



# TRANSFORM:20<sup>TM</sup>

## BEACHBODY® NUTRITION GUIDE





**WORK hard.  
EAT right.  
Get RESULTS.  
It's that EASY.**

## WELCOME

You're beginning a 6-week transformation of your body, and your mind. And since you're going to be working hard, sweating a lot, and burning a ton of calories, we've created a thorough, custom eating plan for you to tackle your nutrition as seriously as you'll be conquering your fitness.

Even though Shaun T will be pushing your body to its limit for 20 minutes a day, we know that making smart eating choices might be an even bigger challenge. That's why this simple and effective plan can work for every meal, even snacks. Within this guide, you'll find great food, recipes, and tips to help you reach your goals, and give you the tools to continue on a healthy-eating path during Transform :20™ and beyond.

In the next few pages you'll find an eating plan that we know you can do. Each plan is made up of approximately 30% proteins, 40% carbohydrates, and 30% fats—all the things your body needs to change for good. Key to your journey will be your daily Shakeology® and the results-enhancing benefits of Beachbody Performance™ supplements. We'll get into both of these powerful nutritionals on pages 6–8.

We'll explain how the eating plan works, and then we'll show you how to find the exact plan that's tailored to your goals—and your success.

So let's get started on your incredible results.

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## HOW IT WORKS

We've taken all the foods we suggest you eat on your eating plan and put them into 6 color-coded categories. Based on your plan, we'll tell you how many portions of each food category you should eat throughout the day. For example, Plan A has a "3" after  Veggies (Green), so that means you'll be eating three  Veggies (Green) portions daily.

Starting on page 9, you'll find food lists that show you what's in each category, followed by some delicious recipes starting on page 20 to bring them to life.

## FIND YOUR PLAN

Your new food journey begins right here. Your plan is based on your gender and current weight. First, find your gender at the top left of the chart. Next, find your weight. That column represents your plan, with the number of daily portions of each food category. One thing to keep in mind with the numbers—we made the plans specifically so that you won't go hungry. Each plan is targeted to a caloric range that takes into account how hard you'll be working out.

	PLAN A 1,200-1,499 calories	PLAN B 1,500-1,799 calories	PLAN C 1,800-2,099 calories	PLAN D 2,100-2,299 calories	PLAN E 2,300-2,499 calories
WOMEN	168 lbs. or less	168.5-195 lbs.	195.5-222 lbs.	222.5-240 lbs.	240.5 lbs. or more
MEN		168 lbs. or less	168.5-195 lbs.	195.5-222 lbs.	222.5 lbs. or more
 Veggies (Green)	3	4	5	6	7
 Fruits (Purple)	2	3	3	4	5
 Proteins** (Red)	4	4	5	6	6
 Carbohydrates (Yellow)	2	3	4	4	5
 Healthy Fats (Blue)	1	1	1	1	1
 Seeds & Dressings (Orange)	1	1	1	1	1
 Oils & Nut Butters (tsp.)	2	4	5	6	7

\*\*Remember to count your daily Shakeology as 1  Protein (Red) portion.



If you're doing the **2B Mindset™** program and you're satisfied with your progress, stick with it. The 2B Mindset fits perfectly with your Beachbody workouts and can give you incredible results when you combine the two. Most likely you won't need to make any modifications, but if you do, please refer to the "2B Mindset and Exercise" PDF in the Resources section of the 2B Mindset program page on Beachbody On Demand. For more info on the program, see page 61.

## NUTRITIONALS

Committing to a fitness and eating plan is a huge step toward reaching your goals. With the right tools, like this eating plan, and powerful nutritional supplements, great change is possible. A daily Shakeology and the Beachbody Performance system can help you take your results to the next level, giving you the nutritional foundation you need to truly transform your body.

### HERE'S WHAT WE RECOMMEND FOR TRANSFORM:20™

We know your body needs serious firepower to take on an intense program 6 days a week for 6 weeks. Sticking to your eating plan is essential. Here's what's also important:

**Shakeology**, daily. This is our most-powerful nutritional building block, so you can better take on your workouts, and your entire day. Shakeology is crafted with premium proteins, fiber, probiotics, and essential vitamins and minerals so you're not loading up on junk, and to help you lose weight as part of the Transform :20 program.\*

**Beachbody Performance**, on workout days. If you want even better results, you can incorporate these supplements to give you an edge and help you get the most out of your hard work.

- **Energize**, pre-workout. It helps provide energy and sharper focus so you can give 100% every single minute.\*\*
- **Recover**, post-workout. It helps promote muscle protein synthesis which is important in helping make your next day's workout that much more effective.\*
- **Recharge**, before bed. It can help further reduce delayed-onset muscle soreness (DOMS) which can help you bounce back faster and stronger.\*

**BEACHBAR®**, anytime. These delicious snack bars are a crunchy, chewy indulgence that have 10g protein and just 150 calories.

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

\*Contains caffeine, which enhances mental alertness during intense muscular activity.

## shakeology®

What makes Shakeology so powerful is the potent blend of ingredients we've carefully combined to give you a solid foundation to take on big challenges. Change begins with the right mix of proteins, probiotics, antioxidants, vitamins, and minerals—the complex nutrients you need every single day.

One scoop of Shakeology counts as  
1  Protein (Red) portion.



## BEACHBAR®

Hungry when you're on-the-go? Grab an indulgent snack with 10g protein, 5-6g sugar, and just 150 calories. Two delicious flavors, Chocolate Cherry Almond and Peanut Butter Chocolate, are made with real chocolate chips, crunchy protein crisps, and creamy nut butters. Snack on a bar that's better.

One BEACHBAR counts as  $\frac{1}{2}$   Protein (Red),  
 $\frac{1}{2}$   Carbohydrate (Yellow), and 1  tsp. (Oils & Nut Butters).



\*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.



The Beachbody Performance system is designed to be taken on the days you work out. Each supplement uses the principle of "targeted nutrition," meaning that consuming them at specific times helps your body use them more effectively, so you can get the most out of your workout and recovery.

Below is the entire line of Beachbody Performance products. Please refer to page 57 to see which ones are recommended for Transform :20.



**ENERGIZE** Pre-workout. Caffeine, beta-alanine, and quercetin work together to provide healthy energy, sharpen focus, and improve intense exercise performance.\*‡



**HYDRATE** During workout. The optimal blend of carbohydrates, electrolytes, and water to replenish what's lost, helping you train longer.



**RECOVER** Post-workout. A combination of timed-release whey, pea, and casein proteins, along with BCAAs and the powerful phytonutrient pomegranate extract, all to help promote muscle protein synthesis and jump-start recovery.\*†



**RECHARGE** Before bed. This combination of slow-release micellar casein protein, tart cherry extract, and BCAAs further helps reduce exercise-induced muscle soreness and encourages muscle recovery overnight.\*



**CREATINE** Muscle building. Creatine monohydrate has been scientifically shown to help boost strength and power and enhance the effects of resistance training.\*

## FOOD LISTS

Welcome to the fun part—seeing what you get to eat. There's a lot of variety here, so pick the foods you love, or at least like. Here's how it works:

- Each food and the amount listed counts as a portion. For example, "½ cup of whole-grain pasta" in the ■ Carbohydrate (Yellow) list is 1 ■ Carbohydrate (Yellow) portion.
- Each list is arranged according to nutritional values. The higher up the list, the more nutritionally beneficial it is. Don't skip the foods lower down the list, because variety is an important part of getting all the nutrients you need and will keep eating fun.
- The Food Lists are based on food groups (vegetables, fruits, etc.) as well as macronutrient groups (fats, proteins, and carbohydrates) for a healthy and balanced diet. Whenever a food has a combination of these macronutrients, we categorize it based on how it best fits into the plan.
- Free Foods are just that—foods you can eat as much of as you'd like. That's why you won't find them called out on your eating plan. Free Foods are a perfect addition to veggies, meat, and fish, and can make your recipes more interesting.
- Shakeology Bases can be mixed with your Shakeology every day to suit your tastes.

\*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.

Certain Beachbody Performance products may not be available in your market.

†Protein consumed after exercise supports muscle protein synthesis and growth.

‡Contains caffeine, which enhances mental alertness during intense muscular activity.

