January
MEAL PLAN

WEEK 4

Breakfast

Blueberry Blackberry Shakeology

New York Cheesecake Smoothie

Blueberry Blackberry Shakeology

New York Cheesecake Smoothie

Strawberries and Cream Overnight Oats

Banana Pancake Bites

Repeat Your Favorite

Lunch

Kitchari

Southwestern Rice and Bean Salad

Apple and Butternut Squash Soup

Kitchari

Southwestern Rice and Bean Salad

Apple and Butternut Squash Soup

Repeat Your Favorite

Dinner

Zesty Chicken Parmesan

Fish Tacos

Leftovers

Chipotle Pulled Chicken and Slaw

Leftovers

Roasted Garlic Shrimp and Zucchini

Leftovers

Snacks

Super Berry Shakeology Popsicles

Banana Blueberry Oatmeal Muffins

Pumpkin Pecan Cookies

Super Berry Shakeology Popsicles

Banana Blueberry Oatmeal Muffins

Pumpkin Pecan Cookies

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

1 cup unsweetened coconut milk beverage
1 cup ice
1 scoop Vanilla Shakeology
½ cup fresh (or frozen) blueberries
½ cup fresh (or frozen) blackberries

DIRECTIONS

Place coconut milk, ice, Shakeology, blueberries, and blackberries in blender; cover. Blend until smooth.

Time: 5 minutes
Portion Fix Containers: 1 Purple, 1 Red, 1 tsp.
2B Mindset Plate It: A great protein and FFC as part of breakfast.

INGREDIENTS

1 cup water
1 cup ice
1 scoop Vanilla Shakeology
½ cup frozen cauliflower rice
⅓ cup reduced-fat (2%) plain Greek yogurt
3 Tbsp. Neufchatel cheese
1 tsp. lemon zest
2 Tbsp. crushed graham crackers, divided use

DIRECTIONS

Place water, ice, Shakeology, cauliflower rice, yogurt, Neufchatel, and 1 Tbsp. graham crackers in blender; cover. Blend until smooth.
Sprinkle remaining 1 Tbsp. graham crackers on top just before serving.

Time: 5 minutes
Portion Fix Containers: ½ Green, 1 Red, 1 Blue, ½ Yellow.
2B Mindset Plate It: Makes a great protein and FFC as part of breakfast (with bonus veggies!) or lunch.

INGREDIENTS

1 cup chopped strawberries, divided use
¼ cup + 2 Tbsp. reduced-fat (2%) plain Greek yogurt
½ cup canned lite coconut milk
1 tsp. pure maple syrup
1 Tbsp. reduced-sugar strawberry jam
¼ cup dry rolled oats
1 Tbsp. chia seeds

DIRECTIONS

Place ½ cup strawberries, yogurt, coconut milk, maple syrup, and jam in blender; cover and blend until smooth.
Place remaining ½ cup strawberries, oats, and chia seeds in a medium bowl. Top with yogurt mixture; stir to combine. Cover tightly; refrigerate four hours, or overnight.

Time: 5 minutes (+ 4 hours or overnight to chill)
Portion Fix Containers: 1½ Purple, 1 Yellow, ½ Red, 1 Blue, ½ Orange.
2B Mindset Plate It: A great breakfast.

BANANA PANCAKE BITES

INGREDIENTS

1½ cups all-purpose flour
1½ tsp. baking powder
½ tsp. sea salt
(or Himalayan salt)
3 large ripe bananas
¼ cup melted coconut oil
1 large egg
3 Tbsp. pure maple syrup
1 tsp. pure vanilla extract

Time: 25 minutes
Portion Fix Containers: 1 Yellow, 1 tsp.
2B Mindset Plate It: An FFC as part of breakfast.

DIRECTIONS

Preheat oven to 375° F.
Coat mini-muffin tin with cooking spray. Set aside.
Combine flour, baking powder, and salt in a large mixing bowl; whisk to blend. Set aside.
Place bananas, coconut oil, egg, maple syrup, and extract in a blender;
cover. Blend until smooth.
Add dry mix to blender; cover. Blend until smooth and lumps are gone.
Divide batter evenly among muffin cups.
Bake 12 to 15 minutes, rotating once halfway through, until a toothpick inserted into center of muffin comes out clean.
Serve immediately, or store refrigerated in an airtight container for up to 5 days.

Lunch
Recipes

KITCHARI

INGREDIENTS

1 cup dry split mung dal
½ cup dry long-grain brown rice
1 Tbsp. ghee
1 tsp. whole cumin seeds
1 tsp. whole mustard seeds
1 tsp. whole fennel seeds
1 tsp. whole coriander seeds
1 tsp. ground turmeric
1 1-inch piece of fresh ginger, peeled, finely chopped
32 fl.-oz. low-sodium vegetable broth
4 large carrots, chopped
3 large zucchini, chopped
2 cups broccoli florets
1 cup water
1 tsp. sea salt (or Himalayan salt)
½ cup fresh cilantro, chopped

DIRECTIONS

Rinse mung dal and rice in a mesh strainer under running water until water runs clear; set aside.

