

21 day
FIX™



EATING PLAN

 BEACHBODY®

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

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INTRODUCTION

Losing weight doesn't need to be difficult. In fact, it can be easy if you do it right. No need for pointless, fancy bells and whistles. All you need to do is 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 of them to eat. That's why we came up with the 21 Day Fix™—a simple, convenient way to get the results you want.

This nutrient-rich food plan features roughly 40% carbohydrates, 30% protein, and 30% fat, a balance not only great for weight loss, but for giving you the energy you need to get the most out of your workouts.

And the program's benefits don't end after 21 days. This is a balance you can eat for life, so once you've reached your goal, simply increase your calories and continue to use the 21 Day Fix Eating Plan for as long as you like. In fact, you'll probably be so hooked on this easy way of eating that you'll wonder how you got along without it!

HOW THE FIX IS DONE

The key to success with the 21 Day Fix is to think inside the box. (Specifically, inside the 7 color-coded containers and Shakeology shaker cup that are probably sitting on the table in front of you right now.) For the next 21 days—and potentially beyond—you'll be using these containers to portion and transport your meals. No need to count calories or squint at kitchen scales. With these containers, figuring out what to eat each day is a breeze.



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

- Green Container
- Purple Container
- Red Container
- Yellow Container
- Blue Container
- Orange Container

GET STARTED

IN 5 SIMPLE STEPS

1 **FIGURE OUT YOUR CALORIE LEVEL.**
You lose weight by maintaining a calorie deficit. To figure out what that number should be, here's a little easy math:

- A. YOUR CURRENT WEIGHT IN POUNDS x 11
= YOUR CALORIC BASELINE**
- B. YOUR CALORIC BASELINE + 400 (FIX CALORIE BURN)
= YOUR CALORIC NEEDS**
- C. YOUR CALORIC NEEDS - 750 (CALORIC DEFICIT)
= YOUR CALORIE TARGET**

That's how many calories you're going to eat to lose weight eating the Fix way.

MODIFICATIONS: If your number is less than 1,200, round up to 1,200. If it's more than 2,300, round down to 2,300.



2 **FIND THE CALORIE CHART THAT CORRESPONDS WITH YOUR CALORIE LEVEL.**

You can find the **CALORIE CHARTS** on pages 18–19 where you'll see several colored squares that match the various containers, each followed by a number. That number is the amount of times you'll fill that color container each day. So, if you have a "3" after the Green square, that means you'll be filling the Green Container three times a day.

EXAMPLE:

1,200–1,499 calories	
	3

=  +  + 

HEADACHE-SAVING HINT:

You don't need to hit your exact calorie target. The 21 Day Fix Eating Plan is designed to let you eat roughly that number and still see results. In other words, there's no need to resort to algorithms from your high school algebra class to verify your calories with the Fix, so relax and enjoy your food.

3 HAVE A LOOK AT THE CONTAINER FOOD GROUPS THAT CORRESPOND WITH EACH COLOR.

These are the foods you'll fill the containers with (see page 20). If you see an amount (10 asparagus spears, for example), that's how much you put in the container. If there's no amount, just fill the container to the point that you can still fit the lid on it.



4 SPREAD YOUR CONTAINERS ACROSS YOUR DAY.

We've included TALLY SHEETS starting on page 82. Check the box each time you fill the (food and drink) containers. The order and timing you do this is up to you, but here are a couple suggestions.

THE ENERGY BALANCER – 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.

THE FAT BURNER – Spread your eating across six meals, 2 hours apart. Again, keep things balanced, but make sure you've eaten all your Purple and Yellow Container foods before 6 PM.

5 COMBINE THIS DELICIOUS, NUTRITIOUS DIET WITH THE 21 DAY FIX WORKOUTS. And prepare to look and feel like a million bucks. See? We told you it was easy!



PLANNING-AHEAD HINT:

Be sure to make plenty of copies of the TALLY SHEETS (on pages 83 and 84) to have on hand when you do the 21 Day Fix. Alternatively, you can find a copy of the TALLY SHEETS at TeamBeachbody.com under: GET FIT > FITNESS TOOLS > WORKOUT SHEETS.

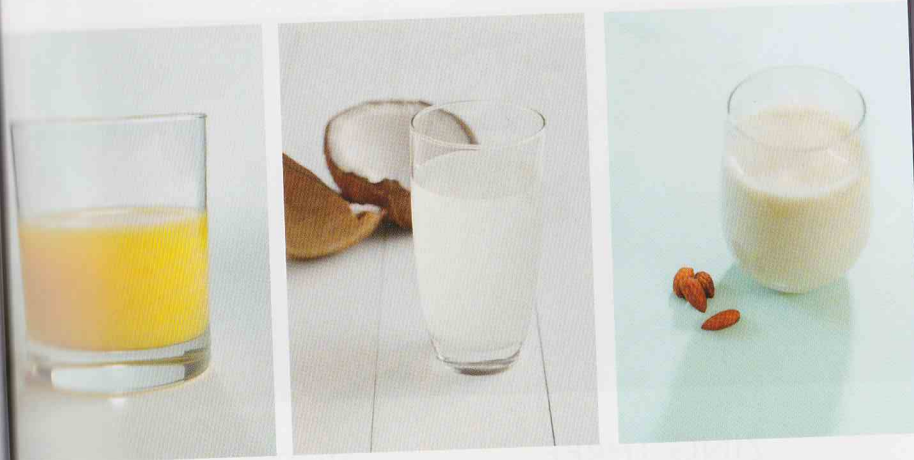
ADDED ZING!

Sometimes, it's important to add a little zing! to your diet. It can be a great motivator and, frankly, life's too short not to indulge occasionally. Here are five zings! you can use to liven up your Fix Eating Plan.

Zing = seasonings, beverages, and treats to help you succeed (and still love eating).

ZING ONE

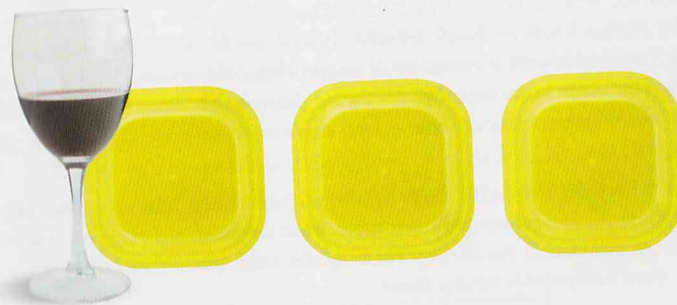
Free Foods. At the end of the **CONTAINER FOOD GROUPS** section on page 37, you'll see a list of **FREE FOODS**. Consider this list an all-you-can-eat buffet. Assuming you don't want to gulp down vinegar or gnaw on fresh ginger, most of the foods on this list are intended to pep up the other foods you'll be eating on this plan. And if you really want to dial up the deliciousness, check out the 21 Day Fix **SEASONING MIXES** on page 42. They'll make your meals taste totally chef-tastic.



