



Fall

Meal

Plan



Breakfast



Banana Berry Smoothie



Chocolate Almond Spice Shakeology



Banana Berry Smoothie



Chocolate Almond Spice Shakeology



Avocado Toast With Tomatoes



Coffee Cake Overnight Oats



Repeat Your Favorite

Lunch



Breaded Chicken Tenders and Broccolini



Arugula Salad With Peaches and Mozzarella



Turkey Tamale Pie



Breaded Chicken Tenders and Broccolini



Arugula Salad With Peaches and Mozzarella



Turkey Tamale Pie



Repeat Your Favorite

Dinner



Turkey Taco Salad



Chicken Breast With Sautéed Mushrooms



Leftovers



Asparagus and Egg Salad



Leftovers



Shrimp Noodle Bowl



Leftovers

Snacks



Spicy Sweet Potato Fries



Chocolate Matcha Energy Balls



Mini Apple Pies



Spicy Sweet Potato Fries



Chocolate Matcha Energy Balls



Mini Apple Pies



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.



Breakfast Recipes

BANANA BERRY SMOOTHIE



MAKES 1 SERVING

INGREDIENTS

- 1 cup unsweetened almond milk
- 1 cup ice
- 1 scoop Strawberry Shakeology
- ½ cup fresh or frozen raspberries
- ¼ large banana, cut into chunks

DIRECTIONS

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

Time: 5 minutes

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

2B Mindset Plate It: A great FFC and protein as part of breakfast.

CHOCOLATE ALMOND SPICE SHAKEOLOGY



MAKES 1 SERVING

INGREDIENTS

- 1 cup unsweetened almond milk
- 1 cup ice
- 1 scoop Chocolate Shakeology
- 2 tsp. all-natural almond butter
- 1 Tbsp. sliced almonds
- 1 tsp. pure maple syrup
- ½ tsp. ground nutmeg

DIRECTIONS

Place almond milk, ice, Shakeology, almond butter, almonds, maple syrup, and nutmeg in blender; cover. Blend until smooth.

Time: 5 minutes

Portion Fix Containers: 1 Red, ½ Blue, 3 tsp.

2B Mindset Plate It: Add an FFC to make a great breakfast.

AVOCADO TOAST WITH TOMATOES



MAKES 1 SERVING

INGREDIENTS

- ¼ medium ripe avocado, mashed
- 1 dash sea salt (or Himalayan salt)
- 1 dash ground black pepper
- ½ tsp. lime juice
- 1 slice sprouted whole-grain bread, toasted
- ½ cup halved cherry tomatoes

DIRECTIONS

Combine avocado, salt, pepper, and lime juice in a small bowl; mash until well mixed and slightly chunky.

Spread avocado onto toast; top with tomatoes.

Time: 10 minutes

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

2B Mindset Plate It: Makes a great FFC and accessory as part of breakfast or lunch



COFFEE CAKE OVERNIGHT OATS

INGREDIENTS

½ cup dry rolled oats, divided
use

1 Tbsp. chopped pecans,
toasted

1 tsp. coconut oil

1 tsp. coconut sugar

½ tsp. ground cinnamon,
divided use

1 scoop Vanilla Shakeology

1 Tbsp. chia seeds

1 pinch ground nutmeg

1 cup unsweetened almond
milk

Time: 1 hour and 5 minutes

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

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

DIRECTIONS

To make crumble topping, heat a medium
pan over medium heat. Add 2 Tbsp. oats
and pecans; toast, stirring occasionally until
pecans are fragrant, about 2 minutes.

Remove from heat.

Add sugar, butter, and ¼ tsp. cinnamon; stir
until butter is melted and everything is
coated. Transfer to a small airtight
container; set aside at room temperature
until ready to serve.

Add remaining ¼ cup + 2 Tbsp. oats,
remaining ¼ tsp. cinnamon, Shakeology,
chia seeds, and nutmeg to a 16 oz. jar (or
sealable container); stir to combine.

Add almond milk; mix well. Seal lid;
refrigerate for one hour or up to overnight.
Sprinkle with crumble topping just before
serving. Store refrigerated in an airtight
container for up to 24 hours.



