

# EAT UP!



**cize**<sup>TM</sup>  
THE END OF EXERCIZE<sup>TM</sup>



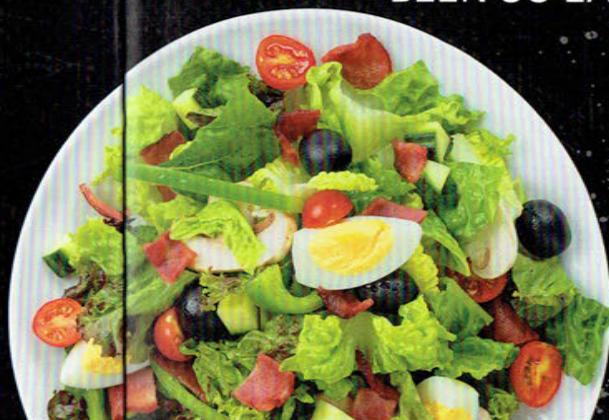
# WELCOME TO THE **END** OF DIETING



Healthy eating is about choice. Just as nobody should tell you exactly how to move your body to stay fit, nobody should tell you what to eat to feel and look your best. Once you get away from packaged, processed junk, most foods have a place in a nutritious diet (even dessert!) . . . you just need to know how much of them to eat.

The Eat Up! Plan puts you in control of what you eat and takes all guesswork out of eating right. You'll be able to create easy-to-prepare, delicious breakfasts, lunches, dinners, and snacks to fuel your active lifestyle and help you get results.

**EATING HEALTHY HAS NEVER  
BEEN SO EASY.**





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**shakeology®**  
drink it every day.





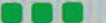
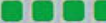












# 2-STEP QUICK START

## STEP 1: SELECT PORTION EATING PLAN A OR PLAN B

Select **Plan A** or **Plan B**, then follow the Portion Eating Chart.

IF YOU WEIGH UNDER < 150 LBS.	IF YOU WEIGH OVER > 150 LBS.
YOU SHOULD FOLLOW <b>PLAN A</b>	YOU SHOULD FOLLOW <b>PLAN B</b>

### PORTION EATING CHART

PLAN A (<150 pounds)		PLAN B (>150 pounds)	
	3 VEGGIES		4 VEGGIES
	2 FRUITS		3 FRUITS
	4 PROTEINS		4 PROTEINS
	2 CARBS		3 CARBS
	1 HEALTHY FAT		1 HEALTHY FAT
	1 SEED & DRESSING		1 SEED & DRESSING
	2 OILS & NUT BUTTERS		4 OILS & NUT BUTTERS

## STEP 2: EAT!

You should eat 5 times a day:

**Meal #1:** BREAKFAST

**Meal #2:** Snack #1

**Meal #3:** LUNCH

**Meal #4:** Snack #2

**Meal #5:** DINNER

Create your meals from the **FOOD DIRECTORY** on page 4 or the **MEAL BUILDER** section on page 26.

### HELPFUL HINTS:

- To help keep track of your portions, use the **FOOD TRACKERS** on page 58 (you can also download PDF copies at [TeamBeachbody.com](http://TeamBeachbody.com)).
- Check out the **HOW AND WHEN TO +/- FOODS** on page 56 to see how you can adjust the plan to better suit your needs.



• Notice how each group in the Portion Eating Chart is color-coded? If you want to make life easier, use Beachbody's Portion Fix™ container system to help portion out all of your food. The containers are color-coded to match this guide and designed to match the portions listed in the Food Directory. All you have to do is fill up the containers and you're good to go! Go to [Beachbody.com](http://Beachbody.com) or [TeamBeachbody.com](http://TeamBeachbody.com) to purchase.



# FOOD DIRECTORY



## ■ FRUITS

- Raspberries, 1 cup
  - Blueberries, 1 cup
  - Blackberries, 1 cup
  - Strawberries, 1 cup
  - Watermelon, 1 cup diced
  - Cantaloupe, 1 cup diced
  - Orange, 1 cup sections or 1 medium
  - Tangerine, 2 small
  - Apple, 1 cup sliced or 1 small
  - Apricots, 4 small
  - Grapefruit, 1 cup sections or ½ large
  - Cherries, 1 cup
  - Grapes, 1 cup
  - Kiwifruit, 2 medium
  - Mango, 1 cup sliced
  - Peach, 1 cup sliced or 1 large
  - Nectarine, 1 cup sliced or 1 large
  - Pear, 1 cup sliced or 1 large
  - Pineapple, 1 cup diced
  - Banana, ½ large
  - Papaya, 1 cup diced
  - Figs, 2 small
  - Honeydew melon, 1 cup diced
- 





## ■ VEGGIES

- Kale, 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
- Tomatoes, 1 cup chopped, 1 cup cherry, or 2 medium
- Squash (summer), 1 cup sliced
- Winter squash (all varieties), 1 cup cubed
- String beans, 1 cup
- Peppers, sweet, 1 cup sliced
- 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 (NOT iceberg), 1 cup chopped
- Mushrooms, 1 cup sliced
- Radishes, 1 cup sliced
- Onions, 1 cup chopped
- Sprouts, 1 cup



## ■ PROTEINS

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



## CARBS

- Sweet potato, ½ cup diced
- Yams, ½ cup diced
- Quinoa, ½ cup cooked
- Beans (kidney, black, garbanzo, white, lima, etc.), ½ cup cooked, drained
- Lentils, ½ cup cooked, drained
- Edamame, ½ cup shelled
- Peas, ½ cup
- Refried beans, nonfat, ½ cup
- Brown rice, ½ cup cooked
- Wild rice, ½ cup cooked
- Potato, ½ cup mashed or ½ medium
- Corn on the cob, 1 ear
- Amaranth, ½ cup cooked
- Millet, ½ cup cooked
- Buckwheat, ½ cup cooked
- Barley, ½ cup cooked
- Bulgur, ½ cup cooked
- Oatmeal, steel-cut, ½ cup cooked
- Oatmeal, rolled, ½ cup cooked
- Pasta, whole-grain, ½ cup cooked
- Couscous, whole wheat, ½ cup cooked
- Crackers, whole-grain, 8 small crackers
- Cereal, whole-grain, low sugar, ½ cup
- Bread, whole-grain, 1 slice
- Pita bread, whole wheat, 1 small (4-inch)
- Waffles, whole-grain, 1 waffle
- Pancakes, whole-grain, 1 small (4-inch)
- English muffin, whole-grain, ½ muffin
- Bagel, whole-grain, ½ small (3-inch)
- Tortilla, whole wheat, 1 small (6-inch)
- Tortilla, corn, 2 small (6-inch)
- Results and Recovery Formula®, 1 scoop (½ serving)

## HEALTHY FATS

- Avocado, ¼ cup mashed or ¼ medium
- Raw nuts:
  - 12 whole almonds
  - 8 whole cashews
  - 10 pecan halves
  - 14 whole peanuts
  - 20 whole pistachios
  - 8 walnut halves
- Hummus, ¼ cup
- Coconut milk beverage, ¼ cup canned
- Feta cheese, ¼ cup crumbled
- Goat cheese, ¼ cup crumbled
- Mozzarella (low-moisture), ¼ cup shredded
- Cheddar, provolone, jack, ¼ cup shredded
- Parmesan, ¼ cup shredded





## ■ SEEDS & DRESSINGS

- Raw seeds (pumpkin, sunflower, sesame), 2Tbsp.
- Flaxseed, 2Tbsp. ground
- Olives, 10 medium olives
- Coconut (unsweetened), 2Tbsp. shredded
- *Dressing Recipes* (page 16)
  - Basic Vinaigrette, 2Tbsp.
  - Avocado Dressing, 2Tbsp.
  - Chipotle Vinaigrette, 2Tbsp.
  - Soy-Ginger Dressing, 2Tbsp.
  - Tahini Dressing, 2Tbsp.



## — OILS & NUT BUTTERS

- Extra-virgin olive oil, 1 tsp.
- Coconut oil, 1 tsp.
- Flaxseed oil, 1 tsp.
- Walnut oil, 1 tsp.
- Pumpkin seed oil, 1 tsp.
- Nut butters (peanut, almond, cashew, etc.), 1 tsp.
- Seed butters (pumpkin, sunflower, sesame [tahini]), 1 tsp.



## +free add-ons

These are "free extras." Add them to any meal.  
Eat as much of them as you'd like.

- Water Bar (page 22)
- Coffee & Tea Bar (page 24)
- Lemon and lime juice  
(not lemonade, limeade, or margaritas!)
- Vinegars
- Mustard
- Fresh ground horseradish
- Herbs (fresh and dry)
- Spices (except salt)
- Garlic
- Ginger
- Hot sauce (Tabasco or Mexican only)
- Flavor extracts (pure vanilla, peppermint, almond, etc.)
- Cinnamon
- Seasoning Mixes



## +tasty treats

**THREE TIMES A WEEK ONLY**, you can replace one of your  
■ Carb portions with a beverage or treat from the list below.

- Milk, cow's, nonfat, or 1%, 1 cup
- Soy milk
  - unsweetened, 1 cup
  - sweetened,  $\frac{3}{4}$  cup
- Almond milk
  - unsweetened, 2 cups
  - sweetened, 1 cup
- Rice milk, original or unsweetened vanilla, 6 fl oz
- Coconut water, 2 cups
- Coconut milk beverage (from a carton, not canned!)
  - unsweetened,  $1\frac{1}{2}$  cups
  - sweetened, 1 cup
- Fresh fruit juices, 8 fl oz
- Wine, 4 fl oz
- Vodka or alcohol, 1 fl oz
- Chocolate, dark,  $\frac{1}{2}$  oz
- Potato chips, plain kettle, 10 chips
- Tortilla chips, plain corn, 10 chips
- Popcorn (air popped), 3 cups
- Pretzels, 1 oz
- Chocolate-covered almonds, 5 pieces
- Frozen yogurt,  $\frac{2}{3}$  cup





# +seasoning mixes

Just combine these herbs, mix well, and store them in an airtight container. Use them as a rub for roasting or grilling chicken, meat, or fish, or use for spicing up ground chicken, turkey, or beef. You can also use these mixes to flavor rice, lentils, beans, quinoa, and vegetables.

