

PROGRAM &  
NUTRITION GUIDE

LIFT  
HIIT  
REST  
REPEAT

**LIIFT4**<sup>TM</sup>

 **BEACHBODY**<sup>®</sup>



**LIIFT4™ is a no-nonsense combo of weightlifting and calorie-burning high-intensity (HIIT) cardio that will help build lean muscle and burn fat in just 4 days a week. The first 6 weeks of the program will build, strengthen, and define your body. The last 2 weeks go harder on the HIIT workouts to burn through calories and shred fat for a total-body transformation. And you get 3 recovery days a week to help give muscles time to repair so you can push harder and get better results.**

**The key to your LIIFT4 transformation is a commonsense eating plan that works as hard as you do. We'll get to that in a few pages.**

## A QUICK START

### TAPE MEASURE, CAMERA, ACTION!

#### **Take your Measurements and Photos (see page 3)**

It's not just about the number on the scale. You'll be gaining muscle as you lose fat over the next 8 weeks, so it's important and also motivating to track your progress with photos and measurements.

### EAT (AND CHEAT, if you have to...)

#### **Find your Nutrition Plan and Food Lists (see page 5)**

Use your weight to find the plan that you follow. Then check out the Food Lists on page 12 to see what you can eat. Yes, you're allowed a "cheat day" once a week if you need it (see page 11 for more information). If you need a little help getting started, there's also a Sample Menu to check out on page 7.

### WATCH, LISTEN, LEARN

#### **With the HOW TO LIIFT4 and READY FOR LIIFT OFF videos**

If you're new to lifting, or need a brushup on your form, Joel shows you proper lifting technique, safety, and how to select weights. And READY FOR LIIFT OFF weekly episodes with Joel and the LIIFT4 cast will go into the specifics of each week, so you know what to expect.

### START YOUR WORKOUTS

#### **Have all your materials ready and get started with LIIFT4**

Just print out the Workout Calendar and Weight Progression Tracker and have your weights or bands ready to go. Also remember, the workouts are music-free so you can play your own jams or enjoy Joel's playlists under Program Materials.

# THE WORKOUTS

Each of the 32 unique workouts will target either your chest & triceps, back & biceps, shoulders, or legs 4 times a week, and every workout ends with an ab routine to burn out your core. Here's how:

- **LIIFT 50/50** – Start by lifting heavy and hard for serious muscle-building—then empty your tank with HIIT cardio to torch calories, burn fat, and get cut.
- **LIIFT INTERVALS** – Fast and furious weightlifting intervals that will build and define your body, punctuated with intense burnout rounds of high-intensity cardio to get you shredded and keep your metabolism working overtime.
- **CIRCUIT** – Straight-up classic weightlifting that focuses on building one major muscle group at a time, with minimal rest. This keeps your heart rate up, your calorie burn high, and your body ripped.
- **HIIT** – HIIT it and quit it in an all-out cardio workout that burns massive amounts of calories and shreds the fat in an explosive 30-minute meltdown.

The only equipment you need is a set of light, medium, and heavy weights, depending on your fitness level.

**Before you begin working out, watch the HOW TO LIIFT4 videos on the Workout List→Get Started page on Beachbody On Demand. This is Weightlifting 101 as Joel guides you through weight selection and proper form and safety. He also provides you with weekly READY FOR LIIFT OFF videos.**

- **HOW TO LIIFT4** – Learn how to find your perfect set of light, medium, and heavy weights for LIIFT4, and also when you should increase your weights. Joel will show you how to perfect your form and technique so you can truly maximize your results, plus most importantly, how to lift safely.
- **READY FOR LIIFT OFF** – Joel guides you through what to expect each week as you do LIIFT4. He and the LIIFT4 cast also provide you with insights, support, helpful hints, and all the motivation you need to make sure you succeed.

Joel also brings you his two most effective Recovery Day routines to help prevent soreness, increase flexibility, mobility, and range of motion, release your trigger points, and speed muscle recovery:

- **LIIFT4 STRETCH** – This stretch routine is designed to warm up your body first, and bring heat to your muscles, before isolating and stretching each muscle group.
- **LIIFT4 ROLL & RECOVER** – Use a foam roller to increase circulation to help relieve muscle soreness and speed recovery, so you are ready for the next workout.

## PROGRAM MATERIALS

**Print out these materials from the LIIFT4 Program Materials list on Beachbody On Demand and plan your start date. Workout weeks are broken up with strategically chosen recovery days. We recommend starting on a Monday, but remember, this program is meant to fit around your life, not the other way around.**

