



A service provided to our
loyal customers.

MARCH WEEK 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.

FARM TO TABLE



Meal Plan

BREAKFAST

BAKED OATMEAL CUPS
PUMPKIN MUFFINS
BREAKFAST QUESADILLA

LUNCH

FIX YOUR LUNCH ROUNDUP
SMOKED GOUDA GRILLED CHEESE
TURKEY & AVOCADO ROLLS

DINNER


CHICKEN CACCIATORE
PESTO ZUCCHINI NOODLES
VEGGIE SAUSAGE BOWL
BASIL SHRIMP & ZUCCHINI

SNACKS

BUFFALO CAULIFLOWER
PEANUT BUTTER COOKIES

SHAKEOLOGY

DARK MOON
PEACH COBBLER
DARK CHOCOLATE SEA SALT



FARM TO TABLE

Breakfast Recipes

BAKED OATMEAL CUPS

Recipe from Beachbody

SERVINGS: 12 TOTAL TIME: 45 MINUTES

INGREDIENTS

Nonstick cooking spray
2 large eggs, lightly beaten
1 tsp. pure vanilla extract
2 large bananas, mashed
1 Tbsp. honey
2½ cups dry old-fashioned rolled oats
1 Tbsp. ground cinnamon
1½ tsp. baking powder
1½ cups unsweetened almond milk
2 cups fresh blueberries, (or raspberries)

DIRECTIONS

1. Preheat oven to 350° F.
2. Prepare twelve muffin cups by coating with spray. Set aside.
3. Combine eggs, extract, bananas, and honey in a large bowl; mix well. Set aside.
4. Combine oats, cinnamon, and baking powder in a medium bowl; mix well.
5. Add oat mixture to egg mixture; mix well.
6. Add almond milk; mix well.
7. Divide oat mixture evenly between prepared muffin cups.
8. Top evenly with blueberries.
9. Bake 26 to 30 minutes, or until golden brown and toothpick inserted into the center comes out clean.

NUTRITIONAL GUIDELINES:

UPF: 1/2 Purple, 1 Yellow

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

PUMPKIN MUFFINS

Recipe from Beachbody

SERVINGS 9 TOTAL TIME 30 MINUTES

INGREDIENTS

2 oz. cream cheese
1 Tbsp pure maple syrup
1 large egg, lightly beaten
1 cup canned pumpkin puree
1½ cups almond flour
¾ tsp gluten-free baking soda
1 dash sea salt (or Himalayan salt)
2 Tbsp raw pumpkin seeds

NUTRITION

GUIDELINES:

UPF: 1 Purple, 1 Blue

2B: A great protein as part of breakfast.

DIRECTIONS

1. Preheat oven to 350° F.
2. Prepare nine muffin cups by lining with muffin tin liners or coating with spray. Set aside.
3. Combine cream cheese and maple syrup in a small bowl; mix well. Set aside.
4. Combine egg and pumpkin in a medium bowl; mix well. Set aside.
5. Combine almond flour, baking soda, and salt in a medium bowl; mix well.
6. Add almond meal mixture to egg mixture; mix until just blended.
7. Spoon batter into each prepared muffin cup, filling a little less than ½ full.
8. Spoon about 1 heaping tsp. cream cheese mixture into the center of each muffin. Evenly fill muffin cups ¾ full with remaining batter.
9. Sprinkle muffins evenly with pumpkin seeds.
10. Bake 18 to 22 minutes, or until golden brown and toothpick inserted into the center comes out clean.
11. Transfer muffins to rack; cool.

BREAKFAST QUESADILLA

Recipe from Beachbody

SERVINGS: 4 TOTAL TIME: 30 MINUTES

INGREDIENTS

2 tsp. olive oil
1 medium onion chopped
1 medium red or orange bell pepper chopped
2 medium jalapeños seeds and veins removed, finely chopped (optional)
3 large eggs lightly beaten
4 large egg whites ½ cup
4 8-inch whole wheat tortillas
½ cup shredded cheddar cheese

DIRECTIONS

1. Heat oil in medium nonstick skillet over medium-high heat.
2. Add onion, bell pepper, and jalapeños (if desired); cook, stirring frequently, for 4 to 5 minutes, or until onion is translucent. Reduce heat to medium-low.
3. Add eggs and egg whites; cook, stirring frequently, for 4 to 5 minutes, or until eggs are set. Remove from heat.
4. Top each tortilla evenly with egg mixture and cheese.
5. Fold each tortilla in half; cook in medium nonstick skillet over medium-high heat, for 4 to 5 minutes, turning once, until cheese is melted and tortilla is golden brown.
6. Tip: You can cook quesadillas you are going to eat or serve, and you can tightly wrap the others and refrigerate for 3 to 4 days (or freeze them). This is a great way to have breakfasts prepared in advance.

