The Body Beast Eating Plan
**SOME THOUGHTS FROM SAGI ON THE BODY BEAST EATING PLAN**

“*To eat is a necessity, but to eat intelligently is an art.*”

—François de La Rochefoucauld

The first part of this sentence is obvious; we need food to live. But there’s a big difference between just staying alive and actually bettering our bodies. Yes, you need to eat to survive—but to thrive, to allow your body to live up to its full potential, you need proper nutrition.

What you eat directly affects your body. Your body takes it in, then breaks it down and reassembles it into your brain and other organs, your hormones, your bones, your muscles—every cell in your body. So proper nutrition has a huge influence on improving our health and vitality, preventing disease, achieving desired weight, and of course building muscle. In order to become a mass of muscle, you’re going to need to eat. A lot! In fact, you might even say that making sure you get all those calories is the very crux of the entire Beast program.

That’s what I want to teach you to do in the **Body Beast Eating Plan**.

The plan consists of 5 to 6 meals a day—or even more, if mass is your goal.

How many calories you need to consume will depend on your goals and your body type, which you can figure out by using the equations on the following pages. Once you’ve worked that out, you’ll choose from one of two caloric paths: **Mass** or **Ripped**. Either can be done whether you’re following the **Huge** or **Lean Beast** training schedule.

My **Body Beast Eating Plan** will not only help you determine what to eat, it will help you determine when to eat. Nutrient timing is important. So to help you do this as simply as possible, there’s the Beachbody Performance line—Energize, Hydrate, Recover, Recharge, and Creatine. When used alongside the Eating Plan, they’ll help give your body targeted fuel when you need it, as well as the tools to help you recover faster. As you read through this guide, you’ll see how I’ve incorporated these supplements into the plan.

You’ll often hear weightlifters say that food is 50% of the equation. I don’t agree. I think it’s 100% of the equation. It influences your lifting sessions. It influences your recovery. It influences every single aspect of your health and every one of your fitness goals. If you don’t eat enough of the right foods, you simply can’t get the body you desire!

So pull up a knife and fork and get ready to eat like a Beast.

—Sagi
How to eat like a BEAST.

Even though we throw some fairly complex concepts around in this plan, at its core, eating like a Beast is easy. It takes three simple steps:

1. Figure out how many calories you need using the Beast Calorie Calculator (page 26).

2. Find the Body Beast Portion Chart that corresponds with your calorie level (pages 30–32).

3. Satisfy those portions, using foods from these three great resources you’ll find in this book:

The Body Beast Food Lists (pages 38–46)
You aren’t tied to a specific meal plan, so here you can mix and match foods from the same group—just remember to stay within the allotted portions!

The Body Beast Recipes (pages 53–80)
These recipes were designed with bodybuilding in mind. They’re made with ingredients you can find in the Body Beast Food Lists, and many of them can be made in large amounts and frozen in individual portions and eaten throughout the weeks.

The Beast-O-Matic Shakes (page 52)
The Beast-O-Matic gives you flexibility to make nutritious shakes using the Body Beast Food Lists and your own creativity.

It’s that easy! Of course, we’ll cover some of the nuances, like nutrient timing and supplementation, over the course of this book. Some of you may have years of experience doing these sorts of things. Others will be taking a serious look at their nutrition for the first time. Either way, don’t let the details cause you too much stress, and don’t worry about messing up. As long as your workouts are improving, you’re on the right track.
SAGI’S THREE S’S OF COOKING: SIMPLE. SYSTEMATIC. SWIFT.

Sagi tells his clients to spend 1 hour exercising each day and 23 hours recovering—but who wants to spend those 23 hours cooking? With that in mind, here are his three S’s: Get your cooking done simply, systematically, and swiftly. Prepare high-quality foods in large volume, then freeze them in smaller portions, thawing out or heating up to fit your schedule.

So stock up on freezer bags or plastic food containers and get cooking! Once you get your system down, you’ll find it helps to change your fitness and health profoundly.

GEAR UP YOUR KITCHEN

While this program doesn’t require you to become a master chef, there are some kitchen tools you’ll want to make sure you have to make food preparation simple. Nothing fancy, mind you—just a few things you can pick up in any department store or online. Make sure you have:

- A food scale
- A set of measuring cups
- A set of measuring spoons
  (or scratch these first three and get yourself a set of Portion Fix® containers)
- A blender and/or shaker cup
  (for your Beast-O-Matic, Shakeology®, and Beachbody Performance shakes!)

BE A FOOD CARRIER!

Being a food carrier means just that: You make sure you have the foods you want to eat with you at all times. With all those calories to eat all day long, you need to be ready to fuel up on demand. If you don’t, you could find yourself forced to choose quick foods that’ll toxify your body and inhibit your results. You can also end up overeating and stressing out, or worse, under-eating, in which case your body starts eating up all that muscle you’ve been trying to build just so it can survive.

The best way to carry around an assortment of great snacks is to invest in a sectional plastic food storage container with an airtight lid. This will allow you to keep an assortment of foods fresh, unmixed, and undamaged.
Drinking like a Beast

Your goal may be to become 100% muscle, but it’s a fact of physiology that your body is made up of as much as 60% water. With that in mind, hydration is key. Among other benefits, getting enough water helps keep your joints hydrated, inhibit colds and flu, and flush toxins out of your system. All crucial for achieving Beastliness.

We recommend that you start hydrating right off the bat, with three glasses of water first thing each morning. From there, keep things going with at least three quarts of water a day.

DRINKING YOUR CALORIES

Generally speaking, it’s almost always healthier to eat your calories rather than drink them. However, the bodybuilder’s diet can be different. If you’re trying to eat 4,000-plus calories, drinking some of those makes sense. Liquid calories can help get the numbers up, assuming you’re still making a point of consuming all the fiber you need from solid foods.
The Liquids Portion Lists (see page 46) don’t technically play a role in the official Body Beast Eating Plan unless you’re eating on the higher end of the calorie scale, but if you want to replace a few solid foods with liquids, here’s how:

If you want to drink from the MILKS list, use it to replace a YELLOW portion. If you want to drink from the FRUIT JUICES list, use it to replace a PURPLE portion.

If you want a little more guidance on drinking your calories, check out the Beast-O-Matic Shakes on page 52.

**A QUICK NOTE ON ALCOHOL AND CAFFEINE**

If you have to ask if it’s OK, odds are you’re going to drink booze whether we suggest it or not, and frankly, the occasional mug/glass/snifter isn’t going to hurt your training. Of course, we’re talking no more than one or two standard drinks a day.

When it comes to caffeine, a hit of low-dose caffeine like you’ll find in Beachbody Performance Energize can benefit your workout. Or a scoop of Shakeology Focused Energy Boost can be just the thing to shake off those morning cobwebs. But if we’re talking about tea or coffee, try to stay away from added sugars, artificial sweeteners, and creamers.
Serious bodybuilders suddenly turn into MIT grad students when it comes to calculating calories. In their minds, everything needs to be factored down to the last decimal.

In truth, all this math may exercise their minds, but it isn’t doing much for their bodies. Body Beast takes a simpler, yet equally effective approach. Follow these steps to find your Calorie Target.

**STEP 1: Calculate Your Caloric Baseline**

- If you live a sedentary lifestyle (desk job, lots of TV time),
  take your current weight in pounds \( \times 11 = \) 

- If you live a moderate lifestyle (light housework, on your feet part of the day),
  take your current weight in pounds \( \times 12 = \) 

- If you live an active lifestyle (manual labor, on your feet all day),
  take your current weight in pounds \( \times 13 = \) 

Note: These activity levels do not include your Body Beast workouts

This is your Calorific Baseline. You’ll want to recalculate this after each phase.

**STEP 2: Choose Your Plan and Calculate Your Calorie Target**

If you’re looking to gain muscle mass, follow the **MASS Calorie Plan.** If your goal is to look lean, follow the **RIPPED Calorie Plan.** (If you’re looking to do both, follow the Mass Calorie Plan until you hit your desired weight, then do Phase 3 until you get cut or start over on the Ripped Calorie Plan.) If you’re just looking to lose weight, follow the
CALCULATING YOUR BODY FAT %

It's easy for you to get an acceptable body fat % estimate, either by using body fat calipers, or by using a simple online calculation like the one you'll find at TBBBodyFatCalc.com.

MASS Calorie Plan

Phases 1 and 2

If you're a man with a body fat percentage of 10% or below [or]
If you're a woman with a body fat percentage of 20% or below

Caloric Baseline +1,000 calories = Calorie Target

If you're a man with a body fat percentage above 10% [or]
If you're a woman with a body fat percentage above 20%

Caloric Baseline + 800 calories = Calorie Target

Phase 3

If you're a man with a body fat percentage of 10% or below [or]
If you're a woman with a body fat percentage of 20% or below

Caloric Baseline + 200 calories = Calorie Target

If you're a man with a body fat percentage above 10% [or]
If you're a woman with a body fat percentage above 20%

Caloric Baseline + 100 calories = Calorie Target

Remember: Recalculate weight and body fat between each Phase.

WEIGHT LOSS Calorie Plan. Though it makes the most sense to pair Mass with the Huge training schedule and Ripped with the Lean training schedule, these plans work either way. For example, if you don’t like doing cardio you can get great results doing the Huge training schedule with the Ripped Calorie Plan. No matter how you cut it, it’s all about hard training and healthy eating, which equals results.
RIPPED Calorie Plan
Phases 1 and 2
If you're a man with a body fat percentage of 10% or below [or]
If you're a woman with a body fat percentage of 20% or below
Caloric Baseline + 600 calories = Calorie Target

If you're a man with a body fat percentage above 10% [or]
If you're a woman with a body fat percentage above 20%
Caloric Baseline + 400 calories = Calorie Target

Phase 3
If you're a man with a body fat percentage of 10% or below [or]
If you're a woman with a body fat percentage of 20% or below
Caloric Baseline + 200 calories = Calorie Target

If you're a man with a body fat percentage above 10% [or]
If you're a woman with a body fat percentage above 20%
Caloric Baseline + 100 calories = Calorie Target

Remember: Recalculate weight and body fat between each Phase.

WEIGHT LOSS Calorie Plan
At its core, Body Beast is intended to help you build muscle—and that’s exactly what it does. But that may not be your goal. If you just want to use these workouts to lose weight and feel great, you can do that too! Here’s how:

Take your current weight in pounds \( \times 10 \) = calories per day for the entire program—BUT EAT IN THE BEAST PHASE THE ENTIRE TIME

Example: If you weigh 160 pounds, you would need to consume 1,600 calories per day. Go to the Portion Charts for whatever phase you’re on and find the 1,600-Calorie Portion Chart.

Easy, right? (The truth is, shedding a few pounds is much simpler than the transformations involved with bodybuilding.) Of course, there are a few things to keep in mind.

1. If your calories are less than 1,200, use the 1,200-Calorie Portion Chart. Otherwise, round down to the closest Portion Chart.
2. If you experience a weight-loss plateau for more than 2 weeks, move up to the next chart. Odds are that you are under-eating and slowing your metabolism.
3. If you feel constantly fatigued or your muscles aren’t recovering, move up to the next chart. This is a demanding program and working out without adequate nutrition only increases your chance of injury.

You’ll also need to approach your workouts differently. You can still do the Build and Bulk workouts (even though you’re only eating in the Beast Phase), but tailor them for weight loss by lifting lighter weights. Keep the intensity up and complete every repetition. For example, if the exercise calls for 12 reps, be sure to use a weight that allows you to perform all 12 reps with good form. If you find yourself not able to reach the set amount of reps with your chosen weight, try picking up something lighter.
The Body Beast Phases

Now that you know how much to eat, you probably want to know what to eat during the Build, Bulk, and Beast Phases. Before we do that, let’s discuss why you’re going to eat it.

