



January

MEAL PLAN

WEEK 1

Breakfast



Cinnamon Toast Shakeology



Banana Berry Smoothie Bowl



Cinnamon Toast Shakeology



Banana Berry Smoothie Bowl



Almond Butter Banana Berry Toast



Spinach and Quinoa Breakfast Casserole



Repeat Your Favorite

Lunch



Roasted Cauliflower and Kale Salad



Avocado Egg Salad Toast



Tortilla Pinwheels



Roasted Cauliflower and Kale Salad



Avocado Egg Salad Toast



Tortilla Pinwheels



Repeat Your Favorite

Dinner



Chicken Parmesan



Instant Pot Beef Stew



Leftovers



Turkey Sloppy Joes



Leftovers



Shrimp and Sausage Gumbo



Leftovers

Snacks



Almond Espresso Energy Balls



Sesame Peanut Brussels Sprouts



Cheesy Cauliflower Breadsticks



Almond Espresso Energy Balls



Sesame Peanut Brussels Sprouts



Cheesy Cauliflower Breadsticks



Repeat Your Favorite

Supplements



DRINK 30 MINUTES PRIOR TO WORKOUT



DRINK WITHIN 30 MINUTES AFTER WORKOUT



DRINK DURING WORKOUT



ADD TO SHAKE OR COFFEE

PERFORMANCE SUPPLEMENTS ARE FREEBIES ON WORKOUT DAYS

If following UPF or 2b, adjust your meals to fit your plan.

UPF: Add or remove ingredients to fit your bracket; create snacks with leftover containers.

2B: Follow program principles and remember plate it method.

A top-down view of a breakfast meal on a white plate. The plate contains two slices of toast. The left slice is topped with sliced bananas and chia seeds. The right slice is topped with blueberries. To the right of the plate is a small glass jar of peanut butter. Above the jar is a silver spoon with a decorative handle. The text "Breakfast Recipes" is overlaid in a large, black, cursive font with a white outline.

Breakfast Recipes

CINNAMON TOAST SHAKEOLOGY



MAKES 1 SERVING

INGREDIENTS

- 1 cup unsweetened almond milk
- 1 cup ice
- 1 scoop Café Latte Shakeology
- 1 scoop Digestive Health Boost
- ½ small red apple, cored, cut into chunks
- 1 tsp. ground cinnamon

DIRECTIONS

Combine milk, ice, Shakeology, Boost, apple, and cinnamon in a blender; cover. Blend until smooth.

Time: 10 minutes

Portion Fix Containers: ½ Purple, 1 Red, 1 tsp.

2B Mindset Plate It: This recipe makes a great breakfast option.

BANANA BERRY SMOOTHIE BOWL



MAKES 1 SERVING

INGREDIENTS

- 1 cup unsweetened almond milk
- 1 cup ice
- 1 scoop Strawberry Shakeology
- ¼ large banana, cut into thick slices
- ¼ cup fresh or frozen blackberries
- ¼ cup fresh or frozen blueberries
- 2 Tbsp. unsalted sliced almonds
- 1 tsp. chia seeds
- 2 tsp. unsalted pumpkin seeds

DIRECTIONS

Place almond milk, Shakeology, blueberries, and ice in blender; cover. Blend until smooth. Place smoothie in a medium bowl. Top with banana, blueberries, blackberries, almonds, chia seeds, and pumpkin seeds; serve immediately.

Time: 10 minutes

Portion Fix Containers: 1 Purple, 1 Red, ½ Blue, ½ Orange, 1 tsp.

2B Mindset Plate It: This recipe makes a great breakfast option.

ALMOND BUTTER BANANA BERRY TOAST



MAKES 1 SERVING

INGREDIENTS

- 2 tsp. all-natural almond butter
- 1 slice whole grain bread, toasted
- 11 fresh blueberries
- 12 fresh raspberries
- ¼ large banana, cut in half lengthwise, cut into ½-inch slices

DIRECTIONS

Spread almond butter evenly on toast. Place fruit on top in whatever pattern you choose.