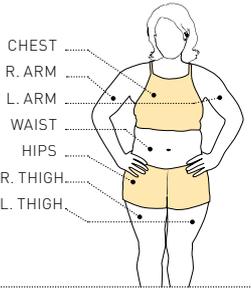
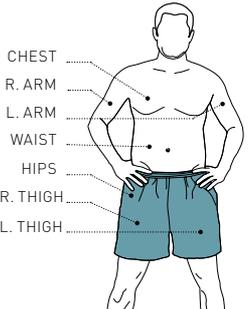
- **LIIFT4 PROGRAM & NUTRITION GUIDE** – Refer to this guide for workout information and simple step-by-step instructions for following the nutrition plan, including a sample menu and food lists of what to eat. There are descriptions about each Beachbody Performance™ line supplement that you'll take, along with Shakeology® recipe ideas.
- **LIIFT4 WORKOUT CALENDAR** – The best way to achieve optimal results with LIIFT4 is to “check off” your progress along the way. Plus, it'll help you know which workout you're doing and the body parts you're working each day.
- **LIIFT4 WEIGHT PROGRESSION TRACKER** – To get a fully ripped physique, you have to push past your limits—that means listening to your body and knowing when to increase your weights, and knowing when you need to drop back down. By tracking how much weight you lift in each set, you'll know how to increase the weight over time. LIIFT4 is all about making progress—choosing your weights wisely can be the catalyst for improvement.

# TRACK YOUR PROGRESS

The best way to see how much your body is changing is to take progress photos and keep track of your measurements using the MEASUREMENTS TRACKER below. There's no better way to see the progress you made after completing LIIFT4 than by looking at the photos you took before your first workout. So, take a few shots of yourself now, and again at the end of LIIFT4. For information on how to get the best results when taking your BEFORE and AFTER photos, please visit [BeachbodyChallengePhotos.com](http://BeachbodyChallengePhotos.com).

# LIIFT4<sup>TM</sup>

## NUTRITION

MEASUREMENTS TRACKER		WEEK 1	WEEK 4	WEEK 8
	CHEST			
	R. ARM			
	L. ARM			
	WAIST			
	HIPS			
	R. THIGH			
	L. THIGH			
	TOTAL INCHES			
	WEIGHT			

**You're going to be building muscle and burning a ton of calories. We've put together a simple way to help keep your body fueled and primed for success. There are no gimmicks and no complicated recipes. Just follow the 5 easy steps and get ready for some serious results.**

You'll get the right amount of protein, a nutrient that's important for muscle-building and recovery, without sacrificing the carbs you need to power performance and the fat you need to stay healthy.

Each plan is approximately 30% protein, 40% carbs, and 30% fat. We're also emphasizing foods that best support healthy muscles and exercise recovery.

Your day starts with your nutritional foundation—Shakeology. When you start your day off the right way, it helps keep the rest of your day on track. The Beachbody Performance supplement system also plays a huge role on your LIIFT4 workout days. You'll find out how to incorporate them into your plan later on.

Finally, once a week we're giving you an optional "cheat day" to enjoy some of the foods you might be missing.

## YOUR AWESOME RESULTS ARE WAITING, SO LET'S GET STARTED.

# STEP 1 FIND YOUR PLAN

Use your current weight to determine the plan that you will follow. Then, see how many portions of each food category you should eat every day. For example, Plan A has a "3" after ■ Veggies (Green); that means you'll be eating three Veggie portions daily.

Your Beachbody Performance supplements should only be taken on workout days, but your Shakeology should be part of your daily routine, ideally with breakfast to set you on the right path with a solid nutritional foundation.

## RISE TO THE CHALLENGE OF CHANGE WITH SHAKEOLOGY

Changing your body—and your life—is hard. When you start with a solid nutritional foundation, it helps your whole day follow suit. Shakeology is carefully crafted with a nutritionally balanced blend of potent ingredients to nourish the complex needs of your body to help you make the lasting change you're looking for. When your body gets more of what it craves, you're empowered to do more. That's why Joel starts every morning with a Shakeology shake. You should too.\*

**TIP:** Shakeology Boosts are an easy way to customize your shake on the days when your body needs a little extra support. Choose from Focused Energy, Digestive Health, and Power Greens.



\*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.

# LIFT4™

## NUTRITION PLANS

	PLAN A	PLAN B	PLAN C	PLAN D	PLAN E	PLAN F
	168 lbs. or less 1,200–1,499 calories	168.5–195 lbs. 1,500–1,799 calories	195.5–222 lbs. 1,800–2,099 calories	222.5–240 lbs. 2,100–2,299 calories	240.5–259 lbs. 2,300–2,499 calories	259.5 lbs. or more 2,500–2,799 calories
 Veggies (Green)	3	4	5	6	7	8
 Fruits (Purple)	2	3	3	4	5	5
 Proteins** (Red)	4	4	5	6	6	7
 Carbohydrates (Yellow)	2	3	4	4	5	5
 Healthy Fats (Blue)	1	1	1	1	1	1
 Seeds & Dressings (Orange)	1	1	1	1	1	1
 Oils & Nut Butters (tsp.)	2	4	5	6	7	8
<b>ADD BEACHBODY PERFORMANCE SUPPLEMENTS ON THE DAYS YOU WORK OUT.</b>						
Beachbody Performance Energize	1	2	2	2	2	2
Beachbody Performance Hydrate	1	1	1	1	1	1
Beachbody Performance Recover	1	1	1	1	1	1
Beachbody Performance Recharge	1	1	1	1	1	1
Beachbody Performance Creatine <i>(Optional. Take daily.)</i>	0	0	1	1	1	1

 \*\*Remember your daily Shakeology and be sure to count it as one of your  Protein (Red) portions.