ZING TWO

Tasty Beverages. Some days, a little vino would be keeno. That's why you're allowed to replace three Yellow Containers a week with a drink from the **REPLACEMENT FOOD CONTAINER GROUPS** section on page 38. (Although wine is on the list, you also have several nonalcoholic options.)

Remember, you don't need to use this option. If you want to avoid caloric drinks, feel free to hydrate from **THE WATER BAR** and **THE TEA & COFFEE BAR**, which you'll find on pages 13–15!





ZING THREE

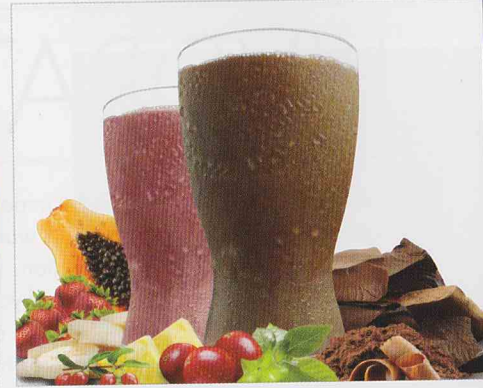
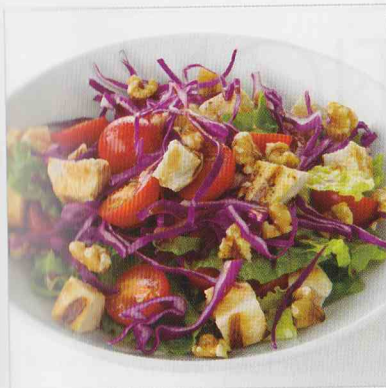
Treats Can't Be Beat. If you're eating a mostly clean diet, it's okay to indulge a little. So three times a week, you can replace a Yellow Container with one of the **TREATS** listed on page 39.

In case you want to get fancy about your treat, we've also provided several tasty recipes on page 60. They're actually much healthier than their store-bought equivalents—but you'd never know by tasting them.

TO TREAT OR NOT TO TREAT?

The trick to eating treats on the 21 Day Fix is moderation. If you stick to the plan, you'll be fine. But for some, that hint of indulgence might be too strong. Maybe you make a batch of 15 Double Chocolate Cookies (see page 60), but only 7 cookies worth of dough actually makes it into the oven. Or maybe you've served yourself a yellow container of potato chips, then realize there are only "a few" more left in the bag. Heaven forbid they go stale overnight! Same goes for wine. A "generous pour" after a long day's work will only work against you in the long run.

If you're worried that treats might sabotage your results, avoid making large batches, buy individual portion packages from the store—or skip 'em entirely. Treats are included in the 21 Day Fix to cut the edge, but if they're making you edgy, there's no point in having them!



ZING FOUR

Recipes Just for You! Life is too short to live on plain, steamed kale, so we've come up with several appetizing ways to prepare some of the foods you'll find in the various container lists (starting on page 44). If this inspires you to come up with your own recipes, we'd love you to share them with us on the Message Boards at TeamBeachbody.com.

ZING FIVE

Shakeology! We highly recommend this super-healthy, super-satisfying shake as part of your 21 Day Fix—and beyond. In fact, it's such a nutritiously perfect way to satisfy your sweet tooth that we've provided a batch of recipes starting on page 64 that will fit in seamlessly.

Another great thing about adding Shakeology to your plan is that you're also adding to your overall health. When you eat at a calorie deficit, you're bound to miss out on a few important nutrients—even if your diet is packed with healthy food. Drinking Shakeology daily is a delicious way to make sure you're not missing out on anything important. It's your daily dose of dense superfood nutrition and it fits in perfectly with the 21 Day Fix Eating 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.

HYDRATION

It would be hard to overstress the importance of staying hydrated. Up to 60% of the human body is water; it serves as a lubricant for just about every bodily function. It also plays a vital role in flushing toxins out of your system. If you were a car, water would be the equivalent of your motor oil, air conditioner refrigerant, brake fluid, windshield wiper fluid, transmission fluid, and any other fluid we might have missed except gas. (We're nutrition experts, not mechanics.)

Furthermore, water promotes satiety, making life much easier when you're trying to keep portions in control.

To make sure your H₂O intake is A-OK, we recommend you drink your body weight, divided by two, in ounces. So if you weigh 162 pounds—that would be 162 divided by 2 = 81. That's 81 ounces of water, every day.



THE 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. Simply select from the mixers, mix-ins, and extras and before you know it, you'll be an expert water-mixologist. It's so easy and delicious!

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 half a 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

Choose any combination of mix-ins from the lists below for a delicious water cocktail.

FRUITS/VEGGIES

- Lemon wedges
- Lime wedges
- Orange slices
- Strawberry slices
- Kiwi slices
- Cucumber slices
- Frozen grapes
- Watermelon cubes
- Splash of fruit juice: cranberry, orange, grapefruit

HERBS

- Mint leaves
- Basil
- Grated ginger
- Rosemary

EXTRAS

- Crushed ice
- Ice cubes
- Raspberry mint ice (fill an ice cube tray with water, fresh raspberries, and mint leaves, then freeze!)

THE TEA & COFFEE BAR

There's no need to give up all those "naughty" foods you love. Just learn to consume them in moderation. That's why we've included treats in your plan, and you're allowed that weekly 4-ounce cup o' vino (or 100% pure fruit juice, if you'd prefer). And that's why you get to have your tea and coffee.

Tea and coffee aren't really bad for you, provided you're caffeine tolerant. In fact, they're both filled with antioxidants, which reduce symptoms of stress. They're also thermogenic, meaning they promote fat burning. (Only slightly though, so don't stick your mouth under the coffeemaker spout. It burns!)

If you have a morning coffee ritual or you enjoy a cup of tea or two in the afternoon, there's no reason to stop. However (you knew there'd be a "however," right?), if you happen to dump a bunch of junk into your cup along with your brew, stop.



