

21 days

Clean Eating

MEAL PLAN - RECIPES - GROCERY LIST

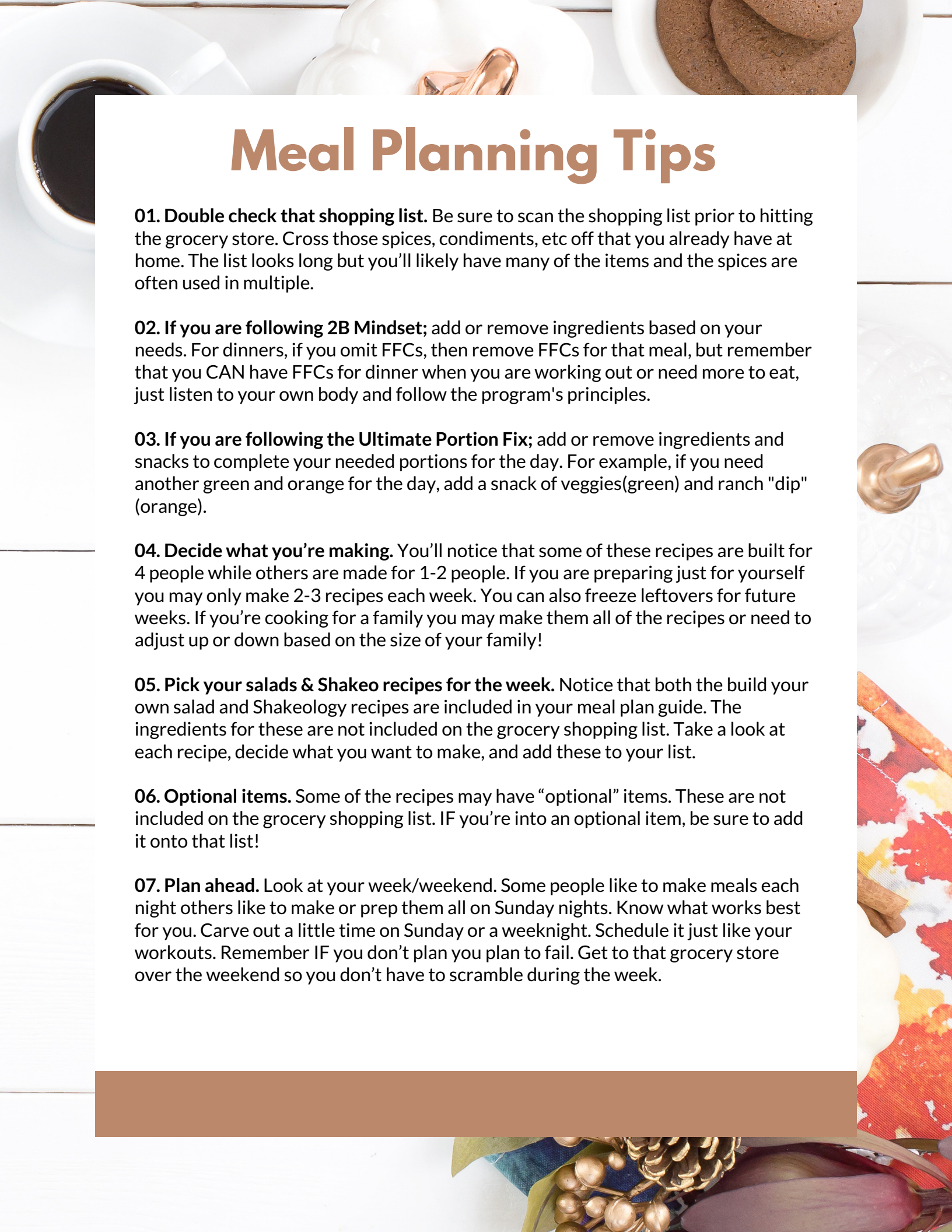
A person with long brown hair, seen from the back, has their arms raised high in the air, forming the 'Om' symbol with their hands. They are wearing a black braided bracelet on their left wrist. The background is a soft, out-of-focus blue and white pattern.

"If your mind is empty, it is always ready for anything, it is open to everything. In the beginner's mind there are many possibilities, but in the expert's mind there are few."

Shunryu Suzuki

Happiness is an inside job.

Week One



Meal Planning Tips

01. Double check that shopping list. Be sure to scan the shopping list prior to hitting the grocery store. Cross those spices, condiments, etc off that you already have at home. The list looks long but you'll likely have many of the items and the spices are often used in multiple.

