



A service provided to our  
loyal customers.

FEBRUARY WEEK 2

# 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**

EGG WHITE BREAKFAST BURRITO  
GLOWING GREEN SMOOTHIE BOWL  
ZUCCHINI, HAM, AND CHEESE QUINOA  
CUPS

## **LUNCH**

BUILD YOUR OWN SALAD  
RAINBOW LENTIL SALAD  
CRUNCHY VEGGIE WRAPS

## **DINNER**

SLOW COOKER TURKEY MEATBALLS  
BACON CHEESEBURGER MEATLOAF  
SLOW COOKER HAWAIIAN PORK CHOPS  
THREE CHEESE MACARONI CASSEROLE

## **SNACKS**

CINNAMON ROASTED ALMONDS  
APPLE CINNAMON GRANOLA

## **SHAKEOLOGY**

PUMPKIN SPICE LATTE  
DARK CHOCOLATE SEA SALT  
BLACKBERRY WALNUT



FARM TO TABLE

# Breakfast Recipes

# EGG WHITE BREAKFAST BURRITO

*Recipe from Beachbody*

**SERVINGS: 1 TOTAL TIME: 17 MINUTES**

## INGREDIENTS

1 Tbsp. olive oil  
1 Tbsp. finely chopped red bell pepper  
1 Tbsp. finely chopped yellow bell pepper  
1 Tbsp. finely chopped green bell pepper  
1 Tbsp. finely chopped red onion  
3 large egg whites  
1 8-inch whole wheat flour tortilla warm  
1 slice low-sodium turkey bacon cooked, chopped  
Ground black pepper optional  
2 Tbsp. fresh tomato salsa

## DIRECTIONS

1. Heat oil in medium nonstick skillet over medium-high heat.
2. Add bell peppers and onion; cook, stirring frequently, for 3 to 4 minutes or until soft.
3. Add eggs; cook, over medium heat, stirring frequently, for 2 to 3 minutes, or until eggs are set.
4. Top tortilla with egg mixture, turkey bacon, and pepper (if desired). Roll tortilla burrito-style.
5. Serve with salsa.

## NUTRITIONAL GUIDELINES:

**UPF:** ½ Green 1 Yellow 1 Red 1 tsp.

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

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# GLOWING GREEN SMOOTHIE BOWL

*Recipe from Beachbody*

**SERVINGS 1 TOTAL TIME 10 MINS**

## INGREDIENTS

1 cup unsweetened almond milk  
1 cup ice  
1 scoop Vanilla Whey 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

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

## NUTRITION GUIDELINES:

**UPF:** 1 Green 1 Purple 1 Red 1 Orange 1 tsp.

**2B:** This recipe makes a great breakfast option.

# ZUCCHINI, HAM, AND QUINOA CUPS

Recipe from Beachbody

**SERVINGS: 8 TOTAL TIME: 39 MINS**

## INGREDIENTS

Nonstick cooking spray  
2 cups cooked quinoa  
2 large eggs lightly beaten  
2 large egg whites (1/4 cup)  
1 cup shredded zucchini about 1 medium  
1 cup shredded sharp cheddar cheese  
2 Tbsp. grated Parmesan cheese  
1/2 cup diced lean ham  
1/4 cup finely chopped parsley  
2 medium green onions chopped  
sea salt (or Himalayan salt) and ground black pepper to taste; optional

## DIRECTIONS

1. Heat oven to 375° F.
2. Lightly coat two regular twelve-cup muffin tins with spray. Set aside.
3. Combine quinoa, eggs, egg whites, zucchini, cheddar cheese, Parmesan cheese, ham, parsley, and green onions in a large bowl; mix well.
4. Season with salt and pepper, if desired.
5. Evenly pour quinoa mixture into muffin cups.
6. Bake for 12 to 15 minutes, or until a toothpick inserted into the center of cups comes out clean.

