



Here are some of the things you need to know to build your business with the Portion Fix.

Q: What is portion control?

Portion control is knowing what a healthy serving of food looks like. Unfortunately, most Americans struggle with understanding portion control, and simply eat too much. They follow diets that rely on food scales or constant calorie-tracking to lose weight. And even the healthiest eaters struggle with portion control by overeating healthy foods. Knowing just how much to eat is often confusing and frustrating—but it doesn't have to be!

With Portion Fix, you can master portion control, reach your fitness goals, and ultimately live a healthier life. It's simple. You'll never have to "diet," count your calories, or "eyeball" your portions. Just follow the eating plan and eat according to the portion-controlled, color-coded containers. If your food fits in the container, you can eat it—and you'll finally lose the weight!

Q: When should I do Portion Fix?

Whenever! Portion Fix is compatible with any Beachbody® program, so we highly recommend you follow the plan as you do your workouts to look better, feel better, improve your performance, and get the best results possible!

If you find that your progress has plateaued, just recalculate your calories to kick-start your weight loss once more!

Q: Can I do Portion Fix to help maintain my weight or gain weight?

You can do both with Portion Fix! To maintain hard-earned results, simply use the maintenance calories instructions to sustain your current, healthy weight.

To gain weight, add calories to your diet by following the simple recalculation instructions in the Portion Fix Eating Plan.

Q: What's included?

- 7 color-coded portion-control containers
 - 1 Green container – Vegetables
 - 1 Red container – Proteins
 - 1 Blue container – Healthy Fats
 - 1 Purple container – Fruits
 - 1 Yellow container – Carbohydrates
 - 2 Orange containers – Seeds & Dressings

What's included? cont.

- Shakeology® shaker cup for beverages and Shakeology
- Portion Fix Eating Plan with a list of recommended foods and delicious recipe suggestions
- A **FREE** large blue container to make meal transportation a breeze

Q: What's unique about the portion-control containers?

- Each container is color-coded so you can easily see which foods go in which containers
- Each container is precisely measured to deliver just the right portions that work together with the Portion Fix Eating Plan
- They easily fit into your lifestyle—you can take them to work, school, vacation, or anywhere on-the-go
- The unique nesting design helps you save space
- BPA-free, DEHP-free
- Top-rack dishwasher safe and microwave safe

Q: Can I use other containers I have at home?

No, these containers are custom-designed for Portion Fix. Other containers may have the wrong proportions, which could prevent you from getting the best results possible. Not to mention, very few containers come in the variety of sizes needed for the Portion Fix.

Q: Are there any vegetarian or vegan options in Portion Fix?

Yes! Portion Fix works for a variety of lifestyles including vegetarians and vegans. Simply choose foods that aren't meat from the protein food list.

Autumn Calabrese's cookbook, *FIXATE* also includes some great recipes that include vegan and vegetarian options as well as gluten free and paleo.

Q: Do I need to eat out of the containers?

It's up to you. We recommend transferring the foods from their containers to a plate after you fill them. This habit will help you learn what proper portions look like—especially when you eat out!

Q: Can I eat out at restaurants when I do the Portion Fix?

Absolutely! Portion Fix is a flexible eating plan, and we understand that special occasions do come up. When eating out, try to order foods that are on the Portion Fix food lists. When your food arrives, estimate what a proper portion looks like, and save the rest for later.

Q: Is there a Portion Fix Challenge Pack?

No, there is no Portion Fix Challenge Pack offered at this time.

Q: Are there more recipes available to use with Portion Fix?

Yes! Autumn Calabrese has created a cookbook, FIXATE, that includes 101 personal recipes that can be used with Portion Fix. It is available for purchase on TeamBeachbody.com.

Even more recipes are available on the TeamBeachbody blog at www.teambeachbodyblog.com