

# YOU CAN DROP IT!

HOW I DROPPED 100 POUNDS  
ENJOYING CARBS, COCKTAILS &  
CHOCOLATE—AND YOU CAN TOO!

ILANA MUHLSTEIN, M.S., R.D.N.

# FOREWORD

By LISA LILLIEN, AKA HUNGRY GIRL

**I**F YOU LIKE to eat, this book is great for you. And that means a lot coming from *me*—because my nickname is Hungry Girl and food is my passion! I’ve pretty much devoted my life to helping others make better eating choices—scouring shelves for smart swaps and sharing them with the masses in my daily emails, Hungry Girl books, magazine, podcast and on social media.

My followers live happier and healthier lives following my tips, tricks and recipes, which help them survive any and every eating situation, even in the hungriest of times. I hear from them a lot, and if there’s one thing I’ve learned, it’s that weight loss is nearly impossible to achieve if you don’t have the right motivation. That’s why I’m so grateful you’re holding *You Can Drop It!*

My friend Ilana Muhlstein, M.S., R.D.N., will help you take off weight and *keep* it off thanks to a mindset that’s proven to work. She has personally helped thousands of men and women lose 10, 20, 30, even 100+ pounds on her plan, the 2B Mindset. She’s living proof that it works, having lost 100 pounds herself using the same techniques. *And she looks amazing!*

In *You Can Drop It!*, she shares the secrets of how her methods can change your body, and your life, revealing the physical and mental

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benefits that come with rethinking your relationship with food. And her Core Four principles are so easy to remember: Water First, Veggies Most, Use the Scale, and Track Your Progress. They're always there for you—every time!

Ilana's results are super impressive. And so is she! It's funny how much we have in common. We're both opinionated women from New York, and not afraid to be loud and proud. We both grew up overweight—her obese, me a little chubby. Our moms were both yo-yo dieters. In our homes as kids, food was not just for sustenance or pleasure; it was a topic of conversation, always. We lived through the weight-loss crazes of the '80s and '90s, for better or worse: grapefruit-only diets, cabbage soup diets, the Beverly Hills Diet (eat only fruit for 10 days). I remember thinking as a kid, "If you're on a diet, you're eating nothing that's bad for you. If you're off a diet, you can eat everything all the time." It was all or nothing. Black or white.

Years later, I realized that is not the way to live life and definitely not the best way to achieve your weight goals. That's when everything changed for me. I launched *Hungry Girl* in 2004 to help people make smart food choices and give them real-world eating solutions, strategies and easy recipes. To me, there's nothing more fun than getting in the kitchen (like a mad scientist!) and recreating something—replicating flavors by swapping out ingredients that are not so good for us with healthier ones. And of course, making everything taste delicious! I've been called a "foodologist," not because I have a fancy degree, but because I'm super into enjoying and appreciating food.

What I love about Ilana is that, in addition to her impressive degrees (plural!), she's a typical woman facing the same food issues most of us deal with every day, just like me. In *You Can Drop It!*, she'll be brutally honest about the struggles she went through when she was obese, what she learned in her years of study, and how she maintains her incredible

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weight loss today. The 2B Mindset is rooted in the soundest of nutritional intelligence, but it also comes from a place of truth.

After reading it, you'll be more honest with yourself, and this is a good thing. Ilana knows you're going to want that cinnamon bun. She knows you'll want to go crazy at that wedding buffet. She knows you might feel shame. And she makes that all okay with a plan that untangles your emotions about food and makes you feel clear, calm and cool about eating. This thinking has helped her private clients, and those who've signed up for the 2B Mindset online, be who they've always wanted to be. Now it's your turn. So grab your fork and dive in!

Enjoy the journey, and as I always say... Chew the right thing!

LISA LILLIEN

*Founder, Hungry-Girl.com*

## Truth and Consequences

To truly understand how you feel about your body, make a list of the consequences of being—and staying—exactly where you are now. Here's an example:

*I have no energy and no confidence. I'm ashamed in the bedroom, I am self-conscious at restaurants, I crop myself out of every picture, have no clothes to wear, my back is hurting, I'm sweating more, breathing heavier, just all-over negative. The me inside feels different than the me outside.*

Now do yours, here or in a journal:

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Reread what you wrote. What is the most uncomfortable aspect of where you are now? What do you want to work on with the 2B Mindset?

Now write a paragraph from a future you—the you six months from now. How does she or he feel?

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Whatever you put there is possible if you come to this with an open mind. An open mind is a changeable mind.

**2B MINDSET**

**KITCHEN  
GUIDE**

## Your **2B** Mindset *Kitchen Guide*

When your kitchen is stocked with simple tools and ingredients it can be easy to whip up delicious meals. We've listed some go-to items you might consider keeping on hand.

### *Veggies*

#### **Meal Bases** (fresh & frozen)

- Broccoli
- Brussels sprouts
- Cauliflower/cauliflower rice
- Mushrooms
- Onions
- Pre-washed salad mixes
- Slaw mixes
- Spaghetti squash
- Spinach
- Stir-fry mixes
- String beans
- Zucchini

### *FFCs*

- Breads, whole-grain  
(keep frozen, it lasts longer)
- Frozen fruit  
(great for smoothies)
- Tortilla  
(whole grain)
- Waffles  
(whole grain)
- Whole fruit



# Fridge & Freezer

## Veggies

### Low-Maintenance, Grab 'n' Go

Baby carrots  
Baby peppers  
Broccoli florets  
Cauliflower florets  
Celery sticks  
Cherry tomatoes  
Cucumbers

## Proteins

### No-Cook, Grab 'n' Go

Cottage cheese  
(1-2%)  
Deli-cut slices, nitrite-free  
(chicken, ham, roast beef,  
turkey, etc.)  
Edamame  
(organic)  
Frozen pre-cooked shrimp  
(defrosts in minutes!)  
Greek yogurt  
(plain, 0-2%)  
Low-fat cheese  
(cheese wedges, deli-cut  
slices, string cheese, etc.)  
Pre-cooked grilled chicken  
or turkey  
Ricotta cheese  
(part skim)  
Shrimp cocktail

### Quick-Cook

Eggs/egg whites  
Fresh or frozen fish fillets  
(salmon, tilapia, tuna, etc.)  
Fresh or frozen lean meats  
(chicken, ground beef, turkey)  
Frozen high-protein burgers  
(chicken, lean ground beef,  
tuna, turkey, veggie, etc.)  
Hard-boiled eggs  
Tofu  
(organic, extra-firm)

## Freebie Accessories & Beverages

Herbs  
(fresh or frozen:  
basil, cilantro, dill,  
garlic, ginger, mint,  
parsley, etc.)  
Hot sauce  
Iced coffee  
(unsweetened)  
Iced tea  
(unsweetened)  
Lemon or lime juice  
Low-sodium broth  
(chicken, veggie, etc.)  
Mustard  
Salsa  
Sparkling water  
Water

### All Other Accessories

Almond milk  
(unsweetened)  
All-natural nut butters  
(almond, peanut, etc.)  
Full-fat cheese  
(feta, goat cheese, etc.)  
Guacamole  
Marinades  
Salad dressings  
Shredded cheese  
(keep frozen, lasts longer)  
Soy sauce  
(reduced sodium)



# PANTRY

## VEGGIES

Canned or jarred varieties of:

ARTICHOKES

BEETS

CARROTS

HEARTS OF PALM

PICKLES

SHAKEOLOGY BOOST: *POWER GREENS\**

## PROTEINS

BEACHBAR

CHICKEN

DAILY SUNSHINE\*

SALMON

SHAKEOLOGY\*

TUNA

## FFCS

BRAN CEREAL (low-sugar)

BROWN RICE

CANNED BEANS  
(black, chickpeas, kidney, pinto, etc.)

OATS

QUINOA

WHOLE-GRAIN CRACKERS

## ***FREEBIE ACCESSORIES and BEVERAGES***

ALL-NATURAL EXTRACTS

ALOE VERA

BEVERAGES AND WATER BOOSTERS

COFFEE, BLACK, UNSWEETENED

COOKING SPRAY

DRIED HERBS/SEASONING BLENDS  
(garlic, onion, parsley, thyme, etc.)

DRIED SPICES  
(cinnamon, cumin, paprika, pepper,  
turmeric, etc.)

STEVIA (PACKETS OR LIQUIDS)

TEA, UNSWEETENED

VINEGARS, UNSWEETENED  
(apple cider, balsamic,  
red wine, rice wine, white, etc.)

WATER ENHANCERS (all-natural flavors)

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## ***ALL OTHER ACCESSORIES***

DRIED FRUIT  
(cherries, cranberries, raisins, etc.)

MARINADES

NUTS, WHOLE AND CHOPPED

OILS  
(avocado, grapeseed, olive,  
toasted sesame, etc.)

POWDERED PEANUT BUTTER

SALT

SEEDS (chia, flax, etc.)

SHAKEOLOGY BOOST:  
*DIGESTIVE HEALTH, FOCUSED ENERGY\**

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

# KITCHEN

## TOOLS

### Recommended:

1 or 2 GOOD KNIVES  
A FEW POTS AND PANS  
CUTTING BOARD  
BAKING SHEETS  
MIXING BOWLS  
(small and large)  
VEGGIE PEELER  
PARCHMENT PAPER  
OR TINFOIL  
PLASTIC WRAP  
FOOD STORAGE BAGS  
FOOD STORAGE CONTAINERS  
OVEN MITTS  
SHAKER CUP  
SPATULA

### Nice to have:

COMPLETE KNIFE SET  
GRILL PAN  
FULL COOKWARE SET  
MANDOLINE  
RUBBER SPATULAS  
SLOW COOKER (CROCK POT)  
FULL-SIZE BLENDER  
FOOD PROCESSOR  
SPIRALIZER  
TONGS

**2B MINDSET**

**FOOD LISTS**

# FOOD LISTS



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

## Veggies

**PURPOSE:** To make you full! We always want veggies to be our first bite, and they should make up most of our lunch and dinner plates!

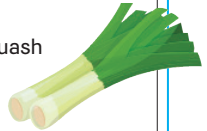
- Artichokes
- Arugula
- Asparagus
- Beet greens
- Beets
- Bok choy
- Broccoli
- Broccolini
- Broccoli slaw
- Brussels sprouts
- Butterhead lettuce
- Button mushrooms
- Cabbage (all varieties)
- Cactus
- Carrots (all varieties)
- Cauliflower/ cauliflower rice
- Celery
- Celery root
- Chanterelle mushrooms
- Chayote
- Chinese cabbage
- Collard greens
- Cremini mushrooms
- Cucumbers (all varieties)
- Dandelion greens
- Eggplant



- Endive
- Enoki mushrooms
- Fennel
- Green beans
- Green bell pepper
- Hearts of palm
- Jerusalem artichoke
- Jicama
- Kale
- Kohlrabi
- Leek
- Mesclun
- Morel mushrooms
- Mustard greens
- Napa cabbage
- Okra
- Onions (all varieties)
- Orange bell pepper
- Oyster mushrooms
-  Pickled and fermented veggies (kimchi, sauerkraut, etc.)
-  Pickles
- Porcini mushrooms
- Portobello mushrooms
- Radicchio
- Radishes/daikon



- Rainbow chard
- Rapini (broccoli rabe)
- Red bell pepper
- Rhubarb
- Romaine lettuce
- Seaweed, raw
- Shakeology Boost: Power Greens\*
- Shallots
- Shiitake mushrooms
- Snow peas
- Spaghetti squash
- Spinach
- Sprouts
- String beans
- Sugar snap peas
- Summer squash
- Swiss chard
- Tomatillos
- Tomatoes (all varieties)
- Turnip
- Turnip greens
- Water chestnuts
- Watercress
- Yellow bell pepper
- Yellow squash
- Zucchini



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

# PROTEINS

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

## EGGS AND DAIRY

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



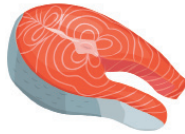
## CHICKEN AND TURKEY

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



## BEEF AND PORK

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



## SEAFOOD

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

## shakeology\*

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

## DAILY SUNSHINE\*

- Chocolate
- Strawberry Banana

## BEACHBAR

- Chocolate Cherry Almond
- Peanut Butter Chocolate
- Plant-Based Chocolate Almond Crunch

## PLANT-BASED PROTEIN

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



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

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

# CARBOHYDRATES / FFCs

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

## STARCHY VEGGIES

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



## BEANS AND LEGUMES

 Be mindful of sodium if using canned varieties

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

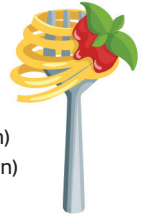
## FRUITS

- Apples
- Banana
- Blackberries
- Blueberries
- Cantaloupe
- Grapefruit
- Grapes
- Honeydew melon
- Kiwifruit
- Mango
- Orange
- Peach
- Pear
- Pineapple
- Plum
- Raspberries
- Strawberries
- Watermelon



## WHOLE GRAINS

- Barley
- Bran cereal\* (low-sugar)
- Bread\* (whole-grain)
- Crackers\* (whole-grain)
- English muffin\* (whole-grain)
- Oats (plain steel-cut, rolled, or instant with low- or no-added sugar)
- Pasta\* (whole-grain)
- Pita bread\* (whole-grain)
- Popcorn (with 0 g trans fats)
- Quinoa
- Sandwich slim\* (whole-grain)
- Tortilla\* (whole-grain)
- Waffles\* (whole-grain)
- Wheat farina



## \*CHECKLIST FOR BUYING FFCs:

- ➔ Choose ones you won't overeat
- ➔ The serving size is easy to track
- ➔ It's 150 calories or less
- ➔ There's at least 1 g fiber for every 10 g total carbs (but the more fiber, the better!)
- ➔ Pick ones with the same, if not more, fiber grams than sugar grams
- ➔ Pick ones without any trans fats (i.e., partially hydrogenated oil)

# “SILLY” CARBS & TREATS

## THESE ARE FOODS THAT:

- Are more indulgent
- Are harder to control
- Have little to no fiber, contain more grams of sugar and/or fat than fiber

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

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



**Tips** If you have it, track it. You’ll be surprised that a sweet or treat on occasion won’t cause such a big weight gain. So savor it, enjoy it and own it by writing it down in your tracker and going on the scale the next day. You will start to learn what is most worth it to you.

It’s usually easier to enjoy it and track it later when it’s something you can measure or remember, like 1 cookie or square of chocolate versus “handfuls of chips,” which can leave you questioning what may have caused the scale to go up.



# ACCESSORIES

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

**GUIDELINES WHEN ENJOYING ACCESSORIES:** Pick 1 or 2 per meal that you enjoy most. Start with less. If you want more, you can always add a little bit more later. And make sure to quantify them somehow so you can track them later. Whether you use a tablespoon or bottle cap, or compare them to a golf ball, you just want to keep your eye on them so you can track them.



## FATS

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



## SUGARS

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



## CONDIMENTS, DRESSINGS, SAUCES, AND MARINADES

🍷 Be mindful of sodium in all of these items

- Alfredo sauce
- Barbecue sauce
- Ketchup (without high-fructose corn syrup)
- Marinara sauce
- Mayonnaise (light or low-fat)
- Powdered peanut butter
- Salad dressings, all varieties (blue cheese, Italian, ranch, etc.)
- Sour cream (light or reduced-fat)
- Tomato paste
- Tomato sauce
- Vinaigrettes (balsamic, red wine, etc.)



## BEVERAGES

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

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

## SHAKEOLOGY BOOSTS\*

- Digestive Health
- Focused Energy

## “FREEBIE” ACCESSORIES AND BEVERAGES

You can eat all you want of these accessories!

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



# ACCESSORIES

## CHECKLIST FOR BUYING ACCESSORIES:

Has 0–40 calories per Tbsp. or under 80 calories per 2 Tbsp.

Ideally does not contain salt or sugar in the first two ingredients

Has simple ingredients that don't contain artificial sugars, like sucralose, aspartame, Ace K, and are free of high-fructose corn syrup

### “FREEBIES” CON’T.

- Mustard
- 🥄 Salsa
- 🥄 Seasoning blends (without salt or sugar in the first two ingredients)
- Seltzer water



- 🥄 Soy sauce (reduced-sodium)
- Spices (cinnamon, cumin, pepper, turmeric, etc.)
- Stevia
- Tea, unsweetened
- Vinegar, unsweetened (apple cider, balsamic, red wine, rice wine, white, etc.)
- Water (of course!)



### WATER BOOSTERS

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



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

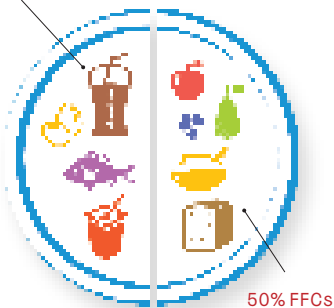
\*All products and flavors may not be available in your market.

# PLATE IT!

**AT THIS POINT,** you've learned about the 2 Bunnies and the purpose of each food group. Now's the fun part when we put it all on a plate and see what you're going to be eating for all your meals. You'll still look at all your breakfasts, lunches and dinners as enjoyable. Plate It! makes them purposeful.

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

50% PROTEIN



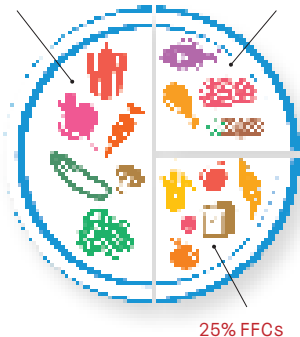
## Breakfast

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

\*Shakeology can be part of a healthy breakfast.

