

meses
de más!

TRACKER

"Ready to
do more
for you?
¡Vamos!"



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This month is all about imagining more possibilities for yourself: **more movement**, **more nutrient-dense foods**, **more water**, and, **yes, even more rest...so you can look and feel your best and enjoy more weight loss!**

Just as your workouts are designed to be supereffective, we made the Mes de Más™ Tracker your all-in-one nutritional guide and daily tracking tool to help you stay accountable and track your progress. It'll teach you how to set a nutritional foundation with Shakeology®, a delicious shake that can help your body get the complex nutrition it needs to take on the challenge of change. Your Tracker also comes with an Eating Plan and a few simple guidelines to help you stay on top of all your daily goals. All so you can get fit, feel good, and stay healthy during your **"month of more."**

Each day, you'll keep track of your workout, food portions, Shakeology, water intake, and rest. Get started in just a few easy steps:

1. Find your Mes de Más Eating Plan

Look up your current weight on page 5 to see which plan you'll follow and how much food you'll be eating each day.

2. See the Mes de Más Sample Day

Page 7 shows a typical day's meals and snacks for someone on Plan B—you'll get an idea of how to use your portions to create healthy, satisfying meals.

3. Check out the Mes de Más Food Lists

The Mes de Más-approved foods starting on page 10 will help you get familiar with the types of foods you'll be eating.

4. Track your progress and get started

Don't skip this crucial step! See page 32 for guidelines on taking your "before" measurements and photos, and start tracking your daily activity on page 34.

FIND YOUR MES DE MÁS EATING PLAN

Your Eating Plan is portion-based and the foods you'll be eating are broken down into 7 groups, each color-coded to correspond with a series of food lists starting on page 10.

Use your weight to find your Eating Plan. For example, if you weigh 198 pounds, you'll be eating from Plan C and eating 5 ■ Vegetable (Green) portions a day, 3 ■ Fruit (Purple) portions a day, and so on. Want a simple way to divvy up your portions? The Beachbody® Portion-Control Containers are designed to work with your Eating Plan and can help you quickly portion out your food. Visit TeamBeachbody.com to snag a set.

Keep in mind that these plans are intended for weight loss. If you want to use your Mes de Más Eating Plan to clean up your diet but don't necessarily want to lose weight, bump up two plans. For example, if you are 198 pounds and want to maintain your weight, eat from Plan E instead of Plan C.

Remember your daily Shakeology and be sure to count it as 1 ■ Protein (Red) portion. For delicious Shakeology recipes, see page 20.



- VEGETABLES (GREEN)
- FRUITS (PURPLE)
- PROTEINS (RED)
- CARBOHYDRATES (YELLOW)
- HEALTHY FATS (BLUE)
- SEEDS & DRESSINGS (ORANGE)
- OILS & NUT BUTTERS (TSP.)

PLAN A			WEIGHT <= 168 lbs.			
			CALORIE RANGE (1,200-1,499)			
■	■	■	■	■	■	
3	2	4	2	1	1	2

PLAN B			WEIGHT 168.5-195 lbs.			
			CALORIE RANGE (1,500-1,799)			
■	■	■	■	■	■	
4	3	4	3	1	1	4

PLAN C			WEIGHT 195.5-222 lbs.			
			CALORIE RANGE (1,800-2,099)			
■	■	■	■	■	■	
5	3	5	4	1	1	5

PLAN D			WEIGHT 222.5-240 lbs.			
			CALORIE RANGE (2,100-2,299)			
■	■	■	■	■	■	
6	4	6	4	1	1	6

PLAN E			WEIGHT 240.5-259 lbs.			
			CALORIE RANGE (2,300-2,499)			
■	■	■	■	■	■	
7	5	6	5	1	1	7

PLAN F			WEIGHT 259.5+ lbs.			
			CALORIE RANGE (2,500-2,799)			
■	■	■	■	■	■	
8	5	7	5	1	1	8

MES DE MÁS SAMPLE DAY

In case you need help getting started, here's a sample day of meals and snacks for someone on Plan B—add or remove portions to adapt it to your plan.

Need some recipe ideas? Download the Mes de Más Recipe Collection under the Program Materials section on Beachbody On Demand for full-flavored, portion-friendly options.



BREAKFAST	PORTIONS
Chocolate Shakeology, 1 cup raw spinach, ½ cup blueberries, ¼ large banana, 2 tsp. peanut butter, water	1 Vegetable (Green), 1 Fruit (Purple) 1 Protein (Red), 2 Oils & Nut Butters (tsp.)
SNACK	PORTIONS
1 hard-boiled egg, 1 cup grapes	½ Protein (Red), 1 Fruit (Purple)
LUNCH	PORTIONS
¾ cup fajita beef, 2 small corn tortillas, ½ cup fresh pico de gallo, ½ cup sautéed onion (in 1 tsp. olive oil), ¼ cup queso fresco, cilantro, side of ¼ cup brown rice	1 Vegetable (Green), 1 Protein (Red), 1½ Carbohydrates (Yellow), 1 Healthy Fat (Blue), 1 Oils & Nut Butters (tsp.)
SNACK	PORTIONS
BEACHBAR®, apple	1 Fruit (Purple), ½ Protein (Red), ½ Carbohydrate (Yellow), 1 Oils & Nut Butters (tsp.)
DINNER	PORTIONS
1 cup mixed greens, ½ cup cherry tomatoes, ½ cup bell pepper, ¾ cup grilled chicken strips, ½ cup black beans, 2 Tbsp. chipotle vinaigrette	2 Vegetables (Green), 1 Protein (Red), 1 Carbohydrate (Yellow), 1 Seeds & Dressings (Orange)
PLAN B TOTAL PORTIONS:	
4 Vegetables (Green)	4 Green Squares
3 Fruits (Purple)	3 Purple Squares
4 Proteins (Red)	4 Red Squares
3 Carbohydrates (Yellow)	3 Yellow Squares
1 Healthy Fat (Blue)	1 Blue Square
1 Seeds & Dressings (Orange)	1 Orange Square
4 Oils & Nut Butters (tsp.)	4 Oil Droppers

MES DE MÁS FOOD LISTS

On the following pages, you'll find color-coded Food Lists. The most nutritious are at the top of each list—but everything here is good for you, so don't be afraid to go for foods lower on the list. Variety is key in giving your body all the nutrients it needs.



