Before you make it a lifestyle...make it a week

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Remember, everybody is different, so if you have any unique or special medical needs or conditions, such as food allergies, dietary restrictions, or if you are pregnant or breastfeeding, please consult your physician before starting this nutrition plan.
Welcome to Clean Week™! You Got This...

Clean Week is a simple way for you to start creating a healthy lifestyle in just 7 days. You’ll see how easy it is to kick-start new habits and build daily routines you can actually stick to—fitness, nutrition, peer support, and Shakeology®! So just “try on” a week of healthy living and see how good you can feel!

It all comes down to a few basic, but very important steps:

1. Find your eating plan (page 4)
   There are two plans to choose from depending on how much you weigh.

2. Create your Clean Week menu (page 5)
   There are tons of choices for each meal: breakfast, lunch, dinner, Shakeology, and snacks. Mix and match your favorites for the week AND don’t forget to make your grocery list at the same time you create your menu!

3. Let’s meal prep! (page 10)
   This just means picking one day to cook as much as you can for the week—in bulk! You’ll always want to do some last-minute prep the night before so all that’s left to do the next day is assemble and eat!

4. Drink your Shakeology® (page 11)
   Shakeology is a nutrient-dense superfood protein shake that makes it so easy to get started on your journey and helps you reach your health or weight-loss goals. *

Want Extra Support?

Talk to your Team Beachbody® Coach, who can help you be successful and stay on track throughout your Clean Week. Or for fitness and nutrition questions, head over to the Beachbody On Demand Community Boards “Official Expert Advice” section. There, you’ll find registered dietitians, certified fitness professionals, and other experts ready to offer friendly, insightful advice. Just go to BeachbodyExpertAdvice.com

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The Clean Week Meal Plan

STEP 1 Find your eating plan
Depending on your current weight, you’ll pick either Plan A or Plan B. Plan B includes one extra snack per day.

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<th>If you weigh UNDER &lt; 185 lbs.</th>
<th>If you weigh OVER &gt; 185 lbs.</th>
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<td>You should follow PLAN B</td>
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<td>Dinner</td>
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STEP 2 Create your Clean Week menu
Mix and match your menu for the week
You can choose from at least 7 recipes for each meal. You’ll find all the recipes starting on page 15. Then just pick your favorite meals, and use the Clean Week menu planner template on page 8 to create your customized menu for the week! And remember, if you’re on Plan B, you’ll be eating an extra snack each day.

Tip:
• Use a recipe more than once throughout the week, that way when you meal prep, you just make one recipe in bulk and get multiple meals out of it!
**Clean Week meals and snacks**

See pages 15–33 for the Clean Week recipes.

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<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
<th>Shakeology</th>
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<td>- Megan’s Favorite Tuna Melt</td>
<td>- Megan’s Favorite Buffalo “Wings”</td>
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<td>- Veggies ‘n Hummus with Almonds</td>
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<td>- Berry Walnut Oatmeal</td>
<td>- Mediterranean Veggie Pita</td>
<td>- Teriyaki Tempeh</td>
<td>- Chocolate-Covered Cherry</td>
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<td>- Almond Butter Banana Breakfast</td>
<td>- Chicken, Quinoa, and Broccoli</td>
<td>- Grilled Halloumi, Sweet Potato, and Veggies</td>
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<td>- Yogurt Bowl</td>
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<td>- Lox ‘n Toast</td>
<td>- Turkey Burger</td>
<td>- Shrimp and Veg Pesto Pasta</td>
<td>- Nutty Mocha Latte</td>
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<td>- Yogurt Parfait</td>
<td>- Protein-Packed Salad</td>
<td>- Chicken, Corn, and Salad</td>
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<td>- Avo-Tost with Fruit</td>
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<td>- Pork and Beans</td>
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<td>Protein Power</td>
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<td><strong>Dinner</strong></td>
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<td>Grilled Halibut and veggies</td>
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<td>Veggie Burger</td>
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**Sample Clean Week menu**

To help you get started, here’s a sample menu for one Clean Week. We kept it simple by having a few of the days share the same meals. This saves you time and money at the grocery store, AND makes your meal prep much easier.

**Stay hydrated!**

Water plays a big role in many of your body’s systems, helps you exercise more effectively, and helps control hunger. We recommend you drink your body weight, divided by two, in ounces. So if you weigh 160 pounds, that would be 160 ÷ 2 = 80. That’s 80 ounces of water daily.
My Clean Week menu planner template

Fill in all your meal and snack choices for your entire Clean Week. Remember, if you’re on Plan B you’ll eat 2 snacks per day (including your Shakeology).

