

3 WEEK
YOGA
RETREAT™

CLEAN EATS

CLEAN EATS NUTRITION GUIDE

WELCOME TO 3 WEEK YOGA RETREAT™

This is Beachbody's first-ever yoga program for beginners. It's designed for anyone who has ever wanted to try yoga but was too intimidated to start. This is Simply, Yoga. As you begin this journey, we want you to learn the basics of a well-balanced life on and off the mat so you feel amazing inside and out. We believe in eating healthy, wholesome foods—and in ensuring Your Daily Dose of Dense Nutrition® with **Shakeology®**, a delicious superfood supplement shake. We also believe in taking simple, small steps toward a healthier life.

This plan will help you eat healthier and lose weight. The good news is it's doable. We're asking you to make a few changes that can help enhance your health, energy, food digestion, and improve your skin to make you feel good all over.



WILL I LOSE WEIGHT WITH YOGA?

Traditionally, the goal of yoga isn't weight loss. Flexibility, strength, stress relief, and mindfulness are all much better-known benefits of this ancient practice. And yet, there's no reason you can't lose weight. After all, it's exercise.

We're complex beings negotiating hormones, external and internal complications, and emotions—all of which stress both our minds and our bodies. This stress has a big impact on our weight, causing plateaus and sometimes even weight gain, regardless of calories in/calories out.

Research has shown that yoga can reduce stress in many ways. And when you remove stress, you promote homeostasis in your endocrine system, helping balance your hormones and creating a better internal environment for weight loss. What's more, with reduced anxiety and a good night's sleep, you're less inclined to seek out comfort foods as a coping mechanism.

On a more holistic level, yoga teaches mindfulness, the practice of being "in the moment" and aware of your feelings, thoughts, and bodily sensations. It also helps you to be more aware of your body and what you put in it. This, in turn, impacts the choices you make at the dinner table.

WHAT ABOUT CAFFEINE?

There's nothing wrong with drinking tea and coffee or adding Focused Energy Boost to your Shakeology during the 3 Week Yoga Retreat. However, we don't recommend caffeine immediately before your session since many yogis believe a stimulant-free practice is the best way to realize yoga's stress-busting benefits.

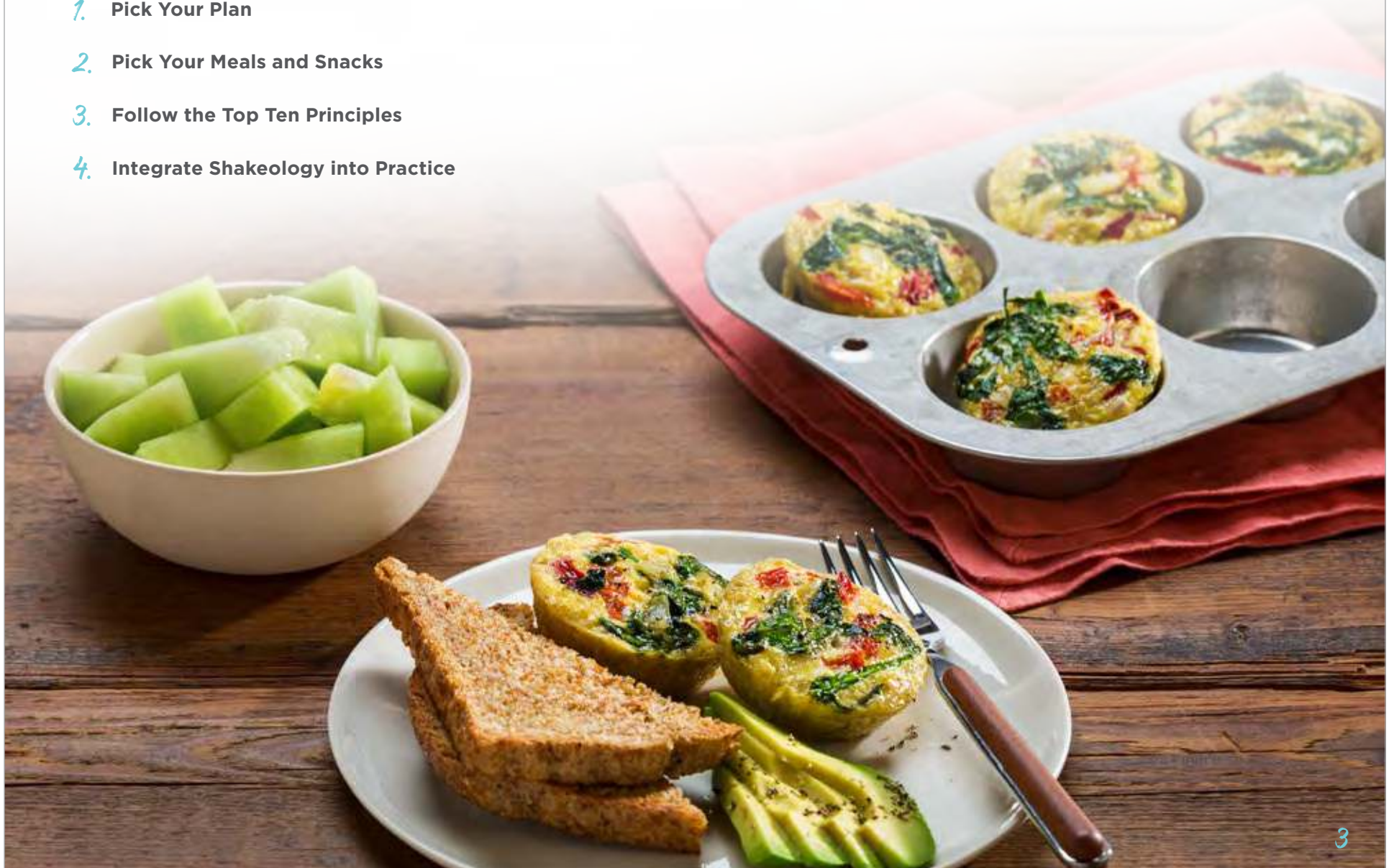


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EATING HEALTHY STARTS HERE

1. Pick Your Plan
2. Pick Your Meals and Snacks
3. Follow the Top Ten Principles
4. Integrate Shakeology into Practice



1.

WHICH PLAN IS RIGHT FOR YOU?






































WOMEN	PLAN					
Up to 130 lbs.	Plan A	Breakfast		Lunch		Dinner
131-150 lbs.	Plan B	Breakfast	150-Calorie Snack	Lunch	150-Calorie Snack	Dinner
151 lbs. or more.	Plan C	Breakfast	300-Calorie Snack	Lunch	300-Calorie Snack	Dinner



MEN	PLAN					
Up to 150 lbs.	Plan B	Breakfast	150-Calorie Snack	Lunch	150-Calorie Snack	Dinner
151 lbs. or more.	Plan C	Breakfast	300-Calorie Snack	Lunch	300-Calorie Snack	Dinner

2. PICK YOUR MEALS AND SNACKS

BREAKFAST		LUNCH		DINNER		SNACKS			
400 Calories		400 Calories		400 Calories		150 Calories*		300 Calories	
	Banana Butter <i>Shakeology</i>		Avo-Licious Salad		Elise’s Simple Stir-Fry		Berry, Lemon, and Basil <i>Shakeology</i>		Banana Latte <i>Shakeology</i>
	Egg and Avo Burrito		Classic Greek Salad with Shrimp		Faith Bake		Kale Chips		Deviled Eggs
	Eggs To-Go		Creamy Apple and Walnut Salad		Green and White		Avocado and Gomasio		Choco-Berry Vegan <i>Shakeology</i>
	Green Berry <i>Shakeology</i>		Eastern Salad		Roasted Spaghetti Squash Medley		Chilled Cucumber Soup		Go-Green Salad
	Green Scramble		Kale Caesar Salad with Garlic Croutons		Baked Sesame Chicken		Chocolate Cinnamon <i>Shakeology</i>		Mediterranean Wrap
	Om Oats		The Complete Chopped		Ted Power		Cucumber and Tomato Salad		Rich Avocado Toast
	Yoga Bowl		Yoga Wrap		Vytas’ Reality Rice		Mojito <i>Shakeology</i>		Strawberry Herb <i>Shakeology</i>

*A plain serving of **Shakeology** mixed with water can also count as a 150-calorie snack.

