





















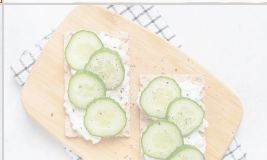
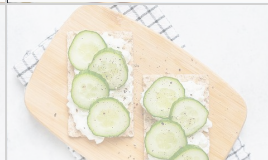

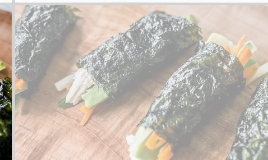
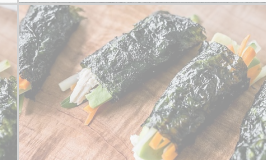

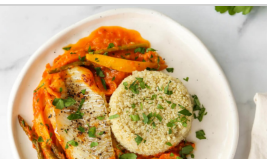

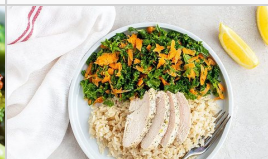
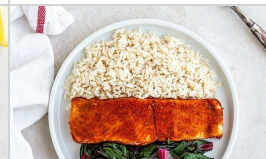

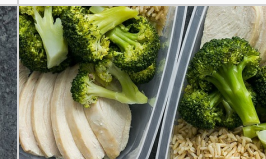
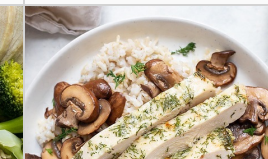

























EXERCISE
with Style

1300 Calorie Meal Plan
35/35/30 PDF

Brenda Peralta, RDN, CDE
<https://exercisewithstyle.com>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Gingerbread Smoothie	 Gingerbread Smoothie	 Gingerbread Smoothie	 Cottage Cheese with Cherries	 Cottage Cheese with Cherries	 Cottage Cheese with Mango	 Cottage Cheese with Mango
Snack 1	 0.5 Greek Yogurt with Almonds, Chia & Honey	 Greek Yogurt with Almonds, Chia & Honey	 Greek Yogurt with Almonds, Chia & Honey	 0.5 Creamy Mango Pudding	 0.5 Creamy Mango Pudding	 0.5 Creamy Mango Pudding	 0.5 Creamy Mango Pudding
Lunch	 Spinach Tuna Crepes	 Baked Cod & Veggies with Quinoa	 Orange Chicken with Broccoli	 Lemon Dill Chicken with Rice & Kale Salad	 Salmon with Rice & Greens	 Ground Turkey, Broccoli & Sweet Potato	 Chicken, Rice & Broccoli
Snack 2	 Cottage Cheese Crackers with Cucumbers	 0.5 Cottage Cheese Crackers with Cucumbers	 0.5 Cottage Cheese Crackers with Cucumbers	 Tuna Nori Wraps	 Tuna Nori Wraps	 Tuna Nori Wraps	 Tuna Nori Wraps
Dinner	 Baked Cod & Veggies with Quinoa	 Orange Chicken with Broccoli	 Lemon Dill Chicken with Rice & Kale Salad	 Salmon with Rice & Greens	 Ground Turkey, Broccoli & Sweet Potato	 Chicken, Rice & Broccoli	 Creamy Dill Chicken with Rice

