

# PiYO™



**GET LEAN** EATING PLAN

 BEACHBODY®



# GETTING LEAN, THE PiYO™ WAY

Your PiYo™ workouts are key to burning fat, building lean muscle mass, and staying healthy—but that's only part of the battle. If you want to look your best, feel your best, and be your best, you need to eat right too. That doesn't mean resorting to fad diets. It doesn't mean starving yourself by eating an impossibly low amount of calories, and it definitely doesn't mean forcing yourself to swallow bland "health food."

Then what does it mean? Well, if you do it the PiYo way, it means enjoying a balanced diet packed with a variety of delicious, nutritious foods that suit your tastes!

## THE **PIYO** GET LEAN EATING PLAN

is designed to teach you what your body needs to feel satiated and nourished as you build lean muscle and burn major calories. And it does this while allowing you to choose your own delicious snacks and meals. If you're a hardcore foodie, you'll have no problem whipping up culinary masterpieces. But if you're an on-the-go type, this guide also spells out what—and how much—to eat in a simple, convenient way, allowing you to throw together quick, easy (not to mention nutritious) meals. You won't find complex recipes or convoluted food combinations here—just a few basic instructions for eating as healthfully as possible.

IN OTHER WORDS, FOLLOWING THIS GUIDE ALLOWS YOU TO EAT YOUR FOODS YOUR WAY—ALL IN **3** SIMPLE STEPS:



STEP



## CALCULATE YOUR CALORIE TARGET FOR WEIGHT LOSS

The trick to healthy weight loss is to maintain a calorie deficit—which means eating fewer calories than you burn—without under-eating.

**A** To do that, first calculate your **CALORIC BASELINE**:

$$\boxed{\phantom{000}} \times 11 = \boxed{\phantom{000}}$$

YOUR CURRENT WEIGHT IN POUNDS                      YOUR CALORIC BASELINE

**B** Then take your **Caloric Baseline** and **ADD 400** calories for **MAINTENANCE CALORIES**:

$$\boxed{\phantom{000}} + 400 = \boxed{\phantom{000}}$$

YOUR CALORIC BASELINE                      (CALORIE BURN)                      YOUR MAINTENANCE CALORIES

**C** The last step is to **SUBTRACT 600** calories from your **MAINTENANCE CALORIES** to find your **CALORIE TARGET**:

$$\boxed{\phantom{000}} - 600 = \boxed{\phantom{000}}$$

YOUR MAINTENANCE CALORIES                      YOUR CALORIE TARGET

That's roughly how many calories you need to eat to lose weight. Eating at or around your Calorie Target is key to getting results.

### TWO IMPORTANT TIPS

- If your **CALORIE TARGET** is less than 1,200, round up to 1,200. Eating less than that for more than a few days simply isn't healthy or recommended!
- These numbers are **approximate**, so don't be too stressed-out about hitting an exact calorie amount. As long as you're eating healthy foods and staying within 200 calories of your **CALORIE TARGET**, you should see results in no time.

STEP

2

## PICK THE FOOD PLAN THAT MATCHES YOUR CALORIE TARGET

*(Don't worry, we explain the servings and types of food in Step 3.)*

IF YOUR **CALORIE TARGET** FALLS BETWEEN **1,200–1,399**

PLAN

A

4 SERVINGS	Primary Vegetables
2 SERVINGS	Secondary Vegetables & Grains
2 SERVINGS	Fresh Fruit
4 SERVINGS	Lean Protein
3 SERVINGS	Healthy Fats

IF YOUR **CALORIE TARGET** FALLS BETWEEN **1,400–1,599**

PLAN

B

5 SERVINGS	Primary Vegetables
2 SERVINGS	Secondary Vegetables & Grains
2 SERVINGS	Fresh Fruit
5 SERVINGS	Lean Protein
4 SERVINGS	Healthy Fats



IF YOUR **CALORIE TARGET** FALLS BETWEEN **1,600–1,799**

PLAN

C

6 SERVINGS	Primary Vegetables
2 SERVINGS	Secondary Vegetables & Grains
3 SERVINGS	Fresh Fruit
6 SERVINGS	Lean Protein
4 SERVINGS	Healthy Fats

IF YOUR **CALORIE TARGET** IS **1,800 OR MORE**

PLAN

D

6 SERVINGS	Primary Vegetables
3 SERVINGS	Secondary Vegetables & Grains
3 SERVINGS	Fresh Fruit
7 SERVINGS	Lean Protein
4 SERVINGS	Healthy Fats

The **PiYo Get Lean Eating Plan** takes a balanced approach, giving you all the energy you need to power through your workouts while still helping you shed pounds. Each plan works out to about **40% CARBS**, **35% PROTEIN**, and **25% FAT**.

