

# Fitness & Health Assessment

Name:						
How long have you been exercising regularly?				_		
What type of training have you focused on most re-	cently?	(circle)	1			
Olympic Training Strength Training Body I	Pump	Cardi	o Traini	ing	HIIT	
What type exercise do you struggle with most?						
What type exercise do you want to most improve?						-
Which body type are you?						
Ectomorph Endomorph Mesor	norph					
Which body part are you most happy with the way	it looks	?				-
Which body part would you call your "problem area	ı?"					
List 2 fitness or physical goals you have for the nex	kt 60 da	ys:				
1						
2						
Medical Stuff						
	**************************************		ain ava		(liet ex	(a maia a a )
Do you have any current injuries that prevent you f		J			•	•
Do you have diabetes or pre-diabetes?						
Do you have high blood pressure?						
Do you have any other ailments that needs to be co	orrecte	d?				
Nutrition Stuff						
How many meals do you eat daily? (include snacks	s) 1	2	3	4	5	6
What's your biggest meal of the day?						
Do you cook/prepare your meals ahead of time?	Yes	No	Some	etimes		
How many times each week do you eat fast food?	1	2	3	4	5	6+
How many times each week do you eat at a restau	rant?	1	2	3	4+	
How many servings of vegetables do you eat daily	?	1	2	3	4	5+
What type foods do you love most?						
What foods do you struggle with limiting most?						
Do you want help with Nutrition or Recipes?	Yes	No				

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You're about to take on a difficult challenge, so I'll keep this explanation simple: This is a limited diet that gets even more limited as you progress. But as you overcome each obstacle, your mindset will start to shift. You'll develop amazing confidence. Each small victory will be one more step in your progress. Until finally, you'll be ready to take on any challenge that's thrown your way. That's why the results you achieve in the Shop will not only be powerful, they'll be something you can build upon throughout your lifetime.

# HERE'S THE BREAKDOWN:

# WEEK 1

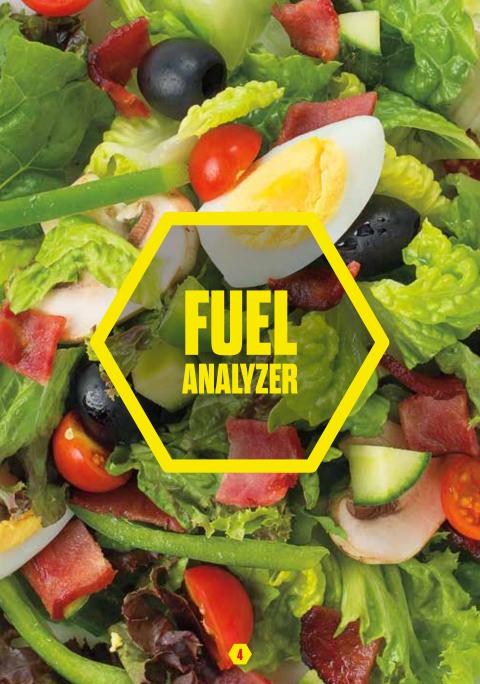
Get rid of the foods that are holding you back and start with a better balance of carbohydrates, protein, and healthy fats with carbs being at the forefront, mostly from fruits and veggies with a few starches (yams and potatoes) and legumes (beans and peas) thrown in.

As your body adapts and the workouts increase in length, it's time to accelerate your results and cut back on the starchy carbs while increasing proteins, veggies, and healthy fats.

# WEEK 3

Here is where everything comes together. You are working out at your peak while eating your cleanest. Starchy carbs are eliminated to make way for your best results-and although it's a challenging week-you can help ward off your cravings with Shakeology®, the superfood supplement shake designed to support your nutrition goals without sacrificing results.\* To learn more about the benefits of Shakeology, see page 48.

# NOW LET'S GET STARTED



# THE ONE SIMPLE TRICK FOR GETTING BETTER RESULTS

Losing weight and getting in shape isn't easy. So right out of the gate, I'm going to let you in on my biggest secret.

This is what helps me achieve my best results—my fastest results—when I'm training. And it's made all the difference in the world for my clients.

In just 3 weeks, getting the body you want will be the result of making one small change:

# THINK OF FOOD AS FUEL.

For many people, food is entertainment. Or just something to pass the time. But not in the Shop.

For the next 3 weeks, the food you buy, prepare, and eat will be exactly what your body needs to perform and look its best.

# Thinking of FOOD AS FUEL is your first shift.

Now I'm going to show you exactly how to do it.

Remember, everybody is different, so if you have any unique or special medical needs or conditions, such as food allergies, dietary restrictions, or if you are pregnant or breastfeeding, please consult your physician before starting this nutrition plan.

# **FUEL ANALYZER**

Knowing how much to eat should be simple. That's why I've boiled this down to its simplest form. Fill in just a few numbers, and you'll know exactly what your Calorie Target is.

1. GENDER	SCORE
Female 0	
Male +1	
2. WEIGHT	SCORE
130 lbs. or less -1	
131–160 lbs. <b>0</b>	
161–180 lbs. +1	
181–220 lbs. <b>+2</b>	
221 lbs. and up +3	
3. HEIGHT	SCORE
5'2" or less -1	
5'3" to 5'8" <b>0</b>	
5'9" to 6'2" +1	
6'3" and up +2	

# 4. Use your final number to find the corresponding Calorie Target.

YOUR SCORE	YOUR PLAN	YOUR CALORIES
1 or less	PLAN <b>A</b>	1,200-1,499 calories
2	PLAN <b>B</b>	1,500-1,799 calories
3	PLAN <b>C</b>	1,800-2,099 calories
4 or more	PLAN <b>D</b>	2,100-2,400 calories

# THE SHIFT SHOP FUEL PLANS

Now that you have your Calorie Target, you can see which 3-Week Fuel Plan is right for you.

Each square symbol represents a daily serving.

PLAN A: 1,200-1,499 calories	Week 1	Week 2	Week 3
■ Veggies <sup>†</sup>	3	4	5
Fruits	2	2	2
Proteins	4	4	5
Carbs <sup>‡</sup>	2	1	0
■ Healthy Fats	1	1	1
Seeds & Dressings	1	1	1
Teaspoons	2	2	3
Beachbody Performance Energize	1	1	1
Beachbody Performance Hydrate	0	1	1
Beachbody Performance Recover	1	1	1

PLAN <b>B:</b> 1,500–1,799 calories	Week 1	Week 2	Week 3
■ Veggies <sup>†</sup>	4	5	6
Fruits	3	2	2
Proteins	4	5	6
Carbs <sup>‡</sup>	3	2	0
Healthy Fats	1	1	1
Seeds & Dressings	1	1	1
Teaspoons	4	4	5
Beachbody Performance Energize	1	1	1
Beachbody Performance Hydrate	0	1	1
Beachbody Performance Recover	1	1	1

<sup>†</sup>These are minimum recommended amounts because SHIFT SHOP allows for all-you-can-eat veggies. ‡See SHIFT SHOP-specific food list.

# THE SHIFT SHOP FUEL PLANS

PLAN <b>C:</b> 1,800–2,099 calories	Week 1	Week 2	Week 3
■ Veggies <sup>†</sup>	6	7	8
Fruits	4	3	2
Proteins	5	6	7
Carbs <sup>‡</sup>	4	2	0
■ Healthy Fats	1	2	2
Seeds & Dressings	1	1	1
Teaspoons	5	5	6
Beachbody Performance Energize	1	1	1
Beachbody Performance Hydrate	0	1	1
Beachbody Performance Recover	1	1	1

PLAN <b>D:</b> 2,100–2,400 calories	Week 1	Week 2	Week 3
■ Veggies <sup>†</sup>	7	8	9
■ Fruits	5	4	3
Proteins	6	7	8
Carbs <sup>‡</sup>	4	2	0
Healthy Fats	1	2	2
Seeds & Dressings	1	1	1
Teaspoons	6	6	7
Beachbody Performance Energize	1	1	1
Beachbody Performance Hydrate	0	1	1
Beachbody Performance Recover	1	1	1

<sup>†</sup>These are minimum recommended amounts because SHIFT SHOP allows for all-you-can-eat veggies. ‡See SHIFT SHOP-specific food list.

**If you're doing another round**, drop back to Week 2 eating for two weeks, then back to Week 3, so 2, 2, 3. You can do this for as many rounds as you want!

#### WHAT IF YOU HAVE A HARD TIME STICKING TO YOUR FUEL PLAN?

We have a Shop rule: TRY BEFORE YOU MODIFY. In other words, do your best to follow the eating plan, because I'm here to help you overcome your obstacles, and at the same time test your will. This builds your confidence. This is how you develop a winning mindset. This is how you get your best results.

However, if you're new to healthy eating, or find that moving past your Week 1 plan is too challenging, then simply stick with Week 1 for the entire program.

#### WHAT IF YOU'RE VEGAN OR VEGETARIAN?

By the end of your shift, you'll find that your diet is relatively high in protein and low in carbohydrates, making it challenging as a vegan program.

Vegetarians have it easier, because they can eat plenty of eggs and dairy. (Going the pescatarian route, by including seafood, is an even easier option.)

Either way, there are a couple things you can do to make life simpler while making the shift. First, if it's all too much, just stick with the Week 1 eating plan throughout the program. Second, drink Shakeology (vegan or whey) to add an additional, delicious source of protein and other nutrients that help you maximize your results in the Shop.\*

And if you're looking for help with these modifications or you have any other questions about the SHIFT SHOP, our staff of registered dietitians, certified fitness trainers, and other experts are here for you at **BeachbodyExpertAdvice.com**.

# **SHIFT SHOP FOOD LISTS**

On the next few pages you'll see what to eat. The healthiest foods are at the top of each list—but everything is good for you, so no need to sacrifice variety. Ultimately, you'll do best by picking the foods you enjoy the most.

# **VEGGIES FOOD LIST**

Each item equals 1 Green Serving

- Kale, 1 cup cooked or raw
- Watercress, 1 cup cooked or raw
- Collard greens, 1 cup cooked or raw
- Spinach, 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 Power Greens Boost, 2 scoops (limit 2 scoops daily)
- Tomatoes, 1 cup chopped, 1 cup cherry, or 2 medium
- 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
- String beans, 1 cup
- Peppers (sweet), 1 cup sliced
- Poblano chilies, 1 cup chopped
- Banana peppers, 3 medium
- Carrots, 1 cup sliced or 10 medium baby
- Cauliflower, 1 cup chopped
- Artichokes, ½ large
- Eggplant, ½ medium
- Okra, 1 cup
- Jicama, 1 cup sliced
- Snow peas, 1 cup
- Cabbage, 1 cup chopped
- Cucumbers, 1 cup sliced
- Celery, 1 cup sliced
- Lettuce, 1 cup
- Mushrooms, 1 cup
- Radishes, 1 cup
- Onions, 1 cup chopped
- Sprouts, 1 cup
- Bamboo shoots, 1 cup
- Salsa (freshly made or pico de gallo), ½ cup
- Vegetable broth, 2 cups



