

BOOYALICIOUS MEAL PLAN



LEANDRO CARVALHO'S

Brazil!
BUTT LIFT®





IF YOU THINK
BRAZILIAN WOMEN
LOOK RED-HOT THANKS TO
GENETIC BLESSINGS ALONE,
THINK AGAIN.

It takes more than being born with it to get that gorgeous bikini body and look good in a bathing suit. Eating healthy, fresh food is crucial too. You've already taken the first step toward a fiercer figure by purchasing Brazil Butt Lift®—the DVDs will fire up your results. Now it's time to make sure you don't sabotage all that sweat equity.

Because nothing is more dreary than dieting, we've made it simple to eat right. Brazil Butt Lift provides an easy-to-follow Bootylicious Meal Plan, complete with a host of zesty, Brazilian-inspired recipes that will help you slim down without sacrificing an ounce of flavor.

The Bootylicious Meal Plan fights fat and boosts energy by combining good carbohydrates, lean proteins, low saturated fat, and limited sugar, delivering maximum nutritional power that will fuel your workouts and keep your booty-beautifying goals on track. Plus it is flexible enough for you to follow whether you are at home, in the office, or on the go.

The best part? This plan is custom-tailored to fit your body. Simply calculate your calorie needs, then from the lists provided, pick and choose the meals and snacks that make your taste buds tingle. It's that easy!

Are you ready for your booty and total body transformation?

STEP 1

1. CALCULATE YOUR MAINTENANCE CALORIE NEEDS OUTSIDE BRAZIL BUTT LIFT:

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

Sedentary lifestyle (*desk job*):

(Current weight in pounds) x 12 = (Maintenance Calorie Needs)

Moderately active lifestyle (*server in a restaurant*):

(Current weight in pounds) x 13 = (Maintenance Calorie Needs)

Highly active lifestyle (*construction worker*):

(Current weight in pounds) x 14 = (Maintenance Calorie Needs)

2. CALCULATE YOUR TOTAL MAINTENANCE CALORIE NEEDS, INCLUDING YOUR DAILY BRAZIL BUTT LIFT WORKOUT:

Your Brazil Butt Lift workouts should count for 350 calories.
(Maintenance Calorie Needs) + 350 calories =
(Total Maintenance Calorie Needs)

3. CALCULATE YOUR WEIGHT LOSS CALORIE NEEDS:

(Total Maintenance Calorie Needs) – 500 calories =
(Weight Loss Calorie Needs). Your number will be a calorie level that should produce weight loss in most individuals. Make sure you never go below 1,200 calories. A daily calorie intake of less than 1,200 calories could make you feel irritable or nervous, as well as slowing your results.





STEP 2

FOLLOW THE BOOTYLICIOUS MEAL PLAN

A basic day on the plan delivers healthy, clean meals with lots of variety, including your choice of breakfast, lunch, snacks, and dinner, totaling 1,200 calories. This is your base calorie level. If you have calculated a higher calorie level, simply choose more snacks from the Bootylicious Snacks lists or double up your meals. Just make sure to track your intake and hold yourself accountable.

STEP 3

BEYOND THE BOOTYLICIOUS MEAL PLAN

Brazil Butt Lift's one-two punch of healthy eating and booty-toning exercise will have you feeling and looking great in no time. But what happens when life intervenes and you need to venture beyond our easy-to-follow Meal Plan? This program is designed to help you lose weight and keep it off. Simply use the substitution lists provided on pages 54 to 56 to customize your meals and snacks. You'll find these food-swapping lists ideal for creating variety, which means you won't get bored, binge, and blow the whole thing. In addition, consider taking a few days off from this Meal Plan each week after completing the program. These off days will allow you to transition into a maintenance eating plan without the risk of weight gain. And if you're always on the go, you'll love the Dining Out section. There are some quick tips on how to eat healthy when you're out and about, so you won't sabotage your results.



NUTRITION BASICS: protein, fat, and carbohydrates

Before you begin the Bootlicious Meal Plan, it helps to know a bit about nutrition. Getting the skinny on proteins, fats, and carbohydrates will help you to understand why the Brazil Butt Lift program is so effective.

PROTEIN: Because protein feeds your muscles, consuming an adequate amount, especially while exercising, is crucial to the transformation in your body. A diet with adequate protein will allow your muscles to grow and replace fat tissue, leaving you with a more defined physique. So never skimp on protein. A healthy diet will include lean proteins, which you'll find in abundance in your meal and snack options. These proteins include eggs and egg whites, skinless white poultry meat, low-fat dairy, and fish.

Quick tip:

Always include some protein in every meal.





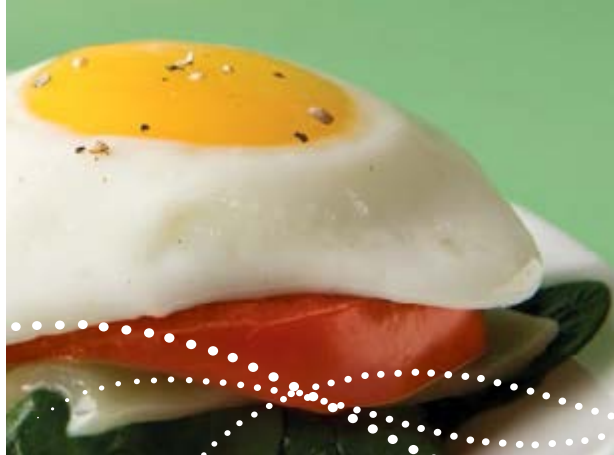
FAT: Fat has received a bad rap for decades, but we now understand that there are good fats and bad fats. Good fats are essential to a healthy, balanced diet and a well-functioning body. On the flip side, bad fats must be avoided at all costs. The Bootylicious Meal Plan is loaded with healthy fats, such as olive oil, nuts, and avocados. We've also limited nearly all bad fats, particularly trans fats found in highly processed baked goods and fatty cuts of meat.

CARBOHYDRATES: Carbohydrates are essential to any well-balanced meal plan, as they provide fuel for your workouts. Simply stated, carbohydrates are energy. But keep in mind that excess energy will be efficiently stored in the form of fat. The key to the Bootylicious Meal Plan is fiber-rich, high-nutrient carbs like whole fruits, fresh and frozen vegetables, and whole-grain cereals and breads.

OFF YOU GO

You now have all the information you need to get your rear into gear. Brazilian women love life and love their food, and you can too!





BOOTYLICIOUS DAILY RECIPES:

Now it's time to make nutritious, wholesome food a part of your daily routine, which will enable you to reach and maintain your weight-loss goals for life. We've made it easy for you: Simply calculate your calories as explained on page 4, then mix and match your meals from the delicious and simple-to-prepare recipes on the following pages. Variety is the spice of life!







12 BREAKFASTS

Approx. 250 calories each

1

GOAT CHEESE EGG WHITE OMELET

Makes 1 serving.