## ■ VEGGIES (Green)

- **Kale**, 1 cup cooked or raw
- **Watercress**, 1 cup cooked or raw
- **Collard greens**, 1 cup cooked or raw
- **Mustard 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
- **Shakeology Boost: Power Greens**, 2 scoops (limit to once a day)
- **Tomatoes**, 1 cup chopped, 1 cup cherry, or 2 medium
- **Sun-dried tomatoes** (not in oil), 1/4 cup
- **Tomatillos**, 1 cup chopped or 3 medium
- **Pumpkin** (regular or West Indian), 1 cup chopped
- **Squash** (summer), 1 cup sliced
- **Chayote squash**, 1 cup chopped
- **Winter squash** (all varieties), 1 cup cubed
- **Seaweed** (wakame or agar), 1 cup
- **String beans/green beans**, 1 cup
- **Peppers** (sweet), 1 cup sliced
- **Poblano chiles**, 1 cup chopped
- **Banana peppers**, 3 medium
- **Carrots**, 1 cup sliced or 10 medium baby
- **Cauliflower**, 1 cup chopped
- **Artichokes**, 1/2 large
- **Eggplant**, 1/2 medium
- **Okra**, 1 cup
- **Cactus** (nopales), 1 cup sliced
- **Jicama**, 1 cup sliced
- **Snow peas**, 1 cup
- **Cabbage**, 1 cup chopped
- **Fennel**, 1 cup sliced
- **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
- **Pickle**, 1 cup chopped



**SHAKEOLOGY BOOST:** **Power Greens** is a great way to get even more greens. 2 scoops equal 1 ■ Veggie (Green) portion. While you can have as much **Power Greens Boost** as you want, it only counts as one veggie portion per day.

## ■ FRUITS (Purple)

- **Raspberries**, 1 cup
- **Blueberries**, 1 cup
- **Blackberries**, 1 cup
- **Strawberries**, 1 cup
- **Pomegranate**, 1 small
- **Pomegranate seeds**, 1/2 cup
- **Guava**, 2 medium
- **Starfruit**, 2 medium
- **Passion fruit**, 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 1/2 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**, 1/2 large
- **Green banana**, 1/2 large
- **Dwarf red banana**, 1/2 small
- **Breadfruit**, 1/8 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), 1/2 cup



## ■ PROTEINS (Red)

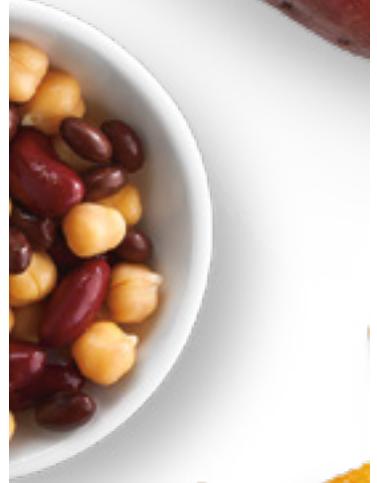
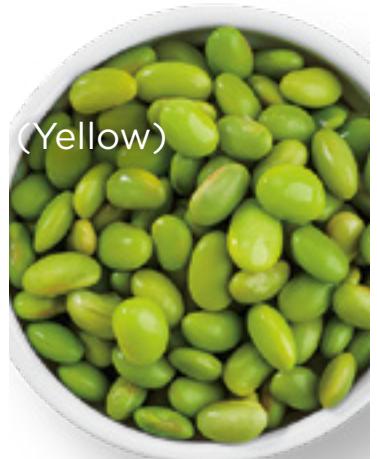
- **Sardines** (fresh or canned in water), 7 medium
- **Boneless, skinless chicken or turkey breast**,  $\frac{3}{4}$  cup cooked, chopped
- **Duck breast**,  $\frac{3}{4}$  cup cooked, chopped
- **Squab**,  $\frac{3}{4}$  cup cooked, chopped
- **Goat**,  $\frac{3}{4}$  cup cooked, chopped
- **Lean ground chicken or turkey** ( $\geq 93\%$  lean),  $\frac{3}{4}$  cup cooked
- **Fish, fresh water** (catfish, tilapia, trout),  $\frac{3}{4}$  cup cooked, flaked
- **Fish, cold water, wild-caught** (cod, salmon, halibut, tuna, mahi-mahi),  $\frac{3}{4}$  cup cooked, flaked
- **Game** (buffalo, bison, ostrich, venison, rabbit),  $\frac{3}{4}$  cup cooked, chopped
- **Game: lean ground** ( $\geq 95\%$  lean),  $\frac{3}{4}$  cup cooked
- **Eggs**, 2 large
- **Egg whites**, 8 large
- **Shakeology**, 1 scoop
- **Greek yogurt** (plain, 2%),  $\frac{3}{4}$  cup
- **Kefir** (plain, 2%), 1 cup
- **Yogurt** (plain, 2%),  $\frac{3}{4}$  cup
- **Shellfish** (shrimp, crab, lobster),  $\frac{3}{4}$  cup cooked
- **Clams**,  $\frac{3}{4}$  cup
- **Octopus**,  $\frac{3}{4}$  cup cooked, chopped
- **Squid**,  $\frac{3}{4}$  cup cooked, chopped
- **Red meat** (extra-lean),  $\frac{3}{4}$  cup cooked, chopped
- **Lean ground red meat** ( $\geq 95\%$  lean),  $\frac{3}{4}$  cup cooked
- **Organic tempeh**,  $\frac{3}{4}$  cup
- **Organic tofu** (firm),  $\frac{3}{4}$  cup
- **Pork tenderloin**,  $\frac{3}{4}$  cup cooked, chopped
- **Tuna** (canned light in water, drained),  $\frac{3}{4}$  cup
- **Lox** (smoked salmon), 4 oz.
- **Turkey slices** (nitrate- and nitrite-free), 6 slices
- **Ham slices** (nitrate- and nitrite-free), 6 slices
- **Ricotta cheese** (light),  $\frac{3}{4}$  cup
- **Cottage cheese** (2%),  $\frac{3}{4}$  cup
- **Protein powder** (whey, hemp, rice, pea),  $1\frac{1}{2}$  scoops (approx. 42 g depending on variety)
- **Veggie burger**, 1 medium patty
- **Turkey bacon** (nitrate- and nitrite-free), 4 slices
- **Chicken or turkey sausage** (lean, nitrate- and nitrite-free), 1 link, 1 patty, or  $\frac{3}{4}$  cup ground
- **Beef-based broth**, 4 cups =  $\frac{1}{2}$  ■ Protein (Red)
- **Chicken-based broth**, 4 cups =  $\frac{1}{2}$  ■ Protein (Red)



**Shakeology** provides a daily nutritional foundation from a responsibly sourced list of exotic ingredients. To keep things simple for this plan, we focused on the 16g-17g of high-quality protein. One serving of Shakeology—either original or vegan—counts as 1 ■ Protein (Red) portion.

