5 Day Fast Track Menu

The following is the Fast Track Menu created by Beachbody to use 5 days prior to beginning the Focus T25 Program. The total calorie intake per day is 1100. Each meal is about 300 calories. Each snack is about 100 calories. Total Daily calories are around 1100 calories.

This is not intended as a custom meal plan, rather is an example of a Nutrition Guide that is provided with the purchase of a Beachbody Fitness Program. Please do not rely on this menu as your sole guide for your nutrition during the 5 day period. Most people will need more calories. This is simply a foundation around which you can develop a complete meal plan to suit your goals and activity level.

If you would prefer a custom meal plan, you are encouraged to consult with a Registered Dietician or medical professional.

Day 1

**Breakfast: Raspberry Protein Smoothie**
- 1 cup non fat milk (almond milk)
- 1/3 c fresh or frozen raspberries
- 1 scoop Shakeology®, any flavor
- 1 tbsp flaxseeds
- 1 cup ice
- Blend

**Am Snack: Sweet Citrus Yogurt**
- 1/2 c non fat plain yogurt
- 2 tsp raw honey
- 1 tsp finely grated grapefruit peel

**Lunch: Chicken and Spinach Salad**
- 2 cups fresh baby spinach
- 1/4 medium cucumber, sliced
- 1/2 c sliced mushrooms
- 1 medium carrot, shredded
- 1 1/2 tsp. extra virgin olive oil
- 1 tbsp red wine vinegar
- 4 oz cooked chicken breast, boneless skinless sliced

Place spinach, cucumber, mushrooms, and carrot in a large bowl and serve with dressing and chicken.
PM Snack: Turkey Goat Cheese and Avocado Roll
2 slices of low sodium nitrate free lean turkey breast
Spread with 1 tbsp soft goat cheese
Topped with 1/2 tsp chopped raw walnuts and 2 thin slices of avocado and rolled up

Dinner: Grilled Fish Tacos with Cabbage Citrus Slaw
6oz raw cod (flounder or fluke), washed and patted dry
1/4 tsp sea salt
3 (4 inch) corn tortillas (organic, if possible)
3/4 c shredded raw cabbage
6 springs of cilantro
2 tbsp fresh lime juice
1 dash cayenne pepper
1/4 medium avocado, cut into 6 slices

Preheat grill or broiler to high.
Grill or broil fish for 3 to 5 min on each side until flakes easily with a fork
Wrap tortillas in a damp paper towel and microwave for 30 seconds
Place tortillas on a serving plate, top with 1/3 fish, cabbage and cilantro
Season with lime juice and cayenne, top with 2 avocado slices fold and serve

Day 2

Breakfast: Silky Almond Smoothie
1/2 c nonfat milk
1/4 cup unsweetened almond milk
1/4 cup water
1 scoop Shakeology®, any flavor
1 tbsp all natural almond butter
1 cup ice
Blend

Snack: Grapes
1 cup Red or Green grapes

Lunch: Avocado Veggie Burger
1 veggie burger patty
1 whole grain hamburger bun
1/8 medium ripe avocado, mashed
1 tbsp prepared salsa
1/4 medium apple sliced
Preheat grill or broiler
Grill patty on both sides for 3 to 4 minutes
Place on bun with avocado, salsa and top of bun.
Serve with apples on the side
PM Snack: High Protein Hard-Boiled Egg Snack
1 large hard-boiled egg
Cut in half
Drizzled with 1/2 tsp of extra virgin olive oil
Sprinkled with 1 dash of ground black pepper

Dinner: Chicken in Foil
1 4oz chicken breast, boneless and skinless
Sea salt and ground black pepper to taste
1 medium new potato, sliced
1/4 medium red bell pepper, chopped
1/4 medium onion, chopped
1 fresh thyme sprig
Preheat oven to 375
Season chicken with salt and pepper
Place potato slices on a piece of aluminum foil
Top with chicken, bell pepper, onion and thyme
Fold foil over and seal edges securely to form a pouch
Place on a bake sheet and bake for 15 to 18 minutes or until chicken is cooked through and no longer pink in the middle

Day 3

Breakfast: Yogo Berry Blast Shakeology®
1 cup water
1/2 cup nonfat vanilla yogurt
1 cup fresh or frozen mixed berries
1 scoop Shakeology® any flavor
1/2 c ice
Blend

Am Snack: Tropical quinoa snack
1/3 c cooked quinoa topped with 2 tbsp coconut milk and 4 sliced medium strawberries.