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  31%	Fat  31%	Fat  31%	Fat  28%	Fat  30%	Fat  30%	Fat  29%
Carbs  37%	Carbs  36%	Carbs  38%	Carbs  37%	Carbs  36%	Carbs  38%	Carbs  39%
Protein  32%	Protein  33%	Protein  31%	Protein  35%	Protein  34%	Protein  32%	Protein  32%
Calories 1312	Calories 1339	Calories 1378	Calories 1366	Calories 1344	Calories 1336	Calories 1377
Fat 47g	Fat 47g	Fat 49g	Fat 44g	Fat 46g	Fat 46g	Fat 46g
Carbs 124g	Carbs 124g	Carbs 135g	Carbs 128g	Carbs 125g	Carbs 133g	Carbs 137g
Fiber 27g	Fiber 25g	Fiber 24g	Fiber 18g	Fiber 22g	Fiber 24g	Fiber 18g
Sugar 31g	Sugar 54g	Sugar 52g	Sugar 34g	Sugar 40g	Sugar 50g	Sugar 43g
Protein 109g	Protein 116g	Protein 111g	Protein 121g	Protein 119g	Protein 111g	Protein 115g
Cholesterol 220mg	Cholesterol 179mg	Cholesterol 195mg	Cholesterol 251mg	Cholesterol 253mg	Cholesterol 241mg	Cholesterol 245mg
Sodium 1230mg	Sodium 1406mg	Sodium 1402mg	Sodium 1704mg	Sodium 1776mg	Sodium 1630mg	Sodium 1464mg
Vitamin A 5651IU	Vitamin A 4526IU	Vitamin A 9320IU	Vitamin A 19328IU	Vitamin A 32051IU	Vitamin A 29344IU	Vitamin A 10053IU
Vitamin C 180mg	Vitamin C 348mg	Vitamin C 238mg	Vitamin C 107mg	Vitamin C 194mg	Vitamin C 306mg	Vitamin C 182mg
Calcium 1416mg	Calcium 1398mg	Calcium 1418mg	Calcium 572mg	Calcium 606mg	Calcium 598mg	Calcium 473mg
Iron 14mg	Iron 14mg	Iron 12mg	Iron 9mg	Iron 10mg	Iron 7mg	Iron 5mg

Fruits

- 1 Avocado
- 1 1/2 Banana
- 1 1/2 cups Cherries
- 3 tbsps Lemon Juice
- 1/4 tsp Lemon Zest
- 1 Mango
- 1/2 Navel Orange

Breakfast

- 3 tbsps Almond Butter

Seeds, Nuts & Spices

- 1/4 cup Chia Seeds
- 3/4 tsp Cinnamon
- 3/4 tsp Cumin
- 1/4 tsp Dried Dill
- 1/8 tsp Garlic Powder
- 1 tsp Italian Seasoning
- 1/2 tsp Oregano
- 1 tsp Paprika
- 1/4 tsp Red Pepper Flakes
- 2/3 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tbsp Sesame Seeds
- 3 tbsps Sliced Almonds

Frozen

- 1 cup Frozen Mango

Vegetables

- 1 1/3 cups Asparagus
- 1/2 cup Baby Spinach
- 9 cups Broccoli
- 3 Carrot
- 1/3 cup Cherry Tomatoes
- 6 Cremini Mushrooms
- 2 Cucumber
- 1 1/4 tbsps Fresh Dill
- 3 Garlic
- 1 1/2 tbsps Ginger
- 3 cups Kale Leaves
- 2 1/3 tbsps Parsley
- 1/4 cup Red Onion
- 98 grams Roasted Red Peppers
- 2 Sweet Potato
- 4 cups Swiss Chard
- 2/3 Yellow Bell Pepper
- 2/3 Zucchini

Boxed & Canned

- 1 1/2 cups Brown Rice
- 1/3 cup Canned Coconut Milk
- 1/3 cup Chicken Broth
- 1/4 cup Jasmine Rice
- 4 slices Light Rye Crisp Bread
- 1/3 cup Quinoa
- 2 1/2 cans Tuna

Baking

- 1 1/2 tbsps Blackstrap Molasses
- 2 tbsps Fancy Molasses
- 1/3 tsp Ground Cloves
- 1 1/2 tbsps Honey
- 1/3 cup Whole Wheat Flour

Bread, Fish, Meat & Cheese

- 794 grams Chicken Breast
- 1 1/3 Cod Fillet
- 227 grams Extra Lean Ground Turkey
- 340 grams Salmon Fillet

Condiments & Oils

- 1 1/2 tbsps Avocado Oil
- 1 1/2 tbsps Coconut Oil
- 2 3/4 tbsps Extra Virgin Olive Oil
- 1 tbsp Mayonnaise
- 1 tbsp Tamari

Cold

- 5 cups Cottage Cheese
- 1/2 Egg
- 2 1/2 cups Plain Greek Yogurt
- 3 1/2 cups Unsweetened Almond Milk

