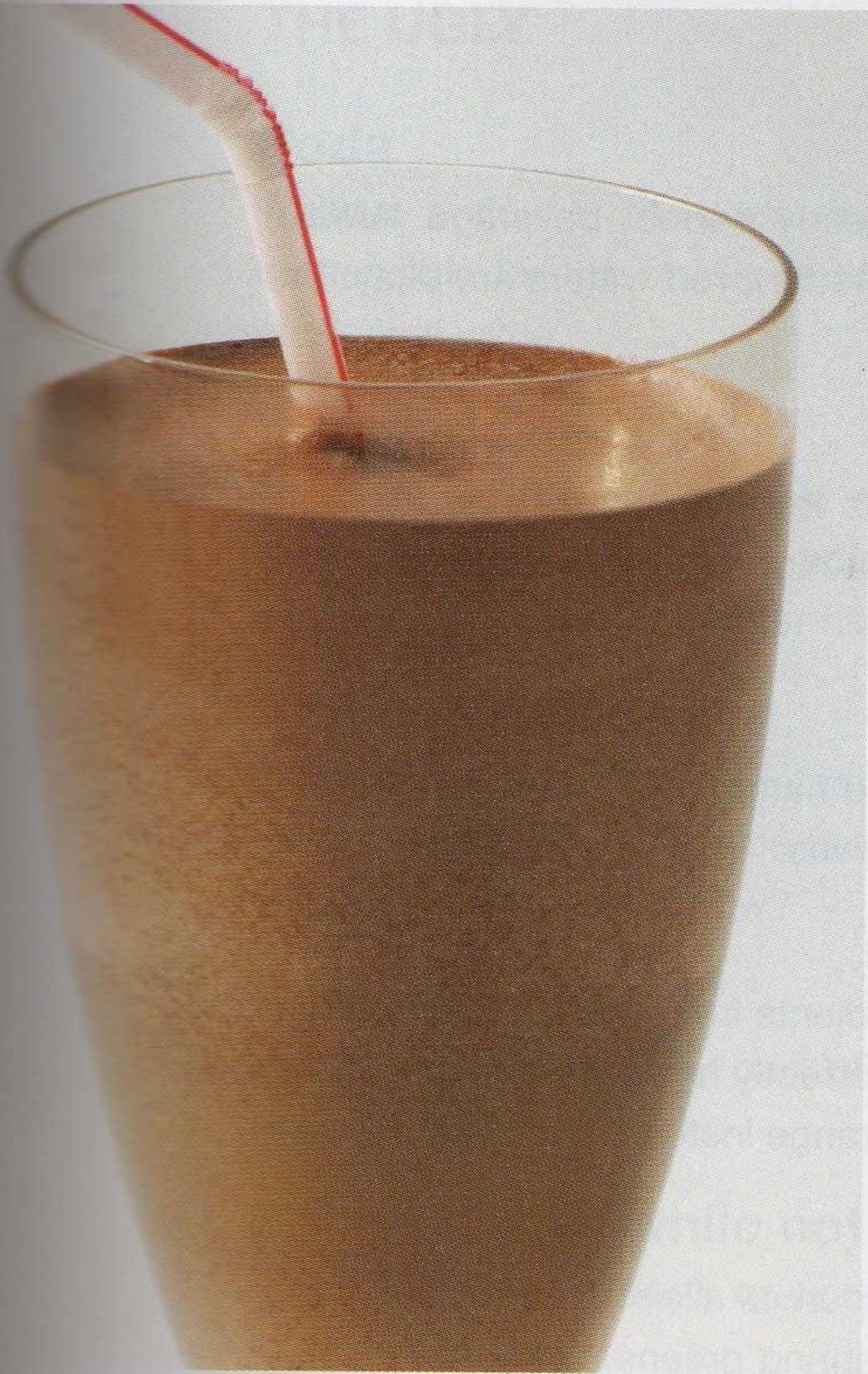
Good in moderation, numerous studies confirm the health benefits of drinking these two non-caloric beverages. Keep sweeteners and creamers in moderation, too.

Herbal teas

These non-caloric herbal brews offer a wide variety of natural ingredients that can be beneficial to your health. Ginger, for instance, is great for cleansing. Find a good book or read more about the healthy benefits of various herbal teas online.

Juiced vegetables

Home juicers are a great tool for juicing vegetables, which are loaded with nutrients and contain very few calories.



Herbal teas offer a wide variety of natural ingredients that can be beneficial to your health.

THE BAD

Flavored waters

These drinks add calories and chemicals to an already perfect beverage. Always read the label to see what you're really drinking. Some flavored waters are okay. But nothing's better than fresh, pure H₂O.

Wine

Many studies boast wine's health benefits,* such as lowering blood pressure and slowing down the aging process. However, it's still a high-calorie indulgence. Also, alcohol puts the "toxic" into "intoxicated."

Beer

Like wine, beer also has many benefits when brewed naturally. Not so much for the mass-market junk beers you'll find on most store shelves.

Pure juice

100% juice is natural and has all sorts of good ingredients in it. The downside is that it strips fruit of its fiber and condenses it, turning a perfectly healthy piece of fruit into a calorie-laden sugar bomb. Why not just enjoy an orange instead?

Milk

While dairy products contain calcium, plant-based sources allow the body to absorb this necessary element more easily. Broccoli, kale, spring greens, cabbage, parsley, and watercress are better alternatives. Also rich in calcium: nuts, sesame seeds, peas, beans, and lentils.

Sweetened teas and coffee with creamer

Every spoonful of sugar, artificial sweetener or creamer we add to these beverages can far outweigh any benefit they may have.

Energy drinks

As a pick-me-up, these drinks give us a temporary energy boost. Drinking more than one a day files them under the "soda" category. Not to mention, the caffeine and sugar crash your body undergoes a few hours later outweighs that burst of energy.

Smoothies

Even if they're all healthy ingredients, most smoothies contain far more sugar and calories than you'll want to consume at one time.

**Its health status is highest when consumed in moderation.*

THE UGLY

Soda

Without a doubt the worst drink on the planet, soda is almost single-handedly responsible for the obesity epidemic. Loaded with empty calories, soda offers no nutritional value.

Diet soda

The chemical trickery involved in creating diet soda seemed okay until the long-term studies started pouring in. Studies have shown that even those who drink this stuff in moderation have a far greater risk of developing one of many various diseases.

Coffeehouse drinks

These are nothing more than dessert with a buzz, followed by a sugar crash. Most of these caffeine-sugar-bombs have as many calories as an entire meal. How do you like them grande lattes now?

Cocktails


Alcohol is the unhealthy part of beer and wine. Usually, it's mixed with something from the bad or ugly list.

Sports drinks while not working out

When not playing sports or working out intensely, sports drinks offer you no health benefits whatsoever.

Milkshakes

It's nothing more than blended ice cream. Need we say more? (Sure, they're yummy, but milkshakes counteract the hard work you've been putting into your classes and daily diet.)



Studies show that even those who drink diet soda in moderation have a far greater risk of developing one of many various diseases.

BREAKFASTS



GREEN PEPPERS AND HAM SCRAMBLE

Makes 1 serving

- 1 whole egg plus 2 egg whites
- 3 slices (2 oz.) ham (or turkey bacon or turkey sausage), cut in thin strips
- 1/2 bell pepper, chopped
- 1 oz. pepper jack cheese (or cheddar, mozzarella, or Swiss), shredded
- 2 scallions, chopped
- Salt and pepper to taste
- Nonstick cooking spray

Scramble eggs in a bowl. Add ham, bell pepper, scallions, and cheese. Add dash each of salt and pepper (if desired). Spritz microwaveable bowl with nonstick cooking spray and pour in egg mixture. Microwave on medium for 3 minutes.

Serve with 1 slice whole wheat toast and 1/2 cup cranberry juice.

NUTRITION INFORMATION PER SERVING

Calories: 395 / Protein: 35 g / Carbs: 37 g
Total Fat: 12 g / Fiber: 3.5 g

THE FRUIT 'N' NUT ENGLISH MUFFIN

Makes 1 serving

- 1 whole wheat English muffin, split into halves
- 1 Tbsp. almond butter
- 1 Tbsp. apricot jam or preserves

Toast the English muffin. Spread with almond butter and apricot jam.

Serve with 1 cup of English Breakfast tea, sweetened with 1 tsp. stevia, and 1 tsp. skim milk.

NUTRITION INFORMATION PER SERVING

Calories: 284 / Protein: 8 g / Carbs: 43 g
Total Fat: 11 g / Fiber: 5 g

TOAD IN THE HOLE WITH TURKEY SAUSAGE

Makes 1 serving

- 1 slice whole wheat bread
- 1 egg
- 3 turkey sausage links, ready-made (approx. 60–70 calories per link)
- Salt and pepper to taste
- Paprika (optional)

Use a round cookie cutter to cut out the center of the bread. Spray nonstick cooking spray on the wheat toast and place on a skillet. Crack egg and drop it into the hole in the bread. Cook for 1 minute and flip the wheat-egg toast and cook for another minute. For a runny yolk, don't flip. Sprinkle wheat-egg toast with paprika if desired. Microwave ready-made turkey sausage links according to directions on package.

NUTRITION INFORMATION PER SERVING

Calories: 320 / Protein: 26 g / Carbs: 12 g
Total Fat: 19 g / Fiber: 2 g

WARM CINNAMON-DUSTED APPLE SLICES

Makes 2 servings

- 4 small apples (any kind)
- 3 Tbsp. water
- 4 Tbsp. ground walnuts or almonds
- Ground cinnamon to taste
- 1 cup 1% or 2% cottage cheese

Cut each apple into eighths, discarding the core. Coat a pan with nonstick spray and sauté the apples in water until soft yet still crisp. Top with cinnamon and nuts and serve with 1/2 cup of cottage cheese.

NUTRITION INFORMATION PER SERVING

Calories: 262 / Protein: 17 g / Carbs: 39 g
Total Fat: 7 g / Fiber: 6 g



APPLE CINNAMON OATMEAL

Makes 2 servings

- 2 packets plain oatmeal**
- 1/2 cup finely chopped Granny Smith apple**
- 2 Tbsp. chopped walnuts**
- 2 tsp. ground cinnamon**
- Hot water**

Combine ingredients and cook in microwave according to directions on oatmeal package.

NUTRITION INFORMATION PER SERVING

Calories: 182 / Protein: 6.5 g / Carbs: 27 g
Total Fat: 6 g / Fiber: 4.5 g

Serve with an 8-oz. glass of orange juice.