Time: 10 minutes

Portion Fix Containers: 1 Purple, 1 Yellow, 2 tsp.

2B Mindset Plate It: Makes a great FFC as part of breakfast.



SPINACH AND QUINOA BREAKFAST CASSEROLE

INGREDIENTS

Nonstick cooking spray
2½ cups cooked quinoa
8 large eggs, lightly beaten
¾ cup reduced-fat (2%) cottage
cheese
4 cups raw spinach
1 cup cherry tomatoes, halved
½ cup finely chopped basil
Sea salt (or Himalayan salt) and
ground black pepper (to taste;
optional)

DIRECTIONS

Heat oven to 375° F.
Lightly coat 9x12-inch baking
dish with spray. Set aside.
Combine quinoa, eggs, cottage
cheese, spinach, tomatoes, and
basil in a large bowl; mix well.
Season with salt and pepper, if
desired.
Pour quinoa mixture into baking
dish. Bake for 20 to 25 minutes,
or until a toothpick inserted into
the center comes out clean.

Time: 40 minutes

Portion Fix Containers: 1 Green, 1 Red, 1 Yellow.

2B Mindset Plate It: A great breakfast option. Add veggies or a side salad for lunch.

A top-down view of a plate of food. The plate is reddish-brown with a yellow and green border. It contains two burritos, a bowl of salsa, and several rolled-up vegetable slices. The burritos are made with light-colored tortillas and filled with various ingredients. The bowl of salsa is white and contains a dark sauce with a black olive on top. The vegetable rolls are made of sliced cucumbers, tomatoes, and other vegetables. The text "Lunch Recipes" is overlaid in the center in a white, cursive font with a black outline.

Lunch Recipes



ROASTED CAULIFLOWER AND KALE SALAD

INGREDIENTS

- 4 cups cauliflower florets
- 1 pinch sea salt (or Himalayan salt)
- 3½ cups torn kale, stems removed
- ½ cup thinly sliced red onion
- ½ cup gorgonzola cheese
- ¼ cup pine nuts

For Dressing:

- 3 Tbsp. extra-virgin olive oil
- 1 Tbsp. red wine vinegar
- 1 Tbsp. water
- 1 tsp. Dijon mustard
- 1 clove garlic, finely chopped
- 1 tsp. chopped fresh tarragon
- ½ tsp. sea salt (or Himalayan salt)
- ½ tsp. ground black pepper

DIRECTIONS

- Preheat oven to 425° F. Prepare two baking sheets with aluminum foil.
- Add cauliflower to a medium- to large-sized bowl. Lightly coat cauliflower with spray and toss with a pinch of salt; spread on baking sheet. Spread kale on second baking sheet and lightly coat with spray.
- Bake cauliflower for 25 minutes, or until golden brown and tender. Add kale to oven after 15 minutes and bake for 10 minutes.
- While cauliflower is baking, whisk together oil, vinegar, water, mustard, garlic, tarragon, salt, and pepper in a medium- to large- sized bowl. Set aside.
- Once cauliflower is cool enough to handle, toss with kale, onion, and dressing; top with cheese (if desired) and pine nuts.
- Serve immediately, or store refrigerated in an airtight container for up to 3 days.

Time: 35 minutes

Portion Fix Containers: 2 Green, ½ Blue , 1 Orange.

2B Mindset Plate It: Add a protein and FFC for a great lunch option.

AVOCADO EGG SALAD TOAST



MAKES 4 SERVINGS

Time: 10 minutes

Portion Fix Containers: 1 Red, 1 Yellow, 1 Blue.

2B Mindset Plate It: A great breakfast option.

Add veggies or a side salad for lunch.

INGREDIENTS

- 8 large hard-boiled eggs, coarsely chopped
- 1 ripe medium avocado, slightly mashed
- 2 Tbsp fresh lemon juice
- ½ tsp sea salt (or Himalayan salt)
- 4 slices low-sodium sprouted whole-grain bread, toasted
- 1 cup watercress

DIRECTIONS

Combine eggs, avocado, lemon juice, and salt in a medium bowl; mix well. Spread ¼ of egg mixture onto each slice of toast. Top evenly with watercress.