50% VEGGIES

25% PROTEIN



## Lunch

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

**Start with a smaller plate (7" to 9");  
you can always go back for more if you're still hungry!**

### TO RECAP, YOU'LL HAVE:

**Veggies:** Make us full and satisfied

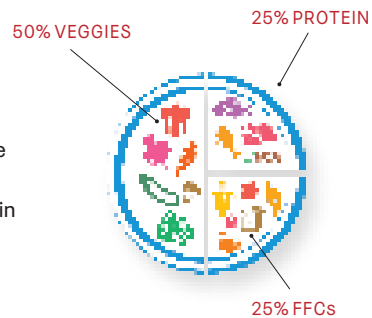
**Proteins:** Keep us full and satisfied

**Fiber-Filled Carbs:** Give us sustained energy and are best for weight loss

**Accessories:** Get us eating more veggies and make our meals pop with flavor

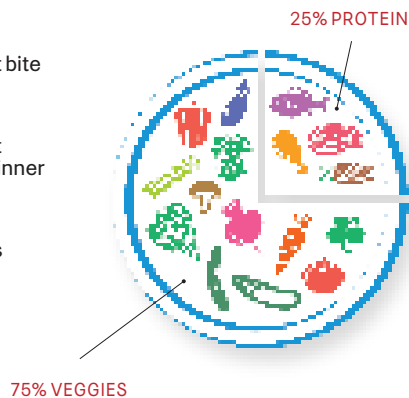
## Snack(tional)

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



## Dinner

- Water First! Aim for 16 fl. oz. before your first bite
- Your plate should be 75% veggies to get full and 25% protein to help stay full
- Most people don't need additional energy at night, so there's no need to have an FFC at dinner
- Accessorize as desired to make your meal more comforting and delicious
- Remember, once you've finished eating, it's "Dinner and Done" and time to move on with your night



# HOW TO READ A NUTRITION LABEL

## Sugary Cereal

Nutrition Facts	
Servings per container about 9	
<b>Serving size</b>	<b>1 cup (32g)</b>
Amount per serving	
<b>Calories</b>	<b>130</b>
<b>Total Fat</b>	<b>1.5 g</b>
Saturated Fat	<b>0 g</b>
Trans Fat	<b>0 g</b>
Polyunsaturated Fat	<b>0.5 g</b>
Monounsaturated Fat	<b>1 g</b>
<b>Cholesterol</b>	<b>0 mg</b>
<b>Sodium</b>	<b>160 mg</b>
<b>Potassium</b>	<b>50 mg</b>
<b>Total Carbohydrate</b>	<b>27 g</b>
Dietary Fiber	<b>1 g</b>
Total Sugars	<b>10 g</b>
Other Carbohydrate	<b>16 g</b>
<b>Protein</b>	<b>1 g</b>
<b>Ingredients:</b> Whole Grain Corn, Sugar, Corn Meal, Corn Syrup, Rice Bran and/or Canola Oil, Salt, Color (vegetable and fruit juice, turmeric extract and annatto extract), Trisodium Phosphate, Natural Flavor, Citric Acid, Malic Acid.	

## Bran Flake Cereal

Nutrition Facts	
About 10 servings per container	
<b>Serving size</b>	<b>1 cup</b>
Amount per serving	
<b>Calories</b>	<b>130</b>
<b>Total Fat</b>	<b>1 g</b>
Saturated Fat	<b>0 g</b>
Trans Fat	<b>0 g</b>
Polyunsaturated Fat	<b>0 g</b>
Monounsaturated Fat	<b>0 g</b>
<b>Cholesterol</b>	<b>0 mg</b>
<b>Sodium</b>	<b>125 mg</b>
<b>Total Carbohydrate</b>	<b>32 g</b>
Dietary Fiber	<b>7 g</b>
Total Sugars	<b>3 g</b>
<b>Protein</b>	<b>5 g</b>
<b>Ingredients:</b> Organic Whole Grain Wheat, Organic Wheat Bran, Organic Cane Sugar, Organic Barley Malt Extract, Sea Salt.	

**SILLY  
CARBS.**  
No  
thanks!

**FFCs!**  
Yum!

## 2B MINDSET FACT



When you look at 400 calories of a high-fat food (something oily like fries or chips) compared to 400 calories of veggies, you can see how much room the veggies take up in your stomach. The high-fat foods take up much less space, leaving you hungry and unsatisfied, which tends to result in you eating more and more.

## The More? Sure! Model



# **4-WEEK SLIM-DOWN PLAN**

Melt Off the Weight in Just One  
Month with this Step-by-Step  
Guide.



## Week 1 Meals

### MINIMUM WATER GOAL

(Your weight in lbs. \_\_\_\_\_ ÷ 2 = \_\_\_\_\_ daily minimum goal in fluid ounces.)

	BREAKFAST	LUNCH	DINNER
<b>Monday</b>	Peanut Butter and Jelly Wonder Whip + an additional ¼ cup grapes	Creamy Chicken Salad + Bacon and Date Cabbage Salad + Whole-grain tortilla wrap *Tip 1	Baked Lemon Cod Packets + Tropical Mango Salad *Tip 4
<b>Tuesday</b>	Peanut Butter and Jelly Wonder Whip + an additional ¼ cup grapes	Spiced Jumbo Burger + Curried Cauliflower Risotto with Greens + ½ whole-grain hamburger bun *Tip 2	Lara's Baked Sesame Salmon + Bacon and Date Cabbage Salad *Tip 5
<b>Wednesday</b>	Peanut Butter and Jelly Wonder Whip + an additional ¼ cup grapes	Creamy Chicken Salad + Bacon and Date Cabbage Salad + Whole-grain tortilla wrap	Spiced Jumbo Burger + Curried Cauliflower Risotto with Greens
<b>Thursday</b>	Peanut Butter and Jelly Wonder Whip + an additional ¼ cup grapes	Spaghetti Squash Hash Browns + Tempeh Bacon + Prepared black bean soup *Tip 3	Lara's Baked Sesame Salmon + Kaitlin's Garlicky Carrots and Cauliflower Rice *Tip 6
<b>Friday</b>	Peanut Butter and Jelly Wonder Whip + an additional ¼ cup grapes	Spaghetti Squash Hash Browns + Tempeh Bacon + Prepared black bean soup	Eggplant Pizzas + lean ground turkey *Tip 7
<b>Saturday</b>	Tempeh Bacon + Whole-grain toast + ¼ Avocado	Spiced Jumbo Burger + Curried Cauliflower Risotto with Greens + ½ whole-grain hamburger bun	Garlic and Thyme Pressure Cooker Chicken + Spicy Peanut Sauce over Zoodles *Tip 8
<b>Sunday</b>	Tempeh Bacon + Whole-grain toast + ¼ Avocado	Garlic and Thyme Pressure Cooker Chicken + Kaitlin's Garlicky Carrots and Cauliflower Rice + cup hummus or ½ cup peas	Eggplant Pizzas + lean ground turkey

## \*TIPS

### LUNCH

- 1. Creamy Chicken Salad**  
+ Bacon and Date Cabbage Salad  
+ Whole-grain tortilla wrap

Double the chicken salad recipe.

Wrap both the chicken salad and cabbage salad into one tortilla or have the chicken salad with the tortilla and enjoy the salad on the side. If you want to add extra lettuce, tomato and/or onion to the tortilla, go ahead!

Remember the tips for buying FFCs.

- 2. Spiced Jumbo Burger**  
+ Curried Cauliflower Risotto with Greens + ½ whole-grain hamburger bun

Freeze four leftover burger patties to use next week. Enjoy two patties fresh today, two for dinner tomorrow and two for lunch on Saturday.

Freeze leftover hamburger buns to use in week four.

Triple the risotto recipe and serve with dinner tomorrow and lunch on Saturday.

- 3. Spaghetti Squash Hash Browns + Tempeh Bacon + Prepared black bean soup**

Cut the hash browns recipe in half

### DINNER

- 4. Baked Lemon Cod Packets**  
+ Tropical Mango Salad

Double the cod recipe and eat both servings for plenty of satisfying protein.

Cut the mango salad recipe in half.

- 5. Lara's Baked Sesame Salmon**  
+ Bacon and Date Cabbage Salad

Double the salmon recipe. Serve the other portion for dinner on Thursday.

Plate two servings of cabbage salad.

- 6. Lara's Baked Sesame Salmon**  
+ Kaitlin's Garlicky Carrots and Cauliflower Rice

Double the cauliflower recipe and serve the other portion with lunch on Sunday.

- 7. Eggplant Pizzas + lean ground turkey**

Cut the pizza recipe in half to make 2 servings. Serve the second portion for dinner on Sunday.

Cook 10 ounces of ground turkey in a separate skillet until no longer pink. Add to the sauce in step 5 of the eggplant recipe.

- 8. Garlic and Thyme Pressure Cooker Chicken + Spicy Peanut Sauce over Zoodles**

Use both servings of zoodles tonight!

Shred the chicken and add to the zoodles.

# GROCERY LIST—WEEK 1

## PRODUCE

2 small apples	1 lb. red grapes
1 medium avocado	4 medium lemons
4 oz. baby mixed greens (spinach, chard and kale)	1 head lettuce
1 bunch fresh basil leaves	1 head romaine lettuce
4 oz. fresh bean sprouts	1 medium lime
1 medium orange bell pepper	1 medium mango
2 medium red bell peppers	1 bunch fresh mint
1 medium yellow bell pepper	6 medium onions
2 bags (14 oz. each) shredded green cabbage (or coleslaw mix)	1 medium red onion
4 small carrots	1 bunch green onions
5 bags (10 oz. each) + 1 (14-oz.) bag cauliflower rice	1 large orange
1 bunch celery	1 bunch fresh parsley
1 bunch fresh cilantro	4 oz. fresh (or frozen) peas
1 medium eggplant	4 medium shallots
2 heads garlic	1 small (2-lb.) spaghetti squash
	4 medium zucchini
	1 container fresh thyme

## PROTEIN AND DAIRY

1 package center-cut bacon	8 oz. raw salmon fillet
1 oz. shredded Italian blend cheese	1 (8-oz.) package tempeh
1 container spreadable cheese	1 lb. 10 oz. raw 93% lean ground turkey
8 oz. cooked or 11 oz. raw boneless, skinless chicken breast	1 (32-oz.) container + 1 (8-oz.) container + 1 (4-oz.) container plain reduced-fat (2%) Greek yogurt
2 (4 oz. each) boneless, skinless frozen chicken breasts	
8 oz. raw cod fillet	

## DRY AND PACKAGED FOODS

1 (16-oz.) container all-natural black bean soup

1 loaf whole-grain (or whole wheat) bread (Tip: Freeze loaf after using for weeks 2–4.)

1 (12-oz.) container low-sodium organic vegetable broth

2 oz. unsweetened shredded coconut

3 Medjool dates

1 jar all-natural fig preserves

1 whole-grain hamburger bun

1 oz. unsalted peanuts

1 (4-oz.) can all-natural tomato sauce, no salt or sugar added

2 whole-grain tortilla wraps

## PANTRY

Ground cinnamon (optional)

Chili powder

Ground coriander

Ground cumin

Curry powder

Garlic powder

Ground ginger

Honey

Hot pepper sauce (like Sriracha™)

Dried Italian seasoning

Pure maple syrup

All-natural mayonnaise

Mustard

Olive oil

Sesame oil

Onion powder

Ground smoked paprika

Peanut butter powder

Ground black pepper

Crushed red pepper flakes (optional)

Sea salt (or Himalayan salt)

Sesame seeds (white or black)

Reduced-sodium soy sauce

Liquid stevia (optional)

Pure vanilla extract

Apple cider vinegar

Rice wine vinegar

## BAKING SUPPLIES

Aluminum foil

Nonstick cooking spray

Parchment paper

## Week 2 Meals

### MINIMUM WATER GOAL

(Your weight in lbs. \_\_\_\_\_ ÷ 2 = \_\_\_\_\_ daily minimum goal in fluid ounces.)

	BREAKFAST	LUNCH	DINNER
<b>Monday</b>	BEACHBAR Breakfast Bowl	Citrus Marinated Tofu + Quick and Easy Citrus Slaw + 1 small orange *Tip 1	Baked Lemon Cod Packets + Baked Zucchini Packets with Tomato and Herbs *Tip 6
<b>Tuesday</b>	BEACHBAR Breakfast Bowl	Baked Lemon Cod Packets + Baked Zucchini Packets with Tomato and Herbs + Quinoa *Tip 7	Citrus Marinated Tofu + Quick and Easy Citrus Slaw *Tip 7
<b>Wednesday</b>	BEACHBAR Breakfast Bowl	Garlic and Thyme Pressure Cooker Chicken + Spaghetti Squash Taco Boats + ½ cup black beans *Tip 2	Spiced Jumbo Burger + Eggplant Sandwich Thins *Tip 8
<b>Thursday</b>	BEACHBAR Breakfast Bowl	Citrus Marinated Tofu + Quick and Easy Citrus Slaw + 1 small orange *Tip 9	Garlic and Thyme Pressure Cooker Chicken + Spaghetti Squash Taco Boats *Tip 9
<b>Friday</b>	BEACHBAR Breakfast Bowl	Spiced Jumbo Burger + Eggplant Sandwich Thins + corn on the cob *Tip 3	Grilled chicken + Cheesy Tomato Noodle Soup *Tip 10
<b>Saturday</b>	Cheesy Egg White, Kale and Mushroom Pizza + 1 slice whole grain toast	Ground turkey + Spaghetti Squash Taco Boats + ½ cup black beans *Tip 4	Lara's Baked Sesame Salmon + Big salad *Tip 11
<b>Sunday</b>	Cheesy Egg White, Kale and Mushroom Pizza + 1 slice whole grain toast	Grilled chicken + Cheesy Tomato Noodle Soup + ½ cup black beans *Tip 5	Cheesy Cabbage Steak Turkey Sandwich

## \*TIPS

### LUNCH

- 1.** Citrus Marinated Tofu + Quick and Easy Citrus Slaw + 1 small orange

Double the slaw recipe to make four servings.

- 2.** Garlic and Thyme Pressure Cooker Chicken + Spaghetti Squash Taco Boats + ½ cup black beans

Double the taco boat recipe to make four servings.

See the tip for Saturday's lunch for a fun spin on the taco boats.

- 3.** Spiced Jumbo Burger + Eggplant Sandwich Thins + corn on the cob

Place each patty between two slices of eggplant sandwich thins to create two small sandwiches.

- 4.** Ground turkey + Spaghetti Squash Taco Boats + ½ cup black beans

Add the cooked ground turkey and black beans to one of the spaghetti squash taco boats before baking or scoop out the mixture from the squash skin and serve everything combined in a bowl.

- 5.** Grilled chicken + Cheesy Tomato Noodle Soup + ½ cup black beans

Add the black beans to the soup or serve on the side; your choice!

### DINNER

- 6.** Baked Lemon Cod Packets  
+ Baked Zucchini Packets with Tomato and Herbs

Triple the cod recipe and eat two servings for plenty of satisfying protein tonight and one serving for lunch tomorrow.

- 7.** Citrus Marinated Tofu + Quick and Easy Citrus Slaw

Serve yourself two portions of citrus slaw to be Veggies Most and keep you satisfied so you can be Dinner and Done!

- 8.** Spiced Jumbo Burger + Eggplant Sandwich Thins

Defrost your leftover patties from last week the night before to enjoy for dinner tonight and lunch on Friday.

Cut the eggplant recipe in half to make only 4 servings (8 slices).

Chop up the burger and divide evenly over two servings of the Eggplant Sandwich Thins and accessorize to your liking!

- 9.** Garlic and Thyme Pressure Cooker Chicken + Spaghetti Squash Taco Boats

Serve yourself two portions of the spaghetti squash taco boats.

- 10.** Grilled chicken + Cheesy Tomato Noodle Soup

Cut the soup recipe in half to make only two servings.

- 11.** Lara's Baked Sesame Salmon  
+ Big salad

Use all of your leftover veggies to make a large salad and top with your favorite dressing or keep it simple with oil and vinegar or lemon juice, salt and pepper. Serve salmon on top or on the side.

## GROCERY LIST—WEEK 2

### PRODUCE

1 medium avocado	2 containers (8 oz. each) mushrooms
2 medium green bell peppers	1 (8-oz.) container sliced mushrooms
3 medium red bell peppers	3 medium onions
2 bags (14 oz. each) shredded green cabbage (or coleslaw mix)	1 medium red onion
1 medium red cabbage	2 small oranges
2 small carrots	1 bunch fresh parsley
1 bunch celery	2 small (approx. 2 lb. each) spaghetti squash
1 bunch fresh cilantro	2 medium zucchini squash
1 lb. 4 oz. prepared low-sodium coleslaw	2 containers (16 oz. each) + 1 (8-oz.) container fresh strawberries or 2 bags frozen strawberries
1 ear corn on the cob	1 container fresh thyme
1 medium eggplant	2 medium tomatoes
1 head garlic	2 small tomatoes
1 (5-oz.) bag chopped kale	
2 medium lemons	
1 (5-oz.) bag lettuce	
8 medium limes	

### PROTEIN AND DAIRY

2 oz. finely shredded cheddar cheese	8 large eggs or 1 cup egg whites
3 oz. shredded part-skim mozzarella cheese	4 oz. raw salmon fillet
12 oz. grilled or 1 lb. raw boneless, skinless chicken breast	1 (14-oz.) package extra firm tofu
2 (4 oz. each) boneless, skinless frozen chicken breasts	5 oz. raw 93% lean ground turkey
12 oz. raw cod fillet	6 oz. nitrate- and nitrite-free deli turkey slices
	1 (32-oz.) container plain reduced fat (2%) Greek yogurt

## GROCERY LIST—WEEK 2 *cont'd*

### DRY AND PACKAGED FOODS

5 BEACHBARS, any flavor

1 (15-oz.) can black beans

1 loaf whole-grain (or whole wheat) bread (see tip on week 1)

1 jar all-natural marinara sauce or use all-natural marinara sauce with basil (below)

1 jar all-natural marinara sauce with basil

2 oz. dry quinoa

2 packages (1 oz. each) low-sodium taco seasoning

2 bags (8 oz. each) tofu shirataki noodles

1 (16-oz.) box all-natural tomato soup

### PANTRY

Ground coriander

Ground cumin

Garlic powder

Dried Italian seasoning

Olive oil

Sesame oil

Onion powder

Dried oregano

Ground paprika

Ground black pepper

Salad dressing (pick your favorite) or balsamic (or red wine) vinegar

Sea salt (or Himalayan salt)

Sesame seeds (white or black)

Reduced-sodium soy sauce

### BAKING SUPPLIES

Aluminum foil

Nonstick cooking spray

Parchment paper



## Week 3 Meals

### MINIMUM WATER GOAL

(Your weight in lbs. \_\_\_\_\_ ÷ 2 = \_\_\_\_\_ daily minimum goal in fluid ounces.)

