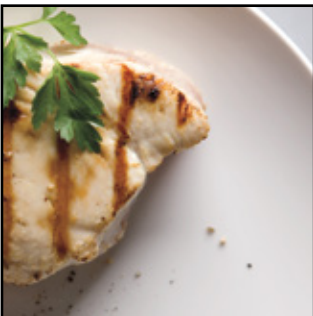
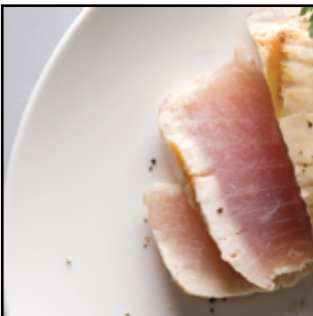


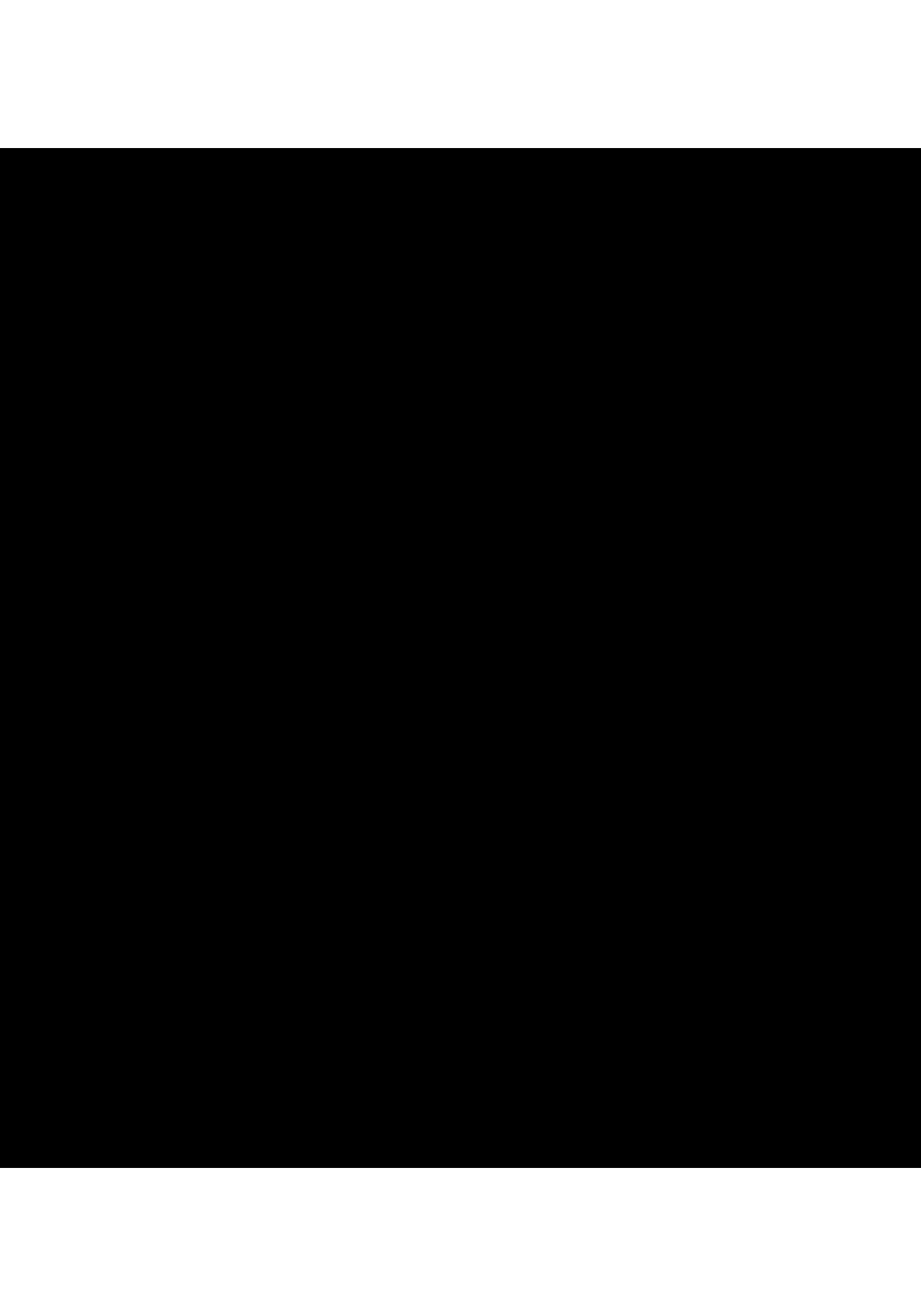
ELITE NUTRITION
















INSANITY®


INSANITY[®]

ELITE NUTRITION



OVERVIEW		4
ELITE NUTRITION PHILOSOPHY		4
HOW THE MEAL PLAN WORKS		5
DETERMINING YOUR CALORIC NEEDS		6
WHEN TO EAT		7
START EATING		9
ELITE NUTRITION MEAL LISTS		11
FOOD BLOCKS		54
MONTH TWO: EAT MORE		55
BASICS FOR BEGINNERS		55
NUTRITION TROUBLESHOOTING		57
RESULTS AND RECOVERY FORMULA®		58
SUBSTITUTION LISTS		59

ELITE NUTRITION



Food has many roles. It's a source of fuel, energy, and nutrients. It affects your body weight. It alters your health and vital indicators, like cholesterol and blood pressure. Food is social and food is emotional. But the primary purpose of food is fuel. Your body needs fuel to function: proteins, fats, and carbs. Your goal in the next 60 days is to eat healthy, learn about balanced nutrition, and feed your body what it needs to survive INSANITY®. Hopefully, you can also use this guide to eat healthier and live healthier every day.



OVERVIEW

In this plan, you'll learn about healthy food basics and the proper balance of nutrients you need each day. Your body doesn't require refined sugars, processed foods, sodas, or artificial sweeteners. In fact, they can be harmful. When you eliminate them, you'll actually feel better. And guess what? Food that's good for you tastes great, too.

Here are the tools to help you figure out what and how much to eat for the next 60 days and beyond. This guide gives you meal options and food lists to choose from. As you get in better shape and your metabolism soars, you'll also learn how to increase your calories to fuel your changing body.

This plan will work for you whether you've been dieting for years or don't know what a calorie is. Whether you're male or female, and whether you want to lose weight or bulk up. It will give you the energy to maximize your workouts and become a healthier person. It's not about

quick fixes or fads. It's about eating and using food for its intended purpose: fuel.

ELITE NUTRITION PHILOSOPHY

This Elite Nutrition guide is designed to power your body through the most intense workouts of your life. When you're digging into this ultra-extreme fitness regimen, you can't go low-calorie or low-carb. You need to fuel your system with balanced and nutritious meals and snacks. Your body is literally going to burn through the food you eat, whether they're carbs, fats, or protein. This is NOT the time to diet. But if you want to lose weight, you'll eat the right foods in the right proportions. The balanced meal plans will provide your body with the fuel it needs to get through these INSANE workouts.

This isn't a diet; it's a plan that will teach you how to eat healthy for the duration of INSANITY and for the rest of your life. Elite Nutrition focuses on eating 5 meals a day, none too large or too small. All the meals contain roughly the same number of calories.

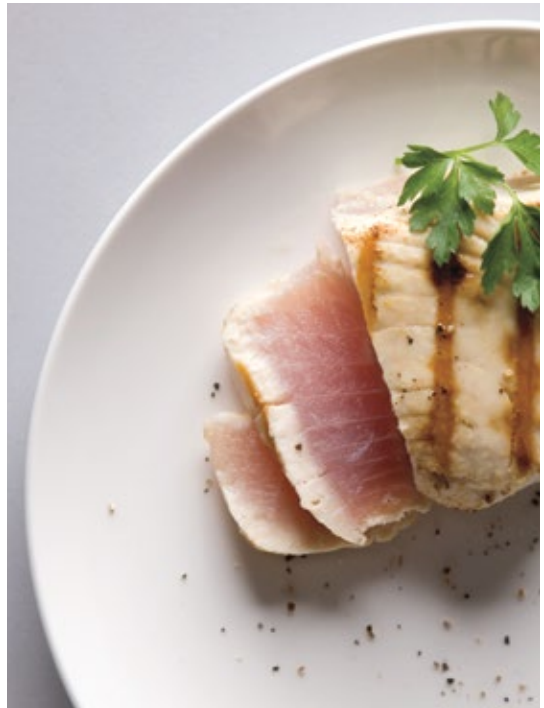


This frequent eating is optimal for your metabolism and provides stamina for your intense workouts.

Everyone has different caloric needs, so this guide shows you how to increase the calories of all the meals. If you still need more calories, add the Food Blocks to your meals or enjoy them as snacks to reach your caloric requirements.

Each meal listed is around 40 percent protein, 40 percent carbs, and 20 percent fats. It's important to balance protein, carbs, and fats to promote optimal blood sugar control, resulting in the best possible state for your workouts. There is a full overview on protein, carbs, and fats in this guide, as well as Michi's Ladder, a Beachbody® tool to help you create your own meals.

The recommended foods have a low glycemic index, which has less impact on blood sugar. High glycemic foods, such as white bread and candy, cause a rapid rise and subsequent rapid drop in blood sugar, draining your energy. Low glycemic



foods provide you with steady energy throughout the day and optimal fuel for your workouts. The plan also avoids additives, overly processed foods, sugar substitutes, and alcohol.

HOW THE MEAL PLAN WORKS

Month 1: Your Daily Meals

In the "Start Eating" section (pages 13–55) you'll find five separate meal lists. Each day you'll pick one meal from each of the five meal lists, totaling five meals a day. Try not to skip any meals.

Each meal list has 10 options to choose from. Keep selecting different meals to give yourself healthy variety.

Each meal contains approximately 300 calories and has instructions about how to scale it up to either 400 or 500 calories, depending on your individual caloric needs. Therefore, these five meals a day will provide anywhere from 1,500 calories to 2,500 calories per day.

You can also use the 100-calorie and 200-calorie Food Blocks to meet your daily caloric requirements. Add them to your meals, or eat them as snacks.

Month 2: Eat More

As you enter the second month of this Elite Nutrition program, you'll find that your body burns calories much faster than it did a month ago. Plus your Month Two workouts get harder and longer, so you'll need more fuel. To meet your increased fuel needs, this plan includes a list of 100-calorie complex carbohydrates. Based on your weight loss or weight gain goals, you can add these to meet your increased caloric needs, or continue with your basic meal lists from month 1. If you do add these complex carbs, choose from one to three of them per day, adding them to your earlier meals.



DETERMINING YOUR DAILY CALORIC NEEDS

To figure out your needs for the Elite Nutrition program, use this three-step formula. It's a quick, simple way to estimate your energy needs for your individual fitness objective, whether that's to gain muscle, lose fat, or just maintain your weight while you get in the best shape ever.

Step 1

First, calculate how many calories you burn each day outside of INSANITY. We call these your **Maintenance Caloric Needs**.

If you're sedentary and plan on doing little physical activity outside the program, multiply your current weight by 12. That's how many calories you need to consume every day to stay at your current weight. If you're moderately active and exercise 3 to 5 times a week in addition to INSANITY, multiply your weight by 13. If you're highly active or have a highly active job, multiply your weight by 14.



Sedentary lifestyle (desk job):
(current weight in pounds) x 12 =
(Maintenance Caloric Needs)



Moderately active lifestyle
(parent with a toddler):
(current weight in pounds) x 13 =
(Maintenance Caloric Needs)



Highly active lifestyle
(construction worker):
(current weight in pounds) x 14 =
(Maintenance Caloric Needs)

Step 2

Next, calculate your **Insanitized Caloric Needs** including your daily INSANITY workout. INSANITY burns an average of 600 calories per day, so:

Maintenance Caloric Needs + 600 calories = Insanitized Caloric Needs

Step 3

Finally, calculate your **Modified Caloric Needs**. Here, you'll decide how much you need to add or subtract for your personal goals. This final number will be your approximate daily caloric goal each day.

- *For weight loss, subtract 500 calories from your Insanitized Caloric Needs.*
- *For weight maintenance, change nothing; just use your Insanitized Caloric Needs.*
- *For weight gain, add 300 calories per day to your Insanitized Caloric Needs.*

Note: You can round this number to the nearest 100 for simplicity's sake.

EXAMPLE: Determining Your Calories

Bethany is a 40-year-old first-grade teacher who is 5'5", 170 pounds. She's starting INSANITY in hopes of losing weight.

Step 1

Chasing around first-graders has Bethany on her feet much of the day, so we'll consider her moderately active. To figure out her Maintenance Caloric Needs, she needs to take her current weight, 170 pounds, and multiply that by 13.

$170 \times 13 = 2210 = \text{Bethany's Maintenance Caloric Needs}$

Step 2

Now she'll figure out how many calories she burns each day wrangling kids and doing INSANITY by adding 600 calories to her Maintenance Caloric Needs.

$2210 + 600 = 2810 = \text{Bethany's Insanitized Caloric Needs}$

Step 3

Finally, she'll figure out how much she needs to eat to lose weight, so she'll subtract 500 calories from her Insanitized Caloric Needs. Then, she'll round down to the nearest 100.

$2810 - 500 = 2310 + \text{rounding down} = 2300 = \text{Bethany's Modified Caloric Needs}$

This is what Bethany will need to eat to reach her fitness goals. Of course, that number may require fine-tuning, as might your Modified Caloric Needs number. You may want to alter your calories up or down based on the feedback you're getting from your body (i.e., too much food, not enough, losing or gaining weight, low energy, etc.).

