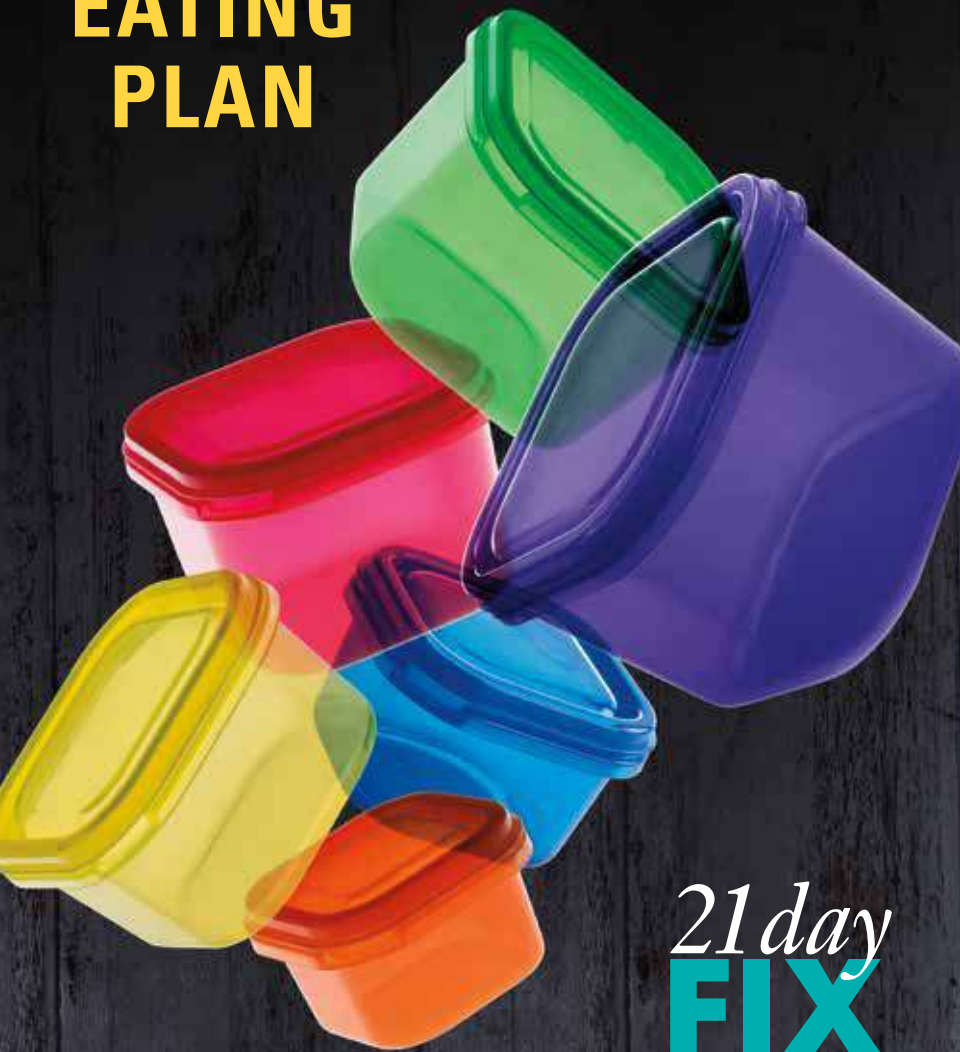


EATING PLAN



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.



Regardless of your previous ways of eating, the 21 Day Fix EXTREME Eating Plan fine-tunes those habits. It's also the perfect "final push" for anyone who's finished another Beachbody® program like P90X® or FOCUS T25® 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 "carb depletion" plan—a staple in competition circles—follows Autumn's eating regimen when she's prepping for bikini competitions. Carb depletion 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 for **Veggies**
-  --- Purple Container for **Fruits**
-  --- Red Container for **Proteins**
-  --- Yellow Container for **Carbs**
-  --- Blue Container for **Healthy Fats**
-  --- Orange Container for **Seeds & Dressings**

YOU WILL ALSO SEE THIS ICON:

-  --- for **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. These activity lifestyles do not include your 21 Day Fix EXTREME workouts. You'll want to recalculate after each round of the program you complete.