3. TOP TEN PRINCIPLES: SMALL CHANGES THAT WILL PRODUCE HUGE BENEFITS

1. HYDRATE

Drinking plenty of water throughout the day supports healthy digestion and proper body function, plus it can help prevent fatigue and keep both cravings and hunger at bay. Aim for half your weight in ounces of water per day.

2. REST UP

Regular, adequate sleep is essential for repairing and rejuvenating both physical and mental health. Try to turn off all electronics an hour before bed, and make your bedroom a dark, quiet, peaceful resting place for deep, uninterrupted nightly sleep.

3. EAT MINDFULLY

No need to rush through meals. Take a deep breath and remind yourself to savor your food by chewing thoroughly and listening to your body's hunger signals. Your waistline and your digestive system will thank you.

4. EAT THE RAINBOW

Make fresh produce, especially veggies, the focal point of every meal, which is one of the easiest and most effective ways to boost overall well-being, energize the body, and positively impact both internal and external health.

5. KEEP IT WHOLE

Choose foods in their whole, natural state as frequently as possible. Delicious, nutrient-dense, whole foods offer the most nutritional bang for your buck, plus provide the body with a variety of micro- and macronutrients that work to support your fitness, eating, and lifestyle goals.

6. BE PROTEIN SMART

Consider the source when it comes to your protein. Look for fish, poultry, and meat options that are wild-caught, free-range, grass-fed, and hormone-/antibiotic-free. Red meat, in particular, has been linked to a whole host of health issues, so focus on reducing your intake and/or replacing it with other lean, clean protein sources.

7. CUT BACK ON THE COW

Improved digestive health, increased energy, weight loss, and healthier skin are just a few of the potential benefits you may feel by reducing your dairy intake. Look for almond, coconut, or cashew alternatives to your favorite staples.

8. CUT REFINED SUGARS AND STARCHES

In line with "Keep It Whole," eliminate your intake of refined sugars and starches found via processed foods. The negative health effects of refined sugar and starches are widespread, so take this opportunity to cut them from your diet and notice the changes in your body as it relates to weight loss, fat reduction, cravings, and other health issues.

9. FATTEN UP

Don't be afraid of fat. Fat is your friend, as long as it's the healthy kind, of course. And in moderation. Reach for nuts, seeds, avocado, and olive oil to aid nutrient absorption, plus keep your meals delicious and satisfying.

10. STOP THE SABOTAGE

Chances are, you have at least one habit you know is sabotaging your healthy eating efforts. Experiment with cutting it out during this 3-week program and take note of the changes you see and feel in your body, energy, and mind.



4.

INTEGRATE shakeology® INTO PRACTICE

Making Shakeology an everyday part of your 3 Week Yoga Retreat can help transform your mind and body by helping you maintain healthy energy, curb cravings, and lose weight.*

Our philosophy behind Shakeology is using the finest ingredients from around the world helping to maximize nutrition, being a convenient choice, and tasting delicious so you'll want to enjoy it daily.

Customize your Shakeology with **Shakeology Boosts** to get the extra edge you need to feel your best.

- **Focused Energy**
Designed to give you a wholesome energy boost—for your mind and body.
- **Power Greens**
Delivers phytonutrients that you may be lacking if you don't get enough greens in your daily diet.
- **Digestive Health**
Helps you improve irregularity and stay full longer.



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



THE RECIPES

Here's how to make the delicious, restorative foods you'll be eating for the next 3 weeks. You may notice **Portion Fix® Container Equivalents**—those little colored boxes—listed after each recipe. You don't need to worry about those during the 3 Week Yoga Retreat. They are being shown to remind you that you can incorporate these recipes into other Fix-based eating plans.

If you're short on time, you can always make **Shakeology**, the superfood supplement shake that's Your Daily Dose of Dense Nutrition.

For more information on the Portion Fix Eating Plan or Beachbody's portion-control meal container kit, please go to [FixContainers.com](https://www.fixcontainers.com).

BREAKFAST

Banana Butter Shakeology

Egg and Avo Burrito

Eggs To-Go

Green Berry Shakeology

Green Scramble

Om Oats

Yoga Bowl








BANANA BUTTER SHAKEOLOGY

(Makes 1 serving)

Total Time: 10 min. Prep Time: 10 min. Cooking Time: none

- | | |
|---------|---|
| 1 cup | unsweetened almond milk |
| 1 scoop | Chocolate (or Chocolate Vegan) Shakeology |
| 2 tsp. | all-natural almond butter |
| 2 Tbsp. | raw sunflower seeds |
| ½ | large banana, cut into chunks |
| 1 cup | ice (optional) |

1. Place almond milk, Shakeology, almond butter, sunflower seeds, banana, and ice (if desired) in blender; cover. Blend until smooth.

CONTAINER EQUIVALENTS (per serving):  1  ½  1  1  2

NUTRITIONAL INFORMATION (per serving): Calories: 411 Total Fat: 19 g Saturated Fat: 2 g
Cholesterol: 0 mg Sodium: 383 mg Carbohydrates: 40 g Fiber: 10 g Sugars: 15 g Protein: 24 g








EGG AND AVO BURRITO

(Makes 1 serving)

Total Time: 19 min. Prep Time: 10 min. Cooking Time: 9 min.

2	large eggs
1 dash	ground turmeric
1 dash	ground black pepper
1 tsp.	olive oil
1 cup	sliced mushrooms
½ cup	chopped asparagus (approx. 5 to 6 medium spears)
½ cup	fresh spinach, chopped
1 (6-inch)	whole wheat tortilla, warm
¼	medium avocado, chopped
2 Tbsp.	fresh tomato salsa (pico de gallo)

1. Combine eggs, turmeric, and pepper in a small bowl; whisk to blend. Set aside.
2. Heat oil in medium nonstick skillet over medium heat.
3. Add mushrooms, asparagus, and spinach; cook, stirring frequently, for 4 to 5 minutes, or until asparagus is tender-crisp.
4. Add egg mixture, cook over medium-low heat, stirring frequently, for 2 to 3 minutes, or until eggs are set.
5. Top tortilla with eggs, avocado, and salsa. Wrap up burrito-style (or roll).

CONTAINER EQUIVALENTS (per serving):  1  1  1  1  1

NUTRITIONAL INFORMATION (per serving): Calories: 393 Total Fat: 23 g Saturated Fat: 5 g
Cholesterol: 372 mg Sodium: 483 mg Carbohydrates: 28 g Fiber: 9 g Sugars: 5 g Protein: 21 g

Tip: Eggs can be served burrito-style inside tortilla, or with tortilla on the side.

EGGS TO-GO

(Makes 12 servings, 2 egg cups each)

Total Time: 50 min. Prep Time: 15 min. Cooking Time: 35 min.

