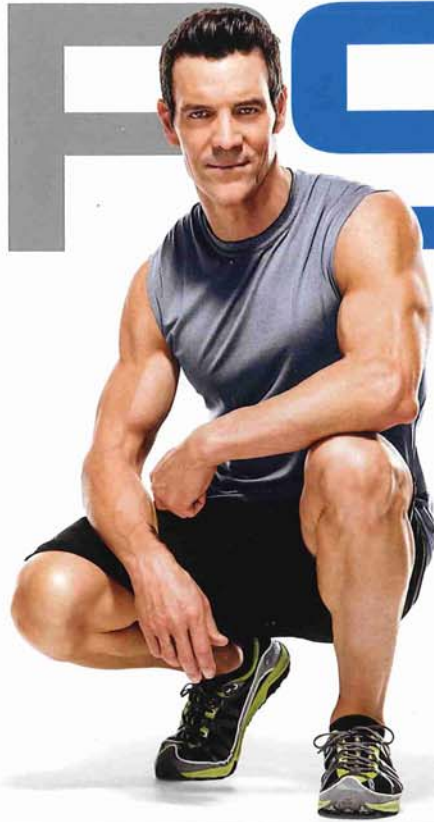


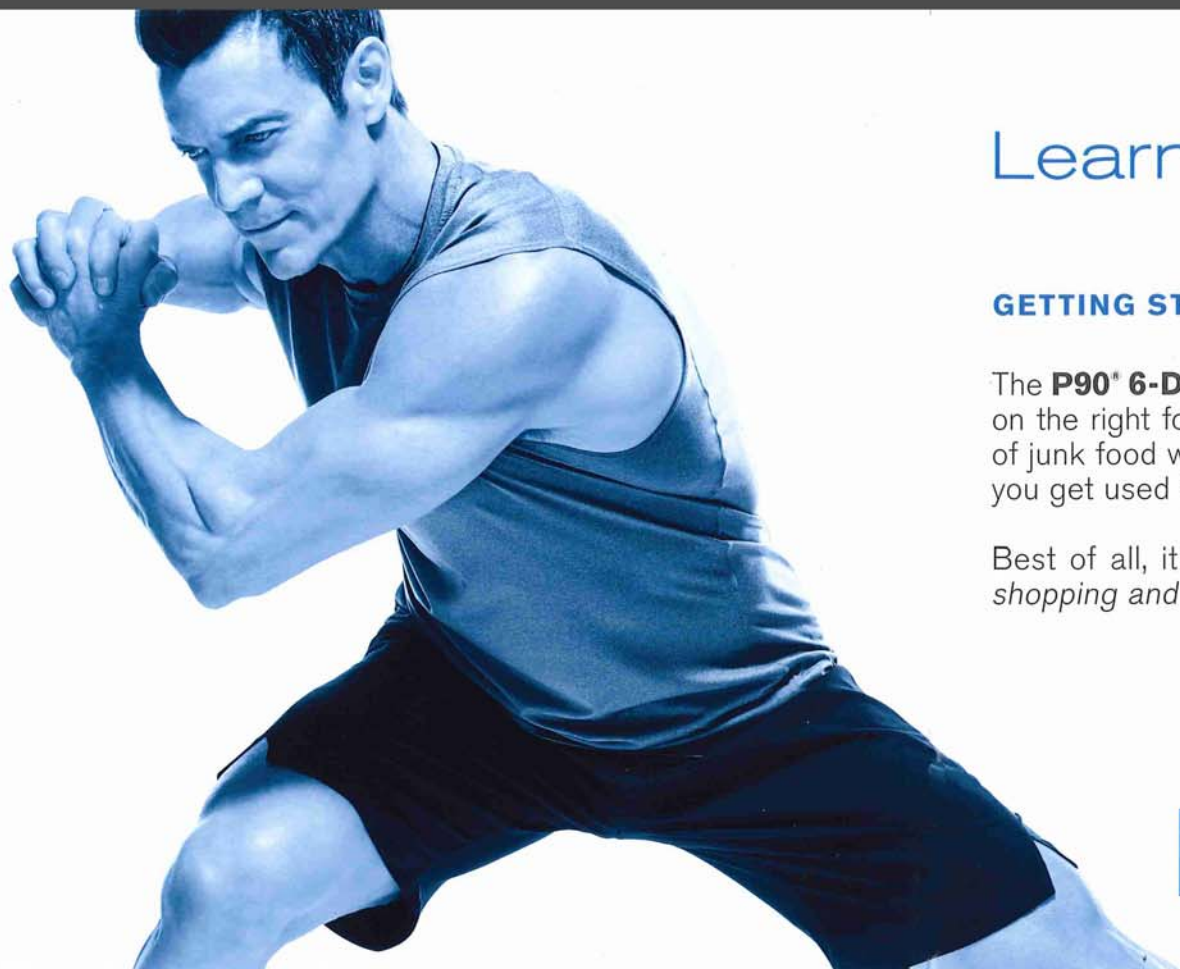
P90®



6 DAY  
SHRED

BEACHBODY®

[www.fithousems.com](http://www.fithousems.com)



Learn how to eat, simply.

GETTING STARTED IS AS EASY AS **1 2 3**

The **P90® 6-DAY SHRED** is the easy way to start your program off on the right foot. This simple meal plan helps cleanse your system of junk food while systematically decreasing daily calories to help you get used to a leaner diet.

Best of all, it's a HUGE time-saver because *you can do all the shopping and cooking for the entire six days in one afternoon.*

HERE'S HOW IT WORKS. 

NEED MORE SUPPORT?  
Contact our Coaches at [info@fithousems.com](mailto:info@fithousems.com)

[www.fithousems.com](http://www.fithousems.com)

# 1 SHOP

All the food listed to the right is delicious, nutritious, and available at almost any supermarket. We've listed a few specific fruits and veggies just to make your life a little easier, but feel free to substitute them with your own favorites.

(Check out Michi's Ladder 2.0 in the Simple Kitchen guidebook for a full list of substitutions and look out for the Shakeology  for nutrient-dense, superfood recipes!)

