

WORK HARD. EAT RIGHT. **GET RESULTS.** IT'S THAT EASY.

BEACHBODY'S NUTRITIONAL MISSION

At Beachbody®, we strive to offer life-changing nutrition, backed by science and experience. We help people live healthier, more fulfilling lives through lasting behavior change. We help you lose weight, achieve fitness goals, and build healthy habits for life by fostering positive relationships with food.

We help you be the person you want to be.

Ever since the launch of Power 90® in 2000, our fitness programs have always included nutritional guidance. As nutrition research has evolved, so have our offerings—but our method remains the same. Everything we do is supported by proven and reliable science, not fads, and will never compromise long-term wellness for short-term weight loss or fitness gains.

We encourage a balanced diet that emphasizes clean protein, vegetables, fruit, whole grains, healthy fats, fiber, and proper hydration. We take a whole-foods approach to eating, backed by powerful supplements that help feed your body the additional nutrients it often needs so you can feel amazing, perform better, lose weight, and begin your journey into a lifetime of health and wellness.

Fitness regimens are a powerful part of achieving your wellness goals—but the foundation of your transformation will be built in the kitchen. Seriously, it's worth the effort to plan ahead!

WHAT YOU'LL FIND IN THIS GUIDE

We know how hard it can be to commit to change. Luckily, the information you'll find in this guide will make it easier. We'll show you products and nutrition plans that are the culmination of 20 years of helping people lead happy, healthy, and fulfilling lives. From Shakeology® to Beachbody Performance®, from Ultimate Portion Fix® to 2B Mindset®, you're about to discover a huge variety of effective solutions.

The first part of the guide is devoted to our product catalog. It shows you All Things Beachbody Nutrition, including our many products and programs, along with basic information on how they can help you achieve lasting results.

The second part of the guide offers a few guidelines to get you on the road to eating right. This includes calorie recommendations; easy-to-understand nutrition tips; and over 60 delicious breakfast, lunch, dinner, snack, and Shakeology recipes that you can use on your own or integrate into either of our more comprehensive nutrition programs, 2B Mindset and Ultimate Portion Fix.

There's a lot of information in here. Don't feel like you need to absorb it all at once. Pick a few things that interest you and contact your Team Beachbody® Coach for more information. Together, you can come up with a strategy that's perfect for you and your goals.

You've already decided and committed to this positive change. Now comes the fun part: succeeding.

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PART ONE: BEACHBODY NUTRITION

Here are the many nutritional products and nutrition programs we offer to help you get the results you deserve.

OUR SIX BASIC PRINCIPLES

Eat the right proteins.

Give your body the protein it needs. Chances are, you're getting enough protein, but maybe not eating the right kinds of protein at the right times. Well-timed protein—about 20 grams per meal—is crucial for energy levels, appetite control, muscle building, and muscle recovery.

Eat plenty of fiber.

Fiber is critical for healthy digestion, but it's also your feel-better, fit-into-your-jeans secret weapon. In fact, it's one of the most important nutrients your body needs for overall health and longevity. And this might explain some things: Most Americans get only half the recommended daily dose! Aim for 25–30 grams per day.

Choose smart sources of energy.

You want to be at the top of your game all day, every day, which means keeping your energy level up is essential. In today's hectic, hustle-hard culture, it's easy to fall into habits that deplete you, like propping yourself up with sugary snacks and drinks. Smart, high-fiber carbohydrates, targeted vitamins and nutrients, and low doses of caffeine from wholesome sources like tea help give you the calm focus and extra energy to power through the day, crash-free.

Seek out superfoods.

A diverse diet, full of vitamins, minerals, and phytonutrients, is the key to strength and longevity. Most of us are lacking on that front, choosing foods low in these important nutrients while avoiding fruits and veggies, whole grains and seeds, and other healthy choices. If you want to make a big improvement in your nutrition—start to incorporate superfoods.

Stay hydrated.

This is a big one: Health begins with hydration. Every cell, tissue, and organ in your body needs water to function. Water helps carry nutrients to your cells, lubricate joints, maintain supple skin, help the heart pump blood more easily, and keep muscles working efficiently. And being dehydrated by even 2% can reduce exercise performance.

Eat healthy fats.

Not all fats are the same. But most of us eat too much of the wrong kinds. Getting the right kinds of fat (we call them "healthy fats") in the right amounts is an important part of a healthy diet, and can actually help you stay full for longer—which helps support weight loss. Eating more monounsaturated fat, found in avocados, olive oil, and some nuts; and omega-3 fatty acids, found in flaxseed, chia, and fatty fish, is great for your heart and overall health.

Don't worry. We'll go into more detail later.

our nutritional products

Beachbody's nutritional products are designed to help nourish your body, fuel your workouts, and help you perform your best so you reach your goals faster. Our superfood shakes, delicious and nutritious snacks, and scientifically backed performance supplements put you on a transformative path to the results you deserve.

Our Six Basic Principles play a vital role in the creation of our nutritional products.

SHAKEOLOGY

We've heard of reserve wine, craft brew "high fashion." If there were such a distinction for a premium, super-healthy shake, Shakeology would be it.

Here's why: It's not only insanely delicious to drink, but Shakeology's all-in-one, whole-food formula delivers the superfood nutrients you need more of. It's the simple daily upgrade that powers your workouts and your health.*

Carefully crafted with powerful greens, superfruits, digestive enzymes, prebiotics, probiotics, adaptogens, fiber, antioxidants, phytonutrients, vitamins, and minerals, Shakeology is delicious, essential nutrition that helps support healthy digestion and energy levels, and is clinically tested to reduce cravings.*

It's the catalyst that helps break unhealthy habits by forging a powerful new one, and feeds your body what it needs.

- 16–17 grams of protein for muscle support and recovery, and to help reduce hunger*
- Superfoods, power greens, phytonutrients, vitamins, and minerals to help you feel and be your best*
- Adaptogen herbs and mushrooms, traditionally used to help people adapt to and respond to the effects of stress*
- Fiber, pre- and probiotics, and digestive enzymes help support healthy digestion and regularity*
- Fiber for regularity and cardiovascular health*







SO GOOD, YOU'D NEVER KNOW ALL THESE SUPERFOODS AND HERBS ARE IN EACH GLASS OF SHAKEOLOGY

BEACHBODY PERFORMANCE

You're working out for results. We realized the right supplements really do make a difference.

When we set out to revolutionize performance nutrition, we did the research. We know what really works—and what doesn't. Beachbody helps you achieve tremendous results. And now we've proven it.

Developed by leading authorities in cutting-edge sports science and performance nutrition research, it's an all-in-one system of powerful supplements designed to help you get more from each workout and recover faster. How? Our products are formulated with key ingredients at clinically effective levels scientifically shown to help you have more energy and endurance, better focus and reaction time, less exercise-induced muscle soreness, and faster recovery times.*

These five powerful supplements can be combined in different ways, or "stacked," to suit your goals and needs:



PRE-WORKOUT ENERGIZE — Helps give you the energy and endurance to get the most out of your workout and help improve exercise performance.*



DURING-WORKOUT HYDRATE — Supports optimal hydration with more electrolytes per ounce than other leading brands.*



POST-WORKOUT RECOVER — Helps speed muscle recovery and reduce exercise-induced muscle soreness.*



ANYTIME RECHARGE — Helps promote muscle growth and can also help ease workout-related soreness.*



ANYTIME CREATINE — Helps enhance muscle strength, mass, and power, and improve high-intensity exercise performance.*



YOU PUSH YOURSELF FURTHER BY FEEDING YOUR BODY BETTER

SHAKEOLOGY BOOSTS

Shakeology is the daily nutritional foundation everyone needs. Shakeology Boosts let you personalize your nutrition with an extra dose of targeted ingredients for your unique needs.

3 Shakeology Boosts, incredibly well formulated:

- Focused Energy Boost If you're looking for an effective pick-me-up, then this boost is for you. This unique formula is designed to give you a wholesome boost of energy—both for your mind and body. So not only will it help you feel more energized, it also supports mental clarity, alertness, and focus.*
- Power Greens Boost You can always use more greens, whether you're a kale aficionado or not. Unfortunately, today's average diet does not usually meet the daily recommended amount of veggies. The more you eat, the more benefits you reap. With the equivalent of 1 cup of green vegetables (volume before drying) in every scoop, it gets you closer to your 5 a day, or helps you surpass it.*
- **Digestive Health Boost** Meeting your daily fiber requirement can be tricky, but it's one of the best things you can do for your health—and your waistline. Getting enough fiber keeps you regular, sure, but it can also help you feel fuller, improve your gut health, and support healthy weight loss. One scoop delivers 7 g of soluble and insoluble fiber, as well as omega-3 from ALA to help support heart health too.*



BEACHBAR

BEACHBAR® isn't your typical sugar-loaded, carb-heavy snack bar. BEACHBAR satisfies cravings for a sweet treat between meals with real, wholesome ingredients you can feel good about. Delicious and nutritious, it's the sweet treat that helps keep you energized.

At 150 calories per bar, you get 9–10 grams of protein, 4 grams of fiber, and 6 grams of sugar. BEACHBAR is the perfect on-the-go snack to help keep you going until your next meal, with a nutritional profile that's superior to other snack bars. That means more protein and fiber to help keep you satisfied for longer. Each bar is gluten-free, has 0 grams trans fats, and contains no artificial colors, flavors, or preservatives.

BEACHBAR comes in Peanut Butter Chocolate, Chocolate Cherry Almond, and Chocolate Almond Crunch, three decadent flavors made with nut pieces, nut butters, protein crisps, and topped with a ribbon of chocolate. Our newest bar, Chocolate Almond Crunch, is also our first plant-based BEACHBAR containing a vegan formula made with pea protein crisps. Snack better with BEACHBAR. Your taste buds will thank you.



GOOD HEALTH IS MORE THAN SKIN DEEP

Beginning in your 20s, your body's natural collagen production begins to decline, leading to more lines, duller skin, and weaker nails. Beachbody Collagen Boost™ features a patented ingredient, scientifically shown to help stimulate the body's own collagen production, and increase skin elasticity. It also helps reduce the appearance of wrinkles, and support healthy nails.* With just one unflavored scoop added to your favorite beverage once a day, Collagen Boost starts working in as little as 30 days.

These patented, optimized bioactive collagen peptides provide beauty benefits. They can help:

- Increase skin elasticity*
- Reduce the appearance of wrinkles*
- Support healthy nails*
- Provide clinically studied results in as little as 30 days
- Work in one small 2.5g serving, up to eight times more concentrated than other collagen powders

See how beautiful, glowing skin and nails come from within.



DAILY SUNSHINE

How often do you struggle to find wholesome foods your kids will actually eat? It can be tough considering so many "healthy" snacks are filled with sugar, salt, and saturated fat. That, and your kids are determined to live off cheese and bread alone.

That's why we created Daily Sunshine®, a premium 3-in-1 smoothie made for picky kids—and pickier parents. Daily Sunshine tastes like a treat while delivering the nutrition kids need.

Made with organic fruits and vegetables, plant-based protein and healthy fats, Daily Sunshine gives kids the exact nutrients they need—the equivalent of I full serving of fruits and veggies,[‡] 10 grams of protein, ALA omega-3 fatty acids, vitamins, and antioxidants. Daily Sunshine contains no artificial flavors, sweeteners, or preservatives so you know it's got all of the good stuff and none of the bad.

And best of all: Daily Sunshine comes in 2 kid-approved flavors (strawberry-banana and chocolate) so you know they'll love it.



[‡]Concentrated powder equivalent to 1 full serving of fruits and vegetables (volume before drying).

Certain Beachbody supplements may not be available in your market.

out nutrition programs

Our immersive nutrition and weight-loss programs offer a personalized approach tailored to each person's individual tastes, needs, goals, and lifestyle. Whether you are struggling to break a lifetime junk-food habit or lose a few pounds, it is our mission to provide solutions for long-lasting change.

Choosing any one of these programs assures that you're satisfying Beachbody's Six Basic Principles.



Weight loss is a numbers game. Calories in less than calories out. Nutrition expert Autumn Calabrese takes the guesswork and emotions out of losing weight with Ultimate

Portion Fix, a simple portion-control program that lets you eat what you want without counting numbers or calories. If it fits into the color-coded containers, you can eat it. No deprivation, no food scales, no doing math over a bowl of spaghetti. Her 30-day video-based program shows you how to create satisfying meals for your whole family, swap out processed foods, and help you kick sugar to the curb. She'll also help you understand why you eat the way you do, and how to separate emotions from food so you can lose weight while still enjoying the foods you love.







JUMP-START YOUR TRANSFORMATION

Sometimes you need help bouncing back from an indulgent weekend, vacation, or holiday—the one that left you feeling puffy, bloated, and sluggish. The **3-Day Refresh**® can help you cleanse and lose a few pounds so you can get back on-track and feel your best. Plantbased, antioxidant-rich foods, specially formulated supplements, and delicious, easy-to-make



clean meals are designed to help you break the cycle of bad habits and lose weight while improving the way you feel in three short days. The best part? You get all the benefits of a gentle cleanse without giving up food.

Beachbody Ultimate Reset® is more than just a cleanse. It's a 21-day process of eliminating certain foods and toxins from your diet, cleaning up your system, relaxing the nervous system, removing coffee, and providing antioxidant support for the immune system.* It's not designed to be easy. It's designed to work. You'll learn to shop for, prepare, and enjoy healthy, nutritious meals as you follow a carefully designed eating plan and supplement program. After just 21 days, the Beachbody Ultimate Reset can help you feel dramatically better, stronger, and healthier—physically, mentally, and emotionally.*



PART TWO: ADDITIONAL TOOLS

Now that we've shown you what Beachbody has to offer, here are a few tools—including a calorie recommender, delicious recipes, hydration strategies, and other tips—to get you started in the right direction.

CALORIE RECOMMENDER

HOW IT WORKS

All you need to do is find your approximate calorie level using these charts.