A CALCULATE: YOUR CALORIC BASELINE

SEDENTARY LIFESTYLE	MODERATE LIFESTYLE	ACTIVE LIFESTYLE
DESK JOB, LOTS OF TV TIME	LIGHT HOUSEWORK, ON YOUR FEET PART OF THE DAY	MANUAL LABOR, ON YOUR FEET ALL DAY
<input type="text"/> (lbs.)	<input type="text"/> (lbs.)	<input type="text"/> (lbs.)
CURRENT WEIGHT	CURRENT WEIGHT	CURRENT WEIGHT
x 11 =	x 12 =	x 13 =
<input type="text"/>	<input type="text"/>	<input type="text"/>
CALORIC BASELINE	CALORIC BASELINE	CALORIC BASELINE

B CALCULATE: YOUR CALORIC NEEDS

<input type="text"/>	+ 450 =	<input type="text"/>
CALORIC BASELINE	CALORIE BURN	CALORIC NEEDS

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 CALORIC TARGET








<input type="text"/>	- 750 =	<input type="text"/>
CALORIC NEEDS	CALORIC DEFICIT	CALORIE TARGET

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	2500–2,800 CALORIES
	3	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
	2	4	5	6	7	8

If you have a “3” after the **Purple** square, that means you'll be filling the Purple Container three times a day.



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 CHOOSE YOUR APPROACH.

Depending on the results you're looking to achieve, you can approach the eating plan in three ways.

A If you're looking to improve your health while continuing to achieve results, follow the 21 Day Fix EXTREME Eating Plan as is.

B 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.

C If you're sticking with the EXTREME Eating Plan, but want to finish with a bang, use the Countdown Calorie Chart from the **Countdown to Competition** plan for your final three days.



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 TeamBeachbody.com.

4 USE THE CONTAINERS.

The **CONTAINER FOOD GROUPS** will tell you what foods to put in each container. 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 FAT BURNER – 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.

AUTUMN'S COMPETITION REGIMEN – Spread your eating into eight small meals. For more details, see the **Countdown to Competition**.

5 COMBINE YOUR EXTREME EATING PLAN WITH EXTREME WORKOUTS.

It's time to get serious!

See the **START HERE** guide for your 21 Day Fix **EXTREME** workout schedule.





**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!

Foods are arranged in hierarchical order. The higher up on the list, the more nutritionally beneficial the food—but don't ignore the foods lower down. The Fix EXTREME is designed around consuming a variety of foods so your body gets a diverse range of nutrients.

The foods listed for each container 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 different combinations of these macronutrients. In those cases, we've categorized these complex foods based on how their macronutrient levels best fit within our 21 Day Fix EXTREME Eating Plan.

You won't be using your container to measure out some food that comes in individual pieces, such as nuts and asparagus. Instead, serve yourself the amount of pieces specified in the food lists.

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**
- Tomatoes, **chopped, cherry, or 2 medium**
- Squash (summer), **sliced**
- Winter squash (all varieties), **cubed**
- + String beans
- + Peppers, sweet, **sliced**
- Carrots, **sliced or 10 medium baby**
- Cauliflower, **chopped**
- Artichokes, **1/2 large**
- Eggplant, **1/2 medium**
- Okra
- Jicama, **sliced**
- Snow peas
- Cabbage, **chopped**
- + Cucumbers
- Celery
- Lettuce (NOT iceberg)
- Mushrooms
- Radishes
- Onions, **chopped**
- Sprouts

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.**



**PURPLE
CONTAINER**

PURPLE CONTAINER (FRUITS)



- Raspberries
- Blueberries
- Blackberries
- Strawberries
- Watermelon, **diced**
- Cantaloupe, **diced**
- 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, **diced**
- Banana, **½ large**
- Papaya, **diced**
- Figs, **2 small**
- Honeydew melon, **diced**
- Salsa, pico de gallo
- Tomato sauce, plain or marinara



RED
CONTAINER



RED CONTAINER (PROTEINS)



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

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 (CARBS)



