MAXIMUM RESULTS GUIDEBOOK

KIRSTY LOST 90 POUNDS

GET PAID FOR REFERRALS—BECOME A TEAM BEACHBODY COACH

- Earn 25% commission when someone buys a product
- Earn 50% commission when someone joins the club
- Earn bonuses as your team grows
- Help End the Trend™ of obesity!

Coaching is a busy mom's dream! After being self-employed as an Independent Team Beachbody Coach, I can't imagine ever going to work for someone else again—I'm in the business of helping people live healthy, happy, fulfilling lives... and I absolutely love it.

—Kristy M.

PHYSICAL FITNESS

- Save 25% off all Beachbody products
- Get access to exclusive live workouts with Chalene and other celebrity trainers
- Get access to new products—FIRST

If your hard work and results create a demand for our products, shouldn't you get a share of the revenue? We think you should.

We're assembling a team of Coaches who are literally ending the trend of obesity in the U.S. Last year, we paid more than $40 million to our Coaches—and we want you on the team now!

For more information, speak to your Coach or visit BeACoach.com and click on “Be a Coach.”

PHYSICALLY FIT. FINANCIALLY IN SHAPE.

“YOUR BODY IS AMAZING. HOW CAN I GET RESULTS LIKE YOURS?”

Beachbody does not guarantee any level of success or income from the Team Beachbody Coach Opportunity. Each Coach’s income depends on his or her own efforts, diligence, and skill.

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Round #:

WARNING: Consult with a healthcare professional before beginning any exercise program or using any supplement or meal replacement program, especially if pregnant, breast feeding, or providing to a child, or if you have any other unique or special needs or restrictions. Keep out of reach of children and others who require supervision. Please read enclosed safety or other materials before beginning this program or using any supplement or meal replacement program.

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

‡ In a nonclinical Beachbody test group, those who used Slimming Formula along with their Beachbody program lost an average of 29% more body fat.

3 This product is only available to the residents of the United States and its territories.

WHEY PROTEIN POWDER

An active body needs more protein to build and repair itself, and great shakes made with Beachbody Whey Protein Powder are a simple way to ensure that you're getting the optimal nutrition you need. Loaded with 18 grams of protein and superior ingredients, and very low in fat, it will help you develop lean, sexy muscle mass.*
TOP 10 REASONS TO DO TURBO JAM®

10
It’s the Hottest Class in the U.S.—and It's on DVD!

9
The Music Rocks

8
It’s Easy

7
It’s Fast

6
It Takes the Work Out of Working Out

5
You'll Improve Your Confidence and Self-Esteem

4
You'll Sculpt a Lean, Toned Body

3
You'll Get Strong, Flat Abs

2
You'll Trim Inches of Fat off Your Body

1
You'll Lose Weight Fast!
WELCOME

7  What Is Turbo Jam®?
8  Why Does Turbo Jam Rock?
10 About Chalene and Beachbody
14 What You Get
17 Start Now
18 Record Your Results
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65 Fast Food Options

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WELCOME
TURBO

A sudden and dramatic boost of energy.

JAM

(Slang)
An impromptu celebration or party induced by motivating music.
WHAT IS TURBO JAM®?

WELCOME TO THE NEXT GENERATION OF FITNESS!

Turbo Jam is a workout program that combines calorie-blasting kickboxing, body sculpting, and the hottest dance music—all guaranteed to give you jaw-dropping results no matter what your fitness level is. In Turbo Jam, you're Turbo Training, targeting your upper body, your lower body, and your abs—all at the same time. The result is that you burn megacalories. A university study compared the calories burned in other traditional exercise to Turbo Jam, and Turbo Jam beat them all, burning up to 1,000 calories an hour!¹

THE ELITE 11

LEARN ‘EM. LOVE ‘EM. LIVE ‘EM.

Chalene has created the Elite 11, her own special signature moves that are unique to Turbo Jam. They'll ensure proper form, target your core and abs, and guarantee that you get serious results! You'll learn each of them in the Learn & Burn, and you get instructional cards with photos for reference.

1• Turbo Tuck 
2• Pump 
3• Zig Zag 
4• Strike 
5• Twist 
6• Row 
7• “W” 
8• 7 Step 
9• Shake and Shed 
10• Capoeira Step 
11• Wheel

¹Average number of calories burned during Turbo Jam workouts: 750 calories per hour.
WHY DOES TURBO JAM ROCK?

THE MUSIC
Play that funky music! Music can motivate you to do anything. You’ll immediately feel the powerful impact of the music Chalene has selected. No other fitness program places so much emphasis on the quality and energy of the music. Unlike the standard drumbeats used in most exercise videos, Turbo Jam's music isn’t just for keeping the beat—it’s to get your whole body moving, taking the concept of working out to a whole new level. There’s a line in a song by Kool & the Gang that says, “Get your back up off the wall—dance!” And that’s exactly what Turbo Jam is all about—getting your back up off the wall, or your butt up off the couch, and just moving to the music.

In Turbo Jam, every block of exercise has been specifically choreographed to match the feel, beat, and mood of the music, to invoke an emotion and power that naturally inspires people to do their best. With most workout programs, music is an afterthought. With Turbo Jam, the opposite is true. Chalene starts with music, listening to every beat and cutting out any lag or lull in the energy. She adds sound effects to accentuate your kicks and punches and dance beats that you can’t help but groove to.

THE “TURBO”
How does Turbo Jam burn so many calories? The TURBO! The sirens in each workout dictate the start of Turbo, and that means megacalorie burn. It’s an off-the-hook segment in the middle of each workout where you’ll kick it into high gear—it’s a quick, supercharged cardio blast known as Turbo. In just 1 or 2 minutes, this anaerobic section will push you to the limit! Listen for the siren to know that the intensity is about to go Turbo. The sweat will fly, the pace will quicken, and the calories will burn.

Immediately following Turbo, you’ll probably feel short of breath. It’s good to push yourself, but listen to your body. So catch your breath, but resist the temptation to stop moving. Immediately after Turbo, you’ll go to a recovery section that will allow your breathing, muscles, and heart rate to recover gradually. This type of interval training—intense anaerobic exercise followed by a lighter aerobic recovery—has been shown to be one of the most effective ways to burn fat and calories and train your body.
IT’S AN AB WORKOUT TOO!
Get a cardio and an ab workout simultaneously! It’s true, almost every move in a Turbo Jam workout targets your abs. You may not even realize it, but if you master the Elite 11 moves, you will automatically be engaging your abs, toning them without even realizing it. Until, of course, you look in the mirror and see the fat melting off and definition appearing.

BONUS FEATURES
Just for fun, each video has special features to keep you motivated and make you feel you are part of the Turbo team!

Get to Know Chalene: Get up close and personal with Chalene. In this special segment you will meet Chalene, learn her inspiration for creating Turbo Jam, and witness her motivation to help people lose weight and get in shape! Plus learn about her family and what she likes to do when she’s not doing Turbo Jam.

Chalene believes in the art of fun, and that laughter should also be a part of your daily exercise. In Chalene’s senior year of high school, classmates voted her “Class Clown.” You’ll soon know why. Catch practical jokes that take place behind the scenes as these workout videos are filmed.

**Results may vary.**
ABOUT CHALENE JOHNSON

Chalene Johnson studied tae kwon do, dance, and aerobics at Michigan State University before moving to California in the early '90s. It was there that she created a group exercise class that combined the sexiness of dance and the hip feel of funk with the power and strength of kickboxing—all set to music guaranteed to inspire and motivate participants. In fact, the high-powered music was crucial to the program's success.

