

# EATING PLAN

**CORE  
DE  
FORCE**

# NUTRITION FOR KNOCKOUT RESULTS

You're going to hit it hard in your workouts—but when it comes to your nutrition, figuring out what to eat shouldn't be a battle. This guide keeps things simple and shows you exactly how to get results in the kitchen. That way, you can focus on the fun parts of your journey—eating delicious food, sweating it out, and building a body that makes people stop and wonder, “Whoa! How'd they do that?”

## TABLE OF CONTENTS

### GET STARTED

3-STEP QUICK-START	1
CORE DE FORCE SAMPLE MENUS	5

### DIRECTORY DE FOOD

FRUITS	10
VEGGIES	11
PROTEINS	12
CARBS	13
HEALTHY FATS	14
SEEDS & DRESSINGS	15
OILS & NUT BUTTERS	16
FREE FOODS	17
BEVERAGES	18

### NUTRITION TOOLS

FOOD TRACKERS	20
CORE KNOWLEDGE FOR ADVANCED RESULTS	22

### CORE DE FORCE SIGNATURE RECIPES

BREAKFAST	30
LUNCH	34
DINNER	38
SNACKS	42
DRESSINGS & SAUCES	44
SHAKEOLOGY	46



# HOW THE CORE DE FORCE™ EATING PLAN WORKS

When you only have 30 days to get into knockout shape, your nutrition has to be optimized to make every day and every workout count.

Over the next few pages, you'll learn a simple nutrition trick for seeing great results in such a short period of time. It's pretty straightforward—as your workouts become more intense, **you'll strategically increase your calories to keep your metabolism burning fat.** And to make shopping and planning your meals a cinch, you'll also find handy food lists along with simple recipes to make meal prep easy.

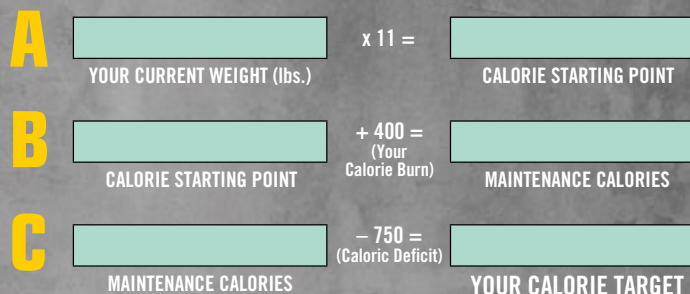
With all these tools in your arsenal, you'll never feel like you're on a "diet"—but you'll be completely prepared to get killer results with CORE DE FORCE.

## AND IT ALL STARTS WITH JUST 3 EASY STEPS...



## STEP 1 FIND THE FOOD PLAN THAT'S RIGHT FOR YOU

Before you throw your first punch, here's some simple math to help you determine your Calorie Target which corresponds with your recommended Food Plan.



Now use your **Calorie Target** to find the CORE DE FORCE Food Plan that is right for you. So if your Calorie Target is 1,300, you'll use **PLAN A**.

PLAN A	PLAN B	PLAN C	PLAN D
(1,200–1,499 calories)	(1,500–1,799 calories)	(1,800–2,099 calories)	(2,100–2,400 calories)

**MODIFICATIONS:** If your Calorie Target number is less than 1,200, round up to 1,200. If it's more than 2,400, round down to 2,400.

The CORE DE FORCE Food Plan is designed for weight loss. If weight loss isn't your goal, skip step C and use your Maintenance Calorie number to find your Food Plan. If your Maintenance Calories are higher than 2,400 (and weight loss is NOT your goal), head to page 23 to find your plan.

### CORE TIP: DON'T SWEAT EXACT CALORIE COUNTS

The CORE DE FORCE Eating Plan is flexible and works within a rough daily calorie range, so you won't need to keep track of these numbers! Plus, shifting your calories a little every day is a good way to ward off plateaus.

# STEP 2 PREPARE TO FEAST

## WEEK 1 – THIS IS YOUR BASELINE

The table below breaks down your baseline servings for your CORE DE FORCE EATING PLAN. The foods you'll be eating are broken down into 7 groups, each color-coded to correspond with a series of food lists starting on page 10. Simply look up how many of each color you need to eat each day, and pick that amount from the food lists.

FOR EXAMPLE, IF YOU'RE ON **PLAN A** YOU'LL GET 3 SERVINGS OF VEGGIES EVERY DAY.

FOOD PLAN	VEGGIES	FRUITS	PROTEINS	CARBS	HEALTHY FATS	SEEDS & DRESSINGS	OILS & NUT BUTTERS
<b>YOUR NUMBER OF SERVINGS EACH DAY</b>							
PLAN A	3	2	4	2	1	1	2
PLAN B	4	3	4	3	1	1	4
PLAN C	5	3	5	4	1	1	5
PLAN D	6	4	6	4	1	1	6

### CORE TIP:

The CORE DE FORCE Eating Plan takes a balanced approach to nutrition with each plan working out to roughly 40% carbs, 30% proteins, and 30% fats.

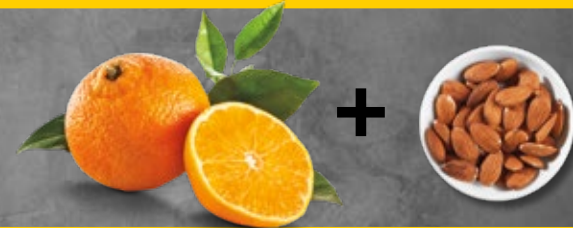
## WHEN YOU HIT WEEK 2, IT'S TIME TO SWITCH THINGS UP AND EAT MORE...

No need to break out the calculator. Regardless of which Plan you're following, just eat one additional serving of fruits or a healthy fat every day during Weeks 2 and 3 as shown below. Then, in Week 4, return to following your baseline.

### WEEK 2 – EAT AN EXTRA **FRUIT** EVERY DAY



### WEEK 3 – KEEP EATING THE EXTRA **FRUIT** FROM WEEK 2 + EAT AN ADDITIONAL **HEALTHY FAT** EVERY DAY



### WEEK 4 – RETURN TO YOUR BASELINE PLAN BY REMOVING THE EXTRA **FRUIT** AND **HEALTHY FAT**

### CORE TIP: WHY ADD A FRUIT AND HEALTHY FAT?

As your workouts intensify, your body needs more fuel. Gradually increasing your calories with “energy foods” like fruit and healthy fats keeps your metabolism firing and plateaus at bay. And when you drop those calories back down in Week 4, your body is primed to accept the deficit—which translates to killer results at the end of the program.

# STEP 3 FEAST

NOW FOR THE FUN PART—EATING!

