

clean week™



meal planner

Before you make
it a lifestyle...
make it a week



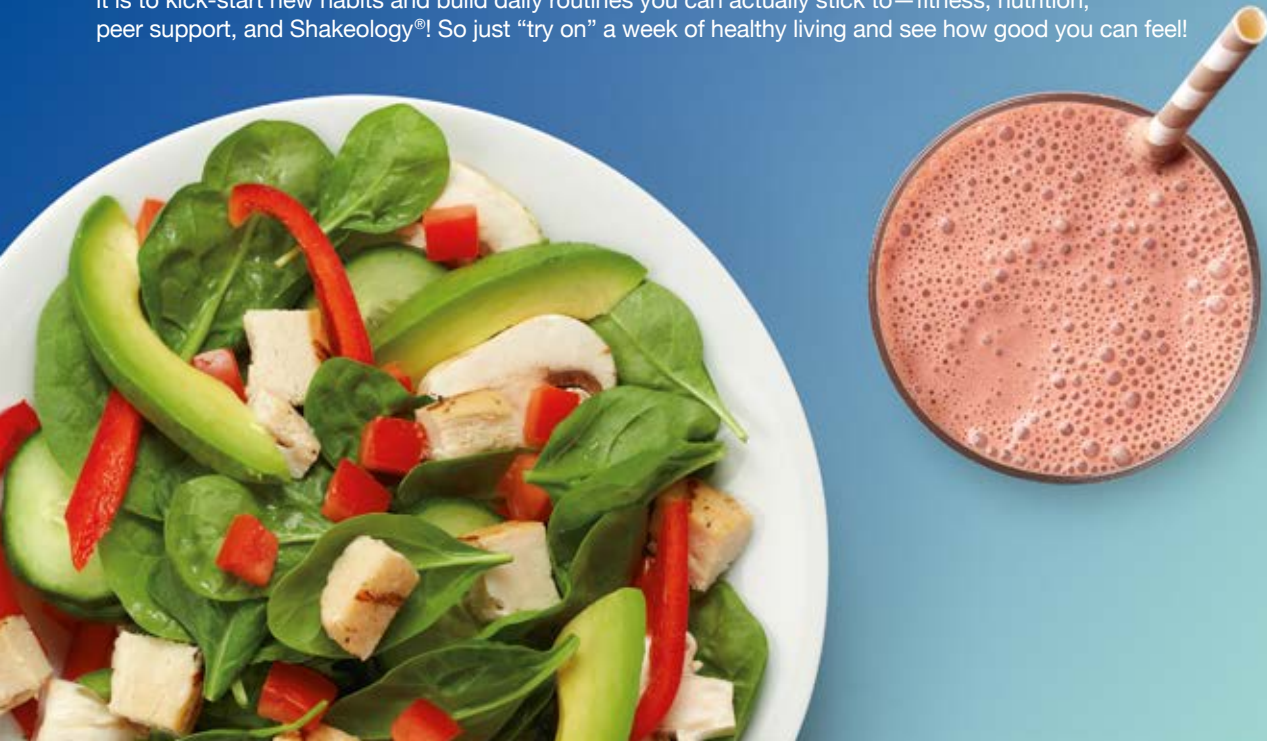
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Remember, everybody is different, so if you have any unique or special medical needs or conditions, such as food allergies, dietary restrictions, or if you are pregnant or breastfeeding, please consult your physician before starting this nutrition plan.

Welcome to Clean Week™! You Got This...

Clean Week is a simple way for you to start creating a healthy lifestyle in just 7 days. You'll see how easy it is to kick-start new habits and build daily routines you can actually stick to—fitness, nutrition, peer support, and Shakeology®! So just “try on” a week of healthy living and see how good you can feel!



It all comes down to a few basic, but very important steps:

- 1 Find your eating plan** (page 4)
There are two plans to choose from depending on how much you weigh.
- 2 Create your Clean Week menu** (page 5)
There are tons of choices for each meal: breakfast, lunch, dinner, Shakeology, and snacks. Mix and match your favorites for the week AND don't forget to make your grocery list at the same time you create your menu!
- 3 Let's meal prep!** (page 10)
This just means picking one day to cook as much as you can for the week—in bulk! You'll always want to do some last-minute prep the night before so all that's left to do the next day is assemble and eat!
- 4 Drink your Shakeology** (page 11)
Shakeology is a nutrient-dense superfood protein shake that makes it so easy to get started on your journey and helps you reach your health or weight-loss goals.*

Want Extra Support?

Talk to your Team Beachbody® Coach, who can help you be successful and stay on track throughout your Clean Week. Or for fitness and nutrition questions, head over to the Beachbody On Demand Community Boards “Official Expert Advice” section. There, you'll find registered dietitians, certified fitness professionals, and other experts ready to offer friendly, insightful advice. Just go to [BeachbodyExpertAdvice.com](https://www.BeachbodyExpertAdvice.com)

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

The Clean Week Meal Plan

STEP

1 Find your eating plan

Depending on your current weight, you'll pick either Plan A or Plan B. Plan B includes one extra snack per day.

