

FREEBIES

SEASONINGS & CONDIMENTS

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



IN MODERATION COFFEE & TEA

Coffee and tea are fine, in moderation. We recommend sticking to one to two 8-ounce cups of coffee or caffeinated tea a day. Herbal teas you can drink all day long. By our definition, “tea” includes regular, decaf, herbal, and unsweetened iced tea. It doesn’t include powdered, canned, or bottled tea beverages.

If you’d like to add something to your coffee or tea, here are some ideas and some items to avoid.



UNLIMITED:

- Cinnamon
- Lemon
- Pumpkin spice
- Nutmeg

IN MODERATION (max twice a day):

- 1–2 Tbsp. low-fat (1–2%) milk
- 1–2 Tbsp. unsweetened nondairy milk alternative (almond, coconut, organic soy, etc.)
- Stevia (1–2 liquid drops or ½ single-serve packet)
- 1–2 tsp. sugar, honey,‡ or other caloric sweeteners

AVOID:


- Cream
- Half-and-half
- Nondairy creamer
- Artificial sweeteners
- Flavored syrups (such as caramel, vanilla, hazelnut, etc.)
- Chocolate syrup

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.

‡Do not feed honey to children younger than one year.

FREEBIES
WATER BAR

We recommend you drink your body weight, divided by two, in ounces. If you weigh 180 pounds, that's $180 \div 2 = 90$ oz. of water, every day. To help you stay properly hydrated, we've created the Water Bar to make your plain water more interesting.

MIXERS	MIX-INS FRUITS/VEGETABLES	
<ul style="list-style-type: none"> • Flat water • Sparkling water (max 8 fl. oz. a day, make sure it has no calories) 	<ul style="list-style-type: none"> • Lemon wedges • Lime wedges • Orange slices • Strawberry slices • Kiwifruit slices • Mango slices • Pineapple slices • Cucumber slices 	<ul style="list-style-type: none"> • Frozen grapes • Watermelon cubes • Honeydew melon cubes • Blueberries • Raspberries • Splash of fruit juice: cranberry, orange, grapefruit
HERBS/SPICES		
<ul style="list-style-type: none"> • Mint leaves • Basil • Grated ginger 		<ul style="list-style-type: none"> • Rosemary • Cinnamon



SUBSTITUTIONS
SHAKEOLOGY BASES
(ONCE PER DAY)

Shakeology tastes great when blended with just water and ice. It's such a key part of a solid nutritional foundation, we encourage you to drink it every day. But we totally understand if sometimes you want to mix up your routine. Here are some substitutions for water to add variety to your Shakeology experience (which you should drink once a day).

- Low-fat milk, 1-2% (8 fl. oz.) 1 ■ ½ ●
- Unsweetened almond milk (8 fl. oz.) 1 ●
- Unsweetened organic soy milk (8 fl. oz.) ½ ■
- Unsweetened coconut milk (8 fl. oz.) 1 ●
- Unsweetened rice milk (8 fl. oz.) 1 ■
- Unsweetened coconut water (8 fl. oz.) ½ ■



TREATS & OTHER BEVERAGES

SUBSTITUTIONS

(3 PER WEEK)

Dried apricots, unsweetened (4 pieces)	1	■	Wine (5 fl. oz.)	1	■	
Dried figs, unsweetened (2 pieces)	1	■	Beer, light (12 fl. oz.)	1	■	
Prunes (2 pieces)	1	■	Beer, regular (12 fl. oz.)	1½	■	
Medjool dates (1 piece)	1	■	Hard alcohol (1.5 fl. oz.)	1	■	
Raisins (2 mini-boxes, 3 Tbsp., or approx. 45 pieces)	1	■	Kombucha (12 fl. oz.)	1	■	
Dried mango, unsweetened (2 pieces)	1	■				
Dried cranberries (2 Tbsp. or approx. 30 pieces)	1	■				
Dried apple rings, unsweetened (approx. 7 rings)	1	■				
Dark chocolate, plain (1.5"x1.5" square, 1 fun-sized bar, or approx. 25 morsels)	1	■				
Potato chips, plain kettle (6 chips)	1	■				
Tortilla chips, plain corn (6 chips)	1	■				
Mini-pretzels (14 pretzels)	1	■				
Peanut butter pretzel nuggets (12 pieces)	1	■	2	—		
Chocolate-covered raisins (20 pieces)	½	■	½	■		
Chocolate-covered almonds (6 pieces)	½	■	½	■		
FIX Easy Popcorn Trail Mix (1 cup, ¼ of recipe)	½	■	½	■		
FIX Double Chocolate Cookies (1 cookie)	1	■	½	—		
FIX Oatmeal Cookies with Chocolate Morsels and Toasted Pecans (2 cookies)	1	■				
FIX Banana Oatmeal Cookies (2 cookies)	½	■	½	■	½	—
100% real fruit juice (4 fl. oz.)	1	■				