	BREAKFAST	LUNCH	DINNER
<b>Monday</b>	Bacon and Date Cabbage Salad + 2 eggs (any style) + whole-grain toast *Tip 1	Eggroll in a Bowl + Lara's Baked Sesame Salmon + Small baked sweet potato (or ½ a large one) *Tip 3	Slow Cooker Veggies Most and Beef Chili + Cauliflower Steaks with Red Pepper Sauce *Tip 7
<b>Tuesday</b>	Bacon and Date Cabbage Salad + 2 eggs (any style) + whole-grain toast	Slow Cooker Veggies Most and Beef Chili + Cauliflower Steaks with Red Pepper Sauce + ½ cup cooked corn *Tip 4	Eggroll in a Bowl + Lara's Baked Sesame Salmon
<b>Wednesday</b>	Bacon and Date Cabbage Salad + 2 eggs (any style) + whole-grain toast	Slow Cooker Veggies Most and Beef Chili + Cauliflower Steaks with Red Pepper Sauce + ½ cup cooked corn *Tip 5	Citrus Marinated Tofu + Quick and Easy Citrus Slaw *Tip 8
<b>Thursday</b>	Bacon and Date Cabbage Salad + 2 eggs (any style) + whole-grain toast	Tempeh Bacon, Lettuce, and Tomato Sandwich + whole-grain sandwich slim + Noah's Animal Style Cauliflower *Tip 6	Creamy Chicken Salad + Quick and Easy Citrus Slaw *Tip 9
<b>Friday</b>	Bacon and Date Cabbage Salad + 2 eggs (any style) + whole-grain toast	Tempeh Bacon, Lettuce, and Tomato Sandwich + whole-grain sandwich slim + Noah's Animal Style Cauliflower	Cheesy Cabbage Steak Turkey Sandwich *Tip 10
<b>Saturday</b>	Oatmeal + Tempeh Bacon *Tip 2	Cheesy Cabbage Steak Turkey Sandwich + Small baked sweet potato (or ½ a large one)	Creamy Chicken Salad + Quick and Easy Citrus Slaw
<b>Sunday</b>	Oatmeal + Tempeh Bacon	Creamy Chicken Salad + A serving of berries or fruit + Quick and Easy Citrus Slaw	Citrus Marinated Tofu + big bowl of salad *Tip 11

## \*TIPS

### BREAKFAST

- 1.** Bacon and Date Cabbage Salad + 2 eggs (any style) + whole-grain toast

Make one and a half times the cabbage salad recipe for a total of 6 servings.

Divide those six servings into five portions to eat for breakfast each weekday morning.

Serve with your favorite type of eggs (scrambled, poached, sunny side up!) and a side of toast.

- 2.** Oatmeal + Tempeh Bacon

Top your oatmeal with cinnamon, nuts and/or seeds to keep it fun and exciting.

### LUNCH

- 3.** Eggroll in a Bowl + Lara's Baked Sesame Salmon + Small baked sweet potato (or ½ a large one)

Double both recipes to make 2 servings each.

- 4.** Slow Cooker Veggies Most and Beef Chili + Cauliflower Steaks with Red Pepper Sauce + ½ cup cooked corn

Add cooked corn to your chili for your FFC.

- 5.** Slow Cooker Veggies Most and Beef Chili + Cauliflower Steaks with Red Pepper Sauce + ½ cup cooked corn

Add cooked corn to your chili for your FFC.

- 6.** Tempeh Bacon, Lettuce, and Tomato Sandwich + whole-grain sandwich slim + Noah's Animal Style Cauliflower

To make a TBLT, spread mustard on one half of a sandwich thin, then layer tempeh bacon, lettuce and tomato, and top with second sandwich thin half.

Cut the cauliflower recipe in half to make only two servings.

### DINNER

- 7.** Slow Cooker Veggies Most and Beef Chili + Cauliflower Steaks with Red Pepper Sauce

Make the whole chili recipe, but freeze 3 servings for next week.

Serve up two cauliflower steaks with your chili tonight.

- 8.** Citrus Marinated Tofu + Quick and Easy Citrus Slaw

Make the full recipe of the tofu, but plate 1 ½ servings for dinner tonight and the other 1 ½ for Sunday's dinner.

Double the citrus slaw recipe to make four servings.

- 9.** Creamy Chicken Salad + Quick and Easy Citrus Slaw

Triple the chicken salad recipe to make three servings.

Peel the leaves off a romaine lettuce head and wrap up the chicken salad in it. Yum!

- 10.** Cheesy Cabbage Steak Turkey Sandwich

Make 2 servings to make lunch tomorrow quick 'n' easy.

- 11.** Citrus Marinated Tofu + big bowl of salad

Use all of your leftover veggies to make one big "everything but the kitchen sink salad." Top with citrus marinated tofu.

## GROCERY LIST—WEEK 3

### PRODUCE

3 small apples	8 oz. fresh (or frozen) corn
1 small container fresh berries (any variety)	1 daikon radish
4 medium green bell peppers	2 heads garlic
2 medium red bell peppers	4 medium lemons
5 bags (14 oz. each) shredded green cabbage (or coleslaw mix)	1 head + 1 (5-oz.) bag lettuce
2 medium red cabbages	6 medium limes
3 medium carrots	3 medium onions
2 large heads cauliflower	1 small red onion
1 bunch celery	1 bunch green onions
1 bunch fresh cilantro	2 medium shallots
2 bags (14 oz. each) coleslaw mix (or shredded green cabbage)	1 container fresh thyme
1 lb. 4 oz. low-sodium prepared coleslaw	2 medium tomatoes
	2 small sweet potatoes (or 1 large)

### PROTEIN AND DAIRY

1 package center-cut bacon	8 oz. raw salmon fillet
1 lb. 95% lean ground beef	1 (8-oz.) package tempeh
4 oz. shredded cheddar cheese	1 (14-oz.) package extra firm tofu
1 oz. grated Parmesan cheese	12 oz. nitrate- and nitrite-free deli turkey slices
12 oz. cooked or 1 lb. raw boneless, skinless chicken breast	1 (8-oz.) container plain reduced-fat (2%) Greek yogurt
10 each or 1 dozen large eggs	

## DRY AND PACKAGED FOODS

2 cans (15 oz. each) kidney (or pinto) beans or a combination of both

1 (16-oz.) jar roasted red bell peppers

1 loaf whole-grain (or whole wheat) bread (see tip on week 1)

5 Medjool dates

1 jar all-natural fig preserves

2 oz. nuts, unsalted, any variety (optional)

1 container oatmeal

1 jar butter pickles

1 package whole-grain sandwich thins

1 (1-oz.) package low-sodium taco seasoning

1 (28-oz.) can diced tomatoes, no salt added

1 oz. walnuts, unsalted

## PANTRY

Bay leaves

Ground cinnamon (optional)

Chili powder

Ground coriander

Ground cumin

Garlic powder

Ground ginger

All-natural ketchup

Pure maple syrup

All-natural mayonnaise

Mustard

Olive oil

Sesame oil

Onion powder

Dried oregano

Ground paprika

Ground smoked paprika

Ground black pepper

Ground cayenne pepper (optional)

Crushed red pepper flakes (optional)

Sea salt (or Himalayan salt)

Sesame seeds (white or black)

Reduced-sodium soy sauce

Apple cider vinegar

Rice wine vinegar

## BAKING SUPPLIES

Aluminum foil

Nonstick cooking spray

Parchment paper

## Week 4 Meals

### MINIMUM WATER GOAL

(Your weight in lbs. \_\_\_\_\_ ÷ 2 = \_\_\_\_\_ daily minimum goal in fluid ounces.)

	BREAKFAST	LUNCH	DINNER
<b>Monday</b>	Peanut Butter and Jelly Wonder Whip + ½ small banana	Grilled chicken + Grilled Marinated Eggplant with Tahini Sauce + whole-grain pita bread *Tip 2	Slow Cooker Veggies Most and Beef Chili + Baked Zucchini Packets with Tomato and Herbs *Tip 8
<b>Tuesday</b>	Peanut Butter and Jelly Wonder Whip + ½ small banana	Slow Cooker Veggies Most and Beef Chili + ½ cup corn + Baked Zucchini Packets with Tomato and Herbs *Tip 3	Lara's Baked Sesame Salmon + Crispy Cabbage *Tip 9
<b>Wednesday</b>	Peanut Butter and Jelly Wonder Whip + ½ small banana	Slow Cooker Veggies Most and Beef Chili + ½ cup corn + Baked Zucchini Packets with Tomato and Herbs	Lara's Baked Sesame Salmon + Crispy Cabbage
<b>Thursday</b>	Peanut Butter and Jelly Wonder Whip + ½ small banana	Grilled chicken + Grilled Marinated Eggplant with Tahini Sauce + whole-grain pita bread *Tip 4	Veggie Burger Patty + Curried Cauliflower Risotto with Greens *Tip 10
<b>Friday</b>	Peanut Butter and Jelly Wonder Whip + ½ small banana	Spaghetti Squash Carbonara + Tempeh Bacon *Tip 5	Baked Lemon Cod Packets + Cheesy Tomato Noodle Soup *Tip 11
<b>Saturday</b>	Spaghetti Squash Carbonara + Tempeh Bacon + whole-grain toast + ¼ avocado *Tip 1	Veggie Burger Patty + Black beans + Curried Cauliflower Risotto with Greens *Tip 6	Garlic and Thyme Pressure Cooker Chicken + Spicy Peanut Sauce over Zoodles *Tip 12
<b>Sunday</b>	Spaghetti Squash Carbonara + 2 sunny-side up eggs + whole-grain toast	Baked Lemon Cod Packets + Cheesy Tomato Noodle Soup + black beans *Tip 7	Garlic and Thyme Pressure Cooker Chicken + Spicy Peanut Sauce over Zoodles

## \*TIPS

### BREAKFAST

- 1.** Spaghetti Squash Carbonara  
+ Tempeh Bacon + whole-grain toast  
+ ¼ avocado

Crumble tempeh bacon on top of carbonara. Spread avocado on toast.

### LUNCH

- 2.** Grilled chicken + Grilled Marinated Eggplant with Tahini Sauce + whole-grain pita bread

Remember your tips for buying FFCs.

- 3.** Slow Cooker Veggies Most and Beef Chili + ½ cup corn + Baked Zucchini Packets with Tomato and Herbs

Add cooked corn to your chili for your FFC.

- 4.** Grilled chicken + Grilled Marinated Eggplant with Tahini Sauce  
+ whole-grain pita bread

Remember your tips for buying FFCs.

- 5.** Spaghetti Squash Carbonara  
+ Tempeh Bacon

Plate two servings of spaghetti squash for lunch and reserve the other two for your weekend breakfasts.

Cut the tempeh bacon recipe in half to make only two servings.

- 6.** Veggie Burger Patty + Black beans  
+ Curried Cauliflower Risotto with Greens

Choose a veggie burger with at least 10 g protein

- 7.** Baked Lemon Cod Packets + Cheesy Tomato Noodle Soup + black beans

Add ½ cup cooked black beans to your soup as your FFC.

### DINNER

- 8.** Slow Cooker Veggies Most and Beef Chili + Baked Zucchini Packets with Tomato and Herbs

Remember to move your frozen chili into the fridge the night before so it's thawed and ready to be heated.

Double the zucchini recipe to make four servings. Plate two for dinner tonight.

- 9.** Lara's Baked Sesame Salmon  
+ Crispy Cabbage

Double both recipes to make dinner tomorrow super simple.

- 10.** Veggie Burger Patty + Curried Cauliflower Risotto with Greens

Choose a veggie burger with at least 10 g protein.

Double the risotto recipe to make two servings.

Use the outer leaves to wrap the burger in a lettuce bun and add additional sliced tomato and onion to your liking

- 11.** Baked Lemon Cod Packets  
+ Cheesy Tomato Noodle Soup

Make 3 servings of cod and plate two for dinner tonight and one for lunch on Sunday.

Cut the soup recipe in half to make only two servings.

- 12.** Garlic and Thyme Pressure Cooker Chicken + Spicy Peanut Sauce over Zoodles

Double the zoodles recipe to make four servings. Plate two servings tonight and two for tomorrow's dinner.

Shred chicken and add to zoodles.

## GROCERY LIST—WEEK 4

### PRODUCE

1 medium avocado

4 oz. baby mixed greens  
(spinach, chard and kale)

3 small bananas

8 oz. fresh bean sprouts

2 medium red bell peppers

1 small carrot

2 bags (10-oz. each) cauliflower rice

1 bunch celery

1 bunch fresh cilantro

2 bags (12 oz. each) coleslaw mix  
(or shredded green cabbage)

8 oz. fresh (or frozen) corn

1 medium globe eggplant

2 heads garlic

8 oz. red grapes

5 medium lemons

2 medium limes

4 medium onions

1 bunch green onions

1 bunch fresh parsley

1 small (approx. 2-lb.)  
spaghetti squash

12 medium zucchini

1 container fresh thyme

4 medium tomatoes

### PROTEIN AND DAIRY

2 oz. shredded part-skim  
mozzarella cheese

1 oz. grated Parmesan cheese

1 container spreadable cheese

8 oz. cooked or 12 oz. raw boneless,  
skinless chicken breast

2 (4 oz. each) boneless, skinless  
frozen chicken breasts

12 oz. raw cod fillet

5 each or 1 dozen large eggs

8 oz. raw salmon fillet

1 (8-oz.) package tempeh

1 package veggie patties  
(at least 10 grams of protein each)

1 (32-oz.) container + 1 (8-oz.)  
container plain reduced-fat (2%)  
Greek yogurt

## GROCERY LIST—WEEK 4 *cont'd*

### DRY AND PACKAGED FOODS

1 (15-oz.) can black beans	1 oz. unsalted peanuts
1 loaf whole-grain (or whole wheat) bread (see tip on week 1)	1 package whole-grain pita bread
1 (12-oz.) container low-sodium vegetable broth	1 jar tahini paste
1 jar all-natural marinara sauce with basil	1 (16-oz.) box all-natural tomato soup
	2 bags (8 oz. each) tofu shirataki noodles

### PANTRY

Ground cinnamon (optional)	Onion powder
Curry powder	Ground smoked paprika
Everything bagel seasoning blend	Peanut butter powder
Garlic powder	Ground black pepper
Ground ginger	Crushed red pepper flakes (optional)
Honey	Sea salt (or Himalayan salt)
Hot pepper sauce (like Sriracha™)	Sesame seeds (white or black)
Dried Italian seasoning	Reduced-sodium soy sauce
Pure maple syrup	Liquid stevia (optional)
Olive oil	Pure vanilla extract
Sesame oil	Rice wine vinegar

### BAKING SUPPLIES

Aluminum foil	Parchment paper
Nonstick cooking spray	



# **2B MINDSET RECIPES**

50 Delicious Breakfasts,  
Lunches, Dinners and More—  
From C (Cabbage) to Z (Zucchini).

## CABBAGE

# BACON & DATE CABBAGE SALAD

(Makes 4 servings, approx. 2 cups each)

TOTAL TIME: 15 MINUTES / PREP TIME: 12 MINUTES / COOKING TIME: 3 MINUTES

Nonstick cooking spray

- 3 slices center-cut bacon (nitrate- and nitrite-free)
- 3 Tbsp. olive oil
- 1 medium shallot, thinly sliced
- 2 Tbsp. apple cider vinegar
- 1 Tbsp. all-natural fig preserves
- 1 Tbsp. fresh thyme leaves
- 2 (14-oz.) bags shredded cabbage (or coleslaw mix)
- Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)
- 3 Medjool dates, pitted and chopped

1. Heat oven to 400° F.
2. Line a small baking sheet with parchment paper; lightly coat it with cooking spray.
3. Arrange the bacon on the sheet in one layer. Bake for 15 to 20 minutes until crisp (or according to package directions); set aside.
4. While the bacon cooks, heat the oil in medium nonstick skillet over medium heat.
5. Add the shallot; cook, stirring frequently, 2 to 3 minutes, or until translucent. Remove from heat.
6. Add the vinegar, preserves and thyme; stir to make dressing. Set aside.
7. Place the cabbage in a large heatproof bowl; pour the warm dressing over cabbage. Mix the salad thoroughly; season with salt and pepper, if desired.
8. Garnish with the bacon and dates. Divide evenly among eight serving plates.

### Tips

To make this a satisfying breakfast (with plenty of extra credit) top the salad with 2 eggs and pair with a toasted whole-grain English muffin.

To make this a yummy lunch option, pair it with a serving of Creamy Chicken Salad (see page 168) and a whole-grain toasted English muffin.

To make this a satisfying dinner, omit the English muffin from the lunch option and have one to two servings of the salad mixture to ensure you can be dinner and done!

Try this recipe with other fruit preserves (apricot, apple, blackcurrant, etc.).

