

# GET STARTED IN A FEW EASY STEPS

If you're a member of Beachbody® On Demand and using a container-based program such as 21 Day Fix®, Body Beast®, or CIZE®, please use the calculations from that program's guidebook. If not, find your Portion Plan using the calculations below.

## 1. FIND YOUR CALORIC BASELINE:

CALORIC BASELINE	
Find Your Caloric Baseline:	$\frac{\text{Current Weight (lbs.)}}{\text{Current Weight (lbs.)}} \times 11 = \text{Caloric Baseline}$

## 2. FIND YOUR MAINTENANCE CALORIES:

The kind of exercise you do helps determine how many calories you need. **If you're injured or you're not yet working out 5 days per week, you can skip this step:**

MODERATELY CHALLENGING	
If you do:	<ul style="list-style-type: none"> <li>• Easy jogging</li> <li>• Brisk walking</li> <li>• Yoga</li> </ul> Or <b>Beachbody workouts</b> at least 5 days per week, such as:*
Find Your Maintenance Calories:	$\text{Caloric Baseline} + 400 = \text{Maintenance Calories}$

EXTREMELY CHALLENGING	
If you do:	<ul style="list-style-type: none"> <li>• High-intensity interval training</li> <li>• Heavy weightlifting</li> <li>• Long-distance running</li> </ul> Or <b>Beachbody workouts</b> at least 5 days per week, such as:*
Find Your Maintenance Calories:	$\text{Caloric Baseline} + 700 = \text{Maintenance Calories}$

\*You can stream these and hundreds of other Beachbody workouts RISK-FREE with Beachbody On Demand. Learn more about membership options at [BeachbodyOnDemand.com](http://BeachbodyOnDemand.com).

## 3. FIND YOUR WEIGHT-LOSS CALORIE TARGET:


WEIGHT-LOSS CALORIE TARGET	
Find Your Calorie Target:	$\text{Maintenance Calories} - 750 = \text{Your Calorie Target}$








\*\*Note: If you skipped step 2, use your Caloric Baseline instead of Maintenance Calories to find your Weight-Loss Calorie Target.

### IMPORTANT TIPS:

- If your **Calorie Target** is less than 1,200, round up to 1,200
- If your **Calorie Target** is more than 2,399, round down to 2,399
- If you want to maintain weight, stick with your **Maintenance Calories** in step 2 and skip step 3
- If you want to gain weight, add 350 calories to your **Maintenance Calories** in step 2 and skip step 3








## 4. FIND YOUR CONTAINER PLAN:

Use your Calorie Target to find the plan that's right for you. The numbers next to the colored squares tell you how many portions you will eat. For example, a "3" next to the yellow square means you will fill the Yellow Container three times a day. For the  symbol, just use a standard teaspoon measure from your own kitchen.

Calorie Target Range	1,200-1,499 calories	1,500-1,799 calories	1,800-2,099 calories	2,100-2,399 calories
Container Plan	PLAN A	PLAN B	PLAN C	PLAN D
 Veggies	3	4	5	6
 Fruits	2	3	3	4
 Proteins	4	4	5	6
 Carbs	2	3	4	4
 Healthy Fats	1	1	1	1
 Seeds & Dressings	1	1	1	1
 Oils & Nut Butters	2	4	5	6

# SAMPLE MEAL PLAN

Wondering what a day of eating might look like with your containers? Here's a sample for **Plan A**:

							 †
	VEGGIES	FRUITS	PROTEINS	CARBS	HEALTHY FATS	SEEDS & DRESSINGS	OILS & NUT BUTTERS
BREAKFAST 7:00 AM		Sliced Apples	Hard-Boiled Eggs	Cooked Oatmeal			
SNACK 1 10:00 AM		Grapes	Shakeology				Almond Butter
LUNCH 12:30 PM	Mixed Salad		Grilled Chicken	Cooked Quinoa		Salad Dressing	
SNACK 2 3:30 PM	Celery				Raw Almonds		Peanut Butter
DINNER 6:00 PM	Cooked Carrots		Grilled Flank Steak				
<b>TOTAL CONTAINERS</b>	<b>3</b>	<b>2</b>	<b>4</b>	<b>2</b>	<b>1</b>	<b>1</b>	<b>2</b>

†Teaspoon not included.

Want more ideas? Visit [BeachbodyMealPrep.com](http://BeachbodyMealPrep.com) for tons of free sample meal plans, recipes, and meal prep tips.



