



**INSANITY  
MAX:30™**

**NO TIME  
TO COOK** **GUIDE**

We know you're busy, so we carefully selected the restaurants, brands, and foods in this guide to help you on your fitness journey when you're short on time. These selections do not imply any endorsement and are not representative of a balanced diet, but only intended to provide the nutritional value of the listed food items. This information was obtained from publicly available information provided by each restaurant and/or brand, and is subject to change—please visit each restaurant or brand's website for the most accurate information. As always, please consult your physician before starting any nutrition plan if you have any unique or special medical needs or conditions.

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# NO TIME TO COOK **GUIDE**

**YOUR HEALTHY GUIDE TO EATING OUT**

We know you're busy, stressed, and permanently on the go. And, when you're short on time and tired of cooking your own food, dining out is an easy solution. But guess what?

**YOUR DIET DOESN'T HAVE TO SUFFER! DINING OUT NO LONGER MEANS YOU'RE FORCED TO MAKE POOR FOOD CHOICES. IN FACT, ALMOST EVERY RESTAURANT, FAST FOOD CHAIN, AND GROCERY STORE IN AMERICA HAS HEALTHY—OR AT LEAST, "HEALTHY-ISH" OPTIONS TO CHOOSE FROM.**

No Time to Cook will give you all the info you need to make smart and healthy choices—No Matter What! Even if your spouse insists on taking you to your favorite restaurant, or you know there's a busy week ahead and you won't have time to cook, or a work emergency pops up last minute and you're stuck eating fast food for dinner. Just learn the Do's and Don'ts of dining out, and you'll

**ALWAYS HAVE HEALTHY CHOICES RIGHT AT YOUR FINGERTIPS.**

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# 10 TIPS FOR EATING OUT

Listed below are some general guidelines to follow whenever you're eating out. If you remember these tips, you'll forever know how to put together a healthy meal, no matter the situation.

- 1 DO YOUR RESEARCH.**

Even when you don't have time to cook, eating out doesn't mean unhealthy. Use the Internet or your smartphone to look up the menu or nutritional info of almost every restaurant and decide what you want to eat before you leave the house. That way, you'll know just what to order when you get there!
- 2 PAY ATTENTION TO HOW THE FOOD IS PREPARED.**

Menu items usually have a description, indicating how the food is prepared (and if you're unsure, just ask!).

  - **DON'T** get anything that is deep-fried, pan-fried, baked, batter-dipped, breaded, creamy, crispy, scalloped, Alfredo, au gratin, or in a cream sauce
  - **DO** look for items that are steamed, broiled, baked, or sautéed
- 3 DRINK WATER INSTEAD OF SODA OR JUICE.**

Soda is a huge source of sugar and calories, and can ruin your diet all by itself. Check out the Water Bar in the *Nutrition to the Max* Guide for some fun ideas on how to spice up your water beverage!

- 4 CONTROL YOUR PORTION SIZES.**

America is known for its larger-than-life portion sizes, so pay attention. Take a look at the sample meals in the *Nutrition to the Max* Guide so you start to learn what a healthy portion size looks like.
- 5 EASY ON THE SALT.**

When you're not cooking your own food, you can pretty much guarantee the food you're eating has too much salt. Ask restaurants to go light on the salt or omit it altogether. Try to avoid the saltshaker, and look for lower-sodium options if you're opting for a prepackaged frozen meal.
- 6 SKIP THE BOOZE.**

Sorry to bring bad news, but beer, wine, and margaritas are filled with sugar and empty calories. Eat your calories, don't drink them. Plus, once you have a drink or two, you'll want to eat more!
- 7 SEND BACK THE FREE FOOD!**

The breadbasket, rolls, tortilla chips, wonton noodles, or whatever else they put on the table right when you sit down isn't FREE of fat, calories, and sodium. You didn't order it, so don't eat it!
- 8 HAVE IT YOUR WAY.**

Most menus use healthy ingredients, but the preparation makes them unhealthy. The great part about eating at a restaurant is that 9 times out of 10, they will happily prepare your food however you would like it prepared. Really, speak up, don't be shy. (Check out #2 above for more info on food preparation.)
- 9 "UNDRESS" YOUR FOOD.**

Always ask for the sauce/condiments on the side! And instead of pouring it on, dip your fork in the sauce before you take a bite.
- 10 SKIP DESSERT.**

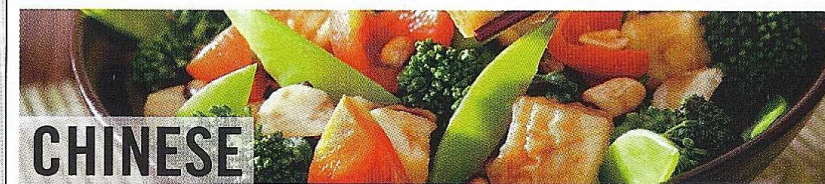
Skipping dessert can save you 500–1,000 calories or even more. You'll be glad you did.