Heat ghee in a large soup pot over medium-high heat. Add cumin seeds, mustard seeds, fennel seeds, and coriander seeds; cover. Cook, stirring occasionally, for 1 to 2 minutes, or until seeds pop.

Add turmeric and ginger; cook, stirring frequently, for 1 minute, or until fragrant.

Add mung dal, rice, broth, carrots, zucchini, broccoli, water, and salt; stir to combine. Bring to a boil; reduce heat to medium-low.

Partially cover; gently boil for 20 to 25 minutes, or until almost all liquid is absorbed and rice and vegetables are tender.

Evenly divide among 5 serving bowls; top with cilantro.

Time: 38 minutes

Portion Fix Containers: 1½ Green, 2 Yellow, 1 tsp.

2B Mindset Plate It: For lunch, cut the serving size in half and serve with a protein and veggie side.

Time: 10 minutes
Portion Fix Containers: 1½ Yellow, ½ tsp.
2B Mindset Plate It: A great FFC as part of lunch.

INGREDIENTS

2 cups cooked brown rice
1 (15-oz.) can black beans, drained, rinsed
2 cups frozen whole-kernel corn, thawed
1 medium tomato, finely chopped
3 green onions, finely chopped
2 Tbsp. extra-virgin olive oil
¼ cup white wine vinegar
¼ cup fresh cilantro, chopped
1 medium jalapeño, finely chopped
1 tsp. mild chili powder

DIRECTIONS

Combine rice, beans, corn, tomato, green onions, oil, vinegar, cilantro, jalapeño, and chili powder in a large serving bowl; mix well.
For best flavor, cover and refrigerate for at least an hour before serving.

Time: 1 hour and 5 minutes
Portion Fix Containers: 3 Green, 1 Purple, 1½ tsp.
2B Mindset Plate It: A great FFC as part of lunch.

INGREDIENTS

4 lbs butternut squash, cut in half lengthwise, seeds discarded
2 Tbsp. olive oil
1 medium red onion, chopped
5 medium Granny Smith apples, peeled, chopped
4 cups low-sodium chicken broth
1 thin slice fresh ginger, peeled, finely chopped
¼ tsp. ground nutmeg
1 cup reduced-fat (2%) milk
1 tsp. sea salt (or Himalayan salt)
1 tsp. ground white pepper

DIRECTIONS

Preheat oven to 400° F.
Place squash halves on a baking pan cut sides up. Cover with foil. Bake for 45 to 50 minutes, or until tender. Set aside.
While squash is baking, heat oil in large saucepan over medium-high heat.
Add onion; cook, stirring frequently, for 3 to 4 minutes, or until tender.
Add apples, broth, ginger, and nutmeg. Bring to a boil. Reduce heat to medium-low; cook, stirring occasionally, for 10 minutes, or until apples are tender.
Remove from heat. Set aside.
Place apple mixture in blender, in two or more batches, if necessary; cover with lid and kitchen towel. Blend until smooth.
Return apple mixture to saucepan. Set aside.
Scoop out squash flesh. Place squash with milk in blender, in two or more batches, if necessary; cover with lid and kitchen towel. Blend until smooth.
Place squash in saucepan with apple mixture, salt, and pepper. Bring to a gentle boil over low heat, stirring frequently. Remove from heat immediately.
Ladle evenly into eight serving bowls.

Dinner
Recipes

Time: 55 minutes
Portion Fix Containers: 2 Green, 1 Red, 1 Blue, 1 Orange, 1½ tsp.
2B Mindset Plate It: A great dinner option.

INGREDIENTS

1 cup flour
1 tsp. Italian seasoning
½ tsp. sea salt
(or Himalayan salt)
½ tsp. ground black pepper
1 large egg, lightly beaten
¼ cup water
6 (4-oz.) raw chicken breasts, boneless, skinless
1 Tbsp. olive oil
3/4 cup all-natural marinara sauce, no salt or sugar added
1/3 cup shredded cheddar cheese
1/3 cup shredded Parmesan cheese
6 cups cooked zucchini noodles

DIRECTIONS

Preheat oven to 425° F.
Combine flour, Italian seasoning, salt, and pepper in a shallow dish; mix well. Set aside.
Combine egg and water in a shallow dish; whisk to blend. Set aside.
Pound each chicken breast to about 1/2-inch thickness.
Dip each chicken breast into the egg mixture; dredge in flour mixture until evenly coated. Set aside.
Heat 1 Tbsp. oil in large, ovenproof skillet over medium-high heat.
Add chicken breasts; cook for 3 to 4 minutes on each side.
Place skillet in oven; bake for 10 to 12 minutes, or until a thermometer inserted into the thickest part of each chicken breast reads 165° F.
Lower oven temperature to 350° F.
Place chicken in medium baking dish. Top with tomato sauce and cheeses.
Cover with aluminum foil. Bake for 7 to 10 minutes, or until cheese is bubbly.
Serve with zucchini noodles.

