



October

MEAL PLAN



WEEK 1

Breakfast



Apple Pie Shakeology



Raspberry Oats Smoothie Bowl



Apple Pie Shakeology



Raspberry Oats Smoothie Bowl



Oatmeal With Pears and Cinnamon



Super Green Egg Cups



Repeat Your Favorite

Lunch



Portuguese Kale Soup



Chicken and Spinach Wrap



Italian Veggie Pasta Salad



Portuguese Kale Soup



Chicken and Spinach Wrap



Italian Veggie Pasta Salad



Repeat Your Favorite

Dinner



Beef Stroganoff



Turkey, Goat Cheese, and Avocado Rolls



Leftovers



Grilled Chicken Caesar Salad



Leftovers



Slow Cooker Vegetable Stew



Leftovers

Snacks



Spaghetti Squash Fritters



Spinach Muffins



Pumpkin Cookies



Spaghetti Squash Fritters



Spinach Muffins



Pumpkin 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

APPLE PIE SHAKEOLOGY



MAKES 1 SERVING

INGREDIENTS

1 cup water
1 cup ice
1 scoop Vanilla Shakeology
¼ cup + 2 Tbsp. unsweetened
applesauce
½ tsp. ground cinnamon

DIRECTIONS

Place water, ice,
Shakeology,
applesauce, and
cinnamon in blender;
cover. Blend until
smooth.

Time: 5 minutes

Portion Fix Containers: ½ Purple, 1 Red.

2B Mindset Plate It: A great snack or enjoy as part of breakfast.

RASPBERRY OATS SMOOTHIE BOWL



MAKES 1 SERVING

INGREDIENTS

¾ cup unsweetened almond milk
1 scoop Strawberry Shakeology
½ cup fresh or frozen raspberries,
divided use
2 Tbsp. dry rolled oats
1 cup ice
1 Tbsp. chia seeds
1 Tbsp. unsalted pumpkin seeds

DIRECTIONS

Place almond milk, Shakeology, ¼
cup raspberries, oats, and ice in
blender; cover. Blend until
smooth.

Place smoothie in a medium
bowl. Top with remaining ¼ cup
raspberries, chia seeds, and
pumpkin seeds; serve
immediately.

Time: 10 minutes

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

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

OATMEAL WITH PEARS AND CINNAMON



MAKES 4 SERVINGS

INGREDIENTS

2 cups water
2 medium pears, chopped,
divided use
¼ tsp. sea salt (or Himalayan
salt) (optional)
1 cup old-fashioned rolled
oats
1 tsp. ground cinnamon
1 tsp. pure maple syrup
(optional)

DIRECTIONS

Bring water, half of pear, and salt to a
boil in medium saucepan over
medium heat, stirring frequently.

Add oats; cook over medium-low
heat, stirring frequently, for 3 to 5
minutes.

Add cinnamon; mix well. Let oatmeal
stand for 1 minute before serving.
Divide evenly between two serving
bowls; top each evenly with
remaining half of pear and honey (if
desired).

Time: 10 minutes

Portion Fix Containers: ½ Purple, 1 Yellow.

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



SUPER GREEN EGG CUPS

INGREDIENTS

¼ cup unsweetened almond
milk

12 large eggs, lightly beaten

Sea salt (or Himalayan salt)
and ground black pepper (to
taste; optional)

1 cup steamed broccoli,
coarsely chopped

½ cup green bell pepper,
chopped

1 cup raw spinach, chopped

Time: 35 minutes

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

DIRECTIONS

Preheat oven to 350° F.

Prepare twelve muffin cups by
coating with spray. Set aside.

Combine almond milk and eggs in a
medium bowl. Season with salt and
pepper (if desired); whisk to blend.

Set aside.

Evenly divide broccoli, bell pepper,
and spinach between prepared muffin
cups.

Evenly pour egg mixture over broccoli
mixture.

