



F E B R U A R Y W E E K 1

Clean Eating

MEAL PLAN - RECIPES - GROCERY LIST

FARM TO TABLE

Meal Planning Tips

01. Double check that shopping list. Be sure to scan the shopping list prior to hitting the grocery store. Cross those spices, condiments, etc off that you already have at home. The list looks long but you'll likely have many of the items and the spices are often used in multiple.

02. If you are following 2B Mindset; add or remove ingredients based on your needs. For dinners, if you omit FFCs, then remove FFCs for that meal, but remember that you CAN have FFCs for dinner when you are working out or need more to eat, just listen to your own body and follow the program's principles.

03. If you are following the Ultimate Portion Fix; add or remove ingredients and snacks to complete your needed portions for the day. For example, if you need another green and orange for the day, add a snack of veggies(green) and ranch "dip" (orange).

04. Decide what you're making. You'll notice that some of these recipes are built for 4 people while others are made for 1-2 people. If you are preparing just for yourself you may only make 2-3 recipes each week. You can also freeze leftovers for future weeks. If you're cooking for a family you may make them all of the recipes or need to adjust up or down based on the size of your family!

05. Pick your salads & Shakeo recipes for the week. Notice that both the build your own salad and Shakeology recipes are included in your meal plan guide. The ingredients for these are not included on the grocery shopping list. Take a look at each recipe, decide what you want to make, and add these to your list.

06. Optional items. Some of the recipes may have "optional" items. These are not included on the grocery shopping list. IF you're into an optional item, be sure to add it onto that list!

07. Plan ahead. Look at your week/weekend. Some people like to make meals each night others like to make or prep them all on Sunday nights. Know what works best for you. Carve out a little time on Sunday or a weeknight. Schedule it just like your workouts. Remember IF you don't plan you plan to fail. Get to that grocery store over the weekend so you don't have to scramble during the week.



Meal Plan

BREAKFAST

VEGETARIAN EGGS BENEDICT
APPLE CINNAMON PANCAKES
SWEET POTATO HASH WITH EGGS

LUNCH

BUILD YOUR OWN SALAD
FIX YOUR LUNCH ROUND UP
CHICKEN AND SPINACH WRAP

DINNER

CALABRESE CHICKEN
CHICKEN ENCHILADAS
MUST HAVE MEATLOAF
NO FUSS FISH & VEGGIES

SNACKS

BROCCOLI TOTS
CORN DOG MUFFINS

SHAKEOLOGY

ISABELLA'S SIGNATURE
CHOCOLATE RASPBERRY
STRAWBERRY THUNDER

A close-up photograph of a person's hand holding a silver fork over a white plate of food. The person is wearing a white t-shirt, a blue beaded bracelet, and several silver rings. The plate contains a colorful salad with spiralized zucchini, sliced red bell peppers, quinoa, and fresh greens. The background is dark and out of focus.

FARM TO TABLE

Breakfast Recipes

VEGETARIAN EGGS BENEDICT

Recipe from Beachbody

SERVINGS: 2 TOTAL TIME: 42 MINUTES

INGREDIENTS

1 tsp. olive oil
4 oz. sliced mushrooms
4 oz. asparagus tips (1-inch pieces; about 1 cup)
2 cups water
2 tsp. fresh lemon juice (or white vinegar)
4 large eggs
2 whole-grain English muffins, split, toasted
¼ cup Healthy Hollandaise Sauce
1 tsp. finely chopped parsley (for garnish; optional)

DIRECTIONS

1. Heat oil in large nonstick skillet over medium-high heat.
2. Add mushrooms; cook, stirring frequently, for 5 to 6 minutes or until mushrooms release liquid.
3. Add asparagus; cook, stirring frequently, for 4 to 5 minutes, or until tender-crisp. Remove from heat. Set aside.
4. Place water in medium saucepan and bring to a boil over medium-high heat. Add lemon juice; reduce heat to maintain a gentle boil.
5. Break two eggs into a small bowl. Hold bowl close to the water's surface and slip the eggs, one by one, into the water. Cook until whites are completely set and yolks begin to thicken, about 5 minutes. Gently lift eggs out of water; keep warm. Repeat, cooking two eggs at a time.
6. Place English muffins on a serving plate. Evenly top each muffin half with mushroom mixture, an egg, and Hollandaise Sauce. Garnish with parsley if desired; serve immediately.