Ideally, you'd drink your coffee or tea black and like it, but luckily there's a middle ground. On the next page you'll find three lists. List A is the true junk. This stuff is nasty. **You should leave List A out of your tea or coffee.** List B is the stuff you can have in moderation. **If you use stuff from List B, limit intake to one or two 8-ounce cups per day.** List C is the stuff you can put as much as you want in your drink.

One final point—when we say "tea," that includes herbal tea and iced tea, but it doesn't include all the powdered, canned, and bottled stuff that masquerades as tea. "Tea" means the little cloth sack filled with herbs that you dip in a cup of hot water. That's it.

Enjoy your hot drinks. Getting fit can be hard work! Taking a little break to sip something warm (or cold) is a perfect way to meditate on all the effort you're putting into this and the positive changes you're creating in your life.

LIST A	LIST B	LIST C
(Just say no!)	(Just say 1–2 cups a day!)	(Go for it!)
Cream	1–2 tablespoons low/nonfat milk 1–2 teaspoons raw sugar, honey, molasses, maple syrup, agave syrup, stevia	Cinnamon
Half-and-half		Lemon
Nondairy creamer		Pumpkin spice
Lots o' sugar		Nutmeg
Artificial sweeteners		
Weird "Italian" syrups		
Chocolate syrup		
<i>Anything else you wonder about. If you think it might be bad, it probably is.</i>		



MULTIVITAMINS: ACTIVIT® FOR ACTIVE YOU

The 21 Day Fix is packed with deliciously nutritious food, but you'll still be eating at a calorie deficit. In other words, you'll eat less food. And when you eat less food, it's hard to get all the necessary vitamins and minerals—especially with Autumn putting you through your paces all week long.

So a solid daily multivitamin is key. That's why we recommend the premium formula you'll find in ActiVit. Not only does our premium formula contain 100% of your daily nutritional requirements, but ActiVit's amino acid complex helps support fat burning and its antioxidant blend helps cut through oxidative postworkout muscle soreness. (In other words, it can help you recover faster.)

And this high performance multivitamin's unique combination of vitamins, minerals, and natural plant extracts helps boost your energy levels—so you can show your workouts who's really boss.*

So if you're looking to get maximum results for the next 21 days, look no further than ActiVit.

Note: Take it EVERY day!








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CALORIE CHARTS

Once you've figured out your calories using the calculation on page 4, here's where you sort out how many portions you're going to fill your containers with. Remember, if you checked in below 1,200 calories, bump up to the 1,200–1,499 chart. If you're over 2,300, drop down to the 2,100–2,300 chart.

Given the wide variety of foods you can fill your containers with, your calories may vary slightly from day-to-day. That's okay. You'll still be maintaining a healthy deficit.



Containers	1,200–1,499 calories	1,500–1,799 calories	1,800–2,099 calories	2,100–2,300 calories
	3	4	5	6
	2	3	3	4
	4	4	5	6
	2	3	4	4
	1	1	1	1
	1	1	1	1
	2	4	5	6

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. It's an eating plan, not an eating contest.


Of course, there's one caveat to that guideline: Don't use it as an excuse not to eat the foods you don't like because you filled up on other stuff. (Leave the veggie-dodging to the eight-year-olds. We're all adults here.) If you know you're not 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.

CONTAINER

FOOD GROUPS

Here are the foods you'll be eating during the 21 Day Fix. We've given you a huge variety to work from, so pick the foods you love (or at least like), fill your containers, and go for it!

Speaking of variety, foods are arranged on the lists in hierarchical order from super awesomest to still pretty awesome. The higher up the list you choose from, the more nutritionally beneficial the food—but that doesn't mean you should forsake the foods lower down. The key here is variety. The more different types of food you eat, the wider variety of nutrients you'll get in your system.

You'll notice a  Teaspoon Food Group, despite the fact that the 21 Day Fix doesn't include an actual teaspoon. That's because 99.9% of people already have a measuring teaspoon in their kitchen. Our goal is to simplify your life, not add to the clutter of your utensil drawer.



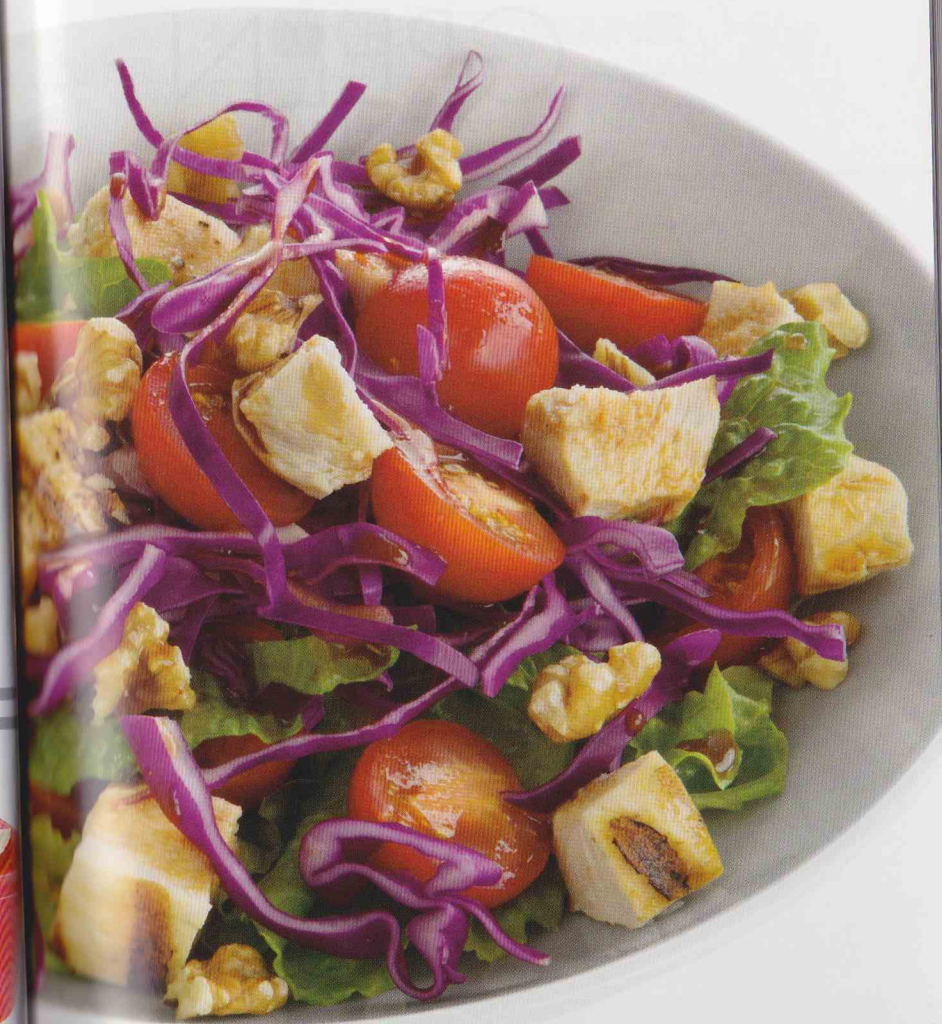
CONTAINING YOUR CONTAINERS

Remember, the 21 Day Fix Containers are a great way to transport your food, but you're not required to eat out of them. So if you want to combine foods, feel free to mix your Fix foods in your own larger containers.