“Knowledge + Action = Results.” – Sagi

PHASES 1 AND 2

Whether you choose Mass or Ripped, the first two phases, Build and Bulk, are designed similarly, to fuel your workouts so you improve as fast as possible. No matter your goals, that’s where any workout program worth its salt begins. If you don’t fuel specifically for recovering for the workouts, you’re working against yourself. The workouts in the Build and Bulk Phases are very intense. In these phases, your diet is set up so that you’re 100% ready to give your all from one workout to the next.

And remember, it’s still okay to do these two phases if you choose Thin, but make sure not to lift to failure.

PHASE 3

The Beast Phase workouts switch their focus and so should your diet. You’ll probably notice that you’re doing more cardiovascular work and eating fewer carbs. This is by design. It’s the money phase, where you’ll shred your last vestiges of body fat and get ready to pose down.

Must I shift to Phase 3?

Phase 3 is designed around cutting. If you still want to get bigger you can opt to stay in Phases 1 and 2 as long as you like. In fact, if you’re not making the switch to the Beast Phase of the workouts, you may not want to tackle the third phase of the nutrition plan either. However, keep in mind that it’s just food—and healthy food at that. There’s nothing wrong with trying a phase and then switching back. Feel free to experiment and let performance be your guide.
The Body Beast Portion Charts

Here’s where we address exactly what you’ll eat. You know how many calories you need and which phase you’re going to be in, so simply match those to the corresponding chart below. This chart allows you to use either the Portion Fix containers or the amounts listed in the Food Lists in the section that follows.

### PHASE 1 AND 2
#### THE BUILD AND BULK PHASES:

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<th>Fruits or Fruits Juices</th>
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Remember, even though they use the same charts, you’re going to want to recalculate your calories between Phases 1 and 2 because your body will be changing and its caloric needs are changing with it. There’s also a chance that your caloric needs don’t match one of the charts. If this is the case, simply round up to the nearest chart.

**WANT TO MAKE MEASURING YOUR FOOD EVEN EASIER?**
Ditch those measuring cups! You can use the containers from Beachbody’s Portion Fix system to quickly portion out your food. The containers are color-coded to match the portions described in this guide. All you have to do is fill them up and you’re ready to get your Beast on! To learn more or get a set, visit TeamBeachbody.com or Beachbody.com.

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About the Body Beast Food Lists

“Many bodybuilders make the mistake of following the idiom of ‘Eat everything you see.’ Sure, this is a good way of getting huge, but an imperfect diet will never allow you to attain perfection. When working toward my goal of being the best I can be, I know that the difference between first place and second place comes down to what I put in my mouth. In achieving my Beast body, I’ve committed 100% to eating healthily—and so should you.”

—Sagi

Now let’s get even more specific about the what of eating the Beast way. Here you’ll find lists of healthy, minimally processed, muscle-building foods for the portion plans outlined in the last section. Once you’ve figured out how many of each of the portions you need, pull from the following lists. So if you see 5 Proteins, eat 5 Protein portions. Simple. They’re even in hierarchical order to help you make healthier choices. The more you choose from higher up on each list, the cleaner your diet will be. (But don’t be too restrictive. Variety is key to healthy eating.)

If you need a little help figuring out ways to pick your portions, check out the recipe section starting on page 53 or try a Beast-O-Matic Shake on page 52.

And remember, Body Beast Portion Charts and Food Lists are color-coded to work with Beachbody’s Fix Container System. You don’t need the system to get your Beast on, but those containers are a great way to make your plan even easier. (And they come with snap-tight lids for you food carriers out there!)

On the following pages are examples of how someone eating 3,000 calories a day and someone eating 1,600 calories a day might spread out their portions. Keep in mind that these are just suggestions. Feel free to arrange your portions in the way that best suits your needs.

If you’re detail-oriented and take the time to double-check your caloric and macronutrient levels, you may notice that you won’t hit the exact numbers every day. That’s nothing to worry about. If you maintain a varied diet, you’ll hit the numbers on average over the course of the program, give or take a couple percentage points. Keep in mind that your body may be a machine, but it’s not a computer. A little variation is actually a good thing because routine can lead to plateaus.

Train hard, eat well, listen to your body, and you’ll be fine.
WHERE’S MY SOY?
The Body Beast Eating Plan lacks soy-based foods like tofu and soy milk. That’s because Sagi takes a hard anti-soy stance. He feels that soy consumption increases estrogen, decreases testosterone, and slows metabolism, making it counterproductive to your Beastly goals.

A BULK PHASE 3,000–3,199 CALORIE SAMPLE MEAL PLAN

<table>
<thead>
<tr>
<th>PHASE 1: 3,000–CALORIE SAMPLE MEAL PLAN A (with Post-Workout Recovery Shake)</th>
<th>Meal Ideas</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td>1 serving Goat Cheese, Tomato, and Parsley Scramble; 5 asparagus spears sautéed in 1 tsp. olive oil; 1 medium banana; ¾ cup 1% cow’s milk</td>
</tr>
<tr>
<td><strong>BEAST-O-MATIC (JAGUAR)</strong></td>
<td>Shake: ¾ cup plain 2% Greek yogurt, ½ medium banana, 3 tsp. peanut butter, 1 cup sweetened almond milk, stevia to taste (optional), 1 cup ice</td>
</tr>
<tr>
<td><strong>LUNCH</strong></td>
<td>1 serving Tuna Salad Sandwich; 1 small apple</td>
</tr>
<tr>
<td><strong>POST-WORKOUT RECOVERY SHAKE</strong></td>
<td>Post-Workout Shake: 1½ cups 1% cow’s milk, 1 scoop Beachbody Performance Recover,* 1 scoop (5 g) Creatine, 1 cup ice</td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td>1 serving Power Turkey Meatloaf; 2 servings boiled red potatoes sprinkled with 2 Tbsp. sesame seeds; Tomato-Cucumber Salad with Garbanzos: 2 cups sliced raw tomatoes; 2½ cups sliced raw cucumbers; ¾ cup canned garbanzo beans, rinsed and drained, seasoned with lemon juice or vinegar; 2 cups fresh raspberries</td>
</tr>
<tr>
<td><strong>SNACK</strong></td>
<td>Yogurt Fruit Bowl: 1½ cups 2% plain Greek yogurt topped with ½ banana, sliced with 1 cup sliced strawberries; sprinkled with ½ cup whole-grain cereal (low-sugar)</td>
</tr>
<tr>
<td><strong>TOTAL PORTIONS</strong></td>
<td>6 8 11 6 1 1 7</td>
</tr>
</tbody>
</table>

*Calories in Beachbody Performance supplements aren’t counted in your total portion calories. See page 48 for more information.
A BEAST PHASE 1,600–1,799 CALORIE SAMPLE MEAL PLAN

**PHASE 1: 1,600–CALORIE SAMPLE MEAL PLAN B (with Post-Workout Recovery Shake)**

<table>
<thead>
<tr>
<th></th>
<th>Meal Ideas</th>
</tr>
</thead>
<tbody>
<tr>
<td>BREAKFAST</td>
<td>1 serving Berry Banana Shakeology with 1 cup spinach (or chopped cucumbers) and 4 tsp. of chia seeds added</td>
</tr>
<tr>
<td>SNACK</td>
<td>2 large Hard-Boiled Eggs; Fruit Salad: 1 cup mixed berries and ½ cup chopped pineapple</td>
</tr>
<tr>
<td>LUNCH</td>
<td>2 servings Sag's Signature Meatballs; 10 asparagus spears (steamed)</td>
</tr>
<tr>
<td>POST-WORKOUT RECOVERY SHAKE</td>
<td>Post-Workout Shake: 1 scoop Beachbody Performance Recover,* 1 cup ice</td>
</tr>
<tr>
<td>DINNER</td>
<td>1 serving Poached Salmon with Vegetables; ¼ cup cooked quinoa</td>
</tr>
<tr>
<td>SNACK</td>
<td>1 serving Turkey, Goat Cheese, and Avocado Roll</td>
</tr>
<tr>
<td>TOTAL PORTIONS</td>
<td>3 3 2 6 1 1 2</td>
</tr>
</tbody>
</table>

*Calories in Beachbody Performance range aren't counted in your total portion calories. See page 48 for more information.
THE BODY BEAST EATING PLAN ON A BUDGET.

The most annoying thing about food is that it doesn’t grow on trees.

Well, technically, some of it does, but you still have to pay for it—and when you’re eating several thousand calories a day, the cost can add up fast.

Luckily, you’re not the first bodybuilder to operate without an unlimited cash flow. During leaner times, even Sagi resorted to living on tuna and beans, and he still didn’t lose his Beastliness.

So here’s a little collected wisdom to help you build muscle on a budget.

1. **Buy in bulk.** You can find rice, potatoes, beans, oats, nuts, and protein foods in bulk for pennies on the dollar. You can freeze protein foods like chicken breasts for later use, or make Beast-sized recipes and freeze them in individual servings to be reheated later.

2. **Avoid ready-made prepackaged meals.** This contributes not only to your good health, but also to your wallet, because you’re basically paying for the packaging and processing.

3. **Buy your fruits and veggies in season.** They’ll be cheaper, more nutritious, and tastier. Frozen produce is another tasty, healthy alternative; it tends to be inexpensive, and flash freezing maintains the nutritional value of fruits and veggies better than stamping them “fresh,” then shipping them across the world.

4. **Always use a grocery list.** Also, avoid shopping on an empty stomach if you’re prone to unhealthy impulse buying.

5. **Keep an eye out for sales.** Plus, take advantage of coupons and buy generic when the ingredients are the same as the brand-name product.

6. **Top affordable bodybuilding foods:**

   - Canned tuna
   - Eggs (choose high omega-3 varieties)
   - Chicken breast
   - Lean ground beef, turkey, or chicken
   - Nut butters
   - Whole-grain breads and pastas
   - Cottage cheese
   - Legumes (beans, lentils, etc.)
   - Bananas
   - Oats
   - Brown rice
   - Potatoes, sweet potatoes, and yams
## VEGETABLES

