

# *21 day* **FIX**®



## **EATING PLAN**

You're closer than  
you think.  
And you get closer  
every day.

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# INTRODUCTION

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Losing weight doesn't need to be difficult. In fact, it can be easy if you do it right—exercise regularly and eat a moderate diet filled with healthy, delicious foods. Follow these two practices and the pounds can melt away.

The trick is figuring out what those healthy foods are and how much to eat. That's why we came up with the 21 Day Fix® Eating Plan. It's a straightforward and easy system that uses *seven color-coded portion-control containers* and a nutrient-rich food plan based on the proven balance of roughly 40% carbohydrates, 30% protein, and 30% fat, to help generate serious weight loss and give you the energy you need to get the most out of your workouts.



## GETTING STARTED WITH 21 DAY FIX

Learn how to calculate your weight loss calorie target to find the right 21 Day Fix Container Plan for you, as well as the daily Tally Sheets that will help you keep track of your container portions each day. Also in this section is a simple-to-follow Beachbody® HQ Eating Plan, which will tell you exactly what to eat for the first three days to help you get the hang of it.

## 21 DAY FIX CONTAINER FOOD GROUPS

Find all the healthy and nutritious foods you can fill your seven color-coded containers with. You'll also find information on occasional treats and beverages, as well as Frequently Asked Questions.

## 21 DAY FIX RECIPES

Delicious, healthy recipes designed to work perfectly with the 21 Day Fix Containers, including sweet treats and **Shakeology®!**

A delicious superfood supplement shake, **Shakeology** can help you lose weight, reduce your junk-food cravings, and provide healthy energy.\* Drinking daily with 21 Day Fix or any healthy program is a powerful way to feed the body dense nutrition.

*\*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.*

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# HOW

## 21 DAY FIX WORKS

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The key to success with the 21 Day Fix is to think inside the box—or rather the seven color-coded containers and Shakeology shaker cup. For the next 21 days you'll be using these containers to portion and even transport your meals.

No need for calorie-counting or kitchen scales. With these containers, figuring out what to eat each day is a breeze.

*Place the color-coded stickers included in this kit on the corresponding container to help you remember which food groups go into which containers.*



THESE LITTLE SQUARES IN THE CONTAINER PLAN CORRESPOND WITH THE FOOD CONTAINER OF THE SAME COLOR.

-  ..... Veggies
-  ..... Fruits
-  ..... Proteins
-  ..... Carbs
-  ..... Healthy Fats
-  ..... Seeds & Dressings



## FIND THE 21 DAY FIX CONTAINER PLAN THAT'S RIGHT FOR YOU

To find the right plan for you, you'll need to figure out your calorie target for weight loss in three simple steps:

1. First take your current weight in pounds and multiply by 11 to find your caloric baseline:

$$\boxed{\phantom{00000}} \times 11 = \boxed{\phantom{00000}}$$

WEIGHT (LBS.)  CALORIC BASELINE

2. Then add 400 (your Fix calorie burn) to your caloric baseline:

$$\boxed{\phantom{00000}} + 400 = \boxed{\phantom{00000}}$$

CALORIC BASELINE  MAINTENANCE CALORIES


3. Finally subtract 750 (caloric deficit) from your maintenance calories:

$$\boxed{\phantom{00000}} - 750 = \boxed{\phantom{00000}}$$

MAINTENANCE CALORIES  CALORIE TARGET

Then find the 21 Day Fix Container Plan that corresponds with your calorie target. So if your calorie target is 1,300, you'll use **Plan A**.

The number of containers you need each day are listed with a corresponding colored square. For example, if you are on **Plan A**, you can have 3 Green Container portions a day.

The plans also include daily teaspoon-sized portions of oil and/or nut butters—just look for the  symbol. The 21 Day Fix doesn't include an actual teaspoon, so just use any standard teaspoon.



## 21 DAY FIX CONTAINER PLANS

Calorie Target Range	1,200–1,499 calories	1,500–1,799 calories	1,800–2,099 calories	2,100–2,299 calories
21 Day Fix Container Plan	PLAN A	PLAN B	PLAN C	PLAN D
YOUR NUMBER OF CONTAINERS PER DAY				
 Veggies	3	4	5	6
 Fruits	2	3	3	4
 Proteins	4	4	5	6
 Carbs	2	3	4	4
 Healthy Fats	1	1	1	1
 Seeds & Dressings	1	1	1	1
 Oils & Nut Butters	2	4	5	6

The 21 Day Fix Container Plan is designed to be flexible—so it works within a rough daily calorie range. Although the actual calories that you eat day-to-day can vary, you will still see results!

**MODIFICATIONS:** If your number is less than 1,200, round up to 1,200. If it's more than 2,299, round down to 2,299.

# TALLY SHEETS

To help you track your 21 Day Fix Container Plan portions throughout the day, the following pages contain 7 days of Tally Sheets.

First fill in the Container Plan guide at the top of the page with your specific plan and the number of containers you can fill each day.

EXAMPLE

21 DAY FIX CONTAINER PLAN: <b>PLAN A</b>							
CONTAINERS	VEGGIES	FRUITS	PROTEINS	CARBS	HEALTHY FATS	SEEDS & NUTS	OILS & BUTTERS
		3	2	4	2	1	1








Then track each container that you fill throughout the day. For example, if you had one Green Container at meal 2 and two Green Containers at meal 5 you would mark your Tally Sheet like the example below, for a total of 3 Green Containers for the day.








EXAMPLE








DAY	VEGGIES	FRUITS	PROTEINS	CARBS	HEALTHY FATS	SEEDS & NUTS	OILS & BUTTERS	WATER
1								
MEAL 1		1	1					
MEAL 2	1						1	
MEAL 3		1	1	1				
MEAL 4					1			
MEAL 5	2		1	1				
MEAL 6						1	1	
TOTAL	3	2	4	2	1	1	2	
Water	1	1	1	1	1	1	1	1








And don't forget to hydrate. (That's why we've provided the eight water slots at the bottom of the Tally Sheet each day!)








Print additional copies of the Tally Sheets for food planning at [21DayFixHub.com](http://21DayFixHub.com).








21 DAY FIX CONTAINER PLAN:							
CONTAINERS							
	VEGGIES	FRUITS	PROTEINS	CARBS	HEALTHY FATS	SEEDS & DRESSINGS	OILS & NUT BUTTERS








DAY							
	VEGGIES	FRUITS	PROTEINS	CARBS	HEALTHY FATS	SEEDS & DRESSINGS	OILS & NUT BUTTERS
MEAL 1							
MEAL 2							
MEAL 3							
MEAL 4							
MEAL 5							
MEAL 6							
TOTAL							
WATER							








DAY							
	VEGGIES	FRUITS	PROTEINS	CARBS	HEALTHY FATS	SEEDS & DRESSINGS	OILS & NUT BUTTERS
MEAL 1							
MEAL 2							
MEAL 3							
MEAL 4							
MEAL 5							
MEAL 6							
TOTAL							
WATER							

DAY							
	VEGGIES	FRUITS	PROTEINS	CARBS	HEALTHY FATS	SEEDS & DRESSINGS	OILS & NUT BUTTERS
MEAL 1							
MEAL 2							
MEAL 3							
MEAL 4							
MEAL 5							
MEAL 6							
TOTAL							
WATER							

DAY							
	VEGGIES	FRUITS	PROTEINS	CARBS	HEALTHY FATS	SEEDS & DRESSINGS	OILS & NUT BUTTERS
MEAL 1							
MEAL 2							
MEAL 3							
MEAL 4							
MEAL 5							
MEAL 6							
TOTAL							
WATER							

DAY							
	VEGGIES	FRUITS	PROTEINS	CARBS	HEALTHY FATS	SEEDS & DRESSINGS	OILS & NUT BUTTERS
MEAL 1							
MEAL 2							
MEAL 3							
MEAL 4							
MEAL 5							
MEAL 6							
TOTAL							
WATER							

DAY							
	VEGGIES	FRUITS	PROTEINS	CARBS	HEALTHY FATS	SEEDS & DRESSINGS	OILS & NUT BUTTERS
MEAL 1							
MEAL 2							
MEAL 3							
MEAL 4							
MEAL 5							
MEAL 6							
TOTAL							
WATER							

DAY							
	VEGGIES	FRUITS	PROTEINS	CARBS	HEALTHY FATS	SEEDS & DRESSINGS	OILS & NUT BUTTERS
MEAL 1							
MEAL 2							
MEAL 3							
MEAL 4							
MEAL 5							
MEAL 6							
TOTAL							
WATER							

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# BEACHBODY HQ EATING PLAN

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The 21 Day Fix is all about giving you the freedom to create a meal plan that works with your tastes and your budget. But if you need some help getting started, we've provided a menu of three sample days on the 21 Day Fix Eating Plan as used by many of us at Beachbody Headquarters.

