



July Meal Plan

JUNE 29 - JULY 5

Breakfast



Sweet Creamy
Coffee
Smoothie



Carrot Cake
Smoothie



Sweet Creamy
Coffee
Smoothie



Carrot Cake
Smoothie



Avocado Toast
With Pumpkin
Seeds



Breakfast
Banana Muffins



Repeat Your
Favorite

Lunch



Pasta Fagioli
Soup



Chicken, Apple,
and Sweet
Potato Salad



Grilled Veggie
Quesadilla



Pasta Fagioli
Soup



Chicken, Apple,
and Sweet
Potato Salad



Grilled Veggie
Quesadilla



Repeat Your
Favorite

Dinner



Tempeh Power
Bowl



Healthier
Chicken
Cordon Bleu



Leftovers



Sweet and Sour
Pork



Leftovers



Mediterranean
Turkey Burgers



Leftovers

Snacks



Cheesy
Cauliflower
Nachos



Black Bean
Hummus



Cranberry Bliss
Bars



Cheesy
Cauliflower
Nachos



Black Bean
Hummus



Cranberry Bliss
Bars



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.

Shopping List

Produce

- 1 cup cubed fresh pineapple (or canned pineapple in juice)
- 1 apple
- 3½ bananas
- 2 mandarin oranges
- 1 tomato
- 3¼ ripe avocados
- 1 head cauliflower
- 8 cups mixed salad greens
- 1 head green leaf lettuce
- ¼ cucumber
- 3 carrots
- 2 red onions
- 1½ onion
- 1 Portobello mushroom
- 1½ red bell pepper
- 1 yellow bell pepper
- 1½ orange bell pepper
- 2 celery stalks
- 1 zucchini
- 1 summer squash
- 2 sweet potatoes
- 1 beet
- 1-2 jalapeños
- 10 cloves garlic
- Fresh ginger
- Fresh cilantro
- Fresh rosemary sprigs

Dairy

- 2¾ cup unsweetened almond milk
- ¾ cup reduced-fat (2%) Greek yogurt
- 2 oz. Swiss cheese
- ½ cup Neufchatel cheese
- 4 Tbsp. mozzarella cheese
- 4 Tbsp. soft goat cheese
- 8 Tbsp. crumbled feta cheese
- Shredded pepperjack cheese

Pantry

- Vanilla Shakeology
- Café Latte Shakeology
- Nonstick cooking spray
- Coconut oil
- Olive oil
- Sesame oil
- Balsamic vinegar
- Rice vinegar
- Reduced-sodium soy sauce
- Lemon juice
- Lime juice
- Dry rolled oats
- Whole-wheat flour
- Raw honey
- Cornstarch
- Baking powder
- Baking soda
- Sea salt or Himalayan salt
- Ground black pepper
- Ground cayenne pepper
- Ground cumin
- Crushed red pepper flakes
- Chili powder
- Garlic powder
- Onion powder
- Dried dill weed
- Dried oregano
- Ground cinnamon
- Pumpkin pie spice

Protein

- 4 large eggs
- 1½ lbs. raw chicken breast, boneless, skinless
- 1½ lbs. 93% lean ground turkey
- 1 lb. raw lean boneless pork loin
- 2 oz. extra-lean ham
- 12 oz. organic tempeh

Other

- Toothpicks
- Dry sherry wine
- 2 Tbsp. 100% orange juice
- 4 cups low-sodium organic chicken broth
- ¼ cup low-sodium organic vegetable broth
- 1 (15-oz.) can black beans
- 1 (15 oz.) can cannellini beans
- 1 (14.5 oz.) can green beans, no salt added
- 1 (14.5 oz.) can stewed tomatoes
- 3 Tbsp. tomato paste, no sugar added
- ¼ cup sun-dried tomatoes
- ½ cup crushed pineapple, in juice
- 2 Tbsp. unsweetened pineapple juice
- 3 Tbsp. tahini
- 4 tsp. prepared pesto sauce
- 2 oz. frozen spinach
- ½ cup unsweetened shredded coconut
- ½ cup all-natural smooth almond butter
- 1 Tbsp. stoneground mustard
- ⅓ cup unsweetened dried cranberries
- 4 slices whole-grain bread
- 4 (8-inch) whole wheat tortillas
- 4 oz. dry whole grain orzo
- ½ cup whole grain bread crumbs
- 1 cup whole-grain Panko bread crumbs
- ¼ cup raw pumpkin seeds
- 2 Tbsp. unsalted walnuts
- 2 Tbsp. raw pecan pieces
- ¼ cup chopped pecans

