


TURBO FIRE®



**The 5-Day
Inferno
Plan**

Get hot for the weekend.

KICK OFF THE WEEKEND WITH THIS WEEKDAY PLAN.

This 5-Day Inferno Plan is designed to cleanse your body and change your daily eating habits, so you're ready to take on TurboFire® with more energy. Use this fast-track weight loss program to shift your metabolism into Turbo mode. Pay close attention to what you eat and drink, as well as how much, and give it your all when in class.

Remember to also write everything down in your TurboTracker under the 5-Day Inferno tab. Doing this will help you get into a rhythm of making sure the foods you eat are clean, healthy fuel for your body. To order the TurboTracker, contact your Team Beachbody® Coach. Or visit TeamBeachbody.com or TurboFireAdvanced.com.

Get started on Monday. See results by Friday.

Of course, you can start this plan any day of the week. Simply follow the meal suggestions in this guide for 5 days and take the recommended TurboFire Classes. You'll need to do at least one TurboFire Class every day. When you feel like doing more, add the Stretch 40 Class to your routine. If you're lacking energy on a certain day, just substitute your workout with 20 minutes of the **Fire 55 EZ Class**. Stick with the plan, and within 5 days you can lose up to 10 pounds and 10 inches.*

Advance to the next level.

To keep the AfterBurn Effect and more results coming, mix up your routine with 5 Advanced TurboFire Classes. Order your 4 DVDs featuring 5 Advanced TurboFire Classes by contacting your Team Beachbody Coach. Or visit TeamBeachbody.com or TurboFireAdvanced.com.

**Results may vary. Exercise and proper diet are necessary to achieve and maintain weight loss and muscle definition.*

HELED...

You should be able to do the 5-Day Inferno Plan exactly as it's laid out. However, you may need to slightly alter the plan to suit your needs, based on your physical build, composition, and activity levels.

How to tell if your body needs more food to keep going:

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1. Estimate your body fat percentage. You can have your doctor or a physical fitness expert test it for you. Or save money and measure it yourself with body fat calipers. It's one of the most accurate measuring tools, and one of the least expensive methods, too. To purchase body fat calipers, contact your Coach or visit TeamBeachbody.com or Beachbody.com.

