



November

MEAL PLAN

WEEK 1

Breakfast



Ginger Pear
Chocolate
Shakeology



Vanilla Caramel
Latte
Shakeology



Ginger Pear
Chocolate
Shakeology



Vanilla Caramel
Latte
Shakeology



Chili Cornbread
Waffles



Smoked Salmon
Omelette



Repeat Your
Favorite

Lunch



Insta Pot White
Chili



Roasted
Artichoke and
Tofu Salad



Pozole Verde



Insta Pot White
Chili



Roasted
Artichoke and
Tofu Salad



Pozole Verde



Repeat Your
Favorite

Dinner



Lasagna
Mushroom Caps



Tuna Melt
Peppers



Leftovers



Zucchini "Pasta"
Bake



Leftovers



Mushroom
Bourguignon



Leftovers

Snacks



Sweet Potato
and Roasted
Red Pepper Dip



Vegan Protein
Pesto



Roast Turnips



Sweet Potato
and Roasted
Red Pepper Dip



Vegan Protein
Pesto



Roast Turnips



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

GINGER PEAR CHOCOLATE SHAKEOLOGY



MAKES 1 SERVING

INGREDIENTS

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

Time: 10 minutes

Portion Fix Containers: 1 Red, 1 Purple, 1 tsp.
2B Mindset Plate It: This recipe makes a great breakfast.

DIRECTIONS

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

INGREDIENTS

- 1 cup unsweetened vanilla almond milk
- 1 cup ice
- 1 scoop Café Latte Shakeology
- 1 tsp. pure caramel extract

Time: 10 minutes

Portion Fix Containers: 1 Red, 1 tsp.
2B Mindset Plate It: Enjoy as part of breakfast.

DIRECTIONS

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

VANILLA CARAMEL LATTE SHAKEOLOGY



MAKES 1 SERVING

INGREDIENTS

- 3 Tbsp. chopped smoked salmon
- 1 Tbsp. reduced-fat sour cream
- 1 Tbsp. chopped fresh chives
- ½ tsp. ghee
- 3 large eggs, lightly beaten

Time: 12 minutes

Portion Fix Containers: 1½ Red, 1½ tsp.
2B Mindset Plate It: A protein as part of breakfast.

DIRECTIONS

Add salmon, sour cream, and chives to a small bowl; mix to combine. Set aside. Melt ghee in a small nonstick skillet over medium heat. Add eggs; cook, stirring occasionally with a rubber spatula, for 2 to 3 minutes. Tilt pan as needed to allow runny egg to fill gaps created by spatula. When almost all runny egg has been cooked, add salmon mixture in a line down center of omelet. Cover immediately; remove from heat. Let rest for 2 minutes, or until top is set. Tilting pan, use spatula to loosen one side of omelet; gently fold it toward the center to cover salmon mixture. Fold again to form a tri-fold that encloses the filling. Slide the omelet out of pan onto a plate.

SMOKED SALMON OMELETTE



MAKES 1 SERVING



CHILI CORNBREAD WAFFLES

INGREDIENTS

1½ cups unsweetened soy milk
1 large egg
1 Tbsp. ghee, melted
1 cup all-purpose flour
1 cup cornmeal
1 Tbsp. coconut sugar
1½ tsp. baking powder
1 tsp. garlic powder
1 tsp. chili powder
1 tsp. sea salt
(or Himalayan salt)
½ tsp. ground black pepper
2 cups chili, warm
1 cup shredded cheddar cheese
(optional)

DIRECTIONS

Preheat waffle iron.
Add soy milk, egg, and ghee to a medium mixing bowl; whisk to combine. Set aside.
Add flour, cornmeal, coconut sugar, baking powder, garlic powder, chili powder, salt, and pepper to a separate medium bowl; mix to combine.
Add soy milk mixture to flour mixture; stir until well combined.
Coat waffle iron lightly with spray. Pour ¾ cup batter into center of waffle iron; close iron.
Cook for 5 to 6 minutes, or until golden brown.
Repeat until all batter is used, lightly coating waffle iron with spray each time.
Top each waffle with ½ cup chili and ¼ cup cheese.