Chalene taught herself to digitally remaster and edit music so she could match her choreographed moves to songs and sound effects that would force people to jump up, dance, and kick it into high gear. Her classes proved so popular that a nationwide demand for DVDs soon followed.

She has trained and certified more than 20,000 instructors worldwide. To date, Chalene's workouts are featured at more than 2,000 different health clubs and fitness chains in the U.S., as well as countless clubs in countries across the globe.
BEACHBODY® ROCKS!
Since its inception in 1998, Beachbody has delivered more than 20 million exercise videos to people seeking their own real, healthy body transformation. By constantly striving to offer the very best, Beachbody always has an eye out for people who “get it.” They’re not looking for pretenders—people who care more about their bottom line than yours—they’re looking for the real deal, authentic motivators who believe in helping the customer achieve something spectacular.

Chalene Johnson is one of the latter. She is a remarkably talented woman who has made it her life’s work to create a phenomenon in body transformation. Beachbody and Chalene continue to develop new brands together to get more people moving.

Everyone at Beachbody is confident that you’ll enjoy your Turbo Jam experience because of Chalene’s unique approach and high-energy performance, and that you’ll achieve great success.

Check out the ultimate fitness and diet support tools so you get the most out of Turbo Jam workouts.

Just visit Beachbody.com/TurboJam, or if you’re a member of the Team Beachbody® Club, visit Chalene’s Trainer's Corner at TeamBeachbody.com
A NOTE FROM CHALENE

Are you ready to get in the best shape of your life?

You can DO this, bottom line. And you're worth it!

THIS IS YOUR TIME! This is not a gimmick or short-term fix. Together, let's make lasting changes that will change your body, your state of mind, and every aspect of your life!

Instead of obsessing about junk food or thinking you have no time to work out, think about how great you’ll feel after your workout, or after having a delicious, healthy meal. Take baby steps to eat more healthfully. If you slip, get immediately back on track. Never let a vacation or a special holiday be an excuse to overdo it the entire time. Go ahead, enjoy the occasional indulgence, but keep it reasonable, and consider skipping something else to make up for the extra calories. Or even add a workout if on one day you really had a food setback. Resolve to exercise and to eat better as a way of life! When you put on your new clothes and see people you haven’t seen in a long time, you’ll realize it was worth the extra effort.

Health and fitness are my life’s passions and have afforded me experiences, energy, happiness, and a life with my family for which I have enormous gratitude. I give thanks by helping others enjoy life more fully simply by helping them add fun exercise and a healthy diet. I hope you share your journey and goals with the people most important to you. And you and your loved ones will be part of the ever-growing Turbo Jam family.

Now I’ll take you through this guidebook step by step. We’re in this together! So flip to the next section to get started.
I’m here for you every step of the way!
WHAT YOU GET
Turbo Jam comes complete with everything you need!

YOUR WORKOUTS

LEARN & BURN A quick introduction and workout featuring Chalene’s “Elite 11” moves used throughout the program. Practice first to get familiar with the form and technique of these moves.

20 MINUTE WORKOUT A perfect choice for beginners or when you’re short on time and want a quick and super-effective workout!

TURBO SCULPT A 40-minute muscle blast for shaping, toning, and tightening. It’s the perfect strength-training workout to round out your Turbo program!

CARDIO PARTY A supercharged 45-minute cardio dance party. Get ready to burn some calories and have some fun!

AB JAM Turbo’s exclusive formula of cutting-edge ab and core exercises delivers a tight, toned, sexy midsection! This will be your secret weapon against the bulge!

PUNCH, KICK & JAM A 50-minute advanced workout specially designed to tap into the power of the Turbo Sculpting Gloves!
MORE GOODIES TO MAXIMIZE YOUR RESULTS

TURBO JAM GUIDEBOOK
You’re reading it. Well done! It’s packed with quick reference tips, fitness advice, and nutrition information, including the Turbo Jam Eating Plan, which has delicious, easy recipes designed to complement your weight loss goals and ensure optimal performance.

ELITE 11 TRAINING CARDS
Master these exclusive moves to maximize your results and see why this workout is so great for your ABS!

TURBO SCULPTING GLOVES
Use Chalene's Turbo Sculpting Gloves with any workout to help accelerate your results and increase muscle activity up to 96 percent!

TURBO SLIM
With this jump-start plan you can lose 10 inches in just 10 workouts! Use the enclosed tape measure and Measurement Tracker card to record your stats and track your progress.

TEAMBEACHBODY.COM
Get the ultimate fitness and diet support tools: world-class expert advice, nutritional information, healthy recipes, and live chats with Chalene!
WORKOUT CALENDAR
Chalene has put together a recommended schedule for your first month that tells you which Turbo Jam workout to do each day! There’s a Beginner schedule for those new to exercise, as well as an Advanced calendar for those who are in better shape or want more of a challenge! Plus you get rest days—or feel free to do the workout of your choice.

TIPS
FOR BEGINNERS
Remember to go at your own pace and rest when needed; use Ab Jam any day you want more ab work.

FOR ADVANCED
If you’re a serious JAMMER and want to get more of a workout, feel free to put on your Turbo Sculpting Gloves.
1 **MAXIMIZE** your weight loss and fitness results by reading the Turbo Results Guidebook for fitness tips, how to take your before and after photos, and an eating plan to help you make the right food choices.

2 **TAKE** your “before” photos and record your measurements. (See pg. 18–20)

3 **WATCH** the Learn & Burn workout to learn Chalene’s signature Elite 11 Turbo Jam moves.

4 **CHOOSE** your daily workout from your calendar. Log in to WOWY.com for a chance to win cash or prizes every day.

5 **VISIT** the Turbo Jam Message Boards at Beachbody.com/TurboJam or TeamBeachbody.com for amazing support from Chalene and all the Turbo Jammers who want to help you succeed.

6 **JOIN** the Team Beachbody community and log on to TeamBeachbody.com to access the ultimate support and motivation tools to help you reach your goals.
RECORD YOUR RESULTS

Track your results below every month. The page on the right will show you the proper location to take your measurements. Be sure to keep tape measure flat and level.

<table>
<thead>
<tr>
<th>WEEK 1</th>
<th>WEEK 4</th>
<th>WEEK 8</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weight</td>
<td>______</td>
<td>______</td>
</tr>
<tr>
<td>Chest</td>
<td>______</td>
<td>______</td>
</tr>
<tr>
<td>Waist</td>
<td>______</td>
<td>______</td>
</tr>
<tr>
<td>Hip</td>
<td>______</td>
<td>______</td>
</tr>
<tr>
<td>Right Thigh</td>
<td>______</td>
<td>______</td>
</tr>
<tr>
<td>Left Thigh</td>
<td>______</td>
<td>______</td>
</tr>
<tr>
<td>Right Upper Arm</td>
<td>______</td>
<td>______</td>
</tr>
<tr>
<td>Left Upper Arm</td>
<td>______</td>
<td>______</td>
</tr>
<tr>
<td>Total Weight Lost</td>
<td>______</td>
<td>______</td>
</tr>
<tr>
<td>Total Inches Lost</td>
<td>______</td>
<td>______</td>
</tr>
</tbody>
</table>

If you’re a member of the Team Beachbody community, you can also track your results, post your photos, and journal your daily progress online at TeamBeachbody.com.
TAKE YOUR MEASUREMENTS

- CHEST
- R. ARM
- L. ARM
- WAIST
- HIPS
- R. THIGH
- L. THIGH
GIVE IT YOUR BEST SHOT.