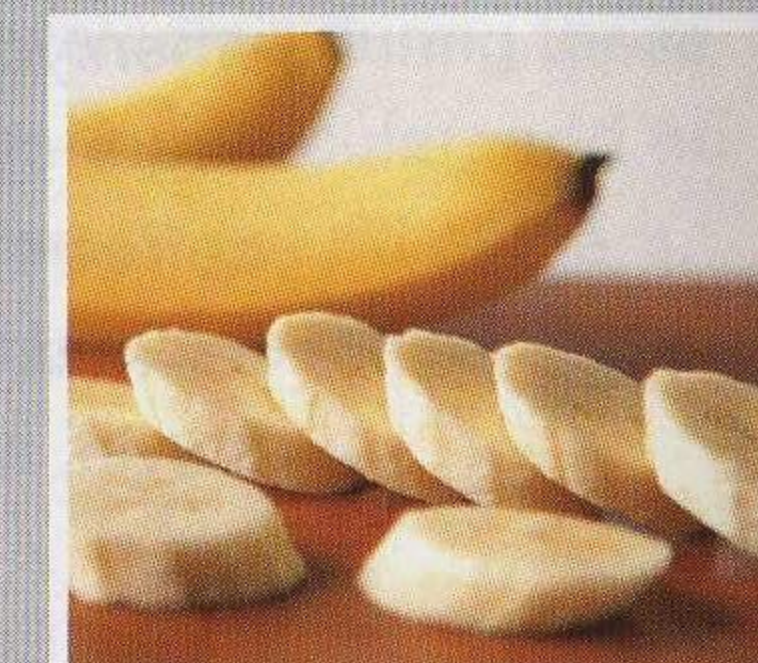


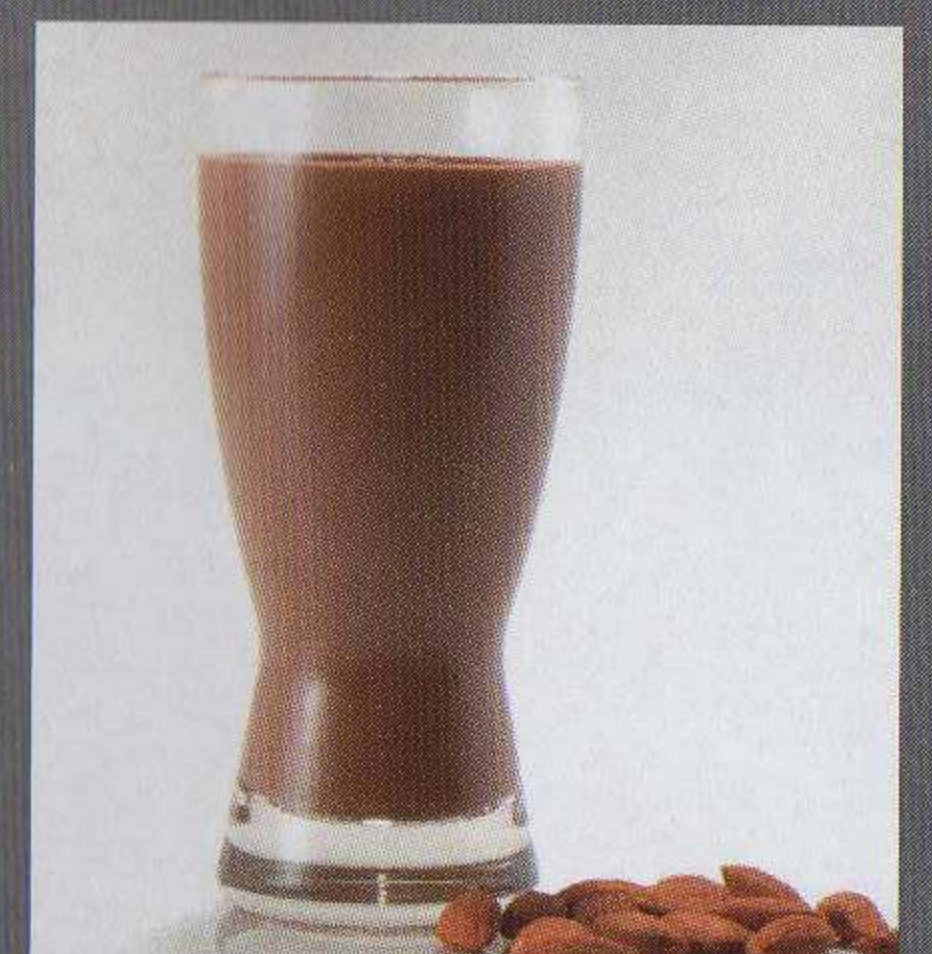
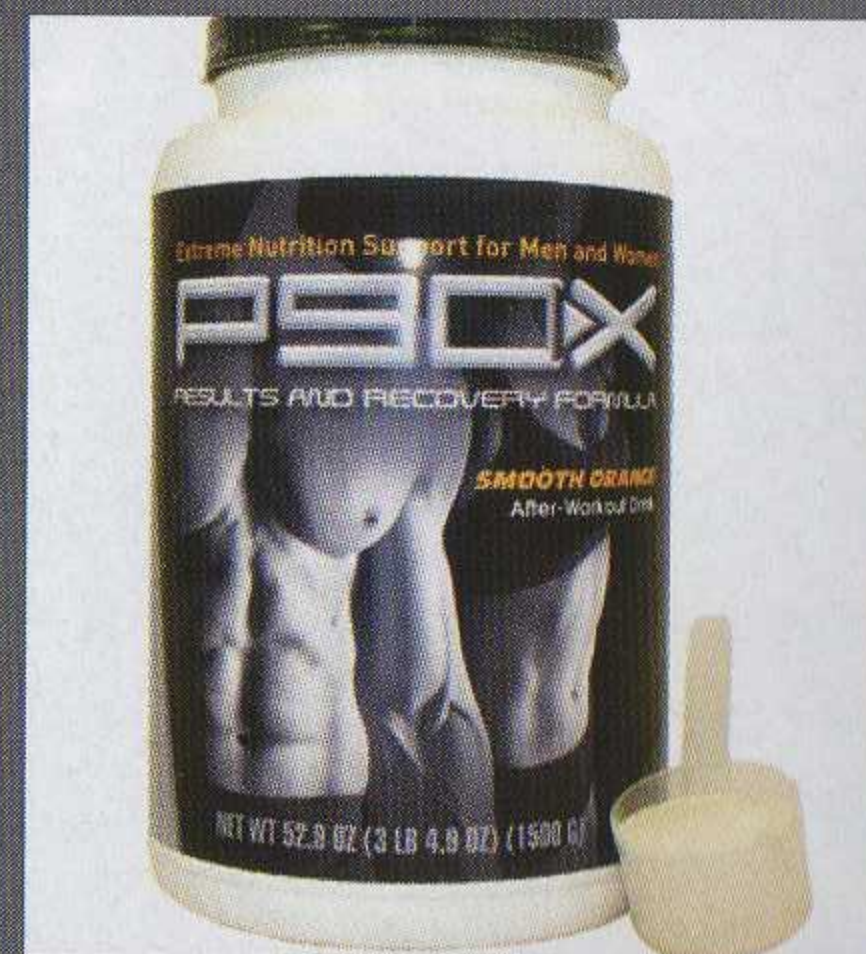
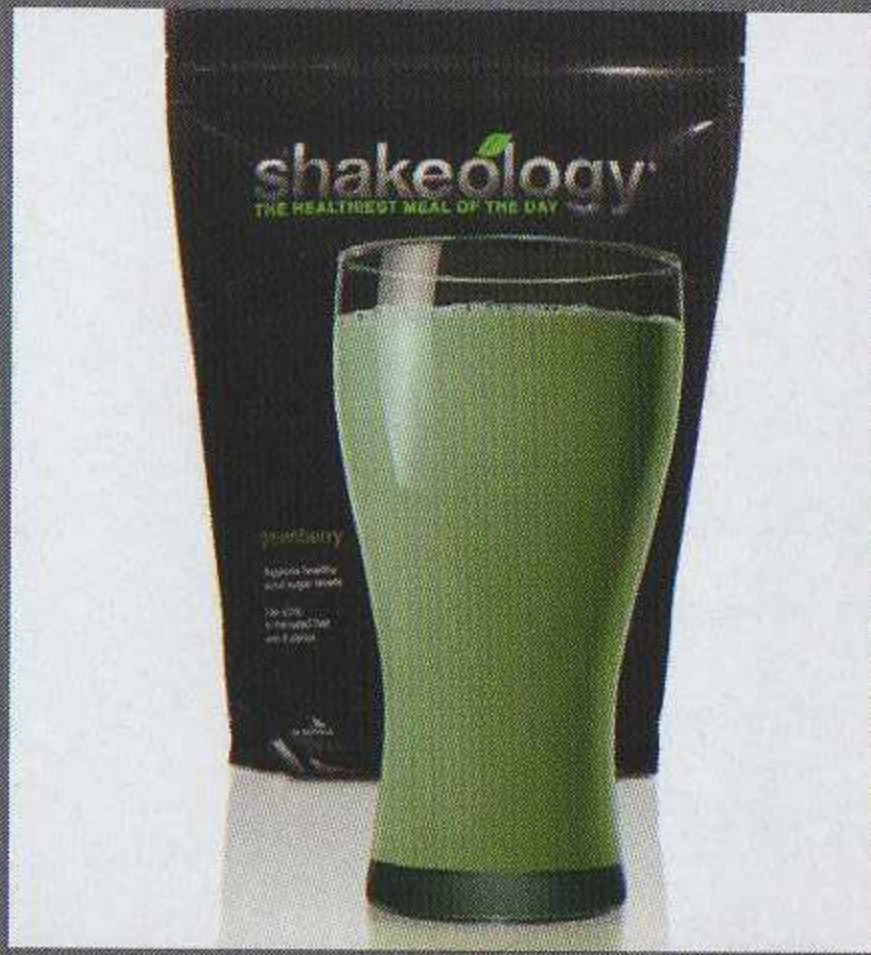
AND FULL.

2. Add more calories. If your body fat is over 15% (men) and over 20% (women), then this plan was designed specifically for you. If your energy levels dip and you feel hungry, we suggest you add more vegetables or protein. Figure that 2 ounces of lean meat or protein is about 100 calories. Raw vegetables can be added anytime, and a large salad bowl averages a mere 100 calories (go easy on the salad dressing).

Is your body fat below 15% (men) or 20% (women)? You'll probably need to add calories to keep your energy levels up and your workouts intense. You wouldn't want your body feeding on its own muscle to support its demand for energy. Use this chart to calculate how many calories you should be adding to the plan.

CALORIES TO ADD IF YOUR BODY FAT IS BELOW 15% (MEN) OR 20% (WOMEN)	
UNDER 140 LBS.	ADD 100 CALORIES A DAY
141-150 LBS.	ADD 200 CALORIES A DAY
151-160 LBS.	ADD 300 CALORIES A DAY
161-170 LBS.	ADD 400 CALORIES A DAY
171-180 LBS.	ADD 500 CALORIES A DAY
181-190 LBS.	ADD 600 CALORIES A DAY
191-200 LBS.	ADD 700 CALORIES A DAY
200+ LBS.	ADD 700 CALORIES A DAY + ANOTHER 100 CALORIES FOR EACH 10 LBS. OVER 200 LBS.