- + Sweet potato
- + Yams
- Quinoa, **cooked**
- Beans (kidney, black, garbanzo, white, lima, etc.), **cooked, drained**
- Lentils, **cooked, drained**
- Edamame, **shelled**
- Peas
- Refried beans, **nonfat**
- Brown rice, **cooked**
- Wild rice, **cooked**
- Potato, **mashed or ½ medium**
- Corn on the cob, **1 ear**
- Amaranth, **cooked**
- Millet, **cooked**
- Buckwheat, **cooked**
- Barley, **cooked**
- Bulgur, **cooked**
- + Oatmeal, steel-cut, **cooked**
- Pasta, whole-grain, **cooked**
- Couscous, whole wheat, **cooked**
- Bread, whole-grain sprouted, **1 slice**
- Tortilla, corn, **2 small (6-inch)**
- Tortilla, whole wheat, **1 small (6-inch)**

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.**



BLUE
CONTAINER

BLUE CONTAINER (HEALTHY FATS)



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

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.**

A bright orange, rounded square lid of a container, centered on a dark, vertically-grained wooden background. The lid has a slight shadow and a highlight, giving it a three-dimensional appearance.

**ORANGE
CONTAINER**



ORANGE CONTAINER (SEEDS & DRESSINGS)

- Raw nuts, **chopped**
- Raw seeds
(pumpkin, sunflower, sesame)
- Flaxseed, ground
- *Fix EXTREME Dressings* (see page 62)





TEASPOON* (OILS & NUT BUTTERS)

- Extra-virgin olive oil
- ✦ Extra-virgin coconut oil
- Flaxseed oil
- Walnut oil
- Pumpkin seed oil
- Nut butters
(peanut, almond, cashew, etc.)
- Seed butters
(pumpkin, sunflower, sesame [tahini])

**Teaspoon not provided. Please use your own.*

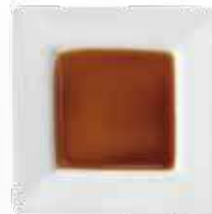


Note: If participating in the **Countdown to Competition** plan, the ✦ symbols are specific foods Autumn eats.
✦ symbols are foods that Autumn avoids. For more details, see the **Countdown to Competition**.



FREE FOODS

- *Water Bar* (see page 25)
- *Tea & Coffee* (see page 26)
- Fresh lemon and lime juice
- Vinegars
- Mustard
- Herbs (fresh and dry)
- Spices (except salt)
- Garlic
- Ginger
- Hot sauce (Tabasco or Mexican only)
- Pure flavor extracts
(vanilla, peppermint, almond, etc.)
- E&E Energy and Endurance[®], **1 scoop****
- *Seasoning Mixes* (see page 30)



**Before your workout, once per day, maximum

HYDRATION

Up to 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. Hydration is crucial during the 21 Day Fix EXTREME given that you'll probably be sweating—a lot.

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
- Kiwi 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
- Tarragon sprigs

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 going **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.

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" lists.

THE DO LIST

Lemon

Cinnamon

Nutmeg

Pumpkin spice

1 Tbsp. low or nonfat milk
(cow's, soy, almond, hemp, etc.)

Stevia (1 serving)

THE DON'T LIST

Cream

Half-and-half

Sugar, honey, and other sweeteners

Nondairy creamer

Artificial sweeteners

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

Chocolate syrup



REPLACEMENT CONTAINER FOOD GROUPS

BEVERAGES: Two times a week, you can replace one of your 🍹 **YELLOW CONTAINER** portions with a beverage from the list below.

Fill up the provided Shakeology shaker cup, to the fluid ounce mark indicated below, as opposed to the Yellow Container.

If you want to use smaller amounts of a beverage for coffee, tea, or Shakeology, that's okay. Just check a yellow container portion when you've hit the full amount.

For example, if you use 8 ounces of unsweetened almond milk on Monday and another 8 ounces on Tuesday, just mark one yellow container portion on Tuesday.

