

tai CHENG™



JUST EAT THIS



WARNING: Consult your physician or healthcare professional and follow all enclosed safety and other instructions before beginning this or any exercise program, starting this or any nutrition plan, or using any supplement or meal replacement product—particularly if pregnant, breast feeding, providing to a child, or if you have any other unique or special needs or restrictions.

© 2012 Beachbody, LLC. All rights reserved. Distributed by Beachbody, LLC, Santa Monica, CA 90404. Beachbody, LLC, is the owner of the Tai Cheng, Shakeology, Beachbody, and Team Beachbody trademarks, and all related designs, trademarks, copyrights, and other intellectual property. If you are a member of the Team Beachbody® community, contact your Coach for information and support or log in at TeamBeachbody.com. For Beachbody® and Team Beachbody Customer Service, please go to Beachbody.com.

TCWS1103

JUST EAT THIS

This companion to the Feel Better Food Plan gives you a simple week-long strategy, full of guilt-free, delicious foods for every meal. The daily calorie breakdowns for this plan are also consistent with the Feel Better Food Plan, with a bit more at lunch.

For general Tai Cheng diet guidelines, go to page 3 of the Feel Better Food Plan.

You'll be consuming approximately 1,500 calories a day for 1 week to help jump-start fat burning. Consult the Feel Better Food Plan to see if you should increase calories.

Both menu plans include tempting recipes for three meals and two snacks a day. Use salt and pepper according to taste, but avoid excessive sodium for optimum nutritional health. Substituting citrus for salt gives most people the same flavor satisfaction, as it stimulates similar taste receptors on the tongue. Try it; you'll be pleasantly surprised.

For days 4, 5, 6, and 7, mix and match your favorite meals from these menus. You can also substitute your favorite veggies and proteins in these recipes to create meals customized to your liking. For a complete list of healthy alternative ingredients, see Michi's Ladder in the Feel Better Food Plan.

BREAKFAST
150–200
calories

LUNCH
500
calories

DINNER
500
calories



SNACKS
300
calories

TOTAL
1,500
calories a day



DAY 1

MENU PLAN

BREAKFAST	SNACKS	LUNCH	DINNER
<p>SHAKEOLOGY®</p> <ul style="list-style-type: none"> 1 scoop Shakeology 1 cup water Ice (to taste) <p>140–150 calories 0 g fat 0 g saturated fat 10 mg cholesterol 95 mg sodium 19 g carbohydrate 3 g fiber 11 g sugar 15 g protein</p> 	<p>AM SNACK</p> <ul style="list-style-type: none"> 1/2 cup nonfat plain yogurt 1/2 cup sliced strawberries or blueberries 1 Tbsp. chopped walnuts <p>150 calories 5 g fat 0 g saturated fat 5 mg cholesterol 110 mg sodium 17 g carbohydrate 2 g fiber 14 g sugar 10 g protein</p>	<p>SALMON SAUTÉ</p> <ul style="list-style-type: none"> 1 Tbsp. vegetable oil 4 oz. wild-caught Alaskan salmon 1/2 cup asparagus 1 clove garlic, chopped 2 drops sesame oil 1 tsp. low-sodium soy sauce 1 cup cooked brown rice 1 to 2 Tbsp. scallions, sliced <p>TO PREPARE: Place a large pan over medium-high heat and preheat vegetable oil; sauté salmon, asparagus, and garlic. When almost done, add sesame oil, soy sauce, and scallions. Serve over rice.</p> <p>540 calories 24 g fat 4 g saturated fat 50 mg cholesterol 200 mg sodium 50 g carbohydrate 5 g fiber 2 g sugar 32 g protein</p>	<p>PASTA SALAD</p> <ul style="list-style-type: none"> 1-1/2 cup cooked whole wheat penne 2 oz. feta cheese, cubed 1/4 cup broccoli 1/4 cup cherry tomatoes 1/4 cup hearts of palm 2 Tbsp. low-fat balsamic dressing <p>TO PREPARE: Combine all ingredients in a medium bowl. Enjoy warm or cold.</p> <p>480 calories 17 g fat 9 g saturated fat 50 mg cholesterol 1,120 mg sodium 65 g carbohydrate 8 g fiber 7 g sugar 21 g protein</p> 
	<p>PM SNACK</p> <ul style="list-style-type: none"> 2 oz. sliced lean turkey or chicken (low sodium) with mustard 1 pear <p>150 calories 1 g fat 0.5 g saturated fat 20 mg cholesterol 360 mg sodium 28 g carbohydrate 6 g fiber 17 g sugar 12 g protein</p>		

DAY 2

MENU PLAN

BREAKFAST

SHAKEOLOGY

- 1 scoop Shakeology
- 1 cup water
- Ice *(to taste)*

140–150 calories
 0 g fat
 0 g saturated fat
 10 mg cholesterol
 95 mg sodium
 19 g carbohydrate
 3 g fiber
 11 g sugar
 15 g protein



SNACKS

AM SNACK

- 1 Tbsp. all-natural peanut or cashew butter
- 1 rice cake
- 1/2 cup sliced strawberries

160 calories
 9 g fat
 1 g saturated fat
 0 mg cholesterol
 75 mg sodium
 17 g carbohydrate
 3 g fiber
 5 g sugar
 5 g protein

PM SNACK

- 4 small balls buffalo mozzarella *(about 1 oz.)*
- 8 grape tomatoes *(on skewers, lightly drizzled with olive oil and balsamic vinegar)*