## ALL-PURPOSE SPICE MIX

- 4 tsp. onion powder
- 2 tsp. garlic powder
- 2 tsp. mustard powder
- ¼ tsp. dried thyme
- ¼ tsp. ground black pepper
- ½ tsp. sea salt (or Himalayan salt)

## GARLIC-HERB SPICE MIX

- 1 Tbsp. garlic powder
- 1 Tbsp. dried rosemary
- 1 Tbsp. dried parsley
- 1 Tbsp. dried cilantro
- 2 tsp. dried basil
- 2 tsp. dried marjoram
- 2 tsp. dried oregano
- 2 tsp. dried thyme
- 2 tsp. ground black pepper
- 1 tsp. sea salt (or Himalayan salt)

## HERBES DE PROVENCE (FRENCH) SPICE MIX

- 1 Tbsp. dried rosemary
- 1 Tbsp. dried savory
- 2 tsp. dried basil
- 2 tsp. dried marjoram
- 2 tsp. dried oregano
- 2 tsp. dried thyme
- ½ tsp. sea salt (or Himalayan salt)

## "OLD BAY" SPICE MIX

- 1 Tbsp. bay leaf powder (or crushed bay leaves)
- 4 tsp. ground celery seed
- 4 tsp. mustard powder
- 1 tsp. ground ginger
- 1 tsp. ground black pepper
- 1 tsp. smoked paprika
- ½ tsp. ground nutmeg
- ½ tsp. ground cloves
- ½ tsp. allspice
- ½ tsp. sea salt (or Himalayan salt)
- ¼ tsp. crushed red pepper flakes
- ¼ tsp. ground cardamom
- ¼ tsp. ground mace
- ¼ tsp. ground cinnamon

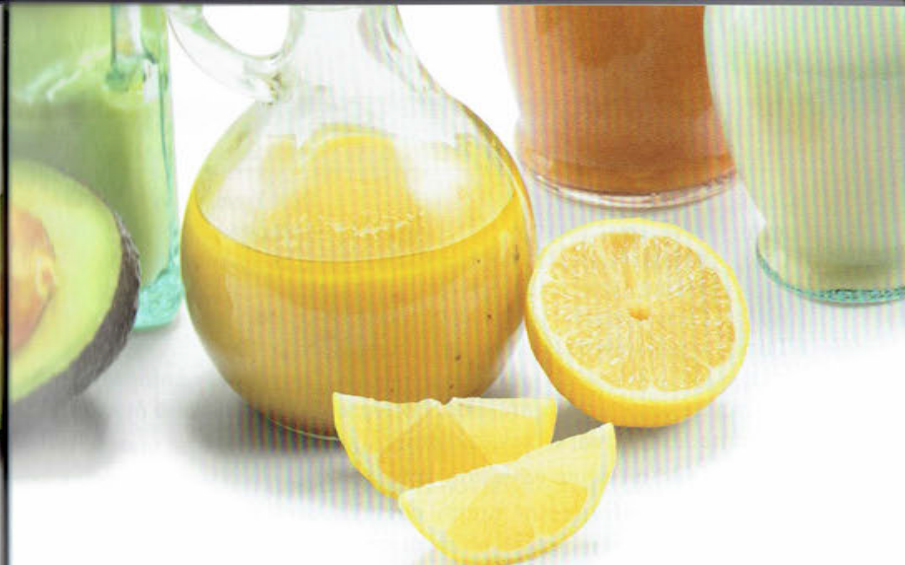
## ASIAN SPICE MIX

- 2 tsp. ground peppercorns (preferably Szechuan)
- 2 tsp. ground star anise
- 2 tsp. ground fennel seeds
- 1 tsp. ground cloves
- 1 tsp. ground cinnamon
- ½ tsp. sea salt (or Himalayan salt)



# +salad dressings

Salads are a staple of any healthy diet. However, that doesn't mean you have to be a rabbit content to nibble on bland, ol' greens. Here are some mouthwatering dressings that will make your salad come to life!



## BASIC VINAIGRETTE

(Makes 8 servings, about 2 Tbsp. each) [1 serving = 1 Seed & Dressing]

6 Tbsp.	red wine vinegar	Total Time:	10 min.
¼ cup	fresh lemon juice	Prep Time:	10 min.
1 tsp.	raw honey (or pure maple syrup)	Cooking Time:	None
¼ tsp.	sea salt (or Himalayan salt)		
¼ tsp.	ground black pepper		
6 Tbsp.	extra-virgin olive oil		

1. Combine vinegar, lemon juice, honey, salt, and pepper in a medium bowl; whisk to blend.
2. Slowly add oil while whisking; mix well.
3. Store in the refrigerator, tightly covered, until ready for use.

**TIP:** Store leftover dressing in a covered container in the refrigerator. If dressing thickens when cold, hold at room temperature for 30 minutes and stir before serving. This dressing is wonderful on salads, but also is great drizzled over sautéed veggies, steamed fish, or grilled chicken or beef.

## AVOCADO DRESSING

(Makes 8 servings, about 2 Tbsp. each) [1 serving = 1 Seed & Dressing]

1	medium avocado, cut into chunks	Total Time:	10 min.
¼ cup	fresh lemon juice	Prep Time:	10 min.
¼ cup	low-fat plain Greek yogurt	Cooking Time:	None
3 Tbsp.	olive oil		
1 Tbsp.	raw honey (or pure maple syrup)		
2 cloves	garlic, chopped		
¼ tsp.	sea salt (or Himalayan salt)		

1. Place avocado, lemon juice, yogurt, oil, honey, garlic, and salt in a blender; cover. Blend until smooth.
2. Store in the refrigerator, tightly covered, until ready for use.

**TIP:** Store leftover dressing in a covered container in the refrigerator. If dressing thickens when cold, hold at room temperature for 30 minutes and stir before serving. This dressing is wonderful on salads, but also is great drizzled over sautéed veggies, steamed fish, or grilled chicken or beef.



## CHIPOTLE VINAIGRETTE

(Makes 8 servings, about 2 Tbsp. each) [1 serving = 1 Seed & Dressing]

6 Tbsp.	red wine vinegar	Total Time:	10 min.
¼ cup	fresh lemon juice	Prep Time:	10 min.
1 tsp.	raw honey (or pure maple syrup)	Cooking Time:	None
1 tsp.	ground chipotle chili powder		
2 tsp.	Dijon mustard		
6 Tbsp.	extra-virgin olive oil		

1. Combine vinegar, lemon juice, honey, chili powder, and mustard in a medium bowl; whisk to blend.
2. Slowly add oil while whisking; mix well.
3. Store in the refrigerator, tightly covered, until ready for use.

**TIP:** Store leftover dressing in a covered container in the refrigerator. If dressing thickens when cold, hold at room temperature for 30 minutes and stir before serving. This dressing is wonderful on salads, but also is great drizzled over sautéed veggies, steamed fish, or grilled chicken or beef.



## SOY-GINGER DRESSING

(Makes 8 servings, about 2 Tbsp. each) [1 serving = 1 Seed & Dressing]

¼ cup	rice vinegar	Total Time:	10 min.
¼ cup	reduced-sodium soy sauce	Prep Time:	10 min.
1 tsp.	raw honey (or pure maple syrup)	Cooking Time:	None
2 tsp.	freshly grated ginger		
6 Tbsp.	sesame oil		

1. Combine vinegar, soy sauce, honey, and ginger in a medium bowl; whisk to blend.
2. Slowly add oil while whisking; mix well.
3. Store in the refrigerator, tightly covered, until ready for use.

**TIP:** Store leftover dressing in a covered container in the refrigerator. If dressing thickens when cold, hold at room temperature for 30 minutes and stir before serving. This dressing is wonderful on salads, but also is great drizzled over sautéed veggies, steamed fish, or grilled chicken or beef.

## TAHINI DRESSING

(Makes 8 servings, about 2 Tbsp. each) [1 serving = 1 Seed & Dressing]

6 Tbsp.	apple cider vinegar	Total Time:	10 min.
¼ cup	fresh lemon juice	Prep Time:	10 min.
1 tsp.	raw honey (or pure maple syrup)	Cooking Time:	None
1 clove	garlic, chopped		
8 Tbsp.	tahini paste		

1. Place vinegar, lemon juice, honey, garlic, and tahini paste in a blender; cover. Blend until smooth.
2. Store in the refrigerator, tightly covered, until ready for use.

**TIP:** Store leftover dressing in a covered container in the refrigerator. If dressing thickens when cold, hold at room temperature for 30 minutes and stir before serving. This dressing is wonderful on salads, but also is great drizzled over sautéed veggies, steamed fish, or grilled chicken or beef.



# beverages

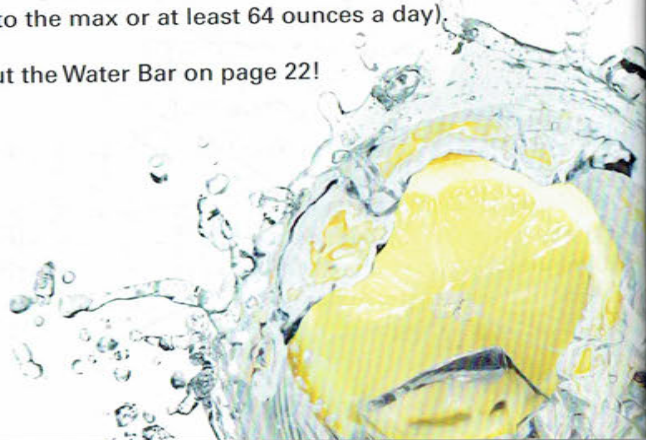
Staying hydrated is critical to health, great skin, weight loss, energy. But be careful about your choices—sodas, juices, and alcoholic drinks can be loaded with empty calories and sugar. So if you want to keep dancing the pounds off, it's important to make smart choices.

## what to drink

### WATER

We can't say enough about pure, simple water. It's essential to your health and wellness, helps keep your organs functioning, helps digestion and weight loss, it keeps you full, it even gives you great skin. And it's especially critical you drink enough with a program like CIZE™.

1. Drink 2 glasses of water every morning and keep on going throughout the day. You'll be amazed how much better you feel and function.
2. Try and drink your body weight, divided by two, in ounces. So if you weigh 150 pounds—that's 150 divided by 2 = 75. 75 ounces might sound like a lot, but once you get used to it, it's easy. A glass is 8 oz, the size of a small coffee cup (so aim to the max or at least 64 ounces a day).
3. Check out the Water Bar on page 22!



## what **not** to drink

### ALCOHOL

Do you really need it? You'll waste 2 carb portions on every glass of wine or beer.

### SODA AND JUICE

Steer clear of bottled fruit juice and sodas. They are loaded with sugar, chemicals, and empty calories. And just because it says diet or has no calories doesn't mean it's good for you.

### SPORTS DRINKS

If you're seriously exercising, sports drinks can be useful when used right. Otherwise, they're just sugar water. If you're looking to hydrate while doing CIZE, you're better off with good old H<sub>2</sub>O.