Lunch Recipes



BREADED CHICKEN TENDERS AND BROCCOLINI

INGREDIENTS

¼ cup whole-wheat flour
½ cup whole-wheat panko breadcrumbs
8 Tbsp. Parmesan cheese,
grated, divided use
1 tsp. dried parsley
½ tsp. garlic powder
1 dash sea salt (or Himalayan salt)
½ tsp. ground black pepper
½ cup fresh lemon juice
1 tsp. lemon zest
4 cloves garlic, finely chopped
¼ cup unsalted butter, melted
1 lb. raw chicken tenders
1 Tbsp. lemon-pepper seasoning (salt-free)
12 oz. broccolini
1 medium lemon, sliced (optional)

Time: 47 minutes

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

2B Mindset Plate It: Add more veggies or a side
salad to make a great lunch.

DIRECTIONS

Preheat oven to 400° F.

Line large sheet pan with parchment paper. Set
aside.

Place flour on a medium plate. Set aside.

Combine bread crumbs, 6 Tbsp. cheese, dried
parsley, garlic powder, salt, and pepper in a small
bowl; mix well. Transfer to a plate. Set aside.
Combine lemon juice, lemon peel, garlic, and butter
in a medium bowl; mix well. Put aside ¼ cup of
lemon juice mixture.

Dip each chicken tender in flour, completely coating,
then lemon juice mixture, then bread crumbs;
coating each evenly on all sides. Place chicken on
prepared baking sheet. (Discard any lemon juice
mixture that has been used with raw chicken.)

Sprinkle with lemon pepper.

Bake for 10 minutes, turn chicken tenders.

Place broccolini on the side of the pan. Drizzle
broccolini with 2 Tbsp. reserved lemon juice mixture
and sprinkle with remaining 2 Tbsp. cheese. Top
chicken with lemon slices if desired. Bake for 10 to
12 minutes, or until chicken is no longer pink in the
middle, and broccolini is tender-crisp.

Drizzle chicken with remaining 2 Tbsp. lemon juice
mixture right before serving.



INGREDIENTS

8 cups arugula
2 medium ripe peaches,
sliced
1 oz. fresh mozzarella
cheese, thickly sliced
1 Tbsp. extra-virgin olive oil
3 Tbsp. balsamic vinegar

DIRECTIONS

Place arugula on a large
serving plate.
Top with peaches and
cheese.
Drizzle salad evenly with oil
and vinegar.
Serve immediately.

Time: 10 minutes

Portion Fix Containers: 2 Green, ½ Purple, ½ Blue, ½ tsp.
2B Mindset Plate It: Makes a great veggie and FFC side as part of lunch.



INGREDIENTS

1 tsp extra-virgin olive oil
1 medium onion, chopped
1 medium red bell pepper,
chopped
1 lb. raw 93% lean ground
turkey
1 (15½-oz.) can diced
tomatoes, no salt added
2 Tbsp tomato paste, no
sugar added
1 Tbsp ground chili powder
½ tsp ground cumin
¾ tsp sea salt(or
Himalayan salt), divided
use
2½ cups water, hot
1 cup fine cornmeal
½ cup shredded cheddar
cheese (2 oz.)
2 medium jalapenos, seeds
and veins removed, finely
chopped (optional)
1 cup frozen corn kernels

DIRECTIONS

Preheat oven to 375° F.
Heat oil in a 10-inch cast-iron (or
ovenproof) skillet over medium-high
heat.
Add onion, bell pepper, and turkey; cook,
stirring frequently, for 6 to 8 minutes, or
until turkey is cooked through.
Add tomatoes, tomato paste, chili
powder, cumin, and ¼ tsp. salt. Bring to
a boil, stirring frequently. Reduce heat
to medium; cook, stirring frequently, for
10 to 15 minutes, or until sauce has
thickened. Remove from heat. Coat
sides of pan with spray.
While turkey mixture is cooking, boil
water in medium saucepan over high
heat.
Add cornmeal; cook, stirring constantly,
for 2 to 3 minutes, or until cornmeal has
thickened. Remove from heat.
Add remaining ½ tsp. salt, cheese,
jalapenos (if desired), and corn; mix
well. Spread evenly over turkey mixture.
Bake for 40 to 45 minutes, or until top is
golden brown and turkey mixture is
bubbling. Let sit for 10 minutes before
serving.

Time: 1 hour and 31 minutes

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

2B Mindset Plate It: Serve with a veggie side to
make a great lunch.



