



# **SHIFTSHOP** **RECIPES**

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# Intro

In the SHIFT SHOP®, each week is designed for optimal results. That's why we created this recipe booklet full of healthy meals and snacks—divided by week—to make it easier for you to hit your goals.

Throughout the program, think of this booklet as your go-to guide for SHIFT SHOP-approved dishes. You'll start with Prep Week to gear up for the Shop and then follow the recipes all the way through Week 3 for the best possible results.

The SHIFT SHOP is designed around a specific nutrition plan targeted and tested to create specific results. If you are currently having success with a comprehensive approach to nutrition like Portion Fix® or 2B Mindset™, it's fine to stick with those plans while following these workouts, but keep in mind that may have an effect on your energy levels or results you may experience.

# Shakeology<sup>®</sup>

Shakeology is a meticulously crafted shake that delivers a delicious and potent blend of proteins, probiotics, superfoods, antioxidants, vitamins, minerals, digestive enzymes, and more. It's the strong nutritional foundation you can count on every day of the SHIFT SHOP. Shakeology tastes great on its own with water but here are some of our favorite recipes in case you want to take it up a notch. All these recipes can also be enjoyed with Vegan Shakeology.

½ 1

TOTAL TIME: 10 MIN  
PREP TIME: 10 MIN  
COOKING TIME: NONE  
1 SERVING

## APPLE PIE SHAKEOLOGY

1 cup water

1 cup ice

1 scoop Vanilla Shakeology

½ cup unsweetened  
applesauce

½ tsp. ground cinnamon

1. Place water, ice, Shakeology, applesauce, and cinnamon in blender; cover. Blend until smooth.

OK for Prep Week and Weeks 1–3

Calories: 194 Total Fat: 2g Carbohydrates: 28g Protein: 17g

■ 1 ■ 1

TOTAL TIME: 10 MIN  
PREP TIME: 10 MIN  
COOKING TIME: NONE  
1 SERVING



## STRAWBERRY THUNDER SHAKEOLOGY

1 cup water  
1 cup ice  
1 scoop Chocolate Shakeology  
½ cup fresh (or frozen) strawberries  
½ cup fresh (or frozen) blueberries

1. Place water, ice, Shakeology, strawberries, and blueberries in blender; cover. Blend until smooth.

OK for Prep Week and Weeks 1–3

Calories: 226 Total Fat: 2g Carbohydrates: 33g Protein: 18g

■ 1 ● ½

TOTAL TIME: 10 MIN  
PREP TIME: 10 MIN  
COOKING TIME: NONE  
1 SERVING



## COCONUT LIME SHAKEOLOGY

½ cup unsweetened coconut milk beverage  
½ cup water  
1 cup ice  
1 scoop Vanilla Shakeology  
2 Tbsp. fresh lime juice  
½ tsp. pure coconut extract

1. Place coconut milk, water, ice, Shakeology, lime juice, and extract in blender; cover. Blend until smooth.

OK for Prep Week and Weeks 1–3

Calories: 194 Total Fat: 5g Carbohydrates: 16g Protein: 17g

1 2

TOTAL TIME: 10 MIN  
PREP TIME: 10 MIN  
COOKING TIME: NONE  
1 SERVING



## GREEK STRAWBERRY-BANANA SHAKEOLOGY

1 cup water  
1 cup ice  
1 scoop Strawberry Shakeology  
 $\frac{3}{4}$  cup reduced-fat (2%)  
plain Greek yogurt  
 $\frac{1}{2}$  large banana, cut into chunks

1. Place water, ice, Shakeology, yogurt, and banana in blender; cover. Blend until smooth.

OK for Prep Week and Weeks 1–3

Calories: 329 Total Fat: 6g Carbohydrates: 36g Protein: 35g

1



TOTAL TIME: 10 MIN  
PREP TIME: 10 MIN  
COOKING TIME: NONE  
1 SERVING

## LEMON BAR SHAKEOLOGY

1 cup water  
1 cup ice  
1 scoop Vanilla Shakeology  
2 Tbsp. fresh lemon juice  
1 tsp. pure vanilla extract  
1 tsp. finely chopped lemon peel  
(lemon zest)

1. Place water, ice, Shakeology, lemon juice, extract, and lemon peel in blender; cover. Blend until smooth.

OK for Prep Week and Weeks 1–3

Calories: 160 Total Fat: 2g Carbohydrates: 16g Protein: 17g



TOTAL TIME: 10 MIN  
 PREP TIME: 10 MIN  
 COOKING TIME: NONE  
 1 SERVING



## BLUEBERRY BREW SHAKEOLOGY

1 cup unsweetened  
almond milk

1 cup ice

1 scoop Café Latte  
Shakeology

½ cup fresh (or frozen)  
blueberries

1. Place almond milk, ice, Shakeology, and blueberries in blender; cover. Blend until smooth.

OK for Prep Week and Weeks 1–3

Calories: 231 Total Fat: 5g Carbohydrates: 31g Protein: 18g



TOTAL TIME: 10 MIN  
 PREP TIME: 10 MIN  
 COOKING TIME: NONE  
 1 SERVING



## CHOCOLATE ALMOND SPICE SHAKEOLOGY

1 cup unsweetened almond milk

1 cup ice

1 scoop Chocolate Shakeology

2 tsp. all-natural almond butter

1 Tbsp. sliced almonds

1 tsp. pure maple syrup

½ tsp. ground nutmeg

1. Place almond milk, ice, Shakeology, almond butter, almonds, maple syrup, and nutmeg in blender; cover. Blend until smooth.

OK for Prep Week and Weeks 1–3

Calories: 321 Total Fat: 15g Carbohydrates: 27g Protein: 21g

## SHAKEOLOGY RECIPES

■ ½ ■ ½ ■ 1 ● 1

TOTAL TIME: 10 MIN  
PREP TIME: 10 MIN  
COOKING TIME: NONE  
1 SERVING



### CHOCOLATE RASPBERRY SHAKEOLOGY

1 cup unsweetened almond milk

1 cup ice

1 scoop Chocolate Shakeology

½ cup raw spinach

½ cup fresh (or frozen)  
raspberries

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

All products, flavors, and configurations may not be available in your market.

OK for Prep Week and Weeks 1–3

Calories: 236 Total Fat: 6g Carbohydrates: 27g Protein: 19g

# Prep Week

Start strong during Prep Week by eating nutritious meals every day, drinking plenty of water, and avoiding junk like fried foods, sugary snacks, and alcohol. These delicious recipes are a great way to get your body primed for Week 1 and will let you enjoy some healthy grains before they disappear from your Fuel Plan.





1 1½ 1 ½

TOTAL TIME: 9 HRS 15 MIN

PREP TIME: 15 MIN

COOKING TIME: 9 HRS

8 SERVINGS, ABOUT ¾ CUP EACH

## FRUITY WHOLE-GRAIN BREAKFAST PORRIDGE

½ cup dry steel-cut oats

½ cup dry wild rice

½ cup dry quinoa

½ cup dry pearl barley  
(or dry farro)

1 cinnamon stick

1 2-inch slice dry orange peel

2 Tbsp. raw honey  
(or pure maple syrup)

½ tsp. sea salt  
(or Himalayan salt)

¼ cup chopped dried apricots  
(or dried cherries, dried apples,  
or raisins)

¼ cup unsweetened dried  
cranberries

6 cups water

1 cup chopped raw walnuts  
(or almonds, pecans, or cashews)

4 cups unsweetened almond milk

1. Place oats, wild rice, quinoa, barley, cinnamon stick, orange peel, honey, salt, apricots, cranberries, and water in a 3-quart slow cooker. Cook, covered, on low temperature for 7 to 9 hours, stirring once or twice if you are up.
2. Before serving, mix well. Serve each portion topped with 2 Tbsp. walnuts and ½ cup almond milk.

Do not feed honey to children younger than one year.

OK for Prep Week

Calories: 313 Total Fat: 13g Carbohydrates: 43g Protein: 9g



1 2 ½ 1

TOTAL TIME: 8 HRS 10 MIN

PREP TIME: 10 MIN

COOKING TIME: NONE

1 SERVING

## STRAWBERRY SHAKEOLOGY OVERNIGHT OATS

½ cup dry old-fashioned rolled oats

1 pinch sea salt  
(or Himalayan salt)

1 scoop Strawberry Shakeology

1 Tbsp. chia seeds

1 cup unsweetened almond milk,  
*divided use*

1. Combine oats, salt, Shakeology, and chia seeds in a medium bowl; mix well.
2. Add ¾ cup almond milk; mix well. Soak, covered, in the refrigerator overnight.
3. In the morning, add *remaining* ¼ cup almond milk (if desired); serve immediately.

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



½ 1 ½ 1

TOTAL TIME: 50 MIN  
PREP TIME: 20 MIN  
COOKING TIME: NONE

8 SERVINGS, ABOUT ¾ CUP EACH

## QUINOA WITH SUN-DRIED TOMATOES AND PESTO

½ cup sun-dried tomatoes

Hot water

1 cup packed fresh basil leaves

¼ cup hemp seeds (or coarsely  
chopped walnuts)

2 cloves garlic, chopped

½ tsp. nutritional yeast

¼ tsp. sea salt  
(or Himalayan salt)

¼ tsp. ground black pepper

1 Tbsp. water

2 Tbsp. extra-virgin olive oil

4 cups cooked quinoa

2 cups fresh baby spinach

1. Soak sun-dried tomatoes in water for 30 minutes. Drain well; slice thinly. Set aside.
2. To make pesto, place basil, hemp seeds, garlic, yeast, salt, pepper, and water in a food processor (or blender). Pulse until coarsely ground.
3. Slowly add oil. Blend until smooth (or until desired consistency is reached). Set aside.
4. Combine quinoa, sun-dried tomatoes, pesto, and spinach in a large serving bowl; toss gently to blend.

■ ½ 
 ■ 1½ 
 ■ ½ 
 ■ ½

TOTAL TIME: 4 HRS 26 MIN

PREP TIME: 10 MIN

COOKING TIME: 16 MIN

12 SERVINGS, ABOUT 1 CUP EACH

## SPINACH SALAD WITH QUINOA, GARBANZO BEANS, AND PAPRIKA DRESSING

1½ cups dry quinoa

Water

Sea salt (to taste; optional),  
*divided use*

¼ cup sherry wine vinegar

2½ tsp. paprika

Ground black pepper  
(to taste; optional)

2 Tbsp. extra-virgin olive oil

4 cups raw baby spinach  
leaves, washed, dried

2 (15-oz.) cans chickpeas  
(garbanzo beans), drained,  
rinsed

1 medium cucumber,  
unpeeled, chopped

2½ cups halved cherry  
(or small heirloom) tomatoes

1 cup fresh mint leaves

1½ cups coarsely crumbled  
feta cheese, *divided use*

- Place quinoa in a large saucepan; add water to cover by 1 inch. Season with salt (if desired). Bring to a boil over medium-high heat. Reduce heat to medium-low; cover and gently boil for 15 to 16 minutes, or until quinoa is tender. Drain if there is excess liquid. Chill, covered in the refrigerator, for 4 hours or until cool.
- Combine vinegar and paprika in a small bowl. Season with salt and pepper (if desired); slowly whisk in oil to blend. Set aside.
- Combine spinach, chickpeas, cucumber, tomatoes, mint, and 1 cup cheese in a large bowl; mix well.
- Add cooled quinoa to spinach mixture; toss gently to blend.
- Drizzle dressing over salad; toss gently to blend.
- Sprinkle *remaining* ½ cup cheese over salad; serve immediately.

■ 1 ■ 1 ■ ½ — 1

TOTAL TIME: 33 MIN  
 PREP TIME: 15 MIN  
 COOKING TIME: 18 MIN  
 4 SERVINGS

## SHEET PAN GARLIC ROASTED SHRIMP WITH ZUCCHINI

### Parchment paper

1 Tbsp. + 1 tsp. olive oil

4 cloves garlic, finely chopped

½ tsp. dried oregano

½ tsp. dried basil

¼ tsp. sea salt  
(or Himalayan salt)

¼ tsp. ground black pepper

4 medium zucchini, cut into  
½-inch slices

1 lb. medium shrimp, peeled,  
deveined

½ cup grated Parmesan cheese

1 Tbsp. fresh lemon juice

2 Tbsp. finely chopped  
fresh parsley

1. Preheat oven to 400° F.
2. Line large sheet pan with parchment paper. Set aside.
3. Combine oil, garlic, oregano, basil, salt, and pepper in a small bowl; whisk to blend. Set aside.
4. Place zucchini on pan. Drizzle with *half* of oil mixture; mix well to coat.
5. Bake for 10 minutes.
6. Add shrimp to pan; mix well.
7. Drizzle with *remaining half* of oil mixture; mix well. Sprinkle with cheese. Bake for 6 to 8 minutes, or until shrimp is firm and opaque, and zucchini is tender-crisp.
8. Drizzle with lemon juice and sprinkle with parsley; serve immediately.



2 1 2 1

TOTAL TIME: 1 HR 10 MIN

PREP TIME: 15 MIN

COOKING TIME: 55 MIN

4 SERVINGS

## ZESTY CHICKEN WITH BROWN RICE

2 Tbsp. olive oil, *divided use*

1 cup dry brown rice

2 cups water

¼ tsp. sea salt  
(or Himalayan salt)

1 medium onion, chopped

1 medium green bell pepper,  
chopped

2 medium celery stalks, chopped

1 lb. raw chicken breasts,  
boneless, skinless, cut into  
1-inch strips

2 cloves garlic, finely chopped

1 (14.5-oz.) can low-sodium  
diced tomatoes

½ cup all-natural chili sauce

1 Tbsp. chopped fresh basil  
(or 1 tsp. dried basil)

1 Tbsp. chopped fresh parsley  
(or 1 tsp. dried parsley)

¼ tsp. crushed red pepper flakes

1. Heat 1 Tbsp. oil in large saucepan over medium heat.
2. Add rice; cook, stirring frequently, for 1 to 2 minutes, or until rice starts to crackle.
3. Add water and salt. Bring to a boil, covered. Reduce heat; cook for about 30 to 35 minutes, or until rice is tender and fluffy.
4. While rice is cooking, heat *remaining* 1 Tbsp. oil in medium nonstick skillet over medium-high heat.
5. Add onion, bell pepper, and celery; cook, stirring frequently, for 2 to 3 minutes.
6. Add chicken and garlic; cook, stirring frequently, for 4 to 5 minutes, or until chicken is no longer pink.
7. Reduce heat to medium. Add tomatoes, chili sauce, basil, parsley, and red pepper. Bring to a boil. Reduce heat; gently boil, covered, for 10 minutes.
8. Divide rice between four serving plates; top evenly with chicken mixture.