NUTRITION INFORMATION PER SERVING

Calories: 99 / Protein: 2 g / Carbs: 23 g
Total Fat: 1 g / Fiber: 0 g

EGG FRITTATA

Makes 4 servings

**FAMILY
MEAL**

- 3 egg whites plus 3 whole eggs**
- 2 Tbsp. skim milk**
- 1/2 cup crumbled feta cheese**
- 1 cup chopped spinach**
- 1 Tbsp. basil (or oregano)**
- Pepper to taste**

Whisk eggs with milk. Add the spinach, herb, pepper, and feta. Combine. Preheat oven to 425 degrees. Coat an 8" by 8" casserole dish with nonstick cooking spray. Pour egg mixture into dish and bake for 20 minutes or until eggs are set. (Top may remain moist.) Let stand for 5 minutes.

NUTRITION INFORMATION PER SERVING

Calories: 135 / Protein: 12 g / Carbs: 4 g
Total Fat: 8 g / Fiber: 1 g

Serve with a slice of whole wheat toast and an 8-oz. glass of low-sodium vegetable juice.

NUTRITION INFORMATION PER SERVING

Calories: 150 / Protein: 6 g / Carbs: 28 g
Total Fat: 1.5 g / Fiber: 3.5 g



APPLE CINNAMON YOGURT PANCAKES

**FAMILY
MEAL**

Makes 4 servings

- 1 egg
- 1 cup plain nonfat yogurt
- 1 Tbsp. vegetable oil
- 1 cup flour
- 1 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 tsp. salt
- 1 tsp. cinnamon
- 2 cups apples, peeled and sliced
- 2-4 Tbsp. honey
- Nonstick butter-flavored cooking spray

Combine egg, yogurt, oil, and 1 Tbsp. honey in blender until smooth. Sift together flour, sugar, baking soda, baking powder, cinnamon, and salt. Add to yogurt mixture and blend. Spray griddle with nonstick butter-flavored cooking spray and heat over medium heat. Ladle mixture onto griddle to make 8 small pancakes. Cook pancakes for just under 2 minutes each side.

Top each 2-pancake serving with sliced apples and drizzle with remainder of honey.

NUTRITION INFORMATION PER SERVING

Calories: 267 / Protein: 7 g / Carbs: 51 g
Total Fat: 5 g / Fiber: 2.5 g

Serve with 1/2 cup 1% or 2% cottage cheese

NUTRITION INFORMATION PER SERVING

Calories: 90 / Protein: 12 g / Carbs: 4 g
Total Fat: 2 g / Fiber: 0 g



FRUIT BOWL

Makes 1 serving

- 1/2 cup cubes cantaloupe
- 1/2 cup cubes honeydew melon
- 1 orange, peeled and divided in segments
- 1/2 banana, sliced

Combine fruit in bowl and toss. Serve with low-fat honey yogurt dip.

NUTRITION INFORMATION PER SERVING

Calories: 196 / Protein: 3 g / Carbs: 49 g
Total Fat: 0.5 g / Fiber: 7 g

LOW-FAT HONEY YOGURT DIP

Makes 1 serving

- 1 6-oz. cup plain low-fat yogurt
- 1 tsp. honey

Add honey to yogurt and stir well. Dip fruit into yogurt.

NUTRITION INFORMATION PER SERVING

Calories: 143 / Protein: 10 g / Carbs: 30 g
Total Fat: 0 g / Fiber: 0 g

GUILTLESS EGG SANDWICH*Makes 1 serving*

- 1 whole wheat English muffin, fork-split
- 2 egg whites
- 2 turkey sausage links, approx. 60 calories each (may substitute for ham)
- 1 slice low-fat cheddar cheese
- salt and pepper to taste

Toast English muffin. Cook turkey sausage in microwave according to directions (or warm the ham for 15 seconds). Place the egg, meat, and cheddar on English muffin and cook for another 10 seconds or until cheese is melted.

NUTRITION INFORMATION PER SERVING

Calories: 336 / Protein: 31 g / Carbs: 28 g

Total Fat: 12 g / Fiber: 4.5 g

Serve with a 4-oz. glass of grapefruit juice.

NUTRITION INFORMATION PER SERVING

Calories: 48 / Protein: 0 g / Carbs: 11 g

Total Fat: 0 g / Fiber: 0 g

BREAKFAST QUESADILLA*Makes 1 serving*

- 1 whole wheat tortilla
- 2 egg whites
- 1 Tbsp. pico de gallo or chunky tomato salsa (found in the deli section of your grocery store)
- 1 Tbsp. nonfat sour cream
- 2 1-oz. slices low-fat pepper jack or mozzarella cheese

Cook egg whites with pico de gallo or salsa in microwave for about a minute or until eggs are fully cooked. Place on top of wheat tortilla and add cheese. Microwave for 30 seconds until cheese is melted. Top with sour cream.

NUTRITION INFORMATION PER SERVING

Calories: 274 / Protein: 28 g / Carbs: 25 g

Total Fat: 9 g / Fiber: 3 g

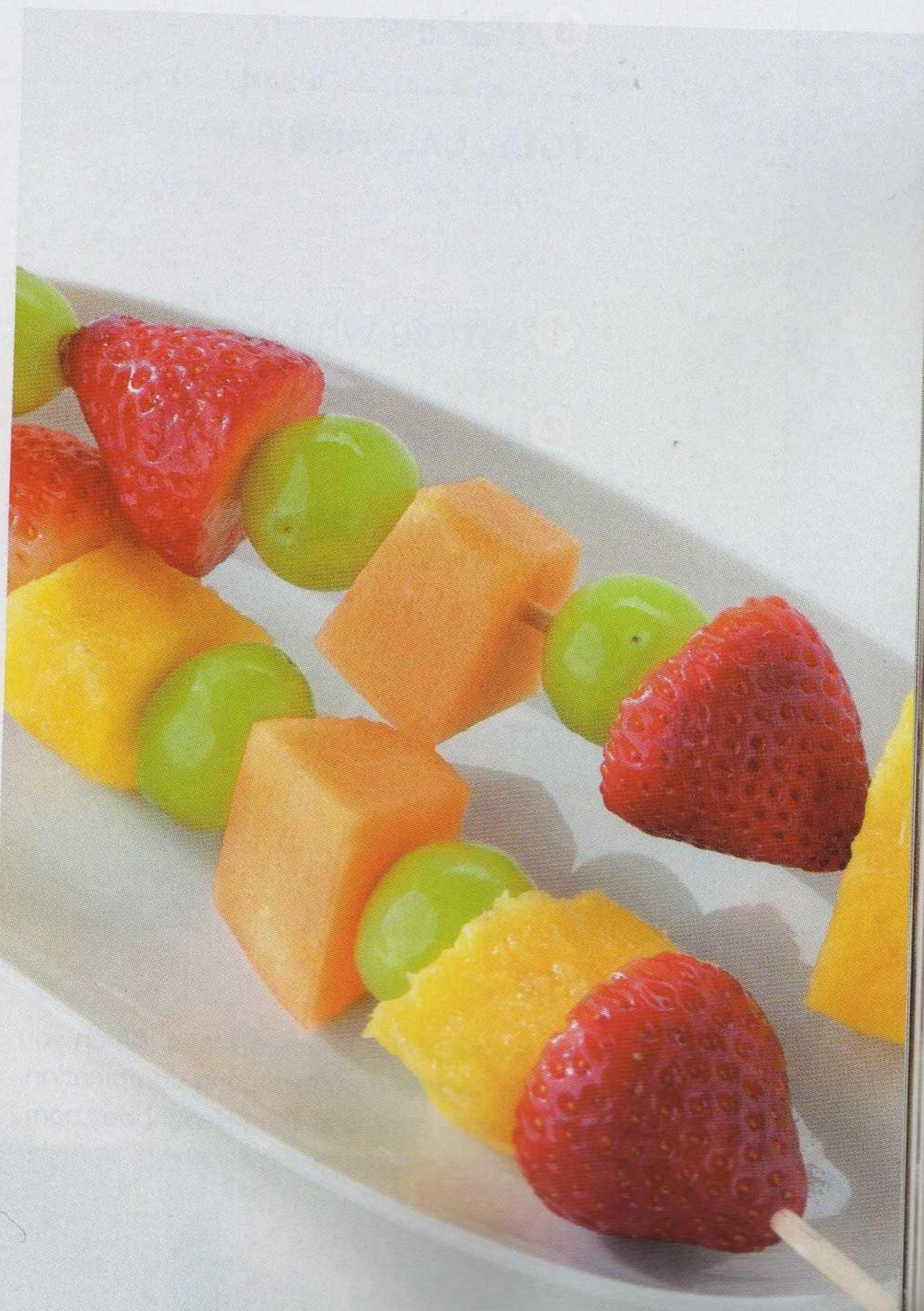
SNACKS

TURBO TIP

Oats contain high levels of soluble fiber, which act as a sponge by soaking up cholesterol to help lower cholesterol levels.



SNACKS



THE SNACK-O-MATIC

SNACKS AROUND 100 CALORIES

Grabbing an apple or a handful of raw nuts for a healthy snack may be easy, but it can get boring. Fast. To add a little zest to your two daily snacks, we've created the Snack-o-Matic. It's super easy to use. Just pick a "base." Spread a "dip" across it. Top it off with a "topping." And add all the "freebies" you want. You can pick and choose ingredients according to your tastes and still have a delicious snack that's around 100 calories. There are no limitations, as long as you pick three items. You can mix and match bases with spreads. Have a base and two spreads. Want three toppings? Then have three toppings. The only rule is to have two snacks every day.

HOW TO USE THE SNACK-O-MATIC

1	Apple	+ 38 calories
2	Low-fat cream cheese	+ 30 calories
3	Raisins	+ 31 calories
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TOTAL CALORIES		= 109 calories

1	Whole wheat pita	+ 37 calories
2	Hummus	+ 25 calories
3	Smoked salmon	+ 33 calories
4	Dill	+ 0 calories
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TOTAL CALORIES		= 95 calories

TURBO TIP

Explore all the options of the Snack-o-Matic. When you come up with your favorite mouthwatering combination, share it on the message boards at TeamBeachbody.com.

