













This sample 7-Day Meal Plan shows you how to incorporate Barre Blend with the Ultimate Portion Fix nutrition program (sold separately). Combined, these two programs are the perfect way to help you get results. To learn more about the portion-control container system visit [PortionFix.com](http://PortionFix.com)

MEALS	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>BREAKFAST</b> 	Eggs • Ezekiel or FIXATE Gluten-Free Fresh Bread toast • asparagus • avocado oil	FIXATE Balsamic Mushroom Toast • cottage cheese	Eggs • Ezekiel or FIXATE Gluten-Free Fresh Bread toast • asparagus • avocado oil	FIXATE Balsamic Mushroom Toast • cottage cheese	Eggs • Ezekiel or FIXATE Gluten-Free Fresh Bread toast • asparagus • avocado oil	FIXATE Balsamic Mushroom Toast • cottage cheese	Egg whites • black beans • mixed veggies • avocado oil
<b>SNACK</b> 	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit
<b>LUNCH</b> 	FIXATE Black Pepper Shrimp • cauliflower rice • edamame	FIXATE Black Pepper Shrimp • cauliflower rice • edamame	FIXATE Herb-Crusted Salmon • bell pepper • black beans • lime juice	FIXATE Herb-Crusted Salmon • bell pepper • black beans • lime juice	FIXATE Herb-Crusted Salmon • spinach • chickpeas • balsamic vinegar	Veggie burger • 2 lettuce leaves • whole-grain mustard • sweet potato • avocado oil	Veggie burger • 2 lettuce leaves • whole-grain mustard • sweet potato • avocado oil
<b>SHAKEOLOGY SMOOTHIE</b> 	Shakeology • frozen fruit • almond milk • Beachbody Collagen Boost	Shakeology • frozen fruit • almond or cashew butter • Beachbody Collagen Boost • water	Shakeology • frozen fruit • almond milk • Beachbody Collagen Boost	Shakeology • frozen fruit • almond or cashew butter • Beachbody Collagen Boost • water	Shakeology • frozen fruit • almond milk • Beachbody Collagen Boost	Shakeology • frozen fruit • almond or cashew butter • Beachbody Collagen Boost • water	Shakeology • frozen fruit • almond milk • Beachbody Collagen Boost
<b>SNACK</b> 	Veggies • hummus	Kale • goat cheese • balsamic vinegar	Veggies • hummus	Veggies • hummus	Kale • goat cheese • balsamic vinegar	Kale • goat cheese • balsamic vinegar	Veggies • hummus
<b>DINNER</b> 	Tuna • spinach or kale • FIXATE dressing	Tuna • spinach or kale • FIXATE dressing	Tempeh • shredded cabbage (½  Green) • mixed veggies (½  Green) • tamari • sesame seeds	Tempeh • shredded cabbage (½  Green) • mixed veggies (½  Green) • tamari • sesame seeds	Ground beef or steak • mixed veggies • FIXATE dressing	Tempeh • shredded cabbage (½  Green) • mixed veggies (½  Green) • tamari • sesame seeds	Ground beef or steak • mixed veggies • FIXATE dressing
<b>NOTES</b>	Shakeology Smoothie: Elise likes to add Beachbody Collagen Boost to her smoothies.		Dinner: Stir-fry tempeh, cabbage, and mixed veggies in avocado oil spray. Top with a dash or two of tamari (optional) and sesame seeds. Make enough for three servings for later in the week.		Dinner: Cook ground beef or steak in a skillet using avocado oil spray; season as desired. Drizzle mixed veggies with FIXATE dressing.	Lunch: Cut sweet potato into fries, toss with oil, and bake 25–30 minutes at 375° F. Or, bake sweet potato whole; serve half drizzled with oil.  Remaining Ezekiel or FIXATE Gluten-Free Fresh Bread can be frozen then thawed when ready for use.	Breakfast: Sauté mixed veggies in oil until soft, then add beans and egg whites and cook until egg whites are set.



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## ONE-WEEK MEAL PLAN A

Follow these meal-prep tips to help make cooking for the week go smoothly:



Make sure you're stocked up with Shakeology, Beachbody Collagen Boost (optional), and any other Shakeology Boosts you like to use.



Check your fridge, pantry, and freezer for any items you may already have on the grocery list and cross them off.



Choose which fruits you want to eat this week as snacks, with meals, or in smoothies and make a note on your grocery list.



Get a head start on your breakfasts for the week by precooking asparagus and mushrooms for FIXATE Balsamic Mushroom Toast.



Cook FIXATE Black Pepper Shrimp and make the FIXATE dressing of your choice.



Stir-fry cauliflower rice and edamame using avocado oil spray (if desired).



Pre-wash fruits and veggies. (Except berries, wash and cut those just before serving.)

VEGETABLES
Asparagus
Bell pepper (any color)
Cauliflower rice
Cremini mushrooms
Kale
Lettuce (like romaine or Bibb)
Mixed veggies of your choice
Shredded cabbage
Spinach
Veggie sticks of your choice (celery, carrot, jicama, cucumbers, bell peppers)

FRUITS
Fresh fruit
Frozen fruit

PROTEINS
Eggs
Egg whites
Raw ground beef or steak (≥95% lean)
Raw salmon fillet, boneless, skinless
Raw medium shrimp, peeled, deveined
Chunk light tuna, canned packed in water
Organic tempeh
Veggie burgers (≥16 g protein and ≤15 g carbohydrates per patty)
Cottage cheese, 2%
Shakeology

CARBOHYDRATES
Black beans
Chickpeas/garbanzo beans
Organic edamame, shelled
Sweet potato
Low-sodium sprouted wheat bread (like Ezekiel) (or ingredients for FIXATE Gluten-Free Fresh Bread)

HEALTHY FATS
Goat cheese (or feta)
Hummus

SEEDS & DRESSINGS
Sesame seeds
Ingredients for FIXATE dressing of your choice



# 7-DAY MEAL PLAN

# B

Daily Container Count (1,500–1,799 calories)