# RESTAURANT EATING

Whether it's a romantic dinner with your spouse, your daughter's birthday celebration, or dinner with coworkers, at some point you'll find yourself with restaurant reservations.

The great part about eating at a restaurant is that they are usually willing to accommodate changes to your meal.

**IF YOU'RE NOT SURE WHAT CHANGES TO MAKE, CHECK OUT THE "TRY THIS, SKIP THAT" SECTION ON THE NEXT PAGE.**



## CHINESE

TRY THIS	SKIP THAT
Wonton Soup or Egg Drop Soup	Velvet Corn Chowder
Steamed Dumplings	Egg Rolls
Steamed Chicken and Veggies	Orange Chicken
Black Bean Sauce	Sweet and Sour Sauce
Hot Mustard, Low-Sodium Soy Sauce	Duck Sauce, Oyster Sauce



## DELI

TRY THIS	SKIP THAT
6" Sub	12" Sub
Roast Beef, Chicken Breast, Turkey	Salami, Pepperoni
Swiss Cheese or Mozzarella Cheese	American Cheese
Whole Wheat, 7-Grain, or Rye Bread	White Bread
Mustard, Vinegar, Low-Fat Dressing	Mayo, Russian Dressing



## MEXICAN

TRY THIS	SKIP THAT
Tortilla Soup	Menudo, Pozole
Grilled Fish Tacos with Corn Tortillas (no Sour Cream), Grilled "Fresco"-Style Steak Burrito with Whole Wheat Tortillas	Battered Fish Taco with Flour Tortillas
Pinto or Black Beans	Refried Beans
Chicken Fajita	Chicken Quesadilla
Salsa, Picante Sauce	Cheese, Sour Cream



## STEAKHOUSE

TRY THIS	SKIP THAT
Manhattan Clam Chowder	New England Clam Chowder
Garden Salad (Dressing on the Side)	Caesar Salad
Oysters on the Half Shell	Crab Cakes
Filet Mignon with Horseradish	Ribeye Steak with Bearnaise Sauce
Baked Potato	Mashed Potato



## ITALIAN

TRY THIS	SKIP THAT
Minestrone Soup	Italian Sausage Soup
Steamed Mussels	Fried Calamari
Penne Marinara, Pomodoro Sauce	Penne Alfredo
Chicken Marsala	Chicken Parmigiana
Pasta Primavera (Spring-Style, Fresh Veggies and Herbs)	Meat Lasagna



## JAPANESE

TRY THIS	SKIP THAT
Edamame	Vegetable Tempura
Chicken Yakitori (Broiled Chicken)	Tonkatsu (Breaded Pork)
California Roll	Rainbow Roll
Tuna Sushi, Sashimi	Spicy Tuna Roll
Ponzu, Wasabi, Ginger, Low-Sodium Soy Sauce	Teriyaki Sauce, Soy Sauce



## INDIAN

TRY THIS	SKIP THAT
Modak (Steamed Dumpling)	Puri (Fried Bread)
Mulligatawny Soup	Samosas (Fried Veggie Turnover)
Tandoori Chicken	Lamb Pilaf
Jheenga Curry	Pork Vindaloo Curry
Ghobi Matar Tamatar (Cauliflower and Green Peas in Tomato Base)	Pakora (Fried Snack Fritter)



## DINER

TRY THIS	SKIP THAT
Egg White Omelet with Turkey Bacon	Eggs Benedict
Salad with Grilled Chicken	Chicken Caesar Salad, Cobb Salad
Grilled Chicken Breast with Steamed Veggies	Chicken Parmigiana
Turkey Burger with Lettuce, Tomato, Onion, Mustard	Cheeseburger
Baked Potato	French Fries



## THAI

TRY THIS	SKIP THAT
Tom Yum (Spicy Lemongrass Soup)	Tom Ka (Spicy Coconut Soup)
Shu Mai	Fried Wontons
Mee Siam (Rice Noodles in Spicy Broth)	Pad Thai
Neua Pad Prik (Pepper Steak)	Kanon Jeen Sao Nam
Brown Rice	House Fried Rice

# FAST FOOD CHAINS

Fast Food is the nutritional “Last Resort.” We advise against it, always. But we also understand that every once in a while, time and budget constraints make it unavoidable.

