February
MEAL PLAN

WEEK 3

Breakfast

Strawberry Mojito Shakeology

Cinnamon Vanilla Almond Latte

Strawberry Mojito Shakeology

Cinnamon Vanilla Almond Latte

One-Pan Breakfast Burrito

Superfood Scramble

Repeat Your Favorite

Lunch

Chicken and Peanut Stew

Potato Leek Soup

Spinach Salad with Candied Walnuts

Chicken and Peanut Stew

Potato Leek Soup

Spinach Salad with Candied Walnuts

Repeat Your Favorite

Dinner

Chicken Florentine

Potato-Crusted Salmon Fillets

Leftovers

Sheet Pan Chicken Shawarma

Leftovers

Spaghetti Squash Crust Pizza

Leftovers

Snacks

Tomato-Thyme Pita Crisps

Cinnamon Roasted Almonds

Roasted Carrots with Harissa Yoghurt

Tomato-Thyme Pita Crisps

Cinnamon Roasted Almonds

Roasted Carrots with Harissa Yoghurt

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

STRAWBERRY MOJITO SHAKEOLOGY

INGREDIENTS

1 cup sparkling water, divided use
1 cup ice
1 scoop Tropical Strawberry Shakeology
3 Tbsp. fresh lime juice
1 tsp. lime zest
2 Tbsp. chopped fresh mint leaves
Fresh mint sprig for garnish
Strawberry slice for garnish

DIRECTIONS

Place ½ cup water, ice, Shakeology, lime juice, lime zest, and mint in blender; cover. Blend until smooth. Pour into serving glass.
Add remaining ½ cup water; mix well.
Garnish with mint and strawberry slice, if desired.

Time: 10 minutes
Portion Fix Containers: 1 Red.
2B Mindset Plate It: Enjoy as part of breakfast or as a snacktional.

CINNAMON VANILLA ALMOND LATTE

INGREDIENTS

1 cup unsweetened almond milk
½ cup brewed coffee
1 scoop Beachbody Collagen Boost
1 tsp. maple syrup (optional)
½ tsp. vanilla extract
¼ tsp. + 1 dash ground cinnamon, divided use

DIRECTIONS

Place a small saucepot over medium-high heat; add almond milk and coffee. Bring to a gentle boil; remove from heat.
Add Beachbody Collagen Boost, maple syrup (if using), extract, and ¼ tsp. cinnamon; mix well.
Pour almond milk mixture into a mug, and sprinkle remaining 1 dash cinnamon on top; serve warm.

Time: 10 minutes
Portion Fix Containers: 1 tsp.
2B Mindset Plate It: Enjoy as an occasional treat. Be sure to track it!

ONE-PAN BREAKFAST BURRITO

INGREDIENTS

1 cup fresh baby spinach
2 large eggs, lightly beaten
1 (8-inch) whole wheat tortilla
1 dash sea salt (or Himalayan salt)
¼ medium avocado, sliced
¼ cup pico de gallo (or fresh salsa)

DIRECTIONS

Heat a medium nonstick skillet over medium-high heat; lightly coat with spray.
Add spinach and eggs; stir until spinach wilts slightly. Lay tortilla over top; cook for 1 minute. Flip; season with salt. Cook for 1 additional minute, or until bottom of tortilla is toasted.
Remove to a serving plate. Top with avocado and pico de gallo.
Wrap burrito-style. Enjoy!

Time: 10 minutes
Portion Fix Containers: 1½ Green, 1 Red, 1 Yellow, 1 Blue.
2B Mindset Plate It: A great breakfast option.

SUPERFOOD SCRAMBLE

INGREDIENTS

2 cups chopped fresh kale (or spinach)
½ cup canned (or frozen) artichoke hearts, drained, squeezed dry
¼ cup chopped red onion
¾ cup canned chickpeas, drained, rinsed
2 large eggs, lightly beaten
Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)
¼ cup jarred sliced roasted red peppers

Time: 19 minutes
Portion Fix Containers: 3 Green, 2 Red.
2B Mindset Plate It: A delicious breakfast option.

