REMEMBER, EVERYBODY IS DIFFERENT, SO IF YOU HAVE ANY UNIQUE OR SPECIFIC MEDICAL NEEDS OR CONDITIONS, SUCH AS FOOD ALLERGIES, DIETARY RESTRICTIONS, ISSUES WITH BLOOD SUGAR REGULATION, OR IF YOU ARE PREGNANT OR BREAST FEEDING, PLEASE MAKE SURE YOU CONSULT YOUR MEDICAL PROVIDER BEFORE STARTING THIS NUTRITION PLAN.

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EVERYONE IS ALWAYS ASKING ME,
WHAT DO I EAT?
HOW DO I GET RIPPED ABS?
WHAT’S MY SECRET?
YOU MAY NOT KNOW THIS ABOUT ME,
but I used to be overweight. In fact, I used to be about 50 pounds heavier than I am now. I struggled with my weight for years, so I have to be diligent about my diet just like you. Over time I’ve learned that the best thing to do is to keep it real and keep it simple. I don’t believe in diets, diet foods, cutting out food groups, cutting carbs, or calorie counting. I believe in eating simple, satisfying foods, and finding balance so you can enjoy a glass of wine, a burger, or in my case, a bag of peanut M&M’s.

Now, you may find the foods in this guide to be surprisingly simple, but hopefully in the end you’ll see that reaching your goal is easier and more enjoyable when you have a simple solution like this Nutrition to the Max Eating Plan.

—Shaun T
NUTRITION TO THE MAX

INTRODUCTION TO NUTRITION TO THE MAX

NUTRITION TO THE MAX isn’t a diet or diet fad. You won’t find any fancy ingredients, complicated recipes, or strict meal plans to follow each day. Nutrition to the Max is based on the concept of PORTION EATING. Most people don’t know the proper portions they should be eating. Now you get to eat what you want and create your own meals, but we’re going to show you the proper portion sizes. If you want eggs and toast for breakfast, no problem, sweet potatoes or rice with your steak and salad, you can! This is a simple road map, so you can eat what you want to eat, but still reach your goals. Most importantly, this guide will give you the tools you need to be healthy for the rest of your life!
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**3 EASY STEPS TO**

**STEP 1** SELECT **PLAN A** OR **PLAN B**

The first thing you need to do is determine which plan you’ll be following. It’s simple:

<table>
<thead>
<tr>
<th>IF YOU WEIGH UNDER &lt; 150 LBS.</th>
<th>IF YOU WEIGH OVER &gt; 150 LBS.</th>
</tr>
</thead>
<tbody>
<tr>
<td>YOU SHOULD FOLLOW <strong>PLAN A</strong></td>
<td>YOU SHOULD FOLLOW <strong>PLAN B</strong></td>
</tr>
</tbody>
</table>

**STEP 2** REFER TO THE **DAILY FOOD CHART**

Once you’ve selected **PLAN A** or **PLAN B**, refer to the **DAILY FOOD CHARTS** listed below. These charts show you all the food you’re allowed to eat each day and how many servings.

- Track your food intake with the daily **FOOD TRACKER** on pg. 98.
- Check off the foods you eat as you go!
- At any point over the next 60 days, you can add or subtract food or move from one Eating Plan to the other. For more information, see **HOW AND WHEN TO ADD/SUBTRACT FOODS** on pg. 92.

**DAILY FOOD CHART**

**PLAN A** (<150 pounds)

<table>
<thead>
<tr>
<th>Category</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>3 VEGGIES</td>
<td></td>
</tr>
<tr>
<td>2 FRUITS</td>
<td></td>
</tr>
<tr>
<td>4 PROTEINS</td>
<td></td>
</tr>
<tr>
<td>2 CARBS</td>
<td></td>
</tr>
<tr>
<td>1 HEALTHY FATS</td>
<td></td>
</tr>
<tr>
<td>1 SEEDS &amp; DRESSINGS</td>
<td></td>
</tr>
<tr>
<td>2 OILS &amp; NUT BUTTERS</td>
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**PLAN B** (>150 pounds)

<table>
<thead>
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<th>Category</th>
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<td>4 PROTEINS</td>
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<td>3 CARBS</td>
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<tr>
<td>1 HEALTHY FATS</td>
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<td>1 SEEDS &amp; DRESSINGS</td>
<td></td>
</tr>
<tr>
<td>4 OILS &amp; NUT BUTTERS</td>
<td></td>
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</tbody>
</table>
GET STARTED

STEP 3 EAT 5 MEALS A DAY

WE SUGGEST YOU EAT 5 MEALS A DAY: BREAKFAST, LUNCH, DINNER, AND TWO SNACKS. It is 100% up to you to decide how and when you eat, just be sure to spread your food out throughout the day and have a balance at each meal.

- Pick your favorite foods and create meals based on your liking and taste, using the FOOD DIRECTORY starting on pg. 8. This is the list of allowed foods and serving sizes for each category. If it's on the list, you can eat it!
- If you're looking for a little more structure, we've included a bunch of recipe ideas (pgs. 22–81), as well as a Do It Yourself "D.I.Y" section (pgs. 82–89) to help get you started.

* NOTICE HOW EACH GROUP IS COLOR-CODED? If you want to make life easier, use BEACHBODY'S PORTION CONTROL CONTAINERS to help portion out all of your food. The containers are color-coded to match this guide and designed to match the portions listed in the Food Directory. All you have to do is fill up the containers and you're good to go! Go to Beachbody.com or TeamBeachbody.com to purchase.
Food Directory
Note: The foods are listed according to their nutritional value—the higher up on the list, the more nutritionally beneficial the food is. That doesn’t mean you should ignore the foods lower down—if it’s on the list, you can and should eat it! The more variety you have in your diet, the wider array of nutrients you’ll have in your system.
VEGGIES

- Kale, 1 cup cooked or raw
- Collard greens, 1 cup cooked or raw
- Spinach, 1 cup cooked or raw
- Brussels sprouts, 1 cup chopped or 5 medium
- Broccoli, 1 cup chopped
- Asparagus, 10 large spears
- Beets, 2 medium
- Tomatoes, 1 cup chopped, 1 cup cherry, or 2 medium
- Squash (summer), 1 cup sliced
- Winter squash (all varieties), 1 cup cubed
- String beans, 1 cup
- Peppers, sweet, 1 cup sliced
- Carrots, 1 cup sliced or 10 medium baby
- Cauliflower, 1 cup chopped
- Artichokes, ½ large
- Eggplant, ½ medium
- Okra, 1 cup
- Jicama, 1 cup sliced
- Snow peas, 1 cup
- Cabbage, 1 cup chopped
- Cucumbers, 1 cup sliced
- Celery, 1 cup sliced
- Lettuce (NOT iceberg), 1 cup chopped
- Mushrooms, 1 cup sliced
- Radishes, 1 cup sliced
- Onions, 1 cup chopped
- Sprouts, 1 cup

If using **Portion Control Containers**, one serving should fit in a green container.

![Green Beans](image)
FRUITS

- Raspberries, 1 cup
- Blueberries, 1 cup
- Blackberries, 1 cup
- Strawberries, 1 cup
- Watermelon, 1 cup diced
- Cantaloupe, 1 cup diced
- Orange, 1 cup sections or 1 medium
- Tangerine, 2 small
- Apple, 1 cup sliced or 1 small
- Apricots, 4 small
- Grapefruit, 1 cup sections or ½ large
- Cherries, 1 cup
- Grapes, 1 cup
- Kiwifruit, 2 medium
- Mango, 1 cup sliced
- Peach, 1 cup sliced or 1 large
- Nectarine, 1 cup sliced or 1 large
- Pear, 1 cup sliced or 1 large
- Pineapple, 1 cup diced
- Banana, ½ large
- Papaya, 1 cup diced
- Figs, 2 small
- Honeydew melon, 1 cup diced

If using Portion Control Containers, one serving should fit in a purple container.
**PROTEINS**

- Sardines (fresh or canned in water), 7 medium
- Boneless, skinless chicken or turkey breast, ¼ cup diced, cooked
- Lean ground chicken or turkey (≥ 93% lean), ¾ cup diced, cooked
- Fish, fresh water (catfish, tilapia, trout), ¼ cup flaked, cooked
- Fish, cold water, wild caught (cod, salmon, halibut, tuna), ¾ cup flaked, cooked
- Game: buffalo (bison, ostrich, venison), ¾ cup diced, cooked
- Game: lean ground (≥ 95% lean), ¾ cup diced, cooked
- Eggs, 2 large
- Egg whites, 8 large
- Greek yogurt, ¼ cup plain, 1%
- Yogurt, ¾ cup plain, 2%
- Shellfish (shrimp, crab, lobster), ¾ cup cooked
- Clams, ¾ cup canned, drained
- Red meat, extra-lean, ¾ cup diced, cooked
- Lean ground red meat (≥ 95% lean), ¾ cup cooked
- Tempeh, ¾ cup diced
- Tofu, firm, ¾ cup diced
- Pork tenderloin, ¾ cup diced, cooked
- Tuna, canned light in water, ¾ cup drained
- Turkey slices, low-sodium, fat-free, 6 slices
- Ham slices, low-sodium, fat-free, 6 slices
- Ricotta cheese, ¼ cup, light
- Cottage cheese, ¾ cup, 2%
- Protein powder (whey, hemp, rice, pea), 1½ scoops (approx. 42 g depending on variety)
- Veggie burger, 1 medium patty
- Turkey bacon (reduced fat), 4 slices
- Shakeology, 1 scoop

If using Portion Control Containers, one serving should fit in a red container □
CARBS

- Sweet potato, ½ cup diced
- Yams, ½ cup diced
- Quinoa, ½ cup cooked
- Beans (kidney, black, garbanzo, white, lima, etc.), ½ cup cooked, drained
- Lentils, ½ cup cooked, drained
- Edamame, ½ cup shelled
- Peas, ½ cup
- Refried beans, nonfat, ½ cup
- Brown rice, ½ cup cooked
- Wild rice, ½ cup cooked
- Potato, ½ cup mashed or ½ medium
- Corn on the cob, 1 ear
- Amaranth, ½ cup cooked
- Millet, ½ cup cooked
- Buckwheat, ½ cup cooked
- Barley, ½ cup cooked
- Bulgur, ½ cup cooked
- Oatmeal, steel-cut, ½ cup cooked
- Oatmeal, rolled, ½ cup cooked
- Pasta, whole-grain, ½ cup cooked
- Couscous, whole wheat, ½ cup cooked
- Crackers, whole-grain, 8 small crackers
- Cereal, whole-grain, low sugar, ½ cup
- 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, ½ muffin
- Bagel, whole-grain, ½ small (3-inch)
- Tortilla, whole wheat, 1 small (6-inch)
- Tortilla, corn, 2 small (6-inch)
- Results and Recovery Formula, 1 scoop (½ serving)

If using Portion Control Containers, one serving should fit in a yellow container.
HEALTHY FATS

- Avocado, ¼ cup mashed or ¼ medium
- Raw nuts:
  - 12 whole almonds
  - 8 whole cashews
  - 10 pecan halves
  - 14 whole peanuts
  - 20 whole pistachios
  - 8 walnut halves
- Hummus, ¼ cup
- Coconut milk, ¼ cup canned
- Feta cheese, ¼ cup crumbled
- Goat cheese, ¼ cup crumbled
- Mozzarella (low-moisture), ¼ cup shredded
- Cheddar, provolone, jack, ¼ cup shredded
- Parmesan, ¼ cup shredded

If using Portion Control Containers, one serving should fit in a blue container.
SEEDS & DRESSINGS

- Raw nuts, 2 Tbsp. chopped
- Raw seeds (pumpkin, sunflower, sesame), 2 Tbsp.
- Flaxseed, 2 Tbsp. ground
- Olives, 10 medium olives
- Peanuts, 2 Tbsp.
- Coconut (unsweetened), 2 Tbsp. shredded
- **Dressing Recipes** (pg. 70)
  - Balsamic Vinaigrette, 2 Tbsp.
  - Asian Citrus Vinaigrette, 2 Tbsp.
  - Lemon Tarragon Vinaigrette, 2 Tbsp.
  - Creamy Cilantro Dressing, 2 Tbsp.
  - Dijon Vinaigrette, 2 Tbsp.

If using **Portion Control Containers**, one serving should fit in an orange container.

OILS & NUT BUTTERS

- Extra-virgin olive oil, 1 tsp.
- Coconut oil, 1 tsp.
- Flaxseed oil, 1 tsp.
- Walnut oil, 1 tsp.
- Pumpkin seed oil, 1 tsp.
- Nut butters (peanut, almond, cashew, etc.), 1 tsp.
- Seed butters (pumpkin, sunflower, sesame [tahini]), 1 tsp.

One serving is equal to one teaspoon.

---

**SEEDS & DRESSINGS**

**OILS & NUT BUTTERS**
+ FREE ADD-ONS

These are “free add-ons.” Add them to any meal. Eat as much of them as you’d like.

- **Water Bar** (pg. 19)
- **Coffee and Tea Bar** (pg. 20)
- Lemon and lime juice (not lemonade, limeade, or margaritas!)
- Vinegars
- Mustard
- Fresh ground horseradish
- Herbs (fresh and dry)
- Spices (except salt)
- Garlic
- Ginger
- Hot sauce (only Tabasco or Mexican hot sauces that contain little to no salt or sugar)
- Flavor extracts (pure vanilla, peppermint, almond, etc.)
- Cinnamon
- **Seasoning Mixes** (pg. 66)
  - All-Purpose Spice Mix
  - Southwestern Spice Mix
  - Mediterranean Spice Mix
  - Cajun Spice Mix
  - Italian Spice Mix
+ SUBSTITUTIONS

THREE TIMES A WEEK ONLY, you can replace one portion of carbs with a beverage or snack from the list below.

