



F E B R U A R Y W E E K 4

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

GLUTEN FREE BANANA BREAD
EGG & CHEESE BREAKFAST SANDWICH
SWEET POTATO EGG CUPS

LUNCH

BUILD YOUR OWN SALAD
BUTTERNUT SQUASH SOUP
TERIYAKI CHICKEN STIR FRY

DINNER

BAKED ZITI
FETTUCCHINE ALFREDO
SICILIAN CAULIFLOWER CASSEROLE
POTATO CRUSTED SALMON

SNACKS

NO BAKE SMORES BARS
BACON WRAPPED BRUSSELS

SHAKEOLOGY

STRAWBERRY CHEESECAKE
CHOCOLATE CAKE
COOKIES & CREAM



FARM TO TABLE

Breakfast Recipes



GF BANANA BREAD

Recipe from Beachbody

SERVINGS: 12 TOTAL TIME: 1 HOUR 8 MINUTES

INGREDIENTS

1¼ cups almond flour
1¼ cups gluten-free all-purpose flour
1¼ cups old-fashioned rolled oats, gluten-free
½ tsp. sea salt (or Himalayan salt)
2 tsp. baking soda
¾ tsp. baking powder
½ tsp. ground cinnamon
6 large ripe bananas, mashed
1 tsp. pure vanilla extract
1 large egg, lightly beaten
3 Tbsp. extra-virgin organic coconut oil, melted
½ cup pure maple syrup
¼ cup unsweetened almond milk
Nonstick cooking spray

DIRECTIONS

1. Preheat oven to 350° F.
2. Combine almond flour, flour, oats, salt, baking soda, baking powder, and cinnamon in a large bowl; mix well. Set aside.
3. Combine bananas, extract, egg, oil, maple syrup, and almond milk in a medium bowl; mix well.
4. Add flour mixture to egg mixture; mix until just blended.
5. Place batter in loaf pan that has been lightly coated with spray.
6. Bake for 43 to 48 minutes, or until toothpick inserted in the middle comes out clean.
7. Cool completely before slicing.

NUTRITIONAL GUIDELINES:

UPF: 1 Purple, 1-1/2 Yellow, 1/2 Blue, 1 tsp

2B: Enjoy this FFC as an occasional treat.

EGG & CHEESE BREAKFAST SANDWICH

Recipe from Beachbody

SERVINGS 1 TOTAL TIME 15 MINUTES

INGREDIENTS

1 large egg
4 large egg whites
1 Tbsp reduced-fat (2%) milk
Nonstick cooking spray
2 Tbsp chopped roasted red bell pepper
2 Tbsp chopped fresh basil
ground black pepper (to taste; optional)
1 slice part-skim mozzarella cheese (½ oz)
1 whole-wheat English muffin, split, toasted

DIRECTIONS

1. Combine egg, egg whites, and milk in a medium bowl; whisk to blend. Set aside.
2. Heat small nonstick skillet, lightly coated with spray, over medium-low heat.
3. Add eggs; cook, stirring occasionally, for 2 to 3 minutes.
4. Add roasted red bell pepper and basil. Season with pepper if desired; cook for 1 to 2 minutes, or until set.
5. Top muffin half with cheese, eggs, and second muffin half.

NUTRITION GUIDELINES:

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

2B: A great breakfast option.

SWEET POTATO EGG CUPS

Recipe from Beachbody

SERVINGS: 6, 2 EACH **TOTAL TIME:** 55 MINUTES

INGREDIENTS

Nonstick cooking spray
3 medium sweet potatoes
shredded
3 tsp. olive oil divided use
Sea salt (or Himalayan salt)
and ground black pepper
to taste; optional
1 small onion chopped
1 cup broccoli florets
chopped
12 large eggs
¼ cup shredded cheddar
cheese

NUTRITION

GUIDELINES:

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

2B: A great breakfast option.

