

# PIYO<sup>®</sup>



**GET LEAN** EATING PLAN

 BEACHBODY<sup>®</sup>



# GETTING LEAN, THE PiYO<sup>®</sup> WAY

Your PiYo<sup>®</sup> workouts are key to burning fat, building lean muscle mass, and staying healthy—but that's only part of the battle. If you want to look your best, feel your best, and be your best, you need to eat right too. That doesn't mean resorting to fad diets. It doesn't mean starving yourself by eating an impossibly low amount of calories, and it definitely doesn't mean forcing yourself to swallow bland "health food."

Then what does it mean? Well, if you do it the PiYo way, it means enjoying a balanced diet packed with a variety of delicious, nutritious foods that suit your tastes!

# THE **PIYO** GET LEAN EATING PLAN

is designed to teach you what your body needs to feel satiated and nourished as you build lean muscle and burn major calories. And it does this while allowing you to choose your own delicious snacks and meals. If you're a hardcore foodie, you'll have no problem whipping up culinary masterpieces. But if you're an on-the-go type, this guide also spells out what—and how much—to eat in a simple, convenient way, allowing you to throw together quick, easy (not to mention nutritious) meals. You won't find complex recipes or convoluted food combinations here—just a few basic instructions for eating as healthfully as possible.

IN OTHER WORDS, FOLLOWING THIS GUIDE ALLOWS YOU TO EAT YOUR FOODS YOUR WAY—ALL IN **3** SIMPLE STEPS:



## STEP **1** CALCULATE YOUR CALORIE TARGET FOR WEIGHT LOSS

The trick to healthy weight loss is to maintain a calorie deficit—which means eating fewer calories than you burn—without under-eating.

**A** To do that, first calculate your **CALORIC BASELINE**:

$$\text{YOUR CURRENT WEIGHT IN POUNDS} \times 11 = \text{YOUR CALORIC BASELINE}$$

**B** Then take your **Caloric Baseline** and **ADD 400** calories for **MAINTENANCE CALORIES**:

$$\text{YOUR CALORIC BASELINE} + 400 = \text{YOUR MAINTENANCE CALORIES}$$

(CALORIE BURN)

**C** The last step is to **SUBTRACT 600** calories from your **MAINTENANCE CALORIES** to find your **CALORIE TARGET**:

$$\text{YOUR MAINTENANCE CALORIES} - 600 = \text{YOUR CALORIE TARGET}$$

That's roughly how many calories you need to eat to lose weight. Eating at or around your Calorie Target is key to getting results.

## TWO IMPORTANT TIPS

- If your **CALORIE TARGET** is less than 1,200, round up to 1,200. Eating less than that for more than a few days simply isn't healthy or recommended!
- **These numbers are approximate**, so don't be too stressed-out about hitting an exact calorie amount. As long as you're eating healthy foods and staying within 200 calories of your **CALORIE TARGET**, you should see results in no time.



STEP

2

## PICK THE FOOD PLAN THAT MATCHES YOUR CALORIE TARGET

*(Don't worry, we explain the servings and types of food in Step 3.)*

IF YOUR **CALORIE TARGET** FALLS BETWEEN **1,200–1,399**

PLAN

A

4 SERVINGS	Primary Vegetables
2 SERVINGS	Secondary Vegetables & Grains
2 SERVINGS	Fresh Fruit
4 SERVINGS	Lean Protein
3 SERVINGS	Healthy Fats

IF YOUR **CALORIE TARGET** FALLS BETWEEN **1,400–1,599**

PLAN

B

5 SERVINGS	Primary Vegetables
2 SERVINGS	Secondary Vegetables & Grains
2 SERVINGS	Fresh Fruit
5 SERVINGS	Lean Protein
4 SERVINGS	Healthy Fats

IF YOUR **CALORIE TARGET** FALLS BETWEEN **1,600–1,799**

PLAN

C

6 SERVINGS	Primary Vegetables
2 SERVINGS	Secondary Vegetables & Grains
3 SERVINGS	Fresh Fruit
6 SERVINGS	Lean Protein
4 SERVINGS	Healthy Fats

IF YOUR **CALORIE TARGET** IS **1,800 OR MORE**

PLAN

D

6 SERVINGS	Primary Vegetables
3 SERVINGS	Secondary Vegetables & Grains
3 SERVINGS	Fresh Fruit
7 SERVINGS	Lean Protein
4 SERVINGS	Healthy Fats

The **PiYo Get Lean Eating Plan** takes a balanced approach, giving you all the energy you need to power through your workouts while still helping you shed pounds. Each plan works out to about **40% CARBS**, **35% PROTEIN**, and **25% FAT**.