Each ingredient equals **1 Green Portion**

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Portion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kale</td>
<td>1 cup cooked or raw</td>
</tr>
<tr>
<td>Watercress</td>
<td>1 cup cooked or raw</td>
</tr>
<tr>
<td>Collard greens</td>
<td>1 cup cooked or raw</td>
</tr>
<tr>
<td>Spinach</td>
<td>1 cup cooked or raw</td>
</tr>
<tr>
<td>Brussels sprouts</td>
<td>1 cup chopped or 5 medium</td>
</tr>
<tr>
<td>Broccoli</td>
<td>1 cup chopped</td>
</tr>
<tr>
<td>Asparagus</td>
<td>10 large spears</td>
</tr>
<tr>
<td>Beets</td>
<td>2 medium</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>1 cup chopped, 1 cup cherry, or 2 medium</td>
</tr>
<tr>
<td>Tomatillos</td>
<td>1 cup chopped or 3 medium</td>
</tr>
<tr>
<td>Pumpkin (regular or West Indian)</td>
<td>1 cup chopped</td>
</tr>
<tr>
<td>Squash (summer)</td>
<td>1 cup sliced</td>
</tr>
<tr>
<td>Chayote squash</td>
<td>1 cup chopped</td>
</tr>
<tr>
<td>Winter squash (all varieties)</td>
<td>1 cup cubed</td>
</tr>
<tr>
<td>String beans</td>
<td>1 cup</td>
</tr>
<tr>
<td>Peppers (sweet)</td>
<td>1 cup sliced</td>
</tr>
<tr>
<td>Poblano chiles</td>
<td>1 cup chopped</td>
</tr>
<tr>
<td>Banana peppers</td>
<td>3 medium</td>
</tr>
<tr>
<td>Carrots</td>
<td>1 cup sliced or 10 medium baby</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>1 cup chopped</td>
</tr>
<tr>
<td>Artichokes</td>
<td>½ large</td>
</tr>
<tr>
<td>Eggplant</td>
<td>½ medium</td>
</tr>
<tr>
<td>Okra</td>
<td>1 cup</td>
</tr>
<tr>
<td>Cactus (nopales)</td>
<td>1 cup sliced</td>
</tr>
<tr>
<td>Jicama</td>
<td>1 cup sliced</td>
</tr>
<tr>
<td>Snow peas</td>
<td>1 cup</td>
</tr>
<tr>
<td>Cabbage</td>
<td>1 cup chopped</td>
</tr>
<tr>
<td>Cucumbers</td>
<td>1 cup</td>
</tr>
<tr>
<td>Celery</td>
<td>1 cup sliced</td>
</tr>
<tr>
<td>Lettuce</td>
<td>1 cup</td>
</tr>
<tr>
<td>Mushrooms</td>
<td>1 cup</td>
</tr>
<tr>
<td>Radishes</td>
<td>1 cup</td>
</tr>
<tr>
<td>Onions</td>
<td>1 cup chopped</td>
</tr>
<tr>
<td>Sprouts</td>
<td>1 cup</td>
</tr>
<tr>
<td>Salsa (freshly made or pico de gallo)</td>
<td>½ cup</td>
</tr>
<tr>
<td>FRUITS</td>
<td>Purple Portion</td>
</tr>
<tr>
<td>----------------------------------------------------------------------</td>
<td>----------------</td>
</tr>
<tr>
<td>Raspberries</td>
<td>1 cup</td>
</tr>
<tr>
<td>Blueberries</td>
<td>1 cup</td>
</tr>
<tr>
<td>Blackberries</td>
<td>1 cup</td>
</tr>
<tr>
<td>Strawberries</td>
<td>1 cup</td>
</tr>
<tr>
<td>Pomegranate</td>
<td>1 small</td>
</tr>
<tr>
<td>Guava</td>
<td>2 medium</td>
</tr>
<tr>
<td>Starfruit</td>
<td>2 medium</td>
</tr>
<tr>
<td>Passion fruit</td>
<td>3 fruits</td>
</tr>
<tr>
<td>Watermelon</td>
<td>1 cup chopped</td>
</tr>
<tr>
<td>Cantaloupe</td>
<td>1 cup chopped</td>
</tr>
<tr>
<td>Orange</td>
<td>1 cup divided into sections or 1 medium</td>
</tr>
<tr>
<td>Bitter orange</td>
<td>1 medium</td>
</tr>
<tr>
<td>Tangerine</td>
<td>2 small</td>
</tr>
<tr>
<td>Apple</td>
<td>1 cup sliced or 1 small</td>
</tr>
<tr>
<td>Apricots</td>
<td>4 small</td>
</tr>
<tr>
<td>Grapefruit</td>
<td>1 cup divided into sections or ½ large</td>
</tr>
<tr>
<td>Cherries</td>
<td>1 cup</td>
</tr>
<tr>
<td>Grapes</td>
<td>1 cup</td>
</tr>
<tr>
<td>Kiwifruit</td>
<td>2 medium</td>
</tr>
<tr>
<td>Mango</td>
<td>1 cup sliced</td>
</tr>
<tr>
<td>Peach</td>
<td>1 cup sliced or 1 large</td>
</tr>
<tr>
<td>Nectarine</td>
<td>1 cup sliced or 1 large</td>
</tr>
<tr>
<td>Pear</td>
<td>1 cup sliced or 1 large</td>
</tr>
<tr>
<td>Pineapple</td>
<td>1 cup diced</td>
</tr>
<tr>
<td>Banana</td>
<td>½ large</td>
</tr>
<tr>
<td>Green banana</td>
<td>½ large</td>
</tr>
<tr>
<td>Dwarf red banana</td>
<td>1½ small</td>
</tr>
<tr>
<td>Breadfruit</td>
<td>¾ small</td>
</tr>
<tr>
<td>Papaya</td>
<td>1 cup chopped</td>
</tr>
<tr>
<td>Figs</td>
<td>2 small</td>
</tr>
<tr>
<td>Honeydew melon</td>
<td>1 cup chopped</td>
</tr>
<tr>
<td>Pumpkin puree</td>
<td>¾ cup</td>
</tr>
<tr>
<td>Tomato sauce (plain or marinara)</td>
<td>1 cup</td>
</tr>
</tbody>
</table>
## CARBS

Each ingredient equals 1 Yellow Portion

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sweet potato</td>
<td>½ cup chopped</td>
</tr>
<tr>
<td>Yams (regular, white, tropical [batata])</td>
<td>½ cup chopped</td>
</tr>
<tr>
<td>Plantains</td>
<td>½ cup sliced or ½ medium</td>
</tr>
<tr>
<td>Quinoa</td>
<td>½ cup cooked</td>
</tr>
<tr>
<td>Beans (kidney, black, garbanzo, white, lima, fava, pink, pigeon [gandules], etc.)</td>
<td>½ cup cooked, drained</td>
</tr>
<tr>
<td>Lentils</td>
<td>½ cup cooked, drained</td>
</tr>
<tr>
<td>Cassava (yuca)</td>
<td>2 oz.</td>
</tr>
<tr>
<td>Peas</td>
<td>½ cup</td>
</tr>
<tr>
<td>Refried beans (nonfat)</td>
<td>½ cup</td>
</tr>
<tr>
<td>Rice (brown, wild)</td>
<td>½ cup cooked</td>
</tr>
<tr>
<td>Potato</td>
<td>½ cup mashed or ½ medium</td>
</tr>
<tr>
<td>Corn on the cob</td>
<td>1 ear</td>
</tr>
<tr>
<td>Amaranth</td>
<td>½ cup cooked</td>
</tr>
<tr>
<td>Millet</td>
<td>½ cup cooked</td>
</tr>
<tr>
<td>Buckwheat</td>
<td>½ cup cooked</td>
</tr>
<tr>
<td>Barley</td>
<td>½ cup cooked</td>
</tr>
<tr>
<td>Bulgur</td>
<td>½ cup cooked</td>
</tr>
<tr>
<td>Oatmeal (steel-cut, rolled)</td>
<td>½ cup cooked</td>
</tr>
<tr>
<td>Hominy</td>
<td>½ cup cooked</td>
</tr>
<tr>
<td>Pasta (whole-grain)</td>
<td>½ cup cooked</td>
</tr>
<tr>
<td>Couscous (whole wheat)</td>
<td>½ cup cooked</td>
</tr>
<tr>
<td>Crackers (whole wheat)</td>
<td>8 small crackers</td>
</tr>
<tr>
<td>Cereal (whole-grain, low-sugar)</td>
<td>½ cup</td>
</tr>
<tr>
<td>Bread (whole-grain)</td>
<td>1 slice</td>
</tr>
<tr>
<td>Pita bread (whole wheat)</td>
<td>1 small (4-inch)</td>
</tr>
<tr>
<td>Waffles (whole-grain)</td>
<td>1 waffle</td>
</tr>
<tr>
<td>Pancakes (whole-grain)</td>
<td>1 small (4-inch)</td>
</tr>
<tr>
<td>English muffin (whole-grain)</td>
<td>½ muffin</td>
</tr>
<tr>
<td>Bagel (whole-grain)</td>
<td>½ small (3-inch)</td>
</tr>
<tr>
<td>Tortilla (whole wheat)</td>
<td>1 small (6-inch)</td>
</tr>
<tr>
<td>Tortilla (corn)</td>
<td>2 small (6-inch)</td>
</tr>
</tbody>
</table>
# PROTEINS

Each ingredient equals 1 Red Portion

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Portion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sardines (fresh or canned in water)</td>
<td>7 medium</td>
</tr>
<tr>
<td>Boneless, skinless chicken or turkey breast</td>
<td>¾ cup cooked, chopped</td>
</tr>
<tr>
<td>Duck breast</td>
<td>¾ cup cooked, chopped</td>
</tr>
<tr>
<td>Squab</td>
<td>¾ cup cooked, chopped</td>
</tr>
<tr>
<td>Goat</td>
<td>¾ cup cooked, chopped</td>
</tr>
<tr>
<td>Ground chicken or turkey (≥ 93% lean)</td>
<td>¾ cup cooked</td>
</tr>
<tr>
<td>Fish, fresh water (catfish, tilapia, trout)</td>
<td>¾ cup cooked, flaked</td>
</tr>
<tr>
<td>Fish, cold water, wild-caught (cod, salmon, halibut, tuna, mahi-mahi)</td>
<td>¾ cup cooked, flaked</td>
</tr>
<tr>
<td>Game (buffalo, bison, ostrich, venison, rabbit)</td>
<td>¾ cup cooked, chopped</td>
</tr>
<tr>
<td>Ground game (≥ 95% lean)</td>
<td>¾ cup cooked</td>
</tr>
<tr>
<td>Eggs</td>
<td>2 large</td>
</tr>
<tr>
<td>Egg whites</td>
<td>8 large</td>
</tr>
<tr>
<td>Greek yogurt (plain, 1 to 2%)</td>
<td>¾ cup</td>
</tr>
<tr>
<td>Yogurt (plain, 2%)</td>
<td>¾ cup</td>
</tr>
<tr>
<td>Shellfish (shrimp, crab, lobster)</td>
<td>¾ cup cooked</td>
</tr>
<tr>
<td>Clams (canned, drained)</td>
<td>¾ cup</td>
</tr>
<tr>
<td>Octopus</td>
<td>¾ cup cooked, chopped</td>
</tr>
<tr>
<td>Squid</td>
<td>¾ cup cooked, chopped</td>
</tr>
<tr>
<td>Red meat (extra-lean)</td>
<td>¾ cup cooked, chopped</td>
</tr>
<tr>
<td>Ground red meat (≥ 95% lean)</td>
<td>¾ cup cooked</td>
</tr>
<tr>
<td>Shakeology</td>
<td>1 scoop</td>
</tr>
<tr>
<td>Pork tenderloin</td>
<td>¾ cup cooked, chopped</td>
</tr>
<tr>
<td>Tuna (canned light in water)</td>
<td>¾ cup drained</td>
</tr>
<tr>
<td>Turkey slices (low-sodium, nitrite-free, minimally processed, fat-free)</td>
<td>6 slices</td>
</tr>
<tr>
<td>Ham slices (low-sodium, nitrite-free, minimally processed, fat-free)</td>
<td>6 slices</td>
</tr>
<tr>
<td>Ricotta cheese (light)</td>
<td>¾ cup</td>
</tr>
<tr>
<td>Cottage cheese (2%)</td>
<td>¾ cup</td>
</tr>
<tr>
<td>Protein powder (whey, hemp, rice, pea) (approx. 42 g depending on variety)</td>
<td>1½ scoops</td>
</tr>
<tr>
<td>Veggie burger (without soy)</td>
<td>1 medium patty</td>
</tr>
<tr>
<td>Turkey bacon (low-sodium, nitrite-free, minimally processed, reduced-fat)</td>
<td>4 slices</td>
</tr>
</tbody>
</table>
**HEALTHY FATS**

