



QUICK START NUTRITION GUIDE

OUR MISSION IS TO HELP
YOU REACH YOUR GOALS
AND LIVE A HEALTHIER
LIFE WITH OUR PROVEN
TOTAL SOLUTION.

FITNESS + NUTRITION +
COMMUNITY SUPPORT



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HEALTHY EATING HAPPY LIFE



You're here because you want to level up your fitness game. Maybe you want to lose weight or gain muscle or just be healthier, and get the most out of life every day.

Working out is a great way to get started. But if you really want to crush your goals and feel like the best version of yourself, you have to focus on nutrition, too.

We don't believe in "miracle" diets. We believe in helping you make healthy choices that nourish and sustain you, and are proven to help you reach your goals—while keeping your taste buds happy.

This guide will show you the easiest and most crave-worthy ways to fuel your body and build simple, healthy habits you'll want to stick with, so you can achieve the long-lasting results you deserve.

It's all part of the Beachbody® Total Solution, a completely integrated approach to wellness and weight loss. With a focus on nutrition, fitness, emotional support, and well-being, you'll learn how to instill healthy habits for life.

ARE YOU READY?



Give Your Body the Nutrition It Needs

Step



Nutrition makes a huge difference in our quality of life. It influences our mood, energy levels, metabolism, muscles—and more. Commit to a daily routine that helps all of your other goals fall into place. By choosing to fuel your body with nutrient-dense, whole-food-based nutrition, you're helping your body perform at its best, so you feel empowered to take on your day. Making nutrition a nonnegotiable doesn't have to be hard or time-consuming. Let us make it easy for you.

THE DELICIOUS DAILY HABIT THAT DELIVERS REAL RESULTS

ONE SMALL CHANGE, ONE BIG DIFFERENCE

What Happens When You Feed Your Body the Nutrition It Needs?

Maybe you think your diet is fine as-is. But here's what can happen when you swap out empty-calorie foods for nutrient-dense ones:

- You have more energy
- Your body recovers better from exercise and stress
- You have an easier time losing weight—and keeping it off—when combined with physical exercise



The Easiest Way to Help Fuel Your Day

It's harder than ever to find the time—and motivation—to eat nutrient-dense foods that can help you look and feel your best. **Shakeology**® is one of the easiest and most delicious ways to help fuel your body right so you can conquer each day.

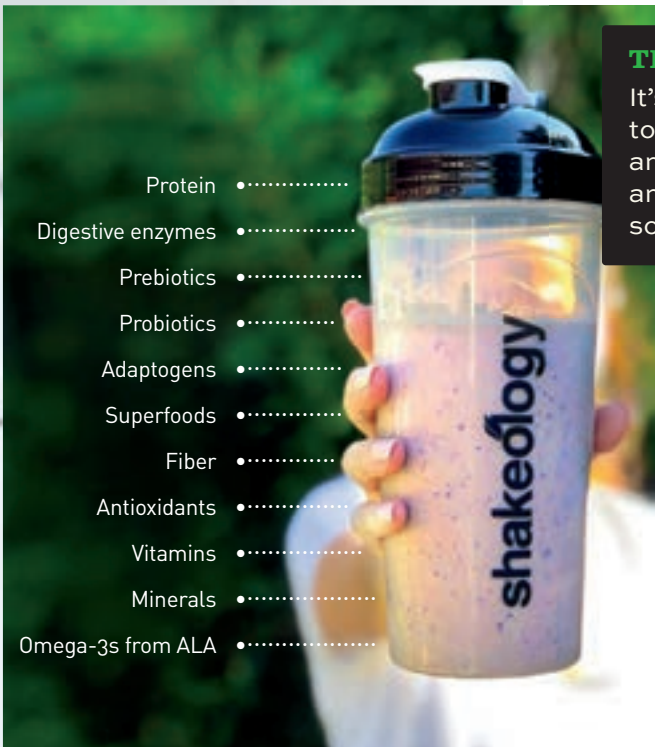
When Nutrition Tastes This Good, Who Needs Cheat Days?

Shakeology helps satisfy hunger, curb cravings, provide healthy energy, and support healthy digestion, lean muscle, weight loss, immune function, and well-being.*

Oh, and it tastes like dessert.



*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.



CRAVE-WORTHY NUTRITION YOU DON'T NORMALLY GET FROM THE AVERAGE DIET

Meticulously crafted with whole-food-based ingredients to help you eat better, feel better, and live better.*



Here's what you'll get in every single nutrient-dense scoop.



16-17g Premium Protein



Probiotics + Prebiotics + Digestive Enzymes



Supergreens



Antioxidants



Plant-Based Omega-3s



Adaptogens + Mushrooms



Vitamins + Minerals



6g Fiber

Visit [Shakeology.com](https://www.Shakeology.com) to learn more

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BACKED BY SCIENCE, LOVED BY MILLIONS

Clinically tested health benefits + real-life transformations

In a peer-reviewed clinical trial of 41 overweight adults who drank Shakeology or a calorie-matched shake (a placebo) 30 minutes before a meal, we found some pretty amazing results.**

THE STUDY
FOUND THAT
DRINKING
SHAKEOLOGY:

REDUCED
DESIRE TO EAT BY
58%
MORE THAN THE PLACEBO

REDUCED
HUNGER BY
51%
MORE THAN THE PLACEBO

HELPED PARTICIPANTS AGED 25+ EAT
180 FEWER
CALORIES
AT THEIR NEXT MEAL
COMPARED TO THE
PLACEBO

**Results from an acute, double-blind, crossover, placebo-controlled clinical trial.

YOU COULD SAY WE'RE OBSESSED WITH DOING THINGS RIGHT



ISABELLE BROUSSEAU-DAIKELER, co-creator of Shakeology, is a renowned health and fitness coach to celebrities and athletes, nutrition expert, and supplement formulator.

- **QUALITY.** From raw ingredients to finished product, we test each batch over 1,500 times to make sure every bag tastes great and meets our high quality standards.
- **SOURCING.** We strive to know where each ingredient comes from and that we're getting the quality we paid for.
- **CONSCIENCE.** We source from suppliers we know and trust, keeping our commitment to quality in mind.



Superfood hunter and co-creator of Shakeology, **DARIN OLIEN** holds a bachelor's in nutrition & exercise physiology and a master's in psychology.



Step

CHOOSE AN EATING PROGRAM

What you eat matters just as much as the fitness programs you've chosen. That's why we offer two comprehensive and proven nutrition programs, **2B Mindset**[®] and **Ultimate Portion Fix**[®], to help you establish a healthy, positive way of eating. These aren't crash diets. They're lifelong approaches designed to show you how to eat delicious, nourishing foods in the right amounts, and overcome emotional and mindless eating. No off-limit foods. No hunger. No guilt. Learn more about them on the following pages and then pick the one that feels right for your lifestyle.



LOSE WEIGHT *without*



The **2B Mindset** is a weight-loss program for people who like to eat larger volumes of food in order to feel full and satisfied.

6 REASONS YOU'LL LOVE 2B MINDSET

- 1 Eat large volumes of food and still lose weight
- 2 Feel full and satisfied, never deprived
- 3 Never worry about calorie counting or measuring your food
- 4 Enjoy all the foods you love—even carbs, chocolate, and cocktails
- 5 Make delicious recipes you and the family will love
- 6 Change your mindset about losing weight and ditch the negativity that has held you back in the past



EAT MORE, WEIGH LESS



FEELING HUNGRY

Meet Ilana



The 2B Mindset was created by Registered Dietitian Nutritionist and bestselling author Ilana Muhlstein. Her program has helped hundreds of thousands of people reach their weight-loss goals. Wife and mom of two, Ilana maintains a private practice in Beverly Hills.

Ilana struggled with her weight most of her life and was morbidly obese as a child.

Diets and deprivation never worked because Ilana loves foods and is a self-proclaimed volume eater. She was determined to figure out how to **lose 100 lbs.** without feeling deprived. She shares her proven methods and principles in the **2B Mindset**. Ilana is proof that you can lose weight happily and keep it off, while still eating large portions of food.

OLD MINDSET



“I’m starving”

NEW MINDSET

LOST
100 lbs.



“I can’t believe how much food I can eat”



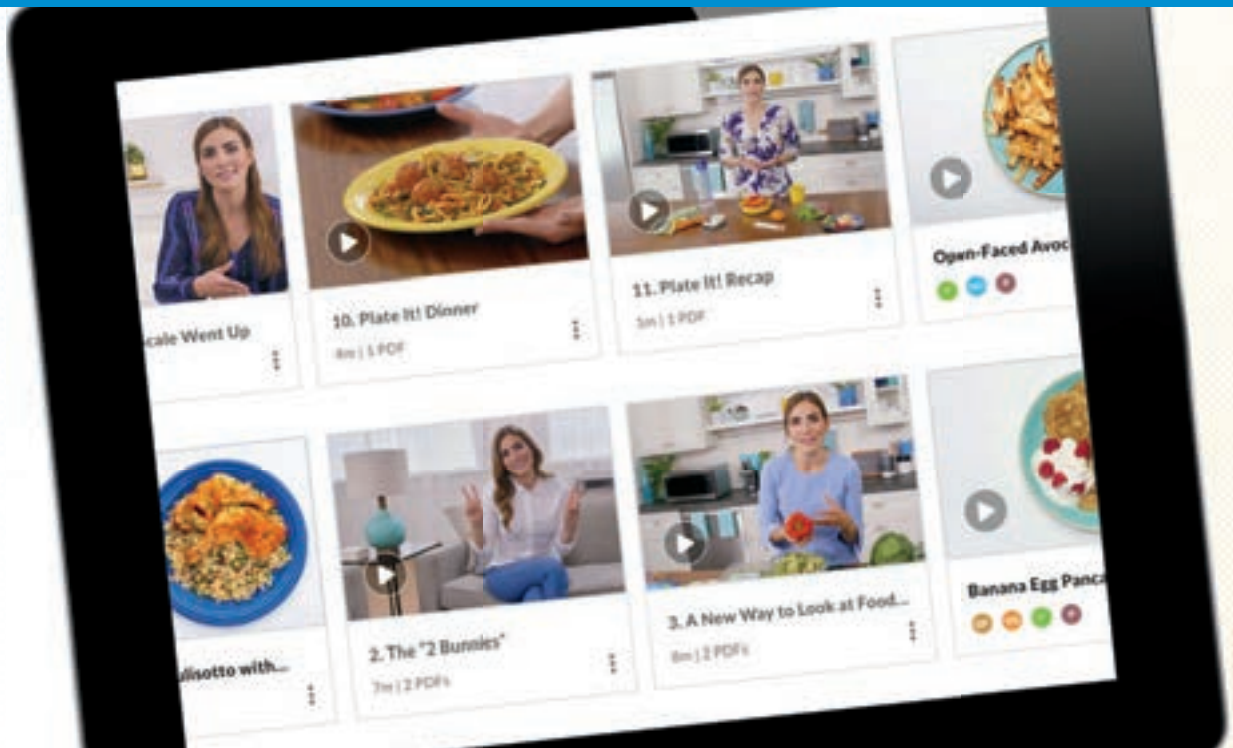
Ilana is the bestselling author of **YOU CAN DROP IT!**



ALL THE TOOLS YOU NEED TO SUCCEED

Ilana's proven program is broken down into "snack-sized" videos, including:

- Ilana's "2 Bunnies" aka Key Principles
- How to eat large volumes of food and still lose weight
- How to dine out and enjoy carbs and cocktails
- Bust a plateau and overcome any obstacle
- Delicious easy-to-prepare recipes



Get started today at 2BMINDSET.com

STAY ON-TRACK WITH

THE MINDSET MEMBERSHIP®

INCLUDED WITH
NUTRITION+
MONTHLY
MEMBERSHIP

- › New videos on topics you've requested
- › One-on-one videos where Ilana works with a member to provide strategies to break through plateaus
- › New meal plans with grocery lists to make meal prep a breeze
- › Weekly delicious, filling recipes
- › 24/7 access to our exclusive community for motivation and encouragement

The Mindset Membership® gives you ongoing access to Ilana and new monthly content to help you stay accountable and on-track, reach your goals, and maintain your results—including for all Nutrition+™ members.



Go to TheMindsetMembership.com to get started.
As part of Nutrition+, members also get
access to The Monthly Fix®.

FIX YOUR PORTIONS.

THE ULTIMATE **PORTION FIX**

Did you know that even if you eat the right foods, you can eat too much of them? The Ultimate Portion Fix uses portion-control color-coded containers to create perfectly sized, delicious, and satisfying meals every time, so you reach your goals without the guesswork.

6

REASONS TO LOVE **ULTIMATE PORTION FIX**

- 1 Color-coded containers make eating the right-sized portions effortless every time
- 2 Make healthy, delicious meals with balanced macronutrients
- 3 Lose weight while enjoying chocolate, wine, and carbs
- 4 Find your “why” and harness your real motivation to get ultimate results
- 5 Get the whole family healthy and involved—kids actually love it
- 6 Integrates perfectly with Autumn’s fitness programs, or any other program you choose to do



SIMPLE. EASY. DELICIOUS.

BEFORE



CHICKEN
QUINOA
GREEN BEANS
FETA CHEESE

AFTER



CHICKEN WITH
GREEN BEANS
AND QUINOA

FIX YOUR LIFE.

Meet Autumn



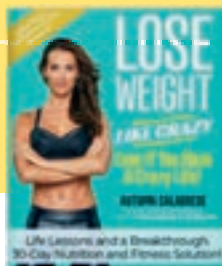
Autumn Calabrese is a nutrition expert and celebrity trainer of hit programs including 9 Week Control Freak®, 21 Day Fix®, and 80 Day Obsession®. She is also co-host of the FIXATE® cooking show with her chef brother Bobby and author of the bestselling FIXATE cookbooks.