**When it comes to fruits and veggies, it's hard to make a bad choice.**

## A Quick Note About Shopping List Amounts

Following the food items to the right, you'll find two measurements listed in blue.

- The first is the exact amount of each item you'll need for the week, in parentheses.
- The second number is the amount you'll find if you're pulling it off the shelf at your local grocery store.

You might end up with a little extra, but not to worry, it's good food! Plus, you can incorporate it into your diet after your 6-Day Shred is done.



## THE SHOPPING LIST

### NUTS:

RAW NUTS (walnuts, almonds, cashews)  
(4 oz./112 g) 1 small bag

### GRAINS:

OLD-FASHIONED OATS  
( $\frac{1}{2}$  cup/40 g dry) 1 small box  
BROWN RICE OR QUINOA  
( $\frac{1}{4}$  cups/8 oz./220 g dry) 1 small bag  
WHOLE-GRAIN BREAD (3 slices) 1 loaf

### LEGUMES:

LENTILS ( $\frac{1}{2}$  cup/ $\frac{3}{2}$  oz./100 g dry) 1 small bag  
BLACK BEANS or PINTO BEANS (15 oz.) 1 can  
HUMMUS (5.5 oz./137 g) 1 small tub

### VEGETABLES:

VEGETABLES (broccoli, carrots, cauliflower, peppers, green beans, sugar snap peas, zucchini)  
(3 cups/16 oz./450 g) 2 bags  
MIXED SALAD GREENS (25 cups) 6 bags  
RED BELL PEPPER 1 medium  
CELERY 2 large stalks  
CUCUMBER 2 medium  
TOMATO 2 medium

