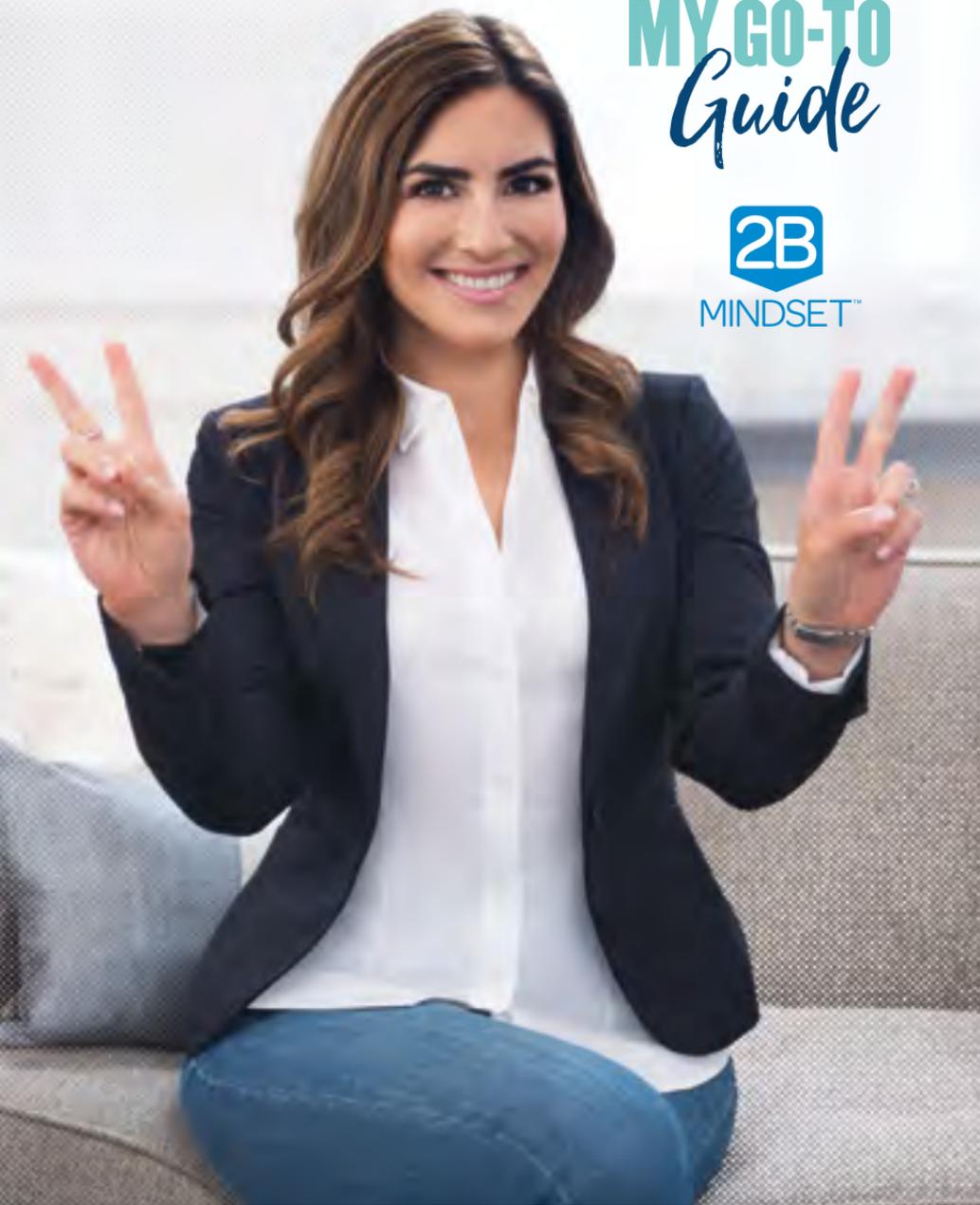


MY GO-TO *Guide*



MINDSET™





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 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 "Beachbody Nutrition+"

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

- Water helps keep you full so you can make better food choices throughout the day.
- You should drink half your weight in ounces at a minimum each day.