NUTRITIONAL GUIDELINES:

UPF: 1 Green, 1 Red, 2 Yellow, 1 Orange

2B: A great breakfast option. Add veggies or a side salad for lunch.

APPLE CINNAMON PROTEIN PANCAKES

Recipe from Beachbody

SERVINGS 3, 2 EACH TOTAL TIME 29 MINS

INGREDIENTS

Nonstick cooking spray
1 medium apple, peeled, sliced
¼ tsp. ground cinnamon, divided use
4 large egg whites (½ cup)
½ cup unsweetened applesauce
¼ cup unsweetened almond milk
1 scoop whey protein powder, vanilla flavor
¼ cup dry old-fashioned rolled oats
2 Tbsp. coconut flour
½ tsp. baking powder
½ tsp. ground ginger
1 dash ground nutmeg

DIRECTIONS

1. Heat medium nonstick skillet lightly coated with spray over medium-low heat.
2. Add apple and ¼ tsp. cinnamon; cook, stirring constantly for 3 to 4 minutes, or until apple is soft. Remove from heat. Set aside.
3. Combine egg whites, applesauce, and almond milk in a small bowl; mix well. Set aside.
4. Combine protein powder, oats, coconut flour, baking powder, remaining ¼ tsp. cinnamon, ginger, and nutmeg in a medium bowl; mix well.
5. Add applesauce mixture to oat mixture; mix until just blended.
6. Heat large nonstick skillet lightly coated with spray over medium heat. Ladle about ¼ cup batter for each pancake; cook for 2 to 3 minutes, or until bubbles form on top. Flip. Cook for 90 seconds, or until golden brown and cooked through.
7. Divide pancakes between three serving plates. Top evenly with cooked apple slices.

NUTRITION GUIDELINES:

UPF: 1/2 Purple, 1/2 Red, 1/2 Yellow

2B: A protein and FFC as part of breakfast.

SWEET POTATO HASH WITH EGGS

Recipe from Beachbody

SERVINGS: 4 TOTAL TIME: 50 MINS

INGREDIENTS

Parchment paper
2 medium sweet potatoes, cut into 1-inch cubes
1 medium onion, chopped
2 cloves garlic, finely chopped
1 medium red bell pepper, chopped
1 cup black beans, drained, rinsed
1 cup corn kernels
1 Tbsp. + 1 tsp. olive oil
1 1/2 tsp. chili powder
1/4 tsp. ground cumin
1/4 tsp. ground smoked paprika
1/2 tsp. sea salt (or Himalayan salt), divided use
1/2 tsp. ground black pepper, divided use
8 large eggs
2 Tbsp. finely chopped fresh cilantro

DIRECTIONS

1. Preheat oven to 400° F.
2. Line large sheet pan with parchment paper. Set aside.
3. Combine sweet potatoes, onion, garlic, bell pepper, beans, corn, oil, chili powder, cumin, paprika, 1/4 tsp. salt, and 1/4 tsp. pepper in a large bowl; toss gently to blend.
4. Place sweet potato mixture on pan. Bake for 18 to 20 minutes, stirring after 10 minutes.
5. Create eight wells in sweet potato mixture. Gently crack an egg into each well. Season eggs with remaining 1/4 tsp. salt and remaining 1/4 tsp. pepper. Bake for 8 to 10 minutes, or until eggs are set.
6. Garnish with cilantro; serve immediately.

NUTRITION GUIDELINES:

UPF: 1 Red, 2 Yellow, 1 tsp

2B: A great breakfast option. Add veggies or a side salad for lunch.



