



*A service provided to our
loyal customers.*

MARCH 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.

FARM TO TABLE



Meal Plan

BREAKFAST

YOGURT BERRY PARFAIT
ZUCCHINI NOODLE BOWL
APPLE CINNAMON PANCAKES

LUNCH

FIX YOUR LUNCH ROUNDUP
HEALTHIER TACO SALAD
BUTTERNUT SQUASH SOUP

DINNER

ONE POT BEAN & SAUSAGE STEW
CHEESY STEAK SKILLET
BEEF STROGANOFF
MAC N CHEESE W/ BROCCOLI

SNACKS

KALE CHIPS
SWEET POTATO SKINS

SHAKEOLOGY

FRESH START SMOOTHIE
GREEN GINGER LATTE
RASPBERRY OATS SMOOTHIE BOWL



FARM TO TABLE

Breakfast Recipes

YOGURT BERRY PARFAIT

Recipe from Beachbody

SERVINGS: 2 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. Top with remaining berries.
5. Serve immediately.

NUTRITIONAL GUIDELINES:

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

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

APPLE CINNAMON PANCAKES

Recipe from Beachbody

SERVINGS 3, 2 EACH TOTAL TIME 29 MINUTES

INGREDIENTS

Nonstick cooking spray
1 medium apple, peeled, sliced
¾ 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 ½ 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 Green, 1 Red

2B: A great protein as part of breakfast.

ZUCCHINI NOODLE BREAKFAST BOWL

Recipe from Beachbody

SERVINGS: 2 TOTAL TIME: 58 MINUTES

INGREDIENTS

2 small sweet potatoes, chopped
4 tsp. olive oil, divided use
½ medium ripe avocado, cut into chunks
2 cloves garlic, coarsely chopped
Water, divided use
3 medium zucchini
1 tsp. fresh lemon juice
2 large eggs
Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)
2 medium green onions, finely chopped

NUTRITION

GUIDELINES:

UPF: 1 Green, 1/2 Red, 2 Yellow, 1 Blue, 2 tsp
2B: Add more protein for a great breakfast option.

DIRECTIONS

1. Preheat oven to 375° F.
2. Place sweet potatoes on a baking sheet. Drizzle with ½ tsp. oil; mix well. Bake for 20 to 30 minutes, or until tender-crisp. Set aside.
3. While sweet potatoes are baking, place avocado, garlic, 2 Tbsp. water, and remaining 3½ tsp. oil in a food processor (or blender). Pulse until well blended. Set aside.
4. Using a vegetable peeler, cut each zucchini into lengthwise strips about ⅛ inch thick. Turn each zucchini slightly after cutting each strip to work evenly around the outside, stopping when you hit the seeds at the core. Discard cores. Cut slices lengthwise into ½- inch ribbons. Set aside.
5. Place water in medium saucepan and bring to a boil over medium-high heat. Add lemon juice; reduce heat to maintain a gentle boil.
6. Break 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.
7. Boil water in steamer or large saucepan over high heat. Reduce heat to medium-high. Place zucchini in steamer basket; cook for 2 to 3 minutes, or until tender. Remove from heat.
8. Place zucchini in a medium serving bowl. Season with salt and pepper if desired. Add avocado mixture; toss gently to blend.
9. Divide zucchini between two bowls; top evenly with sweet potatoes, green onions, and an egg. Serve immediately.



Photo from the Beachbody On Demand Blog

FARM TO TABLE

A collection of light green items including a textured mat, a tank top, a pair of shorts, a water bottle, and a cloth.

FARM TO TABLE

Lunch Recipes

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

HEALTHY TACO SALAD

Recipe from Beachbody

SERVINGS: 4 TOTAL TIME: 34 MINUTES

INGREDIENTS

2 tsp. olive oil
1 lb. raw 93% lean ground turkey
1 Tbsp. Taco Seasoning Blend (or packaged low-sodium taco seasoning)
¼ cup water
Nonstick cooking spray
8 (6-inch) corn tortillas, cut into strips
½ medium ripe avocado
1 Tbsp. lemon juice
1 dash garlic powder
Sea salt (or Himalayan salt) (to taste; optional)
6 cups shredded lettuce
4 medium tomatoes, chopped