WHEN TO EAT

Eat your meals every few hours. For example:

Meal 1: Breakfast time

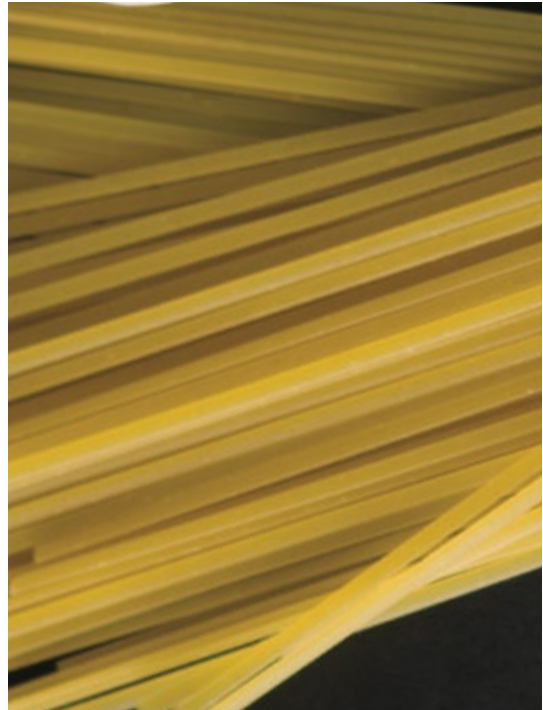
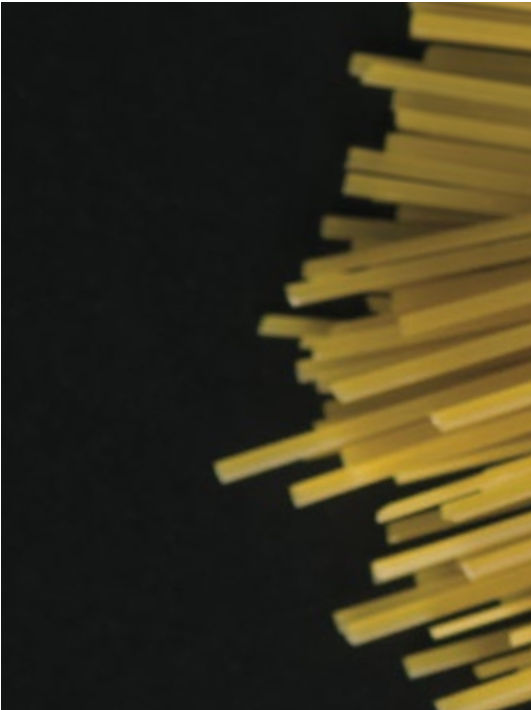
Meal 2: Midmorning snack

Meal 3: Lunchtime

Meal 4: Afternoon snack

Meal 5: Dinner

Timing your meals while doing INSANITY is important. For most people, eating a very small meal about 1 hour before exercising is ideal. If you exercise immediately after eating, you may lack the energy you need to complete your workout, because your body's focused on digestion. Generally, you can eat 3 hours before a



workout and be fine, but the small meals or overall intensity of INSANITY may require you to eat more frequently than you've gotten away with while doing an easier program. Keep in mind that everyone's different, so you should experiment and see what works best for you.

Now that you know your calorie requirements, you can start choosing your meals. If you followed the base plan, you'd eat 1,500 calories a day (5 meals x 300 calories). You can add the food blocks as needed to meet your daily caloric requirements. A few examples for illustration:

If your body requires 1,900 calories a day, your daily intake would look like this:

- Meal 1: 400-calorie meal
- Meal 2: 400-calorie meal
- Meal 3: 400-calorie meal
- Meal 4: 400-calorie meal

Meal 5: 300-calorie meal

You could also choose to keep a few of the meals to 300 calories and add the other calories using the food block lists. Here's another 1,900-calorie meal plan:

Meal 1: 400-calorie meal

Meal 2: 300-calorie meal

Meal 3: 400-calorie meal

Meal 4: 300-calorie meal + 200 calories*

Meal 5: 300-calorie meal

*Add Food Blocks: two 100-calorie blocks OR one 200-calorie block.

You get to choose how to divide up your calories, as long as you're eating at least 5 times per day.



START EATING

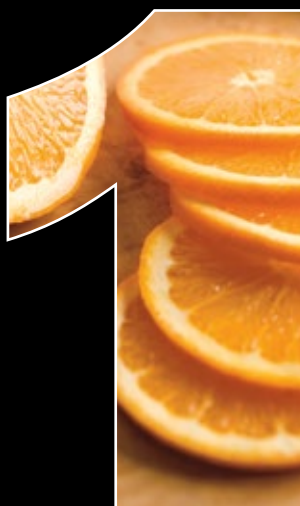
- Eat five meals a day, one from each of the lists in the following section. Use the food blocks, if needed, to reach your additional calorie needs.
- Each week, assess your calories and your measurements. You may need to increase or decrease your calories based on the information you're getting. Muscle tissue is denser than fat tissue, so your scale can mislead you. Use measurements instead of weight to gauge your progress.
- Remember, everything counts. Milk and sugar for your coffee or tea, the glass of wine with dinner, the little snack from a bowl at work—it all counts!
- Eat something every few hours to keep your metabolism burning steadily.

- Drink water. Not only will it keep you hydrated, it will ease your hunger. One of the primary causes of hunger pangs is dehydration. Eight to 10 glasses of water per day is not excessive when you're doing INSANE workouts.
- Be sure to drink your Results and Recovery Formula® right before, during, or immediately following your workout. If you're trying to lose weight, be sure to account for these calories. And if you're not working hard enough to burn through your glycogen stores, you don't need these calories. Of course, if you're bringin' it to an INSANE level, you will.
- Remember, nothing comes easy. You just have to Dig Deeper®!

FUN FACTS: OUR TEST GROUP FOUND THAT THEIR METABOLISMS WERE KICKED INTO HIGH GEAR AND THEY WERE LOSING WEIGHT SO FAST THEY HAD TO ADD CALORIES EACH WEEK TO JUST MAINTAIN!

ELITE NUTRITION MEAL LISTS

MEAL





PROATMEAL

(Makes 1 serving)

½ cup water

¼ cup old-fashioned rolled oats

⅓ cup berries, fresh or frozen

1 scoop Beachbody® Whey Protein Powder, Chocolate or Vanilla flavor (or equivalent)

1 Tbsp. chopped walnuts

½ cup nonfat milk (or unsweetened almond, rice, or soy milk)

1. Bring water to boil in medium saucepan over medium heat. Add oats; cook, stirring frequently, for 4 to 5 minutes. Remove from heat.
2. Combine oatmeal, berries, Whey Protein Powder, and walnuts in a medium bowl; mix well.
3. Top with milk.

Tips/modifications:

For a 400-calorie meal: Increase water to 1 cup, increase oats to ½ cup, and increase berries to ¾ cup.

For a 500-calorie meal: Increase water to 1½ cups, increase oats to ¾ cup, increase berries to ¾ cup, and increase walnuts to 4½ tsp.

Nutritional Information (per serving):

Calories: 299	Carbohydrate: 33 g
Total Fat: 8 g	Fiber: 6 g
Saturated Fat: 2 g	Sugar: 14 g
Cholesterol: 37 mg	Protein: 26 g
Sodium: 107 mg	

FRUIT AND COTTAGE CHEESE

(Makes 1 serving)

1 cup low-fat cottage cheese

1 cup mixed berries, fresh or frozen

⅓ cup whole-grain cereal (like bran flakes)

1. Place cottage cheese in medium bowl.
2. Top with berries and cereal.

Tips/modifications:

For a 400-calorie meal: Add 2 Tbsp. flax seeds.

For a 500-calorie meal: Add 2 Tbsp. flax seeds and serve with 1 slice whole-grain toast.

Nutritional Information (per serving):

Calories: 297
Total Fat: 3 g
Saturated Fat: 2 g
Cholesterol: 9 mg
Sodium: 92 mg
Carbohydrate: 36 g
Fiber: 8 g
Sugar: 19 g
Protein: 31 g

BERRY PROTEIN SMOOTHIE

(Makes 1 serving)

1 cup nonfat milk (or unsweetened almond, rice, or soy milk)

1½ scoops Beachbody Whey Protein Powder, Chocolate or Vanilla flavor (or equivalent)

1 cup strawberries, fresh or frozen

1 cup ice

1. Place milk, Whey Protein Powder, strawberries, and ice in blender; cover. Blend until smooth.

Tips/modifications:

For a 400-calorie meal: Add 1 medium banana.

For a 500-calorie meal: Add 1 medium banana and 1 Tbsp. all-natural peanut butter.

Nutritional Information (per serving):

Calories: 294

Total Fat: 3 g

Saturated Fat: 2 g

Cholesterol: 56 mg

Sodium: 194 mg

Carbohydrate: 32 g

Fiber: 5 g

Sugar: 24 g

Protein: 36 g

BAGEL AND LOX

(Makes 1 serving)

½ whole wheat bagel, toasted

2 Tbsp. whipped cream cheese

2 oz. smoked salmon (lox)

2 slices medium tomato

½ large grapefruit

1. Top bagel with cream cheese, lox, and tomato.

2. Serve with grapefruit.

Nutritional Information (per serving):

Calories: 297

Total Fat: 9 g

Saturated Fat: 4 g

Cholesterol: 33 mg

Sodium: 1,465 mg

Carbohydrate: 39 g

Fiber: 5 g

Sugar: 18 g

Protein: 18 g



EGG WHITE AND FRUIT PLATE

(Makes 1 serving)

5 large hard-boiled eggs, quartered, yolks discarded

$\frac{1}{3}$ medium cantaloupe, sliced

4 pieces whole wheat Melba toast

$\frac{3}{4}$ oz. Swiss cheese, sliced

1. Place eggs on a salad plate.
2. Add cantaloupe, Melba toast, and cheese.

Tips/modifications:

For a 400-calorie meal: Keep 2 of the hard-boiled egg yolks.

For a 500-calorie meal: Increase to $\frac{1}{2}$ cantaloupe and keep 3 of the hard-boiled egg yolks.

Nutritional Information (per serving):

Calories: 307

Total Fat: 7 g

Saturated Fat: 4 g

Cholesterol: 20 mg

Sodium: 348 mg

Carbohydrate: 33 g

Fiber: 3 g

Sugar: 16 g

Protein: 28 g





EGG WHITE BREAKFAST WRAP

(Makes 1 serving)

Nonstick cooking spray

3 large egg whites, lightly beaten

1 (6-inch) whole-grain tortilla, warm

2 Tbsp. shredded part-skim mozzarella cheese (½ oz.)

1 slice medium tomato

¼ medium melon, cut into cubes

1. Heat medium nonstick skillet lightly coated with spray over medium-low heat. Add egg whites; cook, stirring occasionally, for 3 to 4 minutes, or until set.
2. Place eggs on tortilla; top with cheese and tomato; fold and wrap.
3. Serve with melon.

Tips/modifications:

For a 400-calorie meal: Increase egg whites to 4 and increase cheese to 6 Tbsp.

For a 500-calorie meal: Increase egg whites to 4, increase cheese to 6 Tbsp, and serve with ¾ cup nonfat yogurt on the side.

Nutritional Information (per serving):

Calories: 308

Total Fat: 10 g

Saturated Fat: 3 g

Cholesterol: 8 mg

Sodium: 773 mg

Carbohydrate: 37 g

Fiber: 6 g

Sugar: 9 g

Protein: 21 g



BOWL OF CEREAL

(Makes 1 serving)

1 cup high-protein whole-grain cereal

1 cup nonfat milk (or unsweetened almond, rice, or soy milk)

1 Tbsp. flax seeds

½ medium banana, sliced

1. Place cereal in medium bowl; add milk.
2. Top with flax seeds and banana.
3. Serve immediately.

Tips/modifications:

For a 400-calorie meal: Increase flax seeds to 2 Tbsp. and increase banana to 1 medium.

For a 500-calorie meal: Increase cereal to 1½ cups, increase flax seeds to 3 Tbsp., and increase banana to 1 medium.

Nutritional Information (per serving):

Calories: 290

Total Fat: 7 g

Saturated Fat: 0 g

Cholesterol: 5 mg

Sodium: 379 mg

Carbohydrate: 70 mg

Fiber: 30 g

Sugar: 20 g

Protein: 18 g

SHAKEOLOGY®

(Makes 1 serving)

2 cups water

2 scoops any flavor Shakeology

1 cup ice

1. Place water, Shakeology, and ice in blender; cover. Blend until smooth.

Nutritional Information (per serving):

Calories: 280

Total Fat: 1 g

Saturated Fat: 0 g

Cholesterol: 20 mg

Sodium: 212 mg

Carbohydrate: 38 g

Fiber: 6 g

Sugar: 22 g

Protein: 32 g

PEANUT BUTTER TOAST

(Makes 1 serving)

- 1 slice whole-grain bread, toasted
- 1 Tbsp. all-natural peanut butter (or almond butter)
- 1 tsp. all-fruit preserves
- ½ cup low-fat cottage cheese

1. Top toast with peanut butter and preserves.
2. Serve with side of cottage cheese.

Tips/modifications:

For a 400-calorie meal: Increase preserves to 2 tsp.; increase cottage cheese to ¾ cup and top with 1 cup sliced fruit.

For a 500-calorie meal: Increase preserves to 2 tsp.; increase cottage cheese to ¾ cup and top with 1 cup sliced fruit. Add 1 slice whole-grain toast to make a sandwich.

Nutritional Information (per serving):

Calories: 290
Total Fat: 10 g
Saturated Fat: 2 g
Cholesterol: 5 mg
Sodium: 185 mg
Carbohydrate: 28 g
Fiber: 3 g
Sugar: 10 g
Protein: 22 g



VEGGIE OMELET

(Makes 1 serving)

- 2 large eggs
- 2 large egg whites
- Nonstick cooking spray
- ¼ cup sliced mushrooms
- 2 Tbsp. chopped onion
- 1 slice whole-grain bread, toasted
- 1 Tbsp. all-fruit preserves

1. Combine eggs and egg whites in a small bowl; mix well. Set aside.
2. Heat medium nonstick skillet lightly coated with spray over medium-low heat. Add mushrooms and onion; cook, stirring frequently, for 3 to 4 minutes, or until onion is soft. Remove from skillet.
3. Place eggs in skillet; cook over medium-low heat. Do not stir. As eggs set, lift edges, letting uncooked portion flow underneath.
4. When eggs are almost set, add mushroom mixture. Cook for 1 to 2 minutes, or until heated through. Gently fold in half.
5. Serve with toast topped with preserves.