TORTILLA PINWHEELS



MAKES 1 SERVING

Time: 5 minutes

Portion Fix Containers: ½ Green, ½ Red, 1½ Yellow, 1 Blue.

2B Mindset Plate It: Serve with a salad or your favorite veggies for a great lunch option.

INGREDIENTS

- 2 Tbsp. whipped cream cheese
- 2 Tbsp. sliced green onion
- 2 Tbsp. finely chopped bell pepper
- 1 (8-inch) sprouted-grain tortilla
- 3 turkey slices (approx. 3-oz.)
- ¼ cup raw baby spinach

DIRECTIONS

Combine cream cheese, green onion, and bell pepper in a small mixing bowl; mix well. Spread cream cheese mixture evenly on one side of tortilla. Top with an even layer of turkey and spinach. Leave some exposed cream cheese around the top edge to seal the roll closed. Roll the tortilla away from you into a log. Wrap tightly in plastic wrap and place in the refrigerator for 1 hour, or overnight. When the roll has fully set, unwrap and slice into 8 even wheels.



*Dinner
Recipes*



CHICKEN PARMESAN

MAKES 6 SERVINGS

Time: 55 minutes

Portion Fix Containers: 2 Green, 1 Red, 1 Blue, 1 Orange, 1½ tsp.

2B Mindset Plate It: A great dinner option.

INGREDIENTS

1 cup almond flour
1 tsp. garlic powder
½ tsp. sea salt (or Himalayan salt)
½ tsp. ground black pepper
1 large egg, lightly beaten
¼ cup water
6 (4-oz.) raw chicken breasts, boneless, skinless
1 Tbsp. olive oil
¾ cup all-natural tomato sauce, no salt or sugar added
1/3 cup shredded mozzarella cheese
1/3 cup shredded Parmesan cheese
6 cups cooked spaghetti squash

DIRECTIONS

Preheat oven to 425° F.
Combine almond flour, garlic powder, salt, and pepper in a shallow dish; mix well. Set aside.
Combine egg and water in a shallow dish; whisk to blend.
Dip each chicken breast into the egg mixture; dredge in flour mixture until evenly coated. Set aside.
Heat 1 Tbsp. oil in large, ovenproof skillet over medium-high heat.
Add chicken breasts; cook for 3 to 4 minutes on each side.
Place skillet in oven; bake for 10 to 12 minutes, or until a thermometer inserted into the thickest part of each chicken breast reads 165° F.
Lower oven temperature to 350° F.
Place chicken in medium baking dish. Top with tomato sauce and cheeses.
Cover with aluminum foil. Bake for 7 to 10 minutes, or until cheese is bubbly.
Serve with spaghetti squash.



INSTANT POT BEEF STEW

MAKES 6 SERVINGS

Time: 56 minutes

Portion Fix Containers: 1½ Green, 1 Red, 1 tsp.

2B Mindset Plate It: A great dinner option. Add an FFC for lunch.

INGREDIENTS

2 Tbsp. olive oil
1½ lbs. raw lean beef stew meat
3 Tbsp. whole wheat flour
1 medium onion, sliced thin
2 medium celery stalks, cut diagonally into 2-inch pieces
6 medium carrots, cut in half lengthwise, cut into 2-inch pieces
2 bay leaves
¾ tsp. sea salt (or Himalayan salt)
½ tsp. ground black pepper
3 cups low-sodium beef broth

DIRECTIONS

Turn Instant Pot to sauté. Add oil and beef; cook, stirring frequently, for 5 to 6 minutes, or until beef starts to brown.
Add flour; cook, stirring frequently, for 1 minute.
Add onion, celery, carrots, bay leaves, salt, pepper, and broth to Instant Pot.
Cover and seal Instant Pot; cook, on stew/meat setting, for 35 minutes.
Release pressure to vent immediately.
Let sit for 10 minutes. Remove lid and discard bay leaves.