Time: 28 minutes

Portion Fix Containers: ½ Purple, 1 Red, 2½ Yellow, 1 Blue, 1 tsp.

2B Mindset Plate It: A tasty breakfast option.

A white ceramic bowl filled with a soup containing shredded chicken, yellow corn kernels, and white beans. The bowl is placed on a white lace tablecloth. The text "Lunch Recipes" is overlaid in a brown, cursive font.

Lunch
Recipes

INSTA POT WHITE CHILI



MAKES 4 SERVINGS

Time: 46 minutes

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

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

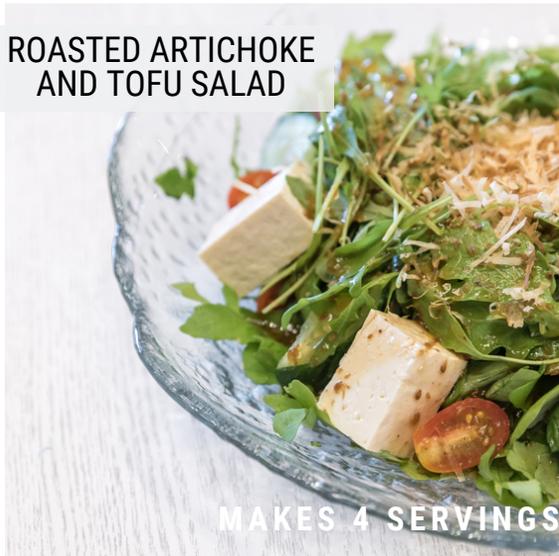
INGREDIENTS

- 1 Tbsp. olive oil
- 2 medium poblano chiles, chopped, seeded
- 1 cup chopped onion
- 4 cloves garlic, finely chopped
- 1 Tbsp. chili powder
- 1 tsp. ground cumin
- 1 tsp. ground smoked paprika
- ½ tsp. sea salt (or Himalayan salt)
- ¼ tsp. ground black pepper
- 4 cups low-sodium chicken broth
- 1 lb. raw chicken, boneless, skinless
- 2 Tbsp. cornstarch + 2 Tbsp. water (combine to make a slurry)
- 2 cups canned white beans, drained, rinsed
- ½ cup reduced-fat sour cream
- 2 tsp. chopped fresh cilantro
- ½ medium lime, cut into 4 wedges

DIRECTIONS

Set instant pot to “sauté.” Heat oil in pot. Add chiles, onion, and garlic; cook for 5 minutes, stirring frequently, or until vegetables begin to soften. Add chili powder, cumin, paprika, salt, and pepper; cook for an additional 1 minute. Add broth and chicken; seal pot and switch setting to “pressure cooker” at “high pressure.” Set timer for 20 minutes. Once cycle is complete, release pressure, being sure to keep clear of steam. Shred chicken in pot with two forks. Switch setting to “sauté” and stir in cornstarch slurry. Simmer for 5 to 7 minutes, or until mixture thickens. Stir in beans and sour cream; serve immediately or switch setting to “warm” until ready to serve. Evenly divide chili among four bowls; top each evenly with cilantro, and serve lime wedge on the side

ROASTED ARTICHOKE AND TOFU SALAD



MAKES 4 SERVINGS

Time: 1 hour

Portion Fix Containers: 1 Green, ½ Red, ½ Yellow, ½ Orange, 2 tsp.

2B Mindset Plate It: A great lunch option.

