

# turbojam™

## GET READY TO PARTY!

You're invited to be the guest of honor at an all-out music-packed, muscle-toning, fat-burning party called Turbo Jam!

This exhilarating system is a comprehensive fitness and nutrition program which gives you all the tools you need to lose weight, get in shape, and have a whole lot of fun in the process. Creator Chalene Johnson has evolved the art of a kickboxing workout into a high-energy party that combines great dance tunes with body sculpting moves that will keep you moving and motivated. Once the music starts, you won't want to stop jamming!

Turbo Jam is not just a workout; it's a dance party that happens to make you stronger, leaner, sexier, and happier.

This guidebook features supertargeted moves called the "Elite 11" along with an easy-to-follow eating plan that anyone can stick with! You'll also find helpful advice and inspirational stories from people who have achieved extraordinary success with this program—for real. Use this Turbo Results Guidebook every day to learn more about your body and how to choose the right foods to help you succeed.

Produced by Beachbody

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

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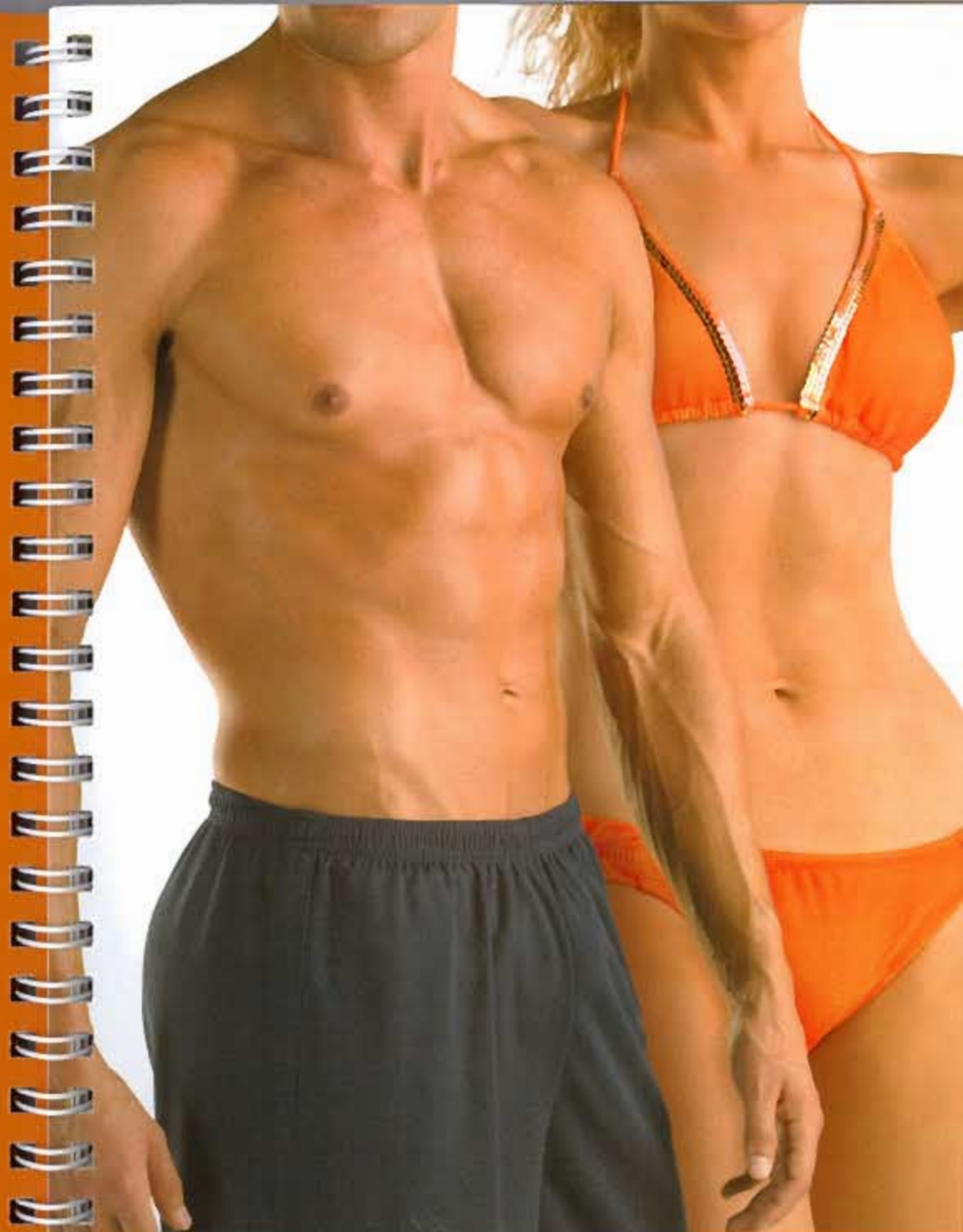
# turbo™ results™

## GUIDEBOOK™



## Top 10 Reasons To Do Turbo Jam

10. For the First Time, the Hottest Class in the U.S. Is Now on Video
9. It Has the Hippest Music of Any Workout
8. It's Easy
7. It's Fast
6. It Takes the Work out of Working Out
5. You Will Improve Your Confidence and Self-Esteem
4. You Will Sculpt a Lean, Toned Body
3. You Will Get Strong, Flat Abs
2. You Will Trim Inches of Fat Off Your Body
1. You Will Lose Weight Quickly!





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### ELITE 11

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**Turbo:** A sudden and dramatic boost of energy.

**Jam:** (*Slang*) An impromptu celebration or party induced by motivating music.

### **Rock Your Workout for a Rock-Hard Body**

Welcome to the next generation of fitness! Turbo Jam's Chalene Johnson packs each workout with calorie-blasting kickboxing, body sculpting, and the hottest dance music—all guaranteed to give you jaw-dropping results no matter what your fitness level is. Plus, you'll get killer abs without having to lie on the floor. So get in on the action that's rocking thousands of fitness clubs across the nation—and start jammin' right in your own home! It's fun. It's funky. It works!



## About Chalene Johnson

Chalene Johnson studied Tae Kwon Do, dance, and aerobics at Michigan State University before moving to California in the early '90s. It was there that she created a group exercise class that combined the sexiness of dance and the hip feel of funk with the power and strength of kickboxing—all set to music guaranteed to inspire and motivate participants. In fact, the high-powered music was crucial to the program's success.

A self-proclaimed DJ, Chalene taught herself to digitally remaster and edit music so she could match her choreographed moves to songs and sound effects that would force people to jump up, dance, and kick it into high gear. Her classes proved so popular that a nationwide demand for videos soon followed.

## About Turbo Jam

Chalene is more than just the high-energy, pretty face of Turbo Jam. To ensure that her unique program would be safe and effective for a wide audience, she assembled a professional team that included group exercise experts, nationally ranked kickboxers, black belts, and competitive Olympic fighters. Together they crafted a super fun, sexy, high-energy cardio program designed to strengthen and tone the entire body, with intense focus on the abs.

Unlike other kickboxing classes, Turbo Jam does not require special equipment—no heavy bags or shields—just an emphasis on form, technique, and fun. The basic moves are simple and can be done by anyone at almost any fitness level, though as the workouts advance, they become more exciting and powerful. To date, Chalene's workouts are featured at over 2,000 different health clubs and fitness chains in the U.S. as well as countless clubs in countries across the globe.

## Beachbody Rocks!

Since its inception in 1999, Beachbody has delivered over 8 million exercise videos to people seeking their own real, healthy body transformation. By constantly striving to offer the very best, Beachbody always has an eye out for people who "get it." They're not looking for pretenders—people who care more about their bottom line than yours, they're looking for the real deal—authentic motivators who believe in helping the customer achieve something spectacular. Chalene Johnson is one of the latter. She is a remarkably talented woman who has spent her life's work creating a phenomenon in body transformation.

Everyone at Beachbody is confident you will enjoy your Turbo Jam experience because of her unique approach and high-energy performance, and you *will* achieve great success.



BEACHBODY

Decide. Commit. Succeed.



Waiting for you online are fitness and diet support tools that will help you get the most out of Turbo Jam workouts

[MyBeachbody.com](http://MyBeachbody.com)

## Chalene's Note to You

Are you ready to get in the best shape of your life? You can DO this, bottom line. And you're worth it! It may require some changes in how you prioritize your day. Look at your daily habits. Do you have a set time of the day that you KNOW you will get your workout in? When are you eating unnecessary calories? Make small changes and you will change your mindset. Instead of obsessing about junk food or that you have no time to work out, think about how great you will feel after your workout or after having a delicious, healthy meal.

**THIS IS YOUR TIME!** This is not a gimmick or short-term fix. Together, let's make lasting changes that will change your body, your state of mind, and every aspect of your life!

Take baby steps to eat more healthfully. If you "slip," get immediately back on track. Never let a vacation or a special holiday be an excuse to overdo it the entire time. Go ahead, enjoy the occasional indulgence, but keep it reasonable, and consider skipping something else to make up for the extra calories. Or even add a workout if on one day you really had a food setback. Resolve to exercise and to eat better as a way of life! When you put on your new clothes and see people you haven't seen in a long time, you'll realize it was worth the extra effort.

