



Vegan

Meal

Plan

Breakfast



Peaches and Cream Shakeology



Blueberry Almond Latte Shake



Peaches and Cream Shakeology



Blueberry Almond Latte Shake



Chocolate Chia Pudding with Strawberries



Mexican Tofu Breakfast Scramble



Repeat Your Favorite

Lunch



Curried Quinoa with Cashew and Mango



Buddha Bowl with Spring Vegetables



Black Bean Veggie Tostadas



Curried Quinoa with Cashew and Mango



Buddha Bowl with Spring Vegetables



Black Bean Veggie Tostadas



Repeat Your Favorite

Dinner



Tempeh With Lemon Garlic Broccolini



Black Bean Chili



Leftovers



Paella with Eggplant and Mushrooms



Leftovers



Barbecue Spaghetti Squash Sliders



Leftovers

Snacks



Maple Chai Roasted Chickpeas



Chunky Rainbow Salsa



Vegan Lime Cheesecake Cups



Maple Chai Roasted Chickpeas



Chunky Rainbow Salsa



Vegan Lime Cheesecake Cups



Repeat Your Favorite

Supplements



DRINK 30 MINUTES PRIOR TO WORKOUT



DRINK WITHIN 30 MINUTES AFTER WORKOUT



DRINK DURING WORKOUT

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 glass of orange juice with a straw, surrounded by fresh vegetables like kale and ginger. The text "Breakfast Recipes" is overlaid in a cursive font.

Breakfast Recipes

**PEACHES AND CREAM
SHAKEOLOGY**



MAKES 1 SERVING

INGREDIENTS

- 2/3 cup water
- 1 Tbsp. fresh lemon juice
- 1 scoop Vanilla Plant-Based Vegan Shakeology
- 1/2 cup sliced frozen peaches
- 1 cup ice

DIRECTIONS

Place water, lemon juice, Shakeology, peaches, and ice in blender; cover. Blend until smooth.

Time: 10 minutes

Portion Fix Containers: 1/2 Purple, 1 Red.

2B Mindset Plate It: A great snack or enjoy as part of breakfast.

**BLUEBERRY ALMOND
LATTE SHAKE**



MAKES 1 SERVING

INGREDIENTS

- 1 cup unsweetened almond milk
- 1 cup ice
- 1 scoop Café Latte Plant-Based Vegan Shakeology
- 1/2 cup fresh (or frozen) blueberries

DIRECTIONS

Place almond milk, ice, Shakeology, and blueberries in blender; cover. Blend until smooth.

Time: 10 minutes

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

2B Mindset Plate It: Enjoy as part of breakfast.

**CHOCOLATE CHIA PUDDING
WITH STRAWBERRIES**



MAKES 4 SERVINGS

INGREDIENTS

- 2 cups unsweetened almond milk
- 1/2 cup chia seeds
- 6 Tbsp. unsweetened cocoa powder
- 2 Tbsp. pure maple syrup
- 1 tsp. pure vanilla extract
- 4 tsp. dried strawberries (or 4 Tbsp. chopped fresh strawberries)

DIRECTIONS

Combine almond milk, chia seeds, cocoa powder, maple syrup, and extract in a large bowl; whisk vigorously for 2 minutes, or until cocoa powder is incorporated, and pudding is well blended. Let stand at room temperature for 30 minutes; mix well. Refrigerate, covered, for 4 hours or overnight, mixing after 2 hours. Divide evenly into four small serving bowls; top each serving with 1 tsp. dried strawberries.

Time: 10 minutes

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

2B Mindset Plate It: Enjoy as a treat. Be sure to track it.



MEXICAN TOFU BREAKFAST SCRAMBLE

INGREDIENTS

- 1 tsp. olive oil
- ½ onion, finely chopped
- ½ green bell pepper, finely chopped
- ½ red bell pepper, finely chopped
- ¼ tsp. ground coriander
- ¼ tsp. ground cumin
- ¼ tsp. sea salt
- 1 dash turmeric
- 1 cup cooked black beans
- 7 oz extra firm tofu, drained, mashed
- 2 Tbsp. fresh cilantro, finely chopped
- ¼ cup fresh tomato salsa
- ½ tomato, chopped
- ½ avocado, chopped

DIRECTIONS

Heat oil in nonstick skillet over medium-high heat. Add onion and bell peppers; cook, stirring frequently, for 4 to 6 minutes, or until onion is translucent. Add coriander, cumin, salt, turmeric, black beans, and tofu; cook, stirring frequently, for 3 to 4 minutes, or until heated through. Divide tofu mixture between two serving plates. Top evenly with cilantro, salsa, tomato, and avocado. Serve immediately.