STEP 3 CHOOSE THE FOODS YOU WANT  
TO EAT FROM THE FOOD LISTS





Now it's time to decide WHAT to eat. To make sure you're getting the best possible combination of vitamins, minerals, and any other healthy nutrient you can think of, we've created a special set of food lists.

After each item, you'll find a measurement. That's how much you need for one serving. For example, one serving from the Primary Veggies list might be 2 cups of string beans or 10 medium baby carrots.

Although everything here is good for you, foods higher on a list are generally healthier, so those are the ones you want to favor. With that in mind, don't be afraid to mix it up a little. A variety of foods means a variety of nutrients.



At the end of this section, you'll find **Free Foods**. Consider this list an all-you-can-eat buffet. Use these foods to add pizzazz to your **PiYo Get Lean Eating Plan!**

# PRIMARY VEGETABLES

This list includes leafy greens and other veggies that should be the centerpiece of any nutritious diet. They're low in calories, yet dense with fiber, vitamins, and minerals. Vegetables are also a rich source of phytonutrients—powerful compounds that give produce its color and give you great health.

PRIMARY VEGETABLES	ONE SERVING EQUALS 40 CALORIES
• Kale	1 cup cooked or unlimited, raw
• Collard greens	1 cup chopped, cooked or unlimited, raw
• Spinach	1 cup cooked or unlimited, raw
• Brussels sprouts	5 medium
• Broccoli	1 cup chopped
• Asparagus	10 large spears
• Bok choy	unlimited
• Tomatoes	2 medium or 1 cup cherry
• Squash (summer)	1 cup sliced
• String beans	2 cups cooked
• Snow peas	2 cups chopped, raw
• Cabbage	3½ cups chopped, raw
• Peppers, sweet	1 cup sliced, raw
• Carrots	1 cup sliced, raw or 10 medium baby
• Winter squash (all varieties)	1 cup cubed
• Cauliflower	1 cup chopped, raw
• Artichokes	½ large
• Eggplant	½ medium, unpeeled
• Okra	1 cup
• Beets	2 medium
• Celery	unlimited
• Cucumbers	unlimited
• Lettuce (NOT iceberg)	unlimited
• Mushrooms	unlimited
• Radishes	unlimited
• Onions	1 cup chopped, raw
• Sprouts	unlimited
• Jicama	1 cup sliced



# SECONDARY VEGETABLES AND GRAINS

These veggies and grains are also great sources of fiber, not to mention other nutrients. They're not always as nutritious as Primary Veggies, but they're a good source of protein and they'll help make your meals feel satisfying.

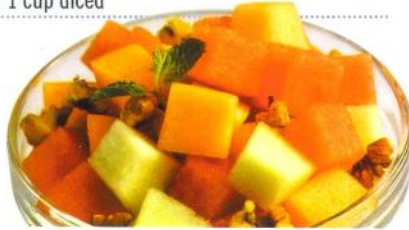
SECONDARY VEGETABLES & GRAINS	ONE SERVING EQUALS 95 CALORIES
• Sweet potato	½ cup or 4 oz.
• Yams	½ cup or 4 oz.
• Quinoa	½ cup cooked
• Beans (kidney, black, garbanzo, white, lima, etc.)	½ cup cooked or canned (drained)
• Lentils	½ cup cooked (drained)
• Edamame	½ cup shelled
• Peas	½ cup cooked
• Refried beans, nonfat	½ cup
• Brown rice	½ cup cooked
• Wild rice	½ cup cooked
• Corn on the cob	1 ear
• Amaranth	½ cup cooked
• Millet	½ cup cooked
• Buckwheat	½ cup cooked
• Barley	½ cup cooked
• Bulgur	½ cup cooked
• Oatmeal, steel-cut	¼ cup cooked
• Oatmeal, rolled	½ cup cooked
• Potato	½ medium or 4 oz.
• Bread, whole-grain	1 slice
• Pasta, whole-grain	½ cup cooked
• Couscous, whole wheat	½ cup cooked
• Crackers, whole-grain	8 small
• Cereal, whole-grain, low-sugar	½ cup
• Tortilla, corn	2 small (6-inch)
• Almond milk, unsweetened	2 cups
• Coconut milk beverage, unsweetened	1 cup
• Rice milk	¾ cup



# FRESH FRUIT

Another rich source of phytonutrients, vitamins, minerals, and fiber, fruit tends to be higher in sugar than veggies. It's good, healthy sugar, but still, that's why fruit should take a backseat on the **PiYo Get Lean Eating Plan**.