This sample 7-Day Meal Plan shows you how to incorporate Barre Blend with the Ultimate Portion Fix nutrition program (sold separately). Combined, these two programs are the perfect way to help you get results. To learn more about the portion-control container system visit [PortionFix.com](http://PortionFix.com)

MEALS	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>BREAKFAST</b> 1  1  1 1	Eggs • Ezekiel or FIXATE Gluten-Free Fresh Bread toast • asparagus • avocado oil	FIXATE Balsamic Mushroom Toast • cottage cheese	Eggs • Ezekiel or FIXATE Gluten-Free Fresh Bread toast • asparagus • avocado oil	FIXATE Balsamic Mushroom Toast • cottage cheese	Eggs • Ezekiel or FIXATE Gluten-Free Fresh Bread toast • asparagus • avocado oil	FIXATE Balsamic Mushroom Toast • cottage cheese	Egg whites • black beans • mixed veggies • avocado oil
<b>SNACK</b> 1	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit
<b>LUNCH</b> 1  1  1 1	FIXATE Black Pepper Shrimp • cauliflower rice • edamame	FIXATE Black Pepper Shrimp • cauliflower rice • edamame	FIXATE Herb-Crusted Salmon • bell pepper • black beans • lime juice	FIXATE Herb-Crusted Salmon • bell pepper • black beans • lime juice	FIXATE Herb-Crusted Salmon • spinach • chickpeas • balsamic vinegar	Veggie burger • 2 lettuce leaves • whole-grain mustard • sweet potato • avocado oil	Veggie burger • 2 lettuce leaves • whole-grain mustard • sweet potato • avocado oil
<b>SHAKEOLOGY SMOOTHIE</b> 1  1  1	Shakeology • frozen fruit • almond milk • Beachbody Collagen Boost	Shakeology • frozen fruit • almond or cashew butter • Beachbody Collagen Boost • water	Shakeology • frozen fruit • almond milk • Beachbody Collagen Boost	Shakeology • frozen fruit • almond or cashew butter • Beachbody Collagen Boost • water	Shakeology • frozen fruit • almond milk • Beachbody Collagen Boost	Shakeology • frozen fruit • almond or cashew butter • Beachbody Collagen Boost • water	Shakeology • frozen fruit • almond milk • Beachbody Collagen Boost
<b>SNACK</b> 1  1  1	Veggies • hummus • fruit	Kale • strawberries • goat cheese • balsamic vinegar	Veggies • hummus • fruit	Veggies • hummus • fruit	Kale • strawberries • goat cheese • balsamic vinegar	Kale • strawberries • goat cheese • balsamic vinegar	Veggies • hummus • fruit
<b>DINNER</b> 1  1  1  1 1	Tuna • spinach or kale • white beans • olives • avocado oil • lemon juice	Tuna • spinach or kale • white beans • olives • avocado oil • lemon juice	Tempeh • shredded cabbage (½  Green) • mixed veggies (½  Green) • brown or wild rice • sesame oil • tamari • sesame seeds	Tempeh • shredded cabbage (½  Green) • mixed veggies (½  Green) • brown or wild rice • sesame oil • tamari • sesame seeds	Ground beef or steak • green beans • pine nuts • brown or wild rice • avocado oil	Tempeh • shredded cabbage (½  Green) • mixed veggies (½  Green) • brown or wild rice • sesame oil • tamari • sesame seeds	Ground beef or steak • green beans • pine nuts • brown or wild rice • avocado oil
<b>NOTES</b>	Shakeology Smoothie: Elise likes to add Beachbody Collagen Boost to her smoothies.		Dinner: Stir-fry tempeh, cabbage, and mixed veggies in sesame oil. Top with a dash or two of tamari (optional) and sesame seeds. Serve with rice. Make enough for three servings for later in the week.		Dinner: Cook ground beef or steak in a skillet using avocado oil spray; season as desired. Dress steamed green beans with 1 tsp. oil and top with pine nuts. Serve with rice.	Lunch: Cut sweet potato into fries, toss with oil, and bake 25–30 minutes at 375° F. Or, bake sweet potato whole; serve half drizzled with oil.  Remaining Ezekiel or FIXATE Gluten-Free Fresh Bread can be frozen then thawed when ready for use.	Breakfast: Sauté mixed veggies in oil until soft, then add beans and egg whites and cook until egg whites are set.

FIXATE recipes can be found at [BeachbodyOnDemand.com](http://BeachbodyOnDemand.com) or in the FIXATE Vol. 2 cookbook.



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## ONE-WEEK MEAL PLAN B

Follow these meal-prep tips to help make cooking for the week go smoothly:



Make sure you're stocked up with Shakeology, Beachbody Collagen Boost (optional), and any other Shakeology Boosts you like to use.



Check your fridge, pantry, and freezer for any items you may already have on the grocery list and cross them off.



Choose which fruits you want to eat this week as snacks, with meals, or in smoothies and make a note on your grocery list.



Get a head start on your breakfasts for the week by precooking asparagus and mushrooms for FIXATE Balsamic Mushroom Toast.



Cook FIXATE Black Pepper Shrimp and stir-fry cauliflower rice and edamame using avocado oil spray (if desired).



Cook five servings of brown or wild rice, or cook extra and freeze remaining portions for another week.



Pre-wash fruits and veggies. (Except berries, wash and cut those just before serving.)

