





Daily Container Count (1,200–1,499 calories)							
			А	В			
6	2	4	1	1	1	1	3

MEALS	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
MEAL 1 1 1 1 1 B 1	FIXATE Sweet Potato Hash, scrambled tofu, spinach or kale (½ Green)	FIXATE Sweet Potato Hash, scrambled tofu, spinach or kale (1/2 Green)	FIXATE Sweet Potato Hash, scrambled tofu, spinach or kale (1/2 Green)	Mashed chickpeas, whole- grain toast, asparagus, avocado oil	Mashed chickpeas, whole- grain toast, asparagus, avocado oil	FIXATE Tofu Scramble Burrito (no avocado, made with a 6-inch whole-grain tortilla)	FIXATE Tofu Scramble Burrito (no avocado, made with a 6-inch whole-grain tortilla)
MEAL 2	Shakeology, frozen fruit, water	Shakeology, frozen fruit, water	Shakeology, frozen fruit, water	Shakeology, frozen fruit, water	Shakeology, frozen fruit, water	Shakeology, frozen fruit, water	Shakeology, frozen fruit, water
MEAL 3	Edamame, bok choy, brown or wild rice	Broccoli, white beans, quinoa	Edamame, bok choy, brown or wild rice	Broccoli, white beans, quinoa	Black beans, corn, bell pepper, lime juice	Tomato, white beans, quinoa	Black beans, corn, bell pepper, lime juice
MEAL 4	Mixed veggies, avocado oil	Mixed greens, avocado oil, balsamic vinegar	Mixed veggies, avocado oil	Mixed greens, avocado oil, balsamic vinegar	Mixed veggies, avocado oil	Mixed greens, avocado oil, balsamic vinegar	Mixed veggies, avocado oil
MEAL 5	FIXATE Dill Cucumber Salad (omit honey), nuts	FIXATE Dill Cucumber Salad (omit honey), avocado	FIXATE Dill Cucumber Salad (omit honey), nuts	FIXATE Dill Cucumber Salad (omit honey), avocado	Hummus, baby carrots	Hummus, baby carrots	Hummus, baby carrots
MEAL 6	Spaghetti squash, crumbled tempeh, marinara sauce, olives	Veggie burger, 2 large lettuce leaves, whole-grain mustard, fruit, shredded coconut	Spaghetti squash, crumbled tempeh, marinara sauce, olives	Veggie burger, 2 large lettuce leaves, whole-grain mustard, fruit, shredded coconut	Spaghetti squash, crumbled tempeh, marinara sauce, olives	Jackfruit, eggplant, crumbled tempeh, sesame seeds	Jackfruit, eggplant, crumbled tempeh, sesame seeds
MEAL 7	FIXATE Charred Leeks	FIXATE Charred Leeks	FIXATE Cauliflower Tacos	FIXATE Cauliflower Tacos	FIXATE Cauliflower Tacos	Cherry tomatoes, avocado oil, balsamic vinegar	Cherry tomatoes, avocado oil, balsamic vinegar
NOTES	Meal 3: Stir-fry edamame and bok choy using avocado oil spray, serve with rice. Make two servings. Meal 6: Cut spaghetti squash in half, roast at 400° F until soft, approx. 40 minutes. Top with cooked tempeh, marinara sauce, and olives.	Meal 3: Combine broccoli, white beans, and quinoa. Garnish with balsamic vinegar or fresh herbs, if desired.	Meal 7: Top FIXATE Cauliflower Tacos with hot sauce (free) if desired.			Meal 6: Sauté jackfruit (½ cup), eggplant, and tempeh with avocado oil spray, season with curry powder or other spices if desired, sprinkle with sesame seeds before serving.	



Follow these meal-prep tips to help make cooking for the week go smoothly:

*	Make sure you're stocked up with Shakeology and any Shakeology Boosts you like to use.
*	Check your fridge, pantry, and freezer for any items on the grocery list you already have and cross them off.
*	Choose which fruits you want to eat this week as snacks, with meals, or in smoothies and make a note on your grocery list.
*	Pre-wash and chop all veggies and fruit. (Except berries, wash and cut those just before serving.)
*	Get a head start on meals for the week by prepping the FIXATE Sweet Potato Hash, FIXATE Dill Cucumber Salad, and FIXATE Charred Leeks. You can cook FIXATE Cauliflower Tacos ahead of time, or quickly make them during the week.
*	Make other meals easy to put together quickly by roasting spaghetti squash and cooking any vegetables you want to make ahead.
*	Precook tofu and tempeh if desired.

Cook brown rice and quinoa. You may want to make a larger batch than needed and freeze leftovers for a future week.



VEGAN GROCERY LIST PLAN A

VEGETABLES	FRUITS	PROTEINS
Asparagus	Fresh fruit	Organic tofu
Bell pepper (any color)	Frozen fruit	Organic tempeh
Broccoli	Jackfruit	Canned chickpeas/garbanzo beans
English hothouse cucumber	Marinara sauce (≤ 5g sugar per serving)	Canned white beans
Cauliflower rice		Canned black beans
Lettuce (like romaine or Bibb)		Organic edamame, shelled
Mixed veggies of your choice		Veggie burgers (≥ 16 g protein and ≤ 15 g carbohydrates per patty)
Mixed greens		Shakeology
Baby carrots		Nutritional yeast
Spinach		
Kale		
Bok choy		
Spaghetti squash		
Eggplant		
Leeks		
Cherry tomatoes		
Onion		

CARBOHYDRATES	
Sweet potatoes	Hummi
Low-sodium sprouted whole wheat bread (like Ezekiel)	Nuts, ui casheu
Whole-grain tortillas (6-inch)	Avocad
Brown or wild rice	
Quinoa	
Corn (fresh, frozen, or canned)	

HEALTHY FATS				
Hummus				
Nuts, unsalted (almonds, peanuts, cashews, etc.)				
Avocado				

SEEDS & DRESSINGS					
Sesame seeds					
Shredded coconut, unsweetened					
Olives, medium					



VEGAN GROCERY LIST PLAN A

TEASPOONS	FREE FOODS	SPECIAL EQUIPMENT
Avocado oil	Chives	Avocado oil cooking spray
Extra-virgin olive oil (or use avocado oil)	Balsamic vinegar	Nonstick cooking spray (or use avocado oil cooking spray)
	Apple cider vinegar	Olive oil cooking spray (or use avocado oil cooking spray)
	Whole-grain mustard	
	Capers	
	Fresh parsley	
	Fresh dill weed	
	Garlie	
	Lemons for fresh lemon juice	
	Sea salt (or Himalayan salt)	
	Ground black pepper	
	Ground smoked paprika	
	Ground coriander	
	Ground cumin	
	Curry powder (optional)	
	Chili powder	
	Ground turmeric	
	Onion powder	
	Garlic powder	
	Hot sauce (Tabasco or Mexican) (optional)	







