

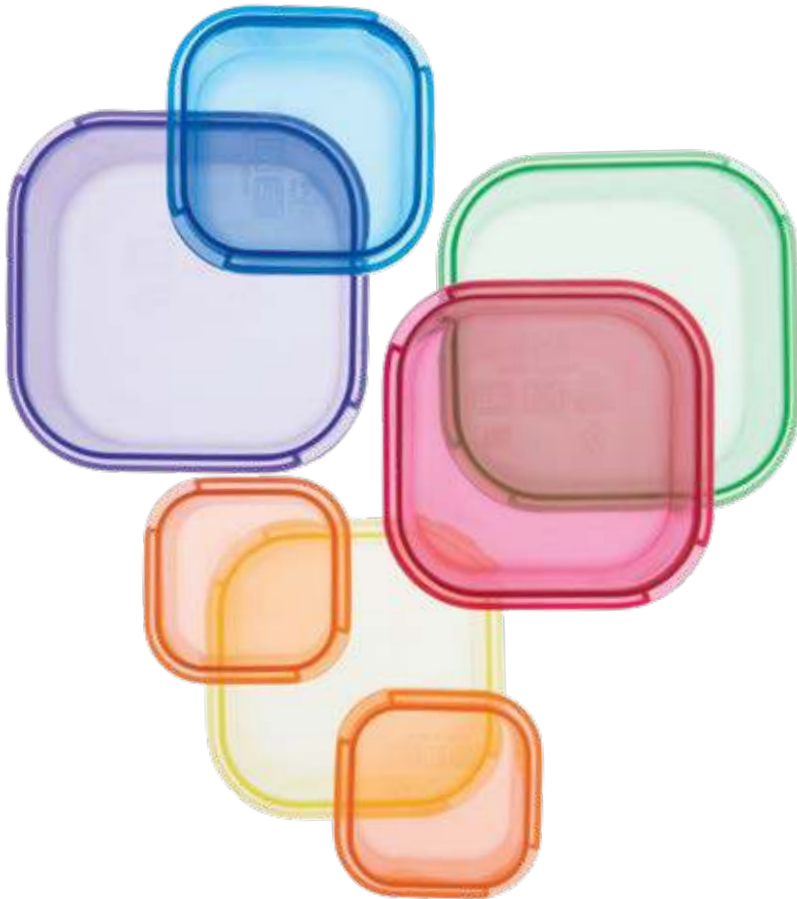


CONTAINER FOOD LIST GUIDE

If you're reading this, it's safe to assume that you've done your calorie calculations and found your individual 80 Day Obsession Eating Plan in the Program Materials list, so you know how much food to eat—and when to eat it. These Portion-Control Container Food Lists help you determine which foods to eat for your best results.

Here are a few tips to help you:

- Once you figure out how many of each portion-control container to eat each day, fill those containers with foods from the corresponding lists. For example, if your plan calls for 6 greens, fill your ■ Green Container (Vegetables) 6 times a day.
- The foods on each list are arranged by nutritional value—the higher up on the list, the more nutritional benefit!
- Many of the foods are listed with specific measurements/amounts—10 asparagus spears, for example. If there's no amount, just fill the containers to the point that you can still fit the lid on it.
- There are over 100 “containerized” recipes on the Fixate® cooking show on Beachbody® On Demand. And Autumn provides the container equivalents for each one so it's easy to integrate into your Eating Plan!



GREEN
CONTAINER
(Vegetables)

- Kale, **cooked or raw**
- Watercress, **cooked or raw**
- Collard greens, **cooked or raw**
- Mustard greens, **cooked or raw**
- Spinach, **cooked or raw**
- Bok choy, **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 to 1 serving daily)
- Tomatoes, **chopped, cherry, or 2 medium**
- Tomatillos, **chopped or 3 medium**
- Pumpkin (regular or West Indian), **cubed**
- Squash (summer), **sliced**
- Chayote squash, **chopped**
- Winter squash (all varieties), **cubed**
- Seaweed (wakame and agar)
- String beans
- Peppers (sweet), **sliced**
- Poblano chilies, **chopped**
- Banana peppers, **3 medium**
- Carrots, **sliced or 10 medium baby**
- Cauliflower, **chopped**
- Artichokes, **½ large**
- Eggplant, **½ medium**
- Okra
- Cactus (nopales), **sliced**
- Jicama, **sliced**
- Snow peas
- Cabbage, **chopped**
- Cucumbers
- Celery
- Lettuce
- Mushrooms
- Radishes
- Turnips, **chopped or 1 medium**
- Onions, **chopped**
- Sprouts
- Bamboo shoots
- Salsa (freshly made or pico de gallo)
- Vegetable broth, **2 cups**