	Nonstick cooking spray
1 Tbsp. + 1½ tsp.	olive oil
1	medium onion, chopped
4 cups	chopped fresh spinach
12	large eggs, lightly beaten
¾ cup	unsweetened almond milk
1 tsp.	sea salt (or Himalayan salt)
½ tsp.	ground black pepper
1 cup	roasted red bell peppers, chopped
3½ cups	cooked quinoa
3	medium avocados, sliced
12 slices	low-sodium sprouted whole-grain bread, toasted
12 cups	cubed honeydew melon

1. Preheat oven to 350° F.
2. Prepare twenty-four muffin cups by lining with silicone or paper cupcake liners. Lightly coat inside of liners with spray. Set aside.
3. Heat oil in medium nonstick skillet over medium-high heat.
4. Add onion; cook, stirring frequently, for 4 to 6 minutes, or until onion is translucent.
5. Add spinach; cook, stirring frequently, for 3 to 4 minutes, or until spinach starts to wilt. Remove from heat. Set aside.
6. Combine eggs and almond milk in a medium bowl. Season with salt and pepper; whisk to blend. Set aside.
7. Evenly divide onion mixture, bell peppers, and quinoa between prepared muffin cups.
8. Evenly pour egg mixture over quinoa.
9. Bake for 30 to 35 minutes, or until a toothpick inserted into the center of egg cups comes out clean, and eggs are set.
10. Serve 2 egg cups topped with ¼ avocado. Serve with 1 slice toast, and 1 cup honeydew melon.

CONTAINER EQUIVALENTS (per serving): ■ 1 ■ 2 ■ ½ ■ 1

NUTRITIONAL INFORMATION (per serving): Calories: 392 Total Fat: 16 g Saturated Fat: 3 g
Cholesterol: 186 mg Sodium: 436 mg Carbohydrates: 49 g Fiber: 10 g Sugars: 16 g Protein: 15 g

Tip: Serving size is two egg cups. Freeze leftovers in serving-sized portions for easy eating in the future.

GREEN BERRY SHAKEOLOGY

(Makes 1 serving)

Total Time: 10 min. Prep Time: 10 min. Cooking Time: none

1 cup	unsweetened almond milk
1 scoop	Greenberry Shakeology
$\frac{3}{4}$ cup	fresh or frozen blueberries
2 tsp.	extra-virgin organic coconut oil
$\frac{1}{4}$	medium ripe avocado, cut into chunks
1 cup	ice

1. Place almond milk, Shakeology, blueberries, oil, avocado, and ice in blender; cover. Blend until smooth.



CONTAINER EQUIVALENTS (per serving): $\frac{1}{2}$ $\frac{1}{2}$ 1 1 2

NUTRITIONAL INFORMATION (per serving): Calories: 392 Total Fat: 21 g Saturated Fat: 9 g
Cholesterol: 0 mg Sodium: 390 mg Carbohydrates: 35 g Fiber: 11 g Sugars: 17 g Protein: 20 g

GREEN SCRAMBLE

(Makes 1 serving)

Total Time: 24 min. Prep Time: 15 min. Cooking Time: 9 min.

1 tsp.	olive oil
¼	medium onion, chopped
1 clove	garlic, finely chopped
½ cup	sliced zucchini
5	medium asparagus spears, chopped
1 dash	sea salt (or Himalayan salt)
2	large eggs, lightly beaten
2 Tbsp.	crumbled goat cheese (or feta cheese)
⅓	medium avocado, sliced
2 Tbsp.	fresh tomato salsa (pico de gallo) (optional)
1 slice	low-sodium sprouted whole-grain bread, toasted

1. Heat oil in nonstick skillet over medium heat.
2. Add onion, garlic, zucchini, asparagus, and salt; cook, stirring frequently, for 3 to 4 minutes, or until asparagus is tender-crisp.
3. Add eggs; cook over medium-low heat, stirring frequently, for 4 to 5 minutes, or until eggs are set.
4. Top with cheese, avocado, and salsa (if desired); serve with toast.



CONTAINER EQUIVALENTS (per serving): 1 1 1 1 1

NUTRITIONAL INFORMATION (per serving): Calories: 406 Total Fat: 23 g Saturated Fat: 7 g
Cholesterol: 374 mg Sodium: 639 mg Carbohydrates: 29 g Fiber: 8 g Sugars: 6 g Protein: 23 g

OM OATS

(Makes 1 serving)

Total Time: 8 hrs. 10 min. Prep Time: 10 min. Cooking Time: none

½ cup	dry old-fashioned rolled oats
1 dash	sea salt (or Himalayan salt)
½ tsp.	ground cinnamon (or ground cardamom)
1 cup	unsweetened almond milk, divided use
3 Tbsp.	unsweetened dried tart cherries, coarsely chopped
2 Tbsp.	slivered raw almonds
1 Tbsp.	flaxseeds

1. Place oats, salt, cinnamon, and ½ cup almond milk in a medium bowl; mix well. Soak, covered, in refrigerator overnight.
2. In the morning, add remaining ½ cup almond milk; mix well.
3. Sprinkle cherries, almonds, and flaxseeds over the top. Enjoy!

CONTAINER EQUIVALENTS (per serving): ■ 3 ■ 1 ■ ½

NUTRITIONAL INFORMATION (per serving): Calories: 409 Total Fat: 17 g Saturated Fat: 1 g
Cholesterol: 0 mg Sodium: 479 mg Carbohydrates: 57 g Fiber: 12 g Sugars: 19 g Protein: 12 g

Tip: Cherries can be added before soaking overnight. The cherries will plump up, and look very different than adding dried cherries at the end, but they will give the oatmeal a lot of added flavor.




YOGA BOWL

(Makes 1 serving)

Total Time: 27 min. Prep Time: 10 min. Cooking Time: 17 min.

¾ cup	water
½ cup	dry quinoa
1 dash	sea salt (or Himalayan salt)
½ cup	unsweetened almond milk
1 tsp.	raw honey (or pure maple syrup)
½ tsp.	ground cinnamon
1 cup	chopped apples (approx. 1 small apple)
2 Tbsp.	chopped raw walnuts

1. Bring water, quinoa, and salt to a boil in medium saucepan over medium-high heat.
2. Reduce heat to low; gently boil, covered, for 10 to 12 minutes or until liquid is absorbed. Remove from heat.
3. Add almond milk; mix well.
4. Place in a serving bowl; top with honey, cinnamon, apples, and walnuts; serve immediately.

CONTAINER EQUIVALENTS (per serving):  1  2½  1

NUTRITIONAL INFORMATION (per serving): Calories: 405 Total Fat: 14 g Saturated Fat: 1 g
Cholesterol: 0 mg Sodium: 331 mg Carbohydrates: 63 g Fiber: 9 g Sugars: 19 g Protein: 11 g



LUNCH

Avo-Licious Salad

Classic Greek Salad with Shrimp

Creamy Apple and Walnut Salad

Eastern Salad

Kale Caesar Salad with Garlic Croutons

The Complete Chopped

Yoga Wrap



AVO-LICIOUS SALAD

(Makes 1 serving)

Total Time: 15 min. Prep Time: 15 min. Cooking Time: none

¼	medium avocado, chopped
2	medium tomatoes, chopped
1 bunch	green onions, chopped (approx. 6 medium)
½	medium yellow bell pepper, chopped
1	medium carrot, chopped
2 Tbsp.	finely chopped fresh cilantro
2 tsp.	extra-virgin olive oil
2 tsp.	balsamic vinegar
2 cups	mixed salad greens
2 Tbsp.	raw sunflower seeds

1. Combine avocado, tomatoes, green onions, bell pepper, carrot, cilantro, oil, and vinegar in a medium bowl; toss gently to blend.
2. Place greens on a serving plate; top with avocado mixture.
3. Sprinkle sunflower seeds on top; serve immediately.

