May

WEEK 3 MEAL PLAN

Breakfast

Peanut Butter and Jelly Shakeology

Groovy Green Smoothie

Peanut Butter and Jelly Shakeology

Groovy Green Smoothie

Baked Egg in Avocado

Multi-Grain Banana Pancakes

Repeat Your Favorite

Lunch

Turkey Ramen

Edamame and Radish Salad

Baked Moroccan Chicken

Turkey Ramen

Edamame and Radish Salad

Baked Moroccan Chicken

Repeat Your Favorite

Dinner

Roasted Cauliflower Steaks

Fish Tacos with Mango Salsa

Leftovers

Lemon Garlic Chicken Thighs

Leftovers

Philly Cheese Steak Sliders

Leftovers

Snacks

Watermelon Fruit Pizza

Baked Pretzel Chips

Vegan Cashew Queso Sauce

Watermelon Fruit Pizza

Baked Pretzel Chips

Vegan Cashew Queso Sauce

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

Time: 10 minutes
Portion Fix Containers: ½ Purple, 1 Red, 3 tsp.
2B Mindset Plate It: This recipe makes a great breakfast option.

INGREDIENTS

1 cup unsweetened almond milk
1 cup ice
1 scoop Vanilla Shakeology
½ cup fresh red grapes
2 tsp. all-natural peanut butter

DIRECTIONS

Place almond milk, ice, Shakeology, grapes, and peanut butter in blender; cover. Blend until smooth.

Time: 10 minutes
Portion Fix Containers: 1 Green, ½ Purple, 1 Red, 1 Blue, 1 tsp.
2B Mindset Plate It: A great protein and FFC as part of breakfast (with bonus veggies!) or lunch.

INGREDIENTS

1 cup unsweetened almond milk
1 cup ice
1 scoop Vanilla Shakeology
1 scoop Beachbody Collagen Boost
1 medium kiwifruit, peeled, chopped
1 cup fresh kale, chopped
¼ medium ripe avocado
1 tsp. finely chopped orange zest

DIRECTIONS

Place almond milk, ice, Shakeology, Collagen, kiwi, kale, avocado, and orange peel in blender; cover. Blend until smooth.

Time: 40 minutes
Portion Fix Containers: ½ Red, 1 Blue.
2B Mindset Plate It: A great protein as part of breakfast

INGREDIENTS

2 medium avocados, cut in half, seeds removed
4 large eggs
½ tsp. sea salt (or Himalayan salt)
½ tsp. ground black pepper
2 tsp. red bell pepper
2 tsp. finely chopped chives

DIRECTIONS

Preheat oven to 425º F. Remove enough avocado flesh from center of each avocado half, using a small spoon, to accommodate one egg. (This is usually about half the avocado flesh.) Make four nests to bake avocados in using a 12 x 12-inch sheet of aluminum foil for each nest. Crumble each piece of foil into a loose ball, place on baking sheet, and gently press down in center using skin-side of an avocado half until it forms a snug and stable nest. Crack one egg into each avocado half. Season evenly with salt and pepper. Top evenly with finely chopped bell pepper. Bake for 20 minutes for runny yolks, 25 minutes for semi-firm yolks, or 30 minutes for firm yolks. Plate one avocado cup per serving. Garnish evenly with chives and enjoy!

MULTI-GRAIN BANANA PANCAKES

INGREDIENTS

1 large egg, lightly beaten
1 Tbsp. extra-virgin organic coconut oil, melted
1 cup reduced-fat (2%) milk
¼ cup reduced-fat (2%) plain yogurt
1 large very ripe banana, mashed
1 Tbsp. raw honey
½ cup whole-wheat flour
½ cup all-purpose flour
¼ cup dry rolled oats
3 Tbsp. wheat bran
2 Tbsp. chopped raw almonds
1½ tsp. baking soda
½ tsp. sea salt (or Himalayan salt)
Nonstick cooking spray
4 tsp. pure maple syrup

DIRECTIONS

Combine egg, oil, milk, yogurt, banana, and honey in a medium bowl; whisk to blend. Set aside. Combine flours, oats, bran, almonds, baking soda, and salt in a medium bowl; mix well. Add flour mixture to egg mixture; mix until just blended. Heat large nonstick skillet, lightly coated with spray, on medium-high heat. Spoon about ¼ cup batter into skillet for each pancake; cook for 1 to 2 minutes or until bubbles form on top. Flip with spatula and cook for 30 seconds. Repeat with remaining batter. Serve pancakes topped evenly with maple syrup.