## NUTRITION GUIDELINES:

**UPF:** 1/2 Green 1/2 Red 1/2 Yellow 1/2 Blue

**2B:** Add additional protein and an FFC to make a complete breakfast.



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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



# RAINBOW LENTIL BOWL

Recipe from Beachbody

**SERVINGS: 4 TOTAL TIME: 15 MINUTES**

## INGREDIENTS

4 cups mixed salad greens  
1 cup pico de gallo (or fresh tomato salsa)  
½ cup shredded cheddar cheese  
1 cup chopped red cabbage  
2 cups cooked brown lentils (or green lentils)  
1 cup chopped orange bell pepper  
1 cup chopped green bell pepper  
1 cup halved cherry tomatoes (or grape tomatoes)

## DIRECTIONS

1. Evenly divide salad greens and red cabbage between four serving bowls.
2. Evenly layer half of pico de gallo, cheese, cabbage, lentils, orange bell pepper, green bell pepper, tomatoes, and remaining half of pico de gallo on top of salad greens in "stripes."

## NUTRITION GUIDELINES:

**UPF:** 2 Green 1 Yellow ½ Blue

**2B:** Add a bit more protein for a great dinner option for the vegan plan. For non-vegans, add a protein for lunch.

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# CRUNCHY VEGGIE WRAPS

Recipe from Beachbody

**SERVINGS: 4 TOTAL TIME: 25 MINUTES**

## INGREDIENTS

4 medium collard green leaves, washed, patted dry, bottom stem removed  
½ cup cooked quinoa  
1 Tbsp. finely chopped fresh parsley  
2 Tbsp. fresh lemon juice  
¼ tsp. fresh ground black pepper  
½ cup prepared hummus  
1 medium carrot, cut into matchstick-sized pieces  
1 medium cucumber, cut into matchstick-sized pieces  
1 medium red bell pepper, thinly sliced  
½ cup fresh microgreens (or sprouts)  
½ medium avocado, thinly sliced  
1 Tbsp. hemp seeds

## DIRECTIONS

1. Use a vegetable peeler to make the collard green stems thinner. Start at the bottom of the leaf and peel up. Make sure you do not cut through the leaf. Set aside.
2. Combine quinoa, parsley, lemon juice, and pepper in a small bowl; mix well. Set aside.
3. Place leaves green side down on a cutting board or work surface. Evenly spread hummus in the center of each leaf. Top evenly with quinoa mixture, carrot, cucumber, bell pepper, microgreens, avocado, and hemp seeds.
4. Fold long sides toward the middle and roll burrito style.

## NUTRITION GUIDELINES:

**UPF:** 2½ Green ½ Yellow ½ Blue

**2B:** Makes a great veggie and FFC as part of lunch.



FARM TO TABLE

# *Dinner Recipes*

# SLOW COOKER TURKEY MEATBALLS

Recipe from Beachbody

SERVINGS: 6 TOTAL TIME: 6 HOURS 22 MINS

## INGREDIENTS

1 lb. raw 93% lean ground turkey  
½ tsp. sea salt or Himalayan salt, divided use  
½ tsp. ground black pepper  
1 large egg, lightly beaten  
½ cup whole-grain panko (Japanese-style breadcrumbs)  
2 cloves garlic, finely chopped  
2 Tbsp. fresh parsley, finely chopped  
2 Tbsp. grated Parmesan cheese  
2 tsp. olive oil  
1 medium onion, chopped  
1 (28-oz.) can crushed whole tomatoes  
1 tsp. dried oregano leaves

## NUTRITION GUIDELINE:

**UPF:** 1 Green 1 Red 1 tsp.

**2B:** Add more veggies to this protein as part of lunch or dinner.

## DIRECTIONS

1. Combine turkey, ¼ tsp. salt, pepper, egg, breadcrumbs, garlic, parsley, and cheese in a large bowl; mix well with clean hands.
2. Roll mixture into eighteen 1½-inch meatballs. Set aside.
3. Heat oil in large nonstick skillet over medium-high heat.
4. Add half of meatballs; cook, turning occasionally, for 4 to 6 minutes, or until meatballs are browned on each side. Place browned meatballs in a 3-quart slow cooker.
5. Repeat with the remaining meatballs. Set aside.
6. Add onion to same skillet; cook, over medium-high heat, for 4 to 6 minutes, or until onion is translucent.
7. Top meatballs with cooked onion, tomatoes, oregano, and remaining ¼ tsp. salt; cook, covered, on low temperature for 5 to 6 hours, stirring once or twice.