VEGETABLES
Asparagus
Bell pepper (any color)
Cauliflower rice
Cremini mushrooms
Green beans
Kale
Lettuce (like romaine or Bibb)
Mixed veggies of your choice
Shredded cabbage
Spinach
Veggie sticks of your choice (celery, carrot, jicama, cucumbers, bell peppers)

FRUITS
Fresh fruit
Frozen fruit
Strawberries

PROTEINS
Eggs
Egg whites
Raw ground beef or steak (≥95% lean)
Raw salmon fillet, boneless, skinless
Raw medium shrimp, peeled, deveined
Chunk light tuna, canned packed in water
Organic tempeh
Veggie burgers (≥16 g protein and ≤15 g carbohydrates per patty)
Cottage cheese, 2%
Shakeology

CARBOHYDRATES
Black beans
Brown or wild rice
Chickpeas/garbanzo beans
Organic edamame, shelled
Sweet potato
Low-sodium sprouted wheat bread (like Ezekiel) (or ingredients for FIXATE Gluten-Free Fresh Bread)
White beans

HEALTHY FATS
Goat cheese (or feta)
Hummus

SEEDS & DRESSINGS
Sesame seeds
Pine nuts
Olives





# 7-DAY MEAL PLAN

# C

Daily Container Count (1,800–2,099 calories)



This sample 7-Day Meal Plan shows you how to incorporate Barre Blend with the Ultimate Portion Fix nutrition program (sold separately). Combined, these two programs are the perfect way to help you get results. To learn more about the portion-control container system visit [PortionFix.com](http://PortionFix.com)

MEALS	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>BREAKFAST</b> 	Eggs • Ezekiel or FIXATE Gluten-Free Fresh Bread toast • asparagus • avocado oil	FIXATE Balsamic Mushroom Toast • cottage cheese	Eggs • Ezekiel or FIXATE Gluten-Free Fresh Bread toast • asparagus • avocado oil	FIXATE Balsamic Mushroom Toast • cottage cheese	Eggs • Ezekiel or FIXATE Gluten-Free Fresh Bread toast • asparagus • avocado oil	FIXATE Balsamic Mushroom Toast • cottage cheese	Egg whites • black beans • mixed veggies • avocado oil
<b>SNACK</b> 	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit
<b>LUNCH</b> 	FIXATE Black Pepper Shrimp • cauliflower rice • edamame	FIXATE Black Pepper Shrimp • cauliflower rice • edamame	FIXATE Herb-Crusted Salmon • bell pepper • black beans • lime juice	FIXATE Herb-Crusted Salmon • bell pepper • black beans • lime juice	FIXATE Herb-Crusted Salmon • spinach • chickpeas • balsamic vinegar	Veggie burger • 2 lettuce leaves • whole-grain mustard • sweet potato • avocado oil	Veggie burger • 2 lettuce leaves • whole-grain mustard • sweet potato • avocado oil
<b>SHAKEOLOGY SMOOTHIE</b> 	Shakeology • kale • frozen fruit • almond milk • Beachbody Collagen Boost	Shakeology • kale • frozen fruit • almond or cashew butter • Beachbody Collagen Boost • water	Shakeology • kale • frozen fruit • almond milk • Beachbody Collagen Boost	Shakeology • kale • frozen fruit • almond or cashew butter • Beachbody Collagen Boost • water	Shakeology • kale • frozen fruit • almond milk • Beachbody Collagen Boost	Shakeology • kale • frozen fruit • almond or cashew butter • Beachbody Collagen Boost • water	Shakeology • kale • frozen fruit • almond milk • Beachbody Collagen Boost
<b>SUPER SNACK</b> 	Whole-grain tortilla • turkey slices • hummus • lettuce • apple • almond or cashew butter	Kale • chicken • quinoa • strawberries • goat cheese • avocado oil • balsamic vinegar	Whole-grain tortilla • turkey slices • hummus • lettuce • apple • almond or cashew butter	Kale • chicken • quinoa • strawberries • goat cheese • avocado oil • balsamic vinegar	Whole-grain tortilla • turkey slices • hummus • lettuce • apple • almond or cashew butter	Kale • chicken • quinoa • strawberries • goat cheese • avocado oil • balsamic vinegar	Whole-grain tortilla • turkey slices • hummus • lettuce • apple • almond or cashew butter
<b>DINNER</b> 	Tuna • spinach or kale • white beans • olives • avocado oil • lemon juice	Tuna • spinach or kale • white beans • olives • avocado oil • lemon juice	Tempeh • shredded cabbage (½ Green) • mixed veggies (½ Green) • brown or wild rice • sesame oil • tamari • sesame seeds	Tempeh • shredded cabbage (½ Green) • mixed veggies (½ Green) • brown or wild rice • sesame oil • tamari • sesame seeds	Ground beef or steak • green beans • pine nuts • brown or wild rice • avocado oil	Tempeh • shredded cabbage (½ Green) • mixed veggies (½ Green) • brown or wild rice • sesame oil • tamari • sesame seeds	Ground beef or steak • green beans • pine nuts • brown or wild rice • avocado oil
<b>NOTES</b>	<p>Shakeology Smoothie: Elise likes to add Beachbody Collagen Boost to her smoothies.</p> <p>Super Snack: Spread hummus on tortilla, top with turkey and lettuce, then wrap tortilla around ingredients. Serve with an apple and almond or cashew butter.</p>		<p>Dinner: Stir-fry tempeh, cabbage, and mixed veggies in sesame oil. Top with a dash or two of tamari (optional) and sesame seeds. Serve with rice. Make enough for three servings for later in the week.</p>		<p>Dinner: Cook ground beef or steak in a skillet using avocado oil spray; season as desired. Dress steamed green beans with 1 tsp. oil and top with pine nuts. Serve with rice.</p>	<p>Lunch: Cut sweet potato into fries, toss with oil, and bake 25–30 minutes at 375° F. Or, bake sweet potato whole; serve half drizzled with oil.</p> <p>Remaining Ezekiel or FIXATE Gluten-Free Fresh Bread can be frozen then thawed when ready for use.</p>	<p>Breakfast: Sauté mixed veggies in oil until soft, then add beans and egg whites and cook until egg whites are set.</p>

FIXATE recipes can be found at [BeachbodyOnDemand.com](http://BeachbodyOnDemand.com) or in the FIXATE Vol. 2 cookbook.



