



VEGAN NUTRITION PLAN



The LIIFT4™ Vegan Nutrition Plan removes all animal products from the food lists. Animal products are considered complete proteins, meaning they contain acceptable levels of all nine of the amino acids essential to humans. Because they're not included, we've rearranged your plan a little so you'll still get all the amino acids you need.

The ■ Proteins (Red) list contains most of the plant-based complete proteins, such as tofu and edamame. It also contains beans and other legumes. The foods on the ■ Carbohydrates (Yellow) list are split into two groups. ■ Carbohydrate As: Whole Grains (Yellow) contains, you guessed it, whole grains. ■ Carbohydrate Bs: Starches (Yellow) contains tubers (potatoes and yams) and more processed grains (pastas and breads).

In addition to getting the amino acids you need from complete proteins, you can get them all by combining legumes from ■ Proteins (Red) and grains from ■ Carbohydrate As (Yellow). It's not necessary to eat these container combos at the same time.

Any of the foods on the Food Lists that are complete proteins are marked with a dagger (†). It's always a good idea to eat these, but it's also important to have a variety of foods in your diet.

FOOD 4 THOUGHT:

- The LIIFT4 Vegan Eating Plans are slightly lower in protein and higher in carbs than the regular eating plans. They're equally healthy, and the extra fiber will help keep you satisfied as you drop those pounds.
- Vegan diets can certainly be healthy, but they can also be low in vitamins B12 and D, so it's a good idea to take a quality multivitamin such as ActiVit®. (To learn more, contact your Team Beachbody® Coach or visit TeamBeachbody.com.)
- ■ Carbohydrate Bs (Yellow) are there because no one wants to deprive you of your bread and potatoes, but if you'd like to rely on less processed foods by replacing ■ Carbohydrate Bs (Yellow) with ■ Carbohydrate As (Yellow) portions, that's fine.

STEP 1 FIND YOUR PLAN

Use your current weight to determine the plan that you will follow. Then, see how many portions of each food category you should eat every day. For example, Plan A has a “6” after ■ Veggies (Green); that means you’ll be eating six Veggie portions daily.

Your Beachbody Performance™ supplements should only be taken on workout days, but your Shakeology® should be part of your daily routine, ideally with breakfast to set you on the right path with a solid nutritional foundation. If you’re using Creatine, take that daily too. See page 8 for more detailed instructions on how to use.

RISE TO THE CHALLENGE OF CHANGE WITH SHAKEOLOGY









Changing your body—and your life—is hard. When you start with a solid nutritional foundation, it helps your whole day follow suit. Shakeology is carefully crafted with a nutritionally balanced blend of potent ingredients to nourish the complex needs of your body to help you make the lasting change you’re looking for. When your body gets more of what it craves, you’re empowered to do more. That’s why Joel starts every morning with a Shakeology shake. You should too.*

TIP: Shakeology Boosts are an easy way to customize your shake on the days when your body needs a little extra support. Choose from Focused Energy, Digestive Health, and Power Greens.



LIFT4™


VEGAN EATING PLANS


	PLAN A	PLAN B	PLAN C	PLAN D	PLAN E	PLAN F
	168 lbs. or less 1,200–1,499 calories	168.5–195 lbs. 1,500–1,799 calories	195.5–222 lbs. 1,800–2,099 calories	222.5–240 lbs. 2,100–2,299 calories	240.5–259 lbs. 2,300–2,499 calories	259.5 lbs. or more 2,500–2,799 calories
 Veggies (Green)	6	6	7	8	9	10
 Fruits (Purple)	2	2	3	3	3	4
 Proteins** (Red)	4	5	6	6	7	7
 A Carbohydrate As (Yellow)	1	2	2	2	2	3
 B Carbohydrate Bs (Yellow)	1	1	1	2	2	2
 Healthy Fats (Blue)	1	1	1	1	1	1
 Seeds & Dressings (Orange)	1	1	1	1	1	1
 Oils & Nut Butters (tsp.)	3	4	5	6	7	8
ADD BEACHBODY PERFORMANCE SUPPLEMENTS ON THE DAYS YOU WORK OUT.						
Beachbody Performance Energize	1	2	2	2	2	2
Beachbody Performance Hydrate	1	1	1	1	1	1
Beachbody Performance Creatine <i>[Optional. Take daily.]</i>	0	0	1	1	1	1


 **Remember your daily Shakeology and be sure to count it as one of your  Protein (Red) portions.

NOTE: Certain Beachbody supplements may not be available in your market.