Other

- 12 Nori Sheets
- 3/4 cup Vanilla Protein Powder
- 1 1/3 cups Water



Gingerbread Smoothie

3 servings

5 minutes

Ingredients

3 cups Unsweetened Almond Milk
3/4 cup Vanilla Protein Powder
1 1/2 Banana (frozen)
3 tbsps Chia Seeds
3 tbsps Almond Butter
1 1/2 tbsps Blackstrap Molasses
1 1/2 tps Ginger (fresh, minced)
3/4 tsp Cinnamon (ground)
1/3 tsp Ground Cloves

Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Chia Seeds: Use flax seeds instead.

No Blackstrap Molasses: Use maple syrup instead.

Nut-Free: Use coconut milk instead of almond milk. Omit the almond butter or use coconut butter or sunflower seed butter instead.

More Veggies: Add frozen cauliflower.

Nutrition

Amount per serving	
Calories	352
Fat	15g
Carbs	32g
Fiber	9g
Sugar	13g
Protein	26g
Cholesterol	4mg
Sodium	210mg
Vitamin A	539IU
Vitamin C	5mg
Calcium	757mg
Iron	4mg



Cottage Cheese with Cherries

2 servings

5 minutes

Ingredients

- 2 cups Cottage Cheese
- 1 1/2 cups Cherries (pitted)

Nutrition

Amount per serving	
Calories	279
Fat	9g
Carbs	26g
Fiber	2g
Sugar	20g
Protein	25g
Cholesterol	36mg
Sodium	662mg
Vitamin A	368IU
Vitamin C	8mg
Calcium	189mg
Iron	1mg

Directions

- 1 Serve the cottage cheese with the cherries. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Dairy-Free: Use coconut yogurt or oatmeal instead.

Additional Toppings: Add hemp seeds, shredded coconut, crushed nuts, or your sweetener of choice.



Cottage Cheese with Mango

2 servings

5 minutes

Ingredients

- 2 cups Cottage Cheese
- 1 Mango (peeled, chopped)

Nutrition

Amount per serving	
Calories	307
Fat	10g
Carbs	32g
Fiber	3g
Sugar	29g
Protein	25g
Cholesterol	36mg
Sodium	663mg
Vitamin A	2112IU
Vitamin C	61mg
Calcium	193mg
Iron	0mg

Directions

- 1 Top the cottage cheese with chopped mango and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Make it Vegan: Use coconut yogurt or oatmeal instead of cottage cheese.

Additional Toppings: Hemp seeds, crushed nuts, coconut flakes, or your sweetener of choice.



Greek Yogurt with Almonds, Chia & Honey

3 servings

5 minutes

Ingredients

- 1 1/2 cups Plain Greek Yogurt
- 3 tbsps Sliced Almonds (coarsely chopped)
- 1 1/2 tbsps Honey
- 1 tbsp Chia Seeds

Nutrition

Amount per serving	
Calories	192
Fat	8g
Carbs	18g
Fiber	2g
Sugar	11g
Protein	14g
Cholesterol	17mg
Sodium	71mg
Vitamin A	625IU
Vitamin C	7mg
Calcium	298mg
Iron	1mg

Directions

- 1 Add the Greek yogurt to a bowl. Top with almonds, honey, and chia seeds. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 1/2 cup.

Additional Toppings: Add other seeds, nuts and/or your favorite fruits.

Dairy-Free: Use a dairy-free yogurt like coconut, almond, or cashew.



Creamy Mango Pudding

2 servings

5 minutes

Ingredients

- 1 cup Frozen Mango
- 1 cup Plain Greek Yogurt

Nutrition

Amount per serving	
Calories	140
Fat	3g
Carbs	18g
Fiber	1g
Sugar	14g
Protein	12g
Cholesterol	17mg
Sodium	71mg
Vitamin A	1518IU
Vitamin C	37mg
Calcium	259mg
Iron	0mg

Directions

- 1 Blend the mango and yogurt in a mini food processor or using an immersion blender until well combined. Transfer to a cup and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Additional Toppings: Top with fresh fruit, crushed nuts, shredded coconut, hemp seeds, or your sweetener of choice.