Once you've found your level, satisfy those calories with a balanced diet full of fresh vegetables and fruits, clean proteins, whole grains, healthy fats—and Shakeology every day to give your body the nutrition it craves.

If you'd like a little more guidance, plan your breakfasts, lunches, dinners, and snacks using the healthy, easy-to-prepare recipes you'll find starting on page 21 of this guide. And starting on page 91, you'll find additional tips setting yourself up for success, including how to handle water, tea, and coffee; meal planning and shopping strategies; and what to do if you're not getting the results you want.

But if you want to take a deeper dive into your nutrition to get the best results, we recommend you check out 2B Mindset or Ultimate Portion Fix.

FIND YOUR CALORIE LEVEL IN 4 STEPS

- Decide your goal: Lose Weight, Maintain Weight, or Build Mass and choose the corresponding chart on the next page.
- 2 Find the fitness level of your workouts: Beginner to Intermediate or Intermediate to Advanced.
- 3 Scroll down until you find the weight range that matches your current weight.
- 4 That's how many calories to eat each day.

You'll find the fitness level of your workout listed on its Beachbody On Demand program tile. If you're doing a mix of workouts, choose the level you'll be doing the majority of the time.

For example, let's say you're 200 pounds and you want to lose weight using an intermediate level program. If you use the Lose Weight chart at the 196–222.9 pounds level, under Beginner to Intermediate, you'll find that you should be eating about 1,800 calories per day.

GOAL	WEICHT	WORKOUT PROC	GRAM INTENSITY
GOAL	WEIGHT	BEGINNER TO INTERMEDIATE	INTERMEDIATE TO ADVANCED
	168.9 or less	at least 1,200 calories	at least 1,500 calories
E	169–195.9	about 1,500 calories	about 1,800 calories
X	196–222.9	about 1,800 calories	about 2,100 calories
OSE WEIGHT	223–240.9	about 2,100 calories	about 2,400 calories
	241 or more	about 2,300 calories	about 2,600 calories
눞	127.9 or less	about 1,500 calories	about 1,800 calories
MAINTAIN WEIGHT	128-154.9	about 1,800 calories	about 2,100 calories
Z	155–172.9	about 2,100 calories	about 2,400 calories
T N	173–190.9	about 2,300 calories	about 2,600 calories
Σ	191 or more	about 2,500 calories	about 2,800 calories
	121.9 or less	about 1,800 calories	about 2,100 calories
S	122–139.9	about 2,100 calories	about 2,400 calories
MAS	140–158.9	about 2,300 calories	about 2,600 calories
BUILD MASS	159–185.9	about 2,500 calories	about 2,800 calories
M	186–212.9	about 2,800 calories	about 3,100 calories
	213 or more	about 3,100 calories	about 3,400 calories





If you're doing a premium Beachbody nutrition program, stick with it! For Ultimate Portion Fix, make sure to align your eating by watching Video 10: Finding Your Calorie Bracket and doing the calculation that corresponds to your activity level. For 2B Mindset, refer to "2B Mindset & Exercise" PDF under the Resources tab of the 2B Mindset program. You'll find these great resources—and more—at Beachbody On Demand.

RECIPES

Loving what you eat starts with loving what you make to eat. That's why all of our recipes are simple, satisfying, and delicious. After all, better ingredients make for better, more healthful meals. Since your nutrition should be tailored to your tastes, preferences, and goals, we've added helpful symbols after the recipe titles to help you find the meals you'll most enjoy. Here's what they mean:

- F High
 - High in Fiber
- GF
- Gluten-Free
- ND
- No Dairy (recipe is not made with dairy ingredients)
- P High in Protein
- Quick 'n' Easy
- V Vegar
- VG Lacto-Ovo Vegetarian

All nutritional information provided in this guide is estimated based on the individual recipes. Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

There are 2B Mindset Plate It! guidelines and Ultimate Portion Fix container equivalents listed after each recipe.



If you're doing 2B Mindset, the Plate It instructions explain how the recipe can fit into one of your meals.



If you're doing Ultimate Portion Fix, the number after each colored square indicates how many containers are in one serving of the recipe.

breakfast recipes

We can't stress enough how important it is to start your day on the right foot with the right nutrition. Even if your goal is to lose weight, you've got to give your body what it needs to stay satiated and energized throughout the day. That starts with breakfast. These recipes give you lots of delicious and easy options. The best part? They're all healthfully satisfying.

Shakeology can be part of a healthy breakfast, so for more great morning meal ideas, see the Shakeology recipes starting on page 80.



Greek Yogurt Breakfast Parfait

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

P QE

½ cup unsweetened high-fiber cereal, divided use ¾ cup reduced-fat (2%) plain Greek yogurt, divided use

1 tsp. honey, divided use

1 cup fresh mixed berries (like blackberries, blueberries, and raspberries), divided use

2 Tbsp. hemp seeds

1. Layer ¼ cup cereal, ¼ cup + 2 Tbsp. yogurt, ½ tsp. honey, and ½ cup berries in a tall glass (or bowl); repeat layer.

2. Top with seeds; serve immediately.

Nutritional Information (per serving):

Calories:	392	Cholesterol: 9 mg	Fiber: 18	} g
Total Fat:	11 g	Sodium: 137 mg	Sugars: 28	} g
Saturated Fat	4 σ	Carbohydrates: 56 g	Protein: 27	<i>γ</i> σ









MINDSET A great breakfast option.



Strawberry Protein Overnight Oats

(Makes 1 serving) F P VG

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

½ cup dry rolled oats

1 pinch sea salt (or Himalayan salt)1 scoop Strawberry Whey Shakeology

1 Tbsp. chia seeds

1 cup unsweetened almond milk, divided use

½ cup sliced strawberries

1. Combine oats, salt, Shakeology, and chia seeds in a medium bowl; mix well.

2. Add ¾ cup almond milk; mix well. Soak, covered, in the refrigerator overnight.

3. In the morning, top with remaining ½ cup of almond milk and strawberries; serve immediately.

Tip: This delicious breakfast can also be made in a one-pint Mason jar.

Nutritional Information (per serving):

Calories:	412	Cholesterol: 5 mg	Fiber: 15 g
Total Fat:	ll g	Sodium: 640 mg	Sugars: 11 g
Saturated Fat:	lσ	Carbohydrates: 54 g	Protein: 26 g











2B Mindset Plate It!

MINDSET This recipe makes a great breakfast.





Breakfast Salad

GF ND

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

3 cups chopped kale

1/2 medium red onion, chopped 2 medium tomatoes, chopped 2 Tbsp. toasted sunflower seeds 2 slices cooked turkey bacon, chopped

Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)

all-natural vinaigrette salad dressing (your flavor choice) 2 Tbsp.

1/2 ripe medium avocado, thinly sliced soft-boiled large eggs, peeled, cut in half 3

- 1. Combine kale, onion, tomatoes, sunflower seeds, and turkey bacon in a large serving bowl; toss gently to blend.
- 2. Season with salt and pepper (if desired).
- 3. Drizzle with salad dressing; toss gently to blend.
- 4. Top salad with avocado and eggs.

Nutritional Information (per serving):

Calories:	398	Cholesterol: 292 mg	Fiber: 10 g
Total Fat:	28 g	Sodium: 520 mg	Sugars: 8 g
Saturated Fat:	6 g	Carbohydrates: 24 g	Protein: 20 g



Container Equivalents











2B Mindset Plate It!

Add an FFC to make it a breakfast or makes a great dinner as is.



Breakfast Sandwich with Canadian Bacon

Total Time: 16 min. Prep Time: 10 min. Cooking Time: 6 min.

large eggs, lightly beaten reduced-fat (2%) milk 2 Tbsp.

1 tsp. olive oil raw spinach 1 cup

¼ tsp. ground black pepper

low-sodium sprouted whole-grain bread, toasted 1 slice reduced-sodium Canadian bacon (approx. 1 oz.), warm 2 slices

1 slice Swiss cheese (approx. 1 oz.)

- 1. Combine eggs and milk in a medium bowl; whisk to blend. Set aside.
- 2. Heat oil in small nonstick skillet over medium-high heat.
- 3. Add spinach; cook, stirring frequently, for 2 to 3 minutes, or until wilted. Remove from pan.
- 4. Add eggs to same pan. Season with pepper; cook, over medium-low heat, stirring occasionally, for 3 to 4 minutes, or until set.
- 5. Top toasted bread with Canadian bacon, spinach, eggs, and cheese.

Nutritional Information (per serving):

Calories:	412	Cholesterol: 416 mg	Fiber:	4 g
Total Fat:	24 g	Sodium: 258 mg	Sugars:	l g
Saturated Fat:	9 σ	Carbohydrates: 19 g	Protein [.]	31 g















2B Mindset Plate It!

MINDSET A great breakfast option.





Cashew and Oat Waffles



Total Time: 28 min. Prep Time: 10 min. Cooking Time: 18 min.

dry rolled oats 2 cups ½ cup unsalted cashews

¼ tsp. sea salt (or Himalayan salt)

extra-virgin organic coconut oil, melted 1 Tbsp.

1¼ cups water

pure vanilla extract l tsp. Nonstick cooking spray 3 cups fresh mixed berries

2 Tbsp. pure maple syrup (or honey) reduced-fat (2%) plain yogurt 4½ cups

3 large bananas, sliced

- 1. Preheat waffle iron.
- 2. Place oats, cashews, and salt in food processor or blender; pulse until coarsely ground.
- 3. Add oil, water, and extract; pulse until well blended. Batter will be thick, but if it is as thick as paste add 2 to 3 Tbsp. of water.
- 4. Lightly coat waffle iron with spray. Pour $\frac{1}{2}$ cup of batter into waffle iron; cook for about 2 to 3 minutes, or until waffle iron indicates waffle is cooked, or until waffle is cooked through. Repeat with remaining batter.
- 5. While waffles are cooking, combine berries and maple syrup in a medium bowl. Slightly mash berries to release some juice.
- 6. Serve waffles topped evenly with berry mixture.
- 7. Serve each waffle with $\frac{3}{4}$ cup yogurt topped with $\frac{1}{2}$ banana.

Tip: Waffles can be wrapped individually and stored in the refrigerator for 3 to 4 days (or in the freezer). Reheat them in the toaster.

Nutritional Information (per serving):

Calories:	424	Cholesterol: 9 mg	Fiber: 7 g
Total Fat:	12 g	Sodium: 110 mg	Sugars: 28 g
Saturated Fat:	5 g	Carbohydrates: 58 g	Protein: 24 g



Container Equivalents







2B Mindset Plate It! MINDSET A great breakfast option.



Fruity Whole-Grain Breakfast Porridge



Total Time: 9 hr. 15	min. Prep Time: 15 min.	Cooking Time: 9 hr.
½ cup ½ cup ½ cup ½ cup 1 1 (2-inch) slice 2 Tbsp. ½ tsp. ½ cup ¼ cup ½ cup 6 cups 1 cup 4 cups 4	dry steel-cut oats dry wild rice dry quinoa dry pearl barley (or dry farro) cinnamon stick dry orange peel pure maple syrup sea salt (or Himalayan salt) chopped dried apricots (or dried cherries, dried apples, or rais unsweetened dried cranberries water chopped unsalted walnuts (or almonds, pecans, or cashews) unsweetened almond milk large pears, chopped	ins)

- 1. Place oats, wild rice, quinoa, barley, cinnamon stick, orange peel, maple syrup, salt, apricots, cranberries, and water in a 3-quart slow cooker. Cook, covered, on low temperature for 7 to 9 hours, stirring once or twice if you are up.
- 2. Before serving, mix well. Serve each portion topped with 2 Tbsp. walnuts, ½ cup almond milk, and ½ pear.

Tips:

- This porridge can be cooked on high for 3 to 4 hours, or until oats are tender-crisp.
- Honey can be substituted for maple syrup. Using honey will change this recipe from vegan to vegetarian.

Nutritional Information (per serving):

Calories:	377	Cholesterol: 0 mg	Fiber: 10 g
Total Fat:	13 g	Sodium: 243 mg	Sugars: 19 g
Saturated Fat:	lg	Carbohydrates: 60 g	Protein: 9 g



Container Equivalents











2B Mindset Plate It!

MINDSET Makes a great FFC as part of breakfast.





Mexican Tofu Breakfast Scramble

ND P

Total Time: 25 min. Prep Time: 15 min. Cooking Time: 10 min.

1 tsp. olive oil

1/2 onion, finely chopped

1/2 medium green bell pepper, finely chopped 1/2 medium red bell pepper, finely chopped ¼ tsp. ground coriander

¼ tsp. ground cumin 1 dash ground turmeric 1 cup cooked black beans

extra-firm organic tofu, drained, mashed 7 oz.

finely chopped fresh cilantro 2 Tbsp.

¼ cup fresh tomato salsa

1/2 medium tomato, chopped medium avocado, chopped 1/2 2 slices whole-grain bread, toasted

small apple, sliced 1

- 1. Heat oil in nonstick skillet over medium-high heat.
- 2. Add onion and bell peppers; cook, stirring frequently, for 4 to 6 minutes, or until onion is translucent.
- 3. Add coriander, cumin, turmeric, black beans, and tofu; cook, stirring frequently, for 3 to 4 minutes, or until heated through.
- 4. Divide tofu mixture between two serving plates. Top evenly with cilantro, salsa, tomato, and avocado.
- 5. Add I slice toast and ½ apple to each plate; serve immediately.

Nutritional Information (per serving):

Calories:	407	Cholesterol: 0 mg	Fiber: 18 g
Total Fat:	ll g	Sodium: 910 mg	Sugars: 16 g
Saturated Fat	lσ	Carbohydrates: 61 g	Protein 21 g



Container Equivalents







2B Mindset Plate It! MINDSET A great breakfast option.



