The Studio fit Club



It's never too late to FOIN us daily!



charlani.livelifehappy@gmail.com

@_charlani_

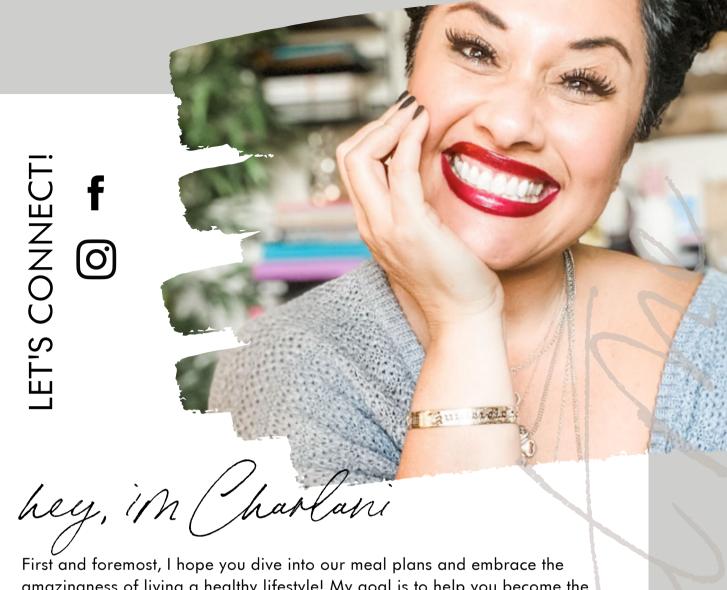


WEEKLY MEAL PLAN

Clean Eating

MEAL PLAN * RECIPES *GROCERY LIST

THE STUDIO: KITCHEN EDITION & FIT CLUB MEAL PLANS

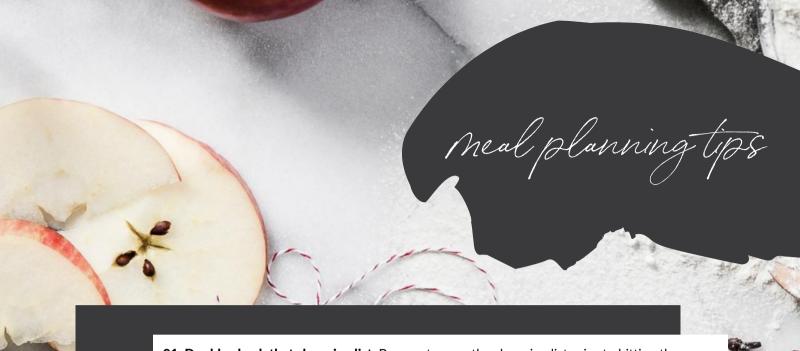


First and foremost, I hope you dive into our meal plans and embrace the amazingness of living a healthy lifestyle! My goal is to help you become the healthiest and happiest version of you ever, and I'm so happy to be a part of your journey.

I have battled yo-yo dieting through most of my adult life until I adopted the mindset that if we fuel our body with what it needs, it craves less of what it doesn't. I am a chocolate junkie, cookie lover, and never met a cupcake I didn't like. But now, I've learned to "treat" myself to those things, rather than binge on them. There is never EVER any deprivation here.

I am a hawaiian girl raised in California, now living near Dallas, Texas. I have been with my hubby, Rob, for over 25 years, and we are officially empty nesters with both our kids, Kaylee and Robbie, having recently moved out! We have the best puppy boy ever, Kai. And I'm so happy to be a part of this crazy wild ride with you!

