



21 days *Clean Eating*

MEAL PLAN - RECIPES - GROCERY LIST

Week Two



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

EGG & CRISPY POTATO SHEET PAN MEAL
AVOCADO TOAST
EGG & VEGGIE SCRAMBLE

LUNCH

BUILD YOUR OWN SALAD
GREEK QUINOA SALAD
VEGGIE BURGER

DINNER

VEGAN CHICKPEA CURRY
SPAGHETTI SQUASH LO MEIN
SLOW COOKER CHICKEN & POTATOES
GRILLED CHICKEN SALAD

SHAKEOLOGY

PUMPKIN PIE
PEANUT BUTTER COOKIE
SUNFLOWER SHAKE

SNACKS

BELL PEPPER NACHOS
COACH KENDALL'S HUMMUS



Breakfast Recipes

EGG & CRISPY POTATO SHEET PAN MEAL

UPF: 1 red, 2 yellow, ½ green, 2 tsp **2B:** Plate it! A great breakfast option with added veggies.

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

INGREDIENTS

1 pound red potatoes
½ medium onion
2 bell peppers, diced
2 cloves garlic
2 tablespoons olive oil
1 tablespoon paprika
½ teaspoon salt
8 eggs
¼ teaspoon red pepper flakes, optional
½ cup shredded cheddar cheese, optional
Parsley, chives, herbs, optional

DIRECTIONS

01. Preheat oven to 400 degrees F. Cut potatoes in half, lengthwise, and then each half lengthwise again. Dice into ½-inch slices. Cut onions into chunks as well.

02. On a sheet pan, add potatoes, peppers and onions. Mince garlic and add to pan along with olive oil, paprika, salt and pepper flakes. Using a spoon or your hands, toss everything together so that the potatoes and onions are coated. Using a spoon or your hands, toss everything together so that the potatoes and onions are coated.

03. Bake for 10 minutes, stir, and flip potatoes bake for another 10-15 minutes or until potatoes are tender.

04. Remove from oven and create a well in the center. Crack eggs in the middle and sprinkle cheese over eggs in the middle and sprinkle cheese over eggs and return to oven bake until eggs have set (~7-12 minutes depending on desired firmness)

05. Remove from oven and sprinkle chives or herbs on top. Serve with guacamole, hot sauce or plain greek yogurt.



AVOCADO TOAST

UPF: 1 red, 1-2 yellow, 1 blue, ½ tsp **2B:** Plate it! A great FFC and protein option w/ accessories.

SERVINGS: 1-2 **TOTAL TIME:** 5 MINUTES

INGREDIENTS

½ avocado peeled, seeded
salt & pepper to taste
2 slices whole grain bread or
bread of choice
2 eggs
½ teaspoon butter
½ teaspoon of red pepper
flakes optional

DIRECTIONS

- 01.** Fry an egg in a skillet with butter.
 - 02.** Mash avocados. While toasting 1-2 slices of whole grain or gluten free toast.
 - 03.** Place the mashed avocado on top of the toast and top with a fried egg.
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EGG AND VEGGIE SCRAMBLE

UPF: 1 red, 1½ green, 1 tsp **2B:** Plate It! Makes a great protein as part of breakfast.

SERVINGS: 1 **PREP TIME:** 10 MINUTES **COOK TIME:** 13 MINUTES

INGREDIENTS

1 large egg
4 large egg whites (½ cup)
1 tsp. olive oil
½ medium onion, chopped
½ cup chopped green bell
peppers
1 medium tomato, chopped
Sea salt (or Himalayan salt)
and ground black pepper
(to taste; optional)

DIRECTIONS

- 01.** Combine egg and egg whites in a medium bowl; whisk to blend. Set aside.
- 02.** Heat oil in medium nonstick skillet over medium-high heat.
- 03.** Add onion and bell pepper; cook, stirring frequently, for 3 to 5 minutes, or until onion is translucent.
- 04.** Add egg mixture; cook, stirring frequently, for 2 to 3 minutes, or until eggs are almost set.
- 05.** Add tomato; cook, for 1 to 2 minutes, or until cooked through.
- 06.** Season with salt and pepper (if desired); serve immediately.



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
Sautéed Peppers
Sliced Cucumbers
Roasted Carrots

CARBOHYDRATES (1/2 CUP)

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

GREEK QUINOA SALAD

UPF: 1 red, 1 yellow, 1 green, 1 blue, 2 tsp **2B:** Plate it! A great lunch option.