1 large egg

2 large egg whites

Nonstick cooking spray

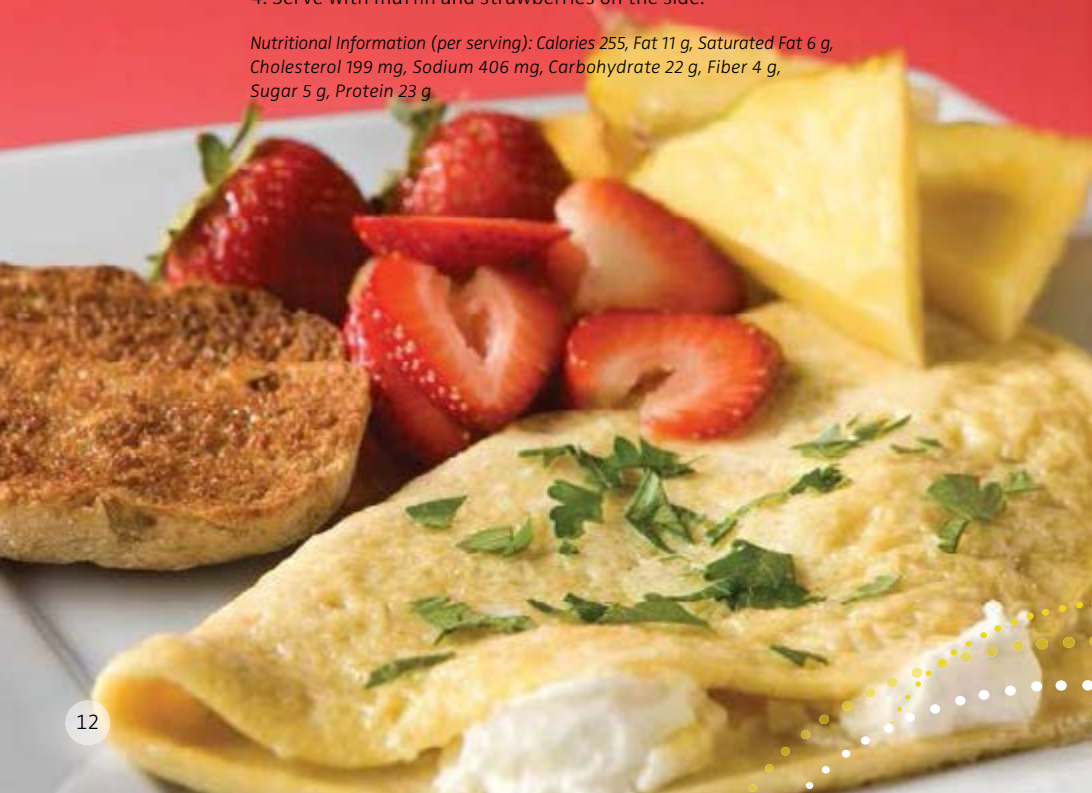
¼ cup crumbled goat cheese (about 1 oz.)

½ whole wheat English muffin, toasted

6 medium strawberries, sliced

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

Nutritional Information (per serving): Calories 255, Fat 11 g, Saturated Fat 6 g, Cholesterol 199 mg, Sodium 406 mg, Carbohydrate 22 g, Fiber 4 g, Sugar 5 g, Protein 23 g



2

HIGH-FIBER CEREAL WITH BERRIES AND ALMONDS

Makes 1 serving.

- ½ cup high-fiber cereal (like Kashi® or bran flakes)**
- ½ cup nonfat milk (or unsweetened almond milk, rice milk, or oat milk)**
- ½ cup berries, fresh or frozen**
- 2 Tbsp. slivered raw almonds**

1. Place cereal in a medium bowl; add milk.
2. Top with berries and almonds.
3. Serve immediately.

Nutritional Information (per serving): Calories 254, Fat 8 g, Saturated Fat 1 g, Cholesterol 2 mg, Sodium 111 mg, Carbohydrate 38 g, Fiber 7 g, Sugar 20 g, Protein 12 g

Quick tip:

Add 1/4 cup (2 fl. oz.) of açai juice to your water, smoothie, cereal, or yogurt. The 30 to 40 calories in these 2 oz. are well worth it. Açai is one of the most powerful antioxidants known to man, and has bountiful benefits for your body.

3

CANADIAN BACON AND TOAST

Makes 1 serving.

- 1 slice Canadian bacon**
- 1 slice whole wheat bread, toasted**
- ¾ oz. Swiss cheese (sliced)**
- ½ medium grapefruit**

1. Heat medium skillet over medium-high heat. Add Canadian bacon; cook for 2 to 3 minutes on each side, or until it reaches desired degree of doneness.
2. Place Canadian bacon on toast; top with cheese.
3. Serve with grapefruit on the side.

Nutritional Information (per serving): Calories 259, Fat 9 g, Saturated Fat 5 g, Cholesterol 37 mg, Sodium 241 mg, Carbohydrate 32 g, Fiber 4 g, Sugar 13 g, Protein 16 g



4

TROPICAL YOGURT SWIRL

Makes 1 serving.

- 1 cup nonfat plain yogurt**
- ½ medium mango, cubed**
- ½ scoop Beachbody® Whey Protein Powder, Chocolate or Vanilla flavor (or equivalent)**
- 1 tsp. slivered raw almonds**
- 1 tsp. shredded coconut**
- 2 slices kiwifruit (for garnish; optional)**

1. Combine yogurt, mango, Whey Protein Powder, almonds, and coconut; mix gently.
2. Garnish with kiwi if desired.

Nutritional Information (per serving): Calories 260, Fat 4 g, Saturated Fat 2 g, Cholesterol 23 mg, Sodium 142 mg, Carbohydrate 37 g, Fiber 3 g, Sugar 27 g, Protein 24 g

5

OATMEAL

Makes 1 serving.

1 cup water

½ cup dry old-fashioned oats

**¾ scoop Beachbody Whey Protein Powder,
Chocolate or Vanilla flavor (or equivalent)**

1 tsp. slivered raw almonds

Ground cinnamon (to taste; optional)

1. Bring water to boil in medium saucepan over medium heat. Add oats; cook, stirring frequently, for 4 to 5 minutes. Remove from heat.
2. Add Whey Protein Powder; mix well.
3. Top with almonds and cinnamon (if desired).

Nutritional Information (per serving): Calories 246, Fat 6 g, Saturated Fat 1 g, Cholesterol 26 mg, Sodium 37 mg, Carbohydrate 31 g, Fiber 5 g, Sugar 3 g, Protein 19 g

6

BRAZILIAN BREAKFAST SMOOTHIE

Makes 1 serving.



*For more information on this breakthrough shake, go to Shakeology.com.

**½ cup plain nonfat yogurt (or nonfat milk,
or unsweetened almond milk)**

1 scoop Shakeology®, any flavor

½ cup blueberries, fresh or frozen

½ tsp. ground cinnamon

¼ tsp. banana extract (optional)

½ cup ice

1. Place yogurt, Shakeology*, blueberries, cinnamon, banana extract (if desired), and ice in blender; cover. Blend until smooth.

Tips/modifications:

Add more ice for a thicker shake.

Nutritional Information (per serving): Calories 240, Fat 1 g, Saturated Fat 0 g, Cholesterol 13 mg, Sodium 162 mg, Carbohydrate 38 g, Fiber 5 g, Sugar 23 g, Protein 23 g

7

PITA SCRAMBLE

Makes 1 serving.

Nonstick cooking spray
2 large eggs, lightly beaten
½ (6-inch) whole wheat pita (cut in pocket)
⅓ medium avocado, sliced
2 slices medium tomato

1. Heat medium skillet lightly coated with spray over medium-low heat. Add eggs; cook, stirring occasionally, for 3 to 4 minutes, or until eggs are set.
2. Fill pita with eggs, avocado, and tomato.

