



# Recipes

**2B**  
MINDSET™

# GET READY TO GET COOKING

## 2B Mindset-style!

We hope these recipes will inspire you to try new ingredients and approaches in the kitchen, even—and especially—if you haven't done much cooking in the past. We've tried to make all the recipes simple and easy to prepare, so you shouldn't need any prior kitchen experience to whip up a delicious meal on the very first try. Remember, it doesn't have to look beautiful, it just has to taste good and leave you feeling happy and satisfied!

To watch the recipe videos, download the app or go to [2BMindset.com](https://2BMindset.com). For more recipes, look under the Resources tab.

*See you in the kitchen.*

**BREAKFAST AND SHAKEOLOGY 02**

**LUNCH 17**

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**THE WATER BAR 60**

When you see this icon, it means there is a corresponding recipe video.

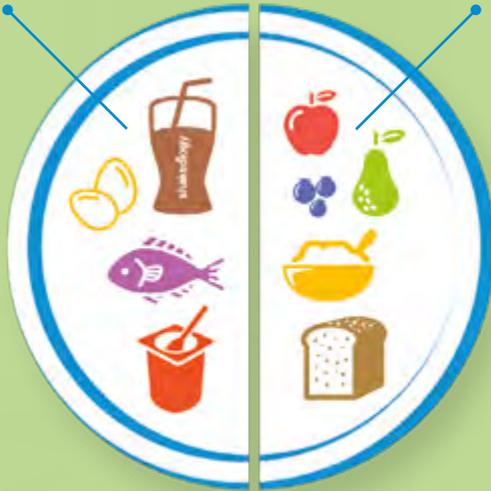


When you see this icon, it indicates the recipe is vegan.



# Breakfast

## AND Shakeology<sup>®†</sup>

50%  
PROTEIN50%  
FFCs

Shakeology is a great protein option. We especially recommend it as a part of breakfast or as a snack!  
 †All products and flavors may not be available in your market.

## ALMOND MADNESS SHAKEOLOGY



(MAKES 1 SERVING)

TOTAL TIME: 10 MIN.  
 PREP TIME: 10 MIN.  
 COOKING TIME: NONE

- 1 cup** unsweetened almond milk
- 1 cup** ice
- 1 scoop** Chocolate Vegan Shakeology
- ½ scoop** Shakeology Boost: Power Greens<sup>†</sup>  
(or ½ cup chopped romaine lettuce) (optional)
- 1 scoop** Shakeology Boost: Digestive Health<sup>†</sup> (optional)
- ½** large banana, cut into chunks
- 1 Tbsp.** all-natural almond butter

1. Place almond milk, ice, Shakeology, Power Greens Boost (if desired), Digestive Health Boost (if desired), banana, and almond butter in blender; cover. Blend until smooth.



Tip:

Can't trust yourself with the almond butter jar?  
 Use 2 Tbsp. of powdered peanut butter.

  
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## BERRIES AND YOGURT

(MAKES 1 SERVING)

TOTAL TIME: 5 MIN.  
PREP TIME: 5 MIN.  
COOKING TIME: NONE

**1 cup** reduced-fat (2%) plain Greek yogurt  
**1 cup** fresh (or frozen) mixed berries

1. Place yogurt in a medium serving bowl.
2. Top with berries.

**VARIATION:**  
Add 1 Tbsp. ground flaxseed.



  
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## CINNAMON ROLL MOUSSE SHAKEOLOGY

(MAKES 1 SERVING)

TOTAL TIME: 10 MIN.  
PREP TIME: 10 MIN.  
COOKING TIME: NONE

**1 cup** water  
**1½ cups** ice  
**1 scoop** Chocolate (or Chocolate Vegan) Shakeology  
**1 tsp.** pure vanilla extract  
**1 tsp.** ground cinnamon  
**1 scoop** Shakeology Boost: Digestive Health<sup>†</sup> (optional)

1. Place water, ice, Shakeology, extract, cinnamon, and Digestive Health Boost (if desired) in blender; cover. Blend until smooth.

*Tips:*

- Add enough ice to make it thick so you can eat it slowly with a spoon and savor every delicious mouthful.
- When enjoyed with a banana or other piece of fruit, this recipe makes a perfect part of a healthy 2B Mindset breakfast.

  
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# BANANA EGG PANCAKES

(MAKES 1 SERVING, 8 SMALL PANCAKES)

TOTAL TIME: 18 MIN.  
 PREP TIME: 10 MIN.  
 COOKING TIME: 8 MIN.

- 2** large eggs, lightly beaten
- 1** large ripe banana, mashed
- ½ tsp.** pure vanilla extract
- 1 dash** ground cinnamon
- Olive oil cooking spray**
- ⅓ cup** reduced-fat (2%) plain Greek yogurt
- 2 to 3 drops** liquid stevia (optional)
- ½ cup** fresh (or frozen) raspberries

- 1.** Combine eggs, banana, extract, and cinnamon in a medium bowl; whisk to blend. Set aside.
- 2.** Heat medium nonstick skillet, lightly coated with spray, over medium heat.
- 3.** Spoon 2 Tbsp. egg mixture into skillet for each pancake; cook for 1 to 2 minutes, flip, and cook for another 1 to 2 minutes, or until cooked through.
- 4.** While pancakes are cooking, combine yogurt and stevia, if desired, in a small bowl; mix well. Set aside.
- 5.** Top pancakes with yogurt mixture and raspberries.



## Tips:

- You can use half of a 5.3-oz. container for ⅓ cup of yogurt.
- 1 packet dry stevia can be substituted for liquid stevia.
- These pancakes are delicate and can be tricky to flip if they are too big. Making small pancakes (2 Tbsp. batter each) makes this recipe easier!

# BREAKFAST WRAP

(MAKES 1 SERVING)

TOTAL TIME: 22 MIN.  
PREP TIME: 10 MIN.  
COOKING TIME: 12 MIN.

- 1 tsp.** olive oil
- 1 cup** chopped veggies (peppers, onions, spinach, etc.)
- 2** large eggs, lightly beaten
- 1** (6-inch) whole-grain flour tortilla, warm\*
- ¼** medium avocado, sliced
- 2 Tbsp.** pico de gallo (or fresh tomato salsa) (optional)

- 1.** Heat oil in medium nonstick skillet over medium-high heat.
- 2.** Add veggies; cook, stirring frequently, for 4 to 6 minutes, or until veggies are soft. Reduce heat to medium-low.
- 3.** Add eggs; cook, slowly stirring eggs with a spatula, for 4 to 5 minutes, or until eggs reach desired consistency.
- 4.** Top tortilla with egg mixture, avocado, and pico de gallo (if desired); serve immediately.



