

# MY GO-TO GUIDE



MINDSET™



**BODi**



## LEARN THE 2B MINDSET®

This guide is a companion to the videos. In the pages that follow, you'll find the key takeaways, plus lists and guides you can use to plan your weight-loss days.

Start watching the videos at [2BMindset.com](https://2BMindset.com) or download the app, so you can get the most out of this guide!

To download the app, go to the app store on your mobile device and search for "BODi"

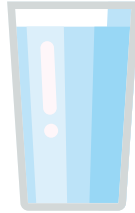


# THE "2 BUNNIES" RECAP

Ilana likes to keep things simple and easy to remember and that's why she created the "2 Bunnies." Just follow these guidelines every day, starting today, and you'll hop into consistent weight loss!



## 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.  $\div 2 =$  \_\_\_\_ daily minimum goal in fluid ounces.\*  
e.g., 180 lbs.  $\div 2 = 90$  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 at [MindsetMenu.com](http://MindsetMenu.com) for easy ways to enjoy the flavors you crave.

\*To calculate mL, multiply the fl. oz. by 30, so 16 fl. oz. x 30 = 480 mL

## THE SCALE



- Ilana is going to help you look at the scale differently than you've ever seen it before, within her 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.

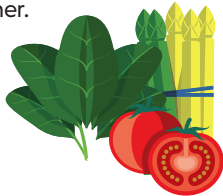


# A NEW WAY TO LOOK AT FOOD GROUPS

The 2B Mindset doesn't "tell" you what you should eat. Instead, it helps you learn what you should eat and why. Once you have that knowledge, you'll be in full control over the food choices you make every day.

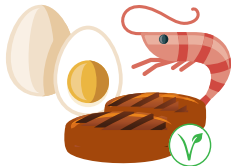
## VEGGIES make you full and satisfied

- Veggies should be the first bite at lunch, snack, and dinner. (Veggies at breakfast get you extra credit!)
- Try veggies you haven't tried yet. Find the ones you love and make them your reliable staples. Check out Ilana's recipes at [MindsetMenu.com](http://MindsetMenu.com) for easy ways to enjoy the flavors you crave.



## PROTEINS help keep you full and satisfied

- You should have protein at every meal.
- Pick your favorites to be your go-to's.
- Ilana loves Shakeology! It's a powerful gourmet superfood dessert shake that is an important part of the 2B Mindset. Check out page 29 to learn more!



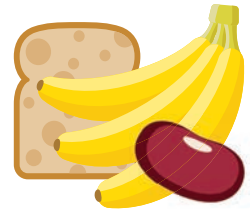
**TIP:** Shakeology Boosts are an easy way to customize your shake on those days when your body needs a little extra support. Choose from Focused Energy, Digestive Health, and Power Greens.

All products and flavors may not be available in your market.

## CARBOHYDRATES give you energy



- **Fiber-Filled Carbohydrates (aka FFCs)** are the carbs we'll focus on most, because fiber provides your body with longer-lasting energy, and helps promote weight loss.
- **CHECKLIST FOR BUYING FFCs:**
  - Choose ones you won't overeat
  - The serving size is easy to track
  - It's 150 calories or less
  - There's at least 1 g fiber for every 10 g total carbs (but the more fiber, the better!)
  - Pick ones with the same, if not more, fiber grams than sugar grams
  - Pick ones without any trans fats (i.e., partially hydrogenated oil)



## ACCESSORIES help you eat more veggies and make your meals pop with flavor!

- Accessories add more flavor to your meals, and make it easier to eat more veggies.
- Many accessories can be high in fat or sugar—but that's okay, because a small amount can go a long way, so be sure to start with less and increase from there, if needed.
- If you aren't sure what's in it, look at the nutrition label. If it contains more grams of fat or sugar than anything else, it's an accessory.
- **CHECKLIST FOR BUYING ACCESSORIES:**
  - Has 0–40 calories per Tbsp. or under 80 calories per 2 Tbsp.
  - Ideally does not contain salt or sugar in the first two ingredients
  - Has simple ingredients that don't contain artificial sugars, like sucralose, aspartame, or Ace K, and are free of high-fructose corn syrup





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 and the vegan food lists on the "Resources" section at 2BMindset.com.



