
























Daily Container Count (1,200–1,499 calories)							
			A	B			
6	2	4	1	1	1	1	3 

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 help you get results. To learn more about the portion-control container 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 	FIXATE Sweet Potato Hash, scrambled tofu, spinach or kale (½  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 1  1 	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 1  1  1 	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 1  1 	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 1  1 	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 1  1  1  1 	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 1  1 	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.	



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VEGAN 7-DAY MEAL PLAN A

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.

Daily Container Count (1,500–1,799 calories)							
			A	B			
6	2	5	2	1	1	1	4 

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 help you get results. To learn more about the portion-control container 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 	FIXATE Sweet Potato Hash, scrambled tofu, spinach or kale (½  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 1  1  1 	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 	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 1  1  1 	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 	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 1  1  1  1 	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 1  1 	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.	



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VEGAN 7-DAY MEAL PLAN B

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.

			A	B			
7	3	6	2	1	1	1	5 

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 help you get results. To learn more about the portion-control container 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 	FIXATE Sweet Potato Hash, scrambled tofu, spinach or kale (½  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 1  1  1 	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  1 	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 	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  1 	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 2  1  1  1 	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 1  1  1 	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.	



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VEGAN 7-DAY MEAL PLAN C

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.

			A	B			
8	3	6	2	2	1	1	6 

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MEALS	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
MEAL 1 1  1  1  1 	FIXATE Sweet Potato Hash, scrambled tofu, spinach or kale (½  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 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  1 	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  1 	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 1  1  1  1  1 	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 	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 1  1  1 	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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VEGAN 7-DAY MEAL PLAN D

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.

			A	B			
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 help you get results. To learn more about the portion-control container 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 	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 	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 almond milk
MEAL 3 2  1  1  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, avocado oil (2 tsp.)
MEAL 4 1  1  1  1 	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 	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 (½  Purple)
MEAL 6 2  1  1  1  1 	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 1  1  1 	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.



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VEGAN 7-DAY MEAL PLAN E

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.

VEGETABLES
Mixed veggies of your choice
Asparagus
Spinach
Kale
Carrots
Shredded carrots
Cremini (baby bella) mushrooms
Mushrooms (or use cremini mushrooms)
English hothouse cucumbers
Cauliflower rice
Frozen cauliflower
Onions
Red onion
Tomatoes
Cherry tomatoes
Bell pepper (any color)


VEGETABLES CONT.
Radishes
Broccoli
Zucchini
Zucchini noodles (or zucchini)
Large globe artichoke
Lettuce (like romaine or Bibb)
Bok choy
Eggplant
Celery
FRUITS
Frozen fruit
Fresh fruit
Apples, small
Raisins
Marinara sauce (≤ 5g sugar per serving)

PROTEINS
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

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

SEEDS & DRESSINGS
Olives, medium
Sesame seeds

			A	B			
10	4	7	3	2	1	1	8 

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 help you get results. To learn more about the portion-control container system visit PortionFix.com

MEALS	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
MEAL 1 1  1  1  2 	FIXATE Balsamic Mushroom Toast (substitute olive oil for ghee), scrambled tofu, olive or avocado oil (1 tsp.)	FIXATE Tofu “Omelet,” whole-grain bread (½ slice), tempeh ‘bacon’ (2 strips), sautéed veggies, avocado oil (2 tsp.)	FIXATE Balsamic Mushroom Toast (substitute olive oil for ghee), scrambled tofu, olive or avocado oil (1 tsp.)	FIXATE Tofu “Omelet,” whole-grain bread (½ slice), tempeh ‘bacon’ (2 strips), sautéed veggies, avocado oil (2 tsp.)	FIXATE Balsamic Mushroom Toast (substitute olive oil for ghee), scrambled tofu, olive oil (1 tsp.)	FIXATE Sweet Potato Toast, mashed chickpeas, asparagus, olive oil	FIXATE Sweet Potato Toast, mashed chickpeas, sautéed spinach, olive oil
MEAL 2 1  1  1  1 	Shakeology, frozen fruit, frozen cauliflower, unsweetened almond milk or coconut milk beverage	Shakeology, frozen fruit, spinach, almond or cashew butter, water	Shakeology, frozen fruit, frozen cauliflower, unsweetened almond milk or coconut milk beverage	Shakeology, frozen fruit, spinach, almond or cashew butter, water	Shakeology, frozen fruit, frozen cauliflower, unsweetened almond milk or coconut milk beverage	Shakeology, frozen fruit, spinach, almond or cashew butter, water	Shakeology, frozen fruit, frozen cauliflower, unsweetened almond milk or coconut milk beverage
MEAL 3 2  1  1  2 	FIXATE Cauliflower Tacos (2 servings), pinto beans, corn	FIXATE Cauliflower Tacos (1 serving), pinto beans, corn, sautéed asparagus (1  Green), olive oil (1 tsp.)	FIXATE Quinoa Tabouli Bowl (substitute tempeh or crumbled veggie burger for chicken), spinach and/or kale, olive oil, lemon juice	FIXATE Quinoa Tabouli Bowl (substitute tempeh or crumbled veggie burger for chicken), spinach and/or kale, olive oil, lemon juice	Bell pepper, cherry tomatoes, black beans, quinoa, olive oil (2 tsp.)	Bell pepper, cherry tomatoes, black beans, quinoa, olive oil (2 tsp.)	Sautéed mushrooms, spinach, peas, brown or wild rice, olive oil (2 tsp.)
MEAL 4 1  1  1  1 	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, 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
MEAL 5 2  1  1  1  1 	FIXATE Dill Cucumber Salad (omit honey), 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)
MEAL 6 2  1  1  1  1 	Lentils, kale (1  Green), cherry tomatoes (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 or wild rice, fruit
MEAL 7 1  1  1  2 	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
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: 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 7: Cook tempeh in olive oil then add marinara sauce; serve over zucchini noodles.	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.



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VEGAN 7-DAY MEAL PLAN F

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.

VEGETABLES
Mixed veggies of your choice
Asparagus
Spinach
Kale
Carrots
Shredded carrots
Cremini (baby bella) mushrooms
Mushrooms (or use cremini mushrooms)
English hothouse cucumbers
Cauliflower rice
Frozen cauliflower
Onions
Red onion
Tomatoes
Cherry tomatoes
Bell pepper (any color)

VEGETABLES CONT.
Radishes
Broccoli
Zucchini
Zucchini noodles (or zucchini)
Large globe artichoke
Lettuce (like romaine or Bibb)
Bok choy
Eggplant
Celery
FRUITS
Frozen fruit
Fresh fruit
Apples, small
Raisins
Marinara sauce (≤ 5g sugar per serving)

PROTEINS
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