Tip: Want a simpler way to divvy up your portions? The Beachbody Portion-Control Containers are designed to work with your Mes de Más Eating Plan, quickly helping you portion out exactly how much to eat. To learn more or snag a set, contact your Team Beachbody® Coach or visit TeamBeachbody.com.



■ VEGETABLES (GREEN)

- Kale, **1 cup cooked or raw**
- Watercress, **1 cup cooked or raw**
- Chard, **1 cup cooked or raw**
- Collard greens, **1 cup cooked or raw**
- Spinach, **1 cup cooked or raw**
- Bok choy, **1 cup cooked or raw**
- Brussels sprouts, **1 cup chopped or 5 medium**
- Broccoli, **1 cup chopped**
- Asparagus, **10 large spears**
- Beets, **2 medium**
- Tomatoes, **1 cup chopped, 1 cup cherry, or 2 medium**
- Tomatillos, **1 cup chopped or 3 medium**
- Pumpkin (regular or West Indian), **1 cup cubed**
- Squash (summer), **1 cup sliced**
- Chayote squash, **1 cup chopped**
- Winter squash (all varieties), **1 cup cubed**
- Seaweed (wakame and agar), **1 cup**
- String beans, **1 cup**
- Peppers (sweet), **1 cup sliced**
- Poblano chiles, **1 cup chopped**
- Carrots, **1 cup sliced or 10 medium baby**
- Cauliflower, **1 cup chopped**
- Artichokes, **½ large**
- Eggplant, **½ medium**
- Okra, **1 cup**
- Cactus (nopales), **1 cup sliced**
- Jicama, **1 cup sliced**
- Snow peas, **1 cup**
- Cabbage, **1 cup chopped**
- Sauerkraut, **1 cup**
- Cucumbers, **1 cup**
- Celery, **1 cup**
- Lettuce, **1 cup**
- Mushrooms, **1 cup**
- Radishes, **1 cup**
- Turnips, **1 cup chopped or 1 medium**
- Rutabaga, **1 cup cubed**
- Onions, **1 cup chopped**
- Sprouts, **1 cup**
- Bamboo shoots, **1 cup**
- Salsa (freshly made or pico de gallo), **1 cup**
- Vegetable broth, **2 cups**
- Dill pickles, **2 cups**
- Banana peppers, **3 medium**



Shakeology Boost: Power Greens**

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

***All products, flavors, and configurations may not be available in your market.*

■ FRUITS (PURPLE)

- Raspberries, **1 cup**
- Blueberries, **1 cup**
- Blackberries, **1 cup**
- Strawberries, **1 cup**
- Pomegranate, **1 small**
- Pomegranate seeds, **½ cup**
- Guava, **2 medium**
- Starfruit, **2 medium**
- Passion fruit (maracuyá), **3 fruits**
- Watermelon, **1 cup chopped**
- Cantaloupe, **1 cup chopped**
- Orange, **1 cup divided into sections or 1 medium**
- Bitter orange, **1 medium**
- Tangerine, **2 small**
- Apple, **1 cup sliced or 1 small**
- Apricots, **4 small**
- Grapefruit, **1 cup divided into sections or ½ large**
- Cherries, **1 cup**
- Grapes, **1 cup**
- Kiwifruit, **2 medium**
- Mango, **1 cup sliced**
- Peach, **1 cup sliced or 1 large**
- Plum, **2 small**
- Pluot, **2 small**
- Nectarine, **1 cup sliced or 1 large**
- Pear, **1 cup sliced or 1 large**
- Pineapple, **1 cup chopped**
- Banana, **½ large**
- Green banana, **½ large**
- Dwarf red banana, **½ small**
- Breadfruit, **⅓ small**
- Papaya, **1 cup chopped**
- Figs, **2 small**
- Honeydew melon, **1 cup chopped**
- Pumpkin puree, **1 cup**
- Salsa (store-bought), **1 cup**
- Tomato sauce (plain or marinara), **1 cup**
- Applesauce (unsweetened), **1 cup**
- Jackfruit (raw in water), **½ cup**



PROTEINS (RED)

- Sardines (fresh or canned in water), **7 medium**
- Boneless, skinless chicken or turkey breast, **¾ cup cooked, chopped**
- Duck breast, **¾ cup cooked, chopped**
- Squab, **¾ cup cooked, chopped**
- Goat, **¾ cup cooked, chopped**
- Lean ground chicken or turkey (≥ 93% lean), **¾ cup cooked**
- Fish, fresh water (catfish, tilapia, trout), **¾ cup cooked, flaked**
- Fish, cold water, wild-caught (cod, salmon, halibut, tuna, mahi-mahi), **¾ cup cooked, flaked**
- Game (buffalo, bison, ostrich, venison, rabbit), **¾ cup cooked, chopped**
- Game: lean ground (≥ 95% lean), **¾ cup cooked**
- Eggs, **2 large**
- Egg whites, **8 large**
- Shakeology, **1 scoop**
- Greek yogurt (plain, 2%), **¾ cup**
- Kefir (plain, 2%), **1 cup**
- Yogurt (plain, 2%), **¾ cup**
- Shellfish (shrimp, crab, lobster), **¾ cup cooked**
- Clams (canned, drained), **¾ cup**
- Octopus, **¾ cup cooked, chopped**
- Squid, **¾ cup cooked, chopped**
- Conch, **¾ cup, raw or cooked**
- Red meat, extra-lean, **¾ cup cooked, chopped**
- Lean ground red meat (≥ 95% lean), **¾ cup cooked**
- Organic tempeh, **¾ cup**
- Organic tofu (firm), **¾ cup**
- Pork tenderloin, **¾ cup cooked, chopped**
- Tuna (canned light in water, drained), **¾ cup**
- Lox/smoked salmon, **¾ cup**
- Turkey slices (nitrite-free, minimally processed), **6 slices**
- Ham slices (nitrite-free, minimally processed), **6 slices**
- Ricotta cheese (light), **¾ cup**
- Cottage cheese (2%), **¾ cup**
- Protein powder (whey, hemp, rice, pea), **1½ scoops** (approx. 42 g depending on variety)
- Veggie burger, **1 medium patty**
- Turkey bacon (nitrite-free, uncured), **4 slices**
- Chicken or turkey sausage (lean, nitrite-free, uncured), **1 link, 1 patty, or ground**
- Beef bone broth, **4 cups = 1** ■
- Beef-based broth, **4 cups = ½** ■
- Chicken-based broth, **4 cups = ½** ■



