



VEGAN CONTAINER FOOD LISTS

If you're reading this, it's safe to assume that you've done your calorie calculations and found your individual 80 Day Obsession Eating Plan in the Program Materials list, so you know how much food to eat—and when to eat it. These Vegan Container Food Lists help you determine *which* foods to eat for your best results, all while maintaining an animal product-free lifestyle.

Here are a few tips to help you:

- Once you figure out how many of each portion-control container to eat each day, fill those containers from the corresponding lists. For example, if your plan calls for 6 greens, fill your ■ Green Container (Vegetables) 6 times a day.
- The foods on each list are arranged by nutritional value—the higher up on the list, the more nutritional benefit!
- Many of the foods are listed with specific measurements/amounts—10 asparagus spears, for example. If there's no amount, just fill the containers to the point that you can still fit the lid on it.

IMPORTANT NOTES ON VEGAN EATING:

● Differences between the Vegan plans and the regular plans:

- ◆ Red containers still contain complete proteins, but they now also house beans and other legumes.
- ◆ Yellow has been split into two groups. **A Yellow A** contains whole grains. **B Yellow B** contains tubers and more processed grains (pastas and breads).
- ◆ Beachbody Performance™ Recover and Recharge supplements contain dairy products and are therefore not part of the Vegan plan. However, the ingredients in Energize and Hydrate are not animal based, so we recommend you use them.
- Animal products are considered complete proteins, since they contain acceptable levels of all nine of the amino acids essential to humans, as do a few plant-based sources, including soy and quinoa. Vegans can rely on these sources (soy and quinoa) but they can also get complete proteins by combining legumes (■ Red Container (Proteins)) and grains (**A Yellow A** Container (Carbohydrates: Whole Grains)). However, you don't need to eat these container combos at the same time.
- Foods marked with an asterisk (*) are complete proteins. It's always a good idea to lean toward those, but not at the risk of eliminating variety.
- The 80 Day Obsession Vegan Eating Plans are slightly lower in protein and higher in carbs than the other 80 Day Obsession Eating Plans, but that's okay. They're equally healthy and the extra fiber will still give you a weight-loss advantage.
- Vegan diets can certainly be healthy, but they can also be low in vitamins B12 and D, so it's important to take a quality multivitamin such as ActiVit®. (To learn more, contact your Team Beachbody Coach or visit Beachbody.com.)
- It's better to get most or all of your yellow portions from **A Yellow A** (Carbohydrates: Whole Grains). **B Yellow B** (Carbohydrates: Starches) is there because no one wants to deprive you of your bread and waffles. But if you decide to skip a Yellow B, make up for it by eating a Yellow A.

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VEGAN CONTAINER FOOD LISTS

GREEN
CONTAINER
(Vegetables)

- Kale, **cooked or raw**
- Watercress, **cooked or raw**
- Collard greens, **cooked or raw**
- Mustard greens, **cooked or raw**
- Spinach, **cooked or raw**
- Brussels sprouts, **chopped or 5 medium**
- Broccoli, **chopped**
- Asparagus, **10 large spears**
- Beets, **2 medium**
- Shakeology Power Greens Boost, **2 scoops** (limit to 1 serving daily)
- Tomatoes, **chopped, cherry, or 2 medium**
- Tomatillos, **chopped or 3 medium**
- Pumpkin (regular or West Indian), **chopped**
- Squash (summer), **sliced**
- Chayote squash, **chopped**
- Winter squash (all varieties), **cubed**
- String beans
- Peppers (sweet), **sliced**
- Poblano chilies, **chopped**
- Banana peppers, **3 medium**
- Carrots, **sliced or 10 medium baby**
- Cauliflower, **chopped**
- Artichokes, **½ large**
- Eggplant, **½ medium**
- Okra
- Cactus (nopales), **sliced**
- Jicama, **sliced**
- Snow peas
- Cabbage, **chopped**
- Cucumbers
- Celery
- Lettuce
- Mushrooms
- Radishes
- Onions, **chopped**
- Sprouts
- Salsa (freshly made or pico de gallo)