Pumpkin Pancakes



Total Time: 2	25 min.	Prep Time: 15 min.	Cooking Time: 10 min.
2 cups ½ cup 4 2 tsp. 2 tsp.	pure pumpkin puree unsweetened almond milk large eggs pure vanilla extract finely chopped orange peel	l tsp. ¾ tsp. 2 tsp. 2 Tbsp.	ground cinnamon ground cloves baking powder, gluten-free Nonstick cooking spray pure maple syrup, warm
¹¼ cups	(orange zest) dry quick-cooking oats	3	medium oranges, peeled, sliced

- 1. Combine pumpkin, almond milk, eggs, extract, and orange peel in a medium bowl; whisk to blend. Set aside.
- 2. Combine oats, cinnamon, cloves, and baking powder in a medium bowl; mix well.
- 3. Add oat mixture to pumpkin mixture; mix until just blended.
- 4. Heat large nonstick skillet lightly coated with spray over medium heat. Ladle about ¼ cup batter for each pancake; cook for 2 to 3 minutes, or until bubbles form on top. Flip. Cook for 90 seconds, or until golden brown and cooked through. Repeat with remaining batter.
- 5. Place four pancakes on each serving plate and drizzle with 2 tsp. syrup.
- 6. Add one orange to each plate.

Tips:

- Leftover pancakes can be individually wrapped in aluminum foil (or plastic wrap) and stored in the refrigerator for up to 4 days (or in the freezer for up to 3 months).
- Leftover (thawed) pancakes can be reheated in the toaster.

Variation: To make a vegan version of this recipe substitute flax eggs for eggs. To make 4 flax eggs, combine 4 Tbsp. ground flaxseed (or chia seeds) (measure after grinding) with ¾ cup water; mix well. Refrigerate for 15 minutes, or until flax eggs are a sticky egg-like consistency.

Nutritional Information (per serving):

Calories:	395	Cholesterol: 244 mg	Fiber:	14 g
Total Fat:	10 g	Sodium: 247 mg	Sugars:	28 g
Saturated Fat:	2 g	Carbohydrates: 62 g	Protein:	16 g



Container Equivalents









2B Mindset Plate It!

Add a small side of protein to make a great breakfast.





Simple Breakfast

1/2

ND P QE VG Total Time: 5 min. Prep Time: 5 min. Cooking Time: None 2 hard-boiled large eggs 1 medium tomato, sliced 1 slice whole-grain bread, toasted

1. Place eggs, tomato, toast, avocado, and pear on a plate; serve immediately.

medium ripe avocado

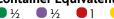
large pear, sliced

Nutritional Information (per serving):

Calories:	391	Cholesterol: 372 mg	Fiber:	ll g
Total Fat:	18 g	Sodium: 153 mg	Sugars:	15 g
Saturated Fat	4 σ	Carbohydrates: 42 g	Protein [.]	19 g



Container Equivalents







2B Mindset Plate It! MINDSET A great breakfast option.



Vegetarian Eggs Benedict

Total Time: 37 min. Prep Time: 10 min. Cooking Time: 27 min. olive oil 2 whole-grain English muffins, l tsp. 1¾ cups sliced mushrooms split, toasted asparagus tips (1-inch pieces) ¼ cup Healthy Hollandaise Sauce 1 cup (see separate recipe for 2 cups fresh lemon juice Healthy Hollandaise Sauce) 2 tsp. (or white vinegar) finely chopped fresh parsley 1 tsp. 4 (for garnish; optional) large eggs

- 1. Heat oil in large nonstick skillet over medium-high heat.
- 2. Add mushrooms; cook, stirring frequently, for 5 to 6 minutes or until mushrooms release liquid.
- 3. Add asparagus; cook, stirring frequently, for 4 to 5 minutes, or until tender-crisp. Remove from heat. Set aside.
- 4. Place water in medium saucepan and bring to a boil over medium-high heat. Add lemon juice; reduce heat to maintain a gentle boil.
- 5. Break two eggs into a small bowl. Hold bowl close to the water's surface and slip the eggs, one by one, into the water. Cook until whites are completely set and yolks begin to thicken, about 5 minutes. Gently lift eggs out of water; keep warm. Repeat, cooking two eggs at a time.
- 6. Place English muffins on a serving plate. Evenly top each muffin half with mushroom mixture, an egg, and Hollandaise Sauce. Garnish with parsley (if desired); serve immediately.

Variations:

Avocado – Add ¼ avocado. Make sure you add ½ ■ container equivalent for each serving. **Portobello Mushroom** – Substitute 2 grilled portobello mushrooms for English muffin. Add ½ ■ container equivalent and eliminate 1 ■ per serving.

Roasted Red Bell Pepper – Substitute $\frac{1}{2}$ cup roasted red peppers for either mushrooms or asparagus. **Spinach** – Substitute 3 cups raw spinach for either mushrooms or asparagus.

Tomato – Substitute 6 slices of tomato for either mushrooms or asparagus.

Nutritional Information (per serving):

Calories:	425	Cholesterol: 447 mg	Fiber: 8 g
Total Fat:	20 g	Sodium: 454 mg	Sugars: 4 g
Saturated Fat:	7 g	Carbohydrates: 36 g	Protein: 26 g



Container Equivalents







2B Mindset Plate It!
A great breakfast option.





Healthy Hollandaise Sauce

Makes 8 servings about 2 Than each)



Total Time: 25 min. Prep Time: 10 min. Cooking Time: 15 min.

Hot water

¾ cup reduced-fat (2%) plain Greek yogurt

1 Tbsp. fresh lemon juice 3 large egg yolks

1 tsp. Dijon mustard (optional)
2 tsp. Dijon mustard (optional)
3 tsp. sea salt (or Himalayan salt)
4 ground white pepper (optional)
5 Ground red pepper (to taste; optional)
6 organic grass-fed butter, melted

- 1. Fill large saucepan one-quarter full of water. Bring to a boil over medium-high heat. Reduce heat; gently boil.
- 2. Place a heat-resistant bowl over the saucepan so that it rests snuggly like a lid.
- 3. Combine yogurt, lemon juice, egg yolks, and mustard (if desired) in a medium bowl; whisk to blend. Season with salt, white pepper (if desired), and red pepper (if desired).
- 4. Add yogurt mixture to bowl over saucepan, cook, stirring constantly, for 5 to 6 minutes, or until sauce thickens.
- 5. Remove from heat; add butter, stirring constantly, for 3 to 4 minutes, or until sauce has cooled.

Nutritional Information (per serving):

Calories:	76	Cholesterol: 81 mg	Fiber: 0 g
Total Fat:	7 g	Sodium: 174 mg	Sugars: 1 g
Saturated Fat:	4 g	Carbohydrates: 1 g	Protein: 3 g



Container Equivalents





2B Mindset Plate It!

MINDSET An accessory that pairs well with breakfast.



Zucchini, Red Pepper, and Sweet Potato Frittata

(Makes 3 servings)

F GF P VG

Total Time: 34 min. Prep Time: 15 min. Cooking Time: 19 min.

1 Tbsp. olive oil

medium zucchini, thinly sliced medium red bell pepper, chopped

1 medium onion, chopped

3 small cooked sweet potatoes, cut into 1-inch cubes ½ cup chopped fresh basil (reserve a small amount for garnish)

½ tsp. sea salt (or Himalayan salt)
 6 large eggs, lightly beaten
 ½ cup + 2 Tbsp. grated Parmesan cheese

- 1. Heat oil in 10-inch nonstick skillet over medium heat.
- 2. Add zucchini, bell pepper, and onion; cook, stirring frequently, for 2 minutes, or until zucchini is tender.
- 3. Add sweet potatoes, basil, and salt. Increase heat to medium-high; cook, stirring frequently, for about 30 to 60 seconds, or until the moisture has evaporated. Reduce heat to medium-low.
- 4. Add eggs and cheese. Mix well; cook, without stirring, for about 2 to 3 minutes, or until the bottom is light golden. As it cooks, lift the edges and tilt skillet so uncooked eggs flow to the edges.
- 5. Reduce heat to low; continue cooking, covered, for 10 to 12 minutes, or until knife inserted in center comes out clean.
- 6. Garnish with reserved basil.
- 7. Cut evenly into three slices.

Nutritional Information (per serving):

Calories:	397	Cholesterol:	383 mg	Fiber:	6 g
Total Fat:	19 g	Sodium:	705 mg	Sugars:	25 g
Saturated Fat:	6 g	Carbohydrate	es: 38 g	Protein:	22 g



Container Equivalents





2B Mindset Plate It!A great breakfast option.



lunch recipes

Whether you're on-the-go or sitting down and taking the time to truly enjoy a healthy meal, we've gathered together a range of Beachbody favorites to make your lunch something special. Each recipe is built around a simple philosophy: great tasting food that's easy to make, and easier to enjoy.



Fresh Veggie, Chicken, and Quinoa Salad



Total Time: 2	2 hr. 20 min.	Prep Time: 20 min.	Cooking Time: None
3 cups 2 cups 1 cup 1 cup 1 1/4 1/4 cup	cooked chicken bre cooked quinoa halved red and yello chopped raw spinae medium cucumber, red onion, chopped finely chopped fresh	ow cherry tomatoes ch chopped I	

¼ cup fresh lemon juice 2 tsp. olive oil

½ tsp. sea salt (or Himalayan salt) ground black pepper ½ tsp.

medium ripe avocado, cut into 1-inch cubes

butter lettuce 2 cups

- 1. Combine chicken, quinoa, tomatoes, spinach, cucumber, onion, basil, lemon juice, oil, salt, and pepper in a medium bowl; toss gently to blend.
- 2. Refrigerate, covered, for 2 hours.
- 3. Add avocado; toss gently to blend.
- 4. Place ½ cup lettuce in each serving bowl. Top with approximately 2 cups quinoa mixture.

Tip: Use your meal-prepped veggies, chicken, and quinoa to make this delicious salad.

Nutritional Information (per serving):

Calories:	411	Cholesterol: 89 mg	Fiber: 7 g
Total Fat:	16 g	Sodium: 396 mg	Sugars: 3 g
Saturated Fat:	2 g	Carbohydrates: 29 g	Protein: 39 g













2B Mindset Plate It! MINDSET A great lunch option.





Turkey, Pesto, and Cheese Sandwich

(Makes I serving) F P QE

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

2 slices sprouted whole-grain bread 1 tsp. sprepared pesto sauce

4 oz. deli-sliced turkey breast, nitrate- and nitrite-free

1 slice medium tomato 1 thin slice red onion

1 thin slice provolone cheese (approx. ½ oz.)

5 fresh basil leaves

1. Top one slice of bread with pesto, turkey, tomato, onion, cheese, basil, and second slice of bread.

Nutritional Information (per serving):

Calories:	403	Cholesterol: 88 mg	Fiber: 7 g
Total Fat:	ll g	Sodium: 836 mg	Sugars: 5 g
Saturated Fat:	3 g	Carbohydrates: 37 g	Protein: 41 g



Container Equivalents





2B Mindset Plate It!

Add a side salad or veggies to make a great lunch.



Baked Tofu Sandwich with Peanut Sauce

(Makes 4 servings, 2 pita halves each)

F ND P V VG

Total Time: 45 min. Prep Time: 15 min. Cooking Time: 30 min.

Nonstick cooking spray

1 lb. firm organic tofu, drained, pressed, cut into 8 pieces

½ cup canned lite coconut milk

½ cup water

1 Tbsp. + 1 tsp.all-natural chunky peanut butter2 Tbsp.reduced-sodium soy sauce½ tsp.crushed red pepper flakes

2 Tbsp. rice wine vinegar pure maple syrup

4 ($6\frac{1}{2}$ -inch) whole-grain pitas, cut in half to make pockets

8 romaine lettuce leaves 8 slices medium tomato 8 thin slices medium red onion 4 small apples

Preheat oven to 375° F.

2. Lightly coat baking dish with spray; place tofu in dish. Set aside.

- 3. Place coconut milk, water, peanut butter, soy sauce, pepper flakes, vinegar, and syrup in blender; cover. Blend until smooth. Pour over tofu.
- 4. Bake for 20 minutes. Turn tofu pieces over; bake for an additional 10 minutes.
- 5. Place a piece of tofu with sauce, a lettuce leaf, a tomato slice, and an onion slice in each pita half.
- 6. Serve two pita halves with an apple.

Nutritional Information (per serving):

Calories:	394	Cholesterol: 0 mg	Fiber: 12 g
Total Fat:	11 g	Sodium: 605 mg	Sugars: 25 g
Saturated Fat:	3 g	Carbohydrates: 61 g	Protein: 19 g













2B Mindset Plate It!

Add a side salad or more veggies for a great lunch option.





Easy Turkey Chili with Salad



Total Time: 56 r	nin.	Prep Time: 15 min.	Cooking Time: 41 min.
1 Tbsp. + 1 tsp. 1 lb. 1 1 1 (10-oz.) can 1 (8-oz.) can 2 34 cup 1 Tbsp.	olive oil raw 93% lean ground turkey breast medium onion, chopped medium red bell pepper, chopped diced tomatoes and chiles (like Rotel) all-natural tomato sauce, no salt or sugar added small sweet potatoes, cut int l-inch cubes water chili powder	½ tsp. ½ tsp. ½ tsp. 4 cups 1 cup 1 ½ cup 2 Tbsp.	ground cumin ground paprika sea salt (or Himalayan salt) spring lettuce mix cherry tomatoes, cut in half medium cucumber, thinly sliced balsamic vinaigrette finely chopped flat leaf (Italian) parsley (for garnish; optional)
•	-		

- 1. Heat oil in a large saucepan over medium-high heat.
- 2. Add turkey; cook for 4 to 5 minutes, or until turkey is browned.
- 3. Add onion and bell pepper; cook, stirring frequently, for 4 to 5 minutes, or until onion is translucent.
- 4. Add tomatoes, tomato sauce, sweet potatoes, water, chili powder, cumin, paprika, and salt. Bring to a boil. Reduce heat to medium-low; gently boil, stirring occasionally, for 20 to 25 minutes, or until sweet potatoes are tender.
- 5. Combine lettuce, tomatoes, and cucumber in a large serving bowl; toss gently to blend.
- 6. Add vinaigrette right before serving chili; toss gently to blend.
- 7. Evenly divide chili into four serving bowls; garnish with parsley (if desired).