DIRECTIONS

1. Heat oil in medium nonstick skillet over medium heat.
2. Add turkey; cook, stirring frequently, for 5 to 7 minutes, or until no longer pink.
3. Add taco seasoning and water; cook, stirring frequently, for 5 to 8 minutes, or until most water has evaporated. Remove from heat. Set aside.
4. Heat a medium nonstick skillet pan over medium high heat. Lightly coat skillet with spray. Add tortilla strips; cook, stirring constantly, for 3 to 4 minutes, or until crisp and golden brown. Set aside.
5. Mash avocado in a small bowl with a fork.
6. Add lemon juice, garlic powder, and salt (if desired); mix well.
7. Divide lettuce evenly between four serving bowls. Top with turkey mixture, tomatoes, avocado mixture, and tortilla strips; serve immediately. clear, and vegetables are tender. Remove skin before serving.

NUTRITION GUIDELINES:

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

2B: A great lunch option. Replace tortillas with more veggies for dinner.



Photo from the Beachbody On Demand Blog

BUTTERNUT SQUASH SOUP

Recipe from Beachbody

SERVINGS: 8 TOTAL TIME: 38 MINUTES

INGREDIENTS

1 tsp. olive oil
1 medium onion, chopped
1 medium red bell pepper, chopped
4 cups low-sodium organic chicken broth
2 Tbsp. chopped fresh thyme (or 2 Tbsp. dried thyme)
Sea salt (or Himalayan salt) and ground white pepper (to taste; optional)
16 oz. rotisserie chicken breast, boneless, skinless, shredded
1 cup frozen corn (or roasted corn)
2 cups cubed butternut squash

DIRECTIONS

1. Heat oil in medium saucepan over medium-high heat.
2. Add onion and bell pepper; cook, stirring frequently, for 3 to 5 minutes, or until onion is translucent.
3. Add chicken broth and thyme. Season with salt and pepper if desired; cook, stirring occasionally, for 10 minutes.
4. Add chicken, corn, and squash; cook, stirring occasionally, for 5 to 8 minutes, or until squash is soft.
5. Divide evenly between eight serving bowls.


NUTRITION GUIDELINES:

UPF: 1 Green, 1 Red

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



Photo from the Beachbody On Demand Blog

A collection of light green items including a textured mat, an apron, a bottle, and a towel.

FARM TO TABLE

Dinner Recipes

ONE POT BEAN & SAUSAGE STEW

Recipe from Beachbody

SERVINGS: 4 TOTAL TIME: 1 HOUR 28 MINUTES

INGREDIENTS

4 cups low-sodium organic chicken broth
2 packets unflavored gelatin (preferably from grass-fed cows)
1 Tbsp. olive oil
8 oz. chicken sausage links, reduced-fat
½ cup chopped carrots (approx. 1 medium carrot)
¼ cup water
1 cup chopped onion (approx. 1½ medium onions)
½ cup chopped celery (approx. 1 medium stalk celery)
5 cloves garlic, sliced
1 tsp. sea salt (or Himalayan salt)
½ tsp. ground black pepper
3 bay leaves
4 fresh parsley sprigs
1 tsp. ground smoked paprika
1 (15-oz.) can cannellini beans, drained

DIRECTIONS

1. Preheat oven to broil.
2. Sprinkle broth with gelatin to let bloom before use. Set aside.
3. Heat oil in large, oven-safe saucepot over medium heat for 1 minute, or until fragrant.
4. Add sausages; cook, turning occasionally, for 8 to 10 minutes, or until sausages are deep brown all over. (Sausages do not have to be cooked all the way through at this stage.) Place sausages on a paper towel.
5. Place carrots and water in same saucepot; cook, over medium-high heat, stirring frequently, for 5 minutes, or until soft.
6. Add onion, celery, and garlic; cook, stirring frequently, for 4 to 5 minutes, or until onion is translucent and beginning to brown.
7. Add broth, salt, pepper, bay leaves, parsley, and paprika. Bring to a boil. Reduce heat to medium-low. Gently boil for 28 to 32 minutes, or until reduced by half. Remove bay leaves and parsley.
8. Slice sausage into rounds. Add sausage and beans to saucepot. Bring to a boil. Remove from heat.
9. Place saucepot under bro

