

YOUv2™

K.I.S.S.
KEEP IT SUPER SIMPLE

& JUST EAT!

Meal Guide



SMALL, SIMPLE STEPS TO SWEET SUCCESS

We want you to Keep It Super Simple & JUST EAT! Yes, it's that easy. No more low-carb, no-carb, or fat-free diets. Say goodbye to calorie counting and food weighing. YOUv2™ makes weight loss easy and stress-free. Our meal guide is all about what you can eat. All we ask is that you make some small, simple changes over the course of 4 weeks. The best part? We know you can do it.

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THE EASY-PEASY PLAN

It turns out that there are actual benefits to easing into new healthy habits as you give up old ones. The new version of you is only 4 simple weeks away. And we've packed each one with great recipes made with the best ingredients to make it fun and delicious. Here's the best part: you're going to be eating well and enjoying delicious **Shakeology**®, Your Daily Dose of Dense Nutrition®. Here's the easy part: start with **Week 1**. If you're ready to go all in, jump to **Week 4**.

WEEK 1: Swap out unhealthy snacks for a glass of **Shakeology** once a day (pg. 7).



Drink more water: You'll love the benefits, like more energy, better digestion and skin, plus less hunger. Check out **The Water Bar** (pg. 14) for ways to jazz it up.



No nibbling after 8 PM: If you've eaten satisfying meals throughout the day, there's no need for mindless munching and extra calories.

WEEK 2: Keep drinking **Shakeology** and start eating a **YOUv2 breakfast** daily (pg. 16).

WEEK 3: Now that you're having **Shakeology** and a **YOUv2 breakfast** daily, swap your usual lunch for a **YOUv2 lunch salad** (pg. 30).

WEEK 4: Make your day the **YOUv2** way by adding a **YOUv2 dinner** to your other new healthy habits (pg. 44).

PICK *your* DEE-LISH RECIPE OPTIONS
ON THE PAGES THAT FOLLOW

EAT IN THIS ORDER EACH DAY *to* STAY SATISFIED.

BREAKFAST

SHAKEOLOGY / SNACK

LUNCH

SNACK*

DINNER

Questions? Don't be afraid to reach out to our knowledgeable advice staff. You'll find them here:

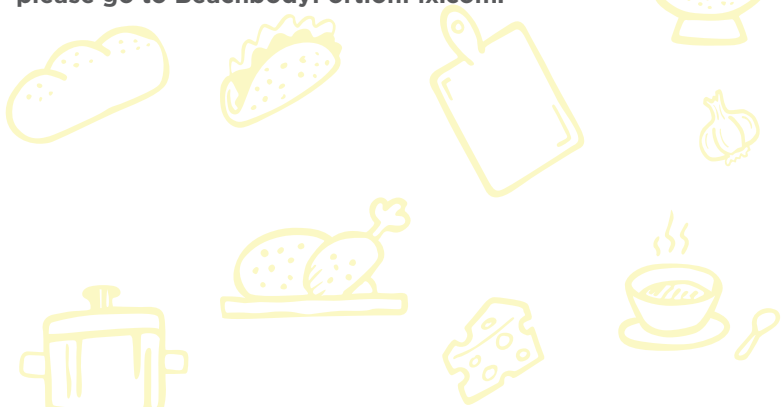
BeachbodyExpertAdvice.com

*If you weigh less than 140 lbs. you can remove this second snack to support greater results.



Here are the recipes you'll be eating as you create YOUv2. You'll find a lot of variety here, both in flavors and nutrients. The goal isn't to have a specific amount of anything, it's to populate your plates with delicious, nutritious foods that will get you results. You'll notice Portion Fix® Container Equivalents—those little colored boxes—listed after each recipe. While YOUv2 isn't based on the container system, we've included these in case you like using them in your meal planning.

For more information on the Portion Fix container system, please go to BeachbodyPortionFix.com.



The Recipes



YOUv2 + SHAKEOLOGY

Upgrading to the new version of you starts from the inside. That's why you'll want to make the delicious superfood supplement **Shakeology** part of your daily routine.

Every ingredient was chosen for optimally balanced nutrition and to help provide healthy energy levels, reduce cravings, support healthy digestion, and help you lose weight.* It's available in 7 delicious flavors, including two dairy-free vegan options.

Customize your Shakeology with Shakeology Boosts to get the extra edge to feel your best. Visit [Shakeology.com/boosts](https://www.shakeology.com/boosts) to learn more.



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Shakeology

ALMOND STRAWBERRY DREAM SHAKEOLOGY

(Makes 1 serving)

Total Time: 10 min. Prep Time: 10 min. Cooking Time: None

1 cup	unsweetened almond milk
1 cup	ice
1 scoop	Strawberry Shakeology
2 tsp.	all-natural almond butter
½ tsp.	pure almond extract (optional)

1. Place almond milk, ice, Shakeology, almond butter, and extract (if desired) in blender; cover. Blend until smooth.

NUTRITIONAL INFORMATION (per serving):

Calories: 240
Total Fat: 10 g
Saturated Fat: 0 g
Cholesterol: 5 mg
Sodium: 330 mg
Carbohydrates: 19 g
Fiber: 5 g
Sugars: 8 g
Protein: 19 g

CONTAINER EQUIVALENTS (per serving):

1 ½ 2



CHOCONANA SHAKEOLOGY

(Makes 1 serving)

Total Time: 10 min. Prep Time: 10 min. Cooking Time: None

1 cup	water
1 cup	ice
1 scoop	Chocolate Vegan Shakeology
½	large banana, cut into chunks

1. Place water, ice, Shakeology, and banana in blender; cover. Blend until smooth.

NUTRITIONAL INFORMATION (per serving):

Calories: 231
Total Fat: 4 g
Saturated Fat: 1 g
Cholesterol: 0 mg
Sodium: 264 mg
Carbohydrates: 34 g
Fiber: 6 g
Sugars: 16 g
Protein: 17 g

CONTAINER EQUIVALENTS (per serving):

1  1 



CINNAMON DOLCE LATTE SHAKEOLOGY

(Makes 1 serving)



Total Time: 10 min. Prep Time: 10 min. Cooking Time: None

1 cup	unsweetened almond milk
1 cup	ice
1 scoop	Café Latte Shakeology
1 tsp.	ground cinnamon

1. Place almond milk, ice, Shakeology, and cinnamon in blender; cover. Blend until smooth.



NUTRITIONAL INFORMATION (per serving): Calories: 196 Total Fat: 5 g Saturated Fat: 1 g
Cholesterol: 5 mg Sodium: 371 mg Carbohydrates: 22 g Fiber: 7 g Sugars: 7 g Protein: 17 g

CONTAINER EQUIVALENTS (per serving): 1  ½ 

CINNAMON ROLL WITH THE PUNCHES SHAKEOLOGY




(Makes 1 serving)

