

SIMPLE **SHIFT**

NUTRITION GUIDE

IT DOESN'T MATTER WHERE YOU CAME FROM. OR WHERE YOU'VE BEEN. YOU CAN ALWAYS REINVENT YOURSELF.

And when I'm training you—someone who genuinely cares about you and your goals—there are no limits. The **SHIFT SHOP™** reinvents how you think and feel about yourself. Shifts you into a healthier mindset and way of living. In 3 weeks, I'm going to take you from where you are now to where you want to be.

To accomplish that, you're going to eat the right foods. We're going to throttle up on the clean protein and wholesome greens. Gradually pump the brakes on the carbs. And move you past your cravings.

Each victory in the kitchen is designed to increase your resolve and ability to overcome obstacles. That's how we're going to unleash the greatness that lives within you.

LET'S GET BETTER.

Clod

—Chris Downing



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THREE WEEKS OF **FUEL**

You're about to take on a difficult challenge, so I'll keep this explanation simple: This is a limited diet that gets even more limited as you progress. But as you overcome each obstacle, your mindset will start to shift. You'll develop amazing confidence. Each small victory will be one more step in your progress. Until finally, you'll be ready to take on any challenge that's thrown your way. That's why the results you achieve in the Shop will not only be powerful, they'll be something you can build upon throughout your lifetime.


HERE'S THE BREAKDOWN:

WEEK 1 Get rid of the foods that are holding you back and start with a better balance of carbohydrates, protein, and healthy fats with carbs being at the forefront, mostly from fruits and veggies with a few starches (yams and potatoes) and legumes (beans and peas) thrown in.

WEEK 2 As your body adapts and the workouts increase in length, it's time to accelerate your results and cut back on the starchy carbs while increasing proteins, veggies, and healthy fats.

WEEK 3 Here is where everything comes together. You are working out at your peak while eating your cleanest. Starchy carbs are eliminated to make way for your best results—and although it's a challenging week—you can help ward off your cravings with **Shakeology**[®], the superfood supplement shake designed to support your nutrition goals without sacrificing results.* To learn more about the benefits of Shakeology, see page 48.

NOW LET'S GET STARTED



FUEL ANALYZER

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THE ONE SIMPLE TRICK FOR GETTING BETTER RESULTS

Losing weight and getting in shape isn't easy. So right out of the gate, I'm going to let you in on my biggest secret.

This is what helps me achieve my best results—my fastest results—when I'm training. And it's made all the difference in the world for my clients.

In just 3 weeks, getting the body you want will be the result of making one small change:

THINK OF FOOD AS FUEL.

For many people, food is entertainment. Or just something to pass the time. But not in the Shop.

For the next 3 weeks, the food you buy, prepare, and eat will be exactly what your body needs to perform and look its best.

Thinking of FOOD AS FUEL is your first shift.

Now I'm going to show you exactly how to do it.

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FUEL ANALYZER


Knowing how much to eat should be simple. That's why I've boiled this down to its simplest form. Fill in just a few numbers, and you'll know exactly what your Calorie Target is.








1. GENDER		SCORE
Female	0	
Male	+1	
2. WEIGHT		SCORE
130 lbs. or less	-1	
131–160 lbs.	0	
161–180 lbs.	+1	
181–220 lbs.	+2	
221 lbs. and up	+3	
3. HEIGHT		SCORE
5'2" or less	-1	
5'3" to 5'8"	0	
5'9" to 6'2"	+1	
6'3" and up	+2	
TOTAL SCORE		
4. Use your final number to find the corresponding Calorie Target.		
YOUR SCORE	YOUR PLAN	YOUR CALORIES
1 or less	PLAN A	1,200–1,499 calories
2	PLAN B	1,500–1,799 calories
3	PLAN C	1,800–2,099 calories
4 or more	PLAN D	2,100–2,400 calories








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THE SHIFT SHOP FUEL PLANS

Now that you have your Calorie Target, you can see which 3-Week Fuel Plan is right for you.

Each  square symbol represents a daily serving.

PLAN A: 1,200–1,499 calories	Week 1	Week 2	Week 3
 Veggies†	3	4	5
 Fruits	2	2	2
 Proteins	4	4	5
 Carbs‡	2	1	0
 Healthy Fats	1	1	1
 Seeds & Dressings	1	1	1
 Teaspoons	2	2	3
Beachbody Performance Energize	1	1	1
Beachbody Performance Hydrate	0	1	1
Beachbody Performance Recover	1	1	1








PLAN B: 1,500–1,799 calories	Week 1	Week 2	Week 3
 Veggies†	4	5	6
 Fruits	3	2	2
 Proteins	4	5	6
 Carbs‡	3	2	0
 Healthy Fats	1	1	1
 Seeds & Dressings	1	1	1
 Teaspoons	4	4	5
Beachbody Performance Energize	1	1	1
Beachbody Performance Hydrate	0	1	1
Beachbody Performance Recover	1	1	1








†These are minimum recommended amounts because SHIFT SHOP allows for all-you-can-eat veggies.

‡See SHIFT SHOP-specific food list.

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THE SHIFT SHOP FUEL PLANS

PLAN C: 1,800–2,099 calories	Week 1	Week 2	Week 3
 Veggies†	6	7	8
 Fruits	4	3	2
 Proteins	5	6	7
 Carbs‡	4	2	0
 Healthy Fats	1	2	2
 Seeds & Dressings	1	1	1
 Teaspoons	5	5	6
Beachbody Performance Energize	1	1	1
Beachbody Performance Hydrate	0	1	1
Beachbody Performance Recover	1	1	1

PLAN D: 2,100–2,400 calories	Week 1	Week 2	Week 3
 Veggies†	7	8	9
 Fruits	5	4	3
 Proteins	6	7	8
 Carbs‡	4	2	0
 Healthy Fats	1	2	2
 Seeds & Dressings	1	1	1
 Teaspoons	6	6	7
Beachbody Performance Energize	1	1	1
Beachbody Performance Hydrate	0	1	1
Beachbody Performance Recover	1	1	1

†These are minimum recommended amounts because SHIFT SHOP allows for all-you-can-eat veggies.

‡See SHIFT SHOP-specific food list.

WHAT IF YOU HAVE A HARD TIME STICKING TO YOUR FUEL PLAN?

We have a Shop rule: TRY BEFORE YOU MODIFY. In other words, do your best to follow the eating plan, because I'm here to help you overcome your obstacles, and at the same time test your will. This builds your confidence. This is how you develop a winning mindset. This is how you get your best results.

However, if you're new to healthy eating, or find that moving past your Week 1 plan is too challenging, then simply stick with Week 1 for the entire program.

WHAT IF YOU'RE VEGAN OR VEGETARIAN?

By the end of your shift, you'll find that your diet is relatively high in protein and low in carbohydrates, making it challenging as a vegan program.

Vegetarians have it easier, because they can eat plenty of eggs and dairy. (Going the pescatarian route, by including seafood, is an even easier option.)

Either way, there are a couple things you can do to make life simpler while making the shift. First, if it's all too much, just stick with the Week 1 eating plan throughout the program. Second, drink Shakeology (vegan or whey) to add an additional, delicious source of protein and other nutrients that help you maximize your results in the Shop.*

And if you're looking for help with these modifications or you have any other questions about the SHIFT SHOP, please visit our friendly advice staff at [BeachbodyExpertAdvice.com](https://www.beachbody.com/BeachbodyExpertAdvice).

SHIFT SHOP FOOD LISTS

On the next few pages you'll see what to eat. The healthiest foods are at the top of each list—but everything is good for you, so no need to sacrifice variety. Ultimately, you'll do best by picking the foods you enjoy the most.

VEGGIES FOOD LIST

Each item equals  1 Green Serving

- Kale, **1 cup cooked or raw**
- Watercress, **1 cup cooked or raw**
- Collard greens, **1 cup cooked or raw**
- Spinach, **1 cup cooked or raw**
- Brussels sprouts, **1 cup chopped or 5 medium**
- Broccoli, **1 cup chopped**
- Asparagus, **10 large spears**
- Beets, **2 medium**
- Tomatoes, **1 cup chopped, 1 cup cherry, or 2 medium**
- Tomatillos, **1 cup chopped or 3 medium**
- Pumpkin (regular or West Indian), **1 cup chopped**
- Squash (summer), **1 cup sliced**
- Chayote squash, **1 cup chopped**
- Winter squash (all varieties), **1 cup cubed**
- String beans, **1 cup**
- Peppers (sweet), **1 cup sliced**
- Poblano chilies, **1 cup chopped**
- Banana peppers, **3 medium**
- Carrots, **1 cup sliced or 10 medium baby**
- Cauliflower, **1 cup chopped**
- Artichokes, **½ large**
- Eggplant, **½ medium**
- Okra, **1 cup**
- Cactus (nopales), **1 cup sliced**
- Jicama, **1 cup sliced**
- Snow peas, **1 cup**
- Cabbage, **1 cup chopped**
- Cucumbers, **1 cup**
- Celery, **1 cup sliced**
- Lettuce (not iceberg), **1 cup**
- Mushrooms, **1 cup**
- Radishes, **1 cup**
- Onions, **1 cup chopped**
- Sprouts, **1 cup**
- Bamboo shoots, **1 cup**
- Salsa (freshly made or pico de gallo), **½ cup**
- Vegetable broth, **2 cups**

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FRUITS FOOD LIST

Each item equals  1 Purple Serving

- Raspberries, **1 cup**
- Blueberries, **1 cup**
- Blackberries, **1 cup**
- Strawberries, **1 cup**
- Pomegranate, **1 small**
- Guava, **2 medium**
- Starfruit, **2 medium**
- Passion fruit, **3 fruits**
- Watermelon, **1 cup chopped**
- Cantaloupe, **1 cup chopped**
- Orange, **1 cup divided into sections or 1 medium**
- Bitter orange, **1 medium**
- Tangerine, **2 small**
- Apple, **1 cup sliced or 1 small**
- Apricots, **4 small**
- Grapefruit, **1 cup divided into sections or ½ large**
- Cherries, **1 cup**
- Grapes, **1 cup**
- Kiwifruit, **2 medium**
- Mango, **1 cup sliced**
- Peach, **1 cup sliced or 1 large**
- Plum, **2 small**
- Pluot, **2 small**
- Nectarine, **1 cup sliced or 1 large**
- Pear, **1 cup sliced or 1 large**
- Pineapple, **1 cup diced**
- Banana, **½ large**
- Green banana, **½ large**
- Dwarf red banana, **1½ small**
- Breadfruit, **⅓ small**
- Papaya, **1 cup chopped**
- Figs, **2 small**
- Honeydew melon, **1 cup chopped**
- Pumpkin puree, **⅔ cup**
- Salsa (store-bought), **1 cup**
- Tomato sauce (plain or marinara), **1 cup**
- Applesauce (unsweetened), **¾ cup**