On the following pages, you'll find your **Food Lists**, which correspond to the color-coded food groups described in your Plan. Use these to throw together quick and satisfying dishes and snacks.

On page 28, you'll also find a few **CORE DE FORCE Signature Recipes**. Not only are they delicious, but they also happen to be Joel and Jericho's go-to eats when they need the perfect pre-workout fuel or post-workout recovery meal. And if you're short on time, you can always whip up a glass of **Shakeology**®—the superfood supplement shake that we call Your Daily Dose of Dense Nutrition®. Check out page 46 for a few mouthwatering recipes that will help you stay on track!

Need some meal-prep help to get you started? Over the next few pages you'll see a few **Sample Menus** that show you just how easy it is to follow the CORE DE FORCE Eating Plan.



### CORE TIP:

Want a simpler way to divvy up your servings? The containers from Beachbody's Portion Fix® system are designed to work with your CORE DE FORCE Eating Plan and can help you quickly portion out your food. Just fill them up and you're ready to eat! The container equivalents have been added to the recipes if you are using the containers. To learn more, see page 51 or snag a set for yourself on [TeamBeachbody.com](http://TeamBeachbody.com) or [Beachbody.com](http://Beachbody.com).

## CORE DE FORCE

### SAMPLE MENU - WEEK 1

Here's an example of how someone following **PLAN A** could eat in Week 1.

#### WEEK 1 – THIS IS YOUR BASELINE

PLAN A	VEGGIES	FRUITS	PROTEINS	CARBS	HEALTHY FATS	SEEDS & DRESSINGS	OILS & NUT BUTTERS
SERVINGS	3	2	4	2	1	1	2

- **BREAKFAST: YOGURT WITH BERRIES**  
1 Red, 1 Purple
- **MID-MORNING SNACK: TOAST WITH 1 TSP. OF ALMOND BUTTER**  
1 Yellow, 1 tsp.
- **LUNCH: STEAK SALAD WITH MANGO-LIME DRESSING**  
(recipe on page 36) 2 Green, 1 Purple, 1 Red, 1 Orange, 1 Blue
- **AFTERNOON SNACK: SHAKEOLOGY WITH 1 TSP. PEANUT BUTTER**  
1 Red, 1 tsp.
- **DINNER: GRILLED TILAPIA, STEAMED KALE, AND BROILED SWEET POTATO**  
1 Red, 1 Green, 1 Yellow

### CORE TIP:








Keep your energy steady by eating every 2–3 hours and spreading your servings over breakfast, lunch, dinner, and two snacks.
















## CORE DE FORCE

### SAMPLE MENU - WEEK 2

Here's an example of how someone following **PLAN A** could eat in Week 2.

**WEEK 2** – 1 EXTRA  **FRUIT** EVERY DAY

PLAN A	 VEGGIES	 FRUITS	 PROTEINS	 CARBS	 HEALTHY FATS	 SEEDS & DRESSINGS	 OILS & NUT BUTTERS
<b>SERVINGS</b>	3	3	4	2	1	1	2

- **BREAKFAST: SPINACH OMELET AND MIXED BERRIES**  
 1 Green,  1 Red,  1 Purple,  1 tsp.
- **MID-MORNING SNACK: WATERMELON WITH UNSWEETENED COCONUT**  
 1 Purple,  1 Orange
- **LUNCH: TURKEY BREAST WITH SAUTÉED ASPARAGUS, BOILED SWEET POTATO, AND QUINOA**  
 1 Green,  2 Yellow,  1 Red,  1 tsp.
- **AFTERNOON SNACK: SHAKEOLOGY WITH BANANA**  
 1 Red,  1 Purple
- **DINNER: JALAPEÑO AND CHEESE BURGER WITH 1/8 AVOCADO**  
*(recipe on page 40)*  1 Green,  1 Red,  1 Blue

#### CORE TIP:








Keep to-go packs of Shakeology in your bag or in the car. It makes a great healthy snack when you're out and about. After all, you never know when a craving might strike!

















## CORE DE FORCE

### SAMPLE MENU - WEEK 3

Here's an example of how someone following **PLAN A** could eat in Week 3.

**WEEK 3** – CONTINUE TO EAT THE EXTRA  **FRUIT** FROM WEEK 2 + EAT AN ADDITIONAL  **HEALTHY FAT** EVERY DAY

PLAN A	 VEGGIES	 FRUITS	 PROTEINS	 CARBS	 HEALTHY FATS	 SEEDS & DRESSINGS	 OILS & NUT BUTTERS
<b>SERVINGS</b>	3	3	4	2	2	1	2

- **BREAKFAST: GREEK YOGURT BOWL**  
*(recipe on page 30)*  1 Yellow,  1 Red,  1 Purple
- **MID-MORNING SNACK: SHAKEOLOGY WITH BLUEBERRIES AND 1 TSP. ALMOND BUTTER**  
 1 Red,  1 Purple,  1 tsp.
- **LUNCH: KALE, MUSHROOM, AND WHITE BEAN SALAD WITH CHICKEN AND BALSAMIC VINAIGRETTE**  
*(dressing recipe on page 44)*  2 Green,  1 Yellow,  1 Red,  1 Orange
- **AFTERNOON SNACK: SMALL APPLE AND 12 ALMONDS**  
 1 Purple,  1 Blue
- **DINNER: GRILLED SALMON WITH SAUTÉED BROCCOLI AND AVOCADO**  
 1 Green,  1 Red,  1 Blue,  1 tsp.

**WEEK 4** – RETURN TO YOUR **WEEK 1** BASELINE




# DIRECTORY DE FOOD

**CORE TIP:**

On the following pages you'll find your 7 color-coded Food Lists. The foods on each list are arranged according to nutritional value—the higher up on the list, the more nutritionally beneficial the food! But that doesn't mean you should ignore the ones lower down the list. Eating a variety is key to getting all your nutrients. For expanded Food Lists, check out [BeachbodyOnDemand.com](http://BeachbodyOnDemand.com).

# FRUITS

Each item equals  1 Purple Serving

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

# VEGGIES

Each item equals  1 Green Serving

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



# PROTEINS

Each item equals ■ 1 Red Serving

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



## CORE TIP:

A NOTE ABOUT EGGS: We recommend eating whole eggs because the yolk is nutrient-dense.

