

THE ULTIMATE  
**PORTION  
FIX**®

**TIMED-NUTRITION EATING PLAN**

**PLAN C**

**(1,800–2,099 calories)**



# PORTION-CONTROL CONTAINERS

Your seven color-coded containers will be used to portion out every meal, including snacks and desserts. Since we've figured out exactly how much goes into each container, there's no need for you to calorie-count or use your kitchen scale. You should also use your containers to transport your meals when you're on-the-go.

Here's how it works. The chart below features your daily portions below colored squares. So if you see a "4" below the Yellow square, that means you'll be filling the **Yellow Container (Carbohydrates)** four times a day.

To learn which foods to fill your containers with, see the Ultimate Portion Fix Container Food lists, which you'll find under Program Materials on Beachbody On Demand.

## Here is what each container represents:

- Green Container (Vegetables)
- Blue Container (Healthy Fats)
- Purple Container (Fruits)
- Orange Container (Seeds & Dressings)
- Red Container (Proteins)
- Yellow Container (Carbohydrates)
- Tsp. (Oils & Nut Butters\*)  
\*Teaspoon not included

THE CHART BELOW TELLS YOU HOW MANY OF EACH CONTAINER YOU CAN EAT DAILY.

| CONTAINER COUNT • PLAN C - 1,800–2,099 CALORIES   |  |   |  |  |  |   |
|---|--|---|--|--|--|---|
| <span style="display: inline-block; width: 15px; height: 15px; background-color: green; margin-right: 5px;"></span> | <span style="display: inline-block; width: 15px; height: 15px; background-color: purple; margin-right: 5px;"></span> | <span style="display: inline-block; width: 15px; height: 15px; background-color: red; margin-right: 5px;"></span> | <span style="display: inline-block; width: 15px; height: 15px; background-color: yellow; margin-right: 5px;"></span> | <span style="display: inline-block; width: 15px; height: 15px; background-color: blue; margin-right: 5px;"></span> | <span style="display: inline-block; width: 15px; height: 15px; background-color: orange; margin-right: 5px;"></span> | <span style="display: inline-block; width: 15px; height: 15px; background-color: gray; border: 1px solid black; margin-right: 5px;"></span> |
| 5   | 3  | 5   | 4  | 1  | 1  | 5   |

**REMEMBER TO RECALCULATE YOUR CALORIE TARGET AFTER EACH PHASE USING THE CALCULATOR IN YOUR ULTIMATE PORTION FIX WORKBOOK.**



# YOUR TIMED-NUTRITION MEAL PLAN

## When you eat matters as much as *what* you eat!

**Timed-Nutrition**—eating the right foods at the right times to help promote muscle recovery and growth and boost performance. Timing your nutrition can help ensure your muscles have the protein they need during those building-up phases. It's best to eat your meals every 2–3 hours.

The 4- to 5-hour **Workout Block** also plays an important role in Timed-Nutrition. This targets your nutrient intake to give you the carbohydrates you need to push harder and the protein you need to help recover faster.

### NOTE:


- If you find the **Pre-Workout Meal** is too heavy, you can swap it out with **Meal Option 1**. If eating 60–90 minutes prior to your workout is not feasible, eat your Pre-Workout Meal or Meal Option 1 in whatever time you need to digest.
- You can swap around Meal Options 1, 2, 3 in any order.

### Here's your Workout Block and your additional timed meals.

(Note: *You don't necessarily need to do the Workout Block first.* Find other options on pages 7 and 8.)