Sweet Creamy Coffee Smoothie



Ingredients

- 1/2 cup unsweetened almond milk
- 1/2 cup cold coffee
- 1 cup ice
- 1 scoop Café Latte Shakeology
- 1/2 large ripe banana, cut into chunks
- 1/4 medium ripe avocado, cut into chunks

Method

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

Time: 10 minutes

Serves: 1

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

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

Carrot Cake Smoothie



Ingredients

- 1 cup unsweetened almond milk
- 1 cup ice
- 1 scoop Vanilla Shakeology
- 1 medium carrot, cut into chunks
- 1/2 cup crushed pineapple, in juice
- 2 Tbsp. unsalted walnuts, chopped
- 1/2 tsp. ground cinnamon

Method

Place almond milk, ice, Shakeology, carrot, pineapple, walnuts, and cinnamon in blender; cover. Blend until smooth.

Time: 10 minutes

Serves: 1

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

2B Mindset Plate It: Makes a great breakfast with a bonus veggie.

Avocado Toast With Pumpkin Seeds

Ingredients

- 1 medium ripe avocado, mashed
- 1 dash sea salt
- (or Himalayan salt)
- 1 dash ground black pepper
- ½ tsp. crushed red pepper flakes (optional)
- 2 tsp. fresh lime juice
- 4 slices whole-grain bread, toasted
- ¼ cup raw pumpkin seeds, toasted

Time: 10 minutes

Serves: 4

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

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

Method

Combine avocado, salt, pepper, pepper flakes (if desired), and lime juice in a medium bowl; mash until well mixed and slightly chunky. Evenly spread avocado onto each slice of toast. Top evenly with pumpkin seeds.

Breakfast Banana Muffins

Ingredients

- Nonstick cooking spray (optional)
- 2 cups whole-wheat flour
- 2 tsp baking powder
- ½ tsp baking soda
- ½ tsp sea salt (or Himalayan salt)
- 1 large egg, lightly beaten
- ¼ cup honey
- ¾ cup unsweetened almond milk
- ¼ cup organic coconut oil, melted
- 1½ tsp pure vanilla extract
- 3 medium ripe bananas, mashed

Time: 38 minutes

Serves: 12

Portion Fix Containers: ½ Purple, 1 Yellow, 1 tsp.

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

Method

Preheat oven to 350° F. Prepare 12 muffin cups by lining with muffin papers or lightly coating with spray. Combine flour, baking powder, baking soda, and salt in a large bowl; mix well. Set aside. Combine egg, honey, almond milk, oil, and extract in a medium bowl; mix well. Add egg mixture to flour mixture; mix until just blended. Gently fold in bananas. Evenly divide batter among prepared muffin cups. Bake 18 to 23 minutes, or until tester inserted into the center comes out clean. Transfer muffins to rack; cool.

Chicken, Apple, and Sweet Potato Salad



Ingredients

- 6 Tbsp. balsamic vinegar
- 1 Tbsp. stoneground mustard
- 1 Tbsp. raw honey
- 6½ tsp. olive oil, divided use
- 8 oz. raw chicken breast, boneless, skinless, sliced
- 1 medium sweet potato, peeled, sliced
- 1 medium apple, peeled, cored, sliced
- ½ tsp. ground cinnamon
- Nonstick cooking spray
- 1 head green leaf lettuce, torn or chopped
- 2 Tbsp. crumbled feta cheese
- 2 Tbsp. raw pecan pieces, toasted

Method

Preheat oven to 425° F. Combine vinegar, mustard, and honey in a medium bowl; whisk to blend. Slowly add 6 tsp. oil, whisking continuously until blended. Place one third vinegar mixture in resealable bag. Add chicken; mix well. Marinate, refrigerated, for at least 2 hours. Set aside remaining vinegar mixture for salad dressing.

While chicken is marinating, combine sweet potato, apple, cinnamon, and remaining ½ tsp. oil in a medium bowl; toss to blend. Place on baking sheet lightly coated with spray. Bake for 10 minutes, turn, bake an additional 10 to 15 minutes, or until tender. Set aside to cool.

Remove chicken from marinade; discard used marinade. Place chicken on baking sheet lightly coated with spray. Bake for 8 to 12 minutes, or until cooked through. Set aside to cool. Combine lettuce, sweet potato mixture, chicken, cheese, and pecans; toss gently to blend. Drizzle with remaining dressing; toss gently to blend. Divide evenly between six serving plates.