For example, if you want a mixed salad for lunch, combine the contents of the Green Container, the Red Container, and the Orange Container together into the big, sealable bowl that Aunt Fanny brought her cucumber ambrosia in to your last barbeque and you "accidentally" forgot to return. Or, if you purchased the Ultimate Package at 21DayFixUltimate.com, you can use the large 21 Day Fix container.

PORTIONOLOGY 101

If you want to eat directly from your containers, that's just fine, but we also suggest occasionally transferring your 21 Day Fix food to a plate. This will give you perspective regarding what healthy, "normal" portions should look like. That way, you'll be better equipped at restaurants to know what to eat and what to throw in a doggy bag.



Remember, you won't be using your container to measure out some food that comes in individual pieces, such as nuts and asparagus. Instead, serve yourself the amount of pieces specified in the food lists, using your container as, well, a container.

GREEN CONTAINER



GREEN CONTAINER



- Kale, 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
- Squash (summer), sliced
- Winter squash (all varieties), cubed
- String beans
- Peppers, sweet, sliced
- Carrots, sliced or 10 medium baby
- Cauliflower, chopped
- Artichokes, ½ large
- Eggplant, ½ medium
- Okra
- Jicama, sliced
- Snow peas
- Cabbage, chopped
- Cucumbers
- Celery
- Lettuce (NOT iceberg)
- Mushrooms
- Radishes
- Onions, chopped
- Sprouts

PURPLE CONTAINER



PURPLE CONTAINER



- Raspberries
- Blueberries
- Blackberries
- Strawberries
- Watermelon, diced
- Cantaloupe, diced
- Orange, divided into sections or 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, diced
- Banana, ½ large
- Papaya, diced
- Figs, 2 small
- Honeydew melon, diced



RED CONTAINER



RED CONTAINER



- Sardines (fresh or canned in water), 7 medium
- Boneless, skinless chicken or turkey breast, cooked, diced
- 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), cooked, diced
- Game: lean ground ($\geq 95\%$ lean), cooked, diced
- Eggs, 2 large
- Greek yogurt, plain, 1%
- Yogurt, plain, 2%
- Shellfish (shrimp, crab, lobster), cooked
- Clams, canned, drained
- Red meat, extra-lean, cooked, diced
- Lean ground red meat ($\geq 95\%$ lean), cooked
- Shakeology, 1 scoop
- Tempeh
- Tofu, firm
- Pork tenderloin, diced, cooked
- Tuna, canned light in water, drained
- Turkey slices, low-sodium, fat-free, 6 slices
- Ham slices, low-sodium, fat-free, 6 slices
- Ricotta cheese, light
- Cottage cheese, 2%
- Protein powder (whey, hemp, rice, pea), $1\frac{1}{2}$ scoops (approx. 42 g depending on variety)
- Veggie burger, 1 medium patty
- Turkey bacon (reduced fat), 4 slices

YELLOW CONTAINER



YELLOW CONTAINER



- Sweet potato
- Yams
- Quinoa, cooked
- Beans (kidney, black, garbanzo, white, lima, etc.), cooked, drained
- Lentils, cooked, drained
- Edamame, shelled
- 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
- 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)*

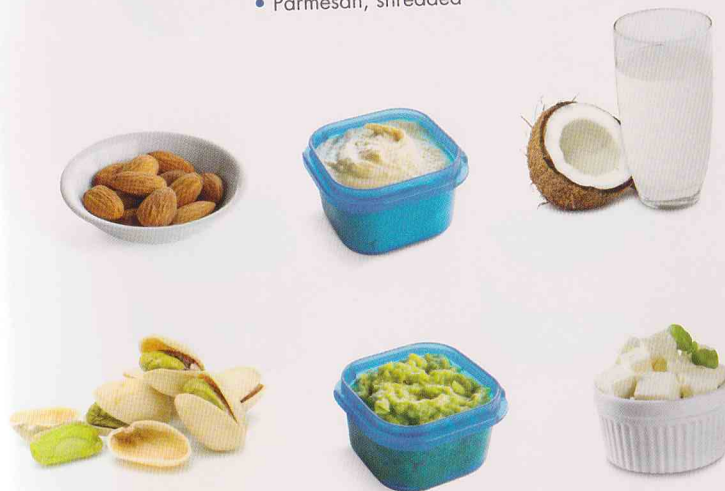
**These are weird-shaped food items that don't fit in the containers, so just use the indicated amount. If you happen to be fastidious and this bothers you, that's fine. Skip these items. No waffles for you!*

BLUE CONTAINER



BLUE CONTAINER

- Avocado, mashed or ¼ medium
- 12 almonds, whole, raw
- 8 cashews, whole, raw
- 14 peanuts, whole, raw
- 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



ORANGE CONTAINER



FRESH ORANGE CONTAINER

- Pumpkin seeds, raw
- Sunflower seeds, raw
- Sesame seeds, raw
- Flaxseed, ground
- Olives, 10 medium
- Peanuts
- Coconut, unsweetened, shredded
- 21 Day Fix DRESSINGS (see page 56)





TEASPOON*

- 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])

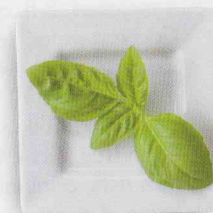
* Teaspoon not provided. Please use your own.



FREE FOODS

Eat as many of these "free foods" as you'd like!

- THE WATER BAR (see page 13)
- Lemon and lime juice (not lemonade, smarty pants)
- Vinegars
- Mustard
- Herbs (fresh and dry)
- Spices (except salt)
- Garlic
- Ginger
- Hot sauce (Tabasco® or Mexican only)
- Flavor extracts (pure vanilla, peppermint, almond, etc.)
- 21 Day Fix SEASONING MIXES (see pages 42–43)



REPLACEMENT FOOD CONTAINER GROUPS

BEVERAGES

Three times a week, you can replace one of your Yellow Container portions with a tasty beverage from the list below. To do this, fill the provided Shakeology shaker cup (as opposed to the Yellow Container) to the fluid oz. mark indicated below for that beverage.

