

# turbo *slim*™

**10-DAY KICK START**



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## 10-DAY KICK START

Get Turbo results with TURBO SLIM, the 10-Day Kick Start plan. It's a great way to jump-start the Turbo Jam™ program and perfect to get you ready for those special occasions when you need a quick slim-down!

**In just 10 days, you can lose up to 10 pounds and 10 inches.** This plan will cleanse your body and change your daily habits, which will enhance your results and have a lifelong effect on your overall wellness.

### WHAT IS IT?

Turbo Slim consists of 10 disciplined days of "clean" eating combined with a daily Turbo Jam workout. This short-term weight loss program will rev up your metabolism to burn big-time fat and calories.

### HOW DOES IT WORK?

For 10 days, you will follow the eating plan laid out in this guide. This means you have to pay very close attention to everything that you eat and drink! At the same time you'll be jamming to some serious cardio workouts. As a result of following this eating plan, you will regulate your blood sugar levels, become properly hydrated, and actually teach your body to appreciate the energizing effects of eating nutritious foods, as opposed to the processed "junk" food that surrounds us.

In just 10 quick days, you will have a whole new outlook on your food, your body, and your life! Plus, you will realize your ability to take control of your body, fitness, and energy levels. (Not to mention that you will see the pounds and inches fall off!)



For the next 10 days all you need to do is follow the menus, have a blast working out with Turbo Jam, and kiss the calories and fat goodbye. Stick with the plan and you absolutely can lose up to 10 pounds and 10 inches in 10 workouts!

The meals are high in protein and low in carbs and they will rev up your metabolism and help you shed some unwanted pounds. This plan will force your body to use stored fat for fuel at the same time as it kicks your metabolism into Turbo mode. Feel free to mix and match the meals to suit your taste.

For exercise, you'll do one Turbo Jam workout per day. If you feel like doing more exercise, you can add another Turbo Jam workout or enjoy a morning walk, hike, jog, swim, or bike ride at a moderate pace. Pace yourself. If you don't have enough energy on a particular day, try either *Ab Jam* or *20 Minute Workout*.

## **IS THIS ENOUGH FOOD FOR ME?**

You should be able to do this 10-Day Kick Start plan exactly as laid out, but you may need to alter it slightly to suit your individual needs (i.e., body composition, size, activity level, etc.).

### **Here is a way to tell if you need to eat more food:**

1. Estimate your body fat percentage. 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). This diet is 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. If you really feel like you need to eat more because your energy is too low, by all means do so. Just eat more of the quality foods we recommend. We recommend adding veggies or protein. Figure that 2 ounces of lean meat, fish, or other protein source is approximately 100 calories. And raw veggies, sans sauce, can be added almost at will. An entire salad bowl filled with veggies only has around 100 calories. Consult your Turbo Results Guidebook for more details.
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.



**Calories to add for individuals with lower body fat:**

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

**WHAT CAN I DRINK?**

**Water** – Drink a minimum of 8–10 glasses (64 oz.) of water per day, double if it's hot outside.

**Coffee and tea** – You can drink these no-calorie beverages, but keep the stuff you add to 'em to a minimum. And, of course, all those Caramel-Vanilla-Choco Buzz Bomb things from your local Starbucks are completely off!

**WHAT CAN'T I DRINK?**

**Sports drinks, alcohol, soft drinks, and juices.** Ouch! I know this may be a toughie, but you've got to hold firm here. While some of these items aren't bad for you, they all have calories (sometimes more calories than you need in a meal) and you should cut them out when striving for serious results. Calorie- and sugar-filled soft drinks, in particular, have no value in your diet, short term or long term. Get rid of them—this goes for diet soft drinks too.

**FOODS YOU MAY NOT KNOW...BUT SHOULD:**

As you'll see in the plan, smoothies are great for snacks and meals. We recommend using Beachbody's Whey Protein Powder to make them. It helped our test group achieve such great results! They're good for you, delicious, and filling!

**Protein Powder and Meal Replacement Shakes** – Go for Beachbody's Whey Protein Powder and Beachbody's Meal Replacement Shake. They're packed with protein and actually taste really good. There are many products of this type on the market, so feel free to substitute whatever is convenient. However, with Beachbody products, you can be assured you're getting superior quality, which is why it's a smart move to go with them.