NUTRITION GUIDELINE:

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

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

CHEESY STEAK SKILLET

Recipe from Beachbody

SERVINGS: 4 TOTAL TIME: 1 HOUR 29 MINUTES

INGREDIENTS

1 Tbsp. + 1 tsp. ghee (organic grass-fed if possible), divided use
1 lb. raw beef skirt steak
½ tsp. + 1 dash sea salt (or Himalayan salt), divided use
½ tsp. + 1 dash ground black pepper, divided use
1 1/3 cups chopped onion (approx. 1 ½ medium)
4 cloves garlic, finely chopped
2/3 cup dry long-grain brown rice
1 2/3 cups low-sodium organic chicken broth
1 tsp. ground turmeric
½ tsp. ground paprika
1 ½ cups frozen cut green beans
1 ½ cups chopped carrot (approx. 3 medium)
1 cup shredded Co

DIRECTIONS

1. Heat 1 Tbsp. ghee in large heavy-bottomed (or cast iron) skillet over high heat until wisps of smoke begin to rise.
2. Add steak; sear for 3 minutes on each side (for medium), or until deep brown. Remove steak from skillet and place on a plate. Season both sides of steak lightly with 1 dash salt and 1 dash pepper. Set aside.
3. Heat remaining 1 tsp. ghee in same skillet over medium heat.
4. Add onion; cook, stirring frequently, for 4 to 5 minutes, or until onion is translucent.
5. Add garlic; cook, stirring frequently, for 1 minute.
6. Add rice; cook, stirring frequently, for 3 to 5 minutes, or until rice begins to brown.
7. Add broth, turmeric, paprika, remaining ½ tsp. salt, remaining ½ tsp. pepper, green beans, and carrots. Bring to a boil. Reduce heat to medium low; gently boil, covered, for 45 minutes, or until rice is tender and liquid is almost completely absorbed.
8. Slice steak thin, on the bias, against the grain.
9. Remove lid from skillet; lightly fluff rice with a fork. Place sliced steak on top. Sprinkle with cheese if desired. Replace lid and let rest for 10 minutes

NUTRITION GUIDELINE:

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

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

SKINNY BEEF STOGANOFF

Recipe from Beachbody

SERVINGS: 6 TOTAL TIME: 56 MINUTES

INGREDIENTS

3 tsp. olive oil, divided use
1½ lbs. extra lean beef
sirloin, cut into thin strips
1 medium onion, chopped
8 oz. sliced mushrooms
3 Tbsp. whole-wheat flour
4 cups low-sodium organic
beef broth
¾ tsp. sea salt (or Himalayan
salt)
½ tsp. ground black pepper
5 oz. dry whole-wheat egg
noodles
½ cup reduced fat (2%) plain
Greek yogurt
2 Tbsp. parsley, finely
chopped

NUTRITION

GUIDELINE:

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

2B: Add a side salad or veggies
for lunch. Replace noodles with
more veggies for dinner.

DIRECTIONS

1. Heat 1 tsp. oil in large nonstick skillet over high heat.
2. Add beef; cook, stirring frequently, for 4 to 5 minutes, or until browned. Remove from skillet. Set aside.
3. Heat 1 tsp. oil in same skillet over medium-high heat.
4. Add onion; cook, stirring frequently, for 3 to 4 minutes.
5. Add mushrooms; cook, stirring frequently, for 4 to 6 minutes, or until most liquid is absorbed.
6. Add remaining 1 tsp. oil; cook, stirring occasionally, for 1 minute.
7. Add flour; cook, stirring frequently, until onion mixture is evenly coated.
8. Add broth slowly, stirring constantly. Season with salt and pepper. Bring to a boil. Reduce heat to medium-low; cook, stirring frequently, for 8 to 10 minutes.
9. Add beef and egg noodles. Mix well; cover. Cook for 8 to 10 minutes, or until noodles are soft. Remove from heat.
10. Add yogurt; mix well.
11. Serve garnished with parsley.

