



A service provided to our
loyal customers.

MARCH WEEK 3

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

POWER PROTEIN EGG CUPS
QUINOA CUPS
CARROT CAKE MUFFINS

LUNCH

BYO SALAD
GREEK CHICKEN PITA
SHRIMP NOODLE BOWL

DINNER

SPAGHETTI SQUASH LASAGNA
HEALTHIER FETTUCINE ALFREDO
POTATO CRUSTED SALMON
MEXICAN ZUCCHINI BOATS

SNACKS

BACON WRAPPED BRUSSELS
SPINACH ARTICHOKE DIP

SHAKEOLOGY

GERMAN CHOCOLATE CAKE
PEANUT BUTTER COOKIE
COOKIES & CREAM

FARM TO TABLE

Breakfast Recipes



POWER PROTEIN EGG CUPS

Recipe from Beachbody

SERVINGS: 6 TOTAL TIME: 35 MINUTES

INGREDIENTS

Nonstick cooking spray
½ cup unsweetened almond milk
2 cups egg whites (16 large eggs)
Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)
2 slices cooked turkey bacon chopped
3 oz. cooked shredded chicken breast
2 cups red bell peppers chopped
1 cup onion chopped

DIRECTIONS

1. Preheat oven to 350° F.
2. Prepare twelve muffin cups by coating with spray. Set aside.
3. Combine almond milk and egg whites in a medium bowl. Season with salt and pepper (if desired); whisk to blend. Set aside.
4. Evenly divide turkey bacon, chicken, bell peppers, and onion between prepared muffin cups.
5. Evenly pour egg white mixture over turkey bacon 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.

NUTRITIONAL GUIDELINES:

UPF: 1/2 Green, 1/2 Red

2B: A great protein as part of breakfast.

ZUCCHINI, HAM, & QUINOA CUPS

Recipe from Beachbody

SERVINGS 8, 2 EACH TOTAL TIME 39 MINUTES

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
½ cup diced lean ham
¼ 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. Season with salt and pepper, if desired.
4. Evenly pour quinoa mixture into muffin cups.
5. 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.

CARROT CAKE MUFFINS

Recipe from Beachbody.

SERVINGS: 12 TOTAL TIME: 45 MINUTES

INGREDIENTS

2 cups dry old-fashioned rolled oats
1 tsp. baking powder, gluten-free
½ tsp. ground cinnamon
¼ tsp. ground ginger
¼ tsp. ground nutmeg
¼ tsp. sea salt (or Himalayan salt)
1 cup unsweetened coconut milk beverage
2 large eggs, lightly beaten
¼ cup pure maple syrup
1 tsp. pure vanilla extract
¾ cup grated carrots (approx. 1¼ medium)
¼ cup crushed pineapple, in 100% pineapple juice, drained
3 Tbsp. light sour cream
3 Tbsp. powdered sugar

DIRECTIONS

1. Preheat oven to 350° F.
2. Prepare 12 muffin cups by lining with muffin papers. Set aside.
3. Combine oats, baking powder, cinnamon, ginger, nutmeg, and salt in a medium bowl; mix well. Set aside.
4. Combine coconut milk, eggs, maple syrup, extract, carrots, and pineapple in a medium bowl; mix well.
5. Fold coconut milk mixture into oat mixture; mix well.
6. Divide batter evenly into prepared muffin cups.
7. Bake for 30 minutes, rotating pan after 15 minutes.
8. While oatmeal cups are baking, make icing. Combine sour cream and powdered sugar in a small bowl; mix well. Set aside.
9. Let oatmeal cups cool in pan until you can handle them. Remove to a cooling rack.
10. Drizzle each oatmeal cup with approximately 1 tsp. icing before serving; serve warm.

NUTRITION GUIDELINES:

UPF: 1 Yellow

2B: A great snacksational, be sure to track it!



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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

GREEK CHICKEN PITA

Recipe from Beachbody

SERVINGS: 1 TOTAL TIME: 10 MINUTES

INGREDIENTS

1 6½-inch whole wheat pita cut in half to make pockets
3 oz. cooked chicken breast, boneless, skinless cut into 1-inch cubes
1/4 medium tomato chopped
1/4 cup chopped cucumber

1 Tbsp. chopped red onion optional
1/4 tsp. dried oregano
1 Tbsp. fresh lemon juice
1/4 cup shredded romaine lettuce
2 Tbsp. crumbled feta cheese about 1/2 oz.

DIRECTIONS

1. Fill pita halves evenly with chicken, tomato, cucumber, onion (if desired), oregano, lemon juice, romaine, and cheese.

