



July Meal Plan

Breakfast



Lemon
Raspberry
Shakeology



Maple
Buttercup
Shakeology



Lemon
Raspberry
Shakeology



Maple
Buttercup
Shakeology



Egg Sandwich
With Canadian
Bacon



French Toast
with Bananas
and Pecans



Repeat Your
Favorite

Lunch



Broccoli Cheese
Soup



Spinach Salad
with Feta and
Strawberries



Tasty Turkey
Tostadas



Broccoli Cheese
Soup



Spinach Salad
with Feta and
Strawberries



Tasty Turkey
Tostadas



Repeat Your
Favorite

Dinner



Caribbean
Banana Curry



Amaranth
Risotto



Leftovers



Pork Chops
with Jalapeño
Peach Salsa



Leftovers



Tuna Noodle
Casserole



Leftovers

Snacks



Bell Pepper
Nachos



Protein-Packed
Ranch Dip



Raspberry Chia
Muffins



Bell Pepper
Nachos



Protein-Packed
Ranch Dip



Raspberry Chia
Muffins



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

- 2½ bananas
- 2 peaches
- 1 cup strawberries
- 2 cup fresh raspberries
- 2 lemons
- 1 lime
- 1 avocado
- 4 onions
- 1 red onion
- 1 green onion
- 2 Tbsp. fresh chives
- 2 cups leaf lettuce
- 1 cup kale
- 5 cups fresh spinach
- 1 orange bell pepper
- 8 oz. sliced mushrooms
- 1 cup dried shiitake mushrooms
- 3 cups broccoli
- ½ cup carrot
- 2 jalapeño peppers
- 9 cloves garlic
- Fresh cilantro
- Fresh dill

DAIRY

- 3 cups low-fat (1%) milk
- 2¼ cups unsweetened almond milk
- 1¼ cups shredded cheddar cheese
- ½ cup shredded Monterey jack cheese
- 2 Tbsp. reduced-fat (2%) plain Greek yogurt
- ⅓ cup reduced-fat (2%) ricotta cheese
- 1 Tbsp. crumbled feta cheese
- 1 Tbsp. butter

PANTRY

- Vanilla Shakeology
- Chocolate Shakeology
- Nonstick cooking spray
- Olive oil
- Extra-virgin coconut oil
- Apple cider vinegar
- Whole-wheat flour
- All-natural peanut butter
- Hot pepper sauce
- Lemon juice
- Lime juice
- Pure maple syrup
- Pure vanilla extract
- Cornstarch
- Baking soda
- Sea salt (or Himalayan salt)
- Ground black pepper
- Ground smoked paprika
- Ground ginger
- Curry powder
- Dried thyme
- Taco seasoning
- Crushed red pepper flakes
- Pumpkin pie spice

PROTEIN

- 8 eggs
- ¾ cup chopped cooked chicken breast
- 3 cans (5-oz. each) chicken breast
- 8 oz raw 93% lean ground turkey
- 8 oz. roasted turkey breast
- 4 raw center-cut pork chops lean, boneless
- ½ oz. low-sodium Canadian bacon
- 2 cans (6-oz. each) chunk light tuna, packed in water

OTHER

- 1 box low-sodium organic vegetable broth
- 1 box low-sodium organic chicken broth
- 4 oz. dry small whole-wheat pasta shells
- 5 slices low-sodium whole-grain bread
- 4 (6-inch) whole-grain flour tortillas
- ½ cup whole-grain panko bread crumbs
- 1 cup dry amaranth
- ½ cup tomatillo salsa
- Pico de gallo
- Dijon mustard
- ¾ tsp. dry mustard
- 1 cup pumpkin puree
- 1 cup unsweetened applesauce
- ½ tsp. coconut sugar
- 1½ cups frozen green peas
- ¼ cup chopped raw pecans
- 1 Tbsp. sliced raw almonds
- ½ tsp. poppy seeds
- 1 Tbsp. chia seeds
- 1 Tbsp. nutritional yeast (optional)

Lemon Raspberry Shakeology



Time: 10 minutes

Serves 1

Portion Fix Containers: 1 Purple, 1½ Red, 1 tsp.

2B Mindset Plate It: A great breakfast.

Ingredients

- 1 cup unsweetened almond milk
- 1 cup ice
- 1 scoop Vanilla Shakeology
- ½ cup reduced-fat ricotta cheese
- 1 cup fresh (or frozen) raspberries
- 1 tsp. lemon zest

Method

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

Maple Buttercup Shakeology



Time: 10 minutes

Serves: 1

Portion Fix Containers: 1 Red, 4 tsp.