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## ONE-WEEK MEAL PLAN C

Follow these meal-prep tips to help make cooking for the week go smoothly:



Make sure you're stocked up with Shakeology, Beachbody Collagen Boost (optional), and any other Shakeology Boosts you like to use.



Check your fridge, pantry, and freezer for any items you may already have on the grocery list and cross them off.



Choose which fruits you want to eat this week as snacks, with meals, or in smoothies and make a note on your grocery list.



Get a head start on your breakfasts for the week by precooking asparagus and mushrooms for FIXATE Balsamic Mushroom Toast.



Cook FIXATE Black Pepper Shrimp and stir-fry cauliflower rice and edamame using avocado oil spray (if desired).



Cook brown or wild rice and quinoa. You may want to cook extra and freeze remaining portions for another week.



If you did not buy precooked chicken, cook enough chicken breasts for the week.



Pre-wash fruits and veggies. (Except berries, wash and cut those just before serving.)

VEGETABLES
Asparagus
Bell pepper (any color)
Cauliflower rice
Cremini mushrooms
Green beans
Kale
Lettuce (like romaine or Bibb)
Mixed veggies of your choice
Shredded cabbage
Spinach

FRUITS
Apples
Fresh fruit
Frozen fruit
Strawberries

PROTEINS
Eggs
Egg whites
Raw ground beef or steak (≥95% lean)
Raw salmon fillet, boneless, skinless
Raw medium shrimp, peeled, deveined
Chunk light tuna, canned packed in water
Organic tempeh
Veggie burgers (≥16 g protein and ≤15 g carbohydrates per patty)
Cottage cheese, 2%
Shakeology
Turkey slices (nitrate- and nitrite-free)
Chicken breast, boneless, skinless (raw or cooked)

CARBOHYDRATES
Black beans
Brown or wild rice
Chickpeas/garbanzo beans
Organic edamame, shelled
Sweet potato
Low-sodium sprouted wheat bread (like Ezekiel) (or ingredients for FIXATE Gluten-Free Fresh Bread)
White beans
Whole-grain tortilla (6-inch)
Quinoa

HEALTHY FATS
Goat cheese (or feta)
Hummus

SEEDS & DRESSINGS
Sesame seeds
Pine nuts
Olives

TEASPOONS	FREE FOODS	SPECIAL EQUIPMENT
Ghee (organic grass-fed, if possible)	Beachbody Collagen Boost (optional)	Parchment paper
All-natural almond or cashew butter	Balsamic vinegar	Avocado oil cooking spray
Avocado oil	Reduced-sodium tamari soy sauce	Olive oil cooking spray (or use avocado oil spray)
Olive oil (or use avocado oil)	Whole-grain mustard	
Sesame oil	Fresh thyme	
Unsweetened almond milk	Fresh parsley	
	Fresh dill weed	
	Garlic	
	Green onions	
	Shallots	
	Lemons for fresh lemon juice and zest	
	Limes for fresh lime juice and zest	
	Medium Fresno chile pepper	
	Sea salt (or Himalayan salt)	
	Ground black pepper	

# 7-DAY MEAL PLAN

# D

## Daily Container Count (2,100–2,299 calories)

6

4

6


















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This sample 7-Day Meal Plan shows you how to incorporate Barre Blend with the Ultimate Portion Fix nutrition program (sold separately). Combined, these two programs are the perfect way to help you get results. To learn more about the portion-control container system visit [PortionFix.com](http://PortionFix.com)