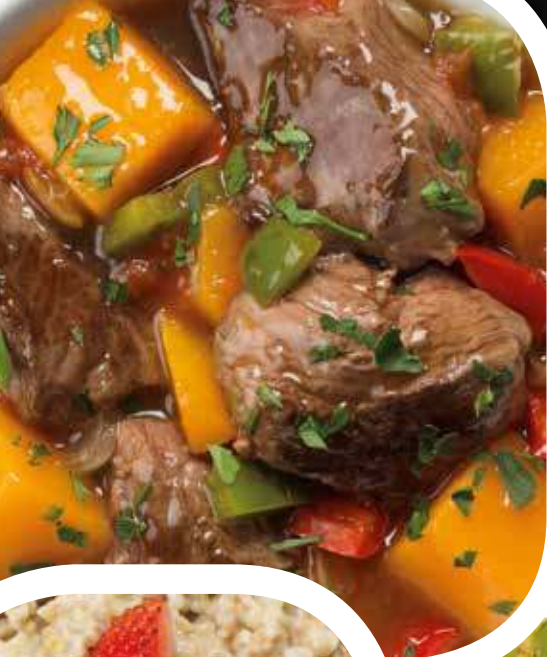


BEVERAGES



- ✘ Milk, cow's, nonfat or 1%, **8 fl oz**
- Soy milk
unsweetened, **8 fl oz**
sweetened, **6 fl oz**
- Almond milk
unsweetened, **16 fl oz**
sweetened, **8 fl oz**
- Coconut water, **16 fl oz**
- Coconut milk beverage
(from a carton, not canned)
unsweetened, **12 fl oz**
sweetened, **8 fl oz**
- P90X Results and
Recovery Formula®, **1 scoop (30 g)**

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 [TeamBeachbody.com/TeamBeachbodyBlog](https://www.teambeachbody.com/TeamBeachbodyBlog)

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 (Mineralize)*

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 (Mineralize)*

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 (Mineralize)*
- ¼ tsp. ground black pepper

*MINERALIZE

Minerals, including salt, are essential to life. Our Mineralize contains pure natural Himalayan crystal salt. Unlike normal table salt, it is minimally processed and contains up to 84 natural minerals and trace elements, such as calcium, magnesium, potassium, copper, and iron.

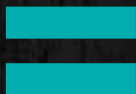
Natural salt is good for you because it helps to replenish these vital essential minerals, build strong bones, improve nervous system function, aid in the absorption of nutrients, and even helps prevent muscle cramps.**



TO LEARN MORE,
contact your
Team Beachbody® Coach
or go to
BUYMINERALIZE.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.





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

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

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.

CONTAINER EQUIVALENTS

PER SERVING



1



1



1



CASHEW 'N' OAT HOTCAKES

Makes 10 servings, 2 hotcakes each

CONTAINER EQUIVALENTS

PER SERVING



1/2



1



1

2 cups

1/2 cup

1 dash

1 tsp.

1

1 Tbsp.

1 1/2 cups

1 tsp.

5 cups

Nonstick cooking spray
old-fashioned rolled oats
raw cashews
sea salt or Himalayan salt (Mineralize)
ground cinnamon
large egg
coconut oil, melted
water
pure vanilla extract
mixed berries

1. Place oats, cashews, salt, and cinnamon in food processor or blender; pulse until coarsely ground.
2. Add egg, oil, water, and vanilla 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 about 1/4 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.



MINI VEGETABLE EGG CUPS

Makes 6 servings, 2 vegetable egg cups each

CONTAINER EQUIVALENTS

PER SERVING



1



1

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

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



GREEK YOGURT PARFAIT

Makes 1 serving

¼ cup nonfat plain Greek yogurt
1 cup sliced green apple
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



1



1



1



EGG AND SPINACH SCRAMBLE

Makes 1 serving

CONTAINER
EQUIVALENTS

PER SERVING



2



1



1

- 1 large egg
- 4 large egg whites
- 1 pinch sea salt or Himalayan salt (Mineralize)
- 1 pinch ground black pepper
- 1 tsp. olive oil
- 2 cups fresh 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 for 1 minute. Add egg mixture; cook, stirring frequently, for 4 to 5 minutes, or until eggs are cooked through.