DIRECTIONS

Heat a medium nonstick skillet coated with spray over medium-high heat.
Add red onion and cook, stirring occasionally, for 2 to 3 minutes, until translucent.
Add kale, artichoke hearts, and chickpeas; cook, stirring occasionally for 2 to 3 minutes, until kale is wilted.
Lower heat to medium. Make a well in the center; add eggs and cook, stirring occasionally, for 2 to 3 minutes, slowly incorporating vegetable mixture into the eggs until eggs are set. Season with salt (if desired) and pepper (if desired).
Transfer scramble to a serving bowl; top with red peppers. Serve immediately.

Lunch
Recipes

CHICKEN AND PEANUT STEW

INGREDIENTS

1 lb. raw chicken thighs, boneless, skinless
½ tsp. ground cumin
½ tsp. sea salt (or Himalayan salt)
1 tsp. olive oil
1 medium onion, chopped
2 medium red bell peppers, chopped
1 (32 fl. oz.) container low-sodium chicken broth, divided use
3 Tbsp. all-natural peanut butter
3 cloves garlic, peeled
1-inch piece fresh ginger, peeled
½ small habanero chile, seeds removed
4 cups collard greens, stems removed, chopped
1 (15-oz.) can diced fire-roasted tomatoes
1 medium sweet potato, cubed
¼ cup roasted, unsalted peanuts, chopped
¼ cup chopped fresh mint leaves
1 small lime, cut into wedges

Time: 55 minutes
Portion Fix Containers: 3 Green, 2 Red, ½ Yellow, 1 Blue, 1 Orange.
2B Mindset Plate It: A great lunch option.

DIRECTIONS

Season chicken all over with cumin and salt.
Heat oil in a large pot over medium-high heat. Add chicken; cook for 3 to 4 minutes. Flip; cook for an additional 3 to 4 minutes, or until browned on all sides. Remove from pot.
Add onion and bell peppers to pot; cook, stirring occasionally, for 5 to 7 minutes, or until soft.
While onion and peppers cook, add 1 cup broth, peanut butter, garlic, ginger, and chile to a blender; cover. Pulse until smooth, scraping down sides as needed.
Return chicken to pot; add collard greens, remaining 3 cups broth, broth mixture, tomatoes, and sweet potato. Bring to a boil; reduce heat to low.
Gently boil, uncovered, for 25 to 30 minutes, or until sweet potato is soft and soup thickens.
Remove chicken from pot; shred using two forks. Return to pot.
Evenly divide soup among 4 serving bowls; top evenly with peanuts and mint. Serve with a lime wedge.

Time: 40 minutes
Portion Fix Containers: 1 Green, 1 Yellow, ½ Blue, 1 tsp.
2B Mindset Plate It: Serve with protein and your favorite veggie side for a great lunch.

INGREDIENTS

1 Tbsp. olive oil
2 cups leeks, white and light green parts only, well washed, chopped
2 cloves garlic, finely chopped
1 tsp. sea salt (or Himalayan salt)
4 cups low-sodium vegetable broth
2 cups Yukon gold potatoes, peeled, roughly chopped
1 cup canned lite coconut milk
2 bay leaves
½ tsp. dried thyme
¼ tsp. ground black pepper

DIRECTIONS

Heat oil in a large soup pot over medium heat until fragrant.
Add leeks, garlic, and salt; cook, stirring occasionally, for 7 to 10 minutes, or until leeks are soft.
Add broth, potatoes, coconut milk, bay leaves, thyme, and pepper; bring to a boil. Reduce to a gentle boil; cook for 15 to 20 minutes, or until potatoes are very soft.
Puree soup with an immersion blender (or use a regular blender with the hole in the lid open and loosely covered with a dish towel).
Serve warm.

Time: 18 minutes
Portion Fix Containers: 4 Green, ½ Purple, 1 Yellow, 1 Blue, 1 Orange.
2B Mindset Plate It: Add protein for a delicious lunch option.

