



**SURE
THING™**

+

2B MINDSET®
EATING PLAN

MAKE YOUR RESULTS A SURE THING

2B Mindset is so much more than weight loss. Created by Ilana Muhlstein, MS, RDN, 2B Mindset is designed to help you enjoy satisfying meals, achieve a healthy relationship with food, and make reaching your goals a positive experience. Thousands of people (and counting) have made this simple plan a way of life, including Ilana, who dropped 100 lbs. and keeps it off as a busy mother of three.

To make your results a Sure Thing, Ilana and Megan recommend a nutrition strategy that supports your physical and mental well-being. The 2B Mindset Eating Plan can help you feel incredible right from Day 1, and to help keep you fueled and focused every day of the program, stick to the gourmet superfood dessert, Shakeology, and clean pre-workout formula Energize. After your workout, reach for Recover to help you build lean muscle and support muscle protein synthesis.*

**SURE
THING™**

HERE ARE 3 SURE THINGS...

YOU CAN DO TODAY (AND EVERY DAY!) THAT WILL HELP GIVE YOUR BODY WHAT IT NEEDS AND DESERVES.

1. **START WITH WATER FIRST** – Drink 16 fl. oz. / 480 ml of water right when you wake up, and be sure to stay hydrated during and after your workout.
2. **STRIVE FOR VEGGIES MOST!** – Aim to eat 2 cups—think 2 fistfuls—of veggies by 2 PM and try to make your meals veggies most at lunch and dinner. See what a day of eating delicious, satisfying foods can look like in the Mix & Match Guides. Eating this way can help you feel satisfied and have the energy you need to be your absolute best for your workouts—and all day long!
3. **START WRITING IN THE 2B MINDSET TRACKER** – This is the critical piece to customizing the plan to work for you. The more details you put in, the more insights you'll get, and the better your results will be. You can also track in the Beachbody On Demand app.

THE CORE 4 PRINCIPLES

AKA THE “2 BUNNIES” SNAPSHOT

See how to unlock your next two pounds. Figure out why these are the secret-sauce to helping you find success in this video [here](#).

WATER FIRST

- You might already know water is key to a good mood and energy. Ilana is going to teach you why it's key for weight loss.
- Start by drinking half your weight in ounces at a minimum each day.
- Your weight in lbs. _____ ÷ 2 = _____ daily minimum goal in fluid ounces.[†]
e.g., 180 lbs. ÷ 2 = 90 fl. oz. / 2.7 L
- Make a goal to drink 16 fl. oz. / 480 mL before each meal.
- Keep your awesome 2B Mindset water bottle handy because you'll soon see that the more water you drink, the more weight you may lose.

VEGGIES MOST

- Ilana will help you find satisfaction from veggies like you never thought possible.
- The more meals that include “Veggies Most,” the more weight you can lose and the more amazing you will feel.
- Get ready to open your mind (and mouth) to delicious veggies that you will love.
- Veggies can be enjoyed in hundreds of ways. Check out Ilana's [recipes](#) for easy ways to enjoy the flavors you crave.

THE SCALE

- Ilana is going to help you look at the scale differently than you've ever seen it before, within the [2B Mindset videos](#) and [You Can Drop It!](#) book.
- The scale will help guide you, not judge you.
- Get on the scale every morning, without clothes, after using the bathroom, before you eat or drink anything. Write your weight in your tracker, and move on with your day as you continue to practice the 2B Mindset principles.
- If you don't have a scale, get one.

TRACKING

- Your [tracker](#) will show you what's working best for you so you can feel more in control of your eating and lifestyle.
- Every day, complete a “My Day” page in your tracker book (or in the app).
- It only takes a few minutes, and you'll see from watching the videos that when you track with detail and honesty, it will help you unlock your greatest success.



[†]To calculate mL, multiply the fl. oz. by 30, so 16 fl. oz. x 30 = 480 mL

2B MINDSET FOOD LISTS

Watch the 2B Mindset videos to see Ilana's take on food groups that make eating so simple. To view the vegan food lists, check out the "Resources" section on the 2B Mindset program page and watch the [vegan video](#).



When you see this icon next to a food, it is a reminder that it can be high in sodium. Find the full food lists, which include the guidelines for buying FFCs and accessories [here](#).

VEGGIES

Purpose: To make you full! We always want veggies to be our first bite and they should make up most of our lunch and dinner plates! Sink your teeth into Ilana's food group veggie [video](#) for aha moments and new ways to enjoy them.

