

## ONE-WEEK VEGAN MEAL PLAN

This guide shows you how easy it can be to follow 2B Mindset with your Barre Blend program. To fully benefit from 2B Mindset, co-created by Ilana Muhlstein, MS, RDN, who lost 100 lbs. herself, and to access all of her exclusive recipes that will blow your taste buds away, you can purchase 2B Mindset at [Try2BMindset.com](http://Try2BMindset.com) today!

### Here are some tips to make the week go smoothly.

- Get in the 2B Mindset and tell yourself you're going to have fun this week and enjoy new foods!
- Choose your breakfast option in advance. If it's Shakeology® (which we recommend!), make sure you're stocked up!
- Check your fridge, pantry, and freezer for any items you may already have on the grocery list and cross them off.

### Take time the day before you start the meal plan to do the following prep:

- Cook spaghetti squash and use a fork to make "noodles."
- Wash and chop veggies and fruit.
- Cook quinoa (or buy it precooked). If you have extra, freeze it for next week.
- Cook your lentil soup and/or your vegetable stew.
- Make sure to store all this food in airtight containers in the fridge (or freezer for extras).

MEALS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	<a href="#">Overnight Carrot Cake Oats</a> OR <a href="#">Vegan German Chocolate Cake Shakeology</a>	<a href="#">Overnight Carrot Cake Oats</a> OR <a href="#">Vegan German Chocolate Cake Shakeology</a>	<a href="#">Overnight Carrot Cake Oats</a> OR <a href="#">Vegan German Chocolate Cake Shakeology</a>	<a href="#">Overnight Carrot Cake Oats</a> OR <a href="#">Vegan German Chocolate Cake Shakeology</a>	<a href="#">Overnight Carrot Cake Oats</a> OR <a href="#">Vegan German Chocolate Cake Shakeology</a>	<a href="#">Crunchy Veggie Wraps</a> + <a href="#">Grilled Tempeh</a> OR <a href="#">Vegan German Chocolate Cake Shakeology</a>	<a href="#">Crunchy Veggie Wraps</a> + <a href="#">Grilled Tempeh</a> OR <a href="#">Vegan German Chocolate Cake Shakeology</a>
							TIP: Make the full veggie wrap recipe, but increase the portion to 2 wraps. Slice the grilled tempeh and add it in the wrap (if desired).
LUNCH	<a href="#">Holiday Endive Boats with Beet, Pear, and Sausage</a>	<a href="#">Tempeh Veggie Bowl</a>	<a href="#">Holiday Endive Boats with Beet, Pear, and Sausage</a>	<a href="#">Veggie Burger with Celery Root "Potato" Salad</a> TIP: Cut the potato salad recipe in half.	<a href="#">Bean Pasta Lo Mein</a> TIP: Use a combination of extra veggies in your fridge (carrots, cauliflower, bell pepper).	<a href="#">Veggie Burger with Celery Root "Potato" Salad</a>	<a href="#">Roasted Cabbage Citrus Slaw</a> + <a href="#">Lentil Soup</a> + <a href="#">Whole-Grain Crackers</a> TIP: Portion out 2 soup servings at this meal.
DINNER	<a href="#">Southwestern Spaghetti Squash Black Bean Bowls</a> TIP: Cut the recipe in half to make only 2 servings. Buy one small squash instead of using only half of a medium.	<a href="#">Vegan Slow Cooker Vegetable Stew with Chickpeas and Spinach</a> TIP: Cut the recipe in half to make only 3 servings.	<a href="#">Southwestern Spaghetti Squash Black Bean Bowls</a>	<a href="#">Vegan Slow Cooker Vegetable Stew with Chickpeas and Spinach</a>	<a href="#">Tempeh with Lemon Garlic Broccolini</a> TIP: Cut the recipe in half to make only 1 serving. Add extra veggies you have on hand to the steamer basket with the broccolini (if desired).	<a href="#">Roasted Cabbage Citrus Slaw</a> + <a href="#">Lentil Soup</a> TIP: Cut the slaw recipe in half to make only 2 servings. Make the full soup recipe and freeze leftovers for next week. Portion out 2 soup servings at this meal.	<a href="#">Vegan Slow Cooker Vegetable Stew with Chickpeas and Spinach</a>

### ICONS:

2B Mindset Holiday 2019 Recipes

2B Mindset Summer 2019 Recipes

2B Mindset Recipe Book

Beachbody Blog



These recipes can be found within the 2B Mindset program "Resources" section. Don't have the 2B Mindset? Go to [Try2BMindset.com](http://Try2BMindset.com)