POST-WORKOUT SUPPLEMENTS AND SNACKS

In the non-vegan LIIFT4 Nutrition Plan, we recommend Beachbody Performance Recover after your workout and Beachbody Performance Recharge before bed. However, whey and casein protein come from dairy, so these supplements won't fit into the vegan plan. If you'd like to increase your protein intake, you can add ONE  Protein (Red) to your plan; however, please be aware that this also adds calories.

AND...if you want to take advantage of the post-workout or pre-sleep nutrient timing that Recover and Recharge offer, we recommend moving one of your  Proteins (Red) to either of those times. It's not quite the same as Recover or Recharge, but they'll still provide you with protein to help support muscle recovery and restore glycogen.

Here are our top four picks for that additional  Protein (Red):


- **Vegan Shakeology**
- **Protein Powder (vegan – hemp, rice, pea)**
- **Organic Tofu**
- **Organic Soy Milk**



LOOKING TO BUILD SERIOUS MUSCLE?

If you're more interested in building muscle than losing weight, bump up two plans. If you would normally fall into Plan B, you would bump up to Plan D. This minimizes your calorie deficit and gives you plenty of carbs to fuel performance, and protein to maximize muscle-building and recovery. If you are bumping up from Plan E or F, you'll use Plan G on the right.

For those next-level gains, add Creatine to your Beachbody Performance supplement strategy. We'll show you exactly how to do that on page 8.

Are you REALLY hungry?

If you're just starting LIIFT4 and feel hungry but still have good energy levels, it may not mean you need more food. It could be a reaction from your body, which is used to a certain amount of food. Try your best to tough it out for a week or two. If your hunger becomes unmanageable, then add 1  Protein (Red) to your day. However, if you're feeling run-down, having trouble thinking straight, sleeping, and completing your workouts, or you just feel bad all the time, these are signs you may need more food, so try bumping up an entire plan.

 **Remember your daily Shakeology and be sure to count it as one of your  Protein (Red) portions.

PLAN G	
 Veggies (Green)	10
 Fruits (Purple)	4
 Proteins** (Red)	8
 Carbohydrate As (Yellow)	3
 Carbohydrate Bs (Yellow)	2
 Healthy Fats (Blue)	1
 Seeds & Dressings (Orange)	1
 Oils & Nut Butters (tsp.)	9
Add Beachbody Performance supplements on the days you work out.	
Beachbody Performance Energize	2
Beachbody Performance Hydrate	1
Beachbody Performance Creatine <i>(Optional. Take daily.)</i>	1

STEP 2 READ THE FOOD LISTS

Now you can figure out what you're going to eat. We've put together Food Lists for each category with our recommendations—see page 10. The higher up on the Food Lists you eat, the harder you should be able to push—and the better your results. The Food Lists prioritize foods that are especially beneficial to your performance and recovery. New to working out or just getting back to it? Your muscles might experience some soreness. It's no big deal—we've prioritized the fruits and veggies that are nutrient-dense and can help with exercise-induced soreness. We've rated the proteins based on a variety of factors, including quality, digestibility, and amount of protein per serving, and put those at the top of our list.

STEP 3 BROWSE THE SAMPLE MENU

Here's a Sample Menu Day for Plan B that shows you how to put it all together. Make sure to space your meals and snacks 2–4 hours apart, and time your Beachbody Performance supplements following the instructions on the label.

TIP:

To help make eating even easier, Beachbody Portion-Control Containers are designed to work with your LIIFT4 Vegan Nutrition Plan. Just fill them up and you're good to go. To learn more or to pick up a set of containers, contact your Team Beachbody Coach or check out [TeamBeachbody.com](https://www.teambeachbody.com).



