







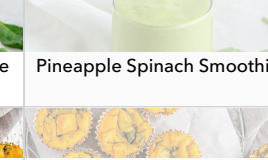











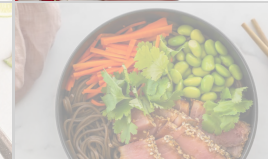



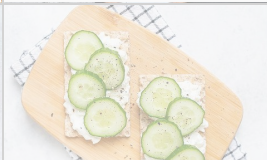
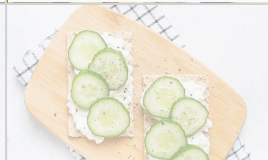







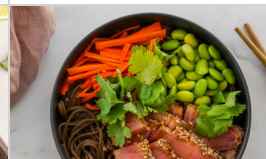
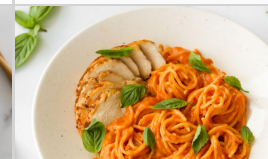




**EXERCISE**  
*with Style*






















1300 Calorie Meal Plan  
40/40/20 PDF

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Hot Chocolate Smoothie	 Hot Chocolate Smoothie	 Hot Chocolate Smoothie	 Peach Blueberry Smoothie	 Peach Blueberry Smoothie	 Pineapple Spinach Smoothie	 Pineapple Spinach Smoothie
Snack 1	 1.5 Smoked Salmon Crackers	 2 Smoked Salmon Crackers	 2 Smoked Salmon Crackers	 0.5 Strawberry Papaya Smoothie	 0.5 Strawberry Papaya Smoothie	 0.5 Strawberry Papaya Smoothie	 0.5 Strawberry Papaya Smoothie
Lunch	 Chicken & Lettuce Wrap	 Riced Parsnip & Chicken	 Shrimp, Mango & Avocado Salad	 Pressure Cooker Mexican Chicken & Quinoa	 Soba Noodles & Seared Tuna Bowl	 Creamy Red Pepper Pasta with Chicken	 One Pot Smoky Chicken & Rice
Snack 2	 Cottage Cheese Crackers with Cucumbers	 Cottage Cheese Crackers with Cucumbers	 Cottage Cheese Crackers with Cucumbers	 0.5 Cottage Cheese Crackers with Berries	 0.5 Cottage Cheese Crackers with Berries	 0.5 Cottage Cheese Crackers with Berries	 Cottage Cheese Crackers with Berries
Dinner	 Riced Parsnip & Chicken	 Shrimp, Mango & Avocado Salad	 Pressure Cooker Mexican Chicken & Quinoa	 Soba Noodles & Seared Tuna Bowl	 Creamy Red Pepper Pasta with Chicken	 One Pot Smoky Chicken & Rice	 One Pan Lemon Spiced Chicken & Potatoes



Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  23%	Fat  25%	Fat  24%	Fat  23%	Fat  23%	Fat  22%	Fat  21%
Carbs  37%	Carbs  37%	Carbs  38%	Carbs  42%	Carbs  46%	Carbs  44%	Carbs  44%
Protein  40%	Protein  38%	Protein  38%	Protein  35%	Protein  31%	Protein  34%	Protein  35%
Calories 1321	Calories 1349	Calories 1361	Calories 1380	Calories 1388	Calories 1309	Calories 1357
Fat 36g	Fat 40g	Fat 40g	Fat 35g	Fat 34g	Fat 32g	Fat 33g
Carbs 130g	Carbs 137g	Carbs 138g	Carbs 141g	Carbs 156g	Carbs 147g	Carbs 151g
Fiber 38g	Fiber 42g	Fiber 39g	Fiber 25g	Fiber 23g	Fiber 20g	Fiber 26g
Sugar 28g	Sugar 41g	Sugar 35g	Sugar 40g	Sugar 40g	Sugar 32g	Sugar 38g
Protein 143g	Protein 139g	Protein 138g	Protein 116g	Protein 106g	Protein 112g	Protein 121g
Cholesterol 287mg	Cholesterol 390mg	Cholesterol 426mg	Cholesterol 207mg	Cholesterol 140mg	Cholesterol 268mg	Cholesterol 271mg
Sodium 1811mg	Sodium 1879mg	Sodium 2555mg	Sodium 1952mg	Sodium 1244mg	Sodium 1593mg	Sodium 2093mg
Vitamin A 3801IU	Vitamin A 5098IU	Vitamin A 4350IU	Vitamin A 7519IU	Vitamin A 7083IU	Vitamin A 6069IU	Vitamin A 6703IU
Vitamin C 110mg	Vitamin C 160mg	Vitamin C 118mg	Vitamin C 108mg	Vitamin C 93mg	Vitamin C 195mg	Vitamin C 264mg
Calcium 1324mg	Calcium 1371mg	Calcium 1276mg	Calcium 938mg	Calcium 901mg	Calcium 1294mg	Calcium 1411mg
Iron 11mg	Iron 10mg	Iron 13mg	Iron 11mg	Iron 8mg	Iron 10mg	Iron 12mg

