



# December

## MEAL PLAN

WEEK 1



# Breakfast



Vanilla Zucchini  
Bread  
Shakeology



Strawberry +  
Greens  
Breakfast Bowl



Vanilla Zucchini  
Bread  
Shakeology



Strawberry +  
Greens  
Breakfast Bowl



Banana Pancake  
Bites



Carrot Cake  
Baked Oatmeal



Repeat Your  
Favorite

# Lunch



Black Bean Chili



Chicken and  
Peanut Stew



Soba Noodles  
with Sea  
Veggies



Black Bean Chili



Chicken and  
Peanut Stew



Soba Noodles  
with Sea  
Veggies



Repeat Your  
Favorite

# Dinner



Miso Maple  
Salmon & Bok  
Choy Bowl



Chicken With  
Feta and  
Artichoke



Leftovers



Instant Pot  
Turkey Breast



Leftovers



Vegetarian  
Pizza Salad



Leftovers

# Snacks



Almond  
Espresso Energy  
Balls



Peppermint  
Mocha  
Shakeology  
Pudding



Cranberry Bliss  
Bars



Almond  
Espresso Energy  
Balls



Peppermint  
Mocha  
Shakeology  
Pudding



Cranberry Bliss  
Bars



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.

A glass of smoothie with a mint leaf and a bowl of oatmeal in the background.

# Breakfast Recipes



### VANILLA ZUCCHINI BREAD SHAKEOLOGY



**MAKES 1 SERVING**

### INGREDIENTS

- 1 cup unsweetened almond milk
- 1 cup ice
- 1 scoop Vanilla Shakeology
- 1 cup chopped zucchini (approx. 1 medium)
- ½ large banana
- 1 tsp. all natural almond butter
- ½ tsp. ground cinnamon

### DIRECTIONS

Place milk, ice, Shakeology, zucchini, banana, almond butter, and cinnamon in blender; cover. Blend until smooth.

Time: 10 minutes

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

### STRAWBERRY + GREENS BREAKFAST BOWL



**MAKES 1 SERVING**

### INGREDIENTS

- 1 cup unsweetened almond milk
- 1 cup ice
- 1 scoop Strawberry Shakeology
- 1 cup raw spinach
- ¼ large banana, cut into thick slices
- 1 medium kiwi, peeled, cut into thick slices
- 2 Tbsp. unsweetened shredded coconut

### DIRECTIONS

Place almond milk, Shakeology, spinach, and ice in blender; cover. Blend until smooth. Place smoothie in a medium bowl. Top with banana, kiwi, and coconut; serve immediately.

Time: 10 minutes

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

### BANANA PANCAKE BITES



**MAKES 12 SERVINGS**

### 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

### 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.

Time: 25 minutes

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





# CARROT CAKE BAKED OATMEAL

## INGREDIENTS

- 1 cup unsweetened coconut milk beverage
- 2 large eggs, lightly beaten
- ¼ cup pure maple syrup
- 1 tsp. pure vanilla extract
- ¾ cup grated carrots (approx. 1¼ medium)
- ¼ cup crushed pineapple, in 100% pineapple juice, drained
- 2 cups dry old-fashioned rolled oats
- 1 tsp. baking powder
- ½ tsp. ground cinnamon
- ¼ tsp. ground ginger
- ¼ tsp. ground nutmeg
- ¼ tsp. sea salt (or Himalayan salt)
- 3 Tbsp. + ½ tsp. reduced-fat sour cream
- 3 Tbsp. + ½ tsp. powdered sugar

## DIRECTIONS

- Preheat oven to 350° F.
- Prepare twelve muffin cups by lining with muffin papers. Set aside.
- To make muffins, combine coconut milk, eggs, maple syrup, extract, carrots, and pineapple in a medium bowl; mix well. Set aside.
- Combine oats, baking powder, cinnamon, ginger, nutmeg, and salt in a large bowl; mix well.
- Fold coconut milk mixture into oat mixture; mix well. Evenly divide batter between prepared muffin cups, mixing frequently to ensure there are both oats and liquid in each cup.
- Bake for 30 minutes, rotating pan after 15 minutes.
- While oatmeal cups are baking, make icing.
- Combine sour cream and powdered sugar in a small bowl; mix well. Set aside.
- Let oatmeal cups cool in pan until you can handle them. Remove to a cooling rack.
- Drizzle each oatmeal cup with approximately 1 tsp. icing before serving; serve warm.