## CABBAGE

# CABBAGE STEAKS

## with Creamy Ranch Dressing

(Makes 5 servings, approx. 2 cabbage moons and ¼ cup dressing each)

TOTAL TIME: 1 HOUR 10 MINUTES / PREP TIME: 10 MINUTES / COOKING TIME: 1 HOUR

Parchment paper

Nonstick cooking spray

- 1 large red (or green) cabbage, cut in half lengthwise, sliced into ½-inch-thick moons (approx. 10 pieces)

½ tsp. garlic powder

½ tsp. onion powder

Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)

- 1 cup reduced fat (2%) plain Greek yogurt
- 1 Tbsp. red wine vinegar
- 2 Tbsp. water
- 2 tsp. reduced sodium ranch seasoning mix
- 2 Tbsp. finely chopped red bell pepper

1. Preheat oven to 350°F.

2. Line a baking sheet with parchment paper and lightly coat with cooking spray.

3. Arrange the cabbage moons in a single layer on the baking sheet.

4. Sprinkle the cabbage with the garlic powder and onion powder. Season with salt and pepper, if desired.

5. Bake for 1 hour, or until the cabbage is tender; set aside.

6. To make the dressing, combine yogurt, vinegar, water, ranch seasoning and bell pepper in a medium bowl; whisk to blend.

7. Serve 2 pieces cabbage on a plate and drizzle with ¼ cup dressing; repeat for each serving. Store the remaining cabbage and dressing refrigerated in separate, airtight containers for up to four days.

### Tips

You can substitute 2 medium cabbages for 1 large cabbage.

To make this recipe vegan, substitute unsweetened, plain coconut milk yogurt for Greek yogurt.

You can swap out ranch seasoning mix for reduced sodium onion soup mix and add parsley.

To make this a dinner, replace the bean-based soup with a veggie-based broth soup.

To make this a lunch, pair with a serving of Creamy Chicken Salad (see page 168) and a bean-based soup.

## CABBAGE

# CRISPY CABBAGE

(Makes 1 serving)

TOTAL TIME: 18 MINUTES / PREP TIME: 3 MINUTES / COOKING TIME: 15 MINUTES

Parchment paper

Nonstick cooking spray

1 (14-oz.) bag coleslaw mix (or shredded cabbage) (approx. 6 cups)

1 tsp. olive oil

2 Tbsp. everything bagel seasoning blend

Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)

1. Preheat oven to 425° F.

2. Line two large baking sheets with parchment paper and lightly coat them with cooking spray.

3. Mix the coleslaw (or shredded cabbage, if using), olive oil and everything bagel seasoning blend in a medium bowl.

4. Evenly divide the cabbage mixture between the baking sheets, spreading in a thin layer to the edge of each sheet.

5. Bake 15 minutes, stirring once and rotating the baking sheets halfway through, until the cabbage is dry with crispy, brown edges.

6. Season with salt and pepper, to taste. Serve immediately.

### Tips

Everything bagel seasoning blend is a dry seasoning that may contain sesame seeds, poppy seeds, garlic, onion and possibly other seeds and spices.

To make this a lunch, pair with one small roasted sweet potato and a serving of Lara's Baked Sesame Salmon (see page 170).

To make this a dinner, omit the sweet potatoes from the lunch option.

Using two baking sheets will keep the cabbage from steaming and allow it to crisp.

Coleslaw mix contains vegetables only. If using a "kit," omit the provided dressing.

## CABBAGE

# EGGROLL IN A BOWL

(Makes 1 serving)

TOTAL TIME: 11 MINUTES / PREP TIME: 6 MINUTES / COOKING TIME: 5 MINUTES

Nonstick cooking spray

2 green onions, thinly sliced

¼ cup finely chopped red bell pepper

2 cloves garlic, finely chopped

¼ tsp. crushed red pepper flakes (optional)

1 (14-oz.) bag coleslaw mix (or shredded green cabbage)

¼ tsp. ground ginger

½ cup daikon radish, peeled, grated

1 tsp. rice wine vinegar

1 tsp. reduced-sodium soy sauce

½ tsp. sesame oil

1. Heat a large nonstick pan over high heat; lightly coat it with cooking spray.

2. Add the green onion, bell pepper, garlic and red pepper flakes; cook, stirring frequently, for 1 minute.

3. Add the coleslaw (or cabbage) and ginger; cook, stirring frequently, for 3 to 5 minutes, until the cabbage is tender.

4. Add the daikon, vinegar and soy sauce; cook 1 minute, stirring frequently.

5. Remove from heat and add the oil; stir. Serve immediately.

### Tips

Daikon is type of radish that looks like a very large white carrot. It can be found in the produce section of most grocery stores.

To make this a lunch, add ½ cup corn to step 3 above and pair with a serving of Lara's Baked Sesame Salmon recipe (see page 170).

Coleslaw mix contains vegetables only. If using a "kit" omit the provided dressing.

To make it a dinner, omit the corn from the suggested lunch option.

## CABBAGE

# QUICK & EASY CITRUS SLAW

(Makes 2 servings, approx. 2 cups each)

TOTAL TIME: 2 HOURS 6 MINUTES / PREP TIME: 6 MINUTES / COOKING TIME: NONE

- 10 oz. conventionally prepared deli-style coleslaw
- 1 (14-oz.) bag shredded cabbage (or coleslaw mix)
- 1 cup chopped red (or green) bell pepper
- ¼ cup chopped red onion
- 2 Tbsp. chopped fresh cilantro
- 1 Tbsp. finely chopped lime peel (lime zest)
- 2 Tbsp. fresh lime juice
- Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)

1. Place the coleslaw, cabbage (or coleslaw mix), bell pepper, onion, lime peel and juice in a gallon-size, resealable plastic bag; shake it well to combine.
2. Place the coleslaw mixture in refrigerator for 2 to 24 hours for flavors to meld.
3. Divide the mixture between two plates and serve, or store refrigerated in an airtight container for up to four days.

### Tips

To make this a lunch pair with a serving of Citrus Marinated Tofu (see page 167) and one small orange for a refreshing summer meal.

If the prepared coleslaw is drenched in dressing, place it in a strainer to remove the excess before using. You can replace store-bought coleslaw with an additional bag of shredded cabbage and 3 Tbsp. coleslaw dressing diluted with 1–2 Tbsp. water.

To make this a dinner, omit the orange from the lunch suggestion and have one to two servings of the slaw to make sure you are full and satisfied.

## CAULIFLOWER

# CAULIFLOWER STEAKS with Red Pepper Sauce

(Makes 4 servings, approx. 1 steak and ¼ cup sauce each)

TOTAL TIME: 1 HOUR 15 MINUTES / PREP TIME: 15 MINUTES / COOKING TIME: 1 HOUR

Parchment paper

Nonstick cooking spray

- 1 large head cauliflower, leaves and stem removed, sliced lengthwise into 1-inch slices (approx. 4 steaks)

½ tsp. garlic powder

½ tsp. onion powder

Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)

- 1 (16-oz.) jar roasted red peppers (packed in water), drained
- 1 clove garlic
- 1 Tbsp. grated Parmesan cheese
- 1 Tbsp. chopped walnuts, unsalted
- 1 Tbsp. red wine vinegar
- 1 tsp. ground smoked paprika
- 2 Tbsp. water (optional; if desired)

1. Preheat oven to 350°F.
2. Line the baking sheet with parchment paper; lightly coat it with cooking spray.
3. Arrange the cauliflower on the baking sheet in a single layer.
4. Sprinkle the cauliflower with garlic powder and onion powder; season with salt and black pepper, if desired.
5. Bake for 1 hour, or until the cauliflower is tender.
6. While the cauliflower bakes, place the red peppers, garlic, cheese, walnuts, vinegar and paprika in a food processor and pulse until smooth, about 1 minute; add 1 to 2 Tbsp. water, if needed, to thin sauce; set aside.
7. Divide the cauliflower evenly among four plates; top them evenly with the sauce, about ¼ cup each.
8. Serve immediately, or store refrigerated in an airtight container for up to four days.

### Tips

You can substitute 2 small cauliflower for 1 large.

To make this a delicious lunch, pair two servings with 1 cup of the Slow Cooker Veggies Most and Beef Chili (see page 172) and add ½ cup cooked corn to the chili.

When slicing the cauliflower steaks, cut straight down through the whole head, being careful to not break off any florets, keeping each steak intact.

To make this a breakfast, chop the cauliflower steak and wrap it in a whole-grain tortilla with two scrambled eggs. Top with the red pepper sauce.

To enjoy as a dinner, remove the corn from the lunch option and have two to three servings of the cauliflower to make sure your plate is Veggies Most!

## CAULIFLOWER

# CURRIED CAULIFLOWER RISOTTO with Greens

(Makes 1 serving)

TOTAL TIME: 17 MINUTES / PREP TIME: 6 MINUTES / COOKING TIME: 9 MINUTES

- 1 tsp. olive oil
- 1 cup chopped onion  
(approx. 1 medium)
- ½ tsp. curry powder
- 2 cloves garlic, finely  
chopped
- 1 (10-oz.) bag cauliflower  
rice
- ½ cup low-sodium organic  
vegetable broth
- 1 cup baby mixed greens,  
chopped (spinach,  
chard and kale), packed
- 1 (¾-oz.) wedge spread-  
able cheese, broken  
into small pieces
- Sea salt (or Himalayan  
salt) and ground  
black pepper (to taste;  
optional)

1. Heat the oil in medium nonstick skillet over medium-high heat.
2. Add the onion and curry powder; cook, stirring frequently, for 2 to 3 minutes, or until the onion softens.
3. Add the garlic; cook, stirring frequently, for 30 seconds.
4. Add the cauliflower and broth; bring to a simmer. Cook, stirring frequently, for 4 minutes.
5. Add the greens; cook, stirring frequently, for 2 minutes, or until the greens wilt and the cauliflower is tender.
6. Remove from heat; stir in the cheese and enjoy, or store refrigerated in an airtight container for up to four days.

### Tips

If curry isn't your favorite flavor, replace it with an Italian seasoning blend or herbs de Provence.

To make this a lunch, pair with a Spiced Jumbo Burger (see page 173) placed on top of ½ of a whole-grain bun.

To make this a savory breakfast, add ½ cup cooked peas and top it with two over-easy eggs.

To make this a dinner, omit the bun from the lunch option.



## CAULIFLOWER

# KAITLIN'S GARLICKY CARROTS & CAULIFLOWER RICE

(Makes 1 serving)

TOTAL TIME: 9 MINUTES / PREP TIME: 3 MINUTES / COOKING TIME: 6 MINUTES

Nonstick cooking spray

3 cloves garlic, finely chopped

1 (10-oz.) bag cauliflower rice

1 cup shredded carrots

$\frac{1}{4}$  tsp. onion powder

1 tsp. chopped fresh parsley

Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)

1. Heat a large nonstick skillet, lightly coated with cooking spray, over high heat.

2. Add the garlic, cauliflower, carrots and onion powder; cook, stirring frequently, for 3 to 5 minutes, or until the vegetables are tender.

3. Add the parsley, and season with salt and pepper, if desired; cook, stirring frequently, for 1 minute.

4. Serve immediately, or store refrigerated in an airtight container for up to four days.

### Tips

If you're using frozen cauliflower rice, add it to the skillet after step 1 to defrost for 4 to 5 minutes. Drain the excess liquid, and proceed with step 2.

You can make your own cauliflower rice by grating it with a box grater, or by pulsing in a food processor. Spread the raw, grated cauliflower on a baking sheet and freeze; transfer it to a resealable plastic freezer bag for storage.

To make this a lunch, add  $\frac{1}{2}$  cup peas to step 2 above and pair with a serving of the Garlic and Thyme Pressure Cooker Chicken (see page 169)

To make this a dinner, omit the peas from the lunch option.

## CAULIFLOWER

# GREEK STYLE ROASTED CAULIFLOWER

(Makes 4 servings, approx. 1 cup each)

TOTAL TIME: 45 MINUTES + 2 HOURS TO MARINATE

PREP TIME: 15 MINUTES / COOKING TIME: 30 MINUTES

- 1 large head cauliflower, chopped into florets (approx. 6 cups)
- ½ cup kalamata olives, pitted, sliced in half
- 2 Tbsp. finely chopped lemon peel (lemon zest), divided
- 4 Tbsp. fresh lemon juice, divided
- 5 fresh oregano sprigs
- 4 cloves garlic, finely chopped
- 1 Tbsp. olive oil
- Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)
- Parchment paper
- ¼ cup feta cheese, crumbled
- 1 tsp. fresh oregano leaves, finely chopped

- 1. Mix the cauliflower, olives, 1 Tbsp. lemon peel, 2 Tbsp. lemon juice, the oregano sprigs, garlic and olive oil in a glass mixing bowl; season with salt and pepper to taste, if desired.
- 2. Cover the mixture with plastic wrap and marinate in refrigerator for 1 to 2 hours (optional).
- 3. Preheat oven to 400° F.
- 4. Line a baking sheet with parchment paper; arrange the cauliflower mixture in a single layer on the sheet.
- 5. Bake for 30 minutes, or until the cauliflower is tender and starts to brown.
- 6. Mix the feta cheese, the remaining 1 Tbsp. lemon peel and the remaining 2 Tbsp. lemon juice in a small bowl; set aside.
- 7. Remove the oregano sprigs from the cauliflower mixture. Transfer to a serving dish.
- 8. Top with the feta cheese mixture and chopped oregano leaves. Serve immediately, or store refrigerated in an airtight container for up to four days.

### Tips

The white flesh inside a lemon peel is bitter. Remove only the peel, and avoid the pith, for the best flavor.

To make this a satisfying lunch, pair two servings with a serving of Baked Lemon Cod Packets (see page 165) and add ½ cup cooked chickpeas to the cauliflower mixture.

To make this a delicious dinner, omit the chickpeas from the lunch suggestion.

## CAULIFLOWER

# NOAH'S ANIMAL STYLE CAULIFLOWER

(Makes 4 servings, approx. 1 cup each)

TOTAL TIME: 50 MINUTES / PREP TIME: 15 MINUTES / COOKING TIME: 35 MINUTES

Parchment paper

Nonstick cooking spray

1 large head cauliflower,  
separated into florets  
(approx. 6 cups)

1 Tbsp.+ 1 tsp. low-  
sodium taco seasoning,  
divided

2 Tbsp. reduced-fat (2%)  
plain Greek yogurt

2 Tbsp. all-natural  
mayonnaise

1 Tbsp. all-natural  
ketchup

2 Tbsp. finely chopped  
red bell pepper

2 Tbsp. finely chopped  
onion

1 Tbsp. chopped butter  
pickles

1 Tbsp. water

$\frac{1}{2}$  tsp. apple cider vinegar

1 pinch ground cayenne  
pepper (optional)

$\frac{3}{4}$  cup shredded cheddar  
cheese, divided

1. Preheat oven to 400° F.

2. Line a baking sheet with the parchment  
paper; lightly coat it with cooking spray.

3. Place the cauliflower in a large bowl; coat  
it with cooking spray. Add 1 Tbsp. taco  
seasoning; mix well.

4. Arrange the cauliflower in a single layer on  
the prepared baking sheet; bake 25 minutes,  
until it is golden brown and soft.

5. While the cauliflower cooks, place the yogurt,  
mayonnaise, bell pepper, onion, pickle,  
vinegar and cayenne pepper (if desired), in a  
medium bowl; whisk to combine. Set aside.

6. Combine  $\frac{1}{2}$  cup of the cheese and the  
remaining 1 tsp. taco seasoning in a small  
bowl. Set aside.

7. Sprinkle the cheese mixture onto the  
cauliflower. Loosely cover it with foil; bake  
8 to 10 minutes more, until cheese melts.

8. Sprinkle the remaining  $\frac{1}{4}$  cup cheese over  
the cauliflower; set aside 1 minute until the  
cheese melts.

9. Spoon the dressing over the cauliflower and  
cheese. Divide evenly between 4 serving  
plates; serve immediately.

### Tips

To make this extra special,  
top with sautéed onions.

To enjoy as an indulgent  
dinner, skip the beans  
from the lunch option.

Make this recipe your  
own by substituting your  
favorite homemade  
yogurt-based creamy  
dressing and a comple-  
mentary cheese (e.g.,  
ranch and pepper jack).

To make this a yummy  
lunch, top two servings  
with a serving of Tempeh  
Bacon (see page 174) and  
 $\frac{1}{2}$  cup cooked black beans.

## EGGPLANT

# EGGPLANT PIZZAS

(Makes 4 servings, approx. 5 rounds each)

TOTAL TIME: 30 MINUTES / PREP TIME: 10 MINUTES / COOKING TIME: 20 MINUTES

Parchment paper

Nonstick cooking spray

- 1 medium eggplant,  
sliced into ¼-inch-  
thick rounds

Sea salt (or Himalayan  
salt) and ground  
black pepper (to taste;  
optional)

- 1 (8-oz.) can all-natural  
tomato sauce

- 1 tsp. dried Italian  
seasoning

- ½ tsp. garlic powder

- ½ tsp. onion powder

- 1 dash crushed red pepper  
flakes (optional)

- ¼ cup fresh basil leaves,  
thinly sliced

- ½ cup shredded Italian  
cheese blend

1. Preheat oven to 375° F.

2. Line two baking sheet with the parchment paper; lightly coat with cooking spray.

3. Arrange the eggplant slices on the sheets in a single layer; season with salt and pepper, if desired.

4. Bake the eggplant for 10 minutes; use a spatula to flip. Bake for an additional 3 to 5 minutes; watch closely to prevent burning; set aside. Leave the oven on.

5. Place a small saucepan over medium heat; add the tomato sauce, Italian seasoning, garlic powder, onion powder and red pepper flakes (if using); bring to a gentle boil, stirring constantly, about 3 minutes.

6. Spoon the sauce evenly over the eggplant slices; top them evenly with basil and cheese.

7. Bake for 2 minutes, until the cheese melts.

### Tips

To thinly slice fresh basil, stack the large leaves, then roll up the leaf from tip to stem and slice. You will end up with long, curly slices.

To make this a satisfying lunch, pair one serving with a serving of the Garlic and Thyme Pressure Cooker Chicken recipe (see page 169) and a side of fruit.

To make this a filling dinner, skip the fruit from the lunch suggestion and have two servings of eggplant, so you are full and satisfied and can be dinner and done!

