Q&A FOR 2B MINDSET

GENERAL QUESTIONS

HOW LONG IS THIS PROGRAM?

Unlike many Beachbody programs which are time-based, like 3 weeks, 60 days, or 90 days, 2B Mindset is as long as you want and need it to be. Think of it as a lifestyle change. It isn't about following a set diet for a set period of time as much as it's about shifting your mindset moving forward, so that you can spend the rest of your life feeling satisfied and healthy and enjoying the foods you love, all while losing the weight you want to lose—and keeping it off.

HOW SHOULD I ESTIMATE MY GOAL? DO I GO BY WEIGHT, MEASUREMENTS, BMI?

Getting to a lower BMI category is a great goal to have! Of course, you will want to stay focused on losing just 2 pounds at a time, but keeping track of your larger weight-loss goal is always a good idea. With that in mind, a lower BMI is a great indicator that you're getting to a healthier state.

HOW MANY CALORIES SHOULD I BE EATING?

2B Mindset isn't based on calories. If you're eating 3 meals a day, losing weight steadily, and have sufficient energy throughout the day, you are likely eating enough. As long as you're following the Plate It! method and backing it up with the More? Sure! model, you'll intuitively find the calorie level that's right for you. If, on the other hand, you're looking for a more structured approach to your daily nutrition that accounts for calories, check out the Portion Fix container system on TeamBeachbody.com.

IF I'M NOT HUNGRY, DO I HAVE TO EAT OR FINISH MY MEALS?

Of course not. Only you can know how much you need to eat to feel full and satisfied. Every day and every meal can be different, so make note of it in your tracker, and get comfortable with saving leftovers for another day, sharing your food with others, or simply discarding leftovers once you are done. Don't feel guilty about wasting food—eating what you don't need, or even want, is just as wasteful, if not more so. Sometimes it helps me to remind myself, "It's better in the trash than in my body." Or, "Rather *in* the waste than *on* my waist," at those moments when I'm tempted to pick at my daughter's leftovers after we are both done. By the end of a meal, your goal should be to feel satisfied and comfortable. Sometimes, if that means leaving food on your plate, that's empowering and completely okay. If you do not want to throw food away, you should consider buying additional food storage containers to save leftovers for another time.

As for missing meals entirely, just make sure to avoid the habit of skipping dinner at 6 pm because you aren't hungry, then overeating at 9 or 10 at night. You'll want to test this for yourself, but it's often helpful to eat something small like a yogurt or an egg-white pizza around dinnertime—even if you're only a little hungry—to make sure you stay "Dinner and Done," and don't fall victim to late-night hunger pangs.

On the flip side, when I hear someone say they don't have an appetite for breakfast, it's often because they're eating too much late at night. I recommend that you first focus on dinner and done—making sure your dinner is truly 75% veggies and 25% protein—and ideally finishing your meal 3 hours before you go to bed. As a result, you may find that you're hungry earlier in the day. Before long, you may even discover that you've become a breakfast person, helping you feel fuller throughout the day, so you can sustain a better weight loss and overall sense of well-being.

WHAT SHOULD I DO IF I'M HUNGRY BETWEEN MEALS?

First, pause—and before you eat anything—drink 16 ounces of water. Then ask yourself if what you're feeling is real hunger or if it's being caused by one of these conditions:

Lack of sleep. When we sleep less than the recommended 7–8 hours per night, it affects the "hunger hormones" ghrelin and leptin. In addition, we often crave more carbohydrates because we look to them for energy. (Beachbody Performance Energize or green tea is a more productive energy boost here.)

Stress and emotions. If hunger feels quick and impulsive, and directs you toward sillier foods, you could be feeling stress or emotional hunger that you should never try to satisfy by eating. Find another outlet for these emotions, like exercise.

Sensory reaction. Sometimes, we can smell, see, or hear about something and immediately want to eat it. That's the time you want to evaluate your surroundings and get whatever is triggering your craving OOSOOM (out of sight/sense, out of mind) as quickly as possible.