## LOOKING TO BUILD SERIOUS MUSCLE?

If you're more interested in building muscle than losing weight, bump up two plans. If you would normally fall into Plan B, you would bump up to Plan D. This minimizes your calorie deficit and gives you plenty of carbs to fuel performance and protein to maximize muscle-building and recovery. If you are bumping up from Plan E or F, you'll use Plan G below.

For those next-level gains, add Creatine to your Beachbody Performance supplement strategy.\* We'll show you how on page 10.

### Are you *REALLY* hungry?

If you're just starting LIIFT4 and feel hungry but still have good energy levels, it may not mean you need more food. It could be a reaction from your body, which is used to a certain amount of food. Try your best to tough it out for a week or two. If your hunger becomes unmanageable, then add 1 ■ Protein (Red) to your day. However, if you're feeling run-down, having trouble thinking straight, sleeping, and completing your workouts, or you just feel bad all the time, these are signs you may need more food, so try bumping up an entire plan.

 \*\*Remember your daily Shakeology and be sure to count it as one of your ■ Protein (Red) portions.

PLAN G	
<span style="color: green;">■</span> Veggies (Green)	9
<span style="color: purple;">■</span> Fruits (Purple)	6
<span style="color: red;">■</span> Proteins* (Red)	7
<span style="color: yellow;">■</span> Carbohydrates (Yellow)	6
<span style="color: blue;">■</span> Healthy Fats (Blue)	1
<span style="color: orange;">■</span> Seeds & Dressings (Orange)	1
 Oils & Nut Butters (tsp.)	9
Add Beachbody Performance supplements on the days you work out.	
Beachbody Performance Energize	2
Beachbody Performance Hydrate	1
Beachbody Performance Recover	1
Beachbody Performance Recharge	1
Beachbody Performance Creatine	1

## STEP 2 READ THE FOOD LISTS

Now you can figure out what you're going to eat. We've put together Food Lists for each category with our recommendations—see page 12. The higher up on the Food Lists you eat, the harder you should be able to push—and the better your results. The Food Lists prioritize foods that are especially beneficial to your performance and recovery. New to working out or just getting back to it? Your muscles might experience some soreness. It's no big deal—we've prioritized the fruits and veggies that are nutrient-dense and can help with exercise-induced soreness. We've rated the proteins based on a variety of factors, including quality, digestibility, and amount of protein per serving, and put those at the top of our list.

### TIP:

To help make eating even easier, Beachbody Portion-Control Containers are designed to work with your LIIFT4 Nutrition Plan. Just fill them up and you're good to go. To learn more or to pick up a set of containers, contact your Team Beachbody® Coach or check out [TeamBeachbody.com](http://TeamBeachbody.com).



# STEP 3 BROWSE THE SAMPLE MENU

Here's a Sample Menu Day for Plan B that shows you how to put it all together. Make sure to space your meals and snacks 2–4 hours apart, and time your Beachbody Performance supplements following the instructions on the label.

SAMPLE MENU DAY FOR PLAN B	
<b>BREAKFAST</b>	<p><b>Shakeology:</b> raw spinach, ½ banana, berries, Chocolate Shakeology, unsweetened shredded coconut, water</p> <p>1  Veggie (Green), 2  Fruits (Purple), 1  Protein (Red), 1  Seeds &amp; Dressings (Orange)</p>
<b>PRE-WORKOUT SUPPLEMENT</b>	<b>Beachbody Performance Energize</b>
<b>WORKOUT</b>	<b>Beachbody Performance Hydrate</b>
<b>POST-WORKOUT SUPPLEMENT</b>	<b>Beachbody Performance Recover</b>
<b>LUNCH</b>	<p><b>Grain-based bowl:</b> quinoa, ground turkey, roasted cauliflower and butternut squash in olive oil (2 tsp.), pesto sauce (1 tsp.)</p> <p>2  Veggies (Green), 1  Protein (Red), 1  Carbohydrate (Yellow), 3  Oils &amp; Nut Butters (tsp.)</p>
<b>SNACK</b>	<p>canned tuna, whole-grain crackers, apple</p> <p>1  Fruit (Purple), 1  Protein (Red), 1  Carbohydrate (Yellow)</p>
<b>DINNER</b>	<p><b>Burrito:</b> whole-grain tortilla, grilled chicken, roasted bell peppers and onion medley in olive oil (1 tsp.), avocado, hot sauce</p> <p>1  Veggie (Green), 1  Protein (Red), 1  Carbohydrate (Yellow), 1  Healthy Fat (Blue), 1  Oils &amp; Nut Butters (tsp.)</p>
<b>NIGHTTIME SUPPLEMENT</b>	<b>Beachbody Performance Recharge</b>
<b>TOTAL</b>	<p>4  Veggies (Green), 3  Fruits (Purple), 4  Proteins (Red), 3  Carbohydrates (Yellow), 1  Healthy Fat (Blue), 1  Seeds &amp; Dressings (Orange), 4  Oils &amp; Nut Butters (tsp.)</p>

# STEP 4 HELP MAXIMIZE RESULTS

WITH



On the days that you work out, Beachbody Performance is designed around the principle of Targeted Nutrition, meaning that when they're consumed at specific times, the scientifically tested ingredients—provided at clinically tested levels—will be highly effective in helping you feel more energized to work out, push through your workouts harder, reduce post-workout muscle soreness, and speed muscle strength recovery.\*

Informed-Sport is a global quality-assurance program. It certifies that each lot of a product with the Informed-Sport logo was tested for banned substances and ensures it has been manufactured to high-quality standards.