# **FRUITS FOOD LIST**

Each item equals 1 Purple Serving

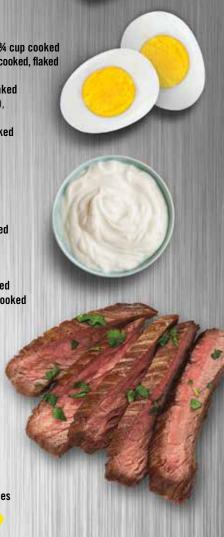
- Raspberries, 1 cup
- Blueberries, 1 cup
- Blackberries, 1 cup
- Strawberries, 1 cup
- · Pomegranate, 1 small
- Guava, 2 medium
- Starfruit, 2 medium
- · Passion fruit, 3 fruits
- Watermelon, 1 cup chopped
- · Cantaloupe, 1 cup chopped
- Orange, 1 cup divided into sections or 1 medium
- Bitter orange, 1 medium
- Tangerine, 2 small
- Apple, 1 cup sliced or 1 small
- · Apricots, 4 small
- Grapefruit, 1 cup divided into sections or 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 diced
- Banana, ½ large
- Green banana, 1/2 large
- Dwarf red banana, 11/2 small
- Breadfruit, ⅓ small
- Papaya, 1 cup chopped
- Figs, 2 small
- Honeydew melon, 1 cup chopped
- Pumpkin puree, ⅓ cup
- Salsa (store-bought), 1 cup
- Tomato sauce (plain or marinara), 1 cup
- Applesauce (unsweetened), ¾ cup



# **PROTEINS FOOD LIST**

Each item equals 1 Red Serving

- · Sardines (fresh or canned in water), 7 medium
- Boneless, skinless chicken or turkey breast,
   34 cup cooked, chopped
- Duck breast, 34 cup cooked, chopped
- Squab, ¾ cup cooked, chopped
- Goat, ¾ cup cooked, chopped
- Lean ground chicken or turkey (≥ 93% lean), 34 cup cooked
- Fish, fresh water (catfish, tilapia, trout), 34 cup cooked, flaked
- Fish, cold water, wild-caught (cod, salmon, halibut, tuna, mahi-mahi), 34 cup cooked, flaked
- Game (buffalo, bison, ostrich, venison, rabbit),
   34 cup cooked, chopped
- Game: lean ground (≥ 95% lean). 34 cup cooked
- Eggs, 2 large
- Egg whites, 8 large
- Shakeology,† 1 scoop
- Greek yogurt (plain, 2%), 34 cup
- Kefir (plain, 2%), 1 cup
- Yogurt (plain, 2%), 34 cup
- Shellfish (shrimp, crab, lobster), 34 cup cooked
- Clams (canned, drained), 34 cup
- Octopus, 34 cup cooked, chopped
- Squid, 34 cup cooked, chopped
- Red meat (extra-lean), 34 cup cooked, chopped
- Lean ground red meat (≥ 95% lean), ¾ cup cooked
- Tempeh, ¾ cup diced
- Tofu (firm), 34 cup diced
- Pork tenderloin, ¾ cup chopped, cooked
- Tuna (canned light in water, drained), 34 cup
- Turkey slices (low-sodium, nitrite-free, minimally processed, fat-free), 6 slices
- Ham slices (low-sodium, nitrite-free, minimally processed, fat-free), 6 slices
- Ricotta cheese (light), ¾ cup
- Cottage cheese (2%), 34 cup
- Protein powder (whey, hemp, rice, pea), 1½ scoops (approx. 42 g depending on variety)
- Veggie burger, 1 medium patty
- Turkey bacon (low-sodium, nitrite-free), 4 slices
- Beef-based broth, 8 cups





# **CARBS FOOD LIST**

Each item equals \_\_\_ 1 Yellow Serving

#### WEEK 1

- Winter squash (acorn, butternut, delicata, kabocha, pumpkin, spaghetti),‡ 1 cup cubed
- Sweet potato, ½ cup chopped or mashed, or ½ small
- Yams (regular, white, tropical [batata]),
   ½ cup chopped or mashed, or ½ small
- · Parsnips, 1/2 cup sliced
- White potato, 1/2 cup chopped or mashed, or 1/2 small
- Peas, ½ cup
- Beans (kidney, black, garbanzo, white, lima, fava, pink, pigeon, [gandules], etc.), ½ cup cooked, drained
- Lentils, ½ cup cooked, drained
- Edamame, ½ cup shelled
- · Refried beans (nonfat), 1/2 cup

#### WEEK 2

- Winter squash (acorn, butternut, delicata, kabocha, pumpkin, spaghetti),<sup>‡</sup> 1 cup cubed
- Sweet potato, ½ cup chopped or mashed, or ½ small
- Yams (regular, white, tropical [batata]),
   ½ cup chopped or mashed, or ½ small
- · Parsnips, ½ cup sliced
- White potato, ½ cup chopped or mashed, or ½ small
- † Because Shakeology offers such a wide variety of healthy nutrients, it doesn't rank quite as high on this list, which focuses more intensely on protein.
- ‡Winter squash appears in both the Green and Yellow lists. We did this to give you more variety in the abbreviated SHIFT SHOP Yellow list







Each item equals 1 Blue Serving

- Avocado, mashed or ¼ 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)
- Hummus, ¼ cup
- · Coconut milk (canned), 1/4 cup
- Feta cheese, ¼ cup crumbled
- Goat cheese, 1/4 cup crumbled
- Mozzarella (low-moisture), ¼ cup shredded
- · Cheddar, ¼ cup shredded
- · Provolone, 1/4 cup shredded
- Monterey jack, ¼ cup shredded
- Parmesan, ¼ cup shredded
- Cotija cheese, ¼ cup crumbled
- Oaxaca cheese, ¼ cup crumbled
- Queso fresco, ¼ cup crumbled





# **TEASPOONS FOOD LIST**

Each item equals \_\_\_\_\_ 1 Teaspoon Serving

- 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.
- · Cacao nibs, 1 tsp.
- Nut butters (peanut, almond, cashew, etc.), 1 tsp.
- Seed butters (pumpkin, sunflower, sesame [tahini]), 1 tsp.
- Butter, 1 tsp.Ghee, 1 tsp.
- Mayonnaise, 1 tsp.

# FREE FOODS FOOD LIST

Use as much of these "Free Foods" as you'd like to enhance the flavors of the other foods you'll be eating on this plan.

- THE WATER BAR
- · Lemon and lime juice
- Vinegars
- Mustard
- Herbs, such as parsley, cilantro (fresh and dry)
- Spices (except salt)
- Garlic
- Ginger
- Green onion
- Chili varieties (jalapeño, serrano, ancho, cascabel, pasilla, guajillo, habanero, etc.)
- Hot sauce (Tabasco or Mexican only)
- Flavor extracts (pure vanilla, peppermint, almond, etc.)
- Achiote paste





# THE ULTIMATE SHOPPING LIST FOR FUELING A 3-WEEK RAPID REBUILD

In your kitchen at the beginning of each week, it's important to have the foods that deliver the best results. Trying to find meals with the right portions and ingredients on the fly—especially when you are cutting out starchy carbs—is a recipe for frustration. On my rest days, I like to shop and prepare the foods I need to stay on track for the week ahead. This keeps me motivated to fuel my body right.

So, take a look at the **sample** shopping lists that apply to your fuel plan and make sure you have what you need to succeed each week. Remember—**these** are **simply examples**—so feel free to substitute items from the corresponding food lists, or rearrange the containers, to find the ingredients and container combinations that work best for you.



#### M/W/F/S

#### **Breakfast:**

- 1 Red: 2 eggs
- 1 Green: 1 cup chopped spinach
- ½ Blue: 2 Tbsp. shredded cheese

#### Snack:

- 1 Red: 1 scoop Shakeology
- 1 Purple: ½ banana

#### Lunch:

- 1 Red: 4 oz. grilled chicken breast
- 1 Green: ½ cup lettuce
  - + ½ cup shredded carrot
- 1 Yellow: ½ cup black beans
- 1 Orange: 2 Tbsp. oil-based salad dressing
- ½ Blue: ¼ avocado chopped

# Snack:

- 1 Purple: 1 small apple
- 2 tsp.: 2 tsp. nut butter

# Dinner:

- 1 Red: 4 oz. grilled salmon
- 1 Yellow: ½ cup mashed sweet potato
- 1 Green: 1 cup steamed broccoli

#### T/TH/SU

#### **Breakfast:**

- 1 Red: ¾ cup Greek yogurt, reduced-fat (2%), plain
- 1 Purple: 1 cup mixed fruit
- ½ Blue: 2 Tbsp. sliced raw almonds

#### Snack:

- 1 Green: 1 cup celery sticks
- 2 tsp.: 2 tsp. nut butter

#### Lunch:

- 1 Red: 4 oz. grilled flank steak
- 1 Green: ½ cup lettuce
  - + ½ cup shredded carrot
- 1 Yellow: ½ cup edamame
- 1 Orange: 2 Thsp. oil-based salad dressing
- ½ Blue: 2 Tbsp. sliced raw almonds

#### Snack:

- 1 Red: 1 scoop Shakeology
- 1 Purple: 1 cup blueberries

- 1 Red: 4 oz. cooked ground turkey breast
- 1 Yellow: ½ cup shredded potato
- 1 Green: ½ cup chopped spinach, ½ cup chopped onion

# **WEEK ONE - PLAN A: SHOPPING LIST**

SHOP	AMOUNTS
Fruits and Vegetables	
Apple, small	4 each
Avocado, medium	1 each
Banana, large	2 each
Blueberries	3 boxes (6-oz. each) or 16 oz.
Broccoli florets	1 (12-oz.) bag or 6 large stalks
Carrots, medium	3 each or 6 oz. shredded
Celery	1 medium bunch
Edamame	9 oz. or 1 (10-oz.) bag
Lettuce	1 head or 1 (5-oz.) bag
Onion, medium	3 each or 9 oz. chopped
Orange, medium (or mixed fruit of your choice)	3 each or 3 cups
Potato, small	10 oz.
Spinach, raw	11 oz. or 2 bags (6-oz. each)
Sweet potato, small	4 each
Dairy	
Cheese, shredded	2 oz.
Greek yogurt, reduced-fat (2%) plain	1 (32-oz.) container
Grains and Nuts	
Almonds, raw, sliced	3 oz.
Misc.	
Black beans, canned	1 (15-oz.) can
Nut butter (almond, peanut, or your choice)	1 jar or 10 oz. (3-week supply)
Vinaigrette (or oil-based salad dressing)	1 bottle or 12 fl. oz. (3-week supply)
Shakeology flavor of your choice	1 bag (30-day supply)
Proteins	
Beef flank steak, raw	1 lb.
Chicken breast, boneless, skinless, grilled	1 lb. or 1 lb. 6 oz. raw
Eggs, large	8 each
Salmon, raw, wild-caught	1 lb. 5 oz.
Turkey breast, ground	1 lb. 4 oz.