I'm here for you every step of the way! I want you to feel success. Health and fitness are my life's passions and have afforded me experiences, energy, happiness, and a life with my family for which I have enormous gratitude. I give thanks by helping others enjoy life more fully simply by helping them add fun exercise and a healthy diet. I hope you share your journey and goals with the people most important to you. And you and your loved ones will be part of the ever-growing Turbo Jam family.

Now I'll take you through this guidebook step by step. We're in this together! So flip to the next section to get started.

*Chalene Johnson*

**Ready to Get Moving?**





## Ready to Get Moving? Start Now!

1. Consult your doctor before beginning.
2. Record your "Before" stats in the back of the book or on [MyBeachbody.com](http://MyBeachbody.com).
3. Pop in the *Learn & Burn* video and get moving.
4. Follow the calendar on page 14 for your daily workouts.
5. Follow the Turbo Jam Eating Plan for maximum results.
6. To get a jump-start, do Turbo Slim for the first 10 days.
7. Log on to [MyBeachbody.com](http://MyBeachbody.com) to track your progress, access fitness tools, receive diet support, and participate in live chats to help you reach your goals.
8. Come back and continue reading this guidebook.

## Your Tools to Get On the Party Train

Turbo Jam is easy to start! Just pop in the videos and let the fun begin. Turbo Jam workouts not only provide cardio and strength training, but you get the added bonus of targeting your core with every movement, so it's an unbelievable ab workout at the same time!

Please consult your physician before you begin this or any other exercise program.

## Your Workouts

**LEARN & BURN:** A quick introduction and workout featuring Chalene's "Elite 11" moves used throughout the program. Practice with *Learn & Burn* first to get familiar with the form and technique of these moves.



**20 MINUTE WORKOUT:** A perfect choice for beginners or when you're short on time and want a quick and super effective workout!

**TURBO SCULPT:** A 40-minute muscle blast for shaping, toning, and tightening. It's the perfect strength-training workout to round out your Turbo program!

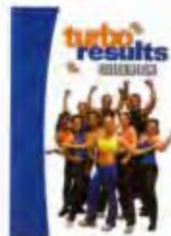


**CARDIO PARTY:** A supercharged 45-minute cardio dance party. Get ready to burn some calories and have some fun!

**AB JAM:** Turbo's exclusive formula of cutting-edge ab and core exercises delivers a tight, toned, sexy midsection! This will be your secret weapon against the bulge!



## More Goodies to Maximize Your Results



**Turbo Results Guidebook:** You're reading it. Well done! It's packed with quick reference tips, fitness advice, and nutrition information—keep it handy.

### Elite 11 Training Cards:

Master these exclusive moves to maximize your results and see why this workout is so great for your ABS! Take these anywhere and use these moves to any music you choose.



**The Turbo Jam Eating Plan:** These delicious, easy recipes are designed to complement your weight loss goals and ensure optimal performance.



**Turbo Slim:** With this jump-start plan you can lose 10 inches in just 10 workouts! Use the enclosed **Tape Measure** and **Measurement Card** to record your stats and track your progress.



### MyBeachbody.com

Waiting for you online are fitness and diet support tools that will help you get the most out of Turbo Jam workouts: world-class expert advice, nutritional information and healthy recipes, and an inspiring community of people who are making fitness a priority... and live chats with Chalene! Log on today!



## Your Workout Schedule

Chalene has put together a recommended schedule for your first month which tells you which Turbo Jam workout to do each day! There is a Beginner schedule for those new to exercise, as well as an Advanced calendar for those who are in better shape or want more of a challenge! Plus, you get 2 days of rest, or feel free to do the workout of your choice.

**Beginner:** Remember to go at your own pace, listen to your body, and stay with the *Learn & Burn* video as long as you need to.

**Advanced:** If you want to work out more than 5 days a week, feel free to enjoy *Cardio Party*, *20 Minute Workout*, *Turbo Sculpt*, or *Ab Jam* to keep your metabolism and energy high.

If you are a serious JAMMER and want to do an additional workout, then add the *Ab Jam* workout. You can do *Ab Jam* any day...every day!

Those abs! Those abs! THOSE ABS!



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1						REST DAY	REST DAY
WEEK 2						REST DAY	REST DAY
WEEK 3						REST DAY	REST DAY
WEEK 4						REST DAY	REST DAY

**BEGINNER**



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1						REST DAY	REST DAY
WEEK 2						REST DAY	REST DAY
WEEK 3						REST DAY	REST DAY
WEEK 4						REST DAY	REST DAY

**ADVANCED**

## What Makes Turbo Jam So Unique?

### THE MUSIC

#### Play That Funky Music, White Girl

Music can motivate you to do anything. You'll immediately feel the powerful impact of the music Chalene has selected. No other fitness program places so much emphasis on the quality and energy of the music. Unlike the standard drumbeats used in most exercise videos, Turbo's music isn't just for keeping the beat, it's to get your whole body moving, taking the concept of working out to a whole new level. There's a line in a song by Kool & The Gang that says, "Get your back up off the wall—dance!" And that's exactly what Turbo Jam is all about—"getting your back off the wall," or butt off the couch, and just moving to the music.

In Turbo Jam, every block of exercise has been specifically choreographed to match the feel, beat, and mood of the music, to invoke an emotion and power that inspires people to naturally do their best. With most workout programs, music is an afterthought. With Turbo Jam the opposite is true. Chalene starts with music, listening to every beat and cutting out any lag or lull in the energy. She adds sound effects to accentuate your kicks and punches and dance beats that you can't help but groove to.



**Heather A.** Lost 65 pounds

### THE TURBO

How does Turbo Jam burn so many calories? The TURBO! The sirens in each workout dictate the start of Turbo and that means megacalorie burn. It's an off-the-hook segment in the middle of each workout where you'll kick it into high gear—it's a quick, supercharged cardio blast known as Turbo. In just 1–2 minutes, this anaerobic section will push you to the limit! Listen for the siren to know that the intensity is about to go Turbo. The sweat will fly, the pace will quicken, and the calories will burn.

Immediately following Turbo you'll probably feel short of breath. It's good to push yourself, but listen to your body. So catch your breath, but resist the temptation to stop moving. Immediately after Turbo you'll go to a recovery section that will allow your breathing, muscles, and heart rate to recover gradually. This type of interval training—intense anaerobic exercise followed by a lighter aerobic recovery—has been shown to be one of the most effective ways to burn fat and calories and train your body.

### IT'S AN AB WORKOUT TOO!

#### Get a Cardio and an Ab Workout Simultaneously!

It's true, almost every move in a Turbo Jam workout targets your abs. You may not even realize it, but if you master the Elite 11 moves you will automatically be engaging your abs, toning them without even realizing it. Until, of course, you look in the mirror and see the fat melting off and definition appearing.



**Kelly I.** Lost 113 pounds

## BONUS FEATURES

Just for fun, each video has special features to keep you motivated and make you feel you are part of the Turbo team!

**Get to Know Chalene:** Get up close and personal with Chalene. In this special segment you will meet Chalene, learn her inspiration for creating Turbo, and witness her motivation to help people lose weight and get in shape! Plus, learn about her family and what she likes to do when she's not doing Turbo!

**Jam'd:** Chalene believes in the art of fun, and that laughter should also be a part of your daily exercise. In her senior year of high school, classmates voted her "Class Clown." You will soon know why. Catch practical jokes that take place behind the scenes as these workout videos are filmed.

**Meet the Cast:** There are no fitness models or actors in Turbo videos, just real people like you! Get to know more about Chalene's Turbo team, like how much weight they lost, how long they've been doing Turbo, what their favorite foods are, and what they do for fun!

**Success Stories:** As a member of the Turbo family, Chalene wanted you to see special success story segments you won't find anywhere else. These motivational and inspirational members of the team talk candidly about their personal body transformations, and how Turbo Jam changed their lives. Hear what they think of these new workouts, the music, and why this is the only workout they ever do!

**Mathew R.**  
Lost 45 pounds



## THE CAST

These are real people, like you, who have a desire to be fit. Your Turbo Jam workout buddies have been doing Turbo with Chalene for years! You'll dance, sweat, and have a blast as you drop pounds with them. They'll be your new workout buddies for life!



**Holly Merritt** Born and raised in Southern California, Holly has been a competitive athlete most of her life. Following a serious gymnastic accident, she was told she would never be able to exercise again. She was able to bounce back and turn her attention to Turbo Jam, which she credits for restoring her ab and back strength.



**Mindy Robison** The youngest of five children from Wichita Falls, TX, Mindy was always known as the chubby, uncoordinated sister. Mindy became involved in fitness and earned her bachelor's degree in kinesiology. With Turbo she was able to lose 45 pounds and have a flat stomach for the first time in her life!

**Terry Shorter** A natural athlete and a clever businessman, Terry is also an amazing singer/songwriter. He keeps everyone entertained during video shoots by singing, doing impressions of singers, and demonstrating his crazy dance steps.



**Anna-Rita Sloss** Coming from a proud Samoan family with deep traditions centered around food, Anna-Rita believed that she was genetically destined to be a "large" woman. After discovering Turbo Jam, the pounds melted away. Before long, those who know her nicknamed her "Zena—the other warrior princess." Once painfully shy, she is now one of the most popular Turbo instructors in Southern California. And thanks to Turbo Jam she lost 75 pounds!



