



MEAL PLAN

June

WEEK 4

Breakfast



Chocolate
Blackberry
Shakeology



Frozen
Margarita
Smoothie



Chocolate
Blackberry
Shakeology



Frozen
Margarita
Smoothie



Banana Cream
Pie Chia
Pudding



Red Pepper and
Sweet Potato
Frittata



Repeat Your
Favorite

Lunch



Orange and
Jicama Salad



Quinoa Chicken
Salad in a Jar



Avocado Burger
with Turnip Fries



Orange and
Jicama Salad



Quinoa Chicken
Salad in a Jar



Avocado Burger
with Turnip Fries



Repeat Your
Favorite

Dinner



Spicy Fish
Tacos



Stuffed Mini
Peppers



Leftovers



Chicken
Sausage with
Summer
Veggies



Leftovers



Honey Mustard
Salmon and
Asparagus



Leftovers

Snacks



Chocolate
Peanut Butter
Popsicles



Cookie Dough
Energy Balls



Spaghetti
Squash Fritters



Chocolate
Peanut Butter
Popsicles



Cookie Dough
Energy Balls



Spaghetti
Squash Fritters



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**

CHOCOLATE BLACKBERRY SHAKEOLOGY



MAKES 1 SERVING

INGREDIENTS

- 1 cup unsweetened almond milk beverage
- 1 cup ice
- 1 scoop Chocolate Shakeology
- 1 cup frozen blackberries
- 1 tsp. cacao nibs

DIRECTIONS

Place almond milk, ice, Shakeology, blackberries, and cacao nibs in blender; cover. Blend until smooth.

Time: 5 minutes

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

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

FROZEN MARGARITA SMOOTHIE



MAKES 1 SERVING

INGREDIENTS

- 1 cup unsweetened coconut milk beverage
- 1 cup ice
- 1 scoop Vanilla Shakeology
- $\frac{1}{2}$ cup frozen pineapple
- $\frac{1}{4}$ cup fresh lime juice
- 2 tsp. lime zest
- 1 dash sea salt

DIRECTIONS

Place coconut milk beverage, ice, Shakeology, pineapple, lime juice, and lime zest in blender; cover. Blend until smooth.

Time: 5 minutes

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

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

BANANA CREAM PIE CHIA PUDDING



MAKES 1 SERVING

INGREDIENTS

- 1 cup unsweetened almond milk
- 1 scoop Vanilla Shakeology
- 2 Tbsp. chia seeds
- $\frac{1}{2}$ cup reduced-fat plain Greek yogurt
- $\frac{1}{2}$ large banana, sliced

DIRECTIONS

Add almond milk, chia seeds, and Shakeology to a 16-oz. jar (or sealable container); stir until well mixed and no lumps remain. Seal jar and refrigerate at least 4 hours (or overnight). Top with yogurt and banana just before serving. Store refrigerated in an airtight container for up to 24 hours.

Time: 4 hours and 5 minutes

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

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



RED PEPPER AND SWEET POTATO FRITTATA

INGREDIENTS

- 2 tsp. olive oil
- 3 medium zucchini, thinly sliced
- 1 medium red bell pepper,
chopped
- ½ medium onion, chopped
- 1 small cooked sweet potato, cut
into 1-inch cubes
- ¼ cup chopped fresh basil,
(reserve a small amount for
garnish)
- ¼ tsp sea salt or Himalayan salt
- 6 large eggs, lightly beaten

Time: 34 minutes

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

2B Mindset Plate It: Double the
serving size or add an additional
protein and FFC for a great breakfast.

DIRECTIONS

- Heat oil in 10-inch nonstick skillet over
medium heat.
- Add zucchini, bell pepper, and onion; cook,
stirring frequently, for 2 minutes, or until
zucchini is tender.
- Add sweet potato, basil, and salt. Increase
heat to medium-high; cook, stirring
frequently, for about 30 to 60 seconds, or
until the moisture has evaporated. Reduce
heat to medium-low.
- Add eggs. Mix well; cook, without stirring,
for about 2 to 3 minutes, or until the
bottom is light golden. As it cooks, lift the
edges and tilt skillet so uncooked eggs
flow to the edges.
- Reduce heat to low; continue cooking,
covered, for 10 to 12 minutes, or until
knife inserted in center comes out clean.
- Garnish with basil; serve immediately.