FRUIT	ONE SERVING EQUALS 70 CALORIES
• Blueberries	¾ cup
• Raspberries	1 cup
• Blackberries	1 cup
• Strawberries	1 cup
• Watermelon	1 cup diced
• Cantaloupe	1 cup diced
• Orange	1 medium
• Orange sections	¾ cup
• Tangerine	2 small
• Apple	1 small or 1 cup sliced
• Apricots	4 small
• Grapefruit	½ large
• Grapefruit sections	¾ cup
• Cherries	¾ cup
• Grapes	1 cup
• Kiwifruit	2 medium
• Mango	¾ cup sliced
• Peach	1 large or 1 cup sliced
• Nectarine	1 large or 1 cup sliced
• Pear	1 small or ¾ cup sliced
• Pineapple	1 cup diced
• Banana	½ large
• Papaya	1 cup diced
• Figs	2 small
• Honeydew melon	1 cup diced



# LEAN PROTEIN

Protein is comprised of amino acids, your body's building blocks. That's why protein is super-important. Lean protein can also be a source of other important nutrients, like heart-healthy omega-3 fatty acids, as well as bone-healthy calcium and vitamin D.

LEAN PROTEIN	ONE SERVING EQUALS 140 CALORIES
• Sardines (fresh or canned in water)	6 medium (3 oz.)
• Eggs, large	2
• Boneless, skinless chicken or turkey breast	3 oz. cooked
• Extra-lean ground chicken or turkey	3 oz. cooked
• Fish, fresh water (catfish, tilapia, trout)	4 oz. cooked
• Fish, cold water, wild-caught (cod, salmon, halibut, tuna)	3 oz. cooked
• Game: buffalo (bison, ostrich, venison)	3 oz. cooked
• Game: lean ground ( $\geq$ 95% lean)	3 oz. cooked
• Greek yogurt, plain, 2%	$\frac{3}{4}$ cup
• Greek yogurt, plain, nonfat	1 cup
• Yogurt, plain, 1%–2%	1 cup
• Shellfish (shrimp, crab, lobster)	4 oz. cooked
• Clams, canned, drained	1 cup
• Red meat, extra-lean	3 oz. cooked
• Lean ground red meat ( $\geq$ 95% lean)	3 oz. cooked
• Protein powder (whey, hemp, rice, pea)	1 scoop (3 Tbsp./21 g, depending on variety)
• Tempeh	3 oz.
• Tofu, firm	6 oz.
• Pork tenderloin	3 oz. cooked
• Tuna, canned light in water, drained	$\frac{1}{2}$ cup
• Turkey slices (lean), low-sodium, nitrite-free	4 slices (4 oz.)
• Ham slices (lean), low-sodium, nitrite-free	4 slices (4 oz.)
• Cottage cheese, 1%	1 cup
• Ricotta cheese, part-skim	$\frac{1}{2}$ cup
• Veggie burger	1 medium patty
• Turkey bacon (reduced-fat)	4 slices (4 oz.)
• Milk, cow's, nonfat	1 $\frac{1}{2}$ cups
• Milk, whole	1 cup
• Soy milk	1 cup



# HEALTHY FATS

Dietary fat is another important source of energy—and it helps you stay full longer. You may have heard about the controversy over “good” and “bad” fats. This list tries to strike a balance between all those opinions.