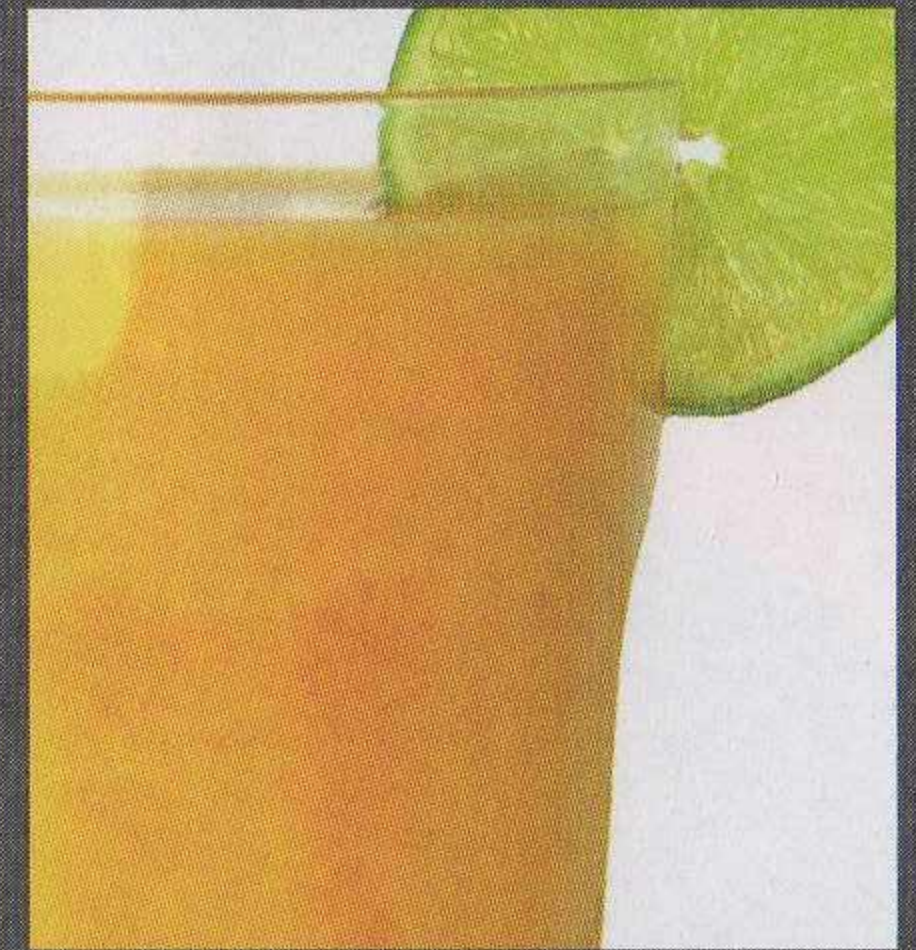
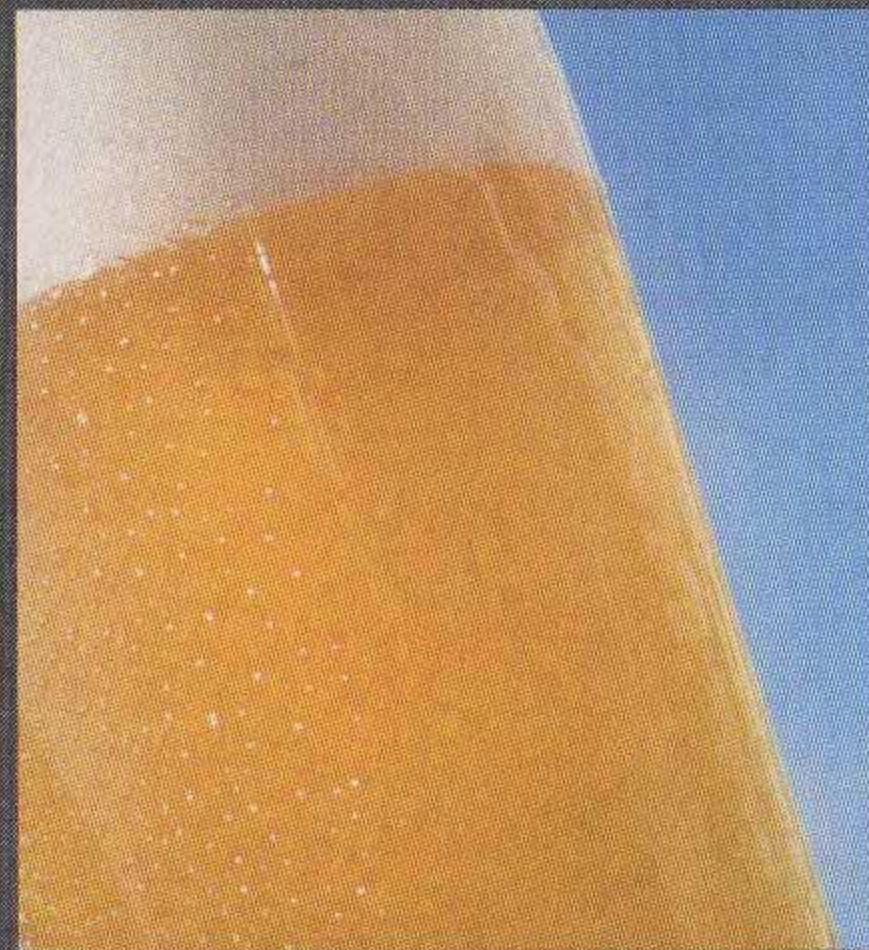
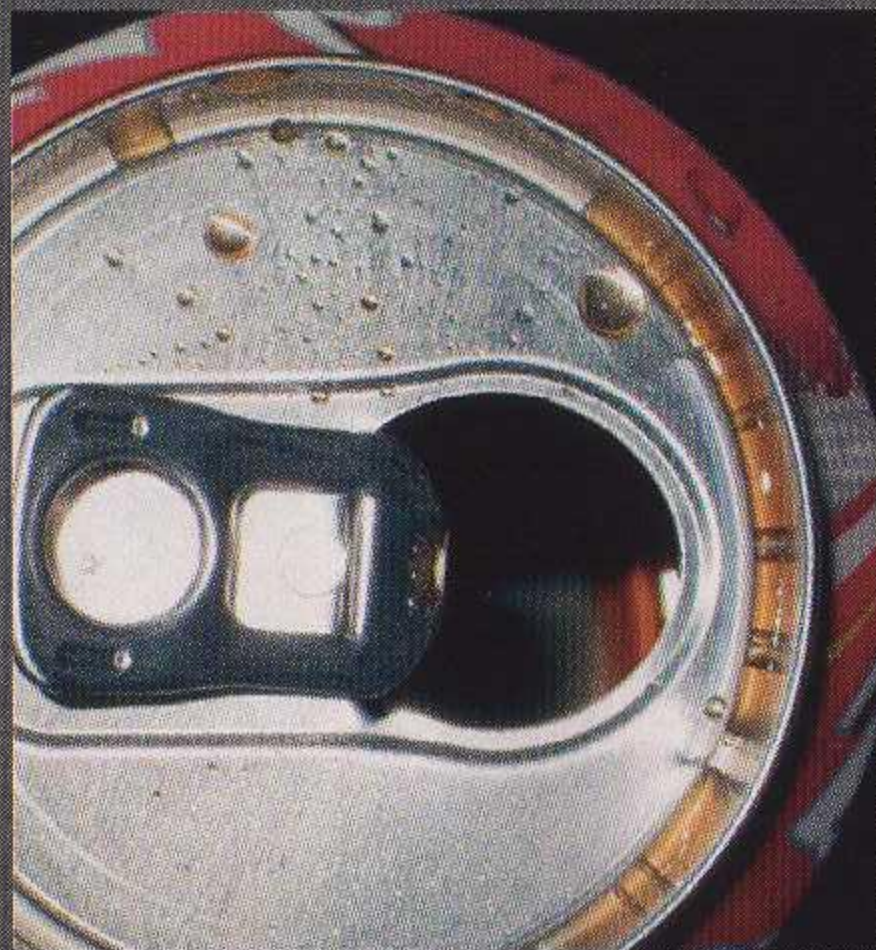
WHAT CAN I DRINK?

First off, always stay hydrated. Drink at least eight glasses or 64 ounces of water every day. If it's hot outside, double that. You can also drink 1 cup of coffee or tea per day, since they contain no calories when you drink them plain. But no double lattes and super-caffeinated, sugar-charged beverages from the local coffee shop. When drinking coffee or tea, remember to keep the sugar, milk, or creamer to a minimum. Also, try to replace sugar and artificial sweeteners with stevia, and cream or half-and-half with skim or low-fat milk.

SHAKEOLOGY® SHAKES make good snacks and meals.

With its 70 powerful superfoods and ingredients, Shakeology is the healthiest meal of the day. Just one shake can boost your energy levels naturally. To keep the calorie count low during these next 5 days, stick to one shake per day.

RESULTS AND RECOVERY FORMULA™ is great for recovering from an intense class and keeping your energy levels high. During the 5-Day Inferno Plan, limit your daily intake to one serving only after an intense workout. Don't forget to add those calories to your daily total.



DRINKS TO AVOID

As we mentioned before, stay away from those super-caffeinated, “energy” drinks. You’ll also need to cut out alcohol, juices, soft drinks, and sports drinks. While some of these drinks aren’t necessarily bad for you, they contain empty calories that are not welcome during these 5 days. Calorie-rich and sugar-filled soft drinks, in particular, add no value to your diet. Diet soft drinks aren’t any better, so get rid of them. You want to see results, and you don’t need these calories and chemicals to keep you from reaching your goals.

To order Shakeology® or Results and Recovery Formula™, contact your Coach or visit TeamBeachbody.com or Beachbody.com.

DON'T EXCEED THE 5-DAY LIMIT.

Although you may want to stick with the 5-Day Inferno Plan longer than 5 days, we don't recommend it. Instead, switch over to the meal plan indicated in the FUEL THE FIRE Nutrition Guide.

