



¡times
de más!

recipe collection





HEALTHY RECIPES MADE FOR MORE RESULTS

Welcome to your Mes de Más™ Recipe Collection! These healthy, flavorful recipes are designed to complement the Mes de Más Tracker and Nutrition Guide, so make sure you read page 6 in your tracker and calculate your recommended Eating Plan before getting started. Instead of focusing on what you can't eat, the savory Latin dishes in this collection let you enjoy your favorite flavors and ingredients—the healthy way.

Many of the recipes make 4–6 servings, perfect for family dinners or meal planning—just freeze and save the leftovers for delicious meals throughout the week. These recipes also work great with Beachbody's 2B Mindset™. Just follow the Plate It! Instructions included with each one. For more information, ask your Team Beachbody Coach!





BREAKFAST

The Shakeology® recipes in your Mes de Más Tracker and Nutrition Guide make a great part of your breakfast (or anytime) if you're on-the-go and need a convenient, nutritious shake that fits perfectly into your meal plan. But for those days when you have a little more time and want to mix it up, keep things interesting with these full-flavored breakfasts.

TIP: Want to customize your shake? Shakeology Boosts are a great solution for days when you need a little targeted support. Choose from Focused Energy, Digestive Health, and Power Greens.*

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



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

4 SERVINGS,
1 TORTILLA EACH

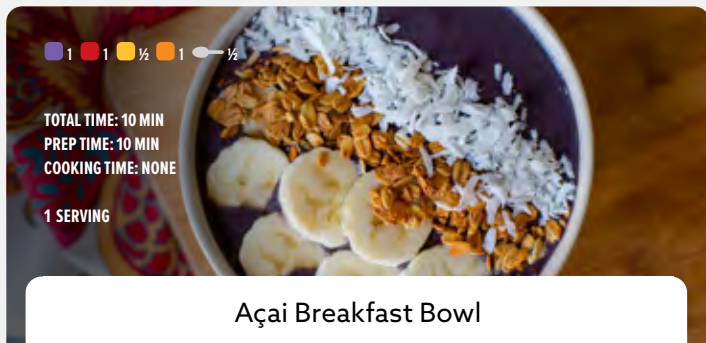
Huevos Rancheros

2 tsp. olive oil
1 medium onion, chopped
1 (14.5-oz.) can diced tomatoes
1 (4-oz.) can diced green chiles
½ tsp. ground chili powder
¼ tsp. sea salt
(or Himalayan salt)
Nonstick cooking spray
4 large eggs
4 (6-inch) corn tortillas, warm
2 Tbsp. finely chopped red onion
2 Tbsp. shredded Monterey Jack cheese
Cilantro leaves
(for garnish; optional)

1. Heat oil in medium nonstick skillet over medium-high heat.
2. Add onion; cook, stirring frequently, for 4 to 5 minutes, or until onion is translucent.
3. Add tomatoes and green chiles; cook, stirring occasionally, for 10 minutes.
4. Season with chili powder and salt; cook, stirring frequently, for 5 minutes. Remove from heat. Set aside.
5. Heat large nonstick skillet, lightly coated with spray, over medium heat.
6. Add eggs one at a time, taking care egg whites don't touch; cook, covered, for 3 minutes. Remove lid. Cook to desired yolk consistency. Remove from heat.
7. Top each tortilla evenly with onion mixture. Top gently with egg and top evenly with red onion and cheese.
8. Garnish with a cilantro leaf (if desired).

28 Mindset Plate It! Add another serving of protein and FFC to make a complete breakfast.

Calories: 191 Total Fat: 9 g Saturated Fat: 2 g Cholesterol: 188 mg Sodium: 557 mg
Carbohydrates: 19 g Fiber: 3 g Sugars: 5 g Protein: 9 g



Açaí Breakfast Bowl

1/4 cup water
1/2 cup unsweetened coconut milk beverage
1 cup ice
1 scoop Vanilla Shakeology
1/4 cup unsweetened frozen açaí puree
1 tsp. finely grated lime peel (lime zest)
1/4 large banana, sliced
2 Tbsp. unsweetened shredded coconut
2 Tbsp. granola

1. Place water, coconut milk, ice, Shakeology, açaí puree, and lime peel in blender; cover. Blend until smooth.
2. Place smoothie in a medium bowl. Top with banana, coconut, and granola; serve immediately.

28 Mindset Plate It! A great breakfast option.

Calories: 363 Total Fat: 14 g Saturated Fat: 8 g Cholesterol: 1 mg Sodium: 208 mg Carbohydrates: 39 g Fiber: 8 g Sugars: 21 g Protein: 20 g



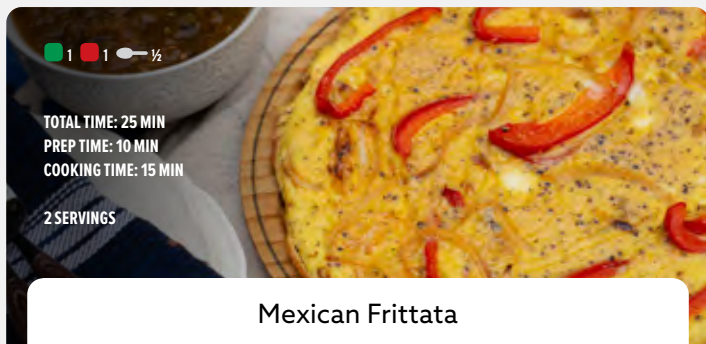
Eggs Revoltillo

2 large eggs
4 large egg whites
2 tsp. olive oil
1/2 medium onion, chopped
4 slices turkey bacon, chopped
1 medium tomato, chopped

1. Combine eggs and egg whites in a medium bowl; whisk to blend. Set aside.
2. Heat oil in medium nonstick skillet over medium-high heat.
3. Add onion and turkey bacon; cook, stirring frequently, for 4 to 5 minutes, or until onion is translucent.
4. Add tomato; cook for 2 minutes.
5. Add egg mixture; cook, stirring frequently, for 3 to 4 minutes, or until eggs are almost set.

28 Mindset Plate It! Add an FFC to make a great breakfast.

Calories: 238 Total Fat: 15 g Saturated Fat: 4 g Cholesterol: 211 mg Sodium: 524 mg Carbohydrates: 6 g Fiber: 1 g Sugars: 4 g Protein: 19 g



Mexican Frittata

1/4 cup reduced-fat (2%) milk
3 large eggs, lightly beaten
4 large egg whites
1 dash sea salt (or Himalayan salt)
1/4 tsp. ground black pepper
1 pinch ground cumin
1 tsp. olive oil
1/2 medium red bell pepper, cut into thin strips
1/4 medium onion, thinly sliced
1/2 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 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; cook for 1 to 2 minutes, or until eggs start to set. Place skillet in oven. Bake for 4 to 6 minutes, or until eggs are completely set.
6. Cut frittata in half. Place on two serving plates; top evenly with salsa.

28 Mindset Plate It! A great protein for any meal.

Calories: 213 Total Fat: 10 g Saturated Fat: 3 g Cholesterol: 281 mg Sodium: 619 mg Carbohydrates: 10 g Fiber: 2 g Sugars: 4 g Protein: 19 g



Mexican Tofu Breakfast Scramble

1 tsp. olive oil
1/2 onion, finely chopped
1/2 medium green bell pepper, finely chopped
1/2 medium red bell pepper, finely chopped
1 cup black beans, drained, rinsed
7 oz. extra-firm tofu, drained, mashed
1/4 tsp. ground coriander
1/4 tsp. ground cumin
1/4 tsp. sea salt (or Himalayan salt)
1 dash ground turmeric
1/4 cup fresh tomato salsa
1/2 medium tomato, chopped
1/2 medium avocado, chopped
2 Tbsp. finely chopped fresh cilantro

1. Heat oil in nonstick skillet over medium-high heat.
2. Add onion and bell peppers; cook, stirring frequently, for 4 to 6 minutes, or until onion is translucent.
3. Add beans, tofu, coriander, cumin, salt, and turmeric; cook, stirring frequently, for 3 to 4 minutes, or until heated through.
4. Divide tofu mixture between two serving plates. Top evenly with salsa, tomato, avocado, and cilantro. Serve immediately.

28 Mindset Plate It! A great breakfast option.

Calories: 278 Total Fat: 9 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 970 mg Carbohydrates: 33 g Fiber: 14 g Sugars: 6 g Protein: 17 g



LUNCH/DINNER

Stay on track with your nutrition goals with fresh and flavorful lunch and dinner meals. These popular Latin dishes are Mes de Más-approved and made with healthy ingredients, yet still pack authentic flavor that you and your family will love.





1 Tbsp. olive oil
 ½ cup sofrito
 ½ cup chopped ham
 2 cups dry brown rice
 4 cups low-sodium organic chicken broth
 1¼ oz. sazón
 1 (15-oz.) can gandules (cooked pigeon peas), drained

1. Heat oil in 6-quart saucepan over medium heat.
2. Add sofrito and ham; cook, stirring frequently, for 1 minute.
3. Add rice, broth, sazón, and gandules. Bring to a boil. Gently boil, stirring frequently, for 2 to 3 minutes. Cover and reduce heat to medium-low; cook for 35 to 40 minutes. Do not lift lid, and make sure steam is not escaping during cooking.
4. Stir rice before serving.

Tips:

- Sazón is seasoning used by many Latinos. It comes in different varieties. Goya is a brand we recommend for this recipe, but you can also use our recipe.
- Most canned pigeon peas are labeled “gandules verdes.”

28 Mindset Plate It! Add veggies to this combination of FFCs and protein for lunch.

Calories: 197 Total Fat: 5 g Saturated Fat: 1 g Cholesterol: 3 mg Sodium: 676 mg Carbohydrates: 31 g Fiber: 3 g Sugars: 1 g Protein: 8 g



1 lb. raw chicken breast, boneless, skinless, cut into pieces
 1 tsp. sea salt (or Himalayan salt), *divided use*
 ½ tsp. ground black pepper
 1 Tbsp. + 1 tsp. olive oil
 ¾ cup finely chopped onion
 ¾ cup finely chopped green bell pepper
 2 cloves garlic, finely chopped
 1 tsp. dried oregano leaves
 ½ tsp. ground cumin
 ½ tsp. ground annatto (or achiote)
 ½ tsp. ground turmeric
 4 cups low-sodium organic chicken broth
 1 cup light beer (or dry white wine)
 ¼ cup all-natural tomato sauce
 1 cup uncooked long grain brown rice
 ½ cup frozen peas, thawed
 ¼ cup sliced olives stuffed with red peppers
 ¼ cup capers

1. Season chicken with ½ tsp. salt and pepper. Set aside.
2. Heat oil in large saucepan over medium-high heat.
3. Add onion and bell pepper; cook, stirring frequently, for 3 to 4 minutes.
4. Add garlic, oregano, *remaining* ½ tsp. salt, cumin, annatto, and turmeric; cook, stirring frequently, for 2 minutes, or until fragrant.
5. Add chicken; cook, stirring frequently, for 3 to 5 minutes, or until lightly browned.
6. Add broth, beer, and tomato sauce. Bring to a boil. Reduce heat to low.
7. Add rice; cook, covered, for 45 to 55 minutes, or until rice is tender and most of the liquid has evaporated. If rice starts to dry out, add more broth. If mixture looks too soupy, remove the lid.
8. Add peas, olives, and capers; cook, stirring occasionally, for 2 minutes.
9. Serve immediately.

Tip:

- Arroz con Pollo is typically saucy, like risotto.

