











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>	Churro French Toast OR  Banana Cashew Latte Shakeology	Churro French Toast OR  Banana Cashew Latte Shakeology	Churro French Toast OR  Banana Cashew Latte Shakeology	Churro French Toast OR  Banana Cashew Latte Shakeology	Churro French Toast OR  Banana Cashew Latte Shakeology	Sheet Pan Sausage and Sweet Potato Hash OR  Banana Cashew Latte Shakeology	Sheet Pan Sausage and Sweet Potato Hash OR  Banana Cashew Latte Shakeology
 <p>Lunch</p>	Curry Chicken Salad TIP: Double the recipe to make two servings.	Open-Faced Avocado Burger and Turnip Fries	Curry Chicken Salad	Instant Pot Jamaican-Inspired Corn Soup TIP: Save the leftover servings of soup for next week or share with someone in your household.	Open-Faced Avocado Burger and Turnip Fries	Instant Pot Jamaican-Inspired Corn Soup	Instant Pot Jamaican-Inspired Corn Soup
 <p>Dinner</p>	Instant Pot Sloppy Joe Bowl	Cheesy Zucchini Ravioli	Instant Pot Sloppy Joe Bowl	Cheesy Zucchini Ravioli	Instant Pot Sloppy Joe Bowl	Tuna Tartare Bites	Tuna Tartare Bites

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 the Banana Cashew 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).
- If your breakfast option is the Churro French Toast, we recommend making it fresh each morning. If you're short on time, multiply the recipe by three to have breakfast ready to go Monday through Wednesday and then double the recipe on Thursday morning so you have breakfast ready for Friday morning too.
- If your breakfast option is the Sheet Pan Sausage and Sweet Potato Hash, prep the ingredients Friday night.
- Make the Curry Chicken Salad.
- Make the Instant Pot Sloppy Joe Bowl.
- Make sure to store all this food in airtight containers in the fridge (or freezer for extras).

Produce

- 2 small apples
- 1 medium lemon
- 1 medium ripe avocado
- 2 medium cucumbers
- 4 medium zucchini
- 7 oz. / 200 g brown mushrooms
- 4 medium endives
- 4 oz. / 115 g fresh spinach
- 3 romaine hearts
- 1 lb. 3 oz. / 540 g fresh (or frozen) cauliflower rice
- 3 medium carrots
- 2 oz. / 60 g shredded carrots
- 1 medium rutabaga

- 4 large turnips
- 1 (½-inch / 1-cm) piece fresh ginger
- 1 bulb garlic (need 7 cloves)
- 1 medium onion
- 1 medium yellow (or orange) bell pepper
- 3 medium red bell peppers
- 2 medium ears sweet corn
- 1 bunch fresh basil
- 1 bunch fresh cilantro (coriander leaves)
- 1 bunch green onions (need 6 stalks)
- 1 bunch fresh thyme
- 1 bunch fresh parsley
- 1 container fresh tomato salsa (optional)

if you choose to have the
**Sheet Pan Sausage and
Sweet Potato Hash**
for your weekend breakfasts **ADD:**

- 2 oz. / 60 g chopped fresh kale
- 1 medium onion
- 1 medium red bell pepper
- 1 small sweet potato
- 1 bunch green onions (need approx. 2 stalks)

if you choose to have the
Banana Cashew Latte Shakeology
for your breakfast every day **ADD:**

- 4 large bananas

GROCERY LIST

Protein, Dairy, and Dairy Alternatives

- ½ dozen large eggs (need 1 egg)
- 8 oz. / 230 g cooked chicken breast
- 2 (4-oz. / 115-g each) raw (fresh or frozen) lean ground beef patties
- 1 lb. 4 oz. / 575 g raw 93% lean ground beef
- 1 lb. 4 oz. / 575 g raw halibut
- 12 oz. / 340 g raw sashimi-grade tuna
- 2 oz. / 60 g part-skim ricotta cheese
- 2 oz. / 60 g reduced-fat (0 or 2%) plain Greek yogurt
- 1 oz. / 30 g shredded Parmesan cheese
- 1 oz. / 30 g shredded reduced-fat mozzarella cheese

if you choose to have the **Churro French Toast** for your weekday breakfasts **ADD:**

- 15 fl. oz. / 450 ml unsweetened almond milk
- 1 dozen large eggs (need 5 eggs)
- 11 oz. / 310 g reduced-fat (0 or 2%) plain Greek yogurt

if you choose to have the **Sheet Pan Sausage and Sweet Potato Hash** for your weekend breakfasts **ADD:**

- 2 lean all-natural precooked chicken or turkey sausages

if you choose to have the **Banana Cashew Latte Shakeology** for your breakfast every day **ADD:**

- 56 fl. oz. / 1.7 L unsweetened almond milk

Dry and Packaged Foods

- 15 oz. / 430 g all-natural tomato sauce
- 1 lb. 10 oz. / 740 g canned crushed tomatoes
- 14 fl. oz. / 420 ml canned light coconut milk
- 32 fl. oz. / 960 ml low-sodium organic vegetable broth
- 1 package whole-grain hamburger buns (need 1 bun)
- 1 small bag dry yellow split peas (need 3 oz. / 90 g)

if you choose to have the **Churro French Toast** for your weekday breakfasts **ADD:**

- 1 loaf whole wheat bread (need 10 slices)

if you choose to have the **Banana Cashew Latte Shakeology** for your breakfast every day **ADD:**

- 1 small package dry rolled oats (need 1 cup / 80 g)
- 2 oz. / 60 g unsalted cashews

GROCERY LIST

Pantry

- all-natural ketchup
- ground cayenne pepper
- curry powder
- Dijon mustard
- dried oregano
- garlic powder
- ground black pepper
- sea salt (or Himalayan salt)
- ground smoked paprika
- hot pepper sauce
- honey
- pure coconut sugar
- onion powder
- coconut aminos
- reduced-sodium tamari soy sauce
- rice wine vinegar
- sesame seeds (optional)
- toasted sesame oil
- olive oil
- avocado oil mayonnaise
- wasabi paste

if you choose to have the
Churro French Toast
for your weekday breakfasts **ADD:**

- pure vanilla extract
- pure butter extract
- pure maple extract
- ground nutmeg
- ground cinnamon
- liquid stevia (optional)

if you choose to have the
Banana Cashew Latte Shakeology
for your breakfast every day **ADD:**

- ground nutmeg

Baking Supplies

- nonstick cooking spray
- parchment paper

Shakeology

if you choose to have the
Banana Cashew Latte Shakeology
for your breakfast every day **ADD:**

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