INGREDIENTS

- 3 cups frozen artichoke hearts, thawed, patted dry
- 1 Tbsp. olive oil
- ¼ tsp sea salt (or Himalayan salt)
- 1½ cups firm tofu, drained and cut into ½-inch cubes
- ½ cup sliced red onion
- ¼ cup fresh basil leaves, roughly torn
- ¼ cup sliced roasted red peppers, drained
- 2 Tbsp. capers, drained
- ½ cup chickpeas, drained, rinsed
- ¼ cup fresh parsley
- 2 Tbsp. olive oil
- 1 Tbsp. sesame oil
- 2 Tbsp. fresh lemon juice
- 1 tsp. capers
- 1 clove garlic, finely chopped
- ¼ tsp. sea salt (or Himalayan salt)
- ½ tsp. ground black pepper
- 2 Tbsp. water

DIRECTIONS

Preheat oven to 350° F. Line large baking sheet with parchment paper. Set aside. Place artichokes in a medium bowl, add oil and salt, and toss gently to coat. Spread artichokes evenly on baking sheet; bake for 20 minutes, or until artichokes are golden brown around the edges. Set aside. While artichokes cook, place chickpeas, parsley, olive oil, sesame oil, lemon juice, capers, garlic, salt, pepper, and water in a blender; cover. Blend on high until smooth, about 30 seconds. Place cooked artichokes, tofu, onion, and vinaigrette in a mixing bowl and toss to coat. Set aside to marinate until artichokes reach room temperature, about 30 minutes. Top with basil, red peppers, and capers. Serve immediately, or store in the refrigerator in an airtight container for up 4 days.

POZOLE VERDE



INGREDIENTS

- 2¼ cups tomatillos, husks removed,
rinsed in warm water, halved
- 1 cup chopped, seeded poblano chiles
- ½ cup chopped onion
- ¼ cup fresh cilantro leaves
- 3 cloves garlic
- 2 tsp. fresh oregano
- ½ tsp. sea salt (or Himalayan salt)
- ½ tsp. ground black pepper
- 1 Tbsp. olive oil
- 4 cups low-sodium chicken broth
- 3 cups shredded cooked chicken
breast
- 2 cups canned white hominy,
drained, rinsed
- ½ medium lime, cut into 4 wedges

DIRECTIONS

Place tomatillos, chiles, onion, cilantro, garlic, oregano, salt, and pepper in a food processor and pulse until very smooth.

Scrape down sides as needed.

Heat oil in a large soup pot over medium-high heat. Add tomatillo mixture and cook for 5 to 7 minutes, or until dark green in color.

Add broth to pot and cook for 7 minutes, until a gentle boil is reached. Add chicken and hominy; bring back to a gentle boil. Remove from heat. Divide evenly among four bowls; serve immediately with a lime wedge, or store refrigerated in an airtight container for up to 4 days.

Time: 24 minutes

Portion Fix Containers: 1 Green, 1 Yellow, 1 Red, 1 tsp.
2B Mindset Plate It: Add a side of veggies for lunch.



*Dinner
Recipes*

LASAGNA MUSHROOM CAPS

MAKES 2 SERVINGS

Time: 51 minutes

Portion Fix Containers: 2 Green, 1 Red, 1 Blue.
2B Mindset Plate It: A great dinner option.

INGREDIENTS

- ½ cup chopped onion
- ½ cup chopped green bell pepper
- 2 cloves garlic, finely chopped
- 2 cups raw spinach
- 2 large eggs, lightly beaten
- ¾ cup part-skim ricotta cheese
- ¼ cup grated Parmesan cheese
- 2 tsp. finely chopped fresh basil
- ¼ tsp. ground black pepper
- 4 large portobello mushrooms, stems removed and discarded
- ½ cup all-natural marinara sauce
- ¼ cup shredded mozzarella cheese
- 2 cups cooked spaghetti squash, warm

DIRECTIONS

Preheat oven to 400° F.
Line baking sheet with parchment paper. Set aside. Heat medium nonstick skillet, lightly coated with spray, over medium-high heat. Add onion and bell pepper; cook, stirring frequently, for 3 to 5 minutes, or until onion is translucent. Add garlic; cook, stirring frequently, for 1 minute. Add spinach; cook, stirring frequently, for 2 to 3 minutes, or until spinach is wilted. Set aside. Combine eggs, ricotta cheese, and Parmesan cheese in a medium bowl; mix well. Add onion mixture, basil, and pepper; mix well. Place mushroom caps on prepared pan, gill-sides up. Stuff mushroom caps with cheese mixture; using the back of a spoon, make a well in the middle of the cheese mixture in each mushroom. Fill each well with 2 Tbsp. marinara sauce and top with 1 Tbsp. mozzarella cheese. Bake for 24 to 26 minutes, or until mushroom caps are soft, and cheese is melted. Place 2 mushroom caps on each serving plate. Evenly divide spaghetti squash between serving plates.