28 Mindset Plate It! Add veggies to this combination of FFCs and protein for lunch.

Calories: 471 Total Fat: 12 g Saturated Fat: 2 g Cholesterol: 73 mg Sodium: 995 mg Carbohydrates: 53 g Fiber: 6 g Sugars: 6 g Protein: 36 g

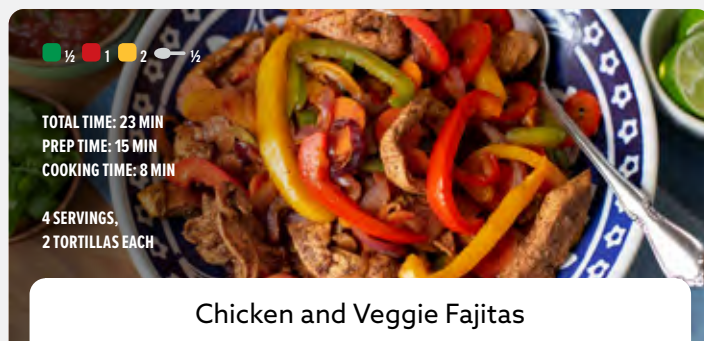


1 cup fresh arugula
 ¾ cup cooked lentils
 ¼ cup Cuban Mojo Sauce
 1 sheet whole wheat lavash, warm
 1 Tbsp. cashew butter
 1 Tbsp. nutritional yeast
 ¼ medium avocado, sliced
 4 fresh cilantro sprigs

1. Combine arugula, lentils, and mojo sauce; mix well. Set aside.
2. Spread lavash evenly with cashew butter.
3. Top with yeast, arugula mixture, avocado, and cilantro.
4. Roll; cut in half. One serving equals one-half of wrap.

28 Mindset Plate It! Add veggies and protein for lunch. Or add veggies for a great vegan lunch.

Calories: 315 Total Fat: 17 g Saturated Fat: 3 g Cholesterol: 0 mg Sodium: 82 mg Carbohydrates: 31 g Fiber: 11 g Sugars: 3 g Protein: 13 g



1 tsp. chili powder
 ¼ tsp. sea salt (or Himalayan salt)
 ½ tsp. ground cumin
 ½ tsp. garlic powder
 2 tsp. olive oil, *divided use*
 4 (4-oz. each) raw chicken breasts, boneless, skinless, cut into ½-inch strips
 ½ medium green bell pepper, cut into thin strips
 ½ medium red bell pepper, cut into thin strips
 ½ medium yellow bell pepper, cut into thin strips
 ½ medium red onion, thinly sliced
 1 medium carrot, sliced thin
 1 Tbsp. fresh lime juice
 8 (6-inch) whole wheat tortillas, warm
 ½ cup fresh tomato salsa (pico de gallo)
 Lime wedges (for garnish; optional)

1. Combine chili powder, salt, cumin, garlic powder, and 1 tsp. oil in a large bowl; mix well.
2. Add chicken; toss gently to coat.
3. Heat *remaining* 1 tsp. oil in large nonstick skillet over medium-high heat.
4. Add chicken mixture to skillet; cook, stirring frequently, for 2 to 3 minutes.
5. Add bell peppers, onion, and carrot; cook, stirring frequently, for 3 to 4 minutes, or until chicken is cooked through and vegetables are tender-crisp. Remove from heat.
6. Add lime juice; mix well.
7. Top each tortilla evenly with chicken mixture and salsa; garnish with lime wedges (if desired).

28 Mindset Plate It! Add more veggies for a great lunch. Or add veggies and skip the tortillas for dinner.

Calories: 333 Total Fat: 9 g Saturated Fat: 2 g Cholesterol: 83 mg Sodium: 728 mg Carbohydrates: 32 g Fiber: 3 g Sugars: 3 g Protein: 30 g



1 1 1 1

TOTAL TIME: 3 HRS 40 MIN
PREP TIME: 10 MIN
COOKING TIME: 3 HRS 30 MIN

4 SERVINGS,
2 TACOS EACH

Shredded Pork Tacos with Pineapple Salsa

1 lb. raw pork loin, boneless, visible fat removed, cut into 4 large pieces
 1 (7-oz.) can sliced jalapeños (optional)
 1½ cups store-bought tomatillo salsa (or salsa verde)
 ½ cup finely cubed fresh pineapple
 2 medium shallots, finely chopped
 2 Tbsp. fresh lime juice
 ¼ tsp. ground cumin
 8 (6-inch) corn tortillas, warm
 ½ cup thinly sliced radishes

- Place pork loin, jalapeños (if desired), and tomatillo salsa in a slow cooker. Cook on high for 3 to 3½ hours, or until pork is no longer pink and shreds easily.
 - Remove pork from liquid. Cool for 20 minutes. Shred pork, discarding any visible fat. Set aside.
 - Combine pineapple, shallots, lime juice, and cumin in a medium bowl; mix well. Set aside.
 - Top each tortilla evenly with pork, pineapple mixture, and radishes.
- Tip:**
- For a spicier version, add some of the cooking liquid to the pork, or serve it on the side as a thin salsa.

28 Mindset Plate It! Add veggies for a great lunch.

Calories: 301 Total Fat: 7g Saturated Fat: 2g Cholesterol: 59 mg Sodium: 864 mg Carbohydrates: 31g Fiber: 5g Sugars: 4g Protein: 25g



2 1 1

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

4 SERVINGS,
1 BOWL EACH

Cuban Rice Bowls

1 Tbsp. + 1 tsp. extra-virgin organic coconut oil, *divided use*
 1 small sweet potato, cut in half lengthwise, cut into ½-inch slices
 ¼ tsp. ground cumin
 ¼ tsp. sea salt (or Himalayan salt)
 1 medium green plantain, peeled, cut into 1-inch thick slices
 1 cup cooked brown rice, warm
 1 cup canned black beans, drained, rinsed, warm
 1 medium avocado, sliced thin
 1 cup sofrito (or fresh tomato salsa)
 1 medium lime, cut into 4 wedges

- Heat 2 tsp. oil in large nonstick skillet over medium-high heat.
- Add sweet potato. Season with cumin and salt; cook, turning occasionally, for 5 to 8 minutes, or until sweet potato is soft. Remove from pan. Set aside.
- Heat *remaining* 2 tsp. oil in same skillet over medium-high heat.
- Add plantain; cook, for 3 to 4 minutes on each side, or until plantains are soft. Remove from heat.
- Place ¼ cup rice and ¼ cup beans in each of four serving bowls. Top evenly with sweet potato, plantain, avocado, sofrito, and 1 lime wedge.

Tip:

- Use our homemade Sofrito recipe (or a fresh tomato salsa) in this dish for a fresh flavor.

28 Mindset Plate It! A great FFC as part of breakfast or lunch.

Calories: 358 Total Fat: 13g Saturated Fat: 5g Cholesterol: 0 mg Sodium: 430 mg Carbohydrates: 69g Fiber: 14g Sugars: 11g Protein: 11g



1 1 2

TOTAL TIME: 1 HR 8 MIN
PREP TIME: 20 MIN
COOKING TIME: 18 MIN

4 SERVINGS,
1 FISH FILLET AND ½ PLANTAIN EACH

Grilled White Fish in Mojo Sauce with Plantains

3 Tbsp. olive oil
 5 cloves garlic, chopped
 ½ cup 100% orange juice
 3 Tbsp. fresh lime juice
 ½ tsp. sea salt (or Himalayan salt)
 ½ tsp. ground cumin
 4 (4-oz. each) white fish fillets (like cod or halibut)
 2 medium green plantains, cut in half lengthwise

- To make mojo sauce, heat oil in small skillet over medium heat.
- Add garlic; cook, stirring frequently, for 30 seconds. Remove from heat. Set aside for 3 to 5 minutes.
- Combine cooled oil and garlic, orange juice, lime juice, salt, and cumin; whisk to blend.
- Place fish in resealable plastic bag. Add half of mojo sauce. Seal bag. Let marinate for 30 minutes. Discard mojo sauce that was used to marinate fish.
- Preheat grill (or broiler) to high.
- Brush plantains with some of remaining mojo sauce. Set aside.
- Grill (or broil) fish for 4 to 5 minutes on each side, or until fish flakes easily when tested with a fork. Set aside.
- Grill (or broil) plantains for 3 to 4 minutes on each side, or until soft.
- Drizzle fish and plantains with remaining mojo sauce before serving.

28 Mindset Plate It! Add veggies to this combination of FFCs and protein for lunch.

Calories: 315 Total Fat: 11g Saturated Fat: 2g Cholesterol: 49 mg Sodium: 352 mg Carbohydrates: 34g Fiber: 2g Sugars: 16g Protein: 22g



2 1

TOTAL TIME: 40 MIN
PREP TIME: 15 MIN
COOKING TIME: 25 MIN

8 SERVINGS,
APPROX. 1¼ CUPS EACH

Chicken Saltado (Peruvian Stir-Fry)

2 tsp. extra-virgin organic coconut oil, *divided use*
 1 clove garlic, finely chopped
 5 yellow chile peppers (preferably Peruvian ají amarillo), seeds removed, finely chop 2 chiles, thinly slice 3 chiles, *divided use*
 2 lbs. raw chicken breast, boneless, skinless, cubed
 Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)
 1 pinch ground cumin
 4 medium onions, peeled, sliced
 1 Tbsp. red wine vinegar
 4 medium tomatoes, sliced lengthwise into sixths
 1½ medium jicamas, peeled, cut into large matchstick-sized pieces (like thin French fries)
 ¼ cup + 2 Tbsp. reduced-sodium soy sauce
 2 Tbsp. freshly chopped cilantro

- Heat 1 tsp. oil in large skillet over medium-high heat.
- Add garlic and *chopped* chiles; cook, stirring constantly, for 2 minutes.
- Add chicken; cook, stirring constantly, for 5 to 8 minutes, or until no longer pink. Season with salt and pepper (if desired) and cumin. Remove chicken from skillet. Set aside. Keep warm.
- Heat *remaining* 1 tsp. oil in skillet.
- Add onions; cook, stirring frequently, for 3 to 5 minutes, or until barely soft.
- Season with additional salt and pepper (if desired).
- Add vinegar; continue cooking until vinegar has evaporated. Remove from heat; add to chicken mixture.
- Add tomatoes to skillet; cook, stirring frequently, for 1 to 2 minutes, or until hot. Remove from heat; add to chicken mixture.
- Add jicama to skillet; cook, stirring frequently, for 3 to 4 minutes.
- Add chicken mixture, *sliced* chiles, and soy sauce to skillet; cook, stirring frequently, for 3 to 5 minutes, or until cooked through.
- Place on a serving dish and garnish with cilantro; serve immediately.

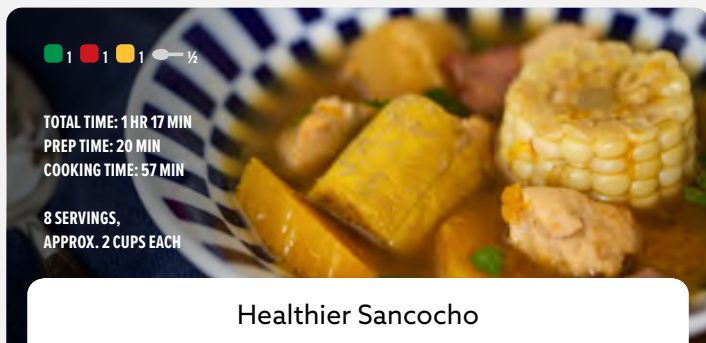
Tips:

- You can substitute peeled, deveined shrimp or firm tofu for the chicken.
- If jicama is not readily available in your area, you can replace it with 4 cups baked sweet potato fries, which should be added at the very end of the cooking process. Remove 1 and add 1.
- This dish can be served with ½ cup cooked quinoa for each serving. Don't forget to add 1 portion!