As your body becomes leaner, you'll be burning more fat, which means you'll need more calories in your diet. You'll be adding more carbs and nutrient-rich foods that will help you maintain high energy levels in your classes.

HERE ARE A FEW TIPS BEFORE YOU GET STARTED.

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- 1 To get the best results, track your progress. Take your "before" photos and record your measurements. (Check out the 5-Day Inferno section of your TurboTracker.)
- 2 Get familiar with the routines. Watch the New to Class option from the menu section on your DVDs.
- 3 Stick to the eating plan as outlined in this 5-Day Inferno Plan.
- 4 Follow the recommended daily TurboFire Classes. You may add a class to speed up your results. Or do any shorter TurboFire Class as a substitute, if you don't feel up to the planned class for that particular day.

“Tell yourself you've got high energy and you feel great. You believe whatever you tell yourself.”

—Chalene Johnson



[DAY 1]

CLASSES:

Fire 55 EZ Class / Stretch 10 Class

Day 1 Nutrient Count

Calories: 1,183

Total Fat: 41 g

Protein: 107 g

Carbs: 101 g

Fiber: 16.5 g

BREAKFAST

Turkey Bacon Breakfast Sandwich

1 slice low-fat turkey bacon
2 slices of whole wheat toast
1 egg, scrambled
1/2 tomato, sliced

Directions: Place turkey bacon in a skillet with a spritz of nonstick cooking spray. Cook to desired crispness. Crack egg and scramble. Place bacon and egg and tomato slices between toasted bread.

*Nutrition Information: Calories: 256 / Protein: 16 g / Carbs: 26 g
Total Fat: 10 g / Fiber: 5 g*

SNACK 1

1/2 medium-sized banana, 7 walnut halves.

*Nutrition Information: Calories: 145 / Protein: 3 g / Carbs: 16 g
Total Fat: 9 g / Fiber: 2 g*

LUNCH

Tuna Salad

3 cups mixed greens or choice of lettuce
4 oz. water-packed tuna, drained
5 cherry tomatoes
1 stalk celery, chopped
3 scallions, diced
2 Tbsp. fat-free ranch dressing

1 cup of tea, sweetened with stevia

Directions: Fill a large bowl with lettuce. Top it off with cherry tomatoes and tuna mixed with chopped celery, diced scallions, and fat-free ranch dressing.

*Nutrition Information: Calories: 242 / Protein: 31 g / Carbs: 19 g
Total Fat: 4 g / Fiber: 5 g*



SNACK 2 One serving Shakeology®, 8 oz. water, ½ Tbsp. almond butter.
Mix in blender with ice.

*Nutrition Information: Calories: 191 / Protein: 16 g / Carbs: 19 g
Total Fat: 6 g / Fiber: 3 g*

DINNER
**Honey Dijon Chicken
with Steamed
Garlic-Parmesan Broccoli**

Four 6-oz. chicken breast halves
1/3 cup Dijon mustard
3 Tbsp. honey
1 Tbsp. parsley flakes
Salt, to taste

4 cups broccoli
4 Tbsp. Parmesan cheese
Garlic salt, to taste

Directions: Mix Dijon mustard with honey, add parsley flakes and salt. Coat a 6-oz. chicken breast half in the mixture. Cook on a grill for about 7 minutes on each side (or until chicken's fully cooked). Steam 4 cups of frozen or fresh broccoli and top with 1 Tbsp. olive oil, 2 tsp. garlic salt, and 4 Tbsp. Parmesan cheese. *Makes 4 servings.*

*Nutrition Information: Calories: 349 / Protein: 41 g / Carbs: 21 g
Total Fat: 12 g / Fiber: 1.5 g*

[DAY 2]

CLASSES:

Fire 45 Class / HIIT 20 Class / Stretch 10 Class

Day 2 Nutrient Count

Calories: 1,193

Total Fat: 33 g

Protein: 79 g

Carbs: 155 g

Fiber: 15 g

BREAKFAST Melon and Yogurt

6 oz. low-fat strawberry yogurt
3/4 cup cubed cantaloupe
1 tsp. honey

*Nutrition Information: Calories: 251 / Protein: 7 g / Carbs: 51 g
Total Fat: 2 g / Fiber: 1 g*

SNACK 1

**One serving Shakeology[®], 8 oz. water, 2 tsp. peanut butter.
Mix in blender with ice.**

*Nutrition Information: Calories: 206 / Protein: 18 g / Carbs: 19 g
Total Fat: 7 g / Fiber: 3 g*

LUNCH Turkey Avocado Wrap

3 slices turkey breast, approximately 3.5 inches square or 3 to 4 oz.
1 whole wheat tortilla (approx. 70 calories)
1/2 tomato, diced
1/4 avocado, sliced
3 lettuce leaves or a handful of mixed greens
1 Tbsp. nonfat Italian dressing

Directions: Assemble all ingredients on top of the tortilla and fold into a cone.

*Nutrition Information: Calories: 252 / Protein: 22 g / Carbs: 28 g
Total Fat: 10 g / Fiber: 6 g*

SNACK 2

**1 Tbsp. peanut butter, spread across 2 celery sticks.
Top with 10 to 15 raisins.**

*Nutrition Information: Calories: 148 / Protein: 5 g / Carbs: 16 g
Total Fat: 8 g / Fiber: 3 g*

DINNER

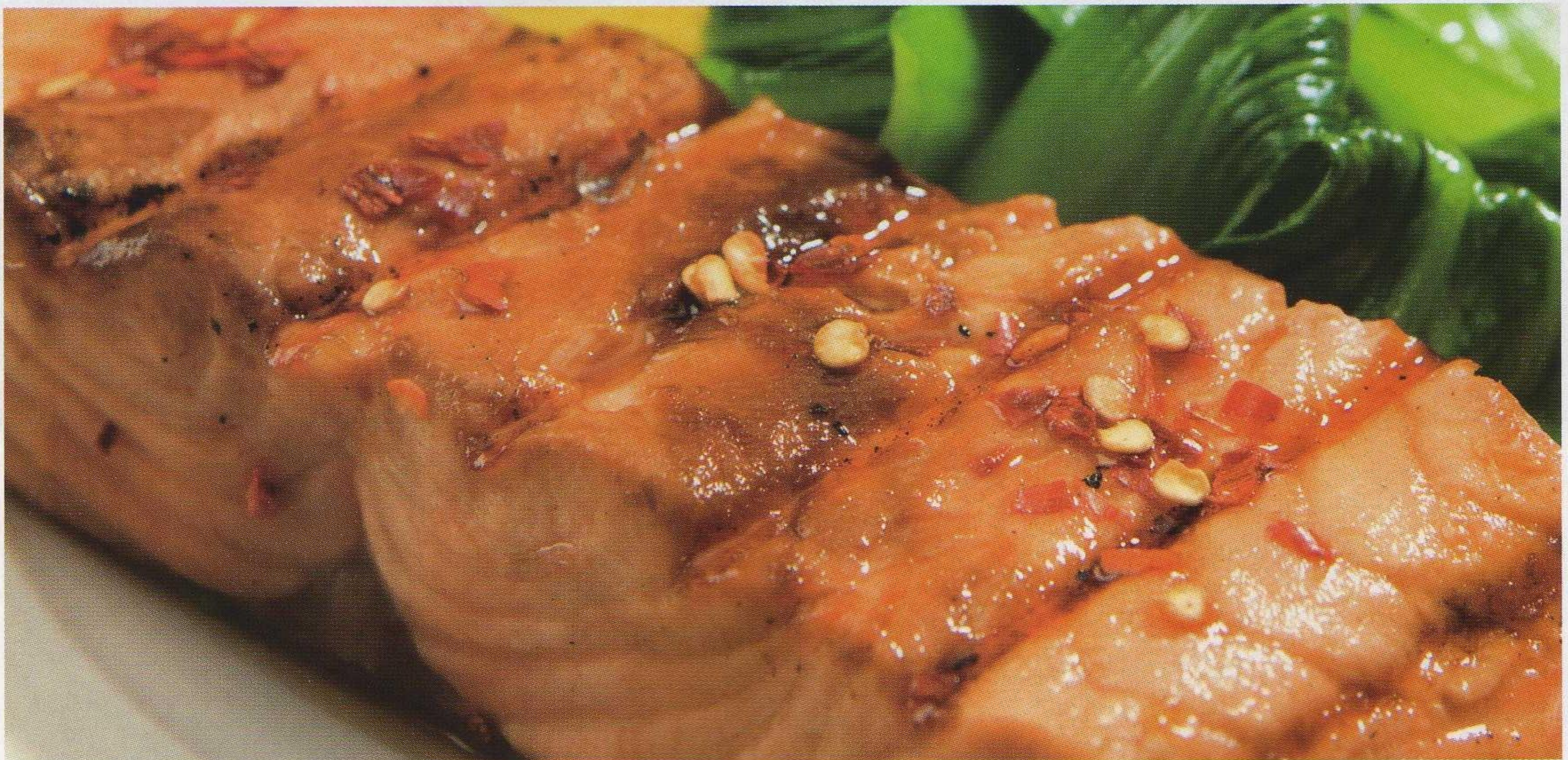
Grilled Teriyaki Salmon with Ginger Rice and Bok Choy

