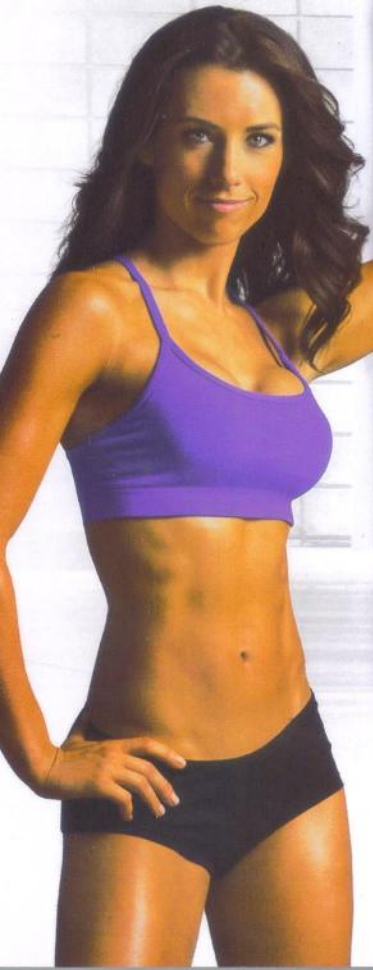


21 day  
**FIX**™



3

DAY  
QUICK FIX

 BEACHBODY®

Looking great and staying healthy takes a lifetime of commitment. And that's what the 21 Day Fix is all about. That said, sometimes, you might need to add a little oomph to your Fix.

Maybe you want to drop a few pounds for an upcoming wedding. Maybe you want to make a splash at the beach this weekend. Or maybe you need a reboot to stop a few bad nutritional habits.

THAT'S WHERE THE 3 DAY QUICK FIX COMES IN. **THIS IS AUTUMN'S SECRET WEAPON FOR LOOKING BIKINITASTIC.**

She uses it to prep for her bikini competitions and photo shoots. It's not something you want to do for any longer than three days, but if done occasionally, it's a great way to lose a little weight, fast.

Use the 3 Day Quick Fix as needed, but we also suggest integrating it into the end of your 21 Day Fix, starting with Day 19, so that you can knock 'em dead with your "after" photos.

The 3 Day Quick Fix can be pretty challenging, so be ready for it. And if it isn't for you, you can still get great results just sticking with the eating plan.



\*Results vary.

## THE PLAN

No need to adjust your workouts—or the rest of your life, for that matter. Just follow this simple eating plan for three days by eating these foods, measuring them out using the corresponding containers.

For example, Meal 1 should consist of a yellow container of oatmeal, a red container of egg whites, and a teaspoon of extra-virgin (e.v.) coconut oil.

### FEMALE

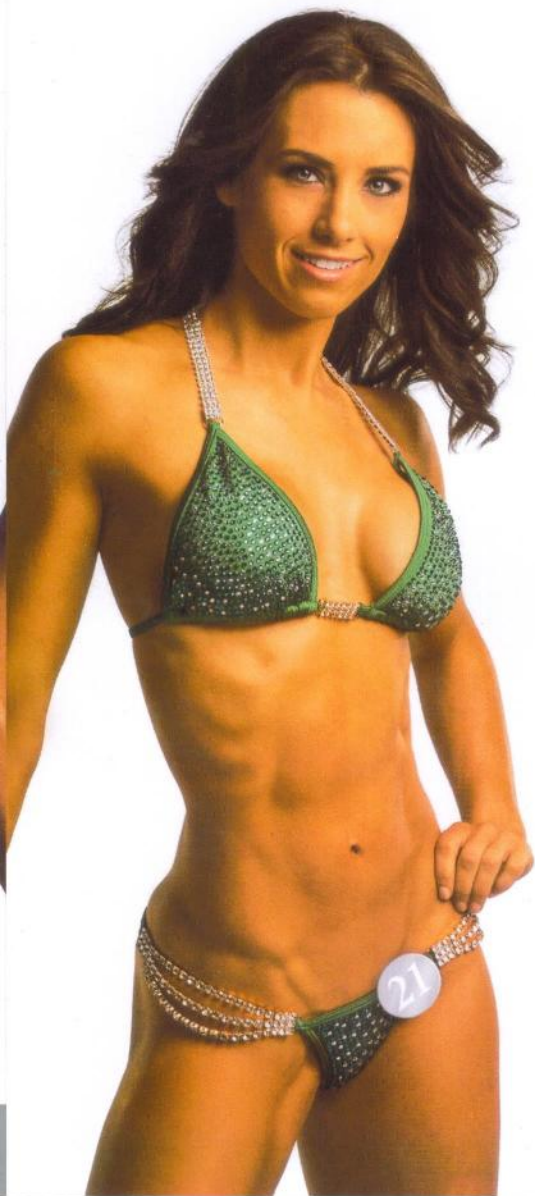
MEAL 1	 steel-cut oatmeal (cooked)	 egg whites	 e.v. coconut oil
MEAL 2	 grilled chicken	 steamed yams	
MEAL 3	 steamed fish	 steamed veggies	
MEAL 4	 grilled chicken	 steamed veggies	 e.v. coconut oil
MEAL 5	 steamed fish	 steamed veggies	 e.v. coconut oil
MEAL 6	 ground extra-lean turkey	 steamed veggies	 e.v. coconut oil