Your weight in lbs. _____ ÷ 2 = _____ daily minimum goal in fluid ounces.*
- Try to drink 16 fl. oz./480 mL before each meal. (Even before your morning cup of Joe!)
- You'll soon see that the more water you drink, the more weight you may lose. Keep your awesome 2B Mindset™ water bottle handy to help remind you to hit your daily water goal.

VEGGIES MOST

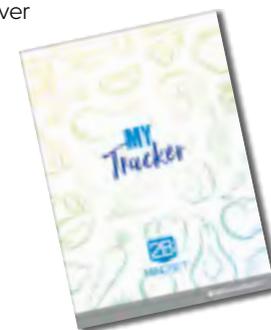
- Veggies make you feel full and satisfied (and keep you healthy), so eat lots and lots of them throughout the day.
- The more meals that include "Veggies Most," the more weight you can lose.
- Find veggies you love and make them your "go-to's." But also explore veggies you've never tried before—because you never know what you may like!
- Veggies can be enjoyed in hundreds of ways. Check out Ilana's recipe videos for easy-to-whip-up meals.

THE SCALE

- The scale is your friend! It helps you learn what helps your body lose weight and what doesn't.
- Get on the scale every morning, without clothes, after using the bathroom, before you eat or drink anything.
- If you don't have a scale, get one and put it where you can easily hop on it every day.
- When the scale goes down, you'll know just what a "weight-loss day" looks like. And should it go up or stay the same...you'll know what to change to get right back into weight-loss mode.

TRACKING

- Tracking is incredibly important. Your tracker will show you what's working for you and what's not.
- Every day, complete a "My Day" page in your tracker book (or in the app).
- You decide how detailed you want to be, but whatever you do, be honest—this is for your benefit. So, if you eat or drink it, you track it!
- It only takes a few minutes each day and the more information you input, the more insight you'll have into what works for you—and what will empower you to stay on track.



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

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.



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 as part of her breakfast. It's high in protein but it's so much more than *just* a protein shake. 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.



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



FOODLists

To view the full lists (and the UK food lists) for each food group, check out the "Resources" section on the 2B Mindset program page.

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

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!

- Artichokes
- Arugula
- Asparagus
- Beet greens
- Beets
- Bok choy
- Broccoli 
- Broccolini
- Broccolini slaw
- Brussels sprouts
- Butterhead lettuce
- Button mushrooms
- Cabbage (all varieties)
- Cactus
- Carrots (all varieties)
- Cauliflower/cauliflower rice
- Celery
- Celery root
- Chanterelle mushrooms
- Chayote
- Chinese cabbage
- Collard greens
- Cremini mushrooms
- Cucumbers (all varieties)
- Dandelion greens
- Eggplant
- Endive
- Enoki mushrooms
- Fennel
- Green beans
- Green bell pepper
- Hearts of palm
- Jerusalem artichoke
- Jicama
- Kale
- Kohlrabi 
- Leek
- Mesclun
- Morel mushrooms
- Mustard greens
- Napa cabbage
- Okra
- Onions (all varieties)
- Orange bell pepper
- Oyster mushrooms
-  Pickled and fermented veggies (kimchi, sauerkraut, etc.)
-  Pickles
- Porcini mushrooms
- Portobello mushrooms
- Radicchio
- Radishes/daikon
- Rainbow chard
- Rapini (broccoli rabe)
- Red bell pepper
- Rhubarb
- Romaine lettuce
- Seaweed, raw
- Shakeology Boost: Power Greens*
- Shallots
- Shiitake mushrooms
- Snow peas
- Spaghetti squash 
- Spinach
- Sprouts
- String beans
- Sugar snap peas
- Summer squash
- Swiss chard
- Tomatillos
- Tomatoes (all varieties) 
- Turnip
- Turnip greens
- Water chestnuts
- Watercress
- Yellow bell pepper
- Yellow squash
- Zucchini

PROTEINS

PURPOSE: To help keep you fuller, longer, so be sure to enjoy some at every meal.