Autumn's a-ha moment for Ultimate Portion Fix came when she was having lunch with a client who ordered a salad big enough to feed a family. (Who knew a salad could equal all your calories for the day?) Helping that client get her portions right led to the creation of Ultimate Portion Fix. And the rest is weight-loss history.



To date millions of people have gained control of their food and reached their goals with her proven portion-based program. Autumn lives with her son Dom and dog Buddy. She continues to create world-class fitness and nutrition programs that inspire people to lead a healthier and more fulfilling life.



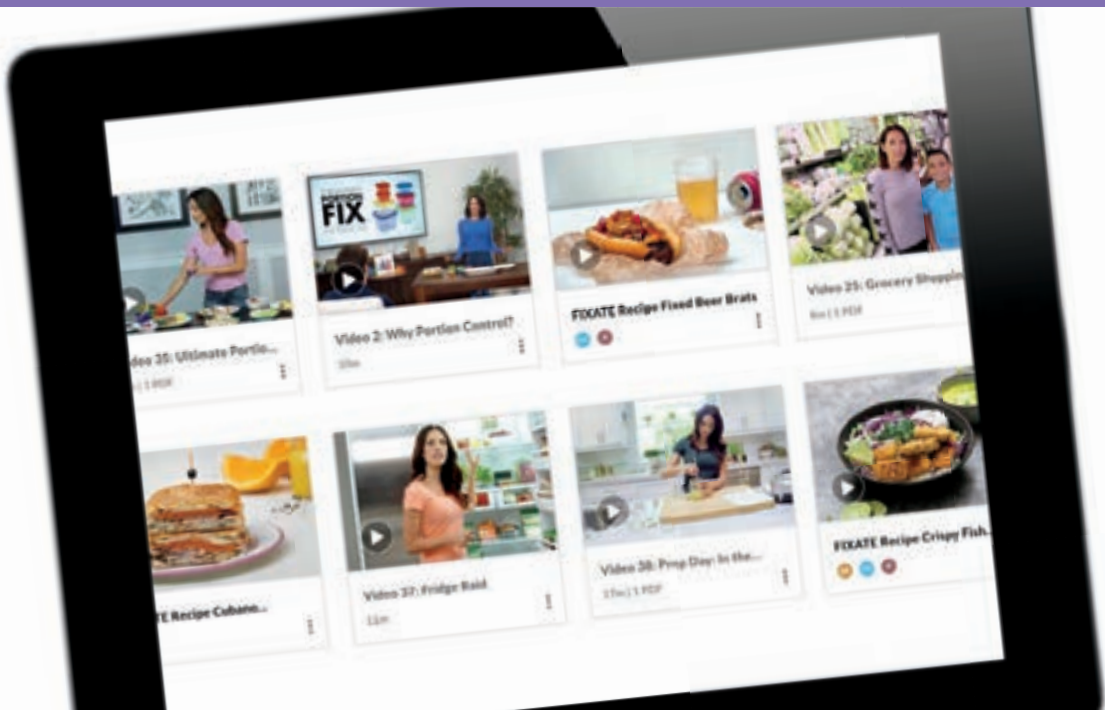
Autumn is the bestselling author of ***Lose Weight Like Crazy, Even if You Have a Crazy Life!***

THE ULTIMATE PORTION FIX

ALL THE TOOLS YOU NEED TO SUCCEED

Autumn walks you through her program step-by-step and will teach you:

- THE 3 PRINCIPLES OF PORTION FIX:
 1. Fuel your body for performance
 2. Balance your macronutrients
 3. How to swap out processed foods and help kick sugar to the curb
- How to use your containers to plan, prep, and make healthy delicious meals
- Over 300 recipes the whole family—even kids—will love



Get Started today at UltimatePortionFixProgram.com

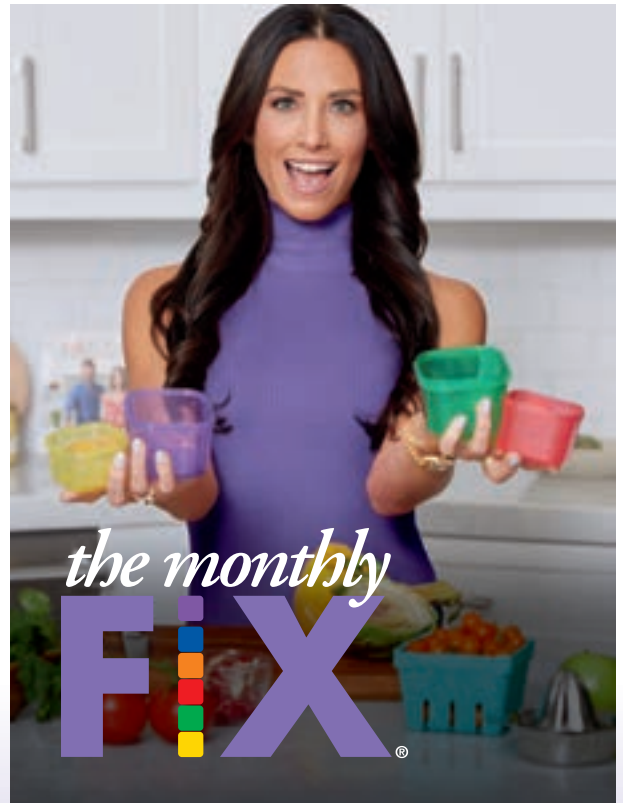
STAY ON-TRACK WITH



THE MONTHLY FIX gives you access to Autumn and to ongoing accountability to help you stay on-track and reach your goals, and it's included for **Nutrition+** members. New content drops every month.

INCLUDED WITH
NUTRITION+
MONTHLY
MEMBERSHIP

- › New videos on topics that challenge you most
- › Yummy FIXATE recipes from Autumn and Bobby
- › Easy-to-prepare meal plans with grocery lists
- › 24/7 access to our exclusive online community for all the support and motivation you need



Go to **TheMonthlyFix.com** to get started.
As part of Nutrition+, members also get
access to The Mindset Membership.

Step

3

Help Accelerate Your Results

You work hard to look and feel great. Why not get even more out of your effort with our premium supplements that can help you reach your goals faster? Find out just how far you can go with our science-backed nutritional supplements that use clinically tested key ingredients for real results you'll notice.

HELP WORKOUTS FEEL EASIER

Just How Far Could You Go If...

- You always had the energy to work out?
- You felt like you could do anything—all the way to the very end of your sweat session?
- And all the while, you were pushing harder than ever, while somehow it felt easier?



GET INTO YOUR ZONE

Beachbody Performance® Energize helps improve exercise performance and focus, and delay muscle fatigue to help you get into your flow, sweat happy, and crush your goals.*



Roll Out of Bed and Press “Play”

Want to make sure you follow through with a morning fitness routine?



DO THIS: Before you go to bed, put out your workout clothes and set up your **Energize** and cup. There it is, you're committed. And once you “pull the pin” on the energy grenade that is **Energize**, there's no turning back.

Get ready for greatness.

“Energize...allows me to push even harder during my workouts.* ...I'm always at the top of my game when I exercise, even when I really just want to nap!”

—Heather S.

Results vary based on starting point and effort.
Heather is an independent Team Beachbody Coach.
Model shown is not Heather S.

Take Your Workout Re

What's Standing in Your Way?

1. Get discouraged easily? Don't focus on the mirror. Congratulate yourself for showing up and doing something healthy.
2. Life gets in the way? Become an early bird. Working out before your daily demands kick in eliminates inevitable calendar conflicts.
3. Bored during exercise? Get after HIIT. If you want a rush of endorphins, intensity matters. Bursts of intense exercise will give you a feel-good rush that moderate effort won't.
4. Don't feel like showing up? Join a group fitness challenge. Friendly competition is shown to make people work out more.



YOU'RE NOT TRAINING FOR AVERAGE RESULTS, SO DON'T USE AVERAGE SUPPLEMENTS. The clinically tested key ingredients in the Beachbody Performance line work as hard as you do to help you get the results you want—faster.

WAYS TO MAKE YOUR WORKOUTS MORE EFFECTIVE

- 1 **TUNE OUT.** Listening to a **killer playlist** puts negative thoughts out of your head, makes workouts easier—and may even boost your performance.
- 2 **CROSS-TRAIN.** Changing up your workouts can help you **break through plateaus**. And new challenges can keep you motivated.
- 3 **CUE THE QUERCETIN.** This phytonutrient has been shown to help **improve endurance**.* Find it in supplements like Energize.
- 4 **PACK IN THE PROTEIN.** Aim for about **20 grams of protein per meal**. The more you exercise, the more protein you need to maintain and build muscle.* Recover and Recharge both contain 20g protein per scoop.

sults to the Next Level

Show Up and Sweat. We'll Take Care of the Rest.

Energize | PRE-WORKOUT



Helps improve intense exercise performance*



Helps increase energy and endurance*



Helps sharpen focus and reaction time*

Key Ingredients

- **Beta-alanine** to help increase muscle power output and delay muscle fatigue*
- **Low-dose caffeine** from green tea and coffee bean extract to help sharpen focus and increase energy*
- **Quercetin** to help improve endurance and sustain exercise performance*

Recover | POST-WORKOUT



Helps speed muscle recovery*



Helps promote lean-muscle synthesis*



Helps combat exercise-induced muscle soreness and improve muscle strength recovery*

Key Ingredients

- **Timed-release protein** to help improve muscle recovery*
- **Branched-chain amino acids (BCAAs)** to help promote muscle protein synthesis and support rebuilding*
- **Pomegranate extract** to help manage exercise-induced muscle soreness*

Hydrate | DURING WORKOUT



Helps support hydration during exercise*



Helps replace electrolytes lost during exercise*



Helps fuel working muscles and improve endurance*

Key Ingredients

- **Hydration blend** to help maintain the body's fluid balance and replace electrolytes*
- **Quercetin** a polyphenol with antioxidant-like properties extracted from plants, that gets a lot of attention in leading exercise physiology-nutrition laboratories because of its effect on exercise performance*
- **Low-level carbohydrates** to help fluid absorption and delay exercise-induced muscle fatigue*

Recharge | NIGHTTIME OR ANYTIME



Helps support muscle recovery*



Helps combat exercise-induced muscle soreness*



Helps reduce muscle breakdown*

Key Ingredients

- **Slow-release micellar casein protein** to help promote muscle growth and reduce breakdown*
- **Branched-chain amino acids (BCAAs)** to help promote muscle protein synthesis and support rebuilding*
- **Tart cherry powder** to help reduce exercise-induced muscle soreness and boost recovery*

Creatine | ANYTIME



Helps improve high-intensity exercise performance*



Helps increase muscle strength and power*



Helps enhance the effects of resistance training*

Key Ingredients

- **Pure creatine monohydrate** to help boost strength and power*

Visit [BeachbodyPerformance.com](https://www.beachbodyperformance.com) to learn more

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DON'T LET SNACK ATTACKS DERAIL YOU

Find your freedom with a decadent, delicious snack that's got your back—every step of your wellness journey.

CHEW ON THIS

- › 57% of people snack at least once per day
- › Snacking has increased almost 100% since 1977
- › Snacks with more protein and fiber can help keep us fuller longer



3 SMART-SNACKING STRATEGIES

1. Keep healthy snacks with you on-the-go.
2. You eat what you buy. Keep junk food out of the house and stock up on better-for-you treats.
3. To avoid overeating, don't multitask while you eat.

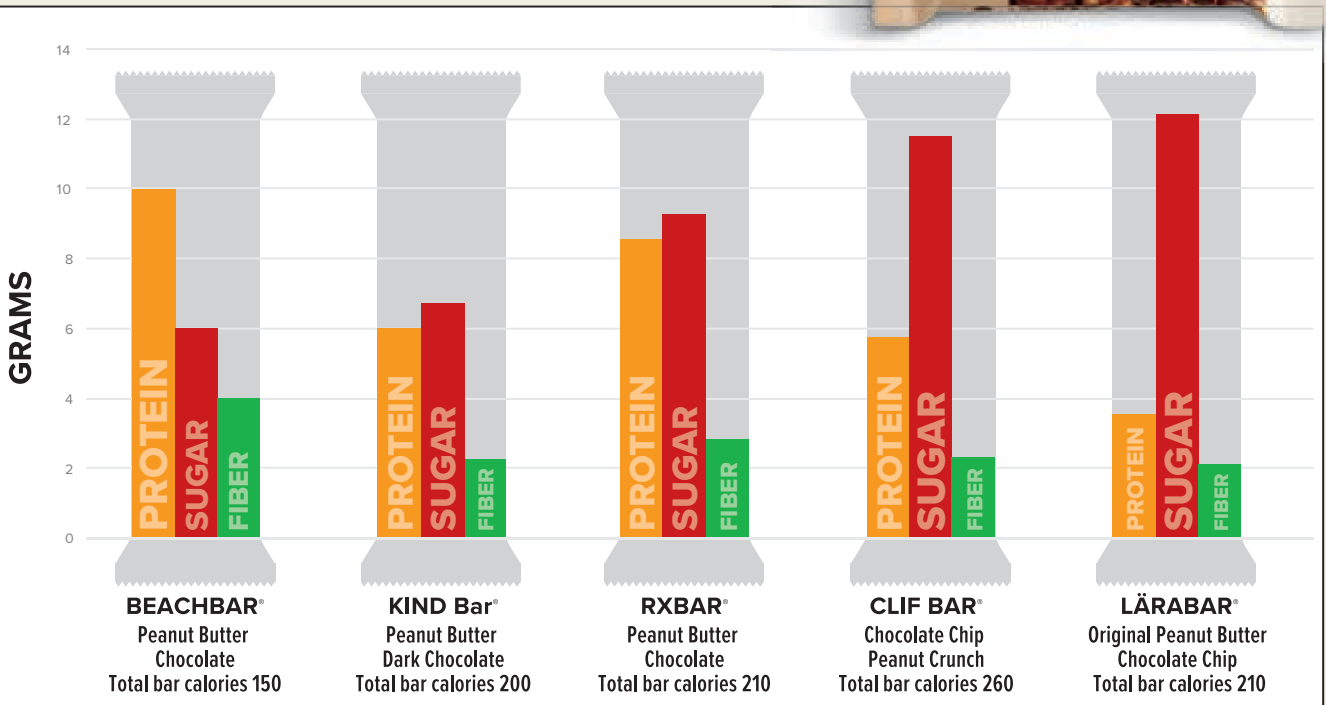
Peanut Butter
Chocolate

Chocolate
Cherry
Almond

Chocolate
Almond
Crunch

BEACHBAR: THE PROTEIN-POWERHOUSE, GOOD-FOR-YOU SNACK

The most delicious snack bar you'll meet, BEACHBAR® packs more protein and fiber per calorie than most other bars out there.** Meaning, it'll help you feel full and satisfied with just 150 calories. BEACHBAR is the wholesome, decadent-tasting snack that keeps you fueled between meals and on-the-go.