Spinach Tuna Crepes

1 serving
35 minutes

Ingredients

- 1/2 cup Baby Spinach
- 1 tbsp Parsley
- 1/2 cup Unsweetened Almond Milk
- 1/2 Egg
- 1/3 cup Whole Wheat Flour
- Sea Salt & Black Pepper (to taste)
- 1 1/2 tps Extra Virgin Olive Oil
- 1/2 can Tuna (drained and flaked)
- 1/3 cup Cherry Tomatoes (halved)
- 3/4 tsp Fresh Dill (chopped)

Nutrition

Amount per serving	
Calories	343
Fat	13g
Carbs	33g
Fiber	7g
Sugar	2g
Protein	26g
Cholesterol	123mg
Sodium	337mg
Vitamin A	2634IU
Vitamin C	17mg
Calcium	306mg
Iron	4mg

Directions

- 1 Blend the spinach, parsley, almond milk, and eggs until smooth. Slowly add the flour until thoroughly combined. Season with salt and pepper to taste.
- 2 Brush a medium skillet with olive oil over medium heat. Once hot, pour 1/4 cup of the batter at a time and gently swirl to spread it into a thin layer. Cook for about one to two minutes. Flip and cook for another 30 seconds. Repeat with the remaining batter.
- 3 Divide crepes onto plates. Spoon tuna in the middle along with cherry tomatoes. Sprinkle dill on top. Roll the crepes and enjoy.

Notes

Leftovers: Refrigerate crepes in an airtight container for up to two days. Reheat them in a hot pan for about 30 seconds.

Serving Size: One serving size is equal to three filled crepes.

More Flavor: Mix the tuna with mayonnaise, chili flakes, and/or lemon juice.

Additional Toppings: Add sliced cucumber and red onions.

Canned Tuna: One can of tuna is equal to 165 grams or 5.8 ounces, drained.



Cottage Cheese Crackers with Cucumbers

2 servings

5 minutes

Ingredients

1 cup Cottage Cheese
4 slices Light Rye Crisp Bread
1 Cucumber (medium, sliced)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	165
Fat	5g
Carbs	20g
Fiber	5g
Sugar	5g
Protein	15g
Cholesterol	18mg
Sodium	404mg
Vitamin A	305IU
Vitamin C	4mg
Calcium	120mg
Iron	1mg

Directions

- 1 Spread the cottage cheese on top of each crisp bread. Top with cucumbers, salt, and pepper. Enjoy!

Notes

Gluten-Free: Use gluten-free crackers instead.

Additional Toppings: Add sliced tomatoes.



Tuna Nori Wraps

4 servings
15 minutes

Ingredients

- 2 cans Tuna (drained and flaked)
- 2 Carrot (smaller, julienned)
- 1 Cucumber (julienned)
- 1 Avocado (peeled and sliced)
- 12 Nori Sheets (snack size)

Nutrition

Amount per serving	
Calories	190
Fat	8g
Carbs	13g
Fiber	8g
Sugar	3g
Protein	21g
Cholesterol	30mg
Sodium	239mg
Vitamin A	6495IU
Vitamin C	18mg
Calcium	72mg
Iron	2mg

Directions

- 1 Divide the tuna, carrot, cucumber and avocado onto each nori sheet.
- 2 Roll or wrap the tuna-stuffed nori and enjoy immediately.

Notes

Leftovers: Refrigerate all ingredients (except nori sheets) individually up to 3 days. Assemble and wrap before ready to eat.

Serving Size: Each serving size will yield approximately 3 small rolls.

Canned Tuna: One can of tuna is equal to 165 grams or 5.8 ounces, drained.