Two 4-oz. pieces of wild salmon, without the skin
3 Tbsp. teriyaki marinade or sauce
2 pineapple rings, canned in juice, drained
1 garlic clove
1 medium head of bok choy, roughly chopped
1/2 tsp. sesame oil
1/3 cup of brown rice
1 tsp. powdered ginger

Directions: Marinate the salmon in teriyaki overnight, or for an hour before grilling. Grill the salmon for 5 minutes on each side. Place pineapple slices on the grill for 2 minutes and sear.

Add rice, 2/3 cup of water, and 1 tsp. powdered ginger into a rice cooker or saucepan. Cook on low heat until rice is tender. Meanwhile, spritz nonstick cooking spray and 1/2 tsp. sesame oil into a frying pan. Sauté 1 garlic clove and the bok choy until soft, yet still crisp. *Makes 2 servings.*

*Nutrition Information: Calories: 336 / Protein: 27 g / Carbs: 41 g
Total Fat: 6 g / Fiber: 2 g*





“The best exercise to really develop defined abs is walking. Walking away from the kitchen.”

—Chalene Johnson

[DAY 3]

CLASSES:

Fire 55 EZ Class / Stretch 10 Class

Day 3 Nutrient Count

Calories: 1,211

Total Fat: 17.5 g

Protein: 101 g

Carbs: 164 g

Fiber: 25.5 g

BREAKFAST Pineapple and Cottage Cheese

8 oz. low-fat cottage cheese
2 pineapple rings, canned in juice, drained

*Nutrition Information: Calories: 236 / Protein: 28 g / Carbs: 22 g
Total Fat: 2 g / Fiber: 1 g*

SNACK 1

Veggies 'n Ranch

1 zucchini, cut lengthwise
1 large carrot, cut into spears
2 Tbsp. nonfat ranch dressing

*Nutrition Information: Calories: 106 / Protein: 4 g / Carbs: 22 g
Total Fat: 0 g / Fiber: 3 g*

LUNCH Loaded Baked Potato

1 medium baked potato
1 Tbsp. low-fat sour cream
1 scallion, diced
1 slice of turkey bacon, cooked and crumbled
1 slice of low-fat cheese

Directions: Wash potato and poke holes in the skin with a fork. Bake in the microwave on high for 7 minutes or until fully cooked. Slice open in the center. Meanwhile, cook turkey bacon in microwave until crisp. Crumble. Top potato with all the ingredients.

*Nutrition Information: Calories: 241 / Protein: 13 g / Carbs: 33 g
Total Fat: 6 g / Fiber: 3.5 g*

SNACK 2

Berry Protein Smoothie

1/2 cup fresh raspberries (may substitute with strawberries, blueberries, or boysenberries)
1 scoop Greenberry Shakeology®
1 cup nonfat milk
Ice, as needed

Directions: Mix all ingredients in a blender.

*Nutrition Information: Calories: 260 / Protein: 26 g / Carbs: 37 g
Total Fat: 1.5 g / Fiber: 7 g*



DINNER
**Chicken Tacos with
Beans and Quinoa**

Two 6-oz. chicken breasts, grilled and then diced
5 Tbsp. pico de gallo (found in your grocer's deli section)
1 Tbsp. low-fat sour cream
4 small whole wheat flour tortillas
1/2 avocado, peeled, sliced
5 sprigs fresh cilantro

2 cups of black beans, cooked
2-1/2 cups of quinoa, cooked

Directions: Assemble chicken taco ingredients on tortillas.
Top with avocado slices.

Serve with 1/2 cup of black beans and 1/3 cup of cooked quinoa,
seasoned with cilantro, salt, and pepper. *Makes 4 servings.*

*Nutrition Information: Calories: 368 / Protein: 30 g / Carbs: 50 g
Total Fat: 8 g / Fiber: 11 g*

[DAY 4]

Day 4 Nutrient Count

Calories: 1,202

Total Fat: 43 g

Protein: 86 g

Carbs: 135 g

Fiber: 22 g

CLASSES:

Fire 45 Class / HIIT 20 Class / Stretch 10 Class

BREAKFAST

PB & Banana Shakeology

1/2 medium banana
2 tsp. peanut butter
1 scoop Chocolate Shakeology®
8 oz. water
Ice, as needed

Directions: Mix ingredients in blender until creamy.

*Nutrition Information: Calories: 256 / Protein: 20 g / Carbs: 33 g
Total Fat: 6.5 g / Fiber: 5 g*

SNACK 1

Nutty Apple

1 medium apple with 1 Tbsp. almond butter.

*Nutrition Information: Calories: 202 / Protein: 3 g / Carbs: 30 g
Total Fat: 10 g / Fiber: 5 g*

LUNCH

Egg Salad Wrap

2 hard-boiled eggs, yolk removed from one
1/4 cup of low-fat cottage cheese
Whole wheat tortilla (approx. 70 calories)
1 Tbsp. Dijon mustard
1/2 tsp. of either dried dill or tarragon (optional)
Salt and pepper to taste

Directions: Chop up hard-boiled eggs and mix with cottage cheese, mustard, salt, pepper, and herbs (optional). Place onto tortilla and wrap up.

Serve with 2 cups mixed greens, 1 sliced Roma tomato, 1 tsp. balsamic vinegar. Toss all ingredients.

*Nutrition Information: Calories: 250 / Protein: 22 g / Carbs: 30 g
Total Fat: 7 g / Fiber: 4 g*

SNACK 2

10 raw almonds, 1 medium orange.

*Nutrition Information: Calories: 149 / Protein: 4 g / Carbs: 19 g
Total Fat: 7.5 g / Fiber: 5 g*



DINNER
**Steak with Spinach
and Baked Potato**

Two 4-oz. grass-fed beef steaks, lean cuts like loin, flank, or skirt
1 Tbsp. soy sauce
1 Tbsp. black pepper
1 garlic clove, crushed for the marinade
Red pepper flakes (optional)

12-oz. bag of fresh spinach, chopped
1 garlic clove, crushed
3 Tbsp. low-fat sour cream
2 Tbsp. Parmesan cheese
1 medium baked potato, cut in half

Directions: Marinate steak an hour before grilling or overnight, in soy sauce, black pepper, crushed garlic, and red pepper flakes (optional). Grill steak to desired doneness.

For the spinach, cook in a saucepan with 1/2 cup of water, stirring often. After 3 minutes of simmering, add sour cream, garlic, and Parmesan. Cook for another 2 minutes.

Serve steak and spinach with 1/2 of a baked potato. *Makes 2 servings.*

*Nutrition Information: Calories: 345 / Protein: 37 g / Carbs: 23 g
Total Fat: 12 g / Fiber: 3 g*



“Do you know how close you are to your goals? Revisit them to see if they’ve changed.”