STEP **3** CHOOSE THE FOODS YOU WANT  
TO EAT FROM THE FOOD LISTS



Now it's time to decide WHAT to eat. To make sure you're getting the best possible combination of vitamins, minerals, and any other healthy nutrient you can think of, we've created a special set of food lists.

After each item, you'll find a measurement. That's how much you need for one serving. For example, one serving from the Primary Veggies list might be 2 cups of string beans or 10 medium baby carrots.

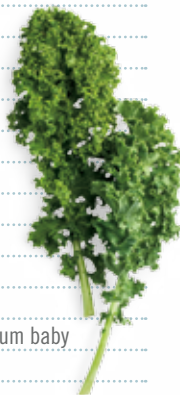
Although everything here is good for you, foods higher on a list are generally healthier, so those are the ones you want to favor. With that in mind, don't be afraid to mix it up a little. A variety of foods means a variety of nutrients.

At the end of this section, you'll find **Free Foods**. Consider this list an all-you-can-eat buffet. Use these foods to add pizzazz to your **PiYo Get Lean Eating Plan!**

## PRIMARY VEGETABLES

This list includes leafy greens and other veggies that should be the centerpiece of any nutritious diet. They're low in calories, yet dense with fiber, vitamins, and minerals. Vegetables are also a rich source of phytonutrients—powerful compounds that give produce its color and give you great health.

PRIMARY VEGETABLES	ONE SERVING EQUALS 40 CALORIES
• Kale	1 cup cooked or unlimited, raw
• Collard greens	1 cup chopped, cooked or unlimited, raw
• Spinach	1 cup cooked or unlimited, raw
• Brussels sprouts	5 medium
• Broccoli	1 cup chopped
• Asparagus	10 large spears
• Bok choy	unlimited
• Tomatoes	2 medium or 1 cup cherry
• Squash (summer)	1 cup sliced
• String beans	2 cups cooked
• Snow peas	2 cups chopped, raw
• Cabbage	3½ cups chopped, raw
• Peppers, sweet	1 cup sliced, raw
• Carrots	1 cup sliced, raw or 10 medium baby
• Winter squash (all varieties)	1 cup cubed
• Cauliflower	1 cup chopped, raw
• Artichokes	½ large
• Eggplant	½ medium, unpeeled
• Okra	1 cup
• Beets	2 medium
• Celery	unlimited
• Cucumbers	unlimited
• Lettuce (NOT iceberg)	unlimited
• Mushrooms	unlimited
• Radishes	unlimited
• Onions	1 cup chopped, raw
• Sprouts	unlimited
• Jicama	1 cup sliced



## SECONDARY VEGETABLES AND GRAINS

These veggies and grains are also great sources of fiber, not to mention other nutrients. They're not always as nutritious as Primary Veggies, but they're a good source of protein and they'll help make your meals feel satisfying.