## 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. Find it on the plan page at 2BMindset.com or in the app.**

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



**TIP:** Fresh veggies are wonderful, but it's also a great idea to stock up on jarred, canned, or frozen. Before they go into your cart, make sure they don't contain any added oil or sugar.



## Proteins

**Purpose:** To keep you fuller longer, so be sure to enjoy some at every meal. **Ilana provides more protein-packed knowledge in the protein video on the plan page at 2BMindset.com or in the app.**

### 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 (≥ 93% lean)

### BEEF AND PORK

Beef steak (top round, top sirloin)  
 Ground beef (≥ 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

### BEACHBAR

All flavors

### BEACHBODY PERFORMANCE

Recover, 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)

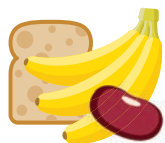
All products and flavors may not be available in your market.



**TIP:** If you're short on time or you aren't the cooking kind, you can find many protein options packaged and ready to eat, along with precooked and frozen options, so you can easily pull a meal together in minutes.



When you see this icon next to a food, it is a reminder that it can be high in sodium.



## 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 the carbs video found on the plan page at 2BMindset.com or in the app.**

### 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)

### \*CHECKLIST FOR BUYING FFCs:

- Choose ones you won't overeat
- The serving size is easy to track
- It's 150 calories or less
- There's at least 1 g fiber for every 10 g total carbs (but the more fiber, the better!)
- Pick ones with the same, if not more, fiber grams than sugar grams
- Pick ones without any trans fats (i.e., partially hydrogenated oil)



## "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.

### 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.)



### TIPS:

- If you bite it, write it! When you choose to enjoy a treat, sit down without distractions, savor it, and own it by noting it in your tracker. You will learn what is most worth it to you, and you'll be surprised that an occasional sweet or treat won't derail your goals.
- It's usually easier to enjoy it and track it later when it's something you can measure or remember, like 1 cookie or square of chocolate versus "handfuls of chips."



When you see this icon next to a food, it is a reminder that it can be high in sodium.






## 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 the accessories video found on the plan page at 2BMindset.com or in the app.**

### 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, low-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, maple, peppermint, 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

BEVVY and Focused Energy  
 BEVVY, all flavors  
 Collagen Boost  
 Energize, all flavors  
 FIRST THING

Hydrate  
 LAST THING  
 Shakeology Boosts

### CHECKLIST FOR BUYING ACCESSORIES:

- Has 0–40 calories per Tbsp. or under 80 calories per 2 Tbsp.
- Ideally does not contain salt or sugar in the first two ingredients
- Has simple ingredients that don't contain artificial sugars like sucralose, aspartame, Ace K, and are free of high-fructose corn syrup

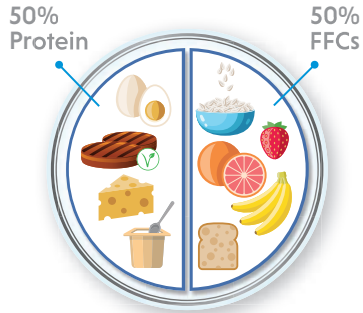
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# PLATE IT! RECAP



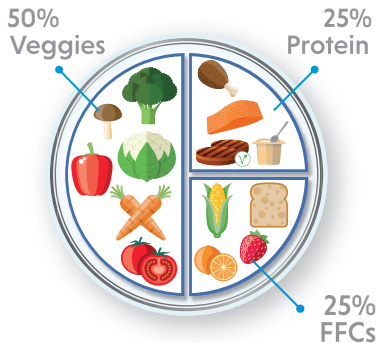
Ilana's Plate It! method is a flexible and fun approach to weight loss so you'll be full and satisfied at each meal. You don't have to count or measure anything, but if you prefer exact amounts, refer to our recipes as a guide for serving sizes.

And because Plate It! is so flexible, it truly works no matter what your eating preferences are. Watch the Plate It! videos to see how Ilana creates easy yummy meals and snacks designed for optimal energy and results.