Nutritional Information (per serving):

Calories:	393	Cholesterol: 84 mg	Fiber: 7 g
Total Fat:	20 g	Sodium: 731 mg	Sugars: 12 g
Saturated Fat:	4 g	Carbohydrates: 31 g	Protein: 25 g



Container Equivalents





2B Mindset Plate It! MINDSET A great lunch option.



Egg Salad Sandwich

ND P QE

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

2 large hard-boiled eggs, finely chopped

2 tsp. organic olive oil mayonnaise Dijon (or yellow) mustard 1 tsp. 1 Tbsp. chopped fresh parsley 1 dash ground paprika

Ground black pepper (to taste; optional)

low-sodium whole-grain bread 2 slices

2 slices medium tomato 2 lettuce leaves

1. Combine eggs, mayonnaise, mustard, parsley, paprika, and pepper (if desired) in a small bowl; mix well.

2. Spread egg mixture on one slice of bread. Top with tomato, lettuce, and finish with second slice of bread.

Nutritional Information (per serving):

Calories:	400	Cholesterol: 373 mg	Fiber:	7 g
Total Fat:	20 g	Sodium: 237 mg	Sugars:	2 g
Saturated Fat:	4 g	Carbohydrates: 34 g	Protein:	22 g



Container Equivalents





2B Mindset Plate It!

Add a side salad or more veggies for a great lunch option.





Mediterranean Tuna Salad

GF ND QE

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

1 Tbsp. + 1 tsp. extra-virgin olive oil 1 Tbsp. fresh lemon juice

roasted red bell peppers, cut into strips 2 Tbsp. champagne vinegar (or white wine vinegar) l tsp. 2 Tbsp. finely chopped fresh parsley (optional)

Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)

1 clove garlic, finely chopped

1 cup raw spinach cooked brown rice 1 cup

chunk light tuna, packed in water, drained 8 oz.

medium cucumber, chopped 1/2 medium red onion, chopped 1 medium tomato, chopped 1/2 medium ripe avocado, sliced

- To make dressing, combine oil, lemon juice, bell peppers, vinegar, parsley (if desired), salt (if desired), pepper (if desired), and garlic in a small bowl; whisk to blend.
- 2. Evenly divide spinach between two plates. Top evenly with rice, tuna, cucumber, onion, tomato, and avocado.
- 3. Drizzle evenly with dressing.

Tip: 1 cup uncooked brown rice generally yields 3 cups cooked brown rice. As a convenience, you can cook some up in advance, store it in the refrigerator in an airtight container, and use it for up to 4 days.

Nutritional Information (per serving):

Calories:	424	Cholesterol: 38 mg	Fiber: 8 g
Total Fat:	19 g	Sodium: 485 mg	Sugars: 6 g
Saturated Fat:	3 g	Carbohydrates: 36 g	Protein: 27 g



Container Equivalents





2B Mindset Plate It! MINDSET A great lunch option.



Vegetarian Paella

Total Time: 1 hr. 22 min. Prep Time: 15 min. Cooking Time: 1 hr. 7 min. dry brown rice ½ cup cubed eggplant 1 cup 2 cups low-sodium vegetable broth 10 medium black olives 1 pinch ground saffron medium green olives 10 sea salt (or Himalayan salt) olive oil 1 Tbsp. ¼ tsp.

medium shallots, chopped Ground black pepper 2 cloves garlic, finely chopped (to taste; optional) ground cumin medium red bell pepper, ½ tsp. 1 chopped 3 medium tomatoes, chopped 1 medium green bell pepper, ½ cup chopped

fresh (or frozen) green peas

ND P

- 1. Combine rice, broth, and saffron in medium saucepan over medium-high heat. Bring to a boil. Reduce heat to maintain a gentle boil; cook, covered, for 45 to 50 minutes. Keep covered the entire time or rice will not cook evenly.
- 2. While rice is cooking, heat oil in a large ovenproof saucepan over medium-high heat. Add shallots, garlic, bell peppers, mushrooms, and eggplant; cook, stirring frequently, for 5 to 6 minutes, or until bell peppers are tender.
- 3. Add olives, salt, pepper (if desired), and cumin; cook for 1 minute.
- 4. Preheat oven to 400° F.
- 5. Add rice, tomatoes, and peas to bell pepper mixture; mix well.

small whole mushrooms

6. Bake for 10 minutes, or until heated through.

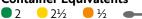
Nutritional Information (per serving):

Calories:	391	Cholesterol: 0 mg	Fiber: 9 g	
Total Fat:	10 g	Sodium: 520 mg	Sugars: 11 g	
Saturated Fat:	1 g	Carbohydrates: 69 g	Protein: 10 g	



1 cup

Container Equivalents





2B Mindset Plate It!

Add a protein to make a great lunch option.





Greek-Style Veggie Burger

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

ND P

sprouted whole-grain bun, toasted 2 Tbsp. prepared hummus

2 Tbsp. roasted red bell pepper slices

vegan veggie burger patty (approx. 3 oz.), warm

1 slice red onion

romaine lettuce leaves

1. Spread bottom bun with hummus.

2. Top with bell pepper, veggie patty, onion, lettuce, and top bun; serve immediately.

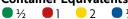
Tip: Use a veggie burger that has at least 10 grams of protein. Some recommended brands include Beyond Meat and Sunshine Burger.

Nutritional Information (per serving):

Calories:	396	Cholesterol: 0 mg	Fiber:	12 g
Total Fat:	11 g	Sodium: 758 mg	Sugars:	4 g
Saturated Fat:	1 g	Carbohydrates: 51 g	Protein:	27 g



Container Equivalents





2B Mindset Plate It!

MNDSET Add a side salad or more veggies and serve the burger open-faced (only using $\frac{1}{2}$ the bun) for a great lunch option.



Winter Superfoods Bowls

Total Time: 55 min. Prep Time: 20 min. Cooking Time: 35 min. 2 medium beets, peeled, cut into 2 Tbsp. fresh lime juice 1-inch cubes 1 Tbsp. rice vinegar 2 small sweet potatoes, cut into 1 clove garlic, finely chopped 1-inch cubes 2 cups cooked bulgur, warm 1 Tbsp. + 1 tsp. olive oil, divided use 2 cups chopped kale ground cumin, divided use 1 (15-oz.) can chickpeas (garbanzo beans), ½ tsp. Sea salt (or Himalayan salt), divided use drained, rinsed Ground black pepper (optional) sliced unsalted almonds, ¼ cup brussels sprouts, cut in half lengthwise 2 cups toasted unsalted sunflower seeds medium avocado, cut into chunks ¼ cup ¼ cup water

GF ND P

- 1. Preheat oven to 425° F.
- 2. Place beets and sweet potato on a large baking sheet. Drizzle with ½ tsp. oil. Season with ¼ tsp. cumin, salt, and pepper (if desired).
- 3. Bake for 10 to 15 minutes; stir.
- 4. Add brussels sprouts. Drizzle with $\frac{1}{2}$ tsp. oil. Bake for 20 minutes, stirring halfway through, or until vegetables are tender-crisp.
- 5. While vegetables are baking, make dressing by placing avocado, water, lime juice, vinegar, remaining 1 Tbsp. oil, garlic, remaining ¼ tsp. cumin, and salt in blender (or food processor); cover. Blend until smooth. Set aside.
- 6. Evenly divide bulgur among four serving bowls. Evenly top with kale, chickpeas, roasted vegetables, dressing, almonds, and sunflower seeds; serve immediately.

Variations:

- Spinach, Swiss chard, or collard greens can be substituted for kale.
- Broccoli can be substituted for brussels sprouts.
- Legumes can be substituted for beets and/or sweet potatoes.

Nutritional Information (per serving):

Calories:	408	Cholesterol: 0 mg	Fiber: 15 g
Total Fat:	17 g	Sodium: 593 mg	Sugars: 8 g
Saturated Fat:	2 g	Carbohydrates: 55 g	Protein: 14 g



Container Equivalents







Add a protein to make a great lunch option for the non-vegan plan or enjoy as is for the vegan plan.





Zesty Chicken with Brown Rice

(Makes 4 servings)

F GF ND P

Total Time: 1 hr. 10 min.

Prep Time: 15 min.

Cooking Time: 55 min.

1 Tbsp. + 1 tsp. olive oil, divided use 2 cloves garlic, finely chopped dry brown rice 1 (14.5-oz.) can diced tomatoes, no added salt 1 cup all-natural chili sauce 2 cups water ½ cup sea salt (or Himalayan salt) ¼ tsp. 1 Tbsp. chopped fresh basil medium onion, chopped (or 1 tsp. dried basil) 1 medium green bell pepper, chopped chopped fresh parsley 1 Tbsp. 2 medium celery stalks, chopped (or 1 tsp. dried parsley) 1 lb. raw chicken breasts, boneless, skinless, crushed red pepper flakes ¼ tsp. cut into 1-inch strips

- 1. Heat 1 tsp. oil in large saucepan over medium heat.
- 2. Add rice; cook, stirring frequently, for 1 to 2 minutes, or until rice starts to crackle.
- 3. Add water and salt. Bring to a boil, covered. Reduce heat; cook for about 30 to 35 minutes, or until rice is tender and fluffy.
- 4. While rice is cooking, heat remaining 1 Tbsp. oil in medium nonstick skillet over medium-high heat.
- 5. Add onion, bell pepper, and celery; cook, stirring frequently, for 2 to 3 minutes.
- 6. Add chicken and garlic; cook, stirring frequently, for 4 to 5 minutes, or until chicken is no longer pink.
- 7. Reduce heat to medium. Add tomatoes, chili sauce, basil, parsley, and pepper flakes. Bring to a boil. Reduce heat; gently boil, covered, for 10 minutes.
- 8. Divide rice among four serving plates; top evenly with chicken mixture.

Tip: Chili sauce is a blend of tomatoes, chiles, onions, peppers, vinegar, sugar, and spices. It is usually found in the ketchup section of the grocery store.

Nutritional Information (per serving):

Calories:	427	Cholesterol: 83 mg	Fiber: 5 g
Total Fat:	9 g	Sodium: 266 mg	Sugars: 9 g
Saturated Fat:	2 g	Carbohydrates: 56 g	Protein: 32 g



Container Equivalents











2B Mindset Plate It!

Add a side salad or more veggies for a great lunch option.

dinner recipes

As the last full meal of the day, it's important to make sure your food is as good-for-you as it is delicious. These recipes make every dinner an occasion you'll want to savor, knowing you're eating a well-balanced meal that can help feed your body, and set you up for a healthier tomorrow.



Asian Steak Salad

ND P

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

1 Tbsp. fresh lime juice

2 tsp. reduced-sodium soy sauce

2 tsp. sesame oil

l½ cups chopped romaine lettuce 1/2 medium carrot, shredded 1/2 medium red bell pepper, sliced

green onion, sliced

grilled lean beef sirloin steak, sliced thin 6 oz.

toasted sesame seeds 1 Tbsp.

1. To make dressing, combine lime juice, soy sauce, and oil; whisk to blend. Set aside.

2. Combine lettuce, carrot, bell pepper, and green onion in a medium serving bowl; toss gently to blend.

3. Top with steak. Drizzle with dressing and sprinkle with sesame seeds; serve immediately.

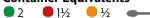
Tip: Use your meal-prepped steak and veggies to make this salad.

Nutritional Information (per serving):

Calories:	416	Cholesterol: 138 mg	Fiber: 6 g
Total Fat:	17 g	Sodium: 498 mg	Sugars: 6 g
Saturated Fat	4 σ	Carbohydrates: 14 g	Protein: 54 g



Container Equivalents





2B Mindset Plate It! MINDSET Makes a great dinner.



Shrimp and Avocado Lettuce Wraps

(Makes 4 servings, 2 wraps each)

GF ND P

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

1 lb. 8 oz. cooked shrimp, coarsely chopped ½ medium red onion, chopped ½ medium red bell pepper ¼ cup finely chopped fresh cilantro 1 medium jalapeño pepper, seeds an

medium jalapeño pepper, seeds and veins removed, finely chopped

(optional)

½ cup fresh lime juice 1 Tbsp. + 1 tsp. olive oil

large head Bibb lettuce, separated into leaves

1 medium ripe avocado, sliced

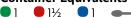
- 1. Combine shrimp, onion, bell pepper, cilantro, jalapeño (if desired), lime juice, and oil; toss gently to blend.
- 2. Evenly spoon mixture onto lettuce leaves. Top evenly with avocado.
- 3. Serve four lettuce leaves for each serving.

Nutritional Information (per serving):

Calories:	401	Cholesterol: 312 mg	Fiber: 4 g
Total Fat:	20 g	Sodium: 878 mg	Sugars: 2 g
Saturated Fat	3 σ	Carbohydrates: 11 g	Protein: 42 g



Container Equivalents





2B Mindset Plate It!

MINDSET Add a side salad or more veggies for dinner.





Baked Ziti with Summer Veggies

(Makes 4 servings, approx. $1\frac{1}{2}$ cups each)

F P VG

Cooking Time: 1 hr. 22 min.