### MALE

MEAL 1	 steel-cut oatmeal (cooked)	 egg whites	 e.v. coconut oil
MEAL 2	 grilled chicken	 steamed yams	
MEAL 3	  steamed fish	 steamed veggies	
MEAL 4	 grilled chicken	  steamed veggies	 e.v. coconut oil
MEAL 5	  steamed fish	 steamed veggies	 e.v. coconut oil
MEAL 6	 ground extra-lean turkey	 steamed veggies	 e.v. coconut oil

## THE DETAILS

- Space your meals approximately two hours apart.
- Steamed veggie options recommended are broccoli, asparagus, green beans, zucchini, cucumbers, or bell peppers.
- Seasonings allowed are lemon and lime juice, vinegars, and spices. NO SALT!
- Oatmeal can be flavored with cinnamon, nutmeg, or one packet (½ teaspoon) of stevia.
- Drink at least one gallon of water a day. Spread it out as much as possible, starting with a glass when you first wake up. It'll help you feel full while it flushes toxins from your system.
- Drink the extra-virgin coconut oil with meals. To prepare it, place the desired amount into a microwave-safe bowl and zap it for 10 to 15 seconds.
- Coffee or tea is okay to drink, but avoid creamers and sweeteners—except stevia. Again, you can use one packet (or ½ teaspoon).
- Again, no need to alter your workouts. The 3 Day Quick Fix can be used anytime. We also recommend using it during the last three days—*and only three days*—of the program for maximum results.



—BE—  
BIKINI  
READY  
—IN—  
72  
HOURS!

Autumn Calabrese  
is a national bikini  
competitor and  
a member of the  
National Physique  
Committee (NPC).

## WHAT'S WITH THE EXTRA-VIRGIN COCONUT OIL?

Autumn swears by the benefits of extra-virgin coconut oil (e.v. coconut oil), making it a must-have for the 3 Day Quick Fix.

Coconut oil contains something called medium-chain triglycerides (MCT), a hard-to-find type of fat that's been scientifically shown to increase energy expenditure, meaning it gives you a little extra energy for your workouts in a severe calorie deficit situation like the 3 Day Quick Fix.

MCTs are also especially good at making you feel full—also very useful on a low-calorie plan.

Once the 3 Day Quick Fix is over, you're welcome to incorporate extra-virgin coconut oil into your regular diet—in fact, Autumn recommends it—but don't use it thinking you can eat less for longer periods of time. Nothing can replace a balanced diet when it comes to getting results while staying fit and healthy.



**IMPORTANT:** If you have any unique medical conditions such as concerns with blood sugar regulation, dietary restrictions, or other health concerns, please first consult your physician before starting this 3 Day Quick Fix. Also, listen to your body—if you are feeling light-headed or experiencing discomfort, you should return to the standard eating plan.

©2014 Beachbody, LLC. All rights reserved. Distributed by Beachbody, LLC, Santa Monica, CA 90404. Beachbody, LLC, is the owner of the 21 Day Fix, Beachbody, and Team Beachbody trademarks, and all related designs, trademarks, copyrights, and other intellectual property. If you are a member of the Team Beachbody® community, contact your Coach for information and support, or log in at [TeamBeachbody.com](http://TeamBeachbody.com). For Beachbody® and Team Beachbody Customer Service, go to [Beachbody.com](http://Beachbody.com).

21DINS1101