MEALS	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>BREAKFAST</b> 	Eggs • Ezekiel or FIXATE Gluten-Free Fresh Bread toast • asparagus • avocado oil • fruit	FIXATE Balsamic Mushroom Toast • cottage cheese • fruit	Eggs • Ezekiel or FIXATE Gluten-Free Fresh Bread toast • asparagus • avocado oil • fruit	FIXATE Balsamic Mushroom Toast • cottage cheese • fruit	Eggs • Ezekiel or FIXATE Gluten-Free Fresh Bread toast • asparagus • avocado oil • fruit	FIXATE Balsamic Mushroom Toast • cottage cheese • fruit	Egg whites • black beans • mixed veggies • avocado oil • fruit
<b>SNACK</b> 	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit
<b>LUNCH</b> 	FIXATE Black Pepper Shrimp (2 servings) • cauliflower rice • edamame	FIXATE Black Pepper Shrimp (2 servings) • cauliflower rice • edamame	FIXATE Herb-Crusted Salmon (2 servings) • bell pepper • black beans • lime juice	FIXATE Herb-Crusted Salmon (2 servings) • bell pepper • black beans • lime juice	FIXATE Herb-Crusted Salmon (2 servings) • spinach • chickpeas • balsamic vinegar	Veggie burger • turkey bacon • 2 lettuce leaves • whole-grain mustard • sweet potato • avocado oil (2  tsp.)	Veggie burger • turkey bacon • 2 lettuce leaves • whole-grain mustard • sweet potato • avocado oil (2  tsp.)
<b>SHAKEOLOGY SMOOTHIE</b> 	Shakeology • kale • frozen fruit • almond milk • Beachbody Collagen Boost	Shakeology • kale • frozen fruit • almond or cashew butter • Beachbody Collagen Boost • water	Shakeology • kale • frozen fruit • almond milk • Beachbody Collagen Boost	Shakeology • kale • frozen fruit • almond or cashew butter • Beachbody Collagen Boost • water	Shakeology • kale • frozen fruit • almond milk • Beachbody Collagen Boost	Shakeology • kale • frozen fruit • almond or cashew butter • Beachbody Collagen Boost • water	Shakeology • kale • frozen fruit • almond milk • Beachbody Collagen Boost
<b>SUPER SNACK</b> 	Whole-grain tortilla • turkey slices • hummus • lettuce • tomato • apple • almond or cashew butter	Kale (2  Green) • chicken • quinoa • strawberries • goat cheese • avocado oil • balsamic vinegar	Whole-grain tortilla • turkey slices • hummus • lettuce • tomato • apple • almond or cashew butter	Kale (2  Green) • chicken • quinoa • strawberries • goat cheese • avocado oil • balsamic vinegar	Whole-grain tortilla • turkey slices • hummus • lettuce • tomato • apple • almond or cashew butter	Kale (2  Green) • chicken • quinoa • strawberries • goat cheese • avocado oil • balsamic vinegar	Whole-grain tortilla • turkey slices • hummus • lettuce • tomato • apple • almond or cashew butter
<b>DINNER</b> 	Tuna • spinach or kale • white beans • olives • avocado oil • lemon juice	Tuna • spinach or kale • white beans • olives • avocado oil • lemon juice	Tempeh • shredded cabbage (½  Green) • mixed veggies (½  Green) • brown or wild rice • sesame oil • tamari • sesame seeds	Tempeh • shredded cabbage (½  Green) • mixed veggies (½  Green) • brown or wild rice • sesame oil • tamari • sesame seeds	Ground beef or steak • green beans • pine nuts • brown or wild rice • avocado oil	Tempeh • shredded cabbage (½  Green) • mixed veggies (½  Green) • brown or wild rice • sesame oil • tamari • sesame seeds	Ground beef or steak • green beans • pine nuts • brown or wild rice • avocado oil
<b>NOTES</b>	<p>Shakeology Smoothie: Elise likes to add Beachbody Collagen Boost to her smoothies.</p> <p>Super Snack: Spread hummus on tortilla, top with turkey, lettuce, and tomato, then wrap tortilla around ingredients. Serve with an apple and almond or cashew butter.</p>		<p>Dinner: Stir-fry tempeh, cabbage, and mixed veggies in sesame oil. Top with a dash or two of tamari (optional) and sesame seeds. Serve with rice. Make enough for three servings for later in the week.</p>		<p>Dinner: Cook ground beef or steak in a skillet using avocado oil spray; season as desired. Dress steamed green beans with 1 tsp. oil and top with pine nuts. Serve with rice.</p>	<p>Lunch: Cut sweet potato into fries, toss with oil, and bake 25–30 minutes at 375° F. Or, bake sweet potato whole; serve half drizzled with oil.</p> <p>Remaining Ezekiel or FIXATE Gluten-Free Fresh Bread can be frozen then thawed when ready for use.</p>	<p>Breakfast: Sauté mixed veggies in oil until soft, then add beans and egg whites and cook until egg whites are set.</p>



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## ONE-WEEK MEAL PLAN D

Follow these meal-prep tips to help make cooking for the week go smoothly:



Make sure you're stocked up with Shakeology, Beachbody Collagen Boost (optional), and any other Shakeology Boosts you like to use.



Check your fridge, pantry, and freezer for any items you may already have on the grocery list and cross them off.



Choose which fruits you want to eat this week as snacks, with meals, or in smoothies and make a note on your grocery list.



Get a head start on your breakfasts for the week by precooking asparagus and mushrooms for FIXATE Balsamic Mushroom Toast.



Cook FIXATE Black Pepper Shrimp and stir-fry cauliflower rice and edamame using avocado oil spray (if desired).



Cook brown or wild rice and quinoa. You may want to cook extra and freeze remaining portions for another week.



If you did not buy precooked chicken, cook enough chicken breasts for the week.



Pre-wash fruits and veggies. (Except berries, wash and cut those just before serving.)

VEGETABLES
Asparagus
Bell pepper (any color)
Cauliflower rice
Tomato (or cherry tomatoes)
Cremini mushrooms
Green beans
Kale
Lettuce (like romaine or Bibb)
Mixed veggies of your choice
Shredded cabbage
Spinach

FRUITS
Apples
Fresh fruit
Frozen fruit
Strawberries

PROTEINS
Eggs
Egg whites
Raw ground beef or steak (≥95% lean)
Raw salmon fillet, boneless, skinless
Raw medium shrimp, peeled, deveined
Chunk light tuna, canned packed in water
Organic tempeh
Veggie burgers (≥16 g protein and ≤15 g carbohydrates per patty)
Cottage cheese, 2%
Shakeology
Turkey slices (nitrate- and nitrite-free)
Chicken breast, boneless, skinless (raw or cooked)

CARBOHYDRATES
Black beans
Brown or wild rice
Chickpeas/garbanzo beans
Organic edamame, shelled
Sweet potato
Low-sodium sprouted wheat bread (like Ezekiel) (or ingredients for FIXATE Gluten-Free Fresh Bread)
White beans
Whole-grain tortilla (6-inch)
Quinoa

HEALTHY FATS
Goat cheese (or feta)
Hummus

SEEDS & DRESSINGS
Sesame seeds
Pine nuts
Olives

TEASPOONS	FREE FOODS	SPECIAL EQUIPMENT
Ghee (organic grass-fed, if possible)	Beachbody Collagen Boost (optional)	Parchment paper
All-natural almond or cashew butter	Balsamic vinegar	Avocado oil cooking spray
Avocado oil	Reduced-sodium tamari soy sauce	Olive oil cooking spray (or use avocado oil spray)
Olive oil (or use avocado oil)	Whole-grain mustard	
Sesame oil	Fresh thyme	
Unsweetened almond milk	Fresh parsley	
	Fresh dill weed	
	Garlic	
	Green onions	
	Shallots	
	Lemons for fresh lemon juice and zest	
	Limes for fresh lime juice and zest	
	Medium Fresno chile pepper	
	Sea salt (or Himalayan salt)	
	Ground black pepper	





This sample 7-Day Meal Plan shows you how to incorporate Barre Blend with the Ultimate Portion Fix nutrition program (sold separately). Combined, these two programs are the perfect way to help you get results. To learn more about the portion-control container system visit [PortionFix.com](http://PortionFix.com)