Lunch: Clean Deviled Eggs
2 large hard boiled eggs
Cut in half, yolks removed and reserved
4 tsp greek yogurt plain
1 tsp mustard
1 green onion finely chopped
Sea salt and pepper to taste and paprika

Combine egg yolks, greek yogurt, mustard and green onion in bowl and mix until smooth
Season with salt and pepper and fill eggs and enjoy
PM Snack: Chicken and Swiss Cracker
1 large whole grain wheat cracker
Topped with 1/2 tsp prepared mustard
1 slice of low sodium nitrate free chicken breast
1 slice of swiss cheese.

Dinner: Lemon Dill Halibut
1 6 oz raw halibut filet
1 1/2 tsp extra virgin olive oil
1/4 tsp lemon pepper
1 dash sea salt
1 fresh dill sprig, finely chopped
1/2 cup whole wheat couscous, hot lemon wedges for garnish

Preheat oven to 500 degrees
Brush both sides of halibut with oil
Place on baking pan
Sprinkle halibut with lemon pepper, salt and dill
Bake for 4 to 5 minutes on each side or until halibut flakes
Serve with couscous.

Day 4

Breakfast: Morning Delight Smoothie
1 cup 100% orange juice
1/3 medium banana, cut into chunks
1 scoop Shakeology® any flavor
1 cup ice
Blend

Am Snack: Cinnamon Ricotta Berries
1/3 cup part skim ricotta cheese
1/4 cup fresh or frozen berries
1 tsp slivered almonds
1 dash ground cinnamon
**Lunch: Sirloin Topped Arugula Salad**

- 4 oz raw lean top sirloin steak
- 2 cups fresh arugula
- 10 cherry tomatoes cut in half
- 1/2 c canned drained artichoke hearts
- 1 1/2 tsp extra virgin olive oil
- 1 tbsp balsamic vinegar

Preheat grill or broiler to high
Grill or broil sirloin for 3 to 5 minutes on each side or to desired doneness
Remove sirloin from heat and allow to stand for 5 minutes
Place arugula, tomatoes, and artichokes in a large bowl
Drizzle with EVOO and vinegar and toss
Place Sirloin on top and serve.

**Snack: Tuna and Celery Boat**

- 1 medium celery stalk filled with 2 oz drained solid white tuna and drizzled with 1 tsp fresh lemon juice and 1/2 tsp extra virgin olive oil.

**Dinner: Roasted Tofu with Veggies**

- 1 lb firm tofu, drained and cut into cubes (organic, if possible)
- 5 cloves garlic, chopped
- 12 oz green beans, trimmed
- 1 cup medium mushrooms, cut into quarters
- 1 medium onion, cut into chunks
- 3 medium red potatoes, cut into quarters.
- 1 tbsp extra virgin olive oil
- 1 tbsp reduced sodium soy sauce
- All purpose seasoning blend, salt free.

Preheat oven to 375 degrees
Place tofu, garlic, green beans, mushrooms, onion, and potatoes in a glass baking dish
Drizzle with oil and soy sauce
Sprinkle with seasoning blend if desired and toss well
Bake for 45 to 60 minutes or until vegetables are tender, stirring every 20 minutes

*One serving equals 1/4 of recipe*

*Refrigerate for up to 4 days*
Day 5

**Breakfast: Peanut Butter Cup Shakeology®**
- 1/2 cup water
- 1/2 unsweetened almond milk
- 1 tbsp all natural peanut butter
- 1 scoop Shakeology®, any flavor
- 1/3 medium banana, cut into chunks
- 1/2 cup ice
- Blend

**AM Snack: Fresh Melon**
- 1/2 cantaloupe or 1 1/2 cups cubed honeydew or 1 1/2 cups cubed watermelon

**Lunch: Turkey and Vegetable Sandwich**
- 2 slices whole grain bread
- 2 tsp prepared pesto sauce
- 1/4 medium avocado, sliced
- 2 oz low sodium, nitrate free, lean turkey breast, deli sliced
- 1/4 medium cucumber, sliced
- 1 slice medium tomato
- 1 thin slice medium red tomato
- 2 romaine lettuce leaves, washed and patted dry
- Top one slice of bread with pesto sauce, avocado, turkey, cucumber, tomato, onion, lettuce, and second slice of bread.

**PM snack: Roast Beef Roll-ups**
- 2 oz low sodium, nitrate free, lean roast beef, placed on 4 lettuce leaves, spread with 2tsp Dijon mustard, topped evenly with 1/4 sliced medium red bell pepper, and rolled into 4 rolls.

**Dinner: Chef Salad**
- 2 cups romaine lettuce chopped
- 1 oz low sodium lean turkey breast chopped
- 1 oz lean ham chopped
- 1 oz mozzarella cheese
- medium tomato chopped
- 1/8 medium avocado, diced
- 5 medium black olives
- 1 tsp extra virgin olive oil
- 1 tbsp red wine vinegar
- Place all ingredients together and drizzle with dressing.