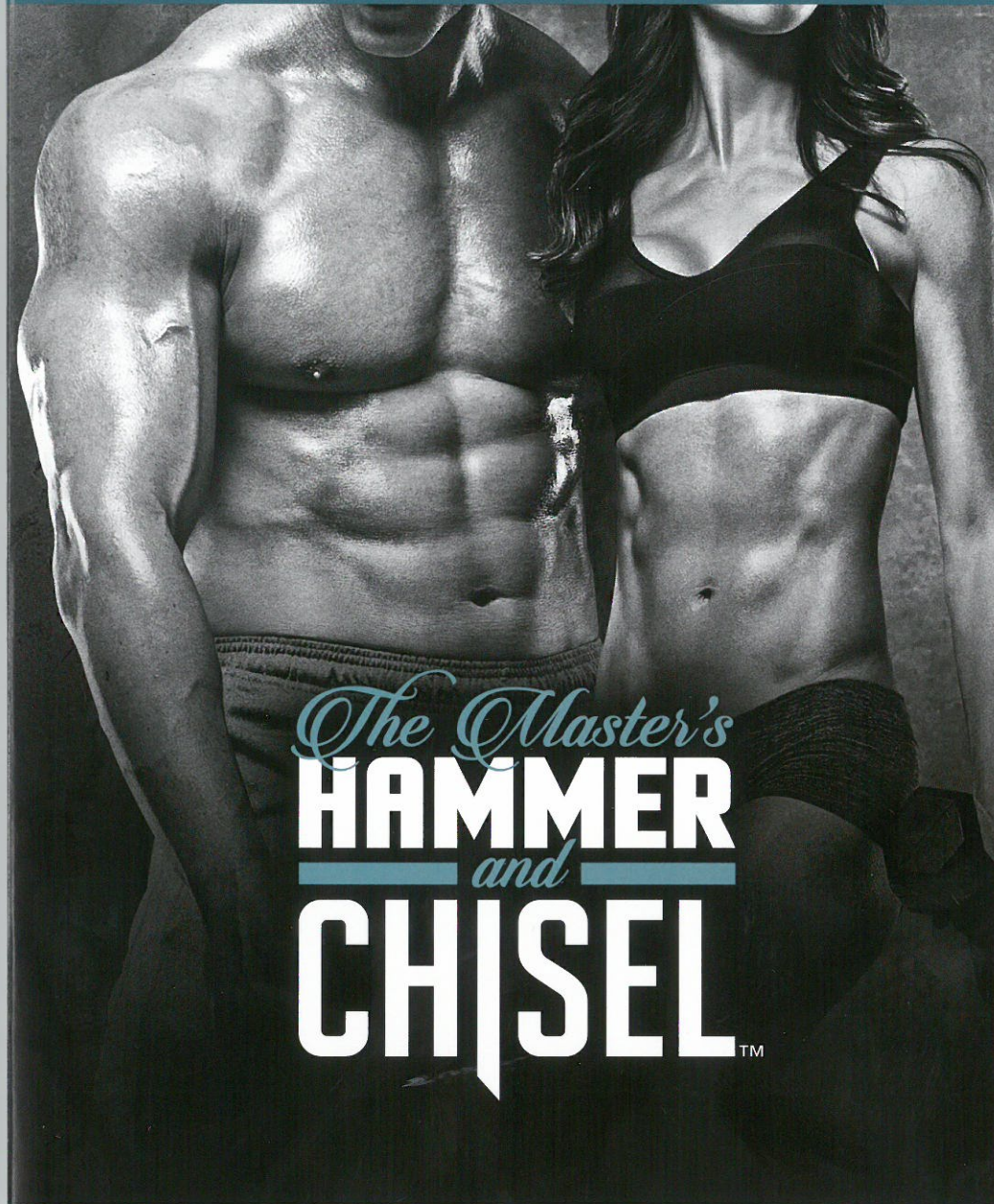


PROGRAM AND NUTRITION GUIDE



The Master's
HAMMER
and
CHISEL™

 BEACHBODY®



BE A MASTERPIECE

Welcome to The Master's Hammer and Chisel™. We are so excited that you have chosen this program to help sculpt your body into a masterpiece. Over the next 60 days, YOU will become the master of your "work of art." We are your guides. Together, we are on a mission. In this program, you will face obstacles and you will come face-to-face with your limiting beliefs. Together, we will overcome them and we will kick down those doors. It will be hard, but it will be worth it.

You will be your masterpiece.

Best,

Andie *SALAI*

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CHAPTER 1 PROGRAM

WHY DOES THIS WORK?

THE MASTER'S SSP TRAINING

Walk into any gym and you'd probably presume that the difference between the person of average build knocking out curls in the corner, and the guy with the ripped physique doing exactly the same move on the other side of the room is simply the amount of time they spend in the gym and the intensity with which they lift.

Absolutely false.

The secret to getting extraordinary results isn't time and intensity, it's about the approach. And The Master's Hammer and Chisel approach incorporates all three phases of body transformation, known as **SSP Training**—short for **Stabilization, Strength, and Power**. And professionally proven techniques within each phase will rapidly build, sculpt, and refine the physique over the course of 60 days.

Can you see decent results over time without SSP Training? Maybe. But it will definitely take you longer, you won't be as strong, and the results will not be nearly as visually stunning.

Competitive physique professionals know that without addressing all three phases of SSP Training they won't ever share the stage with competitors who do. And the competitors who do...are the Masters.

Now, with this program, the tools of the Masters are in your hands too.

This is "The Master's Hammer and Chisel!"

The Master's **HAMMER** *and* **CHISEL**™

60-DAY PROGRAM

The 60-day program to build and sculpt your perfect physique Starts. Right. Now.

This program was designed to train your body for results. But without the right nutrition and the appropriate portions, you won't truly achieve a Master's transformation. That's why we start there.

THE MASTER'S HAMMER AND CHISEL NUTRITION PLAN QUIZ

FIRST, take THE MASTER'S HAMMER AND CHISEL NUTRITION PLAN QUIZ to determine what NUTRITION PLAN to follow.

What's your GENDER?

Female +1

Male +2

SCORE

What's your WEIGHT?

130 lbs. or less +1

131-160 lbs. +2

161-180 lbs. +3

181-200 lbs. +4

201-220 lbs. +5

221 lbs. and up +6

SCORE

What's your CURRENT activity level, NOT including The Master's Hammer and Chisel workouts?

Inactive (*desk job*) -1

Moderate (*server in a restaurant*) 0

Very active (*construction worker*) +1

SCORE

What's your GOAL?

Lean out* -2

Maintain weight 0

Build muscle* +1

TOTAL SCORE

*After 60 days of The Master's Hammer and Chisel, to further build, you can adapt to get even bigger by adding an additional point to the "build muscle" calculation, or in turn to lean out more after 60 days, you can subtract an additional point from the "lean out" calculation, as long as you are being healthy and smart about your overall consumption.

Now match your SCORE with your NUTRITION PLAN.

YOUR SCORE

YOUR PLAN

1 or less **PLAN A** (1,200-1,499 calories)

2 **PLAN B** (1,500-1,799 calories)

3 **PLAN C** (1,800-2,099 calories)

4 **PLAN D** (2,100-2,399 calories)

5 **PLAN E** (2,400-2,699 calories)

6 **PLAN F** (2,700-2,999 calories)

7 **PLAN G** (3,000-3,299 calories)

8 or more **PLAN H** (3,300-3,599 calories)

I AM ON PLAN:

For additional nutrition plans, calculators, and guidance, visit the EXPERT ADVICE section of the Message Boards at TeamBeachbody.com.