# PLAN WEEK 2 MENU

#### M/W/F/S

#### **Breakfast:**

- 1 Red: 2 eggs
- 1 Green: 1 cup chopped spinach
- ½ Blue: 2 Tbsp. shredded cheese

#### Snack:

- 1 Red: 1 scoop Shakeology
- 1 Purple: ½ banana

#### Lunch:

- 1 Red: 4 oz. grilled pork chop
- 1 Green: ½ cup lettuce
  - + ½ cup sliced cucumber
- 1 Orange: 2 Thsp. oil-based salad dressing
- ½ Blue: 2 Tbsp. feta cheese

# Snack:

- 1 Purple: 1 small apple
- 2 tsp.: 2 tsp. nut butter
- 1 Green: 10 medium baby carrots

# Dinner:

- 1 Red: 4 oz. grilled tilapia
- 1 Yellow: ½ small baked potato
- 🔳 1 Green: 1 cup steamed zucchini

#### T/TH/SU

#### **Breakfast:**

- 1 Red: ¾ cup Greek yogurt, reduced-fat (2%), plain
- 1 Purple: 1 cup mixed fruit
- ½ Blue: 6 raw almonds, chopped

#### Snack:

- 1 Green: 1 cup celery sticks
- 2 tsp.: 2 tsp. nut butter

#### Lunch:

- 1 Red: 4 oz. grilled shrimp
- 1 Green: ½ cup lettuce
  - + ½ cup chopped green onion
- 1 Green: 1 cup shredded cabbage
- 1 Orange: 2 Tbsp. oil-based salad dressing
- ½ Blue: 4 raw cashews, chopped

#### Snack:

- 1 Red: 1 scoop Shakeology
- 1 Purple: 1 cup raspberries

- 1 Red: 4 oz. grilled lamb chop
- 1 Yellow: ½ small baked yam
- 1 Green: 1 cup steamed asparagus

# Λ

# **WEEK TWO - PLAN A: SHOPPING LIST**

SHOP	AMOUNTS
Fruits and Vegetables	
Apple, small	4 each
Asparagus	1 large bunch
Banana, large	2 each
Cabbage	1 head or 8 oz. shredded
Carrots, baby	17 oz. or 2 bags (1-lb. each)
Celery	2 medium bunches
Cucumber, medium	2 each
Lettuce	1 head or 1 (5-oz.) bag
Onion, green	2 bunches
Pineapple chunks or mixed fruit of your choice	1 (2-lb.) pineapple or 1 (20-oz.) can
Potato, small	2 each
Raspberries	3 boxes (6-oz. each) or 13 oz.
Spinach, raw	8 oz. or 2 bags (6-oz. each)
Squash, zucchini, medium	3 each
Yam, small	2 each
Dairy	
Cheese, shredded	2 oz.
Feta cheese	3 oz.
Greek yogurt, reduced-fat (2%), plain	1 (32-oz.) container
Grains and Nuts	
Almonds, raw, whole	¾ oz. or 18 each
Cashews, raw	3 oz.
Proteins	
Eggs, large	8 each
Lamb chop, boneless, raw	1 lb.
Pork chop, boneless, raw	1 lb. 6 oz.
Shrimp, medium, raw	1 lb.
Tilapia, wild-caught, raw	1 lb. 8 oz.



#### M/W/F/S

#### **Breakfast:**

- 1 Red: 2 eggs
- 1 Green: 1 cup chopped spinach
- ½ Blue: 2 Tbsp. shredded cheese

#### Snack:

- 1 Red: 1 scoop Shakeology
- 1 Purple: ½ banana
- 1 Green: 10 medium baby carrots

#### Lunch:

- 1½ Red: 4 oz. grilled turkey breast
- 1 Green: ½ cup lettuce
  - + ½ cup sliced cucumber
- 1 Orange: 2 Thsp. oil-based salad dressing

# Snack:

- 1 Purple: 1 small apple
- 3 tsp.: 3 tsp. nut butter
- 1 Red: 6 slices roasted chicken deli meat

# **Dinner:**

- 1 Red: 4 oz. cooked ground beef
- 1 Green: 1 cup roasted spaghetti squash
- 1 Green: 1 cup stewed tomatoes
- ½ Blue: 2 Tbsp. Parmesan cheese

#### T/TH/SU

#### Breakfast:

- 1 Red: ¾ cup Greek yogurt, reduced-fat (2%), plain
- 1 Purple: 1 cup mixed fruit
- ½ Blue: 6 raw almonds, chopped

#### Snack:

- 1 Green: 1 cup celery sticks
- 3 tsp.: 3 tsp. nut butter

#### Lunch:

- 1½ Red: 6 oz. grilled chicken breast
- 1 Green: 1 cup lettuce
- 1 Green: 1 cup chopped mushrooms
- 1 Orange: 2 Thsp. oil-based salad dressing
- ½ Blue: ¼ avocado

# Snack:

- 1 Red: 1 scoop Shakeology
- 1 Purple: 2 kiwifruit

- 1½ Red: 6 oz. grilled halibut
- 1 Green: 1 cup roasted acorn squash
- 1 Green: 1 cup steamed cauliflower

# **WEEK THREE - PLAN A: SHOPPING LIST**

SHOP	AMOUNTS
Fruits and Vegetables	
Apple, small	4 each
Avocado, medium	1 each
Banana, large	2 each
Carrots, baby	17 oz. or 2 bags (1-lb. each)
Cauliflower florets	1 medium head or 11 oz.
Cucumber, medium	2 each
Kiwifruit	6 each
Lettuce	1 head or 2 bags (5-oz. each)
Mushrooms, sliced	1 (8-oz.) package
Pear, medium or mixed fruit of your choice	3 each or 3 cups
Spinach, raw	8 oz. or 2 bags (6-oz. each)
Squash, acorn, medium	2 each
Squash, spaghetti, medium	1 (2 lb.) squash
Dairy	
Cheese, shredded	2 oz.
Parmesan cheese	2 oz.
Greek yogurt, reduced-fat (2%), plain	1 (32-oz.) container
Grains and Nuts	
Almonds, raw, whole	¾ oz. or 18 each
Misc.	
Tomatoes, canned, stewed	3 cans (14.5-oz. each)
Proteins	
Beef, ground, raw, 95% lean	1 lb. 6 oz.
Chicken breast, boneless, skinless, grilled	1 lb. 2 oz. or 1 lb. 8 oz. raw
Chicken breast, roasted, deli-sliced	1 lb. 8 oz.
Eggs, large	8 each
Halibut, raw	1 lb. 10 oz.
Turkey breast, boneless, skinless, grilled	1 lb. or 1 lb. 6 oz. raw

#### M/W/F/S

#### **Breakfast:**

- 1 Red: 2 eggs
- 1 Green: 1 cup chopped spinach
- ½ Blue: 2 Tbsp. shredded cheese

#### Snack:

- 1 Red: 1 scoop Shakeology
- 1 Purple: ½ banana

#### Lunch:

- 1 Red: 4 oz. grilled chicken breast
- 1 Green: 1 cup lettuce
- 1 Green: ½ cup shredded carrot, ½ cup tomatoes
- 2 Yellow: 1 cup black beans
- 1 Orange: 2 Thsp. oil-based salad dressing
- ½ Blue: ¼ avocado, chopped

# Snack:

- 1 Purple: 1 small apple
- 3 tsp.: 3 tsp. nut butter

# **Dinner:**

- 1 Red: 4 oz. grilled salmon
- 1 Yellow: ½ cup mashed sweet potato
- 1 tsp.: 1 tsp. coconut oil
- 1 Green: 1 cup steamed broccoli
- 1 Purple: 1 cup strawberries

#### T/TH/SU

#### **Breakfast:**

- 1 Red: ¾ cup Greek yogurt, reduced-fat (2%), plain
- 1 Purple: 1 cup mixed fruit
- ½ Blue: 2 Tbsp. sliced raw almonds

#### Snack:

- 1 Green: 1 cup celery sticks
- 3 tsp.: 3 tsp. nut butter

#### Lunch:

- 1 Red: 4 oz. grilled flank steak
- 1 Green: 1 cup lettuce
- 1 Green: ½ cup shredded carrot, ½ cup red cabbage
- 2 Yellow: 1 cup edamame
- 1 Orange: 2 Tbsp. oil-based salad dressing
- ½ Blue: 2 Tbsp. sliced raw almonds

# Snack:

- 1 Red: 1 scoop Shakeology
- 1 Purple: 1 cup blueberries

- 1 Red: 4 oz. cooked ground turkey breast
- 1 Yellow: ½ cup shredded potato
- 1 Green: ½ cup chopped spinach, ½ cup chopped onion
- 1 Purple: 1 cup strawberries
- 1 tsp.: 1 tsp. olive oil

# **WEEK ONE - PLAN B: SHOPPING LIST**

SHOP	AMOUNTS
Fruits and Vegetables	
Apple, small	4 each
Avocado, medium	1 each
Banana, large	2 each
Blueberries	3 boxes (6-oz. each) or 21 oz.
Broccoli florets	1 (12-oz.) bag or 6 large stalks
Cabbage, red	1 head or 4 oz. shredded
Carrots, medium	8 carrots or 14 oz. shredded
Celery	1 medium bunch
Edamame	18 oz. or 2 bags (10-oz. each)
Lettuce	1 head or 2 bags (5-oz. each)
Onion, medium	3 each or 9 oz. chopped
Orange, medium or mixed fruit of your choice	3 each or 3 cups
Potato, small	10 oz.
Spinach, raw	11 oz. or 2 bags (6-oz. each)
Strawberries, whole	2 containers (1-lb. each) + 1 (8-oz.) container or 36 oz.
Sweet potato, small	4 each
Tomato, medium	3 each
Dairy	
Cheese, shredded	2 oz.
Greek yogurt, reduced-fat (2%), plain	1 (32-oz.) container
Grains and Nuts	
Almonds, raw, sliced	3 oz.
Misc.	
Black beans, canned	1 (15-oz.) can
Nut butter (almond, peanut, or your choice)	1 jar or 12 oz. (3-week supply)
Oil, coconut	1 jar (3-week supply)
Oil, olive	1 (8 fl. oz.) bottle (3-week supply)
Vinaigrette (or oil-based salad dressing)	1 bottle or 12 fl. oz. (3-week supply)
Shakeology flavor of your choice	1 bag (30-day supply)
Proteins	
Beef flank steak, raw	1 lb.
Chicken breast, boneless, skinless, grilled	1 lb. or 1 lb. 6 oz. raw
Eggs, large	8 each
Salmon, raw, wild-caught	1 lb. 5 oz.
Turkey breast, ground	1 lb. 4 oz.

- 1 Red: 2 eggs
- 1 Green: 1 cup chopped spinach
- ½ Blue: 2 Tbsp. shredded cheese

# Snack:

- 1 Red: 1 scoop Shakeology
- 1 Purple: ½ banana

#### Lunch:

- 1 Red: 4 oz. grilled pork chop
- 1 Green: 1 cup lettuce
- 1 Green: ½ cup sliced cucumber, ½ cup tomatoes
- 1 Orange: 2 Tbsp. oil-based salad dressing
- ½ Blue: 2 Tbsp. feta cheese
- 1 Yellow: ½ cup roasted parsnips

# Snack:

- 1 Purple: 1 small apple
- 3 tsp.: 3 tsp. nut butter
- 1 Green: **10 medium baby carrots**
- 1 Red: 6 slices turkey breast deli meat

# **Dinner:**

- 1 Red: 4 oz. grilled tilapia
- 1 Yellow: ½ small baked potato
- 1 tsp.: 1 tsp. olive oil
- 1 Green: 1 cup steamed zucchini

#### T/TH/SU

#### Breakfast:

- 1 Red: ¾ cup Greek yogurt, reduced-fat (2%), plain
- 1 Purple: 1 cup mixed fruit
- ½ Blue: 6 raw almonds, chopped

#### Snack:

- 1 Green: 1 cup celery sticks
- 3 tsp.: 3 tsp. nut butter

#### Lunch:

- 1½ Red: 6 oz. grilled shrimp
- 1 Green: ½ cup lettuce + ½ cup chopped green onion
- 1 Green: ½ cup shredded carrot, ½ cup red cabbage
- 1 Orange: 2 Thsp. oil-based salad dressing
- 1 Yellow: ½ small baked potato
- ½ Blue: 4 raw cashews, chopped

# Snack:

- 1 Red: 1 scoop Shakeology
- 1 Purple: 1 cup raspberries
- 1 Green: 10 medium baby carrots

- 1½ Red: 6 oz. grilled lamb chop
- 1 Yellow: ½ small baked yam
- 1 tsp.: 1 tsp. olive oil
- 1 Green: 1 cup steamed asparagus

# **WEEK TWO - PLAN B: SHOPPING LIST**

SHOP	AMOUNTS
Fruits and Vegetables	
Apple, small	4 each
Asparagus	1 large bunch
Banana, large	2 each
Cabbage, red	1 head or 8 oz. shredded
Carrots, baby	30 oz. or 2 bags (1-lb. each)
Carrots, medium	3 carrots or 6 oz. shredded
Celery	1 medium bunch
Cucumber, medium	2 each
Lettuce	1 head or 2 bags (5-oz. each)
Onion, green	2 bunches
Parsnips, medium	4 each
Potato, small	4 each
Raspberries	3 boxes (6-oz. each) or 13 oz.
Spinach, raw	8 oz. or 2 bags (6-oz. each)
Squash, zucchini, medium	3 each
Strawberries, whole or mixed fruit of your choice	1 (1-lb.) container + 1 (8-oz.) container or 18 oz.
Tomato, medium	3 each
Yam, small	2 each
Dairy	
Cheese, shredded	2 oz.
Feta cheese	3 oz.
Greek yogurt, reduced-fat (2%), plain	1 (32-oz.) container
Grains and Nuts	
Almonds, raw, whole	¾ oz. or 18 each
Cashews, raw	3 oz.
Proteins	
Eggs, large	8 each
Lamb chop, boneless, raw	1 lb. 8 oz.
Pork chop, boneless, raw	1 lb. 6 oz.
Shrimp, medium, raw	1 lb. 8 oz.
Tilapia, wild-caught, raw	1 lb. 8 oz.
Turkey breast, nitrite-free, deli-sliced	1 lb. 8 oz.