Boredom or habit. Try to think of other ways to occupy yourself that are more productive and purposeful. And keep two hands on the wheel (aka your water bottle) to make things safer and easier for you.

If none of this helps and you still want to eat, here are my suggestions: If it's morning, you can have lunch a little early, but to avoid this problem in the future, you might try eating a slightly larger breakfast. If it's afternoon, take advantage of your snack. If it's evening, I always say

"dinner and done," so review the "Make Over Your Mindset" video for ways to avoid late-night eating.

Most importantly, **track it** to figure out why you're hungry. Between Plate It and More Sure, you really should be satisfied between meals, so tracking *when* you're hungry will help you figure out *why* you're hungry, so you can fix the problem!

RESULTS

HOW MUCH WEIGHT SHOULD I BE LOSING PER WEEK?

About 1–2 pounds per week is considered a healthy weight loss. Remember, this is not a timelimited program (e.g., 21 days or 90 days), and everyone loses weight at a different rate. You're not in a race! Your goal should be long-lasting and sustainable weight loss. The really good news is that people in our test groups lost more weight in months 2, 3, and 4 than in month 1. That means, once you learn the 2B Mindset and what works best for you, you'll be confident knowing you have all the tools you need to help maximize your weight loss.

THE SCALE WENT UP. WHAT COULD IT BE?

First, watch the video titled "The scale went up. Now what?" There are a lot of reasons the scale could go up, including:

- Consuming too much salt
- Consuming too much food
- Alcohol
- Eating out
- Period constipation*

Be sure to use your tracker and include details so you can refer back and try to identify if any of the above are in play.

*Sidebar on periods: Periods are tricky...you tend to gain weight before or in the earlier days of your cycle because your body retains fluid that it then releases throughout the week. But that means it'll drop just as significantly the following week. If you are bloating a lot, I would definitely drink extra water and try not to eat salty foods. This should help flush out the fluid retention. For me, I know I experience exactly a 2-pound increase the day before my period begins, and that helps me know if that's the cause of the weight gain, or if it's caused by overeating (likely because I'm more emotional). It's all a new learning experience. Focus on Water First, Veggies Most, and Plate It; and make sure you're tracking everything. The scale should drop again as your period ends.

WHY IS MY WEIGHT LOSS SLOWING DOWN?

This is why tracking is so important. Take a close look at how your eating and activity have changed—not just daily, but see how they've trended over weeks or months. Maybe you've been adding more accessories or perhaps eating out more often. It could also be that you are eating more foods like nuts or shredded cheese, cereal, pretzels, sliced fruit, grains, or even accessories and not keeping track of them. You may find more success with your weight loss with more "closed-ended" foods in defined amounts that are easier to track, like a whole apple, a slice of bread, shrimp, or a cheese stick.

And keep in mind that weight loss can slow down the closer you get to reaching your goal weight, so either have patience or maybe check in with yourself to see if the weight you're at now suits you just fine! Watch the video, "Help! I've Hit A Plateau."

MY WEIGHT LOSS SEEMS SLOW. AM I DOING SOMETHING WRONG?

Dropping 1 to 2 pounds per week is considered healthy weight loss, and it should be doable for most people who are following the 2B Mindset. If that's not happening, before you panic, please keep these things in mind. First, don't compare yourself to others. Everyone loses weight differently. Second, don't compare your weight loss on the 2B Mindset to any prior weight-loss experience you had on another program. If it came off faster in the past, it might have also led to a rebound weight gain, and that's why you're here today! Finally, remember to focus on 2 pounds at a time. If you are overly fixated on a 50-pound weight-loss goal, then losing 2 pounds per week may feel slow. Try to realign your focus back to 2 pounds at a time, and you'll see that the weight loss adds up faster than you could have imagined.

WHAT HAPPENS IF THE SCALE GOES UP?