NUTRITIONAL GUIDELINES:

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

2B: Serve with additional veggies for lunch.

SHRIMP NOODLE BOWL

Recipe from Beachbody

SERVINGS 4 TOTAL TIME 20 MINUTES

INGREDIENTS

20 raw medium shrimp, cleaned and deveined, tail on (about 6 oz.)
10 tsp. low-sodium fish sauce (like nuoc cham)
Finely ground black pepper
½ tsp. ground turmeric
8 oz. dry rice noodles (or vermicelli pasta)
Boiling water, divided use
1 cup bean sprouts
1 medium cucumber, cut into matchstick-sized pieces
1 medium carrot, cut into matchstick-sized pieces
4 lettuce leaves, chopped
2 Tbsp. fresh cilantro leaves
2 Tbsp. chopped fresh mint leaves
2 Tbsp. chopped fresh Thai basil (or basil) leaves
¼ cup chopped raw peanuts
2 Tbsp. honey
3 Tbsp. fresh lime juice

DIRECTIONS

1. Combine shrimp, pepper, and turmeric in a small bowl; cover. Refrigerate for 30 minutes.
2. Cook rice noodles in water according to package directions. Drain; set aside.
3. Preheat grill or broiler on high.
4. Grill or broil shrimp for 3 to 5 minutes, or until shrimp is opaque and firm.
5. Evenly divide rice noodles lettuce between four serving bowls.
6. Top evenly with bean sprouts, cucumber, carrot, lettuce, cilantro, mint, and basil. Set aside.
7. To make broth, combine ¾ cup hot water, ¼ cup fish sauce, honey, and lime juice; mix well.
8. Top each bowl evenly with broth and sprinkle with peanuts; serve immediately.

NUTRITION GUIDELINES:

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

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

FARM TO TABLE

Dinner Recipes



SPAGHETTI SQUASH LASAGNA

Recipe from Beachbody

SERVINGS: 4 TOTAL TIME: 1 HOUR 32 MINUTES

INGREDIENTS

Parchment paper
1 small spaghetti squash,
(approx. 3½ to 4 lbs.)
Nonstick cooking spray
4 cups all-natural marinara
sauce
3 cups part-skim ricotta
cheese
1 cup grated Parmesan
cheese
¼ cup finely chopped fresh
basil (optional)

NUTRITION GUIDELINE:

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

2B: Add more veggies for a
great lunch.

DIRECTIONS

1. Preheat oven to 375° F.
2. Line large baking sheet with parchment paper. Set aside.
3. Cut spaghetti squash in half lengthwise. Remove seeds and membrane.
4. Place spaghetti squash, cut side down, on baking sheet. Bake for 40 to 45 minutes, or until tender.
5. Reduce oven temperature to 350° F.
6. Scrape spaghetti squash flesh into stringy noodles.
7. Lightly coat 4-quart baking dish with spray. Evenly layer half spaghetti squash, half marinara sauce, and half ricotta cheese in baking dish. Repeat with second layer.
8. Evenly top with Parmesan cheese.
9. Bake for 30 to 32 minutes, or until golden brown and bubbly. Garnish with basil (if desired).



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HEALTHIER FETTUCCINE 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.

POTATO CRUSTED SALMON

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

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.

NUTRITION

GUIDELINE:

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

2B: Add more veggies for a
great lunch.



Photo from the Beachbody On Demand Blog

MEXICAN ZUCCHINI BOATS

Recipe from Beachbody.

SERVINGS: 8 TOTAL TIME: 45 MINUTES

INGREDIENTS

4 large zucchini, cut in half lengthwise
4 tsp. olive oil, divided use
1 medium onion, finely chopped
2 cloves garlic, finely chopped
1 cup tomato sauce, no sugar added
2 Tbsp. tomato paste, no sugar added
1 Tbsp. ground chili powder (or 1½ tsp. chili powder and 1½ tsp. ancho chili powder)
1 tsp. ground cumin
½ tsp. ground paprika
3 cups shredded cooked chicken breast
1⅓ cups corn kernels
1 cup shredded cheddar, (or Monterey jack) cheese
2 Tbsp. finely chopped cilantro
1 medium tomato, chopped
2 green onions, thinly sliced

