



A service provided to our  
loyal customers.

FEBRUARY WEEK 3

# Clean Eating

MEAL PLAN - RECIPES - GROCERY LIST

FARM TO TABLE



# Meal Plan

## **BREAKFAST**

PUMPKIN PIE OATMEAL  
YOGURT BERRY PARFAIT  
AVOCADO TOAST WITH PAPRIKA

## **LUNCH**

BYO SALAD  
FIX YOUR LUNCH ROUND UP  
PHILLY CHEESESTEAK SLIDERS

## **DINNER**

MUSHROOM BOURGUINON  
BEEF & BROCCOLI WITH RED BELL PEPPER  
SIMPLE EGGPLANT PARMESAN  
HEALTHY BELLY BOWL

## **SNACKS**

AVOCADO BROWNIES  
CAULIFLOWER NACHOS

## **SHAKEOLOGY**

PEACHES & CREAM  
GLOW GETTER  
STRAWBERRY OATMEAL



A close-up, top-down view of a person's hands and arms. The person is wearing a white tank top and a beaded bracelet. They are holding an open notebook with lined pages, and a teal pen is visible. To the left, a white ceramic cup with blue floral patterns contains a dark liquid, likely tea, with a slice of lemon. The background is a neutral, textured surface.

FARM TO TABLE

# *Breakfast Recipes*

# PUMPKIN PIE OATMEAL

*Recipe from Beachbody*

**SERVINGS: 1 TOTAL TIME: 35 MINUTES**

## INGREDIENTS

1 cup water  
½ cup dry old-fashioned rolled oats  
¾ cup pure pumpkin puree  
¼ tsp. pumpkin pie spice  
2 Tbsp. chopped pecans (or walnuts)  
2 tsp. pure maple syrup (or raw honey)  
½ cup unsweetened almond milk

## DIRECTIONS

1. Bring water to a boil in medium saucepan over medium heat.
2. Add oats; cook over medium-low heat, stirring occasionally, for 3 to 5 minutes. Remove from heat.
3. Add pumpkin, pumpkin pie spice, and pecans; mix well. Divide evenly between two serving bowls; top each with 1 tsp. maple syrup and ¼ cup almond milk.

## NUTRITIONAL GUIDELINES:

**UPF:** ½ Purple 1 Yellow ½ Blue ½ tsp.

**2B:** Makes a great FFC side as part of breakfast.

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# YOGURT BERRY PARFAIT

*Recipe from Beachbody*

**SERVINGS 2 SERVINGS TOTAL TIME 10 MINUTES**

## INGREDIENTS

1½ cups reduced-fat (2%) plain yogurt  
2 Tbsp. unsweetened applesauce  
½ cup unsweetened bran cereal  
½ cup fresh blueberries  
½ cup fresh raspberries

## DIRECTIONS

1. Combine yogurt and applesauce in a medium bowl; mix well.
2. Place one quarter of yogurt mixture in two bowls or yogurt jars.
3. Top with cereal, and half of the blueberries and raspberries.
4. Place remaining yogurt in each jar.
5. Top with remaining berries. Serve immediately.

## NUTRITION GUIDELINES:

**UPF:** ½ Purple 1 Red ½ Yellow

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

# AVOCADO TOAST WITH PAPRIKA

*Recipe from Beachbody*

**SERVINGS: 4 TOTAL TIME: 10 MINUTES**

## INGREDIENTS

1 medium ripe  
avocado mashed  
4 slices low-sodium  
sprouted whole-grain  
bread toasted  
1¼ tsp. paprika (or ½ tsp.  
chili pepper)

## DIRECTIONS

1. Spread ¼ of avocado onto each slice of toast.
2. Top with ¼ tsp. paprika.

## NUTRITION GUIDELINES:

**UPF:** 1 Yellow 1 Blue

**2B:** An FFC and accessory as part of breakfast or lunch.



*Photo from the Beachbody on Demand Blog*



A close-up, top-down view of a person sitting at a table. They are wearing a white tank top and a beaded bracelet. In front of them is an open book with handwritten text, likely a recipe book. To the left, a hand holds a white ceramic cup with blue floral patterns, filled with a dark liquid and a slice of citrus. A teal pen lies on the table near the book. The background is a textured, light-colored surface.

