



Meal

Plan

JULY WEEK 4

Breakfast



Pear Ginger
Vanilla
Shakeology



Chocolate
Salted Caramel
Shakeology



Pear Ginger
Vanilla
Shakeology



Chocolate
Salted Caramel
Shakeology



Vanilla Yogurt
Bowl



Oatmeal With
Pears and
Cinnamon



Repeat Your
Favorite

Lunch



Chickpea Salad
With Mint
Dressing



Peach Salad
With Heirloom
Tomatoes



Mango Chicken
Skewers



Chickpea Salad
With Mint
Dressing



Peach Salad
With Heirloom
Tomatoes



Mango Chicken
Skewers



Repeat Your
Favorite

Dinner



Pulled Chipotle
Chicken With
Cilantro Slaw



Taco Salad



Taco Salad



Instant Pot
Jambalaya



Leftovers



Southwest Egg
Roll in a Bowl



Leftovers

Snacks



Watermelon
Popsicles



Frozen Banana
Pops



Cookie Dough
Dip



Watermelon
Popsicles



Frozen Banana
Pops



Cookie Dough
Dip



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

**PEAR GINGER VANILLA
SHAKEOLOGY**



MAKES 1 SERVING

INGREDIENTS

- 1 cup unsweetened vanilla almond milk
- 1 cup ice
- 1 tsp. pure vanilla extract
- 1 scoop Vanilla Shakeology
- 1 medium pear, chopped
- 1 tsp. fresh ginger, finely chopped

DIRECTIONS

Place almond milk, ice, extract, Shakeology, pear, and ginger in blender; cover. Blend until smooth.

Time: 10 minutes

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

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

**CHOCOLATE SALTED
CAMEL SHAKEOLOGY**



MAKES 1 SERVING

INGREDIENTS

- 1 cup unsweetened almond milk
- 1 cup ice
- ½ scoop Chocolate Shakeology
- ½ scoop Salted Caramel Shakeology
- 2 tsp. cacao nibs

DIRECTIONS

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

Time: 10 minutes

Portion Fix Containers: 1 Red, 2 tsp.

2B Mindset Plate It: A great protein as part of any meal.

**VANILLA
YOGURT BOWL**



MAKES 1 SERVING

INGREDIENTS

- ¾ cup reduced fat (2%) plain yogurt
- 1 scoop Vanilla Shakeology
- 4 medium strawberries, chopped
- ½ large banana, chopped
- 1 tsp. sliced raw almonds

DIRECTIONS

Combine yogurt and Shakeology in a medium serving bowl; mix well. Top with strawberries, banana, and almonds.

Time: 10 minutes

Portion Fix Containers: 1½ Purple, 2 Red.

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



OATMEAL WITH PEARS AND CINNAMON

INGREDIENTS

- 2 cups water
- 2 medium pears, chopped, divided use
- ¼ tsp. sea salt (optional)
- 1 cup old-fashioned rolled oats
- 1 tsp. ground cinnamon
- 1 tsp. raw honey (or pure maple syrup)

DIRECTIONS

Bring water, half of pear, and salt to a boil in medium saucepan over medium heat, stirring frequently. Add oats; cook over medium-low heat, stirring frequently, for 3 to 5 minutes. Add cinnamon; mix well. Let oatmeal stand for 1 minute before serving. Divide evenly between two serving bowls; top each evenly with remaining half of pear and honey (if desired).

Time: 10 minutes

Portion Fix Containers: ½ Purple, 1 Yellow.

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



Lunch
Recipes

CHICKPEA SALAD WITH MINT DRESSING



MAKES 4 SERVINGS

Time: 20 minutes

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

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

INGREDIENTS

- ½ cup reduced-fat (2%) plain Greek yogurt
- 1 Tbsp. fresh lemon juice
- 1 clove garlic, coarsely chopped
- ¼ cup fresh mint leaves
- Sea salt and ground white pepper (to taste; optional)
- 2 cups chickpeas, drained, rinsed
- ½ cup red onion, thinly sliced
- 1 green bell pepper, chopped
- ½ cup cucumber, chopped
- ⅓ cup crumbled feta cheese
- ½ cup chopped Italian parsley

DIRECTIONS

Place yogurt, lemon juice, garlic, and mint in a blender; cover. Blend until smooth. Season with salt and pepper if desired; mix well. Evenly divide dressing between 4 pint Mason jars. Set aside. Evenly layer chickpeas, onion, bell pepper, cucumber, cheese, and parsley on top of dressing in jars. Serve immediately or cover and refrigerate for up to 3 days. Shake before serving.

PEACH SALAD WITH HEIRLOOM TOMATOES



MAKES 4 SERVINGS

Time: 10 minutes

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

2B Mindset Plate It: Enjoy as part of lunch.