If you weigh UNDER < 185 lbs.	If you weigh OVER > 185 lbs.
You should follow PLAN A	You should follow PLAN B
Breakfast	Breakfast
Shakeology (or snack)	Shakeology (or snack)
Lunch	Lunch
Dinner	Snack
	Dinner

STEP

2 Create your Clean Week menu

Mix and match your menu for the week

You can choose from **at least 7 recipes** for each meal. You'll find all the recipes starting on page 15. Then just pick your favorite meals, and use the Clean Week menu planner template on page 8 to create your customized menu for the week! And remember, if you're on Plan B, you'll be eating an extra snack each day.

Tip:

- Use a recipe more than once throughout the week, that way when you meal prep, you just make one recipe in bulk and get multiple meals out of it!



Clean Week meals and snacks

See pages 15–33 for the Clean Week recipes.

Breakfast	Lunch	Dinner	Shakeology	Snacks
<ul style="list-style-type: none">• Megan's Favorite Protein Pancakes• Berry Walnut Oatmeal• Veggie Egg Scramble• Almond Butter Banana Breakfast• Lox 'n' Toast• Yogurt Parfait• Breakfast Bowl	<ul style="list-style-type: none">• Megan's Favorite Tuna Melt• Mediterranean Veggie Pita• Lentil Quinoa Salad• Chicken, Quinoa, and Broccoli• Turkey Burger• Protein-Packed Salad• Salmon Bowl Salad	<ul style="list-style-type: none">• Megan's Favorite Buffalo "Wings"• Teriyaki Tempeh• Veggie Burger• Grilled Halibut, Sweet Potato, and Veggies• Shrimp and Veg Pesto Pasta• Chicken, Corn, and Salad• Pork and Beans	<ul style="list-style-type: none">• Almond Butter Cup• Chocolate-Covered Cherry• Banana Bread• Berry-Licious• Nutty Mocha Latte• Café Latte Banana• Strawberry Almond Dream• Strawberry Chia	<ul style="list-style-type: none">• Veggies 'n' Hummus with Almonds• Protein Power• Nutty Apple• Yogurt Bowl• Trail Mix• Avo-Toast with Fruit• Sweet and Savory

Stay hydrated!

Water plays a big role in many of your body's systems, helps you exercise more effectively, and helps control hunger. We recommend you drink your body weight, divided by two, in ounces. So if you weigh 160 pounds, that would be $160 \div 2 = 80$. That's 80 ounces of water daily.

Sample Clean Week menu

To help you get started, here's a sample menu for one Clean Week. We kept it simple by having a few of the days share the same meals. This saves you time and money at the grocery store, AND makes your meal prep much easier.

Menu	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Berry Walnut Oatmeal	Yogurt Parfait	Protein Pancakes	Yogurt Parfait	Berry Walnut Oatmeal	Protein Pancakes	Berry Walnut Oatmeal
Shakeology (or snack)	Café Latte Banana	Almond Butter Cup	Café Latte Banana	Almond Butter Cup	Café Latte Banana	Strawberry Chia	Strawberry Chia
Lunch	Tuna Melt	Protein-Packed Salad	Mediterranean veggie Pita	Protein-Packed Salad	Mediterranean veggie Pita	Tuna Melt	Mediterranean veggie Pita
Snack (Plan B only)	Protein Power	Avo-Toast with Fruit	Protein Power	Avo-Toast with Fruit	Protein Power	Nutty Apple	Nutty Apple
Dinner	Chicken, Corn, and Salad	Grilled Halibut and veggies	Chicken, Corn, and Salad	veggie Burger	Chicken, Corn, and Salad	veggie Burger	Grilled Halibut and veggies

My Clean Week menu planner template

Fill in all your meal and snack choices for your entire Clean Week. Remember, if you're on Plan B you'll eat 2 snacks per day (including your Shakeology).

Menu	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Shakeology (or snack)							
Lunch							
Snack (Plan B only)							
Dinner							

Make your grocery list

To stay organized and save time at the grocery store, make a list of all of the ingredients you'll need for the recipes this next week. You'll want to make your grocery list *while* you are planning your menu for the week.

Tips:

- If you're making the same recipe 3 times that week, then triple the quantity of each ingredient. For example, if a recipe calls for 4 oz. of smoked salmon, then be sure to buy 12 oz. for the week.
- We recommend grocery shopping on the weekend so that you can have all of your ingredients before you start to meal prep on Sunday.



STEP

3 Let's meal prep!

Preparing as much food as possible, in advance, is the key to minimizing your cooking during the week. The idea is to spend one day a week to get the “heavy lifting” out of the way (most people find Sunday meal prep works best for busy schedules) so during the week you can just assemble your meals and eat.

To decide what you'll need to Meal Prep, just:

- Take a look at the recipes you've chosen for the week and make a list of all the Weekly Meal Prep Tips included.
- Shop and gather all your ingredients (including those for your Shakeology recipes)
- Grab your meal prep list and start cooking!

Last-Minute Prep

The Clean Week recipes may also include some last-minute prep items to do the night before, like defrosting meat, chopping delicate greens, washing berries, etc. Don't forget to check your recipes for these tips and spend a few minutes prepping the night before to save you even more time the next day!



STEP

4 Drink your Shakeology

Now that you're eating healthier, you want to be sure your body can use all the good things you're putting in it! So start the easy habit of drinking Shakeology daily. Not only is it delicious, it's a key part of your Clean Week program to help you reach your health goals. In fact, in a recent study Shakeology significantly reduced hunger compared to a shake with the same number of calories.[‡] If you want help to achieve healthy weight-loss results, this is your shake.*

There are tons of great Shakeology recipes on shakeology.com/blogs and youtube.com/shakeology if you want some inspiration. Don't have Shakeology yet? You can get it from a Team Beachbody Coach and Shakeology.com.