## BEACHBODY PERFORMANCE ENERGIZE

A pre-workout formula that gives you extra energy and helps you get pumped when you exercise.\*



### Why do you need Energize?

Taking it before workouts helps boost energy and endurance, sharpen focus and reaction time, and delay exercise-induced fatigue.\*

### What are the key ingredients in Energize?

- Beta-alanine helps buffer muscle acid buildup, which helps delay exercise-induced muscle fatigue so you can push hard and last longer.\*
- Low-dose caffeine from green tea and coffee bean extract helps improve reaction time and focus, and reduce exercise-induced muscle fatigue.\*
- Quercetin helps improve endurance and delay exercise-induced muscle fatigue to help you get through your workouts and give you a competitive edge.\*

### How to take Energize.

Mix with water according to the label instructions and drink 30 minutes before exercising.



## BEACHBODY PERFORMANCE HYDRATE

A during-workout formula that helps keep you hydrated for peak performance.\*

### Why do you need Hydrate?

When you're not properly hydrated during exercise, it can mean a drop in power and performance. Unfortunately, water alone doesn't always do the trick because it doesn't replace electrolytes lost through sweat—and that can cause fluid imbalances. Hydrate provides an excellent ratio of water, carbohydrates, and electrolytes to rehydrate you and help keep your body operating at its best.\*



### What are the key ingredients in Hydrate?

- Hydration blend of sodium, potassium, magnesium, and calcium helps maintain the body's fluid balance and replace key electrolytes to help you last longer and feel better, even through the toughest workouts.\*
- Quercetin is a powerful performance-enhancing phytonutrient that gets a lot of attention in leading exercise physiology-nutrition laboratories because of its effects on exercise performance.\*
- Low-dose carbohydrates help improve hydration and support exercise performance.\*

### How to take Hydrate.

Mix with water according to the label instructions and drink during exercise.

## BEACHBODY PERFORMANCE RECOVER

A post-workout formula that gets protein to muscles, jump-starting recovery.\*

### Why do you need Recover?

The faster you recover, the harder you can work out—and that makes for better results. The timed-release combination of whey, pea, and casein proteins, as well as the phytonutrient-dense pomegranate extract in Recover helps maximize a post-workout window to help improve muscle recovery, promote muscle growth, and fight exercise-induced muscle soreness.\*



### What are the key ingredients in Recover?

- Pomegranate extract delivers ellagitannins which are scientifically shown to promote faster muscle recovery while helping to manage exercise-induced muscle soreness.\*
- 20 grams of high-quality protein with fast-, intermediate-, and slow-release proteins help provide a rapid and sustained supply of nutrients to help improve muscle recovery and promote muscle growth.\*
- Branched-chain amino acids (BCAAs) help promote muscle protein synthesis and support muscle rebuilding.\*

### How to take Recover.

Mix with water according to the label instructions and drink within 30 minutes of completing exercise.

## BEACHBODY PERFORMANCE RECHARGE

A nighttime formula that helps support muscle recovery overnight.\*

### Why do you need Recharge?

During sleep, your body goes into serious recovery mode, rebuilding muscle that's been broken down by daily wear—not to mention hard workouts. Recharge's slow-release casein protein provides your muscles with the building blocks they need for recovery.\*



### What are the key ingredients in Recharge?

- Tart cherry delivers anthocyanins shown to help reduce exercise-induced muscle soreness and improve recovery after intense exercise.\*
- 20 grams of slow-release micellar casein help support overnight recovery by promoting muscle growth and helping reduce muscle breakdown.\*
- Branched-chain amino acids (BCAAs) help promote muscle protein synthesis and support rebuilding.\*

### How to take Recharge.

Mix with water according to the label instructions and drink within 1 hour of going to sleep.

## BEACHBODY PERFORMANCE CREATINE

A scientifically tested way to help gain extra strength and build muscle.\*



### Why do you need Creatine?

If your primary focus is building muscle mass, this supplement is a slam-dunk. Creatine monohydrate is the purest, most tested and effective creatine available and has been scientifically shown to help boost strength and power, improve high-intensity performance, and enhance the effects of resistance training. Creatine occurs naturally in your body and in many of the foods you eat, such as beef and some fish. When taken in high doses, it's been shown to be a highly effective way to improve your ability to push yourself harder during high-intensity efforts.\*

### The benefits of Creatine.

- Contains creatine monohydrate, which has exceptional purity and potency. In fact, it's the purest, most tested and effective form of creatine in the world.\*
- It's easy to dissolve and stays well suspended in liquid. It's ideal when mixed with Beachbody Performance Recover.