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# BACON CHEESEBURGER MEATLOAF

Recipe from Beachbody

SERVINGS: 4 TOTAL TIME: 1 HOUR 14 MINUTES

## INGREDIENTS

4 slices low-sodium  
sprouted whole-grain  
bread torn into large pieces  
½ cup unsweetened almond  
milk  
1½ lbs. raw 93% lean ground  
turkey  
8 slices turkey  
bacon cooked, chopped,  
divided use  
1 cup shredded cheddar  
cheese  
¼ cup dill pickle relish  
1 large egg  
1 clove garlic finely chopped  
1 medium onion chopped  
¼ cup all-natural ketchup

## DIRECTIONS

1. Preheat oven to 350° F.
2. Place bread in food processor; pulse for 10 to 20 seconds, or until bread turns into coarse bread crumbs.
3. Combine bread and almond milk in a large bowl. Set aside for 5 minutes.
4. Add turkey, ¾ of turkey bacon, cheese, pickle relish, egg, garlic, and onion to bread mixture; mix well with clean hands (or a rubber spatula).
5. Place turkey mixture in loaf pan. Spread ketchup evenly over meatloaf. Sprinkle evenly with remaining turkey bacon.
6. Bake for 50 to 60 minutes or until internal temperature reaches 160° F, and meatloaf is cooked through.

## NUTRITION GUIDELINE:

**UPF:** 1 Red 1 Yellow ½ Blue

**2B:** Add veggies for an occasional lunch option.



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# SLOW COOKER HAWAIIAN PORK CHOPS

Recipe from Beachbody

**SERVINGS: 4 TOTAL TIME: 3 HOUR 50 MINUTES**

## INGREDIENTS

½ cup cold water  
3 Tbsp. corn starch preferably GMO-free  
¼ cup reduced-sodium soy sauce  
1 Tbsp. raw honey  
2 Tbsp. all-natural ketchup, no sugar added  
2 8-oz. cans pineapple slices in juice, reserve liquid divided use  
3 Tbsp. rice vinegar  
2 cloves garlic finely chopped  
nonstick cooking spray  
1 lb. raw lean, center-cut pork chops  
2 cups cooked brown rice  
1 Tbsp + 1 tsp. finely chopped fresh cilantro

## DIRECTIONS

1. Combine water and cornstarch in a small bowl; whisk to blend. Set aside.
2. Combine soy sauce, honey, ketchup, pineapple juice, vinegar, and garlic in a medium bowl; whisk to blend.
3. Add cornstarch mixture to soy sauce mixture; whisk to blend. Set aside.
4. Lightly coat inside of a 3-quart slow cooker with spray.
5. Add half of soy sauce mixture, pork chops, pineapple, and remaining soy sauce mixture; cover. Cook on high for 3 to 3½ hours (or low for 5 to 6 hours), or until pork chops are tender and cooked through.
6. Serve each pork chop with ½ cup rice. Evenly divide sauce and pineapple between pork chops. Sprinkle each with 1 tsp. cilantro.