BEVERAGES
- Milk, cow’s, nonfat, or 1%, 1 cup
- Soy milk
  - unsweetened, 1 cup
  - sweetened, ¾ cup
- Almond milk
  - unsweetened, 2 cups
  - sweetened, 1 cup
- Rice milk, original or unsweetened vanilla, 6 fl oz
- Coconut water, 2 cups
- Coconut milk beverage (from a carton, not canned!)
  - unsweetened, 1½ cups
  - sweetened, 1 cup
- Fresh fruit juices, 8 fl oz
- Wine, 4 fl oz
- Vodka or alcohol, 1 fl oz

SNACKS
- Chocolate, dark, ½ oz
- Potato chips, plain kettle, 10 chips
- Tortilla chips, plain corn, 10 chips
- Popcorn (air popped), 3 cups
- Pretzels, 1 oz
- Chocolate-covered almonds, 5 pieces
- Frozen yogurt, ½ cup
We can’t say enough about pure, simple water. It’s essential to your health and wellness, helps keep your organs functioning, helps digestion and weight loss, it keeps you full, it even gives you great skin. And it’s especially critical you drink enough with a program like INSANITY MAX:30™.

1. Drink 2 glasses of water every morning and keep on going throughout the day. You’ll be amazed how much better you feel and function.

2. Try and drink your body weight, divided by two, in ounces. So if you weigh 150 pounds—that’s 150 divided by 2 = 75. 75 ounces might sound like a lot but, once you get used to it, it’s easy. A glass is 8 oz (size of a small coffee cup), so aim to the max or at least 64 ounces a day!

3. Check out the Water Bar on the next page.
BEACHBODY® WATER BAR

STEP 1
PICK YOUR WATER
Flat water
Sparkling water
(make sure it has no calories or artificial sweeteners)

STEP 2
KICK IT UP!
FRUITS/VEGGIES
Lemon wedges
Lime wedges
Orange slices
Strawberry slices
Kiwi slices
Cucumber slices
Frozen grapes
Watermelon cubes
HERBS
Mint leaves
Basil
Grated ginger
Rosemary
EXTRAS
Crushed ice
Ice cubes

SHAUN T FAVORITES:
CUCUMBER MINT: ice water, cucumber slices, mint leaves
SPARKLING CITRUS COOLER: sparkling water, lemon wedge, lime wedge, 2 orange slices
“LEMONADE”: ice water, lemon wedge, stevia
LEMON GINGER: ice water or sparkling water, lemon wedge (squeeze the lemon into the water), ½ tsp. ginger
RASPBERRY LIME ICE: fill an ice cube tray with water, muddled fresh raspberries, and a splash of lime juice, then freeze!
COFFEE AND TEA

NEWS ALERT!

Tea and coffee aren’t bad for you, provided you’re caffeine tolerant.

- They’re both filled with antioxidants, which reduce symptoms of stress.
- They’re thermogenic, meaning they promote fat burning.
- They have no calories as long as you don’t load them with cream and sugar!
- See Coffee and Tea Bar below!

COFFEE AND TEA BAR

Ideally, you’d drink your coffee black as midnight on a moonless night. If not, here are some guidelines.

<table>
<thead>
<tr>
<th>LIST A</th>
<th>LIST B</th>
<th>LIST C</th>
</tr>
</thead>
<tbody>
<tr>
<td>UNLIMITED</td>
<td>USE 1–2 TIMES A DAY!</td>
<td>AVOID IT!</td>
</tr>
<tr>
<td>Cinnamon</td>
<td>1 tablespoon low-/nonfat milk</td>
<td>Cream</td>
</tr>
<tr>
<td>Lemon</td>
<td>1 teaspoon raw sugar, honey, molasses, maple syrup, agave syrup, stevia</td>
<td>Half-and-half</td>
</tr>
<tr>
<td>Pumpkin spice</td>
<td></td>
<td>Nondairy creamer</td>
</tr>
<tr>
<td>Nutmeg</td>
<td></td>
<td>Lots o’ sugar</td>
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</table>

Ideally, you’d drink your coffee black as midnight on a moonless night.

If you think it might be bad, it probably is.
BEVERAGES TO AVOID

ALCOHOL
DON’T DO IT! Given you’re on a high-intensity exercise program with great results on your mind, why would you want to sabotage your results? The first and easiest thing to abstain from would be alcohol; they are empty calories and simply not good for you.

If you give in to temptation and really want a drink, consider that 1 beer or glass of wine is 2 YELLOW portions, then ask yourself if you really want to waste all of that hard work on a drink.

SPORTS DRINKS
Our rule of thumb is that if you find it in a can or bottle in your local convenience store, it’s typically not good for you. They are loaded with sugar and chemicals, caffeine, and who knows what else.

HOWEVER . . .
If you’re looking for a little energy to get you through your workout that won’t interfere with your results, check out our E&E Energy and Endurance® formula—be sure to take it before your workout.

And if you’re feeling a little sore and need a little help with recovery, check out Results and Recovery Formula®, which can be consumed immediately following your workout.

SODA AND JUICE
Steer clear of fruit juices and sodas. They are loaded with sugar, chemicals, and empty calories. And just because it says diet or has no calories doesn’t mean it’s good for you. The truth is—you simply don’t need it.
Here are a variety of simple, healthy recipes designed to work perfectly with the various food groups. Don’t forget to check out the D.I.Y. Bar!
BREAK
FAST

26 SPINACH AND ONION SCRAMBLE
27 SOUTHWESTERN HARD-BOILED EGGS
29 CINNAMON OATMEAL WITH ALMONDS
29 WESTERN OMELET
30 MUSHROOM AND TURKEY OMELET
31 “HERBS & SPICES” SCRAMBLED EGGS
## SPINACH AND ONION SCRAMBLE
(Makes 1 serving)

<table>
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<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Description</th>
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<tr>
<td>1</td>
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<tr>
<td>4</td>
<td>large egg whites</td>
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</tr>
<tr>
<td>1 pinch</td>
<td>sea salt</td>
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</tr>
<tr>
<td>1 pinch</td>
<td>ground black pepper</td>
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<tr>
<td>1 tsp.</td>
<td>olive oil</td>
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<tr>
<td>½ cup</td>
<td>fresh baby spinach</td>
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</tr>
<tr>
<td>½ cup</td>
<td>chopped onion</td>
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</table>

**Recipe Instructions:**

1. Combine egg, egg whites, salt, and pepper in a medium bowl; whisk to blend. Set aside.
3. Add spinach and onion; cook, stirring frequently, for 2 to 3 minutes.
4. Add egg mixture; cook, stirring frequently, for 2 to 3 minutes, or until eggs are cooked through.
SOUTHWESTERN HARD-BOILED EGGS  
(Makes 1 serving)

TOTAL: 1 PROTEIN

2

large eggs
Cold water
Southwestern Spice Mix (to taste) (pg. 66)

1. Place eggs in saucepan and add cold water to cover eggs by one inch.
2. Bring water just to a boil over high heat. Remove from heat, cover, and let stand for 12 minutes.
3. Remove from hot water and serve warm or rinse in cold water until cool.
4. Sprinkle eggs with the Southwestern Spice Mix.
CINNAMON OATMEAL WITH ALMONDS
(Makes 1 serving)

TOTAL: ● 1 CARBS ● 1 HEALTHY FATS

½ cup cooked steel-cut oats
1 dash ground cinnamon
2 Tbsp. raw almonds, chopped or slivered

1. Place oats in a medium cereal bowl.
2. Add cinnamon and almonds; mix well.

WESTERN OMELET
(Makes 1 serving)

TOTAL: ● 1 PROTEIN ● 1 VEGGIE ● 1 OIL & NUT BUTTER

1 large egg
4 large egg whites
1 tsp. olive oil
¼ cup sliced bell pepper
¼ cup sliced onion
½ cup sliced mushrooms
¼ cup sliced tomatoes
3 slices low-sodium, fat-free ham, chopped (1½ oz)
¼ medium avocado, sliced

1. Combine egg and egg whites in a small bowl; whisk to blend. Set aside.
3. Add bell pepper, onion, and mushrooms; cook, stirring frequently, for 3 to 5 minutes, or until mushrooms begin to release their liquid.
4. Add eggs. Do not stir. As eggs set, lift edges, letting uncooked portion flow underneath; cook for 2 to 3 minutes, or until almost set.
5. Add tomatoes and ham; cook for 1 minute.
6. Gently fold in half; top with avocado.
MUSHROOM AND TURKEY OMELET

(Makes 1 serving)

TOTAL: 1 PROTEIN 1 VEGGIE 1 OIL & NUT BUTTER

1 large egg
4 large egg whites
1 tsp. olive oil
1 cup sliced mushrooms
2 slices low-sodium, nitrite-free, reduced-fat turkey bacon, chopped
1 fresh thyme sprig, leaves removed, stem discarded (for garnish; optional)

1. Combine egg and egg whites in a small bowl; whisk to blend. Set aside.
3. Add mushrooms and turkey bacon; cook, stirring frequently, for 2 to 4 minutes or until mushrooms begin to release their liquid.
4. Add eggs. Do not stir. As eggs set, lift edges, letting uncooked portion flow underneath; cook for 3 to 4 minutes, or until heated through.
5. Gently fold in half.
6. Garnish with thyme if desired.
“HERBS & SPICES” SCRAMBLED EGGS
(Makes 1 serving)

TOTAL: 1 PROTEIN

2

- large eggs, lightly beaten
- Nonstick cooking spray
- All-Purpose Spice Mix (pg. 66)

1. Heat nonstick skillet lightly coated with spray over medium-low heat.
2. Add a dash of All-Purpose Spice Mix to eggs before cooking.
3. Add seasoned eggs to skillet; cook, stirring occasionally, for 3 to 5 minutes, or until eggs are set.
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<th>Approved</th>
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**Creative Director:** David Coleman  
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COBB SALAD
TURKEY BURGER WITH AVOCADO, LETTUCE, AND TOMATO
MIXED VEGGIE SALAD WITH GRILLED CHICKEN BREAST
TUNA GARDEN SALAD
COBB SALAD

(Makes 1 serving)

TOTAL: ■ 1 PROTEIN  ■ 2 VEGGIES  ■ 1 HEALTHY FATS  ■ 2 OILS & NUT BUTTERS

1 cup chopped dark salad greens (like romaine or red leaf)
¼ cup chopped cucumber
¼ cup chopped cherry tomatoes
¼ cup sliced button mushrooms
¼ cup sliced bell peppers
1 large hard-boiled egg, peeled, cut into quarters
2 slices cooked low-sodium, nitrite-free, reduced-fat turkey bacon, chopped
¼ medium avocado, sliced
10 medium black olives
Red wine vinegar (or fresh lemon juice)

1. Place salad greens on a large serving plate.
2. Top with cucumber, tomatoes, mushrooms, bell peppers, egg, bacon, avocado, and olives.
3. Drizzle with vinegar.
TURKEY BURGER WITH AVOCADO, LETTUCE, AND TOMATO  
(Makes 1 serving)

TOTAL: 1 PROTEIN  1 VEGGIE  1 HEALTHY FATS

<table>
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<th>Quantity</th>
<th>Description</th>
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</tr>
<tr>
<td>1 Tbsp.</td>
<td>tomato salsa</td>
<td></td>
</tr>
<tr>
<td>½ cup</td>
<td>romaine lettuce</td>
<td></td>
</tr>
<tr>
<td>¼</td>
<td>medium avocado, sliced</td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>medium tomato, sliced</td>
<td></td>
</tr>
</tbody>
</table>

1. Preheat oven to 375° F. (Or preheat a grill or broiler on high.)
2. Combine turkey and salsa in a medium bowl; mix well. Form into a patty.
3. Bake or grill patty for approximately 6 to 7 minutes on each side, or until no longer pink in the middle.
4. Place lettuce on a serving plate. Top with patty, avocado, and tomato.
**MIXED VEGGIE SALAD WITH GRILLED CHICKEN BREAST** *(Makes 1 serving)*

<table>
<thead>
<tr>
<th>TOTAL:</th>
<th>1 PROTEIN</th>
<th>1 VEGGIE</th>
<th>1 HEALTHY FATS</th>
<th>1 OIL &amp; NUT BUTTER</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup</td>
<td>fresh baby spinach leaves</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>¾ cup</td>
<td>shredded (or chopped) grilled chicken breast, boneless, skinless (about 3.75 oz)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>¼ cup</td>
<td>chopped tomato</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>¼ cup</td>
<td>sliced cucumber</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>¼ cup</td>
<td>sliced bell pepper</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>¼ cup</td>
<td>sliced button mushrooms</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>¼ cup</td>
<td>sliced avocado</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 tsp.</td>
<td>extra-virgin olive oil</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Ingredients:**

- Fresh lemon juice

**Instructions:**

1. Place spinach in a large serving bowl.
2. Top with chicken, tomato, cucumber, bell pepper, mushrooms, and avocado.
3. Drizzle with oil and lemon juice; toss gently to blend.

