

21 day **FIX**®



EATING PLAN

You're closer than
you think.
And you get closer
every day.

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INTRODUCTION

Losing weight doesn't need to be difficult. In fact, it can be easy if you do it right—exercise regularly and eat a moderate diet filled with healthy, delicious foods. Follow these two practices and the pounds can melt away.

The trick is figuring out what those healthy foods are and how much to eat. That's why we came up with the 21 Day Fix® Eating Plan. It's a straightforward and easy system that uses *color-coded portion-control containers* and a nutrient-rich food plan based on the proven balance of roughly 40% carbohydrates, 30% protein, and 30% fat, to help generate serious weight loss and give you the energy you need to get the most out of your workouts.



GETTING STARTED WITH 21 DAY FIX

Learn how to calculate your weight loss calorie target to find the right 21 Day Fix Container Plan for you, as well as the daily Tally Sheets that will help you keep track of your container portions each day. Also in this section is a simple-to-follow Beachbody® HQ Eating Plan, which will tell you exactly what to eat for the first three days to help you get the hang of it.

21 DAY FIX CONTAINER FOOD GROUPS

Find all the healthy and nutritious foods you can fill your color-coded containers with. You'll also find information on occasional treats and beverages, as well as Frequently Asked Questions.

21 DAY FIX RECIPES

Get delicious, healthy recipes designed to work perfectly with the 21 Day Fix Containers, including sweet treats and **Shakeology**®!

A delicious superfood nutrition shake, **Shakeology** can help you lose weight, reduce your cravings, and provide healthy energy.* Drinking daily with 21 Day Fix or any healthy program is a powerful way to feed your body dense nutrition.

After you've tried the portion-controlled approach to eating, check out Ultimate Portion Fix® to see how much more it can do for you. This video-based program is designed to teach you how to feed your whole family healthy meals, eat for performance, and beat sugar addiction—while still helping you take the guesswork out of eating perfectly sized meals. To learn more about the Ultimate Portion Fix program, contact your Team Beachbody® Coach or go to TeamBeachbody.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.*

HOW

21 DAY FIX WORKS

The key to success with 21 Day Fix is to think inside the box—or rather the color-coded portion-control containers and Shakeology shaker cup. For the next 21 days you'll be using these containers to portion and even transport your meals.

No need for calorie-counting or kitchen scales. With these containers, figuring out what to eat each day is a breeze.

Place the color-coded stickers included in this kit on the corresponding container to help you remember which food groups go into which containers.



THESE LITTLE SQUARES IN THE CONTAINER PLAN CORRESPOND WITH THE FOOD CONTAINER OF THE SAME COLOR.

-  Veggies
-  Fruits
-  Proteins
-  Carbs
-  Healthy Fats
-  Seeds & Dressings



FIND THE 21 DAY FIX CONTAINER PLAN THAT'S RIGHT FOR YOU

To find the right plan for you, you'll need to figure out your calorie target for weight loss in three simple steps:

1. First take your current weight in pounds and multiply by 11 to find your caloric baseline:

$$\boxed{} \times 11 = \boxed{}$$

WEIGHT (LBS.) CALORIC BASELINE

2. Then add 400 (your Fix calorie burn) to your caloric baseline:

$$\boxed{} + 400 = \boxed{}$$

CALORIC BASELINE MAINTENANCE CALORIES

3. Finally subtract 750 (caloric deficit) from your maintenance calories:

$$\boxed{} - 750 = \boxed{}$$

MAINTENANCE CALORIES CALORIE TARGET

Then find the 21 Day Fix Container Plan that corresponds with your calorie target. So if your calorie target is 1,300, you'll use **Plan A**.

The number of containers you need each day are listed with a corresponding colored square. For example, if you are on **Plan A**, you can have 4  Green Containers (Veggies) a day.

The plans also include daily teaspoon-sized portions of oil and/or nut butters—just look for the  symbol. The 21 Day Fix doesn't include an actual teaspoon, so just use any standard teaspoon.

21 DAY FIX CONTAINER PLANS

Calorie Target Range	1,200–1,499 calories	1,500–1,799 calories	1,800–2,099 calories
21 Day Fix Container Plan	PLAN A	PLAN B	PLAN C
YOUR NUMBER OF CONTAINERS PER DAY			
 Veggies	4	4	5
 Fruits	2	3	3
 Proteins	4	4	5
 Carbs	2	3	4
 Healthy Fats	1	1	1
 Seeds & Dressings	1	1	1
 Oils & Nut Butters	3	4	5

The 21 Day Fix Container Plan is designed to be flexible—so it works within a rough daily calorie range. Although the actual calories that you eat day-to-day can vary, you will still see results.

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

21 DAY FIX CONTAINER PLANS

Calorie Target Range	2,100–2,299 calories	2,300–2,499 calories	2,500–2,800 calories
21 Day Fix Container Plan	PLAN D	PLAN E	PLAN F
YOUR NUMBER OF CONTAINERS PER DAY			
 Veggies	6	7	8
 Fruits	4	5	5
 Proteins	6	6	7
 Carbs	4	5	5
 Healthy Fats	1	1	1
 Seeds & Dressings	1	1	1
 Oils & Nut Butters	6	7	8

The 21 Day Fix Container Plan is designed to be flexible—so it works within a rough daily calorie range. Although the actual calories that you eat day-to-day can vary, you will still see results.

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

TALLY SHEETS

To help you track your 21 Day Fix Container Plan portions throughout the day, the following pages contain 7 days of Tally Sheets.

First fill in the Container Plan guide at the top of the page with your specific plan and the number of containers you can fill each day.

EXAMPLE

CALORIE TARGET: PLANA							
CONTAINERS							
	VEGGIES	FRUITS	PROTEINS	CARBS	HEALTHY FATS	SEEDS & DRESSINGS	OLDS & NUT BUTTERS
	4	2	4	2	1	1	3

Then track each container that you fill throughout the day. For example, if you had one Green Container (Veggies) at meal 2, one Green Container (Veggies) at meal 4, and two Green Containers (Veggies) at meal 5, you would mark your Tally Sheet like the example below, for a total of 4 Green Containers for the day.

EXAMPLE

DAY							
1	VEGGIES	FRUITS	PROTEINS	CARBS	HEALTHY FATS	SEEDS & DRESSINGS	OLDS & NUT BUTTERS
MEAL 1		1	1				
MEAL 2	1						1
MEAL 3		1	1	1			
MEAL 4					1		
MEAL 5	2		1	1			1
MEAL 6						1	1
TOTAL	4	2	4	2	1	1	3
Water	1	1	1	1	1	1	1

And don't forget to hydrate. That's why we've provided the eight water slots at the bottom of the Tally Sheet each day.

Print additional copies of the Tally Sheets for food planning on Beachbody On Demand.