## NUTRITION GUIDELINE:

**UPF:** 1 Purple 1 Red 1½ Yellow

**2B:** Add a side salad or veggies to make this a great lunch option.



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FARM TO TABLE

# THREE-CHEESE MACARONI CASSEROLE

Recipe from Beachbody

**SERVINGS:** 10 **TOTAL TIME:** 1 HOUR 18 MINUTES

## INGREDIENTS

Nonstick cooking spray  
1 lb. dry whole-wheat macaroni (or penne pasta)  
1 Tbsp olive oil  
1 medium onion, chopped  
1 medium red bell pepper, chopped  
1 medium yellow bell pepper, chopped  
2 cups broccoli, chopped  
2 cloves garlic, chopped  
3¾ cups part-skim ricotta cheese  
1 cup mozzarella cheese, shredded  
¼ cup Parmesan cheese, grated  
¼ cup fresh basil, chopped  
sea salt (or Himalayan salt) and ground black pepper (to taste; optional)

## NUTRITION GUIDELINE:

**UPF:** ½ Green ½ Red 1½ Yellow ½ Blue ½ tsp.

**2B:** Add a side salad or more veggies and additional protein for a great lunch option.

## DIRECTIONS

1. Preheat oven to 375° F.
2. Cook macaroni according to package directions. Drain and set aside.
3. Heat oil in large nonstick skillet over medium-high heat.
4. Add onion, bell peppers, and broccoli; cook, stirring frequently, for 4 to 6 minutes, or until onion is translucent
5. Add garlic; cook, stirring frequently, for 1 minute. Remove from heat. Set aside.
6. Combine ricotta cheese, mozzarella cheese and Parmesan cheese in a large bowl; mix well.
7. Add macaroni, onion mixture, and basil; mix well.
8. Season with salt and pepper if desired; mix well.
9. Place macaroni mixture in a 13x9-inch ceramic (or glass baking dish) that has been coated with spray. Bake for 25 to 28 minutes, or until cheese is bubbling.



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FARM TO TABLE

# *Snack Recipes*

# CINNAMON ROASTED ALMONDS

Recipe from Beachbody

**SERVINGS:** 16 **TOTAL TIME:** 1 HOUR 15 MINUTES

## INGREDIENTS

Parchment paper  
1 large egg white (2 Tbsp.)  
2 Tbsp. raw honey (or pure maple syrup)  
2 cups whole raw almonds  
2 tsp. ground cinnamon  
¼ tsp. sea salt (or Himalayan salt)

## NUTRITION GUIDELINES:

**UPF:** 1 Blue

**2B:** A fats-based accessory that can be added to any meal.

## DIRECTIONS

1. Preheat oven to 250° F.
2. Line large baking sheet with parchment paper. Set aside.
3. Combine egg white and honey in a medium bowl; whisk until frothy.
4. Fold in almonds; gently mix until covered.
5. Place almonds on prepared baking sheet using a slotted spoon so that excess egg white mixture is removed from almonds. Spread almonds evenly on baking sheet. Sprinkle evenly with cinnamon and salt.
6. Bake for 60 minutes, stirring every 20 minutes. Let cool completely.

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# APPLE CINNAMON GRANOLA

Recipe from Beachbody

**SERVINGS:** 32 **TOTAL TIME:** 52 MINUTES

## INGREDIENTS

¼ cup raw honey (or pure maple syrup)  
2 Tbsp. extra-virgin organic coconut oil  
1 tsp. pure vanilla extract  
3 cups old-fashioned rolled oats  
¼ cup coarsely chopped raw walnuts  
2 tsp. ground cinnamon  
½ tsp. ground nutmeg  
¼ tsp. ground cloves  
¼ tsp. sea salt  
1 medium apple cored, chopped  
¼ cup raisins

## NUTRITION GUIDELINES:


**UPF:** ½ Yellow ½ tsp.

**2B:** Enjoy as an occasional treat. Be sure to track it.

## DIRECTIONS

1. Preheat oven to 325° F.
2. Line baking pan with parchment paper. Set aside.
3. Heat honey and oil in small saucepan over low heat; cook, stirring frequently, for 2 minutes or until oil has melted.
4. Add extract; mix well. Set aside.
5. Combine oats, walnuts, cinnamon, nutmeg, cloves, and salt in a large mixing bowl; mix well.
6. Add honey mixture, apple, and raisins; mix until oats are evenly coated.
7. Place on prepared baking pan; spread evenly in a thin layer.
8. Bake for 25 to 30 minutes, stirring every 10 minutes, or until granola is light golden brown and crisp.
9. Cool granola completely (it will get more crisp as it cools).