Time: 45 minutes

Portion Fix Containers: 1 Yellow.

2B Mindset Plate It: An FFC as part of breakfast.

A top-down view of a dark brown ceramic bowl filled with a hearty soup. The soup contains small, light-brown lentils, diced orange carrots, and pale yellow potato cubes. It is garnished with fresh green herbs, likely parsley. The background is a warm, out-of-focus wooden surface.

# Lunch Recipes



## BLACK BEAN CHILI



**MAKES 6 SERVINGS**

Time: 29 minutes

Portion Fix Containers: ½ Green, 1½ Yellow, ½ tsp.

2B Mindset Plate It: Serve with a side salad or veggies and replace half of the beans with a protein for lunch.

## INGREDIENTS

- 1 Tbsp. olive oil
- 1 medium onion, chopped
- 1 clove garlic, chopped
- 3 cups low-sodium vegetable broth
- 4 oz. all-natural tomato paste
- 1 (4-oz.) can diced green chiles (with liquid)
- ½ tsp. ground cumin
- ½ tsp. chili powder
- 1 (15-oz.) can black beans, drained, rinsed
- 1 (15-oz.) can cannellini beans, drained, rinsed

## DIRECTIONS

Heat oil in medium saucepan over medium-high heat. Add onion and garlic; cook, stirring frequently, for 3 to 4 minutes, or until tender. Add broth, tomato paste, chiles, cumin, chili powder, black beans, and cannellini beans. Bring to a boil. Reduce heat to low; cook at a gentle boil, stirring occasionally, for 15 minutes. Ladle evenly into six serving bowls.

## CHICKEN AND PEANUT STEW



**MAKES 4 SERVINGS**

Time: 55 minutes

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

2B Mindset Plate It: A great lunch option.

## INGREDIENTS

- 1 lb. raw chicken thighs, boneless, skinless
- ½ tsp. ground cumin
- ½ tsp. sea salt
- 1 tsp. olive oil
- 1 medium onion, chopped
- 2 medium red bell peppers, chopped
- 1 (32-fl .-oz.) low-sodium organic chicken, 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

## 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.



# SOBA NOODLES WITH SEA VEGGIES

## INGREDIENTS

6¼ cups water, divided use  
¼ cup reduced-sodium tamari soy sauce  
¼ cup mirin  
1 (2-inch x 2-inch piece) kombu  
2 Tbsp. bonito flakes  
½ cup dried wakame  
2 Tbsp. dried hijiki  
8 large eggs  
4 oz. dry soba noodles  
(preferably 100% buckwheat)  
¼ cup toasted sesame seeds  
¼ cup sliced green onion  
(approx. 1 large)  
¼ cup nori (cut into bite-sized strips)

Time: 25 minutes

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

2B Mindset Plate It: Serve with a side salad for  
a great lunch.

## DIRECTIONS

Add 6 cups water to large soup pot; bring to a boil. While water heats, prepare sauce. Add remaining ¼ cup water, soy sauce, mirin, and kombu to medium saucepan; bring to a boil, remove from heat.

Add bonito to pan; set aside to infuse for 5 minutes. Strain sauce through a fine mesh strainer; discard bonito and kombu. Chill sauce in refrigerator.

Place wakame and hijiki in a small bowl; add 1 cup boiling water from soup pot. Soak seaweed in water for 5 minutes; drain and set aside. Continue to boil remaining water.

Carefully place eggs in soup pot; cook for 1 minute.

Add soba noodles; cook for another 5 minutes.

Strain noodles and eggs. Chill noodles in refrigerator for 20 minutes. Rinse eggs under cold running water; peel eggs.

Evenly divide noodles among four serving bowls; top evenly with sauce, wakame, hijiki, sesame seeds, green onion, and nori. Place two eggs in each bowl.





# Dinner Recipes

## MISO MAPLE SALMON & BOK CHOY BOWL

**MAKES 2 SERVINGS**

Time: 21 minutes

Portion Fix Containers: 2 Green, 1 Red, 1 tsp.  
2B Mindset Plate It: An excellent dinner option.