INGREDIENTS

- 2 tsp. extra virgin olive oil
- 3 Tbsp. red wine vinegar
- 2 Tbsp. finely chopped mint (or basil, chives, or parsley)
- ¼ tsp. sea salt
- ¼ tsp. ground black pepper
- 4 ripe peaches, sliced
- 4 heirloom tomatoes, sliced into wedges
- 2 Tbsp. crumbled feta cheese

DIRECTIONS

Combine oil, vinegar, mint, salt, and pepper in small bowl; whisk to blend. Set aside. Arrange peaches and tomatoes on a large serving platter. Drizzle evenly with dressing. Top evenly with cheese.



MANGO CHICKEN SKEWERS

INGREDIENTS

- 1 tsp. lime peel, finely chopped
- ¼ cup fresh lime juice
- 1 Tbsp. olive oil
- 3 cloves garlic, finely chopped
- 2 tsp. chili powder
- ½ tsp. sea salt
- ¼ tsp. cayenne pepper
- 1 lb. raw chicken breast, boneless, skinless, cut into 1-inch cubes
- 2 tsp. raw honey
- 2 mangos, peeled, cut into 1-inch cubes
- 1 yellow bell pepper, cut into 1-inch cubes
- 1 orange bell pepper, cut into 1-inch cubes
- 2 red onions (or sweet onion), cut into 1-inch cubes

DIRECTIONS

Combine lime peel, lime juice, oil, garlic, chili powder, salt, and cayenne pepper in a small bowl; whisk to blend. Set aside. Place chicken in glass dish. Pour half of marinade over the top; toss gently to coat. Cover and refrigerate for 20 minutes to 4 hours. Stir honey into remaining marinade. Set aside. Place a piece of chicken, mango, bell pepper, and onion (if desired) onto a skewer. Repeat twice, so the skewer has three pieces of each ingredient. Repeat with seven remaining skewers. Discard marinade that contained chicken. Brush skewers with reserved honey marinade mixture. Grill or broil skewers for 6 to 8 minutes, turning every 2 minutes and brushing with honey marinade, or until mango is softened and chicken is no longer pink in the middle.

Time: 23 minutes

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

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

A top-down view of a dining table with a large white bowl of salad, a smaller plate of salad, and condiment bowls. The text "Dinner Recipes" is overlaid in a black, cursive font.

Dinner Recipes

PULLED CHIPOTLE CHICKEN WITH CILANTRO SLAW



MAKES 4 SERVINGS

Time: 37 minutes

Portion Fix Containers: 1 Green, 1 Red, ½ Yellow, 2 tsp.
2B Mindset Plate It: Add a side salad or more veggies to make a great dinner option.

INGREDIENTS

½ cup apple cider vinegar, divided
use
7 tsp. olive oil mayonnaise
2 Tbsp. fresh cilantro, finely
chopped
1 tsp. honey
½ tsp. celery seed
4 cups shredded cabbage
1 tsp. olive oil
½ medium onion, finely chopped
1 clove garlic, finely chopped
1 chipotle pepper in adobo sauce,
chopped
2 Tbsp. adobo sauce (sauce from
chipotle pepper in adobo sauce)
½ cup barbecue sauce, no sugar
added
3 cups cooked chicken breast,
boneless, skinless, shredded

DIRECTIONS

Combine ¼ cup vinegar, mayonnaise, cilantro, honey, and celery seed in a large bowl; mix well. Add cabbage; mix well. Cover and refrigerate for 20 minutes. Heat oil in large skillet over medium-high heat. Add onion; cook for 4 to 6 minutes, or until onion is translucent. Add garlic; cook for 1 minute. Add chipotle pepper, adobo sauce, barbecue sauce, and remaining ¼ cup vinegar; cook, stirring occasionally, for 6 to 8 minutes, or until sauce thickens slightly. Add chicken, cook, stirring frequently, for 4 to 5 minutes, or until chicken is well coated and heated through.

TACO SALAD



MAKES 4 SERVINGS

Time: 34 minutes

Portion Fix Containers: 1½ Green, 1 Red, 1 Yellow, ½ Blue, ½ tsp.
2B Mindset Plate It: A great lunch option.
Replace tortillas with more veggies for dinner.

