

## 7-DAY MEAL PLAN

This guide shows you how easy it can be to follow 2B Mindset® with your Barre Blend™ program. To fully benefit from 2B Mindset, co-created by Ilana Muhlstein, MS, RDN who lost 100 lbs. herself, and to access all of her exclusive recipes that will blow your taste buds away, you can purchase 2B Mindset at [Try2BMindset.com](http://Try2BMindset.com) today!

### Here are some tips to make the week go smoothly.

- Get in the 2B Mindset and tell yourself you're going to have fun this week and enjoy new foods!
- Choose your breakfast option in advance. If it's Shakeology® (which we recommend!), make sure you're stocked up!
- Check your fridge, pantry, and freezer for any items you may already have on the grocery list and cross them off.

### Take time the day before you start the meal plan to do the following prep:

- Cook spaghetti squash and use a fork to make "noodles."
- Cook beef patties.
- Shred chicken breast from rotisserie chicken and freeze the remaining dark meat for meals next week.
- Wash and chop veggies and fruit.
- Cook brown rice or buy it precooked. If you have extra, freeze it for next week.
- Make sure to store all this food in airtight containers in your fridge.

MEALS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	★ Apple Pie Parfait Bowl	★ Apple Pie Parfait Bowl	★ Apple Pie Parfait Bowl	★ Apple Pie Parfait Bowl	★ Apple Pie Parfait Bowl	★ Shakshuka Noel	★ Shakshuka Noel
	OR	OR	OR	OR	OR	OR	OR
	<a href="#">Banana Cashew Latte Shakeology</a>	<a href="#">Banana Cashew Latte Shakeology</a>	<a href="#">Banana Cashew Latte Shakeology</a>	<a href="#">Banana Cashew Latte Shakeology</a>	<a href="#">Banana Cashew Latte Shakeology</a>	<a href="#">Banana Cashew Latte Shakeology</a>	<a href="#">Banana Cashew Latte Shakeology</a>
LUNCH	★ Cranberry Turkey Sweet Potato Sandwich	<a href="#">Spaghetti Squash with Tomatoes and Mushrooms</a>	★ Sweet and Savory Slow Cooker Turkey + Cooked Brown Rice	2B Open-Faced Avocado Burger and Turnip Fries	☀️ Jamaican Coconut Shrimp and Cauliflower Rice + Pineapple	★ Thanksgiving Turkey & Stuffing Lettuce Wraps + Whole-Grain Tortilla	2B Overloaded Baked Sweet Potato
		TOPPED WITH Shredded Rotisserie Chicken Breast and Cannellini Beans		TIP: Use the same type of patty (beef or veggie) you had yesterday to simplify shopping and cooking.		TIP: Chop up the Bibb lettuce, place the filling in a large (6-inch) whole-grain tortilla, and top with the chopped lettuce.	
DINNER	<a href="#">Spaghetti Squash with Tomatoes and Mushrooms</a>	★ Sweet and Savory Slow Cooker Turkey	Beef or Veggie Burger Patty + ★ Celery Root Stuffing	<a href="#">Spaghetti Squash with Tomatoes and Mushrooms</a> + Grilled Salmon	★ Thanksgiving Turkey & Stuffing Lettuce Wraps	2B Honey Mustard Salmon with Roasted Veggies	☀️ Jamaican Coconut Shrimp and Cauliflower Rice
	TOPPED WITH Shredded Rotisserie Chicken Breast		TIP: Cut the stuffing recipe in half to make only 2 servings. Eat one now and save the other for the Thanksgiving Turkey & Stuffing Lettuce Wraps on Friday and Saturday.			TIP: Cut the recipe in half to make only 1 serving.	

### ICONS:

★ Holiday Recipes

☀️ Summer 2019 Recipes

2B 2B Mindset Recipe Book

[Beachbody Blog](#)