Photo from the Beachbody On Demand Blog

A close-up photograph of a person's hand holding a silver fork over a white bowl filled with a colorful spiralized vegetable salad. The salad includes zucchini, carrots, and other vegetables, garnished with small brown seeds. The person is wearing a white top and a dark skirt. The background is softly blurred.

FARM TO TABLE

Lunch Recipes



BUILD YOUR OWN SALAD

UPF: Build your salad around how many containers you have available in each category.

2B: Plate it and accessorize! Great for lunch or dinner.

QUICK & EASY! PREP AHEAD OR MAKE EACH DAY.

GREENS (2-3 CUPS)

Spinach
Arugula
Kale
Spring Mix

PROTEIN (3 OUNCES)

Grilled Chicken Breast
Hardboiled Eggs (2)
Steak
Ground Turkey
Cottage Cheese (¾ cups)
Salmon

ADD A FLAVOR BOOSTER (UNLIMITED)

Roasted Beets
Cherry Tomatoes
Diced Onions
Sautéed Peppers
Sliced Cucumbers
Roasted Carrots

CARBOHYDRATES (1/2 CUP)

Sweet Potato, diced
Black Beans
Garbanzo Beans
Quinoa
Strawberries
Apple, diced
Grapes

HEALTHY FAT

Flax Seeds
Pumpkin Seeds
Avocado (¼)
Walnuts (2 tablespoons)
Slivered Almonds

DRESSING (2 TABLESPOONS)

Balsamic Vinaigrette: Balsamic vinegar, whole grain dijon mustard, olive oil, cinnamon.

Blackberry Vinaigrette: red wine vinegar, lemon juice, olive oil, blackberries or raspberries (blended)

Red Wine Vinaigrette
Salsa
Cottage Cheese
Lemon or Lime Juice
Spices

FIX LUNCH RECIPE ROUND UP

Recipes from Tara Leigh Davis

NUTRITIONAL GUIDELINES:

UPF: *Container counts are listed under each recipe. Adjust as needed for your meal plan.*

2B: *Plate each recipe for lunch!*

TACO SALAD

Seasoned Ground Beef
Lettuce w/ Jalepeno
Black Beans
Cheese
Ranch
1 red, 1 orange, 1 yellow, 1 green, 1 blue

OPEN FACE OMLET

Eggs
Spinach
Tomatoes
Turkey Bacon
1.5 red, 1 yellow, 1 green

CHICKEN & BROCCOLI

Chicken
Red Quinoa
Steamed Broccoli
1 red, 1 yellow, 1 green

CABBAGE WRAP

Whole Wheat Wrap
Angel Hair Cabbage
hummus
dressing
1 blue, 1 yellow, 1 green, 1 orange

CHICKEN & SALAD

Baked Chicken
Sweet Potato Chips
Salad Greens
Apple Cider Vinegar (for dressing)
1 red, 1 yellow, 1 green

SIRACHA CHICKEN

Quinoa
Steamed Broccoli
Chicken
Siracha
1 red, 1 yellow, 1 green

MEATBALLS & BROCCOLI

Meatballs
Red Quinoa
Steamed Broccoli
1 red, 1 yellow, 1 green

CHICKEN & SQUASH

Spaghetti Squash
Chicken
Turkey Bacon
1 red, 1 green

CHICKEN & SPINACH WRAP

Recipe from Beachbody

SERVINGS: 1 TOTAL TIME: 20 MINUTES

INGREDIENTS

3 oz. raw chicken breast
boneless, skinless
1 Tbsp. fresh lemon juice
Sea salt (or Himalayan
salt) and ground black
pepper to taste; optional
3 Tbsp. reduced-fat 2%
plain yogurt
1 dash curry powder
1 dash garlic powder
1 dash ground paprika
optional
1 dash ground cayenne
pepper optional
1 8-inch whole-wheat
tortilla
1 cup raw spinach or
romaine lettuce

DIRECTIONS

1. 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.
2. Heat medium skillet, lightly coated with spray, over medium-high heat.
3. 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.
4. Combine yogurt with curry, garlic powder, paprika (if desired), and cayenne pepper (if desired) in a small bowl; mix well.
5. Spread yogurt mixture evenly on tortilla, leaving about ½-inch around the edge.