21 DAY FIX CONTAINER PLAN:							
CONTAINERS							
	VEGGIES	FRUITS	PROTEINS	CARBS	HEALTHY FATS	SEEDS & DRESSINGS	OILS & NUT BUTTERS

DAY							
	VEGGIES	FRUITS	PROTEINS	CARBS	HEALTHY FATS	SEEDS & DRESSINGS	OILS & NUT BUTTERS
MEAL 1							
MEAL 2							
MEAL 3							
MEAL 4							
MEAL 5							
MEAL 6							
TOTAL							
WATER							

DAY							
	VEGGIES	FRUITS	PROTEINS	CARBS	HEALTHY FATS	SEEDS & DRESSINGS	OILS & NUT BUTTERS
MEAL 1							
MEAL 2							
MEAL 3							
MEAL 4							
MEAL 5							
MEAL 6							
TOTAL							
WATER							

DAY							
	VEGGIES	FRUITS	PROTEINS	CARBS	HEALTHY FATS	SEEDS & DRESSINGS	OILS & NUT BUTTERS
MEAL 1							
MEAL 2							
MEAL 3							
MEAL 4							
MEAL 5							
MEAL 6							
TOTAL							
WATER							

DAY							
	VEGGIES	FRUITS	PROTEINS	CARBS	HEALTHY FATS	SEEDS & DRESSINGS	OILS & NUT BUTTERS
MEAL 1							
MEAL 2							
MEAL 3							
MEAL 4							
MEAL 5							
MEAL 6							
TOTAL							
WATER							

DAY							
	VEGGIES	FRUITS	PROTEINS	CARBS	HEALTHY FATS	SEEDS & DRESSINGS	OILS & NUT BUTTERS
MEAL 1							
MEAL 2							
MEAL 3							
MEAL 4							
MEAL 5							
MEAL 6							
TOTAL							
WATER							

DAY							
	VEGGIES	FRUITS	PROTEINS	CARBS	HEALTHY FATS	SEEDS & DRESSINGS	OILS & NUT BUTTERS
MEAL 1							
MEAL 2							
MEAL 3							
MEAL 4							
MEAL 5							
MEAL 6							
TOTAL							
WATER							

DAY							
	VEGGIES	FRUITS	PROTEINS	CARBS	HEALTHY FATS	SEEDS & DRESSINGS	OILS & NUT BUTTERS
MEAL 1							
MEAL 2							
MEAL 3							
MEAL 4							
MEAL 5							
MEAL 6							
TOTAL							
WATER							

BEACHBODY HQ EATING PLAN

The 21 Day Fix is all about giving you the freedom to create a meal plan that works with your tastes and your budget. But if you need some help getting started, we've provided a menu of three sample days on the 21 Day Fix Eating Plan as used by many of us at Beachbody Headquarters.

Pick out the foods that interest you from the Container Food Groups (page 17), then consult pages 7 and 8 to see how many containers of each you'll need according to your 21 Day Fix Container Plan.



Day 1



Day 21†

"Yeah. I did it. Lost 12 pounds in 21 days. Pretty pleased too! The next 3 pages are the menus I used."

—Carl Daikeler, Beachbody CEO

A handwritten signature in black ink that reads "Carl Daikeler". The signature is written in a cursive, flowing style.

†Results vary depending on starting point and effort.

Beachbody HQ Eating Plan

3 Sample Days

The colored squares indicate which container group these foods come from, but not the amount you should eat. In order to figure out how much to eat, take a look at your Container Plan on pages 7 and 8. The grey teaspoon indicates the Teaspoon group. No square at all indicates a **FREE FOOD**.

7:00 AM BREAKFAST: CHOOSE ONE

- Hard-boiled eggs
- Cooked oatmeal (steel-cut) with ground cinnamon
- Sliced apples

.....OR.....

- Greek yogurt (plain, 2%) sprinkled with ground cinnamon
- Cereal (whole-grain)
- Blueberries

.....OR.....

Water

- **Shakeology**
- Toast (whole-grain)
- Strawberries



10:00 AM SNACK 1: CHOOSE ONE

Water

- **Shakeology**
- Natural peanut or almond butter

.....OR.....

- Greek yogurt (plain, 2%)
- Natural peanut or almond butter

.....OR.....

Water

- **Shakeology**
- Sunflower seed butter
- Ground cinnamon



Beachbody HQ Eating Plan

3 Sample Days

12:30 PM LUNCH: CHOOSE ONE

- Grilled chicken breast cooked in — olive oil and sprinkled with a Seasoning Mix (see pg. 46)
- Mixed salad (lettuce, cucumbers, tomatoes, bell peppers) drizzled with a ■ Dressing (see pg. 60)
- Cooked quinoa
.....OR.....
- Grilled salmon cooked in — olive oil and sprinkled with a Seasoning Mix (see pg. 46)
- Roasted asparagus topped with ■ sesame seeds
- Sliced carrots
- Cooked lentils sprinkled with dried oregano
.....OR.....
- Grilled tempeh cooked in — olive oil and sprinkled with a Seasoning Mix (see pg. 46)
- Steamed snow peas
- Steamed broccoli sprinkled with a Seasoning Mix (see pg. 46)
- Cooked brown rice topped with ■ sunflower seeds and sprinkled with chopped fresh cilantro



Beachbody HQ Eating Plan

3 Sample Days



3:30 PM SNACK 2: CHOOSE ONE

- Raw whole almonds
.....OR.....
- Hummus spread on a lettuce leaf
.....OR.....
- Avocado drizzled with balsamic vinegar



6:00 PM DINNER: CHOOSE ONE

- Grilled flank steak using a Seasoning Mix (see pg. 46) as a rub
- Cooked carrots with smoked paprika
.....OR.....
- Grilled chicken breast sprinkled with a Seasoning Mix (see pg. 46)
- Steamed kale sprinkled with a Seasoning Mix (see pg. 46)
.....OR.....
- Grilled veggie burger patty sprinkled with a Seasoning Mix (see pg. 46)
- Steamed summer squash (zucchini) sprinkled with a Seasoning Mix (see pg. 46)

Find more sample meal plans on the Beachbody Blog.

THE 21 DAY FIX CONTAINER FOOD GROUPS

The 3 sample days you just saw should give you a good idea of how it works. But to make this a lifestyle, you need more than that. Here is a more complete list of foods you can choose from during the 21 Day Fix. There's a huge variety of foods, so pick what you love (or at least like), fill your containers according to your 21 Day Fix Container Plan, and go for it! A few important things to note before you get started:

The foods on each list are arranged according to nutritional value—the higher up on the list, the more nutritionally beneficial the food.

Many foods are listed with specific measurements/amounts (10 asparagus spears, for example), but if there's no amount, just fill the container to the point that you can still fit the lid on it.

The 21 Day Fix Container Food Groups are based on food groups (veggies, fruits, etc.) as well as macronutrient groups (fats, proteins, and carbs) for a healthy and balanced diet. Many foods can feature different combinations of these macronutrients, so we've categorized them based on how they best fit into the 21 Day Fix Eating Plan.



STRATEGY FOR STAYING ON TRACK:

After you measure your portions, it's a great idea to transfer the food to your own plates so you'll be better able to "eyeball" what healthy portions should look like. Portions tend to expand over time with just the eyeball method, so keep the containers for a good refresher if you start to see your progress going in the other direction.

GREEN CONTAINER



VEGGIES



- Kale, **cooked or raw**
- Watercress, **cooked or raw**
- Collard greens, **cooked or raw**
- Spinach, **cooked or raw**
- Bok choy, **cooked or raw**
- Brussels sprouts, **chopped or 5 medium***
- Broccoli, **chopped**
- Asparagus, **10 large spears***
- Beets, **2 medium***
- Shakeology Power Greens Boost, 2 scoops (limit once a day)*†
- Tomatoes, **chopped**
- Tomatillos, **chopped or 3 medium***
- Pumpkin (regular or West Indian), **cubed**
- Squash (summer), **sliced**
- Chayote squash, **chopped**
- Winter squash (all varieties), **cubed**
- Seaweed (wakame and agar)
- String beans/green beans
- Peppers (sweet), **sliced**
- Poblano chiles, **chopped**
- Banana peppers, **3 medium***
- Carrots, **sliced or 10 medium baby***
- Cauliflower, **chopped**
- Artichokes, **½ large***
- Eggplant, **½ medium***
- Okra
- Cactus (nopales), **sliced**
- Jicama, **sliced**
- Snow peas
- Cabbage, **chopped**
- Sauerkraut
- Cucumbers
- Celery
- Lettuce
- Mushrooms
- Radishes
- Turnips, **chopped or 1 medium***
- Rutabaga, **cubed**
- Onions, **chopped**
- Sprouts
- Bamboo shoots
- Salsa (freshly made or pico de gallo)
- Vegetable broth, **2 cups***
- Pickle, **chopped**

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

†Shakeology Power Greens Boost is a great way to get even more greens. 2 scoops equal one Green Container. While you can have as much Power Greens Boost as you want, it only counts as one  Green Container per day.