Protein per 150 calories **Sugar per 150 calories** **Fiber per 150 calories**

**Competitive bar nutrition information collected January 2018 for the following brands and flavors: KIND www.kindsnacks.com/products/kind-nut-bars/peanut-butter-dark-chocolate-bar-bar; CLIF shop.clifbar.com/CLIF-Bar-Chocolate-Chip-Peanut-Crunch/p/CLIF-101303&c=ClifBar@ClifBar@Bars; RXBAR www.rxbar.com/shop/peanut-butter-chocolate-whole-protein-bar-box-of-12-bar.html; LÄRABAR www.larabar.com/our-products/larabar/peanut-butter-chocolate-chip; KIND is a trademark of KIND LLC. RXBAR is a trademark of Chicago Bar Company LLC. CLIF BAR is a trademark of Clif Bar & Company. LÄRABAR is a trademark of General Mills Specialty Products, LLC.

SNACK ON A BAR THAT'S BETTER

Real chocolate chips, creamy nut butters, and crunchy protein crisps. 6g sugar, 9–10g protein, and 4g fiber. Incredible on the taste buds.

WHY YOU'LL LOVE IT

- › Great on-the-go
- › Toss into kids' lunchboxes
- › Perfect afternoon pick-me-up
- › Fuel for parents, athletes, and weekend warriors

Plump Up the

Did You Know?

Collagen, the protein that helps keep skin plump and firm, begins to decrease in your 20s, leading to more lines, duller skin, and weaker nails.

*To maintain youthful-looking skin, give your body more of what it needs to help reduce the appearance of fine lines and wrinkles.**



Big Beauty Benefits in One Small Serving

- Works in one small 2.5g serving
- Only 10 calories

Volume

Your Daily Skin Routine

- **Skip the junk:** Avoid sugary foods, which speed up skin aging.
- **Find an SPF you love:** Choose a broad-spectrum SPF 30+ and wear it daily. No excuses.
- **Get your C:** Eating a diet rich in vitamin C is linked to healthier-looking skin.
- **Take a collagen supplement:** A high-quality collagen peptide powder can help stimulate your body's collagen production.*

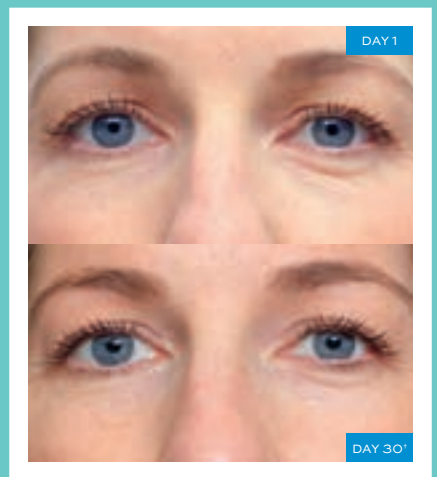


Results in 30 Days with Beachbody Collagen Boost®

Patented collagen peptides scientifically shown to help:*

- Stimulate the body's own collagen production
- Increase skin elasticity
- Reduce the appearance of wrinkles
- Support healthy nails

*Results vary depending on starting point and level of effort following Beachbody's recommended usage.



Visit [BeachbodyCollagen.com](https://www.BeachbodyCollagen.com) to learn more

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PUT YOUR CRAVINGS ON ICE

Meet the healthy, 15-calorie drink that actually helps curb cravings!

Beachbody Bevy™ helps make it easier to stop thinking about food all day, and is clinically shown to help curb cravings, reduce the amount of food you eat, and support healthy weight loss.*

Plus, it's delicious and refreshing.



Ingredient Dream Team



BREWER'S YEAST PEPTIDES

These clinically studied peptides are shown to help curb cravings and decrease food intake with regular use.*



GREEN TEA PHYTOSOMES

Clinically shown to help support healthy weight loss.*
Decaffeinated, so you can use day or night



FIBER

3g of fiber per serving to help you reach your daily goals.

Visit [BeachbodyBevy.com](https://www.BeachbodyBevy.com) to learn more

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The Right Way to Kick-Start Healthy Habits & Weight Loss

Whether you want to drop a few pounds in a hurry for an upcoming event or recover from an indulgent weekend, there are healthy and not-so-healthy ways to do it.

Forget the Juice Cleanse. Why?

- It may cause decreased energy, mood swings, and headaches
- Too much sugar without fiber can lead to sugar spikes and increased hunger
- Lack of protein and calories can lead to muscle loss, and a minimal amount of fat loss

Try This Instead ➤

To help shed weight and help your body cleanse, feed your body more fiber- and antioxidant-dense foods. These easy-to-follow programs can guide you.

3-Day Refresh®: Your 3-Day Quick Cleanse

- Enjoy whole, nutritious foods & supplements
- Helps you break up with junk food
- Helps you drop a few pounds
- Helps get your health, energy, and vitality back on-track*



Ultimate Reset®: Your 21-Day Cleanse

- Enjoy 3 weeks of nourishing clean eating & powerful supplements
- Helps eliminate trigger foods to gently cleanse your system
- Helps you lose weight
- Helps restore your body to its optimal “factory settings”
- Helps you feel and look healthier than before*



Visit BeachbodyUltimateReset.com or TeamBeachbody.com

Give Yourself a Wellness Boost

When you give your body what it needs, you just feel better. Personalize your wellness regimen with a boost of targeted nutrients that can help address some of your most pressing daily needs.



Beat Bloating and Other Belly Woes

Help relieve occasional digestive discomfort with Shakeology Digestive Health Boost*

- Helps get you back on-track and relieve occasional irregularity, bloating, and discomfort*
- Helps support cardiovascular health*
- Helps support gut and digestive health*
- Helps you reap the benefits of eating more fiber

Soluble and insoluble fiber & plant-based omega-3s
Flaxseed, Peas, Chia, Chicory Root, Psyllium Husk
7g of fiber in every scoop



The Easiest Way to Eat More Greens

Because some days, you need a little extra help from Shakeology Power Greens Boost

- Power Greens: Each serving of concentrated powder has the equivalent of 1 cup of green vegetables (volume before drying)
- Leafy greens: Can provide vital phytonutrients and antioxidants*

Phytonutrients
Spinach, Chlorella, Kale, Cucumber, Celery, Matcha Green Tea



When You Need Extra Focus*

Goodbye, brain fog. Hello, boss-mode and Shakeology Focused Energy Boost

- Helps you laser-focus so you can be uber-productive*
- Helps improve alertness, attention, and energy*
- Helps support mental clarity, focus, and clear thinking*
- Helps support the body in times of stress*

Adaptogens
King Trumpet, Lion's Mane, Cordyceps, Reishi, Green Tea, Rhodiola, Ginseng

Are Your Kids Getting the Nutrients Their Growing Bodies Need?

Real-talk time: It's not always easy to get nutritious food in front of your kids, never mind getting them to eat it.

Nutrition Doesn't Have to Be a Battle

Meet the healthy snack that tastes like a milkshake.

End snack-time wars with the yummy, wholesome, plant-based nutrition that growing kids will love.



Inside each delicious glass of Daily Sunshine®:

- Made with organic fruits and veggies
- Delivers the equivalent of an entire serving of fruits and veggies[†]
- 10g protein
- Calcium & vitamin D
- ALA omega-3 fatty acids
- Probiotics & fiber
- Pediatrician-approved formula
- Kid-approved taste



[DailySunshine.com](https://www.DailySunshine.com)

[†]Concentrated powder equivalent to 1 full serving of fruits and vegetables, ½ serving of fruit ((Chocolate – 4.45 g dried apple, strawberry, and blueberry powders) (Strawberry Banana – 4.5 g dried apple, strawberry, banana, and blueberry powders)) and ½ serving of veggies (1.95 g dried sweet potato and spinach powders) per smoothie. Each 28 g serving (1 scoop) provides the equivalent of ½ cup fruits and vegetables (volume before drying).

How Do You Want to Feel?

Get Inspired by These Success Stories

Jessica M.

As a busy, working new mom, Jessica, 32, wanted a program that didn't require a ton of time or effort. She decided to try out 2B Mindset, pairing it with Shakeology and Morning Meltdown 100. "I learned how to eat, no matter where I am or where I go."

LOST
75 pounds
in 14 months†

How she did it:

- Shakeology
- 2B Mindset
- Beachbody Performance
- Morning Meltdown 100

"I love how great 2B Mindset makes me feel. I've really learned how to be a better eater."



Wade J.

LOST
116 pounds
in 1 year†

Business owner Wade, 43, decided to make a change when his daughter dropped a crushing truth bomb on him. His 7-year-old was embarrassed when he came to school to see her because he was "so fat" and "the other dads don't look like that." "My heart ached inside," he recalls. A year later, he went from severely obese to fitness buff. "My life has never been better. I sleep better and have an incredible level of energy."

"Ultimate Portion Fix taught me how to eat, and I...learned to cook and prep meals, which has been key to my success."

How he did it:

- Shakeology
- Ultimate Portion Fix
- Energize, Recover, & Create
- 80 Day Obsession





Abbey N.



Studying for her master’s degree and caring for two ailing parents, teacher and mom of 5, Abbey, 38, watched her weight balloon. “I didn’t even recognize myself anymore.” After letting go of her fear, she joined a Beachbody Challenge Group. “Having the support of other busy mommas made me realize this is totally doable and...fun. Making life changes... can be a lot in the beginning, so to have a group [where] I could ask questions...meant so much.”

LOST
93 pounds
in 20 months†

How she did it:

- Shakeology
- Ultimate Portion Fix
- Energize
- BEACHBAR
- 80 Day Obsession

“I cannot imagine my life without Energize.”

Ei Leen S.

Ei Leen, 59, was tired of her scale creeping up. “I thought I was eating healthy and couldn’t understand why I...kept gaining weight.” She chalked it up to menopause and getting older. “2B Mindset taught me that my relationship with food needed tweaking.” She became friends with her scale, and learned how to eat the right foods in the right volumes. In 3 months she reached her goal weight and has successfully maintained for over two years.

LOST
30 pounds
in 3 months and
has kept it off
for 2 years†



How she did it:

- Shakeology
- 2B Mindset
- Beachbody On Demand workouts


“2B Mindset was 99% of my transformation. BOD helped me tone up.”



†Results vary depending on starting point and effort and following Beachbody’s exercise and healthy eating plan. Jessica M., Abbey N., Ei Leen S., and Wade J. are independent Team Beachbody Coaches.



The Quick Start Eating Plan



What you eat is as important as your fitness routine. As we mentioned earlier, we offer two comprehensive healthy nutrition programs, Ultimate Portion Fix and 2B Mindset, both proven to help you reach and maintain your goals without depriving yourself of the foods you love.

If you haven't picked a nutrition program yet, we've included this section to help you eat healthier, starting today. It includes general calorie recommendations, nutrition tips, meal prep ideas, shopping, and more.

We've also included over 30 recipes you and your family will love. Just select the ones you like and create your own daily meal plan. (You'll find a sample day as well.) We hope you enjoy these mouthwatering recipes, including some fan favorites from 2B Mindset and Ultimate Portion Fix.

First Determine your calorie level.

If you weigh **150 pounds or less** you should be eating about 1,500 calories a day

If you weigh **150 pounds or more** you should be eating about 1,800 calories a day



PRO TIP:

One **SUPER SNACK** has the same calories as two **SNACKS**, so you can swap these out.

For example, if you're supposed to eat two snacks during the day, you can eat one super snack instead.

When you're ready to take a deeper dive into your nutrition to get the best results, we recommend you check out **2B Mindset** or **Ultimate Portion Fix**.

Second See what you'll be eating.

1,500 CALORIES A DAY	1,800 CALORIES A DAY
BREAKFAST	BREAKFAST
LUNCH	LUNCH
DINNER	DINNER
2 SNACKS	2 SUPER SNACKS

Third Decide what you're going to eat.

You can pick your meals on your own or get inspired from the recipes in the back. Here's what a sample day could look like.