### FRUITS:

BANANA 1 medium  
FRESH BERRIES (strawberry, raspberry, blackberry, blueberry)  
(5 cups/22 oz./615 g) 4 small containers  
APPLE 1 medium  
LEMONS (for dressing) 4 medium


### DAIRY/DAIRY SUBSTITUTE:

REDUCED-FAT PLAIN YOGURT (preferably Greek) (1 cup/8 oz./228 g) 1 (8-oz.) container  
LOW-FAT MILK or UNSWEETENED ALMOND MILK ( $1\frac{1}{2}$  cups/12 fl. oz.) 1 small carton

### PROTEINS:

ROTISSERIE CHICKEN 12 oz. boneless, skinless  
CANNED WILD SALMON 2 (3-oz.) cans  
TEMPEH (optional) (15 oz.) 1 small package  
EGGS 4 large

### MISCELLANEOUS:

SHAKEOLOGY® (any flavor)   
EXTRA-VIRGIN OLIVE OIL 1 small bottle  
SEA SALT 1 small container  
GROUND CINNAMON (optional) 1 small container  
GROUND CUMIN (optional for tempeh)  
1 small container  
GROUND PAPRIKA (optional for tempeh)  
1 small container



## 2 COOK

Time to hit the kitchen. Don't worry, we've kept this simple. These are basic recipes that require a few basic cooking utensils.

### THE RECIPES

#### COOKED VEGGIE MEDLEY (Makes 3 servings, 1 cup each)

- 1 cup water
- 3 cups combination of any of the following vegetables: broccoli, carrots, cauliflower, peppers, green beans, sugar snap peas, zucchini
- 2 tsp. extra-virgin olive oil
- ½ tsp. sea salt

- Bring water to boil in medium saucepan over medium-high heat.
- Add vegetables; cook, covered, for 4 to 5 minutes, or until tender-crisp. Drain.
- Place vegetables in serving bowl. Add oil and salt; toss gently to blend. Serve immediately.

#### COOKED OATMEAL (Makes 1 cup oatmeal)

- 1 cup water
- 1 dash sea salt
- ½ cup old-fashioned rolled oats

- Bring water and salt to boil in medium saucepan over medium heat.
- Add oats; cook, stirring frequently, for 4 to 5 minutes. Remove from heat.



#### PLAIN BROWN RICE OR QUINOA\* (Makes 5 servings, ½ cup each)

**1¼ cups dry brown rice**

**2½ cups cold water**

**Sea salt and ground black pepper (optional)**

- Rinse rice thoroughly.
- Bring rice, water, salt (if desired), and pepper (if desired) to boil in medium saucepan over high heat.
- Reduce heat to maintain a gentle boil; cook, covered, for 50 minutes, or until all water has been absorbed.
- Remove pan from heat and let rice rest, covered, for 10 minutes.
- Fluff with a fork; serve.

\*For Quinoa: Follow same amounts and directions as rice, but cook for 15 minutes instead of 50.

#### HARD-BOILED EGGS (Makes 4 eggs)

**4 large eggs**

**Cold water**

- Place eggs in saucepan; add water to cover eggs by one inch.
- Bring water just to a boil over high heat. Remove from heat, cover; let stand for 12 minutes.
- Remove from hot water and serve warm, or rinse in cold water until cool.



#### SPICED TEMPEH (Makes 4 servings, 3 oz. each)

**15 oz. organic tempeh, cut into strips**

**2 tsp. olive oil**

**½ tsp. sea salt**

**½ tsp. paprika**

- Place tempeh in a shallow bowl; drizzle both sides evenly with oil.
- Season evenly with salt and paprika; toss gently to blend.
- Heat medium skillet over medium heat. Add tempeh; cook for 2 to 3 minutes on each side, or until cooked through.

