

6 DAY

expressTM
DIET PLAN

Accelerate your Slim in 6TM results or get a quick weight loss tune-up with Beachbody'sTM exclusive 6-Day ExpressTM weight loss plan.

We've all done it – put off losing weight before a wedding, vacation, or other special event until we're forced to do something drastic. That big day is quickly approaching, and suddenly you realize time is almost up for you to slim down.

That's why we created this program. We know this scenario happens all the time, so we wanted to provide some guidelines to fulfilling the need to shed fat and inches in one week, without jeopardizing your healthy lifestyle gains along the way.

That's right, in less than one week you can shed some serious weight by simply following this 6-Day ExpressTM Plan. And best of all, this plan is totally natural – NO dangerous heart-pounding pills, magic potions, or fly-by-night fads. In some respects, this plan may appear to be almost a fast, which can be a great way to cleanse the body, so long as you don't overdo it. Ever. That's why you need to limit the length of time you follow the program. It is extreme, for short-term extreme results.

Unfortunately, many people desperate for fast results make the mistake of doing anything it takes to lose weight. If "anything" to you means eating just 3 grapes while jogging from Cleveland to Miami, then weight is not the only thing you're going to lose. You'll sacrifice your health, hurt your metabolism, and probably just lose a lot of water. Now don't get us wrong, you will have to make sacrifices if you plan on shedding fat and inches in less than a week, but there is a preferred way to do it for both short-term benefit and avoiding long-term harm. **The key is to follow a formula that is severe enough to get fast, optimal results, while at the same time allowing you to maintain your health and function at normal capacity.** By following the 6-Day Express Plan, this balance can be achieved!

So What is it Already?

The 6-Day Express Plan consists of three very restricted diet and exercise options to put your results on the fast track. Since each person has their own needs, limitations, and goals, we offer options of varying intensity. No matter which option you choose, it's important to note that this is an EXPRESS PLAN and not an EATING PLAN TO LIVE BY. Do not follow any of these plans longer than 6 days in any six week cycle!

HERE WE GO!

PLAN 1 – GET IN THE ZONE

This is the most moderate of the three plans. Plan 1 is a balanced, healthy diet that is recommended for anyone that is new to dieting and exercise, but is still up for the challenge of the 6-Day Express.

PLAN 2 – THE HIGH-PROTEIN EXPRESS

This plan adds protein and restricts carbohydrates to the bare minimum, similar to what bodybuilders do in order to prepare for competitions. Keep in mind that we don't recommend a diet this high in protein for long term health. You are better off eating more complex carbs, your body's preferred fuel source. For 6 days, however, Plan 2 will force your body to use stored body fat for fuel at the same time it ramps up your metabolism. A good short term strategy!

PLAN 3 – FIT-FOR-A-MINUTE... AKA THE PHOTO SHOOT PLAN

The most extreme plan, which is similar to what bodybuilders and others that need to "look" their best will go through when getting ready for a competition or photoshoot. This plan is very restrictive and difficult to follow. It also does not maximize your body's ability to perform. It is an extreme diet for when you absolutely, positively, have to look your best for one special occasion.



Quick Tips for Best Results

WHEN TO EAT: 5 – 6 TIMES A DAY

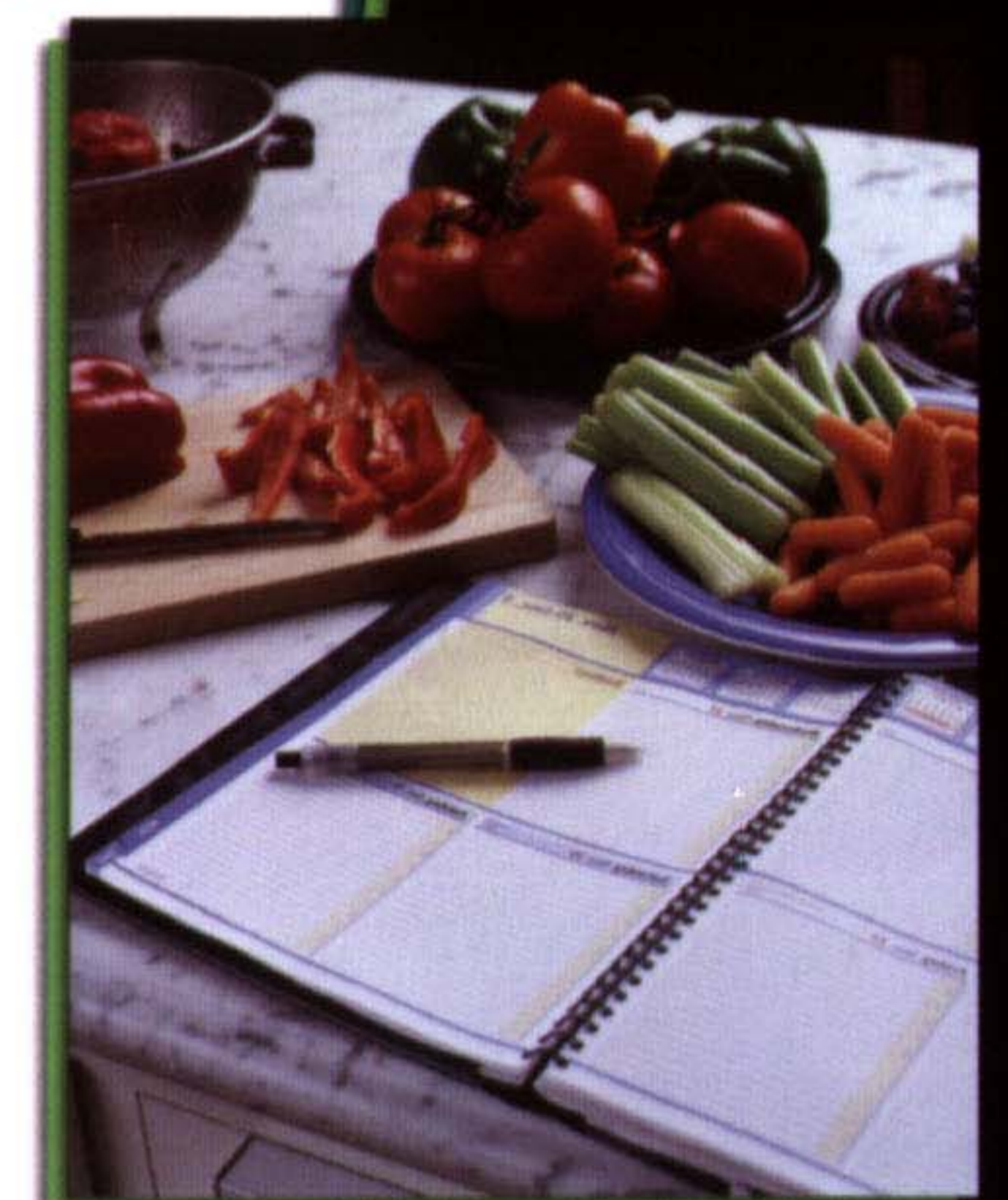
Each plan spells it out for you, giving you six slots per day for eating. Essentially, you should get into the habit of eating every 3 hours or so while you're awake. During each plan of the 6-Day Express, you will usually wake up with a glass of water and then do some type of exercise before breakfast, so at times you might need to eat again in 2 hours. Given the size of many of the "meals," you probably won't have a problem with this. Finally, chewing food thoroughly will help "jumpstart" digestion, making it easier on your GI system.

SIZE MATTERS

It's obvious that a person who weighs 300 pounds has different calorie and nutritional needs than a person who weighs 120 pounds, but weight is not the only factor. Differences in body composition (fat to muscle ratio) and metabolic rate means that there is no simple answer that works for everyone. Some people say a healthy body can survive at least 6 days with no food whatsoever. The point, however, isn't to "survive," but to tune-up your body while maximizing its fat burning mode in order to fast track your results for 6 days with minimal consequence. You will be able to do the diet plans exactly as laid out, but you might benefit by altering it to suit your individual needs (i.e., body composition, size, activity level, etc.).

IS THIS ENOUGH FOOD FOR ME? HERE'S A WAY TO TELL:

1. Estimate your body fat percentage. There are many ways to do this and most aren't perfectly accurate. Outside of having your body fat percentage medically tested by your doctor or fitness professional, one of the most accurate measuring devices is also the cheapest: body fat calipers (available at Beachbody.com and many sporting goods stores). But any body fat calculator can be used to give you an approximate figure to work from. These 6-day diets were designed for men who are over 15% body fat or women over 20% body fat. The reason is that you must have ample body fat stored to supply the balance of calories your body needs for energy while you are not feeding it as many calories as before. Keep in mind that "should" means just that. If you really feel like you need to eat more because your energy is too low, by all means do so.



2. If you are below the 15% for men and 20% for women percentages, you will probably want to add calories in order to keep your workouts intense without your body feeding on its own muscle to support the demand for energy. Use the scale below to add the appropriate number of calories per day. The asterisked (*) foods in each plan are the ideal source for those additional calories.