[‡]Results from an acute, double-blind, crossover, placebo-controlled, clinical trial of 41 overweight adults who drank either Shakeology or a calorie-matched shake 30 minutes before a meal.

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Why is shakeology so important in Clean Week?

“Shakeology helps give me healthy energy, and when my day gets crazy I know I’ve still got all the amazing nutrition I need to keep going.”

—Clean Week Trainer Megan Davies



By now you’ve probably heard a lot about Shakeology. So what’s the big deal? First, Shakeology is more than just another protein shake. It’s got plenty of high-quality protein in it, but it’s a total package—nutrient-dense superfoods, antioxidants, digestive enzymes, and other rare ingredients—that provides your “missing link” to healthy nutrition not often found in a normal diet.*

Clean Week makes sure you’re eating the right combination of food—like protein, fruits, vegetables, healthy fats, and good carbs. But there’s only so much superfood nutrition you can get at your local grocery store. Shakeology is packed with superfoods from around the world. Things traditionally used to help the body adapt and respond to the effects of stress.*

Clean Week is all about creating healthy habits, and Shakeology is so delicious that it’s easy to start, with results that you can feel—it helps support digestion, provide healthy energy, and support overall health.*

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How to get started with Shakeology:

It’s super-simple, actually. Prepare it in a shaker cup or, if you’re feeling creative, use a blender to toss in some ice for more of a refreshing consistency. All you do is mix 1 scoop of Shakeology with 8 to 12 fl. oz. of water, milk, or a milk alternative (like almond milk, rice milk, or coconut milk), ice, and either shake or blend—then enjoy!



For more info, talk to your Team Beachbody Coach or visit [Shakeology.com](https://www.Shakeology.com)

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



Recipes and Meal Prep Tips

Nutritional Icons:



Vegan



Vegetarian



Gluten-Free



Dairy-Free

1 Megan's Favorite Protein Pancakes VG

(Makes 2 servings, 3 pancakes each)

- Nonstick cooking spray
- 1** medium apple, peeled, chopped
- ¾ tsp.** ground cinnamon, *divided use*
- 4** large egg whites (½ cup)
- ½ cup** unsweetened applesauce
- ¼ cup** unsweetened almond milk
- 1 scoop** whey protein powder (or vegan protein powder), vanilla flavor
- ¼ cup** dry old-fashioned rolled oats
- 2 Tbsp.** coconut flour
- ½ tsp.** baking powder
- ½ tsp.** ground ginger
- 1 dash** ground nutmeg
- 1 cup** fresh mixed berries
- 1** large banana, sliced
- ¼ cup** reduced-fat (2%) plain Greek yogurt (optional)
- 1 Tbsp.** pure maple syrup

1. Heat medium nonstick skillet lightly coated with spray over medium-low heat.
2. Add apple and ¼ *tsp.* cinnamon; cook, stirring constantly for 3 to 4 minutes, or until apple is soft. Remove from heat. Set aside.
3. Combine egg whites, applesauce, and almond milk in a small bowl; mix well. Set aside.
4. Combine protein powder, oats, coconut flour, baking powder, *remaining* ½ *tsp.* cinnamon, ginger, and nutmeg in a medium bowl; mix well.
5. Add applesauce mixture and cooked apples to oat mixture; mix until just blended.
6. Heat large nonstick skillet lightly coated with spray over medium heat. Ladle about ¼ cup batter for each pancake; cook for 2 to 3 minutes, or until bubbles form on top. Flip. Cook for 90 seconds, or until golden brown and cooked through.
7. Plate one serving (and save the other for another day). Top each serving with ½ cup berries, ½ sliced banana, 2 Tbsp. yogurt (if desired), and 1½ *tsp.* maple syrup. Serve immediately.



2 Berry Walnut Oatmeal VG GF DF

Top ½ cup cooked steel-cut oats with ½ cup fresh blueberries + 8 raw walnut halves. Serve with 1 large hard-boiled egg (see recipe on page 31).

Weekly Meal Prep Tips:

- This is a great recipe to double up on. Make two batches so you have 4 breakfasts ready at your fingertips!
- Pre-mix all the dry ingredients (minus the ¼ *tsp.* cinnamon) and store in a tightly sealed jar if you plan to make them during the week.
- Extra pancakes can be wrapped in aluminum foil or plastic wrap and stored in the refrigerator (for 3–4 days) or frozen.

Last-Minute Prep:

- If you've already made your pancakes and put them in the freezer, remember to thaw them in the fridge the night before. If you forget this step it's fine to microwave frozen pancakes.

Last-Minute Prep:

- Wash blueberries.



3 Veggie Egg Scramble VG DF

Scramble 2 large eggs with 1 cup raw baby spinach in medium nonstick skillet. Top with ¼ medium avocado, sliced. Serve with ½ cup roasted cubed sweet potato + 1 slice sprouted whole-grain toast.

Weekly Meal Prep Tips:

- Roast the cubed sweet potato ahead of time then simply toss them into your scrambled eggs to reheat. Schedule this meal closer to the beginning of the week, because sweet potatoes will turn soggy after a couple days and don't freeze very well.