**Fruits**

- 2/3 Avocado
- 1 1/2 Banana
- 1/4 Lemon
- 2 Lime
- 2/3 Mango
- 2 cups Papaya
- 2 cups Pineapple
- 1 1/2 cups Raspberries
- 1 cup Strawberries

**Breakfast**

- 1 tsp Maple Syrup

**Seeds, Nuts & Spices**

- 3 tbsps Chia Seeds
- 1 tsp Chili Powder
- 3/4 tsp Cumin
- 1/4 tsp Garlic Powder
- 1/8 tsp Ground Allspice
- 1/4 cup Ground Flax Seed
- 1 tsp Oregano
- 1/8 tsp Red Pepper Flakes
- 1 1/3 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/4 tsp Sesame Seeds
- 2 2/3 tsps Smoked Paprika
- 1/4 tsp Turmeric

**Frozen**

- 1 cup Frozen Blueberries
- 1 1/2 cups Frozen Cauliflower
- 1/2 cup Frozen Edamame
- 1 1/2 cups Frozen Peaches
- 18 Ice Cubes

**Vegetables**

- 2 1/3 cups Baby Spinach
- 2 tbsps Basil Leaves
- 1 Carrot
- 1/2 cup Cherry Tomatoes
- 1/4 cup Cilantro
- 2 2/3 Cucumber
- 1/4 cup Fresh Dill
- 3/4 tsp Fresh Sage
- 2 Garlic
- 1/16 head Green Lettuce
- 5 cups Kale Leaves
- 1 1/4 cups Mini Potatoes
- 1/8 Orange Bell Pepper
- 2 tbsps Parsley
- 2 Parsnip
- 1/4 cup Red Onion
- 9 grams Roasted Red Peppers

**Boxed & Canned**

- 1/2 cup Brown Rice
- 1/2 cup Brown Rice Spaghetti
- 99 grams Buckwheat Soba Noodles
- 1 cup Chicken Broth
- 1/2 cup Diced Tomatoes
- 24 slices Light Rye Crisp Bread
- 1/2 cup Quinoa

**Baking**

- 1/8 tsp Baking Powder
- 1/3 cup Chickpea Flour
- 1/3 cup Cocoa Powder
- 2 1/16 tsps Nutritional Yeast

**Bread, Fish, Meat & Cheese**

- 170 grams Ahi Tuna
- 680 grams Chicken Breast
- 113 grams Chicken Breast, Cooked
- 680 grams Chicken Thighs
- 227 grams Shrimp, Cooked
- 180 grams Smoked Salmon
- 1 Whole Wheat Tortilla

**Condiments & Oils**

- 2 1/4 tbsps Extra Virgin Olive Oil
- 1 tsp Rice Vinegar
- 1/2 tsp Sesame Oil
- 1 tsp Tamari

**Cold**

- 3 cups Cottage Cheese
- 1/4 cup Cream, Half & Half
- 2 cups Oat Milk
- 1 2/3 cups Plain Greek Yogurt
- 7 cups Unsweetened Almond Milk
- 1 cup Unsweetened Coconut Yogurt

**Other**

- 3/4 cup Chocolate Protein Powder
- 38 grams Collagen Powder
- 1 cup Vanilla Protein Powder
- 3/4 cup Water





## Hot Chocolate Smoothie

3 servings

5 minutes

### Ingredients

3 cups Unsweetened Almond Milk  
1 1/2 cups Frozen Cauliflower  
1 1/2 Banana  
3/4 cup Chocolate Protein Powder  
1/3 cup Cocoa Powder  
3 tbsps Chia Seeds  
1/3 tsp Sea Salt (optional, for topping)

### Nutrition

Amount per serving	
Calories	265
Fat	8g
Carbs	31g
Fiber	14g
Sugar	8g
Protein	26g
Cholesterol	4mg
Sodium	514mg
Vitamin A	546IU
Vitamin C	33mg
Calcium	674mg
Iron	4mg

### Directions

- 1 In a small saucepan over medium-low heat, add the almond milk. Bring to a simmer and then add to a blender.
- 2 Add the remaining ingredients. Blend carefully, allowing space for the heat to escape, until smooth and creamy. Serve warm and enjoy!

