

The image shows the front cover of a red spiral-bound notebook. The cover is decorated with several large, overlapping, wavy, abstract shapes in a slightly darker shade of red, creating a dynamic, organic pattern. The spiral binding is visible on the left side. At the bottom of the cover, the word "TURBOTRACKER" is printed in a bold, black, sans-serif font. The overall aesthetic is modern and energetic.

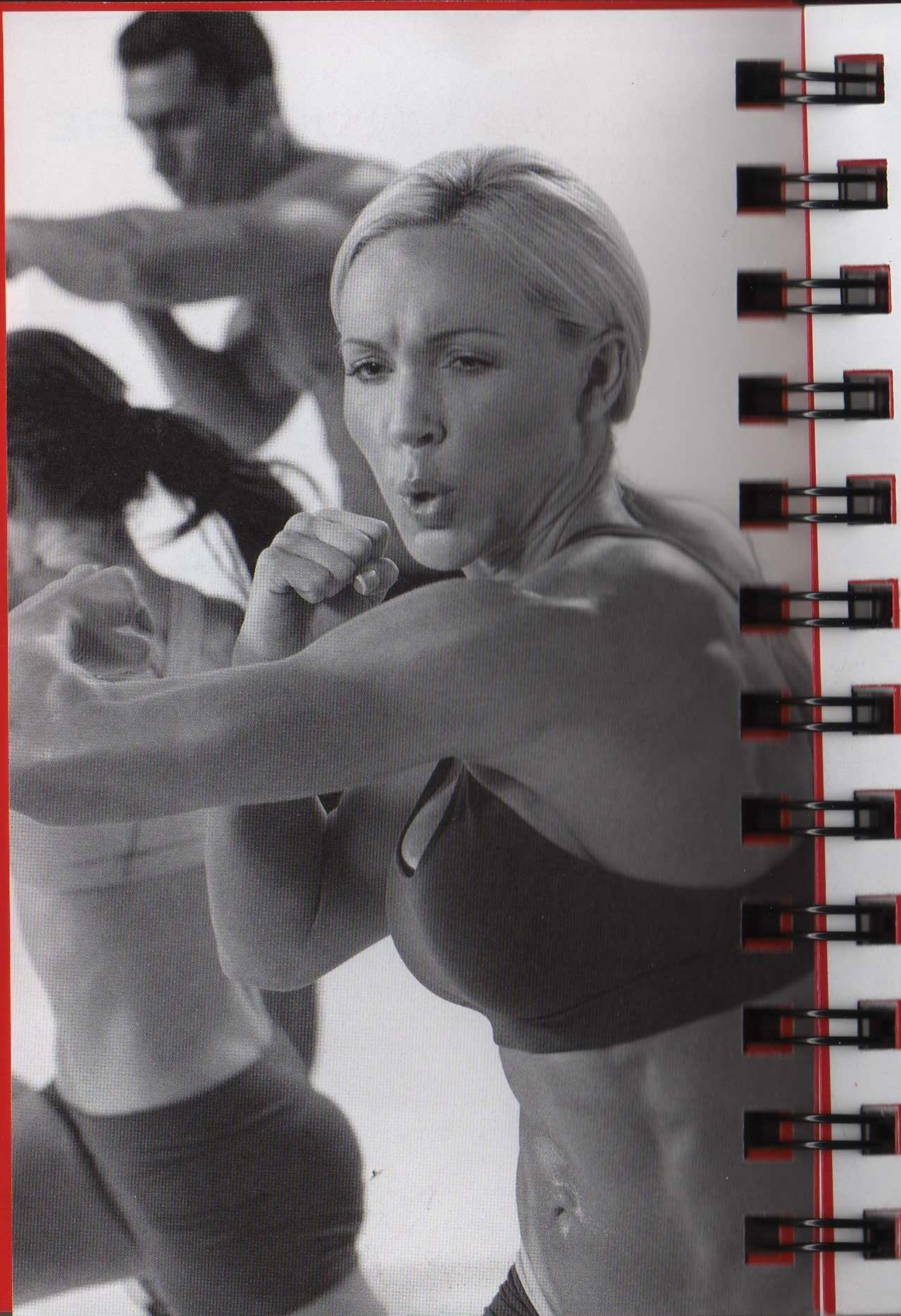
TURBOTRACKER

TURBO FIRE



TURBOTRACKER

PROPERTY OF:



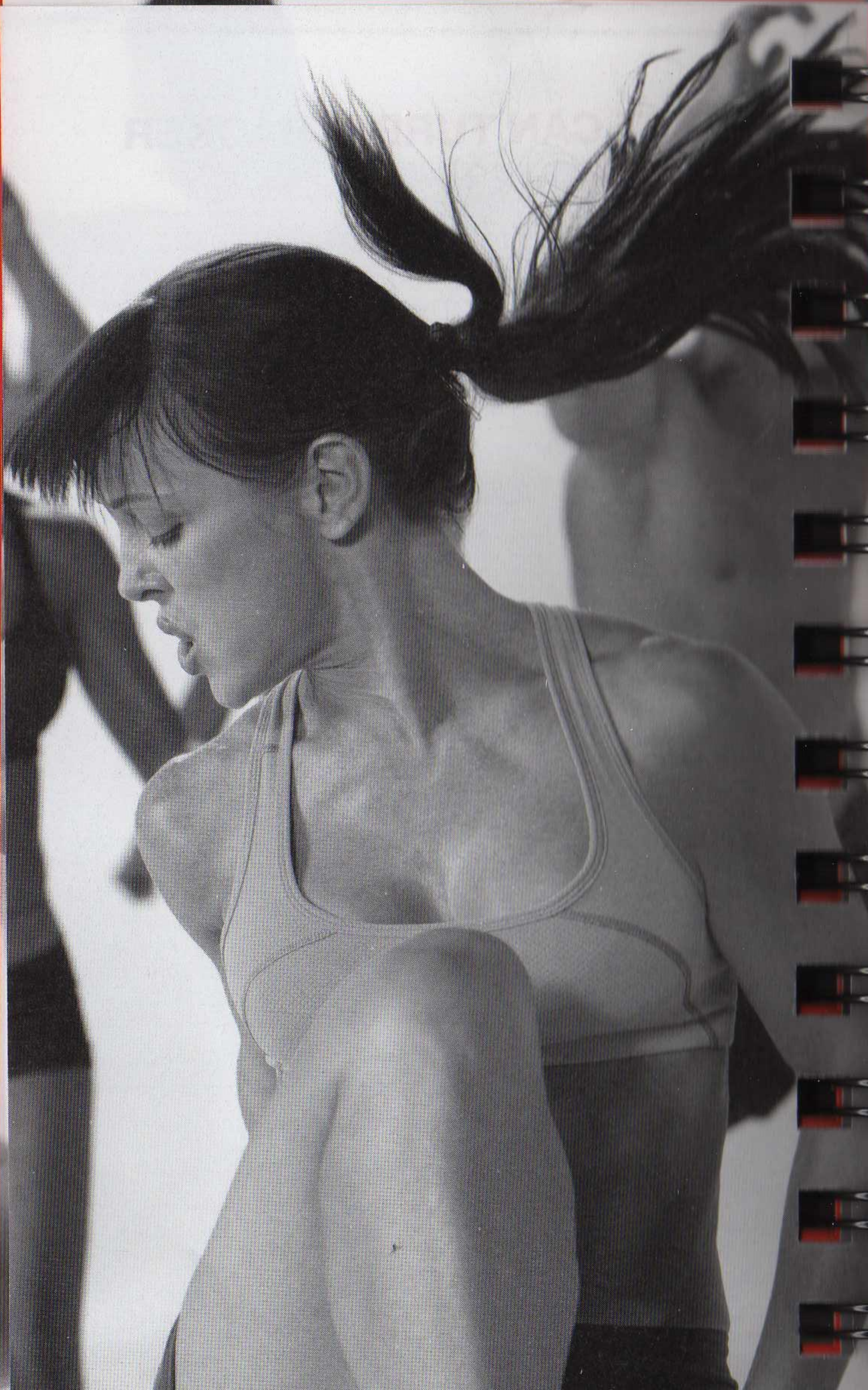
WHAT CAN TURBOTRACKER DO FOR ME?

TurboTracker is designed to help keep you on top of your habits, routines, and your body. By paying close attention to your daily routine, you'll notice patterns in your eating habits and workout schedule. Over time, you can make adjustments to improve your health by cutting out bad habits and replacing them with good ones to meet your fitness and weight loss goals. Making a change in your lifestyle translates to a healthier, more fit you.

TOOLS TO KEEP YOU ON TRACK

As you flip through the pages of your TurboTracker, you'll discover many tips and tools you can use every day.

- We've collected motivational quotes from Chalene and Turbo Tips to help inspire you.
- Brush up on food and fitness details by referencing the Nutrition tab.
- The Daily Tracker will keep you on top of your TurboFire Classes, caloric intake, and supplements.
- Check in with yourself and track your progress with Weekly Recaps.
- Set weight and fitness targets in the Goals and Stats sections. Record measurements and paste your "before" and "after" photos to see your results over the weeks.
- Since the TurboTracker is so handy and portable, it's easy to take it wherever you go.



STATS & GOALS

STATS & GOALS

5-DAY INFERNO

NUTRITION

EXERCISE

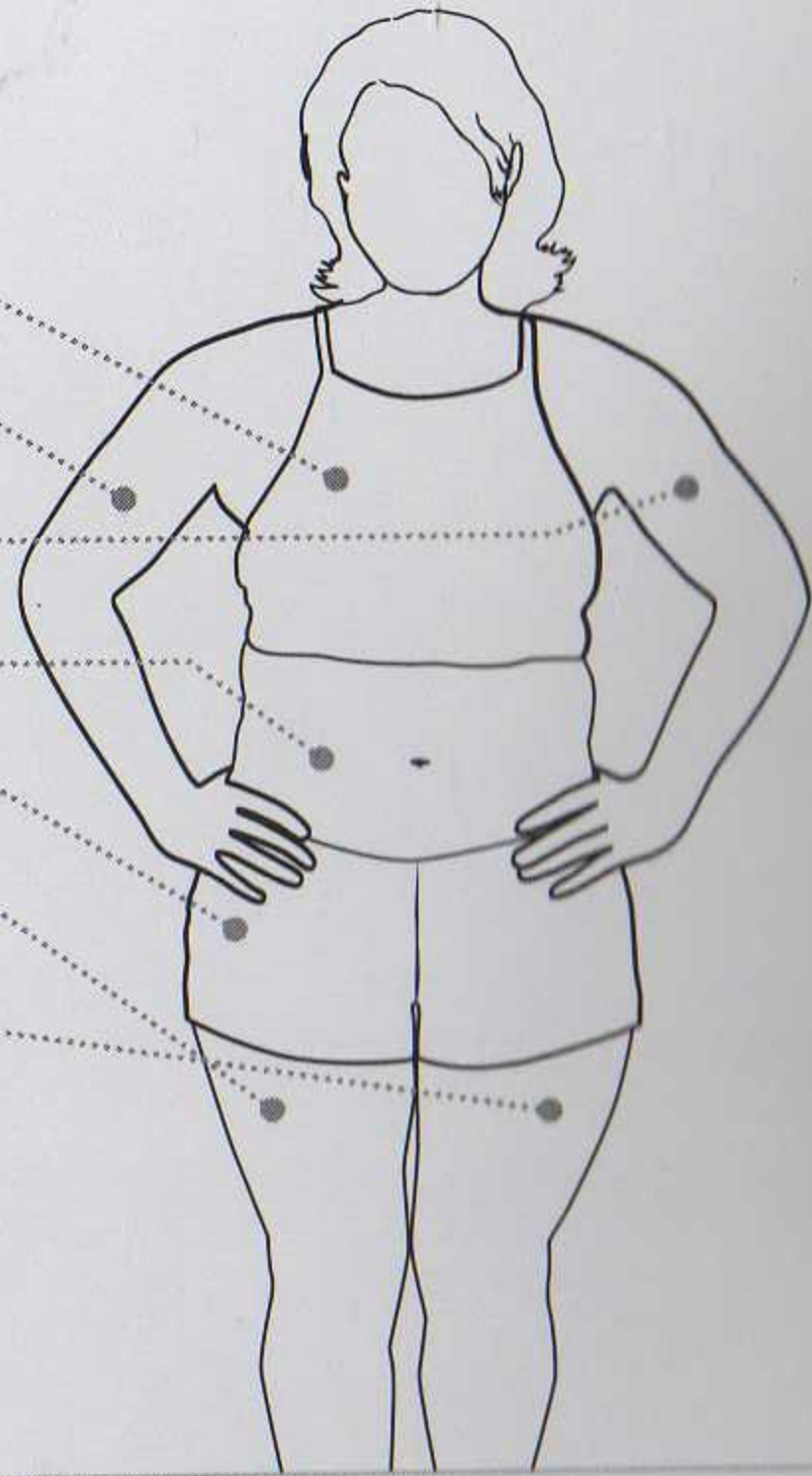
“Even mistakes
and missteps
burn calories.
Don’t worry about
doing the routines
in class perfectly.
Just keep moving.”

—CHALENE JOHNSON

MY MEASUREMENT TRACKER

RECORD BEFORE STATS

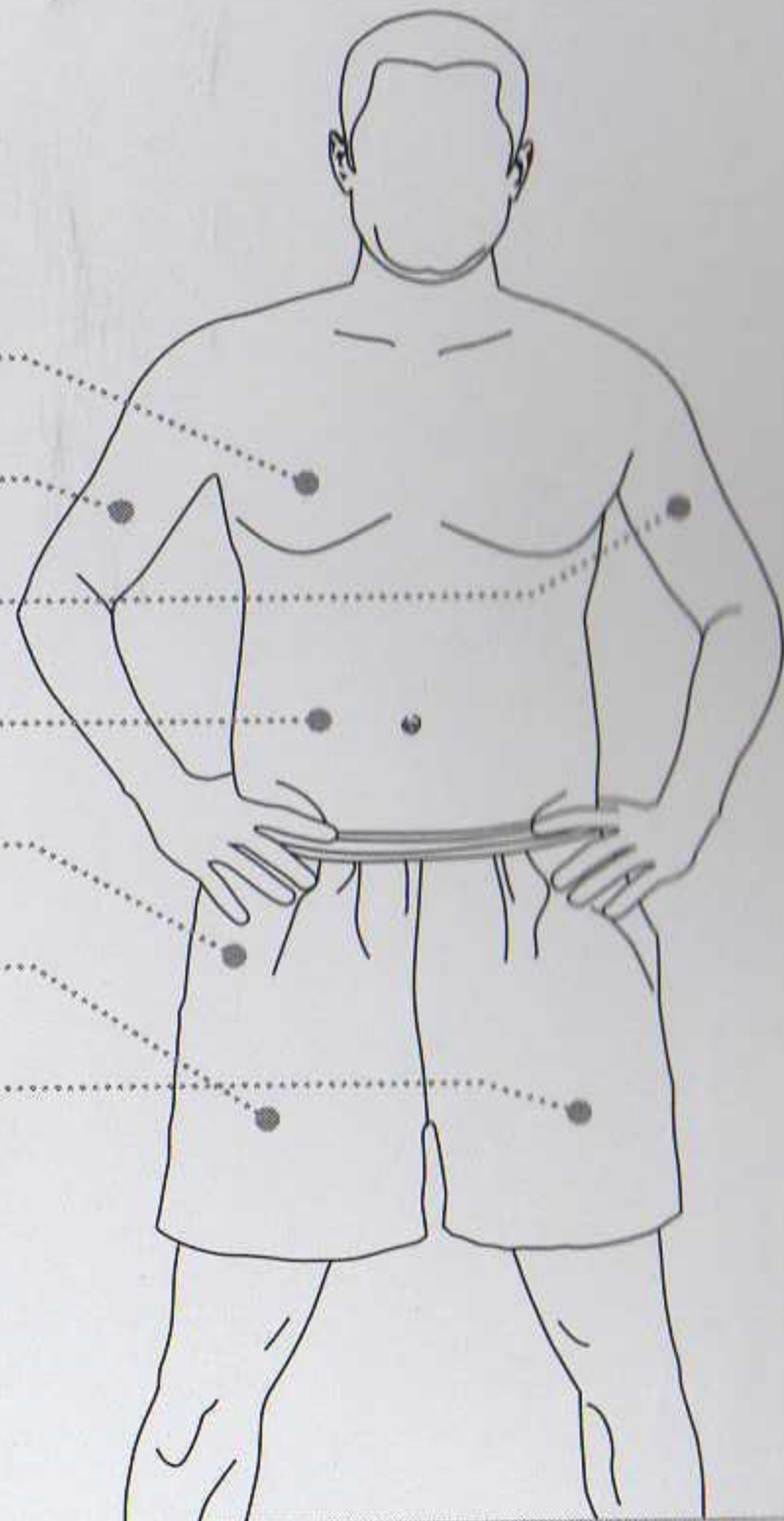
- CHEST _____
- R. ARM _____
- L. ARM _____
- WAIST _____
- HIPS _____
- R. THIGH _____
- L. THIGH _____