1 PICK YOUR BASE

Apple, 1/2, small, sliced • 38 calories
 Cantaloupe, 1/8, medium • 30 calories
 Carrot, 1, large • 30 calories
 Celery, 3 stalks • 18 calories
 Corn chips, 5, baked • 40 calories
 Crackers, 4, whole-grain/wheat • 30 calories
 Honeydew, 1/8, medium • 30 calories
 Jicama, 1, small, sliced • 35 calories
 Melba toasts, 2 • 38 calories
 Pita, 1/2 of a 4" pita, whole wheat • 37 calories
 Rice cake, 1, low sodium • 35 calories
 Toast, 1/2 slice, whole-grain • 35 calories

2 CHOOSE YOUR DIP

Avocado, 1/8, medium • 28 calories
 Cottage cheese, 1/4 cup, low-fat • 41 calories
 Cream cheese, 1 Tbsp., low-fat • 30 calories
 Honey, 2 Tbsp. • 42 calories
 Hummus, 1 Tbsp. • 25 calories
 Nut butter, 1 Tbsp. • 30 calories
 Pesto, 2 tsp. • 38 calories
 Salsa, 1/2 cup • 35 calories
 Tapenade (olive paste), 1 Tbsp. • 30 calories
 Whole fruit spread, 2 tsp. • 38 calories

3 ADD A TOPPING

Anchovies, 4, canned, drained • 34 calories
 Banana, 1/2, small • 45 calories
 Bell pepper, 1, medium • 24 calories
 Blueberries, 40 • 31 calories
 Cheese, 1 cubic inch, low-fat • 29 calories
 Cucumber, 1/2 • 23 calories
 Egg whites, 2 • 32 calories
 Pear, 1/2, small • 43 calories
 Raisins, 20 • 31 calories
 Raspberries, 30 • 30 calories
 Sardine, 1, canned, drained • 25 calories
 Salmon, 1 oz., smoked • 33 calories
 Strawberries, 8, medium • 32 calories
 Tofu, 2 oz. • 30 calories
 Tomato, whole, medium • 22 calories
 Tuna, 1 oz., canned, water-packed • 32 calories
 Turkey, 1 oz. low-sodium • 31 calories

4 HAVE A FREEBIE

Feel free to eat as much as you like of these ingredients.

Allspice	Mustard
Basil	Nutmeg
Cilantro	Paprika
Cinnamon	Parsley
Coriander	Pepper
Cumin	Rosemary
Dill	Sage
Garlic	Tabasco®
Horseradish	Tarragon
Lemon juice	Thyme
Mint	



1/2 CUP THREE-BEAN SALAD

Canned green beans, kidney beans, and cannellini white beans, tossed with oil, vinegar, salt, and pepper.

Calories: 69 / Protein: 2 g / Carbs: 6.5 g
Total Fat: 4 g / Fiber: 1.5 g

30 EDAMAME PODS (ABOUT 1 CUP, IN SHELL)

Calories: 101 / Protein: 9 g / Carbs: 8 g
Total Fat: 4.5 g / Fiber: 3 g

1 KIWIFRUIT WITH 1/4 CUP NONFAT STRAWBERRY YOGURT FOR DIPPING

Calories: 82 / Protein: 3 g / Carbs: 18 g
Total Fat: 0.5 g / Fiber: 2 g





25 GRAPES

Red, green, and/or purple

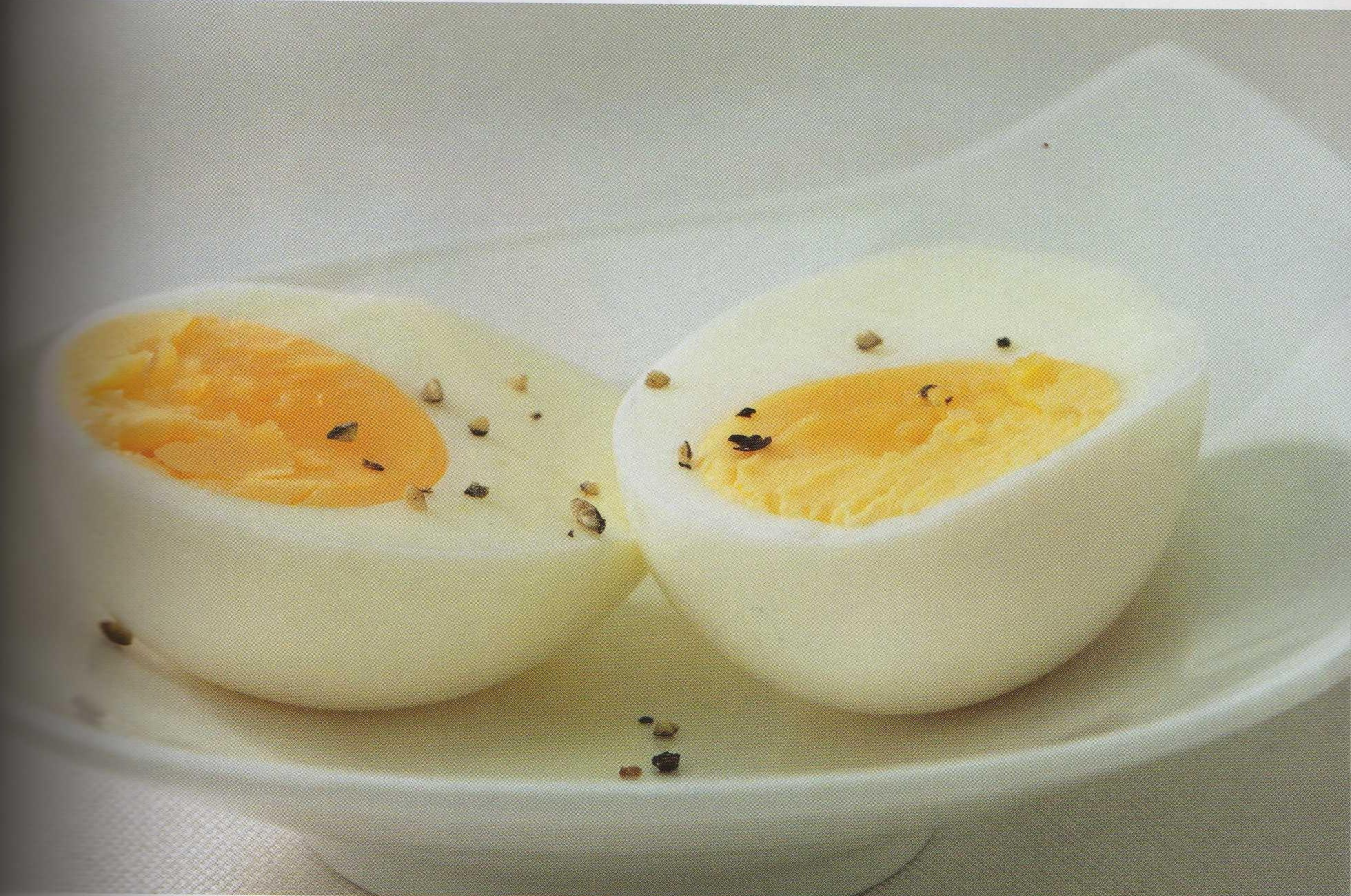
Calories: 98 / Protein: 1 g / Carbs: 22 g
Total Fat: 0.5 g / Fiber: 1 g

2 FRUIT KEBAB SKEWERS

Each with 4 pineapple chunks, 4 strawberries, 5 grapes, and 3 cantaloupe pieces.

Calories: 64 / Protein: 1 g / Carbs: 15 g
Total Fat: 0 g / Fiber: 2 g





12 RAW ALMONDS

Calories: 87 / Protein: 3 g / Carbs: 3 g
Total Fat: 7 g / Fiber: 1.5 g

STRAWBERRIES AND CREAM

Top 1/2 cup strawberries with 1 Tbsp. light whipped cream cheese.

Calories: 56 / Protein: 2 g / Carbs: 6 g
Total Fat: 2.5 g / Fiber: 1.5 g

1 HARD-BOILED EGG

Calories: 68 / Protein: 5.5 g / Carbs: 0.5 g
Total Fat: 4.5 g / Fiber: 0 g

COTTAGE CHEESE AND FRUIT

1/2 cup low-fat cottage cheese
6 oz. canned peaches, drained
(may substitute 4 tomato slices
or 1/2 cup of berries)

Calories: 154 / Protein: 15 g / Carbs: 24 g
Total Fat: 1.5 g / Fiber: 2 g



**1 CELERY STALK WITH 1 TBSP.
PEANUT BUTTER AND 5 RAISINS**

Calories: 127 / Protein: 4.5 g / Carbs: 10 g
Total Fat: 8 g / Fiber: 2 g

PUMPKIN PUDDING

Blend 1/2 cup nonfat Greek yogurt, 1/4 cup
canned pumpkin, 2 tsp. light whipped cream
cheese, a pinch of allspice seasoning, and a
pinch of stevia sweetener.

Calories: 93 / Protein: 7 g / Carbs: 15 g
Total Fat: 2 g / Fiber: 2.5 g

1 SMALL BAKED SWEET POTATO

Topped with dash of nutmeg
and 1 tsp. honey.

Calories: 83 / Protein: 1 g / Carbs: 20 g
Total Fat: 0 g / Fiber: 2 g

ASIAN RICE BOWL

Top 1/2 cup of rice with 1 tsp. soy sauce
and 1 tsp. sesame seeds.

Calories: 94 / Protein: 2 g / Carbs: 19 g
Total Fat: 1 g / Fiber: 1.5 g

TURBO TIP

By controlling the amount of calories you put in,
you'll force your body to use stored fat for fuel.





1-1/2 CUP CHERRIES

Calories: 136 / Protein: 3 g / Carbs: 33 g
Total Fat: 1 g / Fiber: 4.5 g

GARLIC PARMESAN POPCORN

- 2 cups air-popped popcorn
- 1 Tbsp. grated Parmesan cheese
- 2 tsp. garlic powder
- 10 sprays of nonstick butter-flavored spray

Place 1/2 cup of whole popcorn kernels in a brown paper lunch sack. Fold over a few times to seal bag shut. Microwave 1 to 2 minutes, depending on your microwave. Note: not all kernels will pop. Once they're popped, add nonstick butter flavored spray, Parmesan, and garlic powder. Shake bag well and serve.

Calories: 116 / Protein: 6 g / Carbs: 16 g
Total Fat: 3 g / Fiber: 2.5 g

LUNCHES

1 CUCUMBER AND 1 ZUCCHINI SLICED, WITH 1/4 CUP NONFAT RANCH DRESSING FOR DIPPING

Calories: 84 / Protein: 2 g / Carbs: 19 g
Total Fat: 0 g / Fiber: 1 g

1 WHOLE-GRAIN BROWN RICE CAKE

Topped with 1/2 Tbsp. almond butter and 1/2 sliced banana.