Arugula	Green beans	Rutabaga
Asparagus	Hearts of palm	Seaweed
Beets	Jicama	Shallots
Bell peppers (all varieties)	Leafy greens / lettuce	Snow peas
Broccoli	Mushrooms (all varieties)	Spaghetti squash
Broccoli slaw	Okra	Sugar snap peas
Brussels sprouts	Onions (all varieties)	Swiss chard
Cabbage (all varieties)	Pickled and fermented veggies (kimchi, sauerkraut, etc.) 	Tomatillos
Carrots (all varieties)	Pickles 	Tomatoes (all varieties)
Cauliflower / cauliflower rice	Pico de gallo	Turnips
Celery	Poblano peppers	Water chestnuts
Celery root	Radicchio	Watercress
Cucumbers (all varieties)	Radishes / daikon	Yellow squash
Eggplant	Rainbow chard	Zucchini
Endive	Rapini (broccoli rabe)	
Fennel		

PROTEIN

Purpose: To keep you fuller longer, so be sure to enjoy some at every meal. Ilana provides more protein-packed knowledge in this [video](#).

Eggs and Dairy

Cottage cheese (1–2%) 
Egg whites / whole eggs
Greek yogurt (plain; 0–2%)
Reduced-fat / low-fat cheeses (sliced, wedges, etc.) 
Ricotta cheese (part-skim) 

Chicken and Turkey

Chicken or turkey breast, drumstick or thigh, skinless
Chicken or turkey deli slices (nitrite-free) 
Ground chicken or turkey ($\geq$ 93% lean)

Beef and Pork

Beef steak (top round, top sirloin)
Ground beef ($\geq$ 95% lean)
Ham slices (nitrite-free) 
Pork tenderloin

Seafood

Cod
Crab 
Halibut
Lobster 
Mahi-mahi
Salmon
Sashimi / raw fish / sushi (wrapped in cucumber or seaweed instead of rice)

Scallops 

Shrimp 

Tilapia

Tuna

(canned or in pouch; light or white in water) 

Shakeology

All flavors

Beachbody Performance

Regular and Plant-Based Recover, all flavors

BEACHBAR

All flavors

PLANT-BASED PROTEIN

Edamame (organic)

Lupini beans

Protein powder (hemp, pea, quinoa, rice)

Seitan 

Tempeh (organic)

Tofu (organic)

Veggie burger

(with at least 20 g protein per 1 to 2 patties) 

Yogurt (plain, nondairy; with at least 10 g protein per cup / 240 g)

CARBOHYDRATES | FFCs

Purpose: To give you energy. Ilana will help you focus on **Fiber-Filled Carbohydrates (aka FFCs)**—because fiber is key to lasting energy and you'll learn why in this [video](#).

STARCHY VEGGIES

Acorn squash

Butternut squash

Corn

Green peas

Potatoes

Sweet potatoes

BEANS AND LEGUMES

 **Be mindful of sodium if using canned varieties**

Bean-based soup

Bean pasta

Beans, all varieties

Hummus

Lentils, all varieties

Peas, all varieties

FRUITS

Apple

Banana, all varieties

Blackberries

Blueberries

Cantaloupe

Grapes

Honeydew melon

Kiwifruit

Mango

Orange

Peach

Pear

Pineapple

Pomegranate

Raspberries

Strawberries

Watermelon

WHOLE GRAINS

Barley

Bran cereal** (low-sugar)

Bread** (whole-grain)

Crackers** (whole-grain)

English muffin** (whole-grain)

Oats (plain steel-cut, rolled, or instant with low- or no-added sugar)

Pancake** (whole-grain)

Pasta** (whole-grain)

Pita** (whole-grain)

Popcorn (air-popped with 0 g trans fats)

Quinoa

Tortilla** (corn or whole-grain)

Waffles** (whole-grain)

Wraps** (whole-grain)

CHECK OUT ILANA'S SUPER-SIMPLE

****CHECKLIST FOR BUYING FFCs**

ON THE FULL FOOD LISTS [HERE](#)

FOOD LIST



“SILLY” CARBS AND TREATS

Purpose: To help you improve your relationship with these foods, so you can treat (not cheat), Ilana helps you understand how you can fully enjoy them in a smart and purposeful way in this [video](#).