### What are the key ingredients in Creatine?

- 5 grams of pure creatine monohydrate, which has been scientifically shown to help boost muscle strength and power, improve high-intensity performance, and enhance the effects of resistance training.\*

### How to take Creatine.

Creatine takes time to build up in your system, but one way to get around this is to take a little extra up-front. This is called "creatinine loading":

- Take 5 g of Beachbody Performance Creatine 4 times a day (20 g total) for 5 days leading up to the start of the program.
- Drop down to 5 g daily, and take within 30 minutes after exercise on workout days.

\*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.

# STEP 5 JUST STICK TO YOUR PLAN!

We're not going to sugarcoat this—no matter how hard you work out, you won't be able to take your results to the next level without proper nutrition. We've purposely added a lot of good foods to each Food List, so you won't be bored eating the same thing every day. We're giving you a cheat day once a week so you can still have a life. Enjoy a night out or dinner at a friend's house and still get results.

## CHEAT DAY

**Once a week**, you're allowed to indulge in a few cheats. Don't go crazy and binge on nachos all day—just indulge in whatever you're craving without totally abandoning your plan. If you're worried that a little cheat might lead you down a slippery slope, don't do it. The idea is that you can have a day without worrying about calorie counts, protein-to-carb ratios, or anything else. It's important to give your body a rest and a reward for the hard work.



## HOW TO “CHEAT” WISELY:

- **If you work out Monday, Tuesday, Thursday, and Friday, for example, your cheat day should be either Wednesday or Sunday, so any extra carbs can fuel the next day's workout.**
- **If a donut or piece of cake satisfies your craving, then no need to indulge the rest of the day.**
- **Limit sugar-sweetened drinks, including soda, sweet tea, and “sports” drinks. They can add more calories than nutritional value without satisfying you.**
- **If you want to have a drink, stop at 1 or 2. A hangover is only going to inhibit your performance the next day and promote inflammation.**
- **Restaurant portions aren't necessarily smart portions, so don't feel compelled to finish your plate when eating out. Ask for a to-go bag, or split your meal with a friend.**

# LIFT4™ FOOD LISTS

## ■ VEGGIES (Green)

This powerhouse list of veggies prioritizes important nutrients, including potassium, fiber, and calcium. We also looked at the levels of antioxidant vitamins C, A, and E.

- Watercress, 1 cup cooked or raw
- Chard, 1 cup cooked or raw
- Spinach, 1 cup cooked or raw
- Leaf lettuce, 1 cup
- Collard greens, 1 cup cooked or raw
- Kale, 1 cup cooked or raw
- Peppers (sweet), 1 cup sliced
- Arugula, 1 cup cooked or raw
- Broccoli, 1 cup chopped
- Pumpkin (whole, fresh), 1 cup cubed
- Brussels sprouts, 1 cup chopped or 5 medium
- Bok choy, 1 cup cooked or raw
- Cabbage, 1 cup chopped
- Cauliflower, 1 cup chopped
- Carrots, 1 cup sliced or 10 medium baby
- Tomatoes, 1 cup chopped, 1 cup cherry, or 2 medium
- Radishes, 1 cup
- Winter squash (all varieties), 1 cup cubed
- Turnips, 1 cup chopped or 1 medium
- Snow peas, 1 cup
- Squash (summer), 1 cup sliced
- Sauerkraut, 1 cup
- String beans, 1 cup
- Tomatillos, 1 cup chopped or 3 medium
- Artichokes, 1/2 large
- Salsa (freshly made or pico de gallo), 1 cup
- Onions, 1 cup chopped
- Asparagus, 10 large spears
- Beets, 2 medium
- Celery, 1 cup

- Cucumbers, 1 cup
- Pickle, 1 cup chopped
- Eggplant, 1/2 medium
- Mushrooms, 1 cup
- Vegetable broth, 2 cups



### Shakeology Boost: Power Greens

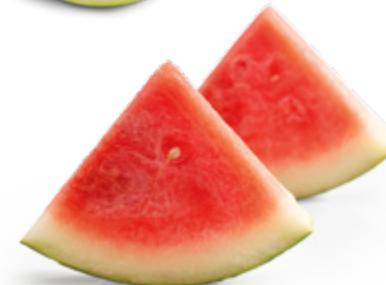
is a great way to get even more greens. 2 scoops equal 1 ■ Veggie (Green) portion. This doesn't mean you need to limit your intake of Boost Power Greens. It just means you only get credit in your plan for one veggie portion per day. Fill the rest of your meals with a variety of other veggies.



## ■ FRUITS (Purple)

Fruit was prioritized using four factors: nutrient density, amount of fiber, glycemic index, and level of processing. In other words, fruits listed higher on the list are more nutritious and help provide you with a steady stream of energy to keep you properly fueled.