Tips/modifications:

For a 400-calorie meal: Increase preserves to 2 Tbsp. and serve with 1 small navel orange (or 1 cup of orange juice) on the side.

For a 500-calorie meal: Increase preserves to 2 Tbsp., add 1 oz. cheese to the omelet, and serve with 1 small navel orange (or 1 cup of orange juice) on the side.

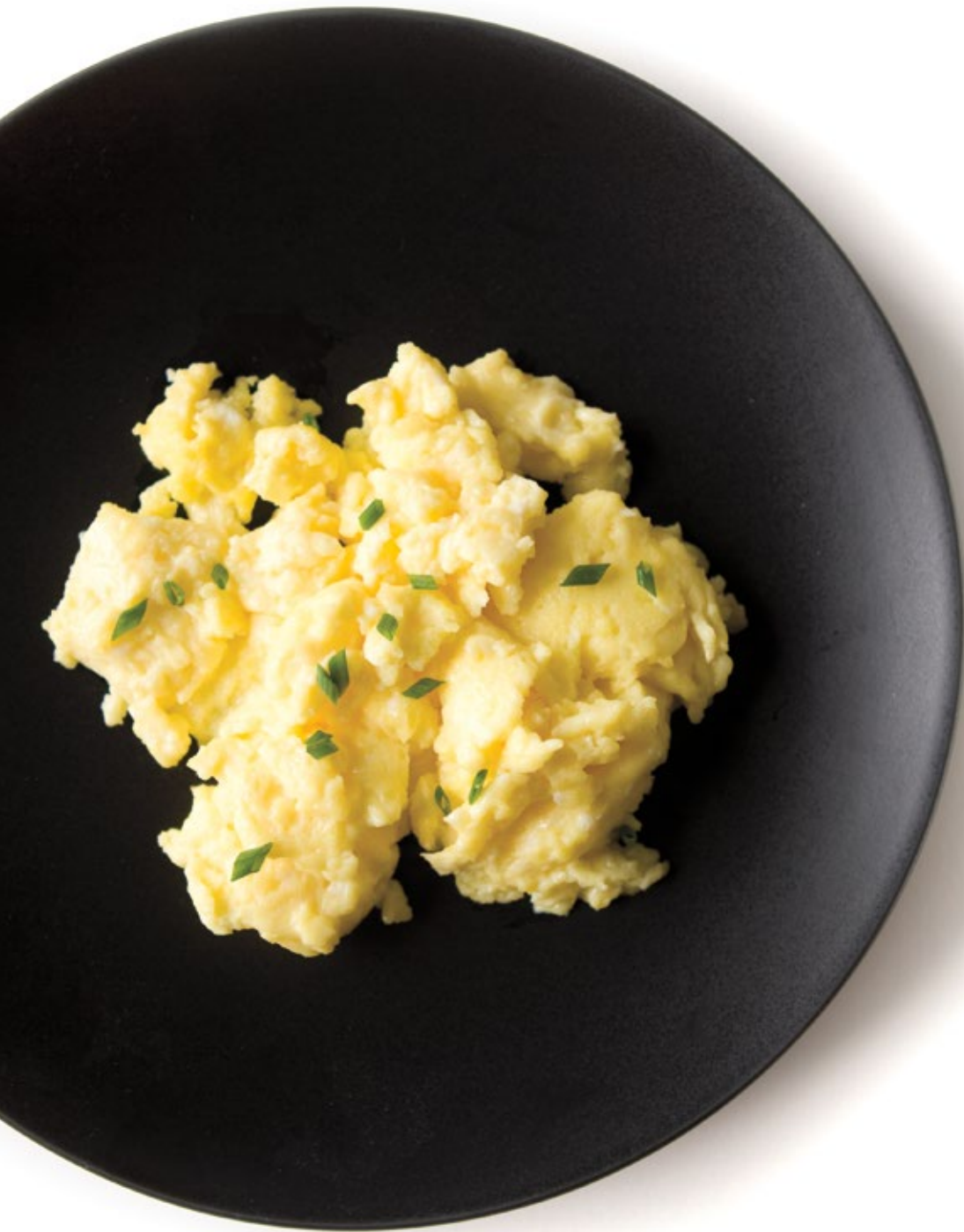
Nutritional Information (per serving):

Calories: 309
Total Fat: 11 g
Saturated Fat: 3 g
Cholesterol: 372 mg
Sodium: 343 mg
Carbohydrate: 29 g
Fiber: 5 g
Sugar: 12 g
Protein: 25 g



MEAL





MEXICAN-STYLE EGGS

(Makes 1 serving)

- 1 large egg
- 1 large egg white
- Nonstick cooking spray
- 1 (6-inch) whole-grain tortilla, warm
- 1 Tbsp. shredded cheddar cheese
- 2 Tbsp. fresh salsa
- ½ cup berries, fresh or frozen

1. Combine egg and egg white in a small bowl; mix well.
2. Heat medium nonstick skillet lightly coated with spray over medium-low heat. Add eggs; cook, stirring occasionally, for 3 to 4 minutes, or until eggs are set.
3. Place eggs on tortilla; top with cheese and salsa.
4. Serve with berries.

Tips/modifications:

For a 400-calorie meal: Serve with 1 cup nonfat milk (or almond or soy milk).

For a 500-calorie meal: Add 1 cup nonfat milk (or almond or soy milk) and add 1 scoop Vanilla Beachbody Whey Protein Powder (or equivalent) to milk.

Nutritional Information (per serving):

Calories: 301	Carbohydrate: 36 g
Total Fat: 11 g	Fiber: 7 g
Saturated Fat: 4 g	Sugar: 11 g
Cholesterol: 194 mg	Protein: 17 g
Sodium: 583 mg	

WARM CEREAL BOWL

(Makes 1 serving)

- 1¼ cups water
- 3 Tbsp. whole-grain cereal (like Cream of Wheat®)
- 1 Tbsp. raisins
- 1 tsp. slivered almonds, toasted
- 1 scoop Beachbody Whey Protein Powder, Vanilla Flavor (or equivalent)
- ½ cup nonfat milk (or unsweetened almond, rice, or soy milk)

1. Bring water to boil in medium saucepan over medium heat. Add cereal, stirring constantly with a wire whisk; bring back to a boil, stirring frequently. Reduce heat to low; cook at a gentle boil for 2 to 3 minutes, or until thickened. Remove from heat.
2. Combine cereal, raisins, almonds, and Whey Protein Powder in medium bowl; mix well.
3. Top with milk.

Tips/modifications:

For a 400-calorie meal: Increase water to 1½ cups, increase cereal to 4 Tbsp., and increase almonds to 2 Tbsp.

For a 500-calorie meal: Increase water to 1½ cups, increase cereal to 4 Tbsp., increase almonds to 2 Tbsp., and increase milk to 1 cup.

Nutritional Information (per serving):

Calories: 309	Carbohydrate: 43 g
Total Fat: 4 g	Fiber: 3 g
Saturated Fat: 1 g	Sugar: 15 g
Cholesterol: 37 mg	Protein: 27 g
Sodium: 115 mg	

PROTEIN PANCAKES

(Makes 1 serving, 3 small pancakes)

- ¼ cup instant oatmeal
- 2 to 3 Tbsp. water
- 1 large egg
- 2 large egg whites
- 1 scoop Beachbody Whey Protein Powder, Vanilla flavor (or equivalent)
- Nonstick cooking spray
- 2 Tbsp. mixed berries, fresh or frozen

1. Combine oatmeal, water, egg, egg whites, and Whey Protein Powder in medium bowl; mix well.
2. Heat large nonstick skillet lightly coated with spray over medium heat. Ladle pancake batter into skillet to make three pancakes; cook for 1 to 2 minutes, or until bubbles form on top. Flip. Cook for 1 minute, or until golden brown.
3. Top with berries.

Tips/modifications:

For a 400-calorie meal: Increase berries to 1 cup.

For a 500-calorie meal: Increase berries to 1 cup and add 2 Tbsp. flax seeds to pancake batter.

Nutritional Information (per serving):

Calories: 301	Carbohydrate: 22 g
Total Fat: 8 g	Fiber: 4 g
Saturated Fat: 3 g	Sugar: 6 g
Cholesterol: 221 mg	Protein: 34 g
Sodium: 221 mg	

EGG SANDWICH

(Makes 1 serving)

- 2 slices nitrite-free turkey bacon
- 1 large egg
- 2 large egg whites
- Nonstick cooking spray
- 1 whole-grain English muffin, split, toasted
- 2 slices medium tomato

1. Cook turkey bacon in medium nonstick skillet for 4 to 6 minutes, or until crisp. Remove bacon from pan; set aside. Keep warm.
2. Combine egg and egg whites in a small bowl; mix well.
3. Add nonstick cooking spray (if necessary) to same medium nonstick skillet and place over medium-low heat; add eggs; cook, stirring occasionally, for 3 to 4 minutes, or until set.
4. Place eggs on muffin half; top eggs with bacon, tomato, and other muffin half.

Tips/modifications:

For a 400-calorie meal: Increase egg whites to 4 and serve with 1 small navel orange on the side.

For a 500-calorie meal: Increase egg whites to 4, add 1 oz. cheese to sandwich, and serve with 1 small navel orange on the side.

Nutritional Information (per serving):

Calories: 303	Carbohydrate: 25 g
Total Fat: 11 g	Fiber: 3 g
Saturated Fat: 4 g	Sugar: 4 g
Cholesterol: 216 mg	Protein: 24 g
Sodium: 733 mg	



PROTEIN OMELET

(Makes 1 serving)

- 1 large egg
- 3 large egg whites
- Nonstick cooking spray
- ¼ cup sliced mushrooms
- ¼ cup chopped onion
- 2 oz. low-sodium, nitrite-free turkey breast, deli-sliced
- 1 slice whole-grain bread, toasted
- ½ cup melon balls

1. Combine egg and egg whites in small bowl; mix well. Set aside.
2. Heat medium nonstick skillet lightly coated with spray over medium-low heat. Add mushrooms and onion; cook, stirring frequently, for 3 to 4 minutes, or until onion is soft. Remove from skillet. Set aside.
3. Place eggs in skillet; cook over medium-low heat. Do not stir. As eggs set, lift edges, letting uncooked portion flow underneath.
4. Top with mushrooms, onion, and turkey. Gently fold omelet in half.
5. Serve with toast and melon balls.

Tips/modifications:

For a 400-calorie meal: Increase melon to 1 cup and add 1 oz. crumbled feta cheese (or goat cheese) to omelet.

For a 500-calorie meal: Increase melon to 1 cup, add 1 oz. crumbled feta cheese (or goat cheese) to omelet, and increase toast to 2 slices.

Nutritional Information (per serving):

Calories: 300	Carbohydrate: 28 g
Total Fat: 8 g	Fiber: 6 g
Saturated Fat: 2 g	Sugar: 11 g
Cholesterol: 211 mg	Protein: 33 g
Sodium: 581 mg	

VANILLA-BERRY PROTEIN SHAKE

(Makes 1 serving)

- 1 cup nonfat milk (or unsweetened almond, rice, or soy milk)
- 1 scoop Beachbody Whey Protein Powder, Vanilla flavor (or equivalent)
- ½ cup berries, fresh or frozen
- ¼ tsp. vanilla extract
- ½ medium banana, cut into chunks
- ½ cup ice

1. Place milk, Whey Protein Powder, berries, extract, banana, and ice in blender; cover. Blend until smooth.

Tips/modifications:

Add more ice for a thicker shake.

For a 400-calorie meal: Add 1 Tbsp. all-natural peanut butter (or almond butter).

For a 500-calorie meal: Add 1 Tbsp. all-natural peanut butter (or almond butter) and increase Whey Protein Powder to 2 scoops.

Nutritional Information (per serving):

Calories: 293	Carbohydrate: 42 g
Total Fat: 3 g	Fiber: 6 g
Saturated Fat: 1 g	Sugar: 31 g
Cholesterol: 40 mg	Protein: 28 g
Sodium: 176 mg	

YOGURT BOWL

(Makes 1 serving)

- ¾ cup nonfat plain yogurt (or nonfat plain Greek yogurt)
- 1 medium apple, cored, diced (about ¾ cup)
- 2 Tbsp. chopped walnuts
- 1 tsp. raw honey

1. Combine yogurt, apple, and walnuts in medium bowl.
2. Drizzle with honey.

Tips/modifications:

For a 400-calorie meal: Add 1 scoop Vanilla Beachbody Whey Protein Powder (or equivalent).

For a 500-calorie meal: Increase yogurt to 1½ cups and add 1 scoop Vanilla Beachbody Whey Protein Powder (or equivalent).

Nutritional Information (per serving):

Calories: 295
Total Fat: 10 g
Saturated Fat: 1 g
Cholesterol: 0 mg
Sodium: 122 mg
Carbohydrate: 45 g
Fiber: 5 g
Sugar: 37 g
Protein: 1 g

NUTRITION BAR

(Makes 1 serving)

- 1 nutrition bar (like P90X® Peak Performance Protein Bar)
- ¼ cup low-fat cottage cheese

1. Serve nutrition bar with side of cottage cheese.

Tips/modifications:

For a 400-calorie meal: Increase cottage cheese to ½ cup and serve with 1 small banana (or 1 large navel orange) on the side.