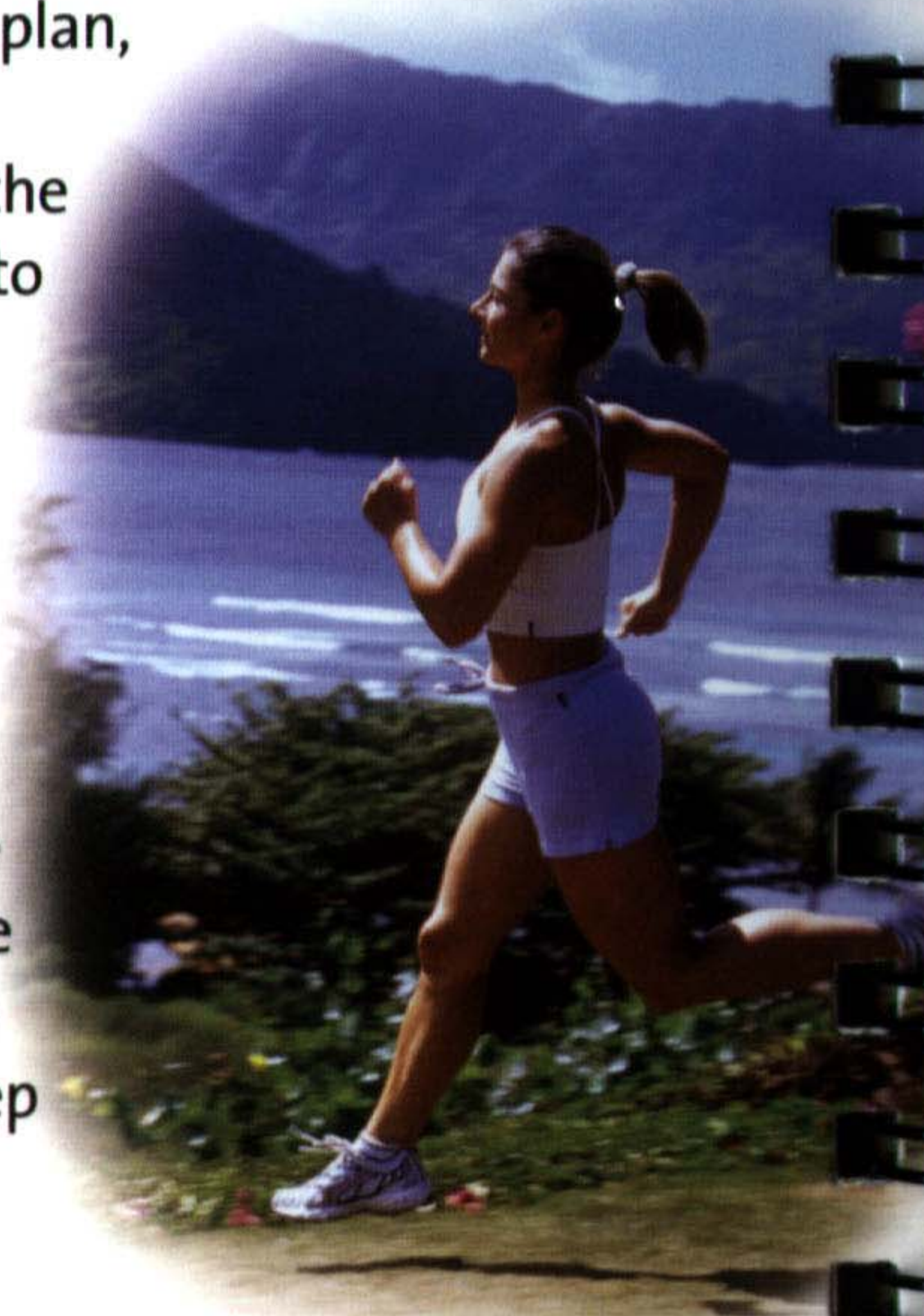
Under 140 lbs.	add 100 cals per day
141–150 lbs.	add 200 cals per day
151–160 lbs.	add 300 cals per day
161–170 lbs.	add 400 cals per day
171–180 lbs.	add 500 cals per day
181–190 lbs.	add 600 cals per day
191–200 lbs.	add 700 cals per day
200+ lbs.	add 700 cals, plus another 100 cals for each 10 lbs. over 200 lbs.

WHEN TO WORK OUT:

We recommend that you do some cardio in the morning before you eat breakfast, and do your main, most intense workout later in the day. We do suggest specific workout times in each plan, but the bottom line is you should do your most challenging workout at whatever time of day you feel the strongest/most energetic. While there are advantages to working out at different times of the day, these advantages are far superceded by your personal ability to push hard. When you are exercising just once a day, you should never compromise intensity just to get the workout done at a specific time. If you are exercising twice a day as we outline in the first two plans, we recommend that your toughest workout be later in the day when you've got more blood glycogen (sugar in the bloodstream) stored up. But again, the ultimate way to decide when to work out is based on when you can keep your intensity at its highest!

WHAT TYPES OF WORKOUTS TO FOLLOW:

While the 6-Day Express is designed around Slim in 6, it can be done with almost any exercise routine. (Note: Training for a marathon on this type of express diet would not work well – so try to make sure the intensity of the routine you pick does not push you out of your capabilities at this time.)



PLAN 1

Get In THE ZONE

This is the most moderate of the three plans. Plan 1 is a balanced, healthy diet recommended for anyone that is new to dieting and exercise but is still up for the challenge and results of the 6-Day Express.

FOOD SUGGESTIONS ARE LISTED IN APPENDIX 2.

RECOMMENDATIONS ARE LISTED IN THE TABLE UNDER "FRUIT ONE," "FAT ONE," AND SO ON.

PLAN 1 SCHEDULE:

WAKE-UP WATER

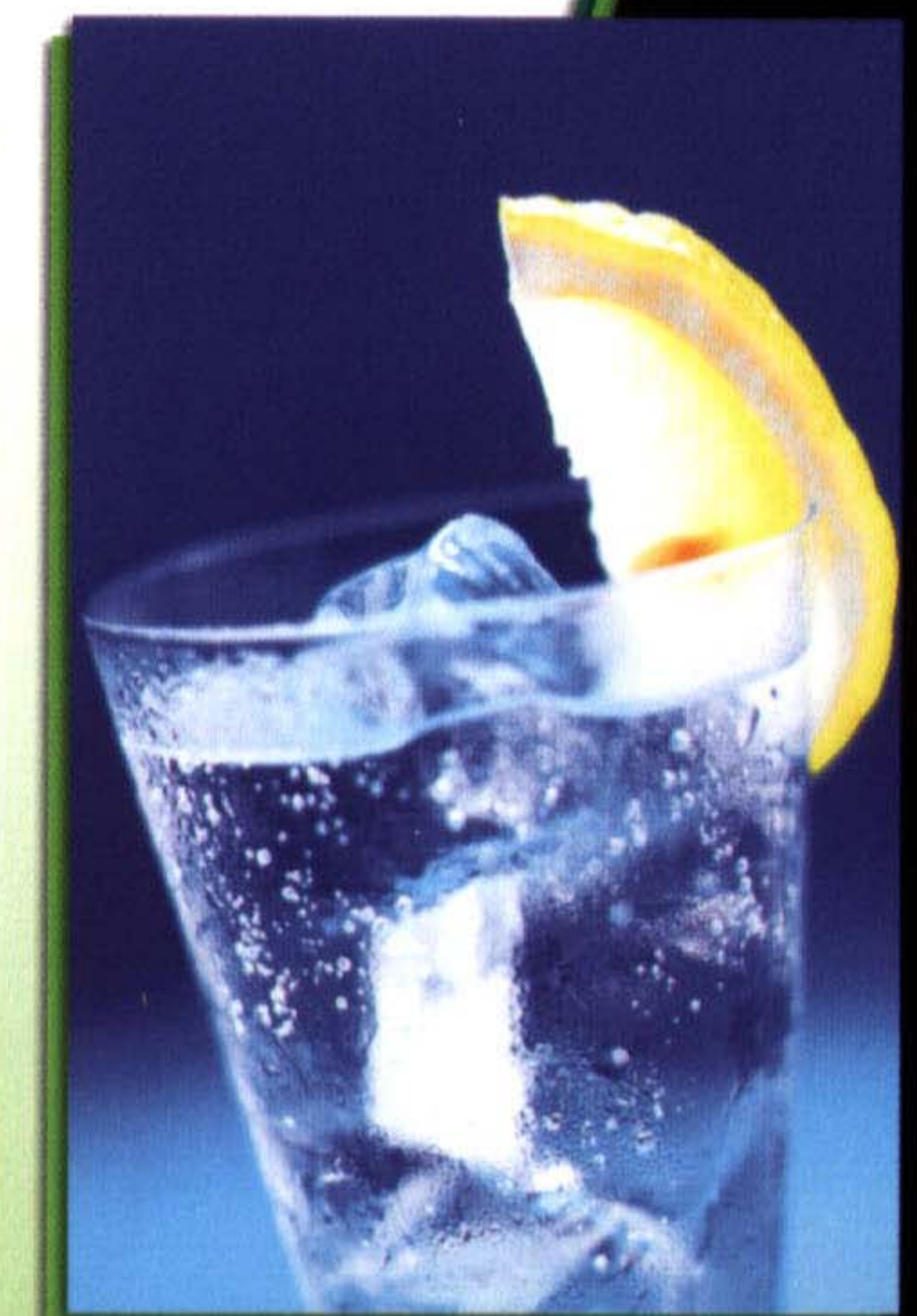
Have an 8–12 oz glass of plain water to hydrate you when you wake up and before you begin your AM workout.