Pick out the foods that interest you from the Container Food Groups (page 16), then consult page 7 to see how many containers of each you'll need according to your 21 Day Fix Container Plan.



Day 1



Day 21†

"Yeah. I did it. Lost 12 pounds in 21 days. Pretty pleased too! The next 3 pages are the menus I used."

—Carl Daikeler, Beachbody CEO

A handwritten signature in black ink that reads "Carl Daikeler". The signature is written in a cursive, flowing style.

## Beachbody HQ Eating Plan

### 3 Sample Days

The colored dots indicate which container group these foods come from, but not the amount you should eat. In order to figure out how much to eat, take a look at your Container Plan on page 7. The grey dot indicates the Teaspoon group. No dot at all indicates a **FREE FOOD**.

#### 7:00 AM BREAKFAST: CHOOSE ONE

- Hard-boiled eggs
- Cooked oatmeal, steel-cut with ground cinnamon
- Sliced apples

..... OR .....

- 1% Greek yogurt sprinkled with ground cinnamon
- Cereal, whole-grain
- Blueberries

..... OR .....

- Turkey bacon
- Bread, whole-grain
- Strawberries



#### 10:00 AM SNACK 1 – SHAKEOLOGY: CHOOSE ONE

Water

- **Shakeology**
- Natural peanut or almond butter

..... OR .....

Water

- **Shakeology**
- Avocado
- Coconut extract

..... OR .....

Water

- **Shakeology**
- Sunflower seed butter
- Ground cinnamon



# Beachbody HQ Eating Plan

## 3 Sample Days

### 12:30 PM LUNCH: CHOOSE ONE

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- Mixed salad (lettuce, cucumbers, tomatoes, bell peppers)
- Grilled chicken breast cooked in •olive oil and sprinkled with a Seasoning Mix (see pg. 46)
- Cooked quinoa

.....OR.....

- Grilled salmon cooked in •olive oil and sprinkled with a Seasoning Mix (see pg. 46)
- Roasted asparagus topped with •sesame seeds
- Sliced carrots
- Cooked lentils sprinkled with dried oregano

.....OR.....

- Grilled tempeh cooked in •olive oil and sprinkled with a Seasoning Mix (see pg. 46)
- Steamed snow peas
- Steamed broccoli sprinkled with a Seasoning Mix (see pg. 46)
- Cooked brown rice topped with •sunflower seeds and sprinkled with chopped fresh cilantro





## Beachbody HQ Eating Plan

### 3 Sample Days



#### 3:30 PM SNACK 2: CHOOSE ONE

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- Raw whole almonds  
.....OR.....
- Hummus spread on a lettuce leaf  
.....OR.....
- Avocado drizzled with balsamic vinegar



#### 6:00 PM DINNER: CHOOSE ONE

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- Grilled flank steak using a Seasoning Mix (see pg. 46) as a rub
- Cooked carrots with smoked paprika  
.....OR.....
- Grilled chicken breast sprinkled with a Seasoning Mix (see pg. 46)
- Steamed kale sprinkled with a Seasoning Mix (see pg. 46)  
.....OR.....
- Grilled veggie burger patty sprinkled with a Seasoning Mix (see pg. 46)
- Steamed summer squash (zucchini) sprinkled with a Seasoning Mix (see pg. 46)

Find more sample meal plans on the 21 Day Fix Hub at [21DayFixHub.com](http://21DayFixHub.com).

# THE 21 DAY FIX CONTAINER FOOD GROUPS

The 3 sample days you just saw should give you a good idea of how it works. But to make this a lifestyle, you need more than that. Here is a more complete list of foods you can choose during the 21 Day Fix. There's a huge variety of foods, so pick what you love (or at least like), fill your containers according to your 21 Day Fix Container Plan, and go for it! A few important things to note before you get started:

- *The foods on each list are arranged according to nutritional value—the higher up on the list, the more nutritionally beneficial the food!*
- *Many foods are listed with specific measurements/amounts (10 asparagus spears, for example), but if there's no amount, just fill the container to the point that you can still fit the lid on it.*
- *The 21 Day Fix Container Food Groups are based on food groups (vegetables, fruits, etc.) as well as macronutrient groups (fats, proteins, and carbohydrates) for a healthy and balanced diet. Many foods can feature different combinations of these macronutrients, so we've categorized them based on how they best fit into the 21 Day Fix Eating Plan.*



**STRATEGY FOR STAYING ON TRACK:**

*After you measure your portions, it's a great idea to transfer the food to your own plates so you'll be better able to "eyeball" what healthy portions should look like. Portions tend to expand over time with just the "eyeball" method, so keep the containers for a good refresher if you start to see your progress going in the other direction.*

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# GREEN CONTAINER

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## VEGGIES



- Kale, **cooked or raw**
- Watercress, **cooked or raw**
- Collard greens, **cooked or raw**
- Spinach, **cooked or raw**
- Brussels sprouts, **chopped or 5 medium**
- Broccoli, **chopped**
- Asparagus, **10 large spears**
- Beets, **2 medium**
- Tomatoes, **chopped, cherry, or 2 medium**
- Tomatillos, **chopped or 3 medium**
- Pumpkin (regular or West Indian), **chopped**
- Squash (summer), **sliced**
- Chayote squash, **chopped**
- Winter squash (all varieties), **cubed**
- String beans
- Peppers (sweet), **sliced**
- Poblano chiles, **chopped**
- Banana peppers, **3 medium**
- Carrots, **sliced or 10 medium baby**
- Cauliflower, **chopped**
- Artichokes, **½ large**
- Eggplant, **½ medium**
- Okra
- Cactus (nopales), **sliced**
- Jicama, **sliced**
- Snow peas
- Cabbage, **chopped**
- Cucumbers
- Celery
- Lettuce
- Mushrooms
- Radishes
- Onions, **chopped**
- Sprouts

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# PURPLE CONTAINER

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## FRUITS



- Raspberries
- Blueberries
- Blackberries
- Strawberries
- Pomegranate, **1 small**
- Guava, **2 medium**
- Starfruit, **2 medium**
- Passion fruit, **3 fruits**
- Watermelon, **chopped**
- Cantaloupe, **chopped**
- Orange, **divided into sections or 1 medium**
- Bitter orange, **1 medium**
- Tangerine, **2 small**
- Apple, **sliced or 1 small**
- Apricots, **4 small**
- Grapefruit, **divided into sections or ½ large**
- Cherries
- Grapes
- Kiwifruit, **2 medium**
- Mango, **sliced**
- Peach, **sliced or 1 large**
- Nectarine, **sliced or 1 large**
- Pear, **sliced or 1 large**
- Pineapple, **chopped**
- Banana, **½ large**
- Green banana, **½ large**
- Dwarf red banana, **1 extra-small**
- Breadfruit, **⅛ small**
- Papaya, **chopped**
- Figs, **2 small**
- Honeydew melon, **chopped**
- Salsa (bottled)
- Tomato sauce (plain or marinara)

USING THE CONTAINERS



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# RED CONTAINER

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**A NOTE ABOUT EGGS:**

*Generally we recommend eating whole eggs. The whites alone are great if you're focusing on protein, but the yolks, while mostly fat, are nutrient-dense, making them an important part of your diet.*





