AUTUMN’S COMPETITION REGIMEN SAMPLE DAY

If you want to eat exactly like Autumn, refer to the Container Food Group Lists on the 21 Day Fix EXTREME Eating Plan starting on page 6. Autumn is at the 1,800 Calorie Target and only eats foods marked with a ★ symbol and skips daily items, which are marked with a ❌.

MEAL 1
- 1 blue container of avocado
- 1 red container with eggs
- 1 tsp. coconut oil
- Broccoli (steamed)
- Asparagus (steamed)
- 1 egg white (scrambled)
- Water

MEAL 2
- Cod (steamed)
- 1 tsp. coconut oil
- Broccoli (steamed)
- Egg white (scrambled)
- Water

MEAL 3
- Cod (steamed)
- 1 tsp. coconut oil
- Broccoli (steamed)
- Egg white (scrambled)
- Water

AMEAL 4
- Cod (steamed)
- 1 tsp. coconut oil
- Broccoli (steamed)
- Egg white (scrambled)
- Water

AMEAL 5
- Cod (steamed)
- 1 tsp. coconut oil
- Broccoli (steamed)
- Egg white (scrambled)
- Water

AMEAL 6
- Cod (steamed)
- 1 tsp. coconut oil
- Broccoli (steamed)
- Egg white (scrambled)
- Water

AMEAL 7
- Cod (steamed)
- 1 tsp. coconut oil
- Broccoli (steamed)
- Egg white (scrambled)
- Water

AMEAL 8
- Cod (steamed)
- 1 tsp. coconut oil
- Broccoli (steamed)
- Egg white (scrambled)
- Water

Autumn’s Notes
• Replace 1 serving of Shakeology with 1 scoop of shakeology (or your favorite shake other than 21 Day Fix) and warm for 10 to 15 seconds.
• Replace 1 serving of smoothie with 1 scoop of shakeology and warm for 10 to 15 seconds.
• Replace 1 serving of smoothie with 1 scoop of shakeology and warm for 10 to 15 seconds.
• Replace 1 serving of smoothie with 1 scoop of shakeology and warm for 10 to 15 seconds.

If preferred, you can:
• Follow the Sample Day as listed.
• Change the percents in the Build Profile to get exactly what you need.
• Skip any meals if preferred.

Tip:
1. If you are feeling light-headed or experiencing discomfort, you should return to the 21 Day Fix EXTREME Eating Plan.
2. If you are pregnant or breast feeding, please consult your physician before starting this Countdown to Competition. Also, listen to your body —if you are feeling light-headed or experiencing discomfort, you should return to the 21 Day Fix EXTREME Eating Plan.

IMPORTANT: If you have any unique or special medical needs or conditions, such as food allergies, dietary restrictions, issues with blood sugar regulation, or if you are pregnant or breast feeding, please consult your physician before starting this Countdown to Competition. Also, listen to your body —if you are feeling light-headed or experiencing discomfort, you should return to the 21 Day Fix EXTREME Eating Plan.

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The 21 Day Fix EXTREME is a temporary nutrition plan that is designed to help you lose weight and build your body for your big event. Autumn does not recommend eating for more than 21 days at a time. The material contained in this document is protected by United States copyright laws and international treaty provisions. All rights reserved. No part of this document may be stored in a retrieval system or transmitted in any form or by any means without the written permission of Beachbody, LLC. Neither the information nor any part thereof may be reproduced, stored in a retrieval system, or transmitted in any form or by any means without the prior written permission of Beachbody, LLC.

You’ll want to make additional copies or you can find the Tally Sheets at TeamBeachbody.com under GET TOOLS > WORKOUT SHEETS.
AUTUMN’S COMPETITION REGIMEN SAMPLE DAY

If you want to eat exactly like Autumn, refer to the Container Food Group Lists on page 9. Autumn is at the 1,800 Calorie Target and only eats foods marked with a # symbol and skips dairy items, which are marked with an X.

BUILD PROFILE: Gracol

mezcal yellow:
based on:
 founded in 1895

This plan offers a very serious challenge and it’s based on the concept of “carb depletion,” which Autumn calls “the concept of ‘carb depletion,’ which she uses as a staple in the competition world. It is designed to help you burn through those last stores of body fat—while keeping you healthy. It’s not a way of eating for your body —if you are feeling light-headed or experiencing discomfort, you should return to the 21 Day Fix EXTREME Eating Plan.