NUTRITION GUIDELINES:

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

2B: Makes a great breakfast option.



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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

SMOKED GOUDA GRILLED CHEESE

Recipe from Beachbody

SERVINGS: 1 TOTAL TIME: 12 MINUTES

INGREDIENTS

2 slices sprouted whole-grain bread
1 tsp. Dijon mustard
1 oz roasted red bell pepper strips
1 slice medium tomato
¼ cup fresh arugula
¼ cup shredded smoked gouda cheese (1 oz)
½ tsp. olive oil

DIRECTIONS

1. Spread mustard on one slice of bread.
2. Top with pepper strips, tomato, arugula, cheese, and second slice of bread. Set aside.
3. Heat oil in medium nonstick skillet over medium high heat.
4. Add sandwich; cook for 2 to 3 minutes, or until golden brown. Flip, then cook for 3 to 4 more minutes or until cheese has melted.

NUTRITIONAL GUIDELINES:

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

2B: Serve open-faced with a side of veggies and protein for lunch.

TURKEY & AVOCADO ROLLS

Recipe from Beachbody

SERVINGS 4 TOTAL TIME 15 MINUTES

INGREDIENTS

4 leaves romaine lettuce
4 slices nitrite-free smoked turkey (or roast beef)
4 Tbsp. soft goat cheese
4 Tbsp. chopped walnuts (or pecans)
½ medium avocado, cut into 4 slices
Chopped red bell pepper (for garnish; optional)


DIRECTIONS

1. Top each lettuce leaf with a turkey slice.
2. Spread each turkey slice with 1 Tbsp. goat cheese.
3. Sprinkle 1 Tbsp. walnuts on each roll and top with 1 slice avocado. Roll and garnish with chopped bell pepper, if desired.

NUTRITION GUIDELINES:

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

2B: Enjoy as part of lunch or dinner.

A collection of fitness gear including a pink mesh sports bra, leggings, a water bottle, and sneakers.

FARM TO TABLE

Dinner Recipes

CHICKEN CACCIATORE

Recipe from Beachbody

SERVINGS: 4 TOTAL TIME: 31 MINUTES

INGREDIENTS

1 Tbsp olive oil
1 lb. raw, boneless, skinless, chicken breast cut into 1-inch pieces
1 medium onion, thinly sliced
1 medium celery stalk, sliced
1 clove garlic, finely chopped
1 medium red bell pepper cut into 1-inch pieces
8 oz sliced mushrooms
1 (14.5 oz) can whole tomatoes
1½ tsp dried basil, crushed
Ground black pepper (to taste; optional)
2 medium zucchini, sliced
1 medium eggplant, peeled, cut into 1-inch cubes
6 fresh parsley sprigs, finely chopped (for garnish, optional)

DIRECTIONS

1. Heat oil in large nonstick skillet over medium-high heat.
2. Add chicken; cook, stirring frequently, for 3 to 4 minutes, or until lightly browned.
3. Add onion, celery, garlic, bell pepper, and mushrooms. Cook, stirring occasionally, for 4 to 5 minutes or until onion begins to soften.
4. Add tomatoes, basil, and pepper (if desired); cook, stirring occasionally, for 5 to 6 minutes.
5. Add zucchini and eggplant; cook, stirring occasionally, for 5 to 6 minutes, or until chicken is no longer pink in the middle, and juices run clear.
6. Garnish with parsley if desired.

NUTRITION GUIDELINE:

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

2B: A great dinner option. Add an FFC for lunch.



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PESTO ZUCCHINI NOODLES

Recipe from Beachbody

SERVINGS: 2 TOTAL TIME: 30 MINUTES

INGREDIENTS

1 tsp. olive oil
½ medium red onion,
chopped
2 cloves garlic, finely
chopped
1 cup sliced mushrooms
4 fresh basil leaves, finely
chopped
2 medium zucchini
1 Tbsp. prepared pesto
sauce
2 (4 oz. each) cooked chicken
breast, boneless, skinless,
sliced, warm

NUTRITION

GUIDELINE:

UPF: 1-1/2 Green, 1 Red, 1-1/2 tsp
2B: A great dinner option. Add an
FFC for lunch.

DIRECTIONS

1. Heat oil in medium saucepan over medium-high heat.
2. Add onion; cook, stirring frequently, for 3 to 5 minutes, or until onion is translucent.
3. Add garlic; cook, stirring frequently, for 1 minute.
4. Add mushrooms and basil; cook, stirring frequently, for 3 to 5 minutes, or until mushrooms release liquid. Set aside.
5. Using a vegetable peeler, cut each zucchini into lengthwise strips about ⅛ inch thick. Turn 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.
6. Add zucchini to onion mixture; cook over medium-high heat, stirring frequently, for 2 to 4 minutes, or until heated through.
7. Add pesto; mix well.
8. Evenly divide zucchini mixture between two serving plates; evenly top with chicken.