Total Time: 10 min. Prep Time: 10 min. Cooking Time: None

1 cup	unsweetened almond milk
1 cup	ice
1 scoop	Chocolate Shakeology
1 tsp.	ground cinnamon
1 tsp.	pure vanilla extract

1. Place almond milk, ice, Shakeology, cinnamon, and extract in blender; cover. Blend until smooth.

NUTRITIONAL INFORMATION (per serving): Calories: 218 Total Fat: 5 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 336 mg Carbohydrates: 21 g Fiber: 8 g Sugars: 7 g Protein: 18 g

CONTAINER EQUIVALENTS
(per serving): 1   



PB & JAMMIN' TO YOU v2 SHAKEOLOGY

(Makes 1 serving)

Total Time: 10 min. Prep Time: 10 min. Cooking Time: None


1 cup	unsweetened almond milk
1 cup	ice
1 scoop	Chocolate Shakeology
½ cup	fresh red grapes
2 tsp.	all-natural peanut butter

1. Place almond milk, ice, Shakeology, grapes, and peanut butter in blender; cover. Blend until smooth.

NUTRITIONAL INFORMATION (per serving):

Calories: 316 Total Fat: 10 g
Saturated Fat: 2 g Cholesterol: 0 mg
Sodium: 339 mg Carbohydrates: 35 g
Fiber: 8 g Sugars: 19 g Protein: 21 g

CONTAINER EQUIVALENTS (per serving):

½  1  ½  2 



STRAWBERRY LEMONADE SHAKEOLOGY

(Makes 1 serving)

Total Time: 10 min. Prep Time: 10 min. Cooking Time: None

1 cup	water
2 Tbsp.	fresh lemon juice
1 cup	ice
1 scoop	Greenberry (or Vanilla) Shakeology
1 cup	fresh (or frozen) strawberries
1 tsp.	raw honey

1. Place water, lemon juice, ice, Shakeology, strawberries, and honey in blender; cover. Blend until smooth.

NUTRITIONAL INFORMATION (per serving):

Calories: 203
Total Fat: 2 g
Saturated Fat: 0 g
Cholesterol: 0 mg
Sodium: 215 mg
Carbohydrates: 32 g
Fiber: 7 g
Sugars: 19 g
Protein: 18 g

CONTAINER EQUIVALENTS (per serving):

1  1 



VERY BERRY VANILLA VIBES SHAKEOLOGY

(Makes 1 serving)

Total Time: 10 min. Prep Time: 10 min. Cooking Time: None




1 cup	unsweetened almond milk
1 cup	ice
1 scoop	Vanilla Shakeology
½ cup	fresh (or frozen) mixed berries

1. Place almond milk, ice, Shakeology, and berries in blender; cover. Blend until smooth.

NUTRITIONAL INFORMATION

(per serving):
Calories: 214
Total Fat: 5 g
Saturated Fat: 0 g
Cholesterol: 5 mg
Sodium: 387 mg
Carbohydrates: 27 g
Fiber: 7 g
Sugars: 14 g
Protein: 18 g

CONTAINER EQUIVALENTS

(per serving):
½  1  ½ 



THE WATER BAR

When it comes to proper nutrition, eating is only half the task. It's also crucial to drink enough fluids, especially considering how much you'll be sweating during your routines. Your best bet is almost always water. We recommend you drink your body weight in ounces, divided by two. So if you weigh 160 pounds, that would be $160 \div 2 = 80$. That's 80 ounces of water, every day. You can do this.

To help you make that goal, we're inviting you for a drink at the bar—the YOUv2 Water Bar, that is! Simply select from the mixers, mix-ins, and extras. It's so easy and delicious.

MIXERS

Flat water

Sparkling water

(make sure it has no calories)

MIX-INS

Choose any combination of mix-ins from the list on the next page for a delicious water cocktail.



FRUITS

- Lemon wedges
- Lime wedges
- Orange slices
- Strawberry slices
- Kiwi slices
- Cucumber slices
- Frozen grapes
- Watermelon cubes
- Splash of fruit juice:
cranberry, orange, grapefruit



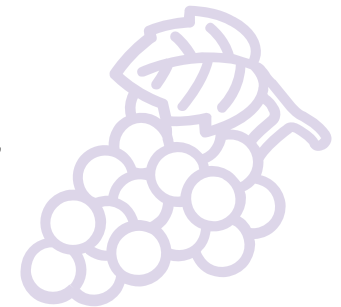
HERBS

- Mint leaves
- Basil
- Grated ginger
- Rosemary



EXTRAS

- Crushed ice
- Ice cubes
- Raspberry mint ice
(fill an ice cube tray with water, fresh raspberries, and mint leaves, then freeze!)



Breakfast

AVOCADOLICIOUS EGG SALAD TOAST

(Makes 4 servings)

Total Time: 15 min. Prep Time: 15 min. Cooking Time: None

- 8** large hard-boiled eggs, coarsely chopped
- 1** medium ripe avocado, slightly mashed
- 2 Tbsp.** fresh lemon juice
- ½ tsp.** sea salt (or Himalayan salt)
- 8 slices** whole-grain (or whole wheat) bread, toasted
- 2 cups** watercress (optional)

1. Combine eggs, avocado, lemon juice, and salt in a medium bowl; mix well.
2. Evenly spread egg mixture onto each slice of toast.
3. Top evenly with watercress (if desired).

NUTRITIONAL INFORMATION (per serving): Calories: 399 Total Fat: 19 g Saturated Fat: 4 g
Cholesterol: 373 mg Sodium: 420 mg Carbohydrates: 36 g Fiber: 9 g Sugars: 2 g Protein: 22 g

CONTAINER EQUIVALENTS (per serving): ½ ■ 1 ■ 2 ■ 1 ■



BE PRE-PEARED OATMEAL

(Makes 2 servings, approx. 1 cup each)

Total Time: 15 min. **Prep Time:** 5 min. **Cooking Time:** 10 min.




2 cups	water
1	large pear, chopped, <i>divided use</i>
¼ tsp.	sea salt (or Himalayan salt) (optional)
1 cup	dry old-fashioned rolled oats
1 tsp.	ground cinnamon
2 tsp.	raw honey (or pure maple syrup) (optional)
¼ cup	sliced raw almonds

1. Bring water, *half of pear*, and salt (if desired) to a boil in medium saucepan over medium heat, stirring occasionally.
2. Add oats; cook over medium-low heat, stirring frequently, for 3 to 5 minutes.
3. Add cinnamon; mix well. Let oatmeal stand for 1 minute before serving.
4. Divide evenly between two serving bowls; top each evenly with *remaining half of pear*, honey (if desired), and almonds.

TIP: Be really pre-peared for your day and whip together this recipe the night before and you'll put the "fast" in breakfast!