- Strawberries, 1 cup
- Orange, 1 cup divided into sections or 1 medium
- Grapefruit, 1 cup divided into sections or 1/2 large
- Blackberries, 1 cup
- Raspberries, 1 cup
- Pear, 1 cup sliced or 1 large
- Kiwifruit, 2 medium
- Figs (fresh), 2 small
- Blueberries, 1 cup
- Apple, 1 cup sliced or 1 small
- Banana, 1/2 large
- Apricots, 4 small
- Tangerine, 2 small
- Nectarine, 1 cup sliced or 1 large
- Papaya, 1 cup chopped
- Cherries, 1 cup
- Mango, 1 cup sliced
- Peach, 1 cup sliced or 1 large
- Plum, 2 small
- Pineapple, 1 cup chopped
- Grapes, 1 cup
- Cantaloupe, 1 cup chopped
- Honeydew melon, 1 cup chopped
- Watermelon, 1 cup chopped
- Pumpkin puree, 1 cup
- Tomato sauce (plain or marinara), 1 cup
- Salsa (store-bought), 1 cup
- Applesauce (unsweetened), 1 cup



## ■ PROTEINS (Red)

These were chosen based on the percentage of calories from protein and how easily the protein is absorbed by your body. The proteins at the top of the list provide more high-quality, easily digestible protein to speed recovery and build muscle.

- Egg whites, 8 large
- Tuna (canned light in water, drained), ¾ cup
- Shrimp (shelled), 4 oz. or 19 large steamed
- Lobster, 6–7 oz. or 1 cup cooked
- Boneless, skinless turkey breast, ¾ cup cooked, chopped
- Red meat (extra-lean), ¾ cup cooked, chopped
- Protein powder (whey, egg), 1½ scoops (approx. 42 g depending on variety)
- Boneless, skinless chicken, ¾ cup cooked, chopped
- Game (buffalo, bison, ostrich, venison, rabbit), ¾ cup cooked, chopped
- Greek yogurt (plain, 2%), ¾ cup
- Pork tenderloin, ¾ cup cooked, chopped
- Lean ground red meat (≥ 95% lean), ¾ cup cooked
- Fish, fresh water (catfish, tilapia, trout), ¾ cup cooked, flaked
- Clams (canned, drained), ¾ cup
- Clams, 3 oz. or ½ cup cooked
- Fish, cold water, wild-caught (cod, salmon, halibut, tuna, mahi-mahi), ¾ cup cooked, flaked
- Lox/smoked salmon, 4 oz.
- Lean ground game (≥ 95% lean), ¾ cup cooked
- Mussels, 6 oz. or 1¼ cup steamed
- Lean ground turkey (≥ 93% lean), ¾ cup cooked
- Lean ground chicken (≥ 93% lean), ¾ cup cooked
- Cottage cheese (2%), ¾ cup
- Oysters, 8 oz. or 1 cup raw
- Yogurt (plain, 2%), ¾ cup
- Sardines (fresh or canned in water), 7 medium
- Eggs, 2 large
- Organic tofu (firm), ¾ cup
- Organic tempeh, ¾ cup
- Ricotta cheese (light), ¾ cup
- Kefir (plain, 2%), 1 cup
- Veggie burger, 1 medium patty

- Protein powder (pea, rice, hemp), 1½ scoops (approx. 42 g depending on variety)
- Ham slices (nitrite-free, minimally processed), 6 slices
- Turkey slices (nitrite-free, minimally processed), 6 slices
- Turkey bacon (nitrite-free, uncured), 4 slices

**Shakeology** provides a daily nutritional foundation with such a wide variety of nutrients that it works in practically every LIIFT4 portion list. But to help you better fit it into your day, we focused on the 16 g–17 g of high-quality protein. One serving of Shakeology—either original or vegan—counts as 1 ■ Protein (Red) portion.



With 10 g of protein, 5–6 g of sugar, and just 150 calories, **BEACHBAR**® makes the perfect, anytime snack. Made with plenty of wholesome ingredients, each Peanut Butter Chocolate or Chocolate Cherry Almond BEACHBAR counts as ½ ■ Protein (Red) portion, ½ ■ Carbohydrate (Yellow) portion, and 1 — Oils & Nut Butters (tsp.) portion.

## ■ CARBOHYDRATES (Yellow)

The Carbohydrates list takes into account total fiber, as well as level of processing. Eat higher on the list to get fiber-packed foods that recharge your energy stores (glycogen) and fuel your workouts, while avoiding blood sugar spikes.