SAMPLE MENU DAY FOR VEGAN PLAN B

BREAKFAST	Shakeology: 2 cups raw spinach, ½ banana, berries, Chocolate Vegan Shakeology, ¼ cup dry rolled oats, unsweetened shredded coconut, water 2 ■ Veggies (Green), 2 ■ Fruits (Purple), 1 ■ Protein (Red), 1 ■ A Carbohydrate A (Yellow), 1 ■ Seeds & Dressings (Orange)
PRE-WORKOUT SUPPLEMENT	Beachbody Performance Energize
WORKOUT	Beachbody Performance Hydrate
LUNCH	Vegan protein bowl: quinoa, organic tempeh, lentils, roasted cauliflower and butternut squash in olive oil (2 tsp.), dairy-free pesto sauce (1 tsp.) 2 ■ Veggies (Green), 2 ■ Proteins (Red), 1 ■ A Carbohydrate A (Yellow), 3 — Oils & Nut Butters (tsp.)
SNACK	carrots, organic edamame 1 ■ Veggie (Green), 1 ■ Protein (Red)
DINNER	Burrito: whole-grain tortilla, black beans, roasted bell peppers and onion medley in olive oil (1 tsp.), ¼ avocado, hot sauce 1 ■ Veggie (Green), 1 ■ Protein (Red), 1 ■ B Carbohydrate B (Yellow), 1 ■ Healthy Fat (Blue), 1 — Oils & Nut Butters (tsp.)
TOTAL	6 ■ Veggies (Green), 2 ■ Fruits (Purple), 5 ■ Proteins (Red), 2 ■ A Carbohydrate As (Yellow), 1 ■ B Carbohydrate B (Yellow), 1 ■ Healthy Fat (Blue), 1 ■ Seeds & Dressings (Orange), 4 — Oils & Nut Butters (tsp.)

STEP 4 HELP MAXIMIZE RESULTS

WITH



On the days that you work out, Beachbody Performance is designed around the principle of Targeted Nutrition, meaning that when they're consumed at specific times, the scientifically tested ingredients—provided at clinically tested levels—will be highly effective in helping you feel more energized to work out and push through your workouts harder.*

Informed-Sport is a global quality-assurance program. It certifies that each lot of a product with the Informed-Sport logo was tested for banned substances and ensures it has been manufactured to high-quality standards.



BEACHBODY PERFORMANCE ENERGIZE

A pre-workout formula that gives you extra energy and helps you get pumped when you exercise.*



Why do you need Energize?

Taking it before workouts helps boost energy and endurance, sharpen focus and reaction time, and delay exercise-induced fatigue.*

What are the key ingredients in Energize?

- Beta-alanine helps buffer muscle acid buildup, which helps delay exercise-induced muscle fatigue so you can push hard and last longer.*
- Low-dose caffeine from green tea and coffee bean extract helps improve reaction time and focus, and reduce exercise-induced muscle fatigue.*
- Quercetin helps improve endurance and delay exercise-induced muscle fatigue to help you get through your workouts and give you a competitive edge.*

How to take Energize.

Mix with water according to the label instructions and drink 30 minutes before exercising.

BEACHBODY PERFORMANCE HYDRATE

A during-workout formula that helps keep you hydrated for peak performance.*

Why do you need Hydrate?

When you're not properly hydrated during exercise, it can mean a drop in power and performance. Unfortunately, water alone doesn't always do the trick because it doesn't replace electrolytes lost through sweat—and that can cause fluid imbalances. Hydrate provides an excellent ratio of water, carbohydrates, and electrolytes to rehydrate you and help keep your body operating at its best.*



What are the key ingredients in Hydrate?

- Hydration blend of sodium, potassium, magnesium, and calcium helps maintain the body's fluid balance and replace key electrolytes to help you last longer and feel better, even through the toughest workouts.*
- Quercetin is a powerful performance-enhancing phytonutrient that gets a lot of attention in leading exercise physiology-nutrition laboratories because of its effects on exercise performance.*
- Low-dose carbohydrates help improve hydration and support exercise performance.*

How to take Hydrate.