THE STUDIO MEAL PLANS



- **01. Double check that shopping list.** Be sure to scan the shopping list prior to hitting the grocery store. Cross those spices, condiments, etc off that you already have at home. The list looks long but you'll likely have many of the items and the spices are often used in multiple.
- **02. If you are following 2B Mindset**; add or remove ingredients based on your needs. For dinners, if you omit FFCs, then remove FFCs for that meal, but remember that you CAN have FFCs for dinner when you are working out or need more to eat, just listen to your own body and follow the program's principles.
- **03.** If you are following the Ultimate Portion Fix; add or remove ingredients and snacks to complete your needed portions for the day. For example, if you need another green and orange for the day, add a snack of veggies(green) and ranch "dip" (orange).
- **04. Decide what you're making.** You'll notice that some of these recipes are built for 4 people while others are made for 1-2 people. If you are preparing just for yourself you may only make 2-3 recipes each week. You can also freeze leftovers for future weeks. If you're cooking for a family you may make them all of the recipes or need to adjust up or down based on the size of your family!
- **05. Pick your salads & Shakeo recipes for the week.** Notice that both the build your own salad and Shakeology recipes are included in your meal plan guide. The ingredients for these are not included on the grocery shopping list. Take a look at each recipe, decide what you want to make, and add these to your list.
- **06. Optional items.** Some of the recipes may have "optional" items. These are not included on the grocery shopping list. IF you're into an optional item, be sure to add it onto that list!
- **07. Plan ahead.** Look at your week/weekend. Some people like to make meals each night others like to make or prep them all on Sunday nights. Know what works best for you. Carve out a little time on Sunday or a weeknight. Schedule it just like your workouts. Remember IF you don't plan you plan to fail. Get to that grocery store over the weekend so you don't have to scramble during the week.

THE STUDIO MEAL PLANS



lunch

BUILD YOUR OWN SALAD CHICKEN NOODLE SOUP THREE CHEESE MACARONI

dinner

STEAK TACOS
GENERAL TSO'S CHICKEN
TURKEY MEATBALLS
COCONUT SHRIMP

snacks

GOLDEN CHAI LATTE
CHAMOMILE MILK LATTE

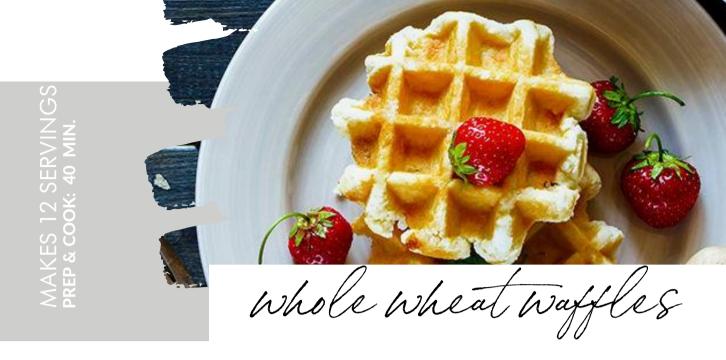
shakeology

STRAWBERRY APPLE PIE
COCONUT PUMPKIN SPICE
PEACH COBBLER
CARROT CAKE

important note: All recipes and photos are from the Beachbody On Demand Blog. For more information on which nutritional program is right for you, please reach out to your coach.

more recipes





1 cup all-purpose flour
1 Tbsp. baking powder
½ cup ground flax seed
½ tsp. sea salt (or Himalayan salt)
4 large eggs, lightly beaten
2¾ cups unsweetened
almond milk (or reduced-fat
2% milk)
¼ cup pure maple syrup
2 Tbsp. sunflower oil
Nonstick cooking spray

2 cups whole-wheat flour

directions

- Combine flours, baking powder, flax seed, and salt in a medium bowl; mix well. Set aside.
- 2. Combine eggs, almond milk, maple syrup, and oil in a large bowl; mix well. Add flour mixture. Mix until blended.
- 3. Pour ¾ cup of batter at a time onto hot waffle iron, lightly coated with spray. Cook waffles until golden brown and crisp.
- 4. One serving equals one waffle; leftover waffles can be wrapped up and frozen.

nutrition guidelines

UPF: 1-1/2 Yellow, 1 tsp 2B: An FFC as part of breakfast.



8 large egg whites (1 cup) 1 dash sea salt (or Himalayan salt) 1 dash ground black pepper 1 tsp. olive oil 1 medium tomato. chopped 1 Tbsp. Italian parsley, finely chopped (or 1 tsp. dried parsley) 2 Tbsp. crumbled soft goat cheese $(\frac{1}{2} \text{ oz.})$

nutrition guidelines

UPF: 1/2 Green, 1 Red, 1/2 Blue, 1 tsp 2B: A great protein and accessory as part of breakfast.

directions

- 1. Combine egg
 whites, salt, and
 pepper in a
 medium bowl;
 whisk to blend. Set
 aside.
- 2. Heat oil in medium nonstick skillet over medium-low heat.
- 3. Add egg mixture; cook slowly, stirring frequently, for 3 to 4 minutes, or until eggs are almost set.
- 4. Add tomato and parsley. Sprinkle with cheese; cook for 1 minute or until eggs are fully cooked.



ingredients

1½ cups reducedfat (2%) plain
yogurt
2 Tbsp.
unsweetened
applesauce
½ cup
unsweetened bran
cereal
½ cup fresh
blueberries
½ cup fresh
raspberries

nutrition guidelines

UPF: 1/2 Purple, 1 Red, 1/2 Yellow 2B: A great protein and FFC as part of breakfast.