4 Almond Butter Banana Breakfast V DF

Spread 1½ tsp. nut butter on each half of a toasted English muffin. Top evenly with 1 dash cinnamon + ½ large banana, sliced. Serve with 1 medium apple.

5 Lox 'n' Toast

Top 1 slice rye toast with ½ cup reduced-fat (2%) cottage cheese and 4 oz. smoked salmon. Serve with 1 medium orange + 1 cup kale cooked in 1 tsp. olive oil topped with 1 tsp. fresh lemon juice.

Weekly Meal Prep Tips:

- Cook the entire bunch of kale on meal prep day and eat throughout the week. It heats up quickly in the microwave.

6 Yogurt Parfait VG GF

Top ¾ cup reduced-fat (2%) plain Greek yogurt with ½ cup sliced strawberries + ½ large banana, sliced + 2 Tbsp. hemp seeds + 2 tsp. all-natural peanut butter.

Last-Minute Prep:

- Stem, wash, and slice strawberries.
- You can assemble this the night before and store it in a tightly sealed jar in the refrigerator. Add sliced bananas just before eating.



7 Breakfast Bowl VG GF DF

Top ½ cup cooked quinoa with 2 large scrambled eggs (see recipe on page 31) + 1 cup veggies (like kale, zucchini, yellow squash, and onion) cooked in 1 tsp. olive oil + 2 Tbsp. pine nuts.

Weekly Meal Prep Tips:

- Quinoa is an excellent grain to have on hand. Cook up a large batch on meal prep day, and keep it tightly sealed in the fridge for up to 4–5 days or in the freezer for up to one month.
- Sauté your veggies at the beginning of the week (or the night before) then toss them in with your scramble to reheat. Sautéed veggies should keep for 3–4 days in the fridge in a sealed container.



1 Megan's Favorite Tuna Melt

- ¼ cup** chunk light tuna, packed in water (2 oz.)
- 1 Tbsp.** pickle relish
- 2 tsp.** mustard
- 1 Tbsp.** reduced-fat (2%) plain Greek yogurt
- 1 dash** ground black pepper
- 1 slice** whole-grain bread, toasted
- ¼** medium avocado
- 2 slices** medium tomato
- 2 Tbsp.** shredded cheddar cheese

1. Preheat oven to 400° F.
2. Combine tuna, relish, mustard, yogurt, and pepper in a medium bowl; mix well. Set aside.
3. Place toast on small baking sheet.
4. Top evenly with tuna mixture, avocado, tomato, and cheese.
5. Bake for 4 to 6 minutes, or until cheese is melted; serve immediately.

Last-Minute Prep:

- Mix tuna, relish, mustard, yogurt, and pepper together and store in the fridge to reduce prep time the next day.



2 Mediterranean Veggie Pita

VG

Fill a (4-inch) whole wheat pita with ¼ cup prepared hummus + ¼ cup shredded carrots + 1 cup raw baby spinach + ½ cup halved cherry tomatoes + 5 pitted Kalamata olives + 2 Tbsp. crumbled feta cheese. Serve with ½ cup grapes.

Weekly Meal Prep Tips:

- If using homemade hummus, prepare a large batch in the food processor at the beginning of the week. Hummus also makes a great snack for the kids, with some celery or carrot sticks.

Last-Minute Prep:

- Remove grapes from the stem, wash and dry.
- Use a cheese grater or vegetable shredder to prep carrots.



3 Lentil Quinoa Salad

V

GF

DF

Combine 2 cups romaine lettuce + ½ cup cooked or canned brown lentils (see recipe on page 31) + ½ cup cooked quinoa + ½ cup sliced cucumber + ½ cup mandarin orange segments + ¼ medium avocado, cubed + 1 Tbsp. basic balsamic vinaigrette dressing (see recipe on page 33) (or oil-based salad dressing) in a medium serving bowl; toss gently to blend.

Weekly Meal Prep Tips:

- Quinoa and lentils can be cooked ahead of time. Make multiple servings and store in the fridge for up to 4–5 days or in the freezer for up to a month.
- Choose your favorite homemade oil-based salad dressing recipe and make enough to last the entire week.

Last-Minute Prep:

- Wash and dry leafy greens and veggies. Slice if desired.



4 Chicken, Quinoa, and Broccoli GF DF

Combine 4 oz. baked chicken breast (see recipe on page 31), sliced with ½ cup cooked quinoa + ½ cup canned black beans + 1 cup steamed broccoli + 10 olives in a medium serving bowl; toss gently to blend.

Weekly Meal Prep Tips:

- Cook several chicken breasts at once. Store in the fridge for 3–4 days or in the freezer for up to two months.
- Prepare a large batch of quinoa and store in the fridge for 4–5 days or in the freezer for up to one month.

Last-Minute Prep:

- If using frozen chicken, put it in the fridge to thaw the night before.



5 Turkey Burger DF

Spread 1 tsp. mustard on bottom half of whole wheat hamburger bun. Top with 4 oz. grilled lean turkey patty (see recipe on page 31) + 2 romaine lettuce leaves + 2 slices tomato + ¼ medium avocado, sliced + top half of the bun. Serve with 1 cup steamed broccoli.