Daily Container Count (1,500–1,799 calories)							
			А	В			
6	2	5	2	1	1	1	4

MEALS	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
MEAL 1 1 1 1 1 B 1 ———	FIXATE Sweet Potato Hash, scrambled tofu, spinach or kale (1/2 Green)	FIXATE Sweet Potato Hash, scrambled tofu, spinach or kale (½ Green)	FIXATE Sweet Potato Hash, scrambled tofu, spinach or kale (½ Green)	Mashed chickpeas, whole- grain toast, asparagus, avocado oil	Mashed chickpeas, whole- grain toast, asparagus, avocado oil	FIXATE Tofu Scramble Burrito (no avocado, made with a 6-inch whole-grain tortilla)	FIXATE Tofu Scramble Burrito (no avocado, made with a 6-inch whole-grain tortilla)
MEAL 2	Shakeology, frozen fruit, unsweetened almond milk	Shakeology, frozen fruit, almond or cashew butter, water	Shakeology, frozen fruit, unsweetened almond milk	Shakeology, frozen fruit, almond or cashew butter, water	Shakeology, frozen fruit, unsweetened almond milk	Shakeology, frozen fruit, almond or cashew butter, water	Shakeology, frozen fruit, unsweetened almond milk
MEAL 3	Black beans, corn, bell pepper, lime juice	Black beans, corn, bell pepper, lime juice	Broccoli, white beans, farro or quinoa	Broccoli, white beans, farro or quinoa	Broccoli, white beans, farro or quinoa	Edamame, bok choy, brown or wild rice	Edamame, bok choy, brown or wild rice
MEAL 4	Mixed veggies, peas, avocado oil	Mixed greens, lentils, avocado oil, balsamic vinegar	Mixed veggies, peas, avocado oil	Mixed greens, lentils, avocado oil, balsamic vinegar	Mixed veggies, peas, avocado oil	Mixed greens, lentils, avocado oil, balsamic vinegar	Mixed veggies, peas, avocado oil
MEAL 5	FIXATE Charred Leeks, farro or quinoa	FIXATE Charred Leeks, farro or quinoa	FIXATE Cauliflower Tacos, corn	FIXATE Cauliflower Tacos, corn	FIXATE Cauliflower Tacos, corn	Cherry tomatoes, farro or quinoa, avocado oil, balsamic vinegar	Cherry tomatoes, farro or quinoa, avocado oil, balsamic vinegar
MEAL 6	Spaghetti squash, crumbled tempeh, marinara sauce, olives	Veggie burger, 2 large lettuce leaves, whole-grain mustard, fruit, shredded coconut	Spaghetti squash, crumbled tempeh, marinara sauce, olives	Veggie burger, 2 large lettuce leaves, whole-grain mustard, fruit, shredded coconut	Spaghetti squash, crumbled tempeh, marinara sauce, olives	Jackfruit, eggplant, crumbled tempeh, sesame seeds	Jackfruit, eggplant, crumbled tempeh, sesame seeds
MEAL 7	FIXATE Dill Cucumber Salad (omit honey), nuts	FIXATE Dill Cucumber Salad (omit honey), avocado	FIXATE Dill Cucumber Salad (omit honey), nuts	FIXATE Dill Cucumber Salad (omit honey), avocado	Hummus, baby carrots	Hummus, baby carrots	Hummus, baby carrots
NOTES	Meal 6: Cut spaghetti squash in half, roast at 400° F until soft, approx. 40 minutes. Top with cooked tempeh, marinara sauce, and olives.	Meal 3: Beans, corn, and bell pepper can be combined, dressed with lime juice, and eaten cold. Or, cut the pepper in half, remove the seeds, stuff the beans and corn inside, and bake for 30 minutes at 400° F.	Meal 5: Top FIXATE Cauliflower Tacos with hot sauce (free) if desired.			Meal 3: Stir-fry edamame and bok choy using avocado oil spray, serve with rice. Meal 6: Sauté jackfruit (½ cup), eggplant, and tempeh with avocado oil spray, season with curry powder or other spices if desired, sprinkle with sesame seeds before serving.	



Follow these meal-prep tips to help make cooking for the week go smoothly:

*	Make sure you're stocked up with Shakeology and any Shakeology Boosts you like to use.
*	Check your fridge, pantry, and freezer for any items on the grocery list you already have and cross them off.
*	Choose which fruits you want to eat this week as snacks, with meals, or in smoothies and make a note on your grocery list.
- % -	Pre-wash and chop all veggies and fruit. (Except berries, wash and cut those just before serving.)
*	Get a head start on meals for the week by prepping the FIXATE Sweet Potato Hash, FIXATE Dill Cucumber Salad, and FIXATE Charred Leeks. You can cook FIXATE Cauliflower Tacos ahead of time, or quickly make them during the week.
*	Make other meals easy to put together quickly by roasting spaghetti squash and cooking any vegetables you want to make ahead.
*	Precook tofu and tempeh if desired.

Cook quinoa and brown or wild rice. You may want to make a larger batch than needed and freeze leftovers for a future week.



VEGAN GROCERY LIST PLAN B

FRUITS	PROTEINS
Fresh fruit	Organic tofu
Frozen fruit	Organic tempeh
Jackfruit	Canned chickpeas/garbanzo beans
Marinara sauce (≤ 5g sugar per serving)	Canned white beans
	Canned black beans
	Organic edamame, shelled
	Veggie burgers (≥ 16 g protein and ≤ 15 g carbohydrates per patty)
	Shakeology
	Nutritional yeast
	Peas (fresh, frozen, or canned)
	Lentils (dry or vacuum packed)
	Fresh fruit Frozen fruit Jackfruit

CARBOHYDRATES	HEALTHY FATS	SEEDS 8
Sweet potatoes	Hummus	Sesame seeds
Low-sodium sprouted whole wheat bread (like Ezekiel)	Nuts, unsalted (almonds, peanuts, cashews, etc.)	Shredded coconut
Whole-grain tortillas (6-inch)	Avocado	Olives, medium
Brown or wild rice		
Quinoa		
Corn (fresh, frozen, or canned)		
Farro (optional)		

SEEDS & DRESSINGS				
Sesame seeds				
Shredded coconut, unsweetened				
Olives, medium				



VEGAN GROCERY LIST PLAN B

TEASPOONS	FREE FOODS	SPECIAL EQUIPMENT
Avocado oil	Chives	Avocado oil cooking spray
Extra-virgin olive oil (or use avocado oil)	Balsamic vinegar	Nonstick cooking spray (or use avocado oil cooking spray)
Unsweetened almond milk	Apple cider vinegar	Olive oil cooking spray (or use avocado oil cooking spray)
Almond or cashew butter, all-natural, no sugar added	Whole-grain mustard	
Toasted sesame oil	Capers	
	Fresh parsley	
	Fresh dill weed	
	Garlie	
	Lemons for fresh lemon juice	
	Sea salt (or Himalayan salt)	
	Ground black pepper	
	Ground smoked paprika	
	Ground coriander	
	Ground cumin	
	Curry powder (optional)	
	Chili powder	
	Ground turmeric	
	Onion powder	
	Garlic powder	
	Hot sauce (Tabasco or Mexican) (optional)	
	Limes for fresh lime juice	