Calories: 137 / Protein: 2.5 g / Carbs: 22 g
Total Fat: 5 g / Fiber: 1 g



LUNCHES



WHOLE WHEAT PENNE PRIMAVERA WITH GARLIC PARMESAN TOAST

Makes 6 servings

- 1 lb. whole wheat pasta
- 1/2 zucchini, sliced
- 1/2 red bell pepper, sliced
- 1 bag (about 2 cups) fresh mixed precut carrots, cauliflower, and broccoli
- 1/2 cup frozen peas
- 2 Tbsp. Parmesan cheese
- 2 cloves garlic, crushed
- 1 Tbsp. olive oil

Boil water and cook pasta according to package directions. In a second pan, steam zucchini, cauliflower, and broccoli until heated through but still slightly crisp. In a large frying pan, heat olive oil and sauté garlic. Add red bell peppers and peas to garlic and cook for 3 minutes over medium heat. Drain pasta and vegetables. Add both to frying pan and toss. Sprinkle with cheese. Serve with garlic Parmesan toast.

NUTRITION INFORMATION PER SERVING

Calories: 300 / Protein: 13 g / Carbs: 57 g
Total Fat: 4.5 g / Fiber: 8.5 g

GARLIC PARMESAN TOAST

Makes 6 servings

- 6 slices sourdough bread
- Garlic salt
- 2 Tbsp. grated Parmesan cheese
- Butter-flavored nonstick cooking spray

Spritz bread with cooking spray, then sprinkle with garlic salt and cheese. Place under broiler or in toaster oven until crispy.

NUTRITION INFORMATION PER SERVING

Calories: 81 / Protein: 3 g / Carbs: 13 g
Total Fat: 1.5 g / Fiber: 0.5 g

BRET'S "BACK BY POPULAR DEMAND" CROCK-POT® CHILI

Makes 4 servings

**FAMILY
MEAL**

- 1 lb. lean ground turkey
- 1/2 cup diced tomatoes
- 8 oz. whole kernel corn, canned
- 1/2 onion, diced
- 2 cloves garlic
- 8 oz. black beans, canned
- 8 oz. pinto, chili, or kidney beans, canned
- 1 Tbsp. tomato paste
- 1 package Lawry's® Chili Seasoning
- 4 oz. low-fat shredded cheddar cheese (optional)

Brown turkey. Drain and discard any fat. Place all ingredients except cheese into a slow cooker. Cook for 4 hours on low, or 2 hours on high. Top with 1 oz. cheese, if desired.

NUTRITION INFORMATION PER SERVING (with 1 oz. low-fat cheese)

Calories: 386 / Protein: 36 g / Carbs: 33 g
Total Fat: 13 g / Fiber: 8.5 g

NUTRITION INFORMATION PER SERVING (without cheese)

Calories: 338 / Protein: 29 g / Carbs: 33 g
Total Fat: 11 g / Fiber: 8.5 g

TURKEY BURGER

Makes 1 serving

- 1 4-oz. white meat turkey burger patty
- 2 slices onion
- 1 Tbsp. BBQ sauce
- 1 whole wheat hamburger bun
- 1 lettuce leaf (optional)
- 1 tomato slice (optional)
- Nonstick cooking spray

Spray nonstick cooking spray on both side of turkey patty. Grill on stovetop griddle, or on electric grill that cooks both sides at once. While it's cooking, spray slices of onion with cooking spray and grill until they reach desired tenderness. (Note: Always grill poultry until no signs of pinkness remain.) When done, spread bun with BBQ sauce and place patty and onions on bun. Serve with baked sweet potato fries.

NUTRITION INFORMATION PER SERVING

(Turkey Burger only)

Calories: 321 / Protein: 23 g / Carbs: 28 g

Total Fat: 11 g / Fiber: 1.5 g

BAKED SWEET POTATO FRIES

Makes 1 serving

- 1 sweet potato, small to medium, sliced
- Nonstick cooking spray
- Salt to taste

Preheat oven to 350 degrees. Spray sweet potato slices with nonstick cooking spray until coated. Sprinkle with salt. Bake for 15 minutes. Turn sweet potato slices to allow for even crisping. Bake for an additional 15 minutes.

NUTRITION INFORMATION PER SERVING

Calories: 117 / Protein: 2 g / Carbs: 28 g

Total Fat: 0 g / Fiber: 3.5 g





CHILLED CUCUMBER YOGURT (aka TZATZIKI)

Makes 4 servings

- 1 clove garlic, minced
- 1 cucumber, diced
- 2 cups low-fat plain yogurt
- Salt and pepper to taste
- 4 fresh mint leaves, minced (optional)

Combine all ingredients and eat with the pita sandwich. Tzatziki is great as a dipping sauce, and it's also delicious as a snack on its own.

NUTRITION INFORMATION PER SERVING

Calories: 80 / Protein: 6.5 g / Carbs: 9 g
Total Fat: 2 g / Fiber: 0 g

TURKEY WRAP

Makes 1 serving

- 1/2 avocado, peeled and sliced or diced
- 1/2 cucumber, sliced or diced
- 3 leaves romaine or red leaf lettuce, chopped or shredded
- 1 tomato, diced or sliced
- 3 oz. turkey, sliced
- 1 6-inch whole wheat tortilla
- 1 Tbsp. nonfat ranch dressing
- Pepperoncinis (optional)

Place first five ingredients on tortilla. Drizzle with ranch dressing. Add pepperoncinis if desired, for spice. Wrap and enjoy.

NUTRITION INFORMATION PER SERVING

Calories: 351 / Protein: 23 g / Carbs: 36 g
Total Fat: 17 g / Fiber 8.5 g



CHICKEN LETTUCE CUPS WITH ASIAN DRESSING

Makes 1 serving

- 1 4-oz. skinless, boneless chicken breast, grilled and cubed
- 4 leaves Bibb or iceberg lettuce
- 5 water chestnuts, diced
- 2 Tbsp. carrots, shredded
- 2 Tbsp. bean sprouts

Place cubed chicken and diced chestnuts in lettuce leaves. Top with carrots and bean sprouts. Top with Asian dressing.

NUTRITION INFORMATION PER SERVING (without dressing)

Calories: 166 / Protein: 24 g / Carbs: 10 g
Total Fat: 3 g / Fiber: 4 g

TURBO TIP

Save time in the kitchen. Use a double-sided, indoor grill to cook a chicken breast in under 5 minutes.

ASIAN DRESSING

Makes 1 serving

- 1 Tbsp. peanut butter
- 1 tsp. soy sauce
- 1/4 tsp. sesame oil
- 1 tsp. rice vinegar
- 1/2 tsp. ground ginger
- Pepper to taste
- Red chili paste (Sriracha) found in the Asian section of your grocery store (optional, for added spiciness).

Combine all ingredients in bowl and whisk. Drizzle dressing into lettuce cups.

NUTRITION INFORMATION PER SERVING (dressing only)

Calories: 98 / Protein: 4 g / Carbs: 4 g
Total Fat: 8 g / Fiber: 1 g

Serve with: 1 cup steamed, shell-on edamame with dash of salt. (Salt optional.)

NUTRITION INFORMATION PER SERVING (for edamame)

Calories: 120 / Protein: 10 g / Carbs: 8 g
Total Fat: 5 g / Fiber: 5 g



RED CABBAGE AND APPLE SALAD WITH WALNUTS AND CRANBERRIES

Makes 1 serving

- 1/2** head red cabbage, shredded
- 1** Granny Smith apple, thinly sliced
- 1** Tbsp. walnuts, chopped
- 1** Tbsp. dried cranberries
- Red wine vinegar or balsamic vinegar
- Salt and pepper to taste

Place first four ingredients in bowl. Toss with vinegar, plus a dash each of salt and pepper if desired.

NUTRITION INFORMATION PER SERVING
 Calories: 169 / Protein: 5 g / Carbs: 36 g
 Total Fat: 5 g / Fiber: 7.5 g

ASPARAGUS SALAD

Makes 4 servings

- 20** large spears fresh asparagus, ends trimmed
- 3** Tbsp. grated Parmesan cheese
- 1/2** tsp. olive oil

Lightly steam asparagus for 5 minutes. Chill in refrigerator for 20 minutes. Toss in olive oil and grate Parmesan cheese over the top.

NUTRITION INFORMATION PER SERVING
 Calories: 53 / Protein: 4 g / Carbs: 4 g
 Total Fat: 3 g / Fiber: 2 g

GREEK PITA SANDWICH

Makes 4 servings

- 3 4-oz. boneless chicken breasts, about 1/2 inch thick
- 1 Tbsp. garlic salt
- 1 Tbsp. black pepper
- 4 6-inch whole wheat pita breads, cut in half
- 2 tomatoes, sliced
- 8 Tbsp. feta cheese, crumbled
- 8 Tbsp. hummus
- 3 leaves of romaine lettuce

Spray nonstick cooking spray on chicken; sprinkle with garlic and pepper. The meat should be about 1/2 inch thick so it's easier to cut. Grill the meat until it's cooked through. Let cool and then dice in 1-inch cubes. Spread hummus on the inside of each pita half, then fill the pocket with the remaining ingredients.

NUTRITION INFORMATION PER SERVING

Calories: 367 / Protein: 29 g / Carbs: 42 g
Total Fat: 10 g / Fiber: 7 g

CHINESE CHICKEN SALAD

Makes 4 servings

- 1 head Napa or green cabbage, sliced to 1/4 inch thickness
- 2 6-oz. boneless, skinless chicken breasts
- 1 2-oz. can of water chestnuts, drained
- 2 oz. slivered almonds
- 1 2-oz. can of mandarin orange slices, drained
- 2 scallions, diced

Poach the chicken breasts by boiling in water with 1 Tbsp. salt for 30 minutes. Once cooked through, drain. Take two forks and shred the chicken by pulling apart the meat. Combine the rest of the ingredients in a bowl and toss. Add the chicken and top with honey sesame dressing.

NUTRITION INFORMATION PER SERVING

(without dressing)

Calories: 210 / Protein: 21 g / Carbs: 10 g
Total Fat: 9.5 g / Fiber: 4 g

HONEY-SESAME DRESSING

Makes 4 servings

- 1 Tbsp. sesame oil
- 3 Tbsp. canola oil
- 4 Tbsp. rice vinegar
- 1 Tbsp. honey
- 1 Tbsp. low-sodium soy sauce
- 1/2 Tbsp. ground black pepper

Place all ingredients in a jar and shake well for 20 seconds, or whisk them together in a bowl. Pour over salad.