These are foods that:

- Are more indulgent
- Are harder to control
- Have little to no fiber, contain more grams of sugar and/or fat than fiber

Many “silly” carbs and treats cause energy spikes and dives. It’s okay to be silly on occasion but try to prioritize your favorite sweets and treats and be sure to track them with detail. Ultimately, making smarter and stronger choices can help benefit both your health and weight-loss goals.

Alcohol (beer, liquor, wine)

Baked goods, all varieties

Candy and chocolates, all varieties

Chips, all varieties that don’t follow the FFC guidelines

Coffee creamer

Deep-fried foods (battered or fried fish or chicken, French fries, tater tots, etc.)

Frozen treats (dairy and nondairy options)

Sugar-sweetened beverages (juices, lemonades, teas, etc.)

ACCESSORIES

Purpose: To make your meals more enjoyable and flavorful and entice you to eat more veggies. Get lots of fun ways from Ilana to fill your meals with flavor in this [video](#).

Guidelines when enjoying accessories: These foods pack a lot of flavor that goes a long way. While freebies are low in calories, fat, and sugar, some of the others are not. Pick 1 or 2 per meal that you enjoy most. Start with less. If you **want** more, you can always add a little bit more later. And make sure to quantify them somehow so you can track them later. Whether you use a tablespoon, bottle cap, or compare them to a golf ball, you just want to keep your eye on them so you can track them.

“Freebie” Accessories and Beverages

Broth, reduced-sodium (beef, chicken, fish, and vegetable) 

Cocoa powder (unsweetened)

Coffee (black, unsweetened)

Herbs (fresh, dried, or frozen; basil, cilantro, dill, epazote, garlic, ginger, oregano, parsley, etc.)

Horseradish

Hot sauce 

Lemon juice

Lime juice

Monk fruit sweetener

Mustard

Pure extracts (almond, peppermint, maple, vanilla, etc.)

Salsa (store-bought) 

Seasoning blends (without salt or sugar in the first two ingredients) 

Seltzer water

Soy sauce / tamari (reduced-sodium) 

Spices (cinnamon, cumin, pepper, turmeric, etc.)

Stevia

Tea (unsweetened)

Vinegar

Water (of course!)

Water Boosters

Aloe vera juice

Cucumber

Lemon

Lime

Mint

Water enhancers (all-natural flavors)

Whole fruit pieces

(berries, mango, watermelon, etc.)

FATS

Avocado and guacamole

Bacon (pork) 

Butter

Coconut milk (canned)

Full-fat cheese (bleu, cheddar, Parmesan, pepper jack, etc.) 

Natural nut butters

(almond, cashew, peanut, etc.)

Nuts (all varieties) 

Oil (avocado, grapeseed, olive, toasted sesame, etc.)

Olives 

Pesto

Seeds (chia, flax, hemp, pumpkin, sesame, sunflower, etc.) 

Sunflower seed butter (natural)

Tahini

SUGARS

Dried fruit (dates, raisins, etc.)

Honey

Jam and jelly (all varieties)

Maple syrup

Pure coconut sugar

CONDIMENTS, DRESSINGS, SAUCES, AND MARINADES

 **Be mindful of sodium in all of these items**

Alfredo sauce

Barbeque sauce

Ketchup (without high-fructose corn syrup)

Marinara sauce

Mayonnaise

Sour cream (light or reduced-fat)

Tomato paste and sauce

Vinaigrettes and salad dressings (all varieties)

BEVERAGES

Great for adding some to tea or coffee but recommend no more than 1 cup / 240 ml per day

Milk (reduced-fat; 1–2%)

Unsweetened plant-based milks (almond, cashew, organic soy, rice, etc.)

BEACHBODY PERFORMANCE AND OTHER BEACHBODY SUPPLEMENTS

BEVY and Focused Energy BEVY, all flavors

Collagen Boost

Energize, all flavors

FIRST THING

Hydrate

LAST THING

Shakeology Boosts

CHECK OUT ILANA'S SUPER-SIMPLE

CHECKLIST FOR BUYING ACCESSORIES

ON THE FULL FOOD LISTS [HERE](#)

FOOD LIST



TIP If you want to enjoy an accessory (like a salad dressing or marinade) that has more than 40 calories per Tbsp., dilute 1 Tbsp. of dressing/marinade with 1 Tbsp. of water, vinegar, or lemon or lime juice to help spread the flavor throughout the whole dish!