Weekly Meal Prep Tips:

- Make several turkey patties at once. Store them sealed in the fridge for 3–4 days or in the freezer for up to two months.

Last-Minute Prep:

- If using a frozen patty, put it in the fridge to thaw the night before.



6 Protein-Packed Salad GF DF

Combine 2 cups raw baby spinach + ¼ cup canned chickpeas (garbanzo beans) + 1 cup roasted cauliflower + 2 oz. baked chicken breast (see recipe on page 31), chopped + ½ cup cooked quinoa + 2 tsp. raisins + 1 Tbsp. raw sunflower seeds + 1 Tbsp. basic balsamic vinaigrette dressing (see recipe on page 33) (or oil-based salad dressing) in a medium serving bowl; toss gently to blend.

Weekly Meal Prep Tips:

- Cook several chicken breasts at once. Store in the fridge for 3–4 days or in the freezer for up to two months.
- Prepare a large batch of quinoa and store in the fridge for 4–5 days or in the freezer for up to one month.
- Choose your favorite homemade oil-based salad dressing recipe and make enough to last the entire week.
- Roast the cauliflower and store it in the fridge. (Tip: If you're roasting a variety of veggies, cook them all on the same pan and portion out what you need.)

Last-Minute Prep:

- If using frozen chicken, put it in the fridge to thaw the night before.

7 Salmon Bowl Salad GF DF

Combine 1½ cups mixed greens + ¼ cup shredded red cabbage + ¼ cup shredded carrots in a medium serving bowl; toss gently to blend. Top with ½ cup cooked brown rice, 2 oz. baked salmon (see recipe on page 32), flaked with a fork + 1 large hard-boiled egg (see recipe on page 31), sliced + 1 Tbsp. pine nuts + 1 Tbsp. basic balsamic vinaigrette dressing (see recipe on page 33) (or oil-based salad dressing); toss gently to blend.

Weekly Meal Prep Tips:

- Hard-boil several eggs and store them in the fridge for up to one week.
- Make a large batch of brown rice at the beginning of the week and store it in the fridge for 4–5 days or in the freezer for up to one month.
- Choose your favorite homemade oil-based salad dressing recipe and make enough to last the entire week.

Last-Minute Prep:

- Shred carrots and cabbage using a vegetable shredder or cheese grater.
- Cook salmon.

1 Megan's Favorite Buffalo "Wings" with Baked Sweet Potato Fries GF

Per serving:

1 serving Megan's Favorite Buffalo "Wings" (see recipe below)

1 serving Baked Sweet Potato Fries (see recipe below)

2 medium celery stalks and ½ cup baby carrots

Buffalo "Wings"

(Makes 2 servings, 3 "wings" each)

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

1 Tbsp. crumbled blue cheese

¼ tsp. garlic powder

¼ tsp. ground paprika

½ tsp. chili powder

1 dash ground black pepper

6 raw chicken breast tenders (8 oz.)

2 tsp. olive oil

¼ cup all-natural hot sauce

4 medium celery stalks, cut into sticks

1 cup baby carrots

1. Combine yogurt and cheese in a small bowl; mix well. Set aside.

2. Combine garlic powder, paprika, chili powder, and pepper in a medium bowl; mix well.

3. Add chicken to spice mixture; toss to coat evenly. Set aside.

4. Heat oil in large nonstick skillet over medium-high heat.

5. Add chicken; cook for 2 to 3 minutes on each side, or until chicken is no longer pink in the middle.

6. Place chicken in shallow pan. Top with hot sauce; toss gently to evenly coat.

7. Serve with yogurt mixture, celery, and carrots.

Weekly Meal Prep Tips:

- Wash and cut up celery and store in the fridge in a container with added water so they don't dry out.

Last-Minute Prep:

- If using frozen chicken, put it in the fridge to thaw the night before.



Baked Sweet Potato Fries V GF DF

(Makes 2 servings)

Parchment paper

1 medium sweet potato, peeled, cut into ½-inch thick sticks

2 tsp. extra-virgin organic coconut oil, melted

¼ tsp. sea salt (or Himalayan salt)

¼ tsp. ground black pepper

1. Preheat oven to 425° F.

2. Line large sheet pan with parchment paper. Set aside.

3. Place sweet potatoes in a medium bowl (or resealable plastic bag).

4. Drizzle oil over sweet potatoes. Season with salt and pepper; toss gently until evenly coated.

5. Spread fries evenly on prepared pan, so they are not overlapping.

6. Bake for 13 to 15 minutes, turning after 7 minutes, until fries are tender-crisp and lightly browned.

Weekly Meal Prep Tips:

- Bake sweet potato fries. (Tip: If you're also making the Veggie Egg Scramble, prepare these at the same time as the roasted cubed sweet potato.)

2 Teriyaki Tempeh V DF

Combine 4 oz. cooked tempeh (see recipe on page 32) + ½ cup cooked brown rice + 1 Tbsp. teriyaki sauce + 1 cup baby bok choy cooked in 1 tsp. olive oil + ½ cup green beans cooked in 1 tsp. olive oil in a medium serving bowl; toss gently to blend.

Weekly Meal Prep Tips:

- Tempeh can be cooked and stored in the fridge for 3–4 days, so plan this recipe for the beginning of the week. It's possible to store cooked tempeh in the fridge for up to one month, but make sure it's cooled completely and stored in a tightly sealed container.
- Cook up a large batch of brown rice on meal prep day. Store in the fridge for 4–5 days or in the freezer for up to one month.