NUTRITION INFORMATION PER SERVING

Calories: 148 / Protein: 0 g / Carbs: 7 g
Total Fat: 14 g / Fiber: 0 g

HUMMUS VEGGIE-WICH*Makes 1 serving*

- 2 Tbsp. hummus
- 2 slices whole wheat bread
(toasted if desired)
- 1/4 avocado, mashed
- 1/2 cucumber, sliced
- 1 cup alfalfa sprouts
- 1 slice low-fat Swiss cheese

Spread hummus on bread. Layer on avocado, cucumber, and sprouts, then top with cheese. Serve with small mixed green salad.

NUTRITION INFORMATION PER SERVING

(Hummus Veggie-wich only)

Calories: 398 / Protein: 20 g / Carbs: 44 g

Total Fat: 18.5 g / Fiber: 11 g

SMALL MIXED GREEN SALAD*Makes 1 serving*

- 1/2 cup mixed greens
- 1/2 medium tomato, diced
- 1/2 cucumber, sliced
- 1/2 Tbsp. balsamic vinegar

Toss ingredients together.

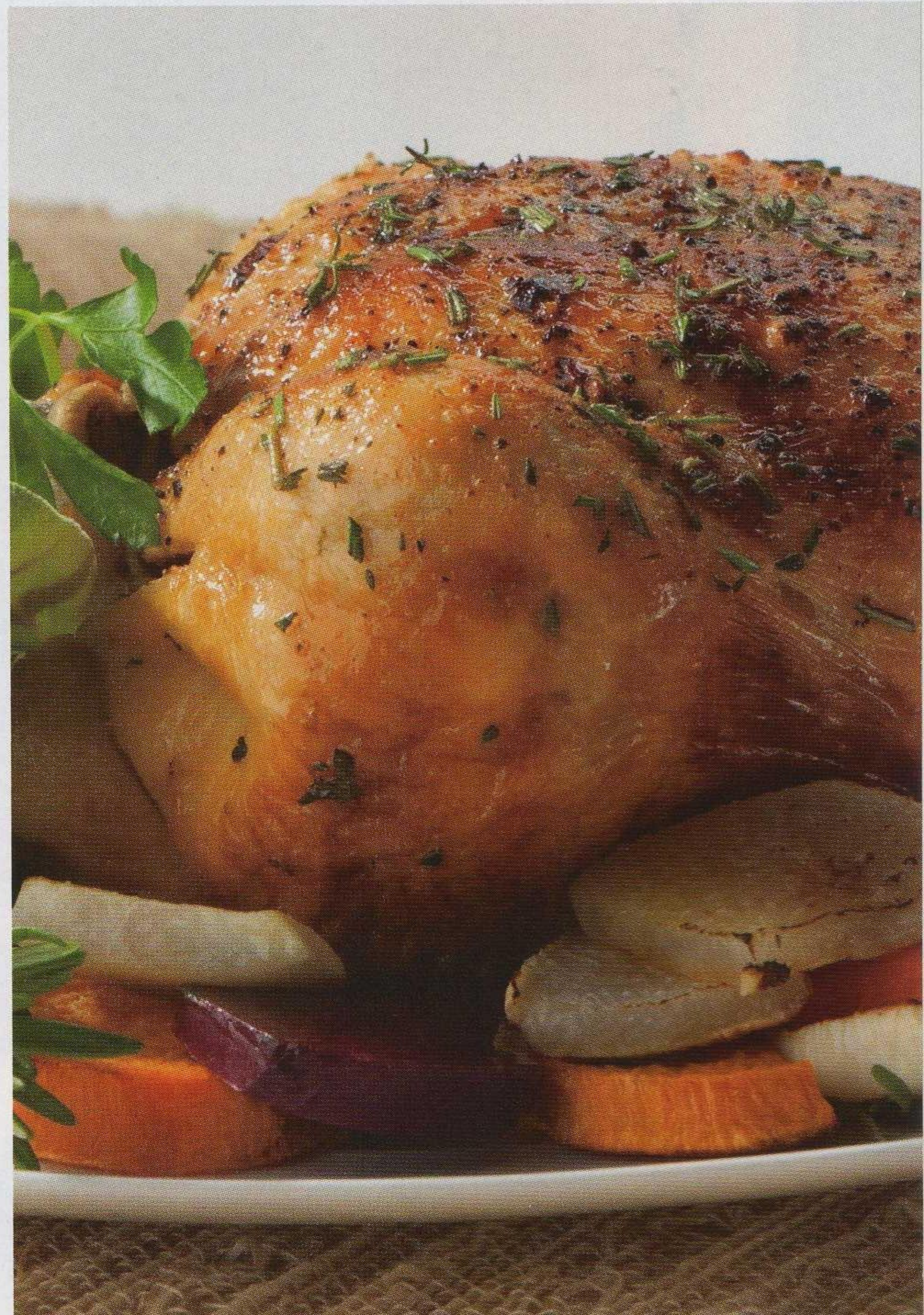
NUTRITION INFORMATION PER SERVING

Calories: 22 / Protein: 1 g / Carbs: 4 g

Total Fat: 0 g / Fiber: 1.5 g



DINNERS



HERB-ROASTED CHICKEN*Makes 4 servings***FAMILY MEAL**

- 1 whole chicken, about 3 lbs.
- 2 Tbsp. dried rosemary, thyme, sage, marjoram, or any combination of herbs (if using fresh herbs, reduce amount to 1 Tbsp.)
- Juice from 1/2 lemon (or 3 cloves of garlic, crushed)
- Butter-flavored nonstick cooking spray
- Salt and pepper to taste

Preheat oven to 350 degrees. Clean chicken and place breast side up on rack in roasting pan. Squeeze lemon juice inside chicken, or rub inside of chicken with crushed garlic. Use 10 spritzes of butter-flavored nonstick cooking spray to coat outside of chicken and sprinkle evenly with herbs, salt, and pepper. Cover chicken with foil and bake for 55 minutes. Bake uncovered for 15 additional minutes or until juices run clear. (Meat thermometer inserted between leg and body should reach 180 degrees F.) Serve chicken without skin to reduce calories. (One serving should be about 4 oz. of skinless, boneless light and dark meat.) Serve with roasted root vegetables.

NUTRITION INFORMATION PER SERVING
(Chicken only)

Calories: 285 / Protein: 31 g / Carbs: 3 g
Total Fat: 16 g / Fiber: 1.5 g

ROASTED ROOT VEGETABLES*Makes 4 servings*

- 2 medium carrots, peeled and halved
- 2 small beets, peeled and quartered
- 2 small sweet potatoes, peeled and quartered
- 1 small turnip, peeled and quartered
- Butter-flavored nonstick cooking spray

Spritz vegetables evenly with cooking spray and place in pan around chicken. Roast along with chicken. Test with fork to make sure they've reached desired level of tenderness.

NUTRITION INFORMATION PER SERVING

Calories: 66 / Protein: 1.5 g / Carbs: 15 g
Total Fat: 0 g / Fiber: 3 g

BROILED HALIBUT WITH LEMON-THYME BUTTER*Makes 4 servings***FAMILY MEAL**

- 4 6-oz. halibut filets

LEMON-THYME BUTTER

- 1 Tbsp. butter, melted
- 1/4 cup water
- Juice squeezed from 1 large lemon
- 2 Tbsp. dried thyme
- 1 Tbsp. salt
- 1 Tbsp. pepper

Combine lemon-thyme butter ingredients in a small bowl. Preheat broiler. Place filets on broiling pan. Surface of halibut should be 3 to 4 inches from broiler. Brush filets with butter often. Broil 10 to 15 minutes or until halibut flakes easily with fork. Serve with mashed turnip and potatoes.

NUTRITION INFORMATION PER SERVING
(Halibut only)

Calories: 235 / Protein: 38 g / Carbs: 2 g
Total Fat: 7 g / Fiber: 1 g

MASHED TURNIP AND POTATOES*Makes 4 servings*

- 2 large turnips, peeled and cubed
- 4 potatoes, peeled and cubed
- Water (to cover)
- 1/2 cup skim milk
- Salt and pepper to taste

Boil water in large pot. Add turnip and potatoes and reduce heat to medium; cook, stirring frequently, for 30 minutes. Drain. Add milk gradually while mashing with potato masher. Salt and pepper to taste.

NUTRITION INFORMATION PER SERVING

Calories: 127 / Protein: 4 g / Carbs: 28 g
Total Fat: 0 g / Fiber: 3.5 g



BUTTERNUT SQUASH AND GREEN APPLE SOUP

Makes 4 servings

- 1 bag (about 4 cups) precut butternut squash pieces**
- 3 Granny Smith apples, peeled and sliced**
- 1 Tbsp. nutmeg**
- 4 cubes chicken bouillon**
- 4 cups water (or substitute 4 cups low-sodium chicken stock for water and bouillon)**
- Salt and pepper to taste**

Place butternut squash, sliced apples, chicken stock, and spices into slow cooker. Cook on low heat for 6 to 8 hours. Cool. Puree in a blender. (For chunkier soup, use potato masher instead of blender.) Return soup to slow cooker to keep warm. Serve with garlic parmesan toast and small mixed green salad.

NUTRITION INFORMATION PER SERVING

Calories: 145 / Protein: 3 g / Carbs: 36 g
Total Fat: 1 g / Fiber: 8 g



GARLIC PARMESAN TOAST

Makes 4 servings

- 4 slices sourdough bread**
- Garlic salt**
- 4 Tbsp. grated Parmesan cheese**
- Butter-flavored nonstick cooking spray**

Spritz bread with cooking spray, then sprinkle with garlic salt and cheese. Place under broiler or in toaster oven until crispy.

NUTRITION INFORMATION PER SERVING (Toast only)

Calories: 120 / Protein: 6 g / Carbs: 16 g
Total Fat: 3.5 g / Fiber: 1 g

TURBO TIP

Don't go below 1,200 calories a day. Your body needs proper nutrition to burn fat efficiently. Otherwise, your body will think it's starving and slow your metabolism. Not good.