MEALS	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>BREAKFAST</b> 1	Eggs • Ezekiel or FIXATE Gluten-Free Fresh Bread toast • asparagus • avocado oil • fruit	FIXATE Balsamic Mushroom Toast • cottage cheese • fruit	Eggs • Ezekiel or FIXATE Gluten-Free Fresh Bread toast • asparagus • avocado oil • fruit	FIXATE Balsamic Mushroom Toast • cottage cheese • fruit	Eggs • Ezekiel or FIXATE Gluten-Free Fresh Bread toast • asparagus • avocado oil • fruit	FIXATE Balsamic Mushroom Toast • cottage cheese • fruit	Egg whites • black beans • mixed veggies • avocado oil • fruit
<b>SNACK</b> 1	Oatmeal • fruit • almond or cashew butter	Oatmeal • fruit • almond or cashew butter	Fruit • edamame • sesame oil	Oatmeal • fruit • almond or cashew butter	Fruit • edamame • sesame oil	Oatmeal • fruit • almond or cashew butter	Fruit • edamame • sesame oil
<b>LUNCH</b> 1	FIXATE Black Pepper Shrimp (2 servings) • cauliflower rice • edamame	FIXATE Black Pepper Shrimp (2 servings) • cauliflower rice • edamame	FIXATE Herb-Crusted Salmon (2 servings) • bell pepper • black beans • lime juice	FIXATE Herb-Crusted Salmon (2 servings) • bell pepper • black beans • lime juice	FIXATE Herb-Crusted Salmon (2 servings) • spinach • chickpeas • balsamic vinegar	Veggie burger • turkey bacon • 2 lettuce leaves • whole-grain mustard • sweet potato • avocado oil (2 )	Veggie burger • turkey bacon • 2 lettuce leaves • whole-grain mustard • sweet potato • avocado oil (2 )
<b>SHAKEOLOGY SMOOTHIE</b> 2	Shakeology • kale • frozen fruit • almond milk • Beachbody Collagen Boost • veggie sticks	Shakeology • kale • frozen fruit • almond or cashew butter • Beachbody Collagen Boost • water • veggie sticks	Shakeology • kale • frozen fruit • almond milk • Beachbody Collagen Boost • veggie sticks	Shakeology • kale • frozen fruit • almond or cashew butter • Beachbody Collagen Boost • water • veggie sticks	Shakeology • kale • frozen fruit • almond milk • Beachbody Collagen Boost • veggie sticks	Shakeology • kale • frozen fruit • almond or cashew butter • Beachbody Collagen Boost • water • veggie sticks	Shakeology • kale • frozen fruit • almond milk • Beachbody Collagen Boost • veggie sticks
<b>SUPER SNACK</b> 2	Whole-grain tortilla • turkey slices • hummus • lettuce • tomato • apple • almond or cashew butter	Kale (2 ) • chicken • quinoa • strawberries • goat cheese • avocado oil • balsamic vinegar	Whole-grain tortilla • turkey slices • hummus • lettuce • tomato • apple • almond or cashew butter	Kale (2 ) • chicken • quinoa • strawberries • goat cheese • avocado oil • balsamic vinegar	Whole-grain tortilla • turkey slices • hummus • lettuce • tomato • apple • almond or cashew butter	Kale (2 ) • chicken • quinoa • strawberries • goat cheese • avocado oil • balsamic vinegar	Whole-grain tortilla • turkey slices • hummus • lettuce • tomato • apple • almond or cashew butter
<b>DINNER</b> 1	Tuna • spinach or kale • white beans • olives • avocado oil • fruit	Tuna • spinach or kale • white beans • olives • avocado oil • fruit	Tempeh • shredded cabbage (½ ) • mixed veggies (½ ) • brown or wild rice • sesame oil • tamari • sesame seeds • fruit	Tempeh • shredded cabbage (½ ) • mixed veggies (½ ) • brown or wild rice • sesame oil • tamari • sesame seeds • fruit	Ground beef or steak • green beans • pine nuts • brown or wild rice • avocado oil • fruit	Tempeh • shredded cabbage (½ ) • mixed veggies (½ ) • brown or wild rice • sesame oil • tamari • sesame seeds • fruit	Ground beef or steak • green beans • pine nuts • brown or wild rice • avocado oil • fruit
<b>NOTES</b>	Shakeology Smoothie: Elise likes to add Beachbody Collagen Boost to her smoothies.  Super Snack: Spread hummus on tortilla, top with turkey, lettuce, and tomato, then wrap tortilla around ingredients. Serve with an apple and almond or cashew butter.		Dinner: Stir-fry tempeh, cabbage, and mixed veggies in sesame oil. Top with a dash or two of tamari (optional) and sesame seeds. Serve with rice. Make enough for three servings for later in the week.		Dinner: Cook ground beef or steak in a skillet using avocado oil spray; season as desired. Dress steamed green beans with 1 tsp. oil and top with pine nuts. Serve with rice.  Lunch: Cut sweet potato into fries, toss with oil, and bake 25–30 minutes at 375° F. Or, bake sweet potato whole; serve half drizzled with oil.  Remaining Ezekiel or FIXATE Gluten-Free Fresh Bread can be frozen then thawed when ready for use.		Breakfast: Sauté mixed veggies in oil until soft, then add beans and egg whites and cook until egg whites are set.



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## ONE-WEEK MEAL PLAN E

Follow these meal-prep tips to help make cooking for the week go smoothly:



Make sure you're stocked up with Shakeology, Beachbody Collagen Boost (optional), and any other Shakeology Boosts you like to use.



Check your fridge, pantry, and freezer for any items you may already have on the grocery list and cross them off.



Choose which fruits you want to eat this week as snacks, with meals, or in smoothies and make a note on your grocery list.



Get a head start on your breakfasts for the week by precooking asparagus and mushrooms for FIXATE Balsamic Mushroom Toast.



Cook FIXATE Black Pepper Shrimp and stir-fry cauliflower rice and edamame using avocado oil spray (if desired).