**Angela Willhite** A native of Southern California, Angela has performed as a Laker Girl. Turbo helped return Angela's body to top form after having her son, and it also helped her fight off a nasty bout of post-partum depression. "I just love sinking down into a squat and punching away my stress. I can feel my abs getting tighter, and I just lose myself in the moment. It's very therapeutic."



**George Saffarrans** George was born and raised in Missouri, where he also played college basketball. When George saw Turbo Jam for the first time, he knew it was special. "Since starting Turbo Jam over three years ago, I have been able to regain the same physical shape I had while playing basketball as a teenager."

**Vickie Lang** Vickie has been in the fitness industry for more than 20 years and is a fitness & wellness director. It wasn't until she discovered Turbo Jam, however, that she was finally able to shed those last stubborn pounds. A mother of three grown daughters, Vickie boasts that her entire midsection has changed—her abs are much more defined. "I feel stronger and more confident about my body in a bikini than I ever have before!"



**Bryan Wangen** Born and raised in Southern California, Bryan has always been an athletic person, excelling at sports such as soccer, track and field, gymnastics, and even the occasional triathlon. Once discovering Turbo Jam, he was hooked, and he's amazed at how many calories he burns with each Turbo Jam workout. "Turbo feels more like play than hard work and it produces results like no other fitness routine I have ever tried."



**Shilo Nelson** Straight out of Philly, PA, and after serving in the United States Air Force, Shilo moved to Seattle and became a cheerleader for the Seattle Seahawks. In order to maintain her NFL cheerleader physique, she sought out the "perfect" workout. She found Turbo in 1999 and was immediately a devotee. Shilo admits that one reason she loves Turbo Jam is that it makes her feel like she's starring in a music video.



**Pendu (Kishema Malik)** Pendu is a professional dancer, choreographer, fitness instructor, and model. Her credits include appearances at NBA/WNBA All-Star games, off-Broadway shows, a variety of Las Vegas revues, and appearances with Ashanti, Mya, Stevie Wonder, and Angie Stone. Pendu loves how Turbo Jam blends dance, martial arts, and boxing. "I love the energy that Turbo Jam delivers!"

**Jenelle Summers** Jenelle is Chalene's younger sister and best friend. She excels at ballet and classical dance, and danced with the Grand Rapids Ballet Company in Michigan. As girls, Jenelle and Chalene would accompany their mother to her aerobics classes and change her 45s (old-school records!) between routines. Jenelle admits, "No one in our family is genetically thin. We have to work at it. When Chalene created Turbo Jam, exercise didn't feel like work anymore."



**Bret Johnson** Regarded by many as the top high school quarterback in California's history, Bret received numerous awards including Gatorade Player of the Year, while being recruited by the most prestigious universities. After starting as quarterback for UCLA as a freshman, he later transferred to Michigan State where he met his future wife—Chalene! Upon retiring from a career in professional football, Bret teamed up with Chalene to build the Turbo business. Because Bret is an athlete with no dance training, she often uses him as a tolerant "guinea pig" when testing new routines. Bret is a manly kind of guy. If he loves the routine, Chalene knows the less 'dancy' folks will love it too!



# The Elite 11

Learn 'em. Love 'em. Live 'em.

Chalene has created the Elite 11, her own special signature moves which are unique to Turbo Jam. They will ensure proper form, target your core and abs, and guarantee you get serious results! You'll learn each of them in the "Learn" portion of *Learn & Burn*, and then you'll put them together in a quick little workout called "The Burn." Use these instructional cards with photos for reference any time, any place.

1. Turbo Tuck
2. Pump
3. Zig/Zag
4. Strike
5. Twist
6. Row
7. "W"
8. 7 Step
9. Shake and Shed
10. Capoeira Step
11. Wheel

# The Elite 11

turbo  
Jam

turbo  
Jam



## PUMP

A dance-inspired movement added to simple side steps to increase abdominal work.

Targets: Abs and lower back



### To Perform:

- Get into Turbo Tuck position and raise your fists up over your head.
  - "Pump" by drawing your elbows down as you contract the abs (tailbone tucked under, drawing ribs toward your hip bones), almost as if doing a standing crunch.
  - As you lift your "guard," move your hips slightly to the rear.
- Continue lifting and lowering your guard in a "pumping" motion to the beat.

**Modification:** Keep the movement small.



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## The Elite 11 STRIKE

### STRIKE

The Strike is a move inspired by Muay Thai boxing, where the attacker grabs his opponent by the shoulders and pulls him toward his knee. Turbo Jam uses this powerful upper-body movement along with the knee motion to burn even more calories.

**Targets:** Abs, lats, and arms

**To Perform:**

- A.** Reach for the sky, fully extending both arms above your head.
- B.** Pull your arms down as you lift the knee.
- Repeat on the other side.
- Lifted leg/knee is parallel to the floor or slightly higher.
- Contract glutes of the supporting leg and push hips forward slightly.
- Focus on lifting hip bone toward the rib cage, engaging obliques.



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## The Elite 11 ROW

### ROW

A standing movement promoting balance and core strength.

**Targets:**

Abs, obliques, and lats

**To Perform:**

The foundation of the move is three alternating knee lifts.

- A.** Raise your left knee and sweep both arms in a throwing motion across the body and downward toward the outside of the left knee (like rowing a canoe).
- B.** Step on the left foot, raising the right knee and throwing your arms across your body to the outside of your right knee.
- Focus on moving the hip bone toward the rib cage to engage abs.

**Modification:** Perform a limited amount of rotation as you row and keep your knee low.



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## The Elite 11 TURBO TUCK

### TURBO TUCK

Turbo Tuck is a modification of the traditional "horse stance" used in many martial arts programs. This posture isolates the abs and is the foundation of several other Elite 11 moves.

**Targets:** Abs

**To Perform:**

- A.** Start with legs shoulder width apart and toes pointing out 45 degrees. Bend knees slightly into a squat position. Have hands in "guard" position, near the face (fists closed).
- B.** Tuck your tailbone and glutes under and forward slightly, while keeping your abs tight.
- Avoid over-tightening the glutes and hamstrings.
- Avoid leaning forward or slouching.
- Imagine you're standing with your shoulders and back against a wall. Your back should remain perpendicular to the floor.



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## The Elite 11 ZIG/ZAG

### ZIG/ZAG

This move isolates the core by flexing side to side as if you were ducking away from an incoming punch. This exercise will quicken your reflexes and enhance your core strength.

**Targets:** Abs and lower back



**To Perform:**

- A.** Start in the Turbo Tuck position.
- B.** Bend to one side from the waist, as if moving to avoid a punch.
- Bend your spine just a bit, but avoid leaning forward.
- C.** Repeat in the opposite direction.

**Modification:** If you feel pain, Zig/Zag in smaller movements.

**Advanced:** Drop your squat lower and try to touch your elbows to your thighs.

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The Elite 11  
TWIST

### TWIST

A punch/knee combination that emphasizes the use of the trunk and legs by lifting, lowering, and twisting.

**Targets:** Abs and thighs



#### To Perform:

Think of this in 4 parts: jab, cross, jab, knee.

- A.** Get into Turbo Tuck position. Put your left leg forward and throw a left jab. Right hand should be by your ear as if you were on the phone.
  - B.** Throw a right cross.
  - C.** Throw a left jab (twisting or rotating with your cross).
  - D.** As you pull the fist back to the body from your last jab, draw in the left knee. Repeat.
- Remember to step out with the left foot after your knee lift.
  - Twist your shoulders and hips, but avoid twisting your right knee. Pivot on the ball of your right foot while keeping your right heel up.

**Modification:** Keep the movement upright and avoid lowering down.

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The Elite 11  
"W"

### "W"

The "W" refers to the "guard" position we use in Turbo Jam to increase upper-body toning. We've named it "W" because the arms form the letter "W" when held in this position. It is a simple way to improve ab and back strength without even thinking about it. You will see this position used throughout your Turbo workouts.



#### Targets:

Lats, obliques, and rhomboids

#### To Perform:

- Start in Turbo Tuck position and frame your body with your forearms.
- A.** Bring your left arm across your chest, so your fist is under your chin, with the back of your fist facing out, forearms facing in. Keep your elbow near or behind the left rib cage, framing the ribs. Your right arm opens up, fist up, forearm facing out, elbow at rib level. Your arms will form the letter "W".
- B.** Switch to the other side.
- Always keep your "W" in front of you, pointed in the direction you are kicking or looking.



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The Elite 11  
7 STEP

### 7 STEP

A footwork drill inspired by "stepping," a synchronized mix of stomping, clapping, tapping, and dancing. This drill will improve foot speed, quickness, and dynamic balance.

**Targets:** Lower leg muscles and core



#### To Perform:

- With quick feet, take 7 alternating steps, as if jumping into the center of imaginary tires on the floor. Lift and hold knee up on the 7th step and end with hands in the "W" position.
- Place lifted knee back down and repeat move in the opposite direction.

**Modification:** Do basic heel lifts instead of high steps.

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The Elite 11  
CAPOEIRA STEP

### CAPOEIRA STEP

A move inspired by capoeira. Banned from fighting, Brazilian slaves developed capoeira, fusing martial arts, acrobatics, and dance into a rhythmic mix that has endured for over 100 years.

