



# February

## MEAL PLAN

WEEK 1

## Breakfast



Vanilla Almond Shakeology



Strawberries and Cream Shakeology



Vanilla Almond Shakeology



Strawberries and Cream Shakeology



Vanilla Peach Overnight Oats



Mozzarella Egg Sandwich



Repeat Your Favorite

## Lunch



Tomato Cobbler



Turkey Waldorf Salad



Chicken Taco Lettuce Wraps



Tomato Cobbler



Turkey Waldorf Salad



Chicken Taco Lettuce Wraps



Repeat Your Favorite

## Dinner



Turkey Burgers



Turkey Spinach Scramble with Avocado



Leftovers



Spinach Salad with Hot Bacon Dressing



Leftovers



Buffalo Chicken Soup



Leftovers

## Snacks



"Cheesy" Broccoli



Snickerdoodles



Applesauce Cake



"Cheesy" Broccoli



Snickerdoodles



Applesauce Cake



Repeat Your Favorite

## Supplements



DRINK 30 MINUTES PRIOR TO WORKOUT



DRINK WITHIN 30 MINUTES AFTER WORKOUT



DRINK DURING WORKOUT



ADD TO SHAKE OR COFFEE

PERFORMANCE SUPPLEMENTS ARE FREEBIES ON WORKOUT DAYS

If following UPF or 2b, adjust your meals to fit your plan.

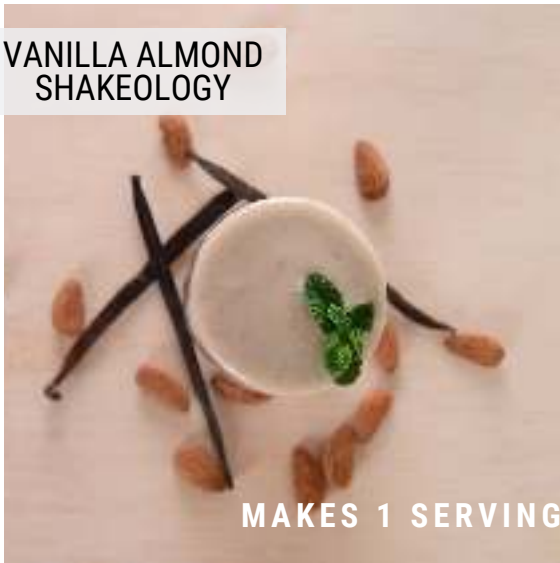
UPF: Add or remove ingredients to fit your bracket; create snacks with leftover containers.

2B: Follow program principles and remember plate it method.



# Breakfast Recipes

**VANILLA ALMOND  
SHAKEOLOGY**



**MAKES 1 SERVING**

**INGREDIENTS**

- 1 cup unsweetened almond milk
- 1 cup ice
- 1 scoop Vanilla Shakeology
- 1 Tbsp. all-natural almond butter

**DIRECTIONS**

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

Time: 5 minutes

Portion Fix Containers: 1 Red, 4 tsp.

2B Mindset Plate It: This recipe makes a great protein option!

**STRAWBERRIES AND  
CREAM SHAKEOLOGY**



**MAKES 1 SERVING**

**INGREDIENTS**

- 1 cup unsweetened almond milk
- 1 scoop Strawberry Shakeology
- ¼ cup part-skim ricotta cheese
- 1 cup ice

**DIRECTIONS**

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

Time: 5 minutes

Portion Fix Containers: 1½ Red, 1 tsp.

2B Mindset Plate It: A great snack or enjoy as part of breakfast.

**VANILLA PEACH  
OVERNIGHT OATS**



**MAKES 1 SERVING**

**INGREDIENTS**

- ½ cup dry rolled oats
- 1 scoop Vanilla Shakeology
- ⅔ cup water
- ½ tsp. pure vanilla extract
- 1 medium peach, chopped

**DIRECTIONS**

Combine oats and Shakeology in a medium bowl; mix well. Add water and extract; mix well. Soak, covered, in the refrigerator overnight - in a one-pint Mason jar, if desired. In the morning, top with peach; serve immediately.