INGREDIENTS

FOR CANDIED WALNUTS
1 cup walnut pieces
2 Tbsp. pure maple syrup
⅛ tsp. sea salt (or Himalayan salt)
⅛ tsp. ground cinnamon
⅛ tsp. ground cayenne pepper (optional)

FOR SALAD
1 Tbsp. balsamic vinegar
1 tsp. olive oil
1 tsp. Dijon mustard
1 pinch sea salt (or Himalayan salt)
2 cups baby spinach
½ cup canned chickpeas, drained, rinsed
½ cup canned mandarin oranges (packed in water or juice), drained, reserve 1 Tbsp. liquid
5 thin slices red onion
2 precooked baby beets, quartered

DIRECTIONS

To make candied walnuts, line a baking sheet with parchment paper; coat lightly with spray. Set aside.
Heat a large nonstick skillet over medium-high heat. Add walnuts; cook for 1 minute.
Add maple syrup and salt; cook, stirring frequently, for 2 to 3 minutes, until syrup thickens and walnuts begin to stick together.
Sprinkle with cinnamon and cayenne pepper (if desired); stir gently to coat.
Arrange walnuts on prepared baking sheet to cool for 10 minutes. Reserve 2 Tbsp. for this recipe; store the rest in a tightly sealed container at room temperature for up to 2 weeks.
To make salad, add reserved mandarin orange liquid, vinegar, oil, mustard, and salt to a large mixing bowl; whisk to combine.
Add spinach, chickpeas, mandarin oranges, and red onion; toss to coat evenly.
Transfer to a serving bowl; top with beets and walnuts. Serve immediately.

Dinner
Recipes

Time: 21 minutes
Portion Fix Containers: 1 Green, 1 Red, 1 Blue, 1 tsp.
2B Mindset Plate It: Add a side salad or veggies for dinner. Add veggies and an FFC for lunch.

INGREDIENTS

1 tsp. olive oil
2 cloves garlic, finely chopped
1 (4-oz) raw chicken breast, boneless, skinless, pounded thin
1 cup steamed spinach
1 slice part-skim mozzarella cheese (about ½ oz.)

DIRECTIONS

Preheat oven to 400° F. Heat oil in oven-proof skillet over medium-high heat.
Add garlic; cook, stirring frequently, for 1 minute.
Add chicken; cook for 3 to 5 minutes on each side, or until no longer pink in the middle. Remove from heat.
Top chicken with spinach and cheese.
Bake for 2 to 3 minutes, or until cheese is melted.

Time: 30 minutes
Portion Fix Containers: 1 Red, 1 Yellow, ½ tsp.
2B Mindset Plate It: A great protein and FFC as part of lunch.

INGREDIENTS

2 small russet potatoes (about 1 lb.) washed, shredded
½ medium leek, washed, sliced thin
¼ tsp. sea salt (or Himalayan salt)
2 tsp. ground white pepper
2 tsp. olive oil
1 tsp. unsalted butter
4 (4-oz) raw salmon fillets, skinless

DIRECTIONS

Drain potatoes in a colander; pat them as dry as possible with paper towels or a clean kitchen towel.
Combine potatoes, leek, salt, and pepper in a medium bowl; mix well.
Heat oil and butter in large nonstick skillet over medium-high heat. Place four ⅓ cup mounds of potato mixture in skillet. Press a salmon fillet into each mound. Top evenly with remaining potatoes; cook for 6 to 7 minutes on each side, or until potatoes are nicely browned and fish flakes easily when tested with a fork.

SHEET PAN CHICKEN SHAWARMA

INGREDIENTS

FOR CHICKEN SHAWARMA:
2 tsp. ground cumin
2 tsp. ground turmeric
2 tsp. garlic powder
2 tsp. ground paprika
1 tsp. ground allspice
1 tsp. sea salt (or Himalayan salt)
6 (4-oz. each) raw boneless, skinless chicken thighs
1 medium onion, thinly sliced
2 medium lemons, juiced
1 Tbsp. olive oil

FOR SALAD:
3 medium cucumbers, chopped
2 cups cherry tomatoes, cut in half
½ medium onion, chopped
½ cup chopped fresh parsley
½ cup chopped fresh mint (optional)
2 medium lemons, juiced
½ cup prepared hummus

DIRECTIONS

To make chicken shawarma, add cumin, turmeric, garlic powder, paprika, allspice, and salt to a large resealable bag; shake to combine. Set aside.
Pat chicken dry with paper towels; thinly slice.
Add chicken, onion, lemon juice, and oil to bag; seal bag. Massage to evenly coat; marinate in refrigerator for 1 hour, or up to overnight.
Preheat oven to 425° F. Line a large baking sheet with parchment paper; lightly coat with spray.
Spread marinated chicken on prepared baking sheet in a single layer; bake for 25 to 30 minutes, until chicken has browned and onion is caramelized but not burnt. Set aside.
To make salad, combine cucumber, tomatoes, onion, parsley, mint (if desired), and lemon juice in a large mixing bowl; toss gently.
Evenly divide chicken, salad, and hummus among four plates; serve immediately, or store refrigerated in an airtight container for up to 4 days.