**Targets:** Abs, lats, glutes, and hamstrings



#### To Perform:

- A.** Starting in Turbo Tuck position, take a wide, low semi-squatting stance, maintaining upright shoulders, and march with small steps—right, left, right, left—keeping stance wide.
- B.** Take the left foot and step back over an imaginary line, keeping the other foot in place.
- C.** Continue stepping back and forward with the left foot, and with each step back, put your weight onto the left leg.
- As you step forward and back, sweep arms from one side to the other in a figure eight.
- Move as if throwing down your imaginary opponent. Do not bend forward.

**Modification:** Perform only the lower-body marching movement.

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## The Elite 11 SHAKE AND SHED

### SHAKE AND SHED

A dance-inspired movement added to simple side steps.

**Targets:** Abs and lower back



**To Perform:**

- A** Start in the Turbo Tuck position with arms in "guard" position.
- B** Begin a small shake of the hips, while taking small steps to the side.
- Pump your arms up and down, one after another.
- C** Repeat on the other side.

*Hey, it's not a science. Just shake it, baby!*

**Modification:** Keep the movement small, or just perform the lower-body movement and avoid using the upper body.

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jam



## The Elite 11 WHEEL

### WHEEL

A move inspired by capoeira. This step delivers the abdominal sculpting effects of acrobatics without jarring your joints. This move mimics the beginning steps of a capoeira cartwheel.

**Targets:**

Obliques, thighs, and lats

**To Perform:**

- Begin in Turbo Tuck position.
- A** Raise your arms and hands, with palms open and elbows bent (as if you were about to do a low cartwheel). Flex or bend to one side.
- B** Bend to the opposite side.
- Work to squat low and maintain your Turbo Tuck position.

**Modification:** Don't bend as far to the side.





**To lengthen your life, shorten your meals.**  
—Proverb

## The Turbo Jam Eating Plan

*Success is not a doorway...it's a staircase!—Dottie Walters*

Good news...you can be lean for life, and still enjoy your food! This is not a diet. This is a blueprint for healthy eating that you will find easy to follow.

Learning to eat well while still finding joy in food can be very simple. Everyone knows that it's healthy to eat more fruits and vegetables, but fresh unprocessed food is not always convenient. You've been conditioned to believe that if you're forced to eat on the run, your choices are whittled down to burgers and big sodas. But your diet will be healthier and more satisfying if you eat foods that are as close to their natural state as they can get.

But, hey, creating the habit to eat well is easier said than done. Eating healthy food takes more planning than eating junk. So, chances are, your lifestyle is going to have to change a little bit. Chalene's aim is to make this transition as easy as possible.

The Plan is simple, and designed to fit into your life. It's the perfect balance of structure and flexibility. There is something for everyone! Outlined on the pages that follow are choices for breakfasts, lunches, dinners, and snacks. When you know you'll be away from home, pack your healthy meals and snacks in zip lock baggies or plastic containers.

## The Plan Is Simple



All you have to do is **pick one breakfast, one lunch, and one dinner, plus 1–2 snacks**, and you're guaranteed to have the energy you need.

## Eating Turbo Style

All you have to do is **pick one breakfast, one lunch, and one dinner, plus 1–2 snacks**, and you're guaranteed to have the energy you need for your workouts and the proper nutrition to get the results you are after! You can mix and match any of the selections listed based on your preferences or lifestyle and continue to use them for as long as you like. The Plan totals approximately 1500 calories per day. Take a look at the next 2 pages to see how many calories you should be eating and to learn how to customize the diet to your needs!

Following the meal plan, you'll find plenty of tips to keep you motivated. Plus, you can log on to [MyBeachbody.com](http://MyBeachbody.com) for more diet support.

*But wait!* You've probably heard that no single meal plan is right for everyone. As your body changes so will your nutrition needs. So before you begin, read the 6 helpful questions and answers below.

## 1. How Much Do I Eat?

The menus provided are for approximately 1500 calories per day. Obviously, everyone doesn't need to eat the same number of calories since people come in different sizes and have different weight loss needs, but 1500 is a fairly safe place to start for most people needing to lose weight. No matter where you start, you are going to need to adjust your diet somewhat based on your goals and how you are feeling. Only you can truly tell if your diet is in line with weight loss while still giving you enough energy.

Follow these simple instructions to determine the approximate number of calories you should be eating to lose weight. To lose a pound of weight a week you must create a 3500-calorie deficit, or burn 500 calories per day more than you eat. Here's an example of how a 150-pound person would achieve that:

### Your Daily Calorie Intake To Lose 1 lb. Per Week



Add a zero to your body weight	$150 + 0 = 1500$
Add 20% for extra daily activity	+ 300
Daily caloric rate	= 1800
Subtract 500 calories a day By eating 500 calories less (or by burning 500 calories through Turbo Jam)	- 500
Total	= 1300

So to lose a pound a week, a 150-pound person needs to create a 500-calorie deficit from 1800 calories by either exercising or eating less. Keep in mind this is an approximate scale. Body type and fitness level play a part. We recommend that the more overweight you are, the bigger the deficit you try and create (meaning: eat less). Just don't go below 1200 cals/day. As you get into better shape, you'll need to eat more to fuel your extra muscle.

## 2. How Do I Modify The Plan for My Needs?

The Plan is for approximately 1500 calories per day. Now that you know how many calories you should be eating from the equation above, you may need to eat more or less. It's simple:

Here's a rule of thumb. Figure that 2 ounces of lean meat, fish, or other protein source is approximately 100 calories. In the early stages of your program, adding calories with protein and/or veggies is recommended.

The snacks that are recommended are approximately 200 calories. When you're in better shape you may need more energy in the form of carbohydrates, and these snacks are an excellent choice.

So if you should be at 1800 calories, you need to add 300 calories to The Plan. You can do so by adding 6 ounces of protein to your meals, either at breakfast, lunch, or dinner, to total 300 calories. You can also add 2 ounces of protein and 1 snack to total 300 calories.

If you should be eating 1300 calories, you need to take out 200 calories. You can simply skip a snack or decrease the amount of protein from one of your meals by 4 ounces. That's what is so great about The Plan—you can customize it to your personal needs.

CALORIE ADJUSTMENT GUIDE					
1200 calories	1300 calories	1400 calories	1500 calories	1600 calories	1800 calories
- 300 calories	- 200 calories	- 100 calories	N/A	+ 100 calories	+ 300 calories
skip a snack <b>-AND-</b> decrease protein from one of your meals by 2 ounces	skip a snack <b>-OR-</b> decrease protein from one of your meals by 4 ounces	decrease protein from one of your meals by 2 ounces	stick to The Plan as written, picking one breakfast, one lunch, and one dinner, plus 1-2 snacks	add 2 ounces of protein to one of your meals	add 1 snack and 2 ounces of protein to one of your meals <b>-OR-</b> add 2 ounces of protein to each meal

## 3. Do I Ever Need to Change This Plan?

Yes. Using the caloric alterations above, you can continue with The Plan for a long time. However, as you progress with Turbo Jam, your nutritional needs will change along with your body composition. This means that the new svelte and toned you has different needs than the you in the "before" photo. A simple rule states that the leaner your body gets with the exercise you do, the more carbohydrates you should eat. Once you're in shape, let your energy level guide you. If you feel light-headed, or have difficulty concentrating, eat a bit more. If you're tired and bloated, eat less. And while your proteins and fats should stay fairly constant, the amount of carbs you eat should relate daily to the amount of activity you do.

## 4. What If I Don't Like These Recipes?

Everyone is different, and while these recipes will appeal to most, there are going to be some who prefer different ingredients. The type of person you are will determine your approach to changing your eating habits. So if you're the type who knows, realistically, that you're never going to follow these suggested recipes, don't despair. There's something for you too!

That's what MyBeachbody.com was created for! It's a premium online diet support site filled with fitness and nutrition tips, customized meal plans, plus message boards and live chats with Chalene to personally answer your questions and give you the support and motivation you need to reach your goals! When you log on to MyBeachbody.com, you'll find many other diet and menu options. Choose from basic meal plans, as well as a Custom Meal Plan feature that will allow you to adjust your diet a myriad of ways with graphs that allow you to track your progress.



Go to Chalene's Corner, in her area of MyBeachbody.com, for more information and support.

## 5. What Should I Drink?

Staying hydrated is a vital part of your program. Here's what you should and should not drink. Remember that drinks containing calories alter your diet and must be accounted for.



**Water** *This is the biggie.* Drinking enough water is a vital part of any conditioning program as it will keep your body functioning in homeostasis and aid every aspect of bodily function. **You should drink at least 6 to 8 12-ounce glasses of water a day**, and more if you do more exercise. Note: while difficult, it is possible to drink too much water because it will dilute your body's electrolytes. Don't drink more than a gallon of water per day

unless you're replenishing your electrolytes (potassium, sodium, chloride, magnesium, etc.) as well.

**Soda** Regular soda is a waste of calories. Diet soda should be consumed within reason, never exceeding one or two 12-ounce servings per day. While diet sodas don't have calories, the added carbonation alters your body's mineral balance and can negatively affect both performance and the way your food is utilized. Plus, artificial sweetener is a controversial ingredient at best which can be overused if you drink a lot of diet soda.