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*



# PHILLY CHEESE STEAK SLIDERS

Recipe from Beachbody

**SERVINGS: 4 TOTAL TIME: 31 MINUTES**

## INGREDIENTS

2 tsp. olive oil  
1 medium onion, sliced  
1 medium green (or red) bell pepper, sliced  
8 oz. sliced mushrooms  
1 Tbsp. fresh oregano, finely chopped (or 1 tsp. dried oregano leaves)  
Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)  
8 oz. raw lean beef sirloin, sliced very thin  
¼ cup sliced banana (or cherry) peppers (optional)  
2 oz. provolone cheese, thinly sliced  
4 small whole-wheat rolls, split, toasted

## DIRECTIONS

1. Heat oil in large nonstick skillet (or griddle) over medium-high heat.
2. Add onion and bell pepper; cook, stirring frequently, for 3 to 5 minutes, or until onions are soft.
3. Add mushrooms and oregano. Season with salt and pepper if desired; cook, stirring frequently, for 3 to 5 minutes, or until mushrooms are soft.
4. Add sirloin; cook, stirring frequently, for 3 to 4 minutes, or until beef is cooked through.
5. Top evenly with banana peppers (if desired) and cheese. Remove from heat; cover and let stand for 1 to 2 minutes, or until cheese is melted.
6. Top buns evenly with meat mixture; serve immediately.

## NUTRITION GUIDELINES:

**UPF:** 1 Green ½ Red 2 Yellow ½ Blue ½ tsp.

**2B:** Serve with a side salad or veggies at lunch.



Photo from the Beachbody on Demand Blog

A close-up photograph of a person's hands holding an open recipe book. The person is wearing a white top and a beaded bracelet. To the left, a hand holds a white ceramic bowl with blue floral patterns, containing a soup with a slice of lemon. A teal pen is visible in the background. The background is a textured, light-colored surface.

FARM TO TABLE

# *Dinner Recipes*

# MUSHROOM BOURGUIGNON

*Recipe from Beachbody*

**SERVINGS: 2 TOTAL TIME: 15 MINUTES**

## INGREDIENTS

1 Tbsp. + 1 tsp. olive oil,  
divided use  
1 cup finely chopped onion  
(approx.  
1<sup>1/8</sup> medium)  
1 cup chopped carrots, cut into  
½-inch chunks (approx. 2  
medium)  
½ cup chopped celery (approx.  
1  
medium stalk)  
4 cloves finely chopped garlic  
½ cup dry red wine (vegan)  
2 Tbsp. tomato paste  
1 Tbsp. white or red miso paste  
4 cups low-sodium vegetable  
broth  
2 tsp. fresh thyme leaves (or 1  
tsp.  
dried)  
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 (preferably  
GMO-free) + 3 Tbsp. water  
(combine  
to make a slurry)  
1 Tbsp. chopped fresh parsley

## DIRECTIONS

1. 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.
2. Add wine and tomato paste; cook, stirring frequently, for 3 minutes.
3. 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.
4. 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.
5. 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.
6. Add cornstarch mixture; mix well. Cook for 1 minute, or until stew has thickened slightly. Remove from heat. Discard bay leaves.
7. Divide evenly among five serving bowls. Garnish evenly with parsley.
8. Serve immediately, or store refrigerated in an airtight container for up to 5 days

## NUTRITION GUIDELINE:

**UPF:** 2 Green ½ Yellow

**2B:** Add vegetables and protein for a great dinner.



# BEEF AND BROCCOLI WITH RED BELL PEPPER

Recipe from Beachbody

SERVINGS: 4 TOTAL TIME: 20 MINUTES

## INGREDIENTS

¼ cup reduced-sodium soy sauce  
6 Tbsp. water, divided use  
2 Tbsp. corn starch, divided use  
1 Tbsp. raw honey  
1 lb. raw top sirloin beef, trimmed of fat and sliced into ½-inch thick pieces  
1 tsp. coconut oil  
4 cups broccoli florets  
2 medium bell peppers, cut into 1-inch cubes  
2 cloves garlic, chopped  
1 thin slice fresh ginger, peeled, finely chopped