1,500-CALORIE SAMPLE DAY

BREAKFAST: Chocolate Pecan Pie Shakeology	SNACK: BEACHBAR	LUNCH: Mexican Chicken Tortilla Soup	SNACK: Spicy Cauliflower Bites	DINNER: Fresh Tomato Salsa Shrimp Over Carrot and Summer Squash Noodles
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1,800-CALORIE SAMPLE DAY

BREAKFAST: Smoked Salmon Omelet	SUPER SNACK: White Bean Dip	LUNCH: Tuna Salad with Artichokes and Olives	SUPER SNACK: Peanut Butter Banana Nice Cream	DINNER: Cheesy Cabbage Steak Turkey Sandwich
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FOOD RULES TO LIVE BY

Follow these easy eating guidelines to look and feel your best

1

Give your body the protein it needs

Chances are, you're getting enough protein, but maybe not eating the right kinds of protein at the right times. Well-timed protein—about 20 grams per meal—is crucial for energy levels, appetite control, muscle building, and muscle recovery.

Smart choices:

- A palm-sized serving of fish, chicken, lean beef, or organic tofu or tempeh, grilled or baked
- Shakeology for protein, plus nutrient-dense superfoods

2

Eat plenty of fiber

Fiber is critical for healthy digestion, but it's also your feel-better, fit-into-your-jeans secret weapon. In fact, it's one of the most important nutrients your body needs for overall health and longevity. And this might explain some things: Most Americans get only half the recommended daily dose of fiber. Aim for 28-34 grams per day.

Smart choices:

- Leafy greens and other veggies
- Berries and other whole fruit
- A tablespoon of flax or chia seeds
- A fist-sized portion of whole grains, lentils, or beans
- Shakeology Digestive Health Boost

3

Choose better sources of energy (including carbs)

In today's hectic, hustle-hard culture, it's easy to fall into habits that deplete you, like propping yourself up with sugary snacks and drinks. Smart, high-fiber carbohydrates, targeted vitamins and nutrients, and low doses of caffeine from wholesome sources help give you the focus and extra energy to power through the day, crash-free.

Smart choices:

- A small bowl of oatmeal or other whole-grain cereal
- A fist-sized portion of beans and brown rice
- A piece of whole fruit
- Plain coffee and tea (1 to 4 cups a day)
- Beachbody Performance Energize
- Shakeology Focused Energy Boost

4

Seek out superfoods

A diverse diet, full of vitamins, minerals, and phytonutrients, is key to strength and longevity. One of the best ways to help make sure you're getting those nutrients is by eating a wide variety of foods in every color of the rainbow. Why? A food's hue can help clue you in to the types of nutrients it contains—and each supports health in different ways.

Smart choices:

- Kale and other leafy greens (as much as you want!)
- A palm-sized serving of salmon, grilled or baked
- A big bowl of blueberries or other berries
- A fist-sized portion of peas and other legumes
- A small handful of almonds and other nuts
- A small bowl of plain yogurt and other probiotic foods
- Shakeology

5

Stay hydrated

Health begins with hydration. Every cell, tissue, and organ in your body needs water to function. Water helps carry nutrients to your cells, lubricate joints, and maintain supple skin; it also helps the heart pump blood more easily and keeps muscles working efficiently. And being dehydrated by even 2% can reduce exercise performance.

Smart choices:

- Water
- Herbal tea
- Beachbody Performance Hydrate (when working out)

6

Eat healthy fats

Fat gets a bad rap. That's because most of us eat too much of the wrong kinds. Getting the right kinds of fat ("healthy fats") in the right amounts is an important part of a healthy diet, and can actually help you stay full for longer—which helps support weight loss. Eating more monounsaturated fat and omega-3 fatty acids is great for your heart and overall health.

Smart choices:

- A teaspoon of extra-virgin olive oil
- A quarter of an avocado
- A small handful of nuts
- A tablespoon of flax or chia seeds
- A palm-sized serving of fatty fish, grilled or baked

Quick Start Tips for Success

WORKING OUT AND EATING

- ▶ If you have a **couple hours to digest** your meal before exercise, it's fine to eat a meal.
- ▶ If you wake up and immediately jump into your workout or if you're rushing to fit a workout in after work, it might be better to stick to **Beachbody Performance Energize**.* If you absolutely need to eat and it's within an hour of working out, try a **small, carb-based snack**.



SHOPPING

- ▶ **Plan all your meals and snacks** for the week. In addition to the recipes provided in this guide, the Beachbody Blog is a great resource for recipes and meal plans.
- ▶ **Make a list.** Check to see what you already have. Once you get to the market, don't stray from your list.
- ▶ Before you go, eat a snack or a meal. **Never shop hungry.**



*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.



REDUCE THE JUNK

Whether you eliminate one a day, one a week, or go cold turkey, **try to cut soda** and other sugary drinks, candy, pastries, fried foods, processed meats, and refined grains—all this stuff has **no nutritional value** and should play a minimal role in your diet. Both 2B Mindset and Ultimate Portion Fix can show you how to **enjoy the indulgences you love** without letting them get the best of you.

- ▶ Set aside time **once or twice a week** for meal prep.
- ▶ Grill, steam, poach, or bake your **protein**, including chicken, beef, pork, tofu, and tempeh. As for fish, cook no more than 2–3 days prior to eating.
- ▶ Hard-boil several eggs for an on-the-go **protein snack**.
- ▶ **Wash** your produce and bag it, except for berries. It's best to **rinse** those just before eating.
- ▶ Make a big jar of **dressing** so you're salad-ready all the time.
- ▶ **Cook a big pot** of your favorite grain, such as brown rice, millet, or quinoa.
- ▶ Make a stew, soup, casserole, or chili that can be **enjoyed all week**. If you make too much, freeze it.
- ▶ If you plan on keeping meat and mixed dishes longer than 3–4 days, put them in an **airtight container** and store them in the **freezer**.



- ▶ **Skip** the dinner rolls, tortilla chips, and garlic bread.
- ▶ Restaurant servings are usually much more food than you need. Ask for a **to-go box** in advance and **split your meal**, saving half for later.
- ▶ Restaurant food tastes so good because it's usually **loaded with salt, sugar, and fat**. Even “healthy” choices are rarely as healthy as when you prepare them at home.
- ▶ **Skip the soda**. You're better off with water or plain unsweetened iced tea.

BEVERAGES

WATER

Staying hydrated is important. Not only does it help with weight loss and exercise performance, it keeps you healthy. We recommend drinking half your weight in ounces daily, so if you weigh 160 pounds, try to drink at least 80 ounces of water every day.

Here are some great ways to make your plain water more interesting.

MIXERS

- Flat water
- Sparkling water
(make sure it has no calories and it's free of artificial ingredients)

MIX-INS

- 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



TEA & COFFEE

Unless you're caffeine-sensitive, three to four 8-ounce cups of coffee or tea daily is fine.

OK TO ADD

- Cinnamon
- Lemon
- Pumpkin pie spice
- Nutmeg

IN MODERATION (maximum twice daily)

- 1–2 Tbsp. low-fat (1–2%) milk
- 1–2 Tbsp. unsweetened nondairy milk alternative (almond, coconut, organic soy, etc.)
- Stevia (1–2 liquid drops or ½ single-serve packet)
- 1–2 tsp. sugar, honey, or other caloric sweeteners

AVOID:

- Cream
- Half-and-half
- Nondairy creamer
- Artificial sweeteners
- Flavored syrups (like chocolate, caramel, vanilla, hazelnut, etc.)

Did You Know?

Drinking water provides more than just plain H₂O. It can also be a source of important trace minerals. Distillation strips water of these nutrients, so if you drink distilled water, consider adding a sprinkle of unrefined Aztec sea salt or Himalayan salt to “mineralize” it.





RECIPES

All of our recipes are simple, satisfying, healthy, and delicious. Since your nutrition should be tailored to your tastes, preferences, and goals, we've added helpful symbols after the recipe titles to help you find the meals you'll most enjoy. Here's what they mean:



High in Fiber

These recipes contain at least 20% of the recommended daily value for fiber.



Gluten-Free

These recipes are designed to be Gluten-Free and contain no gluten-containing ingredients. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.



Kid-Friendly

These recipes are designed with the whole family in mind. They include recipes that are simple enough for kids to help make, are not too spicy, include somewhat familiar and easy-to-find ingredients, and are easy enough to eat with hands or common utensils.



No Dairy

These recipes do not include any dairy ingredients. Remember to check all labels to confirm your ingredients don't contain dairy.



High in Protein

These recipes contain at least 20% of the recommended daily value for protein.



Paleo-Friendly

These recipes include only meats, fish, eggs, vegetables, fruits, nuts, seeds, and healthy fats and oils. They are void of grains, legumes, dairy, refined sugars, processed foods, and other ingredients that in the past could not be obtained by hunting and gathering.



Quick 'n' Easy

These recipes are designed to be made in 15 minutes or less and require little to no cooking.



Vegan

These recipes are designed to contain no animal products. Please read product labels for each ingredient to ensure this to be the case.



Vegetarian

These recipes are Lacto-Ovo Vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.

If you're doing **2B Mindset**, the Plate It instructions explain how the recipe can fit into one of your meals. If you're doing **Ultimate Portion Fix**, the number after each colored square indicates how many containers are in one serving of the recipe.

The Nutritional Information box below each recipe provides estimated nutritional information for that recipe.

BREAKFASTS



We can't stress enough how important it is to start your day on the right foot with the right nutrition. That starts with breakfast. These recipes give you lots of delicious and easy options. The best part? They're all healthfully satisfying.

- MINDSET MENU **Banana Egg Pancakes**
- MINDSET MENU **Breakfast Brownies with Cheesecake Frosting**
- **Chocolate Pecan Pie Shakeology**
- **Greek Yogurt Breakfast Parfait**
- FIXATE **Smoked Salmon Omelet**
- FIXATE **Strawberries and Cream Overnight Oats**





A
2B MINDSET
RECIPE!

MINDSET MENU **Banana Egg Pancakes**

(Makes 1 serving, 8 small pancakes)

F GF KF P VG

Total Time: 18 min.

Prep Time: 10 min.

Cooking Time: 8 min.

<p>2 large eggs, lightly beaten 1 large ripe banana, mashed ½ tsp. pure vanilla extract 1 dash ground cinnamon Olive oil cooking spray</p>	<p>⅓ cup reduced-fat (2%) plain Greek yogurt 2 to 3 drops liquid stevia (optional) ½ cup fresh (or frozen) raspberries 1½ tsp. all-natural peanut butter</p>
--	---

1. Combine eggs, banana, extract, and cinnamon in a medium bowl; whisk to blend. Set aside.
2. Heat medium nonstick skillet, lightly coated with spray, over medium heat.
3. Spoon 2 Tbsp. egg mixture into skillet for each pancake; cook for 1 to 2 minutes, flip, and cook for another 1 to 2 minutes, or until cooked through.
4. While pancakes are cooking, combine yogurt and stevia (if desired) in a small bowl; mix well. Set aside.
5. Top pancakes with yogurt mixture, raspberries, and peanut butter.

TIPS:

- You can use half of a 5.3-oz. container for ⅓ cup of yogurt.
- 1 packet dry stevia can be substituted for liquid stevia.
- These pancakes are delicate and can be tricky to flip if they are too big. Making small pancakes (2 Tbsp. batter each) makes this recipe easier!

Consuming eggs, raw or undercooked meats, poultry, seafood, or shellfish may increase your risk of foodborne illness.

Nutritional Information (per serving):

Calories: 406	Cholesterol: 358 mg	Fiber: 8 g
Total Fat: 15 g	Sodium: 184 mg	Sugars: 23 g
Saturated Fat: 4 g	Carbohydrates: 44 g	Protein: 24 g

2B Mindset Plate It!
 This recipe makes a great breakfast.



A
2B MINDSET
RECIPE!

MINDSET MENU **Breakfast Brownies with Cheesecake Frosting**

(Makes 4 servings, 2 brownies each)

F **GF** **KF** **P** **VG**

Total Time: 45 min.

Prep Time: 10 min. + 10 min. to cool

Cooking Time: 25 min.

6	Nonstick cooking spray	1½ tsp.	baking powder
	large eggs	⅓ cup	semisweet chocolate chips
2	large ripe bananas	¾ cup	reduced-fat (2%)
¾ cup	canned black beans, drained, rinsed		cottage cheese
½ cup	unsweetened cocoa powder	10 drops	liquid stevia
2 tsp.	pure vanilla extract, <i>divided use</i>	4 cups	sliced strawberries

- Heat oven to 350° F.
- Lightly coat an 8 x 8-inch baking dish with spray; set aside.
- Add eggs, bananas, beans, cocoa powder, 1 tsp. extract, and baking powder to a blender; cover. Blend until smooth.
- Pour mixture into prepared baking dish; sprinkle evenly with chocolate chips. Set aside.
- Rinse blender; add cottage cheese, remaining 1 tsp. vanilla extract, and liquid stevia. Cover; blend until very smooth.
- Slowly pour cottage cheese mixture onto chocolate mixture in rows until most of the surface is covered. Use a butter knife to marble brownies by dragging knife in straight lines from left to right top to bottom.
- Bake for 25 minutes, or until center is set and a toothpick inserted comes out clean. Let cool 10 minutes before slicing.
- Cut into 8 pieces; divide brownies and strawberries evenly among four plates. Serve immediately, or store refrigerated in an airtight container for up to 4 days.

TIPS:

- This recipe tastes like rich, dark chocolate. It gets almost all of its sweetness from bananas, so it is best to use very ripe ones with spotted brown peels. If you like sweeter brownies, you will want to add 8 to 10 drops of liquid stevia to the chocolate mixture.
- Black beans can be swapped with chickpeas or cannellini beans.
- You can also bake the brownies just after adding chocolate chips, then spread frosting on top once they have cooled.

