



# 3-DAY REFRESH<sup>®</sup>

PROGRAM GUIDE

# 3-DAY REFRESH<sup>®</sup>

## THE 3-DAY REFRESH<sup>™</sup>

This guide is designed to make doing the 3-Day Refresh simple. You want a fast, clean break—to drop a few pounds in a hurry or break some bad habits—and we don't want learning about the program to take longer than doing it.

### SO HERE'S WHAT IT IS:

The 3-Day Refresh consists of three daily shakes, a fiber drink, plenty of filtered water, plus a wide array of fresh fruits, vegetables, and healthy fats throughout the day to keep your energy and metabolism going.

Though the meal plan is simple it offers many alternatives, including some creative ways to prepare your meals, so you'll see that you can actually enjoy eating healthy food without having to season it in ways that can damage your health and undermine your weight-loss goals.

### WHAT YOU'LL EAT AND DRINK DURING YOUR 3-DAY REFRESH:

1. **Wake-Up:** Drink 8–12 ounces of filtered water
2. **Breakfast (within an hour of waking):** **Shakeology<sup>®</sup>** shake plus Fruit option
3. **Mid-Morning: Fiber Sweep** (digestive health drink)
4. **Lunch: Vanilla Fresh** (high-protein, hunger-satisfying shake) plus options from the Fruit, Vegetable, and Healthy Fats lists.
5. **Afternoon Snack:** From the Fruit, Vegetable, or Juice Options lists.
6. **Dinner: Vanilla Fresh** plus a delicious meal made from our Dinner Recipes list



## VANILLA FRESH SHAKE



This patent-pending, high-protein vanilla shake not only helps satisfy your hunger throughout the 3-Day Refresh, it delivers the essential nutrition your body needs for healthy weight loss.† Plus, Vanilla Fresh is an excellent source of fiber, and it's both dairy- and soy-free.

### *Each serving contains:*

- 20 grams of wholesome plant protein to maintain lean muscle
- 22 essential vitamins and minerals
- Probiotics to help promote digestive and immune health
- Clinically tested potato protein extract to help curb hunger
- No artificial flavors, colors, preservatives, or sweeteners



## FIBER SWEEP DRINK

With its scientifically formulated blend of soluble and insoluble fibers, this patent-pending fiber drink gently and naturally eliminates waste from your digestive system, while supporting healthy intestinal flora.†

- Created from whole-ground flax, chia, and psyllium seed husks, Fiber Sweep is an excellent source of fiber for digestive health
- Wholesome psyllium fiber can help naturally lower cholesterol and support healthy blood sugar levels as part of a healthy diet
- As part of a healthy diet low in saturated fat and cholesterol, psyllium fiber husk may reduce the risk of coronary heart disease
- Flax and chia are sources of healthy omega-3 fatty acids

†These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

## ABOUT COFFEE AND TEA

Although it is not a requirement, to get the full benefit of the 3-Day Refresh, we suggest that you refrain from drinking coffee for the three days of the program. If you choose to do so, we strongly recommend that you NOT add milk, sugar, or unnatural sugar substitutes to your coffee. Either take it black or, if you wish, add stevia. That said, a better alternative in the morning would be a tea like yerba mate or green tea that can help ease caffeine withdrawal. Caffeine-free teas may be consumed throughout the day between meals, as long as you are not adding sugar, milk, or other high-caloric ingredients to your tea.

## WHEN TO BEGIN THE 3-DAY REFRESH

Many people start their 3-Day Refresh on Friday morning so they can stay focused and disciplined through Saturday and Sunday—while others prefer to do it during the week to avoid the temptation of weekend activities. Bottom line . . . it's your call. Just do it when you can commit to the program and not get sidetracked.

## HOW OFTEN TO REFRESH

*Kick Start:* For some, the 3-Day Refresh is a way to kick-start a healthier lifestyle—to make a clean break from eating habits that are not supporting your health and weight-loss goals.