## ■ CARBOHYDRATES (Yellow)

- **Sweet potato**,  $\frac{1}{2}$  cup chopped or mashed, or  $\frac{1}{2}$  small
- **Yams** (regular, white, tropical [batata]),  $\frac{1}{2}$  cup chopped or mashed, or  $\frac{1}{2}$  small
- **Plantains**,  $\frac{1}{2}$  cup sliced or  $\frac{1}{2}$  medium
- **Quinoa**,  $\frac{1}{2}$  cup cooked
- **Beans** (kidney, black, garbanzo, white, lima, fava, pink, pigeon, etc.),  $\frac{1}{2}$  cup cooked, drained
- **Lentils**,  $\frac{1}{2}$  cup cooked, drained
- **Organic edamame**,  $\frac{1}{2}$  cup shelled
- **Water chestnuts**,  $\frac{1}{2}$  cup
- **Cassava** (yuca), 2 oz.
- **Peas**,  $\frac{1}{2}$  cup
- **Refried beans** (nonfat),  $\frac{1}{2}$  cup
- **Rice** (brown or wild),  $\frac{1}{2}$  cup cooked
- **Potato** (russet),  $\frac{1}{2}$  cup chopped or mashed, or  $\frac{1}{2}$  small
- **Potato** (red bliss or Yukon gold),  $\frac{1}{2}$  cup mashed or 1 whole
- **Sunchokes** (Jerusalem artichoke),  $\frac{1}{2}$  cup cooked, sliced
- **Parsnips**,  $\frac{1}{2}$  cup cooked
- **Corn on the cob**, 1 ear
- **Amaranth**,  $\frac{1}{2}$  cup cooked
- **Millet**,  $\frac{1}{2}$  cup cooked
- **Buckwheat**,  $\frac{1}{2}$  cup cooked
- **Barley** (whole-grain),  $\frac{1}{2}$  cup cooked
- **Bulgur**,  $\frac{1}{2}$  cup cooked
- **Oatmeal** (steel-cut or rolled),  $\frac{1}{2}$  cup cooked
- **Muesli/granola**,  $\frac{1}{4}$  cup
- **Hominy**,  $\frac{1}{2}$  cup cooked
- **Popcorn** (air-popped), 3 cups
- **Pasta** (whole-grain),  $\frac{1}{2}$  cup cooked
- **Couscous** (whole wheat),  $\frac{1}{2}$  cup cooked
- **Crackers** (whole-grain), 8 small
- **Cereal** (whole-grain, low-sugar),  $\frac{1}{2}$  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),  $\frac{1}{2}$  muffin
- **Bagel** (whole-grain),  $\frac{1}{2}$  small (3-inch)
- **Tortilla** (whole-grain), 1 small (6-inch)
- **Tortilla** (corn), 2 small (6-inch)
- **Rice cakes**, 2 whole



With 10g of protein, 5-6g of sugar, 4g of fiber, and just 150 calories, **BEACHBAR** makes the perfect anytime snack. Each flavor counts as  $\frac{1}{2}$  ■ Protein (Red),  $\frac{1}{2}$  ■ Carbohydrate (Yellow), and 1 — Oils & Nut Butters (tsp.).



## ■ **HEALTHY FATS** (Blue)

- **Avocado**, 1/4 cup mashed or 1/4 medium
- **Almonds**, 12 whole, raw
- **Cashews**, 8 whole, raw
- **Peanuts**, 14 whole, raw
- **Pistachios**, 20 whole, raw
- **Pecan halves**, 10 raw
- **Walnut halves**, 8 raw
- **Hummus**, 1/4 cup
- **Coconut milk** (canned), 1/4 cup
- **Feta cheese**, 1/4 cup crumbled
- **Goat cheese**, 1/4 cup crumbled
- **Mozzarella** (low-moisture), 1/4 cup shredded
- **Cheddar**, 1/4 cup shredded
- **Provolone**, 1/4 cup shredded
- **Monterey Jack**, 1/4 cup shredded
- **Parmesan**, 1/4 cup shredded
- **Cotija cheese**, 1/4 cup crumbled
- **Oaxaca cheese**, 1/4 cup crumbled
- **Queso fresco**, 1/4 cup crumbled



## ■ **SEEDS & DRESSINGS** (Orange)

- **Pumpkin seeds**, 2 Tbsp. raw
- **Sunflower seeds**, 2 Tbsp. raw
- **Sesame seeds**, 2 Tbsp. raw
- **Flaxseeds**, 2 Tbsp. ground
- **Chia seeds**, 2 Tbsp.
- **Hemp seeds**, 2 Tbsp.
- **Pine nuts**, 2 Tbsp.
- **Olives**, 10 medium
- **Coconut** (unsweetened), 2 Tbsp. shredded
- **Oil-based salad dressings** (ex: vinaigrette), 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.
- **Pesto**, 1 tsp.
- **Mayonnaise**, 1 tsp.



## ■ **FREE FOODS**

- **Water**
- **Fresh lemon and lime juice**
- **Vinegars**
- **Mustard**
- **Herbs**, such as parsley, cilantro (fresh and dry)
- **Spices**, such as cinnamon, cumin, or turmeric
- **Garlic**
- **Ginger**
- **Green onion**
- **Chile varieties** (jalapeño, serrano, ancho, cascabel, pasilla, guajillo, habanero, etc.)
- **Hot sauce** (Tabasco or Mexican only)
- **Pure flavor extracts** (pure vanilla, peppermint, almond, etc.)
- **Anchovy paste**
- **Cocoa powder** (unsweetened)



## SHAKEOLOGY BASES AND MILKS

(once per day)

If you're looking to add something extra to your Shakeology, mix it with these bases and include the corresponding portions in your daily portion count. For some truly tempting Shakeology recipes, see page 44.

- **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 beverage (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)



## WHAT DO THE LITTLE COLORED SQUARES MEAN?

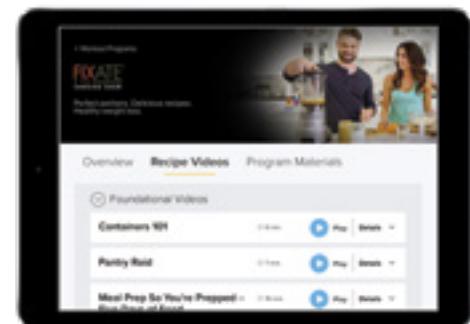
This Beachbody Nutrition Guide references color-coded portions that correspond with the colored squares throughout the guide. This was originally created as part of our Portion Fix® nutrition program using color-coded plastic containers to make it simple to get the right portion every time without calorie counting or weighing or measuring your food. Talk to your Team Beachbody® Coach or go to [TeamBeachbody.com](http://TeamBeachbody.com) if you would like a set of Portion Fix containers.



To get even more out of the containers, check out the

## FIXATE

cooking show exclusively on Beachbody On Demand, featuring 21 Day Fix® creator Autumn Calabrese and chef Bobby Calabrese as they prepare delicious meals crafted to help you get the most from this plan.



Coming in Spring 2019 is the **Ultimate Portion Fix** program that takes a deeper look at using the containers and portion control to help achieve healthy weight loss. Ultimate Portion Fix will be available on [TeamBeachbody.com](http://TeamBeachbody.com) or through your Team Beachbody Coach.

## THREE SAMPLE DAYS

So, how does this all come together into an entire day's worth of eating? We'll show you how to use your eating plan over three full days. You'll see how manageable and achievable your eating plan really is. These sample days are built on Plan A. Check your plan and adjust accordingly, to make sure you get the right number of portions for you. We've also incorporated some Shaun T favorites—foods and meals he enjoys. We'll also show you how Shakeology fits into each day.

**NOTE:** If you're doing 2B Mindset along with this program, leave out the morning snack.

### PLAN A • 3-DAY SAMPLE MEAL PLAN

#### DAY 1

##### BREAKFAST

**1 Chocolate Peanut Butter Crunch Shakeology<sup>†</sup>** 1 1 1 2   
**1 cup grapes** 1

##### SNACK

**2 oz. lox (smoked salmon)** 1   
**1 rice cake** 1

##### LUNCH

**1 Veggie Turkey Wrap<sup>†</sup>** 1 1 1

##### SNACK

**1 serving Homemade No-Sugar Applesauce<sup>†</sup>** 1   
**12 almonds** 1

##### DINNER

**1 Protein-Packed Spinach Salad<sup>†</sup>** 2 1 1 1

#### DAY 2

##### BREAKFAST

**2 eggs or 8 egg whites scrambled with  
1/4 of an avocado** 1 1   
**1/2 serving Simple Sweet Potato Hash<sup>†</sup>** 1

##### SNACK

**1 BEACHBAR** 1 1 1

##### LUNCH

**1 serving Two Bean Vegetarian Chili<sup>†</sup>** 1 1 1

##### SNACK

**1 Creamy Strawberry Banana Shakeology<sup>†</sup>** 1 1

#### DINNER

<b>1 cup spaghetti squash, baked</b>	1
<b>topped with 1 cup organic tomato sauce</b>	1
<b>1 1/2 cup (approx. 6 oz.) salmon, baked</b>	1 1/2
<b>topped with 2 Tbsp. sesame seeds</b>	1
<b>10 spears asparagus, sauteed with</b>	
<b>1/2 tsp. olive oil</b>	1  1/2

#### DAY 3

##### BREAKFAST

**1 Strawberry Crumble Shakeology<sup>†</sup>** 1 1 1

##### SNACK

**1/2 banana yo!, large** 1

##### LUNCH

<b>1 Protein-Style Veggie Burger<sup>†</sup></b>	1/2  1  1  1
<b>5 baby carrots</b>	1/2
<b>1/2 corn on the cob</b>	1/2

##### SNACK

**1 BEACHBAR** 1 1/2 1

##### DINNER

<b>1 1/2 cup (approx. 6 oz.) shrimp, grilled</b>	1 1/2
<b>topped with 10 medium olives, chopped</b>	1
<b>1 cup Cauliflower Mash<sup>†</sup></b>	1
<b>1 cup brussels sprouts, steamed or baked</b>	1

<sup>†</sup>You'll find these recipes and more (including some of Shaun T's faves) in the Recipe section starting on the next page.