DIRECTIONS

1. Preheat oven to 375° F.
2. Lightly coat a twelve-cup muffin tin with spray. Set aside.
3. Squeeze moisture from sweet potatoes using a clean kitchen towel.
4. Combine sweet potatoes and 2 tsp. oil. Season with salt and pepper if desired; mix well.
5. Divide sweet potato mixture evenly between prepared muffin cups; press sweet potato mixture into bottom and sides of muffin cups. Bake for 14 to 16 minutes, or until edges are golden brown. Set aside.
6. Heat remaining 1 tsp. oil in medium nonstick skillet over medium-high heat.
7. Add onions and broccoli; cook, stirring frequently, for 4 to 6 minutes, or until onion is translucent. Remove from heat. Set aside.
8. Place eggs in a large bowl; whisk to blend.
9. Add onion mixture; mix well.
10. Evenly pour egg mixture into muffin cups. Evenly sprinkle with cheese.
11. Bake for 15 to 18 minutes, or until a toothpick inserted into the center of cups comes out clean.



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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

BUTTERNUT SQUASH SOUP

Recipe from Beachbody

SERVINGS: 6 TOTAL TIME: 1 HOUR

INGREDIENTS

2 Tbsp. olive oil
3 medium onion, chopped
4 cloves garlic, finely chopped
1 medium butternut squash, peeled, seeded, cut into 1-inch pieces
5 ½ cups low-sodium organic vegetable broth
1 tsp. crushed red pepper flakes
3 fresh thyme sprigs, leaves removed and chopped, stem discarded, divided use
6 tsp. reduced-fat (2%) plain yogurt

DIRECTIONS

1. Heat oil in large saucepan over medium-high heat.
2. Add onions; cook, stirring frequently, for 8 to 10 minutes, or until translucent.
3. Add garlic; cook, stirring frequently, for 1 minute.
4. Add squash, broth, and red pepper flakes. Bring to a boil. Reduce heat; gently boil, covered, for 25 to 30 minutes, or until squash is soft. Remove from heat.
5. Place soup in a blender or food processor, in 4 or more batches, if necessary; cover with lid and kitchen towel. Blend until smooth.
6. Return soup to saucepan over medium heat. Add 1 tsp. thyme; cook, stirring constantly, until soup is hot.
7. Season with salt and pepper if desired.
8. Ladle soup into six serving bowls. Garnish each with 1 tsp. yogurt, and sprinkle all with remaining 2 tsp. thyme.

NUTRITION GUIDELINES:

UPF: 3 Green, 1 tsp

2B: A great FFC as part of lunch.



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TERIYAKI CHICKEN STIR-FRY

Recipe from Beachbody

SERVINGS: 4 TOTAL TIME: 42 MINUTES

INGREDIENTS

1 Tbsp. + 1 tsp. extra-virgin organic coconut oil
1 lb. raw chicken breast, boneless, skinless, cut into 1-inch cubes
1 dash sea salt (or Himalayan salt)
¼ tsp. ground black pepper
2 cloves garlic, finely chopped
¼ cup reduced-sodium soy sauce
¼ cup water
3 Tbsp. honey
1 tsp. finely chopped fresh ginger
1 medium onion, thinly sliced
1 medium green bell pepper, thinly sliced
1 medium red bell pepper, thinly sliced
1 cup broccoli florets
2 cups cooked brown rice
¼ cup sesame seeds

NUTRITION

GUIDELINES:

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

Yellow, 1/2 Orange, 1 tsp

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

DIRECTIONS

1. Heat oil in large skillet over medium-high heat.
2. Add chicken; cook for 5 to 8 minutes, or until no longer pink in the middle.
3. Season with salt and pepper. Add garlic; cook, stirring frequently, for 1 minute. Remove from skillet. Keep warm. Set aside.
4. Add soy sauce, water, honey, and ginger to skillet. Bring to a boil over medium-high heat, stirring frequently. Reduce heat; gently boil for 3 to 5 minutes, or until sauce thickens.
5. Add onion, bell peppers, and broccoli; cook covered, stirring occasionally, for 3 to 5 minutes, or until vegetables are tender-crisp.
6. Add chicken mixture; cook, stirring frequently, for 1 to 2 minutes, or until chicken is coated with sauce and heated through.
7. Evenly divide rice between four serving bowls. Evenly top with chicken mixture. Sprinkle evenly with sesame seeds.