Time: 30 minutes
Portion Fix Containers: ½ Green, 1 Red, 1 Yellow.
2B Mindset Plate It: Add a side salad or veggies to make a great lunch option. Replace the tortilla with veggies for dinner.

INGREDIENTS

2 Tbsp. reduced-fat (2%) plain yogurt
3 Tbsp. fresh lime juice, divided use
3 Tbsp. finely chopped cilantro, divided use
1 medium tomato, chopped
½ medium onion, chopped
1 medium jalapeño, seeds and veins removed, chopped (optional)
1 lb. cod, washed, patted dry
Sea salt (or Himalayan salt) (to taste; optional)
4 (6-inch) whole-wheat tortillas, warm
1 cup shredded cabbage
4 lime wedges (optional)

DIRECTIONS

Preheat grill or broiler on high.
To make yogurt sauce, combine yogurt, 2 Tbsp. lime juice, and 1 Tbsp. cilantro in a small bowl; mix well. Set aside.
To make salsa, combine tomato, onion, jalapeño (if desired), and 1 Tbsp. cilantro in a small bowl; mix well. Set aside.
Season fish with salt if desired.
Grill or broil fish for 4 to 5 minutes on each side, or until fish flakes easily when tested with a fork.
Evenly top tortillas with fish, cabbage, and remaining 1 Tbsp. cilantro. Drizzle with remaining 1 Tbsp. lime juice, and yogurt sauce; garnish with lime wedges.
Serve with salsa.

CHIPOTLE PULLED CHICKEN AND SLAW

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 (the 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.

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.

ROASTED GARLIC SHRIMP AND ZUCCHINI

INGREDIENTS

Parchment paper
1 Tbsp. + 1 tsp. olive oil
4 cloves garlic, finely chopped
½ tsp. dried oregano
½ tsp. dried basil
¼ tsp. sea salt (or Himalayan salt)
¼ tsp. ground black pepper
4 medium zucchini,
cut into 1/2-inch slices
1 lb. medium shrimp,
peeled, deveined
½ cup grated Parmesan cheese
1 Tbsp. fresh lemon juice
2 Tbsp. finely chopped fresh parsley

DIRECTIONS

Preheat oven to 400º F.
Line large sheet pan with parchment paper. Set aside.
Combine oil, garlic, oregano, basil, salt, and pepper in a small bowl; whisk to blend. Set aside.
Place zucchini on pan. Drizzle with half of oil mixture; mix well to coat. Bake for 10 minutes.
Add shrimp to pan; mix well.
Drizzle with remaining half of oil mixture; mix well. Sprinkle with cheese. Bake for 6 to 8 minutes, or until shrimp is firm and opaque, and zucchini is tender-crisp.
Drizzle with lemon juice and sprinkle with parsley; serve immediately.

Time: 33 minutes
Portion Fix Containers: 1 Green, 1 Red, ½ Blue, 1 tsp.
2B Mindset Plate It: Add a side salad or veggies for dinner. Add an FFC for lunch.

Snack Recipes

Time: 4 hours and 10 minutes
Portion Fix Containers: 1 Purple, ½ Red.
2B Mindset Plate It: Add a side of veggies to make this a fun snacktional.

INGREDIENTS

½ cup unsweetened cranberry juice
½ cup 100% orange juice
1 cup fresh or frozen raspberries
2 scoops Tropical Strawberry Shakeology

DIRECTIONS

Place cranberry juice, orange juice, raspberries, and Shakeology in blender; cover. Blend until smooth.
Pour mixture into ice pop molds.
Freeze for at least four hours, or until set.
Eat immediately, or store frozen in a tightly covered container up to 5 days.

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

INGREDIENTS

Nonstick cooking spray (optional)
1 cup reduced fat (2%) plain Greek yogurt
3 Tbsp. raw honey
2 large very ripe bananas, cut into chunks
2 large eggs
½ tsp. pure vanilla extract
2 cups old-fashioned rolled oats
1½ tsp. baking powder
½ tsp. baking soda
½ tsp. sea salt (or Himalayan salt)
2 cups fresh (or frozen) blueberries
⅔ cup chopped raw walnuts

DIRECTIONS

Preheat oven to 350° F.
Prepare 12 muffin cups by lining with muffin papers or lightly coating with spray.
Place yogurt, honey, bananas, eggs, extract, oats, baking powder, baking soda, and salt in blender (or food processor); cover. Blend until smooth, scraping once or twice, as needed.
Gently fold in blueberries and walnuts.
Evenly divide batter among prepared muffin cups.
Bake 20 to 25 minutes, or until tester inserted into the center comes out clean.
Transfer muffins to rack; cool.