NUTRITIONAL INFORMATION (per serving): Calories: 308 Total Fat: 9 g Saturated Fat: 1 g
Cholesterol: 0 mg Sodium: 296 mg Carbohydrates: 54 g Fiber: 10 g Sugars: 17 g Protein: 8 g

CONTAINER EQUIVALENTS (per serving): 1  2  ½ 

I LOVE YOGURT BERRY MUCH PARFAIT

(Makes 2 servings)




Total Time: 10 min. Prep Time: 10 min. Cooking Time: None

2 cups	reduced-fat (2%) plain Greek yogurt
¼ cup	unsweetened applesauce
1 cup	unsweetened bran cereal
¾ cup	fresh blueberries
¾ cup	fresh raspberries

1. Combine yogurt and applesauce in a medium bowl; mix well.
2. Divide evenly among two medium serving bowls; top evenly with cereal, blueberries, and raspberries.
3. Serve immediately.

TIP: To help make this a speedy breakfast, pre-portion your ingredients the night before so you can grab and go.

NUTRITIONAL INFORMATION (per serving): Calories: 299 Total Fat: 6 g
Saturated Fat: 3 g Cholesterol: 11 mg Sodium: 186 mg Carbohydrates: 51 g
Fiber: 19 g Sugars: 19 g Protein: 26 g

CONTAINER EQUIVALENTS (per serving): 1  1  1 



RISE AND SHINE QUESADILLAS

(Makes 4 servings, 1 quesadilla each)






Total Time: 36 min. Prep Time: 15 min. Cooking Time: 21 min.

- 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)
- 8 large eggs, lightly beaten
- 4 (6-inch) whole wheat tortillas
- ½ cup shredded cheddar cheese

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; 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 two tortillas in large, nonstick skillet over medium heat for 4 to 5 minutes, turning once, until cheese is melted and tortilla is golden brown. Repeat with remaining tortillas.

TIP: You can cook quesadillas and save them for later by tightly wrapping the others and refrigerating them for 3 to 4 days (or freeze them). This is a great way to have breakfasts prepared in advance.

NUTRITIONAL INFORMATION (per serving): Calories: 319 Total Fat: 19 g Saturated Fat: 7 g Cholesterol: 381 mg Sodium: 401 mg Carbohydrates: 19 g Fiber: 2 g Sugars: 4 g Protein: 17 g

CONTAINER EQUIVALENTS (per serving): ½  1  1  ½  ½ 



SIMPLE SWEET POTATO PANCAKES

(Makes 1 serving)




Total Time: 20 min. Prep Time: 10 min. Cooking Time: 10 min.

½ cup	mashed cooked sweet potato (or pumpkin puree)
2	large eggs, lightly beaten
½ tsp.	ground cinnamon
¼ tsp.	ground ginger (optional)
1 dash	ground cloves (optional)
1 dash	sea salt (or Himalayan salt)
1 tsp.	olive oil
1 Tbsp.	reduced-fat (2%) plain Greek yogurt (optional)

1. Combine sweet potato and eggs in a medium bowl; whisk to blend.
2. Season with cinnamon, ginger (if desired), cloves (if desired), and salt; whisk to blend.
3. Heat oil in large nonstick skillet over medium-high heat.
4. Spoon about ¼ cup batter into skillet for each pancake; cook for 1 to 2 minutes, or until bubbles form on top.
5. Flip with spatula and cook for 1 to 2 minutes, or until cooked through.
6. Repeat with any remaining batter.
7. Top with yogurt (if desired).

TIP: These are delicious when served fresh and warm, but can also be put in freezer for reheating later.

NUTRITIONAL INFORMATION (per serving): Calories: 312 Total Fat: 14 g
Saturated Fat: 4 g Cholesterol: 372 mg Sodium: 472 mg Carbohydrates: 31 g
Fiber: 5 g Sugars: 10 g Protein: 15 g

CONTAINER EQUIVALENTS (per serving): 1  1  1 



SWEET POTATO SCRAMBLE

(Makes 1 serving)

Total Time: 27 min. Prep Time: 10 min. Cooking Time: 17 min.


Water

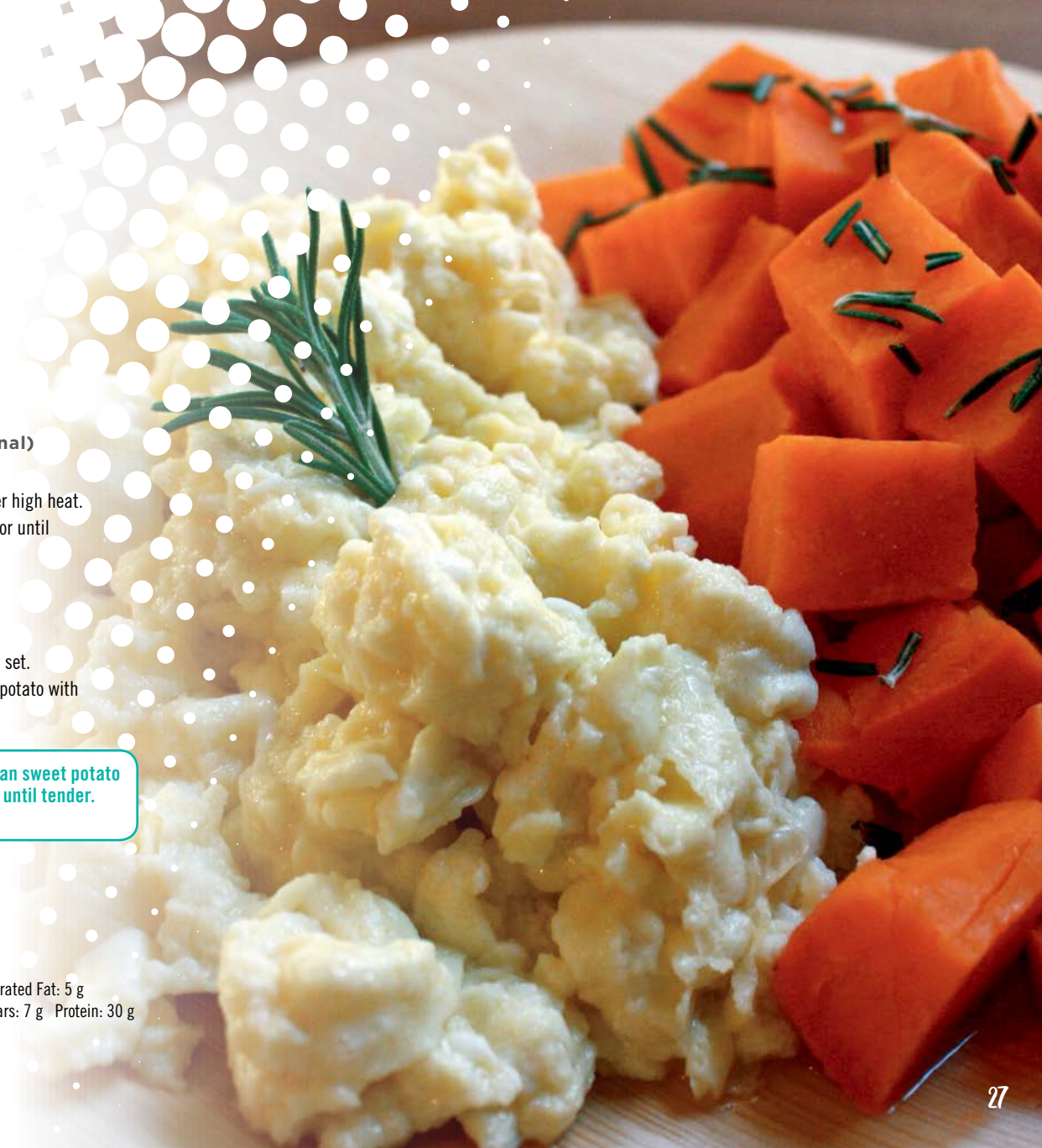
- 1** medium sweet potato, peeled, cut into 1-inch pieces
- 4** large egg whites
- 1** large egg
- 1 tsp.** olive oil
- ¼ cup** shredded mozzarella cheese
- 1 tsp.** finely chopped fresh rosemary (optional)