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<th>Menu</th>
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Make your grocery list

To stay organized and save time at the grocery store, make a list of all of the ingredients you’ll need for the recipes this next week. You’ll want to make your grocery list while you are planning your menu for the week.

Tips:

- If you’re making the same recipe 3 times that week, then triple the quantity of each ingredient. For example, if a recipe calls for 4 oz. of smoked salmon, then be sure to buy 12 oz. for the week.
- We recommend grocery shopping on the weekend so that you can have all of your ingredients before you start to meal prep on Sunday.
Let’s meal prep!
Preparing as much food as possible, in advance, is the key to minimizing your cooking during the week. The idea is to spend one day a week to get the “heavy lifting” out of the way (most people find Sunday meal prep works best for busy schedules) so during the week you can just assemble your meals and eat.

To decide what you’ll need to Meal Prep, just:
• Take a look at the recipes you’ve chosen for the week and make a list of all the Weekly Meal Prep Tips included.
• Shop and gather all your ingredients (including those for your Shakeology recipes)
• Grab your meal prep list and start cooking!

Last-Minute Prep
The Clean Week recipes may also include some last-minute prep items to do the night before, like defrosting meat, chopping delicate greens, washing berries, etc. Don’t forget to check your recipes for these tips and spend a few minutes prepping the night before to save you even more time the next day!

Drink your Shakeology
Now that you’re eating healthier, you want to be sure your body can use all the good things you’re putting in it! So start the easy habit of drinking Shakeology daily. Not only is it delicious, it’s a key part of your Clean Week program to help you reach your health goals. In fact, in a recent study Shakeology significantly reduced hunger compared to a shake with the same number of calories.‡ If you want help to achieve healthy weight-loss results, this is your shake.*

There are tons of great Shakeology recipes on shakeology.com/blogs and youtube.com/shakeology if you want some inspiration. Don’t have Shakeology yet? You can get it from a Team Beachbody Coach and Shakeology.com.

‡ Results from an acute, double-blind, crossover, placebo-controlled, clinical trial of 41 overweight adults who drank either Shakeology or a calorie-matched shake 30 minutes before a meal.

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Why is shakeology so important in Clean Week?

“Shakeology helps give me healthy energy, and when my day gets crazy I know I’ve still got all the amazing nutrition I need to keep going.”
—Clean Week Trainer Megan Davies

By now you’ve probably heard a lot about Shakeology. So what’s the big deal? First, Shakeology is more than just another protein shake. It’s got plenty of high-quality protein in it, but it’s a total package—nutrient-dense superfoods, antioxidants, digestive enzymes, and other rare ingredients—that provides your “missing link” to healthy nutrition not often found in a normal diet.*

Clean Week makes sure you’re eating the right combination of food—like protein, fruits, vegetables, healthy fats, and good carbs. But there’s only so much superfood nutrition you can get at your local grocery store. Shakeology is packed with superfoods from around the world. Things traditionally used to help the body adapt and respond to the effects of stress.*

Clean Week is all about creating healthy habits, and Shakeology is so delicious that it’s easy to start, with results that you can feel—it helps support digestion, provide healthy energy, and support overall health.*

How to get started with Shakeology:

It’s super-simple, actually. Prepare it in a shaker cup or, if you’re feeling creative, use a blender to toss in some ice for more of a refreshing consistency. All you do is mix 1 scoop of Shakeology with 8 to 12 fl. oz. of water, milk, or a milk alternative (like almond milk, rice milk, or coconut milk), ice, and either shake or blend—then enjoy!

1. Water or milk
2. Shakeology
3. Optional ice
4. Optional fruits or other ingredients

For more info, talk to your Team Beachbody Coach or visit Shakeology.com.

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Recipes and Meal Prep Tips
Breakfast options

Megan’s Favorite Protein Pancakes

(Makes 2 servings, 3 pancakes each)

Nonstick cooking spray
1 medium apple, peeled, chopped
¾ tsp. ground cinnamon, divided use
4 large egg whites (½ cup)
½ cup unsweetened applesauce
¼ cup unsweetened almond milk
1 scoop whey protein powder (or vegan protein powder), vanilla flavor
¼ cup dry old-fashioned rolled oats
2 Tbsp. coconut flour
½ tsp. baking powder
½ tsp. ground ginger
1 dash ground nutmeg
1 cup fresh mixed berries
1 large banana, sliced
¼ cup reduced-fat (2%) plain Greek yogurt (optional)
1 Tbsp. pure maple syrup