#### M/W/F/S

#### **Breakfast:**

- 1 Red: 2 eggs
- 1 Green: 1 cup chopped spinach
- ½ Blue: 2 Tbsp. shredded cheese

#### Snack:

- 1½ Red: 1 scoop Shakeology
- 1 Purple: ½ banana

#### Lunch:

- 1½ Red: 6 oz. grilled turkey breast
- 1 Green: 1 cup lettuce
- 1 Green: ½ cup sliced cucumber, ½ cup tomatoes
- 1 Orange: 2 Thsp. oil-based salad dressing

# Snack:

- 1 Purple: 1 small apple
- 3 tsp.: 3 tsp. nut butter
- 1 Green: 10 medium baby carrots
- 1 Red: 6 slices roasted chicken deli meat

#### Dinner:

- 1½ Red: 6 oz. cooked ground beef
- 2 tsp.: 2 tsp. olive oil
- 1 Green: 1 cup stewed tomatoes
- 1 Green: 1 cup roasted spaghetti squash
- ½ Blue: 2 Tbsp. Parmesan cheese

#### T/TH/SU

#### **Breakfast:**

- 1 Red: ¾ cup Greek yogurt, reduced-fat (2%), plain
- 1 Purple: 1 cup mixed fruit
- ½ Blue: 6 raw almonds, chopped

#### Snack:

- 1 Green: 1 cup celery sticks
- 3 tsp.: 3 tsp. nut butter
- 1 Red: 6 slices roast beef deli meat

#### Lunch:

- 1½ Red: 6 oz. grilled chicken breast
- 1 Green: 1 cup lettuce
- 1 Green: 1 cup chopped mushrooms
- 1 Orange: 2 Thsp. oil-based salad dressing
- ½ Blue: ¼ avocado

#### Snack:

- 1 Red: 1 scoop Shakeology
- 1 Purple: 2 kiwifruit
- 1 Green: 10 medium baby carrots

- 1½ Red: 6 oz. grilled halibut
- 1 Green: 1 cup roasted acorn squash
- 1 Green: 1 cup steamed cauliflower
- 2 tsp.: 2 tsp. olive oil

# **WEEK THREE - PLAN B: SHOPPING LIST**

SHOP	AMOUNTS
Fruits and Vegetables	
Apple, small	4 each
Avocado, medium	1 each
Banana, large	2 each
Carrots, baby	30 oz. or 2 bags (1-lb. each)
Cauliflower florets	1 medium head or 11 oz.
Celery	1 medium bunch
Cucumber, medium	2 each
Grapefruit, small or mixed fruit of your choice	2 each or 3 cups
Kiwifruit	6 each
Lettuce	1 head or 2 bags (5-oz. each)
Mushrooms, sliced	1 (8-oz.) package
Spinach, raw	8 oz. or 2 bags (6-oz. each)
Squash, acorn, medium	2 each
Squash, spaghetti, medium	1 (2 lb.) squash
Tomato, medium	3 each
Dairy	
Cheese, shredded	2 oz.
Parmesan cheese	2 oz.
Greek yogurt, reduced-fat (2%), plain	1 (32-oz.) container
Grains and Nuts	
Almonds, raw, whole	¾ oz. or 18 each
Misc.	
Tomatoes, canned, stewed	3 cans (14.5-oz. each)
Proteins	
Beef, ground, raw, 95% lean	2 lbs.
Beef, roast, deli-sliced	1 lb. 2 oz.
Chicken breast, boneless, skinless, grilled	1 lb. 2 oz. or 1 lb. 8 oz. raw
Chicken breast, roasted, deli-sliced	1 lb. 8 oz.
Eggs, large	8 each
Halibut, raw	1 lb. 10 oz.
Turkey breast, boneless, skinless, grilled	1 lb. 8 oz. or 2 lbs. raw

#### M/W/F/S

#### **Breakfast:**

- 1 Red: 2 eggs
- 1 Green: 1 cup chopped spinach
- ½ Blue: 2 Tbsp. shredded cheese
- 1 Purple: 1 cup cubed melon

#### Snack:

- 1 Red: 1 scoop Shakeology
- 1 Purple: ½ banana

#### Lunch:

- 1½ Red: 6 oz. grilled chicken breast
- 2 Green: 2 cups lettuce
- 1 Green: ½ cup shredded carrot, ½ cup tomatoes
- 2 Yellow: 1 cup black beans
- 1 Orange: 2 Tbsp. oil-based salad dressing
- ½ Blue: ¼ avocado, chopped

# Snack:

- 1 Purple: 1 small apple
- 3 tsp.: 3 tsp. nut butter
- 🔳 1 Green: 1 cup sugar snap peas

# **Dinner:**

- 1½ Red: 6 oz. grilled salmon
- 2 Yellow: 1 cup mashed sweet potato
- 2 tsp.: 2 tsp. coconut oil
- 1 Green: 1 cup steamed broccoli
- 1 Purple: 1 cup strawberries

#### T/TH/SU

#### **Breakfast:**

- 1 Red: ¾ cup Greek yogurt, reduced-fat (2%), plain
- 1 Purple: 1 cup mixed fruit
- ½ Blue: 2 Tbsp. sliced raw almonds

#### Snack:

- 1 Green: 1 cup celery sticks
- 3 tsp.: 3 tsp. nut butter
- 1 Green: 1 cup sugar snap peas
- 1 Purple: 1 small apple

#### Lunch:

- 1½ Red: 6 oz. grilled flank steak
- 1 Green: 1 cup lettuce
- 1 Green: ½ cup shredded carrot,½ cup shredded cabbage
- 2 Yellow: 1 cup edamame
- 1 Orange: 2 Tbsp. oil-based salad dressing
- ½ Blue: 2 Tbsp. sliced raw almonds

# Snack:

- 1 Red: 1 scoop Shakeology
- 1 Purple: 1 cup blueberries

- 1½ Red: 6 oz. cooked ground turkey breast
- 2 Yellow: 1 cup shredded potato
- 2 tsp.: 2 tsp. olive oil
- 2 Green: 1½ cups chopped spinach, ½ cup chopped onion
- 1 Purple: 1 cup strawberries