# CARBS

Each item equals ■ 1 Yellow Serving

- Sweet potato, **½ cup chopped**
- Yams (regular, white, tropical [batata]), **½ cup chopped**
- Plantains, **½ cup sliced or ½ medium**
- Quinoa, **½ cup cooked**
- Beans (kidney, black, garbanzo, white, lima, fava, pink, pigeon, [gandules], etc.), **½ cup cooked, drained**
- Lentils, **½ cup cooked, drained**
- Edamame, **½ cup shelled**
- Cassava (yuca), **2 oz.**
- Peas, **½ cup**
- Refried beans (nonfat), **½ cup**
- Rice (brown, wild), **½ cup cooked**
- Potato, **½ cup mashed or ½ medium**
- Corn on the cob, **1 ear**
- Amaranth, **½ cup cooked**
- Millet, **½ cup cooked**
- Buckwheat, **½ cup cooked**
- Barley, **½ cup cooked**
- Bulgur, **½ cup cooked**
- Oatmeal (steel-cut, rolled), **½ cup cooked**
- Muesli, **¼ cup**
- Hominy, **½ cup cooked**
- Pasta (whole-grain), **½ cup cooked**
- Couscous (whole wheat), **½ cup cooked**
- Crackers (whole-grain), **8 small crackers**
- Cereal (whole-grain, low-sugar), **½ cup**
- Bread (whole-grain), **1 slice**
- Pita bread (whole wheat), **1 small (4-inch)**
- Waffles (whole-grain), **1 waffle**
- Pancakes (whole-grain), **1 small (4-inch)**
- English muffin (whole-grain), **½ muffin**
- Bagel (whole-grain), **½ small (3-inch)**
- Tortilla (whole wheat), **1 small (6-inch)**
- Tortilla (corn), **2 small (6-inch)**
- Applesauce (sweetened), **¾ cup**
- Chicken-based broth, **4 cups**



# HEALTHY FATS

Each item equals ■ 1 Blue Serving

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

# SEEDS & DRESSINGS

Each item equals ■ 1 Orange Serving

- Pumpkin seeds (raw), 2 Tbsp.
- Sunflower seeds (raw), 2 Tbsp.
- Sesame seeds (raw), 2 Tbsp.
- Flaxseed (ground), 2 Tbsp.
- Chia seeds, 4 tsp.
- Pine nuts, 2 Tbsp.
- Olives, 10 medium
- Coconut (unsweetened), 2 Tbsp. shredded
- CORE DE FORCE Dressings (see page 44)

# OILS & NUT BUTTERS

Each item equals  1 Teaspoon Serving

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



# FREE FOODS

Use as much of these “Free Foods” as you’d like to enhance the flavors of the other foods you’ll be eating on this plan. And if you really want to spice things up, check out the CORE DE FORCE Dressings & Sauces on page 44.

- Lemon and/or lime juice (not lemonade)
- Vinegars
- Mustard
- Herbs (mint, basil, rosemary, parsley, cilantro, fresh and dry)
- Spices (except salt)
- 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.)
- Achiote paste



# BEVERAGES

## WATER

You're going to sweat a TON during your workouts, so make sure you stay hydrated! To figure out how much to drink, take your body weight and divide it by two. That's how many ounces to drink. So if you weigh 160 pounds, that's 160 divided by 2 = 80 ounces of water, every day.



Here are some great mix-ins to make your water taste even better—and hopefully encourage you to drink more of it!

- Sparkling water (no calories)
- Lemon or lime wedges, two small wedges
- Blueberries, 6 berries
- Raspberries, 4 berries
- Oranges, 1 big wedge
- Strawberries, 2, sliced
- Kiwi, ¼ fruit, sliced
- Mango, 2 Tbsp., chopped
- Pineapple, 2 Tbsp., chopped
- Cucumber, 4 slices
- Frozen grapes, 4 grapes
- Watermelon or honeydew melon cubes, 4 small cubes
- Splash of pure fruit juice: cranberry, orange, grapefruit
- Mint, basil, or rosemary leaves
- Grated ginger
- Ground cinnamon

### CORE TIP: ADDITIONAL BEVERAGES

Three times a week you can replace one of your ■ YELLOW servings with either unsweetened **almond milk** (2 cups or 16 fl. oz.), **fresh fruit juices** (1 cup or 8 fl. oz.), or **coconut water** (2 cups or 16 fl. oz.).

## COFFEE AND TEA

You don't have to give up your morning fix. Just make sure to take your coffee black and your tea plain and unsweetened!

But if you absolutely need to add something to your coffee or tea, here are some ideas—along with some guidelines as to how much you can drink, and some items to stay away from:

### UNLIMITED COFFEE OR TEA FLAVOR ADDITIVES:

- Cinnamon
- Lemon
- Pumpkin spice
- Nutmeg

### ONE OR TWO 8-OZ. CUPS OF COFFEE OR TEA PER DAY WITH THESE FLAVOR ADDITIVES:

- 1–2 Tbsp. low-/nonfat milk
- Stevia

### STAY AWAY FROM:

- Cream
- Half-and-half
- Nondairy creamer
- White (refined) sugar
- Artificial sweeteners
- Flavored syrups (such as caramel, vanilla, hazelnut, etc.)
- Chocolate syrup
- Canned or bottled coffees and teas



# FOOD TRACKERS

The following pages contain your Food Trackers to help you keep track of your daily food and water intake. Just fill in the appropriate squares as you eat and drink throughout the day. We recommend making additional copies to help you stay on track with your nutrition for the next 30 days of CORE DE FORCE.

You can also find more copies of the Food Trackers at [TEAMBEACHBODY.COM](http://TEAMBEACHBODY.COM) under GET FIT > WORKOUT SHEETS.

CORE DE FORCE EATING PLAN: A (1,200 - 1,499)							
SERVINGS	VEGGIES	FRUITS	PROTEINS	CARBS	HEALTHY FATS	SEEDS & DRESSINGS	OILS & NUT BUTTERS
		3	2	4	2	1	1

DAY	VEGGIES	FRUITS	PROTEINS	CARBS	HEALTHY FATS	SEEDS & DRESSINGS	OILS & NUT BUTTERS
1							
BREAKFAST		1	1				
SNACK				1			1
LUNCH	2	1	1		1	1	
SNACK							1
DINNER	1		1	1			
TOTAL	3	2	4	2	1	1	2
WATER	1	1	1	1	1	1	1

DAY	VEGGIES	FRUITS	PROTEINS	CARBS	HEALTHY FATS	SEEDS & DRESSINGS	OILS & NUT BUTTERS
BREAKFAST							
SNACK							
LUNCH							
SNACK							
DINNER							
TOTAL							
WATER							

DAY	VEGGIES	FRUITS	PROTEINS	CARBS	HEALTHY FATS	SEEDS & DRESSINGS	OILS & NUT BUTTERS
BREAKFAST							
SNACK							
LUNCH							
SNACK							
DINNER							
TOTAL							
WATER							

DAY	VEGGIES	FRUITS	PROTEINS	CARBS	HEALTHY FATS	SEEDS & DRESSINGS	OILS & NUT BUTTERS
BREAKFAST							
SNACK							
LUNCH							
SNACK							
DINNER							
TOTAL							
WATER							

# CORE KNOWLEDGE FOR ADVANCED RESULTS

Now that you're armed with the necessary CORE DE FORCE know-how, you should be ready to hit the program hard. But when you get started, sometimes things don't go as planned. That's OK—here are a couple of tips to help you fight a few common obstacles.