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.



TREATS

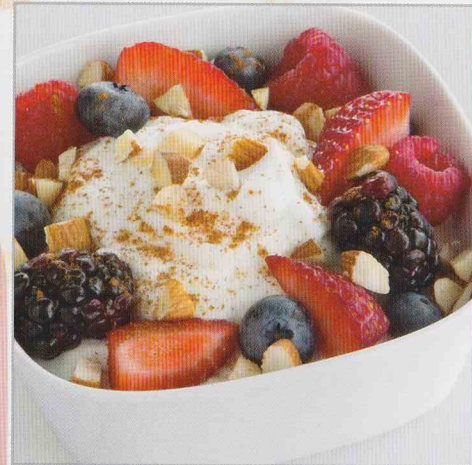
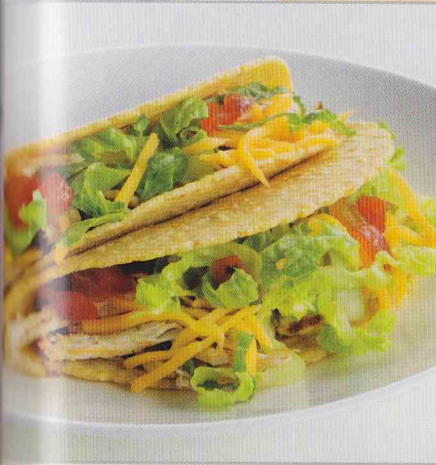
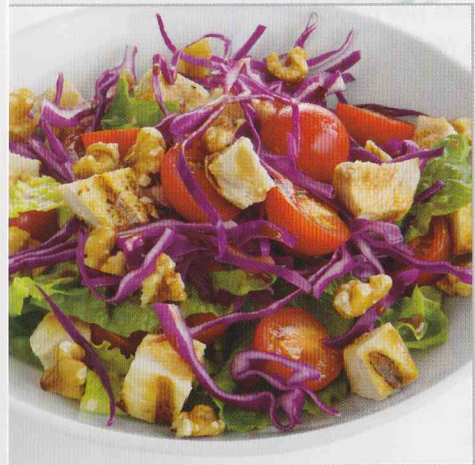
In addition to your tasty beverages, three times a week, you can replace a Yellow Container with a treat. You won't necessarily use the Yellow Container for your treat. (It could get pretty ugly if you try to eat an entire Yellow Container of chocolate chips.) Instead, use the container matching the color of the square next to the treat of your choice.

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 —
- Potato chips, plain kettle ■
- Tortilla chips, plain corn ■
- Chocolate-covered almonds, 6 pieces
- Chocolate-covered raisins ■
- Banana Oatmeal Cookies, 2 cookies (see page 61)
- Oatmeal Cookies with Chocolate Morsels and Toasted Pecans, 2 cookies (see page 63)
- High-Protein Chocolate Peanut Butter Snack Bars, 1 bar (see page 62)
- Popcorn Mix with Raisins, Almonds, and Dried Fruit (see page 63) ■



RECIPES



SEASONING MIXES

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, or use them to spice up ground chicken, turkey, or beef. You can also use these mixes to flavor rice, lentils, beans, quinoa, and vegetables.

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



ALL-PURPOSE SEASONING

- 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



SMOKY SOUTHWESTERN SEASONING

- 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





MEDITERRANEAN SEASONING

- 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
- ¼ tsp. ground black pepper



CONTAINER RECIPES

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

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

GREEN CONTAINER

MIXED VEGGIE STIR-FRY

(Makes 1 serving)

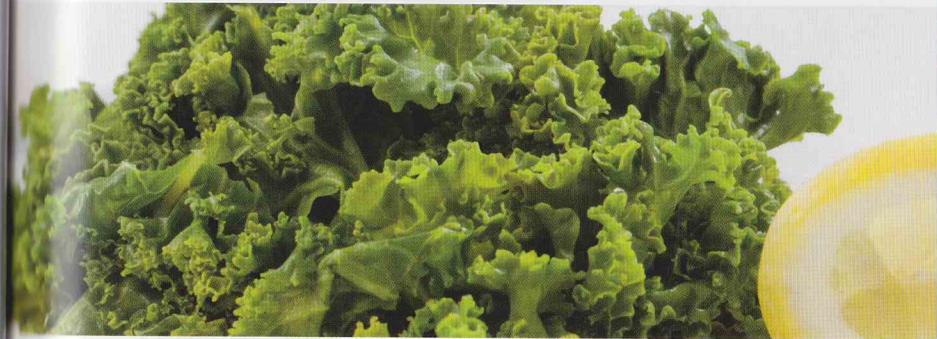
Container Equivalents (per serving):  One Green Container and  One Teaspoon

- 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. 43)

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 crisp tender.



COOKING TIP:

Add finely chopped fresh ginger from the **FREE FOODS** list to add additional flavor to your veggies.



SAUTÉED KALE

(Makes 1 serving)

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

- 1 tsp. olive oil
- ¼ cup chopped onion
- 2 cups chopped raw kale
- ½ tsp. All-Purpose Seasoning or Mediterranean Seasoning (see pg. 43)

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.

RED CONTAINER

HARD-BOILED EGGS

(Makes 1 serving, 2 eggs each)

Container Equivalents (per serving):  One 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 TIP:

Sprinkle eggs with Smoky Southwestern Seasoning (see pg. 43).

SCRAMBLED EGGS



(Makes 1 serving, 2 eggs each)

Container Equivalents (per serving):  One 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 TIP:

Add a dash of All-Purpose Seasoning (see pg. 43) in the lightly beaten egg before cooking.

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



POACHED EGGS

(Makes 1 serving, 2 eggs each)

Container Equivalents (per serving):  One Red Container

- 1 cup water
- $\frac{1}{2}$ 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.



CUMIN TEMPEH STRIPS

(Makes 1 serving)

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

- 5 oz. soy tempeh
- 1 tsp. olive oil
- 1 dash ground cumin
- 1 dash smoked paprika
- Sea 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):  One Red Container and  One Teaspoon

- 4 oz. raw chicken breast, boneless, skinless
- 1 tsp. olive oil
- All-Purpose Seasoning or Smoky Southwestern Seasoning (see pg. 43) (to taste; optional)

1. Preheat oven to 375° F.
2. Place chicken in ovenproof dish.
3. Drizzle with oil. Season with All-Purpose 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 TIP:

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 rosemary and thyme.