To track your results and progress, begin with a "before" photo. Before you begin the Turbo Jam program, take your first series of photos by following these easy guidelines.

1. CLOTHES

Wear a swimsuit or something comparable so you can see what areas need work. The more skin you show, the more you’ll see what’s changed.

2. BACKDROP

Use a plain background or white wall as your backdrop.

3. ANGLES

Take a few front shots with your hands on your hips, some side shots with both hands at your sides, and a couple of back shots with your hands on your hips or posed with biceps flexed.

4. POSE

Don’t suck it in or push it out. You want a true reflection of your body’s appearance so you can see how much sexier you look after Turbo Jam has transformed you.

5. SEND

Create a free profile page and post your photos online at TeamBeachbody.com.

**Results may vary.**
SHARE YOUR SUCCESS STORY.

Email your "before" and "after" photographs of yourself to SuccessStories@beachbody.com or mail them to:

Success Stories
Beachbody, LLC
3301 Exposition Blvd., 3rd Floor
Santa Monica, CA 90404
EAT
TURBO EATING

Good news! You can be lean for life and still enjoy your food: This is not a diet. This is a blueprint for healthy eating that you'll find easy to follow.

Learning to eat well while still finding joy in food can be very simple. Everyone knows it's healthy to eat more fruits and vegetables, but fresh, unprocessed food isn't always convenient. You've been conditioned to believe that if you're forced to eat on the run, your choices are whittled down to burgers and big sodas. But your diet will be healthier and more satisfying if you eat foods that are as close to their natural state as they can get.

But, hey, creating the habit of eating well is easier said than done. Eating healthy food takes more planning than eating junk does. So chances are your lifestyle is going to have to change a little bit. Chalene's aim is to make this transition as easy as possible.

The Plan is simple, and designed to fit into your life. It's the perfect balance of structure and flexibility. There's something for everyone! Outlined on the pages that follow are choices for breakfasts, lunches, dinners, and snacks. When you know you'll be away from home, pack your healthy meals and snacks in ziplock baggies or plastic containers.

“SUCCESS IS NOT A DOORWAY ... IT’S A STAIRCASE!”
—DOTTIE WALTERS
THE PLAN IS SIMPLE
All you have to do is pick one breakfast, one lunch, and one dinner, plus one or two snacks, and you’re guaranteed to have the energy you need everyday.

EATING TURBO STYLE
Choose a breakfast, a lunch, a dinner, and one or two snacks, and you’ll have the energy you need for your workouts and the proper nutrition to get the results you’re after! You can mix and match any of the selections listed based on your preferences or lifestyle and continue to use them for as long as you like. The Plan totals approximately 1,500 calories per day. Take a look at the next two pages to see how many calories you should be eating and learn how to customize the diet to your needs.

Following the meal plan, you’ll find plenty of tips to keep you motivated. Plus you can log on to TeamBeachbody.com for more diet support.

But, wait! You’ve probably heard that no single meal plan is right for everyone. As your body changes, so will your nutrition needs. So before you begin, read the following six helpful questions and answers.
HOW MUCH DO I EAT?
The menus provided are for approximately 1,500 calories per day. Obviously, everyone doesn’t need to eat the same number of calories, since people come in different sizes and have different weight loss needs, but 1,500 is a fairly safe place for most people needing to lose weight to start. No matter where you start, you’re going to need to adjust your diet somewhat based on your goals and how you’re feeling. Only you can truly tell if your diet is allowing you to lose weight while still providing you with enough energy.

Follow these simple instructions to determine the approximate number of calories you should be eating to lose weight. To lose one pound of weight a week, you must create a 3,500-calorie deficit, or burn 500 calories per day more than you eat. Here’s an example of how a 150-pound person would achieve that:

YOUR DAILY CALORIE INTAKE TO LOSE 1 POUND PER WEEK

Add a zero to your body weight
Add 20% for extra daily activity
Daily caloric rate
Subtract 500 calories a day
(by eating 500 calories less or by burning 500 calories through Turbo Jam)

\[
\begin{align*}
\text{Total} & = 1,300 \\
150 + 0 & = 1,500 \\
+ 300 & = 1,800 \\
- 500 & = 1,300
\end{align*}
\]

So to lose a pound a week, a 150-pound person needs to create a 500-calorie deficit from 1,800 calories by either exercising or eating less. Keep in mind this is an approximate scale. Body type and fitness level play a part. We recommend that the more overweight you are, the bigger the deficit you try and create (meaning: eat less). Just don’t go below 1,200 calories per day. As you get into better shape, you’ll need to eat more to fuel your extra muscle.
**CALORIE ADJUSTMENT GUIDE**

<table>
<thead>
<tr>
<th>Calories</th>
<th>Adjustment</th>
<th>Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1,200</td>
<td>-300</td>
<td>Skip a snack -AND- decrease protein from one of your meals by 2 ounces.</td>
</tr>
<tr>
<td>1,300</td>
<td>-200</td>
<td>Skip a snack -OR- decrease protein from one of your meals by 4 ounces.</td>
</tr>
<tr>
<td>1,400</td>
<td>-100</td>
<td>Decrease protein from one of your meals by 2 ounces.</td>
</tr>
<tr>
<td>1,500</td>
<td>N/A</td>
<td>Stick to The Plan as written, picking one breakfast, one lunch, and one dinner, plus 1–2 snacks.</td>
</tr>
<tr>
<td>1,600</td>
<td>+100</td>
<td>Add 2 ounces of protein to one of your meals.</td>
</tr>
<tr>
<td>1,800</td>
<td>+300</td>
<td>Add 6 ounces of protein, or 2 ounces of protein and 1 snack.</td>
</tr>
</tbody>
</table>

**HOW DO I MODIFY THE PLAN FOR MY NEEDS?**

The Plan is for approximately 1,500 calories per day. Now that you know how many calories you should be eating from the equation on the previous page, you may need to eat more or less.

It’s simple—here’s a rule of thumb. Figure that 2 ounces of lean meat, fish, or some other protein source is approximately 100 calories. In the early stages of your program, adding calories with protein and/or veggies is recommended.

The snacks that are recommended are approximately 200 calories. When you’re in better shape, you may need more energy in the form of carbohydrates, and these snacks are an excellent choice.

So if you should be at 1,800 calories, you need to add 300 calories to the Plan. You can do so by adding 6 ounces of protein to your meals, either at breakfast, lunch, or dinner, to total 300 calories. You can also add 2 ounces of protein and 1 snack to total 300 calories.

If you should be eating 1,300 calories, you need to subtract 200 calories. You can simply skip a snack or decrease the amount of protein from one of your meals by 4 ounces. That’s what’s so great about the Plan—you can customize it according to your personal needs.

**DO I EVER NEED TO CHANGE THIS PLAN?**

Yes. Using the caloric alterations above, you can continue with The Plan for a long time. However, as you progress
with Turbo Jam, your nutritional needs will change along with your body composition. This means that the new svelte and toned you has different needs than the you in the “before” photo. A simple rule states that the leaner your body gets with the exercise you do, the more carbohydrates you should eat. Once you’re in shape, let your energy level guide you. If you feel light-headed or have difficulty concentrating, eat a bit more. If you’re tired and bloated, eat less. And while your proteins and fats should stay fairly constant, the amount of carbs you eat should relate daily to the amount of activity you do.