4 oz. dry whole wheat ziti (or penne) pasta

1Tbsp. + 1tsp. olive oil

Total Time: 1 hr. 42 min.

medium red onion, chopped

4 cloves garlic, finely chopped 2 cups sliced carrots

2 cups broccoli florets

1 medium red bell pepper, chopped

½ tsp. sea salt (or Himalayan salt) ¼ tsp. ground black pepper

34 cup part-skim mozzarella cheese, divided use

¼ cup grated Parmesan cheese 1½ cups part-skim ricotta cheese Nonstick cooking spray

- 1. Cook ziti according to package directions; drain. Set aside.
- 2. Preheat oven to 375° F.
- 3. Heat oil in large 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 carrots, broccoli, and bell pepper; cook, stirring frequently, for 1 to 2 minutes.
- 7. Combine onion mixture, pasta, salt, pepper, ½ cup mozzarella cheese, Parmesan cheese, and ricotta cheese in a large bowl; mix well. Place in a 2½- to 3-quart casserole that is lightly coated with spray.

Prep Time: 20 min.

8. Top evenly with remaining ¼ cup mozzarella cheese. Bake, covered with aluminum foil, for 35 minutes. Remove foil. Bake an additional 10 to 15 minutes, or until cheese is bubbly.

Nutritional Information (per serving):

Calories:	396	Cholesterol: 46 mg	Fiber: 5 g
Total Fat:	19 g	Sodium: 644 mg	Sugars: 5 g
Saturated Fat:	9 g	Carbohydrates: 34 g	Protein: 24 g



Container Equivalents













2B Mindset Plate It!

A great lunch option. Replace whole wheat pasta with a veggie "pasta" like zucchini noodles or spaghetti squash for dinner.





Chicken Breast with Kale, Mushrooms, Tomatoes, and Quinoa

(Makes 4 servin	gs)	F GF ND	P	
Total Time: 40 r	min.	Prep Time: 10 min.	(Cooking Time: 30 min.
2 bunches	Hot water raw kale, central rib and ste removed from each kale leaf (em 2 cu approx. 1 lb.)	ıps thickly (like b	finely chopped y sliced mushrooms utton, portobello,
4 (4-oz. each) ¹ ⁄ ₄ tsp.	raw chicken breasts, bonelo skinless sea salt (or Himalayan salt)	ess, ½ c	or crei up low-so broth	mini) odium organic chicken
½ tsp. 2 Tbsp. + 2 tsp. 2	ground black pepper		ips cooke	ım tomatoes, chopped d quinoa emon juice

- 1. Boil water in steamer (or large saucepan) over high heat. Reduce heat to medium-high. Place kale in steamer basket; cook for 2 minutes, or until limp.
- 2. Drain kale and place in an ice bath for 10 minutes. Drain and set aside.
- 3. Season both sides of chicken breasts with salt and pepper; set aside.
- 4. Heat 1 Tbsp. oil in large nonstick skillet over medium heat.
- 5. Add shallots, garlic, mushrooms, and kale; cook, stirring frequently, for 4 to 6 minutes, or until mushrooms release their liquid and are soft.
- 6. Add broth and tomatoes; cook, stirring frequently, for 4 to 5 minutes, or until liquid is almost gone.
- 7. Transfer kale mixture to a medium bowl; keep warm. Wipe skillet clean.
- 8. Heat remaining 1 Tbsp. + 2 tsp. oil in same skillet over medium-high heat.
- 9. Add chicken; cook on each side for 4 to 5 minutes, or until no longer pink in the center.
- 10. Add kale mixture; cook for 1 to 2 minutes.
- 11. Evenly divide kale mixture, chicken, and quinoa among four serving plates; drizzle evenly with lemon juice.

Nutritional Information (per serving):

Calories:	404	Cholesterol: 83 mg	Fiber: 6 g
Total Fat:	15 g	Sodium: 257 mg	Sugars: 3 g
Saturated Fat:	2 g	Carbohydrates: 35 g	Protein: 34 g



Container Equivalents









2B Mindset Plate It!

A great lunch option. Replace quinoa with more veggies for dinner.





Fresh Tomato Salsa Shrimp over Carrot and Summer Squash Noodles

(Makes 2 servin	gs, approx. 2 cups each)		F GF ND P
Total Time: 41 n	nin.	Prep Time: 15 min.	Cooking Time: 6 min.
12 oz. 2	cooked shrimp medium tomatoes, chopped	½ tsp.	sea salt (or Himalayan salt), divided use
1	medium red onion, chopped	d ¼ tsp.	ground black pepper
⅓ cup	finely chopped fresh cilantro	2	medium summer squash
⅓ cup	fresh lime juice		(or raw beets), spiralized
1 Tbsp. + 1 tsp.	olive oil, <i>divided use</i>	2	medium carrots, spiralized

- 1. Combine shrimp, tomatoes, onion, cilantro, lime juice, 1 Tbsp. oil, 1 dash salt, and pepper in a medium bowl; mix well. Refrigerate, covered, for 20 minutes.
- 2. Heat remaining 1 tsp. oil in medium skillet over medium heat.
- 3. Add squash, carrots, and remaining I dash salt; cook, stirring frequently, for 3 to 5 minutes, or until vegetables are cooked to desired doneness. Remove from heat.
- 4. Evenly divide carrot noodle mixture between two serving plates. Top evenly with shrimp mixture. Serve immediately.

Tips:

- A spiralizer is an inexpensive tool that cuts fresh veggies into noodles. You can use a spiralizer to cut the summer squash and carrot in this recipe.
- To make summer squash noodles without a spiralizer, cut each squash into thin lengthwise strips using a vegetable peeler. Turn squash 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 strips resembling spaghetti.

Nutritional Information (per serving):

Calories:	409	Cholesterol:	420 mg	Fiber:	7 g
Total Fat:	13 g	Sodium:	881 mg	Sugars:	13 g
Saturated Fat:	1 g	Carbohydrat	es: 25 g	Protein:	53 g



Container Equivalents









2B Mindset Plate It! MINDSET A great dinner.



Sicilian-Style Cauliflower Casserole

(Makes 2 servings, approx, 2 cups casserole and 1 side salad each)



Total Time: 43 r	min.	Prep Time: 15 min.		Cooking Time: 28 min.
l Tbsp. + l tsp.	Nonstick cooking spray olive oil, divided use		½ tsp.	finely chopped lemon peel (lemon zest)
1	medium cauliflower, chopp Sea salt (or Himalayan salt)		½ cup	whole-grain panko bread crumbs
	and ground black pepper (to taste; optional)		¼ cup + 2 Tbsp. 2 Tbsp.	shredded mozzarella cheese grated Parmesan cheese
1 Tbsp.	capers, chopped		3 cups	spring lettuce mix
10	kalamata olives, chopped		l cup	halved cherry tomatoes
2 cloves	garlic, finely chopped		2 Tbsp.	balsamic vinegar
⅓ tsp.	crushed red pepper flakes (optional)		2 Tbsp.	chopped fresh flat-leaf (Italian) parsley
3 Tbsp.	chopped fresh sage			(for garnish; optional)

- 1. Preheat oven to 350° F.
- 2. Lightly coat a 2-quart baking dish with spray. Set aside.
- 3. Heat 2 tsp. oil in large nonstick skillet over medium-high heat.
- 4. Add cauliflower, salt (if desired), and pepper (if desired); cook, stirring occasionally, for 5 to 8 minutes, or until cauliflower begins to soften.
- 5. Add capers, olives, garlic, crushed red pepper (if desired), sage, and lemon peel; mix well.
- 6. Place cauliflower mixture in baking dish. Top with bread crumbs, mozzarella, and Parmesan. Bake for 15 to 20 minutes, or until cheese is melted and bread crumbs are golden brown.
- 7. While casserole is baking, combine lettuce, tomatoes, *remaining 2 tsp.* oil, and vinegar in a medium serving bowl; toss gently to blend.
- 8. Garnish casserole with parsley (if desired); serve immediately.

Nutritional Information (per serving):

Calories:	387	Cholesterol: 15 mg	Fiber: 12 g
Total Fat:	19 g	Sodium: 779 mg	Sugars: 11 g
Saturated Fat:	5 g	Carbohydrates: 41 g	Protein: 18 g











MINDSET Omit bread crumbs and add a protein to make a great dinner option.





Poached Salmon with Vegetables

GF ND P

Total Time: 35 min. Prep Time: 15 min. Cooking Time: 20 min.

1 (6-oz.) raw wild Alaskan salmon fillet ¼ tsp. sea salt (or Himalayan salt) ¼ tsp. ground black pepper olive oil 2 tsp.

1/4 medium onion, thinly sliced medium carrot, thinly sliced medium zucchini, thinly sliced

1 clove garlic, chopped

½ cup water

2 Tbsp. dry white wine 1 Tbsp. fresh lemon juice

½ tsp. chopped fresh dill (or dried dill) Lemon slices (for garnish; optional)

- 1. Season salmon with salt and pepper; set aside.
- 2. Heat oil in large, nonstick skillet over medium-high heat.
- 3. Add onion and carrot; cook, stirring frequently, for 3 minutes.
- 4. Add zucchini and garlic; cook, stirring frequently, for 2 to 3 minutes, or until vegetables are tender-crisp. Place vegetables on large serving platter. Keep warm.
- 5. Add water, wine, lemon juice, and dill to skillet; cook, stirring frequently, until it reaches a boil. Reduce heat to medium.
- 6. Add salmon to sauce; cook, covered, for 8 minutes, or until salmon flakes easily when tested with a fork.
- 7. Remove from heat; place salmon on top of vegetables. Top with sauce, and garnish with lemon (if desired).

Nutritional Information (per serving):

Calories:	415	Cholesterol: 94 mg	Fiber: 5 g
Total Fat:	21 g	Sodium: 673 mg	Sugars: 12 g
Saturated Fat:	3 g	Carbohydrates: 21 g	Protein: 38 g



Container Equivalents









2B Mindset Plate It! MINDSET A great dinner.



Simple Steak Dinner

(Makes I serving)

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

1 (6-oz.) raw lean beef steak

Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)

1 tsp. olive oil

1 cupsteamed broccoli florets, warm1 cupsteamed cauliflower florets, warm

½ cup shredded cheddar cheese

1. Season steak on both sides with salt and pepper (if desired). Set aside.

2. Heat oil in medium skillet over medium-high heat.

- 3. Add steak; cook for 4 to 5 minutes on each side or until the internal temperature reaches desired temperature on your meat thermometer (120° F for rare/125° F for medium-rare/130° F for medium).
- 4. Remove from heat; let steak rest, covered with aluminum foil, for 5 to 10 minutes before eating.
- 5. Place broccoli and cauliflower on serving plate. Sprinkle evenly with cheese. Add steak; serve immediately.

Tip: Organic tofu, chicken breast, or turkey breast can be substituted for steak. Adjust cooking method and time.

Nutritional Information (per serving):

Calories:	417	Cholesterol: 133 mg	Fiber: 2 g
Total Fat:	22 g	Sodium: 610 mg	Sugars: 2 g
Saturated Fat:	9 g	Carbohydrates: 9 g	Protein: 49 g



Container Equivalents





2B Mindset Plate It!





Spaghetti Squash with Turkey Meat Sauce



Total Time: 1 h	r. 15 min. Pre	ep Time: 15 min.	Cooking Time: 1 hr.
1	medium spaghetti squash	2 tsp.	dried oregano leaves
	(approx. 3 lbs.)	l tsp.	crushed red pepper flakes
½ tsp.	sea salt (or Himalayan salt), divid	led use	(optional)
½ tsp.	ground black pepper, divided us	se 1½ lbs.	raw 93% lean ground turkey
l tsp.	olive oil	2 Tbsp.	tomato paste, no sugar added
1 '	medium onion, chopped	1 (15-oz.) can	tomato sauce, no sugar added,
1	medium green bell pepper, cho	pped	low-sodium
l cup	sliced white mushrooms	½ cup	grated Parmesan cheese
2 cloves	garlic, finely chopped	½ cup	chopped fresh basil

- 1. Preheat oven to 400° F.
- 2. Cut spaghetti squash in half lengthwise. Remove seeds and membrane.
- 3. Place squash, cut side up, on baking sheet; season with ¼ tsp. salt and ¼ tsp. pepper.
- 4. Bake for 50 to 60 minutes, or until tender. Separate strands with a fork; place in a large bowl. Set aside.
- 5. While squash is baking, heat oil in large skillet over medium heat.
- 6. Add onion, bell pepper, and mushrooms; cook, stirring frequently, for 6 to 8 minutes, or until tender.
- 7. Add garlic, oregano, and pepper flakes (if desired); cook, stirring frequently, for 1 minute, or until fragrant.
- 8. Add turkey; cook, stirring frequently, for 6 to 8 minutes, or until turkey is no longer pink.
- 9. Add tomato paste, tomato sauce, and remaining ¼ tsp. each salt and pepper. Bring to a boil. Reduce heat to low; gently boil for 20 minutes.
- 10. Evenly divide squash among four plates. Top evenly with sauce, cheese, and basil; serve immediately.

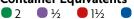
Tip: Turkey can be cooked in a separate skillet and added to the sauce, if you prefer.

Nutritional Information (per serving):

Calories:	427	Cholesterol:	137 mg	Fiber:	6 g
Total Fat:	20 g	Sodium:	681 mg	Sugars:	12 g
Saturated Fat:	6 g	Carbohydrate	es: 26 g	Protein:	40 g



Container Equivalents





2B Mindset Plate It! MINDSET A great dinner.



Sweet Potato Tofu Scramble

(Makes I serving approx 3 cups)

F GF ND P V VG

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

1 small sweet potato, peeled, cut into ½-inch cubes

Hot water 1½ tsp. olive oil

½ medium onion, finely chopped

½ medium red bell pepper, finely chopped

1½ cupschopped kale½ tsp.ground coriander½ tsp.ground cumin

½ tsp. sea salt (or Himalayan salt)

½ tsp. ground turmeric

6 oz. extra-firm organic tofu, drained, mashed

- 1. Place sweet potato in large nonstick skillet. Cover with water. Bring to a boil over high heat. Reduce heat to medium; gently boil for 3 to 5 minutes. Drain water and remove sweet potato from skillet. Set aside.
- 2. Heat oil in same skillet over medium-high heat.
- 3. Add onion, bell pepper, and kale; cook, stirring frequently, for 4 to 6 minutes, or until onion is translucent.
- 4. Add coriander, cumin, salt, turmeric, tofu, and sweet potato; cook, stirring frequently, for 3 to 4 minutes, or until heated through; serve immediately.

