

# 30-DAY Meal Plan

## SUMMER 2019

This plan was created to help make it even easier for you to live your life and lose weight with the 2B Mindset. Before you dive in to 30 days of delicious dishes, we wanted to point out a few things to help you get the most out of it.

## RECIPES

You can access them either in the recipe book that came with the program, in PDF format in the "Resource" section of your 2B Mindset program page on Beachbody® On Demand, or by clicking on the links provided for the blog recipes.



## ICONS



Can be found in your printed recipe book or in the PDF version in the Resource section



Can be found in the Summer 2019 Recipes PDF in the Resource section



Can be found on the Beachbody Blog



Indicates a vegan recipe



## BREAKFAST

To keep things easy we recommend sticking to a consistent, simple breakfast each weekday while having something a little more indulgent on the weekends.

## SIMPLE SWAPS

If there is a recipe that uses an ingredient you don't eat or like, simply swap it for something you prefer within that food group. For example, if the recipe has chicken as the protein and you don't eat chicken, swap it for shrimp or tofu. The whole purpose of 2B Mindset is to be flexible so you can enjoy delicious, satisfying Plate It! meals that help you lose weight and reach your goals! Get creative and feel free to mix and match ingredients to make this meal plan work best for you.

**To help make your grocery trips a breeze**, we've included weekly grocery lists so you can get in and out in a flash!

## DON'T FORGET,

# Have fun in the kitchen!

# 30-DAY Meal Plan

MEALS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Deconstructed PB&J 	Deconstructed PB&J 	Deconstructed PB&J 	Deconstructed PB&J 	Deconstructed PB&J 	Banana Egg Pancakes 	Banana Egg Pancakes 
	OR	OR	OR	OR	OR	OR	OR
	Almond Madness Shakeology 	Almond Madness Shakeology 	Almond Madness Shakeology 	Almond Madness Shakeology 	Almond Madness Shakeology 	Almond Madness Shakeology 	Almond Madness Shakeology 
LUNCH	Crunchy Tuna Salad Over Sweet and Tangy Slaw 	Shaved Fennel Salad   + pre-cooked frozen shrimp (defrosted) <sup>†</sup> + ½ cup watermelon	Brussels 'n' Bacon  + rotisserie chicken breast + small baked sweet potato	<a href="#">Arugula Salad with Chicken and Black Beans</a>   <b>TIP:</b> Use remaining rotisserie chicken drumsticks. Use baby salad greens or arugula.	Curry Chicken Salad 	Open-Faced Avocado Burger and Turnip Fries 	Tempeh Veggie Bowl   <b>TIP:</b> Use baby salad greens or arugula. Swap coleslaw mix for shredded red cabbage, if desired.
DINNER	Cauliflower Fried Rice  + 1 extra egg	Brussels 'n' Bacon  + rotisserie chicken breast	Avocado Zucchini Alfredo with Shrimp   <b>TIP:</b> Halve the recipe to make one serving	Brussels Sprouts Hash and Eggs   <b>TIP:</b> Halve the recipe to make one serving	Smoky Spiced Roasted Cauliflower with Tofu  	Smoky Spiced Roasted Cauliflower with Tofu  	Coffee-Rubbed Steaks with Roasted Veggies   <b>TIP:</b> If you have time to meal prep, make the Honey Mustard Salmon and baked sweet potato now.

<sup>†</sup>Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.