#### LENTILS (Makes 1 serving, 1 cup)

**½ cup dry brown lentils**

**1¼ cups water**

**Sea salt and ground black pepper (to taste; optional)**

- Sort through lentils to make sure there are no small stones. Rinse in colander under cool water. Set aside.
- Bring water, salt (if desired), and pepper (if desired) to boil in medium saucepan over high heat.
- Add lentils. Return to boil. Cover. Reduce heat to maintain a gentle boil; cook for 20 minutes, or until lentils are tender.



# 3 EAT AND EXERCISE

Everything is prepped and ready to go. Now all you need to do is enjoy the delicious, pre-prepared meals and follow the first week of the P90 workout schedule for either A, B, or C.

THE PLAN



## DAY 1

(Approximately 1,200 calories)

### BREAKFAST:

#### SHAKEOLOGY SMOOTHIE

- 1 cup unsweetened almond milk
- 1 scoop Shakeology, any flavor
- 1 cup fresh berries (strawberry, raspberry, blackberry, or blueberry)
- Ice (to taste)

### SNACK:

#### ALMONDS AND VEGGIES

- 2 Tbsp. raw nuts (½ oz.)
- 1 medium red bell pepper

### LUNCH:

#### CHICKEN WITH VEGGIE MEDLEY AND RICE

- 6 oz. rotisserie chicken (boneless, skinless) (or 6 oz. **Spiced Tempeh**)
- 1 cup **Cooked Veggie Medley**
- ½ cup **Cooked Brown Rice or Quinoa**

### SNACK:

#### CELERY AND HUMMUS

- 2 large celery stalks
- 5 tsp. prepared hummus

### DINNER:

#### MIXED GREEN SALAD WITH LENTILS

- 5 cups mixed salad greens
- 1 cup **Cooked Lentils**
- 1 tsp. extra-virgin olive oil
- 2 Tbsp. fresh lemon juice
- ¼ tsp. sea salt





# DAYS 2 & 3

(Approximately 1,000 calories)

## BREAKFAST:

### EGGS, FRUIT, AND NUTS

- 2 large **Hard-Boiled Eggs**
- ½ medium apple
- 2 Tbsp. raw nuts (½ oz.)

## SNACK:

### CUCUMBER WITH YOGURT DIP

- 1 medium cucumber, cut into strips
- 2 Tbsp. reduced-fat plain yogurt for dipping (preferably Greek)

## LUNCH:

### CHICKEN WITH VEGGIE MEDLEY AND RICE

- 3 oz. rotisserie chicken (boneless, skinless) (or 3 oz. **Spiced Tempeh**)
- 1 cup **Cooked Veggie Medley**
- 1 cup **Cooked Brown Rice or Quinoa**

## SNACK:

### FRESH BERRIES

- 1 cup fresh berries (strawberry, raspberry, blackberry, or blueberry)

## DINNER:

### MIXED GREEN SALAD WITH SALMON

- 4 cups mixed salad greens
- ¼ cup canned wild salmon, drained (or ½ cup canned black beans or pinto beans, drained)
- 1 tsp. extra-virgin olive oil
- 2 Tbsp. fresh lemon juice
- ¼ tsp. sea salt



# DAYS 4, 5, & 6

(Approximately 800 calories)

## BREAKFAST:

### SHAKEOLOGY SMOOTHIE

- 1 cup low-fat milk (or unsweetened almond milk)
- 1 scoop Shakeology, any flavor
- ¼ medium banana
- Ice (to taste)

## SNACK:

### YOGURT WITH OATS AND BERRIES

- ¼ cup reduced-fat plain yogurt for dipping (preferably Greek)
- 1 Tbsp. dry old-fashioned rolled oats
- ½ cup fresh berries (strawberry, raspberry, blackberry, or blueberry)

## LUNCH:

### OPEN-FACED HUMMUS SANDWICH

- 1 slice sprouted whole-grain bread
- 2 Tbsp. prepared hummus
- 2 slices tomato

## DINNER:

### MIXED GREEN SALAD WITH SALMON

- 4 cups mixed salad greens
- ¼ cup canned wild salmon, drained (or ½ cup canned black beans or pinto beans, drained)
- 1 tsp. extra-virgin olive oil
- 2 Tbsp. fresh lemon juice
- ¼ tsp. sea salt

## THE 6-DAY SHRED FAQ

### ► WHAT DO I DRINK?

Water is best. Drink AT LEAST half your body weight in ounces of water a day—carbonated water is fine. So if you weigh 160 pounds, drink 80 ounces of water. Caffeine-free herbal tea is also great.