DIRECTIONS

1. Preheat oven to 400° F.
2. Using a spoon (or melon baller), scoop pulp out of zucchini to make boats. Place on a large baking sheet. Brush with 1 tsp. oil. Bake for 15 to 20 minutes, turning once, until tender-crisp.
3. While zucchini is baking, heat remaining 3 tsp. oil in medium nonstick skillet over medium-high heat.
4. Add onion; cook, stirring frequently, for 4 to 6 minutes, or until onion is translucent.
5. Add garlic; cook, stirring frequently, for 1 minute.
6. Add tomato sauce, tomato paste, chili powder, cumin, and paprika. Bring to a boil, stirring frequently. Reduce heat to medium-low; cook, stirring occasionally, for 10 minutes.
7. Add chicken and corn; cook, stirring occasionally, for 5 minutes, or until heated through. Remove from heat.
8. Evenly spoon chicken mixture into zucchini boats. Evenly top with cheese.
9. Bake for 5 to 8 minutes, or until cheese has melted.
10. Sprinkle evenly with cilantro, tomato, and green onions; serve immediately.

NUTRITION GUIDELINE:

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

2B: Makes a great lunch.

FARM TO TABLE

Snack Recipes



BACON WRAPPED BRUSSELS

Recipe from Beachbody

SERVINGS: 6 TOTAL TIME: 50

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 tsp

2B: 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.

SPINACH AND ARTICHOKE DIP

Recipe from Beachbody

SERVINGS: 8 TOTAL TIME: 16 MINUTES

INGREDIENTS

Hot water
1 (15-oz.) can artichoke hearts, packed in water, drained
3 packed cups raw spinach
1 medium ripe avocado
2 Tbsp. fresh lemon juice
1/3 cup nutritional yeast
1 clove garlic
½ tsp. sea salt (or Himalayan salt)
¼ tsp. ground black pepper
½ tsp. onion powder

DIRECTIONS

1. Bring medium saucepan of water to a boil over high heat.
2. Add artichoke hearts and spinach; cook for 1 minute. Remove from heat and drain well.
3. Place artichoke mixture in food processor. Add avocado, lemon juice, yeast, garlic, salt, pepper, and onion powder; process until smooth.

NUTRITION GUIDELINES:

UPF: 1 Green, 1/2 Blue

2B: Veggies with an accessory! Be sure to track it.

FARM TO TABLE

Shakeology Recipes



GERMAN 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.

PEANUT BUTTER COOKIE

Blend all ingredients & enjoy!

INGREDIENTS

1 cup unsweetened almond milk

1 cup ice

1 scoop Vanilla Shakeology

1 Tbsp. all-natural peanut butter

1 pinch sea salt (or Himalayan salt)

1 Tbsp. graham cracker crumbs (reserve a small amount for garnish)

UPF: 1 Red, 4 tsp

2B: Enjoy as part of breakfast.

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

Avocado
 Basil
 Bean Sprouts
 Brussels Sprouts
 Carrots
 Cauliflower
 Cilantro
 Corn
 Cucumber
 Flat Leaf Parsely
 Garlic
 Green Onions
 Leek
 Mint
 Onion
 Parsely
 Red Bell Pepper
 Red Onion
 Romain Lettuce
 Russet Potatoes
 Spaghetti Squash
 Spinach
 Thai Basil
 Tomato
 Zucchini

PROTEIN

Chicken Breast
 Egg Whites
 Eggs
 Lean Ham
 Salmon
 Shrimp
 Turkey Bacon

SPICES

Chili Powder
 Cumin
 Ground Cinnamon
 Ground Ginger
 Ground Nutmeg
 Ground White Pepper
 Onion Powder
 Oregano
 Paprika
 Turmeric

THE BASICS

Aluminum Foil
 Ground Black Pepper
 Lemon Juice
 Nonstick Cooking Spray
 Olive Oil
 Parchment Paper
 Sea Salt
 Toothpicks

DAIRY

Feta Cheese
 Light Sour Cream
 Parmesan
 Part-Skim Ricota
 Sharp Cheddar
 Shredded Cheddar
 Unsalted Butter
 Unsweetened Almond
 Milk

DRY GOODS & MISC.

All-Natural Marinara
 Artichoke Hearts
 Baking Powder
 Crushed Pineapple
 Low Sodium Fish Sauce
 Low-Sodium Vegetable
 Broth
 Nutritional Yeast
 Old Fashioned Rolled Oats
 Peanuts
 Powdered Sugar
 Pure Maple Syrup
 Pure Vanilla Extract
 Quinoa
 Raw Honey
 Tomato Paste
 Tomato Sauce
 Unsweetened Coconut Milk
 Whole Wheat Fettucine
 Whole Wheat Pita

SHAKEO MIXIN'S

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BYO SALAD

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