OK for Prep Week

Calories: 447 Total Fat: 11g Carbohydrates: 56g Protein: 32g



½ 1 1

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

1 SERVING



## AVOCADO TOAST WITH TOMATOES

¼ ripe medium avocado, mashed

1 dash sea salt  
(or Himalayan salt)

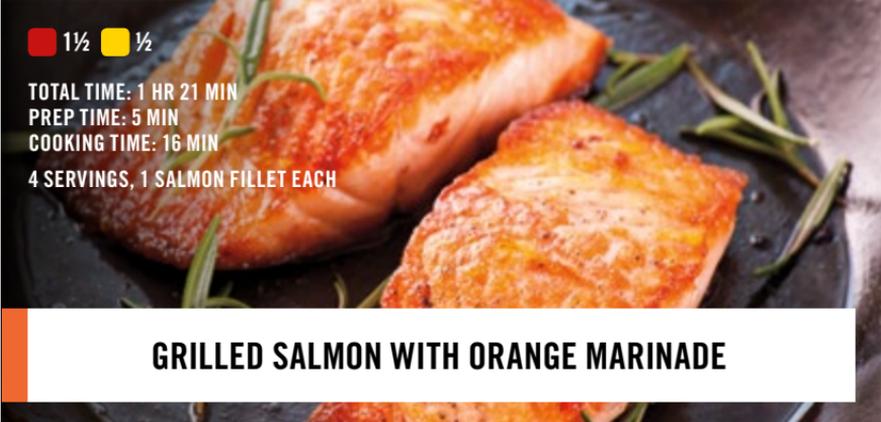
1 dash fresh ground black pepper

½ tsp. fresh lime (or lemon) juice

1 slice low-sodium sprouted  
whole-grain bread, toasted

½ cup halved cherry tomatoes

1. Combine avocado, salt, pepper, and lime juice in a small bowl; mash until well mixed and slightly chunky.
2. Spread avocado onto toast; top with tomatoes.



1½ ½

TOTAL TIME: 1 HR 21 MIN

PREP TIME: 5 MIN

COOKING TIME: 16 MIN

4 SERVINGS, 1 SALMON FILLET EACH

## GRILLED SALMON WITH ORANGE MARINADE

½ cup 100% orange juice

2 Tbsp. fresh lemon juice

1 Tbsp. raw honey

2 tsp. chili powder

1 tsp. ground cumin

½ tsp. sea salt

1 pinch cayenne pepper

4 (6-oz.) raw salmon fillets,  
about 1-inch thick

1. Combine orange juice, lemon juice, honey, chili powder, cumin, salt, and cayenne in a small bowl; whisk to blend.
2. Place salmon in a shallow glass pan; top with marinade. Cover and refrigerate for 20 to 60 minutes.
3. Preheat grill (or broiler) to high.
4. Grill (or broil) salmon for 6 to 8 minutes on each side, brushing occasionally with marinade, or until salmon flakes easily when tested with a fork.

Do not feed honey to children younger than one year.

OK for Prep Week

Calories: 278 Total Fat: 11g Carbohydrates: 9g Protein: 34g



1 1 1 1

TOTAL TIME: 56 MIN

PREP TIME: 15 MIN

COOKING TIME: 41 MIN

4 SERVINGS, APPROX. 2 CUPS EACH

## EASY TURKEY CHILI

1 Tbsp. + 1 tsp. olive oil

1 lb. raw 93% lean ground turkey breast

1 medium onion, chopped

1 medium red bell pepper, chopped

1 (10-oz.) can diced tomatoes and chiles (like Rotel)

1 (8-oz.) can all-natural tomato sauce, no salt or sugar added

$\frac{3}{4}$  cup water

2 small sweet potatoes, cut into 1-inch cubes

1 Tbsp. chili powder

$\frac{1}{2}$  tsp. ground cumin

$\frac{1}{2}$  tsp. sea salt (or Himalayan salt)

$\frac{1}{4}$  tsp. ground paprika

2 Tbsp. finely chopped flat leaf (Italian) parsley (optional)

1. Heat oil in a large saucepan over medium-high heat.

2. Add turkey; cook, stirring frequently, for 4 to 5 minutes, or until turkey is browned

3. Add onion and bell pepper; cook, stirring frequently, for 4 to 5 minutes, or until onion is translucent.

4. Add tomatoes, tomato sauce, water, sweet potatoes, chili powder, cumin, salt, and paprika. Bring to a boil. Reduce heat to medium-low; gently boil, stirring occasionally, for 20 to 25 minutes, or until sweet potatoes are tender.

5. Evenly divide chili into four serving bowls; garnish with parsley (if desired).

1

TOTAL TIME: 37 MIN

PREP TIME: 15 MIN

COOKING TIME: 22 MIN

13 SERVINGS, APPROX. ¼ CUP EACH



## SPICY RED PEPPER PASTA SAUCE

2 tsp. olive oil

6 medium red bell peppers,  
chopped

2 medium onions, chopped

1 cup low-sodium organic  
vegetable broth

3 cloves garlic, finely chopped

1 tsp. dried basil

1 tsp. dried oregano

1 small serrano chile, cut in  
half, seeds and veins removed,  
finely chopped (optional)

1. Heat oil in large nonstick skillet over medium-high heat.
2. Add bell peppers and onions; cook, stirring frequently, for 5 to 6 minutes, or until soft.
3. Add broth, garlic, basil, and oregano. Bring to a boil. Reduce heat to medium; gently boil, stirring occasionally, for 8 to 10 minutes, or until peppers are very tender.
4. Place pepper mixture and chile (if desired) in blender, in small batches; cover with lid and a kitchen towel. Blend until smooth.\*

\*Before blending hot liquids, check your blender manufacturer's guidelines and safety instructions as some blenders may not be intended for such use.

# Week One

Starting this week, you won't be eating grains, but you still have protein and fat to keep you satiated, and plenty of carbs (mostly in the form of fruits and veggies) to give you energy. Any of the recipes found within Weeks 2 and 3 can be enjoyed in Week 1.



# Breakfast

Egg dishes are an easy way to stick with the SHIFT SHOP meal plan, so you'll see they're a staple of many of the breakfasts here. Not a fan of eggs? Try the Healthier Turkey Hash (on page 47) in Week 2 or top 6 oz. of plain 2% Greek yogurt with berries!



## EGG WHITE SCRAMBLE WITH CHICKEN

Nonstick cooking spray

4 large egg whites (¾ cup)

3 oz. cooked chicken breast,  
boneless, skinless, chopped

2 Tbsp. grated Parmesan  
cheese (½ oz.)

Fresh basil leaves, chopped  
(for garnish; optional)

OK for Prep Week and Weeks 1–3

1. Heat medium nonstick skillet, lightly coated with spray, over medium-low heat.
2. Add egg whites; cook, stirring occasionally, for 4 to 6 minutes, or until eggs are almost set.
3. Add chicken and cheese; cook until set.
4. Garnish with basil (if desired).

Calories: 263 Total Fat: 7g Carbohydrates: 2g Protein: 46g



1 1/2 1/2

TOTAL TIME: 32 MIN

PREP TIME: 10 MIN

COOKING TIME: 22 MIN

8 SERVINGS

## VEGETABLE FRITTATA

1 tsp. olive oil

1/4 medium onion, chopped

1 medium red bell pepper,  
chopped

1 clove garlic, crushed

1 cup raw spinach, chopped

Nonstick cooking spray

2 medium tomatoes, chopped

2 Tbsp. chopped fresh basil

6 large eggs, lightly beaten

4 large egg whites (1/2 cup)

1/4 cup shredded Swiss cheese

2 Tbsp. shredded Parmesan cheese

1. Preheat oven to 450° F.

2. Heat oil in medium ovenproof skillet over medium heat.

3. Add onion and bell pepper; cook, stirring frequently,  
for 4 to 5 minutes, or until onion is translucent.

4. Add garlic and spinach; cook, stirring frequently, for 2 minutes.  
Remove from heat.

5. Lightly coat skillet with spray.

6. Add tomatoes, basil, eggs, egg whites, and cheeses; mix well.

7. Bake for 12 to 15 minutes, or until eggs are set.

8. Cut into 8 servings.

■ 1 ■ 1 ■ ½

TOTAL TIME: 13 MIN  
 PREP TIME: 5 MIN  
 COOKING TIME: 8 MIN  
 1 SERVING

## EGG WHITE OMELET WITH MUSHROOMS, TOMATO, AND CHEDDAR

8 large egg whites (1 cup)

Ground black pepper  
(to taste; optional)

Nonstick cooking spray

¾ cup sliced mushrooms

2 green onions, chopped  
(reserve 1 for garnish)

½ medium tomato, chopped  
(reserve a small amount for  
garnish, if desired)

2 Tbsp. shredded cheddar  
cheese (½ oz.)

1. Combine egg whites and pepper (if desired) in a small bowl; whisk to blend. Set aside.
2. Heat small nonstick skillet, lightly coated with spray, over medium heat.
3. Add mushrooms, green onions, and tomato; cook, stirring frequently, for 4 to 5 minutes, or until tender. Remove from skillet.
4. Place eggs in same skillet; cook, over medium-low heat. Do not stir. As eggs set, lift edges, letting uncooked portion flow underneath.
5. When eggs are almost set, add mushroom mixture and cheese; cook for 1 to 2 minutes, or until cheese starts to melt. Gently fold in half.
6. Garnish with green onion and tomato (if desired).



½ 1

**TOTAL TIME: 35 MIN**  
**PREP TIME: 15 MIN**  
**COOKING TIME: 20 MIN**  
**6 SERVINGS, 2 EACH**

## VEGETABLE EGG CUPS

**Nonstick cooking spray**

**12 large eggs**

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

**1 (10-oz.) bag raw baby  
spinach, chopped**

**1 medium red bell pepper,  
chopped**

**2 medium green onions,  
chopped**

1. Heat oven to 375° F.
2. Lightly coat a twelve-cup muffin tin with spray. Set aside.
3. Place eggs in a large bowl; whisk to blend. Season with salt and pepper (if desired).
4. Add spinach, bell pepper, and green onions; mix well.
5. Evenly pour egg mixture into muffin cups.
6. Bake for 15 to 20 minutes, or until a toothpick inserted into the center of cups comes out clean.



½ 1

TOTAL TIME: 19 MIN  
PREP TIME: 10 MIN  
COOKING TIME: 9 MIN  
2 SERVINGS

## POACHED EGGS WITH ASPARAGUS

2 cups hot water

1 tsp. vinegar

4 large eggs

20 medium asparagus spears,  
steamed

Fresh ground black pepper  
(to taste; optional)

1. Bring water to a boil in medium saucepan over medium-high heat. Add vinegar; reduce heat to maintain a gentle boil.
2. Place one egg into a small bowl. Hold bowl close to the water's surface and slip the egg into the water, repeat with remaining eggs; cook for about 3 to 4 minutes, or until whites are completely set. Gently lift eggs out of water.
3. Place ten asparagus spears on each serving plate. Top with two eggs and pepper (if desired); serve immediately.



1 ½ ½ ½

TOTAL TIME: 35 MIN  
PREP TIME: 15 MIN  
COOKING TIME: 20 MIN  
6 SERVINGS, 2 EACH

## SOUTHWESTERN EGG CUPS

### Nonstick cooking spray

½ cup unsweetened almond milk

16 large egg whites (2 cups)

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

12 medium jalapeño peppers,  
seeds and veins removed,  
chopped

1½ cups black beans,  
drained, rinsed

6 oz. cheddar cheese  
(about ¾ cup)

1. Preheat oven to 350° F.
2. Lightly coat a twelve-cup muffin tin with spray. Set aside.
3. Combine almond milk and egg whites in a medium bowl. Season with salt and pepper (if desired); whisk to blend. Set aside.
4. Evenly divide jalapeños, beans, and cheese between prepared muffin cups.
5. Evenly pour egg mixture over jalapeño mixture.
6. Bake for 15 to 20 minutes, or until a toothpick inserted into the center of egg cups comes out clean and eggs are set.

# Lunch/Dinner

Relying on grains to round out your meals? We've got a better idea! Beans and sweet potatoes now make up the bulk of your Yellow Servings to help provide you with longer-lasting energy.

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 ■ 1
 ■ ½
 ■ 1

**TOTAL TIME: 15 MIN**  
**PREP TIME: 15 MIN**  
**COOKING TIME: NONE**  
**1 SERVING**

## ARUGULA SALAD WITH CHICKEN AND BLACK BEANS

1½ cups fresh arugula

4 oz. cooked chicken breast,  
boneless, skinless, sliced

½ cup black beans

¼ cup chopped tomato

¼ medium avocado, chopped

1. Place arugula in a medium serving bowl.
2. Add chicken, beans, tomato, and avocado; toss gently to blend.
3. Top with your favorite dressing and enjoy.

OK for Prep Week and Week 1

(Nutrition information does not include dressing)  
**Calories: 371 Total Fat: 12g Carbohydrates: 27g Protein: 42g**



½ 1

TOTAL TIME: 30 MIN

PREP TIME: 20 MIN

COOKING TIME: 10 MIN

4 SERVINGS

## GRILLED PORK CHOPS WITH PEACH AND JALAPEÑO SALSA

**2 medium ripe peaches,  
peeled, chopped**

**¼ medium red onion, chopped**

**1 medium jalapeño pepper,  
seeds and veins removed,  
chopped**

**¼ tsp. crushed red pepper  
flakes**

**2 Tbsp. fresh lime juice**

**½ tsp. hot pepper sauce  
(like Tabasco)**

**2 Tbsp. finely chopped  
fresh cilantro**

**4 (4-oz. each) raw center-cut  
pork chops, lean, boneless**

**¼ tsp. sea salt  
(or Himalayan salt)**

**¼ tsp. ground black pepper**

1. Combine peaches, onion, jalapeño, red pepper flakes, lime juice, hot pepper sauce, and cilantro; mix well. Set aside.
2. Preheat grill or broiler on high.
3. Season pork chops with salt and pepper.
4. Grill (or broil) pork chops for 4 to 5 minutes on each side, or until desired doneness.
5. Top pork chops evenly with salsa; serve immediately.