Time: 2 hours and 52 minutes

Serves: 6

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

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

Pasta Fagioli Soup

Ingredients

- 1½ cups dry whole grain orzo.
- 2 tsp. olive oil
- 2 medium carrots, sliced
- 2 medium celery stalks, sliced
- 3 cloves garlic, thinly sliced
- 4 cups low-sodium organic chicken broth
- 1 (14.5 oz.) can green beans, no salt added
- 1 (15 oz.) can cannellini beans, drained, rinsed
- 1 (14.5 oz.) can stewed tomatoes
- 2 Tbsp. tomato paste, no sugar added
- 9 fresh rosemary sprigs, leaves removed and chopped, stems discarded
- Sea salt and ground black pepper

Method

Cook pasta according to package directions. Set aside.

Heat oil in large saucepan over medium-high heat. Add carrot and celery; cook, stirring frequently, for 4 to 5 minutes, or until soft. Add garlic; cook, stirring frequently, for 1 to 2 minutes, or until soft. Add broth. Bring to a boil. Reduce heat to medium. Add green beans, white beans, tomatoes, tomato paste, and rosemary. Season with salt and pepper if desired; gently boil, stirring occasionally, for 8 to 10 minutes. Add pasta; cook for 3 minutes. Serve immediately.

Time: 25 minutes

Serves: 8

Portion Fix Containers: 1 Green, 1 Yellow.

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

Grilled Veggie Quesadilla

Ingredients

- ½ red bell pepper, stem and seeds removed and discarded, cut into four pieces
- 1 Portobello mushroom, cut into ½-inch slices
- ½ onion, cut into ½-inch slices
- 1 zucchini, sliced diagonally into ¼-inch slices
- 1 summer squash, sliced diagonally into ¼-inch slices
- 2 tsp. olive oil divided use
- 4 (8-inch) whole wheat tortillas
- 4 tsp. prepared pesto sauce
- 4 Tbsp. mozzarella cheese (2 oz.)
- 4 Tbsp. soft goat cheese (2 oz.)

Method

Preheat grill or broiler to high. Brush bell pepper, mushroom, onion, zucchini, and summer squash with 1 tsp. oil. Grill or broil vegetables for 3 to 5 minutes on each side, or until tender. Set aside.

Heat ½ tsp. oil in large nonstick skillet over medium heat. Place two tortillas in skillet; cook, turning once, for 1 to 2 minutes. Top each tortilla with 1 tsp. pesto sauce, 1 Tbsp. mozzarella cheese, 1 Tbsp. goat cheese, and ¼ of grilled vegetables. Fold tortilla in half; cook, for 4 to 5 minutes, turning once, until cheese is melted. Repeat with remaining tortillas and ingredients; cook in remaining ½ tsp. oil.

Time: 30 minutes

Serves: 6

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

2B Mindset Plate It: Add a protein for lunch.

Tempeh Power Bowl

Ingredients

- 2 Tbsp. 100% orange juice
- 2 Tbsp. rice vinegar
- 2 Tbsp. reduced-sodium soy sauce
- 2 tsp. raw honey
- 2 cloves garlic, finely chopped
- 1 tsp. finely chopped fresh ginger
- 4 tsp. sesame oil
- 12 oz. organic tempeh, cut into squares or triangles
- 8 cups mixed salad greens
- ½ red onion, thinly sliced
- 2 mandarin oranges, peeled, separated into sections
- 1 cup cubed cooked sweet potatoes
- 1 avocado, cut into cubes



Method

Preheat oven to 400° F.

To make dressing, combine orange juice, vinegar, soy sauce, honey, garlic, ginger, and oil in a medium bowl; whisk to blend. Set aside. Place tempeh in a glass casserole dish. Top with half of dressing; toss gently to blend. Cover tightly with aluminum foil. Bake for 15 minutes, stirring once. Remove foil; cook for 5 more minutes. Do not let tempeh dry out. Cool.

While tempeh is baking, assemble bowls by evenly dividing salad greens, onion, oranges, sweet potatoes, and avocado between four serving bowls. Top bowls evenly with tempeh and drizzle evenly with remaining dressing.

Time: 35 minutes

Serves: 4

Portion Fix Containers: 2½ Green, 1 Red, ½ Yellow, 1 Blue, 1 tsp.

2B Mindset Plate It: A great lunch option. Sub pure maple syrup in place of honey for the vegan plan.