## CAN I STICK WITH THIS PLAN LONGER THAN 10 DAYS?

We don't recommend it. If you feel great and have plenty of energy, you may be able to stay on your diet as is. But a balanced diet contains more variety and more complex carbohydrates and fruits. These are energy foods and as your body becomes leaner and you burn more calories, you will need more of them. If you get into the habit of adding carbs to your diet when you need more energy, then you are on the right Turbo track to health and fitness.

## BEFORE YOU GET STARTED:

To track your progress and get the best results, be sure to follow these simple steps.

1. Record your measurements and weight on the enclosed Turbo Slim Measurement Card.
2. Review the *Learn & Burn* video to get familiar with the Turbo Jam moves.
3. Follow the eating plan as outlined in this 10-Day Kick Start Plan.
4. Follow the recommended daily Turbo Jam workout. (You can add a workout to accelerate your results or do *20 Minute Workout* or *Ab Jam* as a substitute if you don't feel up to the planned workout that day.)

Remember, if you like a particular meal, you can mix and match by picking a meal from another day. These meals are just suggestions. You don't have to eat them in this order, or even exactly like they are written. If you prefer strawberries to blueberries, no problem. What you can't do is add things, like syrup, butter, etc.



## Chalene's 10-Day Tips

"It's only ten days. The more serious you are, the more astonishing your results."

"Throw it away! If there are foods in your home that you can't resist, toss them!"



# DAY ONE

## BREAKFAST

### Waffle with Cottage Cheese, Blueberries, and Turkey Bacon

- 1 multigrain waffle
- 1 cup low-fat cottage cheese
- 1 cup fresh blueberries
- 1 slice low-fat turkey bacon

## SNACK

### Raspberry Protein Smoothie

- 3/4 cup fresh raspberries
  - 1 scoop Beachbody's Whey Protein Powder
  - 1 cup skim or nonfat milk
- Mix ingredients in blender.

## LUNCH

### Tuna Salad

- 3 oz. water-packed tuna, drained
  - 1 Tbsp. capers
  - 1 cup shredded romaine lettuce
  - 1 cup raw spinach, chopped
  - 1/3 cup onion, chopped
  - 1 cooked egg white, chopped
  - 2 tsp. mustard
  - 1 Tbsp. olive oil
- Combine ingredients and serve.

## SNACK

### Celery and Peanut Butter

- 3 stalks celery
- 1 Tbsp. peanut butter

## DINNER

### Chicken and Snow Pea Stir-Fry on Brown Rice

- 4 oz. skinless chicken breast, sliced
  - 1/4 cup cooked brown rice
  - 1 cup snow peas
  - 1/2 cup onion, chopped
  - 2 Tbsp. soy sauce
- Stir-fry chicken, then add vegetables. Cook until tender. Add soy sauce. Serve over brown rice.

## WORKOUT



# DAY TWO

## BREAKFAST

### Broccoli Omelet

- 3 egg whites and 1 whole egg, beaten together
- 1 cup broccoli

## SNACK

### Raspberry Protein Smoothie

- 1/3 cup fresh raspberries
- 1 scoop Beachbody's Whey Protein Powder
- 1 cup skim or nonfat milk
- 1 Tbsp. flaxseeds (optional)
- Ice as needed

Mix ingredients in blender.

## LUNCH

### Turkey Sandwich

- 1 slice whole wheat bread
- 3 slices turkey
- 4 leaves romaine lettuce
- 1 tsp. mustard
- 2 slices tomato
- 1 cup alfalfa sprouts

## SNACK

### Cottage Cheese with Paprika

- 1 cup nonfat cottage cheese
- 1 tsp. paprika

## DINNER

### Salmon, Asparagus, and Salad

- 5 oz. broiled or baked salmon fillet
- 2 cups shredded romaine lettuce
- 1 cup chopped steamed asparagus
- 1 cup sliced cucumbers
- 1-1/2 Tbsp. Italian dressing

## WORKOUT



# DAY THREE

## BREAKFAST

### Tomato Omelet

- 4 egg whites and 1 whole egg, beaten together
- 1/2 tomato, chopped

## SNACK

### Raw Almonds and Dried Cranberries

- 10 raw almonds
- 2 Tbsp. dried cranberries

## LUNCH

### Roast Beef Reuben and Salad

- 4 oz. lean roast beef
- 1/4 cup sauerkraut
- 1 Tbsp. mustard
- 1 slice rye bread
- 1 cup shredded romaine lettuce
- 1 Tbsp. light Italian dressing
- 1 dill pickle

Spread mustard on bread. Layer roast beef and sauerkraut onto bread. Serve with salad and pickle.