Nutritional Information (per serving): Calories 260, Fat 14 g, Saturated Fat 4 g, Cholesterol 372 mg, Sodium 301 mg, Carbohydrate 18 g, Fiber 5 g, Sugar 3 g, Protein 16 g

8

GREEN AND WHITE EGG

Makes 1 serving.

Nonstick cooking spray
1 large egg
3 cups fresh spinach, steamed
1 oz. Swiss cheese (sliced)
1 slice medium tomato
1 cup cubed watermelon

1. Heat medium skillet lightly coated with spray over medium-low heat. Add egg; cook for 1 to 2 minutes. Flip. Cook another 1 to 2 minutes, or until egg reaches desired degree of doneness.
2. Place spinach on serving plate.
3. Top with cheese, tomato, and egg.
4. Serve with watermelon on the side.

Nutritional Information (per serving): Calories 249, Fat 13 g, Saturated Fat 7 g, Cholesterol 212 mg, Sodium 191 mg, Carbohydrate 18 g, Fiber 3 g, Sugar 11 g, Protein 18 g



9

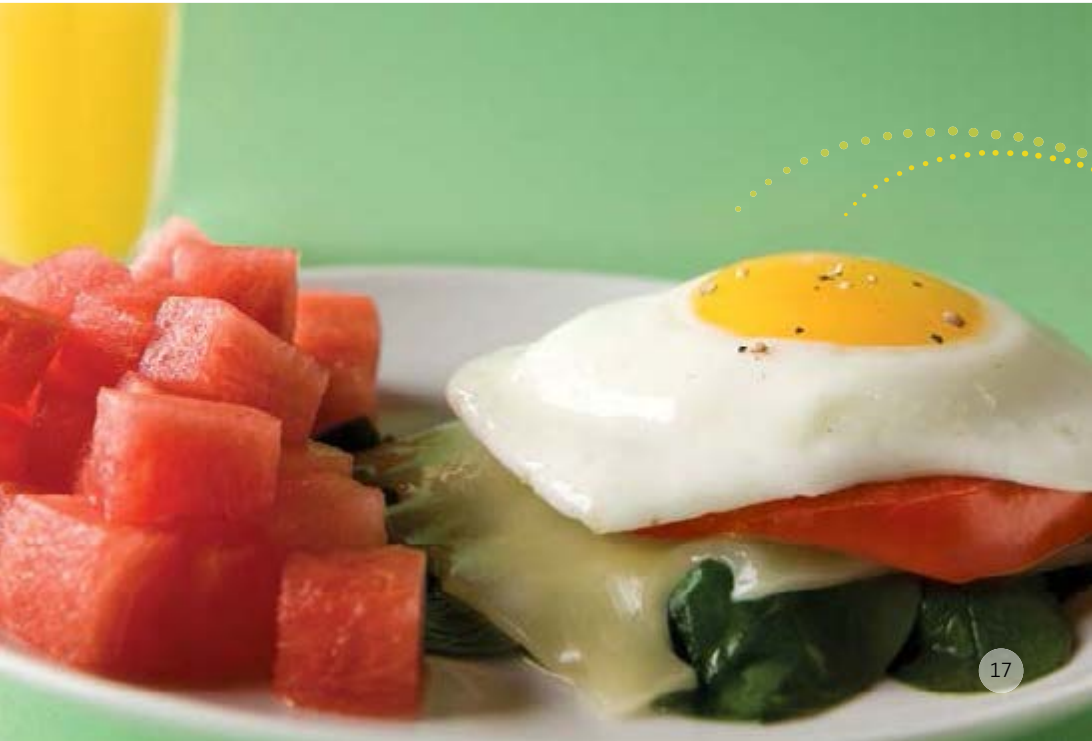
WHOLE WHEAT PITA AND COTTAGE CHEESE ROLL-UP

Makes 1 serving.

½ (6-inch) whole wheat pita
½ cup low-fat cottage cheese
2 slices medium tomato
1 medium orange

1. Fill pita with cottage cheese and tomato.
2. Serve with an orange on the side.

Nutritional Information (per serving): Calories 246, Fat 4 g, Saturated Fat 2 g, Cholesterol 15 mg, Sodium 598 mg, Carbohydrate 39 g, Fiber 6 g, Sugar 18 g, Protein 18 g



10

TURKEY SAUSAGE AND EGG WHITE WRAP

Makes 1 serving.

Nonstick cooking spray

2 large egg whites

2 turkey sausage links, cooked, chopped

1 (6-inch) whole wheat tortilla, warmed

2 Tbsp. fresh salsa

1. Heat medium skillet lightly coated with spray over medium-low heat. Add egg whites; cook, stirring occasionally, for 3 to 4 minutes or until eggs are set.
2. Place eggs and sausage on tortilla. Top with salsa; roll.

Nutritional Information (per serving): Calories 251, Fat 12 g, Saturated Fat 3 g, Cholesterol 90 mg, Sodium 832 mg, Carbohydrate 17 g, Fiber 1 g, Sugar 3 g, Protein 17 g

11

WHOLE WHEAT TOAST AND ALMOND BUTTER

Makes 1 serving.

2 tsp. all-natural almond butter

1 slice whole wheat bread, toasted

¼ medium apple, thinly sliced

⅓ cup low-fat cottage cheese

1. Spread almond butter on toast.
2. Top with apple.
3. Serve with cottage cheese on the side.

Nutritional Information (per serving): Calories 253, Fat 8 g, Saturated Fat 1 g, Cholesterol 3 mg, Sodium 190 mg, Carbohydrate 30 g, Fiber 5 g, Sugar 10 g, Protein 16 g



12

RICOTTA CHEESE AND FRUIT PARFAIT

Makes 1 serving.

½ cup part-skim ricotta cheese
¼ medium mango, chopped
3 medium strawberries, sliced
**2 Tbsp. high-fiber cereal (like Kashi GoLean
or Grape-Nuts®)**
Ground cinnamon (to taste; optional)

1. Layer ricotta, mango, and strawberries, in a tall glass.
2. Top with cereal. Sprinkle with cinnamon if desired.

Nutritional Information (per serving): Calories 241, Fat 2 g, Saturated Fat 8 g, Cholesterol 60 mg, Sodium 312 mg, Carbohydrate 22 g, Fiber 3 g, Sugar 14 g, Protein 14 g



14 LUNCHES

Approx. 350 calories each





1

CHICKEN HUMMUS WRAP

Makes 1 serving.

- 3 Tbsp. prepared hummus**
- 1 (6-inch) whole wheat tortilla**
- 3 oz. rotisserie-cooked chicken breast, sliced**
- ¼ medium avocado, sliced**
- ¼ cup alfalfa sprouts**
- 2 slices medium tomato**
- ¼ cup shredded romaine lettuce**
- ½ cup cubed watermelon**

1. Spread hummus on tortilla.
2. Top with chicken, avocado, sprouts, tomato, and lettuce; roll.
3. Serve with watermelon on the side.

Nutritional Information (per serving): Calories 352, Fat 16 g, Saturated Fat 3 g, Cholesterol 48 mg, Sodium 409 mg, Carbohydrate 32 g, Fiber 8 g, Sugar 7 g, Protein 25 g



2

LENTIL SALAD

Makes 1 serving.