PURPLE CONTAINER



FRUITS



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

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

USING THE CONTAINERS



RED CONTAINER

A NOTE ABOUT EGGS:

Generally we recommend eating whole eggs. The whites alone are great if you're focusing on protein, but the yolks, while mostly fat, are nutrient-dense, making them an important part of your diet.



PROTEINS



- Sardines (fresh or canned in water), **7 medium***
- Boneless, skinless chicken or turkey breast, **cooked, chopped**
- Duck breast, **cooked, chopped**
- Squab, **cooked, chopped**
- Goat, **cooked, chopped**
- Lean ground chicken or turkey ($\geq 93\%$ lean), **cooked**
- Fish, fresh water (catfish, tilapia, trout), **cooked, flaked**
- Fish, cold water, wild-caught (cod, salmon, halibut, tuna), **cooked, flaked**
- Game (buffalo, bison, ostrich, venison, rabbit), **cooked, chopped**
- Game, lean ground ($\geq 95\%$ lean), **cooked**
- Eggs, **2 large***
- Egg whites, **8 large***
- Shakeology, **1 scoop***
- Greek yogurt (plain, 2%)
- Yogurt (plain, 2%)
- Shellfish (shrimp, crab, lobster), **cooked**
- Clams
- Octopus, **cooked, chopped**
- Squid, **cooked, chopped**
- Red meat, extra-lean, **cooked, chopped**
- Lean ground red meat ($\geq 95\%$ lean), **cooked**
- Organic tempeh
- Organic tofu (firm)
- Pork tenderloin, **chopped, cooked**
- Tuna (canned light in water), **drained**
- Lox (smoked salmon), **4 oz.***
- Turkey slices (nitrate- and nitrite-free), **6 slices***
- Ham slices (nitrate- and nitrite-free), **6 slices***
- Ricotta cheese (light)
- Cottage cheese (2%)
- Protein powder (whey, hemp, rice, pea), **1½ scoops (approx. 42 g depending on variety)***
- Veggie burger, **1 medium patty***
(≥ 16 g protein and ≤ 15 g carbohydrate per patty)
- Turkey bacon (nitrate- and nitrite-free), **4 slices***
- Beef-based broth, **4 cups = ½ ■***
- Chicken-based broth, **4 cups = ½ ■***

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

Shakeology provides a daily nutritional foundation with a wide variety of nutrients, but to help it better fit into your day, we focused on the 16g–17g of high-quality protein. One serving of Shakeology—either original or vegan—counts as one ■ Red Container.

YELLOW CONTAINER



CARBS



- Sweet potato, **chopped or mashed, or ½ small***
- Yams (regular, white, tropical [batata]), **chopped or mashed, or ½ small***
- Plantains, **sliced or ½ medium***
- Quinoa, **cooked**
- Beans (kidney, black, garbanzo/chickpeas, white, lima, fava, pink, pigeon, etc.), **cooked, drained**
- Lentils, **cooked, drained**
- Organic edamame, **shelled**
- Water chestnuts
- Cassava (yuca), **2 oz.***
- Peas
- Refried beans (nonfat)
- Rice (brown or wild), **cooked**
- Potato (russet), **chopped or mashed, or ½ small***
- Potato (red bliss or Yukon gold), **mashed or 1 whole***
- Parsnips, **cooked**
- Corn on the cob, **1 ear***
- Amaranth, **cooked**
- Millet, **cooked**
- Buckwheat, **cooked**
- Barley (whole-grain), **cooked**
- Bulgur, **cooked**
- Oatmeal (steel-cut or rolled), **cooked**
- Muesli/granola, **¼ cup***
- Hominy, **cooked**
- Popcorn (air popped), **3 cups***
- Pasta (whole-grain), **cooked**
- Couscous (whole wheat), **cooked**
- Crackers (whole-grain), **8 small***
- Cereal (whole-grain, low-sugar)
- Bread (whole-grain), **1 slice***
- Pita bread (whole-grain), **1 small (4-inch)***
- Waffles (whole-grain), **1 small (4-inch)***
- Pancakes (whole-grain), **1 small (4-inch)***
- English muffin (whole-grain), **½ muffin***
- Bagel (whole-grain), **½ small (3-inch)***
- Tortilla (whole-grain), **1 small (6-inch)***
- Tortilla (corn), **2 small (6-inch)***
- Rice cakes, **2 whole***

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

BLUE CONTAINER



HEALTHY FATS

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

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



ORANGE

CONTAINER



SEEDS & DRESSINGS

- Pumpkin seeds, **raw**
- Sunflower seeds, **raw**
- Sesame seeds, **raw**
- Flaxseed, **ground**
- Chia seeds
- Hemp seeds
- Pine nuts
- Olives, **10 medium***
- Coconut (unsweetened), **shredded**
- **FIX-/FIXATE®-APPROVED DRESSINGS**
(see page 60 or on Beachbody On Demand)

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

Which dressings go in the Orange Container?

Ideally, you would use Fix-/Fixate-approved dressing recipes, but sometimes that can't happen. If you're using a bottled dressing, oil-based dressings tend to be healthier than creamy dressings, but frankly, we're just happy you're eating salad! Either way, make sure to read the label and avoid dressings filled with sugar or dozens of mysterious chemicals.

For healthy dressing recipes, watch Autumn and her chef brother Bobby's Fixate cooking show on Beachbody On Demand.





TEASPOON*

Oils & Nut Butters

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

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



SUBSTITUTIONS

SHAKEOLOGY BASES (once per day)

Although it tastes great when blended with water and ice, once a day you can add a little extra flavor to your Shakeology. Here are some ways to do that. Just make sure you're accounting for any additions on your Tally Sheet.

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



SUBSTITUTIONS

TREATS AND OTHER BEVERAGES (3 per week)

Sometimes, you want to give your body a rest and reward for your hard work. That means occasionally indulging in a small treat. Make sure you're accounting for it on your Tally Sheet. The list below gives you the container portions for some indulgences. But remember, moderation is key. We suggest 3 times per week.

- Dried apricots, unsweetened (4 pieces) 1 ■
- Dried figs, unsweetened (2 pieces) 1 ■
- Prunes (2 pieces) 1 ■
- Medjool dates (1 piece) 1 ■
- Raisins (2 mini-boxes, 3 Tbsp., or approx. 45 pieces) 1 ■
- Dried mango, unsweetened (2 pieces) 1 ■
- Dried cranberries (2 Tbsp. or approx. 30 pieces) 1 ■
- Dried apple rings, unsweetened (approx. 7 rings) 1 ■
- Dark chocolate, plain (1.5"x1.5" square, 1 fun-sized bar, or approx. 25 morsels) 1 ■
- Potato chips, plain kettle (6 chips) 1 ■
- Tortilla chips, plain corn (6 chips) 1 ■
- Mini-pretzels (14 pretzels) 1 ■
- Peanut butter pretzel nuggets (12 pieces) 1 ■ 2 ●
- Chocolate-covered raisins (20 pieces) ½ ■ ½ ■
- Chocolate-covered almonds (6 pieces) ½ ■ ½ ■
- FIX Double Chocolate Cookies (1 cookie) (see page 64) 1 ■ ½ ●
- FIX Banana Oatmeal Cookies (2 cookies) (see page 65) ½ ■ ½ ■ ½ ●
- Shakeology Chocolate Peanut Butter Snack Bars (1 bar) (see page 66) 1 ■ ½ ●
- FIX Oatmeal Cookies with Chocolate Morsels and Toasted Pecans (2 cookies) (see page 67) 1 ■
- FIX Popcorn Mix with Raisins, Almonds, and Dried Fruit (1 cup, ¼ of recipe) (see page 67) ½ ■ ½ ■
- 100% real fruit juice (4 fl.oz.) 1 ■
- Wine (5 fl.oz.) 1 ■
- Beer, light (12 fl.oz.) 1 ■
- Beer, regular (12 fl.oz.) 1½ ■
- Hard alcohol (1.5 fl.oz.) 1 ■
- Kombucha (12 fl. oz.) 1 ■



Want more delicious Fix-/Fixate-approved recipes?
Watch the Fixate cooking show on Beachbody On Demand.