WHITE FISH

(Makes 1 serving)

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

- 4 oz. raw white fish (such as cod, tilapia, halibut, etc.)
- 1 tsp. olive oil
All-Purpose Seasoning or Mediterranean Seasoning (see pg. 43) (to taste; optional)

1. Preheat broiler to high.
2. Drizzle with oil. Season with All-Purpose 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 TIP:

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 dry herbs like dill and basil.



BEEF

(Makes 1 serving)

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

- 4 oz. raw beef (such as flank steak, beef sirloin, beef tri-tip, etc.)
- 1 tsp. olive oil
All-Purpose Seasoning or Smoky Southwestern Seasoning (see pg. 43) (to taste; optional)

1. Preheat grill or broiler to high.
2. Drizzle with oil. Season with All-Purpose Seasoning or Smoky Southwestern Seasoning (if desired).
3. 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 TIP:

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.

YELLOW CONTAINER

BROWN RICE

(Makes 4 servings)

Container Equivalents (per serving):  One Yellow Container

- 1 cup dry brown rice
- 2 cups cold water
- Sea 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 TIP:

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

For Spanish-style rice, skip the optional sea salt and pepper and use Smoky Southwestern Seasoning (see pg. 43) after it's cooked.

Add chopped fresh herbs from the **FREE FOODS** list (see pg. 37) to add flavor and color to your rice.



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



QUINOA

(Makes 4 servings)

Container Equivalents (per serving):  One Yellow Container

- 1 cup dry quinoa
- 2 cups cold water
- Sea 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 quinoa than you need and store the leftovers in the refrigerator for up to 4 days.


For flavored quinoa, skip the optional sea salt and pepper and use All-Purpose Seasoning (see pg. 43) after it's cooked.

Add chopped fresh herbs from the **FREE FOODS** list (see pg. 37) to add flavor and color to your quinoa.



LENTILS

(Makes 6 servings)

Container Equivalents (per serving):  One Yellow Container

1 cup dry brown lentils

1 3/4 cups water

Sea 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 TIP:

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. 43) after they're cooked.

Add chopped fresh herbs from the **FREE FOODS** list (see pg. 37) to add flavor and color to your lentils.

BEANS

(Makes 6 servings)

Container Equivalents (per serving):  One Yellow Container

1 cup dry beans

3 cups water

Sea 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 TIP:

As a convenience, you can cook more 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 All-Purpose Seasoning or Smoky Southwestern Seasoning (see pg. 43) after they're cooked.

Add chopped fresh herbs from the **FREE FOODS** list (see pg. 37) to add flavor and color to your beans.




DRESSINGS

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

NOTE: One serving of each of these dressings satisfies  One Orange Container portion.

BALSAMIC VINAIGRETTE

(Makes 8 servings, about 6 tsp. each)

Container Equivalents (per serving):  One 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 6 tsp. each)

Container Equivalents (per serving):  One Orange Container

- 1 medium avocado, cut into chunks
- 1½ 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
- 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 6 tsp. each)

Container Equivalents (per serving): 🍊 One 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
- 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 6 tsp. each)

Container Equivalents (per serving): 🍊 One Orange Container

- 3 Tbsp. red wine vinegar
- 3 Tbsp. fresh lemon juice
- 3 Tbsp. Dijon mustard
- 2 cloves garlic, chopped
- ¼ tsp. sea 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 6 tsp. each)

Container Equivalents (per serving): 🍊 One 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.

TREATS

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.

DOUBLE CHOCOLATE COOKIES

(Makes 15 servings, 1 cookie each)

Container Equivalents (per serving): 🍌 One 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): 🍌 One Yellow Container

- Nonstick cooking spray
- 1 cup old-fashioned rolled oats
- 2 tsp. ground cinnamon
- ¼ tsp. sea 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; flatten cookies with a spatula.
6. Bake for 14 to 15 minutes or until firm.

HIGH-PROTEIN CHOCOLATE PEANUT BUTTER SNACK BARS

(Makes 24 servings, 1 bar each)

Container Equivalents (per serving): 🍌 One 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 creamy 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): 🍌 One Yellow Container

- Nonstick cooking spray
- 1 cup old-fashioned rolled oats
- 1 tsp. ground cinnamon
- 1/4 tsp. sea salt
- 1 cup unsweetened applesauce
- 1/4 cup semisweet chocolate morsels
- 1/4 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; 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): 🍌 One Yellow Container

- 3 1/2 cups air-popped popcorn
- 1/4 cup raisins
- 2 Tbsp. whole raw almonds
- 2 Tbsp. chopped dried fruit
- 1/2 tsp. sea 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 (an inexpensive appliance you'll find online or at any big box retailer), or it can be made in the microwave. Place 3 Tbsp. kernels in a large brown paper bag. Seal bag tightly. Microwave on "high" for 1 1/2 to 2 minutes or until there are 2 seconds between pops.

SHAKEOLOGY

Whether you're drinking Chocolate, Greenberry, Vanilla, Strawberry, Chocolate Vegan, or Tropical Strawberry (vegan), Shakeology is a satisfying, healthy addition to the 21 Day Fix. But if you really want to dial up the variety, here are some delicious ways to shake things up a little.

QUICK & LIGHT:

CHOCOLATE CHAI

(Makes 1 serving)

Container Equivalents (per serving):  One Red Container

- 8 fluid oz. brewed black tea, cooled
- 1 scoop Chocolate Shakeology
- ¼ tsp. pumpkin pie spice
- 8 fluid oz. ice

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

VANILLA MOCHA

(Makes 1 serving)

Container Equivalents (per serving):  One Red Container

- 8 fluid oz. brewed unsweetened coffee, cooled
- 1 scoop Chocolate Shakeology
- ½ tsp. pure vanilla extract
- 8 fluid oz. ice

Place coffee, Shakeology, extract, and ice in blender; cover. Blend until smooth.



VANILLA CHAI

(Makes 1 serving)


Container Equivalents (per serving):  One Red Container

- 4 fluid oz. brewed unsweetened chai tea, cooled
- 4 fluid oz. water
- 1 scoop Vanilla Shakeology
- 1 tsp. raw honey
- 1 dash ground allspice
- 8 fluid oz. ice

Place tea, water, Shakeology, honey, allspice, and ice in blender; cover. Blend until smooth.

