


















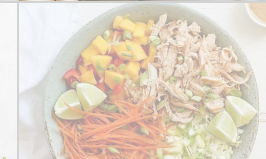







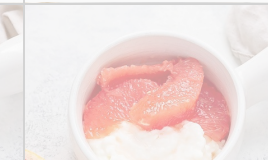
































EXERCISE
with Style

1300 Calorie Meal Plan
40/30/30 PDF

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<https://exercisewithstyle.com>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Turkey Apple Breakfast Hash	 Turkey Apple Breakfast Hash	 Turkey Apple Breakfast Hash	 Tempeh, Lettuce & Tomato Sandwich	 Tempeh, Lettuce & Tomato Sandwich	 Creamy Blueberry Smoothie	 Creamy Blueberry Smoothie
Snack 1	 Post Workout Green Smoothie	 Post Workout Green Smoothie	 0.5 Post Workout Green Smoothie	 0.5 Peanut Butter & Blueberry Frozen Yogurt...	 Peanut Butter & Blueberry Frozen Yogurt Bark	 Peanut Butter & Blueberry Frozen Yogurt Bark	 0.5 Peanut Butter & Blueberry Frozen Yogurt...
Lunch	 Curried Chicken Wrap	 Spinach Tuna Crepes	 Curry Spiced Chicken Chili	 One Pot Taco Pasta	 Tofu & Cauliflower Fried Rice	 Thai Chopped Chicken Salad with Peanut Sauce	 Shrimp & Onion Fritters
Snack 2	 Mackerel Salad Open Face Sandwich	 0.5 Mackerel Salad Open Face Sandwich	 0.5 Mackerel Salad Open Face Sandwich	 Grapefruit with Cottage Cheese	 Grapefruit with Cottage Cheese	 Grapefruit with Cottage Cheese	 Grapefruit with Cottage Cheese
Dinner	 Spinach Tuna Crepes	 Curry Spiced Chicken Chili	 One Pot Taco Pasta	 Tofu & Cauliflower Fried Rice	 Thai Chopped Chicken Salad with Peanut Sauce	 Shrimp & Onion Fritters	 Sesame Beef & Brown Rice

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  34%	Fat  34%	Fat  32%	Fat  28%	Fat  29%	Fat  31%	Fat  31%
Carbs  36%	Carbs  37%	Carbs  40%	Carbs  48%	Carbs  45%	Carbs  39%	Carbs  40%
Protein  30%	Protein  29%	Protein  28%	Protein  24%	Protein  26%	Protein  30%	Protein  29%
Calories 1333	Calories 1382	Calories 1317	Calories 1346	Calories 1342	Calories 1309	Calories 1362
Fat 52g	Fat 54g	Fat 49g	Fat 42g	Fat 45g	Fat 46g	Fat 47g
Carbs 126g	Carbs 133g	Carbs 134g	Carbs 167g	Carbs 156g	Carbs 133g	Carbs 139g
Fiber 28g	Fiber 33g	Fiber 28g	Fiber 23g	Fiber 24g	Fiber 26g	Fiber 22g
Sugar 34g	Sugar 45g	Sugar 43g	Sugar 42g	Sugar 59g	Sugar 66g	Sugar 48g
Protein 103g	Protein 105g	Protein 95g	Protein 84g	Protein 91g	Protein 103g	Protein 102g
Cholesterol 327mg	Cholesterol 353mg	Cholesterol 280mg	Cholesterol 76mg	Cholesterol 86mg	Cholesterol 366mg	Cholesterol 379mg
Sodium 1261mg	Sodium 1063mg	Sodium 1566mg	Sodium 3303mg	Sodium 2986mg	Sodium 1185mg	Sodium 1469mg
Vitamin A 14514IU	Vitamin A 23375IU	Vitamin A 20874IU	Vitamin A 11582IU	Vitamin A 18919IU	Vitamin A 12228IU	Vitamin A 3380IU
Vitamin C 113mg	Vitamin C 138mg	Vitamin C 143mg	Vitamin C 142mg	Vitamin C 198mg	Vitamin C 261mg	Vitamin C 174mg
Calcium 822mg	Calcium 927mg	Calcium 605mg	Calcium 733mg	Calcium 866mg	Calcium 1008mg	Calcium 874mg
Iron 11mg	Iron 16mg	Iron 14mg	Iron 12mg	Iron 11mg	Iron 8mg	Iron 10mg

