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PORTION FIX[®]

MEAL PLAN C

Burn MORE fat and build MORE muscle with the powerful combination of LIIFT MORE[™], Portion Fix[®], and Beachbody Performance[®].

This meal plan shows you how easy it can be to follow Portion Fix with your LIIFT MORE program. Super Trainer and nutrition expert Autumn Calabrese helps you find the portions that work for the results you want, without counting calories or denying yourself. Her meal plan combines a healthy balance of macronutrients with delicious recipes to help you create a healthy, strong, and lean body.

Just as lifting weights is key to building muscle, Joel recommends Beachbody Performance supplements to help maximize your results. Drink Energize before workouts to help you have the energy you need to push harder in your workouts. After your workouts, Recover helps jump-start recovery and promote lean muscle growth. To complete the "Joel Stack," drink Hydrate to help fuel your muscles during your workouts. Your daily supplements are designed to work together to help supercharge the effectiveness of your LIIFT MORE program.^{†‡§}

†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.

‡Whey, pea, and casein are sources of protein. High in protein.

§Contains caffeine, which enhances mental alertness during intense muscular activity.

All products, flavors, and configurations may not be available in your market.



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Daily Container Count (1,800–2,099 Calories)

5 3 5 4 1 1 5

DAY ONE

BREAKFAST	FIXATE Breakfast Sausage patty, oats, blueberries, broccoli, olive oil
SNACK 1	Shakeology, water, frozen fruit of choice, nut butter (OR apple slices, nut butter, nitrate- and nitrite-free turkey slices)
LUNCH	Grilled chicken, brown rice, spinach, FIXATE dressing of choice
SNACK 2	FIXATE Mexican Taco Meat, refried beans, fruit of choice, nut butter, veggies of choice (1½), guacamole
DINNER	FIXATE Chicken Piccata, brown rice, sautéed asparagus

DAY TWO

BREAKFAST	Scrambled egg whites, asparagus, toast, ghee
SNACK 1	Shakeology, water, frozen fruit of choice (OR hard-boiled eggs, fruit of choice)
LUNCH	FIXATE Breakfast Sausage patty, spinach, sliced strawberries, FIXATE dressing of choice
SNACK 2	FIXATE Mexican Taco Meat, refried beans, fruit of choice, nut butter, veggies of choice (1½), guacamole
DINNER	FIXATE Chicken Piccata, brown rice, sautéed asparagus, olive oil



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DAY THREE

BREAKFAST	Shakeology, strawberries, oats, chia seeds, nut butter (OR Greek yogurt, oats, strawberries, chia seeds, nut butter) 1 1 1 1 1
SNACK 1	FIXATE Cucumber Hummus Roll-Ups (2 servings), nitrate- and nitrite-free turkey slices 1 1 1
LUNCH	Beef burger, spinach, grilled onion, tomato, FIXATE Ranch Dressing, French fries 1 1 1
SNACK 2	FIXATE Mexican Taco Meat, refried beans, sautéed veggies of choice (1½) 2 1 1 1
DINNER	FIXATE Chicken Piccata, broccoli, olive oil, fruit of choice 1 1 1 2
SNACK 3	FIXATE Banana Oatmeal Cookies (2 servings, 4 cookies) 1 1 1

DAY FOUR

BREAKFAST	FIXATE Breakfast Sausage patty, broccoli, olive oil, oats 1 1 1 1
SNACK 1	Shakeology, water, frozen fruit of choice, nut butter (OR banana slices, nut butter, Greek yogurt) 1 1 2
LUNCH	Grilled chicken, brown rice, spinach, FIXATE dressing of choice 1 1 1 1
SNACK 2	FIXATE Chicken Tinga Tacos, FIXATE Cucumber Hummus Roll-Ups (2 servings), fruit of choice 2 1 1 1 1 1
DINNER	FIXATE No Fuss Fish and Veggies (double the veggies) 1 1 1
SNACK 3	FIXATE Chocolate-Caramel Apple Nachos 1 1



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DAY FIVE

BREAKFAST	Scrambled egg whites, mushrooms, onions, toast, ghee    1 
SNACK 1	Shakeology, water, frozen fruit of choice, nut butter (OR nitrate- and nitrite-free turkey slices, fruit of choice, nut butter)   1 
LUNCH	Grilled chicken, spinach, blueberries, FIXATE dressing of choice    
SNACK 2	FIXATE Chicken Tinga Tacos, veggie sticks, guacamole     1 
DINNER	FIXATE Turkey Sloppy Joes    1 
SNACK 3	FIXATE Banana Oatmeal Cookies (2 servings, 4 cookies)   1 

DAY SIX

BREAKFAST	Shakeology, strawberries, oats, nut butter (OR Greek yogurt, oats, strawberries, nut butter)    1½ 
SNACK 1	FIXATE Buffalo Chicken Salad (double the cheese)    1½ 
LUNCH	FIXATE Turkey Sloppy Joes    1 
SNACK 2	FIXATE Overstuffed Turkey Club, fruit of choice, veggies of choice, FIXATE dressing of choice     
DINNER	FIXATE Turkey Taco Lettuce Wraps (use romaine lettuce), refried beans   
SNACK 3	Fruit of choice, nut butter  1 