02. If you are following 2B Mindset; add or remove ingredients based on your needs. For dinners, if you omit FFCs, then remove FFCs for that meal, but remember that you CAN have FFCs for dinner when you are working out or need more to eat, just listen to your own body and follow the program's principles.

03. If you are following the Ultimate Portion Fix; add or remove ingredients and snacks to complete your needed portions for the day. For example, if you need another green and orange for the day, add a snack of veggies(green) and ranch "dip" (orange).

04. Decide what you're making. You'll notice that some of these recipes are built for 4 people while others are made for 1-2 people. If you are preparing just for yourself you may only make 2-3 recipes each week. You can also freeze leftovers for future weeks. If you're cooking for a family you may make them all of the recipes or need to adjust up or down based on the size of your family!

05. Pick your salads & Shakeo recipes for the week. Notice that both the build your own salad and Shakeology recipes are included in your meal plan guide. The ingredients for these are not included on the grocery shopping list. Take a look at each recipe, decide what you want to make, and add these to your list.

06. Optional items. Some of the recipes may have "optional" items. These are not included on the grocery shopping list. IF you're into an optional item, be sure to add it onto that list!

07. Plan ahead. Look at your week/weekend. Some people like to make meals each night others like to make or prep them all on Sunday nights. Know what works best for you. Carve out a little time on Sunday or a weeknight. Schedule it just like your workouts. Remember IF you don't plan you plan to fail. Get to that grocery store over the weekend so you don't have to scramble during the week.



Meal Plan

BREAKFAST

PUMPKIN PIE OVERNIGHT OATS
CAULIFLOWER HASH BROWN BOWL
HONEY APPLE TOAST RECIPE

LUNCH

BUILD YOUR OWN SALAD
CHICKPEA SALAD
CHICKEN AND BLACK BEAN BURRITO BOWL

DINNER

SALMON BURGERS W/ SLAW
COACH ADRIENNE'S HONEY DIJON CHICKEN OR PORK CHOPS
SUNDRIED TOMATO & QUINOA SALAD
MEXICAN MEATBALLS

SHAKEOLOGY

MATCHA PINK DRINK
MINTY WATERMELON
PINEAPPLE MANGO

SNACKS

CHUNKY MONKEY ICE CREAM
CHEESY CAULIFLOWER NACHOS



Breakfast Recipes



PUMPKIN PIE OVERNIGHT OATS

UPF: 1 red, 2 yellow

2B: A great breakfast option as is.

SERVINGS: 1

PREP TIME: 5 MINUTES

INGREDIENTS

1 scoop Vanilla Protein Powder
1/3 cup Pumpkin Puree
1/2 cup Rolled Oats
1/3 cup Unsweetened Almond Milk
1/2 teaspoon Pumpkin Pie Spice
Stevia (optional)

DIRECTIONS

01. Combine pumpkin, oats, almond milk, and pumpkin pie spice in a jar with lid.

02. Stir until well combined, cover with lid and leave in fridge overnight.

03. In morning open container, stir in vanilla protein powder (if needed add additional liquid) & enjoy!

PRO TIP

- Top with cashew butter or almond butter for additional satiety.
- Can also double as a bedtime snack.

HONEY APPLE TOAST

UPF: 1-2 yellow, 1 purple

2B: Add protein for a great breakfast option.

SERVINGS: 1

PREP TIME: 10 MINUTES

INGREDIENTS

2 slices wheat bread (whole grain, toasted)
1/2 cup ricotta (whole milk, or part skim)
1 apple (sliced thinly) 2 teaspoons honey

DIRECTIONS

01. Toast the bread to your desired toastiness. Let it cool slightly.

02. Spread half of the ricotta on each piece of toast.

03. Spread half of the thin apple slices over the ricotta cheese.

04. Drizzle the honey over the top of the apples.



CAULIFLOWER HASH BROWN BOWL

UPF: 1 red, 1 blue, 2-3 greens 2B: Add an FFC for a filling breakfast.

SERVINGS: 4 TOTAL TIME: 45 MINUTES

INGREDIENTS

1-2 avocado
2 lime or lemon
garlic powder, salt, and pepper
8 eggs
extra virgin olive oil
6 cups cauliflower rice
8 oz mushrooms, sliced
4 small handfuls baby spinach
4 green onions, chopped
salsa

DIRECTIONS

01. Add avocado, lime or lemon juice, garlic powder, salt, and pepper to taste to a small bowl then mash with a fork and set aside. Whisk eggs with salt and pepper in a small bowl then set aside.
02. Heat a drizzle of extra virgin olive oil in a 10" skillet over medium heat. Add mushrooms then saute until they release their water. After the water has cooked off, season mushrooms with garlic powder, salt, and pepper, then saute until golden brown. Scoop into a bowl then set aside.
03. Turn heat up to medium-high then add another drizzle of extra virgin olive oil to the skillet. Add cauliflower, season with garlic powder, salt, and pepper, then saute until crisp-tender, 4-5 minutes. Scoop cauliflower into your serving bowl then set aside.
04. Turn heat back down to medium then add the mushrooms back into the skillet along with the green onions and baby spinach. Saute until spinach is barely wilted, 30 seconds, then add whisked eggs and scramble. Scoop mixture on top of sautéed cauliflower hash browns then top with mashed avocado and salsa.