## SAVE YOUR SANITY

Have you ever started a new fitness routine only to see the scale creep up after a few days in, even when you're doing everything right?

The scale can be misleading. Weight loss isn't always the most accurate way to measure your progress. Case in point, the stress hormone known as cortisol. When your body experiences stress (say when you begin a high-intensity program), it releases cortisol which causes temporary water retention. That's part of the reason why we increase your servings during Weeks 2 and 3—it reduces the stress load, which helps minimize the cortisol response.

## THAT HUNGRY FEELING

Rumbling tummy? Hunger isn't always a sign that you need to eat more. Oftentimes, it just means your body is used to eating a certain amount or at a certain time. One trick to try as your system adjusts is to drink more water. That can sometimes get you through a rough patch. We also recommend drinking Shakeology once a day, which can help curb cravings.

## FEND OFF FATIGUE

But if you're feeling run-down or struggling to get through the workouts, that's another story. You might need a bit more food. If this is happening to you, try skipping ahead to Week 2. If that doesn't work, bump up to Week 3.

## EAT FOR YOUR GOALS

The CORE DE FORCE calorie calculator on page 1 is designed for weight loss. If you're just looking to maintain your current weight, avoid a calorie deficit by skipping step C when finding your Eating Plan. If your calories fall outside of 2,400 and you are looking to maintain your weight, see the below chart for an additional plan.

FOOD PLAN	VEGGIES	FRUITS	PROTEINS	CARBS	HEALTHY FATS	SEEDS & DRESSINGS	OILS & NUT BUTTERS
PLAN E (2,401 – 2,700 calories)	7	5	6	5	1	1	7

For additional plans, or if you still have questions, ask our friendly advice staff in the “Expert Advice” section of the TeamBeachbody.com message boards.

**AND IF YOU'RE REALLY SERIOUS ABOUT TRANSFORMING YOUR BODY, WE SUGGEST GIVING THE FOLLOWING A SHOT...**

# SUPPLEMENTATION

## BEACHBODY PERFORMANCE™

You'll build a killer body with your CORE DE FORCE workouts and Eating Plan alone, but there are those who are a little more hardcore about getting the maximum results from every workout.

Beachbody Performance was specially designed to work with high-intensity programs like CORE DE FORCE to help you push harder and recover faster. That's because these formulas feature key ingredients scientifically shown to help give you more energy, better endurance, and faster muscle recovery—to help you get amazing CORE DE FORCE results *even faster*.\*

These supplements can be taken *in addition* to what's included on your Eating Plan because they're what we call "targeted nutrition," meaning they are consumed at VERY specific times to help your body use them effectively and help you get the most out of your CORE DE FORCE workouts.



- **Beachbody Performance Energize:** Explode through the toughest CORE DE FORCE workouts with a surge of energy from Energize. This pre-workout formula has key ingredients—caffeine, quercetin, and beta-alanine—scientifically shown to help sharpen focus, push harder, and last longer.\* Because let's face it, every extra ounce of energy counts.
- **Beachbody Performance Hydrate:** CORE DE FORCE workouts make you sweat, so you'll want to stay properly hydrated—otherwise you might experience a drop in power and performance. For workouts over 30 minutes, Hydrate's optimal balance of carbohydrates and electrolytes quickly replenishes what you lose through sweat even better than water alone to help you fight 'til the end of the workout.\*
- **Beachbody Performance Recover:** Muscles feeling weak and sore the hours and days after an intense workout can prevent you from staying consistent with the CORE DE FORCE program—and you don't have time for that. That's why we recommend drinking Recover immediately post-workout. Recover delivers fast-, intermediate-, and slow-release proteins and pomegranate phytonutrients to help combat exercise-induced muscle soreness and speed muscle and strength recovery—to help you hit your next workout that much harder.\*
- **Beachbody Performance Recharge:** Drinking Recharge before going to bed can help improve your overnight muscle recovery. That's because Recharge delivers a blend of slow-release protein and powerful tart cherry phytonutrients to help promote muscle building and reduce exercise-induced delayed onset muscle soreness—giving you recover nutrition while you're catching some z's!\*

Want to learn more about the entire Beachbody Performance line? Contact your Team Beachbody Coach or visit [PerformanceCDF.com](http://PerformanceCDF.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.

# NEW TO THIS WHOLE HEALTHY EATING THING? SHAKEOLOGY CAN HELP.

When it comes to your favorite foods, we bet kale isn't at the top of the list. That's OK! Even our CEO admits he's a self-proclaimed "second grader" when it comes to getting enough fruits and vegetables. That's **WHY WE CREATED SHAKEOLOGY.**

## WORLD-CLASS IN A GLASS

Shakeology is the delicious superfood supplement shake that acts like a salad, but tastes like a dessert. And when you're crunched for time or you're craving something sweet, Shakeology is a healthy alternative that can help you stay on track. It's formulated with globally sourced proteins, antioxidants, phytonutrients, probiotics, enzymes, and other nutrients that are typically hard to get from an ordinary diet in order to help you lose weight, provide healthy energy, and support healthy digestion. Drink it daily to help you get the best possible results from your CORE DE FORCE program!\*

## GET THE SCOOP

**TO LEARN MORE, CONTACT YOUR TEAM BEACHBODY COACH OR VISIT [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.



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# CORE DE FORCE SIGNATURE RECIPES

On the next few pages, you'll find yummy meals and satisfying snacks that are broken down into two categories: FUEL-UP and RECOVERY. Use the following two icons to help you choose the best ones for your workout schedule.



## FUEL-UP

If you've got a tough workout ahead, fuel up with these recipes about 2–3 hours before working out. That way you'll give yourself enough time to digest. They're rich in healthy carbohydrates to keep you full and energized. And if you want an even bigger boost, drink your Beachbody Performance Energize 30 minutes before pushing play!



## RECOVERY

If you are looking for a good post-workout recovery meal, these protein-based recipes are packed with restorative amino acids and veggies to help with muscle repair. The perfect way to time these meals is about 1–2 hours after drinking Beachbody Performance Recover.