\*Remember, when purchasing pre-packaged FFCs, be sure to follow the Checklist For Buying FFCs found on page 5 of your Go-To Guide.

# BUNNY FRENCH TOAST

(MAKES 1 SERVING)

TOTAL TIME: 15 MIN.  
PREP TIME: 10 MIN.  
COOKING TIME: 5 MIN.

- 2** large eggs, lightly beaten
- 2 Tbsp.** unsweetened vanilla almond milk
- ¼ tsp.** pure almond extract
- ¼ tsp.** pure vanilla extract
- 2 tsp.** unsweetened cocoa powder (or powdered peanut butter) (optional)
- 1** whole-grain sandwich thin, split in half\*
- Nonstick cooking spray**
- ½ cup** fresh mixed berries
- 1 dash** ground cinnamon (optional)

1. Combine eggs, almond milk, extracts, and cocoa powder (if desired) in a medium mixing bowl; whisk to blend. Set aside.
2. Place sandwich thin halves in 8 x 8-inch shallow pan.
3. Add egg mixture; soak for 1 to 2 minutes, turning once if needed. Set aside.
4. Heat medium nonstick skillet, lightly coated with spray, over medium heat.
5. Add sandwich thins; cook for 2 minutes on each side, or until lightly browned and cooked through.
6. Serve French Toast topped with berries and cinnamon, if desired.

  
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## Tips:

- You can use ½ tsp. of pure almond extract (or pure vanilla extract) instead of using two different extracts.
- Scramble any leftover egg mixture and enjoy it with your pancakes.
- If you crave a dipping sauce, mix 2 Tbsp. reduced-fat (2%) plain Greek yogurt with ¼ tsp. pure vanilla extract and a sprinkle of stevia, as a nice little treat.



### VARIATION:

To make a French Toast Bunny: Cut one sandwich thin in half for the ears; top with berries. Use a raspberry for the nose, two blueberries for the eyes, strawberry slices for the whiskers, and one banana slice cut in half for teeth. Sprinkle with cinnamon, if desired.

# CHEESY EGGS AND TOAST

(MAKES 1 SERVING)

TOTAL TIME: 14 MIN.  
 PREP TIME: 5 MIN.  
 COOKING TIME: 9 MIN.

- 1 tsp.** olive oil (or nonstick cooking spray)
- ½ cup** veggies of your choice  
(like sliced mushrooms or raw spinach)  
(optional, extra credit)
- 4** large egg whites (½ cup)
- 2 Tbsp.** shredded reduced-fat (2%) cheese
- ½ tsp.** hot pepper sauce (optional)
- 2 slices** whole-grain bread, toasted\*

1. Heat oil in medium nonstick skillet over medium heat.
2. Add veggies, if desired; cook, stirring frequently, for 2 to 3 minutes.
3. Add egg whites; cook, slowly stirring with a spatula, for 2 to 3 minutes, or until eggs start to set.
4. Add cheese; cook, stirring frequently, for 2 minutes, or until eggs reach desired consistency.
5. Drizzle eggs with hot sauce, if desired.
6. Serve eggs with toast; enjoy immediately.



*Tip:*

Substitute 1 cheese stick for shredded cheese.  
 Chop it up before adding to the egg whites.

  
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# OVERNIGHT CARROT CAKE 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 pinch** sea salt (or Himalayan salt)
- ½ tsp.** ground cinnamon
- ¼ tsp.** ground ginger
- ¼ tsp.** ground nutmeg
- 1 scoop** Vanilla Vegan Shakeology<sup>†</sup>
- 1 cup** unsweetened almond milk, *divided use*
- ¼ cup** grated carrot
- 2 Tbsp.** chopped raw walnuts

1. Combine oats, salt, cinnamon, ginger, nutmeg, and Shakeology in a medium bowl; mix well.
2. Add  $\frac{2}{3}$  cup almond milk; mix well. Soak, covered, in the refrigerator overnight.
3. In the morning, add carrot, walnuts, and *remaining*  $\frac{1}{3}$  cup almond milk; mix well. Serve immediately.



## Tip:

This delicious breakfast can also be made in a one-pint Mason jar.

# TRIPLE-BOOSTED BUNNY BANANZA

## SHAKEOLOGY

(MAKES 1 SERVING)

TOTAL TIME: 10 MIN.  
 PREP TIME: 10 MIN.  
 COOKING TIME: NONE

- 1 cup** water
- 1 cup** ice
- 1 scoop** Greenberry (or any flavor) Shakeology<sup>†</sup>
- ½** large banana, cut into chunks
- 1 cup** romaine lettuce (or fresh or frozen spinach)
- ½ cup** chopped carrots (or grated, shredded, or steamed)
- 1 tsp.** fresh ginger
- ½ scoop** Shakeology Boost: Power Greens<sup>†</sup> (optional)
- 1 scoop** Shakeology Boost: Digestive Health<sup>†</sup> (optional)
- 1 scoop** Shakeology Boost: Focused Energy<sup>†</sup> (optional)

1. Place water, ice, Shakeology, banana, lettuce, carrots, ginger, Power Greens Boost (if desired), Digestive Health Boost (if desired), and Focused Energy Boost (if desired) in blender; cover. Blend until smooth.
2. Eat slowly with a small spoon.



  
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# Lunch

50%  
VEGGIES

25%  
PROTEIN



25%  
FFCs

# BEAN PASTA LO MEIN

(MAKES 1 SERVING)

TOTAL TIME: 21 MIN.  
PREP TIME: 15 MIN.  
COOKING TIME: 6 MIN.