TUNA MELT PEPPERS

MAKES 2 SERVINGS

Time: 30 minutes

Portion Fix Containers: 2 Green, 1 Red, 1 Blue.
2B Mindset Plate It: Enjoy as a delicious dinner.

INGREDIENTS

- 2 medium bell peppers, cut in half lengthwise, seeds discarded
- 2 cans (5-oz. each) chunk-light tuna, packed in water, no salt added, drained
- 1 medium carrot, finely chopped
- 1 stalk celery, finely chopped
- 1 green onion, sliced
- ¼ cup reduced-fat (0 or 2%) plain Greek yogurt
- 2 Tbsp. Dijon mustard
- 1 Tbsp. olive oil mayonnaise
- ½ tsp. garlic powder
- ½ tsp. onion powder
- ¼ tsp. ground black pepper
- 2 slices swiss cheese, cut in half

DIRECTIONS

Preheat oven to 400° F.
Line a large baking sheet with parchment paper; coat lightly with spray. Set aside. Place peppers on prepared sheet, cut-side down. Bake for 20 minutes, or until softened. Flip so cut side faces up. While bell peppers bake, add tuna, carrot, celery, green onion, yogurt, mustard, mayonnaise, garlic powder, onion powder, and pepper to a medium mixing bowl; stir to combine.
Divide tuna mixture evenly among baked bell pepper halves; top each with ½ slice cheese. Bake for 5 minutes, or until tuna is hot and cheese has melted. Serve warm.



ZUCCHINI "PASTA" BAKE

INGREDIENTS

2 Tbsp. + 1 tsp. olive oil,
divided use

5 cups peeled, ½-inch cubed eggplant
(approx. 1 large eggplant)

½ tsp. sea salt (or Himalayan salt), divided
use

¼ tsp. ground black pepper

2 cups reduced-sugar marinara

2 large zucchini, ends removed,
cut lengthwise in 1/8-inch strips

2 cups part-skim ricotta cheese, divided use

¾ cup shredded part-skim
mozzarella cheese

Time: 1 hour and 16 minutes

Portion Fix Containers: 2 Green, ½ Red, ½ Blue, 3 tsp.

2B Mindset Plate It: A great dinner option.

DIRECTIONS

Preheat oven to 375° F.

Grease bottom of an 8 x 8-inch casserole dish with 1
tsp. oil. Set aside.

Heat remaining 2 Tbsp. oil in large skillet over medium-
high heat. Add eggplant. Season with ¼ tsp. salt and ¼
tsp. pepper; cook, stirring frequently, for 3 to 5 minutes,
or until eggplant has begun to brown.

Add marinara; cook, stirring frequently, for 3 to 5
minutes, or until eggplant has begun to soften slightly.

Remove from heat. Set aside.

Place 5 or 6 zucchini slices, overlapping slightly, into
bottom of casserole dish. Top evenly with 1 cup ricotta
cheese, 1 dash salt, and 1½ cups eggplant mixture. Top
with a second layer of zucchini slices (running
crosswise, in the opposite direction of the first layer),
then remaining 1 cup ricotta, remaining dash salt, and
1½ cups eggplant mixture.

Add a third layer of zucchini. Sprinkle with mozzarella
cheese. Bake for 30 to 40 minutes, turning once
halfway through, or until it's bubbling and mozzarella
cheese is golden brown.

Allow to cool and set for 10 to 12 minutes. Cut into 6
pieces and enjoy!