- 1.** Fill bottom of steamer with 2 inches of water; bring to a boil over high heat. Place sweet potato in top of steamer; steam for 5 to 7 minutes, or until fork-tender. Set aside.
- 2.** Combine egg whites and egg in a small bowl; whisk to blend.
- 3.** Heat oil in medium skillet over medium heat.
- 4.** Add egg mixture; cook, stirring frequently, for 2 to 3 minutes.
- 5.** Add cheese; cook, stirring frequently, for 1 to 2 minutes, or until set.
- 6.** Place eggs and sweet potato on a serving plate. Sprinkle sweet potato with rosemary (if desired); serve immediately.

TIP: Sweet potato can also be cooked in a microwave. Pierce clean sweet potato 4 to 5 times with a fork. Microwave on high for 4 to 5 minutes, or until tender. Peel and cut into pieces.

NUTRITIONAL INFORMATION (per serving): Calories: 378 Total Fat: 15 g Saturated Fat: 5 g Cholesterol: 201 mg Sodium: 546 mg Carbohydrates: 29 g Fiber: 4 g Sugars: 7 g Protein: 30 g

CONTAINER EQUIVALENTS (per serving): 1  2  ½  2 



TURKEY SAUSAGE MUFFIN

(Makes 1 serving)

Total Time: 18 min. Prep Time: 10 min. Cooking Time: 8 min.

1 tsp.	olive oil
1	large egg
1	whole-grain English muffin, split
1 slice	part-skim mozzarella cheese (approx. 1 oz.)
1	turkey sausage patty, warm (approx. 1¼ oz.)

1. Preheat broiler or toaster oven to high.
2. Heat oil in small nonstick skillet (or omelet pan) over medium-low heat.
3. Add egg; cook, turning once, for 3 to 5 minutes, or until desired doneness. Set aside.
4. Top one muffin half with cheese and place on baking sheet.
5. Broil for 2 to 3 minutes, or until cheese melts.
6. Top muffin with egg, sausage patty, and the other muffin half.

Variations:

- Add ½ cup cooked spinach
- Add 1 thick tomato slice
- Substitute Canadian bacon for turkey sausage
- Substitute ¼ avocado for cheese
- Substitute cheddar or pepper jack cheese for mozzarella cheese
- Substitute 1 Tbsp. pesto sauce for cheese. Add fresh basil leaves.
- Substitute vegetable breakfast patty for turkey sausage

NUTRITIONAL INFORMATION (per serving): Calories: 367 Total Fat: 19 g Saturated Fat: 6 g
Cholesterol: 239 mg Sodium: 697 mg Carbohydrates: 28 g Fiber: 4 g Sugars: 6 g Protein: 24 g

CONTAINER EQUIVALENTS (per serving): 1  2  1  1 



Lunch Salads

ARUGULA SALAD WITH CHICKEN AND BLACK BEANS






(Makes 1 serving)

Total Time: 15 min. Prep Time: 15 min. Cooking Time: None

1½ cups	fresh arugula
4 oz.	cooked chicken breast, boneless, skinless, sliced
¼ cup	canned black beans, drained, rinsed
¼ cup	chopped tomato
¼	medium avocado, chopped
1 tsp.	olive oil
1 Tbsp.	red wine (or apple cider or balsamic) vinegar

1. Place arugula in a medium serving bowl.
2. Add chicken, beans, tomato, avocado, oil, and vinegar; toss gently to blend.

NUTRITIONAL INFORMATION (per serving): Calories: 366 Total Fat: 16 g Saturated Fat: 3 g Cholesterol: 101 mg Sodium: 407 mg Carbohydrates: 18 g Fiber: 10 g Sugars: 3 g Protein: 39 g

CONTAINER EQUIVALENTS (per serving): 1½  1  ½  1  1 



AVOCA-DO LOVE ME SOME SALAD





(Makes 1 serving)

Total Time: 15 min. Prep Time: 15 min. Cooking Time: None

- ¼** medium avocado, chopped
- 2** medium tomatoes, chopped
- 1 bunch** green onions, chopped (about 6 medium)
- ½** medium yellow bell pepper, chopped
- 1** medium carrot, chopped
- 2 Tbsp.** finely chopped fresh cilantro
- 2 tsp.** extra-virgin olive oil
- 2 tsp.** balsamic vinegar
- 2 cups** mixed salad greens
- 2 Tbsp.** raw sunflower seeds (optional)

1. Combine avocado, tomatoes, green onions, bell pepper, carrot, cilantro, oil, and vinegar in a medium bowl; toss gently to blend.
2. Place greens on a serving plate; top with avocado mixture.
3. Sprinkle sunflower seeds on top (if desired); serve immediately.

NUTRITIONAL INFORMATION (per serving): Calories: 396 Total Fat: 25 g
Saturated Fat: 3 g Cholesterol: 0 mg Sodium: 185 mg Carbohydrates: 40 g
Fiber: 15 g Sugars: 15 g Protein: 12 g

CONTAINER EQUIVALENTS (per serving): 3  1  1  2 



CHICKEN AND BLACK BEAN BURRITO SALAD

(Makes 4 servings)

Total Time: 20 min. Prep Time: 20 min. Cooking Time: None

½ cup	fresh lime juice
½ cup + 2 Tbsp.	coarsely chopped fresh cilantro, <i>divided use</i>
1 clove	garlic, coarsely chopped
1	medium jalapeño, seeds and veins removed, coarsely chopped
1 Tbsp.	extra-virgin olive oil
2 cups	canned black beans, drained, rinsed
1½ cups	shredded cooked chicken breast (approx 8 oz.)
1 cup	chopped jicama (optional)
½ cup	thinly sliced radishes
1 cup	thinly sliced red onion
1 cup	halved cherry tomatoes
8 cups	chopped romaine lettuce

1. To make dressing, place lime juice, 2 Tbsp. cilantro, garlic, and jalapeño in blender; cover. Blend until smooth.
2. Slowly add oil, blending continuously, until well mixed. Set aside.
3. Layer beans, chicken, jicama (if desired), radishes, onion, tomatoes, and lettuce in a large serving bowl.
4. Drizzle salad with dressing. Top with *remaining* ½ cup cilantro; serve immediately.