Healthier Chicken Cordon Bleu

Ingredients

- Nonstick cooking spray
- ½ cup Neufchatel cheese
- 1¼ tsp. garlic powder, divided use
- 4 thin slices extra-lean ham
- 4 thin slices Swiss cheese
- 1 cup whole-grain Panko bread crumbs
- ¼ tsp. sea salt
- ¼ tsp. ground black pepper
- ¼ tsp. onion powder
- 4 (4-oz. each) raw chicken breasts, boneless, skinless
- Toothpicks
- 2 large eggs, lightly beaten

Method

Preheat oven to 375° F. Lightly coat 9 x 9-inch baking pan with spray. Set aside.

Combine Neufchatel cheese and 1 tsp. garlic powder in a small bowl; mix well. Place slices of ham individually on your work surface. Top each with a slice of Swiss cheese. Spread Neufchatel cheese mixture evenly on each slice of Swiss cheese. Roll lengthwise. Place in freezer until ready to use. Combine bread crumbs, salt, remaining ¼ tsp. garlic powder, pepper, and onion powder in a small bowl; mix well. Transfer to a plate.

To stuff chicken, slice chicken breasts along the long side, about ¾ way through; do not cut all the way through. Place one ham roll inside each chicken breast. Secure with a toothpick. Repeat with remaining chicken breasts.

Place eggs in a shallow dish. Dip each chicken breast in eggs, completely coating, then bread crumbs; coating each evenly on all sides. Place chicken in prepared pan. Remove toothpicks. Bake for 25 to 30 minutes, or until chicken is no longer pink in the middle and juices run clear.

Time: 60 minutes

Serves: 4

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

2B Mindset Plate It: Add some veggies or a side salad for a great lunch option.



Sweet and Sour Pork

Ingredients

- 2 Tbsp. reduced-sodium soy sauce, divided use
- 1 Tbsp. finely chopped fresh ginger
- 2 tsp. dry sherry wine (optional)
- 4 tsp. cornstarch, divided use
- 1 lb. raw lean boneless pork loin, cut into 1-inch cubes
- 2 Tbsp. unsweetened pineapple juice
- 2 Tbsp. rice vinegar
- 1 Tbsp. tomato paste, no sugar added
- 1½ tsp. raw honey
- 2 Tbsp. coconut oil, divided use
- 1 onion, cut in half, sliced vertically
- 1 red bell pepper, cut into ½-inch wide strips
- 1 yellow bell pepper, cut into ½-inch wide strips
- 1 orange bell pepper, cut into ½-inch wide strips
- 1 cup cubed fresh pineapple (or canned pineapple in juice)
- Fresh cilantro sprigs

Method

Combine 1 Tbsp. soy sauce, ginger, sherry, and 2 tsp. cornstarch in a medium mixing bowl; whisk to blend. Place in a large resealable bag. Add pork; marinate, refrigerated, for 30 minutes. Combine remaining 1 Tbsp. soy sauce, pineapple juice, vinegar, tomato paste, honey, and remaining 2 tsp. cornstarch in a medium bowl; whisk to blend. Set aside.

Heat 1 Tbsp. oil in large nonstick skillet over medium-high heat. Add pork; cook undisturbed for 1½ minutes. Cook, stirring constantly, for an additional minute, or until pork is browned but not cooked all the way through. Remove pork from pan. Discard any leftover marinade.

Add remaining 1 Tbsp. oil to skillet; heat over medium-high heat. Add onion and bell peppers; cook, stirring frequently, for 2 minutes. Add pork; cook, stirring frequently, for 1 minute. Add pineapple juice mixture; cook, stirring frequently, for 1 to 2 minutes, or until sauce has thickened and pork is cooked through. Add pineapple; cook, stirring frequently, for 1 minute. Divide between four serving plates. Garnish with cilantro if desired. Serve each portion with ½ cup cooked brown rice, if desired.

Time: 58 minutes

Serves: 4

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

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

Mediterranean Turkey Burgers

Ingredients

- ¾ cup reduced-fat (2%) Greek yogurt
- 2 Tbsp. fresh lemon juice
- 2 cloves garlic finely chopped, divided use
- ¼ tsp. dried dill weed
- 1½ lbs. 93% lean ground turkey
- 1 red onion, thinly slice half, finely chop half, divided use
- ¼ cup finely chopped sun-dried tomatoes
- 2 oz. frozen spinach thawed, chopped
- 6 Tbsp. crumbled feta cheese
- 1 tsp. dried oregano
- ½ cup whole grain bread crumbs
- 1 large egg
- Sea salt and ground black pepper, to taste; optional
- 1 cooked beet, sliced thin
- ¼ cucumber, sliced thin

Method

To make yogurt sauce, combine yogurt, lemon juice, 1 clove garlic, and dill in a small bowl; mix well. Refrigerate, covered, until needed.

