

THE ULTIMATE
**PORTION
FIX**[®]

TIMED-NUTRITION EATING PLAN

PLAN F

(2,500–2,800 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 "5" below the Yellow square, that means you'll be filling the **Yellow Container (Carbohydrates)** five 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)
-  Purple Container (Fruits)
-  Red Container (Proteins)
-  Yellow Container (Carbohydrates)
-  Blue Container (Healthy Fats)
-  Orange Container (Seeds & Dressings)
-  Tsp. (Oils & Nut Butters*)
**Teaspoon not included*

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

CONTAINER COUNT • PLAN F - 2,500-2,800 CALORIES						
						
8	5	7	5	1	1	8

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 BEFORE Workout	Pre-Workout Meal <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 BEFORE Workout	Pre-Workout Supplement <i>Drink Beachbody Performance Energize to help improve exercise performance,[^] sharpen focus and reaction time, and promote endurance.*[^]</i>	Beachbody Performance Energize	
	WORKOUT			
	DURING Workout	Workout Supplement <i>Sip Beachbody Performance Hydrate during your workout to help replace electrolytes lost through sweat.*</i>	Beachbody Performance Hydrate[†]	
	Within 30 min AFTER Workout	Post-Workout Supplement <i>Drink Beachbody Performance Recover to get protein to your muscles to help support muscle protein synthesis.*</i>	 + Beachbody Performance Recover[†]	
	1–2 hours AFTER Workout	Post-Workout Meal <i>Eat your post-workout meal to give your body the nutrients it needs to refuel.</i>		
OTHER TIMED MEALS	Every 2–3 hours	Meal (Option 1) <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	Meal (Option 2)		
	Every 2–3 hours	Meal (Option 3)		
	30 min BEFORE bed	Nighttime Supplement <i>Drink Beachbody Recharge before you go to bed to help build lean muscle mass.*</i>	 + Beachbody Performance Recharge[†]	

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 or BeachbodyPerformance.com.

[^] Requires 2 scoops. Contains caffeine, which enhances mental alertness during intense muscular activity. [†]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	■
Cantaloupe	■
Eggs, cooked	■
Oatmeal, cooked	■
Olive oil	—
PRE-WORKOUT SUPPLEMENT	
Beachbody Performance Energize	
WORKOUT SUPPLEMENT	
Beachbody Performance Hydrate†	
POST-WORKOUT SUPPLEMENT	
Beachbody Performance Recover†	
½ banana	■
Bread, whole-grain	■
Peanut butter	—
POST-WORKOUT MEAL	
Squash, steamed	■
Chicken breast, grilled	■
Pasta, whole-grain, cooked	■
Olive oil	—
MEAL (OPTION 1)	
Baby spinach, raw	■
Blueberries	■
Shakeology	■
Unsweetened almond milk	—
MEAL (OPTION 2)	
Celery sticks	■
Grapes	■
Deli turkey, nitrate- & nitrite-free	■
Tortilla, whole wheat	■
Hummus	■
Almond butter	—
MEAL (OPTION 3)	
Green beans, cooked	■
Watermelon	■
Halibut, grilled	■
Pasta, whole-grain, cooked	■
Olives	■
Olive oil	—
NIGHTTIME SUPPLEMENT	
Beachbody Performance Recharge†	
Unsweetened almond milk	—

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 5 (as shown below).
- Your ■ Yellow Container (Carbohydrates) moves to Meal Option 1 (as shown below).
- Your two — tsp. (Oil & Nut Butters) move to Meal Option 1 and Meal Option 5 (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 F

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†	


POST-WORKOUT SUPPLEMENT	
Beachbody Performance Recover†	
_____	
_____	
_____	

POST-WORKOUT MEAL	
_____	
_____	 
_____	
_____	

MEAL (OPTION 1)	
_____	 
_____	
_____	
_____	

MEAL (OPTION 2)	
_____	 
_____	
_____	
_____	
_____	
_____	

MEAL (OPTION 3)	
_____	 
_____	
_____	 
_____	
_____	
_____	 

NIGHTTIME SUPPLEMENT	
Beachbody Performance Recharge†	
_____	

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	Beachbody Performance Energize
	WORKOUT @ 7:30 am–8:30 am		
	7:30 am–8:30 am	Workout Supplement	Beachbody Performance Hydrate†
	9:00 am	Post-Workout Supplement	+ 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	+ 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	Beachbody Performance Energize
	WORKOUT @ 1:30 pm–2:30 pm		
	1:30 pm–2:30 pm	Workout Supplement	Beachbody Performance Hydrate†
	3:00 pm	Post-Workout Supplement	+ Beachbody Performance Recover†
	4:00 pm	Post-Workout Meal	
	7:00 pm	Meal (Option 3)	
	10:00 pm	Nighttime Supplement	+ 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. The Purple Container (Fruits), Yellow Container (Carbohydrates), and tsp. (Oils & Nut Butters) move to the Post-Workout Meal (as shown below).
- You'll skip the Nighttime Supplement. The tsp. (Oils & Nut Butters) moves to Meal Option 2 (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.

© 2019 Beachbody, LLC. All rights reserved. Beachbody, LLC is the owner of the Portion Fix, Beachbody Performance, Shakeology, Fixate, Beachbody, and Team Beachbody trademarks, and all related designs, trademarks, copyrights, and other intellectual property.