

The Studio Fit Club



It's never too late to JOIN us daily!



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WEEKLY MEAL PLAN

Clean Eating

MEAL PLAN * RECIPES * GROCERY LIST

THE STUDIO: KITCHEN EDITION & FIT CLUB MEAL PLANS

LET'S CONNECT!



hey, im Charlene

First and foremost, I hope you dive into our meal plans and embrace the amazingness of living a healthy lifestyle! My goal is to help you become the healthiest and happiest version of you ever, and I'm so happy to be a part of your journey.

I have battled yo-yo dieting through most of my adult life until I adopted the mindset that if we fuel our body with what it needs, it craves less of what it doesn't. I am a chocolate junkie, cookie lover, and never met a cupcake I didn't like. But now, I've learned to "treat" myself to those things, rather than binge on them. There is never EVER any deprivation here.

I am a hawaiian girl raised in California, now living near Dallas, Texas. I have been with my hubby, Rob, for over 25 years, and we are officially empty nesters with both our kids, Kaylee and Robbie, having recently moved out! We have the best puppy boy ever, Kai. And I'm so happy to be a part of this crazy wild ride with you!

THE STUDIO MEAL PLANS



meal planning tips

01. Double check that shopping list. Be sure to scan the shopping list prior to hitting the grocery store. Cross those spices, condiments, etc off that you already have at home. The list looks long but you'll likely have many of the items and the spices are often used in multiple.

02. If you are following 2B Mindset; add or remove ingredients based on your needs. For dinners, if you omit FFCs, then remove FFCs for that meal, but remember that you CAN have FFCs for dinner when you are working out or need more to eat, just listen to your own body and follow the program's principles.

03. If you are following the Ultimate Portion Fix; add or remove ingredients and snacks to complete your needed portions for the day. For example, if you need another green and orange for the day, add a snack of veggies(green) and ranch "dip" (orange).

04. Decide what you're making. You'll notice that some of these recipes are built for 4 people while others are made for 1-2 people. If you are preparing just for yourself you may only make 2-3 recipes each week. You can also freeze leftovers for future weeks. If you're cooking for a family you may make them all of the recipes or need to adjust up or down based on the size of your family!

05. Pick your salads & Shakeo recipes for the week. Notice that both the build your own salad and Shakeology recipes are included in your meal plan guide. The ingredients for these are not included on the grocery shopping list. Take a look at each recipe, decide what you want to make, and add these to your list.

06. Optional items. Some of the recipes may have "optional" items. These are not included on the grocery shopping list. IF you're into an optional item, be sure to add it onto that list!

07. Plan ahead. Look at your week/weekend. Some people like to make meals each night others like to make or prep them all on Sunday nights. Know what works best for you. Carve out a little time on Sunday or a weeknight. Schedule it just like your workouts. Remember IF you don't plan you plan to fail. Get to that grocery store over the weekend so you don't have to scramble during the week.

Menu

breakfast

WHOLE WHEAT WAFFLES
GOAT CHEESE SCRAMBLE
YOGURT BERRY PARFAIT

lunch

BUILD YOUR OWN SALAD
CHICKEN NOODLE SOUP
THREE CHEESE MACARONI

dinner

STEAK TACOS
GENERAL TSO'S CHICKEN
TURKEY MEATBALLS
COCONUT SHRIMP

snacks

GOLDEN CHAI LATTE
CHAMOMILE MILK LATTE

shakeology

STRAWBERRY APPLE PIE
COCONUT PUMPKIN SPICE
PEACH COBBLER
CARROT CAKE

important note: All recipes and photos are from the Beachbody On Demand Blog. For more information on which nutritional program is right for you, please reach out to your coach.

More recipes

THE STUDIO MEAL PLANS

weekly meal plan

A photograph of a sliced apple on a marble surface. The apple is cut into several slices, with one slice prominently showing the core and seeds. A red and white striped string is draped across the marble surface. The background is a light-colored marble with dark grey veins.