SECONDARY VEGETABLES & GRAINS	ONE SERVING EQUALS 95 CALORIES
• Sweet potato	½ cup or 4 oz.
• Yams	½ cup or 4 oz.
• Quinoa	½ cup cooked
• Beans (kidney, black, garbanzo, white, lima, etc.)	½ cup cooked or canned (drained)
• Lentils	½ cup cooked (drained)
• Edamame	½ cup shelled
• Peas	½ cup cooked
• Refried beans, nonfat	½ cup
• Brown rice	½ cup cooked
• Wild rice	½ cup cooked
• Corn on the cob	1 ear
• Amaranth	½ cup cooked
• Millet	½ cup cooked
• Buckwheat	½ cup cooked
• Barley	½ cup cooked
• Bulgur	½ cup cooked
• Oatmeal, steel-cut	¼ cup cooked
• Oatmeal, rolled	½ cup cooked
• Potato	½ medium or 4 oz.
• Bread, whole-grain	1 slice
• Pasta, whole-grain	½ cup cooked
• Couscous, whole wheat	½ cup cooked
• Crackers, whole-grain	8 small
• Cereal, whole-grain, low-sugar	½ cup
• Tortilla, corn	2 small (6-inch)
• Almond milk, unsweetened	2 cups
• Coconut milk beverage, unsweetened	1 cup
• Rice milk	¾ cup



## FRESH FRUIT

Another rich source of phytonutrients, vitamins, minerals, and fiber, fruit tends to be higher in sugar than veggies. It's good, healthy sugar, but still, that's why fruit should take a backseat on the [PiYo Get Lean Eating Plan](#).

FRUIT	ONE SERVING EQUALS 70 CALORIES
• Blueberries	¾ cup
• Raspberries	1 cup
• Blackberries	1 cup
• Strawberries	1 cup
• Watermelon	1 cup diced
• Cantaloupe	1 cup diced
• Orange	1 medium
• Orange sections	¾ cup
• Tangerine	2 small
• Apple	1 small or 1 cup sliced
• Apricots	4 small
• Grapefruit	½ large
• Grapefruit sections	¾ cup
• Cherries	¾ cup
• Grapes	1 cup
• Kiwifruit	2 medium
• Mango	¾ cup sliced
• Peach	1 large or 1 cup sliced
• Nectarine	1 large or 1 cup sliced
• Pear	1 small or ¾ cup sliced
• Pineapple	1 cup diced
• Banana	½ large
• Papaya	1 cup diced
• Figs	2 small
• Honeydew melon	1 cup diced



## LEAN PROTEIN

Protein is comprised of amino acids, your body's building blocks. That's why protein is super-important. Lean protein can also be a source of other important nutrients, like heart-healthy omega-3 fatty acids, as well as bone-healthy calcium and vitamin D.

LEAN PROTEIN	ONE SERVING EQUALS 140 CALORIES
• Sardines (fresh or canned in water)	6 medium (3 oz.)
• Eggs, large	2
• Boneless, skinless chicken or turkey breast	3 oz. cooked
• Extra-lean ground chicken or turkey	3 oz. cooked
• Fish, fresh water (catfish, tilapia, trout)	4 oz. cooked
• Fish, cold water, wild-caught (cod, salmon, halibut, tuna)	3 oz. cooked
• Game: buffalo (bison, ostrich, venison)	3 oz. cooked
• Game: lean ground (≥ 95% lean)	3 oz. cooked
• Greek yogurt, plain, 2%	¾ cup
• Greek yogurt, plain, nonfat	1 cup
• Yogurt, plain, 1%–2%	1 cup
• Shellfish (shrimp, crab, lobster)	4 oz. cooked
• Clams, canned, drained	1 cup
• Red meat, extra-lean	3 oz. cooked
• Lean ground red meat (≥ 95% lean)	3 oz. cooked
• Protein powder (whey, hemp, rice, pea)	1 scoop (3 Tbsp./21 g, depending on variety)
• Tempeh	3 oz.
• Tofu, firm	6 oz.
• Pork tenderloin	3 oz. cooked
• Tuna, canned light in water, drained	½ cup
• Turkey slices (lean), low-sodium, nitrite-free	4 slices (4 oz.)
• Ham slices (lean), low-sodium, nitrite-free	4 slices (4 oz.)
• Cottage cheese, 1%	1 cup
• Ricotta cheese, part-skim	½ cup
• Veggie burger	1 medium patty
• Turkey bacon (reduced-fat)	4 slices (4 oz.)
• Milk, cow's, nonfat	1½ cups
• Milk, whole	1 cup
• Soy milk	1 cup



# HEALTHY FATS

Dietary fat is another important source of energy—and it helps you stay full longer. You may have heard about the controversy over “good” and “bad” fats. This list tries to strike a balance between all those opinions.