Time: 5 minutes (+ overnight)

Portion Fix Containers: 1 Purple, 2 Yellow, 1 Red.

2B Mindset Plate It: A great breakfast option.



# MOZZARELLA EGG SANDWICH

## INGREDIENTS

- 1 large egg
- 4 large egg whites
- 1 Tbsp reduced-fat (2%) milk
- Nonstick cooking spray
- 2 Tbsp chopped roasted red bell pepper
- 2 Tbsp chopped fresh basil
- Ground black pepper (to taste; optional)
- 1 slice part-skim mozzarella cheese (½ oz)
- 1 whole-wheat English muffin, split, toasted

## DIRECTIONS

- Combine egg, egg whites, and milk in a medium bowl; whisk to blend. Set aside.
- Heat small nonstick skillet, lightly coated with spray, over medium-low heat.
- Add eggs; cook, stirring occasionally, for 2 to 3 minutes.
- Add roasted red bell pepper and basil. Season with pepper if desired; cook for 1 to 2 minutes, or until set.
- Top muffin half with cheese, eggs, and second muffin half.

Time: 15 minutes

Portion Fix Containers: 1 Red, 2 Yellow, ½ Blue.

2B Mindset Plate It: A great breakfast option.



# Lunch Recipes



# TOMATO COBBLER

## INGREDIENTS

### FILLING:

- 1 tsp. olive oil
- 1 cup chopped onions
- 2 cloves garlic, finely chopped
- 3 cups chopped tomatoes
- 1 tsp. finely chopped fresh thyme
- 1 tsp. coconut sugar
- ½ tsp. sea salt (or Himalayan salt)
- ¼ tsp. ground black pepper
- 1 dash ground cayenne pepper (optional)
- 2 cups halved cherry tomatoes
- 1 Tbsp. balsamic vinegar
- 1 Tbsp. cornstarch + 1 Tbsp. water (to make slurry)

### TOPPING:

- 1 cup all-purpose flour
- 1½ tsp. baking powder
- 1 tsp. coconut sugar
- 1 tsp. finely chopped fresh thyme
- ½ tsp. sea salt (or Himalayan salt)
- ¼ cup unsalted organic grass-fed butter, chilled, cut into ½-inch cubes
- ½ cup unsweetened coconut milk beverage

## DIRECTIONS

Preheat oven to 375° F.

Lightly coat a 9 x 9-inch baking dish with spray; set aside.

To make filling, heat oil in a large nonstick skillet over medium-high heat.

Add onions and garlic; cook, stirring frequently, for 3 minutes, or until onions are translucent.

Add tomatoes, thyme, coconut sugar, salt, pepper, and cayenne pepper (if desired); cook, stirring frequently, for an additional 5 minutes, or until tomatoes soften.

Remove from heat; stir in cherry tomatoes, vinegar, and cornstarch slurry.

Transfer mixture to prepared baking dish; set aside.

To make topping, add flour, baking powder, coconut sugar, thyme, and salt to a large mixing bowl; stir to combine.

Rub butter into flour mixture with clean fingers until it resembles coarse pea-sized crumbs.

Add coconut milk; stir until well combined.

Place six equal-sized dollops (approximately 3 Tbsp. each) of dough on top of tomato mixture.

Bake for 30 to 35 minutes, or until topping is lightly browned and tomatoes are bubbling.

Time: 1 hour

Portion Fix Containers: 1 Green, 1 Yellow, 2 tsp.

2B Mindset Plate It: Add a protein for a great lunch option.

## TURKEY WALDORF SALAD



**MAKES 4 SERVINGS**

Time: 20 minutes

Portion Fix Containers: ½ Green, ½ Purple, 1 Red, ½ Blue, 1 tsp.

2B Mindset Plate It: Add more veggies for a great lunch.