For a 500-calorie meal: Increase cottage cheese to ½ cup, add 2 Tbsp. chopped walnuts to the cottage cheese, and serve with 1 small banana (or 1 large navel orange) on the side.

Nutritional Information (per serving):

Calories: 291
Total Fat: 8 g
Saturated Fat: 5 g
Cholesterol: 7 mg
Sodium: 207 mg
Carbohydrate: 33 g
Fiber: 2 g
Sugar: 18 g
Protein: 27 g



DELI SANDWICH

(Makes 1 serving)

- ½ whole wheat bagel (or 1 slice whole-grain bread), toasted
- 2 oz. low-sodium, nitrite-free turkey breast, deli-sliced
- ½ oz. cheese, sliced
- 1 slice medium tomato
- 1 cup tomato juice (or vegetable juice)

1. Top bagel with turkey, cheese, and tomato.
2. Serve with tomato juice.

Tips/modifications:

For a 400-calorie meal: Increase turkey to 4 oz. and increase cheese to 2 oz.

For a 500-calorie meal: Increase turkey to 4 oz., increase cheese to 2 oz., and add other half of bagel.

Nutritional Information (per serving):

Calories: 286	Carbohydrate: 36 g
Total Fat: 6 g	Fiber: 5 g
Saturated Fat: 3 g	Sugar: 13 g
Cholesterol: 40 mg	Protein: 21 g
Sodium: 1,234 mg	

TURKEY BLT

(Makes 1 serving)

- 2 slices whole wheat bread
- 3 slices nitrite-free turkey bacon, cooked
- 1 slice medium tomato
- 1 romaine lettuce leaf
- ¼ medium pear, sliced

1. Top one slice of bread with turkey bacon, tomato, lettuce, and second slice of bread.
2. Serve with pear on the side.

Tips/modifications:

For a 400-calorie meal: Add 2 oz. sliced deli turkey and add 2 tsp. mayonnaise.

For a 500-calorie meal: Add 2 oz. sliced deli turkey, add 2 tsp. mayonnaise, and increase to 1 whole medium pear.

Nutritional Information (per serving):

Calories: 297	Carbohydrate: 36 g
Total Fat: 10 g	Fiber: 10 g
Saturated Fat: 3 g	Sugar: 11 g
Cholesterol: 45 mg	Protein: 15 g
Sodium: 816 mg	





MEAL







GRILLED CHICKEN SALAD

(Makes 1 serving)

3 cups mixed dark greens

3 oz. grilled chicken breast, cut into bite-sized pieces

½ medium apple, cored, chopped (about ⅓ cup)

4 tsp. chopped pecans

½ medium cucumber, sliced

1 tsp. fresh lemon juice

1. Place greens in large bowl.
2. Top with chicken, apple, pecans, and cucumber.
3. Drizzle lemon juice over salad; toss gently to blend.

Tips/modifications:

For a 400-calorie meal: Serve with 1 whole wheat English muffin (or 1 slice whole-grain bread).

For a 500-calorie meal: Serve with 1 whole wheat English muffin (or 1 slice whole-grain bread) and drizzle salad with 2 tsp. olive oil.

Nutritional Information (per serving):

Calories: 294	Carbohydrate: 24 g
Total Fat: 10 g	Fiber: 8 g
Saturated Fat: 1 g	Sugar: 15 g
Cholesterol: 72 mg	Protein: 30 g
Sodium: 126 mg	

SUSHI ROLL

(Makes 1 serving)

7 pieces cut tuna or salmon roll (made with brown rice if possible)

2 cups mixed salad greens

2 Tbsp. Asian vinaigrette

1. Arrange sushi on plate.
2. Place greens in medium serving bowl. Drizzle with vinaigrette; toss gently to blend.

Tips/modifications:

To avoid using too much dressing on salad, use the “fork technique”: Dip the tines of your fork in the dressing before spearing the lettuce.

For a 400-calorie meal: Add ⅓ cup steamed edamame to the greens.

For a 500-calorie meal: Add ⅓ cup steamed edamame to the greens and serve with 1 cup miso soup.

Nutritional Information (per serving):

Calories: 293	Carbohydrate: 43 g
Total Fat: 9 g	Fiber: 5 g
Saturated Fat: 2 g	Sugar: 8 g
Cholesterol: 20 mg	Protein: 12 g
Sodium: 451 mg	

BLACK BEAN SOUP AND HALF SANDWICH

(Makes 1 serving)

- 1 cup canned black bean soup
- 1 slice whole-grain bread
- 2 oz. low-sodium, nitrite-free turkey breast, deli-sliced
- 2 thin slices medium avocado
- Dijon mustard (to taste; optional)

1. Heat soup in a saucepan over medium heat, stirring frequently, until hot.
2. Top bread with turkey, avocado, and mustard (if desired).
3. Serve sandwich with soup.

Tips/modifications:

For a 400-calorie meal: Increase turkey to 4 oz., and increase avocado to ½ avocado.

For a 500-calorie meal: Increase turkey to 6 oz., increase avocado to ¾ avocado, and add 1 tsp. mayonnaise.

Nutritional Information (per serving):

Calories: 299	Carbohydrate: 44 g
Total Fat: 7 g	Fiber: 15 g
Saturated Fat: 1 g	Sugar: 10 g
Cholesterol: 25 mg	Protein: 26 g
Sodium: 732 mg	

ROAST BEEF SANDWICH

(Makes 1 serving)

- 4 oz. lean roast beef, sliced
- ½ (6-inch) whole wheat pita
- 5 cherry tomatoes, sliced
- 1 romaine lettuce leaf, shredded
- 1 cup dark salad greens
- ½ medium red or green bell pepper, sliced
- ½ medium cucumber, sliced
- 4 medium mushrooms, sliced
- Fresh lemon juice (or lime juice) (to taste; optional)

1. Place roast beef in pita.
2. Top with tomatoes and romaine lettuce.
3. Combine greens, bell pepper, cucumber, and mushrooms in a medium bowl.
4. Top with lemon juice; toss gently to blend.
5. Serve sandwich with salad.

Tips/modifications:

For a 400-calorie meal: Use the whole pita pocket and drizzle 1 tsp. olive oil over the salad.

For a 500-calorie meal: Use the whole pita pocket, drizzle 1 tsp. olive oil over the salad, and sprinkle 3 Tbsp. slivered almonds over the salad.

Nutritional Information (per serving):

Calories: 289	Carbohydrate: 31 g
Total Fat: 15 g	Fiber: 8 g
Saturated Fat: 1 g	Sugar: 10 g
Cholesterol: 80 mg	Protein: 34 g
Sodium: 790 mg	

SHAKEOLOGY

(Makes 1 serving)

- ½ cup nonfat milk (or unsweetened almond, rice, or soy milk)
- ½ cup water
- 1 scoop Shakeology, any flavor
- 1 medium banana, cut into chunks
- ½ cup ice

1. Place milk, water, Shakeology, banana, and ice in blender; cover. Blend until smooth.

Tips/modifications:

For a 400-calorie meal: Add 1 Tbsp. all-natural peanut butter.

For a 500-calorie meal: Increase milk to 1 cup, increase Shakeology to 1½ scoops, and add 1 Tbsp. all-natural peanut butter.

Nutritional Information (per serving):

Calories: 287	Carbohydrate: 52 g
Total Fat: 1 g	Fiber: 6 g
Saturated Fat: 0 g	Sugar: 32 g
Cholesterol: 12 mg	Protein: 21 g
Sodium: 159 mg	

TERIYAKI GRILLED TUNA

(Makes 1 serving)

- 4 oz. tuna steak
- 2 Tbsp. Teriyaki sauce
- 1 cup fresh spinach leaves
- ½ tsp. extra-virgin olive oil
- 1 tsp. fresh lemon juice
- ½ cup cooked brown rice

1. Place tuna in a shallow dish; pour teriyaki sauce over tuna. Marinate for 20 minutes, turning once to distribute marinade evenly on both sides. Discard marinade.
2. Preheat broiler to high.
3. Broil tuna about 5 minutes on each side, or until fish flakes easily when tested with a fork.
4. Combine spinach, oil, and lemon juice in a medium bowl; toss gently to blend.
5. Serve tuna with salad and rice.

NOTE: Discard marinade after use. Do not use as a sauce or dip.

Tips/modifications:

For a 400-calorie meal: Increase rice to 1 cup.

For a 500-calorie meal: Increase oil to 2 tsp. and increase rice to 1¼ cups.

Nutritional Information (per serving):

Calories: 292	Carbohydrates: 29 g
Total Fat: 4 g	Fiber: 2 g
Saturated Fat: 1 g	Sugar: 6 g
Cholesterol: 44 mg	Protein: 33 g
Sodium: 1,460 mg	





CHICKEN RANCH WRAP

(Makes 1 serving)

- 1 (6-inch) whole-grain tortilla
- 2 oz. grilled chicken breast, boneless, skinless, sliced
- 2 slices medium tomato
- 2 romaine lettuce leaves, torn into bite-sized pieces
- 1 Tbsp. ranch salad dressing
- ½ medium red bell pepper, sliced (about ½ cup)
- 2 medium celery stalks, cut in sticks (about 1 cup)

1. Place tortilla on serving plate.
2. Place chicken, tomato, lettuce, and dressing in center of tortilla; fold and wrap.
3. Serve with bell pepper and celery on the side.

Tips/modifications:

For a 400-calorie meal: Add ½ avocado to wrap.

For a 500-calorie meal: Add ½ avocado to wrap and serve with 1 medium sliced apple on the side.

Nutritional Information (per serving):

Calories: 293	Carbohydrate: 24 g
Total Fat: 12 g	Fiber: 4 g
Saturated Fat: 2 g	Sugar: 7 g
Cholesterol: 53 mg	Protein: 22 g
Sodium: 430 mg	



LEAN BURGER

(Makes 1 serving)

- 1 (5-oz.) lean ground beef patty
- 2 cups mixed salad greens
- Ground black pepper (to taste; optional)
- ½ cup mixed berries (or melon balls)

1. Preheat grill or broiler to high.
2. Grill or broil patty about 4 to 6 minutes on each side, or until no longer pink in the middle.
3. Place salad greens on large plate. Serve burger over salad greens.
4. Season with pepper (if desired).
5. Serve with berries on the side.

Tips/modifications:

For a 400-calorie meal: Serve patty on a whole wheat English muffin.

For a 500-calorie meal: Serve patty on a whole wheat English muffin and add ¾-oz. slice of cheese to burger.

Nutritional Information (per serving):

Calories: 299	Carbohydrate: 12 g
Total Fat: 14 g	Fiber: 5 g
Saturated Fat: 6 g	Sugar: 6 g
Cholesterol: 92 mg	Protein: 30 g
Sodium: 134 mg	



WHOLE WHEAT PASTA WITH VEGETABLES AND FETA

(Makes 1 serving)

- 2 oz. dry whole wheat pasta (about 1 cup)
- 1 cup mixed vegetables, steamed
- 3 Tbsp. crumbled feta cheese (¾ oz.)

1. Cook pasta according to package directions; drain.
2. Place cooked pasta on serving plate. Top with vegetables and cheese.

Tips/modifications:

For a 400-calorie meal: Add 2 oz. grilled chicken breast.

For a 500-calorie meal: Add 2 oz. grilled chicken breast and serve with 1 medium pear.

Nutritional Information (per serving):

Calories: 312	Carbohydrates: 49 g
Total Fat: 8 g	Fiber: 9 g
Saturated Fat: 4 g	Sugar: 4 g
Cholesterol: 25 mg	Protein: 14 g
Sodium: 361 mg	



SALMON NIÇOISE PLATE

(Makes 1 serving)

- 3 oz. salmon
- 2 cups mixed salad greens
- ½ cup green beans, steamed
- ¾ medium red potato, boiled, cubed
- 4 whole black olives
- Fresh lemon juice
- Sea salt and ground black pepper (to taste; optional)

1. Preheat broiler to high.
2. Broil salmon about 5 to 7 minutes on each side, or until fish flakes easily when tested with a fork.
3. Place greens on a serving plate.
4. Top with green beans, potato, olives, and salmon.
5. Drizzle lemon juice over salad.
6. Season with salt and pepper (if desired).

Tips/modifications:

For a 400-calorie meal: Serve with 1 whole wheat dinner roll (or 1 slice whole wheat bread).

For a 500-calorie meal: Serve with 1 whole wheat dinner roll (or 1 slice whole wheat bread) and top salad with 2 tsp. olive oil.

Nutritional Information (per serving):

Calories: 306	Carbohydrate: 36 g
Total Fat: 8 g	Fiber: 7 g
Saturated Fat: 1 g	Sugar: 7 g
Cholesterol: 47 mg	Protein: 23 g
Sodium: 476 mg	

MEAL



SASHIMI

(Makes 1 serving)

- 3 oz. sashimi (about 6 pieces), any variety
- 2 cups mixed salad greens
- 4 tsp. Asian vinaigrette
- ½ cup cooked brown rice

1. Place sashimi on a plate.
2. Place greens in a large bowl. Drizzle greens with vinaigrette; toss gently to blend.
3. Serve sashimi with rice and salad on the side.

Tips/modifications:

For a 400-calorie meal: Add ¾ cup steamed edamame to the greens.

For a 500-calorie meal: Increase sashimi to 4 oz., increase cooked rice to ¾ cup, and add ¾ cup steamed edamame to the greens.

Nutritional Information (per serving):

Calories: 296	Carbohydrate: 32 g
Total Fat: 8 g	Fiber: 4 g
Saturated Fat: 1 g	Sugar: 6 g
Cholesterol: 0 mg	Protein: 23 g
Sodium: 234 mg	

INSANITY SPECIAL NUT BUTTER AND JELLY SANDWICH

(Makes 1 serving)

- 1 slice whole-grain bread
- 1 Tbsp. all-natural peanut butter (or almond butter)
- 1 Tbsp. all-fruit preserves (or ¼ medium banana, sliced)
- ½ cup low-fat cottage cheese

1. Top bread with peanut butter and preserves.
2. Serve with cottage cheese on the side.

Tips/modifications:

For a 400-calorie meal: Add 1 slice whole-grain bread to make a sandwich and increase cottage cheese to ¾ cup.