MUSHROOM BOURGUIGNON

INGREDIENTS

- 1 Tbsp. + 1 tsp. olive oil, divided use
- 1 cup finely chopped onion
- 1 cup chopped carrots
- ½ cup chopped celery
- 4 cloves finely chopped garlic
- ½ cup dry red wine
- 2 Tbsp. tomato paste
- 1 Tbsp. white or red miso paste
- 4 cups low-sodium vegetable broth
- 2 tsp. fresh thyme leaves
- ½ tsp. ground smoked paprika
- ½ tsp. garlic powder
- ½ tsp. sea salt (or Himalayan salt)
- ½ tsp. ground black pepper
- 2 bay leaves
- 6 cups chopped mushrooms, cut into 1-inch chunks (approx. 1 lb.)
- 3 Tbsp. cornstarch + 3 Tbsp. water (combine to make a slurry)
- 1 Tbsp. chopped fresh parsley

DIRECTIONS

In a large saucepan, heat 2 tsp. oil over medium-high heat; add onion, carrots, and celery. Cook, stirring occasionally, for 3 minutes, or until onion is translucent. Add garlic; cook, stirring frequently, for 1 minute. Add wine and tomato paste; cook, stirring frequently, for 3 minutes.

In a small bowl, combine miso paste with a small amount of broth and whisk with a fork to make a thinner paste. Set aside. Add vegetable broth, miso paste mixture, thyme, paprika, garlic powder, salt, pepper, and bay leaves to pan.

Bring to a simmer; cook for 30 minutes.

While stew cooks, heat remaining 2 tsp. oil in a large skillet over high heat until first wisps of smoke appear. Add mushrooms; cook for 5 minutes, stirring occasionally, to let mushrooms brown. Work in batches, if necessary, so as not to overcrowd pan. Add seared mushrooms to stew.

Add cornstarch mixture; mix well. Cook for 1 minute, or until stew has thickened slightly. Remove from heat. Discard bay leaves. Divide evenly among five serving bowls. Garnish evenly with parsley. Serve immediately, or store refrigerated in an airtight container for up to 5 days.

Time: 49 minutes

Portion Fix Containers: 2 Green, ½ Yellow, 1 tsp.

2B Mindset Plate It: Serve with protein for a tasty dinner option.

A glass jar filled with a creamy, light-colored dip, possibly a cheese or cream-based spread, with small bits of red and green herbs visible. A silver spoon is inserted into the dip. The jar sits on a rustic wooden surface. In the background, several golden-brown crackers are visible. In the foreground, there are scattered spices, including whole peppercorns and a small wedge of white cheese or butter.

*Snack
Recipes*



SWEET POTATO AND ROASTED RED PEPPER DIP

INGREDIENTS

- 2 whole red bell peppers
- 2 cups mashed sweet potato
- ¼ cup tahini paste
- 2 Tbsp. fresh lemon juice
- 1 Tbsp. extra-virgin olive oil
- 2 cloves garlic
- 1½ tsp. sea salt
(or Himalayan salt)
- 1 tsp. ground cumin
- 1 tsp. ground smoked paprika
- ½ tsp. ground black pepper

Time: 25 minutes

Portion Fix Containers: ½ Yellow, 1 tsp.

2B Mindset Plate It: Serve with lots of veggies for a great snack.

DIRECTIONS

Preheat oven to 450° F (or your oven's hottest setting).

Line a baking sheet with foil; set aside. Place oven rack on the top position about 4 inches from the broiler. Lay peppers on foil-lined baking sheet. Roast for 15 to 20 minutes or until skins are black. Once darkened remove from the oven; set aside until peppers are cool enough to handle. Remove seeds and stems from peppers, and scrape away charred skin.

Place peppers, sweet potato, tahini paste, lemon juice, oil, garlic, salt, cumin, paprika, and pepper into a food processor and process until smooth.

Serve immediately, or store refrigerated in an airtight container for up to 4 days.

VEGAN PROTEIN PESTO



MAKES 4 SERVINGS

Time: 10 minutes

Portion Fix Containers: 1 Yellow, 1 Orange.

2B Mindset Plate It: Serve with lots of your favorite veggies.