**MIX & MATCH
MEAL PLANNER
GUIDE**

Are you ready to always have an answer to: What the heck should I eat? This guide shows you what your meals could look like each day. It follows Ilana's **Plate It! Method**—a flexible and fun approach to weight loss so you'll be full and satisfied at each meal. And because Plate It! is so flexible, it truly works no matter what your eating preferences are. You don't have to count or measure anything. The serving sizes below are just suggestions, but if you prefer exact amounts, refer to our [recipes](#) as a guide for serving sizes. To get the full benefits of Plate It!, watch each corresponding video on the [2B Mindset page](#). And if you feel you need more to help you feel full and satisfied, follow [Ilana's More? Sure! Model](#) and [track](#) to learn what's working for you.

BREAKFAST

In the morning, make your plate 50% protein to help keep you full and 50% FFCs to give you lasting energy. And of course, you can add in veggies if you're feeling extra hungry. Aim to drink 16 fl. oz. / 480 mL[^] before your first bite. Get more breakfast ideas in this [video](#).

[^]16 FL. OZ. = 480 ML For all meals, start with a smaller plate (7- to 9-inch / 18- to 23-cm). If you're still hungry, use the [More? Sure! Model](#).



MEAL IDEA	VEGGIES (EXTRA CREDIT!)	PROTEIN	FIBER-FILLED CARBS (FFCs)	ACCESSORIES	WHIP IT UP!
BANANA NUT SHAKEOLOGY	½ cup / 60 g chopped frozen zucchini	Shakeology (flavor of choice)	½–1 banana	1 cup / 240 ml unsweetened almond milk 1 Tbsp. nut butter of your choice (or 2 Tbsp. nut butter powder)	Add Shakeology + milk + banana + nut butter + 1 cup / 170 g ice to a blender; mix it up and enjoy!
PEANUT BUTTER OVERNIGHT OATS WITH SHAKEOLOGY FROSTING		Shakeology (flavor of choice) ¼ cup / 60 g reduced-fat (0 or 2%) plain Greek yogurt (or vegan alternative with at least 10 g protein per cup / 240 g)	½ cup / 40 g dry rolled oats	½ cup / 120 ml + 2–3 Tbsp. unsweetened almond milk 1 pinch cinnamon 4 drops liquid stevia 2 Tbsp. peanut butter powder ¼ tsp. pure vanilla extract	Combine oats + ½ cup / 120 ml milk + cinnamon + PB powder + stevia; cover. Set overnight in the fridge. Right before eating, make the frosting. Combine Shakeology + yogurt + 2–3 Tbsp. milk (to get preferred consistency) + extract. Top oats with frosting and dig in!
SMASHED EGG & AVOCADO TOAST	Arugula, sliced tomato	2–3 hard-boiled eggs, sliced (or vegan egg replacement with at least 5 g protein per egg equivalent)	1–2 slices whole-grain toast**	¼ medium avocado, sliced Lemon juice Everything Bagel Seasoning or hot sauce (to taste) salt and pepper (to taste)	Top each slice of toast with avocado + tomato + lemon juice + salt and pepper + arugula + eggs; enjoy!
CHOCOLATE COVERED STRAWBERRIES WONDER WHIP		¾–1 cup / 185–240 g reduced-fat (0 or 2%) plain Greek yogurt (or vegan alternative with at least 10 g protein per cup / 240 g)	1 cup / 165 g chopped strawberries	1–2 tsp. unsweetened cocoa powder Liquid stevia (to taste)	Mix yogurt + cocoa powder + stevia + strawberries; enjoy dessert for breakfast!
SHEET PAN SAUSAGE & SWEET POTATOES	1–2 cups / 15–30 g kale ½ onion, chopped ½–1 bell pepper, chopped	1–2 lean all-natural precooked chicken (or turkey) sausages, sliced	½–1 medium sweet potato, cubed	Nonstick cooking spray Salt and pepper (to taste)	Coat all veggies + sausage slices + sweet potato with spray. Sprinkle with salt and pepper. Spread on a baking sheet. Bake, stirring once halfway through, for 18–20 min. at 400° F (200 °C). Enjoy!

EXPLORE MORE BREAKFAST RECIPES [HERE](#)

**Refer to the guidelines for buying FFCs in the full food lists [here](#)

LUNCH

In the afternoon, always start with water first, then create your meal to be 50% veggies to make you full, 25% protein to help you stay full, and 25% FFCs to give you lasting energy. Learn why lunch is Ilana's favorite meal in this [video](#).