COFFEE & TEA

Coffee and tea are fine, in moderation. Autumn recommends sticking to one to two 8-ounce cups of regular coffee or tea a day. Caffeine-free herbal teas, on the other hand, you can drink all day long.

By our definition, "tea" includes regular, decaf, herbal, and unsweetened ice tea. It doesn't include powdered, canned, or bottled tea beverages.

If you'd like to add a little "something" to your coffee or tea, here are some ideas and guidelines as to how much and how often to use these additives:

UNLIMITED:

- Cinnamon
- Lemon
- Pumpkin spice
- Nutmeg

IN MODERATION (max twice a day):

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

AVOID:

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

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

If you're using Beachbody Performance® Energize to power your morning workout, you're getting a clinically proven amount of low-dose caffeine, so if you're working out in the morning, save any additional caffeine until after you've finished for the day.

FREE FOODS

WATER

It would be hard to overstress the importance of staying hydrated. About 60% of the human body is water. It plays a vital role in flushing toxins out of your system and delivering nutrients. And it helps you feel full—which is especially important when you're watching your portions.

We recommend you drink your body weight, divided by two, in ounces. So if you weigh 180 pounds, that would be $180 \div 2 = 90$. That's 90 ounces of water, every day.



FREE FOODS

WATER BAR

To help you stay properly hydrated, we've created the Water Bar. Here you can find great ways to make your plain water more interesting.

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

THE REFRESHINATOR

Ice water with fresh mint leaves and a lime wedge.



THE DIGESTIF

Sparkling water with two lemon slices and a half teaspoon of grated ginger.



CRAZY FOR CUCUMBER

Ice water with 2 to 3 thin cucumber slices.

ROSEMARY, BABY!

Ice water with watermelon cubes and a sprig of rosemary.

FRUITY PATOOTY

Ice water with orange, kiwi, and strawberry slices.



BEACHBODY WATER BAR

MIXERS	MIX-INS	
	FRUITS / VEGGIES	HERBS / SPICES
<p>Flat water</p> <p>Sparkling water (make sure it has no calories)</p> 	<p>Lemon wedges</p> <p>Lime wedges</p> <p>Orange slices</p> <p>Strawberry slices</p> <p>Kiwifruit slices</p> <p>Mango slices</p> <p>Pineapple slices</p> <p>Cucumber slices</p> <p>Frozen grapes</p> <p>Watermelon cubes</p> <p>Honeydew melon cubes</p> <p>Blueberries</p> <p>Raspberries</p> <p>Splash of fruit juice: cranberry, orange, grapefruit</p>	<p>Mint leaves</p> <p>Basil</p> <p>Grated ginger</p> <p>Rosemary</p> <p>Cinnamon</p>

USING THE CONTAINERS



FREE FOODS

SEASONINGS AND CONDIMENTS

Use as much of these “Free Foods” as you’d like to enhance the flavors of the other foods that you’ll be eating on this plan—luckily the calories are fairly inconsequential. If you really want to add some serious flavor, take a look at the 21 Day Fix Seasoning Mixes on pages 46 and 47.

- Lemon and lime juice
- Vinegars
- Mustard
- Herbs, such as parsley, cilantro (fresh and dry)
- 21 Day Fix Seasoning Mixes (pages 46 and 47)
- Garlic
- Ginger
- Green onion
- Chile varieties
(jalapeño, serrano, ancho, cascabel, pasilla, guajillo, habanero, etc.)
- Hot sauce (Tabasco or Mexican only)
- Flavor extracts (pure vanilla, peppermint, almond, etc.)
- Anchovy paste
- Cocoa powder (unsweetened)



SUPPLEMENTS

BEACHBODY PERFORMANCE AND THE 21 DAY FIX

Want faster results? Balanced diet and exercise will take you a long way toward results, but adding proper supplementation can only help. That's why we recommend including the cutting-edge science of Beachbody Performance, specifically **Energize** and **Recover**, just once a day into your 21 Day Fix program.

*Take **Energize** before your workout.* It is formulated with beta-alanine, low-dose caffeine, and quercetin, ingredients that help you work out harder, sharpen your focus, and put off muscle fatigue.*

*Then take **Recover** after your workout.* It provides 20 grams of fast-, intermediate-, and slow-release proteins for a more rapid supply of nutrients, as well as BCAAs and pomegranate extract to help promote muscle growth and reduce post-workout muscle soreness.*

Working these two supplements into the 21 Day Fix is simple. Just take them in *addition* to the portions in your Eating Plan, and that's it. **Energize** and **Recover** are not counted against any containers in your Eating Plan!

Why? Because Beachbody Performance is considered "targeted calories" taken at specific times and under specific circumstances. Their calories are used efficiently so we don't add them to your 21 Day Fix Eating Plan daily total. Beachbody Performance can help you get better results—faster!

To learn more about the science behind Beachbody Performance, go to BeachbodyPerformance.com

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



FAQ

Frequently Asked Questions

How should I be spacing out my meals? How often should I be eating?

Try to 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. This can help improve nutrient absorption and keeps your energy levels steady.

Eat breakfast within an hour of waking up.

Do I have to eat all that food?

One thing you might notice about healthy food is that it has a lot more volume than sugar-, salt-, and fat-dense junk food. If you're not used to it, you may find yourself filling up quickly. That's okay. Just eat what you can. But if you aren't going to finish all your containers, make a point of eating a little from all of the containers or rotating the ones you skip each day.

What do I do once I reach my goal weight? How do I stay on the 21 Day Fix Eating Plan and maintain my weight?

Once you've reached your goal weight, you'll need to increase your calorie level to match the amount you burn each day. To do that, you'll need to calculate your Maintenance Calories and use those to find your new 21 Day Fix Container Plan for weight maintenance.



Here are a couple calculations to help you do this.

If you plan to continue with a program like the 21 Day Fix or to exercise at a moderate level, revisit the calculator on page 6, but skip step 3 (subtracting the calorie deficit).

If you plan to increase your exercise intensity or maybe take on any of Beachbody's more demanding programs, such as P90X® or INSANITY®, add 600 calories instead of 400 for your calorie burn.

Then go to the 21 Day Fix Container Plans on page 7 and 8 and pick the one that's right for you.

Keep in mind that fit people tend to have faster metabolisms, so if this still isn't enough food, don't hesitate to bump up to the next plan.

If you'd like help with your calories, visit BeachbodyExpertAdvice.com where you can discuss the situation with our knowledgeable, friendly registered dietitians and other experts.

EATING OUT WHILE ON 21 DAY FIX

Ideally, you'll spend the next 21 days eating nothing but foods from the 21 Day Fix Container Food Groups. But occasionally you might find yourself eating at a friend's house or dining out.

The best thing about the 21 Day Fix is that you can enjoy a night out, and still stay on track!

To help you do this we've selected some classic mixed foods, including several restaurant favorites, and worked them into the 21 Day Fix container equivalents.

Here's how to track them on the Tally Sheets:

1. Pick your food from the list on the next page.
2. If your choice is listed in green (for example meat lasagna), fill a Green Container with your food. If your choice is NOT listed in green, then serve yourself the amount indicated within the parentheses following that food.
3. The colored squares following your food choice will be the container portions you'll want to check off on your Tally Sheet.