A close-up photograph of a fresh salad served on a dark, rectangular plate. The salad is composed of bright orange segments, sliced almonds, green leafy vegetables, and thin shreds of orange and red bell peppers. The plate is set on a green and yellow striped placemat. An orange banner with white text is overlaid across the middle of the image.

Lunch **RECIPES**



ORANGE AND JICAMA SALAD

INGREDIENTS

¼ cup 100% orange juice
2 Tbsp. fresh lime juice
2 Tbsp. red wine vinegar
2 tsp. extra-virgin olive oil
4 medium oranges , peeled,
separated into sections
8 oz. jicama , peeled, cut into
matchstick-sized pieces
4 cups chopped romaine lettuce
4 cups chopped red leaf lettuce
1 Tbsp. toasted pine nuts

DIRECTIONS

Combine orange juice, lime juice,
vinegar, and oil in a small bowl;
whisk to blend.
Add oranges and jicama; mix well.
Let sit, covered, for 30 minutes.
Combine romaine and red leaf
lettuce in a large serving bowl; mix
well.
Add orange mixture and pine nuts;
toss gently to blend.
Divide evenly between four serving
plates.

Time: 15 minutes

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

2B Mindset Plate It: Makes a great veggie and FFC side as part of lunch.

QUINOA CHICKEN SALAD IN A JAR



MAKES 4 SERVINGS

Time: 20 minutes

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

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

INGREDIENTS

3 Tbsp. balsamic vinegar
2 Tbsp. fresh lemon juice
1/2 tsp. pure maple syrup
1 tsp. Dijon mustard
1 Tbsp. + 1 tsp. olive oil,
extra virgin
2 cups cooked quinoa
4 cups cucumbers, sliced
4 cups cherry tomatoes,
halved
3 cups grilled chicken
breast, boneless, skinless,
sliced
1/2 cup crumbled feta
cheese

DIRECTIONS

To make dressing, combine vinegar, lemon juice, and maple syrup in a medium bowl; whisk to blend.

Add mustard; mix well. Slowly add oil while whisking; mix well. Evenly divide dressing between 4 one-quart Mason jars.

Set aside.

Evenly layer quinoa, cucumbers, tomatoes, chicken, and cheese on top of dressing in jars.

Serve immediately or cover and refrigerate for up to 3 days. Shake before serving.

AVOCADO BURGER WITH TURNIP FRIES



MAKES 1 SERVING

Time: 55 minutes

Portion Fix Containers: 2 Green, 1 Red, 1/2
Yellow, 1 Blue

2B Mindset Plate It: Makes a great lunch.

INGREDIENTS

2 large turnips, peeled, cut
into approx. 1/2 x 4-inch
sticks
1 tsp. olive oil
1/4 tsp. garlic powder,
divided use
1 dash sea salt (or
Himalayan salt)
1/4 tsp. ground black
pepper, divided use
1 (4-oz.) raw lean ground
beef patty
1/2 whole-grain hamburger
bun
1/4 medium ripe avocado,
mashed
Fresh tomato salsa
(optional)

DIRECTIONS

Preheat oven to 425° F.

Line baking sheet with parchment paper. Set aside.

Combine turnips and oil in a medium bowl; mix well.

Add 1 dash garlic powder, salt, and 1 dash pepper; toss gently to blend.

Spread turnips evenly on prepared baking sheet. Bake for 42 to 45 minutes, or until crispy on the outside and tender on the inside.

While turnips are baking, season patty with remaining 1 dash garlic powder and remaining 1 dash pepper. Set aside. Heat small nonstick skillet (or nonstick grill pan), lightly coated with spray, over medium-high heat.

Add patty; cook for 4 to 5 minutes on each side, or until no longer pink in the middle. (Cooking a frozen patty might take longer.)

