

21 days

Clean Eating

MEAL PLAN - RECIPES - GROCERY LIST



Week Three



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

POACHED EGG & AVOCADO SALAD

BANANA PANCAKES

OATMEAL PUMPKIN MUFFINS

LUNCH

BUILD YOUR OWN SALAD

GRILLED LEMON PEPPER CHICKEN SALAD

PIZZA STUFFED PEPPERS

DINNER

TERIYAKI TEMPEH & BROCCOLI

PARMESAN CHICKEN & ZUCCHINI

MAPLE & MUSTARD CHICKEN

CROCKPOT TORTILLA SOUP

SHAKEOLOGY

DARK CHOCOLATE SEA SALT

SWEET CREAM COFFEE

CREAMY TROPICAL

SNACKS

NACHO KALE CHIPS

LOADED NUT CLUSTERS



Breakfast Recipes



POACHED EGG & AVOCADO SALAD

UPF: 1 red, 1 blue, 1 yellow, 2 green

2B: A great breakfast option as is.

SERVINGS: 1 **TOTAL TIME:** 10 MINUTES

INGREDIENTS

2 eggs
¼ avocado
7 grape tomatoes
2 cups greens
¼ cup quinoa, cooked
1 tablespoon pistachios or pumpkin seeds
salt & pepper

DIRECTIONS

01. Poach eggs

02. Create salads by layering greens, tomatoes, cooked quinoa, avocado & pistachios.

03. Add the poached egg and top with salt & pepper to taste.

PRO TIPS

- Use seasonings like garlic powder, oregano, basil, rosemary or onion powder to add additional flavor.
- ½ of a lemon squeezed can be used to add moisture or additional flavor.

BANANA PANCAKES

UPF: 1 red, 1 purple

2B: Add an FFC for breakfast

SERVINGS: 1 **TOTAL TIME:** 10 MINUTES

INGREDIENTS

2 Eggs
1/2 Banana
Cinnamon, to taste
Cooking Spray

DIRECTIONS

01. Blend ingredients in a food processor.

02. Heat skillet or pan over medium heat.

03. Lightly coat pan with cooking spray.

04. Drop 4" pancakes into pan, cook until lightly brown.

OATMEAL PUMPKIN MUFFINS

UPF: 2 yellow, 2 tsp **2B:** Enjoy as a part of breakfast.

SERVINGS: 12 **PREP TIME:** 20 MINUTES **BAKE TIME:** 20 MINUTES

INGREDIENTS

For the Muffins:

1 cup flour
1/2 cup brown sugar
(firmly packed)
2 teaspoon baking powder
1 teaspoon pumpkin pie
spice
1/4 teaspoon baking soda
3/4 cup canned pumpkin
puree
1 large egg (slightly
beaten)
1/4 cup milk
1/4 cup sunflower oil
1 cup rolled oats
1/2 cup roasted sunflower
seeds

For the Topping:

1 tablespoon butter
(melted)
1/3 cup brown sugar
3 tablespoons sunflower
seeds
1 tablespoon flour
1/4 teaspoon pumpkin pie
spice

DIRECTIONS

- 01.** Gather the ingredients.
- 02.** Preheat oven to 425 F. Prepare a muffin pan for 12 muffins with liners.
- 03.** Combine the flour, sugar, baking powder, pumpkin pie spice, and baking soda. Mix well.
- 04.** In a separate bowl, combine the pumpkin puree, egg, milk and oil.
- 05.** Add the wet ingredients to the dry ingredients and stir only until everything is combined.
- 06.** Stir in the oats and sunflower seeds.
- 07.** Fill the muffin cups 3/4 full with batter.
- 08.** You can top these pumpkin muffins with an optional sweet topping. To prepare the topping, combine the topping ingredients until crumbly. Sprinkle over the muffins before baking.
- 09.** Bake 18 to 20 minutes.
- 10.** Serve and enjoy!



A decorative border on the left side of the page features two orange pumpkins, one near the top and one near the bottom, surrounded by clusters of purple chrysanthemums and small green filler flowers.

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



GRILLED LEMON PEPPER CHICKEN SALAD

UPF: 1 red **2B:** Serve with a roll and side salad for lunch.