Bake for 15 to 20 minutes, or until a
toothpick inserted into the center of
egg cups comes out clean and eggs
are set.



Lunch
RECIPES



PORTUGUESE KALE SOUP

INGREDIENTS

- 1 Tbsp. extra-virgin olive oil
- 8 oz. turkey kielbasa sausage,
sliced
- 2 cloves garlic, minced
- 2-3 medium leeks, chopped,
just white and light-green parts
- 1 bunch kale, stems removed
and discarded, torn
- 1 (15-oz.) can kidney beans,
drained, rinsed
- 1 (14.5-oz.) can diced tomatoes,
no added salt
- 6 cups low-sodium vegetable
broth
- Ground black pepper
(to taste; optional)

DIRECTIONS

- Heat oil in large saucepan over
medium-high heat.
- Add kielbasa; cook, stirring frequently,
for 3 to 4 minutes, or until browned.
- Add garlic, leeks, and kale; cook, stirring
frequently, for 3 to 4 minutes, or until
soft.
- Add kidney beans, tomatoes, broth, and
pepper (if desired). Bring to a boil.
- Reduce heat to medium; cook, stirring
occasionally, for 30 minutes.

Time: 48 minutes

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

2B Mindset Plate It: Add extra veggies or a side
salad for a great lunch.

CHICKEN AND SPINACH WRAP



MAKES 1 SERVING

Time: 50 minutes

Portion Fix Containers: 1 Green, 1 Red, 1½ Yellow.

2B Mindset Plate It: Add a side of veggies to make a great lunch.

INGREDIENTS

- 3 oz. raw chicken breast, boneless, skinless
- 1 Tbsp. lemon juice
- Sea salt (or Himalayan salt) and ground black pepper to taste; optional
- 3 Tbsp. reduced-fat plain yogurt
- 1 dash curry powder
- 1 dash garlic powder
- 1 dash ground paprika
- 1 dash ground cayenne pepper
- 1 8-inch whole-wheat tortilla
- 1 cup raw spinach

DIRECTIONS

Place chicken in a shallow glass dish. Drizzle lemon juice over chicken. Season with salt and pepper if desired. Allow chicken to marinate for 30 minutes. Heat medium skillet, lightly coated with spray, over medium-high heat. Add chicken; cook for 3 to 5 minutes on each side, or until chicken is no longer pink in the middle. Remove from skillet. Slice and set aside. Combine yogurt with curry, garlic powder, paprika (if desired), and cayenne pepper (if desired) in a small bowl; mix well. Spread yogurt mixture evenly on tortilla, leaving about ½-inch around the edge. Add chicken and spinach and roll up.

ITALIAN VEGGIE PASTA SALAD



MAKES 2 SERVINGS

Time: 55 minutes

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

2B Mindset Plate It: Enjoy as part of lunch.

INGREDIENTS

- 1 cup dry brown-rice fusilli pasta
- 1 tsp. extra-virgin olive oil
- 2 Tbsp. red wine vinegar
- 1 tsp. Dijon mustard
- 1 medium red bell pepper, chopped
- 1 medium orange bell pepper, chopped
- ½ medium red onion, chopped
- 1 cup cooked broccoli, cooled to room temperature
- ¼ cup crumbled feta cheese
- ½ cup fresh arugula

DIRECTIONS

Bring large saucepan of water to a boil over high heat; cook pasta according to package directions. Rinse and drain well. While pasta is cooking, combine oil, vinegar, and mustard in a small bowl; whisk to blend. Set aside. Combine warm pasta and dressing in a medium bowl; toss gently to blend. Add bell peppers, onion, broccoli, and cheese; toss gently to blend. Chill for at least 30 minutes. Add arugula; toss gently to blend. Serve immediately.



