

A graphic with a light gray background. It features a woven straw hat in the top right corner, a whole coconut with green palm fronds in the top left, and a halved coconut with white flesh in the bottom center. The text 'Summer Fit Guide' is written in a large, black, cursive font with a white drop shadow, centered on the page.

# Summer Fit Guide

FREE WORKOUTS, FRESH RECIPES + SUMMER FIT TIPS



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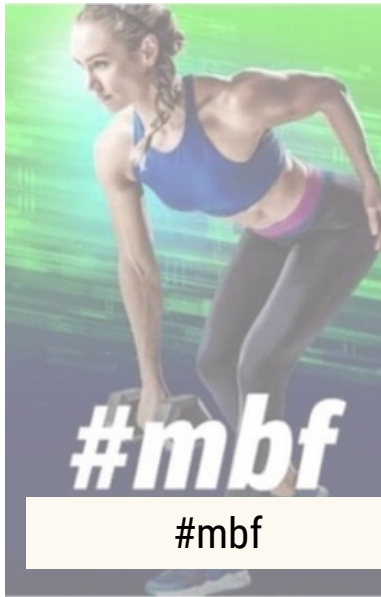
BLACKBERRY MINT JULEP SMOOTHIE

## **SUMMER FIT TIPS**



# 7 Day Workout Challenge

HERE ARE 8 FREE WORKOUTS YOU CAN COUNT ON DURING YOUR TRAVELS, ROAD TRIPS OR BUSY SUMMER DAYS! CLICK ANY IMAGE TO GO TO THE PROGRAM + PRESS PLAY ON THE SAMPLE WORKOUT.





# No Equipment Calendar

ALREADY A BOD MEMBER? HERE IS A MONTH OF EQUIPMENT FREE WORKOUTS YOU CAN DROP AND DO WHEREVER YOU ARE! JUST LOG IN TO YOUR BEACHBODY ON DEMAND APP AND FIND THE WORKOUT OF THE DAY.

| SUN                                  | MON   | TUE                                     | WED                               | THU                                   | FRI                                     | SAT  |
|--------------------------------------|---|---|-----------------------------------|---------------------------------------|---|--|
|                                      | 21 DAY FIX<br>PILATES<br>FIX                | CIZE<br>CRAZY 8'S                       | CLEAN<br>WEEK<br>CORE<br>FUNCTION | COUNTRY<br>HEAT<br>GIDDY UP           | BARRE<br>BLEND<br>CARDIO<br>BLEND       | YOUV2<br>MOVE YOUR<br>BODY                 |
| LET'S GET UP<br>SAMPLE<br>WORKOUT    | 21 DAY FIX<br>PIYO FIX                      | CLEAN WEEK<br>ACTIVE FLEX               | ROCKIN' BODY<br>PARTY<br>EXPRESS  | 21 DAY FIX<br>CARDIO CORE<br>REMIX    | YOGA STUDIO<br>DYNAMIC YOGA<br>FLOW     | #mbf<br>ON THE GO<br>FULL BODY<br>BURN     |
| 10 ROUNDS<br>BOXING<br>BASICS        | 9 WEEK<br>CONTROL<br>FREAK TABATA<br>CARDIO | 22 MINUTE<br>HARD CORPS<br>BATTLE BUDDY | FOCUS T25<br>CARDIO               | UNSTRESS PM<br>MEDITATION<br>WITH BEE | 4 WEEKS OF<br>THE PREP<br>CARDIO & CORE | MM100<br>CARDIO<br>MELTDOWN                |
| HAMMER &<br>CHISEL CHISEL<br>AGILITY | FOCUS T25<br>SPEED                          | LIIFT4 WEEK 2<br>DAY 4: LEGS -<br>HIIT  | #mbf DYNAMIC<br>RECOVERY          | SHAUN WEEK<br>INSANE BASICS           | 80 DAY<br>OBSESSION<br>CARDIO FLOW      | 30 DAY<br>BREAKAWAY<br>RAINY DAY<br>CARDIO |
| PIYO DEFINE<br>UPPER BODY            | UNSTRESS<br>INSOMNIA<br>RELIEF WITH<br>BEE  | TRANSFORM<br>:20 STRONGER               |                                   |                                       |   |  |
|                                      |   |   |                                   |                                       |   |  |