---

**TUNA GARDEN SALAD** *(Makes 1 serving)*

<table>
<thead>
<tr>
<th>TOTAL:</th>
<th>1 PROTEIN</th>
<th>2 VEGGIES</th>
<th>1 OIL &amp; NUT BUTTER</th>
</tr>
</thead>
<tbody>
<tr>
<td>¾ cup</td>
<td>canned light tuna in water, drained (approximately 4.5 oz)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 tsp.</td>
<td>extra-virgin olive oil</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 Tbsp.</td>
<td>fresh lemon juice</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 cup</td>
<td>romaine (or other dark green) lettuce</td>
<td></td>
<td></td>
</tr>
<tr>
<td>¼ cup</td>
<td>sliced cucumber</td>
<td></td>
<td></td>
</tr>
<tr>
<td>¼ cup</td>
<td>sliced red radishes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>¼ cup</td>
<td>cherry tomatoes, cut in half</td>
<td></td>
<td></td>
</tr>
<tr>
<td>¼ cup</td>
<td>thinly sliced red onion</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Red wine vinegar</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Ingredients:**

- 1 tsp. extra-virgin olive oil

**Instructions:**

1. Combine tuna, oil, and lemon juice; mix well.
2. Place lettuce on a large serving plate.
3. Top with cucumber, radishes, tomatoes, and onion.
4. Top with tuna; drizzle with vinegar.
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Cyan, Magenta, Yellow, Black

Final Delivery Color Profile:
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Build Profile: SWOP v3

Colors: Cyan, Magenta, Yellow, Black
CUMIN BAKED CHICKEN BREAST  (Makes 4 servings)

TOTAL: ■ 1 PROTEIN — 1 OIL & NUT BUTTER

4 (7-oz)  raw chicken breasts, boneless, skinless
4 tsp.  olive oil
1 tsp.  ground cumin

1. Preheat oven to 375°F.
2. Place chicken in ovenproof dish.
3. Drizzle with oil. Season with cumin.
4. Bake for 15 to 20 minutes, or until chicken is no longer pink in the middle and juices run clear.
**MEDITERRANEAN WHITE FISH**  (Makes 4 servings)

<table>
<thead>
<tr>
<th>TOTAL:</th>
<th>1 PROTEIN</th>
<th>1 OIL &amp; NUT BUTTER</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 (4-oz)</td>
<td>raw white fish fillets (such as cod, tilapia, sole, etc.)</td>
<td></td>
</tr>
<tr>
<td>4 tsp.</td>
<td>olive oil</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Mediterranean Spice Mix (pg. 66) or chopped fresh oregano</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Fresh lemon to taste; optional</td>
<td></td>
</tr>
</tbody>
</table>

1. Preheat broiler to high.
2. Drizzle with oil. Season with Mediterranean Spice Mix or lemon juice and fresh chopped oregano.
3. Broil fish for about 3 to 5 minutes or until fish is opaque and flakes easily when tested with a fork. Squeeze fresh lemon before serving.

**Cooking Tip:**
Cooking times may vary depending on the thickness and weight of the fish. Cook fish for the following times:
- 4 to 6 oz – 5 to 7 minutes on each side
- 7 to 12 oz – 6 to 9 minutes on each side
- 13 to 16 oz – 7 to 10 minutes on each side

You can also season fish with lemon or lime juice and dry herbs like dill and basil.
CITRUS GRILLED STEAK
(Makes 4 servings)

TOTAL: 1 PROTEIN  1 OIL & NUT BUTTER

½ cup fresh lemon (or lime) juice
½ cup chopped fresh cilantro
4 tsp. olive oil
4 cloves garlic, chopped
4 (6 to 7-oz) raw lean steaks (like filet mignon, sirloin, or flank)

1. Combine lemon juice, cilantro, oil, and garlic in a resealable bag.
2. Add steak; marinate, refrigerated, for 30 minutes to 4 hours.
3. Preheat grill or broiler on high.
4. Grill or broil steak for about 5 to 6 minutes on each side, or until no longer pink in the middle and steak reaches an internal temperature of about 145–150°F.

Cooking Tip:
Cooking times may vary depending on the thickness and weight of the beef. For medium rare, cook beef for the following times:
- 3 to 6 oz – 4 to 7 minutes on each side
- 7 to 12 oz – 6 to 9 minutes on each side
- 13 to 16 oz – 7 to 10 minutes on each side

You can also season beef with garlic and fresh or dry herbs like sage, rosemary, or parsley or any of the seasoning mixes.

ITALIAN BAKED CHICKEN BREAST
(Makes 4 servings)

TOTAL: 1 PROTEIN  1 OIL & NUT BUTTER

4 (4-oz) raw chicken breasts, boneless, skinless
4 tsp. olive oil
Italian Spice Mix or All-Purpose Spice Mix (to taste; optional) (pg. 66)

1. Preheat oven to 375°F.
2. Place chicken in ovenproof dish.
3. Drizzle with oil. Season with Italian Spice Mix or All-Purpose Spice Mix (if desired).
4. Bake for 15 to 20 minutes or until chicken is no longer pink in the middle and juices run clear.

Cooking Tip:
Cooking times may vary depending on the thickness and weight of the chicken breasts. Cook chicken breast for the following times:
- 3 to 6 oz – 15 to 20 minutes
- 7 to 12 oz – 18 to 25 minutes
- 13 to 16 oz – 20 to 30 minutes

You can also season chicken with lemon or lime juice and dry herbs like oregano, rosemary, and thyme.
POACHED BASIL AND GARLIC SALMON  
(Makes 4 servings)

TOTAL: 1 PROTEIN

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>water</td>
<td>8 cups</td>
<td>8 cups</td>
</tr>
<tr>
<td>raw salmon fillets</td>
<td>4 (7-oz)</td>
<td>4 (7-oz)</td>
</tr>
<tr>
<td>fresh basil</td>
<td>½ cup</td>
<td>fresh basil (or 2 tsp. dried basil), divided use</td>
</tr>
<tr>
<td>garlic</td>
<td>2 cloves</td>
<td>garlic, chopped</td>
</tr>
<tr>
<td>Fresh lemon juice</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

1. Bring water to a boil in a small saucepan over high heat.
2. Sprinkle salmon with ¼ cup basil and garlic; place into boiling water. Cover immediately and remove from heat. Poach salmon in hot water for 5 to 7 minutes, or until salmon flakes easily when tested with a fork.
3. Sprinkle salmon with remaining ¼ cup basil and drizzle with lemon juice.

DIJON BROILED PORK LOIN  
(Makes 4 servings)

TOTAL: 1 PROTEIN, 2 OILS & NUT BUTTERS

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>nonstick cooking spray</td>
<td></td>
<td></td>
</tr>
<tr>
<td>raw lean center-cut pork tenderloin</td>
<td>1½ lb.</td>
<td>1½ lb.</td>
</tr>
<tr>
<td>Dijon mustard</td>
<td>4 tsp.</td>
<td>4 tsp.</td>
</tr>
<tr>
<td>whole-grain mustard</td>
<td>4 tsp.</td>
<td>4 tsp.</td>
</tr>
<tr>
<td>olive oil</td>
<td>4 tsp.</td>
<td>4 tsp.</td>
</tr>
</tbody>
</table>

1. Preheat the broiler on high.
2. Lightly coat broiling pan with spray. Place pork on broiling pan approximately 5 to 6 inches from the heat.
3. Broil for 16 to 20 minutes, turning every 3 to 4 minutes, until no longer pink in the middle or until the internal temperature reaches 160° F.
4. While pork is cooking, combine the mustards and oil in a small bowl; mix well.
5. When pork reaches desired doneness, remove from oven, place it on a serving plate and spread the mustard mixture on top.
6. Allow pork to rest for about 10 minutes before slicing.
DINNER
ADD 2 VEGGIES AND 1 CARB TO MAKE A COMPLETE DINNER

45
45

T:7 in
T:10 in
VEG
GIES

48 GARLIC AND PARSLEY BRUSSELS SPROUTS
49 SPICED CARROTS
50 SESAME SNOW PEAS
50 ROSEMARY GARLIC MUSHROOMS
53 BROCCOLI STIR-FRY
53 ROASTED CAULIFLOWER MASH
GARLIC AND PARSLEY BRUSSELS SPROUTS (Makes 4 servings)

TOTAL: 1 VEGGIE

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brussels sprouts</td>
<td>20</td>
<td>medium, stems removed, washed</td>
</tr>
<tr>
<td>Garlic</td>
<td>4 cloves</td>
<td>finely chopped</td>
</tr>
<tr>
<td>Chopped fresh parsley</td>
<td>¼ cup</td>
<td></td>
</tr>
<tr>
<td>Sea salt</td>
<td>½ tsp.</td>
<td></td>
</tr>
</tbody>
</table>

1. Bring a large saucepan of water to a boil over high heat.
2. Add Brussels sprouts. Reduce heat to medium; cook for 3 to 5 minutes, or until Brussels sprouts are tender-crisp.
3. Drain; place in a large serving bowl.
4. Top with garlic and parsley. Season with salt; toss gently to blend.
SPICED CARROTS  (Makes 4 servings)

TOTAL: ■ 1 VEGGIE —— 1 OIL & NUT BUTTER

| 4 tsp. | extra-virgin coconut oil |
| 4 cups | sliced raw carrots |
| ¼ cup | water |
| 2 tsp. | fresh lemon juice |
| ½ tsp. | sea salt |
| ¼ tsp. | ground cinnamon |
| 1 dash | cayenne pepper (or to taste) |

1. Heat oil in a large nonstick skillet over medium heat.
2. Add carrots; cook, stirring occasionally, for 2 minutes.
3. Add water, lemon juice, salt, cinnamon, and cayenne. Bring to a boil.
   Reduce heat to medium-low; gently boil, covered, for 5 minutes,
   or until carrots are tender and liquid has been reduced.
SESAME SNOW PEAS  (Makes 4 servings)

TOTAL: ■ 1 VEGGIE  — 1 OIL & NUT BUTTER

- 4 tsp.  sesame oil
- 2 cloves  garlic, finely chopped
- 4 cups  snow peas, ends trimmed
- 2  green onions, chopped
- 1-inch slice  fresh ginger, peeled, finely chopped
- 2 Tbsp.  reduced-sodium soy sauce

1. Heat oil in large nonstick skillet over medium heat.
2. Add garlic, snow peas, and green onions; cook for 1 minute.
3. Add ginger and soy sauce; cook, stirring frequently, for 2 minutes, or until peas are tender-crisp.
   Do not overcook, or peas will become mushy.
4. Serve immediately.

ROSEMARY GARLIC MUSHROOMS  (Makes 4 servings)

TOTAL: ■ 1 VEGGIE  — 1 OIL & NUT BUTTER

- 4 tsp.  olive oil
- 2 cloves  garlic, finely chopped
- 4 cups  sliced mushrooms
- 1 sprig  fresh rosemary, leaves removed, stem discarded, finely chopped
- ½ tsp.  sea salt

1. Heat oil in large nonstick skillet over medium heat.
2. Add garlic and mushrooms; cook, stirring frequently, for 5 minutes, or until juices from the mushrooms
   have evaporated and mushrooms are tender.
3. Add rosemary and salt; cook, stirring occasionally, for 2 to 3 minutes.
VEGGIES

T:7 in

T:10 in
**BROCCOLI STIR-FRY** *(Makes 4 servings)*

<table>
<thead>
<tr>
<th>TOTAL:</th>
<th>1 VEGGIE</th>
</tr>
</thead>
</table>

4 cups broccoli
2 tsp. Mediterranean Spice Mix or All-Purpose Spice Mix (pg. 66)

1. Spray medium skillet with cooking spray, heat over medium heat.
2. Combine broccoli and Mediterranean Spice Mix.
3. Cook vegetables in skillet, mixing frequently for 2 to 3 minutes or until tender-crisp.

**Cooking Tip:**
- Add finely chopped fresh ginger from the Free Add-Ons list to add additional flavor to your vegetables.

---

**ROASTED CAULIFLOWER MASH** *(Makes 4 servings)*

<table>
<thead>
<tr>
<th>TOTAL:</th>
<th>1 VEGGIE</th>
<th>1 OIL &amp; NUT BUTTER</th>
</tr>
</thead>
</table>

4 cups cauliflower florets, washed, patted dry
4 tsp. olive oil
1 tsp. sea salt
¼ tsp. granulated garlic (optional)
2 Tbsp. low-sodium organic veggie broth

1. Preheat oven to 400° F.
2. Place cauliflower on large baking pan.
3. Drizzle with oil; toss gently to coat. Season with salt and garlic (if desired).
4. Bake, stirring halfway through, for 40 to 45 minutes, or until tender.
5. Place in food processor; add veggie broth. Pulse until smooth.
RBS

56  CINNAMON MASHED SWEET POTATO
56  SWEET POTATO FRIES
58  HERBED QUINOA
59  BASIC BROWN RICE
**CINNAMON MASHED SWEET POTATO**  
(Makes 4 servings, ½ cup each)  

<table>
<thead>
<tr>
<th>TOTAL:</th>
<th>٢ CARBS</th>
</tr>
</thead>
</table>

2 (9-oz) raw sweet potatoes  
Ground cinnamon  
Ground black pepper

1. Preheat oven to 400° F.  
2. Cover a baking pan with aluminum foil. Set aside.  
3. Scrub sweet potatoes and pierce several times with fork. Bake for 35 to 45 minutes, or until tender.  
4. Remove sweet potatoes from oven; cool for 15 minutes.  
5. Place sweet potato flesh in a medium bowl. Sprinkle with cinnamon and pepper; mash until well mixed.