## INGREDIENTS

- ½ cup reduced-fat (2%) plain yogurt
- 1 Tbsp. + 1 tsp. olive oil  
mayonnaise
- 1 Tbsp. fresh lemon juice
- 1 tsp. raw honey
- ½ tsp. sea salt (or Himalayan salt)
- ½ tsp. ground black pepper
- 2¼ cups roasted turkey breast,  
shredded (approx. 12 oz.)
- 2 medium celery stalks, sliced
- 1 medium Granny Smith apple,  
chopped
- ¼ cup raw walnuts, chopped
- 1 cup red grapes, halved
- 8 Bibb lettuce leaves

## DIRECTIONS

Combine yogurt, mayonnaise, lemon juice, honey, salt, and pepper in a medium bowl; mix well. Set aside.

Combine turkey, celery, apple, walnuts, and grapes in a medium serving bowl; mix well.

Add yogurt mixture; toss gently to blend.

Serve on top of lettuce.

## CHICKEN TACO LETTUCE WRAPS



**MAKES 6 SERVINGS**

Time: 46 minutes

Portion Fix Containers: 1 Green, 1 Red.

2B Mindset Plate It: Add more veggies for lunch.

## INGREDIENTS

- 1½ tsp. olive oil
- ⅓ cup finely chopped onion
- ⅓ cup finely chopped green  
bell pepper
- 1½ lbs. raw 93% lean ground  
chicken breast
- 1 tsp. garlic powder
- 1 tsp. ground cumin
- ½ tsp. sea salt  
(or Himalayan salt)
- 1 tsp. chili powder
- 1 tsp. ground paprika
- ½ tsp. dried oregano
- ¾ cup water
- ¼ cup marinara, no sugar added
- 6 large lettuce leaves,  
washed, dried
- ¾ cup chopped tomato
- 6 Tbsp. chopped fresh cilantro

## DIRECTIONS

Heat oil in large nonstick skillet over medium heat. Add onion and bell pepper; cook, stirring frequently, for 4 to 6 minutes, or until onion is translucent.

Add chicken; cook, stirring frequently, for 5 to 6 minutes, or until chicken is no longer pink.

Add garlic powder, cumin, salt, chili powder, paprika, and oregano; mix well.

Add water and marinara sauce.

Reduce heat to low; cook, covered, for 10 to 12 minutes. Evenly top each lettuce leaf with chicken mixture (approx. ¾ cup), 2 Tbsp. tomato, and 1 Tbsp. cilantro. Serve immediately.





# *Dinner Recipes*



**TURKEY BURGERS**

**MAKES 4 SERVINGS**

Time: 32 minutes

Portion Fix Containers: 1 Red.

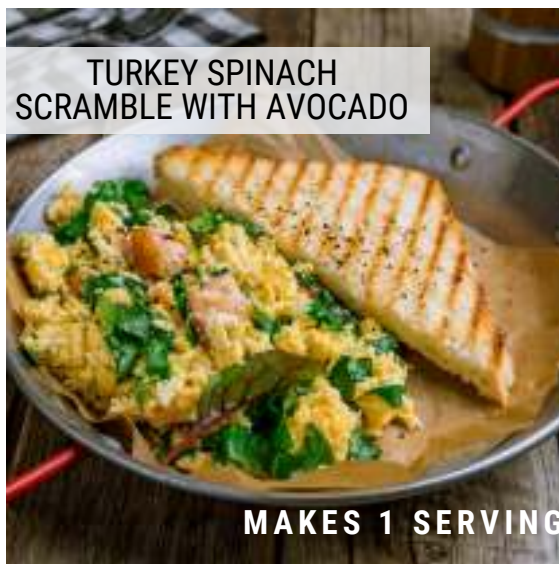
2B Mindset Plate It: A great protein as part of lunch or dinner.