OK for Prep Week and Weeks 1–3

Calories: 198 Total Fat: 7g Carbohydrates: 9g Protein: 25g

■ 1½ 
 ■ ½ 
 ■ 1 
 ■ ½

**TOTAL TIME: 20 MIN**  
**PREP TIME: 20 MIN**  
**COOKING TIME: NONE**  
**4 SERVINGS**



## CHICKEN AND BLACK BEAN BURRITO SALAD IN A MASON JAR

½ cup fresh lime juice

2 Tbsp. + ½ cup  
coarsely chopped fresh cilantro,  
*divided use*

1 clove garlic, coarsely chopped

1 medium jalapeño, seeds and  
veins removed, coarsely chopped

1 Tbsp. extra-virgin olive oil

2 cups black beans

8 oz. shredded cooked  
chicken breast

1 cup chopped jicama

½ cup thinly sliced radishes

1 cup thinly sliced red onion

1 cup halved cherry tomatoes

¼ cup shredded cheddar cheese

8 cups chopped romaine lettuce

1. Place lime juice, 2 Tbsp. cilantro, garlic, and jalapeño in a blender; cover. Blend until smooth.
2. Slowly add oil, blending continuously, until well mixed. Evenly divide dressing between 4 one-quart Mason jars. Set aside.
3. Evenly layer beans, chicken, jicama, radishes, onion, tomatoes, cheese, lettuce, and *remaining* ½ cup cilantro on top of dressing in jars.
4. Serve immediately or cover and refrigerate for up to 3 days. Shake before serving.



1 1 1 1

TOTAL TIME: 4 HRS 56 MIN

PREP TIME: 15 MIN

COOKING TIME: 4 HRS 41 MIN

6 SERVINGS, 1 CUP EACH

## SLOW COOKER BEEF CHILI

1 Tbsp. olive oil

1½ lbs. raw extra-lean beef  
chuck, cut into bite-sized pieces

1 medium onion, chopped

1 medium green bell pepper,  
chopped

2 cloves garlic, finely chopped

1 (15-oz.) can diced tomatoes,  
no salt added

¼ cup tomato paste,  
no sugar added

2 Tbsp. chili powder

¾ tsp. sea salt  
(or Himalayan salt)

½ tsp. ground black pepper

1 (15-oz.) can kidney beans,  
drained, rinsed

1. Heat oil in medium nonstick skillet over high heat.
2. Add beef; cook, stirring frequently, for 4 to 5 minutes, or until browned. Reduce heat to medium-high.
3. Add onion and bell pepper; cook, stirring frequently, for 3 to 4 minutes.
4. Add garlic; cook, stirring frequently, for 1 minute.
5. Place beef mixture in a 3-quart slow cooker.
6. Add tomatoes, tomato paste, chili powder, salt, and pepper. Mix well; cover. Cook on high for 3 hours.
7. Add beans; cover. Cook for 1 to 1½ hours, or until beef is tender.



■ 1 ■ 1 ■ ½  1

TOTAL TIME: 1 HR 15 MIN

PREP TIME: 15 MIN

COOKING TIME: NONE

6 SERVINGS, 1½ CUPS EACH

## LENTIL AND FETA SALAD

½ cup fresh lemon juice  
 2 Tbsp. extra-virgin olive oil  
 ½ tsp. dried thyme (or 1½ tsp. chopped fresh thyme)  
 Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)  
 3 cups cooked lentils  
 ½ cup crumbled feta cheese  
 1 medium cucumber, finely chopped  
 3 medium celery stalks, finely chopped  
 2 cups quartered cherry tomatoes  
 1 medium red bell pepper, finely chopped  
 ¾ medium red onion, finely chopped  
 ½ cup fresh parsley, chopped  
 ¼ cup fresh mint leaves, chopped

1. Combine lemon juice, oil, and thyme in a small bowl; whisk to blend.
2. Season with salt and pepper (if desired). Set aside.
3. Combine lentils, cheese, cucumber, celery, tomatoes, bell pepper, onion, parsley, and mint in a large bowl; mix well.
4. Drizzle with dressing; toss gently to blend. Refrigerate, covered, for at least 1 hour (and up to 12 hours).
5. You can eat it after an hour, but it's better the next day.

OK for Prep Week and Week 1

Calories: 221 Total Fat: 8g Carbohydrates: 28g Protein: 12g



1 1 1  ½

TOTAL TIME: 35 MIN  
PREP TIME: 10 MIN  
COOKING TIME: 25 MIN  
4 SERVINGS

## CHICKPEA CURRY WITH CHICKEN

1 Tbsp. olive oil  
1 lb. raw chicken breast tenders  
1 medium onion, chopped  
3 cloves garlic, crushed  
1 tsp. ground cumin  
½ tsp. mustard seed  
1 tsp. ground turmeric  
1 tsp. ground coriander  
1 tsp. chili powder  
1 (15-oz.) can chickpeas  
(garbanzo beans),  
drained, rinsed  
1 (14.5-oz.) can low-sodium  
diced tomatoes  
1 cup low-sodium organic  
chicken broth

1. Heat oil in large skillet (or wok) over medium-high heat.
2. Add chicken; cook, for 4 to 5 minutes, turning once, until golden brown. Remove from pan. Set aside.
3. Add onion, garlic, cumin, and mustard seed to same skillet; cook, over medium heat, stirring frequently, for 3 to 5 minutes, or until the onion begins to soften.
4. Add turmeric, coriander, chili powder, chickpeas, tomatoes, chicken broth, and chicken. Bring to a boil, reduce heat to medium-low; gently boil for 10 to 15 minutes.



## GARLIC BASIL SHRIMP WITH ZUCCHINI “PASTA”

### Hot water

5 medium zucchini, spiralized  
(approx. 5 cups)

1 Tbsp. olive oil

8 oz. raw medium shrimp,  
peeled, deveined

6 cloves garlic, crushed

¼ cup prepared pesto

4 fresh flat leaf (Italian)  
parsley sprigs, finely chopped

5 fresh basil leaves,  
finely chopped

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

4 Tbsp. sliced raw almonds

1. Boil water in steamer (or large saucepan) over high heat. Reduce heat to medium-high. Place zucchini in steamer basket; cook for 2 to 3 minutes, or until tender. Remove from heat. Set aside.
2. Heat oil in large nonstick skillet over medium-high heat.
3. Add shrimp and garlic; cook, stirring frequently, for 2 to 3 minutes, or until shrimp are opaque and firm.
4. Add pesto; cook, stirring frequently, for 1 to 2 minutes, or until heated through.
5. Add parsley and basil; toss gently until blended.
6. Season with salt and pepper (if desired).
7. Divide zucchini between four serving plates; top evenly with shrimp mixture.
8. Garnish each serving with 1 Tbsp. almonds.

**Tip:** Use a spiralizer to cut zucchini. You can also use a vegetable peeler. Cut zucchini into lengthwise strips about ¼-inch thick, turning zucchini slightly after cutting each strip. Discard cores. Cut slices lengthwise into ½-inch ribbons.



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TOTAL TIME: 20 MIN  
PREP TIME: 20 MIN  
COOKING TIME: NONE  
4 SERVINGS

## SOUTHWEST CHICKEN AND BLACK BEAN SALAD

3 Tbsp. balsamic vinegar  
2 Tbsp. fresh lemon juice  
½ tsp. lemon pepper  
1 Tbsp. + 1 tsp. extra-virgin olive oil  
2 cups black beans  
3 cups sliced orange bell peppers  
3 cups sliced red bell peppers  
1 cup thinly sliced red onion  
2 cups chopped tomatoes  
3 cups sliced grilled chicken breast  
½ cup shredded sharp cheddar cheese  
1 cup chopped fresh cilantro

1. To make dressing, combine vinegar, lemon juice, and lemon pepper in a medium bowl; whisk to blend.
2. Slowly add oil while whisking; mix well. Evenly divide dressing between 4 one-quart Mason jars. Set aside.
3. Evenly layer beans, bell peppers, onion, tomatoes, chicken, cheese, and cilantro on top of dressing in jars.
4. Serve immediately or cover and refrigerate for up to 3 days. Shake before serving.

1 ½ 1 1 ½

TOTAL TIME: 20 MIN  
PREP TIME: 20 MIN  
COOKING TIME: NONE  
4 SERVINGS



## TUNA AND WHITE BEAN SALAD

- 1 clove garlic, finely chopped
- 2 Tbsp. extra-virgin olive oil
- 3 Tbsp. fresh lemon juice
- Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)
- 2 cans (6-oz. each) solid white tuna, packed in water, drained
- 1 (15-oz.) can white (cannellini) beans, drained, rinsed
- 1 medium red onion, chopped
- 1 medium cucumber, chopped
- 2 medium tomatoes, chopped
- ½ cup artichoke hearts, packed in water, drained, chopped
- ½ bunch fresh parsley, stems removed and discarded, chopped (about ½ cup)
- 8 cups raw spinach (or arugula)

1. Combine garlic, oil, and lemon juice in a small bowl; whisk to blend.
2. Season with salt and pepper (if desired). Set aside.
3. Combine tuna, beans, onion, cucumber, tomatoes, artichoke hearts, and parsley in a medium bowl; mix well.
4. Drizzle tuna mixture with dressing; toss gently to blend.
5. Evenly divide spinach between four serving plates. Top evenly with tuna mixture.



½ 2 ½

TOTAL TIME: 48 MIN

PREP TIME: 10 MIN

COOKING TIME: 38 MIN

6 SERVINGS, 1 CUP EACH

## DOUBLE BEAN CHILI

2 tsp. olive oil

1 medium onion, chopped

1 medium green bell pepper,  
chopped

4 cloves garlic, crushed

1 (28-oz.) can crushed tomatoes

1 (15-oz.) can pinto beans,  
drained, rinsed

1 (15-oz.) can cannellini (white)  
beans, drained, rinsed

1 Tbsp. chili powder (or to taste)

½ tsp. dried oregano

½ tsp. ground cumin

¼ tsp. sea salt  
(or Himalayan salt)

1. Heat oil in medium saucepan over medium-high heat.
2. Add onion and bell pepper; cook, stirring frequently, for 5 to 6 minutes, or until onion is translucent.
3. Add garlic; cook, stirring frequently, for 1 minute.
4. Add tomatoes, beans, chili powder, oregano, cumin, and salt. Bring to a boil, stirring occasionally. Reduce heat to medium-low; cook, covered, stirring occasionally, for 30 minutes.

■ ½ 
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 ■ ½

TOTAL TIME: 1 HR

PREP TIME: 15 MIN

COOKING TIME: 45 MIN

6 SERVINGS, 1½ CUPS EACH

## CHICKEN AND WHITE BEAN CHILI

1 Tbsp. olive oil

2 medium onions, chopped

1 medium red bell pepper,  
chopped

2¼ cups raw chicken breast,  
boneless, skinless, cut into  
cubes (about 12 oz.)

4 cloves garlic, chopped

4 cups low-sodium organic  
chicken broth

2 cans (15-oz. each) cannellini  
beans, drained, rinsed

1½ tsp. ground cumin

1 tsp. chili powder

½ tsp. sea salt  
(or Himalayan salt)

½ tsp. ground black pepper

1 (4-oz.) can roasted green chiles

Coarsely chopped cilantro  
(for garnish; optional)

1. Heat oil in large saucepan over medium-high heat.
2. Add onions and bell pepper; cook, stirring frequently, for 4 to 5 minutes, or until onion is translucent.
3. Add chicken; cook, stirring frequently, for 4 to 6 minutes, or until no longer pink.
4. Add garlic; cook, stirring frequently, for 1 minute.
5. Add broth, beans, cumin, chili powder, salt, pepper, and chiles. Bring to a boil. Reduce heat to medium-low; cook, stirring occasionally, for 20 to 25 minutes.
6. Divide chili into six serving bowls; garnish with cilantro (if desired).

OK for Prep Week and Week 1

Calories: 252 Total Fat: 5g Carbohydrates: 30g Protein: 23g

■ 2 ■ 1 ■ 1 🥄 1½

TOTAL TIME: 20 MIN  
PREP TIME: 20 MIN  
COOKING TIME: NONE  
4 SERVINGS



## RAINBOW SALAD IN A MASON JAR

½ cup white balsamic vinegar

2 Tbsp. extra-virgin olive oil

2 cloves garlic, finely chopped

¼ cup finely chopped fresh flat leaf (Italian) parsley

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

2 cups chickpeas (garbanzo beans)

1 cup sliced carrots

1 medium red bell pepper, chopped

1 medium yellow bell pepper, chopped

2 cups chopped red cabbage

1 cup chopped cucumber

8 cups assorted salad greens (like mixed spring lettuce)

½ cup raw sunflower seeds

1. Combine vinegar, oil, garlic, and parsley in a small bowl; whisk to blend.
2. Season with salt and pepper (if desired); mix well. Evenly divide dressing between 4 one-quart Mason jars. Set aside.
3. Evenly layer chickpeas, carrots, bell peppers, cabbage, cucumber, salad greens, and sunflower seeds on top of dressing in jars.
4. Serve immediately or cover and refrigerate for up to 3 days. Shake before serving.

OK for Prep Week and Week 1

Calories: 272 Total Fat: 12g Carbohydrates: 33g Protein: 10g



2 1 ½

TOTAL TIME: 15 MIN  
PREP TIME: 15 MIN  
COOKING TIME: NONE  
4 SERVINGS

## RAINBOW LENTIL BOWLS

4 cups mixed salad greens

1 cup pico de gallo (or fresh tomato salsa), *divided use*

½ cup shredded cheddar cheese

1 cup chopped red cabbage

2 cups cooked brown (or green) lentils

1 cup chopped orange bell pepper

1 cup chopped green bell pepper

1 cup halved cherry (or grape) tomatoes

1. Evenly divide salad greens between four serving bowls.
2. Evenly layer *half* of pico de gallo, cheese, cabbage, lentils, orange bell pepper, green bell pepper, tomatoes, and *remaining half* of pico de gallo on top of salad greens in “stripes.”