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FARM TO TABLE

Dinner Recipes



BAKED ZITI

Recipe from Beachbody

SERVINGS: 4 **TOTAL TIME:** 1 HOUR 27 MINUTES

INGREDIENTS

4 oz dry whole wheat ziti (or penne) pasta
2 tsp. olive oil
4 cloves garlic finely chopped
1 (10-oz.) bag raw spinach
1½ cups whole peeled tomatoes (like San Marzano or Cento) crushed or pureed in blender or food processor.
¼ cup finely chopped basil leaves
½ tsp. sea salt (or Himalayan salt)
¼ tsp. ground black pepper
1 dash crushed red pepper flakes (optional)
¾ cup part-skim Mozzarella cheese divided use
¼ cup grated Parmesan cheese
1½ cups part-skim ricotta cheese
Nonstick cooking spray

NUTRITION GUIDELINE:

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

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

DIRECTIONS

1. Cook pasta according to package directions; drain. Set aside.
2. Preheat oven to 375° F.
3. Heat oil in large nonstick skillet over medium-high heat.
4. Add garlic; cook, stirring frequently, for 1 minute.
5. Add spinach, tomatoes, and basil. Season with salt and pepper; cook, stirring frequently, for 4 to 5 minutes.
6. Combine spinach mixture, pasta, red pepper flakes (if desired), ½ cup mozzarella cheese, Parmesan cheese, and ricotta cheese in a large bowl; mix well.
7. Place in a 2½ to 3-quart casserole that is lightly coated with spray. Bake, covered with aluminum foil, for 35 minutes. Remove foil.
8. Top evenly with remaining ¼ cup mozzarella cheese. Bake an additional 10 to 15 minutes, or until cheese is bubbly.



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FETTUCCHINE ALFREDO

Recipe from Beachbody

SERVINGS: 4 TOTAL TIME: 40 MINUTES

INGREDIENTS

8 oz. dry whole-grain
fettuccine
3 cups low-sodium organic
vegetable broth
1 medium cauliflower,
chopped (about 1½ pounds)
2 tsp. olive oil
2 cloves garlic, finely
chopped
1 pinch ground nutmeg
Sea salt (or Himalayan salt)
and ground black pepper (to
taste; optional)
½ cup unsweetened almond
milk
½ cup shredded Parmesan
cheese
2 Tbsp. chopped flat-leaf
parsley (for garnish;
optional)

NUTRITION GUIDELINE:

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

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

DIRECTIONS

1. Cook fettuccine according to directions on package. Before draining, reserve 2 cups of cooking water; set aside.
2. Bring broth to a boil in medium saucepan over medium-high heat. Add cauliflower. Reduce heat; cook, covered, for 12 to 15 minutes, or until soft.
3. While cauliflower cooks, heat oil in medium nonstick skillet over medium heat.
4. Add garlic; cook, stirring frequently, for 1 minute, or until garlic is soft. Remove from heat and strain.
5. Place cauliflower in blender (or food processor) with 2 cups of reserved cooking water, garlic, and nutmeg. Season with salt and pepper if desired. Blend in two or more batches if necessary; cover with lid and kitchen towel. Blend until very smooth. Add additional cooking water if needed.
6. Heat cauliflower mixture in same medium saucepan over medium-low heat.
7. Add almond milk; cook, stirring frequently, 5 to 7 minutes. Consistency should be that of a thick soup.
8. Add fettuccine; mix well.
9. Divide fettuccine evenly between four bowls. Top evenly with cheese and parsley (if desired); serve immediately.

SICILIAN-STYLE CAULIFLOWER CASSEROLE

Recipe from Beachbody

SERVINGS: 4 TOTAL TIME: 43 MINUTES

INGREDIENTS

nonstick cooking spray
2 tsp. olive oil
1 medium cauliflower,
chopped (about 1½ pounds)
sea salt (or Himalayan salt)
and ground black pepper (to
taste; optional)
1 Tbsp. capers, chopped
10 kalamata olives, chopped
2 cloves garlic, finely
chopped
¼ tsp. crushed red pepper
flakes (optional)
3 Tbsp. fresh sage, chopped
½ tsp. finely chopped lemon
peel (lemon zest)
¼ cup whole-wheat bread
crumbs
2 oz. shredded mozzarella
cheese
2 oz. shredded Parmesan
cheese
2 Tbsp. chopped flat-leaf
parsley (for garnish;
optional)

DIRECTIONS

1. Heat oven to 350° F.
2. Lightly coat a 2-quart baking dish with spray. Set aside.
3. Heat oil in large nonstick skillet over medium-high heat.
4. Add cauliflower; cook, stirring occasionally, for 5 to 8 minutes, or until cauliflower begins to soften.
5. Add capers, olives, garlic, crushed red pepper (if desired), sage, and lemon peel; mix well.
6. Place cauliflower mixture in baking dish. Top with bread crumbs, mozzarella and Parmesan cheeses. Bake for 15 to 20 minutes, or until cheese is melted and bread crumbs are golden brown.
7. Garnish with parsley if desired; serve immediately.