PURPLE
CONTAINER
(Fruits)

- Raspberries
- Blueberries
- Blackberries
- Strawberries
- Pomegranate, **1 small**
- Guava, **2 medium**
- Starfruit, **2 medium**
- Passion fruit, **3 fruits**
- Watermelon, **chopped**
- Cantaloupe, **chopped**
- Orange, **divided into sections or 1 medium**
- Bitter orange, **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**
- Plum, **2 small**
- Pluot, **2 small**
- Nectarine, **sliced or 1 large**
- Pear, **sliced or 1 large**
- Pineapple, **chopped**
- Banana, **½ large**
- Green banana, **½ large**
- Dwarf red banana, **½ small**
- Breadfruit, **¼ small**
- Papaya, **chopped**
- Figs, **2 small**
- Honeydew melon, **chopped**
- Pumpkin puree
- Salsa (store-bought)
- Tomato sauce (plain or marinara)
- Applesauce (unsweetened)

RED
CONTAINER
(Proteins)

- Sardines (fresh or canned in water), **7 medium**
- Boneless, skinless chicken or turkey breast, **cooked, chopped**
- Duck breast, **cooked, chopped**
- Squab, **cooked, chopped**
- Goat, **cooked, chopped**
- Lean ground chicken or turkey (≥ 93% lean), **cooked**
- Fish, fresh water (catfish, tilapia, trout), **cooked, flaked**
- Fish, cold water (cod, salmon, halibut, tuna, mahi-mahi), **cooked, flaked**
- Game (buffalo, bison, ostrich, venison, rabbit), **cooked**
- Game: lean ground (≥ 95% lean), **cooked, chopped**
- Eggs, **2 large**
- Egg whites, **8 large**
- Shakeology, **1 scoop**
- Greek yogurt (plain, 2%)
- Yogurt (plain, 2%)
- Shellfish (shrimp, crab, lobster), **cooked**
- Clams (canned, drained)
- Octopus, **cooked, chopped**
- Squid, **cooked, chopped**
- Red meat (extra-lean), **cooked, chopped**
- Lean ground red meat (≥ 95% lean), **cooked**
- Organic tempeh
- Organic tofu (firm)
- Pork tenderloin, **cooked, chopped**
- Tuna (canned light in water, drained)
- Turkey slices, nitrite-free (minimally processed), **6 slices**
- Ham slices, nitrite-free (minimally processed), **6 slices**
- Cottage cheese (2%)
- Protein powder (whey, hemp, rice, pea), **1½ scoops** (approx. 42 g depending on variety)
- Veggie burger, **1 medium patty**
- Turkey bacon, nitrite-free (uncured), **4 slices**
- Chicken or turkey sausage, lean, nitrite-free (uncured), **1 link, 1 patty, or ground**

YELLOW
CONTAINER
(Carbohydrates)

- Sweet potato, **chopped or mashed, or ½ small**
- Yams (regular, white, tropical [batata]), **chopped or mashed, or ½ small**
- Plantains, **sliced or ½ medium**
- Quinoa, **cooked**
- Beans (kidney, black, garbanzo, white, lima, fava, pink, pigeon [gandules], etc.), **cooked, drained**
- Lentils, **cooked, drained**
- Organic edamame, **shelled**
- Cassava (yuca), **2 oz.**
- 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, **cooked**
- Bulgur, **cooked**
- Oatmeal (steel-cut or rolled), **cooked**
- Hominy, **cooked**
- Pasta (whole-grain), **cooked**
- Couscous (whole wheat), **cooked**
- Bread (whole-grain, sprouted), **1 slice**
- Tortilla (corn), **2 small** (6-inch)
- Tortilla (whole-grain), **1 small** (6-inch)