CONTAINER EQUIVALENTS (per serving):  3  1  1  2

NUTRITIONAL INFORMATION (per serving): Calories: 398 Total Fat: 25 g Saturated Fat: 3 g
Cholesterol: 0 mg Sodium: 104 mg Carbohydrates: 41 g Fiber: 14 g Sugars: 17 g Protein: 11 g



CLASSIC GREEK SALAD WITH SHRIMP

(Makes 1 serving)

Total Time: 15 min. Prep Time: 15 min. Cooking Time: none

1 cup	chopped cucumber
1 cup	chopped tomato
¼ cup	chopped green bell pepper
¼ cup	sliced red onion
5	medium Kalamata olives, pitted, cut in half
1 Tbsp.	extra-virgin olive oil
2 Tbsp.	red wine vinegar (or balsamic vinegar)
½ tsp.	dried oregano leaves
5 oz.	cooked shrimp
2 Tbsp.	crumbled feta cheese

1. Combine cucumber, tomato, bell pepper, onion, and olives in a medium bowl; mix well.
2. Add oil, vinegar, and oregano; toss gently to blend.
3. Top with shrimp; sprinkle with cheese and serve.



CONTAINER EQUIVALENTS (per serving): ■ 2 ■ 1 ■ ½ ■ ½ ■ 3

NUTRITIONAL INFORMATION (per serving): Calories: 414 Total Fat: 23 g Saturated Fat: 5 g
Cholesterol: 186 mg Sodium: 750 mg Carbohydrates: 18 g Fiber: 4 g Sugars: 9 g Protein: 31 g

CREAMY APPLE AND WALNUT SALAD

(Makes 1 serving)

Total Time: 15 min. Prep Time: 15 min. Cooking Time: none

- 2 Tbsp.** **canned coconut milk**
- 1 tsp.** **raw honey**
- 1 tsp.** **finely chopped lemon peel (lemon zest)**
- 1 Tbsp.** **fresh lemon juice**
- ¾ cup** **cooked shredded chicken breast**
- 1** **medium Granny Smith apple, cored, chopped**
- 2** **medium celery stalks, chopped**
- 1 Tbsp.** **raw walnut pieces**
- 2 Tbsp.** **finely chopped flat leaf (Italian) parsley**
- Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)**
- 4 leaves** **Bibb (or butter) lettuce**

1. To make dressing, combine coconut milk, honey, lemon peel, and lemon juice in a small bowl; whisk to blend. Set aside.
2. Combine chicken, apple, celery, walnuts, and parsley in a medium bowl; toss gently to blend.
3. Drizzle with dressing. Season with salt and pepper (if desired); toss gently to blend.
4. Place lettuce on a serving plate; top with apple mixture.

CONTAINER EQUIVALENTS (per serving): ■ 1½ ■ 1 ■ 1 ■ 1

NUTRITIONAL INFORMATION (per serving): Calories: 393 Total Fat: 13 g Saturated Fat: 6 g
Cholesterol: 89 mg Sodium: 441 mg Carbohydrates: 35 g Fiber: 8 g Sugars: 24 g Protein: 37 g

Tip: Apples can be peeled if you prefer.

EASTERN SALAD

(Makes 1 serving)

Total Time: 20 min. Prep Time: 20 min. Cooking Time: none

3 Tbsp.	rice vinegar
2 tsp.	reduced-sodium tamari soy sauce
½ clove	garlic, finely chopped
1 tsp.	all-natural smooth peanut butter
1 tsp.	raw honey
¼ cup	cooked soba noodles
1 cup	shredded Napa cabbage
½ cup	shredded carrots
½ cup	thinly sliced red bell pepper
¼ cup	shelled edamame
1	green onion, thinly sliced
¼ cup	chopped fresh cilantro
¾ cup	cooked shredded chicken breast

1. To make dressing, combine vinegar, soy sauce, garlic, peanut butter, and honey in a small bowl; whisk to blend. Set aside.
2. Combine noodles, cabbage, carrots, bell pepper, and edamame in a medium serving bowl; mix well.
3. Drizzle with dressing; toss gently to blend.
4. Top with green onion, cilantro, and chicken; serve immediately.

CONTAINER EQUIVALENTS (per serving):  1½  1½  1  1

NUTRITIONAL INFORMATION (per serving): Calories: 406 Total Fat: 8 g Saturated Fat: 2 g
Cholesterol: 89 mg Sodium: 645 mg Carbohydrates: 38 g Fiber: 8 g Sugars: 19 g Protein: 43 g

KALE CAESAR SALAD WITH GARLIC CROUTONS

(Makes 1 serving)

Total Time: 27 min. Prep Time: 10 min. Cooking Time: 17 min.

2¼ tsp.	olive oil, <i>divided use</i>
2 cloves	garlic, finely chopped, <i>divided use</i>
1 slice	low-sodium sprouted whole-grain bread, cut into 1-inch cubes
½ tsp.	large egg yolk, pasteurized*
¼ tsp.	Dijon mustard
¼ tsp.	anchovy paste (optional)
1 Tbsp.	fresh lemon juice
	Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)
3 cups	raw kale, torn (or cut) into bite-sized pieces
¼ cup	shaved Parmesan cheese

1. Preheat oven to 350° F.
2. To make croutons, combine ½ tsp. oil and half of garlic in a small bowl; mix well.
3. Add bread; mix well.
4. Spread bread evenly on baking sheet. Bake for 15 to 17 minutes, turning once, until crisp and golden brown. Set aside to cool.
5. While croutons are baking, make dressing by placing egg yolk, mustard, remaining half of garlic, anchovy paste (if desired), and lemon juice in a small bowl. Season with salt and pepper (if desired); whisk until well blended.
6. Slowly add remaining 1¼ tsp. oil, whisking continuously, until well mixed.
7. Place kale in a medium serving bowl.
8. Drizzle with dressing; toss gently to blend.
9. Sprinkle with croutons and cheese.

CONTAINER EQUIVALENTS (per serving): ■ 3 ■ 1 ■ 1 ■ 1

NUTRITIONAL INFORMATION (per serving): Calories: 390 Total Fat: 21 g Saturated Fat: 6 g Cholesterol: 46 mg Sodium: 592 mg Carbohydrates: 35 g Fiber: 7 g Sugars: 1 g Protein: 20 g

*Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs, or unpasteurized milk may increase your risk of foodborne illness.



THE COMPLETE CHOPPED

(Makes 1 serving)

Total Time: 1 hr. 15 min. Prep Time: 15 min. Cooking Time: none

¼ cup	chickpeas (garbanzo beans), drained, rinsed
½ cup	cooked quinoa, cooled
½ cup	chopped cucumber
½ cup	cherry tomatoes, halved
¼ cup	chopped fresh flat leaf (Italian) parsley
¼ cup	chopped red onion
1 pinch	sea salt (or Himalayan salt)
2 Tbsp.	fresh lemon juice
1 Tbsp.	extra-virgin olive oil
1 Tbsp.	pine nuts

1. Combine chickpeas, quinoa, cucumber, tomatoes, parsley, onion, salt, lemon juice, and oil in a large serving bowl; toss gently to blend.
2. Refrigerate, covered, for at least 1 hour, or until chilled.
3. Top with pine nuts; serve.

CONTAINER EQUIVALENTS (per serving):  1  2  ½  3

NUTRITIONAL INFORMATION (per serving): Calories: 380 Total Fat: 21 g Saturated Fat: 3 g
Cholesterol: 0 mg Sodium: 245 mg Carbohydrates: 42 g Fiber: 9 g Sugars: 7 g Protein: 9 g



YOGA WRAP

(Makes 1 serving)

Total Time: 22 min. Prep Time: 15 min. Cooking Time: 7 min.