THE STUDIO MEAL
PLANS

*Breakfast
Recipes*

MAKES 12 SERVINGS
PREP & COOK: 40 MIN.



whole wheat waffles

ingredients

2 cups whole-wheat flour
1 cup all-purpose flour
1 Tbsp. baking powder
 $\frac{1}{4}$ cup ground flax seed
 $\frac{1}{2}$ tsp. sea salt (or Himalayan salt)
4 large eggs, lightly beaten
 $2\frac{3}{4}$ cups unsweetened almond milk (or reduced-fat 2% milk)
 $\frac{1}{4}$ cup pure maple syrup
2 Tbsp. sunflower oil
Nonstick cooking spray

directions

1. Combine flours, baking powder, flax seed, and salt in a medium bowl; mix well. Set aside.
2. Combine eggs, almond milk, maple syrup, and oil in a large bowl; mix well. Add flour mixture. Mix until blended.
3. Pour $\frac{3}{4}$ cup of batter at a time onto hot waffle iron, lightly coated with spray. Cook waffles until golden brown and crisp.
4. One serving equals one waffle; leftover waffles can be wrapped up and frozen.

nutrition guidelines

UPF: 1-1/2 Yellow, 1 tsp
2B: An FFC as part of
breakfast.

MAKES 1 SERVINGS
PREP & COOK: 16 MIN.



goat cheese scramble

ingredients

8 large egg whites (1 cup)
1 dash sea salt (or Himalayan salt)
1 dash ground black pepper
1 tsp. olive oil
1 medium tomato, chopped
1 Tbsp. Italian parsley, finely chopped (or 1 tsp. dried parsley)
2 Tbsp. crumbled soft goat cheese (½ oz.)

nutrition

guidelines

UPF: 1/2 Green, 1 Red, 1/2 Blue, 1 tsp
2B: A great protein and accessory as part of breakfast.

directions

1. Combine egg whites, salt, and pepper in a medium bowl; whisk to blend. Set aside.
2. Heat oil in medium nonstick skillet over medium-low heat.
3. Add egg mixture; cook slowly, stirring frequently, for 3 to 4 minutes, or until eggs are almost set.
4. Add tomato and parsley. Sprinkle with cheese; cook for 1 minute or until eggs are fully cooked.

MAKES 2 SERVINGS
PREP & COOK: 10 MIN.



yogurt berry parfait

ingredients

1½ cups reduced-fat (2%) plain yogurt
2 Tbsp. unsweetened applesauce
½ cup unsweetened bran cereal
½ cup fresh blueberries
½ cup fresh raspberries

nutrition

guidelines

UPF: 1/2 Purple, 1 Red, 1/2 Yellow
2B: A great protein and FFC as part of breakfast.

directions

1. Combine yogurt and applesauce in a medium bowl; mix well.
2. Place one quarter of yogurt mixture in two bowls or yogurt jars.
3. Top with cereal, and half of the blueberries and raspberries.
4. Place remaining yogurt in each jar. Top with remaining berries.
5. Serve immediately.



THE STUDIO MEAL
PLANS

Lunch Recipes

nutrition guidelines

UPF: Build your salad around how many containers you have available in each category.

2B: Plate it and accessorize! Great for lunch or dinner!



greens (2-3 cups)

Spinach
Arugula
Kale
Spring Mix

protein (3 ounces)

Grilled Chicken Breast
Hardboiled Eggs (2)
Steak
Ground Turkey
Cottage Cheese (¾ cups)
Salmon

healthy fat

Flax Seeds
Pumpkin Seeds
Avocado (¼)
Walnuts (2 tablespoons)
Slivered Almonds

add a flavor booster

Roasted Beets
Cherry Tomatoes
Diced Onions
Sautéed Peppers
Sliced Cucumbers
Roasted Carrots

carbohydrates (1/2 cup)

Sweet Potato, diced
Black Beans
Garbanzo Beans
Quinoa
Strawberries
Apple, diced
Grapes

dressing (2 tablespoons)

Balsamic Vinaigrette:
Balsamic vinegar, whole
grain dijon mustard, olive
oil, cinnamon.

Blackberry Vinaigrette:
red wine vinegar, lemon
juice, olive oil,
blackberries or
raspberries (blended)