## BREAKFAST

- ★ **Water First!** – Aim for 16 fl. oz.\*\* before your first bite
- ★ In the morning, eat **50% protein** to help keep you full and **50% FFCs** to give you lasting energy
- ★ Veggies are extra credit; add them to your eggs, shake, or on the side
- ★ Accessorize to make your meal delicious
- ★ Find a quick and easy option (like a Shakeology breakfast recipe) that you can stay consistent with

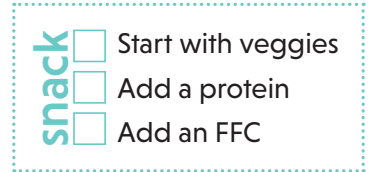


## LUNCH

- ★ **Water First!** – Aim for 16 fl. oz. before your first bite
- ★ In the afternoon, eat **50% veggies** to make you full, **25% protein** to help you stay full, and **25% FFCs** to give you lasting energy
- ★ Accessorize to make your meal pop with flavor!

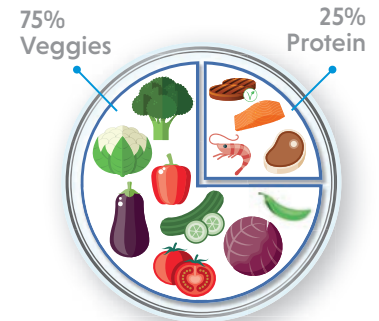
## SNACK(tional)

- ★ A snack is optional
- ★ If you're going to have a snack, Ilana recommends it be between lunch and dinner
- ★ **Water First!** – Aim for 16 fl. oz. before your first bite and refer to the More? Sure model as a guide



## DINNER

- ★ **Water First!** – Aim for 16 fl. oz. before your first bite
- ★ Your plate should be **75% veggies** to get full and **25% protein** to help stay full
- ★ Accessorize to make your meal more comforting and delicious so you can be "Dinner and Done."



\*\*16 FL. OZ. = 480 ML

Start with a smaller plate (7" to 9"); you can always go back for more if you're still hungry!



# YOUR 2B MINDSET KITCHEN GUIDE

When your kitchen is stocked with simple tools and ingredients it can be easy to whip up delicious meals. We've listed some go-to items you might consider keeping on hand.

# FRIDGE AND FREEZER

## Veggies

### MEAL BASES (FRESH AND FROZEN)

- Broccoli
- Brussels sprouts
- Cauliflower/cauliflower rice
- Mushrooms
- Onions
- Pre-washed salad mixes
- Slaw mixes
- Spaghetti squash
- Spinach
- Stir-fry mixes
- String beans
- Zucchini

## Veggies

### LOW-MAINTENANCE/ GRAB AND GO

- Baby carrots
- Baby peppers
- Broccoli florets
- Cauliflower florets
- Celery sticks
- Cherry tomatoes
- Cucumbers

### FREEBIE ACCESSORIES AND BEVERAGES

- Herbs (fresh or frozen; basil, cilantro, dill, garlic, ginger, mint, parsley, etc.)
- Hot sauce
- Ice coffee, unsweetened
- Ice tea, unsweetened
- Lemon or lime juice
- Low-sodium broth (chicken, veggie, etc.)
- Mustard
- Salsa
- Sparkling water
- Water

## Accessories

### ALL OTHER ACCESSORIES

- All-natural nut butters (almond, peanut, etc.)
- Almond milk, unsweetened
- Full-fat cheese (feta, goat cheese, etc.)
- Guacamole
- Marinades
- Marinara sauce
- Salad dressings
- Shredded cheese (keep frozen, lasts longer!)
- Soy sauce (reduced-sodium)

## FFCs

- Breads (whole-grain) (keep frozen, they last longer!)
- Frozen fruit (great for smoothies!)
- Tortillas (whole-grain)
- Waffles (whole-grain)
- Whole fruit