Nutritional Information (per serving):

Calories:	439	Cholesterol: 0 mg	Fiber: 11 g
Total Fat:	18 g	Sodium: 730 mg	Sugars: 12 g
Saturated Fat:	3 g	Carbohydrates: 46 g	Protein: 28 g



Container Equivalents





2B Mindset Plate It!

MNDSET A great breakfast or lunch option. Replace the sweet potato with more veggies for dinner.





Vegan Buddha Bowls with Roasted Vegetables

GF ND P Total Time: 47 min. Prep Time: 20 min. Cooking Time: 27 min. Parchment paper 2 cups halved brussels sprouts tahini (sesame seed paste) 2 cups cubed butternut squash 2 Tbsp. 3 Tbsp. fresh lemon juice 1 cup cooked quinoa (or cooked brown rice) 2 Tbsp. water ½ tsp. ground turmeric 2 cans (15-oz. each) chickpeas (garbanzo beans), pure maple syrup drained, rinsed ½ tsp. hot pepper sauce (optional) 2 cups raw baby spinach ¼ tsp. ¼ tsp. sea salt (or Himalayan salt) ¼ cup unsweetened dried cherries 2 Tbsp. ¼ tsp. ground black pepper unsalted pumpkin seeds 1 Tbsp. + 1 tsp. olive oil, divided use

- 1. Preheat oven to 425° F.
- 2. Line large baking sheet with parchment paper. Set aside.
- 3. To make dressing, place tahini, lemon juice, water, turmeric, maple syrup, pepper sauce (if desired), salt, and pepper in food processor (or blender); cover. Pulse to blend.
- 4. Slowly add 1 Tbsp. oil as food processor is running. Process until smooth and well blended. Set aside.
- 5. Place brussels sprouts on prepared baking sheet. Drizzle with ½ tsp. oil; mix well. Spread evenly on baking sheet. Bake for 12 to 15 minutes, turning once.
- 6. Add butternut squash. Drizzle with remaining $\frac{1}{2}$ tsp. oil; mix well. Spread evenly on baking sheet. Bake for 10 to 12 minutes, or until tender-crisp. Cool.
- 7. Evenly divide quinoa, chickpeas, spinach, brussels sprouts, butternut squash, cherries, and pumpkin seeds among four bowls.
- 8. Drizzle evenly with dressing; serve immediately.

Nutritional Information (per serving):

Calories:	412	Cholesterol: 0 mg	Fiber: 13 g
Total Fat:	15 g	Sodium: 429 mg	Sugars: 14 g
Saturated Fat:	lg	Carbohydrates: 59 g	Protein: 16 g



Container Equivalents

■ 1½ ■ ½ ■ 2 ■ ½





2B Mindset Plate It!

A great lunch option for the vegan plan. Replace some of the beans with a protein to make it a lunch on the regular plan.

snack recipes

When you're between meals and feeling hungry, it's easy to reach for an unhealthy choice. Luckily, we have some alternatives that are just as easy to enjoy, and much better for you. Prepare one of these snacks to help keep you satisfied without jeopardizing your goals. Just make sure to check out the calories of your snack; we've provided a range for a variety of needs.



Avocado Toast with Toasted Pumpkin Seeds

ND QE V Total Time: 10 min. Prep Time: 10 min. Cooking Time: None medium ripe avocado, mashed 1 dash sea salt (or Himalayan salt) fresh ground black pepper 1 dash crushed red pepper flakes (optional) $\frac{1}{2}$ tsp. 2 tsp. fresh lime (or lemon) juice 4 slices low-sodium sprouted whole-grain bread, toasted unsalted pumpkin (or sunflower) seeds, toasted ¼ cup

- 1. Combine avocado, salt, pepper, pepper flakes (if desired), and lime juice in a medium bowl; mash until well mixed and slightly chunky.
- 2. Evenly spread avocado onto each slice of toast. Top evenly with pumpkin seeds.

Nutritional Information (per serving):

Calories:	170	Cholesterol: 0 mg	Fiber: 7 g
Total Fat:	8 g	Sodium: 75 mg	Sugars: 0 g
Saturated Fat:	l g	Carbohydrates: 21 g	Protein: 5 g













2B Mindset Plate It!

Makes a great FFC and accessory as part of breakfast, lunch, or snack(tional).



BEACHBAR

P QE

Total Time: 30 sec. Prep Time: 30 sec. Cooking Time: None

- 1 Beachbody BEACHBAR, any flavor
- 1. Unwrap BEACHBAR.
- 2. Responsibly dispose of wrapper.
- 3. Enjoy!

Tip: Nutritional information may change slightly based on the BEACHBAR you choose.

Nutritional Information (per serving):

Calories:	150	Cholesterol: 10 mg	Fiber:	4 g
Total Fat:	7 g	Sodium: 85–90 mg	Sugars:	6 g
Saturated Fat:	2 g	Carbohydrates: 14 g	Protein:	9-10 g













2B Mindset Plate It!A great protein snack(tional). Some veggies would also make a nice addition.





Cheesy Cauliflower Nachos

Total Time: 55 min. Prep Time: 15 min. Cooking Time: 40 min. 1 medium head cauliflower, cut into florets 2 tsp. olive oil sea salt (or Himalayan salt) ¼ tsp ground cumin ½ tsp. ¼ tsp. chili powder ¼ tsp. garlic powder ½ cup shredded Monterey Jack (or pepper jack) cheese ½ cup pico de gallo (or fresh tomato salsa) mashed avocado (approx. ½ medium) ½ cup 2 Tbsp. finely chopped fresh cilantro

- 1. Preheat oven to 425° F.
- 2. Place cauliflower in a large mixing bowl. Drizzle with oil. Sprinkle with salt, cumin, chili powder, and garlic powder; toss gently to blend. Spread evenly on baking sheet.
- 3. Bake for 30 to 35 minutes, or until tender-crisp and golden.
- 4. Evenly top with cheese. Bake for 3 to 5 minutes, or until cheese is melted.
- 5. Evenly top with pico de gallo, avocado, and cilantro; serve immediately.

Nutritional Information (per serving):

	-	-	
Calories:	157	Cholesterol: 15 mg	Fiber: 5 g
Total Fat:	11 g	Sodium: 469 mg	Sugars: 4 g
Saturated Fat:	3 g	Carbohydrates: 11 g	Protein: 7 g













2B Mindset Plate It!

MINDSET A great snack(tional). Also makes a great veggie side as part of lunch or dinner.



Cucumber Avocado Roll-Ups with Sunflower Seeds

GF ND QE

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

medium avocado, cut into chunks

¼ cup fresh basil leaves

1 clove garlic, coarsely chopped

fresh lime juice 2 tsp.

Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)

large cucumbers

¼ cup unsalted sunflower seeds

Toothpicks

Ground paprika (for garnish; optional)

- 1. Place avocado, basil, garlic, and lime juice in food processor (or blender). Season with salt and pepper (if desired); pulse until smooth and creamy. Set aside.
- 2. Use a vegetable peeler to peel off long, thin slices of cucumbers.
- 3. Spread avocado mixture evenly on each cucumber slice.
- 4. Sprinkle with sunflower seeds.
- 5. Pick up one end of the cucumber slice and roll cucumber loosely around the filling. End with the seam on bottom and secure with a toothpick.
- 6. Garnish with paprika (if desired).

Tip: Sunflower seeds can be served on the side if you prefer a creamy roll-up.

Nutritional Information (per serving):

Calories:	142	Cholesterol: 0 mg	Fiber: 5 g
Total Fat:	ll g	Sodium: 78 mg	Sugars: 3 g
Saturated Fat:	lσ	Carbohydrates: 9 g	Protein 4 g



Container Equivalents









2B Mindset Plate It! MINDSET A great snack(tional).





Deviled Eggs with Butternut Squash and Bacon

(Makes 6 servings, 2 halves each)

GF ND

Total Time: 46 min.		Prep Time: 15 min.	Cooking Time: 15 min.	
l cup 6 3 Tbsp. ¼ tsp. l dash	cubed butternut squash large eggs all-natural mayonnaise sea salt (or Himalayan salt) ground nutmeg	2 dashes 1 slice	ground red pepper, divided use cooked turkey bacon, finely chopped	

- 1. Place squash in small saucepan. Cover with water. Bring to a boil over high heat. Reduce heat to mediumlow; gently boil for 5 to 10 minutes, or until squash is tender. Remove from heat. Drain well. Set squash aside.
- 2. Place eggs in small saucepan. Cover with water. Bring to a boil over medium-high heat. Turn off heat. Let sit, covered, for 16 minutes.
- 3. Remove eggs from water; immediately place eggs in an ice water bath to stop cooking process. Peel eggs as soon as they are cool enough to handle. Carefully cut eggs in half.
- 4. Place squash, egg yolks, mayonnaise, salt, nutmeg, and *I dash* red pepper in food processor (or blender); pulse until smooth.
- 5. Place egg yolk mixture in a 1-gallon freezer bag (or piping bag). Cut off a small piece of one corner and use like a piping bag to pipe mixture evenly and neatly into the center of each egg white.
- 6. Garnish with remaining I dash red pepper and bacon.

Tips:

- Cubed butternut squash can be found in bags in many produce departments. If you can't find it at your grocery store, buy a whole butternut squash and prepare it yourself.
- Butternut squash can also be cooked in the microwave. Heat on high for 5 to 8 minutes, or until tender.
- You can substitute ground paprika for ground red pepper if you prefer.

Nutritional Information (per serving):

Calories:	140	Cholesterol: 187 mg	Fiber: 0 g
Total Fat:	ll g	Sodium: 238 mg	Sugars: 1 g
Saturated Fat:	2 g	Carbohydrates: 3 g	Protein 7 g



Container Equivalents







2B Mindset Plate It!

MINDSET A protein as part of breakfast, lunch, or snack(tional).



English Muffin with Nut Butter

ND P QE Total Time: 6 min. Prep Time: 5 min. Cooking Time: 1 min.

1/2 whole-grain English muffin, toasted 1 Tbsp. all-natural almond butter

1. Spread muffin half with almond butter; serve immediately.

Nutritional Information (per serving):

Calories:	159	Cholesterol: 0 mg	Fiber: 3 g
Total Fat:	9 g	Sodium: 136 mg	Sugars: 1 g
Saturated Fat:	lσ	Carbohydrates: 16 g	Protein: 16 g









2B Mindset Plate It!An FFC and accessory as part of breakfast, lunch, or snack(tional).





Maple Chai Roasted Chickpeas

(Makes 6 servings approx ½ cup each)

ground black pepper



Total Time: 48 min. Prep Time: 10 min. Cooking Time: 38 min. chickpeas (garbanzo beans), drained, rinsed, dried 2 cups 1 Tbsp. olive oil pure maple syrup 1 Tbsp. ground ginger ½ tsp. ½ tsp. ground cinnamon ¼ tsp. ground cardamom ¼ tsp. ground cloves ¼ tsp. sea salt (or Himalayan salt)

1. Preheat oven to 400° F.

¼ tsp.

- 2. Combine chickpeas, oil, maple syrup, ginger, cinnamon, cardamom, cloves, salt, and pepper in a medium bowl; toss gently to blend.
- 3. Place chickpeas on large baking sheet in a single layer. Bake for 35 to 38 minutes, shaking baking sheet every 10 minutes, until brown and crunchy.
- 4. Allow to cool before serving.

Nutritional Information (per serving):

Calories:	151	Cholesterol: 0 mg	Fiber: 6 g
Total Fat:	6 g	Sodium: 477 mg	Sugars: 3 g
Saturated Fat:	l g	Carbohydrates: 20 g	Protein: 6 g



Container Equivalents





2B Mindset Plate It!

MINDSET An FFC as part of breakfast, lunch, or snack(tional).



Thai Hummus with Peanuts and Raw Veggies



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

1 (15-oz.) can chickpeas (garbanzo beans),

reserve liquid

2 Tbsp. all-natural peanut butter 1 Tbsp. hot pepper sauce (like Sriracha) 2 cloves garlic, coarsely chopped l½ tsp. honey (or pure maple syrup)

ground ginger ¼ tsp.

Sea salt (or Himalayan salt) and ground black pepper (to taste;

optional)

1 Tbsp. + 2 tsp. extra-virgin olive oil

3 to 4 Tbsp. iced water ½ cup + 2 Tbsp. chopped unsalted peanuts, divided use

2 medium green onions,

finely chopped

2 Tbsp. finely chopped fresh cilantro

Fresh lime juice

1½ cups cherry (or grape) tomatoes 1½ cups medium carrots, sliced medium red bell peppers, 2

sliced

- 1. Place chickpeas, peanut butter, hot sauce, garlic, honey, and ginger in food processor (or blender); pulse until chickpeas are mashed.
- 2. Season with salt and pepper (if desired). Pulse until well blended.
- 3. With food processor running, slowly add oil and water until smooth. If hummus is too thick, add reserved chickpea liquid 1 Tbsp. at a time.
- 4. Fold in ½ cup peanuts, green onions, and cilantro; mix well.
- 5. Drizzle with lime juice and sprinkle with remaining 2 Tbsp. peanuts.
- 6. Serve approximately ½ cup hummus with 1 cup raw veggies per serving.

Nutritional Information (per serving):

Calories:	299	Cholesterol: 0 mg	Fiber: 8 g
Total Fat:	18 g	Sodium: 345 mg	Sugars: 10 g
Saturated Fat:	2 g	Carbohydrates: 29 g	Protein: 10 g



Container Equivalents











2B Mindset Plate It!

MINDSET A veggie and FFC as part of lunch or a hearty snack(tional).