## BREAKFAST RECIPES

We can't stress enough how important it is to start your day on the right foot with the right nutrition. We'll show you how breakfast can be delicious and easy. These recipes, which include some Shaun T favorites, give you a lot of options. The good news is, they're all healthfully satisfying.

### EGG AND VEGGIE SCRAMBLE

(Makes 1 serving)

Total Time: 23 min. Prep Time: 10 min. Cooking Time: 13 min.

1	large egg
4	large egg whites ( $\frac{1}{2}$ cup)
1 tsp.	olive oil
$\frac{1}{2}$ cup	medium onion, chopped
	chopped green bell peppers
1	medium tomato, chopped
	Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)

- 1 Combine egg and egg whites in a medium bowl; whisk to blend. Set aside.
- 2 Heat oil in medium nonstick skillet over medium-high heat.
- 3 Add onion and bell pepper; cook, stirring frequently, for 3 to 5 minutes, or until onion is translucent.
- 4 Add egg mixture; cook, stirring frequently, for 2 to 3 minutes, or until eggs are almost set.
- 5 Add tomato; cook, for 1 to 2 minutes, or until cooked through.
- 6 Season with salt and pepper (if desired); serve immediately.

NUTRITIONAL INFORMATION (per serving): Calories: 241 Total Fat: 10 g Saturated Fat: 2 g  
Cholesterol: 183 mg Sodium: 578 mg Carbohydrates: 15 g Fiber: 4 g Sugars: 9 g Protein: 23 g

CONTAINER EQUIVALENTS: ■  $1\frac{1}{2}$  ■ 1 ■ 1

2B Mindset Plate It! Makes a great protein as part of breakfast.



## SIMPLE SWEET POTATO HASH

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

Total Time: 45 min. Prep Time: 15 min. Cooking Time: 30 min.

	Parchment paper
2	small sweet potatoes, cut into 1-inch cubes
2 cloves	garlic, finely chopped
$\frac{1}{2}$	medium onion, chopped
$\frac{1}{2}$	medium red bell pepper, chopped
2 tsp.	olive oil
$\frac{1}{2}$ tsp.	chili powder
$\frac{1}{4}$ tsp.	ground smoked paprika
$\frac{1}{4}$ tsp.	sea salt (or Himalayan salt)
$\frac{1}{4}$ tsp.	ground black pepper
2 Tbsp.	finely chopped fresh cilantro (for garnish; optional)

- 1 Preheat oven to 400° F.
- 2 Line large baking sheet with parchment paper. Set aside.
- 3 Combine sweet potatoes, garlic, onion, bell pepper, oil, chili powder, paprika, salt, and pepper in a large bowl; toss gently to blend.
- 4 Place sweet potato mixture on prepared pan. Bake for 25 to 30 minutes, stirring every 10 minutes.
- 5 Garnish with cilantro (if desired); serve immediately.

**TIP:**

- Store in an airtight container in the refrigerator for up to 5 days. To reheat, place on parchment-lined baking sheet and bake at 400° F for 5 to 7 minutes, or until crisp.

NUTRITIONAL INFORMATION (per serving): Calories: 90 Total Fat: 2 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 193 mg Carbohydrates: 16 g Fiber: 3 g Sugars: 4 g Protein: 2 g

CONTAINER EQUIVALENTS:  1   $\frac{1}{2}$

2B Mindset Plate It! A delicious FFC as part of breakfast.

## APPLE CINNAMON PROTEIN PANCAKES

(Makes 3 servings, 2 pancakes each)

Total Time: 29 min. Prep Time: 10 min. Cooking Time: 19 min.

	Nonstick cooking spray
1 ¾ tsp.	medium apple, peeled, sliced
4	ground cinnamon, <i>divided use</i>
½ cup	large egg whites (½ cup)
¼ cup	unsweetened applesauce
1 scoop	unsweetened almond milk (or other plant-based milk)
½ cup	protein powder, vanilla flavor
¼ cup	dry old-fashioned rolled oats
2 Tbsp.	coconut flour
½ tsp.	baking powder
½ tsp.	ground ginger
1 dash	ground nutmeg

- 1 Heat medium nonstick skillet, lightly coated with spray, over medium-low heat.
- 2 Add apple and ¼ tsp. cinnamon; cook, stirring constantly for 3 to 4 minutes, or until apple is soft. Remove from heat. Set aside.
- 3 Combine egg whites, applesauce, and almond milk in a small bowl; mix well. Set aside.
- 4 Combine protein powder, oats, coconut flour, baking powder, *remaining* ½ tsp. cinnamon, ginger, and nutmeg in a medium bowl; mix well.
- 5 Add applesauce mixture to oat mixture; mix until just blended.
- 6 Heat large nonstick skillet, lightly coated with spray, over medium heat. Ladle approximately ¼ cup batter for each pancake; cook for 2 to 3 minutes, or until bubbles form on top. Flip. Cook for 90 seconds, or until golden brown and cooked through. Repeat with remaining batter.
- 7 Divide pancakes between three serving plates. Top evenly with cooked apple slices.

NUTRITIONAL INFORMATION (per serving): Calories: 149 Total Fat: 2 g Saturated Fat: 1 g Cholesterol: 12 mg Sodium: 194 mg Carbohydrates: 20 g Fiber: 4 g Sugars: 10 g Protein: 13 g

CONTAINER EQUIVALENTS: ■ ½ ■ ½ ■ ½

2B Mindset Plate It! Add more protein and an FFC to make a complete breakfast.



## LUNCH RECIPES

Whether you're eating on-the-go, or sitting down and truly enjoying a healthful, nutritious meal, we've gathered together a range of Beachbody and Shaun T favorites to make your lunch something special.

### VEGGIE TURKEY WRAP

(Makes 1 serving)

Total Time: 10 min. Prep Time: 10 min. Cooking Time: None

1	(6-inch) whole wheat flour tortilla
1 tsp.	Dijon mustard
3/4 cup	deli-sliced turkey breast, nitrate- and nitrite-free (approx. 4 oz.)
1/4 cup	sliced green bell pepper
1/4 cup	sliced red bell pepper
1	medium tomato, chopped

- 1 Spread tortilla with mustard.
- 2 Top with turkey, bell peppers, and tomato. Roll tortilla as desired.



NUTRITIONAL INFORMATION (per serving): Calories: 271 Total Fat: 5 g Saturated Fat: 1 g Cholesterol: 82 mg Sodium: 358 mg Carbohydrates: 20 g Fiber: 3 g Sugars: 5 g Protein: 35 g

CONTAINER EQUIVALENTS: ■ 1 ■ 1 ■ 1

2B Mindset Plate It! Add a side salad for a complete lunch.

## TWO BEAN VEGETARIAN CHILI

(Makes 6 servings, approx. 1¼ cups each)

Total Time: 47 min. Prep Time: 15 min. Cooking Time: 32 min.

1 Tbsp.	olive oil
1	medium onion, chopped
1	medium red bell pepper, chopped
2 cloves	garlic, chopped
2 cups	low-sodium organic vegetable broth
1 (14.5-oz.) can	diced tomatoes, do not drain
1 (4-oz.) can	diced green chiles, do not drain
2 Tbsp.	all-natural tomato paste
1½ tsp.	chili powder
½ tsp.	ground cumin
¼ tsp.	sea salt (or Himalayan salt)
1 (15-oz.) can	pinto beans, drained, rinsed
1 (15-oz.) can	kidney beans, drained, rinsed

- 1 Heat oil in medium saucepan over medium-high heat.
- 2 Add onion and bell pepper; cook, stirring frequently, for 3 to 5 minutes, or until onion is translucent.
- 3 Add garlic; cook, stirring frequently, for 1 minute.
- 4 Add broth, tomatoes, chiles, tomato paste, chili powder, cumin, and salt. Bring to a boil. Reduce heat to low; gently boil, stirring occasionally, for 10 minutes.
- 5 Add pinto beans and kidney beans; cook, stirring occasionally, for 10 minutes.
- 6 Ladle evenly into six serving bowls.