Preheat grill or broiler to high. Squeeze liquid out of frozen spinach using a kitchen towel. Combine turkey, chopped onion, sun-dried tomatoes, spinach, cheese, remaining 1 clove garlic, oregano, bread crumbs, and egg in a medium bowl. Season with salt and pepper if desired; mix well with clean hands.

Form turkey mixture evenly into six patties. Grill or broil patties for about 5 minutes on each side, or until no longer pink in the middle. Serve patties topped evenly with yogurt sauce, onion slices, beet, and cucumber.

Time: 30 minutes

Serves: 6

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

2B Mindset Plate It: Serve open-faced on a whole-grain hamburger bun with a side salad or veggies for lunch. Serve with veggies for dinner

Cheesy Cauliflower Nachos

Ingredients

- 1 medium head cauliflower, cut into florets
- 2 tsp. olive oil
- ½ tsp. ground cumin
- ¼ tsp. sea salt or Himalayan salt
- ¼ tsp. chili powder
- ¼ tsp. garlic powder
- ½ cup shredded pepperjack cheese
- ¼ cup chopped tomato
- ¼ cup chopped red onion
- ¼ cup chopped orange bell pepper
- 1-2 jalapeños, seeds and veins removed (optional), sliced
- ½ cup mashed avocado
- 2 Tbsp. finely chopped cilantro

Method

Preheat oven to 425° F. Place cauliflower on baking sheet. Drizzle with oil. Sprinkle with cumin, salt, chili powder, and garlic powder; toss gently to blend. Spread evenly on baking sheet. Bake for 30 to 35 minutes, or until tender-crisp and golden.

Top evenly with cheese. Bake for 3 to 5 minutes, or until cheese is melted.

Top evenly with tomato, onion, bell pepper, jalapeños, avocado, and cilantro; serve immediately.

Time: 43 minutes

Serves: 4

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

2B Mindset Plate It: Makes a great veggie side as part of lunch or dinner. Also makes a great snack(tional).

Black Bean Hummus

Ingredients

- 1 (15-oz.) can black beans, drained, rinsed (reserve liquid)
- ¼ cup low-sodium organic vegetable broth
- 3 Tbsp. tahini
- 3 cloves garlic, coarsely chopped
- 2 Tbsp. fresh lemon juice
- Sea salt or Himalayan salt, to taste; optional
- Ground cayenne pepper, to taste; optional

Method

Place beans, broth, tahini, garlic, and lemon juice in food processor (or blender). Pulse until smooth.

If hummus is too thick add 1 Tbsp. reserved liquid at a time until hummus is desired consistency. Season with salt and cayenne pepper if desired.

Refrigerate 1 to 2 hours to allow the flavors to blend. Serve with veggies for a tasty snack!

Time: 2 hours + 15 minutes

Serves: 6

Portion Fix Containers: 1 Yellow, ½ tsp.

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

Cranberry Bliss Bars



Ingredients

- $\frac{2}{3}$ cup dry rolled oats
- $\frac{1}{2}$ cup unsweetened shredded coconut
- $\frac{1}{2}$ cup all-natural smooth almond butter
- $\frac{1}{4}$ cup honey
- $\frac{1}{4}$ cup chopped pecans
- $1\frac{1}{2}$ tsp. pumpkin pie spice
- $1\frac{1}{2}$ scoops Vanilla Shakeology
- $\frac{1}{3}$ cup unsweetened dried cranberries

Method

Line an 8 x 8-inch pan with plastic wrap (or aluminum foil). Set aside.

Combine oats and coconut in food processor; pulse for 20 seconds. Add almond butter and honey; pulse until blended. Combine almond butter mixture, pecans, pumpkin pie spice, Shakeology, and cranberries in a large bowl; mix well with clean hands or a rubber spatula. Lightly press oat mixture into pan.

Refrigerate for one hour, or until set.

Cut into twelve bars (approx. $2\frac{1}{2}$ x 2-inches). Serve immediately, or store in an airtight container in the refrigerator for up to five days.

Time: 1 hour + 15 minutes

Serves: 12

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

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