For a 500-calorie meal: Add 1 slice whole-grain bread to make a sandwich and increase cottage cheese to 1¼ cups.

Nutritional Information (per serving):

Calories: 296	Carbohydrate: 31 g
Total Fat: 10 g	Fiber: 5 g
Saturated Fat: 2 g	Sugar: 16 g
Cholesterol: 5 mg	Protein: 22 g
Sodium: 190 mg	

COLD CUT PLATTER

(Makes 1 serving)

- Whole-grain crackers (100 calories total)
- 2 oz. low-sodium, nitrite-free turkey breast, deli-sliced
- 2 oz. low-sodium, nitrite-free ham, deli-sliced
- ½ oz. Swiss cheese, sliced
- Tomato slices (for garnish; optional)

1. Make cracker sandwiches using crackers, turkey, ham, cheese, and tomato (if desired).

Tips/modifications:

For a 400-calorie meal: Serve with 1 cup green or red grapes.

For a 500-calorie meal: Increase turkey to 3 oz., increase ham to 3 oz., and serve with 1 cup green or red grapes.

Nutritional Information (per serving):

Calories: 306	Carbohydrate: 18 g
Total Fat: 13 g	Fiber: 3 g
Saturated Fat: 5 g	Sugar: 2 g
Cholesterol: 70 mg	Protein: 30 g
Sodium: 980 mg	

TUNA SALAD IN A TOMATO

(Makes 1 serving)

- 1 (5-ounce) can solid white tuna, packed in water, drained
- 1 medium celery stalk, chopped
- ½ medium red onion, chopped
- 1 Tbsp. mayonnaise
- 1 tsp. Dijon mustard
- 1 medium tomato, top sliced off, insides hollowed out and discarded
- Fresh parsley (for garnish; optional)

1. Combine tuna, celery, onion, mayonnaise, and mustard in a medium bowl; mix well.
2. Spoon into tomato.
3. Garnish with parsley (if desired).

Tips/modifications:

For a 400-calorie meal: Serve with 1 large apple.

For a 500-calorie meal: Serve with 1 large apple and 5 pieces Melba toast.

Nutritional Information (per serving):

Calories: 288	Carbohydrate: 10 g
Total Fat: 13 g	Fiber: 3 g
Saturated Fat: 2 g	Sugar: 6 g
Cholesterol: 60 mg	Protein: 32 g
Sodium: 725 mg	



TURKEY LETTUCE WRAP AND BEAN SALAD

(Makes 1 serving)

2 oz. low-sodium, nitrite-free turkey breast, deli-sliced

3 slices medium tomato

1 Tbsp. thousand island salad dressing

2 large romaine lettuce leaves

¼ cup canned chickpeas (garbanzo beans), drained

¼ cup canned kidney beans, drained

½ medium celery stalk, chopped

1½ tsp. extra-virgin olive oil

Fresh lemon juice (to taste; optional)

Sea salt and ground black pepper (to taste; optional)

1. Place turkey, tomato, and dressing inside lettuce leaves; wrap. Set aside.
2. Combine chickpeas, kidney beans, celery, and oil in a medium bowl; mix well.
3. Season with lemon juice, salt, and black pepper (if desired); toss gently to blend.
4. Serve lettuce wrap with bean salad.

Tips/modifications:

For a 400-calorie meal: Increase turkey to 4 oz., and increase both chickpeas and kidney beans to ½ cup each.

For a 500-calorie meal: Increase turkey to 5 oz., increase both chickpeas and kidney beans to ¾ cup each, and serve with 1 cup fresh fruit salad.

Nutritional Information (per serving):

Calories: 305

Carbohydrate: 28 g

Total Fat: 14 g

Fiber: 8 g

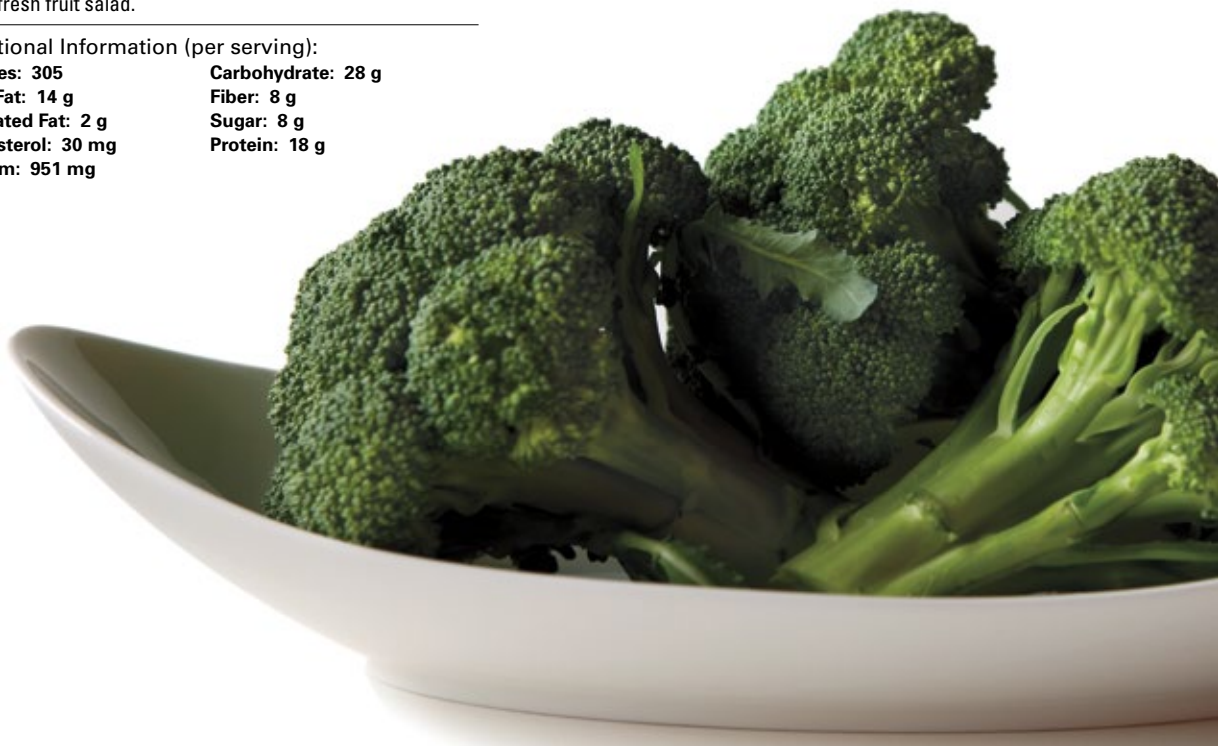
Saturated Fat: 2 g

Sugar: 8 g

Cholesterol: 30 mg

Protein: 18 g

Sodium: 951 mg



TURKEY CHILI

(Makes 1 serving)

- 1 cup turkey chili, homemade or store-bought (or veggie chili)
- 2 cups mixed salad greens
- 2 large hard-boiled egg whites, sliced
- 1 Tbsp. red wine vinegar
- 1 tsp. extra-virgin olive oil

1. Heat chili in a saucepan over medium heat, stirring frequently, until hot.
2. Place greens in a medium bowl. Top with egg whites.
3. Drizzle with vinegar and oil; toss gently to blend.
4. Serve chili with salad on the side.

Tips/modifications:

For a 400-calorie meal: Increase chili to 1½ cups.

For a 500-calorie meal: Increase chili to 1½ cups, and serve with 1 whole-grain dinner roll (or 1 slice whole wheat bread).

Nutritional Information (per serving):

Calories: 300	Carbohydrate: 40 g
Total Fat: 8 g	Fiber: 11 g
Saturated Fat: 2 g	Sugar: 11 g
Cholesterol: 30 mg	Protein: 21 g
Sodium: 576 mg	

PROTEIN PIZZA MUFFIN

(Makes 1 serving)

- 1 whole-grain English muffin, split
- ¼ cup tomato sauce
- 2 Tbsp. shredded part-skim mozzarella cheese
- 2 oz. grilled chicken breast, grilled, boneless, skinless, sliced
- ½ cup broccoli, steamed

1. Preheat oven to 350° F.
2. Place muffin halves on baking sheet. Top with tomato sauce, cheese, and chicken.
3. Bake for 10 minutes or until cheese is melted.
4. Serve with broccoli.

Tips/modifications:

For a 400-calorie meal: Increase mozzarella cheese to ¼ cup and increase chicken to 3 oz.

For a 500-calorie meal: Increase mozzarella cheese to ½ cup, increase chicken to 3 oz., and serve with 1 large navel orange.

Nutritional Information (per serving):

Calories: 301	Carbohydrate: 33 g
Total Fat: 6 g	Fiber: 6 g
Saturated Fat: 2 g	Sugar: 6 g
Cholesterol: 56 mg	Protein: 30 g
Sodium: 363 mg	





SHRIMP COCKTAIL PLATTER

(Makes 1 serving, 1 each)

- 4 oz. medium shrimp, cooked, peeled
- 3 Tbsp. cocktail sauce
- 1 lemon wedge
- 1 whole wheat dinner roll (or 1 slice of whole wheat bread)
- 1 cup mixed raw vegetables, sliced (like carrots, bell peppers, and cucumbers)

1. Serve shrimp with cocktail sauce, lemon, dinner roll, and vegetables.

Tips/modifications:

For a 400-calorie meal: Serve raw vegetables with $\frac{1}{4}$ cup hummus for dipping.

For a 500-calorie meal: Increase shrimp to 6 oz., cocktail sauce to $\frac{1}{4}$ cup, and serve raw vegetables with $\frac{1}{4}$ cup hummus for dipping.

Nutritional Information (per serving):

Calories: 298
Total Fat: 4 g
Saturated Fat: 1 g
Cholesterol: 239 mg
Sodium: 1,764 mg
Carbohydrate: 35 g
Fiber: 5 g
Sugar: 14 g
Protein: 30 g

ROTISSERIE CHICKEN AND SALAD

(Makes 1 serving)

- 2 cups mixed salad greens
- 1 tsp. extra-virgin olive oil
- Fresh lemon juice (to taste)
- 4 oz. rotisserie chicken, boneless, skinless, sliced
- 1 small Granny Smith apple, sliced

1. Place greens in medium bowl.
2. Drizzle with oil and lemon juice; toss gently to blend.
3. Serve chicken and apple over salad.

Tips/modifications:

For a 400-calorie meal: Decrease chicken to 3 oz. and serve with 1 small baked potato (with skin).

For a 500-calorie meal: Decrease chicken to 3 oz. and serve with 1 small baked potato (with skin), topped with 2 Tbsp. shredded cheese.

Nutritional Information (per serving):

Calories: 312
Total Fat: 9 g
Saturated Fat: 2 g
Cholesterol: 85 mg
Sodium: 99 mg
Carbohydrate: 26 g
Fiber: 6 g
Sugar: 18 g
Protein: 33 g



ROAST BEEF WRAP

(Makes 1 serving)

- 1 (6-inch) whole-grain tortilla
- 4 oz. lean roast beef, deli-sliced
- 2 thin slices medium avocado
- 2 slices medium tomato
- ½ cup mixed berries, fresh or frozen

1. Place tortilla on a serving plate.
2. Place roast beef, avocado, and tomato in center of tortilla; fold and wrap.
3. Serve with mixed berries on the side.

Tips/modifications:

For a 400-calorie meal: Add ¾ cup plain nonfat yogurt to the mixed berries.

For a 500-calorie meal: Add ¾ cup plain nonfat yogurt to the mixed berries and top with 2 Tbsp. chopped walnuts.

Nutritional Information (per serving):

Calories: 311	Carbohydrate: 31 g
Total Fat: 9 g	Fiber: 6 g
Saturated Fat: 2 g	Sugar: 10 g
Cholesterol: 80 mg	Protein: 29 g
Sodium: 790 mg	



MEAL





BAKED COD WITH STEAMED CARROTS, CORN, AND CAULIFLOWER

(Makes 1 serving)

6 oz. cod fillet
1 tsp. extra-virgin olive oil
2 Tbsp. whole-grain bread crumbs
Sea salt and ground black pepper (optional; to taste)
1 cup mixed carrots, corn, and cauliflower, steamed

1. Preheat oven to 375° F.
2. Rub cod with oil; coat on both sides with bread crumbs. Season with salt and pepper (if desired).
3. Place cod on baking sheet.
4. Bake for 12 to 15 minutes, or until fish flakes easily when tested with a fork.
5. Serve with steamed vegetables.

Tips/modifications:

For a 400-calorie meal: Serve with 1 whole-grain dinner roll (or 1 slice whole wheat bread).

For a 500-calorie meal: Increase cod to 8 oz., increase oil to 2 tsp., and serve with 1 whole-grain dinner roll (or 1 slice whole wheat bread).

Nutritional Information (per serving):

Calories: 296
Total Fat: 7 g
Saturated Fat: 1 g
Cholesterol: 73 mg
Sodium: 679 mg
Carbohydrate: 22 g
Fiber: 4 g
Sugar: 5 g
Protein: 35 g

DINNER OMELET

(Makes 1 serving)

1 large egg
2 large egg whites
Nonstick cooking spray
1 cup baby spinach leaves
¼ cup crumbled feta cheese (1 oz.)
1 slice whole wheat bread, toasted (or 1 toasted whole-grain English muffin)

1. Combine egg and egg whites in a small bowl; mix well.
2. Heat medium nonstick skillet lightly coated with spray over medium-low heat. Add eggs; cook. Do not stir. As eggs set, lift edges, letting uncooked portion flow underneath.
3. Top with spinach and cheese. Gently fold in half.
4. Serve with toast.