Each ingredient equals 1 Blue Portion

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Avocado</td>
<td>¼ cup mashed or ¼ medium</td>
</tr>
<tr>
<td>Almonds</td>
<td>12 whole, raw</td>
</tr>
<tr>
<td>Cashews</td>
<td>8 whole, raw</td>
</tr>
<tr>
<td>Peanuts</td>
<td>14 whole, raw</td>
</tr>
<tr>
<td>Pistachios</td>
<td>20 whole, raw</td>
</tr>
<tr>
<td>Pecan halves</td>
<td>10 raw</td>
</tr>
<tr>
<td>Walnut halves</td>
<td>8 raw</td>
</tr>
<tr>
<td>Hummus</td>
<td>¾ cup</td>
</tr>
<tr>
<td>Coconut milk (canned)</td>
<td>¾ cup</td>
</tr>
<tr>
<td>Feta cheese</td>
<td>¼ cup crumbled</td>
</tr>
<tr>
<td>Goat cheese</td>
<td>¼ cup crumbled</td>
</tr>
<tr>
<td>Mozzarella (low-moisture)</td>
<td>¼ cup shredded</td>
</tr>
<tr>
<td>Cheddar</td>
<td>¼ cup shredded</td>
</tr>
<tr>
<td>Provolone</td>
<td>¼ cup shredded</td>
</tr>
<tr>
<td>Monterey jack</td>
<td>¼ cup shredded</td>
</tr>
<tr>
<td>Parmesan</td>
<td>¼ cup shredded</td>
</tr>
<tr>
<td>Cotija cheese</td>
<td>¼ cup crumbled</td>
</tr>
<tr>
<td>Oaxaca cheese</td>
<td>¼ cup crumbled</td>
</tr>
<tr>
<td>Queso fresco</td>
<td>¼ cup crumbled</td>
</tr>
</tbody>
</table>

**SEEDS & DRESSINGS**

Each ingredient equals 1 Orange Portion

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pumpkin seeds</td>
<td>raw, 2 Tbsp.</td>
</tr>
<tr>
<td>Sunflower seeds</td>
<td>raw, 2 Tbsp.</td>
</tr>
<tr>
<td>Sesame seeds</td>
<td>raw, 2 Tbsp.</td>
</tr>
<tr>
<td>Flaxseed</td>
<td>ground, 2 Tbsp.</td>
</tr>
<tr>
<td>Chia seeds</td>
<td>4 tsp.</td>
</tr>
<tr>
<td>Olives</td>
<td>10 medium</td>
</tr>
<tr>
<td>Coconut (unsweetened)</td>
<td>2 Tbsp. shredded</td>
</tr>
</tbody>
</table>

**TEASPOON**

<table>
<thead>
<tr>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>Extra-virgin olive oil</td>
</tr>
<tr>
<td>Extra-virgin coconut oil</td>
</tr>
<tr>
<td>Flaxseed oil</td>
</tr>
<tr>
<td>Walnut oil</td>
</tr>
<tr>
<td>Pumpkin seed oil</td>
</tr>
<tr>
<td>Nut butters (peanut, almond, cashew, etc.)</td>
</tr>
<tr>
<td>Seed butters (pumpkin, sunflower, sesame [tahini]</td>
</tr>
</tbody>
</table>
MILKS

Each ingredient equals 1 Yellow Portion

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Portion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Almond milk, unsweetened</td>
<td>2 cups</td>
</tr>
<tr>
<td>Almond milk, sweetened</td>
<td>1 cup</td>
</tr>
<tr>
<td>Almond milk, chocolate</td>
<td>¾ cup</td>
</tr>
<tr>
<td>Cow’s milk, 1%</td>
<td>¾ cup</td>
</tr>
<tr>
<td>Chocolate milk, 1%</td>
<td>½ cup</td>
</tr>
<tr>
<td>Coconut milk beverage, unsweetened (in carton)</td>
<td>1½ cups</td>
</tr>
<tr>
<td>Coconut water</td>
<td>2 cups</td>
</tr>
<tr>
<td>Hemp milk, original</td>
<td>¾ cup</td>
</tr>
<tr>
<td>Rice milk, unsweetened</td>
<td>¾ cup</td>
</tr>
<tr>
<td>Rice milk, sweetened</td>
<td>¾ cup</td>
</tr>
</tbody>
</table>

FRUIT JUICES

Each ingredient equals 1 Purple Portion

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Portion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple juice (100% juice)</td>
<td>½ cup</td>
</tr>
<tr>
<td>Fruit blend (100% juice)</td>
<td>¾ cup</td>
</tr>
<tr>
<td>Grapefruit juice (100% juice)</td>
<td>½ cup</td>
</tr>
<tr>
<td>Orange juice (100% juice)</td>
<td>½ cup</td>
</tr>
<tr>
<td>Pineapple juice (100% juice)</td>
<td>½ cup</td>
</tr>
</tbody>
</table>

FREE FOODS

Want to hit your proteins, veggies, and carbs with serious flavor? Then try adding the following “free foods” to your recipes. And if you really want to spice things up, check out the Homemade Seasoning Blends on page 80.

- Lemon and/or lime juice (not lemonade)
- Vinegars
- Mustard
- Herbs such as parsley, cilantro/culantro (fresh and dry)
- Spices (except salt)
- Garlic
- Ginger
- Green onion
- Chili varieties (jalapeño, serrano, ancho, cascabel, pasilla, guajillo, habanero, etc.)
- Hot sauce (Tabasco or Mexican only)
- Flavor extracts (pure vanilla, peppermint, almond, etc.)
- Achiote paste
Here’s a sample day, showing how you might time your calories and supplements. It’s built around an afternoon workout, but you can put your workout wherever you like, as long as you follow the rules of pre-workout nutrition listed later in this section.

**BREAKFAST**
(wait 2 to 3 hours) **Beast-O-Matic Shake** (see page 52)
(wait 2 to 3 hours) **LUNCH**
(wait 2 to 3 hours) **Workout**
(don’t wait longer than 1 hour) **Post-Workout Nutrition**
(wait 2 to 3 hours) **DINNER**
(wait 2 to 3 hours) **Snack**

**Post-Workout Nutrition**
After working out like a Beast, it’s safe to assume you’ve pushed your muscles hard, which will trigger a post-workout protein synthesis (or muscle-building) spike. To make the most of this, it’s important to knock back around 20 g of high-quality protein, which you’ll find in Beachbody Performance Recover. This protein breaks down into amino acids, the body’s building blocks, which are delivered to muscles to help speed muscle strength recovery.

You’ll also most likely tap your blood sugar and muscle glycogen. Because of this, you’ll be in an unusual situation where carbohydrates with a high-glycemic index shouldn’t cause a blood sugar spike. Instead, they’ll simply recharge depleted stores. While you don’t need these carbs immediately post-workout, it’s not a bad idea—especially if you’re on a high-calorie plan and need to make the most of every feeding situation.

Finally, post-workout is also an excellent time to supplement creatine, because the same systems that rush protein to muscles will rush the creatine along with it.

With these three things in mind, we recommend...

**The Perfect Beast Post-Workout Drink**
1 MILK PORTION OR 2 FRUIT JUICE PORTIONS + 1 scoop Beachbody Performance Recover + 1 scoop (5 g) Beachbody Performance Creatine + 1 cup ice (optional).

Note that Beachbody Performance supplements don’t count against your allotted daily portions (see page 48), but the MILK or FRUIT JUICE portions do. If you’re on a lower calorie plan or would rather get your portions from solid foods, just replace the MILK or JUICE with 8 ounces of water. You’ll still reap the benefits of the rest of the post-workout drink.
**BEACHBODY PERFORMANCE SUPPLEMENTS**

No one denies that one of the keys to Beastliness is eating whole, fresh foods. But supplementation, when done in a smart, effective way, will give you even more of an edge. That’s why there’s Beachbody Performance.

This line of performance supplements is adaptable for any form of exercise, and it really shines when used with Body Beast. These supplements provide targeted nutrition to suit your individual needs. Beachbody Performance products have each been NSF Certified for Sport®, meaning these supplements are free of 180+ substances banned by major athletic organizations in accordance with NSF’s certification standard.

**HOW BEACHBODY PERFORMANCE FITS INTO THE BEAST EATING PLAN**

Beachbody Performance is considered “targeted calories” consumed at specific times and under specific circumstances. Because of this, your body uses them more efficiently at these times. So, when taken according to the directions, these supplements can be taken in addition to your allotted portions.

Even if you’re trying to lose weight, they shouldn’t negatively impact your results when taken properly. In fact, given their effects in performance and recovery, they will potentially improve your results.

**BEACHBODY PERFORMANCE ENERGIZE:**

A lemon-flavored, pre-workout mix of low-dose caffeine, quercetin, and beta-alanine designed to help improve performance, sharpen focus, and delay muscle fatigue.*

Each scoop contains 100 mg of natural caffeine from green tea and green coffee bean, the same as a small cup of brewed coffee. At this level, caffeine has been shown to be ergogenic, meaning it enhances energy, improves reaction time, mental acuity, and focus, and reduces fatigue—without giving you the jitters.*

Quercetin is a phytonutrient that’s shown to help improve exercise performance and recovery. It’s thought to work by increasing the production of mitochondria—the “batteries” of our cells.*

Beta-alanine is an amino acid that plays a role in making carnosine, a substance in your muscles that buffers the acid buildup that contributes to muscle fatigue. By consuming beta-alanine, you produce more carnosine. By producing more carnosine, your muscles will last longer so you can lift harder.*

**BEACHBODY PERFORMANCE HYDRATE:**

A citrus-flavored mix of electrolytes, quercetin, and sugar, designed for optimum hydration.

When you exercise, you sweat. And when you sweat, you lose water and electrolytes. When used as recommended, Hydrate has been specifically formulated to help replace your sweat losses during intense exercise, improving exercise effectiveness and recovery.*

It does this by taking advantage of something called osmosis, a process by which a solvent (such as water) passes through a semipermeable membrane (such as your gut lining) from a less concentrated solution into a more concentrated one in order to equalize the concentrations. If your hydration source is hypertonic and filled with sugar, it is more concentrated than your blood, so it may absorb slowly. A hypotonic hydration source is less concentrated, and will therefore absorb faster into your blood. Hydrate is slightly hypotonic, which makes for rapid fluid absorption as it ushers in electrolytes.
BEACHBODY PERFORMANCE RECOVER:

20 grams of protein from a proprietary blend of whey, pea, and micellar casein protein combined with BCAAs and pomegranate extract intended to be taken within 30 minutes of working out. (See The Perfect Beast Post-Workout Drink on page 47.) Recover is delicious and comes in either chocolate or orange flavor.

Consuming around 20 grams of **high-quality protein** after a workout has been shown to be key in helping enable muscle recovery and repair.* By providing 20 grams of fast-, intermediate-, and slow-release proteins (whey isolate, pea, and micellar casein protein, respectively), Recover helps provide a rapid and sustained supply of amino acids, the components of protein that serve as your body’s building blocks.

The powerful **pomegranate extract** in Recover is shown to promote faster muscle recovery while helping to manage exercise-induced muscle soreness and improve muscle strength recovery after intensive exercise, making it an important tool in your nutritional arsenal when you’re hitting the weights daily.*

BEACHBODY PERFORMANCE RECHARGE:

20 grams of micellar casein protein combined with BCAAs and tart cherry powder. During sleep, your body is primed for recovery, so vanilla-flavored Recharge is formulated to enhance this recovery.

**Micellar casein protein** is an especially high quality form of casein. It’s been shown that consuming casein protein before bed improves overnight muscle recovery by stimulating protein synthesis (muscle building).*

Much like pomegranate extract, **tart cherry powder** is shown to combat exercise-induced muscle soreness and improve recovery after intensive exercise—including resistance workouts. When you take Beachbody Performance Recharge before you go to bed, it will help your overnight muscle recovery.*

BEACHBODY PERFORMANCE CREATINE:

Creatine is the go-to supplement for effective muscle building and support. When you exercise, your body metabolically breaks down the various fuels you get nutritionally, such as glucose and fatty acids, into adenosine triphosphate, or ATP. ATP provides the energy that makes your muscles work.