# Crunchy Tuna Salad with Sweet Slaw



## Ingredients

- 2 Tbsp. rice wine vinegar
- 1 Tbsp. olive oil
- 1 tsp. reduced-sodium soy sauce
- 1 tsp. Dijon mustard
- 2 to 3 drops liquid stevia (optional)
- Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)
- 2 cups coleslaw mix
- 1 small apple, chopped, divided use
- 1 (5-oz.) can chunk light (or albacore) tuna packed in water, drained, flaked
- 1 cup plain Greek yogurt
- 1 cup chopped celery
- 1 cup chopped onion (optional)
- 1 tsp. garlic powder (optional)

## Instructions

To make dressing, combine vinegar, oil, soy sauce, mustard, and stevia (if desired) in a small bowl; whisk to blend. Season with salt and pepper, if desired; whisk to blend. Set aside.

Combine coleslaw mix, half apple, and dressing; toss gently to blend. Set aside.

Combine tuna, yogurt, celery, onion (if desired), garlic powder (if desired), and remaining half apple in a medium bowl; mix well.

Top coleslaw mixture with tuna salad; serve immediately.

Time: 15 minutes

Serves: 1

Portion Fix Containers: 2 Green, 1 Purple, 1 Red, 1 Yellow, ½ Blue, ½ tsp.

2B Mindset Plate It: A great lunch option.

# Root and Fruit Salad



## FOR DRESSING:

- 3 Tbsp. extra-virgin olive oil
- 2 Tbsp. fresh orange juice
- 2 Tbsp. fresh lemon juice
- 1 Tbsp. honey
- 1 tsp. Dijon mustard
- ½ tsp. sea salt (or Himalayan salt)
- ¼ tsp. ground black pepper

## FOR SALAD:

- 1 cup thinly sliced red beets, peeled
- 1 cup thinly sliced golden beets, peeled
- 1 cup thinly sliced carrots, peeled
- ½ cup thinly sliced watermelon radishes, peeled
- 1 cup strawberries, hulled, quartered
- 1 cup orange segments
- 1 orange, thinly sliced
- 2 Tbsp. torn fresh mint

## Instructions

To make dressing, place oil, orange juice, lemon juice, honey, mustard, salt, and pepper in a medium mixing bowl; whisk to combine.

Place red beets and 2 Tbsp. dressing in a medium bowl; toss to combine.

Place golden beets, carrots, turnips, radishes, strawberries, orange segments, and orange peel in a separate medium bowl; toss with remaining dressing. Set aside for 15 minutes to marinate.

Spread red beets on a serving plate; top with fruit and vegetable mixture. Sprinkle with mint.

Time: 35 Minutes

Serves: 4

Portion Fix Containers: 1 Green, 1/2 Purple, ½ tsp.

2B Mindset Plate It: A great dinner option with an added protein!

# Hawaiian Pork Chop



## Ingredients

- 1/2 cup reduced sodium tamari soy sauce
- 1/2 cup 100% pineapple juice
- 2 Tbsp. all-natural ketchup
- 2 cloves garlic, finely chopped
- 1/2 tsp. ground ginger
- 2 (8 oz.-each) pork loin chop, boneless
- 1 tsp ghee
- 4 pineapple rings, canned, juice reserved
- 1 tsp. sesame oil
- 3/4 tsp. cornstarch + 3/4 tsp. water (combined)
- 1 Tbsp. + 1 tsp. finely chopped green onion

## Instructions

Place soy sauce, pineapple juice, ketchup, garlic, and ginger in a medium bowl; stir to combine.

Place pork chops in a glass baking dish; top with soy sauce mixture. Flip pork; spread sauce to coat pork; cover. Marinate in refrigerator for at least 1 hour and up to overnight.