*Monthly Tune-Up:* For others, the 3-Day Refresh serves as a regular monthly “tune-up” they can use to knock off up to 3 pounds or so each month. Just think, if you were able to maintain that weight loss throughout each month, by the end of the year you could lose 36 pounds!

*Ultimate Year of Health:* Still others use the 3-Day Refresh within a comprehensive approach we call the “Ultimate Year of Health.” Do the 21-day Beachbody Ultimate Reset® once annually for a deep cleansing, then tune up with the Refresh 3 times quarterly, or as needed throughout the year.





## WHAT TO EXPECT WHEN YOU'RE REFRESHING

We got consistent feedback from our test groups that people hadn't felt "famished" while doing the program. This isn't a starvation diet or an all-liquid fast, and while it is low in calories (about 900 a day), it's packed with protein and fiber. So you will be nourishing your body properly—and you won't feel starved.

## ABOUT THE FIBER

If you don't already have a diet that's high in fruits, veggies, and whole grains, *it's a good idea to prepare for the 3-Day Refresh by eating a large salad each day and/or a few servings of fresh veggies for the week leading up to it.* Bombing a body that's not used to it with the volume of daily fiber that's in the Refresh can sometimes get a little, um, "uncomfortable." The increase in fiber you consume during the Refresh might cause some gas or bloating while it works to help clean things up. This is actually a sign that it's doing what you want it to do, and also an indication that—once the Refresh is through—you need to increase your daily fiber levels in general. Fiber promotes satiety, helps balance blood sugar and thus energy levels, promotes cardiovascular health, and keeps your digestive tract more regular. In other words, fiber keeps you healthy and helps you lose weight!



## THE PRICE OF GAS

If gas is an issue for you during the Refresh, it usually means that it's doing exactly what it was designed to do in cleaning out your system. (Consider doing the 21-day Ultimate Reset as a truly thorough cleanup and you will be shocked at how quickly that problem will turn around.) We've highlighted the "low gas-producing" options in the veggie list and dinner recipes to help you minimize discomfort. (And while you're not allowed to eat cheese during the Refresh, you are allowed to cut it.)



## WATER



If you want the fiber to do its job, you need more water. Most of us don't drink nearly enough each day. It's important to stay hydrated with filtered water, especially during the 3-Day Refresh. Water helps you do . . . everything. It's the body's temperature regulator, internal system lubricant, and is required for every major bodily process. It keeps your digestion flowing, flushes out toxins, keeps your systems balanced, and helps control hunger. *We recommend you drink half your body weight in ounces of water every day. So, if you weigh 150 pounds, you should be drinking at least 75 ounces of filtered water (that's around 2½ quarts).* Some of our test group participants drank a gallon of water every day to maximize their results from the program, an approach we strongly support.

## EXERCISE

Finally, *we recommend mild to moderate exercise during the 3-Day Refresh.* Can you hammer out a harder program? Probably. But the 3-Day Refresh will use your energy more effectively to help clean up your system if you're not, at the same time, also taxing it with the effort of repairing muscle after intense exercise.



THE PROTEIN QUESTION

There is no meat or dairy during the 3-Day Refresh.\* But don't worry about getting enough protein. Both Shakeology and your Vanilla Fresh shakes are packed with all the necessary amino acids that would normally come from consuming meat and dairy proteins. Many veggies contain some protein, especially greens like raw spinach and kale. Plus, organic fruits and veggies tend to be rich in antioxidants and phytonutrients—and the restorative effects of plant-based diets are well-documented—so here's your chance to take advantage of it for three healthy days!

*\*If you choose to drink the whey formula of Shakeology during the Refresh, that is acceptable. However, we recommend the vegan options for these three days.*

GETTING PREPARED

To make shopping and planning for your Refresh as simple as possible, we recommend that, before beginning, you choose the Fruit, Vegetable, Healthy Fat, and Guilt-Free Flavoring options you'll be enjoying on the program (you'll find the lists on pages 18–20). Then fill in the blanks on your meal plans with those selections. That way, you'll be sure to have all the ingredients you need on hand, so you can prepare your meals ahead of time.