- 2 tsp.** reduced-sodium soy sauce
- 2 tsp.** toasted sesame oil
- ¼ tsp.** fresh grated ginger (or 1 dash ground ginger) (optional)
- 1 clove** garlic, finely chopped
- Nonstick cooking spray**
- 1 cup** sliced veggies (like mushrooms, bell pepper, snap peas, and/or sprouts)
- 1 (12-oz.) bag** coleslaw mix (or shredded cabbage) (approx. 6 cups)
- 1 cup** cooked black bean spaghetti (or bean pasta), warm\*
- 1** medium green onion, finely chopped

- 1.** To make dressing, combine soy sauce, oil, ginger (if desired), and garlic in a small bowl; whisk to blend. Set aside.
- 2.** Heat large nonstick skillet, lightly coated with spray, over medium-high heat.
- 3.** Add veggies and coleslaw mix; cook, stirring frequently, for 3 to 5 minutes, or until veggies are tender-crisp.
- 4.** Combine spaghetti, veggies, and dressing in a medium bowl; toss gently to blend.
- 5.** Garnish with green onion and enjoy!



## Tips:

- Jarred minced garlic (or frozen garlic cubes) are great swaps for fresh garlic cloves.
- To make gluten-free, you can substitute reduced-sodium tamari soy sauce for reduced-sodium soy sauce.

# BEET AND APPLE KALE CHICKEN SALAD

(MAKES 1 SERVING)

TOTAL TIME: 15 MIN.  
 PREP TIME: 15 MIN.  
 COOKING TIME: NONE

- 2 tsp.** olive oil
- 2 Tbsp.** rice wine vinegar
- 1 tsp.** reduced-sodium soy sauce
- 4 cups** chopped raw kale, washed and patted dry
- 1** small apple, chopped
- ½ cup** chopped cooked beets
- 4 oz.** cooked chicken breast, boneless, skinless, chopped

1. To make dressing, combine oil, vinegar, and soy sauce in a small bowl; whisk to blend.
2. Place kale in large serving bowl. Massage dressing into kale, using clean hands (or a rubber spatula), until kale leaves are softened.
3. Top kale with apple, beets, and chicken; toss gently to blend.
4. Serve immediately or refrigerate, covered, for up to 8 hours.



## Tips:

- To make gluten-free, substitute reduced-sodium tamari soy sauce for reduced-sodium soy sauce.
- You can substitute ¾ cup chunk light tuna in water (or 4 oz. cubed firm tofu) for chicken breast.
- You can find cooked beets that are peeled, steamed, and vacuum-packed, or you can use canned beets.
- This salad is great to make the night before (or in the morning) to enjoy at lunchtime.

# CRUNCHY TUNA SALAD OVER SWEET AND TANGY SLAW

(MAKES 1 SERVING)

TOTAL TIME: 15 MIN.  
PREP TIME: 15 MIN.  
COOKING TIME: NONE

- 2 Tbsp.** rice wine vinegar
- 1 Tbsp.** olive oil
- 1 tsp.** reduced-sodium soy sauce
- 1 tsp.** Dijon mustard
- 2 to 3 drops** liquid stevia (optional)
- Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)**
- 2 cups** coleslaw mix
- 1** small apple, chopped, *divided use*
- 1 (5-oz.) can** chunk light (or albacore) tuna packed in water, drained, flaked
- ¼ cup** plain Greek yogurt
- ¼ cup** chopped celery
- ¼ cup** chopped onion (optional)
- ½ tsp.** garlic powder (optional)

- 1.** To make dressing, combine vinegar, oil, soy sauce, mustard, and stevia (if desired) in a small bowl; whisk to blend.
- 2.** Season with salt and pepper, if desired; whisk to blend. Set aside.
- 3.** Combine coleslaw mix, *half* apple, and dressing; toss gently to blend. Set aside.
- 4.** Combine tuna, yogurt, celery, onion (if desired), garlic powder (if desired), and *remaining half* apple in a medium bowl; mix well.
- 5.** Top coleslaw mixture with tuna salad; serve immediately.



## Tips:

- 1 packet dry stevia can be substituted for liquid stevia.
- You can substitute broccoli slaw (or salad mix) for coleslaw mix. If you use salad mix, make sure you are eating the salad immediately.
- If not eating immediately, store slaw mixture and tuna salad in separate airtight containers, in the refrigerator, for up to 3 days.
- To make this into a dinner, eliminate the apple.

# EGG AVOCADO SALAD TOASTS AND ISRAELI SALAD

(MAKES 1 SERVING)

TOTAL TIME: 15 MIN.  
PREP TIME: 15 MIN.  
COOKING TIME: NONE

- 1¼ cups** chopped cucumber
- 2 Tbsp.** chopped onion (optional)
- 2 Tbsp.** chopped fresh parsley (optional)
- 1** medium tomato, chopped
- 1 Tbsp.** fresh lemon juice
- 1 dash** sea salt (or Himalayan salt), *divided use*
- ¼ tsp.** ground black pepper, *divided use*
- 2** large hard-boiled eggs, chopped
- ¼** medium ripe avocado, mashed
- 1 tsp.** Dijon mustard
- 1 dash** onion powder
- 1 dash** garlic powder
- 1 dash** ground paprika (optional)
- 8** small whole-grain crackers  
(or 1 slice whole-grain bread)\*

1. To make Israeli Salad, combine cucumber, onion (if desired), parsley (if desired), tomato, and lemon juice in a medium bowl. Season with *1 pinch* salt and *1 dash* pepper; mix well. Set aside.
2. Combine eggs, avocado, and mustard in a medium bowl; mix well.
3. Season with *remaining 1 pinch* salt, *remaining 1 dash* pepper, onion powder, garlic powder, and paprika (if desired); mix well.
4. Serve avocado egg salad with crackers and enjoy with Israeli Salad.



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# OPEN-FACED AVOCADO BURGER AND TURNIP FRIES



(MAKES 1 SERVING)

TOTAL TIME: 55 MIN.  
PREP TIME: 10 MIN.  
COOKING TIME: 45 MIN.

- Parchment paper**
- 2 large turnips, peeled, cut into approx. ½ x 4-inch sticks**
- 1 tsp. olive oil**
- ¼ tsp. garlic powder, *divided use***
- 1 dash sea salt (or Himalayan salt)**
- ¼ tsp. ground black pepper, *divided use***
- 1 (4-oz.) raw (or frozen) lean ground beef patty**
- Nonstick cooking spray**
- ½ whole-grain hamburger bun\***
- ¼ medium ripe avocado, mashed**
- Fresh tomato salsa (optional)**

1. Preheat oven to 425° F.
2. Line baking sheet with parchment paper. Set aside.
3. Combine turnips and oil in a medium bowl; mix well.
4. Add 1 dash garlic powder, salt, and 1 dash pepper; toss gently to blend.
5. Spread turnips evenly on prepared baking sheet. Bake for 42 to 45 minutes, or until crispy on the outside and tender on the inside.
6. While turnips are baking, season patty with *remaining 1 dash* garlic powder and *remaining 1 dash* pepper. Set aside.
7. Heat small nonstick skillet (or nonstick grill pan), lightly coated with spray, over medium-high heat.