SMALL MIXED GREEN SALAD

Makes 4 servings

- 4 cups mixed greens**
- 2 medium tomatoes, diced**
- 1 cucumber, sliced**
- 2 oz. crumbled goat cheese**
- 2 Tbsp. balsamic vinegar**
- 1 Tbsp. olive oil**

Toss ingredients together.

NUTRITION INFORMATION PER SERVING (including toast and salad):

Calories: 100 / Protein: 4 g / Carbs: 6 g
Total Fat: 6.5 g / Fiber: 2 g

PEPPERED AHI TUNA

Makes 2 servings

- 2 6-oz. pieces of fresh ahi tuna steak**
- 1 Tbsp. black pepper**
- Salt to taste**

Generously sprinkle pepper on ahi tuna. Sear for 1 to 2 minutes per side on a grill, or 1 to 2 minutes total on an electric grill that heats both sides at once. Serve with Mediterranean shrimp salad.

NUTRITION INFORMATION PER SERVING

Calories: 184 / Protein: 39 g / Carbs: 0 g
Total Fat: 1.5 g / Fiber: 0 g

MEDITERRANEAN SHRIMP SALAD

Makes 2 servings

- 5 spears asparagus, cooked**
- 1 4-oz. can hearts of palm, drained**
- 1 4-oz. can artichokes, in water**
- 12 shrimp, deveined (about 3-4 oz.)**
- 2 cups romaine lettuce (may substitute with mixed baby greens or Bibb lettuce)**
- 1 Tbsp. olive oil**
- 2 Tbsp. balsamic vinegar**

Place shrimp on grill and cook until bright orange. Chop asparagus and toss with all the ingredients. Place grilled shrimp on top. Serve with peppered ahi tuna.

NUTRITION INFORMATION PER SERVING

Calories: 199 / Protein: 18 g / Carbs: 14 g
Total Fat: 8 g / Fiber: 3 g

TURBO TIP

To save time, you may use store-bought pico de gallo, found in the deli section of your grocery store. It's a great way to spruce up grilled fish, chicken, and lean beef. It's also good as a snack with low-calorie, low-sodium crackers.

ORANGE ROUGHY WITH MANGO SALSA

Makes 2 servings

- 2 6-oz. orange roughy filets (or halibut, cod, or any white fish filets)**
- 1/2 cup water**
- 1 Tbsp. olive oil**
- Salt and pepper to taste**
- Juice from 1 lemon wedge**

Preheat oven to 350 degrees. Place fish in a baking pan. Combine water, lemon juice, salt, pepper, and olive oil in bowl; pour over fish. Bake covered for 25 minutes, basting at least once with the juices.

MANGO SALSA

- 1/2 mango, diced**
- 2 Tbsp. minced onion**
- 2 Tbsp. diced tomatoes**
- 1 tsp. minced jalapeño pepper**
- 1 tsp. chopped fresh cilantro**

Combine mango salsa ingredients in bowl and refrigerate while preparing fish. When ready to serve, top fish with mango salsa.

NUTRITION INFORMATION PER SERVING

Calories: 275 / Protein: 36 g / Carbs: 12 g
Total Fat: 8 g / Fiber: 1 g

Serve with:

- 1 cup cooked quinoa**
- 1/2 cup black beans, cooked or canned**

Makes 2 servings

NUTRITION INFORMATION PER SERVING

(for 1/2 cup quinoa and 1/4 cup black beans)
Calories: 129 / Protein: 6 g / Carbs: 23 g
Total Fat: 2 g / Fiber: 5 g

GRILLED LEMON SALMON*Makes 4 servings*

- 4 5-oz. salmon steaks**
- Juice from 2 lemons**
- 2 tsp. parsley flakes**
- 2 tsp. garlic salt**
- 2 tsp. ground black pepper**
- Butter-flavored nonstick cooking spray**

Preheat stovetop griddle or electric grill that cooks both sides at once. Coat salmon steaks with nonstick cooking spray, then sprinkle with garlic salt and pepper. Grill for 7 minutes or until fish flakes easily with fork. (Two-sided grill will take less time—check fish after 3 to 4 minutes.) Combine parsley and lemon juice and drizzle over fish. Serve with candied carrots.

NUTRITION INFORMATION PER SERVING
(Salmon only)

Calories: 250 / Protein: 34 g / Carbs: 2 g
Total Fat: 11 g / Fiber: 0 g

CANDIED CARROTS*Makes 4 servings*

- 8 cups shredded carrots**
- 4 Tbsp. honey**

Boil 1/2 cup water in a covered saucepan. Add carrots and steam for 8 minutes or until tender. Drain. Add honey and stir until coated.

NUTRITION INFORMATION PER SERVING

Calories: 159 / Protein: 2 g / Carbs: 39 g
Total Fat: 0.5 g / Fiber: 6.5 g

**PANKO-CRUSTED
“BAKED NOT FRIED
CHICKEN”***Makes 8 servings*

- 8 5-oz. boneless, skinless chicken breasts (pound thin if too thick)**
- 3/4 cup panko (Japanese-style bread crumbs)**
- 1/4 cup Dijon mustard (may substitute with spicy Asian mustard)**
- 1/2 cup nonfat plain yogurt**
- 2 Tbsp. sesame oil (may substitute with peanut oil)**
- 3 garlic cloves**
- 1-1/2 Tbsp. dried parsley**

Wash chicken breasts, pat dry with a paper towel, and set aside. In a large bowl, whisk together mustard, crushed garlic, yogurt, and sesame oil. In a separate bowl, mix parsley with panko. Dip chicken into mustard mixture and then roll it in breadcrumbs. Place on a cookie sheet sprayed with nonstick spray and bake at 475 degrees for 20 minutes, or until coating is golden brown and chicken is no longer pink. Use a meat thermometer to test chicken, or pierce the thicker portion to make sure juices run clear. Serve with dijon sauce.

NUTRITION INFORMATION PER SERVING
(Chicken only)

Calories: 231 / Protein: 31 g / Carbs: 9 g
Total Fat: 7 g / Fiber: 0.5 g

DIJON SAUCE*Makes 8 servings*

- 1/4 cup Dijon mustard**
- 1/4 cup nonfat yogurt**
- 1 tsp. sesame oil**
- 1 tsp. low-sodium soy sauce**

Combine all ingredients. To serve, place a dollop of sauce over each chicken breast.

NUTRITION INFORMATION PER SERVING

Calories: 17 / Protein: 0.5 g / Carbs: 1 g
Total Fat: 1 g / Fiber: 0 g

CHICKEN AND SHRIMP STIR-FRY

**QUICK
'N EASY**

Makes 2 servings

- 1 6-oz. raw chicken breast, sliced
- 8 medium to large shrimp, peeled and deveined
- 12 snap peas
- 1 cup bean sprouts
- 2 scallions, chopped
- 1 tsp. ground ginger
- 1 tsp. garlic powder
- 1 tsp. soy sauce
- 2 cups wheat soba noodles (prepared) or rice (brown or white, steamed)
- 2 Tbsp. peanut oil

Heat peanut oil in skillet or wok. Add chicken and shrimp and sauté over medium heat until chicken is cooked through (about 4 minutes). Add peas, sprouts, and scallions and cook for 2 more minutes. Add ginger, soy sauce, and garlic powder; toss and cook for 1 more minute. Toss with prepared soba noodles or serve over steamed rice.

NUTRITION INFORMATION PER SERVING

Calories: 379 / Protein: 30 g / Carbs: 31 g
Total Fat: 15 g / Fiber: 3 g

CHICKEN CACCIATORE

**FAMILY
MEAL**

Makes 6 servings

- 6 4-oz. chicken breasts
- 4 medium zucchini, cut into 1-inch pieces
- 1 medium onion, cut up into wedges
- 26 oz. tomato sauce
- 1 12-oz. box rotini pasta

Place the first three ingredients into a slow cooker. Pour in the sauce. Cook for 8 hours on low, or 4 hours on high. Prepare the pasta as per the box directions. Serve 1 cup of chicken mixture over 1 cup of pasta.

NUTRITION INFORMATION PER SERVING

Calories: 378 / Protein: 33 g / Carbs: 52 g
Total Fat: 4 g / Fiber: 6 g



RICE RIZI-BIZI*Makes 8 servings*

- 1 cup brown rice
- 2 cups water
- 1 Tbsp. salt
- 2 cups frozen peas

Cook rice with water and salt in a rice cooker or sauce pan. When rice is fully cooked and still hot, add peas.

NUTRITION INFORMATION PER SERVING

Calories: 107 / Protein: 3 g / Carbs: 22 g

Total Fat: 0.5 g / Fiber: 2.5 g

TURBO AVOCADO WRAPS*Makes 6 servings*

- 3 avocados, peeled, pitted, and mashed
- 1/4 cup red onion, diced
- 1/4 tsp. garlic salt
- 3/4 cup cilantro, chopped
- 1 Roma tomato, diced
- 12 6-inch whole-grain tortillas
- hot sauce (optional)
- 3 cups cooked black beans (optional)
- 3/4 cup crumbled feta cheese (optional)

Combine avocados, onion, garlic salt, and cilantro. Spread avocado mixture over tortillas. Top with cilantro and diced tomato. Add hot sauce, black beans, and/or cheese if desired. Roll up and serve.

NUTRITION INFORMATION PER SERVING*

Calories: 365 / Protein: 8 g / Carbs: 48 g

Total Fat: 16 g / Fiber: 9 g

For beans, add 100 calories per 1/2 cup serving.For cheese, add 55 calories per 2 Tbsp. serving***PEPPERCORN STEAK***Makes 2 servings*

- 2 6-oz. rib eye steaks
- 1 cup water
- 2 dashes of Worcestershire sauce
- 2 garlic cloves, minced finely
- 2 tsp. whole peppercorns, cracked or ground with mortar and pestle (may substitute with ground black pepper)
- 1/2 cup of water
- 1 beef bouillon cube
- 1 Tbsp. flour

Broil steaks to desired doneness. In the meantime, prepare the peppercorn gravy on the stovetop. Mix water and beef bouillon and cook until dissolved. In a separate bowl, mix garlic, Worcestershire, flour, a spoonful of the bouillon-water mixture. Whisk and slowly pour the flour mixture in the remaining bouillon-water mixture. Stir until mixture thickens to gravy consistency. Crack 3/4 of the peppercorns with mortar and pestle. Leave the rest whole. Add to sauce. Pour sauce over steak. Can also baste the steak with the peppercorn mixture, if desired. Serve with simple spinach salad.