Last-Minute Prep:

- If you plan to marinate your tempeh before cooking, do so the night before to allow the tempeh to soak up the flavor overnight.



3 Veggie Burger VG DF

Spread 1 tsp. mustard on bottom half of whole wheat hamburger bun. Top with cooked, prepared veggie patty + 2 romaine lettuce leaves + ¼ medium tomato, chopped + ¼ medium avocado, sliced (or mashed), + top half of the bun. Serve with a medium apple.

Weekly Meal Prep Tips:

- Use fresh or frozen veggie patties. If making your own homemade patties, cook up several at the same time. They will keep in the fridge for 4–5 days or in the freezer for longer.

Last-Minute Prep:

- Wash and dry lettuce, tomato, and apple.



4 Grilled Halibut, Sweet Potato, and Veggies GF DF

Serve 4 oz. grilled halibut + ½ cup canned black beans + 1 medium baked sweet potato (see recipe on page 32) + 1 cup zucchini, sliced cooked in 1 tsp. olive oil.

Weekly Meal Prep Tips:

- Bake sweet potato and store in a shallow airtight container or resealable plastic bag in the fridge. Potatoes do not freeze well.
- Cook your veggies at the beginning of the week (or the night before) then simply reheat in the microwave. Cooked veggies should keep for 3–4 days in the fridge in a sealed container.



5 Shrimp and Veg Pesto Pasta

Combine ½ cup cooked quinoa (or bean) pasta + 2 Tbsp. prepared pesto sauce + 4 oz. cooked shrimp (see recipe on page 32) + ½ medium red bell pepper, sliced; toss gently to blend. Serve with 1 cup steamed broccoli + 2 Tbsp. grated Parmesan cheese.

Weekly Meal Prep Tips:

- Cook shrimp. Cooked shrimp keep in the fridge for 3–4 days.
- Pasta can be cooked in advance and stored in an airtight container in the fridge for 3–5 days. Store sauce separately.

6 Pork and Beans GF DF

Serve 4 oz. roasted pork tenderloin (see recipe on page 31) + ½ cup cooked black-eyed peas + ½ cup cooked brown rice + 10 large roasted asparagus spears.

Weekly Meal Prep Tips:

- Pork tenderloin can be cooked in advance and stored in the fridge for 3–4 days.
- Make a large batch of brown rice at the beginning of the week and store in the fridge for 4–5 days.
- Roast the asparagus and store in the fridge.

7 Chicken, Corn, and Salad GF DF

Serve 4 oz. baked chicken breast (see recipe on page 31) with 1 ear fresh corn on the cob (see recipe on page 33) (or ½ cup corn kernels) + a salad made with 1 cup raw spinach + ½ cup sliced cucumber + ⅓ cup chopped tomato + ⅓ cup sliced bell pepper + 1 Tbsp. pine nuts + 1 Tbsp. basic balsamic vinaigrette dressing (see recipe on page 33) (or oil-based salad dressing).

Weekly Meal Prep Tips:

- Choose your favorite homemade oil-based salad dressing recipe and make enough to last the entire week.
- Cook several chicken breasts at once. Store in the fridge for 3–4 days or in the freezer for up to two months.

Last-Minute Prep:

- Wash, dry, and chop all salad veggies.



Instructions for all recipes:

Place ingredients in blender; cover.
Blend until smooth.

** To make your shake vegan, use Vegan Shakeology and a dairy alternative (unsweetened almond milk, coconut milk beverage, etc.) in place of milk.

Chocolate recipes**Almond Butter Cup**

1 cup	unsweetened vanilla almond milk
1 cup	ice
1 scoop	Chocolate Shakeology (regular or vegan)
2 tsp.	all-natural almond butter
½ large	banana

Chocolate-Covered Cherry

1 cup	reduced-fat (2%) milk**
1 cup	ice
1 scoop	Chocolate Shakeology (regular or vegan)
½ cup	frozen pitted cherries
1 Tbsp.	raw walnut halves

Vanilla recipes**Banana Bread**

1 cup	unsweetened coconut milk beverage
1 cup	ice
1 scoop	Vanilla Shakeology (regular or vegan)
½ large	banana
2 tsp.	all-natural almond butter
	dash of cinnamon (to taste)

Berry-Licious

½ cup	water
½ cup	coconut water
1 cup	ice
1 scoop	Vanilla Shakeology (regular or vegan)
½ cup	fresh (or frozen) blueberries
1 cup	fresh (or frozen) strawberries

Café Latte recipes**Nutty Mocha Latte**

1 cup	unsweetened vanilla almond milk
1 cup	ice
1 scoop	Café Latte Shakeology (regular or vegan)
1 Tbsp.	unsweetened cocoa powder
1 Tbsp.	all-natural cashew butter

Café Latte Banana

1 cup	reduced-fat (2%) milk**
1 cup	ice
1 scoop	Café Latte Shakeology (regular or vegan)
½ large	banana
	dash of cinnamon (to taste)

Strawberry recipes**Strawberry Almond Dream**

1 cup	unsweetened almond milk
1 cup	ice
1 scoop	Strawberry (or Tropical Strawberry Vegan) Shakeology
2 tsp.	all-natural almond butter
1 cup	fresh (or frozen) strawberries

Strawberry Chia

1 cup	unsweetened almond milk
1 cup	ice
1 scoop	Strawberry (or Tropical Strawberry Vegan) Shakeology
½ large	banana
1 Tbsp.	chia seeds

Weekly Meal Prep Tips:

- Stock your freezer with a variety of frozen fruit.
- Peel, cut, and freeze banana pieces, if desired (frozen banana creates a thick, soft-serve ice cream-textured smoothie).

