# November MEAL PLAN

## WEEK 4

# Breakfast

Banana Chocolate Cheesecake Smoothie Bowl

Maple Buttercup Shakeology

Banana Chocolate Cheesecake Smoothie Bowl

Maple Buttercup Shakeology

Tofu Pineapple Breakfast Skillet

Peach Bread Pudding

Repeat Your Favorite

# Lunch

Avocado Chicken Salad Wrap

Thai Chicken Salad

Mexican Chicken Tortilla Soup

Avocado Chicken Salad Wrap

Thai Chicken Salad

Mexican Chicken Tortilla Soup

Repeat Your Favorite

# Dinner

Creamy Buffalo Chicken and Eggplant

Loaded Cauliflower Casserole

Leftovers

Fish Tacos with Chipotle Crema

Leftovers

Lemon Chicken with Asparagus

Leftovers

# Snacks

Snickerdoodles

Cauliflower Ice Cream

Sweet Potato Toast

Snickerdoodles

Cauliflower Ice Cream

Sweet Potato Toast

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

## INGREDIENTS

¾ cup reduced-fat (2%) cottage cheese
½ cup unsweetened almond milk
1 scoop Chocolate Shakeology
1 scoop Collagen Boost
½ large banana
2 Tbsp. whole-grain graham cracker crumbs

## DIRECTIONS

Place cottage cheese, almond milk, Shakeology, and Collagen in a food processor; cover. Pulse until smooth.
Pour mixture into a serving bowl. Top with banana and graham cracker crumbs.
Serve immediately.

Time: 10 minutes
Portion Fix Containers: ½ Purple, 2 Red, ½ Yellow, ½ tsp.
2B Mindset Plate It: A great breakfast option.

## INGREDIENTS

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

## DIRECTIONS

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

Time: 10 minutes
Portion Fix Containers: 1 Red, 4 tsp.
2B Mindset Plate It: Add an FFC to make a great breakfast.

Time: 25 minutes
Portion Fix Containers: 1 Green, 1 Purple, 1 Red, 1½ Yellow, 1 tsp.
2B Mindset Plate It: This recipe makes a great breakfast with bonus veggies.

## INGREDIENTS

1 tsp. coconut oil
⅓ medium onion, chopped
¼ cup chopped tomato
⅓ medium bell pepper, chopped
½ cup cubed pineapple
½ cup cooked sweet potato, cut into ½-inch cubes
½ tsp. chili powder
¼ tsp. garlic powder
1 dash sea salt (Himalayan salt)
¼ tsp. ground black pepper
¾ cup firm tofu, chopped up
2 slices cooked vegan bacon, crumbled
¼ bunch green onions, sliced

## DIRECTIONS

Heat a medium nonstick skillet over medium-high heat; coat with spray and add oil.
Add onion, tomato, bell pepper, and pineapple. Cook 3 to 5 minutes, until onion is translucent and pineapple begins to brown.
Add potatoes, chili powder, garlic powder, salt, and pepper and cook another 2 minutes, until potatoes begin to brown.
Add tofu and bacon and cook, 2 to 3 minutes, until tofu is lightly browned.
Remove from heat, then stir in green onions.
Serve immediately, or store in an airtight container in the refrigerator for up to 4 days.

# PEACH BREAD PUDDING

## INGREDIENTS

6 large eggs
2 egg whites (approx. ¼ cup)
1 cup unsweetened almond milk
2 tsp. pure vanilla extract
4 slices whole-grain bread, cubed
2 medium peaches, chopped
1 tsp. liquid monk fruit sweetener
½ tsp. ground cinnamon
¼ tsp. ground nutmeg
¾ cup reduced-fat plain Greek yogurt
1 Tbsp. + 1 tsp. pure maple syrup

## DIRECTIONS

Lightly coat 8 x 8-inch baking dish with spray; set aside.
Add eggs, egg whites, almond milk, and extract to a large mixing bowl; whisk to combine. Add bread, peaches, sweetener (if desired), cinnamon, and nutmeg; mix to combine. Pour bread pudding mixture into prepared baking dish. Let sit for at least 30 minutes for bread to absorb liquid, or cover and refrigerate overnight.
Preheat oven to 350° F. Bake for 35 to 45 minutes, until no liquid is visible on the surface.
While bread pudding bakes, add yogurt and maple syrup to a small mixing bowl; stir to combine.
Cut bread pudding into four equal pieces; top evenly with yogurt mixture. Serve immediately

Time: 50 + 30 minutes
Portion Fix Containers: 1 Purple, 1 Red, 1 Yellow, 1 tsp.
2B Mindset Plate It: An excellent breakfast option.