HEALTHY FATS	ONE SERVING EQUALS 50 CALORIES
• Avocado	2 Tbsp. mashed
• Raw nuts	1 Tbsp. chopped
• Whole raw nuts	6 almonds, 4 cashews, 7 peanuts, 10 pistachios, 5 pecan halves, or 4 walnut halves
• Raw seeds (pumpkin, sunflower, sesame)	1 Tbsp.
• Flaxseed, ground	1 Tbsp.
• Extra-virgin olive oil	1 tsp.
• Olives	5 medium
• Flaxseed oil	1 tsp.
• Peanuts	1 Tbsp.
• Nut butters (peanut, almond, cashew, etc.)	1½ tsp.
• Seed butters (pumpkin, sunflower, sesame)	1½ tsp.
• Pumpkin seed oil	1 tsp.
• Walnut oil	1 tsp.
• Coconut oil	1 tsp.
• Hummus	1 Tbsp.
• Coconut (unsweetened)	1 Tbsp. shredded
• Coconut milk, canned	2 Tbsp.
• Feta cheese	2 Tbsp. crumbled
• Goat cheese	2 Tbsp. crumbled
• Mozzarella (low-moisture)	2 Tbsp. shredded
• Cheddar, provolone, jack	2 Tbsp. shredded
• Parmesan	2 Tbsp. shredded



# FREE FOODS

Eat or drink as much as you’d like from this list. Use them to add excitement to your diet.

- Lemon and lime juice
- Vinegars
- Mustard
- Herbs (fresh and dry)
- Spices (except salt)
- Garlic
- Hot sauce
- Flavor extracts (pure vanilla, peppermint, almond, etc.)
- Black coffee, unsweetened
- Tea, unsweetened



# A FEW TIPS

- 1 Space out your meals.** Several smaller meals allow you to better absorb nutrients and keep your blood sugar steady. Try to eat three meals a day, with two or three snacks in between.
- 2 Stay hydrated.** Water keeps all of our systems lubricated and running smoothly. We recommend that you drink half your weight, in ounces, every day. So if you weigh 140 pounds, drink 70 ounces of water.
- 3 Shakeology®** can make a nutritious, easy meal or snack, anytime of day. Why isn’t it included on any of the food lists? Because it’s a perfect balance of most of them! When you make your daily shake, you can count **1 scoop** as any one of the following:

  - 1½ servings **Secondary Veggies** and **Grains**
  - 2 servings **Fresh Fruit**
  - 1 serving **Lean Protein**

# A DAY IN THE LIFE OF THE PIYO GET LEAN EATING PLAN

Here's an example of how someone using **PLAN A** could eat. You don't need to eat exactly this combination of foods, but if you're not sure how to spread your meals out over the course of your day, this is a delicious and balanced way to do it.

## BREAKFAST:

- ¼ cup cooked steel-cut oatmeal
- 2 hard-boiled eggs
- 1 cup cooked spinach



SERVING	
1	Secondary Vegetables and Grains
1	Lean Protein
1	Primary Vegetables

## MID-MORNING:

- 1 scoop Shakeology
- 1 cup strawberries
- Water and ice



SERVING	
1	Lean Protein
1	Fresh Fruit

## LUNCH:

- 3 oz. grilled chicken breast
- 1 tsp. olive oil with lemon (to taste)
- 10 large asparagus spears, grilled

SERVING	
1	Lean Protein
1	Healthy Fats
1	Primary Vegetables

## MID-AFTERNOON:

- 6 raw almonds
- 1 small apple
- 1 cup sliced red bell pepper



SERVING	
1	Healthy Fats
1	Fresh Fruit
1	Primary Vegetables

## DINNER:

- 4 oz. grilled tilapia
- 1 tsp. olive oil with lemon (to taste)
- ½ cup cooked lentils
- 1 cup cooked broccoli and carrots



SERVING	
1	Lean Protein
1	Healthy Fats
1	Secondary Vegetables and Grains
1	Primary Vegetables

# WHAT COMES NEXT?

Unlike *some* diets, the **PiYo Get Lean Eating Plan** is so delicious and versatile that you're not going to want to stop once you reach your goals—so don't!