Last-Minute Prep:

- Wash and dry any fresh fruit or vegetables.



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



Veggies 'n' Hummus**with Almonds** V GF DF

1 cup raw vegetables (like carrots, bell pepper, broccoli, and cucumber) + ¼ cup prepared hummus + 12 whole raw almonds.

Protein Power VG GF DF

½ cup cooked edamame + 1 large hard-boiled egg (see recipe on page 31) + ¼ medium avocado.

Nutty Apple V GF DF

1 large apple + 2 Tbsp. nut butter (almond, peanut, or cashew).

Yogurt Bowl VG GF

¾ cup reduced fat (2%) plain Greek yogurt + ½ cup fresh blueberries + 1 Tbsp. all-natural almond butter.

Trail Mix V GF DF

Combine 20 whole raw pistachios + 12 whole raw almonds + 1 Tbsp. raisins + 7 raw walnut halves + 1 Tbsp. unsweetened shredded coconut; mix well.

**Avo-Toast with Fruit** V DF

1 slice sprouted whole-grain toast topped with ¼ medium avocado, sliced served with 1 medium peach.

Sweet and Savory DF

1 oz. nitrate-free turkey jerky + 1 medium baked sweet potato (see recipe on page 32) topped with 1 Tbsp. cashew (or almond) butter + 1 dash cinnamon.

Weekly Meal Prep Tips:

- If using homemade hummus, prepare a large batch in the food processor at the beginning of the week.
- Hard-boil several eggs at once and store them in the fridge.
- Wash, dry, and chop vegetables.
- Shell edamame (if still in the pod).
- Combine trail mix ingredients and portion into individual servings.
- Layer yogurt, berries, and nut butter in a small mason jar with a lid. Do this 1–2 nights before you plan to eat to ensure the berries stay fresh.
- Bake multiple sweet potatoes on meal prep day and store in individual shallow airtight containers or resealable plastic bags in the fridge.

Last-Minute Prep Tips:

- Wash and dry fruit.

**Hard-Boiled Eggs**

(Makes 1 serving)
Serving Size: 2 eggs

Place 2 large eggs in small saucepan. Add cold water to cover eggs by 1 inch. Bring water just to a boil over high heat. Remove from heat, let stand, covered, for 12 to 14 minutes. Remove from hot water and immediately rinse under cold water (or soak in ice water) until cool.

Scrambled Eggs

(Makes 1 serving)
Serving Size: 2 eggs

Heat nonstick skillet lightly coated with nonstick cooking spray over medium-low heat. Add 2 large eggs, lightly beaten; cook, stirring occasionally, for 3 to 5 minutes, or until eggs are set.

**Lentils**

(Makes 4–6 servings)
Serving Size: ½ cup

Sort through 1 cup dry brown (or green) lentils to ensure there are no small stones. Rinse in colander under cool water. Bring 1¾ cups water to a boil in medium saucepan over high heat; add lentils + 1 dash sea salt (or Himalayan salt) + 1 dash ground black pepper. Bring back to a boil. Cover; reduce heat to low; gently boil for 18 to 20 minutes, or until lentils are tender.

**Baked Chicken Breast**

(Makes 1 serving)
Serving Size: 1 chicken breast

Preheat oven to 375° F. Place 5 oz. raw chicken breast, boneless, skinless in ovenproof dish. Drizzle with 1 tsp. olive oil + 1 dash seasoning of your choice. Bake for 15 to 20 minutes, or until chicken is no longer pink in the middle and juices run clear.

Grilled Lean Turkey Patty

(Makes 4 servings)
Serving Size: 1 patty

Preheat grill (or broiler) to high. Form 4 equal patties from 1 lb. raw 93% lean ground turkey breast. Place patties on grill; cook for 4 to 5 minutes on each side, or until cooked through.

Roasted Pork Tenderloin

(Makes 8 servings)
Serving Size: About 3 oz. per serving

Preheat oven to 400° F. Lightly coat a shallow roasting pan with nonstick cooking spray. Combine approx. 4 tsp. seasonings (like sea salt (or Himalayan salt), thyme, oregano, garlic powder, onion powder, or seasonings of your choice) in a small bowl; mix well. Rub 2 lbs. raw lean pork tenderloin with 2 tsp. olive oil. Sprinkle evenly with seasoning. Transfer pork to prepared pan. Roast for 28 to 32 minutes, or until a thermometer inserted in center of pork reads 160° F. Let rest for approx. 10 minutes before slicing.



Tempeh

(Makes 2 servings)
Serving Size: 4 oz.

Cut 8 oz. tempeh into strips; drizzle both sides evenly with 2 tsp. olive oil. Season both sides of tempeh with ½ tsp. seasoning (like ground cumin, ground smoked paprika, chili powder, or seasoning of your choice) + 1 dash sea salt (or Himalayan salt), if desired. Cook in medium skillet over medium heat for 2 to 3 minutes on each side.