—Chalene Johnson

[DAY 5]

Day 5 Nutrient Count

Calories: 1,190

Total Fat: 30 g

Protein: 102 g

Carbs: 132 g

Fiber: 19 g

CLASSES:

Fire 55 EZ Class / Stretch 10 Class

BREAKFAST Strawberry Waffle and Sausage

1 whole wheat waffle, 4" diameter (approx. 100 calories)
1 tsp. strawberry preserves
2 turkey sausage links (approx. 60–70 calories each)

Cup of coffee, sweetened with stevia.

Directions: Toast waffle and top with strawberry preserves.
Serve with cooked turkey sausage links.

*Nutrition Information: Calories: 252 / Protein: 12 g / Carbs: 24 g
Total Fat: 12 g / Fiber: 1.5 g*

SNACK 1

Banana Protein Smoothie

1/2 banana
1 scoop Shakeology®
1/2 cup nonfat milk
1/2 cup water
Ice, as needed

Directions: Mix all ingredients in a blender.

*Nutrition Information: Calories: 240 / Protein: 22 g / Carbs: 37 g
Total Fat: 1 g / Fiber: 4 g*

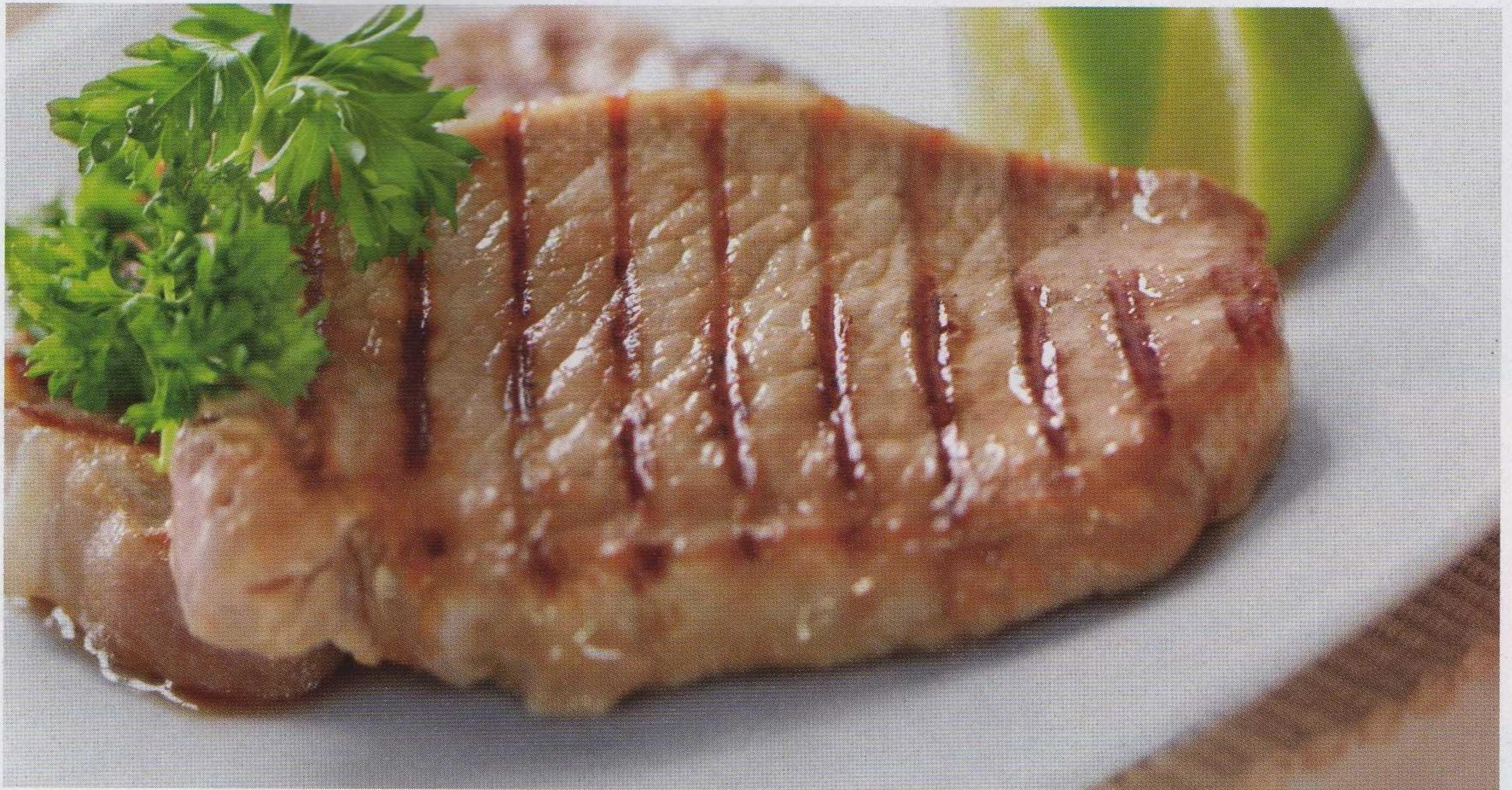
LUNCH Chicken and Hummus Pita

3 oz. broiled or grilled chicken, sliced thinly
1 Tbsp. hummus
1/2 cup of alfalfa sprouts
2 slices of tomato
3 slices of cucumber
1/2 6-inch whole wheat pita

Salad: mixed greens, 1 carrot, 1 celery, 1 tsp. balsamic vinegar

Directions: Assemble all ingredients inside the pita. Serve with a small green salad of two cups lettuce topped with 1 shredded carrot and 1 diced celery stalk. For dressing, use 1 tsp. balsamic vinegar or bottled low-calorie dressing.

*Nutrition Information: Calories: 240 / Protein: 24 g / Carbs: 32 g
Total Fat: 3 g / Fiber: 6 g*



SNACK 2 **Crudités and Cheese**

1 cucumber, and 1 red bell pepper cut into slices
1 oz. low-fat cheddar cheese

*Nutrition Information: Calories: 108 / Protein: 10 g / Carbs: 6 g
Total Fat: 5 g / Fiber: 2 g*

DINNER
**Rosemary Pork Chop
with Peas and Wild Rice**

Two 4-oz. pieces lean, boneless pork loin chop
2 Tbsp. rosemary
1/2 tsp. olive oil
1 cup peas
1/3 cup wild rice (measured dry), cooked according to directions
Salt and pepper, to taste

Directions: Marinate pork chops in rosemary, olive oil, salt, and pepper. Broil or grill the pork (about 4 to 5 mins. each side).

Serve with cooked wild rice and steamed peas. *Makes 2 servings.*

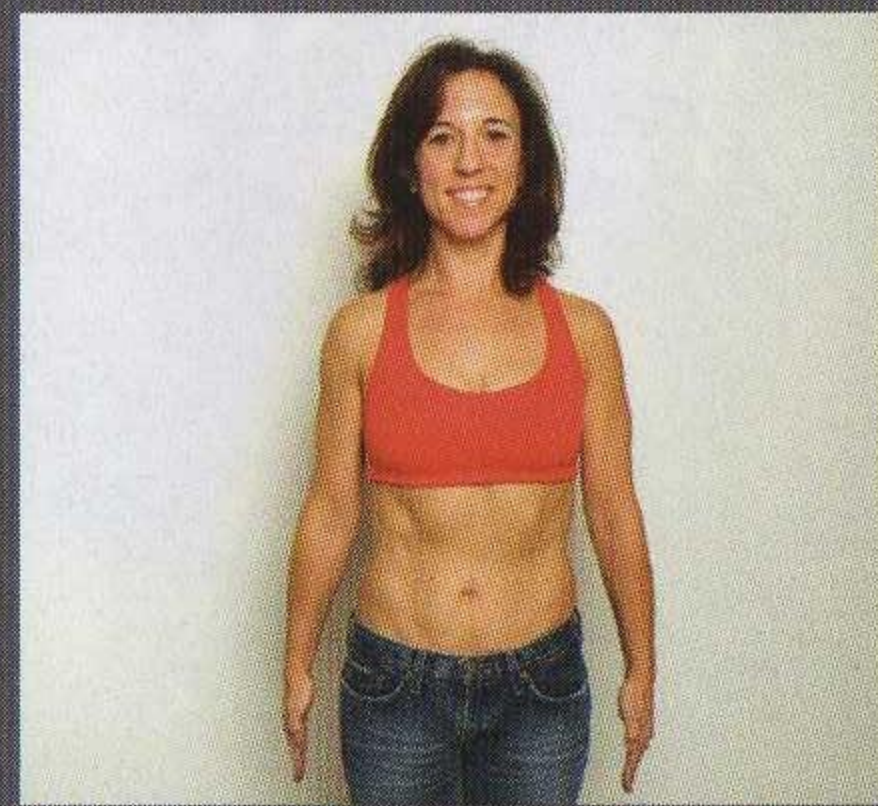
*Nutrition Information: Calories: 350 / Protein: 34 g / Carbs: 33 g
Total Fat: 9 g / Fiber: 5.5 g*