Fruits

- 1 3/4 Apple
- 3/4 Avocado
- 1 1/2 Banana
- 1/3 cup Blueberries
- 4 Grapefruit
- 2 1/2 Lemon
- 2 tsps Lime Juice
- 1/3 Mango

Breakfast

- 1/4 cup All Natural Peanut Butter

Seeds, Nuts & Spices

- 2 tsps Chia Seeds
- 1/2 tsp Chili Flakes
- 1 tsp Chili Powder
- 3/4 tsp Cinnamon
- 1/3 tsp Cumin
- 1 1/2 tsps Curry Powder
- 1 1/2 tsps Poultry Seasoning
- 1/3 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 3/4 tsp Sesame Seeds
- 1/3 tsp Smoked Paprika

Frozen

- 1 cup Cauliflower Rice
- 2 cups Frozen Blueberries
- 2 cups Frozen Cauliflower
- 2 2/3 tsps Frozen Corn
- 1/2 cup Frozen Edamame
- 1 1/3 cups Frozen Peas

Vegetables

- 4 cups Baby Spinach
- 1 1/2 cups Brussels Sprouts
- 1 1/2 cups Butternut Squash
- 2 1/3 Carrot
- 1 stalk Celery
- 3/4 cup Cherry Tomatoes
- 1/2 cup Cilantro
- 1 1/2 tsps Fresh Dill
- 4 3/4 Garlic
- 3/4 tsp Ginger
- 2/3 cup Grated Carrot
- 2 1/16 cups Green Cabbage
- 8 1/3 stalks Green Onion
- 3/4 cup Mixed Greens
- 3 tsps Parsley
- 2/3 Red Bell Pepper
- 1 1/16 cups Red Onion
- 1 1/2 Tomato
- 2/3 Yellow Onion

Boxed & Canned

- 2 2/3 tsps Black Beans
- 3/4 cup Brown Rice
- 2/3 cup Brown Rice Pasta Shells
- 3/4 cup Chicken Broth
- 2 1/16 cups Diced Tomatoes
- 1/3 cup Salsa
- 1 can Tuna

Baking

- 3/4 tsp Coconut Sugar
- 2 1/4 tsps Honey
- 2/3 tsp Raw Honey
- 66 grams Unbleached All Purpose Flour
- 2/3 cup Whole Wheat Flour

Bread, Fish, Meat & Cheese

- 57 grams Canned Mackerel
- 151 grams Chicken Breast
- 85 grams Chicken Breast, Cooked
- 264 grams Extra Lean Ground Beef
- 303 grams Extra Lean Ground Chicken
- 340 grams Extra Lean Ground Turkey
- 2 slices Gluten-Free Bread
- 227 grams Shrimp
- 100 grams Tempeh
- 175 grams Tofu
- 4 slices Whole Grain Bread
- 1 Whole Wheat Tortilla

Condiments & Oils

- 2 1/4 tsps Avocado Oil
- 1 1/2 tsps Balsamic Vinegar
- 2 1/2 tsps Dijon Mustard
- 2 3/4 tsps Extra Virgin Olive Oil
- 1 1/2 tsps Mayonnaise
- 1 tbsp Rice Vinegar
- 2 tsps Sesame Oil
- 1 1/2 tsps Sriracha
- 1/4 cup Tamari

Cold

- 2 cups Cottage Cheese
- 2 Egg
- 1 cup Oat Milk
- 1 1/3 cups Plain Greek Yogurt
- 1 cup Unsweetened Almond Milk
- 1 cup Unsweetened Coconut Yogurt