Nutritional Information (per serving) not including quinoa:

28 Mindset Plate It!
A great dinner option.

Calories: 229 Total Fat: 5g Saturated Fat: 2g Cholesterol: 73 mg Sodium: 641 mg Carbohydrates: 22g Fiber: 8g Sugars: 8g Protein: 26g



1 Tbsp. + 1 tsp. extra-virgin organic coconut oil
 1 lb. 4 oz. raw chicken breast, cut into large cubes
 4 slices turkey bacon, chopped
 1 medium onion, chopped
 1 cup chopped celery
 4 cloves garlic, finely chopped
 2 Tbsp. sofrito
 1/2 cup white wine
 1/2 tsp. sea salt (or Himalayan salt)
 1/2 tsp. ground black pepper
 8 cups low-sodium organic chicken broth
 2/3 cup 2-inch pieces yuca (approx. 4 oz.)
 2 medium green plantains, peeled, cut into chunks
 2 cups 2-inch pieces butternut squash
 2 ears of corn, husk and silk removed, each ear cut into 4 pieces

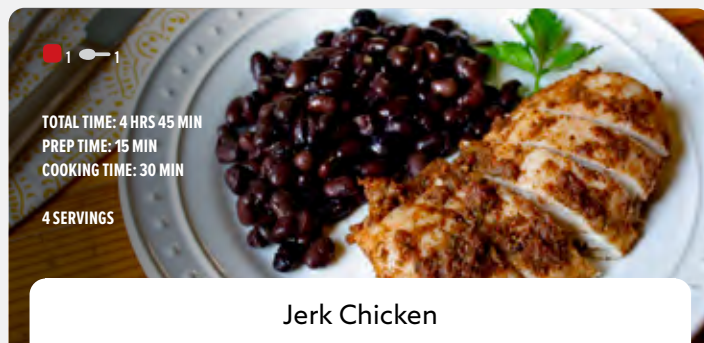
- Heat oil in large soup pot over medium-high heat.
- Add chicken and turkey bacon; cook, stirring frequently, for 4 to 5 minutes, or until lightly browned. Remove from pot. Set aside.
- Add onion and celery to same pot; cook, stirring frequently, for 4 to 5 minutes, or until onion is translucent.
- Add garlic; cook, stirring frequently, for 1 minute.
- Add sofrito and wine. Season with salt and pepper; cook, stirring frequently, for 5 to 6 minutes, or until pan is almost dry.
- Add broth, yuca, and plantains. Bring to a boil. Reduce heat to medium-low; gently boil, stirring occasionally, for 15 minutes.
- Add chicken, turkey bacon, butternut squash, and corn; cook, stirring occasionally for 15 to 20 minutes, or until vegetables are tender.

Tips:

- You can use our homemade Sofrito (or prepared sofrito) in this recipe.
- Yuca is also called cassava.

28 Mindset Plate It! Add more veggies to make a great lunch.

Calories: 302 Total Fat: 8 g Saturated Fat: 3 g Cholesterol: 58 mg Sodium: 387 mg Carbohydrates: 33 g Fiber: 3 g Sugars: 10 g Protein: 24 g



1/4 cup white vinegar
 1 Tbsp. dark rum (optional)
 1 medium jalapeño pepper, seeds and veins removed, chopped
 1/2 medium red onion, chopped
 2 green onions, chopped
 1 Tbsp. fresh thyme, chopped
 1 Tbsp. olive oil
 2 tsp. ground allspice
 2 tsp. ground cinnamon
 2 tsp. ground nutmeg
 1 tsp. raw honey*
 1 tsp. ground black pepper
 1/4 tsp. sea salt (or Himalayan salt)
 1 thin slice fresh ginger, peeled, chopped
 4 (4-oz. each) raw chicken breasts, boneless, skinless
 1/4 cup fresh lime juice
 Nonstick cooking spray

- Place vinegar, rum (if desired), jalapeño, and onions in blender; cover. Blend until slightly chunky.
- Add thyme, oil, allspice, cinnamon, nutmeg, honey, pepper, salt, and ginger; cover. Blend until almost smooth.
- Pierce chicken all over with a small knife.
- Place chicken in resealable plastic bag. Add lime juice; mix until well coated.
- Add spice mixture; mix until well coated. Marinate, in the refrigerator, for 4 hours or overnight.
- Preheat oven to 350° F.
- Remove chicken from marinade; discard used marinade.
- Place chicken on baking sheet lightly coated with spray. Bake for 20 to 30 minutes, or until chicken is no longer pink in the middle and juices run clear.
- Serve chicken with black beans (if desired).

Tip:

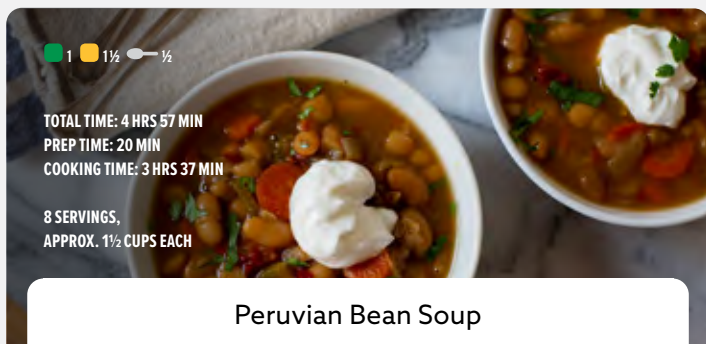
- Serve each chicken breast with 1/2 cup black beans. Don't forget to count 1 portion.

28 Mindset Plate It! A great protein for any meal.

Nutritional Information (per serving) not including black beans:

Calories: 191 Total Fat: 7 g Saturated Fat: 2 g Cholesterol: 67 mg Sodium: 512 mg Carbohydrates: 8 g Fiber: 2 g Sugars: 3 g Protein: 23 g

*Do not feed honey to children younger than one year.



2 cups dry mayocoba (Peruvian) beans, rinsed
 3 cups water
 1 Tbsp. + 1 tsp. olive oil
 2 medium onions, chopped
 1 cup chopped celery
 1 cup chopped carrots
 4 cloves garlic, chopped
 8 cups low-sodium organic vegetable broth
 3 canned chipotle peppers in adobo sauce, chopped
 2 tsp. ground cumin
 1 tsp. dried oregano leaves
 1 tsp. sea salt (or Himalayan salt)
 1/2 tsp. ground black pepper
 8 Tbsp. reduced-fat (2%) plain yogurt (optional)

- Place beans and water in medium saucepan over high heat. Bring to a boil. Reduce heat to medium; gently boil for 5 minutes. Remove from heat. Let sit for 1 hour. Drain and discard water. Set aside.
- Heat oil in large saucepan over medium-high heat.
- Add onions, celery, and carrots; cook, stirring frequently, for 4 to 5 minutes, or until onions are translucent. Remove from pan. Set aside.
- Add garlic; cook, stirring frequently, for 1 minute.
- Add beans, broth, chipotles, cumin, oregano, salt, and pepper. Bring to a boil. Reduce heat to low; gently boil for 1 1/2 hours.
- Add onion mixture; gently boil for 1 to 1 1/2 hours, or until beans are tender.
- Divide soup evenly between eight bowls. Top each with 1 Tbsp. yogurt (if desired).

Tips:

- Beans can be soaked overnight, instead of following step 1 above. Make sure you discard the soaking water.
- To make this recipe vegan, omit the yogurt.

28 Mindset Plate It! Makes a great FFC as part of lunch.

Calories: 173 Total Fat: 4 g Saturated Fat: 1 g Cholesterol: 1 mg Sodium: 513 mg Carbohydrates: 31 g Fiber: 11 g Sugars: 6 g Protein: 11 g



2 lbs. raw beef flank steak, cut in half
 1/2 tsp. sea salt (or Himalayan salt)
 1/2 tsp. ground black pepper
 1 Tbsp. olive oil
 1 medium onion, thinly sliced
 1 medium red bell pepper, thinly sliced
 1 medium green bell pepper, thinly sliced
 3/4 cup all-natural tomato paste
 1 Tbsp. ground cumin
 1 Tbsp. dried oregano leaves
 4 cloves garlic, finely chopped
 1/2 cup dry white wine
 2 cups low-sodium organic beef broth
 1 (16-oz.) can whole peeled tomatoes, crushed
 1/2 cup green olives, pitted, cut in half
 1/2 cup sliced roasted red peppers
 3 Tbsp. capers, rinsed, drained
 2 Tbsp. white wine vinegar
 1/4 cup coarsely chopped fresh cilantro
 4 cups cooked brown rice

- Season flank steak with salt and pepper. Set aside.
- Heat oil in large sauce pot over medium-high heat.
- Add flank steak; cook for 3 to 5 minutes on each side, or until brown. Remove from pot.
- Add onion and bell peppers to pot; cook, stirring frequently, for 4 to 5 minutes, or until onion is translucent.
- Add tomato paste, cumin, oregano, and garlic; cook, stirring frequently, for 3 minutes, or until lightly browned.
- Add wine; cook, stirring constantly, scraping up bits of flank steak that are stuck to the bottom of pot, for 3 to 4 minutes, or until liquid is reduced in half.
- Place onion mixture, flank steak, broth, and tomatoes in a 3-quart slow cooker; cover. Cook on high for 3 to 3 1/2 hours, or until flank steak is very tender.
- Remove flank steak from slow cooker. Shred when you are able to handle it.
- Return flank steak to slow cooker. Add olives, roasted peppers, capers, and vinegar; cook for 30 to 45 minutes, or until sauce is slightly thickened.
- Add cilantro before serving.
- Serve approx. 1 cup with 1/2 cup rice.

28 Mindset Plate It! Makes a great lunch or replace rice with more veggies for dinner.

Calories: 370 Total Fat: 11 g Saturated Fat: 3 g Cholesterol: 70 mg Sodium: 801 mg Carbohydrates: 35 g Fiber: 5 g Sugars: 7 g Protein: 30 g



2 cups fresh basil leaves
 1/2 cup crumbled feta cheese
 4 cloves garlic, coarsely chopped
 1/4 cup + 1 tsp. olive oil, *divided use*
 1/2 medium red onion, chopped
 4 medium zucchini, spiralized (approx. 4 cups)
 1/4 tsp. sea salt (or Himalayan salt)
 1/4 tsp. ground black pepper

- Place basil, cheese, and garlic in blender (or food processor); cover. Blend until mixed.
- Slowly add 1/4 cup oil, processing constantly, until smooth. Set aside.
- Heat *remaining 1 tsp.* oil in large nonstick skillet over medium-high heat.
- Add onion; cook, stirring frequently, for 3 to 5 minutes, or until onion is translucent.
- Add zucchini to onion mixture; cook over medium-high heat, stirring frequently, for 2 to 4 minutes, or until heated through. Remove from heat.
- Add pesto, salt, and pepper; mix well.
- Evenly divide zucchini mixture between four serving plates.

Tips:

- A spiralizer is an inexpensive tool that cuts fresh veggies into noodles. You can use a spiralizer to cut the zucchini in this recipe.
- If you don't have a spiralizer, using a vegetable peeler, cut each zucchini into lengthwise strips about 1/8-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 1/2-inch ribbons.

28 Mindset Plate It!
 Double the zucchini and reduce both feta and olive oil by half to make this a good veggie and accessory.

Calories: 226 Total Fat: 19 g Saturated Fat: 5 g Cholesterol: 17 mg Sodium: 474 mg Carbohydrates: 10 g Fiber: 2 g Sugars: 6 g Protein: 6 g



1/2 cup fresh lime juice
 1 lb. cooked medium shrimp, peeled and deveined, coarsely chopped
 2 medium serrano chiles (or jalapeños), seeds and veins removed, finely chopped (optional)
 1 medium cucumber, finely chopped
 1 medium tomato, finely chopped
 1/2 medium red onion, finely chopped
 1 medium ripe avocado, finely chopped
 2 Tbsp. finely chopped fresh cilantro
 1/4 tsp. sea salt (or Himalayan salt)

- Combine lime juice and shrimp in a medium bowl; mix well. Marinate, covered, in the refrigerator, for 6 to 24 hours.
- Combine shrimp mixture, chiles (if desired), cucumber, tomato, and onion in a large bowl; mix well.
- Add avocado, cilantro, and salt; toss gently to blend.

Tip:

- Ceviche can be served on endive leaves. Use approx. 4 leaves per serving. Don't forget to add 1/2 portion.