# beachbody<sup>®</sup> water bar

## STEP ONE: PICK YOUR WATER

- Flat water
- Sparkling water (make sure it has no calories or artificial sweeteners)

## STEP TWO: ADD ANY OF THE FOLLOWING TO KICK IT UP!

### FRUITS/VEGGIES

- Lemon wedges
- Lime wedges
- Orange slices
- Strawberry slices
- Kiwi slices
- Cucumber slices
- Frozen grapes
- Watermelon cubes

### HERBS

- Mint leaves
- Basil
- Grated ginger
- Rosemary

### EXTRAS

- Crushed ice
- Ice cubes

## H<sub>2</sub>O COCKTAILS

- **Cuban Cocktail:** sparkling water, lime wedges, muddled mint leaves
- **Strawberry Blast:** strawberry slices, lemon wedge, crushed ice
- **Orange Crush:** sparkling water, orange slices, grated ginger
- **Citrus Splash:** lime wedges, orange wedges, crushed ice
- **Grape Ape:** sparkling water, muddled grapes





# coffee & tea bar

## coffee and tea

**NEWS ALERT!** Tea and coffee aren't bad for you, provided you're caffeine tolerant.

- They're both filled with antioxidants, which reduce symptoms of stress.
- They're thermogenic, meaning they promote fat burning.
- They have no calories as long as you don't load them with cream and sugar!



Ideally, you'd drink your coffee black as midnight on a moonless night. If not, here are some guidelines.

### LIST A AVOID IT!

Cream  
Half-and-half  
Nondairy creamer  
Lots o' sugar  
Artificial sweeteners  
Flavored syrups  
Chocolate syrup

Anything else you wonder about. If you think it might be bad, it probably is.

### LIST B USE 1-2 TIMES A DAY!

1-2 tablespoons low-/nonfat milk  
1 teaspoon raw sugar, honey, molasses, maple syrup, agave syrup, stevia

### LIST C UNLIMITED

Cinnamon  
Lemon  
Pumpkin spice  
Nutmeg



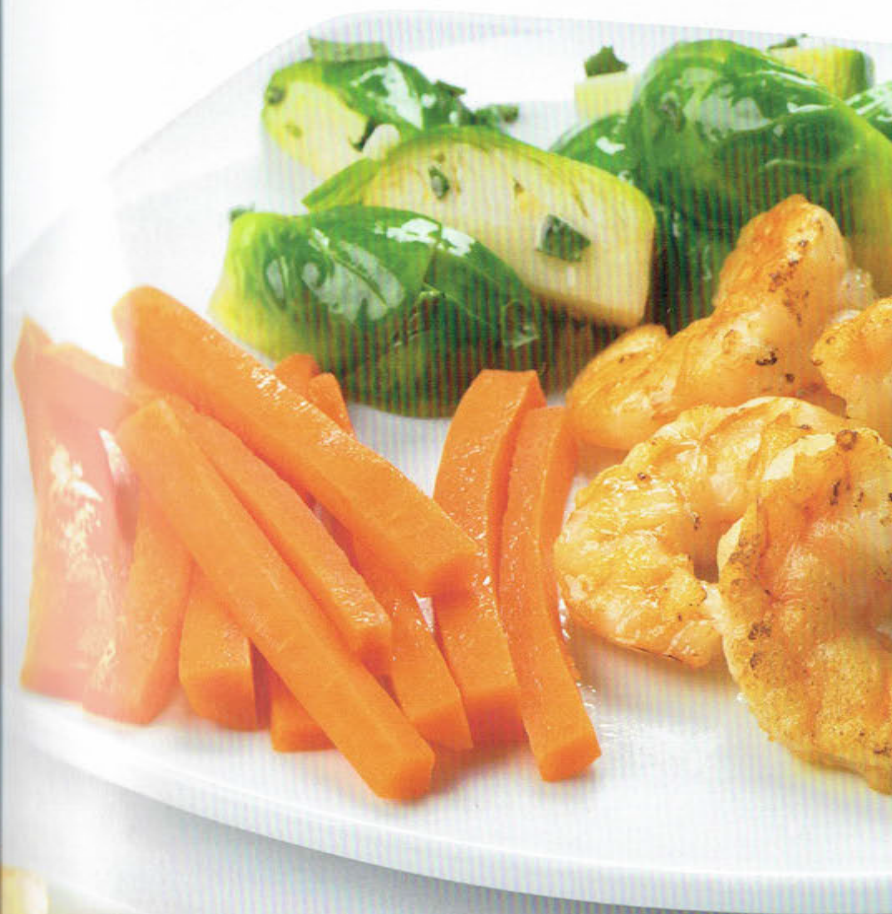


# MEAL BUILDER

BUILD YOUR OWN meals step-by-step or try one of our SUGGESTED COMBINATIONS. Don't forget to track your portions using the FOOD TRACKERS on page 58.

sample day

DAY: 1	VEGGIES	FRUIT	PROTEIN	CARB	FAT	S&D	OIL
Meal 1		1	1				1
Meal 2	2			1	1		
Meal 3		1					
Meal 4			2	1			
Meal 5	1					1	2
Total	3	2	4	2	1	1	3
Water	1	1	1	1	1	1	1





# eggs every day

Wake up to a hearty egg breakfast every day with a customized omelet exactly how you like it!

## STEP 1: BEAT THE EGGS [1 SERVING = 1 PROTEIN]

- 2 large eggs
- 8 egg whites
- 1 large egg white + 4 egg whites

## STEP 2: PICK YOUR VEGGIES [1 SERVING = ¼ VEGGIE]

- Spinach, ¼ cup
- Broccoli, ¼ cup chopped
- Asparagus, ¼ cup
- Tomatoes, ¼ cup
- Peppers, ¼ cup diced
- Mushrooms, ¼ cup sliced
- Onions, ¼ cup diced

## STEP 3: PICK YOUR MEAT [1 SERVING = ½ PROTEIN]

- Boneless, skinless chicken or turkey breast, ½ cup diced, cooked
- Turkey slices, low-sodium, fat-free, 3 slices
- Ham slices, low-sodium, fat-free, 3 slices
- Turkey bacon (reduced fat), 2 slices

## STEP 4: PICK YOUR TOPPING [1 SERVING = 1 HEALTHY FAT]

- Avocado, ¼ medium
- Feta cheese, ¼ cup crumbled
- Goat cheese, ¼ cup crumbled
- Mozzarella (low-moisture), ¼ cup shredded
- Cheddar, provolone, jack, ¼ cup shredded
- Parmesan, ¼ cup shredded

## STEP 5: SCRAMBLE IT UP!

1. Heat 1 tsp. oil in medium nonstick skillet over medium-low heat.  
[oil = 1 Oil & Nut Butter]
2. Add veggies and meat; cook, stirring frequently, for 2 to 4 minutes.
3. Add eggs. Do not stir. As eggs set, lift edges, letting uncooked portion flow underneath; cook for 3 to 4 minutes, or until heated through.
4. Gently fold in half.

## STEP 6: MAKE IT INTO A BREAKFAST SANDWICH!

[1 SERVING = 1 CARB]

- Bread, whole-grain, 1 slice
- Pita bread, whole wheat, 1 small (4-inch)
- English muffin, whole-grain, ½ muffin
- Bagel, whole-grain, ½ small (3-inch)
- Tortilla, whole wheat, 1 small (6-inch)
- Tortilla, corn, 2 small (6-inch)

## SUGGESTED COMBINATIONS:

1. **Spinach, Mushroom, and Feta Omelet** – 2 large eggs (or equivalent), ½ cup spinach, ½ cup mushrooms, 1 tsp. oil  
■ 1 Protein, ■ 1 Veggie, ■ 1 Healthy Fat, ■ 1 Oil & Nut Butter
2. **Ham and Cheese Omelet** – 2 large eggs (or equivalent), 3 slices ham, chopped, ¼ cup shredded cheddar cheese, 1 tsp. oil  
■ 2 Proteins, ■ 1 Healthy Fat, ■ 1 Oil & Nut Butter
3. **Green Haven Omelet** – 2 large eggs (or equivalent), ½ cup asparagus, ½ cup broccoli, ¼ medium avocado, 1 tsp. oil  
■ 1 Protein, ■ 1 Veggie, ■ 1 Healthy Fat, ■ 1 Oil & Nut Butter
4. **Italian Flag Omelet** – 8 egg whites (or equivalent), ½ cup sliced red bell peppers, ½ cup broccoli, ¼ cup crumbled goat cheese, 1 tsp. oil  
■ 1 Protein, ■ 1 Veggie, ■ 1 Healthy Fat, ■ 1 Oil & Nut Butter



# oatmeal bowl

Here's a warm and hearty breakfast for when you need plenty of energy to make the most of your day!

## STEP 1: MAKE OATMEAL [PICK ONE] [1 SERVING = 1 CARB]

### STEEL-CUT OATMEAL [½ cup cooked]

- ¾ cup water
- 1 dash sea salt (or Himalayan salt)
- ¼ cup steel-cut oats

1. Bring water and salt to a boil in medium saucepan over medium heat.
2. Add oats; cook over medium-low heat, stirring frequently, for 3 to 5 minutes.
3. Let oatmeal stand for 1 minute before serving.

### ROLLED OATMEAL [½ cup cooked]

- ½ cup water
- 1 dash sea salt (or Himalayan salt)
- ¼ cup old-fashioned rolled oats

1. Bring water and salt to a boil in medium saucepan over medium heat.
2. Add oats; cook over medium-low heat, stirring frequently, for 3 to 5 minutes.
3. Let oatmeal stand for 1 minute before serving.

## STEP 2: PICK YOUR FRUIT [1 SERVING = 1 FRUIT]

- Raspberries, 1 cup
- Blueberries, 1 cup
- Blackberries, 1 cup
- Strawberries, 1 cup
- Apple, 1 cup sliced
- Mango, 1 cup sliced
- Peach, 1 cup sliced
- Nectarine, 1 cup sliced
- Pineapple, 1 cup diced
- Banana, ½ large

## STEP 3: PICK YOUR TOPPINGS [PORTIONS VARY]

### HEALTHY FATS [1 SERVING = 1 HEALTHY FAT]

- Raw nuts – 12 whole almonds, 8 whole cashews, 10 pecan halves, 14 whole peanuts, 20 whole pistachios, or 8 walnut halves

### SEEDS & DRESSINGS [1 SERVING = 1 SEED & DRESSING]

- Raw seeds (pumpkin, sunflower, sesame), 2 Tbsp.
- Flaxseed, 2 Tbsp. ground
- Coconut (unsweetened), 2 Tbsp. shredded

## STEP 4: ADD SOME FLAVOR! [FREE]

- Ground cinnamon
- Ground nutmeg
- Ground cloves
- Ground ginger
- Pure vanilla extract
- Pure almond extract
- Unsweetened cocoa powder
- Stevia

## SUGGESTED COMBINATIONS:

1. **Apple Pie Oatmeal** – ½ cup cooked oatmeal, 1 cup sliced apple, 8 walnut halves, chopped, ground cinnamon  
1 Carb, 1 Fruit, 1 Healthy Fat
2. **Tropical Oatmeal** – ½ cup cooked oatmeal, ½ cup diced pineapple, ½ cup sliced mango, 2 Tbsp. unsweetened shredded coconut  
1 Carb, 1 Fruit, 1 Seed & Dressing
3. **Very Berry Oatmeal** – ½ cup cooked oatmeal, ½ cup raspberries, ½ cup blueberries, ½ cup blackberries, 2 Tbsp. pumpkin seeds  
1 Carb, 1 Fruit, 1 Seed & Dressing
4. **Strawberry Almond Delight** – ½ cup cooked oatmeal, 1 cup strawberries, sliced, 12 whole almonds, chopped, pure almond extract  
1 Carb, 1 Fruit, 1 Healthy Fat



# yogurt parfait

Creamy and filling, yogurt is a great way to add protein to a bowl of delicious, nutrient-packed, seasonal fruit!