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PROTEINS FOOD LIST

Each item equals  1 Red Serving

- Sardines (fresh or canned in water), **7 medium**
- Boneless, skinless chicken or turkey breast, **¾ cup cooked, chopped**
- Duck breast, **¾ cup cooked, chopped**
- Squab, **¾ cup cooked, chopped**
- Goat, **¾ cup cooked, chopped**
- Lean ground chicken or turkey (≥ 93% lean), **¾ cup cooked**
- Fish, fresh water (caffish, tilapia, trout), **¾ cup cooked, flaked**
- Fish, cold water, wild-caught (cod, salmon, halibut, tuna, mahi-mahi), **¾ cup cooked, flaked**
- Game (buffalo, bison, ostrich, venison, rabbit), **¾ cup cooked, chopped**
- Game: lean ground (≥ 95% lean), **¾ cup cooked**
- Eggs, **2 large**
- Egg whites, **8 large**
- Shakeology,† **1 scoop**
- Greek yogurt (plain, 2%), **¾ cup**
- Kefir (plain, 2%), **1 cup**
- Yogurt (plain, 2%), **¾ cup**
- Shellfish (shrimp, crab, lobster), **¾ cup cooked**
- Clams (canned, drained), **¾ cup**
- Octopus, **¾ cup cooked, chopped**
- Squid, **¾ cup cooked, chopped**
- Red meat (extra-lean), **¾ cup cooked, chopped**
- Lean ground red meat (≥ 95% lean), **¾ cup cooked**
- Tempeh, **¾ cup diced**
- Tofu (firm), **¾ cup diced**
- Pork tenderloin, **¾ cup chopped, cooked**
- Tuna (canned light in water, drained), **¾ cup**
- Turkey slices (low-sodium, nitrite-free, minimally processed, fat-free), **6 slices**
- Ham slices (low-sodium, nitrite-free, minimally processed, fat-free), **6 slices**
- Ricotta cheese (light), **¾ cup**
- Cottage cheese (2%), **¾ cup**
- Protein powder (whey, hemp, rice, pea), **1½ scoops** (approx. 42 g depending on variety)
- Veggie burger, **1 medium patty**
- Turkey bacon (low-sodium, nitrite-free), **4 slices**
- Beef-based broth, **8 cups**

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CARBS FOOD LIST

Each item equals  1 Yellow Serving

WEEK 1

- Winter squash (acorn, butternut, delicata, kabocha, pumpkin, spaghetti),‡ **1 cup cubed**
- Sweet potato, **½ cup chopped**
- Yams (regular, white, tropical [batata]), **½ cup chopped**
- Parsnips, **½ cup sliced**
- White potato, **½ cup mashed or ½ medium**
- Peas, **½ cup**
- Beans (kidney, black, garbanzo, white, lima, fava, pink, pigeon, [gandules], etc.), **½ cup cooked, drained**
- Lentils, **½ cup cooked, drained**
- Edamame, **½ cup shelled**
- Refried beans (nonfat), **½ cup**

WEEK 2

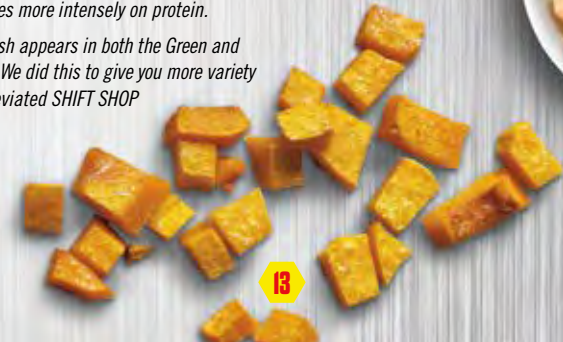
- Winter squash (acorn, butternut, delicata, kabocha, pumpkin, spaghetti),‡ **1 cup cubed**
- Sweet potato, **½ cup chopped**
- Yams (regular, white, tropical [batata]), **½ cup chopped**
- Parsnips, **½ cup sliced**
- White potato, **½ cup mashed or ½ medium**

WEEK 3

- Winter squash (acorn, butternut, delicata, kabocha, pumpkin, spaghetti),‡ **1 cup cubed**

† Because Shakeology offers such a wide variety of healthy nutrients, it doesn't rank quite as high on this list, which focuses more intensely on protein.

‡ Winter squash appears in both the Green and Yellow lists. We did this to give you more variety in the abbreviated SHIFT SHOP Yellow list.



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HEALTHY FATS FOOD LIST

Each item equals  1 Blue Serving

- Avocado, mashed or $\frac{1}{4}$ **medium**
- 12 almonds (**whole, raw**)
- 8 cashews (**whole, raw**)
- 14 peanuts (**whole, raw**)
- 20 pistachios (**whole, raw**)
- 10 pecan halves (**raw**)
- 8 walnut halves (**raw**)
- Hummus, $\frac{1}{4}$ **cup**
- Coconut milk (canned), $\frac{1}{4}$ **cup**
- Feta cheese, $\frac{1}{4}$ **cup crumbled**
- Goat cheese, $\frac{1}{4}$ **cup crumbled**
- Mozzarella (low-moisture), $\frac{1}{4}$ **cup shredded**
- Cheddar, $\frac{1}{4}$ **cup shredded**
- Provolone, $\frac{1}{4}$ **cup shredded**
- Monterey jack, $\frac{1}{4}$ **cup shredded**
- Parmesan, $\frac{1}{4}$ **cup shredded**
- Cotija cheese, $\frac{1}{4}$ **cup crumbled**
- Oaxaca cheese, $\frac{1}{4}$ **cup crumbled**
- Queso fresco, $\frac{1}{4}$ **cup crumbled**



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SEEDS & DRESSINGS FOOD LIST

Each item equals  1 Orange Serving

- Pumpkin seeds (raw), 2 Tbsp.
- Sunflower seeds (raw), 2 Tbsp.
- Sesame seeds (raw), 2 Tbsp.
- Flaxseed (ground), 2 Tbsp.
- Chia seeds, 4 tsp.
- Pine nuts, 2 Tbsp.
- Olives, 10 **medium**
- Coconut (unsweetened), 2 Tbsp. **shredded**
- Oil-based salad dressing, 2 Tbsp.



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TEASPOONS FOOD LIST

Each item equals  1 Teaspoon Serving

- Extra-virgin olive oil, **1 tsp.**
- Extra-virgin coconut oil, **1 tsp.**
- Flaxseed oil, **1 tsp.**
- Walnut oil, **1 tsp.**
- Pumpkin seed oil, **1 tsp.**
- Cacao nibs, **1 tsp.**
- Nut butters
(peanut, almond, cashew, etc.), **1 tsp.**
- Seed butters (pumpkin, sunflower, sesame [tahini]), **1 tsp.**
- Butter, **1 tsp.**
- Ghee, **1 tsp.**
- Mayonnaise, **1 tsp.**



FREE FOODS FOOD LIST

Use as much of these “Free Foods” as you’d like to enhance the flavors of the other foods you’ll be eating on this plan.

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





WEEKLY SHOPPING LISTS + MENUS

THE ULTIMATE SHOPPING LIST FOR FUELING A 3-WEEK RAPID REBUILD

In your kitchen at the beginning of each week, it's important to have the foods that deliver the best results. Trying to find meals with the right portions and ingredients on the fly—especially when you are cutting out starchy carbs—is a recipe for frustration. On my rest days, I like to shop and prepare the foods I need to stay on track for the week ahead. This keeps me motivated to fuel my body right.

So, take a look at the sample shopping lists that apply to your fuel plan and make sure you have what you need to succeed each week. Remember—these are simply examples—so feel free to substitute items from the corresponding food lists to find the ingredients that work best for you.

M/W/F/S

Breakfast:

- 1 Red: 2 eggs
- 1 Green: 1 cup chopped spinach
- ½ Blue: 2 Tbsp. shredded cheese

Snack:

- 1 Red: 1 scoop Shakeology
- 1 Purple: ½ banana

Lunch:

- 1 Red: 4 oz. grilled chicken breast
- 1 Green: ½ cup lettuce + ½ cup shredded carrot
- 1 Yellow: ½ cup black beans
- 1 Orange: 2 Tbsp. oil-based salad dressing
- ½ Blue: ½ avocado chopped

Snack:

- 1 Purple: 1 small apple
- 2 tsp.: 2 tsp. nut butter

Dinner:

- 1 Red: 4 oz. grilled salmon
- 1 Yellow: ½ cup mashed sweet potato
- 1 Green: 1 cup steamed broccoli

T/TH/SU

Breakfast:

- 1 Red: ¾ cup Greek yogurt, reduced-fat (2%), plain
- 1 Purple: 1 cup mixed fruit
- ½ Blue: 6 raw almonds, chopped

Snack:

- 1 Green: 1 cup celery sticks
- 2 tsp.: 2 tsp. nut butter

Lunch:

- 1 Red: 4 oz. grilled flank steak
- 1 Green: ½ cup lettuce + ½ cup shredded carrot
- 1 Yellow: ½ cup edamame
- 1 Orange: 2 Tbsp. oil-based salad dressing
- ½ Blue: 2 Tbsp. sliced raw almonds

Snack:

- 1 Red: 1 scoop Shakeology
- 1 Purple: 1 cup blueberries

Dinner:

- 1 Red: 4 oz. cooked ground turkey
- 1 Yellow: ½ cup shredded potato
- 1 Green: ½ cup chopped spinach, ½ cup chopped onion

WEEK ONE – PLAN A: SHOPPING LIST

SHOP	AMOUNTS
Fruits and Vegetables	
Apple, small	4 each
Avocado, medium	1 each
Banana, large	2 each
Blueberries	3 boxes (6-oz. each) or 16 oz.
Broccoli florets	1 (12-oz.) bag or 6 large stalks
Carrots, medium	3 each or 6 oz. shredded
Celery	1 medium bunch
Edamame	9 oz. or 1 (10-oz.) bag
Lettuce	1 head or 1 (5-oz.) bag
Onion, medium	3 each or 9 oz. chopped
Orange, medium (or mixed fruit of your choice)	3 each or 3 cups
Potato, medium	10 oz.
Spinach, raw	11 oz. or 2 bags (6-oz. each)
Sweet potato, medium	4 each
Dairy	
Cheese, shredded	2 oz.
Greek yogurt, reduced-fat (2%) plain	1 (32-oz.) container
Grains and Nuts	
Almonds, raw, sliced	1½ oz.
Almonds, raw, whole	¾ oz. or 18 each
Misc.	
Black beans, canned	1 (15-oz.) can
Nut butter (almond, peanut, or your choice)	1 jar or 10 oz. (3-week supply)
Vinaigrette (or oil-based salad dressing)	1 bottle or 12 fl. oz. (3-week supply)
Shakeology flavor of your choice	1 bag (30-day supply)
Proteins	
Beef flank steak, raw	1 lb.
Chicken breast, boneless, skinless, grilled	1 lb. or 1 lb. 6 oz. raw
Eggs, large	8 each
Salmon, raw, wild-caught	1 lb. 5 oz.
Turkey breast, ground	1 lb. 4 oz.