MEAL IDEA	VEGGIES	PROTEIN	FIBER-FILLED CARBS (FFCs)	ACCESSORIES	WHIP IT UP!
BBQ CHICKEN PIZZA WITH FRIES	1–2 turnips, sliced into fries ¼ red onion, chopped	4–6 oz. / 115–170 g cooked, shredded chicken breast 1 light cheese stick, shredded	1 whole-grain flatbread**	Nonstick cooking spray ½ tsp. garlic powder ½ tsp. onion powder 1 dash salt (optional) 2 Tbsp. BBQ sauce† 1 Tbsp. dip (or dressing) of choice‡	Coat turnip fries with spray; toss with seasonings. Spread on a large baking sheet. Bake for 20 min. at 375° F (190 °C). Top flatbread with BBQ sauce + chicken + cheese + onion. Bake flatbread and fries for 5 min. Enjoy pizza and fries with dip or dressing of choice.
SATISFYING SEXY SALAD	1½–2 cups / 55–70 g mixed greens ¼–½ red onion, chopped ¼–½ cup / 15–30 g shredded carrots ¼–½ cup / 20–40 g roasted broccoli (or cauliflower)	4–6 oz. / 115–170 g chopped protein of choice (salmon, sliced chicken or turkey, organic tofu, tuna, etc.)	½–1 cup / 85–170 g chopped fruit (strawberries, sliced grapes, pomegranate seeds, or mandarin oranges) OR ½ cup / 85 g roasted chickpeas	2 Tbsp. crumbled feta cheese 2 Tbsp. light salad dressing 2 tsp. chopped roasted nuts, seeds, or olives	Mix together all veggies + protein + fruit + accessories; enjoy!
2B ON-THE-GO LUNCH BOX	4–5 mini (Persian) cucumbers 1–2 cups / 130–260 g baby carrots	2–3 hard-boiled eggs	1 medium orange	2–3 Tbsp. dip (or dressing) of choice‡ Salt and pepper (optional)	Dunk veggies into dip. Sprinkle salt and pepper onto eggs (if desired) and enjoy with the orange.
SHEET PAN CHICKEN, PEPPERS, AND FRIES	2–3 cups / 300–450 g mini bell peppers (or 3 sliced bell peppers) 2 lettuce leaves Tomato slices	4–6 oz. / 115–170 g chicken burger	½–1 small sweet potato, cut into fries	Nonstick cooking spray ½ tsp. garlic powder ½ tsp. onion powder Salt and pepper (to taste) Mustard (optional)	Coat fries in spray and seasonings. Spread on half of a large baking sheet; place burger on other half. Bake for 15 min. at 400° F (200 °C). Spread bell peppers in center of sheet; bake for 5 to 10 min., or until burger is no longer pink inside, fries are crispy, and bell peppers are soft (if using a partially cooked burger, only bake for 15 min.). Top burger with tomato; wrap in lettuce leaves. Enjoy with peppers + fries!
HOT TURKEY AND CHEESE WRAP WITH AIR-FRIED GREEN BEANS	½ cup / 35 g mushrooms, sliced ½ medium onion, chopped 1–2 cups / 100–200 g green beans	4–6 oz. / 115–170 g sliced turkey 2 flavored soft cheese wedges (like garlic and herb)	1 whole-grain wrap**	Nonstick cooking spray Seasoning of choice 1 Tbsp. grated Parmesan cheese Salt and pepper (to taste)	Coat green beans with spray; toss with seasoning + Parmesan cheese. Air-fry for 8 min. at 400° F (200 °C). Coat a skillet with spray; sauté mushrooms and onion. Spread cheese on wrap; top with turkey. Microwave for 20–30 sec. Top with sautéed veggies; enjoy with green bean fries!

EXPLORE MORE LUNCH RECIPES [HERE](#)

**Refer to the guidelines for buying FFCs in the full food lists [here](#)

‡Refer to accessories guideline and check out the video

SNACK(TIONAL)

A snack is totally optional, but if you're going to have one, Ilana recommends having it between lunch and dinner. Start with water first, then have veggies. If you're still hungry, add a protein, and if you feel you need more energy, have an FFC. Hungry for more snack advice? Check out this [video](#).