## EGGPLANT

# EGGPLANT ROLLATINI

(Makes 5 servings, approx. 3 pieces each)

TOTAL TIME: 1 HOUR 3 MINUTES / PREP TIME: 25 MINUTES / COOKING TIME: 48 MINUTES

Parchment paper

Nonstick cooking spray

2 medium eggplants,  
sliced lengthwise  
into fifteen ¼-inch  
slices

½ tsp. sea salt (or  
Himalayan salt),  
divided

2 cups all-natural  
tomato sauce

1½ tsp. dried Italian  
seasoning

½ tsp. onion powder

½ tsp. garlic powder  
tsp. crushed red  
pepper flakes  
(optional)

Ground black pepper  
(to taste; optional)

1 (10-oz.) package  
frozen chopped  
spinach, thawed,  
squeezed dry

½ cup reduced-fat  
(2%) cottage cheese

½ cup shredded Italian  
cheese blend

### Tips

When squeezing the spinach, you will have removed enough water when the spinach fits in a ½-cup measure.

If you over-reduce the tomato sauce, just add water to make 1½ cups.

1. Preheat oven to 400°F.
2. Line three baking sheets with the parchment paper (or work in batches, if needed); lightly coat with cooking spray.
3. Arrange the eggplant slices on the sheets in a single layer; sprinkle with ¼ tsp. salt. Bake for 10 minutes, until softened. Remove the eggplant from the sheet pans; set aside.
4. Heat a medium nonstick skillet over medium-high heat; add the tomato sauce, Italian seasoning, onion powder, garlic powder and red pepper flakes (if using). Cook, stirring constantly, for 5 minutes.
5. Reduce the heat to low and gently boil, stirring occasionally, until the sauce is reduced to about 1½ cups, about 10 minutes. Season with remaining ¼ tsp. salt, and pepper, if desired. Set aside.
6. Combine the spinach and cottage cheese in a medium bowl; mix well.
7. When the eggplant is cool enough to handle, spoon approximately 1 Tbsp. of the spinach mixture onto the wide end of an eggplant slice; roll up the eggplant from the wide end to the narrow end. Repeat until all the remaining spinach mixture and eggplant are used.
8. Evenly spread half of the tomato sauce mixture in 9 x 14-inch baking dish. Arrange the eggplant rolls, seam-side down, in a baking dish, leaving space between each roll; spoon the remaining tomato sauce mixture over each roll. Bake for 20 to 25 minutes, until the sauce bubbles.
9. Top the rolls evenly with the cheese. Bake for 2 to 3 minutes more, until the cheese melts.
10. Divide the rolls evenly between five plates, about 3 rolls each, or store refrigerated in an airtight container up to four days.

## EGGPLANT

# EGGPLANT SANDWICH THINS

(Makes 8 servings, approx. 2 slices each)

TOTAL TIME: 35 MINUTES / PREP TIME: 5 MINUTES / COOKING TIME: 30 MINUTES

Parchment paper

Nonstick cooking spray

1 medium eggplant,  
sliced into ¼-inch-  
thick rounds (approx.  
16 rounds)

Sea salt (or Himalayan  
salt) and ground black  
pepper (to taste; op-  
tional)

1. Preheat oven to 375° F.
2. Line 1 or 2 large baking sheets with the parchment paper and lightly coat with cooking spray.
3. Arrange the eggplant on the baking sheets in a single layer; leave space between the slices and do not overlap.
4. Season with salt and pepper.
5. Bake 25 to 30 minutes, flipping after 15 minutes, until the eggplant is mostly dry. Immediately transfer to a cooling rack, and allow to cool fully before storing.

### Tips

Use the thins to make sandwiches with ¼ mashed avocado and sea salt, hummus and crumbled feta, or cream cheese made with Greek yogurt and finely chopped chives, or your favorite sandwich ingredients.

Store fully cooled slices, refrigerated in an airtight container, separated by squares of parchment paper, for up to three days.

To make this a lunch, place a Spiced Jumbo Burger (see page 173) between two sandwich thins and pair with a side of Crispy Cabbage (see page 152) and corn on the cob.

Reheat the slices in a toaster oven, if desired. Do not use a vertical bread toaster.

To make this a yummy dinner, omit the corn on the cob from the lunch recommendation and have two servings of eggplant so your plate is Veggies Most.

## EGGPLANT

# GRILLED MARINATED EGGPLANT with Tahini Sauce

(Makes 2 servings, approx. 1½ cup each)

TOTAL TIME: 14 MINUTES + 1 HOUR TO MARINATE /  
PREP TIME: 8 MINUTES / COOKING TIME: 6 MINUTES

- 1 medium eggplant,  
halved lengthwise,  
sliced ½-inch thick
- Sea salt (or Himalayan  
salt) and ground  
black pepper (to taste;  
optional)
- ¼ cup + 2 Tbsp. fresh  
lemon juice, divided
- 2 cloves garlic, finely  
chopped, divided
- 1 Tbsp. tahini paste
- 1 tsp. honey
- 2 Tbsp. hot water
- ¼ cup chopped fresh  
parsley

1. Preheat a grill or grill pan over high heat.
2. Season the eggplant slices with salt and pepper side, until grill marks form; remove from heat and transfer the slices to a shallow baking dish.
3. Mix ¼ cup lemon juice with 1 clove garlic; pour the lemon mixture over the eggplant. Cover with a tightly fitted lid or plastic wrap, so that steam builds up and the eggplant softens. Place in refrigerator for at least 1 hour, or overnight.
4. Whisk the remaining 2 Tbsp. lemon juice, the remaining 1 clove garlic, the tahini, honey, water, and salt and pepper, if desired, in a small bowl; set aside.
5. Divide the eggplant evenly between two plates; drizzle with the tahini mixture and garnish with the parsley. Serve immediately, or store refrigerated in an airtight container for up to four days.

### Tips

To get good grill marks on the eggplant, do not overlap the slices and do not press the slices down onto the grill.

This dish can be served cold or room temperature.

To make this a Mediterranean-inspired breakfast, top with two sunny-side-up eggs and ½ cup hummus or cooked chickpeas.

To enjoy as a lunch, pair with a serving of Garlic and Thyme Pressure Cooker Chicken (see page 169) and whole-grain pita bread.

To have this as a delicious dinner, and to ensure you're Veggies Most, omit the pita bread from the lunch suggestion and have two to three servings of eggplant.

## EGGPLANT

# ROASTED EGGPLANT SPREAD

(Makes 4 servings, approx. ¼ cup each)

TOTAL TIME: 50 MINUTES / PREP TIME: 10 MINUTES / COOKING TIME: 40 MINUTES

Parchment paper

Nonstick cooking spray

1 medium eggplant,  
sliced in half lengthwise

1½ tsp. tahini

1 clove garlic

1 Tbsp. fresh lemon juice

¼ tsp. ground cumin

2 Tbsp. chopped fresh  
parsley

Sea salt (or Himalayan  
salt) and ground  
black pepper (to taste;  
optional)

1. Preheat oven to 350° F.
2. Line a baking sheet with the parchment paper and lightly coat with cooking spray.
3. Place the eggplant on the baking sheet flat side down.
4. Bake 30 to 40 minutes, or until the eggplant is very soft and no longer holds its shape; set it aside to cool.
5. When the eggplant is cool enough to handle, use a spoon to scoop the flesh from the skin and place the flesh in a mesh strainer set over a bowl to drain; discard the skin.
6. Place the tahini, garlic, lemon juice and cumin in a food processor. Pulse until smooth, about six 1-second pulses.
7. Add the eggplant and the parsley to the tahini mixture; season with salt and pepper, if desired; pulse to combine, about three 1-second pulses. Do not overprocess.
8. Transfer to a serving bowl. Serve immediately or store in an airtight container in the refrigerator up to 4 days.

### Tips

Spread on sandwiches and wraps, or serve as a dip with veggies.

To make this a lunch, pair it with a Spiced Jumbo Burger (see page 173) placed on top of half of a whole-grain bun or wrap in a large lettuce leaf and pair with a side of fruit. Top the burger with 2 Tbsp. of the Roasted Eggplant Spread and enjoy the rest of the serving with 1 cup snackable veggies.

To make this a dinner, omit the bun from the lunch option and increase your snackable veggie serving to two cups.



## PROTEIN

# BAKED LEMON COD PACKETS

(Makes 1 serving)

TOTAL TIME: 12 MINUTES / PREP TIME: 5 MINUTES / COOKING TIME: 7 MINUTES

Aluminum foil

Parchment paper

2 lemon slices, ¼-inch-thick rounds

2 fresh parsley sprigs

1 (4 oz.) raw cod fillet

1 dash garlic powder

Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)

1. Preheat oven to 350° F; place a baking sheet in the oven to preheat.
2. Lay out a sheet of foil and top it with an equal size sheet of parchment paper.
3. Place 1 lemon slice in the center of the parchment paper. Top with 1 sprig of parsley. Place the cod on top of the lemon and parsley; season with the garlic powder and salt and pepper, if desired. Place the remaining slice of lemon and remaining sprig of parsley on top of the cod.
4. Fold up the edges of the parchment paper and foil around the cod; crimp it tightly to make a sealed packet.
5. Place the packet directly on the preheated sheet in the oven; bake for 7 minutes.
6. Carefully open the packet, being cautious to avoid rising steam. Discard the lemon and parsley; transfer the cod to a plate and serve immediately, or store refrigerated in an airtight container up to four days.

### Tips

Try replacing the lemon and parsley with: chili, lime and cilantro; or garlic and thyme; or orange and rosemary.

To make this a delicious dinner, pair with one to two servings of Baked Zucchini Packets with Tomato and Herbs (see page 192).

You can buy frozen cod filets as a more budget-friendly option, and defrost them overnight in the refrigerator or a few hours prior to cooking.

The USDA recommends cooking fish to a safe minimum internal temperature of 145° F, as measured using a food thermometer.

To make this a filling lunch, pair with two servings of Greek Style Roasted Cauliflower (see page 158) and add ½ cup cooked chickpeas to the cauliflower mixture.

## PROTEIN

# CHEESY EGG WHITE, KALE & MUSHROOM PIZZA

(Makes 1 serving)

TOTAL TIME: 9 MINUTES / PREP TIME: 5 MINUTES / COOKING TIME: 4 MINUTES

Nonstick cooking spray

- 4 large egg whites (½ cup)
- ¼ cup all-natural marinara sauce
- 2 Tbsp. shredded part-skim mozzarella cheese
- ¼ cup cooked chopped kale (optional)
- ¼ cup cooked sliced mushrooms (optional)

1. Heat a small skillet, lightly coated with cooking spray, over medium-high heat.
2. Add the egg whites to the skillet; do not stir. As the eggs set, lift the edges, letting the uncooked portion flow underneath; cook for 1 to 2 minutes, or until the eggs are set.
3. Spread the marinara sauce evenly over the top of the omelet. Top with the cheese, kale (if desired) and mushrooms (if desired); cook, covered, for 1 to 2 minutes, or until the cheese melts.
4. Cut into four slices; serve immediately.

### Tips

Serve with a salad or a veggie side.

To make this a delicious breakfast, pair with a side of whole-grain toast.

Substitute 1 large egg plus 2 large egg whites (¼ cup) for 4 large egg whites. Lightly beat them before adding to the skillet.

To make this “breakfast for dinner” omit the whole-grain toast from the lunch suggestion and add more veggies.

Top this with dried oregano, garlic powder or chili powder, if desired.

To make this a satisfying lunch, pair with one to two servings of Spaghetti Squash Hash Browns (see page 187) and a side of whole-grain toast.

## PROTEIN

# CITRUS MARINATED TOFU

(Makes 3 servings, approx.  $\frac{3}{4}$  cup each)

TOTAL TIME: 1 HOUR 25 MINUTES / PREP TIME: 25 MINUTES / COOKING TIME: NONE

- 1 (14-oz.) package extra firm tofu, drained, cut into 1-inch cubes
  - 3 cloves garlic, finely chopped
  - 2 Tbsp. fresh lime juice
  - $1\frac{1}{2}$  tsp. reduced-sodium soy sauce
  - $\frac{1}{2}$  tsp. ground coriander
  - $\frac{1}{2}$  tsp. sea salt (or Himalayan salt)
1. Place several layers of paper towels (or clean kitchen towels) on a cutting board (or baking sheet). Arrange the tofu cubes in a single layer on the towels; cover with several layers of paper towels (or clean kitchen towels).
  2. Place another cutting board (or baking sheet) on top. Press the tofu for 20 minutes; weigh the board down with a heavy pot or cans of food.
  3. While the tofu is being pressed, combine the garlic, lime juice, soy sauce, coriander and salt in a small mixing bowl.
  4. Remove weights from the tofu and transfer the tofu to a small baking dish; pour the garlic mixture over the tofu. Cover tightly and marinate in refrigerator for 1 hour, up to overnight.
  5. Divide evenly among three plates; serve immediately or store refrigerated in an airtight container up to five days.

### Tips

To serve warm, cook in a medium nonstick skillet over medium-high heat until all sides are lightly browned, about 5 minutes.

The tofu can be eaten without additional cooking.

To make this a yummy lunch, pair it with the Quick and Easy Citrus Slaw (see page 154) and top it with one small orange.

Try adding marinated tofu and sliced green onions to miso soup.

To enjoy this for dinner, skip the orange from the lunch suggestion. If you're still hungry, have some snackable veggies so you can be dinner and done!

## PROTEIN

# CREAMY CHICKEN SALAD

(Makes 1 serving)

TOTAL TIME: 15 MINUTES / PREP TIME: 15 MINUTES / COOKING TIME: NONE

- 4 oz. cooked boneless, skinless chicken breast, chopped
- 1 small apple, chopped
- 2 stalks celery, chopped
- 2 Tbsp. reduced-fat (2%) plain Greek yogurt
- 2 Tbsp. fresh lemon juice
- 1 Tbsp. water
- 1 tsp. all-natural mayonnaise
- 3 cups chopped lettuce
- Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)

1. Combine the chicken, apple, celery, yogurt, lemon juice, water and mayonnaise in a medium bowl; mix well. Season with salt and pepper, if desired.
2. Place the lettuce in medium serving bowl; top with the chicken mixture.

### Tips

You can swap the apple for ½ cup chopped grapes.

To enjoy this for lunch, pair with the Bacon and Date Cabbage Salad (see page 150) and wrap both salads in a whole-grain tortilla wrap.

To have this for dinner, omit the wrap from the lunch suggestion and have one to two servings of the Bacon and Date Cabbage Salad so you're full and satisfied and can be dinner and done!

## PROTEIN

# GARLIC & THYME PRESSURE COOKER CHICKEN

(Makes 2 servings, 1 breast each)

TOTAL TIME: 15 MINUTES / PREP TIME: 5 MINUTES / COOKING TIME: 10 MINUTES

- 1 stalk celery, cut in half
- 1 small carrot, chopped in half
- ¼ medium onion, sliced
- 2 (4-oz.) frozen chicken breasts, boneless, skinless
- 1 cup water
- 2 fresh thyme sprigs
- 2 cloves garlic, crushed
- Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)

1. Arrange the celery, carrot, and onion on bottom of an Instant Pot (or pressure cooker); arrange the frozen chicken on top of the vegetables.
2. Add the water; place the thyme and garlic on top of the chicken. Season with salt and pepper, if desired.
3. Seal the pot or cooker; cook on high, for 10 minutes. Release pressure manually or allow it to release naturally.
4. Transfer the chicken to a plate and serve immediately; discard the vegetables.

### Tips

To make this recipe in a slow cooker, place all ingredients in the cooker and cook on low for 6 hours (use appliance in accordance with manufacturer's instructions).

The USDA recommends cooking poultry to a safe minimum internal temperature of 165° F, as measured using a food thermometer.

Make sure the frozen chicken pieces are not stuck together.

To make this a lunch, shred the chicken and add to Spaghetti Squash Taco Boats (see page 188) with ½ cup black beans.

To make this a dinner, shred the chicken and add to two to three servings of Spicy Peanut Sauce over Zoodles (see page 193).

## PROTEIN

# LARA'S BAKED SESAME SALMON

(Makes 1 serving)

TOTAL TIME: 23 MINUTES / PREP TIME: 5 MINUTES / COOKING TIME: 18 MINUTES

1 (4-oz.) raw salmon fillet

Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)

¼ tsp. sesame oil

¼ tsp. sesame seeds (white or black)

1. Preheat oven to 400° F.
2. Line a baking sheet with aluminum foil; place it in the oven to preheat.
3. Pat the salmon dry, then brush oil onto both sides of the salmon.
4. Carefully place the salmon, skin side down, on the preheated baking sheet; season with salt and pepper, if desired, and sprinkle with the sesame seeds. Bake for 18 minutes.
5. Transfer the salmon to a plate and serve immediately, or store refrigerated in an airtight container up to four days.

### Tips

To have as a delicious dinner, omit the corn from the lunch suggestion. If you need more veggies, add in a ½ serving of the Crispy Cabbage (see page 152).

Try replacing the sesame seeds with everything bagel seasoning blend.

The USDA recommends cooking fish to a safe minimum internal temperature of 145° F, as measured using a food thermometer.

To enjoy as an Asian-inspired lunch, pair one serving with the Egg Roll in a Bowl (see page 153) and add ½ cup cooked corn to the egg roll recipe.

## PROTEIN

# PEANUT BUTTER & JELLY WONDER WHIP

(Makes 1 serving)

TOTAL TIME: 10 MINUTES / PREP TIME: 10 MINUTES / COOKING TIME: NONE

- 1 cup reduced-fat (2%) plain Greek yogurt
- 2 Tbsp. peanut butter powder
- 1 tsp. pure vanilla extract
- Liquid stevia (to taste; optional)
- Ground cinnamon (to taste; optional)
- ¼ cup fresh (or frozen) red grapes, cut in half

1. Combine the yogurt, peanut butter powder, vanilla extract, stevia (if desired) and cinnamon (if desired) in a serving bowl; mix well.
2. Top the yogurt mixture with grapes.
3. Serve immediately, or store refrigerated in an airtight container for up to 1 day.