Dinner Recipes



TURKEY TACO SALAD

INGREDIENTS

2 tsp. extra-virgin olive oil
1 lb. raw 93% lean ground turkey
1 Tbsp. low-sodium taco seasoning
¼ cup water
8 (6-inch) corn tortillas, cut into strips
½ medium ripe avocado
1 Tbsp. lemon juice
1 dash garlic powder
Sea salt (or Himalayan salt) (to taste; optional)
6 cups shredded lettuce
4 medium tomatoes, chopped

Time: 34 minutes

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

2B Mindset Plate It: A great lunch option.
Replace tortillas with more veggies for dinner.

DIRECTIONS

Heat oil in medium nonstick skillet over medium heat.

Add turkey; cook, stirring frequently, for 5 to 7 minutes, or until no longer pink.

Add taco seasoning and water; cook, stirring frequently, for 5 to 8 minutes, or until most water has evaporated. Remove from heat. Set aside.

Heat a medium nonstick skillet pan over medium high heat. Lightly coat skillet with spray. Add tortilla strips; cook, stirring constantly, for 3 to 4 minutes, or until crisp and golden brown. Set aside.

Mash avocado in a small bowl with a fork. Add lemon juice, garlic powder, and salt (if desired); mix well.

Divide lettuce evenly between four serving bowls. Top with turkey mixture, tomatoes, avocado mixture, and tortilla strips; serve immediately.



CHICKEN BREAST WITH SAUTÉED MUSHROOMS

MAKES 4 SERVINGS

Time: 48 minutes

Portion Fix Containers: 1 Green, 1 Red.
2B Mindset Plate It: Add more veggies and an FFC for a great lunch. Add more veggies for a great dinner.

INGREDIENTS

1½ tsp extra-virgin olive oil,
divided use
4 (4-oz) raw chicken breasts,
boneless, skinless
4 medium shallots, chopped
4 cloves garlic, chopped
1 lb. sliced mushrooms
1 Tbsp chopped fresh rosemary
2 Tbsp dry sherry (optional)
½ cup low-sodium chicken broth
Sea salt (or Himalayan salt) and
ground black pepper (to taste;
optional)

DIRECTIONS

Heat 1 tsp oil in medium skillet over medium-high heat.
Add chicken; cook for 3 minutes on each side. Remove from pan. Keep warm.
Heat remaining ½ tsp oil over medium-high heat.
Add shallots; cook, stirring frequently, for 3 to 4 minutes, or until translucent.
Add garlic; cook, stirring frequently, for 1 minute.
Add mushrooms and rosemary; cook, stirring occasionally, for 10 minutes, or until mushrooms release all their liquid.
Add sherry (if desired) and broth. Season with salt and pepper, if desired; cook, stirring occasionally, for 10 minutes.
Add chicken; cook for 5 minutes, or until chicken is no longer pink in the middle.
Place a chicken breast on each of four serving plates. Top with mushroom mixture.



ASPARAGUS AND EGG SALAD

MAKES 4 SERVINGS

Time: 25 minutes

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

INGREDIENTS

2 lbs. asparagus
2 Tbsp. sherry vinegar
1 Tbsp. finely chopped shallot
½ tsp. sea salt (or Himalayan salt)
1 Tbsp. + 1 tsp. extra-virgin olive oil
2 tsp. Dijon mustard
1–2 Tbsp. water
4 large hard-boiled eggs, finely chopped, divided use
3 Tbsp. capers, drained, chopped
¼ cup chopped fresh parsley, divided use
Ground black pepper (to taste)

DIRECTIONS

Fill a large bowl with water and ice cubes. Set aside.
Bring a medium pot of water to a boil over medium-high heat.
Carefully place steamer basket in pot.
Add asparagus; steam for 5 to 6 minutes, or until tender. Drain; add to prepared ice bath for 5 minutes, or until cool. Drain; set aside.
Add vinegar, shallot, and salt to a small mixing bowl; let stand for 2 to 3 minutes. Add oil and mustard; whisk until well combined. Add 1 Tbsp. water at a time, whisking consistently, until desired consistency is reached.
Add 3 eggs, capers, and 3 Tbsp. parsley; stir to combine.
Place asparagus on a serving plate; pour dressing over spears. Using clean hands (or tongs), coat spears evenly with dressing. Sprinkle remaining 1 egg and remaining 1 Tbsp. parsley over top.
Season with pepper. Serve at room temperature.