## STEP 1: PICK YOUR YOGURT [1 SERVING = 1 PROTEIN]

- Greek yogurt,  $\frac{3}{4}$  cup plain, 1%
- Yogurt,  $\frac{3}{4}$  cup plain, 2%

## STEP 2: PICK YOUR FRUIT [1 SERVING = 1 FRUIT]

- Raspberries, 1 cup
- Blueberries, 1 cup
- Blackberries, 1 cup
- Strawberries, 1 cup
- Watermelon, 1 cup diced
- Cantaloupe, 1 cup diced
- Apple, 1 cup sliced
- Cherries, 1 cup
- Mango, 1 cup sliced
- Peach, 1 cup sliced
- Nectarine, 1 cup sliced
- Pineapple, 1 cup diced
- Banana,  $\frac{1}{2}$  large
- Honeydew melon, 1 cup diced

## STEP 3: PICK YOUR TOPPINGS [PORTIONS VARY]

### HEALTHY FATS [1 SERVING = 1 HEALTHY FAT]

- Raw nuts – 12 whole almonds, 8 whole cashews, 10 pecan halves, 14 whole peanuts, 20 whole pistachios, or 8 walnut halves

### SEEDS & DRESSINGS [1 SERVING = 1 SEED & DRESSING]

- Raw seeds (pumpkin, sunflower, sesame), 2 Tbsp.
- Flaxseed, 2 Tbsp. ground
- Coconut (unsweetened), 2 Tbsp. shredded

## STEP 4: ADD SOME FLAVOR! [FREE]

- Ground cinnamon
- Ground nutmeg
- Ground cloves
- Ground ginger
- Pure vanilla extract
- Fresh grated lemon or lime peel

## SUGGESTED COMBINATIONS:

1. **Peaches and Cream** –  $\frac{3}{4}$  cup Greek yogurt, 1 cup sliced peaches, vanilla extract

■ 1 Protein, ■ 1 Fruit

2. **Nutty Banana** –  $\frac{3}{4}$  cup Greek yogurt,  $\frac{1}{2}$  large banana, 10 pecan halves, chopped, ground cinnamon

■ 1 Protein, ■ 1 Fruit, ■ 1 Healthy Fat

3. **Apple Cobbler** –  $\frac{3}{4}$  cup Greek yogurt, 1 cup sliced apple, 8 walnut halves, chopped, ground nutmeg, cinnamon

■ 1 Protein, ■ 1 Fruit, ■ 1 Healthy Fat

4. **Refreshing Melon** –  $\frac{3}{4}$  cup Greek yogurt,  $\frac{1}{2}$  cup diced cantaloupe,  $\frac{1}{3}$  cup diced watermelon,  $\frac{1}{3}$  cup diced honeydew, 2 Tbsp. unsweetened shredded coconut, chopped fresh mint leaves

■ 1 Protein, ■ 1 Fruit, ■ 1 Seed & Dressing



# shakeology bar

Whether it's breakfast, lunch, dinner, or a snack, every glass of Shakeology is a world of superfood nutrition.

## STEP 1: PICK YOUR LIQUID [1 SERVING = 1 CARB] [WATER IS FREE]

- Water
- Milk, cow's, nonfat, or 1%, 1 cup
- Soy milk
  - unsweetened, 1 cup
  - sweetened,  $\frac{3}{4}$  cup
- Almond milk
  - unsweetened, 2 cups
  - sweetened, 1 cup

- Rice milk, original or unsweetened vanilla, 6 fl oz
- Coconut water, 2 cups
- Coconut milk beverage (from a carton, not canned!)
  - unsweetened,  $1\frac{1}{2}$  cups
  - sweetened, 1 cup

## STEP 2: PICK YOUR SHAKEOLOGY [1 SERVING = 1 PROTEIN]

- Chocolate Shakeology
- Chocolate Vegan Shakeology
- Tropical Strawberry Vegan Shakeology
- Strawberry Shakeology
- Vanilla Shakeology
- Greenberry Shakeology

## STEP 3: PICK YOUR FRUIT [1 SERVING = 1 FRUIT]

- Raspberries, 1 cup
- Blueberries, 1 cup
- Blackberries, 1 cup
- Strawberries, 1 cup
- Watermelon, 1 cup diced
- Cantaloupe, 1 cup diced
- Orange, 1 cup sections or 1 medium
- Tangerine, 2 small
- Apple, 1 cup sliced or 1 small
- Apricots, 4 small
- Grapefruit, 1 cup sections or  $\frac{1}{2}$  large
- Cherries, 1 cup

- Grapes, 1 cup
- Kiwifruit, 2 medium
- Mango, 1 cup sliced
- Peach, 1 cup sliced or 1 large
- Nectarine, 1 cup sliced or 1 large
- Pear, 1 cup sliced or 1 large
- Pineapple, 1 cup diced
- Banana,  $\frac{1}{2}$  large
- Papaya, 1 cup diced
- Figs, 2 small
- Honeydew melon, 1 cup diced



Tropical Strawberry  
Vegan Shakeology

Chocolate  
Vegan Shakeology

Chocolate  
Shakeology

Vanilla  
Shakeology

Strawberry  
Shakeology

Greenberry  
Shakeology

CONTINUE TO NEXT PAGE



**STEP 4: PICK YOUR EXTRAS** [1 SERVING = 1 SEED & DRESSING]

- Flaxseed oil, 1 tsp.
- Walnut oil, 1 tsp.
- Pumpkin seed oil, 1 tsp.
- Nut butters (peanut, almond, cashew, etc.), 1 tsp.
- Seed butters (pumpkin, sunflower, sesame [tahini]), 1 tsp.

**STEP 5: ADD SOME FLAVOR (FREE)**

- Ground cinnamon
- Ground nutmeg
- Ground cloves
- Ground ginger
- Pure vanilla extract
- Fresh grated lemon or lime peel

**SUGGESTED COMBINATIONS:**

1. **Very Berry Strawberry** – 1 cup water, 1 scoop Strawberry or Tropical Strawberry Vegan Shakeology, 1 cup raspberries, ice

■ 1 Protein, ■ 1 Fruit

2. **Choco-Almond Delight** – 1 cup almond milk, 1 scoop Chocolate Vegan Shakeology, 1 tsp. almond butter, ice

■ 1 Carb, ■ 1 Protein, — Oil & Nut Butter

3. **Creamy Melon with a Zing** – 1 cup water, 1 scoop Vanilla Shakeology, 1 cup diced honeydew melon, ½ tsp. grated fresh ginger, ice

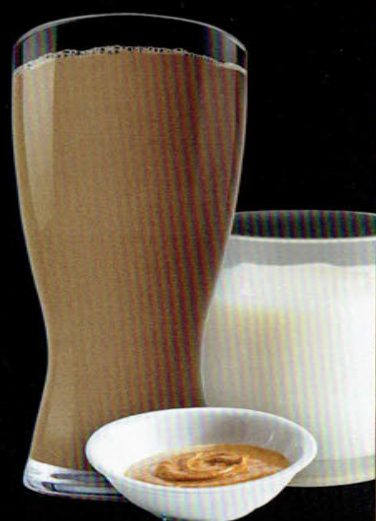
■ 1 Protein, ■ 1 Fruit

4. **Chocolate Nutty-Banana Spice** – 1 cup water, 1 scoop Chocolate Shakeology, ½ large banana, 8 walnut halves, ½ tsp. ground cinnamon, ice

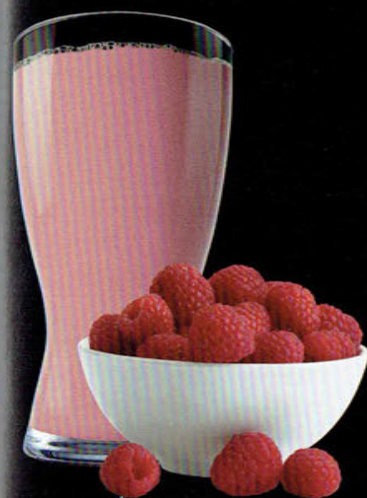
■ 1 Protein, ■ 1 Fruit, ■ 1 Healthy Fat



Creamy Melon with a Zing



Choco-Almond Delight



Very Berry Strawberry



Chocolate Nutty-Banana Spice



# salad bowl

Have your salad your way, at home, at a restaurant, or at a salad bar!

## STEP 1: PICK YOUR LETTUCE [1 SERVING = 1 VEGGIE]

- Kale, 1 cup raw
- Spinach, 1 cup raw
- Cabbage, 1 cup chopped
- Lettuce (NOT iceberg), 1 cup chopped

## STEP 2: PICK YOUR PROTEIN [1 SERVING = 1 PROTEIN]

- Boneless, skinless chicken,  $\frac{3}{4}$  cup diced, cooked
- Boneless, skinless turkey breast,  $\frac{3}{4}$  cup diced, cooked
- Lean ground chicken or turkey ( $\geq 93\%$  lean),  $\frac{3}{4}$  cup diced, cooked
- Fish, fresh water (catfish, tilapia, trout),  $\frac{3}{4}$  cup flaked, cooked
- Fish, cold water, wild-caught (cod, salmon, halibut, tuna),  $\frac{3}{4}$  cup flaked, cooked
- Hard-boiled eggs, 2 large
- Hard-boiled egg whites, 8 large
- Shellfish (shrimp, crab, lobster),  $\frac{3}{4}$  cup cooked
- Tofu, firm,  $\frac{3}{4}$  cup diced
- Tuna, canned light in water,  $\frac{3}{4}$  cup drained
- Ham, low-sodium, fat-free,  $\frac{3}{4}$  cup diced, cooked