LUNCH



FIX EXTREME COBB SALAD





Makes 1 serving

- 2 cups** mixed salad greens
- 1 cup** fresh spinach, cut into bite-sized pieces
- ½ cup** sliced cucumber
- ½ cup** sliced tomato
- ½ cup** sliced carrots
- ½ cup** sliced avocado, cubed
- ⅛** cooked rotisserie chicken breast, skinless, boneless (3 oz)
- 1** hard-boiled large egg, sliced
- sea salt or Himalayan salt (Mineralize)
and ground black pepper (to taste; optional)
- 2 Tbsp.** Balsamic Vinaigrette dressing (see pg. 63)

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





	3½
	1
	½
	1



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, <i>divided use</i>
4 (5- to 6-oz)	raw chicken breasts, 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 salsa
	Lime wedges (for garnish; optional)

CONTAINER EQUIVALENTS	
PER SERVING	
	2
	½
	1
	½

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 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.





TURKEY LETTUCE WRAPS

Makes 6 servings, 1 wrap each

CONTAINER EQUIVALENTS

PER SERVING



1



1

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

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



BALSAMIC STEAK SALAD

Makes 4 servings, approximately 4 cups each

CONTAINER EQUIVALENTS

PER SERVING



3



1



1

- 4 (5- to 6-oz)** raw extra-lean beef tenderloin steaks, trimmed ($\frac{3}{4}$ -inch thick)
- 1 tsp.** sea salt or Himalayan salt (Mineralize)
- $\frac{1}{2}$ tsp.** ground black pepper
- 4 tsp.** olive oil
- $\frac{1}{2}$ cup** balsamic vinegar
- 8 cups** mixed salad greens
- 2 cups** sliced red onion
- 2 cups** cherry tomatoes, cut in half

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 pan; keep warm by covering with aluminum foil.
4. Add balsamic vinegar to 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 $\frac{1}{4}$ -inch thick slices. Set aside.
6. Place 2 cups of mixed greens, $\frac{1}{2}$ cup onions, and $\frac{1}{2}$ cup tomatoes on each serving plate. Top with steak slices; 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 carrot
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 dry) dill
	Lemon slices (for garnish; optional)

CONTAINER EQUIVALENTS

PER SERVING

	1½
	1
	1

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 2 to 3 minutes.
4. Add asparagus and garlic; cook, stirring frequently, for 2 to 3 minutes, or until vegetables are tender-crisp. Place vegetables on a large serving platter. Keep warm.
5. Add water, lemon juice, and dill to skillet; cook, stirring frequently, until it reaches 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.





DINNER



TURKEY MEATLOAF

Makes 8 servings, 1/8 meatloaf each

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

1. Preheat oven to 375° F (190° C).
2. Combine turkey, salsa, quinoa, eggs, garlic, 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. Serve garnished with parsley.

CONTAINER EQUIVALENTS

PER SERVING



1/2



1



1/2






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
1½ tsp.	ground cumin
1 Tbsp.	chili powder
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
12	fresh cilantro sprigs, finely chopped (for garnish; optional)

CONTAINER EQUIVALENTS	
PER SERVING	
	½
	1
	½

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 cumin, chili powder, 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. Serve warm, sprinkled with cilantro.

Tip: Store in individual 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.





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 (to taste; optional)

CONTAINER EQUIVALENTS

PER SERVING



1



1

1. Place water in medium saucepan. Bring to a boil 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 and lemon peel if desired.



TURKEY MEATBALLS

Makes 6 servings, 5 meatballs each

CONTAINER EQUIVALENTS

PER SERVING



1



1/2

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
1	large egg, lightly beaten
¾ cup	quick-cooking rolled oats
2 cloves	garlic, finely chopped
12	fresh parsley sprigs, finely chopped
2 Tbsp.	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 by hand.
4. Roll mixture into 30 1-inch meatballs. Place on prepared baking sheet.
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 bag and freeze for future meals. You can defrost them in the refrigerator and heat them in a toaster oven.



HEARTY BEEF AND BUTTERNUT SQUASH STEW

Makes 6 servings, approximately 1¼ cups each

CONTAINER EQUIVALENTS

PER SERVING

1

1

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.