28 Mindset Plate It! Add more veggies for dinner. Or add FFCs and veggies for lunch.

Calories: 121 Total Fat: 5 g Saturated Fat: 1 g Cholesterol: 120 mg Sodium: 612 mg Carbohydrates: 6 g Fiber: 2 g Sugars: 2 g Protein: 14 g

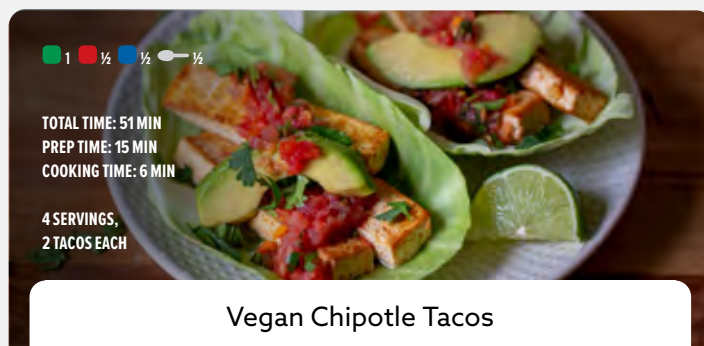


1 tsp. olive oil
 1 medium onion, chopped
 2 cloves garlic, finely chopped
 2 medium jalapeño peppers, seeded and deveined, finely chopped
 1 lb. raw ground chicken breast
 1 (15-oz.) can black beans, drained, rinsed
 1 (15-oz.) can diced fire-roasted tomatoes (or diced tomatoes), no salt added
 1 1/2 cups dry farro, rinsed
 1 (10-oz.) can red enchilada sauce
 1 cup frozen corn
 1 cup water
 2 Tbsp. chili powder
 1 Tbsp. ground cumin
 2 tsp. ground coriander
 Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)
 1 cup shredded Monterey Jack (or cheddar or Mexican blend) cheese
 1/4 cup finely chopped fresh cilantro
 3 medium green onions, chopped

- Heat oil in medium nonstick skillet over medium-high heat.
- Add onion; cook, stirring frequently, for 3 to 5 minutes, or until onion is soft.
- Add garlic and jalapeños; cook, stirring frequently, for 1 to 2 minutes, or until jalapeños are soft.
- Add chicken; cook, stirring frequently, for 5 to 6 minutes, or until chicken is cooked through.
- Place chicken mixture, beans, tomatoes, farro, enchilada sauce, corn, water, chili powder, cumin, and coriander in a 3-quart slow cooker; mix well and cover. Cook on high for 3 hours, or until liquid has been absorbed, and farro is tender.
- Remove lid and stir mixture. Season with salt and pepper (if desired). Add cheese; mix well. Cover until cheese has melted.
- Top with cilantro and green onions; serve immediately.

28 Mindset Plate It!
 Add more veggies and protein to this FFC as part of lunch.

Calories: 320 Total Fat: 11 g Saturated Fat: 2 g Cholesterol: 12 mg Sodium: 394 mg Carbohydrates: 37 g Fiber: 9 g Sugars: 3 g Protein: 18 g



2 Tbsp. fresh lime juice
 2 cloves garlic, finely chopped
 1 (14-oz.) package extra-firm tofu, crumbled
 2 tsp. olive oil
 1/2 tsp. ground cumin
 1/2 tsp. chipotle powder (or 1 Tbsp. chopped canned chipotle chiles)
 8 large cabbage (or hearty lettuce) leaves
 1/2 medium avocado, mashed or sliced
 1/2 cup fresh tomato salsa (pico de gallo)

- Combine lime juice and garlic in a shallow glass baking pan; mix well.
- Add tofu; toss gently to blend. Marinate, covered, for 30 minutes.
- Heat oil in medium skillet over medium-high heat.
- Add tofu, cumin, and chipotle; cook, stirring frequently, for 5 to 6 minutes, or until browned.
- Top each cabbage leaf evenly with tofu, avocado, and salsa.

28 Mindset Plate It! Add more veggies and an FFC to this vegan protein as part of lunch or more veggies for dinner.

Calories: 166 Total Fat: 11 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 175 mg Carbohydrates: 11 g Fiber: 3 g Sugars: 3 g Protein: 9 g

SIDES

SNACKS

DESSERTS



This month is all about more nutritious foods, and that includes sides, snacks, and even desserts. We've put together some delicious sides to go with Mes de Más lunches and dinners, tasty snacks to keep you satisfied between meals, and gluten-free desserts.

1

TOTAL TIME: 4 HRS 10 MIN
PREP TIME: 10 MIN
COOKING TIME: NONE

8 SERVINGS,
APPROX. ¼ CUP EACH



Avocado Ice Cream

2 ripe medium avocados, flesh removed, discard peels and pits
 ¼ cup pure maple syrup (or raw honey*)
 ¼ cup unsweetened almond milk
 2 tsp. pure vanilla extract
 1 dash sea salt (or Himalayan salt)

1. Place avocado, maple syrup, almond milk, extract, and salt in blender (or food processor); cover. Blend until smooth.
2. Pour avocado mixture into an airtight, freezer-safe container; freeze until set.
3. Let stand at room temperature for 10 to 15 minutes to soften before serving.

*Do not feed honey to children younger than one year.

2B Mindset Plate It! Enjoy this treat as an occasional snack(tional).

Calories: 111 Total Fat: 7 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 46 mg
 Carbohydrates: 11 g Fiber: 3 g Sugars: 7 g Protein: 1 g

1

TOTAL TIME: 20 MIN
PREP TIME: 5 MIN
COOKING TIME: 15 MIN

10 SERVINGS,
APPROX. 9 CHIPS EACH



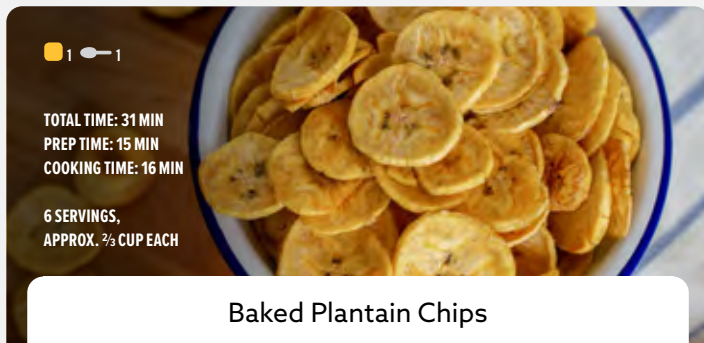
Baked Corn Tortilla Chips

15 corn tortillas, cut into 9 wedges each
 Nonstick cooking spray
 1 tsp. sea salt (or Himalayan salt)

1. Preheat oven to 375° F.
2. Lightly coat both sides of tortillas with spray. Arrange in a single layer on two baking sheets. Bake for 10 to 15 minutes, or until crisp.
3. Sprinkle with salt.

2B Mindset Plate It! An FFC to enjoy with lunch or as part of a snack(tional).

Calories: 78 Total Fat: 1 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 244 mg
 Carbohydrates: 16 g Fiber: 2 g Sugars: 0 g Protein: 2 g



3 medium green plantains,
 peeled, thinly sliced
 2 Tbsp. extra-virgin organic coconut
 oil, melted
 ½ tsp. sea salt (or Himalayan salt)

1. Preheat oven 350° F.
2. Combine plantain slices and oil in a medium bowl; toss gently to coat.
3. Place plantain slices evenly on two large baking sheets in a single layer; season with salt.
4. Bake for 12 to 16 minutes, or until golden and crisp, rotating baking sheets and gently tossing plantains halfway through.

Tips:

- Store chips in an airtight container for up to 5 days.
- Before serving, reheat in 350° F oven for 2 to 3 minutes so they become crisp again.

2B Mindset Plate It! An FFC to enjoy with breakfast or lunch or as part of a snack(ional).

Calories: 149 Total Fat: 5 g Saturated Fat: 4 g Cholesterol: 0 mg Sodium: 194 mg
Carbohydrates: 29 g Fiber: 2 g Sugars: 13 g Protein: 1 g



1 medium head cauliflower,
 cut into florets (approx. 4 cups)
 2 tsp. olive oil
 ½ tsp. ground cumin
 ¼ tsp. sea salt (or Himalayan salt)
 ¼ tsp. chili powder
 ¼ tsp. garlic powder
 ½ cup shredded Monterey Jack
 (or pepper jack) cheese
 ½ cup pico de gallo
 (or fresh tomato salsa)
 ½ cup mashed avocado
 2 Tbsp. finely chopped cilantro

1. Preheat oven to 425° F.
2. Place cauliflower on baking sheet. Drizzle with oil. Sprinkle with cumin, salt, chili powder, and garlic powder; toss gently to blend. Spread evenly on baking sheet.
3. Bake for 30 to 35 minutes, or until tender-crisp and golden.
4. Evenly top with cheese. Bake for 3 to 5 minutes, or until cheese is melted.
5. Evenly top with pico de gallo, avocado, and cilantro; serve immediately.

2B Mindset Plate It! Skip the avocado to make a great snack(ional).

Calories: 157 Total Fat: 11 g Saturated Fat: 3 g Cholesterol: 15 mg Sodium: 409 mg
Carbohydrates: 11 g Fiber: 5 g Sugars: 4 g Protein: 7 g



4 cups cooked long grain brown rice
 4 cups unsweetened coconut milk
 beverage
 ½ cup pure maple syrup
 (or raw honey*)
 2 tsp. pure coconut extract
 ¼ tsp. sea salt (or Himalayan salt)
 ½ tsp. ground cinnamon

1. Combine rice, coconut milk, maple syrup, extract, and salt in large saucepan. Mix well. Bring to a boil over medium heat. Reduce heat to low; gently boil, stirring frequently, for 45 to 50 minutes, or until smooth with pudding-like consistency. Stir constantly the last 10 minutes to prevent scorching.
2. Serve warm or refrigerate for 4 hours (or overnight).
3. Sprinkle evenly with cinnamon before serving.

*Do not feed honey to children younger than one year.

2B Mindset Plate It! Enjoy this treat as an occasional snack(ional).

Calories: 187 Total Fat: 3 g Saturated Fat: 2 g Cholesterol: 0 mg Sodium: 96 mg
Carbohydrates: 36 g Fiber: 2 g Sugars: 15 g Protein: 3 g



4 ripe medium avocados, peeled,
 seeds removed, mashed
 2 medium chile peppers
 (like jalapeño, serrano, or Anaheim),
 seeds and veins removed, finely
 chopped (optional)
 1 medium tomato, seeds removed,
 finely chopped
 ½ medium sweet white onion,
 finely chopped
 ¼ cup chopped fresh cilantro
 2 Tbsp. fresh lime juice
 ½ tsp. ground cumin
 Sea salt (or Himalayan salt)
 and ground white pepper
 (to taste; optional)
 Hot pepper sauce (to taste; optional)

1. Combine avocados, chiles (if desired), tomato, onion, cilantro, lime juice, and cumin in a large bowl; mix well. Mixture may be slightly chunky.
2. Season with salt, pepper, and hot sauce (if desired).
3. Serve with fresh carrots sticks, jicama sticks, or baked tortilla chips.

Tip:

- If you like your guacamole spicy, add some of the chile pepper seeds.

2B Mindset Plate It! A great fats accessory to add to any meal or snack(ional).

Nutritional Information (per serving) not including carrots, jicama, or tortilla chips:
Calories: 87 Total Fat: 7 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 23 mg
Carbohydrates: 6 g Fiber: 4 g Sugars: 1 g Protein: 1 g



2 1/2 1/2

TOTAL TIME: 27 MIN
PREP TIME: 15 MIN
COOKING TIME: 12 MIN

4 SERVINGS,
APPROX. 1 1/2 CUPS EACH

Cactus Salad

4 cups sliced cactus
 Cold water
 2 cups cherry tomatoes, cut in half
 1 cup fresh cilantro, stems removed, coarsely chopped
 1 medium serrano chile, seeds and veins removed, finely chopped
 1/2 cup sliced red onion
 1/2 cup sliced radishes
 1/2 tsp. sea salt (or Himalayan salt)
 1/4 tsp. ground black pepper
 1/4 cup fresh lime juice
 2 tsp. extra-virgin olive oil
 1/2 medium avocado, chopped

1. Place cactus in medium saucepan. Cover with water. Bring to a boil over medium-high heat. Reduce heat to low; cook, covered, for 7 minutes, or until tender. Drain and rinse to cool with cold water. Pat dry with paper towels.
2. Combine cactus, tomatoes, cilantro, serrano, onion, and radishes in a serving bowl. Season with salt and pepper.
3. Drizzle with lime juice and oil; toss gently to blend.
4. Serve topped with avocado.

28 Mindset Plate It! A great veggie.

Calories: 102 Total Fat: 6 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 317 mg Carbohydrates: 12 g Fiber: 5 g Sugars: 4 g Protein: 3 g



1/2 1 1/2 1/2 2

TOTAL TIME: 45 MIN
PREP TIME: 15 MIN
COOKING TIME: NONE

4 SERVINGS,
APPROX. 1 1/4 CUPS EACH

Corn and Black Bean Salad

1/4 cup fresh lime juice
 3 Tbsp. extra-virgin olive oil
 1 tsp. raw honey*
 1 tsp. ground cumin
 1/2 tsp. sea salt (or Himalayan salt)
 1 cup corn kernels
 1 cup black beans, drained, rinsed
 1 cup chopped red bell pepper
 1 cup chopped red onion
 1/2 medium avocado, chopped
 1/2 cup chopped fresh cilantro
 2 medium jalapeño peppers, seeds and veins removed, finely chopped

1. To make dressing, combine lime juice, oil, honey, cumin, and salt in a small mixing bowl; whisk until blended. Set aside.
2. Combine corn, black beans, bell pepper, onion, avocado, cilantro, and jalapeños in a large serving bowl; mix well.
3. Drizzle with dressing; toss gently to blend.
4. Chill in refrigerator for 30 minutes before serving.