Preheat grill (or broiler) to high. Remove pork from marinade; reserve 1/4 cup marinade. Pat pork dry with paper towels; rub pork with ghee. Place on grill (or broiler); cook for 3 to 5 minutes. Flip; cook an additional 3 to 5 minutes, or until a thermometer inserted in the thickest part reaches at least 145° F.

While pork is cooking, place pineapple rings on grill (or broiler). Cook for 2 to 3 minutes; flip. Cook an additional 2 to 3 minutes, or until grill marks appear.

Remove pork from grill (or broiler); set aside. Add reserved marinade to a saucepot over medium-high heat; bring to a boil. Reduce heat to low; gently boil, stirring frequently. Add sesame oil and cornstarch slurry; gently boil, stirring frequently, for 1 minute, or until sauce thickens. Remove from heat.

Brush both sides of pork and pineapple with 1 Tbsp. sauce. Cut chops in half; top each piece with 1 slice pineapple and 1 tsp. green onion. Discard leftover sauce.

# Grilled Fish Tacos with Chipotle Crema



## Instructions

To make cabbage slaw, add vinegar, stevia (if desired), and salt to a large mixing bowl; whisk to combine. Add cabbage, apple, and cilantro to bowl; toss to combine. Set aside.

To make chipotle crema, add yogurt, chipotle peppers, garlic, lime juice, and salt to a blender or food processor; cover. Pulse until smooth; set aside.

Season halibut with salt, cumin, and garlic powder; set aside.

Heat a large nonstick skillet over medium-high heat; lightly coat with spray. Add halibut; cook for 3 minutes. Flip; cook an additional 3 minutes.

To make tacos, place 3 jicama wraps each on two plates; top each wrap with one piece of fish. Top evenly with cabbage mixture; drizzle each with approx. 2 Tbsp. chipotle mixture. Serve immediately.

## FOR CABBAGE SLAW:

- ¼ cup rice vinegar, unseasoned
- 1 packet powdered stevia (optional)
- ¼ tsp. sea salt (or Himalayan salt)
- 2 cups thinly sliced cabbage
- 1 medium green apple, cut into matchsticks
- ¾ cup fresh cilantro, chopped

## FOR CHIPOTLE CREMA:

- 1 cup reduced-fat (0 or 2%) plain Greek yogurt
- 2 canned chipotle peppers in adobo sauce
- 2 cloves garlic, peeled
- ½ fresh lime, juiced
- ¼ tsp. sea salt (or Himalayan salt)

## FOR TACOS:

- 12 oz. raw halibut, cut into 6 equal pieces
- ¼ tsp. sea salt (or Himalayan salt)
- ¼ tsp. ground cumin
- ¼ tsp. garlic powder
- Nonstick cooking spray
- 6 jicama wraps

Time: 18 Minutes

Serves: 2

Portion Fix Containers: 1/2 Green, 1/2 Purple, 1 Red, 1/2 Blue, 1/2 tsp  
2B Mindset Plate It: A great dinner option!



# Pineapple Chicken Skewers



## Ingredients

- 1 lb. raw chicken breast, boneless, skinless
- ¼ cup reduced-sodium tamari soy sauce
- 2 tsp. sesame oil
- 2 tsp. grated fresh ginger
- 1 (8-oz.) can pineapple chunks in juice, drained
- 1 medium red bell pepper
- ½ large red onion
- 8 bamboo skewers

## Instructions

Soak skewers in water for 30 minutes.

Cut chicken into 1 inch pieces and place in resealable plastic bag (or container); add soy sauce, oil, and ginger; seal bag and shake gently to mix. Refrigerate at least 30 minutes to marinate.

Preheat gas or charcoal grill on high heat. Place a piece of chicken, pineapple chunk, bell pepper chunk, and onion chunk onto a skewer. Repeat, so the skewer has two pieces of each ingredient. Repeat with seven remaining skewers. Discard leftover marinade.

