

Weekly Recipes

Include nutritional information



Recipe Info for Shakeology®

Ingredients

- 1 serving Shakeology?, Favorite Flavor

Preparation

- Mix 1 serving of Shakeology with one of our [delicious recipes](#).
- To determine how many calories you have remaining for the day, click the "Details" button on your Team Beachbody Meal Planner. Then select a recipe from [this list](#) that falls within your available calorie count.
- You can also click the "Substitute Meal" icon to see Shakeology recipes that fit your plan.

Prep Time: 5 minutes or less

Total Time: 5 minutes or less

Recipe Info for Nachos

Ingredients

- 1 pita, wheat, small, 4" diameter
- 1/8 teaspoon extra virgin olive oil
- 3 tablespoons cheddar cheese, low-fat, low-sodium
- 1/8 teaspoon oregano, dried
- 1 piece jalapeño
- 8 fluid ounces water

Preparation

- Slice open pita and brush very lightly with olive oil. Cut into triangular wedges.
- Sprinkle cheese evenly over pita wedges.
- Season with a pinch of oregano.
- Heat under broiler until cheese is melted.
- Add a slice of jalapeno, if desired.
- Enjoy with a glass of water.

Prep Time: 5 minutes or less

Total Time: 10 minutes

Recipe Info for Pork Tenderloin Sandwich



Ingredients

- 2 slices bread, whole wheat
- 1 tablespoon mayonnaise, low-fat
- 3 ounces lean pork tenderloin, roasted
- 1 tablespoon green onion, chopped
- 1/2 tomato, medium
- 8 baby carrots

Preparation

- Spread each slice of bread with mayonnaise.
- Slice pork thinly and arrange on one of the prepared slices.
- Sprinkle with chopped onion. Top with tomato slices (and a leaf of lettuce if you like) and remaining slice of bread.
- Serve sandwich with carrots and a calorie free beverage.

Prep Time: 5 minutes or less

Total Time: 5 minutes or less

Recipe Info for Cottage Cheese & Strawberries

Ingredients

- 1/3 cup cottage cheese, 1% fat

- 6 strawberries, whole, fresh
- 1 1/2 teaspoons pecans, chopped
- 8 fluid ounces water

Preparation

- Top cottage cheese with strawberries and pecans.
- Enjoy with a glass of water.

Prep Time: 5 minutes or less**Total Time:** 5 minutes or less**Baked Italian Chicken****Prep Time:** 5 minutes or less**Total Time:** 35 minutes**Cook Time:** 30 minutes**Ingredients**

- 1 teaspoon balsamic vinegar
- 1 teaspoon extra virgin olive oil
- 1/4 teaspoon oregano, dried
- 1/4 teaspoon basil, dried
- 1 teaspoon lemon juice
- 1/8 teaspoon black pepper
- 1 teaspoon garlic, chopped
- 4 1/2 ounces chicken breast, boneless/skinless, raw

Preparation

- Preheat oven to 375°F.
- In a small bowl, combine vinegar, olive oil, oregano, basil, lemon juice, black pepper, and garlic. Set aside.
- Place chicken in a shallow baking pan, lightly coated with non-stick cooking spray. Spoon herb mixture on top, and press or rub onto top of chicken. Cook chicken in preheated oven for 20 to 30 minutes, or until no longer pink inside.

Squash Sauté**Prep Time:** 10 minutes**Total Time:** 25 minutes**Cook Time:** 15 minutes**Ingredients**

- 1/2 teaspoon extra virgin olive oil
- 1/4 cup chopped sweet onion
- 1/2 cup yellow squash, fresh
- 1/2 cup zucchini, fresh, sliced
- 1/8 teaspoon black pepper
- 1/2 teaspoon salt-free seasoning, original blend

Preparation

- Heat olive oil in a non-stick skillet over medium heat.
- Add vegetables and sauté until onions are translucent and squash has softened. Season with pepper and salt-free seasoning.