AUTUMN’S NOTES
• Replace 1 serving of Shakeology with 1 serving of meal replacement shake (Black Minion Pro)
• Autumn prefers to drink her meal replacement shakes

MEAL 1
- 1 blue container of avocado
- 1 tsp. coconut oil
- Cod (steamed)
- Asparagus (steamed)
- Broccoli (steamed)
- Oatmeal (prepared with water)
- Water

MEAL 2
- Cod (steamed)
- Broccoli (steamed)
- 1 tsp. coconut oil
- Water

MEAL 3
- Cod (steamed)
- Asparagus (steamed)
- Broccoli (steamed)
- 1 tsp. coconut oil
- Water

MEAL 4
- Cod (steamed)
- Broccoli (steamed)
- 1 tsp. coconut oil
- Water

MEAL 5
- Cod (steamed)
- Broccoli (steamed)
- 1 tsp. coconut oil
- Water

MEAL 6
- Cod (steamed)
- Broccoli (steamed)
- 1 tsp. coconut oil
- Water

MEAL 7
- Cod (steamed)
- Broccoli (steamed)
- 1 tsp. coconut oil
- Water

MEAL 8
- Cod (steamed)
- Broccoli (steamed)
- 1 tsp. coconut oil
- Water

Final Delivery Color Profile:

OPs

Stephanie Kaseman

Kush D

Legal

Faviola Fernandez Bertie Barajas

Production Artist

Creative Serv Mgr

FM

Creative DirectorSenior Art Director

Brand Team:

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Senior Package Engineer

Proofreader

Copywriter

Approvals:

Buyer

Quality Assurance Manager

Research & Development

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FMECHANICAL
**1 HOW TO GET IT DONE**

**DETERMINE THE TWO CALORIE CHARTS TO USE.**

A. See page 4 in your 21 Day Fix® EXTREME Eating Plan to determine your Calorie Target.
B. Using that Calorie Target, see below to determine which Countdown to Competition Calendar you should use.
C. The two columns of the Calorie Chart will be for your EXTREME Eating Plan Days. The purple columns will be for your Countdown to Competition Calendar. EXTREME Eating Plan Days follow the 21 Day Fix Eating Plan.

**2 USE THE COUNTDOWN TO COMPETITION CALENDAR**

A. For the next three weeks, alternate two days on Countdown to Competition with one day on EXTREME Eating Plan.
B. Space your meals approximately two hours apart. There’s no need to alter your workout schedule.
C. Coffee, tea, and water recommendations remain the same as in the EXTREME Eating Plan.
D. For the next three weeks, alternate two days on Countdown to Competition with one day on EXTREME Eating Plan.

---

**3 OTHER WAYS TO GET IT DONE**

Keep in mind that Autumn is a professional athlete. If Countdown to Competition is too extreme for you, here are other strategies to consider:

A. For the first two weeks, use the 21 Day Fix EXTREME Eating Plan, then for the final week use the Countdown to Competition plan.
B. Reverse the days in the Countdown to Competition Calendar. Eat one EXTREME Eating Plan day and two Countdown to Competition Plan days. This may feel easier and give you a good gauge of how extreme you want to be.

*Most importantly, don’t be afraid to pull the plug. If the Countdown to Competition plan isn’t working for you, if you feel too tired from training or you become sick, then switch back to the 21 Day Fix EXTREME Eating Plan. Remember, “carb depletion” plans are extreme. Even professional athletes experience other discomfort, such as headaches, nausea, and weakness. If you feel too tired, have a bad workout or experience other discomfort, then switch back to the 21 Day Fix EXTREME Eating Plan.*

---

**CALORIE CHARTS**

<table>
<thead>
<tr>
<th>Calorie Target</th>
<th>EXTREME Eating Plan Days</th>
<th>Countdown to Competition Days</th>
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<tbody>
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<td>4 3 2 1 0 1 0 1 0 1 0 1 0</td>
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<td>2,300–2,499</td>
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<td>5 4 3 2 1 0 1 0 1 0 1 0 1 0</td>
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<td>6 5 4 3 2 1 0 1 0 1 0 1 0 1 0</td>
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**COUNTDOWN TO COMPETITION CALENDAR**

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**Countdown to Competition CALENDAR**

- Space your meals approximately two hours apart.
- There’s no need to alter your workout schedule.
- Coffee, tea, and water recommendations remain the same as in the EXTREME Eating Plan.
- For the next three weeks, alternate two days on Countdown to Competition with one day on EXTREME Eating Plan.