EGGS AND DAIRY

-  Cheese, all varieties and flavors (light, low-fat, or reduced-fat)
-  Cottage cheese (1–2%)
- Egg whites 
- Eggs, whole
- Greek yogurt (plain, 0–2%)
- Ricotta cheese (part-skim)
- Yogurt (plain, 1–2%)

CHICKEN AND TURKEY

- Chicken or turkey breast, skinless, boneless; or on-the-bone
-  Chicken or turkey deli slices (nitrite-free)
- Chicken or turkey drumsticks, skinless
- Chicken or turkey thighs, skinless, boneless; or on-the-bone
- Ground chicken or turkey (≥ 93% lean)



BEEF AND PORK

- Beef chuck shoulder steak 
- Beef top round (steak and roast)
- Beef top sirloin steak
- Ground beef (≥ 95% lean)
-  Ham slices (nitrite-free)
- Pork tenderloin

SEAFOOD

-  Clams 
- Cod
-  Crab
- Halibut
-  Lobster
- Octopus
- Oysters
- Salmon
- Sashimi/raw fish/sushi (wrapped in cucumber or seaweed instead of rice)
-  Scallops
-  Shrimp 
- Sole
- Tilapia
-  Tuna (canned or in pouch; light or white in water)

shakeology*

- Café Latte
- Café Latte Vegan
- Chocolate
- Chocolate Vegan
- Greenberry
- Strawberry
- Tropical Strawberry Vegan
- Vanilla
- Vanilla Vegan

DAILY SUNSHINE*

- Chocolate
- Strawberry Banana

BEACHBAR

- Chocolate Cherry Almond
- Peanut Butter Chocolate

PLANT-BASED PROTEIN

- Edamame (organic)
- Lupini beans
- Protein powder (hemp, pea, quinoa, rice)
-  Seitan
- Soybeans (organic)
- Tempeh (organic)
- Tofu (organic, extra firm)
- Vegan Shakeology, 1 scoop
-  Veggie burger (with at least 10 g protein)

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



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

CARBOHYDRATES | FFCs

PURPOSE: To give you energy. Fiber-Filled Carbohydrates (aka FFCs) are the kind we will focus on—because the fiber in carbs makes the energy last longer and they're better for weight loss.

STARCHY VEGGIES

- Acorn squash
- Butternut squash
- Corn
- Green peas
- Plantains
- Potato
- Sweet potato



BEANS AND LEGUMES

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

- Bean-based soup
- Bean pasta
- Beans, all varieties (black, cannellini, garbanzo, pinto, etc.)
- Hummus
- Lentils (black, brown, red)
- Peas (black-eyed, cow, etc.)

FRUITS

- Apples
- Banana
- Blackberries
- Blueberries
- Cantaloupe
- Grapefruit
- Grapes
- Honeydew melon
- Kiwifruit
- Mango
- Orange
- Peach
- Pear
- Pineapple
- Plum
- 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)
- Pasta* (whole-grain)
- Pita bread* (whole-grain)
- Popcorn (with 0 g trans fats)
- Quinoa
- Sandwich slim* (whole-grain)
- Tortilla* (whole-grain)
- Waffles* (whole-grain)
- Wheat farina



*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

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. They aren't the smartest for your weight loss or mindset. It's okay to be silly on occasion, but try to prioritize your favorite sweets and treats—a little silliness here and there isn't a problem, as long as you track it. But ultimately, making smarter and stronger choices will make your weight loss smarter and stronger.

- Alcohol (beer, liquor, wine)
- Baked goods, all varieties (brownies, cakes, cookies, donuts, etc.)
- Candy and chocolates, all varieties
- Chips, all varieties
- Coffee creamer
- Deep-fried foods (Battered/fried chicken or fish, French fries, tater tots, etc.)
- Frozen treats (ice cream, ice pops, yogurt, or comparable non-dairy frozen treat)
- Sugar-sweetened beverages (juices, lemonades, teas, etc.)