## NUTRITION GUIDELINE:

**UPF:** 1 Red ½ tsp.

**2B:** Add more veggies and an FFC for lunch, Or extra veggies for dinner.

## DIRECTIONS

1. Combine soy sauce, 4 Tbsp. water, 1 Tbsp. corn starch, and honey in a small bowl; mix well. Set aside.
2. Combine remaining 1 Tbsp. cornstarch and 2 Tbsp. water in a large bowl; mix well. Add beef. Toss gently to coat.
3. Heat oil in large skillet over medium-high heat.
4. Add beef; cook, stirring frequently, for 2 minutes, or until cooked through and no longer pink. Remove from skillet, keep warm.
5. Add broccoli, bell pepper, garlic, and ginger to skillet; cook, stirring frequently, for 3 to 5 minutes. Place broccoli mixture in beef bowl.
6. Add soy sauce mixture to skillet; cook, stirring constantly, over medium-high heat for 30 seconds, or until thickened.
7. Return beef and broccoli mixture to skillet; cook, for 1 to 2 minutes, or until well mixed and heated through.



Photo from the Beachbody on Demand Blog

# SIMPLE EGGPLANT PARMESAN

*Recipe from Beachbody*

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

## INGREDIENTS

Nonstick cooking spray  
1 large eggplant, cut into 8 approx. ½-inch thick slices (about 2¼ lbs.)  
½ tsp sea salt (or Himalayan salt), divided use  
4 tsp olive oil, divided use  
1 medium onion, finely chopped  
4 cloves garlic, finely chopped  
1 (15-oz.) can diced tomatoes, no salt added  
¼ cup + 1 Tbsp. finely chopped fresh basil, divided use  
1 tsp Italian seasoning, divided use  
Water  
¼ cup grated Parmesan cheese  
¼ cup shredded part-skim mozzarella cheese

## NUTRITION GUIDELINE:

**UPF:** 3 Green ½ Blue 1 tsp.

**2B:** Add more protein and an FFC for lunch, Or extra protein for dinner

## DIRECTIONS

1. Preheat oven to 375° F.
2. Lightly coat medium baking sheet with spray. Set aside.
3. Place eggplant slices on paper towels. Sprinkle with ¼ tsp. salt. Set aside for 30 minutes.
4. While eggplant is sitting, heat 2 tsp. oil in medium nonstick skillet over medium-high heat.
5. Add onion; cook, stirring frequently, for 4 to 5 minutes, or until onion is translucent.
6. Add garlic, cook, stirring frequently, for 1 minute.
7. Add tomatoes, ¼ cup basil, remaining ¼ tsp. salt, and ½ tsp. Italian seasoning. Bring to a boil. Reduce heat to low; gently boil for 10 to 12 minutes. If sauce becomes dry, add 1 to 2 Tbsp. water. Remove from heat. Set aside.
8. Pat eggplant dry. Place on prepared baking sheet. Brush with remaining 2 tsp. oil and sprinkle with remaining ½ tsp. Italian seasoning. Bake for 22 to 25 minutes, or until tender but not mushy.
9. Preheat broiler on high.
10. Top each eggplant slice evenly with tomato mixture, Parmesan cheese, and mozzarella cheese. Return to oven for 2 to 3 minutes, or until cheese is melted.
11. Sprinkle with remaining 1 Tbsp. basil before serving.

# HEALTHY BELLY BOWL

Recipe from Beachbody

SERVINGS: 1 TOTAL TIME: 15 MINUTES

## INGREDIENTS

### FOR DRESSING:

1 tsp. tahini paste

1½ tsp. water

½ tsp. fresh lemon juice

¼ clove garlic, finely chopped

1 dash coconut sugar

1 pinch sea salt (or Himalayan salt)

1 pinch ground turmeric

½ tsp. chopped parsley

### FOR BOWL:

1 tsp. olive oil

1 clove garlic, finely chopped

½ cup chopped kale

½ cup cooked sweet potato, cut into

½-inch cubes

¼ cup cooked quinoa

½ cup chopped dandelion greens

¼ cup sauerkraut, drained

¼ tsp. kombu powder (or sea salt (or

Himalayan salt))