Dinner
RECIPES



BEEF STROGANOFF

INGREDIENTS

- 1 Tbsp. extra-virgin olive oil,
divided use
- 1½ lbs. extra lean beef sirloin, cut into
thin strips
- 1 medium onion, chopped
- 8 oz. sliced mushrooms
- 3 Tbsp. whole-wheat flour
- 4 cups low-sodium beef broth
- ¾ tsp. sea salt (or Himalayan salt)
- ½ tsp. ground black pepper
- 5 oz. dry whole-wheat egg noodles
- ½ cup reduced fat plain Greek yogurt
- 2 Tbsp. parsley, finely chopped

Time: 56 minutes

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

2B Mindset Plate It: Add a side salad or
veggies for lunch. Replace noodles with
more veggies for dinner.

DIRECTIONS

- Heat 1 tsp. oil in large nonstick skillet over high heat. Add beef; cook, stirring frequently, for 4 to 5 minutes, or until browned. Remove from skillet. Set aside.
- Heat 1 tsp. oil in same skillet over medium-high heat. Add onion; cook, stirring frequently, for 3 to 4 minutes.
- Add mushrooms; cook, stirring frequently, for 4 to 6 minutes, or until most liquid is absorbed.
- Add remaining 1 tsp. oil; cook, stirring occasionally, for 1 minute.
- Add flour; cook, stirring frequently, until onion mixture is evenly coated.
- Add broth slowly, stirring constantly. Season with salt and pepper. Bring to a boil. Reduce heat to medium-low; cook, stirring frequently, for 8 to 10 minutes.
- Add beef and egg noodles. Mix well; cover. Cook for 8 to 10 minutes, or until noodles are soft. Remove from heat.
- Add yogurt; mix well.
- Serve garnished with parsley.



**TURKEY, GOAT CHEESE,
AND AVOCADO ROLLS**

MAKES 4 SERVINGS

Time: 15 minutes

Portion Fix Containers: ½ Green, 1½ Blue.

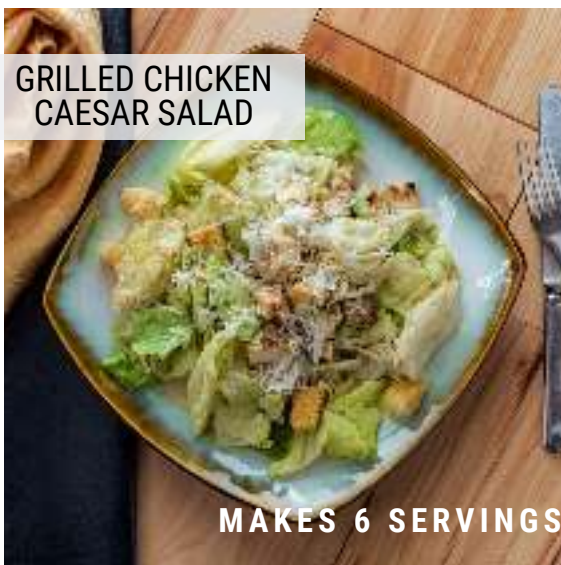
2B Mindset Plate It: Enjoy as part of lunch or dinner.

INGREDIENTS

4 leaves romaine lettuce
 4 slices smoked turkey
 4 Tbsp. soft goat cheese
 4 Tbsp. chopped walnuts
 ½ medium avocado, cut
 into 4 slices
 Chopped red bell pepper
 (for garnish; optional)

DIRECTIONS

Top each lettuce leaf with a turkey slice.
 Spread each turkey slice with 1 Tbsp. goat cheese.
 Sprinkle 1 Tbsp. walnuts on each roll and top with 1 slice avocado. Roll and garnish with chopped bell pepper, if desired.



**GRILLED CHICKEN
CAESAR SALAD**

MAKES 6 SERVINGS

Time: 10 minutes

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

2B Mindset Plate It: Omit the croutons and add more protein for a great dinner option.

INGREDIENTS

For the salad:
 3 heads romaine lettuce, torn
 12 oz. grilled chicken breast,
 boneless, skinless, sliced
 ¾ cup Creamy Lemon Caesar
 Dressing
 ¼ cup whole-wheat croutons
 ¼ cup Parmesan cheese,
 shaved (about ¾ oz.)