*Do not feed honey to children younger than one year.

28 Mindset Plate It! Add veggies and protein for a great lunch.

Calories: 249 Total Fat: 13 g Saturated Fat: 2 g Cholesterol: 0 mg Sodium: 523 mg Carbohydrates: 30 g Fiber: 8 g Sugars: 6 g Protein: 6 g



1 1/2

TOTAL TIME: 2 HRS 23 MIN
PREP TIME: 15 MIN
COOKING TIME: 8 MIN

8 SERVINGS,
APPROX. 1 1/4 CUPS EACH

Curtido (Salvadoran Cabbage Slaw)

Hot water
 1 medium cabbage, chopped
 2 medium carrots, grated
 1 medium onion, thinly sliced
 1/4 cup vinegar
 1 tsp. olive oil
 1 tsp. sea salt (or Himalayan salt)
 1/2 tsp. dried oregano
 1/2 tsp. crushed red pepper flakes (to taste; optional)

1. Boil water in steamer (or large saucepan) over high heat. Reduce heat to medium-high. Place cabbage in steamer basket; cook for 1 to 3 minutes. Drain.
2. Place cabbage, carrots, and onion in a large bowl; mix well. Set aside.
3. To make dressing, combine vinegar, oil, salt, oregano, and red pepper flakes (if desired) in a small bowl; whisk to blend.
4. Drizzle cabbage mixture with dressing; mix well.
5. Refrigerate, covered, for at least 2 hours before serving.

Tip:

- This slaw is even better the next day.

28 Mindset Plate It! A great veggie.

Calories: 47 Total Fat: 1 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 317 mg Carbohydrates: 9 g Fiber: 4 g Sugars: 5 g Protein: 2 g



1 1 1/2 1/2

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

4 SERVINGS,
1 EAR OF CORN EACH

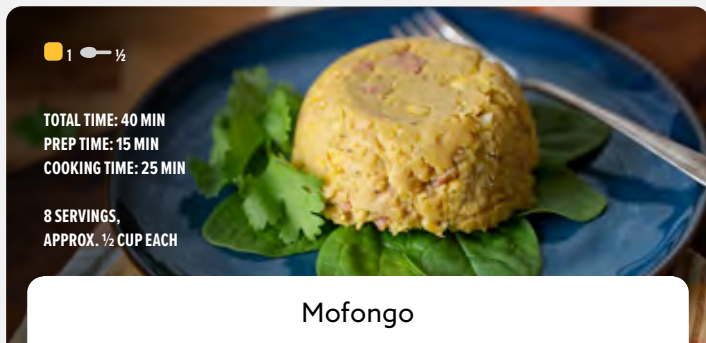
Grilled Corn with Mexican Cheese and Lime

Hot water
 4 ears of corn, husks removed
 2 tsp. olive oil
 Sea salt (or Himalayan salt) (to taste; optional)
 1/4 cup crumbled Cotija cheese (or grated Parmesan cheese)
 1/4 tsp. ground cayenne pepper
 1 medium lime, cut into 4 wedges

1. Preheat grill to medium.
2. Bring large pot of water to boil; add corn. When water returns to a boil, remove corn. Drain well.
3. Brush corn with oil. Season with salt (if desired).
4. Place corn on grill, turning frequently, for about 4 minutes, or until corn kernels are browned. Remove from grill.
5. Sprinkle corn with cheese and cayenne pepper. Serve immediately with lime wedges.

28 Mindset Plate It! A great FFC and accessory as part of lunch.

Calories: 123 Total Fat: 5 g Saturated Fat: 2 g Cholesterol: 6 mg Sodium: 122 mg Carbohydrates: 18 g Fiber: 3 g Sugars: 3 g Protein: 5 g



1 ½

TOTAL TIME: 40 MIN
PREP TIME: 15 MIN
COOKING TIME: 25 MIN

8 SERVINGS,
APPROX. ½ CUP EACH

Mofongo

4 cups low-sodium organic vegetable broth
4 medium green plantains, peeled, cut into chunks
2 cloves garlic, grated
2 tsp. garlic powder
1 tsp. adobo seasoning
¼ tsp. sea salt (or Himalayan salt)
4 slices cooked turkey bacon, chopped

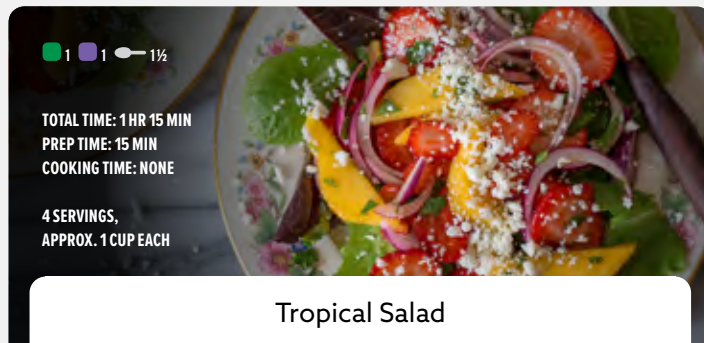
1. Place broth in large saucepan. Bring to a boil over medium-high heat. Reduce heat to medium.
2. Add plantains; cook, covered, for 15 to 20 minutes, or until tender. Remove plantains from cooking liquid and place in a large mixing bowl. Skim starch from cooking liquid and discard starch. Reserve cooking liquid. Set aside.
3. Add garlic, garlic powder, adobo seasoning, and salt to plantains. Gradually add 1 cup reserved cooking liquid, mashing plantains as liquid is added. Mash until smooth.
4. Add turkey bacon; mix well.
5. For a creamier mofongo, add ¼ cup additional cooking liquid at a time until you get desired consistency. Serve immediately.

Tips:

- To peel plantains, cut ends off of plantains. Slit peel lengthwise along plantain with a knife. Remove plantain. If any peel sticks to plantain, cut it off.
- You can use our homemade Adobo Seasoning (or prepared adobo seasoning) in this recipe.

28 Mindset Plate It! Makes a great FFC and accessory as part of lunch.

Calories: 134 Total Fat: 2 g Saturated Fat: 1 g Cholesterol: 5 mg Sodium: 324 mg Carbohydrates: 30 g Fiber: 2 g Sugars: 14 g Protein: 3 g



1 1 ½

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

4 SERVINGS,
APPROX. 1 CUP EACH

Tropical Salad

3 Tbsp. extra-virgin olive oil
2 Tbsp. fresh lime juice
1 tsp. raw honey*
¼ tsp. sea salt (or Himalayan salt)
4 medium guavas, seeds removed, thinly sliced
1 medium mango, thinly sliced
½ medium red onion, thinly sliced
¼ cup chopped fresh cilantro
4 cups mixed salad greens
½ cup crumbled Cotija cheese

1. To make dressing, combine oil, lime juice, honey, and salt in a large serving bowl; whisk to blend.
2. Add guava, mango, onion, and cilantro; toss gently to blend.
3. Refrigerate, covered, for at least 1 hour, or until chilled.
4. Evenly divide salad greens between four serving plates. Evenly top with guava mixture and cheese; serve immediately.

Tip:

- 2 cups sliced strawberries or cubed pineapple can be substituted for guava.

*Do not feed honey to children younger than one year.

28 Mindset Plate It! Add protein to this combination of FFCs and veggies for lunch.

Calories: 159 Total Fat: 10 g Saturated Fat: 3 g Cholesterol: 8 mg Sodium: 197 mg Carbohydrates: 15 g Fiber: 3 g Sugars: 10 g Protein: 5 g



1 1 1

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

4 SERVINGS,
APPROX. 1½ CUPS EACH

Watercress, Mango, and Papaya Salad with Lime-Cumin Vinaigrette

5 Tbsp. fresh lime juice
3 Tbsp. olive oil
1 Tbsp. raw honey*
½ tsp. ground cumin
½ tsp. ground chili powder
½ tsp. sea salt (or Himalayan salt)
4 cups fresh watercress (approx. 4 bunches)
2 cups cubed mango
2 cups cubed papaya
½ medium red onion, thinly sliced

1. To make dressing, combine lime juice, oil, honey, cumin, chili powder, and salt in a medium bowl; whisk to blend. Set aside.
2. Combine watercress, mango, papaya, and onion in a medium serving bowl; mix well.
3. Drizzle with dressing; toss gently to blend.
4. Evenly divide salad between four serving plates.

Tip:

- Arugula or mache can be substituted for watercress.

*Do not feed honey to children younger than one year.

28 Mindset Plate It! Add protein to this combination of FFCs and veggies for lunch.

Calories: 198 Total Fat: 11 g Saturated Fat: 2 g Cholesterol: 0 mg Sodium: 320 mg Carbohydrates: 27 g Fiber: 3 g Sugars: 21 g Protein: 2 g



½ 1 1

TOTAL TIME: 57 MIN
PREP TIME: 15 MIN
COOKING TIME: 42 MIN

6 SERVINGS,
APPROX. ½ CUP EACH

Yuca with Garlic and Onions

12 oz. peeled yuca (cassava), cut into pieces
2 Tbsp. fresh lime juice
Water
2 Tbsp. olive oil
1 medium onion, thinly sliced
4 cloves garlic, finely chopped
½ tsp. red wine vinegar
½ tsp. sea salt (or Himalayan salt)
½ tsp. dried oregano leaves (optional)

1. Place yuca and lime juice in medium saucepan. Cover with water. Bring to a boil over medium-high heat. Reduce heat to low; cook, covered, for 20 to 30 minutes, or until tender. Drain and keep warm.
2. Heat oil in medium saucepan over medium heat.
3. Add onion, garlic, and vinegar; cook, stirring frequently, for 2 to 3 minutes, or until tender.
4. Add yuca, salt, and oregano (if desired) to onion mixture; cook, stirring frequently, for 3 minutes.
5. Serve immediately

Tips:

- Frozen yuca can be substituted for yuca.
- This version may be a lot less oily than the traditional recipe.

28 Mindset Plate It! Makes a great FFC for breakfast or lunch.

Calories: 142 Total Fat: 5 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 104 mg Carbohydrates: 24 g Fiber: 1 g Sugars: 2 g Protein: 1 g

SAUCES

DRESSINGS

SEASONINGS

MARINADES

RUBS

Elevate any dish by pairing these flavor boosters with salads, proteins, vegetables, and more. Adding the flavors you love to the healthy foods your body needs can help you reach your daily nutrition goals.

FREE FOOD

TOTAL TIME: 46 MIN
PREP TIME: 15 MIN
COOKING TIME: 1 MIN

8 SERVINGS,
APPROX. ¼ CUP EACH

Adobo Sauce

10 medium dried ancho chiles, stems, seeds, and veins removed and discarded

5 medium dried guajillo chiles, stems, seeds, and veins removed and discarded

1½ cups hot water

½ cup apple cider vinegar

2 to 4 Tbsp. low-sodium organic vegetable broth

8 cloves garlic

½ tsp. ground cumin

½ tsp. dried oregano leaves

½ tsp. sea salt (or Himalayan salt)

½ tsp. ground black pepper

1 pinch ground cloves

1. Heat chiles in large skillet over high heat, stirring occasionally, for 1 minute.
2. Place chiles in a large bowl. Cover with water; let sit for 30 minutes.
3. Drain chiles; place in food processor.
4. Add vinegar, 2 Tbsp. broth, garlic, cumin, oregano, salt, pepper, and cloves. Process until well blended. Chile mixture will be a paste. Add additional broth, 1 Tbsp. at a time, to reach desired consistency.

Tips:

- Adobo sauce is a great marinade for chicken, pork, shrimp, or fish.
- You can add this sauce to soups or rice for an earthy flavor.
- Store in an airtight container, in the refrigerator, for up to 5 days.

2B Mindset Plate It! A great freebie accessory to spice up your meals.