Time: 30 minutes
Portion Fix Containers: ½ Purple, 2½ Yellow, 1 tsp.
2B Mindset Plate It: An FFC as part of breakfast.

Lunch Recipes

Time: 22 minutes
Portion Fix Containers: 1 Green, 1 Red, 1 Yellow, 1 tsp.
2B Mindset Plate It: Add a side salad or more veggies to make a great lunch.

INGREDIENTS

1 tsp. extra-virgin organic coconut oil
1 cup shredded carrots
4 cloves garlic, chopped
4 cups low-sodium organic chicken broth
2 Tbsp. reduced-sodium soy sauce
1 Tbsp. red miso paste
1 Tbsp. + 1 tsp fresh ginger, finely chopped
2 cups cooked ramen noodles
1 cup shiitake mushrooms, thinly sliced
1 cup bok choy, coarsely chopped
1 cup Napa cabbage, thinly sliced
2¼ cups turkey breast, shredded and roasted
1 tsp. sesame oil
2 hard-boiled large eggs, cut in half
2 green onions, thinly sliced (for garnish; optional)

DIRECTIONS

Heat coconut oil in large skillet over medium heat. Add carrots and garlic; cook, stirring frequently, for 1 to 2 minutes. Set aside. Heat broth and combine with soy sauce, miso paste, and ginger in a large measuring cup; whisk to blend. Set aside. Divide noodles evenly between 4 serving bowls. Top evenly with carrot mixture, mushrooms, bok choy, cabbage, and turkey. Top evenly with broth mixture. Drizzle evenly with sesame oil. Top each bowl with half an egg and sprinkle with green onions (if desired); serve immediately.

Time: 17 minutes
Portion Fix Containers: 1 Green, 1 Yellow, 1 Blue, 1 tsp.
2B Mindset Plate It: A great veggie and protein as part of lunch or dinner.

INGREDIENTS

1 clove garlic, finely chopped
1 tsp fresh ginger, finely chopped
2 tsp raw honey
¼ cup rice vinegar
1 Tbsp. + 1 tsp olive oil
1 Tbsp. fresh lime juice
Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)
2 cups frozen shelled edamame, thawed
3 medium green onions, chopped
6 sprigs fresh parsley, chopped
8 medium radishes, thinly sliced
2 cups fresh arugula
1 medium avocado, chopped
2 tsp. sesame seeds

DIRECTIONS

To make dressing, combine garlic, ginger, honey, vinegar, oil, and lime juice in a small bowl. Season with salt and pepper if desired; whisk to blend. Set aside. Bring water to a boil in a saucepan over medium-high heat. Add edamame; cook for 1 to 2 minutes. Drain. Immediately place edamame in an ice bath to stop cooking process. Put edamame in the bowl until chilled. Remove and drain well. Drain well once cold. Set aside. Place edamame, green onions, parsley, radishes, arugula, and avocado in a medium bowl; toss gently to blend. Top with sesame seeds. Divide evenly between four serving bowls.

Time: 45 minutes
Portion Fix Containers: ½ Green, 1 Red, 1½ tsp.
2B Mindset Plate It: A great protein as part of lunch or dinner.

INGREDIENTS

4 (4-oz.) raw chicken breasts, boneless, skinless
1 Preserved Meyer Lemon, pulp removed, chopped
2 Tbsp olive oil
4 cloves garlic finely chopped
1 thin slice fresh ginger, finely chopped
1½ cups frozen artichoke hearts thawed
1 cinnamon stick (or ½ tsp. ground cinnamon)
1 tsp. ground black pepper
1 tsp. cumin seeds
1 tsp. paprika
1 tsp. crushed red pepper
¼ tsp. whole cloves
1 large pinch saffron

DIRECTIONS

Preheat oven to 450° F. Combine chicken, Preserved Lemon, oil, garlic, ginger, artichoke hearts, cinnamon, pepper, cumin, paprika, red pepper, cloves, and saffron in a large bowl; mix well. Arrange chicken mixture in a baking dish. Bake for 20 to 25 minutes, or until chicken is no longer pink in the middle. Serve chicken with couscous if desired.