Tips/modifications:

For a 400-calorie meal: Serve with 1 medium pear.

For a 500-calorie meal: Serve with 1 medium pear and 1 cup nonfat vanilla yogurt.

Nutritional Information (per serving):

Calories: 295
Total Fat: 14 g
Saturated Fat: 7 g
Cholesterol: 219 mg
Sodium: 773 mg
Carbohydrate: 19 g
Fiber: 5 g
Sugar: 5 g
Protein: 23 g



STEAK WITH BROCCOLI

(Makes 1 serving)

- 3 oz. flank steak (or filet mignon or lean sirloin)
- Sea salt and freshly ground black pepper (to taste; optional)
- ¼ medium potato, baked
- 1 Tbsp. Dijon mustard
- ½ cup broccoli florets, steamed
- Fresh lemon juice (to taste; optional)

1. Preheat grill or broiler to high.
2. Season steak with salt and pepper (if desired).
3. Grill or broil steak for 5 to 7 minutes on each side or until meat reaches desired degree of doneness.
4. Serve with baked potato topped with mustard, and broccoli topped with lemon juice.

Tips/modifications:

For a 400-calorie meal: Increase steak to 5 oz.

For a 500-calorie meal: Increase steak to 5 oz., increase broccoli to ¾ cup, and serve with 1 cup nonfat milk.

Nutritional Information (per serving):

Calories: 304	Carbohydrate: 38 g
Total Fat: 7 g	Fiber: 6 g
Saturated Fat: 3 g	Sugar: 3 g
Cholesterol: 55 mg	Protein: 23 g
Sodium: 718 mg	

CHICKEN MEATBALLS

(Makes 1 serving, 3 meatballs)

- 3 oz. lean ground chicken
- 1 large egg white
- 1 Tbsp. whole-grain bread crumbs
- ½ cup cooked whole-grain pasta
- ½ cup marinara sauce, warm

1. Preheat oven to 375° F.
2. Combine chicken, egg white, and bread crumbs in a medium bowl; mix well.
3. Form chicken mixture into three meatballs; place on baking sheet.
4. Bake for 10 to 12 minutes or until no longer pink inside.
5. Toss meatballs with pasta and sauce.

Tip: ½ cup uncooked pasta generally yields 1 cup cooked. As a convenience, you can cook some up in advance, store it in the refrigerator, and use it for up to 4 days.

Tips/modifications:

For a 400-calorie meal: Increase chicken to 5 oz. and increase bread crumbs to 2 Tbsp.

For a 500-calorie meal: Increase chicken to 5 oz., increase bread crumbs to 2 Tbsp., increase pasta to ¾ cup, and add 1 cup steamed green beans.

Nutritional Information (per serving):

Calories: 303	Carbohydrate: 33 g
Total Fat: 9 g	Fiber: 5 g
Saturated Fat: 2 g	Sugar: 7 g
Cholesterol: 72 mg	Protein: 25 g
Sodium: 569 mg	

GRILLED SALMON WITH ASPARAGUS

(Makes 1 serving)

1 oz. dry whole-grain pasta (about ½ cup)

4 oz. salmon fillet

Lemon wedge (for garnish; optional)

15 medium asparagus spears, steamed

1. Cook pasta according to package directions; drain.
2. Preheat broiler to high.
3. Broil salmon about 6 to 7 minutes on each side, or until fish flakes easily when tested with a fork.
4. Garnish with lemon (if desired).
5. Serve salmon with asparagus and pasta.

Tips/modifications:

For a 400-calorie meal: Serve with 1 cup green or red grapes.

For a 500-calorie meal: Increase salmon to 5 oz., increase dry pasta to 1½ oz., and increase asparagus to 20 spears. Serve with 1 cup green or red grapes.

Nutritional Information (per serving):

Calories: 299	Carbohydrate: 28 g
Total Fat: 8 g	Fiber: 8 g
Saturated Fat: 1 g	Sugar: 4 g
Cholesterol: 62 mg	Protein: 32 g
Sodium: 84 mg	



CITRUS BAKED CHICKEN WITH GLAZED CARROTS

(Makes 1 serving)

5 oz. raw chicken breast, boneless, skinless
1 tsp. extra-virgin olive oil
2 Tbsp. fresh lemon juice
½ tsp. paprika
Sea salt and fresh ground black pepper (to taste; optional)
2 medium carrots, sliced, cooked, hot
2 tsp. raw honey

1. Preheat oven to 375° F.
2. Place chicken in small, ovenproof dish.
3. Drizzle with oil and lemon juice; sprinkle with paprika. Season with salt and pepper (if desired).
4. Bake for 15 to 20 minutes or until center is no longer pink and juices run clear.
5. Drizzle carrots with honey.
6. Serve chicken with carrots on the side.

Tips/modifications:

For a 400-calorie meal: Add ½ cup cooked brown rice on the side.

For a 500-calorie meal: Increase chicken to 6 oz. and add ¾ cup brown rice.

Nutritional Information (per serving):

Calories: 303	Carbohydrate: 26 g
Total Fat: 9 g	Fiber: 4 g
Saturated Fat: 1 g	Sugar: 17 g
Cholesterol: 91 mg	Protein: 32 g
Sodium: 517 mg	



BROWN RICE BOWL

(Makes 1 serving)

½ cup cooked brown rice
2 oz. grilled chicken breast, boneless, skinless, diced
½ cup corn kernels, cooked
½ cup peas, cooked

1. Combine rice, chicken, corn, and peas in a medium bowl.
2. Serve immediately.

Tip: 1 cup uncooked brown rice generally yields 3 cups cooked brown rice. As a convenience, you can cook some up in advance, store it in the refrigerator, and use it for up to 4 days.

Tips/modifications:

For a 400-calorie meal: Increase cooked rice to ¾ cup and increase chicken to 3 oz.

For a 500-calorie meal: Increase cooked rice to ¾ cup, increase chicken to 4 oz., and increase both corn and peas to ¾ cup each.

Nutritional Information (per serving):

Calories: 308	Carbohydrate: 44 g
Total Fat: 4 g	Fiber: 7 g
Saturated Fat: 1 g	Sugar: 9 g
Cholesterol: 48 mg	Protein: 25 g
Sodium: 107 mg	

TURKEY BURGER

(Makes 1 serving)

3 oz. extra lean (97% fat-free) ground turkey
2 Tbsp. fresh salsa
2 Tbsp. chopped red onion
1 whole-grain hamburger bun (or English muffin)

1. Preheat grill or broiler to high.
2. Combine turkey, salsa, and onion; mix well and form into a patty.
3. Grill or broil patty about 5 to 6 minutes on each side, or until no longer pink inside.
4. Serve on bun.

Tips/modifications:

For a 400-calorie meal: Add 1-oz. slice of cheese to the burger.

For a 500-calorie meal: Add 1-oz. slice of cheese to the burger. Serve with 1 cup fresh fruit salad.

Nutritional Information (per serving):

Calories: 317	Carbohydrate: 24 g
Total Fat: 12 g	Fiber: 2 g
Saturated Fat: 3 g	Sugar: 5 g
Cholesterol: 88 mg	Protein: 28 g
Sodium: 404 mg	



CHICKEN STIR-FRY WITH BROCCOLI, MUSHROOMS, AND SNOW PEAS

(Makes 1 serving)

Nonstick cooking spray

4 oz. raw chicken breast, boneless, skinless,
cut into 1-inch cubes

1 cup broccoli florets

½ cup sliced mushrooms

½ cup snow peas

2 tsp. reduced-sodium soy sauce

2 Tbsp. low sodium fat-free organic chicken broth

1 tsp. sesame oil

⅓ cup cooked brown rice

1. Heat large nonstick skillet lightly coated with spray over medium heat. Add chicken; cook, stirring occasionally, for 7 to 10 minutes, or until no longer pink. Remove from skillet.
2. Place broccoli, mushrooms, and snow peas in skillet. Cook over medium-high heat, stirring frequently, for 6 to 8 minutes, or until vegetables begin to soften.
3. Add chicken, soy sauce, broth, and oil; mix well. Cook until heated through.
4. Serve over rice.

Tips/modifications:

For a 400-calorie meal: Increase chicken to 5 oz. and increase brown rice to ⅔ cup.

For a 500-calorie meal: Increase chicken to 5 oz. and increase brown rice to ⅔ cup. Serve with ⅓ cup nonfat vanilla yogurt topped with ½ cup fresh or frozen berries.

Nutritional Information (per serving):

Calories: 304

Total Fat: 9 g

Saturated Fat: 1 g

Cholesterol: 73 mg

Sodium: 572 mg

Carbohydrate: 27 g

Fiber: 5 g

Sugar: 2 g

Protein: 31 g





PASTA WITH SEAFOOD MARINARA

(Makes 1 serving)

- 1 oz. dry whole-grain pasta (about ½ cup)
- 3 oz. medium shrimp, cooked, peeled
- ½ cup marinara sauce, warm
- 1 Tbsp. grated Parmesan cheese
- 1 cup spinach, steamed
- Fresh lemon juice (to taste; optional)

1. Cook pasta according to package directions; drain.
2. Combine pasta, shrimp, and marinara sauce in a medium bowl.
3. Top with cheese.
4. Top spinach with lemon juice and serve on the side.

Tips/modifications:

For a 400-calorie meal: Increase dry pasta to 3 oz. and increase shrimp to 5 oz.

For a 500-calorie meal: Increase dry pasta to 1½ oz., increase shrimp to 5 oz., and serve with 1 cup nonfat milk (or almond, rice, or soy milk).

Nutritional Information (per serving):

Calories: 307	Carbohydrate: 36 g
Total Fat: 5 g	Fiber: 8 g
Saturated Fat: 2 g	Sugar: 7 g
Cholesterol: 185 mg	Protein: 33 g
Sodium: 1,359 mg	

EXTRAS



FOOD BLOCKS

These Food Blocks can be added to help you meet your individual calorie needs. Below you'll find a list of 100-calorie and 200-calorie options to choose from. Just add these as needed to any of your five meals, or eat as a snack, to reach your daily total caloric allowance.

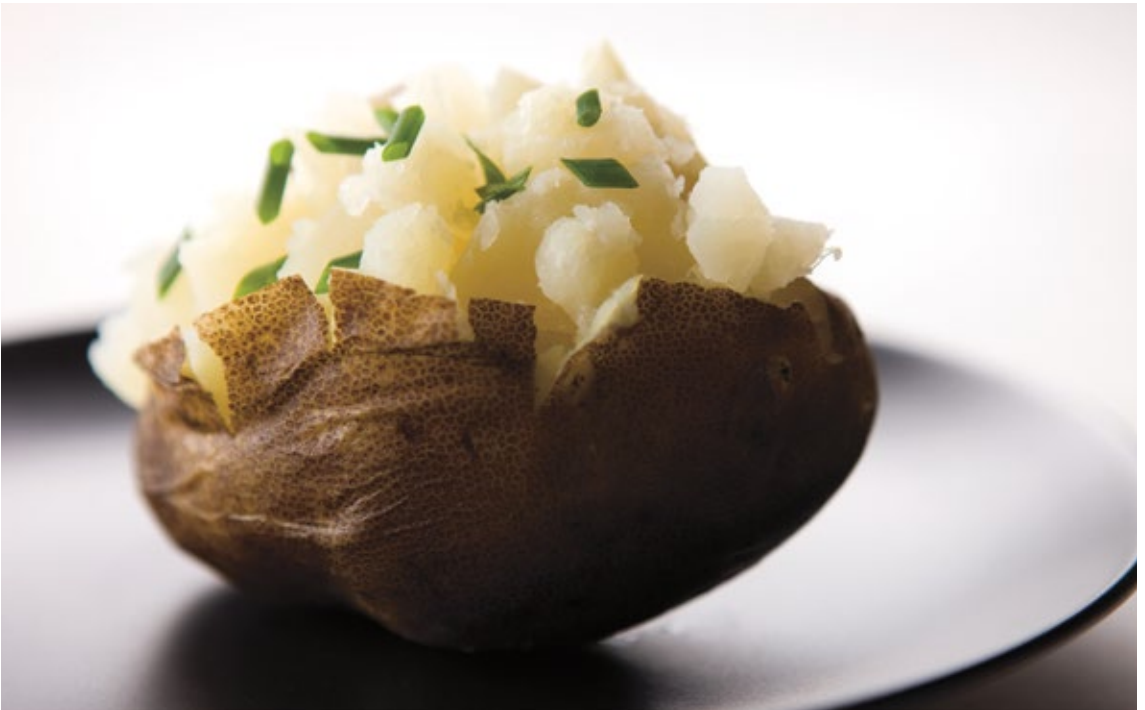
100-calorie Food Blocks

1. ½ cup cottage cheese with ¼ cup berries
2. ½ cup nonfat vanilla yogurt with 1 Tbsp Grape Nuts® or other high-fiber cereal
3. ½ apple with ½ oz. reduced-fat cheese
4. 1 hard-boiled egg with baby carrots
5. 1 medium banana
6. 12 raw almonds
7. 1 cup skim, almond, rice, or soy milk
8. 2 oz. sliced turkey on 1 slice light-style whole wheat bread
9. ½ whole-grain English muffin topped with 1 slice of tomato and a thin slice of reduced-fat cheese
10. ½ cup nonfat pudding

200-calorie Food Blocks

1. ½ cup oatmeal (measured dry and then cooked with water) topped with 1 Tbsp. slivered almonds or chopped walnuts
2. 1 banana with 1 Tbsp. peanut butter
3. 1 slice of whole wheat toast topped with 1 oz. turkey and 1 oz. reduced-fat cheese
4. 1 whole-grain rice cake topped with 1 Tbsp. all-natural peanut butter or almond butter and ½ sliced apple
5. 1 cup nonfat vanilla yogurt with 2 Tbsp. Grape Nuts® or other high-fiber cereal
6. 1 cup whole-grain high-fiber breakfast cereal with ¾ cup skim or low-fat milk
7. 1 large navel orange with 12 raw almonds
8. 3 oz. water-packed tuna mixed with 1 Tbsp. light mayonnaise served on a whole-grain rice cake
9. 1 Shakeology shake with ½ small banana
10. Egg salad made with 1 whole hard-boiled egg, 1 cooked egg white, and 1 Tbsp. light mayonnaise served on ½ a whole-grain English muffin





MONTH TWO: EAT MORE

In the second month of the Elite Nutrition program, your metabolism should be raging. As your workouts get harder and longer, you'll probably need to eat more. Below is a list of complex carbohydrates you can add to your daily food intake. Your metabolism can likely handle this additional energy at this stage of the game. However, if you would like to see your weight loss continue at a more rapid pace, you may choose to limit or avoid these additional foods altogether.