Red Wine Vinaigrette
Salsa
Cottage Cheese
Lemon or Lime Juice
Spices

quick & easy

build your own salad

MAKES 10 SERVINGS
PREP & COOK: 1 HR 18 MINS



Three Cheese Macaroni

ingredients

Nonstick cooking spray
1 lb. dry whole-wheat macaroni (or penne pasta)
1 Tbsp olive oil
1 medium onion, chopped
1 medium red bell pepper, chopped
1 medium yellow bell pepper, chopped
2 cups broccoli, chopped
2 cloves garlic, chopped
3¾ cups part-skim ricotta cheese
1 cup mozzarella cheese, shredded
¼ cup Parmesan cheese, grated
¼ cup fresh basil, chopped
sea salt (or Himalayan salt) and ground black pepper (to taste; optional)

directions

1. Preheat oven to 375° F.
2. Cook macaroni according to package directions. Drain and set aside.
3. Heat oil in large nonstick skillet over medium-high heat.
4. Add onion, bell peppers, and broccoli; cook, stirring frequently, for 4 to 6 minutes, or until onion is translucent. Add garlic; cook, stirring frequently, for 1 minute. Remove from heat. Set aside.
5. Combine ricotta cheese, mozzarella cheese and Parmesan cheese in a large bowl; mix well.
6. Add macaroni, onion mixture, and basil; mix well.
7. Season with salt and pepper if desired; mix well.
8. Place macaroni mixture in a 13x9-inch ceramic (or glass baking dish) that has been coated with spray. Bake for 25 to 28 minutes, or until cheese is bubbling.

nutrition guidelines

UPF: 1/2 Green, 1/2 Red, 1-1/2 Yellow, 1/2 Blue, 1/2 tsp

2B: Add a side salad or more veggies and additional protein for a great lunch option.

MAKES 6 SERVINGS
PREP & COOK: 51 MIN.



chicken noodle soup

ingredients

3 oz. dry whole wheat bow-tie, penne, or rotini pasta
1 Tbsp. olive oil
1 medium onion chopped
2 medium carrots sliced
2 medium celery stalks sliced
6 cups low-sodium organic chicken broth
1½ lbs. cooked shredded chicken breast approx. 4½ cups
¾ tsp. sea salt or Himalayan salt
¼ tsp. ground white pepper

directions

1. Cook pasta according to package directions; drain. Set aside.
2. Heat oil in large saucepan over medium-high heat.
3. Add onion, carrots, and celery; cook, stirring frequently, for 4 to 5 minutes, or until onion is translucent.
4. Add broth. Bring to a boil. Reduce heat to medium; gently boil for 5 minutes.
5. Add chicken, salt, and pepper; gently boil for 10 minutes.
6. Evenly divide pasta between six serving bowls. Top evenly with soup; serve immediately.

nutrition guidelines

UPF: 1/2 Green, 1 Red, 1 Yellow
2B: Add extra veggies or a side salad for a great lunch.



THE STUDIO MEAL
PLANS

Dinner Recipes

MAKES 4 SERVINGS
PREP & COOK: 28 MIN.



steak tacos

ingredients

1 lb. raw beef flank (or round) steak
1 tsp. chili powder
Sea salt and ground black pepper (to taste; optional)
1 tsp. olive oil
1 medium red onion, coarsely chopped
1 medium red bell pepper, coarsely chopped
8 (6-inch) corn tortillas, warm
2 Tbsp. fresh lime juice
2 Tbsp. fresh cilantro (or Italian parsley), coarsely chopped

nutrition guidelines

UPF: 1 Green, 1 Red, 1 Yellow
2B: Add a side salad or more veggies to make a great lunch.

directions

1. Rub steak with chili powder and salt and pepper (if desired).
2. Heat oil in large skillet over medium-high heat.
3. Add steak; cook for 6 to 8 minutes on each side, or until it reaches desired degree of doneness. Remove from heat.
4. Cover steak with aluminum foil; let rest for 5 minutes.
5. Add onion and bell pepper to skillet; cook on medium heat, stirring frequently, for 3 to 5 minutes, or until onion is translucent. Remove from heat.
6. Cut steak against the grain into thin slices.
7. Top tortillas evenly with beef, onion mixture, and lime juice; garnish with cilantro.
8. Serve immediately.