STRAWBERRY MOJITO

(Makes 1 serving)


Container Equivalents (per serving):  One Red Container

- 8 fluid oz. water
- 1 scoop Strawberry or Tropical Strawberry (vegan) Shakeology
- 3 tsp. fresh lime juice
- 6 tsp. chopped fresh mint leaves
- 8 fluid oz. ice

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

BASIL DELIGHT

(Makes 1 serving)

Container Equivalents (per serving):  One Red Container

- 8 fluid oz. water
- 1 scoop Greenberry Shakeology
- 3 tsp. fresh lime juice
- 6 tsp. chopped fresh basil leaves
- 8 fluid oz. ice





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



EASY & FILLING:

PB & B

(Makes 1 serving)





Container Equivalents (per serving):  One Red Container, and    Three Teaspoons

- 8 fluid oz. water
- 1 scoop Chocolate Shakeology
- 3 tsp. all-natural peanut butter
- $\frac{1}{4}$ medium banana
- 8 fluid oz. ice

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

PB & J

(Makes 1 serving)

Container Equivalents (per serving):  One Red Container,  One Purple Container, and   Two Teaspoons



- 8 fluid oz. water
- 1 scoop Chocolate Shakeology
- 1 cup red grapes
- 2 tsp. all-natural peanut butter
- 8 fluid oz. ice

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



CHOCOLATE SPICE

(Makes 1 serving)



Container Equivalents (per serving):  One Red Container and  One Yellow Container

- 4 fluid oz. unsweetened almond milk
- 4 fluid oz. water
- 1 scoop Chocolate Shakeology
- ½ tsp. ground cinnamon
- ¼ tsp. ground nutmeg
- 8 fluid oz. ice

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

VERY BERRY

(Makes 1 serving)




Container Equivalents (per serving):  One Red Container and  One Purple Container

- 8 fluid oz. water
- 1 scoop Greenberry Shakeology
- 1 cup mixed fresh or frozen berries
- 8 fluid oz. ice

Place water, Shakeology, mixed berries, and ice in blender; cover. Blend until smooth.

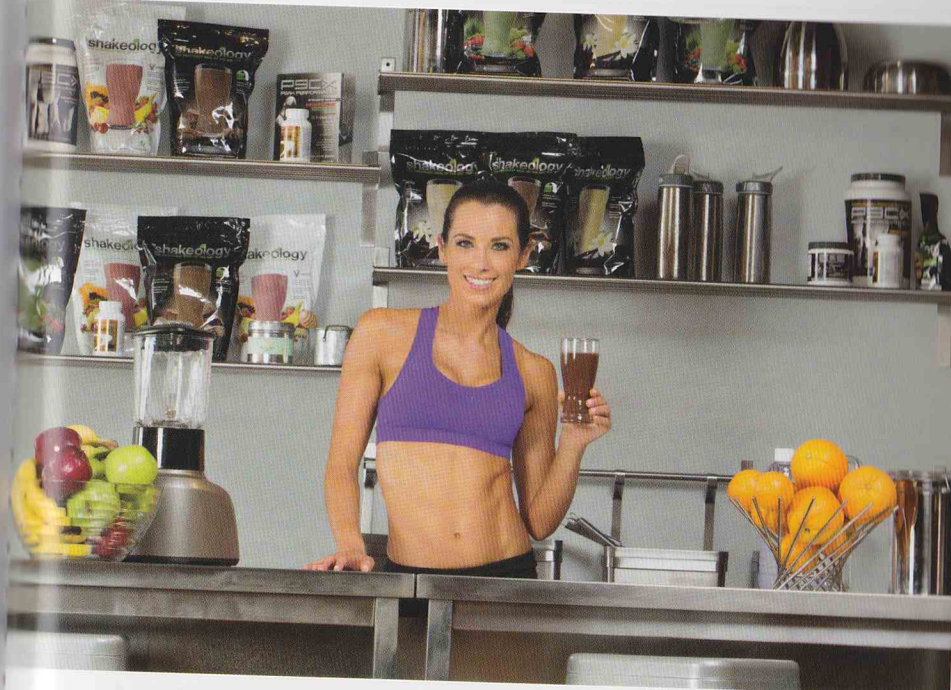
ALMOND PARADISE

(Makes 1 serving)

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



- 4 fluid oz. unsweetened almond milk
- 4 fluid oz. water
- 1 tsp. all-natural almond butter
- 1 scoop Strawberry or Tropical Strawberry (vegan) Shakeology
- 8 fluid 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):  One Red Container and  One Blue Container

- 8 fluid oz. water
- ½ tsp. coconut extract
- 1 scoop Vanilla Shakeology
- ¼ cup mashed avocado
- 8 fluid oz. ice

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

RESTAURANT FOOD AND MOM'S FAVORITES: The Fix Mixed Food Guide

Ideally, you'll spend the next 21 days eating nothing but foods from the 21 Day Fix Container Food Groups. Also ideally, public water fountains will dispense Shakeology and you'll be able to build rock-hard glutes by watching game shows.

Back here in the real world, sometimes you're stuck in situations where you don't get to choose what you eat. Maybe you're eating at a friend's house. Maybe you're dining out. (We know. *Torture!*)

At these times, you have to make do with what's available. After all, the individual foods in the 21 Day Fix Eating Plan are a clean, healthy way to eat—but sometimes it's nice to mix things up!

To help you do this, we've selected some classic mixed foods, including several restaurant favorites, and worked them into the Fix. Here's how:

1. Pick your food from the list on the right.

2. If your choice is highlighted green, fill a green container with your food. If there's no highlight, serve yourself the amount indicated within the parentheses, and use the container of your choice. (Aunt Fanny's ambrosia bowl, for example.)

3. The colored squares following your mixed food choice will be the container portions this food will satisfy. (So don't forget to check them off on your Tally Sheet!) If you put your food in a green container, that container doesn't count as one of your portions.

EXAMPLE:

Meat lasagna:



Let's say you want meat lasagna, which you put in your Green Container. *Once you've eaten it, go to your daily Tally Sheet and check off two Yellow Containers and one 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. Our expert staff can help you do the container math.