<table>
<thead>
<tr>
<th>TOTAL:</th>
<th>٢ CARBS</th>
<th>٢ OIL &amp; NUT BUTTER</th>
</tr>
</thead>
</table>

**SWEET POTATO FRIES**  
(Makes 4 servings, ½ cup each)  

<table>
<thead>
<tr>
<th>TOTAL:</th>
<th>٢ CARBS</th>
<th>٢ OIL &amp; NUT BUTTER</th>
</tr>
</thead>
</table>

2 (9-oz) medium sweet potatoes, cut into ½-inch strips  
4 tsp. olive oil  
¼ tsp. ground black pepper  
¼ tsp. cayenne pepper

1. Preheat oven to 400° F.  
2. Place sweet potato strips in a single layer on baking pan.  
3. Drizzle with oil. Sprinkle with black pepper and cayenne pepper.  
4. Bake for 30 minutes, turning after 15 minutes. Bake until all sweet potatoes are cooked thoroughly.
**HERBED QUINOA**  
(Makes 4 servings, ½ cup each)

<table>
<thead>
<tr>
<th>TOTAL:</th>
<th>1 CARBS</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups</td>
<td>cooked quinoa</td>
</tr>
<tr>
<td>4 tsp.</td>
<td>fresh lemon juice</td>
</tr>
<tr>
<td>½ cup</td>
<td>chopped fresh basil</td>
</tr>
<tr>
<td>1 tsp.</td>
<td>chopped fresh thyme</td>
</tr>
<tr>
<td>4 tsp.</td>
<td>chopped parsley</td>
</tr>
<tr>
<td></td>
<td>Ground black pepper (to taste; optional)</td>
</tr>
</tbody>
</table>

1. Combine quinoa, lemon juice, basil, thyme, and parsley in a medium bowl; mix well.
2. Season with pepper if desired.
BASIC BROWN RICE  
(Makes 4 servings, ½ cup each)

TOTAL:  1 CARBS

| 1 cup   | dry brown rice          |
| 2 cups  | cold water              |
|         | Sea salt and ground black pepper (to taste; optional) |

1. Combine rice, water, salt (if desired), and pepper (if desired) in medium saucepan and bring to a boil over high heat.
2. 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 and serve.

Cooking Tip:
- As a convenience, you can cook more rice than you need and store the leftovers in the refrigerator for up to 4 days.
- For Spanish-style rice, skip the optional sea salt and pepper and use the Southwestern Spice Mix after it’s cooked.
- Add chopped fresh herbs from the Free Add-Os list to add flavor and color to your rice.
EASY
SNACKS

62  VANILLA BERRY CUP
63  DEVILED HARD-BOILED EGGS
65  TOMATO AND CUCUMBER SALAD
65  TURKEY ROLL-UPS WITH AVOCADO AND PEPPERS
**VANILLA BERRY CUP**  
(Makes 1 serving)

**TOTAL:**  1 PROTEIN  1 FRUIT

| ¾ cup     | plain 1% Greek yogurt          |
| ¼ tsp.    | pure vanilla extract           |
| ½ cup     | fresh raspberries              |
| ½ cup     | fresh blackberries             |

1. Combine yogurt and vanilla extract in small bowl; mix well.
2. Top yogurt with raspberries and blackberries.
3. Serve immediately.
## DEVILED HARD-BOILED EGGS

(Makes 1 serving)

<table>
<thead>
<tr>
<th>TOTAL:</th>
<th>1 PROTEIN</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>hard-boiled eggs, shells removed, sliced in half</td>
</tr>
<tr>
<td>2 tsp.</td>
<td>Dijon mustard</td>
</tr>
<tr>
<td></td>
<td>Fresh ground black pepper</td>
</tr>
<tr>
<td></td>
<td>Paprika</td>
</tr>
</tbody>
</table>

1. Remove yolks from eggs; place in a bowl.
2. Add mustard; mash until well mixed.
3. Place yolks back into egg whites.
4. Sprinkle with pepper and paprika.
5. Serve immediately.
TOMATO AND CUCUMBER SALAD  (Makes 1 serving)

**TOTAL:** ✍ 1 VEGGIE  ⛔ 1 OIL & NUT BUTTER

1 cup  cherry tomatoes, cut in half
1 cup  cucumbers, sliced or chopped
¼ tsp.  sea salt
1 tsp.  extra-virgin olive oil
2 Tbsp.  lemon juice

1. Combine tomatoes and cucumber in medium bowl.
2. Sprinkle with salt.
3. Add olive oil and lemon juice, mix well.

TURKEY ROLL-UPS WITH AVOCADO AND PEPPERS  (Makes 1 serving)

**TOTAL:** ✍ 1 PROTEIN  ✍ 1 VEGGIE  ✍ 1 HEALTHY FATS

6 slices  low-sodium fat-free turkey breast (6 oz)
¼  medium avocado, cut into 6 thin slices
1  medium red bell pepper, cut into 6 slices

1. Top each turkey slice with 1 slice avocado and 1 slice bell pepper; roll.
SEASONING MIXES
Here’s a fast and easy way to bring your savory foods to life! Just combine these herbs, mix well, and store them in an airtight container. Use them as a rub for roasting or grilling chicken, meat, or fish, or use for spicing up ground chicken, turkey, or beef. You can also use these mixes to flavor rice, lentils, beans, quinoa, and vegetables.

**ALL-PURPOSE SPICE MIX**
- 4 tsp. onion powder
- 2 tsp. garlic powder
- 2 tsp. mustard powder
- ¼ tsp. dried thyme
- ¼ tsp. ground black pepper
- 1 tsp. sea salt

**SOUTHWESTERN SPICE MIX**
- 1 Tbsp. chili powder
- 2 tsp. ground cumin
- 1 tsp. coriander
- ½ tsp. onion powder
- ½ tsp. garlic powder
- ½ tsp. dried oregano
- ½ tsp. smoked paprika
- 1 tsp. sea salt

**MEDITERRANEAN SPICE MIX**
- 4 Tbsp. dried parsley, crushed
- 4 tsp. dried onion flakes
- 2 tsp. dried basil, crushed
- 1 tsp. ground oregano
- 1 tsp. ground thyme
- 1 tsp. garlic powder
- 1 tsp. sea salt
- ¼ tsp. ground black pepper

**CAJUN SPICE MIX**
- 2½ tsp. paprika
- 1¼ tsp. chili powder
- ¾ tsp. cayenne pepper (or less if you don’t like it very hot)
- ¾ tsp. ground black pepper
- ¼ tsp. dried oregano
- ¼ tsp. dried thyme
- 1 tsp. sea salt

**ITALIAN SPICE MIX**
- 2 Tbsp. dried basil
- 2 Tbsp. dried oregano
- 2 Tbsp. dried thyme
- 2 Tbsp. dried marjoram
- 1 Tbsp. dried rosemary
- 1 Tbsp. dried sage
- 1 tsp. sea salt
SALAD DRESSINGS

Salads are a staple of any healthy diet. However, that doesn’t mean you have to be a rabbit, content to nibble on bland, ol’ greens. Here are some mouthwatering dressings that will make your salad come to life!

## BALSAMIC VINAIGRETTE
(Makes 8 servings, about 2 Tbsp. each)

<table>
<thead>
<tr>
<th></th>
<th>1 SEEDS &amp; DRESSINGS</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 Tbsp.</td>
<td>balsamic vinegar</td>
</tr>
<tr>
<td>¼ cup</td>
<td>fresh lemon juice</td>
</tr>
<tr>
<td>1 tsp.</td>
<td>raw honey (or pure maple syrup)</td>
</tr>
<tr>
<td>2 tsp.</td>
<td>Dijon mustard</td>
</tr>
<tr>
<td>6 Tbsp.</td>
<td>extra-virgin olive oil</td>
</tr>
</tbody>
</table>

1. Combine vinegar, lemon juice, and honey in a medium bowl; whisk to blend.
2. Stir in mustard; mix well.
3. Slowly add oil while whisking; mix well.

**Tip/Serving Suggestion:**
Store leftover dressing in a covered container in the refrigerator. If dressing thickens when cold, hold at room temperature for 30 minutes and stir before serving.

This dressing is wonderful on salads, but also great drizzled over sautéed vegetables, steamed fish, or grilled chicken and beef.
ASIAN CITRUS VINAIGRETTE

(Makes 6 servings, about 2 Tbsp. each)

1 SEEDS & DRESSINGS

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>¼ cup</td>
<td>100% orange juice</td>
</tr>
<tr>
<td>¼ cup</td>
<td>rice vinegar</td>
</tr>
<tr>
<td>2 Tbsp.</td>
<td>reduced-sodium soy sauce</td>
</tr>
<tr>
<td>2 tsp.</td>
<td>raw honey</td>
</tr>
<tr>
<td>½-inch</td>
<td>fresh ginger, peeled, finely grated</td>
</tr>
<tr>
<td>¼ cup</td>
<td>sesame oil</td>
</tr>
</tbody>
</table>

1. Combine orange juice, vinegar, soy sauce, honey, and ginger in a medium bowl, whisk to blend.
2. Slowly add oil while whisking, mix well.

**Tip/Serving Suggestion:**
Store leftover dressing in a covered container in the refrigerator. If dressing thickens when cold, hold at room temperature for 30 minutes and stir before serving. This dressing is wonderful on Asian salads or in a stir-fry, but it’s also great drizzled over grilled chicken, beef, and pork.
LEMON TARRAGON VINAIGRETTE
(Makes 6 servings, about 2 Tbsp. each)

TOTAL: 1 SEEDS & DRESSINGS

¼ cup  fresh lemon juice
¼ cup  finely chopped shallot
6  fresh tarragon sprigs, leaves removed and chopped, stem discarded
4 tsp.  Dijon mustard
¼ tsp.  sea salt
¼ tsp.  ground black pepper
6 Tbsp.  extra-virgin olive oil

1. Combine lemon juice, shallot, tarragon, mustard, salt, and pepper in a medium bowl; whisk to blend.
2. Slowly add oil while whisking; mix well.

Tip/Serving Suggestion:
Store leftover dressing in a covered container in the refrigerator. If dressing thickens when cold, hold at room temperature for 30 minutes and stir before serving.
This dressing is wonderful on salads, but also great drizzled over sautéed vegetables, steamed fish, or grilled chicken and beef.
CREAMY HERB DRESSING  
(Makes 12 servings, about 2 Tbsp. each)

TOTAL: 1 SEEDS & DRESSINGS

1 medium avocado, cut into chunks
1 3/4 cups nonfat plain Greek yogurt
4 Tbsp. finely chopped herbs (like tarragon, parsley, mint, or cilantro)
3 Tbsp. fresh lemon juice
1/4 tsp. sea salt
1 dash ground white pepper
1/2 cup extra-virgin olive oil

1. Place avocado, yogurt, herbs, lemon juice, salt, and pepper in a blender; cover. Blend until smooth.
2. Continue blending avocado mixture, slowly adding oil until well blended.
3. Store in the refrigerator, tightly covered, until ready for use.

Tip/Serving Suggestion:
Store leftover dressing in a covered container in the refrigerator.
This dressing is wonderful on salads, but also great as a dip for raw vegetables.

DIJON VINAIGRETTE  
(Makes 8 servings, about 2 Tbsp. each)

TOTAL: 1 SEEDS & DRESSINGS

3 Tbsp. red wine vinegar
3 Tbsp. fresh lemon juice
3 Tbsp. Dijon mustard
2 cloves garlic, chopped
1/4 tsp. sea salt
1/4 tsp. ground black pepper
6 Tbsp. extra-virgin olive oil

1. Combine vinegar, lemon juice, mustard, garlic, salt, and pepper in a medium bowl; whisk to blend.
2. Slowly add oil while whisking; mix well.

Tip/Serving Suggestion:
Store leftover dressing in a covered container in the refrigerator. If dressing thickens when cold, hold at room temperature for 30 minutes and stir before serving.
This dressing is wonderful on salads, but also great drizzled over sautéed vegetables, steamed fish, or grilled chicken, beef, and pork.
**STRAIGHT UP**  (Makes 1 serving)

TOTAL:  ■ 1 PROTEIN

1 scoop  Strawberry or Tropical Strawberry Vegan Shakeology
1 cup  water
1 cup  ice

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

**BANANAS YO!**  (Makes 1 serving)

TOTAL:  ■ 1 PROTEIN  ■ 2 FRUIT  ■ 1 OIL & NUT BUTTER

1 cup  water
1 scoop  Chocolate Vegan Shakeology
1 tsp.  all-natural peanut butter
1  large banana
1 cup  ice

Place water, Shakeology, peanut butter, banana, and ice in blender, cover. Blend until smooth.
**COCO-LOCO**

(Makes 1 serving)

**TOTAL:** ■ 1 PROTEIN ■ 1 HEALTHY FATS

- 1 cup water
- ½ tsp. coconut extract
- 1 scoop Vanilla Shakeology
- ¼ cup mashed avocado
- 1 cup ice

Place water, coconut extract, Shakeology, avocado, and ice in blender; cover. Blend until smooth.

---

**VANILLA MOCHA**

(Makes 1 serving)

**TOTAL:** ■ 1 PROTEIN

- 1 cup brewed unsweetened coffee, cooled
- 1 scoop Chocolate Shakeology
- ½ tsp. pure vanilla extract
- 1 cup ice

Place coffee, Shakeology, vanilla extract, and ice in blender; cover. Blend until smooth.
**CHOCO-ALMOND BERRY**  
(Makes 1 serving)

**TOTAL:** ▼ 1 PROTEIN ▲ 1 OIL & NUT BUTTER


1 cup water
1 scoop Chocolate Shakeology
1 tsp. all-natural almond butter
1 cup fresh raspberries
1 cup ice

Place water, Shakeology, almond butter, raspberries, and ice in blender; cover. Blend until smooth.

