



March
MEAL PLAN

WEEK 5

Breakfast



Orange Mocha
Latte
Shakeology



Chocolate
Almond Spice
Shakeology



Orange Mocha
Latte
Shakeology



Chocolate
Almond Spice
Shakeology



High-Protein
Berry and Oat
Parfait



Fruit Salad
Protein Parfait



Repeat Your
Favorite

Lunch



Stuffed Shells



Spring Salad
with Peas and
Radishes



Chicken and
Veggie
Quesadilla



Stuffed Shells



Spring Salad
with Peas and
Radishes



Chicken and
Veggie
Quesadilla



Repeat Your
Favorite

Dinner



Zoodle Noodle
Salad



Almond Crusted
Chicken



Leftovers



Taco Salad



Leftovers



Lemon Garlic
Chicken and
Asparagus



Leftovers

Snacks



Green Pea Dip



Matcha Lime
Panna Cotta



Spicy
Cauliflower
Bites



Green Pea Dip



Matcha Lime
Panna Cotta



Spicy
Cauliflower
Bites



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



ORANGE MOCHA LATTE SHAKEOLOGY



MAKES 1 SERVING

INGREDIENTS

- 1 cup unsweetened almond milk
- 1 cup ice
- 1 scoop Café Latte Shakeology
- 2 Tbsp. unsweetened cocoa powder
- 2 tsp. orange zest

DIRECTIONS

Place almond milk, ice, Shakeology, cocoa powder, and orange zest in blender; cover. Blend until smooth.

Time: 5 minutes

Portion Fix Containers: 1 Red, ½ Yellow, 1 tsp.
2B Mindset Plate It: A great protein as part of breakfast.

CHOCOLATE ALMOND SPICE SHAKEOLOGY



MAKES 1 SERVING

INGREDIENTS

- 1 cup unsweetened almond milk
- 1 cup ice
- 1 scoop Chocolate Shakeology
- 2 tsp. all-natural almond butter
- 1 Tbsp. sliced almonds
- 1 tsp. pure maple syrup
- ½ tsp. ground nutmeg

DIRECTIONS

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

Time: 5 minutes

Portion Fix Containers: 1 Red, ½ Blue, 3 tsp.
2B Mindset Plate It: Add an FFC to make a great breakfast.

HIGH-PROTEIN BERRY AND OAT PARFAIT



MAKES 1 SERVING

INGREDIENTS

- ⅔ cup dry rolled oats
- ⅔ cup reduced-fat milk
- ½ tsp. pure vanilla extract
- Stevia (to taste; optional)
- 2 egg whites (¼ cup)
- ½ cup reduced-fat plain Greek yogurt
- ½ scoop Shakeology (any flavor)
- ½ cup fresh mixed berries

DIRECTIONS

Place oats in a medium microwave-safe bowl. Add milk, extract, and stevia (if desired) and microwave on high 1½ to 2 minutes, stirring halfway through, until most of the liquid is absorbed.

Add egg whites to the oatmeal mixture, stirring well to prevent egg from forming clumps. Microwave on high for another 25 to 30 seconds. Set aside.

In a small bowl combine yogurt and Shakeology, stirring well.

In another small bowl or a mason jar, layer the oatmeal mixture, yogurt mixture, and fresh fruit to make a parfait.

Time: 8 minutes

Portion Fix Containers: ½ Purple, 2 Red, 1½ Yellow, 2 Blue.

2B Mindset Plate It: A great breakfast option.



FRUIT SALAD PROTEIN PARFAIT

INGREDIENTS

- ¼ cup chopped strawberries
- ¼ cup blueberries
- 1 medium kiwifruit, peeled, chopped
- ½ small orange
- ¾ cup reduced-fat plain Greek yogurt
- 1 scoop Vanilla Shakeology
- 2 Tbsp. unsweetened almond milk
- 1 tsp. orange zest
- 1 tsp. fresh mint leaves

Time: 10 minutes

Portion Fix Containers: 1½ Purple, 1⅓ Red, ½ Blue.