**INGREDIENTS**

- ¼ cup whole-wheat bread crumbs
- ½ cup low-fat buttermilk
- 1 lb. raw 93% lean ground turkey breast
- 2 green onions, finely chopped
- 2 Tbsp. parsley, finely chopped
- 1 tsp. Dijon mustard
- 1 dash Worcestershire sauce
- Ground black pepper (to taste; optional)

**DIRECTIONS**

Combine bread crumbs and buttermilk in a medium bowl; mix well. Let sit for 10 minutes. Preheat grill or broiler on high. Add turkey, green onions, parsley, mustard, Worcestershire sauce, and pepper (if desired) to breadcrumb mixture; mix well with clean hands. Shape into patties. Grill or broil for 5 to 6 minutes on each side, or until patties are no longer pink in the middle. Don't forget to track the bun and any toppings.



**TURKEY SPINACH SCRAMBLE WITH AVOCADO**

**MAKES 1 SERVING**

Time: 18 minutes

Portion Fix Containers: 1 Green, 2 Red, 1 Blue.

2B Mindset Plate It: Add an FFC to make a complete breakfast with bonus veggies... or add more of your favorite veggies to enjoy breakfast for dinner!

**INGREDIENTS**

- 1 large egg
- 4 large egg whites (½ cup)
- Sea salt (or Himalayan salt) and ground black pepper, to taste; optional
- Nonstick cooking spray
- 1 cup raw baby spinach
- 3 oz. cooked turkey breast, chopped
- ¼ medium avocado, thinly sliced

**DIRECTIONS**

Combine egg and egg whites in a medium bowl; whisk to blend. Season with salt and pepper, if desired; whisk to blend. Set aside. Heat medium nonstick skillet lightly coated with spray over medium-low heat. Add spinach; cook, stirring frequently, for 3 to 4 minutes, or until wilted. Add egg mixture; cook, stirring constantly, for 3 to 4 minutes, or until almost set. Add turkey; cook, stirring frequently, for 2 to 3 minutes, or until eggs are set. Top with avocado; serve immediately.



# SPINACH SALAD WITH HOT BACON DRESSING

## INGREDIENTS

### SALAD:

- 1½ cups raw spinach
- 2 large hard-boiled eggs, sliced
- ¼ cup sliced mushrooms
- ¼ cup halved cherry tomatoes
- 4 oz. grilled chicken breast, sliced
- ¼ cup crumbled blue cheese (optional)

### DRESSING:

- 1 Tbsp. extra-virgin olive oil
- ¼ cup finely chopped red onion
- 1 clove garlic, finely chopped
- 2 Tbsp. apple cider vinegar
- 2 Tbsp. Dijon mustard
- 2 Tbsp. honey
- 1 dash sea salt (or Himalayan salt)
- 1 dash ground black pepper
- 2 pieces cooked turkey bacon, chopped

## DIRECTIONS

Place spinach in a large, shallow serving bowl. Top with eggs, mushrooms, tomatoes, and chicken. Sprinkle with blue cheese (if desired). Set aside.

Heat oil in a small sauce pot over medium heat.

Add onion and garlic; cook for 2 to 3 minutes, or until onion is translucent.

Add vinegar, mustard, honey, salt, and pepper; whisk to combine. Add turkey bacon; bring to a gentle boil.

Pour dressing over salad; toss to coat. Evenly divide salad between two plates.

Enjoy!

Time: 15 minutes

Portion Fix Containers: 1 Green, 1½ Red, ½ Blue, 1 Orange.  
2B Mindset Plate It: Add extra veggies for a great dinner option.



# BUFFALO CHICKEN SOUP

## INGREDIENTS

1 Tbsp. ghee  
1 cup finely chopped onion  
½ cup chopped carrot  
½ cup chopped celery  
4 cups low-sodium organic chicken stock  
½ cup low-fat (1%) sour cream  
¼ cup crumbled blue cheese  
¼ cup whipped cream cheese  
¼ cup hot pepper sauce  
½ tsp. garlic powder  
¼ tsp. sea salt (or Himalayan salt)  
1 lb. + 4 oz. raw chicken breast, skinless, boneless  
3 Tbsp. cornstarch + 3 Tbsp. water (combine to make a slurry)

## DIRECTIONS

Heat ghee in large skillet over medium-high heat; cook onion, carrot, and celery until tender, about 3 to 5 minutes. Remove from heat. Place vegetable mixture in a slow cooker. Add in stock, sour cream, blue cheese, cream cheese, pepper sauce, garlic powder, and salt; mix well.