$\frac{2}{3}$ cup cooked lentils
 $\frac{1}{3}$ medium red onion, chopped
 $\frac{1}{4}$ cup canned mandarin oranges, drained
 $\frac{1}{2}$ medium celery stalk, chopped
 $1\frac{1}{2}$ tsp. extra-virgin olive oil
2 Tbsp. red wine vinegar
1 cup mixed salad greens
1 (4-inch) whole wheat pita, toasted

1. Combine lentils, onion, oranges, and celery in a medium bowl.
2. Drizzle with oil and vinegar; toss gently to blend.
3. Serve over greens.
4. Serve with pita.

Tip: 1 cup dry lentils generally yields $2\frac{1}{4}$ cups cooked lentils. As a convenience, you can cook some up in advance, store them in the refrigerator, and use them for up to 4 days.

Nutritional Information (per serving): Calories 351, Fat 8 g, Saturated Fat 1 g, Cholesterol 0 mg, Sodium 205 mg, Carbohydrate 56 g, Fiber 15 g, Sugar 16 g, Protein 16 g



3

TUNA PITA AND FRESH ARUGULA SALAD

Makes 1 serving.

- 1 (5-ounce) can solid white tuna packed in water, drained**
- 2 tsp. mayonnaise**
- 1 (4-inch) whole wheat pita**
- 1 romaine lettuce leaf**
- 1 cup fresh arugula**
- 1 tsp. pine nuts**
- 5 red cherry tomatoes, cut in half**
- 1 tsp. extra-virgin olive oil**
- 2 tsp. vinegar**

1. Combine tuna and mayonnaise in a small bowl; mix well.
2. Place lettuce in pita; top with tuna.
3. Combine arugula, pine nuts, and tomatoes in a medium bowl.
4. Drizzle with oil and vinegar; toss gently to blend.
5. Serve pita with salad on the side.

Nutritional Information (per serving): Calories 354, Fat 17 g, Saturated Fat 2 g, Cholesterol 54 mg, Sodium 675 mg, Carbohydrate 18 g, Fiber 4 g, Sugar 4 g, Protein 33 g



4

SHRIMP SKEWERS OVER GREENS

Makes 1 serving.

- ¾ cup cooked couscous, warm**
- 2 tsp. sliced raw almonds**
- 4 oz. raw medium shrimp, peeled, deveined, rinsed, seasoned with your choice of herbs**
- 1 cup mixed salad greens**
- ½ cup broccoli florets, steamed**
- 1 cup cubed melon**

1. Preheat grill or broiler.
2. Combine couscous and almonds in a small bowl; mix well. Set aside.
3. Spear shrimp on two 6-inch skewers.
4. Grill or broil shrimp for 2 to 3 minutes on each side or until shrimp turn opaque and firm.
5. Place greens on a large plate; top with shrimp.
6. Serve with couscous, broccoli, and melon on the side.

Nutritional Information (per serving): Calories 349, Fat 5 g, Saturated Fat 1 g, Cholesterol 173 mg, Sodium 576 mg, Carbohydrate 47 g, Fiber 5 g, Sugar 14 g, Protein 32 g





5

GRILLED CHICKEN WITH BEAN AND SPINACH SALAD

Makes 1 serving.

1½ cups fresh spinach
½ cup sliced mushrooms
⅓ cup canned black beans, drained
⅓ medium red onion, chopped
5 cherry tomatoes, sliced
½ medium red bell pepper, chopped
⅓ medium cucumber, sliced
1 tsp. extra-virgin olive oil
1 tsp. red wine vinegar
1 tsp. fresh lemon juice
1 dash hot pepper sauce (like Tabasco®) (to taste; optional)
3 oz. grilled chicken breast, cut into strips
6 medium strawberries, sliced

1. Combine spinach, mushrooms, black beans, onion, tomatoes, bell pepper, and cucumber in a large bowl; mix well.
2. Place oil, vinegar, lemon juice, and hot pepper sauce (if desired) in a small bowl; whisk to blend.
3. Drizzle dressing over salad; toss gently to blend.
4. Place on serving plate. Top with chicken.
5. Serve with strawberries on the side.

Nutritional Information (per serving): Calories 345, Fat 9 g, Saturated Fat 2 g, Cholesterol 72 mg, Sodium 209 mg, Carbohydrate 33 g, Fiber 9 g, Sugar 14 g, Protein 35 g





Quick tip:

Shakeology is the Healthiest Meal of the Day®. Blend 1 cup water, 1 Tbsp. all-natural peanut butter, $\frac{2}{3}$ medium banana (cut into chunks), 1 scoop Shakeology (any flavor), $\frac{1}{2}$ cup ice.

304 calories

*For more recipes and information on this breakthrough shake, go to Shakeology.com.

6

GRILLED CHICKEN AND GOAT CHEESE WRAP

Makes 1 serving.

- ¼ cup soft goat cheese (1 oz.)**
- 1 (6-inch) whole wheat tortilla, warm**
- 2 oz. grilled chicken breast, cut into chunks**
- ½ cup mixed salad greens**
- ½ medium avocado, cut into chunks**
- ⅓ medium papaya, sliced**

1. Spread goat cheese on tortilla.
2. Top with chicken, greens, and avocado; roll.
3. Serve with papaya on the side.

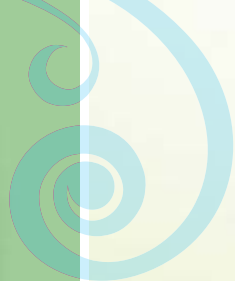
Nutritional Information (per serving): Calories: 354, Fat 15 g, Saturated Fat 6 g, Cholesterol 61 mg, Sodium 350 mg, Carbohydrate 30 g, Fiber 6 g, Sugar 11 g, Protein 26 g

Quick tip:

Not only will papaya give you a taste of the tropics, but it will provide you with powerful antioxidants, as well as a natural digestive enzyme that helps your body metabolize protein and cleanses the digestive tract. And to really zest it up, try it with a splash of fresh lime juice.







7

GRILLED CHICKEN AND CHICKPEA SALAD

Makes 1 serving.

- 2 cups mixed salad greens**
- 5 cherry tomatoes, sliced**
- ½ cup sliced mushrooms**
- ⅓ medium cucumber, sliced**
- ¼ cup canned chickpeas (garbanzo beans), drained**
- ¼ cup roasted red peppers, sliced**
- ¼ cup broccoli florets**
- 2 oz. rotisserie-cooked chicken breast, boneless, skinless, cut into bite-sized pieces**
- 1½ tsp. extra-virgin olive oil**
- 1 Tbsp. red wine vinegar**
- ½ (6½-inch) whole wheat pita, cut into triangles**

1. Combine greens, tomatoes, mushrooms, cucumber, chickpeas, peppers, broccoli, and chicken in a large bowl; mix well.
2. Drizzle with oil and vinegar, toss gently to blend.
3. Serve with pita triangles.

Nutritional Information (per serving): Calories 358, Fat 11 g, Saturated Fat 2 g, Cholesterol 48 mg, Sodium 1,078 mg, Carbohydrate 40 g, Fiber 11 g, Sugar 7 g, Protein 28 g





8

VEGETABLE SOUP AND ROAST BEEF SANDWICH

Makes 1 serving.

- 1 tsp. mustard**
- 2 slices whole wheat bread**
- 2 oz. lean roast beef, deli-sliced**
- 1 oz. mozzarella cheese (sliced)**
- 1 lettuce leaf**
- 1 slice medium tomato**
- 1 cup canned vegetable soup**

1. Spread mustard on one slice of bread.
2. Top with roast beef, cheese, lettuce, tomato, and second slice of bread.
3. Heat soup in a saucepan over medium heat, stirring frequently, until hot.
4. Serve soup with sandwich.