These days, since fast food chains have started offering healthy-ish options, you just have to know what to order. And luckily, fast food chains are required by law to provide nutritional information for all items on their menus.

So, when you’re short on time and need a quick fix, it’s OK to head to the drive-through. Just be sure you carefully and thoroughly read the nutritional facts. Otherwise you might chow down 1,000 calories without even realizing it!

**WHEN IN DOUBT, REFER TO OUR FAST FOOD PICKS ON THE NEXT PAGE.**



## FAST FOOD DO'S AND DON'TS

### **DON'T SUPERSIZE IT!**

Everyone likes a bargain, but you don't have to order the value meal with the big burger, bigger fries, and biggest drink. An average fast food meal can run to 1,000 calories or more, so choose a smaller portion size, order a side salad instead of fries, and don't supersize anything.

### **DO EAT AT LEAST ONE SERVING OF FRUITS OR VEGETABLES WITH YOUR ORDER.**

Even though you're eating fast food, it should still be a well-balanced meal. Load your burger with extra lettuce and tomatoes, have an entrée salad, or ask what healthy sides they have available.

### **DO SKIP THE MAYO!**

Ask for the sauce, condiments, and/or dressing on the side! (Try mustard and save a ton of calories!)



## Burger King®

### Nutrition Information

• Whopper® Jr. (no mayo)	290 calories, 12 g fat, 500 mg sodium
• BK Veggie® Burger (no mayo)	320 calories, 8 g fat, 840 mg sodium
• Tendergrill® Chicken Garden Salad with low-fat or fat-free dressing	220 calories, 7 g fat, 1,080 mg sodium
• Apple slices	25 calories, 0 g fat, 0 mg sodium
• Plain Garden Salad	80 calories, 4.5 g fat, 110 mg sodium



## Chipotle®

### Nutrition Information

• Three Hard Tacos with vegetarian black beans, sautéed peppers and onions	320 calories, 8 g fat, 450 mg sodium
• Carnitas Burrito Bowl with sautéed onions and peppers, cilantro-lime rice, romaine lettuce, and tomato salsa	345 calories, 11 g fat, 1,300 mg sodium
• 3 Barbacoa Tacos on soft corn tortillas with lettuce and tomato salsa	400 calories, 7 g fat, 1,060 mg sodium
• Vegetarian Burrito Bowl with brown rice, black beans, fajita vegetables, lettuce, and roasted chili-corn salsa	425 calories, 10 g fat, 925 mg sodium

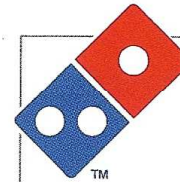


## Convenience Stores



- Water
- Iced tea or coffee
- Raw unsalted nuts
- Pretzels or baked chips (single-serve bags)
- Bananas or fresh fruit
- Hard-boiled eggs
- Low-fat or nonfat Greek yogurt
- Whole-grain cereal cups like Cheerios® mixed with nonfat yogurt and a banana for a wholesome breakfast

- Energy bars
  - Kellogg's® Special K® Protein Meal Bar
  - Kashi® Go Lean Protein & Fiber Bar
  - Luna® Bar
  - Clif Bar® (meal replacement)



## Domino's®

### Nutrition Information

• Grilled Chicken Caesar Salad	245 calories, 6.5 g fat, 380 mg sodium
• Light Italian Dressing	20 calories, 1 g fat, 780 mg sodium
• Thin-Crust Vegi Feast Medium Pizza slice with green pepper, onion, mushroom, black olive, extra cheese	160 calories, 9.5 g fat, 355 mg sodium