## Tips:

- You can substitute a turkey (or vegetarian) patty for beef patty, if you prefer.
  - You can substitute 1 sandwich thin (or 1 slice whole-grain bread) for hamburger bun.
8. Add patty; cook for 4 to 5 minutes on each side, or until no longer pink in the middle. (Cooking a frozen patty might take longer.)
  9. Top bun with avocado, patty, and salsa (if desired); serve immediately with turnip fries and enjoy!

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# SOUTHWEST CHICKEN LETTUCE WRAPS

(MAKES 1 SERVING)

TOTAL TIME: 15 MIN.  
PREP TIME: 15 MIN.  
COOKING TIME: NONE

- 1 Tbsp.** ranch salad dressing (optional)
- 1 Tbsp.** fresh lime juice (optional)
- 1 (4-oz.)** cooked chicken breast, boneless, skinless, shredded
- ¼ tsp.** chili powder (or ground cumin or ground paprika)
- 3 to 4** large lettuce leaves
- ½ cup** black beans
- ¼ cup** pico de gallo (or fresh tomato salsa)
- ¼** medium avocado, chopped
- ¼ cup** coarsely chopped fresh cilantro (optional)

1. Combine salad dressing and lime juice, if desired, in a small bowl; whisk to blend. Set aside.
2. Combine chicken and chili powder in a medium bowl; mix well.
3. Top lettuce leaves evenly with chicken mixture, beans, pico de gallo, avocado, and cilantro (if desired).
4. Drizzle wraps with salad dressing mixture, if desired.

## VARIATION:

Substitute 1 lettuce leaf and ½ cup chopped bell peppers (or ¼ cup chopped bell peppers and ¼ cup chopped onions) for black beans to turn this into a dinner recipe.



*Tip:*

You can serve these lettuce cups as the recipe instructs, or you can combine everything to make a big salad.

# TEMPEH VEGGIE BOWL

(MAKES 1 SERVING)

TOTAL TIME: 33 MIN.  
PREP TIME: 20 MIN.  
COOKING TIME: 13 MIN.

## Nonstick cooking spray

- ½** medium red onion, chopped
- 3 oz.** organic soy tempeh, cut into ½-inch thick triangles
- 3 Tbsp.** all-natural barbecue sauce, *divided use*
- 1½ cups** baby salad greens
- ½ cup** finely shredded red cabbage
- ½ cup** sprouts
- ¼** medium avocado, chopped
- ½** cooked medium sweet potato, cut into 1-inch cubes

1. Heat medium nonstick skillet, lightly coated with spray, over medium-high heat.
2. Add onion; cook, stirring frequently, for 4 to 6 minutes, or until onion is translucent. Remove onion from skillet. Set aside.
3. Add tempeh; cook for 2 minutes, and turn. Brush tempeh with 1 Tbsp. barbecue sauce. Cook for 1 to 3 minutes, or until edges get crisp. Turn and cook for 1 to 2 minutes.
4. Place greens in medium serving bowl. Layer with onion, cabbage, sprouts, avocado, sweet potato, and tempeh.
5. Drizzle evenly with *remaining 2 Tbsp.* barbecue sauce.



## Tips:

- Use a smoky, sweet, or smoky/sweet barbecue sauce in this recipe.
- Use your favorite fresh sprouts to add texture to this recipe. You can try alfalfa, mung bean, sunflower, lentil, or onion sprouts. Radish sprouts will add a little more spice to this bowl! Make sure your sprouts are really fresh.

  
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# OVERLOADED BAKED SWEET POTATO

(MAKES 1 SERVING)

TOTAL TIME: 40 MIN.  
PREP TIME: 15 MIN.  
COOKING TIME: 25 MIN.



- 1** medium sweet potato
- Nonstick cooking spray
- 2 Tbsp.** chopped onion
- 2 cups** broccoli slaw (approx. 8 oz.)
- 6 oz.** raw 93% lean ground turkey breast
- ¼ cup** sliced mushrooms
- 1 clove** garlic, finely chopped
- ¼ tsp.** sea salt (or Himalayan salt)
- ½ cup** all-natural tomato sauce, no added salt
- 1 tsp.** red wine vinegar

1. Pierce sweet potato multiple times with fork.
2. Microwave on high for 8 to 10 minutes, turning sweet potato once, or until tender.
3. While sweet potato is cooking, heat medium nonstick skillet, lightly coated with spray, over medium heat.
4. Add onion and broccoli slaw; cook, stirring frequently, for 4 to 5 minutes, or until onion is translucent.
5. Add turkey, mushrooms, garlic, and salt; cook, stirring frequently to break up turkey, for 4 to 5 minutes, or until turkey is no longer pink.
6. Add tomato sauce and vinegar; cook, stirring frequently, for 5 minutes.
7. Cut a lengthwise slit into sweet potato; gently squeeze to open. Top with turkey mixture; serve immediately.



# Dinner

75%  
VEGGIES

25%  
PROTEIN



# AVOCADO ZUCCHINI ALFREDO WITH SHRIMP

(MAKES 2 SERVINGS, APPROX. 12 SHRIMP AND 2 CUPS ZUCCHINI EACH)

TOTAL TIME: 22 MIN.

PREP TIME: 15 MIN.

COOKING TIME: 7 MIN.