Calories: 28 Total Fat: 1g Saturated Fat: 0g Cholesterol: 0mg Sodium: 70mg
Carbohydrates: 5g Fiber: 2g Sugars: 0g Protein: 1g

1

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

8 SERVINGS,
APPROX. 3 TBSP. EACH

Chimichurri Sauce

1 bunch flat leaf (Italian) parsley, do not remove stems

3 cloves garlic, coarsely chopped

2 Tbsp. fresh oregano leaves

¼ cup + 2 Tbsp. extra-virgin olive oil

¼ cup red wine vinegar

1 tsp. hot pepper sauce

½ tsp. sea salt (or Himalayan salt)

1. Place parsley, garlic, and oregano in blender; cover. Blend for 10 to 15 seconds.
2. Add oil, vinegar, hot pepper sauce, and salt. Blend until smooth.

Tips:

- Store leftover sauce in an airtight container in the refrigerator. If sauce thickens when cold, hold at room temperature for 30 minutes; mix well before serving.
- This sauce is wonderful on salads, but is also great served over sautéed veggies, steamed fish, or grilled chicken (or beef).

2B Mindset Plate It! Reduce serving size to 1 Tbsp. or dilute this accessory and add it to veggies and protein for flavor.

Calories: 98 Total Fat: 10g Saturated Fat: 1g Cholesterol: 0mg Sodium: 151mg
Carbohydrates: 1g Fiber: 1g Sugars: 0g Protein: 0g

½

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

12 SERVINGS,
APPROX. 2 TBSP. EACH

Creamy Avocado-Cilantro Dressing

1 medium ripe avocado

1 cup chopped fresh cilantro

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

2 Tbsp. apple cider vinegar (or white vinegar)

2 Tbsp. water

2 Tbsp. fresh lime juice

2 Tbsp. extra-virgin olive oil

2 cloves garlic, cut into quarters

1 tsp. pure maple syrup (or coconut sugar)

½ tsp. sea salt (or Himalayan salt)

1. Place avocado, cilantro, yogurt, vinegar, water, lime juice, oil, garlic, maple syrup, and salt in food processor (or blender). Process for 1 minute, or until smooth.

2. Pour into a clean glass jar (or bottle). Dressing may separate, so shake vigorously before each use. Keep refrigerated for up to 4 days.

2B Mindset Plate It! Reduce serving size to 1 Tbsp. or dilute this accessory and add it to veggies for flavor.

Calories: 54 Total Fat: 5g Saturated Fat: 1g Cholesterol: 0mg Sodium: 99mg
Carbohydrates: 2g Fiber: 1g Sugars: 1g Protein: 1g

1

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

10 SERVINGS,
APPROX. 2 TBSP. EACH

Creamy Chipotle Salad Dressing

¼ cup + 1 Tbsp. extra-virgin olive oil
¼ cup water
3 Tbsp. fresh lemon juice
1 medium avocado, cut into chunks
1 canned chipotle chile in adobo sauce, cut into chunks, with 1 tsp. adobo sauce
1 clove garlic, coarsely chopped
1 tsp. sea salt (or Himalayan salt)

1. Place oil, water, lemon juice, avocado, chipotle (with adobo sauce), garlic, and salt in blender; cover. Blend until smooth.

Tips:

- Canned chipotle chiles are packed in adobo sauce. They are found in many markets in the Hispanic foods aisle. Chipotles are dried jalapeño peppers.
- Store leftover dressing in a covered container in the refrigerator. If dressing thickens when cold, hold at room temperature for 30 minutes and stir before serving.
- This dressing is wonderful on salads, but is also great drizzled over sautéed veggies, steamed fish, or grilled chicken or beef.

2B Mindset Plate It! Reduce serving size to 1 Tbsp. and dilute this accessory and add it to your meal for flavor.

Calories: 95 Total Fat: 10 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 268 mg
Carbohydrates: 3 g Fiber: 2 g Sugars: 0 g Protein: 1 g

1

TOTAL TIME: 22 MIN
PREP TIME: 10 MIN
COOKING TIME: 2 MIN

6 SERVINGS,
APPROX. 2 TBSP. EACH

Cuban Mojo Sauce

¼ cup olive oil
5 cloves garlic, chopped
½ cup 100% orange juice
2 Tbsp. fresh lime juice
½ tsp. sea salt (or Himalayan salt)
½ tsp. ground cumin

1. Heat oil in small skillet over medium heat.
2. Add garlic; cook, stirring frequently, for 1 minute. Remove from heat. Cool.
3. Combine cooled oil and garlic, orange juice, lime juice, salt, and cumin; whisk to blend.

Tips:

- Store sauce in an airtight container, in the refrigerator, for up to 5 days. If sauce thickens when cold, hold at room temperature for 30 minutes and stir before serving.
- This sauce is wonderful on salads, but is also great drizzled over sautéed veggies, steamed fish, or grilled chicken or beef.

2B Mindset Plate It! Reduce serving size to 1 Tbsp. and dilute this accessory and add it to your meal for flavor.

Calories: 92 Total Fat: 9 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 191 mg
Carbohydrates: 3 g Fiber: 0 g Sugars: 1 g Protein: 0 g

½

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

10 SERVINGS,
APPROX. ½ CUP EACH

Mango Salsa

1 medium mango, chopped
1 medium tomato, chopped
½ medium red onion, finely chopped
1 medium jalapeño pepper, seeds and veins removed, chopped
¼ cup finely chopped fresh cilantro
1 Tbsp. fresh lime juice
2 cloves garlic, finely chopped
¼ tsp. sea salt (or Himalayan salt)

1. Combine mango, tomato, onion, jalapeño, cilantro, lime juice, garlic, and salt in a medium bowl; toss gently to blend.

Tip:

- If you like things spicy, add a second jalapeño, or add some of the seeds.

2B Mindset Plate It! A great FFC for any meal or snack(tional).

Calories: 19 Total Fat: 0 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 58 mg
Carbohydrates: 5 g Fiber: 1 g Sugars: 3 g Protein: 0 g

½

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

10 SERVINGS,
APPROX. ½ CUP EACH

Sofrito

10 cloves garlic
5 aji dulce peppers, seeds and veins removed, coarsely chopped
2 medium Cubanelle peppers, seeds and veins removed, coarsely chopped
2 medium onions, coarsely chopped
1 medium green bell pepper, coarsely chopped
½ medium red bell pepper, coarsely chopped
2 medium tomatoes, coarsely chopped
½ bunch fresh cilantro
1½ tsp. sea salt (or Himalayan salt)
1½ tsp. ground black pepper

1. Place garlic, aji dulces, Cubanelles, onions, and bell peppers in food processor. Pulse until coarsely chopped.
2. With processor running, add tomatoes and cilantro through the feed tube. Process until smooth.
3. Season with salt and pepper; mix well.

Tips:

- 1 medium Anaheim pepper can be substituted for 2 Cubanelle peppers.
- 1 red bell pepper can be substituted for aji dulce peppers.
- 10 stems of recaio can be substituted for half the cilantro.
- Many of the ingredients in this recipe can be found in Hispanic (or Latin) markets.
- This sofrito is smooth, but you can pulse it to your preferred consistency.
- Store in an airtight container, in the refrigerator, for up to 5 days.

2B Mindset Plate It! A veggie to add to any meal.

Calories: 28 Total Fat: 0 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 346 mg
Carbohydrates: 6 g Fiber: 1 g Sugars: 3 g Protein: 1 g


 1½

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

8 SERVINGS,
APPROX. 2 TBSP. EACH

Spicy Green Chile Sauce

2 Tbsp. water
 2 medium serrano chiles, seeds and veins removed, coarsely chopped
 2 medium jalapeño peppers, seeds and veins removed, coarsely chopped
 ½ bunch fresh cilantro, stems removed
 ¼ cup reduced fat (2%) plain yogurt
 ¼ cup all-natural mayonnaise
 1 tsp. fresh lemon juice
 ½ tsp. sea salt (or Himalayan salt)

1. Place water, serranos, and jalapeños in blender; cover. Blend until well chopped.
2. Add cilantro, yogurt, mayonnaise, lemon juice, and salt. Blend until smooth.

Tips:

- Store leftover sauce in an airtight container in the refrigerator. If sauce thickens when cold, hold at room temperature for 30 minutes; mix well before serving.
- This sauce is wonderful on salads, but is also great drizzled over sautéed veggies, steamed fish, or grilled chicken or beef.

2B Mindset Plate It! Add this accessory to veggies or protein for flavor.

Calories: 57 Total Fat: 6 g Saturated Fat: 1 g Cholesterol: 5 mg Sodium: 181 mg
 Carbohydrates: 1 g Fiber: 0 g Sugars: 1 g Protein: 0 g


 FREE FOOD

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

8 SERVINGS,
APPROX. 1 TBSP. EACH

Achiote Paste

¼ cup annatto seeds
 2 whole cloves
 1 Tbsp. cumin seeds
 1 Tbsp. coriander seeds
 1 Tbsp. dried Mexican oregano leaves
 1 tsp. sea salt (or Himalayan salt)
 1 tsp. black peppercorns
 4 cloves garlic
 ¼ cup 100% orange juice
 2 Tbsp. distilled white vinegar
 1 tsp. finely grated lime peel (lime zest)

1. Place annatto, cloves, cumin, coriander, oregano, salt, and peppercorns in spice grinder (or small food processor). Process until ground.
2. Add garlic, orange juice, vinegar, and lime peel. Pulse until blended into a thick paste.

Tips:

- Achiote Paste may get dry when stored. Add 1 Tbsp. of water at a time, and mix until it reaches the desired consistency.
- Rub Achiote Paste on chicken, fish, pork, or tofu and let sit for 30 minutes before cooking.
- Store in an airtight container, in the refrigerator, for up to 2 weeks.

2B Mindset Plate It! A great freebie accessory to spice up your meals.

Calories: 16 Total Fat: 0 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 287 mg
 Carbohydrates: 2 g Fiber: 2 g Sugars: 1 g Protein: 0 g


 FREE FOOD

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

18 SERVINGS,
APPROX. 1 TSP. EACH

Adobo Seasoning

2 Tbsp. sea salt (or Himalayan salt)
 1 Tbsp. ground black pepper
 1 Tbsp. ground paprika
 1½ tsp. onion powder
 1½ tsp. dried Mexican oregano leaves
 1½ tsp. ground cumin
 1 tsp. garlic powder
 1 tsp. chili powder

1. Combine salt, pepper, paprika, onion powder, oregano, cumin, garlic powder, and chili powder in a small bowl; mix well.

Tips:

- Use as a basic seasoning. It is delicious sprinkled on chicken or beef. It can also be used to season beans, rice, or stews.
- Store in an airtight container for up to 2 months.

2B Mindset Plate It! A great freebie accessory to spice up your meals.

Calories: 4 Total Fat: 0 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 766 mg
 Carbohydrates: 1 g Fiber: 0 g Sugars: 0 g Protein: 0 g


 FREE FOOD

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

8 SERVINGS,
APPROX. 1 TSP. EACH

Caribbean Seasoning

1 Tbsp. coconut sugar
 1 Tbsp. ground ginger
 2 tsp. dried orange peel, ground
 ¼ tsp. ground mace
 ¼ tsp. ground cloves

1. Combine sugar, ginger, orange peel, mace, and cloves in a small bowl; mix well.

Tips:

- Dried orange peel can be found in the spice section of many markets.
- You can make your own dried orange peel. Spread chopped orange peel in a single layer on a parchment paper-lined baking sheet. Bake in a 200° F oven for 25 to 30 minutes, or until peels dry and harden slightly. Cool. Store in an airtight container for up to 3 months.
- Brush chicken, fish, or shrimp with a small amount of oil and then sprinkle with Caribbean Seasoning. After cooking, drizzle with lime juice for even more flavor!
- Store this seasoning blend in an airtight container for up to 2 months.

2B Mindset Plate It! A great freebie accessory that adds flavor to your meals.