Coffee is OK with breakfast, but skip the milk, creamer, and sugar and enjoy the beverage unadorned—and don't count it as part of your water intake. Avoid alcohol, sports drinks, juices, and sodas. Even diet sodas are off-limits for the next 6 days!



### ► WHAT IF I'M STILL HUNGRY?

The calories in the Shred decrease as you progress. We did this to give you a weight-loss boost without shocking you on Day 1 with a huge calorie deficit. Still, it's probably less than you're used to. If you've been eating a certain amount of food at certain times, then your body will expect that food and will send signals to your brain accordingly when it doesn't get it. In other words, just because you're hungry, doesn't mean you need to eat.

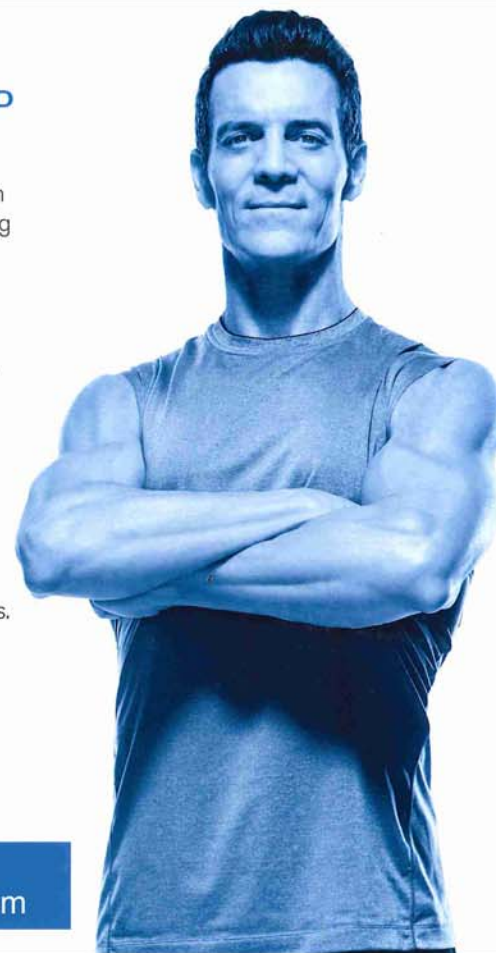
However, pay close attention to certain important signals that call for a need to up your calories, such as a lack of energy, an inability to focus mentally, and an inability to complete your workout. If you're experiencing any of these things, *you might want to increase your calories during the Shred by doubling up on one of your snacks or one of your meals.* (We recommend breakfast.)

### ► CAN I BE ON THE 6-DAY SHRED LONGER THAN 6 DAYS?

We don't recommend it. A healthy balanced diet should contain more variety, not to mention more food. The number of calories you're eating during the Shred is very low. Muscle needs fuel to perform—and excel. In the short term, your fat stores should bridge the gap during the Shred, but as you get into better shape, you'll need to add calories to your diet to stay safe and healthy.

### ► WHERE CAN I GET MORE SUPPORT?

Get a FREE Team Beachbody® Coach. A Coach is a customer just like you who has seen great results from using Beachbody® products and wants to help you reach your goals. Your Coach can help keep you motivated and stay in touch, online or over the phone, to keep you accountable. They'll also set you up on TeamBeachbody.com for the best exercise advice and nutrition tips.



NEED MORE SUPPORT?  
Contact our Coaches at [info@fithousems.com](mailto:info@fithousems.com)

[www.fithousems.com](http://www.fithousems.com)