---

**CHOCOLATE SPICE**  
(Makes 1 serving)

**TOTAL:** ▼ 1 PROTEIN


1 cup water
1 scoop Chocolate Shakeology
½ tsp. ground cinnamon
¼ tsp. ground nutmeg
1 cup ice

Place water, Shakeology, cinnamon, nutmeg, and ice in blender; cover. Blend until smooth.
**PB MAX (SHAUN T’S FAVE)**
(Makes 1 serving)

**TOTAL:** 1 PROTEIN 3 OILS & NUT BUTTERS

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup water</td>
<td></td>
</tr>
<tr>
<td>1 scoop Chocolate Vegan Shakeology</td>
<td></td>
</tr>
<tr>
<td>3 tsp. all-natural peanut butter</td>
<td></td>
</tr>
<tr>
<td>1 cup ice</td>
<td></td>
</tr>
</tbody>
</table>

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

**BERRY-BANANA**
(Makes 1 serving)

**TOTAL:** 1 PROTEIN 1 FRUIT

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup water</td>
<td></td>
</tr>
<tr>
<td>1 scoop Strawberry or Tropical Strawberry Vegan Shakeology</td>
<td></td>
</tr>
<tr>
<td>½ large banana</td>
<td></td>
</tr>
<tr>
<td>1 cup ice</td>
<td></td>
</tr>
</tbody>
</table>

Place water, Shakeology, banana, water, and ice in blender; cover. Blend until smooth.
<table>
<thead>
<tr>
<th>Creative Director</th>
<th>Senior Art Director</th>
<th>Art Director/Designer</th>
<th>Copywriter</th>
<th>Proofreader</th>
<th>Research &amp; Development</th>
<th>Quality Assurance Manager</th>
<th>Product Development</th>
<th>Business Approval</th>
<th>Senior Package Engineer</th>
<th>Ops</th>
<th>Legal</th>
<th>Production Artist</th>
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<tr>
<td></td>
<td>Tommy Steele</td>
<td>Aimee DeMello</td>
<td>N/A</td>
<td>N/A</td>
<td>Lyn Fey</td>
<td>N/A</td>
<td>Lara Ross/Allie E.</td>
<td>Keith Queen</td>
<td>Lisa Luu</td>
<td>Kush Desai</td>
<td>Derwin Villarin</td>
<td>Steve Huang</td>
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Approvals: Approved: Must Review: Fonts: Trade Gothic (Bold Condensed No. 20, Condensed No. 18)

Images:
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- circle_red_w1.psd (CMYK; 8000 ppi; 3.75%)

Colors: Cyan, Magenta, Yellow, Black

Final Delivery Color Profile: SWOP v3

Build Profile: SWOP v3

DO IT YOURSELF!
URSELF!

We know eating healthy every day isn’t easy. But this section gives you back control. Now you can have it your way!
D.I.Y. OMELET STATION

Wake up to a hearty egg breakfast every day with a customized omelet exactly how you like it!
INSTRUCTIONS: FOLLOW THE STEPS BELOW. PICK AS MANY INGREDIENTS AS YOU WANT!
And don’t forget to use the tally sheets on pg. 98 to keep track of your portions for the day.

**STEP 1**

**BEAT THE EGGS**

■ = 1 PROTEIN

- 2 large eggs
- 8 egg whites
- 1 large egg + 4 egg whites

**STEP 2**

**PICK YOUR VEGGIES**

■ = 1 VEGGIES

- Spinach ¼ cup
- Broccoli ¼ cup chopped
- Asparagus ¼ cup
- Tomatoes ¼ cup
- Peppers ¼ cup diced
- Mushrooms ¼ cup sliced
- Onions ¼ cup diced

**STEP 3**

**ADD MORE PROTEIN**

■ = 1 PROTEIN

- Chicken or turkey breast (boneless, skinless) ¼ cup diced, cooked
- Turkey slices, low-sodium, fat-free 3 slices
- Ham slices, low-sodium, fat-free 3 slices
- Turkey bacon (reduced fat) 2 slices

**STEP 4**

**MAKE YOUR OMELET!**

(Tip: Save the OIL/NOT and use cooking spray instead of oil!)

1. Heat 1 tsp. oil in medium nonstick skillet over medium-low heat. [oil = 1 oils & nut butters]
2. Add vegetables and meat; cook, stirring frequently, for 2 to 4 minutes.
3. Add eggs. Do not stir. As eggs set, lift edges, letting uncooked portion flow underneath; cook for 3 to 4 minutes, or until heated through.
4. Gently fold in half.

**STEP 5**

**ADD A TOPPING**

■ = 1 HEALTHY FATS

- Avocado ¼ medium
- Feta cheese ¼ cup crumbled
- Goat cheese ¼ cup crumbled
- Mozzarella (low-moisture) ¼ cup shredded
- Cheddar, provolone, jack ¼ cup shredded
- Parmesan ¼ cup shredded

**STEP 6**

**BREAKFAST SANDWICH?**

■ = 1 CARBS

- Bread, whole-grain 1 slice
- Pita bread, whole wheat 1 small (4-inch)
- English muffin, whole-grain ½ muffin
- Bagel, whole-grain ½ small (3-inch)
- Tortilla, whole wheat 1 small (6-inch)
- Tortilla, corn 2 small (6-inch)

*Just toast your bread, pile your eggs on top, and enjoy!*
D.I.Y. SALAD BAR

Have your salad your way, at home, at a restaurant, or at a salad bar!
**INSTRUCTIONS:** FOLLOW THE STEPS BELOW. PICK AS MANY INGREDIENTS AS YOU WANT!

And don’t forget to use the tally sheets on pg. 98 to keep track of your portions for the day.

### STEP 3

<table>
<thead>
<tr>
<th>□ = 1 VEGGIES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kale</td>
</tr>
<tr>
<td>Spinach</td>
</tr>
<tr>
<td>Cabbage</td>
</tr>
<tr>
<td>Lettuce (not iceberg)</td>
</tr>
</tbody>
</table>

### ADD VEGGIES

<table>
<thead>
<tr>
<th>□ = 1 VEGGIES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Broccoli</td>
</tr>
<tr>
<td>Asparagus</td>
</tr>
<tr>
<td>Beets</td>
</tr>
<tr>
<td>Tomatoes</td>
</tr>
<tr>
<td>String beans</td>
</tr>
<tr>
<td>Peppers, diced</td>
</tr>
<tr>
<td>Carrots</td>
</tr>
<tr>
<td>Cauliflower</td>
</tr>
<tr>
<td>Snow peas</td>
</tr>
<tr>
<td>Cucumbers</td>
</tr>
<tr>
<td>Celery</td>
</tr>
<tr>
<td>Mushrooms</td>
</tr>
</tbody>
</table>

### VEGGIES CONTINUED

<table>
<thead>
<tr>
<th>□ = 1 VEGGIES</th>
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</thead>
<tbody>
<tr>
<td>Radishes</td>
</tr>
<tr>
<td>Onions</td>
</tr>
<tr>
<td>Sprouts</td>
</tr>
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### MAKE IT FILLING

<table>
<thead>
<tr>
<th>□ = 1 CARBS</th>
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<tbody>
<tr>
<td>Quinoa</td>
</tr>
<tr>
<td>Beans</td>
</tr>
<tr>
<td>Lentils</td>
</tr>
<tr>
<td>Edamame</td>
</tr>
<tr>
<td>Peas</td>
</tr>
<tr>
<td>Corn</td>
</tr>
<tr>
<td>Barley</td>
</tr>
<tr>
<td>Couscous, whole wheat</td>
</tr>
<tr>
<td>Avocado</td>
</tr>
<tr>
<td>Feta cheese</td>
</tr>
<tr>
<td>Goat cheese</td>
</tr>
<tr>
<td>Mozzarella (low-moisture)</td>
</tr>
<tr>
<td>Cheddar, provolone, jack</td>
</tr>
<tr>
<td>Parmesan</td>
</tr>
<tr>
<td>Raw nuts</td>
</tr>
<tr>
<td>Raw seeds</td>
</tr>
<tr>
<td>Flaxseed</td>
</tr>
<tr>
<td>Olives</td>
</tr>
</tbody>
</table>

### TOSS WITH DRESSING

<table>
<thead>
<tr>
<th>□ = 1 SEEDS &amp; DRESSINGS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Balsamic Vinaigrette</td>
</tr>
<tr>
<td>Asian Citrus Vinaigrette</td>
</tr>
<tr>
<td>Lemon Tarragon Vinaigrette</td>
</tr>
<tr>
<td>Creamy Cilantro Dressing</td>
</tr>
<tr>
<td>Dijon Vinaigrette</td>
</tr>
</tbody>
</table>
D.I.Y. DINNER PLATE

Customize your dinner any day of the week!
INSTRUCTIONS: FOLLOW THE STEPS BELOW. PICK AS MANY INGREDIENTS AS YOU WANT!

And don’t forget to use the tally sheets on pg. 98 to keep track of your portions for the day.

### STEP 1
**PICK YOUR PROTEIN**

- Chicken (boneless, skinless) ¼ cup diced, cooked
- Turkey breast (boneless, skinless) ¼ cup diced, cooked
- Lean ground chicken or turkey ¼ cup diced, cooked
- Fish, fresh water (catfish, tilapia, trout) ¼ cup flaked, cooked
- Fish, cold water, wild caught (cod, salmon, halibut, tuna) ¼ cup flaked, cooked
- Game: buffalo (bison, ostrich, venison) ¼ cup diced, cooked
- Game: lean ground ¼ cup diced, cooked
- Shellfish (shrimp, crab, lobster) ¼ cup cooked
- Lean ground red meat ¼ cup cooked
- Red meat, extra-lean ¼ cup diced, cooked
- Tempeh ¼ cup diced
- Tofu, firm ¼ cup diced
- Pork tenderloin ¼ cup diced, cooked
- Tuna, canned light in water ¼ cup drained
- Veggie burger 1 medium patty

### STEP 2
**PICK YOUR CARBS**

- Sweet potato ½ cup diced
- Yams ½ cup diced
- Quinoa ½ cup cooked
- Beans (kidney, black, garbanzo, white, lima, etc.) ½ cup cooked, drained
- Lentils ½ cup cooked, drained
- Edamame ½ cup shelled
- Peas ½ cup
- Brown rice ½ cup cooked
- Wild rice ½ cup cooked
- Potato ½ cup mashed or ½ medium
- Corn on the cob 1 ear
- Couscous, whole wheat ½ cup cooked

### STEP 3
**ADD YOUR VEGGIES**

- Kale 1 cup cooked or raw
- Collard greens 1 cup cooked or raw
- Spinach 1 cup cooked or raw
- Brussels sprouts 1 cup chopped or 5 medium
- Broccoli 1 cup chopped
- Asparagus 10 large spears
- Squash (summer) 1 cup sliced
- Squash (winter) 1 cup cubed
- String beans 1 cup
- Peppers, sweet 1 cup sliced
- Carrots 1 cup sliced or 10 medium baby
- Cauliflower 1 cup chopped
- Eggplant ½ medium
- Snow peas 1 cup
- Mushrooms 1 cup sliced

### STEP 4
**KICK IT UP!**

**FREE ADD-ONS**

- Herbs (fresh and dry)
- Garlic
- Hot sauce
- Lemon and lime juice
- All-Purpose Spice Mix
- Southwestern Spice Mix
- Mediterranean Spice Mix
- Cajun Spice Mix
- Italian Spice Mix
SAMPLE MEAL PLANS

Here’s an idea for how you can use the recipes in this guide to map out your day.

### PLAN A (≤150 pounds)

<table>
<thead>
<tr>
<th>DAILY FOOD CHART</th>
<th>VEG</th>
<th>FRUIT</th>
<th>PRNT</th>
<th>CARB</th>
<th>FAT</th>
<th>S &amp; D</th>
<th>OIL</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>3</td>
<td>2</td>
<td>4</td>
<td>2</td>
<td>1</td>
<td>1</td>
<td>2</td>
</tr>
</tbody>
</table>

### PLAN B (>150 pounds)

<table>
<thead>
<tr>
<th>DAILY FOOD CHART</th>
<th>VEG</th>
<th>FRUIT</th>
<th>PRNT</th>
<th>CARB</th>
<th>FAT</th>
<th>S &amp; D</th>
<th>OIL</th>
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<tbody>
<tr>
<td></td>
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<td>4</td>
<td>3</td>
<td>1</td>
<td>1</td>
<td>4</td>
</tr>
</tbody>
</table>

#### PLAN A

**BREAKFAST:**
- [ ] MUSHROOM AND TURKEY OMELET (see pg. 30)
- [ ] 1 SLICE WHOLE-GRAIN TOAST (Food Directory, pg. 13)

**LUNCH:**
- [ ] MIXED VEGGIE SALAD WITH GRILLED CHICKEN BREAST (see pg. 36)

**SNACK:**
- [ ] BERRY-BANANA SHAKEOLOGY SMOOTHIE (see pg. 80)

**DINNER:**
- [ ] POACHED BASIL AND GARLIC SALMON (see pg. 44)
- [ ] BROCCOLI STIR-FRY (see pg. 53)
- [ ] BASIC BROWN RICE (see pg. 59)

**SNACK:**
- [ ] 1 SMALL APPLE (Food Directory, pg. 11)
- [ ] 2 TBSP. CHOPPED WALNUTS (Food Directory, pg. 15)
# PLAN B

## BREAKFAST:
- Spinach and Onion Scramble
  - (see pg. 26)
- 2 Slices Whole-Grain Toast
  - (Food Directory, pg. 13)

## LUNCH:
- Mixed Veggie Salad with Grilled Chicken Breast
  - (see pg. 36)

## SNACK:
- Bananas Yo! Shakeology Smoothie
  - (see pg. 75)

## DINNER:
- Citrus Grilled Steak
  - (see pg. 43)
- Garlic and Parsley Brussels Sprouts
  - (see pg. 48)
- Herbed Quinoa
  - (see pg. 58)

## SNACK:
- 1 Small Apple
  - (Food Directory, pg. 11)
- 10 Medium Baby Carrots
  - (Food Directory, pg. 10)
- 2 TBSP. Chopped Walnuts
  - (Food Directory, pg. 15)
HOW AND WHEN TO ADD OR SUBTRACT FOODS

Depending on your starting point, goals, and intensity of your workouts, you may need to add or subtract food from your diet, or move from one eating plan to the other. As a general rule, the amount you eat should be directly proportional to how active you are. But the key is to pay attention to how you feel. Your body will tell you if it needs more or less food.