SERVINGS: 6 **TOTAL TIME:** 30 MINUTES

INGREDIENTS

For the Salad:

2 cups water

1 cup quinoa

Pinch of salt

1 cup grape tomatoes halved

1 cup chopped cucumber

⅓ cup pitted kalamata olives
halved

¼ cup diced red onions

⅓ cup feta cheese

Salt and freshly ground black
pepper to taste

1 ½ cups cooked, diced
chicken

To make the dressing:

⅓ cup olive oil

3 tbs red wine vinegar

DIRECTIONS

01. Using a strainer, rinse the quinoa under cold water. Add quinoa, water, and salt to a medium saucepan and bring to a boil over medium heat. Boil for 5 minutes. Turn the heat to low and simmer for about 15 minutes, or until water is absorbed. Remove from heat and fluff with a fork. Let quinoa cool to room temperature.

02. In a large bowl, combine quinoa, tomatoes, cucumber, kalamata olives, red onion, and feta cheese.

03. To make the dressing, whisk together olive oil, red wine vinegar, and oregano in a small bowl. Pour dressing over the salad and stir until mixed well. Season with salt and pepper, to taste.

VEGGIE BURGER

UPF: ½ green, 1 red, 1 blue, 1 tsp **2B:** Plate it! Makes a great protein and accessory as part of lunch or dinner.

SERVINGS: 1 **PREP TIME:** 10 MINUTES **COOK TIME:** 8 MINUTES

INGREDIENTS

1 tsp. olive oil

¼ medium onion, thinly
sliced

2 large butter (or Bibb)
lettuce leaves

1 veggie burger patty,
cooked according
to package directions

1 tsp. Dijon mustard

¼ ripe avocado, sliced

DIRECTIONS

01. Heat oil in medium nonstick skillet over medium heat.

02. Add onion; cook, stirring frequently, for 6 to 8 minutes, or until onion is brown and caramelized.

03. Top one lettuce leaf with veggie patty, mustard, onions, avocado, and second lettuce leaf; serve immediately.



HEALTHITUDE

Dinner Recipes

VEGAN CHICKPEA CURRY

UPF: 1 red, 2 yellows, 1 green, 1 blue **2B:** Swap jasmine rice for cauliflower rice, plate it, for a great lunch option.

SERVINGS: 2-3 **PREP TIME:** 5 MINUTES **COOK TIME:** 25 MINUTES

INGREDIENTS

Jasmine rice
1 small onion, cut into stripes
2 small potatoes, cut into small pieces
1 large carrot, cut into slices
1 teaspoon curry powder
1 teaspoon red curry paste (optional) adjust if the curry paste you're using is very spicy
1 cup full fat coconut milk
1/2 cup vegetable broth
1 1/2 cups cooked chickpeas
1 cup frozen peas
salt
black pepper
cashews (optional)
fresh cilantro (optional)

DIRECTIONS

- 01.** Cook the Jasmine rice according to the instructions on the package.
- 02.** In a large pan, heat some oil and sauté the onion for 2-3 minutes. Then add the potatoes and cook for another 3 minutes. Stir in the red curry paste and the curry and cook for another minute.
- 03.** Add the coconut milk, vegetable broth, carrot, chickpeas, and peas and cook for about 20 minutes.
- 04.** Season with salt and pepper and serve with cashews and cilantro.



SPAGHETTI SQUASH LO MEIN

UPF: 1 red, 3 greens, 3 tsp **2B:** Plate it! Great dinner option as is.

SERVINGS: 4

INGREDIENTS

Healthy Chow Mein Sauce:

1/4 cup soy sauce or liquid aminos

2 tbsp honey

1 tsp fish sauce

Spaghetti Squash Chow Mein:

6 pounds spaghetti squash(es)

1 pound chicken boneless & skinless chicken breasts, cut into strips

2 tablespoons cornstarch

2 tablespoons avocado oil

3 large garlic cloves, minced

1/2 pounds carrots, cut into thin strips*

6 green onion sprigs, cut into 2" pieces

1 pound cabbage, thinly shredded

2 tablespoon sesame oil

DIRECTIONS

01. . Cook Spaghetti Squash: Preheat oven to 400 degrees F. Using long serrated knife, cut squash in half, hammering on the knife with a mallet. Scoop out seeds, place cut side down on a baking sheet lined with unbleached parchment paper for 30-35 minutes. Remove from the oven and set aside.