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DAY SEVEN

BREAKFAST	FIXATE Ham and Cheese Toast, sautéed spinach, olive oil 1 1 1 1 1 —
SNACK 1	Hard-boiled eggs, oats, strawberries, nut butter 1 1 1 1 —
LUNCH	Beef burger, spinach, cucumber, tomato, onion, French fries, olive oil 2 1 1 2 —
SNACK 2	Shakeology, water, frozen fruit of choice, frozen riced cauliflower, shredded coconut (OR Greek yogurt, fruit of choice, veggies of choice, FIXATE dressing of choice) 1 1 1 1
DINNER	FIXATE Pork Tenderloin with Pumpkin-Spiced Apples, brown rice, sautéed veggies of choice 1 1 1 1 1 —

SUPPLEMENTS

WORKOUT BLOCK

(Recommended supplements on the days you work out)

PRE-WORKOUT • BEACHBODY PERFORMANCE ENERGIZE

(use 20–30 minutes before your workout)

Help improve exercise performance, sharpen focus and reaction time, promote endurance.^{†§}

LIIFT MORE WORKOUT • BEACHBODY PERFORMANCE HYDRATE

(use during your workout)

Help replace electrolytes lost through sweat.[†]

POST-WORKOUT • BEACHBODY PERFORMANCE RECOVER

(drink within 30 minutes after your workout)

Help speed muscle recovery, support muscle growth.^{†‡}

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PREP NOTES

DAY 1

BREAKFAST: Prepare entire recipe and portion out three servings for the week. Freeze the leftover serving. Sauté broccoli in nonstick pan with olive oil. Make oatmeal using water and 1 tsp. vanilla extract, pumpkin pie spice, and ½ tsp. pure maple syrup, if desired.

LUNCH: Season chicken with salt, pepper, and garlic powder. Serve over brown rice with spinach. Drizzle with your favorite FIXATE dressing.

SNACK 2: Prepare entire recipe and portion out for the week. Freeze remaining portion.

DINNER: Sauté asparagus in nonstick pan with olive oil cooking spray; season with salt and pepper.

DAY 2

SNACK 2: Dip veggies in guacamole and fresh fruit in nut butter.

DINNER: Prepare entire recipe and portion out three servings for the week. Freeze the remaining serving.

DAY 3

BREAKFAST (OPTION 2): Add cinnamon, 1 tsp. vanilla extract, and ½ tsp. pure maple syrup to yogurt, if desired.

LUNCH: Grill burger patty and onion slices. Top cooked burger with grilled onion, spinach, and tomato. Remember, FIXATE Ranch Dressing (2 Tbsp.) is FREE. To make French fries, cut potato into small matchstick-sized pieces and spray with olive oil cooking spray; season with garlic powder and salt. Cook in air-fryer for 10 min. or until crispy.

SNACK 3: Prepare entire recipe. Save four cookies in an airtight container for Day 5.

DAY 4

BREAKFAST: Make oatmeal using water, 1 tsp. vanilla extract, pumpkin pie spice, and ½ tsp. pure maple syrup.

SNACK 2: Prepare FIXATE Chicken Tinga Tacos and portion out a serving for tomorrow. Freeze extra servings for next week.

DINNER: Be sure to get 2  (Vegetables) containers!

SNACK 3: Make the full recipe. Store the leftover chocolate and caramel sauce to use next week or share the extra servings with someone in your household.

DAY 5

BREAKFAST: Chop enough of each veggie to fill 1  (Vegetables) container. Scramble with egg whites; season with salt, pepper, and red pepper flakes.

DINNER: Prepare entire recipe and portion out servings for the week. Freeze remaining 2 servings for next week.

DAY 6

SNACK 1: Do not dress full salad. Save three servings for next week or share with someone in your household. Make the full recipe of the FIXATE Buffalo Sauce and the FIXATE Ranch Dressing to use throughout the week. Double the cheese to get a full  (Healthy Fats).

SNACK 2: Prepare one serving of sandwich. Use any leftover romaine lettuce in place of butter lettuce. Dip your choice of veggies in a FIXATE dressing of choice.

DINNER: Prepare entire recipe. Enjoy one serving for dinner and freeze remaining servings (including those of marinara sauce) for next week.

DAY 7

BREAKFAST: Sauté spinach in a nonstick pan with olive oil. Season to your liking.

SNACK 2 (OPTION 2): Mix yogurt with cinnamon, 1 tsp. vanilla extract, and ½ tsp. pure maple syrup, if desired. Dip veggies in dressing.

DINNER: Prepare entire recipe. Save (in freezer or fridge depending on how soon you will eat them) remaining servings for next week.