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Fruits and Vegetables  Apple, small 7 each  Avocado, medium 1 each  Banana, large 2 each  Blueberries 3 boxes (6-oz. each) or 21 oz.  Broccoli florets 2 bags (12-oz. each) or 11 large stalks  Cabbage 1 head or 4 oz. shredded  Carrots, medium 7 carrots or 14 oz. shredded  Celery 1 medium bunch  Edamame 18 oz. or 2 bags (10-oz. each)  Lettuce 2 heads or 3 bags (5-oz. each)  Melon, cubed, your choice 24 oz. cubed or 1 medium melon  Onion, medium 3 each or 9 oz. chopped  Orange, medium or mixed fruit of your choice 3 each or 3 cups  Potato, small 17 oz.  Spinach, raw 17 oz. or 3 bags (6-oz. each)  Strawberries, whole 2 containers (1-lb. each) + 1 (8-oz.) container or 36 oz.  Sweet potato, small 8 each  Tomato, medium 3 each  Dairy  Cheese, shredded 2 oz.  Greek yogurt, reduced-fat (2%), plain 1 (32-oz.) container  Grains and Nuts  Almonds, raw, sliced 3 oz.  Misc.  Black beans, canned 2 cans (15-oz. each)  Nut butter (almond, peanut, or your choice) 1 jar or 12 oz. (3-week supply)  Oil, coconut 1 jar (3-week supply)  Vinaigrette (or oil-based salad dressing) 1 bottle or 12 fl. oz. (3-week supply)	SHOP	AMOUNTS	
Apple, small Avocado, medium Banana, large Blueberries Blueberries Broccoli florets Cabbage Carrots, medium Celery Inedium bunch Lettuce Potato, small Orange, medium or mixed fruit of your choice Potato, small Spinach, raw Strawberries, whole Sugar snap peas I bb. Sweet potato, small Tomato, medium Banana, large 2 each Aboxes (6-oz. each) or 21 oz. Broccoli florets 2 bags (12-oz. each) or 11 large stalks Cabbage I head or 4 oz. shredded Celery I medium bunch Ba oz. or 2 bags (10-oz. each) Lettuce 2 heads or 3 bags (5-oz. each) Melon, cubed, your choice 24 oz. cubed or 1 medium melon Onion, medium 3 each or 9 oz. chopped Orange, medium or mixed fruit of your choice 3 each or 3 cups 17 oz. To z. or 3 bags (6-oz. each) Strawberries, whole Sugar snap peas I lb. Sweet potato, small A each Tomato, medium 3 each Dairy Cheese, shredded Creek yogurt, reduced-fat (2%), plain Creains and Nuts Almonds, raw, sliced Almonds, raw, sliced Almonds, raw, sliced Almonds, raw, sliced I jar or 12 oz. (3-week supply) Oil, coconut Oil, olive I (8 fl. oz.) bottle (3-week supply) Vinaigrette (or oil-based salad dressing) I bottle or 12 fl. oz. (3-week supply)		AMOUNTS	
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Strawberries, whole 2 containers (1-lb. each) + 1 (8-oz.) container or 36 oz.  Sugar snap peas 1 lb.  Sweet potato, small 8 each  Tomato, medium 3 each  Dairy  Cheese, shredded 2 oz.  Greek yogurt, reduced-fat (2%), plain 1 (32-oz.) container  Grains and Nuts  Almonds, raw, sliced 3 oz.  Misc.  Black beans, canned 2 cans (15-oz. each)  Nut butter (almond, peanut, or your choice) 1 jar or 12 oz. (3-week supply)  Oil, coconut 1 (8 fl. oz.) bottle (3-week supply)  Vinaigrette (or oil-based salad dressing) 1 bottle or 12 fl. oz. (3-week supply)		17 oz. or 3 bags (6-oz. each)	
Sugar snap peas 1 lb.  Sweet potato, small 8 each Tomato, medium 3 each  Dairy  Cheese, shredded 2 oz. Greek yogurt, reduced-fat (2%), plain 1 (32-oz.) container  Grains and Nuts  Almonds, raw, sliced 3 oz.  Misc.  Black beans, canned 2 cans (15-oz. each) Nut butter (almond, peanut, or your choice) 1 jar or 12 oz. (3-week supply)  Oil, coconut 1 (8 fl. oz.) bottle (3-week supply)  Vinaigrette (or oil-based salad dressing) 1 bottle or 12 fl. oz. (3-week supply)			
Sweet potato, small Tomato, medium 3 each  Dairy Cheese, shredded Creek yogurt, reduced-fat (2%), plain Crains and Nuts Almonds, raw, sliced 3 oz.  Misc. Black beans, canned Nut butter (almond, peanut, or your choice) Oil, coconut 1 jar or 12 oz. (3-week supply) Oil, olive 1 (8 fl. oz.) bottle (3-week supply) Vinaigrette (or oil-based salad dressing) 1 bottle or 12 fl. oz. (3-week supply)		1 lb.	
Tomato, medium  Dairy  Cheese, shredded Greek yogurt, reduced-fat (2%), plain  Grains and Nuts  Almonds, raw, sliced  Black beans, canned Nut butter (almond, peanut, or your choice) Oil, coconut Oil, olive  1 (8 fl. oz.) bottle (3-week supply) Vinaigrette (or oil-based salad dressing)  3 each 2 oz.  Cash (15-oz.) container  2 cans (15-oz. each) 1 jar or 12 oz. (3-week supply) 1 jar (3-week supply) Vinaigrette (or oil-based salad dressing) 1 bottle or 12 fl. oz. (3-week supply)		8 each	
Cheese, shredded 2 oz. Greek yogurt, reduced-fat (2%), plain 1 (32-oz.) container  Grains and Nuts  Almonds, raw, sliced 3 oz.  Misc.  Black beans, canned 2 cans (15-oz. each) Nut butter (almond, peanut, or your choice) 1 jar or 12 oz. (3-week supply) Oil, coconut 1 (3 fl. oz.) bottle (3-week supply) Vinaigrette (or oil-based salad dressing) 1 bottle or 12 fl. oz. (3-week supply)		3 each	
Greek yogurt, reduced-fat (2%), plain 1 (32-oz.) container  Grains and Nuts  Almonds, raw, sliced 3 oz.  Misc.  Black beans, canned 2 cans (15-oz. each)  Nut butter (almond, peanut, or your choice) 1 jar or 12 oz. (3-week supply)  Oil, coconut 1 (8 fl. oz.) bottle (3-week supply)  Vinaigrette (or oil-based salad dressing) 1 bottle or 12 fl. oz. (3-week supply)			
Greek yogurt, reduced-fat (2%), plain 1 (32-oz.) container  Grains and Nuts  Almonds, raw, sliced 3 oz.  Misc.  Black beans, canned 2 cans (15-oz. each)  Nut butter (almond, peanut, or your choice) 1 jar or 12 oz. (3-week supply)  Oil, coconut 1 (8 fl. oz.) bottle (3-week supply)  Vinaigrette (or oil-based salad dressing) 1 bottle or 12 fl. oz. (3-week supply)	Cheese, shredded	2 oz.	
Grains and Nuts  Almonds, raw, sliced 3 oz.  Misc.  Black beans, canned 2 cans (15-oz. each)  Nut butter (almond, peanut, or your choice) 1 jar or 12 oz. (3-week supply)  Oil, coconut 1 jar (3-week supply)  Oil, olive 1 (8 fl. oz.) bottle (3-week supply)  Vinaigrette (or oil-based salad dressing) 1 bottle or 12 fl. oz. (3-week supply)	Greek yogurt, reduced-fat (2%), plain	1 (32-oz.) container	
Misc.  Black beans, canned 2 cans (15-oz. each)  Nut butter (almond, peanut, or your choice) 1 jar or 12 oz. (3-week supply)  Oil, coconut 1 jar (3-week supply)  Oil, olive 1 (8 fl. oz.) bottle (3-week supply)  Vinaigrette (or oil-based salad dressing) 1 bottle or 12 fl. oz. (3-week supply)			
Misc.  Black beans, canned 2 cans (15-oz. each)  Nut butter (almond, peanut, or your choice) 1 jar or 12 oz. (3-week supply)  Oil, coconut 1 jar (3-week supply)  Oil, olive 1 (8 fl. oz.) bottle (3-week supply)  Vinaigrette (or oil-based salad dressing) 1 bottle or 12 fl. oz. (3-week supply)		3 oz.	
Nut butter (almond, peanut, or your choice)  1 jar or 12 oz. (3-week supply)  0il, coconut  1 jar (3-week supply)  1 (8 fl. oz.) bottle (3-week supply)  Vinaigrette (or oil-based salad dressing)  1 bottle or 12 fl. oz. (3-week supply)			
Nut butter (almond, peanut, or your choice)  0il, coconut  1 jar or 12 oz. (3-week supply)  1 jar (3-week supply)  0il, olive  1 (8 fl. oz.) bottle (3-week supply)  Vinaigrette (or oil-based salad dressing)  1 bottle or 12 fl. oz. (3-week supply)	Black beans, canned	2 cans (15-oz. each)	
Oil, coconut     1 jar (3-week supply)       Oil, olive     1 (8 fl. oz.) bottle (3-week supply)       Vinaigrette (or oil-based salad dressing)     1 bottle or 12 fl. oz. (3-week supply)			
Vinaigrette (or oil-based salad dressing) 1 bottle or 12 fl. oz. (3-week supply)			
Vinaigrette (or oil-based salad dressing) 1 bottle or 12 fl. oz. (3-week supply)	Oil, olive		
9	Vinaigrette (or oil-based salad dressing)		
Snakeology tlavor of your choice   1 bag (30-day supply)	Shakeology flavor of your choice	1 bag (30-day supply)	
Proteins			
Beef flank steak, raw 1 lb. 8 oz.	Beef flank steak, raw	1 lb. 8 oz.	
Chicken breast, boneless, skinless, grilled 1 lb. 8 oz. or 2 lbs. raw			
Eggs, large 8 each	······································		
Salmon, raw, wild-caught 2 lbs. 3 oz.		2 lbs. 3 oz.	
Turkey breast, ground 1 lb. 8 oz.		1 lb. 8 oz.	

#### M/W/F/S

#### **Breakfast:**

- 1 Red: 2 eggs
- 1 Green: 1 cup chopped spinach
- 1 Blue: ¼ cup shredded cheese

#### Snack:

- 1 Red: 1 scoop Shakeology
- 1 Purple: ½ banana
- 1 Green: 10 medium baby carrots

#### Lunch:

- 1½ Red: 6 oz. grilled pork chop
- 1 Green: 1 cup lettuce
- 1 Green: ½ cup sliced cucumber, ½ cup tomatoes
- 1 Orange: 2 Tbsp. oil-based salad dressing
- 1 Blue: ¼ cup feta cheese
- 1 Yellow: ½ cup roasted parsnips

# Snack:

- 1 Purple: 1 small apple
- 3 tsp.: 3 tsp. nut butter
- 1 Green: 1 cup sugar snap peas
- 1 Red: 6 slices turkey breast deli meat

# **Dinner:**

- 1½ Red: 6 oz. grilled tilapia
- 1 Yellow: ½ small baked potato
- 2 tsp.: 2 tsp. olive oil
- 2 Green: 2 cups steamed zucchini
- 1 Purple: 1 cup blueberries

#### T/TH/SU

#### Breakfast:

- 1 Red: ¾ cup Greek yogurt, reduced-fat (2%), plain
- 1 Purple: 1 cup mixed fruit
- 1½ Blue: 12 raw almonds, chopped

#### Snack:

- 1 Green: 1 cup celery sticks
- 3 tsp.: 3 tsp. nut butter
- 1 Green: 1 cup sugar snap peas
- 1 Red: 6 slices ham deli meat

#### Lunch:

- 1½ Red: 6 oz. grilled shrimp
- 1 Green: 1 cup lettuce
- 1 Green: ½ cup shredded carrot,½ cup shredded cabbage
- 1 Orange: 2 Thsp. oil-based salad dressing
- 1 Blue: 8 raw cashews, chopped
- 1 Yellow: ½ small baked potato

# Snack:

- 1 Red: 1 scoop Shakeology
- 1 Purple: 1 cup raspberries
- 1 Green: 10 medium baby carrots

- 1½ Red: 6 oz. grilled lamb chop
- 1 Yellow: ½ small baked yam
- 2 tsp.: 2 tsp. olive oil
- 2 Green: 2 cups steamed asparagus
- 🗾 1 Purple: 1 cup strawberries

# **WEEK TWO - PLAN C: SHOPPING LIST**

SHOP	AMOUNTS	
Fruits and Vegetables		
Apple, small	4 each	
Asparagus	2 large bunches	
Banana, large	2 each	
Blueberries, fresh	4 boxes (6-oz. each) or 21 oz.	
Cabbage	1 head or 8 oz. shredded	
Carrots, baby	30 oz. or 2 bags (1-lb. each)	
Carrots, medium	3 carrots or 6 oz. shredded	
Celery	1 medium bunch	
Cucumber, medium	2 each	
Lettuce	1 head or 2 bags (5-oz. each)	
Orange, medium or mixed fruit of your choice	3 each or 3 cups	
Parsnips, medium	4 each	
Potato, small	4 each	
Raspberries	3 boxes (6-oz. each) or 13 oz.	
Spinach, raw	8 oz. or 2 bags (6-oz. each)	
Squash, zucchini, medium	6 each	
Strawberries, whole	1 (1-lb.) container	
Sugar snap peas	1 lb.	
Tomato, medium	3 each	
Yam, small	2 each	
Dairy		
Cheese, shredded	4 oz.	
Feta cheese	6 oz.	
Greek yogurt, reduced-fat (2%), plain	1 (32-oz.) container	
Grains and Nuts		
Almonds, raw, whole	¾ oz. or 18 each	
Cashews, raw	1 oz.	
Proteins		
Eggs, large	8 each	
Ham, nitrite-free, deli-sliced	1 lb. 2 oz.	
Lamb chop, boneless, raw	1 lb. 8 oz.	
Pork chop, boneless, raw	2 lbs.	
Shrimp, medium, raw	1 lb. 8 oz.	
Tilapia, wild-caught, raw	2 lbs. 2 oz.	
Turkey breast, nitrite-free, deli-sliced	1 lb. 8 oz.	

#### M/W/F/S

#### **Breakfast:**

- 2 Red: 4 eggs
- 1 Green: 1 cup chopped spinach
- 1 Blue: ¼ cup shredded cheese

#### Snack:

- 1 Red: 1 scoop Shakeology
- 1 Purple: ½ banana
- 1 Green: 10 medium baby carrots

#### Lunch:

- 1½ Red: 6 oz. grilled turkey breast
- 1 Green: 1 cup lettuce
- 1 Green: ½ cup sliced cucumber, ½ cup tomatoes
- 1 Orange: 2 Tbsp. oil-based salad dressing

#### Snack:

- 1 Purple: 1 small apple
- 3 tsp.: 3 tsp. nut butter
- 1 Green: 1 cup sugar snap peas
- 1 Red: 6 slices roasted chicken deli meat

#### **Dinner:**

- 1½ Red: 6 oz. cooked ground beef
- 2 Green: 2 cups roasted spaghetti squash
- 3 tsp.: 3 tsp. olive oil
- 1 Green: 1 cup steamed kale
- 1 Blue: ¼ cup Parmesan cheese

#### T/TH/SU

#### **Breakfast:**

- 1 Red: ¾ cup Greek yogurt, reduced-fat (2%), plain
- 1 Purple: 1 cup mixed fruit
- 1 Blue: 12 raw almonds, chopped

#### Snack:

- 1 Green: 1 cup celery sticks
- 3 tsp.: 3 tsp. nut butter
- 1 Green: 1 cup sugar snap peas
- 1 Red: 6 slices turkey deli meat

#### Lunch:

- 2 Red: 8 oz. grilled chicken breast
- 1 Green: 1 cup lettuce
- 1 Green: 1 cup sliced mushrooms
- 1 Green: 1 cup steamed green beans
- 1 Orange: 2 Tbsp. oil-based salad dressing
- 1 Blue: ¼ avocado

#### Snack:

- 1 Red: 1 scoop Shakeology
- 1 Purple: 2 kiwifruit
- 1 Green: 10 medium baby carrots