Other

- 1 cup Vanilla Protein Powder
- 5 3/4 cups Water



Turkey Apple Breakfast Hash

3 servings

35 minutes

Ingredients

- 340 grams Extra Lean Ground Turkey
- 3/4 tsp Cinnamon
- 1 1/2 tbsps Poultry Seasoning
- 2 1/4 tsps Avocado Oil
- 3/4 cup Red Onion (diced)
- 1 1/2 Garlic (cloves, minced)
- 1 1/2 cups Brussels Sprouts (trimmed and halved)
- 1 1/2 cups Butternut Squash (peeled and cubed)
- 1 1/2 Apple (cored and diced)
- 1/8 tsp Sea Salt (to taste)

Nutrition

Amount per serving	
Calories	325
Fat	14g
Carbs	31g
Fiber	7g
Sugar	14g
Protein	24g
Cholesterol	84mg
Sodium	243mg
Vitamin A	7965IU
Vitamin C	60mg
Calcium	122mg
Iron	3mg

Directions

- 1 Heat a large skillet over medium heat. Add the ground turkey, cinnamon and poultry seasoning. Cook for 5 to 7 minutes, until thoroughly browned, breaking up into little pieces as it cooks. Drain off the fat, transfer to a bowl and set aside.
- 2 In the same skillet, heat the oil over medium heat. Add the onion and garlic, sauteeing until translucent. Next add the brussels sprouts, butternut squash, and apples. Cover and cook for about 10 minutes, stirring occasionally, until all veggies are soft.
- 3 Add the ground turkey back into the skillet and stir to combine. Season to taste with sea salt. Divide into bowls and enjoy!

Notes

Vegan & Vegetarians: Use lentils instead of ground turkey.

Leftovers: Store covered in the fridge up to 3 days.



Tempeh, Lettuce & Tomato Sandwich

2 servings
40 minutes

Ingredients

- 1 tbsp Tamari
- 1 1/2 tsps Balsamic Vinegar
- 1/2 tsp Chili Powder
- 1/4 tsp Smoked Paprika
- Sea Salt & Black Pepper (to taste)
- 100 grams Tempeh (cut into thin slices)
- 2 tsps Dijon Mustard
- 4 slices Whole Grain Bread (toasted)
- 3/4 cup Mixed Greens
- 1 Tomato (small, sliced)

Nutrition

Amount per serving	
Calories	343
Fat	9g
Carbs	43g
Fiber	7g
Sugar	6g
Protein	23g
Cholesterol	0mg
Sodium	927mg
Vitamin A	1170IU
Vitamin C	10mg
Calcium	156mg
Iron	4mg

Directions

- 1 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 2 In a zipper-lock bag or shallow bowl, mix the tamari, balsamic vinegar, chili powder, paprika, salt and pepper together. Add in the tempeh and let it marinate for 10 to 15 minutes.
- 3 Arrange the tempeh in an even layer on the baking sheet. Bake for 18 to 20 minutes, flipping halfway through. Remove from the oven and set aside.
- 4 Spread the mustard on one slice of toast. Layer the mixed greens, tomato, and tempeh and season to taste with salt and pepper. Close the sandwich and enjoy!

Notes

Leftovers: This is best assembled before serving. Tempeh can be prepared and cooked in advance and kept in the fridge for up to four days.

Serving Size: One serving is one sandwich.

Gluten-Free: Use gluten-free bread.

No Mustard: Use mayonnaise instead.



Creamy Blueberry Smoothie

2 servings

5 minutes

Ingredients

2 cups Frozen Blueberries
2 cups Frozen Cauliflower
1 cup Unsweetened Coconut Yogurt
1/2 cup Vanilla Protein Powder
2 tbsps Chia Seeds
2 Lemon (small, juiced)
2 cups Water

Nutrition

Amount per serving	
Calories	321
Fat	9g
Carbs	41g
Fiber	15g
Sugar	17g
Protein	25g
Cholesterol	4mg
Sodium	103mg
Vitamin A	92IU
Vitamin C	79mg
Calcium	510mg
Iron	2mg

Directions

1

Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Additional Toppings: Add spinach, avocado, kale, or other berries to your smoothie.

Extra Creamy: Use almond milk or oat milk instead of water.

Lemon: One lemon yields approximately 1/4 cup of lemon juice.