TURKEY SLOPPY JOES



INGREDIENTS

- 2 tsp. olive oil, divided use
- 1 lb. raw ground 93% lean turkey breast
- 1 medium onion, chopped
- 1 medium red bell pepper, chopped
- 2 cloves garlic, chopped
- 2 cups all-natural tomato sauce, no salt or sugar added
- 1 Tbsp. Worcestershire sauce
- 1½ tsp. hot pepper sauce
- 1 Tbsp. pure maple syrup
- ½ tsp. sea salt (or Himalayan salt)
- ¼ tsp. ground black pepper
- 4 slices sprouted whole-grain bread
- Finely chopped fresh parsley (for garnish; optional)

Time: 57 minutes

Portion Fix Containers: 1 Green, 1 Red, 1 Yellow, 1 tsp.
2B Mindset Plate It: Serve turkey mixture over 1 cup zucchini noodles (zoodles) or any steamed vegetables.

DIRECTIONS

- Heat 1 tsp. oil in large skillet over medium heat. Add turkey; cook, stirring frequently to break up the turkey, for 8 to 10 minutes, or until the turkey is no longer pink.
- Heat remaining 1 tsp. oil in second large skillet over medium heat.
- Add onion and bell pepper; cook, stirring frequently, for 4 to 5 minutes, or until onion is translucent.
- Add garlic; cook, stirring frequently, for 1 minute.
- Add onion mixture, tomato sauce, Worcestershire sauce, hot pepper sauce, and maple syrup.
- Season with salt and pepper.
- Add turkey to tomato mixture. Mix well. Reduce heat to medium-low; gently boil, stirring occasionally, for 15 to 20 minutes, or until sauce has thickened.
- Place a slice of bread on each serving plate. Top evenly with turkey mixture (approx. 1 cup).
- Sprinkle each serving evenly with parsley before serving, if desired.



SHRIMP AND SAUSAGE GUMBO

INGREDIENTS

- 2 Tbsp. ghee
- 1 lb. raw turkey sausage links
- 1 cup chopped celery
- 2 cups chopped onion
- 1 cup chopped green bell pepper
- 5 cloves garlic, chopped
- 2 cups tomato puree
- 8 cups low-sodium organic chicken broth
- + 1 packet unflavored gelatin
- 2 cups sliced, frozen okra
- 2 Tbsp. Cajun seasoning
- 3 bay leaves
- 1 Tbsp. Worcestershire sauce
- ½ tsp. sea salt (or Himalayan salt)
- 1½ tsp. instant espresso powder
- ¼ cup cornstarch + ¼ cup water
(combine to make a slurry)
- 1 lb. raw shrimp, peeled, deveined

Time: 1 hour and 26 minutes

Portion Fix Containers: 1 Green, 1 Red, 1 tsp.
2B Mindset Plate It: Serve with your favorite
veggies for a great dinner option.

DIRECTIONS

Heat ghee in large soup pot over medium-high heat, until fragrant.

Add sausages; sear for approx. 5 minutes, turning frequently, until deep brown on all sides. Place on a paper towel-lined plate. Cool, slice into ¼-inch rounds. Set aside.

Add celery, onion, bell pepper, and garlic to same soup pot; cook over medium-high heat, stirring frequently, for 8 to 10 minutes, or until vegetables are very soft and brown.

Add tomato puree; cook, stirring occasionally, for 8 to 10 minutes, or until it becomes very thick and darkens. (Don't worry if it sticks and browns on the bottom of the pan, just don't let it turn black.)

Add broth mixture, okra, sliced sausage, Cajun seasoning, bay leaves, Worcestershire sauce, salt, and espresso powder. Bring to a boil. Reduce heat to low; gently boil, stirring occasionally, for 30 minutes.