When you supplement with creatine, you’re basically helping your body replenish ATP faster, thus allowing your muscles to crank out a few extra reps—which brings you that much closer to your goals.

Furthermore, since creatine works to recharge your batteries, it also helps you recover faster so you can hit your next workout hard.*

*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.
Nutrition Simplified.
Often, bodybuilders are drawn to junky snacks like candy, chips, and ice cream because they're quick, easy, and tasty. Unfortunately, they're also filled with empty calories. Here's a better solution: **Shakeology.** Not only is this Daily Dose of Dense Nutrition delicious and convenient, but it's also a superfood supplement shake designed to deliver the nutrients you need, including up to 17 grams of protein—all in 170 calories or less, depending on which of the seven mouthwatering flavors you choose.

The Beast Phase, in particular, is a great time to use **Shakeology**, because you’re cutting calories, but you don’t want to cut nutrition.

**1 scoop Shakeology = 1 RED CONTAINER**

In addition to adding **Shakeology** to your Beast-O-Matic shakes, here are a couple quick, easy, and tasty ways to add Shakeology to your plan. But remember, you’re best off limiting yourself to one or two servings a day.

### ALMOND PARADISE
(Makes 1 serving)

**Container Equivalents:** ½ Yellow, 1 Red, 1 Teaspoon

- 1 cup unsweetened almond milk
- 1 scoop Tropical Strawberry Vegan Shakeology
- 1 Tbsp. natural almond butter
- 1 cup ice

1. Place all ingredients in blender; cover. Blend until smooth.

**NUTRITIONAL INFORMATION** (per serving):
- Calories: 242 / Total Fat: 9 g
- Saturated Fat: 1 g / Cholesterol: 10 mg
- Sodium: 398 mg / Carbohydrate: 21 g
- Fiber: 6 g / Sugars: 8 g / Protein: 18 g

### BERRY BANANA
(Makes 1 serving)

**Container Equivalents:** 1½ Purple, 1 Yellow, 1 Red

- 1 cup unsweetened almond milk
- 1 scoop Chocolate Shakeology
- ½ cup fresh or frozen raspberries
- 1 large banana, cut into chunks
- 1 cup ice

1. Place all ingredients in blender; cover. Blend until smooth.

**NUTRITIONAL INFORMATION** (per serving):
- Calories: 293 / Total Fat: 6 g
- Saturated Fat: 1 g / Cholesterol: 0 mg
- Sodium: 337 mg / Carbohydrate: 42 g
- Fiber: 12 g / Sugars: 17 g / Protein: 19 g
Mass-gainer shakes are a time-honored tradition in the bodybuilding world. They’re a quick, delicious way to make sure you’re getting all the calories you need. The only problem is that many of the commercial premixed mass-gainers are filled with artificial additives and sweeteners, not to mention loads of chemicals.

There’s a healthier way. All you need are a few measuring utensils, a blender, and 5 minutes to whip up a nutritious, easy-drinkin’, calorie bomb of a shake. We call them the Beast-O-Matics. Of course, if your goal is weight loss, you don’t really need mass-gainers, but the Big Cat Shakes aren’t a bad way to replace a meal when you’re on-the-go.

The Beast Phase, in particular, is a great time to add Shakeology to your shake because you’re cutting calories, but you don’t want to cut nutrition. Again, 1 scoop of Shakeology is equal to 1 RED CONTAINER.

**BIG CAT SHAKE: 410–445 CALORIES**

**Jaguar:**
- 1 PROTEIN + 1 FRUIT or FRUIT JUICE + 1 CARB or MILK + 3 tsp. + ½ to 1 cup water (optional) + 1 cup ice

**Tiger:**
- 1 PROTEIN + 1 FRUIT or FRUIT JUICE + ½ CARB or MILK + 1 SEEDS + 2 tsp. + ½ to 1 cup water (optional) + 1 cup ice

**Lion:**
- 2 PROTEIN + 1 FRUIT or FRUIT JUICE + 2 tsp. + ½ to 1 cup water (optional) + 1 cup ice

**BEAR SHAKE: 630–640 CALORIES**

**Grizzly:**
- 2 PROTEIN + 2 FRUIT or FRUIT JUICE + 1 CARB or MILK + 3 tsp. + ½ to 1 cup water (optional) + 1 cup ice

**Polar:**
- 1 PROTEIN + 2 FRUIT or FRUIT JUICE + 2 CARB or MILK + 5 tsp. + ½ to 1 cup water (optional) + 1 cup ice

**Brown:**
- 2 PROTEIN + 1 FRUIT or FRUIT JUICE + 1 CARB or MILK + 1 SEEDS + 2 tsp. + ½ to 1 cup water (optional) + 1 cup ice

**RHINO SHAKE: 890 CALORIES**

- 2 PROTEIN + 2 FRUIT or FRUIT JUICE + 2 CARB or MILK + 1 SEEDS + 5 tsp. + ½ to 1 cup water (optional) + 1 cup ice
Body Beast Recipes
SHAKEOLOGY POWER GRANOLA
(Makes 1 serving)
Container Equivalents: [2 Yellow, 1 Red, ½ Blue]
Total Time: 15 min.
Prep Time: 15 min.
Cooking Time: None

This high-protein granola, flavored with cinnamon, is delicious with almond milk and fresh blueberries.

• ½ cup dry old-fashioned rolled oats
• 1 Tbsp. chopped raw walnuts
• 2 tsp. raw pumpkin seeds
• 1 Tbsp. raisins
• 1 dash ground cinnamon
• ¾ scoop Vanilla Shakeology
• ½ cup unsweetened almond milk
• ¼ cup fresh blueberries (to taste; optional)

1. Place oats in a medium serving bowl. Top with walnuts, pumpkin seeds, raisins, cinnamon, and Shakeology; mix well.
2. Top with almond milk and blueberries (if desired).

SAGI’S TIP: Make 10 servings with the first 6 ingredients; mix well and store in airtight resealable plastic bags for future use. You can serve with your favorite milk and fresh fruit.

NUTRITIONAL INFORMATION (per serving):
Calories: 398 / Total Fat: 13 g
Saturated Fat: 1 g / Cholesterol: 4 mg
Sodium: 244 mg / Carbohydrates: 53 g
Fiber: 9 g / Sugars: 15 g / Protein: 22 g
BEAST BANANA PANCAKES
(Makes 2 servings, 3 pancakes each)

Container Equivalents: ♀ 1 Purple, 
♂ 1 Yellow, ♂ 1 Red, ⅛ Teaspoon

Healthy high-protein and high-fiber banana pancakes.

Total Time: 16 min.
Prep Time: 10 min.
Cooking Time: 6 min.

• ⅔ scoop whey protein powder, vanilla flavor (approx. 28 g)
• ¼ cup dry quick-cooking rolled oats
• ⅔ cup whole wheat flour
• ½ tsp. baking powder
• 1 dash sea salt (or Himalayan salt)
• 2 large eggs, lightly beaten
• 1 large ripe banana, mashed
• 2 Tbsp. unsweetened almond milk
• 1 tsp. extra-virgin organic coconut oil, divided use
• Sliced banana (for garnish; optional)
• Raspberries (for garnish; optional)

1. Combine protein powder, oats, flour, baking powder, and salt in a medium bowl; mix well. Set aside.
2. Place eggs, banana, and almond milk in a medium bowl; whisk to blend.
3. Add flour mixture to egg mixture; mix well.
4. Heat ½ tsp. oil in large nonstick skillet over medium heat.
5. Spoon about ¼ cup batter into skillet for each pancake; cook for 1 to 2 minutes, or until bottom is golden brown. Flip with spatula and cook for 30 seconds to 1 minute.
6. Add remaining ½ tsp. oil and repeat with remaining batter.
7. Serve warm garnished with bananas and berries (if desired).

SAGI’S TIP: Make multiple servings of pancakes and freeze. When you are ready for some delicious Beast Banana Pancakes, toast in the toaster oven.

NUTRITIONAL INFORMATION (per serving):
Calories: 314 / Total Fat: 9 g
Saturated Fat: 4 g / Cholesterol: 201 mg
Sodium: 382 mg / Carbohydrates: 42 g
Fiber: 5 g / Sugars: 11 g / Protein: 19 g
### MONSTER OATMEAL
(Makes 1 serving)
A tasty and filling high-protein oatmeal flavored with almond milk and cinnamon.

| Total Time: | 20 min. |
| Prep Time: | 5 min. |
| Cooking Time: | 10 min. |

- 2¼ cups water
- 1 dash sea salt (or Himalayan salt)
- 1 cup dry old-fashioned rolled oats
- ¾ scoop whey protein powder, vanilla flavor (approx. 28 g)
- 2 Tbsp. unsweetened almond milk (optional)
- ½ tsp. ground cinnamon
- 1 Tbsp. silvered raw almonds
- 1 Tbsp. dried unsweetened cranberries

1. Bring water and salt to a boil in a medium saucepan over medium-high heat. Reduce heat to low.
2. Add oats; cook, stirring frequently, for 5 minutes or until water is just absorbed. Remove from heat. Let stand for 5 minutes.
3. Add protein powder; mix well. If too thick, add almond milk.
4. Sprinkle with cinnamon; top with almonds and cranberries.

**Sagi’s Variations:** Substitute almonds with chopped walnuts, hazelnuts, pine nuts, or pecans. Substitute cranberries with raisins, sulfur-free chopped apricots, dried apples, or unsweetened dried mangos.

**NUTRITIONAL INFORMATION (per serving):**
- Calories: 463 / Total Fat: 10 g
- Saturated Fat: 2 g / Cholesterol: 30 mg
- Sodium: 400 mg / Carbohydrates: 67 g
- Fiber: 10 g / Sugars: 8 g / Protein: 24 g

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### GOAT CHEESE, TOMATO, AND PARSLEY SCRAMBLE
(Makes 1 serving)
These eggs are seasoned with the slightly tart flavor of goat cheese. The sweet tomatoes offer a delicious balance.

| Total Time: | 15 min. |
| Prep Time: | 10 min. |
| Cooking Time: | 5 min. |

- 2 large eggs
- 1 dash sea salt (or Himalayan salt)
- 1 dash ground black pepper
- 1 tsp. extra-virgin olive oil
- ½ cup chopped tomatoes
- 1 Tbsp. finely chopped fresh flat-leaf parsley (or 1 tsp. dried parsley)
- ¼ cup crumbled soft goat cheese
- 1 slice whole-grain bread

1. Combine eggs, salt, and pepper in a medium bowl; whisk to blend.
3. Add egg mixture; cook, stirring frequently, for 3 to 4 minutes, or until eggs are almost set.
4. Add tomatoes, parsley, and cheese; cook for 1 minute, or until eggs are fully cooked.
5. Serve warm with bread.

**Sagi’s Variations:** You can substitute the goat cheese with the same amount of feta cheese. You can use fresh basil, cilantro, or chives instead of parsley. You can use chopped zucchini, asparagus, or broccoli instead of tomatoes.

**NUTRITIONAL INFORMATION (per serving):**
- Calories: 392 / Total Fat: 23 g
- Saturated Fat: 9 g / Cholesterol: 389 mg
- Sodium: 688 mg / Carbohydrates: 22 g
- Fiber: 4 g / Sugars: 4 g / Protein: 24 g
BREAKFAST COCONUT QUINOA
(Makes 1 serving)

Container Equivalents: 1 Purple, 3½ Yellow, 1 Blue, ½ Orange

Total Time: 25 min.
Prep Time: 5 min.
Cooking Time: 20 min.