Mix with water according to the label instructions and drink during exercise.

BEACHBODY PERFORMANCE CREATINE

A scientifically tested way to help gain extra strength and build muscle.*



Why do you need Creatine?

If your primary focus is building muscle mass, this supplement is a slam-dunk. Creatine monohydrate is the purest, most tested and effective creatine available and has been scientifically shown to help boost strength and power, improve high-intensity performance, and enhance the effects of resistance training. Creatine occurs naturally in your body. Usually, people get creatine from eating meat, so supplementing it can be beneficial to vegans. (Our creatine isn't sourced from animal products, so it's vegan-friendly.) When taken in high doses, it's been shown to be a highly effective way to improve your ability to push yourself harder during high-intensity efforts.*

The benefits of Creatine.

- Contains creatine monohydrate, which has exceptional purity and potency. In fact, it's the purest, most tested and effective form of creatine in the world.*
- It's easy to dissolve and stays well suspended in liquid.

What are the key ingredients in Creatine?

- Pure creatine monohydrate, which has been scientifically shown to help boost muscle strength and power, improve high-intensity performance, and enhance the effects of resistance training.*

How to take Creatine.

Creatine takes time to build up in your system, but one way to get around this is to take a little extra up-front. This is called "creatine loading":

- Take 5 g of Beachbody Performance Creatine 4 times a day (20 g total) for 5 days leading up to the start of the program.
- Drop down to 5 g daily, and take within 30 minutes after exercise on workout days.

*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.

STEP 5 JUST STICK TO YOUR PLAN!

We're not going to sugarcoat this—no matter how hard you work out, you won't be able to take your results to the next level without proper nutrition. We've purposely added a lot of good foods to each Food List, so you won't be bored eating the same thing every day. We're giving you a cheat day once a week so you can still have a life. Enjoy a night out or dinner at a friend's house and still get results.

CHEAT DAY

Once a week, you're allowed to indulge in a few cheats. Don't go crazy and binge on onion rings all day—just indulge in whatever you're craving without totally abandoning your plan. If you're worried that a little cheat might lead you down a slippery slope, don't do it. The idea is that you can have a day without worrying about calorie counts, protein-to-carb ratios, or anything else. It's important to give your body a rest and a reward for the hard work.



HOW TO “CHEAT” WISELY:

- If you work out on Monday, Tuesday, Thursday, and Friday, for example, your cheat day should be either Wednesday or Sunday, so any carbs can fuel the next day's workout.
- If a donut or a sweet treat satisfies your craving, then no need to indulge the rest of the day.
- Limit sugar-sweetened drinks, including soda, sweet tea, and “sports” drinks. They can add more calories than nutritional value without satisfying you.
- If you want to have a drink, stop at 1 or 2. A hangover is only going to inhibit your performance the next day and promote inflammation.
- Restaurant portions aren't necessarily smart portions, so don't feel compelled to finish your plate when eating out. Ask for a to-go bag, or split your meal with a friend.

LIFT4™ FOOD LISTS

■ VEGGIES (Green)

This powerhouse list of veggies prioritizes important nutrients, including potassium, fiber, and calcium. We also looked at the levels of antioxidant vitamins C, A, and E.

- Watercress, 1 cup cooked or raw
- Chard, 1 cup cooked or raw
- Spinach, 1 cup cooked or raw
- Leaf lettuce, 1 cup
- Collard greens, 1 cup cooked or raw
- Kale, 1 cup cooked or raw
- Peppers (sweet), 1 cup sliced
- Arugula, 1 cup cooked or raw
- Broccoli, 1 cup chopped
- Pumpkin (whole, fresh), 1 cup cubed
- Brussels sprouts, 1 cup chopped or 5 medium
- Bok choy, 1 cup cooked or raw
- Cabbage, 1 cup chopped
- Cauliflower, 1 cup chopped
- Carrots, 1 cup sliced or 10 medium baby
- Tomatoes, 1 cup chopped, 1 cup cherry, or 2 medium
- Radishes, 1 cup
- Winter squash (all varieties), 1 cup cubed
- Turnips, 1 cup chopped or 1 medium
- Snow peas, 1 cup
- Squash (summer), 1 cup sliced
- Sauerkraut, 1 cup
- String beans, 1 cup
- Tomatillos, 1 cup chopped or 3 medium
- Artichokes, 1/2 large
- Salsa (freshly made or pico de gallo), 1 cup
- Onions, 1 cup chopped
- Asparagus, 10 large spears
- Beets, 2 medium
- Celery, 1 cup