Daily Container Count (1,800–2,099 calories)							
			А	В			
7	3	6	2	1	1	1	5

MEALS	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
MEAL 1 1 1 1 B 1 —	FIXATE Sweet Potato Hash, scrambled tofu, spinach or kale (1/2 Green)	FIXATE Sweet Potato Hash, scrambled tofu, spinach or kale (1/2 Green)	FIXATE Sweet Potato Hash, scrambled tofu, spinach or kale (½ Green)	Mashed chickpeas, whole- grain toast, asparagus, avocado oil	Mashed chickpeas, whole- grain toast, asparagus, avocado oil	FIXATE Tofu Scramble Burrito (no avocado, made with a 6-inch whole-grain tortilla)	FIXATE Tofu Scramble Burrito (no avocado, made with a 6-inch whole-grain tortilla)
MEAL 2	Shakeology, frozen fruit, unsweetened almond milk	Shakeology, frozen fruit, almond or cashew butter, water	Shakeology, frozen fruit, unsweetened almond milk	Shakeology, frozen fruit, almond or cashew butter, water	Shakeology, frozen fruit, unsweetened almond milk	Shakeology, frozen fruit, almond or cashew butter, water	Shakeology, frozen fruit, unsweetened almond milk
MEAL 3 1 1 1 A	Black beans, corn, bell pepper, avocado oil, lime juice	Black beans, corn, bell pepper, avocado oil, lime juice	Broccoli, white beans, farro or quinoa, avocado oil	Broccoli, white beans, farro or quinoa, avocado oil	Broccoli, white beans, farro or quinoa, avocado oil	Edamame, bok choy, brown or wild rice, sesame oil	Edamame, bok choy, brown or wild rice, sesame oil
MEAL 4	Mixed veggies, peas, avocado oil	Mixed greens, lentils, avocado oil, balsamic vinegar	Mixed veggies, peas, avocado oil	Mixed greens, lentils, avocado oil, balsamic vinegar	Mixed veggies, peas, avocado oil	Mixed greens, lentils, avocado oil, balsamic vinegar	Mixed veggies, peas, avocado oil
MEAL 5 1 1 1 A	FIXATE Charred Leeks, seitan, farro or quinoa	FIXATE Charred Leeks, seitan, farro or quinoa	FIXATE Cauliflower Tacos, pinto beans, corn	FIXATE Cauliflower Tacos, pinto beans, corn	Seitan, spinach or kale, farro or quinoa, avocado oil	FIXATE Cauliflower Tacos, pinto beans, corn	Seitan, spinach or kale, farro or quinoa, avocado oil
MEAL 6	Spaghetti squash (2 Green), crumbled tempeh, marinara sauce, olives	Veggie burger, 2 large lettuce leaves, tomato (1 ☐ Green), whole-grain mustard, fruit, shredded coconut	Spaghetti squash (2 Green), crumbled tempeh, marinara sauce, olives	Veggie burger, 2 large lettuce leaves, tomato (1 Green), whole-grain mustard, fruit, shredded coconut	Spaghetti squash (2 Green), crumbled tempeh, marinara sauce, olives	Jackfruit, eggplant (1½ ☐ Green), onion (½ ☐ Green), crumbled tempeh, sesame seeds	Jackfruit, eggplant (1½ Green), onion (½ Green), crumbled tempeh, sesame seeds
MEAL 7	FIXATE Dill Cucumber Salad (omit honey), nuts, fruit	FIXATE Dill Cucumber Salad (omit honey), avocado, fruit	FIXATE Dill Cucumber Salad (omit honey), nuts, fruit	FIXATE Dill Cucumber Salad (omit honey), avocado, fruit	Hummus, baby carrots, fruit	Hummus, baby carrots, fruit	Hummus, baby carrots, fruit
NOTES	Meal 6: Cut spaghetti squash in half, roast at 400° F until soft, approx. 40 minutes. Top with cooked tempeh, marinara sauce, and olives.	Meal 3: Beans, corn, and bell pepper can be combined, dressed with lime juice, and eaten cold. Or, cut the pepper in half, remove the seeds, stuff the beans and corn inside, and bake for 30 minutes at 400° F.	Meal 5: Top FIXATE Cauliflower Tacos with hot sauce (free) if desired.		Meal 5: Season seitan and cook in avocado oil until lightly browned. Add spinach or kale and a little water or vegetable broth, and cook until spinach or kale is wilted.	Meal 3: Stir-fry edamame and bok choy in sesame oil, serve with rice. Meal 6: Sauté jackfruit (½ cup), eggplant, onion, and tempeh with avocado oil spray, season with curry powder or other spices if desired, sprinkle with sesame seeds before serving.	



Follow these meal-prep tips to help make cooking for the week go smoothly:

**	Make sure you're stocked up with Shakeology and any Shakeology Boosts you like to use.
*	Check your fridge, pantry, and freezer for any items on the grocery list you already have and cross them off.
※	Choose which fruits you want to eat this week as snacks, with meals, or in smoothies and make a note on your grocery list.
*	Pre-wash and chop all veggies and fruit. (Except berries, wash and cut those just before serving.)
*	Get a head start on meals for the week by prepping the FIXATE Sweet Potato Hash, FIXATE Dill Cucumber Salad, and FIXATE Charred Leeks. You can cook FIXATE Cauliflower Tacos ahead of time, or quickly make them during the week.
*	Make other meals easy to put together quickly by roasting spaghetti squash and cooking any vegetables you want to make ahead.
*	Precook tofu, tempeh, and seitan if desired.

Cook quinoa and brown or wild rice. You may want to make a larger batch than needed and freeze leftovers for a future week.



VEGAN GROCERY LIST PLAN C

VEGETABLES	FRUITS	PROTEINS
Asparagus	Fresh fruit	Organic tofu
Bell pepper (any color)	Frozen fruit	Organic tempeh
Broccoli	Jackfruit	Canned chickpeas/garbanzo beans
English hothouse cucumber	Marinara sauce (≤ 5g sugar per serving)	Canned white beans
Cauliflower rice		Canned black beans
Lettuce (like romaine or Bibb)		Organic edamame, shelled
Mixed veggies of your choice		Veggie burgers (≥ 16 g protein and ≤ 15 g carbohydrates per patty)
Mixed greens		Shakeology
Baby carrots		Nutritional yeast
Spinach		Peas (fresh, frozen, or canned)
Kale		Lentils (dry or vacuum packed)
Bok choy		Seitan
Spaghetti squash		Canned pinto beans
Eggplant		
Leeks		
Cherry tomatoes		
Onion		
Tomatoes		
Eggplant		
Vegetable broth (optional)		

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Sweet potatoes
Low-sodium sprouted whole wheat bread (like Ezekiel)
Whole-grain tortillas (6-inch)
Brown or wild rice
Quinoa
Corn (fresh, frozen, or canned)
Farro (optional)

CARBOHYDRATES

HEALTHY FATS			
Hummus			
Nuts, unsalted (almonds, peanuts, cashews, etc.)			
Avocado			

SEEDS & DRESSINGS				
Sesame seeds				
Shredded coconut, unsweetened				
Olives, medium				



VEGAN GROCERY LIST PLAN C

	hives	Avocado oil cooking spray
Extra-virgin glive gil (or use avocado gil)		
27.114 Vilgin 61.106 611 (61. 466 4166 416 617)	alsamic vinegar	Nonstick cooking spray (or use avocado oil cooking spray)
Unsweetened almond milk A	pple cider vinegar	Olive oil cooking spray (or use avocado oil cooking spray)
Almond or cashew butter, all-natural, no sugar added	Phole-grain mustard	
Toasted sesame oil Ca	apers	
Fr	resh parsley	
Fr	resh dill weed	
Ga	arlic	
Le	emons for fresh lemon juice	
Se	ea salt (or Himalayan salt)	
Gı	round black pepper	
Gı	round smoked paprika	
Gı	round coriander	
Gı	round cumin	
Cu	urry powder (optional)	
CI	hili powder	
Gı	round turmeric	
O	nion powder	
Ga	arlic powder	
	ot sauce (Tabasco or Mexican) optional)	
Li	imes for fresh lime juice	