THE MASTER'S HAMMER AND CHISEL PROGRAM

60-DAY CALENDAR

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	CHISEL BALANCE	HAMMER PLYOMETRICS <i>or optional:</i> THE MASTER'S CARDIO**	ISO STRENGTH CHISEL	DAY OFF	ISO SPEED HAMMER	CHISEL ENDURANCE	TOTAL BODY HAMMER <i>and</i> 10 MIN AB HAMMER
2	CHISEL CARDIO	MAX HAMMER STRENGTH <i>or optional:</i> HAMMER BUILD UP*	CHISEL AGILITY <i>or optional:</i> THE MASTER'S CARDIO** <i>and</i> <i>optional:</i> 15 MIN GLUTE CHISEL*	DAY OFF	HAMMER POWER	CHISEL BALANCE <i>or optional:</i> POWER CHISEL* <i>and</i> 10 MIN AB CHISEL	HAMMER CONDITIONING <i>and optional:</i> 15 MIN LEG HAMMER*
3	TOTAL BODY HAMMER <i>and</i> <i>optional:</i> 15 MIN LEG HAMMER*	CHISEL AGILITY <i>or optional:</i> THE MASTER'S CARDIO**	MAX HAMMER STRENGTH <i>and</i> 10 MIN AB HAMMER	DAY OFF	TOTAL BODY CHISEL <i>and</i> 10 MIN AB CHISEL	HAMMER PLYOMETRICS <i>or optional:</i> THE MASTER'S CARDIO**	ISO STRENGTH CHISEL <i>and optional:</i> 15 MIN GLUTE CHISEL*
4	CHISEL BALANCE <i>or optional:</i> POWER CHISEL* <i>and</i> 10 MIN AB CHISEL	MAX HAMMER STRENGTH	CHISEL CARDIO <i>and optional:</i> 15 MIN GLUTE CHISEL*	DAY OFF	ISO SPEED HAMMER <i>or optional:</i> HAMMER BUILD UP* <i>and optional:</i> 15 MIN LEG HAMMER*	CHISEL AGILITY <i>or optional:</i> THE MASTER'S CARDIO**	HAMMER POWER <i>and</i> 10 MIN AB HAMMER
5	TOTAL BODY CHISEL <i>and</i> 10 MIN AB CHISEL	HAMMER POWER <i>and</i> 10 MIN AB HAMMER	CHISEL BALANCE <i>and optional:</i> 15 MIN GLUTE CHISEL*	DAY OFF	ISO SPEED HAMMER <i>and optional:</i> 15 MIN LEG HAMMER*	CHISEL ENDURANCE <i>or optional:</i> POWER CHISEL*	TOTAL BODY HAMMER <i>or optional:</i> HAMMER BUILD UP*
6	CHISEL AGILITY <i>or optional:</i> THE MASTER'S CARDIO** <i>and</i> <i>optional:</i> 15 MIN GLUTE CHISEL*	HAMMER CONDITIONING <i>and</i> 10 MIN AB HAMMER	CHISEL CARDIO <i>or optional:</i> POWER CHISEL*	DAY OFF	HAMMER POWER	CHISEL BALANCE <i>and</i> 10 MIN AB CHISEL	MAX HAMMER STRENGTH <i>or</i> <i>optional:</i> HAMMER BUILD UP* <i>and optional:</i> 15 MIN LEG HAMMER*
7	TOTAL BODY CHISEL <i>and</i> 10 MIN AB CHISEL	ISO SPEED HAMMER <i>and</i> <i>optional:</i> 15 MIN LEG HAMMER*	ISO STRENGTH CHISEL	DAY OFF	HAMMER CONDITIONING	CHISEL CARDIO <i>and optional:</i> 15 MIN GLUTE CHISEL*	TOTAL BODY HAMMER <i>and</i> 10 MIN AB HAMMER
8	CHISEL ENDURANCE <i>and</i> 10 MIN AB CHISEL	MAX HAMMER STRENGTH <i>or</i> <i>optional:</i> HAMMER BUILD UP* <i>and</i> <i>optional:</i> 15 MIN LEG HAMMER*	CHISEL CARDIO <i>and optional:</i> 15 MIN GLUTE CHISEL*	DAY OFF	HAMMER PLYOMETRICS <i>or</i> <i>optional:</i> THE MASTER'S CARDIO** <i>and optional:</i> 15 MIN LEG HAMMER*	TOTAL BODY CHISEL <i>or optional:</i> POWER CHISEL* <i>and</i> <i>optional:</i> 15 MIN GLUTE CHISEL*	HAMMER POWER <i>and</i> 10 MIN AB HAMMER

*HAMMER BUILD UP, 15 MIN LEG HAMMER, POWER CHISEL, and 15 MIN GLUTE CHISEL are part of the DELUXE KIT. If you purchased a Deluxe Kit, you can incorporate these workouts on the specified days. To purchase, contact your Coach, or visit TeamBeachbody.com or HammerChiselDeluxe.com.

**THE MASTER'S CARDIO is a Team Beachbody® Exclusive Workout and can be used to replace HAMMER PLYOMETRICS and/or CHISEL AGILITY on their scheduled days, if you have limited time.

EQUIPMENT

The Master's Hammer and Chisel uses a variety of equipment to build and sculpt your physique. The following chart will guide you to what equipment is required or recommended for each workout. If you have questions about the calendar or about anything else in the program, don't hesitate to ask in the Expert Advice section of the Team Beachbody Message Boards at TeamBeachbody.com/connect/message-boards.

TIP: Download equipment requirements and worksheets to track your progress at TeamBeachbody.com under **GET FIT>FITNESS TOOLS>WORKOUT SHEETS**.

WORKOUT	EQUIPMENT	BENCH OR STABILITY BALL	WEIGHTS	B-LINES® RESISTANCE BAND OR TOWEL	CHIN-UP BAR OR BANDS WITH DOOR ATTACHMENT KIT	BEACHBODY® CORE COMFORT MAT*	CHIN-UP MAX*
HAMMER PLYOMETRICS	•	•	•	•		•	
ISO SPEED HAMMER	•	•	•	•		•	
TOTAL BODY HAMMER	•	•	•	•		•	
MAX HAMMER STRENGTH	•	•	•	•		•	
HAMMER POWER		•	•				
HAMMER CONDITIONING		•	•				
10 MIN AB HAMMER					•		
CHISEL BALANCE	•	•			•		
ISO STRENGTH CHISEL	•	•			•	•	
CHISEL ENDURANCE	•	•			•	•	
CHISEL CARDIO	•	•		•	•	•	
CHISEL AGILITY							
TOTAL BODY CHISEL	•	•					
10 MIN AB CHISEL	•					•	

*OPTIONAL

RESULTS

Since you're creating a work of art with The Master's Hammer and Chisel, we recommend you document your experience. You'll be amazed at your body transformation! Take your "BEFORE" photos the day prior to beginning your first workout. When you complete the program, take your "AFTER" photos.

Submit your "BEFORE" and "AFTER" photos and results at FREEHammerChiselShirt.com and get a #MasterAtWork SHIRT!

TRACK YOUR "BEFORE" AND "AFTER" WEIGHT			
WEIGHT	DAY 1	DAY 30	DAY 60

Use the TRANSFORMATION TRACKER to track your measurements.

RECORD "BEFORE" STATS

CHEST _____

R. ARM _____

L. ARM _____

WAIST _____

HIPS _____

R. THIGH _____

L. THIGH _____

TOTAL INCHES _____

WEIGHT _____

RECORD "AFTER" STATS

CHEST _____

R. ARM _____

L. ARM _____

WAIST _____

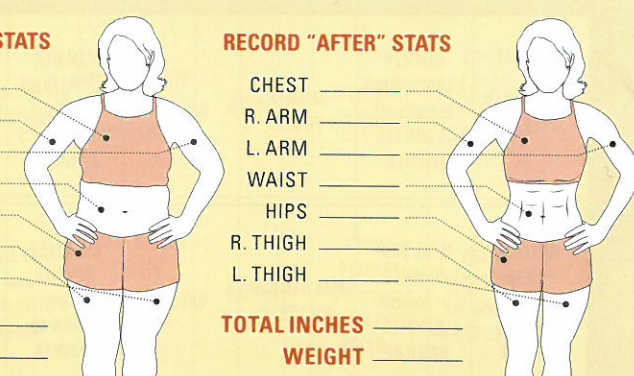
HIPS _____

R. THIGH _____

L. THIGH _____

TOTAL INCHES _____

WEIGHT _____



RECORD "BEFORE" STATS

CHEST _____

R. ARM _____

L. ARM _____

WAIST _____

HIPS _____

R. THIGH _____

L. THIGH _____

TOTAL INCHES _____

WEIGHT _____

RECORD "AFTER" STATS

CHEST _____

R. ARM _____

L. ARM _____

WAIST _____

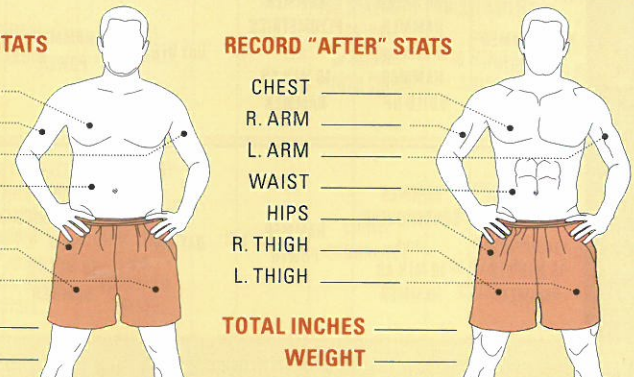
HIPS _____

R. THIGH _____

L. THIGH _____

TOTAL INCHES _____

WEIGHT _____



PROGRAM OPTIONS

The Master's HAMMER™ 30-DAY PROGRAM

After completion of the 60-day program, you may use this program to focus on building muscle, strength, and power. Use it to achieve a more specific goal, or just to change the landscape of your current workout schedule.

THE MASTER'S HAMMER™ 30-DAY CALENDAR

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	MAX HAMMER STRENGTH	HAMMER CONDITIONING <i>and optional:</i> 15 MIN LEG HAMMER*	HAMMER POWER	DAY OFF	HAMMER PLYOMETRICS <i>or optional:</i> THE MASTER'S CARDIO**	TOTAL BODY HAMMER <i>or optional:</i> HAMMER BUILD UP*	ISO SPEED HAMMER
2	HAMMER POWER <i>and</i> 10 MIN AB HAMMER	TOTAL BODY HAMMER <i>or optional:</i> HAMMER BUILD UP*	MAX HAMMER STRENGTH	DAY OFF	ISO SPEED HAMMER <i>and</i> 10 MIN AB HAMMER	HAMMER CONDITIONING	HAMMER PLYOMETRICS <i>or optional:</i> THE MASTER'S CARDIO** <i>and optional:</i> 15 MIN LEG HAMMER*
3	MAX HAMMER STRENGTH	ISO SPEED HAMMER <i>or optional:</i> HAMMER BUILD UP*	HAMMER PLYOMETRICS <i>and</i> 10 MIN AB HAMMER	DAY OFF	HAMMER POWER	HAMMER CONDITIONING <i>and optional:</i> 15 MIN LEG HAMMER*	TOTAL BODY HAMMER <i>and</i> 10 MIN AB HAMMER
4	ISO SPEED HAMMER <i>and optional:</i> 15 MIN LEG HAMMER*	HAMMER CONDITIONING <i>and</i> 10 MIN AB HAMMER	HAMMER POWER	DAY OFF	HAMMER PLYOMETRICS <i>and</i> 10 MIN AB HAMMER	TOTAL BODY HAMMER	MAX HAMMER STRENGTH <i>or optional:</i> HAMMER BUILD UP* <i>and</i> 10 MIN AB HAMMER*

*HAMMER BUILD UP, 15 MIN LEG HAMMER, POWER CHISEL, and 15 MIN GLUTE CHISEL are part of the DELUXE KIT. If you purchased a Deluxe Kit, you can incorporate these workouts on the specified days. To purchase, contact your Coach, or visit TeamBeachbody.com or HammerChiselDeluxe.com.