M/W/F/S

Breakfast:

- 1 Red: 2 eggs
- 1 Green: 1 cup chopped spinach
- ½ Blue: 2 Tbsp. shredded cheese

Snack:

- 1 Red: 1 scoop Shakeology
- 1 Purple: ½ banana

Lunch:

- 1 Red: 4 oz. grilled pork chop
- 1 Green: ½ cup lettuce + ½ cup chopped cucumber
- 1 Orange: 2 Tbsp. oil-based salad dressing
- ½ Blue: 2 Tbsp. feta cheese

Snack:

- 1 Purple: 1 small apple
- 2 tsp.: 2 tsp. nut butter
- 1 Green: 1 cup baby carrots

Dinner:

- 1 Red: 4 oz. grilled tilapia
- 1 Yellow: ½ small baked potato
- 1 Green: 1 cup steamed zucchini

T/TH/SU

Breakfast:

- 1 Red: ¾ cup Greek yogurt, reduced-fat (2%), plain
- 1 Purple: 1 cup mixed fruit
- ½ Blue: 6 raw almonds, chopped

Snack:

- 1 Green: 1 cup celery sticks
- 2 tsp.: 2 tsp. nut butter

Lunch:

- 1 Red: 4 oz. grilled shrimp
- 1 Green: ½ cup lettuce + ½ cup chopped green onion
- 1 Green: 1 cup shredded cabbage
- 1 Orange: 2 Tbsp. oil-based salad dressing
- ½ Blue: 4 raw cashews, chopped

Snack:

- 1 Red: 1 scoop Shakeology
- 1 Purple: 1 cup raspberries

Dinner:

- 1 Red: 4 oz. grilled lamb chop
- 1 Yellow: ½ small baked yam
- 1 Green: 1 cup steamed asparagus

WEEK TWO – PLAN A: SHOPPING LIST

SHOP	AMOUNTS
Fruits and Vegetables	
Apple, small	4 each
Asparagus	1 large bunch
Banana, large	2 each
Cabbage	1 head or 8 oz. shredded
Carrots, baby	17 oz. or 2 bags (1-lb. each)
Celery	2 medium bunches
Cucumber, medium	2 each
Lettuce	1 head or 1 (5-oz.) bag
Onion, green	2 bunches
Pineapple chunks or mixed fruit of your choice	1 (2-lb.) pineapple or 1 (20-oz.) can
Potato, small	2 each
Raspberries	3 boxes (6-oz. each) or 13 oz.
Spinach, raw	8 oz. or 2 bags (6-oz. each)
Squash, zucchini, medium	3 each
Yam, small	2 each
Dairy	
Cheese, shredded	2 oz.
Feta cheese	3 oz.
Greek yogurt, reduced-fat (2%), plain	1 (32-oz.) container
Grains and Nuts	
Almonds, raw, whole	¾ oz. or 18 each
Cashews, raw, chopped	3 oz.
Proteins	
Eggs, large	8 each
Lamb chop, boneless, raw	1 lb.
Pork chop, boneless, raw	1 lb. 6 oz.
Shrimp, medium, raw	1 lb.
Tilapia, wild-caught, raw	1 lb. 8 oz.

M/W/F/S

Breakfast:

- 1 Red: 2 eggs
- 1 Green: 1 cup chopped spinach
- ½ Blue: 2 Tbsp. shredded cheese

Snack:

- 1 Red: 1 scoop Shakeology
- 1 Purple: ½ banana
- 1 Green: 1 cup baby carrots

Lunch:

- 1 Red: 4 oz. grilled turkey breast
- 1 Green: ½ cup lettuce
+ ½ cup chopped cucumber
- 1 Orange: 2 Tbsp. oil-based salad dressing

Snack:

- 1 Purple: 1 small apple
- 3 tsp.: 3 tsp. nut butter
- 1 Green: 1 cup celery sticks
- 1 Red: 6 slices roasted chicken deli meat

Dinner:

- 1 Red: 4 oz. cooked ground beef
- 1 Green: 1 cup roasted spaghetti squash
- 1 Green: 1 cup stewed tomatoes
- ½ Blue: 2 Tbsp. Parmesan cheese

T/TH/SU

Breakfast:

- 1 Red: ¾ cup Greek yogurt, reduced-fat (2%), plain
- 1 Purple: 1 cup mixed fruit
- ½ Blue: 6 raw almonds, chopped

Snack:

- 1 Green: 1 cup celery sticks
- 3 tsp.: 3 tsp. nut butter

Lunch:

- 1½ Red: 6 oz. grilled chicken breast
- 1 Green: 1 cup lettuce
- 1 Green: 1 cup chopped mushrooms
- 1 Orange: 2 Tbsp. oil-based salad dressing
- ½ Blue: ¼ avocado

Snack:

- 1 Red: 1 scoop Shakeology
- 1 Purple: 2 kiwifruit

Dinner:

- 1½ Red: 6 oz. grilled halibut
- 1 Green: 1 cup roasted acorn squash
- 1 Green: 1 cup steamed cauliflower

WEEK THREE – PLAN A: SHOPPING LIST

SHOP	AMOUNTS
Fruits and Vegetables	
Apple, small	4 each
Avocado, medium	1 each
Banana, large	2 each
Carrots, baby	17 oz. or 2 bags (1-lb. each)
Cauliflower florets	1 medium head or 11 oz.
Celery	2 medium bunches
Cucumber, medium	2 each
Kiwifruit	6 each
Lettuce	1 head or 2 bags (5-oz. each)
Mushrooms, sliced	1 (8-oz.) package
Pear, medium or mixed fruit of your choice	3 each or 3 cups
Spinach, raw	8 oz. or 2 bags (6-oz. each)
Squash, acorn, medium	2 each
Squash, spaghetti, medium	1 (2 lb.) squash
Dairy	
Feta cheese	2 oz.
Parmesan cheese	2 oz.
Greek yogurt, reduced-fat (2%), plain	1 (32-oz.) container
Grains and Nuts	
Almonds, raw, whole	¾ oz. or 18 each
Misc.	
Tomatoes, canned, stewed	3 cans (14.5-oz. each)
Proteins	
Beef, ground, raw, 95% lean	1 lb. 6 oz.
Chicken breast, boneless, skinless, grilled	1 lb. 2 oz. or 1 lb. 8 oz. raw
Chicken breast, roasted, deli-sliced	1 lb. 8 oz.
Eggs, large	8 each
Halibut, raw	1 lb. 10 oz.
Turkey breast, boneless, skinless, grilled	1 lb. or 1 lb. 6 oz. raw

M/W/F/S

Breakfast:

- 1 Red: 2 eggs
- 1 Green: 1 cup chopped spinach
- ½ Blue: 2 Tbsp. shredded cheese

Snack:

- 1 Red: 1 scoop Shakeology
- 1 Purple: ½ banana

Lunch:

- 1 Red: 4 oz. grilled chicken breast
- 1 Green: 1 cup lettuce
- 1 Green: ½ cup shredded carrot, ½ cup tomatoes
- 2 Yellow: 1 cup black beans
- 1 Orange: 2 Tbsp. oil-based salad dressing
- ½ Blue: ½ avocado, chopped

Snack:

- 1 Purple: 1 small apple
- 3 tsp.: 3 tsp. nut butter

Dinner:

- 1 Red: 4 oz. grilled salmon
- 1 Yellow: ½ cup mashed sweet potato
- 1 tsp.: 1 tsp. coconut oil
- 1 Green: 1 cup steamed broccoli
- 1 Purple: 1 cup strawberries

T/TH/SU

Breakfast:

- 1 Red: ¾ cup Greek yogurt, reduced-fat (2%), plain
- 1 Purple: 1 cup mixed fruit
- ½ Blue: 6 raw almonds, chopped

Snack:

- 1 Green: 1 cup celery sticks
- 3 tsp.: 3 tsp. nut butter

Lunch:

- 1 Red: 4 oz. grilled flank steak
- 1 Green: 1 cup lettuce
- 1 Green: ½ cup shredded carrot, ½ cup red cabbage
- 2 Yellow: 1 cup edamame
- 1 Orange: 2 Tbsp. oil-based salad dressing
- ½ Blue: 2 Tbsp. sliced raw almonds

Snack:

- 1 Red: 1 scoop Shakeology
- 1 Purple: 1 cup blueberries

Dinner:

- 1 Red: 4 oz. cooked ground turkey breast
- 1 Yellow: ½ cup shredded potato
- 1 Green: ½ cup chopped spinach, ½ cup chopped onion
- 1 Purple: 1 cup strawberries
- 1 tsp.: 1 tsp. olive oil

WEEK ONE – PLAN B: SHOPPING LIST

SHOP	AMOUNTS
Fruits and Vegetables	
Apple, small	4 each
Avocado, medium	1 each
Banana, large	2 each
Blueberries	3 boxes (6-oz. each) or 21 oz.
Broccoli florets	1 (12-oz.) bag or 6 large stalks
Cabbage, red	1 head or 4 oz. shredded
Carrots, medium	8 carrots or 14 oz. shredded
Celery	1 medium bunch
Edamame	18 oz. or 2 bags (10-oz. each)
Lettuce	1 head or 2 bags (5-oz. each)
Onion, medium	3 each or 9 oz. chopped
Orange, medium or mixed fruit of your choice	3 each or 3 cups
Potato, medium	10 oz.
Spinach, raw	11 oz. or 2 bags (6-oz. each)
Strawberries, whole	2 containers (1-lb. each) + 1 (8-oz.) container or 36 oz.
Sweet potato, medium	4 each
Tomato, medium	3 each
Dairy	
Cheese, shredded	2 oz.
Greek yogurt, reduced-fat (2%), plain	1 (32-oz.) container
Grains and Nuts	
Almonds, raw, sliced	1½ oz.
Almonds, raw, whole	¾ oz. or 18 each
Misc.	
Black beans, canned	1 (15-oz.) can
Nut butter (almond, peanut, or your choice)	1 jar or 12 oz. (3-week supply)
Oil, coconut	1 jar (3-week supply)
Oil, olive	1 (8 fl. oz.) bottle (3-week supply)
Vinaigrette (or oil-based salad dressing)	1 bottle or 12 fl. oz. (3-week supply)
Shakeology flavor of your choice	1 bag (30-day supply)
Proteins	
Beef flank steak, raw	1 lb.
Chicken breast, boneless, skinless, grilled	1 lb. or 1 lb. 6 oz. raw
Eggs, large	8 each
Salmon, raw, wild-caught	1 lb. 5 oz.
Turkey breast, ground	1 lb. 4 oz.