Remove bay leaves. Add cornstarch slurry and shrimp. Bring back to a boil, stirring occasionally. Remove from heat. Cover and let sit for 10 minutes.

A close-up photograph of a plate of golden-brown, pan-fried dumplings. The dumplings are piled on a white plate with a red and orange patterned rim. In the background, there is a white bowl containing a reddish-brown dipping sauce and a glass jar filled with a light-colored, textured substance, possibly a spice mix. The text "Snack Recipes" is overlaid in a large, black, cursive font with a white outline.

Snack Recipes

ALMOND ESPRESSO ENERGY BALLS



MAKES 12 SERVINGS

Time: 15 minutes

Portion Fix Containers: 1 Yellow, ½ Blue, 2½ tsp.
2B Mindset Plate It: Enjoy as an occasional treat.
Be sure to track it.

INGREDIENTS

- 1 cup all-natural smooth almond butter
- ¼ cup honey
- ¾ cup dry rolled oats
- 1 scoop Café Latte Shakeology
- ½ cup sliced almonds

DIRECTIONS

Combine almond butter, honey, oats, Shakeology, and almonds in a medium bowl; mix well with clean hands or a rubber spatula.

Shape mixture into 24 walnut-size balls; place in airtight container.

Refrigerate for at least one hour before serving.

Serve immediately, or store in an airtight container in the refrigerator for up to five days

SESAME PEANUT BRUSSELS SPROUTS



MAKES 4 SERVINGS

Time: 30 minutes

Portion Fix Containers: 1 Green, 1½ tsp.
2B Mindset Plate It: A great veggie snack.

INGREDIENTS

- 4 cups brussels sprouts, stems trimmed, cut in half
- 1 Tbsp. toasted sesame oil
- 1 Tbsp. all-natural peanut butter
- 2 tsp. rice vinegar
- 2 tsp. pure maple syrup
- 1 tsp. reduced-sodium tamari soy sauce
- ½ tsp. sea salt (or Himalayan salt)
- 1 tsp. sriracha sauce (optional)
- 1 tsp. finely chopped garlic

DIRECTIONS

Preheat oven to 400° F.

Lightly coat a baking sheet with spray; set aside.

Add brussels sprouts and oil to a large bowl; toss to combine.

Spread evenly on prepared baking sheet; bake for 20 to 25 minutes, or until tender-crisp and lightly charred around edges.

To make dressing, add peanut butter, vinegar, maple syrup, soy sauce, and salt to a medium bowl; add sriracha (if desired). Whisk to combine; set aside.

Add brussels sprouts, dressing, and garlic to a large bowl; toss to coat. Serve warm.



CHEESY CAULIFLOWER BREADSTICKS

INGREDIENTS

3 cups cauliflower florets
Hot water
 $\frac{3}{4}$ cup shredded, part-skim, low-moisture
mozzarella cheese, divided use
 $\frac{1}{4}$ cup + 1 Tbsp. grated Parmesan cheese,
divided use
2 large eggs, lightly beaten
 $\frac{1}{2}$ tsp. + 1 pinch sea salt (or Himalayan
salt), divided use
1 Tbsp. ghee
1 clove garlic, finely chopped
 $\frac{1}{2}$ cup all-natural tomato sauce, no salt or
sugar added

Time: 55 minutes

Portion Fix Containers: 1 Green, 1 Blue, $1\frac{1}{2}$
tsp.

2B Mindset Plate It: A great veggie snack!

DIRECTIONS

Preheat oven to 400° F.

Line a 6 x 8-inch casserole dish with parchment paper. Lightly coat with
spray.

Place cauliflower in food processor (or blender); pulse until it resembles
rice, approximately seven to ten 1-second pulses.

Boil water in steamer or large saucepan over high heat. Reduce heat to
medium-high. Place cauliflower in steamer basket; cook for 5 to 7
minutes, or until just tender. Transfer cauliflower to cheesecloth to cool.
Squeeze dry. Cook's Note: If you do not have cheesecloth, use a heavy-
duty paper towel to cool and squeeze dry the cauliflower "crumbs."