## SNACK

### Strawberry Yogurt Protein Smoothie

- 1/2 cup fresh strawberries
- 1 scoop Beachbody's Whey Protein Powder
- 6 oz. plain low-fat yogurt
- 1 Tbsp. flaxseeds (optional)

Mix ingredients in blender.

## DINNER

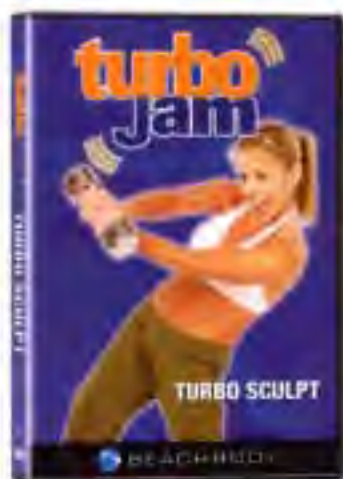
### Chicken Burrito with Rice and Beans

- 4 oz. broiled, skinless chicken breast
- 2 Tbsp. salsa
- 1 low-fat whole wheat tortilla
- 1/4 cup canned pinto or black beans
- 1/4 cup cooked brown rice

Arrange chicken and salsa on tortilla, then heat in oven or microwave.

Toss rice and beans together.

## WORKOUT





# DAY FOUR

## BREAKFAST

### Cottage Cheese with Raspberries

- 1 cup cottage cheese
- 1/2 cup fresh raspberries

## SNACK

### Pear and Low-Fat Cheese

- 1 pear
- 4 1-oz. slices low-fat cheddar or Colby cheese

## LUNCH

### Turkey and Avocado Sandwich or Wrap

- 3 1-oz. slices turkey
- 1 slice whole wheat bread or whole wheat tortilla
- 4 leaves romaine lettuce
- 1 tsp. mustard
- 2 slices tomato
- 1 oz. raw avocado

## SNACK

### Raspberry Protein Smoothie

- 1/2 cup fresh raspberries
- 1 scoop Beachbody's Whey Protein Powder
- 1 cup skim or nonfat milk
- 1 Tbsp. flaxseeds (optional)
- Ice as needed

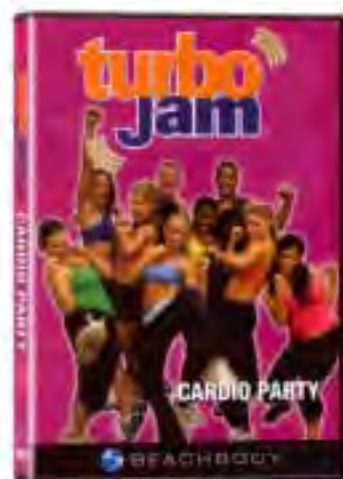
Mix ingredients in blender.

## DINNER

### Halibut, Broccoli, and Salad

- 3 oz. baked or broiled halibut
- 1 cup steamed broccoli
- 2 cups shredded lettuce
- 1/2 oz. vinegar
- 1 Tbsp. olive oil

## WORKOUT



# Looking to Lose Weight?

Studies show you can lose more weight  
with online diet support!

## MyBeachbody.com can help!

Get **FREE VIP access** to Chalene's exclusive  
weight loss support at MyBeachbody.com



- Get personalized meal plans, shopping lists, and healthy recipes.

We'll show you the right foods to eat in the right portions, so there's no guesswork!

- Live access to your trainer—Chalene!

Get one-on-one advice and answers to your questions in VIP Chats with Chalene. Get access to her Turbo jump-start plan, her personal diet and success tips, and her favorite recipes. She'll be there to motivate and support you every step of the way!

- Interactive Diet and Support Tools.

Set your goals and monitor your progress with easy-to-use online tools proven to help you succeed. You'll also receive amazing peer support from thousands of other members and coaches!



Call 1 (800) 818-5174 or visit [Beachbody.com](http://Beachbody.com)



# DAY FIVE

## BREAKFAST

### Scrambled Eggs with Turkey

- 5 egg whites and 1 whole egg, scrambled
- 3 thin slices of deli turkey breast meat

## SNACK

### Blueberry Yogurt Smoothie

- 1 cup frozen blueberries (unsweetened)
- 1 scoop Beachbody's Whey Protein Powder
- 6 oz. plain low-fat yogurt
- 1/2 Tbsp. flaxseeds (optional)
- Ice as needed

Mix ingredients in blender.