TIPS:



- If you have it, track it. You'll be surprised that a sweet or treat on occasion won't cause such a big weight gain. So savor it, enjoy it, and own it by writing it down in your tracker and going on the scale the next day. You will start to learn what is most worth it to you.
- 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," which can leave you questioning what may have caused the scale to go up.

ACCESSORIES

PURPOSE: To get you eating more veggies and make your meals pop with flavor!

GUIDELINES WHEN ENJOYING ACCESSORIES:

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 or bottle cap, or compare them to a golf ball, you just want to keep your eye on them so you can track them.

FATS

- Avocado and guacamole
- 🍴 Bacon, pork
- Butter
- Coconut milk (canned)
- 🍴 Full-fat cheese (blue, cheddar, feta, parmesan, pepper jack, etc.)
- 🍴 Natural nut butters (almond, cashew, peanut, etc.)
- 🍴 Nuts, whole and chopped
- Oil (avocado, grapeseed, olive, toasted sesame, etc.)
- 🍴 Olives
- Pesto
- 🍴 Sausage
- 🍴 Seeds (chia, flax, hemp, pumpkin, sesame, sunflower, etc.), whole, chopped, ground
- Sunflower seed butter (natural)



SUGARS

- Agave
- Brown sugar
- Dried fruit
- Honey
- Jelly and jams, all varieties
- Maple syrup



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 (light or low-fat)
- Powdered peanut butter
- Salad dressings, all varieties (blue cheese, Italian, ranch, etc.)
- Sour cream (light or reduced-fat)
- Tomato paste
- Tomato sauce
- Vinaigrettes (balsamic, red wine, etc.)

BEVERAGES

Great for adding some to tea, coffee, or your Shakeology but recommend having no more than 1 cup per day

- Milk (reduced-fat, 1–2%)
- Unsweetened plant-based milks (almond, cashew, organic soy, rice, etc.)

SHAKEOLOGY BOOSTS*

- Digestive Health
- Focused Energy

"FREEBIE" ACCESSORIES AND BEVERAGES

- 🍴 Broth (beef, chicken, fish, and vegetable)
- Cocoa (cacao) powder
- Coffee, black, unsweetened
- Herbs, fresh, dried, or frozen (basil, cilantro, dill, garlic, ginger, parsley, etc.)
- Horseradish
- Hot sauce
- Lemon juice
- Lime juice
- Monk fruit sweetener
- Mustard

ACCESSORIES

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

"FREEBIES" CON'T.

- 🍴 Salsa
- 🍴 Seasoning blends (without salt or sugar in the first two ingredients)
- Seltzer water
- 🍴 Soy sauce (reduced-sodium)
- Spices (cinnamon, cumin, pepper, turmeric, etc.)
- Stevia
- Tea, unsweetened
- Vinegar, unsweetened (apple cider, balsamic, red wine, rice wine, white, etc.)
- Water (of course!)

WATER BOOSTERS

- Aloe vera juice
- Cucumber
- Lemon
- Lime
- Mint
- Water enhancers (all-natural flavors)
- Whole fruit pieces (berries, mango, watermelon, etc.)



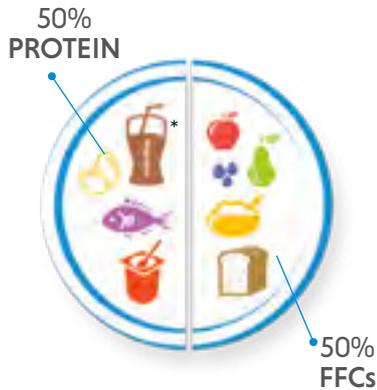
*All products and flavors may not be available in your market.



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

PLATE IT! *Recap*

Plate It! makes eating so simple. Nothing to weigh or measure, just use the ratios below as a guide for each of your meals and you'll be full and satisfied, and energized and on track to meet your goals.