DIRECTIONS

To make dressing, blend yogurt, mayonnaise, lemon juice, garlic, anchovies, Worcestershire sauce, mustard, and salt and pepper (if desired); pulse until smooth.

Place lettuce and chicken in a large serving bowl.

Drizzle with dressing; toss gently to blend.

Sprinkle with croutons and cheese.

For the Caesar dressing:
 8 oz. reduced-fat plain yogurt
 ¼ cup olive oil mayonnaise
 3 Tbsp. lemon juice
 2 cloves garlic, finely chopped
 2 anchovies
 1 tsp. Worcestershire sauce
 1 tsp. Dijon mustard
 Sea salt and ground black pepper (to taste; optional)



SLOW COOKER VEGETABLE STEW

INGREDIENTS

- 1 tsp. extra-virgin olive oil
- 1 medium onion, chopped
- 1 medium green bell pepper, chopped
- 1 medium red bell pepper, chopped
- 2 cloves garlic, coarsely chopped
- 2 cups low-sodium vegetable broth
- 1 (14.5-oz.) can diced tomatoes, no added salt
- 2 15-oz. cans chickpeas, drained, rinsed
- 1 Tbsp. curry powder
- 1 Tbsp. pure maple syrup
- 1 Tbsp. fresh ginger, finely chopped
- ½ tsp. sea salt (or Himalayan salt)
- ½ tsp. ground black pepper
- 1 dash ground cayenne pepper
- 1 medium head cauliflower, cut into florets
- 1 (10-oz.) bag raw baby spinach
- 1 cup lite coconut milk

DIRECTIONS

Heat oil in medium nonstick skillet over high heat.

Add onion and bell peppers; cook, stirring frequently, for 4 to 5 minutes, or until onion is translucent.

Add garlic; cook, stirring frequently, for 1 minute.

Place onion mixture in 3-quart slow cooker. Add broth, tomatoes (with juice), chickpeas, curry powder, maple syrup, ginger, salt, black pepper, and cayenne pepper. Mix well; cover. Cook on high for 3 hours.

Add cauliflower. Mix well; cover. Cook on high for 1 hour.

Add spinach and coconut milk. Mix well; cover. Cook on high for 10 minutes, or until spinach wilts.

Time: 4 hours and 32 minutes

Portion Fix Containers: 2 Green, 1½ Yellow, ½ Blue, ½ tsp.

2B Mindset Plate It: Add a serving of protein for lunch. Skip the chickpeas for dinner.



Snack
RECIPES

SPAGHETTI SQUASH FRITTERS



MAKES 6 SERVINGS

Time: 25 minutes

Portion Fix Containers: ½ Green, ½ Yellow, ½ Blue.

2B Mindset Plate It: Enjoy as a snack.

INGREDIENTS

- 2 cups cooked spaghetti squash, well-drained
- ½ cup onion, finely chopped
- 2 cloves garlic, finely chopped
- 2 Tbsp. chives, finely chopped
- 2 large eggs, lightly beaten
- 1½ tsp. lemon zest
- ½ cup panko bread crumbs
- 2 Tbsp. cornstarch
- ½ tsp. sea salt (or Himalayan salt)
- ½ cup Parmesan cheese, grated

DIRECTIONS

Preheat oven to 425° F.
Line baking sheet with parchment paper. Lightly coat with olive oil cooking spray. Set aside
Combine spaghetti squash, onion, garlic, chives, eggs, lemon peel, bread crumbs, cornstarch, salt, and cheese in a large bowl; mix until thoroughly combined. Form spaghetti squash mixture into 12 ¼-cup patties. Place patties on prepared pan. Lightly coat tops with spray. Bake for 15 minutes, turning patties over after 7 minutes.

