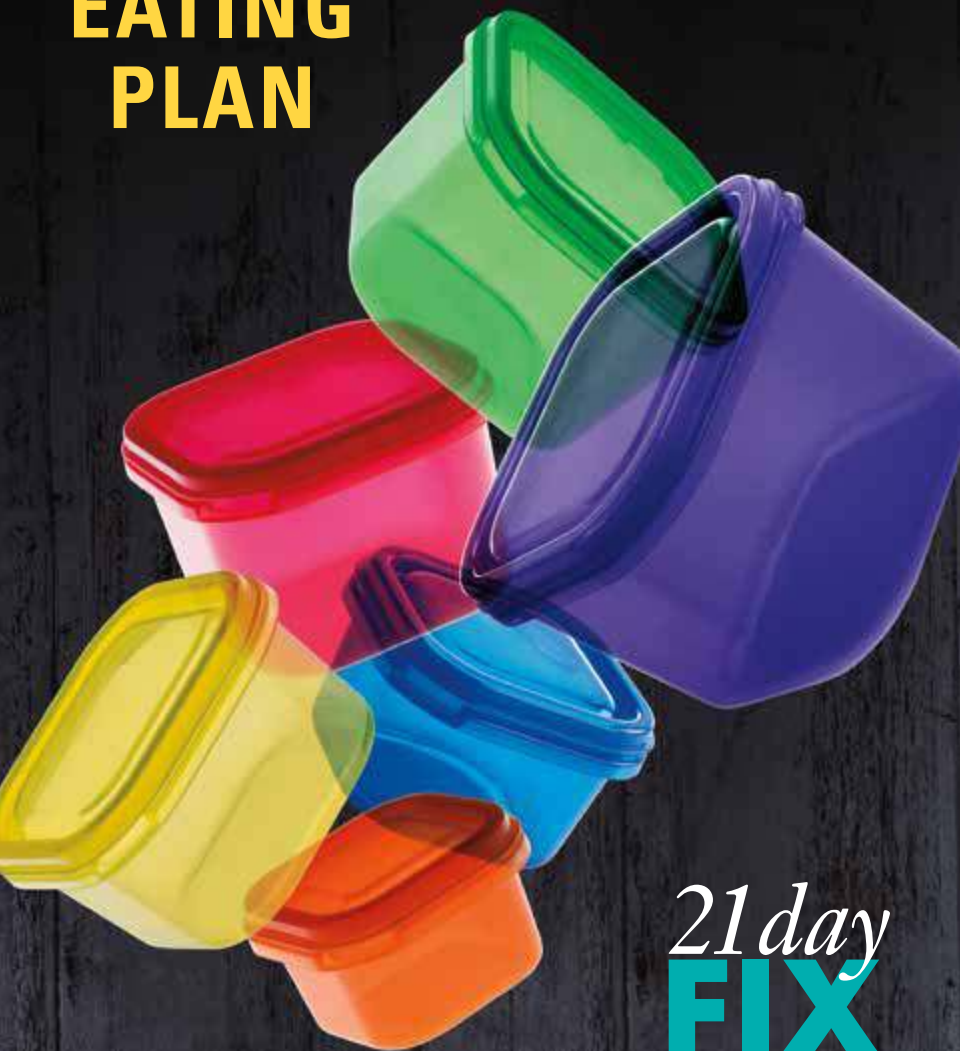


EATING PLAN



21 day
FIX
EXTREME®

IT'S TIME TO GET SERIOUS

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EATING PLAN

The **21 Day Fix EXTREME®** Eating Plan is designed to slingshot your results to a new level. It's just as extreme and hardcore as the workouts. The eating plan is based on two very important principles:

- 1 100% CLEAN EATING, NO CHEATS, NO TREATS.** It's not easy, but we all know that you can do just about anything for 21 days.
- 2 PORTION CONTROL.** Maintaining proper portion size is key to weight loss and management.

The 21 Day Fix EXTREME Eating Plan fine-tunes your eating habits. It's also the perfect final push for anyone who's finished another Beachbody® program like LIIFT4® or Transform :20™ and wants to keep up their results, without repeating the length of the program.

And for the ultimate challenge, check out Autumn Calabrese's **Countdown to Competition**. This is a carb-cycling plan featuring "carb depletion"—a staple in competition circles—and follows Autumn's eating regimen when she's prepping for bikini competitions. Carb-cycling drops carbs in a controlled fashion so that you can still fuel your workouts while leaning out and adding definition to your muscles.

HOW TO GET EXTREME

21 Day Fix EXTREME is a simple way to figure out your diet and comes with seven color-coded containers and a Shakeology® shaker cup to portion out all of your meals—much like its predecessor, 21 Day Fix. But this time, there are no cheats or treats, you'll be eating 100% clean.

THE SQUARES IN THE EATING PLAN CORRESPOND WITH THE FOOD CONTAINER OF THE SAME COLOR:

- Green Container (**Veggies**)
- Purple Container (**Fruits**)
- Red Container (**Proteins**)
- Yellow Container (**Carbs**)
- Blue Container (**Healthy Fats**)
- Orange Container (**Seeds & Dressings**)

YOU WILL ALSO SEE THIS ICON:

- tsp. (**Oils & Nut Butters**)*

**Teaspoon not included.*



GET STARTED

1 CALCULATE YOUR CALORIE TARGET

First you'll need to calculate your calories for either weight loss or weight maintenance while following the 21 Day Fix EXTREME Eating Plan. You'll want to recalculate after each round of the program you complete.

A CALCULATE: YOUR CALORIC BASELINE

$$\begin{array}{r} \text{[Box]} \text{ (lbs.)} \\ \text{CURRENT WEIGHT} \\ \times 11 = \\ \text{[Box]} \\ \text{CALORIC BASELINE} \end{array}$$

B CALCULATE: YOUR CALORIC NEEDS

$$\begin{array}{r} \text{[Box]} \\ \text{CALORIC BASELINE} \end{array} + 450 = \begin{array}{r} \text{[Box]} \\ \text{CALORIC NEEDS} \end{array}$$

Note: If you want to maintain your current weight, skip the next calculation and proceed to step 2 using your Caloric Needs calculation as your Caloric Target.

C CALCULATE: YOUR CALORIE TARGET

$$\begin{array}{r} \text{[Box]} \\ \text{CALORIC NEEDS} \end{array} - 750 = \begin{array}{r} \text{[Box]} \\ \text{CALORIE TARGET} \end{array}$$

Modifications: If your Calorie Target is less than 1,200, round up to 1,200. If it's more than 2,800, round down to 2,800.

2 FIND THE CALORIE CHART THAT CORRESPONDS WITH YOUR CALORIE TARGET

The Calorie Charts tell you the number of portions you're allotted per container, per day. Locate the chart that matches your Calorie Target.

CALORIE CHARTS

CONTAINERS	1,200–1,499 CALORIES	1,500–1,799 CALORIES	1,800–2,099 CALORIES	2,100–2,299 CALORIES	2,300–2,499 CALORIES	2,500–2,800 CALORIES
	4	4	5	6	7	8
	2	3	3	4	5	5
	4	4	5	6	6	7
	2	3	4	4	5	5
	1	1	1	1	1	1
	1	1	1	1	1	1
	3	4	5	6	7	8

If you have a "3" after the **Purple** square, that means you'll be filling the Purple Container (Fruits) three times a day.

$$\begin{array}{r} \text{[Purple container]} \\ \text{3} \end{array} = \begin{array}{c} \text{[Fruit container]} \\ \text{+} \end{array} \begin{array}{c} \text{[Berry container]} \\ \text{+} \end{array} \begin{array}{c} \text{[Orange container]} \end{array}$$

You don't need to hit your exact calorie target. Your calories may vary slightly from day-to-day and that's a good thing because it can help you avoid fitness or weight-loss plateaus. The plan is designed to let you eat roughly at your calorie target and still see results.

3 GET TO KNOW THE CONTAINER GROUPS

Now that you know how many of each container to eat, the CONTAINER FOOD GROUPS will tell you which foods you can put in those containers. Take a moment to check out the variety starting on page 10.

4 HOW EXTREME DO YOU WANT TO BE?

A If you're looking to improve your health while continuing to achieve results, follow the 21 Day Fix EXTREME Eating Plan as is. This is a great, sustainable way of eating for multiple rounds.

B If you're sticking with the EXTREME Eating Plan, but want to finish with a bang, use the Countdown Calorie Chart (the purple one) from the **Countdown to Competition** plan for your final three days. This quick shot of carb depletion provides short-term weight loss, perfect for a weekend when you want to look your best.