MEAL IDEA	VEGGIES	PROTEIN	FIBER-FILLED CARBS (FFCs)	ACCESSORIES	WHIP IT UP!
JUST THE VEGGIES Sometimes this is the perfect pick-me-up; if you're still hungry, add a protein	1–2 cups / 70–140 g broccoli (or cauliflower florets), raw or roasted			2–3 Tbsp. dip (or dressing) of choice (yogurt ranch or creamy Italian) [‡]	Dunk veggies into dip to help keep you full till dinner!
SIMPLE PROTEIN SNACK PACK	1–2 cups / 130–260 g baby carrots (or veggie of choice)	1–2 hard-boiled eggs OR 1–2 sticks jerky (turkey, beef, etc.)		2–3 Tbsp. dip (or dressing) of choice [‡]	Pair veggies + accessory; enjoy with eggs.
PROTEIN POWER ROLL-UPS	1–2 cups / 135–270 g sliced veggies (cucumbers, bell peppers, etc.)	2–4 oz. / 60–115 g sliced turkey (or chicken)		¼ cup / 60 g hummus	Spread hummus on turkey slices; top with veggies and roll up.
SWEET LOVERS STACKED SNACK	1–2 cups / 120–240 g jicama sticks	½–¾ cup / 125–180 g reduced-fat (0 or 2%) plain Greek yogurt	½ cup / 85 g strawberries	Cinnamon Liquid stevia (to taste) 1 Tbsp. peanut butter powder 2 tsp. unsweetened cocoa powder	Sprinkle jicama with cinnamon. Mix together yogurt + other accessories. Dip jicama + strawberries into chocolate peanut butter yogurt dip.
SHAKEOLOGY FRO-WHOA	1 cup / 100 g frozen cauliflower rice, zucchini, or carrots (or frozen carrots)	1 scoop Shakeology (flavor of choice)	½ frozen banana	1 dash pure vanilla extract ¼ tsp. xanthan gum ½ cup / 120 ml unsweetened almond milk	Add everything to a blender plus 1 cup / 170 g ice; blend until it's thick and creamy. Pour into your favorite bowl and enjoy like ice cream! <i>Tip: Add more liquid to reach your desired consistency, if needed.</i>

EXPLORE MORE SNACK RECIPES [HERE](#)

[‡]Refer to accessories guideline and check out the video

DINNER

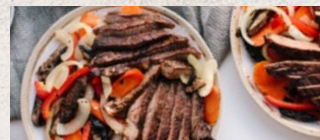
Start with water first, and your plate should be 75% veggies to get full and 25% protein to help you stay full. Dig into delicious dinner ideas and insights from Ilana in this [video](#).



MEAL IDEA	VEGGIES	PROTEIN	ACCESSORIES	WHIP IT UP!
SALMON TERIYAKI BOWL	1½–2 cups / 150–200 g cauliflower rice 1½–2 cups / 100–140 g broccoli	6–8 oz. / 170–230 g cooked salmon fillet	2 Tbsp. reduced-sodium teriyaki sauce	Microwave cauliflower rice + broccoli in separate bowls for 5 min. Shred cooked salmon; toss with teriyaki sauce. Microwave for 1–2 min. Combine everything together and dig in!
PEPPER STEAK STIR-FRY	2–3 cups / 200–300 g frozen stir-fry blend (like peppers and onions) ½–1 cup / 35–70 g sliced mushrooms	6–8 oz. / 170–230 g lean sirloin steak, thinly sliced <i>Tip: Freeze for 20 min. before cutting to make even slices.</i>	Nonstick cooking spray 1 tsp. reduced-sodium tamari soy sauce 1 tsp. rice vinegar ¼ tsp. ground ginger ¼ tsp. garlic powder Pepper (to taste)	Coat skillet with spray; add veggies. Cook for 3–4 min. Add steak; cook for 2–3 min. (or until desired doneness). Transfer to bowl, add accessories, and toss together!
GARLIC BUTTER SHRIMP AND ASPARAGUS OVER PASTA	1 bunch asparagus, chopped 1–2 cups / 100–200 g hearts of palm pasta	6–8 oz. / 170–230 g raw shrimp	Nonstick cooking spray 1 tsp. olive oil 2 tsp. butter 3 cloves garlic, finely chopped 1 tsp. Italian seasoning blend ¼ cup / 60 ml reduced-sodium vegetable broth 2 tsp. sriracha sauce Lemon juice (to taste)	Make hearts of palm pasta according to package directions. While pasta cooks, sauté asparagus in skillet, coated with spray, for 5 min.; remove from skillet. Heat oil and butter in same skillet; add shrimp. Cook for 2 min. on each side. Add garlic + Italian seasoning; cook until shrimp is opaque. Add broth + sriracha sauce + lemon juice + asparagus + pasta; toss together and serve.
CAULISOTTO WITH ROASTED CHICKEN	2–3 cups / 100–200 g cauliflower rice ½–1 cup / 35–70 g sliced mushrooms	2 rotisserie chicken thighs (or vegan “chicken” option) 2 cheese wedges	Seasoning of choice (like garlic and onion powder)	Cook cauliflower rice + mushrooms. When done, mix in cheese wedges and seasoning of choice. Enjoy with chicken thighs.
SPAGHETTI SQUASH TURKEY TACO BOAT	1 small–medium spaghetti squash, cooked ½ bell pepper, chopped ½ onion, chopped 1 cup / 250 g canned tomatoes	6–8 oz. / 170–230 g cooked ground turkey (or crumbled organic tofu or soy chorizo)	Nonstick cooking spray 3 cloves garlic 2 tsp. reduced-sodium taco seasoning 1 Tbsp. shredded cheese 1 Tbsp. reduced-fat sour cream 1 Tbsp. fresh cilantro (coriander leaves)	Coat skillet with spray. Cook pepper + onion for 6–7 min. Add garlic; cook for 1 min. Add tomatoes + protein + seasoning; cook for 3–5 min., or until sauce is thickened. Place veggies + protein mixture over squash; top with cheese + sour cream + cilantro.