You can keep using the **PiYo Get Lean Eating Plan** to maintain your weight (and your health!) for as long as you'd like. Just use your MAINTENANCE CALORIES instead of your CALORIE TARGET to find your maintenance plan. But don't forget to recalculate that number—you're probably going to be a lot lighter than when you started! And as long as you continue to make fitness and nutrition a regular part of your daily routine, you'll stay that way.

**So get ready to GET FIT, GET LEAN—and get the most out of life.**



# DEFINE THE WAY YOU LOOK— AND FEEL—WITH SHAKEOLOGY®.

With Shakeology, you have the power to fuel your body with the nutrition you need to look your best, feel amazing, and power through the PiYo® workouts.



**We surveyed nearly 3,000 daily Shakeology drinkers and here's what they told us.\***

- 93% feel healthier since drinking it.
- 81% feel it has helped them reduce their cravings for junk food.
- 86% experience an increase in their energy levels.

**NOW AVAILABLE IN 6 DELICIOUS FLAVORS:**

- Chocolate • Vanilla • Strawberry • Greenberry
- Tropical Strawberry Vegan • Chocolate Vegan

## What is Shakeology?

Shakeology is Your Daily Dose of Dense Nutrition®. It's a powerful superfood shake that is packed with incredible amounts of protein, antioxidants, phytonutrients, prebiotics, enzymes, and many rare superfoods that your body desperately needs and craves.\*\*

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### THE EMPTY-BAG GUARANTEE

Try Shakeology for 30 days and if you don't feel healthier, return it and we'll refund your money (less s&h). Even if the bag is totally empty.

To learn more, contact your Team Beachbody® Coach or visit [ShakeologyPiYo.com](https://www.ShakeologyPiYo.com) today.

\*\*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.



# REFRESH YOURSELF



**3-DAY REFRESH™ IS A CLEAN BREAK FROM BAD HABITS TO GET YOUR DIET AND WEIGHT BACK ON TRACK.**

*For three days you'll be drinking shakes and eating clean for a satisfying dose of weight loss and renewal. It'll make you feel cleaner, lighter, and healthier—all without starving!*

### IN 3 DAYS YOU CAN:\*

- Lose weight
- Break the cycle of poor eating habits
- Renew your energy
- Create new, healthy eating habits
- Accelerate your PiYo® transformation



### THE BEST TIME TO DO THE 3-DAY REFRESH IS:

- When you want to kick-start healthier habits
- When you feel like your nutrition has gotten off track
- Once a month, to keep your habits sharp (and your body hot!)

DEFINE YOURSELF with PiYo. REFRESH YOURSELF with the 3-Day Refresh. To get started, contact your Coach or visit [3DayRefreshPiYo.com](https://www.3DayRefreshPiYo.com) today!

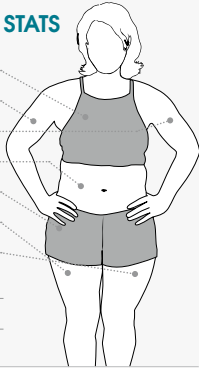
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# TRANSFORMATION TRACKER

Let the numbers tell your story. With this Transformation Tracker, you can record progress with much more accuracy than a plain, old bathroom scale. So sharpen that number two pencil, grab a tape measure, and get ready to see those results!