2. Add apple and ¼ tsp. cinnamon; cook, stirring constantly for 3 to 4 minutes, or until apple is soft. Remove from heat. Set aside.
3. Combine egg whites, applesauce, and almond milk in a small bowl; mix well. Set aside.
4. Combine protein powder, oats, coconut flour, baking powder, remaining ½ tsp. cinnamon, ginger, and nutmeg in a medium bowl; mix well.
5. Add applesauce mixture and cooked apples to oat mixture; mix until just blended.
6. Heat large nonstick skillet lightly coated with spray over medium heat. Ladle about ¼ cup batter for each pancake; cook for 2 to 3 minutes, or until bubbles form on top. Flip. Cook for 90 seconds, or until golden brown and cooked through.
7. Plate one serving (and save the other for another day). Top each serving with ½ cup berries, ½ sliced banana, 2 Tbsp. yogurt (if desired), and 1½ tsp. maple syrup. Serve immediately.

Weekly Meal Prep Tips:
• This is a great recipe to double up on. Make two batches so you have 4 breakfasts ready at your fingertips!
• Pre-mix all the dry ingredients (minus the ¼ tsp. cinnamon) and store in a tightly sealed jar if you plan to make them during the week.
• Extra pancakes can be wrapped in aluminum foil or plastic wrap and stored in the refrigerator (for 3–4 days) or frozen.

Top ½ cup cooked steel-cut oats with ½ cup fresh blueberries + 8 raw walnut halves. Serve with 1 large hard-boiled egg (see recipe on page 31).

Weekly Meal Prep Tips:
• Make a large batch of steel-cut oatmeal and portion it out for the week. A rice cooker with a porridge setting is an easy way to cook in bulk without having to stand in front of a stove.
• Hard-boil several eggs at the beginning of the week so they’re ready to grab when you want them. Hard-boiled eggs last up to one week when stored in the fridge.

Last-Minute Prep:
• Wash blueberries.
3 Veggie Egg Scramble

Scramble 2 large eggs with 1 cup raw baby spinach in medium nonstick skillet. Top with ¼ medium avocado, sliced. Serve with ½ cup roasted cubed sweet potato + 1 slice sprouted whole-grain toast.

Weekly Meal Prep Tips:
• Roast the cubed sweet potato ahead of time then simply toss them into your scrambled eggs to reheat. Schedule this meal closer to the beginning of the week, because sweet potatoes will turn soggy after a couple days and don’t freeze very well.

4 Almond Butter Banana Breakfast

Spread 1½ tsp. nut butter on each half of a toasted English muffin. Top evenly with 1 dash cinnamon + ½ large banana, sliced. Serve with 1 medium apple.

5 Lox ‘n’ Toast

Top 1 slice rye toast with ½ cup reduced-fat (2%) cottage cheese and 4 oz. smoked salmon. Serve with 1 medium orange + 1 cup kale cooked in 1 tsp. olive oil topped with 1 tsp. fresh lemon juice.

Weekly Meal Prep Tips:
• Cook the entire bunch of kale on meal prep day and eat throughout the week. It heats up quickly in the microwave.

6 Yogurt Parfait

Top ¾ cup reduced-fat (2%) plain Greek yogurt with ½ cup sliced strawberries + ½ large banana, sliced + 2 Tbsp. hemp seeds + 2 tsp. all-natural peanut butter.

Last-Minute Prep:
• Stem, wash, and slice strawberries.
• You can assemble this the night before and store it in a tightly sealed jar in the refrigerator. Add sliced bananas just before eating.

7 Breakfast Bowl

Top ½ cup cooked quinoa with 2 large scrambled eggs (see recipe on page 31) + 1 cup veggies (like kale, zucchini, yellow squash, and onion) cooked in 1 tsp. olive oil + 2 Tbsp. pine nuts.

Weekly Meal Prep Tips:
• Quinoa is an excellent grain to have on hand. Cook up a large batch on meal prep day, and keep it tightly sealed in the fridge for up to 4–5 days or in the freezer for up to one month.
• Sauté your veggies at the beginning of the week (or the night before) then toss them in with your scramble to reheat. Sautéed veggies should keep for 3–4 days in the fridge in a sealed container.
1. Megan’s Favorite Tuna Melt

¼ cup chunk light tuna, packed in water (2 oz.)
1 Tbsp. pickle relish
2 tsp. mustard
1 Tbsp. reduced-fat (2%) plain Greek yogurt
1 dash ground black pepper
1 slice whole-grain bread, toasted
¼ medium avocado
2 slices medium tomato
2 Tbsp. shredded cheddar cheese

1. Preheat oven to 400º F.
2. Combine tuna, relish, mustard, yogurt, and pepper in a medium bowl; mix well. Set aside.
3. Place toast on small baking sheet.
4. Top evenly with tuna mixture, avocado, tomato, and cheese.
5. Bake for 4 to 6 minutes, or until cheese is melted; serve immediately.