Lightly coat grill with cooking spray. Grill skewers in covered grill for 4 to 5 minutes on each side (if cooking on an open grill, cook for 6 to 8 minutes each side), or until chicken is no longer pink in the middle.

Serve immediately.

Time: 30 Minutes

Serves: 4

Portion Fix Containers: 1/2 Green, 1/2 Purple, 1 Red, 1/2 tsp

2B Mindset Plate It: A great dinner option or lunch option with added carb!



# Mango Fruit Rolls

## Ingredients

- Parchment paper
- 1½ cups chopped mango

Time: 4 hours

Serves: 4

Portion Fix Containers: 1 Purple

2B Mindset Plate It: A snack

## Instructions

Preheat oven to 160° F. Line a large baking sheet with parchment paper; set aside.

Place mango in food processor; pulse until smooth, 1 to 2 minutes, scraping down sides with a rubber spatula as needed. Use spatula to spread mango purée evenly in a thin layer on parchment paper.

Bake mango spread for 3 to 4 hours, or until dry.

Transfer mango spread, with parchment still attached, to a cutting board; cut into 4 equal pieces. Peel parchment away from mango just before serving. Store refrigerated in an airtight container for up to one week.



# Paleo Green Veggie Dip

## Ingredients

- 2 cups frozen peas, thawed and drained
- 2 Tbsp. tahini paste
- 2 Tbsp. extra-virgin olive oil
- 2 cloves garlic
- 1 tsp. sea salt (or Himalayan salt)
- 2 Tbsp. fresh lemon juice
- 2 tsp. finely grated lemon peel (lemon zest)
- 2 Tbsp. chopped fresh mint leaves

## Ingredients

Place all ingredients in a food processor and process until smooth.

Time: 5 Minutes

Serves: 6

Portion Fix Containers: 1/2 green, 1 tsp.

2B Mindset Plate It: A snack or dressing for your plate!



# Strawberry Watermelon Surprise Smoothie

## Ingredients

- ½ cup water
- ½ cup cubed watermelon
- 1 cup ice
- 1 scoop Strawberry Whey Shakeology
- 2 Tbsp. chopped fresh mint

## Instructions

Place water, watermelon, Shakeology, mint, and ice in blender; cover. Blend until smooth.

Time: 10 minutes

Serves: 1

Portion Fix Containers: 1/2 Purple, 1 Red

2B Mindset Plate It: A great snack or addition to breakfast!



# Blackberry Mint Julep Smoothie

## Ingredients

- 1 cup water
- 1 cup ice
- 1 scoop Vanilla Whey Shakeology or Vanilla Vegan Shakeology
- ½ cup fresh (or frozen) blackberries
- ¼ cup fresh mint leaves
- 1 tsp. pure bourbon extract

## Ingredients

Place all ingredients in a food processor and process until smooth.

Time: 10 minutes

Serves: 1

Portion Fix Containers: 1/2 Purple, 1 Red

2B Mindset Plate It: A great snack or addition to breakfast!



# Summer Fit Tips

## MAKE MEAL PREPPING A PRIORITY EVERY WEEK

If you schedule a doctor's appointment and something else pops up, do you skip the appointment... just because? We have to look at meal prepping that way! Pencil in a time each week that is your meal prepping block and you'll never miss it.

## FUEL UP BEFORE THE FUN

Whether you're heading out the door for a birthday party, walking to a pool date or packing for the airport, make sure to enjoy one healthy, balanced meal before you go! Proteins and veggies are your friend and will keep you full through the summer fun!

## WATER IS YOUR BESTIE

Every day, your goal should be to drink 1/2 your body weight in ounces of water. So, make sure you've got your water bottle with you wherever you go and stay hydrated!

## BELIEVE IN BALANCE

Many of us have been counting down to our summer plans all year long. We should be able to celebrate without any guilt! Follow the 80/20 (ish!) rule as often as possible. This means to eat whole, clean meals and snacks 80% of the time and leave treats for the other 20%. Your overall health and happiness rests on more than just your summer vacation or day away. Healthy habits are created all year long and won't get lost right away!