Nutritional Information (per serving): Calories 353, Fat 8 g, Saturated Fat 4 g, Cholesterol 58 mg, Sodium 1,482 mg, Carbohydrate 40 g, Fiber 8 g, Sugar 9 g, Protein 31 g



9

VEGGIE PITA

Makes 1 serving.

- 1 (6½-inch) whole wheat pita**
- 2 Tbsp. prepared hummus**
- 1 cup mixed salad greens**
- 3 cherry tomatoes, cut in half**
- ¼ medium cucumber, sliced**
- ¼ cup sliced mushrooms**
- 2 Tbsp. chopped red bell pepper**
- ¼ cup crumbled feta cheese (1 oz.)**
- 5 baby carrots**

1. Spread inside of each pita half with 1 Tbsp. hummus.
2. Fill with greens, tomatoes, cucumber, mushrooms, bell pepper, and cheese.
3. Serve with carrots on the side.

Nutritional Information (per serving): Calories 342, Fat 13 g, Saturated Fat 6 g, Cholesterol 33 mg, Sodium 909 mg, Carbohydrate 44 g, Fiber 11 g, Sugar 10 g, Protein 16 g





10

BLACK BEAN SOUP AND SALAD

Makes 1 serving.

- 1 cup mixed salad greens (or chopped romaine)**
- ¼ cup crumbled goat cheese (about 1 oz.)
(or feta cheese)**
- ⅓ medium cucumber, sliced**
- ½ cup chopped jicama**
- ½ medium carrot, thinly sliced**
- 2 tsp. extra-virgin olive oil**
- 1 Tbsp. red wine vinegar**
- 1 cup canned black bean soup**
- 1 Tbsp. sour cream**
- 1 Tbsp. salsa**

1. Combine greens, cheese, cucumber, jicama, and carrot in a medium serving bowl.
2. Heat soup in saucepan over medium heat, stirring frequently, until hot.
3. Drizzle salad with oil and vinegar; toss gently to blend. Set aside.
4. Place soup in a second serving bowl. Top with sour cream and salsa.
5. Serve soup with salad on the side.

Nutritional Information (per serving): Calories 354, Fat 18 g, Saturated Fat 7 g, Cholesterol 23 mg, Sodium 522 mg, Carbohydrate 39 g, Fiber 15 g, Sugar 14 g, Protein 19 g








11

PITA PIZZA

Makes 1 serving.

- 1 (6½-inch) whole wheat pita**
- ¼ cup marinara sauce**
- ¼ cup shredded mozzarella cheese (1 oz.)**
- ¼ cup sliced mushrooms**
- ⅓ medium onion, sliced**
- 1½ cups mixed salad greens**
- 1 tsp. extra-virgin olive oil**
- 2 tsp. red wine vinegar**
- 1 tsp. pine nuts**

1. Preheat oven to 350° F.
2. Place pita on a baking sheet.
3. Spread marinara on pita; top with cheese, mushrooms, and onion.
4. Bake for 5 to 7 minutes, or until cheese is melted.
5. While pizza is baking, place greens in a medium bowl.
6. Drizzle with oil and vinegar; toss gently to blend.
7. Sprinkle with pine nuts.
8. Serve pizza with salad on the side.

Nutritional Information (per serving): Calories 343,
Fat 14 g, Saturated Fat 4 g, Cholesterol 15 mg,
Sodium 695 mg, Carbohydrate 41 g, Fiber 8 g,
Sugar 9 g, Protein 17 g



12

VEGGIE BURGER

Makes 1 serving.

- 1 veggie burger patty**
- ¾ oz. cheddar cheese (sliced)**
- ½ (6½-inch) whole wheat pita**
- 3 Tbsp. prepared guacamole**
- 2 Tbsp. chopped tomato**
- 1 lettuce leaf**
- 5 baby carrots**

1. Preheat grill or broiler.
2. Grill or broil patty about 5 minutes on each side, or until heated through.
3. Top with cheese.
4. Place patty in pita.
5. Fill with guacamole, tomato, and lettuce.
6. Serve with carrots on the side.

Nutritional Information (per serving): Calories 354, Fat 17 g, Saturated Fat 6 g, Cholesterol 26 mg, Sodium 797 mg, Carbohydrate 32 g, Fiber 10 g, Sugar 5 g, Protein 21 g



Try this recipe as a meal replacement for lunch or dinner!

- 1 cup water
- 1 Tbsp. all-natural peanut butter (or almond butter)
- 1 medium banana, cut into chunks
- 1 scoop Chocolate Shakeology
- ½ cup ice

Approximately 349 calories



12 DINNERS

Approx. 400 calories each







1 CHICKEN FAJITA

Makes 1 serving.

- 3 oz. raw chicken breast, boneless, skinless**
- 1 (6-inch) whole wheat tortilla, warmed**
- 1 medium tomato, chopped**
- ½ cup shredded romaine lettuce**
- 2 Tbsp. shredded cheddar cheese (½ oz.)**
- 2 Tbsp. fresh salsa**
- 1 Tbsp. sour cream**
- 1 cup mixed salad greens**
(or shredded romaine lettuce)
- 1 tsp. extra-virgin olive oil**
- 2 tsp. red wine vinegar**

1. Preheat grill or broiler.
2. Grill or broil chicken for 5 minutes on each side or until chicken is no longer pink in the middle; slice.
3. Top tortilla with chicken, tomato, lettuce, cheese, salsa, and sour cream. Fold in half.
4. Combine greens, oil, and vinegar in a medium bowl; toss gently to blend.
5. Serve fajita with salad.

Nutritional Information (per serving): Calories 391, Fat 17 g, Saturated Fat 6 g, Cholesterol 95 mg, Sodium 512 mg, Carbohydrate 25 g, Fiber 4 g, Sugar 7 g, Protein 35 g



2

TURKEY SAUSAGE WITH PEPPERS AND ONIONS

Makes 1 serving.

3½ tsp. extra-virgin olive oil, divided use

⅓ medium onion, sliced

1 medium bell pepper, sliced

1 clove garlic, finely chopped

2 turkey sausage links

1 cup mixed baby greens

8 medium strawberries, sliced

2 tsp. balsamic vinegar

1. Heat 2 tsp. oil in large skillet over medium heat. Add onion, bell pepper, and garlic; cook, stirring frequently, for 2 to 4 minutes, or until vegetables are soft. Remove from skillet. Keep warm.
2. Place sausages in skillet; cook over medium heat, turning occasionally, for about 8 minutes or until cooked through.
3. Place greens and strawberries in a large bowl.
4. Drizzle with vinegar and *remaining 1½ tsp. oil*; toss gently to blend.
5. Serve sausages over vegetables, with salad on the side.

Nutritional Information (per serving): Calories 397, Fat 31 g, Saturated Fat 7 g, Cholesterol 40 mg, Sodium 260 mg, Carbohydrate 21 g, Fiber 6 g, Sugar 10 g, Protein 11 g



3

TURKEY MEATBALLS WITH BLACK BEAN-CORN SALAD

Makes 1 serving.