Garlic Roast Potatoes**Prep Time:** 15 minutes**Total Time:** 1 hour**Cook Time:** 45 minutes**Ingredients**

- 3/4 cup potatoes, diced
- 1/3 cup onions, chopped
- 1 teaspoon garlic, chopped
- 1 teaspoon extra virgin olive oil

Preparation

- Preheat oven to 400°. Coat a baking sheet with cooking spray.
- Toss potatoes, onions and garlic and olive oil. Season

as desired with salt and pepper. Place on baking sheet in single layer.

- Bake potatoes for approximately 30-45 minutes or until potatoes are golden and tender.

Raspberries

Prep Time: 5 minutes or less

Total Time: 5 minutes or less

Cook Time: 0 minutes

Ingredients

- 3/4 cup raspberries

Preparation

- Enjoy a bowl of raspberries for dessert.



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Prep Time: 5 minutes or less

Total Time: 5 minutes or less

Recipe Info for Hard Boiled Egg

Ingredients

- 1 egg, large, hard-boiled
- 1/2 banana, small

Preparation

- Enjoy a hard boiled egg and half a banana for this quick snack.

Prep Time: 5 minutes or less

Total Time: 5 minutes or less

Recipe Info for Tuna and Tomato Salad

Ingredients

- 3 ounces tuna, canned in water, drained
- 5 tomatoes, cherry, halved
- 3 olives, jumbo
- 2 teaspoons extra virgin olive oil
- 2 teaspoons white rice vinegar
- 2 cups romaine lettuce, chopped
- 1 cup fresh grapes (any color)

Preparation

- Mix tuna, tomatoes, olives, oil and vinegar in a bowl; mix lightly. Place on bed of lettuce.
- Serve with grapes and a calorie free beverage.

Prep Time: 5 minutes or less

Total Time: 5 minutes or less

Recipe Info for Roast Beef and Cheddar

Recipe Info for Roast Beef and Cheddar on Crackers

Ingredients

- 1/2 ounce deli-style roast beef, low-fat, low-sodium
- 1/2 ounce low-fat sharp cheddar cheese
- 3 crackers, whole wheat, reduced fat
- 8 fluid ounces water

Preparation

- Equally divide roast beef and cheddar cheese on whole wheat, low fat crackers.
- Enjoy with a glass of water.

Prep Time: 4 minutes or less

Total Time: 4 minutes or less



Chicken Piccata

Prep Time: 10 minutes

Total Time: 20 minutes

Cook Time: 10 minutes

Ingredients

- 4 ounces chicken breast, boneless/skinless, raw
- 1 tablespoon flour, all-purpose
- 1/8 teaspoon black pepper
- 1 teaspoon extra virgin olive oil
- 2 tablespoons chicken broth, fat-free, low-sodium
- 2 tablespoons lemon juice
- 1 tablespoon capers

Preparation

- Pound boneless, skinless chicken breast between two sheets of waxed paper to 1/4-inch thickness.
- Combine flour with pepper and spread on a plate; dredge chicken in flour mixture.
- Heat olive oil in a heavy skillet until sizzling. Saut? chicken breast until lightly browned, about 3 minutes per side.
- Add broth, lemon juice and capers to chicken, and let boil for 3 minutes or until chicken is cooked thoroughly, turning chicken in sauce.

Broccoli

Prep Time: 5 minutes or less

Total Time: 10 minutes

Cook Time: 5 minutes or less

Ingredients

- 4 broccoli spears, raw
- 1/2 teaspoon spread, buttery, low-fat

Preparation

- Steam broccoli on stove or in microwave until crisp tender.
- Top with melted spread.

Spaghetti with Garlic & Oil

Prep Time: 5 minutes or less

Total Time: 15 minutes

Cook Time: 10 minutes

Ingredients

- 1 ounce angel hair spaghetti pasta, uncooked
- 1 teaspoon garlic, chopped
- 1 teaspoon extra virgin olive oil

Preparation

- Prepare pasta per package directions. Drain.

- Sauté garlic in olive oil and toss with prepared pasta.

Cantaloupe

Prep Time: 5 minutes or less

Total Time: 5 minutes or less

Cook Time: 0 minutes

Ingredients

- 1/2 cup cantaloupe melon balls, fresh or frozen
- 2 teaspoons golden raisins

Preparation

- Mix cantaloupe and raisins for a tasty dessert.