M/W/F/S

Breakfast:

- 1 Red: 2 eggs
- 1 Green: 1 cup chopped spinach
- ½ Blue: 2 Tbsp. shredded cheese

Snack:

- 1 Red: 1 scoop Shakeology
- 1 Purple: ½ banana

Lunch:

- 1 Red: 4 oz. grilled pork chop
- 1 Green: 1 cup lettuce
- 1 Green: ½ cup chopped cucumber, ½ cup tomatoes
- 1 Orange: 2 Tbsp. oil-based salad dressing
- ½ Blue: 2 Tbsp. feta cheese
- 1 Yellow: ½ cup roasted parsnips

Snack:

- 1 Purple: 1 small apple
- ☞ 3 tsp.: 3 tsp. nut butter
- 1 Green: 1 cup baby carrots
- 1 Red: 6 slices turkey breast deli meat

Dinner:

- 1 Red: 4 oz. grilled tilapia
- 1 Yellow: ½ small baked potato
- ☞ 1 tsp.: 1 tsp. olive oil
- 1 Green: 1 cup steamed zucchini

T/TH/SU

Breakfast:

- 1 Red: ¾ cup Greek yogurt, reduced-fat (2%), plain
- 1 Purple: 1 cup mixed fruit
- ½ Blue: 6 raw almonds, chopped

Snack:

- 1 Green: 1 cup celery sticks
- ☞ 3 tsp.: 3 tsp. nut butter

Lunch:

- 1 Red: 6 oz. grilled shrimp
- 1 Green: ½ cup lettuce + ½ cup chopped green onion
- 1 Green: ½ cup shredded carrot, ½ cup red cabbage
- 1 Orange: 2 Tbsp. oil-based salad dressing
- 1 Yellow: ½ small baked potato
- ½ Blue: 4 raw cashews, chopped

Snack:

- 1 Red: 1 scoop Shakeology
- 1 Purple: 1 cup raspberries
- 1 Green: 1 cup baby carrots

Dinner:

- 1½ Red: 6 oz. grilled lamb chop
- 1 Yellow: ½ small baked yam
- ☞ 1 tsp.: 1 tsp. olive oil
- 1 Green: 1 cup steamed asparagus

WEEK TWO – PLAN B: SHOPPING LIST

SHOP	AMOUNTS
Fruits and Vegetables	
Apple, small	4 each
Asparagus	1 large bunch
Banana, large	2 each
Cabbage, red	1 head or 8 oz. shredded
Carrots, baby	30 oz. or 2 bags (1-lb. each)
Carrots, medium	3 carrots or 6 oz. shredded
Celery	1 medium bunch
Cucumber, medium	2 each
Lettuce	1 head or 2 bags (5-oz. each)
Onion, green	2 bunches
Parsnips, medium	4 each
Potato, small	4 each
Raspberries	3 boxes (6-oz. each) or 13 oz.
Spinach, raw	8 oz. or 2 bags (6-oz. each)
Squash, zucchini, medium	3 each
Strawberries, whole or mixed fruit of your choice	1 (1-lb.) container + 1 (8-oz.) container or 18 oz.
Tomato, medium	3 each
Yam, small	2 each
Dairy	
Cheese, shredded	2 oz.
Feta cheese	3 oz.
Greek yogurt, reduced-fat (2%), plain	1 (32-oz.) container
Grains and Nuts	
Almonds, raw, whole	¾ oz. or 18 each
Cashews, raw, chopped	3 oz.
Proteins	
Eggs, large	8 each
Lamb chop, boneless, raw	1 lb. 8 oz.
Pork chop, boneless, raw	1 lb. 6 oz.
Shrimp, medium, raw	1 lb. 8 oz.
Tilapia, wild-caught, raw	1 lb. 8 oz.
Turkey breast, nitrite-free, deli-sliced	1 lb. 8 oz.

M/W/F/S

Breakfast:

- 1 Red: 2 eggs
- 1 Green: 1 cup chopped spinach
- ½ Blue: 2 Tbsp. shredded cheese

Snack:

- 1 Red: 1 scoop Shakeology
- 1 Purple: ½ banana

Lunch:

- 1 Red: 6 oz. grilled turkey breast
- 1 Green: 1 cup lettuce
- 1 Green: ½ cup chopped cucumber, ½ cup tomatoes
- 1 Orange: 2 Tbsp. oil-based salad dressing

Snack:

- 1 Purple: 1 small apple
- 3 tsp.: 3 tsp. nut butter

- 1 Green: 1 cup baby carrots
- 1 Red: 6 slices roasted chicken deli meat

Dinner:

- 1½ Red: 6 oz. cooked ground beef
- 2 tsp.: 2 tsp. olive oil
- 1 Green: 1 cup stewed tomatoes
- 1 Green: 1 cup roasted spaghetti squash
- ½ Blue: 2 Tbsp. Parmesan cheese

T/TH/SU

Breakfast:

- 1 Red: ¾ cup Greek yogurt, reduced-fat (2%), plain
- 1 Purple: 1 cup mixed fruit
- ½ Blue: 6 raw almonds, chopped

Snack:

- 1 Green: 1 cup celery sticks
- 3 tsp.: 3 tsp. nut butter

- 1 Red: 6 slices roast beef deli meat

Lunch:

- 1½ Red: 6 oz. grilled chicken breast
- 1 Green: 1 cup lettuce
- 1 Green: 1 cup chopped mushrooms
- 1 Orange: 2 Tbsp. oil-based salad dressing
- ½ Blue: ½ avocado

Snack:

- 1 Red: 1 scoop Shakeology
- 1 Purple: 2 kiwifruit
- 1 Green: 1 cup baby carrots

Dinner:

- 1½ Red: 6 oz. grilled halibut
- 1 Green: 1 cup roasted acorn squash
- 1 Green: 1 cup steamed cauliflower
- 2 tsp.: 2 tsp. olive oil

WEEK THREE – PLAN B: SHOPPING LIST

SHOP	AMOUNTS
Fruits and Vegetables	
Apple, small	4 each
Avocado, medium	1 each
Banana, large	2 each
Carrots, baby	30 oz. or 2 bags (1-lb. each)
Cauliflower florets	1 medium head or 11 oz.
Celery	1 medium bunch
Cucumber, medium	2 each
Grapefruit, small or mixed fruit of your choice	2 each or 3 cups
Kiwifruit	6 each
Lettuce	1 head or 2 bags (5-oz. each)
Mushrooms, sliced	1 (8-oz.) package
Spinach, raw	8 oz. or 2 bags (6-oz. each)
Squash, acorn, medium	2 each
Squash, spaghetti, medium	1 (2 lb.) squash
Tomato, medium	3 each
Dairy	
Cheese, shredded	2 oz.
Parmesan cheese	3 oz.
Greek yogurt, reduced-fat (2%), plain	1 (32-oz.) container
Grains and Nuts	
Almonds, raw, whole	¾ oz. or 18 each
Misc.	
Tomatoes, canned, stewed	3 cans (14.5-oz. each)
Proteins	
Beef, ground, raw, 95% lean	2 lbs.
Beef, roast, deli-sliced	1 lb. 2 oz.
Chicken breast, boneless, skinless, grilled	1 lb. 2 oz. or 1 lb. 8 oz. raw
Chicken breast, roasted, deli-sliced	1 lb. 8 oz.
Eggs, large	8 each
Halibut, raw	1 lb. 10 oz.
Turkey breast, boneless, skinless, grilled	1 lb. 8 oz. or 2 lbs. raw



M/W/F/S

Breakfast:

- 1 Red: 2 eggs
- 1 Green: 1 cup chopped spinach
- ½ Blue: 2 Tbsp. shredded cheese
- 1 Purple: 1 cup cubed melon

Snack:

- 1 Red: 1 scoop Shakeology
- 1 Purple: ½ banana

Lunch:

- ½ Red: 6 oz. grilled chicken breast
- 1 Green: 1 cup lettuce
- 1 Green: ½ cup shredded carrot, ½ cup tomatoes
- 2 Yellow: 1 cup black beans
- 1 Orange: 2 Tbsp. oil-based salad dressing
- ½ Blue: ½ avocado, chopped

Snack:

- 1 Purple: 1 small apple
- 3 tsp.: 3 tsp. nut butter
- 1 Green: 1 cup sugar snap peas

Dinner:

- ½ Red: 6 oz. grilled salmon
- 2 Yellow: 1 cup mashed sweet potato
- 2 tsp.: 2 tsp. coconut oil
- 1 Green: 1 cup steamed broccoli
- 1 Purple: 1 cup strawberries

T/TH/SU

Breakfast:

- 1 Red: ¾ cup Greek yogurt, reduced-fat (2%), plain
- 1 Purple: 1 cup mixed fruit
- ½ Blue: 2 Tbsp. sliced raw almonds

Snack:

- 1 Green: 1 cup celery sticks
- 3 tsp.: 3 tsp. nut butter
- 1 Green: 1 cup sugar snap peas
- 1 Purple: 1 small apple

Lunch:

- ½ Red: 6 oz. grilled flank steak
- 1 Green: 1 cup lettuce
- 1 Green: ½ cup shredded carrot, ½ cup shredded cabbage
- 2 Yellow: 1 cup edamame
- 1 Orange: 2 Tbsp. oil-based salad dressing
- ½ Blue: 2 Tbsp. sliced raw almonds

Snack:

- 1 Red: 1 scoop Shakeology
- 1 Purple: 1 cup blueberries

Dinner:

- ½ Red: 6 oz. cooked ground turkey breast
- 2 Yellow: 1 cup shredded potato
- 2 tsp.: 2 tsp. olive oil
- 2 Green: 1½ cups chopped spinach, ½ cup chopped onion
- 1 Purple: 1 cup strawberries

WEEK ONE – PLAN C: SHOPPING LIST

SHOP	AMOUNTS
Fruits and Vegetables	
Apple, small	7 each
Avocado, medium	1 each
Banana, large	2 each
Blueberries	3 boxes (6-oz. each) or 21 oz.
Broccoli florets	2 bags (12-oz. each) or 11 large stalks
Cabbage	1 head or 4 oz. shredded
Carrots, medium	7 carrots or 14 oz. shredded
Celery	1 medium bunch
Edamame	18 oz. or 2 bags (10-oz. each)
Lettuce	1 head or 2 bags (5-oz. each)
Melon, cubed, your choice	24 oz. cubed or 1 medium melon
Onion, medium	3 each or 9 oz. chopped
Orange, medium or mixed fruit of your choice	3 each or 3 cups
Potato, medium	17 oz.
Spinach, raw	17 oz. or 3 bags (6-oz. each)
Strawberries, whole	2 containers (1-lb. each) + 1 (8-oz.) container or 36 oz.
Sugar snap peas	1 lb.
Sweet potato, medium	8 each
Tomato, medium	3 each
Dairy	
Cheese, shredded	2 oz.
Greek yogurt, reduced-fat (2%), plain	1 (32-oz.) container
Grains and Nuts	
Almonds, raw, sliced	2¼ oz.
Misc.	
Black beans, canned	2 cans (15-oz. each)
Nut butter (almond, peanut, or your choice)	1 jar or 12 oz. (3-week supply)
Oil, coconut	1 jar (3-week supply)
Oil, olive	1 (8 fl. oz.) bottle (3-week supply)
Vinaigrette (or oil-based salad dressing)	1 bottle or 12 fl. oz. (3-week supply)
Shakeology flavor of your choice	1 bag (30-day supply)
Proteins	
Beef flank steak, raw	2 lbs.
Grilled chicken breast	1 lb. 2 oz. or 2 lbs. raw
Eggs, large	8 each
Salmon, raw, wild-caught	2 lbs. 3 oz.
Turkey breast, ground	1 lb. 8 oz.