## STEP 3: ADD YOUR VEGGIES [1 SERVING = $\frac{1}{4}$ VEGGIE]

- |  |                                       |
|--|---------------------------------------|
| ■ Broccoli, $\frac{1}{4}$ cup chopped    | ■ Snow peas, $\frac{1}{4}$ cup        |
| ■ Asparagus, $\frac{1}{4}$ cup           | ■ Cucumbers, $\frac{1}{4}$ cup sliced |
| ■ Beets, $\frac{1}{2}$ medium            | ■ Celery, $\frac{1}{4}$ cup sliced    |
| ■ Tomatoes, $\frac{1}{4}$ cup            | ■ Mushrooms, $\frac{1}{4}$ cup sliced |
| ■ String beans, $\frac{1}{4}$ cup        | ■ Radishes, $\frac{1}{4}$ cup sliced  |
| ■ Peppers, $\frac{1}{4}$ cup diced       | ■ Onions, $\frac{1}{4}$ cup chopped   |
| ■ Carrots, $\frac{1}{4}$ cup sliced      | ■ Sprouts, $\frac{1}{4}$ cup chopped  |
| ■ Cauliflower, $\frac{1}{4}$ cup chopped |                                       |



CONTINUE TO NEXT PAGE



#### STEP 4: ADD AN "EXTRA"

##### CARB "EXTRAS" [1 SERVING = 1 CARB]

- Quinoa, ½ cup cooked
- Beans (kidney, black, garbanzo, white, lima, etc.), ½ cup cooked
- Lentils, ½ cup cooked, drained
- Edamame, ½ cup shelled
- Peas, ½ cup
- Corn, 1 ear
- Barley, ½ cup cooked
- Couscous, whole wheat, ½ cup cooked

##### HEALTHY FAT "EXTRAS" [1 SERVING = 1 HEALTHY FAT]

- Raw nuts: 12 whole almonds, 8 whole cashews, 10 pecan halves, 14 whole peanuts, 20 whole pistachios, or 8 walnut halves
- Avocado, ¼ medium
- Feta cheese, ¼ cup crumbled
- Goat cheese, ¼ cup crumbled
- Mozzarella (low-moisture), ¼ cup shredded
- Cheddar, provolone, jack, ¼ cup shredded
- Parmesan, ¼ cup shredded

##### SEED & DRESSING "EXTRAS" [1 SERVING = 1 SEED & DRESSING]

- Raw seeds (pumpkin, sunflower, sesame), 2 Tbsp.
- Flaxseed, 2 Tbsp. ground
- Olives, 10 medium olives

#### STEP 5: ADD DRESSING [1 SERVING = 1 SEED & DRESSING]

- Basic Vinaigrette, 2 Tbsp.
- Avocado Dressing, 2 Tbsp.
- Chipotle Vinaigrette, 2 Tbsp.
- Soy-Ginger Dressing, 2 Tbsp.
- Tahini Dressing, 2 Tbsp.

#### SUGGESTED COMBINATIONS:

1. **Greek Chicken Salad** – 1 cup lettuce, ¼ cup sliced cucumber, ¼ cup sliced red bell pepper, ¼ cup red onion, ¼ cup tomatoes, ¾ cup diced cooked chicken breast, ¼ cup crumbled feta cheese, 2 Tbsp. Tahini Dressing

2 Veggies, 1 Protein, 1 Healthy Fat, 1 Seed & Dressing

2. **Creamy Avocado and Tuna Salad** – 1 cup baby spinach, ¼ cup sliced cucumber, ¼ cup sliced carrots, ¼ cup cooked string beans, ¼ cup sliced celery, ¾ cup tuna, 2 Tbsp. Avocado Dressing

2 Veggies, 1 Protein, 1 Seed & Dressing

3. **Kale and Tempeh Salad** – 1 cup baby kale, ¼ cup sliced red bell peppers, ¼ cup sliced carrots, ½ medium beet, sliced, ¼ cup sliced mushrooms, ¾ cup diced cooked tempeh, 8 whole cashews, chopped, 2 Tbsp. Basic Vinaigrette

2 Veggies, 1 Protein, 1 Healthy Fat, 1 Seed & Dressing

4. **Shrimp Louis Salad** – 1 cup lettuce, ½ cup sliced cucumbers, ½ cup tomatoes, ¾ cup cooked shrimp, ¼ medium avocado, 2 Tbsp. Chipotle Vinaigrette

2 Veggies, 1 Protein, 1 Healthy Fat, 1 Seed & Dressing



# wrap it up

It's like a sandwich, only less carb-y! Wraps are the ideal healthy meal on-the-go.

## STEP 1: PICK YOUR WRAP [1 SERVING = 1 CARB]

- Pita bread, whole wheat, 1 small (4-inch)
- Tortilla, whole wheat, 1 small (6-inch)
- Tortilla, corn, 2 small (6-inch)

## STEP 2: PICK YOUR PROTEIN [1 SERVING = 1 PROTEIN]

- Boneless, skinless chicken,  $\frac{3}{4}$  cup diced, cooked
- Boneless, skinless turkey breast,  $\frac{3}{4}$  cup diced, cooked
- Lean ground chicken or turkey ( $\geq 93\%$  lean),  $\frac{3}{4}$  cup diced, cooked
- Fish, fresh water (catfish, tilapia, trout),  $\frac{3}{4}$  cup flaked, cooked
- Fish, cold water, wild-caught (cod, salmon, halibut, tuna),  $\frac{3}{4}$  cup flaked, cooked
- Hard-boiled eggs, 2 large
- Hard-boiled egg whites, 8 large
- Shellfish (shrimp, crab, lobster),  $\frac{3}{4}$  cup cooked
- Lean ground red meat ( $\geq 95\%$  lean),  $\frac{3}{4}$  cup cooked
- Tempeh,  $\frac{3}{4}$  cup diced
- Tofu, firm,  $\frac{3}{4}$  cup diced
- Tuna, canned light in water,  $\frac{3}{4}$  cup drained
- Turkey slices, low-sodium, fat-free, 6 slices
- Turkey bacon (reduced fat), 4 slices
- Ham, low-sodium, fat-free,  $\frac{3}{4}$  cup diced, cooked

## STEP 3: ADD YOUR VEGGIES [1 SERVING = $\frac{1}{2}$ VEGGIE]

- Kale,  $\frac{1}{2}$  cup raw
- Spinach,  $\frac{1}{2}$  cup raw
- Cabbage,  $\frac{1}{2}$  cup chopped
- Tomatoes,  $\frac{1}{2}$  cup
- Peppers,  $\frac{1}{2}$  cup sliced
- Carrots,  $\frac{1}{2}$  cup sliced
- Cucumbers,  $\frac{1}{2}$  cup sliced
- Mushrooms,  $\frac{1}{2}$  cup sliced
- Radishes,  $\frac{1}{2}$  cup sliced
- Onions,  $\frac{1}{2}$  cup chopped
- Sprouts,  $\frac{1}{2}$  cup chopped
- Lettuce (NOT iceberg),  $\frac{1}{2}$  cup chopped

CONTINUE TO NEXT PAGE



#### STEP 4: ADD AN "EXTRA"

"EXTRAS" [1 SERVING = 1 HEALTHY FAT]

- Raw nuts:  
12 whole almonds, 8 whole cashews,  
10 pecan halves, 14 whole peanuts,  
20 whole pistachios, or 8 walnut halves
- Avocado, ¼ medium
- Hummus, ¼ cup
- Feta cheese, ¼ cup crumbled
- Goat cheese, ¼ cup crumbled
- Mozzarella (low-moisture), ¼ cup shredded
- Cheddar, provolone, jack, ¼ cup shredded
- Parmesan, ¼ cup shredded

#### STEP 5: ADD DRESSING [1 SERVING = 1 SEED & DRESSING]

- Basic Vinaigrette, 2 Tbsp.
- Avocado Dressing, 2 Tbsp.
- Chipotle Vinaigrette, 2 Tbsp.
- Soy-Ginger Dressing, 2 Tbsp.
- Tahini Dressing, 2 Tbsp.

#### STEP 6: ADD FLAVOR [OPTIONAL]

- Lemon and lime juice
- Vinegars
- Mustard
- Fresh ground horseradish
- Herbs (fresh and dry)
- Spices (except salt)
- Garlic
- Ginger
- Hot sauce (Tabasco or Mexican only)

#### SAMPLE COMBINATIONS:

1. **Egg Salad Wrap** – 1 whole wheat pita, 2 hard-boiled eggs, chopped, ½ cup spinach, ½ cup sliced carrots, 2 Tbsp. Tahini Dressing

■ 1 Carb, ■ 1 Protein, ■ 1 Veggie, ■ 1 Seed & Dressing

2. **Chipotle Chicken Caesar Wrap** – 1 whole wheat tortilla, ½ cup lettuce, ½ cup spinach, ¾ cup diced, cooked chicken breast, ¼ cup shredded parmesan cheese, 2 Tbsp. Chipotle Vinaigrette

■ 1 Carb, ■ 1 Protein, ■ 1 Veggie, ■ 1 Healthy Fat, ■ 1 Seed & Dressing

3. **Asian Veggie Wrap** – 1 whole wheat tortilla, ½ cup cabbage, ½ cup sprouts, ¾ cup diced cooked tempeh, 8 whole cashews, chopped, 2 Tbsp. Soy-Ginger Dressing

■ 1 Carb, ■ 1 Protein, ■ 1 Veggie, ■ 1 Healthy Fat, ■ 1 Seed & Dressing

4. **Turkey Avocado Wrap** – 1 whole wheat pita, 6 turkey slices, ¼ medium avocado, sliced, ½ cup lettuce, ½ cup sliced red bell peppers, 2 Tbsp. Basic Vinaigrette

■ 1 Carb, ■ 1 Protein, ■ 1 Veggie, ■ 1 Healthy Fat, ■ 1 Seed & Dressing



# simply grilled

The good ol' fashioned American dinner plate featuring some protein, a veggie, and a carb is as traditional as apple pie—only healthier!