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Prep Time: 5 minutes or less

Total Time: 5 minutes or less

Recipe Info for Chicken Salad

Ingredients

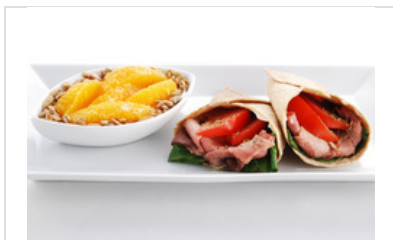
- 2 1/2 tablespoons chicken, cooked
- 1 teaspoon mayonnaise, low-fat
- 1/8 teaspoon dill weed, dried
- 1 piece whole wheat bread, thin sliced
- 8 fluid ounces water

Preparation

- Shred cooked chicken breast.
- Mix chicken with mayonnaise and a dash of dill weed.
- Serve with (or on) whole wheat bread.
- Enjoy with a glass of water.

Prep Time: 5 minutes or less

Total Time: 5 minutes or less



Recipe Info for Lettuce, Tomato & Beef Wrap

Ingredients

- 1 lettuce leaf
- 1/4 tomato, medium
- 2 tablespoons sour cream, reduced fat
- 1 teaspoon horseradish sauce
- 1 low carb whole wheat tortilla, 6"
- 4 1/2 ounces roast beef, lean, deli-style
- 1/4 teaspoon oregano, dried
- 4 fluid ounces orange juice

Preparation

- Wash and chop lettuce and tomato.
- Mix sour cream and horseradish; spread over tortilla.
- Top prepared tortilla with chopped lettuce and tomato. Top with beef and oregano.

- Fold two opposite sides of tortilla in towards the center, and roll up from one of the remaining ends.
- Enjoy wrap with a small glass of orange juice.

Prep Time: 5 minutes or less

Total Time: 5 minutes or less

Recipe Info for Nachos

Ingredients

- 1 pita, wheat, small, 4" diameter
- 1/8 teaspoon extra virgin olive oil
- 3 tablespoons cheddar cheese, low-fat, low-sodium
- 1/8 teaspoon oregano, dried
- 1 piece jalapeño
- 8 fluid ounces water

Preparation

- Slice open pita and brush very lightly with olive oil. Cut into triangular wedges.
- Sprinkle cheese evenly over pita wedges.
- Season with a pinch of oregano.
- Heat under broiler until cheese is melted.
- Add a slice of jalapeno, if desired.
- Enjoy with a glass of water.

Prep Time: 5 minutes or less

Total Time: 10 minutes

Shrimp Stir-Fry

Recipe Info for Shrimp Stir-Fry



Prep Time: 10 minutes

Total Time: 25 minutes

Cook Time: 15 minutes

Ingredients

- 2 tablespoons vegetable broth, low sodium
- 1 teaspoon reduced sodium soy sauce
- 1 tablespoon white-rice vinegar
- 1/8 teaspoon sugar
- 1 teaspoon sesame oil
- 1/2 teaspoon ginger, fresh, chopped
- 1 teaspoon garlic, chopped
- 1/4 cup onions, chopped
- 6 broccoli florets, fresh
- 1/4 cup bell pepper, red, chopped
- 3 tablespoons carrot, grated
- 4 1/2 ounces (US or Canada) shrimp, uncooked

Preparation

- In a small bowl, mix together broth, soy sauce, vinegar and sugar. Set aside.
- Heat oil in medium skillet over medium-high heat. Add ginger and garlic. Sauté for 1-2 minutes. Add onion to skillet, and cook for 2 minutes, stirring occasionally. Add remaining vegetables along with the stir fry mixture, and continue to cook, stirring frequently, until vegetables are crisp-tender. Add shrimp and cook until they turn pink.

Brown Rice

Prep Time: 5 minutes or less

Total Time: 50 minutes

Cook Time: 45 minutes

Ingredients

- 1/2 cup brown rice, cooked
- 3/4 teaspoon sesame oil
- 1 teaspoon onion, green, chopped

Preparation

- Prepare rice per package directions.
- Drizzle with sesame oil and top with onions.