SEE THE CHART BELOW FOR SOME GENERAL GUIDELINES ON WHEN TO ADD OR SUBTRACT FOOD OR CHECK OUT THE FAQ SECTION ON THE NEXT PAGE FOR MORE DETAILED INFORMATION.

<table>
<thead>
<tr>
<th>ADD (+) IF YOU</th>
<th>SUBTRACT (-) IF YOU</th>
</tr>
</thead>
<tbody>
<tr>
<td>Find yourself lacking energy during your workouts</td>
<td>Are not very fit (yet) and can’t give 100% intensity in your workouts</td>
</tr>
<tr>
<td>Feel tired or dizzy throughout the day</td>
<td>Modify most of the workout</td>
</tr>
<tr>
<td>Are losing too much weight</td>
<td>Are not losing weight</td>
</tr>
</tbody>
</table>
HERE ARE SOME SIMPLE GUIDELINES TO FOLLOW IN THE ORDER LISTED.
WE RECOMMEND THAT YOU TAKE AWAY FOODS IN THE SAME ORDER AS YOU ADD THEM.

**STEP 1**
**ADD (+) FRUIT**
Fruit is nature’s energy food. Loaded with nutrients and relatively filling, it’ll keep you energized. If you find yourself lacking energy during your workouts, eat a fruit portion right before or after your workout. If your energy improves, voilà! you know you need more food. This may be enough, but you also may need more. So try...

**STEP 2**
**ADD (+) CARBS OR PROTEIN**
Carb (carbohydrate) portions are great when you're super-active, but not needed when you're not. So, if you're very active, add a carb portion. If you're not very active and/or heavily modifying the workouts, add a protein portion instead. You can also try one and then the other, to see which makes you feel better. Let your workouts guide your diet but choose whichever food gives you the biggest boost.

**STEP 3**
**ADD (+) VEGGIES**
You can’t really go wrong eating veggies. They are loaded with nutrients and keep you full, so start by adding one portion to any meal and then increase!

**STEP 4**
**ADD (+) PROTEIN OR CARBS**
If you added a carb portion in Step 2, then add a protein portion here and vice versa if you already added a protein portion. Maintaining a balanced diet is key, so only add one portion from each group at a time.

**STEP 5**
**ADD (+) HEALTHY FATS OR SEEDS & DRESSINGS**
Both options are high in calories which is the reason they’re last on this list, but dietary fat is essential for a balanced diet so don’t skip these portions as you add calories. Healthy fat gives you energy and helps to fight off illnesses and recover from exercise. As your nutritional needs increase, make sure fats are always well represented.
FAQ (FREQUENTLY ASKED QUESTIONS)

1 I’M REALLY HUNGRY. SHOULD I EAT MORE FOOD?
When you first start the program, you may feel like you’re starving but give your diet a few days to sink in, no matter how hungry you might be. Then see how you feel during your workouts. If you go 2–3 days in a row feeling tired, dizzy, and/or lacking in energy, you should add food (see How and When to Add/Subtract Food on pg. 92).

2 WHAT DO I REMOVE IF I NEED TO EAT LESS?
We suggest reducing food intake the same way you add. Start by removing a fruit first, then a carb, especially if you have a lot of weight to lose. Again, experiment with both and see how you feel. Once you learn to eat healthier, your body is a great guide to what helps you perform optimally.

3 IT’S TOO MUCH FOOD. DO I HAVE TO EAT IT ALL?
Even though you’re probably eating less than you’re used to, you’re eating nutrient-rich, high-fiber foods that fill you up on fewer calories. Try to eat all of your allotted food, since the plan is designed to give you enough energy to recover from your workouts.

4 I’M NOT LOSING WEIGHT. WHAT SHOULD I DO?
If you’re not losing weight, there are three possibilities. You’re eating too much, you’re eating too little, or you’re just about to start losing weight. Here are three rules to figure out which one’s happening to you:

RULE #1: Give it some time. We all adjust to a new diet differently. Give yourself at least three days, maybe a week, to evaluate how your workouts are going. If they are getting better, see Rule #2. If not, see Rule #3.

RULE #2: Reduce the amount of food you are eating. See How and When to Add/Subtract Food, on pg. 92. If you’re still not seeing results, ask us on the expert section of the Team Beachbody Message Boards. http://www.teambeachbody.com/connect/message-boards/

RULE #3: You may not be eating enough. If you’re eating all the food we recommend in your plan and find your workouts aren’t improving, it’s time to add food. Start by adding a fruit portion, which should help your workouts. If that doesn’t get your weight moving, read “how to add food to the plan” #5 below.

5 HOW DO I ADD FOOD TO THE PLAN? WHAT FOODS SHOULD I BE EATING?
Always start with one serving of fruit, then a serving of carbs. Carbohydrates are your body’s primary source of fuel. You should feel an immediate boost of energy during your workouts. You can also try one Shakeology shake (protein). Of course, you want a balanced diet overall. If you’ve added a serving of fruit or carbs, and you still feel you need more food, then add a serving of vegetables, after that add a serving of protein, and lastly, from the healthy fats, seeds & dressings, and oil group, one from each group at a time.
I’M DOING THE FULL 30 MINUTES DO I NEED MORE FOOD?

Not necessarily. The same rules apply. You want to be improving and meeting your weight-loss goals. As your workouts continually get better your metabolism will increase and you’ll lose weight. When your workouts stop getting better, it’s a signal to eat more.

IT’S WEEK 2 AND I’M NOT IMPROVING MY MAX OUT MINUTE. IS THAT NORMAL?

Everyone is different. Depending on your starting point, it may take you longer than a week to start improving your endurance. But most likely this means you’re not eating enough to recover properly and need to add food. Start by adding a serving of fruit and then a serving of carbs and see how you feel.

I’M LOSING TOO MUCH WEIGHT. WHAT SHOULD I DO?

Add food, of course. As you get fitter your metabolism increases and, sometimes, you can lose weight faster than you want. In this case you’ll want to continue adding food until your weight stabilizes. See FAQ #5 for specifics.

HOW LONG WILL IT TAKE TO SEE RESULTS?

Visible results vary but you should be getting results, and feeling them, from Day One. The more weight you have to lose and the harder you work, the quicker you should see a difference, but no matter what, this plan will eventually lead anyone to their peak performance and body composition.

WHAT IF I’M ONLY DOING 15 MINUTES A DAY THEN I MAX OUT?

This is completely normal. Do the best you can. Be sure you are eating enough, sleeping enough, and drinking enough water—and every day you should get better.

WHAT DO I DO AFTER I AM FINISHED?

The best thing about this plan is that you can follow it forever. We think you’ll agree it’s easy, it’s flexible, and it can be fun. Once you understand that you need to eat from all food groups and you get the hang of portion sizes, you’ll be able to add and subtract food based on your lifestyle. Our bodies are always changing. And so does our lifestyle. Some weeks and months we’re more active, sometimes we struggle to do our workouts, or sometimes we just plain don’t feel like it, all of which affects what we eat. You also change naturally as you age. Essentially, your body’s metabolism is, and always will be, a moving target. No matter what, learning portion control will allow you to adapt to whatever’s going on, so that you always feel and look your best.

Whether you use the containers or not, pretty soon you’ll know what proper portions are and you’ll be able to eat with ease, whether that means cooking your own meals or making proper dining choices and eating proper portions at any restaurant. You’ll cook better, choose healthier foods, and make solid nutrition choices in any walk of life. We recommend you continue to tally your daily food intake. It’s like a journal and will help keep portions in check and keep your weight under control.
MAX OUT YOUR RESULTS—WITH SHAKEOLOGY®

WITH SHAKEOLOGY, YOU HAVE THE POWER TO FUEL YOUR BODY WITH THE NUTRITION YOU NEED TO LOOK YOUR BEST, FEEL AMAZING, AND POWER THROUGH YOUR INSANITY MAX.30 WORKOUTS

WE SURVEYED NEARLY 3,000 DAILY SHAKEOLOGY DRINKERS AND HERE'S WHAT THEY TOLD US:**
- 93% feel healthier since drinking it.
- 81% feel it has helped them reduce their cravings for junk food.
- 86% experience an increase in their energy levels.

WHAT IS SHAKEOLOGY?
Shakeology is Your Daily Dose of Dense Nutrition*. It’s a powerful superfood shake that is packed with incredible amounts of protein, antioxidants, phytonutrients, prebiotics, enzymes, and many rare superfoods that your body desperately needs and craves.*

NOW AVAILABLE IN 6 DELICIOUS FLAVORS:
- Chocolate
- Vanilla
- Strawberry
- Greenberry
- Tropical Strawberry Vegan
- Chocolate Vegan

THE EMPTY-BAG GUARANTEE
Try Shakeology for 30 days and if you don't feel healthier, return it and we'll refund your money (less s&h). Even if the bag is totally empty.

To learn more, contact your Team Beachbody® Coach or visit ShakeologyMAX30.com today.

facebook.com/shakeology  twitter.com/shakeology  instagram.com/shakeology  youtube.com/shakeology

*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.

**Based on a survey of 2,769 Shakeology users who drank Shakeology 5 or more times per week and exercised 3 times per week.
WANT INSANE RESULTS IN 3 DAYS?

3-DAY REFRESH™ IS A CLEAN BREAK FROM BAD HABITS TO GET YOUR NUTRITION AND WEIGHT BACK ON TRACK.

Try it anytime—before, during, or after a program—to feel lighter, cleaner, and MAX OUT your results!

IN 3 DAYS YOU CAN:* 

- Accelerate your weight loss
- Break the cycle of poor eating habits
- Renew your energy
- Jump-start new, healthy eating habits

“The 3-Day Refresh was perfect for getting me back on track. I felt energized, healthier, and leaner. I’ll absolutely do it again!”

—Elizabeth H.†

Maximize your INSANITY MAX:30 results with the 3-Day Refresh. To get started, contact your Coach or visit 3DayRefreshMAX30.com today!

†Results vary.

*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.
To help you make sure you’re eating everything you’re supposed to eat, here are a series of Food Trackers to get you through INSANITY MAX:30.

*Remember: Be sure to make copies!*

To make copies of the Food Trackers, go to TeamBeachbody.com under GET FIT > FITNESS WORKOUT > WORKOUTS SHEETS > NUTRITION TO THE MAX FOOD TRACKERS

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EVERYONE IS ALWAYS ASKING ME, WHAT DO I EAT? HOW DO I GET RIPPED ABS? WHAT'S MY SECRET?

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REMEMBER, EVERYBODY IS DIFFERENT, SO IF YOU HAVE ANY UNUSUAL OR SPECIAL MEDICAL HISTORY OR CONDITIONS SUCH AS FOOD ALLERGIES, DIETARY RESTRICTIONS, ISSUES WITH BLOOD SUGAR REGULATION, OR IF YOU ARE PREGNANT OR BREAST FEEDING, PLEASE MAKE SURE YOU CONSULT YOUR MEDICAL PROVIDER BEFORE STARTING THIS NUTRITION PLAN.

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We know you're busy, so we carefully selected the restaurants, brands, and foods in this guide to help you on your fitness journey when you're short on time. These selections do not imply any endorsement and are not representative of a balanced diet, but only intended to provide the nutritional value of the listed food items. This information was obtained from publicly available information provided by each restaurant and/or brand, and is subject to change—please visit each restaurant or brand's website for the most accurate information. As always, please consult your physician before starting any nutrition plan if you have any unique or special medical needs or conditions.

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We know you’re busy, stressed, and permanently on the go. And, when you’re short on time and tired of cooking your own food, dining out is an easy solution. But guess what?

YOUR DIET DOESN’T HAVE TO SUFFER!
DINING OUT NO LONGER MEANS YOU’RE FORCED TO MAKE POOR FOOD CHOICES. IN FACT, ALMOST EVERY RESTAURANT, FAST FOOD CHAIN, AND GROCERY STORE IN AMERICA HAS HEALTHY—OR AT LEAST, “HEALTHY-ISH” OPTIONS TO CHOOSE FROM.

No Time to Cook will give you all the info you need to make smart and healthy choices—No Matter What! Even if your spouse insists on taking you to your favorite restaurant, or you know there’s a busy week ahead and you won’t have time to cook, or a work emergency pops up last minute and you’re stuck eating fast food for dinner. Just learn the Do’s and Don’ts of dining out, and you’ll ALWAYS HAVE HEALTHY CHOICES RIGHT AT YOUR FINGERTIPS.
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  SHOPPING TIPS
  HEALTHIEST FROZEN MEALS
10 TIPS FOR EATING OUT

Listed below are some general guidelines to follow whenever you’re eating out. If you remember these tips, you’ll forever know how to put together a healthy meal, no matter the situation.

1. **DO YOUR RESEARCH.**
   Even when you don’t have time to cook, eating out doesn’t mean unhealthy. Use the Internet or your smartphone to look up the menu or nutritional info of almost every restaurant and decide what you want to eat before you leave the house. That way, you’ll know just what to order when you get there!