**TIP:**

- Black beans and cannellini (white) beans can be substituted for pinto beans and kidney beans.

NUTRITIONAL INFORMATION (per serving): Calories: 160 Total Fat: 3 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 427 mg Carbohydrates: 27 g Fiber: 8 g Sugars: 6 g Protein: 7 g

CONTAINER EQUIVALENTS:  1  1  1/2

2B Mindset Plate It! Add a side salad or more veggies to make a great lunch or dinner option for the vegan plan. For non-vegans, add a protein to make a complete lunch.



## PROTEIN-STYLE VEGGIE BURGER

(Makes 1 serving)

Total Time: 18 min. Prep Time: 10 min. Cooking Time: 8 min.

1 tsp.	olive oil
¼	medium onion, thinly sliced
2	large butter (or Bibb) lettuce leaves
1	veggie burger patty, cooked according to package directions
1 tsp.	Dijon mustard
¼	ripe avocado, sliced

- 1 Heat oil in medium nonstick skillet over medium heat.
- 2 Add onion; cook, stirring frequently, for 6 to 8 minutes, or until onion is brown and caramelized.
- 3 Top one lettuce leaf with veggie patty, mustard, onions, avocado, and second lettuce leaf; serve immediately.

NUTRITIONAL INFORMATION (per serving): Calories: 298 Total Fat: 20 g Saturated Fat: 2 g Cholesterol: 0 mg Sodium: 575 mg Carbohydrates: 15 g Fiber: 7 g Sugars: 3 g Protein: 18 g

CONTAINER EQUIVALENTS: ■ ½ ■ 1 ■ 1 ● 1

2B Mindset Plate It! Makes a great protein and accessory as part of lunch or dinner.

## DINNER RECIPES

As the last full meal of the day, it's important to make sure your food is as good-for-you as it is delicious. These recipes, including some Shaun T favorites, make every dinner a meal you'll want to savor and enjoy.

### GINGER-SOY FLANK STEAK

(Makes 6 servings)

Total Time: 1 hr. 21 min. Prep Time: 5 min. Cooking Time: 16 min.

1/4 cup	reduced-sodium soy sauce
3 cloves	garlic, finely chopped
2 Tbsp.	fresh lime juice
1 Tbsp.	crushed red pepper flakes
1 Tbsp.	raw honey
1 (2-inch) slice	fresh ginger, peeled, finely chopped
1 tsp.	sesame oil
1½ lbs.	raw flank steak (or tenderized round steak)

- 1 Combine soy sauce, garlic, lime juice, pepper flakes, honey, ginger, and oil in a small bowl; whisk to blend.
- 2 Place steak in a shallow dish. Pour soy sauce mixture over steak. Marinate, in the refrigerator, covered, for 1 hour. Turn after 30 minutes.
- 3 Preheat grill (or broiler) on high.
- 4 Grill (or broil) steak for 5 to 8 minutes on each side, or until the internal temperature reaches 125° F for rare, 130° F for medium rare, or 140° F for medium. Remove from heat. Let steak rest, covered with aluminum foil, for 5 to 10 minutes before slicing.
- 5 Slice steak thinly against the grain.

Do not feed honey to children younger than one year.

NUTRITIONAL INFORMATION (per serving): Calories: 206 Total Fat: 9 g Saturated Fat: 4 g Cholesterol: 74 mg Sodium: 415 mg Carbohydrates: 6 g Fiber: 0 g Sugars: 3 g Protein: 25 g

CONTAINER EQUIVALENTS: ■ 1 ● 1

2B Mindset Plate It! Makes a great protein as part of lunch or dinner.



# PROTEIN-PACKED SPINACH SALAD

(Makes 1 serving)

Total Time: 15 min. Prep Time: 15 min. Cooking Time: None

1½ cups raw baby spinach  
4 oz. sliced cooked chicken breast, boneless, skinless  
3 Tbsp. chopped sun-dried tomatoes (not packed in oil)  
¼ cup sliced mushrooms  
2 Tbsp. Red Wine Vinaigrette (see recipe below)  
1 large hard-boiled egg, chopped (for garnish)

- 1 Combine spinach, chicken, sun-dried tomatoes, and mushrooms in a medium serving bowl; toss gently to blend.
- 2 Drizzle with vinaigrette; toss gently to blend.
- 3 Garnish with egg.

NUTRITIONAL INFORMATION (per serving): Calories: 378 Total Fat: 19 g Saturated Fat: 4 g Cholesterol: 276 mg Sodium: 666 mg Carbohydrates: 9 g Fiber: 3 g Sugars: 5 g Protein: 42 g

CONTAINER EQUIVALENTS: ■ 2 ■ 1½ ■ 1

2B Mindset Plate It! A great dinner option. Add an FFC for lunch.

## RED WINE VINAIGRETTE

(Makes 1 serving, approx. 2 Tbsp.)

Total Time: 5 min. Prep Time: 5 min. Cooking Time: None

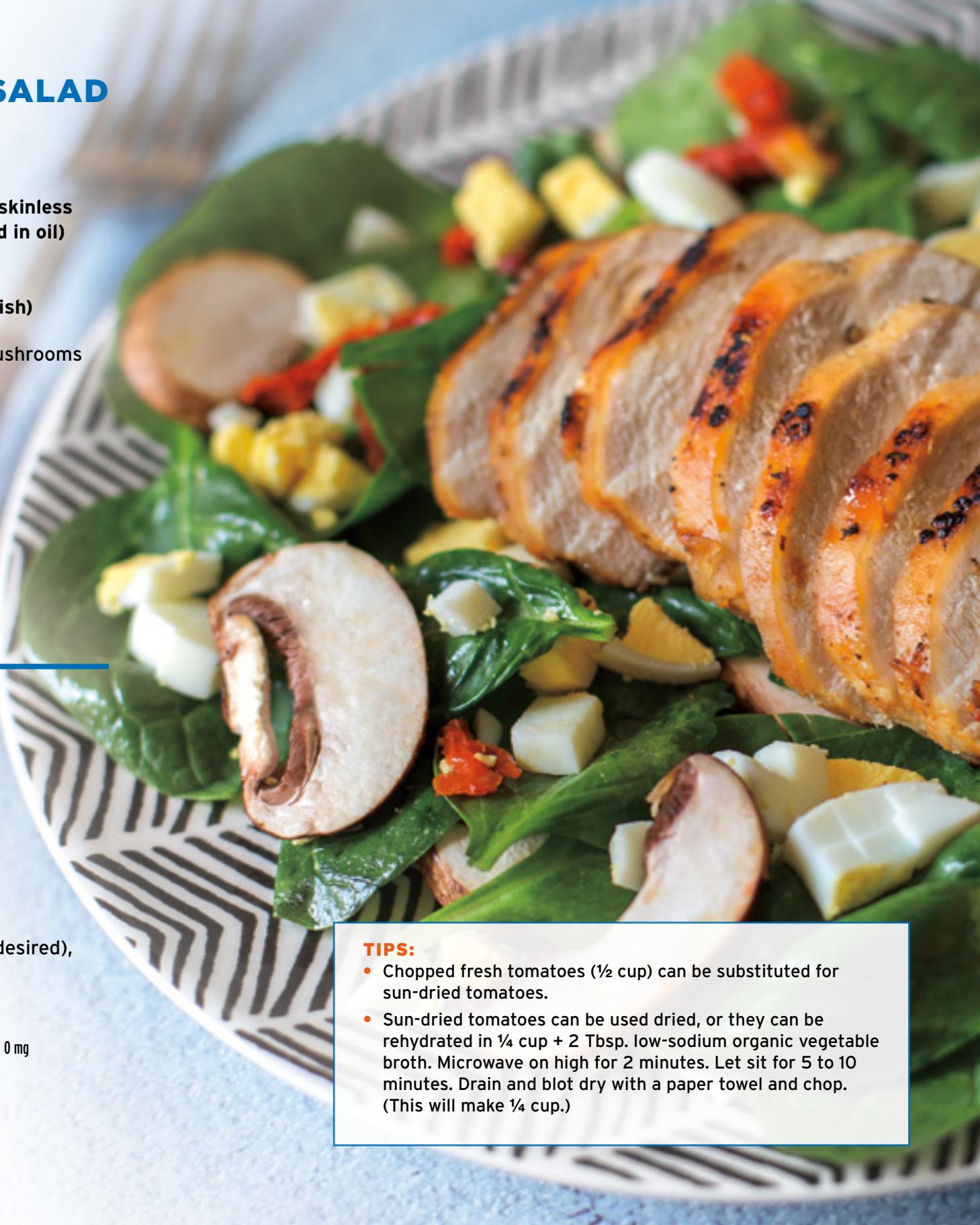
1 Tbsp. red wine vinegar  
1 tsp. Dijon mustard  
Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)  
2 tsp. olive oil

- 1 Combine vinegar, mustard, salt (if desired), pepper (if desired), and oil in a small bowl; whisk to blend.