## LUNCH

### Chicken Pita

- 3 oz. broiled skinless chicken breast, sliced
- 2 slices tomato
- 1 cup alfalfa sprouts
- 1 cup shredded lettuce
- 1-1/2 Tbsp. fat-free ranch dressing
- 1 low-fat whole wheat pita

## SNACK

### Peanut Butter Toast

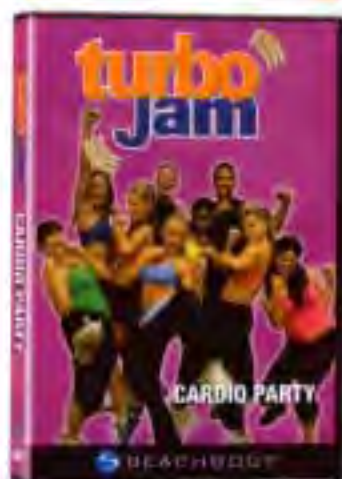
- 1 Tbsp. peanut butter
- 1 piece whole wheat or multi-grain bread, toasted

## DINNER

### Steak, Brussels Sprouts, and Salad

- 3 oz. lean beefsteak or flank steak, broiled
- 1 cup Brussels sprouts, steamed
- 1 cup shredded lettuce
- 1 Tbsp. light Italian dressing

## WORKOUT



# DAY SIX

## BREAKFAST

### Feta, Black Olive, and Tomato Omelet

- 5 egg whites and 1 whole egg, beaten together
- 1/2 cup black olives, chopped
- 1/2 oz. feta cheese
- 1/4 medium tomato, chopped

## SNACK

### Fruit and Cheese

- 1/2 apple or 1 cup red grapes
- 2 slices low-fat cheddar cheese

## LUNCH

### Turkey and Hummus Pita

- 3 slices lean turkey
- 1 small low-fat whole wheat pita
- 1 Tbsp. hummus
- 4 lettuce leaves
- 2 slices tomato
- 1 tsp. mustard

## SNACK

### Peanut Butter Banana Protein Smoothie

- 1 Tbsp. peanut butter
- 1/2 banana
- 1 scoop Beachbody's Whey Protein Powder
- 1 cup skim or nonfat milk

Mix together in blender.

## DINNER

### Grilled Ahi Tuna Salad

- 4 oz. raw, fresh tuna steak
- 1/4 cup water chestnuts, chopped
- 1/2 oz. sesame seeds
- 2 Tbsp. lime soy vinaigrette\*
- 1 oz. soybeans
- 1/4 cup papaya
- 2 cups arugula

Grill tuna for two to four minutes on each side, then slice thinly. Arrange arugula on plate. Sprinkle soybeans and water chestnuts on top. Add papaya and tuna last. Garnish with sesame seeds and drizzle with lime soy vinaigrette.

\*Combine 1/2 cup rice vinegar, 1/2 cup low-sodium soy sauce, 1/2 cup fresh lime juice, 4 tsp. dark sesame oil, 2 tsp. lemon zest, 2 tsp. fresh ginger, 4 cloves minced garlic.

## WORKOUT





# DAY SEVEN

## BREAKFAST

### Breakfast Burrito

- 3 egg whites and 1 whole egg, scrambled together
- 1 small low-fat whole wheat or low-carb tortilla, warmed
- 1/4 cup canned pinto or black beans
- 2 Tbsp. salsa

## SNACK

### Strawberry Protein Smoothie

- 1 cup fresh strawberries
- 1 scoop Beachbody's Whey Protein Powder
- 1 cup skim or nonfat milk
- 1 Tbsp. flaxseeds (optional)

Mix ingredients in blender.

## LUNCH

### Chicken Salad

- 4 oz. broiled, skinless chicken breast, chopped
- 1/4 cup onion, chopped
- 1/2 cup cucumber
- 1/2 cup arugula
- 1 cup romaine lettuce, chopped
- 1 Tbsp. Italian dressing

## SNACK

### Cottage Cheese and Tomatoes

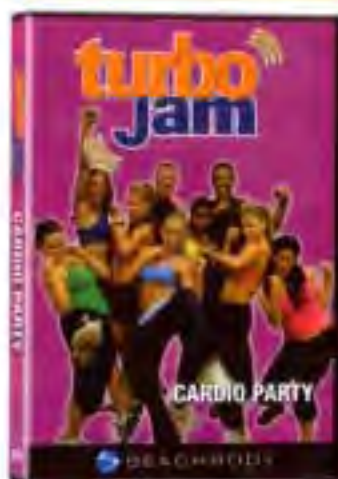
- 1/2 cup low-fat cottage cheese
- 1 sliced tomato