MACARONI AND CHEESE WITH BROCCOLI

Recipe from Beachbody

SERVINGS: 8 TOTAL TIME: 37 MINUTES

INGREDIENTS

4 oz. dry whole wheat elbow macaroni (or pasta)
4 tsp. organic grass-fed butter (or organic coconut oil)
2 Tbsp. unbleached whole wheat flour
1½ cups unsweetened almond milk
1¼ cups freshly grated extra-sharp cheddar cheese
3 cups cooked chopped chicken breast, boneless, skinless
6 cups chopped broccoli florets, steamed
1 tsp. sea salt (or Himalayan salt)
½ tsp. ground black pepper

DIRECTIONS

1. Cook macaroni according to package directions. (Do not use salt or oil if suggested in directions.) Set aside.
2. Melt butter in large saucepan over medium heat.
3. Add flour; cook, whisking constantly, for 1 minute, or until brown (don't let it burn).
4. Slowly whisk in almond milk; cook, whisking constantly, for 1 to 2 minutes, or until mixture thickens and there are no lumps.
5. Reduce heat to low. Add cheese; cook, whisking constantly, for 2 to 3 minutes, or until melted.
6. Add macaroni, chicken, broccoli, salt, and pepper; cook, stirring constantly, for 1 minute, or until heated through.
7. Serve immediately.


NUTRITION GUIDELINE:

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

2B: Add more veggies for a great lunch.



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FARM TO TABLE

Snack Recipes

KALE CHIPS

Recipe from *Beachbody*

SERVINGS: 4 TOTAL TIME: 28 MINUTES

INGREDIENTS

1 bunch kale leaves, about 6 oz
1 Tbsp olive oil
parchment paper (optional)
no-salt seasoning blend of your choice

NUTRITION

GUIDELINES:

UPF: 1 Green, 1 tsp

2B: A great snack(tional).

DIRECTIONS

1. Preheat oven to 350° F.
2. Remove kale leaves from stems. Tear leaves into bite-sized pieces. Discard stems.
3. Wash and thoroughly dry kale with a salad spinner or paper towel.
4. Line large baking sheet with parchment paper, if desired. Set aside.
5. Combine kale and oil in a medium bowl; toss gently to blend.
6. Add seasoning if desired; mix well.
7. Arrange kale on prepared baking sheet in a single layer.
8. Bake for 15 to 18 minutes, or until crisp.
9. Transfer onto a wire rack or paper towels; cool.

LOADED SWEET POTATO SKINS

Recipe from *Beachbody*

SERVINGS: 6 TOTAL TIME: 1 HOUR 35 MINUTES

INGREDIENTS

3 medium sweet potatoes
2 slices nitrate-free bacon
5 oz. raw chicken breast, boneless, skinless, finely chopped
½ tsp. sea salt (or Himalayan salt)
1 Tbsp. FIXATE Taco Seasoning (see below)
3 cups spinach, chopped
Nonstick olive oil cooking spray
6 Tbsp. shredded cheddar cheese
6 tsp. reduced-fat (2%) sour cream
Chopped chives (for garnish; optional)

FIXATE Taco Seasoning:

3 Tbsp. chili powder
1 Tbsp. + 1½ tsp. ground cumin
2½ tsp. garlic powder
2½ tsp. onion powder
2½ tsp. ground sweet smoked paprika
2½ tsp. ground coriander
2 tsp. ground black pepper

NUTRITION GUIDELINES:


UPF: 1 Yellow, 1 tsp

2B: Enjoy this as an occasional treat.

Be sure to track it.

DIRECTIONS

1. Preheat oven to 400° F.
2. Place sweet potatoes on baking sheet. Bake for 50 to 60 minutes, or until fork-tender. Cool until sweet potatoes can be handled.
3. While potatoes are baking, cook bacon in large nonstick skillet over medium heat for 3 to 4 minutes on each side, or until crisp. Place on paper towels to drain. Once cooled, crumble bacon. Set aside.
4. Add chicken to same skillet. Season with salt and Taco Seasoning; cook over medium heat, stirring frequently, for 4 to 5 minutes, or until cooked through.
5. Add spinach; cook, stirring frequently, for 2 to 3 minutes, or until fully wilted. Set aside.
6. Slice cooled sweet potatoes in half lengthwise. Scoop out most of flesh with a spoon, leaving about ¼-inch of flesh attached to skin.
7. Place sweet potato halves, skin-side up, on baking sheet. Lightly coat with spray. Bake for 15 minutes, or until skins are brown and crisp.
8. Fill each sweet potato half with ¼ cup of chicken mixture. Top evenly with 1 Tbsp. cheese, and bacon. Bake for 5 minutes, or until cheese is melted.
9. Garnish each sweet potato half evenly with 1 tsp. sour cream and chives (if desired); enjoy!
10. Taco Seasoning: Combine chili powder, cumin, garlic powder, onion powder, paprika, coriander, and pepper in a small bowl; mix well. Store Taco Seasoning in an airtight container.