# 30-DAY Meal Plan

MEALS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Cheesy Eggs and Toast 	Cheesy Eggs and Toast 	Cheesy Eggs and Toast 	Cheesy Eggs and Toast 	Cheesy Eggs and Toast 	Bunny French Toast 	Bunny French Toast 
	OR	OR	OR	OR	OR	OR	OR
	<a href="#">Banana Berry Smoothie Bowl</a> 	<a href="#">Banana Berry Smoothie Bowl</a> 	<a href="#">Banana Berry Smoothie Bowl</a> 	<a href="#">Banana Berry Smoothie Bowl</a> 	<a href="#">Banana Berry Smoothie Bowl</a> 	<a href="#">Banana Berry Smoothie Bowl</a> 	<a href="#">Banana Berry Smoothie Bowl</a> 
LUNCH	Coffee-Rubbed Steaks with Roasted Veggies  + hot sauce wrapped in a whole-grain tortilla	Honey Mustard Salmon with Roasted Veggies  + baked sweet potato	Open-Faced Avocado Burger and Turnip Fries 	<a href="#">Tuna and White Bean Salad</a>   TIP: Halve the recipe to make two portions	<a href="#">Tuna and White Bean Salad</a> 	Bean Pasta Lo Mein   TIP: Use a combination of extra veggies in your fridge, (mushrooms, shredded carrots, bell pepper, & green onion)	Jamaican Coconut Shrimp and Cauliflower Rice   + mango slices
DINNER	Honey Mustard Salmon with Roasted Veggies   TIP: While the oven is on, bake a sweet potato for lunch (if you did not already meal prep)	Creamy Caulisotto with Roasted Chicken 	Cabbage Steaks with Homemade Thousand Island Dressing  + turkey or veggie burger  TIP: Halve the recipe to make two portions	Cabbage Steaks with Homemade Thousand Island Dressing  + turkey or veggie burger	Brussels 'n' Bacon  + chicken breast  TIP: Halve the recipe to make one portion	Jamaican Coconut Shrimp and Cauliflower Rice 	Taco-Filled Zucchini Boats 

# 30-DAY Meal Plan

MEALS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Berry Cobbler Oats 	Berry Cobbler Oats 	Berry Cobbler Oats 	Berry Cobbler Oats 	Berry Cobbler Oats 	Banana Egg Pancakes 	Banana Egg Pancakes 
	OR	OR	OR	OR	OR	OR	OR
	<a href="#">Triple Berry Breakfast Smoothie</a> 	<a href="#">Triple Berry Breakfast Smoothie</a> 	<a href="#">Triple Berry Breakfast Smoothie</a> 	<a href="#">Triple Berry Breakfast Smoothie</a> 	<a href="#">Triple Berry Breakfast Smoothie</a> 	<a href="#">Triple Berry Breakfast Smoothie</a> 	<a href="#">Triple Berry Breakfast Smoothie</a> 
LUNCH	Taco-Filled Zucchini Boats  + black beans	Egg Avocado Salad Toasts and Israeli Salad 	Southwest Chicken Lettuce Wraps  <b>TIP: Prep extra (without beans) for dinner tomorrow</b>	Chopped Chicken & Egg Broccoli Apple Slaw 	Beet and Apple Kale Chicken Salad 	Hawaiian Pineapple Shrimp 	Bok Choy Chinese Chicken Salad 
DINNER	Roasted Salmon with Maple Dijon Cabbage Rounds 	Roasted Salmon with Maple Dijon Cabbage Rounds 	Brussels Sprouts Hash and Eggs  <b>TIP: Halve the recipe to make one serving</b>	Southwest Chicken Lettuce Wraps  <b>TIP: Omit the beans to make this a dinner</b>	Creamy Caulisotto with Roasted Chicken 	Jumbo Burger Salad  <b>TIP: Halve the recipe to make one serving</b>	Turkey Meatballs Over Zoodles Marinara  <b>TIP: For best results, cook zucchini noodles each day just before serving.</b>