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VEGGIE & SAUSAGE BOWL

Recipe from Beachbody

SERVINGS: 4 TOTAL TIME: 58 MINUTES

INGREDIENTS

2 tsp. olive oil
2 Tbsp. balsamic vinegar
2 Tbsp fresh lime juice
2 cloves garlic, chopped
Sea salt (or Himalayan salt)
and ground black pepper (to
taste; optional)
1 lb. green beans, ends
removed
2 medium zucchini, sliced
2 medium summer
(crookneck) squash, sliced
1 cup halved cherry
tomatoes
1 medium green bell pepper,
sliced
1 medium red onion, sliced
4 cooked chicken sausages,
sliced
2 Tbsp chopped fresh basil

DIRECTIONS

1. To make marinade, combine oil, vinegar, lime juice, and garlic in a medium bowl; whisk to blend.
2. Season with salt and pepper, if desired; whisk to blend. Set aside.
3. Place green beans, zucchini, summer squash, tomatoes, bell pepper, and onion in a re-sealable plastic bag (or large bowl). Add marinade; shake to blend. Let sit for 30 minutes.
4. Preheat grill or broiler to high.
5. Place veggie mixture on a large sheet pan (or broiler pan). Add sausages; mix well. Spread out evenly.
6. Grill or broil for 4 to 8 minutes, turning occasionally, until vegetables begin to soften.
7. Sprinkle with basil before serving.

NUTRITION GUIDELINE:

UPF: 3 Green, 1 Red, 1/2 tsp

2B: A great dinner option. Add an FFC for lunch.



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BASIL SHRIMP WITH ZUCCHINI

Recipe from Beachbody

SERVINGS: 4 TOTAL TIME: 20 MINUTES

INGREDIENTS

Hot water
5 medium zucchini spiralized
(approx. 5 cups)
1 Tbsp. olive oil
8 oz. raw medium shrimp
peeled, deveined
6 cloves garlic crushed
¼ cup prepared pesto sauce
4 fresh flat leaf (Italian)
parsley sprigs, finely
chopped
5 fresh basil leaves finely
chopped
Sea salt (or Himalayan salt)
and ground black pepper (to
taste; optional)
4 Tbsp. sliced raw almonds

DIRECTIONS

1. 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. Set aside.
2. Heat oil in large nonstick skillet over medium-high heat.
3. Add shrimp and garlic; cook, stirring frequently, for 2 to 3 minutes, or until shrimp are opaque and firm.
4. Add pesto; cook, stirring frequently, for 1 to 2 minutes, or until heated through.
5. Add parsley and basil; toss gently until blended.
6. Season with salt and pepper if desired.
7. Divide zucchini between four serving plates; top evenly with shrimp mixture.
8. Garnish each serving with 1 Tbsp. almonds.


NUTRITION GUIDELINE:

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

2B: A great dinner option. Add an FFC for lunch.



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FARM TO TABLE

Snack Recipes

PEANUT BUTTER COOKIES

Recipe from Beachbody

SERVINGS: 12 TOTAL TIME: 31 MINUTES

INGREDIENTS

1½ cups mashed cooked sweet potato
(approx. 3 small)
½ cup gluten-free all-purpose flour
(preferably Bob's Red Mill® All-Purpose
Baking Flour, red label)
¼ cup + 2 Tbsp. coconut sugar
¼ cup all-natural peanut butter
1½ tsp. pumpkin pie spice
1 tsp. pure vanilla extract
½ tsp. xanthan gum
½ tsp. baking powder, gluten-free
1 dash sea salt (or Himalayan salt)

NUTRITION GUIDELINES:

UPF: 1 Green, 1 tsp **2B:** A great snack(tional).

DIRECTIONS

1. Preheat oven to 375° F.
2. Line two large baking sheets with parchment paper and lightly coat with spray. Set aside.
3. Place sweet potato, flour, sugar, peanut butter, pumpkin pie spice, extract, xanthan gum, baking powder, and salt in food processor; process until a smooth batter forms, scraping down sides as needed.
4. Dollop twelve balls, approximately 2 Tbsp. each, onto each prepared pan. Lightly flatten with back of a fork that has been dipped in water (or coated with spray).
5. Bake for 14 to 16 minutes, rotating pan after 7 minutes, or until lightly browned. Allow cookies to cool on pan before serving.