M/W/F/S

Breakfast:

- 1 Red: 2 eggs
- 1 Green: 1 cup chopped spinach
- 1 Blue: ¼ cup shredded cheese

Snack:

- 1 Red: 1 scoop Shakeology
- 1 Purple: ½ banana
- 1 Green: 1 cup baby carrots

Lunch:

- 1½ Red: 6 oz. grilled pork chop
- 1 Green: 1 cup lettuce
- 1 Green: ½ cup chopped cucumber, ½ cup tomatoes
- 1 Orange: 2 Tbsp. oil-based salad dressing
- 1 Blue: ¼ cup feta cheese
- 1 Yellow: ½ cup roasted parsnips

Snack:

- 1 Purple: 1 small apple
- 3 tsp.: 3 tsp. nut butter
- 1 Green: 1 cup sugar snap peas
- 1 Red: 6 slices turkey breast deli meat

Dinner:

- 1½ Red: 6 oz. grilled tilapia
- 1 Yellow: ½ small baked potato
- 2 tsp.: 2 tsp. olive oil
- 2 Green: 2 cups steamed zucchini
- 1 Purple: 1 cup blueberries

T/TH/SU

Breakfast:

- 1 Red: ¼ cup Greek yogurt, reduced-fat (2%), plain
- 1 Purple: 1 cup mixed fruit
- 1½ Blue: 12 raw almonds, chopped

Snack:

- 1 Green: 1 cup celery sticks
- 3 tsp.: 3 tsp. nut butter
- 1 Green: 1 cup sugar snap peas
- 1 Red: 6 slices ham deli meat

Lunch:

- 1½ Red: 6 oz. grilled shrimp
- 1 Green: 1 cup lettuce
- 1 Green: ½ cup shredded carrot, ½ cup shredded cabbage
- 1 Orange: 2 Tbsp. oil-based salad dressing
- 1 Blue: 8 raw cashews, chopped
- 1 Yellow: ½ small baked potato

Snack:

- 1 Red: 1 scoop Shakeology
- 1 Purple: 1 cup raspberries
- 1 Green: 1 cup baby carrots

Dinner:

- 1½ Red: 6 oz. grilled lamb chop
- 1 Yellow: ½ small baked yam
- 2 tsp.: 2 tsp. olive oil
- 2 Green: 2 cups steamed asparagus
- 1 Purple: 1 cup strawberries

WEEK TWO – PLAN C: SHOPPING LIST

SHOP	AMOUNTS
Fruits and Vegetables	
Apple, small	4 each
Asparagus	2 large bunches
Banana, large	2 each
Blueberries, fresh	4 boxes (6-oz. each) or 21 oz.
Cabbage	1 head or 8 oz. shredded
Carrots, baby	30 oz. or 2 bags (1-lb. each)
Carrots, medium	3 carrots or 6 oz. shredded
Celery	1 medium bunch
Cucumber, medium	2 each
Lettuce	1 head or 2 bags (5-oz. each)
Orange, medium or mixed fruit of your choice	3 each or 3 cups
Parsnips, medium	4 each
Potato, small	4 each
Raspberries	3 boxes (6-oz. each) or 13 oz.
Spinach, raw	8 oz. or 2 bags (6-oz. each)
Squash, zucchini, medium	6 each
Strawberries, whole	1 (1-lb.) container
Sugar snap peas	1 lb.
Tomato, medium	3 each
Yam, small	2 each
Dairy	
Cheese, shredded	4 oz.
Feta cheese	6 oz.
Greek yogurt, reduced-fat (2%), plain	1 (32-oz.) container
Grains and Nuts	
Almonds, raw, whole	¾ oz. or 18 each
Cashews, raw, chopped	1 oz.
Proteins	
Eggs, large	8 each
Ham, nitrite-free, deli-sliced	1 lb. 2 oz.
Lamb chop, boneless, raw	1 lb. 8 oz.
Pork chop, boneless, raw	2 lbs.
Shrimp, medium, raw	1 lb. 8 oz.
Tilapia, wild-caught, raw	2 lbs. 2 oz.
Turkey breast, nitrite-free, deli-sliced	1 lb. 8 oz.



M/W/F/S

Breakfast:

- 2 Red: 4 eggs
- 1 Green: 1 cup chopped spinach
- 1 Blue: ¼ cup shredded cheese

Snack:

- 1 Red: 1 scoop Shakeology
- 1 Purple: ½ banana
- 1 Green: 1 cup baby carrots

Lunch:

- 1½ Red: 6 oz. grilled turkey breast
- 1 Green: 1 cup lettuce
- 1 Green: ½ cup chopped cucumber, ½ cup tomatoes
- 1 Orange: 2 Tbsp. oil-based salad dressing

Snack:

- 1 Purple: 1 small apple
- 3 tsp.: 3 tsp. nut butter
- 1 Green: 1 cup sugar snap peas
- 1 Red: 6 slices roasted chicken deli meat

Dinner:

- 1½ Red: 6 oz. cooked ground beef
- 2 Green: 2 cups roasted spaghetti squash
- 3 tsp.: 3 tsp. olive oil
- 1 Green: 1 cup steamed kale
- 1 Blue: ¼ cup Parmesan cheese

T/TH/SU

Breakfast:

- 1 Red: ¼ cup Greek yogurt, reduced-fat (2%), plain
- 1 Purple: 1 cup mixed fruit
- 1 Blue: 12 raw almonds, chopped

Snack:

- 1 Green: 1 cup celery sticks
- 3 tsp.: 3 tsp. nut butter
- 1 Green: 1 cup sugar snap peas
- 1 Red: 6 slices turkey deli meat

Lunch:

- 2 Red: 8 oz. grilled chicken breast
- 1 Green: 1 cup lettuce
- 1 Green: 1 cup sliced mushrooms
- 1 Green: 1 cup steamed green beans
- 1 Orange: 2 Tbsp. oil-based salad dressing
- 1 Blue: ¼ avocado

Snack:

- 1 Red: 1 scoop Shakeology
- 1 Purple: 2 kiwifruit
- 1 Green: 1 cup baby carrots

Dinner:

- 2 Red: 8 oz. grilled halibut
- 3 tsp.: 3 tsp. olive oil
- 1 Green: 1 cup roasted acorn squash
- 1 Green: 1 cup steamed cauliflower

WEEK THREE – PLAN C: SHOPPING LIST

SHOP	AMOUNTS
Fruits and Vegetables	
Apple, small	4 each
Avocado, medium	1 each
Banana, large	2 each
Blackberries, fresh	1 (6-oz.) box
Blueberries, fresh	1 (6-oz.) box
Carrots, baby	30 oz. or 2 bags (1-lb. each)
Cauliflower florets	1 medium head or 11 oz.
Celery	1 medium bunch
Cucumber, medium	2 each
Green beans, fresh	1 lb.
Kale, raw	2 bunches or 10 oz.
Kiwifruit	6 each
Lettuce	1 head or 2 bags (5-oz. each)
Mushrooms, sliced	1 (8-oz.) package
Raspberries, fresh	1 (6-oz.) box
Spinach, raw	8 oz. or 2 bags (6-oz. each)
Squash, acorn, medium	2 each
Squash, spaghetti, medium	1 (4 lb.) squash
Sugar snap peas	1 lb.
Tomato, medium	3 each
Dairy	
Cheese, shredded	4 oz.
Parmesan cheese	4 oz.
Greek yogurt, reduced-fat (2%), plain	1 (32-oz.) container
Grains and Nuts	
Proteins	
Almonds, raw, whole	1½ oz. or 36 each
Beef, ground, raw, 95% lean	2 lbs.
Chicken breast, boneless, skinless, grilled	1 lb. 8 oz. or 2 lbs. raw
Chicken breast, roasted, deli-sliced	1 lb. 8 oz.
Eggs, large	16 each
Halibut, raw	2 lbs. 3 oz.
Turkey breast, nitrite-free, deli-sliced	1 lb. 2 oz.
Turkey breast, boneless, skinless, grilled	1 lb. 8 oz. or 2 lbs. raw



M/W/F/S

Breakfast:

- 1 Red: 4 eggs
- 1 Green: 1 cup chopped spinach
- ½ Blue: 2 Tbsp. shredded cheese
- 1 Purple: 1 cup cubed melon

Snack:

- 1 Red: 1 scoop Shakeology
- 1 Purple: ½ banana
- 1 Green: 1 cup sugar snap peas

Lunch:

- 1½ Red: 6 oz. grilled chicken breast
- 1 Green: 1 cup lettuce
- 1 Green: ½ cup shredded carrot, ½ cup tomatoes
- 2 Yellow: 1 cup black beans
- 1 Orange: 2 Tbsp. oil-based salad dressing
- ½ Blue: ½ avocado
- 1 Purple: 1 cup blueberries

Snack:

- 1 Purple: 1 small apple
- 4 tsp.: 4 tsp. nut butter
- 1 Green: 1 cup sliced celery

Dinner:

- 1½ Red: 6 oz. grilled salmon
- 2 Yellow: 1 cup mashed sweet potato
- 2 tsp.: 2 tsp. coconut oil
- 1 Green: 2 cups steamed broccoli
- 1 Purple: 1 cup strawberries

T/TH/SU

Breakfast:

- 2 Red: 1½ cups Greek yogurt, reduced-fat (2%), plain
- 1 Purple: 1 cup mixed berries
- ½ Blue: 6 raw almonds, chopped

Snack:

- 4 tsp.: 4 tsp. nut butter
- 2 Green: 2 cups sliced celery

Lunch:

- 1½ Red: 6 oz. grilled flank steak
- 1 Green: 1 cup lettuce
- 1 Green: ½ cup shredded carrot, ½ cup shredded cabbage
- 2 Yellow: 1 cup edamame
- 1 Orange: 2 Tbsp. oil-based salad dressing
- ½ Blue: 2 Tbsp. sliced raw almonds
- 1 Purple: 1 cup blueberries

Snack:

- 1 Red: 1 scoop Shakeology
- 2 Purple: 2 cups cubed melon
- 1 Green: 1 cup sugar snap peas

Dinner:

- 1½ Red: 6 oz. cooked ground turkey breast
- 2 Yellow: 1 cup shredded potato
- 2 tsp.: 2 tsp. olive oil
- 2 Green: 1½ cups chopped spinach, ½ cup chopped onion
- 1 Purple: 1 cup strawberries

WEEK ONE – PLAN D: SHOPPING LIST

SHOP	AMOUNTS
Fruits and Vegetables	
Apple, small	7 each
Avocado, medium	1 each
Banana, large	2 each
Blackberries, fresh	1 (6-oz.) box
Blueberries, fresh	7 boxes (6-oz. each) or 41 oz.
Broccoli florets	2 bags (12-oz. each) or 11 large stalks
Cabbage	1 head or 4 oz. shredded
Carrots, medium	7 carrots or 14 oz. shredded
Celery	2 medium bunches
Edamame	18 oz. or 2 bags (10-oz. each)
Lettuce	1 head or 2 bags (5-oz. each)
Melon, cubed, your choice	60 oz. cubed or 3 medium melons
Onion, medium	3 each or 9 oz. chopped
Potato, medium	17 oz.
Raspberries, fresh	1 (6-oz.) box
Spinach, raw	17 oz. or 3 bags (6-oz. each)
Strawberries, whole	2 containers (1-lb. each) + 1 (8-oz.) container or 36 oz.
Sugar snap peas	1 lb.
Sweet potato, medium	8 each
Tomato, medium	3 each
Dairy	
Cheese, shredded	2 oz.
Greek yogurt, reduced-fat (2%), plain	1 (32-oz.) container + 1 (8 oz.) container or 36 oz.
Grains and Nuts	
Almonds, raw, sliced	1½ oz.
Almonds, raw, whole	¾ oz. or 18 each
Misc.	
Black beans, canned	2 cans (15-oz. each)
Nut butter (almond, peanut, or your choice)	1 jar or 16 oz. (3-week supply)
Oil, coconut	1 jar (3-week supply)
Oil, olive	1 (8 fl. oz.) bottle (3-week supply)
Vinaigrette (or oil-based salad dressing)	1 (12 fl. oz.) bottle (3-week supply)
Shakeology flavor of your choice	1 bag (30-day supply)
Proteins	
Beef flank steak, raw	1 lb. 8 oz.
Chicken breast, boneless, skinless, grilled	1 lb. 8 oz. or 2 lbs. raw
Eggs, large	16 each
Salmon, raw, wild-caught	2 lbs. 3 oz.
Turkey breast, ground	1 lb. 8 oz.



M/W/F/S

Breakfast:

- 1 Red: 4 eggs
- 1 Green: 1 cup chopped spinach
- 1 Blue: ¼ cup shredded cheese
- 1 Purple: 1 small orange

Snack:

- 1 Red: 1 scoop Shakeology
- 1 Purple: ½ banana
- 1 Green: 1 cup sugar snap peas

Lunch:

- 1½ Red: 6 oz. grilled pork chop
- 1 Green: 1 cup lettuce
- 1 Green: ½ cup chopped cucumber, ½ cup tomatoes
- 1 Orange: 2 Tbsp. oil-based salad dressing
- 1 Blue: ¼ cup feta cheese
- 1 Purple: 1 cup blueberries

Snack:

- 4 tsp.: 4 tsp. nut butter
- 1 Green: 1 cup sliced celery
- 1 Red: 6 slices turkey breast deli meat
- 1 Green: 1 cup baby carrots

Dinner:

- 1½ Red: 6 oz. grilled salmon
- 2 Yellow: 1 small baked potato
- 2 tsp.: 2 tsp. olive oil
- 1 Green: 2 cups steamed zucchini
- 1 Purple: 1 cup grapes

T/TH/SU

Breakfast:

- 2 Red: 1½ cups Greek yogurt, reduced-fat (2%), plain
- 1 Purple: 1 cup mixed fruit
- 1 Blue: 12 raw almonds, chopped

Snack:

- 4 tsp.: 4 tsp. nut butter
- 2 Green: 2 cups sliced celery
- 1 Red: 6 slices ham deli meat

Lunch:

- 1½ Red: 6 oz. grilled shrimp
- 2 Green: 2 cups lettuce
- 1 Green: ½ cup shredded carrot, ½ cup shredded cabbage
- 1 Orange: 2 Tbsp. oil-based salad dressing
- 1 Blue: 8 raw cashews, chopped
- 1 Yellow: ½ small baked potato

Snack:

- 1 Red: 1 scoop Shakeology
- 2 Purple: 2 cups raspberries
- 1 Green: 1 cup baby carrots

Dinner:

- 1½ Red: 6 oz. grilled lamb chop
- 1 Yellow: ½ small baked yam
- 2 tsp.: 2 tsp. olive oil
- 2 Green: 2 cups steamed asparagus
- 1 Purple: 1 cup strawberries

WEEK TWO – PLAN D: SHOPPING LIST

SHOP	AMOUNTS
Fruits and Vegetables	
Asparagus	2 large bunches
Banana, large	2 each
Blueberries, fresh	4 boxes (6-oz. each) or 21 oz.
Cabbage	1 head or 8 oz. shredded
Carrots, baby	30 oz. or 2 bags (1-lb. each)
Carrots, medium	3 carrots or 6 oz. shredded
Celery	4 medium bunches
Cucumber, medium	2 each
Grapes	1 bunch
Lettuce	1 head or 3 bags (5-oz. each)
Melon, cubed or mixed fruit of your choice	3 cups or 1 small melon
Orange, small	4 each
Potato, small	6 each
Raspberries	5 boxes (6-oz. each) or 26 oz.
Spinach, raw	8 oz. or 2 bags (6-oz. each)
Squash, zucchini, medium	6 each
Strawberries, whole	1 (1-lb.) container
Sugar snap peas	9 oz.
Tomato, medium	3 each
Yam, small	2 each
Dairy	
Cheese, shredded	4 oz.
Feta cheese	6 oz.
Greek yogurt, reduced-fat (2%), plain	1 (32-oz.) container + 1 (8-oz.) container or 36 oz.
Grains and Nuts	
Almonds, raw, whole	1½ oz.
Cashews, raw, chopped	1 oz.
Proteins	
Eggs, large	16 each
Ham, nitrite-free, deli-sliced	1 lb. 2 oz.
Lamb chop, boneless, raw	1 lb. 8 oz.
Pork chop, boneless, raw	2 lbs.
Shrimp, medium, raw	1 lb. 8 oz.
Salmon, wild-caught, raw	2 lbs. 2 oz.
Turkey breast, nitrite-free, deli-sliced	1 lb. 8 oz.



M/W/F/S

Breakfast:

- 2 Red: 4 eggs
- 1 Green: 1 cup chopped spinach
- 1 Blue: ¼ cup shredded cheese
- 1 Purple: 1 small orange

Snack:

- 1 Red: 1 scoop Shakeology
- 1 Purple: ½ banana
- 1 Green: 1 cup sugar snap peas

Lunch:

- 2 Red: 8 oz. grilled turkey breast
- 1 Green: 1 cup lettuce
- 1 Green: ½ cup chopped cucumber, ½ cup tomatoes
- 1 Orange: 2 Tbsp. oil-based salad dressing
- 1 Purple: 1 cup blueberries

Snack:

- 4 tsp.: 4 tsp. nut butter
- 1 Green: 1 cup sliced celery
- 1 Red: 6 slices roasted chicken deli meat
- 1 Green: 1 cup baby carrots

Dinner:

- 2 Red: 8 oz. cooked ground beef
- 3 tsp.: 3 tsp. olive oil
- 1 Green: 1 cup roasted spaghetti squash
- 2 Green: 2 cups steamed zucchini
- 1 Blue: ¼ cup Parmesan cheese

T/TH/SU

Breakfast:

- 2 Red: 1½ cups Greek yogurt, reduced-fat (2%), plain
- 1 Purple: 1 cup mixed fruit
- 1 Blue: 12 raw almonds, chopped

Snack:

- 4 tsp.: 4 tsp. nut butter
- 2 Green: 2 cups sliced celery
- 1 Red: 6 slices turkey breast deli meat

Lunch:

- 2 Red: 8 oz. grilled chicken breast
- 1 Green: 1 cup lettuce
- 1 Green: 1 cup sliced mushrooms
- 1 Green: 1 cup steamed green beans
- 1 Orange: 2 Tbsp. oil-based salad dressing
- 1 Blue: ¼ avocado

Snack:

- 1 Red: 1 scoop Shakeology
- 2 Purple: 4 kiwifruit
- 1 Green: 1 cup baby carrots

Dinner:

- 2 Red: 8 oz. grilled halibut
- 3 tsp.: 3 tsp. olive oil
- 1 Green: 1 cup roasted acorn squash
- 2 Green: 2 cups steamed cauliflower

WEEK THREE – PLAN D: SHOPPING LIST

SHOP	AMOUNTS
Fruits and Vegetables	
Avocado, medium	1 each
Banana, large	2 each
Blueberries, fresh	4 boxes (6-oz. each)
Carrots, baby	30 oz. or 2 bags (1-lb. each)
Cauliflower florets	2 medium heads or 22 oz.
Celery	2 medium bunches
Cucumber, medium	2 each
Green beans, fresh	1 lb.
Kiwifruit	12 each
Lettuce	1 head or 2 bags (5-oz. each)
Mushrooms, sliced	1 (8 oz.) package
Orange, small	4 each
Pineapple chunks, fresh or canned in juice or mixed fruit of your choice	1 (2 lb.) pineapple or 1 (20-oz.) can or 3 cups
Spinach, raw	8 oz. or 2 bags (6-oz. each)
Squash, acorn, medium	2 each
Squash, spaghetti, medium	1 (2 lb.) squash
Squash, zucchini, medium	3 each
Sugar snap peas	9 oz.
Tomato, medium	3 each
Dairy	
Cheese, shredded	4 oz.
Parmesan cheese	4 oz.
Greek yogurt, reduced-fat (2%) plain	1 (32-oz.) container + 1 (8-oz.) container or 36 oz.
Grains and Nuts	
Almonds, raw, whole	1½ oz. or 36 each
Proteins	
Beef, ground, raw, 95% lean	2 lbs. 12 oz.
Chicken breast, boneless, skinless, grilled	1 lb. 2 oz. or 1 lb. 8 oz. raw
Chicken breast, roasted, deli-sliced	1 lb. 8 oz.
Eggs, large	16 each
Halibut, raw	2 lbs. 3 oz.
Turkey breast, nitrite-free, deli-sliced	1 lb. 2 oz.
Turkey breast, grilled	2 lbs. or 2 lbs. 11 oz. raw



HYDRATION

YOU ARE WHAT YOU DRINK ***MORE THAN YOU THINK***

As you know, your body is made mostly of water. Your muscles, joints, and organs. For your body to function properly, and help deliver valuable nutrients to your body, it's important to stay hydrated. What's more, you're going to sweat a ton during these workouts so it's extra-important to replenish those lost fluids.