- ½** medium ripe avocado, mashed
- ¼ cup** reduced-fat (2%) plain Greek yogurt
- ½ tsp.** ground black pepper, *divided use*
- ½ tsp.** garlic powder, *divided use*
- ½ tsp.** onion powder, *divided use*
- Nonstick cooking spray
- 24** raw medium shrimp, peeled, deveined, tails removed (approx. 12 oz.)
- 4** medium zucchini, spiralized (approx. 4 cups)
- 2 tsp.** grated Parmesan cheese

1. Combine avocado, yogurt,  $\frac{1}{4}$  tsp. pepper,  $\frac{1}{4}$  tsp. garlic powder, and  $\frac{1}{4}$  tsp. onion powder in a medium bowl; mix well. Set aside.
2. Heat large nonstick skillet, lightly coated with spray, over medium heat.
3. Add shrimp. Season with *remaining*  $\frac{1}{4}$  tsp. pepper, *remaining*  $\frac{1}{4}$  tsp. garlic powder, and *remaining*  $\frac{1}{4}$  tsp. onion powder; cook, stirring frequently, for 1 minute.
4. Add zucchini; cook, stirring frequently, for 2 to 3 minutes. Drain excess liquid from skillet.
5. Add avocado mixture; cook, stirring frequently, for 1 to 2 minutes, or until shrimp is firm and opaque, and mixture is heated through.
6. Evenly divide zucchini mixture between two serving plates. Evenly top with cheese; serve immediately.



## Tips:

- A spiralizer is an inexpensive tool that cuts fresh veggies into noodles. You can use a spiralizer to cut the zucchini in this recipe.
- If you don't have a spiralizer, using a vegetable peeler, cut each zucchini into lengthwise strips about  $\frac{1}{8}$ -inch thick. 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  $\frac{1}{2}$ -inch ribbons.

# BRUSSELS SPROUTS HASH AND EGGS

(MAKES 2 SERVINGS, APPROX. 2 EGGS AND 2 CUPS HASH EACH)

TOTAL TIME: 20 MIN.  
 PREP TIME: 10 MIN.  
 COOKING TIME: 10 MIN.

- 2 tsp.** olive oil  
**6 cups** shaved brussels sprouts (approx. 1 lb.)  
**4 cloves** garlic, finely chopped  
 Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)  
**¼ cup** grated Parmesan cheese (optional)  
 Nonstick cooking spray  
**4** large eggs  
**2 Tbsp.** fresh lemon juice

1. Heat oil in large nonstick skillet over medium heat.
2. Add brussels sprouts and garlic. Season with salt and pepper, if desired; cook, stirring frequently, for 4 to 6 minutes, or until brussels sprouts are wilted.
3. Add cheese, if desired; mix well.
4. Make four wells in brussels sprouts. Lightly coat each with spray. Crack one egg into each well; cook, covered, for 2 to 3 minutes, or until egg whites set.
5. Drizzle with lemon juice; serve immediately.



## Tips:

- You can substitute 48 to 60 medium brussels sprouts for 6 cups shaved. Cut off ends and slice them as thinly as possible.
- If you don't like cheese, you can substitute 10 chopped olives for cheese.

# COFFEE-RUBBED STEAKS WITH ROASTED VEGGIES

(MAKES 2 SERVINGS, APPROX. 1 STEAK AND 2 CUPS VEGETABLES EACH)

TOTAL TIME: 1 HR. 39 MIN.  
PREP TIME: 15 MIN.  
COOKING TIME: 24 MIN.

- 1 Tbsp.** chili powder
- ¼ tsp.** crushed red pepper flakes (optional)
- 1 tsp.** instant coffee granules (or 1 Tbsp. finely ground coffee beans)
- 1 tsp.** coconut sugar
- 2 tsp.** ground smoked paprika
- 1 tsp.** ground black pepper
- ¼ tsp.** sea salt (or Himalayan salt), *divided use*
- 2 (6-oz. ea.)** raw lean beef sirloin steaks
- 1** medium onion, cut in half, sliced
- 1** medium red bell pepper, sliced
- 2** medium carrots, sliced on the bias
- 3** medium portobello mushrooms, sliced
- Parchment paper**
- 3 tsp.** olive oil, *divided use*

- 1.** Place a wire cooling rack on large baking sheet. Set aside.
- 2.** To make rub, combine chili powder, red pepper flakes (if desired), coffee, sugar, paprika, pepper, and *1 dash* salt in a small bowl; mix well.
- 3.** Season steaks evenly with rub. Place on prepared rack. Refrigerate, uncovered, for 1 hour (and up to 6 hours).
- 4.** Remove steaks from refrigerator and let sit for 30 minutes.
- 5.** Preheat oven to 400° F.



*Tip:*

To cut a carrot on the bias, cut off and discard root and stem. Slice carrot at a sharp angle. For stability, hold carrot firmly against the cutting board with one hand, but keep your fingers tucked under and away from the knife blade.

- 6.** Place onion, bell pepper, carrots, mushrooms, *remaining 1 dash* salt, and *1 tsp.* oil on large parchment-lined baking sheet; mix well. Spread evenly to cover baking sheet, leaving room for steaks.
- 7.** Bake for 12 minutes; stir vegetables.
- 8.** While vegetables are baking, heat *remaining 2 tsp.* oil in large skillet over medium-high heat.
- 9.** Add steaks; cook for 2 minutes on each side, to create a brown crust.
- 10.** Place steaks on baking sheet with vegetables. Bake for 5 to 8 minutes, or until desired doneness. Test for temperature with a meat thermometer in the thickest part of the steak, reaching 125° F for rare and 140° F for medium. Vegetables should be tender-crisp.

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# CREAMY CAULISOTTO WITH ROASTED CHICKEN



(MAKES 1 SERVING)

TOTAL TIME: 18 MIN.  
PREP TIME: 10 MIN.  
COOKING TIME: 8 MIN.

- 1 cup** sliced mushrooms (optional)
- 1 (12-oz.) bag** frozen cauliflower rice (approx. 4 cups)
- 2 wedges (.75-oz. ea.)** spreadable cheese, broken into small pieces
- Hot pepper sauce** (optional)
- Chopped fresh chives** (to taste; optional)
- Garlic powder** (to taste; optional)
- 2** rotisserie chicken thighs, bone in, skin on

1. Place mushrooms, if desired, in medium microwave-safe bowl; cook, covered with a microwave-safe plate, in microwave on high, for 2 minutes.
2. Add cauliflower rice; cook, in microwave on high, for 3 to 4 minutes.
3. Add cheese; microwave on high for an additional 2 minutes; mix well. (If you would like it cooked through more, put back in microwave for 1 minute at a time until you get your desired texture.)
4. Add pepper sauce, chives, and garlic powder if desired; mix well.
5. Serve with chicken.



## Tips:

- This dish can be made in a skillet instead of the microwave.
- You can substitute fresh cauliflower rice for frozen cauliflower rice. You will need  $\frac{1}{4}$  cup water (or vegetable broth) to make it creamier.
- You can add  $\frac{1}{2}$  cup fresh (or frozen) peas to make this a lunch recipe.