Shakeology is a premium protein source that can help you take on the challenge of change. Make it your nutritional foundation and drink it daily to get the best possible results from Mes de Más. One serving of Shakeology counts as 1 ■ Protein (Red).

CARBOHYDRATES (YELLOW)

- Sweet potato, **½ cup chopped or mashed, or ½ small**
- Yams (regular, white, tropical [batata]), **½ cup chopped or mashed, or ½ small**
- Plantains, **½ cup sliced or ½ medium**
- Quinoa, **½ cup cooked**
- Beans (kidney, black, garbanzo, white, lima, fava, pink, etc.), **½ cup cooked, drained**
- Lentils, **½ cup cooked, drained**
- Organic edamame, **½ cup shelled**
- Water chestnuts, **½ cup**
- Cassava (yuca), **2 oz.**
- Peas (pigeon, split, yellow), **½ cup cooked**
- Refried beans (nonfat), **½ cup**
- Brown rice, **½ cup cooked**
- Wild rice, **½ cup cooked**
- Potato (russet), **½ cup chopped or mashed, or ½ small**
- Potato (red bliss or Yukon gold), **½ cup mashed or 1 whole**
- Parsnips, **½ cup cooked**
- Corn on the cob, **1 ear**
- Amaranth, **½ cup cooked**
- Teff, **½ cup cooked**
- Millet, **½ cup cooked**
- Buckwheat, **½ cup cooked**
- Barley, **½ cup cooked**
- Bulgur, **½ cup cooked**
- Farro, **½ cup cooked**
- Kamut, **½ cup cooked**
- Oatmeal (steel-cut or rolled), **½ cup cooked**
- Muesli, **¼ cup**
- Hominy, **½ cup cooked**
- Cornmeal/grits, **½ cup cooked**
- Popcorn (air-popped), **3 cups**
- Pasta (whole-grain), **½ cup cooked**
- Couscous (whole wheat), **½ cup cooked**
- Crackers (whole-grain), **8 small**
- Cereal (whole-grain, low sugar), **½ cup**
- Bread (whole-grain), **1 slice**
- Pita bread (whole-grain), **1 small (4-inch)**
- Waffles (whole-grain), **1 waffle (4-inch)**
- Pancakes (whole-grain), **1 small (4-inch)**
- English muffin (whole-grain), **½ muffin**
- Bagel (whole-grain), **½ small (3-inch)**
- Tortilla (whole-grain), **1 small (6-inch)**
- Tortilla (corn), **2 small (6-inch)**
- Applesauce (sweetened), **½ cup**
- Rice cakes, **2 whole**



With 10 g of protein, 4 g of fiber, and plenty of wholesome ingredients, BEACHBAR makes the perfect, anytime snack. Whether you choose Peanut Butter Chocolate or Chocolate Cherry Almond, BEACHBAR snack bars count as ½ ■ Protein (Red), ½ ■ Carbohydrate (Yellow), and 1 ■ Oils & Nut Butters (tsp.).

HEALTHY FATS (BLUE)

Includes healthy fats & cheese

- Avocado, $\frac{1}{4}$ cup mashed or $\frac{1}{4}$ medium
- 12 almonds, whole, raw
- 8 cashews, whole, raw
- 14 peanuts, whole, dry roasted
- 20 pistachios, whole, raw
- 10 pecan halves, raw
- 8 walnut halves, raw
- 12 hazelnuts, whole, raw
- Hummus, $\frac{1}{4}$ cup
- Coconut milk (canned), $\frac{1}{4}$ cup
- Feta cheese, $\frac{1}{4}$ cup crumbled
- Goat cheese, $\frac{1}{4}$ cup crumbled
- Mozzarella (low-moisture), $\frac{1}{4}$ cup shredded
- Cheddar, $\frac{1}{4}$ cup shredded
- Provolone, $\frac{1}{4}$ cup shredded
- Monterey Jack, $\frac{1}{4}$ cup shredded
- Parmesan, $\frac{1}{4}$ cup shredded
- Cotija cheese, $\frac{1}{4}$ cup crumbled
- Oaxaca cheese, $\frac{1}{4}$ cup crumbled
- Queso fresco, $\frac{1}{4}$ cup crumbled



SEEDS & DRESSINGS (ORANGE)

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



OILS & NUT BUTTERS (TSP.)

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



FREE FOODS

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

- Fresh lemon and lime juice
- Vinegars
- Mustard
- Herbs, such as parsley, cilantro (fresh and dry)
- Spices and seasoning mixes
- Garlic
- Ginger
- Green onion
- Chile varieties (jalapeño, serrano, ancho, cascabel, pasilla, guajillo, habanero, etc.)
- Hot sauce (make sure sugar isn’t an ingredient)
- Flavor extracts (pure vanilla, peppermint, almond, etc.)
- Anchovy paste
- Cocoa powder



SHAKEOLOGY BASES

If you want to have your Shakeology with a base other than water, like soy or almond milk, make sure you count the corresponding portion.