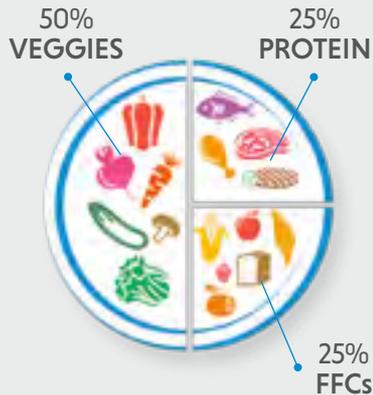
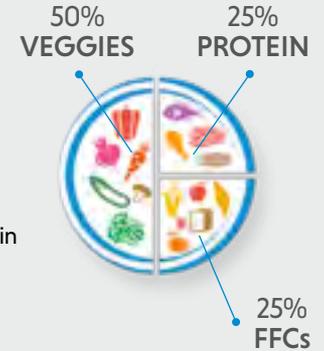
BREAKFAST

- ★ Water First!
Aim for 16 fl. oz.** before your first bite
- ★ In the morning you need **50% protein** to help keep you full and **50% FFCs** to give you lasting energy
- ★ Veggies are extra credit; if you're hungrier in the mornings, they'll help make you full
- ★ Accessorize as desired to make your meal delicious
- ★ Find something quick and easy, that you love (like your favorite Shakeology recipe) and make it part of your consistent daily breakfast

*Shakeology can be part of a healthy breakfast.

SNACK(tional)

- ★ A snack is optional
- ★ If you're going to have a snack, it should be between lunch and dinner
- ★ Water First!
Aim for 16 fl. oz. before your first bite
- ★ Start with veggies
- ★ If you need help to stay fuller longer, add a protein
- ★ If you're still hungry and need more energy, add an FFC

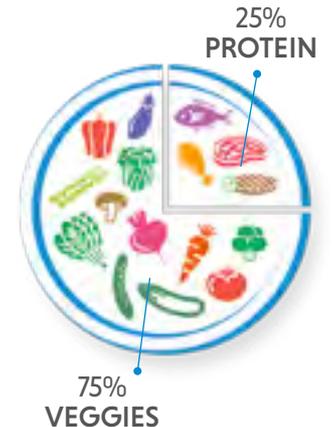


LUNCH

- ★ Water First!
Aim for 16 fl. oz. before your first bite
- ★ To keep you full and energized in the afternoon you need **50% veggies** to make you full, **25% protein** to help keep you full, and **25% FFCs** to give you sustained energy
- ★ Accessorize as desired to make your meal pop with flavor!

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
- ★ Most people don't need additional energy at night, so there's no need to have an FFC at dinner
- ★ Accessorize as desired to make your meal more comforting and delicious
- ★ Remember, once you've finished eating, it's "Dinner and Done" and time to move on with your night



**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

- Almond milk, unsweetened
- All-natural nut butters (almond, peanut, etc.)
- 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!)
- Tortilla (whole-grain)
- Waffles (whole-grain)
- Whole fruit