|                   | TIMING                             | MEAL  | CONTAINERS/SUPPLEMENTS  |
|-------------------|------------------------------------|---|---|
| WORKOUT BLOCK     | 60–90 min <b>BEFORE</b> Workout    | <b>Pre-Workout Meal</b><br><i>Your pre-workout meal helps fuel your body so you have enough energy to work at maximum intensity. (Also see Meal (Option 1) as another option.)</i>  |    |
|                   | 20–30 min <b>BEFORE</b> Workout    | <b>Pre-Workout Supplement</b><br><i>Drink Beachbody Performance Energize to help improve exercise performance,<sup>^</sup> sharpen focus and reaction time, and promote endurance.*<sup>^</sup></i>                       | <b>Beachbody Performance Energize</b>   |
|                   | <b>WORKOUT</b>                     |   |   |
|                   | <b>DURING</b> Workout              | <b>Workout Supplement</b><br><i>Sip Beachbody Performance Hydrate during your workout to help replace electrolytes lost through sweat.*</i>   | <b>Beachbody Performance Hydrate<sup>†</sup></b>  |
|                   | Within 30 min <b>AFTER</b> Workout | <b>Post-Workout Supplement</b><br><i>Drink Beachbody Performance Recover to get protein to your muscles to help support muscle protein synthesis.*</i>  | <br><b>+ Beachbody Performance Recover<sup>†</sup></b> |
|                   | 1–2 hours <b>AFTER</b> Workout     | <b>Post-Workout Meal</b><br><i>Eat your post-workout meal to give your body the nutrients it needs to refuel.</i>   |    |
| OTHER TIMED MEALS | Every 2–3 hours                    | <b>Meal (Option 1)</b><br><i>If you find the pre-workout meal is too heavy, or you are eating less than an hour before you work out, you can swap it with this option. (Hint: This meal works great with Shakeology!)</i> |    |
|                   | Every 2–3 hours                    | <b>Meal (Option 2)</b>  |    |
|                   | Every 2–3 hours                    | <b>Meal (Option 3)</b>  |    |
|                   | 30 min <b>BEFORE</b> bed           | <b>Nighttime Supplement</b><br><i>Drink Beachbody Recharge before you go to bed to help build lean muscle mass.*</i>  | <b>Beachbody Performance Recharge<sup>†</sup></b>   |

## How Shakeology and Beachbody Performance fit in to Timed-Nutrition

There's never been a program so specifically timed to help maximize your results. Drinking Shakeology every day isn't just healthy, it also helps make the Timed-Nutrition plan that much easier to follow. Shakeology counts as one  Red Container (Proteins) in your plan. And Beachbody Performance supplements (Energize, Hydrate, Recover, and Recharge) are ideal for giving your body what it needs at just the right times to help you achieve those results.\*



To learn more, contact your Team Beachbody Coach or visit [Shakeology.com](https://Shakeology.com) or [BeachbodyPerformance.com](https://BeachbodyPerformance.com).

<sup>^</sup> Requires 2 scoops. Contains caffeine, which enhances mental alertness during intense muscular activity. <sup>†</sup> All products, flavors, and configurations may not be available in your market.

\*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.

# YOUR TIMED-NUTRITION MEAL PLAN EXAMPLE

The quality of your food choices is also important to your Ultimate Portion Fix. That's why you'll build your meals using the **Ultimate Portion Fix Container Food Lists** you'll find under Program Materials on Beachbody On Demand.

Here are some meal ideas using the Menu Planner that you can find on page 6.

| PRE-WORKOUT MEAL                            |        |
|---|--------|
| Baby spinach, cooked                        | Green  |
| Eggs, cooked                                | Red    |
| Oatmeal, cooked                             | Yellow |
| Olive oil                                   | Spoon  |
| PRE-WORKOUT SUPPLEMENT                      |        |
| Beachbody Performance Energize              |        |
| WORKOUT SUPPLEMENT                          |        |
| Beachbody Performance Hydrate <sup>†</sup>  |        |
| POST-WORKOUT SUPPLEMENT                     |        |
| Beachbody Performance Recover <sup>†</sup>  |        |
| ½ banana                                    | Purple |
| POST-WORKOUT MEAL                           |        |
| Squash, steamed                             | Green  |
| Chicken breast, grilled                     | Red    |
| Pasta, whole-grain, cooked                  | Yellow |
| Olive oil                                   | Spoon  |
| MEAL (OPTION 1)                             |        |
| Baby spinach, raw                           | Green  |
| Blueberries                                 | Purple |
| Shakeology                                  | Red    |
| Unsweetened almond milk                     | Spoon  |
| MEAL (OPTION 2)                             |        |
| Celery sticks                               | Green  |
| Grapes                                      | Purple |
| Deli turkey, nitrate- & nitrite-free        | Red    |
| Tortilla, whole wheat                       | Yellow |
| Hummus                                      | Blue   |
| Almond butter                               | Spoon  |
| MEAL (OPTION 3)                             |        |
| Green beans, cooked                         | Green  |
| Halibut, grilled                            | Red    |
| Pasta, whole-grain, cooked                  | Yellow |
| Olives                                      | Orange |
| Olive oil                                   | Spoon  |
| NIGHTTIME SUPPLEMENT                        |        |
| Beachbody Performance Recharge <sup>†</sup> |        |


Check out the  
**FIXATE**  
cooking show on  
Beachbody On Demand  
for great recipe ideas.  
(Just make sure they  
work with your  
container counts!)



