## RECORD "BEFORE" STATS

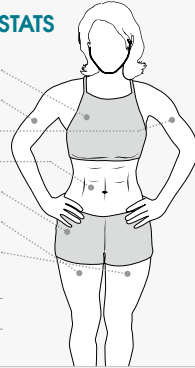
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TOTAL INCHES \_\_\_\_\_  
 WEIGHT \_\_\_\_\_

## RECORD "AFTER" STATS

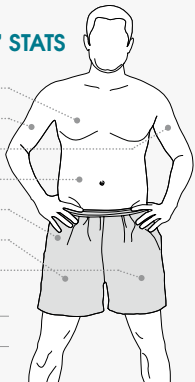
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TOTAL INCHES \_\_\_\_\_  
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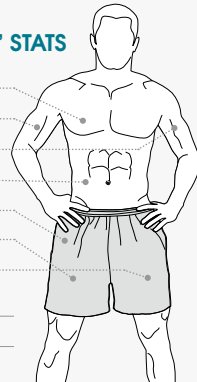
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TOTAL INCHES \_\_\_\_\_  
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## RECORD "AFTER" STATS

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TOTAL INCHES \_\_\_\_\_  
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# GET THE CHANCE TO WIN CASH AND PRIZES

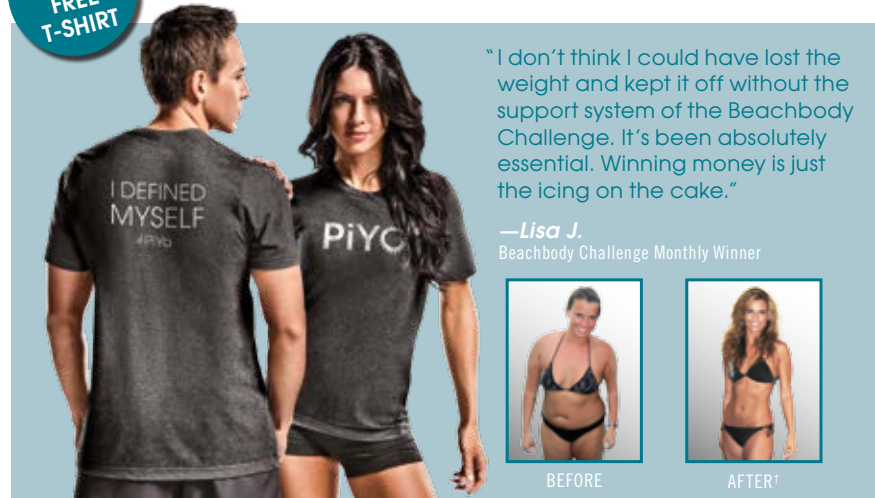


*Get support. Get fit. Get prizes.*

Want to get the most from your PiYo® program? The Beachbody Challenge® will give you the motivation, support, and tools you need to get your best results. With peer support and the chance to win cash and prizes, you'll get hardcore definition with PiYo in no time. Then share your results to get a FREE shirt and a chance to win over \$100,000!\*

TAKE THE CHALLENGE at [TakeBBChallenge.com](http://TakeBBChallenge.com)

GET YOUR FREE T-SHIRT



"I don't think I could have lost the weight and kept it off without the support system of the Beachbody Challenge. It's been absolutely essential. Winning money is just the icing on the cake."

—Lisa J.  
 Beachbody Challenge Monthly Winner



BEFORE



AFTER!

\*Go to [TakeBBChallenge.com](http://TakeBBChallenge.com) for all rules, terms, and conditions. †Results vary.

# TEAM BEACHBODY® CLUB

LET'S GET STRONG TOGETHER

TeamBeachbody.com



## 6 WAYS TEAMBEACHBODY.COM HELPS YOU SUCCEED WITH PIYO:

- 1 Personalized online meal plans based on your individual goals
- 2 Diet and workout advice from fitness and nutrition experts
- 3 Nutrition tools, including a Healthy Weight Calculator and Body Fat Calculator
- 4 Message Boards where you can get answers to all your food and fitness questions 24/7
- 5 A FREE Coach for questions, concerns, or just a bit of encouragement along the way
- 6 10% discount on Shakeology®, fitness programs, gear, and supplements with a paid Team Beachbody Club membership

Your purchase of the PiYo® program is the first step in the right direction! However, to get the very best results, you also need support, accountability, a daily commitment to exercise, and a healthy diet. That's where the Team Beachbody® website comes in. It's an essential tool that helps keep you on track with all your eating and exercise goals—and more!