Quinoa is a grain-like seed that’s high in protein and balanced in essential amino acids. When cooked, it’s light and fluffy with a mild, slightly nutty flavor. This is a delicious alternative to oatmeal.

- 1 cup water
- ½ cup dry quinoa
- 1 dash sea salt (or Himalayan salt)
- ¼ cup canned coconut milk
- 1 tsp. raw honey (or pure maple syrup)
- ¾ cup mixed fresh or frozen berries
- 1 Tbsp. raw pumpkin seeds

1. Bring water, quinoa, and salt to a boil in medium saucepan over medium-high heat for 15 minutes, or until liquid is absorbed.

2. Reduce heat to low; gently boil, covered, for 10 to 15 minutes or until liquid is absorbed. Remove from heat.

3. Add coconut milk; mix well.

4. Place in serving bowl; top with honey, berries, and pumpkin seeds.

Sagi’s Variations: Substitute coconut milk with unsweetened almond or rice milk. Substitute pumpkin seeds with chopped walnuts, slivered almonds, flaxseeds, hazelnuts, pine nuts, or pecans. Substitute mixed berries with chopped fresh apples, bananas, peaches, or pears.

NUTRITIONAL INFORMATION (per serving):
Calories: 520 / Total Fat: 19 g
Saturated Fat: 8 g / Cholesterol: 0 mg
Sodium: 296 mg / Carbohydrates: 75 g
Fiber: 12 g / Sugars: 10 g / Protein: 17 g
Lunch and Dinner
BEAST TURKEY CHILI
(Makes 8 servings, 1 slice each)
Container Equivalents: ½ Yellow, 1½ Red

Total Time: 1 hr. 30 min.
Prep Time: 10 min.
Cooking Time: 1 hr. 20 min.

This hale and hearty chili is perfect on a cold day. Flavored with cumin and chili powder, it has a classic chili taste.

- 2 lbs. raw 93% lean ground turkey
- 1½ cups all-natural mild salsa
- 1 cup whole wheat bread crumbs
- 2 large eggs, lightly beaten
- 3 cloves garlic, finely chopped
- 1½ tsp. ground cumin
- 1 Tbsp. chili powder
- ½ tsp. sea salt (or Himalayan salt)
- ¼ tsp. ground cayenne pepper (to taste; optional)
- 1 (15-oz.) can kidney or pinto beans, rinsed and drained
- 1 (15-oz.) can tomato sauce (no sugar added)
- 2 Tbsp. finely chopped fresh parsley (for garnish; optional)

1. Preheat oven to 375° F.
2. Combine turkey, salsa, bread crumbs, eggs, garlic, salt, and pepper in a large bowl; mix well with clean hands or a rubber spatula.
3. Shape mixture into shape of a loaf and place on ungreased 13 x 9-inch baking pan.
4. Bake for 60 to 70 minutes, or until center is no longer pink and meat is cooked through.
5. Let stand 10 minutes before serving.
Serve garnished with parsley.

SAGI’S TIP: Cut cooked meatloaf into single servings and freeze in single resealable plastic bags for future meals.

NUTRITIONAL INFORMATION (per serving):
Calories: 421 / Total Fat: 17 g
Saturated Fat: 4 g / Cholesterol: 126 mg
Sodium: 638 mg / Carbohydrates: 29 g
Fiber: 10 g / Sugars: 7 g / Protein: 41 g

POWER TURKEY MEATLOAF
(Makes 8 servings, 1 slice each)

Total Time: 1 hr. 30 min.
Prep Time: 10 min.
Cooking Time: 1 hr. 20 min.

Ground turkey combined with natural salsa makes a fresh and nourishing meatloaf.

- 2 lbs. raw 93% lean ground turkey
- 1 cup all-natural mild salsa
- 1 cup whole wheat bread crumbs
- 2 large eggs, lightly beaten
- 3 cloves garlic, finely chopped
- 1 tsp. sea salt (or Himalayan salt)
- ½ tsp. ground black pepper
- Fresh chopped parsley (for garnish)

1. Preheat oven to 375° F.
2. Ground turkey combined with natural salsa makes a fresh and nourishing meatloaf.
3. Combine turkey, salsa, bread crumbs, eggs, garlic, salt, and pepper in a large bowl; mix well with clean hands or a rubber spatula.
4. Shape mixture into shape of a loaf and place on ungreased 13 x 9-inch baking pan.
5. Bake for 60 to 70 minutes, or until center is no longer pink and meat is cooked through.
6. Let stand 10 minutes before serving.
Serve garnished with parsley.

SAGI’S TIP: Store in individual containers and freeze for future meals.

Sagi’s Variations: Substitute ground turkey with diced chicken or turkey breast. Add garbanzo beans and organic corn for additional texture and flavor.

NUTRITIONAL INFORMATION (per serving):
Calories: 215 / Total Fat: 11 g
Saturated Fat: 3 g / Cholesterol: 130 mg
Sodium: 537 mg / Carbohydrates: 29 g
Fiber: 10 g / Sugars: 7 g / Protein: 41 g
**BEEF AND BROCCOLI STIR-FRY**  
(Makes 4 servings, 1 cup each)

Container Equivalents:  
- 1 Green,  
- ½ Yellow,  
- 1 Red

Total Time: 24 min.  
Prep Time: 15 min.  
Cooking Time: 9 min.

The fresh ginger gives this beef and broccoli stir-fry a distinct and delicious flavor.

- ¼ reduced-sodium organic tamari soy sauce  
- 6 Tbsp. water, *divided use*  
- 2 Tbsp. tapioca starch, *divided use*  
- 1 Tbsp. raw honey  
- 1 lb. raw top sirloin beef, trimmed of fat, sliced into ½-inch thick pieces  
- 1 tsp. extra-virgin organic coconut oil  
- 4 cups broccoli florets  
- 2 cloves garlic, chopped  
- 1 thin slice fresh ginger, peeled, finely chopped

1. Combine soy sauce, 4 Tbsp. water, 1 Tbsp. tapioca, and honey in a small bowl; mix well. Set aside.
2. Combine *remaining* 1 Tbsp. tapioca and 2 Tbsp. water in a large bowl; mix well. Add beef. Toss gently to coat.
3. Heat oil in large skillet over medium-high heat. Add beef; cook, stirring frequently, for 2 minutes, or until cooked through and no longer pink. Remove from heat, keep warm.
4. Add broccoli, garlic, and ginger to skillet; cook, stirring frequently, for 2 to 3 minutes. Place broccoli mixture in beef bowl.
5. Add soy sauce mixture to skillet; cook, stirring constantly, over medium-high heat for 30 seconds, or until thickened. Return beef and broccoli mixture to skillet; cook, for 1 to 2 minutes, or until well mixed and heated through.

**Sagi’s Variations:** Stir-fry can also be made with chicken and with a variety of different vegetables such as snow peas, carrots, bell peppers, asparagus, water chestnuts, Chinese broccoli, zucchini, and mushrooms.

**NUTRITIONAL INFORMATION (per serving):**  
Calories: 232  / Total Fat: 8 g  
Saturated Fat: 3 g  / Cholesterol: 76 mg  
Sodium: 782 mg  / Carbohydrates: 13 g  
Fiber: 0 g  / Sugars: 5 g  / Protein: 28 g
4. Roll mixture into thirty 1-inch meatballs. Place on prepared baking sheet.

5. Bake for 15 to 20 minutes, or until no longer pink in the middle.

SAGI’S TIP: Meatballs freeze very well. Place 5 cooked meatballs in a resealable plastic bag and freeze for future meals. You can defrost them in the refrigerator and heat them in a toaster oven.

Sagi’s Variations: Experiment with the following ingredient pairings for delicious variations for meatballs: 1 Tbsp. chopped fresh basil and 1 tsp. fresh lemon zest; 1 Tbsp. Worcestershire sauce and 2 Tbsp. fresh parsley; 1 tsp. cumin and 1 tsp. chile powder; 2 tsp. hot sauce and ½ tsp. curry powder; 1 chopped chipotle chile and 2 Tbsp. chopped fresh cilantro; 2 tsp. fresh chopped jalapeño peppers and ¼ cup finely chopped jicama.

NUTRITIONAL INFORMATION (per serving):
Calories: 223 / Total Fat: 11 g
Saturated Fat: 3 g / Cholesterol: 115 mg
Sodium: 480 mg / Carbohydrates: 8 g
Fiber: 1 g / Sugars: 0 g / Protein: 24 g
EASY CHICKEN FAJITAS
(Makes 4 servings, 2 fajitas each)

Container Equivalents: ½ Green, 1 Yellow, 1 Red, ½ Blue, ½ Teaspoon

Total Time: 22 min.
Prep Time: 15 min.
Cooking Time: 7 min.

Fajitas are healthy and filling and make a great dinner. This recipe teaches you an easy way to marinate chicken. The result is a very flavorful dish.

- 1 tsp. chile powder
- ½ tsp. sea salt (or Himalayan salt)
- ½ tsp. ground cumin
- ½ tsp. garlic powder
- 2 tsp. extra-virgin olive oil, divided use
- 2 raw chicken breasts, boneless, skinless, cut into ½-inch strips (about 1 lb. total)
- 1 medium green bell pepper, cut into thin strips
- 1 medium onion, thinly sliced
- 1 Tbsp. fresh lime juice
- 8 (6-inch) corn (or whole wheat) tortillas, warm
- ½ medium avocado, thinly sliced
- Fresh salsa (for garnish; optional)
- Lime wedges (for garnish; optional)

1. Combine chile powder, salt, cumin, garlic powder, and 1 tsp. oil in large resealable plastic bag.
2. Add chicken, bell pepper, and onion; mix gently to coat. Refrigerate for 15 minutes.
3. Heat remaining 1 tsp. oil in large nonstick skillet over medium-high heat.
4. Empty contents of bag into skillet and cook, stirring frequently, for 5 to 6 minutes or until chicken is cooked through.
5. Remove from heat; add lime juice.
6. Serve with tortillas, avocado, salsa (if desired), and lime wedges (if desired).

Sagi’s Variations: Substitute beef sirloin for chicken and cook to desired doneness. Shrimp is also a perfect substitution for chicken; simply use 1 lb. peeled and deveined shrimp and add a flavorful ground chipotle chile powder instead of regular chile powder.

NUTRITIONAL INFORMATION (per serving):
Calories: 319 / Total Fat: 9 g
Saturated Fat: 2 g / Cholesterol: 83 mg
Sodium: 483 mg / Carbohydrates: 30 g
Fiber: 6 g / Sugars: 3 g / Protein: 30 g

Without tortillas:
Container Equivalents: ½ Green, 1 Red, ½ Blue, ½ Teaspoon

NUTRITIONAL INFORMATION (per serving):
Calories: 214 / Total Fat: 8 g
Saturated Fat: 1 g / Cholesterol: 83 mg
Sodium: 461 mg / Carbohydrates: 7 g
Fiber: 3 g / Sugars: 3 g / Protein: 27 g
SAGI’S TIPS: Buy fish in large quantities and freeze in individual resealable plastic bags for use in this recipe. Remember to date your frozen fish and freeze for no more than 6 months. Defrost in refrigerator the day before you are going to prepare recipe.
POACHED SALMON WITH VEGETABLES
(Makes 1 serving)

Container Equivalents:  ■ 1½ Green,  ■ 1½ Red,  ➡️  2 Teaspoon

Total Time: 35 min.
Prep Time: 15 min.
Cooking Time: 20 min.

Wild Alaskan salmon is rich in omega-3 fatty acids, which can help fight against cancer and heart disease. This recipe is a delicious and easy way to prepare salmon.