- Sweet potato, ½ cup chopped or mashed, or 1½ small
- Beans (kidney, black, garbanzo, white, lima, fava, pink, pigeon, etc.), ½ cup cooked, drained
- Lentils, ½ cup cooked, drained
- Edamame, ½ cup shelled
- Refried beans (nonfat), ½ cup
- Bulgur, ½ cup cooked
- Yams, ½ cup chopped or mashed, or 1½ small
- Farro, ½ cup cooked
- Barley, ½ cup cooked
- Parsnips, ½ cup cooked
- Quinoa, ½ cup cooked
- Peas, ½ cup
- Corn on the cob, 1 ear or ½ cup kernels
- Buckwheat, ½ cup cooked
- Hominy, ½ cup cooked
- Potato (russet), ½ cup chopped or mashed, or 1½ small
- Oatmeal (steel-cut), ½ cup cooked
- Amaranth, ½ cup cooked
- Oatmeal (rolled), ½ cup cooked
- Wild rice, ½ cup cooked
- Potato (red bliss or Yukon gold), ½ cup mashed or 1 whole
- Brown rice, ½ cup cooked
- Couscous (whole wheat), ½ cup cooked
- Millet, ½ cup cooked
- Muesli, ¼ cup
- Popcorn (air-popped), 3 cups
- Cereal (whole-grain, low-sugar), ½ cup
- Tortilla (whole wheat), 1 small (6-inch)
- Bread (whole-grain), 1 slice
- Crackers (whole-grain), 8 small
- Tortilla (corn), 2 small (6-inch)
- Pita bread (whole wheat), 1 small (4-inch)
- Pasta (whole-grain), ½ cup cooked

- English muffin (whole-grain), ½ muffin
- Waffles (whole-grain), 1 waffle
- Bagel (whole-grain), ½ small (3-inch)
- Pancakes (whole-grain), 1 small (4-inch)



The Carbohydrates list is filled with great sources of fiber (as are the Veggies and Fruits lists), but you may be looking for additional fiber. **Shakeology Boost: Digestive Health** is a balanced combination of soluble and insoluble fiber that doesn't count against your portions. In other words, you can have it in addition to your daily portions.



## HEALTHY FATS (Blue)

Healthy Fats (and cheese), as well as Seeds & Dressings and Oils & Nut Butters, were prioritized by the amount of monounsaturated fat and polyunsaturated fat versus saturated fat. It's a great, heart-friendly way to fuel up.

- 12 almonds, whole, raw
- 10 pecan halves, raw
- 8 walnut halves, raw
- Hummus, ¼ cup
- 14 peanuts, whole, dry roasted
- 20 pistachios, whole, raw
- Avocado, ¼ cup mashed or ¼ medium
- 8 cashews, whole, raw

## SEEDS & DRESSINGS (Orange)

- Flaxseeds (ground), 2 Tbsp.
- Pine nuts, 2 Tbsp.
- Sunflower seeds (raw), 2 Tbsp.
- Chia seeds, 2 Tbsp.
- Hemp seeds, 2 Tbsp.
- Olives, 10 medium
- Oil-based salad dressing, 2 Tbsp.
- Sesame seeds (raw), 2 Tbsp.
- Pumpkin seeds (raw), 2 Tbsp.
- Coconut (unsweetened, shredded), 2 Tbsp.



- Parmesan, ¼ cup shredded
- Mozzarella (low-moisture), ¼ cup shredded
- Monterey Jack, ¼ cup shredded
- Cheddar, ¼ cup shredded
- Provolone, ¼ cup shredded
- Feta cheese, ¼ cup crumbled
- Goat cheese, ¼ cup crumbled
- Coconut milk (canned), ¼ cup

## OILS & NUT BUTTERS (tsp.)

- Nut butters (peanut, almond, cashew, etc.), 1 tsp.
- Extra-virgin olive oil, 1 tsp.
- Seed butters (pumpkin, sunflower, sesame [tahini]), 1 tsp.
- Pesto, 1 tsp.
- Ghee (clarified butter), 1 tsp.
- Cacao nibs, 1 tsp.
- Butter, 1 tsp.
- Extra-virgin coconut oil, 1 tsp.



## FREE FOODS

Eat as many of these “free foods” as you’d like!

- Lemon and lime juice
- Vinegars
- Mustard
- Herbs, such as parsley, cilantro (fresh and dry)
- Spices (except salt)
- Garlic
- Ginger
- Green onion
- Chile peppers (jalapeños, serrano, ancho, cascabel, pasilla, guajillo, habanero, etc.)
- Hot sauce (Tabasco or Mexican only)
- Flavor extracts (pure vanilla, peppermint, almond, etc.)
- Anchovy paste
- Cocoa powder



## SHAKEOLOGY AND SHAKE BASES

If you're looking to modify your Shakeology as part of your breakfast and want to increase the calories, feel free to mix with these bases, counting off the corresponding portions. (For more information on Shakeology and other great add-in ideas, see page 15.)

- Low-fat milk, 1-2% (8 fl. oz.) = 1  Carbohydrate (Yellow), ½  Oils & Nut Butters (tsp.)
- Unsweetened almond milk (8 fl. oz.) = 1  Oils & Nut Butters (tsp.)
- Unsweetened organic soy milk (8 fl. oz.) = ½  Protein (Red)
- Unsweetened coconut milk (8 fl. oz.) = 1  Oils & Nut Butters (tsp.)
- Unsweetened rice milk (8 fl. oz.) = 1  Carbohydrate (Yellow)
- Unsweetened coconut water (8 fl. oz.) = ½  Carbohydrate (Yellow)



# SHAKEOLOGY IDEAS

## HOW TO MAKE THE PERFECT SHAKE.

Shakeology is perfectly delicious when mixed with just water, or you can treat your taste buds to something new by tossing in extra ingredients. Add as many or as few things as you'd like. We created this list of optional ingredients to help get the ball rolling (or really, the blender blending) for when you're looking for new ways to shake up your shakes.