PUMPKIN PECAN COOKIES

INGREDIENTS

Nonstick cooking spray
1½ cups rolled oats
⅔ cup almond flour
1 tsp. ground cinnamon
¼ tsp. ground cloves
¼ tsp. ground ginger
¼ tsp. sea salt (or Himalayan salt)
1 large egg, lightly beaten
1¼ cups pumpkin puree
⅓ cup maple syrup
¼ cup chopped raw pecans (optional)
24 pecan halves

Time: 20 minutes
Portion Fix Containers: 1 Yellow, ½ Blue.
2B Mindset Plate It: Enjoy as an occasional treat. Be sure to track it.

DIRECTIONS

Preheat oven to 350° F.
Lightly coat two baking sheets with spray. Set aside.
Combine oats, almond flour, cinnamon, cloves, ginger, and salt in a medium bowl; mix well. Set aside.
Combine egg, pumpkin, and maple syrup in a large bowl; mix well.
Add flour mixture and chopped pecans to pumpkin mixture; mix until blended.
Drop by rounded Tbsp. onto prepared baking sheet; flatten cookies with a spatula. Top each cookie with a pecan half.
Bake for 14 to 15 minutes or until firm.

SHOPPING LIST

PRODUCE

- 1 lemon
- 1 lime
- 5 medium Granny Smith apples
- 5 large ripe bananas
- 1 cup chopped strawberries
- 2½ cup fresh (or frozen) blueberries
- ½ cup fresh (or frozen) blackberries
- 1 cup fresh (or frozen) raspberries
- 2 medium tomatoes
- 1 medium onion
- 1 medium red onion
- 3 green onions
- 5 cups shredded cabbage
- 2 cups broccoli florets
- 4 lbs butternut squash
- 10 large zucchini
- 2 medium jalapeños
- 1 head garlic
- Fresh parsley
- Fresh ginger
- Fresh cilantro

DAIRY

- 1 carton reduced-fat (2%) milk
- 1 carton unsweetened coconut milk beverage
- 1 carton reduced-fat (2%) plain Greek yogurt
- 1 carton reduced-fat (2%) plain yogurt
- 1 cup grated Parmesan cheese
- 1/3 cup shredded cheddar cheese
- 3 Tbsp. Neufchatel cheese
- Ghee

PANTRY

- Vanilla Shakeology
- Tropical Strawberry Shakeology
- Parchment paper
- Nonstick cooking spray
- Extra-virgin olive oil
- Coconut oil
- White wine vinegar
- Apple cider vinegar
- Lemon juice
- Lime juice
- Raw honey
- Pure maple syrup
- Pure vanilla extract
- All-purpose flour
- Almond flour
- Dry rolled oats
- Baking powder
- Baking soda
- Sea salt (or Himalayan salt)
- Ground black pepper
- Ground white pepper
- Ground cinnamon
- Ground nutmeg
- Ground cloves
- Ground ginger
- Ground turmeric
- Whole cumin seeds
- Whole mustard seeds
- Whole fennel seeds
- Whole coriander seeds
- Celery seed
- Mild chili powder
- Italian seasoning
- Dried oregano
- Dried basil

OTHER

- 1 container unsweetened cranberry juice
- 1 container 100% orange juice
- 4 cups low-sodium chicken broth
- 4 cups low-sodium vegetable broth
- ½ cup canned lite coconut milk
- 1 can pumpkin puree
- 1 (15-oz.) can black beans
- Chipotle peppers in adobo sauce
- 1 jar all-natural marinara sauce, no salt/sugar added
- Barbecue sauce, no sugar added
- Olive oil mayonnaise
- 1 small jar reduced-sugar strawberry jam
- 4 (6-inch) whole-wheat tortillas
- 1 cup dry long-grain brown rice
- 1 cup dry split mung dal
- 2 Tbsp. crushed graham crackers
- ⅔ cup chopped raw walnuts
- ¼ cup chopped raw pecans
- 24 pecan halves
- 1 Tbsp. chia seeds
- ½ cup frozen cauliflower rice
- 2 cups frozen whole-kernel corn

PROTEIN

- 1/2 dozen large eggs
- 6 (4-oz.) raw chicken breasts, boneless, skinless
- 3 cups cooked chicken breast, boneless, skinless, shredded
- 1 lb. cod
- 1 lb. medium shrimp peeled, deveined