1 tsp.	extra-virgin organic coconut oil, melted
4 oz.	tempeh, cut into strips
¼ tsp.	ground cumin
1 dash	sea salt (or Himalayan salt)
2 Tbsp.	prepared hummus
⅓	medium ripe avocado, mashed
1 (6-inch)	whole wheat tortilla (or spinach wrap)
2	Bibb (or butter, or romaine) lettuce leaves
¼	medium red bell pepper, sliced

1. Heat oil in medium skillet over medium heat.
2. Add tempeh. Season with cumin and salt; cook for 2 to 3 minutes on each side. Set aside.
3. Combine hummus and avocado in a medium bowl; mix well.
4. Spread hummus mixture on tortilla. Top with lettuce, bell pepper, and tempeh.
5. Fold burrito-style (or roll); serve immediately.

CONTAINER EQUIVALENTS (per serving): 🟡 1 🔴 1 🔵 1 🥄 1

NUTRITIONAL INFORMATION (per serving): Calories: 398 Total Fat: 17 g Saturated Fat: 6 g
Cholesterol: 0 mg Sodium: 632 mg Carbohydrates: 42 g Fiber: 7 g Sugars: 2 g Protein: 20 g

Tip: You can also use butter lettuce leaves as the wrap instead of tortilla, if you like!

DINNER

Elise's Simple Stir-Fry

Faith Bake

Green and White

Roasted Spaghetti Squash Medley

Baked Sesame Chicken

Ted Power

Vytas' Reality Rice



ELISE'S SIMPLE STIR-FRY

(Makes 4 servings, 2 cups each)

Total Time: 25 min. Prep Time: 15 min. Cooking Time: 10 min.

¼ cup	reduced-sodium tamari soy sauce
6 Tbsp.	water, <i>divided use</i>
2 Tbsp.	tapioca starch (or cornstarch, preferably GMO-free), <i>divided use</i>
1 tsp.	raw honey
1¼ lbs.	raw medium shrimp, peeled and deveined
2 Tbsp.	extra-virgin organic coconut oil, <i>divided use</i>
6 cups	raw broccoli florets
2 cloves	garlic, chopped
1 thin slice	fresh ginger, peeled, finely chopped
3 cups	cooked brown rice, warm

1. Combine soy sauce, 4 Tbsp. water, 1 Tbsp. tapioca, and honey in a small bowl; mix well. Set aside.
2. Combine *remaining* 2 Tbsp. water and *remaining* 1 Tbsp. tapioca in a large bowl; mix well. Add shrimp. Toss gently to coat.
3. Heat 1 Tbsp. oil in large skillet over medium-high heat.
4. Add shrimp; cook, stirring frequently, for 2 minutes, or until pink. Place in large bowl. Keep warm.
5. Heat *remaining* 1 Tbsp. oil in skillet over medium-high heat.
6. Add broccoli, garlic, and ginger; cook, stirring frequently, for 2 to 3 minutes. Place broccoli mixture in shrimp bowl. Keep warm.
7. Add soy sauce mixture to skillet; cook, stirring constantly, over medium-high heat for 10 seconds, or until thickened.
8. Return shrimp and broccoli mixture to skillet; cook, stirring frequently, for 1 to 2 minutes, or until well mixed and heated through.
9. Divide evenly into four servings; serve each with ¾ cup rice.

CONTAINER EQUIVALENTS (per serving):  1½  2  ½  1½

NUTRITIONAL INFORMATION (per serving): Calories: 400 Total Fat: 9 g Saturated Fat: 6 g
Cholesterol: 138 mg Sodium: 837 mg Carbohydrates: 48 g Fiber: 3 g Sugars: 2 g Protein: 31 g






FAITH BAKE

(Makes 4 servings, 2 ½ cups each)

Total Time: 1 hr. 15 min. Prep Time: 20 min. Cooking Time: 45 min.

4	medium beets, chopped
2 cups	chopped yams
2 tsp.	olive oil, <i>divided use</i>
½ tsp.	sea salt (or Himalayan salt), <i>divided use</i>
½ tsp.	ground black pepper, <i>divided use</i>
½ tsp.	garlic powder, <i>divided use</i>
1 cup	chopped zucchini
10	medium asparagus spears, trimmed, cut into 1-inch pieces
4 cups	cooked quinoa (or brown rice), warm
2 Tbsp.	toasted sesame seeds

1. Preheat oven to 425° F.
2. Combine beets, yams, 1 tsp. oil, ¼ tsp. salt, ¼ tsp. pepper, and ¼ tsp. garlic powder in large mixing bowl; toss to blend.
3. Place beet mixture in large baking pan. Bake for 30 minutes, stirring after 15 minutes.
4. While beets are baking, combine zucchini, asparagus, *remaining 1 tsp. oil, remaining ¼ tsp. salt, remaining ¼ tsp. pepper, and remaining ¼ tsp. garlic powder.* Set aside.
5. Add zucchini mixture to beet mixture; mix well.
6. Continue baking for 15 minutes, stirring after 8 minutes. Remove from oven; allow to rest for 10 minutes.
7. Serve on top of quinoa; sprinkle with sesame seeds.

CONTAINER EQUIVALENTS (per serving):  1  3½  1

NUTRITIONAL INFORMATION (per serving): Calories: 404 Total Fat: 9 g Saturated Fat: 1 g
Cholesterol: 0 mg Sodium: 374 mg Carbohydrates: 72 g Fiber: 12 g Sugars: 7 g Protein: 13 g

GREEN AND WHITE

(Makes 1 serving)

Total Time: 31 min. Prep Time: 15 min. Cooking Time: 16 min.

½	medium zucchini
½	medium carrot
2 tsp.	olive oil, <i>divided use</i>
2 cloves	garlic, finely chopped
	Sea salt (or Himalayan salt), <i>divided use</i>
8 oz.	raw sole fillet
½ tsp.	ground turmeric
	Ground black pepper (to taste; optional)
½ cup	cooked quinoa, warm

1. To make zucchini noodles, cut zucchini into thin lengthwise strips using a vegetable peeler. Turn zucchini slightly after cutting each strip to work evenly around the outside, stopping when you hit the seeds at the core. Discard cores. Cut slices lengthwise into strips resembling spaghetti. Set aside.
2. Cut carrot the same as zucchini. Set aside.
3. Heat 1 tsp. oil in medium skillet over medium heat.
4. Add garlic; cook, stirring frequently, for 2 to 3 minutes, or until garlic browns slightly.
5. Add zucchini, carrot, and salt; cook, stirring frequently, for 3 to 5 minutes, or until vegetables are cooked to desired doneness. Remove from heat.
6. Sprinkle sole with turmeric. Season with *additional* salt and pepper (if desired). Set aside.
7. Heat *remaining* 1 tsp. oil in small skillet over medium heat.
8. Add sole; cook for 2 to 3 minutes on each side, or until sole flakes easily when tested with a fork.
9. Place quinoa on a serving plate; top with zucchini and carrot noodles and sole.
10. Serve immediately.

CONTAINER EQUIVALENTS (per serving):  1  1  1  2

NUTRITIONAL INFORMATION (per serving): Calories: 395 Total Fat: 16 g Saturated Fat: 1 g
Cholesterol: 101 mg Sodium: 848 mg Carbohydrates: 28 g Fiber: 5 g Sugars: 4 g Protein: 34 g

Tip: A spiralizer is an inexpensive tool that cuts fresh veggies into noodles. You can use a spiralizer to cut the zucchini and carrot in this recipe.