Top bun with avocado, patty, and salsa (if desired); serve immediately with turnip fries and enjoy!



Dinner **RECIPES**

SPICY FISH TACOS



MAKES 4 SERVINGS

Time: 30 minutes

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

2B Mindset Plate It: Add a side salad or veggies to make a great lunch option. Replace the tortilla with veggies for dinner.

INGREDIENTS

- 2 Tbsp. reduced-fat plain yogurt
- 3 Tbsp. fresh lime juice, divided use
- 3 Tbsp. finely chopped cilantro, divided use
- 1 medium tomato, chopped
- ½ medium onion, chopped
- 1 medium jalapeño, seeds and veins removed, chopped (optional)
- 1 lb. cod, washed, patted dry
- sea salt (or Himalayan salt) (to taste; optional)
- 4 (6-inch) whole-wheat tortillas, warm
- 1 cup shredded cabbage
- 4 lime wedges, (for garnish; optional)

DIRECTIONS

- Preheat grill or broiler on high.
- To make yogurt sauce, combine yogurt, 2 Tbsp. lime juice, and 1 Tbsp. cilantro in a small bowl; mix well. Set aside.
- To make salsa, combine tomato, onion, jalapeño (if desired), and 1 Tbsp. cilantro in a small bowl; mix well. Set aside.
- Season fish with salt if desired.
- Grill or broil fish for 4 to 5 minutes on each side, or until fish flakes easily when tested with a fork.
- Evenly top tortillas with fish, cabbage, and remaining 1 Tbsp. cilantro.
- Drizzle with remaining 1 Tbsp. lime juice, and yogurt sauce; garnish with lime wedges. Serve with salsa.

STUFFED MINI PEPPERS



MAKES 4 SERVINGS

Time: 44 minutes

Portion Fix Containers: 1 Red, 1 Green
2B Mindset Plate It: Makes a great protein option!

INGREDIENTS

- ¼ medium onion, finely chopped
- 2 cloves garlic, finely chopped
- 12 oz. raw 93% lean ground turkey
- ¾ cup fresh salsa
- ¼ tsp. chili powder
- 1 (1-lb.) bag sweet mini-peppers, stems and seeds removed, cut in half
- 1 medium jalapeño pepper, seeded, finely chopped (optional)
- 2 Tbsp. chopped fresh cilantro (optional)

DIRECTIONS

- Preheat oven to 400° F.
- Line large baking sheet with parchment paper; set aside.
- Heat a medium nonstick skillet, coated with spray, over medium/high heat. Add onion; cook, stirring frequently, 3 to 4 minutes, until onion is translucent.
- Add garlic and turkey; cook 4 to 5 minutes, stirring to break turkey into crumbles, until no longer pink.
- Add salsa and chili powder; cook, stirring occasionally, 4 to 5 minutes, or until most of the liquid has evaporated.
- Arrange peppers on baking sheet. Spoon 2 to 3 tsp. turkey mixture into each pepper; pack lightly. Bake for 15 minutes.
- Garnish with jalapeño and cilantro (if desired).
- Divide evenly among four plates; serve immediately, or store refrigerated in an airtight container for up to four days.



CHICKEN SAUSAGE WITH SUMMER VEGGIES

INGREDIENTS

2 tsp. olive oil
2 Tbsp. balsamic vinegar
2 Tbsp fresh lime juice
2 cloves garlic, chopped
Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)
1 lb. green beans, ends removed
2 medium zucchini, sliced
2 medium summer squash, sliced
1 cup halved cherry tomatoes
1 medium green bell pepper, sliced
1 medium red onion, sliced
4 cooked chicken sausages, sliced
2 Tbsp chopped fresh basil

DIRECTIONS

To make marinade, combine oil, vinegar, lime juice, and garlic in a medium bowl; whisk to blend.

Season with salt and pepper, if desired; whisk to blend. Set aside.

Place green beans, zucchini, summer squash, tomatoes, bell pepper, and onion in a re-sealable plastic bag (or large bowl). Add marinade; shake to blend. Let sit for 30 minutes.