## PROTEINS



- Sardines (fresh or canned in water), **7 medium**
- Boneless, skinless chicken or turkey breast, **cooked, chopped**
- Duck breast, **cooked, chopped**
- Squab, **cooked, chopped**
- Goat, **cooked, chopped**
- Lean ground chicken or turkey ( $\geq 93\%$  lean), **cooked**
- Fish, fresh water (catfish, tilapia, trout), **cooked, flaked**
- Fish, cold water, wild-caught (cod, salmon, halibut, tuna), **cooked, flaked**
- Game: buffalo (bison, ostrich, venison, rabbit), **cooked, chopped**
- Game: lean ground ( $\geq 95\%$  lean), **cooked**
- Eggs, **2 large**
- Egg whites, **8 large**
- Greek yogurt, plain, 1%
- Yogurt, plain, 2%
- Shellfish (shrimp, crab, lobster), **cooked**
- Clams, canned, **drained**
- Octopus, **cooked, chopped**
- Squid, **cooked, chopped**
- Red meat, extra-lean, **cooked, chopped**
- Lean ground red meat ( $\geq 95\%$  lean), **cooked**
- **Shakeology, 1 scoop**
- Tempeh
- Tofu, **firm**
- Pork tenderloin, **cooked, chopped**
- Tuna (canned light in water), **drained**
- 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
- Cottage cheese, 2%
- 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 (minimally processed), reduced-fat, **4 slices**

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# YELLOW CONTAINER

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## CARBS



- Sweet potato, **chopped**
- Yams (regular, white, tropical [batata]), **chopped**
- Plantains, **sliced or ½ medium**
- Quinoa, **cooked**
- Beans (kidney, black, garbanzo, white, lima, fava, pink, pigeon [gandules], etc.), **cooked, drained**
- Lentils, **cooked, drained**
- Edamame, **shelled**
- Cassava (yuca), **2 oz.**
- Peas
- Refried beans, nonfat
- Brown rice, **cooked**
- Wild rice, **cooked**
- Potato, **mashed or ½ medium**
- Corn on the cob, **1 ear**
- Amaranth, **cooked**
- Millet, **cooked**
- Buckwheat, **cooked**
- Barley, **cooked**
- Bulgur, **cooked**
- Oatmeal, steel-cut, **cooked**
- Oatmeal, rolled, **cooked**
- Hominy, **cooked**
- Pasta, whole-grain, **cooked**
- Couscous, whole wheat, **cooked**
- Crackers, whole-grain, **8 small crackers**
- Cereal, whole-grain, low sugar
- 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)\***

\*These food items don't fit in the containers, so just use the indicated amount.

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BLUE  
CONTAINER

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## HEALTHY FATS

- 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
- Coconut milk (canned)
- Feta cheese, **crumbled**
- Goat cheese, **crumbled**
- Mozzarella (low-moisture), **shredded**
- Cheddar, **shredded**
- Provolone, **shredded**
- Monterey jack, **shredded**
- Parmesan, **shredded**
- Cotija cheese, **crumbled**
- Oaxaca cheese, **crumbled**
- Queso fresco, **crumbled**



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# ORANGE

## CONTAINER

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## SEEDS AND DRESSINGS

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- Pumpkin seeds, **raw**
- Sunflower seeds, **raw**
- Sesame seeds, **raw**
- Flaxseed, **ground**
- Olives, **10 medium**
- Peanuts, **dry roasted**
- Coconut, unsweetened, **shredded**
- **DRESSINGS** (see page 60)

### Which dressings go in the Orange Container?

Ideally, you would use Fix-approved dressing recipes, but sometimes that can't happen. If you're using a bottled dressing, oil-based dressings tend to be healthier than creamy dressings, but frankly, we're just happy you're eating salad! Either way, make sure to read the label and avoid dressings filled with sugar or dozens of mysterious chemicals.

*For healthy dressing recipes, watch Autumn and her chef brother Bobby's FIXATE cooking show on Beachbody On Demand.*





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# TEASPOON\*

## Oils & Nut Butters

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

\* Teaspoon not provided. Please use your own.





# SUBSTITUTIONS

## BEVERAGES

Three times a week, you can replace one of your Yellow Container portions with a beverage from the list below. To do this, fill the provided shaker cup (not the Yellow Container) to the fluid ounce mark indicated below for that beverage and check off a Yellow Container portion on your Tally Sheet.

## BEVERAGES

- Milk, cow's, nonfat or 1%, **8 fl. oz.**
- Soy milk,  
unsweetened, **8 fl. oz.**  
sweetened, **6 fl. oz.**
- Almond milk,  
unsweetened, **16 fl. oz.**  
sweetened, **8 fl. oz.**
- Coconut water, **16 fl. oz.**
- Coconut milk beverage (from a carton, not canned),  
unsweetened, **12 fl. oz.**  
sweetened, **8 fl. oz.**
- Fresh fruit juices, **8 fl. oz.**
- Rice milk, original or vanilla, **6 fl. oz.**
- Wine, **4 fl. oz.**



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# SUBSTITUTIONS

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## TREATS

Three times a week, you can replace a Yellow Container with a treat. Just use the matching container (orange container or yellow container) next to the treat of your choice to measure your treat. *However, you'll still check a Yellow Container off your Tally Sheet.*

For example, if you decide to indulge in a few well-earned chocolate-covered raisins, fill the Orange Container with your treat, but check a Yellow Container off your Tally Sheet.

Dried fruit medley ■

Chocolate chips or chunks, dark (½ orange) ▲

Potato chips, plain kettle ■

Tortilla chips, plain corn ■

Chocolate-covered raisins ■

Chocolate-covered almonds, 6 pieces

2 Banana Oatmeal Cookies (see page 65)

1 Double Chocolate Cookie (see page 64)

2 Oatmeal Cookies with Chocolate Morsels and Toasted Pecans (see page 67)

1 **Shakeology** Chocolate Peanut Butter Snack Bar (see page 66)

Popcorn Mix with Raisins, Almonds, and Dried Fruit (see page 67) ■



Want more delicious Fix-approved treat recipes? Watch Autumn's Fixate cooking show on [BeachbodyOnDemand.com](http://BeachbodyOnDemand.com).



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# FREE FOODS

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## WATER

It would be hard to overstress the importance of staying hydrated. Up to 60% of the human body is water. It plays a vital role in flushing toxins out of your system and delivering nutrients. And it helps you feel full—which is especially important when you're watching your portions.

We recommend you drink your body weight, divided by two, in ounces. So if you weigh 180 pounds, that would be  $180 \div 2 = 90$ . That's 90 ounces of water, every day.



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# FREE FOODS

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## WATER BAR

To help you stay properly hydrated, we've created the Water Bar. Here you can find great ways to make your plain water more interesting.

To help you get started, here are a few of our favorite water recipes:

- **THE REFRESHINATOR**

Ice water with fresh mint leaves and a lime wedge.



- **THE DIGESTIF**

Sparkling water with two lemon slices and a half teaspoon of grated ginger.



- **CRAZY FOR CUCUMBER**

Ice water with 2 to 3 thin cucumber slices.

- **ROSEMARY, BABY!**

Ice water with watermelon cubes and a sprig of rosemary.



- **FRUITY PATOOTY**

Ice water with orange, kiwi, and strawberry slices.

## BEACHBODY WATER BAR

### MIXERS

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



### MIX-INS

#### FRUITS / VEGGIES

- Lemon wedges
- Lime wedges
- Orange slices
- Strawberry slices
- Kiwi slices
- Mango slices
- Pineapple slices
- Cucumber slices
- Frozen grapes
- Watermelon cubes
- Honeydew melon cubes
- Blueberries
- Raspberries
- Splash of fruit juice: cranberry, orange, grapefruit

#### HERBS / SPICES

- Mint leaves
- Basil
- Grated ginger
- Rosemary
- Tarragon
- Cinnamon

USING THE CONTAINERS





**A NOTE ABOUT SHAKEOLOGY FOCUSED ENERGY BOOST:**

*For an effective pick-me-up, try adding it to a shake or even a glass of water. It's convenient when you're short on time and on-the-go! See page 73 to learn more!*

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# FREE FOODS

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## THE TEA & COFFEE BAR

Both of these drinks are filled with antioxidants, meaning they can combat the symptoms of stress—and they also have a “slight” fat-burning effect.

Ideally, you’d drink your coffee black and your tea plain. “Tea” by our definition includes decaf, herbal, and UNSWEETENED iced tea. It doesn’t include most powdered, canned, and bottled “tea” beverages.