ROASTED SPAGHETTI SQUASH MEDLEY

(Makes 2 servings, approx. 2½ cups squash and 1 cup of veggies each)

Total Time: 1 hr. 6 min. Prep Time: 24 min. Cooking Time: 42 min.

- 1** medium spaghetti squash, cut in half lengthwise
- 7 tsp.** olive oil, *divided use*
- 1 tsp.** garlic, finely chopped (approx. 2 to 3 cloves)
- 2 cups** broccoli, chopped
- 2 cups** mushrooms, sliced
- 2 cups** fresh spinach, chopped
- Sea salt (or Himalayan salt)**
and ground black pepper (to taste; optional)
- ¼ cup** crumbled feta cheese
- 2 Tbsp.** roasted pumpkin seeds

1. Preheat oven to 375° F.
2. Remove seeds and membrane from squash; Place squash, cut side up, on baking sheet. Brush with 3 tsp. oil and garlic. Place cut side down.
3. Bake for 30 to 35 minutes, or until tender. Set aside to cool slightly.
4. While squash is cooling, heat *remaining 4 tsp.* oil in medium skillet over medium-high heat.
5. Add broccoli; cook, stirring frequently, for 2 minutes.
6. Add mushrooms and spinach; cook, stirring frequently, for 3 to 4 minutes, or until broccoli is tender-crisp.
7. Season with salt and pepper (if desired).
8. Separate squash strands with a fork; evenly divide between two serving plates.
9. Top squash evenly with broccoli mixture, cheese, and pumpkin seeds.

CONTAINER EQUIVALENTS (per serving): ■ 5 ■ ½ ■ ½ ■ 3½

NUTRITIONAL INFORMATION (per serving): Calories: 391 Total Fat: 26 g Saturated Fat: 5 g
Cholesterol: 17 mg Sodium: 471 mg Carbohydrates: 34 g Fiber: 7 g Sugars: 12 g Protein: 13 g

- Tips:*
1. Spaghetti squash is done when the insides scoop out easily with a fork, creating spaghetti-like "noodles."
 2. You can also spoon baked spaghetti squash noodles back into squash shells, using the shell as a "bowl." Top with broccoli mixture, cheese, and pumpkin seeds. Makes a fun presentation!





BAKED SESAME CHICKEN

(Makes 4 servings, 1 chicken breast, approx. 1 cup spinach, and ½ cup rice each)

Total Time: 34 min. Prep Time: 10 min. Cooking Time: 24 min.

4 (5 oz.) each raw chicken breasts, boneless, skinless
4 tsp. olive oil, *divided use*
2 tsp. ground smoked paprika
½ tsp. sea salt (or Himalayan salt), *divided use*
1 clove garlic, finely chopped
8 cups fresh spinach
2 cups cooked brown rice, warm
¼ cup sesame seeds

1. Preheat oven to 375° F.
2. Place chicken in ovenproof dish.
3. Drizzle evenly with 2 *tsp.* oil. Season with paprika and ¼ *tsp.* salt.
4. Bake for 15 to 20 minutes, or until chicken is no longer pink in the middle and juices run clear.
5. While chicken is cooking; heat *remaining 2 tsp.* oil in medium nonstick skillet over medium heat.
6. Add garlic; cook for 1 minute, or until fragrant.
7. Add spinach and *remaining ¼ tsp.* salt; cook, stirring constantly, for 2 minutes, or until spinach is just wilted.
8. Evenly divide spinach between four serving plates. Top with chicken breast. Serve with rice; sprinkle chicken and rice evenly with sesame seeds.

CONTAINER EQUIVALENTS (per serving):  1  1  1  ½  1

NUTRITIONAL INFORMATION (per serving): Calories: 391 Total Fat: 14 g Saturated Fat: 2 g
 Cholesterol: 103 mg Sodium: 497 mg Carbohydrates: 29 g Fiber: 5 g Sugars: 1 g Protein: 38 g



TED POWER

(Makes 1 serving)

Total Time: 39 min. Prep Time: 15 min. Cooking Time: 24 min.

½	medium sweet potato, cut into wedges
3 tsp.	olive oil, <i>divided use</i>
1 dash	ground nutmeg
¼ tsp.	sea salt (or Himalayan salt), <i>divided use</i>
¼ tsp.	ground black pepper (to taste; optional), <i>divided use</i>
4 oz.	raw wild-caught salmon fillet
1 Tbsp.	finely ground raw almonds
2 cloves	garlic, finely chopped
4	lemon slices (for garnish; optional)
	Fresh parsley leaves (for garnish; optional)

1. Preheat oven to 375° F.
2. Place sweet potato in a medium bowl. Drizzle with 2 tsp. oil. Season with nutmeg, 1 dash salt and 1 dash pepper (if desired); toss gently to blend. Place on baking sheet.
3. Bake for 10 to 12 minutes, turning once, or until tender-crisp.
4. While sweet potato is baking, coat salmon fillet with almonds. Set aside.
5. Heat *remaining 1 tsp.* oil in medium skillet over medium-high heat.
6. Add garlic; cook, stirring frequently, for 1 minute, or until garlic browns slightly.
7. Add salmon; cook for approximately 3 to 5 minutes on each side, or salmon flakes easily when tested with a fork.
8. Season salmon with *remaining 1 dash* salt and *remaining 1 dash* pepper (if desired).
9. Transfer sweet potato and salmon to a serving plate; garnish with lemon slices and parsley (if desired).

CONTAINER EQUIVALENTS (per serving):  1  1  ½  3NUTRITIONAL INFORMATION (per serving): Calories: 386 Total Fat: 24 g Saturated Fat: 3 g
Cholesterol: 62 mg Sodium: 657 mg Carbohydrates: 18 g Fiber: 3 g Sugars: 3 g Protein: 25 g

VYTAS' REALITY RICE


(Makes 4 servings, approx. 1¾ cups each)

Total Time: 30 min. Prep Time: 15 min. Cooking Time: 15 min.

1 Tbsp.	extra-virgin organic coconut oil
1 cup	chopped onions
1 cup	finely chopped carrots
8	large eggs, lightly beaten
3 cups	cooked brown rice, cooled
1 cup	frozen peas
3 Tbsp.	reduced-sodium tamari soy sauce
2	green onions, thinly sliced (for garnish; optional)

1. Heat oil in large nonstick skillet over medium heat.
2. Add onions and carrots; cook, stirring frequently, for 6 to 7 minutes, or until vegetables begin to soften. Remove vegetables from pan. Set aside.
3. Add eggs to skillet; cook over medium-low heat, stirring frequently, for 2 to 3 minutes, or until eggs start to set.
4. Add onion mixture, rice, peas, and soy sauce; cook, stirring frequently, for 3 to 4 minutes, or until heated through.
5. Divide evenly into four serving bowls; garnish evenly with green onions (if desired).



CONTAINER EQUIVALENTS (per serving):  1  2  1  1

NUTRITIONAL INFORMATION (per serving): Calories: 402 Total Fat: 15 g Saturated Fat: 6 g
Cholesterol: 372 mg Sodium: 605 mg Carbohydrates: 48 g Fiber: 6 g Sugars: 6 g Protein: 19 g

SNACKS 150 CAL

Berry, Lemon, and Basil Shakeology

Kale Chips

Avocado and Gomasio

Chilled Cucumber Soup

Chocolate Cinnamon Shakeology

Cucumber and Tomato Salad

Mojito Shakeology

A plain serving of **Shakeology** mixed with water can also count as a 150-calorie snack.