### INGREDIENTS

- 2 tsp. white miso paste
- 2 tsp. maple syrup
- 2 tsp. sesame oil
- 2 tsp. reduced-sodium tamari soy sauce
- 1 tsp. finely chopped fresh ginger
- 6 cups chopped bok choy (approx. 4 small or 1 large)
- 1 red bell pepper, cut into strips
- 1 medium carrot, peeled, thinly sliced
- 8 oz. cremini (brown button) mushrooms, cut in half
- 3 medium green onions, sliced
- 2 (6-oz. each) raw salmon fillets, boneless, skinless
- 2 tsp. sesame seeds

### DIRECTIONS

Preheat oven to 350° F. Coat a large baking dish with spray; set aside. Combine miso, maple syrup, oil, soy sauce, and ginger in a small bowl; mix well. Set aside. Add bok choy, bell pepper, carrot, mushrooms, and green onions to baking dish; drizzle with 2 Tbsp. miso mixture and stir to coat. Place dish in oven. Brush remaining 1 Tbsp. miso mixture onto one side of each salmon fillet; top each evenly with sesame seeds. Heat a large nonstick pan lightly coated with spray over medium high heat; add salmon, glaze-side down, and cook for 2 to 3 minutes until golden brown on the bottom. Remove baking dish from oven; transfer salmon to dish, glaze side up. Return to oven; bake for 8 minutes, until salmon is flaky and vegetables are tender-crisp. Divide vegetables evenly between two serving bowls, reserving any sauce in the dish. Top vegetables with salmon; drizzle sauce over salmon.

## CHICKEN WITH FETA AND ARTICHOKE

**MAKES 8 SERVINGS**

Time: 28 minutes

Portion Fix Containers: ½ Green, 1 Red, ½ Blue.  
2B Mindset Plate It: A protein and accessory as part of lunch or dinner.

### INGREDIENTS

- 1 cup nonfat plain yogurt
- 4 cloves garlic, finely chopped
- 3 Tbsp. chopped fresh oregano, divided use
- 2 Tbsp. chopped fresh parsley, divided use
- 1½ tsp. fresh lemon juice
- 1 tsp. ground black pepper
- 8 (4-oz. each) raw chicken breasts, boneless, skinless
- 1 cup crumbled feta cheese (about 5 oz.)
- 1 medium tomato chopped
- ½ cup canned artichoke hearts packed in water, drained
- ½ cup sun-dried tomatoes chopped, reconstituted in hot water for 10 minutes, drained
- Nonstick cooking spray

### DIRECTIONS

Combine yogurt, garlic, 2 Tbsp. oregano, 1 Tbsp. parsley, lemon juice, and pepper in a medium bowl; whisk to blend. Place chicken in a glass dish. Top with yogurt mixture. Marinate in the refrigerator, covered, turning once, for at least 1 hour and up to overnight. Preheat grill or broiler on high. Combine cheese, tomato, artichoke hearts, sun-dried tomatoes, remaining 1 Tbsp. oregano, and 1 remaining Tbsp. parsley in a large bowl; mix well. Set aside. Grill or broil chicken for 4 to 5 minutes on each side, or until no longer pink in the middle. Set aside. Heat oven 350° F. Place chicken on a baking pan lightly coated with spray. Top each piece with 1 rounded Tbsp. of cheese mixture. Bake for 5 to 8 minutes, or until the cheese is lightly browned.





# INSTANT POT TURKEY BREAST

## INGREDIENTS

Nonstick cooking spray  
2½ lbs. raw, bone-in half turkey breast  
1 medium onion  
2 small stalks celery  
1 large carrot  
1 green bell pepper, thickly sliced  
¼ cup sweet chili sauce, corn syrup-free  
¼ cup water  
2 medium pears, roughly chopped  
2 Tbsp. chopped fresh sage leaves

Time: 50 minutes

Portion Fix Containers: 1 Red.

2B Mindset Plate It: Makes a great protein side as part of any meal.