PURPLE
CONTAINER
(Fruits)

- Raspberries
- Blueberries
- Blackberries
- Strawberries
- Pomegranate, **1 small**
- Guava, **2 medium**
- Starfruit, **2 medium**
- Passion fruit, **3 fruits**
- Watermelon, **chopped**
- Cantaloupe, **chopped**
- Orange, **divided into sections or 1 medium**
- Bitter orange, **1 medium**
- Tangerine, **2 small**
- Apple, **sliced or 1 small**
- Apricots, **4 small**
- Grapefruit, **divided into sections or ½ large**
- Cherries
- Grapes
- Kiwifruit, **2 medium**
- Mango, **sliced**
- Peach, **sliced or 1 large**
- Plum, **2 small**
- Nectarine, **sliced or 1 large**
- Pear, **sliced or 1 large**
- Pineapple, **diced**
- Banana, **½ large**
- Green banana, **½ large**
- Dwarf red banana, **½ small**
- Papaya, **diced**
- Figs, **2 small**
- Honeydew melon, **chopped**
- Mamey, **½ small**
- Tamarind, **¼ cup pulp**
- Salsa (store-bought)
- Tomato sauce (plain or marinara)

RED
CONTAINER
(Proteins)

- Vegan Shakeology, **1 scoop***
- Organic tempeh*
- Organic tofu (firm)*
- Protein powder (vegan – hemp, rice, pea), **1½ scoops** (approx. 42 g depending on variety)
- Veggie burger (vegan), **1 medium patty**
- Beans (kidney, black, garbanzo, white, lima, etc.), **cooked, drained**
- Lentils, **cooked, drained**
- Organic edamame, **shelled***
- Peas
- Refried beans (vegan, nonfat)
- Seitan

*A complete protein source.

A YELLOW
CONTAINER A
(Carbohydrates: Whole Grains)

- Quinoa, **cooked***
- Amaranth, **cooked***
- Teff, **cooked***
- Rice (brown or wild), **cooked**
- Corn on the cob, **1 ear**
- Millet, **cooked**
- Buckwheat, **cooked**
- Barley, **cooked**
- Bulgur, **cooked**
- Farro, **cooked**
- Kamut, **cooked**
- Oatmeal (steel-cut or rolled), **cooked**
- Hominy, **cooked**

*A complete protein source.

B YELLOW
CONTAINER B
(Carbohydrates: Starches)

- Sweet potato, **chopped or mashed, or ½ small**
- Yams (regular, white, tropical [batata]), **chopped or mashed, or ½ small**
- Plantains, **sliced or ½ medium**
- Cassava (yuca), **2 oz.**
- White potato, **chopped or mashed, or ½ small**
- Pasta (whole-grain), **cooked**
- Couscous (whole wheat), **cooked**
- Crackers (whole-grain), **8 small**
- Cereal (whole-grain, low sugar)
- Bread (whole-grain, sprouted), **1 slice**
- Pita bread (whole-grain), **1 small (4-inch)**
- Waffles (whole-grain), **1 waffle (4-inch)**
- Pancakes (whole-grain), **1 small (4-inch)**
- English muffin (whole-grain), **½ muffin**
- Bagel (whole-grain), **½ small (3-inch)**
- Tortilla (whole-grain), **1 small (6-inch)**
- Tortilla (corn), **2 small (6-inch)**
- Masa flour or cornmeal, **¼ cup**

BLUE
CONTAINER
(Healthy Fats)

- Avocado, **mashed or ¼ medium**
- 12 almonds, **whole, raw**
- 8 cashews, **whole, raw**
- 10 pecan halves, **raw**
- 14 peanuts, **whole, dry roasted**
- 20 pistachios, **whole, raw**
- 8 walnut halves, **raw**
- Hummus
- Coconut milk (canned)

ORANGE
CONTAINER
(Seeds & Dressings)

- Pumpkin seeds, **raw**
- Sunflower seeds, **raw**
- Sesame seeds, **raw**
- Flaxseed, **ground**
- Chia seeds
- Hemp seeds
- Pine nuts
- Olives, **10 medium**
- Coconut (unsweetened), **shredded**
- Oil-based salad dressings

TEASPOON
(Oils & Nut Butters)

- 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.