Protein Powder: This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.



Post Workout Green Smoothie

3 servings

5 minutes

Ingredients

1/3 cup Vanilla Protein Powder
3 cups Water (cold)
3/4 Avocado
1 1/2 Banana (frozen)
3 cups Baby Spinach

Nutrition

Amount per serving	
Calories	182
Fat	8g
Carbs	20g
Fiber	6g
Sugar	8g
Protein	12g
Cholesterol	2mg
Sodium	51mg
Vitamin A	2924IU
Vitamin C	19mg
Calcium	119mg
Iron	1mg

Directions

1

Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

Notes

No Spinach: Use kale instead.

No Protein Powder: Add a few spoonfuls of hemp seeds.



Peanut Butter & Blueberry Frozen Yogurt Bark

3 servings
4 hours 5 minutes

Ingredients

- 1 1/8 cups Plain Greek Yogurt
- 2 1/4 tsps Honey
- 2 1/4 tsps All Natural Peanut Butter
- 1/3 cup Blueberries

Nutrition

Amount per serving	
Calories	166
Fat	8g
Carbs	14g
Fiber	1g
Sugar	9g
Protein	11g
Cholesterol	13mg
Sodium	55mg
Vitamin A	479IU
Vitamin C	7mg
Calcium	194mg
Iron	1mg

Directions

- 1 Line a baking sheet with parchment paper and mix the yogurt and honey together. Spread the yogurt mixture evenly onto the lined baking sheet.
- 2 Using a spoon, add dollops of peanut butter to the yogurt mixture. Using a toothpick, gently swirl the peanut butter into the yogurt mixture. Top with blueberries.
- 3 Freeze for at least four hours or overnight. Slice or break apart into pieces. Enjoy!

Notes

Leftovers: Keep frozen in an airtight container or freezer bag for up to one month.

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

Dairy-Free: Use coconut yogurt instead of Greek yogurt.

More Flavor: Add chocolate chips or melted chocolate.

No Honey: Use maple syrup instead.

No Blueberries: Use other berries or banana instead.



Curried Chicken Wrap

1 serving
10 minutes

Ingredients

85 grams Chicken Breast, Cooked
(shredded or chopped)
1 1/2 tsps Mayonnaise
1/4 tsp Curry Powder
1/4 Apple (chopped)
1 Whole Wheat Tortilla
1 tbsp Parsley (optional)

Nutrition

Amount per serving	
Calories	329
Fat	12g
Carbs	26g
Fiber	6g
Sugar	6g
Protein	30g
Cholesterol	91mg
Sodium	344mg
Vitamin A	379IU
Vitamin C	7mg
Calcium	116mg
Iron	2mg

Directions

- 1 In a bowl, mix together the chicken, mayonnaise, curry powder, and apple until combined.
- 2 Lay the tortilla flat and add the chicken mixture. Top with parsley, roll the tortilla tightly and enjoy!

Notes

Leftovers: For best results, enjoy the day of.

Egg-Free: Use vegan mayonnaise instead.

Additional Toppings: Top with sprouts, additional herbs of choice, or feta cheese.



Mackerel Salad Open Face Sandwich

2 servings

10 minutes

Ingredients

57 grams Canned Mackerel (skinless, boneless)
1/4 cup Plain Greek Yogurt
1/2 Lemon (juiced)
1/2 tsp Dijon Mustard
1 stalk Celery (chopped)
1 stalk Green Onion (thinly sliced)
1 tbsp Fresh Dill (finely chopped)
Sea Salt & Black Pepper (to taste)
2 slices Gluten-Free Bread
1/8 Tomato (sliced)

Nutrition

Amount per serving	
Calories	154
Fat	5g
Carbs	16g
Fiber	2g
Sugar	4g
Protein	11g
Cholesterol	27mg
Sodium	286mg
Vitamin A	612IU
Vitamin C	10mg
Calcium	159mg
Iron	1mg

Directions

- 1 Add the mackerel, yogurt, lemon juice, mustard, celery, onion, dill, salt, and black pepper to a bowl. Mash and stir until well combined.
- 2 Divide the mackerel salad onto the bread and add a tomato slice to each piece. Enjoy!