2. Prepare Ingredients: While squash is baking, cut vegetables and meat. To make Healthy Chow Mein Sauce, whisk soy sauce, honey and fish sauce in a small bowl with a fork until well mixed. In a medium bowl, add chicken, cornstarch and half the sauce; mix.

3. Using a fork, separate spaghetti squash into strands and place right on the baking tray.

4. Make Chow Mein: Preheat large wok on medium-high heat and add 1 tablespoon of avocado oil. Add chicken mixture and cook until chicken is cooked, stirring occasionally. Add a splash of water if cornstarch starts to burn. Transfer to a medium bowl.

5. Return wok to the stove and add remaining avocado oil. Add garlic and cook for 30 seconds, stirring frequently. Add carrots, green onions, and cabbage; stir fry for 2 minutes, stirring frequently. Add spaghetti squash, remaining half of the sauce, cooked chicken, and sesame oil; stir gently until all ingredients are well combined. Serve hot, over brown rice, brown rice noodles or whole wheat spaghetti; or if you want a low carb meal, eat spaghetti squash chow mein on its own.



SLOW COOKER CHICKEN & POTATOES

UPF: 1 red, 1 yellow, 1 green, 1 tsp **2B:** Swap potatoes for veggies and plate it!

SERVINGS: 4 **TOTAL TIME:** 4-6 HOURS

INGREDIENTS

3-4 boneless, skinless chicken breasts
2 cups potatoes, diced
4 cups carrots
4 teaspoons olive oil
1 tablespoon Italian seasoning blend
1 teaspoon garlic powder
Salt and pepper to taste
Fresh herbs to garnish (optional)

DIRECTIONS

- 01.** In a large bowl combine chicken, carrots and potatoes. Drizzle with oil and stir to evenly coat. Sprinkle salt, pepper, garlic powder and Italian seasoning over the chicken and potatoes. Toss to coat.
- 2.** Transfer to slow cooker, cover and cook on low for 4-6 hours until chicken cooked through and potatoes are fork tender.
- 03.** (Optional) Garnish with fresh herbs like oregano and thyme.

GRILLED CHICKEN SALAD

UPF: 1 red, 2 green, ½ purple, 1 blue **2B:** Keep as is for lunch or swap out fruit for additional veggies for dinner.

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

INGREDIENTS

Poppyseed Dressing

½ cup plain yogurt
1 tablespoon maple syrup
1 teaspoon white, apple cider or rice vinegar
1 teaspoon Dijon mustard
1 tablespoon poppy seeds
1 teaspoon onion powder
½ teaspoon salt
Ground black

Grilled Chicken Breast

2 large boneless & skinless chicken breast, cut in half lengthwise
1 tablespoon olive oil, extra virgin
1 medium garlic clove, grated
Scant of ¼ tsp salt
Ground black pepper, to taste

Grilled Chicken Salad

Mixed greens
1 cup raspberries
1 cup grape tomatoes, cut in halves
¼ cup feta cheese, crumbled
½ cup toasted mixed nuts, unsalted
⅓ cup red onion, thinly sliced

DIRECTIONS

- 01.** To make poppy seed dressing: In a small bowl add yogurt, maple syrup, vinegar, mustard, poppy seeds, onion powder, salt and pepper; stir well with a fork to combine. Set aside.
- 2.** To make grilled chicken: In a large bowl add chicken, olive oil, garlic, salt and pepper; then stir with tongs. Grill on medium high heat (450 degrees F) for 10 minutes, flipping once. Rest under foil for 5 minutes.
- 3.** To make grilled chicken salad: In a large salad bowl, add greens, sliced grilled chicken breast, raspberries, tomatoes, feta, nuts and red onion. Drizzle with healthy poppyseed dressing and toss gently to combine. Serve immediately.



Shakeology Recipes

PUMPKIN PIE

Blend all ingredients & enjoy!

INGREDIENTS

1 cup unsweetened almond milk
1 cup ice
1 scoop Vanilla Shakeology
½ cup pure pumpkin puree
1 tsp. pure maple syrup or raw honey
1 Tbsp. coarsely chopped raw pecans
1 tsp. pumpkin pie spice

UPF: ½ purple, 1 red, ½ blue, 1 tsp

2B: This recipe makes a great breakfast option.



PEANUT BUTTER COOKIE

Blend all ingredients & enjoy!