VEGAN CONTAINER FOOD LISTS

MODIFIED REFEED SUPPLEMENTAL YELLOW **S** LIST

Starting in Week 6, you'll do a modified Refeed Day every two weeks. (Don't worry, it's on your Workout Calendar to remind you). Here's a list of Supplemental Yellow B container foods that should be beneficial on Refeed Days, although we don't recommend them the rest of the time.

Supplemental Yellow **S** Refeed Foods

- Cream of Wheat (instant), **cooked**
- Grits, **cooked**
- White rice, **cooked**
- White pasta, **cooked**
- Couscous, **cooked**
- Cornflakes, **1 cup**
- Rice Krispies, **1 cup**
- Mini-pretzels, **14 pieces**
- Saltines, **6 crackers**
- Water crackers, **6 crackers**
- White bread, **1 slice**
- French baguette, **1 slice** (2-inch)
- Hamburger bun, **½ bun**
- Hotdog bun, **½ bun**
- Bagel (white flour), **½ small** (3-inch)
- English muffin (white flour), **½ muffin**
- Pita (white flour), **1 small** (4-inch) or **½ large** (6-inch)
- Tortilla (white flour), **1 small** (6-inch) or **½ large** (8-inch)
- Waffles (white flour), **1 small** (4-inch)
- Pancakes (white flour), **1 small** (4-inch)
- White potato, **chopped or mashed, or ½ small**
- Chocolate or plain graham crackers (no honey added), **4 small crackers** (1 sheet)

TIP: Research shows that high-glycemic foods lead to more rapid muscle glycogen restoration when used in a targeted way. In other words, when eaten correctly, high-glycemic foods help fuel your muscles faster—making them ideal post-workout on 80 Day Obsession Refeed Days.

FIXATE DESSERT RECIPES:

Here are some great dessert recipes from FIXATE for Refeed Days found on Beachbody On Demand.

- Banana Oatmeal Cookies
- Chocolate-Caramel Apple Nachos
- Double Chocolate Cookies
- No-Bake Mini Blueberry Pies
- Peanut Butter Chocolate Balls

Note:

- These dessert recipes aren't marked as 80 Day Obsession-friendly, because they are only approved for Refeed Days.
- These Fixate Dessert Recipes have varying container counts, so make sure they work with your individual plan.

FREE FOODS

You can have as many of these foods as you want.

- Fresh lemon and lime juice
- Vinegars
- Mustard
- Herbs such as parsley, cilantro (fresh and dry)
- Spices and Fix-approved seasoning mixes
- Garlic
- Ginger
- Green onion
- Chili varieties (jalapeño, serrano, ancho, cascabel, pasilla, guajillo, habanero, etc.)
- Hot sauce (Tabasco or Mexican only)
- Pure flavor extracts (vanilla, peppermint, almond, etc.)

Check out 21 Day Fix®, 21 Day Fix EXTREME®, Fixate, and more for seasoning mix recipes.

WATER

We recommend you drink your body weight, divided by two, in ounces. So if you weigh 170 pounds, that would be 170/2 = 85. That's 85 oz. of water, every day.

And if you want to add a little zing to your water, no problem. Just mix in a little flavor booster.