To figure out how much of each ingredient to use, see the Food Lists starting on page 12. Remember, the foods you add to your shake still count as part of your eating plan—including Shakeology, which counts as 1 ■ Protein (Red).

### • STEP 1: PICK A BASE



### • STEP 2: ADD 1 SCOOP OF SHAKEOLOGY



### • STEP 3: ADD FRUITS & VEGGIES optional



### • STEP 4: ADD HEALTHY FATS, SEEDS & DRESSINGS, OR OILS & NUT BUTTERS optional



### • STEP 5: ADD FLAVOR AND FUNCTION ENHANCERS optional



## INGREDIENT OPTIONS

### BASES

- Water
- Coconut water
- Unsweetened rice milk
- Low-fat milk (1–2%)
- Unsweetened almond milk
- Unsweetened coconut milk
- Unsweetened organic soy milk

### SHAKEOLOGY FLAVORS

- Vanilla
- Vanilla Vegan
- Chocolate
- Chocolate Vegan
- Café Latte
- Café Latte Vegan
- Greenberry
- Strawberry
- Tropical Strawberry
- Vegan

### ■ FRUITS (Purple)

- Berries (all varieties)
- Banana
- Mango
- Pineapple
- Melon (honeydew, watermelon, cantaloupe)
- Apple
- Pumpkin puree

### ■ VEGGIES (Green)

- Spinach
- Kale
- Shakeology Boost: Power Greens
- Beets
- Carrots

### ■ HEALTHY FATS (Blue)

- Nuts (all varieties)
- Avocado

### ■ SEEDS & DRESSINGS (Orange)

- Seeds (all varieties)
- Unsweetened shredded coconut

### — OILS & NUT BUTTERS (tsp.)

- Nut butters (all varieties)
- Seed butters (all varieties)

### FLAVOR AND FUNCTION ENHANCERS

- Cinnamon
- Pumpkin pie spice
- Fresh herbs (basil, mint, etc.)
- Lemon
- Shakeology Boost: Focused Energy
- Shakeology Boost: Digestive Health

# BEVERAGES

## WATER

Staying hydrated is hugely important for exercise performance—it's important to drink water all day long. To figure out how much water you need, take your body weight in pounds and divide it by two. That's the number of ounces you need to drink every day.



## COFFEE AND TEA<sup>†</sup>

Coffee and tea are fine, in moderation. We recommend no more than three to four 8-ounce cups a day. Ideally, drink your coffee black and drink your tea plain. But if you need to add something, try these:

- Cinnamon
- Lemon
- Pumpkin spice
- Nutmeg
- Stevia (1–2 liquid drops or ½ single-serve packet)
- 1–2 Tbsp. low-fat (1–2%) milk
- 1–2 Tbsp. unsweetened nondairy milk alternative (organic soy, almond, coconut, etc.)

<sup>†</sup>Tea is defined as loose-leaf or bagged and unsweetened, as opposed to the sugary bottled stuff.

**If you're using BEACHBODY PERFORMANCE ENERGIZE to power your morning workout, you're getting a clinically tested amount of low-dose caffeine; so if you're working out in the morning, save any additional caffeine until after you've finished working out for the day.**

# LIFT4™

## FINAL TIPS:

- 1 Follow your nutrition plan. The more you stick to your plan, the better you'll do.
- 2 Make a grocery list ahead of time to avoid impulse buying.
- 3 Not everything has to be made from scratch. Most stores have a salad bar or pre-made meals that include cooked lean proteins, sides, salads, etc.
- 4 Embrace meal prep. Cook a big batch of brown rice or quinoa, grill some chicken breasts, hard-boil a dozen eggs, etc. It'll save you lots of time the rest of the week.
- 5 Buy pre-bagged and washed (frozen or fresh) veggies, or wash and bag them all on your meal-prep day.
- 6 If you have Shakeology or Beachbody Performance on-the-go, scoop your serving into your shaker cup dry. Add water when ready to drink.
- 7 BEACHBAR snack bars are your friend. They're great when you're on-the-go or need a snack between meals.
- 8 Invest in food containers. In addition to helping organize your fridge, airtight containers are a great way to take your food with you.
- 9 If you have any questions, Beachbody's Registered Dietitians, Certified Trainers, and other experts are here to help. You'll find them at [BeachbodyExpertAdvice.com](https://www.beachbody.com/ExpertAdvice).

Consult your physician and follow all safety instructions before beginning this high-intensity and physically demanding exercise program.

Remember, everybody is different, so if you have any unique or special medical needs or conditions, such as food allergies, dietary restrictions, issues with blood sugar regulation, or if you are pregnant or breastfeeding, please consult your physician before starting this nutrition plan. Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs, or unpasteurized milk may increase your risk of foodborne illness.

Certain Beachbody supplements may not be available in your market.

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