BERRY, LEMON, AND BASIL SHAKEOLOGY

(Makes 1 serving)

Total Time: 10 min. Prep Time: 10 min. Cooking Time: none

¾ cup	water
¼ cup	fresh lemon juice
1 scoop	Strawberry (or Tropical Strawberry Vegan) Shakeology
¼ cup	fresh basil leaves
1 cup	ice

1. Place water, lemon juice, Shakeology, basil, and ice in blender; cover. Blend until smooth.

SNACKS 150 CAL



CONTAINER EQUIVALENTS (per serving): ■ 1

NUTRITIONAL INFORMATION (per serving): Calories: 146 Total Fat: 1 g Saturated Fat: 0 g
Cholesterol: 5 mg Sodium: 132 mg Carbohydrates: 19 g Fiber: 3 g Sugars: 9 g Protein: 17 g

KALE CHIPS




(Makes 1 serving, approx. 2 to 3 cups)

Total Time: 24 min. Prep Time: 10 min. Cooking Time: 14 min.

SNACKS 150 CAL

3 oz. raw kale leaves
(approx. ½ bunch or 6 large leaves)
Parchment paper
1½ tsp. olive oil
2 Tbsp. nutritional yeast

1. Preheat oven to 350° F.
2. Remove kale leaves from stems. Tear leaves into bite-sized pieces. Discard stems.
3. Wash and thoroughly dry kale with a salad spinner or paper towel.
4. Line large baking sheet with parchment paper. Set aside.
5. Combine kale, oil, and yeast in a medium bowl; toss gently to blend.
6. Arrange kale on prepared baking sheet in a single layer.
7. Bake for 12 to 14 minutes, or until crisp.
8. Transfer onto a wire rack or paper towels; cool.

CONTAINER EQUIVALENTS (per serving):  1  ½  1

NUTRITIONAL INFORMATION (per serving): Calories: 155 Total Fat: 8 g Saturated Fat: 1 g
Cholesterol: 0 mg Sodium: 36 mg Carbohydrates: 17 g Fiber: 6 g Sugars: 2 g Protein: 10 g



AVOCADO AND GOMASIO

(Makes 1 serving)

Total Time: 20 min. Prep Time: 5 min. Cooking Time: 5 min.

1½ tsp.	sesame seeds
1½ tsp.	chopped dried wakame seaweed
1 dash	sea salt (or Himalayan salt)
1 dash	garlic powder
¼	medium ripe avocado, sliced
1 tsp.	extra-virgin olive oil

1. To make gomasio, heat sesame seeds in small skillet over low heat, stirring frequently, for 3 to 5 minutes, or until they turn golden brown and begin to pop. Remove from heat. Cool for 10 minutes.
2. Place sesame seeds, seaweed, salt, and garlic powder in a small food processor. Pulse until most seeds are cracked open. Be careful not to grind to a smooth consistency; you want some of the texture of the seeds to remain. Set aside.
3. Place avocado on a serving plate. Drizzle with oil and sprinkle with gomasio.

CONTAINER EQUIVALENTS (per serving):  1  1

NUTRITIONAL INFORMATION (per serving): Calories: 147 Total Fat: 14 g Saturated Fat: 2 g
Cholesterol: 0 mg Sodium: 382 mg Carbohydrates: 16 g Fiber: 12 g Sugars: 1 g Protein: 5 g

SNACKS 150 CAL



Tip: Sesame seed mixture can also be crushed using a mortar and pestle, a spice grinder, or a clean coffee grinder.

CHILLED CUCUMBER SOUP

(Makes 4 servings, approx. 1½ cups each)

Total Time: 1 hr. 20 min. Prep Time: 20 min. Cooking Time: none

SNACKS 150 CAL

4	medium cucumbers, peeled, chopped
1	large zucchini, chopped
1 clove	garlic, finely chopped
½	medium avocado, chopped
1	green onion, chopped
¼ cup	chopped fresh parsley
½ cup	canned coconut milk
1½ cups	water
½ tsp.	sea salt (or Himalayan salt)

1. Place cucumbers, zucchini, garlic, avocado, green onion, parsley, coconut milk, water, and salt in food processor; pulse until smooth.
2. Refrigerate, covered, for 1 hour; serve.



CONTAINER EQUIVALENTS (per serving): 🍷 1 🥗 1

NUTRITIONAL INFORMATION (per serving): Calories: 139 Total Fat: 9 g Saturated Fat: 4 g
Cholesterol: 0 mg Sodium: 318 mg Carbohydrates: 12 g Fiber: 4 g Sugars: 6 g Protein: 3 g

CHOCOLATE CINNAMON SHAKEOLOGY

(Makes 1 serving)

Total Time: 10 min. Prep Time: 10 min. Cooking Time: none

1 cup	water
1 scoop	Chocolate (or Chocolate Vegan)
	Shakeology
½ tsp.	ground cinnamon
1 cup	ice

1. Place water, Shakeology, cinnamon, and ice in blender; cover. Blend until smooth.

SNACKS 150 CAL



CONTAINER EQUIVALENTS (per serving): ■ 1

NUTRITIONAL INFORMATION (per serving): Calories: 153 Total Fat: 2 g Saturated Fat: 1 g
Cholesterol: 0 mg Sodium: 163 mg Carbohydrates: 18 g Fiber: 7 g Sugars: 6 g Protein: 17 g

CUCUMBER AND TOMATO SALAD

(Makes 1 serving)




Total Time: 10 min. Prep Time: 10 min. Cooking Time: none

SNACKS 150 CAL

½ cup chopped cucumber
1 medium tomato, chopped
1 green onion, sliced
¼ medium avocado, chopped
½ tsp. extra-virgin olive oil
½ tsp. red wine vinegar
(or balsamic vinegar)
Sea salt (or Himalayan salt)
and ground black pepper
(to taste; optional)

1. Combine cucumber, tomato, green onion, and avocado in a medium bowl; toss gently to blend.
2. Drizzle with oil and vinegar. Season with salt and pepper (if desired); toss gently to blend.



CONTAINER EQUIVALENTS (per serving):  1  1  ½

NUTRITIONAL INFORMATION (per serving): Calories: 137 Total Fat: 10 g Saturated Fat: 1 g
Cholesterol: 0 mg Sodium: 299 mg Carbohydrates: 12 g Fiber: 6 g Sugars: 5 g Protein: 3 g

MOJITO SHAKEOLOGY

(Makes 1 serving)

Total Time: 10 min. Prep Time: 10 min. Cooking Time: none

1 cup	water
1 scoop	Vanilla Shakeology
3 Tbsp.	fresh lime juice
1 tsp.	pure coconut extract
10	fresh mint leaves
1 cup	ice

1. Place water, Shakeology, lime juice, extract, mint, and ice in blender; cover. Blend until smooth.

SNACKS 150 CAL



CONTAINER EQUIVALENTS (per serving): ■ 1

NUTRITIONAL INFORMATION (per serving): Calories: 154 Total Fat: 2 g Saturated Fat: 0 g
Cholesterol: 5 mg Sodium: 214 mg Carbohydrates: 19 g Fiber: 3 g Sugars: 8 g Protein: 16 g

SNACKS 300 CAL

Banana Latte Shakeology

Deviled Eggs

Choco-Berry Vegan Shakeology

Go-Green Salad

Mediterranean Wrap

Rich Avocado Toast

Strawberry Herb Shakeology



BANANA LATTE SHAKEOLOGY

(Makes 1 serving)

Total Time: 10 min. Prep Time: 10 min. Cooking Time: none

1 cup	unsweetened almond milk
1 scoop	Café Latte Shakeology
2 tsp.	all-natural smooth peanut butter
½	large banana, cut into chunks
1 cup	ice