**Mineral Water** Naturally carbonated mineral waters are much better than diet soft drinks but should still not replace all of your flat water as the carbonation can offset your mineral balance. But a few glasses per day would be fine.

**Coffee and Tea** The only caloric concern is what you put in these drinks. A frozen mocha drink can have 600 calories, so, obviously, this sort of thing should be avoided. Caffeine is a

diuretic and can cause dehydration. Therefore coffee and tea should NOT be substituted for water.

**Gourmet Coffee Drinks** See above. If this is something you can live without, do it. Your bankbook and your scale will thank you.

**Crystal Light (and other no-calorie mixes)** Check the ingredients. There is usually a long list of chemicals, so prudence should be practiced. But this is what is called a "freebie." While pure water is best, lo-cal flavored water will help you keep your calories in check while satisfying your craving for flavor.

**Vitamin Waters** Again, do an ingredient check. Some of these are more natural than others. They're not bad, nutrient-wise, but they are rarely as healthy as advertised and often provide very little in the way of vitamins—an expensive way to stay hydrated.

**Beer, Wine, etc.** You're likely to get better results if you can restrict drinking alcohol to special occasions—especially while you are in weight loss mode. Remember that both wine and beer have around 200 calories per glass, most of which is carbohydrates or alcohol. On top of that, these drinks are usually consumed at night (the worst time to add calories). Alcohol often induces more food cravings. Even the alcohol in "low carb" beers is metabolized like a sugar, making this fit-friendly advertising ploy a total joke. Both beer and wine, especially red wine, are not "bad" for you in moderation, but when trying to lose weight they add a lot of calories at the wrong time. It's best to cut consumption way down, if not out completely.

## 6. Do I Need to Take Supplements?

No, but they will help, especially when you're on a low-calorie diet, because your body struggles to find all the nutrients it needs as your body is changing. Check out the supplement section in the back of this book for recommended supplements and visit [Beachbody.com](http://Beachbody.com).

# breakfast

## Energy Oatmeal

- 1 cup plain oatmeal
- 4 ounces nonfat milk or soymilk
- 1 Tbsp. honey or 2 Tbsp. Beachbody's Whey Protein Powder (optional)
- ¼ cup raisins (optional, or sub ½ cup fruit)

## Cereal 'n Go!

- 1 cup whole grain cereal (whole grain must be the first ingredient)
- 1 cup nonfat milk or soymilk
- ½ banana (optional, or sub ½ cup fruit)

**Note:** Don't make the mistake of just filling up your cereal bowl. Get out the measuring cup until you're able to closely estimate what a cup looks like.

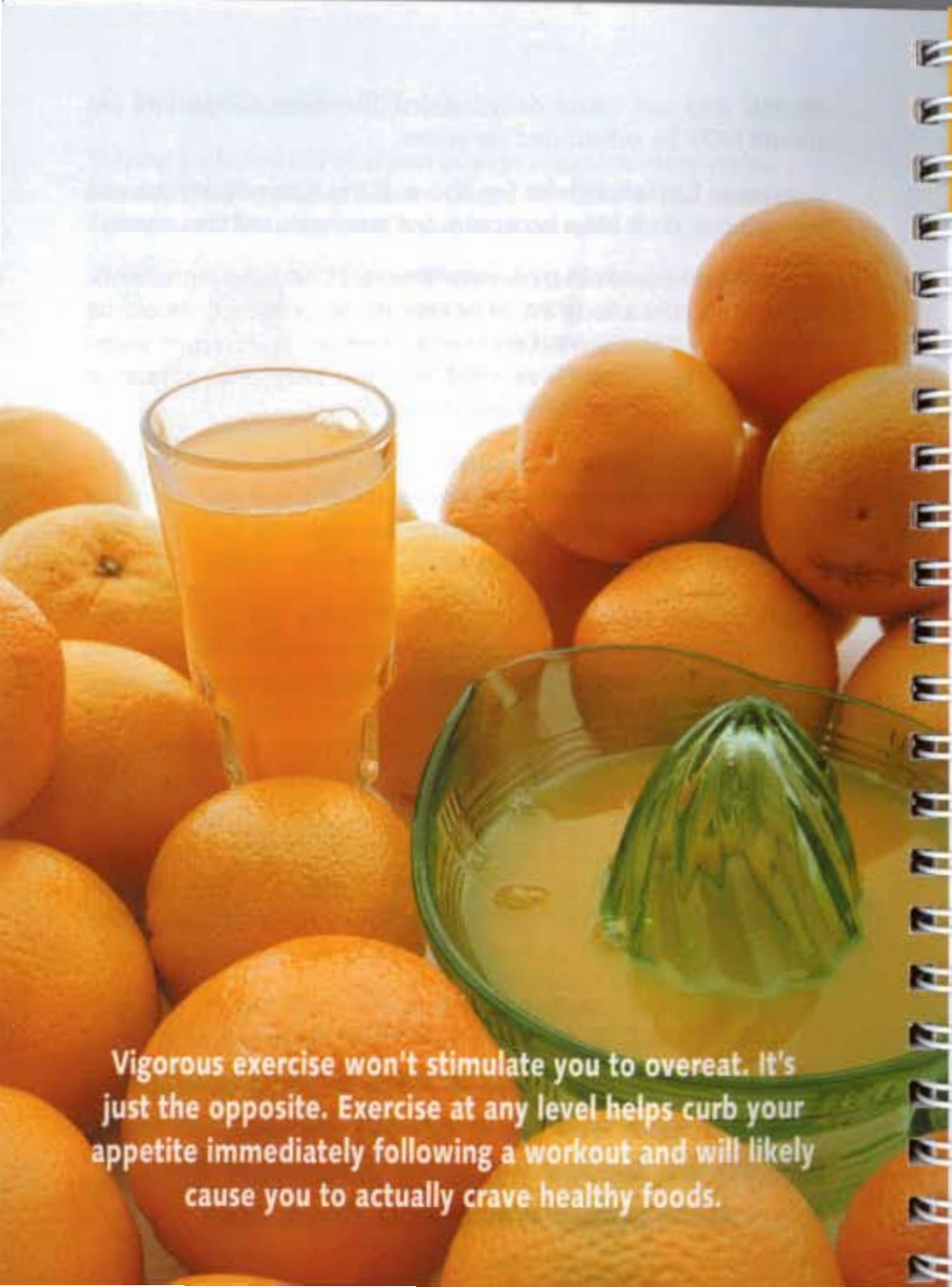
## Poached Eggs & Toast

- 2 eggs, poached
- 1 slice whole wheat, whole grain toast
- ½ teaspoon butter or 1 tablespoon peanut butter or soynut butter or 2 tablespoons salsa

## Veggie Scramble

- 2 eggs
- ⅛ cup nonfat milk (optional)
- ½ cup chopped veggies
- 1 ounce low-fat cheese or feta cheese

**Instructions:** Beat eggs and milk. Heat a nonstick pan over medium heat. Throw in egg mixture, followed by veggies. When done, spoon onto plate and crumble cheese over top. Try it as an omelet too!



Vigorous exercise won't stimulate you to overeat. It's just the opposite. Exercise at any level helps curb your appetite immediately following a workout and will likely cause you to actually crave healthy foods.



# breakfast

## Peanut Butter Toast

2 pieces whole wheat, whole grain toast  
1 tablespoon peanut butter or soynut butter

## Turbo Fuel Parfait

1 cup plain low-fat yogurt or 1 cup nonfat cottage cheese  
1 cup chopped breakfast fruit  
1 teaspoon honey or brown sugar (optional)

## Fruit & Crackers

2 WASA™ brand crackers  
¼ cup cottage cheese to spread on crackers  
¼ cup chopped fresh fruit (try strawberries, oranges, or mango)



# breakfast

## Egg White Burrito

4 egg whites, or ½ cup liquid egg whites  
¼ cup diced tomatoes (your favorite variety)  
¼ cup low-fat shredded cheese  
1 6-inch whole wheat low carb tortilla

## Light & Simple Fruit and Sweet Yogurt

1 medium-sized fruit (i.e. 1 mango, 10 strawberries, or ½ melon)  
½ cup plain yogurt  
1 tablespoon honey

## Peanut Butter & Banana Wrap

½ banana, cut into slices  
1 tablespoon peanut butter or soynut butter  
1 6-inch whole wheat low carb tortilla  
**Optional:** Microwave tortilla for 10 seconds before adding ingredients for a warm breakfast treat.

## Smoothie

Check out Chalene's favorites on pages 45 and 46.

# lunch

## Tofu Veggie Salad

- 2 cups lettuce
- 1½ cups veggies or tomatoes
- 1 cup legumes or extra firm tofu
- 1 sliced hard-boiled egg

### Dressing

- 1 tablespoon vinegar
- 1 tablespoon olive or avocado oil
- Pepper to taste

**Instructions:** Mix the lettuce, egg, veggies, and legumes in a large bowl. Mix the vinegar, oil, and pepper in a small bowl. Toss dressing into salad and mix the whole thing up!