Nutritional Information (per serving):

Calories:	378	Cholesterol:	284 mg	Fiber:	12 g
Total Fat:	13 g	Sodium:	494 mg	Sugars:	24 g
Saturated Fat:	5 g	Carbohydrates:	51 g	Protein:	21 g

2B **2B Mindset Plate It!**
MINDSET This recipe makes a great breakfast.



Chocolate Pecan Pie Shakeology

(Makes 1 serving)



Total Time: 10 min.

Prep Time: 10 min.

Cooking Time: None

1 cup	unsweetened almond milk	2 Tbsp.	chopped unsalted pecans
1 cup	ice	2 Tbsp.	dry rolled oats
1 scoop	Chocolate Whey (or Chocolate Plant-Based Vegan) Shakeology	2 tsp.	all-natural almond butter

1. Place almond milk, ice, Shakeology, pecans, oats, and almond butter in blender; cover. Blend until smooth; serve immediately.

SHAKEOLOGY ROULETTE

One great thing about this recipe—and most Shakeology recipes—is that the ingredients are super- interchangeable. Replace the almond butter with another nut butter. Replace the pecans with another nut. Replace the Shakeology with another Shakeology flavor. No matter what you choose, it's still delicious.

Nutritional Information (per serving):

Calories:	396	Cholesterol:	5 mg	Fiber:	10 g
Total Fat:	22 g	Sodium:	380 mg	Sugars:	8 g
Saturated Fat:	3 g	Carbohydrates:	30 g	Protein:	23 g

THE ULTIMATE
FIX Container Equivalents
● 1 ● ½ ● 1 ● 3

2B MINDSET **2B Mindset Plate It!**
This recipe makes a great breakfast.



Greek Yogurt Breakfast Parfait

(Makes 1 serving)

F KF P QE VG

Total Time: 10 min.

Prep Time: 10 min.

Cooking Time: None

½ cup	unsweetened high-fiber cereal, <i>divided use</i>	1 cup	fresh mixed berries (like blackberries, blueberries, and raspberries), <i>divided use</i>
¾ cup	reduced-fat (2%) plain Greek yogurt, <i>divided use</i>	2 Tbsp.	hemp seeds
1 tsp.	honey, <i>divided use</i>		

1. Layer $\frac{1}{4}$ cup cereal, $\frac{1}{4}$ cup + 2 Tbsp. yogurt, $\frac{1}{2}$ tsp. honey, and $\frac{1}{2}$ cup berries in a tall glass (or bowl); repeat layers.
2. Top with seeds; serve immediately.

GREEKING OUT ON YOGURT

If you're looking to up your protein game a little, Greek yogurt should be your go-to. Not only does extra straining make it thicker and creamier than regular yogurt, but $\frac{3}{4}$ of a cup of reduced-fat Greek yogurt contains about 18 grams of protein. A $\frac{3}{4}$ cup of regular reduced-fat yogurt only contains 8 to 10 grams. That's why we can't get enough of Greek culture.

Nutritional Information (per serving):

Calories:	392	Cholesterol:	9 mg	Fiber:	18 g
Total Fat:	11 g	Sodium:	137 mg	Sugars:	28 g
Saturated Fat:	4 g	Carbohydrates:	56 g	Protein:	27 g

THE ULTIMATE
PORTION
FIX Container Equivalents
● 1 ● 1 ● 1 ● 1

2B MINDSET **2B Mindset Plate It!**
This recipe makes a great breakfast.

AN
ULTIMATE
PORTION FIX
RECIPE!



FIXATE **Smoked Salmon Omelet**

(Makes 1 serving)

P QE

Total Time: 12 min.

Prep Time: 7 min.

Cooking Time: 5 min.

3 Tbsp.	chopped smoked salmon	3	large eggs, lightly beaten
1 Tbsp.	reduced-fat sour cream	1 slice	low-sodium sprouted wheat bread (like Ezekiel), toasted
1 Tbsp.	chopped fresh chives		
1 tsp.	ghee (organic grass-fed, if possible), <i>divided use</i>		

1. Add salmon, sour cream, and chives to a small bowl; mix to combine. Set aside.
2. Melt $\frac{1}{2}$ tsp. ghee in a small nonstick skillet over medium heat.
3. Add eggs; cook, stirring occasionally with a rubber spatula, for 2 to 3 minutes. Tilt pan as needed to allow runny egg to fill gaps created by spatula.
4. When almost all runny egg has been cooked, add salmon mixture in a line down center of omelet. Cover immediately; remove from heat.
5. Let rest for 2 minutes, or until top is set.
6. Tilting pan, use spatula to loosen one side of omelet; gently fold it toward the center to cover salmon mixture. Fold again to form a tri-fold that encloses the filling.
7. Slide the omelet out of pan onto a plate. Spread *remaining* $\frac{1}{2}$ tsp. ghee on toast; enjoy!

Nutritional Information (per serving):

Calories:	382	Cholesterol:	669 mg	Fiber:	3 g
Total Fat:	21 g	Sodium:	456 mg	Sugars:	1 g
Saturated Fat:	8 g	Carbohydrates:	20 g	Protein:	28 g

THE ULTIMATE
PORTION
FIX Container Equivalents



AN
ULTIMATE
PORTION FIX
RECIPE!



FIXATE **Strawberries and Cream Overnight Oats**

(Makes 1 serving)

F GF KF P VG

Total Time: 4 hr. 5 min.

Prep Time: 5 min. + 4 hr. (or overnight)

Cooking Time: None

1 cup	chopped strawberries, <i>divided use</i>	1 Tbsp.	reduced-sugar strawberry jam
¼ cup + 2 Tbsp.	reduced-fat (2%) plain Greek yogurt	¼ cup	dry rolled oats, gluten-free
½ cup	canned lite coconut milk	1 Tbsp.	chia seeds
1 tsp.	pure maple syrup		

1. Place $\frac{1}{2}$ cup strawberries, yogurt, coconut milk, maple syrup, and jam in blender; cover and blend until smooth.
2. Place *remaining* $\frac{1}{2}$ cup strawberries, oats, and chia seeds in a medium bowl. Top with yogurt mixture; stir to combine. Cover tightly; refrigerate 4 hours, or overnight. Enjoy within 24 hours.

Nutritional Information (per serving):

Calories:	389	Cholesterol:	9 mg	Fiber:	11 g
Total Fat:	16 g	Sodium:	101 mg	Sugars:	23 g
Saturated Fat:	8 g	Carbohydrates:	50 g	Protein:	17 g

THE ULTIMATE
PORTION
FIX Container Equivalents
● 1½ ● ½ ● 1 ● 1 ● ½

LUNCHES



Whether you're on-the-go or sitting down and taking the time to truly enjoy a healthy meal, we've gathered a range of Beachbody favorites to make your lunch something special. Each recipe is built around a simple philosophy: great tasting food that's easy to make, and easier to enjoy.

- **FIXATE Mexican Chicken Tortilla Soup**
- **FIXATE Easy No-Bean Chili**
- **Crunchy Vegan Veggie Wraps**
- **MINDSET MENU Instant Pot Chicken Enchilada Bowl**
- **Rainbow Lentil Bowls**
- **FIXATE Tuna Salad with Artichokes and Olives**





AN
ULTIMATE
PORTION FIX
RECIPE!

FIXATE Mexican Chicken Tortilla Soup

(Make 4 servings, 1½ cups each)

F GF P

Total Time: 46 min.

Prep Time: 15 min.

Cooking Time: 31 min.

8 (6-inch)	Parchment paper	1½ cups	sliced carrots (approx. 3 medium)
2 tsp.	corn tortillas, <i>divided use</i>	1 tsp.	dried Mexican oregano leaves
½ cup	olive oil	1 tsp.	ground ancho chile powder
2 cups	chopped onion (approx. ⅔ medium)	½ tsp.	sea salt (or Himalayan salt)
2 cloves	sliced celery (approx. 4 medium stalks)	½ tsp.	ground black pepper
1½ cups	garlic, chopped	½	medium avocado, chopped
6 cups	chopped tomatoes (approx. 4 medium)	¼ cup	chopped fresh cilantro
	low-sodium organic chicken broth, <i>divided use</i>	4 tsp.	crumbled Cotija cheese
3 cups	chopped rotisserie chicken breast, boneless, skinless		

- Preheat oven to 350° F.
- Line large baking sheet with parchment paper.
- Place tortillas on baking sheet. Bake for 8 to 10 minutes, or until toasted and crispy. Remove from oven. When cool, break into pieces. Set aside.
- Heat oil in large saucepan over medium heat.
- Add onion and celery; cook, stirring frequently, for 3 to 5 minutes, or until onion is translucent.
- Add garlic; cook, stirring frequently, for 1 minute.
- Add tomatoes; cook, stirring frequently, for 5 minutes, or until tomatoes are soft. Set aside.
- Add onion mixture, 2 cups broth, and half of toasted corn tortilla pieces to blender (or food processor); cover. Blend until smooth.
- Add blended mixture to large saucepan. Add remaining 4 cups broth, chicken, carrots, oregano, chile powder, salt, and pepper. Bring to a boil over medium-high heat. Reduce heat to medium-low; cook, stirring occasionally, for 10 minutes, or until carrots are tender.
- Top each serving evenly with avocado, cilantro, cheese, and remaining toasted tortilla pieces.

Recipe Notes:

- For a vegetarian version replace chicken broth with low-sodium organic vegetable broth and omit chicken breast.
- You can substitute any ground chile powder for ancho chile powder.
- Cotija cheese can be found in many grocery stores, or specialty Hispanic markets. You can substitute feta cheese for Cotija cheese.

Nutritional Information (per serving):

Calories:	480	Cholesterol:	99 mg	Fiber:	9 g
Total Fat:	15 g	Sodium:	634 mg	Sugars:	8 g
Saturated Fat:	3 g	Carbohydrates:	42 g	Protein:	48 g

THE ULTIMATE
PORTION
FIX

Container Equivalents

● 2 ● 1½ ● 1 ● 1


 AN
**ULTIMATE
 PORTION FIX
 RECIPE!**

FIXATE **Easy No-Bean Chili**

(Makes 4 servings, approx. 1 cup each)

F **GF** **KF** **P**

Total Time: 25 min.

Prep Time: 6 min.

Cooking Time: 19 min.

1 Tbsp.	ghee (organic grass-fed, if possible)	1 tsp.	ground smoked paprika
1 lb.	raw 96% lean ground beef	¾ tsp.	sea salt (or Himalayan salt)
¾ cup	chopped onion (approx. 1 medium)	½ tsp.	ground black pepper
3 cloves	garlic, finely chopped	½ tsp.	garlic powder
2 cups	low-sodium organic chicken broth	1 cup	reduced fat (2%) plain Greek yogurt
2 cups	all-natural tomato puree	1	medium ripe avocado, cubed
1 Tbsp.	chili powder		

1. Heat ghee in a large soup pot over medium-high heat.
2. Add beef; cook, breaking apart with a spoon, for 4 to 6 minutes, or until lightly browned.
3. Add onion and garlic; cook, stirring frequently, for 2 to 3 minutes, or until onion is translucent.
4. Add broth, tomato puree, chili powder, smoked paprika, salt, pepper, and garlic powder; stir to combine. Bring to a boil; reduce heat to low. Gently boil, stirring occasionally, for 10 minutes, or until chili is slightly reduced and thickened.
5. Divide evenly among 4 serving bowls; top each with ¼ cup yogurt and ¼ avocado.

Nutritional Information (per serving):

Calories:	379	Cholesterol:	77 mg	Fiber:	7 g
Total Fat:	18 g	Sodium:	669 mg	Sugars:	10 g
Saturated Fat:	6 g	Carbohydrates:	24 g	Protein:	36 g

THE ULTIMATE
**PORTION
 FIX** Container Equivalents
 ● 1 ● 1½ ● 1 ● 1



Crunchy Vegan Veggie Wraps

(Makes 2 servings, 2 wraps each)



Total Time: 25 min.

Prep Time: 25 min.

Cooking Time: None

4	medium collard green leaves, washed, patted dry, bottom stems removed	1	medium cucumber, cut into matchstick-sized pieces
1 cup	cooked quinoa	1	medium red bell pepper, thinly sliced
1 Tbsp.	finely chopped fresh parsley	½ cup	fresh microgreens (or sprouts)
2 Tbsp.	fresh lemon juice	¼	medium avocado, thinly sliced
1 Tbsp. + 1 tsp.	sesame oil	2 Tbsp.	hemp seeds
¼ tsp.	fresh ground black pepper		
¼ cup	prepared hummus		
1	medium carrot, cut into matchstick-sized pieces		

1. Use a vegetable peeler to make the collard green stems thinner. Start at the bottom of the leaf and peel up. Make sure you do not cut through the leaf. Set aside.
2. Combine quinoa, parsley, lemon juice, oil, and pepper in a small bowl; mix well. Set aside.
3. Place leaves green side down on a cutting board or work surface. Evenly spread hummus in the center of each leaf. Top evenly with quinoa mixture, carrot, cucumber, bell pepper, microgreens, avocado, and hemp seeds.
4. Fold one long side toward the middle and roll onto itself. Secure with a toothpick.

TIP: Make sure to remove the toothpicks before eating or serving to others.

Nutritional Information (per serving):

Calories:	408	Cholesterol:	0 mg	Fiber:	12 g
Total Fat:	24 g	Sodium:	172 mg	Sugars:	6 g
Saturated Fat:	3 g	Carbohydrates:	39 g	Protein:	12 g

THE ULTIMATE PORTION FIX

Container Equivalents
 ● 2½ ● 1 ● 1 ● ½ ● 2

Vegan Container Equivalents
 ● 2½ ● A 1 ● 1 ● ½ ● 2

2B Mindset Plate It!
 A veggie and FFC as part of lunch.