Notes

Leftovers: Refrigerate the mackerel salad in an airtight container for up to three days. Spread onto bread when ready to serve.

Serving Size: One serving is equal to one piece of bread and approximately 1/2 cup of mackerel salad.

Dairy-Free: Use coconut yogurt or mayonnaise instead of Greek yogurt.

No Dill: Use fresh parsley.

No Bread: Eat the mackerel salad as is or put it in a lettuce wrap or on top of crackers.



Grapefruit with Cottage Cheese

4 servings

5 minutes

Ingredients

- 2 cups Cottage Cheese
- 4 Grapefruit (peeled, cut into sections)

Nutrition

Amount per serving	
Calories	185
Fat	5g
Carbs	24g
Fiber	3g
Sugar	21g
Protein	13g
Cholesterol	18mg
Sodium	331mg
Vitamin A	2520IU
Vitamin C	88mg
Calcium	118mg
Iron	0mg

Directions

- 1 Add the cottage cheese to a bowl and top with grapefruit. Enjoy!

Notes

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

Additional Toppings: Hemp seeds, chia seeds, shredded coconut, and/or honey.

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



Spinach Tuna Crepes

2 servings
35 minutes

Ingredients

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



Curry Spiced Chicken Chili

2 servings
35 minutes

Ingredients

- 302 grams Extra Lean Ground Chicken
- 2/3 Yellow Onion (medium, finely chopped)
- 2/3 cup Grated Carrot
- 1 1/3 tbsps Curry Powder
- 2 cups Diced Tomatoes (from the can, with juices)
- 1 cup Oat Milk
- 1 1/3 cups Frozen Peas (thawed)
- 1/3 cup Cilantro (chopped)

Nutrition

Amount per serving	
Calories	455
Fat	16g
Carbs	41g
Fiber	12g
Sugar	19g
Protein	37g
Cholesterol	130mg
Sodium	289mg
Vitamin A	9546IU
Vitamin C	37mg
Calcium	300mg
Iron	7mg

Directions

- 1 In a large non-stick skillet, over medium-high heat, cook the chicken, onions, and carrots, crumbling the meat as it cooks. Cook for seven to 10 minutes or until cooked through.
- 2 Add the curry powder and cook for one minute, stirring to coat the meat and vegetables.
- 3 Add the tomatoes and milk. Mix well. Cover and simmer for 15 minutes, stirring occasionally.
- 4 Add the peas and stir to combine. Divide evenly between bowls and garnish with the cilantro. Enjoy!

Notes

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

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

More Flavor: Add salt and pepper. Add garlic, lemon juice, and cilantro.

No Chicken: Use ground pork, turkey, lamb, or chickpeas instead.



One Pot Taco Pasta

2 servings
40 minutes

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 151 grams Extra Lean Ground Beef
- 1 1/3 stalks Green Onion (finely chopped)
- 2/3 Garlic (cloves, minced)
- 1/3 tsp Cumin (ground)
- 1/3 tsp Chili Powder
- 1/16 tsp Sea Salt
- 1/3 Tomato (large, diced)
- 2 2/3 tbsps Frozen Corn (thawed)
- 2 2/3 tbsps Black Beans (cooked, from the can)
- 1/3 Red Bell Pepper (diced)
- 3/4 cup Chicken Broth
- 1/3 cup Salsa
- 2/3 cup Brown Rice Pasta Shells (dry, uncooked)

Nutrition

Amount per serving	
Calories	369
Fat	12g
Carbs	44g
Fiber	5g
Sugar	4g
Protein	22g
Cholesterol	51mg
Sodium	865mg
Vitamin A	1595IU
Vitamin C	31mg

Directions

- 1 Heat oil in a large skillet with a tight-fitting lid over medium-high heat. Add the beef, and break it up with a wooden spoon or spatula as it cooks. Once it is cooked through and no longer pink, drain any excess drippings.
- 2 Add onions and garlic to the pan with the beef and cook for 3 to 5 minutes or until onions are translucent.
- 3 Add cumin, chili powder, salt, diced tomato, corn, black beans and bell pepper to the pot and stir to incorporate with the meat. Cook the vegetables for 2 to 3 minutes.
- 4 Stir in the broth, salsa and pasta. Bring everything to a boil, then cover and reduce heat to medium-low. Let simmer for 12 to 15 minutes or until pasta is cooked through and tender. Stir every 3 to 4 minutes as it cooks, to ensure the pasta isn't sticking to the bottom of the pan.
- 5 Remove from heat, divide into bowls and serve immediately. Enjoy!