- Low-fat milk, 1–2% (8 fl. oz.)
1 ■ Carbohydrate (Yellow), $\frac{1}{2}$ ● Oils & Nut Butters (tsp.)
- Unsweetened almond milk (8 fl. oz.)
1 ● Oils & Nut Butters (tsp.)
- Unsweetened organic soy milk (8 fl. oz.)
 $\frac{1}{2}$ ■ Protein (Red)
- Unsweetened coconut milk beverage (8 fl. oz.)
1 ● Oils & Nut Butters (tsp.)
- Unsweetened rice milk (8 fl. oz.)
1 ■ Carbohydrate (Yellow)
- Unsweetened coconut water (8 fl. oz.)
 $\frac{1}{2}$ ■ Carbohydrate (Yellow)



WATER

Drinking more water is one of your daily goals during Mes de Más—it's a simple behavior that can help control your hunger and keep you hydrated. We recommend you drink, in ounces, your body weight divided by two—so if you weigh 160 pounds, drink *at least* 80 ounces of water every day and mark it in your tracker.

And if you want to add a little flavor to your water, here are some suggestions:

- Lemon wedges
- Lime wedges
- Orange slices
- Strawberry slices
- Kiwi slices
- Cucumber slices
- Frozen grapes
- Watermelon cubes
- Mint leaves
- Basil
- Grated ginger
- Rosemary



COFFEE AND TEA

It's best to drink your coffee black and your tea plain, and by “tea” our definition includes regular, decaf, and herbal teas, as well as UNSWEETENED iced tea.

But if you'd like to add a little something to your coffee or tea, here are some guidelines:

Unlimited flavor additives

- Cinnamon
- Lemon
- Pumpkin spice
- Nutmeg

One or two servings a day is okay

- 1–2 Tbsp. low-fat (1–2%) milk
- 1–2 Tbsp. unsweetened nondairy milk alternative (organic soy, almond, coconut, etc.)
- 1–2 tsp. raw sugar, honey, molasses, maple syrup, agave syrup, or stevia

Stay away from:

- Cream
- Half-and-half
- Nondairy creamer
- White (refined) sugar
- Artificial sweeteners
- Flavored syrups (such as caramel, vanilla, hazelnut, etc.)
- Chocolate syrup



MÁS STARTS WITH GOOD NUTRITION



“I admit that eating healthy isn’t always easy. I’ve struggled with it myself. But I’ve learned that feeding my body quality nutrition is so important for helping me take on new challenges. That’s why I love my Shakeology.

Made with a potent blend of high-quality protein, fiber, probiotics, digestive enzymes, antioxidants, superfoods, vitamins, and minerals, it’s a tasty way to work some of those hard-to-get nutrients into your diet.

Because when you help your body get what it needs to feel its best, you can enjoy more of the good things in life. **More confidence. More energy. More motivation.** To do the things you want to do and be the person you want to be.

And one scoop of Shakeology is where it starts!”

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

Tip: Want to customize your shake? **Shakeology Boosts** are a great solution for days when you need a little targeted support. Choose from Focused Energy, Digestive Health, and Power Greens.

All products, flavors, and configurations may not be available in your market.



SHAKEOLOGY RECIPES

Start building your daily nutritional foundation with these delicious Shakeology recipes and enjoy your shake as part of a healthy breakfast—or as a tasty snack!

Instructions for all recipes:

Place ingredients in blender and cover. Blend until smooth.



Coconut Almond Shakeology

(Makes 1 serving)

Portion Equivalents: 1 ■ Protein (Red) 1 ■ Seeds & Dressings (Orange)
2 ● Oils & Nut Butters (tsp.)

- 1 cup unsweetened almond milk
- 1 cup ice
- 1 scoop Chocolate (or Chocolate Vegan) Shakeology
- 1 tsp. ground cinnamon
- 1 tsp. pure vanilla extract
- 1 tsp. all-natural almond butter
- 2 Tbsp. unsweetened shredded coconut

Creamy Strawberry Guava Shakeology

(Makes 1 serving)

Portion Equivalents: 1 ■ Fruit (Purple) 1 ■ Protein (Red) 1 ● Oils & Nut Butters (tsp.)

- 1 cup unsweetened almond milk
- 1 cup ice
- 1 scoop Strawberry Shakeology
- ¼ cup reduced-fat (2%) plain Greek yogurt
- ½ cup fresh (or frozen) strawberries
- ¼ cup frozen guava pulp

Tip: Frozen guava pulp (or puree) can be found in many grocery stores or specialty Latino markets.

SHAKEOLOGY RECIPES

Horchata Shakeology

(Makes 1 serving)

Portion Equivalents: 1 ■ Protein (Red) 1 — Oils & Nut Butters (tsp.)

- 1 cup** unsweetened almond milk
- 1 cup** ice
- 1 scoop** Vanilla (or Vanilla Vegan) Shakeology
- 1 tsp.** pure vanilla extract
- ¼ tsp.** ground cinnamon

Tip: Unsweetened rice milk can be substituted for almond milk. If you make this substitution, eliminate 1 — tsp. and add 1 ■ Yellow.

Mexican Spiced Coffee Shakeology

(Makes 1 serving)

Portion Equivalents: 1 ■ Protein (Red)

- 1 cup** water
- 1 cup** ice
- 1 scoop** Café Latte (or Café Latte Vegan) Shakeology
- ½ tsp.** ground cinnamon
- ¼ tsp.** ground cloves
- 1 tsp.** finely grated orange peel (orange zest)
- 1 tsp.** raw honey**

Strawberry Mojito Vegan Shakeology

(Makes 1 serving)

Portion Equivalents: 1 ■ Protein (Red)

- 1 cup** water
- 1 cup** ice
- 1 scoop** Tropical Strawberry Vegan Shakeology
- 3 Tbsp.** fresh lime juice
- 1 tsp.** finely grated lime peel
- 2 Tbsp.** chopped fresh mint leaves

Tip: Garnish with mint and strawberry slice, if desired.



All products, flavors, and configurations may not be available in your market.

**Do not feed honey to children younger than one year.

TIPS FOR MÁS SUCCESS

Too full or too hungry?