• 1 (6-oz.) raw wild Alaskan salmon fillet
• ¼ tsp. sea salt (or Himalayan salt)
• ¼ tsp. ground black pepper
• 2 tsp. olive oil
• ½ medium onion, thinly sliced
• ½ medium carrot, thinly sliced
• ½ medium zucchini, thinly sliced
• 1 clove garlic, chopped
• ½ cup water
• 2 Tbsp. dry white wine
• 1 Tbsp. fresh lemon juice
• ½ tsp. chopped fresh dill (or dried dill)
• Lemon slices (for garnish; optional)

1. Season salmon with salt and pepper; set aside.

2. Heat oil in large nonstick skillet over medium-high heat.
3. Add onion and carrot; cook, stirring frequently, for 3 minutes.
4. Add zucchini and garlic; cook, stirring frequently, for 2 to 3 minutes, or until vegetables are tender-crisp. Place vegetables on large serving platter. Keep warm.
5. Add water, wine, lemon juice, and dill to skillet; cook, stirring frequently, until it reaches a boil. Reduce heat to medium.
6. Add salmon; cook, covered, for 8 minutes, or until salmon flakes easily when tested with a fork.
7. Remove from heat; place salmon on top of vegetables. Top with sauce, and garnish with lemon (if desired).

Sagi’s Variations: Any fish is perfect for this recipe. Different vegetable variations can include red bell peppers, yellow squash, mushrooms, spinach, asparagus, and fennel. Herb variations can include basil, tarragon, thyme, and cilantro.

NUTRITIONAL INFORMATION (per serving):
Calories: 385  /  Total Fat: 20 g
Saturated Fat: 3 g  /  Cholesterol: 94 mg
Sodium: 644 mg  /  Carbohydrates: 15 g
Fiber: 3 g  /  Sugars: 8 g  /  Protein: 36 g
SAGI’S PROTEIN SALAD
(Makes 1 serving)

Container Equivalents:  
- 1½ Green, 
- 2 Red, 
- 1 Blue, 
- 1½ Teaspoon

Total Time: 15 min.  
Prep Time: 15 min.  
Cooking Time: None

This fresh, colorful salad is tasty and appealing.

• 2 cups chopped romaine lettuce  
• 1 cup fresh spinach, cut into bite-sized pieces  
• ½ medium cucumber, sliced  
• ½ medium tomato, sliced  
• ¼ cup shredded carrots  
• ½ cup sliced mushrooms  
• ¼ medium avocado, cubed  
• 6 oz. cooked rotisserie chicken breast, boneless, skinless, shredded  
• ½ large hard-boiled egg, sliced  
• Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)  
• 1½ tsp. extra-virgin olive oil  
• 2 Tbsp. fresh lemon juice  
• 1 Tbsp. red wine vinegar

1. Combine lettuce, spinach, cucumber, tomato, carrot, mushrooms, avocado, chicken, and egg in a large bowl. Season with salt and pepper (if desired).

2. Drizzle with oil, lemon juice, and vinegar; toss gently to blend.

Sagi’s Variations: Other protein options include canned tuna, cooked lentils, canned beans, or sliced nitrite-free turkey or ham.

NUTRITIONAL INFORMATION (per serving):
Calories: 505  / Total Fat: 22 g  
Saturated Fat: 4 g  / Cholesterol: 238 mg  
Sodium: 489 mg  / Carbohydrates: 17 g  
Fiber: 7 g  / Sugars: 7 g  / Protein: 61 g
**EGG SALAD SANDWICH**  
(Makes 1 serving)

Container Equivalents: ½ Green, 2 Yellow, 1 Red, 3 Teaspoon

**Total Time:** 10 min.  
**Prep Time:** 10 min.  
**Cooking Time:** None

Olive oil mayonnaise is lower in saturated fats and calories than regular mayonnaise. It is a great addition to this egg salad sandwich recipe.

- 2 large hard-boiled eggs, finely chopped
- 1 Tbsp. organic olive oil mayonnaise
- ½ tsp. Dijon (or yellow) mustard
- 1 Tbsp. chopped fresh parsley
- 1 dash ground paprika
- Ground black pepper (to taste; optional)

1. Combine eggs, mayonnaise, mustard, parsley, paprika, and pepper (if desired) in a small bowl.

2. Spread egg mixture on one slice of bread. Top with tomato, lettuce, and finish with second slice of bread.

*Sagi’s Variations:* Other bread options include Ezekiel tortillas, whole-grain English muffins, or whole-grain pita breads. Delicious additions to egg salad include hot sauce, curry powder, or chile powder. Another way to serve this delicious egg salad is using lettuce leaves instead of bread. (Nutritional information for this is listed below.)

**NUTRITIONAL INFORMATION (per serving):**
- Calories: 452  
- Total Fat: 25 g
- Saturated Fat: 5 g  
- Cholesterol: 373 mg
- Sodium: 502 mg  
- Carbohydrates: 38 g
- Fiber: 7 g  
- Sugars: 4 g  
- Protein: 21 g

**Without bread:**

Container Equivalents: ½ Green, 1 Red, 3 Teaspoon

**NUTRITIONAL INFORMATION (per serving):**
- Calories: 272  
- Total Fat: 23 g
- Saturated Fat: 5 g  
- Cholesterol: 373 mg
- Sodium: 232 mg  
- Carbohydrates: 4 g
- Fiber: 1 g  
- Sugars: 2 g  
- Protein: 13 g
TUNA SALAD SANDWICH
(Makes 1 serving)

- 1 (5-oz.) can solid white tuna, packed in water, drained
- 1 Tbsp. fresh lemon juice
- 2 tsp. extra-virgin olive oil
- ¼ medium red onion, finely chopped
- ¼ medium celery stalk, finely chopped
- 1 Tbsp. finely chopped red bell pepper
- 1 Tbsp. chopped fresh parsley
- 1 tsp. capers, drained
- Ground black pepper (to taste; optional)
- 2 slices high-fiber whole-grain bread
- 1 lettuce leaf

1. Combine tuna, lemon juice, oil, onion, celery, bell pepper, parsley, capers, and pepper (if desired) in a small bowl; mix well.

2. Top one slice of bread with tuna mixture; top with tomato, lettuce, and finish with second slice of bread.

SAGI’S TIP: Make multiple servings of this recipe and use in sandwiches, salads, and even tossed with cooked whole-grain pasta. This is also a great recipe that can be enjoyed with raw vegetables if you are avoiding carbs. You can also make a sandwich using lettuce leaves instead of bread. (Nutritional information for this is listed below.)

NUTRITIONAL INFORMATION (per serving):
Calories: 422  /  Total Fat: 13 g
Saturated Fat: 1 g  /  Cholesterol: 36 mg
Sodium: 500 mg  /  Carbohydrates: 43 g
Fiber: 6 g  /  Sugars: 9 g  /  Protein: 37 g

Without bread:
Container Equivalents: ½ Green, 1 Red, 2 Teaspoon

NUTRITIONAL INFORMATION (per serving):
Calories: 242  /  Total Fat: 11 g
Saturated Fat: 1 g  / Cholesterol: 47 mg
Sodium: 160 mg  / Carbohydrates: 7 g
Fiber: 2 g  / Sugars: 3 g  / Protein: 29 g
SHRIMP COCONUT CURRY IN A HURRY
(Makes 1 serving)

Container Equivalents: ½ Green, 1 Red, 1 Blue, 1 Teaspoon

Total Time: 20 min.
Prep Time: 10 min.
Cooking Time: 10 min.

Coconut milk and shrimp combine to make a mouthwatering dish.

- ¼ cup canned coconut milk
- 1 tsp. fresh lime juice
- ½ tsp. raw honey (or pure maple syrup) (optional)
- ½ tsp. curry powder
- 1 thin slice fresh ginger, peeled, finely chopped
- ½ clove garlic, finely chopped
- 5 oz. raw medium shrimp, peeled, deveined
- ¼ tsp. ground black pepper
- 1 tsp. extra-virgin organic coconut oil
- ½ medium red bell pepper, chopped
- 6 fresh cilantro sprigs (for garnish; optional)

1. Combine coconut milk, lime juice, honey (if desired), curry powder, ginger, and garlic in a small bowl; mix well. Set aside.
2. Season shrimp with pepper.
3. Heat oil in large nonstick skillet over medium-high heat. Add shrimp and bell pepper; cook, stirring frequently, for 30 seconds.
4. Add coconut milk mixture. Bring to a boil. Reduce heat to low; gently boil for 5 minutes, or until sauce is slightly thickened and shrimp is opaque and firm.
5. Garnish with cilantro (if desired).

Sagi’s Variation: Recipe can be made with 4 to 6 oz. skinless chicken breast. Make sure to cook chicken for a longer time (about 5 minutes or until it is not pink) before adding sauce. Multiple servings can be made and frozen in individual servings for future meals.

NUTRITIONAL INFORMATION (per serving):
Calories: 325  / Total Fat: 17 g  
Saturated Fat: 11 g  / Cholesterol: 217 mg  
Sodium: 671 mg  / Carbohydrates: 13 g  
Fiber: 2 g  / Sugars: 6 g  / Protein: 31 g
SHAKEOLOGY POWER BALLS
(Makes about 12 servings, 2 balls each)

Container Equivalents: ½ Yellow, 3 Teaspoon

Total Time: 1 hr. 15 min.
Prep Time: 15 min.
Cooking Time: None

These nutritionally balanced snack balls are delicious. The ripe banana offers a sweet flavor and the sunflower seeds provide flavor and crunch.

• 1 cup all-natural smooth peanut butter (or almond butter)
• 1 scoop Vanilla Shakeology
• 1 large ripe banana, mashed
• ¾ cup dry quick-cooking rolled oats
• 2 Tbsp. raw sunflower seeds

1. Combine peanut butter, Shakeology, banana, oats, and sunflower seeds in a medium bowl.
2. Shape mixture into twenty-four walnut-sized balls; place in airtight container.
3. Refrigerate for at least 1 hour before serving.

NUTRITIONAL INFORMATION (per serving):
Calories: 173 / Total Fat: 12 g / Saturated Fat: 2 g / Cholesterol: 0 mg
Sodium: 116 mg / Carbohydrates: 12 g / Fiber: 2 g / Sugars: 4 g / Protein: 8 g
SHAKEOLOGY BANANA PEANUT BUTTER ICE CREAM
(Makes 1 serving)
Container Equivalents: 2 Purple, ½ Red, 3 Teaspoon
Total Time: 4 hours, 15 min.
Prep Time: 15 min.
Cooking Time: None

This nutritious ice cream makes a delicious snack or dessert. Use a very ripe banana for more flavor.

• 1 large ripe banana, chopped
• 1 Tbsp. all-natural smooth peanut butter (or almond butter)
• 3 Tbsp. unsweetened almond milk
• 1 scoop Vanilla Shakeology

1. Place banana in plastic bag and freeze for 4 hours, or until completely frozen.
2. Place frozen banana, peanut butter, almond milk, and Shakeology in blender (or food processor); cover. Blend until smooth. Serve immediately.

NUTRITIONAL INFORMATION (per serving):
Calories: 353 / Total Fat: 11 g
Saturated Fat: 2 g / Cholesterol: 5 mg
Sodium: 309 mg / Carbohydrates: 49 g
Fiber: 7 g / Sugars: 25 g / Protein: 22 g

HIGH-ENERGY TRAIL MIX
(Makes 12 servings, ½ cup each)
Container Equivalents: ½ Yellow, ½ Blue, 2 Orange
Total Time: 10 min.
Prep Time: 10 min.
Cooking Time: None

This is a simple, tasty trail mix. Pumpkin seeds are often sold as “pepitas” and are flat, green seeds.