# 30-DAY Meal Plan

MEALS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	<p>Coco-LoCo Wonder Whip </p> <p>+ 1 medium banana</p>	<p>Coco-LoCo Wonder Whip </p> <p>+ 1 medium banana</p>	<p>Coco-LoCo Wonder Whip </p> <p>+ 1 medium banana</p>	<p>Coco-LoCo Wonder Whip </p> <p>+ 1 medium banana</p>	<p>Coco-LoCo Wonder Whip </p> <p>+ 1 medium banana</p>	<p>Breakfast Wrap </p>	<p>Breakfast Wrap </p>
	OR	OR	OR	OR	OR	OR	OR
	<p>Triple-Boosted Bunny Bananza Shakeology </p>	<p>Triple-Boosted Bunny Bananza Shakeology </p>	<p>Triple-Boosted Bunny Bananza Shakeology </p>	<p>Triple-Boosted Bunny Bananza Shakeology </p>	<p>Triple-Boosted Bunny Bananza Shakeology </p>	<p>Triple-Boosted Bunny Bananza Shakeology </p>	<p>Triple-Boosted Bunny Bananza Shakeology </p>
LUNCH	<p><a href="#">Spinach Salad with Strawberries and Walnuts</a> </p>	<p>Turkey Meatballs Over Zoodles Marinara  + cannellini beans</p>	<p>Crunchy Tuna Salad Over Sweet and Tangy Slaw </p>	<p>Taco Salad </p>	<p>Southwest Chicken Lettuce Wraps </p>	<p>Curry Chicken Salad </p>	<p><a href="#">White Fish with Tomato Salsa</a> </p> <p>+ broccoli cooked with olive oil + ½ cup brown rice or quinoa</p>
DINNER	<p>Turkey Meatballs Over Zoodles Marinara </p> <p>TIP: For best results, cook zucchini noodles each day just before serving.</p>	<p>Lemon Basil Chicken with Celery Root "Potato" Salad </p> <p>TIP: Prep extra for dinner tomorrow</p>	<p>Lemon Basil Chicken with Celery Root "Potato" Salad </p>	<p>Avocado Zucchini Alfredo with Shrimp </p>	<p>Avocado Zucchini Alfredo with Shrimp </p>	<p><a href="#">White Fish with Tomato Salsa</a> </p> <p>+ broccoli cooked with olive oil + topped with sliced almonds</p>	<p>Cauliflower Fried Rice  + 1 extra egg</p>

# 30-DAY Meal Plan

MEALS	MONDAY	TUESDAY
BREAKFAST	Berry Cobbler Oats 	Berry Cobbler Oats 
	OR	OR
	Almond Madness Shakeology 	Almond Madness Shakeology 
LUNCH	Crunchy BBQ Chicken Salad with Roasted Chickpeas 	Crunchy BBQ Chicken Salad with Roasted Chickpeas 
	TIP: Double the recipe to have lunch ready for tomorrow! Add dressing just before serving.	
DINNER	Jumbo Burger Salad 	Jamaican Coconut Shrimp and Cauliflower Rice 
	TIP: Halve the recipe	TIP: Halve the recipe

## SNACK(TIONAL):

Remember, if you feel like you need a snack, it's best to have it between lunch and dinner and of course start with water first and veggies most! If you need help to stay fuller longer, add a protein, and if you're still hungry and need more energy, add an FFC. To add a boost of flavor to your snack time, check out these [2B Mindset-approved recipes](#).



**Tip:** Check your fridge and pantry and check off ingredients you already have before heading to the grocery store to avoid having anything go to waste.

## PRODUCE

- 1 (10-oz.) bag baby salad greens or arugula
- 1 bunch celery (or 1 package celery sticks)
- 1 small tomato
- 2 cups coleslaw mix
- 1 small red cabbage
- 1 bunch fresh parsley (optional)
- fresh lemon juice (or 1 lemon)
- 1 container fresh tomato salsa (optional)
- 1 head garlic
- 1 bunch green onions
- 1 large head cauliflower (or 4 cups florets)
- 1 (12-oz.) bag fresh (or frozen) cauliflower rice
- 2 large turnips
- 1–2 medium avocados (Tip: buy 2 to ensure freshness at every meal)
- 2 medium endive heads
- 2 medium onions
- 3 medium portobello mushrooms (Tip: buy loose mushrooms)
- 1 medium red bell pepper
- 1 medium red onion
- 2 small or 1 large sweet potato (for use in 2 recipes)
- 2 medium zucchini
- 2 (10-oz.) bags shaved brussels sprouts
- 4 medium carrots (or 2 carrots and 1 bag shredded carrots)
- 2 small apples (or sliced apple wedges)
- 1 container sprouts
- 1 small container pre-cut watermelon (Have extra? Freeze it for shakes!)
- 4 large bananas
- 2 large bananas
- 1 cup fresh (or frozen) raspberries
- 6¼ cups fresh (or frozen) mixed berries

if you choose to have  
**Almond Madness Shakeology**  
for breakfast every day:

if you choose to have  
**Banana Egg Pancakes**  
for your weekend breakfasts:

if you choose to have  
**Deconstructed PB&J**  
for weekday breakfasts:

## PROTEIN AND DAIRY

- 1 rotisserie chicken
  - 4-oz. cooked chicken breast
  - 1 (5-oz.) can chunk light (or albacore) tuna packed in water
  - 1 (14-oz.) package extra-firm tofu
  - 1 (8-oz.) package organic tempeh
  - 1 (4-oz.) raw (or frozen) lean ground beef patty
  - 2 (6-oz. each) raw lean beef sirloin steaks
  - 12 (approx. 6-oz.) raw medium shrimp, peeled, deveined, tails removed
  - 5-oz. pre-cooked shrimp
  - 1 package turkey bacon  
(Tip: freeze extra)
  - 1 container grated Parmesan cheese
- if you choose to have  
**Banana Egg Pancakes**  
for your weekend breakfasts:
- 1 dozen eggs
- if you choose to have  
**Almond Madness Shakeology**  
for your breakfast every day:
- ½ dozen eggs
  - 4-oz. reduced-fat (2%) plain Greek yogurt
- if you choose to have  
**Deconstructed PB&J/  
Banana Egg Pancakes**  
for your breakfast every day:
- 1 (35.3-oz.) + 1 (17.6-oz.) packages reduced-fat (2%) plain Greek yogurt

## DRY AND PACKAGED FOODS

- all-natural barbecue sauce
  - avocado oil mayo  
(or all-natural mayo)
  - 1 (15-oz.) can black beans
  - 1 (32-oz. or smaller) carton low-sodium organic vegetable broth (or use water)
  - reduced-sodium soy sauce
  - rice wine vinegar
  - toasted sesame oil
  - 1 package whole wheat hamburger buns
- if you choose to have  
**Almond Madness Shakeology**  
for breakfast every day:
- 2 (32-fl. oz.) containers unsweetened almond milk
  - almond butter
- if you choose to have  
**Deconstructed PB&J**  
for weekday breakfasts:
- peanut butter powder

## PANTRY

- chili powder
- coconut sugar
- crushed red pepper flakes (optional)
- curry powder
- Dijon mustard
- garlic powder
- ground (or smoked) paprika
- ground black pepper
- instant coffee granules (or finely ground coffee beans)
- olive oil cooking spray
- olive oil
- onion powder
- sea salt (or Himalayan salt)
- parchment paper

if you choose to have  
**Banana Egg Pancakes**  
for your weekend breakfasts:

- pure vanilla extract
- ground cinnamon
- liquid stevia (optional)

## SHAKEOLOGY AND BOOSTS

if you choose to have  
**Almond Madness Shakeology**  
for your breakfast every day:

- 7 packets (or 7 scoops) Chocolate Vegan (or any flavor) Shakeology
- Shakeology Boost: Power Greens (or 1 [10-oz.] bag chopped romaine lettuce)
- Shakeology Boost: Digestive Health (optional)

**Tip:** Check your fridge and pantry and check off ingredients you already have before heading to the grocery store to avoid having anything go to waste.

## PRODUCE

- fresh lemon juice (or 1 lemon)
- 1 lime (for garnish; optional)
- 2 green (or red) bell peppers
- 1 (12-oz.) bag coleslaw mix (or shredded cabbage)
- 1 large green (or red) cabbage
- 1 bunch cilantro
- 1 bunch fresh parsley
- 2 (12-oz.) bags frozen cauliflower rice (approx. 8 cups)
- 1 head garlic
- 1 bunch green onions
- 2 large turnips
- 1 cup pre-cut mango slices (or 1 mango)
- 1 lb. (approx. 30) medium asparagus spears
- 1 medium avocado
- 1 small cucumber
- 1 medium onion
- 1 medium red onion
- 1 medium tomato
- 5 medium zucchini
- 2 lbs. mini bell peppers, assorted colors
- 1 (10-oz.) bag baby spinach (or arugula)
- 1 (10-oz.) bag shaved brussels sprouts