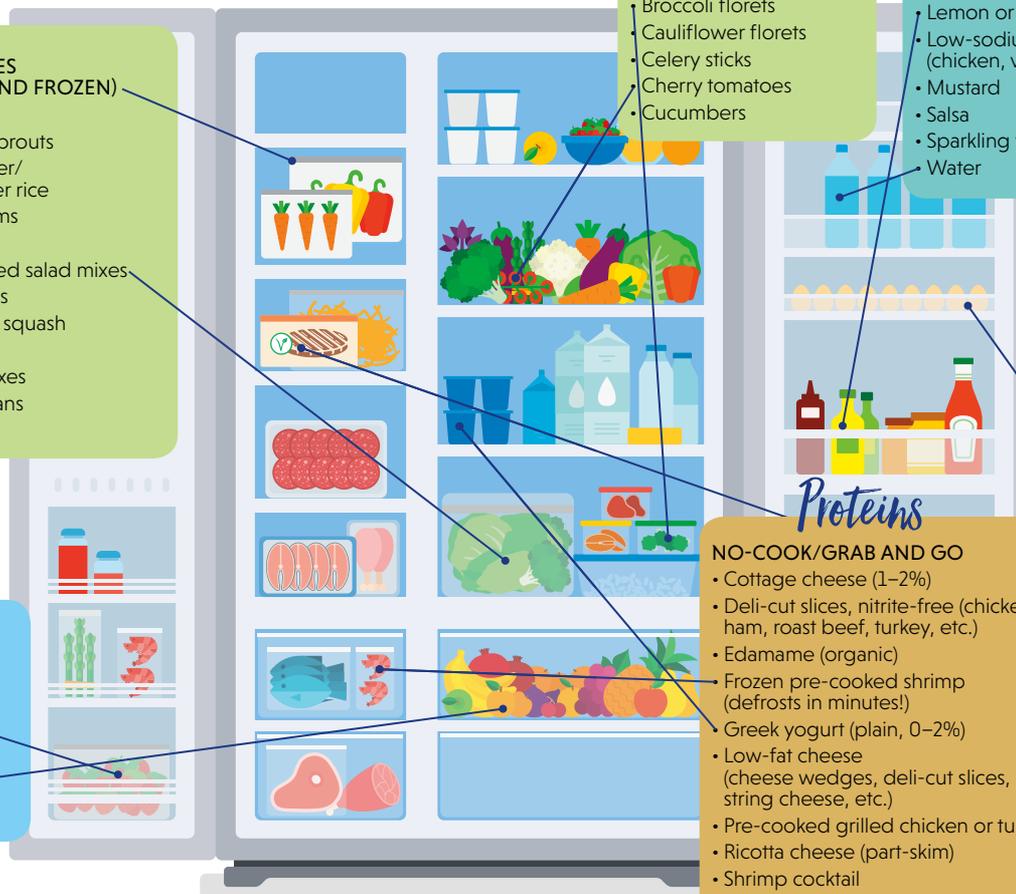
Proteins

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, string 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

SHAKEOLOGY BOOST:
POWER GREENS*

PROTEINS

BEACHBAR

CHICKEN

DAILY SUNSHINE*

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.)

POWDERED PEANUT POWDER

SALT

SEEDS (chia, flax, etc.)

SHAKEOLOGY BOOST:

DIGESTIVE HEALTH, FOCUSED ENERGY*

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

KITCHEN Tools

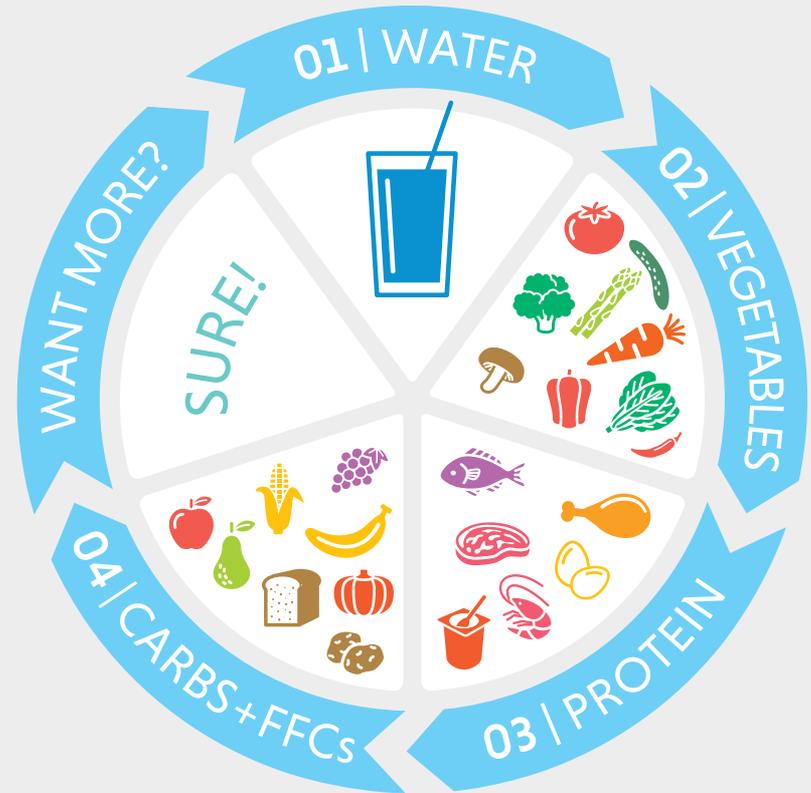
RECOMMENDED:

1 or 2 GOOD KNIVES
 A FEW POTS AND PANS
 CUTTING BOARD
 BAKING SHEETS
 MIXING BOWLS
 (small and large)
 VEGGIE PEELER
 PARCHMENT PAPER or
 TINFOIL
 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
 TONGS

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 positive weight loss!

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
		Vegan Chocolate Shakeology	Banana	Almond butter and Shakeology Boost: Digestive Health
LUNCH	VEGGIES	PROTEIN	FFCs	ACCESSORIES
	Turnip fries	Beef burger	1/2 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	
	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 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
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 Cafe, 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!

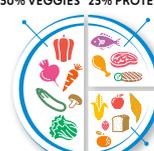
BREAKFAST	OPTION	VEGGIES (EXTRA CREDIT)	PROTEIN	FFCs	ACCESSORIES*
	1	Spinach	Eggs	Whole-grain toast	Feta cheese
	2		Plain Greek yogurt	Plain oatmeal	Cinnamon and stevia
	MY PICK				

LUNCH	OPTION	VEGGIES	PROTEIN	FFCs	ACCESSORIES*
	1	Large spinach salad	Burger	1/2 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.

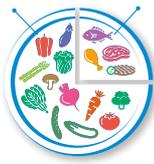
LUNCH	OPTION	VEGGIES	PROTEIN	FFCs	ACCESSORIES*
	1	Seaweed salad	Salmon roll	Brown rice from salmon roll	Reduced-sodium soy sauce
	2	Mixed greens and tomato salad	Grilled chicken	Brown rice	Teriyaki sauce and carrot-miso dressing
	MY PICK				

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 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!

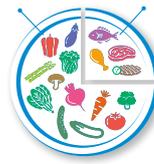
LUNCH	OPTION	VEGGIES	PROTEIN	FFCs	ACCESSORIES*
	1	Mixed greens, peppers, and onions	Steak	Beans and rice	Pico de gallo and avocado
	2	Chopped lettuce and tomatoes	Shrimp	Roasted corn salsa	Fresh lime and guacamole
	MY PICK				

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 artichoke	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).

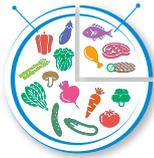
LUNCH	OPTION	VEGGIES	PROTEIN	FFCs	ACCESSORIES*
	1	Grilled asparagus	Steamed lobster	Corn on the cob	Melted butter
	2	Roasted broccoli and carrots	Grilled sea bass	Wild rice	Lemon and olive oil
	MY PICK				

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	Brown rice	Sauces from curry and tikka
	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	Lime juice, spices, and sauce from tikka
	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!

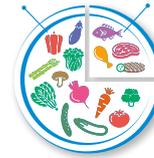
LUNCH	OPTION	VEGGIES	PROTEIN	FFCs	ACCESSORIES*
	1	Cucumbers, tomatoes, and onions	Tofu and egg	Veggie dumpling	Peanut sauce
	2	Carrots and cabbage	Chicken	Brown rice	Spicy garlic sauce
	MY PICK				

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

Remember, everybody is different, so if you have any unique or special medical needs or conditions, such as food allergies, dietary restrictions, issues with blood sugar regulation, or if you are pregnant or breastfeeding, please consult your physician before starting this nutrition plan. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.

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