READY TO GET HOT FOR THE WEEKEND?

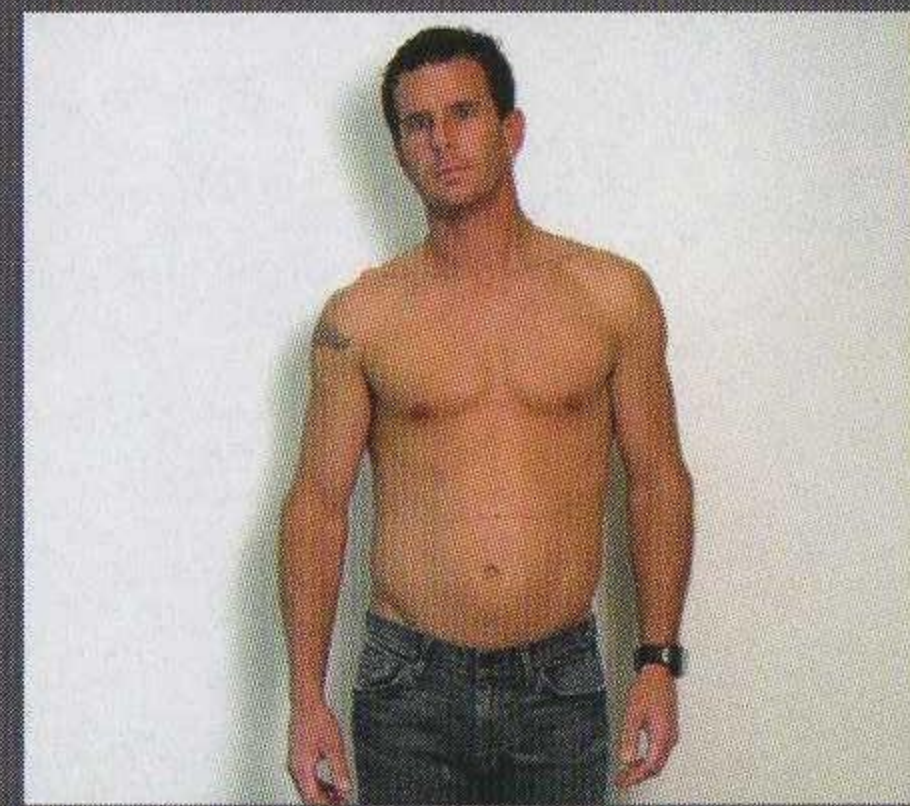
CHECK OUT THESE 5-DAY INFERNO RESULTS.*



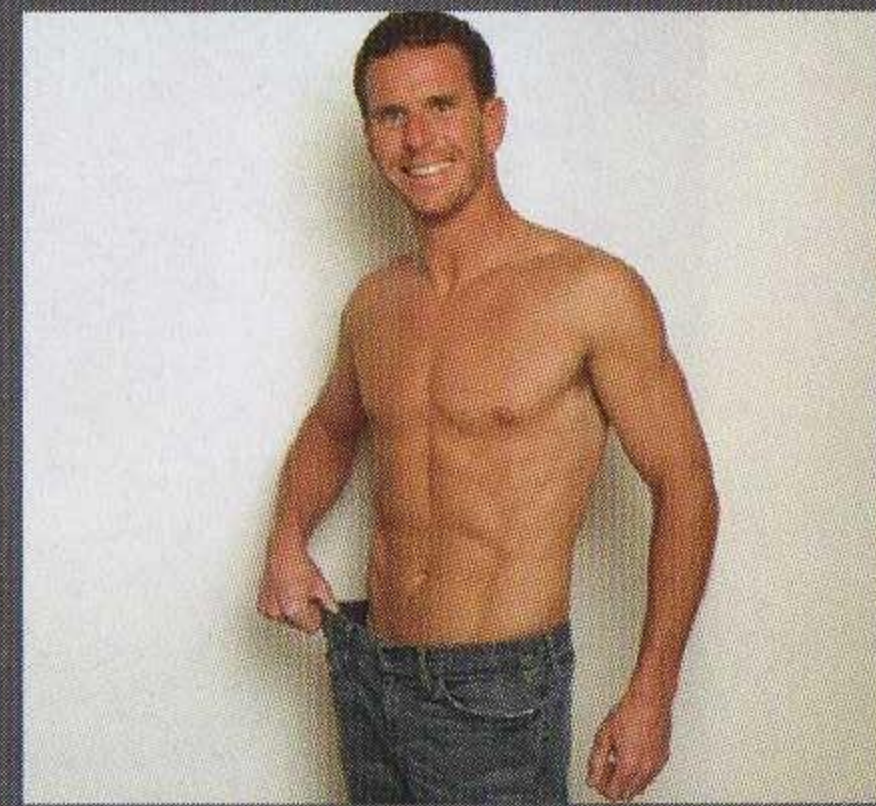
BEFORE
Helen F.



AFTER
Lost 5 pounds and 8 inches



BEFORE
Kevin R.