1 Tbsp. raw pumpkin seeds (preferably toasted)

¼ medium avocado, sliced

## DIRECTIONS

1. Combine tahini, water, lemon juice, garlic, sugar, salt, turmeric, and parsley in a medium bowl; whisk to blend. Set aside.
2. Heat oil in medium nonstick skillet over medium heat until fragrant.
3. Add garlic, kale, sweet potato, and quinoa; cook, stirring frequently, for 4 to 5 minutes, or until kale is wilted and sweet potatoes are warmed through. Remove from heat.
4. Add dandelion greens, sauerkraut, and kombu; mix well.
5. Place kale mixture in a serving bowl. Drizzle with dressing; toss gently to blend.
6. Top with pumpkin seeds and avocado; enjoy!

## NUTRITION GUIDELINE:

**UPF:** 1 Green 1½ Yellow 1 Blue 1 Orange 1 tsp.

**2B:** Add more veggies and an FFC for lunch, Or extra veggies for dinner



Photo from the Tracy Ash



A close-up, top-down view of a person's hands and arms. The person is wearing a white tank top and a beaded bracelet. They are holding an open book with a white cover and gold edges, which appears to be a recipe book. To the left, a hand holds a white ceramic cup with blue floral patterns, containing a dark liquid with a slice of orange. A teal pen is visible in the background. The background is a light-colored, textured surface.

FARM TO TABLE

# *Snack Recipes*

# FUDGY AVOCADO BROWNIES

Recipe from Beachbody

**SERVINGS:** 16 **TOTAL TIME:** 51 MINUTES

## INGREDIENTS

Nonstick cooking spray  
1 medium ripe avocado, mashed  
¼ cup coconut oil, melted  
1 large egg, lightly beaten  
½ cup pure maple syrup  
1 tsp. pure vanilla extract  
¾ cup unsweetened cocoa powder  
½ tsp. sea salt (or Himalayan salt)  
¼ cup gluten-free flour  
⅓ cup dark chocolate chips

## NUTRITION GUIDELINES:

**UPF:** 1 Yellow 1 tsp.

**2B:** Enjoy this as an occasional treat.

Be sure to track it.

## DIRECTIONS

1. Preheat oven to 350° F.
2. Line an 8 x 8-inch baking pan with aluminum foil. Lightly coat with spray. Set aside.
3. Combine avocado, oil, egg, maple syrup, and extract in a medium bowl; mix well. Set aside.
4. Combine cocoa powder, salt, and flour in a medium bowl; mix well.
5. Add cocoa powder mixture to avocado mixture; mix well.
6. Add chocolate chips; mix until blended.
7. Pour batter into prepared pan; spread to make even.
8. Bake for 33 to 36 minutes, or until toothpick inserted in center comes out clean.
9. Cool for an hour before removing from pan. Cut into sixteen squares.

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# CHEESY CAULIFLOWER NACHOS

Recipe from Beachbody

**SERVINGS:** 12 **TOTAL TIME:** 1 HOUR 15 MINUTES

## INGREDIENTS

1 medium head cauliflower cut into florets  
2 tsp. olive oil  
1½ tsp. ground cumin  
¼ tsp. sea salt or Himalayan salt  
¼ tsp. chili powder  
¼ tsp. garlic powder  
½ cup shredded Monterey jack or pepperjack cheese  
¼ cup chopped tomato  
¼ cup chopped red onion  
¼ cup chopped orange bell pepper  
1 medium jalapeño seeds and veins removed (optional), sliced (can add a second if desired)  
½ cup mashed avocado  
2 Tbsp. finely chopped cilantro

## DIRECTIONS


1. Preheat oven to 425° F.
2. Place cauliflower on baking sheet. Drizzle with oil. Sprinkle with cumin, salt, chili powder, and garlic powder; toss gently to blend. Spread evenly on baking sheet.
3. Bake for 30 to 35 minutes, or until tender-crisp and golden.
4. Top evenly with cheese. Bake for 3 to 5 minutes, or until cheese is melted.
5. Top evenly with tomato, onion, bell pepper, jalapeños, avocado, and cilantro; serve immediately.