Substitutions:

- 1 cup cooked brown rice for 1 cup black beans
- pinto beans for black beans
- 1 cup cooked quinoa for 1 cup black beans
- 1 cup cooked brown rice or 1 cup cooked quinoa for chicken breast

Add-ins:

(Add approximately 40 calories per serving)

- 1 whole avocado (chopped)
- 1 cup corn kernels
- 1 cup sweet potato cooked and cubed

NUTRITIONAL INFORMATION (per serving):

Calories: 291 Total Fat: 6 g Saturated Fat: 1 g
Cholesterol: 48 mg Sodium: 522 mg
Carbohydrates: 33 g Fiber: 13 g
Sugars: 5 g Protein: 27 g

CONTAINER EQUIVALENTS (per serving):

2  ½  1  1 



CHICKEN AND PEAR SALAD






(Makes 4 servings)

Total Time: 20 min. Prep Time: 20 min. Cooking Time: None

4 tsp.	extra-virgin olive oil
2 Tbsp.	balsamic vinegar
1 tsp.	raw honey
6 cups	raw spinach
8 oz.	cooked chicken breast, boneless, skinless, chopped
2	medium pears, peeled, sliced
¼ cup	chopped raw walnuts
½ cup	crumbled feta cheese

1. To make dressing, combine oil, vinegar, and honey in a small bowl; whisk to blend. Set aside.
2. Place spinach, chicken, pears, and walnuts in a large bowl; toss gently to blend.
3. Drizzle salad with dressing; toss gently to blend.
4. Divide evenly between 4 plates; sprinkle evenly with cheese.

NUTRITIONAL INFORMATION (per serving): Calories: 304 Total Fat: 16 g Saturated Fat: 4 g
Cholesterol: 65 mg Sodium: 252 mg Carbohydrates: 20 g Fiber: 4 g Sugars: 12 g Protein: 23 g

CONTAINER EQUIVALENTS (per serving): 1  ½  ½  1  1½ 



PAINT THE RAINBOW LENTIL BOWL




(Makes 2 servings)

Total Time: 15 min. Prep Time: 15 min. Cooking Time: None

4 cups	mixed salad greens
1 cup	chopped red cabbage
1 cup	pico de gallo (or fresh tomato salsa)
½ cup	shredded cheddar cheese
1½ cups	cooked brown (or green) lentils
1 cup	chopped orange bell pepper
1 cup	chopped green bell pepper
1 cup	halved cherry (or grape) tomatoes

1. Evenly divide salad greens and cabbage between two serving bowls.
2. Place pico de gallo, cheese, lentils, bell peppers, and tomatoes on top of salad greens in rainbow “stripes.”

NUTRITIONAL INFORMATION (per serving): Calories: 359 Total Fat: 10 g
Saturated Fat: 6 g Cholesterol: 30 mg Sodium: 476 mg Carbohydrates: 51 g
Fiber: 20 g Sugars: 15 g Protein: 23 g

CONTAINER EQUIVALENTS (per serving): 4  1½  1 



SWEET AND SIMPLE STRAWBERRY SALAD






(Makes 1 serving)

Total Time: 10 min. Prep Time: 10 min. Cooking Time: None

1½ cups	raw baby spinach
4 oz.	cooked chicken breast, boneless, skinless, sliced
1 cup	sliced strawberries
8	raw walnut halves
1 tsp.	olive oil
1 Tbsp.	vinegar (like apple cider, red wine, or balsamic)

1. Place spinach in a medium serving bowl.
2. Add chicken, strawberries, and walnuts; toss gently to blend.
3. Drizzle with oil and vinegar; toss gently to blend.

NUTRITIONAL INFORMATION (per serving): Calories: 375 Total Fat: 18 g
Saturated Fat: 3 g Cholesterol: 118 mg Sodium: 94 mg Carbohydrates: 16 g
Fiber: 5 g Sugars: 9 g Protein: 39 g

CONTAINER EQUIVALENTS (per serving): 1½  1  1  1  1 



ZUCCHINI AND FETA SALAD WITH AVOCADO DRESSING




(Makes 2 servings)

Total Time: 25 min. Prep Time: 25 min. Cooking Time: None

¼	medium ripe avocado, cut into cubes
½ cup	reduced-fat (2%) plain Greek yogurt
1 clove	garlic, finely chopped
1	shallot, finely chopped (or 2 Tbsp. red onion)
2 Tbsp.	fresh lemon juice
2 Tbsp.	chopped fresh parsley
2	medium zucchini
6 cups	chopped raw spinach
1 cup	thinly sliced red bell peppers
½ cup	thinly sliced red onion
½ cup	sliced cucumber
½ cup	halved cherry tomatoes
¼ cup	crumbled feta cheese
¼ cup	raw sunflower seeds

1. Place avocado, yogurt, garlic, shallot, lemon juice, and parsley in blender; cover. Blend until smooth. Set aside.
2. Using a vegetable peeler (or spiralizer), cut each zucchini into lengthwise strips about 1/8-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 core. Cut slices lengthwise into 1/2-inch ribbons. Set aside.
3. Evenly layer spinach, bell peppers, onion, cucumber, tomatoes, cheese, and zucchini on two serving plates.
4. Evenly drizzle with dressing, and top with sunflower seeds; serve immediately.

NUTRITIONAL INFORMATION (per serving): Calories: 318 Total Fat: 18 g Saturated Fat: 5 g Cholesterol: 20 mg Sodium: 288 mg Carbohydrates: 28 g Fiber: 10 g Sugars: 14 g Protein: 19 g

CONTAINER EQUIVALENTS (per serving): 3  1  1 



Dinner

LEANDRO'S BBQ CHICKEN FLATBREAD PIZZAS

(Makes 2 servings, 1 flatbread each)

Total Time: 23 min. Prep Time: 15 min. Cooking Time: 8 min.