Baked Fish

(Makes 1 serving)

Preheat oven to 400° F. Drizzle 4 to 6 oz. raw fish (like salmon, tilapia, halibut, or mahi-mahi) with 1 tsp. olive oil. Sprinkle with 1 to 2 dashes seasoning of your choice (like sea salt (or Himalayan salt), ground black pepper, dried oregano, ground cumin, or seasoning of your

choice). Place on baking sheet and bake for time listed below, or until fish is cooked through and flakes easily when tested with a fork.

Cooking Times:

- Salmon: 10 to 12 minutes
- Halibut: 12 to 14 minutes
- Tilapia: 10 to 12 minutes
- Mahi-mahi: 14 to 16 minutes

Cooked Shrimp

(Makes 1 serving)

Heat 1 tsp. olive oil in medium skillet over medium-high heat. Add 4 oz. medium shrimp, peeled, deveined + 1 dash sea salt (or Himalayan salt) + 1 dash ground black pepper + 1 dash seasoning of your choice. Cook for 3 to 4 minutes, stirring frequently, until shrimp is pink and opaque and the tails are bright red.

Baked Sweet Potato

(Makes 1 serving)
Serving Size: 1 sweet potato

Preheat oven to 400° F. Wash and scrub sweet potato, pat dry, and pierce 5 to 6 times with a fork. Place sweet potato on a square of foil large enough to completely wrap sweet potato. Lightly drizzle with ½ tsp. olive oil; rub to evenly coat. Wrap sweet potato loosely with foil and twist ends to seal. Place on baking sheet. Bake for 40 to 60 minutes, or until tender.

Roasted Veggies

(Makes 1 serving)
Serving Size: 1 cup

Preheat oven to 425° F. Combine 1 cup veggies of your choice in a large bowl. Drizzle with 1 to 2 tsp. olive oil + 1 dash sea salt (or Himalayan salt) + 1 dash ground black

pepper + ¼ tsp. seasonings of your choice. Toss to coat. Arrange in one layer on baking sheet, spreading veggies out evenly. Bake for time listed below, turning veggies once, or until tender-crisp.

Cooking Times:

- Asparagus, green beans: 10 to 20 minutes
- Cauliflower, broccoli florets: 15 to 25 minutes
- Brussels sprouts: 30 to 40 minutes
- Zucchini (cubed): 10 to 20 minutes
- Eggplant (cubed): 20 to 25 minutes (may require additional oil)
- Butternut squash, sweet potato (peeled and cubed): 25 to 35 minutes
- Carrots: 30 to 45 minutes
- Beets (peeled and cubed): 30 to 45 minutes

Fresh Corn on the Cob

(Makes 4 servings)
Serving Size: 1 ear of corn

Bring large saucepan of water + ½ tsp. sea salt (or Himalayan salt) to a boil over high heat. Remove husks and silky threads from 4 ears of organic corn. Drop corn into boiling water. Cover and return water to a boil. Remove from heat. Let corn steep for about 5 minutes before removing from water. Serve each ear with 1 tsp. coconut butter (if desired) + 1 to 2 dashes seasoning of your choice (like ground paprika, chili powder, Italian herbs, sea salt (or Himalayan salt), or ground black pepper).



Steamed Veggies

(Makes 1 serving)
Serving Size: 1 cup

Fill medium pan with 2 inches water. Place steamer basket in pan and heat to boiling over medium-high heat. Fill basket with 1 cup veggies of your choice; cover. Steam for time listed below.

Cooking Times:

- Leafy greens (kale, spinach, baby bok choy): 1 to 5 minutes
- Peas: 3 to 5 minutes
- Corn: 3 to 5 minutes
- Broccoli: 5 to 7 minutes
- Cauliflower: 5 to 7 minutes
- Green beans: 5 to 7 minutes
- Carrots (diced or chopped): 8 to 10 minutes
- Butternut squash (cubed): 8 to 10 minutes
- Potatoes (cubed): 10 to 15 minutes

Sautéed Veggies

(Makes 1 serving)
Serving Size: 1 cup

Heat 1 to 2 tsp. olive oil in medium skillet over medium heat. Season 1 cup veggies of your choice with ½ tsp. dry herbs (or 1 dash seasoning of your choice); cook, stirring frequently, for time listed below, or until tender-crisp.

Cooking Times:

- Spinach: 1 to 2 minutes
- Asparagus, mushrooms: 2 to 3 minutes
- Baby bok choy: 5 to 7 minutes
- Kale (stem removed): 6 to 8 minutes
- Zucchini, yellow squash (cubed or rounds): 8 to 10 minutes



- Green beans, broccoli, cauliflower: 8 to 10 minutes
- Red bell pepper (diced or strips): 8 to 10 minutes
- Carrots, onions (diced or rounds): 10 to 15 minutes

Basic Balsamic Vinaigrette Dressing

(Makes 16 servings)
Serving Size: 1 Tbsp.

Combine 6 Tbsp. balsamic vinegar + ¼ cup lemon juice + 1 tsp. raw honey in a medium bowl; whisk to blend. Add 2 tsp. Dijon mustard; whisk to blend. Slowly add 6 Tbsp. olive oil while whisking constantly. Store in airtight container. Mix well before serving.



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