AM WORKOUT (CARDIO)

1. Follow 20–60 minutes of easy to moderate intensity cardio before breakfast. If you are using Slim in 6, the cardio section of either the *Start It Up!* or *Ramp It Up!* routines are perfect. (In your morning workout, you will want to skip the resistance work/exercise band section, which starts 20 minutes into *Ramp It Up!*, for instance.)
2. Have breakfast within one hour of finishing your workout.

PRE-BREAKFAST WATER & SUPPLEMENTS

- At least one 8 oz glass of water with 2 Slimming Formula tablets after you complete your AM workout, anytime prior to breakfast



PLAN 1

Diet Plan 1:

Daily Calorie Count: Approximately 1,200 calories per day (115 grams carbohydrates, 92 grams protein, 40 grams fat).

BREAKFAST

Eat breakfast within one hour of finishing your AM workout. Approximately 325 calories (32 grams carbohydrates, 24 grams protein, 10 grams fat).

▲ OPTION 1

- Smoothie, with 1-scoop Beachbody Whey Protein,* one serving FRUIT ONE,* 1 tablespoon FAT ONE, all in either 4 oz of water, or 4 oz of soy or skim milk.* Mix in blender with a scoop of ice.

▲ OPTION 2

- 4 oz MEAT (or MEAT SUBSTITUTE) grilled without oil*
- One serving FRUIT ONE*
- 1 tablespoon FAT ONE*
- 4 oz soy or skim milk*

▲ OPTION 3

- 4 oz MEAT (or MEAT SUBSTITUTE) grilled without oil*
- One serving GRAIN
- One serving FRUIT ONE
- One serving FAT ONE

PRE-SNACK WATER

- At least one 8 oz glass of water with (optional) lime or lemon added

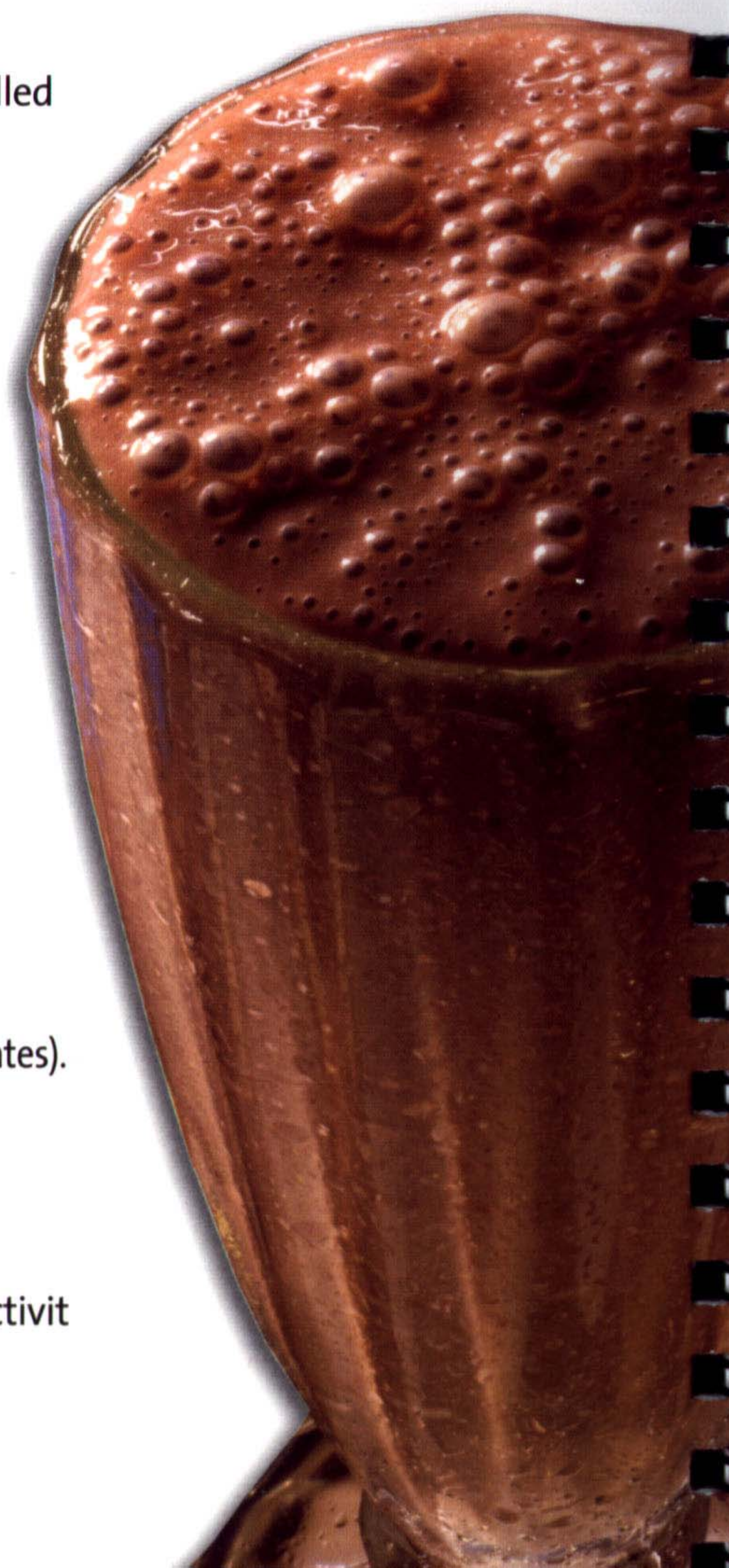
AM SNACK

Eat AM snack 1-2 hours after breakfast. Approximately 75 calories (18 grams carbohydrates).

- One serving FRUIT TWO

PRE-LUNCH WATER & SUPPLEMENTS

- At least one 8 oz glass of water with 2 Slimming Formula tablets and 1 Activit tablet anytime before lunch



LUNCH

Eat lunch 1-2 hours after AM snack. Approximately 270 calories (14 grams carbohydrates, 23 grams protein, 16 grams fat).

■ Salad

- One cup SALAD with 1/4 cup SALAD INGREDIENT ONE* and one cup SALAD INGREDIENT TWO,* with 1 tablespoon balsamic vinaigrette (or equivalent dressing - no ranch, blue cheese, etc.)
- 4 oz of MEAT (or MEAT SUBSTITUTE) grilled without oil*

POST-LUNCH WATER

- At least one 8 oz glass of water anytime after lunch

PM WORKOUT

Cardio plus strength training. High intensity 30-60 minute workout preferably with both cardio and resistance (weight training) work at higher intensity than morning workout.

SLIM IN 6 OPTION:

Either Ramp It Up! or Burn It Up!

Note: Do the PM workout 2-3 hours after you've eaten, and if you have another meal left in the day, eat again within one hour of finishing the PM workout. If you do this workout before bed, then make sure you have a glass of water after finishing. Without enough water, you risk getting dehydrated while sleeping, which is when you are recovering and getting stronger. Your evening cup of tea before bed may aid your ability to get to sleep easily post workout.

PRE-SNACK WATER

- At least one 8 oz glass of water with (optional) lime or lemon added anytime before PM snack

PM SNACK

Eat PM snack 1-3 hours after lunch. Approximately 230 calories (26 grams carbohydrates, 21 grams protein, 4 grams fat).

▲ OPTION 1

- Beachbody Meal Replacement Shake (or equivalent) with 8 oz soy or skim milk

▲ OPTION 2

- 130 calories of whole grain cereal (read nutrition panel as cereals vary) with 8 oz soy or skim milk



- ▲ **OPTION 3**
 - 40/30/30 bar (up to 230 calories)
- ▲ **OPTION 4**
 - 1/3 cup almonds, peanuts, walnuts, pumpkin, sunflower or sesame seeds (raw)
- ▲ **OPTION 5**
 - 8 oz vanilla or plain yogurt, non-fat or soy yogurt
- ▲ **OPTION 6**
 - 1/2 cup non-fat cottage cheese
 - One serving FRUIT ONE or FRUIT TWO
- ▲ **OPTION 7**
 - 1 serving GRAIN
 - One serving FAT TWO
- ▲ **OPTION 8**
 - 3 cups air popped corn
 - 1 cup soy or skim milk

PRE-DINNER WATER

- At least one 8 oz glass of water with 2 Slimming Formula tablets and 1 Activit tablet anytime before dinner

DINNER

Eat dinner 1-2 hours after your PM snack, or earlier, so you are done eating for the day within 3 hours of going to sleep! Approximately 280 calories (25 grams carbohydrates, 24 grams protein, 10 grams fat).