Lunch Recipes





BUILD YOUR OWN SALAD

UPF: Build your salad around how many containers you have available in each category.

2B: Plate it and accessorize! Great for lunch or dinner.

QUICK & EASY! PREP AHEAD OR MAKE EACH DAY.

GREENS (2-3 CUPS)

Spinach
Arugula
Kale
Spring Mix

PROTEIN (3 OUNCES)

Grilled Chicken Breast
Hardboiled Eggs (2)
Steak
Ground Turkey
Cottage Cheese (¾ cups)
Salmon

HEALTHY FAT

Flax Seeds
Pumpkin Seeds
Avocado (¼)
Walnuts (2 tablespoons)
Slivered Almonds

DRESSING (2 TABLESPOONS)

Balsamic Vinaigrette: Balsamic vinegar, whole grain dijon mustard, olive oil, cinnamon.

Blackberry Vinaigrette: red wine vinegar, lemon juice, olive oil, blackberries or raspberries (blended)

Red Wine Vinaigrette
Salsa
Cottage Cheese
Lemon or Lime Juice
Spices

ADD A FLAVOR BOOSTER (UNLIMITED)

Roasted Beets
Cherry Tomatoes
Diced Onions
Sauteed Peppers
Sliced Cucumbers
Roasted Carrots

CARBOHYDRATES (1/2 CUP)

Sweet Potato, diced
Black Beans
Garbanzo Beans
Quinoa
Strawberries
Apple, diced
Grapes



CHICKPEA SALAD

UPF: 1 red, 1 green, 1 blue **2B:** A great lunch as is.

SERVINGS: 4 **TOTAL TIME:** 10 MINUTES

INGREDIENTS

1 avocado
½ fresh lemon
2 cups chickpeas
¼ cup sliced red onion
2 cups grape tomatoes
2 cups diced cucumber
½ cup fresh parsley
¾ cup diced green bell pepper

Dressing

¼ cup olive oil
2 tablespoons red wine vinegar
½ teaspoon cumin
salt & pepper

DIRECTIONS

- 01.** Cut avocado into cubes and place in bowl. Squeeze the juice from ½ lemon over the avocado and gently stir to combine.
- 02.** Add remaining salad ingredients and gently toss to combine.
- 03.** Refrigerate at least one hour before serving.

CHICKEN AND BLACK BEAN BURRITO BOWL

UPF: 1 green, 1 red, 1½ yellow, 1 blue **2B:** A great lunch. Replace brown rice and beans with veggies for dinner.

SERVINGS: 4 **TOTAL TIME:** 20 MINUTES

INGREDIENTS

2 cups cooked brown rice warm
1 Tbsp. fresh lime juice
2 Tbsp. finely chopped fresh cilantro
3 cups chopped romaine lettuce
1 cup cooked black beans warm
1½ cups shredded cooked chicken breast warm
½ cup shredded Monterey jack cheese
1 cup fresh tomato salsa
½ medium avocado sliced
4 Tbsp reduced-fat (2%) plain Greek yogurt

DIRECTIONS

01. Combine rice, lime juice, and cilantro in a medium bowl; mix well.
02. Evenly divide lettuce between 4 serving bowls.
03. Top evenly with rice mixture, beans, chicken, cheese, salsa, and avocado.
04. Top each bowl with 1 Tbsp. of yogurt; serve immediately.



A white ceramic cup filled with dark coffee sits on a white saucer. A gold-colored spoon rests on the saucer. To the right of the cup is a large, brown pinecone. In the background, there are green leaves and small gold-colored berries.

Dinner Recipes



SALMON BURGERS WITH SLAW

UPF: 1 red, 1 green, 1 tsp

2B: A great dinner as is.