TOTAL INCHES _____
WEIGHT _____

RECORD BEFORE STATS

- CHEST _____
- R. ARM _____
- L. ARM _____
- WAIST _____
- HIPS _____
- R. THIGH _____
- L. THIGH _____



TOTAL INCHES _____
WEIGHT _____

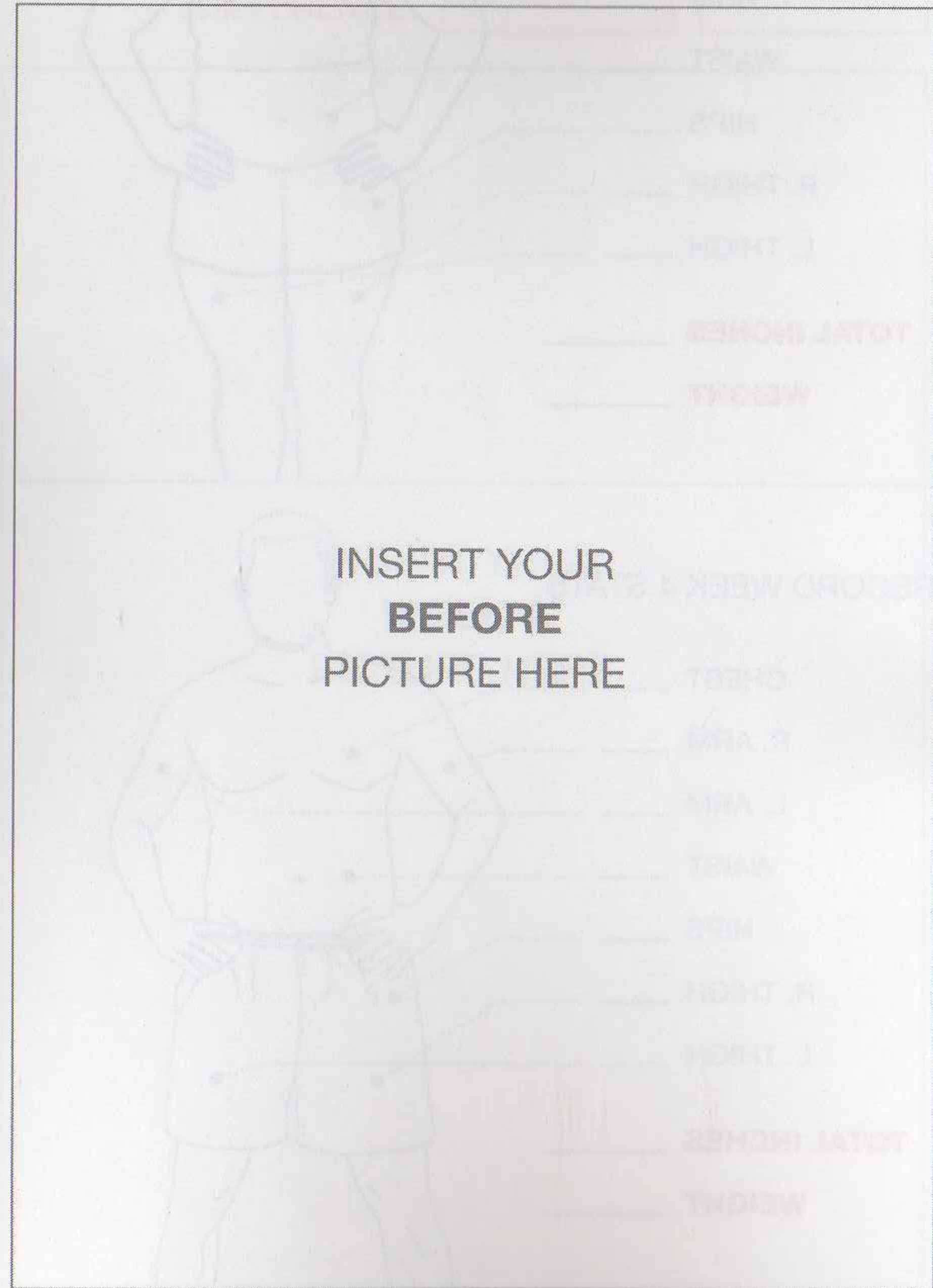


BEFORE TURBOFIRE

DATE _____

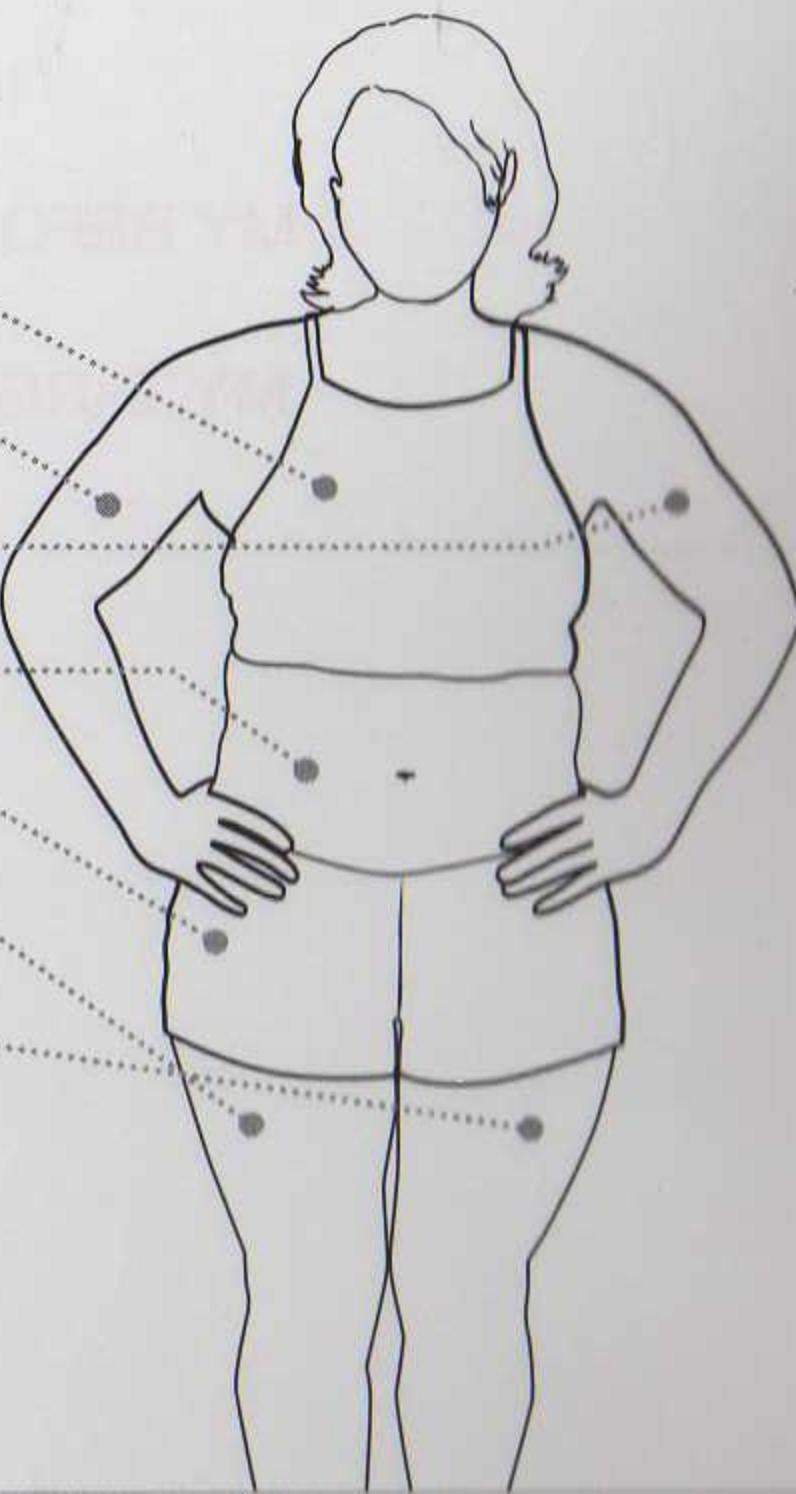
MY BEFORE WEIGHT:

MY TARGET WEIGHT:



MY MEASUREMENT TRACKER

RECORD WEEK 4 STATS



CHEST _____

R. ARM _____

L. ARM _____

WAIST _____

HIPS _____

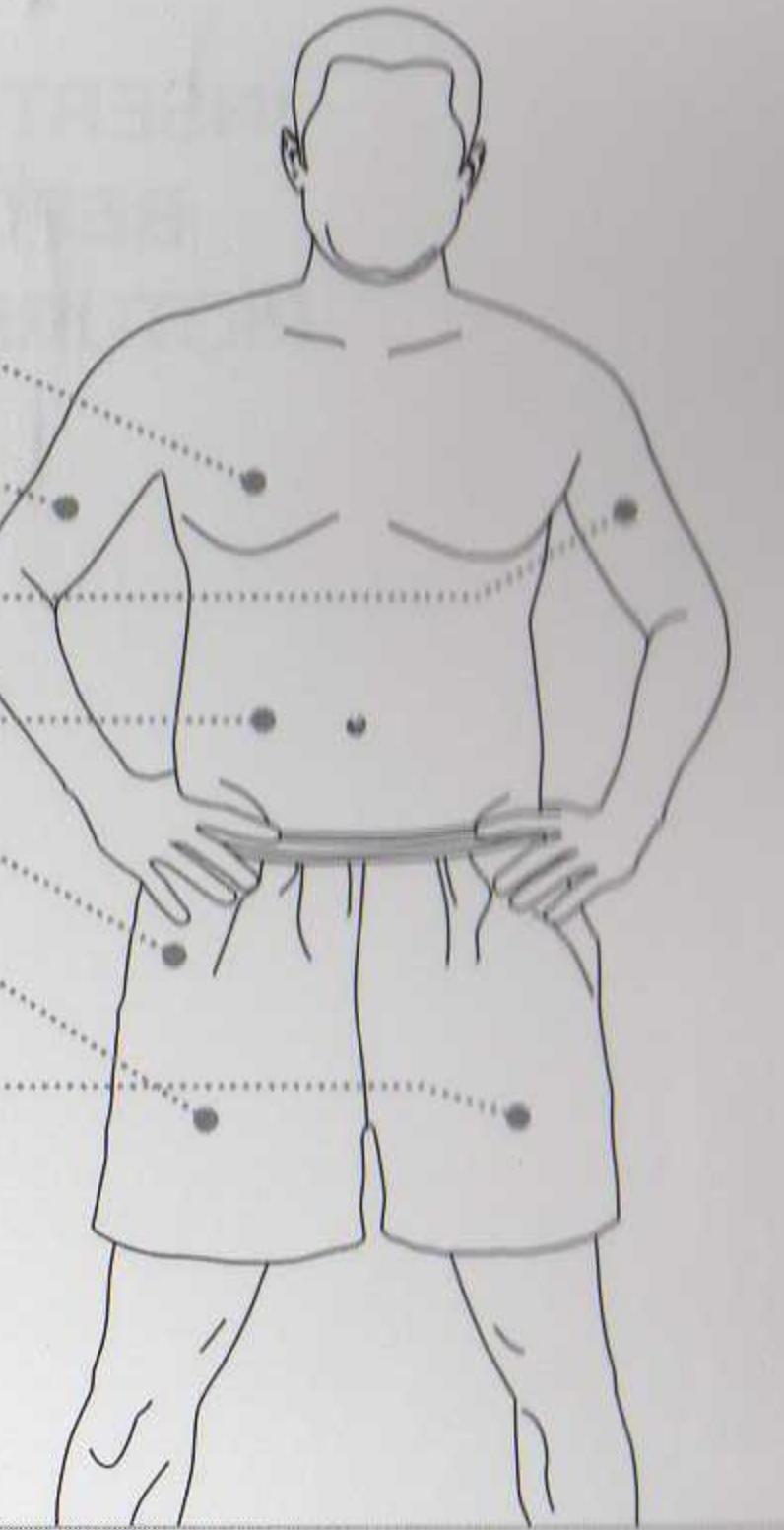
R. THIGH _____

L. THIGH _____

TOTAL INCHES _____

WEIGHT _____

RECORD WEEK 4 STATS



CHEST _____

R. ARM _____

L. ARM _____

WAIST _____

HIPS _____

R. THIGH _____

L. THIGH _____

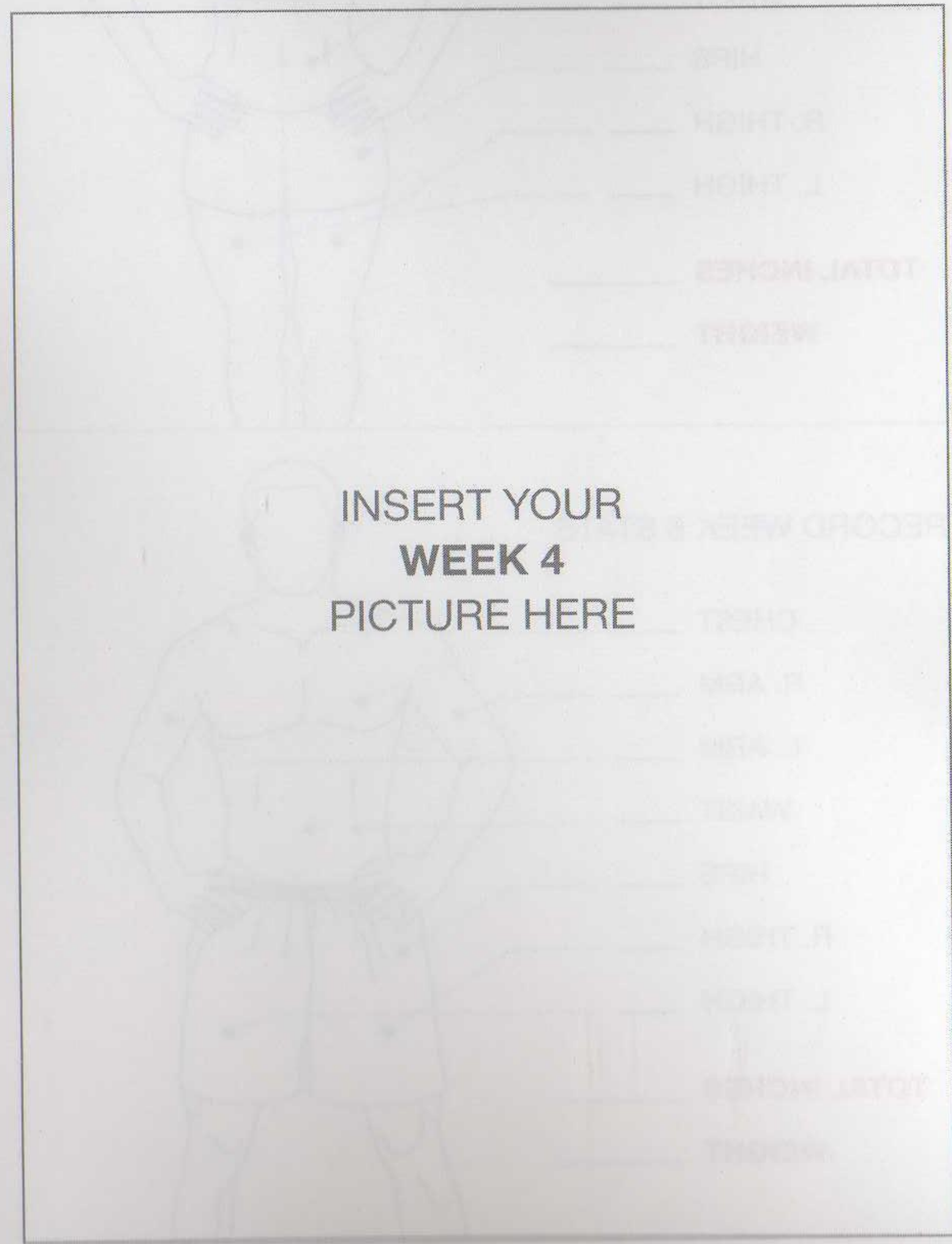
TOTAL INCHES _____

WEIGHT _____

END OF WEEK 4

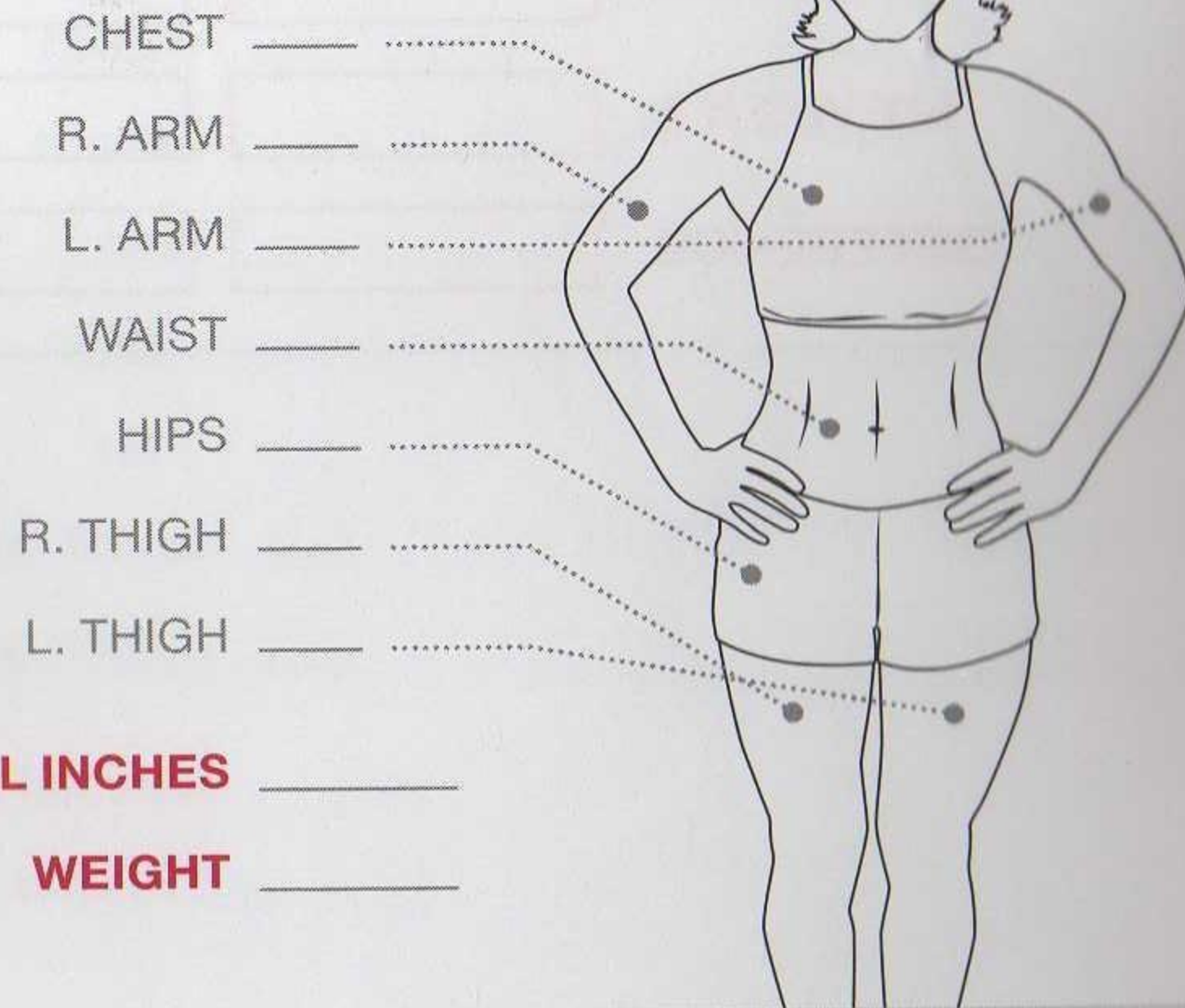
DATE _____

	WEIGHT	INCHES
MY BEFORE:	<input type="text"/>	<input type="text"/>
MY WEEK 4:	<input type="text"/>	<input type="text"/>
DIFFERENCE:	<input type="text"/>	<input type="text"/>