- Combine yogurt and applesauce in a medium bowl; mix well.
- 2. Place one quarter of yogurt mixture in two bowls or yogurt jars.
- 3.Top with cereal, and half of the blueberries and raspberries.
- Place remaining yogurt in each jar.
 Top with remaining berries.
- 5. Serve immediately.

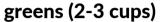


juick of easy

nutrition guidelines

UPF: Build your salad around how many containers you have available in

2B: Plate it and accessorize! Great for



Spinach Arugula Kale Spring Mix

protein (3 ounces)

Grilled Chicken Breast Hardboiled Eggs (2) Steak Ground Turkey Cottage Cheese (¾ cups) Salmon

healthy fat

Flax Seeds
Pumpkin Seeds
Avocado (1/4)
Walnuts (2 tablespoons)
Slivered Almonds

add a flavor booster

Roasted Beets
Cherry Tomatoes
Diced Onions
Sauteed Peppers
Sliced Cucumbers
Roasted Carrots

carbohydrates (1/2 cup)

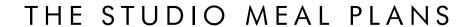
Sweet Potato, diced Black Beans Garbanzo Beans Quinoa Strawberries Apple, diced Grapes

dressing (2 tablespoons)

Balsamic Vinaigrette: Balsamic vinegar, whole grain dijon mustard, olive oil, cinnamon.

Blackberry Vinaigrette: red wine vinegar, lemon juice, olive oil, blackberries or raspberries (blended)

Red Wine Vinaigrette Salsa Cottage Cheese Lemon or Lime Juice Spices





Nonstick cooking spray

1 lb. dry whole-wheat macaroni
(or penne pasta)

1 Tbsp olive oil

1 medium onion, chopped

1 medium red bell pepper, chopped

1 medium yellow bell pepper, chopped

2 cups broccoli, chopped

2 cloves garlic, chopped 3½ cups part-skim ricotta

cheese

1 cup mozzarella cheese, shredded

½ cup Parmesan cheese, grated
½ cup fresh basil, chopped
sea salt (or Himalayan salt) and
ground black pepper (to taste;
optional)

directions

- 1. Preheat oven to 375° F.
- Cook macaroni according to package directions. Drain and set aside.
- 3. Heat oil in large nonstick skillet over mediumhigh heat.
- 4. Add onion, bell peppers, and broccoli; cook, stirring frequently, for 4 to 6 minutes, or until onion is translucent. Add garlic; cook, stirring frequently, for 1 minute. Remove from heat. Set aside.
- 5. Combine ricotta cheese, mozzarella cheese and Parmesan cheese in a large bowl; mix well.
- 6. Add macaroni, onion mixture, and basil; mix well.
- 7. Season with salt and pepper if desired; mix well.
- 8. Place macaroni mixture in a 13x9-inch ceramic (or glass baking dish) that has been coated with spray. Bake for 25 to 28 minutes, or until cheese is bubbling.

nutrition guidelines

UPF: 1/2 Green, 1/2 Red, 1-1/2 Yellow, 1/2 Blue, 1/2 tsp 2B: Add a side salad or more veggies and additional protein for a great lunch option.

THE STUDIO MEAL PLANS



3 oz. dry whole wheat bowtie, penne, or rotini pasta
1 Tbsp. olive oil
1 medium onion chopped
2 medium carrots sliced
2 medium celery stalks sliced
6 cups low-sodium organic chicken broth
1½ lbs. cooked shredded chicken breast approx. 4½ cups

 $rac{3}{4}$ tsp. sea salt or Himalayan salt

¼ tsp. ground white pepper

nutrition guidelines

UPF: 1/2 Green, 1 Red, 1

Yellow

2B: Add extra veggies or a side salad for a great lunch.