- Cucumbers, 1 cup
- Pickle, 1 cup chopped
- Eggplant, 1/2 medium
- Mushrooms, 1 cup
- Vegetable broth, 2 cups



Shakeology Boost: Power Greens

is a great way to get even more greens. 2 scoops equal 1 ■ Veggie (Green) portion. This doesn't mean you need to limit your intake of Boost Power Greens. It just means you only get credit in your plan for one veggie portion per day. Fill the rest of your meals with a variety of other veggies.



■ FRUITS (Purple)

Fruit was prioritized using four factors: nutrient density, amount of fiber, glycemic index, and level of processing. In other words, fruits listed higher on the list are more nutritious and help provide you with a steady stream of energy to keep you properly fueled.

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



■ PROTEINS (Red)

These were chosen based on the percentage of calories from protein and how easily the protein is absorbed by your body. The proteins at the top of the list provide more high-quality, easily digestible protein to speed recovery and build muscle.

- Organic tofu (firm), ¾ cup†
- Organic tempeh, ¾ cup†
- Edamame, ¾ cup shelled†
- Peas (split, yellow, green), ¾ cup cooked
- Beans (kidney, black, garbanzo, white, lima, fava, etc.), ¾ cup cooked
- Refried beans (vegan, nonfat), ¾ cup
- Lentils, ¾ cup
- Veggie burger, 1 medium patty
- Seitan, ½ cup
- Protein powder (pea, rice, hemp), 1½ scoops (approx. 42 g depending on variety)

†A complete protein



Shakeology provides a daily nutritional foundation with such a wide variety of nutrients that it fits in practically every LIIFT4 portion list! But to help you better fit it into your day, we focused on the 16 g of **high-quality protein**. One serving of vegan Shakeology counts as 1 ■ Protein (Red).

■ CARBOHYDRATE As: WHOLE GRAINS (Yellow)

The LIIFT4 Vegan Carbohydrates lists are prioritized differently from the other lists. They mostly take into account the level of processing and percentage of protein.

- Wild rice, ½ cup cooked
- Farro, ½ cup cooked
- Amaranth, ½ cup cooked
- Bulgur, ½ cup cooked
- Buckwheat, ½ cup cooked
- Quinoa, ½ cup cooked†
- Oatmeal (steel-cut), ½ cup cooked
- Oatmeal (rolled), ½ cup cooked
- Corn on the cob, 1 ear or ½ cup kernels
- Barley, ½ cup cooked
- Millet, ½ cup cooked
- Brown rice, ½ cup cooked
- Hominy, ½ cup cooked

†A complete protein



■ CARBOHYDRATE Bs: STARCHES (Yellow)

- Potato (russet), ½ cup chopped or mashed, or ½ small
- Potato (red bliss or Yukon gold), ½ cup mashed or 1 whole
- Sweet potato, ½ cup chopped or mashed, or ½ small
- Parsnips, ½ cup cooked
- Yams, ½ cup chopped or mashed, or ½ small
- Bread (whole-grain), 1 slice
- Bagel (whole-grain), ½ small (3-inch)
- Pancakes (whole-grain), 1 small (4-inch)
- Pasta (whole-grain), ½ cup cooked
- Pita bread (whole-grain), 1 small (4-inch)
- Couscous (whole wheat), ½ cup cooked
- Tortilla (whole-grain), 1 small (6-inch)
- Popcorn (air-popped), 3 cups
- Cereal (whole-grain, low sugar) ½ cup
- English muffin (whole-grain), ½ muffin
- Muesli, ¼ cup
- Waffles (whole-grain), 1 waffle
- Tortilla (corn), 2 small (6-inch)
- Crackers (whole-grain), 8 small

The Carbohydrates lists are filled with great sources of fiber (as are the Veggies, Fruits, and Proteins lists), but you may be looking for additional fiber. **Shakeology Boost: Digestive Health** is a balanced combination of soluble and insoluble fiber that doesn't count against your portions. In other words, you can have it in addition to your daily portions.