MY MEASUREMENT TRACKER

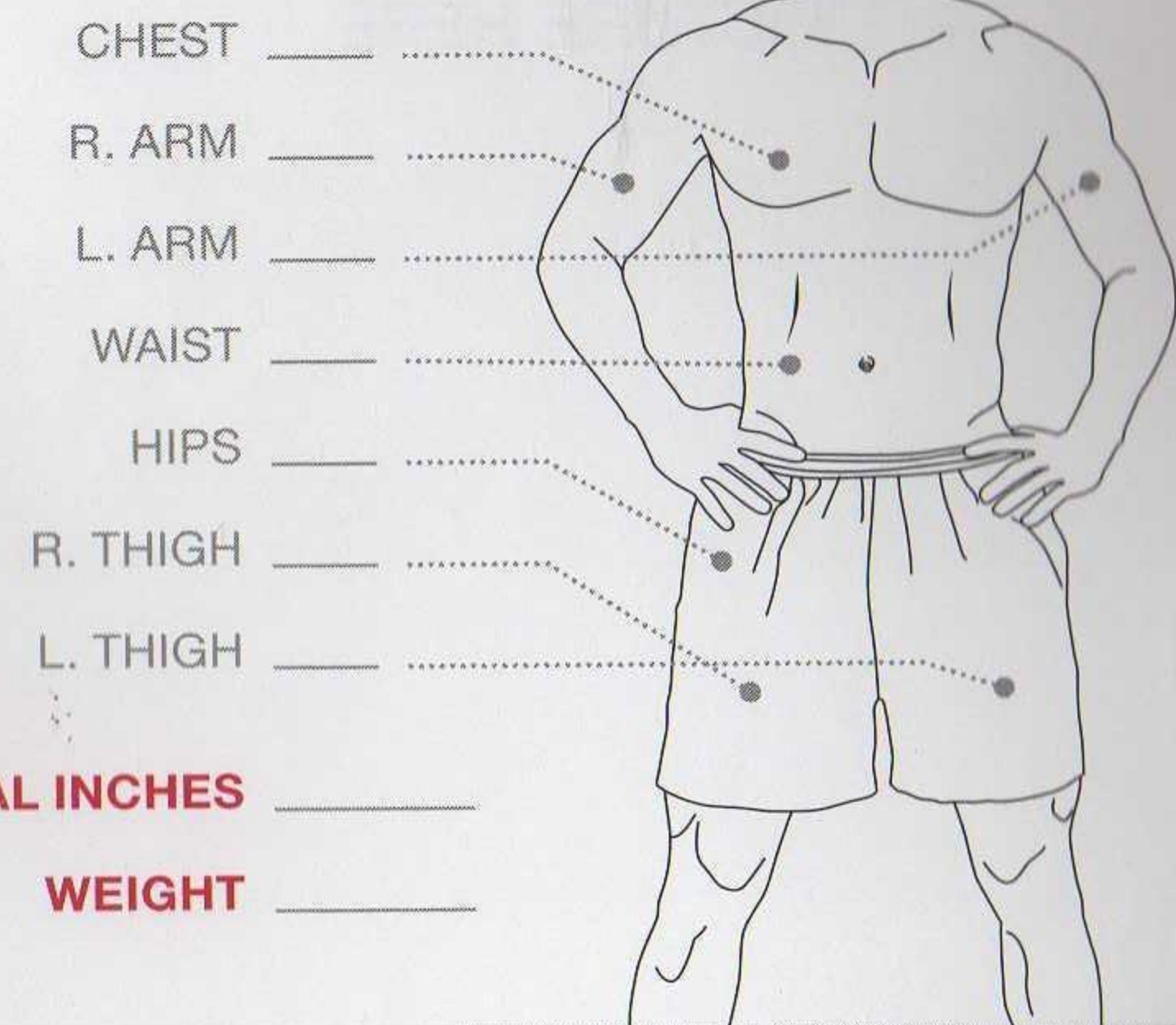
RECORD WEEK 8 STATS



TOTAL INCHES _____

WEIGHT _____

RECORD WEEK 8 STATS



TOTAL INCHES _____

WEIGHT _____

END OF WEEK 8

DATE _____

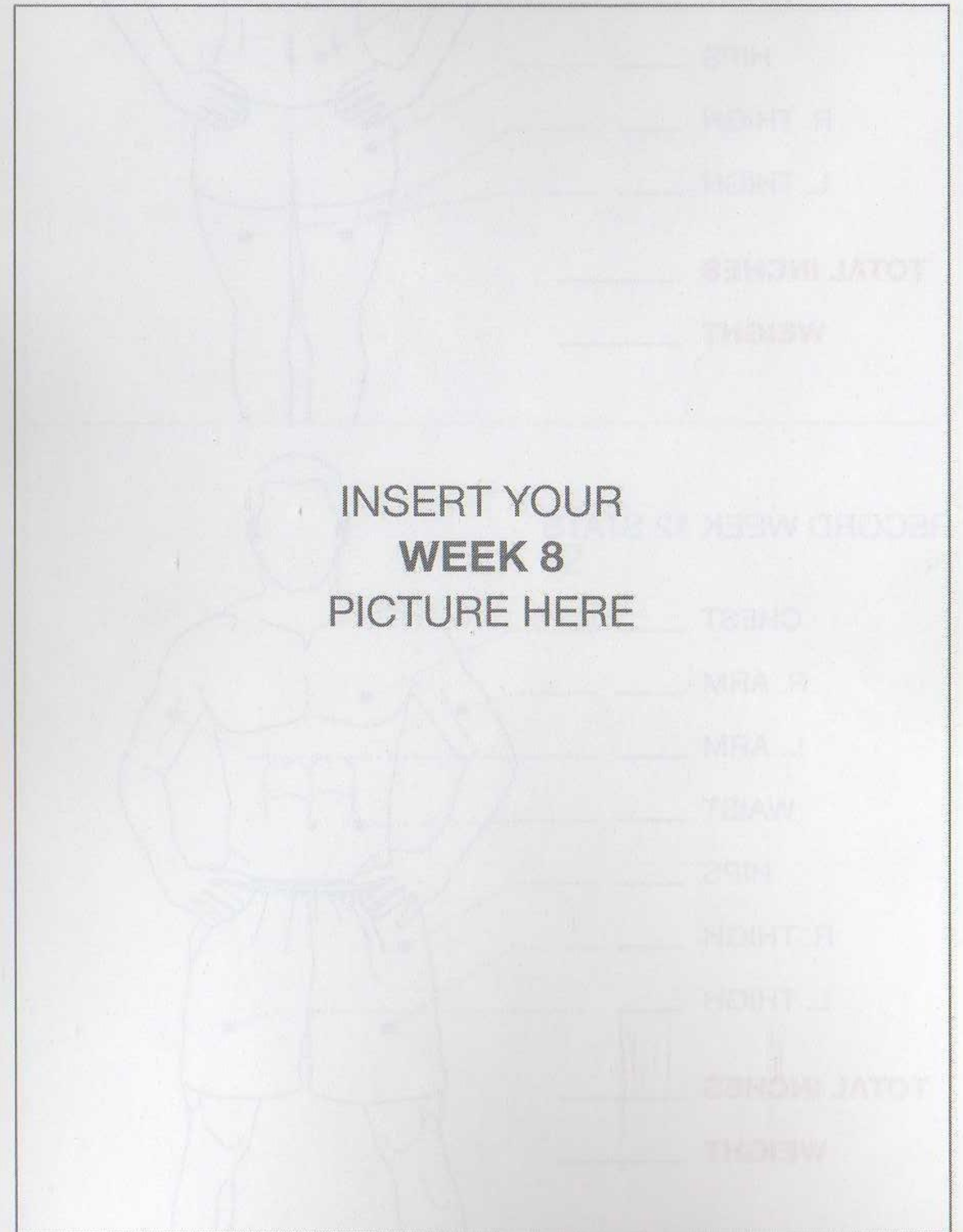
WEIGHT

INCHES

MY BEFORE:

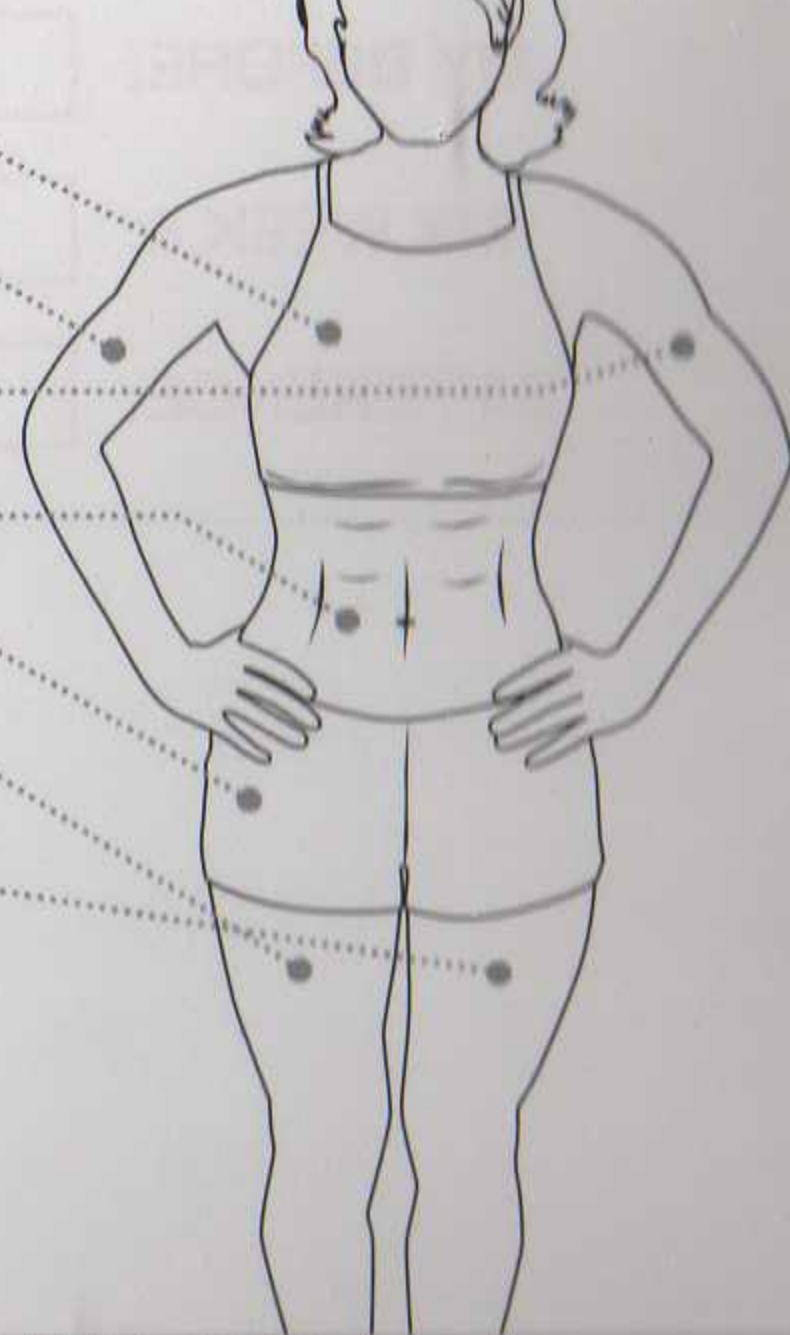
MY WEEK 8:

DIFFERENCE:



MY MEASUREMENT TRACKER

RECORD WEEK 12 STATS



CHEST _____

R. ARM _____

L. ARM _____

WAIST _____

HIPS _____


R. THIGH _____

L. THIGH _____

TOTAL INCHES _____

WEIGHT _____

RECORD WEEK 12 STATS



CHEST _____

R. ARM _____

L. ARM _____

WAIST _____

HIPS _____

R. THIGH _____

L. THIGH _____

TOTAL INCHES _____

WEIGHT _____

END OF WEEK 12

DATE _____

WEIGHT

INCHES

MY BEFORE:

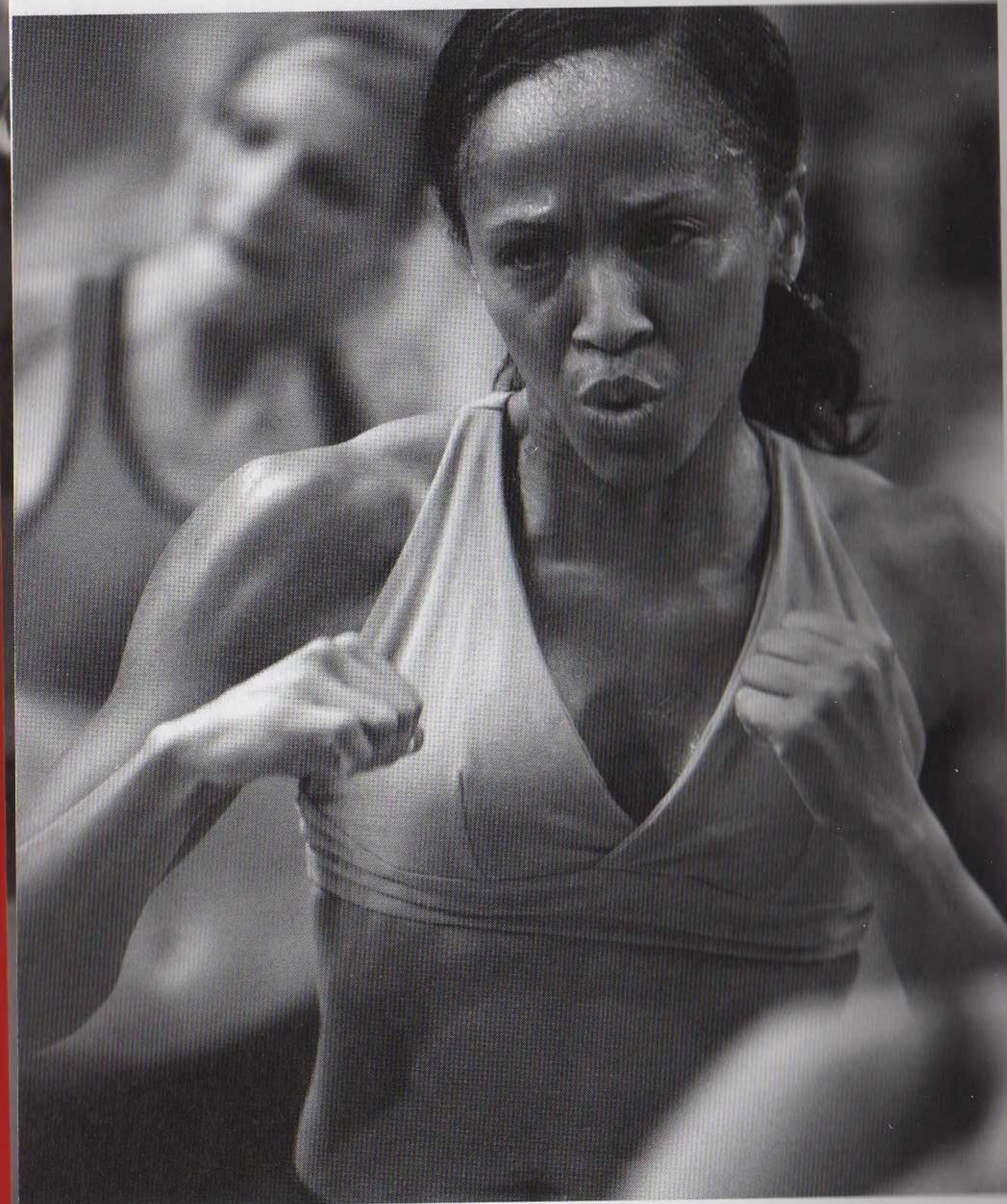
MY WEEK 12:

DIFFERENCE:

INSERT YOUR
WEEK 12
PICTURE HERE

EVERY GOAL COUNTS

Just remember, no goal is too small. If you want to drop two pounds, write it down. When you accomplish a goal, it'll make you feel good about yourself. The better you feel about yourself, the more you'll be able to achieve greatness in your day-to-day.



MY LONG-TERM GOALS

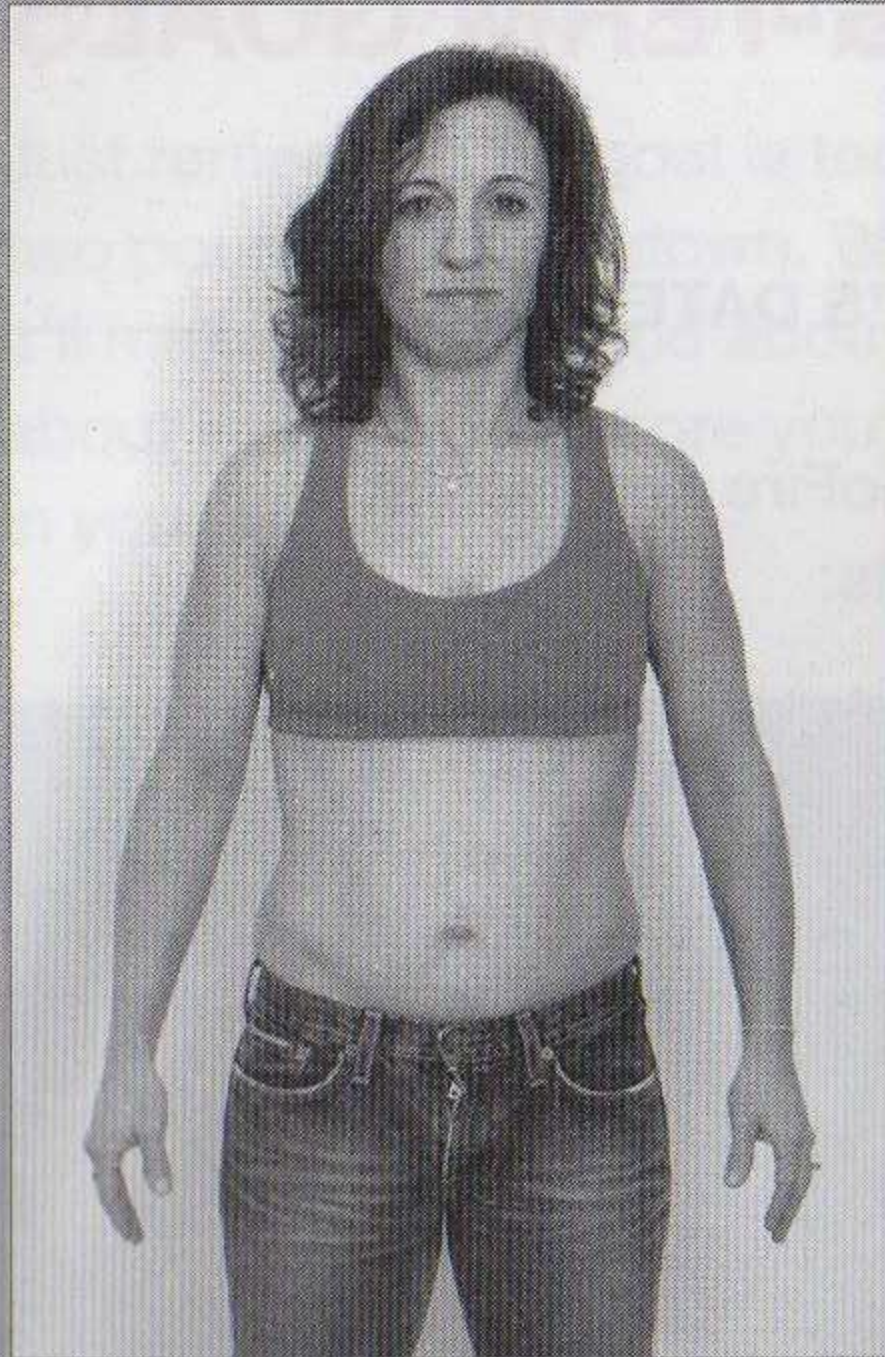
TODAY'S DATE: _____

By the time I complete the TurboFire program, I wish to accomplish these goals:

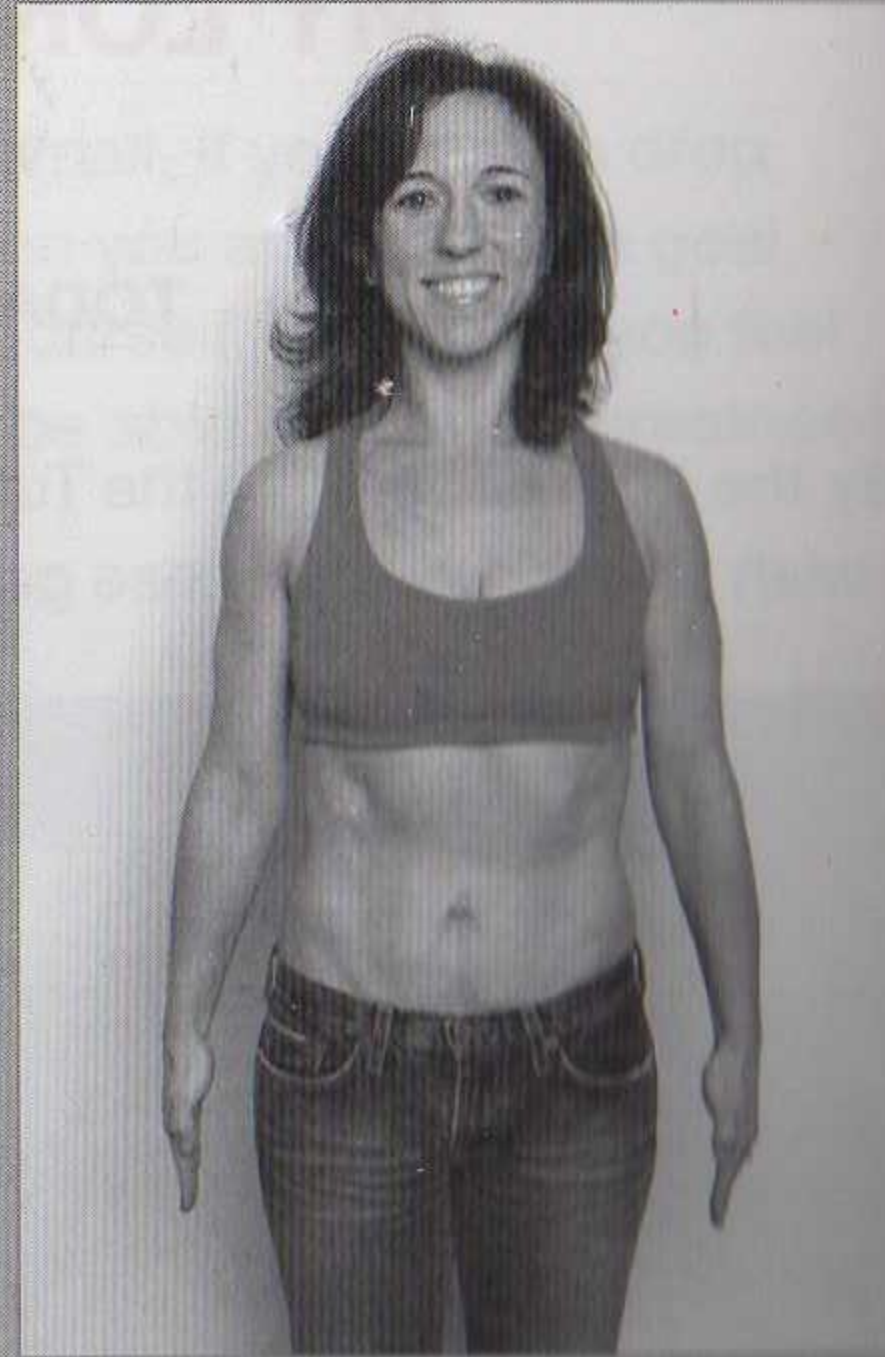
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

By eating right and taking TurboFire Classes according to the schedule, I plan to accomplish my goals by _____.