C If you're looking for an extreme challenge and want to get shredded for an upcoming event, whether it's a vacation or the Beachbody Classic, the **Countdown to Competition** is the way to go. This intense carb-cycling strategy is no joke and should only be done occasionally and only for 21 days at a time.



TALLY SHEETS

We've included TALLY SHEETS at the end of this guide to help you track your daily portion allotments. Make plenty of copies of the tally sheet or you can find a copy at Beachbody On Demand.

5 SPACING OUT YOUR MEALS

The order and timing of when you should eat is up to you, but here are three suggestions.

THE ENERGY BALANCER—Spread your eating across three meals and two snacks roughly 2–3 hours apart. Utilize a variety of containers with breakfast, lunch, and dinner and use the snacks for whatever containers you missed.

THE CARB OPTIMIZER—Spread your eating across six meals, 2 hours apart but make sure you've eaten all your Purple and Yellow Container foods before 6 PM. This will better help you utilize your dietary carbs as fuel.

AUTUMN'S COMPETITION REGIMEN—Spread your eating into eight small meals. This is the way Autumn recommends eating during her **Countdown to Competition**. For details, see her Competition Sample Day in the Countdown to Competition guide.



Over the next 21 days, you'll be retraining your body and eating habits.

Your caloric load will be changing, and your body will be needing the right mix of nutrients to get you the results you want from this program.

When you're taking on the challenge of change, you need the daily nutritional foundation of Shakeology. Packed with a potent blend of proteins, probiotics, antioxidants, vitamins, and minerals, each delicious shake gives your body the nutrients it needs to tackle a program like 21 Day Fix EXTREME.

An integral part of your Eating Plan, Shakeology helps you lose weight and curb junk-food cravings, while supporting healthy digestion and providing healthy energy.*

When you drink your daily Shakeology, you're creating change that begins inside.



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 ShakeologyFixExtreme.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.

SUPPLEMENTS

An additional key part of your success comes on the days you work out. The Beachbody Performance® system is designed to help you get the most from 21 Day Fix EXTREME. Each supplement uses the principle of "targeted nutrition," meaning that consuming them at specific times helps your body use them more effectively, so you can get the most out of your workout and recovery.

HERE'S WHAT WE RECOMMEND FOR 21 DAY FIX EXTREME:

ENERGIZE Pre-workout. Caffeine, beta-alanine, and quercetin work together to help promote healthy energy, sharpen focus, and improve intense exercise performance.*†

RECOVER Post-workout. A combination of timed-release whey, pea, and casein proteins, along with BCAAs and the powerful phytonutrient pomegranate extract, all to help promote muscle protein synthesis and jump-start recovery.*†



†Contains caffeine, which enhances mental alertness during intense muscular activity.
†Protein consumed after exercise supports muscle protein synthesis and growth.



CONTAINER FOOD GROUPS

The foods you can eat during the Fix EXTREME are on the following pages. Pick any variety of foods you want, fill your containers, and go!

It's important to consume a variety of foods so your body gets a diverse range of nutrients. The higher up on the list, the more nutritionally beneficial the food—but don't ignore the foods lower down.

The container groups are based on food groups (such as vegetables and fruits) AND macronutrient groups (fats, proteins, and carbohydrates). This is done to ensure that you get the right balance of vitamins, minerals, phytonutrients, and macronutrients. However, some foods can feature more complex combinations of these macronutrients, so we've categorized these foods based on how their macronutrient levels best fit within the 21 Day Fix EXTREME Eating Plan.

Some of the foods are listed with specific measurements/amounts—10 asparagus spears, for example. If there's no amount listed, just fill the container to the point that you can still fit the lid on it.

Using the CONTAINER FOOD GROUPS with the **Countdown to Competition** plan.

As a serious competitor, Autumn knows the foods that work and don't work for her body. Eventually you'll want to experiment and find the perfect foods that work for you, but in the meantime, we've added a + next to the foods Autumn eats on her carb-depletion days for you to follow.


*She also eliminates dairy from her diet when prepping for a competition, because it helps her avoid bloat, so we've added a ✕ next to these foods. She recommends avoiding these dairy items while doing the **Countdown to Competition** plan.*

GREEN CONTAINER

GREEN CONTAINER (VEGGIES)



- Kale, **cooked or raw**
- Collard greens, **cooked or raw**
- Spinach, **cooked or raw**
- Brussels sprouts, **chopped or 5 medium***
- + Broccoli, **chopped**
- + Asparagus, **10 large spears***
- Beets, **2 medium***
- Shakeology Power Greens Boost, **2 scoops** (limit once a day)*
- Tomatoes, **chopped**
- Squash (summer), **sliced**
- Winter squash (all varieties), **cubed**
- + String beans/green beans
- + Peppers (sweet), **sliced**
- Carrots, **sliced or 10 medium baby***
- + Cauliflower, **chopped**
- Artichokes, **½ large***
- Eggplant, **½ medium***
- Okra
- Jicama, **sliced**
- Snow peas
- Cabbage, **chopped**
- + Cucumbers
- Celery
- Lettuce
- Mushrooms
- Radishes
- Onions, **chopped**
- Sprouts
- Salsa (freshly made or pico de gallo)

Shakeology Power Greens Boost is a great way to get even more greens. 2 scoops equal one Green Container. While you can have as much Power Greens Boost as you want, it only counts as one  Green Container per day, so that you can fill the rest of your meals with a variety of other veggies.

*These food items don't fit in the containers, so just use the indicated amount.

Note: If participating in the **Countdown to Competition** plan, the + symbols are specific foods Autumn eats. x symbols are foods that Autumn avoids. **For more details, see the Countdown to Competition.**

PURPLE CONTAINER



PURPLE CONTAINER (FRUITS)



- Raspberries
- Blueberries
- Blackberries
- Strawberries
- Watermelon, **chopped**
- Cantaloupe, **chopped**
- Orange, **divided into sections or 1 medium***
- Tangerine, **2 small***
- Apple, **sliced or 1 small***
- Apricots, **4 small***
- Grapefruit, **divided into sections or ½ large***
- Cherries
- Grapes
- Kiwifruit, **2 medium***
- Mango, **sliced**
- Peach, **sliced or 1 large***
- Nectarine, **sliced or 1 large***
- Pear, **sliced or 1 large***
- Pineapple, **chopped**
- Banana, **½ large***
- Papaya, **chopped**
- Figs, **2 small***
- Honeydew melon, **chopped**
- Salsa (store-bought)
- Tomato sauce (plain or marinara)


*These food items don't fit in the containers, so just use the indicated amount.

RED CONTAINER

RED CONTAINER (PROTEINS)



- Sardines (fresh or canned in water), **7 medium***
- + Boneless, skinless chicken or turkey breast, **cooked, chopped**
- + Lean ground chicken or turkey ($\geq 93\%$ lean), **cooked**
- Fish, fresh water (catfish, + tilapia, trout), **cooked, flaked**
- Fish, cold water, wild-caught (+ cod, salmon, halibut, tuna), **cooked, flaked**
- Game (buffalo, bison, ostrich, venison, rabbit), **cooked, chopped**
- Game, lean ground ($\geq 95\%$ lean), **cooked**
- Eggs, **2 large***
- + Egg whites, **8 large***
- **Shakeology, 1 scoop***
- ✗ Greek yogurt (plain, 2%)
- ✗ Yogurt (plain, 2%)
- Shellfish (shrimp, crab, lobster), **cooked**
- Clams
- + Red meat (extra-lean), **cooked, chopped**
- Lean ground red meat ($\geq 95\%$ lean), **cooked**
- Organic tempeh
- Organic tofu (firm)
- Pork tenderloin, **chopped, cooked**
- Tuna (canned light in water), **drained**
- ✗ Cottage cheese (2%)
- ✗ Protein powder (hemp, rice, pea), **1½ scoops** (approx. 42 g depending on variety)*
- ✗ Veggie burger, **1 medium patty** (≥ 16 g protein and ≤ 15 g carbohydrate per patty)*

Shakeology provides a daily nutritional foundation with such a wide variety of nutrients that it practically fits in every container list! But to help you better fit it into your day, we focused on the 16g–17g of high-quality protein. One serving of Shakeology—either original or vegan—counts as one  Red Container

*These food items don't fit in the containers, so just use the indicated amount.

Note: If participating in the **Countdown to Competition** plan, the + symbols are specific foods Autumn eats. ✗ symbols are foods that Autumn avoids. For more details, see the **Countdown to Competition**.