No one will see a consistent weight loss every single day throughout their weight-loss journey. While everyone always wants to see the scale go down, it will most certainly go up from time to time, for many different reasons. Don't get angry at yourself or the scale. Get curious! Take a look at your tracker and use it to learn what hasn't been working for you. So when the scale goes up, you can discover exactly how your body responds to different things you eat at different times, and you can figure out your best and most sustainable weight-loss plan for the future. Take a deep breath, check your tracker for things that may have caused the weight gain, and if you find something, reset and focus on your weight-loss plan! No matter what—you'll either be losing weight or learning how!

If you feel like you ate "perfectly" but the scale still went up, it may simply be a result of water retention from eating too much salt the day before, constipation, or your menstrual cycle. In each of those cases, it should pass quickly. Watch the video "Help! The Scale Went Up."

I HATE THE SCALE! WHY DO I HAVE TO USE THE SCALE EVERY DAY?

Right now, it's okay that you think you hate the scale. But as you begin to change your mindset and learn to use the tools in the program, you'll start losing weight, and when you do, you're going to LOVE the scale for showing you how your hard work is paying off and what's helping you lose weight and what isn't.

The scale is an accountability and teaching tool, but it will also become a measurement of your success. No two people lose weight in exactly the same way. The scale is a powerful means for helping you individualize the program; as a result, you can meet your weight-loss goals more quickly, by doing only the things that work best for you and your lifestyle.

DIGESTION

WHAT IF I'M CONSTIPATED?

If you are drinking water first, and your lunches and dinners are truly veggies most, this should be unlikely. The most common causes of constipation are not drinking enough water, not eating enough vegetables, and a low-fiber diet overall. So be sure to drink your recommended water ounces per day, eat more veggies, and read the labels for your FFCs, making sure you choose the ones with the highest fiber content. Constipation can also result from quick hormonal and environmental changes, such as stress, travel, or—if you are a woman—your period. If you still can't find relief, here are some suggestions that may help with occasional constipation:

- 1. Add some physical activity to your day. Exercise can stimulate your digestive track and help move things along.
- Caffeine can also stimulate your bowel movements, as can hot- and cold-temperature drinks. You may feel an instinct to use the bathroom after drinking a hot cup of coffee or tea following a cold glass of water.
- 3. Pure aloe leaf liquid (without any added sugar) can also help with digestion. I find that adding 2 ounces to your morning water often helps.

4. Magnesium. The mineral magnesium may also bring some relief. Spinach and dark greens are great sources of magnesium and fiber, which can help improve regularity. You can also try adding a powdered magnesium supplement to water or a shake for relief from occasional constipation.

Have patience. Sometimes when you are experiencing lots of changes, including new foods or workouts, or when you're traveling, your body tenses up. Give it a few days to readjust and reset, be sure to stay consistent with water first and veggies most, and the problem will likely correct itself. If it's been more than 3–4 days, you may want to consult with your doctor.

WHAT IF I AM USING THE BATHROOM TOO MUCH?

If eating this much fiber is new to you, your body may need some time to adjust. Don't worry, this isn't permanent! Feel free to cut back on your veggies a bit and include a little more protein to round out your plate. Slowly start to increase your veggies until you're eating according to the Plate It method. If you're experiencing loose diarrhea, I recommend eating a banana or unsweetened applesauce as your FFC. Bananas and unsweetened applesauce contain pectin, which is helpful for forming stool. They also include electrolytes to maintain your hydration. And be sure to continue drinking lots of water to prevent dehydration.

I FEEL GASSY AND BLOATED... IS IT ALL THE VEGGIES? AND WHAT SHOULD I DO ABOUT IT?

Any change in your diet can cause gas or bloating. And certain veggies have that effect on some people as well. I recommend drinking lots of water and perhaps taking a digestive enzyme supplement. Also, many people find they have less bloat from eating cooked vegetables rather than eating them raw. Or you can try steaming, boiling, roasting, or even pureeing veggies into a soup. Veggies that can cause more gas or bloat include cauliflower, cabbage, and broccoli.

I'm also a fan of Beachbody Ultimate Reset Optimize, a blend of enzymes and camu-camu that helps nutrient absorption and bioavailability.