THE DAILY MEAL PLAN

The meal plan options are straightforward, and many of them have been borrowed from the Beachbody Ultimate Reset, so by the time you finish your 3-Day Refresh, you'll have a good idea of what it will be like to try the 21-day Ultimate Reset program next.




**QUESTIONS? NEED SUPPORT?**

*If you have questions, don't hesitate to ask them at [3DayRefreshAdvice.com](https://3DayRefreshAdvice.com). There the Team Beachbody Message Boards staff can answer all your questions about the 3-Day Refresh—not to mention all your other fitness and nutrition queries.*

[DAY 1] MORNING


1 Upon Waking

 8–10 oz glass of filtered water  
This is an important step to get your system going!

2 Breakfast  
*(within 1 hour of waking up)*


 **Shakeology** shake blended in 1¾ cups (10 fl oz) filtered water  
 + 1 serving from the **Fruit** list \_\_\_\_\_  
(blended in Shakeology or eaten à la carte)  
*Feel free to add ice or any of the **Guilt-Free Flavorings** (page 18) but that's optional*

*Optional:* Morning Tea  
*(at least 1 hour after Breakfast)*

 1 cup (8 fl oz) unsweetened herbal or green tea (stevia sweetener allowed)

3 Mid-Morning  
*(at least 1 hour after Morning Tea)*

 **Fiber Sweep** (digestive health drink) mixed in 1 cup (8 fl oz) filtered water (drink promptly after mixing)

 Fill in your selections from the lists on pages 18–20.



[DAY 1] AFTERNOON

4 Lunch  
*(at least 1 hour after Fiber Sweep)*

🌱 **Vanilla Fresh** shake blended in 1¼ cups (10 fl oz) filtered water

🌱 + 1 serving from the **Fruit** list \_\_\_\_\_  
(blended in **Vanilla Fresh** shake or eaten à la carte)  
*If desired, add ice or any of the Guilt-Free Flavorings*

🌱 + 1 serving from the **Vegetable** list \_\_\_\_\_

🌱 + 1 serving from the **Healthy Fats** list \_\_\_\_\_

5 Afternoon Snack  
*(at least 1 hour after Lunch)*

🌱 1 serving from **Vegetable** list \_\_\_\_\_

🌱 + 1 serving from the **Healthy Fats** list \_\_\_\_\_  
OR **raw juice** (1 serving from **Juice Options**)

*Optional: Afternoon Tea*  
*(at least 1 hour after Afternoon Snack)*

🌱 1 cup (8 fl oz) unsweetened herbal tea (*caffeine-free*)  
(stevia sweetener optional)

✎ *Fill in your selections from the lists on pages 18–20.*



Vanilla Fresh Shake

[DAY 1] EVENING

6 Dinner  
*(at least 1 hour after Afternoon Snack)*

🌱 **Vanilla Fresh** shake blended in 1¼ cups (10 fl oz) water  
(*no fruit added*). *If desired, add ice or any of the Guilt-Free Flavorings*

🌱 + 1 serving from **Dinner Recipes** list \_\_\_\_\_

🌱 *Optional:* + 1 cup organic **vegetable broth**  
*Feel free to add ¼ cup chopped fresh herbs such as cilantro, parsley, tarragon, or basil*

*Optional: Evening Tea*  
*(at least 1 hour after Dinner)*

🌱 1 cup (8 fl oz) unsweetened herbal tea (*caffeine-free*)  
(stevia sweetener optional)

✎ *Fill in your selections from the lists on pages 18–20.*




THROUGHOUT THE DAY

**Filtered Water**—drink *at least* half your weight in ounces  
*in addition* to the water you use in your shakes and tea.