NUTRITION INFORMATION PER SERVING

Calories: 308 / Protein: 36 g / Carbs: 5 g

Total Fat: 15 g / Fiber: 0 g

SIMPLE SPINACH SALAD*Makes 2 servings*

- 4 cups of spinach
- 1/2 Tbsp. balsamic vinegar
- 1/2 Tbsp. olive oil
- 1/2 medium tomato
- 1/2 medium cucumber, sliced

Combine all ingredients; toss.

NUTRITION INFORMATION PER SERVING

Calories: 67 / Protein: 3 g / Carbs: 6 g

Total Fat: 4 g / Fiber: 1.5 g


**FAMILY
MEAL**

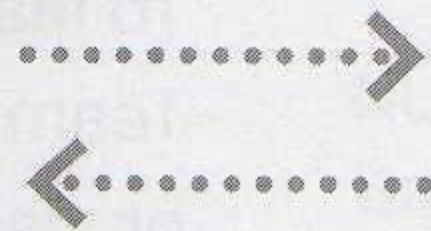
SUBSTITUTIONS

Want to further customize the FUEL THE FIRE Nutrition Guide? Can't eat a particular food in a recipe? Or don't have that item in your fridge? No problem. Simply swap out the various food items to fit your preferences. The foods below are all interchangeable within their own categories.

DAIRY	PROTEINS
<p>1 cup skim, soy milk, or almond milk</p> <p>1/2 cup 1% to 2% cottage cheese (vegan or lactose-free varieties are available)</p> <p>1/2 cup low-fat yogurt</p> <p>1/2 cup nonfat Greek yogurt</p> <p>1-1/2 oz. low-fat cheese (Cheddar, Colby, Swiss, Parmesan contain low lactose levels)</p> <p>1 egg or 3 egg whites</p>	<p>1 oz. chicken breast, turkey breast, tofu, canned tuna in water, shrimp or other white fish (tilapia, cod, flounder)</p> <p>3/4 oz. lean red meat, like sirloin or flank</p> <p>1 oz. lean pork tenderloin</p> <p>1 egg or 3 egg whites</p> <p>1/3 cup 1% to 2% cottage cheese</p> <p>1/4 cup beans</p>
BREADS/STARCHES Measurements should be made after cooking.	FRUITS
<p>1/2 cup of pasta</p> <p>1/3 cup brown rice or cooked barley</p> <p>1/2 cup whole-grain orzo or couscous</p> <p>1 slice whole-grain bread</p> <p>1 small whole-grain dinner roll</p> <p>1 whole wheat English muffin</p> <p>2/3 cup green peas</p> <p>1 cup cooked oatmeal</p> <p>1 cup whole-grain cereal, no sugar added</p> <p>1 6-inch whole wheat pita</p>	<p>1 apple</p> <p>1/2 banana</p> <p>1/2 cup berries (blueberries, strawberries, blackberries, or raspberries)</p> <p>15 to 20 grapes or cherries</p> <p>2 kiwis</p> <p>1/2 mango or papaya</p> <p>1 cup melon (cantaloupe, honeydew, watermelon)</p> <p>1 orange</p> <p>1 peach</p> <p>1 pear</p> <p>1/2 cup pineapple</p> <p>2 small plums</p>

VEGETABLES

- 3 cups salad greens
- 12 asparagus spears, cooked
- 1 cup cooked zucchini or green beans
- 1/3 cup cooked peas
- 1/3 cup corn
- 1 corn on the cob
- 3/4 cup cooked pea pods
- 1 cup steamed bell peppers (or 2 cups raw)
- 1 cup of steamed brussels sprouts
- 1 cup sliced cucumber
- 1 whole tomato or 4 cherry tomatoes
- 1 cup cooked broccoli, spinach, or mushrooms (or 2 cups raw)



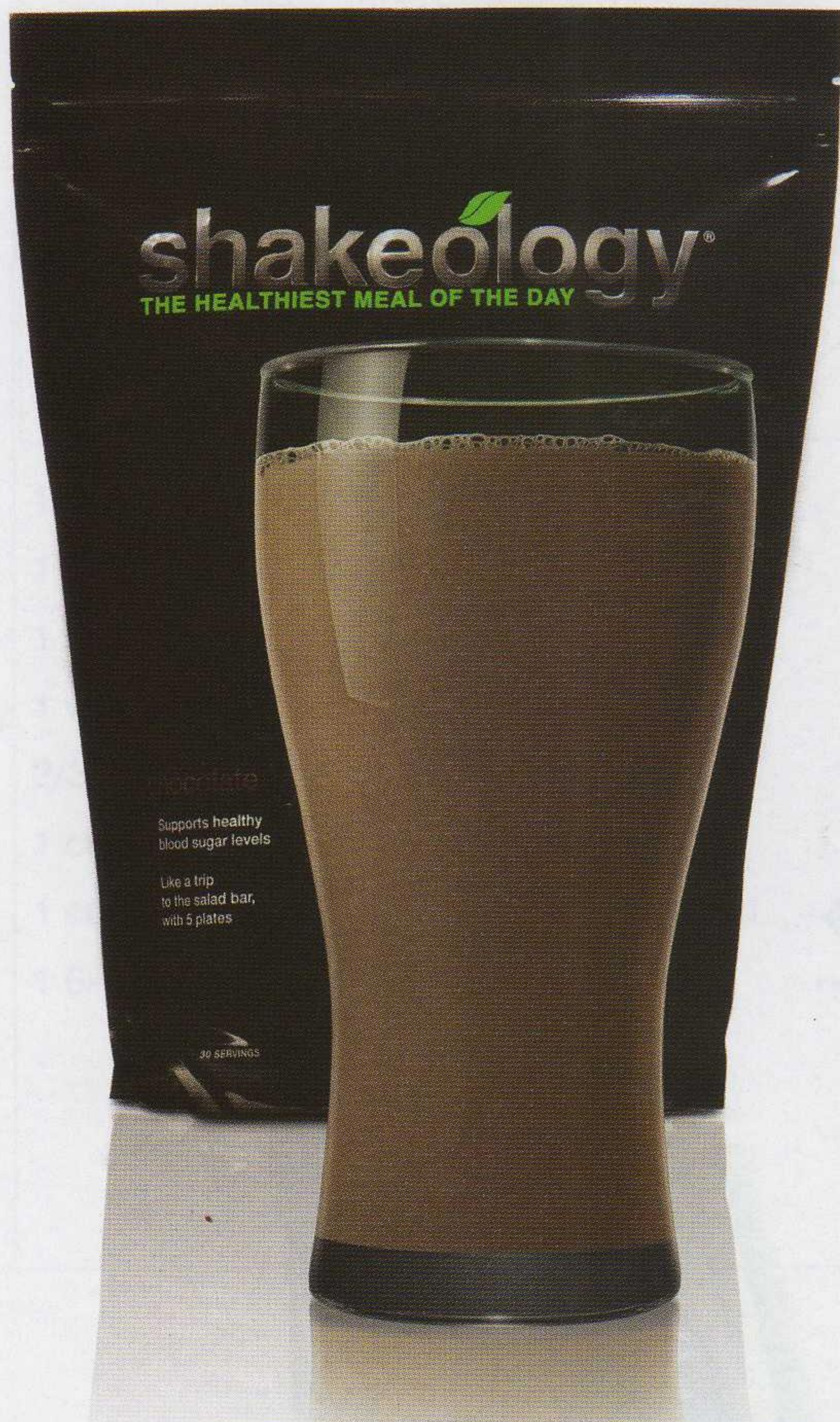
FEELS GOOD TO SHAKE IT UP

**FIRE UP YOUR ENERGY LEVELS, LOSE MORE WEIGHT,
AND ACHIEVE OPTIMAL HEALTH.**

Unlike any other shake out there, only Shakeology® contains the most potent superfoods and essential nutrients available. Its 70 ingredients are derived from whole-food sources—all natural foods that your body can easily absorb and utilize.

Each 140-calorie serving is packed with antioxidants, energy-providing carbohydrates, a full spectrum of vitamins and minerals, prebiotics and enzymes for better digestive health, and 15 grams of protein to keep you feeling full. Even eating the recommended servings of fruits and vegetables every day won't give you this much nutrition.

Replace one meal a day with this ultra-premium nutritional shake. It not only keeps your energy levels up for class, it'll also help you lose weight and increase regularity for optimal health.* Try it risk free for 30 days and you'll notice a difference as soon as the first week.



Chocolate and Greenberry Shakeology contain:

- Protein
- Essential Amino Acids
- Antioxidants
- Digestive Enzymes
- Prebiotics
- Vitamins
- Minerals
- Phytonutrients
- No Caffeine
- No Gluten

To learn more, contact your
Team Beachbody® Coach
or visit Shakeology.com.

**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.*

Chalene's Favorite Shakeology® Recipes

THE ORANGE FRAPPÉ

- 1 scoop Greenberry Shakeology
- 1 cup water
- 1/2 cup almond milk
- 1 packet Crystal Light® sugar-free Classic Orange
- 2 cups ice

NUTRITION INFORMATION PER SERVING

Calories: 182 / Protein: 18 g / Carbs: 22 g
Total Fat: 2.25 g / Fiber: 3 g

CARL DAIKELER SPECIAL

- 1 scoop Chocolate Shakeology
- 1 banana
- 1 Tbsp. almond or peanut butter (or to taste)
- Ice to taste
- 8 oz. water
- 1 raw egg

NUTRITION INFORMATION PER SERVING

Calories: 384 / Protein: 28 g / Carbs: 43 g
Total Fat: 14 g / Fiber: 6.5 g

SUNRISE ANTIOXIDANT SPECIAL

- 1 scoop Greenberry Shakeology
- 1/4 cup fresh orange juice
- 3/4 cup water
- Ice to taste

NUTRITION INFORMATION PER SERVING

Calories: 167 / Protein: 17 g / Carbs: 23 g
Total Fat: 1 g / Fiber: 3 g

MOCHA MADNESS

- 1/2 cup almond milk
- 1 cup hot water with 1 Tbsp. instant coffee, dissolved (add ice to cool it down)
- 1 scoop Chocolate Shakeology
- Ice to taste
- Sweeten, if desired

NUTRITION INFORMATION PER SERVING

Calories: 175 / Protein: 18 g / Carbs: 22g
Total Fat: 2 g / Fiber: 3 g

STRAWBERRY PEACH SURPRISE

- 1 scoop Greenberry Shakeology
- 1/2 cup frozen strawberries
- 1/2 cup frozen peaches
- 3/4 cup water
- Ice to taste

NUTRITION INFORMATION PER SERVING

Calories: 202 / Protein: 18 g / Carbs: 33 g
Total Fat: 1 g / Fiber: 6 g

CHOCOLATE COVERED BANANAS

- 1 scoop Chocolate Shakeology
- 1/2 banana
- 1/2 cup water
- 1/4 cup nonfat soy, rice, or almond milk
- Ice to taste

NUTRITION INFORMATION PER SERVING

Calories: 214 / Protein: 19 g / Carbs: 34 g
Total Fat: 1 g / Fiber: 4.5 g

TURBO TIP

Mix up your Shakeology. Try a different shake every day of the week with one of these great recipes.