BLUE
CONTAINER
(Healthy Fats)

- Avocado, **mashed or ¼ medium**
- 12 almonds, **whole, raw**
- 8 cashews, **whole, raw**
- 14 peanuts, **whole, dry roasted**
- 20 pistachios, **whole, raw**
- 10 pecan halves, **raw**
- 8 walnut halves, **raw**
- Hummus
- Coconut milk (canned)
- Feta cheese, **crumbled**
- Goat cheese, **crumbled**
- Mozzarella (low-moisture), **shredded**
- Cheddar, **shredded**
- Provolone, **shredded**
- Monterey Jack, **shredded**
- Parmesan, **shredded**
- Cotija cheese, **crumbled**
- Oaxaca cheese, **crumbled**
- Queso fresco, **crumbled**

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**
- Oil-based salad dressings

TEASPOON
(Oils & Nut Butters)

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

*Teaspoon not provided.
Please use your own.*



MODIFIED REFEED SUPPLEMENTAL YELLOW **S** LIST

Starting in Week 6, you'll do a modified Refeed Day every two weeks. (Don't worry, it's on your Workout Calendar to remind you.) On Refeed Days you'll eat all your yellow containers from the list below. Because they are high glycemic, we don't recommend eating these foods the rest of the time. They serve a very specific purpose here.

Supplemental Yellow **S** Refeed Foods

- Cream of Wheat (instant), **cooked**
- Grits, **cooked**
- White rice, **cooked**
- White pasta, **cooked**
- Couscous, **cooked**
- Cornflakes, **1 cup**
- Rice Krispies, **1 cup**
- Mini-pretzels, **14 pieces**
- Saltines, **6 crackers**
- Water crackers, **6 crackers**
- White bread, **1 slice**
- French baguette, **1 slice** (2-inch)
- Hamburger bun, **½ bun**
- Hotdog bun, **½ bun**
- Bagel (white flour), **½ small** (3-inch)
- English muffin (white flour), **½ muffin**
- Pita (white flour), **1 small** (4-inch) or **½ large** (6-inch)
- Tortilla (white flour), **1 small** (6-inch) or **½ large** (8-inch)
- Waffles (white flour), **1 small** (4-inch)
- Pancakes (white flour), **1 small** (4-inch)
- Vanilla wafers, **4 pieces**
- Chocolate or plain graham crackers, **4 small crackers** (1 sheet)

TIP: Research shows that high-glycemic foods like the ones in this column lead to more rapid muscle glycogen restoration when used in a targeted way. In other words, when eaten correctly, high-glycemic foods help fuel your muscles faster—making them ideal post-workout on 80 Day Obsession Refeed Days.

FREE FOODS

You can have as many of these foods as you want.

- Fresh lemon and lime juice
- Vinegars
- Mustard
- Herbs such as parsley, cilantro (fresh and dry)
- Spices and Fix-approved seasoning mixes
- Garlic
- Ginger
- Green onion
- Chili varieties (jalapeño, serrano, ancho, cascabel, pasilla, guajillo, habanero, etc.)
- Hot sauce (Tabasco or Mexican only)
- Pure flavor extracts (vanilla, peppermint, almond, etc.)

Check out 21 Day Fix®, 21 Day Fix EXTREME®, Fixate, and more for seasoning mix recipes.

WATER

We recommend you drink your body weight, divided by two, in ounces. So if you weigh 170 pounds, that would be $170/2 = 85$. That's 85 oz. of water, every day.

Want to add a little zing to your water? No problem! Just mix in a little flavor booster.

ANY OF THESE WORK:

- Sparkling water (no calories)
- Lemon or lime wedges, 2 small wedges
- Blueberries, 6 berries
- Raspberries, 4 berries
- Oranges, 1 big wedge
- Strawberries, 2, sliced
- Kiwi, ¼ fruit, sliced
- Mango, 2 Tbsp., chopped
- Pineapple, 2 Tbsp., chopped
- Cucumber, 4 slices
- Frozen grapes, 4 grapes
- Watermelon or honeydew melon cubes, 4 small cubes
- Splash of pure fruit juice: cranberry, orange, grapefruit
- Mint, basil, or rosemary leaves
- Grated ginger
- Ground cinnamon

COFFEE AND TEA[†]

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

- Cinnamon
- Lemon
- Pumpkin spice
- Nutmeg
- Stevia (1 serving per day)
- 1–2 Tbsp. low-/nonfat milk (cow's, soy, almond, etc.)