The Master's CHISEL™ 30-DAY PROGRAM

After completion of the 60-day program, you may choose to follow this program to achieve greater endurance, stabilization, and maximum definition. Use it to achieve an even more specific goal, or just to change the landscape of your current workout schedule.

THE MASTER'S CHISEL™ 30-DAY CALENDAR

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	CHISEL ENDURANCE	ISO STRENGTH CHISEL	CHISEL AGILITY <i>or optional:</i> POWER CHISEL*	DAY OFF	TOTAL BODY CHISEL	CHISEL CARDIO <i>and optional:</i> 15 MIN GLUTE CHISEL*	CHISEL BALANCE
2	TOTAL BODY CHISEL <i>and</i> 10 MIN AB CHISEL	CHISEL AGILITY <i>or optional:</i> THE MASTER'S CARDIO**	ISO STRENGTH CHISEL <i>and</i> 10 MIN AB CHISEL	DAY OFF	CHISEL BALANCE <i>and optional:</i> 15 MIN GLUTE CHISEL*	CHISEL ENDURANCE <i>or optional:</i> POWER CHISEL*	CHISEL CARDIO
3	CHISEL BALANCE <i>and</i> 10 MIN AB CHISEL	CHISEL CARDIO	CHISEL ENDURANCE	DAY OFF	ISO STRENGTH CHISEL <i>or optional:</i> POWER CHISEL*	CHISEL AGILITY <i>and</i> 10 MIN AB CHISEL	TOTAL BODY CHISEL <i>and optional:</i> 15 MIN GLUTE CHISEL*
4	ISO STRENGTH CHISEL <i>and</i> 10 MIN AB CHISEL	CHISEL AGILITY <i>or optional:</i> THE MASTER'S CARDIO** <i>and optional:</i> 15 MIN GLUTE CHISEL*	TOTAL BODY CHISEL <i>or optional:</i> POWER CHISEL* <i>and</i> 10 MIN AB CHISEL	DAY OFF	CHISEL ENDURANCE	CHISEL BALANCE <i>and</i> 10 MIN AB CHISEL	CHISEL CARDIO

**THE MASTER'S CARDIO is a Team Beachbody Exclusive Workout and can be used to replace HAMMER PLYOMETRICS and/or CHISEL AGILITY on their scheduled days, if you have limited time.

SAFETY

Safety is really important when you're lifting weights. The following are a few things to consider before, during, and after your workouts:

BEFORE:

- 1 Always consult your healthcare practitioner and follow all enclosed safety and other instructions before beginning any exercise program, especially if you have any medical conditions. If you have an injury, wait until it has healed and your doctor has cleared you for exercise before beginning this or any other fitness program.
- 2 Before starting the program, read and follow all enclosed safety instructions and other information, including the workout calendars. The workouts were designed to be done in a specific order, and going off the schedule can lead to issues, especially as the program progresses.
- 3 Make sure your workout space is clear and clean, and that you have enough room to perform each movement. More accidents occur in a workout environment when people trip over equipment and furniture, than are caused by any exercise-related incident.

DURING:

- 4 It is important to do the warm-up because it lets you gradually increase your heart rate, blood pressure, oxygen consumption, and the elasticity and heat of the active muscles. It can help prevent injury and give you greater mobility. It's also a great way to mentally prepare for what's to come.
- 5 Make sure your hands and equipment are dry before performing an exercise. Use a towel to dry yourself or your equipment if things get slippery.

- 6 Many of the exercises take place on a weightlifting bench. If you are using a bench, make sure it is in good repair, stable, and if it is adjustable, that the pin fully inserts. When performing exercises, make sure the bench is dry and on an even surface. If you are using a bench other than the Beachbody® PowerBlock Pro Adjustable Bench, and there is any question about its stability, follow the modifier.

- 7 Every time you lift weights from the floor, be sure to bend your knees, engage your abs, and lift with your legs. If lifting from a seated position on a bench, rest a dumbbell on each knee, and lift them up one at a time toward your shoulders. When releasing the weights to the floor, make sure you bend your knees again and keep your back as flat as possible. In every position, move slowly and don't jerk the weights, as it's easier on your joints.

- 8 If you're using a stability ball to work with weights, first sit on the ball, then pick up the weights, then roll into position and get stable before moving the weights into position. Start light initially to get the hang of it. Do not use a stability ball when your torso is exposed, and make sure your neck and shoulders are dry enough to maintain traction on the ball. Also, make sure the ball is the correct height/size for your body by sitting on the ball, and checking that your upper thigh is parallel to the floor. If it's at an angle, you may require a different ball.

- 9 When using a chin-up bar, door attachment kit, B-LINES Resistance Band, or Chin-Up Max, make sure to read and follow the directions before use. They are each designed to be used in a specific way, and for your own safety, make sure they are securely attached and always use them correctly. Never attach them to anything other than what they were designed for.

AFTER:

- 10 The cooldown is just as important as the warm-up. Cooling down lowers the heart rate and helps guarantee adequate circulation to the heart, brain, and muscles.

CHAPTER 2 NUTRITION

PORTION-CONTROL CONTAINERS

So that you can focus on achieving your goals, The Master's Hammer and Chisel includes Beachbody's Portion-Control Containers to help portion out all of your food. These 7 color-coded containers take all the guesswork out of planning your meals. Find your Plan using the quiz on page 4, and then use the Calorie Charts below to see how many of each container to use each day, and then fill those containers using the Food Lists.



CALORIE CHARTS

Now that you have identified your Nutrition Plan from page 5, find the CALORIE CHART that corresponds with your Plan.

Each plan is color-coded to match the 7 containers, with the number of portions per container listed next to the colored square. For example, if you have a 3 next to the Green square, that means you'll be filling the Green Container three times a day.

Given the wide variety of foods in THE MASTER'S HAMMER AND CHISEL NUTRITION PLAN, your calories may vary day-to-day. That's okay. It should all average out and you'll still maintain a caloric level suitable for your goals.

CONTAINERS	PLAN A 1,200-1,499 CALORIES	PLAN B 1,500-1,799 CALORIES	PLAN C 1,800-2,099 CALORIES	PLAN D 2,100-2,399 CALORIES	PLAN E 2,400-2,699 CALORIES	PLAN F 2,700-2,999 CALORIES	PLAN G 3,000-3,299 CALORIES	PLAN H 3,300-3,599 CALORIES
■	3	4	5	6	7	8	9	10
■	2	3	3	4	5	5	5	6
■	4	4	5	6	6	7	8	9
■	2	3	4	4	5	7	8	8
■	1	1	1	1	1	1	1	1
■	1	1	1	1	1	1	1	1
☞	2	4	5	6	7	8	8	9

FOOD LISTS

The FOOD LISTS starting on the next page contain a variety of foods you'll be eating while on this program. Everything here is healthy, but they're *arranged hierarchically*. So the foods higher on the list tend to be healthier! But it is important to get a *variety* of nutrients, so make sure to eat foods from all over the lists.

HOW TO USE THE FOOD LISTS:

- Pick your food item off the list and fill the corresponding colored container with the item based on the prep method (cooked, raw, chopped, etc).
- In the case of unusually shaped foods, serve the amount listed. For example, with asparagus, serve 10 spears instead of trying to fill the container.

TIP: If you're feeling hungry, try adding an extra ■ GREEN or ■ RED container to your plan, or if you're feeling sluggish, try adding an extra ■ PURPLE or ■ BLUE container.

For more NUTRITION FAQ, see page 30 of the Program and Nutrition Guide.

TALLY SHEETS

Tally Sheets are provided for you to help keep track of your daily food intake. Just fill in the column after "Containers" with your plan allotment. Then fill in the squares under "meals" next to it as you eat your daily meals.

DON'T FORGET TO DRINK PLENTY OF WATER, which is why we've provided the water slots for you to check off as you drink throughout the day.

We recommend you make additional copies of the Tally Sheets before you fill these in! You can also find a copy of the Tally Sheets at TeamBeachbody.com under **GET FIT > FITNESS TOOLS > WORKOUT SHEETS**.

