



TRICKS

+

TREATS

FOR A HEALTHIER HALLOWEEN



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HEALTHY HALLOWEEN

BUY CANDY AT THE LAST MINUTE

If you've got a sweet tooth, bags of mini chocolate bars are temptation waiting to happen. So, if you plan to hand out candy, pick it up later rather than sooner.

FUEL BEFORE THE FUN

Whether you're heading out the door trick-or-treating or staying at home for a fun family movie night... make sure to enjoy a healthy, balanced meal before. Protein + veggies are the way to go!

HYDRATE, HYDRATE, HYDRATE

Every day, your goal should be to drink 1/2 your body weight in ounces of water. So, make sure you've got your water bottle with you + stay hydrated!

BALANCE IS KEY

Halloween is just 1 day out of 365. You should be able to celebrate it without guilt.

November 1st is a Monday this year and the perfect new day of a new week of a new month to kick up your meal plan game! Plan ahead and know you can wake up November 1st balanced and still on track!

JACK-O' LANTERN STUFFED PEPPERS



Ingredients

- 4 medium orange bell peppers
- 2 tsp. olive oil
- 1 lb. raw 93% lean ground turkey
- ½ medium onion, chopped
- 1 clove garlic, finely chopped
- 1 Tbsp. chili powder
- ½ tsp. ground cumin
- Ground black pepper to taste; optional
- 1 (8-oz.) can tomato sauce, no sugar added
- 1 cup black beans drained, rinsed
- 1 cup cooked brown rice
- ¼ cup water
- ½ cup shredded sharp cheddar cheese

Method

Slice stem end off peppers. (Reserve for later use.) Remove seeds and veins from peppers. Cut a jack-o-lantern face out of one side of each pepper. Stand peppers upright in baking dish. Set aside.

Preheat oven to 400° F.

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

Add turkey; cook, stirring frequently, for 4 to 5 minutes, or until almost browned.

Add onion; cook, stirring frequently, for 4 to 5 minutes, or until onion is translucent.

Add garlic; cook, stirring frequently, for 1 minute.

Add chili powder, cumin, pepper (if desired), tomato sauce, and beans; cook, stirring occasionally, for 4 to 5 minutes. Remove from heat.

Add rice; mix well.

Fill peppers with turkey mixture. Top with reserved stem end of peppers. Add water to the baking dish. Cover with foil.

Bake peppers for 12 to 15 minutes, or until tender-crisp. Remove stem top of peppers, sprinkle evenly with cheese. Bake for 2 to 3 minutes, or until cheese is melted.

Replace tops and serve.

Time: 1 hour

Serves: 4

Portion Fix Containers: 2 Green, 1 Red, 1 Yellow, ½ Blue, ½ tsp.

2B Mindset Plate It: A great lunch option.

HONEY PUMPKIN SPICE SMOOTHIE



Time: 10 minutes

Serves: 1

Portion Fix Containers: ½ Purple, 1 Red

2B Mindset Plate It: A great snack or add an FFC to enjoy as part of breakfast.

Ingredients

- 1 cup water
- 1 cup ice
- 1 scoop chocolate protein powder (I use Shakeology)
- ⅓ cup pumpkin puree
- ¼ tsp. pumpkin pie spice
- 1 tsp. raw honey

Method

Place water, ice, protein powder, pumpkin puree, pumpkin pie spice, and honey in the blender; cover. Blend until smooth.

CHOCOLATE PB FRUIT DIP



Time: 10 minutes

Serves: 2

Portion Fix Containers: ½ Red, 2 tsp.

2B Mindset Plate It: Enjoy as a treat. Be sure to track it.

Ingredients

- ¼ cup + 4 Tbsp. unsweetened almond milk divided use
- 1 Tbsp. + 1 tsp. all-natural smooth peanut butter
- 1 scoop chocolate protein powder (I use Shakeology)
- Fruit, for serving

Method

Combine ¼ cup almond milk, peanut butter, and protein powder in a medium bowl; mix well. Add remaining almond milk, 1 Tbsp. at a time; mix until well blended and smooth.

Serve immediately and consume within 30 minutes.

BOO-NANA LATTE SHAKE



Time: 10 minutes

Serves: 1

Portion Fix Containers: ½ Purple, 1 Red

2B Mindset Plate It: A great snack or add an FFC to enjoy as part of breakfast.

Ingredients

- 1 cup unsweetened almond milk
- 1 cup ice
- 1 scoop Café Latte Whey (or Café Latte Plant-Based Vegan) Shakeology
- ½ large banana, cut into chunks
- 2 Tbsp. dry rolled oats
- 1 Tbsp. unsalted cashews
- ½ tsp. ground nutmeg

Method

Place almond milk, ice, Shakeology, banana, oats, cashews, and nutmeg in blender; cover. Blend until smooth.

SUPERFOODS WITCHES BREW



Time: 10 minutes

Serves: 1

Portion Fix Containers: 1 red, 1/2 green, 1 purple

2B Mindset Plate It: Enjoy as a treat. Be sure to track it.

Ingredients

- 1 cup unsweetened almond milk
- 1 cup ice
- 1 scoop Vanilla Whey (or Vanilla Plant-Based Vegan) Shakeology
- ½ cup raw spinach
- ½ large ripe banana, cut into chunks

Method

Place almond milk, ice, Shakeology, spinach, and banana in blender; cover. Blend until smooth. Serve immediately and consume within 30 minutes.

PUMPKIN PROTEIN BALLS



Time: 10 minutes

Serves: 12

Portion Fix Containers: ½ Purple, 1 Red

2B Mindset Plate It: A great snack or add an FFC to enjoy as part of breakfast.

Ingredients

- ¾ cup all-natural smooth peanut butter
- ¼ cup pure pumpkin puree
- ¼ cup honey
- ¾ cup dry rolled oats
- 3 scoops Vanilla Whey Shakeology
- ½ tsp. ground cinnamon
- 2 Tbsp. mini chocolate chips
- 12 small pretzel sticks, each broken into 2 pieces

Method

Combine peanut butter, pumpkin, honey, oats, Shakeology, and cinnamon in a medium bowl; mix well with clean hands or a rubber spatula.

Shape mixture into 24 walnut-size balls.

Arrange chocolate chips in protein balls to resemble jack-o'-lantern faces. Stick a pretzel piece into the top of each protein ball to make a stem.

THE FRANKEN-SHAKE



Ingredients

- 1 cup coconut water
- 1 cup ice
- 1 scoop Vanilla Whey Shakeology
- 1 cup chopped kale
- ¼ large banana, cut into chunks
- 1 tsp. finely chopped lime peel (lime zest)
- 1 tsp. fresh ginger, coarsely chopped

Method

Place coconut water, ice, Shakeology, kale, banana, lime peel, and ginger in blender; cover. Blend until smooth.

Time: 10 minutes

Serves: 1

Portion Fix Containers: 1 red, 1/2 green, 1 purple

2B Mindset Plate It: Enjoy as a treat. Be sure to track it.