ANY OF THESE WORK:

- Sparkling water (no calories)
- Lemon or lime wedges, 2 small wedges
- Blueberries, 6 berries
- Raspberries, 4 berries
- Oranges, 1 big wedge
- Strawberries, 2, sliced
- Kiwi, ¼ fruit, sliced
- Mango, 2 Tbsp., chopped
- Pineapple, 2 Tbsp., chopped
- Cucumber, 4 slices
- Frozen grapes, 4 grapes
- Watermelon or honeydew melon cubes, 4 small cubes
- Splash of pure fruit juice: cranberry, orange, grapefruit
- Mint, basil, or rosemary leaves
- Grated ginger
- Ground cinnamon

COFFEE AND TEA†

Coffee and tea are fine, in moderation. We recommend no more than three to four 8-oz. cups a day. Ideally, drink your coffee black and drink your tea plain. But if you need to add something, try these:

- Cinnamon
- Lemon
- Pumpkin spice
- Nutmeg
- Stevia (1 serving per day)
- 1–2 Tbsp. “milk” (organic soy, almond, etc.)

†Tea is defined as loose-leaf or bagged and unsweetened, as opposed to the sugary bottled stuff.

SHAKEOLOGY® BASES

Once a day, you can replace the foods listed above with one of these liquids. (Hint: they're all great ways to add even more flavor to Vegan Shakeology, Your Daily Dose of Dense Nutrition®.)

For example, if you like to make your Shakeology with unsweetened almond milk, add 8 fl. oz. and tick one of your teaspoons off your containers for that day.

- Unsweetened almond milk (8 fl. oz.) 1
- Unsweetened organic soy milk (8 fl. oz.) ½
- Unsweetened coconut milk beverage (8 fl. oz.) 1
- Unsweetened rice milk (8 fl. oz.) 1
- Unsweetened coconut water (8 fl. oz.) ½





SUPPLEMENTS

VEGAN SHAKEOLOGY**

Shakeology comes in delicious vegan flavors designed to help provide you with the nutrition you need to get your best results from 80 Day Obsession. Drinking Shakeology daily is part of a healthy lifestyle that includes exercise and a healthy diet that altogether helps support your energy, healthy weight loss, and overall good health.*

Vegan Shakeology is a complete protein and counts as one ■ Red Container (Proteins) in your plan, so feel free to add it to your day wherever you want it!

To learn more, contact your Team Beachbody Coach or visit Shakeology.com



BEACHBODY PERFORMANCE

The calories from Beachbody Performance are considered “targeted calories” consumed at specific times and under specific circumstances. Because of this, your body is getting key nutrients when it needs them most.

To use the Beachbody Performance line:

1. Thirty minutes before working out, take **Beachbody Performance Energize**
2. During your workout, drink **Beachbody Performance Hydrate****

Beachbody Performance Energize—Take this effective mix of caffeine, quercetin, and beta-alanine 30 minutes before exercise to help improve exercise performance,[^] sharpen focus and reaction time, and promote endurance.*[^]

Beachbody Performance Hydrate**—Water alone doesn’t effectively hydrate during training or replace what you lose through sweat in long and intense workouts. Hydrate gives you an optimal balance of carbohydrates, electrolytes, and water to replenish what’s lost, helping you train longer.*

To learn more, contact your Team Beachbody Coach or visit BeachbodyPerformance.com

AN IMPORTANT NOTE ON POST-WORKOUT SUPPLEMENTS AND SNACKS

In the other 80 Day Obsession Eating Plans, we recommend Beachbody Performance Recover after your workout. However, whey and casein come from dairy, so this supplement won’t fit into the Vegan plan. Instead, we recommend one of these post-workout snacks. They won’t be quite as effective, but they’ll still provide you with protein and carbohydrates to help support muscle recovery and restoring glycogen.

Below are our top four picks for the ■ Red Container (Proteins) immediately post-workout.

Post-Workout Vegan Snacks

- Vegan Shakeology
- Protein Powder (vegan – hemp, rice, pea)
- Organic Tofu
- Organic Soy Milk



*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.

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

[^]Requires 2 scoops. Contains caffeine, which enhances mental alertness during intense muscular activity.

Consult your physician and follow all safety instructions before beginning this high-intensity and physically demanding program and nutrition plan.

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