Notes

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

Serving Size: One serving equals approximately 1 1/2 cups.

No Ground Beef: Use ground chicken or turkey instead.

Vegan & Vegetarian: Swap the ground meat out for cooked lentils.

Optional Toppings: Grated cheese, sour cream, avocado, fresh lime, cilantro or extra salsa.

Likes it Spicy: Stir in a chopped jalapeno and a pinch of cayenne with the other vegetables and spices.

No Brown Rice Pasta Shells: Use any other type of pasta or pasta shell instead like whole wheat penne or chickpea fusilli.

Calcium	44mg
Iron	3mg



Tofu & Cauliflower Fried Rice

2 servings

35 minutes

Ingredients

- 1/2 cup Brown Rice
- 175 grams Tofu (extra-firm, pressed then crumbled into pieces)
- 2 tbsps Tamari (divided)
- 1 tbsp Rice Vinegar
- 1 1/2 tsps Sesame Oil
- 1 Carrot (medium, peeled and chopped)
- 1/2 cup Frozen Edamame (thawed)
- 1/3 cup Water
- 2 Garlic (clove, minced)
- 3 stalks Green Onion (chopped, divided)
- 1 1/2 tsps Sriracha
- 1 cup Cauliflower Rice

Nutrition

Amount per serving	
Calories	366
Fat	12g
Carbs	49g
Fiber	7g
Sugar	6g
Protein	20g
Cholesterol	0mg
Sodium	1152mg
Vitamin A	6057IU
Vitamin C	9mg
Calcium	318mg
Iron	4mg

Directions

- 1 Cook the rice according to package directions.
- 2 Meanwhile, add the tofu to a bowl with 1/4 of the tamari and the rice vinegar. Stir to combine and ensure the tofu is well coated.
- 3 Heat the sesame oil over medium heat. Add the seasoned tofu and cook for five to six minutes or until browned. Transfer to a plate or bowl and set aside.
- 4 To the same pan add the carrots, edamame, and water. Cover with a lid and steam for about five minutes until the carrots are just tender.
- 5 Add the garlic and half of the green onion and stir to combine then add the remaining tamari and sriracha. Stir well and ensure the tamari is bubbling before adding the cauliflower rice, cooked brown rice, and tofu to the pan. Stir to combine and continue to cook for two to three minutes or until the cauliflower rice is tender. Stir in the remaining green onions. Season with additional tamari or salt if needed.
- 6 Divide between plates or bowls and enjoy!

Notes

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

More Flavour: Add fresh ginger.

No Tamari: Use soy sauce or coconut aminos instead.

No Edamame: Use green peas instead.



Thai Chopped Chicken Salad with Peanut Sauce

2 servings

30 minutes

Ingredients

151 grams Chicken Breast (skinless and boneless)
 1/16 tsp Chili Powder
 1/16 tsp Smoked Paprika
 1/16 tsp Sea Salt
 2 tbsps All Natural Peanut Butter
 2 tsps Tamari
 2/3 tsp Raw Honey
 2 tsps Lime Juice
 2/3 Garlic (clove, minced)
 2/3 tsp Ginger (minced)
 1 1/3 tbsps Water
 2 cups Green Cabbage (chopped)
 1 1/3 Carrot (shredded)
 1/3 Red Bell Pepper
 1/3 Mango (cubed)
 2 stalks Green Onion (chopped)

Nutrition

Amount per serving	
Calories	282
Fat	11g
Carbs	26g
Fiber	6g
Sugar	17g
Protein	24g
Cholesterol	55mg
Sodium	521mg
Vitamin A	8693IU
Vitamin C	84mg