Last-Minute Prep:
• Mix tuna, relish, mustard, yogurt, and pepper together and store in the fridge to reduce prep time the next day.

2. Mediterranean Veggie Pita

Fill a (4-inch) whole wheat pita with ¼ cup prepared hummus + ¼ cup shredded carrots + 1 cup raw baby spinach + ¼ cup halved cherry tomatoes + 5 pitted Kalamata olives + 2 Tbsp. crumbled feta cheese. Serve with½ cup grapes.

Weekly Meal Prep Tips:
• If using homemade hummus, prepare a large batch in the food processor at the beginning of the week. Hummus also makes a great snack for the kids, with some celery or carrot sticks.

Last-Minute Prep:
• Remove grapes from the stem, wash and dry.
• Use a cheese grater or vegetable shredder to prep carrots.

3. Lentil Quinoa Salad

Combine 2 cups romaine lettuce + ¼ cup cooked or canned brown lentils (see recipe on page 31) + 1½ cup cooked quinoa + ½ cup sliced cucumber + ¼ cup mandarin orange segments + ½ medium avocado, cubed + 1 Tbsp. basic balsamic vinaigrette dressing (see recipe on page 33) (or oil-based salad dressing) in a medium serving bowl; toss gently to blend.

Weekly Meal Prep Tips:
• Quinoa and lentils can be cooked ahead of time. Make multiple servings and store in the fridge for up to 4–5 days or in the freezer for up to a month.
• Choose your favorite homemade oil-based salad dressing recipe and make enough to last the entire week.

Last-Minute Prep:
• Wash and dry leafy greens and veggies. Slice if desired.
4. Chicken, Quinoa, and Broccoli

Combine 4 oz. baked chicken breast (see recipe on page 31), sliced with ½ cup cooked quinoa + ½ cup canned black beans + 1 cup steamed broccoli + 10 olives in a medium serving bowl; toss gently to blend.

Weekly Meal Prep Tips:
- Cook several chicken breasts at once. Store in the fridge for 3–4 days or in the freezer for up to two months.
- Prepare a large batch of quinoa and store in the fridge for 4–5 days or in the freezer for up to one month.

Last-Minute Prep:
- If using frozen chicken, put it in the fridge to thaw the night before.

5. Turkey Burger

Spread 1 tsp. mustard on bottom half of whole wheat hamburger bun. Top with 4 oz. grilled lean turkey patty (see recipe on page 31) + 2 romaine lettuce leaves + 2 slices tomato + ¼ medium avocado, sliced + top half of the bun. Serve with 1 cup steamed broccoli.

Weekly Meal Prep Tips:
- Make several turkey patties at once. Store them sealed in the fridge for up to two months.
- Prepare a large batch of quinoa and store in the fridge for 4–5 days or in the freezer for up to one month.

Last-Minute Prep:
- If using frozen chicken, put it in the fridge to thaw the night before.

6. Protein-Packed Salad

Combine 2 cups raw baby spinach + ¼ cup canned chickpeas (garbanzo beans) + 1 cup roasted cauliflower + 2 oz. baked chicken breast (see recipe on page 31), chopped + 1 cup cooked quinoa + 2 tsp. raisins + 1 Tbsp. raw sunflower seeds + 1 Tbsp. basic balsamic vinaigrette dressing (see recipe on page 33) (or oil-based salad dressing) in a medium serving bowl; toss gently to blend.

Weekly Meal Prep Tips:
- Cook several chicken breasts at once. Store in the fridge for 3–4 days or in the freezer for up to two months.
- Prepare a large batch of quinoa and store in the fridge for 4–5 days or in the freezer for up to one month.
- Choose your favorite homemade oil-based salad dressing recipe and make enough to last the entire week.
- Roast the cauliflower and store it in the fridge. (Tip: If you’re roasting a variety of veggies, cook them all on the same pan and portion out what you need.)

Last-Minute Prep:
- If using frozen chicken, put it in the fridge to thaw the night before.

7. Salmon Bowl Salad

Combine 1½ cups mixed greens + ¼ cup shredded red cabbage + ¼ cup shredded carrots in a medium serving bowl; toss gently to blend. Top with ½ cup cooked brown rice, 2 oz. baked salmon (see recipe on page 32), flaked with a fork + 1 large hard-boiled egg (see recipe on page 31), sliced + 1 Tbsp. pine nuts + 1 Tbsp. basic balsamic vinaigrette dressing (see recipe on page 33) (or oil-based salad dressing); toss gently to blend.