■ HEALTHY FATS (Blue)

Healthy Fats, as well as Seeds & Dressings and Oils & Nut Butters, were prioritized by the amount of monounsaturated fat and polyunsaturated fat versus saturated fat. They're a great, heart-friendly way to fuel up.

- 12 almonds, whole, raw
- 10 pecan halves, raw
- 8 walnut halves, raw
- Hummus, 1/4 cup
- 14 peanuts, whole, dry roasted

- 20 pistachios, whole, raw
- Avocado, 1/4 cup mashed or 1/4 medium
- 8 cashews, whole, raw
- Coconut milk (canned), 1/4 cup

■ SEEDS & DRESSINGS (Orange)

- Flaxseeds (ground), 2 Tbsp.
- Pine nuts, 2 Tbsp.
- Sunflower seeds (raw), 2 Tbsp.
- Chia seeds, 2 Tbsp.
- Hemp seeds, 2 Tbsp.
- Olives, 10 medium
- Oil-based salad dressing, 2 Tbsp.
- Sesame seeds (raw), 2 Tbsp.
- Pumpkin seeds (raw), 2 Tbsp.
- Coconut (unsweetened, shredded), 2 Tbsp.

— OILS & NUT BUTTERS (tsp.)

- Nut butters (peanut, almond, cashew, etc.), 1 tsp.
- Extra-virgin olive oil, 1 tsp.
- Seed butters (pumpkin, sunflower, sesame [tahini]), 1 tsp.
- Pesto, 1 tsp.
- Cacao nibs, 1 tsp.
- Extra-virgin coconut oil, 1 tsp.



FREE FOODS

Eat as many of these “free foods” as you’d like!

- Lemon and lime juice
- Vinegars
- Mustard
- Herbs, such as parsley, cilantro (fresh and dry)
- Spices (except salt)
- Garlic
- Ginger
- Green onion
- Chile peppers (jalapeño, serrano, ancho, cascabel, pasilla, guajillo, habanero, etc.)
- Hot sauce (Tabasco or Mexican only)
- Flavor extracts (pure vanilla, peppermint, almond, etc.)
- Cocoa powder



SHAKEOLOGY AND SHAKE BASES

If you’re looking to modify your Shakeology as part of your breakfast and want to increase the calories, feel free to mix with these bases, counting off the corresponding portions. (For more information on Shakeology and other great add-in ideas, see page 13.)

- Unsweetened almond milk (8 fl. oz.) = 1 — Oils & Nut Butters (tsp.)
- Unsweetened organic soy milk (8 fl. oz.) = 1/2 ■ Protein (Red)[†]
- Unsweetened coconut milk (8 fl. oz.) = 1 — Oils & Nut Butters (tsp.)
- Unsweetened rice milk (8 fl. oz.) = 1 ■ Carbohydrate B (Yellow)
- Unsweetened coconut water (8 fl. oz.) = 1/2 ■ Carbohydrate B (Yellow)

[†]A complete protein



SHAKEOLOGY IDEAS

HOW TO MAKE THE PERFECT SHAKE.

Shakeology is perfectly delicious when mixed with just water, or you can treat your taste buds to something new by tossing in extra ingredients. Add as many or as few things as you'd like. We created this list of optional ingredients to help get the ball rolling (or really, the blender blending) for when you're looking for new ways to shake up your shakes.

To figure out how much of each ingredient to use, see the Food Lists starting on page 10. Remember, the foods you add to your shake still count as part of your eating plan—including Shakeology, which counts as 1 ■ Protein (Red).