NUTRITION GUIDELINES:

UPF: 1 Green, 1 Red, 1-1/2 Yellow

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



Photo from the Beachbody On Demand Blog

A close-up photograph of a person's hand holding a silver fork over a white plate. The hand is adorned with several rings and a beaded bracelet. The plate contains a vibrant salad of spiralized vegetables, including zucchini, carrots, and red bell peppers, garnished with quinoa and fresh herbs. The background is softly blurred, showing the person's white shirt and dark pants.

FARM TO TABLE

Dinner Recipes

CALABRESE CHICKEN

Recipe from Beachbody

SERVINGS: 4 TOTAL TIME: 44 MINUTES

INGREDIENTS

1 (4-oz.) raw chicken breast,
boneless,
skinless
1 dash + 1 pinch ground
black pepper,
divided use
½ tsp. olive oil
2 tsp. Pesto
2 thick slices large tomato
6 large fresh basil leaves,
divided use
1 slice fresh part-skim
mozzarella
cheese (1 oz.)
1 pinch sea salt (or
Himalayan salt)
1 Tbsp. + 1 tsp. balsamic
vinegar

DIRECTIONS

1. Season both sides of chicken evenly with 1 dash pepper. Set aside.
2. Heat oil in medium nonstick skillet over high heat.
3. Add chicken; cook for 3 to 4 minutes on each side, or until no longer pink in the middle.
4. Top chicken with pesto, tomato, 4 basil leaves, and cheese. Reduce heat to medium-low. Add small splash of water to pan; cook, covered, for an additional 1 to 2 minutes, or until cheese is melted and tomatoes are softened.
5. Season with salt and remaining 1 pinch pepper. Drizzle with vinegar.
6. Serve topped with remaining 2 basil leaves.

NUTRITION GUIDELINE:

UPF: ½ Green, 1 Red, 1 Blue, 1 tsp
2B: Plate it! Add more veggies for a
great dinner option.



Photo from Confessions of Fit Foodie

CHICKEN ENCHILADAS

Recipe from Beachbody

SERVINGS: 2, 2 EACH TOTAL TIME: 31 MINUTES

INGREDIENTS

1 cup low-sodium organic chicken broth
1 tsp. unflavored gelatin (preferably from grass-fed cows)
1 Tbsp. olive oil
1 cup chopped onion (approx. 1 1/3 medium onions)
1/2 medium jalapeño, seeds and veins removed, chopped (optional)
4 cloves garlic, finely chopped
1/2 tsp. sea salt (or Himalayan salt)
2 Tbsp. Taco Seasoning
1 cup all-natural tomato puree
2 Tbsp. cornstarch (preferably GMO-free) + 2 Tbsp. water (combine to make a slurry)
1 1/2 cups cooked shredded chicken breast
4 (6-inch) corn tortillas
1/2 cup shredded cheddar-jack cheese

DIRECTIONS

1. Sprinkle broth with gelatin. Set aside.
2. Heat oil in medium nonstick skillet over medium-high heat until fragrant.
3. Add onion and jalapeño (if desired); cook, stirring frequently, for 3 to 5 minutes, or until onion is translucent.
4. Add garlic; cook, stirring frequently, for 1 minute.
5. Add salt, taco seasoning, tomato puree, and broth. Bring to a boil, stirring frequently. Reduce heat to medium-low; gently boil, stirring occasionally, for 5 minutes.
6. Add cornstarch slurry; cook, stirring frequently, for 1 minute, or until thickened.
7. Combine 2/3 cup sauce with chicken in a medium bowl; mix well. Set aside.
8. Preheat oven to 425° F.
9. Place 2/3 cup sauce in the bottom of 9 x 9-inch casserole pan. Set aside.
10. Heat medium skillet over medium-high heat.
11. Cook tortillas for 10 seconds on each side. Set aside.
12. Place 1/2 red container of chicken and sauce mixture (1 1/2 oz.) on each tortilla; roll.
13. Place each rolled tortilla, seam-side down, in prepared pan. Top with remaining sauce. Sprinkle each tortilla with 1/2 blue container with cheddar-jack cheese (approx. 2 Tbsp.).
14. Bake for 10 to 12 minutes, or until cheese is melted and sauce is bubbling. Enjoy!