Dinner Recipes

Time: 50 minutes
Portion Fix Containers: 2 Green, 1 tsp.
2B Mindset Plate It: Add protein for a great dinner option

INGREDIENTS

1 large cauliflower
4 tsp. olive oil, divided use
½ tsp. sea salt (or Himalayan salt), divided use
½ tsp. ground black pepper
2 Meyer lemons; 1 sliced into rounds, 1 finely chopped (including peel)
¼ cup finely chopped fresh Italian parsley
1 medium shallot, finely chopped
1 clove garlic, finely chopped

DIRECTIONS

Preheat the oven to 450° F. Trim 1-inch off end of cauliflower, leaving stem intact. Cut cauliflower into four ½-inch thick slices. Place cauliflower on a large baking sheet. Drizzle with 2 tsp. oil. Season with ¼ tsp. salt and ¼ tsp. pepper. Top with lemon slices. Bake for 20 minutes. Turn with a spatula. Bake for an additional 10 to 15 minutes, or until cauliflower is tender-crisp and browned. While cauliflower is baking, combine remaining 2 tsp. oil, chopped lemon, parsley, shallot, garlic, remaining ¼ tsp. salt, and remaining ¼ tsp. pepper in a medium bowl; mix well. Top each cauliflower steak with 1 heaping tsp. of lemon mixture.

Time: 30 minutes
Portion Fix Containers: ½ Green, ½ Red, 1 Yellow, ½ Blue.
2B Mindset Plate It: Enjoy as part of lunch.

INGREDIENTS

½ medium mango, chopped
¼ medium red onion, finely chopped
½ medium avocado, chopped
½ medium jalapeno pepper, seeds and veins removed, chopped
2 Tbsp. fresh cilantro, finely chopped
½ tsp. sea salt (or Himalayan salt), divided use
1 Tbsp. fresh lime juice
1 lb. raw tilapia, washed, patted dry
4 (6-inch) corn tortillas, warm
1 cup shredded red cabbage
4 lime wedges
(for garnish; optional)

DIRECTIONS

Preheat grill or broiler on high. To make mango avocado salsa, combine mango, onion, avocado, jalapeno, cilantro, ¼ tsp. salt, and lime juice in a medium bowl; toss gently to blend. Set aside. Season fish with remaining ¼ tsp. salt. Grill or broil fish for 3 to 5 minutes on each side, or until fish flakes easily when tested with a fork. Evenly top tortillas with fish, cabbage, and salsa. Serve with lime wedges.

Time: 2 hours 10 minutes

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

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

INGREDIENTS

½ cup fresh lemon juice
¼ cup raw honey
(or pure maple syrup)
1 Tbsp. Worcestershire sauce
6 cloves garlic, finely chopped
2 lbs. raw chicken thighs, boneless, skinless
(about 8 thighs)
Nonstick cooking spray
½ tsp. sea salt
(or Himalayan salt)
½ tsp. ground black pepper
Lemon wedges
(for garnish; optional)
Fresh parsley sprigs
(for garnish; optional)

DIRECTIONS

Combine lemon juice, honey, Worcestershire sauce, and garlic in a nonreactive dish. Add chicken; cover and marinate, in refrigerator, for 1 hour, turning occasionally. Preheat oven to 425° F. Remove chicken from dish, reserving marinade. Arrange in a shallow baking pan lightly coated with spray. Pour reserved marinade over chicken. Season with salt and pepper. Bake, basting the first 20 minutes with marinade, for 20 to 30 minutes, or until chicken is no longer pink in the middle and juices run clear. Discard any leftover marinade. Garnish with lemon wedges and parsley if desired.

Time: 31 minutes

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

2B Mindset Plate It: Serve with a side salad or veggies at lunch.

INGREDIENTS

2 tsp. olive oil
1 medium onion, sliced
1 medium bell pepper, sliced
8 oz. sliced mushrooms
1 Tbsp. fresh oregano, finely chopped (or 1 tsp. dried oregano leaves)
Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)
8 oz. raw lean beef sirloin, sliced very thin
¼ cup sliced banana peppers (optional)
2 oz. provolone cheese, thinly sliced
4 small whole-wheat rolls, split, toasted

DIRECTIONS

Heat oil in large nonstick skillet (or griddle) over medium-high heat. Add onion and bell pepper; cook, stirring frequently, for 3 to 5 minutes, or until onions are soft. Add mushrooms and oregano. Season with salt and pepper if desired; cook, stirring frequently, for 3 to 5 minutes, or until mushrooms are soft. Add sirloin; cook, stirring frequently, for 3 to 4 minutes, or until beef is cooked through. Top evenly with banana peppers (if desired) and cheese. Remove from heat; cover and let stand for 1 to 2 minutes, or until cheese is melted. Top buns evenly with meat mixture; serve immediately.