### JOIN BEACHBODY ON DEMAND NOW TO:

#### WATCH FIXATE® THE COOKING SHOW

Learn how to make delicious, perfectly portioned recipes designed to work with your portion-control system.

#### STREAM HUNDREDS OF PROVEN WORKOUTS

Get 24/7 online access to over 600 world-famous workouts, like 21 Day Fix, 3 Week Yoga Retreat, and P90X.








#### GET EXPERT NUTRITION AND FITNESS ADVICE

Find recipes, meal plans, and tips on using your containers. You'll even get your own personal Coach for one-on-one guidance and weight-loss support.

Learn more about membership options at [BeachbodyOnDemand.com](http://BeachbodyOnDemand.com)

# TALLY SHEET

Use this Tally Sheet to help keep track of your containers throughout the day.

CALORIE TARGET:	Containers							DAY:	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	TOTAL	WATER
																
Containers																

Copy this or download printable Tally Sheets at [BeachbodyMealPrep.com](http://BeachbodyMealPrep.com)



# CONTAINER FOOD LISTS



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## GREEN (VEGGIES)

- Kale, cooked or raw
- Collard greens, cooked or raw
- Spinach, cooked or raw
- Brussels sprouts, chopped or 5 medium
- Broccoli, chopped
- Asparagus, 10 large spears
- Beets, 2 medium
- Tomatoes, chopped, cherry, or 2 medium
- Squash (summer), sliced
- Winter squash (all varieties), cubed
- String beans
- Peppers (sweet), sliced
- Carrots, sliced or 10 medium baby
- Cauliflower, chopped
- Artichokes, 1/2 large
- Eggplant, 1/2 medium
- Okra
- Jicama, sliced
- Snow peas
- Cabbage, chopped
- Cucumbers
- Celery, sliced
- Lettuce
- Mushrooms
- Radishes
- Onions, chopped
- Sprouts
- Salsa (freshly made or pico de gallo), 1/2 cup

## PURPLE (FRUITS)

- Raspberries
- Blueberries
- Blackberries
- Strawberries
- Watermelon, chopped
- Cantaloupe, chopped
- Orange, divided into sections or 1 medium
- Tangerine, 2 small
- Apple, sliced or 1 small
- Apricots, 4 small
- Grapefruit, divided into sections or 1/2 large
- Cherries
- Grapes
- Kiwifruit, 2 medium
- Mango, sliced
- Peach, sliced or 1 large
- Nectarine, sliced or 1 large
- Pear, sliced or 1 large
- Pineapple, diced
- Banana, 1/2 large
- Papaya, chopped
- Figs, 2 small
- Honeydew melon, chopped
- Salsa (bottled)
- Tomato sauce (plain or marinara)



## RED (PROTEINS)

- Sardines (fresh or canned in water), 7 medium
- Chicken or turkey breast (boneless, skinless), cooked, chopped
- Ground chicken or turkey (≥ 93% lean), cooked
- Fish, fresh water (catfish, tilapia, trout), cooked, flaked
- Fish, cold water, wild-caught (cod, salmon, halibut, tuna), cooked, flaked
- Game (buffalo, bison, ostrich, venison, rabbit), cooked, chopped
- Ground game (≥ 95% lean), cooked
- Eggs, 2 large
- Egg whites, 8 large
- Greek yogurt (plain, 2%)
- Yogurt (plain, 2%)
- Shellfish (shrimp, crab, lobster), cooked
- Clams (canned, drained)
- Red meat (extra-lean), cooked, chopped
- Ground red meat (≥ 95% lean), cooked
- Shakeology, 1 scoop
- Tempeh
- Tofu (firm)
- Pork tenderloin, cooked, chopped
- Tuna (canned light in water, drained)



- Turkey slices (low-sodium, nitrite-free, minimally processed, fatfree), 6 slices
- Ham slices (low-sodium, nitrite-free, minimally processed, fatfree), 6 slices
- Ricotta cheese (light)
- Cottage cheese (2%)
- Protein powder (whey, hemp, rice, pea), 1 1/2 scoops (approx. 42 g depending on variety)
- Veggie burger, 1 medium patty
- Turkey bacon (low-sodium, nitrite-free, minimally processed, reduced-fat), 4 slices