**WHAT IF I DON’T LIKE THESE RECIPES?**
Everyone is different, and while these recipes will appeal to most people, there are going to be some who prefer different ingredients. The type of person you are will determine your approach to changing your eating habits. So if you’re the type who knows realistically that you’re never going to follow these suggested recipes, don’t despair. There’s something for you too!

That’s what the Team Beachbody Club was created for! It’s a premium online diet support site filled with fitness and nutrition tips, customized meal plans, plus message boards and live chats with Chalene to personally answer your questions and give you the support and motivation you need to reach your goals! When you log on to TeamBeachbody.com, you’ll find many other diet and menu options. Choose from basic meal plans, as well as a Custom Meal Plan feature that will allow you to adjust your diet in myriad ways with graphs that let you track your progress.

**Results may vary.**
Staying hydrated is a vital part of your program. Here’s what you should and should not drink. Remember that drinks containing calories alter your diet and must be accounted for.

**WATER** This is the biggie. Drinking enough water is a vital part of any conditioning program, as it will keep your body functioning in homeostasis and aid every aspect of bodily function. You should drink at least 6 to 8 12-ounce glasses of water a day, and more if you do more exercise. Note: While difficult, it is possible to drink too much water, because it will dilute your body’s electrolytes. Don’t drink more than a gallon of water per day unless you’re replenishing your electrolytes (potassium, sodium, chloride, magnesium, etc.) as well.

**SODA** Regular soda is a waste of calories. Diet soda should be consumed within reason, never exceeding one or two 12-ounce servings per day. While diet sodas don’t have calories, the added carbonation alters your body’s mineral balance and can negatively affect both performance and the way your body uses food. Plus, artificial sweetener is a controversial ingredient at best that can be overused if you drink a lot of diet soda.

**MINERAL WATER** Naturally carbonated mineral waters are much better than diet soft drinks but should still not replace all your flat water, as the carbonation can offset your mineral balance. But a few glasses per day would be fine.

**COFFEE AND TEA** The only caloric concern is what you put in these drinks. A frozen mocha drink can have 600 calories, so obviously this sort of thing should be avoided. Caffeine is a diuretic and can cause dehydration. Therefore coffee and tea should NOT be substituted for water.

**GOURMET COFFEE DRINKS** See above. If this is something you can live without, do it. Your bankbook and your scale will thank you.

**CRYSTAL LIGHT®** (and other no-calorie mixes) Check the ingredients. There is usually a long list of chemicals. There is usually a long list of chemicals, so you should be prudent. But this is what is called a “freebie.” While pure water
is best, lo-cal flavored water will help you keep your calories in check while satisfying your craving for flavor.

**VITAMIN WATERS** Again, do an ingredient check. Some of these are more natural than others. They’re not bad nutrient-wise, but they’re rarely as healthy as advertised and often provide very little in the way of vitamins—making them an expensive way to stay hydrated.

**BEER, WINE, ETC.** You’re likely to get better results if you can restrict drinking alcohol to special occasions—especially while you’re in weight-loss mode. Remember that both wine and beer have around 200 calories per glass, most of which is carbohydrates or alcohol. On top of that, you usually consume these drinks at night (the worst time to add calories). Alcohol often induces more food cravings. Even the alcohol in “low-carb” beers is metabolized like a sugar, making this fitness-friendly advertising ploy a total joke. Neither beer or wine, especially red wine, are “bad” for you in moderation, but when you’re trying to lose weight, they add a lot of calories at the wrong time. It’s best to cut consumption way down, or cut it out completely.

**DO I NEED TO TAKE SUPPLEMENTS?**
No, but they will help, especially when you’re on a low-calorie diet, because your body struggles to find all the nutrients it needs as your body is changing. Check out the Supplement section in the back of this book (p. 72) for recommended supplements.

Crystal Light is a registered trademark of Kraft Foods Global Brands, LLC.
**Results may vary.**
GET A BOWL’S WORTH OF FRUIT AND VEGETABLES QUICKLY AND EASILY WITH SHAKEOLOGY®.

This patent-pending shake provides antioxidants to fight free radicals, a full spectrum of vitamins and minerals, prebiotics, and enzymes for better digestive health, plus more than 15 grams of protein to keep you feeling full.

Replacing just one meal a day with Shakeology can help you increase your energy, reduce junk food cravings, and lose weight.*

Available in Chocolate (made with real cocoa) and Greenberry (made with an antioxidant-rich blend of fruits and berries).

To learn more, visit ShakeologyTJ.com or call 1 (800) 935-1173.

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

Log in to TeamBeachbody.com and complete your workout in WOWY SuperGym® for a chance to win the daily sweepstakes: You could win a $300 cash prize or an electronic item like an iPod, a digital camera, or a portable DVD player. And one day a week—the Mystery Day—someone will win $1,000.

The Daily Sweepstakes gives you 365 reasons to Keep Pushing Play. Winning cash and prizes just for working out—now that's motivation!

Please visit TeamBeachbody.com for more details.

The WOWY SuperGym Daily Sweepstakes is currently available only to U.S. residents. Certain limitations and restrictions apply. Please review the WOWY SuperGym Daily Sweepstakes rules posted on TeamBeachbody.com for details.
Vigorous exercise won't stimulate you to overeat. It's just the opposite. Exercise at any level helps curb your appetite immediately following a workout and will likely cause you to actually crave healthy foods.

All recipes are for one serving unless otherwise noted.
### ENERGY OATMEAL

- 1 cup plain oatmeal, prepared according to package instructions
- 4 oz. nonfat milk or soy milk
- 1 Tbsp. honey or 2 Tbsp. Beachbody Whey Protein Powder (optional)
- 1/4 cup raisins (optional, or substitute 1/2 cup fresh fruit)

### TURBO FUEL PARFAIT

- 1 cup plain low-fat yogurt or nonfat cottage cheese
- 1 cup chopped fresh fruit
- 1 Tbsp. honey or brown sugar (optional)

### PEANUT BUTTER AND BANANA WRAP

- 1/2 banana, sliced
- 1 Tbsp. peanut butter, almond butter, or soy nut butter
- 1 6-inch whole wheat low-carb tortilla

Optional: Microwave tortilla for 10 seconds before adding other ingredients for a warm breakfast treat.

### VEGGIE SCRAMBLE

- 2 eggs
- 1/8 cup nonfat milk (optional)
- 1/2 cup chopped fresh vegetables
- 1 oz. low-fat cheese or feta cheese

Beat eggs and milk. Heat a nonstick pan over medium heat. Throw in egg mixture, followed by veggies. When done, spoon onto plate and crumble cheese over top. Try it as an omelet too!
FRUIT AND CRACKERS

- 2 WASA® brand crispbread wafers
- 1/4 cup cottage cheese (to spread on crispbread)
- 1/4 cup chopped fresh fruit (try strawberries, oranges, or mango)

EGG WHITE BURRITO

- 4 egg whites, or 1/3 cup liquid egg whites
- 1/4 cup diced tomatoes (your favorite variety)
- 1/4 cup low-fat shredded cheese
- 1 6-inch whole wheat low-carb tortilla

Heat nonstick pan. Scramble egg whites. Warm tortilla, place on plate, top with other ingredients, and wrap as burrito.