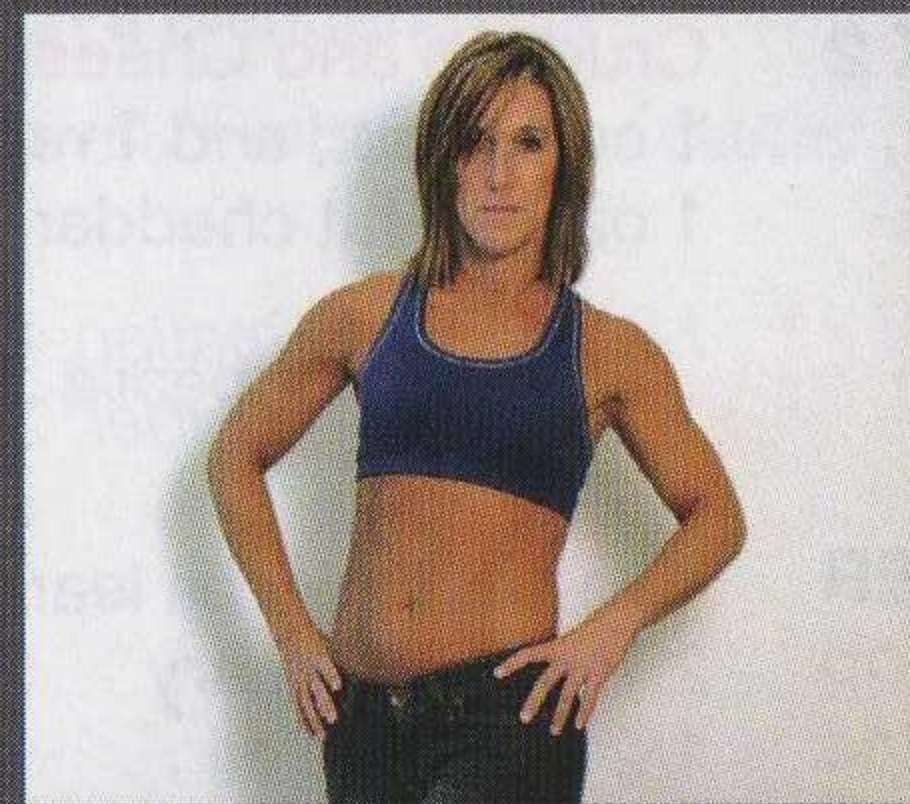
AFTER
Lost 14 pounds and 10 inches



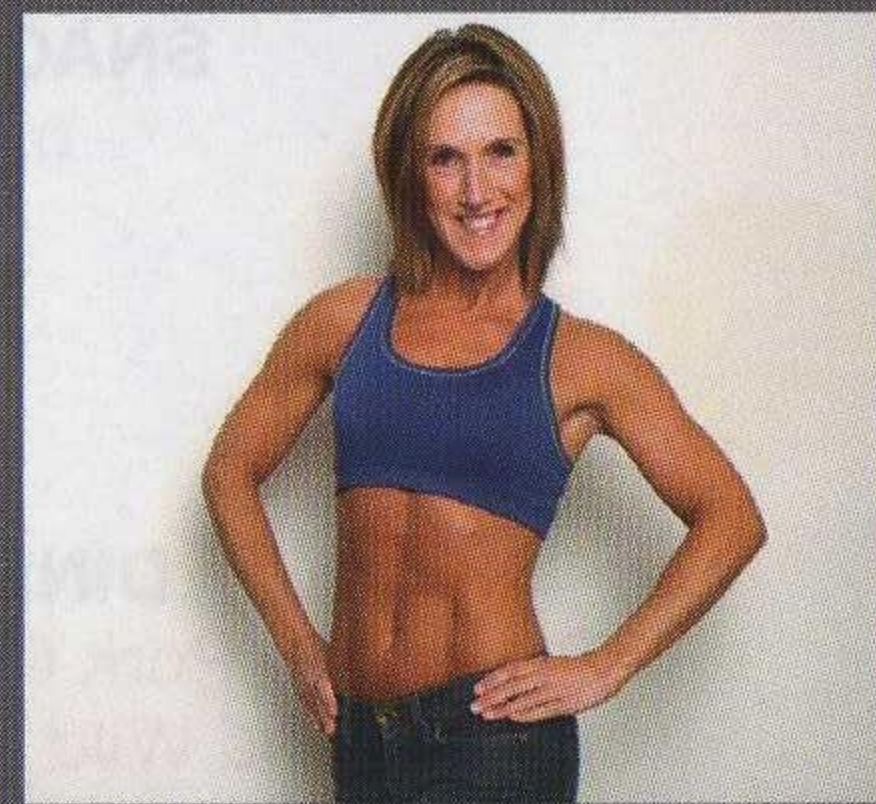
BEFORE
Yumi Y.



AFTER
Lost 9 pounds and 11 inches



BEFORE
Lori M.



AFTER
Lost 7 pounds and 10 inches

“What positive things have you said to yourself today? Acknowledge your greatness”

—CHALENE JOHNSON

*Results may vary. Exercise and proper diet are necessary to achieve and maintain weight loss and muscle definition.

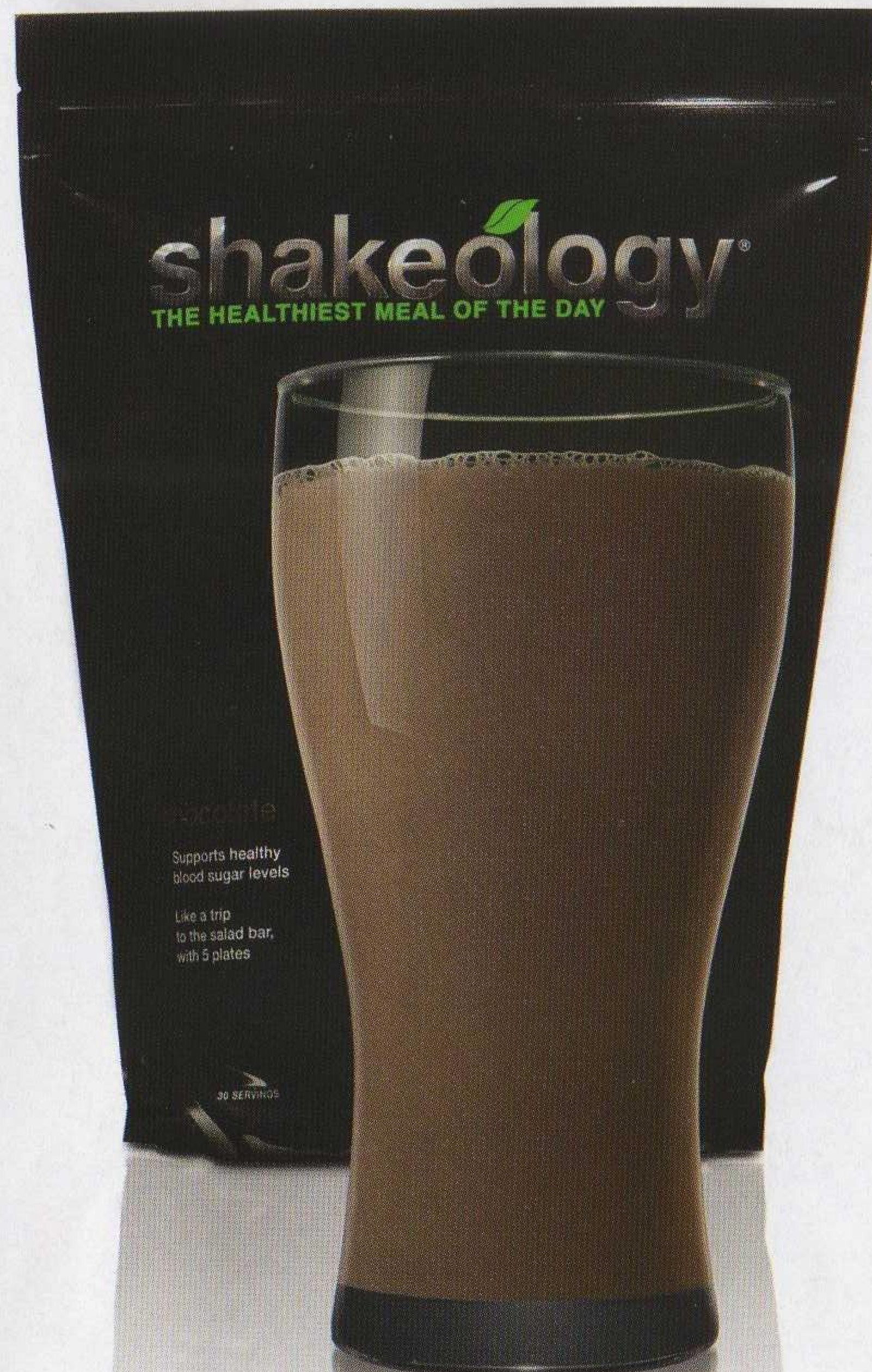
GET A BOWL'S WORTH OF FRUITS AND VEGETABLES QUICKLY AND EASILY WITH SHAKEOLOGY®

This patent-pending ultra-premium health shake provides antioxidants to fight free radicals, a full spectrum of vitamins and minerals, prebiotics and enzymes for better digestive health, and 15 grams of protein to keep you full—all in 140 calories. Replacing just one meal with a Greenberry or Chocolate shake can help you achieve optimal health, increase your energy, promote regularity, and lose weight.*

Available in Chocolate (made with real cocoa) and Greenberry (made with an antioxidant-rich blend of fruits and berries).

To learn more, contact your Team Beachbody® Coach or go to ShakeologyTF.com.

*These statements have not been evaluated by The Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



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