# Lunch Recipes

Time: 20 minutes
Portion Fix Containers: ½ Red, 1 Yellow, ½ Blue.
2B Mindset Plate It: Serve with a side salad of your favorite veggies for lunch

You can meal-prep this recipe by having all of the ingredients prepped and combining them when you are ready to eat this wrap.

## INGREDIENTS

2 medium ripe avocados, mashed
¼ cup fresh lemon juice
1 Tbsp. lemon zest
¼ cup Dijon mustard
¼ cup chopped fresh dill weed
¾ tsp. sea salt (or Himalayan salt)
½ tsp. ground black pepper
5¼ cups shredded cooked chicken breast
2 cups red grapes, cut in half
3 medium celery stalks, chopped
1½ medium red onion, chopped
4 medium green onion stalks, thinly sliced
¼ cup pine nuts
7 (9-inch) sprouted whole-grain tortillas

## DIRECTIONS

Combine avocados, lemon juice, lemon zest, mustard, dill, salt, and pepper in a medium bowl; mix until well blended.
Add chicken, grapes, celery, onions, and pine nuts; toss gently to blend.
Place 1 cup avocado mixture on each tortilla. Roll up, cut in half, and serve immediately.

Time: 15 minutes
Portion Fix Containers: 2 Green, 1 Red, ½ Blue, 1 Orange.
2B Mindset Plate It: Serve with an FFC for a great lunch option.

## INGREDIENTS

2 cups mixed salad greens
½ cup thinly sliced cauliflower
½ cup thinly sliced broccoli
1 medium red bell pepper, thinly sliced
1 medium carrot, cut into thin strips or ribbons
¼ medium English hot house cucumber, peeled and sliced
½ cup thinly sliced green onions
¼ cup radicchio
24 whole raw peanuts, chopped
8 Tbsp. light Thai salad dressing
3 cups shredded cooked chicken breast, boneless, skinless

## DIRECTIONS

Combine salad greens, cauliflower, broccoli, bell pepper, carrot, cucumber, green onions, radicchio, and peanuts in a large serving bowl.
Drizzle with warm (or cool) Thai salad dressing; toss gently to blend; top with chicken. Serve immediately.

# MEXICAN CHICKEN TORTILLA SOUP

## INGREDIENTS

8 (6-inch) corn tortillas, divided use
2 tsp. olive oil
⅔ medium onion, chopped
4 medium stalks celery, sliced
2 cloves garlic, chopped
4 medium tomatoes, chopped
6 cups low-sodium chicken broth, divided use
3 cups chopped cooked chicken breast, boneless, skinless
3 medium carrots, sliced
1 tsp. dried Mexican oregano leaves
1 tsp. ancho chili powder
½ tsp. sea salt (or Himalayan salt)
½ tsp. ground black pepper
½ medium avocado, chopped
¼ cup chopped fresh cilantro
4 tsp. crumbled Cotija cheese

## DIRECTIONS

Preheat oven to 350° F. Line large baking sheet with parchment paper. Place 4 tortillas on baking sheet. Bake for 8 to 10 minutes, or until toasted and crispy. Remove from oven. When cool, break into pieces. Set aside. Heat oil in large saucepan over medium heat. Add onion and celery; cook, stirring frequently, for 3 to 5 minutes, or until onion is translucent. Add garlic; cook, stirring frequently, for 1 minute. Add tomatoes; cook, stirring frequently, for 5 minutes, or until tomatoes are soft. Set aside. Add onion mixture, 2 cups broth, and half of toasted corn tortilla pieces to blender (or food processor); cover. Blend until smooth.
Add blended mixture to large saucepan. Add remaining 4 cups broth, chicken, carrots, oregano, chili powder, salt, and pepper. Bring to a boil over medium-high heat. Reduce heat to medium-low; cook, stirring occasionally, for 10 minutes, or until carrots are tender.
Top each serving with ⅛ avocado, chopped, 1 tsp. cotija cheese, 1 (6-in.) corn tortilla, 1 Tbsp. chopped fresh cilantro.