- 2** whole wheat flatbreads
(or 6½-inch whole wheat pitas)
- ½ cup** barbecue sauce, reduced-sugar
- 1½ cups** shredded cooked chicken breast
- ½ cup** canned black beans, drained, rinsed
- ½ cup** corn kernels
- ½** medium red onion, chopped
- ¼ cup** shredded cheddar cheese
- ¼ cup** finely chopped fresh cilantro
- 1 Tbsp.** fresh lime juice

1. Preheat oven to 350° F.
2. Place flatbreads on a large baking sheet.
3. Spread barbecue sauce evenly on flatbreads.
4. Top flatbreads evenly with chicken, beans, corn, onion, and cheese.
5. Bake for 5 to 8 minutes, or until cheese is melted.
6. Top evenly with cilantro and drizzle with lime juice. Serve immediately.

NUTRITIONAL INFORMATION (per serving): Calories: 505 Total Fat: 10 g
Saturated Fat: 4 g Cholesterol: 104 mg Sodium: 588 mg Carbohydrates: 59 g
Fiber: 9 g Sugars: 21 g Protein: 46 g

CONTAINER EQUIVALENTS (per serving): 1 ■ 3 ■ ½ ■

TIP: Look for barbecue sauce that has an ingredient list that does not contain artificial sweeteners, additives, or preservatives. There are many brands on the market that are sweetened with small amounts of honey, maple syrup, or molasses.

OODLES OF PESTO ZOODLES WITH CHICKEN

(Makes 1 serving)



Total Time: 30 min. Prep Time: 15 min. Cooking Time: 15 min.

2 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.	basil pesto sauce
¾ cup	cooked chicken breast, boneless, skinless, sliced, warm (approx. 4 oz.)

1. Heat oil in medium saucepan over medium-high heat.
2. Add onion; cook, stirring frequently, for 4 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. Place zucchini mixture on serving plate. Top with chicken; serve immediately.

TIP: A spiralizer is an inexpensive tool that cuts fresh veggies into noodles. You can use a spiralizer to cut the zucchini in this recipe.

NUTRITIONAL INFORMATION (per serving): Calories: 438 Total Fat: 20 g Saturated Fat: 4 g
Cholesterol: 96 mg Sodium: 302 mg Carbohydrates: 23 g Fiber: 6 g Sugars: 14 g Protein: 44 g

CONTAINER EQUIVALENTS (per serving): 2  1  1  2 



JUST PEACHY PORK CHOPS



(Makes 2 servings)

Total Time: 30 min. Prep Time: 20 min. Cooking Time: 10 min.

- 2** medium ripe peaches, peeled, chopped
- ½** medium red onion, chopped
- 1** medium jalapeño, seeds and veins removed, chopped
- ¼ tsp.** crushed red pepper flakes
- 2 Tbsp.** fresh lime juice
- ½ tsp.** hot pepper sauce (like Tabasco)
- 2 Tbsp.** finely chopped fresh cilantro
- 4 (4-oz. each)** center-cut pork chops, lean, boneless
- ¼ tsp.** sea salt (or Himalayan salt)
- ¼ tsp.** ground black pepper

- 1.** Combine peaches, onion, jalapeño, red pepper flakes, lime juice, hot pepper sauce, and cilantro; mix well. Set aside.
- 2.** Preheat grill or broiler to high.
- 3.** Season pork chops with salt and pepper.
- 4.** Grill or broil pork chops for 4 to 5 minutes on each side, or until desired doneness.
- 5.** Top pork chops evenly with salsa; serve immediately.

NUTRITIONAL INFORMATION (per serving): Calories: 402 Total Fat: 14 g Saturated Fat: 5 g
Cholesterol: 134 mg Sodium: 484 mg Carbohydrates: 19 g Fiber: 3 g Sugars: 14 g Protein: 50 g

CONTAINER EQUIVALENTS (per serving): 1  2 



TILAPIALICIOUS TACOS WITH FRESH MANGO AVOCADO SALSA





(Makes 2 servings, 2 tacos each)

Total Time: 30 min. Prep Time: 20 min. Cooking Time: 10 min.

½	medium mango, chopped
¼	medium red onion, finely chopped
½	medium avocado, chopped
½	medium jalapeño, seeds and veins removed, chopped
2 Tbsp.	finely chopped fresh cilantro
¼ tsp. + 1 dash	sea salt (or Himalayan salt), <i>divided use</i>
1 Tbsp.	fresh lime juice
1 lb.	raw tilapia (or cod, halibut, or mahi-mahi), washed, patted dry
4 (6-inch)	corn tortillas, warm
1 cup	shredded red cabbage
4	lime wedges (for garnish; optional)

1. Preheat grill or broiler to high.
2. To make mango avocado salsa, combine mango, onion, avocado, jalapeño, cilantro, ¼ tsp. salt, and lime juice in a medium bowl; toss gently to blend. Set aside.
3. Season tilapia with *remaining 1 dash* salt.
4. Grill or broil tilapia for 3 to 5 minutes on each side, or until tilapia flakes easily when tested with a fork.
5. Evenly top tortillas with tilapia, cabbage, and mango avocado salsa. Serve with lime wedges (if desired).

NUTRITIONAL INFORMATION (per serving): Calories: 464 Total Fat: 13 g Saturated Fat: 3 g Cholesterol: 113 mg Sodium: 580 mg Carbohydrates: 42 g Fiber: 10 g Sugars: 11 g Protein: 50 g

CONTAINER EQUIVALENTS (per serving): 1  2  1  1 



YOU CAN DO IT VEGGIE QUESADILLAS

(Makes 2 servings, 2 quesadillas each)

Total Time: 33 min. Prep Time: 15 min. Cooking Time: 18 min.

- ½** medium red bell pepper, cut into four pieces
- 1** medium portobello mushroom, cut into ½-inch slices
- ½** medium onion, cut into ½-inch slices
- 1** medium zucchini, sliced diagonally into ¼-inch slices
- 1** medium summer squash, sliced diagonally into ¼-inch slices
- 2 tsp.** olive oil, *divided use*
- 4 (8-inch)** whole wheat tortillas
- 4 Tbsp.** mozzarella cheese (2 oz.)
- 4 Tbsp.** soft goat cheese (2 oz.)

- 1.** Preheat grill or broiler to high.
- 2.** Brush bell pepper, mushroom, onion, zucchini, and summer squash with *1 tsp.* oil.
- 3.** Grill or broil vegetables for 3 to 5 minutes on each side, or until tender. Set aside.
- 4.** Heat *½ tsp.* oil in large nonstick skillet over medium heat.
- 5.** Place two tortillas in skillet; cook, for 1 to 2 minutes, turning once.
- 6.** Top each tortilla with 1 Tbsp. mozzarella cheese, 1 Tbsp. goat cheese, and ¼ of grilled vegetables. Fold tortilla in half; cook, for 4 to 5 minutes, turning once, until cheese is melted and tortilla is golden brown. Repeat with remaining tortillas and ingredients; cook in *remaining ½ tsp.* oil.