1. Place almond milk, Shakeology, peanut butter, banana, and ice in blender; cover. Blend until smooth.

SNACKS 300 CAL



CONTAINER EQUIVALENTS (per serving):  1  ½  1  2

NUTRITIONAL INFORMATION (per serving): Calories: 313 Total Fat: 11 g Saturated Fat: 2 g
Cholesterol: 5 mg Sodium: 420 mg Carbohydrates: 38 g Fiber: 8 g Sugars: 16 g Protein: 20 g

DEVILED EGGS

(Makes 1 serving, 4 egg halves each)

Total Time: 10 min. Prep Time: 10 min. Cooking Time: none

SNACKS 300 CAL

- 2** large hard-boiled eggs, cut in half lengthwise, yolks and whites separated
- 2 Tbsp.** finely chopped red onion
- 1 Tbsp.** sweet pickle relish
- 1 tsp.** Dijon mustard
- 1 Tbsp.** olive oil mayonnaise
- Ground black pepper (to taste; optional)**
- Ground paprika (to taste; optional)**

- 1.** Place egg yolks, onion, pickle relish, mustard, mayonnaise, and pepper (if desired) in a medium bowl; mash until smooth.
- 2.** Spoon mixture into egg white halves; sprinkle with paprika (if desired).

CONTAINER EQUIVALENTS (per serving): ■ 1 — 3

NUTRITIONAL INFORMATION (per serving): Calories: 290 Total Fat: 22 g Saturated Fat: 5 g
Cholesterol: 378 mg Sodium: 444 mg Carbohydrates: 9 g Fiber: 1 g Sugars: 6 g Protein: 13 g

CHOCO-BERRY VEGAN SHAKEOLOGY

(Makes 1 serving)

Total Time: 10 min. Prep Time: 10 min. Cooking Time: none

1 cup **unsweetened almond milk**
1 scoop **Chocolate Vegan (or Chocolate)**
 Shakeology
1 cup **fresh or frozen blueberries**
1 cup **ice**

1. Place almond milk, Shakeology, blueberries, and ice in blender; cover. Blend until smooth.

SNACKS 300 CAL

CONTAINER EQUIVALENTS (per serving): ■ 1 ■ ½ ■ 1

NUTRITIONAL INFORMATION (per serving): Calories: 293 Total Fat: 7 g Saturated Fat: 1 g
Cholesterol: 0 mg Sodium: 437 mg Carbohydrates: 41 g Fiber: 9 g Sugars: 22 g Protein: 18 g

GO-GREEN SALAD

(Makes 1 serving)

Total Time: 15 min. Prep Time: 15 min. Cooking Time: none

SNACKS 300 CAL

2 tsp.	extra-virgin olive oil
1 Tbsp.	red wine vinegar
1 tsp.	Dijon mustard
¼ tsp.	ground black pepper
2 cloves	garlic, finely chopped (optional)
½ tsp.	finely chopped fresh dill
2 cups	Bibb (or butter) lettuce, torn (or cut) into bite-sized pieces
½ cup	fresh baby spinach
½ cup	chopped raw broccoli florets
¼ cup	alfalfa sprouts
¼ cup	sliced cucumber
¼ cup	sliced celery
¼ cup	sliced green bell pepper
¼	medium avocado, chopped
1 cup	cubed cantaloupe

1. To make dressing, combine oil, vinegar, mustard, pepper, garlic (if desired), and dill in a small mixing bowl; whisk to blend. Set aside.
2. Combine lettuce, spinach, broccoli, alfalfa sprouts, cucumber, celery, bell pepper, and avocado in a large serving bowl; toss gently to blend.
3. Drizzle dressing over salad; toss gently to blend.
4. Serve salad with cantaloupe.

CONTAINER EQUIVALENTS (per serving):  1  1½  1  2

NUTRITIONAL INFORMATION (per serving): Calories: 280 Total Fat: 17 g Saturated Fat: 2 g
Cholesterol: 0 mg Sodium: 230 mg Carbohydrates: 29 g Fiber: 8 g Sugars: 16 g Protein: 7 g



MEDITERRANEAN WRAP

(Makes 1 serving)






Total Time: 10 min. Prep Time: 10 min. Cooking Time: none

SNACKS 300 CAL

1 (6-inch)	whole wheat tortilla
¼	medium avocado, mashed
1 cup	shredded romaine lettuce
1 cup	cherry tomatoes, halved
5	medium Kalamata olives, pitted
1 tsp.	extra-virgin olive oil
1 Tbsp.	balsamic vinegar

1. Spread tortilla with avocado.
2. Top with lettuce, tomatoes, and olives.
3. Drizzle with oil and vinegar.
4. Fold burrito-style (or roll); serve immediately.



CONTAINER EQUIVALENTS (per serving):  1  1  1  ½  1

NUTRITIONAL INFORMATION (per serving): Calories: 286 Total Fat: 18 g Saturated Fat: 3 g
Cholesterol: 0 mg Sodium: 570 mg Carbohydrates: 29 g Fiber: 7 g Sugars: 8 g Protein: 4 g

RICH AVOCADO TOAST

(Makes 1 serving)

Total Time: 10 min. Prep Time: 10 min. Cooking Time: none

SNACKS 300 CAL

- ¼** medium ripe avocado, mashed
- 1 dash** sea salt (or Himalayan salt)
- 1 dash** ground black pepper
- 1 dash** crushed red pepper flakes (optional)
- 1 tsp.** fresh lemon juice
- 1 slice** low-sodium sprouted whole-grain bread, toasted
- 1 tsp.** extra-virgin olive oil (or coconut oil)
- 2 Tbsp.** raw pumpkin seeds

- 1.** Combine avocado, salt, pepper, pepper flakes (if desired), and lemon juice in a medium bowl; mash until well mixed and slightly chunky.
- 2.** Drizzle toast with oil; top with avocado mixture and pumpkin seeds; serve immediately.

CONTAINER EQUIVALENTS (per serving): 🟡 1 🔵 1 🟠 1

NUTRITIONAL INFORMATION (per serving): Calories: 293 Total Fat: 20 g Saturated Fat: 2 g
Cholesterol: 0 mg Sodium: 290 mg Carbohydrates: 21 g Fiber: 7 g Sugars: 0 g Protein: 10 g



STRAWBERRY HERB SHAKEOLOGY

(Makes 1 serving)

Total Time: 10 min. Prep Time: 10 min. Cooking Time: none

1 cup	unsweetened almond milk
1 scoop	Strawberry (or Tropical Strawberry Vegan) Shakeology
¼ cup	coarsely chopped fresh cilantro
¼	medium avocado, cut into chunks
1½ tsp.	raw sunflower seeds
1 cup	ice

1. Place almond milk, Shakeology, cilantro, avocado, sunflower seeds, and ice in blender; cover. Blend until smooth.

SNACKS 300 CAL



CONTAINER EQUIVALENTS (per serving): ■ ½ ■ 1 ■ 1

NUTRITIONAL INFORMATION (per serving): Calories: 279 Total Fat: 14 g Saturated Fat: 1 g
Cholesterol: 5 mg Sodium: 311 mg Carbohydrates: 22 g Fiber: 8 g Sugars: 8 g Protein: 19 g

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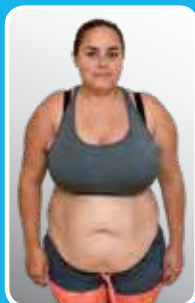


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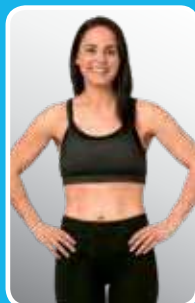
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