FARM TO TABLE

# Shakeology Recipes

## PUMPKIN SPICE LATTE WITH VANILLA

*Blend all ingredients & enjoy!*

### INGREDIENTS

1 cup unsweetened almond milk  
1 cup ice  
½ scoop Café Latte Plant-Based Vegan Shakeology  
½ scoop Vanilla Plant-Based Vegan (or Vanilla) Shakeology  
¼ tsp. pumpkin pie spice

**UPF:** 1 Red 1 tsp.

**2B:** A great snack(tional) or enjoy as part of breakfast.

## DARK CHOCOLATE SEA SALT

*Blend all ingredients & enjoy!*

### INGREDIENTS

1 cup unsweetened almond milk  
1 cup ice  
1 scoop Chocolate (or Chocolate Vegan) Shakeology  
1 Tbsp. unsweetened cocoa powder ¼ tsp. sea salt (or Himalayan salt)

**UPF:** 1 Red ½ tsp.

**2B:** A protein as part of breakfast.

## BLACKBERRY WALNUT CHOCOLATE

*Blend all ingredients & enjoy!*

### INGREDIENTS

1 cup unsweetened almond milk  
1 cup ice  
1 scoop Chocolate Whey Shakeology  
½ cup fresh (or frozen) blackberries  
2 Tbsp. unsalted walnuts, chopped

**UPF:** ½ Purple 1 Red 1 Blue 1 tsp.

**2B:** This recipe makes a great breakfast option.



# Grocery List

## PRODUCE

Apples  
 Avocado  
 Banana  
 Basil  
 Broccoli  
 Brown Lentils  
 Carrots  
 Cherry Tomatoes  
 Collard Greens  
 Cucumbers  
 Garlic  
 Green Bell Pepper  
 Green Onion  
 Hummus  
 Kiwi  
 Microgreens  
 Onion  
 Orange Bell Pepper  
 Parsley  
 Pico de Gallo  
 Red Bell Pepper  
 Red Cabbage  
 Red Onion  
 Spinach  
 Yellow Bell Pepper  
 Zucchini

## BYO SALAD

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## SPICES

Cinnamon  
 Cloves  
 Nutmeg  
 Oregano

## THE BASICS

Extra Virgin Coconut Oil  
 Extra Virgin Olive Oil  
 Ground Black Pepper  
 Sea Salt

## PROTEIN

Center Cut Lean Pork  
 Chops  
 Egg Whites  
 Eggs  
 93% Lean Ground Turkey  
 Lean Ham  
 Low-Sodium Turkey Bacon  
 Turkey Bacon

## DAIRY

Almond Milk  
 Mozzarella Cheese  
 Parmesan Cheese  
 Part-Skim Ricotta Cheese  
 Sharp Cheddar

## DRY GOODS

All Natural Ketchup  
 Corn Starch  
 Crushed Whole Tomatoes  
 Dill Pickle Relish  
 Hemp Seeds  
 Old Fashioned Rolled Oats  
 Pineapple Slices  
 Pure Vanilla Extract  
 Quinoa  
 Raisins  
 Raw Almonds  
 Raw Honey  
 Rice Vinegar  
 Soy Sauce (Low-Sodium)  
 Sprouted Grain Bread  
 Tomato Salsa  
 Unsweetened Shredded  
 Coconut  
 Whole Grain Panko Bread  
 Crumbs (Japanese Style)  
 Whole Raw Almonds  
 Whole Wheat Flour Tortilla  
 Whole Wheat Macaroni

## SHAKEO MIXIN'S

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