YELLOW CONTAINER



YELLOW CONTAINER (CARBS)



- + Sweet potato, **chopped or mashed, or ½ small***
- + Yams (regular, white, tropical [batata]), **chopped or mashed, or ½ small***
- Quinoa, **cooked**
- Beans (kidney, black, garbanzo/chickpeas, white, lima, fava, pink, pigeon, etc.), **cooked, drained**
- Lentils, **cooked, drained**
- Organic edamame, **shelled**
- Peas
- Refried beans (nonfat)
- Rice (brown or wild), **cooked**
- Potato (russet), **chopped or mashed, or ½ small***
- Potato (red bliss or Yukon gold), **mashed or 1 whole***
- Corn on the cob, **1 ear***
- Amaranth, **cooked**
- Millet, **cooked**
- Buckwheat, **cooked**
- Barley (whole-grain), **cooked**
- Bulgur, **cooked**
- + Oatmeal (steel-cut or rolled), **cooked**
- Pasta (whole-grain), **cooked**
- Couscous (whole wheat), **cooked**
- Bread (whole-grain), **1 slice***
- Tortilla (whole-grain), **1 small (6-inch)***
- Tortilla (corn), **2 small (6-inch)***

*These food items don't fit in the containers, so just use the indicated amount.

Note: If participating in the **Countdown to Competition** plan, the + symbols are specific foods Autumn eats. x symbols are foods that Autumn avoids. **For more details, see the Countdown to Competition.**



BLUE CONTAINER (HEALTHY FATS)



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

*These food items don't fit in the containers, so just use the indicated amount.

Note: If participating in the **Countdown to Competition** plan, the + symbols are specific foods Autumn eats. ✗ symbols are foods that Autumn avoids. **For more details, see the Countdown to Competition.**

ORANGE CONTAINER

ORANGE CONTAINER (SEEDS & DRESSINGS)

- Pumpkin seeds, raw
- Sunflower seeds, raw
- Sesame seeds, raw
- Flaxseed, ground
- Chia seeds
- Hemp seeds
- Pine nuts
- Olives, 10 medium*
- Coconut (unsweetened), shredded
- *Fix-/Fixate-approved dressings*
(see some examples starting on page 64 and on Beachbody On Demand)



TEASPOON* (OILS & NUT BUTTERS)

- Extra-virgin olive oil
- ✦ Extra-virgin coconut oil
- Flaxseed oil
- Walnut oil
- Pumpkin seed oil
- Sesame oil
- Nut butters
(peanut, almond, cashew, etc.)
- Seed butters
(pumpkin, sunflower, sesame [tahini])
- Butter
- Ghee (clarified butter)
- Pesto – Fixate or similar

*Teaspoon not provided. Please use your own.



Note: If participating in the **Countdown to Competition** plan, the ✦ symbols are specific foods Autumn eats. ✦ symbols are foods that Autumn avoids. For more details, see the **Countdown to Competition**.

FREE FOODS

Eat as many of these "free foods" as you'd like!

- Water
- Lemon and lime juice
- Vinegars
- Mustard
- Herbs such as parsley, cilantro (fresh and dry)
- Spices and Fix-/Fixate-approved seasoning mixes (see page 32)
- Garlic
- Ginger
- Green onions
- Chile varieties (jalapeño, serrano, ancho, cascabel, pasilla, guajillo, habanero, etc.)
- Anchovy paste
- Hot sauce (Tabasco or Mexican only)
- Flavor extracts (pure vanilla, peppermint, almond, etc.)



HYDRATION

About 60% of the human body is water; it serves as a lubricant for just about every bodily function, all the way down to your cells. It also plays a vital role in flushing toxins out of your system, delivering nutrients, and helping you feel full—which is especially important when you're watching your portions. You'll be sweating a lot, so it's important to stay hydrated during 21 Day Fix EXTREME.

We recommend you drink your body weight, divided by two, in ounces. So if you weigh 150 pounds—that would be 150 divided by 2 = 75. That's 75 ounces of water, every day.



THE WATER BAR

The Water Bar is a fun way to make water interesting. Enjoy what you're drinking while staying properly hydrated.

To help you get started, here are a few of our favorite water recipes:

BASIL TWIST

Ice water with fresh basil leaves and a lemon wedge.

THE CONTINENTAL

Sparkling water with two orange slices and $\frac{1}{8}$ teaspoon of ground cinnamon.

THE ISLANDER

Ice water with 2 to 3 thin mango and pineapple slices.

MELON TONER

Ice water with honeydew melon cubes and a sprig of tarragon.

BERRY BOOM!

Ice water with blueberries, raspberries, and strawberry slices.



MIXERS

- Flat water
- Sparkling water (no calories)

MIX-INS

Choose any combination of mix-ins from the lists below to bring your water to life.

FRUITS/VEGGIES

- Lemon wedges
- Lime wedges
- Blueberries
- Raspberries
- Orange slices
- Strawberry slices
- Kiwifruit slices
- Mango slices
- Pineapple slices
- Cucumber slices
- Frozen grapes
- Watermelon cubes
- Honeydew melon cubes
- Splash of fruit juice: cranberry, orange, grapefruit

HERBS/SPICES

- Mint leaves
- Basil leaves
- Grated ginger
- Rosemary
- Ground cinnamon

EXTRAS

- Ice
- Lemon mint ice (fill an ice cube tray with water, a few generous squirts of lemon juice, and mint leaves, then freeze!)

TEA & COFFEE

Even when doing **EXTREME**, you don't need to give up your morning coffee or afternoon tea.

In fact, they're both filled with antioxidants and are thermogenic, meaning they promote fat burning, and ergogenic, meaning they boost your ability to work out. Autumn recommends sticking to one to two 8-ounce cups of regular coffee or tea a day.

The stuff people *add* to tea and coffee is the problem. For the next 21 days, you'll be keeping things tight. To make sure that you're drinking your tea or coffee **EXTREME**-style, here are the do's and don'ts.

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

Nondairy creamer

Artificial sweeteners

Flavored syrups (such as caramel, vanilla, hazelnut, etc.)

Chocolate syrup



SHAKEOLOGY BASES

✱ 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 beverage (8 fl. oz.)

1

• Unsweetened rice milk (8 fl. oz.)

1

• Unsweetened coconut water (8 fl. oz.)

½



Note: If participating in the **Countdown to Competition** plan, the ✱ symbols are foods that Autumn avoids. For more details, see the **Countdown to Competition**.



21 DAY FIX EXTREME RECIPES

Here are a variety of simple, healthy breakfasts, lunches, dinners, and dressings designed to work perfectly with the color-coded containers.

For more great Fix EXTREME recipes, visit the blog on [Beachbody On Demand](#).

SEASONING MIXES

Here are a few seasoning options to add some flavor to your food choices. Combine these herbs, mix well, and store them in an airtight container. Use them as a rub for roasting, grilling, and spicing up your proteins. You can also use these mixes to flavor rice, lentils, beans, quinoa, and vegetables.



ALL-PURPOSE SEASONING

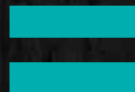
- 4 tsp. onion powder
- 2 tsp. garlic powder
- 2 tsp. mustard powder
- ¼ tsp. dried thyme
- ¼ tsp. ground black pepper
- 1 tsp. sea salt or Himalayan salt

SMOKY SOUTHWESTERN SEASONING

- 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 or Himalayan salt

MEDITERRANEAN SEASONING

- 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 or Himalayan salt
- ¼ tsp. ground black pepper



Tip: We suggest occasionally transferring your 21 Day Fix EXTREME food to a plate. This will give you a healthy perspective on what a "normal" portion should look like.

BREAKFAST

PB AND STRAWBERRY OATMEAL

Makes 1 serving

1½ cups	water
1 pinch	sea salt or Himalayan salt (Mineralize)
¼ cup	steel-cut oats
1 tsp.	creamy all-natural peanut butter, no sugar added
2 Tbsp.	unsweetened almond milk (optional)
1 cup	sliced strawberries

CONTAINER EQUIVALENTS

PER SERVING

	1
Purple	

	1
Yellow	

	1
---	----------

1. Bring water and salt to a boil in medium saucepan over medium-high heat. Reduce heat to low.
2. Add oats; cook, stirring frequently, for 15 to 20 minutes, or until water is just absorbed. Remove from heat. Let stand for 5 minutes.
3. Add peanut butter; mix well. If too thick, add almond milk.
4. Top with strawberries.