FOR EXAMPLE: Meat lasagna:  ½  2  ½

Let's say you want meat lasagna, fill a Green Container with it. *But check off ½ Red Container, 2 Yellow Containers, and ½ Blue Container.* Don't check off a Green Container!

DAY 1	VEGGIES	FRUITS	PROTEINS	CARBS	HEALTHY FATS	SEEDS & NUTS	OILS & BUTTERS
MEAL 1							
MEAL 2			½	2	½		
MEAL 3							

RESTAURANT FOOD

PORTIONS TO CHECK OFF

- Cheese pizza (¼ of 12" pizza) 2  1 
- Cheese and vegetable pizza (¼ of 12" pizza) ½  2  1 
- Meat pizza (¼ of 12" pizza) ½  2  1 
- Meat lasagna ½  2  ½ 
- Vegetable lasagna ½  2  ½ 
- Pasta with meat sauce or meatballs ½  2 
- Pasta primavera 1  2  ½  1 
- Sushi roll with fish and veggies (6 pieces) 1  1  1 
- Soups:
 - Bean or lentil 2 
 - Cream 1  1 
 - Split pea 2 
 - Vegetable 1  1 
 - Beef or chicken noodle 1  1 
- Chili with beef 1  1 
- Vegetarian chili 1  2 
- Chicken or beef and vegetable stir-fry 1  1  1 
- Chicken or beef lo mein ½  2  1 
- Vegetable lo mein 1  2  1 
- Lean meat tacos (soft corn) with cheese, lettuce, and salsa (2 tacos) 1  1  1  1 
- Small burrito with lean meat, beans, cheese, and salsa 1  2  1 
- Tuna noodle casserole ½  1  ½  1 
- Beef or chicken stew ½  ½  ½  1 

If we missed your favorite food here, let us know at BeachbodyExpertAdvice.com

NEVER RUN OUT OF FIX-APPROVED RECIPES

Take advantage of these resources to make continuing your 21 Day Fix lifestyle easy.

FIXATE COOKBOOKS

Autumn has created two incredible volumes filled with her favorite recipes that are both delicious and 21 Day Fix-approved. To order, visit TeamBeachbody.com

FIXATE COOKING SHOW

Watch Autumn and her brother Bobby, a professional chef, whip up their favorite Fix-approved recipes on their cooking show Fixate! Watch now on Beachbody On Demand.

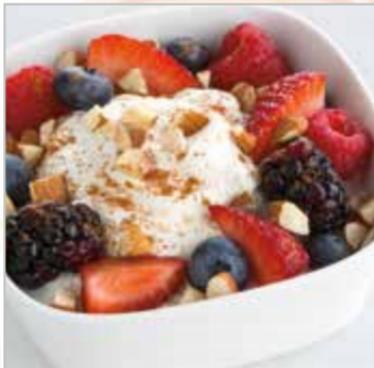
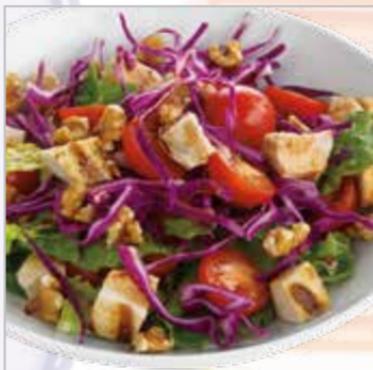
21 DAY FIX HUB

This exclusive online resource gives you:

- Tips on getting started with the container system
- Fix-approved recipes and grocery lists
- Sample meal plans
- Meal prep tips

Go to 21DayFixHub.com.

RECIPES



SEASONING MIXES

Here's a fast and easy way to bring your savory foods to life! Just combine these herbs, mix well, and store them in an airtight container.

Use them as:

A rub for roasting or grilling chicken, meat, or fish

A way to spice up ground chicken, turkey, or beef

A way to flavor rice, lentils, beans, quinoa, and vegetables

[NOTE: These mixes are all-you-can-eat.]



ALL-PURPOSE SEASONING BLEND

- 1 Tbsp. + 1 tsp. onion powder
- 2 tsp. garlic powder
- 2 tsp. mustard powder
- 1 tsp. sea salt (or Himalayan salt)
- ¼ tsp. ground dried thyme
- ¼ tsp. ground black pepper



SMOKY SOUTHWESTERN SEASONING BLEND

- 1 Tbsp. chili powder
- 2 tsp. ground cumin
- 1 tsp. ground coriander
- 1 tsp. sea salt (or Himalayan salt)
- ½ tsp. onion powder
- ½ tsp. garlic powder
- ½ tsp. dried oregano
- ½ tsp. ground smoked paprika



MEDITERRANEAN SEASONING BLEND

- ¼ cup dried parsley, crushed
- 1 Tbsp. + 1 tsp. dried onion flakes
- 2 tsp. dried basil, crushed
- 1 tsp. dried oregano leaves
- 1 tsp. ground thyme
- 1 tsp. garlic powder
- 1 tsp. sea salt (or Himalayan salt)
- ¼ tsp. ground black pepper



ADOBO SEASONING BLEND

- 1 Tbsp. ground paprika
- 1 Tbsp. ground coriander
- 1 Tbsp. ground turmeric
- 1 Tbsp. finely grated lemon peel
- 2 tsp. ground black pepper
- ½ tsp. onion powder
- ½ tsp. dried oregano
- 1 tsp. garlic powder
- 1 tsp. ground cumin
- 1 tsp. saffron
- 1 tsp. sea salt (or Himalayan salt)



CONTAINER RECIPES

Here are a variety of simple, healthy recipes designed to work perfectly with the various colored containers.

NOTE: All Green Container recipes count for  1 Green Container (Veggies) portion and  1 tsp. (Oils & Nut Butters) portion.

GREEN CONTAINER

MIXED VEGGIE STIR-FRY

(Makes 1 serving)

Container Equivalents (per serving):  1 Green Container and  1 tsp.

- 1 tsp. olive oil
- ¼ cup chopped asparagus spears
- ¼ cup chopped red bell pepper
- ¼ cup chopped carrot
- ¼ cup chopped onion
- ½ tsp. Mediterranean (or All-Purpose) Seasoning Blend (see recipe page 47)

1. Heat oil in medium skillet over medium heat.
2. Add asparagus, bell pepper, carrot, onion, and Seasoning; cook, stirring frequently, for 2 to 3 minutes, or until tender-crisp.

COOKING TIPS:

For a Latin-inspired stir-fry, replace asparagus and carrot with chayote squash and cactus (nopales). Lightly season with Adobo Seasoning Blend (see pg. 47).

Add finely chopped fresh ginger from the [SEASONINGS AND CONDIMENTS](#) list to add additional flavor to your veggies.



SAUTÉED KALE

(Makes 1 serving)

Container Equivalents (per serving):  1 Green Container
and  1 tsp.

- 1 tsp. olive oil
- ¼ cup chopped onion
- 2 cups chopped raw kale
- ½ tsp. All-Purpose (or Mediterranean) Seasoning Blend
(see recipe page 47)

1. Heat oil in medium skillet over medium heat.
2. Add onion; cook, stirring frequently, for 2 minutes, or until translucent.
3. Add kale and Seasoning; cook, stirring frequently, for 3 to 5 minutes, or until kale is wilted.

RED CONTAINER

HARD-BOILED EGGS

(Makes 1 serving, 2 eggs each)

Container Equivalents (per serving):  1 Red Container

- 2 large eggs
Cold water

1. Place eggs in saucepan and add cold water to cover eggs by one inch.
2. Bring water just to a boil over high heat. Remove from heat, cover, and let stand for 12 minutes.
3. Remove from hot water and serve warm or rinse in cold water until cool.

SERVING TIPS:

Sprinkle eggs with Smoky Southwestern Seasoning Blend (see pg. 47).

Sprinkle eggs with chopped fresh cilantro and chili powder.