Daily Container Count (2,100–2,299 calories)							
			Α	В			
8	3	6	2	2	1	1	6

help you get results	. To learn more about the	e portion-control containe	er system visit PortionFix.	com			,
MEALS	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
MEAL 1 1 1 1 1 B	FIXATE Sweet Potato Hash, scrambled tofu, spinach or kale (1/2 Green)	FIXATE Sweet Potato Hash, scrambled tofu, spinach or kale (1/2 Green)	FIXATE Sweet Potato Hash, scrambled tofu, spinach or kale (½ Green)	Mashed chickpeas, whole- grain toast, asparagus, avocado oil	Mashed chickpeas, whole- grain toast, asparagus, avocado oil	FIXATE Tofu Scramble Burrito (no avocado, made with a 6-inch whole-grain tortilla)	FIXATE Tofu Scramble Burrito (no avocado, made with a 6-inch whole-grain tortilla)
MEAL 2 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Shakeology, frozen fruit, kale or spinach, unsweetened almond milk	Shakeology, frozen fruit, kale or spinach, almond or cashew butter, water	Shakeology, frozen fruit, kale or spinach, unsweetened almond milk	Shakeology, frozen fruit, kale or spinach, almond or cashew butter, water	Shakeology, frozen fruit, kale or spinach, unsweetened almond milk	Shakeology, frozen fruit, kale or spinach, almond or cashew butter, water	Shakeology, frozen fruit, kale or spinach, unsweetened almond milk
MEAL 3 1 1 1 A	Black beans, corn, bell pepper, avocado oil, lime juice	Black beans, corn, bell pepper, avocado oil, lime juice	Broccoli, white beans, farro or quinoa, avocado oil	Broccoli, white beans, farro or quinoa, avocado oil	Broccoli, white beans, farro or quinoa, avocado oil	Edamame, bok choy, brown or wild rice, sesame oil	Edamame, bok choy, brown or wild rice, sesame oil
MEAL 4 1 1 1 A	FIXATE Charred Leeks, seitan, farro or quinoa	FIXATE Charred Leeks, seitan, farro or quinoa	FIXATE Cauliflower Tacos, pinto beans, corn	FIXATE Cauliflower Tacos, pinto beans, corn	Seitan, spinach or kale, farro or quinoa, avocado oil	FIXATE Cauliflower Tacos, pinto beans, corn	Seitan, spinach or kale, farro or quinoa, avocado oil
MEAL 5	FIXATE Dill Cucumber Salad (omit honey), whole-grain pasta, nuts, fruit	FIXATE Dill Cucumber Salad (omit honey), whole-grain pasta, avocado, fruit	FIXATE Dill Cucumber Salad (omit honey), whole-grain pasta, nuts, fruit	FIXATE Dill Cucumber Salad (omit honey), whole-grain pasta, nuts, fruit	Hummus, baby carrots, whole-grain pita, fruit	Hummus, baby carrots, whole-grain pita, fruit	Hummus, baby carrots, whole-grain pita, fruit
MEAL 6 2 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Spaghetti squash (2 Green), crumbled tempeh, marinara sauce, olives, avocado oil	Veggie burger, 2 large lettuce leaves, tomato (1 Green), whole-grain mustard, fruit, shredded coconut, cacao nibs	Spaghetti squash (2 Green), crumbled tempeh, marinara sauce, olives, avocado oil	Veggie burger, 2 large lettuce leaves, tomato (1 Green), whole-grain mustard, fruit, shredded coconut, cacao nibs	Spaghetti squash (2 Green), crumbled tempeh, marinara sauce, olives, avocado oil	Jackfruit, eggplant (1½ Green), onion (½ Green), crumbled tempeh, sesame seeds, sesame oil	Jackfruit, eggplant (1½ Green), onion (½ Green), crumbled tempeh, sesame seeds, sesame oil
MEAL 7	Mixed veggies, peas, avocado oil	Mixed greens, lentils, avocado oil, balsamic vinegar	Mixed veggies, peas, avocado oil	Mixed greens, lentils, avocado oil, balsamic vinegar	Mixed veggies, peas, avocado oil	Mixed greens, lentils, avocado oil, balsamic vinegar	Mixed veggies, peas, avocado oil
NOTES	Meal 6: Cut spaghetti squash in half, brush with avocado oil, roast at 400° F until soft, approx. 40 minutes. Top with cooked tempeh, marinara sauce, and olives.	Meal 3: Beans, corn, and bell pepper can be combined, dressed with lime juice, and eaten cold. Or, cut the pepper in half, remove the seeds, stuff the beans and corn inside, and bake for 30 minutes at 400° F. Meal 6: Chop fresh fruit; sprinkle with coconut and cacao nibs for a dessert.	Meal 4: Top FIXATE Cauliflower Tacos with hot sauce (free) if desired.		Meal 4: Season seitan and cook in avocado oil until lightly browned. Add spinach or kale and a little water or vegetable broth, and cook until kale is wilted.	Meal 3: Stir-fry edamame and bok choy in sesame oil, serve with rice. Meal 6: Sauté jackfruit (½ cup), eggplant, onion, and tempeh with sesame oil, season with curry powder or other spices if desired, sprinkle with sesame seeds before serving.	



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*	Make sure you're stocked up with Shakeology and any Shakeology Boosts you like to use.
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*	Choose which fruits you want to eat this week as snacks, with meals, or in smoothies and make a note on your grocery list.
*	Pre-wash and chop all veggies and fruit. (Except berries, wash and cut those just before serving.)
*	Get a head start on meals for the week by prepping the FIXATE Sweet Potato Hash, FIXATE Dill Cucumber Salad, and FIXATE Charred Leeks. You can cook FIXATE Cauliflower Tacos ahead of time, or quickly make them during the week.
*	Make other meals easy to put together quickly by roasting spaghetti squash and cooking any vegetables you want to make ahead.
*	Precook tofu, tempeh, and seitan if desired.

Cook quinoa and brown or wild rice. You may want to make a larger batch than needed and freeze leftovers for a future week.





VEGAN GROCERY LIST PLAN D

VEGETABLES
Asparagus
Bell pepper (any color)
Broccoli
English hothouse cucumber
Cauliflower rice
Lettuce (like romaine or Bibb)
Mixed veggies of your choice
Mixed greens
Baby carrots
Spinach
Kale
Bok choy
Spaghetti squash
Eggplant
Leeks
Cherry tomatoes
Onion
Tomatoes
Eggplant
Vegetable broth (optional)

FRUITS
Fresh fruit
Frozen fruit
Jackfruit
Marinara sauce (≤ 5g sugar per serving)

PROTEINS
Organic tofu
Organic tempeh
Canned chickpeas/garbanzo beans
Canned white beans
Canned black beans
Organic edamame, shelled
Veggie burgers (≥ 16 g protein and ≤ 15 g carbohydrates per patty)
Shakeology
Nutritional yeast
Peas (fresh, frozen, or canned)
Lentils (dry or vacuum packed)
Seitan
Canned pinto beans

CARBOHYDRATES

Sweet potatoes

Low-sodium sprouted whole wheat bread (like Ezekiel)

Whole-grain tortillas (6-inch)

Brown or wild rice

Quinoa

Corn (fresh, frozen, or canned)

Farro (optional)

Whole-grain pasta

Whole-grain pita (4-inch)

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Hummus

Nuts, unsalted (almonds, peanuts, cashews, etc.)