YOGO BERRY BLAST

- 1 scoop Greenberry Shakeology®
- 8 oz. water
- 1 cup frozen mixed berries
- 4 oz. container lowfat vanilla yogurt

NUTRITION INFORMATION PER SERVING

Calories: 289 / Protein: 23 g / Carbs: 46 g
Total Fat: 2.5 g / Fiber: 6 g

PEANUT BUTTER CUP

- 1 scoop Chocolate Shakeology
- 1 Tbsp. natural almond or peanut butter
- 3/4 cup water
- 1/2 cup almond milk
- Ice to taste

NUTRITION INFORMATION PER SERVING

Calories: 270 / Protein: 22 g / Carbs: 25 g
Total Fat: 10.5 g / Fiber: 4 g

CHOCOLATE COVERED STRAWBERRIES

- 1 scoop Chocolate Shakeology
- 1 cup water
- 1/2 cup almond milk
- 1/2 cup frozen strawberries
- Ice to taste

NUTRITION INFORMATION PER SERVING

Calories: 201 / Protein: 18 g / Carbs: 29 g
Total Fat: 2 g / Fiber: 4.5 g

BLUES BUSTER

- 1 scoop Greenberry Shakeology
- 1/2 cup combined frozen blueberries and blackberries
- 1 tsp. fresh orange juice
- 1 Tbsp. nonfat blueberry yogurt
- 3/4 cup water
- Ice to taste

NUTRITION INFORMATION PER SERVING

Calories: 176.5 / Protein: 18 g / Carbs: 26 g
Total Fat: 1 g / Fiber: 4.5 g

CREAMY BERRY FUSION

- 1 scoop Greenberry Shakeology
- 1/4 cup sliced strawberries
- 1/4 cup nonfat soy, rice, or almond milk
- 1/2 cup water
- Ice to taste

NUTRITION INFORMATION PER SERVING

Calories: 170 / Protein: 18 g / Carbs: 22 g
Total Fat: 2 g / Fiber: 4 g

TROPICAL BANANA BERRY

- 1 scoop Greenberry Shakeology
- 1/2 cup unsweetened almond milk
- 1/2 banana
- 2 oz. 100% pineapple juice
- Ice to taste

NUTRITION INFORMATION PER SERVING

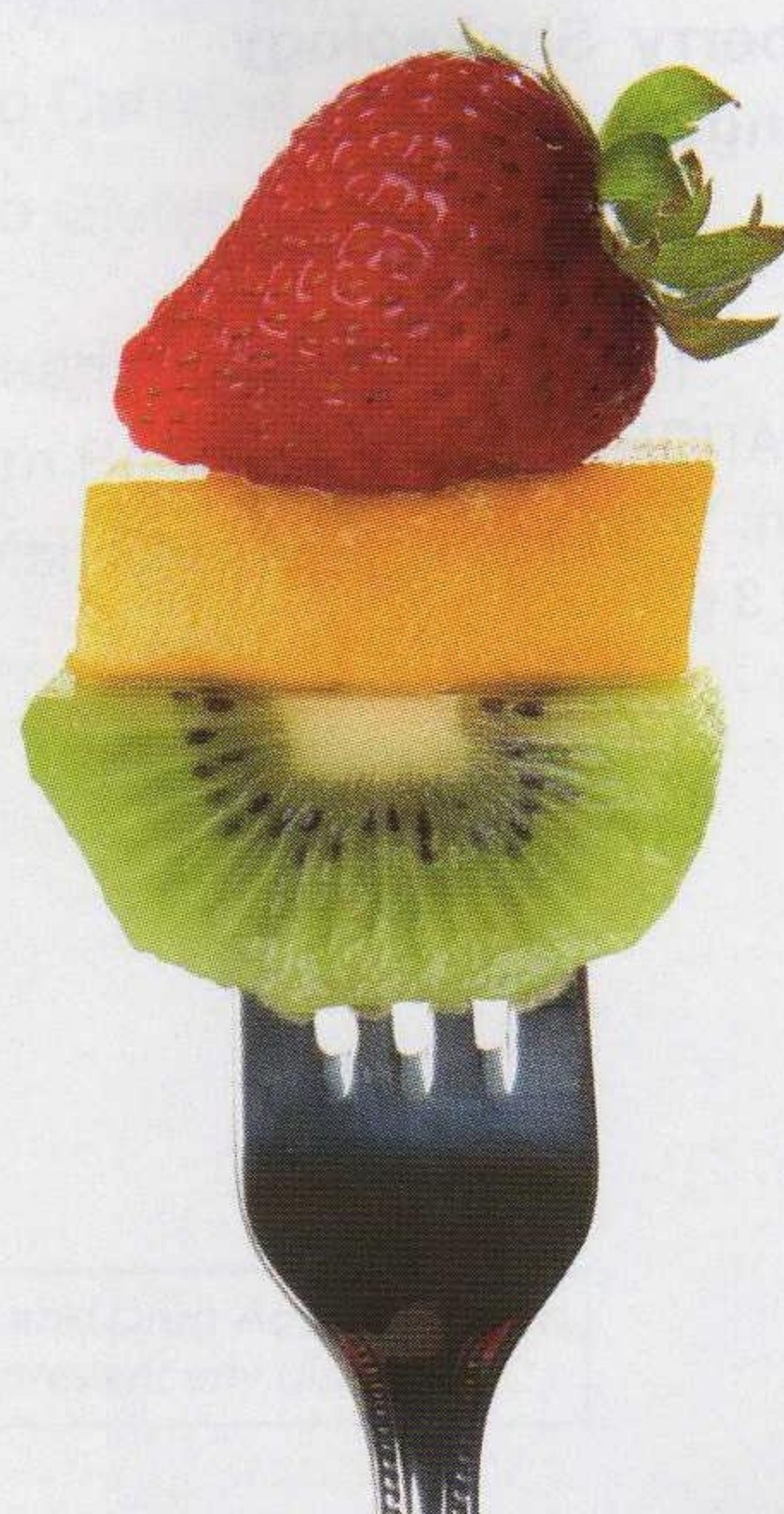
Calories: 264 / Protein: 19 g / Carbs: 44 g
Total Fat: 2.5 g / Fiber: 4.5 g

STRAWBERRY-CHOCO-PB-BANANA

- 1 scoop Chocolate Shakeology
- 8 oz. water
- 1/2 banana
- 1 Tbsp. peanut butter
- Frozen strawberries
- Ice to taste

NUTRITION INFORMATION PER SERVING

Calories: 315 / Protein: 22 g / Carbs: 41 g
Total Fat: 9.5 g / Fiber 7 g



Other tasty Shakeology® add-ins:

- 1 tsp. fresh orange juice adds a little zest to Shakeology
- 1 squeeze of fresh lemon or lime is tasty in berry smoothies
- 1 Tbsp. nonfat yogurt adds a creamy smoothie-like flavor
- 1 Tbsp. organic peanut, cashew, almond, or hazelnut butter to Chocolate Shakeology
- 1 dash cinnamon to Chocolate Shakeology

FRUITS YOU CAN TOSS INTO THE BLENDER

Apples	Melon	Oranges
Bananas	Nectarines	Pineapple
Blackberries	Papayas	Plums
Blueberries	Peaches	Raspberries
Boysenberries	Pears	Starfruit
Kiwis	Asian Pears	Strawberries
Mangoes	Korean Pears	Tangerines

THE SHAKEOLOGY SHAKE-UP

Want to shake up your metabolism a little? Try the 3-Day Shakeology Cleanse. Simply drink three Shakeology shakes a day. You can prepare them plain or use one of Chalene's recipes. For dinner, eat a salad. Drink plenty of water, consume no other calories, and go about your normal workout schedule. Doing this every few months will keep your body energized and running smoothly.

TURBO TIP

To avoid a "post-shake" chill in the cooler months of the year, drink Shakeology while sitting in direct sunlight for 15 minutes. You'll absorb vitamin D from natural sunlight (just remember to slather on the SPF).

YOUR SHOPPING LIST

Stock your pantry, shelves, and fridge with foods that are both good for you and taste great. Make copies of this grocery list and place it on your fridge so you can always have these foods on hand:

PROTEIN

- Eggs or egg whites from free-range chicken, if possible
- Fish: salmon, tuna, trout, mahi-mahi, cod, shrimp, crab, etc.
- Lean red meats with less than 5% fat, grass-fed, if possible
- Legumes (beans, peas, lentils, soy, peanuts)
- Low- or nonfat cottage cheese
- Organic or free-range chicken or turkey

CARBOHYDRATES

- Fresh vegetables
- Fresh whole fruits
- Oatmeal
- Whole-grain or mixed-grain breads and cereals
- Whole-grain pasta
- Whole-grain rice

FATS

- Avocados
- Canola oil
- Fish oil containing EPA/DHA fatty acids
- Flaxseed oil
- Hempseed oil
- Olive oil
- Raw nuts such as almonds, walnuts, cashews

HERBS (FRESH OR DRIED)

- Basil
- Garlic
- Marjoram
- Oregano
- Parsley
- Rosemary
- Sage
- Tarragon
- Thyme



Consult your physician and read all enclosed safety and other materials before beginning this exercise program, starting this or any other nutrition plan, or using any supplement or meal replacement program—particularly if pregnant, breast feeding, providing to a child, or if you have any other unique needs or restrictions. Keep out of reach of children or others who require supervision. © 2010 Beachbody. All rights reserved. Distributed by Product Partners, LLC, Santa Monica, CA 90404. Product Partners, LLC is the owner of TurboFire, Beachbody, Team Beachbody, and all related designs, trademarks, and other intellectual property. If you are a member of the Team Beachbody® community, contact your Coach for information and support or log in at TeamBeachbody.com. For Beachbody® and Team Beachbody Customer Service, please call 1 (800) 818-5174 or go to Beachbody.com.