Time: 46 minutes
Portion Fix Containers: 2 Green, 1 Yellow, 1½ Red, 1 Blue.
2B Mindset Plate It: This recipe makes an excellent lunch option!

# Dinner Recipes

Time: 40 minutes
Portion Fix Containers: 2 Green, 1 Red, 1 Orange.
2B Mindset Plate It: An excellent dinner option.

## INGREDIENTS

Parchment paper
Nonstick cooking spray
12 oz. raw chicken thighs, boneless, skinless (approx. 4 thighs)
¼ tsp. ground paprika
1 large eggplant, cubed (approx. 1½ lbs.)
Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)
1 Tbsp. ranch dressing (mixed with 1 Tbsp. water or lemon juice)
1 Tbsp. buffalo sauce
2 Tbsp. chopped fresh cilantro

## DIRECTIONS

Preheat oven to 400° F.
Line large baking sheet with parchment paper; coat lightly with spray. Arrange chicken thighs in one corner of baking sheet; sprinkle with paprika. Spread eggplant in an even layer over rest of baking sheet.
Coat everything with spray and season with salt (if desired) and pepper (if desired).
Bake for 20 minutes. Remove chicken from baking sheet; set aside. Stir eggplant; return to oven and bake 10 minutes more, until eggplant is soft and browned, but not burnt.
Divide eggplant evenly between two plates; top each plate with half of the chicken. Drizzle each plate evenly with dressing and buffalo sauce; garnish with cilantro.

Time: 57 minutes
Portion Fix Containers: 1 Green, ½ Red, 1 Blue.
2B Mindset Plate It: A great dinner option!

## INGREDIENTS

4 cups cauliflower florets
1 cup shredded pepper jack cheese
1 Tbsp. + 1 tsp. cornstarch
1 cup low-fat milk (1%)
3 cloves garlic, finely chopped
8 strips cooked turkey bacon, crumbled, divided use
¼ cup sliced red onion
¼ cup canned jalapeños, diced
¼ tsp. sea salt (or Himalayan salt)
¼ tsp. ground black pepper

## DIRECTIONS

Preheat oven to 375° F. Coat an 8½-inch x 8½-inch casserole dish with cooking spray. Set aside. Steam or blanch cauliflower for 3 minutes; drain thoroughly. Set aside.
In a medium bowl mix together cheese and cornstarch. Set aside. Place milk and garlic in a large nonstick skillet and bring to a low simmer over medium heat, about 3 minutes. Reduce heat to low and whisk in cheese mixture a small handful at a time, stirring constantly, until cheese is completely melted, about 2 minutes. Add cauliflower, ¾ crumbled bacon, green onions, salt, and pepper, and mix well. Carefully pour mixture into prepared casserole dish. Top with remaining ¼ crumbled bacon and bake for 30 minutes, or until cauliflower is tender and top of casserole has slightly browned.
Divide evenly among four serving bowls and serve immediately, or store refrigerated in an airtight container for up to 3 days.

# FISH TACOS WITH CHIPOTLE CREMA

## INGREDIENTS

FOR CABBAGE SLAW:
¼ cup rice vinegar, unseasoned
1 packet powdered stevia (optional)
¼ tsp. sea salt (or Himalayan salt)
2 cups thinly sliced red cabbage
1 medium green apple,
cut into ¼-inch matchsticks
¾ cup fresh cilantro, chopped

FOR CHIPOTLE CREMA:
1 cup reduced-fat (0 or 2%) plain Greek yogurt
2 canned chipotle peppers in adobo sauce
2 cloves garlic, peeled
½ fresh lime, juiced
¼ tsp. sea salt (or Himalayan salt)

FOR TACOS:
12 oz. raw halibut, cut into 6 equal pieces
¼ tsp. sea salt (or Himalayan salt)
¼ tsp. ground cumin
¼ tsp. garlic powder
Nonstick cooking spray
6 jicama wraps

## DIRECTIONS

To make cabbage slaw, add vinegar, stevia (if desired), and salt to a
large mixing bowl; whisk to combine.
Add cabbage, apple, and cilantro to bowl; toss to combine. Set aside.
To make chipotle crema, add yogurt, chipotle peppers, garlic, lime juice, and salt to a blender or food processor; cover. Pulse until smooth; set aside.
Season halibut with salt, cumin, and garlic powder; set aside.
Heat a large nonstick skillet over medium-high heat; lightly coat with spray.
Add halibut; cook for 3 minutes. Flip; cook an additional 3 minutes.
To make tacos, place 3 jicama wraps each on two plates; top each wrap with one piece of fish. Top evenly with cabbage mixture; drizzle each with approx. 2 Tbsp. chipotle mixture. Serve immediately.