SERVINGS: 4

INGREDIENTS

1 pound chicken breast
1 tablespoon lemon
pepper seasoning
1 teaspoon olive oil
½ cup plain Greek yogurt
juice from ¼ lemon (about
~1 teaspoon)
1 teaspoon white balsamic
vinegar
1 teaspoons dried tarragon
¼ sweet onion, chopped
1 celery stalks, chopped
(about 1 cup)
coarse salt and fresh
ground pepper, to taste

DIRECTIONS

- 01.** Preheat grill or grill pan to medium heat. Place chicken breasts into a large bowl or ziplock bag and add lemon pepper seasoning and oil. Toss around so that seasoning and oil coats all of the chicken well. (You can put in fridge to cook later at this time.)
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- 02.** Place chicken on the grill. Cook on each side for about 6-8 minutes each, depending on size and thickness of chicken (meat thermometer should read 160 165 degrees, or use touch method).
- 03.** In a small bowl, make dressing for chicken salad by combining Greek yogurt, mayonnaise, lemon juice, white balsamic vinegar, dried tarragon, salt and pepper.
- 04.** Once chicken is cooked and cooled (it's ok if still a little warm), dice into small pieces and place in large mixing bowl. Add onion, celery and dressing and stir to combine. Season with coarse salt and fresh ground pepper to taste.

PIZZA STUFFED PEPPERS

UPF: 1 green, 1 yellow, 1 red **2B:** Serve with a side salad for lunch.

SERVINGS: 1 **PREP TIME:** 5 MINUTES **BAKE TIME:** 25 MINUTES

INGREDIENTS

1 bell pepper any color
2 tbsp marinara
2/3 cup pizza toppings
2 tbsp mozzarella/parmesa
n blend

DIRECTIONS

- 01.** Line a baking sheet with aluminum foil.
- 02.** Wash and slice bell pepper in half, clean out seeds.
- 03.** Place pepper on baking sheet. Spread 2 tbsp of marinara (1 tbsp/half) in bottom of each pepper. Fill pepper with 2/3 cup of pizza topping (1/3 in each half).
- 04.** Place in oven and bake at 400 degrees for 20 minutes.
- 05.** Remove pepper from oven and sprinkle 2 tbsp of cheese (1 tbsp/half) on top of peppers.
- 06.** Place back in oven and bake for 5 more minutes, till cheese is melted. Enjoy!



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Dinner Recipes

TERIYAKI TEMPEH & BROCCOLI

UPF: 1 red, 1 green, 1 tsp Optional yellow or green **2B:** Serve with caluiflower rice for dinner.

SERVINGS: 4

INGREDIENTS

2 teaspoons coconut oil or olive oil
16 oz tempeh, cut into ¼ inch strips
¼ cup nutritional yeast flakes
½ pound of broccoli
4 garlic cloves, sliced thin

Teriyaki Sauce

2 teaspoons of coconut oil (or olive oil)
¼ cup low sodium soy sauce or liquid aminos
½ tablespoon maple syrup
2 cloves of garlic, minced
½ teaspoon fresh ginger, grated or minced

DIRECTIONS

01. Whisk together all ingredients for the teriyaki sauce in a small bowl and set aside.

02. In a large skillet over medium-low heat brown the tempeh strips in a small amount of oil, adding more oil, a little at a time, as necessary to keep the pan from drying out.

03. Once tempeh is golden brown in color, add teriyaki sauce and nutritional yeast and mix to coat tempeh. Add broccoli and garlic to pan. Simmer mixture for about 10 minutes, turning occasionally. Remove from heat once broccoli is tender-crisp and bright in color. Serve immediately over quinoa, brown rice or cauliflower rice.

MAPLE & MUSTARD CHICKEN

UPF: 1 red, 1 yellow, 1 green, 1 tsp **2B:** Omit the sweet potatoes and serve with additional veggies for dinner.