Weekly Meal Prep Tips:
- Hard-boil several eggs and store them in the fridge for up to one week.
- Make a large batch of brown rice at the beginning of the week and store it in the fridge for 4–5 days or in the freezer for up to one month.
- Choose your favorite homemade oil-based salad dressing recipe and make enough to last the entire week.
- Shred carrots and cabbage using a vegetable shredder or cheese grater.
- Cook salmon.
Megan's Favorite Buffalo "Wings" with Baked Sweet Potato Fries

Per serving:
1 serving Megan's Favorite Buffalo "Wings" (see recipe below)
1 serving Baked Sweet Potato Fries (see recipe below)
2 medium celery stalks and ½ cup baby carrots

Buffalo "Wings"
(Makes 2 servings, 3 "wings" each)

1. Combine yogurt and cheese in a small bowl; mix well. Set aside.
2. Combine garlic powder, paprika, chili powder, and pepper in a medium bowl; mix well.
3. Add chicken to spice mixture; toss to coat evenly. Set aside.
5. Add chicken; cook for 2 to 3 minutes on each side, or until chicken is no longer pink in the middle.
6. Place chicken in shallow pan. Top with hot sauce; toss gently to evenly coat.
7. Serve with yogurt mixture, celery, and carrots.

Weekly Meal Prep Tips:
• Wash and cut up celery and store in the fridge in a container with added water so they don't dry out.

Last-Minute Prep:
• If using frozen chicken, put it in the fridge to thaw the night before.

Baked Sweet Potato Fries
(Makes 2 servings)

1 medium sweet potato, peeled, cut into ½-inch thick sticks
2 tsp. extra-virgin organic coconut oil, melted
¼ tsp. sea salt (or Himalayan salt)
¼ tsp. ground black pepper

1. Preheat oven to 425º F.
2. Line large sheet pan with parchment paper. Set aside.
3. Place sweet potatoes in a medium bowl (or resealable plastic bag).
4. Drizzle oil over sweet potatoes. Season with salt and pepper; toss gently until evenly coated.
5. Spread fries evenly on prepared pan, so they are not overlapping.
6. Bake for 13 to 15 minutes, turning after 7 minutes, until fries are tender-crisp and lightly browned.

Weekly Meal Prep Tips:
• Bake sweet potato fries. (Tip: If you're also making the Veggie Egg Scramble, prepare these at the same time as the roasted cubed sweet potato.)

Combine 4 oz. cooked tempeh (see recipe on page 32) + ½ cup cooked brown rice + 1 Tbsp. teriyaki sauce + 1 cup baby bok choy cooked in 1 tsp. olive oil + ½ cup green beans cooked in 1 tsp. olive oil in a medium serving bowl; toss gently to blend.

Weekly Meal Prep Tips:
• Tempeh can be cooked and stored in the fridge for 3–4 days, so plan this recipe for the beginning of the week. It's possible to store cooked tempeh in the fridge for up to one month, but make sure it's cooled completely and stored in a tightly sealed container.

• Cook up a large batch of brown rice on meal prep day. Store in the fridge for 4–5 days or in the freezer for up to one month.

Last-Minute Prep:
• If you plan to marinate your tempeh before cooking, do so the night before to allow the tempeh to soak up the flavor overnight.
### Dinner options

**Grilled Halibut, Sweet Potato, and Veggies**

Serve 4 oz. grilled halibut + ½ cup canned black beans + 1 medium baked sweet potato (see recipe on page 32) + 1 cup zucchini, sliced cooked in 1 tsp. olive oil.

**Weekly Meal Prep Tips:**
- Bake sweet potato and store in a shallow airtight container or resealable plastic bag in the fridge. Potatoes do not freeze well.
- Cook your veggies at the beginning of the week (or the night before) then simply reheat in the microwave. Cooked veggies should keep for 3–4 days in the fridge in a sealed container.

**Pork and Beans**

Serve 4 oz. roasted pork tenderloin (see recipe on page 31) + ½ cup cooked black-eyed peas + ½ cup cooked brown rice + 10 large roasted asparagus spears.

**Weekly Meal Prep Tips:**
- Pork tenderloin can be cooked in advance and stored in the fridge for 3–4 days.
- Make a large batch of brown rice at the beginning of the week and store in the fridge for 4–5 days.
- Roast the asparagus and store in the fridge.

**Shrimp and Veg Pesto Pasta**

Combine ½ cup cooked quinoa (or bean) pasta + 2 Tbsp. prepared pesto sauce + 4 oz. cooked shrimp (see recipe on page 32) + ½ medium red bell pepper, sliced; toss gently to blend. Serve with 1 cup steamed broccoli + 2 Tbsp. grated Parmesan cheese.