NUTRITIONAL INFORMATION (per serving): Calories: 85 Total Fat: 9 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 405 mg Carbohydrates: 0 g Fiber: 0 g Sugars: 0 g Protein: 0 g

CONTAINER EQUIVALENTS: ■ 1

2B Mindset Plate It! A great accessory for salads.



### TIPS:

- Chopped fresh tomatoes (½ cup) can be substituted for sun-dried tomatoes.
- Sun-dried tomatoes can be used dried, or they can be rehydrated in ¼ cup + 2 Tbsp. low-sodium organic vegetable broth. Microwave on high for 2 minutes. Let sit for 5 to 10 minutes. Drain and blot dry with a paper towel and chop. (This will make ¼ cup.)

## CAULIFLOWER MASH

(Makes 4 servings, approx. 1 cup each)

Total Time: 22 min. Prep Time: 10 min. Cooking Time: 12 min.

### Hot water

**1 (2-lb.)** medium cauliflower, cut into small florets,  
stem discarded  
**½ tsp.** sea salt (or Himalayan salt)  
**¼ tsp.** ground black pepper  
**¼ tsp.** garlic powder  
**¼ tsp.** onion powder  
**2 to 4 Tbsp.** unsweetened coconut milk beverage

- 1** Boil water in steamer (or large saucepan) over high heat. Reduce heat to medium-high. Place cauliflower in steamer basket; cook for 5 to 7 minutes, or until tender. Drain well.
- 2** Combine cauliflower, salt, pepper, garlic powder, onion powder, and 2 Tbsp. coconut milk in large bowl; mash with a potato masher (or large fork) until mixture reaches desired consistency. Add more coconut milk, 1 Tbsp. at a time, if needed.

NUTRITIONAL INFORMATION (per serving): Calories: 28 Total Fat: 0 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 175 mg Carbohydrates: 5 g Fiber: 2 g Sugars: 2 g Protein: 2 g

CONTAINER EQUIVALENTS: ■ 1

2B Mindset Plate It! A great veggie for lunch or dinner.

## GRILLED FISH TACOS WITH FRESH MANGO AVOCADO SALSA

(Makes 4 servings, 1 taco each)

Total Time: 30 min. Prep Time: 20 min. Cooking Time: 10 min.

½	medium mango, chopped
½	medium avocado, chopped
½	medium jalapeño pepper, seeds and veins removed, chopped
¼	medium red onion, finely chopped
2 Tbsp.	finely chopped fresh cilantro
1 Tbsp.	fresh lime juice
½ tsp.	sea salt (or Himalayan salt), <i>divided use</i>
1 lb.	raw tilapia (or cod, halibut, mahi-mahi, or flounder), washed, patted dry
4	(6-inch) corn tortillas, warm
1 cup	shredded red cabbage
4	lime wedges (for garnish; optional)

- 1 Preheat grill (or broiler) on high.
- 2 To make mango avocado salsa, combine mango, avocado, jalapeño, onion, cilantro, lime juice, and  $\frac{1}{4}$  tsp. salt in a medium bowl; toss gently to blend. Set aside.
- 3 Season tilapia with *remaining*  $\frac{1}{4}$  tsp salt.
- 4 Grill (or broil) tilapia for 3 to 5 minutes on each side, or until tilapia flakes easily when tested with a fork.
- 5 Evenly top tortillas with tilapia, cabbage, and salsa. Serve with lime wedges (if desired).

NUTRITIONAL INFORMATION (per serving): Calories: 232 Total Fat: 6 g Saturated Fat: 1 g Cholesterol: 57 mg Sodium: 361 mg Carbohydrates: 21 g Fiber: 5 g Sugars: 5 g Protein: 25 g

CONTAINER EQUIVALENTS: ■ ½ ■ ½ ■ 1 ■ ½

2B Mindset Plate It! Replace the corn tortillas with veggies and/or a side salad and add another  $\frac{1}{2}$  portion of protein per serving to make a great dinner option. Add a side salad for lunch.



## SNACK RECIPES

When you're between meals and feeling hungry, it's easy to reach for an unhealthy "guilty pleasure." Here are some ways to feed your cravings without jeopardizing your overall nutrition goals.

### HOMEMADE NO-SUGAR APPLESAUCE

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

Total Time: 45 min. Prep Time: 15 min. Cooking Time: 30 min.

6	small quartered apples, cored (approx. 2 lbs.)
$\frac{1}{2}$ cup	water
1 Tbsp.	fresh lemon juice
1 to 2	1-inch strips lemon peel
$\frac{1}{2}$ tsp.	ground cinnamon

- 1 Place apples, water, lemon juice, lemon peel, and cinnamon in a large saucepan. Bring to a boil over medium heat. Reduce heat to low; gently boil, stirring occasionally, for 20 to 30 minutes, or until apples are soft. (If saucepan becomes dry, add more water.)
- 2 Remove lemon peel. Mash until applesauce is desired texture.

#### TIPS:

- Some good apples for this recipe are Golden Delicious, Gala, McIntosh, Honeycrisp, or Jonathan.
- Apples can be peeled if you prefer.
- Apples can also be cooked in a slow cooker. Place apples, water, lemon juice, lemon peel, and cinnamon in a 2- to 3-quart slow cooker. Cook on high for 3 to 4 hours or until apples are soft. Mash until applesauce is desired texture.

NUTRITIONAL INFORMATION (per serving): Calories: 80 Total Fat: 0 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 2 mg Carbohydrates: 21 g Fiber: 4 g Sugars: 16 g Protein: 0 g

CONTAINER EQUIVALENTS: ■ 1

2B Mindset Plate It! A great FFC as part of breakfast, lunch, or snack.



## EASY STRAWBERRY SORBET

(Makes 4 servings, approx.  $\frac{1}{3}$  cup each)

Total Time: 4 hrs. 10 min. Prep Time: 10 min. Cooking Time: None

<b>8 oz.</b>	<b>medium strawberries (approx. 20)</b>
<b>3 to 4 Tbsp.</b>	<b>water</b>
<b>1 Tbsp.</b>	<b>raw honey</b>
<b>1 Tbsp.</b>	<b>coarsely chopped fresh mint (optional)</b>

- 1** Place strawberries on baking sheet. Freeze for 2 hours, or until frozen through.
- 2** Place strawberries, 2 Tbsp. water, honey, and mint (if desired) in high-powered blender; cover. Blend on low for 5 seconds; increase power to high and continue blending for 30 seconds or until smooth, adding more water 1 Tbsp. at a time, as needed.
- 3** Pour mixture in a medium glass bowl; cover.
- 4** Freeze for 2 hours, stirring every 30 minutes, before serving.

Do not feed honey to children younger than one year.

**NUTRITIONAL INFORMATION** (per serving): Calories: 35 Total Fat: 0 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 1 mg Carbohydrates: 9 g Fiber: 1 g Sugars: 7 g Protein: 0 g

**CONTAINER EQUIVALENTS:** ■  $\frac{1}{2}$

**2B Mindset Plate It!** A great FFC as part of breakfast, lunch, or snack.



## SHAKEOLOGY RECIPES

Shakeology may be your daily nutritional foundation, but that doesn't mean it can't be decadent. Here are a few indulgent Shakeology recipes. Don't worry though, they're also good for you.