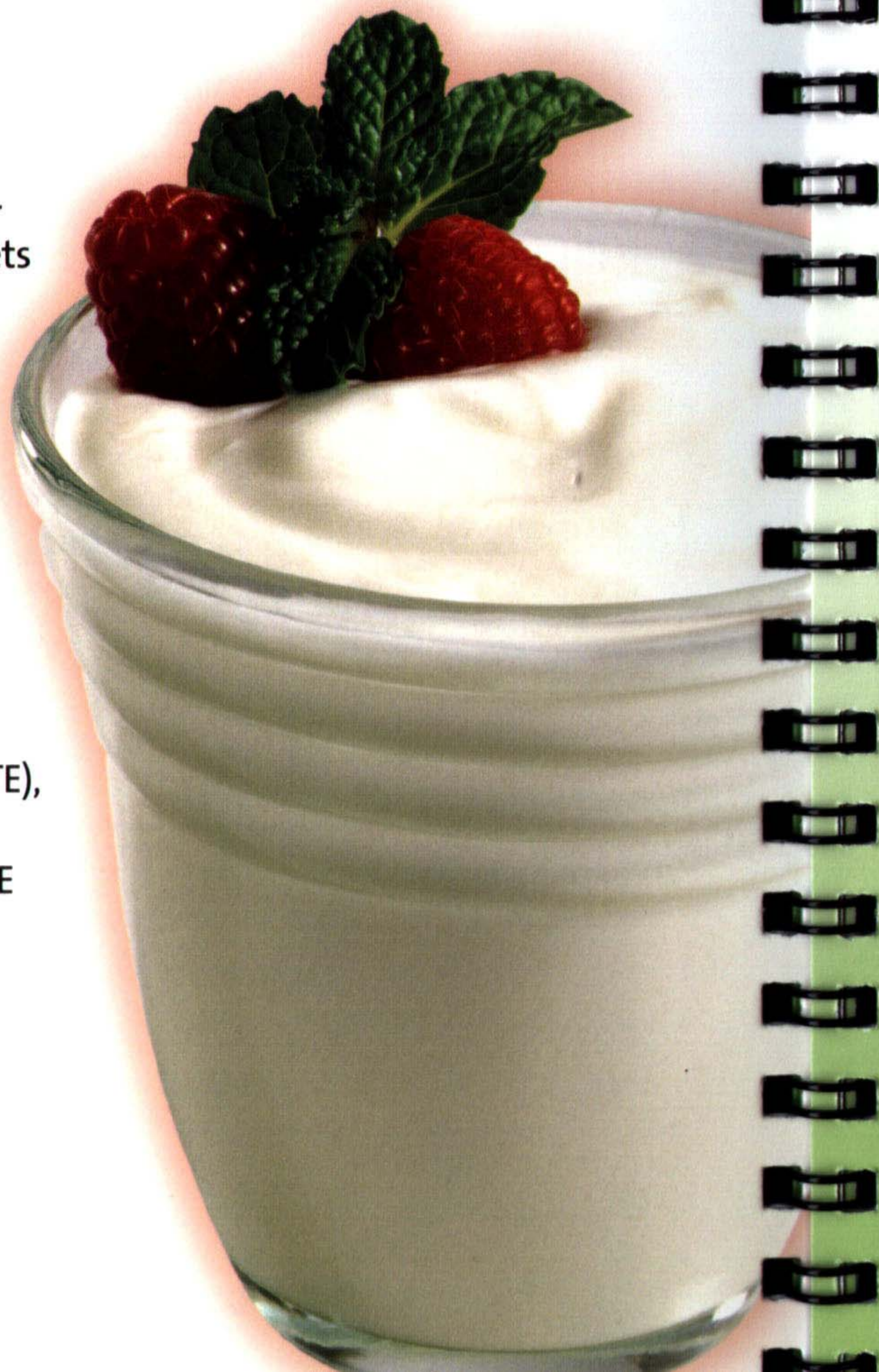
- 4 oz MEAT (or MEAT SUBSTITUTE), grilled without oil
- 2 cups LEAFY GREEN VEGETABLE (steamed)
- 2 oz mustard
- One serving FRUIT ONE*

LATE SNACK

Approximately 0 calories.

- One cup herb tea

*Add quantities if necessary.



PLAN 2

High-Protein EXPRESS

In Plan 2, you consume mostly protein and restrict carbohydrates to a minimum, similar to what bodybuilders do in order to prepare for competitions. Keep in mind that we don't recommend a diet this high in protein for long-term health. In the short-term, however, Plan 2 will force your body to use its stored body fat for fuel and also ramp up your metabolism.

FOOD SUGGESTIONS ARE LISTED IN APPENDIX 2.

RECOMMENDATIONS ARE LISTED IN THE TABLE UNDER "FRUIT ONE," "FAT ONE," AND SO ON.

PLAN 2 SCHEDULE:

WAKE-UP WATER

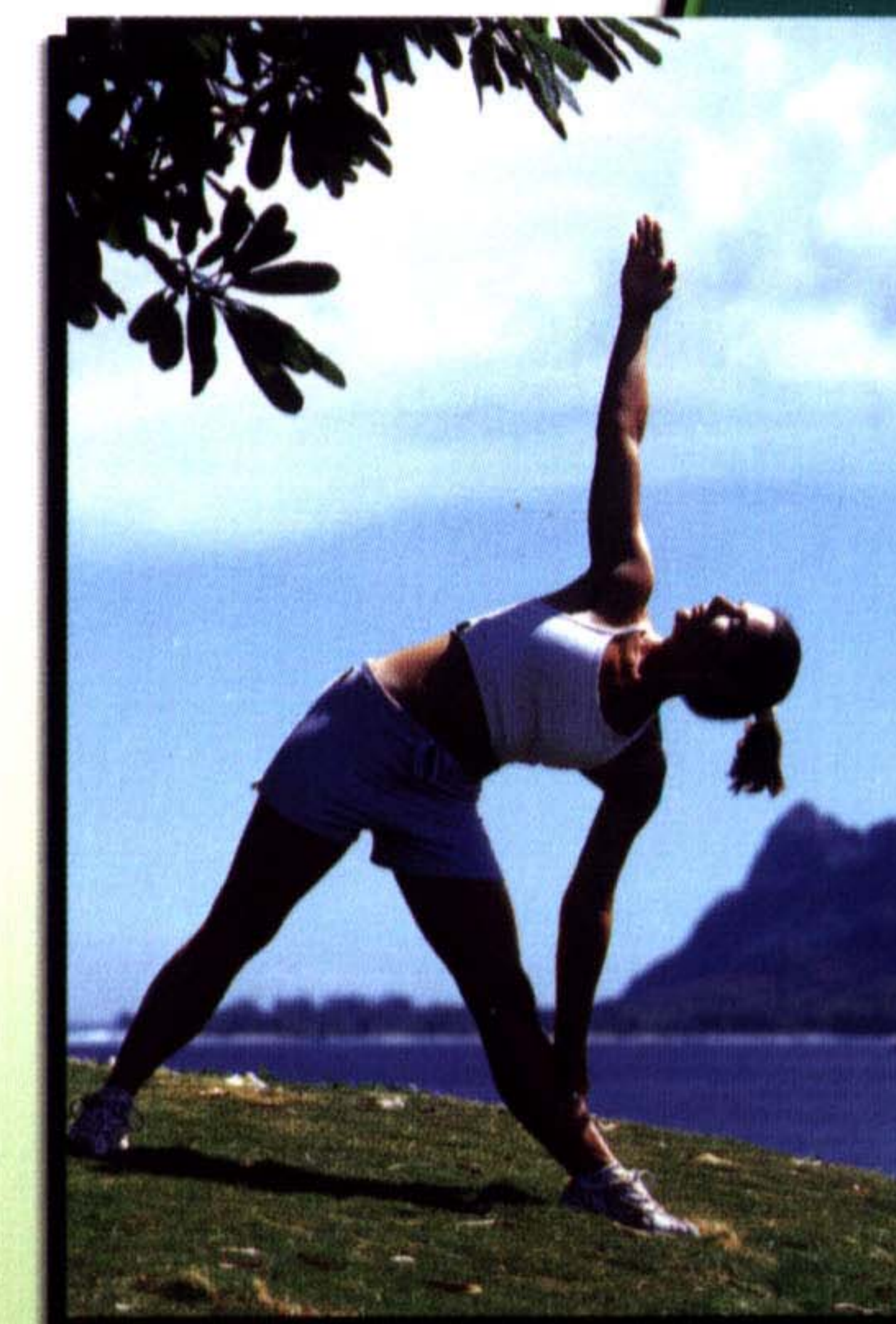
Have an 8-12 oz glass of plain water to hydrate you when you wake up and before you begin your AM workout.

AM WORKOUT (CARDIO)

1. Follow 20-60 minutes of easy to moderate intensity cardio before breakfast. If you are using Slim in 6, the cardio section of either the *Start It Up!* or *Ramp It Up!* routines are perfect. (In your morning workout, you will want to skip the resistance work/exercise band section, which starts 20 minutes into *Ramp It Up!*, for instance.)
2. Have breakfast within one hour of finishing your workout.