Tropical Pineapple

Prep Time: 5 minutes or less

Total Time: 5 minutes or less

Cook Time: 0 minutes

Ingredients

- 1/2 cup pineapple chunks, canned in water
- 1 teaspoon coconut, dried, shredded, sweetened

Preparation

- Sprinkle pineapple with coconut and enjoy for dessert.

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Prep Time: 5 minutes or less

Total Time: 5 minutes or less

Recipe Info for Pumpkin Seeds

Ingredients

- 2 1/2 teaspoons pumpkin seeds, dry roasted
- 4 fluid ounces orange juice

Preparation

- Enjoy pumpkin seeds and a small glass of orange juice for this quick, crunchy snack.

Prep Time: 5 minutes or less

Total Time: 5 minutes or less

Recipe Info for Roast Beef on Rye

Ingredients

- 2 teaspoons mayonnaise, low-fat
- 1 slice rye bread
- 3 1/2 ounces roast beef, lean, deli-style
- 1/2 tomato, medium
- 1 lettuce leaf
- 2 tablespoons almonds, roasted, coarsely chopped
- 1 fresh tangerine

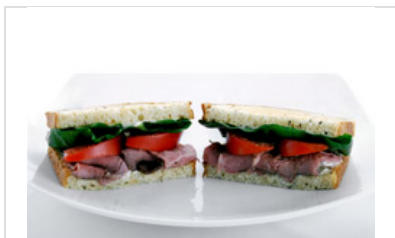
Preparation

- Spread mayonnaise onto bread.
- Arrange roast beef, sliced tomato and lettuce on bread.
- Serve open-faced sandwich with almonds on the side.
- Enjoy a tangerine for dessert.
- Complete meal with a glass of water.

Prep Time: 5 minutes or less

Total Time: 5 minutes or less

Recipe Info for Salmon Salad on Crispbread



**Ingredients**

- 1/4 tomato, medium
- 1/4 cucumber
- 1 ounce salmon, canned in water
- 1 teaspoon mayonnaise, low-fat
- 1/2 teaspoon Dijon mustard
- 2 pieces rye crispbread crackers, low-sodium
- 8 fluid ounces water

Preparation

- Wash tomato and peel cucumber; slice thinly.
- Drain salmon and combine with mayonnaise and mustard in a small bowl.
- Spread salmon salad onto crispbread crackers; top with tomato and cucumber slices.
- Enjoy with a glass of water.

Prep Time: 5 minutes or less**Total Time:** 5 minutes or less**Creamy Chicken Dijon****Prep Time:** 5 minutes or less**Total Time:** 35 minutes**Cook Time:** 30 minutes**Ingredients**

- 2 teaspoons dijon mustard
- 2 teaspoons mayonnaise, low-fat
- 1 1/2 tablespoons sour cream, fat-free
- 1 teaspoon lemon juice
- 4 1/2 ounces chicken breast, boneless/skinless, raw

Preparation

- Preheat oven to 375°F.
- In a small bowl, combine mustard, mayonnaise, sour cream and lemon juice; mix well.
- Brush 1/2 of the mustard sauce on chicken and place in a shallow baking pan coated with non-stick cooking spray.
- Bake chicken for 25 to 30 minutes, or until chicken is no longer pink inside. Spoon remaining mustard sauce over chicken.

Green Bean Almondine**Prep Time:** 10 minutes**Total Time:** 10 minutes**Cook Time:** 0 minutes**Ingredients**

- 1 cup snap green beans, fresh
- 1/4 teaspoon extra virgin olive oil
- 1/2 teaspoon almonds, slivered

Preparation

- Steam green beans in your microwave or stovetop until crisp tender; drain. While still warm, toss with olive oil and almonds.