MAKES 4 SERVINGS
PREP & COOK: 25 MIN.



general tso's chicken

ingredients

1 lb. raw chicken breast, boneless, skinless, cut into 2-inch pieces
2 Tbsp. + 1 tsp. cornstarch, divided use
¼ tsp. sea salt
1 tsp. sesame oil
2 cloves garlic, finely chopped
1 thin slice fresh ginger, peeled, finely chopped
2 Tbsp. reduced-sodium soy sauce
½ cup low sodium chicken broth
1 Tbsp. rice wine vinegar
2 Tbsp. tomato paste, no added sugar
2 tsp. hoisin sauce
1 tsp. pure maple syrup, (or raw honey)
2 Tbsp. cold water
2 green onions, sliced
1 Tbsp. toasted sesame seeds
1 Tbsp. dried Thai chiles (optional)

directions

1. Preheat oven to 375° F.
2. Line baking sheet with parchment paper; set aside.
3. Place chicken, 2 Tbsp. cornstarch, and salt in a medium bowl; toss until well coated. Place chicken in a single layer on prepared baking sheet; bake for 12 to 15 minutes, or until cooked through.
4. While chicken is baking, heat oil, garlic, and ginger in large skillet over medium heat; cook for 1 to 2 minutes.
5. Add soy sauce, broth, vinegar, tomato paste, hoisin sauce, and maple syrup. Bring to a boil. Reduce heat to medium-low; cook for 4 to 5 minutes.
6. Dissolve remaining 1 tsp. cornstarch in cold water; add to soy sauce mixture. Gently boil, stirring frequently, for another 3 to 4 minutes, or until sauce begins to thicken.
7. Add cooked chicken to sauce, coating thoroughly.
8. Serve chicken sprinkled with sesame seeds, green onions, and chiles (if desired).

nutrition guidelines

UPF: 1 Red, 1/2 Yellow
2B: Add a side salad or veggies for dinner. Add veggies and an FFC for lunch.

MAKES 2 SERVINGS
PREP & COOK: 32 MIN.



coconut shrimp

ingredients

24 raw medium shrimp, peeled, deveined, tails removed (approx. 12 oz.)
2 tsp. mild Jamaican jerk seasoning
2 tsp. extra-virgin organic coconut oil, divided use
3 cups cauliflower rice
¼ cup green onions, chopped
¾ cup green (or red) bell pepper, chopped
⅓ cup canned lite coconut milk
1 Tbsp. fresh cilantro, chopped
2 Tbsp. unsweetened shredded coconut
2 wedges fresh lime (for garnish; optional)

nutrition guidelines

UPF: 1 Red, 1-1/2 Green, 2 tsp
2B: A great dinner option. Add an FFC for lunch.

directions

1. Season shrimp with seasoning. Set aside.
2. Heat 1 tsp. oil in medium nonstick skillet over medium-high heat.
3. Add cauliflower; cook, covered, stirring occasionally, for 4 to 6 minutes, or until cauliflower is tender. Set aside and cover to keep warm.
4. Heat remaining 1 tsp. oil in medium nonstick skillet over medium-high heat.
5. Add green onions and bell pepper; cook, stirring frequently, for 3 to 4 minutes.
6. Add coconut milk; cook, stirring frequently, for 1 to 2 minutes, or until most of coconut milk is absorbed.
7. Add shrimp; cook, stirring occasionally, for 2 to 3 minutes, or until shrimp is firm and opaque.
8. Evenly divide cauliflower rice between two serving plates. Evenly top with shrimp, cilantro, coconut, and lime wedges (if desired).

MAKES 6 SERVINGS
PREP & COOK: 6 HR 22 MINS



turkey meatballs

ingredients

1 lb. raw 93% lean ground turkey
½ tsp. sea salt or Himalayan salt, divided use
½ tsp. ground black pepper
1 large egg, lightly beaten
½ cup whole-grain panko (Japanese-style breadcrumbs)
2 cloves garlic, finely chopped
2 Tbsp. fresh parsley, finely chopped
2 Tbsp. grated Parmesan cheese
2 tsp. olive oil
1 medium onion, chopped
1 (28-oz.) can crushed whole tomatoes
1 tsp. dried oregano leaves

nutrition guidelines

UPF: 1 Green, 1 Red, 1 tsp
2B: Add more veggies to this protein as part of lunch or dinner.

directions

1. Combine turkey, ¼ tsp. salt, pepper, egg, breadcrumbs, garlic, parsley, and cheese in a large bowl; mix well with clean hands.
2. Roll mixture into eighteen 1½-inch meatballs. Set aside.
3. Heat oil in large nonstick skillet over medium-high heat.
4. Add half of meatballs; cook, turning occasionally, for 4 to 6 minutes, or until meatballs are browned on each side. Place browned meatballs in a 3-quart slow cooker.
5. Repeat with the remaining meatballs. Set aside.
6. Add onion to same skillet; cook, over medium-high heat, for 4 to 6 minutes, or until onion is translucent.
7. Top meatballs with cooked onion, tomatoes, oregano, and remaining ¼ tsp. salt; cook, covered, on low temperature for 5 to 6 hours, stirring once or twice.



