
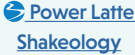





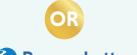





ONE-WEEK MEAL PLAN

Check out the tips at the start of the grocery list to help optimize your meal planning this week.

MEALS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>Breakfast</p>	Carrot Cake Mug Cake OR 	Carrot Cake Mug Cake OR 	Carrot Cake Mug Cake OR 	Carrot Cake Mug Cake OR 	Carrot Cake Mug Cake OR 	S'Mores Wonder Whip + ½ large banana OR 	S'Mores Wonder Whip + ½ large banana OR 
	<p>TIP: If making the mug cake, make it fresh each morning. It only takes 5 minutes!</p>						
 <p>Lunch</p>	High-Protein Twice-Baked Potatoes	High-Protein Twice-Baked Potatoes	Rice Paper Seaweed Crisps + 2-Minute Bell Pepper Sammy + 1 cup (125 g) baby carrots	Southwest Chicken Lettuce Wraps	Rice Paper Seaweed Crisps + 2-Minute Bell Pepper Sammy + 1 cup (125 g) baby carrots	Egg Roll in a Bowl Dinner + ½ cup (100 g) cooked brown rice	Southwest Chicken Lettuce Wraps
				<p>TIP: Double the seaweed crisps recipe.</p>			<p>TIPS: Mix rice in the bowl or eat separately on the side.</p> <p>You can find precooked brown rice in the freezer section of your grocery store.</p>
 <p>Dinner</p>	Beef and Mushroom Stuffed Peppers	Shiitake Mushroom Jerky + 6 oz. (170 g) cooked salmon	Beef and Mushroom Stuffed Peppers	Shiitake Mushroom Jerky + 6 oz. (170 g) cooked salmon	Egg Roll in a Bowl Dinner	Chaffle Tacos	Chaffle Tacos
			<p>TIP: Double the jerky recipe.</p>				

 Recipes with this icon can be found on the Beachbody Blog. All other recipes are searchable on [Beachbody On Demand](#) and can also be found [here](#).

Here are some tips to make the week go smoothly:

- Get in a positive 2B Mindset and tell yourself you're going to have fun this week and enjoy new foods!
- Choose your breakfast option in advance. If it's Power Latte Shakeology, make sure you're stocked up with Shakeology!
- Check your fridge, pantry, and freezer for any items you may already have on the grocery list and cross them off.

Take time the day before you start the meal plan to do the following prep:

- Wash and chop veggies and fruit (except for berries; wash those just before eating).
- Make the Rice Paper Seaweed Crisps.
- Make the Shiitake Mushroom Jerky.
- Make sure to store all this food in airtight containers in the fridge (or freezer for extras).

Produce

- | | | |
|---|---|--|
| <input type="checkbox"/> 1 medium avocado | <input type="checkbox"/> 1½ lbs. / 690 g shiitake mushrooms | <input type="checkbox"/> 13 oz. / 370 g pico de gallo (or fresh tomato salsa) |
| <input type="checkbox"/> 9 oz. / 260 g baby carrots | <input type="checkbox"/> 8 oz. / 230 g cauliflower florets | <small>if you choose to have the Carrot Cake Mug Cake for your weekday breakfasts ADD:</small> |
| <input type="checkbox"/> 1 medium carrot | <input type="checkbox"/> 1 lb. / 460 g coleslaw mix | <input type="checkbox"/> 3 oz. / 90 g shredded carrots |
| <input type="checkbox"/> 4 oz. / 115 g shredded carrots | <input type="checkbox"/> 1 small bunch fresh basil | <small>if you choose to have Power Latte Shakeology for your breakfast every day ADD:</small> |
| <input type="checkbox"/> 8 oz. / 230 g mirepoix | <input type="checkbox"/> 1 small bunch fresh chives | <input type="checkbox"/> 1 lb. 5 oz. / 600 g frozen cauliflower |
| <input type="checkbox"/> 4 oz. / 115 g fresh baby spinach | <input type="checkbox"/> 1 large bunch fresh cilantro | <input type="checkbox"/> 4 large bananas |
| <input type="checkbox"/> 6 – 8 large lettuce leaves | <input type="checkbox"/> 1 bulb fresh garlic (need 12 cloves) | <small>if you choose to have the S'Mores Wonder Whip for your weekend breakfasts ADD:</small> |
| <input type="checkbox"/> 5 oz. / 140 g mixed greens | <input type="checkbox"/> 1 (½-inch / 1-cm) piece fresh ginger | <input type="checkbox"/> 1 large banana |
| <input type="checkbox"/> 4 oz. / 115 g shredded romaine lettuce | <input type="checkbox"/> 1 bunch green onions (need 2) | |
| <input type="checkbox"/> 2 large leaves romaine lettuce | <input type="checkbox"/> 1 medium red onion | |
| <input type="checkbox"/> 8 medium bell peppers (any color) | <input type="checkbox"/> 2 medium russet potatoes | |
| <input type="checkbox"/> 2 medium tomatoes | <input type="checkbox"/> 1 small jalapeño | |
| <input type="checkbox"/> 4 oz. / 115 g radishes | <input type="checkbox"/> 1 medium lemon | |
| <input type="checkbox"/> 8 oz. / 230 g brown mushrooms | <input type="checkbox"/> 2 medium limes (optional) | |