PLAN: <i>A</i>		CALORIE TARGET: <i>1,200 - 1,499</i>						
CONTAINERS	DAY: <i>1</i>	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	TOTAL
<i>3</i>		<i>1</i>				<i>2</i>		<i>3</i>
<i>2</i>			<i>1</i>	<i>1</i>				<i>2</i>
<i>4</i>		<i>1</i>		<i>1</i>		<i>1</i>	<i>1</i>	<i>4</i>
<i>2</i>		<i>1</i>			<i>1</i>			<i>2</i>
<i>1</i>			<i>1</i>					<i>1</i>
<i>1</i>				<i>1/2</i>			<i>1/2</i>	<i>1</i>
<i>2</i>				<i>1</i>			<i>1</i>	<i>2</i>

WATER								
	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

PLAN:		CALORIE TARGET:						
CONTAINERS	DAY:	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	TOTAL

WATER							

PLAN:		CALORIE TARGET:						
CONTAINERS	DAY:	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	TOTAL

WATER							

VEGGIES

- Kale, **cooked or raw**
- Watercress, **cooked or raw**
- Collard greens, **cooked or raw**
- Spinach, **cooked or raw**
- Brussels sprouts, **chopped or 5 medium**
- Broccoli, **chopped**
- Asparagus, **10 large spears**
- Beets, **2 medium**
- Tomatoes, **chopped, cherry, or 2 medium**
- Tomatillos, **chopped or 3 medium**
- Pumpkin (regular or West Indian), **chopped**
- Squash (summer), **sliced**
- Chayote squash, **chopped**
- Winter squash (all varieties), **cubed**
- String beans
- Peppers (sweet), **sliced**
- Poblano chiles, **chopped**
- Banana peppers, **3 medium**
- Carrots, **sliced or 10 medium baby**
- Cauliflower, **chopped**
- Artichokes, **½ large**
- Eggplant, **½ medium**
- Okra
- Cactus (nopales), **sliced**
- Jicama, **sliced**
- Snow peas
- Cabbage, **chopped**
- Cucumbers, **sliced**
- Celery, **sliced**
- Lettuce, **chopped**
- Mushrooms, **sliced**
- Radishes, **sliced**
- Onions, **chopped**
- Sprouts

FRUITS

- Raspberries
- Blueberries
- Blackberries
- Strawberries
- Pomegranate, **1 small**
- Guava, **2 medium**
- Starfruit, **2 medium**
- Passion fruit, **3 fruits**
- Watermelon, **chopped**
- Cantaloupe, **chopped**
- Orange, **sections or 1 medium**
- Bitter orange, **1 medium**
- Tangerine, **2 small**
- Apple, **sliced or 1 small**
- Apricots, **4 small**
- Grapefruit, **sections or ½ large**
- Cherries
- Grapes
- Kiwifruit, **2 medium**
- Mango, **sliced**
- Peach, **sliced or 1 large**
- Nectarine, **sliced or 1 large**
- Pear, **sliced or 1 large**
- Pineapple, **diced**
- Banana, **½ large**
- Green banana, **½ large**
- Dwarf red banana, **1½ small**
- Breadfruit, **⅓ small**
- Papaya, **diced**
- Figs, **2 small**
- Honeydew melon, **chopped**
- Mamey, **⅓ small**
- Tamarind, **12 fruits or ¼ cup pulp**
- Salsa (pico de gallo)
- Tomato sauce (plain or marinara)

PROTEINS

- Sardines (fresh or canned in water), **7 medium**
- Boneless, skinless chicken or turkey breast, **cooked, chopped**
- Duck breast, **cooked, chopped**
- Squab, **cooked, chopped**
- Goat, **cooked, chopped**
- Lean ground chicken or turkey ($\geq 93\%$ lean), **cooked**
- Fish, fresh water (catfish, tilapia, trout), **cooked, flaked**
- Fish, cold water, wild-caught (cod, salmon, smoked salmon, halibut, tuna, mahi-mahi), **cooked, flaked**
- Game: buffalo (bison, ostrich, venison, rabbit), **cooked, chopped**
- Game: lean ground ($\geq 95\%$ lean), **cooked, chopped**
- Eggs, **2 large**
- Egg whites, **8 large**
- Greek yogurt, **plain, 1%**
- Yogurt, **plain, 2%**
- Shellfish (shrimp, crab, lobster), **cooked**
- Clams, canned, **drained**
- Octopus, cooked, **chopped**
- Squid, cooked, **chopped**
- Red meat, extra-lean, **cooked, chopped**
- Lean ground red meat ($\geq 95\%$ lean), **cooked**
- Shakeology®, **1 scoop**
- Tripe, **simmered, 6 oz.**
- Tempeh, **chopped**
- Tofu, **firm, diced**
- Pork tenderloin, **cooked, chopped**
- Tuna, canned light in water, **drained**
- Turkey slices, low-sodium, nitrite-free (minimally processed), fat-free, **6 slices**
- Ham slices, low-sodium, nitrite-free (minimally processed), fat-free, **6 slices**
- Ricotta cheese, **light**
- Cottage cheese, **2%**
- Protein powder (whey, hemp, rice, pea), **1½ scoops (approx. 42 g depending on variety)**
- Veggie burger, **1 medium patty**
- Turkey bacon, low-sodium, nitrite-free (minimally processed and reduced-fat), **4 slices**



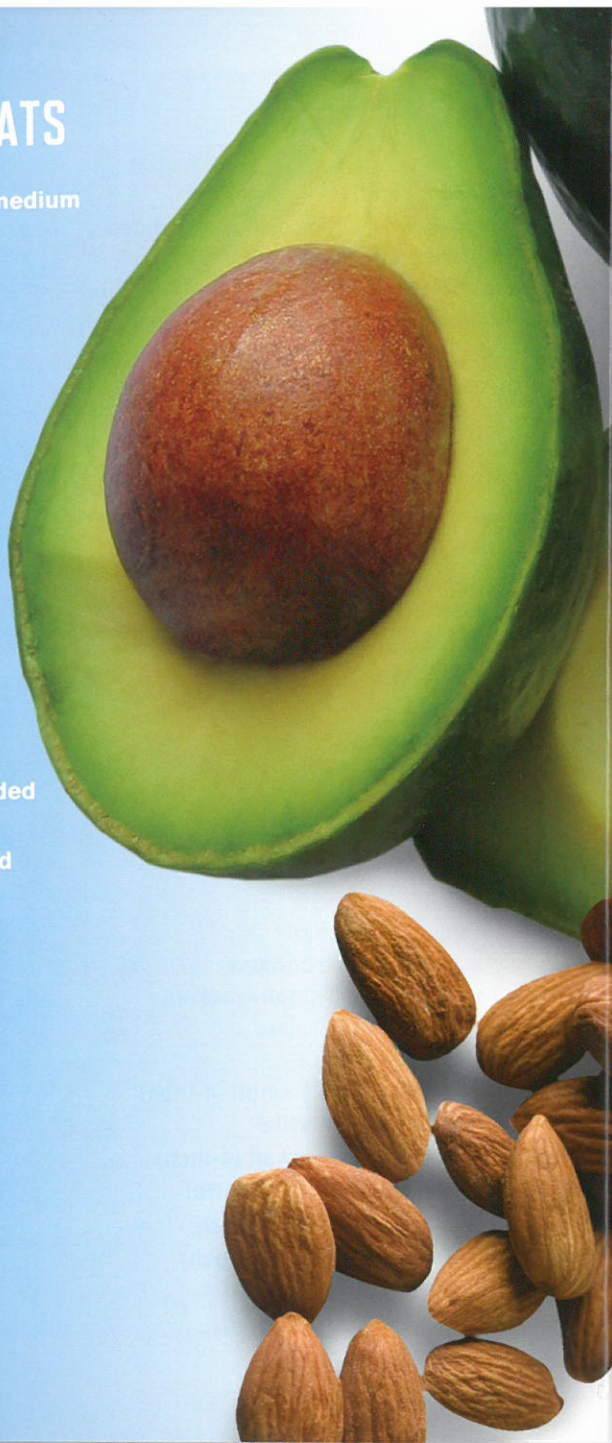
CARBS

- Sweet potato, **diced**
- Yams (regular, white, tropical [batata]), **diced**
- Plantains, **sliced or ½ medium**
- Quinoa, **cooked**
- Beans (kidney, black, garbanzo, white, lima, fava, pink, pigeon [gandules] etc.), **cooked, drained**
- Lentils, **cooked, drained**
- Edamame, **shelled**
- Cassava (yuca), **2 oz.**
- Peas
- Refried beans, **nonfat**
- Brown rice, **cooked**
- Wild rice, **cooked**
- Potato, **mashed or ½ medium**
- Corn on the cob, **1 ear**
- Amaranth, **cooked**
- Millet, **cooked**
- Buckwheat, **cooked**
- Barley, **cooked**
- Bulgur, **cooked**
- Oatmeal, steel-cut, **cooked**
- Oatmeal, rolled, **cooked**
- Hominy, **cooked**
- Pasta, whole-grain, **cooked**
- Couscous, whole wheat, **cooked**
- Crackers, whole-grain, **8 small crackers**
- Cereal, whole-grain, low sugar
- Bread, whole-grain, **1 slice**
- Pita bread, whole wheat, **1 small (4-inch)**
- Waffles, whole-grain, **1 waffle**
- Pancakes, whole-grain, **1 small (4-inch)**
- English muffin, whole-grain, **½ muffin**
- Bagel, whole-grain, **½ small (3-inch)**
- Tortilla, whole wheat, **1 small (6-inch)**
- Tortilla, corn, **2 small (6-inch)**
- Masa flour or cornmeal, **¼ cup**