Time: 25 minutes

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

2B Mindset Plate It: A great breakfast option.



Lunch
Recipes

CURRIED QUINOA WITH CASHEW AND MANGO



MAKES 1 SERVING

Time: 22 minutes

Portion Fix Containers: 1 Purple, 1½ Yellow, 1 Blue, ½ tsp.
2B Mindset Plate It: Makes a great FFC side as part of
breakfast or lunch.

INGREDIENTS

- ½ tsp. extra-virgin coconut oil
- ¼ medium onion, finely chopped
- 1 very thin slice fresh ginger, peeled and finely chopped
- ½ clove garlic, finely chopped
- ¼ to ½ tsp. curry powder
- 1 dash Himalayan salt (or sea salt)
- ⅔ cup cooked quinoa
- ¼ cup frozen peas
- 2 Tbsp. coarsely chopped raw cashews
- 2 Tbsp. chopped fresh cilantro
- ¼ medium ripe mango chopped

DIRECTIONS

Heat oil in medium saucepan over medium-high heat. Add onion; cook, stirring frequently, for 3 to 5 minutes, or until translucent. Add ginger, garlic, curry powder and salt; cook, stirring frequently, for 2 minutes, or until fragrant. Add quinoa and peas; cook, stirring frequently, for 2 minutes, or until well mixed and heated through. Remove from heat; let stand for 5 minutes. Stir in cashews and cilantro; serve warm topped with mango.

BUDDHA BOWL WITH SPRING VEGETABLES



MAKES 4 SERVINGS

Time: 45 minutes

Portion Fix Containers: 2 Green, 2 Yellow, ½ Orange,
3½ tsp.
2B Mindset Plate It: A great lunch option.

INGREDIENTS

- Parchment paper
- 2 Tbsp. tahini
- 3 Tbsp. fresh lemon juice
- 2 Tbsp. water
- ½ tsp. ground turmeric
- ½ tsp. pure maple syrup
- ¼ tsp. hot pepper sauce (optional)
- ¼ tsp. sea salt (or Himalayan salt)
- ¼ tsp. ground black pepper
- 2 Tbsp. + 2 tsp. olive oil, divided use
- 2 cups 2-inch asparagus pieces
- 2 cups sliced zucchini
- 2 cups cooked quinoa
- 2 cups chickpeas, drained, rinsed
- 2 cups raw baby spinach
- 2 cups halved cherry tomatoes
- 2 Tbsp. hemp seeds
- 2 Tbsp. sesame seeds
- 1 cup fresh sprouts

DIRECTIONS

Preheat oven to 425° F. Line large baking sheet with parchment paper. Set aside. To make dressing, place tahini, lemon juice, water, turmeric, maple syrup, hot pepper sauce (if desired), salt, and pepper in food processor (or blender); cover. Pulse to blend. Slowly add 2 Tbsp. oil as food processor is running. Process until smooth and well blended. Set aside. Place asparagus and zucchini on prepared baking sheet. Drizzle with remaining 2 tsp. oil; mix well. Spread evenly on baking sheet. Bake for 12 to 15 minutes, turning once, or until tender-crisp. Cool. Divide quinoa, chickpeas, spinach, tomatoes, asparagus, zucchini, hemp seeds, and sesame seeds evenly between four bowls. Drizzle evenly with dressing. Garnish with sprouts.



BLACK BEAN VEGGIE TOSTADAS

INGREDIENTS

- 4 (8-inch) whole-wheat tortillas
- Nonstick cooking spray
- 3 tsp olive oil, divided use
- 4 garlic cloves finely chopped
- 1 (15-oz.) can black beans, drained, rinsed
- ½ cup low-sodium vegetable broth
- 2 Tbsp. fresh cilantro, finely chopped
- 4 cups finely shredded leaf lettuce
- 2 medium tomatoes, chopped
- 1½ tsp . fresh lime juice
- ½ medium ripe avocado, sliced

DIRECTIONS

Preheat oven to 400° F. Lightly coat both sides of tortillas with spray. Place tortillas in single layer on two large baking sheets. Bake for 6 to 8 minutes, or until golden. Set aside. While tortillas are baking, heat 1 tsp. oil in large nonstick skillet over medium-high heat. Add garlic; cook, stirring frequently, for about 1 minute, or until golden. Add beans; cook, stirring frequently, for about 2 minutes, or until heated through. Add broth and cilantro; cook, stirring occasionally, for 3 to 4 minutes, or until heated through. Mash bean mixture with a potato masher into a chunky purée. Remove skillet from heat. Cover and set aside. Place lettuce and tomatoes in a medium bowl. Drizzle lime juice and remaining 2 tsp. oil over salad; toss gently to blend. Set aside. To serve, place a tortilla on each serving plate. Top evenly with beans, salad, and avocado.