PRE-BREAKFAST WATER & SUPPLEMENTS

- At least one 8 oz glass of water with 2 Slimming Formula tablets after you complete your AM workout, anytime prior to breakfast



PLAN 2

Diet Plan 2:

Daily Calorie Count: Approximately 1,200 (80 grams carbohydrates, 133 grams protein, 40 grams fat).

BREAKFAST

Eat breakfast within one hour of finishing your AM workout. Approximately 325 calories (32 grams carbohydrates, 24 grams protein, 10 grams fat).

▲ OPTION 1

- Smoothie, with 1-scoop Beachbody Whey Protein,* one serving FRUIT ONE,* 1 tablespoon FAT ONE, in either 4 oz of water or 4 oz of soy or skim milk.* Mix in blender with a scoop of ice.

▲ OPTION 2

- 4 oz MEAT (or MEAT SUBSTITUTE) grilled without oil*
- One serving FRUIT ONE*
- 1 tablespoon FAT ONE*
- 4 oz soy or skim milk*

PRE-SNACK WATER

- At least one 8 oz glass of water with (optional) lime or lemon added

AM SNACK

Eat AM snack 1-2 hours after breakfast. Approximately 175 calories (12 grams carbohydrates, 22 grams protein, 3.5 grams fat).

▲ OPTION 1

- Small protein shake with 1-scoop Beachbody Whey Protein (or equivalent) in 4 oz soy or skim milk*

▲ OPTION 2

- 4 oz MEAT (or MEAT SUBSTITUTE) grilled without oil*
- 4 oz soy or skim milk

PRE-LUNCH WATER & SUPPLEMENTS

- At least one 8 oz glass of water with 2 Slimming Formula tablets and 1 Activit tablet anytime before lunch



LUNCH

Eat lunch 1-2 hours after AM snack. Approximately 270 calories (14 grams carbohydrates, 23 grams protein, 16 grams fat).

■ Salad

- One cup SALAD with 1/4 cup SALAD INGREDIENT ONE* and one cup SALAD INGREDIENT TWO* with 1 tablespoon balsamic vinaigrette (or equivalent dressing – no ranch, blue cheese, etc.)

- 4 oz MEAT (or MEAT SUBSTITUTE) grilled without oil*

POST-LUNCH WATER

- At least one 8 oz glass of water anytime after lunch

PM WORKOUT

Cardio plus strength training. Do a 30–60 minute workout preferably with both cardio and resistance work (weight training) at high intensity.

SLIM IN 6 OPTION:

Either Ramp It Up! or Burn It Up!

Note: Do the PM workout 2-3 hours after you've eaten, and if you have another meal left in the day, eat again within one hour of finishing the PM workout. If you do this workout before bed, then make sure you have a glass of water after finishing. Without enough water, you risk getting dehydrated while sleeping, which is when you are recovering and getting stronger. Your evening cup of tea before bed may aid your ability to get to sleep easily post workout.

PRE-SNACK WATER

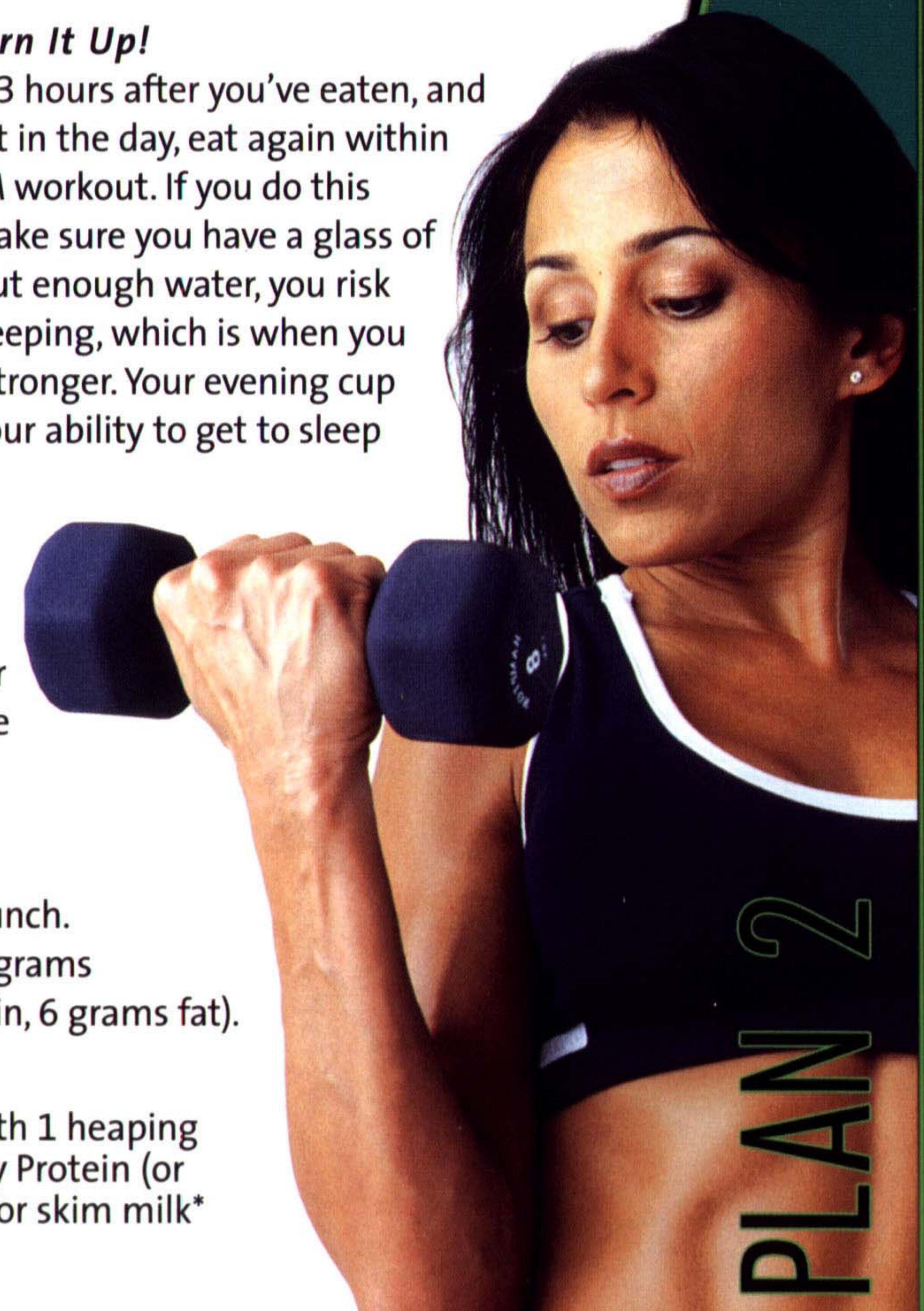
- At least one 8 oz glass of water with (optional) lime or lemon added anytime before PM snack

PM SNACK

Eat PM snack 1-2 hours after lunch. Approximately 200 calories (6 grams carbohydrates, 26 grams protein, 6 grams fat).

▲ OPTION 1

- Small protein shake with 1 heaping scoop Beachbody Whey Protein (or equivalent) in 5 oz soy or skim milk*





- ▲ **OPTION 2**
 - 5 oz MEAT (or MEAT SUBSTITUTE) grilled without oil*
 - 5 oz soy or skim milk
- ▲ **OPTION 3**
 - 1/2 cup almonds, peanuts, walnuts, pumpkin, sunflower or sesame seeds (raw)

PRE-DINNER WATER

- At least one 8 oz glass of water with 2 Slimming Formula tablets and 1 Activit tablet anytime before dinner

DINNER

Eat dinner 1-2 hours after your PM snack, or earlier, so you are done eating for the day within 3 hours of going to sleep! Approximately 230 calories (14 grams carbohydrates, 23 grams protein, 9 grams fat).

- 4 oz MEAT (or MEAT SUBSTITUTE) grilled without oil*
- 2 cups LEAFY GREEN VEGETABLE (steamed)*
- 2 oz mustard

LATE SNACK

Approximately 0 calories.

- One cup herb tea

*Add quantities if necessary.

