



# MEAL PLAN

## Autumn



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.

A close-up photograph of a glass filled with a light-colored, bubbly liquid, likely lime juice, with a thick layer of white foam on top. A white straw is inserted into the glass. Two lime slices are garnishing the rim. In the foreground, a whole lime and a half-sliced lime are resting on a wooden cutting board. The background is blurred green foliage.

# Breakfast RECIPES



### 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.



### INGREDIENTS

- 1 cup unsweetened coconut milk beverage
- 1 cup ice
- 1 scoop Vanilla Shakeology
- ½ cup frozen pineapple
- ¼ 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: ½ Purple, 1 Red, 1 tsp.  
2B Mindset Plate It: Makes a great protein and FFC as part of breakfast or lunch.



### INGREDIENTS

- 1 cup unsweetened almond milk
- 1 scoop Vanilla Shakeology
- 2 Tbsp. chia seeds
- ½ cup reduced-fat plain Greek yogurt
- ½ 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, 1½ 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.



# Lunch RECIPES



# ORANGE AND JICAMA SALAD

## INGREDIENTS

- 1/4 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,  $\frac{1}{2}$  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!

A white plate is filled with a meal. A large, perfectly cooked salmon fillet with distinct white stripes is the central focus. It is served with several green asparagus spears and a few lemon wedges. The plate is set against a light-colored wooden background.

# 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,  $\frac{1}{2}$  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.

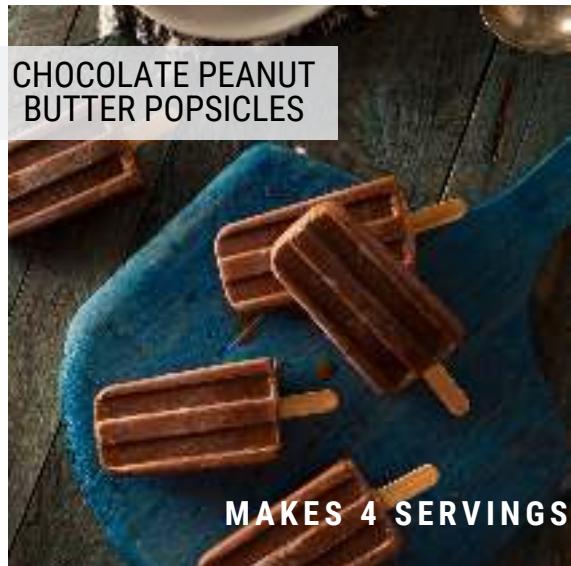
2B Mindset Plate It: Makes a great dinner.

## 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



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.



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  
2½ 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

## OTHER

- $\frac{1}{4}$  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
- $\frac{1}{2}$  cup almonds
- 2 Tbsp. mini semi-sweet chocolate chips
- 1 tsp. cacao nibs
- $\frac{1}{2}$  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
- $\frac{1}{2}$  cup grated Parmesan cheese
- $\frac{1}{2}$  cup crumbled feta cheese

## PROTEIN

- $\frac{1}{2}$  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