#### **Dinner:**

- 2 Red: 8 oz. grilled halibut
- 3 tsp.: 3 tsp. olive oil
- 1 Green: 1 cup roasted acorn squash
- 1 Green: 1 cup steamed cauliflower

#### **WEEK THREE - PLAN C: SHOPPING LIST**

SHOP	AMOUNTS
Fruits and Vegetables	
Apple, small	4 each
Avocado, medium	1 each
Banana, large	2 each
Blackberries, fresh	1 (6-oz.) box
Blueberries, fresh	1 (6-oz.) box
Carrots, baby	30 oz. or 2 bags (1-lb. each)
Cauliflower florets	1 medium head or 11 oz.
Celery	1 medium bunch
Cucumber, medium	2 each
Green beans, fresh	1 lb.
Kale, raw	2 bunches or 10 oz.
Kiwifruit	6 each
Lettuce	1 head or 2 bags (5-oz. each)
Mushrooms, sliced	1 (8-oz.) package
Raspberries, fresh	1 (6-oz.) box
Spinach, raw	8 oz. or 2 bags (6-oz. each)
Squash, acorn, medium	2 each
Squash, spaghetti, medium	1 (4 lb.) squash
Sugar snap peas	1 lb.
Tomato, medium	3 each
Dairy	
Cheese, shredded	4 oz.
Parmesan cheese	4 oz.
Greek yogurt, reduced-fat (2%), plain	1 (32-oz.) container
Grains and Nuts	
Almonds, raw, whole	1½ oz. or 36 each
Proteins	·
Beef, ground, raw, 95% lean	2 lbs.
Chicken breast, boneless, skinless, grilled	1 lb. 8 oz. or 2 lbs. raw
Chicken breast, roasted, deli-sliced	1 lb. 8 oz.
Eggs, large	16 each
Halibut, raw	2 lbs. 3 oz.
Turkey breast, nitrite-free, deli-sliced	1 lb. 2 oz.
Turkey breast, boneless, skinless, grilled	1 lb. 8 oz. or 2 lbs. raw



#### M/W/F/S

#### **Breakfast:**

- 2 Red: 4 eggs
- 1 Green: 1 cup chopped spinach
- ½ Blue: 2 Tbsp. shredded cheese
- 1 Purple: 1 cup cubed melon

#### Snack:

- 1 Red: 1 scoop Shakeology
- 1 Purple: ½ banana
- 1 Green: 1 cup sugar snap peas

#### Lunch:

- 1½ Red: 6 oz. grilled chicken breast
- 1 Green: 1 cup lettuce
- 1 Green: ½ cup shredded carrot, ½ cup tomatoes
- 2 Yellow: 1 cup black beans
- 1 Orange: 2 Tbsp. oil-based salad dressing
- ½ Blue: ¼ avocado
- 1 Purple: 1 cup blueberries

#### Snack:

- 1 Purple: 1 small apple
- 4 tsp.: 4 tsp. nut butter
- 1 Green: 1 cup sliced celery

#### **Dinner:**

- 1½ Red: 6 oz. grilled salmon
- 2 Yellow: 1 cup mashed sweet potato
- 2 tsp.: 2 tsp. coconut oil
- 2 Green: 2 cups steamed broccoli
- 1 Purple: 1 cup strawberries

#### T/TH/SU

#### **Breakfast:**

- 2 Red: 1½ cups Greek yogurt, reduced-fat (2%), plain
- 1 Purple: 1 cup mixed berries
- ½ Blue: 2 Tbsp. sliced raw almonds

#### Snack:

- 4 tsp.: 4 tsp. nut butter
- 2 Green: 2 cups sliced celery

#### Lunch:

- 1½ Red: 6 oz. grilled flank steak
- 1 Green: 1 cup lettuce
- 1 Green: ½ cup shredded carrot, ½ cup shredded cabbage
- 2 Yellow: 1 cup edamame
- 1 Orange: 2 Thsp. oil-based salad dressing
- ½ Blue: 2 Tbsp. sliced raw almonds
- 1 Purple: 1 cup blueberries

#### Snack:

- 1 Red: 1 scoop Shakeology
- 2 Purple: 2 cups cubed melon
- 1 Green: 1 cup sugar snap peas

#### **Dinner:**

- 1½ Red: 6 oz. cooked ground turkey breast
- 2 Yellow: 1 cup shredded potato
- 2 tsp.: 2 tsp. olive oil
- 2 Green: 1½ cups chopped spinach, ½ cup chopped onion
- 1 Purple: 1 cup strawberries

#### **WEEK ONE - PLAN D: SHOPPING LIST**

SHOP	AMOUNTS
Fruits and Vegetables	
Apple, small	7 each
Avocado, medium	1 each
Banana, large	2 each
Blackberries, fresh	1 (6-oz.) box
Blueberries, fresh	7 boxes (6-oz. each) or 41 oz.
Broccoli florets	2 bags (12-oz. each) or 11 large stalks
Cabbage	1 head or 4 oz. shredded
Carrots, medium	7 carrots or 14 oz. shredded
Celery	2 medium bunches
Edamame	18 oz. or 2 bags (10-oz. each)
Lettuce	1 head or 2 bags (5-oz. each)
Melon, cubed, your choice	60 oz. cubed or 3 medium melons
Onion, medium	3 each or 9 oz. chopped
Potato, small	17 oz.
Raspberries, fresh	1 (6-oz.) box
Spinach, raw	17 oz. or 3 bags (6-oz. each)
Strawberries, whole	2 containers (1-lb. each) + 1 (8-oz.) container or 36 oz.
Sugar snap peas	1 lb.
Sweet potato, small	8 each
Tomato, medium	3 each
Dairy	
Cheese, shredded	2 oz.
Greek yogurt, reduced-fat (2%), plain	1 (32-oz.) container + 1 (8 oz.) container or 36 oz.
Grains and Nuts	
Almonds, raw, sliced	3 oz.
Misc.	
Black beans, canned	2 cans (15-oz. each)
Nut butter (almond, peanut, or your choice)	1 jar or 16 oz. (3-week supply)
Oil, coconut	1 jar (3-week supply)
Oil, olive	1 (8 fl. oz.) bottle (3-week supply)
Vinaigrette (or oil-based salad dressing)	1 (12 fl. oz.) bottle (3-week supply)
Shakeology flavor of your choice	1 bag (30-day supply)
Proteins	
Beef flank steak, raw	1 lb. 8 oz.
Chicken breast, boneless, skinless, grilled	1 lb. 8 oz. or 2 lbs. raw
Eggs, large	16 each
Salmon, raw, wild-caught	2 lbs. 3 oz.
Turkey breast, ground	1 lb. 8 oz.

# PLAN WEEK 2 MENU

#### M/W/F/S

#### **Breakfast:**

- 2 Red: 4 eggs
- 1 Green: 1 cup chopped spinach
- 1 Blue: ¼ cup shredded cheese
- 1 Purple: 1 small orange

#### Snack:

- 1 Red: 1 scoop Shakeology
- 1 Purple: ½ banana
- 1 Green: 1 cup sugar snap peas

#### Lunch:

- 1½ Red: 6 oz. grilled pork chop
- 1 Green: 1 cup lettuce
- 1 Green: ½ cup sliced cucumber, ½ cup tomatoes
- 1 Orange: 2 Tbsp. oil-based salad dressing
- 1 Blue: ¼ cup feta cheese
- 1 Purple: 1 cup blueberries

#### Snack:

- 4 tsp.: 4 tsp. nut butter
- 1 Green: 1 cup sliced celery
- 1 Red: 6 slices turkey breast deli meat
- 1 Green: 10 medium baby carrots

#### **Dinner:**

- 1½ Red: 6 oz. grilled salmon
- 2 Yellow: 1 small baked potato
- 2 tsp.: 2 tsp. olive oil
- 2 Green: 2 cups steamed zucchini
- 1 Purple: 1 cup grapes

#### T/TH/SU

#### **Breakfast:**

- 2 Red: 1½ cups Greek yogurt, reduced-fat (2%), plain
- 1 Purple: 1 cup mixed fruit
- 1 Blue: 12 raw almonds, chopped

#### Snack:

- 4 tsp.: 4 tsp. nut butter
- 2 Green: 2 cups sliced celery
- 1 Red: 6 slices ham deli meat

#### Lunch:

- 1½ Red: 6 oz. grilled shrimp
- 2 Green: 2 cups lettuce
- 1 Green: ½ cup shredded carrot, ½ cup shredded cabbage
- 1 Orange: 2 Tbsp. oil-based salad dressing
- 1 Blue: 8 raw cashews, chopped
- 1 Yellow: ½ small baked potato

#### Snack:

- 1 Red: 1 scoop Shakeology
- 2 Purple: 2 cups raspberries
- 1 Green: 10 medium baby carrots

#### **Dinner:**

- 1½ Red: 6 oz. grilled lamb chop
- 1 Yellow: ½ small baked yam
- 2 tsp.: 2 tsp. olive oil
- 2 Green: 2 cups steamed asparagus
- 1 Purple: 1 cup strawberries

#### **WEEK TWO - PLAN D: SHOPPING LIST**

SHOP	AMOUNTS
Fruits and Vegetables	
Asparagus	2 large bunches
Banana, large	2 each
Blueberries, fresh	4 boxes (6-oz. each) or 21 oz.
Cabbage	1 head or 8 oz. shredded
Carrots, baby	30 oz. or 2 bags (1-lb. each)
Carrots, medium	3 carrots or 6 oz. shredded
Celery	4 medium bunches
Cucumber, medium	2 each
Grapes	1 bunch
Lettuce	1 head or 3 bags (5-oz. each)
Melon, cubed or mixed fruit of your choice	3 cups or 1 small melon
Orange, small	4 each
Potato, small	6 each
Raspberries	5 boxes (6-oz. each) or 26 oz.
Spinach, raw	8 oz. or 2 bags (6-oz. each)
Squash, zucchini, medium	6 each
Strawberries, whole	1 (1-lb.) container
Sugar snap peas	9 oz.
Tomato, medium	3 each
Yam, small	2 each
Dairy	
Cheese, shredded	4 oz.
Feta cheese	6 oz.
Greek yogurt, reduced-fat (2%), plain	1 (32-oz.) container + 1 (8-oz.) container or 36 oz.
Grains and Nuts	
Almonds, raw, whole	1½ oz.
Cashews, raw	1 oz.
Proteins	
Eggs, large	16 each
Ham, nitrite-free, deli-sliced	1 lb. 2 oz.
Lamb chop, boneless, raw	1 lb. 8 oz.
Pork chop, boneless, raw	2 lbs.
Shrimp, medium, raw	1 lb. 8 oz.
Salmon, wild-caught, raw	2 lbs. 2 oz.
Turkey breast, nitrite-free, deli-sliced	1 lb. 8 oz.