FARM TO TABLE

Shakeology Recipes

FRESH START SMOOTHIE

Blend all ingredients & enjoy!

INGREDIENTS

1 cup coconut water
1 cup ice
1 scoop Vanilla Whey Shakeology
1 cup chopped kale
¼ large banana, cut into chunks
1 tsp. finely chopped lime peel (lime zest)
1 tsp. fresh ginger, coarsely chopped
UPF: 1 Green, 1/2 Purple, 1 Red, 1/2 Yellow
2B: A great snack or enjoy as part of breakfast.

GREEN GINGER LATTE

Blend all ingredients & enjoy!

INGREDIENTS

1 cup unsweetened coconut milk beverage
1 scoop Vanilla Whey (or Vanilla Plant-Based Vegan) Shakeology
2 tsp. ground ginger
1 tsp. unsweetened matcha powder
UPF: 1 Red, 1 tsp
2B: Makes a great protein.

RASPBERRY OAT SMOOTHIE BOWL

Blend all ingredients & enjoy!

INGREDIENTS

¾ cup unsweetened almond milk
1 scoop Vanilla Whey Shakeology (or Strawberry Whey or Tropical Strawberry Plant-Based Vegan Shakeology)
½ cup fresh or frozen raspberries, divided use
2 Tbsp. dry rolled oats
1 cup ice
1 Tbsp. chia seeds
1 Tbsp. unsalted pumpkin seeds (pepitas)
UPF: 1/2 Purple, 1 Red, 1/2 Yellow, 1 Orange
2B: This recipe makes a great breakfast option.



Grocery List

PRODUCE

Apple
 Avocado
 Blueberries
 Broccoli Florets
 Butternut Squash
 Carrots
 Celery
 Chives
 Fresh Parsely
 Fresh Thyme
 Garlic
 Green Onions
 Kale
 Onion
 Raspberries
 Red Bell Pepper
 Romain Lettuce
 Sliced Mushrooms
 Spinach
 Sweet Potato
 Tomatoes
 Zucchini

PROTEIN

93% Lean Ground Turkey
 Chicken Breast
 Chicken Sausage Links
 Eggs
 Extra Lean Beef Sirloin
 Nitrate Free Bacon
 Rotisserie Chicken Breast
 Skirt Steak

SPICES

Bay Leaves
 Garlic Powder
 Ground Cinnamon
 Ground Ginger
 Ground Nutmeg
 Ground White Pepper
 Smoked Paprika
 Taco Seasoning Blend
 Turmeric

THE BASICS

Black Pepper
 Lemon Juice
 Nonstick Cooking Spray
 Olive Oil
 Parchment Paper
 Sea Salt

DAIRY

2% Plain Greek Yogurt
 Extra Sharp Cheddar
 Cheese
 Ghee
 Organic Grass Fed Butter
 Reduced Fat (2%) Plain
 Greek Yogurt
 Reduced Fat (2%) Sour
 Cream
 Shredded Cheddar Cheese
 Shredded Colby Jack
 Cheese
 Unsweetened Almond
 Milk

DRY GOODS & MISC.

6-inch Corn Tortillas
 Baking Powder
 Cannelinni Beans
 Coconut Flour
 Long Grain Brown Rice
 Low-Sodium Organic
 Chicken Broth
 Old Fashioned Rolled Oats
 Unflavored Gelatin
 Unsweetened Apple Sauce
 Unsweetened Bran Cereal
 Vanilla Whey Protein
 Powder
 Whole Wheat Egg Noodles
 Whole Wheat Elbow
 Macaroni
 Whole Wheat Flour

FROZEN

Corn Kernels
 Green Beans

SHAKEO MIXIN'S

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FIX ROUND UP

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