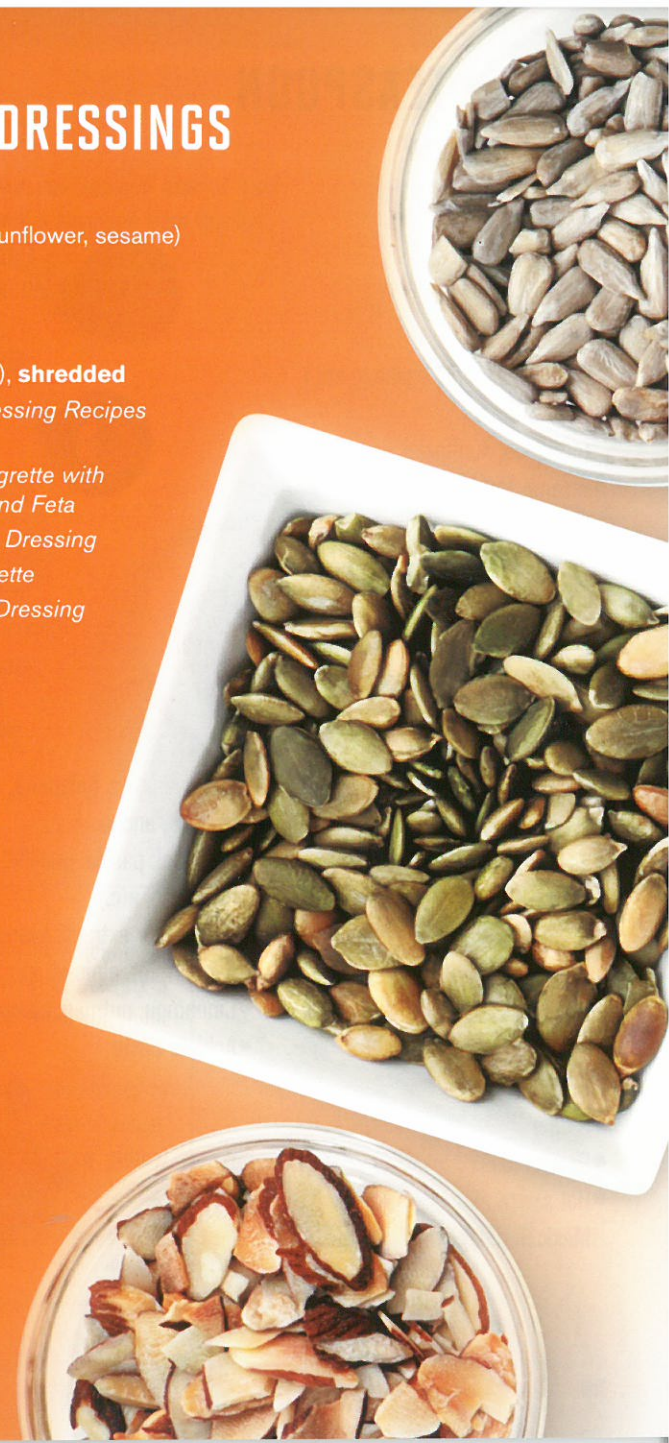
HEALTHY FATS

- Avocado, **mashed** or $\frac{1}{4}$ **medium**
- Raw nuts:
 - 12 **whole almonds**,
 - 8 **whole cashews**,
 - 10 **pecan halves**,
 - 14 **whole peanuts**,
 - 20 **whole pistachios**, or
 - 8 **walnut halves**
- Hummus
- Coconut milk, **canned**
- Feta cheese, **crumbled**
- Goat cheese, **crumbled**
- Mozzarella (low-moisture), **shredded** or **balls (bite-sized)**
- Cheddar, provolone, jack cheese, **shredded**
- Parmesan cheese, **shredded**
- Cotija cheese, **crumbled**
- Oaxaca cheese, **crumbled**
- Queso fresco, **crumbled**



SEEDS & DRESSINGS

- Raw nuts, **chopped**
- Raw seeds (pumpkin, sunflower, sesame)
- Flaxseed, **ground**
- Chia seeds, **4 tsp.**
- Olives, **10 medium**
- Coconut (unsweetened), **shredded**
- *The Master's Salad Dressing Recipes (see page 48)*
 - *Mediterranean Vinaigrette with Sun-Dried Tomato and Feta*
 - *Cucumber-Avocado Dressing*
 - *Mango-Lime Vinaigrette*
 - *Miso-Ginger Salad Dressing*





TEASPOON

- Extra-virgin olive oil
- Coconut oil
- Flaxseed oil
- Walnut oil
- Pumpkin seed oil
- Nut butters
(peanut, almond, cashew, etc.)
- Seed butters
(pumpkin, sunflower, sesame [tahini])



Teaspoon not provided. Please use your own.

FREE FOODS

These are “free extras.” Add them to any meal. Eat as much of them as you’d like.

- Water (see page 26)
- Coffee and Tea (see page 27)
- Fresh lemon and lime juice
- Vinegars
- Mustard
- Herbs (fresh and dry, such as parsley, cilantro, basil, etc.)
- Spices (except salt)
- Garlic
- Ginger
- Green onion
- Hot sauce (Tabasco or Mexican only)
- Chile varieties (jalapeño, serrano, ancho, cascabel, pasilla, guajillo, habanero, etc.)
- Pure flavor extracts (vanilla, peppermint, almond, etc.)
- Cinnamon, nutmeg, cloves, etc.
- Achioté paste



BEVERAGES

Two times a week you can replace one of your **YELLOW** portions with a beverage from this list.

- Milk, cow’s, nonfat or 1%, **8 fl. oz.**
- Soy milk
unsweetened, **8 fl. oz.**
sweetened, **6 fl. oz.**
- Almond milk
unsweetened, **16 fl. oz.**
sweetened, **8 fl. oz.**
- Coconut water, **16 fl. oz.**
- Coconut milk beverage
(from a carton, not canned)
unsweetened, **12 fl. oz.**
sweetened, **8 fl. oz.**



TIP:

If you want to use smaller amounts of the beverages listed, just check off a yellow container portion when you’ve hit the full portion amount.

For example, one morning you choose to use ½ a yellow portion to make oatmeal. Later, you choose to use ½ a yellow portion to make your Shakeology®.

Now, you’ve used 1 full yellow portion allotment for the day.



WATER

Water is essential for your body and even more critical to your metabolism when you push yourself with intense exercise. It acts as a lubricant for bodily functions, flushes out toxins, and helps deliver nutrients. To figure out how much to drink, **take your body weight, divided by two.** That's how many ounces to drink. **So if you weigh 140 pounds, that would be 140 divided by 2 = 70. That's 70 ounces of water, every day.**

Here are some suggested items to mix in to your water to make it taste great, and keep you on the path to proper hydration.

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



The fruits added to your water have minimal calories at these amounts, so as an added treat you can eat them too!

Water should be your go-to hydration source most of the time, but during exercise, we recommend BEACHBODY PERFORMANCE™ HYDRATE, an electrolyte-packed workout drink. Hydrate is especially formulated to absorb fast, replenishing lost nutrients so you can stay at the top of your game.

COFFEE AND TEA

Coffee and tea are filled with antioxidants and have a “slight” fat-burning effect. If you need to add something for additional flavor, here are the guidelines which will support your body transformation objectives. Only one or two 8-oz. cups of coffee or tea* per day.

- Cinnamon
- Lemon
- Pumpkin spice
- Nutmeg
- Stevia (1 serving)
- 1–2 Tbsp. low-/nonfat milk
(cow's, soy, almond, etc.)

**Tea is defined as loose-leaf or bagged, herbal, and unsweetened.*

If you're using Beachbody Performance Energize before your morning workout, save any additional caffeine until after you've finished exercising.



SUPPLEMENTS

Exercise and a solid diet will take you a long way toward results, but proper supplementation can also give you a huge advantage. That's why we recommend augmenting THE MASTER'S HAMMER AND CHISEL with the cutting-edge science of BEACHBODY PERFORMANCE and the wholesome nutrition of SHAKEOLOGY and the SHAKEOLOGY BOOSTS.

BEACHBODY PERFORMANCE

IT'S SIMPLE. Take Beachbody Performance supplements *in addition* to the allotted portions in your Nutrition Plan.

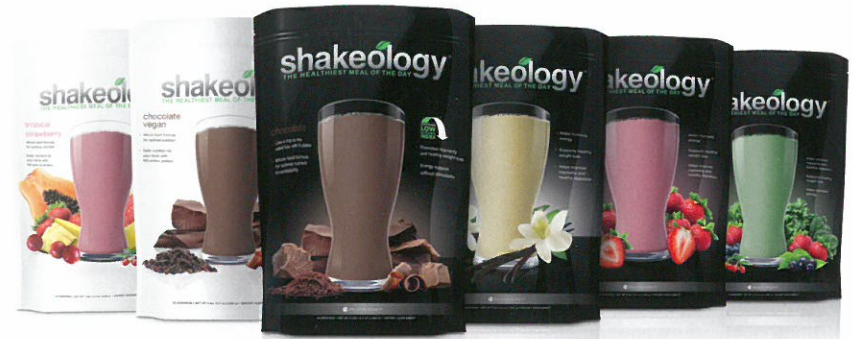
Beachbody Performance supplements are considered "targeted calories" consumed at specific times and under specific circumstances. For example, Beachbody Performance Hydrate is only to be consumed during intense workouts to restore electrolytes and, yes, hydrate. Because of this timing, the calories are used more effectively than most calories, so adding them to your plan won't negatively impact your results. In fact, given their effects in performance and recovery, they should improve your results.