[†]Tea is defined as loose-leaf or bagged and unsweetened, as opposed to the sugary bottled stuff.

SHAKEOLOGY[®] BASES

Once a day you can substitute one of the liquids below for the corresponding container (Hint: they're all great ways to add even more flavor to Shakeology, Your Daily Dose of Dense Nutrition[®].)

For example, if you like to make your Shakeology with unsweetened almond milk, add eight fluid ounces and tick off one teaspoon from your portion plan.

- 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

FIXATE DESSERT RECIPES FOR REFEED DAY:

Here are some great dessert recipes from FIXATE for Refeed Days found on Beachbody on Demand. These recipes have varying container counts, so make sure they work with your individual plan. You won't see the **S** Modified Refeed Supplemental Yellow Container (Carbohydrates) on these recipes but for 80 Day Obsession, they are only approved for Refeed Days.

- Almond Milk Panna Cotta: 1
- Banana Oatmeal Cookies: ½ ½ ½
- Baked Donut Holes: 1
- Chocolate-Caramel Apple Nachos: 1 1
- Double Chocolate Cookies: 1 ½
- Flourless Chocolate Chickpea Brownies: 1
- Gluten-Free Chocolate Chip Cookies: 1 ½
- Lemon Raspberry Froyo Bites: 1
- Melon Sorbet: 1
- No-Bake Mini Blueberry Pies: ½ 1½ 1½
- Pan-Fried Cinnamon Bananas: 1 ½
- Peanut Butter Chocolate Balls: 1 1
- Pumpkin Whoopie Pies: 1½ ½ 1



SUPPLEMENTS

SHAKEOLOGY**

Shakeology feeds your body the “missing links” of nutrition during your 80 Day Obsession commitment.

Drinking Shakeology daily is part of a healthy lifestyle that includes exercise and a healthy diet that combine to help support your energy, healthy weight loss, and overall good health.*

Shakeology counts as one ■ Red Container (Proteins) in your plan, so feel free to add it to your day wherever you want it!

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



BEACHBODY PERFORMANCE™

Beachbody Performance supplements are included in the 80 Day Obsession Eating Plan to help maximize your results. They are not required, but they can help you get the most out of your 80 Day Obsession. The calories from Beachbody Performance are considered “targeted calories” consumed at specific times and under specific circumstances. Because of this, your body is getting key nutrients when it needs them most.

If you choose not to take Beachbody Performance supplements, simply leave them out of your plan and add whatever containers were included with them to another meal. For example, if you’re not taking Beachbody Performance Recover, eat the ■ Purple Container (Fruits) that goes with it at your Post-Workout Meal.

Beachbody Performance Energize—Take this effective mix of caffeine, quercetin, and beta-alanine 30 minutes before exercise to help improve exercise performance,[^] sharpen focus and reaction time, and promote endurance.*[^]

Beachbody Performance Hydrate**—Water alone doesn’t effectively hydrate during training or replace what you lose through sweat in long and intense workouts. Hydrate gives you an optimal balance of carbohydrates, electrolytes, and water to replenish what’s lost, helping you train longer.*

Beachbody Performance Recover—Post-exercise is prime time for muscle recovery. Taken after your workout, this mix of timed-release proteins, BCAAs, and ellagitannins from pomegranate extract brings much-needed nutrients to your muscles quickly, and helps build lean muscle mass when combined with regular resistance training and a healthy balanced diet.*

Beachbody Performance Recharge**—Bedtime is another important muscle recovery opportunity. This mix of micellar casein protein, BCAAs, and anthocyanins from tart cherry powder help support muscle protein synthesis and growth.* Consume thirty minutes to 1 hour before going to bed.

To learn more, contact your Team Beachbody Coach or visit BeachbodyPerformance.com



*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.

**All products, flavors, and configurations may not be available in your market.

[^]Requires 2 scoops. Contains caffeine, which enhances mental alertness during intense muscular activity.

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

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