# HONEY MUSTARD SALMON WITH ROASTED VEGGIES



(MAKES 2 SERVINGS)

TOTAL TIME: 45 MIN.  
PREP TIME: 15 MIN.  
COOKING TIME: 30 MIN.

**Parchment paper**

**Olive oil cooking spray**

- 2 lbs.** mini bell peppers, assorted colors
- 1 lb.** medium asparagus spears, ends trimmed (approx. 30 spears)
- 1 tsp.** seasoning blend of your choice
- 1 tsp.** fresh lemon juice (optional)
- 2 (6-oz. ea.)** raw salmon fillets
- 1 tsp.** garlic powder (optional)
- 2 tsp.** Dijon mustard
- 2 tsp.** raw honey

1. Preheat oven to 400° F.
2. Place parchment paper on one large baking sheet and one small baking sheet. Lightly coat with spray. Set aside.
3. Spread bell peppers and asparagus spears evenly on large baking sheet. Season with seasoning blend and drizzle asparagus with lemon juice, if desired. Lightly coat veggies with spray.
4. Bake veggies for 10 minutes.
5. While veggies are baking, top small baking sheet with salmon and sprinkle with garlic powder, if desired. Spread mustard evenly over salmon and drizzle with honey.



*Tip:*

You can substitute 5 cups sliced bell peppers (your choice of color) for mini bell peppers.

6. Place salmon in oven. Bake veggies for an additional 10 to 20 minutes, or until tender-crisp. Bake salmon for 15 to 20 minutes, or until salmon flakes easily when tested with a fork.
7. Serve salmon with veggies.

# JUMBO BURGER SALAD

(MAKES 2 SERVINGS)

TOTAL TIME: 20 MIN.  
 PREP TIME: 10 MIN.  
 COOKING TIME: 10 MIN.

- 2 Tbsp.** oil-based salad dressing of your choice
- 2 Tbsp.** water
- 1 lb.** raw 95% lean ground beef
- ½ cup** cauliflower rice (approx. ¾ oz.)
- 2** large egg whites (¾ cup)
- ½** small onion, chopped
- ¼ tsp.** garlic powder
- ¼ tsp.** onion powder
- ¼ tsp.** ground paprika (or other seasoning of your choice)
- 6 cups** chopped lettuce
- 2** medium tomatoes, chopped

- 1.** Combine dressing and water in a small bowl; whisk to blend. Set aside.
- 2.** Preheat grill or broiler to high.
- 3.** Combine beef, cauliflower, egg whites, onion, garlic powder, onion powder, and paprika in a medium bowl; mix well with clean hands. Form beef mixture into two patties.
- 4.** Grill (or broil) patties for 4 to 5 minutes on each side, or until no longer pink in the middle.
- 5.** While patties are cooking, combine lettuce, tomatoes, and dressing mixture in a large bowl; toss gently to blend.
- 6.** Evenly divide salad between two serving bowls; top each with a burger patty.



# ROASTED SALMON WITH MAPLE DIJON CABBAGE ROUNDS

(MAKES 2 SERVINGS, APPROX. 1 SALMON FILLET AND 4 CABBAGE ROUNDS EACH)

TOTAL TIME: 40 MIN.  
PREP TIME: 15 MIN.  
COOKING TIME: 25 MIN.

- 2 tsp.** parchment paper
- 2 tsp.** olive oil
- 2 Tbsp.** water
- 2 Tbsp.** pure maple syrup
- 2 Tbsp.** Dijon mustard
- 2 cloves** garlic, finely chopped
- Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)**
- 1** head large green cabbage (approx. 2½ lbs.)
- 2 (6-oz. ea.)** raw salmon fillets

1. Preheat oven to 425° F.
2. Line baking sheet with parchment paper. Set aside.
3. Make glaze by combining oil, water, maple syrup, mustard, and garlic in a small bowl. Season with salt and pepper, if desired; whisk to blend. Set aside.
4. Remove any loose or damaged outer leaves from cabbage. With base of the cabbage on a cutting board, vertically cut cabbage into eight (approx. ½-inch thick) rounds. Set aside.
5. Place cabbage on prepared baking sheet.
6. Brush cabbage evenly with glaze, reserving a small amount for salmon. Bake cabbage for 10 minutes.



*Tip:*

Pick salmon fillets that are about the size of a checkbook.

7. Add salmon to baking sheet. Brush with reserved glaze. Bake for 12 to 15 minutes, or until salmon flakes easily when tested with a fork and cabbage is lightly browned and caramelized.
8. Place each salmon fillet on a serving plate. Evenly divide cabbage between serving plates.

# SOUTHWESTERN SPAGHETTI SQUASH BLACK BEAN BOWLS



(MAKES 4 SERVINGS)

TOTAL TIME: 1 HR. 20 MIN.

PREP TIME: 20 MIN.

COOKING TIME: 1 HR.

- 1** medium spaghetti squash (approx. 3 lbs.)
- Parchment paper**
- 1 Tbsp.** olive oil, *divided use*
- + 1 tsp.**
- 1 tsp.** ground cumin, *divided use*
- ½ tsp.** sea salt (or Himalayan salt)
- 1** medium onion, finely chopped
- 1** medium red bell pepper, chopped
- 2 cloves** garlic, finely chopped
- 2 cans** black beans, drained, rinsed  
(15-oz. ea.)
- 2 Tbsp.** diced green chilies
- 1 tsp.** chili powder
- ½ cup** low-sodium organic vegetable broth
- 2 tsp.** green hot pepper sauce (optional)
- 1** medium avocado, chopped
- 1** medium red onion, chopped
- ¼ cup** fresh lime juice
- 4 cups** halved cherry tomatoes
- ¼ cup** finely chopped fresh cilantro



- 1.** Preheat oven to 350° F.
- 2.** Cut squash lengthwise into quarters. Discard seeds. Place squash, cut side up, on parchment-lined baking sheet.
- 3.** Drizzle evenly with *1 tsp.* oil. Sprinkle evenly with *½ tsp.* cumin and salt. Turn cut side down. Bake for 45 to 60 minutes, or until squash is tender. Cool for 10 to 15 minutes. Scrape flesh into stringy noodles. Set aside.
- 4.** While squash is baking, heat *remaining 1 Tbsp.* oil in medium saucepan over medium-high heat.
- 5.** Add onion and bell pepper; cook, stirring frequently, for 4 to 6 minutes, or until onion is translucent.
- 6.** Add garlic; cook, stirring frequently, for 1 minute.
- 7.** Add beans, chilies, *remaining ½ tsp.* cumin, chili powder, broth, and hot pepper sauce (if desired). Bring to a boil. Reduce heat to low; gently boil, stirring occasionally, for 10 minutes. Set aside.
- 8.** To make avocado salsa, combine avocado, red onion, lime juice, tomatoes, and cilantro in a medium bowl; toss gently to blend.
- 9.** Divide squash evenly between four serving bowls. Top evenly with bean mixture and avocado salsa. Serve immediately.