- 1 (6-oz.) package sliced mushrooms (optional)

- 1 small sweet potato
- fresh chives (optional)
- fresh ginger (or ground ginger)
- 1 container fresh salsa

if you choose to have  
**Banana Berry Smoothie Bowl**  
for your breakfast every day:

- 2 large bananas
- 2 cartons fresh (or 1 bag frozen) blackberries
- 2 cartons fresh (or 1 bag frozen) blueberries

if you choose to have  
**Bunny French Toast**  
for weekend breakfast:

- 1 carton fresh berries

if you choose to have  
**Cheesy Eggs and Toast**  
for weekend breakfast:

- 2½ cups veggies of your choice (like sliced mushrooms or baby spinach)

## PROTEIN AND DAIRY

- 1 package raw (or frozen) 95% lean ground beef patties (or 4-oz. lean ground beef)
  - 12-oz. raw 93% lean ground turkey breast
  - 1 package turkey burger patties (or veggie burgers) (or additional 8-oz. raw 93% lean ground turkey breast)
  - 32 (approx. 18-oz.) raw medium shrimp, peeled, deveined, tails removed
  - 2 (6-oz. ea.) raw salmon fillets
  - 1 rotisserie chicken (or 8-oz. cooked boneless, skinless chicken breast and 2 chicken thighs)
  - 1 (5-oz.) can chunk light (or albacore) tuna packed in water
  - 1 package turkey bacon
  - 1 (4-oz.) container reduced-fat (2%) plain Greek yogurt
  - 2 wedges (.75-oz. each) spreadable cheese
  - 1 (8-oz.) package shredded cheese (Mexican blend)
  - 1 package grated Parmesan cheese
- if you choose to have  
**Cheesy Eggs and Toast/  
Bunny French Toast**  
breakfasts:
- 2 dozen large eggs (or ½ dozen large eggs and 1 [32-oz.] carton egg whites)

## DRY AND PACKAGED FOODS

- if you choose to have  
**Banana Berry Smoothie Bowl**  
for breakfast every day:
- 1 bag sliced raw almonds (or approx. 1 cup from bulk bins)
  - 1 bag chia seeds (or approx. 3 Tbsp. from bulk bins)
  - 1 bag raw pumpkin seeds (pepitas) (or approx. ⅓ cup from bulk bins)
  - 2 (32-oz.) containers unsweetened almond milk
- if you choose to have  
**Bunny French Toast**  
for your weekend breakfasts:
- 1 package whole-grain (or whole wheat) sandwich thins
  - 1 (32-oz. or less) container unsweetened vanilla almond milk
- if you choose to have  
**Cheesy Eggs and Toast**  
for your weekday breakfasts:
- 1 loaf whole-grain (or whole wheat) bread
  - 1 small jar all-natural tomato sauce
  - 1 small jar artichoke hearts, packed in water
  - 1 package black bean spaghetti
  - 1 can lite coconut milk
  - 1 small jar butter pickles
  - 1 package low-sodium (or no-sodium) taco seasoning
  - 1 container low-sodium organic vegetable broth (or use water)
  - 1 (15-oz.) can white (cannellini) beans
  - 1 package whole-grain tortillas (6-inch)
  - 1 package whole wheat hamburger buns
  - 1 package unsweetened shredded coconut

## PANTRY

- all-natural ketchup
- all-natural mayo
- apple cider vinegar
- hot pepper sauce (optional)
- honey
- Dijon mustard
- reduced-sodium soy sauce
- extra-virgin organic coconut oil
- toasted sesame oil
- olive oil
- olive oil cooking spray
- sea salt (or Himalayan salt)
- ground black pepper
- garlic powder
- ground cayenne pepper (optional)
- ground paprika
- mild Jamaican jerk seasoning
- onion powder
- parchment paper

if you choose to have  
**Bunny French Toast**  
for weekend breakfast:

- ground cinnamon (optional)
- pure almond extract
- pure vanilla extract
- unsweetened cocoa powder (or powdered peanut butter) (optional)

## SHAKEOLOGY AND BOOSTS

if you choose to have  
**Shakeology**  
for breakfast:

- 7 packets (or 7 scoops) Strawberry (or any flavor) Shakeology

**Tip:** Check your fridge and pantry and check off ingredients you already have before heading to the grocery store to avoid having anything go to waste.