Avocado

SEEDS & DRESSINGS

Sesame seeds

Shredded coconut, unsweetened

Olives, medium

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VEGAN GROCERY LIST PLAN D

TEASPOONS	FREE FOODS	SPECIAL EQUIPMENT
Avocado oil	Chives	Nonstick cooking spray OR olive oil cooking spray
Extra-virgin olive oil (or use avocado oil)	Balsamic vinegar	
Unsweetened almond milk	Apple cider vinegar	
Almond or cashew butter, all-natural, no sugar added	Whole-grain mustard	
Toasted sesame oil	Capers	
Cacao nibs	Fresh parsley	
	Fresh dill weed	
	Garlie	
	Lemons for fresh lemon juice	
	Sea salt (or Himalayan salt)	
	Ground black pepper	
	Ground smoked paprika	
	Ground coriander	
	Ground cumin	
	Curry powder (optional)	
	Chili powder	
	Ground turmeric	
	Onion powder	
	Garlic powder	
	Hot sauce (Tabasco or Mexican) (optional)	
	Limes for fresh lime juice	







Daily Container Count (2,300–2,499 calories)							
			Α	В			
9	3	7	2	2	1	1	7 🗪

This sample 7-Day Meal Plan shows you how to incorporate Barre Blend with the Ultimate Portion Fix nutrition program (sold separately). Combined, these two programs are the perfect way to

MEALS	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
MEAL 1 1 1 1 B 1 —	FIXATE Balsamic Mushroom Toast (substitute avocado oil for ghee), scrambled tofu	FIXATE Tofu "Omelet," whole-grain bread (½ slice), tempeh 'bacon' (2 strips), sautéed veggies, avocado oil	FIXATE Balsamic Mushroom Toast (substitute avocado oil for ghee), scrambled tofu	FIXATE Tofu "Omelet," whole-grain bread (½ slice), tempeh 'bacon' (2 strips), sautéed veggies, avocado oil	FIXATE Balsamic Mushroom Toast (substitute avocado oil for ghee), scrambled tofu	FIXATE Sweet Potato Toast, mashed chickpeas, asparagus, avocado oil	FIXATE Sweet Potato Toast, mashed chickpeas, sautéed spinach, avocado oil
MEAL 2 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Shakeology, frozen fruit, frozen cauliflower, unsweetened almond milk	Shakeology, frozen fruit, spinach, almond or cashew butter, water	Shakeology, frozen fruit, frozen cauliflower, unsweetened almond milk	Shakeology, frozen fruit, spinach, almond or cashew butter, water	Shakeology, frozen fruit, frozen cauliflower, unsweetened almond milk	Shakeology, frozen fruit, spinach, almond or cashew butter, water	Shakeology, frozen fruit, frozen cauliflower, unsweetened almor milk
MEAL 3 2 1 1 1 A 2	FIXATE Cauliflower Tacos (2 servings), pinto beans, corn	FIXATE Cauliflower Tacos (1 serving), pinto beans, corn, sautéed asparagus (1 Green), avocado oil (1 tsp.)	FIXATE Quinoa Tabouli Bowl (substitute tempeh or crumbled veggie burger for chicken), spinach and/or kale, avocado oil, lemon juice	FIXATE Quinoa Tabouli Bowl (substitute tempeh or crumbled veggie burger for chicken), spinach and/or kale, avocado oil, lemon juice	Bell pepper, cherry tomatoes, black beans, quinoa, avocado oil (2 tsp.)	Bell pepper, cherry tomatoes, black beans, quinoa, avocado oil (2 tsp.)	Sautéed mushrooms, spinach, peas, brown or wild rice, avocad oil (2 tsp.)
MEAL 4 1 1 1 A	Edamame, quinoa, radishes (½ Green), shredded carrots (½ Green), green onions, sesame oil, coconut aminos (optional)	Broccoli, edamame, brown or wild rice, olive or sesame oil	Edamame, quinoa, radishes (½ Green), shredded carrots (½ Green), green onions, sesame oil, coconut aminos (optional)	Sautéed zucchini, corn, pinto beans, avocado oil	Spinach and/or kale, chickpeas, quinoa, avocado oil, balsamic vinegar	FIXATE Steamed Artichoke (½ serving), white beans, tomato, corn, avocado oil (½ tsp.)	Sautéed zucchini, corn, pinto beans, avocado oil
MEAL 5 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	FIXATE Dill Cucumber Salad (omit honey), whole-grain pasta, white beans, avocado, apple	FIXATE Dill Cucumber Salad (omit honey), whole-grain pasta, white beans, avocado, apple	Whole-grain tortilla, refried beans, onion (½ Green), bell pepper (½ Green), avocado, fruit	Sweet potato, black beans, onion (½ Green), bell pepper (½ Green), avocado, fruit	Whole-grain tortilla, refried beans, onion (½ Green), bell pepper (½ Green), avocado, fruit	FIXATE Curried "Chicken" with Couscous (substitute tofu, tempeh, or seitan for chicken), broccoli, cashews (4), fruit (½ Purple)	FIXATE Curried "Chicken" with Couscous (substitute tofu, tempeh, or seitan for chicken), broccoli, cashews (4), fruit (1/2 Purple)
MEAL 6	Lentils, kale (1 Green), cherry tomatoes (1 Green), FIXATE Tahini Dressing, apple, almond or cashew butter	Zucchini noodles (2 Green), avocado oil, crumbled tempeh, marinara sauce, olives	Lettuce (2 Green), lentils, FIXATE Tahini Dressing, apple, almond or cashew butter	Tofu, FIXATE Tahini Dressing, broccoli (2 Green), avocado oil or sesame oil, fruit	Zucchini noodles (2 Green), avocado oil, crumbled tempeh, marinara sauce, olives	Bok choy (2 Green), avocado oil or sesame oil, edamame, sesame seeds, fruit	Eggplant (2 Green), tofu (or tempeh), avocado oil, sesame seeds, fruit
MEAL 7	Spinach, avocado oil, chickpeas	Spinach, avocado oil, chickpeas	Mashed white beans, cucumber, avocado oil	FIXATE Vegan Tuna Salad, edamame (½ red), large lettuce leaf (or collard leaf)	Mashed white beans, cucumber, avocado oil	FIXATE Vegan Tuna Salad, edamame (½ red), large lettuce leaf (or collard leaf)	FIXATE Steamed Artichoke (½ serving), white beans, avocado oil (½ tsp.)
NOTES	Meal 4: Eat raw as a salad or sauté in sesame oil. Meal 5: Combine FIXATE Dill Cucumber Salad with pasta, beans, and avocado to make a pasta salad; apple can be chopped and added to salad or eaten separately. Meal 6: Dressing is from FIXATE Lentil Falafel Bowl.	Meal 7: Can be eaten as a salad (with lemon juice or vinegar) or sautéed.	Meal 4: Eat raw as a salad or sauté in sesame oil. Meal 5: Sauté onion and pepper with avocado oil spray. Meal 7: Mash beans with oil and desired spices, serve with cucumber slices for dipping.	Meal 5: Sauté cubed sweet potato, onion, and bell pepper with avocado oil spray; add beans and heat; top with avocado. Meal 6: Press and dry tofu with paper towels, cut into cubes and marinate in FIXATE Tahini Dressing; bake at 375° F for 30 minutes, turning once.	Meal 3: Cut pepper in half lengthwise, remove seeds, brush with avocado oil. Combine chopped tomato, beans, and quinoa, bake 40 minutes at 375° F; OR combine all ingredients, toss with avocado oil and fresh lime juice to make a salad. Meal 7: Mash beans with oil and desired spices, serve with cucumber slices for dipping.	Meal 4: Substitute avocado oil for ghee in recipe. Meal 5: Broccoli and cashews can be added to FIXATE recipe in step 6, or eaten separately.	Meal 5: Store remaining FIXATE Curried "Chicken" with Couscous refrigerated in an airtight container for up to 4 days, or freeze for up to 3 months. Meal 6: Pat dry tofu; cube eggplant and tofu; sauté in avocado oil (or toss with avocado oil and bake 25 minutes at 400° F); sprinkle with sesame seeds before serving.