Snack Recipes

Time: 10 minutes
Portion Fix Containers: 1 Purple.
2B Mindset Plate It: Enjoy as an snack

INGREDIENTS

1½- inch thick-sliced fresh watermelon, cut into quarters
4 Tbsp. reduced-fat plain Greek yogurt
4 medium strawberries, sliced
2 Tbsp. fresh blueberries
¼ cup fresh blackberries
1 kiwifruit, cut into 4 slices
4 fresh mint leaves

DIRECTIONS

Spread each watermelon wedge with 1 Tbsp. yogurt. Top evenly with strawberries, blueberries, blackberries, and a kiwi slice. Garnish with mint leaves; serve immediately.

Time: 45 minutes
Portion Fix Containers: 1 Yellow.
2B Mindset Plate It: An FFC as part of lunch or snack.

INGREDIENTS

1 cup cooked brown rice
1 cup cooked quinoa
1 Tbsp. water
1 Tbsp. low-sodium soy sauce
½ tsp. coarse sea salt (or Himalayan salt)
Parchment paper
Nonstick cooking spray

DIRECTIONS

Preheat oven to 350° F.Lightly coat two 16 x 12-inch pieces of parchment paper with spray. Set aside. Place rice, quinoa, water, and soy sauce in food processor; process until mixture forms a smooth paste. Place rice mixture on the spray-coated side of one piece of parchment paper. Top with second piece of parchment paper, spray-coated side down. Roll parchment paper with rolling pin until rice mixture is very thin and has evenly spread to the edges of the parchment paper. Place parchment paper onto large baking sheet. Remove top piece of parchment paper and discard. Sprinkle rice mixture with water. Bake for 30 to 35 minutes, rotating pan after 15 minutes, or until brown and crisp. Cool and then break into pieces.

Time: 20 minutes
Portion Fix Containers: ½ Yellow, 1 Blue.
2B Mindset Plate It: A great accessory with any meal.

INGREDIENTS

1 cup raw cashews
3 cups water, divided use
2 Tbsp. tomato paste, no sugar-added
1 tsp. chili powder
½ tsp. ground smoked paprika
⅓ cup nutritional yeast
¾ tsp. sea salt (or Himalayan salt)
2 Tbsp. fresh lemon juice

DIRECTIONS

Place cashews and 2 cups water in a medium bowl. Let soak for up to 3 hours. Rinse and drain. Place drained cashews, remaining 1 cup water, tomato paste, chili powder, paprika, yeast, salt, and lemon juice in a blender (or food processor); cover. Blend until smooth, scraping down sides of blender if needed. Add additional water if needed. Keep refrigerated for up to five days.

GROCERIES

PRODUCE

Bananas
Oranges
Lemons
Limes
Mangos
Kiwis
Watermelon
Strawberries
Blueberries
Blackberries
Red grapes
Cauliflower
Onions
Red onions
Green onions
Shallots
Chives
Radishes
Arugula
Bell peppers
Jalapeno pepper
Red cabbage
Shredded carrots
Mushrooms
Kale
Avocados
Shiitake mushrooms
Bok choy
Napa cabbage
Garlic
Fresh ginger
Fresh mint leaves
Fresh cilantro
Fresh parsley
Fresh oregano
(or dried oregano)

PANTRY

Vanilla Shakeology
Nonstick cooking spray
Extra-virgin organic coconut oil
Olive oil
Rice vinegar
Low-sodium soy sauce
Lemon juice
Lime juice
Low-sodium organic chicken broth
Whole-wheat flour
All-purpose flour
Dry rolled oats
Brown rice
Quinoa
Pure maple syrup
Raw honey
All-natural peanut butter
Baking soda
Sea salt (or Himalayan salt)
Ground black pepper
Cumin seeds
Chili powder
Crushed red pepper
Saffron
Smoked paprika
Paprika
Whole cloves
Cinnamon stick
(or ground cinnamon)

OTHER

Raw cashews
Raw almonds
Sesame seeds
Sesame oil
Red miso paste
Ramen noodles
Wheat bran
Nutritional yeast
Tomato paste, no sugar-added
Preserved Meyer Lemon
Frozen artichoke hearts
Frozen shelled edamame
Beachbody Collagen Boost

PROTEIN

Raw chicken breasts,
boneless, skinless
Raw chicken thighs,
boneless, skinless
Raw lean beef sirloin
Shredded roasted turkey breast
Raw tilapia
Eggs

DAIRY

Unsweetened almond milk
Reduced-fat (2%) milk
Reduced-fat (2%) plain yogurt
Reduced-fat plain Greek yogurt
Provolone cheese