Cook brown or wild rice, quinoa, and oatmeal. You may want to cook extra and freeze remaining portions for another week.



If you did not buy precooked chicken, cook enough chicken breasts for the week.



Pre-wash fruits and veggies. (Except berries, wash and cut those just before serving.)

VEGETABLES
Asparagus
Bell pepper (any color)
Cauliflower rice
Tomato (or cherry tomatoes)
Cremini mushrooms
Green beans
Kale
Lettuce (like romaine or Bibb)
Mixed veggies of your choice
Shredded cabbage
Spinach
Veggie sticks of your choice (celery, carrot, jicama, cucumbers, bell peppers)

FRUITS
Apples
Fresh fruit
Frozen fruit
Strawberries

PROTEINS
Eggs
Egg whites
Raw ground beef or steak (≥95% lean)
Raw salmon fillet, boneless, skinless
Raw medium shrimp, peeled, deveined
Chunk light tuna, canned packed in water
Organic tempeh
Veggie burgers (≥16 g protein and ≤15 g carbohydrates per patty)
Cottage cheese, 2%
Shakeology
Turkey slices (nitrate- and nitrite-free)
Chicken breast, boneless, skinless (raw or cooked)




















































CARBOHYDRATES
Black beans
Brown or wild rice
Chickpeas/garbanzo beans
Organic edamame, shelled
Sweet potato
Low-sodium sprouted wheat bread (like Ezekiel) (or ingredients for FIXATE Gluten-Free Fresh Bread)
White beans
Whole-grain tortilla (6-inch)
Quinoa
Dry rolled oats

HEALTHY FATS
Goat cheese (or feta)
Hummus

SEEDS & DRESSINGS
Sesame seeds
Pine nuts
Olives

TEASPOONS	FREE FOODS	SPECIAL EQUIPMENT
Ghee (organic grass-fed, if possible)	Beachbody Collagen Boost (optional)	Parchment paper
All-natural almond or cashew butter	Balsamic vinegar	Avocado oil cooking spray
Avocado oil	Reduced-sodium tamari soy sauce	Olive oil cooking spray (or use avocado oil spray)
Olive oil (or use avocado oil)	Whole-grain mustard	
Sesame oil	Fresh thyme	
Unsweetened almond milk	Fresh parsley	
	Fresh dill weed	
	Garlic	
	Green onions	
	Shallots	
	Lemons for fresh lemon juice and zest	
	Limes for fresh lime juice and zest	
	Medium Fresno chile pepper	
	Sea salt (or Himalayan salt)	
	Ground black pepper	

This sample 7-Day Meal Plan shows you how to incorporate Barre Blend with the Ultimate Portion Fix nutrition program (sold separately). Combined, these two programs are the perfect way to help you get results. To learn more about the portion-control container system visit [PortionFix.com](http://PortionFix.com)

MEALS	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>BREAKFAST</b> 1  1  1  1  1 	Eggs • Ezekiel or FIXATE Gluten-Free Fresh Bread toast • asparagus • avocado oil • fruit	FIXATE Balsamic Mushroom Toast • cottage cheese • fruit	Eggs • Ezekiel or FIXATE Gluten-Free Fresh Bread toast • asparagus • avocado oil • fruit	FIXATE Balsamic Mushroom Toast • cottage cheese • fruit	Eggs • Ezekiel or FIXATE Gluten-Free Fresh Bread toast • asparagus • avocado oil • fruit	FIXATE Balsamic Mushroom Toast • cottage cheese • fruit	Egg whites • black beans • mixed veggies • avocado oil • fruit
<b>SNACK</b> 1  1  1 	Oatmeal • fruit • almond or cashew butter	Oatmeal • fruit • almond or cashew butter	Fruit • edamame • sesame oil	Oatmeal • fruit • almond or cashew butter	Fruit • edamame • sesame oil	Oatmeal • fruit • almond or cashew butter	Fruit • edamame • sesame oil
<b>LUNCH</b> 1  2  1  2 	FIXATE Black Pepper Shrimp (2 servings) • cauliflower rice • edamame	FIXATE Black Pepper Shrimp (2 servings) • cauliflower rice • edamame	FIXATE Herb-Crusted Salmon (2 servings) • bell pepper • black beans • lime juice	FIXATE Herb-Crusted Salmon (2 servings) • bell pepper • black beans • lime juice	FIXATE Herb-Crusted Salmon (2 servings) • spinach • chickpeas • balsamic vinegar	Veggie burger • turkey bacon • 2 lettuce leaves • whole-grain mustard • sweet potato • avocado oil (2  tsp.)	Veggie burger • turkey bacon • 2 lettuce leaves • whole-grain mustard • sweet potato • avocado oil (2  tsp.)
<b>SHAKEOLOGY SMOOTHIE</b> 2  1  1  1 	Shakeology • kale • frozen fruit • almond milk • Beachbody Collagen Boost • veggie sticks	Shakeology • kale • frozen fruit • almond or cashew butter • Beachbody Collagen Boost • water • veggie sticks	Shakeology • kale • frozen fruit • almond milk • Beachbody Collagen Boost • veggie sticks	Shakeology • kale • frozen fruit • almond or cashew butter • Beachbody Collagen Boost • water • veggie sticks	Shakeology • kale • frozen fruit • almond milk • Beachbody Collagen Boost • veggie sticks	Shakeology • kale • frozen fruit • almond or cashew butter • Beachbody Collagen Boost • water • veggie sticks	Shakeology • kale • frozen fruit • almond milk • Beachbody Collagen Boost • veggie sticks
<b>SUPER SNACK</b> 2  1  1  1  1  1 	Whole-grain tortilla • turkey slices • hummus • lettuce • tomato • apple • almond or cashew butter	Kale (2  Green) • chicken • quinoa • strawberries • goat cheese • avocado oil • balsamic vinegar	Whole-grain tortilla • turkey slices • hummus • lettuce • tomato • apple • almond or cashew butter	Kale (2  Green) • chicken • quinoa • strawberries • goat cheese • avocado oil • balsamic vinegar	Whole-grain tortilla • turkey slices • hummus • lettuce • tomato • apple • almond or cashew butter	Kale (2  Green) • chicken • quinoa • strawberries • goat cheese • avocado oil • balsamic vinegar	Whole-grain tortilla • turkey slices • hummus • lettuce • tomato • apple • almond or cashew butter
<b>DINNER</b> 2  1  2  1  1  2 	Tuna (2  Red) • spinach or kale (2  Green) • white beans • olives • avocado oil (2  tsp.) • lemon juice • fruit	Tuna (2  Red) • spinach or kale (2  Green) • white beans • olives • avocado oil (2  tsp.) • lemon juice • fruit	Tempeh (2  Red) • shredded cabbage • mixed veggies • brown or wild rice • sesame oil (2  tsp.) • tamari • sesame seeds • fruit	Tempeh (2  Red) • shredded cabbage • mixed veggies • brown or wild rice • sesame oil (2  tsp.) • tamari • sesame seeds • fruit	Ground beef or steak (2  Red) • green beans (2  Green) • pine nuts • brown or wild rice • avocado oil (2  tsp.) • fruit	Tempeh (2  Red) • shredded cabbage • mixed veggies • brown or wild rice • sesame oil (2  tsp.) • tamari • sesame seeds • fruit	Ground beef or steak (2  Red) • green beans (2  Green) • pine nuts • brown or wild rice • avocado oil (2  tsp.) • fruit
<b>NOTES</b>	Shakeology Smoothie: Elise likes to add Beachbody Collagen Boost to her smoothies.  Super Snack: Spread hummus on tortilla, top with turkey, lettuce, and tomato, then wrap tortilla around ingredients. Serve with an apple and almond or cashew butter.		Dinner: Stir-fry tempeh, cabbage, and mixed veggies in sesame oil. Top with a dash or two of tamari (optional) and sesame seeds. Serve with rice. Make enough for three servings for later in the week.		Dinner: Cook ground beef or steak in a skillet using 1 tsp. oil; season as desired. Dress steamed green beans with remaining 1 tsp. oil and top with pine nuts. Serve with rice.	Lunch: Cut sweet potato into fries, toss with oil, and bake 25–30 minutes at 375° F. Or, bake sweet potato whole; serve half drizzled with oil.  Remaining Ezekiel or FIXATE Gluten-Free Fresh Bread can be frozen then thawed when ready for use.	Breakfast: Sauté mixed veggies in oil until soft, then add beans and egg whites and cook until egg whites are set.