The eating plans can be very filling if you're not used to eating a lot of vegetables or fiber. If you can't eat all your portions, eat what you can and your body will adjust in time (but don't use this as an excuse to skip your vegetable portions!).

On the other hand, there's a chance that you might feel hungry and that's also OK. It usually doesn't mean you need to eat more—it just means you're eating less than you're used to. Give it a couple weeks and you should adjust, or try eating a few more vegetables.

But these are signs that you may actually need to eat more:

- + **Tired all the time**
- + **Lack of focus**
- + **Restless and can't sleep**
- + **You can't make it through your workouts**

If you find yourself with one or more of these issues and you're sure it's not because of stress, lack of sleep, or some other issue, try bumping up one Eating Plan.

Get 7–8 hours of sleep every night

We've included a sleep tracker for a reason—sleep is prime time for muscle recovery and building, and getting a good amount of shut-eye helps regulate important hunger hormones that control your appetite.

Hit your daily water goal

Staying hydrated is a big part of staying healthy. Remember to drink, in ounces, your body weight divided by two every day—so if you weigh 140 pounds, drink *at least* 70 ounces of water every day and mark it in your tracker.

Improve your cooking with a few simple changes

Skip traditional high-fat/bad-carbohydrate cooking methods like lard-based refried beans or refined flour tortillas for healthier, no-added-fat alternatives (we like vegetarian refried beans or whole-grain tortillas). Feel free to have some extra vegetables in your meals—as long as they're not fried. You can roast or sauté them with olive oil, fresh herbs, and spices instead. Pick lean meats from the protein list over fattier options like chorizo, and swap white rice for brown rice or another whole grain from the carbohydrate list. Simple changes here or there can go a long way in helping you look and feel healthier.

Prepare for your week

More planning means more success. Plan your meals for the week on Sunday (or whatever day works with your schedule) and make a grocery list before hitting the market. Do a little meal prep once a week to save time.

Suggestions:

- + **Grill or bake all your meat and fish and eat within five days**
- + **Make a big pot of quinoa or brown rice**
- + **Wash and bag all your vegetables**
- + **Mix a big jar of dressing for all your salads**
- + **Boil a bunch of eggs**
- + **Make large amounts of sauces and mixed meals so you can freeze some for future use**

Lean on your circle of support

This month of change is a big deal. Try to surround yourself with like-minded people—including your friends and family—who will cheer you on and maybe even join you. And don't forget, you can always talk to your Team Beachbody Coach about joining a Challenge Group to help keep you motivated! Plus, while you're on Beachbody On Demand, you can always check out a ton of helpful tips and advice on the blog.



daily
Tracker

JUMP-START YOUR MES DE MÁS!

Want to help kick-start your Mes de Más transformation?

Or quickly help get your body back on track after a birthday, quinceañera, or wedding? That's where **3-Day Refresh**® comes in. For three days you'll enjoy a combination of shakes and real-food options, including fruits, vegetables, and beneficial fats to help you break the cycle of bad eating habits and kick-start your weight loss.*

We recommend following the 3-Day Refresh program **before** starting Mes de Más. The next few pages contain checklists to help you stay on track with your shakes, snacks, and meals. Check out the digital program guide at BeachbodyOnDemand.com for complete instructions! To learn more, contact your Team Beachbody Coach or visit TeamBeachbody.com.



All products, flavors, and configurations may not be available in your market.

*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.

3-DAY REFRESH

DAY ONE

- 1 WAKE-UP**
Drink 8–12 ounces of filtered water
- 2 BREAKFAST**
Shakeology shake plus Fruit option
- 3 MID-MORNING**
Fiber Sweep (digestive health drink)
- 4 LUNCH**
Vanilla Fresh plus options from the Fruit, Vegetable, and Healthy Fats lists
- 5 AFTERNOON SNACK**
From the Fruit, Vegetable, or Juice Options lists
- 6 DINNER**
Vanilla Fresh plus a delicious meal made from our Dinner Recipes list

3-DAY REFRESH

DAY TWO

1 WAKE-UP

Drink 8–12 ounces of filtered water

2 BREAKFAST

Shakeology shake plus Fruit option

3 MID-MORNING

Fiber Sweep (digestive health drink)

4 LUNCH

Vanilla Fresh plus options from the Fruit, Vegetable, and Healthy Fats lists

5 AFTERNOON SNACK

From the Fruit, Vegetable, or Juice Options lists

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Vanilla Fresh plus a delicious meal made from our Dinner Recipes list

MEASUREMENTS AND PHOTOS

The best way to see how much your body is changing is by tracking your progress, beginning with photos and measurements.

Track your measurements below, and shoot your “before” photos the day prior to your first workout. When you complete Mes de Más, shoot your “after” photos.

Reward yourself with a FREE GIFT* and a chance to win cash!

Don't forget to enter your transformation results into the Beachbody Challenge® contest when you complete Mes de Más. You'll not only have a chance to win serious cash prizes, but we'll also send you a FREE GIFT.* Go to BeachbodyChallenge.com for details.

*Available only while supplies last.



MEASUREMENTS	DAY 1	DAY 28
CHEST		
L. ARM		
R. ARM		
WAIST		
HIPS		
R. THIGH		
L. THIGH		
TOTAL INCHES		
WEIGHT		

TRACK YOUR PROGRESS

Use the following pages to track all your healthy behaviors throughout the day.

Sample Tracking Day

PLAN	B	PORTIONS							
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■	3	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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■	1	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
■	1	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
☞	4	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
💧	100 oz	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				

TODAY'S WORKOUT: CARDIO 1

SHAKEOLOGY

SLEPT 7+ HOURS

OBSERVATIONS: Meal prep keeps me on track
My mom noticed I'm losing weight! 😊
Sleeping better than ever! Zzzz...

PREPARE FOR TOMORROW

Workout time: 7am Is your alarm set?
Lunch: Vegan chipotle tacos Prepped?
Dinner: Grilled fish + plantains Prepped?