SHRIMP NOODLE BOWL

INGREDIENTS

20 raw medium shrimp, cleaned and deveined, tail on (about 6 oz.)

10 tsp. low-sodium fish sauce

Ground black pepper

½ tsp. ground turmeric

8 oz. dry rice noodles

1 cup bean sprouts

1 medium cucumber, cut into matchstick-sized pieces

1 medium carrot, cut into matchstick-sized pieces

4 lettuce leaves, chopped

2 Tbsp. fresh cilantro leaves

2 Tbsp. chopped fresh mint leaves

2 Tbsp. chopped fresh Thai basil leaves

¼ cup chopped raw peanuts

2 Tbsp. raw honey

3 Tbsp. lime juice

DIRECTIONS

Combine shrimp, pepper, and turmeric in a small bowl; cover. Refrigerate for 30 minutes.

Cook rice noodles in water according to package directions. Drain; set aside.

Preheat grill or broiler on high.

Grill or broil shrimp for 3 to 5 minutes, or until shrimp is opaque and firm.

Evenly divide rice noodles between four serving bowls.

Top evenly with bean sprouts, cucumber, carrot, lettuce, cilantro, mint, and basil. Set aside.

To make broth, combine ¾ cup hot water, ¼ cup fish sauce, honey, and lime juice; mix well.

Top each bowl evenly with broth and sprinkle with peanuts; serve immediately.

Time: 20 minutes

Portion Fix Containers: 1 Green, ½ Red, 2½ Yellow, ½ Blue.
2B Mindset Plate It: A great lunch option. Replace noodles with more veggies for dinner.



Snack Recipes

SPICY SWEET POTATO FRIES



MAKES 3 SERVINGS

Time: 45 minutes

Portion Fix Containers: 1 Yellow, 2 tsp.
2B Mindset Plate It: An FFC as part of
breakfast or lunch.

INGREDIENTS

2 large sweet potatoes,
peeled, cut into ½-inch
thick lengthwise batons
2 Tbsp. extra-virgin
olive oil
1 Tbsp. chili powder
Sea salt (or Himalayan
salt) (to taste; optional)

DIRECTIONS

Heat oven to 400° F.
Place sweet potatoes in a
large bowl. Drizzle with oil;
toss gently to coat.
Season with chili powder and
salt; toss gently to coat.
Spread potatoes in a single
layer on a baking sheet lined
with parchment paper.
Bake for 20 to 30 minutes,
turning once, until brown and
tender.
Cool for 5 minutes before
serving.

CHOCOLATE MATCHA ENERGY BALLS



MAKES 14 SERVINGS

Time: 10 minutes

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

INGREDIENTS

½ cup pitted Medjool
dates
½ cup whole almonds
¼ cup Chocolate
Shakeology
2 Tbsp. unsweetened
matcha powder,
divided use
1 tsp. pure vanilla
extract
1 tsp. pure maple syrup

DIRECTIONS

Place dates, almonds,
Shakeology, and 1 Tbsp.
matcha in food processor.
Pulse until well mixed.
Add extract and maple syrup.
Pulse until well mixed.
Roll into 14 balls about the
size of a Tbsp.
Roll balls in remaining 1 Tbsp.
matcha.
Serve immediately, or store in
an airtight container in the
refrigerator for up to five days.



MINI APPLE PIES

INGREDIENTS

FOR CRUST:

2 $\frac{2}{3}$ cups crumbled graham crackers
2 Tbsp. pure maple syrup
 $\frac{1}{4}$ cup + 2 Tbsp. coconut oil

FOR FILLING:

3 $\frac{1}{2}$ cups chopped apples,
peeled, cored
1 cup water
 $\frac{1}{2}$ cup coconut sugar
 $\frac{3}{4}$ tsp. ground cinnamon
 $\frac{1}{2}$ tsp. ground nutmeg
1 dash sea salt (or Himalayan salt)
 $\frac{1}{4}$ cup cornstarch + $\frac{1}{4}$ cup water
(combine to make a slurry)
2 Tbsp. lemon juice

Time: 25 minutes + 2 hours to chill

Portion Fix Containers: $\frac{1}{2}$ Purple, $\frac{1}{2}$
Yellow, $\frac{1}{2}$ tsp.