SNACKS



ALMONDS AND PEAR

Makes 1 serving

-  small pear
-  whole raw almonds

CONTAINER EQUIVALENTS

PER SERVING



1



1

1. Enjoy almonds with pear.



APPLE AND ALMOND BUTTER

Makes 1 serving



small apple, cut in half, seeds removed



all-natural almond butter

CONTAINER
EQUIVALENTS

PER SERVING



1



2

1. Fill each apple half with almond butter.



HUMMUS AND CELERY

Makes 1 serving

- large celery stalks, cut into sticks
- prepared hummus

1. Serve portioned hummus with celery for dipping.

CONTAINER
EQUIVALENTS

PER SERVING



1



1



GREEK YOGURT WITH BANANA AND CINNAMON

Makes 1 serving

- 1% plain Greek yogurt
- large banana, sliced
- $\frac{1}{2}$ tsp. ground cinnamon

CONTAINER

EQUIVALENTS

PER SERVING

1



1

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



EDAMAME AND SESAME SEEDS

Makes 1 serving

-  shelled edamame
-  sesame seeds

CONTAINER
EQUIVALENTS

PER SERVING



1



1

1. 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, One  each

CONTAINER
EQUIVALENTS

PER SERVING



1

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

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

LIME-BASIL VINAIGRETTE

Makes 7 servings, One  each

CONTAINER
EQUIVALENTS

PER SERVING



1

- ¼ cup** fresh lime juice
- ¼ cup** finely chopped shallot
- 6** fresh basil leaves, finely chopped
- 4 tsp.** Dijon mustard
- ¼ tsp.** sea salt or Himalayan salt (Mineralize)
- ¼ tsp.** ground black pepper
- 6 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.

CREAMY MINT DRESSING

Makes 12 servings, One  each

CONTAINER
EQUIVALENTS

PER SERVING



1

- 1** medium avocado, cut into chunks
- 1½ cups** nonfat 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

1. Place avocado, yogurt, mint, vinegar, salt, and pepper in blender; cover. Blend until smooth.
2. Slowly add oil, blending continuously, until well mixed.



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, One  each

CONTAINER
EQUIVALENTS

PER SERVING



1

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

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

ORANGE-LIME VINAIGRETTE

Makes 6 servings, One  each

CONTAINER
EQUIVALENTS

PER SERVING



1

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

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

shakeology®

THE HEALTHIEST MEAL OF THE DAY®



GET SERIOUS 21-DAY RESULTS WITH SHAKEOLOGY®

**Drinking Shakeology daily helps you:
LOSE WEIGHT. CURB CRAVINGS. INCREASE ENERGY.**

Your **21 Day Fix EXTREME** program was specifically designed to include Shakeology as a simple, super-satisfying way of helping you maximize your weight loss and get seriously shredded in just three weeks.

Each shake contains **Your Daily Dose of Dense Nutrition®**, packed with incredible amounts of protein, antioxidants, phytonutrients, prebiotics, enzymes, and many rare superfoods that your body needs and craves.*

*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.



IN FACT, WE SURVEYED NEARLY 3,000 DAILY SHAKEOLOGY DRINKERS AND HERE'S WHAT THEY TOLD US:**

- 93% feel healthier since drinking Shakeology.
- 81% feel it has helped them reduce their cravings for junk food.
- 86% experience an increase in their energy levels.

Shakeology works so perfectly with your 21 Day Fix EXTREME workouts, you'll be absolutely amazed at the results.

21 DAY FIX EXTREME EXCLUSIVE . . . AUTUMN CALABRESE'S FAVORITE RECIPE!





Makes 1 serving

- 1 cup (8 fl oz)** unsweetened almond milk
- 3 tsp.** all-natural peanut butter (no sugar added)
- 1/2** large banana
- 1 scoop** Chocolate Vegan Shakeology
- 1 cup (8 fl oz)** ice

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

CONTAINER EQUIVALENTS

PER SERVING

	1
	1
	1/2
	3

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

**Based on a survey of 2,769 Shakeology users who drank Shakeology 5 or more times per week and exercised 3 times per week.

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 8 servings, 1 square each

2 cups

4 scoops

½ cup

¾ cup

old-fashioned rolled oats

Strawberry Shakeology

all-natural smooth almond butter

unsweetened almond milk

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 eight 1-inch squares.