1 1

TOTAL TIME: 50 MIN

PREP TIME: 5 MIN

COOKING TIME: 15 MIN

4 SERVINGS

## BUFFALO CHICKEN TENDERS WITH BLUE CHEESE DIP

4 Tbsp. hot pepper sauce  
(like Frank's), *divided use*

2 Tbsp. white vinegar

1 tsp. garlic powder

1 tsp. ground paprika

1 dash ground cayenne pepper  
(to taste; optional)

1 lb. raw chicken breast tenders

¼ cup reduced-fat (2%)  
plain yogurt

1 Tbsp. crumbled blue cheese

4 medium celery stalks, cut  
into sticks

1. Combine *1 Tbsp.* hot sauce, vinegar, garlic powder, paprika, and cayenne pepper (if desired) in a small bowl; mix well.
2. Add chicken; toss to coat. Marinate, covered, in refrigerator for 30 minutes.
3. Preheat oven to 375° F.
4. Place chicken in a baking dish. Discard any remaining marinade. Bake for 12 to 15 minutes, or until chicken is no longer pink in the middle.
5. While chicken is baking, combine yogurt and cheese in a small bowl; mix well. Set aside.
6. Combine chicken and *remaining 3 Tbsp.* hot sauce in a large bowl; toss gently to blend.
7. Serve chicken with dip and celery.

**Note on equivalents:** Per serving, the amount of yogurt and cheese here is not enough to count toward a day's red or blue allowance. As such, these ingredients (and calories) have been calculated into the tsp. equivalent.

# Snacks & Sides

Doing the SHIFT SHOP doesn't mean giving up all your snacks, desserts, and sides. We even have a No-Churn Chocolate Peanut Butter Shakeology Ice Cream that's SHIFT SHOP-approved.

1 1 3

TOTAL TIME: 4 HRS 10 MIN

PREP TIME: 10 MIN

COOKING TIME: NONE

2 SERVINGS

## NO-CHURN CHOCOLATE PEANUT BUTTER SHAKEOLOGY ICE CREAM

1 large banana, cut into chunks  
 ½ cup unsweetened almond milk  
 2 scoops Chocolate Shakeology  
 2 Tbsp. all-natural smooth  
 peanut butter

1. Place banana in plastic bag; freeze for 4 hours, or until completely frozen.
2. Place almond milk, banana, Shakeology, and peanut butter in blender (or food processor); cover. Blend until smooth.
3. Serve immediately.

OK for Prep Week and Weeks 1–3

Calories: 325 Total Fat: 11g Carbohydrates: 36g Protein: 22g



½ 1

TOTAL TIME: 20 MIN

PREP TIME: 10 MIN

COOKING TIME: 10 MIN

4 SERVINGS

## SWEET POTATO SKINS WITH CHICKEN AND SPINACH

**4 baked medium sweet potatoes, cut in half**

**1 tsp. olive oil**

**½ tsp. sea salt  
(or Himalayan salt)**

**4 oz. shredded cooked chicken breast**

**1 tsp. all-natural taco seasoning, no salt added**

**1 cup steamed spinach**

**½ cup reduced-fat (2%) plain Greek yogurt**

**¼ cup chopped fresh cilantro**

1. Heat oven to 400° F.
2. Scoop flesh out of the sweet potatoes and reserve for another use.
3. Place skins on baking sheet. Brush with oil and sprinkle with salt. Bake for 10 minutes, or until crisp.
4. While skins are baking, combine chicken and taco seasoning in a small bowl; mix well. Set aside.
5. Top each sweet potato half evenly with spinach, chicken mixture, yogurt, and cilantro.



1  ½

TOTAL TIME: 48 MIN

PREP TIME: 10 MIN

COOKING TIME: 38 MIN

6 SERVINGS, ½ CUP EACH

## COOL RANCH ROASTED CHICKPEAS

**2 cups chickpeas**  
(garbanzo beans),  
rinsed, dried

**1 Tbsp. olive oil**

**½ tsp. nutritional yeast**

**¼ tsp. onion powder**

**¼ tsp. garlic powder**

**¼ tsp. ground paprika**

**1 pinch sea salt**  
(or Himalayan salt)

**¼ tsp. ground black pepper**

**¼ tsp. dried chives**

**¼ tsp. dried dill weed**

**¼ tsp. dried parsley**

1. Preheat oven to 400° F.
2. Combine chickpeas, oil, yeast, onion powder, garlic powder, paprika, salt, pepper, chives, dill, and parsley in a medium bowl; toss gently to blend.
3. Place chickpeas on large baking sheet in a single layer. Bake for 35 to 38 minutes, shaking baking sheet every 10 minutes, until brown and crunchy.

½

TOTAL TIME: 40 MIN  
PREP TIME: 10 MIN  
COOKING TIME: 30 MIN  
3 SERVINGS, 2 EACH



## CLOUD BREAD

Nonstick cooking spray

3 large eggs

1 dash cream of tartar

1 dash sea salt (or Himalayan salt) (to taste; optional)

½ cup reduced-fat (2%) plain Greek yogurt

1. Heat oven to 300° F.
2. Lightly coat large baking sheet with spray. Set aside.
3. Separate egg yolks from egg whites. Place whites and yolks in separate medium bowls. Set aside.
4. Add cream of tartar to egg whites. Beat with a mixer on high until stiff peaks form, about 4 minutes. Set aside.
5. Add salt (if desired) and yogurt to egg yolks. Beat with a mixer on medium until blended. Gently fold ½ of egg white mixture into egg yolk mixture. Fold in the remaining egg white mixture until just mixed. Do not overmix.
6. Use a spoon to transfer a scoop of egg mixture onto prepared baking sheet, gently spreading into a thick pancake shape about 3 inches in diameter. Repeat five times.
7. Bake for 25 to 30 minutes, or until golden brown and exterior is crispy to the touch. Immediately loosen with a spatula; allow to cool on baking sheet for 3 minutes, then transfer to a wire rack to cool completely.
8. Serve immediately, or store in an airtight container.



½ 1½

TOTAL TIME: 10 MIN

PREP TIME: 10 MIN

COOKING TIME: NONE

10 SERVINGS, ¼ CUP EACH

## HOMEMADE HUMMUS

**1 (15-oz.) can chickpeas (garbanzo beans), drained, reserve liquid**

**¼ cup fresh lemon juice**

**1 Tbsp. extra-virgin olive oil**

**4 cloves garlic, coarsely chopped**

**¼ cup tahini (sesame butter)**

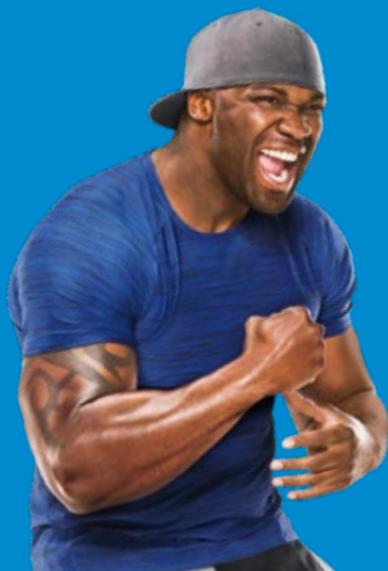
**Sea salt (or Himalayan salt) (to taste; optional)**

**Ground paprika (for garnish; optional)**

1. Place chickpeas, lemon juice, oil, and garlic in food processor (or blender); pulse until chickpeas are mashed.
2. Add tahini; pulse for 1 minute. If hummus is too thick, add some of the reserved chickpea liquid. Add salt (if desired).
3. Garnish with paprika (if desired).

# Week Two

You made it through Week 1. CONGRATS! Now, on to Week 2. To help accelerate your results, starchy carbs are cut back even further and beans, lentils, and legumes are off the table. But, you still have sweet potatoes and regular potatoes and lots of protein-packed recipes to keep you feeling fueled and satiated. Get ready to SHIFT!



# Breakfast

It's the last week for sweet potatoes, so you'll see lots of them in this week's breakfasts. But, don't hesitate to look through the Week 1 breakfasts if you want to change it up. All but Southwestern Egg Cups (on page 24) are OK this week!



TOTAL TIME: 16 MIN  
 PREP TIME: 5 MIN  
 COOKING TIME: 11 MIN  
 1 SERVING

## SCRAMBLED EGG WHITES WITH STEAMED SWEET POTATO

### Water

½ small sweet potato, peeled,  
 cut into 1-inch pieces

4 large egg whites (½ cup)

1 large egg

1 tsp. olive oil

2 fresh rosemary sprigs, leaves  
 removed and chopped, stems  
 discarded

1. Fill bottom of steamer with 2 inches of water; bring to a boil over high heat. Place sweet potato in top of steamer; steam for 5 to 7 minutes, or until fork-tender. Set aside.
2. Combine egg whites and egg in a small bowl; whisk to blend.
3. Heat oil in medium skillet over medium heat.
4. Add egg mixture; cook, stirring frequently, for 3 to 4 minutes, or until set.
5. Place eggs and sweet potato on a serving plate. Sprinkle sweet potato with rosemary; serve immediately.

OK for Prep Week and Weeks 1–2

Calories: 224 Total Fat: 10g Carbohydrates: 11g Protein: 21g

1 1 ½

TOTAL TIME: 55 MIN  
 PREP TIME: 15 MIN  
 COOKING TIME: 40 MIN  
 6 SERVINGS, 2 EACH



## SWEET POTATO EGG CUPS

### Nonstick cooking spray

3 small sweet potatoes,  
shredded

3 tsp. olive oil, *divided use*

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

1 medium onion, chopped

1 cup broccoli florets, chopped

12 large eggs

¼ cup shredded cheddar  
cheese

1. Preheat oven to 375° F.
2. Lightly coat a twelve-cup muffin tin with spray. Set aside.
3. Squeeze moisture from sweet potatoes using a clean kitchen towel.
4. Combine sweet potatoes and 2 *tsp.* oil. Season with salt and pepper (if desired); mix well.
5. Divide sweet potato mixture evenly between prepared muffin cups; press sweet potato mixture into bottom and sides of muffin cups. Bake for 14 to 16 minutes, or until edges are golden brown. Set aside.
6. Heat *remaining 1 tsp.* oil in medium nonstick skillet over medium-high heat.
7. Add onions and broccoli; cook, stirring frequently, for 4 to 6 minutes, or until onion is translucent. Remove from heat. Set aside.
8. Place eggs in a large bowl; whisk to blend.
9. Add onion mixture; mix well.
10. Evenly pour egg mixture into muffin cups. Evenly sprinkle with cheese.
11. Bake for 15 to 18 minutes, or until a toothpick inserted into the center of cups comes out clean.



½ 1 ½

TOTAL TIME: 25 MIN  
PREP TIME: 10 MIN  
COOKING TIME: 15 MIN  
2 SERVINGS

## HEALTHIER TURKEY HASH

1 tsp. olive oil

4 oz. raw 93% lean ground turkey breast

2 Tbsp. chopped onion

2 Tbsp. chopped green bell pepper

1 small potato, peeled, cut into ½-inch cubes

½ tsp. dried oregano

½ tsp. garlic powder

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

1. Heat oil in medium skillet over medium-high heat.
2. Add turkey, onion, and bell pepper; cook, stirring frequently, for 4 to 5 minutes, or until turkey browns and onion is translucent.
3. Add potato, oregano, and garlic powder. Season with salt and pepper (if desired); cook, stirring frequently, for 6 to 10 minutes, or until potato is tender.

■ ½ ■ 1 ■ ½

**TOTAL TIME: 30 MIN**  
**PREP TIME: 15 MIN**  
**COOKING TIME: 15 MIN**  
**6 SERVINGS**



## TURKEY AND BRUSSELS SPROUTS FRITTATA

**6 large eggs, lightly beaten**

**¼ tsp. sea salt  
(or Himalayan salt)**

**1 tsp. olive oil**

**2 medium shallots, finely chopped**

**3 cups finely chopped  
brussels sprouts**

**2½ cups chopped roasted  
turkey breast (approx. 12 oz.)**

**2 Tbsp. chopped fresh flat leaf  
(Italian) parsley**

1. Preheat oven to broil.
2. Combine eggs and salt in a medium mixing bowl; whisk to blend. Set aside.
3. Heat oil in 12-inch nonstick ovenproof skillet over medium-low heat.
4. Add shallots and brussels sprouts; cook, stirring frequently, for 4 to 5 minutes, or until shallots are translucent.
5. Pour egg mixture and turkey into skillet; cook, stirring frequently with rubber spatula, for 4 to 5 minutes, or until egg mixture has set on the bottom and begins to set on top.
6. Place skillet in oven. Broil for 3 to 4 minutes, or until lightly browned and fluffy.
7. Cut into six servings.
8. Sprinkle with parsley; serve immediately.



 ½  ½

**TOTAL TIME: 35 MIN**  
**PREP TIME: 15 MIN**  
**COOKING TIME: 20 MIN**  
**6 SERVINGS, 2 EACH**

## POWER PROTEIN EGG CUPS

### Nonstick cooking spray

½ cup unsweetened  
almond milk

16 large egg whites (2 cups)

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

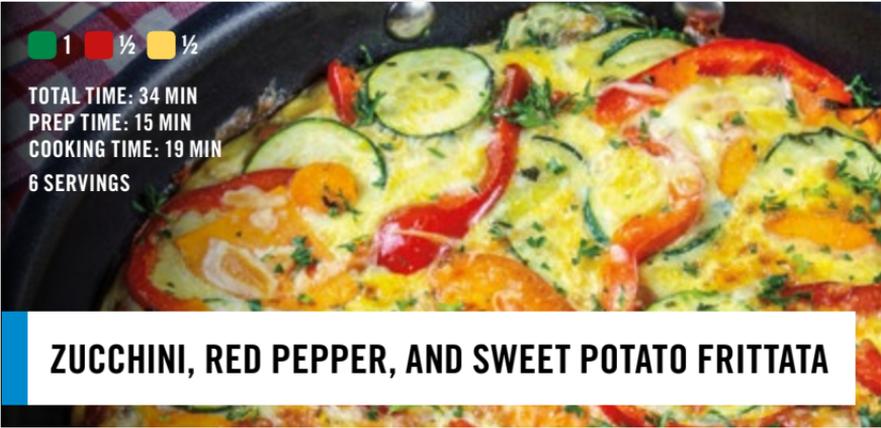
2 slices cooked turkey bacon,  
chopped

3 oz. shredded cooked  
chicken breast

2 cups chopped red  
bell peppers

1 cup chopped onion

1. Preheat oven to 350° F.
2. Lightly coat a twelve-cup muffin tin with spray. Set aside.
3. Combine almond milk and egg whites in a medium bowl. Season with salt and pepper (if desired); whisk to blend. Set aside.
4. Evenly divide turkey bacon, chicken, bell peppers, and onion between prepared muffin cups.
5. Evenly pour egg white mixture over turkey bacon mixture.
6. Bake for 15 to 20 minutes, or until a toothpick inserted into the center of egg cups comes out clean and eggs are set.