HOW MUCH WATER SHOULD YOU DRINK?

SIMPLE CALCULATION

$$\text{BODY WEIGHT (LBS.)} \div 2 = \text{OUNCES PER DAY}$$

So if you weigh 170 pounds, that's 170 divided by 2 = 85. Drink 85 ounces of water, every day. *Average water bottle is 16 oz.*

STAY ON TRACK

Make sure you reach your daily hydration goals by marking a large water bottle with times of day so you can be sure to stay hydrated even when life gets busy.

WANT THE WATER TO TASTE BETTER?

Easy. Just mix in a little flavor enhancer. 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**
- Pineapple, **2 Tbsp., chopped**
- Cucumber, **4 slices**
- Watermelon or honeydew melon cubes, **4 small cubes**
- Mint, basil, or rosemary leaves
- Grated ginger



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COFFEE AND TEA†

Coffee and tea are fine, in moderation. We recommend no more than 3–4 8-oz. cups a day. Ideally, drink your coffee black and drink your tea plain.

But if you need to add something, try these:

- Cinnamon
- Lemon
- Pumpkin spice
- Nutmeg
- Stevia (1 serving)
- 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.*



If you're using **Beachbody Performance™ Energize** to power your morning workout, you're getting a low dose of caffeine, so save any additional caffeine until after you've finished exercising.

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NEW TO THIS WHOLE HEALTHY EATING THING? SHAKEOLOGY CAN HELP

When you think of your favorite foods, I'll bet kale isn't the first thing that comes to mind. But that's alright. Even the Beachbody® CEO admits he's a self-proclaimed "second grader" when it comes to eating enough fruits and vegetables. And that's why Shakeology was created.

WORLD-CLASS IN A GLASS

Shakeology is the delicious superfood supplement shake that acts like a salad, but tastes like a dessert. When you're short on time, or craving something sweet, Shakeology is a healthy, satisfying way to stay on track. What's in it? Best-in-class ingredients sourced from all over the world: proteins, vitamins and minerals, antioxidants, and probiotics, as well as other superfood ingredients that can be hard to get from an ordinary diet. When you drink Shakeology daily, it helps you curb junk-food cravings and lose weight; it also provides healthy energy and supports healthy digestion—all extremely important when you're trying to shift from the body you have to the body you want.*

GET THE SCOOP

TO LEARN MORE, CONTACT YOUR TEAM BEACHBODY® COACH OR VISIT SHAKEOLOGY.COM

AVAILABLE IN 9 DELICIOUS FLAVORS:

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



SHAKEOLOGY RECIPES

WEEK 1

Help defeat your cravings and fuel your day with these delicious recipes.

One scoop of Shakeology counts as one ● Red Serving in the Simple Shift Nutrition Guide. This page includes a few healthy recipe ideas that are simple to make, and super-satisfying.

All of these recipes can be made in a dairy-free option as well using the Vegan Shakeology flavors.

STRAWNANA SURPRISE

(MAKES 1 SERVING)

● 1 Red ● 1 Purple

1 cup water
1 cup ice
1 scoop Strawberry Shakeology
½ large banana,
cut into chunks

Place all ingredients in blender; cover. Blend until smooth.

DARK BLUE MOON

(MAKES 1 SERVING)

● 1 Red ● 1 Purple

1 cup water
1 cup ice
1 scoop Chocolate Shakeology
1 cup fresh (or frozen)
blueberries

Place all ingredients in blender; cover. Blend until smooth.

WEEK 2

CHOCO CHERRY-LICIOUS

(MAKES 1 SERVING)

● 1 Red ● 1 Purple

1 cup water
1 cup ice
1 scoop Chocolate Shakeology
1 cup frozen unsweetened
black cherries, pitted

Place all ingredients in blender; cover. Blend until smooth.

CHILI MOCHA

(MAKES 1 SERVING)

● 1 Red ● 1 Purple

1 cup water
1 cup ice
1 scoop Café Latte Shakeology
½ large banana,
cut into chunks
2 Tbsp. unsweetened cocoa powder
¼ tsp. ground cinnamon
¼ tsp. ancho chili powder
(or chili powder)

Place all ingredients in blender; cover. Blend until smooth.

WEEK 3

SUPER GREEN SHAKE

(MAKES 1 SERVING)

● 1 Red ● 1 Green ● 1 Purple

1 cup water
1 cup ice
1 scoop Vanilla Shakeology
1 medium kiwi, peeled,
cut into chunks
1 cup raw spinach
¼ large banana,
cut into chunks
1 Tbsp. finely grated orange peel
(orange zest)

Place all ingredients in blender; cover. Blend until smooth.

CARAMEL APPLE

(MAKES 1 SERVING)

● 1 Red ● 1 Green ● 1 Purple

1 cup water
1 cup ice
1 scoop Vanilla Shakeology
1 cup raw kale
1 small green apple,
chopped
1 tsp. pure caramel extract

Place all ingredients in blender; cover. Blend until smooth.



WANT TO CUSTOMIZE YOUR SHAKEOLOGY RECIPES TO ENHANCE YOUR RESULTS? BOOST UP.

Customize your daily nutrition with the perfect additions to your Shakeology routine. Each Shakeology Boost is designed to give you whatever extra you need, whenever you need it.

- **DIGESTIVE HEALTH** – With the reduced calories and increased protein in the Simple Shift Nutrition Guide, you'll get additional fiber to help keep things running smoothly.
- **POWER GREENS** – This Boost delivers a high-quality serving of green superfoods. When it comes to greens, more is better!



To learn more, contact your Team Beachbody Coach or check out Shakeology.com/boosts.

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THE PERFORMANCE SHIFT FOR MAXIMUM RESULTS

I've already said that I'm going to challenge you, and that I want you to perform at maximum capacity. That's why I recommend **Beachbody Performance**. It's specifically designed for programs like the SHIFT SHOP, to help you push harder, recover faster, and last longer.*

- **ENERGIZE** – **Pre-workout**. Helps boost your energy and endurance, increase muscle power output, and delay exercise-induced fatigue.*
- **HYDRATE** – **During workout**. Helps boost hydration with an optimal balance of carbs, electrolytes, and water to quickly replenish what's lost.*
- **RECOVER** – **Post-workout**. Helps reduce exercise-induced muscle soreness and jump-start recovery with timed-release proteins and phytonutrients.*

Performance Pro-Tip:

Although protein is really what you want to focus on post-workout, adding a few healthy carbs isn't a bad idea. Chris likes to add blueberries to Orange Recover. Not only does this help replenish his muscle glycogen, but it tastes kind of awesome.

Learn more at ShiftShopPerformance.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.

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COOKING TIPS

HOW TO COOK *IN THE SHIFT SHOP*

First off, let me reiterate why you'd want to make your own meals. The benefits aren't just that the food will be of higher quality, cleaner, and (in many cases) better tasting. It's a shift toward giving you more power. More control over your life. That's how you're going to get great results in 3 weeks—and keep those results long after you've finished the program.

Here are a few easy-to-follow recipes you can prepare to help cover the basics during your Rapid Rebuild. For more ideas, tips, and tricks—check out the recipes section at [BeachbodyBlog.com](https://www.beachbody.com/blog).

KITCHEN ESSENTIALS

If you make sure you have what you need to work out properly, why would anything be different in the kitchen? Below is a list of items I recommend having on hand so you are set up for success preparing your food during your 3-Week Rapid Rebuild.

“MUST-HAVES”

- Sauté pan
- Dutch oven (5 quarts)
- Sheet pan (½ sheet)
- Glass baking dish (9 x 13)
- Steamer basket
- Strainer
- Chef’s knife
- Peeler
- Cutting board
- Large mixing bowl
- Measuring cups
- Measuring spoons
- Whisk
- Large spoon
- Large slotted spoon
- Metal spatula
- Rubber spatula
- Grater
- Foil
- Can opener
- Tongs
- Pot holders/oven mitts
- Blender
- Cheesecloth

“NICE TO HAVES”

- Garlic press
- Lemon squeezer
- Muffin tins
- Stock pot
- Zester
- Potato masher
- Oven-safe wire rack
- Ricer
- Rice cooker
- Salad spinner
- Kitchen timer
- Food processor
- Thermometer



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FOIL-STEAMED FISH

You can steam fish in the oven using good ol’ aluminum foil. Add veggies and seasonings to the pouches to jazz things up.

- Preheat oven to 375° F.
- Fold an approximately 14 x 12-inch piece of foil in half, width-wise.
- Place on half the foil: one 4- to 6-oz. piece of fish, 1 Tbsp. lemon juice, and 1 Tbsp. herb of your choice.
- Fold the other side of the foil over the fish. Fold the three open edges of foil, sealing the fish inside.
- Bake for 10 to 15 minutes.
- Using pot holders, transfer pouch to plate and carefully open.
- For storage, remove fish from foil and store in airtight container for 3 to 4 days in refrigerator.



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OVEN-GRILLED CHICKEN

- A.** Preheat oven to 400° F.
- B.** If you have a broiler in your oven, set a rack anywhere from 4 to 8 inches below the heat, otherwise use your broiler drawer.
- C.** Using a broiler pan in your oven, which allows air to circulate under the food, arrange boneless, skinless chicken breasts on the pan so they are not touching. A broiler pan eliminates the need to flip the chicken. If you don't have one, simply flip your chicken halfway through.
- D.** Cook for 8 to 10 minutes (4 to 5 minutes on each side) leaving the oven door, or drawer, slightly open to let steam escape.
- E.** Be sure to cook chicken to an internal temperature of 160° F, and allow to rest for five minutes so temperature comes to 165° F.
- F.** For storage, place chicken in airtight containers and store for 3 to 4 days in refrigerator.

STEAMED VEGETABLES

Steaming is a great quick way to prep veggies. This form of cooking also retains more nutrients than boiling.

- A.** Place steamer basket in a pot. The steamer basket must touch the inside edges of the pot.
- B.** Fill pot with water to just below steamer basket.
- C.** Bring water to boil over high heat. Reduce heat to medium.
- D.** Place vegetables in steamer basket. You can mix vegetables, just make sure they are cut into pieces that are approximately the same size.
- E.** Cook until vegetables are tender-crisp, but not mushy.
- F.** Store in airtight container for 3 to 4 days in refrigerator.