Time: 25 minutes

Portion Fix Containers: 1½ Green, 2 Yellow, ½ Blue, ½ tsp.

2B Mindset Plate It: Add a protein for a great breakfast or lunch option.



*Dinner
Recipes*

TEMPEH WITH LEMON GARLIC BROCCOLINI



MAKES 2 SERVINGS

Time: 23 minutes

Portion Fix Containers: 1½ Green, 1 Red, ½ tsp.
2B Mindset Plate It: A great lunch or dinner option.

INGREDIENTS

- Hot water
- 2 bunches broccolini,
remove and discard
bottom third of stems
- 1 tsp. extra-virgin coconut oil
- 6 oz. soy tempeh,
cut into strips
- 1 dash sea salt
(or Himalayan salt)
- ½ tsp. ground cumin
- 4 cloves garlic,
coarsely chopped
- 2 Tbsp. fresh lemon juice
- ¼ tsp. no-salt Italian seasoning

DIRECTIONS

Boil water in steamer or large saucepan over high heat. Reduce heat to medium-high. Place broccolini in steamer basket; cook for 2 to 3 minutes, or until tender-crisp. Place in ice water bath to stop cooking process. Set aside. Heat oil in medium skillet over medium heat. Add tempeh. Season with salt and cumin; cook for 2 to 3 minutes on each side, or until golden brown. Remove from skillet. Keep warm, and set aside. Add garlic to skillet; cook, stirring frequently, for 1 minute. Add broccolini; cook, stirring frequently, for 1 minute, or until heated through. Evenly divide broccolini between two serving plates. Evenly drizzle with lemon juice and sprinkle with Italian seasoning. Top with tempeh; serve immediately.

BLACK BEAN CHILI



MAKES 6 SERVINGS

Time: 29 minutes

Portion Fix Containers: ½ Green, 1½ Yellow,
½ tsp.
2B Mindset Plate It: Serve with a side salad or
veggies for a great lunch option.

INGREDIENTS

- 1 Tbsp. olive oil
- 1 medium onion, chopped
- 1 clove garlic, chopped
- 3 cups low-sodium vegetable broth
- 4 oz. all-natural tomato paste
- 1 (4-oz.) can diced green chiles
(with liquid)
- ½ tsp. ground cumin
- ½ tsp. chili powder
- 1 (15-oz.) can black beans,
drained, rinsed
- 1 (15-oz.) can cannellini beans,
drained, rinsed

DIRECTIONS

Heat oil in medium saucepan over medium-high heat. Add onion and garlic; cook, stirring frequently, for 3 to 4 minutes, or until tender. Add broth, tomato paste, chiles, cumin, chili powder, black beans, and cannellini beans. Bring to a boil. Reduce heat to low; cook at a gentle boil, stirring occasionally, for 15 minutes. Ladle evenly into six serving bowls.



PAELLA WITH EGGPLANT AND MUSHROOMS

INGREDIENTS

1 cup dry brown rice
2 cups low-sodium vegetable broth
1 pinch saffron
1 Tbsp. olive oil
4 medium shallots, chopped
2 cloves garlic, finely chopped
1 medium red bell pepper, chopped
1 medium green bell pepper, chopped
1 cup small whole mushrooms
½ cup cubed eggplant
10 medium black olives
10 medium green olives
¼ tsp. sea salt (or Himalayan salt)
Ground black pepper (to taste; optional)
½ tsp. ground cumin
1 lb. medium tomatoes, chopped
½ cup fresh or frozen green peas

DIRECTIONS

Heat rice, broth, and saffron in medium saucepan over medium-high heat. Bring to a boil. Reduce heat to maintain a gentle boil; cook, covered, for 45 to 50 minutes. Keep covered the entire time or rice will not cook evenly. While rice is cooking, heat oil in a large ovenproof saucepan over medium-high heat. Add shallots, garlic, bell peppers, mushrooms, and eggplant; cook, stirring frequently, for 5 to 6 minutes, or until bell peppers are tender. Add olives, salt, pepper (if desired), and cumin; cook for 1 minute. Preheat oven to 400° F. Add rice, tomatoes, and peas to bell pepper mixture; mix well. Bake for 10 minutes, or until heated through.