1 1/2 1/2

TOTAL TIME: 34 MIN

PREP TIME: 15 MIN

COOKING TIME: 19 MIN

6 SERVINGS

## ZUCCHINI, RED PEPPER, AND SWEET POTATO FRITTATA

2 tsp. olive oil

3 medium zucchini, thinly sliced

1 medium red bell pepper,  
chopped

1/2 medium onion, chopped

3 cooked small sweet potatoes,  
cut into 1-inch cubes

1/4 cup chopped fresh basil  
(reserve a small amount for garnish)

1/4 tsp. sea salt  
(or Himalayan salt)

6 large eggs, lightly beaten

1. Heat oil in 10-inch nonstick skillet over medium heat.

2. Add zucchini, bell pepper, and onion; cook, stirring frequently, for 2 minutes, or until zucchini is tender.

3. Add sweet potato, basil, and salt. Increase heat to medium-high; cook, stirring frequently, for about 30 to 60 seconds, or until the moisture has evaporated. Reduce heat to medium-low.

4. Add eggs. Mix well; cook, without stirring, for about 2 to 3 minutes, or until the bottom is light golden. As it cooks, lift the edges and tilt skillet so uncooked eggs flow to the edges.

5. Reduce heat to low; continue cooking, covered, for 10 to 12 minutes, or until knife inserted in center comes out clean.

6. Garnish with reserved basil; serve immediately.

# Lunch/Dinner

In Week 2, you get fewer Yellow Servings, and protein and veggies become more center stage. In fact, **did you know you can eat as many Green Servings as you want?** That Green Serving number in the SHIFT SHOP guide is the minimum. Bring on the greens!

1  1½

TOTAL TIME: 15 MIN  
PREP TIME: 5 MIN  
COOKING TIME: 10 MIN  
2 SERVINGS



## GRILLED CHICKEN DIJON

- 1 clove garlic, crushed
- 2 tsp. Dijon mustard
- 6 fresh parsley sprigs (or thyme, marjoram, or rosemary), finely chopped
- 1 dash sea salt (or Himalayan salt)
- ½ tsp. ground black pepper
- 1 Tbsp. olive oil
- 2 (4-oz. each) raw chicken breasts, boneless, skinless
- OK for Prep Week and Weeks 1–3

1. Preheat grill or broiler on high.
2. Combine garlic, mustard, parsley, salt, pepper, and oil in a small bowl; mix well.
3. Brush chicken breasts evenly with garlic mixture.
4. Grill (or broil) chicken for 5 minutes on each side, or until chicken is no longer pink in the middle.

Calories: 199 Total Fat: 10g Carbohydrates: 2g Protein: 24g

1

TOTAL TIME: 22 MIN  
PREP TIME: 10 MIN  
COOKING TIME: 12 MIN  
4 SERVINGS

## HAWAIIAN-STYLE SALMON

### Parchment paper

4 (4-oz. each) raw salmon steaks, rinsed, patted dry

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

½ cup chopped fresh pineapple

2 medium shallots, finely chopped

¼ cup finely chopped fresh cilantro

1. Preheat oven to 400° F.
2. Cut parchment paper into four circles about 12 inches in diameter each. Fold each circle in half. Place on baking sheet. Place a salmon steak in the center of each parchment half circle. Season with salt and pepper (if desired).
3. Top salmon evenly with pineapple, shallots, and cilantro. Fold other half of parchment paper over ingredients and crimp edges to seal. Bake for 10 to 12 minutes, or until fish flakes easily when tested with a fork. Be careful when opening pouches as steam will be released.



1 1 1 1

TOTAL TIME: 4 HRS 25 MIN

PREP TIME: 15 MIN

COOKING TIME: 10 MIN

3 SERVINGS, 2 EACH

## PORK AND SWEET POTATO KABOBS

**6 wooden skewers, soaked in water for 10 min.**

**1 Tbsp. olive oil**

**¼ cup fresh lemon juice**

**2 Tbsp. finely chopped fresh rosemary**

**2 Tbsp. finely chopped fresh parsley**

**4 cloves garlic, chopped**

**¼ tsp. sea salt (or Himalayan salt)**

**12 oz. raw lean boneless pork loin, cut into 12 1-inch cubes**

**1 large sweet potato, peeled, cut into 12 1-inch cubes**

**1 medium onion, cut into 12 1-inch cubes**

**1 medium red bell pepper, cut into 12 1-inch cubes**

**1 medium green bell pepper, cut into 12 1-inch cubes**

1. Combine oil, lemon juice, rosemary, parsley, garlic, and salt in a large resealable bag.
2. Add pork; marinate, refrigerated, for 30 minutes (to 4 hours).
3. Preheat grill or broiler on high.
4. Boil water in steamer (or large saucepan) over high heat. Reduce heat to medium-high. Place sweet potato pieces in steamer basket; cook for 3 to 4 minutes, or until tender-crisp. Place in ice water bath to stop cooking process. Set aside.
5. Place a piece of pork, sweet potato, onion, red bell pepper, and green bell pepper onto a skewer. Repeat, so the skewer has two pieces of each ingredient. Repeat with five remaining skewers. Discard marinade that contained pork.
6. Grill (or broil) skewers for 8 to 10 minutes, turning every 2 minutes, or until sweet potato is softened and pork is no longer pink in the middle.

OK for Prep Week and Weeks 1–2

Calories: 254 Total Fat: 8g Carbohydrates: 19g Protein: 25g

■ 1 ■ 1 ● 2

TOTAL TIME: 1 HR 8 MIN

PREP TIME: 20 MIN

COOKING TIME: 18 MIN

8 SERVINGS, ¾ CUP EACH



## CHICKEN AND CAULIFLOWER "FRIED RICE"

2 lb. raw lean ground chicken breast

5 Tbsp. organic coconut aminos, *divided use*

1 Tbsp. dry sherry

1 clove garlic, finely chopped

Hot water

2 medium carrots, chopped

2 medium heads cauliflower, cut into bite-sized pieces

2 Tbsp. extra-virgin organic coconut oil, *divided use*

4 large eggs, lightly beaten

4 green onions, thinly sliced, reserve small amount of the greens for garnish

1. Combine chicken, 1 Tbsp. coconut aminos, sherry, and garlic in a medium bowl; mix well. Set aside for 30 minutes.
2. Boil water in steamer (or large saucepan) over high heat. Reduce heat to medium-high. Place carrots in steamer basket; cook for 4 to 5 minutes. Place in ice water bath to stop cooking process. Set aside.
3. Place half of cauliflower in food processor; pulse until cauliflower is in rice-sized pieces. Repeat. Set aside.
4. Heat 1 Tbsp. oil in large nonstick skillet over medium-high heat.
5. Add chicken mixture; cook, stirring frequently to break chicken into small pieces, for 4 to 6 minutes, or until chicken is no longer pink. Remove from pan. Set aside.
6. Add remaining 1 Tbsp. oil; heat, over medium-high heat.
7. Add cauliflower and remaining 4 Tbsp. coconut aminos; cook, stirring frequently, for 2 to 4 minutes.
8. Make a well in the middle of the cauliflower mixture. Add eggs; cook, stirring frequently in the well, for 2 to 3 minutes, or until eggs start to set.
9. Mix eggs into cauliflower mixture. Add chicken, carrots, and green onions; cook, stirring frequently, for 2 minutes, or until heated through.
10. Divide evenly into eight serving bowls; garnish evenly with green onion.

OK for Prep Week and Weeks 1-3

Calories: 283 Total Fat: 16g Carbohydrates: 11g Protein: 26g



1 1 1

TOTAL TIME: 29 MIN

PREP TIME: 15 MIN

COOKING TIME: 14 MIN

4 SERVINGS, 1½ CUPS EACH

## SHRIMP STIR-FRY

1 Tbsp. olive oil

2 medium red onions, sliced  
in wedges

1 clove garlic, finely chopped

1 thin slice fresh ginger, peeled,  
thinly chopped

¾ cup broccoli florets

1 Tbsp. reduced-sodium  
soy sauce

2 tsp. rice vinegar

4 Tbsp. low-sodium organic  
chicken broth, *divided use*

3 cups mushrooms, cut in half

1 yellow bell pepper,  
cut into cubes

½ cup sliced water chestnuts,  
drained

2½ cups snow peas, trimmed

1 lb. raw shrimp, peeled, deveined

1. Heat oil in medium saucepan over medium-high heat.

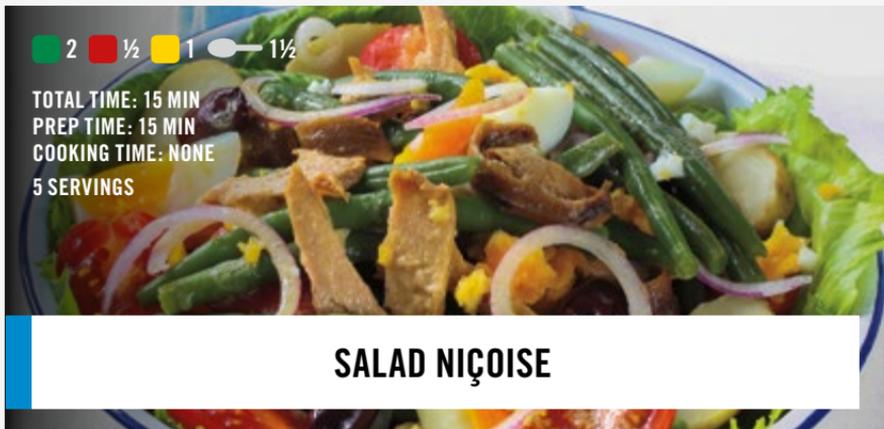
2. Add onions; cook, stirring frequently, for 4 to 5 minutes, or until onions are translucent.

3. Add garlic, ginger, and broccoli; cook, stirring frequently, for 1 minute.

4. Add soy sauce, vinegar, and 2 Tbsp. chicken broth; cook, stirring frequently, for 1 to 2 minutes.

5. Add mushrooms, bell pepper, water chestnuts, and *remaining* 2 Tbsp. broth; cook, stirring frequently, for 2 to 3 minutes.

6. Add snow peas and shrimp; cook, stirring frequently, for 2 to 3 minutes, or until vegetables are tender-crisp and shrimp is opaque and firm.



2 ½ 1 1½

TOTAL TIME: 15 MIN  
PREP TIME: 15 MIN  
COOKING TIME: NONE  
5 SERVINGS

## SALAD NIÇOISE

- 2 Tbsp. red wine vinegar
- 2 Tbsp. fresh lemon juice
- 2 Tbsp. coarse-grained Dijon mustard
- ½ tsp. ground black pepper
- 2 Tbsp. extra-virgin olive oil
- 6 cups shredded romaine (or Bibb lettuce or mixed greens)
- 1 (7-oz.) can solid white tuna, packed in water, drained, flaked into large pieces
- 8 oz. steamed green beans, cooled
- 4 boiled medium new potatoes, cooled, cut into bite-sized pieces
- 2 large hard-boiled eggs, quartered lengthwise
- 4 medium tomatoes, quartered
- ¼ medium red onion, sliced
- 8 black olives, pitted
- 2 Tbsp. finely chopped flat leaf (Italian) parsley (for garnish; optional)

1. To make dressing, combine vinegar, lemon juice, mustard, and pepper in a medium mixing bowl; whisk to blend.
2. Slowly add oil, whisking continuously, until blended. Set aside.
3. Evenly arrange lettuce on five serving plates. Top with tuna, green beans, potatoes, eggs, tomatoes, onion, and olives.
4. Evenly drizzle dressing over salads.
5. Garnish with parsley (if desired).

OK for Prep Week and Weeks 1–2

Calories: 291 Total Fat: 10g Carbohydrates: 37g Protein: 15g

1

TOTAL TIME: 4 HRS 35 MIN

PREP TIME: 15 MIN

COOKING TIME: 4 HRS

24 SERVINGS, 4 OZ. EACH

## HERB ROASTED TURKEY

- 1 (18-lb.) raw whole turkey
- 1½ tsp. sea salt (or Himalayan salt)
- 2 Tbsp. coarsely ground black pepper
- 1½ tsp. dried thyme leaves
- 1½ tsp. dried ground sage
- 1½ tsp. dried oregano leaves
- 1½ tsp. dried basil leaves
- 6 cups low-sodium organic chicken (or turkey) broth, *divided use*
- 2 cloves garlic, finely chopped
- 18 fresh marjoram sprigs, leaves removed and finely chopped
- 18 fresh parsley sprigs, finely chopped
- 2 medium onions, cut into ¼-inch slices
- 2 medium carrots, cut into ¼-inch slices
- 2 medium celery stalks, cut into ¼-inch slices
- 2 medium leeks, cut into ¼-inch slices
- 1 garlic head, halved crosswise
- Cooking string or twine
1. Preheat oven to 450° F. Place rack in lowest position.
  2. Remove turkey neck and giblets from inside turkey; rinse turkey and pat dry with paper towels. Set aside.
  3. Combine salt, pepper, thyme, sage, oregano, and basil in a small bowl; mix well.
  4. Slide your hand under the skin of the turkey breast to loosen. Rub the pepper mixture inside turkey cavity, under skin, and on skin. Pour ¼ cup broth into turkey cavity.
  5. Combine ¾ cup broth and chopped garlic in a small bowl; pour over turkey.
  6. Combine marjoram, parsley, onions, carrots, celery, and leeks in a large bowl; mix well. Place in turkey cavity with garlic head.
  7. Tie turkey legs together with cooking string. Place turkey, breast side up, on cooking rack set in heavy roasting pan. Pour 2 cups broth into roasting pan. Tent aluminum foil over turkey and sides of the pan. Bake for 30 minutes.
  8. Reduce heat to 325° F. Bake for an additional 3 to 3½ hours, basting with *remaining 3 cups* broth and pan juices every 20 minutes. Remove aluminum foil after 2½ hours. Bake until a meat thermometer inserted in the thickest part of the thigh reads 180° F and juices run clear.
  9. Let turkey sit for 20 minutes before carving. Discard skin and vegetables before serving.