# BREAKFAST

## GREEK YOGURT BOWL

(Makes 1 serving)



■ 1 Yellow, ■ 1 Purple, ■ 1 Red

¾ cup 2% plain Greek yogurt  
1 cup fresh mixed berries  
¼ cup all-natural muesli  
¼ tsp. ground cinnamon

Total Time: 10 min.  
Prep Time: 10 min.  
Cooking Time: None

1. Place yogurt in medium serving bowl.
2. Top with berries, muesli, and cinnamon. Enjoy!

## TOMATO BASIL OMELET

(Makes 1 serving)

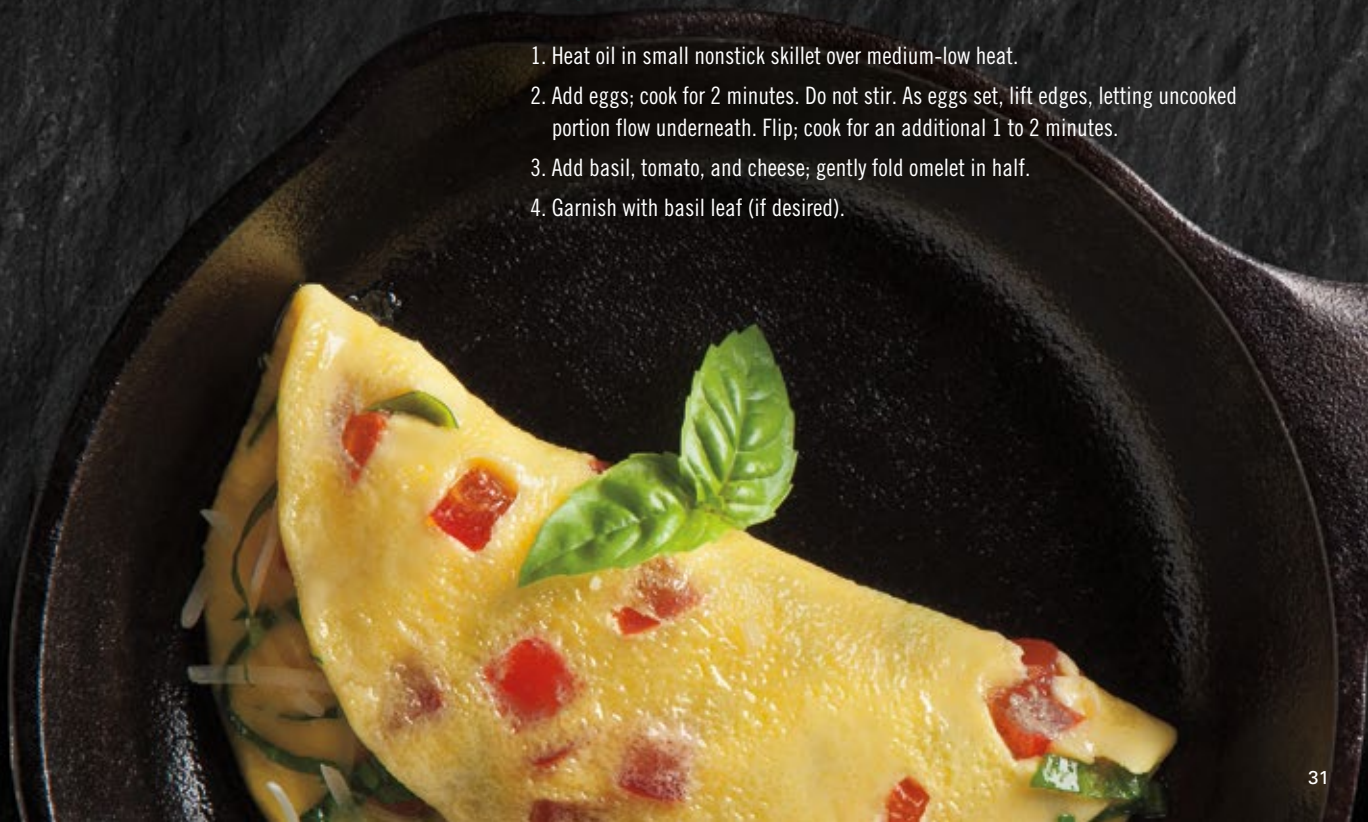


■ ½ Green, ■ 1 Red, ■ ½ Blue, — 1 tsp.

1 tsp. olive oil  
2 large eggs, lightly beaten  
10 fresh basil leaves, finely chopped, reserve 1 leaf for garnish  
½ cup chopped tomato  
2 Tbsp. grated Parmesan cheese

Total Time: 16 min.  
Prep Time: 10 min.  
Cooking Time: 6 min.

1. Heat oil in small nonstick skillet over medium-low heat.
2. Add eggs; cook for 2 minutes. Do not stir. As eggs set, lift edges, letting uncooked portion flow underneath. Flip; cook for an additional 1 to 2 minutes.
3. Add basil, tomato, and cheese; gently fold omelet in half.
4. Garnish with basil leaf (if desired).



# BREAKFAST

## SAUTÉED KALE AND PEPPERS WITH POACHED EGGS *(Makes 1 serving)*



1 Green, 1 Red, 1/2 Blue, 1 tsp.

*Total Time: 24 min.  
Prep Time: 10 min.  
Cooking Time: 14 min.*

1 tsp. olive oil  
1/4 medium onion, chopped  
1/2 cup chopped raw kale  
1/2 medium red bell pepper, sliced  
1/4 tsp. sea salt (or Himalayan salt)  
1/4 tsp. ground black pepper  
2 cups hot water  
1 tsp. white vinegar  
2 large eggs  
2 Tbsp. crumbled goat (or feta) cheese

1. Heat oil in medium skillet over medium heat.
2. Add onion, kale, bell pepper, salt, and pepper; cook, stirring frequently, for 3 to 5 minutes, or until vegetables are tender. Transfer to a serving plate. Set aside.
3. Bring water to a boil in medium saucepan over medium-high heat.
4. Add vinegar; reduce heat to maintain a gentle boil.
5. Place one egg into a small bowl. Hold bowl close to the water's surface and slip the egg into the water, repeat with remaining egg; cook for about 3 to 4 minutes, or until whites are completely set. Gently lift eggs out of water; place on top of kale mixture.
6. Sprinkle with cheese; serve immediately.



## BBQ CHICKEN PITA PIZZA

(Makes 1 serving)



■ 2 Yellow, ■ ½ Red, ■ ½ Blue, ■ ½ Purple

Total Time: 24 min.  
Prep Time: 12 min.  
Cooking Time: 12 min.

- 1 (6½-inch) whole wheat pita
- 2 Tbsp. Maple BBQ Sauce (pg. 45)
- 2 Tbsp. shredded mozzarella cheese
- ½ cup chopped cooked chicken breast
- 2 Tbsp. chopped red onion
- 1 Tbsp. chopped fresh cilantro

1. Preheat oven to 350° F.
2. Place pita on baking sheet. Top with Maple BBQ Sauce, cheese, chicken, and onion.
3. Bake for 10 to 12 minutes, or until cheese is melted.
4. Sprinkle with cilantro; serve immediately.