# YOUR REST DAY MEAL PLAN

If you're working out while following Timed-Nutrition, it's important to remember to take at least one rest day a week. This is what your rest day meal plan will look like. If you're following Timed-Nutrition but not exercising at all, you will also follow this plan with no workout block. You can switch the order of the meals but you can NOT move containers from one meal to another.

## NOTE:

- Keep eating every 2–3 hours to keep your energy levels steady and help with recovery.
- You won't need the Beachbody Performance supplements (Energize, Hydrate, Recover, or Recharge).
- Your  Purple Container (Fruits) moves from the post-workout supplement to Meal Option 3 (as shown below).

| MEAL          | CONTAINERS   |
|---------------|--|
| Meal Option 1 |       |
| Meal Option 2 |       |
| Meal Option 3 |       |
| Meal Option 4 |       |
| Meal Option 5 |       |

Remember to drink your Shakeology every day! It is part of a healthy lifestyle that includes exercise and a healthy diet that combine to help support your energy, healthy weight loss, and overall good health.\*

Shakeology counts as one  Red Container (Proteins) in your plan.



\*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.

# MENU PLANNER – PLAN C

Here's a blank menu planner that you can print out to help plan your menu during the week.





| PRE-WORKOUT MEAL |   |
|------------------|---|
| _____            |  |
| _____            |  |
| _____            |  |
| _____            |  |







| PRE-WORKOUT SUPPLEMENT         |  |
|--------------------------------|--|
| Beachbody Performance Energize |  |






| WORKOUT SUPPLEMENT                         |  |
|--|--|
| Beachbody Performance Hydrate <sup>†</sup> |  |

| POST-WORKOUT SUPPLEMENT                    |   |
|--|---|
| Beachbody Performance Recover <sup>†</sup> |  |
| _____                                      |   |

| POST-WORKOUT MEAL |   |
|-------------------|---|
| _____             |  |
| _____             |  |
| _____             |  |
| _____             |  |

| MEAL (OPTION 1) |   |
|-----------------|---|
| _____           |  |
| _____           |  |
| _____           |  |
| _____           |  |

| MEAL (OPTION 2) |   |
|-----------------|---|
| _____           |    |
| _____           |    |
| _____           |    |
| _____           |    |
| _____           |  |
| _____           |  |

| MEAL (OPTION 3) |   |
|-----------------|---|
| _____           |  |
| _____           |  |
| _____           |  |
| _____           |  |
| _____           |  |

| NIGHTTIME SUPPLEMENT                        |  |
|---|--|
| Beachbody Performance Recharge <sup>†</sup> |  |






Remember to choose your foods from the Container Food Lists under Program Materials on Beachbody On Demand.

# WORKOUT BLOCK EXAMPLES






Your Workout Block tells you what to eat during the 4- to 5-hour window before and after exercise. All your other meals revolve around that. Simply arrange them in whichever order works best for your schedule. Just remember to space them 2–3 hours apart.

Here are a few examples of how you can place your Workout Block.

## EXAMPLE #1: MORNING WORKOUT BLOCK

| TIME                            | MEAL                      | CONTAINERS/SUPPLEMENTS   |
|---------------------------------|---------------------------|--|
| WAKE UP @ 5:30 am               |                           |  |
| WORKOUT BLOCK                   | 6:00 am                   | Pre-Workout Meal   |
|                                 | 7:00 am                   | Pre-Workout Supplement<br>Beachbody Performance Energize   |
|                                 | WORKOUT @ 7:30 am–8:30 am |  |
|                                 | 7:30 am–8:30 am           | Workout Supplement<br>Beachbody Performance Hydrate†   |
|                                 | 9:00 am                   | Post-Workout Supplement<br>+ Beachbody Performance Recover†  |
|                                 | 10:00 am                  | Post-Workout Meal  |
|                                 | 1:00 pm                   | Meal (Option 1)    |
|                                 | 4:00 pm                   | Meal (Option 2)    |
|                                 | 6:30 pm                   | Meal (Option 3)  |
|                                 | 9:00 pm                   | Nighttime Supplement<br>Beachbody Performance Recharge†  |
| GO TO BED no later than 9:30 pm |                           |  |