BEFORE

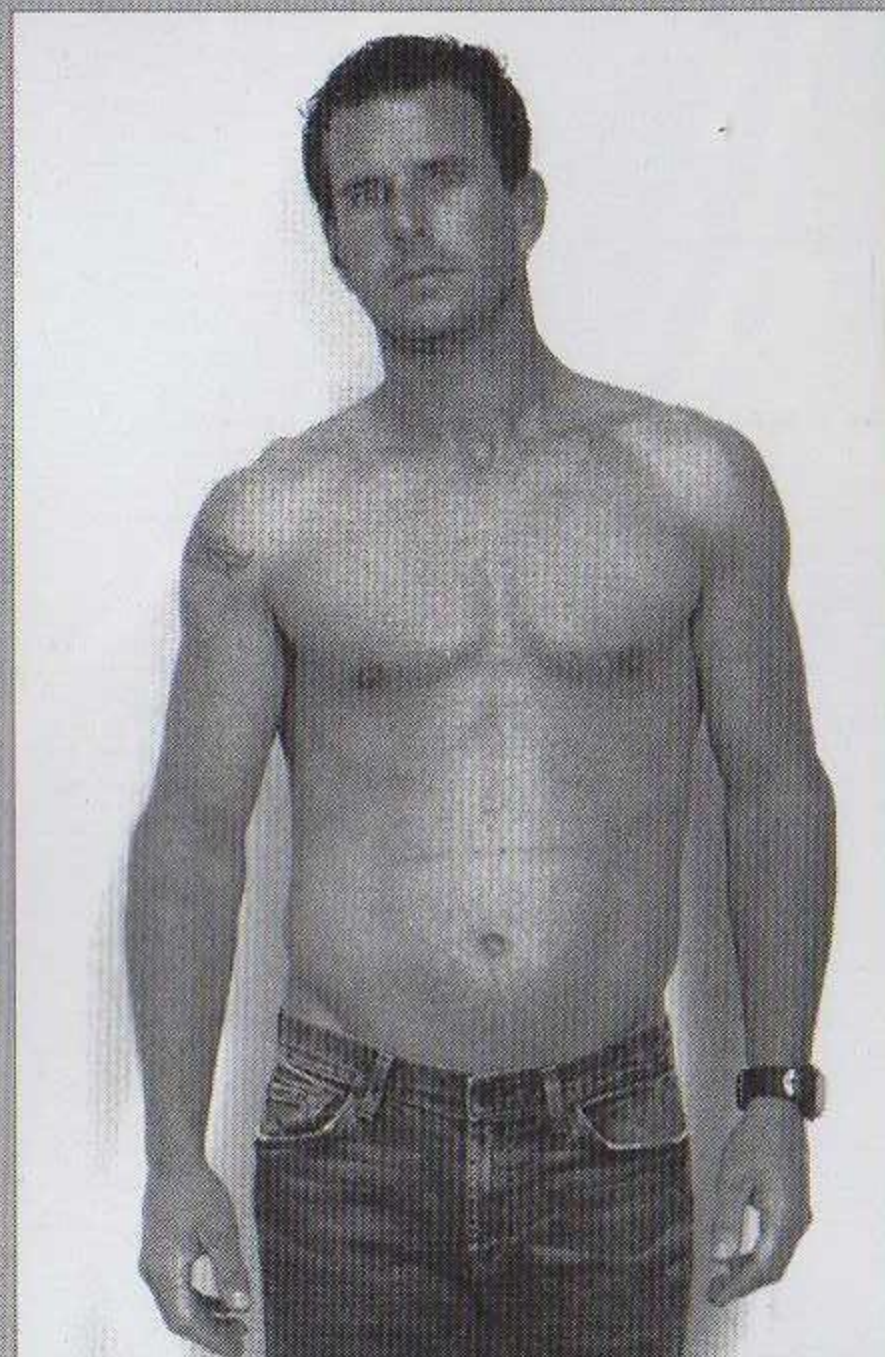


AFTER 5-DAY INFERNO



Helen F. *Lost 5 pounds and 8 inches**

BEFORE



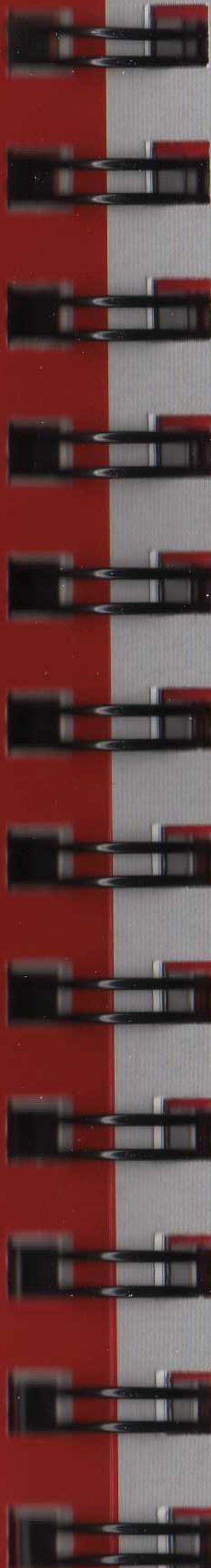
AFTER 5-DAY INFERNO



Kevin R. *Lost 14 pounds and 10 inches**

5-DAY INFERNO

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

A vertical spiral binding of a notebook, with black plastic rings and a red cover strip, runs down the center of the page.

“Never measure yourself against magazine covers. Every ‘perfect’ body you see in a bikini is a result of weeks of dieting and exercise. And airbrushing.”

—CHALENE JOHNSON

5-DAY INFERNO PLAN

Get hot for the weekend with this weekday plan. Kick-start your class routine and shift your metabolism into Turbo mode in just 5 days. The 5-Day Inferno Plan will cleanse your body and help change your daily eating habits, so you're ready to take on TurboFire with more energy. After 5 days you can lose up to 10 pounds and 10 inches.*

To start, simply follow the TurboFire Class Schedule and the meal suggestions for all 5 days. Feel like doing more? Add a stretch class to your routine. Lacking energy one day? Substitute with 20 minutes of the Fire 55 EZ Class. No matter what, keep it up. And always pace yourself to avoid burning out.

*Estimate based on a test group. Results may vary and depend on your body weight, intensity levels, and fitness level.

TAKE HABITUAL NOTES

Write down your classes, activities, calories, water, and supplements in your TurboTracker. Doing this will get you into a rhythm of making sure the foods you eat are clean, healthy fuel for your body.

DON'T EXCEED THE 5-DAY LIMIT

Once your body becomes leaner, you'll be burning more calories. Meaning you'll need to add more carbs and nutrient-rich foods to your diet to maintain high energy levels in your classes. After you finish the 5-Day Inferno Plan, switch over to the meal plan in the FUEL THE FIRE Nutrition Guide.

ALWAYS STAY HYDRATED

Drink at least eight glasses or 64 ounces of water every day. You can also drink plain coffee and tea, since they contain no calories. Just 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.

Since you want to see results, you don't need empty calories and added sugars to keep you from reaching your goals. So cut out alcohol, juices, soft drinks, and sports drinks. Diet soft drinks aren't any better. Get rid of them, too.

MAKING ALTERATIONS

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, depending on physical build, body composition, and activity levels.

If your body fat is below 15% (men) and 20% (women), you'll need to add calories to keep your energy levels up and your classes intense. You don't want your body feeding on its own muscle to support its demand for energy.

We suggest adding extra servings of 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 only 100 calories (go easy on the salad dressing).

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.

TIPS BEFORE YOU GET STARTED

- 1 Take your "before" photos. Record your measurements and weight in the Stats & Goals tab.
- 2 Watch the Get Fired Up DVD to learn how to get the most out of the TurboFire program.
- 3 Stick to the eating plan designed in this 5-Day Inferno Plan.
- 4 Follow the recommended daily TurboFire Class Schedule. You can add a class to speed up results. Or do a shorter TurboFire Class as a substitute, if you don't feel up to the planned class for a given day.

TURBO TIP

Want to measure your body fat percentage? Body fat calipers are one of the most accurate and least expensive measuring tools. To order, contact your Team Beachbody® Coach or visit Beachbody.com.

INFERNO MEAL PLAN

DAY 1 CLASS: FIRE 55 EZ/STRETCH 10

BREAKFAST Turkey Bacon Breakfast Sandwich	SNACK 1/2 Banana, 7 Walnut Halves
LUNCH Tuna Salad	SNACK Shakeology®
DINNER Honey Dijon Chicken with Steamed Garlic-Parmesan Broccoli	DAILY NUTRIENT COUNT Calories: 1183/Total Fat: 41 g Protein: 107 g/Carbs: 101 g Fiber: 16.5 g

DAY 2 CLASS: FIRE 45/HIIT 20/STRETCH 10

BREAKFAST Melon and Yogurt	SNACK Shakeology
LUNCH Turkey Avocado Wrap	SNACK 2 Celery Sticks with Peanut Butter, Raisins
DINNER Grilled Teriyaki Salmon with Ginger Rice and Bok Choy	DAILY NUTRIENT COUNT Calories: 1193/Total Fat: 33 g Protein: 79 g/Carbs: 155 g Fiber: 15 g

DAY 3 CLASS: FIRE 55 EZ/STRETCH 10

BREAKFAST Pineapple and Cottage Cheese	SNACK Veggies and Ranch
LUNCH Loaded Baked Potato	SNACK Shakeology
DINNER Chicken Tacos with Beans and Quinoa	DAILY NUTRIENT COUNT Calories: 1211/Total Fat: 47.5 g/Protein: 164 g/Carbs: 101 g Fiber: 25.5 g

DAY 4 CLASS: FIRE 45/HIIT 20/STRETCH 10

BREAKFAST PB and Banana Shakeology	SNACK Apple with Almond Butter
LUNCH Egg Salad Wrap	SNACK 10 Raw Almonds, 1 Medium Orange
DINNER Steak with Spinach and Baked Potato	DAILY NUTRIENT COUNT Calories: 1202/Total Fat: 43 g Protein: 86 g/Carbs: 135 g Fiber: 22 g

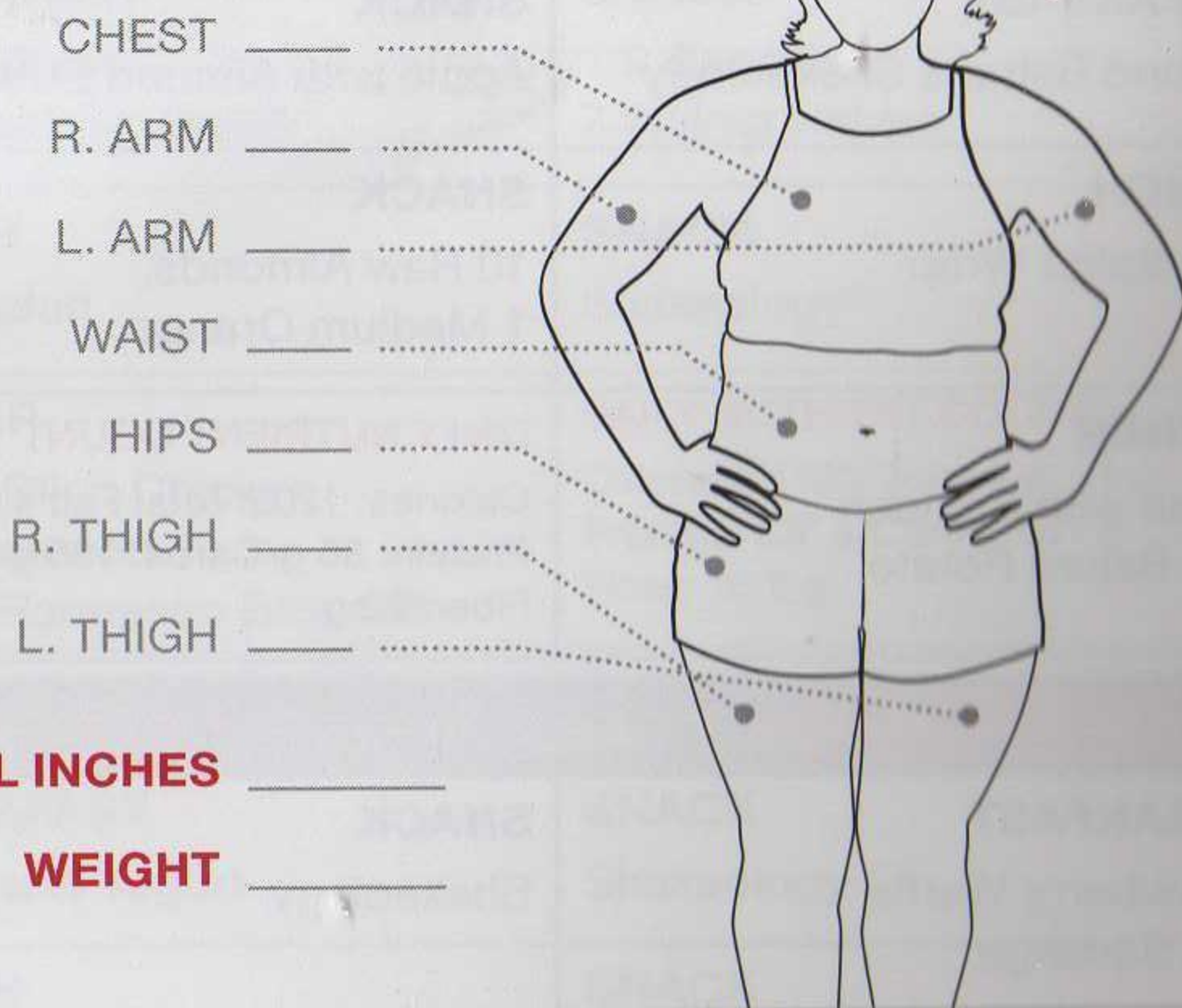
DAY 5 CLASS: FIRE 55 EZ/STRETCH 10

BREAKFAST Strawberry Waffle and Sausage	SNACK Shakeology
LUNCH Chicken and Hummus Pita	SNACK Crudités and Cheese
DINNER Rosemary Pork Chop with Peas and Wild Rice	DAILY NUTRIENT COUNT Calories: 1190/Total Fat: 30 g Protein: 132 g/Carbs: 102 g Fiber: 19 g

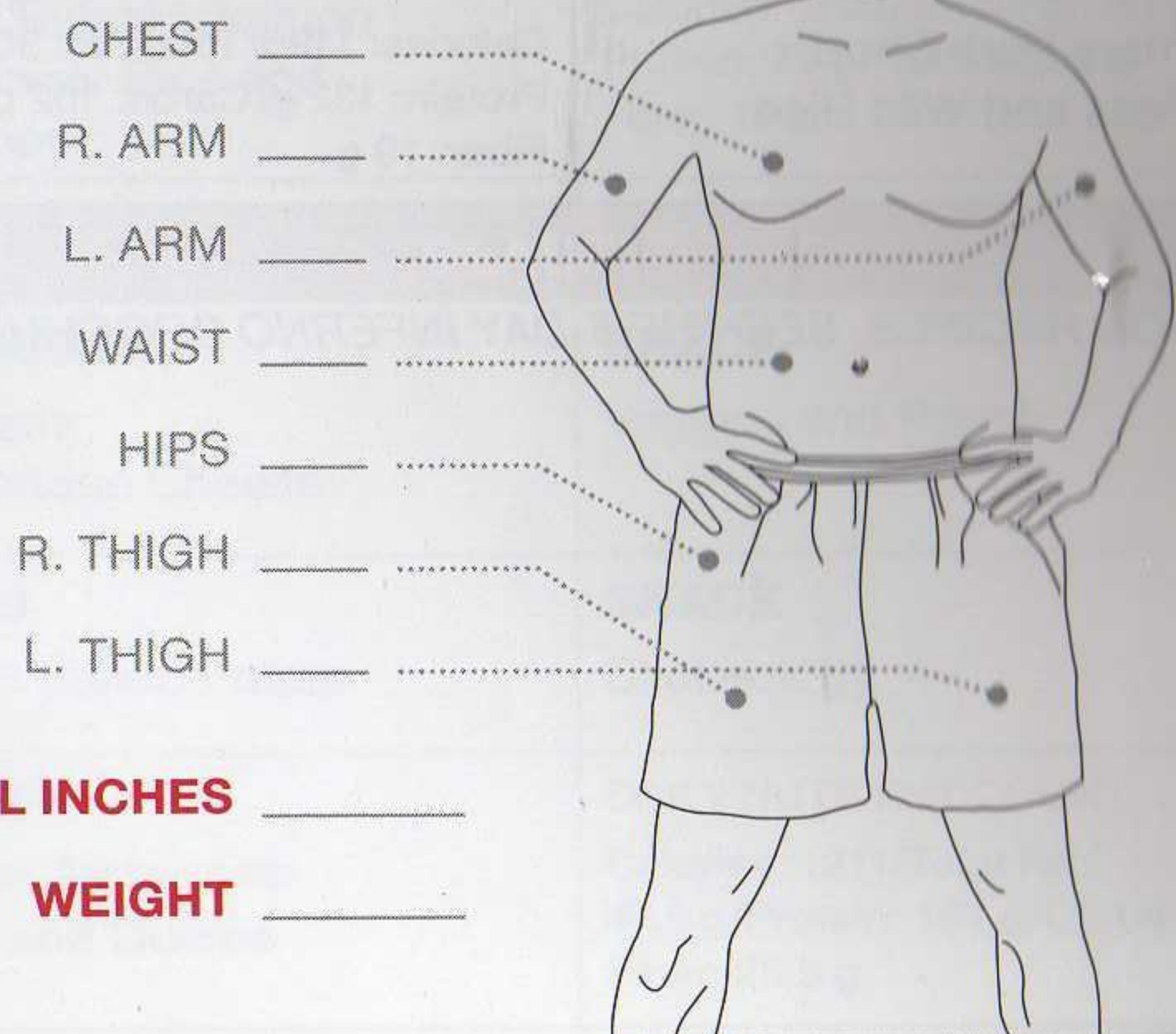
FOR RECIPES, SEE THE 5-DAY INFERNO BROCHURE.