EXPLORE MORE DINNER RECIPES [HERE](#)

SAMPLE DAY 1



MEAL TIME	MEAL IDEA	VEGGIES (EXTRA CREDIT AT BREAKFAST!)	PROTEIN	FIBER-FILLED CARBS (FFCs)	ACCESSORIES	WHIP IT UP!
BREAKFAST 50% Protein 50% FFCs	BANANA NUT SHAKEOLOGY	½ cup / 60 g chopped frozen zucchini	Shakeology (flavor of choice)	½–1 banana	1 cup / 240 ml unsweetened almond milk 1 Tbsp. nut butter of choice (or 2 Tbsp. nut butter powder)	Add Shakeology + milk + banana + nut butter + 1 cup / 170 g ice to a blender; mix it up and enjoy!
LUNCH 50% Veggies 25% Protein 25% FFCs	SATISFYING SEXY SALAD	1½–2 cups / 55–70 g mixed greens ¼–½ red onion, chopped ¼–½ cup / 15–30 g shredded carrots ¼–½ cup / 20–40 g roasted broccoli (or cauliflower)	4–6 oz. / 115–170 g chopped protein of choice (salmon, sliced chicken or turkey, organic tofu, tuna, etc.)	½–1 cup / 85–170 g chopped fruit (strawberries, sliced grapes, pomegranate seeds, or mandarin oranges) OR ½ cup / 85 g roasted chickpeas	2 Tbsp. crumbled feta cheese 2 Tbsp. light salad dressing 2 tsp. chopped roasted nuts, seeds, or olives	Mix together all veggies + protein + fruit + accessories; enjoy!
SNACK(TIONAL) ☒ Start with veggies ☒ Add a protein ☐ Add an FFC, if needed	SIMPLE PROTEIN SNACK PACK	1–2 cups / 130–260 g baby carrots (or veggie of choice)	1–2 hard-boiled eggs OR 1–2 sticks jerky (turkey, beef, etc.)		2–3 Tbsp. dip (or dressing) of choice†	Pair veggies + accessory; enjoy with eggs.
DINNER 75% Veggies 25% Protein	PEPPER STEAK STIR-FRY	2–3 cups / 200–300 g frozen stir-fry blend (like peppers and onions) ½–1 cup / 35–70 g sliced mushrooms	6–8 oz. / 170–230 g lean sirloin steak, thinly sliced <i>Tip: Freeze for 20 min. before cutting to make even slices.</i>		Nonstick cooking spray 1 tsp. reduced-sodium tamari soy sauce 1 tsp. rice vinegar ¼ tsp. ground ginger ¼ tsp. garlic powder Pepper (to taste)	Coat skillet with spray; add veggies. Cook for 3–4 min. Add steak; cook for 2–3 min. (or until desired doneness). Transfer to bowl, add accessories, and toss together!