CONTAINER EQUIVALENTS

PER SERVING



½



½



½



shakeology

THE HEALTHIEST MEAL OF THE DAY™

chocolate
vegan

- Whole food formula for optimal nutrition.
- Daily nutrition for your body with 100% animal protein.

Vvegan

- A complete protein source with all 9 essential amino acids.



HARVEST PIE SMOOTHIE

Makes 1 serving

1 cup	water
1 scoop	Tropical Strawberry Vegan Shakeology
2 Tbsp.	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



1



1

NUTTY BLUEBERRY SURPRISE SMOOTHIE

Makes 1 serving

1 cup	water
1 scoop	Chocolate Vegan Shakeology
½ cup	fresh or frozen blueberries
2 Tbsp.	chopped raw pecans
½ tsp.	ground cinnamon
1 cup	ice

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



CONTAINER EQUIVALENTS

PER SERVING



½



1






1

SHAKEOLOGY BARS

Makes 12 servings, 1 bar each

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




CONTAINER EQUIVALENTS	
PER SERVING	
	1
	1
	1

1. Combine Shakeology, oats, walnuts, and raisins in a large bowl; mix well.
2. Add almond milk and peanut butter; mix well with a spatula or by hand.
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 12 bars.

CHOCOLATE SHAKEOLOGY PUDDING

Makes 4 servings, approximately ½ cup each

1½ scoops	Chocolate Shakeology
1	ripe medium avocado
1	medium banana, cut into chunks
1 cup	unsweetened almond milk

CONTAINER EQUIVALENTS	
PER SERVING	
	½
	½
	½

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.



shakeology™

THE HEALTHIEST MEAL OF THE DAY

vanilla

- Loaded with exotic superfoods and powerful phytonutrients
- Whole-food formula for optimal nutrition
- No artificial sweeteners, flavors, colors, or preservatives

CERTIFIED
LOW
GLYCEMIC
INDEX

- Helps improve regularity and

VANILLA ALMOND SHAKEOLOGY SMOOTHIE

Makes 1 serving

1 cup	water
1 scoop	Vanilla Shakeology
2 tsp.	all-natural almond butter
1 cup	ice

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



CONTAINER
EQUIVALENTS

PER SERVING



1



2

MINTY WATERMELON SHAKEOLOGY SMOOTHIE

Makes 1 serving

½ cup	water
1 scoop	Vanilla 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



1



1

shakeology

THE HEALTHIEST MEAL OF THE DAY

chocolate

Loaded with exotic
superfoods and
powerful phytonutrients

Whole-food formula
for optimal nutrition

No artificial sweeteners,
flavors, colors, or
preservatives

GLYCEMIC
LOW
SUGAR
INDEX

shakeology

25 SERVINGS

COCONUT CHERRY SMOOTHIE

Makes 1 serving

1 cup	water
1 scoop	Greenberry Shakeology
¼ cup	frozen unsweetened black cherries, pitted
¼ cup	fresh or frozen strawberries
1 tsp.	coconut extract
1 cup	ice

1. Place water, Shakeology, cherries, strawberries, coconut extract, and ice in blender; cover. Blend until smooth.



CONTAINER EQUIVALENTS

PER SERVING

	½
---	---

	1
---	---

BANANA-NUT BLISS SMOOTHIE

Makes 1 serving

1 cup	water
1 scoop	Chocolate Shakeology
½	large banana, cut into chunks
½ tsp.	ground cinnamon
2 Tbsp.	raw walnuts, chopped
1 cup	ice

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



CONTAINER EQUIVALENTS

PER SERVING

	1
---	---

	1
---	---

	1
---	---

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 equal amounts from each container 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 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 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, nagging 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. As for the **Countdown to Competition** plan, first go back to the EXTREME Eating Plan before moving up to 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 and what to take home.

CONTINUE TO MAXIMIZE YOUR RESULTS WITH PROVEN BEACHBODY® PRODUCTS.

Available through your Team Beachbody Coach or at Beachbody.com.



INSANITY MAX:30™

How hard will you go to get the most INSANE body of your life? With INSANITY MAX:30, it's not just about getting through all 30 minutes of the workout, it's about pushing to your personal MAX to get MAX results.