MY MEASUREMENT TRACKER

RECORD BEFORE STATS



RECORD BEFORE STATS

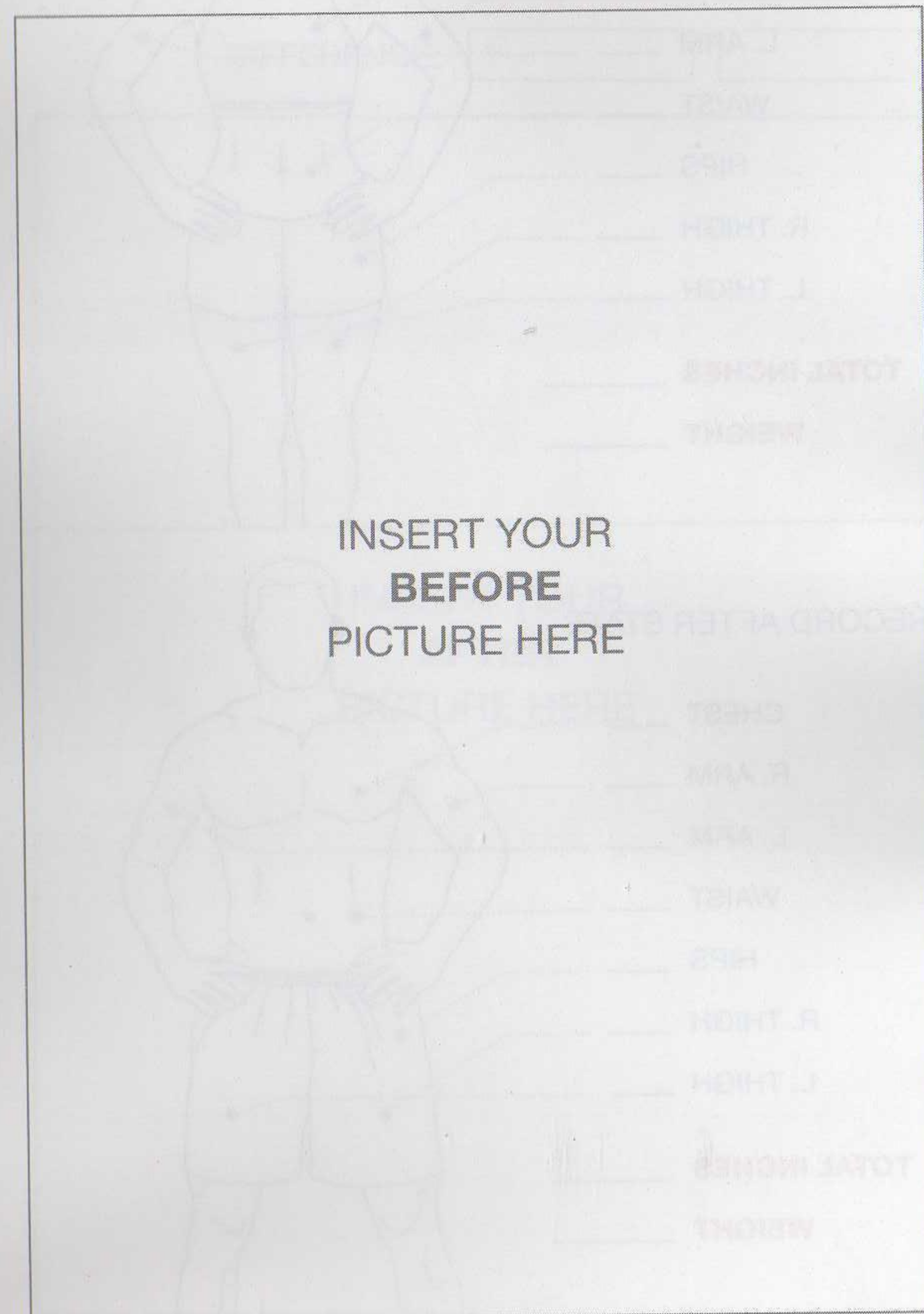


BEFORE INFERNO

DATE _____

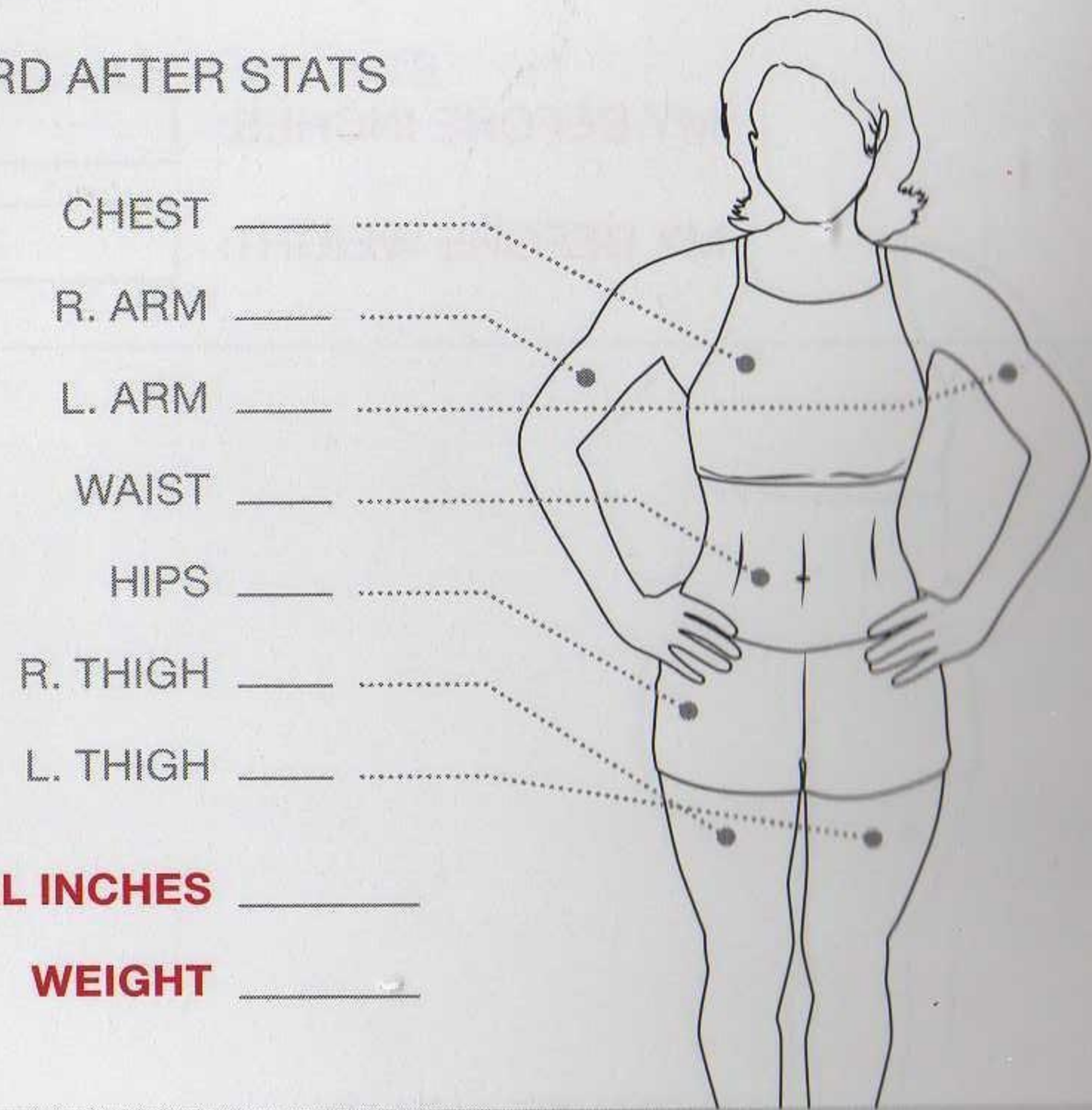
MY BEFORE INCHES:

MY BEFORE WEIGHT:

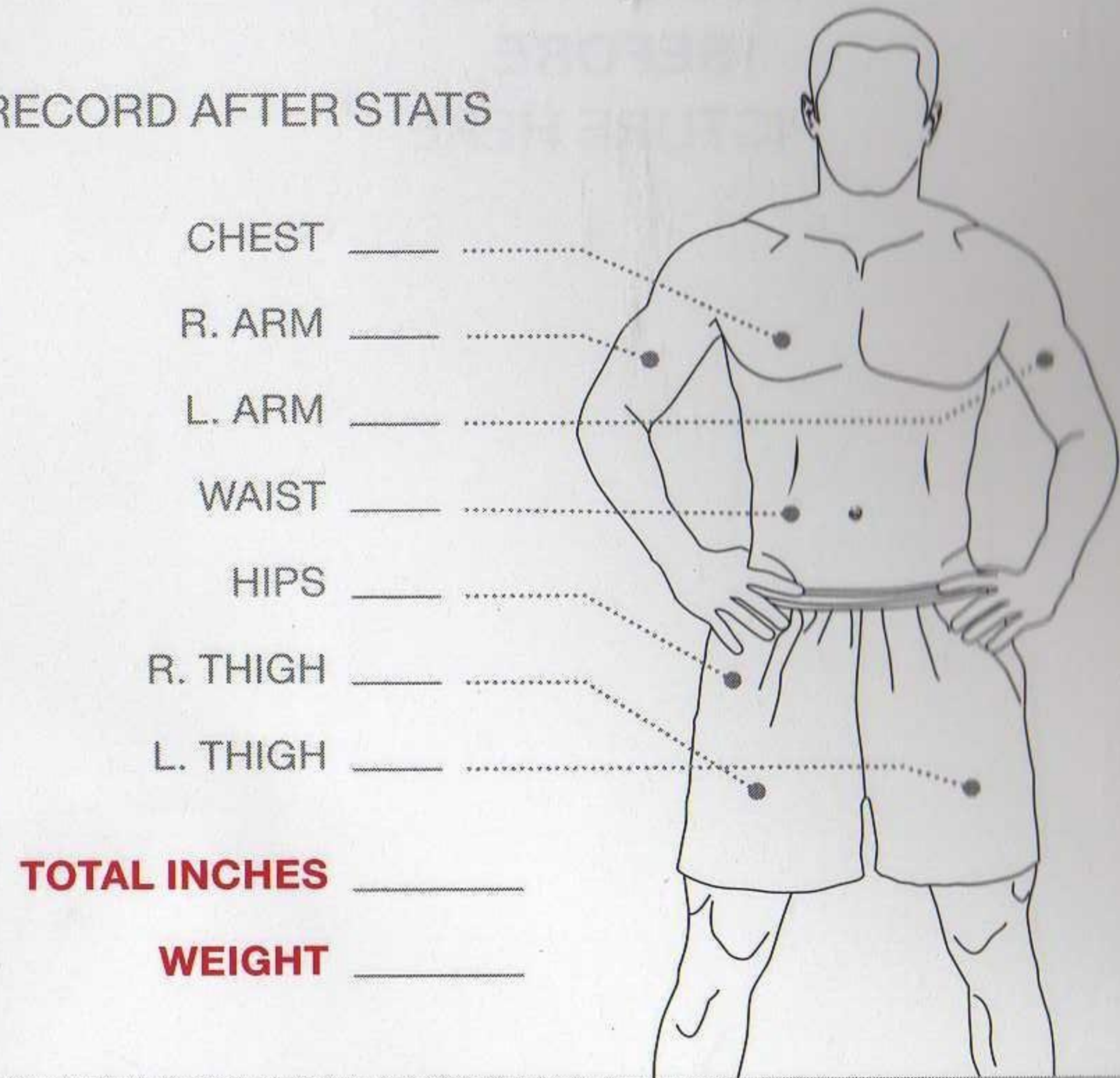


MY MEASUREMENT TRACKER

RECORD AFTER STATS



RECORD AFTER STATS



AFTER INFERNO

DATE

WEIGHT

INCHES

MY BEFORE:

MY AFTER:

DIFFERENCE:

INSERT YOUR
AFTER
PICTURE HERE

Calorie Target **1,200**

Date _____ Day _____

FUEL TRACKER

BREAKFAST	TIME	CALORIES

BREAKFAST TOTALS ⇨

SNACK 1	TIME	CALORIES

SNACK TOTALS ⇨

LUNCH	TIME	CALORIES

LUNCH TOTALS ⇨

SNACK 2	TIME	CALORIES

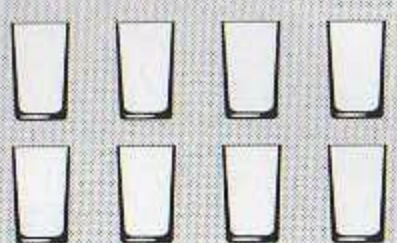
SNACK TOTALS ⇨

DINNER	TIME	CALORIES

DINNER TOTALS ⇨

TOTAL CALORIES CONSUMED ⇨

WATER (8-oz. glasses)



VITAMINS/SUPPLEMENTS

SLEEP (hrs.)

BURN TRACKER

TURBOFIRE CLASS	TIME	DURATION	INTENSITY

OTHER ACTIVITIES	TIME	DURATION	INTENSITY

CHALENE'S TIP OF THE DAY:

“Ask yourself every couple of minutes, ‘Can I go harder? Can I do more?’ You’ve got so much power. Show me.”

ENERGY LEVEL 1 2 3 4 5 6 7 8 9

TODAY'S GOALS MET

NOTES

Calorie Target **1,200**

FUEL TRACKER

BREAKFAST	TIME	CALORIES

BREAKFAST TOTALS ⇨

SNACK 1	TIME	CALORIES

SNACK TOTALS ⇨

LUNCH	TIME	CALORIES

LUNCH TOTALS ⇨

SNACK 2	TIME	CALORIES

SNACK TOTALS ⇨

DINNER	TIME	CALORIES

DINNER TOTALS ⇨

TOTAL CALORIES CONSUMED ⇨

WATER (8-oz. glasses)
VITAMINS/SUPPLEMENTS _____
SLEEP (hrs.)

BURN TRACKER

TURBOFIRE CLASS	TIME	DURATION	INTENSITY

OTHER ACTIVITIES	TIME	DURATION	INTENSITY

CHALENE'S TIP OF THE DAY:

“Every time you come to class you get better. Every time you start to get better you do more. When you do more, you get better results and you just keep taking it to the next level.”

ENERGY LEVEL 1 2 3 4 5 6 7 8 9 TODAY'S GOALS MET

NOTES

Calorie Target **1,200**

Date _____ Day _____

FUEL TRACKER

BREAKFAST	TIME	CALORIES

BREAKFAST TOTALS →

SNACK 1	TIME	CALORIES

SNACK TOTALS →

LUNCH	TIME	CALORIES

LUNCH TOTALS →

SNACK 2	TIME	CALORIES

SNACK TOTALS →

DINNER	TIME	CALORIES

DINNER TOTALS →

TOTAL CALORIES CONSUMED →

WATER (8-oz. glasses)



VITAMINS/SUPPLEMENTS

SLEEP (hrs.)

BURN TRACKER

TURBOFIRE CLASS	TIME	DURATION	INTENSITY

OTHER ACTIVITIES	TIME	DURATION	INTENSITY

CHALENE'S TIP OF THE DAY:

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

ENERGY LEVEL 1 2 3 4 5 6 7 8 9

TODAY'S GOALS MET

NOTES

Calorie Target **1,200**

Date

Day

FUEL TRACKER

BREAKFAST	TIME	CALORIES

BREAKFAST TOTALS ⇨

SNACK 1	TIME	CALORIES

SNACK TOTALS ⇨

LUNCH	TIME	CALORIES

LUNCH TOTALS ⇨

SNACK 2	TIME	CALORIES

SNACK TOTALS ⇨

DINNER	TIME	CALORIES

DINNER TOTALS ⇨

TOTAL CALORIES CONSUMED ⇨

WATER (8-oz. glasses)



VITAMINS/SUPPLEMENTS

SLEEP (hrs.)

BURN TRACKER

TURBOFIRE CLASS	TIME	DURATION	INTENSITY

OTHER ACTIVITIES	TIME	DURATION	INTENSITY

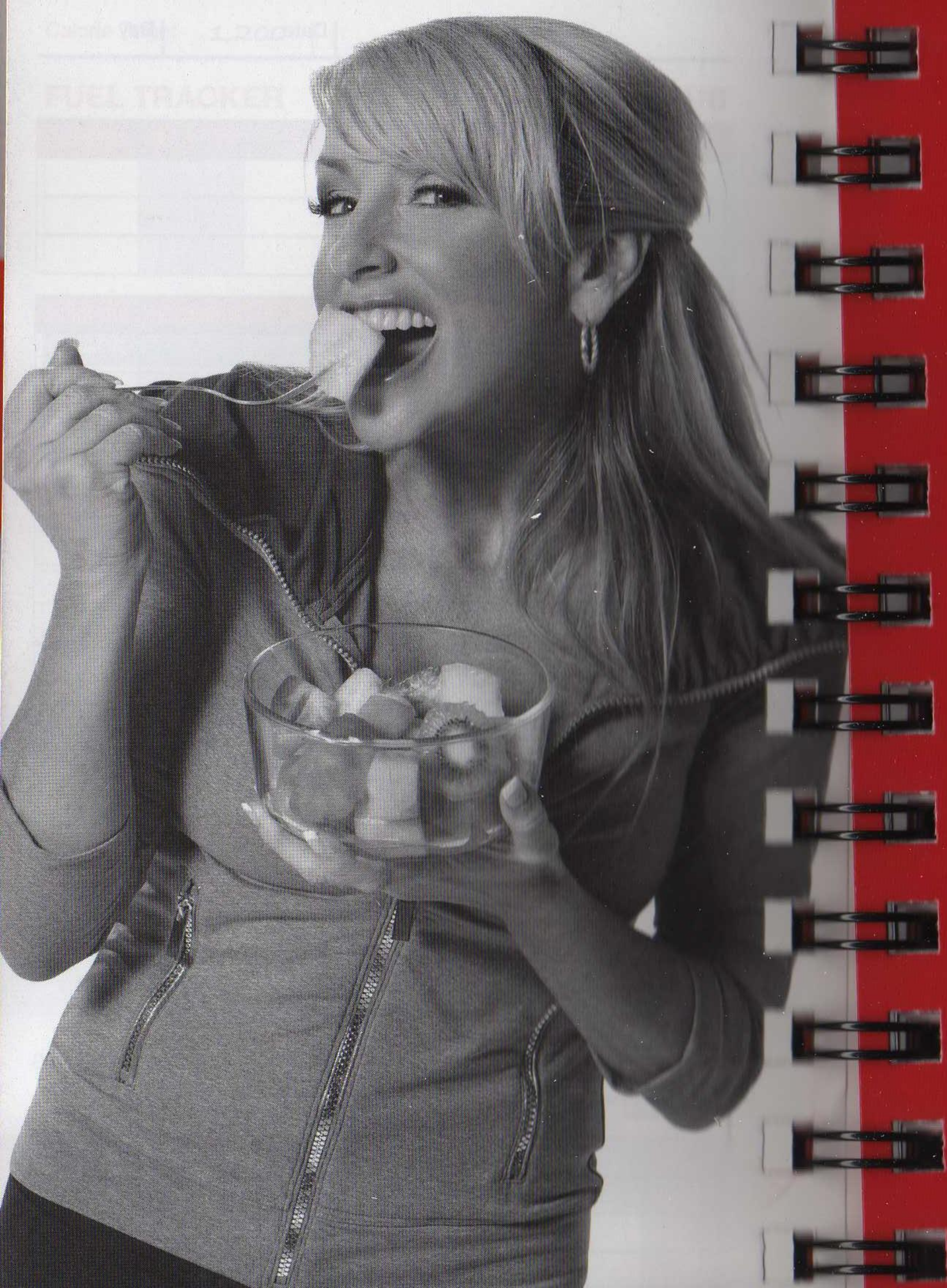
CHALENE'S TIP OF THE DAY:

“Guess what? You’re still burning a ton of calories. It’s called ‘AfterBurn,’ because your metabolism is on fire.”

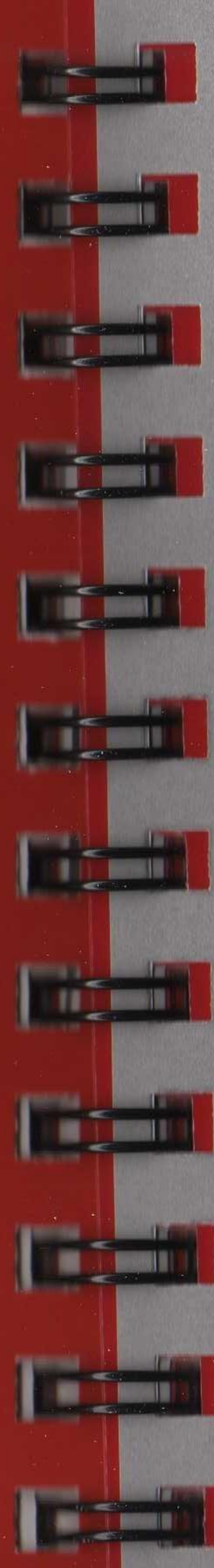
ENERGY LEVEL 1 2 3 4 5 6 7 8 9

TODAY'S GOALS MET

NOTES



NUTRITION

A vertical spiral binding of a notebook, with the metal coils visible on the left side. The binding is positioned between a red cover on the left and a grey cover on the right.

“Instead of denying yourself the occasional treat, just make room for it. Count the calories, move more, and move on.”

—CHALENE JOHNSON

CALCULATING YOUR CALORIE TARGET

STEP 1

Calculate your Resting Metabolic Rate (RMR).
Your current body weight x 10 = RMR

STEP 2

Calculate your Daily Activity Burn (DAB) based on your current activity levels (outside of TurboFire).

SEDENTARY RMR x 10% = DAB

MODERATELY ACTIVE RMR x 20% = DAB

VERY ACTIVE RMR x 30% = DAB

STEP 3

Add calories burned from your Daily Exercise (DE). Although this will vary, a good average number for a TurboFire Class is 650 calories a day.*

STEP 4

Subtract or add your Caloric Deficit (CD) or Surplus. This is the number of calories you'd like to cut out (or add) to your current diet in order to lose (or gain) weight. A deficit of 500 calories a day averages to about a one-pound loss per week.*†

STEP 5

Put all those numbers together to find out how many calories you need.

RMR + DAB + DE - CD = Your Calorie Target
 (Resting Metabolic Rate + Daily Activity Burn + Daily Exercise - Caloric Deficit = Your Calorie Target)

+ + - =

*Statistic based on test group results. Caloric expenditures may vary and are based on many factors, including height, weight, intensity level, muscle mass, and fitness levels.

†Don't use a Caloric Deficit that's more than 1,000 calories a day for your regular diet. (A deficit that drastic is only okay for less than a week or for cleansing purposes.) If you go without enough calories for too long, you'll lack the nutrients to properly recover from your classes. This can lead to the dreaded "results plateau." Your body will also break down in the form of an injury and/or an illness. So don't do it.

YOUR NUTRITIONAL CHEAT SHEET

Stay on top of Michi's Ladder and fuel your body with clean foods. We recommend you trade the unhealthier foods you currently eat for other choices higher up on the ladder. Stick with Tiers 1 and 2 to increase your chances of losing weight and staying healthy. Although there are healthy choices in the lower tiers, especially in Tier 3, they're calorically dense. Try to avoid foods from Tiers 4 and 5 and you'll cut out unwanted calories in your diet.