Time: 1 hour and 22 minutes

Portion Fix Containers: 1 Green, 3 Yellow, ½ Orange, 1 tsp.
2B Mindset Plate It: A great FFC and veggie as part of lunch.



BARBECUE SPAGHETTI SQUASH SLIDERS

INGREDIENTS

- Parchment paper
- 1 medium spaghetti squash (about 3 lbs.)
- 2 Tbsp olive oil, divided use
- ¼ tsp. sea salt (or Himalayan salt)
- ¼ tsp. ground black pepper
- 2 cups shredded green cabbage
- 1 cup shredded red cabbage
- ¼ cup vegan mayonnaise
- 1 tsp. Dijon mustard
- 1 dash ground celery seed (optional)
- 1 dash ground black pepper
- 1 medium onion, finely chopped
- 1 tsp. garlic powder
- ½ tsp. ground cumin
- ½ tsp. ground paprika
- ¼ tsp. crushed red pepper flakes optional
- 2 Tbsp. low-sodium organic vegetable broth
- ¼ cup smoked barbecue sauce, no sugar added
- 12 small whole-grain dinner rolls cut in half lengthwise, toasted (if desired)
- 24 thinly-sliced low sodium pickles

DIRECTIONS

Preheat oven to 375° F. Line large baking sheet with parchment paper. Set aside. Cut spaghetti squash in half lengthwise. Remove seeds and membrane. Place spaghetti squash, cut side up, on baking sheet. Evenly drizzle with 1 Tbsp. oil. Season with salt and pepper. Place cut side down. Bake for 40 to 45 minutes, or until tender. While spaghetti squash is baking, make coleslaw by combining green and red cabbage, mayonnaise, mustard, celery seed (if desired), and white pepper in a medium bowl; mix well. Refrigerate, covered, until ready to use. Heat remaining 1 Tbsp. oil in large nonstick skillet over medium-high heat. Add onion; cook, stirring frequently, for 4 to 5 minutes, or until onion is translucent. Add garlic powder, cumin, paprika, and red pepper flakes (if desired); cook, stirring constantly, for 2 minutes. Add broth; cook, stirring frequently, for 1 minute. Remove from heat. Set aside. Scrape spaghetti squash flesh into stringy noodles. Add to skillet; cook, over medium-high heat, stirring frequently, for 1 to 2 minutes, or until broth is absorbed. Add barbecue sauce; cook, stirring constantly, for 3 to 4 minutes, or until well coated and heated through. Evenly top each bottom roll with spaghetti squash mixture, coleslaw, 2 pickles, and top roll; serve immediately.

Time: 1 hour and 20 minutes

Portion Fix Containers: 2 Green, 2 Yellow, 2 tsp.

2B Mindset Plate It: A veggie and FFC as part of lunch.

A photograph of a white bowl filled with a fresh salad. The salad contains sliced tomatoes, red onions, green cilantro leaves, and golden-brown tortilla chips. A lime wedge is placed on the right side of the bowl. The bowl sits on a light blue napkin, which is on a wooden surface. A silver fork and knife are visible in the foreground. The text "Snack Recipes" is overlaid in a black, cursive font across the center of the image.

Snack Recipes

MAPLE CHAI ROASTED CHICKPEAS



MAKES 6 SERVINGS

Time: 48 minutes

Portion Fix Containers: 1 Yellow, ½ tsp.

2B Mindset Plate It: An FFC as part of breakfast, lunch, or snack(tional).

INGREDIENTS

- 2 cups chickpeas, drained, rinsed, dried
- 1 Tbsp. olive oil
- 1 Tbsp. pure maple syrup
- ½ tsp. ground ginger
- ½ tsp. ground cinnamon
- ¼ tsp. ground cardamom
- ¼ tsp. ground cloves
- ¼ tsp. sea salt (or Himalayan salt)
- ¼ tsp. ground black pepper

DIRECTIONS

Preheat oven to 400° F. Combine chickpeas, oil, maple syrup, ginger, cinnamon, cardamom, cloves, salt, and pepper in a medium bowl; toss gently to blend. Place chickpeas on large baking sheet in a single layer. Bake for 35 to 38 minutes, shaking baking sheet every 10 minutes, until brown and crunchy.