**FM**

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**FM**
1 HOW TO GET IT DONE

Determine the two Calorie Charts to use.

A. See page 6 in your 21 Day Fix EXTREME Eating Plan to determine your Calorie Target.
B. Using that Calorie Target, see below to determine which Countdown to Competition Calorie Chart you should use.
C. The left column of the Calorie Chart will be for your EXTREME Eating Plan Days. The purple columns will be for your Countdown to Competition: Competition or carb depletion eating days.
D. Using your Calorie Chart, follow the Countdown to Competition Calendar for the next 21 days.

2 USE THE COUNTDOWN TO COMPETITION CALENDAR

A. For the next three weeks, alternate two days on Countdown to Competition with one day on EXTREME Eating Plan.
B. Space your meals approximately two hours apart. This means about eight meals a day on both Countdown to Competition and EXTREME Eating Plans
C. There’s no need to alter your workout schedule. Continue with the workout schedule as provided in the START HERE guide.
D. Coffee, tea, and water recommendations remain the same as stated in the EXTREME Eating Plan.

Other Ways to Get it Done

Keep in mind that Autumn is a professional athlete. If Countdown to Competition is too extreme for you, here are other strategies to consider:
A. For the first 2 weeks, use the 21 Day Fix EXTREME Eating Plan, then for the final week use the Countdown to Competition plan. B. Reverse the days in the Countdown to Competition Calendar. Eat your Countdown to Competition day and two 12 Day Fix EXTREME Eating Plan days. This may feel easier and give you a good gauge of how extreme you want to be.
Most importantly, don’t be afraid to pull the plug! If the Countdown to Competition plan isn’t working for you, if you feel too tired, have nagging headaches, your workouts are seriously suffering, if you feel awful, or experience other discomfort, even switch back to the 21 Day Fix EXTREME Eating Plan. Remember, “Carb depletion” plans are extreme. Even professionals struggle to do them and your results will be great with either plan you choose.

To COMPETITION...

TO COMPETITION...
### HOW TO GET IT DONE

#### DETERMINE THE TWO CALORIE CHARTS TO USE.

A. See page 4 in your 21 Day Fix® EXTREME Eating Plan to determine your Calorie Target.

B. Using that Calorie Target, see below to determine which Countdown to Competition Calorie Chart you should use.

C. The teal columns of the Calorie Chart will be for your EXTREME Eating Plan days. The purple columns will be for your Countdown to Competition days.

D. Using your Calorie Chart, follow the Countdown to Competition Calendar for the next 21 days.

#### USE THE COUNTDOWN TO COMPETITION CALENDAR

A. For the next three weeks, alternate two days on Countdown to Competition with one day on EXTREME Eating Plan.

B. Space your meals approximately two hours apart.

C. There’s no need to alter your workout schedule. Continue with the workout calendar as provided in the START HERE guide.

D. Coffee, tea, and water recommendations remain the same as stated in the EXTREME Eating Plan.

#### COUNCIL TO COMPETITION CALENDAR

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**Note:** EXTREME Eating Plan days people = Countdown to Competition or “carb depletion” eating days.

### OTHER WAYS TO GET IT DONE

Keep in mind that Autumn is a professional athlete. If Countdown to Competition is too extreme for you, here are other strategies to consider:

A. For the first 2 weeks, use the 21 Day Fix EXTREME Eating Plan. Then for the final week use the Countdown to Competition plan.

B. Reverse the days in the Countdown to Competition Calendar. Eat extreme Competition Calendar days and two 21 Day Fix EXTREME Eating Plan days. This may feel easier and give you a good gauge of how extreme you want to be.