SERVINGS: 4 **TOTAL TIME:** 40 MINUTES

INGREDIENTS

1 ½ tablespoon Whole-Grain Dijon Mustard
1 tablespoons Real Maple Syrup
½ teaspoon Rosemary
Salt & Pepper, to taste
4 Chicken Breasts
2-3 cups Sweet Potatoes, cubed
½ Onion, sliced
4 cups Brussel Sprouts, halved
1 tablespoon Olive Oil

DIRECTIONS

01. Heat oven to 425 degrees. Place a 15 x 10" pan inside while heating.

2. In a small bowl combine mustard, syrup, rosemary, salt & pepper. Add potatoes, onion & olive oil. Toss.

3. Season chicken with salt and pepper, brush with thin layer of sauce mixture. Reserve some for later..

4. Remove the hot pan from the oven, add chicken, veggies & potatoes in an even layer.

5. Return pan to oven for 25-30 minutes or until chicken and veggies are tender. Brush with remaining sauce and broil for 2-5 minutes.

PARMESAN CHICKEN & ZUCCHINI

UPF: 1 red, 1 green, 1 tsp, 1 blue

2B: A great dinner as is.

SERVINGS: 4-6

TOTAL TIME: 1 HOUR

INGREDIENTS

2-3 chicken breasts cubed
3 zucchinis diced
2 potatoes diced
2 tbsp olive oil
1/2 cup almond flour
1 cup parmesan cheese shredded
1 tsp salt
1 tsp pepper
1 tsp garlic powder
1/2 tsp paprika



DIRECTIONS

01. Dice zucchini and potatoes (peeled or unpeeled, your preference) into 1/2 inch cubes.
02. Cut chicken breast into 1 inch cubes.
03. Add zucchini, potatoes and chicken breast into large mixing bowl, add olive oil and mix well.
04. In a small mixing bowl, combine almond flour, parmesan, salt, pepper, garlic powder and paprika.
05. Pour parmesan mixture over zucchini mixture and mix well till everything is coated.
06. Line a baking sheet with aluminum foil and pour mixture on baking sheet, spreading evenly.
07. Bake at 400 degrees for 50 minutes till golden brown and chicken reaches internal temperature of 165 degrees.



CROCKPOT CHICKEN TORTILLA SOUP

UPF: 1 ½ red, 1 purple, 2 yellow

2B: Swap out beans for more veggies for a perfect dinner.

SERVINGS: 6

TOTAL TIME: 5 MINUTES

COOK TIME: 4-6 HOURS

INGREDIENTS

28 ounces crushed tomatoes

3 cups chicken stock

1 package taco seasoning

16 ounces kidney beans, drained

16 ounces black beans, drained

1 cup frozen corn

1.5 pounds chicken breasts

DIRECTIONS

01. Mix all ingredients together in a crockpot and cook on low for 5 hours.

02. At the end of cooking time, remove the chicken and shred, then return to soup.

03. Serve with plain greek yogurt (sour cream alternative), guacamole and cheese if desired.



Shakeology Recipes



DARK CHOCOLATE SEA SALT

Blend all ingredients & enjoy!

INGREDIENTS

1 cup unsweetened almond milk
1 cup ice
1 scoop Chocolate (or Chocolate Vegan)
Shakeology
1 Tbsp. unsweetened cocoa powder
¼ tsp. sea salt (or Himalayan salt)

UPF: 1 red, 1 tsp

2B: A protein as part of breakfast.



SWEET CREAM COFFEE

Blend all ingredients & enjoy!

INGREDIENTS

1 cup unsweetened almond milk
1 cup ice
1 scoop Café Latte (or Café Latte Vegan)
Shakeology
½ large ripe banana, cut into chunks
¼ medium ripe avocado, cut into chunks

UPF: 1 purple, 1 red, 1 blue, 1 tsp

2B: Makes a great breakfast



CREAMY TROPICAL

Blend all ingredients & enjoy!

INGREDIENTS

1 cup unsweetened coconut milk beverage
1 cup ice
1 scoop Vanilla (or Vanilla Vegan) Shakeology
½ large banana, cut into chunks
¼ medium ripe avocado, cut into chunks

UPF: 1 purple, 1 red, 1 blue, 1 tsp

2B: Makes a great breakfast



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Snack Recipes

NACHO KALE CHIPS

UPF: 1 green, 1 tsp

2B: A great snack or veggie choice for lunch.