But if you’d like to add a little “something” to your coffee or tea, here are some ideas—and some guidelines as to how much coffee or tea you can drink and some items to stay away from:

### **UNLIMITED** COFFEE OR TEA FLAVOR ADDITIVES:

- Cinnamon
- Lemon
- Pumpkin spice
- Nutmeg

### **ONE OR TWO 8-OUNCE CUPS** OF COFFEE OR TEA PER DAY WITH THESE FLAVOR ADDITIVES:

- 1–2 Tablespoons low-/nonfat milk
- 1–2 teaspoons raw sugar, honey, molasses, maple syrup, agave syrup, or stevia

### **STAY AWAY FROM:**

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

# FREE FOODS

## SEASONINGS AND CONDIMENTS

Use as much of these “Free Foods” as you’d like to enhance the flavors of the other foods that you’ll be eating on this plan—luckily the calories are fairly inconsequential. If you really want to add some serious flavor, take a look at the 21 Day Fix Seasoning Mixes on pages 46 and 47.

- Lemon and/or lime juice (not lemonade)
- Vinegars (cider, white wine, or red wine)
- Mustard
- Herbs (fresh and dry)
- Spices (except salt)
- Garlic
- Ginger
- Hot sauce (Only Tabasco or Mexican hot sauces that contain little-to-no salt or sugar)
- Flavor extracts (pure vanilla, peppermint, almond, coconut, etc.)
- 21 Day Fix SEASONING MIXES (see pages 46–47)





# SUPPLEMENTS

## BEACHBODY PERFORMANCE™ AND THE 21 DAY FIX

Want faster results? Balanced diet and exercise will take you a long way toward results, but adding proper supplementation can only help. That's why we recommend including the cutting-edge science of Beachbody Performance, specifically **Energize** and **Recover**, just once a day into your 21 Day Fix program.

*Take **Energize** before your workout.* It is formulated with beta-alanine, low-dose caffeine, and quercetin, ingredients that help you work out harder, sharpen your focus, and put off muscle fatigue.\*

*Then take **Recover** after your workout.* It provides 20 grams of fast-, intermediate-, and slow-release proteins for a more rapid and sustained supply of nutrients to help promote muscle growth and help reduce muscle breakdown.\*

Working these two supplements into the 21 Day Fix is simple. Just take them in *addition* to the portions in your Eating Plan, and that's it. **Energize** and **Recover** are not counted against any containers in your Eating Plan!

Why? Because Beachbody Performance is considered "targeted calories" taken at specific times and under specific circumstances. Their calories are used efficiently so we don't add them to your 21 Day Fix Eating Plan daily total. Beachbody Performance can help you get better results—faster!

To learn more about the science behind Beachbody Performance, go to [BeachbodyPerformance21DF.com](http://BeachbodyPerformance21DF.com).

*\*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.*



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# FAQ

## Frequently Asked Questions

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### **How should I be spacing out my meals? How often should I be eating?**

- Try to spread your eating across three meals and two snacks roughly 2–3 hours apart. Utilize a variety of containers with breakfast, lunch, and dinner, and use the snacks for whatever containers you missed. This helps improve nutrient absorption and keeps your energy levels steady.
- Eat breakfast within an hour of waking up. Or if you work out first thing, eat it within 15 minutes of completing your workout to promote recovery.

### **Do I have to eat all that food?**

One thing you might notice about healthy food is that it has a lot more volume than sugar-, salt-, and fat-dense junk food. If you're not used to it, you may find yourself filling up quickly. That's okay. Just eat what you can. But if you aren't going to finish all your containers, make a point of eating a little from all of the containers or rotating the ones you skip each day.

### **What do I do once I reach my goal weight? How do I stay on the 21 Day Fix Eating Plan and maintain my weight?**

Once you've reached your goal weight, you'll need to increase your calorie level to match the amount you burn each day. To do that, you'll need to calculate your Maintenance Calories and use those to find your new 21 Day Fix Container Plan for weight maintenance.










### Here are a couple calculations to help you do this.

- If you plan to continue with a program like the 21 Day Fix or to exercise at a moderate level, revisit the calculator on page 6, but skip step 3 (subtracting the calorie deficit).
- If you plan to increase your exercise intensity or maybe take on any of Beachbody's more demanding programs, such as P90X® or INSANITY®, add 700 calories instead of 400 for your calorie burn.

Then go to the 21 Day Fix Container Plans on page 7 and pick the one that's right for you.

Keep in mind that fit people tend to have faster metabolisms, so if this still isn't enough food, don't hesitate to bump up to the next plan.

If you need to go above 2,300 calories, here's a special chart just for you:

2,300–2,499 calories						
						
7	5	6	5	1	1	7

If you'd like help with your calories, visit the "Expert Advice" section of the Team Beachbody® Message Boards at TeamBeachbody.com. There you can discuss the situation with our knowledgeable, friendly advice staff.

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# EATING OUT WHILE ON 21 DAY FIX

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Ideally, you'll spend the next 21 days eating nothing but foods from the 21 Day Fix Container Food Groups. But occasionally you might find yourself eating at a friend's house or dining out.

The best thing about the 21 Day Fix is that you can enjoy a night out, and still stay on track!

To help you do this we've selected some classic mixed foods, including several restaurant favorites, and worked them into the 21 Day Fix container equivalents.

Here's how to track them on the Tally Sheets:

1. Pick your food from the list on the right.
2. If your choice is listed in green (for example meat lasagna), fill a Green Container with your food. If your choice is NOT listed in green, then serve yourself the amount indicated within the parentheses following that food.
3. The colored squares following your food choice will be the container portions you'll want to check off on your Tally Sheet.

## FOR EXAMPLE:

Meat lasagna:



Let's say you want meat lasagna, fill a Green Container with it. *But check off 2 Yellow Containers and 1 Red Container.* Don't check off a Green Container!

If we've missed your favorite food here, let us know on the Message Boards at [TeamBeachbody.com](http://TeamBeachbody.com). Our expert staff can help you do the container equivalent.

## RESTAURANT FOOD

## PORTIONS TO CHECK OFF

• Cheese pizza (1/4 of 12" pizza).....	● ● ●
• Cheese and vegetable pizza (1/4 of 12" pizza).....	● ● ● ●
• Meat pizza (1/4 of 12" pizza).....	● ● ●
• Meat lasagna.....	● ● ●
• Vegetable lasagna.....	● ● ● ●
• Pasta with meat sauce or meatballs.....	● ● ● ●
• Pasta primavera.....	● ● ● ●
• Sushi roll with fish and veggies (6 pieces).....	● ● ●
• Soups:	
Bean or lentil.....	● ●
Cream.....	● ●
Split pea.....	● ●
Vegetable.....	● ●
Beef or chicken noodle.....	● ●
• Chili with beef.....	● ●
• Vegetarian chili.....	● ● ●
• Chicken or beef and vegetable stir-fry.....	● ● ● ●
• Chicken or beef lo mein.....	● ● ●
• Vegetable lo mein.....	● ● ● ●
• Lean meat tacos (soft corn) with cheese, lettuce, and salsa (2 tacos).....	● ● ● ●
• Small burrito with lean meat, beans, cheese, and salsa (1 small).....	● ● ● ●
• Tuna noodle casserole.....	● ● ●
• Beef or chicken stew.....	● ● ●



## NEVER RUN OUT OF FIX-APPROVED RECIPES

Take advantage of these resources to make continuing your 21 Day Fix lifestyle easy.

### 21 Day Fix Hub

This exclusive online resource gives you:

- Tips on getting started with the container system
- Fix-approved recipes and grocery lists
- Sample meal plans
- Meal prep tips

Go to **[21DayFixHub.com](https://www.21DayFixHub.com)**.

### FIXATE COOKING SHOW

Watch Autumn and her brother Bobby, a professional chef, whip up their favorite Fix-approved recipes on their cooking show Fixate! Watch now on [BeachbodyOnDemand.com](https://www.BeachbodyOnDemand.com)

### FIXATE COOKBOOK

Autumn curated 101 of her favorite recipes to create the Fixate<sup>®</sup> Cookbook. Get your copy today at [FixateCookbook.com](https://www.FixateCookbook.com)!