FOOD AND VEGGIE QUESTIONS

WHAT ARE MY BEST OPTIONS FOR HOW TO PREPARE MY VEGGIES—RAW, STEAMED, OR COOKED? WHICH WAY OFFERS THE MOST BENEFITS?

The more the merrier. They all have health benefits, so go for those you enjoy the most, prepared in the way you like them best.

CAN I EAT TOO MANY VEGGIES?

If they are raw and plain, it is unlikely. If they are cooked down and sautéed with accessories, or raw and tossed with lots of accessories, then yes, it is possible. But as long as you're drinking your water first and drinking, at a minimum, your recommended ounces per day, it is not likely. Just make sure you're getting enough protein at your meals to stay full.

Also, keep in mind that if you're not used to a lot of fiber in your diet, a sudden increase in veggies might give you a little gas. Be patient and your body will adjust. Feel free to cut back on your veggies a bit and include a little more protein to round out your plate. Slowly start to increase your veggies until you're eating according to the Plate It method.

WHAT IF I CAN'T FIND MY FAVORITE VEGGIE ON THE VEGGIE LIST?

If you're sure it's a veggie, eat it! If you think it might be considered an FFC, Beachbody's staff of registered dietitians and other experts can tell you at BeachbodyExpertAdvice.com.

WHAT IF I DON'T LIKE MANY/ANY OF THE VEGETABLES ON THE **2B** MINDSET VEGGIE LIST? **A**RE THERE ACCEPTABLE ALTERNATIVES?

There's a huge variety of vegetables—be sure to look at my expanded list in the Resources tab. And don't feel as if you have to like every kind of vegetable. If you have a short list of a few you enjoy, start there, but be open to experimenting and trying new ones in the future. You might also want to try different cooking techniques. Keep an open mind and you're guaranteed to find a few veggies that you really love—especially once you realize that the more veggies you eat, the more weight you'll lose and the healthier you'll feel.

Here's an article with even more ideas for learning to love veggies! https://www.beachbodyondemand.com/blog/what-do-i-do-if-i-dont-like-vegetables

CAN VEGGIES BE COOKED ANY WAY I WANT?

Yes, as long as you are tracking and not over-accessorizing them (say by deep-frying, sugarcoating, or dousing them in excessive amounts of mayonnaise or cream-based sauces).

IF I'M NOT COUNTING MY CALORIES, HOW WILL I KNOW THAT I'M GETTING ENOUGH?

If you're eating 3 meals a day and losing weight steadily, and you have sufficient energy throughout the day, you are likely eating enough. If you are a woman, and still regularly getting your period, you can also be sure that you are eating an adequate amount. (We are so consumed as a society by calorie counting and dieting, that I think this is something we fear too often. If anything, we're more likely to be consuming far too many calories. I doubt whether

thin and healthy people in European and Mediterranean countries spend much time questioning if they are eating enough calories.)

WHAT ARE YOUR THOUGHTS ON SALT?

Salt isn't the villain people once thought it was, but you should still exercise moderation. Only a small part of the population is "sodium-sensitive," but too much of it can cause bloating in almost anyone, and that can be frustrating when you're trying to lose weight.

It can be hard to avoid sodium in your diet, especially if you eat out a lot, so it's important to get plenty of potassium as well, to balance out the sodium in your body. Foods filled with potassium include spinach, squash, chard, edamame, and salmon.

CAN I USE ANY OTHER SWEETENERS BESIDE STEVIA?

Yes. In fact, there are no foods specifically banned on the 2B Mindset. However, we do encourage you to stick to natural vs. processed sugars and to be mindful of how much you're adding. Sugars and caloric sweeteners included on the 2B Mindset food list—including honey, agave, coconut sugar, fruit juices, dried fruit, and maple syrup—are all accessories, and should be used sparingly, if at all. And I highly recommend you avoid sucralose, aspartame, and NutraSweet as much as possible. These sweeteners are artificially processed and hundreds of times sweeter than sugar, which can actually increase your craving for sweet food. I have found that when clients continue consuming sucralose in their coffee and drinking artificially sweetened diet sodas, they have a much harder time resisting sweets, and they're more challenged in managing their mindset and experiences. As for low- or no-calorie natural sweeteners—like stevia, monk fruit, and erythritol—while they can be effective in managing a sweet tooth, a 2017 study in the journal *Current Biology* suggests that even they can have an impact on carbohydrate metabolism, despite their lack of calories, so use them sparingly.