SERVINGS: 4

INGREDIENTS

12–14 ounces cooked salmon

2 eggs

½ cup breadcrumbs

1 teaspoon salt

½ teaspoon garlic powder

¼ cup chopped fresh herbs like chives, parsley, or dill

a squeeze of lemon juice

olive oil for pan-frying

Cabbage Slaw:

1 head green cabbage, finely shredded

1 cup plain Greek yogurt

2–3 tablespoons white distilled vinegar (more to taste)

1 teaspoon salt

½ teaspoon garlic powder

½ cup chopped fresh herbs like chives, parsley, or cilantro

DIRECTIONS

01. For the Salmon Burgers: Flake the salmon apart. Mix all burger ingredients together and form into 3 large or 4 medium patties. Heat olive oil over medium heat, ideally in a nonstick skillet. Fry the burgers for a few minutes on each side until golden brown and crispy. Place on a paper towel lined plate and sprinkle with salt.

02. For the Slaw: Mix all slaw ingredients together. Taste and adjust.

03. Serve: Serve up those hot salmon burgers on a bed of creamy slaw. I top mine with a dollop of extra yogurt and a swizzle of oil and more herbs.



COACH ADRIENNE'S HONEY DIJON CHICKEN OR PORK CHOPS

UPF: 1 red, 1 tsp , Depending on whether you use rice/cous cous or cauliflower rice - 1 green, 1 yellow, **2B:** A great lunch as is, swap rice or cous cous for cauliflower rice for dinner.

SERVINGS: 4 **TOTAL TIME:** 60 MINUTES

INGREDIENTS

Sauce mix:

2/3 cup Dijon mustard (i tend to use a half bottle)

1/4 cup honey

4 tbs olive oil (i use a parmesan- rosemary-garlic one for flavor)

A large handful of thyme rubbed between your palms to release flavor

Several grinds of fresh ground black pepper

Chicken or Pork Chops

DIRECTIONS

1. Whisk sauce mix together in a bowl.

2. Pork Chops (4 oz is a serving) - For porkchops: brown 3 or 4 bone-in or boneless chops on both sides in a pan or le cruset skillet with onion sliced into thin rings. Pour on sauce mix or use basting brush and simmer for an hour or more.

3. Chicken Thighs (two is a serving) - For chicken legs or thighs. Coat chicken all over with sauce mix.

4. Place on a tinfoil lined baking sheet and bake for 45 mins at 425° flip legs / thighs half way through to ensure even baking.

5. Serve with wild rice or cous cous, and steamed veggies

Enjoy!!!

ADRIENNE



SUN DRIED TOMATO QUINOA SALAD

UPF: 1 red, 1 yellow, 1 green, 1 orange **2B:** A great lunch as is, omit quinoa and add veggies for dinner.

SERVINGS: 4

TOTAL TIME: 35 MINUTES

INGREDIENTS

Ingredients

6 cups baby spring lettuce blend

¼ cup basil ribbons

1 ¼ cups cooked and chilled quinoa

⅓ cup almonds, chopped and toasted

¼ cup well drained julienned sun dried tomatoes

packed in olive oil, chopped (reserve oil)
1 pound chicken breast, cooked

Balsamic Vinaigrette

⅓ cup oil from jar of sun dried tomatoes

2 tablespoons balsamic vinegar

1 teaspoon minced garlic

1 teaspoon honey

1 teaspoon dijon mustard

Salt and freshly ground black pepper, to taste

DIRECTIONS

01. For the dressing combined all of the dressing ingredients in a jar, cover with lid and shake to blend.

02. In a salad bowl layer together spring lettuce blend, basil, quinoa, almonds, sun dried tomatoes and diced chicken.

03. Shake dressing again and pour over salad.

04. Toss to coat and serve immediately.





MEXICAN MEATBALLS

UPF: 1 red, ½ orange **2B:** Serve with veggies or a side salad for dinner.

SERVINGS: 8

TOTAL TIME: 15 MINUTES

INGREDIENTS

2 pounds ground turkey or chicken
½ cup cheddar cheese, shredded
½ cup green onions, chopped
4 large garlic cloves, minced
2 tablespoons chili powder
1 teaspoons cumin, ground
1 teaspoons paprika
1 teaspoons salt
Ground black pepper, to taste
Cooking spray

DIRECTIONS

01. Preheat oven to 375 degrees F. Line large baking sheet with unbleached parchment paper and spray with cooking spray.

02. In a large mixing bowl, add turkey, cheese, green onions, garlic, chili powder, cumin, paprika, salt, pepper and mix well using your hands. Form into 30 golf ball size meatballs (I use small ice cream scoop).

03. Bake meatballs in 2 batches for 15 minutes or until browned.

04. Serve hot with brown rice or quinoa, guacamole & pico de gallo.



Shakeology Recipes



MATCHA PINK DRINK

Blend all ingredients & enjoy!