### Tips

For a delicious dinner, keep the grapes at ¼ cup and pair with two servings of the Quick and Easy Citrus Slaw (see page 154).

Dry stevia can be substituted for liquid stevia.

To enjoy as a breakfast, increase the grapes to ½ cup.

For a simple sweet and savory mix-and-match lunch, increase the grapes to ½ cup and pair with a serving of Quick and Easy Citrus Slaw (see page 154).

## PROTEIN

# SLOW COOKER VEGGIES MOST & BEEF CHILI

(Makes 6 servings, approx. 2 cups each)

TOTAL TIME: 4 HOURS 25 MINUTES / PREP TIME: 25 MINUTES / COOKING TIME: 4 HOURS

- 1 lb. raw 95% lean ground beef
- 2 cans (15 oz. each) kidney or pinto beans (or combination of both), drained, rinsed
- 1 (28-oz.) can diced tomatoes, no salt added
- 3 medium carrots, chopped
- 3 medium stalks celery, chopped
- 2 medium onions, chopped
- 1 medium red bell pepper, chopped
- 1 medium green bell pepper, chopped
- 5 cloves garlic, finely chopped
- 2 dried bay leaves
- 3 Tbsp. chili powder
- 1 Tbsp. dried oregano
- 1 Tbsp. ground cumin
- 1 Tbsp. ground smoked paprika
- 1 tsp. sea salt (or Himalayan salt)
- ½ tsp. ground coriander
- ¼ tsp. ground cayenne pepper (optional)

1. Combine the beef, beans and tomatoes with their juice in an 8-quart slow cooker; stir to mix.
2. Add the carrot, celery, onion, red and green bell peppers, garlic, bay leaves, chili powder, oregano, cumin, paprika, salt, coriander and cayenne pepper (if using); stir to mix.
3. Cook, covered, on high for 4 hours (or on low for 8 to 10 hours). Use the appliance in accordance with manufacturer's instructions.
4. Divide evenly between six serving bowls and serve immediately, or store refrigerated in an airtight container up to four days.

### Tips

To make this a savory lunch, pair with two servings of Cauliflower Steaks with Red Pepper Sauce (see page 155) and add a ½ cup cooked corn to the chili.

To enjoy as a filling dinner, omit the corn from the lunch suggestion.

To make this recipe in an Instant Pot (note the order of ingredients differs slightly):

- Add the beans, tomatoes with their juice, bay leaves, chili powder, oregano, cumin, paprika, salt, coriander and cayenne pepper (if using); stir to combine.
- Add the carrots, celery, onion, red and green peppers and garlic; cook for 3 minutes or until softened.
- Turn the Instant Pot to the "chili/beans" setting and secure the lid on the pot. Cook for 20 minutes. Release the pressure manually or allow it to release naturally.



## PROTEIN

# SPICED JUMBO BURGER

(Makes 5 servings, 2 patties each)

TOTAL TIME: 41 MINUTES / PREP TIME: 35 MINUTES / COOKING TIME: 12 MINUTES

### Yogurt Sauce:

- ¼ cup reduced-fat (2%) plain Greek yogurt
- ¼ cup chopped fresh parsley
- ¼ cup chopped fresh mint
- ¼ cup finely chopped red bell pepper
- ¼ cup finely chopped shallot (or onion)
- 1 clove garlic, finely chopped
- 1 Tbsp. fresh lemon juice

### Jumbo Burgers:

- 1 lb. raw 93% lean ground turkey
- 1 (14-oz.) bag frozen cauliflower rice, thawed, drained
- 3 Tbsp. finely chopped red bell pepper
- 3 Tbsp. finely chopped shallot (or onion)
- 1 tsp. ground cumin
- 1 tsp. chili powder
- 1 tsp. garlic powder
- ½ tsp. ground coriander
- ½ tsp. ground smoked paprika
- Nonstick cooking spray

1. To make the yogurt sauce, combine the yogurt, parsley, mint, bell pepper, shallot (or onion), garlic and lemon juice in a medium bowl. Cover tightly and place in the refrigerator.
2. To make the jumbo burgers, combine the turkey, cauliflower, bell pepper, shallot (or onion), cumin, chili powder, garlic powder, coriander and paprika in a large mixing bowl; use clean hands to mix well.
3. Shape the turkey mixture into ten ½-inch-thick patties (approx. ¼ cup each); set aside.
4. Heat a medium nonstick skillet, lightly coated with cooking spray, over medium-high heat. Working in batches, add the patties to the skillet and cook for 2 to 3 minutes on each side, until lightly browned.
5. Serve two jumbo burgers topped with 2 Tbsp. yogurt sauce.

### Tips

If you prefer a dairy-free version, you can replace the yogurt sauce with the Roasted Eggplant Spread (see page 164) or a dairy-free accessory that you enjoy.

To make this a lunch, pair it with ½ whole-grain bun and pair with two servings of Noah's Animal-Style Cauliflower (see page 159).

To make this a dinner, chop up the burger and divide it evenly over two servings of the Eggplant Sandwich Thins (see page 162) and accessorize to your liking!

You can substitute any extra-lean ground meat (beef, bison or a plant-based substitute) for the turkey.

The USDA recommends cooking ground meat to a safe minimum internal temperature of 160°F, as measured using a food thermometer.

## PROTEIN

# TEMPEH BACON

(Makes 4 servings, approx. 5 pieces each)

TOTAL TIME: 1 HOUR 31 MINUTES / PREP TIME: 6 MINUTES / COOKING TIME: 25 MINUTES

- 1 (8-oz.) package tempeh, sliced ¼-inch thick
- 2 Tbsp. reduced-sodium soy sauce
- 2 Tbsp. pure maple syrup
- ½ tsp. ground smoked paprika
- ½ tsp. sea salt (or Himalayan salt)
- Nonstick cooking spray

1. Arrange the tempeh slices in a shallow baking dish; set aside.
2. Combine the soy sauce, maple syrup, paprika and salt in a small mixing bowl.
3. Pour the soy sauce mixture over the tempeh. Cover tightly and let it marinate in the refrigerator for at least 1 hour, or overnight.
4. Preheat oven to 350° F.
5. Line a baking sheet with parchment paper; lightly coat with cooking spray.
6. Arrange the tempeh on a baking sheet in a single layer. Bake for 20 to 25 minutes, turning halfway through, until browned.

### Tips

To enjoy as a breakfast, pair with a whole-grain English muffin and accessorize with avocado.

Make this a yummy lunch by pairing it with a serving of Spaghetti Squash Hash Browns (see page 187) and a cup of bean-based soup.

Enjoy for dinner by having the bacon with two to three servings of Spaghetti Squash Hash Browns.

## SHAKEOLOGY

# AÇAÍ POWER SHAKEOLOGY

(Makes 1 serving)

TOTAL TIME: 5 MINUTES / PREP TIME: 5 MINUTES / COOKING TIME: NONE

- 1 cup water
- 1 cup ice
- 1 scoop Vanilla Whey Shakeology (or Vanilla Plant-Based Vegan Shakeology)
- 1 cup baby spinach
- ½ (3.5-oz.) packet frozen unsweetened açai puree
- 1 tsp. sunflower butter

1. Place the water, ice, Shakeology, spinach, açai and sunflower butter in a blender; cover. Blend until smooth.

### Tips

For a delectable dinner, make the shake as instructed and pair with one to two servings of Quick and Easy Citrus Slaw (see page 154).

To enjoy for breakfast, use the full açai puree packet to make sure you have an equal balance of protein (Shakeology) and FFCs (acai packet) so you are full, satisfied and fueled with energy to take on the day!

Take a tropical vacation during lunch by adding the full açai packet to the shake and pair it with Tropical Mango Salad (see page 201).

## SHAKEOLOGY

# BIRTHDAY CAKE SHAKEOLOGY

(Makes 1 serving)

TOTAL TIME: 5 MINUTES / PREP TIME: 5 MINUTES / COOKING TIME: NONE

- 1 cup unsweetened almond milk
- 1 cup ice
- 1 scoop Vanilla Whey Shakeology
- ½ cup reduced-fat (2%) plain Greek yogurt
- ¼ large banana
- 1 tsp. pure birthday cake extract
- ½ tsp. edible plant-based sprinkles

1. Place the almond milk, ice, Shakeology, yogurt, banana and extract in a blender; cover. Blend until smooth.
2. Pour into a serving glass; garnish with the sprinkles.

### Tips

Substitute half a scoop of Vanilla Whey Shakeology and half a scoop of Strawberry Whey Shakeology for one scoop of Vanilla Whey Shakeology.

To enjoy “cake” for breakfast, use ½ large banana (for your FFC) in the shake (which is your protein) to make this a sweet and satisfying Plate It! breakfast.

Make your own healthier rainbow sprinkles with shredded coconut! Place 2 Tbsp. unsweetened shredded coconut in a resealable plastic bag, add 1 to 2 drops of all-natural food coloring; remove air from the bag, seal it, and shake until the coconut is evenly colored. Use any colors you like!

Don't have pure birthday cake extract? Swap for ½ tsp. pure almond extract and ½ tsp. pure butter extract.

Enjoy “cake” and pizza for lunch by using ½ large banana in the shake and pair it with one serving of Zucchini Pizza Coins (see page 195).

For a pizza and “cake” dinner party, pair the shake (skip the banana) with one to two servings of Zucchini Pizza Coins.

## SHAKEOLOGY

# CARROT CAKE SHAKEOLOGY

(Makes 1 serving)

TOTAL TIME: 5 MINUTES / PREP TIME: 5 MINUTES / COOKING TIME: NONE

- 1 cup unsweetened almond milk
- 1 cup ice
- 1 scoop Vanilla Whey Shakeology (or Vanilla Plant-Based Vegan Shakeology)
- 1 cup chopped or shredded carrots
- 1 Tbsp. hemp seeds
- 1 Tbsp. finely chopped orange peel (orange zest)
- ½ tsp. pure vanilla extract

1. Place the almond milk, ice, Shakeology, carrots, hemp seeds, orange peel and vanilla extract in a blender; cover. Blend until smooth.

### Tips

For a super satisfying lunch, add ½ large orange to the recipe and pair with Kaitlin's Garlicky Carrots and Cauliflower Rice (see page 157).

To make this a complete breakfast, add ½ large orange to the shake so you have a balance of protein (coming from Shakeology) and FFCs (coming from the fruit). And the best part? You're getting "cake" and extra credit (from the carrots) at the start of your day!

To enjoy for dinner, start with Kaitlin's Garlicky Carrots and Cauliflower Rice and end with the Carrot Cake shake so you can easily be dinner and done, and you can find something fun and productive to do!

## SHAKEOLOGY

# CHOCOLATE PEANUT BUTTER SHAKEOLOGY

(Makes 1 serving)

TOTAL TIME: 5 MINUTES / PREP TIME: 5 MINUTES / COOKING TIME: NONE

- |  |   |
|--|---|
| <ul style="list-style-type: none"><li>1 cup unsweetened almond milk</li><li>1 cup ice</li><li>1 scoop Chocolate Whey Shakeology (or Chocolate Plant-Based Vegan Shakeology)</li><li>½ cup frozen cauliflower rice</li><li>2 Tbsp. peanut butter powder</li></ul> | <ul style="list-style-type: none"><li>1. Place the almond milk, ice, Shakeology, cauliflower and peanut butter in a blender; cover. Blend until smooth.</li></ul> |
|--|---|

### Tips

For a simple and quick lunch, add ½ cup strawberries to the shake for your FFC and pair with Crispy Cabbage (see page 152) to make sure your meal is Veggies Most!

To make sure you get 50 percent protein and 50 percent FFCs for breakfast, add ½ large banana to the shake and start your day with chocolate, peanut butter, and banana goodness!

To make a satisfying dinner, make the shake as instructed above and pair with one to two servings of Eggplant Rollatini (see page 161). Enjoy the rollatini first, then have the shake; that way it feels like you're having dessert, but you're really just making it easier to be dinner and done!

## SHAKEOLOGY

# CHOCOLATE RASPBERRY TRUFFLE SHAKEOLOGY

(Makes 1 serving)

TOTAL TIME: 5 MINUTES / PREP TIME: 5 MINUTES / COOKING TIME: NONE

- 1 cup unsweetened almond milk
- 1 cup ice
- 1 scoop Chocolate Whey Shakeology (or Chocolate Plant-Based Vegan Shakeology)
- ¼ cup frozen raspberries
- ¼ tsp. pure vanilla or caramel extract (optional)

1. Place the almond milk, ice, Shakeology, raspberries and extract in a blender; cover. Blend until smooth.

### Tips

To make this a Plate It! breakfast, increase the raspberries to ½ cup so you have an equal balance of protein and FFCs.

If you don't have raspberries, this recipe tastes great with other berries or a blend of whatever berries that you have on hand.

For a sweet and spicy lunch, increase the raspberries to ½ cup in the shake and pair with one serving Spicy Peanut Sauce over Zoodles (see page 193).

To have a sweet and savory Veggies Most dinner, make the shake as instructed and enjoy with one to two servings of Spaghetti Squash Carbonara (see page 186). Enjoy the shake after you've eaten your veggies so you can end the meal on a sweet and satisfying note!

## SHAKEOLOGY

# CHOCOLATE SEA SALT SHAKEOLOGY

(Makes 1 serving)

TOTAL TIME: 5 MINUTES / PREP TIME: 5 MINUTES / COOKING TIME: NONE

- |   |  |
|---|--|
| <ul style="list-style-type: none"><li>1 cup unsweetened coconut milk beverage</li><li>1 cup ice</li><li>1 scoop Chocolate Whey Shakeology (or Chocolate Plant-Based Vegan Shakeology)</li><li>1 tsp. cacao nibs</li><li>1 dash sea salt (or Himalayan salt)</li></ul> | <ol style="list-style-type: none"><li>1. Place the coconut milk, ice, Shakeology and salt in a blender; cover. Blend until smooth.</li></ol> |
|---|--|

### Tips

To make this a satisfying breakfast, add ½ large banana to the blender.

For a “pizza and shake” lunch, pair with one serving of Eggplant Pizzas (see page 160).

Enjoy a takeout-style dinner by pairing the shake with one to two servings of Noah’s Animal Style Cauliflower (see page 159).



## SHAKEOLOGY

# CREAMY COFFEE CAKE SHAKEOLOGY

(Makes 1 serving)

TOTAL TIME: 5 MINUTES / PREP TIME: 5 MINUTES / COOKING TIME: NONE

- ½ cup unsweetened almond milk
- ½ cup water
- 1 cup ice
- 1 scoop Café Latte Whey Shakeology (or Café Latte Plant-Based Vegan Shakeology)
- ¼ large banana
- 2 tsp. all-natural peanut butter

1. Place almond milk, water, ice, Shakeology, banana and peanut butter in a blender; cover. Blend until smooth.

### Tips

To enjoy for dinner, make the recipe as instructed and pair with two to three servings of Three-Ingredient Spaghetti Squash Lasagna (see page 189).

To enjoy this shake as part of your breakfast, pair the shake (your protein) with a slice of whole-grain toast (which works as your FFC) and 1 Tbsp. all-natural peanut butter (your accessory).

For simple and satisfying lunch, increase the banana from ¼ to ½ so you have plenty of energy to get through the afternoon, and pair it with one serving of Cabbage Steaks with Creamy Ranch (see page 151).

## SHAKEOLOGY

# GINGERBREAD COOKIE SHAKEOLOGY

(Makes 1 serving)

TOTAL TIME: 5 MINUTES / PREP TIME: 5 MINUTES / COOKING TIME: NONE

- 1 cup unsweetened almond milk
- 1 cup ice
- 1 scoop Vanilla Whey Shakeology (or Vanilla Plant-Based Vegan Shakeology)
- 2 tsp. all-natural almond butter
- ¼ tsp. ground ginger
- ¼ tsp. ground clove

1. Place the almond milk, ice, Shakeology, almond butter, ginger and clove in a blender; cover. Blend until smooth.

### Tips

For lunch, pair with one serving of Spaghetti Squash Taco Boats (so you're Veggies Most!) and add ½ cup cooked red or black beans to the squash mixture to help give you energy to conquer your afternoon!

To make this a filling breakfast, that can help fuel you for a powerful workout, pair the shake (your protein) with a toasted whole-grain English muffin (your FFC) topped with 1 Tbsp. all-natural almond butter (your accessory).

To enjoy a quick and easy dinner, pair the shake with the Kaitlin's Garlicky Carrots and Cauliflower Rice (see page 157). Enjoy the shake after you eat the veggie side so you're ending the meal with something sweet and satisfying, making it easier for you to ditch dessert and be dinner and done!

## SHAKEOLOGY

# GREEN MACHINE SHAKEOLOGY

(Makes 1 serving)

TOTAL TIME: 5 MINUTES / PREP TIME: 5 MINUTES / COOKING TIME: NONE

- 1 cup unsweetened coconut milk beverage
- ½ cup reduced-fat (2%) plain Greek yogurt
- 1 cup ice
- 1 scoop Vanilla Whey Shakeology
- ½ cup chopped raw kale (or spinach, or 1 scoop Shakeology Boost Power Greens)
- ½ cup frozen cauliflower rice
- 2 fresh basil leaves (optional)
- 1 dash finely chopped lime peel (lemon zest)

1. Place the coconut milk, yogurt, ice, Shakeology, kale, cauliflower, basil and lime zest in a blender; cover. Blend until smooth.

### Tips

For a power-packed lunch, add ½ large green apple to the recipe and pair the shake with Crispy Cabbage (see page 152).

To enjoy for breakfast, add ½ large green apple to the recipe. With the protein from the Shakeology and Greek yogurt plus the stable energy coming from your FFC, the apple, this shake can help you feel fueled with all the right stuff to take on the day!