PLAN 3

FIT-FOR-A-MINUTE...
aka The Photo Shoot Plan

This is the most extreme plan, which is similar to what bodybuilders and others that want to “look” their best on a very specific day will go through when getting ready for a competition or photo shoot. This plan is very restrictive and difficult to follow. It does not maximize your body’s

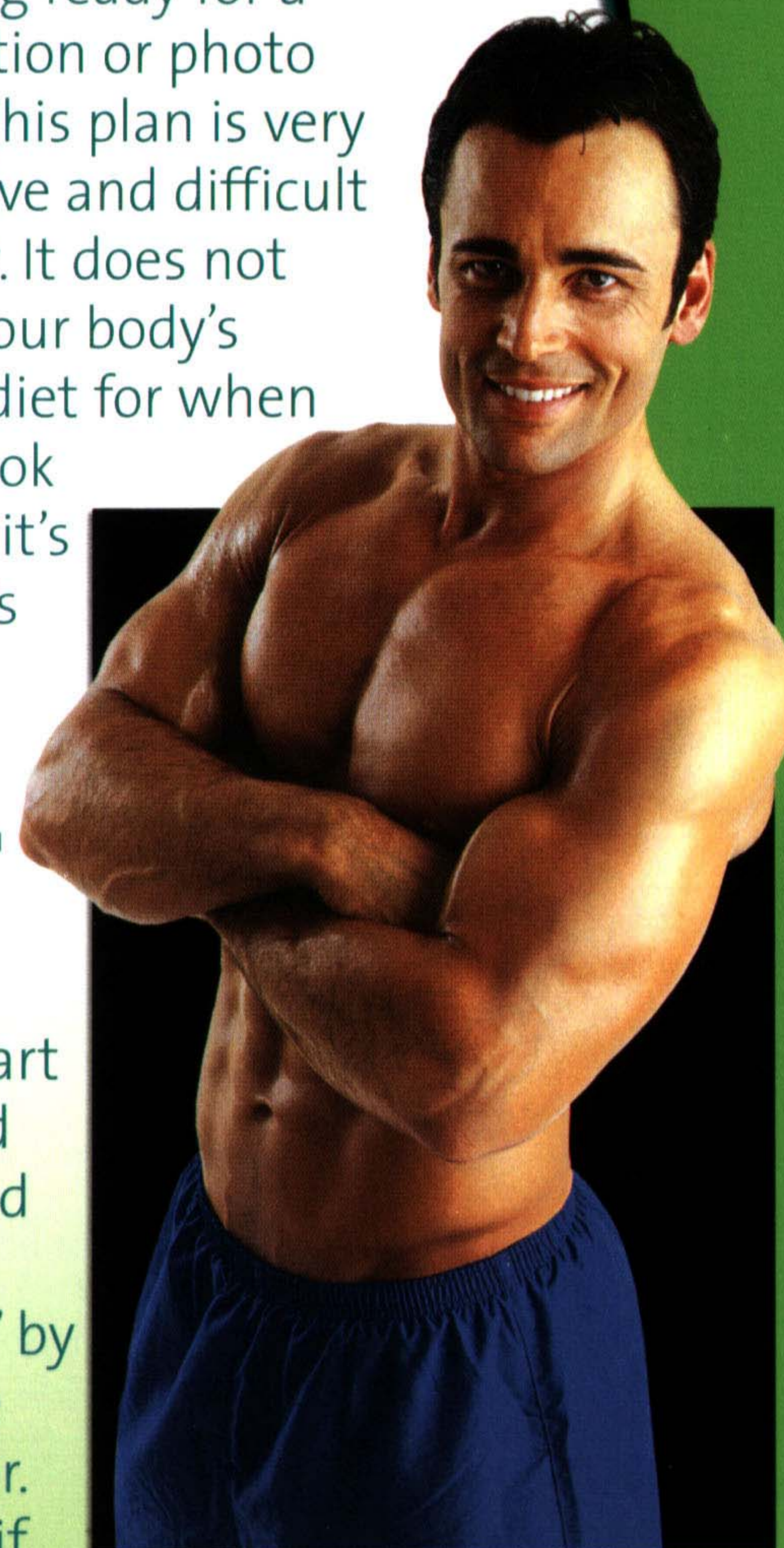
ability to perform. It is an extreme diet for when you absolutely, positively, have to look “shredded.” But please understand, it’s not healthy. It’s not good for you. It’s not something to do often.

Warning: Do not attempt this plan unless you are in very good health. Under no circumstances should you undertake this if you have high blood pressure or a heart ailment of any kind!

The plan is two-tiered. First you start with a 3-day cleanse in order to rid your body of unwanted, undigested food and toxins. Next are 3 days designed to “wring-out your body” by eating only protein, with very little fat, carbs, and even very little water. Like we said – it’s not healthy, but if you need that one shredded, ripped day, this is what the pros do.

FOOD SUGGESTIONS ARE LISTED IN APPENDIX 2.

RECOMMENDATIONS ARE LISTED IN THE TABLE UNDER “FRUIT ONE,” “FAT ONE,” AND SO ON.



PLAN 3

Part 1 – The Cleanse (FIRST 3 DAYS)

A slightly modified veggie fast, where you'll mainly be eating raw foods: plants and grains, in order to cleanse your system. Extra water is fine for these three days. Exercise may be a struggle, so back off if you need to.

WAKE-UP WATER

Have one 8-12 oz glass of plain water to hydrate you when you wake up and before you begin your AM workout.

AM WORKOUT (OPTIONAL IN PLAN 3)

1. If you want to exercise, do 20-30 minutes of low-intensity yoga, cardio, or stretching. Make sure to warm-up thoroughly before doing any difficult movements.
2. Have breakfast within one hour of finishing your workout.

PRE-BREAKFAST WATER & SUPPLEMENTS

- At least one 8 oz glass of water after you complete your AM workout, anytime prior to breakfast

Diet Plan 3, Part One:

BREAKFAST

Eat breakfast within one hour of waking up or exercising.

▲ OPTION 1

- Protein Shake with 1-scoop Beachbody Whey Protein in 4 oz water*

▲ OPTION 2

- 1/2 cup fruit juice (no sugar added and freshly squeezed if possible) or 1/2 cup vegetable juice (fresh if possible – low sodium if purchased)

PRE-SNACK WATER

At least one 8 oz glass of water with (optional) lime or lemon added.

AM SNACK

Eat AM snack 1-2 hours after breakfast.

▲ OPTION 1

- 1-scoop Beachbody Meal Replacement in 8 oz water*

▲ OPTION 2

- 1/2 cup fruit juice (no sugar added and



freshly squeezed if possible) or 1/2 cup vegetable juice (fresh if possible – low sodium if purchased)

PRE-LUNCH WATER & SUPPLEMENTS

- At least one 8 oz glass of water and 1 Activit tablet anytime before lunch

LUNCH

Eat lunch 1-2 hours after AM snack.

- Salad
 - One cup SALAD,* one cup SALAD INGREDIENT ONE* and one cup SALAD INGREDIENT TWO* with spices and balsamic vinegar
 - 1 tablespoon raw seeds or nuts
- One cup wild rice (cooked, no additives) or one cup cooked oatmeal*

POST-LUNCH WATER

- At least one 8 oz glass of water anytime after lunch

PM WORKOUT

At moderate intensity, do a 20–60 minute workout that has both cardio and resistance work. Start 2-3 hours after your most recent meal and eat again within one hour of finishing.

SLIM IN 6 OPTION:

Start It Up!, Ramp It Up! or Keep It Up!

PRE-SNACK WATER

- At least one 8 oz glass of water with (optional) lime or lemon added anytime before PM snack

PM SNACK

- One cup SALAD INGREDIENT ONE or SALAD INGREDIENT TWO, raw*
- 1 tablespoon raw seeds or nuts
- 1/2 cup fruit juice (no sugar added and freshly squeezed if possible) or 1/2 cup vegetable juice (fresh if possible – low sodium if purchased)

PRE-DINNER WATER

- At least one 8 oz glass of water and 1 Activit tablet anytime before dinner



DINNER

Eat dinner 1-2 hours after your PM snack, or earlier, so you are done eating for the day within 3 hours of going to sleep!

- 2 cups LEAFY GREEN VEGETABLES (steamed)*
- 1/2 cup wild/brown rice or oatmeal (cooked)

LATE PM SNACK

- 1 cup herb tea
- One 8 oz glass of water
- Suck on ice
- Breathe in steam for ten minutes
- Suck on sponge (if you don't think this is a joke, you'd better make it a very clean sponge!)

Part II – GET RIPPED!

High protein and low everything else, INCLUDING WATER, will shed unsightly fat and wring the water out of your system in order to show more definition. Definitely should not be pushed outside of 3 days as your body cannot live long on this diet. We doubt you'll want to. After 3 days, that damp sponge will no doubt seem appealing. On this diet, YOU MAY NOT EAT OR DRINK ANYTHING ELSE, INCLUDING WATER, except 2 cups per day of coffee or tea (as they are diuretics—but no additives)! However, based on your size, you may vary the portion size.

You must purchase a POTASSIUM supplement, which can be found at any market and should only cost a few dollars. Potassium supplementation will ensure that your electrolyte balance doesn't get too far out-of-whack and will also help you shed excess sodium from your system that can make you look bloated. Do not add any salt to your food during this time.

During your last 24 hours, do not drink any water. If you are parched, just have enough to moisten your mouth. Sucking on ice (seriously) can help you if you're feeling very thirsty.

Also, try and keep your veggie intake to those with lower water contents.

HERE IS A LIST OF RECOMMENDED VEGGIES:

GREEN BEANS	BRUSSEL SPROUTS
BROCCOLI	CAULIFLOWER
PEAS	

AND HERE ARE A FEW TO AVOID (UNLESS YOU WANT TO CHEAT):

SQUASH	SPINACH
TOMATOES	ZUCCHINI
BOK CHOY	LETTUCE (ALL TYPES)

Feel like this is crazy? Here are some inspiring words from someone who's gone through it many times, bodybuilder Patricia Beyeler:

"By now, you can't add muscle if you are not already there, but you can make sure your sodium level is extremely low and your potassium is higher at this time. Only potassium pills can help (no bananas). Eat protein only in the form of lean meat, egg whites, and protein shakes with water only, no protein bars. Tanning is great the night before (I do this even with my nice brown skin – LOL!). Tanning sucks out the excess water somewhat like a diuretic would. Eat only a palm-sized portion of brown rice prior to the shoot, and only if you are going to show various routines or exercises so you need more energy. No water over the last 24 hours, just enough to wet your whistle. Sorry, but this is extreme."