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# RECIPES

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# SEASONING MIXES

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Here's a fast and easy way to bring your savory foods to life! 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
- A way to spice up ground chicken, turkey, or beef
- A way to flavor rice, lentils, beans, quinoa, and vegetables

*[NOTE: These mixes are all-you-can-eat.]*





## ALL-PURPOSE SEASONING

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



## SMOKY SOUTHWESTERN SEASONING

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- 1 Tbsp. chili powder
- 2 tsp. ground cumin
- 1 tsp. coriander
- ½ tsp. onion powder
- ½ tsp. garlic powder
- ½ tsp. dried oregano
- ½ tsp. smoked paprika
- 1 tsp. sea salt (or Himalayan salt)



## MEDITERRANEAN SEASONING

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- 4 Tbsp. dried parsley, crushed
- 4 tsp. dried onion flakes
- 2 tsp. dried basil, crushed
- 1 tsp. ground oregano
- 1 tsp. ground thyme
- 1 tsp. garlic powder
- 1 tsp. sea salt (or Himalayan salt)
- ¼ tsp. ground black pepper



## ADOBO SEASONING

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- 1 Tbsp. paprika
- 1 Tbsp. coriander
- 1 Tbsp. turmeric
- 1 Tbsp. finely grated lemon peel
- 2 tsp. ground black pepper
- 1 ½ tsp. onion powder
- 1 ½ tsp. dried oregano
- 1 tsp. garlic powder
- 1 tsp. ground cumin
- 1 tsp. saffron
- 1 tsp. sea salt (or Himalayan salt)



# CONTAINER RECIPES

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Here are a variety of simple, healthy recipes designed to work perfectly with the various colored containers.

*NOTE: All Green Container recipes count for  1 Green Container portion and  1 Teaspoon portion.*



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## GREEN CONTAINER

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### **MIXED VEGGIE STIR-FRY**

(Makes 1 serving)

*Container Equivalents (per serving):  1 Green Container and  1 Teaspoon*

1 tsp. olive oil  
¼ cup chopped asparagus spears  
¼ cup chopped red bell pepper  
¼ cup chopped carrots  
¼ cup chopped onions  
½ tsp. Mediterranean Seasoning or All-Purpose Seasoning (see pg. 47)

1. Heat oil in medium skillet over medium heat.
2. Combine asparagus, pepper, carrots, onions, and Seasoning.
3. Cook vegetables in skillet, mixing frequently for 2 to 3 minutes or until tender-crisp.

#### **COOKING TIPS:**

For a Latin-inspired stir-fry, replace asparagus and carrots with chayote squash and cactus (nopales). Lightly season with Adobo Seasoning (see pg. 47).

Add finely chopped fresh ginger from the [SEASONINGS AND CONDIMENTS](#) list to add additional flavor to your veggies.



## SAUTÉED KALE

(Makes 1 serving)

Container Equivalents (per serving):  1 Green Container  
and  1 Teaspoon

- 1 tsp. olive oil
- ¼ cup chopped onion
- 2 cups chopped raw kale
- ½ tsp. All-Purpose Seasoning or Mediterranean Seasoning (see pg. 47)

1. Heat oil in medium skillet over medium heat.
2. Cook onion, stirring frequently for 2 minutes or until translucent.
3. Add kale and Seasoning; continue cooking for 3 to 5 minutes or until kale is wilted.

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## RED CONTAINER

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### **HARD-BOILED EGGS**

(Makes 1 serving, 2 eggs each)

*Container Equivalents (per serving):*  1 Red Container

- 2 large eggs  
Cold water

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


#### **SERVING TIPS:**

Sprinkle eggs with Smoky Southwestern Seasoning (see pg. 47).

Sprinkle eggs with chopped fresh cilantro and chili powder.

### **SCRAMBLED EGGS**

(Makes 1 serving, 2 eggs each)

*Container Equivalents (per serving):*  1 Red Container



- Nonstick cooking spray  
2 large eggs, lightly beaten

1. Heat nonstick skillet lightly coated with spray over medium-low heat. Add eggs; cook, stirring occasionally, for 3 to 5 minutes, or until eggs are set.

#### **COOKING TIPS:**

For Latin-inspired scrambled eggs, add cilantro, green onions, and seeded, chopped jalapeño peppers to lightly beaten eggs before cooking.

Add a dash of All-Purpose Seasoning (see pg. 47) in the lightly beaten egg before cooking.

*NOTE: Some Red Container recipes count for  1 Red Container portion and  1 Teaspoon portion. Others are just one Red Container, so pay attention.*



## **POACHED EGGS**

(Makes 1 serving, 2 eggs each)

*Container Equivalents (per serving):*  1 Red Container

1 cup water  
½ tsp. fresh lemon juice (or white vinegar)  
2 large eggs


1. Place water in medium saucepan and bring to a boil over medium-high heat. Add lemon juice; reduce heat to maintain a gentle boil.
2. Break eggs into a small bowl. Hold bowl close to the water's surface and slip the eggs, one by one, into the water. Cook until whites are completely set and yolks begin to thicken, about 5 minutes. Gently lift eggs out of water; keep warm.

### **SERVING TIP:**

Sprinkle eggs with Smoky Southwestern Seasoning (see pg. 47).

## CUMIN TEMPEH STRIPS

(Makes 1 serving)

Container Equivalents (per serving):  1 Red Container  
and  1 Teaspoon

5 oz. soy tempeh  
1 tsp. olive oil  
1 dash ground cumin  
1 dash smoked paprika  
Sea salt (or Himalayan salt) to taste



1. Cut tempeh into strips; drizzle both sides evenly with oil.
2. Season both sides of tempeh strips evenly with salt, cumin, and paprika.
3. Heat medium skillet over medium heat. Cook tempeh for 2 to 3 minutes on both sides.





## BAKED CHICKEN BREAST

(Makes 1 serving)

Container Equivalents (per serving):  1 Red Container  
and  1 Teaspoon

4 oz. raw chicken breast, boneless, skinless  
1 tsp. olive oil  
Adobo Seasoning or Smoky Southwestern Seasoning  
(see pg. 47) (to taste; optional)

1. Preheat oven to 375° F.
2. Place chicken in ovenproof dish.
3. Drizzle with oil. Season with Adobo Seasoning or Smoky Southwestern Seasoning (if desired).
4. Bake for 15 to 20 minutes or until chicken is no longer pink in the middle and juices run clear.

### COOKING TIPS:

Cooking times may vary depending on the thickness and weight of the chicken breasts. Cook chicken breast for the following times:

3 to 6 oz. – 15 to 20 minutes


7 to 12 oz. – 18 to 25 minutes

13 to 16 oz. – 20 to 30 minutes

You can also season chicken with lemon or lime juice and dry herbs like coriander and oregano. Sprinkle chicken with ½ Blue Container's worth of crumbled Cotija cheese (don't forget to account for ½ Blue Container on your Tally Sheet).

## WHITE FISH

(Makes 1 serving)

Container Equivalents (per serving):  1 Red Container  
and  1 Teaspoon

4 oz. raw white fish (such as cod, tilapia, halibut, etc.)  
1 tsp. olive oil  
Adobo Seasoning or Mediterranean Seasoning  
(see pg. 47) (to taste; optional)

1. Preheat broiler to high.
2. Drizzle with oil. Season with Adobo Seasoning or Mediterranean Seasoning (if desired).
3. Broil fish for about 3 to 4 minutes on each side or until fish is opaque and flakes easily when tested with a fork.

### COOKING TIPS:

Cooking times may vary depending on the thickness and weight of the fish. Cook fish for the following times:

4 to 6 oz. – 5 to 7 minutes on each side

7 to 12 oz. – 6 to 9 minutes on each side

13 to 16 oz. – 7 to 10 minutes on each side

You can also season fish with lemon or lime juice and sprinkle fresh chopped parsley, garlic, and green onion.









## **BEEF**

(Makes 1 serving)

Container Equivalents (per serving):  1 Red Container  
and  1 Teaspoon

- 1 tsp. olive oil
- 1 tsp. Adobo Seasoning or All-Purpose Seasoning (see pg. 47) (optional)
- 4 oz. raw beef (such as flank steak, beef sirloin, beef tri-tip, etc.)

1. Preheat grill or broiler to high.
2. Mix olive oil with Adobo Seasoning or All-Purpose Seasoning (if desired).
3. Rub oil mixture on both sides of beef.
4. Grill or broil beef for about 4 to 5 minutes on each side for medium-rare, or 6 to 7 minutes on each side for medium. Remove from heat; let stand for 5 minutes.