OK for Prep Week and Weeks 1–3

Calories: 219 Total Fat: 6g Carbohydrates: 3g Protein: 35g

1½ 1 1 1

TOTAL TIME: 15 MIN  
PREP TIME: 15 MIN  
COOKING TIME: NONE  
1 SERVING

## SPINACH SALAD WITH CHICKEN AND WALNUTS

1½ cups raw baby spinach  
4 oz. cooked chicken breast,  
boneless, skinless, sliced  
1 cup sliced strawberries  
8 raw walnut halves

1. Place spinach in a medium serving bowl.
2. Add chicken, strawberries, and walnuts; toss gently to blend.
3. Top with your favorite dressing and enjoy!

OK for Prep Week and Weeks 1–3

(Nutrition information does not include dressing)  
Calories: 343 Total Fat: 14g Carbohydrates: 16g Protein: 40g



1½ 1 1½

TOTAL TIME: 30 MIN

PREP TIME: 15 MIN

COOKING TIME: 15 MIN

2 SERVINGS

## PESTO ZOODLES WITH CHICKEN

1 tsp. olive oil

½ medium red onion, chopped

2 cloves garlic, finely chopped

1 cup sliced mushrooms

4 fresh basil leaves,  
finely chopped

2 medium zucchini, spiralized  
(approx. 2 cups)

1 Tbsp. basil pesto sauce

6 oz. cooked chicken breast,  
boneless, skinless, sliced, warm

1. Heat oil in medium saucepan over medium-high heat.
2. Add onion; cook, stirring frequently, for 3 to 5 minutes, or until onion is translucent.
3. Add garlic; cook, stirring frequently, for 1 minute.
4. Add mushrooms and basil; cook, stirring frequently, for 3 to 5 minutes, or until mushrooms release liquid. Set aside.
5. Using a vegetable peeler, cut each zucchini into lengthwise strips about ¼-inch thick. Turn zucchini slightly after cutting each strip to work evenly around the outside, stopping when you hit the seeds at the core. Discard cores. Cut slices lengthwise into ½-inch ribbons. Set aside.
6. Add zucchini to onion mixture; cook over medium-high heat, stirring frequently, for 2 to 4 minutes, or until heated through.
7. Add pesto; mix well.
8. Evenly divide zucchini mixture between two serving plates; evenly top with chicken.



1½ 1

TOTAL TIME: 2 HRS 5 MIN

PREP TIME: 20 MIN

COOKING TIME: 1 HR 45 MIN

8 SERVINGS

## BEEF POT ROAST WITH ROOT VEGETABLES

1 tsp. olive oil

2 lb. raw lean beef bottom round roast, boneless, trimmed of excess fat

½ tsp. sea salt (or Himalayan salt)

½ tsp. ground black pepper

1 cup low-sodium organic beef broth (or vegetable broth)

2 medium onions, cut into eighths

4 cloves garlic, coarsely chopped

2 fresh thyme sprigs

1 bay leaf

2 medium carrots, cut in half lengthwise and cut into 2-inch pieces

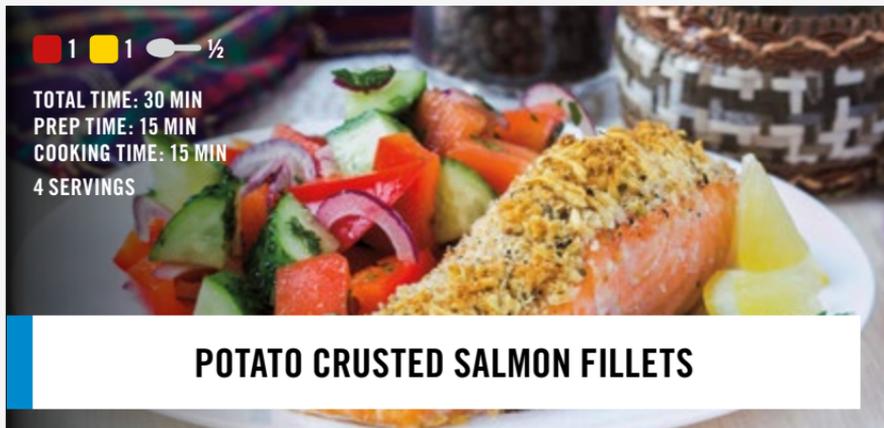
2 medium parsnips, cut in half lengthwise and cut into 2-inch pieces

2 medium turnips, peeled, cut into eighths

1. Preheat oven to 350° F.
2. Heat oil in large ovenproof saucepot (or Dutch oven) over medium-high heat.
3. Season beef with salt and pepper.
4. Add beef to saucepot; cook for 3 to 4 minutes on each side, or until browned.
5. Add broth; cook, stirring frequently, for 2 to 3 minutes, loosening browned meat from the bottom of the pan.
6. Add onions, garlic, thyme, and bay leaf; cook, stirring frequently, for 2 to 3 minutes. Cover saucepot. Bake for 45 minutes.
7. Turn beef over. Add carrots, parsnips, and turnips. Bake for 40 to 50 minutes, or until meat and vegetables are tender.

OK for Prep Week and Weeks 1–2

Calories: 292 Total Fat: 9g Carbohydrates: 14g Protein: 36g



1 1 ½

TOTAL TIME: 30 MIN

PREP TIME: 15 MIN

COOKING TIME: 15 MIN

4 SERVINGS

## POTATO CRUSTED SALMON FILLETS

**2 small russet potatoes**  
(about 1 lb.), washed, shredded

**½ medium leek, washed,**  
sliced thin

**¼ tsp. sea salt**  
(or Himalayan salt)

**¼ tsp. ground white pepper**

**2 tsp. olive oil**

**1 tsp. unsalted butter**

**4 (4-oz. each) raw salmon**  
fillets, skinless

1. Drain potatoes in a colander; pat them as dry as possible with paper towels or a clean kitchen towel.
2. Combine potatoes, leek, salt, and pepper in a medium bowl; mix well.
3. Heat oil and butter in large nonstick skillet over medium-high heat.
4. Place four ⅓ cup mounds of potato mixture in skillet. Press a salmon fillet into each mound. Top evenly with remaining potatoes; cook for 6 to 7 minutes on each side, or until potatoes are nicely browned and fish flakes easily when tested with a fork.



½ ½ 1 ½

TOTAL TIME: 28 MIN

PREP TIME: 10 MIN

COOKING TIME: 18 MIN

8 SERVINGS, ¾ CUP EACH

## LEEK AND SAUSAGE SOUP

2 tsp. olive oil

4 medium leeks, washed thoroughly, chopped

4 cups low-sodium organic chicken broth

4 medium Yukon gold potatoes, peeled, cut into ½-inch cubes

1 lb. cooked spicy chicken sausage, crumbled

12 fresh Italian parsley sprigs, chopped

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

1. Heat oil in medium saucepan over medium-high heat.
2. Add leeks; cook, stirring frequently, for 4 to 5 minutes, or until soft.
3. Add broth and potatoes. Bring to a boil. Reduce heat to medium; cook at a gentle boil for 8 to 10 minutes, or until potatoes are tender-crisp.
4. Add sausage and parsley; cook for 2 to 3 minutes, or until potatoes are soft.
5. Season with salt and pepper (if desired); mix well.



1 ½ 1 1

TOTAL TIME: 55 MIN

PREP TIME: 10 MIN

COOKING TIME: 45 MIN

4 SERVINGS

## BAKED CHICKEN WITH CARROTS, ORANGES, AND SWEET POTATOES

4 medium carrots, cut into 2-inch pieces

2 small sweet potatoes, peeled, cut in half lengthwise, cut into 1-inch slices

2 medium celery stalks, cut into 1-inch pieces

1 medium red onion, sliced

4 (4-oz. each) raw chicken breasts, boneless, skinless

¼ cup 100% orange juice (or juice of 2 medium navel oranges)

½ cup water

2 medium navel oranges, peeled, chopped

2 fresh rosemary sprigs

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

1. Preheat oven to 350° F.
2. Place carrots, sweet potatoes, celery, onion, and chicken in large ovenproof roasting pan.
3. Top with orange juice, water, oranges, rosemary, and salt and pepper (if desired).
4. Bake, basting occasionally, for 35 to 45 minutes, or until chicken is no longer pink in the middle and juices run clear.

**Tip:** This dish can also be prepared in a slow cooker. Layer all ingredients in the slow cooker. Cook for about 4 hours on high, or until chicken is no longer pink in the middle and juices run clear.

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  1½

**TOTAL TIME: 15 MIN**  
**PREP TIME: 15 MIN**  
**COOKING TIME: NONE**  
**1 SERVING**



## TROPICAL MANGO, CHICKEN, AND AVOCADO SALAD

**2 Tbsp. 100% pineapple juice**

**1 Tbsp. apple cider vinegar**

**1½ tsp. extra-virgin olive oil**

**1 medium serrano chile,  
seeded, finely chopped**

**¼ tsp. chili powder**

**¼ tsp. ground cumin**

**¼ tsp. sea salt  
(or Himalayan salt)**

**¼ tsp. ground black pepper**

**¼ medium mango, peeled, cubed**

**¼ medium avocado, cubed**

**¼ cup cubed fresh pineapple**

**½ cup cubed jicama**

**3 oz. cooked chicken breast,  
boneless, skinless, cut into  
bite-sized pieces**

**12 fresh cilantro leaves,  
chopped (for garnish; optional)**

1. Combine pineapple juice, vinegar, oil, serrano chile, chili powder, cumin, salt, and pepper in a small bowl; whisk to blend. Set aside.
2. Place mango, avocado, pineapple, jicama, and chicken in a medium bowl; mix well.
3. Drizzle with dressing; toss gently to blend.
4. Garnish with cilantro (if desired).

# Snacks & Sides

Looking for something sweet? Fruit is not only sweet, it's also filled with fiber and other nutrients, as well as water to help you stay hydrated. You are drinking half your body weight in ounces of water too, right?

2 ½

TOTAL TIME: 5 HRS 10 MIN

PREP TIME: 10 MIN

COOKING TIME: NONE

4 SERVINGS

## RASPBERRY BANANA ICE CREAM

**2 large bananas, cut into chunks**

**½ cup whole raw cashews**

**1 cup hot water**

**3 cups fresh (or unsweetened frozen) raspberries**

**Water (optional)**

1. Place banana in plastic bag; freeze for 4 hours, or until completely frozen.
2. Place cashews in a medium bowl. Cover with water. Let stand for 30 minutes; drain.
3. Place drained cashews, frozen banana, and raspberries in blender; cover. Blend until smooth. Add water, 2 Tbsp. at a time, if needed for consistency.
4. Pour into a freezer-safe container; freeze until set.

OK for Prep Week and Weeks 1–3

Calories: 187 Total Fat: 7g Carbohydrates: 31g Protein: 4g



½ 1

TOTAL TIME: 15 MIN  
PREP TIME: 15 MIN  
COOKING TIME: NONE  
4 SERVINGS, 3 EACH

## CUCUMBER AVOCADO ROLL-UPS

**1 medium avocado,  
cut into chunks**

**¼ cup fresh basil leaves**

**1 clove garlic, coarsely chopped**

**2 tsp. fresh lime juice**

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

**2 large cucumbers**

**Toothpicks**

**Ground paprika  
(for garnish; optional)**

1. Place avocado, basil, garlic, and lime juice in food processor (or blender). Season with salt and pepper (if desired); pulse until smooth and creamy. Set aside.
2. Use a vegetable peeler to peel off long, thin slices of cucumber.
3. Spread avocado mixture evenly on each cucumber slice.
4. Pick up one end of cucumber slice and roll cucumber loosely around the filling. End with the seam on bottom and secure with a toothpick.
5. Garnish with paprika (if desired).

 1½  1

TOTAL TIME: 1 HR

PREP TIME: 10 MIN

COOKING TIME: 50 MIN

4 SERVINGS, ¾ CUP EACH



## ROSEMARY ROASTED YAMS

**2 cups cubed yams  
(or sweet potatoes)**

**1 Tbsp. olive oil**

**6 fresh rosemary sprigs, leaves  
removed and finely chopped,  
stems discarded**

**Nonstick cooking spray**

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

1. Preheat oven to 375° F.
2. Combine yams, oil, and rosemary in large bowl; toss gently to coat.
3. Place yams on a baking sheet that has been lightly coated with spray. Bake for 45 to 50 minutes, or until tender.
4. Season with salt and pepper (if desired).



1  ½

TOTAL TIME: 19 MIN  
PREP TIME: 15 MIN  
COOKING TIME: 4 MIN  
8 SERVINGS, 2 EACH

## GRILLED FRUIT KABOBS

16 wooden skewers, soaked in water for 10 min.

¼ medium pineapple, peeled, cut into 32 1-inch cubes

2 medium nectarines, cut into 32 1-inch chunks

2 medium peaches, cut into 32 1-inch chunks

2 medium plums, seeds removed, cut into 16 pieces

2 medium apricots, seeds removed, cut into 16 pieces

2 Tbsp. olive oil

½ tsp. ground cinnamon

1. Preheat grill or broiler on high.
2. Place a piece of pineapple, nectarine, peach, plum, and apricot onto a skewer. Repeat, so the skewer has two pieces of each ingredient. Repeat with fifteen remaining skewers.
3. Brush skewers evenly with oil.
4. Grill (or broil) skewers for 2 to 4 minutes, turning every minute until grill marks appear and fruit softens slightly.
5. Sprinkle evenly with cinnamon.



1½  ½

TOTAL TIME: 46 MIN

PREP TIME: 10 MIN

COOKING TIME: 6 MIN

4 SERVINGS, 1 TO 2 SLICES

## GRILLED WATERMELON WEDGES

**¼ medium watermelon, rind washed, cut into 1¼-inch thick wedges**

**1 tsp. sea salt (or Himalayan salt)**

**2 tsp. olive oil**

1. Place cookie (or baking) rack over baking pan. Season watermelon with salt. Place on prepared rack. Let watermelon drain for 30 minutes. Rinse and pat dry.
2. Preheat grill or broiler on high.
3. Lightly brush watermelon with oil.
4. Grill (or broil) for about 2 to 3 minutes on each side, or until grill marks appear and watermelon softens slightly.

# Week Three

Two weeks done, one more to go! You should feel fantastic about making it this far. You're putting your all into your workouts, you've transformed your diet, and you're seeing results! Just one more week to go. You got this!

This week, all Yellow Serving foods are gone. But, you get one more Red Serving, and don't forget—you can have as many Green Servings as you wish!