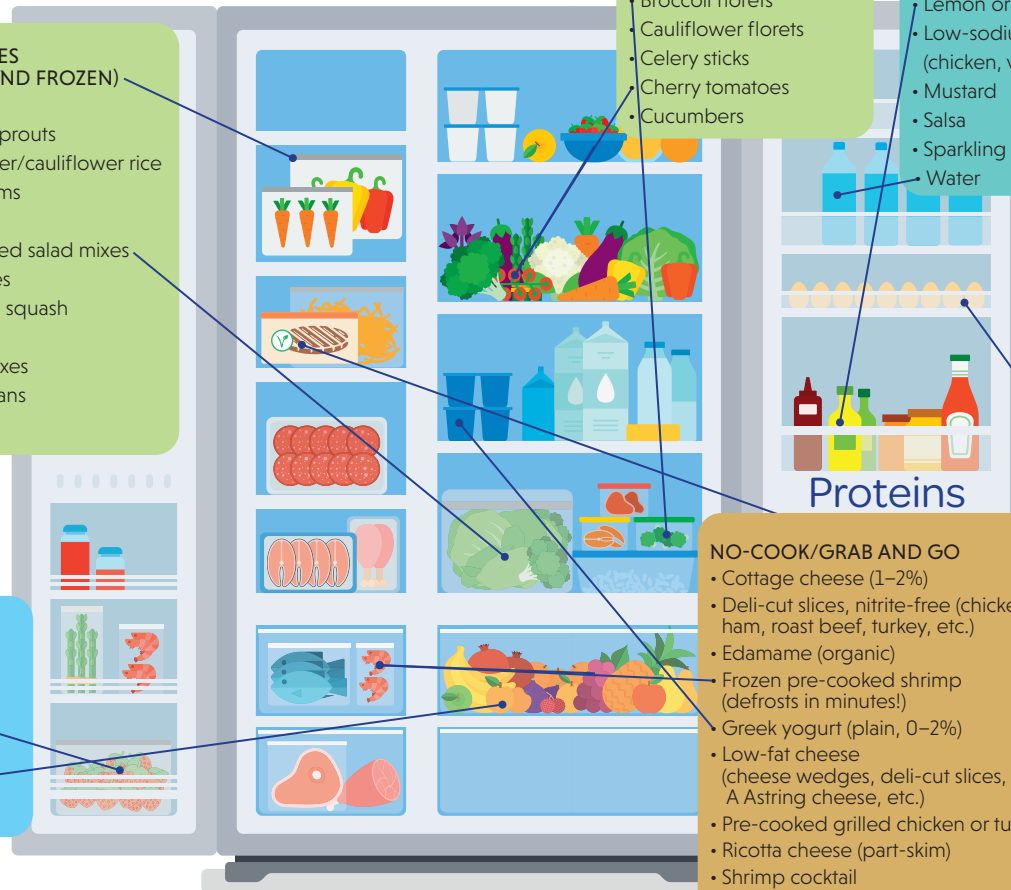
## Proteins

### NO-COOK/GRAB AND GO

- Cottage cheese (1–2%)
- Deli-cut slices, nitrite-free (chicken, ham, roast beef, turkey, etc.)
- Edamame (organic)
- Frozen pre-cooked shrimp (defrosts in minutes!)
- Greek yogurt (plain, 0–2%)
- Low-fat cheese (cheese wedges, deli-cut slices, Astring cheese, etc.)
- Pre-cooked grilled chicken or turkey
- Ricotta cheese (part-skim)
- Shrimp cocktail

### QUICK-COOK

- Eggs/egg whites
- Fresh or frozen fish fillets (salmon, tilapia, tuna, etc.)
- Fresh or frozen lean meats (chicken, ground beef, turkey)
- Frozen high-protein burgers (chicken, lean ground beef, tuna, turkey, veggie, etc.)
- Hard-boiled eggs
- Tofu (organic, extra-firm)



# PANTRY

## VEGGIES

CANNED OR JARRED VARIETIES OF:

ARTICHOKES

BEETS

CARROTS

HEARTS OF PALM

PICKLES

## PROTEINS

BEACHBAR

CHICKEN

POWDERED PEANUT POWDER

SALMON

SHAKEOLOGY

TUNA

FFCs

BRAN CEREAL (low-sugar)

BROWN RICE

CANNED BEANS

(black, chickpeas, kidney, pinto, etc.)