## PRODUCE

1 (12-oz.) bag broccoli slaw (approx. 3 cups)

1 (10-oz.) bag chopped lettuce (or 1 head romaine)

1 head romaine or butter lettuce

1 (10-oz.) bag chopped raw kale

1 large green cabbage (approx. 2½ lbs.)

1 small red cabbage (or 1 bag shredded cabbage)

1 large or 2 baby bok choy

1 bunch cilantro (optional)

1 package cooked beets (or 1 raw beet)

2 (12-oz.) bags fresh (or frozen) cauliflower rice

1 (10-oz.) bag shaved brussels sprouts

fresh chives (optional)

fresh ginger (or ground ginger)

fresh lemon juice (or 1 lemon)

fresh lime juice (or 2 limes)

1 head garlic

1 bunch green onions

1 medium avocado

1 medium cucumber

1 medium onion

1 medium red onion

2 medium tomatoes

6 medium zucchini

1 bunch parsley (optional)

1 (6-oz.) package sliced mushrooms (optional)

2 small apples

1 container pico de gallo (or fresh tomato salsa)

if you choose to have  
**Berry Cobbler Oats**  
for breakfast every day:

5 cups fresh (or 3 bags frozen) berries

if you choose to have  
**Triple Berry Breakfast Smoothie**  
for breakfast every day:

3 containers fresh (or 2 bags frozen) blackberries

3 containers fresh (or 2 bags frozen) blueberries

if you choose to have  
**Banana Egg Pancakes**  
for your weekend breakfast:

2 large bananas

1 container fresh (or 1 bag frozen) raspberries

## PROTEIN AND DAIRY

- 1 rotisserie chicken (or 14-oz. cooked boneless, skinless chicken breast and 2 thighs, bone in, skin on)
- 1 lb. raw 93% lean ground turkey breast (or 1 [20-oz.] package)
- 8-oz. raw 95% lean ground beef (or 1 [1-lb.] package)
- 1 (6-oz.) raw chicken breast, boneless, skinless
- 6-oz. raw medium shrimp, peeled, deveined, tails removed
- 2 (6-oz. each) raw salmon fillets
- 2 wedges (.75-oz. each) spreadable cheese
- 1 container grated Parmesan cheese (optional)

if you choose to have  
**Triple Berry Breakfast Smoothie**  
for breakfast every day:

- 1 dozen large eggs
- 1 (35.3-oz.) container reduced-fat (2%) plain Greek yogurt

if you choose to have  
**Berry Cobbler Oats/  
Banana Egg Pancakes**  
for breakfasts:

- 3 dozen large eggs (or 1½ dozen large eggs and 1 [32-oz.] carton egg whites)

if you choose to have  
**Banana Egg Pancakes**  
for your weekend breakfasts:

- 1 (4-oz.) container reduced-fat (2%) plain Greek yogurt

## DRY AND PACKAGED FOODS

- 1 jar all-natural marinara sauce
- 1 (15-oz.) can black beans
- 1 box bran cereal (low-sugar)
- 1 small can pineapple (in juice)
- 1 small can mandarin oranges (in juice)
- 1 bottle ranch salad dressing (optional)
- 1 bag slivered raw almonds (or 2 Tbsp. from bulk bins)
- 1 box whole-grain crackers

if you choose to have  
**Triple Berry Breakfast Smoothie**  
for breakfast every day:

- 2 (32-oz.) containers unsweetened almond milk

if you choose to have  
**Berry Cobbler Oats**  
for weekday breakfasts:

- 1 (18-oz.) container dry old-fashioned rolled oats (or 2½ cups from bulk bins)