CASHEW 'N' OAT HOTCAKES

Makes 10 servings, 2 hotcakes each

- 2 cups** dry old-fashioned rolled oats
- ½ cup** raw cashews
- 1 dash** sea salt or Himalayan salt (Mineralize)
- 1 tsp.** ground cinnamon
- 1** large egg
- 1 Tbsp.** extra-virgin organic coconut oil, melted
- 1½ cups** water
- 1 tsp.** pure vanilla extract
- 5 cups** Nonstick cooking spray
- 5 cups** mixed berries

1. Place oats, cashews, salt, and cinnamon in food processor (or blender); pulse until coarsely ground.
2. Add egg, oil, water, and extract; pulse until well blended. Batter will be thick, but if it is as thick as paste add 2 to 3 additional Tbsp. of water.
3. Heat medium nonstick skillet, lightly coated with spray, over medium heat.
4. Spoon approx. ¼ cup batter into skillet for each pancake; cook for 1 to 2 minutes or until bubbles form on top.
5. Flip with spatula and cook for 30 seconds.
6. Repeat with remaining batter.
7. Serve pancakes topped evenly with berries.

CONTAINER EQUIVALENTS	
PER SERVING	
 Purple	½
 Yellow	1
 Blue	½





MINI VEGETABLE EGG CUPS

Makes 6 servings, 2 vegetable egg cups each

- 12** Nonstick cooking spray
- 12** large eggs
- 1 (10-oz.) bag** sea salt or Himalayan salt (Mineralize)
- 1** and ground black pepper (to taste; optional)
- 2** raw baby spinach, finely chopped
- 1** medium red bell pepper, finely chopped
- 2** green onions, thinly sliced

1. Heat oven to 375° F (190° C).
2. Lightly coat twelve-cup muffin tin with spray. Set aside.
3. Place eggs in a large bowl. Season with salt and pepper (if desired); whisk to blend.
4. Add spinach, bell pepper, and green onions; mix well.
5. Evenly pour egg mixture into prepared muffin cups.
6. Bake for 15 to 20 minutes, or until a toothpick inserted into the center of cups comes out clean.

CONTAINER EQUIVALENTS	
PER SERVING	
 Green	½
 Red	1






GREEK YOGURT PARFAIT

Makes 1 serving

- ¾ cup** reduced-fat (2%) plain Greek yogurt
- 1 cup** 1 small green apple, sliced
- 8** walnut halves, chopped
- ¼ tsp.** ground cinnamon

1. Layer half yogurt and half apples in a tall glass; repeat layers.
2. Top with walnuts and cinnamon.

CONTAINER EQUIVALENTS	
PER SERVING	
 Purple	1
 Red	1
 Blue	1






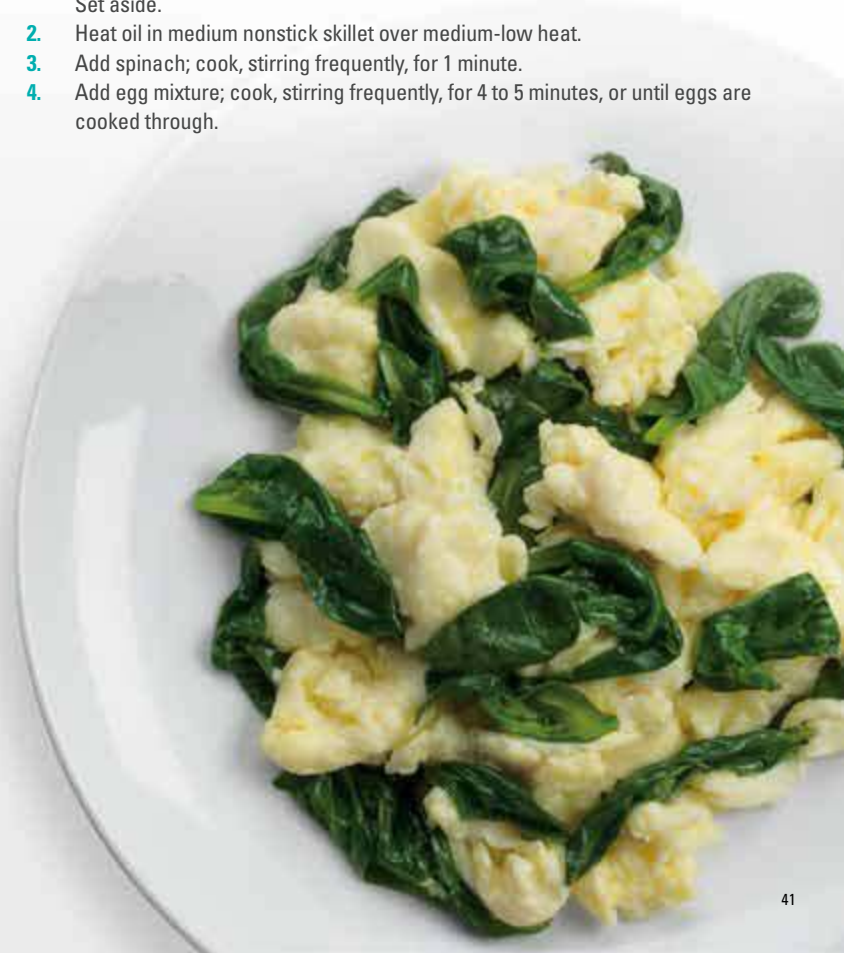
EGG AND SPINACH SCRAMBLE

Makes 1 serving

- 1** large egg
- 4** large egg whites (½ cup)
- 1 pinch** sea salt or Himalayan salt (Mineralize)
- 1 pinch** ground black pepper
- 1 tsp.** olive oil
- 2 cups** raw baby spinach

1. Combine egg, egg whites, salt, and pepper in a medium bowl; whisk to blend. Set aside.
2. Heat oil in medium nonstick skillet over medium-low heat.
3. Add spinach; cook, stirring frequently, for 1 minute.
4. Add egg mixture; cook, stirring frequently, for 4 to 5 minutes, or until eggs are cooked through.

CONTAINER EQUIVALENTS	
PER SERVING	
 Green	1
 Red	1
	1



LUNCH

FIX EXTREME COBB SALAD

Makes 1 serving

2 cups

1 cup

½ cup

½ cup

½ cup

⅛

¼ cup + 2 Tbsp.

1

2 Tbsp.

mixed salad greens

raw spinach, cut into bite-sized pieces

sliced cucumber

sliced tomato

sliced carrots

medium avocado, cubed

cooked rotisserie chicken breast,
skinless, boneless (2 oz.)

hard-boiled large egg, sliced

sea salt or Himalayan salt (Mineralize)





and ground black pepper (to taste; optional)

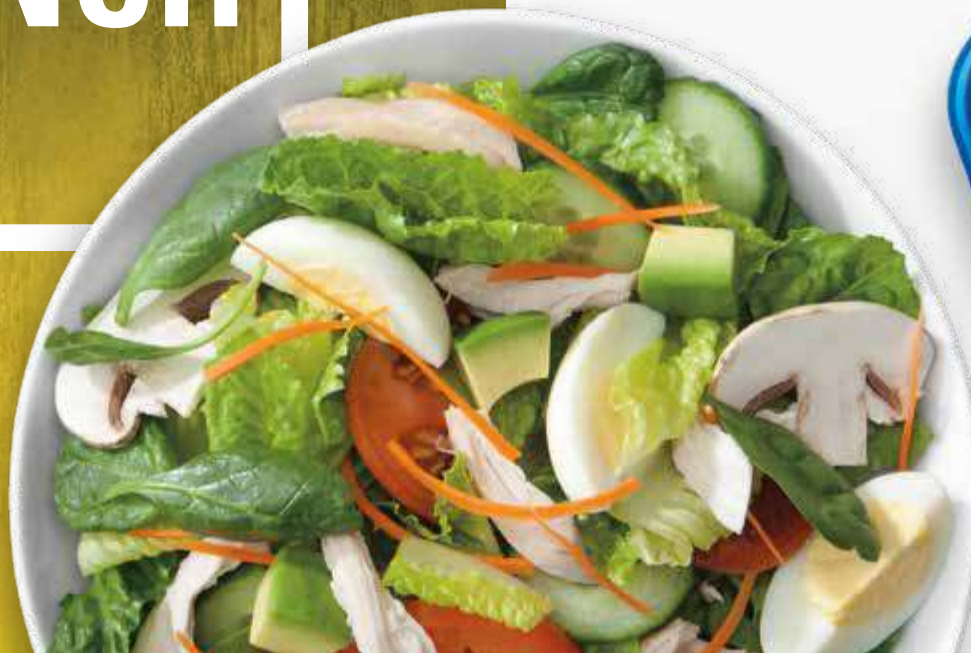
Balsamic Vinaigrette dressing (see pg. 65)

1. Combine greens, spinach, cucumber, tomato, carrot, avocado, chicken, and egg in a large bowl; toss gently to blend.
2. Season with salt and pepper (if desired).
3. Drizzle with dressing; toss gently to blend.