## Veggie Burger

- 1 veggie burger patty
- 1 whole wheat bun
- Lettuce to taste
- Sliced onion to taste (optional)
- 1 slice tomato (optional)
- 1 teaspoon ketchup (optional)
- 1 teaspoon mustard (optional)

**Instructions:** Grill, or cook burger without adding oil. Assemble ingredients and enjoy!

# lunch

## Turkey Reuben

- 2 slices whole grain rye bread
- 4 ounces turkey or your favorite non-processed lean meat
- 4 ounces sauerkraut
- 1 teaspoon mustard
- 1 kosher pickle (optional)

**Instructions:** Toast bread, then warm sauerkraut and meat. Combine ingredients (except the pickle, that goes on the side).

## Jam-Packed Sandwich

- 2 slices whole grain bread
- 4 ounces lean meat
- Lettuce to taste
- 1 slice tomato (optional)
- Sliced cucumber (great for that extra crunch)
- 1 teaspoon mustard (optional)
- 1 piece lunch fruit\*

## Tuna Sandwich

- 3 ounces tuna in water
- 1 teaspoon olive oil
- 1 teaspoon capers or ½ diced kosher pickle
- 1 tablespoon red onion, chopped
- 1 boiled egg white, chopped
- 2 slices whole grain bread
- Lettuce to taste
- 1 teaspoon mustard

**Instructions:** Drain tuna. Combine with oil, capers, onion, and egg white. Spread mustard on bread, then spoon on tuna mixture. Add lettuce.

# lunch

## The Zena Burger

(A favorite of Chalene's good friend and native New Zealander, Anna-Rita.)

- 4 ounces lean (less than 10% fat) ground beef or turkey
- ½ whole wheat bun (save the other half for tomorrow)
- Lettuce to taste
- Sliced onion to taste (optional)
- 1 slice tomato (optional)
- 1 egg, over easy
- 2 tablespoons balsamic vinegar

**Instructions:** Grill, or cook burger without adding oil. Try a fat-free cooking spray to avoid messy clean-up. Next, cook one egg over easy. Serve burger open-faced with egg placed on the bottom of the bun before adding the meat patty. Combine ingredients and enjoy! (Not daring enough to try this? Modify this recipe by adding 1 tablespoon mustard and/or ketchup!)

## Chicken Salad

- 4 ounces grilled chicken breast, sliced or cubed
- 2 cups lettuce
- 1½ cups veggies

### Mustard Vinaigrette Dressing

- 1 tablespoon balsamic vinegar
- 1 tablespoon olive oil
- ½ tablespoon Dijon mustard
- Pepper to taste

**Instructions:** Combine the chicken, lettuce, and veggies in a large bowl. Mix vinegar, oil, mustard, and pepper in a small bowl. Toss dressing with salad to combine.

# lunch

## Cottage Cheese & Fruit

- 1 cup low-fat cottage cheese
- 1 cup strawberries, sliced
- 5 almonds, chopped
- 2 WASA™ brand whole wheat crackers

## Cucumber, Tomato, & Basil Salad

- 1 medium cucumber
- 1 cup grape or cherry tomatoes
- 2 ounces low-fat part-skim-milk mozzarella cheese, cubed
- ¼ cup diced fresh basil
- 1 teaspoon extra light virgin olive oil
- Balsamic vinegar to taste
- Pepper to taste

**Instructions:** Peel and chop cucumber, then add basil, tomatoes, and cheese. Lightly drizzle olive oil, and add vinegar and pepper to taste. Combine.

## Standard Salad

- 2 cups lettuce
- 2 cups raw vegetables (broccoli, cucumber, tomato)
- 1½ tablespoons Italian dressing (oil & vinegar)

# lunch

## Healthy Waldorf Salad

**NOTE:** This recipe will yield enough for three meals. It's great for having on hand for a quick pre-made lunch when there's no time for prep!

- ¼ cup nonfat plain yogurt
- 1 tablespoon orange juice or lemon juice
- 1 stalk celery, cut into small pieces (optional)
- 1 pound lean skinless chicken breast, broiled and sliced
- 1 tart green apple, peeled, cored and diced small
- ½ cup seedless grapes, halved
- ¼ cup dried cranberries or golden raisins
- ¼ cup toasted raw almonds, slightly chopped

**Instructions:** Bring 2 inches of water to boil in a skillet, add chicken breast, reduce heat, and let simmer 8 to 10 minutes. Do not let water boil or chicken will be tough. Cool and cut into 1-inch chunks. Combine with apple, celery, dried cranberries or raisins, and almond pieces.

In a small bowl, stir yogurt and orange juice together. Pour over chicken mixture and toss well to coat. Chill for at least one hour.

**Optional:** Serve on romaine lettuce leaves.

\*Lunch fruit includes: apple, pear, peach, nectarine, plum (2), tangerine (2), or orange.

# dinner

## Pita Pizza

- 1 whole wheat pita
- ½ cup marinara sauce
- ½ cup grated low-fat mozzarella cheese
- 1 cup diced veggies of your choice (mushrooms, onions, tomatoes, garlic, or bell pepper)
- 2 ounces diced, grilled chicken breast, other lean meat, or protein source

**Instructions:** Preheat oven to 350 degrees. Slice pita around the edges, making two open-faced discs. Bake discs for about a minute until slightly toasted, but not really brown. On the inside (bumpy) side of bread, spoon sauce, followed by veggies, meat, and finally cheese. Bake for about 15 minutes or until cheese is golden brown. Makes 2 pizzas, but you can eat them both—if you did your workout today!

## South of the Border Chicken Wrap

- 3 ounces grilled chicken breast (our choice), other lean meat, or meat substitute
- ½ cup nonfat refried beans or black beans
- 2–4 tablespoons salsa
- 1 whole wheat low carb 6-inch tortilla
- Lettuce to taste
- Tomatoes to taste
- Jalapeños to taste (optional)
- Sombrero hat (optional: ¡Ole!)

**Instructions:** Grill chicken, and heat beans through. In oven, warm up tortilla approximately 1 minute, until soft and supple. Combine everything and chow down.

# dinner

## Stir-Fry

- 3 ounces diced chicken breast, other lean meat, or meat substitute (i.e. extra firm tofu)
- 1–1½ cups chopped veggies (choose 2 types from among pea pods, bok choy, broccoli, green beans, bamboo shoots, cauliflower, onion, mushrooms, shitake, etc.)
- 1 teaspoon canola oil
- ½ teaspoon sesame oil (optional)
- 1 tablespoon low-sodium soy sauce
- ½ cup whole grain brown rice

**Instructions:** Heat oil in nonstick pan (or wok) on medium high. If using chicken, fry this first until done, but not completely brown. Add veggies one and two, as well as soy sauce. If using tofu, stir-fry veggies first, then add tofu and soy sauce. Serve with boiled or steamed rice.

## Vegetarian Curry

- ½ diced onion
- 1 tablespoon curry powder
- 1 cup veggie stock
- 3 ounces tomato paste
- ½ small garlic clove, chopped
- 1 cup chickpeas
- 1 cup chopped tomatoes or cauliflower, or a combo of the two
- 1 cup brown rice

**Instructions:** Heat nonstick pan over medium heat. With a tablespoon of stock, sauté onion and garlic for 3 minutes. Add curry powder, stock, chickpeas, tomatoes and/or cauliflower, and tomato paste. Simmer for 10 minutes or until cauliflower is tender. Serve over steamed rice. Serves 2. If you're flying solo, don't stress because curry always tastes better the second day.

# dinner

## Slim BBQ Kabob

- 1 cup red onions, diced into 1-inch squares
- 1 cup bell peppers, diced into 1-inch squares
- 1 cup pineapple, diced into 1-inch squares
- 5 ounces extra firm tofu, lean meat, or fish, diced into 1-inch squares
- 1 cup cherry tomatoes

### Marinade

- 1½ tablespoons olive oil
- 1½ tablespoons low-sodium soy sauce
- 2 tablespoons orange juice
- 2 big dashes chili powder or garlic powder

**Instructions:** Marinate everything overnight in a sealed container in the fridge. Thread everything onto skewers. Barbecue until chicken, fish, or tofu is cooked. Serve with Standard Salad (see page 36). Serves 2.

## Turbo Mexicana (Rice & Beans)

- ¾ cup boiled brown rice
- 2 tablespoons diced onion
- ½ cup stewed tomatoes, chopped
- 1 tablespoon white wine

### Spicy Black Beans

- ¾ cup black beans
- Tabasco (or pepper sauce) to taste

**Instructions:** On medium heat, sauté onions in wine in a nonstick pan for 5 minutes. Add rice and tomatoes; cook until excess tomato juice had evaporated. Separately, warm beans and add Tabasco. Serve the two dishes side-by-side with a Standard Salad (see page 36).

# dinner

## Chalene's Sweet Secret Salad

1½ cups lettuce (Keep it simple, try the bagged Spring Mix)  
1 chicken breast, oven roasted with fresh lemon and pepper  
¼ cup strawberry slivers  
2 tablespoons almond slivers

### Raspberry Vinaigrette Dressing

(Use dressing sparingly. Save enough for later in the week!)

¾ cup frozen raspberries, unsweetened  
¼ cup frozen apple juice concentrate, unsweetened  
¼ cup raspberry vinegar  
1 tablespoon Dijon mustard

**Instructions:** Mix all dressing ingredients well, or puree for a smoother texture. Toss with salad.

## Bret's Turkey Chili

Use the leftovers to mix with egg whites for a morning scramble.