OATS

QUINOA

WHOLE-GRAIN CRACKERS

## FREEBIE ACCESSORIES AND BEVERAGES

ALL-NATURAL EXTRACTS

ALOE VERA

BEVERAGES AND WATER BOOSTERS

COFFEE, BLACK, UNSWEETENED

COOKING SPRAY

DRIED HERBS/SEASONING BLENDS

(garlic, onion, parsley, thyme, etc.)

DRIED SPICES

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

STEVIA (packets or liquids)

TEA, UNSWEETENED

VINEGARS, UNSWEETENED

(apple cider, balsamic, red wine, rice wine, white, etc.)

WATER ENHANCERS (all-natural flavors)

## ALL OTHER ACCESSORIES

DRIED FRUIT

(cherries, cranberries, raisins, etc.)

MARINADES

NUTS, WHOLE AND CHOPPED

OILS

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

SALT

SEEDS (chia, flax, etc.)

SHAKEOLOGY BOOSTS

All products and flavors may not be available in your market.

# KITCHEN TOOLS

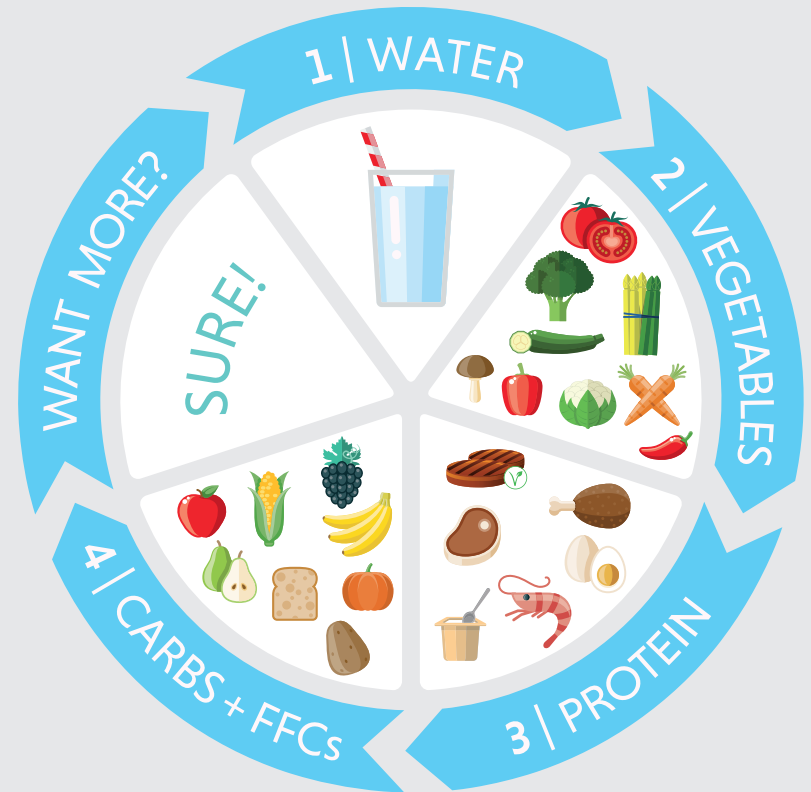
## RECOMMENDED:

- 1 or 2 GOOD KNIVES
- A FEW POTS AND PANS
- CUTTING BOARD
- BAKING SHEETS
- MIXING BOWLS (small and large)
- VEGGIE PEELER
- PARCHMENT PAPER or ALUMINUM FOIL
- PLASTIC WRAP
- FOOD STORAGE BAGS
- FOOD STORAGE CONTAINERS
- OVEN MITTS
- SHAKER CUP
- SPATULA

## NICE TO HAVE:

- COMPLETE KNIFE SET
- GRILL PAN
- FULL COOKWARE SET
- MANDOLINE
- RUBBER SPATULAS
- SLOW COOKER (crock pot)
- FULL-SIZE BLENDER
- FOOD PROCESSOR
- SPIRALIZER
- AIR-FRYER

# MORE? SURE! MODEL



What happens when you're at a long event with lots of food or just want to eat more? Simply follow Ilana's More? Sure! model by always starting with water first. Still hungry for "More?" The answer is "Sure!" Just go back around the circle again. With the More? Sure! model, you're never saying "no" to eating...you're simply doing it in a way that contributes to a healthy lifestyle!

