



A service provided to our  
loyal customers

MARCH WEEK 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.

FARM TO TABLE



# Meal Plan

## **BREAKFAST**

EGG WHITE SCRAMBLE  
SUPER GREEN EGG CUPS  
BANANA BREAD

## **LUNCH**

BUILD YOUR OWN SALAD  
ROASTED CHICKEN & POTATOES  
SUPERFOOD BOWL

## **DINNER**


VEGAN SLOW COOKER STEW  
TURKEY CHILI  
PAD THAI  
GARLIC SHRIMP WITH ZUCCHINI

## **SNACKS**

PRETZEL CHIPS  
AVOCADO BROWNIES

## **SHAKEOLOGY**

GOAL ACHIEVER  
EMPOWERED GREENS  
STRAWBERRIES & CREAM



FARM TO TABLE

# Breakfast Recipes

# EGG WHITE SCRAMBLE

*Recipe from Beachbody*

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

## INGREDIENTS

8 large egg whites (1 cup)  
1 dash sea salt (or Himalayan salt)  
1 dash ground black pepper  
1 tsp. olive oil  
1 medium tomato, chopped  
1 Tbsp. Italian parsley, finely chopped (or 1 tsp. dried parsley)  
2 Tbsp. crumbled soft goat cheese (½ oz.)

## DIRECTIONS

1. Combine egg whites, salt, and pepper in a medium bowl; whisk to blend. Set aside.
2. Heat oil in medium nonstick skillet over medium-low heat.
3. Add egg mixture; cook slowly, stirring frequently, for 3 to 4 minutes, or until eggs are almost set.
4. Add tomato and parsley. Sprinkle with cheese; cook for 1 minute or until eggs are fully cooked.

## NUTRITIONAL GUIDELINES:

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

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

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# SUPER GREEN EGG CUPS

*Recipe from Beachbody*

**SERVINGS** 6, 2 EGG CUPS **TOTAL TIME** 35 MINUTES

## INGREDIENTS

Nonstick cooking spray  
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

## DIRECTIONS

1. Preheat oven to 350° F.
2. Prepare twelve muffin cups by coating with spray. Set aside.
3. Combine almond milk and eggs in a medium bowl. Season with salt and pepper (if desired); whisk to blend. Set aside.
4. Evenly divide broccoli, bell pepper, and spinach between prepared muffin cups.
5. Evenly pour egg mixture over broccoli mixture.
6. Bake for 15 to 20 minutes, or until a toothpick inserted into the center of egg cups comes out clean and eggs are set.

## NUTRITION GUIDELINES:

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

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

# 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.

## NUTRITION GUIDELINES:

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

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



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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



# ROAST CHICKEN & POTATOES

Recipe from Beachbody

**SERVINGS: 1 TOTAL TIME: 20 MINUTES**

## INGREDIENTS

Nonstick cooking spray  
4 6 oz. raw chicken leg quarters  
¼ tsp sea salt  
½ tsp ground black pepper  
2 Tbsp fresh lime juice  
¼ cup cup low-sodium organic chicken broth  
1 medium lime, sliced  
6 fresh rosemary sprigs, leaves removed and chopped, stems discarded (reserve 2 whole sprigs)  
4 medium Yukon gold potatoes, cut in half lengthwise  
15 cherry tomatoes, cut in half  
5 kumquats, cut in half (or 1 lemon, sliced)  
6 fresh parsley sprigs, chopped

## DIRECTIONS

1. Preheat oven to 450° F.
2. Place chicken in large oven-proof roasting pan lightly coated with spray.
3. Season with salt and pepper.
4. Drizzle with lime juice and broth; top with lime slices and chopped rosemary.
5. Bake for 15 minutes.
6. Add potatoes, tomatoes, kumquats (or lemons), parsley, and rosemary sprigs; bake for 30 to 40 minutes, or until chicken is no longer pink in the thickest part, juices run clear, and vegetables are tender.
7. Remove skin before serving.