PLAN	PORTIONS							
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TODAY'S WORKOUT: CARDIO 1

SHAKEOLOGY

SLEPT 7+ HOURS

OBSERVATIONS:

PREPARE FOR TOMORROW

Workout time:	Is your alarm set?	<input type="checkbox"/>
Lunch:	Prepped?	<input type="checkbox"/>
Dinner:	Prepped?	<input type="checkbox"/>

DAILY TIP: Get specific about what you are working for. Write down 5 goals for the month and put them someplace you can see them daily.

PLAN	PORTIONS							
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TODAY'S WORKOUT: UPPER BODY 1

SHAKEOLOGY

SLEPT 7+ HOURS

OBSERVATIONS:

PREPARE FOR TOMORROW

Workout time:	Is your alarm set?	<input type="checkbox"/>
Lunch:	Prepped?	<input type="checkbox"/>
Dinner:	Prepped?	<input type="checkbox"/>

DAILY TIP: The bigger your plates or bowls, the more food you're prone to serve yourself, so use smaller ones.

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TODAY'S WORKOUT: LOWER BODY 1

SHAKEOLOGY

SLEPT 7+ HOURS

OBSERVATIONS:

PREPARE FOR TOMORROW

Workout time:	Is your alarm set?	<input type="checkbox"/>
Lunch:	Prepped?	<input type="checkbox"/>
Dinner:	Prepped?	<input type="checkbox"/>

DAILY TIP: If you can't keep up with the modifier, slow down, pause, or just don't go as deep. A squat is still effective, even if it's small.

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TODAY'S WORKOUT: MOBILITY 1

SHAKEOLOGY

SLEPT 7+ HOURS

OBSERVATIONS:

PREPARE FOR TOMORROW

Workout time:	Is your alarm set?	<input type="checkbox"/>
Lunch:	Prepped?	<input type="checkbox"/>
Dinner:	Prepped?	<input type="checkbox"/>

DAILY TIP: The more range of motion you have, the easier it becomes to do every move.

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TODAY'S WORKOUT: TOTAL BODY 1

SHAKEOLOGY

SLEPT 7+ HOURS

OBSERVATIONS:

PREPARE FOR TOMORROW

Workout time:	Is your alarm set?	<input type="checkbox"/>
Lunch:	Prepped?	<input type="checkbox"/>
Dinner:	Prepped?	<input type="checkbox"/>

DAILY TIP: Drink a big glass of water first thing in the morning to get your hydration started and keep you from getting carried away at breakfast.

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TODAY'S WORKOUT: AGILITY 1

SHAKEOLOGY

SLEPT 7+ HOURS

OBSERVATIONS:

PREPARE FOR TOMORROW

Workout time:	Is your alarm set?	<input type="checkbox"/>
Lunch:	Prepped?	<input type="checkbox"/>
Dinner:	Prepped?	<input type="checkbox"/>

DAILY TIP: When eating out, it's okay to politely decline the pre-meal bread or chips and salsa. They're just bad carbohydrates you don't need.

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REST DAY: WEIGH IN

SHAKEOLOGY

SLEPT 7+ HOURS

OBSERVATIONS:

PREPARE FOR TOMORROW

Workout time: Is your alarm set?

Lunch: Prepped?

Dinner: Prepped?

DAILY TIP: Eat a healthy snack (like Shakeology) before you go to the grocery store. A satisfied stomach will help you stick to your shopping list.

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TODAY'S WORKOUT: TOTAL BODY 2

SHAKEOLOGY

SLEPT 7+ HOURS

OBSERVATIONS:

PREPARE FOR TOMORROW

Workout time: Is your alarm set?

Lunch: Prepped?

Dinner: Prepped?

DAILY TIP: If you don't have a mirror in your workout space to check your form, use your camera or tablet and record your workout.

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TODAY'S WORKOUT: AGILITY 2

SHAKEOLOGY

SLEPT 7+ HOURS

OBSERVATIONS:

PREPARE FOR TOMORROW

Workout time:	Is your alarm set?	<input type="checkbox"/>
Lunch:	Prepped?	<input type="checkbox"/>
Dinner:	Prepped?	<input type="checkbox"/>

DAILY TIP: If you snack, make yourself a plate or bowl instead of eating from the bag so you can better control portions.

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TODAY'S WORKOUT: UPPER BODY 2

SHAKEOLOGY

SLEPT 7+ HOURS

OBSERVATIONS:

PREPARE FOR TOMORROW

Workout time:	Is your alarm set?	<input type="checkbox"/>
Lunch:	Prepped?	<input type="checkbox"/>
Dinner:	Prepped?	<input type="checkbox"/>

DAILY TIP: Eating right after your workout is a great way to get nutrients to your muscles when they need them most.

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TODAY'S WORKOUT: MOBILITY 2

SHAKEOLOGY

SLEPT 7+ HOURS

OBSERVATIONS:

PREPARE FOR TOMORROW

Workout time:	Is your alarm set?	<input type="checkbox"/>
Lunch:	Prepped?	<input type="checkbox"/>
Dinner:	Prepped?	<input type="checkbox"/>

DAILY TIP: Even if you are sore, don't skip your workout. Exercise will increase your circulation, which will help you recover faster.

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TODAY'S WORKOUT: LOWER BODY 2

SHAKEOLOGY

SLEPT 7+ HOURS

OBSERVATIONS:

PREPARE FOR TOMORROW

Workout time:	Is your alarm set?	<input type="checkbox"/>
Lunch:	Prepped?	<input type="checkbox"/>
Dinner:	Prepped?	<input type="checkbox"/>

DAILY TIP: Place fruits and veggies in the front of the fridge so you're more likely to reach for those first.

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TODAY'S WORKOUT: CARDIO 2

SHAKEOLOGY

SLEPT 7+ HOURS

OBSERVATIONS:

.....

.....

PREPARE FOR TOMORROW

Workout time: Is your alarm set?

Lunch: Prepped?

Dinner: Prepped?

DAILY TIP: To break that evening beer or wine habit, crack open a can of flavored mineral water instead. It might be the ritual, not the alcohol, that you're craving.