Most importantly, don’t be afraid to pull the plug. If the Countdown to Competition plan isn’t working for you, if you feel drag, feel flabby, feel flabby, feel flabby, feel flabby, feel flabby, feel flabby, feel flabby, feel flabby, feel flabby, feel flabby, feel flabby, feel flabby, feel flabby, feel flabby, feel flabby, feel flabby, feel flabby, feel flabby, feel flabby, feel flabby, feel flabby, feel flabby, feel flabby, feel flabby, feel flabby, feel flabby, feel flabby, feel flabby, feel flabby, feel flabby, feel flabby, feel flabby, feel flabby, feel flabby, feel flabby, feel flabby, feel flabby, feel flabby, feel flabby, feel flabby, feel flabby, feel flabby, feel flabby, feel flabby, feel flabby, feel flabby, feel flabby, feel flabby, feel flabby, feel flabby, feel flabby, feel flabby, feel flabby, feel flabby, feel flabby, feel flabby, feel flabby, feel flabby, feel flabby, feel flabby, feel flabby, feel flabby, feel flabby, feel flabby, feel flabby, feel flabby, feel flabby, feel flabby, feel flabby, feel flabby, feel flabby, 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### HOW TO GET IT DONE

**Determine the Two Calorie Charts to Use.**

- A. See page 4 in your 21 Day Fix EXTREME Eating Plan to determine your Calorie Target.
- B. Using that Calorie Target, see below to determine which Countdown to Competition Calorie Chart you should use.
- C. The first column of the Calorie Chart will be for your EXTREME Eating Plan days. The purple column will be for your Countdown to Competition days.
- D. Using your Calorie Chart, follow the Countdown to Competition Calorie Chart for the next 21 days.

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<th>DAY 1</th>
<th>DAY 2</th>
<th>DAY 3</th>
<th>DAY 4</th>
<th>DAY 5</th>
<th>DAY 6</th>
<th>DAY 7</th>
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</tr>
</tbody>
</table>

#### OTHER WAYS TO GET IT DONE

Keep in mind that Autumn is a professional athlete. If Countdown to Competition is not extreme for you, here are other strategies to consider:

- A. For the first 2 weeks, use the 21 Day Fix EXTREME Eating Plan, then for the final week use the Countdown to Competition plan.
- B. Reverse the days in the Countdown to Competition Eating Plan.

Most importantly, don’t be afraid to pull the plug! If the Countdown to Competition plan isn’t working for you, if you feel discouraged, have nagging headaches, your workouts are seriously suffering, if you feel awful, or experience other discomfort, then switch back to the 21 Day Fix EXTREME Eating Plan. Remember, “carb depletion” plans are extreme. Even professional nutritionists struggle to do them and your results will be great with either plan you choose.
AUTUMN’S COMPETITION REGIMEN SAMPLE DAY

If you want to eat exactly like Autumn, refer to the Container Food Group Links on the 21 Day Fix EXTREME Eating Plan starting on page 9. Autumn is at the 1,800 Calorie Target and only eats foods marked with a # symbol and skips daily items, which are marked with a #. Autumn skips dairy items, which are marked with a ✚ symbol.

If following Autumn to a "T", then follow the Sample Day as listed if preferred, or:
• Replace 🍎 red container with 🍎 apple
• Replace 🍎 red container with 🍎 pear

If following Autumn to a "T", then Autumn’s Notes

• Replace 1 serving of Shakeology with 1 tsp. coconut oil


MEAL 8

1 red container
Broccoli (steamed)
1 tsp. coconut oil
Water

MEAL 7

1 red container
Asparagus (steamed)
1 tsp. coconut oil
Water

MEAL 6

1 red container
Cod (steamed)
1 tsp. coconut oil
Water

MEAL 5

1 red container
Asparagus (steamed)
1 tsp. coconut oil
Water

MEAL 4

1 red container
Cod (steamed)
1 tsp. coconut oil
Water

MEAL 3

1 red container
Cod (steamed)
1 tsp. coconut oil
Water

MEAL 2

1 red container
Cod (steamed)
1 tsp. coconut oil
Water

MEAL 1

1 red container
Oatmeal (prepared with water)
1 tsp. coconut oil
Water


CALORIE TARGETS

Yellow = 1 red container
Green = 1 red container
Cyan = 1 red container
Magenta = 1 red container

TALLY SHEETS

These Tally Sheets will help you keep track of your portion allowances, while on the Countdown to Competition plan. You’ll want to make additional copies or you can find the Tally Sheets at TeamBeachbody.com under GET FIT > WORKOUT SHEETS.

counts the number of red containers eaten.

counts the number of orange containers eaten.

counts the number of green containers eaten.

counts the number of yellow containers eaten.

counts the number of blue containers eaten.

counts the number of black containers eaten.

counts the number of magenta containers eaten.

counts the number of cyan containers eaten.

counts the number of magenta containers eaten.

counts the number of yellow containers eaten.