A
2B MINDSET
RECIPE!

MINDSET MENU Instant Pot Chicken Enchilada Bowl

(Makes 4 servings, approx. 2 cups each)

F KF ND P

Total Time: 30 min.

Prep Time: 12 min.

Cooking Time: 18 min.

1 lb.	frozen raw chicken breasts, boneless, skinless	2 cups	canned black beans, drained, rinsed
1 (10-oz.) can	enchilada sauce	½ cup	chopped fresh cilantro, <i>divided use</i>
3 bags (12-oz. each)	cauliflower rice	2	roma tomatoes, chopped into ½-inch cubes
5	medium green onions, sliced	1	medium ripe avocado, cubed
		1	medium lime, quartered

- Place chicken breasts and enchilada sauce in an Instant Pot; toss to coat evenly.
- Cover and seal pot; cook with pressure cooker setting on high for 15 minutes. Release pressure to vent immediately, being careful to avoid escaping steam.
- Carefully open lid; remove chicken to a large mixing bowl and leave sauce in pot. Using two forks, shred chicken; set aside.
- Add cauliflower rice, green onions, and beans to pot; stir to coat with sauce. Cover and seal pot; cook with pressure cooker setting on high for 1 minute. Release pressure to vent immediately, being careful to avoid escaping steam.
- Carefully open lid. Return chicken to pot and add ¼ cup cilantro; stir to combine.
- Divide chicken mixture evenly among 4 bowls. Top evenly with tomatoes, avocado, *remaining* ¼ cup cilantro; serve with a lime wedge.

TIPS:

- You don't need to thaw the chicken breasts in this recipe! You can place them in the Instant Pot still frozen. If you are using fresh chicken breasts, reduce the cook time to 10 minutes.
- Accessorize with a dollop of Greek yogurt, or replace the avocado with 1 to 2 Tbsp. shredded cheese.
- Serve with a cup of shredded lettuce or cabbage to add crunch.

Nutritional Information (per serving):

Calories:	430	Cholesterol:	83 mg	Fiber:	18 g
Total Fat:	11 g	Sodium:	763 mg	Sugars:	12 g
Saturated Fat:	2 g	Carbohydrates:	44 g	Protein:	41 g

2B MINDSET **2B Mindset Plate It!**
Makes a great lunch.



Rainbow Lentil Bowls

(Makes 2 servings, 1 bowl each)



Total Time: 15 min.

Prep Time: 15 min.

Cooking Time: None

2 cups	mixed salad greens	2 cups	cooked brown (or green) lentils
1 Tbsp. + 1 tsp.	extra-virgin olive oil	½ cup	chopped green onion
1 cup	pico de gallo (or fresh tomato salsa), <i>divided use</i>	½ cup	chopped green bell pepper
½ cup	sliced red onion	1 cup	halved cherry (or grape) tomatoes
½ cup	chopped red cabbage		

1. Evenly divide salad greens and oil between two serving bowls.
2. Place *half* of pico de gallo, red onion, cabbage, lentils, green onion, bell pepper, tomatoes, and *remaining half* of pico de gallo on top of salad greens in “stripes.”
3. Serve chilled.

LENTIL CLARITY

Lentils are a great source of vegetable protein, but you need to prepare them right or they turn to mush. Here's how. After rinsing 1 cup of lentils and picking out any debris, combine with 3 cups of water in a medium saucepan, and bring to a boil. Next, let them simmer for 20 to 30 minutes until they're soft, but not disintegrating. Finally, strain them and add salt to taste. And enjoy!

Nutritional Information (per serving):

Calories:	396	Cholesterol:	0 mg	Fiber:	19 g
Total Fat:	10 g	Sodium:	624 mg	Sugars:	17 g
Saturated Fat:	1 g	Carbohydrates:	62 g	Protein:	20 g

THE ULTIMATE
**PORTION
FIX** Container Equivalents

● 3 ● 2 ● 2

Vegan Container Equivalents

● 3 ● 1½ ● 2



2B Mindset Plate It!

Veggies and FFC as part of lunch or a great dinner option on the vegan plan.


 AN
**ULTIMATE
 PORTION FIX
 RECIPE!**

FIXATE Tuna Salad with Artichokes and Olives

(Makes 4 servings, approx. 1½ cups each)

F GF ND P PF

Total Time: 20 min.

Prep Time: 20 min.

Cooking Time: None

5 cans (5-oz. each)	chunk light tuna, packed in water, drained	1 Tbsp. + 1 tsp.	FIXATE Mayonnaise (see separate recipe for FIXATE Mayonnaise)** (or any mayonnaise)
3 cups	artichoke hearts, packed in water, drained, chopped	2 tsp.	fresh lemon juice
1 cup	chopped red bell peppers (approx. 1¼ medium)	1½ tsp.	chopped fresh oregano
40	medium black olives, chopped (approx. 1 cup)	¼ tsp.	ground black pepper
		4	large Boston (or Bibb) lettuce leaves

1. Combine tuna, artichoke hearts, bell peppers, olives, mayonnaise, lemon juice, oregano, and pepper in a medium bowl; mix well.
2. Place a leaf of lettuce on each of four serving plates; top evenly with tuna salad.
3. Serve immediately.

Recipe Note: ½ tsp. dried oregano can be substituted for fresh oregano.

**The FIXATE Mayonnaise recipe can be found in the FIXATE Cooking Show Resources tab on Beachbody On Demand.

Nutritional Information (per serving):

Calories:	330	Cholesterol:	90 mg	Fiber:	13 g
Total Fat:	9 g	Sodium:	507 mg	Sugars:	3 g
Saturated Fat:	4 g	Carbohydrates:	44 g	Protein:	42 g

THE ULTIMATE
**PORTION
 FIX** Container Equivalents
 ● 1 ● 1 ● 1 — 1

DINNERS



As the last full meal of the day, it's important to make sure your food is as good-for-you as it is delicious. These recipes make every dinner an occasion you'll want to savor, knowing you're eating a well-balanced meal that can help feed your body, and set you up for a healthier tomorrow.

- **Curried Quinoa and Peas with Cashews and Fresh Mango**
- **MINDSET MENU Cheesy Cabbage Steak Turkey Sandwich**
- **Fresh Tomato Salsa Shrimp Over Carrot and Summer Squash Noodles**
- **MINDSET MENU Honey Mustard Salmon with Roasted Veggies**
- **MINDSET MENU Spaghetti Squash Crust Pizza**
- **MINDSET MENU Taco Filled Zucchini Boats**





Curried Quinoa and Peas with Cashews and Fresh Mango

(Makes 1 serving)



Total Time: 24 min.

Prep Time: 15 min.

Cooking Time: 9 min.

1½ tsp.	extra-virgin organic coconut oil (or olive oil)	1 dash	Himalayan salt (or sea salt)
¼	medium onion, finely chopped	¾ cup	cooked quinoa
1 very thin slice	fresh ginger, peeled, finely chopped	¼ cup	frozen peas, thawed
½ clove	garlic, finely chopped	2 Tbsp.	coarsely chopped unsalted cashews
¼ to ½ tsp.	curry powder	2 Tbsp.	chopped fresh cilantro
		¼ medium	ripe mango, chopped

1. Heat oil in medium saucepan over medium-high heat.
2. Add onion; cook, stirring frequently, for 3 to 5 minutes, or until translucent.
3. Add ginger, garlic, curry powder, and salt; cook, stirring frequently, for 2 minutes, or until fragrant.
4. Add quinoa and peas; cook, stirring frequently, for 2 minutes, or until well mixed and heated through.
5. Remove from heat; let stand for 5 minutes.
6. Stir in cashews and cilantro; serve warm topped with mango.

TIP: 1 cup uncooked quinoa generally yields 3 cups cooked quinoa. As a convenience, you can cook some up in advance, and store refrigerated in an airtight container for up to 4 days.

Nutritional Information (per serving):

Calories:	402	Cholesterol:	0 mg	Fiber:	8 g
Total Fat:	16 g	Sodium:	192 mg	Sugars:	3 g
Saturated Fat:	7 g	Carbohydrates:	55 g	Protein:	12 g



Container Equivalents

● 1 ● 2 ● 1 — 1½

Vegan Container Equivalents

● 1 ● A 2 ● 1 — 1½



2B Mindset Plate It!

Add veggies and a protein for lunch.

A
2B MINDSET
RECIPE!



MINDSET MENU **Cheesy Cabbage Steak Turkey Sandwich**

(Makes 1 serving)

F GF P

Total Time: 48 min.

Prep Time: 10 min.

Cooking Time: 38 min.

1	Parchment paper	¼ tsp.	ground cumin
¼ tsp.	Nonstick cooking spray	6 oz.	turkey deli slices
¼ tsp.	medium red cabbage	¼ cup	(nitrate- and nitrite-free)
¼ tsp.	ground paprika		shredded cheddar cheese
	garlic powder		Aluminum foil
	onion powder		

1. Preheat oven to 375° F. Line a baking sheet with parchment paper and coat with nonstick cooking spray.
2. To make cabbage steaks, slice two 1½-inch-thick rounds from the center of a whole head of cabbage.
3. Place cabbage steaks on prepared baking sheet. Sprinkle evenly with paprika, garlic powder, onion powder, and cumin. Bake for 15 to 20 minutes.
4. Top one cabbage steak with turkey and cheese. Top with remaining cabbage steak.
5. Wrap sandwich in aluminum foil and place foil packet on baking sheet. Place a weight or oven-safe pot or pan on top of sandwich. Bake for 4 to 6 minutes.

TIPS:

- To make with a panini press, wrap sandwich in aluminum foil and place foil packet on a preheated panini press. Press and cook until cheese is melted, approximately 3 minutes.
- Reserve remaining cabbage for another meal.

Nutritional Information (per serving):

Calories:	393	Cholesterol:	103 mg	Fiber:	7 g
Total Fat:	12 g	Sodium:	1,574 mg	Sugars:	16 g
Saturated Fat:	6 g	Carbohydrates:	29 g	Protein:	48 g

2B MINDSET **2B Mindset Plate It!**
Makes a great dinner.



Fresh Tomato Salsa Shrimp Over Carrot and Summer Squash Noodles

(Makes 2 servings, approx. 2 cups each)



Total Time: 21 min. + 20 min. to marinate

Prep Time: 15 min.

Cooking Time: 6 min.

12 oz.	cooked shrimp	¼ tsp.	sea salt (or Himalayan salt), <i>divided use</i>
2	medium tomatoes, chopped	¼ tsp.	ground black pepper
1	medium red onion, chopped	2	medium summer squash (or raw beets), spiralized
¼ cup	finely chopped fresh cilantro	2	medium carrots, spiralized
¼ cup	fresh lime juice		
1 Tbsp. + 1 tsp.	olive oil, <i>divided use</i>		

1. Combine shrimp, tomatoes, onion, cilantro, lime juice, *1 Tbsp.* oil, *1 dash* salt, and pepper in a medium bowl; mix well. Refrigerate, covered, for 20 minutes.
2. Heat *remaining 1 tsp.* oil in medium skillet over medium heat.
3. Add squash, carrots, and *remaining 1 dash* salt; cook, stirring frequently, for 3 to 5 minutes, or until vegetables are cooked to desired doneness. Remove from heat.
4. Evenly divide carrot noodle mixture between two serving plates. Top evenly with shrimp mixture. Serve immediately.

TIPS:

- A spiralizer is an inexpensive tool that cuts fresh veggies into noodles. You can use a spiralizer to cut the summer squash and carrots in this recipe.
- To make summer squash noodles without a spiralizer, cut each squash into thin lengthwise strips using a vegetable peeler. Turn squash slightly after cutting each strip to work evenly around the outside, stopping when you hit the seeds at the core. Discard cores. Cut slices lengthwise into strips resembling spaghetti.

Nutritional Information (per serving):

Calories:	409	Cholesterol:	420 mg	Fiber:	7 g
Total Fat:	13 g	Sodium:	881 mg	Sugars:	13 g
Saturated Fat:	1 g	Carbohydrates:	25 g	Protein:	53 g

THE ULTIMATE
PORTION
FIX Container Equivalents



2B MINDSET **2B Mindset Plate It!**
A great dinner.

A
2B MINDSET
RECIPE!



MINDSET MENU **Honey Mustard Salmon with Roasted Veggies**

(Makes 2 servings)

GF ND P PF

Total Time: 55 min.

Prep Time: 15 min.

Cooking Time: 40 min.

2 lbs.	Parchment paper	1 tsp.	fresh lemon juice (optional)
1 lb.	Olive oil cooking spray	2 (6-oz. each)	raw salmon fillets
1 tsp.	mini-bell peppers, assorted colors	2 tsp.	Dijon mustard
	medium asparagus spears, ends trimmed (approx. 30 spears)	2 tsp.	honey
	seasoning blend of your choice	1 tsp.	garlic powder (optional)

1. Preheat oven to 400° F.
2. Place parchment paper on one large baking sheet and one small baking sheet. Lightly coat with spray. Set aside.
3. Spread bell peppers and asparagus spears evenly on large baking sheet. Season with seasoning blend and drizzle asparagus with lemon juice (if desired). Lightly coat veggies with spray. Set aside.
4. Top small baking sheet with salmon. Spread mustard evenly over salmon. Drizzle with honey and sprinkle with garlic powder (if desired). Set aside.
5. Bake veggies for 10 minutes.
6. Place salmon in oven. Bake veggies for an additional 10 to 20 minutes, or until tender-crisp. Bake salmon for 15 to 20 minutes, or until salmon flakes easily when tested with a fork.
7. Serve salmon with veggies.

TIP: You can substitute 5 cups sliced bell peppers (your choice of color) for mini-bell peppers.