INGREDIENTS

2 tsp. olive oil
1 lb. raw 93% lean ground
turkey 1 Tbsp. Taco Seasoning
Blend
¼ cup water
Nonstick cooking spray
8 (6-inch) corn tortillas, cut into
strips
½ medium ripe avocado
1 Tbsp. lemon juice
1 dash garlic powder
Sea salt, to taste
6 cups shredded lettuce
4 medium tomatoes, chopped

DIRECTIONS

Heat oil in medium nonstick skillet over medium heat. Add turkey; cook, stirring frequently, for 5 to 7 minutes, or until no longer pink. Add taco seasoning and water; cook, stirring frequently, for 5 to 8 minutes, or until most water has evaporated. Remove from heat. Set aside. Heat a medium nonstick skillet pan over medium high heat. Lightly coat skillet with spray. Add tortilla strips; cook, stirring constantly, for 3 to 4 minutes, or until crisp and golden brown. Set aside. Mash avocado in a small bowl with a fork. Add lemon juice, garlic powder, and salt (if desired); mix well. Divide lettuce evenly between four serving bowls. Top with turkey mixture, tomatoes, avocado mixture, and tortilla strips; serve immediately.



INSTANT POT JAMBALAYA

INGREDIENTS

2 tbsp olive oil

1 lb chicken breast, boneless, skinless, cubed

1 ½ cups onion chopped

1 ½ cups celery chopped

4 cloves garlic

1 lb chicken sausage sliced

30 oz low-sodium diced tomatoes

1 tsp thyme

1 tsp oregano

1 tsp basil

1 tsp crushed red peppers

1 lb raw shrimp, peeled, deveined, tail removed

1 tsp tabasco sauce

3 cups quinoa cooked

1 green onion diced

DIRECTIONS

Turn the Instant Pot on to Sauté and add olive oil. Once olive oil is hot, add chicken, onions, celery, and garlic. Cook 3-5 minutes until fragrant and vegetables begin to soften. Add your chicken sausage, diced tomatoes, thyme, oregano, basil, red pepper, and hot sauce. Stir everything together.

Close and lock the lid and turn valve to sealing. Select Pressure Cook or Manual and set the time for 5 minutes. After cooking is complete, quick release the pressure and remove the lid.

Stir in shrimp, then close the lid for two minutes to allow shrimp to cook. Shrimp is cooked when the color turns from translucent to opaque. If your shrimp don't look done after two minutes, close the pot and allow another minute or two.

Serve with quinoa!

Time: 15 minutes

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

2B Mindset Plate It: Add a side salad or veggies for a great lunch. Replace quinoa with more veggies for dinner.



MAKES 2 SERVINGS

SOUTHWEST EGG ROLL IN A BOWL

INGREDIENTS

- 1 tsp olive oil
- 1 lb. chicken thighs, chopped into small pieces
- 1/2 red onion, diced
- 1 tsp cumin
- 1 tsp chili powder
- 1 tsp oregano
- 1/2 cup frozen corn
- 1/2 cup black beans canned, drained
- 1 red bell pepper diced
- 4 cups coleslaw mix
- 1 can diced green chilis
- 1 cup shredded broccoli stalk
- 1/2 cup cilantro, chopped (optional)

DRESSING

- 3/4 cup plain Greek yogurt
- 1 tsp garlic powder
- 1/2 tsp onion powder
- 1 tsp dill dried
- 1 tsp parsley dried
- 1 tsp chili powder
- 1 tsp apple cider vinegar
- 3 tbsp water

DIRECTIONS

Heat the oil in a skillet on high heat. Add the chicken, onions, cumin, chili powder, and oregano to the skillet. Cook, stirring frequently, until the chicken is browned.

Add the frozen corn, black beans, red bell pepper, coleslaw mix, green chilis, shredded and broccoli stalk to the skillet. Cover the skillet and reduce the heat to medium. Cook the egg roll filling for 10-15 minutes until the chicken is done and the cabbage has shrunk. Remove the lid and mix in the cilantro.

In a jar with a lid, combine Greek yoghurt, garlic powder, onion powder, dill, parsley, chili powder, apple cider vinegar, and water. Shake well. Drizzle over bowl containing egg roll mix.

Time: 20 minutes

Portion Fix Containers: 3 Green, 1½ Red, ½ tsp.
2B Mindset Plate It: A great dinner option!



Snack Recipes



WATERMELON POPSICLES



MAKES 4 SERVINGS

Time: 4 hours and 10 minutes

Portion Fix Containers: ½ Purple.

2B Mindset Plate It: A fun FFC as part of a snack(tional) or a treat on its own. Be sure to track it!

INGREDIENTS

3 cups chopped watermelon

1½ tsp. honey

2 Tbsp. fresh lime juice

DIRECTIONS

Place watermelon, honey, and lime juice in blender; cover. Blend until smooth. Strain watermelon mixture evenly into four ice pop molds; freeze for at least four hours, or until set.

COOKIE DOUGH DIP



MAKES 4 SERVINGS

Time: 10 minutes

Portion Fix Containers: 1 Yellow.

2B Mindset Plate It: An FFC to enjoy with lunch or as part of a snacktional.