### **COOKING TIPS:**

Cooking times may vary depending on the thickness and weight of the beef. For medium-rare, cook beef for the following times:

- 3 to 6 oz. – 4 to 7 minutes on each side
- 7 to 12 oz. – 6 to 9 minutes on each side
- 13 to 16 oz. – 7 to 10 minutes on each side

You can also season beef with garlic and dry herbs like sage and parsley.

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## YELLOW CONTAINER

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### **BROWN RICE**

(Makes 4 servings)

*Container Equivalents (per serving):*  1 Yellow Container

1 cup dry brown rice

2 cups cold water

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

1. Combine rice, water, salt (if desired), and pepper (if desired) in medium saucepan and bring to a boil over high heat.
2. Reduce heat to maintain a gentle boil; cook, covered, for 50 minutes. Keep covered the entire time or rice will not cook evenly.
3. Remove pan from heat and let rice rest, covered, for 10 minutes. Do not remove lid.
4. Fluff with a fork and serve.

#### **COOKING TIPS:**

For Latin-inspired rice, replace 1 cup water with tomato sauce and add 1 tsp. achiote powder and 1 tsp. Adobo Seasoning (see pg. 47) to cooking water. Continue cooking process as indicated in instructions. Sprinkle rice with fresh chopped cilantro after it's cooked.

Add dried herbs and spices from the **SEASONINGS AND CONDIMENTS** list (see pg. 38) to add flavor and color to your rice.



[ NOTE: All Yellow Container recipes count for  1 Yellow Container portion. ]



## QUINOA

(Makes 4 servings)

Container Equivalents (per serving):  1 Yellow Container

1 cup dry quinoa  
2 cups cold water  
Sea salt (or Himalayan salt) and ground black pepper  
(to taste; optional)

1. Rinse quinoa thoroughly.
2. Combine quinoa, water, salt (if desired), and pepper (if desired) in medium saucepan and bring to a boil over high heat.
3. Reduce heat to maintain a gentle boil; cook, covered, for 15 minutes or until all water has been absorbed.
4. Remove pan from heat and let quinoa rest, covered, for 5 minutes.
5. Fluff with a fork and serve.

### COOKING TIP:

As a convenience, you can cook more rice or quinoa than you need and store the leftovers in the refrigerator for up to 4 days. For a tropical-inspired quinoa dish, cook  $\frac{1}{2}$  chopped onion and 1 garlic clove in 4 tsp. olive oil until tender. Add  $\frac{1}{2}$  cup canned coconut milk and  $1\frac{1}{2}$  cups water; bring to a boil. Add rinsed quinoa, 2 cups kidney beans, and 1 tsp. dried thyme; mix well. Place a whole habanero chile (if desired) in the mixture. Follow steps 3 through 5 above. Don't forget to account for 1 tsp., 1 Yellow Container, and  $\frac{1}{2}$  Blue Container for this tropical quinoa variation.

## LENTILS

(Makes 6 servings)

Container Equivalents (per serving): ■ 1 Yellow Container

1 cup dry brown lentils

1¾ cups water

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

1. Sort through the lentils to make sure there are no small stones. Rinse lentils in colander under cool water.
2. Bring water, salt (if desired), and pepper (if desired) to a boil in a medium saucepan over high heat; add lentils.
3. Bring back to a boil; cover, and reduce heat to maintain a gentle boil. Cook for 20 minutes or until lentils are tender.

### COOKING TIPS:

As a convenience, you can cook more lentils than you need and store the leftovers in the refrigerator for up to 4 days.

For flavored lentils, skip the optional sea salt and pepper and use All-Purpose Seasoning or Smoky Southwestern Seasoning (see pg. 47) after they're cooked.

Add chopped fresh herbs from the [SEASONINGS AND CONDIMENTS](#) list (see pg. 38) to add flavor and color to your lentils.





## BEANS

(Makes 6 servings)

Container Equivalents (per serving): ● 1 Yellow Container

1 cup dry beans

3 cups water

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

1. Sort through the beans to make sure there are no small stones. Rinse beans in colander under cool water.
2. Place beans and water in medium saucepan. Soak for 6 hours or preferably overnight. Drain; discard water.
3. Place beans in large saucepan; add water to cover beans by two inches and salt (if desired) and pepper (if desired). Bring to a boil over high heat. Cover, and reduce heat to maintain a gentle boil; cook for 60 to 90 minutes or until beans are tender.

### COOKING TIPS:

As a convenience, you can cook more lentils or beans than you need and store the leftovers in the refrigerator for up to 4 days.

For flavored beans, skip the optional sea salt and pepper and use the All-Purpose Seasoning or Smoky Southwestern Seasoning (see pg. 47) after they're cooked.

For Latin-inspired cooked beans, skip the optional sea salt and pepper, and add Adobo Seasoning (see pg. 47) and 12 slices chopped turkey bacon while they're cooking. Don't forget to account for ½ Red Container if adding the turkey bacon.

# DRESSINGS

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Salads are a staple of any healthy diet, and these delicious and savory dressings will make your salads come to life. Just pour any of these dressings into an orange container to measure out one serving.

[ NOTE: One serving of each of these dressings satisfies 🍊 1 Orange Container portion. ]

## **BALSAMIC VINAIGRETTE**

(Makes 8 servings, about 2 Tbsp. each)

---

Container Equivalents (per serving): 🍊 1 Orange Container

- 6 Tbsp. balsamic vinegar
- ¼ cup fresh lemon juice
- 1 tsp. raw honey (or pure maple syrup)
- 2 tsp. Dijon mustard
- 6 Tbsp. extra-virgin olive oil

1. Combine vinegar, lemon juice, and honey in a medium bowl; whisk to blend.
2. Stir in mustard; mix well.
3. Slowly add oil while whisking; mix well.

### **TIP/SERVING SUGGESTION:**

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 great drizzled over sautéed veggies, steamed fish, or grilled chicken and beef.*



## CREAMY HERB DRESSING

(Makes 12 servings, about 2 Tbsp. each)

Container Equivalents (per serving):  1 Orange Container

- 1 medium avocado, cut into chunks
- 1 ½ cups nonfat plain Greek yogurt
- 4 Tbsp. finely chopped herbs (like tarragon, parsley, mint, or cilantro)
- 3 Tbsp. fresh lemon juice
- ¼ tsp. sea salt (or Himalayan salt)
- 1 dash ground white pepper
- ⅓ cup extra-virgin olive oil

1. Place avocado, yogurt, herbs, lemon juice, salt, and pepper in a blender; cover. Blend until smooth.
2. Continue blending avocado mixture, slowly adding oil until well blended.
3. Store in the refrigerator, tightly covered, until ready for use.

### TIP/SERVING SUGGESTION:

Store leftover dressing in a covered container in the refrigerator.

*This dressing is wonderful on salads, but also great as a dip for raw vegetables.*



## LEMON TARRAGON VINAIGRETTE

(Makes 6 servings, about 2 Tbsp. each)

Container Equivalents (per serving): ■ 1 Orange Container

- ¼ cup fresh lemon juice
- ¼ cup finely chopped shallot
- 6 fresh tarragon sprigs, leaves removed and chopped, stem discarded
- 4 tsp. Dijon mustard
- ¼ tsp. sea salt (or Himalayan salt)
- ¼ tsp. ground black pepper
- 6 Tbsp. extra-virgin olive oil

1. Combine lemon juice, shallot, tarragon, mustard, salt, and pepper in a medium bowl; whisk to blend.
2. Slowly add oil while whisking; mix well.

### TIP/SERVING SUGGESTION:

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 great drizzled over sautéed veggies, steamed fish, or grilled chicken and beef.*



## DIJON VINAIGRETTE

(Makes 8 servings, about 2 Tbsp. each)

---

Container Equivalents (per serving): 🍊 1 Orange Container

- 3 Tbsp. red wine vinegar
- 3 Tbsp. fresh lemon juice
- 3 Tbsp. Dijon mustard
- 2 cloves garlic, chopped
- ¼ tsp. sea salt (or Himalayan salt)
- ¼ tsp. ground black pepper
- 6 Tbsp. extra-virgin olive oil

1. Combine vinegar, lemon juice, mustard, garlic, salt, and pepper in a medium bowl; whisk to blend.
2. Slowly add oil while whisking; mix well.