SPECIAL EQUIPMENT: Parchment paper, plastic wrap, olive oil cooking spray, toothpicks

GROCERY LIST

Vegetables

- 2 medium carrots
- 1 medium stalk celery
- 2 large cucumbers
- 5 medium yellow or white onions
- 1 small red onion
- 1 medium red bell pepper
- 1 medium green bell pepper
- 7 oz. / 210 g romaine lettuce
- 2 small tomatoes
- 1 large head broccoli
- 2–3 bunches asparagus (need 30 large spears)
- 2 medium brown mushrooms (buy from bulk bin)
- 7 oz. / 210 g fresh spinach
- veggies of choice (need 6½ cups or 6½ green container equivalents)
- 1 small bag frozen riced cauliflower (need 3½ oz. / 10 g)*
- 1 medium jalapeño
- 1 cup mixed veggies (need for FIXATE No Fuss Fish and Veggies)
- 1 jar roasted red bell pepper (need ¼ cup)
- 1 jar muffuletta mix (need ½ Tbsp.)
- 1 jar capers (need 2 Tbsp.)
- 2 jars all-natural tomato sauce (no sugar added) (need 3 cups / 735 g)
- 1 (28-oz. / 795-g) can whole peeled tomatoes
- dill pickle coins

Fruits

- 4 small Granny Smith apples
- 4 small apples of choice
- 2 medium ripe bananas
- 1 pint / 300 g blueberries
- 2 pints (335-g each) strawberries (1 pint)*
- 22 oz. / 625 g frozen fruit of choice (for Shakeology)*
- 7 pieces fresh fruit of choice (or 7 purple container equivalents)
- dried cranberries (need 2 Tbsp.)
- 1 package golden raisins (need ¼ cup / 40 g)
- 1 can all-natural tomato puree (need 1 cup / 225 g)

Proteins

- 4½ lbs. / 2.1 kg raw 93% lean ground turkey
- 4 (4-oz. / 115-g each) raw chicken breasts, boneless, skinless
- 14 oz. / 400 g cooked chopped chicken breast (3 cups)
- 14 oz. / 400 g cooked shredded chicken breast (3 cups)

- 12 oz. / 340 g raw chicken breast, boneless, skinless
- 1 lb. / 460 g raw pork tenderloin
- 8 oz. / 230 g raw 96% lean ground beef
- 4 oz. / 115 g raw cod
- 9 oz. / 260 g plain (2%) reduced-fat Greek yogurt
- 3 large eggs
- 16 large egg whites
- 3 slices nitrate- and nitrite-free ham
- 9 slices nitrate- and nitrite-free turkey
- 12 fl. oz. / 360 ml low-sodium organic chicken broth
- 2 slices turkey bacon
- Shakeology

Carbohydrates

- 1 large russet potato
- 2 cups / 480 g nonfat refried beans
- 1 bag dry brown rice (need approx. 8 oz. / 230 g)
- 1 small package dry rolled oats (need 1¼ cups / 100 g) (½ cup / 40 g)*
- 9 slices low-sodium sprouted bread
- 8 (6-inch / 15-cm each) corn tortillas
- 4 fl. oz. / 120 ml low-fat (1%) buttermilk
- 1 small bag all-purpose gluten-free flour (need ¼ cup / 30 g)
- cornstarch (preferably GMO-free)
- pure maple syrup
- honey
- apple brandy (optional)
- bittersweet chocolate chips (need 2 Tbsp.)
- coconut sugar
- dry white wine (like pinot grigio) (need 5 Tbsp.)

Healthy Fats

- 1 medium avocado (for guacamole)
- 1 oz. / 30 g chopped walnuts (need ¼ cup)
- 1 cup / 240 ml canned coconut milk
- 5 oz. / 140 g blue cheese crumbles
- 4 oz. / 120 g hummus

Seeds & Dressings

- ingredients for FIXATE dressing of choice
- 1 small bag unsweetened shredded coconut (need 2 Tbsp.)*
- 1 small bag chia seeds (need 2 Tbsp.)

Teaspoons

- olive oil
- nut butter of choice

- ghee (organic grass-fed, if possible)
- extra-virgin coconut oil

Free Foods

- sea salt (or Himalayan salt)
- ground black pepper
- garlic powder
- onion powder
- ground smoked paprika
- chili powder
- ground juniper berries (optional)
- ground cumin
- ground pumpkin pie spice
- ground cinnamon
- ground nutmeg
- ground ginger
- dried Mexican oregano
- dried oregano
- bay leaves
- 2 large bulbs garlic
- 4 medium lemons
- 1 medium lime
- 1 small bunch fresh sage
- 1 small bunch fresh rosemary
- 1 small bunch fresh chives
- 1 small bunch fresh parsley
- 1 small bunch fresh basil
- 1 small bunch fresh cilantro
- fresh dill or tarragon (need 2 sprigs)
- hot pepper sauce
- apple cider vinegar
- Dijon mustard
- Worcestershire sauce (gluten-free)
- 1 small can chipotle chile peppers in adobo sauce
- unflavored gelatin (preferably from grass-fed cows) (need 2 tsp.)
- pure vanilla extract