Directions

- 1 Add the chicken to a small bowl and season with chili powder, smoked paprika and sea salt. In a skillet over medium heat, cook the chicken on both sides until cooked through, approximately 8 to 10 minutes. Remove, let cool slightly and then shred with two forks.
- 2 In a blender, add the peanut butter, tamari, honey, lime juice, garlic, ginger and water. Blend until smooth and creamy.
- 3 In a large bowl, add the cabbage, carrots, pepper, mango and green onions. Add the shredded chicken to the bowl and toss with the dressing. Serve and enjoy!

Notes

Leftovers: Store salad and dressing separately in sealed containers in the refrigerator for up to three days.

Nut-Free: Use sunflower seed butter instead of peanut butter.

More Flavor: Add chili flakes to the sauce for heat.

Additional Toppings: Add chopped cilantro, crushed peanuts and/or sesame seeds.

Make it Vegan: Omit the chicken and use cooked tofu or chickpeas instead.

Calcium	80mg
Iron	2mg



Shrimp & Onion Fritters

2 servings
25 minutes

Ingredients

66 grams Unbleached All Purpose Flour
1/3 cup Water
1 Egg
1/2 tsp Chili Flakes
Sea Salt & Black Pepper
227 grams Shrimp (peeled, deveined)
1/3 cup Red Onion (thinly sliced)
1 stalk Green Onion (thinly sliced)
1 1/2 tbsps Extra Virgin Olive Oil
2 tbsps Cilantro (optional for garnish)

Nutrition

Amount per serving	
Calories	355
Fat	13g
Carbs	28g
Fiber	1g
Sugar	2g
Protein	30g
Cholesterol	276mg
Sodium	175mg
Vitamin A	444IU
Vitamin C	3mg
Calcium	106mg
Iron	3mg

Directions

- 1 In a bowl, whisk together the flour, water, egg, chili flakes, salt, and pepper until smooth.
- 2 Add in the shrimp, red onion, and green onion and stir well.
- 3 Heat the oil in a large non-stick skillet over medium heat. Scoop roughly 1 1/2 tbsps of batter into the skillet per fritter. Cook for about 15 minutes flipping halfway through, until the fritters are golden brown.
- 4 Divide the fritters evenly between plates, top with cilantro if using, and enjoy!

Notes

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

Serving Size: One serving is equal to approximately six fritters.

More Flavor: Add bean sprouts to the batter.

Dipping sauce: Serve with cilantro sauce or sweet chili sauce if desired.



Sesame Beef & Brown Rice

1 serving
35 minutes

Ingredients

- 1/4 cup Brown Rice (dry, uncooked)
- 2 1/4 tps Tamari
- 3/4 tsp Coconut Sugar
- 1/2 tsp Sesame Oil
- 1/16 tsp Ginger (ground)
- 1/16 tsp Chili Flakes
- 113 grams Extra Lean Ground Beef
- 1 tbsp Cilantro (for topping, chopped)
- 3/4 tsp Sesame Seeds (optional, for topping)

Nutrition

Amount per serving	
Calories	418
Fat	16g
Carbs	39g
Fiber	2g
Sugar	3g
Protein	28g
Cholesterol	74mg
Sodium	832mg
Vitamin A	84IU
Vitamin C	0mg
Calcium	43mg
Iron	4mg

Directions

- 1 Cook the rice according to the directions on the package.
- 2 While the rice cooks, in a small bowl, whisk together the tamari, coconut sugar, sesame oil, ginger and chili flakes.
- 3 In a nonstick skillet over medium heat, add the ground beef and cook. As it browns, break it up with a wooden spoon or spatula. Cook for 3 to 4 minutes and then add the tamari mixture. Reduce the heat to medium-low and stir frequently until cooked through, about 5 minutes more.
- 4 Divide the rice onto plates, top with the beef. If using, top with the cilantro and sesame seeds. Serve and enjoy!

Notes

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

Additional Toppings: Add sautéed vegetables on the side.

No Cilantro: Use green onions instead or completely omit.