Nutritional Information (per serving):

Calories:	414	Cholesterol:	94 mg	Fiber:	5 g
Total Fat:	11 g	Sodium:	210 mg	Sugars:	2 g
Saturated Fat:	2 g	Carbohydrates:	39 g	Protein:	43 g

2B **2B Mindset Plate It!**
MINDSET Makes a great dinner.

A
2B MINDSET
RECIPE!

MINDSET MENU Spaghetti Squash Crust Pizza

(Makes 2 servings, 1/2 pizza and 1 cup arugula each)

GF KF P

Total Time: 40 min.

Prep Time: 10 min.

Cooking Time: 30 min.

For Spaghetti Squash Crust:

Parchment paper
Nonstick cooking spray
4 cups cooked spaghetti squash
(or frozen, thawed) (approx. 1 small)
1 large egg, lightly beaten
1/4 cup grated Parmesan cheese
1/2 tsp. dried oregano

For Pizza:

1/4 cup all-natural marinara sauce
1/2 cup shredded part-skim
mozzarella cheese
8 oz. cooked chicken breast, boneless, skinless, sliced
1/4 medium red onion, thinly sliced
5 fresh basil leaves
2 cups fresh arugula

1. Preheat oven to 400° F.
2. Line large baking sheet with parchment paper; lightly coat with spray. Set aside.
3. Using a clean kitchen towel or paper towels, squeeze as much water as possible from spaghetti squash; place squash in medium mixing bowl.
4. Add egg, Parmesan cheese, and oregano; mix well.
5. Place squash mixture in center of prepared baking sheet; use damp hands to press into a thin circular shape, about 1/4-inch thick and 10 inches across. Bake for 20 minutes, or until top is dry and edges begin to brown. Remove from oven.
6. To make pizza, spread marinara sauce in an even layer on baked crust; top evenly with mozzarella cheese, chicken, and onion. Bake for 8 to 10 minutes, or until onion softens slightly and cheese melts.
7. Top with basil; cut in half. Divide evenly between two plates; serve each with 1 cup arugula as a side salad or additional pizza topping.

TIPS:

- Make sure spaghetti squash is very dry before mixing with other ingredients. It should reduce from 4 cups to approximately 2 cups after squeezing.
- Add any of your favorite veggies most toppings. If you like your veggies more cooked, sauté them for 2 to 3 minutes before topping the pizza.
- To make this an individual serving, reduce the cheese topping to 1/4 cup, and use 1 serving of chicken.
- To freeze: After baking, instead of adding toppings, let crust cool completely; place baking sheet in freezer. When frozen, transfer crust to a resealable bag. When ready to eat, add toppings directly to frozen crust; bake for 15 minutes.

Nutritional Information (per serving):

Calories:	421	Cholesterol:	221 mg	Fiber:	5 g
Total Fat:	13 g	Sodium:	790 mg	Sugars:	8 g
Saturated Fat:	7 g	Carbohydrates:	23 g	Protein:	48 g

A
2B MINDSET
RECIPE!



MINDSET MENU **Taco Filled Zucchini Boats**

(Makes 2 servings, 3 boats each)

GF KF P

Cooking Time: 57 min.

Prep Time: 15 min.

Cooking Time: 42 min.

3	Nonstick cooking spray	¼ cup	all-natural tomato sauce
¼ cup	medium zucchini, cut in half lengthwise	¼ cup	shredded cheese (Mexican blend)
¼ cup	chopped onion	¼ cup + 2 Tbsp.	fresh salsa
1 clove	chopped red (or green) bell pepper	2 Tbsp.	chopped green onions
12 oz.	garlic, chopped	2 Tbsp.	chopped fresh cilantro
1 tsp.	raw 93% lean ground turkey breast		
	low-sodium (or no-sodium) taco seasoning		

1. Preheat oven to 400° F.
2. Lightly coat baking dish with spray. Set aside.
3. Remove inner flesh from zucchini halves using a spoon or melon baller. Chop zucchini flesh and set aside.
4. Place zucchini halves in baking dish, cut side up. Set aside.
5. Heat medium nonstick skillet, lightly coated with spray, over medium-high heat.
6. Add onion and bell pepper; cook, stirring frequently, for 3 to 5 minutes, or until onion is translucent.
7. Add garlic; cook, stirring frequently, for 1 minute.
8. Add turkey; cook, stirring frequently to break up turkey, for 4 to 5 minutes, or until no longer pink. Reduce heat to low.
9. Add taco seasoning, tomato sauce, and zucchini flesh; cook, stirring frequently, for 4 to 5 minutes, or until heated through and well blended.
10. Evenly divide turkey mixture into six zucchini halves. Top evenly with cheese. Bake for 20 to 25 minutes, or until zucchini is tender-crisp and cheese is melted.
11. Top evenly with salsa, green onions, and cilantro.

Nutritional Information (per serving):

Calories:	391	Cholesterol:	138 mg	Fiber:	4 g
Total Fat:	19 g	Sodium:	759 mg	Sugars:	9 g
Saturated Fat:	6 g	Carbohydrates:	18 g	Protein:	38 g

2B Mindset Plate It!
A great dinner option. Add an FFC for lunch.

SNACKS



When you're between meals and feeling hungry, it's easy to reach for an unhealthy choice. Luckily, we have some alternatives that are just as easy to enjoy, and much better for you. Prepare one of these snacks to help keep you satisfied without jeopardizing your goals. Just make sure to check out the calories of your snack; we've provided a range for a variety of needs.

Snacks – approx. 150 calories

- FIXATE Autumn's Banana Apple Muffins
- BEACHBAR
- FIXATE Shakeology Yogurt Pudding
- FIXATE Simple Fruit Dip
- MINDSET MENU Spiced Turnip Fries with Roasted Garlic Dipping Sauce
- FIXATE Spicy Cauliflower Bites
- MINDSET MENU Vegan Queso Dip
- Mocha Caramel Latte Shakeology

AN
ULTIMATE
PORTION FIX
RECIPE!



FIXATE Autumn's Banana Apple Muffins

(Makes 9 servings, 1 muffin each)

GF KF VG

Total Time: 42 min.

Prep Time: 20 min.

Cooking Time: 22 min.

2	Nonstick cooking spray	¾ tsp.	baking soda, gluten-free
1 cup	large eggs, lightly beaten	1 dash	sea salt (or Himalayan salt)
1 Tbsp.	mashed ripe bananas (approx. 2 medium)	½ cup	chopped apple
1½ cups	unsalted organic grass-fed butter, melted		(approx. ¾ medium)
	almond flour		

SPECIAL EQUIPMENT Muffin papers

1. Preheat oven to 350° F.
2. Line muffin pan with nine muffin papers and lightly coat with spray. Set aside.
3. Combine eggs, banana, and butter in a medium bowl; mix well. Set aside.
4. Combine almond flour, baking soda, and salt in a medium bowl; mix well.
5. Add almond meal mixture to egg mixture; mix until blended.
6. Add apple; mix until just blended.
7. Divide batter evenly among prepared muffin cups, ¾ full (approximately ¼ cup).
8. Bake 18 to 22 minutes, or until golden brown and toothpick inserted into the center comes out clean.
9. Transfer muffins to rack; cool.

Recipe Notes:

- If you'd like a little more fiber and some omega-3 fatty acids, replace ½ cup of your almond flour with ½ cup of ground flaxseeds.
- You can make your own almond flour by processing 1 cup slivered almonds in a food processor (or blender with a strong motor). Make sure that you pulse in 20-second intervals to prevent the almonds from turning into almond butter. 1 cup of slivered almonds yields approximately 1 cup of almond flour.
- If you can't find almond flour in your store, you can look at club stores or online.

Nutritional Information (per serving):

Calories:	161	Cholesterol:	45 mg	Fiber:	3 g
Total Fat:	12 g	Sodium:	157 mg	Sugars:	4 g
Saturated Fat:	2 g	Carbohydrates:	11 g	Protein:	6 g



BEACHBAR

(Makes 1 serving)

GF KF QE VG

Total Time: 10 sec.

Prep Time: 10 sec.

Cooking Time: None

- 1 Beachbody BEACHBAR:
Chocolate Cherry Almond,
Peanut Butter Chocolate,
or Chocolate Almond Crunch

1. Serve BEACHBAR as a snack.
2. Responsibly dispose of wrapper.

Nutritional Information (per serving):

Calories:	150	Cholesterol:	0–10 mg	Fiber:	4 g
Total Fat:	7 g	Sodium:	85–180 mg	Sugars:	6 g
Saturated Fat:	2 g	Carbohydrates:	14 g	Protein:	9–10 g

THE ULTIMATE
PORTION
FIX Container Equivalents
● ½ ● ½ — 1

2B MINDSET **2B Mindset Plate It!**
A great protein snack(tional).

AN
ULTIMATE
PORTION FIX
RECIPE!

FIXATE Shakeology Yogurt Pudding

(Makes 4 servings, 1/2 cup each)

F QE VG

Total Time: 10 min.

Prep Time: 10 min.

Cooking Time: None

1	large avocado, peeled, pitted	1/4 cup	orange juice
1 tsp.	pure vanilla extract		(approx. 1 large orange)
1 scoop	Chocolate Whey (or Chocolate Plant-Based Vegan) Shakeology	1 Tbsp.	finely grated orange peel (orange zest) (peel of approx. 1 large orange)
2 Tbsp.	pure maple syrup		sea salt (or Himalayan salt)
1/4 cup	reduced-fat (2%) plain Greek yogurt	1 pinch	
1/2 cup	unsweetened almond milk		

1. Place avocado, extract, Shakeology, maple syrup, yogurt, almond milk, orange juice, orange peel, and salt in blender; cover. Blend until smooth and creamy.
2. Store refrigerated in an airtight container for up to 24 hours.

Variation: Try it with your favorite Shakeology flavor!

Nutritional Information (per serving):

Calories: 183	Cholesterol: 1 mg	Fiber: 6 g
Total Fat: 9 g	Sodium: 106 mg	Sugars: 11 g
Saturated Fat: 2 g	Carbohydrates: 19 g	Protein: 7 g

THE ULTIMATE
PORTION
FIX Container Equivalents
● 1 ● 1

AN
ULTIMATE
PORTION FIX
RECIPE!

FIXATE **Simple Fruit Dip**

(Makes 8 servings, approx. 1/2 cup each)

GF KF P QE VG

Total Time: 10 min.

Prep Time: 10 min.

Cooking Time: None

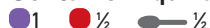
3 cups	reduced-fat (2%) plain Greek yogurt	2 Tbsp.	honey
1½ cups	sliced strawberries	1 pinch	sea salt (or Himalayan salt)
1 Tbsp. + 1 tsp.	all-natural peanut butter	8	small apples, sliced

1. Place yogurt, strawberries, peanut butter, honey, and salt in blender (or food processor); cover. Blend until smooth.
2. Serve 1/2 cup of dip with 1 apple.

Nutritional Information (per serving):

Calories:	187	Cholesterol:	9 mg	Fiber:	4 g
Total Fat:	4 g	Sodium:	68 mg	Sugars:	25 g
Saturated Fat:	1 g	Carbohydrates:	31 g	Protein:	10 g

THE ULTIMATE PORTION FIX Container Equivalents





MINDSET MENU Spiced Turnip Fries with Roasted Garlic Dipping Sauce

(Makes 1 serving)



Total Time: 45 min.

Prep Time: 15 min.

Cooking Time: 30 min.

<p>1 Parchment paper</p> <p>1 medium turnip (or 2 small), cut in 1/4-inch batons (approx. 2 cups)</p> <p>2 cloves garlic, whole, with skin</p> <p>1 tsp. olive oil</p> <p>1 tsp. ground cumin</p> <p>1/2 tsp. ground paprika</p> <p>1/4 tsp. sea salt (or Himalayan salt)</p>	<p>1/4 cup reduced-fat (2%) plain Greek yogurt</p> <p>1 tsp. fresh lemon juice</p> <p>2 Tbsp. chopped fresh parsley (or other fresh herb)</p> <p>Ground black pepper and sea salt (or Himalayan salt) (to taste; optional)</p>
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1. Preheat oven to 350° F. Line large baking sheet with parchment paper.
2. Place turnips, garlic, olive oil, cumin, paprika, and salt in a bowl; stir until turnips are evenly coated.
3. Arrange in single layer on prepared baking sheet; bake 25 to 30 minutes, turning once, or until tender and edges begin to brown; set aside.
4. Remove roasted garlic cloves; peel and finely chop.
5. To make dipping sauce, combine garlic, yogurt, lemon juice, and parsley in a small bowl; mix well. Season with salt and pepper (if desired).
6. Serve turnips with dipping sauce.

TIPS:

- To cook in an air-fryer, preheat fryer to 350° for 3 minutes. Carefully arrange seasoned turnips in a single layer in basket and close machine. Cook for 10 to 12 minutes, removing once to shake basket, or until turnips are tender and browned. Check every minute after 7 minutes to make sure they don't burn.
- Some Greek yogurts are thicker than others. If dipping sauce is too thick, add 1 Tbsp. water and mix well.

Nutritional Information (per serving):

Calories: 136	Cholesterol: 6 mg	Fiber: 5 g
Total Fat: 6 g	Sodium: 715 mg	Sugars: 9 g
Saturated Fat: 1 g	Carbohydrates: 16 g	Protein: 5 g

2B Mindset Plate It!
 Makes a great veggie side.

AN
ULTIMATE
PORTION FIX
RECIPE!



FIXATE **Spicy Cauliflower Bites**

(Makes 3 servings, approx. 1 cup each)

GF VG

Total Time: 55 min.

Prep Time: 20 min.

