

# WHEN CAN I HAVE SHAKEOLOGY® ON THE 2B MINDSET™?

Shakeology is considered a protein on the 2B Mindset. Protein helps keep us full and should be part of every meal, so Shakeology can be incorporated every single day as part of your breakfast, lunch, snack, or dinner.

## BREAKFAST



**Smoothie.** Blend Shakeology plus your favorite fruit (a banana or big handful of frozen raspberries), along with the milk of your choice. Shakeology is the **protein** and fruit is considered an **FFC** so together they make the perfect 2B Mindset breakfast.

- You can even throw in frozen riced cauliflower or a handful of spinach to get some veggies in.
- Make any of your favorite recipes by adding almond butter, PB powder, or Shakeology Boosts.<sup>1</sup> Just be sure to track them!



**Grab 'n' Go.** Just mix it with the milk of your choice in a Shaker Cup and grab a piece of fruit like an apple, a pear, or a banana for an easy grab 'n' go breakfast.



**Yogurt Parfait.** If you prefer to chew your breakfast rather than drink it, Ilana recommends blending a scoop of Shakeology with low-fat or nonfat plain Greek yogurt to make a pudding-like texture. Then add a few berries or slices of banana or some high-fiber cereal instead, for added crunch!



**Oatmeal.** You could also make overnight oats using Shakeology as your protein and ½ cup of oats as your FFC, and prepare them with unsweetened almond milk.

## LUNCH



Blend Shakeology as your protein with a banana or some other fruit for the FFC portion of your lunch. That takes care of half your plate. Then pair it with a veggie salad or snackable vegetables (baby carrots, celery, jicama sticks, Persian cucumbers).



It could also serve as your lunch protein **and** dessert! Have a big plate of veggies with FFCs (like a salad or soup that has some quinoa, sweet potato, or beans in it) then finish it off with your Shakeology straight up with water.

## SNACK



For a 2B Mindset-approved snack, always start by drinking 16 oz. of water and then eating some snackable veggies first. If you're still hungry, then Shakeology with water or some almond milk fits in perfectly as your protein-filled snack.

## DINNER



Make a vegetable stir-fry or any of the 2B Mindset veggie recipes. Then drink your Shakeology as a good-for-you dessert—and it can also count as your protein! This is a great option if you get cravings for something sweet after dinner, plus it'll help you stay full and satisfied!

## Shakeology. Your daily nutritional foundation.

No matter what the day brings, you can count on one thing: change.

And the goal is always, of course, to change for the better. That takes energy. That takes focus. That takes commitment. Shakeology is your daily source of power that activates it all. We're talking high-quality nutrients. The right mix of invaluable proteins and dietary fiber. Essential vitamins and minerals your body thrives on. But Shakeology is more than just what's put into it. Shakeology is your consistent partner. As you take on new challenges. Break through new barriers. And renew yourself every day.

Make a shake. And savor the change.