### TIP/SERVING SUGGESTION:

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 great drizzled over sautéed veggies, steamed fish, or grilled chicken, beef, and pork.*

## ASIAN CITRUS VINAIGRETTE

(Makes 6 servings, about 2 Tbsp. each)

---

Container Equivalents (per serving): 🍊 1 Orange Container

- ¼ cup 100% orange juice
- ¼ cup rice vinegar
- 2 Tbsp. reduced-sodium soy sauce
- 2 tsp. raw honey
- ½-inch fresh ginger, peeled, finely grated
- ¼ cup sesame oil

1. Combine orange juice, vinegar, soy sauce, honey, and ginger in a medium bowl; whisk to blend.
2. Slowly add oil while whisking; mix well.

### TIP/SERVING SUGGESTION:

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 Asian salads or in a stir-fry, but it's also great drizzled over grilled chicken, beef, and pork.*

# SWEET TREATS

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Sure, you could settle for additive- and preservative-packed, store-bought treats. Or you could invest a few minutes in the kitchen and enjoy these tempting—and pretty darn healthy—homemade goodies that are 21 Day Fix-approved!

## DOUBLE CHOCOLATE COOKIES

(Makes 15 servings, 1 cookie each)

---


Container Equivalents (per serving):  1 Yellow Container

	Nonstick cooking spray
¼ cup	extra-virgin coconut oil, melted
½ cup	unsweetened applesauce
⅓ cup	pure maple syrup
¼ cup	canned lite coconut milk
⅓ cup	coconut flour
¼ cup	whole wheat flour
½ cup	all-natural cocoa powder
¼ cup	semisweet chocolate morsels (or slivered raw almonds, chopped pecans, dried cherries, or raisins)

1. Preheat oven to 350° F.
2. Lightly coat baking sheet with spray. Set aside.
3. Combine coconut oil, applesauce, maple syrup, and coconut milk in a medium bowl; mix well. Set aside.
4. Combine coconut flour, whole wheat flour, and cocoa powder in a small bowl; mix well.
5. Add flour mixture to applesauce mixture; mix until well blended.
6. Add morsels; mix until blended.
7. Drop by heaping Tbsp. onto prepared baking sheet.
8. Bake for 12 minutes or until firm.

### TIP:

For a gluten-free version, substitute ⅓ cup brown rice flour for whole wheat flour.

*NOTE: One serving of these treats replaces a  Yellow Container portion.*



## **BANANA OATMEAL COOKIES**

(Makes 8 servings, 2 cookies each)

*Container Equivalents (per serving):*  1 Yellow Container

	Nonstick cooking spray
1 cup	old-fashioned rolled oats
2 tsp.	ground cinnamon
¼ tsp.	sea salt (or Himalayan salt)
2	ripe medium bananas, mashed
¼ cup	golden raisins
¼ cup	chopped raw walnuts

1. Preheat oven to 350° F.
2. Lightly coat baking sheet with spray. Set aside.
3. Combine oats, cinnamon, and salt in a medium bowl; mix well.
4. Add bananas, raisins, and walnuts; mix well.
5. Drop by heaping Tbsp. onto prepared baking sheet to form 16 cookies; flatten cookies with a spatula.
6. Bake for 14 to 15 minutes or until firm.

## SHAKEOLOGY CHOCOLATE PEANUT BUTTER SNACK BARS

(Makes 24 servings, 1 bar each)

Container Equivalents (per serving):  1 Yellow Container

- 4 scoops Chocolate **Shakeology**
- 2 cups quick-cooking old-fashioned rolled oats
- 1/3 cup chopped raw peanuts
- 1/2 cup golden raisins
- 1 cup unsweetened almond milk
- 1/2 cup all-natural smooth peanut butter

1. Combine **Shakeology**, oats, peanuts, and raisins in a large mixing bowl; mix well.
2. Add almond milk and peanut butter; mix well.
3. Press mixture into 8 x 8-inch baking pan; cover and refrigerate for at least 3 hours.
4. Cut into 24 bars.



## OATMEAL COOKIES WITH CHOCOLATE MORSELS AND TOASTED PECANS

(Makes 8 servings, 2 cookies each)

Container Equivalents (per serving):  1 Yellow Container

	Nonstick cooking spray
1 cup	old-fashioned rolled oats
1 tsp.	ground cinnamon
¼ tsp.	sea salt (or Himalayan salt)
1 cup	unsweetened applesauce
¼ cup	semisweet chocolate morsels
¼ cup	chopped raw pecans, toasted

1. Preheat oven to 350° F.
2. Lightly coat baking sheet with spray. Set aside.
3. Combine oats, cinnamon, and salt in a medium bowl; mix well.
4. Add applesauce, morsels, and pecans; mix well.
5. Drop by heaping Tbsp. onto prepared baking sheet to form 16 cookies; flatten with a spatula.
6. Bake for 14 to 16 minutes or until firm.

## POPCORN MIX WITH RAISINS, ALMONDS, AND DRIED FRUIT

(Makes 4 servings, 1 cup each)

Container Equivalents (per serving):  1 Yellow Container

3½ cups	air-popped popcorn
¼ cup	raisins
2 Tbsp.	whole raw almonds
2 Tbsp.	chopped dried fruit
½ tsp.	sea salt (or Himalayan salt; optional)

1. Combine popcorn, raisins, almonds, dried fruit, and salt (if desired) in a medium bowl; mix well.

### TIP:

Air-popped popcorn can be made using an air-popped popcorn maker or it can be made in the microwave. Place 3 Tbsp. popcorn kernels in a large brown paper bag. Seal bag tightly. Microwave on “high” for 1½ to 2 minutes or until there are 2 seconds between pops.

# SHAKEOLOGY

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**Shakeology** is Your Daily Dose of Dense Nutrition® and your catalyst for change.

This easy-to-make, super-satisfying whole-food based supplement shake provides you superfood ingredients from around the world to feed your body powerful and potent nutrition.

With ingredients like premium proteins, prebiotics, adaptogenic herbs, antioxidants, and superfoods, **Shakeology** is seamlessly incorporated into your 21 Day Fix Eating Plan to help you:\*

- Lose Weight
- Curb Junk-Food Cravings
- Support Healthy Digestion and Regularity
- Provide Healthy Energy



**Shakeology** is Nutrition Simplified.

Learn more and find mouthwatering recipes at [Shakeology.com](http://Shakeology.com).

*\*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.*

# CUSTOMIZE YOUR SHAKEOLOGY

## Base

1 

- Cow's milk, 1% – 8 oz.
- Almond milk, unsweetened – 16 oz.
- Coconut water – 16 oz.

## Shakeology

1 

- 1 scoop of:
- Chocolate • Greenberry
  - Café Latte • Vanilla • Strawberry
  - Tropical Strawberry Vegan
  - Chocolate Vegan

## Greens

1 

- Spinach
- Swiss chard • Arugula
- Romaine lettuce
- Collard greens
- Kale




## Fruits

1 

- Strawberries • Apple
- Kiwi • Mango
- Blackberries • Blueberries
- Banana • Pineapple
- Raspberries

## Fats

1  or 

- Shredded coconut 
- Flaxseed (ground) 
- Nut/seed butters 

## Free foods & Boosts Free

- Ground spices • Grated ginger
- Focused Energy Boost
- Power Greens Boost
- Digestive Health Boost

*Want to see what the Boosts can do for you?  
Learn more on page 73.*

## QUICK & LIGHT:

### CHOCOLATE CHAI

(Makes 1 serving)

---

Container Equivalents (per serving):  1 Red Container



8 fl. oz.	brewed black tea, cooled
1 scoop	Chocolate <b>Shakeology</b>
¼ tsp.	pumpkin pie spice
8 fl. oz.	ice

Place tea, **Shakeology**, pumpkin pie spice, and ice in blender; cover. Blend until smooth.

### CINNAMON DOLCE LATTE SHAKEOLOGY

(Makes 1 serving)

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Container Equivalents (per serving):  1 Red Container  
and  ½ Yellow Container

1 cup	unsweetened almond milk
1 scoop	Café Latte <b>Shakeology</b>
1 tsp.	ground cinnamon
1 cup	ice

Place milk, **Shakeology**, cinnamon, and ice in blender; cover. Blend until smooth.