CONTAINER EQUIVALENTS

PER SERVING

	3
Green	
	1
Red	
	½
Blue	
	1
Orange	







CHICKEN FAJITAS

Makes 4 servings, 2 fajitas each

- 1 tsp.** chili powder
½ tsp. sea salt or Himalayan salt (Mineralize)
½ tsp. ground cumin
½ tsp. garlic powder
2 tsp. olive oil, *divided use*
1 lb. raw chicken breast, boneless, skinless, cut into ½-inch strips
1 medium red (or green) bell pepper, cut into thin strips
1 medium onion, thinly sliced
1 Tbsp. fresh lime juice
8 large romaine (or butter) lettuce leaves
½ medium avocado, thinly sliced
1 cup fresh tomato salsa
Lime wedges (for garnish; optional)

1. Combine chili powder, salt, cumin, garlic powder, and *1 tsp.* oil in large resealable plastic bag.
2. Add chicken, bell pepper, and onion; mix gently to coat. Refrigerate for 15 minutes.
3. Heat *remaining 1 tsp.* oil in large nonstick skillet over medium-high heat.
4. Empty contents of plastic bag into skillet; cook, stirring frequently, for 5 to 6 minutes, or until chicken is cooked through.
5. Remove from heat. Add lime juice.
6. Evenly top lettuce leaves with chicken mixture, avocado, and salsa.
7. Garnish with lime wedges if desired.

Variations: Substitute beef sirloin for chicken and cook to desired doneness. Shrimp is also a perfect substitution for chicken; simply use 1 lb. peeled and deveined shrimp and add a flavorful ground chipotle chili powder instead of regular chili powder.



CONTAINER EQUIVALENTS	
PER SERVING	
 Green	1
 Red	1
 Blue	½
	½



TURKEY LETTUCE WRAPS

Makes 6 servings, 1 wrap each

- 1 tsp. garlic powder
- 1 tsp. ground cumin
- 1 tsp. chili powder
- 1 tsp. ground paprika
- ½ tsp. sea salt (or Himalayan salt)
- ½ tsp. dried oregano
- ½ medium onion, finely chopped
- ½ green bell pepper, finely chopped
- 1½ lbs. raw 93% lean ground turkey breast
- ¾ cup water
- ¼ cup tomato sauce, no sugar added (4 oz.)
- 6 large lettuce leaves, washed, dried
- 1 medium tomato, chopped
- 1 cup chopped fresh cilantro

CONTAINER EQUIVALENTS	
PER SERVING	
	½
Green	
	1
Red	




1. Combine garlic powder, cumin, chili powder, paprika, salt, and oregano in a small bowl; mix well. Set aside.
2. Heat large nonstick skillet over medium heat. Add onion and bell pepper; cook, stirring frequently, for 4 to 5 minutes, or until onion is translucent.
3. Add turkey; cook, stirring frequently, for 5 minutes, or until no longer pink.
4. Add garlic powder mixture; mix well.
5. Add water and tomato sauce. Bring to a boil. Reduce heat to low; cook, covered, for 10 to 12 minutes.
6. Top each lettuce leaf evenly with turkey mixture, tomato, and cilantro.



BALSAMIC STEAK SALAD

Makes 4 servings, approximately 4 cups each

- 4 (4-oz.) raw extra-lean beef tenderloin steaks, trimmed
- 1 tsp. sea salt or Himalayan salt (Mineralize)
- ½ tsp. ground black pepper
- 1 Tbsp. + 1 tsp. olive oil
- ½ cup balsamic vinegar
- 8 cups mixed salad greens
- 2 cups sliced red onions
- 2 cups cherry tomatoes, cut in half

CONTAINER EQUIVALENTS	
PER SERVING	
	2½
Green	
	1
Red	
	1

1. Season steaks with salt and pepper. Set aside.
2. Heat oil in large nonstick skillet over medium-high heat.
3. Add steaks; cook for 3 minutes on each side for medium rare, or to desired doneness. Remove steaks from skillet; keep warm by covering with aluminum foil.
4. Add vinegar to same skillet. Bring to a boil. Reduce heat to low; gently boil for 3 to 5 minutes, or until vinegar thickens into a glaze.
5. Cut each steak into ¼-inch thick slices. Set aside.
6. Place 2 cups of mixed greens, ½ cup onions, and ½ cup tomatoes on each serving plate. Top each with one sliced steak; drizzle evenly with balsamic glaze.






POACHED TILAPIA WITH VEGETABLES

Makes 1 serving

- 1 (4-oz.) raw tilapia fillet
- ¼ tsp. sea salt or Himalayan salt (Mineralize)
- ¼ tsp. ground black pepper
- 1 tsp. olive oil
- ½ cup sliced carrots
- ½ cup sliced red onion
- 5 large asparagus spears, sliced
- 1 clove garlic, chopped
- ½ cup water
- 1 Tbsp. fresh lemon juice
- ½ tsp. fresh (or dried) dill weed
- Lemon slices (for garnish; optional)

1. Season tilapia with salt and pepper. Set aside.
2. Heat oil in large nonstick skillet over medium-high heat.
3. Add carrot and onion; cook, stirring frequently, for 3 to 4 minutes, or until onion is translucent.
4. Add asparagus and garlic; cook, stirring frequently, for 1 to 2 minutes, or until vegetables are tender-crisp. Place vegetables on a large serving platter. Keep warm.
5. Add water, lemon juice, and dill to same skillet. Bring to a boil. Reduce heat to medium.
6. Add tilapia; cook, covered, for 5 to 7 minutes, or until fish flakes easily when tested with a fork.
7. Remove from heat; place tilapia on top of vegetables. Top with sauce.
8. Garnish with lemon if desired.

Tip: Buy fish in large quantities and freeze in individual resealable plastic bags for use in this recipe. Remember to date your frozen fish and freeze for no more than 6 months. Defrost in refrigerator the day before you are going to prepare recipe.

CONTAINER EQUIVALENTS	
PER SERVING	
 Green	1½
 Red	1
	1





DINNER

TURKEY MEATLOAF

Makes 8 servings, 1 slice each

2 lbs.	raw 93% lean ground turkey
3 cloves	garlic, finely chopped
2	large eggs, lightly beaten
1 cup	all-natural mild salsa
1 cup	cooked quinoa, cooled
1 tsp.	sea salt or Himalayan salt (Mineralize)
	Ground black pepper (to taste; optional)
	Fresh chopped parsley (for garnish; optional)

CONTAINER EQUIVALENTS

PER SERVING	
 Red	1
 Yellow	1/2

1. Preheat oven to 375° F (190° C).
2. Combine turkey, garlic, eggs, salsa, quinoa, salt, and pepper in a large bowl; mix well by hand or with a rubber spatula.
3. Shape mixture into shape of a loaf and place on ungreased 13 x 9-inch baking pan.
4. Bake for 60 to 70 minutes, or until center is no longer pink and meat is cooked through.
5. Let stand 10 minutes before serving.
6. Cut into eight slices. Serve garnished with parsley.

Tip: Cut cooked meatloaf into single servings and freeze in single resealable plastic bags for future meals.



TURKEY CHILI




Makes 6 servings, 1 cup each

1 tsp.	olive oil
1½ lbs.	raw 93% lean ground turkey
1	medium onion, chopped
1	medium green bell pepper, chopped
3 cloves	garlic, finely chopped
1 Tbsp.	chili powder
1½ tsp.	ground cumin
½ tsp.	sea salt or Himalayan salt (Mineralize)
¼ tsp.	cayenne pepper (to taste; optional)
2 (15-oz.) cans	black beans (or pinto beans), drained, rinsed
1 (15-oz.) can	all-natural diced tomatoes, no sugar added, do not drain
2 Tbsp.	finely chopped fresh cilantro (for garnish; optional)

1. Heat oil in large saucepan over medium-high heat.
2. Add turkey, onion, bell pepper, and garlic; cook, stirring occasionally, for 5 to 8 minutes, or until turkey is no longer pink.
3. Add chili powder, cumin, salt, and cayenne pepper; cook, stirring constantly, for 1 minute.
4. Add beans and tomatoes (with liquid). Bring to a boil. Reduce heat to low; gently boil, stirring occasionally, for 15 to 20 minutes, or until thickened.
5. Sprinkle evenly with cilantro (if desired)

Tip: Store in individual airtight containers and freeze for future meals.