[DAY 2] MORNING

1 Upon Waking	 8–10 oz glass of filtered water This is an important step to get your system going!
2 Breakfast <i>(within 1 hour of waking up)</i>	 Shakeology shake blended in 1¼ cups (10 fl oz) filtered water  + 1 serving from the <b>Fruit</b> list _____ (blended in <b>Shakeology</b> or eaten à la carte) <i>Feel free to add ice or any of the <b>Guilt-Free Flavorings</b> but that's optional</i>
<i>Optional: Morning Tea</i> <i>(at least 1 hour after Breakfast)</i>	 1 cup (8 fl oz) unsweetened herbal or green tea (stevia sweetener allowed)
3 Mid-Morning <i>(at least 1 hour after Morning Tea)</i>	 <b>Fiber Sweep</b> (digestive health drink) mixed in 1 cup (8 fl oz) filtered water (drink <i>promptly</i> after mixing)


 Fill in your selections from the lists on pages 18–20.



Tropical Strawberry Vegan Shakeology

[DAY 2] AFTERNOON

4 Lunch <i>(at least 1 hour after Fiber Sweep)</i>	 <b>Vanilla Fresh</b> shake blended in 1¼ cups (10 fl oz) filtered water  + 1 serving from the <b>Fruit</b> list _____ (blended in <b>Vanilla Fresh</b> shake or eaten à la carte) <i>If desired, add ice or any of the <b>Guilt-Free Flavorings</b></i>  + 1 serving from the <b>Vegetable</b> list _____  + 1 serving from the <b>Healthy Fats</b> list _____
5 Afternoon Snack <i>(at least 1 hour after Lunch)</i>	 1 serving from <b>Vegetable</b> list _____  + 1 serving from the <b>Healthy Fats</b> list _____ OR <b>raw juice</b> (1 serving from <b>Juice Options</b> )
<i>Optional: Afternoon Tea</i> <i>(at least 1 hour after Afternoon Snack)</i>	 1 cup (8 fl oz) unsweetened herbal tea ( <i>caffeine-free</i> ) (stevia sweetener optional)

 Fill in your selections from the lists on pages 18–20.

[DAY 2] EVENING

6 Dinner  
*(at least 1 hour after Afternoon Snack)*

🌿 **Vanilla Fresh** shake blended in 1¼ cups (10 fl oz) water  
*(no fruit added). If desired, add ice or any of the  
Guilt-Free Flavorings*

🌿 + 1 serving from **Dinner Recipes** list \_\_\_\_\_

🌿 **Optional:** + 1 cup organic **vegetable broth**  
*Feel free to add ¼ cup chopped fresh herbs such  
as cilantro, parsley, tarragon, or basil*

**Optional: Evening Tea**  
*(at least 1 hour after Dinner)*

🌿 1 cup (8 fl oz) unsweetened herbal tea *(caffeine-free)*  
(stevia sweetener optional)

✎ *Fill in your selections from the lists on pages 18–20.*

THROUGHOUT THE DAY

**Filtered Water**—drink *at least* half your weight in ounces  
*in addition* to the water you use in your shakes and tea.



Greenberry Shakeology

[DAY 3] MORNING

1 Upon Waking

🌿 8–10 oz glass of filtered water  
This is an important step to get your system going!

2 Breakfast  
*(within 1 hour of waking up)*

🌿 **Shakeology** shake blended in 1¼ cups  
(10 fl oz) filtered water

🌿 + 1 serving from the **Fruit** list \_\_\_\_\_  
(blended in **Shakeology** or eaten à la carte)  
*Feel free to add ice or any of the **Guilt-Free Flavorings**  
but that's optional*

**Optional: Morning Tea**  
*(at least 1 hour after Breakfast)*

🌿 1 cup (8 fl oz) unsweetened herbal or green tea  
(stevia sweetener allowed)

3 Mid-Morning  
*(at least 1 hour after Morning Tea)*

🌿 **Fiber Sweep** (digestive health drink) mixed in 1 cup (8 fl oz)  
filtered water (drink *promptly* after mixing)