**Weekly Meal Prep Tips:**
- Cook shrimp. Cooked shrimp keep in the fridge for 3–4 days.
- Pasta can be cooked in advance and stored in an airtight container in the fridge for 3–5 days. Store sauce separately.

**Veggie Burger**

Spread 1 tsp. mustard on bottom half of whole wheat hamburger bun. Top with cooked, prepared veggie patty + 2 romaine lettuce leaves + ½ medium tomato, chopped + ¼ medium avocado, sliced (or mashed), + top half of the bun. Serve with a medium apple.

**Weekly Meal Prep Tips:**
- Use fresh or frozen veggie patties. If making your own homemade patties, cook up several at the same time. They will keep in the fridge for 4–5 days or in the freezer for longer.

**Weekly Meal Prep Tips:**
- Wash and dry lettuce, tomato, and apple.

**Weekly Meal Prep Tips:**
- Cook several chicken breasts at once. Store in the fridge for 3–4 days or in the freezer for up to two months.

**Weekly Meal Prep Tips:**
- Choose your favorite homemade oil-based salad dressing recipe and make enough to last the entire week.

**Last-Minute Prep:**
- Wash, dry, and chop all salad veggies.
### Chocolate recipes

<table>
<thead>
<tr>
<th>Chocolate-Covered Cherry</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup reduced-fat (2%) milk**</td>
</tr>
<tr>
<td>1 cup ice</td>
</tr>
<tr>
<td>1 scoop Chocolate Shakeology (regular or vegan)</td>
</tr>
<tr>
<td>½ cup frozen pitted cherries</td>
</tr>
<tr>
<td>1 Tbsp. raw walnut halves</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Chocolate recipes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Almond Butter Cup</strong></td>
</tr>
<tr>
<td>1 cup unsweetened vanilla almond milk</td>
</tr>
<tr>
<td>1 cup ice</td>
</tr>
<tr>
<td>1 scoop Chocolate Shakeology (regular or vegan)</td>
</tr>
<tr>
<td>2 tsp. all-natural almond butter</td>
</tr>
<tr>
<td>½ large banana</td>
</tr>
</tbody>
</table>

### Vanilla recipes

<table>
<thead>
<tr>
<th>Vanilla recipes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Banana Bread</strong></td>
</tr>
<tr>
<td>1 cup unsweetened coconut milk beverage</td>
</tr>
<tr>
<td>1 cup ice</td>
</tr>
<tr>
<td>1 scoop Vanilla Shakeology (regular or vegan)</td>
</tr>
<tr>
<td>½ large banana</td>
</tr>
<tr>
<td>2 tsp. all-natural almond butter</td>
</tr>
<tr>
<td>dash of cinnamon (to taste)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Berry-Licious</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ cup water</td>
</tr>
<tr>
<td>½ cup coconut water</td>
</tr>
<tr>
<td>1 cup ice</td>
</tr>
<tr>
<td>1 scoop Vanilla Shakeology (regular or vegan)</td>
</tr>
<tr>
<td>½ cup fresh (or frozen) blueberries</td>
</tr>
<tr>
<td>1 cup fresh (or frozen) strawberries</td>
</tr>
</tbody>
</table>

### Café Latte recipes

<table>
<thead>
<tr>
<th>Café Latte recipes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Nutty Mocha Latte</strong></td>
</tr>
<tr>
<td>1 cup unsweetened vanilla almond milk</td>
</tr>
<tr>
<td>1 cup ice</td>
</tr>
<tr>
<td>1 scoop Café Latte Shakeology (regular or vegan)</td>
</tr>
<tr>
<td>1 Tbsp. unsweetened cocoa powder</td>
</tr>
<tr>
<td>1 Tbsp. all-natural cashew butter</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Café Latte Banana</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup reduced-fat (2%) milk**</td>
</tr>
<tr>
<td>1 cup ice</td>
</tr>
<tr>
<td>1 scoop Café Latte Shakeology (regular or vegan)</td>
</tr>
<tr>
<td>½ large banana</td>
</tr>
<tr>
<td>1 Tbsp. dash of cinnamon (to taste)</td>
</tr>
</tbody>
</table>

### Strawberry recipes

<table>
<thead>
<tr>
<th>Strawberry recipes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Strawberry Almond Dream</strong></td>
</tr>
<tr>
<td>1 cup unsweetened almond milk</td>
</tr>
<tr>
<td>1 cup ice</td>
</tr>
<tr>
<td>1 scoop Strawberry (or Tropical Strawberry Vegan) Shakeology</td>
</tr>
<tr>
<td>2 tsp. all-natural almond butter</td>
</tr>
<tr>
<td>1 cup fresh (or frozen) strawberries</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Strawberry Chia</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup unsweetened almond milk</td>
</tr>
<tr>
<td>1 cup ice</td>
</tr>
<tr>
<td>1 scoop Strawberry (or Tropical Strawberry Vegan) Shakeology</td>
</tr>
<tr>
<td>½ large banana</td>
</tr>
<tr>
<td>1 Tbsp. chia seeds</td>
</tr>
</tbody>
</table>

### Instructions for all recipes:
Place ingredients in blender; cover. Blend until smooth.

**To make your shake vegan, use Vegan Shakeology and a dairy alternative (unsweetened almond milk, coconut milk beverage, etc.) in place of milk.