## DIRECTIONS

Set Instant Pot to “Saute”; lightly coat with spray. Add turkey breast; cook for 4 minutes, or until browned. Flip; cook for an additional 4 minutes, or until browned on all sides. Remove from pot. Add mirepoix and bell pepper; cook, stirring frequently, for 6 to 8 minutes, or until onion is translucent and vegetables are soft. Add chili sauce, water, pears, and sage; stir to combine. Return turkey to pot; coat with mixture. Seal lid. Set Instant Pot to “Poultry” or “High Pressure.” Cook for 15 minutes. Once cycle is complete, release pressure immediately, being sure to keep clear of steam. Remove turkey breast to a carving board. Slice; remove bone. Set aside. Using an immersion blender (or a regular blender), puree the vegetable mixture until smooth. Evenly divide turkey among six plates; top evenly with vegetable sauce. Enjoy!



# VEGETARIAN PIZZA SALAD

## INGREDIENTS

1 tsp. olive oil  
1 Tbsp. red wine vinegar  
1 Tbsp. all-natural tomato sauce,  
no sugar added  
½ tsp. dried oregano  
Sea salt (or Himalayan salt) and ground  
black pepper (to taste; optional)  
1 cup fresh arugula  
1 cup romaine lettuce  
10 fresh basil leaves, torn into pieces  
½ cup cherry tomatoes, halved  
¼ medium green bell pepper, sliced  
¼ medium onion sliced  
¼ cup sliced mushrooms  
5 black olives, sliced  
2 bocconcini (small mozzarella  
balls, about 1 oz.)  
1 pinch crushed red pepper (optional)

## DIRECTIONS

To make dressing, combine oil, vinegar, tomato sauce, and oregano in a small bowl; whisk to blend. Season with salt and pepper if desired. Set aside. Combine arugula, romaine, basil, tomatoes, bell pepper, onion, mushrooms, olives, and dressing in a large serving bowl; toss gently to blend.

Top with bocconcini and crushed red pepper (if desired); serve immediately.

Time: 15 minutes

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

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



A top-down view of a terracotta-colored bowl filled with several round, textured energy balls. The balls are made of a brown, grainy mixture, likely oats and nut butter, and are coated with a variety of seeds and nuts, including flaxseeds, chia seeds, and almond flakes. The bowl has a subtle geometric pattern on its interior. The background is a light, neutral-toned surface. Overlaid on the center of the image is the text "Snack Recipes" in a dark green, cursive-style font with a white outline.

# Snack Recipes



# ALMOND ESPRESSO ENERGY BALLS

## INGREDIENTS

1 cup all-natural smooth almond  
butter

$\frac{1}{4}$  cup honey

$\frac{3}{4}$  cup dry rolled oats

1 scoop Café Latte Shakeology

$\frac{1}{2}$  cup sliced almonds

Time: 15 minutes

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

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

Be sure to track it.

## DIRECTIONS

Combine almond butter, honey, oats, Shakeology, and almonds in a medium bowl; mix well with clean hands or a rubber spatula.

Shape mixture into 24 walnut-size balls; place in airtight container. Refrigerate for at least one hour before serving.

Serve immediately, or store in an airtight container in the refrigerator for up to five days.





Time: 10 minutes  
 Portion Fix Containers: 1½ Red, ½ Orange, 1 tsp.  
 2B Mindset Plate It: Enjoy as an occasional treat. Be sure to track it.

## INGREDIENTS

1 packet Peppermint Mocha  
 Shakeology  
 1 cup unsweetened coconut  
 milk beverage  
 ¼ cup + 2 Tbsp. organic  
 silken tofu, drained  
 1 Tbsp. unsweetened  
 shredded coconut

## DIRECTIONS

Place Shakeology, coconut milk,  
 and tofu in a blender or food  
 processor; cover. Blend to  
 combine.  
 Pour mixture into a small  
 serving bowl. Garnish with  
 coconut.  
 Serve immediately, or store  
 refrigerated in an airtight  
 container for up to 1 day.



Time: 1 hour and 15 minutes  
 Portion Fix Containers: 1 Yellow, ½ Orange, 1 tsp.  
 2B Mindset Plate It: Enjoy this as an occasional treat. Be sure to track it.