## NUTRITION GUIDELINES:

**UPF:** ½ Purple 1 Yellow 1 tsp.

**2B:** A great FFC as part of breakfast.



A close-up, top-down view of a person sitting at a table. They are wearing a white tank top and a beaded bracelet. In front of them is an open book with handwritten text. To the left, a hand holds a blue and white patterned cup containing a drink with a slice of orange. A teal pen lies on the table near the book. The background is a textured, light-colored surface.

FARM TO TABLE

# *Shakeology Recipes*



## PEACHES & CREAM

*Blend all ingredients & enjoy!*

### INGREDIENTS

- 2/3 cup water
  - 1 Tbsp. fresh lemon juice
  - 1 scoop Vanilla Whey Shakeology
  - 1/2 cup sliced frozen peaches
  - 1 cup ice
- UPF:** 1/2 Purple 1 Red  
**2B:** A great snack or enjoy as part of breakfast.

## GLOW GETTER

*Blend all ingredients & enjoy!*

### INGREDIENTS

- 1 cup unsweetened almond milk
- 1 cup ice
- 1 scoop Strawberry Whey Shakeology
- 1 scoop Collagen Boost
- 1/4 cup unsweetened frozen raspberries
- 1 1-inch slice fresh peeled ginger (or 1/2 tsp. ground ginger)

**UPF:** 1 Red 1 tsp.  
**2B:** This makes a great snack(tional).

## STRAWBERRY OATMEAL

*Blend all ingredients & enjoy!*

### INGREDIENTS

- 1 cup unsweetened almond milk
- 1 cup ice
- 1 scoop Strawberry (or Tropical Strawberry Vegan) Shakeology
- 1 cup fresh (or frozen) strawberries
- 2 Tbsp. dry old-fashioned rolled oats

**UPF:** 1 Purple 1 Red 1/2 Yellow 1 tsp.  
**2B:** An FFC and protein as part of breakfast.



# Grocery List

## PRODUCE

8 oz Sliced Mushrooms  
 Avocado  
 Blueberries  
 Broccoli Florets  
 Carrots  
 Cauliflower  
 Celery  
 Cilantro  
 Dandelion Greens  
 Eggplant  
 Garlic  
 Ginger  
 Green Bell Pepper  
 Jalapeno  
 Kale  
 Mushrooms  
 Onion  
 Orange Bell Pepper  
 Oregano  
 Parsley  
 Raspberries  
 Red Bell Pepper  
 Red Onion  
 Saurkraut  
 Sweet Potato  
 Thyme  
 Tomato

## SHAKEO MIXIN'S

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## SPICES

Bay Leaves  
 Garlic Powder  
 Italian Seasoning  
 Paprika  
 Pumpkin Pie Spice  
 Turmeric

## THE BASICS

Extra Virgin Coconut Oil  
 Extra Virgin Olive Oil  
 Ground Black Pepper  
 Lemon Juice  
 Nonstick Cooking Spray  
 Sea Salt

## PROTEIN

8 oz Lean Beef Sirloin  
 Eggs

## DAIRY

Monterey Jack Cheese  
 Parmesan Cheese  
 Part-Skim Mozzarella  
 Cheese  
 Provolone Cheese  
 Reduced Fat (2%) Plain  
 Yogurt  
 Unsweetened Almond  
 Milk

## BYO SALAD

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## DRY GOODS

15 oz. Can Diced Tomatoes  
 Banana Peppers  
 Chopped Pecans  
 Coconut Sugar  
 Corn Starch (Non GMO)  
 Dark Chocolate Chips  
 Dry Red Wine  
 Gluten Free Flour  
 Kombu Powder  
 Low Sodium Vegetable Broth  
 Miso Paste (White or Red)  
 Old Fashioned Rolled Oats  
 Pumpkin Seeds  
 Pure Maple Syrup  
 Pure Pumpkin Puree  
 Pure Vanilla Extract  
 Quinoa  
 Raw Honey  
 Reduced Sodium Soy Sauce  
 Sprouted Grain Bread  
 Tahini Paste  
 Tomato Paste  
 Unsweetened Applesauce  
 Unsweetened Bran Cereal  
 Unsweetened Cocco Powder  
 Whole Wheat Rolls

## FIX YOUR LUNCH

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