Cooking Time: 35 min.

FOR CAULIFLOWER:

6 cups Nonstick cooking spray
1/2 tsp. cauliflower florets (approx. 1 lb.)
1/2 tsp. sea salt (or Himalayan salt),
divided use
1/4 cup hot pepper sauce
2 Tbsp. + 2 tsp. rice vinegar
1 tsp. ground chili powder
1/8 tsp. ground smoked paprika
1/4 tsp. garlic powder
1/4 tsp. onion powder
1/2 tsp. pure maple syrup
1/2 tsp. Worcestershire sauce, gluten-free

1 Tbsp. unsalted organic grass-fed butter
1 1/2 tsp. cornstarch (preferably GMO-free) +
1 1/2 tsp. water (combine to make a slurry)

FOR DIPPING SAUCE:

2 Tbsp. fresh lemon juice
2 Tbsp. whole-grain mustard
1 Tbsp. olive oil mayonnaise
2 cloves garlic, finely chopped
Sea salt (or Himalayan salt) and
ground black pepper
(to taste; optional)

1. Preheat oven to 350° F.
2. Lightly coat large baking sheet with spray.
3. Place cauliflower on baking sheet. Coat cauliflower lightly with spray. Season evenly with 1/4 tsp. salt.
4. Bake for 20 minutes, or until tender-crisp.
5. While cauliflower bakes, heat hot sauce and vinegar in medium pan over medium-high heat. Add chili powder paprika, garlic powder, onion powder, maple syrup, Worcestershire sauce, butter, and remaining 1/4 tsp. salt; whisk to blend. Cook, stirring frequently, for 5 minutes, or until thickened.
6. Add cornstarch slurry; whisk until combined.
7. Pour hot sauce mixture over baked cauliflower (on baking sheet); mix well. Bake for 5 minutes.
8. Remove from oven; transfer cauliflower to plate lined with paper towels to drain. Set aside.
9. To make dipping sauce, combine lemon juice, mustard, mayonnaise, garlic, salt, and pepper (if desired) in a small mixing bowl; mix well.
10. Serve 1 cup hot cauliflower mixture with 2 Tbsp. dipping sauce per serving.

Serving Suggestion: Pair with sliced celery for a traditional appetizer.

Nutritional Information (per serving):

Calories:	160	Cholesterol:	13 mg	Fiber:	5 g
Total Fat:	11 g	Sodium:	700 mg	Sugars:	5 g
Saturated Fat:	3 g	Carbohydrates:	17 g	Protein:	5 g

THE ULTIMATE
PORTION
FIX **Container Equivalents**
● 1 ● 1/2 ● 1



MINDSET MENU **Vegan Queso Dip**

(Makes 4 servings, approx. ½ cup each)



Total Time: 15 min.

Prep Time: 5 min.

Cooking Time: 10 min.

<p>1 medium russet potato, cut into 1-inch cubes</p> <p>1 medium carrot, chopped</p> <p>¾ cup water</p> <p>2 Tbsp. canned diced green chiles</p> <p>1 clove garlic, peeled</p> <p>¼ cup nutritional yeast</p>	<p>1 tsp. Mexican hot sauce (like Cholula)</p> <p>½ tsp. sea salt (or Himalayan salt)</p> <p>¼ tsp. ground smoked paprika</p> <p>1 pinch ground turmeric</p> <p>2 cups baby carrots</p> <p>2 cups sliced red bell peppers</p>
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1. Place potato and carrot in a small saucepot; cover with water and bring to a boil over high heat. Cook for 10 minutes, until soft when pierced with a fork.
2. Drain and transfer to a blender; add water, chiles, garlic, nutritional yeast, hot sauce, salt, paprika, and turmeric. Cover and blend on medium-high for 3 minutes, scraping down sides of blender as necessary, until very smooth.
3. Serve immediately with baby carrots and bell peppers, or store refrigerated in an airtight container for up to 4 days and reheat before eating.

TIP: Queso dip can be made ahead of time and reheated on the stove or in a microwave.

Nutritional Information (per serving):

Calories: 170	Cholesterol: 0 mg	Fiber: 9 g
Total Fat: 1 g	Sodium: 594 mg	Sugars: 9 g
Saturated Fat: 0 g	Carbohydrates: 33 g	Protein: 9 g

2B Mindset Plate It!
A great FFC as part of breakfast or lunch.



Mocha Caramel Latte Shakeology

(Makes 1 serving)



Total Time: 10 min.

Prep Time: 10 min.

Cooking Time: None

1 cup	water	1/2 scoop	Café Latte Whey (or Café Latte Plant-Based Vegan) Shakeology
1 cup	ice	1/2 tsp.	pure caramel extract
1/2 scoop	Chocolate Whey (or Chocolate Plant-Based Vegan) Shakeology		

1. Place water, ice, Shakeology, and extract in blender; cover. Blend until smooth; serve immediately.

Nutritional Information (per serving):

Calories:	165	Cholesterol:	0 mg	Fiber:	5 g
Total Fat:	3 g	Sodium:	476 mg	Sugars:	9 g
Saturated Fat:	1 g	Carbohydrates:	19 g	Protein:	19 g

THE ULTIMATE
PORTION
FIX ● 1 Container Equivalents

2B MINDSET
2B Mindset Plate It!
A great protein snack(tional).

SUPER SNACKS



Super snacks – approx. 300 calories

- **Blackberry Walnut Chocolate Shakeology**
- **MINDSET MENU Peanut Butter Banana Nice Cream**
- **Turkey, Goat Cheese, and Avocado Rolls**
- **Vanilla Berry Delight**
- **FIXATE White Bean Dip**





Blackberry Walnut Chocolate Shakeology

(Makes 1 serving)

F P QE VG

Total Time: 10 min.

Prep Time: 10 min.

Cooking Time: None

1 cup	unsweetened coconut milk beverage	½ cup	fresh (or frozen) blackberries
1 cup	ice	1 Tbsp.	unsalted walnuts, chopped
1 scoop	Chocolate Whey (or Chocolate Plant-Based Vegan) Shakeology		

1. Place coconut milk, ice, Shakeology, blackberries, and walnuts in blender; cover. Blend until smooth; serve immediately.

Nutritional Information (per serving):

Calories:	299	Cholesterol:	10 mg	Fiber:	10 g
Total Fat:	12 g	Sodium:	210 mg	Sugars:	15 g
Saturated Fat:	5 g	Carbohydrates:	31 g	Protein:	19 g

THE ULTIMATE PORTION FIX

Container Equivalents



2B MINDSET
2B Mindset Plate It!
Makes a great breakfast!



A
2B MINDSET
RECIPE!

MINDSET MENU Peanut Butter Banana Nice Cream

(Makes 4 servings, approx. 1/2 cup each)

GF KF ND V VG

Total Time: 40 min.

Prep Time: 10 min. + 30 min. to chill

Cooking Time: None

4	medium ripe bananas, peeled, cut into 1-inch chunks, frozen	1/3 cup	unsweetened almond milk
3 Tbsp.	peanut butter powder (or 1 scoop Shakeology flavor of your choice)	1/4 tsp.	sea salt (or Himalayan salt)
		1 Tbsp. + 1 tsp.	cacao nibs

1. Add bananas, peanut butter powder, milk, and salt to a food processor. Pulse until completely smooth, approx. 2 minutes; scraping down sides as needed.
2. Serve immediately or transfer to a container, cover, and freeze for at least 30 minutes for a firmer consistency.
3. Divide evenly among four small bowls; top each bowl with 1 tsp. cacao nibs.

TIPS:

- Freeze bananas overnight for best results.
- If nice cream is too thick, add more almond milk, 1 Tbsp. at a time, until desired consistency is reached.
- For best results, eat nice cream within 4 hours; however, it can be stored in the freezer for up to 4 days. Set out at room temperature for 10 to 15 minutes to thaw before serving, if needed.

Nutritional Information (per serving):

Calories:	143	Cholesterol:	0 mg	Fiber:	5 g
Total Fat:	2 g	Sodium:	181 mg	Sugars:	15 g
Saturated Fat:	1 g	Carbohydrates:	30 g	Protein:	3 g

2B Mindset Plate It!
Enjoy as an FFC treat. Be sure to track it.



Turkey, Goat Cheese, and Avocado Rolls

(Makes 4 servings, 1 roll, 4 crackers, and 1 apple each)

F P QE

Total Time: 15 min.

Prep Time: 15 min.

Cooking Time: None

4 leaves	romaine lettuce	1/2	medium avocado, cut into 4 slices
8 slices	turkey, nitrate- and nitrite-free (approx. 8 oz.)		Chopped red bell pepper (for garnish; optional)
1/4 cup	soft goat cheese	16	small multigrain crackers
2 Tbsp.	chopped unsalted walnuts (or pecans)	4	small apples, sliced

1. Top each lettuce leaf with 2 turkey slices, 1 Tbsp. goat cheese, 1/2 tsp. walnuts, and 1 slice avocado. Roll and garnish with bell pepper (if desired).
2. Serve each roll with 4 crackers and 1 apple.

TIP: Look for crackers that are about 90 calories for 8 small crackers.

Nutritional Information (per serving):

Calories:	294	Cholesterol:	30 mg	Fiber:	6 g
Total Fat:	13 g	Sodium:	634 mg	Sugars:	18 g
Saturated Fat:	3 g	Carbohydrates:	37 g	Protein:	12 g

THE ULTIMATE PORTION **FIX** Container Equivalents
 ● 1 ● 1/2 ● 1/2 ● 1

2B Mindset Plate It!
 An FFC and protein as part of breakfast or lunch.



Vanilla Berry Delight

(Makes 1 serving)

P QE VG

Total Time: 10 min.

Prep Time: 10 min.

Cooking Time: None

1 cup	unsweetened almond milk	1/2 cup	fresh (or frozen) mixed berries
1 cup	ice	1/4 cup	reduced-fat (2%) Greek yogurt
1 scoop	Vanilla Whey (or Vanilla Plant-Based Vegan) Shakeology		

1. Place almond milk, ice, Shakeology, berries, and yogurt in blender; cover. Blend until smooth; serve immediately.

Nutritional Information (per serving):

Calories:	307	Cholesterol:	16 mg	Fiber:	3 g
Total Fat:	6 g	Sodium:	325 mg	Sugars:	29 g
Saturated Fat:	1 g	Carbohydrates:	41 g	Protein:	25 g

THE ULTIMATE PORTION FIX Container Equivalents ● 1 ● 1 ● 1

2B MINDSET 2B Mindset Plate It! Makes a great breakfast!

AN
ULTIMATE
PORTION FIX
RECIPE!

FIXATE **White Bean Dip**

(Makes 4 servings, approx. 1/3 cup dip and 1 cup carrots each)



Total Time: 1 hr. 10 min.

Prep Time: 10 min.

Cooking Time: 1 hr.

1 bulb	garlic	2 Tbsp.	water
2 Tbsp. + 1½ tsp.	extra-virgin olive oil, <i>divided use</i>	1 tsp.	chopped fresh rosemary
1 (15-oz.) can	cannellini beans, drained, rinsed	¼ tsp.	ground black pepper
1 Tbsp.	fresh lemon juice	1 Tbsp.	white miso paste
		4 cups	baby carrots (or other raw veggies)

SPECIAL EQUIPMENT Aluminum foil

1. Preheat oven to 425° F.
2. Cut off top third of garlic bulb. Drizzle with *1½ tsp.* oil. Wrap in aluminum foil and place on small baking sheet. Bake for 1 hour, or until cloves are golden brown. When cool enough to touch, squeeze bulb to release roasted cloves.
3. Place garlic, beans, lemon juice, water, rosemary, pepper, and miso paste in a food processor; process until smooth.
4. Slowly add *remaining 2 Tbsp.* oil, with processor running, until well blended.
5. Serve with baby carrots.

Recipe Notes:

- You can substitute 2 cloves of garlic for roasted garlic.
- You can substitute ¼ tsp. sea salt (or Himalayan salt) for miso paste.

Nutritional Information (per serving):

Calories:	235	Cholesterol:	0 mg	Fiber:	9 g
Total Fat:	10 g	Sodium:	269 mg	Sugars:	9 g
Saturated Fat:	1 g	Carbohydrates:	31 g	Protein:	7 g

THE ULTIMATE PORTION FIX Container Equivalents

● 1 ● 1 — 2

Vegan Container Equivalents

● 1 ● ½ — 2

CHANGE

It's exhilarating, it's daunting, it's everything in between. But with the right guidance and support, all it really takes is one small step at a time, and the belief that you can do it. Lean on your Beachbody community, show up and sweat, and commit to fueling your body with good nutrition, and you'll be on your way to your happiest, healthiest life.

HERE ARE A FEW IMPORTANT THINGS TO REMEMBER:

- › It's a lifestyle, not a temporary fix. This is about making lasting changes in how you approach food and nutrition for the long term. Be patient. Don't expect to be perfect.
- › Approach this with hope and enthusiasm, not fear. You will be your biggest obstacle. You're also your biggest inspiration. Believe in yourself and don't get discouraged. You can do this. I see it every day.
- › Set small, achievable goals along the way and celebrate them. Did you eat 5 servings of produce today? Good for you!
- › Never beat yourself up or quit if you make a misstep. Acknowledge it and learn from it—then move on.
- › Honor your goals. You set them for a reason. When you feel yourself craving the unhealthy choice, remember why and how you got here and recommit to those goals.
- › You're never alone. We're with you every step of the way—your Coach, your peers, and all of us at Beachbody.
- › Your positive results will inspire those around you. Trust this.
- › Your positive results always inspire us.

Thank you.



DECIDE.
COMMIT.
SUCCEED.



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