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BAKED SPAGHETTI SQUASH

Spaghetti squash is a great source of vitamin A, and a wonderful substitute for high-carb pasta. When baked, this squash naturally pulls apart like regular spaghetti.

- A.** Preheat oven to 450° F.
- B.** Cut spaghetti squash in half, lengthwise. Scoop out seeds.
- C.** Lightly spray with olive oil cooking spray. Season with a dash of salt and pepper.
- D.** Place on foil-lined baking sheet, flesh side down. Roast for 30 to 40 minutes, or until flesh is soft.
- E.** Using a fork, scrape flesh out following the grain.
- F.** Fluff with fork and serve as desired.
- G.** For storage, you can either scrape flesh into airtight container, or wrap in plastic wrap prior to scraping, for 3 to 4 days in refrigerator.



CAULIFLOWER RICE

When you are craving rice during your time in the Shop, use this recipe as a great substitute to keep your results on track.

- A.** Trim leaves and stem off head of cauliflower. Cut head into quarters.
- B.** Either using a box grater by hand, or the grater blade of a food processor, grate cauliflower into rice-like consistency. Leave very thick or tough stems behind.
- C.** Collect cauliflower rice in cheesecloth and squeeze out any moisture (or carefully using double layer of paper towels).
- D.** Place cauliflower rice in bowl and fluff with fork. Mix in 1 Tbsp. oil of choice (coconut, olive, etc.).
- E.** Place steamer basket in pot, fill with water to just beneath steamer basket. Bring water to boil over high heat. Reduce heat to medium.
- F.** Add cauliflower rice. Cook for 5 minutes or until soft.
- G.** Store in airtight container for 3 to 4 days in refrigerator.



FAQ

- 1 WHAT IF YOU CAN'T EAT ALL THIS FOOD?** If you're used to eating calorically dense convenience foods, you might initially find the Simple Shift Nutrition Guide extremely filling. That's okay. Don't stuff yourself. Your appetite will adjust, so just eat until you're satisfied. But don't use this as an excuse to skip your vegetables. Check out [Shakeology.com/boosts](https://www.shakeology.com/boosts) to learn about a fast, easy way to get more greens.
- 2 WHAT SHOULD YOU DO IF YOU'RE VERY ACTIVE OUTSIDE OF THIS PROGRAM, AND THIS ISN'T ENOUGH FOOD?** Simple! Bump up to the next calorie plan.
- 3 WHAT IF YOU'RE STILL HUNGRY?** A rumbling stomach isn't always a sign that you need to eat more food. Your digestive system is a creature of habit, sometimes signaling hunger because it's used to eating a certain amount or at a certain time. If it's really bothering you, try drinking more water or snacking on a few veggies. However, if you experience excessive moodiness, exhaustion, headaches, an inability to work out, or feel just plain bad, these are true signs that you may need more food, so bump up to the next calorie plan.
- 4 WHEN SHOULD YOU RECALCULATE YOUR CALORIES?** As long as you're making progress and feeling good there's no need to recalculate. However, if you stop making fitness and/or weight-loss gains for more than a week, you may be underfeeding your metabolism, causing your hormones to shut things down to conserve fuel. Again, bump up to the next calorie plan. If that doesn't work, reach out to our friendly advice staff at [BeachbodyExpertAdvice.com](https://www.beachbodyexpertadvice.com).
- 5 DO YOU NEED BREAKFAST?** Breakfast helps keep your blood sugar steady and it fuels your activities for the day—including your workout. We recommend eating within an hour of waking up.
- 6 SHOULD YOU EAT BEFORE YOU WORK OUT?** Generally, you're better off fueling up to make the most of your workout. At the same time, you don't want too much food in your stomach, because digestion and exercise can be tough to do at the same time. So if you're eating a full meal, do it 2–3 hours before your workout. If it's a light meal or snack, 1 hour is fine. If you've had neither of these, a small, 50- to 100-calorie carb-based snack right before working out makes an ideal accompaniment to your Beachbody Performance Energize.
- 7 WHAT SHOULD YOU EAT AFTER THIS PROGRAM?** Ideally you would go back to the Week 1 diet for one week. Then begin adding grains back into your diet individually to see how they affect your energy, and how much you actually need.
- 8 WHAT SHOULD YOU DO IF YOU HAVE DIGESTIVE ISSUES?** If you're feeling a little less, um, regular than normal, here's what can help. Fiber and water, to keep you hydrated. Plus, eat all of your vegetable and fruit servings, and drink Shakeology every day. If you still have problems keeping things moving, try adding a Digestive Health Shakeology Boost to your shake. Get details at [Shakeology.com/boosts](https://www.shakeology.com/boosts).
- 9 DO YOU REALLY NEED SHAKEOLOGY AND BEACHBODY PERFORMANCE?** No, they're optional. But I am going to push you to your maximum intensity because I want you to get the best results. That's why they're a staple in the SHIFT SHOP.

shakeology®

YOUR DAILY DOSE OF DENSE NUTRITION®

YOUR PERFECT FITNESS PARTNER

Shakeology is a fast, easy way to get the increase in protein you need to see your best results with the SHIFT SHOP. Shakeology is delicious and filled with vibrant superfoods that can jump-start your life changes by helping you lose weight, curb junk-food cravings, and provide healthy energy.*

WHY DRINK SHAKEOLOGY DAILY?

We surveyed daily Shakeology drinkers and here's what they said:*

- 93% felt healthier since drinking Shakeology.**
- 86% responded that it helped increase their energy levels.**
- 81% said Shakeology helped keep them full until their next meal.**
- 81% felt it helped reduce their cravings for junk food.**



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.

GET YOUR BAG TODAY

Contact your Team Beachbody Coach or visit SHIFTSHOPShakeology.com.

 facebook.com/shakeology

 instagram.com/shakeology

 youtube.com/shakeology

 pinterest.com/shakeology

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**Based on a survey of 2,769 Shakeology users, including independent Team Beachbody Coaches, who drank Shakeology 5 or more times per week and exercised at least 3 times per week.

2 New Vegan Flavors. 2 New Superfoods.



Two Shakeology favorites just went vegan!

Not only did we create dairy-free versions of our ever-so-popular Vanilla and Café Latte shakes, but we also added two new superfoods, matcha and chaga! Sorry. Couldn't help ourselves. We're just completely obsessed with making Shakeology better and better as the years fly by.

We're the masters of mixing and matching!

Now all of our combo packs come in vegan. Try one for yourself.



shakeology
YOUR DAILY DOSE OF DENSE NUTRITION

**“ I HAVE SOME SIMPLE ADVICE
TO HELP YOU SUCCEED:
GET A FREE COACH.”**



Congratulations on starting your 3-Week Rapid Rebuild with the SHIFT SHOP. I want to help you get the best results possible. That's why I recommend you 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 CAN HELP KEEP YOU MOTIVATED, and may stay in touch online or over the phone. They can also help 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 and made the shift to a happier, healthier lifestyle.

SO WHAT ARE YOU WAITING FOR?

Chris Downing

—Chris Downing

**GET YOUR COACH TODAY AT
GETMYFREECOACH.COM**



STREAM THE SHIFT SHOP + 100s OF OTHER PROVEN WORKOUTS



With BEACHBODY ON DEMAND you'll get access to world-class Beachbody programs on your laptop, TV, tablet, or smartphone.

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- **Hundreds of proven workouts**
- **Exclusive Super Trainer workouts**
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AND IT'S MORE THAN JUST WORKOUTS, YOU'LL ALSO GET:



- **24/7 access** to Super Trainers
- **Your own personal Coach** for one-on-one guidance and support
- **Meal plans** customized for your unique lifestyle and goals
- **Message boards** for answers to all your questions from our professional trainers and nutrition staff
- **Fitness tools at your fingertips**, including step-by-step fitness guides and customized workout calendars

Enjoy thousands of dollars' worth of proven fitness programs **RISK-FREE.***

To start your **RISK-FREE Beachbody On Demand** membership, contact your Team Beachbody Coach or go to BeachbodyOnDemand.com

Stream on your TV with:



Beachbody On Demand works with iPhone, iPad, iPod touch, Apple Watch, or Apple TV.

*Membership automatically renews. Cancel anytime to avoid future charges.

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GET A FREE #SHIFTSHOP SHIRT

AND A CHANCE TO WIN OVER \$100,000 USD!*



BEACHBODY CHALLENGE®

FITNESS. NUTRITION. SUPPORT.

Want to get the most from the **SHIFT SHOP** program? Then take part in the **Beachbody Challenge®** and get the incredible motivation, support, and tools you need to get your best results.

Share your **SHIFT SHOP** transformation and get a **FREE #SHIFTSHOP shirt**—plus a chance to win over \$100,000 USD.*

TAKE THE CHALLENGE at TakeBBChallenge.com

**FREE
SHIRT!**



"In the long term, I don't think I could have lost the weight and kept it off without the support system of the Beachbody Challenge; it's been absolutely essential. Winning money is just the icing on the cake."

—Lisa J. Beachbody Challenge Monthly Winner



BEFORE

AFTER!

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

SHIFT YOUR PERFORMANCE INTO OVERDRIVE



You want to be lean and strong. You want to build speed, agility, and endurance. In short, you want your best body. That takes a shift in how you fuel your body.

Beachbody Performance is an all-in-one system of powerful supplements designed to help you take on your toughest challenges. Its key ingredients have been scientifically shown to help you enjoy more energy, better stamina, and faster muscle recovery*—without any artificial colors, flavors, or sweeteners.

To learn more, flip to page 53 or visit SHIFTSHOPPerformance.com



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SHIFT INTO STYLE

with high-tech, fashion-forward Beachbody apparel that's designed to help you get the most out of your workouts and your lifestyle.

Shop for your new look at
TeamBeachbody.com/shop/apparel
or SHIFTSHOPStyle.com

Available styles may vary.



PORTION CONTROL MADE EASY

By now you know that eating the proper "servings" of food is key to your SHIFT SHOP rapid rebuild. Portion Fix® can make that process even simpler. This portion-control system works with the Simple Shift Nutrition Guide and includes color-coded containers that correspond to your food lists—making it easier to divvy up your servings and tackle daily meal prep!

Portion Fix includes:

- Seven color-coded containers that make it easy to eat the right portions
- A shaker cup to measure your favorite beverages
- Simple recipes and guide designed to be the foundation of your healthy lifestyle
- One large blue container for transporting larger meals



**TO LEARN MORE, CONTACT YOUR TEAM BEACHBODY COACH
OR VISIT GetPortionFix.com TODAY**

*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.

Remember, everybody is different, so if you have any unique or special medical needs or conditions, such as food allergies, dietary restrictions, or if you are pregnant or breastfeeding, please consult your physician before starting this nutrition plan.

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

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