The good news is they come with a money-back guarantee. So don't take our word for it (or for that matter Autumn or Sagi's), try them and see for yourself. For more information on Beachbody Performance see page 58, or visit BeachbodyPerformanceScience.com.



SHAKEOLOGY AND SHAKEOLOGY BOOSTS

Shakeology is an incredibly efficient way to get a daily dose of dense super nutrition and counts as one ■ Red Container in the Nutrition Plan. For some recipe ideas, see the Sample Menus on page 50.



We also offer Shakeology Boosts to supplement your specific needs. They can also be enjoyed *in addition* to the allotted portions in your Nutrition Plan. While they're packed with nutrition, they're low in calories, so they fit within the calorie ranges we've worked into the program.



SAGI AND AUTUMN'S NUTRITION FAQ

WHAT IF I CAN'T EAT ALL THIS FOOD?

You might initially find The Master's Hammer and Chisel Nutrition Plan extremely filling. That's okay. Don't stuff yourself. Your appetite will adjust, so just eat until you're satisfied. (This is NOT an excuse to skip eating your vegetables!)

WHEN SHOULD I EAT MY FOOD?

A good starting point is every 2–3 hours: breakfast, lunch, dinner, and two snacks. From there, we encourage you to experiment a little and find the schedule that works best for you.

WHAT IF I'M STILL HUNGRY?

Patience through the first week or two is key, as you're probably making a lot of exercise and nutrition changes to your regimen. If you're used to eating a certain amount of food or at certain times, your stomach can actually start the digestive process in preparation. So your craving for late-night ice cream may simply be because you're used to eating it. Have patience and you should adjust in a week or two. Also, try to drink more water because sometimes we mistake thirst for hunger.

If you need help managing hunger, we recommend that you add an extra green or red container to your plan. If you're having energy issues, we suggest a purple or blue container.

WHEN SHOULD I RECALCULATE MY CALORIES?

As long as you're making progress and feeling good, there's no need to recalculate. However, there may be times when you need to adjust your calories, like if you experience a

plateau. If you hit a plateau and suddenly it all slows down—here are some suggestions:

- Don't panic. It's perfectly normal for body transformations, whether it's weight loss or muscle gain, to ebb and flow, sometimes even for a week or so.
- If it goes on longer than a week, you may be under-eating, which can put your body into starvation mode. This means your metabolism is slowing down to conserve fuel. Try bumping up to the next calorie level.
- If that doesn't work—or you're already eating on Plan H—visit the EXPERT ADVICE section of the TEAM BEACHBODY MESSAGE BOARDS to find a solution that suits your needs.

DO I NEED BREAKFAST?

Breakfast helps keep your blood sugar steady and it fuels your activities for the day—including your workout. We recommend eating within an hour of waking up.

SHOULD I EAT BEFORE I WORK OUT?

You're usually better off fueling up a little so that you have energy for your workout. At the same time, you don't want too much food in your stomach, because digestion and exercise are tough to do at the same time.

We recommend a small carb-based snack as one solution. Better still, try BEACHBODY PERFORMANCE ENERGIZE. Energize's cutting-edge ingredients include low dose caffeine, quercetin, and beta-alanine—an amino acid that reduces acid buildup in muscles, helping you push harder and last longer when working out.

RECIPES

Sagi and Autumn know a thing or two about nutrition and will tell you that a chiseled physique starts by hammering down your choices in the kitchen. Here, they share some incredible new recipes to get you one step closer to achieving your goals.



THE MASTER'S KITCHEN

ALMOND CRUSTED CHICKEN

MAKES 6 SERVINGS

Total Time: 41 min. ■ Prep Time: 25 min. ■ Cooking Time: 16 min.

CONTAINER EQUIVALENTS per serving: ● 1 ■ 1 ● 1/2 — 1

- 6 (4-oz.)** raw chicken breasts, boneless, skinless
- 1/2 cup** almond flour
- 2 cloves** garlic, finely chopped
- 1 1/2 tsp.** finely grated lemon peel (lemon zest)
- 1/4 tsp.** sea salt (or Himalayan salt)
- 1/4 tsp.** ground black pepper
- 1** large egg, lightly beaten
- 1/4 cup** water
- 1 Tbsp.** olive oil (or extra-virgin organic coconut oil)
- 3 tsp.** olive oil
- 6 cups** mixed vegetables
Fresh parsley (for garnish; optional)

- 1** Preheat oven to 425° F. (220° C.).
- 2** Place a chicken breast on a cutting board. Hold it flat with the palm of one hand and, with a chef's knife in the other hand, carefully slice it in half horizontally (parallel to the cutting board). Repeat with remaining chicken.
- 3** Place each chicken breast half between 2 pieces of plastic wrap and pound with a mallet or tenderizer until 1/4-inch thick (or about twice the original size). Set aside.
- 4** Combine almond flour, garlic, lemon peel, salt, and pepper in a shallow dish; mix well. Set aside.
- 5** Combine egg and water in a shallow dish; whisk to blend.
- 6** Dip each chicken breast into the egg mixture; dredge in almond flour mixture until evenly coated. Set aside.
- 7** Heat oil in large, ovenproof skillet over medium-high heat.
- 8** Add chicken breasts; cook for 3 to 4 minutes. Turn chicken.
- 9** Place skillet in oven; bake for 10 to 12 minutes, or until a thermometer inserted into the thickest part of each breast reads 165° F. (75° C.).

- 10** While chicken is baking, heat olive oil in medium skillet over medium heat.
- 11** Add vegetables, cook stirring frequently for 2 to 3 minutes or until tender-crisp.
- 12** Serve chicken with vegetables garnished with parsley (if desired).

THE MASTER'S KITCHEN TIP:

- Leftover chicken breasts can be refrigerated for 3 to 4 days, or frozen immediately.



MIXED VEGGIE SOUP

MAKES 6 SERVINGS, about 1 cup each

Total Time: 42 min. ■ Prep Time: 30 min. ■ Cooking Time: 12 min.

CONTAINER EQUIVALENT per serving: ● 1

- 4 cups** hot filtered water
- 2** medium carrots, peeled, cut into 1½-inch pieces
- 4 oz.** green beans, ends trimmed, coarsely chopped
- 1¼ cups** coarsely chopped cabbage (about 4 oz.)
- 3 cups** fresh kale (or spinach) (about 3 oz.)
- 3** medium celery stalks, coarsely chopped
- 3 Tbsp.** reduced-sodium tamari soy sauce (gluten-free)
- 1 cup** unsweetened almond milk, warm
Fresh parsley (for garnish; optional)

- 1** Boil water in steamer or large saucepan over high heat. Reduce heat to medium-high. Place carrots in steamer basket; cook for 3 to 4 minutes, or until tender-crisp.
- 2** Add green beans, cabbage, kale, and celery; cook for 5 to 8 minutes, or until soft. Reserve water.
- 3** Place steamed vegetables, reserved water, soy sauce, and almond milk in a blender or food processor, in two or more batches, if necessary; cover with lid and kitchen towel. Blend until smooth.
- 4** Garnish with parsley (if desired); serve immediately.

THE MASTER'S KITCHEN TIP:

- Mixed Veggie Soup can be eaten as a meal, or you can have it in-between meals if you are hungry.
- Broth can be refrigerated for up to 3 days and reheated to eat.



THE MASTER'S KITCHEN TIP: While fruit juice is a delicious, sweet way to get nutrients, it can also pile on the calories if you're not careful. This veggie soup does the exact opposite. It's loaded with nutrients, but it's low in calories and high in fiber, which means you'll feel full without ruining your hard work. This soup also freezes well, so make a double batch and store it in single-serving containers in the freezer.

GRAIN-FREE MENU

THIS MENU CONTAINS FOODS FROM PLANT AND ANIMAL ORIGINS, AND OMITTS GRAIN.

BREAKFAST

Option 1

- Egg and ● Vegetable Frittata with Gomasio (recipe on page 36)
- Cooked sweet potato, sprinkled with Himalayan salt and ground black pepper
- Sliced strawberries

Option 2

- Eggs, scrambled with fresh ● spinach, Himalayan salt, and ground black pepper
- Steamed plantains, sprinkled with Himalayan salt and ground black pepper
- Raspberries

Option 3

- Turkey bacon, low-sodium, nitrite-free (minimally processed)
- Grilled asparagus spears ● Baked red potatoes, sprinkled with Himalayan salt and chili powder ● Blackberries

SNACK 1

Option 1

- Shrimp cocktail ■ Hot sauce

Option 2

- Sardines ■ Dijon mustard

Option 3

- Turkey slices, low-sodium, nitrite-free (minimally processed) ■ Honey mustard dip (yellow mustard mixed with a drizzle of honey)



LUNCH

Option 1

- Chili Spiced Chicken ● Salad (recipe on page 42) dressed with 1 tsp. ● extra-virgin olive oil and 2 Tbsp. lemon juice and topped with ● pumpkin seeds
- Cooked yams

Consult the Calorie Charts on page 14 to see how many portions of each container are allotted for your plan.