**To make your shake vegan, use Vegan Shakeology and a dairy alternative (unsweetened almond milk, coconut milk beverage, etc.) in place of milk.

### Weekly Meal Prep Tips:
- **Café Latte Banana**
- **Strawberry Chia**
- Wash and dry any fresh fruit or vegetables.

### Weekly Meal Prep Tips:
- Stock your freezer with a variety of frozen fruit.
- Peel, cut, and freeze banana pieces, if desired (frozen banana creates a thick, soft-serve ice cream-textured smoothie).

### Last-Minute Prep:
- Wash and dry any fresh fruit or vegetables.
**Snack options**

**Simple recipes**

**Veggies ‘n’ Hummus with Almonds**

1 cup raw vegetables (like carrots, bell pepper, broccoli, and cucumber) + ¼ cup prepared hummus + 12 whole raw almonds.

**Protein Power**

½ cup cooked edamame + 1 large hard-boiled egg (see recipe on page 31) + ¼ medium avocado.

**Nutter Apple**

1 large apple + 2 Tbsp. nut butter (almond, peanut, or cashew).

**Yogurt Bowl**

¾ cup reduced fat (2%) plain Greek yogurt + ½ cup fresh blueberries + 1 Tbsp. all-natural almond butter.

**Trail Mix**

Combine 20 whole raw pistachios + 12 whole raw almonds + 1 Tbsp. raisins + 7 raw walnut halves + 1 Tbsp. unsweetened shredded coconut; mix well.

**Weekly Meal Prep Tips:**

- If using homemade hummus, prepare a large batch in the food processor at the beginning of the week.
- Hard-boil several eggs at once and store them in the fridge.
- Wash, dry, and chop vegetables.
- Shell edamame (if still in the pod).
- Combine trail mix ingredients and portion into individual servings.
- Layer yogurt, berries, and nut butter on a plate and portion into individual servings.
- Hard-boil several eggs at once and store them in the fridge.
- Wash, dry, and chop vegetables.
- Shell edamame (if still in the pod).
- Combine trail mix ingredients and portion into individual servings.
- Layer yogurt, berries, and nut butter on a plate and portion into individual servings.
- Easy Brown Rice

Easy Brown Rice

Serving Size: ½ cup

Sort through 1½ cups dry brown rice to ensure there are no small stones. Rinse in cold water (or soak in ice water) until cool.

**Nutty Apple**

1 large apple + 2 Tbsp. nut butter (almond, peanut, or cashew).

**Avo-Toast with Fruit**

1 slice sprouted whole-grain toast topped with ¼ medium avocado, sliced served with 1 medium peach.

**Last-Minute Prep Tips:**

- Wash and dry fruit.
- Heat nonstick skillet lightly coated with nonstick cooking spray over medium-low heat. Add 2 large eggs, lightly beated; cool, stirring occasionally, for 3 to 5 minutes, or until eggs are set.

**Hard-Boiled Eggs**

**(Makes 1 serving)**

**Serving Size:** 1 egg

Place 1 large egg in a saucepan. Add cold water to cover eggs by 1 inch. Bring water to a boil over high heat. Cover and let stand, covered, for 10 to 12 minutes. Remove from hot water and immediately rinse under cold water (or soak in ice water) until cool.

**Lentils**

**(Makes 4–6 servings)**

Serving Size: ½ cup

Sort through 1 cup dry lentils to ensure there are no small stones. Rinse in cold water (or soak in ice water) until cool.

**Baked Chicken Breast**

**(Makes 1 serving)**

**Serving Size:** 1 breast

Preheat oven to 375º F. Place 1 boneless, skinless chicken breast on a rack. Drizzle with 1 tsp. olive oil + 1 dash seasoning of your choice.