# TURKEY MEATBALLS OVER ZOODLES MARINARA

(MAKES 4 SERVINGS, APPROX. 1½ CUPS ZUCCHINI NOODLES AND 4 MEATBALLS EACH)

TOTAL TIME: 33 MIN.  
PREP TIME: 15 MIN.  
COOKING TIME: 18 MIN.

- Parchment paper**  
**Nonstick cooking spray**  
**¼ cup bran cereal (low-sugar)\***  
**1 lb. raw 93% lean ground turkey breast**  
**3 green onions, chopped**  
**1 Tbsp. reduced-sodium soy sauce (or tamari)**  
**1 Tbsp. toasted sesame oil**  
**1 large egg, lightly beaten**  
**1½ tsp. garlic powder**  
**1½ tsp. onion powder**  
**½ tsp. sea salt (or Himalayan salt)**  
**½ tsp. ground black pepper**  
**6 medium zucchini, spiralized**  
**1 cup all-natural marinara sauce**  
**Finely chopped fresh parsley (for garnish; optional)**

1. Preheat oven to 425° F.
2. Place parchment paper on baking sheet. Lightly coat with spray. Set aside.
3. Place cereal in food processor; pulse until coarsely ground. Set aside.
4. Combine turkey, green onions, soy sauce, oil, egg, ground cereal, garlic powder, onion powder, salt, and pepper in a large mixing bowl. Mix well with clean hands.
5. Roll mixture into 16 approx. 1½-inch meatballs. Bake for 15 to 18 minutes.
6. While meatballs are baking, heat large nonstick skillet, lightly coated with spray, over medium-high heat.



## Tips:

- If you prefer larger meatballs, you can make 12. The serving size will be 3. Bake for approx. 18 to 22 minutes.
  - You can swap whole-grain bread, coarsely ground, for the cereal.
  - Don't have a spiralizer? Use a veggie peeler. Cut each zucchini into lengthwise strips about ¼-inch thick. Turn zucchini after cutting each strip, stopping when you hit the seeds at the core.
7. Add zucchini; cook, stirring frequently, for 1 to 2 minutes.
  8. Add marinara sauce; cook, stirring frequently, for 3 to 4 minutes, or until heated through.
  9. Evenly divide zucchini mixture between four serving plates. Top each with 4 meatballs.
  10. Garnish with parsley, if desired; serve immediately.

\*Remember, when purchasing pre-packaged FFCs, be sure to follow the Checklist for Buying FFCs found on page 5 of your Go-To Guide.

# Veggie Sides

## PESTO SPAGHETTI SQUASH

(MAKES 4 SERVINGS, APPROX. 1¼ CUPS EACH)

TOTAL TIME: 16 MIN.  
PREP TIME: 5 MIN.  
COOKING TIME: 11 MIN.

- 1** large spaghetti squash (approx. 3 to 4 lbs.)
- 1 to 2 tsp.** fresh lemon juice
- 1 Tbsp.** prepared pesto sauce

- 1.** Place whole spaghetti squash in microwave; cook, on high, for 3 minutes, or until tender enough to slice lengthwise.
- 2.** Once sliced in half, use a fork to remove seeds from inside of spaghetti squash halves; discard seeds.
- 3.** Place both halves of spaghetti squash in microwave; cook, on high, for 6 to 8 minutes, or until you can easily remove spaghetti strands with a fork. Place in a large bowl.
- 4.** Combine lemon juice and pesto sauce in a small bowl; whisk to blend. Pour over cooked spaghetti squash.
- 5.** Evenly divide spaghetti squash between four serving bowls (or back into spaghetti squash skins).



  
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# BRUSSELS 'N' BACON

(MAKES 2 SERVINGS, APPROX. 1 CUP EACH)

TOTAL TIME: 25 MIN.  
PREP TIME: 10 MIN.  
COOKING TIME: 15 MIN.

**3 slices** Nonstick cooking spray  
**¼** raw turkey bacon, chopped  
**2 cloves** medium onion, thinly sliced  
**1 (10-oz.) bag** garlic, finely chopped  
**1 to 2 Tbsp.** shaved brussels sprouts  
**low-sodium organic vegetable broth**

1. Heat medium nonstick skillet, lightly coated with spray, over medium-high heat.
2. Add bacon; cook, stirring frequently, for 3 to 4 minutes, or until bacon starts to crisp. Remove bacon from pan and place on a plate with a paper towel. Set aside.
3. Add onion and garlic; cook, stirring frequently, for 1 minute.
4. Add brussels sprouts; cook, stirring frequently, for 2 minutes, or until well-mixed.
5. Add 1 to 2 Tbsp. broth; cook, stirring occasionally, for 5 to 7 minutes, or until brussels sprouts soften and are cooked through.
6. Evenly divide brussels sprouts mixture between two serving plates; top with bacon and enjoy.

  
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## Tips:

- Most shaved brussels sprouts come in 9- or 10-oz. bags. You can use either size.
- Top each serving with 2 cooked eggs (or scrambled egg whites) for "breakfast for dinner."
- If you prefer to use a cover for your skillet when cooking brussels sprouts, omit the broth. Cover skillet; continue to cook for 5 to 7 minutes, or until brussels sprouts soften and are cooked through.

# CABBAGE STEAKS WITH HOMEMADE THOUSAND ISLAND DRESSING

(MAKES 4 SERVINGS, 2 TO 3 HALF-MOONS OF CABBAGE AND 2 TBSP. SALAD DRESSING EACH)

TOTAL TIME: 1 HR. 10 MIN.

PREP TIME: 10 MIN.

COOKING TIME: 1 HR.