WAKE-UP WATER

Have a glass of water when you wake up. Remember, though, none on the last day, but you can rinse out your mouth after brushing your teeth.

AM WORKOUT

Optional in Plan 3.

- You can't add much at this stage of the game. If you want to do something to feel good, make it low intensity.

Diet Plan 3, Part Two:

BREAKFAST

Eat breakfast within one hour of waking up or exercising.

▲ OPTION 1

- Protein Shake with 1-scoop Beachbody Whey Protein, in 4 oz water* with 200 mg of potassium

▲ OPTION 2

- 6 egg whites with herbs (absolutely no salt added)*

AM SNACK

Eat AM snack 1-2 hours after breakfast.

▲ OPTION 1

- Protein Shake with 1-scoop Beachbody Whey Protein, in 4 oz water*

▲ OPTION 2

- 6 egg whites with herbs (absolutely no salt added)*



AM WATER

At least one 8 oz glass of water anytime before lunch with 200 mg potassium. On the last day, drink only enough to get the pills down.

LUNCH:

Eat lunch 1-2 hours after AM snack.

- 4-8 oz MEAT ONE (or MEAT SUBSTITUTE) grilled without oil
- 1 cup LEAFY GREEN VEGETABLE
- WORKOUT OPTION. If you are doing a hard afternoon workout, add one cup wild rice (cooked, no additives) or one cup cooked oatmeal*

PM WORKOUT

At moderate intensity, 20-60 minute workout that has both cardio and resistance work. Start 2-3 hours after your most recent meal and eat again within one hour of finishing.

SLIM IN 6 OPTION:

Start It Up!, Ramp It Up! or Keep It Up!

PRE-SNACK WATER

- At least one 8 oz glass of water anytime after lunch with 200 mg potassium. On the last day, drink only enough to get the pills down.

PM SNACK

Skip during last 24 hours.

- 4 oz MEAT ONE (or MEAT SUBSTITUTE) grilled without oil
- 1 cup LEAFY GREEN VEGETABLE

PRE-DINNER WATER

- At least one 8 oz glass of water anytime after lunch with 200 mg potassium. On the last day, drink only enough to get the pills down.



DINNER

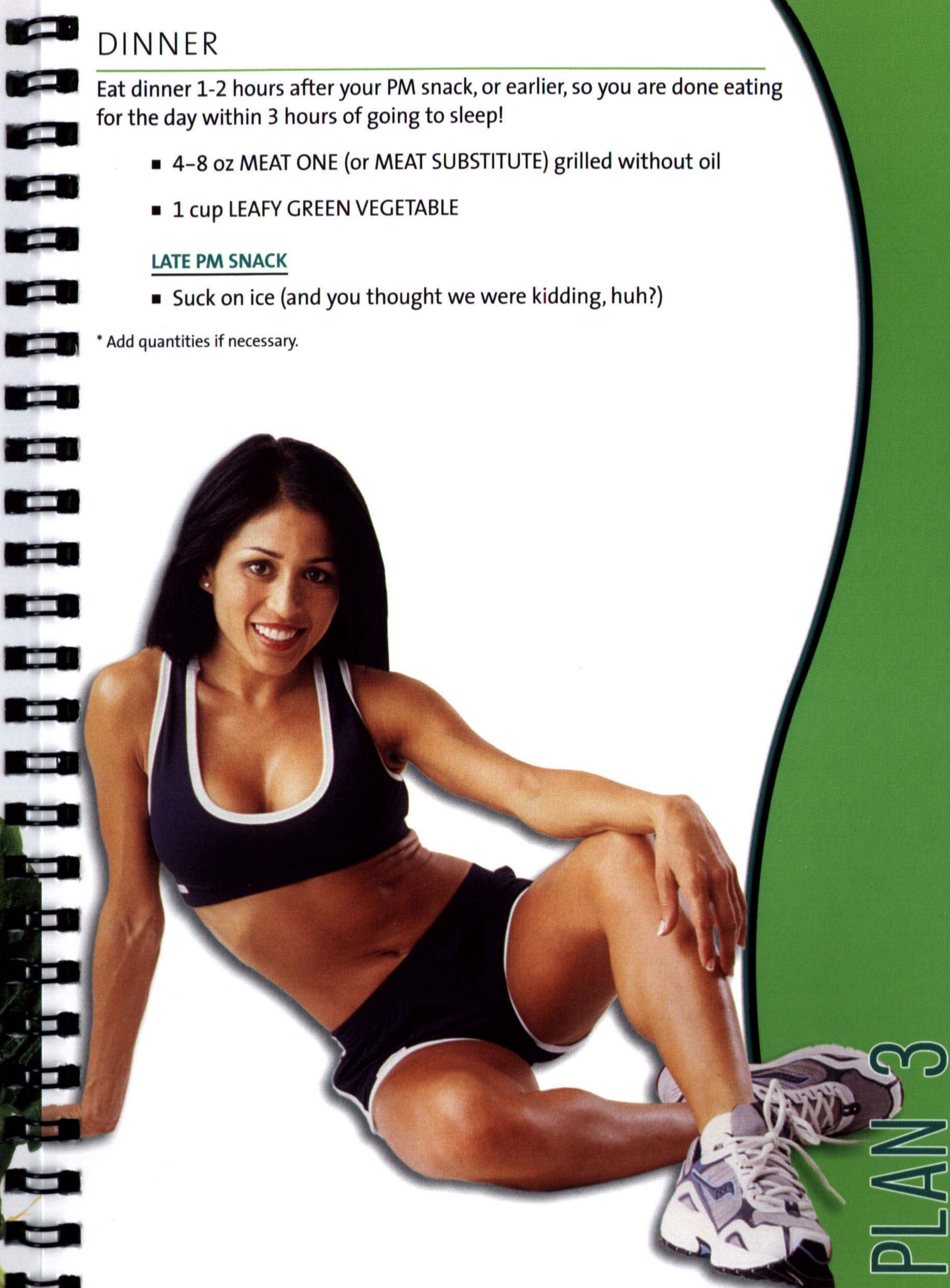
Eat dinner 1-2 hours after your PM snack, or earlier, so you are done eating for the day within 3 hours of going to sleep!

- 4-8 oz MEAT ONE (or MEAT SUBSTITUTE) grilled without oil
- 1 cup LEAFY GREEN VEGETABLE

LATE PM SNACK

- Suck on ice (and you thought we were kidding, huh?)

* Add quantities if necessary.



6-DAY EXPRESS NOTES

WATER – There are water guidelines in the plans, but you are able to add water as necessary (except during the Get Ripped phase of Plan 3). Some carbonated water is okay, but make most of your water flat as a steady diet of carbonated water will upset your body's phosphorus levels. Do not drink less water than what is advised.

COFFEE AND TEA – These beverages have no calories unless you add things to them. So you can drink them, but only without the added calories. Keep in mind that both promote some amount of dehydration, so extra water should be consumed throughout the day if you drink coffee or tea (except during the Get Ripped phase of Plan 3). Also note on Plan 3 you'll find that caffeine has a heightened effect due to the types of foods you are eating (or lack there of). You should consider cutting your caffeine way down, if not out, while doing Plan 3, or at least switching to green tea.

SPORTS DRINKS AND JUICES – These are not allowed and will interfere with your results. They certainly have a place in a sound long-term nutrition and fitness program, but are superfluous calories during the 6-Day Express Plan and should be avoided.

ALCOHOL – Stock up, 'cause you're gonna need it—wait a sec—you can't have any at all.

SOFT DRINKS – C'mon, whataya a comedian? Nice try. Even diet soft drinks are off, as they contain zero food value and are loaded with controversial ingredients.

FRUIT JUICE – Should be 1/2 cup fruit juice (no sugar added and freshly squeezed if possible) diluted with 1/2 cup of water.

VEGETABLE JUICE – 1 cup fresh if possible (low sodium if purchased).

GRAINS – Grains can be soothing on the digestive system and are sometimes used during fasts.

FLAX AND HEMP SEED – Each plan is going to require a trip to the market. Two items you may not be used to are flax and hemp seed. Flax seed provides your body with essential fatty acids and raw seeds (as opposed to flax seed oil), are a great source of fiber as well. You can eat the seeds whole, but most people prefer to grind them up and add them to a shake. Either way is fine. You can grind your flax seeds in a standard coffee grinder or sprinkle them on your salad. Certain stores now sell ground flax seed as well. Using flax, fish, or any omega-3 oil is an appropriate (and easier) substitute, whether in capsule or liquid form. Keep in mind you'll be missing out on some fiber. You can replace this with a spoonful of psyllium husk if you choose.