## NUTRITION GUIDELINES:

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

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

*A great meal prep option for lunch!*



Photo from the Beachbody On Demand Blog

# SUPERFOODS BOWL

Recipe from Beachbody

**SERVINGS:** 4 **TOTAL TIME:** 55 MINUTES

## INGREDIENTS

2 medium beets, peeled,  
cut into 1-inch cubes  
2 small sweet potatoes, cut  
into 1-inch cubes  
4 tsp. olive oil, divided use  
½ tsp. ground cumin,  
divided use  
Sea salt (or Himalayan salt)  
and ground black pepper,  
divided use  
2 cups Brussels sprouts,  
cut in half lengthwise  
½ medium avocado, cut  
into chunks  
¼ cup water  
2 Tbsp. fresh lime juice  
1 Tbsp. rice vinegar  
1 clove garlic, finely  
chopped  
1 tsp. raw honey  
2 cups cooked bulgur,  
warm  
2 cups chopped kale  
1 (15-oz.) can chickpeas  
(garbanzo beans), drained,  
rinsed  
¼ cup sliced almonds,  
toasted  
¼ cup sunflower seeds

## DIRECTIONS

1. Preheat oven to 425° F.
2. Place beets and sweet potato on a large baking sheet. Drizzle with ½ tsp. oil. Season with ¼ tsp. cumin, salt and pepper (if desired).
3. Bake for 10 to 15 minutes; stir.
4. Add Brussels sprouts. Drizzle with ½ tsp. oil. Bake for 20 minutes, stirring halfway through, or until vegetables are tender-crisp.
5. While vegetables are baking make dressing by placing avocado, water, lime juice, vinegar, remaining 3 tsp. oil, garlic, honey, remaining ¼ tsp. cumin, and salt in blender (or food processor); cover. Blend until smooth. Set aside.
6. Evenly divide bulgur between four serving bowls. Evenly top with kale, chickpeas, roasted vegetables, dressing, almonds, and sunflower seeds; serve immediately.


## NUTRITION GUIDELINES:

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

**2B:** Add a protein to make a great lunch option for the non-vegan plan or omit the honey and enjoy as a lunch option for the vegan plan.



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FARM TO TABLE

# *Dinner Recipes*

# VEGAN SLOW COOKER STEW

Recipe from Beachbody

SERVINGS: 6 TOTAL TIME: 4 HOURS 32 MINUTES

## INGREDIENTS

1 tsp. 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 organic vegetable broth  
1 (14.5-oz.) can diced tomatoes, no added salt  
2 15-oz. cans chickpeas (garbanzo beans), 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 (optional)  
1 medium head cauliflower, cut into florets  
1 (10-oz.) bag raw baby spinach  
1 cup lite coconut milk

## NUTRITION GUIDELINE:

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

**2B:** A great dinner option for the vegan plan. For non-vegans, add a serving of protein for lunch.

## DIRECTIONS

1. Heat oil in medium nonstick skillet over high heat.
2. Add onion and bell peppers; cook, stirring frequently, for 4 to 5 minutes, or until onion is translucent.
3. Add garlic; cook, stirring frequently, for 1 minute.
4. Place onion mixture in 3-quart slow cooker.
5. 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.
6. Add cauliflower. Mix well; cover. Cook on high for 1 hour.
7. Add spinach and coconut milk. Mix well; cover. Cook on high for 10 minutes, or until spinach wilts.



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# TURKEY CHILI

Recipe from Beachbody

SERVINGS: 4 TOTAL TIME: 56 MINUTES

## INGREDIENTS

1 Tbsp. + 1 tsp. olive oil  
1 lb. raw 93% lean ground turkey breast  
1 medium onion chopped  
1 medium red bell pepper chopped  
1 (10-oz.) can diced tomatoes and chilies (like Rotel®)  
1 (8-oz.) can all-natural tomato sauce no salt or sugar added  
2 small sweet potatoes cut into 1-inch cubes  
 $\frac{3}{4}$  cup water  
1 Tbsp. chili powder  
 $\frac{1}{2}$  tsp. ground cumin  
 $\frac{1}{4}$  tsp. ground paprika  
 $\frac{1}{2}$  tsp. sea salt (or Himalayan salt)  
2 Tbsp. finely chopped flat leaf (Italian) parsley (optional)

## NUTRITION GUIDELINE:

**UPF:** 1 Green, 1 Red, 1 Yellow, 1 tsp

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

## DIRECTIONS

1. Heat oil in a large saucepan over medium-high heat.
2. Add turkey; cook, stirring frequently, for 4 to 5 minutes, or until turkey is browned.
3. Add onion and bell pepper; cook, stirring frequently, for 4 to 5 minutes, or until onion is translucent.
4. Add tomatoes, tomato sauce, water, sweet potatoes, chili powder, cumin, salt, and paprika. Bring to a boil. Reduce heat to medium-low; gently boil, stirring occasionally, for 20 to 25 minutes, or until sweet potatoes are tender.
5. Evenly divide chili into four serving bowls; garnish with parsley, if desired.