Preheat grill or broiler to high.

Place veggie mixture on a large sheet pan (or broiler pan). Add sausages; mix well. Spread out evenly.

Grill or broil for 4 to 8 minutes, turning occasionally, until vegetables begin to soften.

Sprinkle with basil before serving.

Time: 58 minutes

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

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



HONEY MUSTARD SALMON AND ASPARAGUS

INGREDIENTS

2 lbs. mini bell peppers, assorted
colors

1 lb. medium asparagus spears,
ends trimmed (approx. 30
spears)

1/2 tsp. dill

1/4 tsp. parsley

1/4 tsp. paprika

1 tsp. fresh lemon juice (optional)

2 (6-oz. ea.) raw salmon filets

1 tsp. garlic powder (optional)

2 tsp. Dijon mustard

2 tsp. raw honey

Time: 45 minutes

Portion Fix Containers: 2 Green, 1 Red, 1
tsp.

2B Mindset Plate It: Makes a great dinner.

DIRECTIONS

Preheat oven to 400° F.

Place parchment paper on one large baking
sheet and one small baking sheet. Lightly coat
with spray. Set aside.

Spread bell peppers and asparagus spears
evenly on large baking sheet. Season with
seasoning blend and drizzle asparagus with
lemon juice, if desired. Lightly coat veggies with
spray.

Bake veggies for 10 minutes.

While veggies are baking, top small baking sheet
with salmon and sprinkle with garlic powder, if
desired. Spread mustard evenly over salmon and
drizzle with honey.

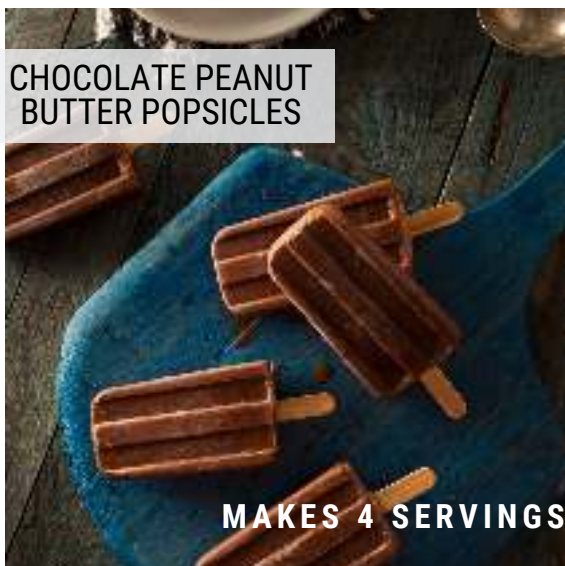
Place salmon in oven. Bake veggies for an
additional 10 to 20 minutes, or until tender-crisp.

Bake salmon for 15 to 20 minutes, or until
salmon flakes easily when tested with a fork.

Serve salmon with veggies.



Snack **RECIPES**



CHOCOLATE PEANUT
BUTTER POPSIDLES

MAKES 4 SERVINGS

Time: 3 hours and 10 minutes
Portion Fix Containers: ½ Red, 1 tsp.
2B Mindset Plate It: Enjoy as a snacktional.

INGREDIENTS

1 cup reduced-fat milk
2 scoops Chocolate
Shakeology
1 Tbsp. + 1 tsp. all-
natural peanut butter

DIRECTIONS

Place milk, Shakeology,
and peanut butter in
blender; cover. Blend until
smooth.
Pour evenly into four ice
pop molds; freeze until
hard.
Serve immediately or
freeze in an airtight
container up to 5 days
until ready to eat.



COOKIE DOUGH
ENERGY BALLS

MAKES 13 SERVINGS

Time: 15 minutes
Portion Fix Containers: 1 Yellow, 1½ tsp.
2B Mindset Plate It: Enjoy as an occasional
treat. Be sure to track it.