Follow these meal-prep tips to help make cooking for the week go smoothly:

※	Make sure you're stocked up with Shakeology and any Shakeology Boosts you like to use.
-×-	Check your fridge, pantry, and freezer for any items on the grocery list you already have and cross them off.
*	Choose which fruits you want to eat this week as snacks, with meals, or in smoothies and make a note on your grocery list.
*	Pre-wash and chop all veggies and fruit. (Except berries, wash and cut those just before serving.)
*	Get a head start on meals for the week by prepping mushrooms for the FIXATE Balsamic Mushroom Toast, FIXATE Tofu "Omelet," FIXATE Cauliflower Tacos, FIXATE Tahini Dressing, FIXATE Dill Cucumber Salad, and FIXATE Quinoa Tabouli Bowl (if desired).
*	Make other meals easy to put together quickly by cooking any vegetables you want to make ahead.
*	Precook some (not all) tofu and tempeh. Make more, as needed, later in the week.

Cook brown or wild rice and quinoa. You may want to make a larger batch than needed and freeze leftovers for a future week.



VEGAN GROCERY LIST PLAN E

VEGETABLES	VEGETABLES CONT.	PROTEINS
Mixed veggies of your choice	Radishes	Organic tofu
Asparagus	Broccoli	Organic silken tofu
Spinach	Zucchini	Organic tempeh
Kale	Zucchini noodles (or zucchini)	Organic tempeh "bacon"
Carrots	Large globe artichoke	Organic edamame, shelled
Shredded carrots	Lettuce (like romaine or Bibb)	Seitan (optional)
Cremini (baby bella) mushrooms	Bok choy	Veggie burgers (≥ 16 g prot carbohydrates per patty) (o
Mushrooms (or use cremini mushrooms)	Eggplant	Canned chickpeas/garban
English hothouse cucumbers	Celery	Canned pinto beans
Cauliflower rice		Canned black beans
Frozen cauliflower	FRUITS	Canned white/cannellini be
Onions	Frozen fruit	Canned refried beans, vege
Red onion	Fresh fruit	Peas (fresh, frozen, or can
Tomatoes	Apples, small	Lentils (dry or vacuum pack
Cherry tomatoes	Raisins	Shakeology
Bell pepper (any color)	Marinara sauce (≤ 5g sugar per serving)	Nutritional yeast

Organic silken tofu	1
Organic tempeh	
Organic tempeh "b	acon"
Organic edamame,	shelled
Seitan (optional)	
Veggie burgers (≥ 1 carbohydrates per	6 g protein and ≤ 15 g patty) (optional)
Canned chickpeas	/garbanzo beans
Canned pinto bean	S
Canned black bear	าร
Canned white/can	nellini beans
Canned refried bea	ans, vegetarian
Peas (fresh, frozer	, or canned)
Lentils (dry or vacu	ıum packed)
Shakeology	
Nutritional yeast	

CARBOHYDRATES
Low-sodium sprouted whole wheat bread (like Ezekiel)
Sweet potatoes
Whole-grain couscous
Quinoa
Brown or wild rice
Corn (fresh, frozen, or canned)
Whole-grain pasta
Whole-grain tortillas (6-inch)
All-purpose flour (or use gluten-free all-purpose flour)
Coconut sugar

HEALTHY FATS
Avocado
Cashews, whole, unsalted
Canned lite coconut milk

SEEDS & DRESSINGS
Olives, medium
Sesame seeds



VEGAN GROCERY LIST PLAN E

OILS & NUT BUTTERS	FREE FOODS	SPECIAL EQUIPMENT
Unsweetened almond milk	Balsamic vinegar	Nonstick cooking spray (or use avocado oil cooking spray)
Almond or cashew butter, all-natural, no sugar added	Apple cider vinegar	Avocado oil cooking spray
Avocado oil	Lemons for fresh lemon juice	Coconut oil cooking spray (or use avocado oil cooking spray)
Extra-virgin olive oil (or use avocado oil)	Green onions	
Extra-virgin organic coconut oil (or use avocado oil)	Fresh cilantro	
Toasted sesame oil	Fresh thyme	
Tahini paste	Fresh dill weed	
	Fresh mint	
	Fresh parsley	
	Shallots	
	Garlie	
	Ground turmeric	
	Ground cumin	
	Ground smoked paprika	
	Ground coriander	
	Bay leaves	
	Curry powder	
	Onion powder	
	Garlic powder	
	Chili powder	
	Sea salt (or Himalayan salt)	
	Ground black pepper	
	Coconut aminos (optional)	
	Dijon mustard	
	Kombu powder (optional)	