½ cup canned black beans, drained
½ cup canned corn kernels, drained
½ medium red onion, finely chopped
½ medium tomato, chopped
6 fresh cilantro sprigs, chopped
1 tsp. extra-virgin olive oil
1 Tbsp. red wine vinegar
3 small cooked turkey meatballs
(about 3½ oz. total), warm

1. Place beans, corn, onion, tomato, and cilantro in a medium bowl; mix well.
2. Drizzle with oil and vinegar; toss gently to blend.
3. Place meatballs and salad on a serving plate.

Nutritional Information (per serving): Calories 400, Fat 21 g, Saturated Fat 5 g, Cholesterol 47 mg, Sodium 993 mg, Carbohydrate 38 g, Fiber 7 g, Sugar 10 g, Protein 18 g





4

GRILLED CHICKEN BREAST WITH BROCCOLI AND QUINOA

Makes 1 serving.

5 oz. raw chicken breast, boneless, skinless
1 dash sea salt
1 dash ground black pepper
1 dash dried parsley
¼ cup fresh salsa
2 cups broccoli florets, steamed
½ cup cooked quinoa
1 cup berries, fresh

1. Preheat grill or broiler.
2. Season chicken with salt, pepper, and parsley.
3. Grill or broil chicken for 5 minutes on each side, or until chicken is no longer pink in the middle.
4. Place on serving plate; top with salsa.
5. Serve with broccoli, quinoa, and berries on the side.

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

Nutritional Information (per serving): Calories 406, Fat 7 g, Saturated Fat 1 g, Cholesterol 91 mg, Sodium 738 mg, Carbohydrate 47 g, Fiber 10 g, Sugar 9 g, Protein 42 g





5

FLANK STEAK WITH MUSHROOMS AND ONIONS

Makes 1 serving.

- 1 tsp. extra-virgin olive oil**
- 2 tsp. red wine vinegar**
- 2 tsp. reduced-sodium soy sauce**
- 1 tsp. raw honey**
- 1 tsp. fresh 100% orange juice**
- 5 oz. raw beef flank steak**
- 1 cup sliced mushrooms**
- ¼ medium onion, chopped**
- 5 medium asparagus spears, steamed**
- ½ medium baked potato, warm**

1. Combine oil, vinegar, soy sauce, honey, and orange juice in a small bowl; whisk to blend.
2. Place flank steak in a shallow dish; pour soy sauce mixture over steak. Marinate for 20 minutes, turning once to get marinade on both sides. Discard marinade.
3. Preheat grill or broiler.
4. Grill or broil flank steak for 5 to 7 minutes on each side, or until it reaches desired degree of doneness. Set aside.
5. Heat skillet over medium heat. Add mushrooms and onion; cook, stirring frequently, for 8 to 10 minutes, or until tender.
6. Place mushroom and onion mixture on flank steak.
7. Serve with asparagus and baked potato on the side.

Nutritional (per serving): Calories 412, Fat 15 g, Saturated Fat 5 g, Cholesterol 92 mg, Sodium 426 mg, Carbohydrate 34 g, Fiber 5 g, Sugar 11 g, Protein 37 g



6

TOMATO, MANGO, AND ROAST CHICKEN SALAD

Makes 1 serving.

4 oz. rotisserie chicken, shredded
¼ medium mango, cubed
½ medium tomato, chopped
½ cup cooked whole wheat couscous
½ cup green beans, steamed
¼ medium red onion, sliced
1 tsp. extra-virgin olive oil
1 Tbsp. red wine vinegar
1½ cups mixed salad greens

1. Combine chicken, mango, tomato, couscous, green beans, and onion in a large bowl; mix well.
2. Drizzle with oil and vinegar; toss gently to blend.
3. Place greens in serving bowl.
4. Top with chicken mixture.

Tip: 1 cup uncooked couscous generally yields 2½ cups cooked couscous. As a convenience, you can cook some up in advance, store it in the refrigerator, and use it for up to 4 days.

Nutritional Information (per serving): Calories 389, Fat 9 g, Saturated Fat 2 g, Cholesterol 101 mg, Sodium 428 mg, Carbohydrate 39 g, Fiber 7 g, Sugar 14 g, Protein 40 g



7

GRILLED VEGGIE TART

Makes 1 serving.

¼ tsp. sea salt

2 slices medium eggplant

2½ tsp. extra-virgin olive oil, *divided use*

1 (6½-inch) whole wheat pita

¼ cup sliced mushrooms

¼ cup roasted red pepper slices, jar variety, drained

2 Tbsp. crumbled feta cheese (about ½ oz.)

1½ cups mixed salad greens

½ medium tomato, chopped

¼ medium cucumber, chopped

⅓ medium bell pepper, chopped

1 Tbsp. red wine vinegar

2 tsp. balsamic vinegar

1. Salt eggplant. Let sit for 30 minutes. Rinse and dry.
2. Brush eggplant with ½ tsp oil.
3. Preheat grill or broiler.
4. Grill or broil eggplant for about 3 to 4 minutes on each side, or until eggplant softens and browns. Set aside.
5. Preheat oven to 375° F.
6. Brush pita with ½ tsp. oil; place on baking sheet.
7. Top with eggplant, mushrooms, red pepper, and cheese.
8. Bake for 8 to 10 minutes, or until heated through and cheese is melted.
9. While tart is baking, combine greens, tomato, cucumber, and bell pepper in a medium bowl; mix well.
10. Drizzle salad with *remaining* 1½ tsp. oil and red wine vinegar; toss gently to blend.
11. Drizzle tart with balsamic vinegar.
12. Serve tart with salad on the side.

Nutritional Information (per serving): Calories 405, Fat 17 g, Saturated Fat 5 g, Cholesterol 17 mg, Sodium 1,227 mg, Carbohydrate 56 g, Fiber 13 g, Sugar 11 g, Protein 13 g









8

PORTOBELLO MUSHROOM BAKE

Makes 1 serving.

2 portobello mushroom caps
2 tsp. extra-virgin olive oil
Sea salt and ground black pepper (to taste; optional)
½ cup tomato sauce
½ cup shredded mozzarella cheese
½ cup cooked whole wheat couscous
½ cup chopped steamed spinach
1 tsp. pine nuts, toasted
¼ tsp. red pepper flakes (optional)

1. Preheat grill or broiler.
2. Brush mushrooms with oil; season with salt and pepper if desired.
3. Grill mushroom caps for about 6 minutes on each side, or until softened. Remove from heat.
4. Top with tomato sauce and sprinkle with cheese; place back on grill until cheese is melted.
5. Combine couscous, spinach, and pine nuts in a medium bowl; mix well.
6. Transfer to a large plate; top with mushrooms.
7. Sprinkle with red pepper flakes if desired.

Tip: 1 cup uncooked couscous generally yields 2½ cups cooked couscous. As a convenience, you can cook some up in advance, store it in the refrigerator, and use it for up to 4 days.

Nutritional Information (per serving): Calories 400, Fat 20 g, Saturated Fat 6 g, Cholesterol 20 mg, Sodium 1,215 mg, Carbohydrate 40 g, Fiber 8 g, Sugar 11 g, Protein 20 g



CITRUS-GRILLED TILAPIA WITH TOMATO AND ONION SALAD

Makes 1 serving.