- 1. Cook pasta according to package directions; drain. Set aside.
- 2. Heat oil in large saucepan over mediumhigh heat.
- 3. Add onion, carrots, and celery; cook, stirring frequently, for 4 to 5 minutes, or until onion is translucent.
- 4. Add broth. Bring to a boil. Reduce heat to medium; gently boil for 5 minutes.
- 5. Add chicken, salt, and pepper; gently boil for 10 minutes.
- 6. Evenly divide pasta between six serving bowls. Top evenly with soup; serve immediately.



PREP & COOK: 28 MIN.

Stratt Tacos

The strain of the stra

ingredients

1 lb. raw beef flank (or round) steak
1 tsp. chili powder
Sea salt and ground black pepper (to taste; optional)
1 tsp. olive oil
1 medium red onion, coarsely chopped
1 medium red bell pepper, coarsely chopped
8 (6-inch) corn tortillas, warm

2 Tbsp. fresh lime juice 2 Tbsp. fresh cilantro (or Italian parsley), coarsely chopped

nutrition guidelines

UPF: 1 Green, 1 Red, 1 Yellow 2B: Add a side salad or more veggies to make a

great lunch.

- 1. Rub steak with chili powder and salt and pepper (if desired).
- 2. Heat oil in large skillet over medium-high heat.
- 3. Add steak; cook for 6 to 8 minutes on each side, or until it reaches desired degree of doneness. Remove from heat.
- 4. Cover steak with aluminum foil; let rest for 5 minutes.
- 5. Add onion and bell pepper to skillet; cook on medium heat, stirring frequently, for 3 to 5 minutes, or until onion is translucent.

 Remove from heat.
- 6. Cut steak against the grain into thin slices.
- 7. Top tortillas evenly with beef, onion mixture, and lime juice; garnish with cilantro.
- 8. Serve immediately.

MAKES 4 SERVINGS



ingredients

1 lb. raw chicken breast, boneless, skinless, cut into 2-inch pieces 2 Tbsp. + 1 tsp. cornstarch, divided use

¼ tsp. sea salt

- 1 tsp. sesame oil
- 2 cloves garlic, finely chopped
- 1 thin slice fresh ginger, peeled, finely chopped
- 2 Tbsp. reduced-sodium soy sauce
- ½ cup low sodium chicken broth
- 1 Tbsp. rice wine vinegar
- 2 Tbsp. tomato paste, no added sugar
- 2 tsp. hoisin sauce
- 1 tsp. pure maple syrup, (or raw honey)
- 2 Tbsp. cold water
- 2 green onions, sliced
- 1 Tbsp. toasted sesame seeds
- 1 Tbsp. dried Thai chiles (optional)

directions

- 1. Preheat oven to 375° F.
- 2. Line baking sheet with parchment paper; set aside.
- 3. Place chicken, 2 Tbsp. cornstarch, and salt in a medium bowl; toss until well coated. Place chicken in a single layer on prepared baking sheet; bake for 12 to 15 minutes, or until cooked through.
- 4. While chicken is baking, heat oil, garlic, and ginger in large skillet over medium heat; cook for 1 to 2 minutes.
- 5. Add soy sauce, broth, vinegar, tomato paste, hoisin sauce, and maple syrup. Bring to a boil. Reduce heat to medium-low; cook for 4 to 5 minutes.
- 6. Dissolve remaining 1 tsp. cornstarch in cold water; add to soy sauce mixture. Gently boil, stirring frequently, for another 3 to 4 minutes, or until sauce begins to thicken.
- 7. Add cooked chicken to sauce, coating thoroughly.
- 8. Serve chicken sprinkled with sesame seeds, green onions, and chiles (if desired).

nutrition guidelines

UPF: 1 Red, 1/2 Yellow

2B: Add a side salad or veggies for dinner. Add veggies and an

FFC for lunch.

MAKES 2 SERVINGS



ingredients

24 raw medium shrimp, peeled, deveined, tails removed (approx. 12 oz.) 2 tsp. mild Jamaican jerk seasoning 2 tsp. extra-virgin organic coconut oil, divided use 3 cups cauliflower rice ¼ cup green onions, chopped 34 cup green (or red) bell pepper, chopped 1/3 cup canned lite coconut milk 1 Tbsp. fresh cilantro, chopped 2 Tbsp. unsweetened shredded coconut 2 wedges fresh lime (for garnish; optional)

nutrition guidelines

UPF: 1 Red, 1-1/2 Green, 2 tsp 2B: A great dinner option. Add an FFC for lunch.