NUTRITION GUIDELINE:

UPF: 1/2 Green, 1/2 Purple, 1 Red, 1 Yellow, 1 Blue, 1-1/2 tsp
2B: Add veggies for a great lunch or add veggies and remove the FFCs for a tasty dinner.

MUST-HAVE MEATLOAF

Recipe from Beachbody

SERVINGS: 6 TOTAL TIME: 1 HOUR 10 MINUTES

INGREDIENTS

1/3 cup low-sodium organic beef broth
1/4 tsp. unflavored gelatin (preferably from grass-fed cows)
1/2 cup coarsely chopped onion (approx. 1/3 medium onion)
3 cloves garlic
1/3 cup coarsely chopped carrot (approx. 3/4 medium carrot)
1/3 cup coarsely chopped red bell pepper (approx. 1/2 medium red bell pepper)
1/3 cup coarsely chopped celery (approx. 1 medium stalk celery)
1 Tbsp. olive oil
1 Tbsp. all-natural tomato paste
1/2 tsp. fresh thyme (or dry thyme)
1/2 tsp. chili powder
2 Tbsp. Worcestershire sauce
3/4 tsp. sea salt (or Himalayan salt)
1/2 tsp. ground black pepper
1 lb. 96% lean raw ground beef
1 large egg, lightly beaten
1/4 cup gluten-free panko bread crumbs (or whole-wheat panko bread crumbs)
3/4 cup Ketchup

DIRECTIONS

1. Preheat oven to 325° F.
2. Line baking sheet with parchment paper. Lightly coat with spray. Set aside.
3. Sprinkle broth with gelatin to let bloom before use. Set aside.
4. Place onion, garlic, carrot, bell pepper, and celery in food processor (or blender); pulse until finely chopped. Set aside.
5. Heat oil in large saucepan over medium-high heat for 1 minute, or until fragrant.
6. Add onion mixture; cook, stirring frequently, for 4 to 6 minutes, or until just beginning to brown.
7. Add tomato paste, thyme, and chili powder; cook, stirring frequently, for 1 minute. Remove from heat.
8. Add Worcestershire sauce, broth mixture, salt, and pepper; mix well. Allow to cool a few minutes before using.
9. Combine ground beef, egg, bread crumbs, and onion mixture; mix with clean hands until combined.
10. Place ground beef mixture on prepared baking sheet; form into a loaf.
11. Bake for 38 to 42 minutes, or until brown all over and a thermometer inserted into center of loaf reads 155° F.
12. Rest for 10 minutes; slice into six equal portions.
13. Serve with FIXATE Ketchup (2 Tbsp. each).

NUTRITION GUIDELINE:

UPF: 1 Red, 1/2 Yellow

2B: Plate it! Serve with veggies and additional FFC for lunch or omit ketchup for a great dinner option

NO FUSS FISH & VEGGIES

Recipe from Beachbody

SERVINGS: 1 TOTAL TIME: 22 MINUTES

INGREDIENTS

4 oz. raw cod
1 dash sea salt (or Himalayan salt), divided use
1 dash ground black pepper, divided use
1 clove garlic, sliced thin
½ cup chopped mixed vegetables (like bell peppers, onions, and tomatoes)
2 thin slices lemon, seeds removed
2 sprigs fresh herbs (like tarragon or dill)
1 tsp. extra-virgin organic coconut oil (optional)
1 Tbsp. dry white wine (like pinot grigio)


DIRECTIONS

1. Preheat oven to 375° F.
2. Season cod on both sides with 1 pinch salt and 1 pinch pepper.
3. Place cod in the center of a 12 x 12-inch square of parchment paper. Top with garlic. Set aside.
4. Season vegetables with remaining pinch salt and remaining pinch pepper; arrange on top of cod.
5. Top vegetables with lemon and herbs; drizzle with oil and wine.
6. Fold parchment in half over cod, crimp edges using overlapping ½-inch folds to form a tightly sealed half-moon shape.
7. Place parchment packet on baking sheet. Bake for 12 minutes, or until cod is cooked through. A thermometer poked through the package into the thickest part of cod should read 145° F.
8. Place the packet directly onto a serving plate, cut top open, discard lemon and herbs; enjoy!