### BELGIAN WAFFLE SHAKEOLOGY

(Makes 1 serving)

Total Time: 10 min. Prep Time: 10 min. Cooking Time: None

1 cup	unsweetened almond milk
1 cup	ice
1 scoop	Vanilla (or Vanilla Vegan) Shakeology
2 Tbsp.	dry old-fashioned rolled oats
1 Tbsp.	pure maple syrup

- 1 Place almond milk, ice, Shakeology, oats, and maple syrup in blender; cover. Blend until smooth.

NUTRITIONAL INFORMATION (per serving): Calories: 271 Total Fat: 6 g Saturated Fat: 1 g Cholesterol: 1 mg Sodium: 342 mg Carbohydrates: 35 g Fiber: 6 g Sugars: 21 g Protein: 19 g

CONTAINER EQUIVALENTS: 1 1 1

2B Mindset Plate It! This recipe makes a great breakfast.



### STRAWBERRY CRUMBLE SHAKEOLOGY

(Makes 1 serving)

Total Time: 10 min. Prep Time: 10 min. Cooking Time: None

1 cup	water
1 cup	ice
1 scoop	Strawberry (or Tropical Strawberry Vegan) Shakeology
1 scoop	Shakeology Boost: Digestive Health*
1 cup	fresh (or frozen) strawberries
2 Tbsp.	dry old-fashioned rolled oats
2 Tbsp.	powdered peanut butter (like PB2)
½ tsp.	ground cinnamon

- 1 Place water, ice, Shakeology, Digestive Health Boost, strawberries, oats, powdered peanut butter, and cinnamon in blender; cover. Blend until smooth.

NUTRITIONAL INFORMATION (per serving): Calories: 319 Total Fat: 7 g Saturated Fat: 0 g Cholesterol: 5 mg Sodium: 282 mg Carbohydrates: 48 g Fiber: 18 g Sugars: 16 g Protein: 26 g

CONTAINER EQUIVALENTS: 1 1 1

2B Mindset Plate It! This recipe makes a great breakfast.

\*To learn more about Shakeology Boost: Digestive Health and the other Shakeology Boosts, talk to your Team Beachbody Coach.



## CHOCOLATE PEANUT BUTTER CRUNCH SHAKEOLOGY

(Makes 1 serving)

Total Time: 10 min. Prep Time: 10 min. Cooking Time: None

1 cup	unsweetened almond milk
1 cup	ice
1 scoop	Chocolate (or Chocolate Vegan Shakeology)
¼ cup	high-fiber cereal (like All-Bran)
1 tsp.	all-natural peanut butter

- 1 Place almond milk, ice, Shakeology, cereal, and peanut butter in blender; cover. Blend until smooth.

NUTRITIONAL INFORMATION (per serving): Calories: 289 Total Fat: 9 g Saturated Fat: 0 g Cholesterol: 5 mg Sodium: 537 mg Carbohydrates: 38 g Fiber: 17 g Sugars: 13 g Protein: 21 g



CONTAINER EQUIVALENTS:  
■ 1 ■ ½ ■ 2

2B Mindset Plate It!

This recipe makes a great breakfast.

## COCO CRISPY SHAKEOLOGY

(Makes 1 serving)

Total Time: 10 min. Prep Time: 10 min. Cooking Time: None

1 cup	unsweetened almond milk
1 cup	ice
1 scoop	Chocolate (or Chocolate Vegan) Shakeology
½	large banana, cut into chunks
1 Tbsp.	flaxseeds

- 1 Place almond milk, ice, Shakeology, banana, and flaxseeds in blender; cover. Blend until smooth.

NUTRITIONAL INFORMATION (per serving): Calories: 317 Total Fat: 10 g Saturated Fat: 1 g Cholesterol: 5 mg Sodium: 362 mg Carbohydrates: 38 g Fiber: 11 g Sugars: 15 g Protein: 21 g

CONTAINER EQUIVALENTS: ■ 1 ■ 1 ■ ½ ■ 1

2B Mindset Plate It! This recipe makes a great breakfast.



## CREAMY STRAWBERRY BANANA SHAKEOLOGY

(Makes 1 serving)

Total Time: 10 min. Prep Time: 10 min. Cooking Time: None

1 cup	water
1 cup	ice
1 scoop	Strawberry (or Tropical Strawberry Vegan) Shakeology
1 scoop	Shakeology Boost: Digestive Health
½ cup	fresh (or frozen) strawberries
¼	large banana, cut into chunks

- 1 Place water, ice, Shakeology, Digestive Health Boost, strawberries, and banana in blender; cover. Blend until smooth.

NUTRITIONAL INFORMATION (per serving): Calories: 257 Total Fat: 6 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 254 mg Carbohydrates: 40 g Fiber: 13 g Sugars: 15 g Protein: 19 g

CONTAINER EQUIVALENTS: ■ 1 ■ 1

2B Mindset Plate It! Add a little more protein and an FFC to make a complete breakfast.



## SWEET COCONUT COLD BREW SHAKEOLOGY

(Makes 1 serving)

Total Time: 10 min. Prep Time: 10 min. Cooking Time: None

1 cup	unsweetened coconut milk beverage
1 scoop	Shakeology Boost: Digestive Health
1 cup	ice
1 scoop	Café Latte (or Café Latte Vegan) Shakeology

- 1 Place coconut milk, Digestive Health Boost, ice, and Shakeology in blender; cover. Blend until smooth.

NUTRITIONAL INFORMATION (per serving): Calories: 224 Total Fat: 8 g Saturated Fat: 3 g Cholesterol: 5 mg Sodium: 225 mg Carbohydrates: 25 g Fiber: 12 g Sugars: 8 g Protein: 19 g

CONTAINER EQUIVALENTS: ■ 1 ■ 1

2B Mindset Plate It! Add an FFC to make a great breakfast.



Certain Shakeology flavors may not be available in your market.

# BEVERAGES

Staying hydrated is important. Not only does it help with weight loss and exercise performance, it keeps you healthy. We recommend drinking half your weight in ounces daily, so if you weigh 160 pounds, try to drink at least 80 ounces of water every day.

Here are some great ways to make your plain water more interesting.

## MIXERS

- Flat water
- Sparkling water  
(make sure it has no calories and it's free of artificial ingredients)

## MIX-INS FRUITS/VEGGIES

- Lemon wedges
- Lime wedges
- Orange slices
- Strawberry slices
- Kiwi slices
- Cucumber slices
- Frozen grapes
- Watermelon cubes
- Splash of fruit juice:  
cranberry, orange, grapefruit

## HERBS

- Mint leaves
- Basil
- Grated ginger
- Rosemary

## EXTRAS

- Crushed ice
- Ice cubes



# TEA & COFFEE

Unless you're caffeine-sensitive, there's nothing wrong with three to four 8-ounce cups of coffee or tea daily.

## OK to Add

- Cinnamon
- Lemon
- Pumpkin pie spice
- Nutmeg

## In Moderation

- Milk (1-2% cow's, almond, hemp, etc.) (1-2 Tablespoons)
- Cream or half-and-half (1 Tablespoon)
- Sugar, honey, molasses, or maple syrup (1-2 teaspoons)
- Stevia (1-2 packets)

## Avoid

- Nondairy creamer
- Artificial sweeteners
- Flavored syrups
- Chocolate syrup



## SET YOURSELF UP FOR SUCCESS

This eating plan may be a whole new dietary approach for you. Because of that, it may seem like too much or too little food. Let's look at these issues individually.

**TOO LITTLE FOOD.** If you're still hungry after starting this plan, try to make it through a week or two before adjusting. Usually, hunger is a matter of what you're used to as opposed to what you need. If that isn't effective, try adding a couple more  Veggies (Green) or 1  Protein (Red) to your day.

With that said, there are other signs that you should definitely eat more. If you're not progressing in your workouts, you're feeling tired or listless, you can't sleep, or you just feel bad all the time, go up a plan.

If you'd like to try something else, try the 2B Mindset, a nutritional program specifically designed to leave you full and satisfied. To learn more, go to page 61.