TIER 1: THE PIOUS TIER

Apples, with skin C	Cucumbers C	Peas P C
Artichokes	Egg whites P	Peppers C
(without sauce) PC	Endive C	Pineapple C
Amaranth P C	Fish (broiled, steamed, grilled) P F	Plums C
Arugula C	Flaxseed F	Prunes C
Asparagus C	Garlic, fresh C	Quinoa P C
Barley C	Grapefruit C	Radishes C
Beans P C F	Grapes C	Raspberries C
Beets C	Hempseed F	Refried beans (no fat) P C
Blueberries C	Herbs	Rice, whole grain C
Bok choy C	Kale P F C	Salsa (natural, no sugar or oil) C
Boysenberries C	Ketchup (homemade, no sugar) C	Spelt P C
Bran C	Kiwifruit C	Spinach P C
Broccoli P C	Lentils P F C	Squash C
Broccoli sprouts P C	Lettuce (romaine, green or red leaf) C	Strawberries C
Brussels sprouts P C	Melon, C	String beans P C
Cabbage C	Milk, nonfat P C	Sweet potatoes C
Carrots C	Mushrooms C	Tea (green or black, no sugar)
Cauliflower C	Mustard C	Tomato sauce (no sugar) C
Celery C	Natto P F C	Tomatoes C
Chard P C	Nectarines C	Vinegar
Chickpeas P C	Onions C	Water
Cherries C	Papayas C	Yams C
Citrus fruits C	Peaches C	Yogurt, nonfat, no sugar P C
Collard greens P C	Pears, with skin C	Zucchini C
Cottage cheese, nonfat P		

TIER 2: THE HAPPY TIER

Apples, skinless C	Dates C	Pork tenderloin P F
Applesauce (raw) C	Eggs, whole P F	Plantains C
Avocados F	Eggplant C	Raisins C
Bagels, whole grain C	Feta cheese, low-fat P F	Ricotta cheese, nonfat P
Bananas C	Fowl—skinless, white meat only P F	Rye crisp C
Bread, whole-grain F C	Figs C	Seltzer P F C
Broths (veggie, chicken, etc., low sodium) F C	Granola, raw, no sugar P F C	Steak, super lean P F
Buffalo, super lean (under 10% fat) P F	Hummus P F C	Squid P F
Cereal, whole-grain P F C	Juice, fresh-squeezed w/ pulp, no sugar C	Stevia
Cheese, nonfat P	Mangoes C	Sunflower seeds P F
Coffee, black or cappuccino w/ nonfat milk C	Meat, wild game P F	Tahini P F
Coconut F	Milk, 1% P F C	Tempeh P F C
Corn F C	Muesli, raw, no sugar P F C	Tofu P F C
Couscous P F C	Nuts, raw P F	Vegetable juice C
Cottage cheese, low-fat P F	Nut butters, raw, no additives P F	Veggie burger P F C
Cream cheese, nonfat P	Oatmeal P C	Yacon syrup C
	Olive oil F	Yogurt, low fat, no sugar P F C
	Olives F	

TIER 3: THE SWISS TIER

Applesauce (big brand) C	Fruit, dried C	Potatoes, baked or boiled C
Agave nectar C	Granola (no sugar added) C	Refried beans, low-fat P F C
Almond milk P F C	Honey C	Rice cakes C
Beef, ground, super lean (under 10% fat) P F	Jam or marmalade (no sugar added) C	Rice milk C
Beef, lean cuts P F	Ketchup (store bought, no sugar added) C	Rice, white C
Broths (veggie, chicken, etc.) C	Lamb, lean P F	Sauerkraut C
Butter, unsalted F	Lettuce, iceberg C	Shellfish P
Canola oil F	Maple syrup (natural, no sugar added) C	Shrimp P
Cheese, hard	Milk, 2% P F C	Soy Milk P F C
Cheese, low-fat P F	Muesli (big brand) P C	Soy nuts P F C
Chicken taco, baked P F C	Molasses C	Sugar alcohols (Truvia, & anything ending in -tol) C
Chili (no lard/or sugar added) P F	Oatmeal, flavored P C	Sushi P F C
Crackers, whole grain F C	Pancakes, buckwheat C	Tortillas, whole wheat F C
Cream cheese, low-fat P F	Pasta, whole-grain C	Veal P F
Fowl, skinless, dark meat only P F	Pickles C	Wine, red C
Fowl, ground, super lean (under 10% fat) P F	Popcorn, plain F C	Wine, white C

TIER 4: THE DODGY TIER

Artificial sweeteners (sucralose, aspartame, saccharine, etc.)	Fish, fried P F	Pancakes F C
Bagels, refined flour C	Fowl, with skin P F	Peanut butter, not raw F C
Beef, ground, lean (under 20% fat) P F	Fowl, ground, lean (under 20% fat) P F	Pizza, thin crust veggie P F C
Beer C	Graham crackers C	Popcorn, w/ salt and butter F C
Bread, refined flour C	Ham P F	Pork chop P F
Butter (salted) F	Hot dogs, turkey P F	Potato salad or macaroni salad F C
Caesar salad, w/ chicken P F C	Ice cream, sugar-free or fat-free F C	Pretzels C
Canadian bacon P F	Jell-O C	Puttling, w/ low-fat milk F C
Cheese, soft (including blue and goat) F	Jerky, turkey P	Reuben sandwich P F C
Chips, low-fat, baked C	Juice, from concentrate C	Sauce, steak, etc. C
Cobb salad P F C	Lamb chops P F	Sherbet C
Coffee, iced mocha latte w/ nonfat milk P C	Lasagna P F C	Sloppy Joe, lean beef or turkey P F C
Coffee, latte w/ whole milk P F C	Macaroni and cheese F C	Soup, canned creamy P F C
Coffee cake F C	Mayonnaise F	Soy sauce
Crackers F C	Meat loaf P F	Spaghetti, w/ meatballs P F C
Cream cheese F	Milk, whole P F C	Sub sandwich P F C
	Muffins F C	Sweet-and-sour sauce F C
	Nuts, salted or roasted F	Tortilla, refined flour or corn F C
	Nut butters, processed F C	Tuna salad or chicken salad P F
		Yogurt, frozen C

TIER 5: THE NEWBURG TIER

Alcohol, hard liquor	vanilla buzz bomb, etc. F C	Margarine F
Bacon P F	Cookies, Oreo et al. F C	Milk, cream or half-half P F C
Baked beans P F C	Creamed veggies F C	Nachos F C
Beef, ground, regular, (over 20% fat) P F	Creamer, nondairy F C	Onion rings F C
Beef taco, fried P F C	Diner fare P F C	Pastries F C
"Breaded" foods F C	Doughnuts F C	Pies F C
Breakfast sandwich, fast food P F C	Energy drinks C	Pizza, delivered P F C
Cake F C	Fowl, ground, regular (over 20% fat) P F	Potato skins, fried F C
Candy P F C	French fries F C	Refried beans, w/ lard P F C
Cereal, sugared P F C	Gravy P F	Salad dressing, creamy F C
Chicken a la King P F C	Grilled cheese sandwich P F C	Sausage P F
Chicken, buffalo wings, nuggets, tenders P F C	Hamburger, fast food P F C	Soft drinks, diet (read the studies)
Chicken or fish sandwich, fried P F C	High fructose corn syrup C	Soft drinks, sugared C
Chips, potato or corn F C	Hot dogs P F C	Sports drinks & foods (unless you're playing sports)
Chocolate P F C	"Hydrogenated" foods F	Syrup C
Chicken fried steak P F C	Ice cream F C	Sugar, refined C
Cinnamon bun F C	Jerky, beef, pork, venison P F C	Tater tots F C
Coffee, mocha, macchiato, ice blended, frappe, triple caramel	Juice, sugar added C	Toaster pastries F C
	Lobster Newburg P F C	Vegetable oil (cheap big brand) F

MAKE SENSE OF NUTRITION FACTS LABELS

Most packaged foods have a Nutrition Facts label. Use this information to make healthy choices quickly and easily.

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250 Calories from Fat 110

% Daily Value*

Total Fat 12g 18%

Saturated Fat 3g 15%

Trans Fat 1.5g

Cholesterol 30mg 10%

Sodium 470mg 20%

Total Carbohydrate 31g 10%

Dietary Fiber 0g 0%

Sugars 5g

Protein 5g

Vitamin A 4%

Vitamin C 2%

Calcium 20%

Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

A

B

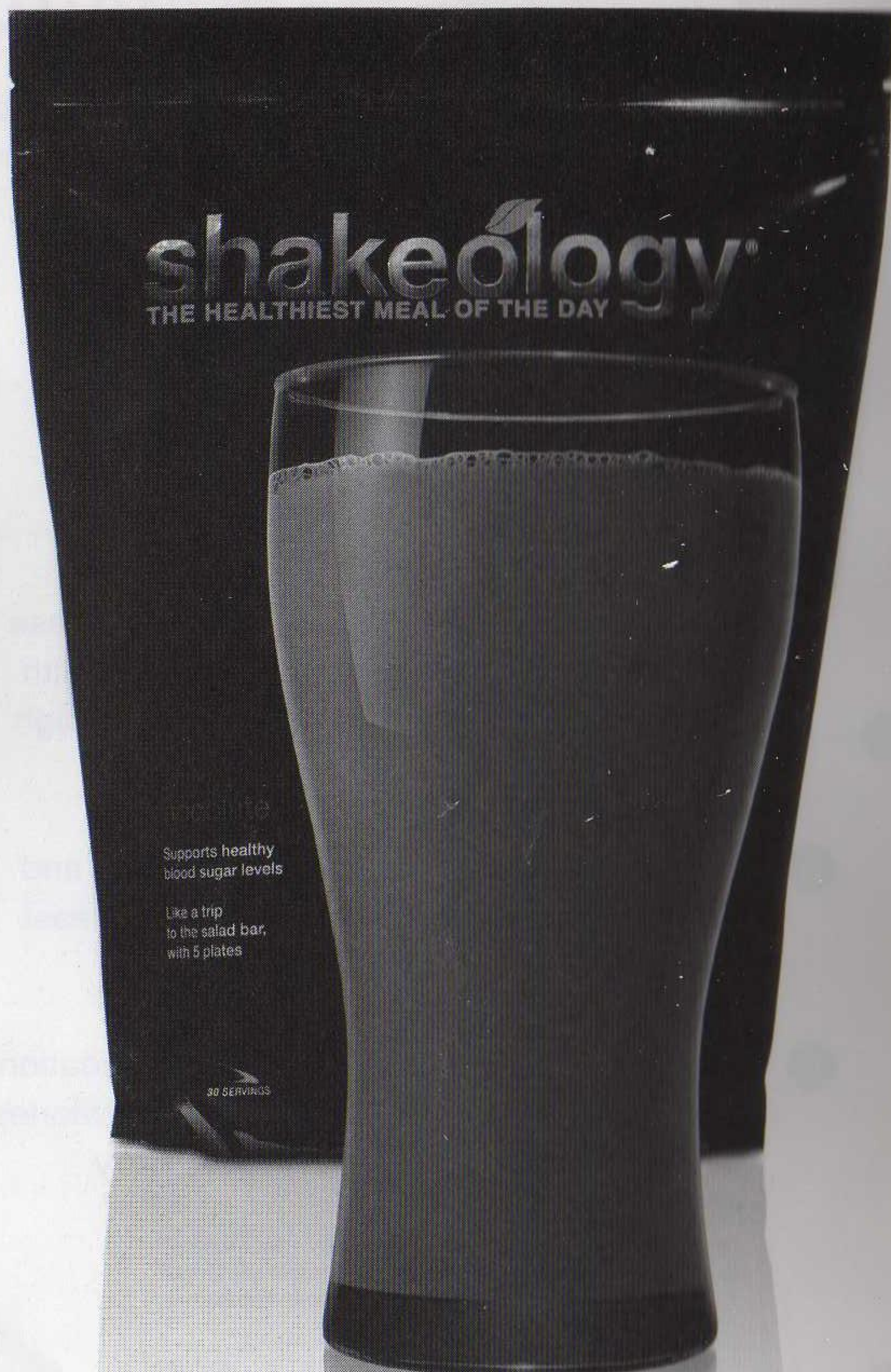
D

C

E

SUPPLEMENT YOUR DIET

- A Don't get tricked. Many single-serving foods are broken into two servings to hide calories.
- B Calories provide a measure of how much energy you get from a serving of this food. Daily values: 5% is low; 20% is high
- C Nutrients in the Red Zone: saturated fat, trans fat, cholesterol, and sodium. Limit these nutrients as they may increase various health risks such as obesity, heart disease, and high blood pressure.
- D Fiber check: Fiber contains zero calories and promotes regularity. You should have at least 25 grams in your daily diet.
- E Daily values footnote: makes recommendations based on a diet of 2,000 or 2,500 daily calories. Make sure these values match your daily caloric needs.



SUPPLEMENT YOUR DIET

SHAKEOLOGY®

With over 70 ingredients, Shakeology is the **healthiest meal of the day**®. You'll fill up on nutrition, eliminate toxins and cravings, and increase your energy levels.

ACTIVIT®

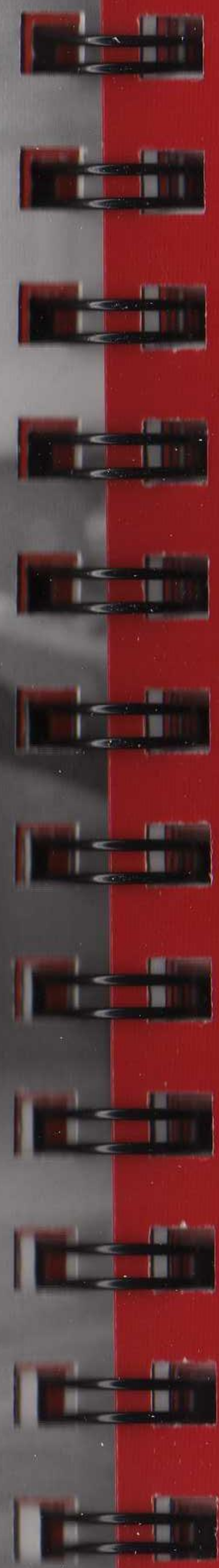
Ensure that your body gets the nutrients it needs to keep going strong, especially on HIIT days. A multivitamin will help you kick off your TurboFire program and create positive changes in your diet.



RESULTS AND RECOVERY FORMULA

Refuel, reenergize, and reduce muscle soreness after an intense class. This tangy shake is made up of four parts carbs and one part protein to help repair muscles quickly.

To order supplements, contact your Team Beachbody® Coach or visit TeamBeachbody.com or Beachbody.com



DAILY TRACKER

HOW TO USE YOUR TURBOTRACKER

Record all the foods and drinks you consume throughout the day in the Fuel Tracker. Simply log your meals, when you eat, how much water you drink, and what you want your daily Calorie Target to be. Keep in mind, however, that your Calorie Target already includes the calculated deficit/surplus you've determined for yourself from page 45 of this guide.

Next, record TurboFire Classes and other activities in the Burn Tracker. You'll not only hold yourself accountable for meeting goals, but you'll also adjust diet and activity levels to better meet your needs.

Refer to examples of what a typical Fuel Tracker and Burn Tracker may look like on the following pages.

YOU'RE RESPONSIBLE FOR YOU

The TurboTracker ensures you stick to what you say you'll do. Always talking about yoga? Then sign up for a session and go. Did you tell yourself to stop eating donuts? Stay clear of the company kitchen on Donut Fridays. Or maybe you want to up the intensity levels of your classes. Whatever it is, make a note in the goals section and do it. Just make sure you set realistic goals for yourself to avoid getting discouraged. After all, you know your weaknesses and only you can make a change. So plan on trading that weakness for a new strength, starting now.

TURBO TIP

Your body needs rest to build muscle and maintain high energy levels. Make sure you get at least 8 hours of sleep every night.

SAMPLE WEEKLY GOALS

_____|_____|_____|
DATE

MY CURRENT WEIGHT:

145

TAKE 6 TURBOFIRE CLASSES THIS WEEK.

SLEEP 8 HOURS EVERY NIGHT.

GOALS:

Fit into my old pair of jeans

Lose 10 pounds

MY CALORIE TARGET 1,745

CALORIES I PLAN TO BURN EVERY DAY 650

TARGET CALORIE DEFICIT 500

Calorie Target **1,745**

Date

Week #

Day

FUEL TRACKER

BREAKFAST	TIME	CALORIES
Breakfast Quesadilla	8:00 AM	322
Grapefruit Juice - 4 oz.		48

BREAKFAST TOTALS ⇨ **370**

SNACK 1	TIME	CALORIES
Shakeology - Chocolate Covered Bananas	10:30 AM	214

SNACK TOTALS ⇨ **214**

LUNCH	TIME	CALORIES
Turkey Wrap	1:00 PM	351

LUNCH TOTALS ⇨ **351**

SNACK 2	TIME	CALORIES
25 Grapes	3:30 PM	98

SNACK TOTALS ⇨ **98**

DINNER	TIME	CALORIES
Grilled Lemon Salmon	6:00 PM	250
Candied Carrots		159

DINNER TOTALS ⇨ **409**

TOTAL CALORIES CONSUMED ⇨ **1,442**

WATER (8-oz. glasses)

VITAMINS/SUPPLEMENTS

Activit
Shakeology

SLEEP (hrs.)

8

BURN TRACKER

TURBOFIRE CLASS	TIME	DURATION	INTENSITY
Fire 45 Class	6:45 AM	45 min	High

OTHER ACTIVITIES	TIME	DURATION	INTENSITY
Plant tulips	5:20 PM	35 min	Low
Hike with the kids	6:15 PM	20 min	Medium

CHALENE'S TIP OF THE DAY:

"Ask yourself every couple of minutes, 'Can I go harder? Can I do more?' You've got so much power. Show me."

ENERGY LEVEL 1 2 3 4 5 **6** 7 8 9 TODAY'S GOALS MET **X**

NOTES

Felt tired today. Should go to sleep by 10 PM and eat more tomorrow!

SAMPLE WEEKLY RECAP

_____|_____|_____|_____|_____|_____|
DATE

MY START WEIGHT:

145

MY CURRENT WEIGHT*:

143

DAYS I WORKED OUT:

SUN MON TUE WED THU FRI SAT

OVERALL ENERGY LEVEL: 1 2 3 4 5 6 **7** 8 9

HOW I FELT THIS WEEK:

More energetic

GOALS I MET:

lost 2 pounds

Stopped eating french fries

NOTES:

Talk to my coach about supplements

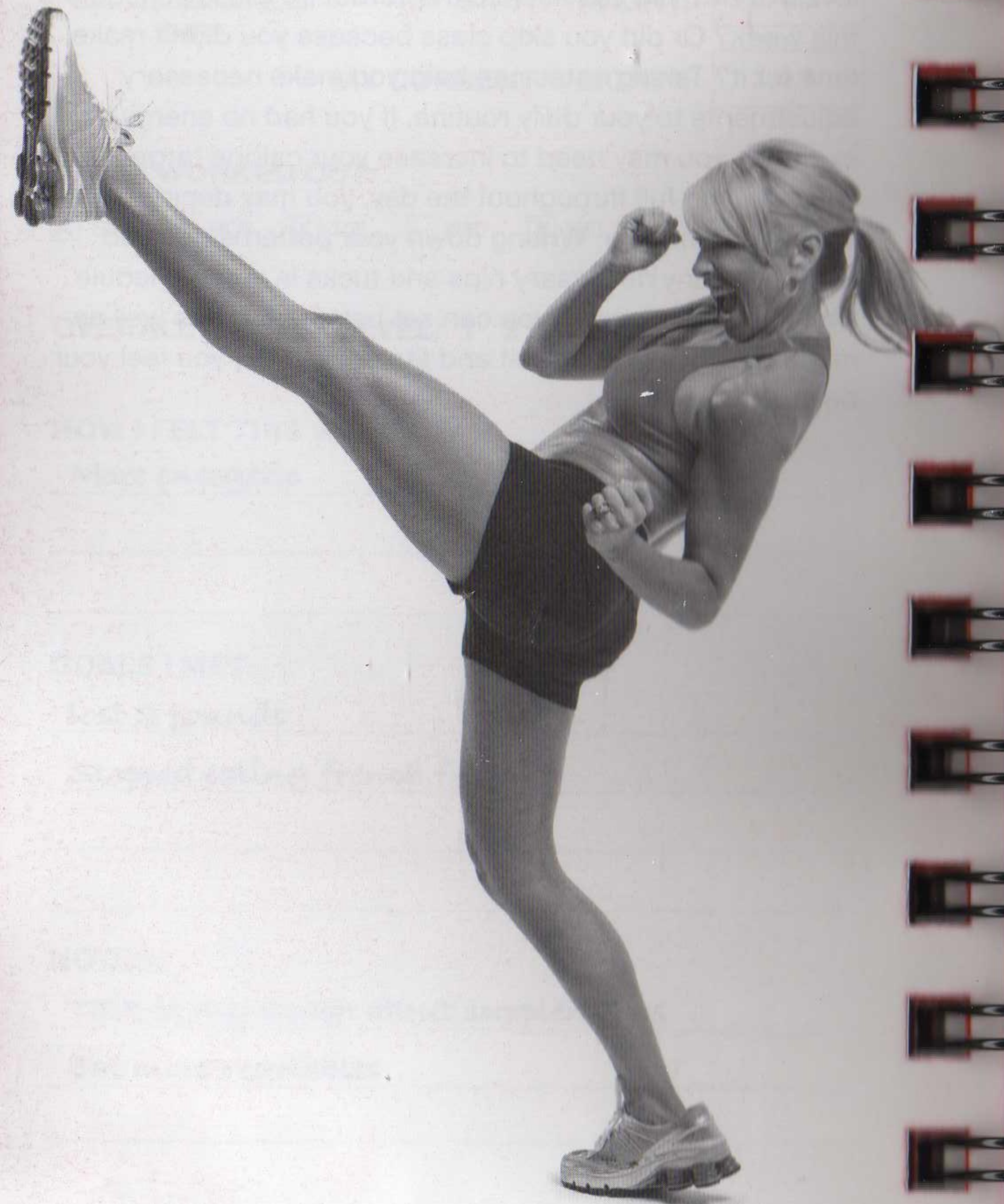
Eat more vegetables

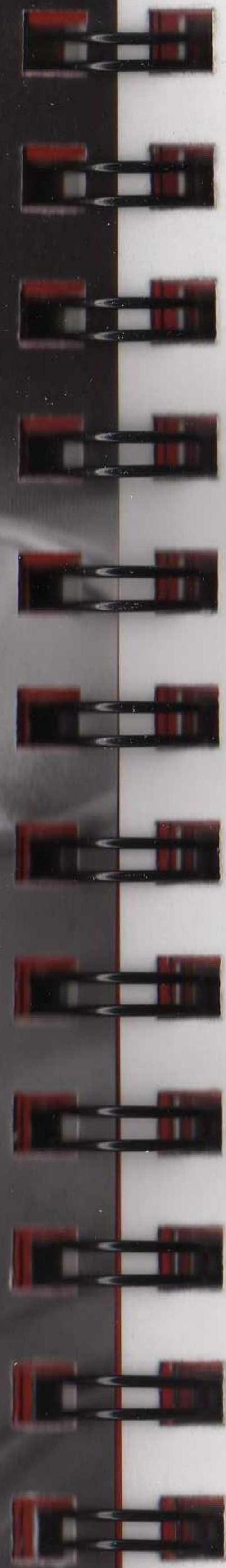
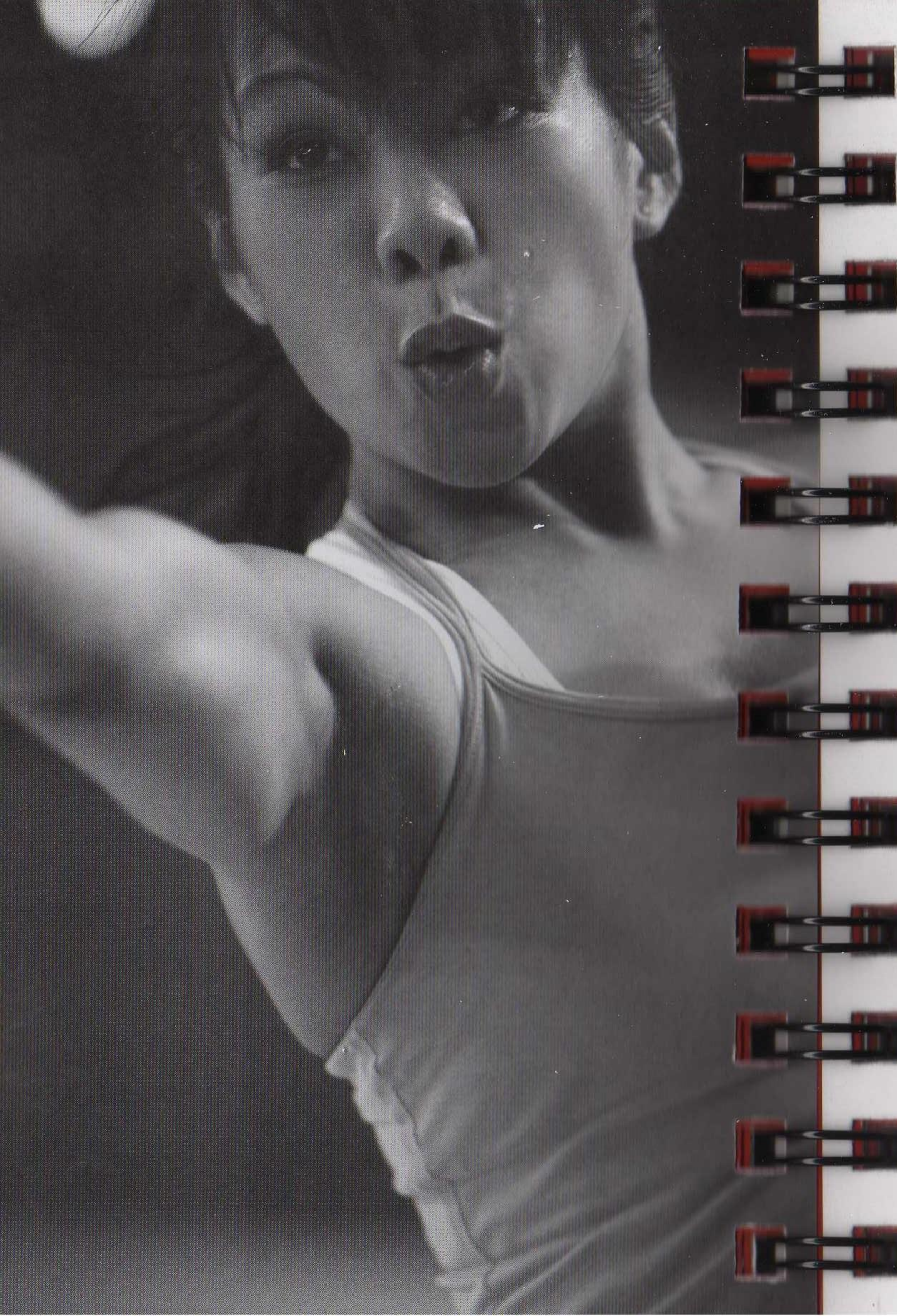
**If your weight changes, recalculate your Calorie Target using the formula in the Nutrition Tab. Also, keep your weight loss goals in mind. Track your progress with new measurements and photos every 4 weeks.*

THE WEEK IN REVIEW

Did you start the week off with a bang? Or did your energy levels fizzle? Did you stick to the TurboFire Class schedule this week? Or did you skip class because you didn't make time for it? Taking notes can help you make necessary adjustments to your daily routine. If you had no energy, for example, you may need to increase your calorie target. If you were too full throughout the day, you may decide to cut back your portions. Writing down your patterns will also help make any necessary nips and tucks in your schedule. Once you do a review, you can set better goals, as well as make changes to your diet and fitness plan so you feel your best next week.

WEEK 1





EXERCISE TRACKER

WEEK 1 GOALS

____/____/____ MY CURRENT WEIGHT:

DATE

TAKE _____ **TURBOFIRE** CLASSES THIS WEEK.

SLEEP _____ HOURS EVERY NIGHT.

GOALS:

MY CALORIE TARGET _____

CALORIES I PLAN TO BURN EVERY DAY _____

TARGET CALORIE DEFICIT _____

Calorie Target

Date

Week #

Day

FUEL TRACKER

BREAKFAST	TIME	CALORIES

BREAKFAST TOTALS ⇨

SNACK 1	TIME	CALORIES

SNACK TOTALS ⇨

LUNCH	TIME	CALORIES

LUNCH TOTALS ⇨

SNACK 2	TIME	CALORIES

SNACK TOTALS ⇨

DINNER	TIME	CALORIES

DINNER TOTALS ⇨

TOTAL CALORIES CONSUMED ⇨

WATER (8-oz. glasses)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

VITAMINS/SUPPLEMENTS

SLEEP (hrs.)

BURN TRACKER

TURBOFIRE CLASS	TIME	DURATION	INTENSITY

OTHER ACTIVITIES	TIME	DURATION	INTENSITY

CHALENE'S TIP OF THE DAY:

"Working out is addicting. Anytime you need to be in class, we're here to support you in your addiction."

ENERGY LEVEL 1 2 3 4 5 6 7 8 9

TODAY'S GOALS MET

NOTES

WEEK 1 RECAP

_____|_____|_____|
DATE

MY START WEIGHT:

MY CURRENT WEIGHT*:

DAYS I WORKED OUT:

SUN MON TUE WED THU FRI SAT

OVERALL ENERGY LEVEL: 1 2 3 4 5 6 7 8 9

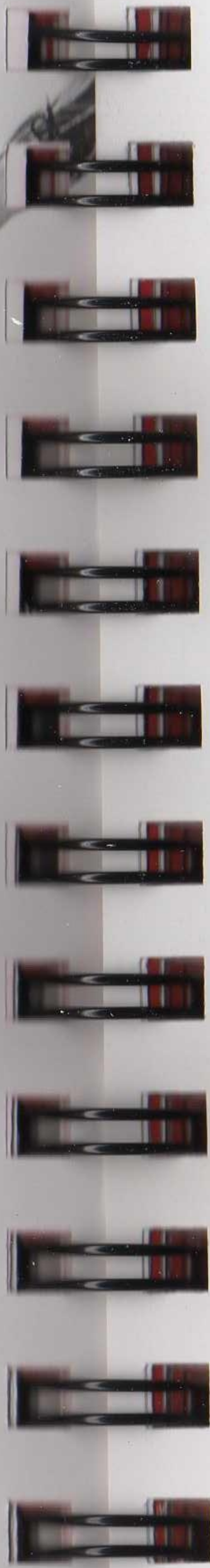
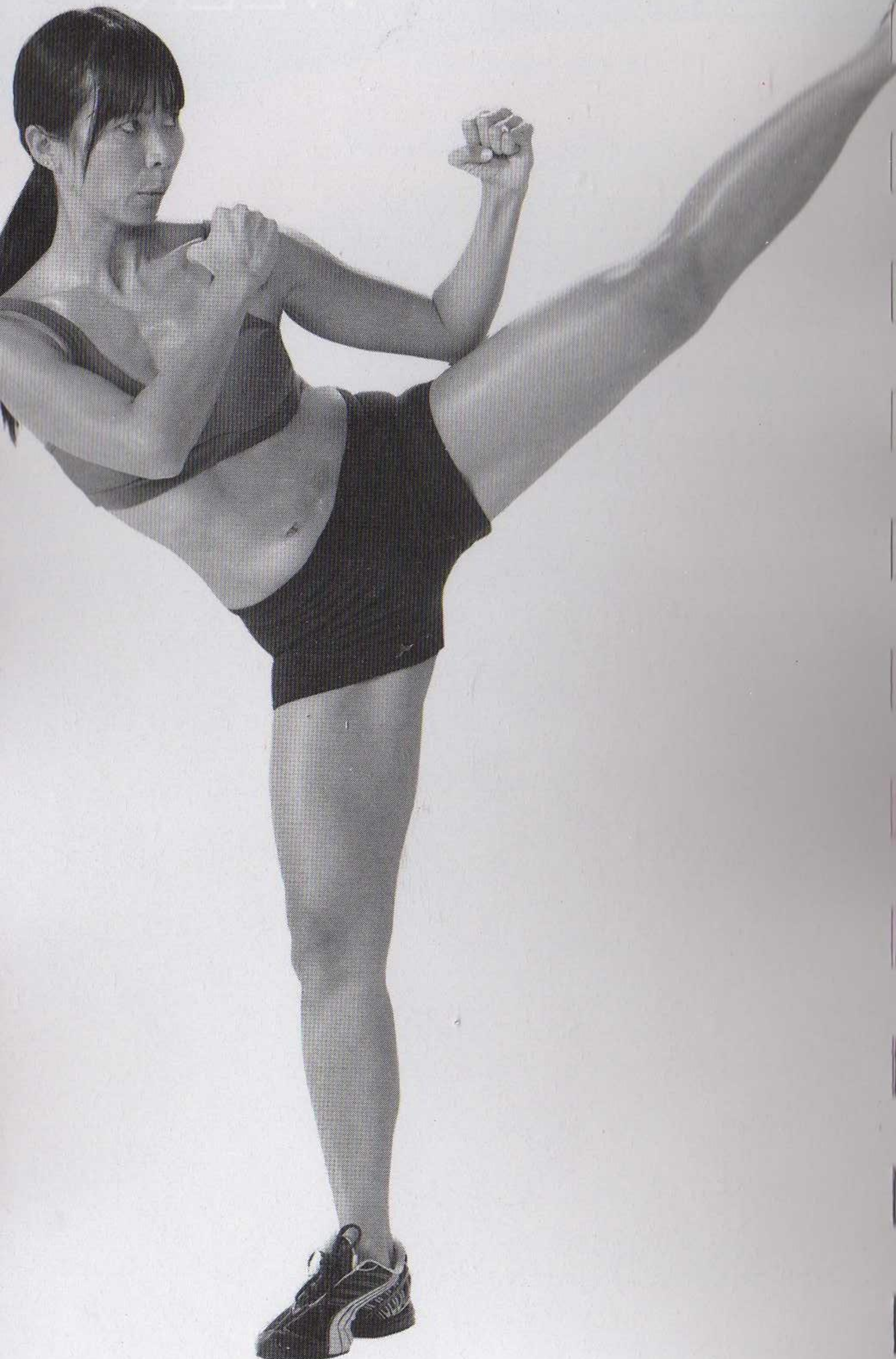
HOW I FELT THIS WEEK:

GOALS I MET:

NOTES:

**If your weight changes, recalculate your Calorie Target using the formula in the Nutrition Tab. Also, keep your weight loss goals in mind. Track your progress with new measurements and photos every 4 weeks.*

WEEK 2



BURN TRACKER

WEEK 2 GOALS

____/____/____ MY CURRENT WEIGHT:
DATE

TAKE _____ TURBOFIRE CLASSES THIS WEEK.

SLEEP _____ HOURS EVERY NIGHT.

GOALS:

MY CALORIE TARGET _____

CALORIES I PLAN TO BURN EVERY DAY _____

TARGET CALORIE DEFICIT _____

NOTES

Calorie Target

Date

Week #

Day

FUEL TRACKER

BREAKFAST	TIME	CALORIES

BREAKFAST TOTALS ⇨

SNACK 1	TIME	CALORIES

SNACK TOTALS ⇨

LUNCH	TIME	CALORIES

LUNCH TOTALS ⇨

SNACK 2	TIME	CALORIES

SNACK TOTALS ⇨

DINNER	TIME	CALORIES

DINNER TOTALS ⇨

TOTAL CALORIES CONSUMED ⇨

WATER (8-oz. glasses)

VITAMINS/SUPPLEMENTS

SLEEP (hrs.)

BURN TRACKER

TURBOFIRE CLASS	TIME	DURATION	INTENSITY

OTHER ACTIVITIES	TIME	DURATION	INTENSITY

CHALENE'S TIP OF THE DAY:

"The weekend is the perfect time to refocus. First start by writing your to-do list and include three items that will move you closer to your goal."

ENERGY LEVEL 1 2 3 4 5 6 7 8 9

TODAY'S GOALS MET

NOTES

WEEK 2 RECAP

_____|_____|_____|
DATE

MY START WEIGHT:

MY CURRENT WEIGHT*:

DAYS I WORKED OUT:

SUN MON TUE WED THU FRI SAT

OVERALL ENERGY LEVEL: 1 2 3 4 5 6 7 8 9

HOW I FELT THIS WEEK:

GOALS I MET:

NOTES:

**If your weight changes, recalculate your Calorie Target using the formula in the Nutrition Tab. Also, keep your weight loss goals in mind. Track your progress with new measurements and photos every 4 weeks.*

WEEK 3



WEEK 3 GOALS

BURN TRACKER

_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|
DATE MY CURRENT WEIGHT:

TAKE _____ **TURBOFIRE** CLASSES THIS WEEK.

SLEEP _____ HOURS EVERY NIGHT.

GOALS:

MY CALORIE TARGET _____

CALORIES I PLAN TO BURN EVERY DAY _____

TARGET CALORIE DEFICIT _____

Calorie Target _____

Date _____

Week # _____

Day _____

FUEL TRACKER

BREAKFAST	TIME	CALORIES
BREAKFAST TOTALS →		

SNACK 1	TIME	CALORIES
SNACK TOTALS →		

LUNCH	TIME	CALORIES
LUNCH TOTALS →		

SNACK 2	TIME	CALORIES
SNACK TOTALS →		

DINNER	TIME	CALORIES
DINNER TOTALS →		

TOTAL CALORIES CONSUMED →

BURN TRACKER

TURBOFIRE CLASS	TIME	DURATION	INTENSITY

OTHER ACTIVITIES	TIME	DURATION	INTENSITY

CHALENE'S TIP OF THE DAY:

“When you go more than 3 hours without food, your body begins to store fat and slow calorie burn.”

ENERGY LEVEL 1 2 3 4 5 6 7 8 9

TODAY'S GOALS MET

NOTES

WATER (8-oz. glasses)

VITAMINS/SUPPLEMENTS

SLEEP (hrs.)



WEEK 3 RECAP

WEEK 4

_____|_____|_____
DATE

MY START WEIGHT:

MY CURRENT WEIGHT*:

DAYS I WORKED OUT:

SUN MON TUE WED THU FRI SAT

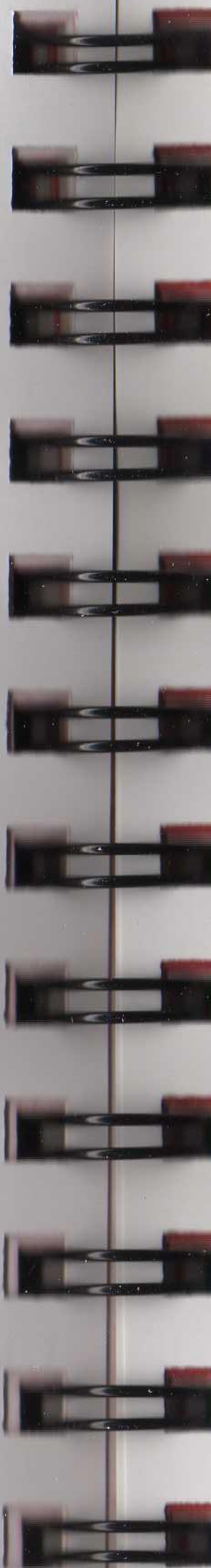
OVERALL ENERGY LEVEL: 1 2 3 4 5 6 7 8 9

HOW I FELT THIS WEEK:

GOALS I MET:

NOTES:

**If your weight changes, recalculate your Calorie Target using the formula in the Nutrition Tab. Also, keep your weight loss goals in mind. Track your progress with new measurements and photos every 4 weeks.*



WEEK 4 GOALS

____/____/____ MY CURRENT WEIGHT:

DATE

TAKE _____ **TURBOFIRE** CLASSES THIS WEEK.

SLEEP _____ HOURS EVERY NIGHT.

GOALS:

MY CALORIE TARGET _____

CALORIES I PLAN TO BURN EVERY DAY _____

TARGET CALORIE DEFICIT _____

Calorie Target _____

FUEL TRACKER

BREAKFAST	TIME	CALORIES
BREAKFAST TOTALS ⇨		

SNACK 1	TIME	CALORIES
SNACK TOTALS ⇨		

LUNCH	TIME	CALORIES
LUNCH TOTALS ⇨		

SNACK 2	TIME	CALORIES
SNACK TOTALS ⇨		

DINNER	TIME	CALORIES
DINNER TOTALS ⇨		

TOTAL CALORIES CONSUMED ⇨

WATER (8-oz. glasses)



VITAMINS/SUPPLEMENTS

SLEEP (hrs.)

Date _____

Week # _____

Day _____

BURN TRACKER

TURBOFIRE CLASS	TIME	DURATION	INTENSITY

OTHER ACTIVITIES	TIME	DURATION	INTENSITY

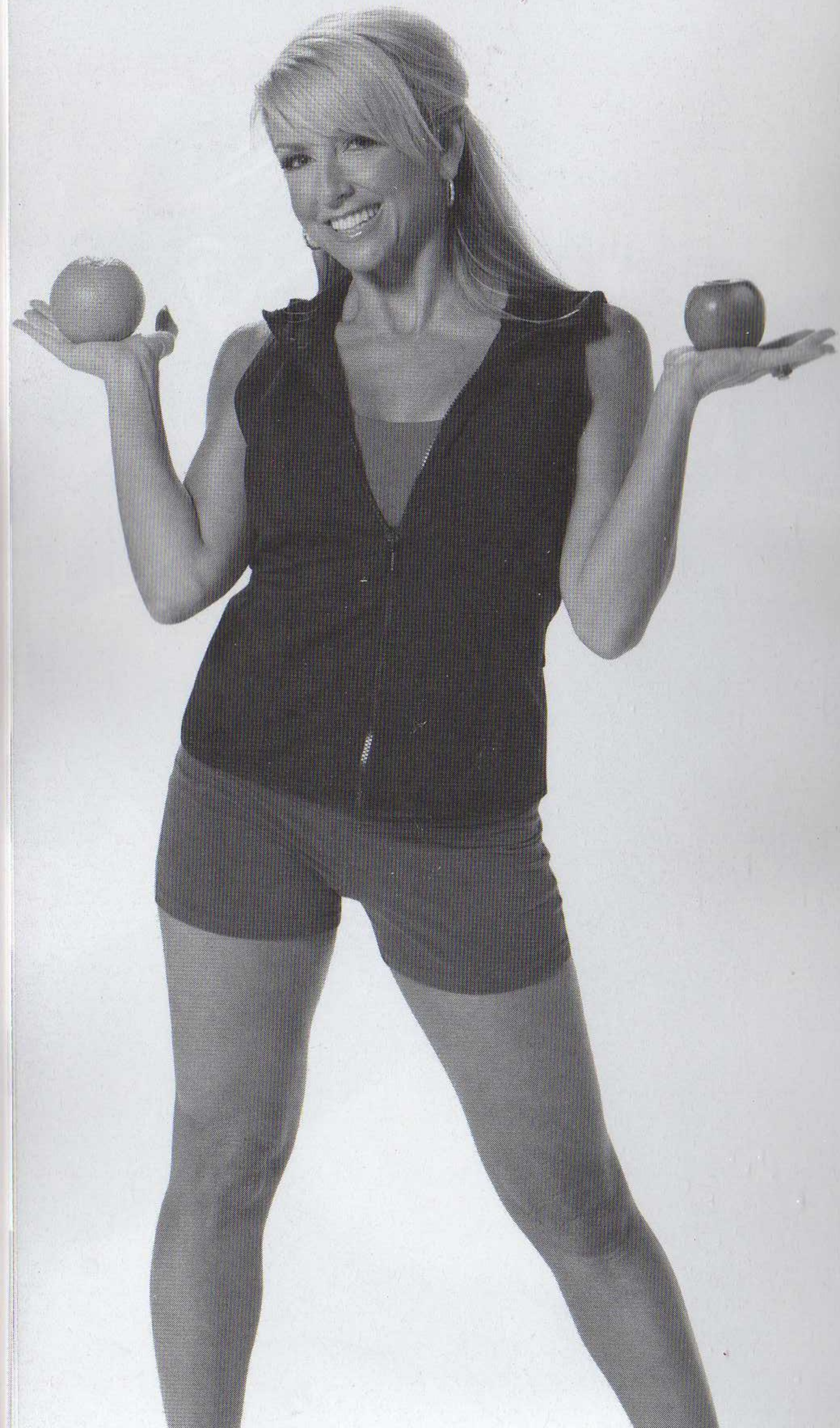
CHALENE'S TIP OF THE DAY:

“Carry water with you everywhere. By the time you're thirsty, you're already dehydrated. The trick is to stay hydrated.”