Variations: Substitute ground turkey with diced chicken or turkey breast. Add garbanzo beans and organic corn for additional texture and flavor.

CONTAINER EQUIVALENTS	
PER SERVING	
 Green	1
 Red	1
 Yellow	1





POACHED EGGS OVER ASPARAGUS

Makes 1 serving

- 2 cups** hot water
1 tsp. fresh lemon juice
2 large eggs
10 large asparagus spears, steamed
 Ground black pepper (to taste; optional)
 Finely grated lemon peel (lemon zest) (to taste; optional)

1. Bring water to a boil in medium saucepan over medium-high heat. Add lemon juice; reduce heat to maintain a gentle boil.
2. Break eggs into a small bowl. Hold bowl close to the water's surface and slip each egg separately into the water; cook for about 5 minutes or until whites are completely set and yolks begin to thicken. Gently lift eggs out of water.
3. Serve poached eggs over asparagus.
4. Garnish with pepper (if desired) and lemon peel (if desired).

CONTAINER EQUIVALENTS	
PER SERVING	
 Green	1
 Red	1





TURKEY MEATBALLS

Makes 6 servings, 5 meatballs each

- 1½ lbs.** Nonstick cooking spray
1 tsp. raw 93% lean ground turkey breast
1 tsp. sea salt or Himalayan salt (Mineralize)
1 tsp. dry mustard
1 smoked paprika
¾ cup large egg, lightly beaten
2 cloves dry quick-cooking rolled oats
2 Tbsp. garlic, finely chopped
2 Tbsp. finely chopped fresh parsley
 tomato sauce, no sugar added

1. Preheat oven to 400° F (204° C).
2. Lightly coat large baking sheet with spray. Set aside.
3. Combine turkey, salt, mustard, paprika, egg, oats, garlic, parsley, and tomato sauce in a large bowl; mix well with clean hands.
4. Roll mixture into thirty 1-inch meatballs. Place on prepared pan.
5. Bake for 15 to 20 minutes, or until no longer pink in the middle.

***Tip:** Meatballs freeze very well. Place 5 cooked meatballs in a resealable plastic bag and freeze for future meals. You can defrost them in the refrigerator and heat them in a toaster oven.*

CONTAINER EQUIVALENTS	
PER SERVING	
 Red	1
 Yellow	½





HEARTY BEEF AND BUTTERNUT SQUASH STEW

Makes 6 servings, approx. 1½ cups each

1 tsp.	olive oil
1½ lbs.	raw lean beef stew meat, boneless, cut into 2-inch cubes
1	medium onion, chopped
½	green bell pepper, chopped
½	red bell pepper, chopped
4 cloves	garlic, crushed
2	medium tomatoes, chopped
1 cup	low-sodium organic beef broth
1	bay leaf
1 tsp.	sea salt or Himalayan salt (Mineralize)
1 tsp.	ground black pepper
2 cups	cubed butternut squash
¼ cup	chopped fresh flat leaf parsley

1. Heat oil in a large saucepan over medium-high heat.
2. Add beef; cook, stirring frequently, for 4 to 5 minutes, or until beef is brown.
3. Add onion and bell peppers; cook, stirring frequently, for 4 to 5 minutes, or until onion is translucent.
4. Add garlic; cook, stirring frequently, for 1 minute.
5. Add tomatoes, broth, bay leaf, salt, and pepper. Bring to a boil. Reduce heat to medium-low; cook, covered, for 40 minutes.
6. Add squash; cook, stirring occasionally, for 8 to 12 minutes, or until sauce has thickened and beef is fork-tender.
7. Remove bay leaf; serve topped with parsley.

Tip: You can store individual portions of cooked beef stew in refrigerator for up to four days, or freeze for up to three months.

CONTAINER EQUIVALENTS	
PER SERVING	
 Green	1
 Red	1



SNACKS

ALMONDS AND PEAR



Makes 1 serving

1 large pear
12 whole raw almonds

1. Enjoy almonds with pear.

CONTAINER
EQUIVALENTS

PER SERVING

	1
Purple	
	1
Blue	





APPLE AND ALMOND BUTTER

Makes 1 serving

- 1** small apple, cut in half, seeds removed
- 2 tsp.** all-natural almond butter

- 1.** Fill each apple half with almond butter.

CONTAINER EQUIVALENTS	
PER SERVING	
 Purple	1
	2





HUMMUS AND CELERY

Makes 1 serving

- 2** large celery stalks, cut into sticks
- ¼ cup** prepared hummus

- 1.** Serve portioned hummus with celery for dipping.



CONTAINER EQUIVALENTS	
PER SERVING	
 Green	1
 Blue	1



GREEK YOGURT WITH BANANA AND CINNAMON

Makes 1 serving

- $\frac{3}{4}$ cup reduced-fat (2%) plain Greek yogurt
- $\frac{1}{2}$ large banana, sliced
- $\frac{1}{2}$ tsp. ground cinnamon

CONTAINER EQUIVALENTS	
PER SERVING	
 Purple	1
 Red	1



- Place yogurt in a small serving bowl; top with banana and cinnamon.



EDAMAME AND SESAME SEEDS

Makes 1 serving

- $\frac{1}{2}$ cup shelled edamame
- 1 Tbsp. sesame seeds

CONTAINER EQUIVALENTS	
PER SERVING	
 Yellow	1
 Orange	$\frac{1}{2}$

- Place edamame in a small serving bowl; sprinkle with sesame seeds.



FIX EXTREME DRESSINGS



Tip: 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.

BALSAMIC VINAIGRETTE

Makes 8 servings, approx. 2 Tbsp.

- ¼ cup + 2 Tbsp.** balsamic vinegar
- ¼ cup** fresh lemon juice
- 2 tsp.** Dijon mustard
- 1 tsp.** raw honey (or pure maple syrup)
- ¼ cup + 2 Tbsp.** extra-virgin olive oil

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

Do not feed honey to children younger than one year.

CONTAINER
EQUIVALENTS

PER SERVING

Orange

1

LIME-BASIL VINAIGRETTE

Makes 7 servings, approx. 2 Tbsp.

- ¼ cup** fresh lime juice
- ¼ cup** finely chopped shallot
- 6** fresh basil leaves, finely chopped
- 1 Tbsp. + 1 tsp.** Dijon mustard
- ¼ tsp.** sea salt or Himalayan salt (Mineralize)
- ¼ tsp.** ground black pepper
- ¼ cup + 2 Tbsp.** extra-virgin olive oil

1. Combine lime juice, shallot, basil, mustard, salt, and pepper in a small bowl; whisk to blend.
2. Slowly add oil, whisking continuously, until blended.

CONTAINER
EQUIVALENTS


PER SERVING

Orange

1

CREAMY MINT DRESSING

Makes 12 servings, approx. 2 Tbsp.

CONTAINER EQUIVALENTS	
PER SERVING	
	1
Orange	

- 1** medium avocado, cut into chunks
- 1½ cups** reduced-fat (2%) plain Greek yogurt
- ¼ cup** finely chopped fresh mint
- 3 Tbsp.** red wine vinegar
- ¼ tsp.** sea salt or Himalayan salt (Mineralize)
- 1 dash** ground white pepper
- ⅓ cup** extra-virgin olive oil


- Place avocado, yogurt, mint, vinegar, salt, and pepper in blender; cover. Blend until smooth.
- With blender running, slowly add oil in a thin, continuous stream until completely emulsified and dressing is thick and creamy.



Tip: 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.

WHITE BALSAMIC VINAIGRETTE

Makes 8 servings, approx. 2 Tbsp.


CONTAINER EQUIVALENTS	
PER SERVING	
	1
Orange	

- 6 Tbsp.** white balsamic vinegar
- ¼ cup** fresh lemon juice
- 2 tsp.** Dijon mustard
- 1 tsp.** pure maple syrup
- 6 Tbsp.** extra-virgin olive oil

- Combine vinegar, lemon juice, mustard, and maple syrup in a small bowl; whisk to blend.
- Slowly add oil, whisking continuously, until blended.

ORANGE-LIME VINAIGRETTE

Makes 6 servings, approx. 2 Tbsp.