2B Mindset Plate It: Add an FFC for breakfast

Ingredients

- 1 cup unsweetened almond milk
- 1 scoop Chocolate Shakeology
- 1 Tbsp. all-natural peanut butter
- 1 tsp. pure maple syrup
- 1 cup ice

Method

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

Egg Sandwich With Canadian Bacon

Ingredients

- 1 large egg
- 1 large egg white (2 Tbsp.)
- Nonstick cooking spray
- 3 cups fresh spinach
- 1 slice low-sodium whole grain bread, toasted
- ½ oz. low-sodium Canadian bacon, warm

Method

Combine egg and egg white in a small bowl; whisk to blend. Set aside. Heat medium nonstick skillet, lightly coated with spray, over medium heat. Add spinach; cook, stirring frequently, for 2 to 3 minutes, or until wilted. Remove from skillet. Set aside.

Add eggs to skillet; cook over medium-low heat, stirring frequently. Top toast with Canadian bacon, spinach, eggs, and cheese.

Time: 11 minutes

Serves: 1

Portion Fix Containers: 1½ Green, 1 Yellow, 1 Red.

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

French Toast with Bananas and Pecans

Ingredients

- 4 large eggs
- ¼ cup unsweetened almond milk
- 1 Tbsp. + 4 tsp. pure maple syrup, divided use
- 1 tsp. pumpkin pie spice
- 4 slices low-sodium whole-grain bread
- 2 tsp. extra-virgin coconut oil
- 2 large bananas, sliced
- ¼ cup chopped raw pecans

Method

Combine eggs, almond milk, 1 Tbsp. maple syrup, and pumpkin pie spice in a shallow pan; whisk to blend. Soak each slice of bread in egg mixture for 10 seconds on each side. Heat oil in medium nonstick skillet over medium heat.

Add bread; cook for 2 to 3 minutes on each side, or until golden brown. Top each slice evenly with 1 tsp. maple syrup, ½ banana, and 2 Tbsp. pecans; serve immediately

Time: 40 minutes

Serves: 4

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

2B Mindset Plate It: Makes a great breakfast option.

Broccoli Cheese Soup



Ingredients

- 1 Tbsp. butter
- ½ cup chopped carrot
- ½ cup chopped onion
- 2 cloves garlic, finely chopped
- 2 cups low-fat (1%) milk
- 2 cups low-sodium organic chicken broth
- 3 cups chopped broccoli florets
- ¼ tsp. ground smoked paprika
- 1 Tbsp. nutritional yeast (optional)
- ¾ tsp. sea salt (or Himalayan salt)
- ½ tsp. ground black pepper
- 1 cup shredded cheddar cheese
- 2 Tbsp. cornstarch

Method

Add butter to a large soup pot and heat over medium-high heat. Add carrot, onion, and garlic; cook, 5 minutes, until carrots begin to soften.

Add milk, broth, broccoli, paprika, and nutritional yeast (if desired); season with salt and pepper. Bring to a simmer and cook, 10 minutes, until broccoli is very soft.

Place broccoli mixture in blender, in two or more batches, if necessary; cover with lid and kitchen towel. Blend until smooth; return soup to pot.

Toss cheese with cornstarch to coat. Bring soup to a very gentle simmer; whisk in cheese mixture, a little at a time, until cheese is melted and soup is thick.

Time: 25 minutes

Serves: 4

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

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

Spinach Salad with Feta and Strawberries

Ingredients

- 2 tsp. extra-virgin olive oil
- 1 Tbsp. apple cider vinegar
- $\frac{3}{4}$ tsp. dry mustard
- $\frac{1}{2}$ tsp. poppy seeds
- 2 cups fresh baby spinach
- 1 cup sliced strawberries
- 1 green onion, finely chopped
- $\frac{1}{4}$ tsp. ground black pepper
- 1 Tbsp. crumbled feta cheese
- 1 Tbsp. sliced raw almonds

Method

Combine oil, vinegar, mustard, and poppy seeds in a small bowl; whisk to blend. Set aside.

Combine spinach, strawberries, and green onion in a large serving bowl; mix well. Drizzle salad with dressing.

Season with pepper; toss gently to blend. Top with cheese and almonds.

Time: 10 minutes

Serves: 1

Portion Fix Containers: 2 Green, 1 Purple, $\frac{1}{2}$ Blue, 2 tsp.
2B Mindset Plate It: Add a protein for lunch, or replace strawberries with more veggies for dinner.