2B Mindset Plate It: A delicious breakfast option.

DIRECTIONS

Combine strawberries, blueberries, and kiwi in a small bowl. Squeeze orange over fruit; toss gently.

Combine yogurt, Shakeology, almond milk, and orange zest in a small mixing bowl; mix well.

Layer half of the yogurt mixture into a glass serving bowl or pint jar; top with half of the fruit mixture. Repeat with the remaining yogurt mixture and fruit mixture.

Garnish with mint; serve immediately, or cover tightly with plastic wrap and refrigerate up to 24 hours.

A top-down view of a white oval bowl filled with a fresh salad. The salad consists of vibrant green spinach leaves, bright green peas, and thin, round slices of radishes with their characteristic red skin. The bowl is placed on a white, textured placemat. In the upper left corner, a small white dish is partially visible. The overall lighting is bright and natural, highlighting the freshness of the ingredients.

*Lunch
Recipes*



STUFFED SHELLS

INGREDIENTS

- 12 dry jumbo pasta shells
- 1 lb. raw 93% lean ground turkey
- 1 tsp. sea salt (or Himalayan salt)
- ½ tsp. ground black pepper
- ½ tsp. fennel seeds
- ½ tsp. crushed red pepper flakes (optional)
- 1 Tbsp. ground paprika
- 3 cloves garlic, finely chopped
- 2 tsp. cold water
- 1 Tbsp. olive oil
- 2 cups marinara, no sugar added, divided use
- 4 cups coarsely chopped baby spinach
- ¼ cup chopped fresh basil
- 1 cup part-skim mozzarella cheese (optional)

Time: 50 minutes

Portion Fix Containers: 1 Green, 1 Purple, 1 Red, 1 Yellow, 1 Blue, 2 tsp.
2B Mindset Plate It: A great lunch option.

DIRECTIONS

- Preheat oven to 350° F.
- Cook shells according to package directions.
- Rinse under cold water. Set aside.
- To make sausage mixture, combine turkey, salt, pepper, fennel seeds, red pepper flakes (if desired), paprika, garlic, and water in a large mixing bowl; mix with gloves (or clean hands) until sticky and thoroughly combined. Set aside.
- Heat oil in large skillet over medium-high heat, until fragrant.
- Add sausage mixture; cook, breaking into small pieces with a wooden spoon, for 4 to 6 minutes, or until cooked through.
- Add 1 cup marinara, spinach, and basil. Bring to a gentle boil; gently boil for 2 minutes.
- Place remaining 1 cup marinara in bottom of a 9 x 9-inch casserole dish. Set aside.
- Fill each shell with approx. 3 Tbsp. turkey mixture. Place in prepared casserole dish, seam-sides up. Top with cheese, if desired.
- Bake for 10 to 12 minutes, or until hot and bubbly. Enjoy.

SPRING SALAD WITH PEAS AND RADISHES



MAKES 4 SERVINGS

Time: 27 minutes

Portion Fix Containers: 1½ Green,
½ Yellow, ½ Blue/Orange.

2B Mindset Plate It: Add a protein for a great lunch option.

INGREDIENTS

- ¼ cup fresh lemon juice
- 1 Tbsp. extra-virgin olive oil
- ¼ tsp. sea salt
(or Himalayan salt)
- ¼ tsp. ground black pepper
- 2 cups fresh shelled peas
- 1 head Bibb lettuce, washed,
patted dry, leaves torn
- ¼ cup coarsely chopped fresh
mint
- 1 cup thinly sliced radishes
- 2 Tbsp. shaved pecorino
Romano cheese

DIRECTIONS

- Bring water to a boil in medium saucepan.
- Combine lemon juice, oil, salt, and pepper in a small bowl; whisk to blend. Set aside.
- Add peas to water; cook for 1 to 2 minutes. Drain.
- Plunge peas into ice water for about 10 minutes, or until peas are cold; drain again. Set aside.
- Combine lettuce and mint in a large serving bowl; mix well.
- Top with peas, radishes, and cheese. Drizzle with dressing; toss gently to blend.
- Divide evenly between four serving plates.