2. **PAY ATTENTION TO HOW THE FOOD IS PREPARED.**
   Menu items usually have a description, indicating how the food is prepared (and if you’re unsure, just ask!).
   - **DON’T** get anything that is deep-fried, pan-fried, basted, batter-dipped, breaded, creamy, crispy, scalloped, Alfredo, au gratin, or in a cream sauce
   - **DO** look for items that are steamed, broiled, baked, or sautéed

3. **DRINK WATER INSTEAD OF SODA OR JUICE.**
   Soda is a huge source of sugar and calories, and can ruin your diet all by itself. Check out the Water Bar in the *Nutrition to the Max* Guide for some fun ideas on how to spice up your water beverage!
CONTROL YOUR PORTION SIZES.
America is known for its larger-than-life portion sizes, so pay attention. Take a look at the sample meals in the Nutrition to the Max Guide so you start to learn what a healthy portion size looks like.

EASY ON THE SALT.
When you’re not cooking your own food, you can pretty much guarantee the food you’re eating has too much salt. Ask restaurants to go light on the salt or omit it altogether. Try to avoid the saltshaker, and look for lower-sodium options if you’re opting for a prepackaged frozen meal.

SKIP THE BOOZE.
Sorry to bring bad news, but beer, wine, and margaritas are filled with sugar and empty calories. Eat your calories, don’t drink them. Plus, once you have a drink or two, you’ll want to eat more!

SEND BACK THE FREE FOOD!
The breadbasket, rolls, tortilla chips, wonton noodles, or whatever else they put on the table right when you sit down isn’t free of fat, calories, and sodium. You didn’t order it, so don’t eat it!

HAVE IT YOUR WAY.
Most menus use healthy ingredients, but the preparation makes them unhealthy. The great part about eating at a restaurant is that 9 times out of 10, they will happily prepare your food however you would like it prepared. Really, speak up, don’t be shy. (Check out #2 above for more info on food preparation.)

“UNDRESS” YOUR FOOD.
Always ask for the sauce/condiments on the side! And instead of pouring it on, dip your fork in the sauce before you take a bite.

SKIP DESSERT.
Skipping dessert can save you 500–1,000 calories or even more. You’ll be glad you did.
RESTAURANT EATING

Whether it's a romantic dinner with your spouse, your daughter's birthday celebration, or dinner with coworkers, at some point you'll find yourself with restaurant reservations.

The great part about eating at a restaurant is that they are usually willing to accommodate changes to your meal.

IF YOU'RE NOT SURE WHAT CHANGES TO MAKE, CHECK OUT THE “TRY THIS, SKIP THAT” SECTION ON THE NEXT PAGE.
### Chinese

**TRY THIS**
- Wonton Soup or Egg Drop Soup
- Steamed Dumplings
- Steamed Chicken and Veggies
- Black Bean Sauce
- Hot Mustard, Low-Sodium Soy Sauce

**SKIP THAT**
- Velvet Corn Chowder
- Egg Rolls
- Orange Chicken
- Sweet and Sour Sauce
- Duck Sauce, Oyster Sauce

### Deli

**TRY THIS**
- 6" Sub
- Roast Beef, Chicken Breast, Turkey
- Swiss Cheese or Mozzarella Cheese
- Whole Wheat, 7-Grain, or Rye Bread
- Mustard, Vinegar, Low-Fat Dressing

**SKIP THAT**
- 12" Sub
- Salami, Pepperoni
- American Cheese
- White Bread
- Mayo, Russian Dressing

### Mexican

**TRY THIS**
- Tortilla Soup
- Grilled Fish Tacos with Corn Tortillas (no Sour Cream), Grilled “Fresco”-Style Steak Burrito with Whole Wheat Tortillas
- Pinto or Black Beans
- Chicken Fajita
- Salsa, Picante Sauce

**SKIP THAT**
- Menudo, Pozole
- Battered Fish Taco with Flour Tortillas
- Refried Beans
- Chicken Quesadilla
- Cheese, Sour Cream
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<tr>
<th>ITALIAN</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>TRY THIS</strong></td>
<td><strong>SKIP THAT</strong></td>
</tr>
<tr>
<td>Minestrone Soup</td>
<td>Italian Sausage Soup</td>
</tr>
<tr>
<td>Steamed Mussels</td>
<td>Fried Calamari</td>
</tr>
<tr>
<td>Penne Marinara, Pomodoro Sauce</td>
<td>Penne Alfredo</td>
</tr>
<tr>
<td>Chicken Marsala</td>
<td>Chicken Parmigiana</td>
</tr>
<tr>
<td>Pasta Primavera (Spring-Style, Fresh Veggies and Herbs)</td>
<td>Meat Lasagna</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>JAPANESE</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>TRY THIS</strong></td>
<td><strong>SKIP THAT</strong></td>
</tr>
<tr>
<td>Edamame</td>
<td>Vegetable Tempura</td>
</tr>
<tr>
<td>Chicken Yakitori (Broiled Chicken)</td>
<td>Tonkatsu (Breaded Pork)</td>
</tr>
<tr>
<td>California Roll</td>
<td>Rainbow Roll</td>
</tr>
<tr>
<td>Tuna Sushi, Sashimi</td>
<td>Spicy Tuna Roll</td>
</tr>
<tr>
<td>Ponzu, Wasabi, Ginger, Low-Sodium Soy Sauce</td>
<td>Teriyaki Sauce, Soy Sauce</td>
</tr>
</tbody>
</table>
### Indian

<table>
<thead>
<tr>
<th>Try This</th>
<th>Skip That</th>
</tr>
</thead>
<tbody>
<tr>
<td>Modak (Steamed Dumpling)</td>
<td>Puri (Fried Bread)</td>
</tr>
<tr>
<td>Mulligatawny Soup</td>
<td>Samosas (Fried Veggie Turnover)</td>
</tr>
<tr>
<td>Tandoori Chicken</td>
<td>Lamb Pilaf</td>
</tr>
<tr>
<td>Jheenga Curry</td>
<td>Pork Vindaloo Curry</td>
</tr>
<tr>
<td>Ghobi Matar Tamatar (Cauliflower and Green Peas in Tomato Base)</td>
<td>Pakora (Fried Snack Fritter)</td>
</tr>
</tbody>
</table>

### Diner

<table>
<thead>
<tr>
<th>Try This</th>
<th>Skip That</th>
</tr>
</thead>
<tbody>
<tr>
<td>Egg White Omelet with Turkey Bacon</td>
<td>Eggs Benedict</td>
</tr>
<tr>
<td>Salad with Grilled Chicken</td>
<td>Chicken Caesar Salad, Cobb Salad</td>
</tr>
<tr>
<td>Grilled Chicken Breast with Steamed Veggies</td>
<td>Chicken Parmigiana</td>
</tr>
<tr>
<td>Turkey Burger with Lettuce, Tomato, Onion, Mustard</td>
<td>Cheeseburger</td>
</tr>
<tr>
<td>Baked Potato</td>
<td>French Fries</td>
</tr>
</tbody>
</table>

### Thai

<table>
<thead>
<tr>
<th>Try This</th>
<th>Skip That</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tom Yum (Spicy Lemongrass Soup)</td>
<td>Tom Ka (Spicy Coconut Soup)</td>
</tr>
<tr>
<td>Shu Mai</td>
<td>Fried Wontons</td>
</tr>
<tr>
<td>Mee Siam (Rice Noodles in Spicy Broth)</td>
<td>Pad Thai</td>
</tr>
<tr>
<td>Neua Pad Prik (Pepper Steak)</td>
<td>Kanon Jeen Sao Nam</td>
</tr>
<tr>
<td>Brown Rice</td>
<td>House Fried Rice</td>
</tr>
</tbody>
</table>
FAST FOOD CHAINS

Fast Food is the nutritional “Last Resort.” We advise against it, always. But we also understand that every once in a while, time and budget constraints make it unavoidable.

These days, since fast food chains have started offering healthy-ish options, you just have to know what to order. And luckily, fast food chains are required by law to provide nutritional information for all items on their menus.

So, when you’re short on time and need a quick fix, it’s OK to head to the drive-through. Just be sure you carefully and thoroughly read the nutritional facts. Otherwise you might chow down 1,000 calories without even realizing it!

WHEN IN DOUBT, REFER TO OUR FAST FOOD PICKS ON THE NEXT PAGE.
FAST FOOD DO’S AND DON’TS

DON’T SUPERSIZE IT!
Everyone likes a bargain, but you don’t have to order the value meal with the big burger, bigger fries, and biggest drink. An average fast food meal can run to 1,000 calories or more, so choose a smaller portion size, order a side salad instead of fries, and don’t supersize anything.

DO EAT AT LEAST ONE SERVING OF FRUITS OR VEGETABLES WITH YOUR ORDER.
Even though you’re eating fast food, it should still be a well-balanced meal. Load your burger with extra lettuce and tomatoes, have an entrée salad, or ask what healthy sides they have available.

DO SKIP THE MAYO!
Ask for the sauce, condiments, and/or dressing on the side! (Try mustard and save a ton of calories!)
### Burger King® Nutrition Information

<table>
<thead>
<tr>
<th>Item</th>
<th>Nutrition Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whopper® Jr. (no mayo)</td>
<td>290 calories, 12 g fat, 500 mg sodium</td>
</tr>
<tr>
<td>BK Veggie® Burger (no mayo)</td>
<td>320 calories, 8 g fat, 840 mg sodium</td>
</tr>
<tr>
<td>Tendergrill® Chicken Garden Salad with low-fat or fat-free dressing</td>
<td>220 calories, 7 g fat, 1,080 mg sodium</td>
</tr>
<tr>
<td>Apple slices</td>
<td>25 calories, 0 g fat, 0 mg sodium</td>
</tr>
<tr>
<td>Plain Garden Salad</td>
<td>80 calories, 4.5 g fat, 110 mg sodium</td>
</tr>
</tbody>
</table>

### Chipotle® Nutrition Information

<table>
<thead>
<tr>
<th>Item</th>
<th>Nutrition Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Three Hard Tacos with vegetarian black beans, sautéed peppers and onions</td>
<td>320 calories, 8 g fat, 450 mg sodium</td>
</tr>
<tr>
<td>Carnitas Burrito Bowl with sautéed onions and peppers, cilantro-lime rice, romaine lettuce, and tomato salsa</td>
<td>345 calories, 11 g fat, 1,300 mg sodium</td>
</tr>
<tr>
<td>3 Barbacoa Tacos on soft corn tortillas with lettuce and tomato salsa</td>
<td>400 calories, 7 g fat, 1,060 mg sodium</td>
</tr>
<tr>
<td>Vegetarian Burrito Bowl with brown rice, black beans, fajita vegetables, lettuce, and roasted chili-corn salsa</td>
<td>425 calories, 10 g fat, 925 mg sodium</td>
</tr>
</tbody>
</table>
### Convenience Stores

- Water
- Iced tea or coffee
- Raw unsalted nuts
- Pretzels or baked chips (single-serve bags)
- Bananas or fresh fruit
- Hard-boiled eggs
- Low-fat or nonfat Greek yogurt
- Whole-grain cereal cups like Cheerios® mixed with nonfat yogurt and a banana for a wholesome breakfast

### Energy bars
- Kellogg’s® Special K® Protein Meal Bar
- Kashi® Go Lean Protein & Fiber Bar
- Luna® Bar
- Clif Bar® (meal replacement)

### Dominos® Nutrition Information

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Fat (g)</th>
<th>Sodium (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grilled Chicken Caesar Salad</td>
<td>245</td>
<td>6.5</td>
<td>380</td>
</tr>
<tr>
<td>Light Italian Dressing</td>
<td>20</td>
<td>1</td>
<td>780</td>
</tr>
<tr>
<td>Thin-Crust Vegi Feast Medium Pizza slice</td>
<td>160</td>
<td>9.5</td>
<td>355</td>
</tr>
<tr>
<td></td>
<td>with</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>green pepper, onion, mushroom, black olive, extra cheese</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### Dunkin’ Donuts® Nutrition Information

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Fat</th>
<th>Sodium</th>
</tr>
</thead>
<tbody>
<tr>
<td>DSMART Egg White Veggie Flatbread Sandwich</td>
<td>290</td>
<td>9 g</td>
<td>680 mg</td>
</tr>
<tr>
<td>DSMART Egg White Turkey Sausage</td>
<td></td>
<td>6 g</td>
<td>820 mg</td>
</tr>
<tr>
<td>Flatbread Sandwich</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Regular Coffee</td>
<td>5</td>
<td>0 g</td>
<td>5 mg</td>
</tr>
<tr>
<td>Caramel, Hazelnut, French Vanilla, or Toasted Almond flavored coffee</td>
<td>10</td>
<td>0 g</td>
<td>5 mg</td>
</tr>
<tr>
<td>DSMART Latte Lite</td>
<td>80</td>
<td>0 g</td>
<td>110 mg</td>
</tr>
<tr>
<td>DSMART Southwest Chicken Flatbread</td>
<td>310</td>
<td>9 g</td>
<td>840 mg</td>
</tr>
</tbody>
</table>

### Jack in the Box® Nutrition Information

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Fat</th>
<th>Sodium</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asian Chicken Salad with Grilled Chicken Strips</td>
<td>160</td>
<td>1.5 g</td>
<td>380 mg</td>
</tr>
<tr>
<td>Chicken Fajita Pita (hold the salsa)</td>
<td>300</td>
<td>9 g</td>
<td>1,090 mg</td>
</tr>
</tbody>
</table>

---

T: 5”

T: 7”