Baked Cod & Veggies with Quinoa

2 servings
30 minutes

Ingredients

- 1/3 cup Quinoa (dry)
- 98 grams Roasted Red Peppers
- 1/3 cup Canned Coconut Milk
- 2 2/3 tbsps Water
- Sea Salt & Black Pepper (to taste)
- 1 1/3 Cod Fillet
- 2/3 Zucchini (medium, sliced into strips)
- 2/3 Yellow Bell Pepper (medium, sliced)
- 1 1/3 cups Asparagus (trimmed, chopped)
- 1 1/3 tbsps Parsley (chopped)

Nutrition

Amount per serving	
Calories	356
Fat	10g
Carbs	30g
Fiber	5g
Sugar	5g
Protein	35g
Cholesterol	66mg
Sodium	243mg
Vitamin A	1860IU
Vitamin C	150mg
Calcium	84mg
Iron	4mg

Directions

- 1 Preheat the oven to 400°F (205°C).
- 2 Cook the quinoa according to package directions. Once cooked, fluff with a fork and let it cool.
- 3 Blend the roasted red pepper, coconut milk, and water, using a blender or immersion blender, until smooth. Season with salt and pepper.
- 4 Season both sides of the cod with salt and pepper.
- 5 Place the zucchini, bell pepper, and asparagus into a deep baking dish. Add the red pepper sauce and stir. Place the cod on top and bake in the oven for 15 to 18 minutes or until the fish is cooked through and the vegetables are tender.
- 6 Divide the quinoa, cod, and veggies evenly between plates. Top with parsley and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately two cups.

No Quinoa: Use couscous, brown rice, or cauliflower rice instead.

More Flavor: Add red onion and garlic.

No Cod Fillets: Use another white fish instead.

Fillet Size: One cod fillet is equal to 231 grams or 8 ounces.



Orange Chicken with Broccoli

2 servings

20 minutes

Ingredients

227 grams Chicken Breast (skinless, boneless)
1 1/2 tsps Coconut Oil
2 tsps Chicken Broth
1 Garlic (cloves, minced)
1/2 Navel Orange (zested and juiced)
2 tsps Fancy Molasses
1 tbsp Tamari
1/4 tsp Red Pepper Flakes
4 cups Broccoli (chopped into florets)
3/4 tsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
1 tbsp Sesame Seeds

Nutrition

Amount per serving	
Calories	356
Fat	11g
Carbs	34g
Fiber	6g
Sugar	22g
Protein	33g
Cholesterol	83mg
Sodium	680mg
Vitamin A	1349IU
Vitamin C	184mg
Calcium	199mg
Iron	4mg

Directions

- 1 Dice your chicken breasts into 1 inch cubes. Melt the coconut oil in a large skillet over medium heat. Add in the chicken and saute until cooked through and browned (about 10 minutes).
- 2 Meanwhile, in a small sauce pan stir together the chicken broth, garlic, orange zest, orange juice, molasses, tamari and red pepper flakes. Bring to a boil, then reduce to a simmer. Simmer for 10 minutes, then pour it into the skillet over the cooked chicken. Mix well to coat and let simmer while you prepare the rest.
- 3 Lightly steam your broccoli then toss in olive oil and sea salt and black pepper to taste.
- 4 Turn the heat off of the chicken (the sauce should be cooked down and thickened by now. If it isn't, simmer a bit longer). Divide the broccoli between bowls and top with the orange chicken. Sprinkle with sesame seeds and serve. Enjoy!

Notes

Prep Ahead: Mix the sauce up in a mason jar and store in the fridge until ready to cook. Steam the broccoli in advance and warm before serving.

Vegan & Vegetarian: Use chickpeas or tofu instead of chicken.

Leftovers: Keeps well in the fridge up to 3 days.

More Carbs: Serve with rice, quinoa or sweet potatoes.

Make It Faster: Buy pre-sliced chicken breast and pre-chopped broccoli florets (fresh or frozen) in the bag.