# PLAN WEEK 3 MENU

#### M/W/F/S

#### **Breakfast:**

- 2 Red: 4 eggs
- 1 Green: 1 cup chopped spinach
- 1 Blue: ¼ cup shredded cheese
- 1 Purple: 1 small orange

#### Snack:

- 1 Red: 1 scoop Shakeology
- 1 Purple: ½ banana
- 1 Green: 1 cup sugar snap peas

#### Lunch:

- 2 Red: 8 oz. grilled turkey breast
- 1 Green: 1 cup lettuce
- 1 Green: ½ cup sliced cucumber, ½ cup tomatoes
- 1 Orange: 2 Tbsp. oil-based salad dressing
- 1 Purple: 1 cup blueberries

#### Snack:

- 4 tsp.: 4 tsp. nut butter
- 1 Green: 1 cup sliced celery
- 1 Red: 6 slices roasted chicken deli meat
- 1 Green: 10 medium baby carrots

#### Dinner:

- 2 Red: 8 oz. cooked ground beef
- 3 tsp.: 3 tsp. olive oil
- 1 Green: 1 cup roasted spaghetti squash
- 🛑 2 Green: **2 cups steamed zucchini**
- 1 Blue: ¼ cup Parmesan cheese

#### T/TH/SU

#### **Breakfast:**

- 2 Red: 1½ cups Greek yogurt, reduced-fat (2%), plain
- 1 Purple: 1 cup mixed fruit
- 1 Blue: 12 raw almonds, chopped

#### Snack:

- 4 tsp.: 4 tsp. nut butter
- 2 Green: 2 cups sliced celery
- 1 Red: 6 slices turkey breast deli meat

#### Lunch:

- 2 Red: 8 oz. grilled chicken breast
- 1 Green: 1 cup lettuce
- 1 Green: 1 cup sliced mushrooms
- 1 Green: 1 cup steamed green beans
- 1 Orange: 2 Tbsp. oil-based salad dressing
- 1 Blue: ¼ avocado

#### Snack:

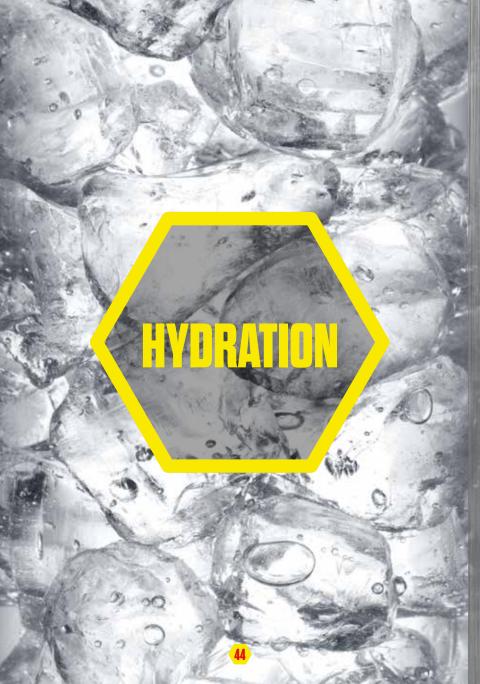
- 1 Red: 1 scoop Shakeology
- 2 Purple: 4 kiwifruit
- 1 Green: 10 medium baby carrots

#### **Dinner:**

- 2 Red: 8 oz. grilled halibut
- 3 tsp.: 3 tsp. olive oil
- 1 Green: 1 cup roasted acorn squash
- 2 Green: 2 cups steamed cauliflower

#### **WEEK THREE - PLAN D: SHOPPING LIST**

SHOP	AMOUNTS
Fruits and Vegetables	
Avocado, medium	1 each
Banana, large	2 each
Blueberries, fresh	4 boxes (6-oz. each)
Carrots, baby	30 oz. or 2 bags (1-lb. each)
Cauliflower florets	2 medium heads or 22 oz.
Celery	2 medium bunches
Cucumber, medium	2 each
Green beans, fresh	1 lb.
Kiwifruit	12 each
Lettuce	1 head or 2 bags (5-oz. each)
Mushrooms, sliced	1 (8 oz.) package
Orange, small	4 each
Pineapple chunks, fresh or canned in juice	1 (2 lb.) pineapple or 1 (20-oz.) can
or mixed fruit of your choice	or 3 cups
Spinach, raw	8 oz. or 2 bags (6-oz. each)
Squash, acorn, medium	2 each
Squash, spaghetti, medium	1 (2 lb.) squash
Squash, zucchini, medium	3 each
Sugar snap peas	9 oz.
Tomato, medium	3 each
Dairy	
Cheese, shredded	4 oz.
Parmesan cheese	4 oz.
Greek yogurt, reduced-fat (2%) plain	1 (32-oz.) container + 1 (8-oz.) container or 36 oz.
Grains and Nuts	
Almonds, raw, whole	1½ oz. or 36 each
Proteins	
Beef, ground, raw, 95% lean	2 lbs. 12 oz.
Chicken breast, boneless, skinless, grilled	1 lb. 2 oz. or 1 lb. 8 oz. raw
Chicken breast, roasted, deli-sliced	1 lb. 8 oz.
Eggs, large	16 each
Halibut, raw	2 lbs. 3 oz.
Turkey breast, nitrite-free, deli-sliced	1 lb. 2 oz.
Turkey breast, boneless, skinless, grilled	2 lbs. or 2 lbs. 11 oz. raw



# YOU ARE WHAT YOU DRINK **MORE THAN YOU THINK**

As you know, your body is made mostly of water. Your muscles, joints, and organs. For your body to function properly, and help deliver valuable nutrients to your body, it's important to stay hydrated. What's more, you're going to sweat a ton during these workouts so it's extra-important to replenish those lost fluids.

#### **HOW MUCH WATER SHOULD YOU DRINK?**

#### SIMPLE CALCULATION



So if you weigh 170 pounds, that's 170 divided by 2 = 85. Drink 85 ounces of water, every day. *Average water bottle is 16 oz.* 

#### STAY ON TRACK

Make sure you reach your daily hydration goals by marking a large water bottle with times of day so you can be sure to stay hydrated even when life gets busy.

#### WANT THE WATER TO TASTE BETTER?

Easy. Just mix in a little flavor enhancer. Any of these work:

Sparkling water (no calories)

Lemon or lime wedges, 2 small wedges

• Blueberries, 6 berries

- Raspberries, 4 berries
- Oranges, 1 big wedge
- Strawberries, 2, sliced
- Kiwi, ¼ fruit, sliced
- Pineapple, 2 Tbsp., chopped
- Cucumber, 4 slices
- Watermelon or honeydew melon cubes, **4 small cubes**
- Mint, basil, or rosemary leaves
- Grated ginger



#### **COFFEE AND TEA**<sup>†</sup>

Coffee and tea are fine, in moderation. We recommend no more than 3–4 8-oz. cups a day. Ideally, drink your coffee black and drink your tea plain.

#### But if you need to add something, try these:

- Cinnamon
- Lemon
- Pumpkin spice
- Nutmeg
- Stevia (1 serving)
- 1–2 Tbsp. low-/nonfat milk (cow's, soy, almond, etc.)

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



If you're using **Beachbody Performance™ Energize** to power your morning workout, you're getting a low dose of caffeine, so save any additional caffeine until after you've finished exercising.

# NEW TO THIS WHOLE HEALTHY EATING THING? SHAKEOLOGY CAN HELP

When you think of your favorite foods, I'll bet kale isn't the first thing that comes to mind. But that's alright. Even the Beachbody® CEO admits he's a self-proclaimed "second grader" when it comes to eating enough fruits and vegetables. And that's why Shakeology was created.

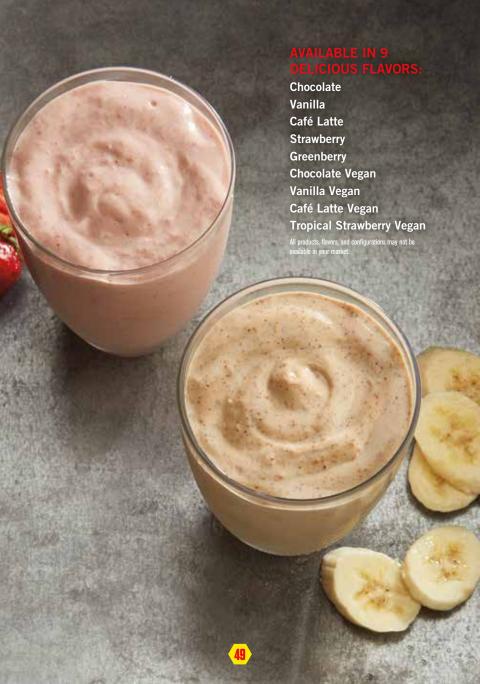
## **WORLD-CLASS IN A GLASS**

Shakeology is the delicious superfood supplement shake that acts like a salad, but tastes like a dessert. When you're short on time, or craving something sweet, Shakeology is a healthy, satisfying way to stay on track. What's in it? Best-in-class ingredients sourced from all over the world: proteins, vitamins and minerals, antioxidants, and probiotics, as well as other superfood ingredients that can be hard to get from an ordinary diet. When you drink Shakeology daily, it helps you curb junk-food cravings and lose weight; it also provides healthy energy and supports healthy digestion—all extremely important when you're trying to shift from the body you have to the body you want.\*

## **GET THE SCOOP**

TO LEARN MORE, CONTACT YOUR TEAM BEACHBODY®
COACH OR VISIT SHAKEOLOGY.COM





## **SHAKEOLOGY RECIPES**

#### WEEK 1

Help defeat your cravings and fuel your day with these delicious recipes.

One scoop of Shakeology counts as one Red Serving in the Simple Shift Nutrition Guide. This page includes a few healthy recipe ideas that are simple to make, and super-satisfying.

All of these recipes can be made in a dairy-free option as well using the Vegan Shakeology flavors.

#### STRAWNANA SURPRISE

(MAKES 1 SERVING)

■ 1 Purple ■ 1 Red

1 cup water

1 cup ice

Strawberry Shakeology 1 scoop

1/2 large banana, cut into chunks

Place all ingredients in blender; cover. Blend until smooth.

#### DARK BLUE MOON

(MAKES 1 SERVING)

1 Purple 1 Red

1 cup water

1 cup ice

**Chocolate Shakeology** 

fresh (or frozen) blueherries

Place all ingredients in blender; cover. Blend until smooth



#### WEEK 3

#### **CHOCO CHERRY-LICIOUS**

(MAKES 1 SERVING)

■ 1 Purple ■ 1 Red

1 cup water 1 cup ice

1 scoop Chocolate Shakeology

1 cup frozen unsweetened black cherries, pitted

Place all ingredients in blender; cover. Blend until smooth.

#### **CHILI MOCHA**

(MAKES 1 SERVING)

1 Purple 1 Red

1 cup water 1 cup ice

1 scoop Café Latte Shakeology

½ large banana, cut into chunks

2 Tbsp. unsweetened cocoa powder

¼ tsp. ground cinnamon ¼ tsp. ancho chili powder (or chili powder)

Place all ingredients in blender; cover. Blend until smooth

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

#### SUPER GREEN SHAKE

(MAKES 1 SERVING)

■ 1 Green ■ 1 Purple ■ 1 Red

1 cup water 1 cup ice

1 scoop Vanilla Shakeology 1 medium kiwi, peeled,

cut into chunks

1 cup raw spinach
4 large banana,
cut into chunks

1 Tbsp. finely grated orange peel (orange zest)

Place all ingredients in blender; cover. Blend until smooth.

#### **CARAMEL APPLE**

(MAKES 1 SERVING)

■ 1 Green ■ 1 Purple ■ 1 Red

1 cup water 1 cup ice

1 scoop Vanilla Shakeology

1 cup raw kale

1 small green apple,

chopped

1 tsp. pure caramel extract

Place all ingredients in blender; cover. Blend until smooth.

## WANT TO CUSTOMIZE YOUR SHAKEOLOGY RECIPES TO ENHANCE YOUR RESULTS? BOOST UP.

Customize your daily nutrition with the perfect additions to your Shakeology routine. Each Shakeology Boost is designed to give you whatever extra you need, whenever you need it.

- DIGESTIVE HEALTH With the reduced calories and increased protein in the Simple Shift Nutrition Guide, you'll get additional fiber to help keep things running smoothly.
- POWER GREENS This Boost delivers a high-quality serving of green superfoods. When it comes to greens, more is better!