14
### KFC® Nutrition Information

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Fat</th>
<th>Sodium</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kentucky Grilled Chicken Breast plus mashed potatoes (without gravy)</td>
<td>310</td>
<td>10</td>
<td>1,260 mg</td>
</tr>
<tr>
<td>Original Recipe Chicken Breast (without skin or breading) with sides of green beans and three bean salad</td>
<td>240</td>
<td>2</td>
<td>1,060 mg</td>
</tr>
<tr>
<td>Honey BBQ Sandwich</td>
<td>280</td>
<td>3.5</td>
<td>780 mg</td>
</tr>
</tbody>
</table>

### McDonald’s® Nutrition Information

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Fat</th>
<th>Sodium</th>
</tr>
</thead>
<tbody>
<tr>
<td>Regular Hamburger</td>
<td>250</td>
<td>9</td>
<td>520 mg</td>
</tr>
<tr>
<td>Premium Southwest Salad with Grilled Chicken</td>
<td>290</td>
<td>8</td>
<td>680 mg</td>
</tr>
<tr>
<td>Grilled Honey Mustard Snack Wrap plus small French fries</td>
<td>480</td>
<td>20</td>
<td>810 mg</td>
</tr>
<tr>
<td>Egg White Delight McMuffin</td>
<td>250</td>
<td>8</td>
<td>770 mg</td>
</tr>
</tbody>
</table>

### Panda Express® Nutrition Information

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Fat</th>
<th>Sodium</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shitake Kale Chicken Breast</td>
<td>170</td>
<td>8</td>
<td>570 mg</td>
</tr>
<tr>
<td>Grilled Teriyaki Chicken</td>
<td>300</td>
<td>13</td>
<td>530 mg</td>
</tr>
<tr>
<td>Mixed Veggies</td>
<td>35</td>
<td>0</td>
<td>260 mg</td>
</tr>
</tbody>
</table>
**PANERA® Nutrition Information**

- Steel-Cut Oatmeal with Summer Blueberries & Granola
  - 350 calories, 9 g fat, 170 mg sodium
- Egg White, Avocado, Spinach Breakfast Power Sandwich
  - 410 calories, 14 g fat, 640 mg sodium
- Low-Fat Garden Vegetable with Pesto Soup
  - 140 calories, 5 g fat, 830 mg sodium
- Power Steak Lettuce Wraps
  - 210 calories, 10 g fat, 240 mg sodium
- Power Chicken Hummus Bowl
  - 330 calories, 14 g fat, 550 mg sodium
- Classic Salad with Grilled Chicken
  - 290 calories, 13 g fat, 310 mg sodium

**STARBUCKS® Nutrition Information**

- Tall Nonfat Cappuccino
  - 60 calories, 0 g fat, 70 mg sodium
- Tall shaken Tazo Iced Black Tea Lemonade (unsweetened)
  - 35 calories, 0 g fat, 0 mg sodium
- Tall Light Blend Coffee Caramel Frappuccino
  - 100 calories, 0 g fat, 0 mg sodium
- Chicken & Hummus Bistro Box plus a banana
  - 375 calories, 7 g fat, 580 mg sodium
- Veggie and Brown Rice Salad Bowl
  - 430 calories, 22 g fat, 640 mg sodium
- Steel-Cut Oatmeal
  - 160 calories, 2.5 g fat, 125 mg sodium

**TACO BELL® Nutrition Information**

- Fresco Steak Burrito Supreme plus black beans
  - 430 calories, 10.5 g fat, 1,260 mg sodium
- Fresco Chicken Soft Taco plus pintos ‘n’ cheese
  - 330 calories, 10.5 g fat, 1,140 mg sodium
### SUBWAY® Nutrition Information

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Fat (g)</th>
<th>Sodium (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>6&quot; Subway Club on 9-Grain Wheat Bread with lettuce, tomatoes, onions, green peppers, cucumbers, and sweet onion sauce plus apple slices</td>
<td>385</td>
<td>5</td>
<td>880</td>
</tr>
<tr>
<td>6&quot; Subway Veggie Delite on Italian Bread</td>
<td>230</td>
<td>3</td>
<td>500</td>
</tr>
<tr>
<td>Oven Roasted Chicken Salad with tomatoes, green peppers, onions, olives, and cucumbers with honey-mustard dressing plus Yogurt Parfait</td>
<td>400</td>
<td>5.5</td>
<td>675</td>
</tr>
</tbody>
</table>

### WENDY’S® Nutrition Information

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Fat (g)</th>
<th>Sodium (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jr. Hamburger (or a Kids’ Hamburger) without cheese</td>
<td>260</td>
<td>10</td>
<td>630</td>
</tr>
<tr>
<td>Large Chili plus Garden Side Salad (no croutons) with fat-free French dressing</td>
<td>330</td>
<td>10</td>
<td>1,285</td>
</tr>
<tr>
<td>Ultimate Chicken Grill Sandwich plus apple slices</td>
<td>410</td>
<td>7</td>
<td>880</td>
</tr>
<tr>
<td>Any of the Garden Sensations Salads</td>
<td>90</td>
<td>6</td>
<td>380</td>
</tr>
<tr>
<td>- with balsamic vinaigrette</td>
<td>90</td>
<td>8</td>
<td>360</td>
</tr>
<tr>
<td>- light classic ranch</td>
<td>70</td>
<td>0</td>
<td>170</td>
</tr>
<tr>
<td>- or fat-free French</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
FROZEN MEALS
(PREPACKAGED, FROZEN GROCERY ITEMS)

If you know in advance that you’ll be too busy to cook or prepare your own meals, a great alternative is to head to the grocery store and stock up on prepackaged, frozen meals. While we’d never recommend prepackaged foods when fresh options exist, there are a bunch of companies nowadays making reasonably healthy microwavable meals.

ON THE PAGES THAT FOLLOW, WE’VE PUT TOGETHER OUR LIST OF PICKS FOR HEALTHIEST FROZEN MEALS.
FROZEN FOOD SHOPPING TIPS

• Not all frozen meals are created equal. Even though companies like Weight Watchers®, Lean Cuisine®, and Healthy Choice® are branded as “healthy,” a lot of their meals are packed with fat and sodium. So, try to stick to our list of Frozen Meal Winners on the next page.

• Check the serving size. Oftentimes the nutrition labels are misleading because it’s based on a small serving size, so make sure you double-check it.

• Microwaving your frozen meals must be done properly. Sometimes microwave ovens heat unevenly and they lose power over time, so check to make sure your food is cooked through before you chow down.

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size 1 cup (228g)</th>
<th>Calories 250</th>
<th>Calories from Fat 110</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Value*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat 12g</td>
<td>18%</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat 3g</td>
<td>15%</td>
<td></td>
</tr>
<tr>
<td>Trans Fat 1.5g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cholesterol 30mg</td>
<td>10%</td>
<td></td>
</tr>
<tr>
<td>Sodium 470mg</td>
<td>20%</td>
<td></td>
</tr>
<tr>
<td>Product</td>
<td>NUTRITION INFORMATION</td>
<td></td>
</tr>
<tr>
<td>---------------------------------</td>
<td>-------------------------------------------------------------</td>
<td></td>
</tr>
<tr>
<td><strong>WEIGHT WATCHERS</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Smart Ones® Sesame Noodles</td>
<td>280 calories, 2.5 g fat, &lt;500 mg sodium</td>
<td></td>
</tr>
<tr>
<td>with Vegetables</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Smart Ones Chicken Quesadilla</td>
<td>210 calories, 6 g fat, &lt;500 mg sodium</td>
<td></td>
</tr>
<tr>
<td>Smart Ones Mini Rigatoni with Vodka Cream Sauce</td>
<td>270 calories, 5 g fat, &lt;500 mg sodium</td>
<td></td>
</tr>
<tr>
<td>Smart Ones Pasta Primavera</td>
<td>250 calories, 3 g fat, &lt;500 mg sodium</td>
<td></td>
</tr>
<tr>
<td><strong>LEAN CUISINE</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Szechuan-Style Stir Fry with Shrimp</td>
<td>240 calories, 2 g fat, 540 mg sodium</td>
<td></td>
</tr>
<tr>
<td>Wrap Additions™ Creamy Balsamic Chicken</td>
<td>170 calories, 5 g fat, 250 mg sodium</td>
<td></td>
</tr>
<tr>
<td>Spa Collection™ Chicken Mediterranean</td>
<td>260 calories, 5 g fat, 500 mg sodium</td>
<td></td>
</tr>
<tr>
<td>Spa Collection Salmon with Basil</td>
<td>250 calories, 2 g fat, 500 mg sodium</td>
<td></td>
</tr>
<tr>
<td><strong>KASHI</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7-Grain Waffles</td>
<td>150 calories, 5 g fat, 350 mg sodium</td>
<td></td>
</tr>
<tr>
<td>Sweet and Sour Chicken</td>
<td>320 calories, 3.5 g fat, 380 mg sodium</td>
<td></td>
</tr>
<tr>
<td>Mayan Harvest Bake</td>
<td>340 calories, 9 g fat, 380 mg sodium</td>
<td></td>
</tr>
</tbody>
</table>
### HEALTHY CHOICE

<table>
<thead>
<tr>
<th>Item</th>
<th>Nutrition Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Café Steamers Pumpkin Squash Ravioli</td>
<td>310 calories, 6 g fat, 600 mg sodium</td>
</tr>
<tr>
<td>Baked Lasagna with Meat Sauce</td>
<td>280 calories, 5 g fat, 380 mg sodium</td>
</tr>
<tr>
<td>“100% Natural” Café Steamers Asian Potstickers</td>
<td>340 calories, 4.5 g fat, 530 mg sodium</td>
</tr>
</tbody>
</table>

### CEDARLEAN®

<table>
<thead>
<tr>
<th>Item</th>
<th>Nutrition Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>All-Natural Lentil Vegetable Soup and Samosa Wrap</td>
<td>230 calories, 6 g fat, 480 mg sodium</td>
</tr>
<tr>
<td>All-Natural Butternut Squash Soup and Quinoa Wrap</td>
<td>230 calories, 6 g fat, 480 mg sodium</td>
</tr>
<tr>
<td>Spinach and Roasted Tomato Egg White Frittata</td>
<td>160 calories, 6 g fat, 300 mg sodium</td>
</tr>
<tr>
<td>Low-Fat Garden Vegetable Enchiladas</td>
<td>140 calories, 3 g fat, 350 mg sodium</td>
</tr>
</tbody>
</table>

### AMY’S

<table>
<thead>
<tr>
<th>Item</th>
<th>Nutrition Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>“Light in Sodium” Indian Mattar Paneer</td>
<td>370 calories, 11 g fat, 390 mg sodium</td>
</tr>
<tr>
<td>Bistro Veggie Burger</td>
<td>110 calories, 3 g fat, 330 mg sodium</td>
</tr>
<tr>
<td>“Light &amp; Lean” Cheese Pizza</td>
<td>270 calories, 6 g fat, 480 mg sodium</td>
</tr>
<tr>
<td>“Light &amp; Lean” Soft Taco Fiesta</td>
<td>220 calories, 4.5 g fat, 560 mg sodium</td>
</tr>
</tbody>
</table>
JUST 2 MINUTES TO MAX RESULTS!

NO TIME TO COOK? Don’t sacrifice your hard-earned results—whip up a delicious glass of Shakeology® in less than 2 minutes and fuel your body with the dense nutrition it craves. Shakeology is proven to help curb cravings and boost energy so you can MAX OUT your results!*  

“I am extremely happy to have a quick, convenient, and healthy source for breakfast that I do not have time for normally.” —Heather B.

Shakeology is Your Daily Dose of Dense Nutrition®. It’s a powerful superfood shake that is packed with incredible amounts of protein, antioxidants, phytonutrients, prebiotics, enzymes, and many rare superfoods that your body desperately needs and craves.*

NOW AVAILABLE IN 6 DELICIOUS FLAVORS

WE SURVEYED NEARLY 3,000 DAILY SHAKEOLOGY DRINKERS AND HERE’S WHAT THEY TOLD US:**

- 93% feel healthier since drinking it.
- 81% feel it has helped them reduce their cravings for junk food.
- 86% experience an increase in their energy levels.

Shakeology is Your Daily Dose of Dense Nutrition®. It’s a powerful superfood shake that is packed with incredible amounts of protein, antioxidants, phytonutrients, prebiotics, enzymes, and many rare superfoods that your body desperately needs and craves.*

To learn more, contact your Team Beachbody® Coach or visit ShakeologyMAX30.com today.

**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.

**Based on a survey of 2,709 Shakeology users who drank Shakeology 5 or more times per week and exercised 3 times per week.
WANT INSANE RESULTS IN 3 DAYS?

3-DAY REFRESH™ IS A CLEAN BREAK FROM BAD HABITS TO GET YOUR NUTRITION AND WEIGHT BACK ON TRACK.

Try it anytime—before, during, or after a program—to feel lighter, cleaner, and MAX OUT your results!

IN 3 DAYS YOU CAN:*  
- Accelerate your weight loss  
- Break the cycle of poor eating habits  
- Renew your energy  
- Jump-start new, healthy eating habits

*The 3-Day Refresh was perfect for getting me back on track. I felt energized, healthier, and leaner. I'll absolutely do it again!*  
- Elizabeth M.

Maximize your INSANITY MAX:30 results with the 3-Day Refresh. To get started, contact your Coach or visit 3DayRefreshMAX30.com today!

*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.*
We know you're busy, so we carefully selected the restaurants, brands, and foods in this guide to help you on your fitness journey when you're short on time. These selections do not imply any endorsement and are not representative of a balanced diet, but only intended to provide the nutritional value of the listed food items. The information contained here is available from the restaurants and brands. Please visit each restaurant or brand’s website for the most accurate information. As always, please consult your physician before starting any nutrition plan if you have any adverse or special medical needs or conditions.

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