NUTRITION GUIDELINE:

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

2B: A great veggie and FFC side as part of lunch.

POTATO-CRUSTED SALMON FILLETS

Recipe from Beachbody

SERVINGS: 4 TOTAL TIME: 30 MINUTES

INGREDIENTS

2 small russet potatoes
(about 1 lb.) washed,
shredded
½ medium leek washed,
sliced thin
¼ tsp. sea salt (or Himalayan
salt)
2 tsp. ground white pepper
2 tsp. olive oil
1 tsp. unsalted butter
4 (4-oz) raw salmon fillets
skinless

NUTRITION GUIDELINE:

UPF: 1 Red, 1 Yellow, 1/2 tsp
2B: A great protein and FFC as
part of lunch.

DIRECTIONS

1. Drain potatoes in a colander; pat them as dry as possible with paper towels or a clean kitchen towel.
2. Combine potatoes, leek, salt, and pepper in a medium bowl; mix well.
3. Heat oil and butter in large nonstick skillet over medium-high heat.
4. Place four ⅓ cup mounds of potato mixture in skillet. Press a salmon fillet into each mound. Top evenly with remaining potatoes; cook for 6 to 7 minutes on each side, or until potatoes are nicely browned and fish flakes easily when tested with a fork.

RECIPE NOTES:

Use only the tender white part of the leek. Reserve the tougher green tops for use in broths.



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FARM TO TABLE

Snack Recipes



NO-BAKE S'MORES BARS

Recipe from *Beachbody*

SERVINGS: 12 **TOTAL TIME:** 2 HOURS 15 MINUTES

INGREDIENTS

2 whole-wheat graham crackers (1 cracker sheet each) broken into large pieces
1 large ripe banana mashed
½ cup all-natural almond butter
2 Tbsp. unsweetened cocoa powder
4 scoops Chocolate Shakeology divided use
¾ cup part-skim ricotta cheese
1 scoop Vanilla Shakeology
2 to 3 drops marshmallow flavor (optional)
3 Tbsp. extra-virgin organic coconut oil melted

NUTRITION

GUIDELINES:

UPF: 1/2 Red, 3 tsp

2B: Enjoy as an occasional treat.

DIRECTIONS

1. Place graham crackers in food processor (or blender); process continuously until crackers are crushed into fine crumbs. Set aside.
2. Line an 8 x 8-inch pan with plastic wrap (or aluminum foil). Evenly sprinkle ⅓ of graham cracker crumbs in bottom of pan. Set aside.
3. Combine banana, almond butter, cocoa powder, 2 scoops Chocolate Shakeology, and ⅓ of graham cracker crumbs in a medium bowl; mix well with clean hands or a rubber spatula.
4. Press chocolate mixture into prepared pan. Cover with plastic wrap and press down to flatten into pan. Refrigerate for 1 hour to set.
5. Place cheese, Vanilla Shakeology, and marshmallow flavor in food processor (or blender); process until smooth and well blended.
6. Evenly spread cheese mixture over chocolate mixture. Set aside.
7. Combine remaining 2 scoops Chocolate Shakeology and oil in a small bowl; mix until smooth.
8. Evenly spread Chocolate Shakeology mixture over cheese mixture.
9. Sprinkle top with remaining ⅓ of graham cracker crumbs. Lightly press graham cracker crumbs into top. Refrigerate for 1 hour, or until set.
10. Cut into twelve bars (approx. 2½ x 2-inches).
11. Serve immediately, or store in a tightly covered container in the refrigerator for up to three days.