#### THE PERFORMANCE SHIFT FOR MAXIMUM RESULTS

I've already said that I'm going to challenge you, and that I want you to perform at maximum capacity. That's why I recommend Beachbody Performance. It's specifically designed for programs like the SHIFT SHOP, to help you push harder, recover faster, and last longer.\*

- ENERGIZE Pre-workout. Helps boost your energy and endurance, increase muscle power output, and delay exercise-induced fatigue.\*
- HYDRATE During workout. Helps boost hydration with an optimal balance of carbs, electrolytes, and water to quickly replenish what's lost.\*
- RECOVER Post-workout. Helps reduce exercise-induced muscle soreness and jump-start recovery with timed-release proteins and phytonutrients.\*

#### Performance Pro-Tip:

Although protein is really what you want to focus on post-workout, adding a few healthy carbs isn't a bad idea. Chris likes to add blueberries to Orange Recover. Not only does this help replenish his muscle glycogen, but it tastes kind of awesome.





# HOW TO COOK IN THE SHIFT SHOP

First off, let me reiterate why you'd want to make your own meals. The benefits aren't just that the food will be of higher quality, cleaner, and (in many cases) better tasting. It's a shift toward giving you more power. More control over your life. That's how you're going to get great results in 3 weeks—and keep those results long after you've finished the program.

Here are a few easy-to-follow recipes you can prepare to help cover the basics during your Rapid Rebuild. For more ideas, tips, and tricks—check out the recipes section at **BeachbodyBlog.com**.

#### **KITCHEN ESSENTIALS**

If you make sure you have what you need to work out properly, why would anything be different in the kitchen? Below is a list of items I recommend having on hand so you are set up for success preparing your food during your 3-Week Rapid Rebuild.

#### "MUST-HAVES"

- Sauté pan
- Dutch oven (5 quarts)
- Sheet pan (½ sheet)
- Glass baking dish (9 x 13)
- Steamer basket
- Strainer
- Chef's knife
- Peeler
- Cutting board
- Large mixing bowl
- Measuring cups
- Measuring spoons
- Whisk
- Large spoon
- Large slotted spoon
- Metal spatula
- Rubber spatula
- Grater
- Foil
- Can opener
- Tongs
- Pot holders/oven mitts
- Blender
- Cheesecloth

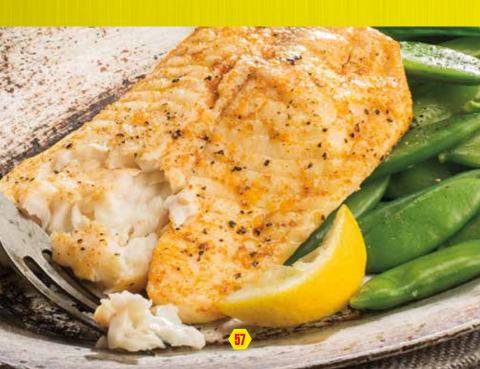
#### "NICE TO HAVES"

- Garlic press
- Lemon squeezer
- Muffin tins
- Stock pot
- Zester
- Potato masher
- Oven-safe wire rack
- Ricer
- · Rice cooker
- Salad spinner
- Kitchen timer
- Food processor
- Thermometer

#### **FOIL-STEAMED FISH**

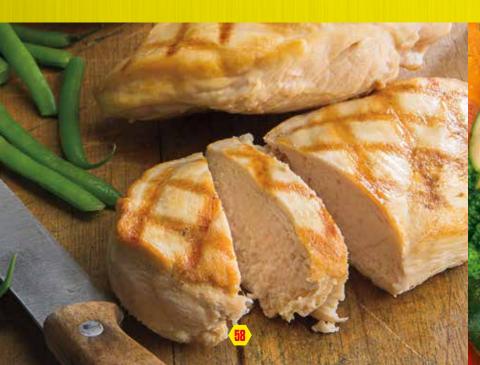
You can steam fish in the oven using good ol' aluminum foil. Add veggies and seasonings to the pouches to jazz things up.

- A. Preheat oven to 375° F.
- **B.** Fold an approximately 14 x 12-inch piece of foil in half, width-wise.
- C. Place on half the foil: one 4- to 6-oz. piece of fish, 1 Tbsp. lemon juice, and 1 Tbsp. herb of your choice.
- D. Fold the other side of the foil over the fish. Fold the three open edges of foil, sealing the fish inside.
- E. Bake for 10 to 15 minutes.
- F. Using pot holders, transfer pouch to plate and carefully open.
- **G.** For storage, remove fish from foil and store in airtight container for 3 to 4 days in refrigerator.



#### OVEN-GRILLED CHICKEN

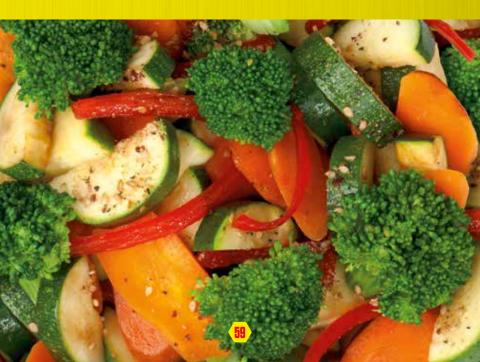
- A. Preheat oven to 400° F.
- **B.** If you have a broiler in your oven, set a rack anywhere from 4 to 8 inches below the heat, otherwise use your broiler drawer.
- C. Using a broiler pan in your oven, which allows air to circulate under the food, arrange boneless, skinless chicken breasts on the pan so they are not touching. A broiler pan eliminates the need to flip the chicken. If you don't have one, simply flip your chicken halfway through.
- D. Cook for 8 to 10 minutes (4 to 5 minutes on each side) leaving the oven door, or drawer, slightly open to let steam escape.
- **E.** Be sure to cook chicken to an internal temperature of 160° F, and allow to rest for five minutes so temperature comes to 165° F.
- **F.** For storage, place chicken in airtight containers and store for 3 to 4 days in refrigerator.



#### **STEAMED VEGETABLES**

Steaming is a great quick way to prep veggies. This form of cooking also retains more nutrients than boiling.

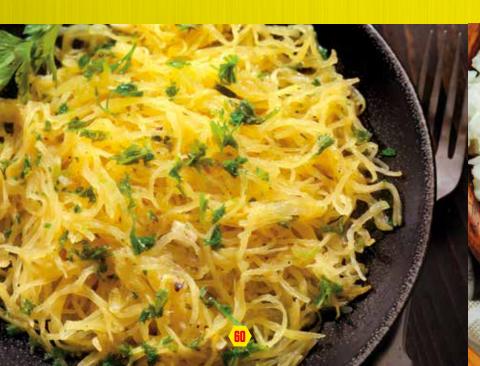
- A. Place steamer basket in a pot. The steamer basket must touch the inside edges of the pot.
- B. Fill pot with water to just below steamer basket.
- C. Bring water to boil over high heat. Reduce heat to medium.
- D. Place vegetables in steamer basket. You can mix vegetables, just make sure they are cut into pieces that are approximately the same size.
- E. Cook until vegetables are tender-crisp, but not mushy.
- F. Store in airtight container for 3 to 4 days in refrigerator.



#### **BAKED SPAGHETTI SQUASH**

Spaghetti squash is a great source of vitamin A, and a wonderful substitute for high-carb pasta. When baked, this squash naturally pulls apart like regular spaghetti.

- A. Preheat oven to 450° F.
- B. Cut spaghetti squash in half, lengthwise. Scoop out seeds.
- C. Lightly spray with olive oil cooking spray. Season with a dash of salt and pepper.
- D. Place on foil-lined baking sheet, flesh side down. Roast for 30 to 40 minutes, or until flesh is soft.
- E. Using a fork, scrape flesh out following the grain.
- F. Fluff with fork and serve as desired.
- **G.** For storage, you can either scrape flesh into airtight container, or wrap in plastic wrap prior to scraping, for 3 to 4 days in refrigerator.



#### **CAULIFLOWER RICE**

When you are craving rice during your time in the Shop, use this recipe as a great substitute to keep your results on track.

- A. Trim leaves and stem off head of cauliflower. Cut head into quarters.
- B. Either using a box grater by hand, or the grater blade of a food processor, grate cauliflower into rice-like consistency. Leave very thick or tough stems behind.
- **C.** Collect cauliflower rice in cheesecloth and squeeze out any moisture (or carefully using double layer of paper towels).
- D. Place cauliflower rice in bowl and fluff with fork. Mix in 1 Tbsp. oil of choice (coconut, olive, etc.).
- E. Place steamer basket in pot, fill with water to just beneath steamer basket. Bring water to boil over high heat. Reduce heat to medium.
- F. Add cauliflower rice. Cook for 5 minutes or until soft.
- **G.** Store in airtight container for 3 to 4 days in refrigerator.



### FAQ

- WHAT IF YOU CAN'T EAT ALL THIS FOOD? If you're used to eating calorically dense convenience foods, you might initially find the Simple Shift Nutrition Guide extremely filling. That's okay. Don't stuff yourself. Your appetite will adjust, so just eat until you're satisfied. But don't use this as an excuse to skip your vegetables. Check out Shakeology.com/boosts to learn about a fast, easy way to get more greens.
- WHAT SHOULD YOU DO IF YOU WANT TO MAINTAIN YOUR CURRENT WEIGHT, OR ARE VERY ACTIVE OUTSIDE OF THE PROGRAM? Simple! Bump up to the next calorie plan.
- WHAT IF YOU'RE STILL HUNGRY? A rumbling stomach isn't always a sign that you need to eat more food. Your digestive system is a creature of habit, sometimes signaling hunger because it's used to eating a certain amount or at a certain time. If it's really bothering you, try drinking more water or snacking on a few veggies. However, if you experience excessive moodiness, exhaustion, headaches, an inability to work out, or feel just plain bad, these are true signs that you may need more food, so bump up to the next calorie plan.
- WHEN SHOULD YOU RECALCULATE YOUR CALORIES? As long as you're making progress and feeling good there's no need to recalculate. However, if you stop making fitness and/or weightloss gains for more than a week, you may be underfeeding your metabolism, causing your hormones to shut things down to conserve fuel. Again, bump up to the next calorie plan. If that doesn't work, reach out to our friendly advice staff at BeachbodyExpertAdvice.com.

- DO YOU NEED BREAKFAST? Breakfast helps keep your blood sugar steady and it fuels your activities for the day—including your workout. We recommend eating within an hour of waking up.
- off fueling up to make the most of your workout. At the same time, you don't want too much food in your stomach, because digestion and exercise can be tough to do at the same time. So if you're eating a full meal, do it 2-3 hours before your workout. If it's a light meal or snack, 1 hour is fine. If you've had neither of these, a small, 50-to 100-calorie carb-based snack right before working out makes an ideal accompaniment to your Beachbody Performance Energize.
- WHAT SHOULD YOU EAT AFTER THIS PROGRAM? Ideally you would go back to the Week 1 diet for one week. Then begin adding grains back into your diet individually to see how they affect your energy, and how much you actually need.
- WHAT SHOULD YOU DO IF YOU HAVE DIGESTIVE ISSUES? If you're feeling a little less, um, regular than normal, here's what can help. Fiber and water, to keep you hydrated. Plus, eat all of your vegetable and fruit servings, and drink Shakeology every day. If you still have problems keeping things moving, try adding a Digestive Health Shakeology Boost to your shake. Get details at Shakeology.com/boosts.
- DO YOU REALLY NEED SHAKEOLOGY AND BEACHBODY PERFORMANCE?

  No, they're optional. But I am going to push you to your maximum intensity because I want you to get the best results. That's why they're a staple in the SHIFT SHOP.
- CAN I USE DAILY SUNSHINE WITH SHIFT SHOP? Yes! It makes a great snack. It counts as ½ Green, ½ Purple, ½ Red. Not available in all markets.

\*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.

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

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