## GROCERY LIST

# PRODUCE

- 1 bunch asparagus (½ pound; approx. 15 spears)
- 1 medium avocado
- 4 fresh basil leaves
- 1 lb. mini bell peppers (assorted colors)
- 1 head of Bibb lettuce or package with at least 8 large leaves
- 1 (8-oz.) bag broccoli slaw (approx. 2 cups)
- 1 bunch carrots
- 1 (9-oz.) bag fresh (or frozen) cauliflower rice (approx. 3 cups)
- 1 bunch celery
- 1 bulb celery root
- 1 container cherry tomatoes
- 1 bunch fresh cilantro
- 1 bulb fennel
- 1 fresh lime (optional)
- 1 garlic bulb
- 1 large green bell pepper
- 1 bunch green onion
- fresh lemon juice (or 1 lemon) (optional)
- 1 (3-oz.) package sliced mushrooms
- 3 medium onions
- fresh parsley (optional)
- 1 small pear
- 1 pineapple (or ½ cup pre-cut chunks)
- 1 small bag fresh arugula
- 1 (10-oz.) bag baby spinach
- 1 medium spaghetti squash (approx. 3 lbs.)
- 2 large sweet potatoes
- 2 large turnip
- if you choose to have  
**Banana Cashew Latte Shakeology**  
for breakfast every day:
- 4 large bananas
- if you choose to have  
**Apple Pie Parfait Bowl**  
for your weekday breakfasts:
- 3 medium apples
- if you choose to have  
**Shakshuka Noel**  
for your weekend breakfasts:
- 2 large red bell peppers
- 1 bunch fresh parsley
- 1 bunch Swiss chard (or 1 (5-oz.) bag)

GROCERY LIST

PROTEIN AND DAIRY

- 2 (4-oz. each) raw (or frozen) lean ground beef (or veggie burger) patty
- 1 container shredded Parmesan cheese
- 2 rotisserie chickens (or 10-oz. cooked boneless, skinless chicken breast)
- 12 oz. fresh (or frozen) wild salmon
- 24 raw medium shrimp, peeled and deveined
- 1 (3-oz.) package soft goat cheese
- ¾ lb. sliced cooked turkey breast
- ½ lb. raw, skinless turkey breast
- 6 oz. ground turkey (93% lean) breast

if you choose to have  
**Apple Pie Parfait Bowl**  
 for your weekday breakfasts:

- 1 (32-oz.) tub reduced-fat (2%) plain Greek yogurt

if you choose to have  
**Shakshuka Noel**  
 for your weekend breakfasts:

- 1 container crumbled feta cheese
- ½ dozen large eggs

DRY AND PACKAGED FOODS

- 1 package whole-grain tortillas (6–8 inch)
- 1 package whole-grain hamburger buns (or 1 bun from the bakery)
- 1 bag dry brown rice (or approx. 3–4 Tbsp. from the bulk bins) (or ½ cup precooked)
- 1 can lite coconut milk
- 1 (15-oz.) can cannellini beans
- 1 bag unsalted cashews (or approx. 2 Tbsp. from the bulk bins)
- 1 bag flax seeds (or approx. 1 Tbsp. from the bulk bins)
- 1 jar fresh tomato salsa (optional)
- 1 small can tomato sauce (all-natural, no added salt)
- 1 package unsweetened shredded coconut

- 1 small can whole cranberry sauce

if you choose to have  
**Banana Cashew Latte Shakeology**  
 for your breakfasts every day:

- 1 (½ gallon; 64 fl. oz.) carton unsweetened almond milk
- 1 small container dry rolled oats (or approx. 1 cup from the bulk bins)
- 1 package unsalted cashews (or approx. ½ cup from the bulk bins)

if you choose to have  
**Apple Pie Parfait Bowl**  
 for your weekday breakfasts:

- 1 bag chopped or whole unsalted pecans (or approx. ½ cup from the bulk bins)

- 1 box high-fiber cereal

if you choose to have  
**Shakshuka Noel**  
 for your weekend breakfasts:

- 1 loaf whole-grain bread

## GROCERY LIST

### PANTRY

- ground black pepper
- extra-virgin organic coconut oil
- Dijon mustard
- garlic powder
- honey
- mild Jamaican jerk seasoning
- olive oil cooking spray
- olive oil
- parchment paper
- pumpkin pie spice (optional)
- red wine vinegar
- dried rosemary
- dried sage
- sea salt (or Himalayan salt)
- dried tarragon

- dried thyme
- white wine
- water

if you choose to have  
**Banana Cashew Latte Shakeology**  
for your breakfasts every day:

- 1 bag of ice (or 7 cups made in your freezer)
- ground nutmeg

if you choose to have  
**Apple Pie Parfait Bowl**  
for your weekday breakfasts:

- cinnamon

if you choose to have  
**Shakshuka Noel**  
for weekend breakfasts:

- ground cumin

### SHAKEOLOGY

if you choose to have  
**Banana Cashew Latte Shakeology**  
for your breakfasts every day:

- 7 packets (or 7 scoops) of Café Latte Whey or Café Latte Plant-Based Vegan Shakeology