Lemon Dill Chicken with Rice & Kale Salad

2 servings
45 minutes

Ingredients

- 1/4 tsp Dried Dill
- 1/4 tsp Lemon Zest
- 1/8 tsp Garlic Powder
- 1/8 tsp Sea Salt
- 3 tbsps Lemon Juice (divided)
- 227 grams Chicken Breast
- 1/2 cup Brown Rice (dry)
- 3 cups Kale Leaves (finely chopped)
- 1 tbsp Extra Virgin Olive Oil
- 1 Carrot (small, peeled and grated)

Nutrition

Amount per serving	
Calories	395
Fat	12g
Carbs	41g
Fiber	4g
Sugar	3g
Protein	30g
Cholesterol	82mg
Sodium	239mg
Vitamin A	6654IU
Vitamin C	40mg
Calcium	104mg
Iron	2mg

Directions

- 1 Add the dill, lemon zest, garlic powder, salt and 1/3 of the lemon juice to a zipper-lock bag or bowl and mix to combine. Add the chicken breast and marinate for at least 15 minutes.
- 2 Cook the rice according to package directions.
- 3 Preheat the oven to 400°F (205°C).
- 4 Add the chicken to a baking dish and bake for 25 to 28 minutes or until the chicken is cooked through.
- 5 Meanwhile, add the kale to a bowl with the remaining lemon juice and the olive oil and massage with your hands until the kale is wilted and tender. Mix in the grated carrots.
- 6 To serve, divide the rice and chicken salad between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add other dried herbs and spices to the chicken marinade.

Additional Toppings: Lemon wedges or fresh herbs.

No Brown Rice: Use cauliflower rice, white rice, or quinoa.



Salmon with Rice & Greens

2 servings

30 minutes

Ingredients

- 1/2 cup Brown Rice (uncooked)
- 1 tsp Paprika
- 3/4 tsp Cumin
- 1/2 tsp Oregano (dried)
- 1/4 tsp Sea Salt
- 340 grams Salmon Fillet
- 2 tbsps Water
- 4 cups Swiss Chard (chopped)

Nutrition

Amount per serving	
Calories	432
Fat	13g
Carbs	39g
Fiber	3g
Sugar	1g
Protein	39g
Cholesterol	94mg
Sodium	528mg
Vitamin A	5052IU
Vitamin C	22mg
Calcium	77mg
Iron	4mg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Cook the rice according to package directions.
- 3 In a small bowl combine the paprika, cumin, oregano, and salt. Generously coat all sides of the salmon with the spice blend. Place the salmon on the prepared baking sheet and bake for 16 to 18 minutes or until the salmon is cooked through.
- 4 Meanwhile, heat a pan over medium heat. Add the water and Swiss chard and cook for three to five minutes, or until the chard is wilted and tender.
- 5 To serve, divide the rice, salmon and greens between plates or meal prep containers. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Additional Toppings: Add butter, ghee, or freshly squeezed lemon juice.

No Swiss Chard: Use spinach or kale instead.

No Brown Rice: Use white rice, quinoa, or cauliflower rice instead.



Ground Turkey, Broccoli & Sweet Potato

2 servings
25 minutes

Ingredients

- 2 Sweet Potato (small, peeled and cubed)
- 1/4 cup Chicken Broth
- 1 1/2 tsps Avocado Oil
- 3 cups Broccoli (cut into florets)
- 227 grams Extra Lean Ground Turkey
- 1/4 cup Red Onion (finely chopped)
- 2 Garlic (clove, minced)
- 1 tsp Italian Seasoning

Nutrition

Amount per serving	
Calories	373
Fat	14g
Carbs	38g
Fiber	8g
Sugar	9g
Protein	28g
Cholesterol	84mg
Sodium	311mg
Vitamin A	19377IU
Vitamin C	127mg
Calcium	138mg
Iron	3mg

Directions

- 1 Boil the sweet potatoes for seven to 10 minutes or until fork-tender. Drain the sweet potato and place them back in the pot. Add the chicken broth and avocado oil and mash until smooth.
- 2 Meanwhile, steam the broccoli for five to seven minutes until tender. Drain and set aside.
- 3 While the broccoli cooks, heat a pan over medium-high heat. Add the turkey to the pan, breaking it up as it cooks. Once it is cooked through, add the onion and garlic and cook for three to five minutes until the onions soften. Add the Italian seasoning and cook for another minute.
- 4 To serve, divide the sweet potato, broccoli, and turkey between plates or meal prep containers. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add salt and other dried herbs and spices to the turkey. Add a pinch of cinnamon to the sweet potato.