†Refer to accessories guideline and check out the video

SAMPLE DAY 2



MEAL TIME	MEAL IDEA	VEGGIES (EXTRA CREDIT AT BREAKFAST!)	PROTEIN	FIBER-FILLED CARBS (FFCs)	ACCESSORIES	WHIP IT UP!
BREAKFAST 50% Protein 50% FFCs	SHEET PAN SAUSAGE & SWEET POTATOES	1–2 cups / 15–30 g kale ½ onion, chopped ½–1 bell pepper, chopped	1–2 lean all-natural precooked chicken (or turkey) sausages, sliced	½–1 medium sweet potato, cubed	Nonstick cooking spray Salt and pepper (to taste)	Coat all veggies + sausage slices + sweet potato with spray. Sprinkle with salt and pepper. Spread on a baking sheet. Bake, stirring once halfway through, for 18–20 min. at 400° F (200 °C). Enjoy!
LUNCH 50% Veggies 25% Protein 25% FFCs	HOT TURKEY AND CHEESE WRAP WITH AIR-FRIED GREEN BEANS	½ cup / 35 g mushrooms, sliced ½ medium onion, chopped 1–2 cups / 100–200 g green beans	4–6 oz. / 115–170 g sliced turkey 2 flavored soft cheese wedges (like garlic and herb)	1 whole-grain wrap**	Nonstick cooking spray Seasoning of choice 1 Tbsp. grated Parmesan cheese Salt and pepper (to taste)	Coat green beans with spray; toss with seasoning + Parmesan cheese. Air-fry for 8 min. at 400° F (200 °C). Coat a skillet with spray; sauté mushrooms and onion. Spread cheese on wrap; top with turkey. Microwave for 20–30 sec. Top with sautéed veggies; enjoy with green bean fries!
Snack(tional) ☒ Start with veggies ☒ Add a protein ☒ Add an FFC, if needed	SHAKEOLOGY FRO-WHOA	1 cup / 100 g frozen cauliflower rice, zucchini, or carrots (or frozen carrots)	1 scoop Shakeology (flavor of choice)	½ frozen banana	1 dash pure vanilla extract ¼ tsp. xanthan gum ½ cup / 120 ml unsweetened almond milk	Add everything to a blender plus 1 cup / 170 g ice; blend until it's thick and creamy. Pour into your favorite bowl and enjoy like ice cream! <i>Tip: Add more liquid to reach your desired consistency, if needed.</i>
DINNER 75% Veggies 25% Protein	SALMON TERIYAKI BOWL	1½–2 cups / 150–200 g cauliflower rice 1½–2 cups / 100–140 g broccoli	6–8 oz. / 170–230 g cooked salmon fillet		2 Tbsp. reduced- sodium teriyaki sauce	Microwave cauliflower rice + broccoli in separate bowls for 5 min. Shred cooked salmon; toss with teriyaki sauce. Microwave for 1–2 min. Combine everything together and dig in!

**Refer to the guidelines for buying FFCs in the full food lists [here](#)

CUSTOMIZE YOUR OWN MEAL PLAN

Now that you understand the foundations of the food groups and Plate It! have some fun creating meals with the foods and flavors you crave so you feel full, satisfied, and confident in your choices as you build a healthier relationship with food.

MEAL TIME	MEAL IDEA	VEGGIES (EXTRA CREDIT AT BREAKFAST!)	PROTEIN	FIBER-FILLED CARBS (FFCs)	ACCESSORIES	WHIP IT UP!
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EXPLORE MORE SAMPLE MEAL PLANS [HERE](#)

MEGAN'S FAVORITE

2B MINDSET RECIPES

Megan handpicked these recipes for you to try so you can keep things simple and delicious and make your results a Sure Thing! And for even more recipes check out our [library of recipes](#) and the [Mindset Menu Cooking Show](#).

BREAKFAST



[All-in-One-Pan Breakfast Burrito](#)



[Superfood Scramble](#)

LUNCH



[Hearty Chicken Fajita Bowls](#)



[Warm Quinoa Salad](#)

DINNER



[Caulifredo Zoodles with Juicy Chicken](#)



[Sheet Pan Chicken Shawarma](#)

SIDES



[Banana Split "Nice" Cream Cups](#)



[Air-Fried Chickpea Duo](#)

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- Tools to help you stay on-track no matter the season
- LIVE events with Ilana
- The incredibly motivating **2B Mindset Exclusive Community** – Join tens of thousands of others who are living their healthiest, happiest lives with 2B Mindset!

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