# Breakfast

Just because you can't have Yellow Servings doesn't mean breakfast has to be dull! Check out the recipes here for the Italian-inspired Breakfast Caprese Omelet With Pesto and the flavorful Shakshuka (on page 76). Or return to recipes you've loved in previous weeks that are approved for Week 3!



■ ½ ■ ½

**TOTAL TIME: 10 MIN**  
**PREP TIME: 5 MIN**  
**COOKING TIME: 5 MIN**  
**1 SERVING**

## BREAKFAST CAPRESE OMELET WITH PESTO

**Nonstick cooking spray**

**4 large egg whites (½ cup)**

**1 slice medium tomato**

**½ oz. fresh mozzarella cheese (sliced)**

**½ tsp. prepared pesto sauce**

1. Heat medium nonstick skillet, lightly coated with spray, over medium-low heat.
2. Add egg whites; cook for 1 minute. Do not stir. As eggs set, lift edges, letting uncooked portion flow underneath. Cook for 3 to 4 minutes or until set.
3. Top with tomato, cheese, and pesto. Gently fold in half.

**OK for Prep Week and Weeks 1–3**

**Calories: 121 Total Fat: 4g Carbohydrates: 2g Protein: 18g**



1 ½ ½

TOTAL TIME: 1 HR  
PREP TIME: 10 MIN  
COOKING TIME: 50 MIN  
8 SERVINGS

## CRUSTLESS EGGLESS QUICHE

1 Tbsp. olive oil  
1 medium onion, finely chopped  
1 medium carrot, chopped  
1 medium red bell pepper, chopped  
1 lb. broccoli florets, chopped  
2 cloves garlic, finely chopped  
12 oz. extra-firm tofu, drained  
½ cup reduced-fat (2%) milk  
1 cup shredded white cheddar cheese  
½ tsp. Dijon mustard  
Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)  
Nonstick cooking spray

1. Preheat oven to 350° F.
2. Heat oil in large saucepan over medium-high heat.
3. Add onion, carrot, bell pepper, and broccoli; cook, stirring frequently, for 6 to 8 minutes, or until broccoli is tender-crisp.
4. Add garlic; cook, stirring frequently, for 1 minute. Set aside.
5. Place tofu, milk, cheese, and mustard in blender; cover. Blend until smooth.
6. Pour tofu mixture into a large bowl. Add onion mixture; mix well.
7. Season with salt and pepper (if desired).
8. Place in 13 x 9-inch glass pan that has been lightly coated with spray. Bake for 40 to 45 minutes, or until quiche is set. Allow to sit for 5 minutes before cutting.

2 1 1

TOTAL TIME: 16 MIN  
PREP TIME: 10 MIN  
COOKING TIME: 6 MIN  
1 SERVING



## EGG WHITE OMELET WITH BROCCOLI AND SPINACH

1 tsp. olive oil  
1 cup raw spinach  
8 large egg whites (1 cup)  
1 cup steamed broccoli florets

1. Heat oil in medium nonstick skillet over medium-low heat.
2. Add spinach; cook, stirring frequently, for 3 to 4 minutes, or until wilted.
3. Add egg whites. Do not stir. As eggs set, lift edges, letting uncooked portion flow underneath.
4. When eggs are almost set add broccoli; cook for 1 to 2 minutes, or until heated through. Gently fold in half.

 1 1

TOTAL TIME: 23 MIN

PREP TIME: 10 MIN

COOKING TIME: 13 MIN

2 SERVINGS



## MEXICAN FRITTATA

¼ cup reduced-fat (2%) milk

3 large eggs

4 large egg whites (1 cup)

1 dash sea salt  
(or Himalayan salt)

¼ tsp. ground black pepper

1 pinch ground cumin

1 tsp. olive oil

½ medium red bell pepper, cut  
into thin strips

¼ medium onion, thinly sliced

½ cup fresh tomato salsa

1. Preheat oven to 350° F.
2. Combine milk, eggs, egg whites, salt, pepper, and cumin in a large bowl; whisk to blend. Set aside.
3. Heat oil in a 12-inch nonstick ovenproof skillet over medium heat.
4. Add bell pepper and onion; cook, stirring frequently, for 4 to 6 minutes, or until translucent.
5. Add egg mixture. Do not stir. When eggs are slightly set, flip. Place skillet in oven; bake for 4 to 6 minutes, or until eggs are set.
6. Cut frittata in half. Place on two serving plates; top evenly with salsa.



1 2 1

TOTAL TIME: 18 MIN  
PREP TIME: 10 MIN  
COOKING TIME: 8 MIN  
1 SERVING

## CHICKEN AND SPINACH SCRAMBLE WITH AVOCADO

1 large egg

4 large egg whites (½ cup)

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

Nonstick cooking spray

1 cup raw baby spinach

3 oz. cooked chicken breast,  
chopped

¼ medium avocado,  
thinly sliced

1. Combine egg and egg whites in a medium bowl; whisk to blend.
2. Season with salt and pepper (if desired); whisk to blend. Set aside.
3. Heat medium nonstick skillet, lightly coated with spray, over medium-low heat.
4. Add spinach; cook, stirring frequently, for 3 to 4 minutes, or until wilted.
5. Add egg mixture; cook, stirring constantly, for 3 to 4 minutes, or until almost set.
6. Add chicken; cook, stirring frequently, for 2 to 3 minutes, or until eggs are set.
7. Top with avocado; serve immediately.



1 ½ 1

**TOTAL TIME: 1 HR**  
**PREP TIME: 20 MIN**  
**COOKING TIME: 40 MIN**  
**6 SERVINGS**

## SHAKSHUKA

1 tsp. olive oil  
 1 medium onion, chopped  
 1 medium red bell pepper, chopped  
 3 cloves garlic, chopped  
 1 tsp. ground cumin  
 1 tsp. ground sweet paprika  
 1 dash ground cayenne pepper  
 1 (28-oz.) can whole tomatoes, coarsely chopped  
 ¼ tsp. sea salt (or Himalayan salt)  
 ¼ tsp. ground black pepper  
 ⅓ cup crumbled goat cheese (or feta cheese)  
 6 large eggs  
 2 Tbsp. finely chopped fresh parsley  
 Hot pepper sauce (to taste; optional)

1. Preheat oven to 375° F.
2. Heat oil in large ovenproof skillet over medium-low heat.
3. Add onion and bell pepper; cook, stirring frequently, for 5 to 8 minutes, or until very soft.
4. Add garlic; cook, stirring frequently, for 1 minute.
5. Add cumin, paprika, and cayenne pepper; cook, stirring frequently, for 1 minute.
6. Add tomatoes, salt, and pepper; cook, stirring occasionally, for 10 to 12 minutes, or until sauce has slightly thickened.
7. Add cheese; mix into sauce.
8. Crack eggs separately into sauce; do not mix. Place skillet in oven. Bake for 6 to 10 minutes, or until eggs are cooked to desired doneness.
9. Sprinkle with parsley and pepper sauce (if desired); serve immediately.

# Lunch/Dinner

This week, the lunches and dinners are all about lean proteins and veggies. Your starchy-carb cravings might kick in, but stick with it. It's easier than you think and you'll be so happy you did!

1 1 1 1

TOTAL TIME: 21 MIN  
PREP TIME: 10 MIN  
COOKING TIME: 11 MIN  
1 SERVING



## CHICKEN FLORENTINE

1 tsp. olive oil  
2 cloves garlic, finely chopped  
1 (4-oz.) raw chicken breast, boneless, skinless, pounded thin  
1 cup steamed spinach  
1 slice part-skim mozzarella (or provolone) cheese (about ½ oz.)

1. Preheat oven to 400° F.
2. Heat oil in ovenproof skillet over medium-high heat.
3. Add garlic; cook, stirring frequently, for 1 minute.
4. Add chicken; cook for 3 to 5 minutes on each side, or until no longer pink in the middle. Remove from heat.
5. Top chicken with spinach and cheese.
6. Bake for 2 to 3 minutes, or until cheese is melted.

OK for Prep Week and Weeks 1–3

Calories: 251 Total Fat: 11g Carbohydrates: 9g Protein: 32g



**1** **½**

**TOTAL TIME: 19 MIN**  
**PREP TIME: 10 MIN**  
**COOKING TIME: 9 MIN**  
**8 SERVINGS, 2 EACH**

## TURKEY AND LETTUCE WRAPS

**1 tsp. olive oil**

**1 lb. raw 93% lean ground turkey breast**

**½ medium red onion, chopped**

**½ medium red bell pepper**

**1 clove garlic, finely chopped**

**¾ cup chopped water chestnuts**

**1 Tbsp. reduced-sodium soy sauce**

**1 Tbsp. rice vinegar**

**2 Tbsp. chopped fresh cilantro**

**1 large head of lettuce (like red leaf, romaine, or Bibb), separated into leaves**

1. Heat oil in medium saucepan over medium-high heat.
2. Add turkey, onion, and bell pepper; cook, stirring frequently, for 4 to 6 minutes, or until turkey is cooked through and onion is translucent.
3. Add garlic, water chestnuts, soy sauce, and vinegar; cook, stirring occasionally, for 2 to 3 minutes, or until most of the liquid has evaporated.
4. Add cilantro; mix well. Remove from heat.
5. Evenly spoon mixture onto lettuce leaves; wrap the leaves around mixture, and eat!



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TOTAL TIME: 25 MIN

PREP TIME: 15 MIN

COOKING TIME: 10 MIN

4 SERVINGS

## HERB SPICED TUNA STEAKS

4 (4-oz. each) raw tuna steaks,  
1-inch thick

¼ cup chopped flat leaf  
(Italian) parsley

2 fresh tarragon sprigs,  
leaves removed and chopped,  
stems discarded

2 cloves garlic, crushed

2 tsp. finely chopped lemon  
peel (lemon zest)

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

1 Tbsp. extra-virgin olive oil

1. Preheat grill or broiler on high.
2. Rinse tuna and pat dry. Set aside.
3. Combine parsley, tarragon, garlic, and lemon peel in a small bowl; mix well. Set aside.
4. Season tuna with salt and pepper (if desired). Drizzle with oil; rub parsley mixture into both sides of tuna. Let rest 5 minutes.
5. Grill (or broil) tuna for 2 to 5 minutes on each side, or until desired doneness.

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TOTAL TIME: 48 MIN

PREP TIME: 10 MIN

COOKING TIME: 38 MIN

4 SERVINGS



## CHICKEN BREAST WITH SAUTÉED MUSHROOMS

1½ tsp. olive oil, *divided use*

4 (4-oz. each) raw chicken breasts, boneless, skinless

4 medium shallots, chopped

4 cloves garlic, chopped

1 lb. sliced mushrooms

1 Tbsp. chopped fresh rosemary (or 2 Tbsp. dried rosemary)

2 Tbsp. dry sherry (optional)

½ cup low-sodium organic chicken broth

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

1. Heat 1 tsp. oil in medium skillet over medium-high heat.
2. Add chicken; cook for 3 minutes on each side. Remove from pan. Keep warm.
3. Heat *remaining* ½ tsp. oil over medium-high heat.
4. Add shallots; cook, stirring frequently, for 3 to 4 minutes, or until translucent.
5. Add garlic; cook, stirring frequently, for 1 minute.
6. Add mushrooms and rosemary; cook, stirring occasionally, for 10 minutes, or until mushrooms release all their liquid.
7. Add sherry (if desired) and broth. Season with salt and pepper (if desired); cook, stirring occasionally, for 10 minutes.
8. Add chicken; cook for 5 minutes, or until chicken is no longer pink in the middle.
9. Place a chicken breast on each of four serving plates. Evenly top with mushroom mixture.



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TOTAL TIME: 15 MIN  
PREP TIME: 15 MIN  
COOKING TIME: NONE  
4 SERVINGS

## WATERMELON AND HEIRLOOM TOMATO SALAD

1 Tbsp. extra-virgin olive oil

3 Tbsp. red wine vinegar

2 Tbsp. finely chopped basil  
(or mint, chives, or parsley)

¼ tsp. sea salt  
(or Himalayan salt)

¼ tsp. ground black pepper

1 cup arugula

½ medium seedless watermelon,  
rind removed, cut into 2-inch  
triangles

3 medium heirloom tomatoes,  
sliced into wedges

½ cup yellow cherry tomatoes,  
cut in half

¼ medium red onion, sliced thin

2 Tbsp. crumbled feta cheese  
(about ½ oz.)

1. Combine oil, vinegar, basil, salt, and pepper in small bowl; whisk to blend. Set aside.

2. Arrange arugula, watermelon, heirloom tomatoes, cherry tomatoes, and onion on a large serving platter.

3. Drizzle evenly with dressing.

4. Top evenly with cheese.



2 1 ½

TOTAL TIME: 38 MIN  
PREP TIME: 15 MIN  
COOKING TIME: 23 MIN  
2 SERVINGS

## BELL PEPPER NACHOS

Nonstick cooking spray

¼ medium onion, chopped

8 oz. raw 93% lean  
ground turkey

1 tsp. taco seasoning blend  
(look for a low-sodium blend)

¼ cup water

1 medium yellow bell pepper,  
cut into 1-inch-wide slices

1 medium orange bell pepper,  
cut into 1-inch-wide slices

¼ cup shredded sharp  
cheddar cheese

1 medium jalapeño, seeds  
and veins removed, sliced  
(optional)

½ cup pico de gallo  
(or fresh tomato salsa)

1. Preheat oven to 375° F.
2. Heat medium saucepan, lightly coated with spray, over medium-high heat.
3. Add onion; cook, stirring frequently, for 4 to 5 minutes, or until onion is translucent.
4. Add turkey; cook, stirring frequently, for 4 to 5 minutes, or until turkey is no longer pink.
5. Add taco seasoning and water. Mix well; cook, stirring frequently, for 2 minutes, or until water evaporates.
6. Arrange peppers in an ovenproof baking dish; top with turkey mixture and cheese.
7. Bake for 5 to 8 minutes, or until cheese melts.
8. Divide pepper mixture evenly between two serving plates. Top with jalapeño (if desired) and pico de gallo; serve immediately.