CONTAINER EQUIVALENTS	
PER SERVING	
	1
Orange	

- ¼ cup** 100% orange juice
- ¼ cup** fresh lime juice
- 2 tsp.** Dijon mustard
- 2 tsp.** raw honey
- ¼ cup** extra-virgin olive oil

- Combine orange juice, lime juice, mustard, and honey in a small bowl; whisk to blend.
- Slowly add oil, whisking continuously, until blended.

Do not feed honey to children younger than one year.

On the Fix EXTREME Eating Plan you'll be avoiding sweets and treats for the next 21 days—with one exception: **Shakeology**. These snacks and smoothies will taste decadent, but are filled with healthy foods that will fuel your body for your workouts and push your results.

SHAKEOLOGY RECIPES

STRAWBERRY PROTEIN SQUARES

Makes 12 servings, 1 square each

2 cups
4 scoops
½ cup
¾ cup

dry old-fashioned rolled oats
Strawberry Shakeology
all-natural smooth almond butter
unsweetened almond milk

CONTAINER EQUIVALENTS

PER SERVING

 Red ½

 Yellow ½

 1½

1. Place oats and Shakeology in blender (or food processor); cover. Blend for 1 minute.
2. Add almond butter and almond milk; cover. Blend for 1 minute, or until it forms a wet dough.
3. Place in 8 x 8-inch baking dish; press evenly to cover bottom of dish. Set aside.
4. Refrigerate for 2 hours or until firm. Cut into twelve squares.







HARVEST PIE SHAKEOLOGY

Makes 1 serving

1 cup	water
1 scoop	Strawberry (or Tropical Strawberry Vegan) Shakeology
2 Tbsp.	chopped raw walnuts
½ tsp.	ground cinnamon
1 cup	ice

1. Place water, Shakeology, walnuts, cinnamon, and ice in blender; cover. Blend until smooth.







CONTAINER EQUIVALENTS	
PER SERVING	
 Red	1
 Blue	1

COFFEE PROTEIN SHAKEOLOGY

Makes 1 serving

1 cup	unsweetened coconut milk beverage
1 scoop	Café Latte (or Café Latte Vegan) Shakeology
2 Tbsp.	chia seeds
½	large banana, cut into chunks
1 cup	ice

1. Place coconut milk, ice, Shakeology, chia seeds, and banana in blender; cover. Blend until smooth.





CONTAINER EQUIVALENTS	
PER SERVING	
 Purple	1
 Red	1
 Orange	1
	1

SHAKEOLOGY BARS

Makes 12 servings, 1 bar each

- 4 scoops** Chocolate Shakeology
- 2 cups** dry quick-cooking old-fashioned oats
- ½ cup** chopped raw walnuts
- ½ cup** raisins
- 1 cup** unsweetened almond milk
- ½ cup** all-natural peanut butter, creamy
- Nonstick cooking spray

1. Combine Shakeology, oats, walnuts, and raisins in a large bowl; mix well.
2. Add almond milk and peanut butter; mix well with clean hands.
3. Place in an 8 x 8-inch pan that is lightly coated with spray. Press down to flatten into pan. Refrigerate for 3 hours.
4. Cut into twelve bars.




CONTAINER EQUIVALENTS	
PER SERVING	
 Red	½
 Yellow	½
 Blue	½
	1½

CHOCOLATE SHAKEOLOGY PUDDING

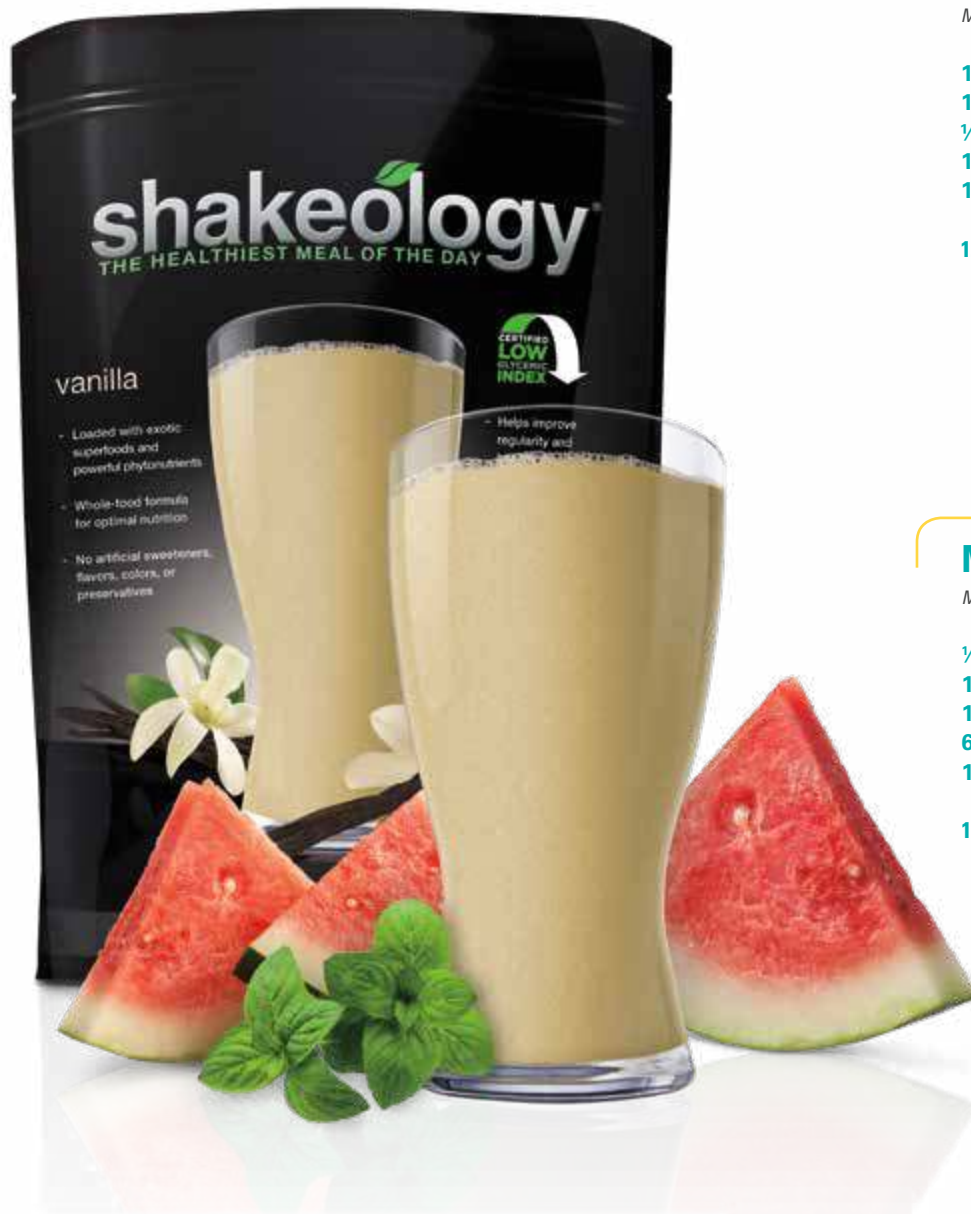
Makes 4 servings, approximately ½ cup each

- 2 scoops** Chocolate Shakeology
- 1** ripe medium avocado
- 1** large ripe banana, cut into chunks
- 1 cup** unsweetened almond milk

1. Place Shakeology, avocado, banana, and almond milk in blender; cover. Blend until smooth. (If too thick, add additional almond milk.)
2. Pour into four dessert cups; refrigerate for at least 1 hour, or until set.