Prep Time: 15 Minutes. Cook Time: 20 minutes

1 pound lean ground turkey  
½ cup diced tomatoes  
8 ounces canned whole kernel corn  
½ diced onion  
2 cloves garlic  
8 ounces canned black beans  
8 ounces canned chili or pinto beans  
1 tablespoon tomato paste  
1 package Lawry's Chili Seasoning

**Instructions:** Sauté onions and garlic. Brown turkey with chili seasoning, then add sautéed onions and garlic. In a large saucepan, add tomatoes, corn, beans, and tomato paste. Cook over medium heat for 20 minutes, or add 1 cup water and simmer on low heat for 1 hour for a really deliciously juicy chili!

# dinner

## The Basic Three

3 to 4 ounces lean meat, fish, or other protein source  
1 to 2 cups green veggies of your choosing (broccoli, spinach, kale, collard greens, etc.)  
½ cup whole grain brown rice

### Marinade

Juice of 1 lemon  
Garlic powder or minced fresh garlic to taste  
Pepper to taste  
Rosemary to taste  
Dill to taste

**Instructions:** Marinate meat covered in the fridge at least 2 hours before grilling in one of the following:

1. Lemon & pepper
2. Lemon & rosemary & pepper (optional)
3. Lemon & dill & pepper (optional)
4. Garlic powder & pepper

Grill the meat, steam the veggies, and boil the rice. Serve and eat. If desired, use the marinade ingredients to season veggies and rice.

## Breakfast for Dinner – Hearty Healthy Pancakes

1¼ cup whole wheat flour, buckwheat flour, or quick cooking oats (or combine the 3)  
3 teaspoons baking powder  
1 cup skim milk  
3 tablespoons canola oil  
2 tablespoons honey or black strap molasses  
1 egg

**Instructions:** In a large bowl, combine whole wheat flour, buckwheat flour, and/or oats, and baking powder. Stir in milk, oil, honey or molasses, and egg. Heat a nonstick griddle or pan over medium heat. Pour or scoop the batter in, using approximately ¼ cup for each pancake. Brown on both sides. Eat on the spot or make several and reheat when you're ready to eat.

# snacks

## Fruit or Veggies

1 piece of any fruit of your choosing (except, like, a whole watermelon) or  
1 cup sliced raw veggies of your choice (carrots, cucumbers, celery)  
A dash of salt is fine, but only a dash.

**Note:** Avoid processed dips during this period, even the fat-free kind.

## Peanut Butter & Celery

2 tablespoons peanut butter, almond butter, or soynut butter  
spread on as much celery as you'd like

## Carrots & Hummus

3 ounces hummus  
2 medium carrots or a handful of baby carrots

## Raw Nuts & Fruit

10 raw almonds (yup, count 'em out! It's important!)  
2 tablespoons dried cranberries

## Yogurt & Fruit

4 ounces low-fat yogurt  
½ cup of dessert fruit\*

## Cottage Cheese & Tomatoes

½ cup low-fat cottage cheese  
¼ cup diced fresh basil  
2 to 3 thick slices of red vine tomatoes  
Pepper to taste

# snacks

## Edamame (Whole Soy Beans)

2 cups in-the-shell edamame  
A dash of salt  
Great cold, or toss in boiling water for 2 minutes.  
A popular appetizer at sushi restaurants, they have the consistency of a bean with a nutty flavor that really satisfies.

## Popped Corn

2 cups air popped popping corn  
Season with paprika if desired  
Sorry, "movie" popcorn is off limits!

**Instructions:** Prepare according to package directions.

## Toast & PB

1 piece whole wheat, whole grain toast  
1 tablespoon peanut butter, almond butter, or soynut butter (the lowest in fat!)

\*Dessert fruit includes: blackberries, boysenberries, blueberries, strawberries, raspberries, or a banana.

# smoothie bar

Chalene is a big fan of smoothies for breakfast or snacks. So she added her smoothie bar to share some that she likes to whip up. Be sure to stock up on Beachbody's Whey Protein Powder—it's a wonderful base for power drinks—or select a protein powder that has 90–100 calories per scoop and less than 5 grams of sugar.

Any of these smoothie recipes are perfect as a replacement for snacks. Check out [Beachbody.com](http://Beachbody.com) for a delicious choice of whey protein powders—in decadent chocolate or classic vanilla!

## Favorite Fruit Smoothie

1 scoop (about 2 ounces) protein powder  
½ cup each of 2 different fruits  
4 ounces nonfat or soy milk  
Add ice to taste

## Chocolate or Vanilla Banana Shake

1 to 2 scoops protein powder  
6 to 8 ounces water  
4 to 6 ice cubes  
1 banana

## Choco-Peanut Butter Blast

1 to 2 scoops of protein powder  
1–2 teaspoons of unsweetened cocoa powder  
½ cup skim or 1% milk  
1 teaspoon honey  
2 teaspoons peanut butter

# smoothie bar

## Berry Sensation

1 to 2 scoops protein powder  
6 to 8 ounces water  
4 to 6 ice cubes  
8 strawberries (or berry of your choice)

## Did Someone Say DESSERT?

When a Smoothie Just Isn't Chocolaty or Thick Enough...  
Try Chalene's Favorite Pudding

## Chalene's Favorite Pudding

1 portion pre-made sugar-free chocolate pudding  
1 scoop protein powder  
4 chopped strawberries

**Instructions:** Just stir protein powder into pre-made pudding and add strawberries. Enjoy!

## Flaxseed

We highly recommend adding flaxseed to your diet. Flaxseed provides your body with essential fatty acids and is 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 or smoothie or even sprinkle them on a salad. You can grind them in a coffee grinder, though certain stores now sell flaxseed already ground.



## Chalene's 11 Secrets to Success

1. Vigorous exercise won't stimulate you to overeat. It's just the opposite. Exercise at any level helps curb your appetite immediately following a workout and will likely cause you to actually crave healthy foods.
2. Distract yourself when you have a very strong craving. Cravings usually disappear after 2 minutes. Don't sit in front of the fridge negotiating with yourself. Instead, walk away and focus your attention elsewhere. And if you have a few food items which are simply too much to resist, toss them!
3. Think "W.I.W.M." When you really crave something unhealthy, finish this phrase: "What I Want More is..." Is it the piece of chocolate cake, or a body of which I'm proud? Nothing tastes as good as fit feels!
4. As hard as it may seem to lose weight, it's more stressful, depressing, frustrating, embarrassing, and even life-threatening to remain overweight.



5. The large majority of people who struggle with late night eating are those who skip meals or don't eat balanced meals during the day. Try to be consistent.
6. Change your nighttime schedule. Make it your goal to go to sleep with an empty stomach. You'll wake up feeling thin and well rested.
7. Put a sign on the kitchen and refrigerator doors: "Closed after dinner. Water is open all night."
8. Brush your teeth right after dinner to get the taste of food out of your mouth and to make the statement: "I'm done eating!"
9. Eat without engaging in any other simultaneous activity, i.e. no reading, TV, or sitting at the computer. Savor the food and you'll be more conscious of portions.
10. Move more and move quicker. A slow metabolism is rarely the culprit for the inability to lose weight. Rather, fit people tend to move more and move quickly. When they need something, they jump up and get it themselves. So take the stairs, take a walk, do some gardening, start your spring cleaning. Be an active person every hour of the day. Use the stairs instead of the elevator. And climbing two steps at a time is great for toning the glutes.
11. When shopping for food, try whole food markets as they stock very few of the tempting, unhealthy junk foods we find in most mainstream grocery stores. When you do go shopping at a regular grocery store, as a rule of thumb the aisles are filled with processed foods while most whole foods are found around the perimeter. That's how you avoid packaged items that contain hydrogenated oil, trans fat, shortening, animal fat, and mega-calories.

## "Good Stuff" Grocery List

Keep these foods on hand. They taste great and they are good for you! These foods should make up the majority of your grocery basket.

### Protein

- Fish: salmon, tuna, cod, etc. (avoid farmed fish)
- Eggs (from free range/grass fed chicken, if possible)
- Chicken breasts (same as above)
- Cottage cheese
- Milk proteins, whey, or whey/casein blends
- Lean red meat

### Carbohydrates

- Fresh vegetables
- Beans and legumes
- Fruits
- Oatmeal
- Mixed grain bread
- Whole grain rice
- Whole grain pasta

### Fats

- Flaxseed oil
- Fish oil (EPA/DHA fatty acids)
- Olive oil
- Canola oil
- Raw nuts



**Anna-Rita S.**  
Lost 75 Pounds

## Dining Out Guide

Dining out is not an excuse to neglect your goals. Even though you aren't preparing this meal, you're still very much in control of the ingredients and portion size. For a satisfying and healthy dining experience, hold your ground, opt for healthy "feel-good fuel," and try these guidelines:

**Don't fill up on empty bread calories** or fattening pats of butter. Be proactive—ask for crisp veggies and remove the bread if the rest of the table agrees.

**Try refreshing alternatives to alcoholic beverages**, like iced tea or natural lemonade. Aside from its empty calories, alcohol can erode your resolve to select healthy foods and to skip dessert.