Make this a part of your dinner by keeping the recipe as is and pairing it with Cauliflower Steaks with Red Pepper Sauce (see page 155).

## SHAKEOLOGY

# TROPICAL POPSI-KALE SHAKEOLOGY

(Makes 1 serving)

TOTAL TIME: 5 MINUTES / PREP TIME: 5 MINUTES / COOKING TIME: NONE

- 1 cup unsweetened coconut milk beverage
- 1 cup ice
- 1 scoop Strawberry Whey Shakeology (or Tropical Strawberry Plant-Based Vegan Shakeology)
- ½ cup kale
- ¼ cup frozen pineapple
- ¼ cup frozen papaya (or orange or mango)
- 2 tsp. unsweetened shredded coconut

1. Place the coconut milk, ice, Shakeology, kale, pineapple, papaya (or orange or mango) and coconut in a blender; cover. Blend until smooth.

### Tips

To make popsicles, omit the ice, then pour the blended smoothie into popsicle trays; freeze. Makes four snack(tional) servings.

Start your day with a tropical getaway by increasing the pineapple chunks to ½ cup so you have a good balance of the protein coming from Shakeology and the FFCs coming from the fruit, making this a Plate It! breakfast.

For a Veggies Most dinner, make the shake as instructed and pair with the Quick and Easy Citrus Slaw (see page 154).

To enjoy for lunch, increase the pineapple chunks to ½ cup in the shake and pair with the Quick and Easy Citrus Slaw.

## SPAGHETTI SQUASH

### KAITLIN'S SWEET & SAVORY SPAGHETTI SQUASH

(Makes 4 servings, approx. 1½ cups each)

TOTAL TIME: 50 MINUTES / PREP TIME: 15 MINUTES / COOKING TIME: 35 MINUTES

Nonstick cooking spray

6 cups cooked spaghetti squash (see page 190)

1 Tbsp. olive oil

1 Tbsp. finely grated orange peel (orange zest)

1½ tsp. pure maple syrup

2 Tbsp. dried cranberries, finely chopped

2 Tbsp. walnuts, unsalted, chopped and toasted

1 clove garlic, finely chopped

1½ tsp. ground cinnamon

½ tsp. onion powder

1 dash ground clove

Sea salt (or Himalayan salt) or ground black pepper (to taste; optional)

1. Preheat oven to 350° F.

2. Lightly coat a 13 x 9-inch baking dish with cooking spray; set aside.

3. Combine the spaghetti squash, oil, orange peel, maple syrup, cranberries, walnuts, garlic, cinnamon, onion powder and clove in a large bowl. Season with salt and pepper, if desired.

4. Transfer the squash mixture to a prepared baking dish; bake for 25 to 35 minutes or until the squash starts to brown.

5. Divide evenly among four plates and serve immediately, or store refrigerated in an airtight container for up to four days.

#### Tips

To make this a truly sweet and savory lunch, add ½ cup cubed cooked sweet potato to one serving of the squash mixture and pair it with Chocolate Sea Salt Shakeology (see page 180).

To make this a simply satisfying dinner, skip the sweet potato in the lunch recommendation and just pair it with Chocolate Sea Salt Shakeology.

## SPAGHETTI SQUASH

# SPAGHETTI SQUASH CARBONARA

(Makes 4 servings, approx. 1 cup each)

TOTAL TIME: 14 MINUTES / PREP TIME: 8 MINUTES / COOKING TIME: 6 MINUTES

Nonstick cooking spray

4 cups cooked spaghetti squash (see page 190)

½ cup low-sodium organic vegetable broth (or water), divided

1 large egg

2 large egg yolks

¼ cup finely grated Parmesan cheese

Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)

1. Add the cooked spaghetti squash and ¼ cup broth (or water, if using) to a large nonstick skillet over medium heat; cook, covered, 3 to 5 minutes, stirring occasionally. Do not let the squash become dry.

2. As the squash cooks, heat the remaining ¼ cup of broth (or water, if using) in a small nonstick skillet or microwave for 1 minute; set aside.

3. When the squash is hot, remove the pan from the heat, then quickly perform the following two steps.

4. Whisk the egg and yolks in a medium bowl. Set the bowl on a kitchen towel to help prevent the bowl from sliding. Slowly drizzle the heated broth into the eggs, whisking constantly.

5. Immediately drizzle the egg mixture into the pan of heated spaghetti squash, stirring constantly. This will cook the egg mixture, making a creamy sauce.

6. Stir in the cheese; season with salt and pepper, if desired.

### Tips

To make this a savory breakfast, top one serving of the carbonara with two sunny-side-up eggs and pair with a slice of whole-grain toast.

To enjoy for lunch, try adding Tempeh Bacon (see page 174) and ½ cup cooked peas to two servings of Spaghetti Squash Carbonara.

To enjoy for dinner, simply pair with Tempeh Bacon.

Pouring hot broth into eggs while whisking constantly will temper the eggs, to help make a smoother sauce, instead of scrambled eggs, when the egg mixture is added to hot food. For this recipe, it is okay if the sauce is not perfectly smooth; it will not affect the taste. Tempering eggs takes practice.

## SPAGHETTI SQUASH

# SPAGHETTI SQUASH HASH BROWNS

(Makes 4 servings, approx. 3 patties each)

TOTAL TIME: 52 MINUTES / PREP TIME: 10 MINUTES / COOKING TIME: 42 MINUTES

Nonstick cooking  
spray

4 cups cooked  
spaghetti squash,  
divided (see page  
190)

1 slice whole-grain  
(or whole wheat)  
bread

$\frac{1}{4}$  cup green onion,  
thinly sliced  
(optional)

$\frac{1}{4}$  cup red (or green)  
bell pepper, thinly  
sliced

Sea salt (or Himalayan  
salt) and ground  
black pepper (to  
taste; optional)

1. Preheat oven to 200° F.
2. Line a baking sheet with parchment paper; lightly coat with cooking spray. Set aside.
3. Place  $1\frac{1}{2}$  cups of squash and the bread in a food processor; pulse until smooth. Transfer to a large bowl.
4. Add the remaining  $2\frac{1}{2}$  cups of squash, the green onion (if using) and bell pepper to the squash puree; season with salt and pepper, if desired.
5. Heat a large nonstick skillet, lightly coated with cooking spray, over medium-high heat.
6. Working in batches, scoop  $\frac{1}{4}$ -cup portions of the squash mixture into the skillet and gently flatten; cook for 5 to 7 minutes, flip and cook 5 to 7 minutes more, until golden brown and crisp on both sides. If it browns too fast, reduce the heat as needed.
7. Transfer the hash brown patties to a baking sheet and keep them warm in the oven. Repeat until all the squash mixture is cooked.
8. Divide the hash brown patties evenly among four plates, or store refrigerated in an airtight container for up to four days.

### Tips

To make this a yummy breakfast, pair with the Tempeh Bacon recipe (see page 174) or two over-easy eggs and enjoy with a cup of fresh fruit.

To ensure the hash browns cook evenly, do not overcrowd the skillet.

To enjoy as a lunch, top hash browns with the Creamy Chicken Salad recipe (see page 168) and pair with a bean-based soup.

Try cooking a single hash brown patty to test the skillet temperature before cooking the remaining patties.

To have this for dinner, swap the bean-based soup from the lunch suggestion for a broth-based veggie soup.

## SPAGHETTI SQUASH

# SPAGHETTI SQUASH TACO BOATS

(Makes 2 servings, 1 half squash each)

TOTAL TIME: 3 HOURS 3 MINUTES / PREP TIME: 30 MINUTES / COOKING TIME: 34 MINUTES

Nonstick cooking spray

- 1 small spaghetti squash (approx. 2 lb.), whole, cooked (see page 190)
- 8 oz. mushrooms, chopped
- 1 medium carrot, chopped
- 1 medium onion, chopped
- 1 medium green bell pepper, chopped
- ½ cup water
- 1 (1-oz.) package low-sodium taco seasoning
- 1 tsp. dried oregano
- 1 small tomato, seeded, chopped (about 1 cup), divided
- 3 Tbsp. chopped fresh cilantro, divided
- ½ medium ripe avocado, chopped
- 2 Tbsp. fresh lime juice
- 2 Tbsp. shredded cheddar cheese

### Tips

To have this as your dinner, have one Spaghetti Squash Taco Boat with one serving of the Slow Cooker Veggies Most and Beef Chili recipe.

1. Cut the cooked whole squash in half lengthwise. Remove the seeds and discard them. Scoop out the flesh of the squash and place it in a medium bowl; set aside. Reserve the skins.
2. Heat a large nonstick skillet, lightly coated with cooking spray, over medium-high heat.
3. Add the mushrooms and cook for 3 to 5 minutes, stirring frequently, until brown. Transfer to a medium bowl; set aside.
4. Add the carrot, onion and bell pepper to the skillet; cook for 3 to 5 minutes, stirring frequently, or until the onions are soft.
5. Return the mushrooms to the skillet. Add the water, taco seasoning and oregano; cook for 1 minute. Transfer the vegetable mixture to the bowl.
6. Add the spaghetti squash, ½ tomato and 2 Tbsp. cilantro; stir to combine.
7. Lightly coat a baking dish with cooking spray. Evenly divide the squash mixture between the reserved skins to make boats; place in the baking dish. Bake for 25 minutes or until the edges start to brown.
8. While the squash boats bake, combine the avocado, lime juice, remaining ½ tomato, and remaining 1 Tbsp. cilantro in a small bowl; set aside.
9. Top the squash boats evenly with the cheese; bake for 3 minutes or until the cheese melts.
10. Place the squash boats on two plates. Just before serving, top them evenly with the avocado mixture.



## SPAGHETTI SQUASH

# THREE-INGREDIENT SPAGHETTI SQUASH LASAGNA

(Makes 8 servings)

TOTAL TIME: 50 MINUTES / PREP TIME: 10 MINUTES / COOKING TIME: 40 MINUTES

- 8 cups cooked spaghetti squash, divided (see page 190)
  - 1 (25-oz.) jar all-natural marinara sauce, divided
  - 2 cups part-skim ricotta cheese, divided
- Aluminum foil

1. Preheat oven to 350° F.
2. Cover the bottom of a 13 x 9-inch baking dish with  $\frac{1}{2}$  jar of marinara. Cover the sauce with 4 cups squash; top evenly with 1 cup ricotta.
3. Spoon the second  $\frac{1}{2}$  jar of marinara evenly over the cheese. Cover evenly with the remaining 4 cups of squash. Spoon the remaining  $\frac{1}{2}$  jar of marinara evenly over the squash; top evenly with the remaining 1 cup of ricotta.
4. Cover with aluminum foil; bake for 40 minutes. Remove the foil for the last 10 minutes of cooking.
5. Cut the lasagna in 8 equal pieces and serve immediately, or store refrigerated in an airtight container for up to four days.

### Tips

Try adding your own fillings to the middle layer (mushrooms, zucchini, eggplant, or spinach). Use this recipe as a starting point to make it your own.

To make this a lunch, pair one serving of Spiced Jumbo Burgers (see page 173) with two servings of the lasagna and pair with whole-grain garlic toast strips (simply use 2 tsp. butter and a sprinkle of garlic powder on top).

To make this a dinner, omit the garlic toast strips from the lunch recommendation.

## Four Ways to Cook Spaghetti Squash

Spaghetti Squash is a versatile veggie, and so are the ways to cook it! Below are four different ways to make your squash based on the appliances and size of squash you have. No matter which method you go with, they all help you create the perfect base for the recipes on the preceding pages!

### OVEN METHOD (WHOLE)

1. Preheat oven to 375° F.
2. Line a baking sheet with parchment paper and lightly coat it with cooking spray.
3. Pierce the spaghetti squash all over with the tip of a sharp knife.
4. Place the squash on the baking sheet; bake 45 to 90 minutes (see tips below), turning once, until it is soft and easily pierced with a knife in several places; set aside to cool until it can be handled comfortably, about 30 minutes.
5. When the squash is cool enough to handle, slice it in half lengthwise. Remove and discard the seeds. Use a spoon to scoop out the flesh.

### OVEN METHOD (HALVES)

1. Preheat oven to 375 F.
2. Lightly coat a baking dish with cooking spray.
3. Carefully cut the spaghetti squash in half lengthwise. Remove and discard the seeds.
4. Arrange the squash flesh side down in a baking dish. Add water to cover the bottom of the dish to  $\frac{1}{2}$  inch.
5. Bake 30 to 45 minutes, until the squash is soft and easily pierced with a knife in several places. Set aside to cool until it can be handled comfortably; about 30 minutes.
6. When the squash is cool enough to handle, use a spoon to scoop out the flesh.

### Tips

These recipes can be made up to two days ahead of time and refrigerated in an airtight container for later use.

Spaghetti squash come in many sizes:

- Small (2 lbs.) yields approximately 2½ cups cooked squash.
- Medium (4 lbs.) yields approximately 5 cups cooked squash.
- Large (6 lbs.) yields approximately 8 cups cooked squash

1 (2-lb.) small spaghetti squash takes approximately 50 minutes to bake.

1 (4-lb.) medium spaghetti squash takes approximately 70 minutes to bake.

1 (6-lb.) large spaghetti squash takes approximately 90 minutes to bake.

## PRESSURE COOKER METHOD (WHOLE)

1. Pierce the spaghetti squash all over with a knife.
2. Place a steamer insert into the pressure cooker and arrange the squash on the insert; add 1½ cups water.
3. Cook on high pressure for 15 minutes; quickly release the pressure when done (use appliance in accordance with manufacturer's instructions).
4. Check that the squash is soft and easily pierced with a knife in several places.
5. Set the squash aside to cool until it can be handled comfortably; about 30 minutes.
6. When the squash is cool enough to handle, slice it in half lengthwise. Remove and discard the seeds. Use a spoon to scoop out the flesh.

## MICROWAVE METHOD (WHOLE)

1. Place the whole spaghetti squash in the microwave; cook, on high, for 3 minutes, or until it is tender enough to slice lengthwise.
2. Once the squash is sliced in half, use a spoon to remove the seeds from inside the spaghetti squash halves; discard the seeds.
3. Place both halves of the spaghetti squash in the microwave; cook, on high, for 6 to 8 minutes, or until you can easily remove spaghetti strands with a spoon. Place in a large bowl.

Do not microwave a whole spaghetti squash for more than 3 minutes. The squash could explode, damaging equipment and causing personal injury.

Always use appliances in accordance with manufacturer's instructions.

Spaghetti squash can get quite large and are hard to cut when raw. The Oven Method (whole) allows you to more easily handle and safely process the squash.

A 6-quart pressure cooker can cook up to 1 (3-lb.) whole spaghetti squash.

An 8-quart pressure cooker can cook up to 1 (4-lb.) whole spaghetti squash, or 2 (2-lb.) whole squash.

## ZUCCHINI

# BAKED ZUCCHINI PACKETS

## with Tomato and Herbs

(Makes 2 servings, approx. 2 cups each)

TOTAL TIME: 25 MINUTES / PREP TIME: 15 MINUTES / COOKING TIME: 20 MINUTES

- 2 medium zucchini, quartered lengthwise, sliced  $\frac{3}{4}$ -inch thick
- 2 medium tomatoes, chopped
- 2 cloves garlic, finely chopped
- 1½ tsp. dried Italian seasoning
- 2 tsp. olive oil
- Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)
- Aluminum foil

1. Preheat oven to 400° F.
2. Place a baking sheet on the center rack.
3. Combine the zucchini, tomato, garlic, herbs and oil in a large bowl; season with salt and pepper, if desired.
4. Lay out two sheets of foil. Evenly divide the mixture between foil sheets; fold the edges of each tightly to create two sealed packets.
5. Place the foil packets directly onto the sheet in the oven. Cook for 20 to 25 minutes. Remove from the oven.
6. Allow the packets to cool slightly. Open carefully with tongs to avoid steam burns.
7. Transfer the contents to a serving dish.

### Tips

After cooking, use tongs to tear a hole in the packets to allow the steam to escape and avoid burns.

For a filling dinner, enjoy one to two servings of zucchini with a serving of Slow Cooker Veggies Most and Beef Chili (see page 172).

This recipe can be cooked on an outdoor grill. Turn the packets over halfway through cooking.

To enjoy for lunch, pair one serving with a serving of Slow Cooker Veggies Most and Beef Chili and add ½ cup cooked corn to the chili.

## ZUCCHINI

### SPICY PEANUT SAUCE OVER ZOODLES

(Makes 2 servings, approx. 2 cups each)

TOTAL TIME: 28 MINUTES / PREP TIME: 20 MINUTES / COOKING TIME: 8 MINUTES

- Nonstick cooking spray
- 2 green onions, cut into 1-inch pieces
- 1 red bell pepper, thinly sliced
- 4 cloves garlic, finely chopped
- ½ tsp. crushed red pepper flakes (optional)
- 4 medium zucchini, spiralized
- 1 Tbsp. peanut butter powder
- ¼ tsp. ground ginger
- 1 tsp. reduced-sodium soy sauce
- 1 tsp. hot pepper sauce (like Sriracha)
- ½ tsp. rice wine vinegar
- 1 cup bean sprouts
- 1 Tbsp. peanuts, unsalted, chopped
- ¼ cup chopped fresh cilantro
- 1 lime, cut into wedges

1. Heat a large nonstick skillet over high heat; lightly coat with cooking spray.
2. Add the green onion and bell pepper; cook for 2 to 3 minutes, stirring frequently, until the vegetables start to soften.
3. Add the garlic and crushed red pepper flakes (if using); cook for 30 seconds, stirring frequently. Remove from the pan; set aside.
4. Add the zucchini, peanut powder, ginger, soy sauce, pepper sauce and vinegar to the same pan; cook for 2 to 4 minutes, stirring frequently.
5. Return the green onion mixture to the pan. Add the bean sprouts; gently fold to combine.
6. Evenly divide between two serving bowls; garnish evenly with peanuts, cilantro, and lime wedges.