WHAT IS THE SUGGESTED AMOUNT FOR ACCESSORIES?

It's really up to you and your tracker. Some accessories may seem lighter and healthier, like hummus, but they can also be difficult to measure and, therefore, both easy to overeat and difficult to track, leading to less weight loss. On the other hand, an accessory higher in fat, like a slice of bacon, is easy to track and measure, and can go a long way in adding flavor to 2 cups of shredded brussels sprouts, and so may in the end lead to greater weight loss. Everyone is different and will respond to accessories differently. Just use the tracker and do your best to quantify the accessories in some way, such as a ¼ avocado, 3 sliced dried apricots, or 2 teaspoons of sesame oil, etc.

DOES IT MATTER HOW MUCH IS ON MY PLATE OR DO I JUST NEED TO BE SURE IT MATCHES THE CORRECT RATIOS?

I would try to use a 7- to 9-inch plate and go by the ratios. Obviously, rice can look a lot different if piled high like a mountain or flattened down with a fork, so I would just be sensible with the amount you're serving yourself. Start with less if you are concerned it may be too much, because you can always have more using the More Sure model. Just be sure to clearly track your intake as much as possible.

CAN I SWAP THE PLATE IT LUNCH AND PLATE IT DINNER IF I THINK I MIGHT BE EATING CARBS FOR DINNER?

No. The purpose of FFCs is to provide energy, and at dinnertime, you won't need more energy, since you're at the end of your day. That's why we eat foods with purpose. On the other hand, if you're going out for dinner and want to have a glass of wine or dessert, that's fine. Just track it and see what happens. It may not be a weight-loss day, but that's a choice you'll make and every choice is empowering! Remember, you can always lose the weight just as fast as you gain it, once you know what works for you.

NIGHTTIME

WHAT CAN I DO IF I DON'T SLEEP WELL OR OFTEN ENOUGH?

Sleep is a foundational pillar to leading a healthy lifestyle and an important factor in helping you lose more weight. Studies have shown many correlations between sleeping less than the recommended 7–8 hours per night and an increase in hunger hormones, cravings, and the intake of higher carbohydrate and sugary silly foods. A poor night's sleep not only makes you tired and irritable, it can also alter levels of leptin and ghrelin—hormones that regulate hunger. If you are not sleeping regularly, I really recommend you create a calming sleep routine that can include light stretching, aromatherapy oils, soft music, or an evening meditation (there's a great one on Beachbody On Demand). You may also want to try an all-natural nighttime tea or supplement or timed-release melatonin. Daily exercise has also been shown to help people fall asleep faster and sleep more deeply. If you are getting up during the night to urinate, try to drink more water earlier in the day, and refrain from drinking anything within an hour or two of your bedtime to ensure you are getting uninterrupted sleep whenever possible. If you are still not sleeping, consider speaking with your doctor about alternative remedies.

HOW MANY HOURS BEFORE GOING TO BED SHOULD I EAT DINNER?

I recommend giving yourself at least 2–3 hours between dinner and bedtime.

WATER AND OTHER BEVERAGES

CAN I DRINK SPARKLING WATER?

Of course, just look for ones that do not contain artificial sweeteners, colors, and dyes. There are several options which work great for enjoying something bubbly and tasty after dinner, between meals, and at social gatherings.

CAN COFFEE COUNT AS WATER INTAKE?

I wouldn't recommend that. Caffeinated coffee can actually have a dehydrating effect, so I suggest that with every cup of coffee, you drink an additional cup of water to maintain proper hydration.

DO I NEED TO DRINK WATER BEFORE I HAVE MY MORNING COFFEE?

Yes!