## MIX & MATCH GUIDE: ILANA'S FAVORITES

Now that you know the food groups and how to Plate It!, it's time to put them into practice. Whether you're on-the-go, can't decide what to eat, or left your lunch at home, having a set of options will help you get the fuel you need to stay on-track and closer to your goals. Below are some of Ilana's favorites. Give these a try or use the food lists and create your own on the following page.

BREAKFAST	VEGGIES (EXTRA CREDIT!)	PROTEIN	FFCs	ACCESSORIES	
		Plain Greek yogurt	Blueberries		
		Spinach and mushrooms	Egg whites	Whole-grain toast	Cheddar cheese
		Chocolate Shakeology	Banana		Almond butter and Shakeology Boost: Digestive Health

LUNCH	VEGGIES	PROTEIN	FFCs	ACCESSORIES		
		Turnip fries	Beef burger	½ whole wheat bun	Avocado salsa	
		Slaw mix	Tuna salad	Apple		Asian vinaigrette
		Sautéed peppers and onions	veggie burger	Quinoa		Hot sauce

SNACK(TIONAL)	VEGGIES	PROTEIN	FFCs	ACCESSORIES	
		Baby carrots and cucumber sticks	Hard-boiled egg	100-cal. pack hummus	
	<input type="checkbox"/> Start with veggies <input type="checkbox"/> Add a protein <input type="checkbox"/> Add an FFC	Sugar snap peas and cherry tomatoes	Light string cheese	Mandarin orange	Light ranch dressing
		Mixed baby bell peppers	Tuna salad	Whole-grain wasa cracker	Mayo in tuna salad

DINNER	VEGGIES	PROTEIN	ACCESSORIES	
		Cauliflower rice	Roasted chicken	Soft cheese wedges
		Zoodles	Turkey meatballs	Marinara sauce
		Stir-fry mix	Grilled organic tofu	Reduced-sodium tamari soy sauce

## MIX & MATCH WORKSHEET: MY FAVORITES

Now is your chance to plan out your own meals using your favorite foods so you can get to the weight you want to be. Have fun and make it your own!

BREAKFAST	VEGGIES (EXTRA CREDIT!)	PROTEIN	FFCs	ACCESSORIES

LUNCH	VEGGIES	PROTEIN	FFCs	ACCESSORIES

SNACK(TIONAL)	VEGGIES	PROTEIN	FFCs	ACCESSORIES
	<input type="checkbox"/> Start with veggies <input type="checkbox"/> Add a protein <input type="checkbox"/> Add an FFC			

DINNER	VEGGIES	PROTEIN	ACCESSORIES

# MIX & MATCH RESTAURANT GUIDE

You'll be surprised that you can enjoy all of the cuisines you love and still be able to lose weight with the 2B Mindset. Below are a few tips to keep in mind when eating from a restaurant, along with suggestions for different cuisines and a space for you to jot down your own favorites.

- ✓ Always start with water first & veggies most
- ✓ Keep the Plate It! method in mind
- ✓ Be a menu food investigator and order something that is easy to track later
- ✓ Look for "skinny" and "light" sections on menus for many great Plate It! options
- ✓ Make the person you're ordering from (or the comment section in an online order) your buddy, ask questions and make requests so you can stick to veggies most, ask for accessories on the side so you can make the meal what you want it 2B

## Deli, Variety Café, and Diner

Enjoy all the possibilities—fruit and yogurt, open-faced sandwiches, lean proteins, omelets, and so many salads to choose from, plus endless accessories to make them taste great!

BREAKFAST	OPTION	VEGGIES (EXTRA CREDIT)	PROTEIN	FFCs	ACCESSORIES*
	1	Spinach	Eggs	Whole-grain toast	Feta cheese
	2		Plain Greek yogurt	Plain oatmeal	Cinnamon and stevia
	MY PICK				

LUNCH	OPTION	VEGGIES	PROTEIN	FFCs	ACCESSORIES*
	1	Large spinach salad	Burger	½ a bun	Ketchup
	2	Roasted carrots and broccoli	Tuna salad	Fruit salad	Mayo in tuna salad
	MY PICK				

DINNER	OPTION	VEGGIES	PROTEIN	ACCESSORIES*
	1	Vegetable soup and side salad	Grilled salmon	Shaved Parmesan and ranch dressing
	2	Roasted carrots and cauliflower	Roasted BBQ chicken	BBQ sauce
	MY PICK			

# Italian

Yes, you CAN enjoy Italian food! Start with salads—Caesar, house, or mixed greens—lots of roasted and grilled veggies, fish and meat options, even pastas and potatoes, with delicious dips and marinades to accessorize with.