- 1. Season shrimp with seasoning. Set aside.
- 2. Heat 1 tsp. oil in medium nonstick skillet over medium-high heat.
- 3. Add cauliflower; cook, covered, stirring occasionally, for 4 to 6 minutes, or until cauliflower is tender. Set aside and cover to keep warm.
- 4. Heat remaining 1 tsp. oil in medium nonstick skillet over medium-high heat.
- 5. Add green onions and bell pepper; cook, stirring frequently, for 3 to 4 minutes.
- 6. Add coconut milk; cook, stirring frequently, for 1 to 2 minutes, or until most of coconut milk is absorbed.
- 7. Add shrimp; cook, stirring occasionally, for 2 to 3 minutes, or until shrimp is firm and opaque.
- 8. Evenly divide cauliflower rice between two serving plates. Evenly top with shrimp, cilantro, coconut, and lime wedges (if desired).

MAKES 6 SERVINGS



ingredients

1 lb. raw 93% lean ground turkey

½ tsp. sea salt or Himalayan salt, divided use

½ tsp. ground black pepper 1 large egg, lightly beaten ½ cup whole-grain panko

(Japanese-style breadcrumbs)

2 cloves garlic, finely chopped

2 Tbsp. fresh parsley, finely chopped

2 Tbsp. grated Parmesan cheese

2 tsp. olive oil

1 medium onion, chopped

1 (28-oz.) can crushed whole tomatoes

1 tsp. dried oregano leaves

directions

- 1. Combine turkey, ¼ tsp. salt, pepper, egg, breadcrumbs, garlic, parsley, and cheese in a large bowl; mix well with clean hands.
- 2. Roll mixture into eighteen 1½-inch meatballs. Set aside.
- 3. Heat oil in large nonstick skillet over medium-high heat.
- 4. Add half of meatballs; cook, turning occasionally, for 4 to 6 minutes, or until meatballs are browned on each side. Place browned meatballs in a 3-quart slow cooker.
- 5. Repeat with the remaining meatballs. Set aside.
- 6.Add onion to same skillet; cook, over medium-high heat, for 4 to 6 minutes, or until onion is translucent.
- 7. Top meatballs with cooked onion, tomatoes, oregano, and remaining ¼ tsp. salt; cook, covered, on low temperature for 5 to 6 hours, stirring once or twice.

nutrition guidelines

UPF: 1 Green, 1 Red, 1 tsp

2B: Add more veggies to this protein as part of lunch or dinner.





1 cup unsweetened coconut milk beverage 1 bag chai tea blend 1 scoop Beachbody Collagen Boost ½ tsp. ground turmeric ¼ tsp. ground cinnamon $\frac{1}{4}$ tsp. ground cardamom $\frac{1}{4}$ tsp. ground ginger 1 tsp. honey (optional)

nutrition guidelines

UPF: 1 tsp 2B: Enjoy as an occasional treat. Be sure to track it!

directions

- 1. Place a small saucepot over medium-high heat; add coconut milk. Bring to a gentle boil; remove from heat.
- 2. Add tea bag; let steep for 10 minutes. Remove bag; discard.
- 3. Add Beachbody
 Collagen Boost,
 turmeric,
 cinnamon,
 cardamom, ginger,
 and honey (if
 using); mix
 thoroughly.
- 4. Pour coconut milk mixture into a mug; serve warm.



ingredients

1 cup
unsweetened oat
milk
1 bag chamomile
and lavender tea
blend
1 scoop
Beachbody
Collagen Boost
1 tsp. honey
(optional)
½ tsp. vanilla
extract

nutrition guidelines

UPF:1/2 Purple, 1 Yellow, 1 Blue 2B: Enjoy as an occasional treat (includes a bonus FFC). Be sure to track it.

- 1. Place a small sauce pot over medium-high heat; add oat milk. Bring to a gentle boil; remove from heat.
- 2. Add tea bag; let steep for 10 minutes. Remove bag; discard.
- 3. Add Beachbody Collagen Boost, honey (if using), and extract; mix well.
- 4. Pour oat milk mixture into a mug; serve warm.