		Daily Con	tainer Co	unt (2,500)–2,800 c	alories)	
			Α	В			
10	4	7	3	2	1	1	8 🗪

EXATE Balsamic Mushroom Toast substitute olive oil for ghee), crambled tofu, olive or avocado oil (1 tsp.) Shakeology, frozen fruit, frozen cauliflower, unsweetened almond nilk or coconut milk beverage EXATE Cauliflower Tacos (2 cervings), pinto beans, corn Edamame, quinoa, radishes (½ seren), shredded carrots (½ seren), green onions, sesame oil, coconut aminos (optional)	FIXATE Tofu "Omelet," whole-grain bread (½ slice), tempeh 'bacon' (2 strips), sautéed veggies, avocado oil (2 tsp.) Shakeology, frozen fruit, spinach, almond or cashew butter, water FIXATE Cauliflower Tacos (1 serving), pinto beans, corn, sautéed asparagus (1 Green), olive oil (1 tsp.) Broccoli, edamame, brown or wild rice, olive or sesame oil	FIXATE Balsamic Mushroom Toast (substitute olive oil for ghee), scrambled tofu, olive or avocado oil (1 tsp.) Shakeology, frozen fruit, frozen cauliflower, unsweetened almond milk or coconut milk beverage FIXATE Quinoa Tabouli Bowl (substitute tempeh or crumbled veggie burger for chicken), spinach and/or kale, olive oil, lemon juice Edamame, quinoa, radishes (1/2	FIXATE Tofu "Omelet," whole-grain bread (½ slice), tempeh 'bacon' (2 strips), sautéed veggies, avocado oil (2 tsp.) Shakeology, frozen fruit, spinach, almond or cashew butter, water FIXATE Quinoa Tabouli Bowl (substitute tempeh or crumbled veggie burger for chicken), spinach and/or kale, olive oil, lemon juice	FIXATE Balsamic Mushroom Toast (substitute olive oil for ghee), scrambled tofu, olive oil (1 tsp.) Shakeology, frozen fruit, frozen cauliflower, unsweetened almond milk or coconut milk beverage Bell pepper, cherry tomatoes, black beans, quinoa, olive oil (2 tsp.)	FIXATE Sweet Potato Toast, mashed chickpeas, asparagus, olive oil Shakeology, frozen fruit, spinach, almond or cashew butter, water Bell pepper, cherry tomatoes, black beans, quinoa, olive oil (2 tsp.)	
cauliflower, unsweetened almond milk or coconut milk beverage EIXATE Cauliflower Tacos (2 servings), pinto beans, corn Edamame, quinoa, radishes (1/2 servings), shredded carrots (1/2 servings), green onions, sesame oil,	FIXATE Cauliflower Tacos (1 serving), pinto beans, corn, sautéed asparagus (1 Green), olive oil (1 tsp.) Broccoli, edamame, brown or wild	cauliflower, unsweetened almond milk or coconut milk beverage FIXATE Quinoa Tabouli Bowl (substitute tempeh or crumbled veggie burger for chicken), spinach and/or kale, olive oil, lemon juice	almond or cashew butter, water FIXATE Quinoa Tabouli Bowl (substitute tempeh or crumbled veggie burger for chicken), spinach and/or kale, olive oil,	cauliflower, unsweetened almond milk or coconut milk beverage Bell pepper, cherry tomatoes, black beans, quinoa, olive oil	almond or cashew butter, water Bell pepper, cherry tomatoes, black beans, quinoa, olive oil	Sautéed mushrooms, spinach, peas, brown or wild rice, olive
Edamame, quinoa, radishes (1/2 Treen), shredded carrots (1/2 Treen), green onions, sesame oil,	serving), pinto beans, corn, sautéed asparagus (1 Green), olive oil (1 tsp.) Broccoli, edamame, brown or wild	(substitute tempeh or crumbled veggie burger for chicken), spinach and/or kale, olive oil, lemon juice	(substitute tempeh or crumbled veggie burger for chicken), spinach and/or kale, olive oil,	black beans, quinoa, olive oil	black beans, quinoa, olive oil	peas, brown or wild rice, olive
Green), shredded carrots (½ Green), green onions, sesame oil,		Edamame quinoa radishes (1/2				On (2 top.)
		Green), shredded carrots (½ Green), green onions, sesame oil, coconut aminos (optional)	Sautéed zucchini, corn, pinto beans, avocado oil	Spinach and/or kale, chickpeas, barley or quinoa, olive oil, balsamic vinegar	FIXATE Steamed Artichoke (½ serving), white beans, corn, olive oil (½ tsp.)	Sautéed zucchini, corn, pinto beans, olive oil
FIXATE Dill Cucumber Salad (omit noney), spinach, whole-grain pasta, white beans, avocado, apple	FIXATE Dill Cucumber Salad (omit honey), spinach, whole-grain pasta, white beans, avocado, apple	Sweet potato, black beans, onion (1 Green), bell pepper (1 Green), avocado, fruit	Whole-grain tortilla, refried beans, onion (1 Green), bell pepper (1 Green), avocado, fruit	Whole-grain tortilla, refried beans, onion (1 Green), bell pepper (1 Green), avocado, fruit	FIXATE Curried "Chicken" with Couscous (substitute tofu, tempeh, or seitan for chicken), cashews (4), broccoli (2 Green), fruit (½ Purple)	FIXATE Curried "Chicken" with Couscous (substitute tofu, tempeh, or seitan for chicken), cashews (4), broccoli (2 Green), fruit (½ Purple)
centils, kale (1 Green), cherry omatoes (1 Green), barley or corn, FIXATE Tahini Dressing, apple	Lentils, kale (1 Green), cherry tomatoes (1 Green), barley or corn, FIXATE Tahini Dressing, apple	Tofu, FIXATE Tahini Dressing, broccoli (2 Green), brown or wild rice, fruit	Tofu, FIXATE Tahini Dressing, broccoli (2 Green), brown or wild rice, fruit	Eggplant (2 Green), tofu (or tempeh), sesame seeds, brown or wild rice, fruit	Bok choy (2 Green), edamame, sesame seeds, brown or wild rice, fruit	Eggplant (2 Green), tofu (or tempeh), sesame seeds, brown owild rice, fruit
Spinach, chickpeas, apple, olive oil (2 tsp.), balsamic vinegar	Zucchini noodles, marinara sauce, crumbled tempeh, olive oil (2 tsp.)	Spinach, chickpeas, apple, olive oil (2 tsp.), balsamic vinegar	FIXATE Vegan Tuna Salad, edamame (½ Red), large lettuce leaf (or collard leaf), apple, almond or cashew butter	Zucchini noodles, marinara sauce, crumbled tempeh, olive oil (2 tsp.)	FIXATE Vegan Tuna Salad, edamame (½ Red), large lettuce leaf (or collard leaf), apple, almond or cashew butter	FIXATE Steamed Artichoke (½), white beans, olive oil (1½ tsp.), fruit
Meal 4: Eat raw as a salad or auté in sesame oil. Meal 5: Combine FIXATE Dill Cucumber Salad with pasta, peans, and avocado to make a pasta salad; apple can be chopped and added to salad or paten separately. Meal 6: Dressing is from FIXATE entil Falafel Bowl.	Meal 7: Cook tempeh in olive oil then add marinara sauce; serve over zucchini noodles.	Meal 4: Eat raw as a salad or sauté in sesame oil. Meal 5: Sauté cubed sweet potato, onion, and bell pepper with avocado oil spray; add beans and heat; top with avocado. Meal 6: Press and dry tofu with paper towels, cut into cubes and marinate in FIXATE Tahini Dressing; bake at 375° F for 30 minutes, turning once.	Meal 5: Sauté onion and pepper with avocado oil spray. Meal 6: Press and dry tofu with paper towels, cut into cubes and marinate in FIXATE Tahini Dressing; bake at 375° F for 30 minutes, turning once.	Meal 3: Cut pepper in half lengthwise, remove seeds, brush with olive oil. Combine chopped tomato, beans, and quinoa, bake 40 minutes at 375° F; OR combine all ingredients, toss with olive oil and fresh lime juice to make a salad. Meal 5: Sauté onion and pepper with avocado oil spray. Meal 6: Cook eggplant using olive oil spray.	Meal 4: Substitute olive oil for ghee in recipe. Meal 5: Broccoli and cashews can be added to FIXATE recipe in step 6, or eaten separately. Meal 6: Sauté bok choy using avocado oil spray.	Meal 5: Store remaining FIXATE Curried "Chicken" with Couscous refrigerated in an airtight container for up to 4 days, or freeze for up to 3 months. Meal 6: Cook eggplant using avocado oil spray. Meal 7: Substitute olive oil for ghee in recipe.
on properties of the propertie	matoes (1 Green), barley com, FIXATE Tahini Dressing, ple iinach, chickpeas, apple, olive (2 tsp.), balsamic vinegar eal 4: Eat raw as a salad or uté in sesame oil. eal 5: Combine FIXATE Dill icumber Salad with pasta, ans, and avocado to make pasta salad; apple can be opped and added to salad or ten separately. eal 6: Dressing is from FIXATE	tomatoes (1 Green), barley corn, FIXATE Tahini Dressing, apple or corn, FIXATE Tahini Dressing,	tomatoes (1 Green), barley corn, FIXATE Tahini Dressing, ple tomatoes (1 Green), barley or corn, FIXATE Tahini Dressing, apple tomatoes (1 Green), barley or corn, FIXATE Tahini Dressing, apple Zucchini noodles, marinara sauce, crumbled tempeh, olive oil (2 tsp.) Zucchini noodles, marinara sauce, crumbled tempeh, olive oil (2 tsp.), balsamic vinegar Meal 4: Eat raw as a salad or uté in sesame oil. Beal 5: Combine FIXATE Dill icumber Salad with pasta, ans, and avocado to make opped and added to salad or ten separately. Beal 6: Dressing is from FIXATE intil Falafel Bowl. Tomatoes (1 Green), barley or wild rice, fruit Meal 7: Cook tempeh in olive oil then add marinara sauce; serve over zucchini noodles. Meal 4: Eat raw as a salad or sauté in sesame oil. Meal 5: Sauté cubed sweet potato, onion, and bell pepper with avocado oil spray; add beans and heat; top with avocado. Meal 6: Press and dry tofu with paper towels, cut into cubes and marinate in FIXATE Tahini Dressing; bake at 375° F for 30	tomatoes (1 Green), barley corn, FIXATE Tahini Dressing, ple tomatoes (1 Green), barley or corn, FIXATE Tahini Dressing, apple tomatoes (1 Green), barley or corn, FIXATE Tahini Dressing, apple tomatoes (1 Green), barley or corn, FIXATE Tahini Dressing, apple tomatoes (1 Green), barley or corn, FIXATE Tahini Dressing, apple broccoli (2 Green), brown or wild rice, fruit broccoli (2 Green), brown or wild rice, fruit	matoes (1 Green), barley corn, FIXATE Tahini Dressing, ple tomatoes (1 Green), barley or corn, FIXATE Tahini Dressing, apple tomatoes (1 Green), barley or corn, FIXATE Tahini Dressing, apple tomatoes (1 Green), barley or corn, FIXATE Tahini Dressing, apple tomatoes (1 Green), barley or corn, FIXATE Tahini Dressing, apple tomatoes (1 Green), barley or corn, FIXATE Tahini Dressing, apple tomatoes (1 Green), barley or corn, FIXATE Tahini Dressing, apple tomatoes (1 Green), barley or corn, FIXATE Tahini Dressing, apple tomatoes (1 Green), barley or corn, FIXATE Tahini Dressing, apple or corn, FIXATE Tahini Dressing, apple or corn, FIXATE Tahini Dressing, apple tomatoes (1 Green), barley or corn, FIXATE Tahini Dressing, apple or corn, FIXATE Tahini Dressing, apple or corn, FIXATE Tahini Dressing, apple tomatoes (1 Green), barley or corn, FIXATE Tahini Dressing, apple or corn FIXATE Tahini Dressing, apple	tomatoes (1