## Dunkin' Donuts®

### Nutrition Information

- DDSMART® Egg White Veggie Flatbread Sandwich 290 calories, 9 g fat, 680 mg sodium
- DDSMART Egg White Turkey Sausage Flatbread Sandwich 280 calories, 6 g fat, 820 mg sodium
- Regular Coffee 5 calories, 0 g fat, 5 mg sodium
- Caramel, Hazelnut, French Vanilla, or Toasted Almond flavored coffee 10 calories, 0 g fat, 5 mg sodium
- DDSMART Latte Lite 80 calories, 0 g fat, 110 mg sodium
- DDSMART Southwest Chicken Flatbread 310 calories, 9 g fat, 840 mg sodium



## Jack in the Box®

### Nutrition Information

- Asian Chicken Salad with Grilled Chicken Strips 160 calories, 1.5 g fat, 380 mg sodium
- Chicken Fajita Pita (hold the salsa) 300 calories, 9 g fat, 1,090 mg sodium



## KFC®

### Nutrition Information

- Kentucky Grilled Chicken Breast plus mashed potatoes (without gravy) 310 calories, 10 g fat, 1,260 mg sodium
- Original Recipe Chicken Breast (without skin or breading) with sides of green beans and three bean salad 240 calories, 2 g fat, 1,060 mg sodium
- Honey BBQ Sandwich 280 calories, 3.5 g fat, 780 mg sodium



## McDonald's®

### Nutrition Information

- Regular Hamburger 250 calories, 9 g fat, 520 mg sodium
- Premium Southwest Salad with Grilled Chicken 290 calories, 8 g fat, 680 mg sodium
- Grilled Honey Mustard Snack Wrap plus small French fries 480 calories, 20 g fat, 810 mg sodium
- Egg White Delight McMuffin 250 calories, 8 g fat, 770 mg sodium



## Panda Express®

### Nutrition Information

- Shitake Kale Chicken Breast 170 calories, 8 g fat, 570 mg sodium
- Grilled Teriyaki Chicken 300 calories, 13 g fat, 530 mg sodium
- Mixed Veggies 35 calories, 0 g fat, 260 mg sodium



**PANERA®****Nutrition Information**

- Steel-Cut Oatmeal with Summer Blueberries & Granola 350 calories, 9 g fat, 170 mg sodium
- Egg White, Avocado, Spinach Breakfast Power Sandwich 410 calories, 14 g fat, 640 mg sodium
- Low-Fat Garden Vegetable with Pesto Soup 140 calories, 5 g fat, 830 mg sodium
- Power Steak Lettuce Wraps 210 calories, 10 g fat, 240 mg sodium
- Power Chicken Hummus Bowl 330 calories, 14 g fat, 550 mg sodium
- Classic Salad with Grilled Chicken 290 calories, 13 g fat, 310 mg sodium

**STARBUCKS®****Nutrition Information**

- Tall Nonfat Cappuccino 60 calories, 0 g fat, 70 mg sodium
- Tall Shaken Tazo Iced Black Tea Lemonade (unsweetened) 35 calories, 0 g fat, 0 mg sodium
- Tall Light Blend Coffee Caramel Frappuccino 100 calories, 0 g fat, 0 mg sodium
- Chicken & Hummus Bistro Box plus a banana 375 calories, 7 g fat, 580 mg sodium
- Veggie and Brown Rice Salad Bowl 430 calories, 22 g fat, 640 mg sodium
- Steel-Cut Oatmeal 160 calories, 2.5 g fat, 125 mg sodium

**TACO BELL®****Nutrition Information**

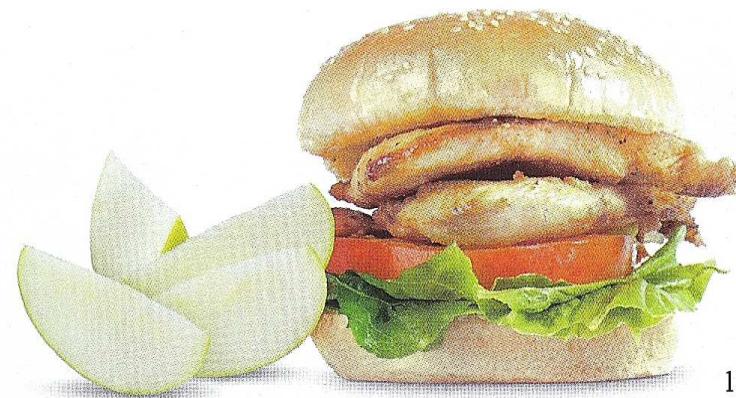
- Fresco Steak Burrito Supreme plus black beans 430 calories, 10.5 g fat, 1,260 mg sodium
- Fresco Chicken Soft Taco plus pintos 'n' cheese 330 calories, 10.5 g fat, 1,140 mg sodium