SCRAMBLED EGGS

(Makes 1 serving, 2 eggs each)

Container Equivalents (per serving):  1 Red Container

- Nonstick cooking spray
2 large eggs, lightly beaten

1. Heat nonstick skillet, lightly coated with spray, over medium-low heat. Add eggs; cook, stirring occasionally, for 3 to 5 minutes, or until eggs are set.

COOKING TIPS:

For Latin-inspired scrambled eggs, add cilantro, green onions, and chopped jalapeño peppers (seeds and veins removed) to eggs before cooking.

Add a dash of All-Purpose Seasoning Blend (see pg. 47) to the eggs before cooking.

NOTE: Some Red Container recipes count for  1 Red Container (Proteins) portion and  1 tsp. (Oils & Nut Butters) portion. Others are just one Red Container, so pay attention.



POACHED EGGS

(Makes 1 serving, 2 eggs each)

Container Equivalents (per serving):  1 Red Container

1 cup water
½ tsp. fresh lemon juice (or white vinegar)
2 large eggs

1. Place water in medium saucepan and 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 the eggs, one by one, into the water. Cook until whites are completely set and yolks begin to thicken, about 5 minutes. Gently lift eggs out of water; keep warm.

SERVING TIP:

Sprinkle eggs with Smoky Southwestern Seasoning Blend (see pg. 47).

CUMIN TEMPEH STRIPS

(Makes 1 serving)

Container Equivalents (per serving):  1 Red Container
and  1 tsp.

- 4 oz. soy tempeh, cut into strips
- 1 tsp. olive oil
- 1 dash ground cumin
- 1 dash ground smoked paprika
- Sea salt (or Himalayan salt) (to taste; optional)

1. Evenly drizzle both sides of tempeh with oil.
2. Season both sides evenly with cumin, paprika, and salt (if desired).
3. Heat medium skillet over medium heat. Add tempeh; cook for 2 to 3 minutes on each side.





BAKED CHICKEN BREAST

(Makes 1 serving)

Container Equivalents (per serving):  1 Red Container
and  1 tsp.

4 oz. raw chicken breast, boneless, skinless
1 tsp. olive oil
All-Purpose (or Smoky Southwestern) Seasoning Blend
(see recipe page 47) (to taste; optional)

1. Preheat oven to 375° F.
2. Place chicken in ovenproof dish.
3. Drizzle with oil. Season with Seasoning (if desired).
4. Bake for 15 to 20 minutes or until chicken is no longer pink in the middle and juices run clear.

COOKING TIPS:

Cooking times may vary depending on the thickness and weight of the chicken breasts. Cook chicken breast to 165°F for the following times:

3 to 6 oz. – 15 to 20 minutes
7 to 12 oz. – 18 to 25 minutes
13 to 16 oz. – 20 to 30 minutes

You can also season chicken with lemon or lime juice and dry herbs like coriander and oregano. Sprinkle chicken with 2 Tbsp. crumbled Cotija cheese (don't forget to account for $\frac{1}{2}$  Blue Container on your Tally Sheet).

WHITE FISH

(Makes 1 serving)

Container Equivalents (per serving): ■ 1 Red Container
and — 1 tsp.

- 4 oz. raw white fish (like cod, tilapia, halibut, etc.)
- 1 tsp. olive oil
- All-Purpose (or Mediterranean) Seasoning Blend
(see recipe page 47) (to taste; optional)

1. Preheat broiler to high.
2. Drizzle fish with oil. Season with Seasoning (if desired).
3. Broil for approx. 3 to 4 minutes on each side, or until fish is opaque and flakes easily when tested with a fork.

COOKING TIPS:

Cooking times may vary depending on the thickness and weight of the fish. Cook fish for the following times:

- 4 to 6 oz. – 3 to 5 minutes on each side
- 7 to 12 oz. – 6 to 9 minutes on each side
- 13 to 16 oz. – 7 to 10 minutes on each side

You can also season fish with lemon or lime juice and sprinkle with fresh chopped parsley, garlic, and green onion.





BEEF

(Makes 1 serving)

Container Equivalents (per serving): ● 1 Red Container
and ● 1 tsp.

- 4 oz. raw beef (like flank steak, beef sirloin, beef tri-tip, etc.)
- 1 tsp. All-Purpose (or Smoky Southwestern) Seasoning Blend (see pg. 47) (optional)
- 1 tsp. olive oil

1. Preheat grill (or broiler) to high.
2. Drizzle beef with oil. Season with Seasoning (if desired).
3. Grill (or broil) beef for approximately 4 to 5 minutes on each side for medium-rare, or for 6 to 7 minutes on each side for medium. Remove from heat; let stand for 5 minutes.

COOKING TIPS:

Cooking times may vary depending on the thickness and weight of the beef. For medium-rare, cook beef for the following times:

- 3 to 6 oz. – 4 to 7 minutes on each side
- 7 to 12 oz. – 6 to 9 minutes on each side
- 13 to 16 oz. – 7 to 10 minutes on each side

You can also season beef with garlic and dry herbs like sage and parsley.

YELLOW CONTAINER

BROWN RICE

(Makes 8 servings)

Container Equivalents (per serving):  1 Yellow Container

- 1 cup dry brown rice
- 2 cups cold water
- Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)

1. Combine rice, water, salt (if desired), and pepper (if desired) in medium saucepan and bring to a boil over high heat.
2. Reduce heat to maintain a gentle boil; cook, covered, for 50 minutes. Keep covered the entire time or rice will not cook evenly.
3. Remove pan from heat and let rice rest, covered, for 10 minutes. Do not remove lid.
4. Fluff with a fork and serve.

COOKING TIPS:

For Latin-inspired rice, replace 1 cup water with tomato sauce and add 1 tsp. achiote powder and 1 tsp. Adobo Seasoning Blend (see pg. 47) to cooking water. Follow steps 1 to 3 listed above. Sprinkle rice with fresh chopped cilantro after cooking.

Add dried herbs and spices from the [SEASONINGS AND CONDIMENTS](#) list (see pg. 38) to add flavor and color to your rice.



[NOTE: All Yellow Container recipes count for  1 Yellow Container (Carbs) portion.]



QUINOA

(Makes 4 servings)

Container Equivalents (per serving):  1 Yellow Container

1 cup dry quinoa
2 cups cold water
Sea salt (or Himalayan salt) and ground black pepper
(to taste; optional)

1. Rinse quinoa thoroughly.
2. Combine quinoa, water, salt (if desired), and pepper (if desired) in medium saucepan and bring to a boil over high heat.
3. Reduce heat to maintain a gentle boil; cook, covered, for 15 minutes, or until all water has been absorbed.
4. Remove pan from heat and let quinoa rest, covered, for 5 minutes.
5. Fluff with a fork and serve.

COOKING TIP:

As a convenience, you can cook more quinoa than you need and store the leftovers in the refrigerator for up to 4 days. For a tropical-inspired quinoa dish, cook $\frac{1}{2}$ cup chopped onion and 1 clove garlic, chopped in 1 Tbsp. + 1 tsp. olive oil until tender. Add $\frac{1}{2}$ cup canned coconut milk and $1\frac{1}{2}$ cups water; bring to a boil. Add rinsed quinoa, 2 cups kidney beans, and 1 tsp. dried thyme; mix well. Add a habanero chile (if desired). Follow steps 3 to 5 listed above. Don't forget to account for 1  tsp., 1  Yellow Container, and $\frac{1}{2}$  Blue Container for this tropical quinoa variation.

LENTILS

(Makes 6 servings)

Container Equivalents (per serving): ■ 1 Yellow Container

1 cup dry brown lentils

1¾ cups water

Sea salt (or Himalayan salt) and ground black pepper
(to taste; optional)

1. Sort through the lentils to make sure there are no small stones. Rinse lentils in colander under cool water.
2. Bring water, salt (if desired), and pepper (if desired) to a boil in medium saucepan over high heat; add lentils.
3. Bring back to a boil. Reduce heat to medium-low; gently boil for 20 minutes, or until lentils are tender.