2B Mindset Plate It: Enjoy as an occasional
treat. Be sure to track.

DIRECTIONS

Line muffin pan with muffin papers. Coat with spray. Set
aside.

Place graham crackers in a food processor or blender;
cover. Pulse until fine. Add syrup and oil; pulse until
thoroughly combined.

Place 1 heaping Tbsp. of crust mixture into each muffin
cup and press down firmly with fingers to mold crust
mixture against the bottom of each cup. Place muffin pan
in the freezer.

Add apples, water, sugar, cinnamon, nutmeg, and salt to a
medium saucepan. Reduce heat to low and simmer 8 to
10 minutes, or until apples are soft.

Add cornstarch slurry to apple mixture, whisking
constantly, until mixture thickens, about 30 seconds.

Remove pan from heat.

Add lemon juice to apple mixture and stir to combine; set
aside to cool. Place apple mixture in refrigerator and chill
until it reaches room temperature, about 30 minutes.

Remove muffin pan from freezer. Spoon approximately $\frac{1}{4}$
cup apple mixture into each muffin cup.

Place muffin pan in refrigerator and chill until apple
mixture has set, about 2 hours.

Serve immediately, or store refrigerated in an airtight
container for up to 5 days.

SHOPPING LIST

PRODUCE

- 1 large banana
- 6 small baking apples
- 2 medium peaches
- 2 medium lemons
- 1 medium ripe avocado
- 4 medium tomatoes
- 1 cup cherry tomatoes
- 1 medium red bell pepper
- 1 medium onion
- 1 medium shallot
- 4 lettuce leaves
- 4 lettuce leaves
- 8 cups arugula
- 12 oz. broccolini
- 4 medium shallots
- 1 cup bean sprouts
- 1 lb. sliced mushrooms
- 2 lbs. asparagus
- 1 medium cucumber
- 1 medium carrot
- 2 large sweet potatoes
- 2 medium jalapenos
- 1 head garlic
- Fresh parsley
- Fresh cilantro leaves
- Fresh mint leaves
- Fresh Thai basil leaves
- Fresh rosemary

DAIRY

- 2 cartons unsweetened almond milk
- 2 oz. shredded cheddar cheese
- 1 oz. fresh mozzarella cheese
- 8 Tbsp. Parmesan cheese
- ¼ cup unsalted butter

PANTRY

- Vanilla Shakeology
- Chocolate Shakeology
- Strawberry Shakeology
- Extra-virgin olive oil
- Extra-virgin coconut oil
- Balsamic vinegar
- Sherry vinegar
- Low-sodium fish sauce
- Dijon mustard
- Lemon juice
- Lime juice
- Pure vanilla extract
- Pure maple syrup
- Raw honey
- All-natural almond butter
- Dry rolled oats
- Whole-wheat flour
- Fine cornmeal
- Cornstarch
- Coconut sugar
- Sea salt (or Himalayan salt)
- Ground black pepper
- Ground cumin
- Ground chili powder
- Ground turmeric
- Ground nutmeg
- Ground cinnamon
- Garlic powder
- Dried parsley
- Lemon-pepper seasoning (salt-free)
- Low-sodium taco seasoning

OTHER

- Dry sherry
- 1 carton low-sodium chicken broth
- 3 Tbsp. capers
- 1 (15½-oz.) can diced tomatoes, no salt added
- 2 Tbsp tomato paste, no sugar added
- 8 oz. dry rice noodles
- 8 (6-inch) corn tortillas
- 1 slice sprouted whole-grain bread
- Whole-wheat panko breadcrumbs
- 2⅔ cups crumbled graham crackers
- ½ cup pitted Medjool dates
- ¼ cup chopped raw peanuts
- 1 Tbsp. chopped pecans
- ½ cup whole almonds
- 1 Tbsp. sliced almonds
- 1 Tbsp. chia seeds
- Unsweetened matcha powder
- ½ cup fresh or frozen raspberries
- 1 cup frozen corn kernels

PROTEIN

- ½ dozen large eggs
- 6 oz. raw medium shrimp
- 4 (4-oz) raw chicken breasts, boneless, skinless
- 1 lb. raw chicken tenders
- 2 lbs. raw 93% lean ground turkey