• 2 cups raw pumpkin seeds
• 1 cup slivered raw almonds
• 1 cup unsweetened dried cranberries
• ¾ cup raw sunflower seeds
• ¾ cup unsweetened coconut flakes

1. Combine pumpkin seeds, almonds, cranberries, sunflower seeds, and coconut in a large bowl.
2. Place ½ cup of mixture in 12 small individual resealable plastic bags for snacking.

NUTRITIONAL INFORMATION (per serving):
Calories: 281 / Total Fat: 22 g
Saturated Fat: 4 g / Cholesterol: 0 mg
Sodium: 4 mg / Carbohydrates: 14 g
Fiber: 4 g / Sugars: 7 g / Protein: 11 g
HUMMUS AND VEGETABLES
(Makes 5 servings, ½ cup hummus and 1 cup vegetables each)

Container Equivalents:  
1 Green,  
1 Yellow,  
2⅔ Teaspoon

Total Time: 15 min.  
Prep Time: 15 min.  
Cooking Time: None

This tasty hummus has a great texture and delicious flavor. It can be eaten as a dip with raw or cooked vegetables, like carrots, green beans, red bell peppers, cucumbers, and celery.

• 1 (15-oz.) can chickpeas (garbanzo beans), liquid from can reserved  
• ¼ cup fresh lemon juice  
• ¼ cup tahini (sesame butter)  
• 1 Tbsp. extra-virgin olive oil  
• 2 cloves garlic, chopped  
• ½ tsp. sea salt (or Himalayan salt)  
• 5 cups assorted vegetables (like carrot sticks, cherry tomatoes, celery sticks, bell pepper sticks, or jicama sticks)

1. Place chickpeas and half of reserved liquid from can in blender.  
2. Add lemon juice, tahini, oil, garlic, and salt; cover. Blend until smooth. (Add a little more liquid from can, if needed, to make hummus thinner.)  
3. Serve with vegetables.

NUTRITIONAL INFORMATION (per serving):  
Calories: 196  / Total Fat: 10 g  
Saturated Fat: 1 g  / Cholesterol: 0 mg  
Sodium: 356 mg  / Carbohydrates: 21 g  
Fiber: 6 g  / Sugars: 5 g  / Protein: 8 g
TURKEY, GOAT CHEESE, AND AVOCADO ROLL
(Makes 4 servings, 1 roll each)

Container Equivalents: ■ 1½ Blue

Total Time: 10 min.
Prep Time: 10 min.
Cooking Time: None

These rolls are simple to make. They can be eaten as a meal or a snack. Nitrite-free meat can usually be found at the grocery store or a natural foods store.

• 4 romaine lettuce leaves
• 4 slices low-sodium nitrite-free turkey (or roast beef) (about 4 oz.)
• 4 Tbsp. soft goat cheese
• 4 Tbsp. chopped raw walnuts or pecans
• 4 slices avocado (½ medium avocado)
• Chopped red bell pepper (for garnish; optional)

1. Top each lettuce leaf with a turkey slice.
2. Spread each turkey slice with 1 Tbsp. goat cheese.
3. Sprinkle 1 Tbsp. walnuts on each roll; top with 1 slice avocado.
4. Roll; garnish with bell pepper (if desired).

NUTRITIONAL INFORMATION (per serving):
Calories: 146 / Total Fat: 11 g
Saturated Fat: 3 g / Cholesterol: 17 mg
Sodium: 159 mg / Carbohydrates: 5 g
Fiber: 3 g / Sugars: 2 g / Protein: 8 g
While the recipes you’ve just read will make for delicious, filling meals, sometimes you just want to keep things simple. When this is the case, look to this section for some basic kitchen tips.

**HARD-BOILED EGGS**  
(Makes 1 serving)  
Container Equivalents:  ■ 1 Red  
Total Time: 22 min.  
Prep Time: 5 min.  
Cooking Time: 5 min.

- 2 large eggs  
- Cold water

1. Place egg in saucepan and add water to cover egg by one inch.  
2. Bring water to just a boil over high heat. Remove from heat, cover, and let stand 12 minutes.  
3. Remove from hot water and serve warm or rinse in cold water until cool.

**NUTRITIONAL INFORMATION** (per serving):  
Calories: 143 / Total Fat: 10 g  
Saturated Fat: 1.5 g / Cholesterol: 215 mg  
Sodium: 142 mg / Carbohydrates: 1 g  
Fiber: 0 g / Sugars: 0 g / Protein: 13 g

**BOILED RED POTATOES**  
(Makes 6 servings, 1 potato each)  
Container Equivalents:  ■ 1 Yellow  
Total Time: 23 min.  
Prep Time: 5 min.  
Cooking Time: 18 min.

- 6 small potatoes with skin  
- Cold water  
- Sea salt (or Himalayan salt) (optional)

1. Wash potatoes thoroughly. Place potatoes in large saucepan; add water to cover potatoes by two inches. (Make sure the water isn’t at the top of the pot or it will boil over.) Add salt (if desired).  
2. Cook over medium-high heat for 15 to 18 minutes, or until fork tender. Don’t overcook the potatoes.  
3. Once the potatoes are done, drain immediately.

**NUTRITIONAL INFORMATION** (per serving):  
Calories: 86 / Total Fat: 0 g  
Saturated Fat: 0 g / Cholesterol: 0 mg  
Sodium: 109 mg / Carbohydrates: 20 g  
Fiber: 2 g / Sugars: 1 g / Protein: 2 g
**PLAIN QUINOA**
(Makes 6 servings, ½ cup each)

Container Equivalents: ⬤ 1 Yellow

Total Time: 30 min.
Prep Time: 5 min.
Cooking Time: 20 min.

- 1 cup dry quinoa
- 2 cups cold water
- Sea salt (or Himalayan salt) and ground black pepper (optional)

1. Rinse quinoa thoroughly.
2. Combine quinoa and water in medium saucepan. Season with salt and pepper (if desired).
3. Bring to a boil over high heat. Reduce heat to maintain a gentle boil; cook, covered, for 15 minutes, or until all water has been absorbed.
4. Remove pan from heat and let quinoa rest, covered, for 5 minutes.
5. Fluff with a fork and serve.

**NUTRITIONAL INFORMATION** (per serving):
Calories: 105  /  Total Fat: 2 g
Saturated Fat: 0 g  /  Cholesterol: 0 mg
Sodium: 99 mg  /  Carbohydrates: 18 g
Fiber: 2 g  /  Sugars: 0 g  /  Protein: 4 g

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**BROWN RICE**
(Makes 7 servings, ½ cup each)

Container Equivalents: ⬤ 1 Yellow

Total Time: 1 hr. 10 min.
Prep Time: 5 min.
Cooking Time: 55 min.

- 1 cup dry brown rice
- 2 cups cold water
- Sea salt (or Himalayan salt) and ground black pepper (optional)

1. Combine rice and water in medium saucepan. Season with salt and pepper (if desired).
2. Bring to a boil over high heat. Reduce heat to maintain a gentle boil; cook, covered, for 50 minutes. Keep covered the entire time or rice will not cook evenly.
3. Remove pan from heat and let rice rest, covered, for 10 minutes. Do not remove lid.
4. Fluff with a fork; serve.

**NUTRITIONAL INFORMATION** (per serving):
Calories: 99  /  Total Fat: 1 g
Saturated Fat: 0 g  /  Cholesterol: 0 mg
Sodium: 85 mg  /  Carbohydrates: 21 g
Fiber: 1 g  /  Sugars: 0 g  /  Protein: 2 g
WHOLE-GRAIN PASTA
(Makes 8 servings, ½ cup each)

Container Equivalents: 1 Yellow

Total Time: 21 min.
Prep Time: 5 min.
Cooking Time: 16 min.

- 12 cups water
- Sea salt (or Himalayan salt) (optional)
- 8 oz. dry whole-grain pasta (or whole wheat pasta)

1. Place water in large saucepan. Bring to a rolling boil over high heat; add salt (if desired).
2. Add pasta gradually. Return to a boil. Stir frequently to prevent sticking.
3. Cook for 10 to 11 minutes or until al dente (firm to the bite). Do not overcook or it will become too mushy.

NUTRITIONAL INFORMATION (per serving):
Calories: 99 / Total Fat: 0 g
Saturated Fat: 0 g / Cholesterol: 0 mg
Sodium: 74 mg / Carbohydrates: 21 g
Fiber: 0 g / Sugars: 0 g / Protein: 4 g
LENTILS
(Makes 6 servings, ½ cup each)
Container Equivalents: 1 Yellow
½ Teaspoon
Total Time: 35 min.
Prep Time: 10 min.
Cooking Time: 25 min.
• 1 cup dry brown lentils
• 1 ¾ cups water
• Sea salt (or Himalayan salt) and ground black pepper (optional)

1. Sort through the lentils to make sure there are no small stones. Rinse lentils in colander under cool water. Set aside.
2. Place water in medium saucepan. Season with salt and pepper (if desired). Bring to a boil over high heat.
3. Add lentils. Return to a boil. Cover. Reduce heat to maintain a gentle boil; cook for 20 minutes, or until lentils are tender.

NUTRITIONAL INFORMATION (per serving):
Calories: 113 / Total Fat: 0 g
Saturated Fat: 0 g / Cholesterol: 0 mg
Sodium: 97 mg / Carbohydrates: 19 g
Fiber: 10 g / Sugars: 1 g / Protein: 8 g

WHOLE BAKED SWEET POTATOES
(Makes 4 servings, 1 potato each)
Container Equivalents: 1 Yellow
½ Teaspoon
Total Time: 50 min.
Prep Time: 5 min.
Cooking Time: 45 min.
• 4 medium sweet potatoes, even in size
• 2 tsp. olive oil
• Sea salt (or Himalayan salt) (to taste; optional)
• Ground paprika (to taste; optional)

1. Preheat oven to 450° F.
2. Scrub sweet potatoes; brush each evenly with oil.
3. Arrange potatoes on oven rack; bake for 35 to 45 minutes, or until fork tender.
4. Remove from oven; pierce with a fork to let steam out. Cut a 1½-inch cross in the center of each potato. Season with salt and paprika (if desired).

NUTRITIONAL INFORMATION (per serving):
Calories: 125 / Total Fat: 2 g
Saturated Fat: 0 g / Cholesterol: 0 mg
Sodium: 352 mg / Carbohydrates: 24 g
Fiber: 4 g / Sugars: 13 g / Protein: 2 g
Combine and mix well. Use as a rub for roasting or grilling chicken, meat, or fish, or use for spicing up ground chicken, turkey, or beef. Store in an airtight container and use to flavor most savory foods!

### All-Purpose Blend:
- 2 Tbsp. smoked paprika
- 1 Tbsp. ground black pepper
- 2 tsp. sea salt
- 1 Tbsp. dry mustard powder
- 1 Tbsp. onion powder
- 1 tsp. garlic powder
- 1 Tbsp. finely minced lemon zest

### Mexican Blend:
- 1 Tbsp. chili powder
- ¼ tsp. garlic powder
- ¼ tsp. dried oregano
- 1½ tsp. ground cumin
- 1 tsp. sea salt
- 1 tsp. ground black pepper

### Italian Blend:
- 4 Tbsp. crushed dried parsley
- 4 tsp. dried onion flakes
- 2 tsp. crushed dried basil
- 1 tsp. ground oregano
- 1 tsp. ground thyme
- 1 tsp. garlic powder
- 1 tsp. sea salt
- ½ tsp. black pepper

### Beast Blend:
- 4 tsp. dried leaf thyme
- 2 tsp. ground paprika
- 2 tsp. onion powder
- 2 tsp. garlic powder
- 2 tsp. sea salt
- 2 tsp. ground black pepper
- 1 tsp. ground cayenne pepper
- 1 tsp. dried leaf oregano
- ¾ tsp. ground cumin
- ½ tsp. ground nutmeg