Time: 18 minutes
Portion Fix Containers: 2 Green, 1 Red, 1 Orange.
2B Mindset Plate It: A quick and tasty dinner option.

# LEMON CHICKEN WITH ASPARAGUS

## INGREDIENTS

6 cloves garlic, finely chopped
¼ cup dry white wine (like pinot grigio)
¼ cup low-sodium organic chicken broth
1 Tbsp. fresh lemon juice
1 tsp. lemon zest
1 tsp. finely chopped fresh thyme
(or ½ tsp. dried thyme leaves)
4 (4-oz. each) raw chicken breasts, boneless, skinless
Sea salt (or Himalayan salt) and ground black pepper (to taste; optional), divided use
4 slices medium lemon
2 lbs. asparagus, stems trimmed (approx. 40 medium stalks)
4 tsp. unsalted butter, cold

Time: 1 hour and 16 minutes
Portion Fix Containers: 1 Green, 1 Red, 1 tsp.
2B Mindset Plate It: Add extra asparagus or other vegetables for dinner.

## DIRECTIONS

Preheat oven to 400º F.
Combine garlic, wine, broth, lemon juice, lemon zest, and thyme in an 8 x 8-inch pan; mix well. Set aside.
Season both sides of chicken with a pinch of salt and a pinch of pepper, if desired. Place chicken on top of garlic mixture. Top each chicken breast with 1 slice lemon. Bake for 20 to 25 minutes, or until chicken is no longer pink in the middle. 10 minutes before chicken is done baking, lightly coat asparagus with spray. Season with a pinch of salt and a pinch of pepper, if desired. Heat large skillet over medium-high heat. Add asparagus; cook, turning occasionally, for 5 to 7 minutes, or until tender-crisp and lightly charred. Remove chicken from oven, discard lemon slices. Place chicken and asparagus on a serving platter. Cover with foil; set aside while you finish the sauce.
Pour pan juices into small skillet. Bring to a boil over medium-high heat; cook, stirring occasionally, for 4 to 6 minutes, or until juices reduce by half. Reduce heat to low. Bring juices to just below a gentle boil. Add butter, 1 tsp. at a time; cook, whisking constantly, for 2 to 3 minutes, or until all butter is melted and emulsified into a creamy sauce. Remove from heat. Pour sauce over chicken and asparagus.
Place 1 chicken breast and 10 stalks asparagus onto each of four plates and enjoy!

# Snack Recipes

# SNICKER-DOODLES

## INGREDIENTS

¾ cup light brown sugar
½ cup unsalted butter, softened
1 large egg
1 tsp. pure vanilla extract
1 ⅓ cups all-purpose flour
1½ tsp. baking powder
¼ tsp. sea salt (or Himalayan salt)
2 Tbsp. light brown sugar
1½ tsp. ground cinnamon

Time: 20 minutes
Portion Fix Containers: 1 Yellow, 1 tsp.
2B Mindset Plate It: Enjoy as an occasional treat. Be sure to track it!

## DIRECTIONS

Preheat oven to 400° F.
Line two baking sheets with parchment paper. Set aside.
To make dough, add brown sugar, butter, egg, and extract to a large bowl; cream with handheld mixer until well combined.
Add flour, baking powder, and salt; mix to combine.
To make cinnamon mixture, combine brown sugar and cinnamon in a shallow bowl.
Shape dough into 18 equal-sized balls (approximately 1 Tbsp. each); roll each ball in cinnamon mixture. Place a few inches apart on prepared baking sheets.
Bake for 8 to 10 minutes, or until set but not hard.
Transfer immediately to a cooling rack.

Time: 25 minutes + 4 hours
Portion Fix Containers: ½ Green, 1 Blue, ½ tsp.
2B Mindset Plate It: A great veggie snack.