LUNCH	OPTION	VEGGIES	PROTEIN	FFCs	ACCESSORIES*
	1	Grilled zucchini	Grilled chicken	Whole-grain pasta	Pesto sauce
	2	Grilled asparagus	Baked salmon	Polenta	Marinara sauce
	MY PICK				

DINNER	OPTION	VEGGIES	PROTEIN	ACCESSORIES*
	1	Grilled eggplant	Shrimp	Marinara sauce
	2	Tuscan roasted asparagus and peppers	Grilled chicken	Olive oil and balsamic vinaigrette
	MY PICK			

# Japanese

Explore the sashimi menu, try rice-free naruto rolls, grilled chicken and fish, edamame, and of course, salads and veggies. But stay away from carb-heavy tsunami or deep-fried rolls.

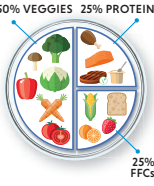
LUNCH	OPTION	VEGGIES	PROTEIN	FFCs	ACCESSORIES*
	1	Seaweed salad	Salmon roll	Brown rice from salmon roll	Reduced-sodium tamari soy sauce
	2	Mixed greens and tomato salad	Grilled chicken	Brown rice	Teriyaki sauce and carrot-miso dressing
	MY PICK				


DINNER	OPTION	VEGGIES	PROTEIN	ACCESSORIES*
	1	Cucumber salad	Grilled shrimp	Teriyaki sauce
	2	Mixed greens and tomato salad	Yellowtail, salmon, and tuna sashimi	Eel sauce and spicy mayo
	MY PICK			



# Chinese

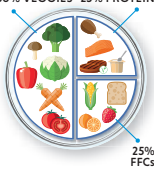
Choose from tons of protein and veggie options and combinations—even tofu! Ask for your food steamed with the sauce on the side so you can enjoy all the flavors without overdoing it.


LUNCH	OPTION	VEGGIES	PROTEIN	FFCs	ACCESSORIES*
	1	Steamed broccoli	Steamed shrimp	Brown rice	Brown sauce
	2	Mixed veggies	Grilled tofu	Brown rice	Sesame seeds and reduced-sodium tamari soy sauce
	MY PICK				

DINNER	OPTION	VEGGIES	PROTEIN	ACCESSORIES*
	1	Eggplant	Grilled beef	Your favorite sauce
	2	Steamed bok choy	Steamed chicken	Sweet and sour sauce
	MY PICK			

# Mexican

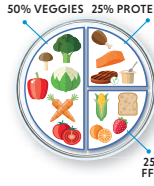
Love taco salads and fajitas? Just load up on veggies, pick your protein, and add brown rice or beans if it's lunchtime. Add sour cream or guacamole and have a veggies most fiesta!


LUNCH	OPTION	VEGGIES	PROTEIN	FFCs	ACCESSORIES*
	1	Mixed greens, peppers, and onions	Steak	Beans and rice	Pico de gallo and avocado
	2	Chopped lettuce and tomatoes	Shrimp	Roasted corn salsa	Fresh lime and guacamole
	MY PICK				

DINNER	OPTION	VEGGIES	PROTEIN	ACCESSORIES*
	1	Double pepper and onions (instead of getting tortillas)	Chicken	Cilantro, pico de gallo, and sour cream
	2	Romaine lettuce leaves, peppers, and onions	Carnitas	Shredded cheese and guacamole
	MY PICK			

# Steakhouse


No need to stay away from the steakhouse! Choose from all the grilled proteins (don't forget chicken and fish!), and of course, lots of salads and veggie sides.