CAN I DRINK TOO MUCH WATER?

I think more people should be concerned about drinking too little water. There have been very few reported instances of over-hydration, and it is typically only seen in athletes who are sweating profusely and not correctly replenishing their bodies with electrolytes. If you are not consuming more than double your weight in ounces (just about impossible to do), you are likely okay, but as always, if you are concerned, you should consult with your physician.

I'VE HAD A HEADACHE SINCE I STARTED **2B M**INDSET AND IT'S DAY **3.** I CAN'T GET RID OF THE HEADACHES. **A**NY SUGGESTIONS FOR HELP?

My favorite remedies for a headache are more water, more sleep, a stress-relieving activity, like a short walk, maybe a hot shower, or even light reading (like a magazine), while listening to soft music. I also recommend peppermint oil. I know it sounds too good to be true, but I find a small dab of peppermint oil where my head is aching can alleviate a headache. If a headache persists for more than a couple days, it's best to talk to a doctor.

CAN I DRINK ALCOHOL?

Yes. There isn't anything you technically "can't have" with the 2B Mindset, but we don't recommend it if you want to get faster results. You'll see that alcohol is listed as a "silly" treat that you may enjoy on occasion. Be aware that if you are going to be silly with the alcohol, you won't also want to be silly with the mixers you use. So if you are going to have a mixed drink, I recommend sticking with seltzer water/club soda, lemon or lime wedges, or lower-calorie drinks whenever possible. And remember to use the tracker and make notes of your mindset and eating patterns on days you're drinking alcohol. Some people find that having a glass of wine with dinner slows down their eating and makes a more sensible and enjoyable treat than some other choices when they're out at a restaurant. Other people find that once they start drinking alcohol, they tend to eat more or in a less healthy way. If you know that you're going to want to drink alcohol, make a plan for it, drink water first and throughout your meal, and be sure to track it all carefully.

SPECIAL CIRCUMSTANCES

CAN PREGNANT MOTHERS FOLLOW 2B MINDSET?

This is a weight-loss program; therefore, it is not appropriate for a pregnant woman to follow. If you are pregnant, you should wait until you are postpartum to start the program.

If you follow the 2B Mindset and become pregnant, you will likely need to make modifications to your eating plan and should speak with your doctor about what a healthy pregnancy weight gain and plan looks like for you.

IS THIS PROGRAM OKAY FOR NURSING MOMS? IF SO, DO I NEED TO MAKE ANY ADJUSTMENTS?

La Leche League International advises breastfeeding moms to wait at least two months before making any drastic effort to lose weight, allowing their bodies to recover and to ensure a steady milk supply. However, the 2B Mindset can help you get in the right frame of mind to make healthy decisions for you and your baby so you can ultimately shed the baby weight. Remember, everybody is different, so you should consult your physician before starting this nutrition plan. Keep in mind that breastfeeding women may naturally lose 1 to 4 pounds per month simply due to the amount of energy required for nursing.

You may notice a slight reduction in your milk supply at the start of this program, but it should quickly rebound so long as you continue to nurse frequently, drink plenty of water, eat

according to the plan, sleep when you can, and keep your stress low. Some women may also see a decline in milk supply as their baby begins to transition to more solid foods, but that is to be expected for any nursing mother.

IS THIS SUITABLE FOR PEOPLE WITH EATING DISORDERS?

No. If you've had a severe eating disorder or are currently combating one, this program may not be appropriate for you. If you have had an unhealthy relationship with the scale in the past or a history of disordered eating patterns, we highly recommend you see and be treated by specialists in this field.

IS THIS A SUITABLE PROGRAM FOR SOMEONE WITH A LOW THYROID OR PCOS?

As long as your healthcare provider is okay with it, yes.

EXERCISE

WHAT CAN I DO WHEN I'M REALLY HUNGRY AFTER A WORKOUT BUT IT'S NOT TIME FOR A MEAL?

As always, water first. Then, if you'd like to include a post-workout snack, make sure it's purposeful and high-protein. A scoop of Beachbody Performance Recover can help repair your muscles.* If you don't use Recover, Shakeology is also a great choice. And of course, remember to track it.