Add chicken to slow cooker; cover. Cook on low for 5 to 6 hours, or until chicken is fork tender. Remove chicken from soup; shred the chicken using two forks. Set aside.

Turn the slow cooker up to high. Add cornstarch mixture. Cook, stirring frequently, on a low boil for 2 minutes, or until soup thickens. Add shredded chicken. Turn off heat.

Serve immediately.

Time: 15 minutes + 5 or 6 hours

Portion Fix Containers: ½ Green, 1½ Red, 1 Blue, 1 tsp.

2B Mindset Plate It: Serve with your favorite veggies for a great dinner.



*Snack  
Recipes*

## "CHEESY" BROCCOLI



**MAKES 2 SERVINGS**

Time: 40 minutes

Portion Fix Containers: 1 Green.

2B Mindset Plate It: A great snack option.

## INGREDIENTS

8 cups broccoli florets  
¼ tsp. sea salt  
(or Himalayan salt)  
1 Tbsp. olive oil  
2 Tbsp. nutritional yeast

## DIRECTIONS

Preheat oven to 400° F. Line a baking sheet with parchment paper; coat lightly with spray. Set aside. Place broccoli and salt in a medium mixing bowl; drizzle evenly with oil. Massage to work oil into each piece. Arrange broccoli in a single layer on prepared baking sheet. Bake for 35 minutes, stirring after 20 minutes, until browned and crispy, but not burnt. Remove from oven; sprinkle with nutritional yeast.

## SNICKERDOODLES



**MAKES 18 SERVINGS**

Time: 20 minutes

Portion Fix Containers: 1 Yellow, 1 tsp.

2B Mindset Plate It: Enjoy as an occasional snack; be sure to track.

## INGREDIENTS

**COOKIE DOUGH**  
¾ cup light brown sugar  
½ cup unsalted butter,  
softened  
1 large egg  
1 tsp. pure vanilla extract  
1 ⅓ cups all-purpose  
flour  
1½ tsp. baking powder  
¼ tsp. sea salt  
(or Himalayan salt)

## DIRECTIONS

Preheat oven to 400° F. Line two baking sheets with parchment paper. Set aside. To make dough, add brown sugar, butter, egg, and extract to a large bowl; cream with handheld mixer until well combined. Add flour, baking powder, and salt; mix to combine. To make cinnamon mixture, combine brown sugar and cinnamon in a shallow bowl. Shape dough into 18 equal-sized balls (approximately 1 Tbsp. each); roll each ball in cinnamon mixture. Place a few inches apart on prepared baking sheets. Bake for 8 to 10 minutes, or until set but not hard. Transfer immediately to a cooling rack.

## FOR CINNAMON MIXTURE:

2 Tbsp. light brown sugar  
1½ tsp. ground cinnamon



# APPLESAUCE CAKE

## INGREDIENTS

### CAKE:

- 1½ cups whole wheat flour
- ½ cup light brown sugar
- 2 tsp. baking powder
- 1 tsp. ground cinnamon
- ¾ tsp. sea salt (or Himalayan salt)
- 1 cup unsweetened coconut milk beverage
- 1 cup unsweetened applesauce
- ¼ cup + 1 Tbsp. unsalted organic grass-fed butter, melted

### FROSTING:

- ¼ cup unsweetened applesauce
- 1 Tbsp. light brown sugar
- 1 dash ground cinnamon
- 1 pinch ground allspice
- 1 pinch ground ginger
- ¼ cup reduced-fat (2%) sour cream

Time: 1 hour

Portion Fix Containers: 1½ Yellow, 2 tsp.  
2B Mindset Plate It: Enjoy as an occasional  
treat. Be sure to track it.