CONTAINER EQUIVALENTS	
PER SERVING	
 Purple	½
 Red	½
 Blue	1








VANILLA ALMOND & BANANA SHAKEOLOGY

Makes 1 serving

- 1 cup** unsweetened almond milk
- 1 scoop** Vanilla (or Vanilla Vegan) Shakeology
- ½ large** banana, cut into chunks
- 1 tsp.** all-natural almond butter
- 1 cup** ice

1. Place almond milk, Shakeology, banana, almond butter, and ice in blender; cover. Blend until smooth.





CONTAINER EQUIVALENTS	
PER SERVING	
 Purple	1
 Red	1
	2

MINTY WATERMELON SHAKEOLOGY

Makes 1 serving

- ½ cup** water
- 1 scoop** Vanilla (or Vanilla Vegan) Shakeology
- 1 cup** cubed watermelon
- 6** fresh mint leaves, chopped
- 1 cup** ice

1. Place water, Shakeology, watermelon, mint, and ice in blender; cover. Blend until smooth.

CONTAINER EQUIVALENTS	
PER SERVING	
 Purple	½
 Red	1





PEANUT BUTTER ESPRESSO SHAKEOLOGY

Makes 1 serving

- $\frac{3}{4}$ cup unsweetened almond milk
- 1 cup ice
- 1 scoop Café Latte (or Café Latte Vegan) Shakeology
- 2 tsp. all-natural peanut butter

1. Place almond milk, ice, Shakeology, and peanut butter in blender; cover. Blend until smooth.







CONTAINER EQUIVALENTS	
PER SERVING	
 Red	1
	3

BANANA-NUT LATTE SHAKEOLOGY

Makes 1 serving

- 1 cup unsweetened almond milk
- 1 cup ice
- 1 scoop Café Latte (or Café Latte Vegan) Shakeology
- $\frac{1}{2}$ large banana, cut into chunks
- 2 Tbsp. chopped raw walnuts
- $\frac{1}{2}$ tsp. ground cinnamon

1. Place almond milk, ice, Shakeology, banana, walnuts, and cinnamon in blender; cover. Blend until smooth.

CONTAINER EQUIVALENTS	
PER SERVING	
 Purple	1
 Red	1
 Blue	1
	1

TALLY SHEETS

These Tally Sheets will help you keep track of your daily portion allotments. Be sure to make additional copies or you can find a copy of the 21 Day Fix EXTREME Program Materials on Beachbody On Demand.

EXAMPLE:

CALORIE TARGET: 1,200 - 1,499							
CONTAINERS							
	4	2	4	2	1	1	3

DAY:							
Meal 1		1	1				
Meal 2	1						1
Meal 3		1	1	1			
Meal 4	1				1		1
Meal 5	2		1	1			
Meal 6			1			1	1
Total	4	2	4	2	1	1	3
Water	1	1	1	1	1	1	1

CALORIE TARGET:

CONTAINERS							

DAY:							
Meal 1							
Meal 2							
Meal 3							
Meal 4							
Meal 5							
Meal 6							
Total							
Water							

DAY:							
Meal 1							
Meal 2							
Meal 3							
Meal 4							
Meal 5							
Meal 6							
Total							
Water							

DAY:							
Meal 1							
Meal 2							
Meal 3							
Meal 4							
Meal 5							
Meal 6							
Total							
Water							

21 DAY FIX EXTREME FAQ

THIS SEEMS LIKE A LOT OF FOOD. DO I NEED TO EAT IT ALL?

Healthy foods like fruits, veggies, and lean proteins have a lot more volume, so at first, the amount of food on your plate may seem overwhelming. You don't need to eat it all! In time, your body will adapt. Just don't use this as an excuse to skip foods you don't like. Try to eat all of your containers and if you must cut out the occasional container, make it a yellow one.

HOW DO I KNOW IF I'M GETTING ENOUGH FOOD?

Generally, hunger and cravings aren't always great indicators that you're not eating enough, especially when you're trying a new nutrition plan. They can just be your body telling you that it's used to your former ways of eating and indulgence.

Performance is a far better indicator of adequate nutrition. Your workouts should continue to improve. If you're not making gains, a lack of calories may be the issue. Proper nutrition should easily sustain you through a 30-minute workout. If you're absolutely dying in the middle of the Fix EXTREME workouts, it may mean you're running out of blood sugar and glycogen (which is your body's blood sugar backup) and therefore you're under-eating.

Other signals include an inability to sleep, minor headaches, and a general feeling of sluggishness. If this happens, we recommend moving up to the next Calorie Chart. The 21 Day Fix EXTREME Eating Plan is challenging, but it should still feel doable. If you're doing the Countdown to Competition plan and feel you're not getting enough food, return to the Fix EXTREME Eating Plan for a week or two before resuming Countdown to Competition at the next Calorie Chart.

WHAT ABOUT EATING OUT AT RESTAURANTS?

21 Day Fix EXTREME is *only* 21 days. Keep your goals at the forefront and stay focused on your nutrition and exercise. For best results, stay away from the ever-present sugars, fats, salty food items, and overblown portion sizes in most restaurant fare.

21 Day Fix EXTREME is an excellent opportunity to educate yourself on how to dine out properly. Occasionally transfer your foods to a plate. This will teach you perspective on healthy portion sizes, so you'll be better equipped at restaurants to know what to eat, how much, and what to take home.

BEACHBAR®

10g protein. 6g sugar. Just 150 calories.
Snack on a bar that's better.

You've been waiting for this—a snack bar with real chocolate chips, creamy nut butters, crunchy protein crisps—and just 150 calories. Both delicious flavors are made with wholesome ingredients you can recognize and count on. BEACHBAR has an exceptional protein-to-calorie ratio in each crispy chewy bite. It's the perfect, on-the-go sweet treat to help you meet your nutrition goals.

150
Calories

4g
Fiber

Gluten
Free

Container Equivalents: 1/2 1/2 1



YACON ROOT
1 of 9 in our
pre- & probiotic
enzyme blend

GOJI BERRY
Key part of our
antioxidant/
superfruit blend

MATCHA GREEN TEA
1 of 5 in our supergreen/
phytonutrient blend

ASHWAGANDHA
Superfood
Adaptogen

QUINOA
Ancient grain
Protein source

KALE
Nutrient-dense
supergreen

CHANGE BEGINS INSIDE

When you start with a foundation of good nutrition, your body can perform at its best and give you a better chance to make real change happen. A daily Shakeology delivers a potent blend of protein, probiotics, antioxidants, vitamins, and minerals your body needs. When you fuel your body from the inside out, you can feel better and do more. Shakeology is the delicious way to help support your overall health.*†

shakeology®

†Vitamins C, B6, and B12 contribute to normal, energy-yielding metabolism.

*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.

Certain Shakeology flavors may not be available in your market.

MAKE EVERY DAY COUNT



When you've got 21 days to reach your goals, you need maximum results. The Beachbody Performance system can help you get the most out of your hard work with performance-boosting supplements designed for before, during, and after your workout. Key ingredients in our breakthrough supplements have been clinically tested to help take you to the finish line—and beyond.*



PRE-WORKOUT ENERGIZE

For that extra boost of energy, endurance, and focus.*‡



DURING WORKOUT HYDRATE

To replace electrolytes and help optimize your workout hydration.*



POST-WORKOUT RECOVER

Timed-release protein to help support muscle recovery, growth, and repair.*



NIGHTTIME RECHARGE

With casein protein to help promote muscle recovery overnight.*



*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.

‡Contains caffeine, which enhances mental alertness during intense muscular activity.
Certain Beachbody Performance products may not be available in your market.

GET ULTIMATE RESULTS WITH THE ULTIMATE PORTION FIX



Want to dig deeper into portion-control strategies and tips to get even better results? With the Ultimate Portion Fix, you'll get powerful tools to help you break your sugar addiction, reach your weight-loss goals, and get the whole family on-track. You'll learn the secrets of meal prep and planning, the importance of balanced macronutrients, and how to eat for performance. Meaningful weight loss has never been easier.

THE ULTIMATE PORTION FIX[®]



- 30+ step-by-step videos
- Workbook
- Daily Logbook
- Set of 7 portion-control containers
- FIXATE[®] Vol. 2 Cookbook
- FIXATE cooking show
- 75 Healthy Lunch Ideas For Kids (digital PDF)
- Access to nutrition tracking and program content through the Beachbody app

LOOK AT THE RESULTS!

Michaela M.
LOST 70LBS
IN 7 MONTHS[†]



BEFORE



AFTER[†]

[†]Results vary depending on starting point and effort. Results shown from Beachbody's 21 Day Fix program using the Ultimate Portion Fix containers for multiple rounds. Michaela is an independent Team Beachbody Coach.

GET SERIOUS. GET A FREE COACH.

Now that you're a 21 Day Fix EXTREME customer, I've got simple advice to help you reach your fitness goals. Get a Team Beachbody Coach.

What's a Team Beachbody Coach?

A COACH IS A CUSTOMER, JUST LIKE YOU, who has seen great results from using Beachbody products and wants to help you reach your goals.

How can a Coach help?

YOUR COACH WILL HELP KEEP YOU MOTIVATED, and stay in touch online or over the phone. They'll also set you up on TeamBeachbody.com, for the best exercise advice and nutrition tips.

And here's the best part:

IT'S FREE. IT COSTS YOU ABSOLUTELY NOTHING.

Millions of people have partnered with their Coaches to achieve their dream bodies.

SO WHAT ARE YOU WAITING FOR?

It's time to get serious.
—Autumn Calabrese

Get your Coach today at
GETMYFREECOACH.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.

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