INGREDIENTS

- 1½ cups canned cannellini beans, drained, rinsed
- 1½ cups fresh parsley leaves
- ½ cup chopped green onion
- 3 Tbsp. olive oil
- 2 Tbsp. red wine vinegar
- 1 clove garlic
- ½ tsp. sea salt (or Himalayan salt)

DIRECTIONS

Add beans, parsley, green onion, oil, vinegar, garlic, and salt to a food processor; pulse until smooth.

ROAST TURNIPS



MAKES 4 SERVINGS

Time: 25 minutes

Portion Fix Containers: ½ Green, 1 tsp.

2B Mindset Plate It: A great veggie side.

INGREDIENTS

- 2 cups turnips, peeled, cut into ½-inch pieces (approx. 3 medium turnips)
- ¼ cup sliced shallots (approx. 2 medium)
- 1 Tbsp. olive oil
- ½ tsp. sea salt (or Himalayan salt)
- ¼ tsp. ground black pepper
- 1 Tbsp. dried thyme

DIRECTIONS

Preheat oven to 450° F. Lightly coat large baking sheet with spray; set aside. Blanch turnips in lightly salted boiling water for 8 minutes; place in ice water or under cold running water until cool. Place turnips, shallots, oil, salt, pepper, and thyme in a medium mixing bowl; toss gently to coat. Spread turnip mixture evenly on prepared baking sheet; bake for 14 to 16 minutes, until tender and lightly browned.

SHOPPING LIST

PRODUCE

- 1 medium lime
- 1 medium pear
- 2 cups raw spinach
- 4 tomatillos
- 4 red bell peppers
- 1 green bell pepper
- 4 medium poblano chiles
- 3 medium onions
- 1 medium red onion
- 2 medium shallots
- 1 bunch green onions
- 3 stalks celery
- 2 medium carrots
- 3 medium turnips
- 1 large eggplant
- 2 medium sweet potato
- 1 large spaghetti squash
- 4 large portobello mushrooms
- 1 lb. mushrooms
- 3 heads garlic
- 2 bay leaves
- Fresh ginger
- Fresh oregano
- Fresh chives
- Fresh parsley
- Fresh basil
- Fresh cilantro
- Fresh thyme

PANTRY

- Café Latte Shakeology
- Chocolate Shakeology
- Olive oil
- Sesame oil
- Red wine vinegar
- Lemon juice
- Dijon mustard
- Olive Oil Mayonnaise
- All-purpose flour
- Cornmeal
- Cornstarch
- Coconut sugar
- Baking powder
- Pure caramel extract
- Sea salt (or Himalayan salt)
- Ground black pepper
- Ground cumin
- Ground smoked paprika
- Garlic powder
- Chili powder
- Onion powder
- Dried thyme

PROTEIN

- 6 large eggs
- 3 Tbsp. chopped smoked salmon
- 2 cans (5-oz. each) chunk-light tuna, packed in water, no salt added
- 1 lb. raw chicken, boneless, skinless
- 3 cups shredded cooked chicken breast
- 1½ cups firm tofu

OTHER

- ½ cup dry red wine
- 4 cartons low-sodium chicken broth
- 2 cartons low-sodium vegetable broth
- 1 can white hominy
- 1 can white beans
- 1 can cannellini beans
- 1 can chickpeas
- 1 jar sliced roasted red peppers
- 1 jar capers
- 1 jar reduced-sugar marinara
- 1 jar all-natural marinara sauce
- 1 small can tomato paste
- White or red miso paste
- Tahini paste
- 2 cups chili
- 3 cups frozen artichoke hearts

DAIRY

- 1 carton unsweetened vanilla almond milk
- 1 carton unsweetened soy milk
- ¼ cup reduced-fat plain Greek yogurt
- ¾ cup reduced-fat sour cream
- 1 cup shredded cheddar cheese
- 2¾ cups part-skim ricotta cheese
- ¾ cup shredded part-skim mozzarella cheese
- ¼ cup shredded mozzarella cheese
- ¼ cup grated Parmesan cheese
- 2 slices swiss cheese
- Ghee