PEANUT BUTTER TOAST

- 2 pieces whole wheat or whole-grain toast
- 1 Tbsp. peanut butter, almond butter, or soy nut butter

CEREAL ‘N’ GO!

- 1 cup whole-grain cereal (whole grain must be the first ingredient)
- 1 cup nonfat milk or soy milk
- 1/2 banana, sliced (optional, or substitute 1/2 cup other fruit)

Note: Don’t make the mistake of just filling up your cereal bowl. Get out the measuring cup until you’re able to closely estimate what a cup looks like.
POACHED EGGS AND TOAST

- 2 eggs, poached
- 1 slice whole wheat or whole-grain toast
- 2 Tbsp. salsa
BREAKFAST

SMOOTHIE

- Check out Chalene’s favorites on page 60.

LIGHT AND SIMPLE FRUIT AND SWEET YOGURT

- 1 medium-sized serving fruit (i.e., 1 mango, 10 strawberries, or 1/2 melon)
- 1/2 cup plain yogurt
- 1 Tbsp. honey
JAM-PACKED SANDWICH

- 2 slices whole-grain bread
- 4 oz. lean meat
- Lettuce leaves (optional)
- 1 slice tomato (optional)
- Cucumber, sliced (great for that extra crunch)
- 1 tsp. mustard (optional)
- 1 piece lunch fruit*

*Lunch fruit includes apple, pear, peach, nectarine, plums (2), tangerine

TURKEY REUBEN

- 2 slices whole-grain rye bread
- 4 oz. turkey (or your favorite unprocessed lean meat)
- 4 oz. sauerkraut
- 1 tsp. mustard
- 1 kosher pickle (optional)

Toast bread, then warm sauerkraut and meat. Combine ingredients. (Except the pickle—that goes on the side!)

TUNA SANDWICH

- 3 oz. tuna (packed in water)
- 1 tsp. olive oil
- 1 tsp. capers (or 1/2 kosher pickle, diced)
- 1 Tbsp. red onion, chopped
- 1 egg white, boiled and chopped
- 2 slices whole-grain bread
- Lettuce leaves (optional)
- 1 tsp. mustard

Drain tuna. Combine with oil, capers or pickle, onion, and egg white. Spread mustard on bread, add lettuce, then spoon tuna mixture on top.
**CHICKEN SALAD**

- 4 oz. grilled chicken breast, sliced or cubed
- 2 cups lettuce torn into bite-sized pieces
- 1-1/2 cups diced veggies

**Mustard Vinaigrette Dressing:**

- 1 Tbsp. balsamic vinegar
- 1 Tbsp. olive oil
- 1/2 Tbsp. Dijon mustard
- Ground pepper (to taste)

Combine chicken, lettuce, and veggies in large bowl. Mix vinegar, oil, mustard, and pepper in a small bowl. Add dressing to salad and toss.

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**STANDARD SALAD**

- 2 cups lettuce torn into bite-sized pieces
- 2 cups diced raw vegetables (broccoli, cucumber, tomato)
- 1-1/2 Tbsp. Italian dressing (oil & vinegar)

Toss and enjoy!

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**TOFU VEGGIE SALAD**

- 2 cups lettuce torn into bite-sized pieces
- 1-1/2 cups veggies or tomatoes
- 1 cup diced tofu, extra-firm
- 1 sliced hard-boiled egg

**Dressing**

- 1 Tbsp. vinegar
- 1 Tbsp. olive or avocado oil
- Ground pepper (to taste)

Toss lettuce, egg, veggies, and tofu in a large bowl. Mix vinegar, oil, and pepper in a small bowl. Toss dressing with salad until mixed and serve.
COTTAGE CHEESE AND FRUIT

• 1 cup low-fat cottage cheese
• 1 cup strawberries, sliced
• 5 almonds, chopped
• 2 WASA whole wheat crispbread wafers

VEGGIE BURGER

• 1 veggie burger patty
• 1 whole wheat bun
• Lettuce leaves (optional)
• 1 slice onion (optional)
• 1 slice tomato (optional)
• 1 tsp. ketchup (optional)
• 1 tsp. mustard (optional)

Grill or cook burger without adding oil. Assemble ingredients and enjoy!
CUCUMBER, TOMATO, AND BASIL SALAD

- 1 medium cucumber, peeled and chopped
- 1 cup grape or cherry tomatoes
- 2 oz. low-fat part-skim mozzarella cheese, cubed
- 1/4 cup chopped fresh basil
- 1 tsp. light extra-virgin olive oil
- Balsamic vinegar (to taste)
- Pepper (to taste)

Combine cucumber, basil, tomatoes, and cheese in bowl. Lightly drizzle with olive oil, then add vinegar and pepper to taste. Toss.

HEALTHY WALDORF SALAD

Note: This recipe will yield enough for three meals. It’s great to have on hand for a quick, premade lunch when there’s no time for prep! Keep dressing on side until ready to serve salad.

- 1/4 cup nonfat Greek yogurt
- 1 Tbsp. orange juice or lemon juice
- 1 stalk celery, chopped (optional)
- 1 lb. lean skinless chicken breast, broiled, cooled, and cut in 1-inch cubes
- 1 small tart green apple, peeled, cored, and diced
- 1/2 cup seedless grapes, halved
- 1/4 cup dried cranberries or golden raisins
- 1/4 cup toasted almonds, chopped slightly
- Romaine lettuce leaves (optional)

Combine chicken, apple, celery, dried cranberries or raisins, and almond pieces. In a small bowl, stir Greek yogurt and citrus juice together. Pour over chicken mixture and toss well to coat. Chill for at least 1 hour. Optional: Serve on romaine lettuce leaves.
THE BASIC THREE

- 3 to 4 oz. lean meat, fish, or other protein
- 1 to 2 cups green veggies (choose broccoli, spinach, kale, collard greens, etc.)
- 1/2 cup whole-grain brown rice, steamed

Marinade
- Juice of 1 lemon
- Garlic powder or minced fresh garlic (to taste; optional)
- Pepper (to taste; optional)
- Rosemary (to taste; optional)
- Dill (to taste; optional)

Combine lemon juice and spices in one of the following ways:
  1. Lemon & pepper
  2. Lemon & rosemary & pepper (optional)
  3. Lemon & dill & pepper (optional)
  4. Garlic powder & pepper

Marinate or rub meat with seasoning. Cover and refrigerate at least 2 hours. Grill or broil meat. Steam veggies. Serve with steamed rice. Same seasoning can be used to flavor rice and vegetables, but don’t use marinade that’s been in contact with raw meat as a table seasoning—discard and use fresh instead.
CHALENE’S SWEET SECRET SALAD

- 1-1/2 cups lettuce (keep it simple—try bagged Spring Mix)
- 1 chicken breast, oven roasted with fresh lemon and pepper
- 1/4 cup slivered strawberries
- 2 Tbsp. slivered almonds

Raspberry Vinaigrette Dressing:
(Use dressing sparingly. Save enough for later in the week!)
- 3/4 cup frozen raspberries, unsweetened
- 1/4 cup frozen apple juice concentrate, unsweetened
- 1/4 cup raspberry vinegar
- 1 Tbsp. Dijon mustard

Mix all dressing ingredients well, or puree for a smoother texture. Toss with salad.