Time: 40 minutes + 1 hour
Portion Fix Containers: 2½ Green, 1 Red, 1 Blue, 1 Orange.
(1 cup chicken + 2 cups salad each)
2B Mindset Plate It: A delicious dinner option.

SPAGHETTI SQUASH CRUST PIZZA

INGREDIENTS

FOR SPAGHETTI SQUASH CRUST:
4 cups cooked spaghetti squash (or frozen, thawed) (approx. 1 small)
1 large egg, lightly beaten
¼ cup grated Parmesan cheese
½ tsp. dried oregano

FOR PIZZA:
¼ cup all-natural marinara sauce
½ cup shredded part-skim mozzarella cheese
8 oz. cooked chicken breast, sliced
¼ medium red onion, thinly sliced
5 fresh basil leaves
2 cups fresh arugula

Time: 40 minutes
Portion Fix Containers: 2 Green, 1½ Red, ½ Blue, 1 Orange
2B Mindset Plate It: A great dinner option. Add an FFC for lunch.

DIRECTIONS

Preheat oven to 400° F.
Line large baking sheet with parchment paper; lightly coat with spray. Set aside.
Using a clean kitchen towel or paper towels, squeeze as much water as possible from spaghetti squash; place in medium mixing bowl. Add egg, Parmesan cheese, and oregano; mix well.
Place squash mixture in center of prepared baking sheet; use damp hands to press into a thin circular shape, about ¼-inch thick and 10 inches across. Bake for 20 minutes, or until top is dry and edges begin to brown. Remove from oven.
To make pizza, spread marinara sauce in an even layer on baked crust; top evenly with mozzarella cheese, chicken, and onion. Bake for 8 to 10 minutes, or until onion softens slightly and cheese melts.
Top with basil; cut in half. Divide evenly between two plates; serve each with 1 cup arugula as a side salad or additional pizza topping.

Snack
Recipes

Time: 18 minutes
Portion Fix Containers: ½ Green, 1 Yellow, ½ tsp.
2B Mindset Plate It: A great snackional or enjoy as part of breakfast or lunch.

INGREDIENTS

5 fresh basil leaves, finely chopped
½ tsp. ground black pepper
½ tsp. dried thyme leaves
2 Tbsp. grated Parmesan cheese
4 (6½-inch) whole wheat pitas, split (tops removed from bottoms), cut into quarters
1 Tbsp. olive oil
4 cups chopped tomatoes

DIRECTIONS

Preheat oven to 350° F.
Combine basil, pepper, thyme, and cheese in a small bowl; mix well. Set aside.
Spread pita wedges evenly on baking sheet. Lightly brush each wedge with oil.
Sprinkle basil mixture evenly over pita wedges. Bake for 6 to 8 minutes, or until golden brown.
Top pita wedges evenly with tomatoes. Serve immediately.

Time: 1 hour and 15 minutes
Portion Fix Containers: 1 Blue.
2B Mindset Plate It: A fats-based accessory that can be added to any meal.

INGREDIENTS

1 large egg white (2 Tbsp.)
2 Tbsp. raw honey
2 cups whole raw almonds
2 tsp. ground cinnamon
¼ tsp. sea salt (or Himalayan salt)

DIRECTIONS

Preheat oven to 250° F.
Line large baking sheet with parchment paper. Set aside.
Combine egg white and honey in a medium bowl; whisk until frothy.
Fold in almonds; gently mix until covered. Place almonds on prepared baking sheet using a slotted spoon so that excess egg white mixture is removed from almonds. Spread almonds evenly on baking sheet.
Sprinkle evenly with cinnamon and salt.
Bake for 60 minutes, stirring every 20 minutes. Let cool completely.