Tasty Turkey Tostadas

Ingredients

- 4 (6-inch) whole-grain flour tortillas
- Nonstick cooking spray
- $\frac{1}{2}$ cup tomatillo salsa
- $1\frac{1}{2}$ cups roasted turkey breast, shredded (approx. 8 oz.)
- 2 cups leaf lettuce, finely shredded
- $\frac{1}{4}$ cup onions, chopped
- $\frac{1}{2}$ cup shredded Monterey jack cheese
- $\frac{1}{2}$ medium ripe avocado, sliced

Method

Preheat oven to 400° F. Lightly coat both sides of tortillas with spray. Place tortillas in single layer on large baking sheet. Bake for 6 to 8 minutes, or until golden. Set aside.

While tortillas are baking, heat salsa in medium nonstick skillet over medium-high heat. Add turkey; cook, stirring frequently, for about 2 to 3 minutes, or until turkey is evenly coated and heated through.

To serve, place a tortilla on each serving plate. Top evenly with lettuce, turkey mixture, onion, cheese, and avocado.

Time: 26 minutes

Serves: 4

Portion Fix Containers: $\frac{1}{2}$ Green, $\frac{1}{2}$ Red, 1 Yellow, 1 Blue.
2B Mindset Plate It: Add more veggies to make a great lunch.

Caribbean Banana Curry

Ingredients

- 1 tsp. extra-virgin coconut oil
- ½ large banana, sliced thin
- 2 Tbsp. chopped onion
- 1 clove garlic, finely chopped
- 1 tsp. curry powder
- ¼ tsp. ground ginger
- ½ tsp. coconut sugar
- 1 pinch sea salt (or Himalayan salt)
- 1 pinch ground black pepper
- ¾ cup chopped cooked chicken breast
- 1 tsp. fresh lime juice
- ½ tsp. lime zest
- ½ cup low-sodium organic chicken broth



Method

Heat oil in large nonstick skillet over medium-high heat. Add banana, onion, and garlic; cook, stirring frequently, for 5 to 7 minutes, or until banana has broken down into a thick, caramelized paste.

Add curry powder, ginger, sugar, salt, and pepper; cook, stirring constantly, for 1 minute. Add chicken, lime juice, lime peel, and broth.

Bring to a gentle boil; gently boil, stirring frequently, for 3 to 4 minutes, or until sauce is thick.

Time: 28 minutes

Serves: 41

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

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

Amaranth Risotto

Ingredients

- 1 cup dried shiitake mushrooms
- 4 cups water
- 1 Tbsp. + 1 tsp. olive oil
- 1 cup chopped onion
- 4 cloves garlic, finely chopped
- 1 tsp. dried thyme
- ½ tsp. sea salt (or Himalayan salt)
- ½ tsp. ground black pepper
- 1 cup dry amaranth
- 3 cups low-sodium organic vegetable broth
- 1 Tbsp. fresh lemon juice
- 1 tsp. lemon zest

Method

Bring water to a boil. Turn off heat, add mushrooms. Soak mushrooms in hot water for 5 minutes. Drain, squeezing out excess water, reserving mushroom liquor and soaking water.

Heat oil in large saucepan over medium-high heat, until fragrant. Add onion, garlic, drained mushrooms, thyme, salt, and pepper; cook, stirring frequently, for 3 to 4 minutes, or until onion is translucent. Add amaranth; cook, stirring frequently, for 3 minutes, or until amaranth begins to brown. Add broth, 2 cups reserved mushroom liquor and soaking water, and lemon juice. Bring to a boil.

Reduce heat to low; gently boil uncovered, stirring occasionally, for 15 to 20 minutes, or until liquid is absorbed. Remove from heat. Add lemon peel; mix well.

Time: 48 minutes

Serves: 4

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

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



Pork Chops with Jalapeno Peach Salsa

Ingredients

- 2 medium ripe peaches peeled, chopped
- ¼ medium red onion, chopped
- 1 medium jalapeño pepper, seeds and veins removed, chopped
- ¼ tsp. crushed red pepper flakes
- 2 Tbsp. fresh lime juice
- ½ tsp. hot pepper sauce
- 2 Tbsp. finely chopped fresh cilantro
- 4 raw center-cut pork chops lean, boneless
- ¼ tsp. sea salt (or Himalayan salt)
- ¼ tsp. ground black pepper

Time: 30 minutes

Serves: 4

Portion Fix Containers: ½ Purple, 1 Red.

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

Method

Combine peaches, onion, jalapeño, red pepper flakes, lime juice, hot pepper sauce, and cilantro; mix well. Set aside.

Preheat grill or broiler on high. Season pork chops with salt and pepper.

Grill or broil chops for 4 to 5 minutes on each side, or until desired doneness.

Top pork chops evenly with salsa; serve immediately.