Option 2

- Grilled salmon cooked in ● olive oil sprinkled with chopped fresh herbs and smoked paprika ● Roasted asparagus and carrots topped with ● sesame seeds
- Cooked red potatoes, sprinkled with dried oregano



Option 3

- Grilled pork tenderloin cooked in ● olive oil ● Steamed snow peas and cauliflower drizzled with balsamic vinegar or hot sauce ● Cooked plantains topped with ● sunflower seeds sprinkled with chopped fresh parsley

SNACK 2

Option 1

- Raw pecan halves ● Green apple

Option 2

- Lettuce leaf with ● mashed avocado dressed with lemon juice and fresh cilantro ● Raspberries

Option 3

- Raw pistachios ● Blackberries



DINNER

Option 1

- Grilled flank steak, sprinkled with ancho chili powder and dried oregano
- Cooked cauliflower drizzled with lemon juice and ● coconut oil

Option 2

- Grilled chicken breast, sprinkled with ground cumin and Himalayan salt
- Steamed broccoli drizzled with lemon juice and ● olive oil

Option 3

- Grilled tilapia, sprinkled with dried dill and Himalayan salt
- Steamed snap peas drizzled with ● sesame oil





MASTER YOUR STYLE

On-trend looks that flatter your physique at the gym or on-the-go.
To shop for your new look, contact your Team Beachbody® Coach or visit
TeamBeachbody.com or HammerChiselApparel.com

Available styles and sizes may vary.



VEGETARIAN MENU

THIS MENU CONTAINS FOODS FROM PLANT ORIGINS, AS WELL AS EGGS AND DAIRY.

BREAKFAST

Option 1

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



Option 2

- Berry
- Quinoa Parfait (recipe on page 44) with
- Yogurt

Option 3

- Cooked tempeh, seasoned with cumin and Himalayan salt
- Tortilla, sprouted whole-grain
- Blueberries

SNACK 1

Option 1

- Tempeh cooked with
- extra-virgin olive oil and sprinkled with cumin or chili powder
- Raspberries

Option 2

- SHAKEOLOGY SHAKE: Water
- Chocolate Vegan or Chocolate Shakeology
 - Banana
 - Almond butter
 - Vanilla extract

Option 3

- SHAKEOLOGY SHAKE: Water
- Tropical Strawberry Vegan or Strawberry Shakeology
 - Strawberries
 - Cashew butter



LUNCH

Option 1

- Mixed salad (lettuce, cucumbers, tomatoes, bell peppers)
- sunflower seeds
- olive oil and vinegar
- Grilled veggie burger, sprinkled with Himalayan salt and chili powder
- Cooked yams

Consult the Calorie Charts on page 14 to see how many portions of each container are allotted for your plan.

Option 2

- Egg white omelet cooked in
- olive oil, sprinkled with chopped fresh herbs and smoked paprika
- Roasted asparagus topped with
- sesame seeds
- Cooked black beans, sprinkled with dried oregano

Option 3

- Cottage cheese topped with
- Sliced tomatoes drizzled with balsamic vinegar and
- olive oil topped with chopped
- olives
- English muffin, whole-grain

SNACK 2

Option 1

- Raw walnut halves



Option 2

- Lettuce leaf with
- hummus

Option 3

- Mozzarella cheese balls (bite-sized) drizzled with balsamic vinegar

DINNER

Option 1

- Grilled veggie burger, sprinkled with ancho chili powder, dried oregano, and hot sauce topped with
- sprouts wrapped in lettuce leaves

Option 2

- 1% Greek yogurt mixed with fresh chopped mint, Himalayan salt, and chopped
- cucumber and tomatoes

Option 3

- Grilled tempeh, sprinkled with smoked paprika and Himalayan salt
- Mixed Veggie Soup (recipe on page 34)



SAMPLE MENUS

A major benefit to The Master's Hammer and Chisel Nutrition Plan, is it gives you the freedom to build a healthy menu customized to *your* tastes. Here are three Sample Menus that cater to common dietary preferences: Omnivore, Vegetarian, and Grain-Free.

Within each menu, you'll find options for breakfast, lunch, dinner, and snacks. Simply select an option for each meal to personalize your menu for the day. Each menu contains several options, so you can use them to create multiple variations.

Consult the Calorie Charts on page 14 to see how many portions of each container are allotted for your plan.

OMNIVORE MENU

THIS MENU CONTAINS FOODS FROM BOTH PLANT AND ANIMAL ORIGINS.

BREAKFAST

Option 1

- Poached eggs ● Grilled asparagus spears ● Cooked steel-cut oatmeal, sprinkled with ground cinnamon ● Sliced apples

Option 2

- TZATZIKI DIP: ● 1% plain Greek yogurt mixed with ● chopped cucumbers and 1 finely chopped garlic clove, and finely chopped fresh mint or dill ● Crackers, whole-grain, high-fiber (low-sugar) (for dipping in Tzatziki) ● Blueberries

Option 3

- Smoked Salmon and Poached Egg ● Sandwich (recipe on page 46) with ● sliced red bell peppers ● Strawberries



SNACK 1

Option 1

- 2 large hard-boiled eggs drizzled with ● extra-virgin olive oil and sprinkled with smoked paprika or chili powder ● Blackberries

Option 2

- SHAKEOLOGY SHAKE: Water ● Chocolate or Chocolate Vegan Shakeology
● Banana ● Cashew butter ● Vanilla extract

Option 3

- SHAKEOLOGY SHAKE: Water ● Strawberry or Tropical Strawberry Vegan Shakeology
● Raspberries ● Sunflower seed butter



LUNCH

Option 1

- Tuna Salad with ● Artichokes and ● Olives (recipe on page 38)
● Cooked wild rice

Option 2

- Grilled salmon cooked in ● olive oil sprinkled with chopped fresh herbs and smoked paprika ● Roasted asparagus and carrots topped with ● sesame seeds
● Cooked lentils sprinkled with dried oregano

Option 3

- Grilled pork tenderloin cooked in ● olive oil ● Steamed snow peas and beets
● Cooked quinoa topped with ● sunflower seeds sprinkled with chopped fresh parsley

SNACK 2

Option 1

- Raw pecan halves

Option 2

- Lettuce leaf with ● hummus

Option 3

- Avocado drizzled with balsamic vinegar



DINNER

Option 1

- Grilled flank steak sprinkled with ancho chili powder and dried oregano
● Cooked string beans drizzled with lemon juice

Option 2

- Grilled chicken breast sprinkled with ground cumin and Himalayan salt
● Steamed kale drizzled with lemon juice

Option 3

- Grilled tilapia sprinkled with dried dill and Himalayan salt
● Steamed bok choy

THE MASTER'S SALAD DRESSING RECIPES

MEDITERRANEAN VINAIGRETTE WITH SUN-DRIED TOMATO AND FETA

MAKES 8 SERVINGS, about 2 Tbsp. each
CONTAINER EQUIVALENT per serving: ● 1

- 6 Tbsp. red wine vinegar
- 1 Tbsp. Dijon mustard
- 1/2 tsp. dried oregano
- 1/4 tsp. sea salt (or Himalayan salt)
- 1/4 tsp. ground black pepper
- 5 Tbsp. extra-virgin olive oil
- 2 Tbsp. crumbled feta cheese
- 3 Tbsp. chopped sun-dried tomatoes

- 1 Combine vinegar, mustard, oregano, salt, and pepper in a medium bowl; whisk to blend.
- 2 Slowly add oil, whisking to blend.
- 3 Add cheese and tomato; mix well.
- 4 Store in the refrigerator, tightly covered, until ready for use.

THE MASTER'S KITCHEN TIPS:

- Store leftover dressing in a covered container in the refrigerator. If dressing thickens when cold, hold at room temperature for 30 minutes and stir before serving.
- These dressings are wonderful on salads, but are also great drizzled over sautéed veggies, steamed fish, grilled chicken, or beef.

CUCUMBER-AVOCADO DRESSING

MAKES 8 SERVINGS, about 2 Tbsp. each
CONTAINER EQUIVALENT per serving: ● 1

- 1/4 medium cucumber, cut into chunks
- 1/2 medium avocado, cut into chunks
- 3 Tbsp. fresh lemon juice
- 1/4 cup low-fat (1%) plain Greek yogurt
- 1 tsp. raw honey (or pure maple syrup)
- 2 cloves garlic, chopped
- 1/4 tsp. sea salt (or Himalayan salt)
- 1 Tbsp. chopped fresh dill
- 1/4 cup extra-virgin olive oil

- 1 Place cucumber, avocado, lemon juice, yogurt, honey, garlic, salt, and dill in blender; cover. Blend until smooth.
- 2 Slowly add oil; blending until smooth.
- 3 Store in the refrigerator, tightly covered, until ready for use.

MANGO-LIME VINAIGRETTE

MAKES 8 SERVINGS, about 2 Tbsp. each
CONTAINER EQUIVALENT per serving: ● 1

- 1 medium mango, chopped
- 2 Tbsp. fresh lime juice
- 1 tsp. finely grated lime peel (lime zest)
- 1 tsp. raw honey (or pure maple syrup)
- 1/2 tsp. sea salt (or Himalayan salt)
- 1 tsp. Dijon mustard
- 5 Tbsp. rice vinegar
- 4 Tbsp. extra-virgin olive oil

- 1 Place mango, lime juice, lime peel, honey, salt, and mustard in blender; cover. Blend until smooth.
- 2 Add vinegar and oil; blend until smooth.
- 3 Store in the refrigerator, tightly covered, until ready for use.