## STEP 1: PICK YOUR PROTEIN [1 SERVING = 1 PROTEIN]

- Boneless, skinless chicken, ¾ cup diced, cooked
- Boneless, skinless turkey breast, ¾ cup diced, cooked
- Lean ground chicken or turkey (≥ 93% lean), ¾ cup diced, cooked
- Fish, fresh water (catfish, tilapia, trout), ¾ cup flaked, cooked
- Fish, cold water, wild-caught (cod, salmon, halibut, tuna), ¾ cup flaked, cooked
- Game: buffalo (bison, ostrich, venison), ¾ cup diced, cooked
- Game: lean ground (≥ 95% lean), ¾ cup diced, cooked
- Shellfish (shrimp, crab, lobster), ¾ cup cooked
- Lean ground red meat (≥ 95% lean), ¾ cup cooked
- Red meat, extra-lean, ¾ cup diced, cooked
- Tempeh, ¾ cup diced
- Tofu, firm, ¾ cup diced
- Pork tenderloin, ¾ cup diced, cooked
- Tuna, canned light in water, ¾ cup drained
- Veggie burger, 1 medium patty

## STEP 2: PICK YOUR VEGGIES [1 SERVING = 1 VEGGIE]

- Kale, 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
- Squash (summer), 1 cup sliced
- Winter squash (all varieties), 1 cup cubed
- String beans, 1 cup
- Peppers, sweet, 1 cup sliced
- Carrots, 1 cup sliced or 10 medium baby
- Cauliflower, 1 cup chopped
- Eggplant, ½ medium
- Snow peas, 1 cup
- Mushrooms, 1 cup sliced

## STEP 3: PICK YOUR CARBS [1 SERVING = 1 CARB]

- Sweet potato, ½ cup diced
- Yams, ½ cup diced
- Quinoa, ½ cup cooked
- Lentils, ½ cup cooked, drained
- Edamame, ½ cup shelled
- Peas, ½ cup

## STEP 3: PICK YOUR CARBS [CONTINUED]

- Beans (kidney, black, garbanzo, white, lima, etc.), ½ cup cooked, drained
- Brown rice, ½ cup cooked
- Wild rice, ½ cup cooked
- Potato, ½ cup mashed or ½ medium
- Corn on the cob, 1 ear
- Couscous, whole wheat, ½ cup cooked

## STEP 4: ADD SOME SPICE! SEASONING MIXES CAN BE ADDED TO ANY OF THE ABOVE SELECTIONS.

- All-Purpose Spice Mix
- "Old Bay" Spice Mix
- Garlic-Herb Spice Mix
- Asian Spice Mix
- Herbes de Provence (French) Spice Mix

## SUGGESTED COMBINATIONS:

1. **Thanksgiving Anytime! Dinner** – ¾ cup cooked diced turkey breast, 1 cup steamed string beans, ½ cup diced cooked yams, All-Purpose Spice Mix

■ 1 Protein, ■ 1 Veggie, ■ 1 Carb

2. **The Blue Plate Special (traditional '50s meal)** – ¾ cup cooked pork tenderloin, 1 cup cooked sliced mushrooms, ½ cup cooked peas, Garlic-Herb Spice Mix

■ 1 Protein, ■ 1 Veggie, ■ 1 Carb

3. **Veggie Burger Dinner** – 1 veggie burger patty, 1 cup steamed cauliflower, ½ cup shelled edamame flavored with Asian Spice Mix

■ 1 Protein, ■ 1 Veggie, ■ 1 Carb

4. **Mediterranean Salmon Dinner** – ½ cup cooked lentils topped with ¾ cup flaked grilled salmon seasoned with Herbes de Provence, 10 grilled asparagus spears




■ 1 Protein, ■ 1 Veggie, ■ 1 Carb



# asian stir-fry

You don't need a fancy wok to prepare this Asian specialty, just an appetite for a satisfying, healthful meal!

## STEP 1: PICK YOUR COOKING OIL [1 SERVING = 2 OILS & NUT BUTTERS]

-  Coconut oil, 2 tsp.
-  Olive oil, 2 tsp.
-  Sesame oil, 2 tsp.

## STEP 2: PICK SOME EXTRAS

- Fresh ginger, grated, 1 tsp.
- Garlic, finely chopped, 1 tsp.

## STEP 3: PICK YOUR VEGGIE [1 SERVING = 1 VEGGIE]

- Brussels sprouts, 1 cup chopped or 5 medium – cook 6 to 8 minutes
- Broccoli, 1 cup chopped – cook 6 to 8 minutes
- Peppers, sweet, 1 cup sliced – cook 6 to 8 minutes
- Carrots 1 cup sliced or 10 medium baby – cook 6 to 8 minutes
- Cauliflower, 1 cup chopped – cook 6 to 8 minutes
- Onion, 1 cup chopped – cook 6 to 8 minutes
- Cabbage, 1 cup chopped – cook 6 to 8 minutes
- Kale, 1 cup cooked or raw – cook 4 to 6 minutes
- Collard greens, 1 cup cooked or raw – cook 4 to 6 minutes
- Bok choy, 1 cup chopped – cook 4 to 6 minutes
- Winter squash (all varieties), 1 cup cubed – cook 4 to 6 minutes
- String beans, 1 cup – cook 4 to 6 minutes
- Eggplant, ½ medium – cook 4 to 6 minutes
- Mushrooms, 1 cup sliced – cook 4 to 6 minutes
- Spinach, 1 cup cooked or raw – cook 4 to 6 minutes
- Asparagus, 10 large spears – cook 3 to 4 minutes
- Squash (summer), 1 cup sliced – cook 3 to 4 minutes
- Snow peas, 1 cup – cook 3 to 4 minutes
- Sprouts, 1 cup – cook 3 to 4 minutes



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#### STEP 4: PICK YOUR PROTEIN [1 SERVING = 1 PROTEIN]

- Boneless, skinless chicken, 5 oz, raw – cook 5 to 6 minutes
- Boneless, skinless turkey breast, 5 oz, raw – cook 5 to 6 minutes
- Game: buffalo (bison, ostrich, venison), 4 oz, raw – cook 5 to 6 minutes
- Red meat, extra-lean, 4 oz, raw – cook 5 to 6 minutes
- Pork tenderloin, 5 oz, raw – cook 5 to 6 minutes
- Tempeh, 3 oz – cook 3 to 4 minutes
- Tofu, firm, 5 oz – cook 3 to 4 minutes
- Shellfish (shrimp, crab, lobster), 7 oz, raw – cook 2 to 3 minutes

#### STEP 5: PICK YOUR CARBS [1 SERVING = 1 CARB]

- Quinoa, ½ cup cooked
- Brown rice, ½ cup cooked
- Wild rice, ½ cup cooked
- Couscous, whole wheat, ½ cup cooked

#### STEP 6: ADD SOME FLAVOR

- Tamari soy sauce, low-sodium, 2 tsp.
- Red pepper flakes, 1 tsp.
- Fresh serrano chile, 1 Tbsp. finely chopped

#### STEP 7: MAKE YOUR STIR-FRY

1. Heat oil in wok or nonstick skillet over medium-high heat until hot.
2. Add extras, if desired; cook, stirring frequently, for 30 seconds.
3. Add protein; cook according to times listed above, stirring frequently, until no longer pink in the middle for chicken and red meat, or until opaque and firm for seafood and fish. Remove from pan.
4. Add veggies; cook, stirring frequently, according to times listed above, or until tender-crisp.
5. Add flavor and cooked protein; cook, stirring frequently, for 1 to 2 minutes, or until heated through.
6. Serve with Carbs.

#### SUGGESTED COMBINATIONS:

1. **Beef and Broccoli Stir-Fry** – 2 tsp. oil, 1 tsp. finely chopped garlic, 1 tsp. finely chopped ginger, 4 oz raw beef tenderloin, 1 cup chopped broccoli, 2 tsp. low-sodium tamari soy sauce, ½ cup cooked brown rice

— Oils & Nut Butters, 1 Protein, 1 Veggie, 1 Carb

2. **Ginger Shrimp Stir-Fry** – 2 tsp. oil, 1 tsp. finely chopped garlic, 1 tsp. finely chopped ginger, 7 oz raw shrimp, 1 cup snow peas, 2 tsp. low-sodium tamari soy sauce, ½ cup cooked quinoa

— Oils & Nut Butters, 1 Protein, 1 Veggie, 1 Carb

3. **Spicy Asian Vegan Stir-Fry** – 2 tsp. oil, 1 tsp. finely chopped garlic, 1 tsp. finely chopped ginger, 3 oz tempeh, ½ cup sliced carrots, ½ cup sliced red bell peppers, 1 cup chopped bok choy, 2 tsp. low-sodium tamari soy sauce, 1 tsp. red pepper flakes, ½ cup cooked brown rice

— Oils & Nut Butters, 1 Protein, 1 Veggie, 1 Carb

4. **Garlic Chicken and Spinach Stir-Fry** – 2 tsp. oil, 2 tsp. finely chopped garlic, 1 tsp. finely chopped ginger, 5 oz raw chicken breast, 2 cups baby spinach, 2 tsp. low-sodium tamari soy sauce, ½ cup cooked brown rice

— Oils & Nut Butters, 1 Protein, 1 Veggie, 1 Carb



# healthy pasta

Some people consider pasta to be "the enemy," but when served up right, it can be a balanced meal ideal for restoring your energy after a hard day.

## STEP 1: PICK YOUR PASTA [1 SERVING = 2 CARBS]

- Pasta, whole-grain, 1 cup cooked
- Couscous, whole wheat, 1 cup cooked

## STEP 2: PICK YOUR PROTEIN [1 SERVING = 1 PROTEIN]

- Boneless, skinless chicken, ¾ cup diced, cooked
- Boneless, skinless turkey breast, ¾ cup diced, cooked
- Lean ground chicken or turkey (≥ 93% lean), ¾ cup cooked
- Game: buffalo (bison, ostrich, venison), ¾ cup diced, cooked
- Game: lean ground (≥ 95% lean), ¾ cup diced, cooked
- Shellfish (shrimp, crab, lobster), ¾ cup cooked
- Lean ground red meat (≥ 95% lean), ¾ cup cooked
- Red meat, extra-lean, ¾ cup diced, cooked
- Tempeh, ¾ cup diced
- Tofu, firm, ¾ cup diced
- Pork tenderloin, ¾ cup diced, cooked

## STEP 3: PICK YOUR VEGGIE [1 SERVING = 1 VEGGIE]

- Kale, 1 cup cooked or raw
- Collard greens, 1 cup cooked or raw
- Spinach, 1 cup cooked or raw
- Broccoli, 1 cup chopped
- Asparagus, 10 large spears
- String beans, 1 cup
- Peppers, sweet, 1 cup sliced
- Carrots, 1 cup sliced or 10 medium baby
- Cauliflower, 1 cup chopped
- Eggplant, ½ medium
- Snow peas, 1 cup
- Mushrooms, 1 cup sliced
- Onions, 1 cup chopped

## STEP 4: ADD THE SAUCE! [PORTIONS VARY]

### FRUITS [1 SERVING = 1 FRUIT]

- Tomato sauce, 1 cup
- Marinara sauce (low-fat), 1 cup

### HEALTHY FATS [1 SERVING = 1 HEALTHY FAT]

- Pesto, 4 tsp.
- Creamy sauce (such as Alfredo, vodka, cheese), 3 Tbsp.