Follow these meal-prep tips to help make cooking for the week go smoothly:

*	Make sure you're stocked up with Shakeology and any Shakeology Boosts you like to use.
* *	Check your fridge, pantry, and freezer for any items on the grocery list you already have and cross them off.
*	Choose which fruits you want to eat this week as snacks, with meals, or in smoothies and make a note on your grocery list.
*	Pre-wash and chop all veggies and fruit. (Except berries, wash and cut those just before serving.)
*	Get a head start on meals for the week by prepping mushrooms for the FIXATE Balsamic Mushroom Toast, FIXATE Tofu "Omelet," FIXATE Cauliflower Tacos, FIXATE Tahini Dressing, FIXATE Dill Cucumber Salad, and FIXATE Quinoa Tabouli Bowl (if desired).
-%-	Make other meals easy to put together quickly by cooking any vegetables you want to make ahead.
*	Precook some (not all) tofu and tempeh. Make more, as needed, later in the week.

Cook brown or wild rice, quinoa, and barley (if using). You may want to make a larger batch than needed and freeze leftovers for a future week.



VEGAN GROCERY LIST PLAN F

VEGETABLES	VEGETABLES CONT.	PROTEINS
Mixed veggies of your choice	Radishes	Organic tofu
Asparagus	Broccoli	Organic silken tofu
Spinach	Zucchini	Organic tempeh
Kale	Zucchini noodles (or zucchini)	Organic tempeh "bacon"
Carrots	Large globe artichoke	Organic edamame, shelle
Shredded carrots	Lettuce (like romaine or Bibb)	Seitan (optional)
Cremini (baby bella) mushrooms	Bok choy	Veggie burgers (≥ 16 g pro carbohydrates per patty)
Mushrooms (or use cremini mushrooms)	Eggplant	Canned chickpeas/garba
English hothouse cucumbers	Celery	Canned pinto beans
Cauliflower rice		Canned black beans
Frozen cauliflower	FRUITS	Canned white/cannellini
Onions	Frozen fruit	Canned refried beans, ve
Red onion	Fresh fruit	Peas (fresh, frozen, or ca
Tomatoes	Apples, small	Lentils (dry or vacuum pa
Cherry tomatoes	Raisins	Shakeology
Bell pepper (any color)	Marinara sauce (≤ 5g sugar per serving)	Nutritional yeast

PRUIEINS
Organic tofu
Organic silken tofu
Organic tempeh
Organic tempeh "bacon"
Organic edamame, shelled
Seitan (optional)
Veggie burgers (≥ 16 g protein and ≤ 15 g carbohydrates per patty) (optional)
Canned chickpeas/garbanzo beans
Canned pinto beans
Canned black beans
Canned white/cannellini beans
Canned refried beans, vegetarian
Peas (fresh, frozen, or canned)
Lentils (dry or vacuum packed)
Shakeology
Nutritional yeast

CARBOHYDRATES
Low-sodium sprouted whole wheat bread (like Ezekiel)
Sweet potatoes
Whole-grain couscous
Quinoa
Brown or wild rice
Corn (fresh, frozen, or canned)
Whole-grain pasta
Whole-grain tortillas (6-inch)
All-purpose flour (or use gluten-free all-purpose flour)
Coconut sugar
Barley (optional)

HEALTHY FATS
Avocado
Cashews, whole, unsalted
Canned lite coconut milk

SEEDS & DRESSINGS
Olives, medium
Sesame seeds



VEGAN GROCERY LIST PLAN F

OILS & NUT BUTTERS	FREE FOODS	SPECIAL EQUIPMENT
Unsweetened almond milk	Balsamic vinegar	Nonstick cooking spray (or use avocado oil cooking spray)
Almond or cashew butter, all-natural, no sugar added	Apple cider vinegar	Avocado oil cooking spray
Avocado oil	Lemons for fresh lemon juice	Coconut oil cooking spray (or use avocado oil cooking spray)
Extra-virgin olive oil (or use avocado oil)	Green onions	
Extra-virgin organic coconut oil (or use avocado oil)	Fresh cilantro	
Toasted sesame oil	Fresh thyme	
Tahini paste	Fresh dill weed	
	Fresh mint	
	Fresh parsley	
	Shallots	
	Garlie	
	Ground turmeric	
	Ground cumin	
	Ground smoked paprika	
	Ground coriander	
	Bay leaves	
	Curry powder	
	Onion powder	
	Garlic powder	
	Chili powder	
	Sea salt (or Himalayan salt)	
	Ground black pepper	
	Coconut aminos (optional)	
	Dijon mustard	
	Kombu powder (optional)	