## YELLOW (CARBS)

- Sweet potato, chopped
- Yams (regular, white, tropical [batata]), chopped
- Quinoa, cooked
- Beans (kidney, black, garbanzo, white, lima, etc.), cooked, drained
- Lentils, cooked, drained
- Edamame, shelled
- Peas
- Refried beans (nonfat)
- Rice (brown, wild), cooked
- Potato, mashed or 1/2 medium
- Corn on the cob, 1 ear
- Amaranth, cooked
- Millet, cooked
- Buckwheat, cooked



## BLUE (HEALTHY FATS)

- Avocado, mashed or 1/4 medium
- 12 almonds, whole, raw
- 8 cashews, whole, raw
- 14 peanuts, whole, dry roasted
- 20 pistachios, whole, raw
- 10 pecan halves, raw
- 8 walnut halves, raw
- Hummus
- Coconut milk (canned)
- Feta cheese, crumbled

- Barley, cooked
- Bulgur, cooked
- Oatmeal (steelcut, rolled), cooked
- Pasta (whole-grain), cooked
- Couscous (whole wheat), cooked
- Crackers (whole-grain), 8 small
- Cereal (whole-grain, low sugar)
- Bread (whole-grain), 1 slice
- Pita bread (whole wheat), 1 small (4-inch)
- Waffles (whole-grain), 1 waffle
- Pancakes (whole-grain), 1 small (4-inch)
- English muffin (whole-grain), 1/2 muffin
- Bagel (whole-grain), 1/2 small (3-inch)
- Tortilla (whole wheat), 1 small (6-inch)
- Tortilla (corn), 2 small (6-inch)

## ORANGE (SEEDS & DRESSINGS)

- Pumpkin seeds, raw
- Sunflower seeds, raw
- Sesame seeds, raw
- Flaxseed, ground
- Olives, 10 medium
- Coconut (unsweetened), shredded
- Salad dressings

When possible, choose oil-based salad dressings over creamy dressings. Go to [BeachbodyMealPrep.com](http://BeachbodyMealPrep.com) for delicious healthy salad dressing recipes.

## TEASPOON (OILS & NUT BUTTERS)

- Extra-virgin olive oil
- Extra-virgin coconut oil
- Flaxseed oil
- Walnut oil
- Pumpkin seed oil
- Nut butters (peanut, almond, cashew, etc.)
- Seed butters (pumpkin, sunflower, sesame [tahini])
- Teaspoon not provided. Please use your own.
- Goat cheese, crumbled
- Mozzarella (low-moisture), shredded
- Cheddar, shredded
- Provolone, shredded
- Monterey jack, shredded
- Parmesan, shredded



## SHAKEOLOGY® BASES, TREATS, AND OTHER BEVERAGES

### Smoothie/Shakeology Bases (once per day)

- Low-fat milk, 1-2% (8 oz.): 1 1/2
- Unsweetened almond milk (8 oz.): 1
- Unsweetened soy milk (8 oz.): 1/2
- Unsweetened coconut milk beverage (8 oz.): 1
- Unsweetened rice milk (8 oz.): 1
- Unsweetened coconut water (8 oz.): 1/2

To learn more about Shakeology and how to order it, go to [Shakeology.com](http://Shakeology.com)

### Treats and Other Beverages (3 per week)

Three times a week you can have a treat or a tasty beverage...you've earned it! Simply help yourself to the amount listed after your treat, and check the corresponding container off your Tally Sheet.

- Dried apricots, unsweetened (4 pieces): 1
- Dried figs, unsweetened (2 pieces): 1
- Medjool dates (1 piece): 1
- Raisins (2 mini-boxes, 3 Tbsp., or approx. 45 pieces): 1
- Dried mango, unsweetened (2 pieces): 1
- Dried cranberries (2 Tbsp. or approx. 30 pieces): 1
- Dried apple rings, unsweetened (approx. 7 rings): 1
- Dark chocolate, plain: 1 (1.5"x1.5" square, 1 fun-sized bar, or approx. 25 morsels)
- Potato chips, plain kettle (6 chips): 1
- Tortilla chips, plain corn (6 chips): 1
- Mini pretzels (14 pretzels): 1
- Peanut butter pretzel nuggets (12 pieces): 1 1/2
- Chocolate-covered raisins (20 pieces): 1/2 1/2
- Chocolate-covered almonds (6 pieces): 1/2 1/2
- 100% real fruit juice (4 oz.): 1
- Wine (5 oz.): 1
- Beer, light (12 oz.): 1
- Beer, regular (12 oz.): 1 1/2
- Hard alcohol (1.5 oz.): 1



## PORTION FIX® Container Guide