## CHICKEN LETTUCE WRAP WITH BALSAMIC VINAIGRETTE

(Makes 1 serving)



■ 1½ Green, ■ 1 Red, ■ ½ Orange

Total Time: 10 min.  
Prep Time: 10 min.  
Cooking Time: None

- ¼ cup cooked shredded (or sliced) chicken breast
- ½ cup sliced red bell pepper
- ½ cup alfalfa sprouts
- 2 large radicchio (or romaine, Bibb, or butter lettuce) leaves
- 1 Tbsp. Balsamic Vinaigrette (pg. 44)

1. Place chicken, bell pepper, and sprouts evenly in radicchio leaves; drizzle evenly with Balsamic Vinaigrette. Wrap and enjoy!

**Variation:** For a vegan variation, substitute 6 oz. firm tofu for chicken. Cook crumbled tofu in medium skillet coated in nonstick cooking spray. To make the Balsamic Vinaigrette vegan, substitute maple syrup for honey and use a vegan mayonnaise.



## STEAK SALAD WITH MANGO-LIME DRESSING

(Makes 1 serving)



■ 2 Green, ■ 1 Purple, ■ 1 Red, ■ 1 Blue, ■ 1 Orange

Total Time: 24 min.

Prep Time: 12 min.

Cooking Time: 12 min.

- 4 oz. raw beef flank steak
- ¼ tsp. ground smoked paprika
- 1 pinch ground cumin
- 1 pinch sea salt (or Himalayan salt)
- 1 tsp. olive oil
- 1 cup chopped raw kale
- ½ cup cherry tomatoes, halved
- ½ cup chopped jicama
- ⅓ medium avocado, chopped
- ½ cup chopped fresh mango
- 1 Tbsp. chopped raw pecans
- 2 Tbsp. Mango-Lime Dressing (pg. 44)

1. Season both sides of steak with paprika, cumin, and salt.
2. Heat oil in medium nonstick skillet over medium-high heat.
3. Add steak; cook for 4 to 6 minutes on each side, or until done. Remove from heat. Cover with aluminum foil; let rest for 5 minutes. Thinly slice across grain. Set aside.
4. Combine kale, tomatoes, jicama, and avocado in a medium serving bowl; toss gently to blend.
5. Top salad with mango, steak, and pecans; drizzle with Mango-Lime Dressing.



## SPAGHETTI SQUASH WITH TURKEY MEAT SAUCE

(Makes 5 servings, about 1 cup squash and 1 cup sauce each)



1 ½ Green, ½ Purple, 1 Red, ½ Blue

Total Time: 1hr. 15 min.

Prep Time: 15 min.

Cooking Time: 1 hr.

- 1 large spaghetti squash (about 3½ lbs.), cut in half lengthwise
- ¾ tsp. sea salt (or Himalayan salt), *divided use*
- ½ tsp. ground black pepper, *divided use*
- 1 tsp. olive oil
- 1 medium onion, chopped
- 1 medium green bell pepper, chopped
- 1 cup sliced white mushrooms
- 2 cloves garlic, finely chopped
- 2 tsp. dried oregano leaves
- 1 tsp. crushed red pepper flakes (optional)
- 1 lb. raw 93% lean ground turkey
- 3 Tbsp. tomato paste, no sugar added
- 1 (15-oz.) can tomato sauce, no sugar added, low-sodium
- ½ cup grated Parmesan cheese
- ¼ cup chopped fresh basil

1. Preheat oven to 400° F.
2. Remove seeds and membrane from squash; place squash, cut side up, on baking sheet.
3. Season with ½ tsp. salt and ¼ tsp. pepper.
4. Bake for 50 to 60 minutes, or until tender. Separate strands with a fork; place in a large bowl. Set aside.
5. While squash is baking, heat oil in large skillet over medium heat.
6. Add onion, bell pepper, and mushrooms; cook, stirring frequently, for 6 to 8 minutes, or until tender.
7. Add garlic, oregano, and crushed red pepper (if desired); cook, stirring frequently, for 1 minute, or until fragrant.
8. Add turkey; cook, stirring frequently for 4 to 6 minutes, or until turkey is no longer pink.
9. Add tomato paste, tomato sauce, and *remaining ¼ tsp. each* salt and pepper. Bring to a boil. Reduce heat to low; gently boil for 20 minutes.
10. Evenly divide squash between five plates. Top evenly with sauce, cheese, and basil; serve immediately.

Tip: Turkey can be cooked in a separate skillet and added to the sauce, if you prefer.



## JALAPEÑO AND CHEESE BURGERS

(Makes 4 servings)



■ 1 Green, ■ 1 Red, ■ ½ Blue

1 lb.	raw 95% lean ground sirloin
2	small jalapeños, seeds and veins removed, chopped
½ cup	shredded cheddar cheese
1 Tbsp.	Worcestershire sauce
½ tsp.	sea salt (or Himalayan salt)
½ tsp.	ground black pepper
4 slices	medium tomato
4	butter (or Bibb) lettuce leaves
4 slices	medium red onion

*Total Time: 27 min.  
Prep Time: 15 min.  
Cooking Time: 12 min.*

1. Preheat grill or broiler on high.
2. Combine sirloin, jalapeños, cheese, Worcestershire sauce, salt, and pepper in a large mixing bowl; mix well. Shape mixture into four patties.
3. Grill or broil patties for 4 to 6 minutes on each side, or until desired doneness.
4. Place each patty on a lettuce leaf. Top with one slice tomato and one slice onion; serve immediately.



# SNACKS

## ENERGY TRAIL MIX

(Makes 8 servings, ¼ cup each)



■ 1 Yellow, ■ ½ Blue

Total Time: 10 min.  
Prep Time: 10 min.  
Cooking Time: None

¼ cup	raw walnut halves
½ cup	dried unsweetened pineapple, coarsely chopped
½ cup	dried cranberries
¼ cup	dried unsweetened apple slices, coarsely chopped
2 Tbsp.	raw pecan halves
2 Tbsp.	raw sunflower seed kernels
¼ cup	whole raw almonds
½ tsp.	ground cinnamon
¼ tsp.	ground nutmeg

1. Combine all ingredients in a medium bowl; mix well. Store in airtight container.

## ROASTED RED PEPPER HUMMUS WITH VEGETABLES

(Makes 5 servings, about ½ cup hummus each)



■ 1 Green, ■ 1 Yellow, — 2½ tsp.