NUTRITIONAL INFORMATION (per serving): Calories: 465 Total Fat: 19 g Saturated Fat: 7 g Cholesterol: 18 mg Sodium: 754 mg Carbohydrates: 58 g Fiber: 10 g Sugars: 13 g Protein: 20 g

CONTAINER EQUIVALENTS (per serving): 2 ■ 2½ ■ 2 ■



PARTY PORTOBELLO BURGERS

(Makes 4 servings)

Total Time: 1 hr. 20 min. Prep Time: 10 min. Cooking Time: 10 min.

- 4 large portobello mushroom caps, about 5 inches in diameter
- ½ cup balsamic vinegar
- ¼ cup water
- 1 Tbsp. sugar
- 1 clove garlic, finely chopped
- 2 Tbsp. olive oil
- 4 whole wheat buns, sliced lengthwise to open, toasted
- 4 slices provolone (or cheddar) cheese
- 4 slices medium tomato
- 4 thin slices red onion
- 4 lettuce leaves

1. Place mushrooms in a baking dish, stem side up. Do not use glass.
2. Combine vinegar, water, sugar, garlic, and oil in a small bowl; whisk to blend. Drizzle over mushrooms. Refrigerate, covered, for 1 hour, turning mushrooms once.
3. Preheat grill or broiler to high.
4. Position cooking rack 4 to 6 inches from the heat source. Grill or broil mushrooms, turning often and basting with marinade, for about 8 to 10 minutes, or until tender.
5. Place a slice of cheese on each bottom bun. Top with mushroom, tomato slice, onion slice, lettuce leaf, and top bun.

NUTRITIONAL INFORMATION (per serving): Calories: 409 Total Fat: 17 g
Saturated Fat: 6 g Cholesterol: 19 mg Sodium: 633 mg Carbohydrates: 50 g
Fiber: 5 g Sugars: 16 g Protein: 17 g

CONTAINER EQUIVALENTS (per serving): 1½  2  1  1½ 



SIMPLY DE-LISH EGGPLANT PARM

(Makes 2 servings, 4 slices each)

Total Time: 1 hr. 7 min. Prep Time: 15 min. Cooking Time: 52 min.

Nonstick cooking spray




- 1 large eggplant, cut into 8 approx. ½-inch thick slices (about 2¼ lbs.)
- ½ tsp. sea salt (or Himalayan salt), *divided use*
- 1 Tbsp. + 2 tsp. olive oil, *divided use*
- 1 medium onion, finely chopped
- 4 cloves garlic, finely chopped
- 1 (15-oz.) can diced tomatoes, no salt added
- ¼ cup + 1 Tbsp. finely chopped fresh basil, *divided use*
- 1 tsp. Italian seasoning, no salt added, *divided use*
- Water
- ¼ cup grated Parmesan cheese
- ¼ cup shredded part-skim mozzarella cheese

1. Preheat oven to 375° F.
2. Lightly coat medium baking sheet with spray. Set aside.
3. Place eggplant slices on paper towels. Sprinkle with ¼ tsp. salt. Set aside for 30 minutes.
4. While eggplant is sitting, heat 1 Tbsp. oil in medium nonstick skillet over medium-high heat.
5. Add onion; cook, stirring frequently, for 4 to 5 minutes, or until onion is translucent.
6. Add garlic, cook, stirring frequently, for 1 minute.
7. Add tomatoes, ¼ cup basil, *remaining* ¼ tsp. salt, and ½ tsp. Italian seasoning. Bring to a boil. Reduce heat to low; gently boil for 10 to 12 minutes. If sauce becomes dry, add 1 to 2 Tbsp. water. Remove from heat. Set aside.
8. Pat eggplant dry. Place on prepared baking sheet. Brush with *remaining* 2 tsp. oil and sprinkle with *remaining* ½ tsp. Italian seasoning. Bake for 22 to 25 minutes, or until tender but not mushy.

9. Preheat broiler to high.
10. Top each eggplant slice evenly with tomato mixture, Parmesan cheese, and mozzarella cheese. Return to oven for 2 to 3 minutes, or until cheese is melted.
11. Sprinkle with *remaining* 1 Tbsp. basil before serving.



NUTRITIONAL INFORMATION (per serving): Calories: 400 Total Fat: 19 g Saturated Fat: 5 g Cholesterol: 19 mg Sodium: 608 mg Carbohydrates: 47 g Fiber: 19 g Sugars: 25 g Protein: 16 g

CONTAINER EQUIVALENTS (per serving): 6  1  2½ 

CHA-CHA TURKEY CHILI

(Makes 6 servings, approx. 2 cups each)

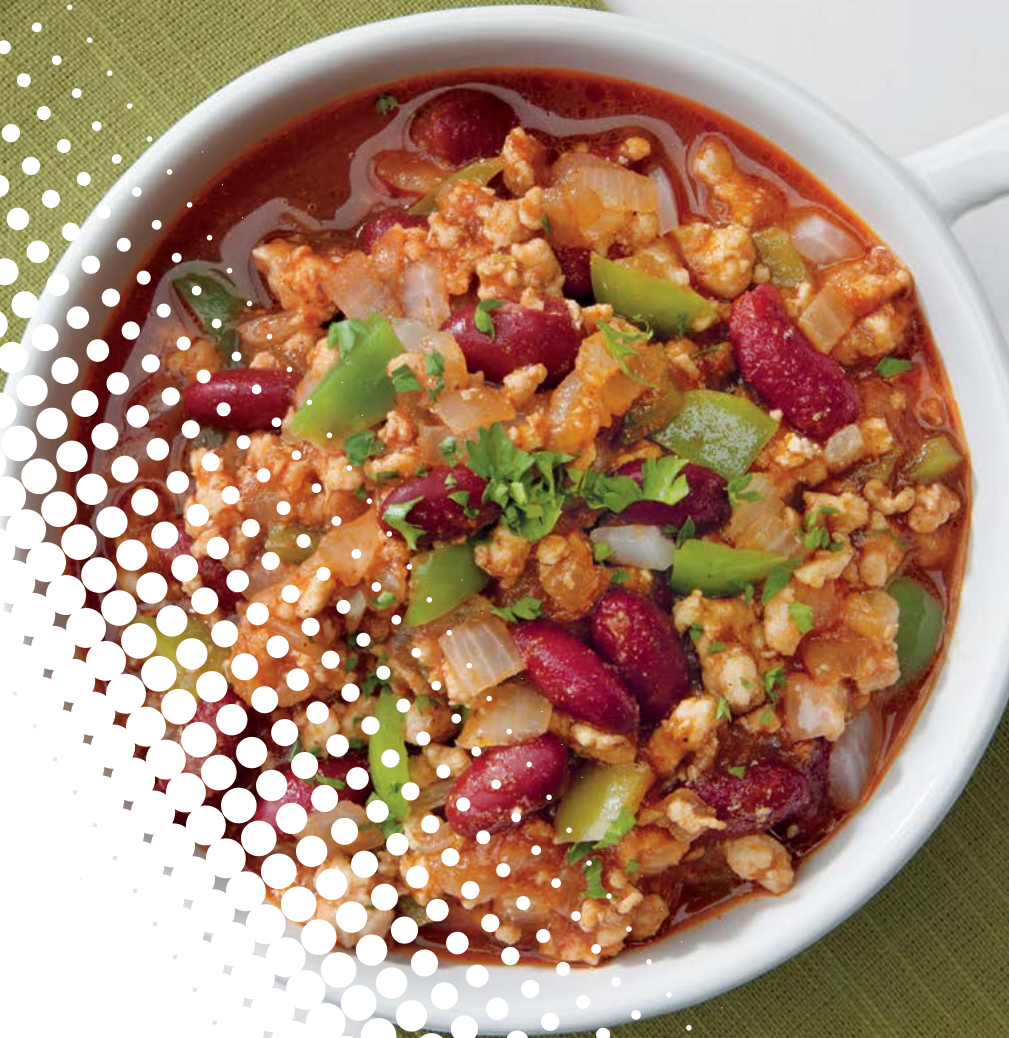
Total Time: 40 min. Prep Time: 15 min. Cooking Time: 25 min.