Garlic Bread**Prep Time:** 5 minutes or less**Total Time:** 15 minutes**Cook Time:** 10 minutes**Ingredients**

- 1 teaspoon spread, buttery, low-fat
- 1/4 teaspoon garlic, chopped
- 1/2 whole wheat hoagie roll, medium
- 1/4 teaspoon parsley, dried

Preparation

- Combine spread and garlic in a small saucepan. Stir until melted.
- Brush spread/garlic mix onto roll. Sprinkle with parsley. Place on baking sheet and cook under broiler until golden.

Shortbread Cookie & Berries

Prep Time: 5 minutes or less

Total Time: 5 minutes or less

Cook Time: 0 minutes

Ingredients

- 1 SNACKWELL'S Cookies Sugar Free Shortbread
- 3 tablespoons sliced strawberries, fresh

Preparation

- Enjoy a shortbread cookie with strawberries for dessert.



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Prep Time: 5 minutes or less

Total Time: 5 minutes or less

Recipe Info for Hard Boiled Egg

Ingredients

- 1 egg, large, hard-boiled
- 1/2 banana, small

Preparation

- Enjoy a hard boiled egg and half a banana for this quick snack.

Prep Time: 5 minutes or less

Total Time: 5 minutes or less

Recipe Info for Chicken, Apple and Pecan Slaw

Ingredients

- 3 ounces chicken breast, boneless, skinless, cooked
- 2 tablespoons green onion, chopped
- 1 1/2 cups cabbage, shredded
- 1/3 cup carrot, grated
- 1/2 cup apples, tart, peeled, sliced
- 1 tablespoon pecans, chopped
- 1 1/2 tablespoons golden raisins
- 2 teaspoons mayonnaise, low-fat
- 2 1/2 teaspoons low-fat buttermilk
- 1/2 teaspoon white-rice vinegar
- 1/4 teaspoon lemon juice
- 1/2 teaspoon honey
- 1/8 teaspoon black pepper

Preparation

- Cut cooked chicken into bite-sized chunks. Slice green onion.
- In a bowl, toss the chicken, onion, cabbage, carrot, apple, pecans and raisins.
- Whisk together the mayonnaise, buttermilk, vinegar, lemon juice, honey and pepper. Pour over chicken and cabbage mixture. Mix gently.
- Refrigerate until ready to serve.
- Enjoy with a calorie free beverage.

Prep Time: 10 minutes

Total Time: 10 minutes



Recipe Info for Soy Nuts and Raisins

Ingredients

- 1 1/2 tablespoons soy beans, dry roasted, unsalted
- 2 teaspoons raisins

Preparation

- Enjoy a mixture of soy nuts and raisins.

Prep Time: 5 minutes or less

Total Time: 5 minutes or less

Mediterranean Cod

Prep Time: 10 minutes

Total Time: 22 minutes

Cook Time: 12 minutes

Ingredients

- 1/2 cup tomato, chopped
- 2 teaspoons green onion, chopped
- 2 teaspoons basil, fresh, chopped
- 4 olives, black
- 1/8 teaspoon garlic powder
- 1 teaspoon extra virgin olive oil
- 1 tablespoon lemon juice
- 1 tablespoon balsamic vinegar
- 5 ounces cod, raw

Preparation

- In a small bowl, combine tomatoes, onions, basil, olives (chopped), garlic powder, olive oil, 1-1/2 tsp. of the lemon juice and vinegar. Let stand at room temperature.
- Preheat oven to 425°F. Lightly coat a shallow baking dish with non-stick cooking spray.
- Rinse and pat dry the fish with a paper towel. Place fish in prepared baking dish. Drizzle fish with remaining 1-1/2 tsp. lemon juice and top with the tomato mixture. Bake until just cooked through, approximately 10 to 12 minutes, or until fish flakes easily with a fork.



Quick & Easy Couscous

Prep Time: 5 minutes or less

Total Time: 10 minutes

Cook Time: 5 minutes or less

Ingredients

- 2/3 cup couscous, cooked
- 3/4 teaspoon extra virgin olive oil
- 1/2 teaspoon parsley, fresh, chopped

Preparation

- Prepare couscous per package directions. Portion out 2/3 cup.
- Drizzle with olive oil and parsley.