 $\frac{1}{2}$ cup cold water ½ cup unsweetened almond milk 1 scoop Strawberry Whey (or Tropical Strawberry Plant-Based Vegan) Shakeology ½ cup unsweetened applesauce 1 tsp. ground cinnamon

½ tsp. pure caramel

extract

directions

1. Place water, almond milk, Shakeology, applesauce, cinnamon, and extract in a blender bottle; cover. Shake well to combine.

nutrition guidelines

UPF: 1/2 Purple, 1 Red, 1/2 tsp 2B: A great FFC and protein as part of breakfast or lunch.



ingredients

½ large banana

1 cup unsweetened coconut milk beverage 1 cup ice 1 scoop Pumpkin Spice Plant-Based Vegan Shakeology

directions

1. Place coconut milk, ice, Shakeology, and banana in blender: cover. Blend until smooth.

nutrition guidelines

UPF: 1 Purple, 1 Red, 1 tsp 2B: A great snackional or enjoy as part of breakfast.

peach Coppler

ingredients

1 cup unsweetened

almond milk 1 cup ice 1 scoop Vanilla Whey Shakeology ½ cup unsweetened fresh (or frozen) peaches

2 Tbsp. dry rolled oats ¼ tsp. ground cinnamon

¼ tsp. ground nutmeg

directions

1. Place almond milk, ice, Shakeology, peaches, oats, cinnamon, and nutmeg in blender; cover. Blend until smooth.

nutrition guidelines

breakfast.

UPF: 1/2 Purple, 1 Red, 1/2 Yellow, 1 tsp 2B: This recipe makes a great



ingredients

1 cup unsweetened almond milk 1 cup ice

1 scoop Vanilla Whey Shakeology

1 medium carrot, cut into chunks

½ cup crushed pineapple in juice

2 Tbsp. unsalted walnuts, chopped

½ tsp. ground cinnamon

directions

1. Place almond milk, ice, Shakeology, carrot, pineapple, walnuts, and cinnamon in blender; cover. Blend until smooth.

nutrition guidelines

UPF: 1/2 Green, 1/2 Purple, 1 Red, 1 Blue, 1 tsp 2B: Makes a great breakfast with a bonus veggie.



produce

basil

	blueberries
	broccoli
	carrots
	celery
	cilantro
	garlic
	ginger
	green onion
	italian parsley
	lime
	lime juice
	onion
	raspberries
	red bell peppe
	red onion
	thai chiles
	thai chiles tomato
spie	tomato
spie	tomato C es
spi	tomato CES cardamom
spi	tomato CES cardamom chili powder
	tomato CES cardamom chili powder cinnamon
	tomato CES cardamom chili powder cinnamon ginger
	tomato CES cardamom chili powder cinnamon
	tomato CES cardamom chili powder cinnamon ginger jamaican jerk
	tomato CES cardamom chili powder cinnamon ginger jamaican jerk seasoning
	tomato CES cardamom chili powder cinnamon ginger jamaican jerk seasoning oregano
	tomato CES cardamom chili powder cinnamon ginger jamaican jerk seasoning oregano sesame seeds

grocery list TIME TO SHOP

	TIME TO SHOP	
meat & seafood	pantry	
beef flank steak	all purpose flour	
chicken breast	applesuace, unsweetened	
shrimp	bran cereal, unsweetened	
turkey, ground	chai tea bags	
dairy	chamomile tea bags	
	chicken broth, low sodium	
almond milk, unsweetened	coconut milk, lite	
egg whites	cornstarch	
eggs	corn tortillas	
goat cheese crumbles	crushed whole tomatoes	
mozzarella, shredded	extra virgin coconut oil, organic	
oat milk, unsweetened	flax seed	
parmesan cheese, grated	hoisin sauce	
🔲 plain yogurt, 2%	honey	
ricotta, part skim	pure maple syrup	
	rice wine vinegar	
the basics	sesame oil	
Daking powder	shredded coconut, unsweetened	
black pepper	soy sauce, low sodium	
cooking spray	sunflower oil	
olive oil	tomato paste	
sea salt	vanilla extract	
	whole grain panko	
frozen	whole wheat bow tie pasta	
	whole wheat flour	

cauliflower rice

whole wheat macaroni

	groc	ery USI
		TIME TO SHOP
shakeo mix-ins	byo salad	misc.
	notes	



disease.