Total Time: 15 min.  
Prep Time: 15 min.  
Cooking Time: None

1 (15-oz.) can	chickpeas (garbanzo beans), liquid from can reserved
¼ cup	fresh lemon juice
¼ cup	tahini (sesame butter)
1 Tbsp.	extra-virgin olive oil
2 cloves	garlic, chopped
¼ cup	roasted red bell peppers
½ tsp.	sea salt (or Himalayan salt)
5 cups	assorted vegetables (like carrot sticks, cherry tomatoes, celery sticks, bell pepper sticks, or jicama sticks)

1. Place chickpeas and half reserved liquid from can in blender.
2. Add lemon juice, tahini, oil, garlic, bell peppers, and salt; cover. Blend until smooth. (Add a little more liquid from can, if needed, to make hummus thinner.)
3. Serve with vegetables.





# DRESSINGS & SAUCES

## BALSAMIC VINAIGRETTE

(Makes 8 servings, about 2 Tbsp. each)

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

Total Time: 10 min.  
Prep Time: 10 min.  
Cooking Time: None

1. Combine vinegar, lemon juice, honey, mustard, and mayonnaise in a medium bowl; whisk to blend.
2. Slowly add oil, whisking continuously until blended; mix well before serving.

## MANGO-LIME DRESSING

(Makes 12 servings, about 2 Tbsp. each)

- 1 Orange
- 1 large mango, peeled, pitted, and chopped
- ¼ cup fresh lime juice (about 3 limes)
- ¼ cup fresh orange juice (about 1 small orange)
- 1½ tsp. finely chopped lime peel (lime zest)
- 1 Tbsp. raw honey
- ½ tsp. ground cumin
- ½ tsp. sea salt (or Himalayan salt)
- ½ tsp. ground black pepper
- ½ cup extra-virgin olive oil

Total Time: 20 min.  
Prep Time: 20 min.  
Cooking Time: None

1. Place mango, lime juice, orange juice, lime peel, honey, cumin, salt, and pepper in a blender (or food processor); cover. Blend until smooth.
2. Slowly add oil, blending continuously until well blended.

## MAPLE BBQ SAUCE

(Makes 12 servings, about 2 Tbsp. each)

- ½ Purple
- ½ cup tomato paste, no sugar added
- ½ cup water
- ¼ cup Worcestershire sauce
- 2 Tbsp. pure maple syrup
- 2 Tbsp. apple cider vinegar
- ¼ tsp. garlic powder
- ¼ tsp. onion powder
- ¼ tsp. sea salt (or Himalayan salt)
- 1 tsp. ground black pepper

Total Time: 10 min.  
Prep Time: 10 min.  
Cooking Time: None

1. Combine all ingredients in a medium mixing bowl; mix well.
2. Use immediately or store in the refrigerator in an airtight container.





# SHAKEOLOGY

One scoop of Shakeology counts as one ■ Red Serving in your CORE DE FORCE Eating Plan. The following pages include a few nutrient-dense recipe ideas that are super-simple—and super-satisfying!

**Available in 7 delicious flavors:**

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

# SHAKEOLOGY

## CHOCOLATE VEGAN SPICED SHAKEOLOGY

(Makes 1 serving)

½ Yellow, 1 Red, 2 tsp.

1 cup unsweetened vanilla almond milk  
1 scoop Chocolate Vegan Shakeology  
2 tsp. all-natural almond butter  
½ tsp. ground cinnamon  
1 cup ice

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

## CAFÉ MOCHA SHAKEOLOGY

(Makes 1 serving)

½ Yellow, 1 Red, 1 Purple, 1 tsp.

1 cup unsweetened vanilla almond milk  
1 scoop Café Latte Shakeology  
½ large banana, cut into chunks  
1 tsp. all-natural almond butter  
2 tsp. unsweetened cocoa powder  
½ tsp. ground cinnamon  
1 cup ice



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

## CREAMY ORANGE SHAKEOLOGY

(Makes 1 serving)

½ Yellow, 1 Red

¾ cup unsweetened almond milk  
¼ cup 100% orange juice  
1 scoop Vanilla Shakeology  
1 tsp. finely chopped orange peel (orange zest)  
1 cup ice

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

## STRAWBERRY SHORTCAKE SHAKEOLOGY

(Makes 1 serving)

½ Yellow, 1 Red, ½ Purple

1 cup unsweetened almond milk  
1 scoop Strawberry Shakeology  
½ cup sliced strawberries  
2 Tbsp. dry old-fashioned rolled oats (reserve a small amount for garnish, if desired)  
½ tsp. ground cinnamon  
1 cup ice



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

# SHAKEOLOGY

## RICH CHOCOLATE SURPRISE SHAKEOLOGY

(Makes 1 serving)

½ Yellow, 1 Red, 1 Blue

- 1 cup unsweetened almond milk
- 1 scoop Chocolate Shakeology
- ¼ medium ripe avocado
- 1 tsp. cacao nibs (optional)
- 1 cup ice

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

## CREAMY STRAWBERRY MANGO SHAKEOLOGY

(Makes 1 serving)

½ Yellow, 1 Red, 1 Purple

- 1 cup unsweetened almond milk
- 1 scoop Tropical Strawberry Vegan Shakeology
- ¼ cup sliced strawberries
- ½ cup sliced mango
- 1 cup ice



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



## PORTION CONTROL MADE EASY

By now you know that eating the proper “servings” of food is key to your CORE DE FORCE transformation. Portion Fix® can make that process even simpler. This portion-control system works with your Eating Plan and includes color-coded containers that correspond to your food lists and the CORE DE FORCE Signature Recipes—making it easier to divvy up your servings and tackle daily meal prep!

### Portion Fix includes:

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



**TO LEARN MORE, CONTACT YOUR TEAM BEACHBODY COACH  
OR VISIT [GetPortionFix.com](http://GetPortionFix.com) TODAY!**

**shakeology**  
YOUR DAILY DOSE OF DENSE NUTRITION

**CORE  
DE  
FORCE**

## THE ULTIMATE COMBINATION

It's a no-brainer. Combining Shakeology with your CORE DE FORCE program is a simple strategy that can help you achieve the transformation you want.

## DON'T JUST TAKE OUR WORD FOR IT...

We're happy to sip and tell, but we'll let others share just how much they love Shakeology. We surveyed nearly 3,000 daily Shakeology drinkers and here's what they said:\*

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



### THE EMPTY-BAG GUARANTEE

Try Shakeology for 30 days and if you don't feel healthier, return it and we'll refund your money (less s&h). Even if the bag is totally empty.

### GET YOUR BAG TODAY

contact your Team Beachbody Coach or visit [CoreDeForceShakeology.com](http://CoreDeForceShakeology.com) today.