#### Tips

A spiralizer is an inexpensive tool that cuts fresh veggies into noodles. You can use a spiralizer to cut the zucchini in this recipe.

If you don't have a spiralizer, using a vegetable peeler, cut each zucchini into lengthwise strips about ¼-inch thick. Turn the zucchini slightly after cutting each strip to work evenly around the outside, stopping when you hit the seeds at the core. Discard the core. Cut the slices lengthwise into ½-inch ribbons.

For a yummy lunch, pair one serving zoodles with a serving of Garlic and Thyme Pressure Cooker Chicken (see page 169) and add ½ cup cooked lentils to the zoodles.

To make this a delicious dinner, pair one to two servings of zoodles with a serving of Garlic and Thyme Pressure Cooker Chicken.

## ZUCCHINI

### VEGGIES LOADED ZUCCHINI BOATS

(Makes 3 servings, 2 boats each)

TOTAL TIME: 50 MINUTES / PREP TIME: 20 MINUTES / COOKING TIME: 30 MINUTES

Nonstick cooking spray

3 medium zucchini, cut  
in half lengthwise

$\frac{1}{4}$  tsp. sea salt  
(or Himalayan salt)

1 small Chinese eggplant,  
chopped

8 oz. mushrooms,  
chopped

1 red bell pepper,  
chopped

4 cloves garlic, finely  
chopped

1 Tbsp. all-natural  
tomato paste

1 Tbsp. dried basil  
(or 3 Tbsp. fresh basil)

1 tsp. red wine vinegar

Sea salt (or Himalayan  
salt) and ground  
black pepper (to taste;  
optional)

2 Tbsp. pine nuts,  
chopped (optional)

2 Tbsp. grated Parmesan  
cheese

1. Preheat oven to 400° F with the rack in the middle position.

2. Lightly coat a baking dish with cooking spray; set aside.

3. Scoop out the inner flesh from the zucchini halves, using a spoon or melon baller. Chop the zucchini flesh and set it aside.

4. Place the zucchini halves in the baking dish, cut side up. Season with salt and pepper, if desired; set aside.

5. Heat a large nonstick skillet, lightly coated with cooking spray, over medium-high heat.

6. Add the zucchini flesh, eggplant, mushrooms, bell pepper and garlic; cook for 3 to 4 minutes, stirring frequently, or until water has been released and evaporated. Transfer to a bowl; set aside.

7. Add the tomato paste and basil to the same pan; cook for 1 minute, stirring frequently. Transfer to the bowl with the eggplant mixture.

8. Drizzle red wine vinegar over the eggplant mixture, season with salt and pepper, if desired; stir to combine.

9. Evenly spoon the eggplant mixture into the 6 zucchini halves. Top with the pine nuts, if desired, and the cheese.

10. Bake for 20 to 25 minutes, or until the zucchini are tender-crisp and the cheese is melted and lightly browned.

#### Tips

For a delicious and satisfying dinner, pair one to two servings with one Spiced Jumbo Burger.

## ZUCCHINI

# ZUCCHINI PIZZA COINS

(Makes 3 servings, approx. 5 each)

TOTAL TIME: 47 MINUTES / PREP TIME: 20 MINUTES / COOKING TIME: 27 MINUTES

Parchment paper

Nonstick cooking  
spray

8 oz. sliced  
mushrooms

1 tsp. olive oil

¼ tsp. ground fennel  
seed

¼ tsp. ground  
smoked paprika

Sea salt (or Himalayan  
salt) and ground  
black pepper (to  
taste; optional)

3 medium zucchini,  
sliced ¼-inch thick

1 (8-oz.) can all-  
natural tomato  
sauce

½ tsp. garlic powder

½ tsp. onion powder

1 tsp. dried Italian  
seasoning

½ cup finely shredded  
Italian cheese blend

2 Tbsp. fresh basil,  
sliced (or 2 tsp.  
dried basil)

1. Preheat oven to 400° F.

2. Line three baking sheets with the parchment paper (or work in batches); lightly coat with cooking spray. Set aside.

3. Combine the mushrooms, oil, fennel and paprika in a medium mixing bowl; season with salt and pepper, if desired.

4. Spread the mushroom mixture over one baking sheet. Bake for 10 minutes. Set aside to cool.

5. Arrange 5 zucchini slices in a circular, overlapping, rose-petal pattern on a prepared baking sheet. Repeat to make 15 individual clusters of “coins” to fill two baking sheets. Ensure there are no holes in the center of the clusters. Bake for 10 minutes; set aside.

6. Heat a small nonstick skillet over medium heat.

7. Add the tomato sauce, garlic powder and onion powder to the skillet; stir frequently until slightly thickened; set aside.

8. Carefully spoon the sauce over each cluster of zucchini “coins” (approx. 1 tsp. for each cluster). Evenly sprinkle the mushroom mixture over each cluster; top evenly with the cheese. Bake for 5 to 7 minutes, or until the cheese melts.

9. Garnish each cluster of “coins” with the basil.

### Tips

For a pizza party dinner, pair one to two servings of pizza coins with a Cheesy Egg White, Kale and Mushroom Pizza.

Use a small amount of cooking spray on the baking sheets before lining with parchment paper to help keep the parchment paper from sliding.

To make this a pizza-licious lunch, pair one serving with a Cheesy Egg White, Kale and Mushroom Pizza (see page 166) and serve with a side of fresh fruit.

## ZUCCHINI

# ZUCCHINI NACHOS

(Makes 2 servings, approx. 2½ cups each)

TOTAL TIME: 55 MINUTES / PREP TIME: 15 MINUTES / COOKING TIME: 40 MINUTES

Nonstick cooking spray

3 medium zucchini, sliced ¼-inch thick

1 red bell pepper, chopped

1 small onion, chopped

8 oz. mushrooms, chopped

1 (1-oz.) package low-sodium taco seasoning

2 Tbsp. water

1 small tomato, chopped

½ cup grated cheddar cheese

½ cup jalapeños, pickled, sliced (optional)

Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)

1. Heat oven to 425° F.
2. Line a baking sheet with the parchment paper; lightly coat with cooking spray.
3. Arrange the zucchini on the sheet in a single layer.
4. Bake for 20 to 25 minutes, or until the zucchini starts to brown on the edges. Remove from oven; set aside.
5. Heat a large nonstick skillet over medium-high heat; lightly coat with cooking spray.
6. Add the bell pepper and onion; cook for 5 minutes, stirring frequently. Transfer to a bowl; set aside.
7. Add the mushrooms to the same pan; cook for 3 to 4 minutes, stirring frequently.
8. Return the peppers and onions to the pan. Add the taco seasoning and water; cook for 1 minute, stirring frequently.
9. Evenly divide the mushroom mixture over the zucchini. Top with the tomato and cheese. Top with the jalapeño (if using).
10. Bake for 5 minutes or until the cheese melts.
11. Divide evenly between two plates, using a wide spatula; serve immediately, or store refrigerated in an airtight container for up to four days.

### Tips

For a yummy “loaded nachos” lunch, top one serving of nachos with a serving of Slow Cooker Veggies Most and Beef Chili (see page 172) and add ½ cup cooked black beans to the chili.

If you don’t want to use pre-packaged taco seasoning, try: ¾ Tbsp. chili powder, ¾ Tbsp. ground cumin, ½ Tbsp. ground paprika, ½ tsp. garlic powder, and ½ tsp. onion powder. Add salt to taste, if desired.

If the zucchini are small, use 4 to have enough slices to cover a baking sheet.

For a “nacho-average” delicious dinner, top one to two servings of nachos with a crumbled Spiced Jumbo Burger (see page 173).



## THE MINDSET MEMBERSHIP RECIPES

# BEACHBAR BREAKFAST BOWL

(Makes 1 serving)

TOTAL TIME: 5 MINUTES / PREP TIME: 5 MINUTES / COOKING TIME: NONE

$\frac{3}{4}$  cup reduced-fat (2%)  
plain Greek yogurt

1 BEACHBAR, any  
flavor, chopped

1 cup strawberries, sliced

1. Add the yogurt to medium bowl;  
top with BEACHBAR and strawberries.  
Serve immediately.

### Tips

This recipe is a great  
Plate It! breakfast.

To enjoy this for lunch,  
pair it with one serving  
Spaghetti Squash Hash  
Browns (see page 187).

To make this a dinner,  
omit the strawberries  
from the recipe and  
serve with two servings  
of Spaghetti Squash  
Hash Browns.

## THE MINDSET MEMBERSHIP RECIPES

# CHEESY CABBAGE STEAK TURKEY SANDWICH

(Makes 1 serving)

TOTAL TIME: 48 MINUTES / PREP TIME: 10 MINUTES / COOKING TIME: 38 MINUTES

Parchment paper  
Nonstick cooking spray  
1 medium red cabbage  
¼ tsp. ground paprika  
¼ tsp. garlic powder  
¼ tsp. onion powder  
¼ tsp. ground cumin  
6 oz. turkey deli slices  
(nitrate- and  
nitrite-free)  
¼ cup shredded cheddar  
cheese  
Aluminum foil

1. Preheat oven to 375° F. Line a baking sheet with the parchment paper and coat with the nonstick cooking spray.
2. To make the cabbage steaks, slice two 1½-inch-thick rounds from the center of a whole head of cabbage.
3. Place the cabbage steaks on the prepared baking sheet. Sprinkle them evenly with the paprika, garlic powder, onion powder and cumin. Bake for 15 to 20 minutes.
4. Top one cabbage steak with the turkey and cheese. Top it with the remaining cabbage steak.
5. Wrap the sandwich in aluminum foil and place the foil packet on the baking sheet. Place a weight or oven-safe pot or pan on top of the sandwich. Bake for 4 to 6 minutes.

### Tips

To make with a panini press, wrap the sandwich in aluminum foil and place the foil packet in a preheated panini press. Press and cook until the cheese is melted, approximately 3 minutes.

Reserve the remaining cabbage for another meal, like the Cabbage Steaks with Creamy Ranch (see page 151).

This recipe is a great Plate It! dinner.

To make this a lunch option, pair it with your favorite FFC.

## THE MINDSET MEMBERSHIP RECIPES

# CHEESY TOMATO NOODLE SOUP

(Makes 4 servings, approx. 2 cups each)

TOTAL TIME: 15 MINUTES / PREP TIME: 5 MINUTES / COOKING TIME: 10 MINUTES

- |   |  |
|---|--|
| <ul style="list-style-type: none"><li>1 (32 oz.) box prepared all-natural tomato soup</li><li>½ cup all-natural marinara sauce with basil</li><li>3 (8 oz.) bags tofu Shirataki noodles, drained (approx. 6 cups) cup shredded part-skim mozzarella</li></ul> | <ul style="list-style-type: none"><li>1. Heat a large soup pot over medium heat. Add the soup and marinara sauce and bring to a gentle boil.</li><li>2. Add the noodles and cook for 2 minutes, stirring well to combine.</li><li>3. Divide the soup evenly between four bowls; top evenly with the cheese. Serve immediately.</li></ul> |
|---|--|

### Tips

Shirataki noodles can be found in many grocery stores and online.

Shirataki noodles may still contain water after draining, which may thin the soup a bit. If you prefer a thicker bisque, pat the noodles dry with paper towels before adding them to the pot.

To store the soup, allow it to cool at room temperature, then place it in a tightly covered container in the refrigerator for up to four days.

This recipe is a great veggie side.

To enjoy this for lunch, pair with one serving of Garlic and Thyme Pressure Cooker Chicken (see page 169) and add ½ cup black beans to the soup.

To make this a dinner, omit the black beans from the lunch suggestion.

## THE MINDSET MEMBERSHIP RECIPES

# SWEET & SAVORY EVERYTHING SAUCE

(Makes 5 servings, approx. 2 Tbsp. each)

TOTAL TIME: 3 MINUTES / PREP TIME: 3 MINUTES / COOKING TIME: NONE

- ½ cup carrot, chopped
- 1 clove garlic
- 1 tsp. ginger, peeled and finely chopped
- 3 Tbsp. tahini paste
- 2 Tbsp. white miso paste
- 2 Tbsp. rice vinegar
- 3 Tbsp. water
- 1 Tbsp. sesame oil
- 1 tsp. maple syrup
- ¼ tsp. ground black pepper

1. Place the carrot, garlic, ginger, tahini, miso, vinegar, water, sesame oil, maple syrup and pepper in a blender; cover. Blend until very smooth. Add more water if needed.
2. Serve immediately, or store refrigerated in an airtight container for up to five days.

### Tips

Use this sauce on everything from roasted vegetables to salads, fish and poultry, spread on sandwiches, or use as a dip for raw veggies.

The sauce may thicken in the refrigerator. Set it out at room temperature for 15 to 20 minutes before serving; if needed, stir in more water, one teaspoon at a time, until the sauce reaches the desired consistency.

This recipe is a perfect accessory. Pair it with any veggie side in this book!

## THE MINDSET MEMBERSHIP RECIPES

# TROPICAL MANGO SALAD

(Makes 2 servings)

TOTAL TIME: 17 MINUTES / PREP TIME: 15 MINUTES / COOKING TIME: 2 MINUTES

- 2 Tbsp. unsweetened shredded coconut
- 1 clove garlic, finely chopped
- 2 Tbsp. 100% orange juice (or ½ orange, squeezed)
- 1 tsp. olive oil
- 1 tsp. mustard
- 1 tsp. honey
- Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)
- 2 heads lettuce, chopped
- 1 medium mango, peeled and chopped
- ½ red bell pepper, chopped
- ½ orange bell pepper, chopped
- ½ yellow bell pepper, chopped
- ½ red onion, chopped
- ¼ cup chopped fresh cilantro
- ¼ medium ripe avocado, sliced

1. Heat a small pan over medium heat; add the coconut. Stir frequently for 2 minutes, or until the coconut is fragrant and toasted; remove from the pan and set aside.
2. To make the dressing, combine the garlic, orange juice, oil, mustard, honey, salt and pepper, if desired, in a small mixing bowl; whisk to blend. Set aside.
3. Combine the lettuce, mango, red pepper, orange pepper, yellow pepper, onion and cilantro in a large bowl; drizzle with the dressing and toss gently to coat. Top with the avocado and coconut. Divide evenly between two medium bowls.

### Tips

This recipe is a perfect veggie side.

To enjoy for lunch, pair with one serving of Citrus Marinated Tofu (see page 167) and top with a small orange.

To have this for dinner, omit the orange from the recommended lunch option.

**2B MINDSET**

**SUCCESS  
STORIES**

## 2B MINDSET SUCCESS STORY

Brandi S., an Independent Team Beachbody Coach, 36, Lake Charles, Louisiana,  
*lost 106 pounds in 15 months\**

***“You found a way that made eating healthy  
and losing so simple!”***



\*Results vary depending on starting point and effort  
and following Beachbody fitness programs.

## 2B MINDSET SUCCESS STORY

Bethany J., 27, New York, New York, *lost 80 pounds in 20 months\**

***“I needed a good kick in the a\*\*.”***



*\*Results vary depending on starting point and effort.*



## 2B MINDSET SUCCESS STORY

*Darlene D., an Independent Team Beachbody Coach, 38, New York, New York,  
lost 84 pounds in 16 months\**

***“My confidence and  
self-esteem improved!”***



\*Results vary depending on starting point and effort  
and following Beachbody fitness programs.

## 2B MINDSET SUCCESS STORY

Matt H., 33, Brooklyn, New York, *lost 40 pounds in 7 months\**

***“I had no idea that  
what I was eating was bad for me.”***



*\*Results vary depending on starting point and effort.*

## 2B MINDSET SUCCESS STORY

Jodi A., 39, New York, New York, *lost 38 pounds in 7 months\**

***“If you put your mind to it,  
you can achieve anything you want!”***



*\*Results vary depending on starting point and effort.*

## 2B MINDSET SUCCESS STORY

Micki F., an Independent Team Beachbody Coach, 50, New York, New York,  
*lost 26 pounds in 5 months\**

***“Journaling every day showed me exactly where my problem was.”***



\*Results vary depending on starting point and effort.

## 2B MINDSET SUCCESS STORY

Sabrina H., an Independent Team Beachbody Coach, 31, Pierrefonds, Quebec, Canada,  
*lost 58.4 pounds in 16 months\**

***“I was so tired and scared because  
I lost control of my body.”***



\*Results vary depending on starting point and effort  
and following Beachbody fitness programs.

## 2B MINDSET SUCCESS STORY

Michael S., 50, New York, New York, *lost 38.5 pounds in 3 months\**

***“I feel more confident than ever!”***



*\*Results vary depending on starting point and effort.*

## 2B MINDSET SUCCESS STORY

Deanna P., 50, Weehawken, New Jersey, *lost 18.5 pounds in 3.5 months\**

***“Fifty is the new twenty-five!”***



*\*Results vary depending on starting point and effort.*

## 2B MINDSET SUCCESS STORY

Saudi A., an Independent Team Beachbody Coach, 40, New York, New York,  
*lost 31 pounds in 5 months\**

***“I knew I had to stop making excuses!”***



*\*Results vary depending on starting point and effort.*



## 2B MINDSET SUCCESS STORY

Karla W., 36, New York, New York, *lost 49 pounds in 12 months\**

***“I could barely get out of bed,  
and now I am trekking mountains!”***



*\*Results vary depending on starting point and effort.*

## 2B MINDSET SUCCESS STORY

Amanda L., an Independent Team Beachbody Coach, 45, Nauvoo, Alabama,  
*lost 75 pounds in 19 months\**

***“It is a lifestyle I will follow for the rest of my life!”***



*\*Results vary depending on starting point and effort and following Beachbody fitness programs.*

## 2B MINDSET SUCCESS STORY

Susan M., 43, Lawrence, Georgia, *lost 60 pounds in 7 months\**

***“It’s not only the scale victories  
that have me so excited!”***



*\*Results vary depending on starting point and effort.*