COOKING TIPS:

As a convenience, you can cook more lentils than you need and store the leftovers in the refrigerator for up to 4 days.

For flavored lentils, skip the optional sea salt and pepper and use All-Purpose (or Smoky Southwestern) Seasoning Blend after cooking.

Add chopped fresh herbs from the [SEASONINGS AND CONDIMENTS](#) list (see pg. 38) to add flavor and color to your lentils.





BEANS

(Makes 6 servings)

Container Equivalents (per serving):  1 Yellow Container

1 cup dry beans

3 cups water

Sea salt (or Himalayan salt) and ground black pepper
(to taste; optional)

1. Sort through the beans to make sure there are no small stones. Rinse beans in colander under cool water.
2. Place beans and water in medium saucepan. Soak for 6 hours or preferably overnight. Drain; discard water.
3. Place beans in large saucepan. Add water to cover beans by 2 inches. Season with salt and pepper (if desired). Bring to a boil over high heat. Reduce heat to medium-low; gently boil, covered, for 60 to 90 minutes, or until beans are tender.

COOKING TIPS:

As a convenience, you can cook more beans than you need and store the leftovers in the refrigerator for up to 4 days.

For flavored beans, skip the optional sea salt and pepper and use the All-Purpose (or Smoky Southwestern) Seasoning Blend (see pg. 47) after they're cooked.

For Latin-inspired beans, skip the optional sea salt and pepper, and add Adobo Seasoning Blend (see pg. 47) and 12 slices chopped turkey bacon while beans are cooking. Don't forget to account for $\frac{1}{2}$  Red Container if adding the turkey bacon.

DRESSINGS

Salads are a staple of any healthy diet, and these delicious and savory dressings will make your salads come to life. Just pour any of these dressings into an orange container to measure out one serving.

[NOTE: One serving of each of these dressings satisfies  1 Orange Container (Seeds & Dressings).]

BALSAMIC VINAIGRETTE

(Makes 8 servings, approx. 2 Tbsp. each)

Container Equivalents (per serving):  1 Orange Container

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

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

TIP/SERVING SUGGESTION:

Store leftover dressing in an airtight container in the refrigerator. If dressing thickens when cold, hold at room temperature for 30 minutes and stir before serving.

Do not feed honey to children younger than one year.

This dressing is wonderful on salads, but also great drizzled over sautéed veggies, steamed fish, grilled chicken or beef.



CREAMY HERB DRESSING

(Makes 12 servings, approx. 2 Tbsp. each)

Container Equivalents (per serving):  1 Orange Container

- 1 medium avocado, cut into chunks
- 1½ cups nonfat plain Greek yogurt
- ¼ cup finely chopped fresh herbs (like tarragon, parsley, mint, or cilantro)
- 3 Tbsp. fresh lemon juice
- ¼ tsp. sea salt (or Himalayan salt)
- 1 dash ground white pepper
- ⅓ cup extra-virgin olive oil

1. Place avocado, yogurt, herbs, lemon juice, salt, and pepper in blender; cover. Blend until smooth.
2. Continue blending avocado mixture, slowly adding oil until well blended.

TIP/SERVING SUGGESTION:

Store leftover dressing in an airtight container in the refrigerator for up to 5 days.

This dressing is wonderful on salads, but also great as a dip for raw vegetables.



LEMON TARRAGON VINAIGRETTE

(Makes 8 servings, approx. 2 Tbsp. each)

Container Equivalents (per serving): ■ 1 Orange Container

¼ cup	fresh lemon juice
¼ cup	finely chopped shallot
6	fresh tarragon sprigs, leaves removed and chopped, stem discarded
1 Tbsp. + 1 tsp.	Dijon mustard
¼ tsp.	sea salt (or Himalayan salt)
¼ tsp.	ground black pepper
¼ cup + 2 Tbsp.	extra-virgin olive oil

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

TIP/SERVING SUGGESTION:

Store leftover dressing in an airtight container in the refrigerator for up to 5 days.

If dressing thickens when cold, hold at room temperature for 30 minutes and stir before serving.

This dressing is wonderful on salads, but also great drizzled over cooked veggies, steamed fish, grilled chicken or beef.

DIJON VINAIGRETTE

(Makes 8 servings, approx. 2 Tbsp. each)

Container Equivalents (per serving):  1 Orange Container

3 Tbsp.	red wine vinegar
3 Tbsp.	fresh lemon juice
3 Tbsp.	Dijon mustard
2 cloves	garlic, chopped
¼ tsp.	sea salt (or Himalayan salt)
¼ tsp.	ground black pepper
¼ cup + 2 Tbsp.	extra-virgin olive oil

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

TIP/SERVING SUGGESTION:

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.

This dressing is wonderful on salads, but also great drizzled over cooked veggies, steamed fish, grilled chicken, beef, or pork.

ASIAN CITRUS VINAIGRETTE

(Makes 6 servings, approx. 2 Tbsp. each)

Container Equivalents (per serving):  1 Orange Container

¼ cup	100% orange juice
¼ cup	rice vinegar
2 Tbsp.	reduced-sodium soy sauce
2 tsp.	raw honey
½-inch	fresh ginger, peeled, finely grated
¼ cup	sesame oil

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

TIP/SERVING SUGGESTION:

Store leftover dressing in an airtight container in the refrigerator for up to 5 days.

If dressing thickens when cold, hold at room temperature for 30 minutes and stir before serving.

Do not feed honey to children younger than one year.

This dressing is wonderful on Asian salads or in a stir-fry, but it's also great drizzled over grilled chicken, beef, or pork.

SWEET TREATS

Sure, you could settle for additive- and preservative-packed, store-bought treats. Or you could invest a few minutes in the kitchen and enjoy these tempting—and pretty darn healthy—homemade goodies that are 21 Day Fix-approved!

DOUBLE CHOCOLATE COOKIES

(Makes 15 servings, 1 cookie each)

Container Equivalents (per serving):  1  ½

	Nonstick cooking spray
½ cup	unsweetened applesauce
⅓ cup	pure maple syrup
¼ cup	extra-virgin coconut oil, melted
¼ cup	canned lite coconut milk
⅓ cup	coconut flour
¼ cup	whole wheat flour
½ cup	unsweetened cocoa powder
¼ cup	semisweet chocolate chips (or slivered raw almonds, chopped pecans, dried cherries, or raisins)

1. Preheat oven to 350° F.
2. Lightly coat baking sheet with spray. Set aside.
3. Combine applesauce, maple syrup, oil, and coconut milk in a medium bowl; mix well. Set aside.
4. Combine coconut flour, whole wheat flour, and unsweetened cocoa powder in a small bowl; mix well.
5. Add flour mixture to applesauce mixture; mix until well blended.
6. Add chocolate chips; mix until blended.
7. Drop by heaping Tbsp. onto prepared baking sheet.
8. Bake for 12 minutes, or until firm.

TIP:

For a gluten-free version, substitute ⅓ cup brown rice flour for whole wheat flour.



BANANA OATMEAL COOKIES

(Makes 8 servings, 2 cookies each)

Container Equivalents (per serving):  ½  ½  ½

	Nonstick cooking spray
1 cup	dry old-fashioned rolled oats
2 tsp.	ground cinnamon
¼ tsp.	sea salt (or Himalayan salt)
2	large ripe bananas, mashed
¼ cup	golden raisins
¼ cup	chopped raw walnuts

1. Preheat oven to 350° F.
2. Lightly coat baking sheet with spray. Set aside.
3. Combine oats, cinnamon, and salt in a medium bowl; mix well.
4. Add bananas, raisins, and walnuts; mix well.
5. Drop by heaping Tbsp. onto prepared pan to form 16 cookies; flatten cookies with a spatula.
6. Bake for 14 to 15 minutes, or until firm.