GROCERY LIST

Protein, Dairy, and Dairy Alternatives

- 8 oz. / 230 g cooked chicken breast, boneless, skinless
- 12 oz. / 340 g cooked salmon
- 5 large eggs
- 7 oz. / 200 g extra-lean ground pork (or beef or turkey)
- 12 oz. / 340 g raw 93% lean ground beef
- 8 oz. / 230 g raw 93% lean ground turkey
- 4 oz. / 115 g raw ground chicken breast
- 6 slices nitrate- and nitrite-free reduced-sodium deli turkey
- 1 slice nitrate- and nitrite-free turkey bacon
- 3 oz. / 90 g reduced-fat shredded cheddar cheese
- 1 oz. / 30 g shredded Parmesan cheese
- 2 wedges reduced-fat spreadable cheese (preferably Laughing Cow)
- 2 oz. / 60 g reduced-fat sour cream
- 2 fl. oz. / 60 ml unsweetened almond milk
- if you choose to have the **Carrot Cake Mug Cake** for your weekday breakfasts **ADD:**
- 10 fl. oz. / 300 ml egg whites (approx. 10 egg equivalents)
- 11 oz. / 310 g reduced-fat (0 or 2%) plain Greek yogurt
- 8 oz. / 230 g reduced-fat cream cheese
- if you choose to have **Power Latte Shakeology** for your breakfast every day **ADD:**
- 31 oz. / 890 g reduced-fat (0 or 2%) plain Greek yogurt
- 56 fl. oz. / 1.7 L unsweetened almond milk
- if you choose to have the **S'Mores Wonder Whip** for your weekend breakfasts **ADD:**
- 13 oz. / 370 g reduced-fat (0 or 2%) plain Greek yogurt
- 1 fl. oz. / 30 ml unsweetened almond milk

Dry and Packaged Foods

- 1 small jar all-natural tomato paste (need 2 oz. / 60 g)
- 1 cup / 170 g cooked black beans, drained
- 4 oz. / 115 g cooked brown rice
- 8 sheets (8 x 8-inch / 20 x 20-cm each) nori seaweed
- 8 sheets (8-inch / 20-cm diameter each) rice paper
- if you choose to have the **Carrot Cake Mug Cake** for your weekday breakfasts **ADD:**
- 1 small bag chopped unsalted pecans (optional; need 1 oz. / 30 g)
- 1¼ cups / 150 g whole wheat flour
- if you choose to have the **S'Mores Wonder Whip** for your weekend breakfasts **ADD:**
- 1 small bag cacao nibs (need 1 oz. / 30 g)
- 1 small box plain graham crackers (need 1 sheet)

GROCERY LIST

Pantry

- apple cider vinegar
- balsamic vinegar
- rice vinegar
- olive oil
- toasted sesame oil
- chili garlic paste (like sambal oelek)
- chili powder (or ground cumin or ground paprika)
- coconut sugar
- Dijon mustard
- dried oregano
- furikake seasoning
- garlic powder
- onion powder
- ground black pepper
- sea salt (or Himalayan salt)
- ground paprika
- ground smoked paprika
- gluten-free hoisin sauce
- sriracha sauce
- reduced-sodium tamari soy sauce
- Worcestershire sauce

- ranch salad dressing (optional)

if you choose to have the **Carrot Cake Mug Cake** for your weekday breakfasts **ADD:**

- baking powder (preferably GMO-free)
- ground cinnamon
- ground nutmeg
- pure vanilla extract
- powdered stevia

if you choose to have the **S'Mores Wonder Whip** for your weekend breakfasts **ADD:**

- ground cinnamon
- marshmallow extract (or natural flavor)
- stevia

Baking Supplies

- aluminum foil
- nonstick cooking spray
- parchment paper
- resealable plastic bag

Shakeology

if you choose to have **Power Latte Shakeology** for your breakfast every day **ADD:**

- 7 scoops Café Latte Whey or Café Latte Plant-Based Vegan Shakeology