No Turkey: Use ground chicken, ground pork, or ground beef instead.

No Broccoli: Use another vegetable instead.



Chicken, Rice & Broccoli

2 servings
45 minutes

Ingredients

- 1/2 cup Brown Rice (uncooked, rinsed)
- 1 cup Water
- 227 grams Chicken Breast (boneless, skinless)
- 1 tbsp Extra Virgin Olive Oil
- 1/4 tsp Sea Salt
- 2 cups Broccoli (chopped into florets)

Nutrition

Amount per serving	
Calories	396
Fat	12g
Carbs	41g
Fiber	4g
Sugar	2g
Protein	31g
Cholesterol	82mg
Sodium	381mg
Vitamin A	601IU
Vitamin C	81mg
Calcium	65mg
Iron	2mg

Directions

- 1 Preheat the oven to 400°F (204°C). Line a baking dish with parchment paper.
- 2 Combine the rice and water in a pot and bring to a boil. Reduce the heat to a simmer and cover with a lid. Cook for 40 minutes or until water is absorbed. Remove the lid and fluff with a fork.
- 3 In the prepped baking dish, coat the chicken with oil and salt. Bake for 25 to 30 minutes, or until cooked through. Set aside and cover with foil while prepping the other ingredients.
- 4 While the rice is cooking, place broccoli in a steaming basket and add it to the same pot of rice. Steam for 5 minutes or until tender. Set aside.
- 5 Slice the chicken and divide it, along with the broccoli and rice onto plates or into containers. Enjoy!

Notes

No Brown Rice: Use quinoa, jasmine rice, couscous, barley or cauliflower rice instead.

Less Time: Soak the rice overnight or slice the chicken in half lengthwise to reduce cooking time.

No Steaming Basket: Toss the broccoli in oil, add to a baking sheet and roast for 10 minutes.

Leftovers: Refrigerate in an airtight container up to 3 days.

Serving Size: One serving is equal to approximately 3/4 cup of cooked rice, 1 cup of broccoli and 4 ozs of chicken.



Creamy Dill Chicken with Rice

1 serving
20 minutes

Ingredients

- 1/4 cup Jasmine Rice (uncooked)
- 113 grams Chicken Breast (skinless, boneless)
- 1 tbsp Mayonnaise
- 1 tbsp Fresh Dill (chopped, plus more for garnish)
- 1 tbsp Water
- 6 Cremini Mushrooms (sliced)

Nutrition

Amount per serving	
Calories	414
Fat	14g
Carbs	42g
Fiber	2g
Sugar	2g
Protein	32g
Cholesterol	88mg
Sodium	145mg
Vitamin A	86IU
Vitamin C	3mg
Calcium	13mg
Iron	1mg

Directions

- 1 Cook the rice according to the directions on the package.
- 2 Preheat the oven to 425°F (220°C). Line a baking sheet with foil. Flatten the chicken breast with a mallet or rolling pin to about half-inch thick.
- 3 In a small bowl, combine the mayonnaise and dill.
- 4 Arrange the chicken on the baking sheet and evenly spread the creamy dill sauce overtop. Bake for 10 minutes or until cooked through. Slice into strips.
- 5 Meanwhile, heat the water in a pan over medium-high heat. Cook the mushrooms for about three minutes or until soft. Add more water as needed to prevent sticking.
- 6 Divide the rice, mushrooms and chicken onto plates and garnish with additional dill (optional). Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Use broth instead of water to cook the rice and mushrooms. Sauté onions and garlic with the mushrooms. Add garlic powder, onion powder, black pepper, and/or salt to the creamy dill sauce.

Additional Toppings: A squeeze of lemon juice.

Egg-Free: Use a vegan or egg-free mayonnaise instead.

No White Rice: Use brown rice, quinoa, or cauliflower rice and adjust the cooking time and quantity accordingly.