GET A RISK-FREE 30-DAY TRIAL MEMBERSHIP and a FREE GIFT (a \$20 value) now at [TEAMBEACHBODY.COM/SIGNUP](http://TEAMBEACHBODY.COM/SIGNUP).



# EXPERIENCE A LIVE PiYO CLASS!

Feel the excitement and contagious energy  
of doing PiYo® with others who love it too!

Find a class at [PiYoClass.com](http://PiYoClass.com)



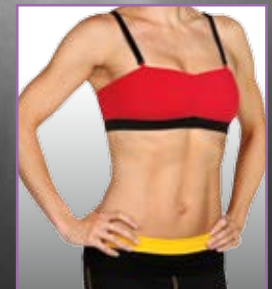
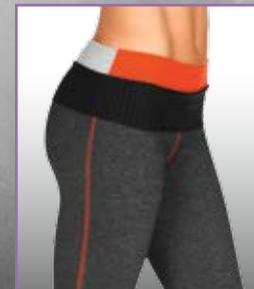
## THEN GET TRAINED TO TEACH IT!

If PiYo has defined your body, improved your confidence,  
or become the highlight of your day—get trained to  
teach others and spread the strength!

Find out more at [PiYoLive.com](http://PiYoLive.com)



**SWEAT IN STYLE!** *Turbo*  
WITH **WEAR®**



**FUNCTIONAL AND FASHION-FORWARD,  
TURBO WEAR® IS SLIMMING, IT'S FLATTERING,  
and it'll take you from intense workouts to your favorite hangouts.**

You're going to want to live in this stuff. We're adding hot new styles regularly.  
So make room in your closet and snag your favorites before they're gone at:

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

# GET A **FREE** COACH TO HELP YOU SUCCEED!

Now that you're part of the PiYo® family, I've got simple advice to help you reach your fitness goals. Get a Team Beachbody® Coach!

What's a Team Beachbody Coach?

**A COACH IS A CUSTOMER JUST LIKE YOU** who has seen great results from using Beachbody® products and wants to help you reach your goals.

How can a Coach help?

**YOUR COACH WILL HELP  
KEEP YOU MOTIVATED**

and stay in touch online or over the phone. They'll also set you up on TeamBeachbody.com for the best exercise advice and nutrition tips.

And here's the best part:

**IT'S FREE. IT COSTS YOU  
ABSOLUTELY NOTHING.**

Millions of people have been partnered with their Coaches to achieve their dream bodies.

**SO WHAT ARE YOU WAITING FOR?**

You can do this!—*Chalene*



GET YOUR COACH TODAY AT  
**FreePiYoCoach.com**

## Other Beachbody Products

Once you've powered through PiYo, you're not going to want to stop moving and improving! Maintain and maximize your results with these products we've selected just for you.

### FOCUS T25®



Get an hour's worth of results in 25 minutes a day! Trainer Shaun T gives you everything you need—and nothing you don't. 25 minutes. 5 days a week. 100% results.

Retail Price	\$119.85
Club Price	\$107.87
Coach Price	\$89.89

### 21 DAY FIX®



Got an event coming up and need to look your best, fast? For 21 days, follow this unique portion-control system combined with easy-to-follow 30-minute workouts that fit into your busy schedule. Simple fitness. Simple eating. Fast results.

Retail Price	\$59.85
Club Price	\$53.87
Coach Price	\$44.89

### TURBOFIRE®



Are you ready for Chalene Johnson's Fire Drills? If you can take the heat, you can burn up to 9x more fat and calories than you would with traditional cardio.


Retail Price	\$79.90
Club Price	\$71.91
Coach Price	\$59.93

### CHALEAN EXTREME®



Get ready to burn fat, boost your metabolism, and get lean with ChaLEAN Extreme. You can lose up to 60% of your body fat in just 3 months and see visible results every 30 days, because Muscle Burns Fat®.

Retail Price	\$89.85
Club Price	\$80.87
Coach Price	\$67.39



Remember, everybody is different, so if you have any unique or special medical needs or conditions, such as food allergies, dietary restrictions, or if you are pregnant or breast feeding, please make sure you consult your medical provider before starting this eating plan.

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