BUFFALO CAULIFLOWER BITES

Recipe from Beachbody

SERVINGS: 6 TOTAL TIME: 55 MINUTES

INGREDIENTS

½ cup low-fat (1%) plain yogurt
2 Tbsp. crumbled blue cheese
Nonstick cooking spray
6 cups cauliflower florets
½ tsp sea salt, (or Himalayan salt), divided
use
½ cup hot pepper sauce
⅓ cup rice vinegar
1 Tbsp. cornstarch, gluten-free
(preferably GMO free)
2 tsp. ground chili powder
¼ tsp. ground smoked paprika
½ tsp. garlic powder
½ tsp. onion powder
1 tsp. pure maple syrup
1 tsp. olive oil


NUTRITION GUIDELINES:

UPF: 1 Green, 1 tsp

2B: A great veggie as part of lunch or dinner. Also makes a great snack(tional).

DIRECTIONS

1. Preheat oven to 350° F.
2. Combine yogurt and cheese in a small bowl; mix well. Refrigerate until needed.
3. Lightly coat large baking sheet with spray.
4. Place cauliflower florets on baking sheet. Coat cauliflower lightly with spray. Season evenly with ¼ tsp. salt.
5. Bake for 20 minutes, or until tender-crisp.
6. While cauliflower is baking, combine hot sauce, rice vinegar, and cornstarch in medium saucepan; whisk until cornstarch is dissolved.
7. Add chili powder, paprika, garlic powder, onion powder, maple syrup, oil, and remaining ¼ tsp. salt; whisk to blend.
8. Heat hot sauce mixture over medium-high heat; cook, stirring frequently, for 10 minutes, or until thickened. Set aside.
9. Pour hot sauce mixture over baked cauliflower (on baking sheet); mix well.
10. Return cauliflower to oven. Bake for 5 minutes.
11. Serve hot with sauce.



FARM TO TABLE

Shakeology Recipes

DARK MOON

Blend all ingredients & enjoy!

INGREDIENTS

1 cup unsweetened almond milk
1 cup ice
1 scoop Strawberry Whey Shakeology
½ cup fresh (or frozen) blackberries
2 Tbsp. chopped unsalted pecans

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

2B: This recipe makes a great breakfast option.

PEACH COBBLER

Blend all ingredients & enjoy!

INGREDIENTS

1 cup unsweetened almond milk
1 cup ice
1 scoop Vanilla Whey Shakeology
½ cup unsweetened fresh (or frozen) peaches
2 Tbsp. dry rolled oats
¼ tsp. ground cinnamon

¼ tsp. ground nutmeg

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

2B: This recipe makes a great protein option with bonus veggies.

DARK CHOCOLATE SEA SALT

Blend all ingredients & enjoy!

INGREDIENTS

1 cup unsweetened almond milk
1 cup ice
1 scoop Chocolate Whey (or Chocolate Plant-Based Vegan) Shakeology

1 Tbsp. unsweetened cocoa powder

¼ tsp. sea salt (or Himalayan salt)

UPF: 1 Red, 1 tsp

2B: A protein as part of breakfast.



Grocery List

Arugula

PRODUCE

Bananas
 Basil
 Berries
 Cauliflower
 Celery
 Cherry Tomatoes
 Eggplant
 Garlic
 Green Beans
 Green Bell Pepper
 Jalapeno
 Lime Juice
 Mushrooms
 Onion
 Parsley
 Red Bell Pepper
 Red Onion
 Romaine Lettuce
 Tomato
 Summer Squash
 Sweet Potato
 Zucchini

PROTEIN

Chicken Breast
 Chicken Sausage
 Eggs
 Egg Whites
 Shrimp
 Smoked Turkey, sliced
 nitrate free

SPICES

Cinnamon
 Chili Powder
 Garlic Powder
 Onion Powder
 Pumpkin Pie Spice
 Smoked Paprika

THE BASICS

Baking Powder
 Baking Soda
 Balsamic Vinegar
 Black Pepper
 Corn Starch
 Olive Oil
 Sea Salt

DAIRY

Almond Milk
 Blue Cheese
 Cheddar Cheese
 Cream Cheese
 Goat Cheese
 Plain Yogurt
 Smoked Gouda

DRY GOODS & MISC.

Almonds
 Almond Flour
 All Natural Peanut Butter
 Coconut Sugar
 Dijon Mustard
 GF All Purpose Flour
 Honey
 Hot Pepper Sauce
 Old-Fashioned Rolled Oats
 Pumpkin Puree
 Pumpkin Seeds
 Pure Maple Syrup
 Pure Vanilla Extract
 Pesto
 Rice Vinegar
 Roasted Bell Pepper
 Walnuts, chopped
 Whole Grain Bread
 Whole Tomatoes, canned
 Whole Wheat Tortillas

SHAKEO MIXIN'S

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FIX ROUND UP

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