## GROCERY LIST

# PRODUCE

- 1 medium avocado
- 1 (10-oz.) bag baby salad greens
- 1 package precooked (and peeled) beets (approx. 2 small)
- 1 bunch broccolini (approx. 6 oz.)
- 1 bunch carrots
- 1 head cauliflower (or 4 cups florets)
- 1 (9-oz.) bag fresh (or frozen) cauliflower rice
- 1 bulb celery root
- 1 container cherry tomatoes
- 1 bunch fresh cilantro
- 1 (12-oz.) bag coleslaw mix (approx. 6 cups)
- 1 (5-oz.) bag shredded cabbage slaw (approx. 2 cups)
- 1 (5-oz.) bag shredded purple cabbage (approx. 2 cups)
- 2 medium endive heads
- 1 bulb fresh ginger
- Fresh lemon juice (or 1 lemon)
- Fresh lime juice (or 2 limes)
- 1 large bulb garlic
- 1 medium green bell pepper
- 1 medium red bell pepper
- 1 bunch green onions
- 2 medium onions
- 1 sweet onion
- 2 medium red onions
- 1 orange
- 1 bunch fresh parsley
- 1 pear
- 1 (5-oz.) bag raw baby spinach
- 1 small bag (or head) red leaf lettuce
- 1 small spaghetti squash (approx. 2 lbs.)
- 1 small container sprouts
- 1 medium sweet potato
- 1 small tomato
- if you choose to have*  
**Vegan German Chocolate Cake Shakeology**  
*for your breakfast every day:*
- 3 (12-oz.) bags frozen unsweetened cherries (approx. 4 cups)
- if you choose to have*  
**Overnight Carrot Cake Oats**  
*for your weekday breakfasts:*
- 1 (10-oz.) bag grated/shredded carrots
- if you choose to have*  
**Crunchy Veggie Wraps with Grilled Tempeh**  
*for your weekend breakfasts:*
- 1 bunch collard greens
- 1 bunch fresh parsley
- Fresh lemon juice (or 2 fresh lemons)
- 1 bunch carrots
- 2 medium cucumbers
- 2 medium red bell peppers
- 1 cup fresh microgreens (or sprouts)
- 1 medium avocado

## GROCERY LIST

### PROTEIN

- 1 (6-oz.) package soy-based Italian "sausage"
- 1 (6–8-oz.) package organic tempeh
- 2 (3–4-oz.) veggie burger patties (with at least 10g protein per patty)

if you choose to have  
**Crunchy Veggie Wraps with Grilled Tempeh**  
 for weekend breakfasts:

- 1 (8-oz.) package organic tempeh

### DRY AND PACKAGED FOODS

- 1 (1-lb.) bag dry lentils
- 1 box black bean spaghetti noodles
- 1 (15-oz.) can black beans
- 1 (15-oz.) can chickpeas (garbanzo beans)
- 1 can lite coconut milk
- 1 (14.5-oz.) can diced tomatoes, no added salt
- 1 small can diced green chiles
- 2 (32-fl. oz.) cartons low-sodium vegetable broth
- 1 loaf sprouted whole-grain bread
- 1 bag walnuts (or approx. ¼ cup from bulk bins)
- 1 small box whole-grain crackers

if you choose to have  
**Vegan German Chocolate Cake Shakeology**  
 for your breakfast every day:

- 1 (½-gallon; 64-fl.-oz.) carton unsweetened coconut milk beverage
- 1 package pecan halves (or approx. ½ cup from bulk bins)
- 1 (7-oz.) package unsweetened shredded coconut

if you choose to have  
**Overnight Carrot Cake Oats**  
 for your weekday breakfasts:

- 1 container dry rolled oats (or 2½ cups from bulk bins)
- 1 (½-gallon; 64-fl.-oz.) carton unsweetened almond milk
- 1 small bag chopped walnuts (or ¾ cup from bulk bins)

if you choose to have  
**Crunchy Veggie Wraps with Grilled Tempeh**  
 for weekend breakfasts:

- 1 small package dry quinoa (or approx. ½ cup dry from bulk bins)
- 1 (8-oz.) container prepared hummus
- 1 small bag hemp seeds

## GROCERY LIST

### PANTRY

- Apple cider vinegar
- Olive oil
- Avocado oil (optional)
- All-natural barbecue sauce
- Ground black pepper
- Sea salt (or Himalayan salt)
- Cayenne pepper (optional)
- Chili powder
- Curry powder
- Dijon mustard
- Extra-virgin organic coconut oil
- Garlic powder (optional)
- Green hot pepper sauce (optional)
- Ground allspice
- Ground cumin
- Ground juniper berries
- Nonstick cooking spray

- Parchment paper
- No-salt Italian seasoning
- Pure maple syrup
- Reduced-sodium soy sauce
- Dry stevia packet (optional)
- Toasted sesame oil

if you choose to have  
**Vegan German Chocolate Cake Shakeology** for your breakfast every day:

- 1 bag of ice (or 7 cups made in your freezer)

- Pure vanilla extract

if you choose to have  
**Overnight Carrot Cake Oats** for your weekday breakfasts:

- Ground cinnamon
- Ground ginger
- Ground nutmeg

if you choose to have  
**Crunchy Veggie Wraps with Grilled Tempeh** for weekend breakfasts:

- Ground black pepper

### SHAKEOLOGY

if you choose to have  
**Vegan German Chocolate Cake Shakeology** for your breakfast every day:

- 7 packets (or scoops) Chocolate Plant-Based Vegan Shakeology

if you choose to have  
**Overnight Carrot Cake Oats** for your weekday breakfasts:

- 5 packets (or scoops) Vanilla Plant-Based Vegan Shakeology