Honeydew

Prep Time: 5 minutes or less
Total Time: 5 minutes or less
Cook Time: 0 minutes

Ingredients

- 3/4 cup honeydew melon balls

Preparation

- Enjoy your honeydew melon for dessert

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Prep Time: 5 minutes or less
Total Time: 5 minutes or less

Recipe Info for Beef Jerky

Ingredients

- 3/4 ounce beef jerky, teriyaki, California style
- 2 crackers, whole wheat
- 8 fluid ounces water

Preparation

- Enjoy beef jerky, crackers and a glass of water for this simple snack.

Prep Time: 2 minutes or less
Total Time: 2 minutes or less

Recipe Info for Tuna on Rye

Ingredients

- 1/2 celery stalk
- 1 1/2 tablespoons mayonnaise, low-fat
- 3 ounces tuna, canned in water, drained
- 2 pieces rye bread
- 1/3 cup melon, cantaloupe, fresh, cubes

Preparation

- Dice celery and mix with mayonnaise and tuna. Toast bread, if desired.
- Top one slice of bread with tuna mixture and second slice of bread.
- Serve sandwich with cantaloupe for dessert.
- Enjoy with a calorie free beverage.

Prep Time: 5 minutes or less
Total Time: 5 minutes or less

Recipe Info for Edamame

Ingredients

- 1/2 cup edamame, thawed



- 1/2 cup edamame, thaw if serve
- 8 fluid ounces water

Preparation

- Crunch on steamed or boiled edamame for this easy snack.
- Serve with a glass of water.

Prep Time: 3 minutes or less**Total Time:** 8 minutes**Sweet Dill Pork Chop****Prep Time:** 10 minutes**Total Time:** 40 minutes**Cook Time:** 30 minutes**Ingredients**

- 1/2 teaspoon canola oil
- 2 teaspoons reduced calorie pancake syrup
- 4 1/2 ounces pork sirloin chops, raw, boneless
- 1/4 teaspoon dill weed, ground

Preparation

- Heat oil in a non-stick skillet over medium heat. Spread 1 teaspoon of the syrup onto one side of the pork chop. Sprinkle 1/8 tsp. of dill over the syrup.
- Place the pork chop, syrup side down, in the skillet, and coat the top side of the pork with remaining syrup and dill.
- Cook for 5 minutes on each side, or until browned on the outside, and chop has reached desired degree of doneness.

Peas & Carrots**Prep Time:** 5 minutes or less**Total Time:** 10 minutes**Cook Time:** 5 minutes or less**Ingredients**

- 1/2 cup peas and carrots, frozen
- 3/4 teaspoon spread, buttery, low-fat

Preparation

- Heat peas and carrots in a small saucepan or in microwave per package directions.
- Top with spread.

Garlic Mashed Potatoes**Prep Time:** 10 minutes**Total Time:** 30 minutes**Cook Time:** 20 minutes**Ingredients**

- 7/8 cup potatoes, diced
- 2 tablespoons chicken broth, fat-free, low-sodium
- 1 teaspoon margarine, canola-based, trans-fat free
- 1 teaspoon garlic, chopped

Preparation

- Boil potatoes until tender.
- Mash with broth, margarine and garlic. Season with salt and pepper to taste.

Strawberry Yogurt**Prep Time:** 5 minutes or less**Total Time:** 6 minutes**Cook Time:** 1 minute or less**Ingredients**

Ingredients

- 2 1/2 tablespoons strawberries, frozen, unsweetened
- 2 1/2 ounces yogurt, nonfat

Preparation

- Thaw strawberries in microwave for 10-20 seconds. Pour over vanilla yogurt. Enjoy for dessert.

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- 1 serving Shakeology®, Favorite Flavor

Preparation

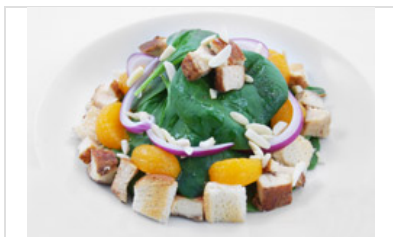
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Prep Time: 5 minutes or less**Total Time:** 5 minutes or less**Recipe Info for Roast Beef and Cheddar on Crackers****Ingredients**

- 1/2 ounce deli-style roast beef, low-fat, low-sodium
- 1/2 ounce low-fat sharp cheddar cheese
- 3 crackers, whole wheat, reduced fat
- 8 fluid ounces water

Preparation

- Equally divide roast beef and cheddar cheese on whole wheat, low fat crackers.
- Enjoy with a glass of water.