Combine cooled cauliflower, $\frac{1}{2}$ cup mozzarella cheese, $\frac{1}{4}$ cup Parmesan
cheese, eggs, and $\frac{1}{2}$ tsp. salt in a medium mixing bowl; mix well.

Transfer cauliflower mixture to casserole dish; press down and out with
fingertips, spreading until it forms one even layer that fills bottom of the
dish.

Bake for 20 to 25 minutes, or until cauliflower has set in the center and
browned around the edges.

While cauliflower is baking, heat ghee and garlic in small saucepan over
medium heat for 2 to 3 minutes, or until garlic just begins to brown.

Remove from heat; allow ghee to infuse.

Remove cauliflower from oven; brush with infused ghee and sprinkle with
remaining pinch of salt, remaining $\frac{1}{4}$ cup mozzarella cheese, and
remaining 1 Tbsp. Parmesan cheese.

Bake for 3 to 5 minutes, or until cheese is melted.

Allow to cool to room temperature. Remove from dish. Slice into eight 1
x 6-inch sticks.

Serve with marinara and enjoy!

SHOPPING LIST

PRODUCE

- 1 large banana
- 1 small red apple
- 1 cup fresh blueberries
- ½ cup fresh raspberries
- ¼ cup fresh blackberries
- 1 medium avocado
- 1 cup cherry tomatoes
- 4 medium onions
- 1 small red onion
- 2 stalks green onion
- 1 medium red bell pepper
- 1 medium green bell pepper
- 4¼ cups raw spinach
- 3½ cups torn kale
- 1 cup watercress
- 4 cups brussels sprouts
- 7 cups cauliflower florets
- 4 medium celery stalks
- 6 medium carrots
- 1 spaghetti squash (about 5lbs.)
- 2 heads garlic
- 5 bay leaves
- Fresh basil
- Fresh parsley
- Fresh tarragon

PROTEIN

- 2 dozen large eggs
- 6 (4-oz.) raw chicken breasts, boneless, skinless
- 1 lb. raw ground 93% lean turkey breast
- 3 slices turkey slices (approx. 3-oz.)
- 1 lb. raw turkey sausage links
- 1 lb. raw shrimp, peeled, deveined
- 1½ lbs. raw lean beef stew meat

PANTRY

- Strawberry Shakeology
- Café Latte Shakeology
- Nonstick cooking spray
- Extra-virgin olive oil
- Toasted sesame oil
- Red wine vinegar
- Rice vinegar
- Reduced-sodium tamari soy sauce
- Worcestershire sauce
- Dijon mustard
- Lemon juice
- All-natural peanut butter
- All-natural almond butter
- Pure maple syrup
- Raw honey
- Whole wheat flour
- Dry rolled oats
- Cornstarch
- Sea salt (or Himalayan salt)
- Ground black pepper
- Ground cinnamon
- Garlic powder
- Cajun seasoning

OTHER

- Digestive Health Boost
- 1 carton low-sodium beef broth
- 3 cartons low-sodium organic chicken broth
- 1 packet unflavored gelatin
- 1 cup almond flour
- 1 (8-inch) sprouted-grain tortilla
- 1 loaf sprouted whole-grain bread
- 1 cup uncooked quinoa
- 1 large jar all-natural tomato sauce, no salt or sugar added
- 1 large can tomato puree
- Sriracha sauce
- Instant espresso powder
- ½ cup sliced almonds
- ¼ cup pine nuts
- 2 Tbsp. unsalted sliced almonds
- 2 tsp. unsalted pumpkin seeds
- 1 tsp. chia seeds
- 2 cups frozen okra

DAIRY

- 1 carton unsweetened almond milk
- ¾ cup reduced-fat (2%) cottage cheese
- 1¼ cup shredded, part-skim, low-moisture mozzarella cheese
- ½ cup grated Parmesan cheese
- ½ cup gorgonzola cheese
- 2 Tbsp. whipped cream cheese
- Ghee