Yogurt with Blueberries

P QE VG Total Time: 5 min. Prep Time: 5 min. Cooking Time: None ¾ cup reduced-fat (2%) plain Greek yogurt ½ cup fresh (or frozen) blueberries

- Place yogurt in a medium bowl.
 Top with blueberries.

Nutritional Information (per serving):

Calories:	170	Cholesterol: 9 mg	Fiber:	2 g
Total Fat:	4 g	Sodium: 56 mg	Sugars:	14 g
Saturated Fat:	3 g	Carbohydrates: 17 g	Protein:	18 g



Container Equivalents









MINDSET A protein and FFC as part of breakfast, lunch, or snack(tional).



Coconut and Lime Cauliflower "Fried Rice"

GF ND

Total Time: 35 min. Prep Time: 15 min. Cooking Time: 20 min.

1 Tbsp. + 1 tsp. extra-virgin organic coconut oil

8 cups riced cauliflower

canned lite coconut milk 2 cups shredded unsweetened coconut l cup ¼ cup fresh lime juice, divided use 1 Tbsp. + 1 tsp. finely chopped lime peel (lime zest)

finely chopped fresh cilantro (reserve a small amount for garnish) ½ cup

¼ tsp. sea salt (or Himalayan salt)

- 1. Heat oil in large nonstick skillet over medium-high heat.
- 2. Add cauliflower; cook, stirring frequently, for 4 to 6 minutes.
- 3. Add coconut milk, coconut, and 3 Tbsp. lime juice. Bring to a boil. Reduce heat to medium-low; gently boil, stirring occasionally, for 8 to 12 minutes, or until tender and liquid evaporates.
- 4. Add remaining 1 Tosp. lime juice, lime peel, cilantro, and salt; cook for 2 minutes, or until lime juice evaporates.
- 5. Divide evenly into eight serving bowls; garnish evenly with cilantro.

Nutritional Information (per serving):

Calories:	161	Cholesterol: 0 mg	Fiber: 3	g
Total Fat:	13 g	Sodium: 112 mg	Sugars: 4	g
Saturated Fat:	ll g	Carbohydrates: 9 g	Protein: 3	g



Container Equivalents









2B Mindset Plate It! MINDSET A great snack(tional).





Avocado Deviled Eggs and Apple



Total Time: 36 min. Prep Time: 15 min. Cooking Time: 5 min.

8 large eggs

1 medium ripe avocado 2 tsp. fresh lime juice

coarsely chopped fresh cilantro 1 Tbsp.

½ tsp. garlic powder

sea salt (or Himalayan salt) ¼ tsp.

ground black pepper ¼ tsp. Ground paprika (for garnish; optional)

4 small apples

- 1. Place eggs in small saucepan. Cover with water. Bring to a boil over medium-high heat. Turn off heat. Let sit, covered, for 16 minutes.
- 2. Remove eggs from water; immediately place eggs in an ice water bath to stop cooking process. Peel eggs as soon as they are cool enough to handle. Carefully cut eggs in half.
- 3. Place egg yolks, avocado, lime juice, cilantro, garlic powder, salt, and pepper in food processor (or blender); pulse until smooth.
- 4. Place egg yolk mixture in a 1-gallon freezer bag (or piping bag). Cut off a small piece of one corner and use like a piping bag to pipe mixture evenly and neatly into the center of each egg white.
- 5. Garnish with paprika (if desired).
- 6. Serve four egg halves with an apple.

Nutritional Information (per serving):

Calories:	304	Cholesterol: 372 mg	Fiber: 7 g
Total Fat:	17 g	Sodium: 290 mg	Sugars: 16 g
Saturated Fat:	4 g	Carbohydrates: 26 g	Protein: 14 g



Container Equivalents











2B Mindset Plate It!

MINDSET Add veggies for a hearty snack(tional) or great light lunch option.



Deli Meat Trio

(Makes 1 serv	ing)		ND P QE
Total Time: 10) min.	Prep Time: 10 min.	Cooking Time: None
2 oz. 2 oz. 2 oz. 6	deli-sliced ham, nitrate- and nitrite-free deli-sliced roast beef, nitrate- and nitrite-free deli-sliced turkey breast, nitrate- and nitrite-free medium high-fiber whole-grain crackers (or 1 slice whole wheat toast) Thinly sliced red onion Medium tomato, thinly sliced (for garnish; optional)		wheat toast)

1. Top serving plate with ham, roast beef, turkey, crackers, onion, and tomato (if desired); serve immediately.

Nutritional Information (per serving):

Calories:	314	Cholesterol: 98 mg	Fiber: 3 g
Total Fat:	11 g	Sodium: 1,061 mg	Sugars: 5 g
Saturated Fat:	3 g	Carbohydrates: 18 g	Protein: 39 g



Container Equivalents







2B Mindset Plate It!

2B Mindset Plate It!A great protein and FFC as part of lunch or add veggies for a hearty snack(tional).





BEACHBAR with Yogurt

P QE VG

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

¾ cup reduced-fat (2%) plain Greek yogurt

1 tsp.

BEACHBAR, any flavor

Place yogurt in medium serving bowl; drizzle with honey.
 Serve yogurt with a BEACHBAR.

Nutritional Information (per serving):

Calories:	298	Cholesterol: 9 i	mg	Fiber:	3 g
Total Fat:	10 g	Sodium: 82 i	mg	Sugars:	27 g
Saturated Fat:	3 ø	Carbohydrates: 3	32 g	Protein [.]	23 σ



Container Equivalents (Regular and Vegan)





2B Mindset Plate It!

A breakfast option or add some veggies for a snack(tional).



Chocolate Matcha Vegan Energy Balls

ND QE V Total Time: 10 min. Prep Time: 10 min. Cooking Time: None pitted medjool dates (approx. 3 medium) ½ cup ½ cup whole unsalted almonds Chocolate Plant-Based Vegan Shakeology ¼ cup unsweetened matcha powder, divided use 2 Tbsp. 1 tsp. pure vanilla extract 1 tsp. pure maple syrup

- 1. Place dates, almonds, Shakeology, and 1 Tbsp. matcha in food processor. Pulse until well mixed.
- 2. Add extract and maple syrup. Pulse until well mixed.
- 3. Roll into fifteen balls, each about 1-inch in diameter.
- 4. Roll balls in remaining 1 Tbsp. matcha.
- 5. Enjoy and store remainder in refrigerator, in an airtight container, for up to 5 days.

Nutritional Information (per serving):

Calories:	165	Cholesterol:	0 mg	Fiber:	4 g
Total Fat:	8 g	Sodium:	34 mg	Sugars:	12 g
Saturated Fat:	lg	Carbohydrates:	20 g	Protein:	6 g



Container Equivalents







Enjoy as an occasional treat. Be sure to track it.





Kale Chip Nachos

Total Time: 33 min. Prep Time: 10 min. Cooking Time: 23 min.

Parchment paper (optional) 1 bunch raw kale leaves (approx. 6 oz.)

olive oil 1 Tbsp.

2 cups canned black beans 1 cup shredded jack cheese 2 cups chopped tomatoes

2 cups pico de gallo (fresh tomato salsa) ¼ cup finely chopped fresh cilantro

- 1. Preheat oven to 350° F.
- 2. Line large baking sheet with parchment paper (if desired).
- 3. Remove kale leaves from stems. Tear leaves into bite-sized pieces. Discard stems.
- 4. Wash and thoroughly dry kale with a salad spinner or paper towel.
- 5. Combine leaves and oil in medium bowl; toss gently to blend.
- 6. Arrange kale on prepared baking sheet in a single layer. Bake for 15 to 18 minutes, or until crisp.
- 7. Top chips evenly with beans and cheese. Bake for 5 minutes, or until cheese is melted.

 8. Top evenly with tomatoes, pico de gallo, and cilantro; serve immediately.

Nutritional Information (per serving):

Calories:	293	Cholesterol: 25 mg	Fiber: 11 g
Total Fat:	10 g	Sodium: 1,181 mg	Sugars: 5 g
Saturated Fat:	5 g	Carbohydrates: 35 g	Protein: 16 g



Container Equivalents

2½









2B Mindset Plate It!

MINDSET A great hearty snack(tional).



Lentil Soup

(Makes 6 servings, approx. 1½ cups each)



Total Time: 46 min. Prep Time: 10 min. Cooking Time: 36 min.

2 Tbsp. olive oil

medium onions, chopped
medium carrots, chopped
medium celery stalks, chopped

2 cloves garlic, finely chopped
2 cups dry lentils, sorted, rinsed (approx. 14 oz.)
6 cups low-sodium organic vegetable broth

Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)

1. Heat oil in large saucepan over medium-high heat.

2. Add onions, carrots, and celery; cook, stirring frequently, for 5 to 6 minutes, or until onions are translucent.

3. Add garlic; cook, stirring frequently, for 1 minute.

4. Add lentils and broth. Bring to a boil. Reduce heat to medium; cook, covered, at a gentle boil for 30 minutes, or until lentils are soft. (Add warm water if soup becomes too thick.)

5. Season with salt and pepper (if desired).

Nutritional Information (per serving):

Calories:	307	Cholesterol: 0 mg	Fiber: 22 g
Total Fat:	5 g	Sodium: 208 mg	Sugars: 6 g
Saturated Fat:	lg	Carbohydrates: 48 g	Protein: 17 g



Container Equivalents (Regular and Vegan)









2B Mindset Plate It!

Add a side salad for a great dinner option on the vegan plan. Add a side salad and protein to make it a lunch on the regular plan.





Mediterranean Wrap

(Makes 1 serving)

F ND QE V VG

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

(6-inch) whole wheat tortilla
 medium avocado, mashed
 cup shredded romaine lettuce
 cup cherry tomatoes, halved
 medium kalamata olives, pitted

1½ tsp.extra-virgin olive oil1 Tbsp.balsamic vinegar

- 1. Spread tortilla with avocado.
- 2. Top with lettuce, tomatoes, and olives.
- 3. Drizzle with oil and vinegar.
- 4. Fold burrito-style (or roll); serve immediately.

Nutritional Information (per serving):

Calories:	306	Cholesterol: 0 mg	Fiber:	7 g
Total Fat:	21 g	Sodium: 570 mg	Sugars:	8 g
Saturated Fat:	3 σ	Carbohydrates: 29 g	Protein:	4 σ









2B Mindset Plate It!

A great hearty snack(tional) or add a protein for lunch.



Mixed Berries with Coconut, Cinnamon, and Almonds

(Makes I serving)

F GF ND QE V VG

Total Time: 5 min.

Prep Time: 5 min.

Cooking Time: None

2 cups fresh mixed berries

2 Tbsp. unsweetened shredded coconut

1 tsp. ground cinnamon

2 Tbsp. slivered unsalted almonds

1. Place berries in a medium serving bowl.

2. Sprinkle with coconut, cinnamon, and almonds; serve immediately.

Nutritional Information (per serving):

Calories:	298	Cholesterol:	0 mg	Fiber:	17 g
Total Fat:	15 g	Sodium:	6 mg	Sugars:	19 g
Saturated Fat:	7 g	Carbohydrates:	41 g	Protein:	7 g



Container Equivalents









2B Mindset Plate It!

MINDSET An FFC and accessory as part of breakfast.





PB & J Sandwich

ND P QE

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

1 Tbsp. all-natural peanut butter

2 slices low-sodium sprouted whole-grain bread, toasted

1 Tbsp. + 1 tsp. all-fruit strawberry jam

1. Spread peanut butter on one slice of bread. Top with jam and second slice of bread; serve immediately.

Nutritional Information (per serving):

Calories:	301	Cholesterol: 0 mg	Fiber:	7 g
Total Fat:	9 g	Sodium: 84 mg	Sugars:	12 g
Saturated Fat:	2 g	Carbohydrates: 45 g	Protein:	12 g



Container Equivalents









2B Mindset Plate It!

Add some veggies on the side for an occasional hearty snack(tional). Add a protein to make it a breakfast.





Shrimp Cocktail

(Makes 1 serving) F ND P QE

Total Time: 5 min. Prep Time: 5 min. Cooking Time: None

4 oz. cooked medium shrimp, peeled and deveined

3 Tbsp. cocktail sauce lemon wedge

1 whole wheat dinner roll (or I slice of whole wheat bread)

1 cup sliced raw vegetables (like carrots, bell peppers, and cucumbers)

1. Serve shrimp with cocktail sauce, lemon, dinner roll, and vegetables.

Nutritional Information (per serving):

Calories:	295	Cholesterol: 214 mg	Fiber:	6 g
Total Fat:	2 g	Sodium: 868 mg	Sugars:	17 g
Saturated Fat:	0 g	Carbohydrates: 39 g	Protein:	33 g













2B Mindset Plate It!

A great hearty snack(tional) or add more veggies for a light lunch.





Tuna Salad

GF ND QE

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

1 (5-oz.) can chunk light tuna, packed in water, drained

2 Tbsp. fresh lime juice

all-natural mayonnaise 2 tsp. 1 dash ground red pepper (optional)

1 cup mixed salad greens ½ cup alfalfa sprouts medium tomato 1 slice

2 Tbsp. unsalted sunflower seeds

- 1. Place tuna, lime juice, mayonnaise, and red pepper (if desired) in a medium mixing bowl; mash until well mixed. Set aside.
- 2. Place greens on a serving plate. Top with sprouts, tomato, tuna mixture, and sunflower seeds.

Nutritional Information (per serving):

Calories:	328	Cholesterol: 53 mg	Fiber: 3 g
Total Fat:	18 g	Sodium: 409 mg	Sugars: 3 g
Saturated Fat:	2 g	Carbohydrates: 9 g	Protein: 33 g















2B Mindset Plate It!

A great hearty snack(tional) or add more veggies for dinner.

shakeology recipes

Think of Shakeology as a powerful tool to help combat cravings and deliciously satisfy your sweet tooth. In this section, you'll find recipes for a perfect Shakeology snack, dessert, or as part of a healthy meal, like breakfast.