SLIM BBQ KABOB

- 1 cup diced red onions (1-inch cubes)
- 1 cup diced bell peppers (1-inch pieces)
- 1 cup diced pineapple (1-inch cubes)
- 5 oz. extra-firm tofu or raw lean meat or fish, diced into 1-inch squares
- 1 cup cherry tomatoes
- 1-1/2 Tbsp. olive oil
- 1-1/2 Tbsp. low-sodium soy sauce
- 2 Tbsp. orange juice
- 2 big dashes chili powder or garlic powder

Mix all ingredients together in sealable container; let marinate overnight in fridge. Thread everything onto skewers. Barbecue until chicken, fish, or tofu is cooked. Serve with Standard Salad (see page 43). Serves 2.
• 1-1/4 cup whole wheat flour, buckwheat flour, and/or quick-cooking oats
• 3 tsp. baking powder
• 1 cup skim milk
• 3 Tbsp. canola oil
• 2 Tbsp. honey or blackstrap molasses
• 1 egg

In a large bowl, combine whole wheat flour, buckwheat flour, and/or oats with baking powder. Stir in milk, oil, honey or molasses, and egg until dry ingredients are moistened. (Batter will be lumpy.) Heat a nonstick griddle or pan over medium heat. Pour or scoop approximately 1/4 cup of batter for each pancake. Brown on both sides. Eat on the spot, or save extras and reheat.
TURBO MEXICANA (SPICY BLACK BEANS AND RICE)

- 3/4 cup brown rice, boiled or steamed
- 2 Tbsp. diced onion
- 1/2 cup chopped stewed tomatoes
- 1 Tbsp. white wine
- 3/4 cup black beans, canned or precooked
- Tabasco or other pepper sauce (to taste)

In nonstick pan over medium heat, sauté onions in wine for 5 minutes. Add rice and tomatoes; cook until excess tomato juice has evaporated.
In separate pan, warm beans and Tabasco. Serve the two dishes side by side with a Standard Salad (see page 43).
**VEGETARIAN CURRY**

- 1/2 onion, diced
- 1 Tbsp. curry powder
- 1 cup vegetable stock
- 3 oz. tomato paste
- 1/2 small garlic clove, chopped
- 1 cup chickpeas
- 1 cup chopped fresh tomatoes and/or cauliflower
- 1 cup brown rice, steamed

Heat nonstick pan over medium heat. Sauté onion and garlic with 1 Tbsp. stock for 3 minutes. Add curry powder, rest of stock, chickpeas, tomatoes and/or cauliflower, and tomato paste and simmer for 10 minutes, or until cauliflower is tender. Serve over rice. Serves 2. If you’re flying solo, don’t stress, because curry always tastes better the second day.

**STIR-FRY**

- 3 oz. raw chicken breast, other lean meat, or meat substitute (e.g., extra-firm tofu), diced
- 1-1/2 cups chopped veggies (choose 3/4 cup each of 2: pea pods, bok choy, broccoli, green beans, bamboo shoots, cauliflower, onion, shiitake mushrooms, etc.)
- 1 tsp. canola oil
- 1/2 tsp. sesame oil (optional)
- 1 Tbsp. low-sodium soy sauce
- 1/2 cup whole-grain brown rice, boiled or steamed

Heat oil in nonstick pan (or wok) on medium-high heat. If using chicken, stir-fry this first until done, but not completely brown. Add veggies and soy sauce. If using tofu, stir-fry veggies first, then add tofu and soy sauce. Serve with rice.
**PITA PIZZA**

- 1 whole wheat pita
- 1/2 cup marinara sauce
- 1/2 cup grated low-fat mozzarella cheese
- 1 cup diced veggies (mushrooms, onions, tomatoes, garlic, and/or bell pepper)
- 2 oz. chicken breast, other lean meat, or other protein source, grilled or diced

Preheat oven to 350°. Slice pita around the edges, making two open-faced discs. Bake discs for about a minute until slightly toasted, but not really brown. Spoon sauce onto inside (rough side) of bread, followed by veggies, meat, and finally cheese. Bake for 15 minutes or until cheese is melted. Makes 2 pizzas—you can eat them both if you did your workout today!

**BRET’S TURKEY CHILI**

- 1 lb. lean ground turkey
- 1/2 cup diced tomatoes
- 8 oz. whole-kernel corn (fresh, frozen, or canned)
- 1/2 onion, diced
- 2 cloves garlic
- 8 oz. canned black beans
- 8 oz. canned chili or pinto beans
- 1 Tbsp. tomato paste
- 1 1.6 oz. envelope Lawry’s® Chili Spices & Seasoning

Sauté onions and garlic. Add turkey and chili seasoning and sauté until turkey is browned. In a large saucepan, combine tomatoes, corn, beans, and tomato paste. Add contents of turkey pan and cook over medium heat for 20 minutes, or add 1 cup water and simmer on low heat for 1 hour for a really deliciously juicy chili! Serves 4.

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SOUTH-OF-THE-BORDER CHICKEN WRAP

- 3 oz. grilled chicken breast, other lean meat, or meat substitute
- 1/2 cup nonfat refried beans or black beans
- 2 to 4 Tbsp. salsa
- 1 6-inch whole wheat low-carb tortilla
- Lettuce leaves, shredded (optional)
- Tomatoes, diced (optional)
- Jalapeños (optional)
- Sombrero hat (optional: ¡Ole!)

Grill chicken and heat beans through. In oven, warm up tortilla for approximately 1 minute until soft and supple. Combine everything on tortilla, fold into burrito, and chow down.
PEANUT BUTTER AND CELERY
- 2 Tbsp. peanut butter, almond butter, or soy nut butter
- Celery (as much as you'd like)

FRUIT OR VEGGIES
- 1 piece or serving of any fruit of your choice or 1 cup sliced raw veggies (carrots, cucumbers, celery).
- 1 dash salt (no more!)
Note: Avoid processed dips during this period, even the fat-free kind.

CARROTS AND HUMMUS
- 3 oz. hummus
- 2 medium carrots or a handful of baby carrots

RAW NUTS AND FRUIT
- 10 raw almonds (yup, count 'em out—it's important!)
- 2 Tbsp. dried cranberries

AIR-POPPED CORN
- 2 cups popping corn
- Paprika (to taste)
Prepare corn in air popper according to package directions. Sorry, "movie" popcorn with oil and butter is off limits!
EDAMAME (WHOLE SOY BEANS)

- 2 cups edamame (in shell)
- 1 dash salt
A popular appetizer at sushi restaurants, they have the consistency of a bean with a nutty flavor that really satisfies. Great cold, or heat in boiling water for 2 minutes.

TOAST AND PB

- 1 piece whole wheat/whole-grain toast
- 1 tablespoon peanut butter, almond butter, or soy nut butter (soy is lowest in fat!)

YOGURT AND FRUIT

- 4 oz. low-fat yogurt
- 1/2 cup dessert fruit*
  *Blackberries, boysenberries, blueberries, strawberries, raspberries, or banana (sliced).

COTTAGE CHEESE AND TOMATOES

- 1/2 cup low-fat cottage cheese
- 1/4 cup diced fresh basil
- 2 to 3 thick slices of red vine tomatoes
- Pepper (to taste)
Chalene is a big fan of smoothies for breakfast or snacks. So she added her smoothie bar to share some that she likes to whip up. Be sure to stock up on Shakeology or Beachbody Whey Protein Powder—either is a wonderful base for power drinks—or select a protein powder that has 90 to 100 calories per scoop and less than 5 grams of sugar. Any of these smoothie recipes are perfect as a replacement for snacks.