NUTRITION GUIDELINE:

UPF: ½ Green, 1 Red, 1 tsp.

2B: Add more veggies for a great dinner option

A close-up photograph of a person's hand holding a silver fork over a white bowl filled with a vibrant spiralized vegetable salad. The salad includes zucchini, carrots, and other vegetables, garnished with small brown seeds. The person is wearing a white top and a blue beaded bracelet. The background is dark and out of focus.

FARM TO TABLE

Snack Recipes

BROCCOLI TOTS

Recipe from Beachbody

SERVINGS: 4 TOTAL TIME: 51 MINUTES

INGREDIENTS

Hot water
4 cups broccoli florets
2 large eggs
½ cup shredded Cheddar cheese
½ cup gluten-free panko bread crumbs
¼ cup finely chopped onion (approx. 1/3 medium)
2 Tbsp. finely chopped parsley
¾ tsp. sea salt (or Himalayan salt)

NUTRITION

GUIDELINES:

UPF: 1 Green, 1/2 Yellow, 1/2 Blue

2B: Makes a great veggie side.

DIRECTIONS

1. Preheat oven to 400° F.
2. Line baking sheet with parchment paper. Set aside.
3. Heat large saucepan of water to boiling over high heat.
4. While water is coming to a boil, place broccoli in food processor; process until it is rice-like consistency.
5. Add broccoli to boiling water; blanch for 30 seconds to 1 minute. Drain and rinse under cold water until cool. Place in cheesecloth (or clean kitchen towel); wring out excess water.
6. Place broccoli, eggs, cheese, bread crumbs, onion, parsley, and salt in foodprocessor; pulse until well blended.
7. To make each tot, shape approximately 1 packed Tbsp. broccoli mixture into tot shape. Place on prepared pan.
8. Bake for 22 to 25 minutes, rotating pan after 12 minutes, or until crispy

CORN DOG MUFFINS

Recipe from Beachbody

SERVINGS: 7, 2 MUFFINS EACH TOTAL TIME: 31 MINUTES

INGREDIENTS

1 lb. raw 93% lean ground turkey
1 tsp. ground smoked paprika
¾ tsp. smoked sea salt (or Himalayan salt)
½ tsp. garlic powder
½ tsp. onion powder
¼ tsp. ground black pepper
1 cup low-fat (1%) buttermilk
3 Tbsp. extra-virgin organic coconut oil, melted
3 large eggs, lightly beaten
1 cup gluten-free all-purpose flour
1 cup cornmeal
¼ cup + 2 Tbsp. coconut sugar
1½ tsp. baking powder, gluten-free
¼ tsp. baking soda
¾ tsp. sea salt (or Himalayan salt)

NUTRITION GUIDELINES:

UPF: 1 Red, 1 Yellow, 2 tsp

2B: Add veggies for lunch!

DIRECTIONS

1. Preheat oven to 375° F.
2. Lightly coat fourteen cups in two muffin pans with spray. Set aside.
3. To make turkey dog balls, combine turkey, paprika, smoked sea salt, garlic powder, onion powder, and pepper in a large bowl; mix well with clean hands.
4. Evenly form turkey mixture into fourteen balls.
5. Heat large nonstick skillet, lightly coated with spray, over medium-high heat.
6. Add balls; cook for 2 to 3 minutes on each side, or until no longer pink in the middle. Set aside.
7. Combine buttermilk, oil, and eggs in a medium mixing bowl; whisk to blend. Set aside.
8. Combine flour, cornmeal, sugar, baking powder, baking soda, and sea salt in a large mixing bowl; mix well.
9. Add buttermilk mixture to flour mixture; whisk until just blended.
10. Place 2 Tbsp. cornmeal mixture into each muffin cup. Place one ball into each muffin cup. Top evenly with remaining batter, filling each muffin cup until almost full.
11. Bake for 14 to 16 minutes, or until golden brown and a toothpick inserted into center comes out clean.