CHICKEN AND VEGGIE QUESADILLA



MAKES 1 SERVING

Time: 20 minutes

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

2B Mindset Plate It: A delicious lunch option.

INGREDIENTS

- 1 tsp. olive oil
- ½ cup chopped tomato
- ¼ cup chopped onion
- ¾ tsp. chili powder
- ¼ tsp. garlic powder
- 1 dash ground cumin
- 1 dash sea salt
(or Himalayan salt)
- ¼ cup matchstick-sized bell
pepper pieces
- ¼ cup + 2 Tbsp. shredded
cooked chicken breast
- ¼ cup water
- 1 (8-inch) sprouted-grain
tortilla
- ¼ cup shredded Colby jack
cheese

DIRECTIONS

- Warm olive oil in medium skillet over medium-high heat until fragrant; add tomato, onion, chili powder, garlic powder, cumin, and salt. Cook 3 to 5 minutes until onion is translucent and tomatoes are breaking down.
- Add bell pepper, chicken breast, and water; continue to cook another 3 minutes, or until most of the liquid has been absorbed and mixture is saucy.
- Place tortilla in a large skillet, top with cheese and set aside.
- Distribute chicken mixture evenly on top of cheese; place the skillet with tortilla over medium-high heat. Cook until cheese is melted and bottom of tortilla is crisp and brown.
- Fold the tortilla in half. Remove to a plate.



*Dinner
Recipes*

ZOODLE NOODLE SALAD



MAKES 4 SERVINGS

Time: 10 minutes

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

2B Mindset Plate It: A great dinner option.

INGREDIENTS

- 3 medium zucchini, spiralized
- 1 cup halved grape tomatoes
- 8 slices cooked turkey bacon, chopped
- 4 large hard-boiled eggs, chopped
- ¼ cup blue cheese crumbles
- ¼ cup low-fat sour cream
- 1 Tbsp. extra-virgin olive oil
- 1 Tbsp. fresh lemon juice
- 1 Tbsp. chopped fresh basil
- ½ tsp. onion powder
- ¼ tsp. sea salt (or Himalayan salt)
- ¼ tsp. ground black pepper

DIRECTIONS

Combine zucchini, tomatoes, turkey bacon, eggs, cheese, sour cream, oil, lemon juice, basil, onion powder, salt, and pepper in a large mixing bowl; toss to blend.

Serve immediately.

ALMOND CRUSTED CHICKEN



MAKES 6 SERVINGS

Time: 41 minutes

Portion Fix Containers: 1 Green, 1 Red, 1 Blue,
1 tsp.

2B Mindset Plate It: A great dinner option.

INGREDIENTS

- 1 cup almond flour
- 1 tsp. garlic powder
- 1½ tsp. lemon zest
- 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
- 2 Tbsp. olive oil, divided use
- 6 cups raw mixed vegetables
- Fresh parsley (for garnish; optional)

DIRECTIONS

Preheat oven to 425° F.

Combine almond flour, garlic powder, lemon zest, salt, and pepper in a shallow dish; mix well. Set aside. Combine egg and water in a shallow dish; whisk to blend.

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.

While chicken is baking, heat remaining 1 Tbsp. oil in medium skillet over medium heat.

Add vegetables; cook, stirring frequently, for 2 to 3 minutes, or until tender-crisp.

Serve one chicken breast and 1 cup vegetables per serving garnished with parsley, if desired.