**Grilled Lean Turkey Patty**

**(Makes 4 servings)**

Serving Size: 1 patty

Preheat grill (or broiler) to high. Form 4 equal patties from 1 lb. raw ground turkey breast. Place patties on grill; cook for 4 to 5 minutes on each side, or until patties are tender.
Simple recipes

**Tempeh**
(Makes 2 servings)
Serving Size: 4 oz.
Cut 8 oz. tempeh into strips; drizzle both sides evenly with 2 tsp. olive oil. Season both sides of tempeh with ½ tsp. seasoning (like ground cumin, ground smoked paprika, chili powder, or seasoning of your choice) + 1 dash sea salt (or Himalayan salt, if desired). Cook in medium skillet over medium heat for 2 to 3 minutes on each side.

**Baked Fish**
(Makes 1 serving)
Preheat oven to 400º F. Drizzle both sides evenly with 1 tsp. olive oil + 1 to 2 dashes seasoning of your choice (like sea salt (or Himalayan salt),if desired). Place in oven for 10 minutes, or until fish is cooked through and flakes easily when tested with a fork.

**Roasted Veggies**
(Makes 1 serving)
Serving Size: 1 cup
Preheat oven to 425º F. Wash vegetables. Toss with 1 tsp. olive oil; rub to evenly coat. Wrap sweet potato loosely with foil and pierce 5 to 6 times. Bake sweet potato on a square of foil large enough to completely wrap sweet potato. Lightly drizzle with ½ tsp. olive oil; rub to evenly coat. Wrap sweet potato loosely with foil and twist ends to seal. Place on baking sheet. Bake for 40 to 60 minutes, or until tender.

**Baked Sweet Potato**
(Makes 1 serving)
Serving Size: 1 sweet potato
Preheat oven to 400º F. Wash and scrub sweet potato, pat dry, and pierce 5 to 6 times with a fork. Place sweet potato on a square of foil large enough to completely wrap sweet potato. Lightly drizzle with ½ tsp. olive oil; rub to evenly coat. Wrap sweet potato loosely with foil and twist ends to seal. Place on baking sheet. Bake for 40 to 60 minutes, or until tender-crisp.

**Fresh Corn on the Cob**
(Makes 4 servings)
Serving Size: 1 ear of corn
Bring large saucepan of water to boil. Drop corn into boiling water. Cover and return water to a boil. Remove from heat. Let corn steep for about 5 minutes before removing from water. Serve each ear with 1 tsp. coconut butter + ¼ tsp. seasonings (if desired) + 1 to 2 dashes seasoning of your choice; cover. Steam for time listed below.

**Tempeh**
(Makes 1 serving)
Preheat oven to 400º F. Drizzle 4 to 6 oz. raw fish (like salmon, tilapia, halibut, or mahi-mahi) with 1 tsp. olive oil. Sprinkle with 1 tsp. sea salt (or Himalayan salt), if desired. Place on baking sheet. Bake for 10 minutes, or until fish is cooked through and flakes easily when tested with a fork.

**Baked Fish**
(Makes 1 serving)
Preheat oven to 400º F. Wash and scrub sweet potato, pat dry, and pierce 5 to 6 times with a fork. Place sweet potato on a square of foil large enough to completely wrap sweet potato. Lightly drizzle with ½ tsp. olive oil; rub to evenly coat. Wrap sweet potato loosely with foil and twist ends to seal. Place on baking sheet. Bake for 40 to 60 minutes, or until tender-crisp.

**Steamed Veggies**
(Makes 1 serving)
Serving Size: 1 cup
Fill medium pan with 2 inches water. Place steamer basket in pan and heat to boiling over medium-high heat. Fill basket with 1 cup veggies of your choice; cover. Steam for time listed below.

**Vinaigrette Dressing**
(Makes 16 servings)
Serving Size: 1 Tbsp.
Mix 1 tsp. Dijon mustard; whisk to blend. Add 2 tsp. Dijon mustard; whisk to blend. Slowly add 6 Tbsp. olive oil while whisking constantly. Store in airtight container. Mix well before serving.

**Basic Balsamic Vinaigrette Dressing**
(Makes 16 servings)
Serving Size: 1 Tbsp.
Combine 6 Tbsp. balsamic vinegar + ¼ cup lemon juice + 1 tsp. raw honey in a medium bowl; whisk to blend. Add 2 tsp. Dijon mustard; whisk to blend. Slowly add 6 Tbsp. olive oil while whisking constantly. Store in airtight container. Mix well before serving.

**Basic Balsamic Vinaigrette Dressing**
(Makes 16 servings)
Serving Size: 1 Tbsp.
Combine 6 Tbsp. balsamic vinegar + ¼ cup lemon juice + 1 tsp. raw honey in a medium bowl; whisk to blend. Add 2 tsp. Dijon mustard; whisk to blend. Slowly add 6 Tbsp. olive oil while whisking constantly. Store in airtight container. Mix well before serving.