THE STUDIO MEAL
PLANS

Snack Recipes

MAKES 1 SERVINGS
PREP & COOK: 15 MIN



golden Chai latte

ingredients

1 cup
unsweetened
coconut milk
beverage
1 bag chai tea
blend
1 scoop
Beachbody
Collagen Boost
½ tsp. ground
turmeric
¼ tsp. ground
cinnamon
¼ tsp. ground
cardamom
¼ tsp. ground
ginger
1 tsp. honey
(optional)

nutrition guidelines

UPF: 1 tsp
2B: Enjoy as an
occasional treat.
Be sure to track it!

directions

1. Place a small
saucepot over
medium-high heat;
add coconut milk.
Bring to a gentle
boil; remove from
heat.
2. Add tea bag; let
steep for 10
minutes. Remove
bag; discard.
3. Add Beachbody
Collagen Boost,
turmeric,
cinnamon,
cardamom, ginger,
and honey (if
using); mix
thoroughly.
4. Pour coconut milk
mixture into a
mug; serve warm.

MAKES 1 SERVINGS
PREP & COOK: 15 MIN.



Chamomile milk latte

ingredients

1 cup
unsweetened oat
milk
1 bag chamomile
and lavender tea
blend
1 scoop
Beachbody
Collagen Boost
1 tsp. honey
(optional)
¼ tsp. vanilla
extract

nutrition guidelines

UPF: 1/2 Purple, 1
Yellow, 1 Blue
2B: Enjoy as an
occasional treat
(includes a bonus
FFC). Be sure to
track it.

directions

1. Place a small
sauce pot over
medium-high heat;
add oat milk. Bring
to a gentle boil;
remove from heat.
2. Add tea bag; let
steep for 10
minutes. Remove
bag; discard.
3. Add Beachbody
Collagen Boost,
honey (if using),
and extract; mix
well.
4. Pour oat milk
mixture into a
mug; serve warm.

A photograph of sliced apples on a marble surface. At the top, a whole red apple is partially visible. Below it, two slices of apple are shown, one of which is cut into a wedge. The apple slices are arranged on a light-colored marble surface with dark grey veins. A red and white striped string is coiled on the right side of the image. The text 'THE STUDIO MEAL PLANS' is centered in the lower half of the image, and 'Shakeology Recipes' is written in a large, black, cursive font at the bottom.

THE STUDIO MEAL
PLANS

*Shakeology
Recipes*

MAKES 1 SERVINGS
PREP & COOK: 10 MIN.



strawberry apple pie

ingredients

½ cup cold water
½ cup unsweetened almond milk
1 scoop Strawberry Whey (or Tropical Strawberry Plant-Based Vegan) Shakeology
½ cup unsweetened applesauce
1 tsp. ground cinnamon
½ tsp. pure caramel extract

directions

1. Place water, almond milk, Shakeology, applesauce, cinnamon, and extract in a blender bottle; cover. Shake well to combine.

nutrition guidelines

UPF: 1/2 Purple, 1 Red, 1/2 tsp
2B: A great FFC and protein as part of breakfast or lunch.

MAKES 1 SERVINGS
PREP & COOK: 10 MIN.



agua fresca

ingredients

1 cup unsweetened coconut milk beverage
1 cup ice
1 scoop Pumpkin Spice Plant-Based Vegan Shakeology
½ large banana

directions

1. Place coconut milk, ice, Shakeology, and banana in blender; cover. Blend until smooth.

nutrition guidelines

UPF: 1 Purple, 1 Red, 1 tsp
2B: A great snack or enjoy as part of breakfast.

MAKES 1 SERVINGS
PREP & COOK: 10 MIN.



peach cobbler

ingredients

1 cup unsweetened almond milk
1 cup ice
1 scoop Vanilla Whey Shakeology
½ cup unsweetened fresh (or frozen) peaches
2 Tbsp. dry rolled oats
¼ tsp. ground cinnamon
¼ tsp. ground nutmeg

directions

1. Place almond milk, ice, Shakeology, peaches, oats, cinnamon, and nutmeg in blender; cover. Blend until smooth.

nutrition guidelines

UPF: 1/2 Purple, 1 Red, 1/2 Yellow, 1 tsp
2B: This recipe makes a great breakfast.