✎ *Fill in your selections from the lists on pages 18–20.*



## [DAY 3] AFTERNOON

### 4 Lunch *(at least 1 hour after Fiber Sweep)*

🌿 **Vanilla Fresh** shake blended in 1¼ cups (10 fl oz) filtered water

🌿 + 1 serving from the **Fruit** list \_\_\_\_\_  
(blended in **Vanilla Fresh** shake or eaten à la carte)  
*If desired, add ice or any of the **Guilt-Free Flavorings***

🌿 + 1 serving from the **Vegetable** list \_\_\_\_\_

🌿 + 1 serving from the **Healthy Fats** list \_\_\_\_\_

### 5 Afternoon Snack *(at least 1 hour after Lunch)*

🌿 + 1 serving from **Vegetable** list \_\_\_\_\_

🌿 + 1 serving from the **Healthy Fats** list \_\_\_\_\_  
OR **raw juice** (1 serving from **Juice Options**)

### Optional: Afternoon Tea *(at least 1 hour after Afternoon Snack)*

🌿 1 cup (8 fl oz) unsweetened **herbal tea** (*caffeine-free*)  
(stevia sweetener optional)

✎ *Fill in your selections from the lists on pages 18–20.*



Vanilla Fresh Shake

## [DAY 3] EVENING

### 6 Dinner *(at least 1 hour after Afternoon Snack)*

🌿 **Vanilla Fresh** shake blended in 1¼ cups (10 fl oz) water  
(*no fruit added*). *If desired, add ice or any of the **Guilt-Free Flavorings***

🌿 + 1 serving from **Dinner Recipes** list \_\_\_\_\_

🌿 **Optional:** + 1 cup organic **vegetable broth**  
*Feel free to add ¼ cup chopped fresh herbs such as cilantro, parsley, tarragon, or basil*

### Optional: Evening Tea *(at least 1 hour after Dinner)*

🌿 1 cup (8 fl oz) unsweetened **herbal tea** (*caffeine-free*)  
(stevia sweetener optional)

✎ *Fill in your selections from the lists on pages 18–20.*

### THROUGHOUT THE DAY

**Filtered Water**—drink at least half your weight in ounces  
*in addition* to the water you use in your shakes and tea.

# FRUIT OPTIONS

All fruits should be fresh. Stay away from canned, dried, or sweetened!

🌿 Apple	1/2 medium
🌿 Apricots	3 small or 1/2 cup sliced
🌿 Banana	1/2 medium
🌿 Blackberries	2/3 cup
🌿 Blueberries	2/3 cup
🌿 Cantaloupe	1 cup diced
🌿 Cherries	2/3 cup pitted
🌿 Grapefruit	1/2 large
🌿 Grapes	1/2 cup
🌿 Honeydew melon	3/4 cup diced
🌿 Kiwifruit	1 fruit
🌿 Mango	1/2 cup sliced
🌿 Orange	1/2 large
🌿 Peaches	1 medium or 3/4 cup sliced
🌿 Pear	1/2 medium
🌿 Pineapple	1/2 cup chunks
🌿 Plums	2 small
🌿 Raspberries	3/4 cup
🌿 Strawberries	12 medium
🌿 Watermelon	1 cup diced

## GUILT-FREE FLAVORINGS

These flavoring options will help make the 3-Day Refresh interesting and delicious while you also learn how you can season foods without adding too many calories or carbohydrates.

🌿 Ground cinnamon	🌿 Dried herbs
🌿 Ground nutmeg	🌿 Natural herbal seasoning blends, no salt added
🌿 Ground cloves	🌿 Fresh lemon or lime juice
🌿 Ground ginger	🌿 Fresh grated lemon or lime peel
🌿 Ground cumin	🌿 Pure flavor extracts (such as vanilla, peppermint)
🌿 Ground sweet paprika	🌿 Apple cider vinegar
🌿 Ground coriander	🌿 Red wine vinegar
🌿 Curry powder	🌿 Stevia sweetener
🌿 Chili pepper flakes	
🌿 Himalayan salt	
🌿 Fresh herbs (such as parsley, cilantro, tarragon, basil, mint, etc.)	