## INGREDIENTS

⅔ cup dry rolled oats  
 ½ cup unsweetened  
 shredded coconut  
 ½ cup all-natural smooth  
 almond butter  
 ¼ cup honey  
 ¼ cup chopped pecans  
 1½ tsp. pumpkin pie spice  
 1½ scoops Vanilla  
 Shakeology  
 ⅓ cup unsweetened dried  
 cranberries

## DIRECTIONS

Line an 8 x 8-inch pan with plastic  
 wrap (or aluminum foil). Set aside.  
 Combine oats and coconut in food  
 processor; pulse for 20 seconds.  
 Add almond butter and honey;  
 pulse until blended.  
 Combine almond butter mixture,  
 pecans, pumpkin pie spice,  
 Shakeology, and cranberries in a  
 large bowl; mix well with clean  
 hands or a rubber spatula.  
 Lightly press oat mixture into pan.  
 Refrigerate for one hour, or until  
 set. Cut into twelve bars (approx.  
 2½ x 2-inches).  
 Serve immediately, or store in an  
 airtight container in the refrigerator  
 for up to five days.

# SHOPPING LIST

## PRODUCE

- 4 large ripe bananas
- 2 medium pears
- 1 medium kiwi
- 1 small lime
- ½ cup cherry tomatoes
- 1 medium tomato
- 4 medium onions
- 4 medium green onions
- 3 medium red bell peppers
- 1 large green bell pepper
- 1 cup fresh arugula
- 1 cup romaine lettuce
- 1 cup raw spinach
- 1 large head bok choy
- 1 medium carrot
- 1 medium zucchini
- 2 small stalks celery
- 2 large carrots
- 10 oz. cremini mushrooms
- 1 head garlic
- Fresh ginger
- Fresh oregano
- Fresh basil leaves
- Fresh mint leaves
- Fresh sage leaves

## PROTEIN

- 1 dozen large eggs
- 1 lb. raw chicken thighs, boneless, skinless
- 8 (4-oz. each) raw chicken breasts, boneless, skinless
- 2½ lbs. raw, bone-in half turkey breast
- 2 (6-oz. each) raw salmon fillets, boneless, skinless
- ½ organic silken tofu

## PANTRY

- Vanilla Shakeology
- Strawberry Shakeology
- Café Latte Shakeology
- Peppermint Mocha Shakeology
- Nonstick cooking spray
- Olive oil
- Coconut oil
- Sesame oil
- Red wine vinegar
- Lemon juice
- All-purpose flour
- Dry old-fashioned rolled oats
- Powdered sugar
- Raw honey
- All-natural peanut butter
- All natural almond butter
- Pure maple syrup
- Pure vanilla extract
- Baking powder
- Sea salt (or Himalayan salt)
- Ground black pepper
- Ground cinnamon
- Ground ginger
- Ground nutmeg
- Pumpkin pie spice
- Ground cumin
- Chili powder
- Dried oregano
- Crushed red pepper

## DAIRY

- 1 carton unsweetened almond milk
- 1 carton unsweetened coconut milk beverage
- 1 carton nonfat plain yogurt
- 1 carton reduced-fat sour cream
- 1 cup crumbled feta cheese (about 5 oz.)
- 2 bocconcini

## OTHER

- 1 (32-oz.) carton low-sodium vegetable broth
- 1 (32-oz.) carton low-sodium chicken broth
- 1 (15-oz.) can black beans
- 1 (15-oz.) can cannellini beans
- 4 oz. all-natural tomato paste
- 1 Tbsp. all-natural tomato sauce, no sugar added
- 1 (15-oz.) can diced fire-roasted tomatoes
- ½ cup sun-dried tomatoes
- ½ cup canned artichoke hearts, packed in water
- 1 (4-oz.) can diced green chiles
- Reduced-sodium tamari soy sauce
- White miso paste
- ¼ cup mirin
- 1 (2-inch x 2-inch piece) kombu
- 2 Tbsp. bonito flakes
- ½ cup dried wakame
- 2 Tbsp. dried hijiki
- 4 oz. dry buckwheat soba noodles
- ⅓ cup toasted sesame seeds
- ¼ cup nori
- 5 black olives
- ¼ cup sweet chili sauce, corn syrup-free
- ¼ cup crushed pineapple, in 100% pineapple juice
- ¾ cup unsweetened shredded coconut
- ⅓ cup unsweetened dried cranberries
- ¼ cup roasted, unsalted peanuts
- ½ cup sliced almonds
- ¼ cup chopped pecans