MAKES 1 SERVINGS
PREP & COOK: 10 MIN.



carrot cake

ingredients

1 cup unsweetened almond milk
1 cup ice
1 scoop Vanilla Whey Shakeology
1 medium carrot, cut into chunks
½ cup crushed pineapple in juice
2 Tbsp. unsalted walnuts, chopped
¼ tsp. ground cinnamon

directions

1. Place almond milk, ice, Shakeology, carrot, pineapple, walnuts, and cinnamon in blender; cover. Blend until smooth.

nutrition guidelines

UPF: 1/2 Green, 1/2 Purple, 1 Red, 1 Blue, 1 tsp
2B: Makes a great breakfast with a bonus veggie.



grocery list

TIME TO SHOP

produce

- basil
- blueberries
- broccoli
- carrots
- celery
- cilantro
- garlic
- ginger
- green onion
- italian parsley
- lime
- lime juice
- onion
- raspberries
- red bell pepper
- red onion
- thai chiles
- tomato

spices

- cardamom
- chili powder
- cinnamon
- ginger
- jamaican jerk seasoning
- oregano
- sesame seeds
- turmeric
- white pepper

meat & seafood

- beef flank steak
- chicken breast
- shrimp
- turkey, ground

dairy

- almond milk, unsweetened
- egg whites
- eggs
- goat cheese crumbles
- mozzarella, shredded
- oat milk, unsweetened
- parmesan cheese, grated
- plain yogurt, 2%
- ricotta, part skim

the basics

- baking powder
- black pepper
- cooking spray
- olive oil
- sea salt

frozen

- cauliflower rice

pantry

- all purpose flour
- applesauce, unsweetened
- bran cereal, unsweetened
- chai tea bags
- chamomile tea bags
- chicken broth, low sodium
- coconut milk, lite
- cornstarch
- corn tortillas
- crushed whole tomatoes
- extra virgin coconut oil, organic
- flax seed
- hoisin sauce
- honey
- pure maple syrup
- rice wine vinegar
- sesame oil
- shredded coconut, unsweetened
- soy sauce, low sodium
- sunflower oil
- tomato paste
- vanilla extract
- whole grain panko
- whole wheat bow tie pasta
- whole wheat flour
- whole wheat macaroni

grocery list

TIME TO SHOP

shakeo mix-ins

byo salad

misc.

notes



PRODUCT
SPOTLIGHT

pumpkin spice shakeology

Now you can enjoy the delicious taste of fall — without derailing your health and fitness goals.

Autumn means cozy sweaters, colorful fall leaves, and — oh, yeah — your favorite pumpkin spice beverage! And that's exactly why we made Pumpkin Spice Plant-Based Vegan Shakeology.

This rich and creamy vegan shake features notes of pumpkin spice — cinnamon, nutmeg, and ginger. It's incredibly tasty on its own, mixed with milk or almond milk for a creamier version, or simply added to your favorite Shakeology recipes.

And best of all, you get to enjoy Pumpkin Spice Shakeology guilt-free, because it has all the nutritional benefits of Shakeology you've come to know and trust.

It's meticulously crafted with a potent blend of protein, probiotics, digestive enzymes, antioxidants, vitamins, and minerals. No need to stop by the coffeehouse for a sugar-loaded calorie bomb this year! Contact your coach to order.

'20 Launch!

SEPT 2ND!

*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.

THE STUDIO MEAL PLANS

PRODUCT SPOTLIGHT



energize

If you've ever struggled with low energy or lack of focus—you need Energize pre-workout formula.

If you want help to power through the hardest workouts with more energy and endurance—help to intensify your focus and delay exercise-induced muscle fatigue—you need Energize pre-workout formula.*

The stick packs are the perfect solution for anyone who loves our cult favorite Energize and wants to take their pre-workout on-the-go. Here's to no more spills! It's so convenient to use, you'll find yourself looking for more ways to pack another workout into your week.

Energize is formulated with key ingredients that are scientifically shown to help give you energy. Take it before workouts so its key ingredients can help:*

- Increase energy and endurance
- Improve intense exercise performance
- Sharpen focus and reaction time
- Increase muscle power output
- Delay exercise-induced muscle fatigue

flavors!

LEMON

FRUIT PUNCH

MIXED BERRY

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THE STUDIO MEAL PLANS