SHAKEOLOGY CHOCOLATE PEANUT BUTTER SNACK BARS

(Makes 24 servings, 1 bar each)

Container Equivalents (per serving):  1  ½

4 scoops	Chocolate Shakeology
2 cups	dry quick-cooking old-fashioned rolled oats
½ cup	golden raisins
⅓ cup	chopped raw peanuts
1 cup	unsweetened almond milk
½ cup	all-natural smooth peanut butter

1. Combine **Shakeology**, oats, raisins, and peanuts in a large mixing bowl; mix well.
2. Add almond milk and peanut butter; mix well.
3. Press mixture into 8 x 8-inch baking pan; cover and refrigerate for at least 3 hours.
4. Cut into twenty-four bars.



OATMEAL COOKIES WITH CHOCOLATE MORSELS AND TOASTED PECANS

(Makes 8 servings, 2 cookies each)

Container Equivalents (per serving):  1

	Nonstick cooking spray
1 cup	dry old-fashioned rolled oats
1 tsp.	ground cinnamon
¼ tsp.	sea salt (or Himalayan salt)
1 cup	unsweetened applesauce
¼ cup	semisweet chocolate chips
¼ cup	chopped raw pecans, toasted

1. Preheat oven to 350° F.
2. Lightly coat baking sheet with spray. Set aside.
3. Combine oats, cinnamon, and salt in a medium bowl; mix well.
4. Add applesauce, chocolate chips, and pecans; mix well.
5. Drop by heaping Tbsp. onto prepared pan to form 16 cookies; flatten with a spatula.
6. Bake for 14 to 16 minutes, or until firm.

POPCORN MIX WITH RAISINS, ALMONDS, AND DRIED FRUIT

(Makes 4 servings, 1 cup each)

Container Equivalents (per serving):  ½  ½

3½ cups	air-popped popcorn
¼ cup	raisins
2 Tbsp.	whole raw almonds
2 Tbsp.	chopped dried fruit
½ tsp.	sea salt (or Himalayan salt) (to taste; optional)

1. Combine popcorn, raisins, almonds, dried fruit, and salt (if desired) in a medium bowl; mix well.

TIP:

Air-popped popcorn can be made using an air-popped popcorn maker or it can be made in the microwave. Place 3 Tbsp. popcorn kernels in a large brown paper bag. Seal bag tightly. Microwave on “high” for 1½ to 2 minutes or until there are 2 seconds between pops.

SHAKEOLOGY

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

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

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



Shakeology is Nutrition Simplified.

Learn more and find mouthwatering recipes at [Shakeology.com](https://www.shakeology.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.*

SHAKEOLOGY IDEAS

HOW TO MAKE THE PERFECT SHAKE

Shakeology is perfectly delicious when mixed with just water, or you can treat your taste buds to something new by tossing in extra ingredients. Add as many or as few things as you'd like. We created this list of optional ingredients to help get the ball rolling (or really, the blender blending) for when you're looking for new ways to shake up your shakes.

To figure out how much of each ingredient to use, see the Food Lists starting on page 20. Remember, the foods you add to your shake still count as part of your nutrition plan—including Shakeology, which counts as 1  Red Container (Proteins).

STEP 1: PICK A BASE



- Water • Coconut water • Unsweetened rice milk • Low-fat milk (1–2%)
• Unsweetened almond milk • Unsweetened coconut milk • Unsweetened organic soy milk

STEP 2: ADD 1 SCOOP OF SHAKEOLOGY



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

STEP 3: ADD FRUITS & VEGGIES optional



- Berries (all varieties) • Banana • Mango • Pineapple • Melon (honeydew, watermelon, cantaloupe) • Apple • Pumpkin puree • Spinach • Kale
• Shakeology Boost: Power Greens • Beets • Carrots

STEP 4: ADD HEALTHY FATS, SEEDS & DRESSINGS, OR OILS & NUT BUTTERS optional



- Seeds (all varieties) • Unsweetened shredded coconut • Nut butters (all varieties) • Seed Butters (all varieties)

STEP 5: ADD FLAVOR & FUNCTION ENHANCERS optional



- Cinnamon • Pumpkin pie spice • Fresh herbs (basil, mint, etc.) • Lemon
• Shakeology Boost: Focused Energy • Shakeology Boost: Digestive Health

QUICK & LIGHT:

CHOCOLATE POMEGRANATE SURPRISE SHAKEOLOGY

(Makes 1 serving)

Container Equivalents (per serving):  1  1

¾ cup	water
¼ cup	unsweetened pomegranate juice
1 cup	ice
1 scoop	Chocolate (or Chocolate Vegan) Shakeology
½ cup	fresh (or frozen) raspberries

Place water, pomegranate juice, ice, **Shakeology**, and raspberries in blender; cover. Blend until smooth.

CREAMY MATCHA SHAKEOLOGY

(Makes 1 serving)

Container Equivalents (per serving):  1  1

1 cup	unsweetened almond milk
1 cup	ice
1 scoop	Vanilla (or Vanilla Vegan) Shakeology
1 Tbsp.	matcha green tea powder

Place almond milk, ice, **Shakeology**, and matcha in blender; cover. Blend until smooth.

COCONUT CASHEW LATTE SHAKEOLOGY

(Makes 1 serving)

Container Equivalents (per serving):  1  1  1

1 cup	unsweetened coconut milk beverage
1 cup	ice
1 scoop	Café Latte (or Café Latte Vegan) Shakeology
8	whole raw cashews

Place coconut milk, ice, **Shakeology**, and cashews in blender; cover. Blend until smooth.

EASY & FILLING:

CHOCOLATE PEANUT-BUTTER CUP SHAKEOLOGY

(Makes 1 serving)

Container Equivalents (per serving):  ½  1  3

1 cup	water
1 cup	ice
1 scoop	Chocolate (or Chocolate Vegan) Shakeology
1 Tbsp.	all-natural peanut butter
¼	large banana, cut into chunks

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

MANGO MADNESS SHAKEOLOGY

(Makes 1 serving)

Container Equivalents (per serving):  ½  1 ½  ½

¾ cup	water
1 cup	ice
1 scoop	Strawberry Shakeology
½ cup	cubed mango, fresh (or frozen)
¼ cup + 2 Tbsp.	reduced-fat (2%) plain Greek yogurt
1 Tbsp.	chia seeds

Place water, ice, **Shakeology**, mango, yogurt, and chia seeds in blender; cover. Blend until smooth.

GREAT GREENS SHAKEOLOGY

(Makes 1 serving)

Container Equivalents (per serving):  ½  1  1  1  1

1 cup	unsweetened almond milk
2 Tbsp.	fresh lemon juice
1 cup	ice
1 scoop	Vanilla (or Vanilla Vegan) Shakeology
½ cup	raw spinach
½	large banana, cut into chunks
2 Tbsp.	raw pumpkin seeds

Place almond milk, lemon juice, ice, **Shakeology**, spinach, banana, and pumpkin seeds in blender; cover. Blend until smooth.

DESSERT:

SALTED CARAMEL MOCHA SHAKEOLOGY

(Makes 1 serving)

Container Equivalents (per serving):  1  1

- 1 cup unsweetened almond milk
- 1 cup ice
- 1 scoop Café Latte (or Café Latte Vegan) **Shakeology**
- 1 Tbsp. unsweetened cocoa powder
- 1 tsp. pure caramel extract
- 1 dash sea salt (or Himalayan salt)

1. Place almond milk, ice, **Shakeology**, cocoa powder, and extract in blender; cover. Blend until smooth.
2. Pour into a serving glass; sprinkle with salt. Serve immediately.





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 eating plan.

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