Tuna Noodle Casserole

Ingredients

- 4 oz. dry small whole-wheat pasta shells
- 3 tsp. olive oil, divided use
- 1 medium onion, chopped
- 1 cup chopped kale
- 8 oz. sliced mushrooms
- 2 Tbsp. whole-wheat flour
- 1 cup low-fat (1%) milk
- 1 cup low-sodium organic vegetable broth
- ½ tsp. sea salt (or Himalayan salt), divided use
- ½ tsp. ground black pepper, divided use
- 1½ cups frozen green peas
- 2 cans (6-oz. each) chunk light tuna, packed in water, drained
- ½ cup whole-grain panko bread crumbs

Method

Cook shells according to package directions; drain. Set aside.

Preheat oven to 375° F. Heat 2 tsp. oil in large nonstick skillet over medium heat. Add onion and kale; cook, stirring frequently, for 4 to 5 minutes, or until onion is translucent. Add mushrooms; cook, stirring frequently, for 4 to 6 minutes, or until mushrooms are soft and most of the liquid has evaporated. Add remaining 1 tsp. oil; cook, stirring frequently, for 1 minute. Add flour; cook, stirring frequently, for 1 to 2 minutes, or until flour and oil form a paste. Slowly add milk, broth, salt, and pepper.

Bring to a boil, stirring frequently. Reduce heat to medium-low. Add peas, tuna, and shells; cook, stirring frequently, for 2 minutes. Place tuna mixture in a 2-quart baking dish. Top evenly with bread crumbs. Bake for 30 to 32 minutes, or until casserole is bubbling and brown. Serve immediately.

Time: 1 hour and 19 minutes

Serves: 6

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

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

Bell Pepper Nachos

Ingredients

- Nonstick cooking spray
- ¼ medium onion, chopped
- 8 oz raw 93% lean ground turkey
- 1 tsp. taco seasoning
- ¼ cup water
- 1 medium orange bell pepper, cut into 1-inch wide slices
- ¼ cup shredded cheddar cheese
- 1 medium jalapeño, seeds and veins removed, sliced (optional)
- ½ cup pico de gallo

Method

Preheat oven to 375° F. Heat medium saucepan, lightly coated with spray, over medium-high heat. Add onion; cook, stirring, for 4 to 5 minutes. Add turkey; cook, stirring, for 4 to 5 minutes, or until turkey is no longer pink. Add taco seasoning and water. Mix well; cook, stirring frequently, for 2 minutes, or until water evaporates.

Arrange peppers in an oven-proof baking dish; top with turkey mixture and cheese. Bake for 5 to 8 minutes, or until cheese melts. Divide pepper mixture evenly between two serving plates. Top with jalapeños and pico de gallo; serve immediately.

Time: 37 minutes

Serves: 2

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

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

Protein-Packed Ranch Dip

Ingredients

- 3 cans (5-oz. each) chicken breast, well-drained
- 2 Tbsp. reduced-fat (2%) plain Greek yogurt
- 2 Tbsp. fresh chives
- 1 Tbsp. fresh dill
- 2 Tbsp. coarsely chopped onion
- 2 cloves garlic
- 2 tsp. Dijon mustard
- ¼ tsp. sea salt (or Himalayan salt)
- ¼ tsp. ground black pepper
- 1 dash ground smoked paprika

Method

Place chicken, yogurt, chives, dill, onion, garlic, mustard, salt, pepper, and paprika in food processor (or blender); pulse for 1 to 2 minutes, or until smooth and creamy.

Time: 15 minutes

Serves: 5

Portion Fix Containers: 1 Red.

2B Mindset Plate It: Add veggies for a great snack(tional)

Raspberry Chia Muffins



Ingredients

- ½ cups cups whole wheat flour
- 1 Tbsp. chia seeds
- 2 tsp. baking soda
- ½ tsp. fine sea salt (or Himalayan salt)
- 1 cup pumpkin puree
- 1 cup unsweetened applesauce
- 2 large egg whites (¼ cup)
- ½ cup pure maple syrup
- 1 tsp. pure vanilla extract
- 1 cup fresh raspberries

Method

Preheat oven to 375° F. Prepare 12 muffin cups by lining with muffin papers or coating with spray. Combine flour, chia seeds, baking soda, and salt in a medium bowl; mix well. Set aside.

Combine sweet potato, applesauce, egg whites, maple syrup, and extract in a medium bowl; whisk to blend. Add flour mixture to egg mixture; mix until just blended. Gently fold in raspberries. Divide batter among prepared muffin cups.

Bake 15 to 18 minutes, or until golden brown and tester inserted into the center comes out clean. Transfer muffins to rack; cool.

Time: 28 minutes

Serves: 12

Portion Fix Containers: ½ Purple, 1 Yellow.

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