HEALTHY FATS	ONE SERVING EQUALS 50 CALORIES
• Avocado	2 Tbsp. mashed
• Raw nuts	1 Tbsp. chopped
• Whole raw nuts	6 almonds, 4 cashews, 7 peanuts, 10 pistachios, 5 pecan halves, or 4 walnut halves
• Raw seeds (pumpkin, sunflower, sesame)	1 Tbsp.
• Flaxseed, ground	1 Tbsp.
• Extra-virgin olive oil	1 tsp.
• Olives	5 medium
• Flaxseed oil	1 tsp.
• Peanuts	1 Tbsp.
• Nut butters (peanut, almond, cashew, etc.)	1½ tsp.
• Seed butters (pumpkin, sunflower, sesame)	1½ tsp.
• Pumpkin seed oil	1 tsp.
• Walnut oil	1 tsp.
• Coconut oil	1 tsp.
• Hummus	1 Tbsp.
• Coconut (unsweetened)	1 Tbsp. shredded
• Coconut milk, canned	2 Tbsp.
• Feta cheese	2 Tbsp. crumbled
• Goat cheese	2 Tbsp. crumbled
• Mozzarella (low-moisture)	2 Tbsp. shredded
• Cheddar, provolone, jack	2 Tbsp. shredded
• Parmesan	2 Tbsp. shredded



## FREE FOODS

Eat or drink as much as you'd like from this list. Use them to add excitement to your diet.

- Lemon and lime juice
- Vinegars
- Mustard
- Herbs (fresh and dry)
- Spices (except salt)
- Garlic
- Hot sauce
- Flavor extracts (pure vanilla, peppermint, almond, etc.)
- Black coffee, unsweetened
- Tea, unsweetened



## A FEW TIPS

- 1 Space out your meals.** Several smaller meals allow you to better absorb nutrients and keep your blood sugar steady. Try to eat three meals a day, with two or three snacks in between.
- 2 Stay hydrated.** Water keeps all of our systems lubricated and running smoothly. We recommend that you drink half your weight, in ounces, every day. So if you weigh 140 pounds, drink 70 ounces of water.
- 3 Shakeology®** can make a nutritious, easy meal or snack, anytime of day. Why isn't it included on any of the food lists? Because it's a perfect balance of most of them! When you make your daily shake, you can count **1 scoop** as any one of the following:
  - 1½ servings **Secondary Veggies** and **Grains**
  - 2 servings **Fresh Fruit**
  - 1 serving **Lean Protein**

# A DAY IN THE LIFE OF THE PIYO GET LEAN EATING PLAN

Here's an example of how someone using PLAN A could eat. You don't need to eat exactly this combination of foods, but if you're not sure how to spread your meals out over the course of your day, this is a delicious and balanced way to do it.

## BREAKFAST:

- ¼ cup cooked steel-cut oatmeal
- 2 hard-boiled eggs
- 1 cup cooked spinach



### SERVING

- 1 Secondary Vegetables and Grains
- 1 Lean Protein
- 1 Primary Vegetables

## MID-MORNING:

- 1 scoop Shakeology
- ½ cup strawberries
- Water and ice



### SERVING

- 1 Lean Protein
- 1 Fresh Fruit

## LUNCH:

- 3 oz. grilled chicken breast
- 1 tsp. olive oil with lemon (to taste)
- 10 large asparagus spears, grilled

### SERVING

- 1 Lean Protein
- 1 Healthy Fats
- 1 Primary Vegetables

## MID-AFTERNOON:

- 6 raw almonds
- 1 small apple
- 1 cup sliced red bell pepper



### SERVING

- 1 Healthy Fats
- 1 Fresh Fruit
- 1 Primary Vegetables

## DINNER:

- 4 oz. grilled tilapia
- 1 tsp. olive oil with lemon (to taste)
- ½ cup cooked lentils
- 1 cup cooked broccoli and carrots



### SERVING

- 1 Lean Protein
- 1 Healthy Fats
- 1 Secondary Vegetables and Grains
- 1 Primary Vegetables





## WHAT COMES NEXT?

Unlike *some* diets, the **PiYo Get Lean Eating Plan** is so delicious and versatile that you're not going to want to stop once you reach your goals—so don't!

You can keep using the **PiYo Get Lean Eating Plan** to maintain your weight (and your health!) for as long as you'd like. Just use your MAINTENANCE CALORIES instead of your CALORIE TARGET to find your maintenance plan. But don't forget to recalculate that number—you're probably going to be a lot lighter than when you started! And as long as you continue to make fitness and nutrition a regular part of your daily routine, you'll stay that way.

So get ready to **GET FIT, GET LEAN**—and get the most out of life.