# VEGETABLE OPTIONS

All vegetables should be fresh. Stay away from canned, dried, or sweetened!

🌿 Artichoke	1/2 small
🌿 Asparagus	5 medium spears
🌿 Beets*	1 cup sliced
🌿 Bok choy*	1 cup chopped
🌿 Broccoli	3/4 cup florets
🌿 Brussels sprouts	2 medium
🌿 Cabbage	3/4 cup shredded
🌿 Carrots*	1/2 large or 4–5 baby carrots
🌿 Cauliflower	3/4 cup florets
🌿 Celery*	2 medium stalks
🌿 Collard greens*	1/4 cup chopped
🌿 Cucumber*	1 cup sliced
🌿 Eggplant*	3/4 cup cubed

🌿 Green beans*	12 beans
🌿 Jicama*	1/3 cup sliced
🌿 Kale*	1/2 cup chopped
🌿 Lettuce* (green leaf)	3 cups
🌿 Mushrooms	1 cup sliced
🌿 Okra*	4 pods
🌿 Onions	1/3 cup sliced
🌿 Pepper (red)*	1 small
🌿 Snow peas*	10 pods
🌿 Spinach*	2 cups
🌿 Summer squash*	1 small
🌿 Swiss chard*	2 cups chopped
🌿 Tomato*	1 medium



\*Options followed by an asterisk tend to be easier to digest/low gas-producing vegetables. If this is a concern for you, these are your best bets. Steaming your vegetables is an effective way to make veggies even easier to digest.

Add Guilt-Free Flavorings as desired if you want to spice up your produce.

## HEALTHY FATS

## JUICE OPTIONS *(Juicer is required)*

🥬 Hummus	2 Tbsp.
🥑 Avocado	2 Tbsp. mashed
🥥 Coconut oil, virgin, unrefined	1 tsp.
🫒 Olive oil, extra-virgin	1 tsp.
🥜 Almond butter, no sugar added	1½ tsp.



Juicing is optional during the 3-Day Refresh, but it's a great way to increase the detoxifying benefits. Make sure to juice the ingredients in the order listed according to the manufacturer's instructions that came with your juicer. To get the most out of the nutrients, drink it immediately!

### "ZING"

*(Makes 1 serving)*

⅔ cup sliced raw green apple  
1 small raw carrot  
2 medium raw celery stalks  
2 slices raw ginger (to taste)

### KALANGE JUICE

*(Makes 1 serving)*

1 cup chopped raw kale  
⅓ cup raw orange segments  
2 slices raw ginger (to taste)

### BEE THE CLOCK JUICE

*(Makes 1 serving)*

½ cup sliced raw green apple  
½ cup sliced raw beet  
2 medium raw celery stalks  
2 slices raw ginger (to taste)



The recipes with an asterisk are "Gas Busters." Not only are they made with low gas-producing veggies, they contain additional ingredients known to fight gas, as well as bloating, indigestion, and heartburn.

### COCONUT STEAMED VEGGIES

*(Makes 1 serving)*

½ cup water  
½ cup chopped fresh broccoli or green beans  
½ cup sliced fresh carrot  
½ cup chopped fresh cauliflower  
½ tsp. coconut oil  
*(or extra-virgin olive oil if coconut oil is not available)*  
¼ tsp. sea salt

1. Add water to medium saucepan; bring to a boil.
2. Add broccoli, carrots, and cauliflower to saucepan; cover and cook 4 to 5 minutes or until tender-crisp.
3. To serve, place vegetables in serving bowl. Add coconut oil and salt; toss gently to coat.

### ROASTED ASPARAGUS WITH ALMONDS

*(Makes 1 serving)*

8 medium asparagus spears, ends trimmed  
1 tsp. olive oil  
1 pinch sea salt  
1 tsp. slivered almonds

1. Preheat oven to 400° F.
2. Arrange asparagus in a single layer on a baking sheet. Drizzle with oil and sprinkle with salt.
3. Bake for 25 minutes, or until tender-crisp. Remove from oven.
4. Sprinkle with almonds.