COUNTDOWN TO COMETETION

THINGS AND ABOUT TO GET SERIOUS...

You’re ready to start Countdown to Competition: a nutrition plan that’s a staple in the competition world. It is designed to help you burn those last stores of body fat while maintaining your current level of muscle and keeping you healthy. With a map of eating you can do indefinitely, you can keep your nutrition plan in place when done occasionally in short bursts.

Countdown to Competition is based on the concept of "carb depletion," which is a staple in the competition world. It is designed to help you burn those last stores of body fat while maintaining your current level of muscle and keeping you healthy. With a map of eating you can do indefinitely, you can keep your nutrition plan in place when done occasionally in short bursts.

This plan offers a very serious challenge and it’s not for everyone. It is to be used as a temporary nutrition plan and is designed to be done for no more than 21 days at a time. Autumn does not recommend eating plan, to get you looking your absolute best for your big competition day. Autumn’s Notes

You’ll want to make additional copies or you can find the Tally Sheets at TeamBeachbody.com under GET FIT > WORKOUT SHEETS.

The container food group links on the 21 Day Fix EXTREME Eating Plan starting on page 9. Autumn is at the 1,800 Calorie Target and only eats foods marked with a # symbol and skips daily items, which are marked with a #.
AUTUMN’S COMPETITION REGIMENT SAMPLE DAY

If you want to eat exactly like Autumn, refer to the Container Food Group Lists starting on page 9. Autumn is at the 1,800 Calorie Target and only eats foods marked with a  symbol and skips dairy items, which are marked with a ❚. If preferred, you can:

**Replace 1 serving of fruit with 1 red container with ❚ symbol.**

**Replace 1 serving of carbs with 1 tsp. coconut oil.**

**Replace ➤ 1 tsp. coconut oil with ➤ 1 blue container of avocado.**

**Follow the Sample Day as listed.**

If following Autumn to a “T,” then Autumn’s Notes:

- Replace ➤ 1 serving of carbs with ➤ 1 red container with ❚ symbol and warm for 10 to 15 seconds.
- Place desired ➤ amount into a microwave-safe bowl and microwave. Simply place desired ➤ coconut oil rather than use it for cooking. Simply place desired ➤ coconut oil into a microwave-safe bowl and microwave. Tip: Autumn prefers to drink her ➤ Shakeology while on the ➤ Countdown to Competition plan. These Tally Sheets will help you keep track of your portion allotments, so it’s Autumn’s exclusive competition nutrition plan that she is sharing with Beachbody® and YOU.

**THINGS ARE ABOUT TO GET SERIOUS…**

When Autumn has a big competition or a phone shoot coming up, she doesn’t mess around. She’s always in competition shape, but she takes the concept of “carb depletion,” which is based on those last stores of body fat—often referred to as “energy stores”—and maximizes them to burn fat temporarily. This plan offers a very serious challenge and it’s her way of eating to lose weight fast, and keep you healthy. It’s not a way of eating you can do indefintely but it’s effective for you to have on deck for your big event. Autumn does not recommend this plan for any time longer than 21 days at a time. **Temporary Autum”s Notes:**

- Autumn does not recommend this plan for any time longer than 21 days at a time. **Temporary Autum”s Notes:**

- Autumn’s Notes:
  - Follow the Sample Day as listed.
  - Replace ➤ 1 serving of carbs with ➤ 1 red container with ❚ symbol and warm for 10 to 15 seconds.
  - Place desired ➤ amount into a microwave-safe bowl and microwave.
  - Simply place desired ➤ coconut oil rather than use it for cooking.
  - Simply place desired ➤ coconut oil into a microwave-safe bowl and microwave.
  - Tip: Autumn prefers to drink her ➤ Shakeology while on the ➤ Countdown to Competition plan. These Tally Sheets will help you keep track of your portion allotments, so it’s Autumn’s exclusive competition nutrition plan that she is sharing with Beachbody® and YOU.