Calories: 9 Total Fat: 0 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 0 mg
 Carbohydrates: 2 g Fiber: 0 g Sugars: 2 g Protein: 0 g

FREE FOOD

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

22 SERVINGS,
APPROX. 1 TSP. EACH



Chilean Alino Seasoning

1 Tbsp. dried thyme leaves
1 Tbsp. dried rosemary
1 Tbsp. dried Mexican oregano leaves
1 Tbsp. dried sage leaves
1 Tbsp. dried mint leaves
1 Tbsp. dried marjoram leaves
1 Tbsp. dried tarragon leaves
1 tsp. dried lemon peel (lemon zest)

1. Combine thyme, rosemary, oregano, sage, mint, marjoram, tarragon, and lemon peel in a small bowl; mix well.

Tips:

- Dried lemon peel can be found in the spice section of many markets.
- You can make your own dried lemon peel. Spread chopped lemon peel in a single layer on a parchment paper-lined baking sheet. Bake in a 200° F oven for 25 to 30 minutes, or until peels dry and harden slightly. Cool. Store in an airtight container for up to 3 months.
- Use to flavor chicken, fish, or pork, by rubbing seasoning into protein. It can also be used to season soups.
- Store in an airtight container for up to 2 months.

28 Mindset Plate It! A great freebie accessory that adds flavor to your meals.

Calories: 2 Total Fat: 0 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 0 mg
Carbohydrates: 0 g Fiber: 0 g Sugars: 0 g Protein: 0 g

1

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

10 SERVINGS,
APPROX. 1 TBSP. EACH



Cuban Rub

1 Tbsp. onion powder
1 Tbsp. garlic powder
1 tsp. sea salt (or Himalayan salt)
1 tsp. dried oregano leaves
1 tsp. ground coriander
½ tsp. ground cumin
½ tsp. ground black pepper
2 Tbsp. fresh lime juice
2 Tbsp. 100% orange juice
1 tsp. apple cider (or white) vinegar
4 cloves garlic, crushed
3 Tbsp. olive oil

1. Combine onion powder, garlic powder, salt, oregano, coriander, cumin, and pepper in a food processor; pulse to blend.
2. Add lime juice, orange juice, vinegar, and garlic; pulse to blend.
3. Slowly add oil, processing constantly, until well blended.

Tips:

- Rub this into a pork roast or pork chops. Refrigerate, covered, for up to 8 hours for maximum flavor.
- Store in an airtight container in the refrigerator for up to 2 weeks.

28 Mindset Plate It! Add this fats accessory to your protein for flavor.

Calories: 47 Total Fat: 4 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 230 mg
Carbohydrates: 2 g Fiber: 1 g Sugars: 0 g Protein: 0 g

FREE FOOD

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

10 SERVINGS,
APPROX. 1 TSP. EACH



Cuban Seasoning

1 Tbsp. onion powder
1 Tbsp. garlic powder
1 tsp. sea salt (or Himalayan salt)
1 tsp. dried oregano leaves
1 tsp. ground coriander
½ tsp. ground cumin
½ tsp. ground black pepper

1. Combine onion powder, garlic powder, salt, oregano, coriander, cumin, and pepper in a small bowl; mix well.

Tips:

- Use to flavor chicken, pork, or veggies.
- Store in an airtight container for up to 2 months.

28 Mindset Plate It! This freebie accessory will add spice to your meal.

Calories: 7 Total Fat: 0 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 229 mg
Carbohydrates: 1 g Fiber: 0 g Sugars: 0 g Protein: 0 g

1

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

8 SERVINGS,
APPROX. 1 TBSP. EACH



Jamaican Jerk Rub

2 Tbsp. dry granulated (minced) onion
2 tsp. ground allspice
2 tsp. ground black pepper
1½ tsp. dried thyme
½ tsp. sea salt (or Himalayan salt)
½ tsp. ground cinnamon
¼ tsp. ground cayenne pepper
¼ tsp. crushed red pepper flakes
4 cloves garlic
1 tsp. fresh ginger
3 Tbsp. extra-virgin organic coconut oil

1. Combine onion, allspice, black pepper, thyme, salt, cinnamon, cayenne pepper, and red pepper flakes in food processor; pulse to blend.
2. Add garlic and ginger; pulse to blend.
3. Slowly add oil, processing constantly, until well blended.

Tips:

- Rub on chicken, fish, pork, or vegetables. For best results, marinate overnight and then grill to desired doneness.
- Store in an airtight container in the refrigerator for up to 2 months.

28 Mindset Plate It! Add this fats accessory to your protein or veggies for flavor.

Calories: 52 Total Fat: 5 g Saturated Fat: 5 g Cholesterol: 0 mg Sodium: 143 mg
Carbohydrates: 1 g Fiber: 0 g Sugars: 0 g Protein: 0 g

FREE FOOD

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

13 SERVINGS,
APPROX. 1 TSP. EACH

Jamaican Jerk Seasoning

2 Tbsp. dry granulated (minced) onion
2 tsp. ground allspice
2 tsp. ground black pepper
1½ tsp. dried thyme leaves
½ tsp. sea salt (or Himalayan salt)
½ tsp. ground cinnamon
¼ tsp. ground cayenne pepper
¼ tsp. crushed red pepper flakes

1. Combine onion, allspice, black pepper, thyme, salt, cinnamon, cayenne pepper, and red pepper flakes; mix well.

Tips:

- This seasoning is delicious sprinkled on fish, shrimp, pork, or chicken. It can also be used to season eggs, avocado, or popcorn.
- Store in an airtight container for up to 2 months.

2B Mindset Plate It! Add this freebie accessory to your protein for flavor.

Calories: 3 Total Fat: 0 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 88 mg
Carbohydrates: 1 g Fiber: 0 g Sugars: 0 g Protein: 0 g

FREE FOOD

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

12 SERVINGS,
APPROX. 1 TSP. EACH

Mexican Seasoning

2 Tbsp. + 1 tsp. chili powder
1½ tsp. ground cumin
1 tsp. onion powder
¾ tsp. garlic powder
¾ tsp. ground black pepper
½ tsp. sea salt (or Himalayan salt)
½ tsp. dried Mexican oregano leaves

1. Combine chili powder, cumin, onion powder, garlic powder, pepper, salt, and oregano in a small bowl; mix well.

Tips:

- Use 1 tsp. per serving to season beef, chicken, turkey, or tofu for tacos. Also use to season veggies, beans, or rice. This seasoning would also be delicious on popcorn or nuts.
- Store in an airtight container for up to 2 months.

2B Mindset Plate It! Use this freebie accessory to spice up almost anything.

Calories: 6 Total Fat: 0 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 154 mg
Carbohydrates: 1 g Fiber: 1 g Sugars: 0 g Protein: 0 g

 ½

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

8 SERVINGS,
APPROX. 1 TBSP. EACH

Peruvian Rub

2 Tbsp. ground paprika
1 Tbsp. + 1½ tsp. ground cumin
1½ tsp. dried Mexican oregano leaves
1½ tsp. sea salt (or Himalayan salt)
¾ tsp. ground black pepper
3 Tbsp. + 1½ tsp. distilled white vinegar
1 Tbsp. + 1½ tsp. fresh lemon juice
1 Tbsp. + 1½ tsp. olive oil
4 cloves garlic

1. Combine paprika, cumin, oregano, salt, and pepper in food processor; pulse to blend.
2. Add vinegar, lemon juice, oil, and garlic; pulse to blend.

Tips:

- Rub on whole chicken and let sit for 30 minutes before cooking.
- Store in an airtight container in the refrigerator for up to 2 weeks.

2B Mindset Plate It! Add this accessory to your protein for flavor.

Calories: 31 Total Fat: 3 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 429 mg
Carbohydrates: 2 g Fiber: 1 g Sugars: 0 g Protein: 0 g

FREE FOOD

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

17 SERVINGS,
APPROX. 1 TSP. EACH

Sazon Seasoning

1 Tbsp. ground coriander
1 Tbsp. ground cumin
1 Tbsp. ground annatto seeds (or ground turmeric)
1 Tbsp. garlic powder
1 Tbsp. sea salt (or Himalayan salt)
1 tsp. ground black pepper
1 tsp. dried oregano leaves

1. Combine coriander, cumin, annatto, garlic powder, salt, pepper, and oregano; mix well.

Tips:

- Sazon can be used as a rub on chicken, fish, pork, or tofu. Rub into protein and let sit for 30 minutes before cooking.
- Add sazón to soups, stews, or beans. Sazon can also be used to season steamed vegetables (like broccoli or green beans).
- Store in an airtight container for up to 2 months.






2B Mindset Plate It! This freebie accessory adds flavor to your meal.

Calories: 5 Total Fat: 0 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 403 mg
Carbohydrates: 1 g Fiber: 0 g Sugars: 0 g Protein: 0 g

SAMPLE WEEK (PLAN B) WITH GROCERY LIST




















When you're learning to eat healthier, preparation is key. And sorting out your grocery store must-haves *before* you leave the house is a big part of that. To help you get started, check out the sample week of Mes de Más recipes and corresponding shopping list. This should give you a good idea of how you can better prepare for the weeks ahead.

Remember to reference your eating plan for specific portion allotment.





















PLAN B	
4 Vegetables (Green)	
3 Fruits (Purple)	
4 Proteins (Red)	
3 Carbohydrates (Yellow)	
1 Healthy Fat (Blue)	
1 Seeds & Dressings (Orange)	
4 Oils & Nut Butters (tsp.)	

SAMPLE WEEK (PLAN B)




















DAY 1

BREAKFAST	PORTIONS
Coconut Almond Shakeology* orange (1 medium)	1  Fruit (Purple), 1  Protein (Red), 1  Seeds & Dressings (Orange), 2  Oils & Nut Butters (tsp.)
SNACK	PORTIONS
Pear (1 large) hard-boiled egg (1) almonds (6)	1  Fruit (Purple), ½  Protein (Red), ½  Healthy Fat (Blue)
LUNCH	PORTIONS
Lean shredded pork (¾ cup) Mango Salsa whole-grain tortilla (1 small, 6-inch) Curtido grapes (1 cup)	2  Vegetables (Green), 1  Fruit (Purple), 1  Protein (Red), 1  Carbohydrate (Yellow)
SNACK	PORTIONS
Shrimp Ceviche whole-grain crackers (8 small)	½  Vegetable (Green), ½  Protein (Red), 1  Carbohydrate (Yellow), ½  Healthy Fat (Blue)
DINNER	PORTIONS
Grilled White Fish in Mojo Sauce with Plantains steamed broccoli (1½ cups)	1½  Vegetable (Green), 1  Protein (Red), 1  Carbohydrate (Yellow), 2  Oils & Nut Butters (tsp.)

DAY 2


















BREAKFAST	PORTIONS
Creamy Strawberry Guava Shakeology*	1  Fruit (Purple), 1  Protein (Red), 1  Oils & Nut Butters (tsp.)
SNACK	PORTIONS
Carrots (1 cup sliced or 10 medium baby) prepared hummus (2 Tbsp.) deli turkey slices (6) whole-grain crackers (4 small)	1  Vegetable (Green), 1  Protein (Red), ½  Carbohydrate (Yellow), ½  Healthy Fat (Blue)
LUNCH	PORTIONS
Grilled salmon (¾ cup) with Cuban Rub (2 Tbsp.), steamed string beans (1 cup) Watercress, Mango, and Papaya Salad with Lime-Cumin Vinaigrette (keep salad and dressing components separate until ready to serve)	2  Vegetables (Green), 1  Fruit (Purple), 1  Protein (Red), 1  Seeds & Dressings (Orange), 2  Oils & Nut Butters (tsp.)
SNACK	PORTIONS
BEACHBAR® grapes (1 cup)	1  Fruit (Purple), ½  Protein (Red), ½  Carbohydrate (Yellow) 1  Oils & Nut Butters (tsp.)
DINNER	PORTIONS
Slow Cooker Cheesy Chicken Enchiladas	1  Vegetable (Green), ½  Protein (Red), 2  Carbohydrates (Yellow), ½  Healthy Fat (Blue)

DAY 3




















BREAKFAST	PORTIONS
Coconut Almond Shakeology* peach (1 large)	1  Fruit (Purple), 1  Protein (Red), 1  Seeds & Dressings (Orange), 2  Oils & Nut Butters (tsp.)
SNACK	PORTIONS
Apple (1 small) hard-boiled egg (1) almonds (6)	1  Fruit (Purple), ½  Protein (Red), ½  Healthy Fat (Blue)
LUNCH	PORTIONS
Lean shredded pork (¾ cup) Mango Salsa whole-grain tortilla (1 small, 6-inch) Curtido grapes (1 cup)	2  Vegetables (Green), 1  Fruit (Purple), 1  Protein (Red), 1  Carbohydrate (Yellow)
SNACK	PORTIONS
Shrimp Ceviche whole-grain crackers (8 small)	½  Vegetable (Green), ½  Protein (Red), 1  Carbohydrate (Yellow), ½  Healthy Fat (Blue)
DINNER	PORTIONS
Grilled White Fish in Mojo Sauce with Plantains steamed cauliflower (1½ cups)	1½  Vegetables (Green), 1  Protein (Red), 1  Carbohydrate (Yellow), 2  Oils & Nut Butters (tsp.)