CHUNKY RAINBOW SALSA



MAKES 8 SERVINGS

Time: 15 minutes

Portion Fix Containers: ½ Green, ½ Blue.

2B Mindset Plate It: Makes a great veggie- and FFC-filled accessory to pair with lunch or snack(tional).

INGREDIENTS

- 1 tomato, coarsely chopped
- 1 green bell pepper, coarsely chopped
- 1 mango, peeled, cut into ¾-inch cubes
- 1 medium red onion, coarsely chopped
- Fresh cilantro, to taste, finely chopped
- 2 Tbsp. fresh lime juice
- 1 medium avocado, cut into ¾-inch cubes

DIRECTIONS

Combine tomato, bell pepper, mango, onion, cilantro, and lime juice in a medium bowl; mix well. Gently fold in avocado. Serve immediately.

VEGAN LIME CHEESECAKE CUPS



MAKES 12 SERVINGS

Time: 3 hours and 15 minutes

Portion Fix Containers: ½ Yellow, ½ Blue, 1½ tsp.

2B Mindset Plate It: An occasional treat. Be sure to track it.

INGREDIENTS

- ½ cup raw cashews
- 1 cup water
- 14 oz. soft silken tofu
- ¼ cup fresh lime juice
- ½ cup pure maple syrup
- 1 tsp. pure vanilla extract
- 1 Tbsp. lime zest
- ⅓ cup extra-virgin coconut oil
- 12 4-oz. Mason jars (or small cups)

DIRECTIONS

Place cashews and water in a small bowl; cover and refrigerate overnight. Drain. Place drained cashews, tofu, lime juice, maple syrup, extract, and lime peel in blender; pulse until blended, scraping down the sides with a spatula as needed. With blender running, add oil; blend until well mixed. Divide tofu mixture evenly between Mason jars or small cups; chill for 2 to 3 hours. Serve cold.

GROCERIES

PRODUCE

½ cup fresh (or frozen) blueberries
2 mangos
1 lime
2 cups cherry tomatoes
6 tomatoes
2 avocado
3 onions
1 red onion
4 shallots
1½ red bell pepper
2½ green bell pepper
4 cups shredded leaf lettuce
2 cups raw baby spinach
2 cups shredded green cabbage
1 cup shredded red cabbage
1 cup fresh sprouts
2 bunches broccolini
1 lb. asparagus
2 cups zucchini
1 cup small whole mushrooms
½ cup cubed eggplant
1 medium spaghetti squash
(about 3 lbs.)
10 medium black olives
10 medium green olives
½ cup fresh or frozen green peas
1 head of garlic
Fresh ginger
Fresh cilantro

PROTEIN

14 oz. soft silken tofu
7 oz extra firm tofu
6 oz. soy tempeh
1 (15-oz.) can cannellini beans
3 (15-oz.) can black beans
3 (15-oz.) can chickpeas

PANTRY

Vanilla Plant-Based Vegan
Shakeology
Café Latte Plant-Based Vegan
Shakeology
Nonstick cooking spray
Extra-virgin coconut oil
Olive oil
Brown rice
Quinoa
Lemon juice
Lime juice
Hot pepper sauce
Unsweetened cocoa powder
Pure maple syrup
Pure vanilla extract
Sea salt (or Himalayan salt)
Ground black pepper
Ground celery seed
Ground cardamom
Ground cinnamon
Ground cloves
Ground ginger
Ground coriander
Ground paprika
Ground cumin
Garlic powder
Curry powder
Chili powder
Turmeric
Saffron
No-salt Italian seasoning
Crushed red pepper flakes
Parchment paper
12 4-oz. Mason jars
(or small cups)

OTHER

3 cups unsweetened almond
milk
6 cups low-sodium vegetable
broth
4 (8-inch) whole-wheat tortillas
12 small whole-grain dinner rolls
4 oz. all-natural tomato paste
1 (4-oz.) can diced green chiles
(with liquid)
Low-sodium pickles
Vegan mayonnaise
Dijon mustard
Smoked barbecue sauce,
no sugar added
2 Tbsp. tahini
2 Tbsp. coarsely chopped raw
cashews
½ cup raw cashews
¼ cup fresh tomato salsa
½ cup chia seeds
2 Tbsp. hemp seeds
2 Tbsp. sesame seeds
4 tsp. dried strawberries
(or 4 Tbsp. chopped fresh
strawberries)
½ cup sliced frozen peaches
¼ cup frozen peas