6 oz. raw tilapia (or other white fish)
Nonstick cooking spray
2 tsp. extra-virgin olive oil, *divided use*
1 Tbsp. fresh lemon juice
Ground black pepper (to taste; optional)
Paprika (to taste; optional)
Chopped fresh parsley (for garnish; optional)
Lemon wedge (for garnish; optional)
1 medium tomato, sliced
½ medium red onion, thinly sliced
3 Tbsp. crumbled feta cheese (about ¾ oz.)
1 Tbsp. apple cider vinegar

1. Preheat grill to high.
2. Brush tilapia with 1 tsp. oil; sprinkle with lemon juice, pepper (if desired), and paprika (if desired).
3. Grill tilapia for 3 to 4 minutes on each side, or until it flakes easily when tested with a fork.
4. Place tomato and onion in medium serving bowl; sprinkle with cheese.
5. Drizzle salad with vinegar and remaining 1½ tsp. oil.
6. Place tilapia on serving plate; garnish with parsley and lemon if desired. Serve with salad on the side.

Nutritional Information (per serving): Calories 391, Fat 21 g, Saturated Fat 7 g, Cholesterol 110 mg, Sodium 413 mg, Carbohydrate 13 g, Fiber 3 g, Sugar 7 g, Protein 40 g



10

PORK CHOP AND BAKED APPLE WEDGES

Makes 1 serving.

2 tsp. extra-virgin olive oil, *divided use*
3 tsp. fresh lemon juice, *divided use*
¼ tsp. finely grated lemon peel
1 fresh rosemary sprig, chopped
1 clove garlic, chopped
1 (5 oz.) raw lean pork chop, center-cut
1 medium apple, cored, cut into 8 wedges
¼ tsp. ground cinnamon
Nonstick cooking spray
1 cup mixed salad greens
1 Tbsp. crumbled goat cheese (about ¼ oz.)
5 halved red grapes
1 Tbsp. red wine vinegar

1. Preheat oven to 375° F.
2. Combine 1 *tsp.* oil, 2½ *tsp.* lemon juice, lemon peel, rosemary, and garlic in a small bowl; mix well.
3. Place pork chop in a shallow dish; pour lemon juice mixture over chop, turning and using a brush to cover both sides. Marinate for 20 minutes. Discard marinade.
4. While pork chop is marinating, combine apple, *remaining* ½ *tsp.* lemon juice, and cinnamon in a small bowl; mix well.
5. Place apple wedges on baking sheet lightly coated with spray.
6. Bake for 8 to 10 minutes, or until tender and bubbly. Remove from oven; set aside.
7. Preheat broiler.
8. Broil pork chop for 3 to 5 minutes on each side, or until no longer pink in the middle.
9. Combine greens, cheese, and grapes in a medium bowl; mix well.
10. Drizzle with vinegar and *remaining* 1 *tsp.* oil; toss gently to blend.
11. Serve pork chop with apples and salad on the side.

Nutritional Information (per serving): Calories 416, Fat 17 g, Saturated Fat 4 g, Cholesterol 103 mg, Sodium 143 mg, Carbohydrate 34 g, Fiber 6 g, Sugar 24 g, Protein 34 g

11

GRILLED SALMON WITH STRING BEANS AND COUSCOUS

Makes 1 serving.

6 oz. salmon fillet, boneless, skinless
2 tsp. fresh lemon juice
1 tsp. extra-virgin olive oil
½ cup green beans, steamed
1 clove garlic, finely chopped
½ cup cooked whole wheat couscous
1 green onion, finely chopped

1. Preheat grill or broiler.
2. Grill or broil salmon for 4 to 5 minutes on each side, or until it flakes easily when tested with a fork.
3. While salmon is cooking, heat oil in medium skillet over medium-high heat. Add green beans and garlic; cook, stirring occasionally, for 2 to 3 minutes, or until warm.
4. Place salmon on a serving plate with green beans and couscous. Drizzle lemon juice over salmon and couscous. Top couscous with green onion.

Tip: 1 cup uncooked couscous generally yields 2½ cups cooked couscous. As a convenience, you can cook some up in advance, store it in the refrigerator, and use it for up to 4 days.

Nutritional Information (per serving): Calories 396, Fat 16 g, Saturated Fat 2 g, Cholesterol 94 mg, Sodium 85 mg, Carbohydrate 24 g, Fiber 3 g, Sugar 3 g, Protein 38 g





12

HERB-GRILLED COD WITH CUCUMBER AND AVOCADO SALAD

Makes 1 serving.

Nonstick cooking spray

5 oz. raw cod (or other white fish)

1½ tsp. extra-virgin olive oil

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

2 Tbsp. chopped fresh herbs (like oregano, thyme, or rosemary)

¼ cup fresh salsa

⅓ medium cucumber, sliced

¼ medium avocado, cut into chunks

1 Tbsp. balsamic vinegar

1 tsp. fresh lemon juice

½ cup cooked brown rice, warm

1. Heat grill pan lightly coated with spray over medium heat.
2. Brush cod with oil; season with salt (if desired), pepper (if desired), and herbs (if desired).
3. Grill cod for about 5 minutes on each side, or until it flakes easily when tested with a fork.
4. Place cod on a serving plate; top with salsa.
5. Combine cucumber and avocado in a medium bowl.
6. Drizzle with vinegar and lemon juice; toss gently to blend.
7. Serve cod with salad and rice on the side.

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

Nutritional Information (per serving): Calories 414, Fat 16 g, Saturated Fat 2 g, Cholesterol 61 mg, Sodium 773 mg, Carbohydrate 39 g, Fiber 6 g, Sugar 8 g, Protein 29 g

SUBSTITUTION LIST

DAIRY 80–100 CALORIES

Each of these foods may be eaten interchangeably, in the portions indicated.

- 1 cup skim milk
- $\frac{3}{4}$ cup 1% milk, almond milk, or rice milk
- $\frac{1}{2}$ cup 1–2% cottage cheese or low-fat yogurt
- 1 oz. cheese
- 1 whole egg or 4–5 egg whites
- 1 Tbsp. peanut butter or nut butter
- 1 cup plain nonfat yogurt
- $\frac{1}{2}$ oz. raw nuts

PROTEINS 60–80 CALORIES

Each of these foods may be eaten interchangeably, in the portions indicated.

- 2 oz. chicken breast, lean roast beef, or pork tenderloin
- 2 oz. turkey, tuna, shrimp, or white flaky fish
- 1 large egg or 4 egg whites
- $\frac{1}{3}$ cup 1–2% cottage cheese
- $\frac{1}{2}$ oz. raw nuts
- $\frac{1}{3}$ cup cooked beans
- $\frac{1}{2}$ oz. cheese
- $\frac{1}{2}$ cup plain nonfat Greek yogurt

STARCH AND GRAINS 60-100 CALORIES

Each of these foods may be eaten interchangeably, in the portions indicated.

- 1 slice whole-grain bread
- ½ of a whole wheat English muffin
- ½ cup cooked rice, brown rice, or couscous
- ½ cup cooked barley
- ½ of a 6-inch whole-grain pita
- ¾ cup whole-grain, low-sugar breakfast cereal
- 1 small baked potato or sweet potato
- ½ cup cooked whole-grain pasta
- ½ cup cooked quinoa



FRUITS

1 SERVING OF FRUIT 60–100 CALORIES

Each of these fruit servings may be eaten interchangeably.

- 1 small banana
- 2 small plums or kiwis
- 1 peach, apple, orange, or pear
- 1 cup berries or melon
- ½ cup pineapple, papaya, or mango
- 15–20 grapes or cherries
- 1 cup cubed fresh papaya

VEGETABLES

1 SERVING OF VEGETABLES 20–40 CALORIES

Each of these vegetable servings may be eaten interchangeably.