If you choose to add these complex carbs, start with 1 per day and add on as needed, up to 3 of them per day. While you can add these carbs to any of your 5 meals, it's best to fuel your body with them earlier in the day when possible.

- 1 small baked potato (with skin)
- 1 small baked sweet potato
- 1 100-calorie whole-grain dinner roll
- ½ cup brown rice, measured after cooking

- ½ cup barley, measured after cooking
- 1 small banana or 1 large orange
- ¾ cup oatmeal, cooked in water
- ½ cup canned beans, rinsed and drained
- ¾ cup whole-grain high-fiber breakfast cereal
- ½ cup whole wheat pasta, measured after cooking
- ½ cup whole wheat couscous
- 1 slice of whole-grain bread or Ezekiel 4:9® bread
- 1 whole wheat English muffin
- ¾ cup cooked corn

BASICS FOR BEGINNERS

In case you're new to sound nutrition, this section provides a quick summary of the basic building blocks. You may have heard the terms before, but here's an explanation of their importance.

Protein

Protein is essential to your body at all phases of life. Made up of amino acids, protein is responsible for building lean muscle tissue. When you're engaging in intense physical activity, such as the INSANITY workouts, getting adequate protein is critical. Your body simply will not be able to recover from these workouts without it, as ample protein is essential for muscle recovery and growth. This muscle growth is what will transform your body into a metabolic machine. The best sources of lean, high-quality protein include:

- Whole eggs and egg whites
- Skinless white-meat poultry
- Fish and seafood
- Low-fat dairy
- Lean red meat
- Lean center-cut pork chops
- Beans and legumes
- Certain veggies



Carbohydrates

Thinking of carbs as the enemy is soooo 1990s. Most of the world's healthiest foods, such as fruits, vegetables, and whole grains, are primarily carbohydrates. Carbs are your body's preferred fuel source. They aren't stored in body tissue, only by your blood and liver in limited amounts. So the more you exercise, the more you need to take in. Without enough carbohydrates, your body will shut down during hard physical exertions. Too many carbohydrates, however, and they get stored as body fat. If you skimp on carbs, you will simply not be able to complete your INSANITY workouts in style. This Elite Nutrition guide will teach you how to choose the right amount of carbs to fuel your workouts without going overboard.

Refined (or white) carbs and sugars have a high glycemic index, which can be like poison to your body. They cause an insulin response that can send your blood sugar levels soaring, then rapidly dropping. This "sugar rush" will leave you feeling lethargic, and definitely in no shape for an intense workout session. Healthy carbs generally have a low glycemic index, meaning they supply your body with a slow, steady stream of blood sugar, giving you constant energy to get you through your daily activities and fuel your INSANE workouts.

Be sure to choose "good carbs" each day. The majority of healthy carbs will come from:

- Whole fruits (an occasional juice is OK as well, but whole fruit is preferable)
- Whole vegetables
- Whole grains
- Dairy (some dairy products contain a decent amount of carbs)

Fats

Not all fats are bad for you. In fact, they're just as important as proteins and carbs, and play a key role in almost every bodily function. Many fats, such as

omega-3, -6, and -9 fatty acids, are central to the healthy function of your metabolism, immune system, and brain. The key is to avoid too much saturated fat (found mostly in fatty cuts of meat and high-fat dairy) and trans fats (found in some baked goods, stick margarines, cookies, and crackers). When in doubt, check the food label and keep the following in mind:

- Avoid any food with trans fats, which must now be listed on the label. Thankfully, most products have since eliminated trans fats.
- Limit fatty cuts of meat. The more “white” you see on pink or red meat, the more saturated fat there is. Saturated fat is solid at room temperature, so while the fat appears to dissolve when cooked, it will harden up when it cools off. The same thing occurs in your arteries—not good!
- Avoid all poultry skin; it’s best to remove it prior to cooking to keep the saturated fat from leaking into the poultry.
- Choose fatty fish, such as salmon, to optimize your intake of healthy oils.
- Choose natural cooking oils like olive oil and canola. They’re an excellent source of desirable monounsaturated fats.
- Choose all-natural nuts and nut butters.
- Choose low-fat dairy to decrease saturated fat.

NUTRITION TROUBLESHOOTING

Below you will find answers to the many questions that may come to mind as you begin the Elite Nutrition plan. If you don’t find the information that you need here, log in to the Message Boards at TeamBeachbody.com.

What if I don’t like the food choices?

If some of the meal items are not appealing to you, you can use the substitution lists found at the end of this Elite Nutrition guide to help you to swap out some of your less preferred foods for other items that you prefer. You can also use Michi’s Ladder to create meals that meet your personal preferences.

Is it worth it to go organic?

It certainly doesn’t hurt, especially when it comes to soy and dairy. Organic crops, including soy, cannot be genetically modified. This means that by paying a little more for organic tempeh, you’re avoiding those weird GMOs, not to mention pesticide residues.

With organic dairy, you’re avoiding all the hormones and antibiotics they feed conventionally raised cows. And if that’s not enough, a recent English study shows that not only is organic milk more nutritionally consistent, but it contains higher levels of omega-3 fatty acids.

As for organic produce, to be honest, science has yet to determine how much more nutritious it is (we’re betting that answer is “a lot”), but you’re still dodging all the chemical pesticides and herbicides they load on conventional fruits and veggies.

What can I drink?

Obviously, water is best. Drink at least 8 glasses a day. Your body will need it. Jazz it up with lemon or lime. Avoid soda, fruit juices, sweetened beverages, diet sodas, artificial sweeteners, or energy drinks. Unsweetened herbal teas and iced teas are fine. You can sweeten with stevia. If you drink tea or coffee, try to avoid or limit cream and sugar.

What if I can’t eat all 5 meals each day?

Eating every few hours is the backbone of the Elite Nutrition philosophy, and it is critical to getting the results you desire. If need be, you can choose less labor-intensive meals, like Shakeology, to make food preparation easier.

What if I feel sore?

It’s natural to feel tired and sore as your body adapts to the program, but this should subside over time. If it doesn’t, or if you feel it’s beyond what it should be, here are a few things to check. First off, how are you sleeping? Are you getting 7 to 8 hours of sleep each night? You really should be! If this isn’t possible, you can supplement your night of sleep with a power nap during the day. Also be sure to get adequate water.

RESULTS AND RECOVERY FORMULA®

We highly recommend you use our Results and Recovery Formula to support your body while doing INSANITY®. During intense exercise, your body burns its limited stores of blood glycogen (sugar it gets from breaking down carbs) for energy. The quickest way to replenish glycogen is to use sugar to create an insulin response to quickly restore your blood sugar levels. The quicker the response, the less damage you'll do to your muscle tissue. Slow-digesting food, which is best at any other time, won't work quickly enough during exercise. Your body will bonk (run out of energy) once its glycogen is gone, and continuing to exercise will damage muscle tissue. So this is the one time when sugar can play an important role in improving your performance.

Results and Recovery Formula is specifically designed to restore your blood sugar levels quickly. In

the 1990s, it was found that a small amount of protein could be "piggybacked" by sugar and further enhance the effects of glycogen recharge. Too much protein or fat at this time slows and diminishes sugar's effects. The optimal ratio, approximately 4 parts carbohydrate to 1 part protein, with very little to no fat, showed a 26% improvement over sugar alone, and up to 400% improvement over not recharging depleted glycogen stores. Results and Recovery Formula, composed



according to this ratio, should be taken within 1 hour of finishing a hard workout. Furthermore, if you haven't eaten enough to get through a workout, sipping Results and Recovery Formula during exercise can alleviate the bonk without causing stomach upset.

Drinking water is vital to your energy levels. If you've got that covered, try adding Results and Recovery Formula to your nutrition regimen if you aren't already drinking it. If nothing works, you may need to back off a little until your energy returns. While it's important to push through barriers, you won't make progress if your body can't recover.

What if I feel hungry?

It's natural to be a little hungry, especially at first. If you're finding yourself continually hungry, you may want to recalculate your calorie needs and double-check your portions to make sure you're eating the appropriate amount. If all that checks out and you're still hungry, try adding more calories, about 100 to 150 calories per day, to see if that helps. Drinking Results and Recovery Formula can help greatly. Post-exercise calories are used efficiently and will limit the muscular damage that sends signals to your brain to eat more.

What if I get headaches?

Headaches are common when you begin an ultra-tough exercise program, and dehydration is generally the culprit. Make sure you're drinking enough water. The added intensity of INSANITY will dramatically change your hydration requirements. Your headaches could also be the result of a nutrient deficiency, so try adding nutrient-dense foods, like red meat, oatmeal, bananas, and beans. While all the food options in the Elite Nutrition guide are ultra-nutritious, these foods were shown to help test group participants with symptoms of headaches and fatigue. If your hydration and diet are both solid and you're still experiencing headaches, back off on your exercise. If they persist, check with your doctor.

What if I'm not losing weight?

It's important to remember that the scale may not always give you a true sense of what's going on with your body, so don't feel defeated too quickly. However, if after a few weeks, the scale has not budged, try the following:

- Recalculate your calories.
- Reduce your calories by 100 to 150 calories per day, but NEVER go below 1,300 calories per day.
- Check your portions and account for everything that enters your mouth.
- Make sure you're eating every few hours.
- Make sure you aren't drinking soda, juice, or alcohol. Not only do these calories count, they're generally bad ones.
- Make sure you aren't drinking diet soda. Two recent large-scale studies showed people who regularly drank diet soda were 40 percent more likely to be obese and at very high risk of metabolic syndrome.

What if I'm not gaining the weight/muscle that I want?

To increase your muscle mass, you must consume enough protein and calories. You may want to consider adding 100 to 150 calories per day. Be sure that these calories include high-quality protein, like eggs, turkey, chicken, beans, or fish.

Can I drink alcohol?

Try to avoid alcohol. If you do drink, consider that alcohol has 7 calories per gram, almost twice that of protein and carbs, with no nutritional value. If you're trying to streamline your diet, alcohol is not the way to go.

Should I take a multivitamin?

Take a multivitamin. As you increase the workload on your body, you increase its nutrient needs. The RDA isn't going to keep up with INSANITY. Furthermore, if you're reducing caloric consumption to lose weight, you may be cutting out necessary nutrients as well. A multivitamin is like insurance for your diet.

SUBSTITUTION LISTS

Here's a list of substitutions so you can further customize the Elite Nutrition plan to your personal food preferences.

DAIRY	
Food found in meal plan	May substitute with
1 cup skim, almond, rice, or soy milk	<ul style="list-style-type: none"> • ½ cup cottage cheese (1–2%) • ½ cup low-fat yogurt • 1 oz. cheese or 1.5 oz. low-fat cheese
½ cup cottage cheese	<ul style="list-style-type: none"> • 1 cup skim, almond, rice, or soy milk • ½ cup low-fat yogurt • 1 egg or 3 egg whites • 1 Tbsp. peanut butter • 1 oz. cheese or 1.5 oz. low-fat cheese
1 oz. cheese (whole or crumbled)	<ul style="list-style-type: none"> • 1 cup skim, almond, rice, or soy milk • ½ cup cottage cheese (1–2%) • ½ cup low-fat yogurt • 1 egg or 3 egg whites • ½ oz. nuts
1 cup nonfat yogurt	<ul style="list-style-type: none"> • 1 cup cottage cheese • 2 eggs or 4 egg whites • 2 Tbsp. peanut butter

PROTEINS

Food found in meal plan	May substitute with
1 oz. chicken breast, turkey breast, or canned tuna in water	<ul style="list-style-type: none"> • 1 oz. tofu, or shrimp, or tuna, turkey, or chicken may be substituted for each other • ¾ oz. lean red meat, like sirloin • 1 oz. lean pork tenderloin • 1 egg or 3 egg whites • ½ cup 1–2% cottage cheese • ½ oz. nuts • ¼ cup beans
1 oz. fresh or canned salmon	<ul style="list-style-type: none"> • 1.5 oz. tuna, turkey, tofu, chicken, or shrimp • 1 oz. lean red meat, like sirloin • 1.5 oz. lean pork tenderloin • ½ cup 1–2% cottage cheese • 1 egg or 3 egg whites • ¼ cup beans
1 oz. shrimp or other white fish (tilapia, cod, flounder, orange roughy)	<ul style="list-style-type: none"> • 1 oz. tuna, turkey, tofu, or chicken breast • ¾ oz. lean red meat, like sirloin • 1 oz. lean pork tenderloin • 1 egg or 3 egg whites • ½ cup 1–2% cottage cheese • ½ oz. nuts • ¼ cup beans
1 egg	<ul style="list-style-type: none"> • 1.5 oz. tuna, turkey, tofu, chicken, or shrimp • 1 oz. of salmon or other “fatty” fish • 1.5 oz. of lean pork tenderloin • ½ cup 1–2% cottage cheese • 3 egg whites • ¼ cup beans
1 oz. red meat	<ul style="list-style-type: none"> • 1.5 oz. tuna, turkey, tofu, chicken, or shrimp • 1 oz. salmon or other “fatty” fish • 1.5 oz. lean pork tenderloin • ½ cup 1–2% cottage cheese • 1 egg or 3 egg whites • ¼ cup beans

BREADS/STARCH

Food found in meal plan	May substitute with
Half a 6-inch whole wheat pita	<ul style="list-style-type: none"> • 1 slice whole wheat bread • 1 whole wheat English muffin • 1 small whole-grain dinner roll
1 slice whole wheat bread (about 100 calories per slice)	<ul style="list-style-type: none"> • 1 small dinner roll • 1 English muffin • ⅓ cup rice • ½ cup whole-grain cereal, no sugar added • ½ a 6-inch whole wheat pita
1 slice light-style bread (about 45 to 55 calories per slice)	<ul style="list-style-type: none"> • ½ small dinner roll • ½ English muffin • ¼ cup brown rice • ⅓ cup whole-grain cereal, no sugar added • ⅓ a 6-inch pita
1 cup oatmeal (cooked)	<ul style="list-style-type: none"> • 1 cup whole-grain cereal, no sugar added • 1½ slices wheat bread • 1 English muffin • 1 cup Cream of Wheat®
⅓ cup cooked rice	<ul style="list-style-type: none"> • ½ cup pasta or couscous • 1 small baked potato or sweet potato • ⅔ cup green peas • 1 slice whole-grain bread • ⅓ cup cooked barley
Small baked potato	<ul style="list-style-type: none"> • 1 baked sweet potato • ⅓ cup brown rice • ½ cup whole wheat pasta or couscous • ⅓ cup cooked barley • 1 piece of whole-grain bread or 1 whole wheat English muffin
½ cup pasta	<ul style="list-style-type: none"> • ⅓ cup of brown rice or barley • ½ cup couscous or orzo • 1 slice whole wheat bread or 1 small whole-grain dinner roll

FRUIT

Each of the following equals 1 single serving of fruit and may be interchanged as desired.