140 calories
 9 g fat
 4.5 g saturated fat
 25 mg cholesterol
 25 mg sodium
 8 g carbohydrate
 2 g fiber
 6 g sugar
 6 g protein

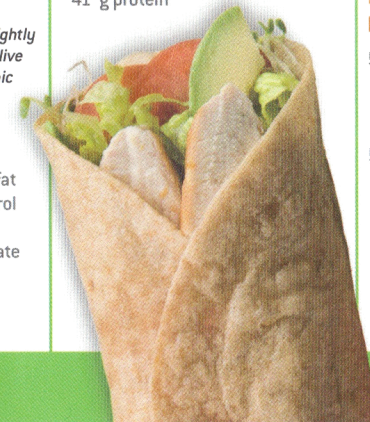
LUNCH

CHICKEN AVOCADO WRAP

- 1 Tbsp. light ranch dressing
- 1 8-inch whole wheat tortilla
- 5 oz. skinless, boneless roasted chicken breast, sliced
- 1/3 avocado, sliced
- 1/4 cup baby greens
- 1/4 cup shredded carrots

TO PREPARE: Spread ranch dressing on tortilla. Add chicken, avocado, greens, and carrots; roll up and enjoy!

160 calories
 20 g fat
 3 g saturated fat
 100 mg cholesterol
 500 mg sodium
 34 g carbohydrate
 8 g fiber
 4 g sugar
 41 g protein



DINNER

LASAGNA

Note: makes 2 servings.



- 1/2 to 1 cup tomato sauce *(low-sodium)*
- 4 oz. no-boil lasagna noodles
- 1 to 1-1/4 cup low-fat shredded mozzarella or low-fat ricotta
- 2 handfuls chopped fresh spinach
- 1/2 cup chopped onion, sautéed in 1 Tbsp. olive oil
- Italian seasoning

TO PREPARE: Preheat oven to 450° F. Spoon some tomato sauce into the bottom of a small baking dish, then place layers of noodles, tofu, spinach, and onions, seasoning every layer. Alternate layers until dish is full. Bake for 30 minutes or until heated through.

500 calories
 18 g fat
 7 g saturated fat
 35 mg cholesterol
 540 mg sodium
 58 g carbohydrate
 5 g fiber
 8 g sugar
 29 g protein

DAY 3

MENU PLAN

BREAKFAST	SNACKS	LUNCH	DINNER
<p>SHAKEOLOGY</p> <p>1 scoop Shakeology</p> <p>1 cup water</p> <p>Ice <i>(to taste)</i></p> <p>140–150 calories 0 g fat 0 g saturated fat 10 mg cholesterol 95 mg sodium 19 g carbohydrate 3 g fiber 11 g sugar 15 g protein</p> 	<p>AM SNACK</p> <p>1 Tbsp. all-natural peanut or cashew butter</p> <p>1 rice cake</p> <p>1/2 cup sliced strawberries</p> <p>160 calories 9 g fat 1 g saturated fat 0 mg cholesterol 75 mg sodium 17 g carbohydrate 3 g fiber 5 g sugar 5 g protein</p> <p>PM SNACK</p> <p>1/4 cup hummus</p> <p>5 baby carrots</p> <p>5 sliced red bell pepper spears</p> <p>2 pieces whole wheat Melba toast <i>(or other whole wheat crackers)</i></p> <p>170 calories 6 g fat 1 g saturated fat 0 mg cholesterol 350 mg sodium 24 g carbohydrate 7 g fiber 5 g sugar 7 g protein</p> 	<p>PITA PIZZA</p> <p>3 Tbsp. tomato sauce or no-sugar-added natural marinara sauce</p> <p>1 6-1/2 inch whole wheat pita</p> <p>5 oz. cooked skinless, boneless chicken breast, sliced</p> <p>1/4 cup thinly sliced onion</p> <p>Minced fresh basil <i>(to taste)</i></p> <p>TO PREPARE: Preheat oven to 450° F. Spread tomato or marinara sauce on pita. Layer chicken, onions, and basil over sauce and pop into oven for 8 to 10 minutes.</p> <p>480 calories 9 g fat 1.5 g saturated fat 120 mg cholesterol 810 mg sodium 49 g carbohydrate 5 g fiber 10 g sugar 51 g protein</p>	<p>SHRIMP KEBABS</p> <p>6 oz. shrimp, peeled and deveined</p> <p>1/4 cup cherry tomatoes</p> <p>1/4 cup halved mushrooms</p> <p>1/4 cup quartered onions, separated</p> <p>2 Tbsp. fat-free Italian dressing</p> <p>1/2 Tbsp. olive oil</p> <p>1 cup cooked couscous</p> <p>Salt and pepper <i>(to taste)</i></p> <p>TO PREPARE: Soak wooden kebab skewers in water to avoid burning. Marinate shrimp, tomatoes, onions, and mushrooms in Italian dressing, salt, and pepper. Preheat grill pan over medium-high heat. Add oil to the grill pan. Skewer ingredients and place kebabs in pan. Turn every 2 minutes until cooked to desired doneness on all sides. Serve kebabs over couscous.</p> <p>470 calories 10 g fat 1.5 g saturated fat 360 mg cholesterol 800 mg sodium 46 g carbohydrate 4 g fiber 3 g sugar 46 g protein</p> 