- 1 cup cooked broccoli, spinach, zucchini, string beans or 2 cups raw
- 2–3 cups salad greens
- 5 cherry tomatoes or ½ of a large tomato
- ½ bell pepper
- 1 sliced cucumber
- 3 celery stalks
- ½ cup cooked Brussels sprouts
- 12 asparagus spears
- 10 red radishes
- ½ ear of corn
- 1 large raw carrot or 8 raw baby carrots

Quick tip:

When it comes to fruits and vegetables, the deeper the color, the more nutrients. So choose wisely at the farmers' market.



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BOOTYLICIOUS SNACK LISTS

100-Calorie Snacks

1. ½ cup 1–2% low-fat cottage cheese with ¼ cup mixed seasonal berries
2. 1 cup raw string beans and ½ cup baby carrots with ¼ cup salsa
3. 1 large hard-boiled egg
4. ¾ cup plain nonfat yogurt topped with ⅓ cup raspberries
5. ½ cup edamame, shelled (approx. 45 steamed edamame)
6. 10 plain rice crackers with ¼ cup salsa
7. 1 oz. dark chocolate (a couple of times a week only, please!)
8. 3 cups air-popped popcorn
9. 8 baby carrots, 3 cherry tomatoes, and 1 part-skim mozzarella string cheese
10. ½ sliced apple with 2 tsp. nut butter
11. 1 cup coconut water (50 calories). Limit to 1 cup per day, as the sugar adds up.

200-Calorie Snacks

1. 1 fresh fig with a scant drizzle of honey and 1 part-skim mozzarella string cheese
2. 1 oz. raw nuts, such as: 20 almonds, 17 cashews, 25 peanuts, or 6 Brazil nuts
3. 1 cup 1–2% cottage cheese with ½ cup sliced melon
4. 2 Tbsp. bean dip with 20 baked tortilla chips and salsa
5. ¾ cup plain low-fat yogurt (Greek or regular) with ½ sliced banana
6. 4 oz. lean roast beef rolled with Dijon mustard for dipping
7. 2 oz. white turkey breast meat with ½ small sliced avocado
8. Celery sticks and cucumber slices with 2 Tbsp. hummus
9. ½ small (6-inch) whole wheat pita with ¼ cup prepared hummus
10. ¾ cup plain nonfat yogurt with ½ cup high-fiber cereal
11. 12 whole-grain crackers (should have about 80 calories for the 12 crackers) with 2 oz. low-fat cheese
12. 1 medium pear, sliced, with ½ oz. cheese
13. Shake Your Booty: 1 scoop Greenberry Shakeology*, ½ banana, 1 cup water, and ice, blended.
14. Coco Loco: 1 scoop Chocolate Shakeology, 1 Tbsp. nut butter, 1 cup water, and ice, blended.
15. 1 cup Beachbody Chocolate Whey Protein Powder with 1 Tbsp. peanut butter—for a delicious chocolate peanut butter shake

THE BEVERAGE BAR

DRINK MORE WATER! Water does wonders for your body, not to mention your booty. The key to good health, water contains no calories and fills you up so you eat less and lose more. As for how much water you should drink, divide your body weight (lbs.) by 2, and that's how much you should drink in ounces. For example, if Mariana weighs 160 lbs., she'd divide her weight by 2. Therefore, she would drink 80 ounces of water a day. It doesn't matter if the water is plain or sparkling. Water is essential for every system in your body, so stay properly hydrated. Don't wait until you are thirsty. To make sure that you stay hydrated throughout the day, carry a water bottle with you wherever you go. Also try to drink at least one 8 oz. glass of water with every meal.

TO HELP SPRUCE UP YOUR WATER, TRY THESE FUN, REFRESHING WATER RECIPES TO KEEP YOU SAYING "YES" TO H₂O:

1. Mint Water – Ice water with fresh, torn mint.
2. Lemon Water – Ice water with a slice of lemon.
3. Lime Water – Ice water with a slice of lime.
4. Basil Lemon Water – Ice water with lemon slices and fresh basil.
5. Grape Water – Ice water with frozen grapes.
6. Cucumber Water – Ice water with 2 or 3 thin cucumber slices.
7. Citrus Water – Ice water with a splash of orange or grapefruit juice.
8. Fruit Water – Ice water with a slice of watermelon, cantaloupe, kiwi, or strawberry.
9. Mango Water – Ice water with 2 or 3 mango chunks.
10. Apple Water – Ice water with 2 or 3 thin Granny Smith apple slices.

IF YOU WANT TO SPLURGE with a cocktail, keep track of your calories by writing them down in your food journal. Bear in mind that 1½ oz. of vodka, whiskey, or rum is approximately 95 empty calories. So keep it simple and don't choose a fancy mixed drink that can pack a calorie punch. To keep the pounds down, order a cocktail on the rocks or neat. If you prefer to mix it up, add a calorie-free mixer, like a splash of seltzer, for that extra zing. And when in doubt, remember a glass of wine is almost always fine and a nice addition to a great meal.

DINING OUT

IF YOU'RE LIKE MOST PEOPLE, you're busy and always on the go. It's not always possible to shop for, prepare, cook, and measure your foods and portions. So we've included this list of "safe" suggestions at some popular food destinations.

AMERICAN CUISINE

Any grilled protein (ask for the sauce on the side)
Grilled steak
Grilled fish
Grilled skinless chicken

Salads (ask for the dressing on the side)
Baked sweet potato
Steamed veggies

Shrimp cocktail
Seared tuna
Steamed artichoke
And remember, say NO to the dinner roll!



DELI OR DINERS

Salad with a lean protein. Protein can be grilled chicken, poached salmon, seared tuna, sliced turkey, hard-boiled egg, feta, or beans. Ask for the dressing on the side.

Grilled chicken or fish with steamed vegetables

Turkey or roast beef sandwich, open-faced (just half the bread)

Enjoy with lettuce, tomato, mustard, and pickle.

Turkey burger, chicken burger, veggie burger (skip the bun)

Salad and baked sweet potato

Fruit salad (add nonfat yogurt or cottage cheese)

Poached eggs

English muffin and 1 egg

High-fiber cereal or oatmeal. Try the individual boxes to keep portions in check.

And remember, say NO to the dinner roll!

CHINESE

Steamed chicken and broccoli

Steamed shrimp with asparagus and carrots

Steamed veggies

Grilled or steamed fish

Broth-based soups

And remember, say NO to the egg roll!

Quick tip:

Steamed dishes are best. Ask for sauces on the side so you can control calories and sodium but still enjoy.

JAPANESE

Sushi

Sashimi

Chicken teriyaki, sauce on the side

Salmon teriyaki, sauce on the side

Salads, edamame, and/or steamed veggies

And remember, say NO to the california roll!



ITALIAN

Salads with dressing on the side
Shrimp cocktail
Grilled shrimp
Pasta primavera with marinara sauce
Cioppino (seafood in tomato-wine broth)
Grilled fish – fillet, steak, or whole
Grilled chicken with marinara sauce
Grilled steaks
And remember, say NO to the breadsticks!

MEXICAN

Fresh ceviche
Salads with grilled fish or chicken (without the fried tostada)
Soft tacos or burritos with grilled fish or chicken
Salsa and a tablespoon or so of guacamole (skip the cheese and sour cream)
And remember, say NO to the taquitos!

Quick tip:

Beware of fried foods, even fried tortilla chips! They'll go straight to your well-rounded rear.





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