## INGREDIENTS

2 cups riced cauliflower
1 cup unsalted cashews, soaked
½ cup canned coconut milk
¼ cup + 1 tsp. pure maple syrup
¼ cup unsweetened coconut milk beverage
1 Tbsp. + 1 tsp. melted coconut oil
2½ tsp. pure vanilla extract
¼ tsp. sea salt
(or Himalayan salt)

## DIRECTIONS

Place a pot with water over high heat. Boil cauliflower for 5 minutes; strain through a fine mesh strainer, then rinse with cold water until cool enough to handle. Wring out excess water using cheesecloth or a clean kitchen towel.
Place cauliflower, cashews, coconut milk, maple syrup, coconut milk beverage, oil, vanilla, and salt in a blender; cover. Blend until smooth.
Pour cauliflower mixture into an airtight container. Freeze for 4 hours, or until solid. Remove from freezer 20 to 30 minutes before serving to let soften before scooping; or place mixture into an ice cream machine and freeze on a soft-serve setting.
Store frozen in an airtight container for up to 5 days.

Time: 31 minutes
Portion Fix Containers: 1 Yellow.
2B Mindset Plate It: A great veggie snack or side.

## INGREDIENTS

1 medium sweet potato, wash, remove each end, slice lengthwise using a mandoline (if desired) into 8 approx. ¼-inch thick slices

## DIRECTIONS

Preheat oven to 350° F.
Arrange sweet potato slices on baking sheet. Bake for 20 minutes, turning after 10 minutes, until pliable but not completely done.
When ready to prepare toast, place a slice of potato in the toaster and toast until crisp.

# SHOPPING LIST

## PRODUCE

- 1 large banana
- 2 medium peaches
- 1 medium green apple
- ½ cup cubed pineapple
- 2 cups red grapes
- 1 medium lime
- 3 medium lemons
- 3 medium ripe avocados
- 1 medium onion
- 2 medium red onions
- 1 bunch green onions
- 1 medium tomato
- 1 1⁄3 medium red bell pepper
- 1 medium English hot house cucumber
- 4 medium carrots
- 2 cups mixed salad greens
- 2 cups thinly sliced red cabbage
- ¼ cup radicchio
- ½ cup broccoli
- 7 cups cauliflower florets
- 1 large eggplant (approx. 1½ lbs.)
- 2 medium sweet potatoes
- 1 head garlic
- Fresh cilantro
- Fresh thyme

## PROTEIN

- 7 large eggs
- 2 egg whites (approx. ¼ cup)
- 4 lbs. shredded cooked chicken breast
- 4 (4-oz. each) raw chicken breasts, boneless, skinless
- 12 oz. raw chicken thighs, boneless, skinless (approx. 4 thighs)
- 12 oz. raw halibut
- 8 strips turkey bacon
- ¾ cup firm tofu
- 2 slices cooked vegan bacon

## PANTRY

- Chocolate Shakeology
- Parchment paper
- Nonstick cooking spray
- Olive oil
- Coconut oil
- Lemon juice
- Dijon mustard
- All-natural peanut butter
- Pure maple syrup
- Pure vanilla extract
- Light brown sugar
- All-purpose flour
- Cornstarch
- Baking powder
- Sea salt (or Himalayan salt)
- Ground black pepper
- Ground cinnamon
- Ground nutmeg
- Ground cumin
- Ground paprika
- Garlic powder
- Ancho chili powder
- Dried Mexican oregano leaves

## OTHER

- Collagen Boost
- ¼ cup dry white wine (like pinot grigio)
- 3 cartons low-sodium chicken broth
- Buffalo sauce
- Ranch dressing
- Light Thai salad dressing
- 4 slices whole-grain bread
- 7 (9-inch) sprouted whole-grain tortillas
- 6 jicama wraps
- ¼ cup rice vinegar, unseasoned
- 2 canned chipotle peppers in adobo sauce
- ¼ cup canned jalapeños
- ½ cup canned coconut milk
- 2 Tbsp. whole-grain graham cracker crumbs
- 24 whole raw peanuts
- 1 cup unsalted cashews
- ¼ cup pine nuts
- 1 tsp. liquid monk fruit sweetener
- 1 packet powdered stevia

## DAIRY

- 1 carton unsweetened almond milk
- 1 carton unsweetened coconut milk beverage
- 1 carton low-fat milk (1%)
- 1 carton reduced-fat plain Greek yogurt
- 1 small carton reduced-fat (2%) cottage cheese
- 4 tsp. crumbled Cotija cheese
- 1 cup shredded pepper jack cheese
- ¾ cup unsalted butter