ANY ADVICE YOU CAN GIVE TO SOMEONE WHO WANTS TO PAIR THE **2B MINDSET** WITH A **BEACHBODY PROGRAM OR BEACHBODY ON DEMAND WORKOUTS?**

Absolutely! Exercise is extra credit. Find a workout you love on Beachbody On Demand. And if you don't have a Beachbody On Demand account, talk to your Coach today!

Just remember first and foremost to focus on food and eating, and make sure you're in a good place before starting a new workout routine.

As you continue to exercise, make sure to track it, along with everything you eat and drink, even more intently than before. Whenever anything in your routine changes, it's especially important to find out exactly how your food intake and overall results are being affected.

WHY CHOOSE THIS EATING PLAN VERSUS A DIFFERENT BEACHBODY PLAN, LIKE PORTION FIX OR THE ONES THAT GO ALONG WITH MY WORKOUT PROGRAMS?

The 2B Mindset is different from many other nutrition programs in that it avoids rules. Instead, it helps you manage those triggers and situations that often result in unconscious eating or in overeating the wrong kinds of food.

Why choose it over other options? Just like exercise, nutrition is a personal experience. You may be more successful following a self-guided, flexible approach to eating that changes the way you think about food choices, while helping you manage cravings.

WHAT ADVICE CAN YOU GIVE TO PEOPLE WHO ARE ACCUSTOMED TO TRACKING FOODS OR CONTAINERS, AND/OR COUNTING CALORIES? WILL IT BE EASY FOR THEM TO TRANSITION AWAY FROM THAT KIND OF APPROACH?

Trust the system! No two people are alike and what works for one person may not work for another. That said, the 2B Mindset actually isn't dramatically different from other weight-loss programs, because while you may not be counting calories or weighing portions, the program recommends you combine food groups in specific ratios for each meal. And don't forget, tracking what you eat is the final component in 2B Mindset. Instead of logging calories for the different foods you eat, you'll focus on how those foods make you feel, what emotions you experience through the day, your reflections on your progress, and how you're enjoying (or not enjoying) your new BFF—veggies!

Beachbody Nutritionals

WHY IS SHAKEOLOGY A PROTEIN?

Shakeology is filled with a whole host of nutrient-dense ingredients, including some FFCs, but it's best classified as a protein. It's usually recommended to aim for around 20 grams of protein per meal—and with 16–17 grams of protein per scoop, Shakeology definitely fits the bill as a protein snack option.

Feel free to pair it with additional ingredients to make it part of a Plate It meal.

WHEN SHOULD I BE HAVING MY SHAKEOLOGY?

Shakeology is the perfect complement to the 2B Mindset. I love to have it as part of my consistent breakfast, but you can and should enjoy it wherever it fits into your life. It's a protein—and on the 2B Mindset, we make protein part of every breakfast, lunch, dinner, and even snack. So you can enjoy it as part of any meal you choose, even as your special sweet

treat. And check out my recipes and tasty suggestions for how to add more veggies and get extra credit.

CAN I EAT SNACK BARS? WHICH ONES?

Yes. First and foremost, I recommend Beachbody's BEACHBAR. With 10 grams of protein and 4 grams of fiber in just 150 calories, it makes a perfect protein-filled snack when you're on-thego. Yummy flavors like Peanut Butter Chocolate and Chocolate Cherry Almond will help satisfy your craving for a sweet treat.

In any case, look for a snack bar that is around 150 calories, with more grams of protein than fat and sugar. (You really have to read the labels for this!)

CAN I DRINK BEACHBODY PERFORMANCE ENERGIZE AND RECOVER AS PART OF THE 2B MINDSET?

Yes! Energize is very low in calories and can help add a great boost to your workout.* The entire Beachbody Performance line can easily work with the program, but remember to use your tracker to make sure it's fitting within your weight-loss plan. In addition, be mindful of what you add into your shakes, and as always, be sure to track it!

*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.