½ banana	1 apple
2 small plums	15–20 grapes
1 peach	1 orange
1 cup of berries (blueberries, strawberries, blackberries, or raspberries)	1 cup melon chunks (cantaloupe, honeydew, or watermelon)
½ cup pineapple chunks	½ mango
½ papaya	15–20 cherries
2 kiwis	1 pear

VEGETABLES

Each of the following equals 1 serving of vegetables and may be interchanged as desired.

1 cup cooked broccoli (2 cups raw)	3 cups salad greens
1 cup cooked spinach (2 cups raw)	12 asparagus spears
½ cup corn or 1 ear corn on the cob	1 cup cooked zucchini
½ cup cooked peas	1 cup cooked green beans
1 cup cooked mushrooms (2 cups raw)	¾ cup cooked pea pods
1 cup sliced cucumber	1 whole tomato or 14 cherry tomatoes
1 cup steamed bell pepper pieces (2 cups raw)	1 cup steamed Brussels sprouts

DAY 1**60-DAY JOURNAL**

MEAL	CALORIES	ADD-ONS	TOTAL CALS.
1			
2			
3			
4			
5			
TOTAL			

DOWNLOAD MORE FITNESS JOURNAL PAGES AT GETINSANITY.COM/DOWNLOADS

MICHI'S LADDER

CARB ●

FAT ▲

PROTEIN ■

MICHI'S LADDER IS A GUIDELINE, BUT WE LEAVE IT TO YOU TO DECIDE. IF YOU ONLY ATE FROM TIERS 1 AND 2, YOU WOULD HAVE A NEAR-PERFECT DIET.

TIER 1: THE PIOUS TIER

Apples, with skin ●	Eggs, whole ▲ ■	Peppers ●
Artichokes ● ■	Endive ●	Pineapple ●
Arugula ●	Fish, cold water (salmon, mackerel, sardines) ▲ ■	Plantains ●
Asparagus ●	Fish, freshwater ▲ ■	Prunes ●
Avocados ▲	Flaxseed ▲	Radishes ●
Beans ● ■	Garlic, fresh ●	Raspberries ●
Beets ●	Granola, raw, no sugar ● ■	Refried beans, nonfat ● ■
Blueberries ●	Hemp seed ▲	Rice, brown ●
Bok choy ●	Hummus ● ■	Salsa, natural, no sugar ●
Boysenberries ●	Kale ● ■	Spinach ● ■
Bran ●	Kiwifruit ●	Squash ● ■
Broccoli ● ■	Lettuce, romaine, green or red leaf ●	Strawberries ●
Broccoli sprouts ● ■	Melon, honeydew ●	String beans ● ■
Brussels sprouts ●	Milk, nonfat ● ■	Sweet potatoes ●
Buffalo ▲ ■	Muesli, raw, no sugar ● ■	Tea, green or black, no sugar
Cabbage ●	Mushrooms ●	Tempeh ● ■
Carrots ●	Mustard ●	Tomato sauce, no sugar ●
Cauliflower ● ■	Nectarines ●	Tomatoes ●
Celery ●	Oatmeal ● ■	Turkey breast (free range) ■
Cereal, whole-grain ●▲■	Olive oil ▲	Venison, free-range ▲ ■
Chard ● ■	Olives ▲	Vinegar (raw apple cider vinegar)
Cherries ●	Onions ●	Water
Citrus fruits ●	Ostrich ▲ ■	Watermelon ●
Coconut oil, unrefined ▲	Papayas ●	Yams ●
Collard greens ● ■	Pears, with skin ●	Yogurt, nonfat, no sugar ● ■
Cottage cheese, nonfat ■	Peas ● ■	Zucchini ●
Cucumbers ●		

TIER 2: THE HAPPY TIER

Apples, skinless ●	Coffee, black or cappuccino w/ nonfat milk ● ■	Plums ●
Bananas ●	Corn ●	Raisins ●
Beef, filet mignon ▲ ■	Cottage cheese, low-fat ▲ ■	Ricotta cheese, nonfat ■
Beef, lean ground ▲ ■	Cream cheese, nonfat ■	Seitan ● ■
Beef, sirloin ▲ ■	Duck, free-range ▲ ■	Soy Milk ● ■
Bread, whole-grain ●	Egg whites ■	Squid ■
Butter (If not salted and from grass fed cows, it could even be Tier 1!) ▲	Eggplant ●	Sunflower seeds ● ■
Cantaloupe ●	Fish, farmed ■	Tofu ● ■
Cheese, nonfat ■	Grapes ●	Tortillas, whole wheat ● ■
Chicken, skinless (free range/ grain fed) white meat ■	Juice, fresh-squeezed w/ pulp, no sugar ●	Vegetable juice ● ■
Coconut ▲	Mangoes ●	Veggie burger ● ■
	Milk, 1% ● ■	Vinegar
	Walnuts, raw ●	Yogurt, no sugar ● ■
	Peaches ●	

TIER 3: THE SWISS TIER

Applesauce ●	Fruit, dried ●	Pasta, whole-grain ●
Bagels ●	Granola, (No sugar added) ● ▲	Popcorn, plain ●
Beef, eye of round ▲ ■	Honey ●	Peanut butter, raw ▲ ■
Beef, London broil ▲ ■	Jam or marmalade (No sugar added) ●	Pork tenderloin ▲ ■
Beef, top round ▲ ■	Jerky, turkey ■	Potatoes, baked or boiled ●
Canola oil ▲	Ketchup (no sugar added) ●	Refried beans, low-fat ● ■
Cheese, low-fat ▲ ■	Lamb, lean ▲ ■	Rice cakes ●
Chicken, dark meat ▲ ■	Lettuce, iceberg ●	Rice, white ●
Chicken sandwich, broiled ● ■	Lobster ■	Sauerkraut ●
Chicken taco, baked ● ■	Meal replacement bar ● ■	Soup, canned broth, low sodium ● ▲
Chili (no lard/or sugar added) ● ■	Milk, 2% ● ■	Soy nuts ● ■
Clams ■	Muesli ● ▲	Steak, lean ▲ ■
Crab ■	Oatmeal, flavored ●	Veal cutlet ▲ ■
Cream cheese, low-fat ▲ ■	Oysters ■	Yogurt, frozen, nonfat ● ■
French fries, baked ●	Pancakes, buckwheat ● ■	

TIER 4: THE DODGY TIER

A1 Steak Sauce ●	Jell-O ●	Pretzels ●
Angel food cake ●	Juice, from concentrate ●	Pudding, w/ low-fat milk ● ▲
Animal crackers ●	Juice, sweetened ●	Reuben sandwich ▲ ■
Beef Stroganoff ▲ ■	Lamb chops ▲ ■	Sherbet ●
Beer ●	Lasagna, w/ meat ▲ ■	Shrimp ■
Bread, refined flour ●	Macaroni and cheese ● ▲	Sloppy Joe, lean beef or turkey ▲ ■
Caesar salad, w/ chicken ● ■	Margarine ▲	Soft drinks, diet (Note: artificial sweeteners can be as bad for you as sugar itself)
Canadian bacon ▲ ■	Mayonnaise ▲	Soup, canned creamy ● ▲
Cheese (including bleu and goat) ▲	Meat loaf ▲ ■	Soy sauce ●
Chinese food ● ■	Mexican food ● ■	Spaghetti, w/ meatballs ● ■
Chips, low-fat, baked ●	Milk, whole ● ■	Sub sandwich ● ■
Coffee, iced mocha latte w/ nonfat milk ● ■	Muffins ● ▲	Sweet-and-sour sauce ● ▲
Coffee, latte w/ whole milk ● ■	Nuts, salted or roasted ▲	Taco salad, w/ chicken ● ■
Coffee cake ● ▲	Pancakes ●	Tortilla, refined flour or corn ● ▲
Crackers ●	Peanut butter, not raw ● ▲	Tuna salad or chicken salad ▲ ■
Graham crackers ●	Pepper, stuffed ▲	Wine, red ●
Grilled cheese sandwich ● ▲	Pizza, meatless or Hawaiian style ● ■	Wine, white ●
Ham ▲ ■	Popcorn, w/ salt and butter ● ▲	Yogurt, frozen ● ■
Hot dogs, turkey ▲ ■	Pork chop ▲ ■	
Ice cream, sugar-free or fat-free ●	Potato salad or macaroni salad ● ▲	

TIER 5: THE NEWBURG TIER

Alcohol, hard liquor	Coffee, mocha, macchiato, ice blended, frappé, triple caramel vanilla buzz bomb, etc. ● ▲	Onion rings ● ▲
Bacon ▲ ■	Cookies ● ▲	Pastries ● ▲
Baked beans ● ■	Cream cheese ▲	Pies ● ▲
Beef, ground, regular ▲ ■	Creamed veggies ● ▲	Potato skins, fried ▲
Beef taco, fried ▲ ■	Creamer, nondairy ▲	Potatoes, fried ● ▲
Breakfast sandwich, fast food ▲ ■	Doughnuts ● ▲	Potpie ▲ ■
Cakes ●	French fries ● ▲	Refried beans, w/ lard ● ■
Candy ●	Gravy ▲	Salad dressing, creamy ▲
Cereal, sugared ●	Hamburger, fast food ▲ ■	Sausage ▲ ■
Chicken a la King ▲ ■	Hot dogs ▲	Soft drinks, sugared ●
Chicken, buffalo wings or nuggets ▲ ■	Ice cream ● ▲	Tater tots ● ▲
Chicken or fish sandwich, fried ▲ ■	Jerky, beef, pork, venison ■	Toaster pastries ▲
Chips, potato or corn ● ▲	Juice, sugar added ●	Vegetable oil ▲
Chocolate ● ▲	Lobster Newburg ▲ ■	
Cinnamon bun ● ▲	Nachos ● ▲	



SHAKE. DRINK. PERFORM.

SHAKEOLOGY HELPS YOU DIG DEEPER DURING WORKOUTS, MAINTAIN YOUR ENERGY LEVELS, AND OPTIMIZE YOUR RESULTS.*

Exercising at an **INSANE** level requires serious nutrition. Something that satisfies, energizes, and promotes good health. That's why Shakeology is your perfect workout partner.

Each serving of Shakeology is packed with antioxidants, energy-boosting superfoods, a full spectrum of vitamins and minerals, prebiotics and enzymes for better digestive health, and more than 15 grams of muscle-feeding protein. Even eating the recommended daily serving of fruits and vegetables won't give you this much nutrition. Shakeology also simplifies your meal plan, reduces your junk food cravings, and accelerates your fitness results!*

SHAKEOLOGY HELPS YOU:*

- **INCREASE ENERGY**
- **REDUCE CRAVINGS**
- **GET LEAN**

You're about to get in the best shape of your life with **INSANITY**. Be prepared. To learn more about how Shakeology can work for you, contact your Team Beachbody® Coach or visit Shakeology.com now.

NOW AVAILABLE IN 4 DELICIOUS FLAVORS:

- **Chocolate** • **Chocolate Vegan** • **Greenberry** • **Tropical Strawberry (vegan formula!)**

*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.

All trademarks, products, or service names are the property of their respective owners.

INSANITY is an extreme and physically demanding workout. This is NOT for beginners or individuals with any medical condition that may be compromised by extreme cardio and strength exercise. Consult your physician and read the enclosed safety and other materials before beginning this program.

© 2012 Beachbody, LLC. All rights reserved. Distributed by Beachbody, LLC, Santa Monica, CA 90404. Beachbody, LLC, is the owner of the INSANITY, Results and Recovery Formula, Dig Deeper, P90X, Shakeology, Healthiest Meal of the Day, Beachbody, and Team Beachbody trademarks, and all related designs, trademarks, copyrights, and other intellectual property. If you are a member of the Team Beachbody® community, contact your Coach for information and support, or log in at TeamBeachbody.com. For Beachbody® and Team Beachbody Customer Service, go to Beachbody.com
SANNUT1201 Rev. 07/24/12