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# PAD THAI

Recipe from Beachbody

**SERVINGS: 6 TOTAL TIME: 1 HOUR 50 MINUTES**

## INGREDIENTS

1 medium spaghetti squash about 3 lbs.  
2 Tbsp. tamarind paste or rice wine vinegar  
2 Tbsp. fish sauce  
1 tsp. raw honey  
2-4 Tbsp. water  
12 oz. extra-firm tofu, cut into small cubes  
3 Tbsp. cornstarch preferably GMO free  
8 tsp. peanut oil divided use  
1 medium onion thinly sliced  
2 large eggs lightly beaten  
4 cloves garlic finely chopped  
3/4 cup fresh bean sprouts  
4 medium green onions cut into 1-inch pieces  
2 Tbsp. chopped peanuts  
Lime wedges  
Cilantro sprigs  
Crushed red pepper

## NUTRITION GUIDELINE:

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

**2B:** Add a side salad or veggies for dinner. Add an FFC for lunch.

## DIRECTIONS

1. Preheat oven to 350° F.
2. Place squash on a parchment lined baking sheet. Poke squash 2 or 3 times with a fork. Bake for 60 to 80 minutes. Cool for 20 to 30 minutes. Cut squash in half lengthwise. Remove seeds. Scrape flesh into stringy noodles. Set aside.
3. To make sauce, heat tamarind paste, fish sauce, honey and water in a small saucepan over medium heat. Cook, stirring constantly, for 1 to 2 minutes. Add additional water if sauce is too tart. Set aside.
4. Coat tofu in cornstarch in a small bowl; mix well.
5. Heat a large wok (or skillet) over high heat.
6. Add 2 tsp. oil, swirling to cover surface of pan. Add tofu; cook, stirring constantly, for 2 to 3 minutes, or until all sides of tofu are brown. Remove tofu from pan and place on a large plate. Set aside.
7. Add 2 tsp. oil to pan; cook, over high heat, swirling to cover surface of pan. Add onions; cook, stirring constantly, for 3 to 4 minutes, or until onion are light golden brown. Remove from pan; place on plate with tofu. Set aside.
8. Add 2 tsp. oil to pan; cook, over high heat, swirling to cover surface of pan. Add eggs; cook over medium heat. Do not stir. As eggs set, lift edges, letting uncooked portion flow underneath, creating a very thin omelet. When eggs are set, cut them with your spatula. Remove eggs from pan and place on plate with tofu and onions. Set aside.
9. Add remaining 2 tsp. oil to pan, swirling to cover surface of pan. Add garlic; cook, over medium-high heat, for 1 minute.
10. Add spaghetti squash, spreading squash into a single layer; cook for 30 second, stir and make another single layer. Repeat this 3 to 6 times, cooking for about 3 to 4 minutes, or until squash is warm and golden brown.
11. Add sauce; mix well.
12. Add bean sprouts and green onions; mix well.
13. Add tofu mixture; cook, stirring frequently, for 1 to 2 minutes, or until well mixed and heated through.
14. Transfer to a large serving platter. Top with peanuts, lime wedges, cilantro, and crushed red pepper. Serve immediately.

# GARLIC SHRIMP WITH ZUCCHINI

Recipe from Beachbody

**SERVINGS: 4 TOTAL TIME: 33 MINUTES**

## INGREDIENTS

Parchment paper  
1 Tbsp. + 1 tsp. olive oil  
4 cloves garlic finely chopped  
½ tsp. dried oregano  
½ tsp. dried basil  
¼ tsp. sea salt (or Himalayan salt)  
¼ tsp. ground black pepper  
4 medium zucchini cut into 1/2-inch slices  
1 lb. medium shrimp peeled, deveined  
½ cup grated Parmesan cheese  
1 Tbsp. fresh lemon juice  
2 Tbsp. finely chopped fresh parsley

## DIRECTIONS

1. Preheat oven to 400° F.
2. Line large sheet pan with parchment paper. Set aside.
3. Combine oil, garlic, oregano, basil, salt, and pepper in a small bowl; whisk to blend. Set aside.
4. Place zucchini on pan. Drizzle with half of oil mixture; mix well to coat. Bake for 10 minutes.
5. Add shrimp to pan; mix well.
6. Drizzle with remaining half of oil mixture; mix well. Sprinkle with cheese. Bake for 6 to 8 minutes, or until shrimp is firm and opaque, and zucchini is tender-crisp.
7. Drizzle with lemon juice and sprinkle with parsley; serve immediately.