INGREDIENTS

1 cup unsweetened almond milk
1 cup ice
1 scoop Vanilla Shakeology
1 Tbsp. all-natural peanut butter
1 pinch sea salt (or Himalayan salt)
1 Tbsp. graham cracker crumbs
(reserve a small amount for garnish)

UPF: 1 red, 4 tsp

2B: Enjoy as part of breakfast.



SUNFLOWER SHAKE

Blend all ingredients & enjoy!

INGREDIENTS

1 cup unsweetened almond milk
1 cup ice
1 scoop Greenberry Shakeology
½ cup frozen (or canned) pineapple chunks
2 Tbsp. raw sunflower seed kernels
1 Tbsp. golden raisins

UPF: 1 purple, 1 red, 1 orange, 1 tsp

2B: This recipe makes a great breakfast option.





Snack Recipes

BELL PEPPER NACHOS

UPF: 2 green, 1 red, ½ blue

2B: A great dinner option. Add an FFC for lunch.

SERVINGS: 2

TOTAL TIME: 25 MINUTES

INGREDIENTS

Nonstick cooking spray
¼ medium onion, chopped
8 oz raw lean ground turkey
1 teaspoon taco seasoning
¼ cup water
1 medium bell pepper, cut into 1 inch slices
¼ cup shredded cheddar cheese
1 medium jalapeno (optional)
½ cup pico de gallo or fresh salsa

DIRECTIONS

01. Preheat oven to 375 degrees F.
02. Heat medium saucepan, lightly coated with spray, over medium-heat heat. Add onion; cook stirring frequently, for 4-5 minutes or until onion is translucent. Add turkey; cook, stirring frequently, for 4-5 minutes, or until turkey is no longer pink. Add taco seasoning and water. Mix well; cook, stirring frequently, for 2 minutes or until water evaporates.
03. Arrange peppers in an oven-proof baking dish; top with turkey mixture and cheese.
04. Bake for 5-8 minutes, or until cheese melts.
05. Divide pepper mixture evenly between two serving plates. Top with jalapenos if desired, pico de gallo; serve immediately.



COACH KENDALL'S HUMMUS

UPF: 1 blue

2B: A great healthy fat as part of lunch, or snack.

SERVINGS: 20

TOTAL TIME: 45 MINUTES

INGREDIENTS

2 15oz cans garbanzo beans
6 tbsp olive oil
6 tbsp tahini
3 tbsp lemon juice
1 tsp pepper
2 tsp salt
1-5 cloves garlic, peeled

DIRECTIONS

01. Place all ingredients in a food processor. Blend for 2 minutes. Scrape the sides and blend for two more minutes.

02. Chill or serve warm with your choice of veggies.

Each serving is a 1/4 cup

PRO TIPS

- Serve with carrot "fries", cucumber krinkles or celery sticks to add more veggies to your day!



Grocery List

PRODUCE

- Apples (6 small)
- Avocado (2)
- Bell Peppers (4)
- Butter Lettuce
- Cabbage
- Carrot (1 lb)
- Cilantro
- Cucumber
- Garlic
- Grape Tomatoes (2 pints)
- Green Onions
- Jalapeno
- Lemon
- Mixed Greens
- Onion (3-4)
- Peas, frozen
- Pico de Gallo
- Potatoes (4)
- Raspberries
- Red Onion (2)
- Red Potatoes
- Spaghetti Squash
- Tomato

SPICES

- Cinnamon
- Curry Powder
- Italian Seasoning
- Garlic Powder
- Onion Powder
- Paprika
- Poppy Seeds
- Red Curry Paste
- Red Pepper Flakes
- Taco Seasoning

THE BASICS

- Avocado Oil
- Black Pepper
- Olive Oil
- Red Wine Vinegar
- Rice Vinegar
- Salt

PROTEIN

- Chicken Breast (2-3 lbs)
- Eggs (1 dozen)Egg Whites
- Turkey, Ground (1 lb)
- Veggie Burger Patty

DAIRY

- Butter
- Cheddar Cheese, shredded
- Feta Cheese
- Greek Yogurt

DRY GOODS

- Cashews
- Chickpeas
- Coconut Milk, full fat
- Cornstarch
- Dijon Mustard
- Honey
- Fish Sauce
- Jasmine Rice
- Kalamata Olives
- Maple Syrup
- Mixed Nuts
- Quinoa
- Sesame Oil
- Soy Sauce
- Vegetable Broth
- Whole Grain Bread

SHAKEO MIXIN'S

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BYO SALAD

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