**SUBWAY®****Nutrition Information**

- 6" Subway Club on 9-Grain Wheat Bread with lettuce, tomatoes, onions, green peppers, cucumbers, and sweet onion sauce plus apple slices 385 calories, 5 g fat, 880 mg sodium
- 6" Subway Veggie Delite on Italian Bread 230 calories, 3 g fat, 500 mg sodium
- Oven Roasted Chicken Salad with tomatoes, green peppers, onions, olives, and cucumbers with honey-mustard dressing plus Yogurt Parfait 400 calories, 5.5 g fat, 675 mg sodium

**WENDY'S®****Nutrition Information**

- Jr. Hamburger (or a Kids' Hamburger) without cheese 260 calories, 10 g fat, 630 mg sodium
- Large Chili plus Garden Side Salad (no croutons) with fat-free French dressing 330 calories, 10 g fat, 1,285 mg sodium
- Ultimate Chicken Grill Sandwich plus apple slices 410 calories, 7 g fat, 880 mg sodium
- Any of the Garden Sensations Salads
  - with balsamic vinaigrette 90 calories, 6 g fat, 380 mg sodium
  - light classic ranch 90 calories, 8 g fat, 360 mg sodium
  - or fat-free French 70 calories, 0 g fat, 170 mg sodium





# FROZEN MEALS

(PREPACKAGED, FROZEN GROCERY ITEMS)

If you know in advance that you'll be too busy to cook or prepare your own meals, a great alternative is to head to the grocery store and stock up on prepackaged, frozen meals. While we'd never recommend prepackaged foods when fresh options exist, there are a bunch of companies nowadays making reasonably healthy microwavable meals.

**ON THE PAGES THAT FOLLOW, WE'VE PUT TOGETHER OUR LIST OF PICKS FOR HEALTHIEST FROZEN MEALS.**

## FROZEN FOOD SHOPPING TIPS

- Not all frozen meals are created equal. Even though companies like Weight Watchers®, Lean Cuisine®, and Healthy Choice® are branded as "healthy," a lot of their meals are packed with fat and sodium. So, try to stick to our list of Frozen Meal Winners on the next page.
- Check the serving size. Oftentimes the nutrition labels are misleading because it's based on a small serving size, so make sure you double-check it.
- Microwaving your frozen meals must be done properly. Sometimes microwave ovens heat unevenly and they lose power over time, so check to make sure your food is cooked through before you chow down.

## Nutrition Facts

Serving Size 1 cup (228g)  
Servings Per Container 2

Amount Per Serving

Calories 250

Calories from Fat 110

% Daily Value\*

Total Fat 12g 18%

Saturated Fat 3g 15%

Trans Fat 1.5g

Cholesterol 30mg 10%

Sodium 470mg 20%

## WEIGHT WATCHERS

### NUTRITION INFORMATION

- Smart Ones® Sesame Noodles with Vegetables 280 calories, 2.5 g fat, <500 mg sodium
- Smart Ones Chicken Quesadilla 210 calories, 6 g fat, <500 mg sodium
- Smart Ones Mini Rigatoni with Vodka Cream Sauce 270 calories, 5 g fat, <500 mg sodium
- Smart Ones Pasta Primavera 250 calories, 3 g fat, <500 mg sodium

## LEAN CUISINE

### NUTRITION INFORMATION

- Szechuan-Style Stir Fry with Shrimp 240 calories, 2 g fat, 540 mg sodium
- Wrap Additions™ Creamy Balsamic Chicken 170 calories, 5 g fat, 250 mg sodium
- Spa Collection™ Chicken Mediterranean 260 calories, 5 g fat, 500 mg sodium
- Spa Collection Salmon with Basil 250 calories, 2 g fat, 500 mg sodium

## KASHI

### NUTRITION INFORMATION

- 7-Grain Waffles 150 calories, 5 g fat, 350 mg sodium
- Sweet and Sour Chicken 320 calories, 3.5 g fat, 380 mg sodium
- Mayan Harvest Bake 340 calories, 9 g fat, 380 mg sodium