## DINNER

### Pork Chop and Apple

- 4 oz. lean boneless, broiled pork chop
- 1/2 apple

## WORKOUT



# DAY EIGHT

## BREAKFAST

### Cheese and Tomato Omelet

- 6 egg whites, beaten together
- 1/2 oz. fat-free Parmesan cheese
- 1 medium tomato, chopped

## SNACK

### Almonds

- 20 almonds

## LUNCH

### Salmon and Salad

- 4 oz. salmon
- 1/4 cup onion, chopped
- 1/2 cup arugula
- 1 cup shredded romaine lettuce
- 1 Tbsp. Italian dressing

## SNACK

### Strawberry Protein Smoothie

- 1/4 cup fresh strawberries
- 1 scoop Beachbody's Whey Protein Powder
- 1 cup skim or fat-free milk
- 1 Tbsp. flaxseed (optional)

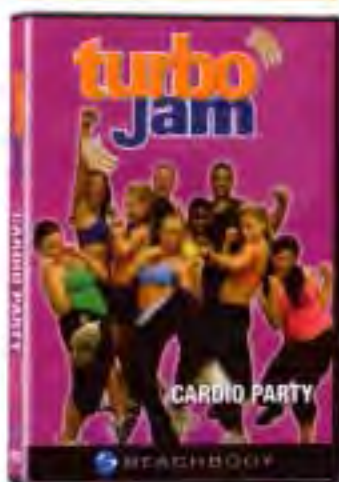
Mix ingredients in blender.

## DINNER

### Chicken with Peas and Carrots

- 4 oz. boneless skinless chicken breast, baked or broiled
- 1 cup frozen peas and carrots

## WORKOUT





# DAY NINE

## BREAKFAST

### Cottage Cheese and Raspberries

- 1 cup low-fat cottage cheese
- 1/2 cup fresh raspberries

## SNACK

### Mango Yogurt Protein Smoothie

- 1/2 cup mango
- 1 scoop Beachbody's Whey Protein Powder
- 1/2 cup plain low-fat yogurt
- 1/2 cup water or ice as needed
- 1 Tbsp. flaxseeds (optional)

Mix ingredients in blender.

## LUNCH

### Chicken Curry

- 2 oz. broiled skinless chicken breast, chopped
- 1/4 cup cooked long-grain brown rice
- 1/2 cup raw cauliflower
- 1/4 cup chickpeas
- 1/4 clove garlic
- 1 oz. tomato paste
- 3/4 cup low-sodium chicken broth
- 1/2 Tbsp. curry powder

Simmer broth, then add curry powder, tomato paste, and vegetables. Cover with lid, and cook until tender. Add chicken and heat through. Serve over brown rice.

## SNACK

### Celery and Peanut Butter

- 2 stalks celery
- 1 Tbsp. peanut butter

## DINNER

### Hawaiian Chicken Kebabs

- 3 oz. chicken breast, baked or broiled
- 1/2 cup onion
- 3 strips yellow pepper
- 1/4 cup pineapple
- 1/2 cup cherry tomatoes
- 1/2 oz. vinegar
- 1 Tbsp. olive oil

Thread chicken, pineapples, and vegetables onto skewers, drizzle with vinegar and oil, and cook on grill.

## WORKOUT



# DAY TEN

## BREAKFAST

### Broccoli and Feta Omelet

- 5 egg whites and 1 whole egg, beaten together
- 1 cup raw broccoli, chopped
- 1/2 oz. feta cheese, crumbled

## SNACK

### Celery and Peanut Butter

- 3 stalks celery
- 1 Tbsp. peanut butter

## LUNCH

### Turkey Burger

- 3 oz. cooked ground turkey
- 2 slices tomato
- 1 slice onion
- 1 tsp. mustard
- 1 Tbsp. ketchup
- 3 leaves romaine lettuce
- 1 cup alfalfa sprouts

## SNACK

### Yogurt with Kiwi and Flaxseed

- 1 cup plain nonfat yogurt
- 1 kiwi, peeled and sliced
- 1 Tbsp. flaxseeds (optional)

## DINNER

### Chicken Pita

- 2 oz. broiled chicken breast, sliced
- 1/2 cup onion, chopped
- 1/2 cup shredded low-fat Swiss cheese
- 1/2 cup tomato sauce
- 1 small low-fat whole wheat pita

Heat tomato sauce, add onion, cover pan, and cook until tender. Place chicken in pita, pour sauce over, and top with cheese.

## WORKOUT