## NUTRITION GUIDELINE:

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

**2B:** Add a side salad or veggies for dinner. Add an FFC for lunch.



*Photo from the Beachbody On Demand Blog*



FARM TO TABLE

# *Snack Recipes*



# PRETZEL CHIPS

Recipe from Beachbody

**SERVINGS: 4 TOTAL TIME: 45 MINUTES**

## INGREDIENTS

1 cup cooked brown rice  
1 cup cooked quinoa  
1 Tbsp. water  
1 Tbsp. reduced-sodium tamari soy sauce  
½ tsp. coarse sea salt (or Himalayan salt)  
Parchment paper  
Nonstick cooking spray

## NUTRITION

### GUIDELINES:

**UPF:** 1 Yellow

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

## DIRECTIONS

1. Preheat oven to 350° F.
2. Lightly coat two 16 x 12-inch pieces of parchment paper with spray. Set aside.
3. Place rice, quinoa, water, and soy sauce in food processor; process until mixture forms a smooth paste.
4. Place rice mixture on the spray-coated side of one piece of parchment paper. Top with second piece of parchment paper, spray-coated side down. Roll parchment paper with rolling pin until rice mixture is very thin and has evenly spread to the edges of the parchment paper.
5. Place parchment paper onto large baking sheet. Remove top piece of parchment paper and discard.
6. Sprinkle rice mixture with water. Bake for 30 to 35 minutes, rotating pan after 15 minutes, or until brown and crisp.
7. Cool and then break into pieces.

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# 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.

A collection of fitness gear including a pink mesh tank top, leggings, a water bottle, and white sneakers.

FARM TO TABLE

# *Shakeology Recipes*

## GOAL ACHIEVER

*Blend all ingredients & enjoy!*

### INGREDIENTS

1 cup water

1 cup ice

1 scoop Vanilla Plant-Based Vegan Shakeology

1 scoop Focused Energy Boost

½ small banana

½ tsp. almond butter

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

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

## EMPOWERED GREENS

*Blend all ingredients & enjoy!*

### INGREDIENTS

1 cup unsweetened almond milk

1 cup ice

1 scoop Vanilla Whey (or Vanilla Plant-Based Vegan) Shakeology

½ cup raw spinach

½ large ripe banana, cut into chunks

**UPF:** 1/2 Green, 1 Purple, 1 Red, 1 tsp

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

## STRAWBERRIES & CREAM

*Blend all ingredients & enjoy!*

### INGREDIENTS

1 cup unsweetened almond milk

1 cup ice

1 scoop Vanilla Whey (or Vanilla Plant-Based Vegan) Shakeology

1 cup fresh (or frozen) strawberries

1 tsp. all-natural almond butter

**UPF:** 1 Purple, 1 Red, 2 tsp

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



# Grocery List

## PRODUCE

Avocado  
 Bananas  
 Bean Sprouts  
 Beets  
 Broccoli  
 Brussels Sprouts  
 Cauliflower  
 Cherry Tomatoes  
 Cilantro  
 Garlic  
 Ginger  
 Golden Potatoes  
 Green Bell Pepper  
 Green Onion  
 Italian Parsley  
 Kale  
 Kumquats  
 Lemon  
 Lemon Juice  
 Lime  
 Lime Juice  
 Onion  
 Parsley Sprigs  
 Red Bell Pepper  
 Rosemary Sprigs  
 Spaghetti Squash  
 Spinach Raw  
 Sweet Potatoes  
 Tomato  
 Zucchini

## SPICES

Basil  
 Cayenne Pepper  
 Chili Powder  
 Cinnamon  
 Crushed Red Pepper  
 Cumin  
 Curry Powder  
 Oregano  
 Paprika

## THE BASICS

Black Pepper  
 Coconut Oil, organic  
 Cooking Spray  
 Olive Oil  
 Sea Salt

## PROTEIN

Chicken Leg, quarters  
 Egg Whites  
 Eggs  
 Shrimp  
 Tofu  
 Turkey, ground

## DAIRY

Almond Milk  
 Coconut Milk  
 Goat Cheese, crumbles  
 Parmesan Cheese

## BYO SALAD

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## DRY GOODS & MISC.

All Purpose Flour, Gluten Free  
 Almond Flour  
 Almonds  
 Baking Powder  
 Baking Soda  
 Brown Rice  
 Bulgur  
 Chickin Broth, organic  
 Chickpeas  
 Cocoa Powder, unsweetened  
 Cornstarch  
 Dark Chocolate Chips  
 Diced Tomatoes  
 Diced Tomatoes w/ chiles  
 Fish Sauce  
 Honey  
 Peanut Oil  
 Peanuts  
 Pure Maple Syrup  
 Quinoa  
 Rice Vinegar  
 Sunflower Seeds  
 Tamari  
 Tomato Sauce  
 Vanilla Extract  
 Vegetable Broth

## SHAKEO MIXIN'S

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