RESTAURANT FOOD

PORTIONS TO CHECK OFF

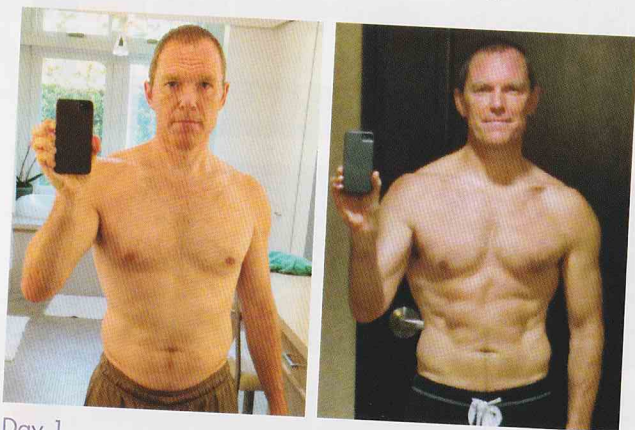
• Cheese pizza (1/4 of 12" pizza)	● ●
• Cheese and vegetable pizza (1/4 of 12" pizza)	● ● ● ●
• Meat pizza (1/4 of 12" pizza)	● ● ● ●
• Meat lasagna	● ● ● ●
• Vegetable lasagna	● ● ● ●
• Pasta with meat sauce or meatballs	● ● ● ● ● ●
• Pasta primavera	● ● ● ● ● ●
• Sushi roll with fish and veggies (6 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)	● ● ● ● ● ●
• Large burrito with lean meat, beans, cheese, and salsa	● ● ● ● ● ●
• Tuna noodle casserole	● ● ● ● ● ●
• Beef or chicken stew	● ● ● ● ● ●

BEACHBODY

HQ EATING PLAN

The 21 Day Fix is all about giving you the freedom to create a meal plan that works with your tastes, your budget, and your idea of which foods are right for you. But acting on that freedom may require some creativity—and even the most creative person needs a little inspiration from time to time.

So we've provided three days of the 21 Day Fix Eating Plan as used by the Beachbody Grand Poo-Bahs when they tried out the program. Just pick the foods that interest you, then consult page 19 to see how many containers of each you need for your calorie level. (We've color-coded them so you know which group they fall under. Foods with a grey dot are from the Teaspoon group. Foods without a dot are FREE FOODS.) Use these meals to take the guesswork out of meal planning or to fire up your culinary imagination.



Day 1

Day 21

"Yeah. I did it. Lost 12 pounds in 21 days. Pretty pleased too!"

Carl Daikeler

Carl Daikeler, Beachbody CEO

Remember, the colored dots indicate which container group these foods come from, but not the amount you should eat. The grey dot indicates the Teaspoon group. No dot at all indicates a FREE FOOD. In order to figure out how much to eat, start with your calorie level on page 19.

BREAKFAST: CHOOSE ONE

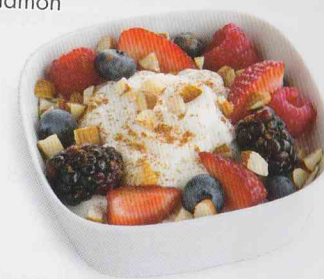
- Hard-boiled eggs
- Cooked oatmeal, steel-cut with ground cinnamon
- Sliced apples

..... OR

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

..... OR

- Turkey bacon
- Bread, whole-grain
- Strawberries



SNACK 1: SHAKEOLOGY SHAKES

- Water
- Shakeology
- Natural peanut or almond butter

..... OR

- Water
- Shakeology
- Avocado
- Coconut extract

..... OR

- Water
- Shakeology
- Sunflower seed butter
- Ground cinnamon



LUNCH: CHOOSE ONE

- Mixed salad (lettuce, cucumbers, tomatoes, bell peppers)
- Grilled chicken breast cooked in •olive oil and sprinkled with Fix Seasoning
- Cooked quinoa

OR

- Grilled salmon cooked in •olive oil and sprinkled with Fix Seasoning
- Roasted asparagus topped with •sesame seeds
- Sliced carrots
- Cooked lentils sprinkled with dried oregano

OR

- Grilled tempeh cooked in •olive oil and sprinkled with Fix Seasoning
- Steamed snow peas
- Steamed broccoli sprinkled with Fix Seasoning
- Cooked brown rice topped with •sunflower seeds and sprinkled with chopped fresh cilantro



SNACK 2: CHOOSE ONE

- Raw whole almonds

OR

- Hummus spread on a lettuce leaf

OR

- Avocado drizzled with balsamic vinegar



DINNER: CHOOSE ONE

- Grilled flank steak using Fix Seasoning as a rub
- Cooked carrots with smoked paprika

OR

- Grilled chicken breast sprinkled with Fix Seasoning
- Steamed kale sprinkled with Fix Seasoning

OR

- Grilled veggie burger patty sprinkled with Fix Seasoning
- Steamed summer squash (zucchini) sprinkled with Fix Seasoning



WHAT TO EAT 21 DAYS LATER . . .

This is an eating plan that can serve you for a lifetime. That said, you certainly don't want to eat at a calorie deficit forever! Not only is it unhealthy, but eventually, it'll get in the way of your fitness. So once you've reached your goal, you need to increase your calorie level to match the amount you burn each day. 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:

$$\begin{aligned} & \text{(YOUR CURRENT WEIGHT IN POUNDS)} \times 13 \\ & = \text{(CALORIC NEED FOR WEIGHT MAINTENANCE)} \end{aligned}$$

If you plan to increase your exercise intensity or maybe take on one of Beachbody's more demanding programs such as P90X® or INSANITY®:

$$\begin{aligned} & \text{(YOUR CURRENT WEIGHT IN POUNDS)} \times 15 \\ & = \text{(CALORIC NEED FOR WEIGHT MAINTENANCE)} \end{aligned}$$

Now, just go to the **CALORIE CHARTS** on page 19 and pick the one that's right for you. However, if your weight maintenance needs happen to go above 2,300 calories, here's a special chart just for you.

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

OTHER BEACHBODY PRODUCTS

Available through your Team Beachbody Coach or at Beachbody.com.



FOCUS T25®

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

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



BRAZIL BUTT LIFT®

Brazilian Butt Master Leandro Carvalho works your booty from multiple angles with his proven TriAngle Training method to reduce your hips, slim your thighs, and lift your butt.

Retail Price	\$59.95
Club Price	\$53.87
Coach Price	\$44.89



TURBOFIRE®

Burn up to 9x more fat and calories than you would with traditional cardio. This 90-day program includes 12 high-intensity classes that go from low to high impact, plus a starter class that breaks down all the moves.

Retail Price	\$79.90
Club Price	\$71.91
Coach Price	\$59.93



10-MINUTE TRAINER®

Combines the most effective moves—designed for breakthrough results in 10 minutes—with an easy-to-follow eating plan. Resistance band* and cardio belt included.

Retail Price	\$79.90
Club Price	\$71.91
Coach Price	\$59.93

*Resistance Band contains natural rubber latex which may cause allergic reactions.