**TOO MUCH FOOD.** This eating plan focuses on filling, high-fiber foods. If you're used to more calorie-dense or sugar-packed foods, this may feel like too much. If so, don't stuff yourself. Your body will adapt so just eat what works for you. Make sure to eat a little from all your portions and try not to use this as an excuse to skip your veggies.

If you have any other questions, talk to your Team Beachbody Coach or visit [BeachbodyExpertAdvice.com](http://BeachbodyExpertAdvice.com), where our registered dietitians and other experts are there to help you get results.

## SHOPPING

**When grocery shopping, follow these three tips:**

- Plan all your meals and snacks for the week. In addition to the easy sample days and delicious recipes provided in this guide, the Beachbody Blog is a great resource for portion-ready recipes and meal plans.
- Make a list. Check to see what things you already have. Once you get to the market, don't stray from the list.
- Before you go, eat a snack or meal. Never shop when you're hungry.

## MEAL PREP

**Preparing your own food every day can be time-consuming. We recommend setting aside time once or twice a week to meal prep. Here's how:**

- Grill, steam, poach, or bake all your protein. This works for almost anything, including chicken, beef, pork, tofu, and tempeh. As for fish, cook no more than 2-3 days prior to eating.
- Hard-boil several eggs for an on-the-go protein hit.
- Wash your produce and bag it.
- Make a big jar of dressing so you're salad-ready 24/7.
- Cook a big pot of your favorite grain, such as brown rice, millet, or quinoa.
- If you're ambitious, make a stew, soup, casserole, or chili that can be enjoyed all week. If you make too much, freeze it.
- Food doesn't keep forever, even in the fridge. If you plan on keeping meat, and mixed dishes longer than 3-4 days, wrap them up in an airtight container and store them in the freezer.

## DINING OUT

**Eating healthy when dining out can be hard. While it's important to treat yourself for all your hard work once in a while, keep these tips in mind the next time you're out to dinner:**

- Skip the bread sticks, corn chips, and garlic bread.
- Restaurant servings are usually way more food than you need. Ask for a takeaway bag in advance and split your meal, saving half for later.
- Restaurant food tastes so good because it's loaded with salt, sugar, butter, and other fats. Even with healthy choices, they're rarely as healthy as when you prepare them at home. Moderation is key. Enjoy your meal, but order lightly.
- Skip the soda. You're better off with water or plain iced tea.



## LET THE CHANGE BEGIN

When you build your day on a solid nutritional foundation, you can tackle big challenges like Transform :20. Shakeology has a potent blend of ingredients to help you take on the challenge of change. Real change begins when you give your body the protein, probiotics, antioxidants, vitamins, and minerals it craves. Meticulously crafted, Shakeology is a delicious, daily way to help support your overall health.\*\*

**shakeology®**

**ASHWAGANDHA**  
Superfood  
Adaptogen

**QUINOA**  
Ancient grain  
Protein source

**KALE**  
Vitamin- and other  
nutrient-dense

#Vitamins C, B6, and B12 contribute to  
normal, energy-yielding metabolism.

**YACON ROOT**  
1 of 9 in our  
pre- & probiotic  
enzyme blend

**MATCHA GREEN TEA**  
1 of 5 supergreen  
phytonutrients

**GOJI BERRY**  
Key part of our  
antioxidant/  
superfruit blend

\*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.

Certain Shakeology flavors may not be available in your market.

# STEP UP YOUR RESULTS



When you've got 20 minutes to get a total-body workout that will take you to the limit, you need a performance-enhancing supplement system that can help you get the most out of Transform :20. Beachbody Performance can help give you more energy, endurance, and power so you can work out harder and get back at it faster.\*\*

## GET MORE OUT OF TRANSFORM:20™

Beachbody Performance products feature key ingredients that have been clinically tested. Each product is also Informed-Sport-certified, meaning each batch has been tested for a comprehensive list of banned substances to provide the highest level of assurance for athletes.

POST-WORKOUT  
RECOVER

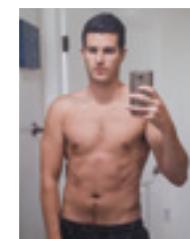
PRE-WORKOUT  
ENERGIZE



BEFORE BED  
RECHARGE



"Recover is my favorite Performance supplement. It's really helped my muscles feel rested and ready to attack the next workout, and it tastes like a milkshake. What's not to love?"



"Energize is awesome. I enjoy it every single time. I get tons of energy and truly have a better workout when I take it."

-Roy H.<sup>t</sup>



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<sup>t</sup>Results vary depending on starting point and effort. Laura and Roy are Beachbody employees.

<sup>†</sup>Contains caffeine, which enhances mental alertness during intense muscular activity.

Certain Beachbody Performance products may not be available in your market.

# 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. Chocolate Cherry Almond and Peanut Butter Chocolate are made with wholesome ingredients you can recognize and count on. BEACHBAR has an excellent protein-to-calorie ratio in each crispy chewy bite. It's the perfect, on-the-go sweet treat to help you meet your fitness goals.

- 150** Calories
- 4g** Fiber
- Gluten Free

Portion Fix food container equivalents:  $\frac{1}{2}$  Red  $\frac{1}{2}$  Yellow 1 White

## YOUR COACH IS WAITING TO HELP YOU SUCCEED.

As a Beachbody On Demand member, you have access to a FREE Team Beachbody Coach. Their support and encouragement will help you achieve your best results.

### What's a Team Beachbody Coach?

Your Coach is a customer just like you, who has seen great results from using Beachbody products, and wants to help you reach your goals.

### How can my Coach help?

They can keep you motivated to stick with Transform :20. They can also invite you to join a Challenge Group, for even more support and accountability.

### Not sure who your Coach is?

Log in to [TeamBeachbody.com](http://TeamBeachbody.com) with the same credentials you use for Beachbody On Demand. Select "My Account" and then "My Coach." You can contact your Coach directly from there.

What are you waiting for?

Shawn T



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



**BEACHBODY  
CHALLENGE®**

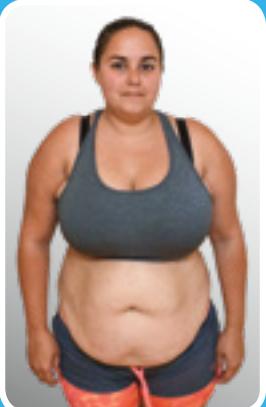
**FITNESS. NUTRITION. SUPPORT. REWARDS.**

It pays to get fit with Beachbody. Contact your Team Beachbody Coach and get into a Challenge Group for the motivation and peer support you need to help you get your best Transform :20 results.

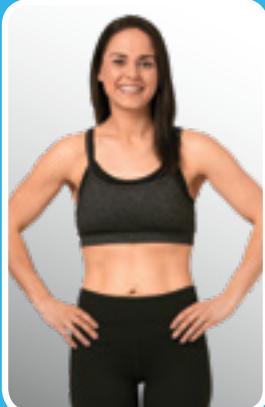
Once you're ready to share the results of your health and fitness journey, enter the Beachbody Challenge contest and you'll not only have the chance to win cash prizes, but we'll also send you a FREE GIFT.\*

Learn more and ENTER YOUR RESULTS at

**BEACHBODYCHALLENGE.COM**



Before



After<sup>†</sup>

"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

**IF YOU WOULD LIKE TO EXPLORE A  
DIFFERENT APPROACH TO EATING,  
WE ALSO RECOMMEND:**

**2B MINDSET®**

The **2B MINDSET** is a proven weight-loss program, co-created by Ilana Muhlstein, MS, Registered Dietitian Nutritionist, who has lost more than 100 pounds herself using the principles. This video-based program focuses on eating filling and satisfying meals, so you can lose weight without feeling hungry or deprived. This isn't a diet—and Ilana will teach you how a positive mindset can lead to lasting weight loss. The 2B Mindset is about understanding the purpose of food and your behaviors so you can enjoy life and finally say goodbye to your struggles with food and losing weight.

To learn more about the 2B Mindset program, contact your Team Beachbody Coach or go to [TeamBeachbody.com](http://TeamBeachbody.com)



\*While supplies last. Go to [BeachbodyChallenge.com](http://BeachbodyChallenge.com) for the official contest rules, terms, and conditions.

<sup>†</sup>Results vary. Janine is an independent Team Beachbody Coach.



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.

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