LUNCH	OPTION	VEGGIES	PROTEIN	FFCs	ACCESSORIES*
	1	Sautéed spinach	Filet mignon	Boiled baby potatoes	Steak sauce
	2	Fire-roasted asparagus	Seared tuna	Mashed sweet potatoes	Butter
	MY PICK				

DINNER	OPTION	VEGGIES	PROTEIN	ACCESSORIES*
	1	Roasted brussels sprouts	Sirloin	Peppercorn sauce
	2	Fire-roasted artichokes	Roasted chicken	Aioli
	MY PICK			

# Seafood

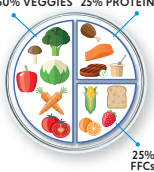
Start by choosing your salads and sides, then find your favorite fish and make sure it's simply grilled or roasted (rather than cooked in oil or butter, deep-fried, or breaded).


LUNCH	OPTION	VEGGIES	PROTEIN	FFCs	ACCESSORIES*
	1	Grilled asparagus	Steamed lobster	Corn on the cob	Melted butter
	2	Roasted broccoli and carrots	Grilled sea bass	Wild rice	Lemon and olive oil
	MY PICK				

DINNER	OPTION	VEGGIES	PROTEIN	ACCESSORIES*
	1	Sautéed garlic spinach	Wood-grilled shrimp	Lemon, garlic, and olive oil
	2	Caesar salad	Grilled chicken	Caesar dressing
	MY PICK			

# Indian

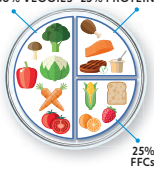
You can always count on Indian cuisine to be flavorful with all of the delicious spices and curries. Add those spices to a veggies most plate and you're good to go!


LUNCH	OPTION	VEGGIES	PROTEIN	FFCs	ACCESSORIES*
	1	veggie curry	Chicken tikka masala	Brown rice	Sauces from curry and tikka masala
	2	Sag paneer	Tofu	Dal	Cheese from sag paneer
	MY PICK				

DINNER	OPTION	VEGGIES	PROTEIN	ACCESSORIES*
	1	Steamed veggies	Chicken curry	Curry sauce
	2	Green salad	Tandoori fish tikka masala	Lime juice, spices, and sauce from tikka masala
	MY PICK			

# Thai

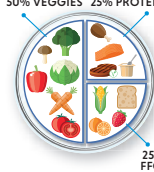
What a great way to eat veggies most! You'll find tons of salads and lots of veggie-based dishes—try some roasted with yummy sauces to accessorize, so you feel happy, full, and satisfied!


LUNCH	OPTION	VEGGIES	PROTEIN	FFCs	ACCESSORIES*
	1	Cucumbers, tomatoes, and onions	Tofu and egg	Veggie dumpling	Peanut sauce
	2	Carrots and cabbage	Chicken	Brown rice	Spicy garlic sauce
	MY PICK				

DINNER	OPTION	VEGGIES	PROTEIN	ACCESSORIES*
	1	Eggplant, onions, scallions, and bell peppers	Tofu	Spicy chili basil sauce
	2	Cucumber salad	Chicken	Red curry sauce
	MY PICK			


# Salad Bars


Start with your lettuce base, add veggies, protein, and FFCs if it's lunchtime. Top with cheese or dressings—and try diluting accessories with a little bit of water or lemon juice.

LUNCH	OPTION	VEGGIES	PROTEIN	FFCs	ACCESSORIES*
	1	Romaine lettuce and red peppers	Turkey and egg	Black beans	Bacon crumbles and light ranch dressing
	2	Spinach and beets	Grilled chicken	Apple	Blue cheese dressing
	MY PICK				

DINNER	OPTION	VEGGIES	PROTEIN	ACCESSORIES*
	1	Mixed greens, tomato, cucumber, peppers, and onions	Tofu	Avocado and lemon vinaigrette dressing
	2	Arugula and red onion	Salmon	Avocado and balsamic dressing
	MY PICK			

# Your Other Favorite Cuisines

LUNCH	OPTION	VEGGIES	PROTEIN	FFCs	ACCESSORIES*
	1				
	2				
	3				

DINNER	OPTION	VEGGIES	PROTEIN	ACCESSORIES*
	1			
	2			
	3			



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# “Make Every Day A Weight-Loss Day” –Ilana

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