TACO SALAD

INGREDIENTS

- 2 tsp. olive oil
- 1 lb. raw 93% lean ground turkey
- 1 Tbsp. low-sodium taco seasoning
- $\frac{1}{4}$ cup water
- 8 (6-inch) corn tortillas, cut into strips
- $\frac{1}{2}$ medium ripe avocado
- 1 Tbsp. lemon juice
- 1 dash garlic powder
- Sea salt (or Himalayan salt) (to taste; optional)
- 6 cups shredded lettuce
- 4 medium tomatoes, chopped

Time: 34 minutes

Portion Fix Containers: 1½ Green, 1 Red, 1 Yellow, $\frac{1}{2}$ Blue, $\frac{1}{2}$ tsp.

2B Mindset Plate It: A great lunch option.
Replace tortillas with more veggies for dinner.

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 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.



MAKES 4 SERVINGS

LEMON GARLIC CHICKEN AND ASPARAGUS

INGREDIENTS

6 cloves garlic, finely chopped

¼ cup dry white wine

¼ cup low-sodium chicken broth

1 Tbsp. fresh lemon juice

1 tsp. lemon zest

1 tsp. finely chopped fresh thyme

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

4 tsp. unsalted butter, cold

Time: 1 hour and 16 minutes

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

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

DIRECTIONS

Preheat oven to 400° 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 of lemon.

Bake for 20 to 25 minutes, or until chicken is no longer pink
in the middle.

10 minutes before the 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 a 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 of asparagus onto each
of four plates, and enjoy!



Snack Recipes

GREEN PEA DIP



MAKES 6 SERVINGS

Time: 5 minutes

Portion Fix Containers: ½ Yellow, 1 tsp.

2B Mindset Plate It: Serve with your favorite veggies for a great snack.

INGREDIENTS

- 2 cups frozen peas, thawed and drained
- 2 Tbsp. tahini paste
- 2 Tbsp. extra-virgin olive oil
- 2 cloves garlic
- 1 tsp. sea salt (or Himalayan salt)
- 2 Tbsp. fresh lemon juice
- 2 tsp. lemon zest
- 2 Tbsp. chopped fresh mint leaves

DIRECTIONS

Place all ingredients in a food processor and process until smooth.

MATCHA LIME PANNA COTTA



MAKES 4 SERVINGS

Time: 4 hours and 15 minutes

Portion Fix Containers: ½ Yellow, 1 Blue.

2B Mindset Plate It: Enjoy as an occasional treat.

INGREDIENTS

- ½ cup canned lite coconut milk, well-stirred
- ½ cup canned coconut milk, well-stirred
- 1 cup unsweetened soy milk
- 1½ tsp. unflavored gelatin
- 3 Tbsp. raw sugar
- ½ tsp. powdered stevia
- 1½ tsp. matcha powder
- 1½ tsp. pure vanilla extract
- 2 tsp. fresh lime juice
- 1 tsp. lime zest

DIRECTIONS

Add lite coconut milk, coconut milk, soy milk, gelatin, sugar, stevia, matcha powder, and extract to a blender; pulse until completely smooth. Let stand for 5 minutes, to allow gelatin to hydrate. Heat coconut mixture in a medium sauce pot over medium heat. Bring to just below a gentle boil, whisking occasionally; remove from heat. Add lime juice and zest; stir to combine. Evenly divide mixture among 4 heatproof ramekins. Cover ramekins; chill for 4 hours, or until fully set.



SPICY CAULIFLOWER BITES

INGREDIENTS

- 1 lb. cauliflower florets
- ½ tsp. sea salt (or Himalayan salt),
divided use
- ¼ cup hot pepper sauce
- 2 Tbsp. + 2 tsp. rice vinegar
- 1 tsp. chili powder
- 1 dash ground smoked paprika
- ¼ tsp. garlic powder
- ¼ tsp. onion powder
- ½ tsp. pure maple syrup
- ½ tsp. Worcestershire sauce
- 1 Tbsp. unsalted butter
- 1½ tsp. cornstarch + 1½ tsp. water
(combine to make a slurry)

Time: 55 minutes

Portion Fix Containers: 1 Green, 1 tsp.
2B Mindset Plate It: A great veggie
snack.