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TOTAL TIME: 15 MIN  
PREP TIME: 15 MIN  
COOKING TIME: NONE  
1 SERVING

## VEGETARIAN PIZZA SALAD

1 tsp. olive oil  
1 Tbsp. red wine vinegar  
1 Tbsp. all-natural tomato sauce,  
no sugar added  
½ tsp. dried oregano  
Sea salt (or Himalayan salt) and  
ground black pepper  
(to taste; optional)  
1 cup fresh arugula  
1 cup romaine lettuce  
10 fresh basil leaves,  
torn into pieces  
½ cup halved cherry tomatoes  
¼ medium green bell pepper,  
sliced  
¼ medium onion, sliced  
¼ cup sliced mushrooms  
5 black olives, sliced  
2 bocconcini (small mozzarella  
balls) (about 1 oz.)  
1 pinch crushed red pepper flakes  
(optional)

1. To make dressing, combine oil, vinegar, tomato sauce, and oregano in a small bowl; whisk to blend. Season with salt and pepper (if desired). Set aside.
2. Combine arugula, romaine, basil, tomatoes, bell pepper, onion, mushrooms, olives, and dressing in a large serving bowl; toss gently to blend.
3. Top with bocconcini and crushed red pepper (if desired); serve immediately.



1 1 ½

TOTAL TIME: 20 MIN  
PREP TIME: 10 MIN  
COOKING TIME: 10 MIN  
1 SERVING

## CHICKEN BRUSCHETTA

1 medium tomato, chopped  
2 Tbsp. thinly sliced fresh basil  
1 clove garlic, finely chopped  
½ tsp. extra-virgin olive oil  
1 tsp. balsamic vinegar  
1 tsp. onion powder  
Sea salt (or Himalayan salt)  
and ground black pepper  
(to taste; optional)  
5 oz. raw chicken breast,  
boneless, skinless

1. Combine tomato, basil, garlic, oil, vinegar, onion powder, and salt and pepper (if desired) in a medium bowl; mix well. Set aside.
2. Preheat grill or broiler on high.
3. Grill (or broil) chicken for 4 to 5 minutes on each side, or until no longer pink in the middle and juices run clear.
4. Top chicken with tomato mixture.

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TOTAL TIME: 20 MIN  
PREP TIME: 20 MIN  
COOKING TIME: NONE  
4 SERVINGS



## MUSTARD CHICKEN AND SPINACH SALAD

½ cup red wine vinegar

4 tsp. olive oil

2 Tbsp. coarse-grained  
Dijon mustard

2 Tbsp. finely chopped tarragon

1 cup thinly sliced celery

8 oz. cooked chicken breast,  
boneless, skinless, cut into  
½-inch cubes

2 cups red grapes

4 cups raw spinach

¼ cup raw walnut halves

1. Combine vinegar, oil, mustard, and tarragon in a small bowl; whisk to blend. Evenly divide dressing between 4 half-pint Mason jars. Set aside.
2. Evenly layer celery, chicken, grapes, spinach, and walnuts on top of dressing in jars.
3. Serve immediately or cover and refrigerate for up to 3 days. Shake before serving.



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TOTAL TIME: 17 MIN

PREP TIME: 5 MIN

COOKING TIME: 12 MIN

1 SERVING

## SEARED AHI TUNA

**1 tsp. five-spice seasoning**  
(also known as Chinese  
five-spice mixture)

**1 pinch sea salt**  
(or Himalayan salt)

**6-oz. raw ahi tuna**

**Nonstick cooking spray**

1. Preheat grill or broiler on high.
2. Combine five-spice seasoning and salt in a small bowl; mix well.
3. Coat all sides of ahi with seasoning.
4. Lightly coat grill or broiler pan with spray.
5. Sear ahi for 2 minutes on each side, or until desired doneness. Remove from heat.
6. Slice tuna on an angle.
7. Serve over mixed greens dressed with extra-virgin olive oil and lemon juice.

OK for Prep Week and Weeks 1–3

(Nutrition information does not include dressing)

Calories: 194 Total Fat: 1g Carbohydrates: 2g Protein: 42g

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**TOTAL TIME: 1 HR 28 MIN**

**PREP TIME: 10 MIN**

**COOKING TIME: 18 MIN**

**8 SERVINGS**

## CHICKEN BREAST WITH FETA AND ARTICHOKE

**1 cup reduced-fat (2%)  
plain yogurt**

**4 cloves garlic, finely chopped**

**3 Tbsp. chopped fresh oregano,  
divided use**

**2 Tbsp. chopped fresh parsley,  
divided use**

**1½ tsp. fresh lemon juice**

**1 tsp. ground black pepper**

**8 (4-oz. each) raw chicken  
breasts, boneless, skinless**

**1 cup crumbled feta cheese  
(about 5 oz.)**

**1 medium tomato, chopped**

**½ cup canned artichoke  
hearts, packed in water,  
drained**

**½ cup sun-dried tomatoes,  
chopped, reconstituted in hot  
water for 10 minutes, drained**

**Nonstick cooking spray**

1. Combine yogurt, garlic, 2 Tbsp. oregano, 1 Tbsp. parsley, lemon juice, and pepper in medium bowl; whisk to blend.
2. Place chicken in a glass dish. Top with yogurt mixture. Marinate in the refrigerator, covered, turning once, for at least 1 hour and up to overnight.
3. Preheat grill or broiler on high.
4. Combine cheese, tomato, artichoke hearts, sun-dried tomatoes, remaining 1 Tbsp. oregano, and remaining 1 Tbsp. parsley in a large bowl; mix well. Set aside.
5. Grill (or broil) chicken for 4 to 5 minutes on each side, or until no longer pink in the middle. Set aside.
6. Heat oven 350° F.
7. Place chicken on baking pan lightly coated with spray. Top each piece with 1 rounded Tbsp. of cheese mixture. Bake for 5 to 8 minutes, or until cheese is lightly browned.

OK for Prep Week and Weeks 1–3

Calories: 216 Total Fat: 8g Carbohydrates: 7g Protein: 30g



3 1 ½

TOTAL TIME: 58 MIN  
PREP TIME: 20 MIN  
COOKING TIME: 8 MIN  
4 SERVINGS

## MARINATED SUMMER VEGGIES WITH CHICKEN SAUSAGE

2 tsp. olive oil  
2 Tbsp. balsamic vinegar  
2 Tbsp. fresh lime juice  
2 cloves garlic, chopped  
Sea salt (or Himalayan salt)  
and ground black pepper  
(to taste; optional)  
1 lb. green beans,  
ends removed  
2 medium zucchini, sliced  
2 medium summer (crookneck)  
squash, sliced  
1 cup halved cherry tomatoes  
1 medium green bell pepper,  
sliced  
1 medium red onion, sliced  
4 cooked chicken sausages,  
sliced  
2 Tbsp. chopped fresh basil

1. To make marinade, combine oil, vinegar, lime juice, and garlic in a medium bowl; whisk to blend.
2. Season with salt and pepper (if desired); whisk to blend. Set aside.
3. Place green beans, zucchini, summer squash, tomatoes, bell pepper, and onion in a resealable plastic bag (or large bowl). Add marinade; shake to blend. Let sit for 30 minutes.
4. Preheat grill or broiler to high.
5. Place veggie mixture on large sheet pan (or broiler pan). Add sausages; mix well. Spread out evenly.
6. Grill (or broil) for 4 to 8 minutes, turning occasionally, until vegetables begin to soften.
7. Sprinkle with basil before serving.

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**TOTAL TIME: 32 MIN**

**PREP TIME: 10 MIN**

**COOKING TIME: 22 MIN**

**2 SERVINGS**

## OVEN-POACHED SALMON WITH CUCUMBER SAUCE

### For Poached Salmon:

**2 (4-oz. each) raw wild salmon fillets**

**3 fresh dill sprigs, chopped**

**2 Tbsp. fresh lemon juice**

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

**Water**

### For Cucumber Sauce:

**¼ medium cucumber, finely chopped**

**4 fresh dill sprigs, chopped (reserve small amount for garnish)**

**¼ cup reduced fat (2%) plain Greek yogurt**

**½ tsp. finely chopped lemon peel**

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

### For Poached Salmon:

1. Preheat oven to 375° F.
2. Place salmon, skin-side down, in baking dish. Top with dill and drizzle with lemon juice.
3. Season with salt and pepper (if desired).
4. Add water to cover salmon. Cover baking dish with aluminum foil.
5. Bake for 18 to 22 minutes, or until salmon flakes easily when tested with a fork.

### For Cucumber Sauce:

1. While salmon is baking, make cucumber sauce by combining cucumber, dill, yogurt, lemon peel, and salt and pepper (if desired) in a medium bowl; mix well. Set aside.
2. Gently remove poached salmon from baking dish with a slotted spoon or spatula and place on a serving plate.
3. Top salmon with cucumber sauce. Garnish with dill.

OK for Prep Week and Weeks 1–3

Calories: 190 Total Fat: 8g Carbohydrates: 3g Protein: 26g



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TOTAL TIME: 41 MIN

PREP TIME: 15 MIN

COOKING TIME: 6 MIN

4 SERVINGS, 1 CUP EACH

## FRESH TOMATO SALSA SHRIMP OVER CARROT AND SUMMER SQUASH NOODLES

12 oz. cooked shrimp

2 medium tomatoes, chopped

½ medium red onion, chopped

¼ cup finely chopped  
fresh cilantro

¼ cup fresh lime juice

2 Tbsp. + 2 tsp. olive oil,  
*divided use*

¾ tsp. sea salt (or Himalayan  
salt), *divided use*

¼ tsp. ground black pepper

2 medium summer squash  
(or raw beets), spiralized

2 medium carrots, spiralized

1. Combine shrimp, tomatoes, onion, cilantro, lime juice, 2 Tbsp. oil, ¼ tsp. salt, and pepper in a medium bowl; mix well. Refrigerate, covered, for 20 minutes.
2. Heat remaining 2 tsp. oil in medium skillet over medium heat.
3. Add squash, carrots, and remaining ½ tsp. salt (if desired); cook, stirring frequently, for 3 to 5 minutes, or until vegetables are cooked to desired doneness. Remove from heat.
4. Evenly divide squash mixture between four serving plates. Top evenly with shrimp mixture. Serve immediately.

# Snacks & Sides

This week, we've focused on more veggie-based snacks to keep you going between meals. But, if you're looking for a fruit hit, the Grilled Fruit Kabobs (on page 68) and Grilled Watermelon Wedges (on page 69) from last week are still OK!



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**TOTAL TIME: 35 MIN**  
**PREP TIME: 10 MIN**  
**COOKING TIME: 25 MIN**  
**6 SERVINGS**

## ROASTED ASPARAGUS

**2 lbs. fresh asparagus,**  
**ends trimmed**

**1 Tbsp. olive oil**

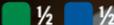
**¼ tsp. sea salt**  
**(or Himalayan salt)**

**¼ tsp. ground black pepper**

1. Preheat oven to 400° F.
2. Place asparagus on large baking sheet in a single layer. Drizzle with oil. Season with salt and pepper.
3. Bake, shaking pan occasionally, for 22 to 25 minutes, or until tender-crisp.

OK for Prep Week and Weeks 1–3

Calories: 47 Total Fat: 2g Carbohydrates: 5g Protein: 3g

 ½ ½

TOTAL TIME: 47 MIN

PREP TIME: 15 MIN

COOKING TIME: 32 MIN

12 SERVINGS, 2 EACH



## SPINACH AND CHEESE STUFFED MUSHROOMS

2 tsp. olive oil

24 large mushrooms, cleaned, stems removed, and finely chopped

½ medium onion, finely chopped

3 cups raw baby spinach

4 cloves garlic, finely chopped

1 dash crushed red pepper flakes

½ tsp. finely chopped fresh rosemary

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

½ cup part-skim ricotta cheese

½ cup shredded mozzarella cheese

1. Preheat oven to 350° F.
2. Heat oil in large skillet over medium-high heat.
3. Add mushroom stems, onion, and spinach; cook, stirring frequently, for 5 to 6 minutes, or until tender.
4. Add garlic, red pepper, and rosemary. Season with salt and pepper (if desired); cook, stirring frequently, for 1 minute.
5. Add ricotta cheese; mix well.
6. Evenly fill mushrooms with spinach mixture.
7. Place mushrooms on large baking sheet. Evenly top with mozzarella cheese. Bake for 20 to 25 minutes, or until bubbly.

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TOTAL TIME: 28 MIN

PREP TIME: 10 MIN

COOKING TIME: 18 MIN

4 SERVINGS, 1 CUP EACH



## KALE CHIPS

**1 bunch (about 6 oz.)  
kale leaves**

**Parchment paper (optional)**

**1 Tbsp. olive oil**

**No-salt seasoning blend  
of your choice (optional)**

1. Preheat oven to 350° F.
2. Remove kale leaves from stems. Tear leaves into bite-sized pieces. Discard stems.
3. Wash and thoroughly dry kale with a salad spinner or paper towel.
4. Line large baking sheet with parchment paper (if desired). Set aside.
5. Combine kale and oil in a medium bowl; toss gently to blend.
6. Add seasoning (if desired); mix well.
7. Arrange kale on prepared baking sheet in a single layer.
8. Bake for 15 to 18 minutes, or until crisp.
9. Transfer onto a wire rack or paper towels; cool.

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TOTAL TIME: 2 HRS 25 MIN  
PREP TIME: 10 MIN  
COOKING TIME: 2 HRS 15 MIN  
4 SERVINGS



## BAKED APPLE CHIPS

### Parchment paper

4 small red apples, cored,  
sliced very thin

1 tsp. ground cinnamon

1. Preheat oven to 275° F.
2. Line baking sheet with parchment paper. Set aside.
3. Place apples in a medium bowl. Sprinkle evenly with cinnamon; toss to blend.
4. Place apples on prepared baking sheet. Bake for 45 minutes, turn, bake for an additional 45 minutes, turn, bake for 30 to 45 minutes, or until apples have dried and are starting to get crisp.

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TOTAL TIME: 4 HRS 10 MIN

PREP TIME: 10 MIN

COOKING TIME: NONE

4 SERVINGS, 1 EACH



## STRAWBERRY AND MINT POPS

¾ cup water

2 Tbsp. fresh lime juice

½ cup fresh (or frozen)  
strawberries

2 scoops Tropical Strawberry  
(or Strawberry) Shakeology

2 Tbsp. chopped fresh mint

1. Place water, lime juice, strawberries, Shakeology, and mint in blender; cover. Blend until smooth.
2. Pour evenly into four ice pop molds; freeze for at least 4 hours, or until set.



Remember, everybody is different, so if you have any unique or special medical needs or conditions, such as food allergies, dietary restrictions, issues with blood sugar regulation, or if you are pregnant or breastfeeding, please consult your physician before starting this nutrition plan. Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs, or unpasteurized milk may increase your risk of foodborne illness.

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