**Steer clear of fried and sautéed foods.** Go for broiled, steamed, stir-fried, or poached options. Your meal won't be swimming in grease or butter and you'll actually be able to taste the fresh ingredients. Ask that your meal be prepared with very little or no butter. Restaurants do that to order. Well, good ones do.

If a restaurant offers you a large portion, **set aside the extra food to take home** as soon as the plate is put in front of you. By allowing the plate to sit, especially if it's a favorite dish, you're more likely to pick at it until the entire over-sized portion is gone.

**Enjoy your dining companions**—it's not an eating contest. Relax, sip some tea or water, pause between bites, and really savor the food and your time.

**Chew your food.** Your body is better able to utilize nutrients when they've been properly broken down and the enzymes in your saliva can mix thoroughly with the food.

## EMERGENCY FAST FOOD OPTIONS

Every fast food restaurant now offers nutrition guides upon request and more and more healthy options each day. Don't assume the salad, chicken sandwich, or the item labeled "low carb" is always your best option. Take a quick peek at the menu's nutrition guide. Be wary of crunchy toppings, giant croutons, sauces, bacon, mayo, and cheeses. Make eating home-prepared meals that you can control your first priority, especially during the first ten days. Yet, when emergencies arise, and they may, be prudent. You have choices. When possible, ask that your order be prepared exactly as you need it. And drink water.

### McDonald's

Fruit and Yogurt Parfait (no Granola)

130 Calories, Fat 2 g, Carbs 31 g, Protein 4 g

California Cobb Salad with Grilled Chicken and Newman's Own Vinaigrette Fat-Free Dressing

310 Calories, Fat 14 g, Carbs 14 g, Protein 33 g

Fruit and Walnut Salad

310 Calories, Fat 13 g, Carbs 44 g, Protein 5 g

### Burger King

Fire-Grilled Chicken Garden Salad with Fat-Free Dressing (without Garlic Parmesan Toasts)

210 Calories, Fat 7 g, Carbs 13 g, Protein 26 g

Low Carb Chicken Whopper without Mayo and Cheese

410 Calories, Fat 7 g, Carbs 48 g, Protein 38 g

## Wendy's

Fresh Fruit Bowl with Low-Fat Strawberry Yogurt

270 Calories, Fat 2 g, Carbs 57 g, Protein 9 g

Ultimate Chicken Grill Sandwich – Request Sweet and Savory Sauce (made with Soy) or Mustard instead of Mayo

360 Calories, Fat 7 g, Carbs 44 g, Protein 31 g

## KFC

Tender Roast Sandwich with Mustard (no Secret Sauce)

380 Calories, Fat 8 g, Carbs 45 g, Protein 29 g

## Jack in the Box

Southwest Chicken Pita with Corn and Lettuce

235 Calories, Fat 3 g, Carbs 35 g, Protein 18 g

## Carl's Jr.

Charbroiled Chicken Salad with Fat-Free Dressing  
(no Croutons)

320 Calories, Fat 4 g, Carbs 25 g, Protein 33 g

**Distract yourself when you have a very strong craving. Cravings usually disappear after 2 minutes.**



## APPENDIX

### Keep 'em Coming— Your Invitation to the Party That Doesn't Quit!

Turbo Jam is unique in so many ways. One of the reasons people have been devoted, even fanatical, about this workout is that it progresses as you progress. You will soon find your form improving and your body transforming, and you'll be thirsting for more! Each Turbo Jam workout will help you break plateaus by adding something new in each one. Each workout builds on the foundation of the last. To keep the party in full effect and your body in top condition, Beachbody and Chalene will be creating new videos. Visit [MyBeachbody.com](http://MyBeachbody.com) to see how you can have them shipped conveniently to your door.

### Online Support

At [MyBeachbody.com](http://MyBeachbody.com) you'll find all the support tools you need to get the most out of your Turbo Jam workouts: live chats, world-class fitness advice, diet plans, motivational Success Story photos, surefire tips, and an inspiring community of people who are making fitness a priority. You'll also have access to personalized meal plans loaded with nutritious recipes, all designed to help you achieve healthy body slimming goals in less time.

On the [MyBeachbody.com](http://MyBeachbody.com) message forum you'll meet other people doing these workouts and have the opportunity to chat live with Chalene and the cast! To take advantage of these valuable support tools, just go to [MyBeachbody.com](http://MyBeachbody.com) for a tour.

## An Honest "Before" and "After" Record

	Month 1	Month 2	Month 3
<b>Weight</b> (Wearing clothes?)	<input type="checkbox"/> YES <input type="checkbox"/> NO	<input type="checkbox"/> YES <input type="checkbox"/> NO	<input type="checkbox"/> YES <input type="checkbox"/> NO
<b>Chest</b>	_____	_____	_____
<b>Waist</b>	_____	_____	_____
<b>Hips</b>	_____	_____	_____
<b>Right Mid-Thigh</b>	_____	_____	_____
<b>Left Mid-Thigh</b>	_____	_____	_____
<b>Right Upper Arm</b> (measured at the peak of the bicep)	_____	_____	_____
<b>Left Upper Arm</b> (measured at the peak of the bicep)	_____	_____	_____
	Month 4	Month 5	Month 6
<b>Weight</b> (Wearing clothes?)	<input type="checkbox"/> YES <input type="checkbox"/> NO	<input type="checkbox"/> YES <input type="checkbox"/> NO	<input type="checkbox"/> YES <input type="checkbox"/> NO
<b>Chest</b>	_____	_____	_____
<b>Waist</b>	_____	_____	_____
<b>Hips</b>	_____	_____	_____
<b>Right Mid-Thigh</b>	_____	_____	_____
<b>Left Mid-Thigh</b>	_____	_____	_____
<b>Right Upper Arm</b> (measured at the peak of the bicep)	_____	_____	_____
<b>Left Upper Arm</b> (measured at the peak of the bicep)	_____	_____	_____

To track your results, be sure to record your measurements every month in the appropriate section above. You can also track your results, post your photos, and journal your daily progress online at [MyBeachbody.com](http://MyBeachbody.com).

## Great Supplements to Aid Your Workouts and Lifestyle

Beachbody offers a variety of beneficial supplements to support your fat-burning food and exercise plan. When combined with your Turbo Jam workouts, they will aid in fat reduction while boosting your stamina and energy. All of their supplements are high quality and have consistently proven to enhance performance and maximize results. For this reason we recommend you take advantage of their benefits during and beyond your Turbo Jam experience. The 3 supplements below were used by our Turbo Jam test group participants to help them achieve great results. Visit [Beachbody.com](http://Beachbody.com) for more information on their entire supplement offering.

### ACTIVIT<sup>®</sup> MULTI-VITAMINS

Taking a high-quality multi-vitamin like ActiVit every day is an easy way to ensure your body gets the nutrients it needs to excel and get the most out of your fitness routine. This is especially true when beginning a new fitness program and making changes to your diet. Formulated with safe and natural herbal ingredients, ActiVit will help you reach your fitness objectives faster.



### SLIMMING FORMULA

Beachbody test groups have shown that those who enhanced their workouts with Slimming Formula lost almost 30% more fat than those who didn't. Used in combination with a healthy diet and your Turbo Jam workouts, Beachbody's Slimming Formula can help you burn more body fat and lose inches from your waist, hips, thighs, and arms. The main fat-burning ingredients, green tea and pyruvate, are safe and have been proven effective as weight loss agents without the negative effects or harmful ingredients like ephedra.





## WHEY PROTEIN POWDER

An active body needs more protein to build and repair itself, and great shakes made with Beachbody's Whey Protein Powder are a simple way to ensure you're getting the optimal nutrition you need. Loaded with 18 grams of protein, made with 100% all-natural ingredients, and very low in fat, it will help you develop lean, sexy muscle mass.

Beachbody's Whey Protein Powder has been specially formulated so it can be mixed with water, added to fruit smoothies, sprinkled over cereal or dessert, or mixed with milk for a great-tasting, healthy shake. Be sure to check out Chalene's Favorite Pudding recipe!

**Warning:** As with any supplement, herb, or medication, do not use while pregnant or lactating, or provide to a child without consulting a physician. Use this product only after consulting your physician about your specific health situation, especially if you are using any medications. Follow the directions as outlined—and do not exceed the recommended dosage.

## Share Your Success!

Turbo Jam will help you lose weight and sculpt a new body. There's a good bet you'll lose a dress size and fit back into your favorite jeans. Beachbody wants to hear about your success, and you can share it with others to motivate and inspire them!

So, tell us how many pounds you've lost, inches you've shed, or about your increased self-esteem and any other changes you've experienced, and you may qualify to be a part of the next Turbo Jam infomercial! If you're selected, you'll receive an all-expense-paid trip to the location of the shoot, where you'll tell your story and work out with Chalene and the Turbo Team.

Email your story to [testimonials@turbojam.com](mailto:testimonials@turbojam.com).

### Include the following:

- Name
- Address
- Phone Number
- Email Address
- Start "Before" Weight
- Current "After" Weight
- Total Weight Loss
- "Before" and "After" Full-Body Photos
- Improvements to Your Self-esteem, Your Confidence, and Your Life!

Or mail to: Beachbody.com Success Stories  
8383 Wilshire Blvd., Suite 1050  
Beverly Hills, CA 90211



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*Decide. Commit. Succeed.*