BACON-WRAPPED BRUSSELS

Recipe from Beachbody

SERVINGS: 6 **TOTAL TIME:** 50 MINUTES

INGREDIENTS

aluminum foil
1 Tbsp. pure maple syrup
1 Tbsp. balsamic vinegar
24 medium Brussels sprouts
12 slices nitrite-free turkey bacon, cut in half
24 wooden toothpicks, soaked in water
½ tsp. ground black pepper

NUTRITION GUIDELINES:

UPF: 1 Green, 1/2 Red
2B: A great veggie and protein as part of lunch or dinner. Also, makes a great snack(tional).

DIRECTIONS

1. Preheat oven to 400° F.
2. Line large baking sheet with foil. Set aside.
3. Combine maple syrup and vinegar in a small bowl; mix well. Set aside.
4. Wrap each Brussels sprout tightly with half slice of bacon. Secure with a toothpick.
5. Arrange Brussels sprouts on prepared baking sheet so that they are not touching.
6. Brush bacon with maple syrup mixture. Sprinkle with pepper.
7. Bake for 30 to 35 minutes, or until Brussels sprouts are tender-crisp and bacon is crisp.
8. Remove toothpicks before serving.



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FARM TO TABLE

Shakeology Recipes



STRAWBERRY CHEESECAKE

Blend all ingredients & enjoy!

INGREDIENTS

¾ cup reduced-fat (2%) cottage cheese
½ cup unsweetened almond milk
1 scoop Strawberry Whey Shakeology
1 scoop Collagen Boost
½ cup sliced strawberries
2 Tbsp. whole-grain graham cracker crumbs

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

2B: This recipe makes a great breakfast option.

CHOCOLATE CAKE

Blend all ingredients & enjoy!

INGREDIENTS

1 cup unsweetened coconut milk beverage
1 cup ice
1 scoop Chocolate Plant-Based Vegan Shakeology
½ cup frozen unsweetened cherries
5 pecan halves
½ tsp. pure vanilla extract
1 Tbsp. unsweetened shredded coconut

UPF: 1/2 Purple, 1 Red, 1/2 Blue, 1/2 Orange, 1 tsp

2B: This recipe makes a great breakfast option.

COOKIES & CREAM

Blend all ingredients & enjoy!

INGREDIENTS

1 cup unsweetened almond milk
1 cup ice
1 scoop Vanilla Plant-Based Vegan Shakeology
4 chocolate graham crackers, 1 cracker sheet,
broken into large pieces

UPF: 1 Yellow, 1 Red, 1 tsp

2B: Enjoy as part of breakfast.



Grocery List

PRODUCE

Bananas
 Basil
 Broccoli
 Brussels Sprouts
 Butternut Squash
 Cauliflower
 Garlic
 Ginger
 Green Bell Pepper
 Leek
 Lemon
 Onion
 Red Bell Pepper
 Sage
 Spinach
 Sweet Potatoes
 Parsley
 Thyme

DAIRY

Almond Milk
 Butter, unsalted
 Cheddar Cheese, shredded
 Milk
 Mozzarella Cheese
 Parmesan, shredded
 Ricotta, part skim
 Yogurt, plain

SPICES

Cinnamon
 Nutmeg
 Red Pepper Flakes
 Sesame Seeds

THE BASICS

Black Pepper
 Baking Soda
 Baking Powder
 Cooking Spray
 Extra Virgin Coconut Oil
 Extra Virgin Olive Oil
 Sea Salt
 Vanilla Extract
 White Pepper

PROTEIN

Chicken Breast
 Eggs
 Egg Whites
 Salmon
 Turkey Bacon

SHAKEOLOGY

Chocolate & Vanilla
 Shakeology

SHAKEO MIXIN'S

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DRY GOODS & MISC.

All Purpose Flour
 Almond Butter
 Almond Flour
 Balsamic Vingar
 Brown Rice
 Capers
 Cocoa Powder
 Honey
 Kalamata Olives
 Maple Syrup
 Marshmallow Flavoring
 Old Fashioned Rolled Oats
 Potatoes
 Roasted Bell Peppers
 Soy Sauce
 Vegetable Broth, low sodium
 Whole Grain Fettuccine
 Whole Peeled Tomatoes
 Whole Wheat Bread Crumbs
 Whole Wheat English Muffin
 Whole Wheat Graham
 Crackers
 Whole Wheat Ziti

BYO SALAD

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