DIRECTIONS

Preheat oven to 350° F.

Lightly coat large baking sheet with spray.

Place cauliflower on baking sheet. Coat cauliflower lightly with spray. Season evenly with ¼ tsp. salt.

Bake for 20 minutes, or until tender-crisp.

While cauliflower is baking, combine hot sauce and vinegar in medium saucepan.

Add chili powder, paprika, garlic powder, onion powder, maple syrup, Worcestershire sauce, butter, and remaining ¼ tsp. salt; whisk to blend. Heat hot sauce mixture over medium-high heat; cook, stirring frequently, for 5 minutes, or until thickened. Set aside.

Add cornstarch slurry, whisk until combined.

Pour hot sauce mixture over baked cauliflower (on baking sheet); mix well. Return cauliflower to oven. Bake for 5 minutes.

Remove from oven, transfer cauliflower to plate lined with paper towels to drain and serve.

SHOPPING LIST

PRODUCE

- ½ cup fresh mixed berries
- ¼ cup chopped strawberries
- ¼ cup blueberries
- 1 medium kiwifruit
- 1 medium orange
- 2 large lemons
- 1 large lime
- 6 medium tomatoes
- 1 cup halved grape tomatoes
- 1 medium ripe avocado
- 1 small onion
- 1 medium pepper
- 1 head Bibb lettuce
- 6 cups shredded lettuce
- 4 cups coarsely chopped baby spinach
- 3 medium zucchini
- 2 lbs. asparagus
- 1 lb. cauliflower florets
- 2 cups fresh shelled peas
- 1 cup thinly sliced radishes
- 6 cups raw mixed vegetables
- 1 head garlic
- Fresh mint leaves
- Fresh parsley
- Fresh thyme
- Fresh basil

PROTEIN

- 1 dozen large eggs
- 10 (4-oz. each) raw chicken breasts, boneless, skinless
- ½ cup shredded cooked chicken breast
- 2 lbs. raw 93% lean ground turkey
- 1 package turkey bacon

PANTRY

- Vanilla Shakeology
- Chocolate Shakeology
- Café Latte Shakeology
- Extra-virgin olive oil
- Rice vinegar
- Worcestershire sauce
- Hot pepper sauce
- Lemon juice
- Lime juice
- Dry rolled oats
- Cornstarch
- Unsweetened cocoa powder
- All-natural almond butter
- Pure maple syrup
- Pure vanilla extract
- Sea salt (or Himalayan salt)
- Ground black pepper
- Ground smoked paprika
- Ground cumin
- Chili powder
- Garlic powder
- Onion powder
- Crushed red pepper flakes
- Low-sodium taco seasoning
- Fennel seeds
- Ground nutmeg

OTHER

- ¼ cup dry white wine
- 1 carton low-sodium chicken broth
- 1 jar marinara, no sugar added
- 1 small jar tahini paste
- 12 dry jumbo pasta shells
- 8 (6-inch) corn tortillas
- 1 (8-inch) sprouted-grain tortilla
- 1 cup almond flour
- 1½ tsp. unflavored gelatin
- 1½ tsp. matcha powder
- Powdered stevia
- Raw sugar
- 1 Tbsp. sliced almonds
- 1 bag frozen peas

DAIRY

- 1 carton unsweetened almond milk
- 1 carton unsweetened soy milk
- 1 carton reduced-fat milk
- 1 can lite coconut milk
- 1 can coconut milk
- 1 carton reduced-fat plain Greek yogurt
- 1 small carton low-fat sour cream
- 1 cup part-skim mozzarella cheese
- ¼ cup shredded Colby jack cheese
- ¼ cup blue cheese crumbles
- 2 Tbsp. shaved pecorino Romano cheese
- Unsalted butter