Retail Price	\$119.85
Club Price	\$107.87
Coach Price	\$89.89



P90X3®

No other program offers such a wide variety of short, extreme workouts. Featuring everything from cardio, to resistance training, to martial arts, to yoga, and even Pilates...this is how you get ripped in 30 minutes a day.

Retail Price	\$119.85
Club Price	\$107.87
Coach Price	\$89.89



PIYO®

PiYO combines all the benefits of Pilates and yoga—then cranks up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

Retail Price	\$59.85
Club Price	\$53.87
Coach Price	\$44.89

TEAM BEACH



WANT TO STAY COMMITTED? HERE'S THE KEY. . .

Your purchase of the 21 Day Fix[®] EXTREME program is a serious step in the right direction. However, to get the best results of your life, you also need great support, real accountability, and the daily commitment to working out and eating healthy. That's where the Team Beachbody[®] VIP Club Membership comes in. It's an essential tool for staying on track and achieving your goals!

To gain VIP access, sign up for your RISK-FREE 30-DAY TRIAL at TeamBeachbody.com/SignUp

Act now and get a FREE GIFT (\$70 value)!

Join today and your Club membership will give you special access to 3 BONUS DIGITAL WORKOUTS—FREE.

VIP access to TeamBeachbody.com gives you everything you need to increase your success with 21 Day Fix EXTREME:

1. 10% discount on Shakeology, fitness programs, gear, and supplements with a paid Team Beachbody Club membership
2. Personalized online meal plans based on your individual goals
3. Diet and workout advice from fitness and nutrition experts
4. Nutrition tools, including a Healthy Weight Calculator and Body Fat Calculator
5. Message Boards where you can get answers to all your food and fitness questions 24/7
6. A FREE Coach for questions, concerns, or just a bit of encouragement along the way



GET A FREE SHIRT AND A CHANCE TO WIN SERIOUS CASH AND PRIZES!



FITNESS. NUTRITION. SUPPORT.

Want to get the most from your 21 DAY FIX EXTREME program? The Beachbody Challenge® will give you the motivation, support, and tools you need to shred up and shed off those final pounds. With 24/7 peer support and the chance to win serious cash and prizes, you'll get that hardbody you've always wanted with 21 DAY FIX EXTREME in no time. Then, just share your fitness transformation with us to get a FREE shirt and the chance to win over \$100,000!*

TAKE THE CHALLENGE AT TakeBBChallenge.com

**GET
YOUR
FREE
SHIRT**



"Having a support system of people who had the same goals as I did, and cheered me on when I was successful, pushed me to overcome my struggles!"
—Shannon H.
Beachbody Challenge Participant



BEFORE



AFTER*

*Go to TakeBBChallenge.com for all rules, terms, and conditions. *Results vary.

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 been 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



TALLY SHEETS





These Tally Sheets will help you to keep track of your daily portion allotments. Be sure to make additional copies or you can find a copy of the Tally Sheets at TeamBeachbody.com under GET FIT > FITNESS TOOLS > WORKOUT SHEETS.








EXAMPLE:








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








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








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HIT THE REFRESH BUTTON ON WEIGHT LOSS!

3-DAY REFRESH



With 21 Day Fix® EXTREME, you've made a commitment to healthy eating and fitness. But there are times when you may fall off the wagon with your nutrition—and that's where the 3-Day Refresh® comes in. For three days you'll be drinking shakes and eating clean for a satisfying dose of weight loss and renewal.

IN THREE DAYS YOU CAN:*

- Jump-start weight loss
- Feel cleaner, lighter, and healthier—without starving
- Renew your energy
- Accelerate your 21 Day Fix EXTREME transformation

THE BEST TIME TO DO THE 3-DAY REFRESH IS:

- When you want to kick-start healthier habits
- When you feel like you've been off track for awhile
- Once a month, to keep your habits sharp (and your body hot!)

To get started, contact your Coach or visit 3DayRefresh21DFX.com today!

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

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 regulations, or if you are pregnant or breast feeding, please consult your physician before starting this eating plan.

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