ROASTED CARROTS WITH HARISSA YOGHURT

INGREDIENTS

FOR SPICED CARROTS

1 tsp. ground smoked paprika
1 tsp. ground cumin
1 tsp. ground coriander
¼ tsp. sea salt (or Himalayan salt)
¼ tsp. ground black pepper
1 Tbsp. pure maple syrup
1 tsp. Dijon mustard
10 medium carrots, peeled, cut in half lengthwise (approx. 1 lb.)
2 Tbsp. shelled, unsalted pistachios, chopped (reserve for garnish)

FOR HARISSA YOGURT SAUCE

½ cup reduced-fat plain Greek yogurt
2 tsp. harissa sauce
1 tsp. lemon zest

DIRECTIONS

Preheat oven to 400° F. Line a large baking sheet with parchment paper; coat lightly with spray. Set aside.

To make spiced carrots, add paprika, cumin, coriander, salt, and pepper to a small bowl; toss to combine. Set aside.

Combine maple syrup and mustard in another small mixing bowl; mix well.

Place carrots on prepared baking sheet. Drizzle with maple syrup mixture; toss to evenly coat. Sprinkle with spice mixture; toss to coat.

Arrange in an even layer; bake for 35 minutes, turning once, or until soft.

Make harissa yogurt sauce while carrots cook. Add yogurt, harissa sauce, and lemon zest to a medium mixing bowl; stir to combine.

Evenly divide carrots between two serving plates; top evenly with yogurt sauce and pistachios.

Time: 42 minutes
Portion Fix Containers: 2 Green, ½ Red, 1 Orange.
2B Mindset Plate It: A great veggie snack.

SHOPPING LIST

PRODUCE

- 4 medium lemons
- 2 small limes
- 1 small avocado
- 2 cups cherry tomatoes
- 5 medium tomatoes
- 2 medium red bell peppers
- 1 large red onion
- 3 medium onions
- 1 lb. spinach
- 3 cups baby spinach
- 2 cups chopped fresh kale
- 2 cups fresh arugula
- 4 cups collard greens
- 4 medium leeks
- 3 medium cucumbers
- 1 lb. medium carrots
- 1 lb. russet potatoes
- 1 lb. Yukon gold potatoes
- 1 medium sweet potato
- 1 small spaghetti squash
- 1 small habanero chile
- 1 head garlic
- Fresh ginger
- Fresh mint
- Fresh parsley
- Fresh basil leaves

DAIRY

- 1 carton unsweetened almond milk
- 3/4 cup shredded part-skim mozzarella cheese
- 1/3 cup grated Parmesan cheese
- 1 small carton reduced-fat plain Greek yogurt
- Unsalted butter

PANTRY

- Beachbody Collagen Boost
- Tropical Strawberry Shakeology
- Olive oil
- Balsamic vinegar
- Lime juice
- Dijon mustard
- All-natural peanut butter
- Raw honey
- Pure maple syrup
- Vanilla extract
- Sea salt (or Himalayan salt)
- Ground black pepper
- Ground white pepper
- Ground cinnamon
- Ground smoked paprika
- Ground cumin
- Ground coriander
- Ground turmeric
- Ground allspice
- Ground cayenne pepper
- Dried thyme
- Dried oregano
- Dried thyme leaves
- Garlic powder
- Bay leaves

PROTEIN

- 4 large eggs
- ½ lb. cooked chicken breast
- 3 lb. raw chicken thighs, boneless, skinless
- 4 (4-oz) raw salmon fillets skinless

OTHER

- 4 (6½-inch) whole wheat pitas
- 1 (8-inch) whole wheat tortilla
- 1 small bottle sparkling water
- ½ cup brewed coffee
- 1 (32-fl .-oz.) low-sodium vegetable broth
- 1 (32-fl .-oz.) low-sodium chicken broth
- 1 can mandarin oranges (packed in water or juice)
- 1 can chickpeas
- 2 precooked baby beets
- 1 jar artichoke hearts
- 1 jar sliced roasted red peppers
- 1 jar all-natural marinara sauce
- 1 (15-oz.) can diced fire-roasted tomatoes
- 2 tsp. harissa sauce
- 1 small container pico de gallo (or fresh salsa)
- 1 small container prepared hummus
- 1 cup canned lite coconut milk
- 2 cups whole raw almonds
- 1 cup walnut pieces
- ¼ cup roasted, unsalted peanuts
- 2 Tbsp. shelled, unsalted pistachios