All of these recipes taste fantastic when made with either whey-based or plant-based Shakeology.*



Basic Shakeology

Total Time: 10 min.

Prep Time: 10 min.

Cooking Time: None

I cup water ice ice Whey or Plant-Based Vegan Shakeology, flavor of your choice

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

Tip: Nutritional information may change slightly based on the Shakeology flavor you choose.

Nutritional Information (per serving):

Calories:	150	Cholesterol: 5 mg	Fiber:	5 g
Total Fat:	2 g	Sodium: 203 mg	Sugars:	7 g
Saturated Fat:	1 g	Carbohydrates: 17 g	Protein:	17 g









2B Mindset Plate It!

Makes a great snack(tional) or protein as part of breakfast.



Cinnamon Café Latte Shakeology

(Makes 1 serving)

Total Time: 10 min.

Prep Time: 10 min.

Cooking Time: None

1 cup water
1 cup ice
1 scoop Café Latte Whey (or Café Latte Plant-Based Vegan) Shakeology
½ tsp. ground cinnamon

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

Nutritional Information (per serving):

Calories:	153	Cholesterol: 5 mg	Fiber:	6 g
Total Fat:	2 g	Sodium: 203 mg	Sugars:	7 g
Saturated Fat:	lg	Carbohydrates: 18 g	Protein:	17 g









Makes a great snack(tional) or protein as part of breakfast.





Hot Chocolate Shakeology

(Makes I serving)

Total Time: 10 min.

Prep Time: 10 min.

Cooking Time: None

I cup water
I cup ice
I scoop Chocolate Whey (or Chocolate Plant-Based Vegan) Shakeology
4 tsp. ground red pepper

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

Nutritional Information (per serving):

Calories:	161	Cholesterol: 5 mg	Fiber:	6 g
Total Fat:	3 g	Sodium: 183 mg	Sugars:	7 g
Saturated Fat:	l g	Carbohydrates: 17 g	Protein:	17 g



Container Equivalents





2B Mindset Plate It!

A great snack(tional) or protein as part of breakfast.



Strawberry Coconut Shakeology

QE VG Total Time: 10 min. Prep Time: 10 min. Cooking Time: None 1 cup water 1 cup ice 1 scoop Strawberry Whey (or Tropical Strawberry Plant-Based Vegan) Shakeology pure coconut extract l tsp.

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

Nutritional Information (per serving):

Calories:	152	Cholesterol:	5 mg	Fiber:	4 g
Total Fat:	2 g	Sodium:	183 mg	Sugars:	8 g
Saturated Fat:	0 g	Carbohydrate	es: 15 g	Protein:	17 g



Container Equivalents





2B Mindset Plate It!

Makes a great snack(tional) or protein as part of breakfast.





Café Latte Protein Shakeology

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

Nutritional Information (per serving):

Calories:	290	Cholesterol: 5 mg	Fiber:	14 g
Total Fat:	11 g	Sodium: 386 mg	Sugars:	7 g
Saturated Fat:	2 g	Carbohydrates: 27 g	Protein:	22 g











2B Mindset Plate It!

A hearty snack(tional) or protein and accessory as part of breakfast.



Chocolate Breakfast Shakeology

Total Time: 10 min.

QE

Prep Time: 10 min. Cooking Time: None

1 cup unsweetened coconut milk beverage

l cup

1 scoop Chocolate Whey (or Chocolate Plant-Based Vegan) Shakeology

dry rolled oats 2 Tbsp.

all-natural almond butter 2 tsp.

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

Nutritional Information (per serving):

Calories:	307	Cholesterol: 5 mg	Fiber:	8 g
Total Fat:	13 g	Sodium: 235 mg	Sugars:	8 g
Saturated Fat:	5 g	Carbohydrates: 26 g	Protein:	21 g











2B Mindset Plate It!This recipes makes a great breakfast option.





Strawberry Banana Blueberry Shakeology

QE Total Time: 10 min. Prep Time: 10 min. Cooking Time: None 1 cup unsweetened almond milk 1 cup ice Strawberry Whey (or Tropical Strawberry Plant-Based Vegan) Shakeology 1 scoop ½ cup fresh (or frozen) blueberries large banana, cut into chunks flaxseeds 1 Tbsp.

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

Nutritional Information (per serving):

Calories:	308	Cholesterol: 5 mg	Fiber:	10 g
Total Fat:	10 g	Sodium: 360 mg	Sugars:	19 g
Saturated Fat:	0 g	Carbohydrates: 37 g	Protein:	21 g











2B Mindset Plate It!

This recipes makes a great breakfast option.



Nutty Vanilla Breakfast Shakeology

Total Time: 10 min.

Prep Time: 10 min.

Cooking Time: None

l cup unsweetened almond milk
l cup ice
l scoop Vanilla Whey (or Vanilla Plant-Based Vegan) Shakeology
Tbsp. chopped unsalted almonds
all-natural almond butter
large banana, cut into chunks

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

Nutritional Information (per serving):

Calories:	403	Cholesterol:	5 mg	Fiber:	9 g
Total Fat:	17 g	Sodium:	361 mg	Sugars:	21 g
Saturated Fat:	2 g	Carbohydrate	es: 43 g	Protein:	24 g













2B Mindset Plate It!

This recipes makes a great breakfast option.





Peanut Butter Banana Café Latte Shakeology

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

1 cup unsweetened almond milk

1 cup ice

l scoop Café Latte Whey (or Café Latte Plant-Based Vegan) Shakeology

2 Tbsp. hemp seeds

⅓ large banana, cut into chunks l⅓ tsp. large banana, cut into chunks all-natural peanut butter

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

Nutritional Information (per serving):

Calories:	418	Cholesterol: 5 mg	Fiber: 8 g	
Total Fat:	19 g	Sodium: 413 mg	Sugars: 16 g	
Saturated Fat:	2 g	Carbohydrates: 37 g	Protein: 27 g	











This recipes makes a great breakfast option.



Strawberry Breakfast Shakeology

(Makes 1 serving)

F P QE V

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

1 cup unsweetened almond milk

1 cup ice

l scoop Strawberry Whey (or Tropical Strawberry Plant-Based Vegan) Shakeology

2 Tbsp. dry rolled oats

½ large banana, cut into chunks medium ripe avocado

1 Tbsp. flaxseeds

1. Place almond milk, ice, Shakeology, oats, banana, avocado, and flaxseeds in blender; cover. Blend until smooth.

Nutritional Information (per serving):

Calories:	415	Cholesterol: 5 mg	Fiber:	13 g
Total Fat:	18 g	Sodium: 364 mg	Sugars:	16 g
Saturated Fat:	2 g	Carbohydrates: 46 g	Protein:	23 σ















2B Mindset Plate It!

This recipe makes a great breakfast option.



BEVERAGES

WATER

Staying hydrated is important. Not only does it help with weight loss and exercise performance, it keeps you healthy. We recommend drinking half your weight in ounces daily, so if you weigh 160 pounds, try to drink at least 80 ounces of water every day.

Here are some great ways to make your plain water more interesting.

MIXERS

- Flat water
- Sparkling water (make sure it has no calories and it's free of artificial ingredients)

MIX-INS

- 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



TEA & COFFEE

Unless you're caffeine-sensitive, three to four 8-ounce cups of coffee or tea daily is fine.

OK TO ADD

- Cinnamon
- Lemon
- Pumpkin pie spice
- Nutmeg

IN MODERATION (maximum twice daily)

• 1–2 Tbsp. low-fat (1–2%) milk



SET YOURSELF UP FOR SUCCESS

A Beachbody eating plan may be a whole new dietary approach for you. Because of that, it may seem like more or less food than you're used to. Let's explore these issues individually.

TOO LITTLE FOOD

If you're still hungry after starting your eating plan, try to make it through a week or two to give your body time to adjust. If that isn't effective, try adding a snack to your day, preferably from the Snack Recipes section. However, there are other signs that you should definitely eat more. If you're not progressing in your workouts, you're feeling tired or listless, you can't sleep or focus, or you just feel bad all the time, go up a calorie level.

TOO MUCH FOOD

This eating plan focuses on filling, high-fiber foods. If you're used to more calorie-dense or sugar-packed foods, it may feel like you're eating too much. If so, don't stuff yourself. Eventually, your body will adapt to this new, healthy way of eating, so just eat the amount that works for you—but don't use this as an excuse to skip your veggies.

If you have any other questions, talk to your Team Beachbody Coach or visit BeachbodyExpertAdvice.com where our registered dieticians and other experts can help you get answers and results.

EATING AND WORKING OUT

If you have an hour or two to digest your meal before exercise, it's fine to eat a meal. However, if you wake up and immediately jump in to your workout or if you're rushing to fit a workout in after work and need a boost, it might be better to stick to Beachbody Performance Energize. Or if you absolutely need to eat and it's within an hour of working out, try a small, carb-based snack.



SHOPPING

When grocery shopping, follow these three tips:

- 1. Plan all your meals and snacks for the week. In addition to the delicious recipes provided in this guide, the Beachbody Blog is a great resource for recipes and meal plans.
- 2. Make a list. Check to see what things you already have. Once you get to the market, don't stray from your list.
- 3. Before you go, eat a snack or a meal. Never shop when you're hungry.

MEAL PREP

Preparing your own food every day can be time-consuming, but the end result is worth the effort. We recommend setting aside time once or twice a week for meal prep. Here's how:

- Grill, steam, poach, or bake all your protein. This works for almost anything, including chicken, beef, pork, tofu, and tempeh. As for fish, cook no more than 2–3 days prior to eating.
- 2. Hard-boil several eggs for an on-the-go protein snack.
- 3. Wash your produce and bag it.
- 4. Make a big jar of dressing so you're salad-ready all the time.
- 5. Cook a big pot of your favorite grain, such as brown rice, millet, or quinoa.
- If you're ambitious, make a stew, soup, casserole, or chili that can be enjoyed all week. If you make too much, freeze it.
- 7. Food doesn't keep forever, even in the fridge. If you plan on keeping meat and mixed dishes longer than 3–4 days, wrap them in an airtight container and store them in the freezer.



EATING OUT

While it's fun to treat yourself for all your hard work once in a while, keep these tips in mind the next time you're out to dinner.

- 1. Skip the bread and butter, dinner rolls, tortilla chips, and garlic bread.
- Restaurant servings are usually much more food than you need. Ask for a to-go box in advance and split your meal, saving half for later.
- 3. Restaurant food tastes so good because it's usually loaded with salt, sugar, butter, and other fats. Even with healthy choices, they're rarely as healthy as when you prepare them at home. Moderation is key.
- 4. Skip the soda. You're better off with water or plain unsweetened iced tea.

REWARD YOURSELF WITH A FREE GIFT AND A CHANCE TO WIN CASH PRIZES.



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*—Janine F.*Beachbody Challenge Winner

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What's a Team Beachbody Coach?

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How can your Coach help you?

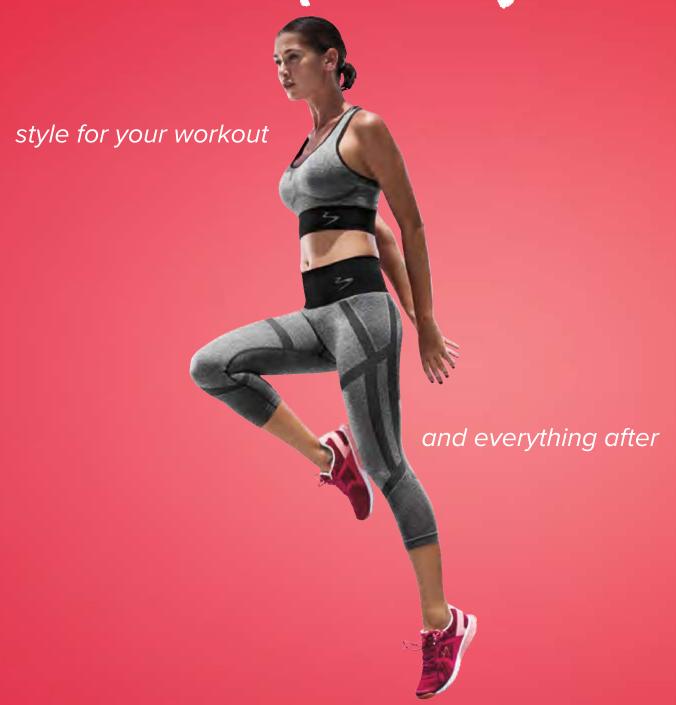
They can keep you motivated, and also invite you to join a Challenge Group, for even more support and accountability.

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A FEW FINAL THOUGHTS

Committing to change is one thing. Doing the work to take that commitment to the next level is when the results start showing up. Here are a few important things to remember:

- It's a marathon, not a sprint. This is about making lasting changes in how you approach food and nutrition for the long term.
- You are your biggest obstacle. You're also your biggest inspiration. Results are achievable, if you're not afraid to do the work.
- Set small, reachable goals along the way and celebrate them. Did you eat 5 servings of produce today? Good for you!
- Never beat yourself up or quit if you make a misstep. Acknowledge it and learn from it—then move on.
- Honor your goals. You set them for a reason. When you feel yourself craving the
 unhealthy choice, remember why and how you got here and recommit to those goals.
- You're never alone. We're with you every step of the way—your Coach, your peers, and all
 of us at Beachbody.
- Your positive results will inspire those around you. Trust this.
- Your positive results always inspire us. Thank you.

"NO EXCUSES.
NO ONE LEFT BEHIND.
LET'S DO THIS."

Carl Daikeler
CEO and Co-Founder



Remember, everybody is different, so if you have any unique or special medical needs or conditions, such as food allergies, dietary restrictions, issues with blood sugar regulation, or if you are pregnant or breastfeeding, please consult your physician before starting this nutrition plan. Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs, or unpasteurized milk may increase your risk of foodborne illness.

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