## DINNER RECIPES



### SPINACH SALAD\*

*(Makes 1 serving)*

2 cups baby spinach or salad greens  
½ medium cucumber, chopped  
½ medium red bell pepper, sliced  
¼ cup sprouts (like radish, alfalfa, or broccoli)  
½ medium tomato, chopped  
½ tsp. extra-virgin olive oil  
1 Tbsp. fresh lemon juice  
1 tsp. raw pumpkin or sunflower seeds

1. Combine greens, cucumber, bell pepper, sprouts, tomato, olive oil, and lemon juice in a large bowl; toss gently to blend. Top with seeds.



### VEGGIE STIR-FRY\*

(Makes 1 serving)

- ½ tsp. olive oil
- ½ clove garlic
- ½ tsp. grated fresh ginger
- ½ cup green beans
- ½ cup sliced fresh carrot
- ½ cup sliced fresh red bell pepper
- ¼ tsp. sea salt
- 2 Tbsp. organic vegetable broth

1. Heat oil in medium skillet over medium heat; add garlic and ginger.
2. Cook, stirring frequently, for 1 to 2 minutes or until fragrant.
3. Add green beans, carrot, bell pepper, salt, and broth.
4. Cook for 5 to 7 minutes, or until vegetables are tender-crisp.

### LEMONY GREEN BEANS\*

(Makes 1 serving)

- 6 oz green beans, ends trimmed
- 1 cup water
- ½ tsp. extra-virgin olive oil
- 1 tsp. fresh lemon juice
- ¼ tsp. finely grated lemon peel
- Sea salt (*to taste; optional*)

1. Place green beans and water in medium saucepan over high heat. Bring to a boil. Reduce heat to maintain a gentle boil; cook, covered, for 3 to 4 minutes, or until tender-crisp. Remove from heat. Drain.
2. Combine green beans, oil, lemon juice, and lemon peel in small bowl; mix well. Sprinkle with salt (*if desired*).

### CARROT-SEAWEED MEDLEY\*

(Makes 1 serving)

- ½ tsp. sesame oil
- ¼ medium onion, cut into thin slices
- ½ medium carrot, cut into matchstick-sized pieces
- ¼ medium red bell pepper, cut into ½-inch chunks
- 2 Tbsp. shelled edamame
- 2 Tbsp. arame seaweed (or hijiki seaweed)
- ¼ cup water
- 1 dash Himalayan salt
- 1 green onion, thinly sliced

1. Soak seaweed in cool water for 5 minutes; drain and set aside.
2. Heat sesame oil in large skillet over medium heat. Add onion; cook, stirring frequently, for 2 minutes.
3. Add carrots, bell pepper, edamame, seaweed, and water. Bring to a boil. Reduce heat to maintain a gentle boil; cook, covered, for 5 to 8 minutes.
4. Remove cover. Add salt; cook 1 minute. Add green onion. Mix well.

### KALE WITH PINE NUTS\*

(Makes 1 serving)

- ½ cup water
- 1½ cups chopped green kale
- 1 tsp. pine nuts
- 2 tsp. fresh lemon juice
- 1 dash Himalayan salt

1. Bring water to a boil in a small saucepan over medium heat. Add kale; cook for 3 to 5 minutes, or until kale is tender and bright green. Remove from heat. Drain. Place in medium bowl.
2. Toss kale with pine nuts, lemon juice, and salt.







### CUCUMBER AND TOMATO SALAD\*

(Makes 1 serving)

- 1 Tbsp. apple cider vinegar  
or red wine vinegar
- 1 tsp. balsamic vinegar
- 2 tsp. fresh lemon juice
- 1 tsp. extra-virgin olive oil
- ½ medium cucumber, halved  
lengthwise, sliced
- ½ cup cherry tomatoes, halved
- 1 Tbsp. chopped red onion
- 1 Tbsp. chopped fresh Italian parsley
- 1 Tbsp. chopped fresh basil leaves
- 1 dash Himalayan salt
- Herbal seasoning blend  
(to taste; optional)

1. Combine apple cider and balsamic vinegars, lemon juice, and oil in a small bowl; mix well. Set aside.
2. Combine cucumber, tomatoes, onion, parsley, basil, salt, and seasoning blend (if desired) in a large bowl; mix well.
3. Drizzle dressing over cucumber mixture; toss gently to blend.