PROTEIN POWDER AND MEAL REPLACEMENT SHAKES – We also recommend Beachbody Whey Protein and Beachbody Meal Replacement Shakes, but you don't have to use our products. There are many products on the market, so feel free to substitute whatever is convenient. We just happen to know the content and quality of our products, which is why we recommend them with the 6-Day Express Plan.

6-DAY EXPRESS NOTES

POTASSIUM – In supplement form, potassium is only needed for the last 3 days of Plan 3. Potassium, a mineral, assists in muscle contraction and in maintaining fluid and electrolyte balance in body cells. Potassium is important in sending nerve impulses as well as releasing energy from protein, fat, and carbohydrates during metabolism. During the Get Ripped phase of Plan 3, you have an increased need for potassium because you are forcing your body to excrete excess water. Potassium is necessary for water balance and is found inside every cell in your body. The potassium inside the cells balances the sodium outside the cells to maintain pressure and water balance in the body. A higher sodium intake increases fluid retention outside your cells. Increasing your potassium intake will cause that extra sodium to be excreted.

CAN I DO IT LONGER THAN 6 DAYS? – We do not recommend using the 6-Day Express Plan longer than 6 days. For one, it could be dangerous and, two, you run the risk of slowing your metabolism because you're under-eating, which could reverse your results. You can, however, keep eating in this fashion by adding more calories from similar types of foods.

CAN I DO FAST START? – The Fast Start option is suggested to kick off Plans 1 & 2, but not Plan 3, since Plan 3 is a cleansing diet and similar to a fast anyway. For cleansing purposes, it is possible to add **FAST START** to the end of Plan's 1 & 2 as well. We highly recommend that you stop (or at least reduce) exercising if you do **FAST START**, as well as schedule this fast over two days when you don't have much to do, since you won't have much energy. [For more information on **FAST START**, see the pamphlet that came with Slim in 6 or check it out online at Beachbody.com.]

Keep in mind this 6-Day Express Plan was designed to allow for maximum weight loss in a short period of time. Deviating from any of the suggestions provided will more than likely have a negative effect on your results.

We never said it was going to be a cake walk (sorry, probably wrong choice of words). But we do say that you will rapidly accelerate the weight-loss process if you stick to one of these 6-day plans. Chances are you're here because you need to lose weight fast, and you want to do it in the healthiest possible way. With that in mind, take comfort in knowing that our fitness and diet experts have spent countless hours creating safe and effective plans that **WILL GET THE FAST RESULTS YOU NEED.**

FOOD LIST

FRUIT ONE:

Banana, 1/2	Strawberries, sliced, one cup
Raspberries, one cup	Blackberries, 3/4 cup
Blueberries, 3/4 cup	Boysenberries, one cup

FRUIT TWO:

Apple, one medium	Orange, one medium
Pear, one medium	Kiwi, one medium
Nectarine, one medium	Peach, one medium
Grapes, one cup	Pineapple, one cup
Melon, one cup	Grapefruit, 1/2 large
Tangerines, 2 small	Mango, 1/2 small
Papaya, 1/2 small	Plums, 2 small

SALAD:

Spinach	Lettuce (any except iceberg)
Endive	

SALAD INGREDIENT ONE:

Chopped Green Onions	Cucumber
Celery	Parsley
Arugula	

SALAD INGREDIENT TWO:

Bell Pepper	Mushrooms
Broccoli	Cauliflower
Green String Beans	Carrot
Radish	

LEAFY GREEN VEGETABLE:

Collard	Cabbage
Bok Choy	Brussel Sprouts
Kale	Asparagus
Chard	



FOOD LIST

GRAIN

Cereal (less than 7 grams of sugar per serving), 3/4 cup
 Cooked Oatmeal, 1/2 cup
 Whole Grain Bread (no enriched flour), 1 slice
 Flourless Bread, 1 slice

MEAT ONE:

Chicken Breast (skinless)	Lean Steak
Fish	Lean Lamb
Turkey	Pork Tenderloin

MEAT SUBSTITUTE:

Tofu	Tempeh
Seitan	Cottage Cheese (non-fat), 1/2 cup
Soy Cheese, 3 slices	Egg Whites, 6
Egg Substitute (plain), 3/4 cup	Hummus, 1/4 cup
Plain Yogurt (non fat), 1 cup	Soy Yogurt, 1 cup
Beans/Lentils/Soybeans (cooked), 3/4 cup	
Soy Burger (less than 5 grams of fat per serving)	

FAT ONE:

Ground Flax Seed (recommended), 1 tablespoon
 Flax Seed Oil (capsule okay), 1 tablespoon
 Fish Oil (capsule okay)
 Any Omega-3 Supplement
 Olive or Canola Oil, 1 tablespoon
 Safflower, Borage, Flax, Evening Primrose, Sunflower,
 and Hemp Oils, 1 tablespoon

FAT TWO:

Olives, (16)
 Avocado, 1/4
 Peanut or Almond Butter, 1 tablespoon
 Almonds, Peanuts, or Walnuts, 2 tablespoons (1/8 cup, raw)
 Sunflower, Sesame, or Pumpkin seeds, 2 tablespoons (1/8 cup, raw)

JOURNAL DAY 1:

Goals/Resolutions for the next 6 days:

DIET PLAN NUMBER:

Wake-Up Water:

AM Workout (Cardio):

Pre-Breakfast Water & Supplements:

Breakfast:

Pre-Snack Water:

AM Snack:

Pre-Lunch Water & Supplements:

Lunch:

Post-Lunch Water:

PM Workout (Cardio plus Strength Training):

Pre-Snack Water:

PM Snack:

Pre-Dinner Water:

Dinner:

Late Snack:

Comments:

JOURNAL DAY 2:

Goals/Resolutions for the day:

Wake-Up Water:

AM Workout (Cardio):

Pre-Breakfast Water & Supplements:

Breakfast:

Pre-Snack Water:

AM Snack:

Pre-Lunch Water & Supplements:

Lunch:

Post-Lunch Water:

PM Workout (Cardio plus Strength Training):

Pre-Snack Water:

PM Snack:

Pre-Dinner Water:

Dinner:

Late Snack:

Comments:

JOURNAL DAY 3:

Goals/Resolutions for the day:

Wake-Up Water:

AM Workout (Cardio):

Pre-Breakfast Water & Supplements:

Breakfast:

Pre-Snack Water:

AM Snack:

Pre-Lunch Water & Supplements:

Lunch:

Post-Lunch Water:

PM Workout (Cardio plus Strength Training):

Pre-Snack Water:

PM Snack:

Pre-Dinner Water:

Dinner:

Late Snack:

Comments:

JOURNAL DAY 4:

Goals/Resolutions for the day:

Wake-Up Water:

AM Workout (Cardio):

Pre-Breakfast Water & Supplements:

Breakfast:

Pre-Snack Water:

AM Snack:

Pre-Lunch Water & Supplements:

Lunch:

Post-Lunch Water:

PM Workout (Cardio plus Strength Training):

Pre-Snack Water:

PM Snack:

Pre-Dinner Water:

Dinner:

Late Snack:

Comments:

JOURNAL DAY 5:

Goals/Resolutions for the day:

Wake-Up Water:

AM Workout (Cardio):

Pre-Breakfast Water & Supplements:

Breakfast:

Pre-Snack Water:

AM Snack:

Pre-Lunch Water & Supplements:

Lunch:

Post-Lunch Water:

PM Workout (Cardio plus Strength Training):

Pre-Snack Water:

PM Snack:

Pre-Dinner Water:

Dinner:

Late Snack:

Comments:

JOURNAL DAY 6:

Goals/Resolutions for the day:

Wake-Up Water:

AM Workout (Cardio):

Pre-Breakfast Water & Supplements:

Breakfast:

Pre-Snack Water:

AM Snack:

Pre-Lunch Water & Supplements:

Lunch:

Post-Lunch Water:

PM Workout (Cardio plus Strength Training):

Pre-Snack Water:

PM Snack:

Pre-Dinner Water:

Dinner:

Late Snack:

Comments:

BEFORE AND AFTER STATS

BEFORE

AFTER

DATE: _____

DATE: _____

WEIGHT: _____

WEIGHT: _____

CHEST: _____"

CHEST: _____"

WAIST: _____"

WAIST: _____"

HIPS: _____"

HIPS: _____"

RIGHT MID-THIGH: _____"

RIGHT MID-THIGH: _____"

LEFT MID-THIGH: _____"

LEFT MID-THIGH: _____"

RIGHT UPPER ARM: _____"
(FLEXED, MEASURED AT THE PEAK OF THE BICEP)

RIGHT UPPER ARM: _____"

LEFT UPPER ARM: _____"
(FLEXED, MEASURED AT THE PEAK OF THE BICEP)

LEFT UPPER ARM: _____"

*Decide.
Commit.
Succeed.*

– Beachbody

Once you've accomplished your rapid weight loss goal, you can progress with a fitness program tailored to your specific needs.

At Beachbody.com, you'll find the very best health and fitness products to build upon your slimming success. From those just getting started to those seeking something more extreme, there's an exciting fitness choice for everyone.