## EXAMPLE #2: MIDDAY WORKOUT BLOCK

| TIME                             | MEAL                      | CONTAINERS/SUPPLEMENTS   |
|----------------------------------|---------------------------|--|
| WAKE UP @ 6:30 am                |                           |  |
|                                  | 7:30 am                   | Meal (Option 1)    |
|                                  | 10:00 am                  | Meal (Option 2)    |
| WORKOUT BLOCK                    | 12:00 pm                  | Pre-Workout Meal   |
|                                  | 1:00 pm                   | Pre-Workout Supplement<br>Beachbody Performance Energize   |
|                                  | WORKOUT @ 1:30 pm–2:30 pm |  |
|                                  | 1:30 pm–2:30 pm           | Workout Supplement<br>Beachbody Performance Hydrate†   |
|                                  | 3:00 pm                   | Post-Workout Supplement<br>+ Beachbody Performance Recover†  |
|                                  | 4:00 pm                   | Post-Workout Meal  |
|                                  | 7:00 pm                   | Meal (Option 3)    |
|                                  | 10:00 pm                  | Nighttime Supplement<br>Beachbody Performance Recharge†  |
| GO TO BED no later than 10:30 pm |                           |  |

# WORKOUT BLOCK EXAMPLES (CONTINUED)

## EXAMPLE #3: EVENING WORKOUT BLOCK

| TIME                             | MEAL                      | CONTAINERS/SUPPLEMENTS                                    |
|----------------------------------|---------------------------|---|
| WAKE UP @ 6:30 am                |                           |   |
| 7:30 am                          | Meal (Option 1)           |   |
| 10:30 am                         | Meal (Option 3)           |   |
| 1:30 pm                          | Meal (Option 2)           |   |
| WORKOUT BLOCK                    | 4:30 pm                   | Pre-Workout Meal  |
|                                  | 5:30 pm                   | Pre-Workout Supplement Beachbody Performance Energize     |
|                                  | WORKOUT @ 6:00 pm–7:00 pm |   |
|                                  | 6:00 pm–7:00 pm           | Workout Supplement Beachbody Performance Hydrate†         |
|                                  | 7:30 pm                   | Post-Workout Supplement  + Beachbody Performance Recover† |
|                                  | 8:30 pm                   | Post-Workout Meal   |
|                                  | 10:00 pm                  | Nighttime Supplement Beachbody Performance Recharge†      |
| GO TO BED no later than 10:30 pm |                           |   |

## TIMED-NUTRITION MEAL PLAN WITHOUT BEACHBODY PERFORMANCE

We recommend using Beachbody Performance supplements with the Ultimate Portion Fix program, but they are optional. If you're not using Beachbody Performance, then your Workout Block will look a bit different.

- You'll skip the Post-Workout Supplement and the Purple Container (Fruits) moves to the Post-Workout Meal (as shown below).
- Bump up the timing for the Post-Workout Meal to within 1 hour of finishing your workout.

| TIMING            | MEAL                                | CONTAINERS        |
|-------------------|-------------------------------------|-------------------|
| WORKOUT BLOCK     | 60 to 90 minutes before working out | Pre-Workout Meal  |
|                   | WORKOUT                             |                   |
|                   | Within one hour after workout       | Post-Workout Meal |
| OTHER TIMED MEALS | Every 2–3 hours                     | Meal (Option 1)   |
|                   | Every 2–3 hours                     | Meal (Option 2)   |
|                   | Every 2–3 hours                     | Meal (Option 3)   |

If you have questions about the Ultimate Portion Fix Eating Plan, we're here to help. Head over to the Official Expert Advice section in the Beachbody Community at [BeachbodyExpertAdvice.com](https://www.beachbody.com/expert-advice) where our team of registered dietitians, certified trainers, and other experts will help you get the most out of the Ultimate Portion Fix.

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

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