INGREDIENTS

1 cup coconut water
1 cup ice
1 scoop Vanilla Shakeology or Vanilla Vegan Shakeology
1 Tbsp. unsweetened matcha powder
½ cup fresh or frozen strawberries

UPF: ½ purple, 1 red, ½ yellow

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



MINTY WATERMELON

Blend all ingredients & enjoy!

INGREDIENTS

1 cup cubed watermelon
½ cup water
1 scoop Vanilla Shakeology or Vanilla Vegan Shakeology
6 fresh mint leaves, chopped
1 cup ice

UPF: 1 purple, 1 red

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



PINEAPPLE MANGO

Blend all ingredients & enjoy!

INGREDIENTS

1 cup water
1 scoop Vanilla Shakeology or Vanilla Vegan Shakeology
¼ cup cubed fresh pineapple
¼ cup cubed mango
1 Tbsp. orange zest
1 cup ice

UPF: ½ purple, 1 red

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





Snack Recipes



CHUNKY MONKEY ICE CREAM

UPF: 3.5 tsp, 1 purple

2B: A great occasional snack

SERVINGS: 4

TOTAL TIME: 5 MINUTES

INGREDIENTS

4 ripe bananas

3 tablespoons peanut butter

unsweetened almond or coconut milk

4 teaspoons dark chocolate, chopped

4 teaspoons raw almonds, sliced

DIRECTIONS

01. Place bananas in plastic bag; freeze for 4 hours or until completely frozen

02. Place bananas and peanut butter in a blender (or food processor); cover. Blend until smooth. Add 1 to 2 tablespoons almond milk, more if needed to blend smoothly.

03. Divide ice cream evenly between four serving bowls; top evenly with chocolate and almonds. Serve immediately

CHEESY CAULIFLOWER NACHOS

UPF: 1 green, 1 blue, ½ tsp

2B: Makes a great veggie side as part of lunch or dinner. Also makes a great snack(tional).

SERVINGS: 4

PREP TIME: 15 MINUTES

BAKE TIME: 55 MINUTES

INGREDIENTS

1 medium head cauliflower, cut into florets

2 tsp. olive oil

½ tsp. ground cumin

¼ tsp sea salt (or Himalayan salt)

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)

½ cup mashed avocado (approx. ½ medium)

2 Tbsp. finely chopped cilantro

DIRECTIONS

01. Preheat oven to 425° F.

02. Place cauliflower in a large mixing bowl. Drizzle with oil. Sprinkle with cumin, salt, chili powder, and garlic powder; toss gently to blend. Spread evenly on baking sheet.

03. Bake for 30 to 35 minutes, or until tender-crisp and golden.

04. Evenly top with cheese. Bake for 3 to 5 minutes, or until cheese is melted.

05. Evenly top with pico de gallo, avocado, and cilantro; serve immediately.

Grocery List

PRODUCE

- Apple
- Avocado (3)
- Baby Spinach
- Banana (4)
- Basil
- Cabbage, shredded
- Cauliflower
- Cauliflower Rice, frozen
- Cilantro
- Cucumber
- Fresh Herbs
- Garlic
- Grape Tomatoes
- Green Bell Pepper
- Green Onions (2)
- Jalapeno (2)
- Lemon
- Lime (2)
- Mushrooms, sliced
- Onion
- Parsley
- Pico de Gallo
- Red Bell Pepper (2)
- Red Onion
- Romaine Lettuce
- Salsa
- Spring Blend

SHAKEO MIXIN'S

-
-
-
-
-

SPICES

- Chili Powder
- Cumin
- Garlic Powder
- Oregano
- Thyme
- Paprika
- Pumpkin Pie Spice
- Dijon Mustard
- Honey

THE BASICS

- Balsamic Vinegar
- Cooking Spray
- EVOO
- Pepper
- Salt

PROTEIN

- Chicken Breast (2lb)
- Salmon
- Chicken legs or pork chops
- Turkey, ground (2lbs)

DAIRY

- Almond Milk, unsweetened
- Cheddar Cheese, shredded
- Eggs
- Greek Yogurt
- Monterrey Jack Cheese, shredded
- Ricotta Cheese

DRY GOODS

- Almonds
- Black Beans (2)
- Bread Crumbs
- Brown Rice
- Chickpeas
- Dark Chocolate
- Dijon Mustard
- Honey
- Julienned Sun Dried Tomatoes
- Red Wine Vinegar
- Rolled Oats
- Peanut Butter
- Protein Powder, vanilla
- Pumpkin Puree
- Stevia
- Tomatoes w/ chilies (2)
- Quinoa
- Vinegar
- Whole Grain Bread
- Rice or Cous cous or cauliflower rice

BYO SALAD

-
-
-
-
-