## STEP 5: ADD SOME FLAVOR [FREE]

- Fresh herbs (basil, cilantro, parsley, chives, tarragon, etc.)
- Red pepper flakes
- Hot sauce
- Fresh chopped garlic

## SUGGESTED COMBINATIONS:

1. **Shrimp and Red Bell Pepper Pesto** – 1 cup whole-grain pasta, ¾ cup cooked shrimp, 1 cup sliced red bell pepper, 4 tsp. pesto

■ 2 Carbs, ■ 1 Protein, ■ 1 Veggie, ■ 1 Healthy Fat

2. **Chicken and Broccoli Alfredo** – 1 cup whole-grain couscous, ¾ cup cooked chicken breast, 1 cup chopped broccoli, 3 Tbsp. Alfredo sauce, topped with chopped parsley

■ 2 Carbs, ■ 1 Protein, ■ 1 Veggie, ■ 1 Healthy Fat

3. **Tempeh Primavera** – 1 cup whole-grain pasta, ¾ cup cooked tempeh, ¼ cup sliced red bell pepper, ¼ cup sliced carrots, ¼ cup sliced onions, ¼ cup sliced mushrooms, 1 cup low-fat marinara sauce, topped with fresh sliced basil

■ 2 Carbs, ■ 1 Protein, ■ 1 Veggie, ■ 1 Fruit

4. **Turkey with Cheese Sauce** – 1 cup whole-grain pasta, ¾ cup cooked lean ground turkey, ½ cup string beans, ½ cup sliced mushrooms, 3 Tbsp. cheese sauce, topped with fresh chopped chives

■ 2 Carbs, ■ 1 Protein, ■ 1 Veggie, ■ 1 Healthy Fat



# snacks on-the-go

Just because you're in a rush doesn't mean nutrition should take a back seat. You can combine any of the foods from the lists below to create quick and delicious snack combinations. Just make sure you account for your portions.

## SUGGESTED COMBINATIONS:

1. 1 small whole wheat tortilla filled and wrapped with  $\frac{1}{4}$  cup crumbled goat cheese

■ 1 Carb, ■ 1 Healthy Fat

2.  $\frac{1}{4}$  cup hummus and 1 cup celery

■ 1 Healthy Fat, ■ 1 Veggie

3. 1 cup apple slices and 2 tsp. nut butter

■ 1 Fruit, ■ Oils & Nut Butters

4. 1 cup cucumbers and 6 turkey slices

■ 1 Veggie, ■ 1 Protein

5. 2 hard-boiled eggs and 8 small whole-grain crackers

■ 1 Protein, ■ 1 Carb

6. 3 cups air-popped popcorn and 2 Tbsp. pumpkin seeds

■ 1 Carb, ■ 1 Seed & Dressing

7.  $\frac{1}{4}$  cup mashed avocado and 10 tortilla chips

■ 1 Healthy Fat, ■ 1 Carb

8. 12 raw almonds and  $\frac{1}{2}$  oz dark chocolate

■ 1 Healthy Fat, ■ 1 Carb

9. 8 raw walnut halves and  $\frac{1}{2}$  large banana

■ 1 Healthy Fat, ■ 1 Fruit





# STILL HUNGRY?

## HOW AND WHEN TO +/- FOODS

You can add or subtract food from your diet, or move from one Eating Plan to the other based on your starting point, goals, and intensity of your workouts. The key is to pay attention to how you feel. Your body will tell you if it needs more or less food. But more than anything, the amount you eat should be directly proportional to how active you are.

### STEP 1: ADD (OR SUBTRACT) 1 FRUIT

Fruit is nature's energy food. Loaded with nutrients and relatively filling, it'll keep you energized. If you find yourself lacking energy during your CIZE routine, eat a fruit portion right before or after your workout. If your energy improves, voilà!, you know you need more food. This may be enough, but you also may need more. So try . . .

### STEP 2: ADD (OR SUBTRACT) 1 CARB OR 1 PROTEIN

Carbs are great when you're super-active, but not needed when you're not. So, if you're very active, add a carb portion. If you're not very active and/or heavily modifying the routines, add a protein portion instead. You can also try one and then the other, to see which makes you feel better. Let your workouts guide your diet but choose whichever food gives you the biggest boost.

### STEP 3: ADD (OR SUBTRACT) 1 VEGGIE

You can't really go wrong eating veggies. They are loaded with nutrients and keep you full, so start by adding one portion to any meal and then increase!

### STEP 4: ADD (OR SUBTRACT) 1 PROTEIN OR 1 CARB

If you added a carb portion in Step 2, then add a protein portion here and vice versa if you already added a protein portion. Maintaining a balanced diet is key, so only add one portion from each group at a time.

### STEP 5: ADD (OR SUBTRACT) 1 HEALTHY FAT OR 1 SEED & DRESSING

Both options are high in calories which is the reason they're last on the list, but dietary fat is essential for a balanced diet so don't skip these portions as you add calories. Healthy fat gives you energy and helps you absorb nutrients. As your nutritional needs increase, make sure fats are always well represented.





# FOOD TRACKERS

If you're following one of the Eating Plans, here's a useful tool for keeping track of your daily portions.

You can download more **FREE** copies at [TeamBeachbody.com](http://TeamBeachbody.com). Click on the **GET FIT** tab from the homepage. Then: > **FITNESS TOOLS** > **WORKOUT SHEETS** > **CIZE FOOD TRACKERS**

PORTION EATING CHART								
PLAN A (<150 pounds)								
DAILY FOOD CHART	VEG	FRUIT	PRTN	CARB	FAT	S & D	OIL	
	3	2	4	2	1	1	2	
PLAN B (>150 pounds)								
DAILY FOOD CHART	VEG	FRUIT	PRTN	CARB	FAT	S & D	OIL	
	4	3	4	3	1	1	4	

sample day

DAY: 1	VEGGIES	FRUIT	PROTEIN	CARB	FAT	S&D	OIL	
Meal 1		1	1					1
Meal 2	2		1		1			
Meal 3				1				
Meal 4		1						
Meal 5	1		2	1				1
Total	3	2	4	2	1	1	2	
Water	1	1	1	1	1	1	1	1

DAY:	VEGGIES	FRUIT	PROTEIN	CARB	FAT	S&D	OIL	
Meal 1								
Meal 2								
Meal 3								
Meal 4								
Meal 5								
Total								
Water								

DAY:	VEGGIES	FRUIT	PROTEIN	CARB	FAT	S&D	OIL	
Meal 1								
Meal 2								
Meal 3								
Meal 4								
Meal 5								
Total								
Water								

DAY:	VEGGIES	FRUIT	PROTEIN	CARB	FAT	S&D	OIL	
Meal 1								
Meal 2								
Meal 3								
Meal 4								
Meal 5								
Total								
Water								

DAY:	VEGGIES	FRUIT	PROTEIN	CARB	FAT	S&D	OIL	
Meal 1								
Meal 2								
Meal 3								
Meal 4								
Meal 5								
Total								
Water								



# SHAKE UP YOUR NUTRITION!

There's more than one way to shake it while you dance off the pounds! Add a delicious glass of Shakeology® to your routine—this superfood shake is proven to help curb cravings and boost energy so you can get even better results with CIZE!\*

“ I am extremely happy to have a quick, convenient, and healthy source for breakfast that I do not have time for normally. —Heather B. ”



NOW AVAILABLE IN 6 DELICIOUS FLAVORS

WE SURVEYED NEARLY 3,000 DAILY SHAKEOLOGY DRINKERS AND HERE'S WHAT THEY TOLD US:\*\*

- 93% feel healthier since drinking it.
- 81% feel it has helped them reduce their cravings for junk food.
- 86% experience an increase in their energy levels.

Shakeology is Your Daily Dose of Dense Nutrition®. It's a satisfying shake that is packed with incredible amounts of protein, antioxidants, phytonutrients, prebiotics, enzymes, and many rare superfoods that your body needs to feel and look its best!

**shakeology**  
THE HEALTHIEST MEAL OF THE DAY™



**IT'S OUR BOTTOM-OF-THE-BAG GUARANTEE**  
We're so sure Shakeology will improve your health, we've created an amazing guarantee. Try Shakeology for 30 days and if you don't feel healthier, return it and we'll refund your money (less s&h). Even if the bag is totally empty!

To learn more, contact your Team Beachbody® Coach or visit [ShakeologyCIZE.com](http://ShakeologyCIZE.com).

[facebook.com/shakeology](http://facebook.com/shakeology)

[twitter.com/shakeology](http://twitter.com/shakeology)

[instagram.com/shakeology](http://instagram.com/shakeology)

[youtube.com/shakeology](http://youtube.com/shakeology)

\*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.

\*\*Based on a survey of 2,769 Shakeology users who drank Shakeology 5 or more times per week and exercised 3 times per week.

## FAST-TRACK YOUR CIZE WEIGHT LOSS WITH 3-DAY REFRESH®!



For three days, you'll be drinking shakes and eating clean while you CIZE IT UP with Shaun T! This easy-to-follow nutrition program will help you feel cleaner, lighter, and healthier—all without starving!

### IN 3 DAYS YOU CAN:

- Lose weight fast
- Break the cycle of poor eating habits
- Create new healthy eating habits
- Renew your energy
- Support your CIZE transformation



### THE BEST TIME TO DO THE 3-DAY REFRESH IS:

- Before, during, or after you complete the CIZE program
- When you want to kick-start healthier habits
- When you feel like you've been off track for awhile
- Once a month, to help keep your habits sharp (and your body hot!)

WORK IT with CIZE. REFRESH YOURSELF with the 3-Day Refresh. To get started, contact your Coach or visit [3DayRefreshCIZE.com](http://3DayRefreshCIZE.com) today!

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.





## Take it or Teach it!

You love it at home, now master all-new routines in a live class setting.  
Come CIZE it up front and center in your own dance video.



Learn more at [TRYCIZELIVE.com](http://TRYCIZELIVE.com)

BEACHBODY LIVE!

## TRANSFORMATION TRACKER

### RECORD "BEFORE" STATS

CHEST \_\_\_\_\_  
R. ARM \_\_\_\_\_  
L. ARM \_\_\_\_\_  
WAIST \_\_\_\_\_  
HIPS \_\_\_\_\_  
R. THIGH \_\_\_\_\_  
L. THIGH \_\_\_\_\_

TOTAL INCHES \_\_\_\_\_  
WEIGHT \_\_\_\_\_



### RECORD "AFTER" STATS

CHEST \_\_\_\_\_  
R. ARM \_\_\_\_\_  
L. ARM \_\_\_\_\_  
WAIST \_\_\_\_\_  
HIPS \_\_\_\_\_  
R. THIGH \_\_\_\_\_  
L. THIGH \_\_\_\_\_

TOTAL INCHES \_\_\_\_\_  
WEIGHT \_\_\_\_\_



### RECORD "BEFORE" STATS

CHEST \_\_\_\_\_  
R. ARM \_\_\_\_\_  
L. ARM \_\_\_\_\_  
WAIST \_\_\_\_\_  
HIPS \_\_\_\_\_  
R. THIGH \_\_\_\_\_  
L. THIGH \_\_\_\_\_

TOTAL INCHES \_\_\_\_\_  
WEIGHT \_\_\_\_\_



### RECORD "AFTER" STATS

CHEST \_\_\_\_\_  
R. ARM \_\_\_\_\_  
L. ARM \_\_\_\_\_  
WAIST \_\_\_\_\_  
HIPS \_\_\_\_\_  
R. THIGH \_\_\_\_\_  
L. THIGH \_\_\_\_\_

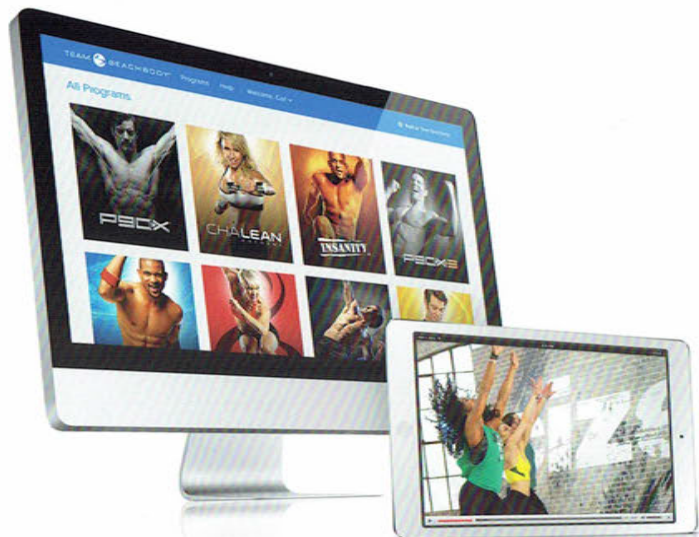
TOTAL INCHES \_\_\_\_\_  
WEIGHT \_\_\_\_\_





# BEACHBODY<sup>®</sup>

NOW STREAM HUNDREDS OF WORKOUTS ANYTIME,  
ANYWHERE WITH BEACHBODY ON DEMAND!