INGREDIENTS

¾ cup pureed pumpkin

1 can garbanzo beans, drained
and rinsed well

¼ cup of gluten free oats

1½ tsp cinnamon

½ tsp of pumpkin pie spice

¼ tsp salt

2 tbsp of pure maple syrup

1½ tbsp of coconut oil

1 tsp pure vanilla extract

2 tbsp unsweetened almond
milk beverage

Semi-sweet chocolate chips

DIRECTIONS

Place all ingredients, except for the chocolate chips, in your food processor and puree until very smooth. Adjust seasonings to taste; add more oats for a thicker dip or milk if it need thinning out. Top with chocolate chips and chill before serving.



FROZEN BANANA POPS

INGREDIENTS

Parchment paper

Popsicle sticks

6 large bananas cut in half lengthwise

½ scoop Vanilla Shakeology

2 tsp. all-natural peanut butter

3 Tbsp. + 2 tsp. extra-virgin organic coconut oil divided use

¼ cup semi-sweet or dark chocolate chips

2 Tbsp. chopped pistachios

Time: 17 minutes

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

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

DIRECTIONS

Line baking sheet with parchment paper. Set aside. Place a popsicle stick into each banana.

Place on prepared baking sheet. Set aside. Combine Shakeology, peanut butter, and 3 Tbsp. oil in a small bowl; mix well. Place in small re-sealable plastic bag. Squeeze out most of the air; seal top. Cut off a tiny corner of plastic bag containing chocolate. Evenly pipe peanut butter mixture over bananas. Set aside. Place chocolate chips and remaining 2 tsp. oil in microwave-safe container. Microwave on 50% power for 30 seconds; stir. Microwave for an additional 30 to 45 seconds, or until just melted. Do not overcook. Place in small re-sealable plastic bag. Squeeze out most of the air; seal top. Cut off a tiny corner of plastic bag containing chocolate. Evenly pipe chocolate over bananas. Sprinkle evenly with pistachios. Freeze for 2 to 3 hours, or until hard. Eat immediately, or freeze in an airtight container up to five days until ready to eat.

GROCERIES

PRODUCE

- 7 bananas
- 4 peaches
- 4 strawberries
- 3 pears
- 2 mangos
- 1 lime
- 3 cups chopped watermelon
- ½ cup cucumber
- 1 ½ cups celery
- 8 heirloom tomatoes
- 2 onions
- 3 red onions
- 1 green onion
- 1 red bell pepper
- 1 orange bell pepper
- 1 yellow bell pepper
- 1 green bell pepper
- 1 cup shredded broccoli stalk
- 4 cups shredded cabbage
- 1 head of lettuce
- 4 cups coleslaw mix
- 9 cloves garlic
- Fresh ginger
- Fresh mint
- Fresh Italian parsley
- Fresh cilantro

PANTRY

- Extra virgin olive oil
- Coconut oil
- Vanilla Shakeology
- Chocolate Shakeology
- Salted Caramel Shakeology
- Old-fashioned rolled oats
- All-natural peanut butter
- Lemon juice
- Lime juice
- Pure vanilla extract
- Sea salt (or Himalayan salt)
- Ground black pepper
- Chili powder
- Cayenne pepper
- Raw honey
- Pure maple syrup
- Dried thyme
- Dried oregano
- Dried basil
- Dried dill
- Dried parsley
- Garlic powder
- Onion powder
- Cumin
- Crushed red peppers
- Celery seed
- Smoked paprika
- Ground cinnamon
- Pumpkin pie spice

OTHER

- Parchment paper
- Popsicle sticks
- Ground white pepper
- Apple cider vinegar
- Red wine vinegar
- 2 cups chickpeas
- 1 can garbanzo beans
- 1/2 cup canned black beans
- 30 oz low-sodium diced tomatoes
- Chipotle peppers in adobo sauce
- 1 can diced green chilis
- 3/4 cup pureed pumpkin
- 1/2 cup frozen corn
- 3 cups quinoa
- Olive oil mayonnaise
- 8 corn tortillas
- Barbecue sauce, no sugar added
- Tabasco sauce
- 2 tsp. cacao nibs
- Semi-sweet chocolate chips
- 1 tsp. sliced raw almonds
- 2 Tbsp. chopped pistachios

DAIRY

- 2 cups + 2 Tbsp. unsweetened vanilla almond milk
- ¾ cup reduced fat (2%) plain yogurt
- 3/4 cup plain Greek yogurt
- ½ cup reduced-fat (2%) plain Greek yogurt
- ⅓ cup + 2 Tbsp. crumbled feta cheese

PROTEIN

- 2 lb. raw chicken breast, boneless, skinless
- 1 lb. chicken thighs
- 1 lb chicken sausage
- 3 cups cooked chicken breast, boneless, skinless
- 1 lb raw shrimp, peeled, deveined, tail removed
- 1 lb. raw 93% lean ground turkey