SPINACH MUFFINS



MAKES 12 SERVINGS

Time: 40 minutes

Portion Fix Containers: 1½ Yellow, 1 tsp.
2B Mindset Plate It: An occasional treat. Be sure to track it.

INGREDIENTS

- 2 cups whole wheat flour
- 2 tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. sea salt (or Himalayan salt)
- 1 large egg
- ½ cup pure maple syrup
- ¾ cup unsweetened almond milk
- ¼ cup extra-virgin coconut oil, melted
- 1½ tsp. pure vanilla extract
- 1 6-oz. bag fresh spinach
- 2 medium ripe bananas, mashed

DIRECTIONS

Preheat oven to 350° F.
Prepare 12 muffin cups by lining with muffin papers or lightly coating with spray.
Combine flour, baking powder, baking soda, and salt in a large bowl; mix well. Set aside.
Place egg, maple syrup, almond milk, oil, extract, and spinach in blender (or food processor); cover. Blend until smooth. Add to flour mixture; mix until just blended.
Gently fold in bananas.
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 COOKIES

INGREDIENTS

- 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 pure maple syrup
- ¼ cup chopped raw pecans
- 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

- ½ cup fresh or frozen raspberries
- 1 medium lemon
- 2 medium pears
- 2 medium bananas
- 1 medium avocado
- 3 medium onions
- 1 medium red onion
- 3 medium red bell peppers
- 2 medium green bell peppers
- 1 medium orange bell pepper
- 4 heads romaine lettuce
- ½ cup fresh arugula
- 1 bunch kale
- 2 (6-oz.) bags fresh spinach
- 1 (10-oz.) bag raw baby spinach
- 1 medium head broccoli
- 1 medium head cauliflower
- 1 large spaghetti squash
- 3 medium leeks
- 8 oz. mushrooms
- 1 head garlic
- Fresh ginger
- Fresh parsley
- Fresh chives

PANTRY

- Vanilla Shakeology
- Strawberry Shakeology
- Extra-virgin olive oil
- Extra-virgin coconut oil
- Red wine vinegar
- Worcestershire sauce
- Dijon mustard
- Olive oil mayonnaise
- Lemon juice
- Pure maple syrup
- Pure vanilla extract
- Old-fashioned rolled oats
- Dry rolled oats
- Whole wheat flour
- Almond flour
- Cornstarch
- Baking powder
- Baking soda
- Sea salt (or Himalayan salt)
- Ground black pepper
- Ground cinnamon
- Ground ginger
- Ground cloves
- Ground paprika
- Ground cayenne pepper
- Curry powder
- Garlic powder

PROTEIN

- 1½ dozen large eggs
- 3 oz. raw chicken breast boneless, skinless
- 12 oz. grilled chicken breast, boneless, skinless
- 4 slices smoked turkey
- 8 oz. turkey kielbasa sausage
- 1½ lbs. extra lean beef sirloin

OTHER

- 3 cartons low-sodium vegetable broth
- 2 cartons low-sodium beef broth
- 1 cup dry brown-rice fusilli pasta
- 5 oz. dry whole-wheat egg noodles
- 1 (8-inch) whole-wheat tortilla
- ¼ cup whole-wheat croutons
- Panko bread crumbs
- 2 (15-oz.) cans chickpeas
- 1 (15-oz.) can kidney beans
- 2 (14.5-oz.) cans diced tomatoes, no added salt
- 1 small jar anchovies
- 1 can lite coconut milk
- 1 large can pumpkin puree
- 1 jar unsweetened applesauce
- 1 cup raw pecans
- 4 Tbsp. walnuts
- 1 Tbsp. chia seeds
- 1 Tbsp. unsalted pumpkin seeds

DAIRY

- 1 carton unsweetened almond milk
- 1 container reduced-fat plain yogurt
- 1 container reduced fat plain Greek yogurt
- 3 oz. soft goat cheese
- 2 oz. feta cheese
- 3 oz. Parmesan cheese