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REST DAY: WEIGH IN

SHAKEOLOGY

SLEPT 7+ HOURS

OBSERVATIONS:

.....

.....

PREPARE FOR TOMORROW

Workout time: Is your alarm set?

Lunch: Prepped?

Dinner: Prepped?

DAILY TIP: Blend your Shakeology with extra ice and frozen fruit to make a thick, creamy treat you can eat with a spoon.

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TODAY'S WORKOUT: LOWER BODY 3

SHAKEOLOGY

SLEPT 7+ HOURS

OBSERVATIONS:

PREPARE FOR TOMORROW

Workout time:	Is your alarm set?	<input type="checkbox"/>
Lunch:	Prepped?	<input type="checkbox"/>
Dinner:	Prepped?	<input type="checkbox"/>

DAILY TIP: Feel like you could push harder? The Beachbody PT Sandbag will help you increase intensity with every workout.

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TODAY'S WORKOUT: UPPER BODY 3

SHAKEOLOGY

SLEPT 7+ HOURS

OBSERVATIONS:

PREPARE FOR TOMORROW

Workout time:	Is your alarm set?	<input type="checkbox"/>
Lunch:	Prepped?	<input type="checkbox"/>
Dinner:	Prepped?	<input type="checkbox"/>

DAILY TIP: If you don't buy pre-washed greens, wash them all on Sunday and store them in a big resealable bag so you'll have plenty on hand all week.

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TODAY'S WORKOUT: MOBILITY 3

SHAKEOLOGY

SLEPT 7+ HOURS

OBSERVATIONS:

PREPARE FOR TOMORROW

Workout time:	Is your alarm set?	<input type="checkbox"/>
Lunch:	Prepped?	<input type="checkbox"/>
Dinner:	Prepped?	<input type="checkbox"/>

DAILY TIP: Want a six-pack? Besides looking great, a strong core will help with balance and power, and will protect your spine.

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TODAY'S WORKOUT: CARDIO 3

SHAKEOLOGY

SLEPT 7+ HOURS

OBSERVATIONS:

PREPARE FOR TOMORROW

Workout time:	Is your alarm set?	<input type="checkbox"/>
Lunch:	Prepped?	<input type="checkbox"/>
Dinner:	Prepped?	<input type="checkbox"/>

DAILY TIP: Beachbody Portion-Control Containers are a great way to transport (unprepared) Shakeology so you can make it at work or school!

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TODAY'S WORKOUT: TOTAL BODY 3

SHAKEOLOGY

SLEPT 7+ HOURS

OBSERVATIONS:

PREPARE FOR TOMORROW

Workout time: Is your alarm set?

Lunch: Prepped?

Dinner: Prepped?

DAILY TIP: Carry a small pack of nuts or a single-serving packet of Shakeology with you in your backpack, car, or purse so you have a healthy option when the urge to snack hits.

PLAN	PORTIONS							
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TODAY'S WORKOUT: AGILITY 3

SHAKEOLOGY

SLEPT 7+ HOURS

OBSERVATIONS:

PREPARE FOR TOMORROW

Workout time: Is your alarm set?

Lunch: Prepped?

Dinner: Prepped?

DAILY TIP: Instead of buying sugary flavored yogurt, add half a scoop of Shakeology to plain yogurt for a sweet and healthy treat.

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REST DAY: WEIGH IN

SHAKEOLOGY

SLEPT 7+ HOURS

OBSERVATIONS:

PREPARE FOR TOMORROW

Workout time:	Is your alarm set?	<input type="checkbox"/>
Lunch:	Prepped?	<input type="checkbox"/>
Dinner:	Prepped?	<input type="checkbox"/>

DAILY TIP: Feeling sore? Foam-rolling helps you recover faster. If you don't have a foam roller, a tennis ball works too.

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TODAY'S WORKOUT: TOTAL BODY 4

SHAKEOLOGY

SLEPT 7+ HOURS

OBSERVATIONS:

PREPARE FOR TOMORROW

Workout time:	Is your alarm set?	<input type="checkbox"/>
Lunch:	Prepped?	<input type="checkbox"/>
Dinner:	Prepped?	<input type="checkbox"/>

DAILY TIP: Use lettuce leaves instead of tortillas to wrap your tacos and burritos.

PLAN	PORTIONS							
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TODAY'S WORKOUT: AGILITY 4

SHAKEOLOGY

SLEPT 7+ HOURS

OBSERVATIONS:

PREPARE FOR TOMORROW

Workout time: Is your alarm set?

Lunch: Prepped?

Dinner: Prepped?

DAILY TIP: Be more active in your daily life. Use the stairs, ride your bike to work, or take a walk after dinner. Exercise isn't only for your workout.

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TODAY'S WORKOUT: MOBILITY 4

SHAKEOLOGY

SLEPT 7+ HOURS

OBSERVATIONS:

PREPARE FOR TOMORROW

Workout time: Is your alarm set?

Lunch: Prepped?

Dinner: Prepped?

DAILY TIP: Take smaller bites and chew longer. The slower you eat, the easier it is for your stomach to signal you when it's full.

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TODAY'S WORKOUT: LOWER BODY 4

SHAKEOLOGY

SLEPT 7+ HOURS

OBSERVATIONS:

PREPARE FOR TOMORROW

Workout time:	Is your alarm set?	<input type="checkbox"/>
Lunch:	Prepped?	<input type="checkbox"/>
Dinner:	Prepped?	<input type="checkbox"/>

DAILY TIP: Turn off the television during meals. Staring at the tube just promotes mindless eating.

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TODAY'S WORKOUT: UPPER BODY 4

SHAKEOLOGY

SLEPT 7+ HOURS

OBSERVATIONS:

PREPARE FOR TOMORROW

Workout time:	Is your alarm set?	<input type="checkbox"/>
Lunch:	Prepped?	<input type="checkbox"/>
Dinner:	Prepped?	<input type="checkbox"/>

DAILY TIP: For more power, breathe into the tougher part of a move. In a push-up, exhale when you straighten your arms. In a squat, exhale when you extend your legs.