*Shakeology recipes available in the Mes de Más Tracker.



















DAY 4

BREAKFAST	PORTIONS
Creamy Strawberry Guava Shakeology*	1  Fruit (Purple), 1  Protein (Red), 1  Oils & Nut Butters (tsp.)
SNACK	PORTIONS
Carrots (1 cup sliced or 10 medium baby) prepared hummus (2 Tbsp.) chunk light tuna (¾ cup) whole-grain crackers (4 small)	1  Vegetable (Green), 1  Protein (Red), ½  Carbohydrate (Yellow), ½  Healthy Fat (Blue)
LUNCH	PORTIONS
Grilled salmon (¾ cup) with Cuban Rub (2 Tbsp.), steamed string beans (1 cup) Watercress, Mango, and Papaya Salad with Lime-Cumin Vinaigrette (keep salad and dressing components separate until ready to serve)	2  Vegetables (Green), 1  Fruit (Purple), 1  Protein (Red), 1  Seeds & Dressings (Orange), 2  Oils & Nut Butters (tsp.)
SNACK	PORTIONS
BEACHBAR pineapple (1 cup)	1  Fruit (Purple), ½  Protein (Red), ½  Carbohydrate (Yellow), 1  Oils & Nut Butters (tsp.)
DINNER	PORTIONS
Slow Cooker Cheesy Chicken Enchiladas	1  Vegetable (Green), ½  Protein (Red), 2  Carbohydrates (Yellow), ½  Healthy Fat (Blue)



















DAY 5

BREAKFAST	PORTIONS
Coconut Almond Shakeology* banana (½ large)	1  Fruit (Purple), 1  Protein (Red), 1  Seeds & Dressings (Orange), 2  Oils & Nut Butters (tsp.)
SNACK	PORTIONS
Orange (1 medium) hard-boiled egg (1) almonds (6)	1  Fruit (Purple), ½  Protein (Red), ½  Healthy Fat (Blue)
LUNCH	PORTIONS
Lean shredded pork Mango Salsa whole-grain tortilla (1 small, 6-inch) Curtido pineapple (1 cup)	2  Vegetables (Green), 1  Fruit (Purple), 1  Protein (Red), 1  Carbohydrate (Yellow)
SNACK	PORTIONS
Shrimp Ceviche whole-grain crackers (8 small)	½  Vegetable (Green), ½  Protein (Red), 1  Carbohydrate (Yellow), ½  Healthy Fat (Blue)
DINNER	PORTIONS
Grilled White Fish in Mojo Sauce with Plantains steamed broccoli (1½ cups)	1½  Vegetables (Green), 1  Protein (Red), 1  Carbohydrate (Yellow), 2  Oils & Nut Butters (tsp.)

DAY 6

BREAKFAST	PORTIONS
Eggs Revoltillo whole-grain toast (1 slice) pineapple (1 cup)	½  Vegetable (Green), 1  Fruit (Purple), 1  Protein (Red), 1  Carbohydrate (Yellow), 1  Oils & Nut Butters (tsp.)
SNACK	PORTIONS
Greek yogurt (½ cup) berries (like blueberries) (1 cup) almond butter (1 Tbsp.)	1  Fruit (Purple), ½  Protein (Red), 3  Oils & Nut Butters (tsp.)
LUNCH	PORTIONS
Mixed salad greens (2 cups) tomato (1 medium) salmon (¾ cup) with Adobo Seasoning Cotija cheese, crumbled (¼ cup) Creamy Chipotle Salad Dressing (2 Tbsp.)	2½  Vegetables (Green), 1  Protein (Red), ½  Healthy Fat (Blue), 1  Seeds & Dressings (Orange)
SNACK	PORTIONS
Shakeology (your favorite flavor) mixed with water peach (1 large)	1  Fruit (Purple), 1  Protein (Red)
DINNER	PORTIONS
Slow Cooker Cheesy Chicken Enchiladas	1  Vegetable (Green), ½  Protein (Red), 2  Carbohydrates (Yellow), ½  Healthy Fat (Blue)

DAY 7

BREAKFAST	PORTIONS
Mexican Frittata whole-grain English muffin (½) avocado (¼) blueberries (1 cup)	1  Vegetable (Green), 1  Fruit (Purple), 1  Protein (Red), 1  Carbohydrate (Yellow), 1  Healthy Fat (Blue), ½  Oils & Nut Butters (tsp.)
SNACK	PORTIONS
Shakeology (your favorite flavor) mixed with water banana (½ large)	1  Fruit (Purple), 1  Protein (Red)
LUNCH	PORTIONS
Chicken Saltado quinoa, cooked (½ cup)	2  Vegetables (Green), 1  Protein (Red), 1  Carbohydrate (Yellow)
SNACK	PORTIONS
Apple (1 small) almond butter (2 tsp.)	1  Fruit (Purple), 2  Oils & Nut Butters (tsp.)
DINNER	PORTIONS
Sauteed veggies (1 cup) (like broccoli, red bell pepper, and carrots) (in 1½ tsp. olive oil) grilled salmon (¾ cup) black beans (½ cup) Chimichurri Sauce (3 Tbsp.)	1  Vegetable (Green), 1  Protein (Red), 1  Carbohydrate (Yellow), 1  Seeds & Dressings (Orange), 1½  Oils & Nut Butters (tsp.)

*Shakeology recipes available in the Mes de Más Tracker.

SAMPLE WEEK (PLAN B) GROCERY LIST

FRUITS AND VEGETABLES		STORE AMOUNTS
<input type="radio"/> Apple, small		2
<input type="radio"/> Avocado, medium		3
<input type="radio"/> Banana, large		1
<input type="radio"/> Bell pepper, red		1
<input type="radio"/> Blueberries, fresh (or berries of your choice)		3 (6-oz. boxes)
<input type="radio"/> Broccoli florets		1 (8-oz.) bag
<input type="radio"/> Cabbage, medium head		1
<input type="radio"/> Carrots, medium		7
<input type="radio"/> Cauliflower florets		1 (10-oz.) bag
<input type="radio"/> Cilantro, bunch		2
<input type="radio"/> Cucumber, medium		1
<input type="radio"/> Endive, medium		2
<input type="radio"/> Garlic		2 bulbs
<input type="radio"/> Grapes, bunch		2
<input type="radio"/> Jalapeño pepper, medium		5
<input type="radio"/> Jicama, medium		2
<input type="radio"/> Lemon, medium		3
<input type="radio"/> Lettuce, mixed salad greens		1 (5-oz.) bag
<input type="radio"/> Lime, medium		22 (or 1½ cups fresh lime juice + 1 lime)
<input type="radio"/> Mango, medium		3
<input type="radio"/> Onion, medium		7
<input type="radio"/> Onion, red, medium		2
<input type="radio"/> Onions, green, bunch		1
<input type="radio"/> Orange, medium		3
<input type="radio"/> Papaya, medium		1
<input type="radio"/> Peach, large		2
<input type="radio"/> Pear, large		1
<input type="radio"/> Peruvian aji amarillo chile pepper (or yellow chile of your choice)		4
<input type="radio"/> Pineapple, medium		1
<input type="radio"/> Plantains, medium, green		2
<input type="radio"/> Serrano chile, medium		4 (2 are optional)
<input type="radio"/> Strawberries, fresh (or frozen)		1 (1-lb.) container
<input type="radio"/> Tomato, medium		8
<input type="radio"/> Watercress		1 bunch (or 10-oz. bag)
DAIRY		STORE AMOUNTS
<input type="radio"/> Cheese, Cotija		1 (7.5-oz.) package
<input type="radio"/> Cheese, Monterey Jack, shredded		1 (8-oz.) bag
<input type="radio"/> Greek yogurt, plain, reduced-fat (2%)		2 containers (8-oz. each)
<input type="radio"/> Milk, reduced-fat (2%)		1 (16-oz.) container
GRAINS AND NUTS		STORE AMOUNTS
<input type="radio"/> Almonds, raw, whole*		18 each (or 1 oz.)
<input type="radio"/> Bread, whole-grain		1 loaf
<input type="radio"/> Crackers, small, whole-grain		1 box
<input type="radio"/> English muffin, whole-grain		1 bag
<input type="radio"/> Farro, dry*		12 oz.
<input type="radio"/> Quinoa, dry*		2 oz.
<input type="radio"/> Tortilla, whole-grain, 6-inch		1 package

MISC. STAPLES**		STORE AMOUNTS
<input type="radio"/> Almond butter, all-natural		1 jar
<input type="radio"/> Almond milk, unsweetened		1 (64-oz.) container
<input type="radio"/> Beans, black		2 cans (15-oz. each)
<input type="radio"/> Black pepper, ground		1 jar
<input type="radio"/> Chile powder		1 jar
<input type="radio"/> Chipotle chile in adobo sauce		1 (7-oz.) can
<input type="radio"/> Cinnamon, ground		1 jar
<input type="radio"/> Coconut, shredded, unsweetened*		2 oz.
<input type="radio"/> Coriander, ground		1 jar
<input type="radio"/> Corn, frozen		1 (10-oz.) bag
<input type="radio"/> Cumin, ground		1 jar
<input type="radio"/> Enchilada sauce, red		1 (10-oz.) can
<input type="radio"/> Extract, vanilla		1 bottle
<input type="radio"/> Garlic powder		1 jar
<input type="radio"/> Guava pulp, frozen		1 (14-oz.) bag
<input type="radio"/> Honey, raw*****		1 bottle
<input type="radio"/> Hummus		1 (6-oz.) container
<input type="radio"/> Mayonnaise, all-natural		1 small jar
<input type="radio"/> Oil, coconut, extra-virgin organic		1 jar
<input type="radio"/> Oil, olive		1 bottle
<input type="radio"/> Onion powder		1 jar
<input type="radio"/> Orange juice		1 (6-oz.) container
<input type="radio"/> Oregano, dried leaves		1 jar
<input type="radio"/> Paprika, ground		1 jar
<input type="radio"/> Red pepper flakes, crushed***		1 jar
<input type="radio"/> Sea salt (or Himalayan salt)		1 jar
<input type="radio"/> Soy sauce, reduced-sodium		1 bottle
<input type="radio"/> Tomatoes, diced, fire-roasted		1 (15-oz.) can
<input type="radio"/> Tomato salsa, fresh		1 container
<input type="radio"/> Vinegar, red wine		1 bottle
<input type="radio"/> Vinegar, white (or apple cider)		1 bottle
PROTEINS		STORE AMOUNTS
<input type="radio"/> Beachbody BEACHBAR		1 box
<input type="radio"/> Chicken breast, raw, boneless, skinless		2 lbs.
<input type="radio"/> Chicken breast, raw, ground		1 lb.
<input type="radio"/> Eggs, large		2 dozen (or 1 dozen eggs plus 1 small container egg whites)
<input type="radio"/> Fish, white, raw (like cod or halibut)		1 lb.
<input type="radio"/> Pork, cooked, shredded****		12 oz. (or 1 lb. raw)
<input type="radio"/> Salmon, raw, wild-caught, if possible		1 lb.
<input type="radio"/> Shakeology: Chocolate (or Chocolate Vegan) Strawberry		1 bag each
<input type="radio"/> Shrimp, medium, cooked		1 lb.
<input type="radio"/> Tuna, chunk light, packed in water		1 (6-oz.) can
<input type="radio"/> Turkey bacon		1 package
<input type="radio"/> Turkey, deli-sliced		6 slices (approx. 4 oz.)

*Can be bought in bulk in some grocery stores (or specialty markets).

**Hopefully you already have many of these items in your pantry.

***Optional.

****If buying raw, you will have to cook before using in the recipe.

*****Do not feed honey to children younger than one year.

Mes de Más! recipe collection

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, or eggs may increase your risk of foodborne illness.

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