SERVINGS: 1

TOTAL TIME: 35 MINUTES

INGREDIENTS

- 1 bunch curly kale
- 1 tablespoon tomato paste
- 2 tablespoons avocado oil
- 2 tablespoons taco seasoning
- 4 tablespoons nutritional yeast

DIRECTIONS

01. Preheat oven to 300F.
02. Pull the leafy greens from the kale stem. Coarsely chop the kale leaves to make some chip sized chunks.
03. In a small bowl, whisk together the avocado oil and tomato paste.
04. In a large bowl, place your cut kale and avocado oil mixture. Massage the kale so the leaves are completely covered with oil. Sprinkle with taco seasoning and 3 tablespoons of the nutritional yeast and toss.
05. Lay the leaves on a lined baking sheet in a single layer. Sprinkle with the remaining nutritional yeast.
06. Place in the oven for 10 minutes. After 10 minutes, check them and toss gently with tongs. Cook for another 10 minutes and then check them. Gently toss again and cook for another 10 minutes until crispy. Mine took about 30 minutes, checking and tossing on them every 10 minutes.
07. Turn off the oven and allow the chips to cool in the oven if your chips still need crisping.

LOADED NUT CLUSTERS

UPF: ½ yellow, ½ blue, 1 tsp

2B: Add raw dipping veggies to make this a great snackional.

SERVINGS: 12

TOTAL TIME: 25 MINUTES

INGREDIENTS

- 1 1/2 cups slivered almonds
- 1 1/2 cups raw cashews
- 1 cup dried coconut chips unsweetened
- 1/2 cup mini chocolate chips
- 1/4 cup coconut oil melted
- 1/2 cup maple syrup
- 1/2 cup almond butter
- 1/2 tsp salt
- 1 tsp pure vanilla extract

DIRECTIONS

01. In a large bowl, combine almonds, cashews, coconut chips and chocolate chips.
02. In a small bowl, whisk together coconut oil, maple syrup, almond butter, salt & vanilla.
03. Pour wet ingredients over dry ingredients and mix well.
04. Line a muffin pan with silicone muffin liners.
05. Fill liners to the top.
06. Bake at 350 degrees for 15 minutes.
07. Remove from oven and let cool in silicone liners on a cooling rack.
08. Once completely cooled, remove from liners and store in an airtight container.

Grocery List

PRODUCE

- Avocado
- Banana
- Bell Pepper
- Broccoli
- Brussels Sprouts
- Celery
- Corn, frozen
- Garlic
- Grape Tomatoes
- Kale, curly
- Lemon
- Mixed Greens
- Onion (2)
- Potatoes (2)
- Sweet Potatoes (4)
- Zucchini (3)

SHAKEO MIXIN'S

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BYO SALAD

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SPICES

- Cinnamon
- Dried Tarragon
- Garlic Powder
- Ginger
- Lemon Pepper
- Paprika
- Pumpkin Pie Spice
- Rosemary
- Taco Seasoning

THE BASICS

- Avocado Oil
- Cooking Spray
- EVOO
- Pepper
- Salt

PROTEIN

- Chicken Breast (5lbs)
- Eggs
- Pepperoni (or other pizza toppings of choice)
- Tempeh

DAIRY

- Butter
- Greek Yogurt
- Milk
- Mozzarella Cheese, shredded
- Parmesan Cheese, shredded

DRY GOODS

- All Purpose Flour
- Almond Butter
- Almond Flour
- Almonds, slivered
- Baking Powder
- Baking Soda
- Black Beans
- Brown Sugar
- Cashews
- Chicken Stock
- Chocolate Chips
- Coconut chips
- Coconut Oil
- Kidney Beans
- Marinara
- Maple Syrup
- Nutritional Yeast
- Pistachios or Pumpkin Seeds
- Pumpkin Puree
- Roasted Sunflower Seeds
- Rolled Oats
- Quinoa
- Soy Sauce
- Sunflower Oil
- Sunflower Seeds
- Tomato Paste
- Tomatoes, crushed
- Vanilla Extract
- White Balsamic Vinegar
- Whole Grain Dijon Mustard