A close-up photograph of a person's hand holding a silver fork over a white bowl. The bowl contains a vibrant salad of spiralized vegetables, including zucchini, carrots, and bell peppers, garnished with quinoa and sesame seeds. The person is wearing a white t-shirt and a blue beaded bracelet. The background is softly blurred.

FARM TO TABLE

Shakeology Recipes

ISABELLA'S SIGNATURE

Blend all ingredients & enjoy!

INGREDIENTS

1 cup unsweetened almond milk
1 cup ice
1 scoop Café Latte Plant-Based Vegan Shakeology
1 cup raw baby spinach
¼ medium avocado
3 Tbsp. fresh coconut meat, chopped
1 tsp. sunflower seed butter
UPF: 1 Green, 1 Red, 1 Blue, 1/2 Orange, 2 tsp
2B: Add an FFC to make this recipe a great breakfast.

CHOCOLATE RASPBERRY

Blend all ingredients & enjoy!

INGREDIENTS

1 cup unsweetened almond milk
1 cup ice
1 scoop Chocolate Whey Shakeology
½ cup raw spinach
½ cup fresh (or frozen) raspberries
UPF: 1/2 Green, 1/2 Purple, 1 Red, 1 tsp
2B: A great snack(tional) or enjoy as part of breakfast.

STRAWBERRY THUNDER

Blend all ingredients & enjoy!

INGREDIENTS

1 cup water
1 cup ice
1 scoop Chocolate Whey Shakeology
½ cup fresh (or frozen) strawberries
½ cup fresh (or frozen) blueberries
UPF: 1 Purple, 1 Red
2B: A great snack(tional) or enjoy as part of breakfast.



Grocery List

PRODUCE

Apple
 Asparagus
 Basil Leaves
 Broccoli
 Carrot
 Celery
 Cilantro
 Garlic
 Herbs
 Jalapeno
 Lemon
 Mushrooms
 Onion
 Parsley
 Red Bell Pepper
 Spinach
 Sweet Potatoes
 Thyme
 Tomato

SHAKEO MIXIN'S

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BYO SALAD

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SPICES

Cayenne Pepper
 Chile Powder
 Cinnamon
 Cumin
 Curry Powder
 Garlic Powder
 Ginger
 Nutmeg
 Onion Powder
 Paprika
 Taco Seasoning, low sodium

THE BASICS

Baking Powder
 Baking Soda
 Black Pepper
 Cooking Spray
 Corn Starch
 Olive Oil
 Sea Salt
 Worcestershire Sauce

PROTEIN

Cod
 Chicken Breast
 Ground Beef
 Ground Turkey

FIXATE ROUND UP

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DRY GOODS & MISC.

All Purpose Flour, GF
 Apple Sauce, unsweetened
 Balsamic Vinegar
 Black Beans
 Chicken Broth
 Coconut Flour
 Coconut Oil
 Corn Kernels
 Corn Tortillas
 Gelatin, unflavored
 Hollandaise Sauce
 Ketchup
 Old Fashioned Rolled Oats
 Panko Bread Crumbs
 Pesto
 Tomato Paste
 Tomato Puree
 White Wine, dry
 Whole Grain English Muffins
 Whole Wheat Tortilla
 Vanilla Protein Powder

DAIRY

Almond Milk
 Buttermilk
 Eggs
 Egg Whites
 Cheddar Cheese, shredded
 Cheddar Jack Cheese, shredded
 Greek Yogurt, plain
 Mozzarella, fresh part skim

FROZEN

Mixed Vegetables