- 1** **Parchment paper**
- 1** **large green (or red) cabbage, cut in half lengthwise, cut into ½-inch half-moon steaks**
- ½ tsp.** **garlic powder**
- ½ tsp.** **onion powder**
- ½ tsp.** **sea salt (or Himalayan salt)**
- ½ tsp.** **ground paprika**
- Olive oil cooking spray**
- 2 Tbsp.** **reduced-fat (2%) plain Greek yogurt**
- 2 Tbsp.** **all-natural mayonnaise**
- 1 Tbsp.** **all-natural ketchup**
- 1 to 2 Tbsp.** **finely chopped red bell pepper**
- 1 to 2 Tbsp.** **finely chopped onion**
- 1 Tbsp.** **chopped butter pickles**
- ½ tsp.** **apple cider vinegar**
- 1 Tbsp.** **water**
- 1 pinch** **ground cayenne pepper (optional)**

- 1.** Preheat oven to 350° F.
- 2.** Line large baking sheet with parchment paper.
- 3.** Place cabbage on prepared baking sheet. Sprinkle evenly with garlic powder, onion powder, salt, and paprika. Lightly coat tops with spray. Bake for 1 hour, or until cabbage is tender.



## Tips:

- You can substitute 2 small to medium cabbages for 1 large cabbage.
  - To make this recipe vegan, substitute unsweetened plain coconut milk yogurt for Greek yogurt and vegan mayonnaise for mayonnaise.
- 4.** While cabbage is baking, combine yogurt, mayonnaise, ketchup, bell pepper, onion, pickles, vinegar, water, and cayenne pepper (if desired) in a medium bowl; whisk to blend. Refrigerate, covered, until ready to serve.
  - 5.** Serve 2 to 3 half-moons of cabbage with 2 Tbsp. dressing.

# CAULIFLOWER FRIED RICE

(MAKES 1 SERVING)

TOTAL TIME: 31 MIN.  
PREP TIME: 15 MIN.  
COOKING TIME: 16 MIN.

## Nonstick cooking spray

- 2 cloves** garlic, chopped
- 1** green onion, chopped, *divided use*
- 1 (12-oz.) bag** fresh (or frozen) cauliflower rice (approx. 4 cups)
- ½ cup** chopped (or shredded) carrots
- 1** egg, lightly beaten
- 1 to 2 tsp.** toasted sesame oil
- 1 to 2 tsp.** reduced-sodium soy sauce

1. Heat large nonstick skillet, lightly coated with spray, over medium heat.
2. Add garlic and *half* of green onion; cook, stirring frequently, for 1 minute.
3. Add cauliflower and carrots; cook, stirring frequently, for 4 to 6 minutes, or until cauliflower is tender-crisp. Reduce heat to medium-low.
4. Make a well in center of cauliflower mixture. Add egg; cook, stirring frequently to scramble egg into cauliflower mixture, for 2 to 3 minutes, or until egg starts to set.
5. Add oil and soy sauce; cook, stirring frequently, for 2 to 3 minutes, or until well-mixed and heated through.
6. Garnish with *remaining 2 Tbsp.* green onion.



## Tips:

- Green onions are also referred to as scallions. In the store, they are usually called green onions.
- Fresh (and frozen) cauliflower rice may be found at your favorite grocery store.
- If you can't find it in the store, you can make your own cauliflower rice. Place half a medium head of cauliflower (cut into florets) in food processor; pulse until cauliflower is cut into pieces about the size of rice. Repeat with the other half. Place cauliflower on cheesecloth (or a heavy-duty paper towel), in small batches; squeeze dry.
- To make gluten-free, you can substitute liquid aminos or reduced-sodium tamari soy sauce in place of reduced-sodium soy sauce.
- Add another egg (or ½ cup egg whites) to turn this into a dinner.

# The WATER Bar

You know what goes great with all of these delicious meals? Water, of course! You should drink half your weight in ounces of water at a minimum each day. For example, if you weigh 160 pounds, that would be  $160 \div 2 = 80$ . That's 80 ounces (or 2370 mL) of water, every day. Try to drink 16 fl. oz./480 mL before each meal. (Even before your morning cup of Joe!) Not only can this help you feel full and satisfied, it makes it so easy to hit your water goal every day! And to help make your water taste as great as your meals, we're inviting you for a drink at the bar—the 2B Mindset Water Bar, that is! Simply select your base, boosters, and extras. It's so easy and delicious. And as Ilana always says, "More water, more weight loss!" So drink up!

## Base

Flat water

Sparkling water

(make sure it has no added sugars or artificial flavors)

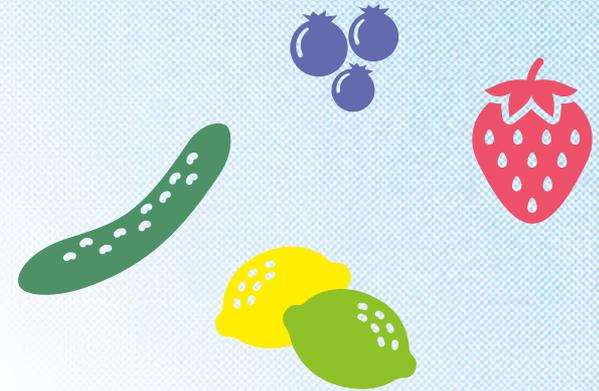
## Boosters

Mix and match any combination of fruits, herbs, and extras found on the next page to make a delicious water cocktail.



## Fruits

- CUCUMBER SLICES
- FROZEN GRAPES
- KIWI SLICES
- LEMON WEDGES
- LIME WEDGES
- ORANGE SLICES
- STRAWBERRY SLICES
- WATERMELON CUBES



## Herbs

- BASIL
- GRATED GINGER
- MINT LEAVES
- ROSEMARY



## Extras

- CRUSHED ICE
- ICE CUBES
- INFUSED ICE: FILL AN ICE CUBE TRAY WITH WATER, FRESH-CUT FRUIT (EX: BERRIES), AND HERBS (EX: MINT LEAVES), THEN FREEZE!
- PURE ALOE VERA JUICE
- TEA LEAVES: SOAK A TEA BAG OR INFUSER FILLED WITH TEA LEAVES IN HOT OR COLD WATER
- WATER ENHANCERS, ALL-NATURAL FLAVORS





*Have fun in the  
kitchen!*



-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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