[www.shakeology.com/blogs](http://www.shakeology.com/blogs)

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\*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.

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

# REWARD YOURSELF WITH A FREE GIFT AND A CHANCE TO WIN CASH PRIZES!



**FITNESS. NUTRITION. SUPPORT. REWARDS.**

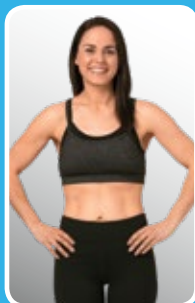
It pays to get fit with Beachbody. Contact a Team Beachbody Coach and get into a Challenge Group for the motivation and peer support you need to help you get your best transformation results.

Once you're ready to share the results of your health and fitness journey, enter the Beachbody Challenge contest and you'll not only have the chance to win big cash prizes, but we'll also send you a FREE GIFT!\*

Learn more and ENTER YOUR RESULTS at  
**BEACHBODYCHALLENGE.COM**



Before



After†

"It's amazing to be rewarded for improving your life. In a year and a half with the Beachbody Challenge, I lost 69 lbs. That's a reward in itself, and on top of that, you get a free gift and a chance to win money. Who doesn't love free things?!"

—Janine F.  
Beachbody Challenge Winner

\*While supplies last. Go to BeachbodyChallenge.com for the official contest rules, terms, and conditions.

†Results vary. Janine is an independent Team Beachbody Coach.

## "WE HAVE SOME SIMPLE ADVICE TO HELP YOU SUCCEED: GET A FREE COACH."



Now that you've committed to 30 days of CORE DE FORCE, we want to help you get the best results possible. That's why we recommend getting a Team Beachbody® Coach!

**What's a Team Beachbody Coach?**

A COACH IS A CUSTOMER JUST LIKE YOU, who has seen great results from using Beachbody® products and wants to help you reach your goals.

**How can a Coach help?**

YOUR COACH CAN HELP KEEP YOU MOTIVATED, and may stay in touch online or over the phone. They can also help you with using TeamBeachbody.com for the best exercise advice and nutrition tips.

**And here's the best part:**

**IT'S FREE. IT COSTS YOU ABSOLUTELY NOTHING.**

Millions of people have partnered with their Coaches to get the kinds of bodies that get noticed.

**SO WHAT ARE YOU WAITING FOR?**

Two handwritten signatures in black ink, one above the other, appearing to be 'Janine' and another name.

Get your Coach today at  
**GETMYFREECOACH.COM**



## STREAM YOUR CORE DE FORCE WORKOUTS TODAY!



With **BEACHBODY ON DEMAND** you'll get access to world-class Beachbody programs on your laptop, TV, tablet, or mobile device!

### BEACHBODY ON DEMAND IS YOUR ALL-ACCESS PASS TO:



- **HUNDREDS OF PROVEN WORKOUTS**  
Get 24/7 streaming access to **CORE DE FORCE**, or pick from over 400 other world-famous workouts from programs like **INSANITY**®, **P90X**®, and **FOCUS T25**®.
- **EXCLUSIVE SUPER TRAINER WORKOUTS**  
Tap into a variety of never-before-seen workouts from our team of Super Trainers, including Tony Horton, Shaun T, and Autumn Calabrese as well as Joel and Jericho—of course.
- **SAMPLE BRAND-NEW WORKOUTS**  
Enjoy insider access to one select workout from **CIZE**®, **22 Minute Hard Corps**®, **PiYo**®, or any of the newest Beachbody releases.

### AND IT'S MORE THAN JUST WORKOUTS, YOU'LL ALSO GET:



- **VIP ACCESS** to Super Trainers and experts
- **YOUR OWN PERSONAL COACH** for one-on-one guidance and support
- **MEAL PLANS** customized for your unique lifestyle and goals
- **MESSAGE BOARDS** for answers to all your questions from our professional trainers and nutrition staff
- **FITNESS TOOLS AT YOUR FINGERTIPS**, including step-by-step fitness guides and customized workout calendars
- **NUTRITION TOOLS**, including a Healthy Weight Calculator and Body Fat Calculator

### PLUS, GET A 10% DISCOUNT ON ALL BEACHBODY PRODUCTS

When you sign up for Beachbody On Demand, you'll also receive a 10% discount on Shakeology®, fitness programs, supplements, and more on TeamBeachbody.com.

Enjoy thousands of dollars' worth of proven fitness programs **FREE for 30 days!**\*  
To start your **FREE Beachbody On Demand trial**, contact your Team Beachbody Coach or go to [BeachbodyOnDemand.com](http://BeachbodyOnDemand.com)

Stream on your TV with:



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

\*After your 30-day trial, you'll automatically continue your Beachbody On Demand membership, which you can cancel at any time by calling our friendly Customer Service at 1 (800) 470-7870.

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# PUNCH UP YOUR STYLE!

With the hottest looks that will keep you fighting strong 'Til the Bell.

To shop for your new look, please visit  
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 or  
[CDFStyle.com](http://CDFStyle.com)

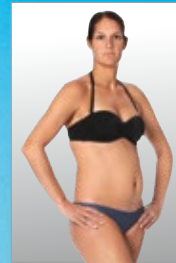
Available styles may vary.



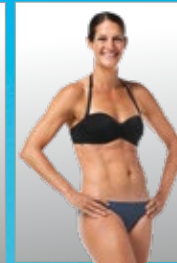
## BECOME A FORCE WITH PERFORMANCE NUTRITION

Giving every workout your all takes commitment. But it's a whole lot easier when you can improve your workout performance and speed your post-workout recovery. That's why we created Beachbody Performance™—to help you hit each workout hard and get better results, even faster.\*

**Check out these amazing results from CORE DE FORCE and Beachbody Performance.**



DAY 1



DAY 60†

**Weight lost: 9 lbs.**  
**Lost 2.5 inches off waist**

### APRIL I.

“ I love Beachbody Performance supplements. They are so delicious and helped me recover quickly while preventing muscle soreness. 🐾 ”



DAY 1



DAY 60†

**Weight lost: 25.5 lbs.**  
**Lost 5.5 inches off waist**

### ZACHARY T.

“ After a long day, Beachbody Performance gave me the boost I needed to complete my workouts while helping my muscles recover quickly so I could hit the next day hard. 🐾 ”

**To learn more about Beachbody Performance and determine which formulas will help you reach your CORE DE FORCE goals, flip to page 24 or visit [PerformanceCDF.com](http://PerformanceCDF.com).**



†Results vary depending on starting point, goals, and effort. Results achieved after completing 2 rounds of CORE DE FORCE using Beachbody Performance supplements.

\*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.





# YOU GOT THIS

*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.*

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

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