- 1 Tbsp. olive oil
- 1 large onion, chopped
- 1 medium red bell pepper, chopped
- 1 medium yellow (or orange) bell pepper, chopped
- 1½ lbs. raw 93% lean ground turkey
- 1 (28-oz.) can chopped tomatoes
- 1 (15-oz.) can kidney beans, drained, rinsed
- 1 (15-oz.) can pinto beans, drained, rinsed
- 1 (15-oz.) can white beans, drained, rinsed
- 1 Tbsp. chili powder
- ½ tsp. sea salt (or Himalayan salt)
- Crushed red pepper flakes (to taste; optional)
- 12 Italian parsley sprigs, chopped (optional)



1. Heat oil in large saucepan over medium-high heat.
2. Add onion and bell peppers; cook, stirring frequently, for 4 to 5 minutes, or until onion is translucent.
3. Add turkey; cook, stirring frequently, for 4 to 5 minutes, or until turkey is browned.
4. Add tomatoes, beans, chili powder, salt, and red pepper flakes (if desired); cook, stirring occasionally, for 10 to 15 minutes.
5. Divide chili into six serving bowls and garnish with parsley (if desired).

NUTRITIONAL INFORMATION (per serving): Calories: 406 Total Fat: 13 g Saturated Fat: 3 g
Cholesterol: 84 mg Sodium: 617 mg Carbohydrates: 40 g Fiber: 11 g Sugars: 7 g Protein: 33 g




CONTAINER EQUIVALENTS (per serving): ½  1  2  1 





Simple Snacks

1 small apple, 2 Tbsp. all-natural almond butter (1  6 )



1 (4-inch) whole-grain pita, ¼ cup hummus, 1 cup baby carrots (1  1  1 )






12 whole-grain crackers, 1 string cheese (1  1 )





½ cup strawberries, 6 oz. reduced-fat (2%) plain Greek yogurt, sprinkle of cinnamon (½  1 )



2 Tbsp. all-natural peanut butter, 2 Tbsp. raisins, 6 sticks celery (1  1  6 )








6 oz. reduced-fat (2%) cottage cheese, ½ cup pineapple (1  ½ )


6 oz. reduced-fat (2%) Greek yogurt, ¼ cup granola (1  1 )

1 cup grapes, 12 raw walnut halves (1  1 )





2 rice cakes, 2 Tbsp. cream cheese, 2 tsp. jam (1  1 )

1 large hard-boiled egg, 1 slice whole-grain bread, 1 tsp. mayo (½  1  1 )

1½ oz. dark chocolate (1 )



½ medium avocado, 2 (6-inch) corn tortillas, dash of hot sauce (1  2 )





7-Day Sample Plan

We know your body needs the right foods to feel full and satisfied all day long. Here's a great tip: slow down. It will help you tune in to your hunger signals so you'll know when you've had enough. You'll get to enjoy each bite even more.

DAY 1

BREAKFAST	Rise and Shine Quesadillas • page 22
SHAKEOLOGY	Strawberry Lemonade Shakeology • page 12
LUNCH	Arugula Salad with Chicken and Black Beans • page 30
SNACK	1 large hard-boiled egg, 1 slice whole-grain bread, 1 tsp. mayo • page 61
DINNER	TilapiaLicious Tacos with Fresh Mango Avocado Salsa • page 50

DAY 2

BREAKFAST	Sweet Potato Scramble • page 26
SHAKEOLOGY	Very Berry Vanilla Vibes Shakeology • page 13
LUNCH	Paint the Rainbow Lentil Bowl • page 38
SNACK	½ cup strawberries, 6 oz. reduced-fat (2%) Greek plain yogurt, sprinkle of cinnamon • page 60
DINNER	Just Peachy Pork Chops • page 48

DAY 3

BREAKFAST	Simple Sweet Potato Pancakes • page 24
SHAKEOLOGY	Cinnamon Dolce Latte Shakeology • page 9
LUNCH	Zucchini and Feta Salad with Avocado Dressing • page 42
SNACK	1½ oz. dark chocolate • page 61
DINNER	You Can Do It Veggie Quesadillas • page 52

DAY 4

BREAKFAST	Turkey Sausage Muffin • page 28
SHAKEOLOGY	Almond Strawberry Dream Shakeology • page 7
LUNCH	Chicken and Black Bean Burrito Salad • page 34
SNACK	12 whole-grain crackers, 1 string cheese • page 60
DINNER	Simply De-Lish Eggplant Parm • page 56

DAY 5

BREAKFAST	Avocadolicious Egg Salad Toast • page 16
SHAKEOLOGY	PB & Jammin' to YOUv2 Shakeology • page 11
LUNCH	Chicken and Pear Salad • page 36
SNACK	2 rice cakes, 2 Tbsp. cream cheese, 2 tsp. jam • page 61
DINNER	Cha-Cha Turkey Chili • page 58

DAY 6

BREAKFAST I Love Yogurt Berry Much Parfait • page 20

SHAKEOLOGY Choconana Shakeology • page 8

LUNCH Avoca-Do Love Me Some Salad • page 32

SNACK 1 (4-inch) whole-grain pita, ¼ cup hummus,
1 cup baby carrots • page 60

DINNER Party Portobello Burgers • page 54

DAY 7

BREAKFAST Be Pre-Peared Oatmeal • page 18

SHAKEOLOGY Cinnamon Roll with the Punches Shakeology • page 10

LUNCH Sweet and Simple Strawberry Salad • page 40

SNACK 1 cup grapes, 12 raw walnut halves • page 61

DINNER Oodles of Pesto Zoodles with Chicken • page 46

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