<table>
<thead>
<tr>
<th><strong>SIMPLE SHAKE</strong></th>
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| • 1 serving Shakeology*  
| • 4 oz. skim milk or almond milk  
| • 4 oz. water  
| • Ice (to taste) |

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<tr>
<th><strong>CHOCOLATE BANANA SHAKE</strong></th>
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</table>
| • 1 serving Chocolate Shakeology*  
| OR 1 to 2 scoops protein powder  
| • 6 to 8 oz. water  
| • 4 to 6 ice cubes  
| • 1 banana |

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<tr>
<th><strong>CHOCO-PEANUT BUTTER BLAST</strong></th>
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| • 1 serving Chocolate Shakeology* OR 1 to 2 scoops protein powder and 1 or 2 tsp. unsweetened cocoa powder  
| • 1/2 cup skim milk or almond milk  
| • 1 tsp. honey  
| • 2 tsp. peanut butter |

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<th><strong>BERRY SENSATION</strong></th>
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| • 1 serving Greenberry Shakeology* OR 1 to 2 scoops protein powder  
| • 6 to 8 oz. water  
| • 4 to 6 ice cubes  
| • 8 strawberries (or berries of your choice) |

*Note: See page 32 for more information about Shakeology.
DID SOMEONE SAY DESSERT?

When a smoothie just isn’t chocolaty or thick enough to satisfy your craving, freeze your “Simple Shake,” then eat like ice cream.

CHALENE’S FAVORITE PUDDING

- 1 portion premade sugar-free chocolate pudding
- 1 scoop protein powder or 1 serving chocolate Shakeology
- 4 chopped strawberries

Just stir protein powder into premade pudding and add strawberries. Enjoy!

FLAXSEED

We highly recommend adding flaxseed to your diet. Flaxseed provides your body with essential fatty acids and is a great source of fiber as well. You can eat the seeds whole, but most people prefer to grind them up and add them to a shake or smoothie or even sprinkle them on a salad. You can grind them in a coffee grinder, though certain stores now sell flaxseed already ground.
CHALENE’S 11 SECRETS OF SUCCESS

1. Vigorous exercise won’t stimulate you to overeat. It’s just the opposite. Exercise at any level helps curb your appetite immediately following a workout and will likely cause you to actually crave healthy foods.

2. Distract yourself when you have a very strong craving. Cravings usually disappear after 2 minutes. Don’t sit in front of the fridge negotiating with yourself. Instead, walk away and focus your attention elsewhere. And if you have a few food items that you simply can’t resist, toss them!

3. Think “W.I.W.M.” When you really crave something unhealthy, finish this phrase: “What I Want More is...” Is it the piece of chocolate cake, or a body I’m proud of? Nothing tastes as good as fit feels!

4. As hard as it may seem to lose weight, it’s more stressful, depressing, frustrating, embarrassing, and even life-threatening to remain overweight.

5. The large majority of people who struggle with late-night eating are those who skip meals or don’t eat balanced meals during the day. Try to be consistent.

6. Change your nighttime schedule. Make it your goal to go to sleep with an empty stomach. You’ll wake up feeling thin and well rested.

7. Put a sign on the kitchen and refrigerator doors: “Closed after dinner. Water is open all night.”

8. Brush your teeth right after dinner to get the taste of food out of your mouth and to make the statement: “I’m done eating!”
9 Eat without engaging in any other simultaneous activity (i.e., no reading, TV, or sitting at the computer). Savor the food and you’ll be more conscious of portions.

10 Move more and move more quickly. A slow metabolism is rarely to blame for the inability to lose weight. Rather, fit people tend to move more and more quickly. When they need something, they jump up and get it themselves. So take the stairs, take a walk, do some gardening, start your spring cleaning. Be an active person every hour of the day. Use the stairs instead of the elevator. And climbing two steps at a time is great for toning the glutes.

11 When shopping for food, try whole-food stores, as they stock very few of the tempting, unhealthy junk foods we find in most mainstream grocery stores. When you do go shopping at a regular grocery store, as a rule of thumb remember that the aisles are filled with processed foods, while most whole foods are found around the perimeter. That’s how you avoid packaged items that contain hydrogenated oil, trans fat, shortening, animal fat, and megacalories.

“GOOD STUFF” GROCERY LIST
Keep these foods on hand. They taste great and they’re good for you! These foods should make up the majority of your grocery basket.

**PROTEIN**
- Fish: salmon, tuna, cod, etc. (avoid farmed fish)
- Eggs (from free-range/grass-fed chicken, if possible)
- Chicken breasts (same as above)
- Cottage cheese
- Milk proteins, whey, or whey/casein blends
- Lean red meat

**CARBOHYDRATES**
- Fresh vegetables
- Beans and legumes
- Fruits
- Oatmeal
- Mixed-grain bread
- Whole-grain rice
- Whole-grain pasta

**FATS**
- Flaxseed oil
- Fish oil (EPA/DHA fatty acids)
- Olive oil
- Canola oil
- Raw nuts
Dining out isn't an excuse to neglect your goals. Even though you aren't preparing this meal, you're still very much in control of the ingredients and portion size. For a satisfying and healthy dining experience, hold your ground, opt for healthy “feel-good fuel,” and try these guidelines:

**Don't fill up on empty bread calories or fattening pats of butter.** Be proactive—ask for crisp veggies and remove the bread if the rest of the table agrees.

**Try refreshing alternatives to alcoholic beverages,** like iced tea or natural lemonade. Aside from its empty calories, alcohol can erode your resolve to select healthy foods and to skip dessert.

**Steer clear of fried and sautéed foods.** Go for broiled, steamed, stir-fried, or poached options. Your meal won’t be swimming in grease or butter and you’ll actually be able to taste the fresh ingredients. Ask that your meal be prepared with very little or no butter. Restaurants do that to order. Well, good ones do.

If a restaurant offers you a large portion, **set aside the extra food to take home** as soon as the plate is put in front of you. By allowing the plate to sit, especially if it's a favorite dish, you’re more likely to pick at it until the entire oversized portion is gone.

**Enjoy your dining companions**—it’s not an eating contest. Relax, sip some tea or water, pause between bites, and really savor the food and your time.

**Chew your food.** Your body is better able to utilize nutrients when they've been properly broken down and the enzymes in your saliva can mix thoroughly with the food.
If you’re on the go and hunger strikes, have no fear, every fast food restaurant now offers nutrition guides upon request, and they feature more and more healthy options each day. Don’t assume the salad, the chicken sandwich, or the item labeled “low carb” is always your best option. Look at the nutrition guide. Be wary of crunchy toppings, giant croutons, sauces, bacon, mayo, and cheeses. Making home-prepared meals is best, but when emergencies arise, and they may, be prudent. You have choices. When possible, ask that your order be prepared exactly as you need it. And drink a big bottle of water.