## HEALTHY CHOICE

### NUTRITION INFORMATION

- Café Steamers Pumpkin Squash Ravioli 310 calories, 6 g fat, 600 mg sodium
- Baked Lasagna with Meat Sauce 280 calories, 5 g fat, 380 mg sodium
- “100% Natural” Café Steamers Asian Potstickers 340 calories, 4.5 g fat, 530 mg sodium

## CEDARLEAN®

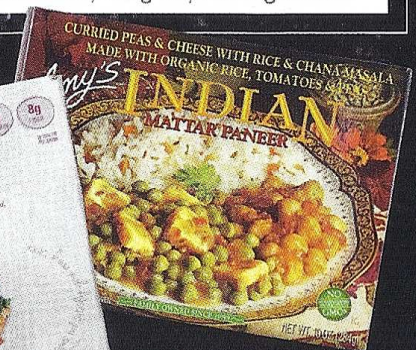
### NUTRITION INFORMATION

- All-Natural Lentil Vegetable Soup and Samosa Wrap 230 calories, 6 g fat, 480 mg sodium
- All-Natural Butternut Squash Soup and Quinoa Wrap 230 calories, 6 g fat, 480 mg sodium
- Spinach and Roasted Tomato Egg White Frittata 160 calories, 6 g fat, 300 mg sodium
- Low-Fat Garden Vegetable Enchiladas 140 calories, 3 g fat, 350 mg sodium

## AMY'S

### NUTRITION INFORMATION

- “Light in Sodium” Indian Mattar Paneer 370 calories, 11 g fat, 390 mg sodium
- Bistro Veggie Burger 110 calories, 3 g fat, 330 mg sodium
- “Light & Lean” Cheese Pizza 270 calories, 6 g fat, 480 mg sodium
- “Light & Lean” Soft Taco Fiesta 220 calories, 4.5 g fat, 560 mg sodium



# JUST 2 MINUTES TO MAX RESULTS!

**NO TIME TO COOK?** Don't sacrifice your hard-earned results—whip up a delicious glass of Shakeology® in less than 2 minutes and fuel your body with the dense nutrition it craves. Shakeology is proven to help curb cravings and boost energy so you can MAX OUT your results!\*

“ I am extremely happy to have a quick, convenient, and healthy source for breakfast that I do not have time for normally. —Heather B. ”



NOW AVAILABLE IN 6 DELICIOUS FLAVORS

**WE SURVEYED NEARLY 3,000 DAILY SHAKEOLOGY DRINKERS AND HERE'S WHAT THEY TOLD US:\*\***

- 93% feel healthier since drinking it.
- 81% feel it has helped them reduce their cravings for junk food.
- 86% experience an increase in their energy levels.

Shakeology is Your Daily Dose of Dense Nutrition®. It's a powerful superfood shake that is packed with incredible amounts of protein, antioxidants, phytonutrients, prebiotics, enzymes, and many rare superfoods that your body desperately needs and craves.\*

**shakeology**  
THE HEALTHIEST MEAL OF THE DAY®



**IT'S OUR BOTTOM-OF-THE-BAG GUARANTEE**

We're so sure Shakeology will improve your health, we've created an amazing guarantee. Try Shakeology for 30 days and if you don't feel healthier, return it and we'll refund your money (less s&h). Even if the bag is totally empty!

To learn more, contact your Team Beachbody® Coach or visit [ShakeologyMAX30.com](http://ShakeologyMAX30.com) today.

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\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

\*\*Based on a survey of 2,769 Shakeology users who drank Shakeology 5 or more times per week and exercised 3 times per week.

# WANT INSANE RESULTS IN 3 DAYS?



**3-DAY REFRESH™ IS A CLEAN BREAK FROM BAD HABITS TO GET YOUR NUTRITION AND WEIGHT BACK ON TRACK.**

Try it anytime—before, during, or after a program—to feel lighter, cleaner, and MAX OUT your results!

**IN 3 DAYS YOU CAN:\***

- Accelerate your weight loss
- Break the cycle of poor eating habits
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—Elizabeth H.†



Maximize your INSANITY MAX:30 results with the 3-Day Refresh. To get started, contact your Coach or visit [3DayRefreshMAX30.com](http://3DayRefreshMAX30.com) today!

†Results vary.

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