MISO-GINGER SALAD DRESSING

MAKES 8 SERVINGS, about 2 Tbsp. each
CONTAINER EQUIVALENT per serving: ● 1

- 1 Tbsp. miso paste
- 1/4 cup rice vinegar
- 1/4 cup water
- 1 Tbsp. finely grated fresh ginger
- 1 clove garlic, finely chopped
- 1 green onion, chopped
- 1/2 tsp. raw honey (or pure maple syrup)
- 5 Tbsp. olive oil

- 1 Place miso paste, vinegar, water, ginger, garlic, green onion, and honey in blender; cover. Blend until smooth.
- 2 Slowly add oil; blending until smooth.
- 3 Store in the refrigerator, tightly covered, until ready for use.



SMOKED SALMON AND POACHED EGG SANDWICH WITH LEMON GARLIC SAUCE

MAKES 4 SERVINGS, 1 sandwich each

Total Time: 28 min. ■ Prep Time: 20 min. ■ Cooking Time: 8 min.

CONTAINER EQUIVALENTS per serving: ■ 1 ■ 1

- 4 tsp. fresh lemon juice, *divided use*
- 2 cloves garlic, finely chopped
- 1 tsp. Dijon mustard (gluten-free)
- 2 Tbsp. low-fat (1%) Greek yogurt
- 2 cups hot water
- 4 large eggs
- 2 sprouted whole-grain English muffins, cut in half, toasted
- 16 thin slices smoked salmon (12 oz.)
- fresh baby spinach (for garnish)

- 1 Combine 3 tsp. lemon juice, garlic, mustard, and yogurt in a small bowl; mix well. Set aside.
- 2 Bring water to a boil in medium saucepan over medium-high heat. Add *remaining 1 tsp.* lemon juice; reduce heat to maintain a gentle boil.
- 3 Place one egg into a small bowl. Hold bowl close to the water's surface and slip the egg into the water, repeat with remaining eggs; cook for about 3 to 4 minutes, or until whites are completely set. Gently lift eggs out of water.
- 4 Spread English muffin halves evenly with lemon garlic sauce; top evenly with spinach, salmon, and egg.



BERRY QUINOA PARFAIT

MAKES 4 SERVINGS, about 2¼ cups each

Total Time: 20 min. ■ Prep Time: 20 min. ■ Cooking Time: None

CONTAINER EQUIVALENTS per serving: ■ 1 ■ 1 ■ 1

- 2 cups** cooked quinoa
- 1 cup** sliced fresh strawberries
- 1 cup** fresh or frozen blackberries
- 1 cup** fresh or frozen blueberries
- 1 cup** fresh or frozen raspberries
- 3 cups** low-fat (1%) plain Greek yogurt
- 1 Tbsp.** raw honey (or pure maple syrup)

- 1** Evenly layer quinoa, strawberries, blackberries, blueberries, raspberries, yogurt, and honey in a tall glass. Repeat with remaining ingredients.
- 2** Serve immediately or cover and refrigerate for up to 3 days.

THE MASTER'S KITCHEN TIP: There's nothing like fresh, farmers market berries to bring yogurt, oatmeal, or smoothies to life. Unfortunately, they aren't always available year-round, but that's okay. You can still stock your freezer with bags of frozen berries. They're often a better choice than the "fresh" fruit shipped from halfway across the world, because freezing actually keeps the nutrients in.



CHILI SPICED CHICKEN SALAD

MAKES 4 SERVINGS, about 1½ cups each

Total Time: 15 min. ■ Prep Time: 15 min. ■ Cooking Time: None

CONTAINER EQUIVALENTS per serving: ● 1 ● 1 ● 1

- | | | | |
|----------------|--|----------|--|
| 3 Tbsp. | low-fat (1%) Greek yogurt | 1 | Combine yogurt, lime juice, chili powder, and honey in a small bowl; whisk to blend. Set aside; this will be your dressing. |
| 2 Tbsp. | fresh lime juice | 1 | |
| 1 tsp. | ground chili powder | 1 | |
| 1 tsp. | raw honey | 1 | |
| 3 cups | chopped grilled chicken breast, boneless, skinless | | 2 Combine chicken, onion, pumpkin seeds, and dressing; toss gently to blend. |
| ½ | medium red onion, finely chopped | | 3 Top four serving plates each with two lettuce leaves. Top evenly with spinach and chicken salad; serve immediately. |
| ½ cup | raw pumpkin seeds | | |
| 8 | large Boston (or Bibb) lettuce leaves | | |
| 2 cups | fresh baby spinach | | |



BAKED STUFFED SWEET POTATO

MAKES 2 SERVINGS, 1 potato with 1 cup filling

Total Time: 1 hr. 5 min. ■ Prep Time: 15 min. ■ Cooking Time: 50 min.

CONTAINER EQUIVALENTS per serving: ● 1 ■ 2 — 1

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|---------|---|---|---|
| 2 | small sweet potatoes, washed, pierced several times with a fork | 1 | Preheat oven to 400° F. (205° C.). |
| 1½ cups | shredded roasted chicken breast, boneless, skinless | 2 | Bake sweet potatoes for 35 to 45 minutes, or until tender. Cut sweet potatoes almost in half lengthwise. |
| ½ cup | black beans | 3 | While sweet potatoes are baking, combine chicken, beans, oil, cumin, coriander, and salt in a small saucepan; cook, over medium-high heat, stirring constantly, for 4 to 5 minutes, or until hot. |
| 2 tsp. | extra-virgin olive oil | 4 | Top sweet potatoes evenly with chicken mixture. Sprinkle evenly with cilantro. |
| ½ tsp. | ground cumin | 5 | Serve immediately. |
| ½ tsp. | ground coriander | | |
| 1 dash | sea salt (or Himalayan salt) | | |
| 2 Tbsp. | chopped fresh cilantro | | |



TUNA SALAD WITH ARTICHOKE AND OLIVES

MAKES 4 SERVINGS, about 1½ cups each

Total Time: 20 min. ■ Prep Time: 20 min. ■ Cooking Time: None

CONTAINER EQUIVALENTS per serving: ● 1 ● 1 ● 1 — 1

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|----------------|---|----------|--|
| 5 cans | chunk light tuna, packed in water, drained | 1 | Combine tuna, artichoke hearts, bell peppers, olives, mayonnaise, lemon juice, oregano, and pepper in a medium bowl; mix well. |
| 3 cups | artichoke hearts, packed in water, drained, chopped | 1 | Place a leaf of lettuce on each of four serving plates; top evenly with tuna salad. |
| 1 cup | chopped red bell peppers | 1 | Serve immediately. |
| 40 | medium black olives, chopped | | |
| 4 tsp. | all-natural mayonnaise | | |
| 2 tsp. | fresh lemon juice | | |
| 1½ tsp. | chopped fresh oregano (or ½ tsp. dried oregano) | | |
| ¼ tsp. | ground black pepper | | |
| 4 | large Boston (or Bibb) lettuce leaves | | |



EGG AND VEGETABLE FRITTATA WITH GOMASIO

MAKES 6 SERVINGS

Total Time: 47 min. ■ Prep Time: 20 min. ■ Cooking Time: 27 min.

CONTAINER EQUIVALENTS per serving: ● 1 ● 1

- 2 Tbsp. sesame seeds
- 1 tsp. sea salt (or Himalayan salt),
divided use
- ½ tsp. garlic powder
- 1 tsp. olive oil (or extra-virgin
organic coconut oil)
- 1 medium leek, thinly sliced
- 2 medium zucchini, chopped
- 1 medium red bell pepper,
chopped
- 1 (6-oz.) fresh baby spinach,
bag, chopped
- 12 large eggs, lightly beaten
- ¼ cup unsweetened coconut milk
(from a carton)
(or almond milk)
- Fresh parsley
(for garnish; optional)

- 1 To make gomasio, heat sesame seeds in medium skillet over low heat, stirring frequently, for 3 to 5 minutes, or until they turn golden brown and begin to pop. Remove from heat. Cool for 10 minutes. Place sesame seeds, ½ tsp. salt, and garlic powder in a small food processor or blender. Pulse until most seeds are cracked open. Be careful not to grind to a smooth consistency; you want some texture of the seeds to remain. Set aside.
- 2 Preheat oven to 400° F. (205° C.).
- 3 Heat oil in 12-inch nonstick oven-safe skillet over medium-high heat.
- 4 Add leek, zucchini, and bell pepper; cook, stirring frequently, for 4 to 5 minutes, or until soft.
- 5 Add spinach; cook, stirring frequently, for 3 to 4 minutes, or until spinach is wilted. Remove from heat. Set aside.
- 6 Combine eggs and coconut milk in a large bowl; whisk to blend. Season with *remaining* ½ tsp. salt.
- 7 Pour egg mixture into skillet; cook over medium-low heat, stirring frequently with rubber spatula for 6 to 9 minutes, or until egg mixture has set on the bottom and begins to set on top.
- 8 Place skillet in oven. Broil for 3 to 4 minutes, or until lightly browned and fluffy.
- 9 Cut into 6 servings.
- 10 Sprinkle each serving with 1 tsp. gomasio (sesame seed mixture). Garnish with parsley (if desired); serve immediately.

THE MASTER'S KITCHEN TIP:

- Frittata can be made the evening before and stored in the refrigerator for up to 4 days in an airtight container.