### MOROCCAN CARROT SALAD\*

(Makes 1 serving)

- 2 medium carrots, grated
- ½ tsp. extra-virgin olive oil
- 2 tsp. fresh lemon juice
- 2 Tbsp. chopped fresh cilantro (or parsley)
- ½ clove garlic, chopped
- 1 dash ground cumin
- 1 dash ground paprika
- 1 dash cinnamon
- 1 dash Himalayan salt
- 1 dash cayenne pepper  
(to taste; optional)

1. Combine carrots, oil, lemon juice, cilantro, garlic, cumin, paprika, cinnamon, salt, and cayenne (if desired) in a large bowl; mix well.
2. Let salad marinate, covered, in refrigerator, for 2 to 3 hours before serving.

## MAINTAINING YOUR RESULTS POST-REFRESH

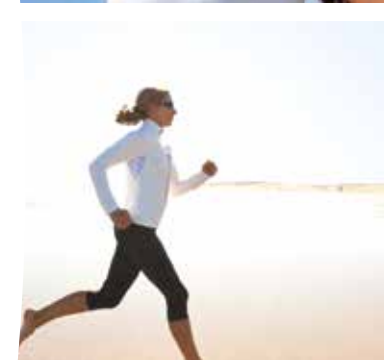
Hopefully, by now you've experienced just how good it feels to get your eating back on track. And you've even learned some new tips and tricks along the way. Here are three simple things you can do post-Refresh to keep from falling off the wagon.

1. Stay hydrated with plenty of fresh, filtered water
2. Move your body every day, even if it's a walk around the block or a couple of stretches
3. Make Shakeology *Your Daily Dose of Dense Nutrition*®

As hard as we all try, it's impossible to eat 100% clean, 100% of the time. Life has a habit of getting in the way of the perfect diet. So it's important to do the best you can, but give yourself some grace when you waver. When you're ready, do another round of this 3-Day Refresh. Because you've followed the baseline rules above, it shouldn't be too tough to get back to business.

And if you really want to dial things up a notch, consider doing the Ultimate Reset for a 21-day nutrition and supplement program that allows your body to rebalance itself for optimal health, releasing toxic compounds, and creating new, healthier eating habits for life.

*You'll be Refreshed in no time.*



## 3-DAY REFRESH EASY REFERENCE GUIDE

- 1 **Wake-Up:** Drink 8–12 ounces of filtered water
- 2 **Breakfast** (within an hour of waking): **Shakeology** shake plus Fruit option
- 3 **Mid-Morning:** **Fiber Sweep** (digestive health drink)
- 4 **Lunch:** **Vanilla Fresh** (high-protein, hunger-satisfying shake) plus options from the Fruit, Vegetable, and Healthy Fats lists.
- 5 **Afternoon Snack:** From the Fruit, Vegetable, or Juice Options lists
- 6 **Dinner:** **Vanilla Fresh** plus a meal made from our Dinner Recipes list



© 2014 Beachbody, LLC. All rights reserved. Distributed by Beachbody, LLC, Santa Monica, CA 90404. Beachbody, LLC, is the owner of the 3-Day Refresh, Ultimate Reset, Shakeology, Your Daily Dose of Dense Nutrition, Beachbody, and Team Beachbody trademarks, and all related designs, trademarks, copyrights, and other intellectual property. If you are a member of the Team Beachbody® community, contact your Coach for information and support, or log in at [TeamBeachbody.com](http://TeamBeachbody.com). For Beachbody® and Team Beachbody Customer Service, email us at [WeCare@Beachbody.com](mailto:WeCare@Beachbody.com).