INGREDIENTS

½ cup all-natural
almond butter
¼ cup raw honey
½ cup almonds, finely
chopped
2¼ scoops Vanilla
Shakeology
2 Tbsp. mini semi-
sweet chocolate chips

DIRECTIONS

Combine almond butter,
honey, almonds,
Shakeology, and
chocolate chips in a
medium bowl; mix well.
Roll into 13 balls, about 1-
inch in diameter each.
Serve immediately, or
store in an airtight
container in the
refrigerator for up to five
days.

SPAGHETTI SQUASH FRITTERS



INGREDIENTS

2 cups cooked spaghetti squash, well-drained
½ cup onion, finely chopped
2 cloves garlic, finely chopped
2 Tbsp. chives, finely chopped
2 large eggs, lightly beaten
1½ tsp. lemon zest
½ cup panko breadcrumbs
2 Tbsp. cornstarch
½ tsp. sea salt
(or Himalayan salt)
½ cup Parmesan cheese, grated

DIRECTIONS

Preheat oven to 425° F.
Line baking sheet with parchment paper.
Lightly coat with olive oil cooking spray.
Set aside
Combine spaghetti squash, onion, garlic, chives, eggs, lemon zest, bread crumbs, cornstarch, salt, and cheese in a large bowl; mix until thoroughly combined.
Form spaghetti squash mixture into 12 ¼-cup patties. Place patties on prepared pan.
Lightly coat tops with spray. Bake for 15 minutes, turning patties over after 7 minutes.

Time: 25 minutes

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

2B Mindset Plate It: Enjoy as a snack.

SHOPPING LIST

PRODUCE

- 1 large banana
- 4 medium oranges
- 1 medium lemon
- 2 medium limes
- 1 medium avocado
- 1 medium tomato
- 5 cups cherry tomatoes
- 2 medium onions
- 1 medium red onion
- 1 medium red bell pepper
- 3 lbs. mini bell peppers
- 1 medium green bell pepper
- 4 cups chopped romaine lettuce
- 4 cups chopped red leaf lettuce
- 1 cup shredded cabbage
- 4 cups cucumbers
- 5 medium zucchini
- 1 small sweet potato
- 1 large spaghetti squash
- 2 medium summer squash
- 8 oz. jicama
- 2 large turnips
- 2 medium jalapeño peppers
- 1 lb. medium asparagus spears
- 1 lb. green beans
- 1 head garlic
- Fresh cilantro
- Fresh chives
- Fresh basil

PANTRY

- Vanilla Shakeology
- Chocolate Shakeology
- Extra-virgin olive oil
- Balsamic vinegar
- Red wine vinegar
- Lemon juice
- Lime juice
- Dijon mustard
- All-natural peanut butter
- All-natural almond butter
- Pure maple syrup
- Raw honey
- Cornstarch
- Sea salt (or Himalayan salt)
- Ground black pepper
- Ground paprika
- Garlic powder
- Chili powder
- Dried parsley
- Dried dill

PROTEIN

- ½ dozen large eggs
- 1 lb. cod
- 2 (6-oz. ea.) raw salmon filets
- 12 oz. raw 93% lean ground turkey
- 3 cups grilled chicken breast, boneless, skinless
- 4 cooked chicken sausages
- 1 (4-oz.) raw lean ground beef patty

OTHER

- ¼ cup 100% orange juice
- 4 (6-inch) whole-wheat tortillas
- 1 small pack whole-grain hamburger buns
- Panko breadcrumbs
- 2 cups cooked quinoa
- 1 Tbsp. toasted pine nuts
- 2 Tbsp. chia seeds
- ½ cup almonds
- 2 Tbsp. mini semi-sweet chocolate chips
- 1 tsp. cacao nibs
- ½ cup frozen pineapple
- 1 cup frozen blackberries
- Fresh tomato salsa

DAIRY

- 1 container unsweetened coconut milk beverage
- 1 container unsweetened almond milk
- 1 container reduced-fat milk
- 1 container reduced-fat plain yogurt
- 1 container reduced-fat plain Greek yogurt
- ½ cup grated Parmesan cheese
- ½ cup crumbled feta cheese