Prep Time: 4 minutes or less**Total Time:** 4 minutes or less**Recipe Info for Chicken, Mandarin and Spinach Salad****Ingredients**

- 3 cups spinach, fresh, chopped
- 1/4 red onion, medium, sliced
- 3 ounces chicken, cooked and chopped
- 1/3 cup mandarin oranges, canned in light syrup
- 3 tablespoons croutons, fat free
- 1 tablespoon almonds, slivered
- 2 tablespoons salad dressing, low-fat, any flavor

Preparation

- Toss all ingredients in a salad bowl.
- Enjoy with a calorie free beverage.

Prep Time: 5 minutes or less**Total Time:** 5 minutes or less**Recipe Info for Cottage Cheese & Strawberries****Ingredients**

- 1/3 cup cottage cheese, 1% fat
- 6 strawberries, whole, fresh
- 1 1/2 teaspoons pecans, chopped
- 8 fluid ounces water

Preparation

- Top cottage cheese with strawberries and pecans.
- Enjoy with a glass of water.

Prep Time: 5 minutes or less**Total Time:** 5 minutes or less**Herbed Shrimp Saute****Prep Time:** 15 minutes**Total Time:** 25 minutes**Cook Time:** 10 minutes**Ingredients**

- 4 1/2 ounces (US or Canada) shrimp, uncooked
- 1 teaspoon garlic, chopped
- 1 teaspoon parsley, fresh, chopped
- 1 teaspoon rosemary, fresh
- 1/4 teaspoon thyme, ground
- 1 teaspoon extra virgin olive oil
- 2 teaspoons lemon juice
- 2 tablespoons chicken broth, fat-free, low-sodium
- 1/2 teaspoon spread, buttery, low-fat

Preparation

- Toss the shrimp with the garlic, parsley, rosemary, thyme and 1/2 tsp. of the olive oil; set aside for 15 minutes.
- Place the remaining 1/2 teaspoon of oil in a medium non-stick skillet and heat over medium-high heat. Add the shrimp along with the sauce. Sauteé, stirring constantly, until shrimp are cooked through, about 3 to 5 minutes. Remove from skillet.
- Add the lemon juice and broth to the skillet, scraping up any browned bits on the bottom of the skillet. Cook over medium-high heat, stirring frequently, until reduced by half. Add the spread and continue to cook until melted.
- Pour sauce over shrimp and season with pepper as desired.

Zucchini**Prep Time:** 5 minutes or less**Total Time:** 15 minutes**Cook Time:** 10 minutes**Ingredients**

- 1/2 teaspoon extra virgin olive oil
- 1 2/3 cups zucchini, fresh, sliced

Preparation

- Heat olive oil to medium.
- Add zucchini and sauté until tender. Season with salt and pepper to taste.

Macaroni Pasta & Vegetable Salad**Prep Time:** 10 minutes**Total Time:** 10 minutes**Cook Time:** 0 minutes**Ingredients**

- 1/3 cup pasta, macaroni noodles, cooked
- 2 tablespoons salad dressing, Italian, 1/3 less fat
- 1 1/2 tablespoons balsamic vinegar
- 2 tablespoons mushrooms, sliced
- 2 tablespoons bell pepper, green, chopped
- 5 tomatoes, cherry

Preparation

- Toss pasta with dressing, vinegar, mushrooms, peppers and tomatoes.

- Enjoy with entree.

Mandarin Oranges

Prep Time: 5 minutes or less

Total Time: 5 minutes or less

Cook Time: 0 minutes

Ingredients

- 1 1/2 clementines/mandarin oranges, fresh

Preparation

- Enjoy mandarin oranges for dessert.

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