## DIRECTIONS

Preheat oven to 350° F.

Lightly coat an 8 x 8-inch springform cake pan with spray; line with parchment paper. Set aside.

To make cake, add flour, brown sugar, baking powder, cinnamon, and salt in a large mixing bowl; stir to combine.

Set aside.

Add coconut milk, applesauce, and butter to a small mixing bowl; whisk to combine.

Add coconut mixture to flour mixture; stir until just combined. Pour batter in prepared pan. Bake for 25 to 30 minutes, or until a toothpick inserted into center comes out clean. Allow to cool completely in pan before frosting.

While cake bakes, make frosting by adding applesauce, brown sugar, cinnamon, allspice, and ginger to a small saucepan over medium heat; bring to a gentle boil. Cook, stirring often, for 5 minutes, or until thick and lightly caramelized.

Add sour cream to a medium mixing bowl. Add frosting mixture, whisking constantly, 1 Tbsp. at a time, to slowly warm sour cream. Chill in refrigerator until ready to use.

Once cake is cool, spread frosting on top. Divide into 8 equal pieces. Serve.

# SHOPPING LIST

## PRODUCE

- 1 Medium peach
- 1 Medium Granny Smith apple
- 1 Lemon
- 1 Bunch red grapes
- 1 Medium avocado
- 2-3 Medium carrots
- 2 Containers cherry tomatoes
- 5-6 Medium tomatoes
- 1 Bunch celery
- 1 Green bell pepper
- 3 Crowns broccoli
- 8 Bibb lettuce leaves
- 6 Large lettuce leaves
- 3 Large onions
- 1 Red onion
- 2 Green onions
- 1 Container sliced mushrooms
- 1 Bag raw baby spinach
- 1 Head of garlic
- Fresh basil
- Fresh thyme
- Fresh cilantro
- Fresh parsley

## PROTEIN

- 1½ Dozen large eggs
- 1 lb Roasted turkey breast
- 1½ lbs. raw 93% lean ground chicken breast
- 1 lb. raw 93% lean ground turkey breast
- 4 oz. grilled chicken breast
- 2 pieces cooked turkey bacon
- 1 lb. + 4 oz. raw chicken breast, skinless, boneless

## PANTRY

- Vanilla Shakeology
- Strawberry Shakeology
- Sea salt (or Himalayan salt)
- Ground black pepper
- Olive oil
- Apple cider vinegar
- Balsamic vinegar
- Coconut sugar
- Light brown sugar
- Pure vanilla extract
- All-purpose flour
- Whole wheat flour
- Baking powder
- Cornstarch
- Raw honey
- Garlic powder
- Ground cumin
- Chili powder
- Ground paprika
- Dried oregano
- Ground cayenne pepper
- Ground cinnamon
- Ground allspice
- Ground ginger
- Nonstick cooking spray

## OTHER

- All-natural almond butter
- Dry rolled oats
- 1 Jar chopped roasted red bell pepper
- 1 whole-wheat English muffin
- ¼ Cup raw walnuts
- 1 Jar marinara, no sugar added
- ¼ Cup whole-wheat bread crumbs
- Dijon mustard
- Worcestershire sauce
- 32 oz Low-sodium organic chicken stock
- Hot pepper sauce
- Nutritional yeast
- 1 Jar unsweetened applesauce
- Olive oil mayonnaise

## DAIRY

- 1 Carton unsweetened almond milk
- 1 Carton unsweetened coconut milk beverage
- 1 Carton Low-fat buttermilk
- 1 Carton reduced-fat (2%) milk
- 4 oz Reduced-fat (2%) plain yogurt
- 4 oz Low-fat (1%) sour cream
- 2 oz Reduced-fat (2%) sour cream
- 2 oz Part-skim ricotta cheese
- ½ oz Part-skim mozzarella cheese
- 2 oz Whipped cream cheese
- 4 oz Crumbled blue cheese
- Ghee
- 2 Sticks unsalted organic grass-fed butter