## PANTRY

- apple cider vinegar
- avocado oil mayo  
(or all-natural mayo)
- Dijon mustard
- garlic powder
- ground black pepper
- ground paprika (optional)
- hot pepper sauce (optional)
- nonstick cooking spray
- oil-based salad dressing of  
your choice
- olive oil
- onion powder
- parchment paper
- pure maple syrup
- reduced-sodium soy sauce
- rice wine vinegar
- sea salt (or Himalayan salt)
- toasted sesame oil

if you choose to have  
**Berry Cobbler Oats/  
Banana Egg Pancakes**  
for breakfasts:

- ground cinnamon
- pure vanilla extract

if you choose to have  
**Berry Cobbler Oats**  
for your weekday breakfasts:

- unsweetened cocoa powder

## SHAKEOLOGY AND BOOSTS

if you choose to have  
**Triple Berry Breakfast Smoothie**  
for your breakfast every day:

- 7 packets (or 7 scoops) Strawberry (or  
any flavor) Shakeology

**Tip:** Check your fridge and pantry and check off ingredients you already have before heading to the grocery store to avoid having anything go to waste.

## PRODUCE

- 1 (10-oz.) bag baby spinach
- 1 medium bell pepper
- 2 large heads broccoli (or 4 cups florets)
- 1 bunch celery (or 1 small container celery sticks)
- 3 large celery roots
- 1 bunch cilantro (optional)
- 1 (10-oz.) bag coleslaw mix
- 1 small red cabbage (or 1 additional bag coleslaw mix)
- 1 small cucumber
- 1 (12-oz.) bag fresh (or frozen) cauliflower rice (approx. 4 cups)
- 1 bunch fresh basil
- fresh lemon juice (or 1 lemon)
- fresh lime juice (or 3 limes) (optional)
- 1 head garlic
- 1 bunch green onions
- 1 small jicama (or 1 small container sliced jicama) (optional)
- 1-2 medium avocados (may need two avocados for freshness at every meal) (buy two avocados if you choose to have Breakfast Wraps for your weekend breakfasts)
- 2 medium endive heads
- 1 medium jalapeño
- 1 medium onion
- 2 medium tomatoes
- 1 medium yellow tomato (or 1 additional red tomato)
- 4 medium zucchini (or 4 cups spiralized zucchini)
- 1 bunch parsley
- 2 small apples
- 1 cup strawberries
- 1 container pico de gallo (or fresh tomato salsa)
- if you choose to have **Triple-Boosted Bunny Bananza Shakeology** for breakfast every day:
- 4 large bananas
- fresh ginger
- 2 large head romaine lettuce
- 3 (10-oz.) bag shredded carrots
- if you choose to have **Coco-LoCo Wonder Whip/ Breakfast Wrap** for breakfasts:
- 1 (10-oz.) bag shredded carrots
- if you choose to have **Coco-LoCo Wonder Whip** for your weekday breakfasts:
- 5 medium bananas

## PROTEIN AND DAIRY

- 1 rotisserie chicken (or 16-oz. cooked boneless, skinless chicken breast)
- 2 (6-oz. each) raw chicken breasts, boneless, skinless, pounded into thin fillets
- 24 raw medium shrimp, peeled, deveined, tails removed (approx. 12 oz.)
- 1 (5-oz.) can chunk light (or albacore) tuna packed in water
- 2 (4-oz. each) white fish fillets
- ½ dozen large eggs
- 1 container grated Parmesan cheese

if you choose to have  
**Triple-Boosted Bunny  
Bananza Shakeology**  
for breakfast every day:

- 1 (4-oz.) container reduced-fat (2%) plain Greek yogurt

if you choose to have  
**Coco-LoCo Wonder Whip**  
for weekday breakfasts:

- 1 (35.3-oz.) container reduced-fat (2%) plain Greek yogurt

## DRY AND PACKAGED FOODS

- 1 (15-oz.) can black beans
- 1 (15-oz.) can white (cannellini) beans
- 1 bag dry brown rice (or quinoa) (or ¼ cup from bulk bins)
- 1 bag raw walnut halves (or 8 halves from bulk bins)

if you choose to have  
**Breakfast Wraps**  
for your weekend breakfasts:

- 1 package whole-grain flour tortillas (6-inch)

if you choose to have  
**Coco-LoCo Wonder Whip**  
for weekday breakfasts:

- 1 bag cacao nibs

## PANTRY

- apple cider vinegar
- avocado oil (optional)
- nonstick cooking spray
- coconut oil cooking spray (optional)
- olive oil
- avocado oil mayo (or all-natural mayo)
- balsamic vinegar
- chili powder (or ground cumin or ground paprika)
- curry powder
- Dijon mustard
- garlic powder
- ground black pepper
- low-sodium seasoning blend
- onion powder
- ranch salad dressing (optional)
- reduced-sodium soy sauce
- rice wine vinegar
- sea salt
- stevia (optional)
- toasted sesame oil

if you choose to have  
**Coco-LoCo Wonder Whip**  
for your weekend breakfasts:

- pure vanilla extract
- unsweetened cocoa powder
- unsweetened shredded coconut

## SHAKEOLOGY AND BOOSTS

if you choose to have  
**Triple-Boosted Bunny  
Bananza Shakeology**  
for breakfast every day:

- 7 packets (or 7 scoops) Greenberry (or any flavor) Shakeology
- Shakeology Boost: Power Greens
- Shakeology Boost: Digestive Health
- Shakeology Boost: Focused Energy

**Tip:** Check your fridge and pantry and check off ingredients you already have before heading to the grocery store to avoid having anything go to waste.

## PRODUCE

- 1 container cherry tomatoes
- 1 bunch fresh cilantro
- 3 (10-oz.) bags chopped lettuce
- 1 lime
- 1 medium green (or red) bell pepper
- 1 bunch green onions
- 1 medium cucumber
- 2 medium tomatoes
- 1 small onion
- 1 (12-oz.) bag frozen cauliflower rice (approx. 4 cups)
- if you choose to have  
**Berry Cobbler Oats**  
for breakfast both days:
- 2 cups fresh (or 1 bag frozen) berries
- if you choose to have  
**Almond Madness Shakeology**  
for breakfast both days:
- 1 large banana

## PROTEIN AND DAIRY

- 8-oz. chopped grilled (or baked) chicken breast
- 8-oz. raw 95% lean ground beef (or 1 [1-lb.] package)
- 12 raw medium shrimp, peeled, deveined, tails removed (approx. 6 oz.)
- if you choose to have  
**Almond Madness Shakeology**  
for breakfast both days:
- ½ dozen large eggs (or 1 small carton egg whites)
- if you choose to have  
**Berry Cobbler Oats**  
for breakfast both days:
- 1 dozen large eggs (or 1 [16-oz.] carton egg whites)

## DRY AND PACKAGED FOOD

- 1 can canned lite coconut milk
- 1 (15-oz.) can chickpeas (garbanzo beans)
- 1 (14-oz.) can hearts of palm

if you choose to have  
**Almond Madness Shakeology**  
for breakfast both days:

- all-natural almond butter
- 1 (32-oz.) container unsweetened almond milk

if you choose to have  
**Berry Cobbler Oats**  
for breakfast both days:

- 1 (18-oz.) container cup dry old-fashioned rolled oats (or 1 cup from bulk bins)

## SHAKEOLOGY AND BOOSTS

if you choose to have  
**Almond Madness Shakeology**  
for breakfast both days:

- 2 packets (or scoops) Chocolate Vegan (or any flavor) Shakeology
- Shakeology Boost: Power Greens (optional)

- Shakeology Boost: Digestive Health (optional)

## PANTRY

- extra-virgin organic coconut oil
- garlic powder
- ground paprika (optional)
- mild Jamaican jerk seasoning
- unsweetened shredded coconut
- vinaigrette dressing of your choice
- onion powder

if you choose to have  
**Berry Cobbler Oats**  
for breakfast both days:

- pure maple syrup
- unsweetened cocoa powder
- ground cinnamon