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## ONE-WEEK MEAL PLAN F

Follow these meal-prep tips to help make cooking for the week go smoothly:



Make sure you're stocked up with Shakeology, Beachbody Collagen Boost (optional), and any other Shakeology Boosts you like to use.



Check your fridge, pantry, and freezer for any items you may already have on the grocery list and cross them off.



Choose which fruits you want to eat this week as snacks, with meals, or in smoothies and make a note on your grocery list.



Get a head start on your breakfasts for the week by precooking asparagus and mushrooms for FIXATE Balsamic Mushroom Toast.



Cook FIXATE Black Pepper Shrimp and stir-fry cauliflower rice and edamame using avocado oil spray (if desired).



Cook brown or wild rice, quinoa, and oatmeal. You may want to cook extra and freeze remaining portions for another week.



If you did not buy precooked chicken, cook enough chicken breasts for the week.



Pre-wash fruits and veggies. (Except berries, wash and cut those just before serving.)

VEGETABLES
Asparagus
Bell pepper (any color)
Cauliflower rice
Tomato (or cherry tomatoes)
Cremini mushrooms
Green beans
Kale
Lettuce (like romaine or Bibb)
Mixed veggies of your choice
Shredded cabbage
Spinach
Veggie sticks of your choice (celery, carrot, jicama, cucumbers, bell peppers)

FRUITS
Apples
Fresh fruit
Frozen fruit
Strawberries

PROTEINS
Eggs
Egg whites
Raw ground beef or steak (≥95% lean)
Raw salmon fillet, boneless, skinless
Raw medium shrimp, peeled, deveined
Chunk light tuna, canned packed in water
Organic tempeh
Veggie burgers (≥16 g protein and ≤15 g carbohydrates per patty)
Cottage cheese, 2%
Shakeology
Turkey slices (nitrate- and nitrite-free)
Chicken breast, boneless, skinless (raw or cooked)

CARBOHYDRATES
Black beans
Brown or wild rice
Chickpeas/garbanzo beans
Organic edamame, shelled
Sweet potato
Low-sodium sprouted wheat bread (like Ezekiel) (or ingredients for FIXATE Gluten-Free Fresh Bread)
White beans
Whole-grain tortilla (6-inch)
Quinoa
Dry rolled oats

HEALTHY FATS
Goat cheese (or feta)
Hummus

SEEDS & DRESSINGS
Sesame seeds
Pine nuts
Olives

TEASPOONS	FREE FOODS	SPECIAL EQUIPMENT
Ghee (organic grass-fed, if possible)	Beachbody Collagen Boost (optional)	Parchment paper
All-natural almond or cashew butter	Balsamic vinegar	Avocado oil cooking spray
Avocado oil	Reduced-sodium tamari soy sauce	Olive oil cooking spray (or use avocado oil spray)
Olive oil (or use avocado oil)	Whole-grain mustard	
Sesame oil	Fresh thyme	
Unsweetened almond milk	Fresh parsley	
	Fresh dill weed	
	Garlic	
	Green onions	
	Shallots	
	Lemons for fresh lemon juice and zest	
	Limes for fresh lime juice and zest	
	Medium Fresno chile pepper	
	Sea salt (or Himalayan salt)	
	Ground black pepper	