• STEP 1: PICK A BASE



• STEP 2: ADD 1 SCOOP OF VEGAN SHAKEOLOGY



• STEP 3: ADD FRUITS & VEGGIES *optional*



• STEP 4: ADD HEALTHY FATS, SEEDS & DRESSINGS, OR OILS & NUT BUTTERS *optional*



• STEP 5: ADD FLAVOR AND FUNCTION ENHANCERS *optional*



INGREDIENT OPTIONS

BASES

- Water
- Coconut water
- Unsweetened rice milk
- Unsweetened almond milk
- Unsweetened coconut milk
- Unsweetened organic soy milk

SHAKEOLOGY FLAVORS

- Vanilla Vegan
- Chocolate Vegan
- Café Latte Vegan
- Tropical Strawberry Vegan

■ FRUITS (Purple)

- Berries (all varieties)
- Banana
- Mango
- Pineapple
- Melon (honeydew, watermelon, cantaloupe)
- Apple
- Pumpkin puree

■ VEGGIES (Green)

- Spinach
- Kale
- Shakeology Boost: Power Greens
- Beets
- Carrots

■ HEALTHY FATS (Blue)

- Nuts (all varieties)
- Avocado

■ SEEDS & DRESSINGS (Orange)

- Seeds (all varieties)
- Unsweetened shredded coconut

— OILS & NUT BUTTERS (tsp.)

- Nut butters (all varieties)
- Seed butters (all varieties)

FLAVOR AND FUNCTION ENHANCERS

- Cinnamon
- Pumpkin pie spice
- Fresh herbs (basil, mint, etc.)
- Lemon
- Shakeology Boost: Focused Energy
- Shakeology Boost: Digestive Health

BEVERAGES

WATER

Staying hydrated is hugely important for exercise performance—it's important to drink water all day long. To figure out how much water you need, take your body weight and divide it by two. That's the number of ounces you need to drink every day.



COFFEE AND TEA⁺⁺

Coffee and tea are fine, in moderation. We recommend no more than three to four 8-ounce cups a day. Ideally, drink your coffee black and drink your tea plain. But if you need to add something, try these:

- Cinnamon
- Lemon
- Pumpkin spice
- Nutmeg
- Stevia (1–2 liquid drops or ½ single-serve packet)
- 1–2 Tbsp. unsweetened nondairy milk alternative (organic soy, almond, coconut, etc.)

⁺⁺*Tea is defined as loose-leaf or bagged and unsweetened, as opposed to the sugary bottled stuff.*

If you're using BEACHBODY PERFORMANCE ENERGIZE to power your morning workout, you're getting a clinically tested amount of low-dose caffeine; so if you're working out in the morning, save any additional caffeine until after you've finished working out for the day.

LIFT4TM

FINAL TIPS:

- 1** Follow your nutrition plan. The more you stick to your plan, the better you'll do.
- 2** Make a grocery list ahead of time to avoid impulse buying.
- 3** Not everything has to be made from scratch. Most stores have a salad bar or pre-made meals that include proteins, sides, salads, etc.
- 4** Embrace meal prep. Cook a big batch of brown rice or quinoa, grilled tofu, etc. It'll save you lots of time the rest of the week.
- 5** Buy pre-bagged and washed (frozen or fresh) veggies, or wash and bag them all on your meal-prep day.
- 6** If you have Shakeology on-the-go, scoop your serving into your shaker cup dry. Add water when ready to drink.
- 7** Invest in food containers. In addition to helping organize your fridge, airtight containers are a great way to take your food with you.
- 8** If you have any questions, Beachbody's Registered Dietitians, Certified Trainers, and other experts are here to help. You'll find them at [BeachbodyExpertAdvice.com](https://www.BeachbodyExpertAdvice.com).

Consult your physician and follow all safety instructions before beginning this high-intensity and physically demanding exercise program.

Remember, everybody is different, so if you have any unique or special medical needs or conditions, such as food allergies, dietary restrictions, issues with blood sugar regulation, or if you are pregnant or breastfeeding, please consult your physician before starting this nutrition plan. Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs, or unpasteurized milk may increase your risk of foodborne illness.

Certain Beachbody supplements may not be available in your market.

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