Get the world's most powerful fitness tools at your fingertips—wherever you go, whenever you need them!

Instantly stream your CIZE dance workouts and hundreds of additional workouts stored in the Beachbody On Demand Member Library and get exclusive access to world-class programs, like P90X<sup>®</sup>, INSANITY<sup>®</sup>, and 10-Minute Trainer<sup>®</sup>, from any desktop, laptop, tablet, or mobile device.

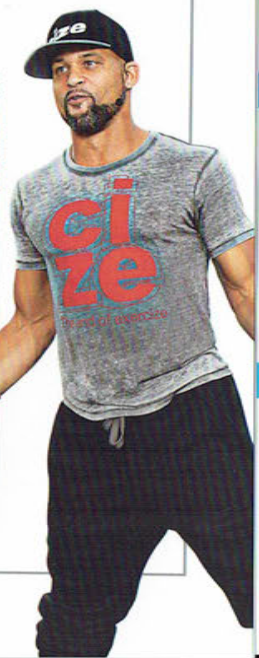
New content will continue to be added. And you can easily search by trainer, type of workout, length of workout, you name it—to find the perfect program for you.

# ON DEMAND

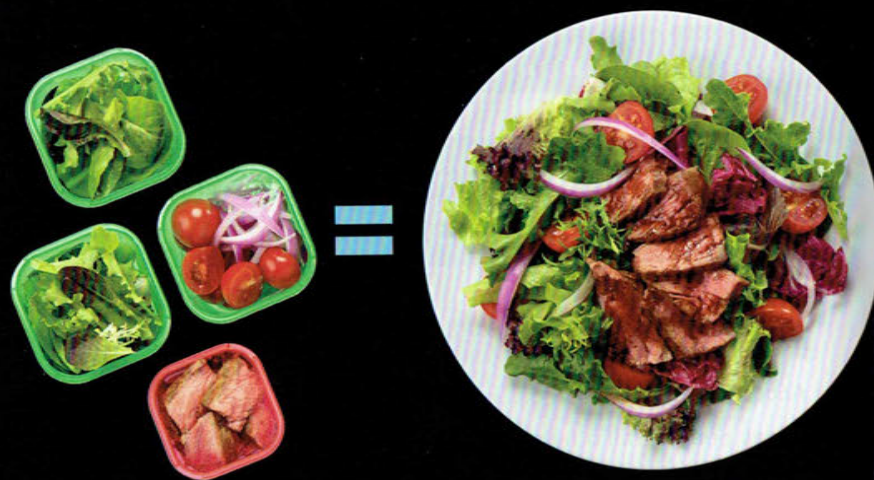
## AN ALL-ACCESS PASS TO BEACHBODY'S PROVEN PROGRAMS

- Access to stream your CIZE workouts along with hundreds of other proven Beachbody workouts, valued at over \$3,000
- Access to exclusive CIZE content
- Sneak peeks at all other new Beachbody programs
- More than just the workouts—you also get step-by-step fitness guides, workout calendars, nutrition plans, and more
- Convenience and flexibility to work out anytime, anywhere

For a **FREE TRIAL** to Beachbody On Demand, contact your Coach or go to **CIZEOnDemand.com**







## GET EVEN BETTER RESULTS WITH PORTION FIX™ — BECAUSE SIZE MATTERS!

CIZE gives you all the right moves, but if you want the best results, your nutrition has to be on point. Portion Fix can help you lose more weight by helping you master portion control and healthier eating habits—without giving up the foods you love!

Portion Fix is designed to work with CIZE's EAT UP! Guide and includes:

- Seven color-coded containers that make it easy to eat the right portions
- A shaker cup to measure your favorite beverages
- Simple recipes designed to be the foundation of your healthy lifestyle
- FREE GIFT: one large blue container for transporting larger meals



TO LEARN MORE, CONTACT YOUR TEAM BEACHBODY® COACH  
OR VISIT [PortionFixCIZE.com](http://PortionFixCIZE.com) TODAY.

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AND A **CHANCE TO WIN**  
**CASH AND PRIZES!**



BEACHBODY  
**CHALLENGE**

FITNESS. NUTRITION. SUPPORT.



Want to get the most from your **CIZE** program?  
The **Beachbody Challenge**® will give  
you the motivation, support, and tools  
you need to get your best results.

With peer support and the chance to win  
cash and prizes, you'll dance off the pounds  
with **CIZE** in no time. Then share your fitness  
transformation to get **FREE CIZE SOCKS**  
and a chance to win over \$100,000!\*

TAKE THE CHALLENGE at [TakeBBChallenge.com](http://TakeBBChallenge.com)

GET  
YOUR  
FREE  
SOCKS

"In the long term, I don't think I could have  
lost the weight and kept it off without the  
support system of the Beachbody Challenge;  
it's been absolutely essential. Winning money  
is just the icing on the cake."

— Lisa J.

Beachbody Challenge Monthly Winner



before



after!

\*Go to [TakeBBChallenge.com](http://TakeBBChallenge.com) for all rules, terms, and conditions. \*Results vary.



## CIZE IT UP IN STYLE!

Now you can rock the fresh looks featured in the CIZE dance workouts! These functional and fashionable threads will help you hit the dance floor, and the streets, in serious style.



To create your new look, contact your Team Beachbody® Coach or visit [CIZEApparel.com](http://CIZEApparel.com) today!

Available styles and sizes may vary.

## Other Beachbody® Products

Once you've danced your way through CIZE, you'll want to keep moving—and improving! Take your results to the next level with these products that we've selected just for you.

### FOCUS T25®



Get an hour's worth of results in 25 minutes a day! Trainer Shaun T gives you everything you need—and nothing you don't. 25 minutes. 5 days a week. 100% results.

Retail Price	\$119.85
Club Price	\$107.87
Coach Price	\$89.89

### INSANITY MAX:30™



30 minutes a day. INSANE results. You won't need equipment for INSANITY MAX:30—just the will to dig a little deeper and go one minute longer each day, for the best results of your life!

Retail Price	\$119.85
Club Price	\$107.87
Coach Price	\$89.89

### 21 DAY FIX®



Got an event coming up and need to look your best, fast? For 21 days, follow this unique portion-control system combined with easy-to-follow 30-minute workouts that fit into your busy schedule. Simple fitness. Simple eating. Fast results.

Retail Price	\$59.85
Club Price	\$53.87
Coach Price	\$44.89

### PIYO®

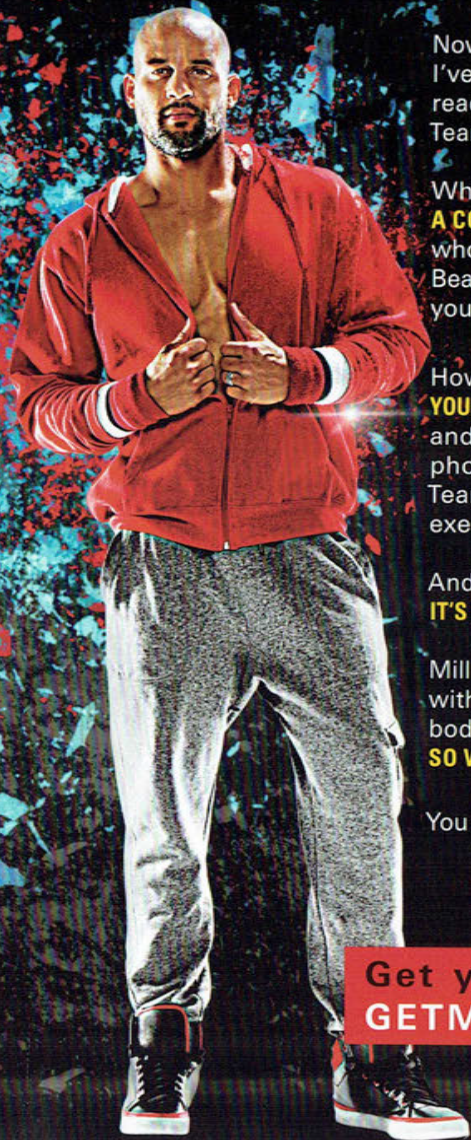


Define every inch of your body without bulking up or straining your joints! Chalene Johnson's low-impact, high-intensity workout gives you strength training, flexibility, and cardio—all at once!

Retail Price	\$59.85
Club Price	\$53.87
Coach Price	\$44.89



# GET A **FREE COACH** TO HELP YOU SUCCEED!



Now that you're part of the CIZE crew, I've got simple advice to help you reach your fitness goals. Get a Team Beachbody® Coach.

What's a 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.

How can a Coach help?  
**YOUR COACH WILL HELP KEEP YOU MOTIVATED,** and stay in touch online or over the phone. They'll also set you up on TeamBeachbody.com for the best exercise advice and nutrition tips.

And here's the best part:  
**IT'S FREE. IT COSTS YOU ABSOLUTELY NOTHING**

Millions of people have been partnered with their Coaches to get the kinds of bodies that get noticed.

**SO WHAT ARE YOU WAITING FOR?**

You can do this!

*Shaun T*


Get your Coach today at  
**GETMYFREECOACH.COM**

eat  
like you love yourself



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THE HEALTHIEST MEAL OF THE DAY™





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 breast feeding, please make sure you consult your medical provider before starting this nutrition plan. If you start to feel light-headed or experience other discomfort while following this plan, you should stop and add water and food to your diet.

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