**MCDONALD’S®**
*Fruit ‘n Yogurt Parfait* (no Granola)
130 Calories, Fat 2 g, Carbs 25 g, Protein 4 g

*Caesar Salad with Grilled Chicken and Newman’s Own® Low Fat Balsamic Vinaigrette Dressing*
260 Calories, Fat 9 g, Carbs 16 g, Protein 30 g

*Snack Size Fruit and Walnut Salad*
210 Calories, Fat 8 g, Carbs 31 g, Protein 4 g

**WENDY’S®**
*Ultimate Chicken Grill Sandwich* (request mustard instead of mayo or honey mustard)
330 Calories, Fat 4 g, Carbs 40 g, Protein 34 g

*Mandarin Oranges*
90 Calories, Fat 0 g, Carbs 21 g, Protein 1 g

**KFC®**
*Tender Roast® Sandwich with Mustard* (without sauce)
300 Calories, Fat 4 g, Carbs 28 g, Protein 34 g

**JACK IN THE BOX®**
*Chicken Fajita Pita* (no cheese)
234 Calories, Fat 3 g, Carbs 34 g, Protein 17 g

**BURGER KING®**
*TENDERGRILL® Chicken Garden Salad*
350 Calories, Fat 18 g, Carbs 15 g, Protein 33 g

*TENDERGRILL® Chicken Sandwich* without mayo
410 Calories, Fat 7 g, Carbs 49 g, Protein 38 g

**CARL’S JR.®**
*Original Grilled Chicken Salad with Fat-Free Dressing, no croutons* (order from Alternate Options menu)
235 Calories, Fat 6 g, Carbs 19 g, Protein 26 g

**PANERA®**
*Half Smoked Turkey Breast on Country*
220 Calories, Fat 1.59 g, Carbs 34 g, Protein 17 g
TURBO-CHARGE YOUR RESULTS

• JOIN TURBO WORLD
• SUPPLEMENTS
CAN’T GET ENOUGH?
Turbo Jam is unique in so many ways. One of the reasons people have been devoted, even fanatical, about this workout is because it progresses as you progress. Each Turbo Jam workout builds on the foundation of the previous one, to help you break through plateaus by adding something new. Soon you’ll find your form improving and your body transforming, and you’ll be thirsting for more.

To keep the party revved and your body in top condition, Beachbody and Chalene have additional programs. Try her Get On the Ball! program that comes with a FREE Turbo Ball—your new secret weapon to burn fat and work your abs and core.

And Chalene’s most recent Turbo program, TurboFire®, redefines maximum

**Results may vary.
calorie burning with High Intensity Interval Training (HIIT).

Or change it up with ChaLEAN Extreme®, which combines cardio with resistance to break through plateaus. We’ve included a bonus hybrid calendar for you on the following page.

For all these amazing Chalene Johnson programs, visit Beachbody.com. If you’re a member of the Team Beachbody community, go to TeamBeachbody.com.

Sometimes, having a new fitness program still isn’t enough to get you to Push Play as often as you should. At TeamBeachbody.com, you’ll find the ultimate motivation and support you need to get the most out of Turbo Jam—expert fitness advice, patented tools to help you get results, and an incredible community that will support you every step of the way.

And here comes the best part: if you’re a member of the Team Beachbody Club, you get personalized meal plans and recipes, VIP access to celebrity trainers, even an additional 10 percent savings on catalog purchases. Plus log your workout in WOWY SuperGym® for a chance to win the Daily Sweepstakes.² Log in now for a chance to win cash or cool prizes.

²The WOWY SuperGym® Daily Sweepstakes is currently available only to U.S. residents. Certain limitations and restrictions apply. Please review the WOWY SuperGym Daily Sweepstakes rules posted on TeamBeachbody.com for details.
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<th>Friday</th>
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<td>Learn &amp; Burn</td>
<td>Burn Circuit 1/Ab Burner</td>
<td>20 Minute Workout</td>
<td>Burn Circuit 2/Ab Burner</td>
<td>20 Minute Workout</td>
<td>Burn Circuit 3/Ab Burner</td>
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<td>Cardio Party</td>
<td>Burn Circuit 1/Ab Burner</td>
<td>20 Minute Workout/Ab Jam</td>
<td>Burn Circuit 2/Ab Burner</td>
<td>Cardio Party</td>
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<td>Burn Circuit 1/Ab Burner</td>
<td>Burn Intervals</td>
<td>Burn Circuit 2/Ab Burner</td>
<td>Cardio Party</td>
<td>Burn Circuit 3/Ab Burner</td>
<td>REST DAY</td>
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<td>Turbo Sculpt</td>
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<td>20 Minute Workout</td>
<td>Ab Jam</td>
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<td>Push Circuit 1/Extreme Abs</td>
<td>Burn It Off</td>
<td>Push Circuit 2/Ab Burner</td>
<td>Punch, Kick &amp; Jam</td>
<td>Push Circuit 3/Extreme Abs</td>
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<td>Lean Circuit 2/Ab Burner</td>
<td>Punch, Kick &amp; Jam</td>
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Remember to go at your own pace and rest when needed; use **Ab Jam** any day you want more ab work.
TURBOCHARGE YOUR RESULTS: SUPPLEMENTS

Beachbody offers a variety of beneficial supplements to support your fat-burning food and exercise plan. When combined with your Turbo Jam workouts, they'll aid in fat reduction while boosting your stamina and energy.* These supplements are all high in quality and have consistently proven to enhance performance and maximize results.* For this reason we recommend you take advantage of their benefits during and beyond your Turbo Jam experience. The following supplements were used by our Turbo Jam test group participants to help them achieve great results.

**ACTIVIT® MULTIVITAMINS**

Taking a high-quality multivitamin like ActiVit every day is an easy way to ensure that your body gets the nutrients it needs to excel and get the most out of your fitness routine. This is especially true when beginning a new fitness program and making changes to your diet. Formulated with safe herbal ingredients, ActiVit will help you reach your fitness objectives faster.*

**SLIMMING FORMULA**

Beachbody test groups have shown that those who enhanced their workouts with Slimming Formula lost almost 30 percent more fat than those who didn’t.† Used in combination with a healthy diet and your Turbo Jam workouts, Beachbody Slimming Formula can help you burn more body fat and lose inches from your waist, hips, thighs, and arms.* The main fat-burning ingredients, green tea and pyruvate, are safe and have been proven effective as weight loss agents without the negative effects of harmful ingredients like ephedra.*
WARNING: Consult with a healthcare professional before beginning any exercise program or using any supplement or meal replacement program, especially if pregnant, breast feeding, or providing to a child, or if you have any other unique or special needs or restrictions. Keep out of reach of children and others who require supervision. Please read enclosed safety or other materials before beginning this program or using any supplement or meal replacement program.

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

‡In a nonclinical Beachbody test group, those who used Slimming Formula along with their Beachbody program lost an average of 29% more body fat.

³This product is only available to the residents of the United States and its territories.
GET PAID FOR REFERRALS—
BECOME A TEAM BEACHBODY COACH

• Earn 25% commission when someone buys a product
• Earn 50% commission when someone joins the club
• Earn bonuses as your team grows
• Help End the Trend™ of obesity!

Coaching is a busy mom’s dream job! After being self employed as an Independent Team Beachbody Coach I can’t imagine ever going to work for someone else again—I’m in the business of helping people live healthy, happy, fulfilling lives … and I absolutely love it.

—Kristy M.

PHYSICAL FITNESS

• Save 25% off all Beachbody products
• Get access to exclusive live workouts with Chalene and other celebrity trainers
• Get access to new products—FIRST

If your hard work and results create a demand for our products, shouldn’t you get a share of the revenue? We think you should.

We’re assembling a team of Coaches who are literally ending the trend of obesity in the U.S. Last year, we paid more than $40 million to our Coaches—and we want you on the team now!

For more information, speak to your Coach or visit BeACoach.com and click on “Be a Coach.”

Beachbody does not guarantee any level of success or income from the Team Beachbody Coach Opportunity. Each Coach’s income depends on his or her own efforts, diligence, and skill.