### STRAWBERRY MOJITO

(Makes 1 serving)

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Container Equivalents (per serving):  1 Red Container

8 fl. oz.	water
1 scoop	Strawberry or Tropical Strawberry Vegan <b>Shakeology</b>
3 tsp.	fresh lime juice
6 tsp.	chopped fresh mint leaves
8 fl. oz.	ice

Place water, **Shakeology**, lime juice, mint leaves, and ice in blender; cover. Blend until smooth.



## EASY & FILLING:

### PB & B

(Makes 1 serving)

---

Container Equivalents (per serving):  1 Red Container  
and    3 Teaspoons

8 fl. oz.	water
1 scoop	Chocolate <b>Shakeology</b>
3 tsp.	all-natural peanut butter, almond butter, or any nut butter
¼	medium banana
8 fl. oz.	ice

Place water, **Shakeology**, peanut butter, banana, and ice in blender; cover. Blend until smooth.

### ALMOND PARADISE

(Makes 1 serving)

---

Container Equivalents (per serving):  1 Red Container,  
 ½ Yellow Container, and  1 Teaspoon


8 fl. oz.	unsweetened almond milk
1 tsp.	all-natural almond butter
1 scoop	Strawberry or Tropical Strawberry Vegan <b>Shakeology</b>
8 fl. oz.	ice

Place milk, water, almond butter, **Shakeology**, and ice in blender; cover. Blend until smooth.

### COCO-AVOCADO

(Makes 1 serving)

---

Container Equivalents (per serving):  1 Red Container  
and  1 Blue Container



8 fl. oz.	water
½ tsp.	coconut extract
1 scoop	Vanilla <b>Shakeology</b>
¼ cup	mashed avocado
8 fl. oz.	ice

Place water, extract, **Shakeology**, avocado, and ice in blender; cover. Blend until smooth.

## DESSERT:

### VANILLA SHAKEOLOGY COOKIE DOUGH

(Makes 13 servings, 1 spoonful each)

Container Equivalents (per serving):  1 Yellow Container  
and  1 Teaspoon

½ cup	all-natural almond butter
¼ cup	raw honey
½ cup	finely chopped raw almonds
2½ scoops	Vanilla <b>Shakeology</b>
2 Tbsp.	mini semisweet (or dark chocolate) chocolate chips

1. Combine almond butter, honey, almonds, **Shakeology**, and chocolate chips in a medium bowl; mix well.
2. Spoon 13 equal-sized dollops of dough onto plate (or into the mouths of you and your friends), about 1-inch in diameter each.



# BOOST YOUR SHAKE. BOOST YOUR NUTRITION.

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## Customize your Shakeology with Shakeology Boosts.

Get the extra edge you need to feel your best during your 21 Day Fix program and help maintain your results. Use them daily, or just when you need them.

**Focused Energy Boost:** Get a wholesome boost of energy—both for your mind and body. Not only will it help you feel more energized, it also supports mental clarity, alertness, and focus.\*

**Power Greens Boost:** Fuel your body with veggies like kale and spinach powder that help give your body more of what it's not getting from the average vegetable-challenged diet. Plus, a healthy diet, with plenty of greens, may help support the body's acid/alkaline balance.\*

**Digestive Health Boost:** Support your digestive health with a potent blend of over half your daily recommended amount of fiber when made with Shakeology. This powerful boost helps support regularity and digestive health.\*

*\*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.*



**shakeology**® +  
YOUR DAILY DOSE OF DENSE NUTRITION™

*21 day*  
**FIX**®

## A SIMPLE STRATEGY FOR FASTER RESULTS

It's easy to incorporate Shakeology into your 21 Day Fix program for a delicious way to help you achieve amazing weight-loss results.\*



# WHY DRINK SHAKEOLOGY DAILY?

Well, besides the fact that you can indulge in delicious chocolate shakes and other sinful flavors, this daily dose of dense nutrition fits perfectly into your 21 Day Fix plan and has incredible health benefits.\*

We surveyed daily Shakeology drinkers and here's what they said:\*

- 93% feel healthier since drinking it.\*\*
- 81% feel it helped reduce their cravings for junk food.\*\*
- 81% said Shakeology helped keep them full until their next meal.\*\*



## THE EMPTY-BAG 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.

## GET YOUR BAG TODAY

Contact your Team Beachbody Coach® or visit [Shakeology21DayFix.com](http://Shakeology21DayFix.com) today.

 [instagram.com/shakeology](https://www.instagram.com/shakeology)

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

 [facebook.com/shakeology](https://www.facebook.com/shakeology)

 [youtube.com/shakeology](https://www.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, including independent Team Beachbody Coaches, who drank Shakeology 5 or more times per week and exercised at least 3 times per week.



START YOUR FREE MEMBERSHIP TODAY!\*



IT'S YOUR ALL-ACCESS PASS TO:

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- **STREAM YOUR 21 DAY FIX WORKOUTS**

Get 24/7 online streaming access from any of your web-enabled devices! Plus, you'll get exclusive **NEW** 21 Day Fix workouts, only available on Beachbody On Demand.

- **HUNDREDS OF ADDITIONAL PROVEN WORKOUTS**

Enjoy over 500 world-famous workouts from programs like 21 Day Fix EXTREME®, The Master's Hammer and Chisel®, and P90X®. Plus, tap into a variety of exclusive workouts from legendary Super Trainers, including Tony Horton, Sagi Kalev, Joel Freeman and Jericho McMatthews, and more from Autumn Calabrese.

- **WATCH AUTUMN'S FIXATE™ COOKING SHOW**

Learn how to make delicious Fix-approved recipes for weight loss from Autumn and her brother Bobby Calabrese, a professional chef.



- **FITNESS TOOLS AT YOUR FINGERTIPS**

Get support from your own personal Coach, VIP access to Super Trainers and experts, health and wellness resources, customized meal plans, and so much more!

**PLUS, GET A 10% DISCOUNT ON ALL BEACHBODY PRODUCTS, INCLUDING SHAKEOLOGY!**

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Beachbody On Demand works with iPhone, iPad, iPod touch, Apple Watch, or Apple TV

\*Cancel anytime during 30-day free membership period. After 30 days, subscription fees will apply.

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# GET THE CHANCE TO WIN CASH AND PRIZES



## Get support. Get fit. Get prizes.

The Beachbody Challenge® will give you the motivation and support you need to lose weight and get fit with 21 Day Fix. With peer support and a chance to win cash and prizes, you'll see results in no time. Then share your results to get a FREE T-shirt and a chance to win more than \$100,000 USD!†

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

GET  
YOUR  
FREE  
T-SHIRT



"The Challenge was a huge component to my success. It gave me the accountability I needed to stick with the workouts and stop making excuses."

— Sarah M.  
Beachbody Challenge  
Monthly Winner



before



after\*

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



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# WANT SOME EXTRA SUPPORT? GET A FREE 21 DAY FIX COACH.

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Your purchase of 21 Day Fix entitles you to FREE support from one of our Team Beachbody Coaches!

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 CAN HELP KEEP YOU MOTIVATED,** and may stay in touch online or over the phone. They can also help you with using 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 partnered with their Coaches to get in the best shape of their lives.

**READY TO GET THAT EXTRA SUPPORT?**

**GET YOUR FREE COACH AT  
GETMYFREECOACH.COM**





# GET YOUR STYLE FIX.

Fitness faves for your workouts—and lifestyle!

Shop for your new look at  
**FixWorkoutWear.com**

**MEN'S STYLES ALSO AVAILABLE!**

Available styles and sizes may vary.



# FIXATE™

COOKING SHOW

HEALTHY  
WEIGHT LOSS  
NEVER TASTED  
SO GOOD!



WATCH THE FIXATE™ COOKING SHOW  
ONLY ON BEACHBODYONDEMAND.COM

Autumn and her chef brother Bobby, teach you how to make mouthwatering meals and snacks—all perfectly portioned for weight loss.

- You'll get:
- Delicious recipes for all lifestyles that incorporate portion-control containers.
  - Short, easy-to-follow episodes that show you how to make each recipe—plus chef tips and tricks.
  - Foundational videos teach you how to use the Portion Fix® containers, do meal prep, and keep a healthy pantry.
  - Downloadable grocery lists and recipe instructions.

**More new recipes and grocery lists added all the time!**





*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 eating plan.*

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