ENERGY LEVEL 1 2 3 4 5 6 7 8 9

TODAY'S GOALS MET

NOTES



FOOD STATS

MY POCKET CALORIE TRACKER

FOOD	SERVING SIZE	CALORIES	FAT	PROTEIN	CARBS	FIBER
FRUIT						
Apple	1 medium	72	.2	.4	19	3.3
Apple juice	8 fl. oz.	120	.2	.2	28.8	0
Apricot	1	17	.1	.5	3.9	.7
Banana	1 medium	105	0	13	27	3
Blackberries	1 cup	74	0	1	18	7
Blueberries	1 cup	81	0	1	20	2
Cantaloupe	1 cup, cubed	53	0	1	13	1
Cherries	8 pcs.	40	0	1	9	1
Cranberries, whole	1 cup	44	0	0	12	4
Cranberry juice cocktail	1 cup	144	0	0	36	0
Cranberry-apple juice	1 cup	174	0	0	44	0
Cranberry-grape juice	1 cup	137	0	1	36	0
Figs, fresh	1 medium	37	0	0	10	2
Figs, dried	1 fig	21	0	0	5	1
Fruit cocktail, canned	1 cup	109	0	1	28	2
Grapefruit	1/2 fruit	50	0	1	12	3
Grapefruit juice, sweetened	8 fl. oz.	125	0	0	33	0
Grapefruit juice, unsweetened	8 fl. oz.	91	0	1	22	0
Grapes, red or green	1 cup	106	0	1	28	1
Honeydew melon	1 cup, diced	61	0	1	16	1
Kiwifruit	1 medium	45	0	2	11	5
Kumquat	1 fruit	13	0	0	3	1
Lemon juice	1 cup	61	0	1	21	1
Lemons w/ peel	1 fruit	22	0	1	12	5
Limes	1 fruit	20	0	1	12	5
Lime juice	1 cup	62	0	1	21	1
Mango	1 medium	135	1	1	35	4
Nectarines	1 fruit	60	0	1	14	2
Orange	1 large	86	0	2	22	4
Orange juice	8 fl. oz.	109	1	2	25	1

FOOD	SERVING SIZE	CALORIES	FAT	PROTEIN	CARBS	FIBER
Papaya	1 cup, cubed	55	0	2	14	3
Peach	1 medium	38	0	1	10	1
Pear	1 large	121	0	1	32	7
Pineapple, fresh	1 cup	83	0	1	22	2
Plantains	1 medium	218	1	2	57	4
Plum, fresh	1 fruit	30	0	1	8	1
Pomegranate, fresh	1 fruit	105	1	2	26	1
Raisins	50 each	78	0	1	20	1
Raspberries	1 cup	64	1	2	15	8
Strawberries	1 cup	49	1	1	12	3
Tangerines	1 large	52	0	1	13	2
Watermelon	1 cup	46	0	1	12	1

VEGETABLES

Artichoke	1	76	0	5	17	9
Asparagus	1 spear	2	0	0	0	0.2
Beets	1	35	0	2	8	4
Broccoli	1 cup	25	0	3	5	3
Cabbage, green	1 cup shredded	17	1	1	4	2
Carrot	1 medium	25	0	1	6	2
Chard, Swiss	1 cup	7	0	1	1	1
Chinese water chestnuts	1 oz.	64	0	1	14	0
Chives	1 Tbsp., chopped	1	0	0	0	0
Corn, sweet white or yellow	1 ear	77	1	3	17	2
Cucumber, whole	1	24	0	1	4	1.5
Eggplant	1 medium	110	10	5	26	16
Endive	1 head	87	1	6	17	16
Fennel, bulb, raw	1 cup	27	0	1	6	3
Garlic	1 clove	4	0	0	1	0
Kale	1 cup, chopped	34	1	2	7	1
Leeks	1 leek	54	0	1	13	2
Lettuce, green leaf	1 cup, shredded	5	0	1	1	1

FOOD	SERVING SIZE	CALORIES	FAT	PROTEIN	CARBS	FIBER
Lettuce, iceberg	1 cup, shredded	10	0	1	2	1
Lettuce, red leaf	1 cup, shredded	3	0	0	0	0
Mushroom	1 cup, pieces	15	0	2	2	1
Mushroom, Portobello	1 large	26	0	2	5	0
Mushroom, shiitake	1 mushroom	11	0	0	3	0
Okra	1 cup	31	0	2	7	3
Onion	1 cup, chopped	48	0	1	11	2
Parsley	1 cup	22	1	2	4	2
Peas, green, fresh	1 cup	134	0	9	25	9
Peas, split, cooked	1 cup	231	1	16	41	16
Peppers, red chili	1/2 cup	18	0	4	1	1
Peppers, jalapeño	1 pepper	4	0	0	1	0
Peppers, sweet	1 medium	31	0	1	7	2
Pickle, dill	1 large 4"	24	0	1	6	2
Pickle, sweet gherkin	3 small	35	0	1	9	0
Pumpkin	1 cup	30	0	1	8	1
Radish	1 cup, sliced	19	0	1	4	2
Spinach	1 cup	7	0	1	1	1
Summer squash	1 cup	18	0	1	4	1
Sweet potato	1 cup	180	0	4	41	0
Tomatoes, red, fresh	1 cup, chopped	32	0	2	7	2
Tomatoes, sun-dried	1 cup, chopped	139	2	8	30	7
Turnip	1 cup, cubed	36	0	1	8	2
Yam	1 cup, cubed	158	0	2	37	5
Zucchini	1 medium	45	0	2	10	1
GRAINS/STARCHES						
Bagel	1-4.5"	300	2	11	58	3
Barley, cooked	1 cup	193	1	4	44	6
Bread, cracked wheat	1 slice	65	1	2	12	1
Bread, French	1 slice	70	1	3	15	1
Bread, pita	2 oz. (6")	150	1	3	30	1

FOOD	SERVING SIZE	CALORIES	FAT	PROTEIN	CARBS	FIBER
Bread, pumpernickel	1 slice	75	1	3	15	1
Bread, sourdough	1 slice	100	1	2	20	1
Cereal, Cheerios®	1 cup	83	1	2	17	2
Cereal, Corn Flakes®	1 cup	102	0	2	24	1
Cereal, Raisin Bran®	1 cup	186	1	5	47	8
Cereal, Bran Flakes®	1 cup	126	1	4	31	6
Couscous, cooked	1 cup	176	0	6	37	0
Croutons, plain	1 cup	122	2	4	22	2
Croutons, seasoned	1 cup	187	7	4	25	2
English muffin, plain	1	134	1	4	26	3
English muffin, whole wheat	1	134	1	6	27	4
Flour tortilla	1-10"	234	5	6	40	2
Japanese soba noodles, cooked	1 cup	113	0	6	24	2
Oatmeal, instant, prepared w/ water	1 cup	129	2	5	22	4
Pasta, plain, cooked	1 cup	197	1	7	40	2
Pasta, spinach, cooked	1 cup	195	1	8	38	2
Pasta, whole wheat, cooked	1 cup	174	1	8	37	6
Pita bread, whole wheat	1-6 1/2"	170	2	6	35	5
Potato, baked w/ skin	1 medium	160	1	4	37	3
Potato, baked w/o skin	1 medium	143	1	3	33	3
Potato, red	1 medium	153	0	4	34	4
Rice, brown, cooked	1 cup	218	2	5	46	4
Rice cake, brown rice, plain	1 each	35	0	1	7	0
Rice, white, cooked	1 cup	205	0	4	45	1
Rice, wild, cooked	1 cup	166	1	7	35	3
Wheat bran	1 cup	125	3	9	37	25

PROTEIN

Bacon, cooked (Canadian)	1 slice	43	2	6	0	0
Bacon, cooked (pork)	1 slice	42	3	3	0	0
Beans, black, cooked	1 cup	227	1	15	40	15
Beans, kidney, cooked	1 cup	225	1	15	40	11

FOOD	SERVING SIZE	CALORIES	FAT	PROTEIN	CARBS	FIBER
Beans, mung, cooked	1 cup	212	1	14	39	15
Beans, pinto	1 cup	245	1	15	44	15
Beans, snap green, cooked	1 cup	44	0	2	10	4
Beef, brisket, lean, roasted	3 oz.	206	11	25	0	0
Beef, chuck top blade, raw	3 oz.	138	8	17	0	0
Beef, flank, raw	1 oz.	47	2	6	0	0
Beef, ground, 80% lean	1 oz.	72	6	5	0	0
Beef, ground, 95% lean	1 oz.	39	1	6	0	0
Beef rib-eye steak, raw	1 oz.	78	6	5	0	0
Beef, T-bone steak, raw	1 oz.	66	5	5	0	0
Beef, tenderloin steak, raw 1 oz.	70	5	6	0	0	0
Beef, top sirloin steak, raw 1 oz.	61	4	6	0	0	0
Beef, tri-tip, roasted	3 oz.	174	9	22	0	0
Chicken, breast, w/ skin	1/2 breast	249	13	30	0	0
Chicken, breast, skinless	1/2 breast	130	2	27	0	0
Chicken, dark meat, skinless	1 cup diced	287	14	38	0	0
Chicken, drumstick, w/ skin	1	118	6	14	0	0
Chicken, drumstick, skinless	1	74	2	13	0	0
Chicken, thigh, w/ skin	1	198	14	16	0	0
Chicken, thigh, skinless	1	74	2	13	0	0
Chicken, wing, w/ skin	1	109	8	9	0	0
Chickpeas, cooked	1 cup	269	4	15	45	13
Crab, Alaskan King raw	1 leg	144	1	32	0	0
Crab, blue, canned	1 cup	134	2	28	0	0
Crab, Dungeness, cooked	1 crab	142	2	28	0	0
Duck, meat only, roasted	1/2 duck	444	25	52	0	0
Duck, breast w/ skin, roasted	1/2 breast	242	13	29	0	0
Duck, skinless, raw	1/2 duck	400	18	55	0	0
Eel	3 oz.	156	10	16	0	0
Egg, whole poached	1 large	74	5	6	0	0
Egg, whole, raw	1 large	74	5	6	0	0

FOOD	SERVING SIZE	CALORIES	FAT	PROTEIN	CARBS	FIBER
Egg white, raw	1 large	17	0	4	0	0
Egg yolk, raw	1 large	59	5	3	0	0
Fish, tuna, canned in water	3 oz.	108	2	20	0	0
Fish, tuna, raw	3 oz.	122	4	20	0	0
Fish, carp, raw	3 oz.	108	5	15	0	0
Fish, catfish, raw	3 oz.	81	2	14	0	0
Fish, cod, Atlantic, raw	3 oz.	88	3	15	0	0
Fish, gefilte fish	1 piece	80	3	7	3	0
Fish, halibut, raw	3 oz.	94	2	18	0	0
Fish, herring, Atlantic, raw	3 oz.	166	12	14	0	0
Fish, herring, Pacific, raw	3 oz.	174	12	16	0	0
Fish, king mackerel, raw	3 oz.	89	2	17	0	0
Fish, Spanish mackerel, raw	3 oz.	118	5	16	0	0
Fish, monkfish, raw	3 oz.	65	1	12	0	0
Fish, pollack, raw	3 oz.	78	1	17	0	0
Fish, salmon, Atlantic, farmed, raw	3 oz.	156	9	17	0	0
Fish, salmon, Atlantic, wild, raw	3 oz.	121	5	17	0	0
Fish, salmon, pink, raw	3 oz.	99	3	17	0	0
Fish, seabass, raw	3 oz.	82	2	16	0	0
Fish, swordfish, raw	3 oz.	103	3	17	0	0
Fish, trout, raw	3 oz.	126	6	18	0	0
Fish, whitefish, raw	3 oz.	114	5	16	0	0
Fish, yellowtail, raw	3 oz.	124	5	20	0	0
Ham, cooked	1 slice	50	3	5	1	0
Hummus	1 Tbsp.	23	1	1	2	1
Lamb, ground, raw	1 oz.	80	7	5	0	0
Lamb, loin, raw	1 oz.	79	6	5	0	0
Lamb, rib, raw	1 oz.	97	9	4	0	0
Lamb, shoulder, raw	1 oz.	69	5	5	0	0
Lentils, cooked	1 cup	230	1	18	40	16
Lobster, raw	4-oz. tail	135	1	28	1	0

FOOD	SERVING SIZE	CALORIES	FAT	PROTEIN	CARBS	FIBER
Oyster, raw	3 oz.	50	1	4	5	0
Pastrami, turkey	1 oz.	40	2	5	1	0
Pork, loin, cooked	3 oz.	275	21	20	0	0
Pork, fresh ground, cooked	3 oz.	252	18	22	0	0
Pork, sirloin, cooked	3 oz.	176	8	24	0	0
Pork, tenderloin, cooked	3 oz.	147	5	24	0	0
Pork, spare ribs, cooked	3 oz.	337	26	25	0	0
Sausage, turkey	1 link	85	7	4	0	0
Scallops	1 scallop	26	0	5	1	0
Shrimp, raw	1 medium	6	0	1	0	0
Turkey breast, raw, skinless	1/2 breast	180	5	31	0	0
Turkey dark meat, raw, skinless	1 cup, chopped	262	10	40	0	0
Veal, ground, raw	1 oz.	41	2	6	0	0
Veal, loin, raw	1 oz.	46	3	5	0	0
Veal, shank, raw	1 oz.	32	1	5	0	0
Veal, sirloin, raw	1 oz.	43	2	5	0	0

NUTS AND SEEDS

Almond butter w/ salt	1 Tbsp.	101	9.5	2.4	3.4	.6
Almonds	1 oz. (17-20 nuts)	169	15	6.2	5.5	3.3
Cashew butter w/ salt	1 Tbsp.	94	8	3	4	0
Cashew nuts	1 oz. (about 15-18 nuts)	157	12	5	9	1
Flaxseed	1 Tbsp.	47	3	2	4	2
Hazelnuts, dry roasted	1 oz.	183	18	4	5	3
Peanut butter	2 Tbsp.	188	16	8	7	3
Peanuts, raw	1 oz. (about 25-30 nuts)	161	14	7	5	2
Pine nuts	1 oz.	191	19	4	4	1
Pistachio nuts	1 oz.	161	13	6	8	3
Sesame seeds, dried	1 Tbsp.	52	5	2	2	1
Soy nuts	1 oz.	128	6	11	9	2
Walnuts	1 oz.	185	19	4	4	2

FOOD	SERVING SIZE	CALORIES	FAT	PROTEIN	CARBS	FIBER
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DAIRY

Cheese, cheddar	1 oz.	110	9	33	1	0
Cheese, feta	1 oz.	100	8	21	1	0
Cheese, jack	1 oz.	110	9	32	0	0
Cheese, mozzarella	1 oz.	90	7	25	1	0
Cheese, Parmesan, hard	1 oz.	110	7	10	1	0
Cheese, Parmesan, shredded	1 Tbsp.	22	2	2	0	0
Cheese, Swiss	1 oz.	110	9	36	1	0
Cottage Cheese, 2%	1 cup	180	4	24	8	0
Half-n-half	1/4 cup	80	6	2	2	0
Heavy cream	1/4 cup	205	22	1	2	0
Milk, 1% low fat	1 cup	102	2	8	12	0
Milk, 2% low fat	1 cup	138	5	10	14	0
Milk, whole	1 cup	150	8	8	11	0
Sour cream	1 Tbsp.	30	2	1	1	0
Sour cream, fat free	1 Tbsp.	9	0	0	2	0
Yogurt, plain, low fat	8-oz. container	110	4	8	7	0

FAT

Avocado	1 whole	323	31	4	15	10
Butter, whipped w/ salt	1 Tbsp.	67	8	0	0	0
Cream cheese	1 Tbsp.	51	5	1	0	0
Oil, olive	1 Tbsp.	119	14	0	0	0
Oil, peanut	1 Tbsp.	119	14	0	0	0
Oil, sesame	1 Tbsp.	120	14	0	0	0
Oil, vegetable	1 Tbsp.	120	14	0	0	0

SNACKS AND DESSERTS

Cookies, Chips Ahoy®	2 cookies	106	5	1	14	1
Cookies, Oreos®	2 cookies	106	5	1	15	1
Crackers, graham	1 cracker	30	1	6	5	2
Crackers, matzo, plain	1 cracker	112	0	3	24	1

FOOD	SERVING SIZE	CALORIES	FAT	PROTEIN	CARBS	FIBER
Crackers, melba toast	1 cracker	20	0	0	4	0
Crackers, wheat	1 cracker	9	0	0	1	0
Frozen yogurt, chocolate, soft-serve	1/2 cup	115	4	3	18	2
Frozen yogurt, vanilla, soft-serve	1/2 cup	117	4	3	17	1
Ice cream, chocolate	1/2 cup	160	8	3	20	0
Ice cream, vanilla	1/2 cup	150	8	3	15	0
Popcorn, air-popped	1 cup	31	0	1	6	1
Potato chips	12 chips	100	6	1	10	1
Pretzels, hard, plain, salted	1 oz.	108	1	3	22	1
Tortilla chips	12 chips	140	6	2	19	6
MISC						
Cinnamon, ground	1 tsp.	6	0	0	0	0
Coffee, brewed, decaf	1 cup	0	0	0	0	0
Coffee, brewed, regular	1 cup	2	0	0	0	0
Honey	1 Tbsp.	64	0	0	17	0
Horseradish	1 Tbsp.	6	0	0	1	0
Jelly	1 Tbsp.	55	0	0	14	0
Miso soup	1 cup	36	1	2	5	0
Salad dressing, Blue Cheese	1 Tbsp.	77	8	1	1	0
Salad dressing, French	1 Tbsp.	71	7	0	2	0
Salad dressing, Honey Dijon	1 Tbsp.	58	5	1	3	1
Salad dressing, Italian	1 Tbsp.	77	8	1	1	0
Salad dressing, Ranch, fat free	1 Tbsp.	25	0	0	0	0
Salad dressing, Thousand Island	1 Tbsp.	58	6	0	2	0
Salsa, fresh, made w/ water	2 Tbsp.	15	0	0	4	0
Sauerkraut	1/2 cup	25	0	1	5	4
Soy sauce	1 Tbsp.	10	0	0	0	0
Soup, beef broth	1 cup	29	0	5	2	0
Soup, chicken broth	1 cup	30	2	2	1	0
Soup, Manhattan clam chowder	1 cup	95	3	5	12	1
Soup, cream of chicken	1 cup	117	37	3	9	0

FOOD	SERVING SIZE	CALORIES	FAT	PROTEIN	CARBS	FIBER
Soup, cream of mushroom	1 cup	129	9	2	9	1
Soup, minestrone	1 cup	82	3	4	11	1
Soup, split pea with ham	1 cup	190	4	10	28	1
Soup, tomato	1 cup	161	6	6	23	3
Soup, vegetable broth	1 cup	20	1	2	3	0
Steak sauce	1 Tbsp.	25	0	0	6	0
Teriyaki sauce	1 Tbsp.	15	0	17	2	0
Vinegar	1 Tbsp.	2	0	0	1	0

TURBO TIP
 Eat about 100 calories of good protein 30 minutes before class to keep your energy levels up.