PLAN	PORTIONS							
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TODAY'S WORKOUT: CARDIO 4

SHAKEOLOGY

SLEPT 7+ HOURS

OBSERVATIONS:

PREPARE FOR TOMORROW

Workout time: Is your alarm set?

Lunch: Prepped?

Dinner: Prepped?

DAILY TIP: Spread your protein out over your meals to help you stay fuller longer and help your muscles recover faster.

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REST DAY: WEIGH IN

SHAKEOLOGY

SLEPT 7+ HOURS

OBSERVATIONS:

PREPARE FOR TOMORROW

Workout time: Is your alarm set?

Lunch: Prepped?

Dinner: Prepped?

DAILY TIP: If you didn't achieve your goals this round, no problem. Look at the progress you did make. You'll go even further in round two.

WHAT'S NEXT AFTER MES DE MÁS

Congrats! You've just completed a month of getting more of what your body needs every day. Want to stay healthy and keep getting **MORE** great results?

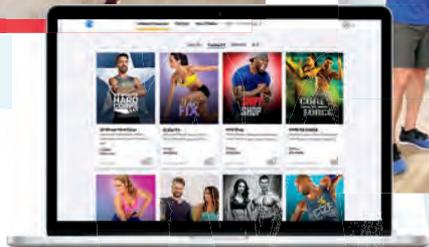
Keep up the great work with these tips:

1. Do Another Round of Mes de Más

Now that you've built some strength and endurance, try another round of Mes de Más...only this time, safely modify a little less or intensify every move. You'll be blown away by how different the workouts feel your second time around—and how the results keep coming!

2. Start a Mes de Más Challenge Group

Stay motivated and keep yourself accountable while teaching others about the benefits of incorporating healthy behaviors into every day. You'll help your community lose weight, look good, and feel great, just like you did with Mes de Más. Talk to your Team Beachbody Coach about starting a Challenge Group in your area.



3. Explore Other Great Programs

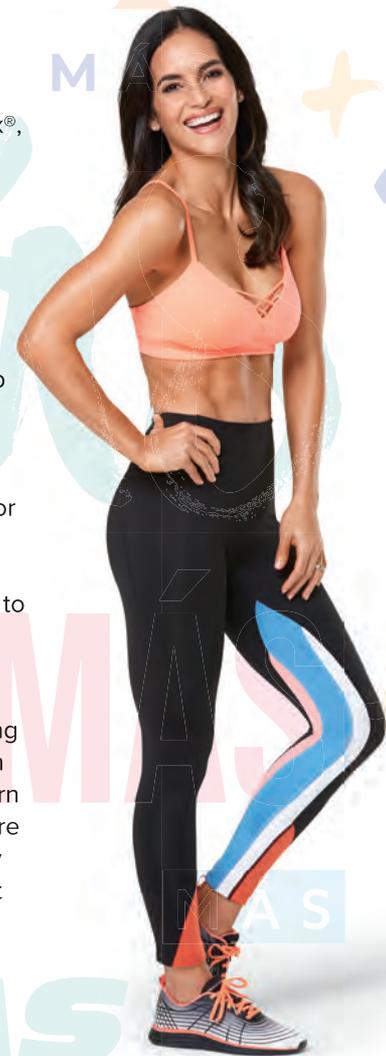
There are tons of programs with proven results on Beachbody On Demand and many—like 21 Day Fix®, SHIFT SHOP™, CORE DE FORCE®, and 22 Minute Hard Corps®—are available with Spanish audio.

4. Keep Up the Great Nutrition

You know firsthand what a difference a few positive changes in your diet can make—so don't stop now! Keep drinking Shakeology every day to stay on track with your daily nutrition and follow the BeachbodyOnDemand.com blog for delicious recipes and simple tips. For more information or to sign up for a Shakeology subscription, talk to your Team Beachbody Coach.

5. Enjoy the Journey

Living a healthy life is not something you do every now and then—it's an ever-evolving process that you learn from every day. So remember where you started and don't let a bad day or an off-month get you down! Just keep moving and getting more of what your body needs every day. Enjoy the journey knowing each healthy decision is a good one... no matter how small.



REWARD YOURSELF WITH
A FREE GIFT AND A CHANCE TO
WIN CASH PRIZES!



FITNESS. NUTRITION. SUPPORT. REWARDS.

It pays to get fit with Beachbody. Contact a Team Beachbody Coach and get into a Challenge Group for the motivation and peer support you need to help you get your best transformation results.

Once you're ready to share the results of your health and fitness journey, enter the Beachbody Challenge contest and you'll not only have the chance to win big cash prizes, but we'll also send you a FREE GIFT!*

Learn more and ENTER YOUR RESULTS at
BEACHBODYCHALLENGE.COM



Before



After†

"It's amazing to be rewarded for improving your life. In a year and a half with the Beachbody Challenge, I lost 69 lbs. That's a reward in itself, and on top of that, you get a free gift and a chance to win money. Who doesn't love free things?!"

—Janine F.
Beachbody Challenge Winner

*While supplies last. Go to BeachbodyChallenge.com for the official contest rules, terms, and conditions.

†Results vary. Janine is an independent Team Beachbody Coach.



BEACHBAR®

10g protein. 5-6g sugar. Just 150 calories.
Snack on a bar that's better.

You've been waiting for this—a snack bar with real chocolate chips, creamy nut butters, and protein crisps—and just 150 calories. Both delicious flavors, Chocolate Cherry Almond and Peanut Butter Chocolate, are made with wholesome ingredients you can recognize and count on. BEACHBAR has an exceptional protein-to-calorie ratio in each crispy chewy bite. And BEACHBAR is the perfect, on-the-go sweet treat to help you meet your fitness goals.

150
Calories

0g
Trans Fat

4g
Fiber

Gluten
Free

Portion-Control Container Equivalents: ½ ½ 1

Remember, everybody is different, so consult your physician and follow all safety instructions before beginning this exercise program or nutrition plan, or using any supplement or meal replacement product, especially 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.

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