### Notes

**Nut-Free:** Use coconut milk or another nut-free milk instead.

**More Flavor:** Add ground cinnamon.

**Protein Powder:** This recipe was developed and tested using a plant-based protein powder.



## Peach Blueberry Smoothie

2 servings

5 minutes

### Ingredients

- 2 cups Oat Milk
- 1 cup Frozen Blueberries
- 1 1/2 cups Frozen Peaches
- 1/4 cup Ground Flax Seed
- 1/2 cup Vanilla Protein Powder

### Nutrition

Amount per serving	
Calories	360
Fat	11g
Carbs	42g
Fiber	9g
Sugar	23g
Protein	26g
Cholesterol	4mg
Sodium	139mg
Vitamin A	412IU
Vitamin C	10mg
Calcium	497mg
Iron	2mg

### Directions

1

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

### Notes

**Leftovers:** For best results, enjoy freshly made. Refrigerate for up to one day.

**No Oat Milk:** Use plain coconut milk instead.

**No Frozen Peaches:** Use frozen mango.



## Pineapple Spinach Smoothie

2 servings

5 minutes

### Ingredients

2 cups Pineapple (fresh or frozen)  
2 cups Baby Spinach  
8 Ice Cubes  
1 cup Unsweetened Coconut Yogurt  
2 cups Unsweetened Almond Milk  
1/2 cup Vanilla Protein Powder

### Nutrition

Amount per serving	
Calories	259
Fat	7g
Carbs	31g
Fiber	6g
Sugar	17g
Protein	22g
Cholesterol	4mg
Sodium	249mg
Vitamin A	3408IU
Vitamin C	87mg
Calcium	866mg
Iron	2mg

### Directions

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

### Notes

**Leftovers:** Best enjoyed immediately.

**Serving Size:** One serving is approximately 2 1/2 cups.

**More Fiber:** Add flaxseeds, chia seeds, or hemp seeds.

**Protein Powder:** This recipe was created and tested using vegan protein powder.

**Nut-Free:** Use nut-free milk such as oat milk or coconut milk.

**Ice Cubes:** Four ice cubes are roughly equal to 1/2 cup.





## Savory Chickpea & Spinach Muffins

2 servings  
1 hour 10 minutes

### Ingredients

- 1/3 cup Chickpea Flour
- 2 tsp Nutritional Yeast
- 1/8 tsp Baking Powder
- 1/4 tsp Sea Salt
- 1/8 tsp Smoked Paprika
- 1/3 cup Water
- 1/8 Orange Bell Pepper (chopped)
- 1/3 cup Baby Spinach (chopped)

### Nutrition

Amount per serving	
Calories	69
Fat	1g
Carbs	10g
Fiber	2g
Sugar	1g
Protein	5g
Cholesterol	0mg
Sodium	309mg
Vitamin A	600IU
Vitamin C	30mg
Calcium	41mg
Iron	1mg

### Directions

- 1 Preheat the oven to 375°F (190°C). Line a muffin tray with liners or use a silicone muffin tray.
- 2 In a large bowl, whisk together the flour, nutritional yeast, baking powder, salt, and smoked paprika.
- 3 Add the water and whisk to combine until smooth. Fold in the peppers and spinach. Let the batter sit at room temperature for 15 to 20 minutes.
- 4 Divide the batter evenly between muffin cups, approximately 1/3 cup per muffin. Transfer to the oven and bake for 35 to 45 minutes, or until the muffins are cooked through and golden brown. Let them cool in the tray for ten minutes before removing.
- 5 Serve warm and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days. Reheat in the oven or microwave until warm.

**Serving Size:** One serving is one muffin.

**More Flavor:** Add black salt for an egg-like taste. Add garlic powder or finely minced garlic. Use different vegetables such as corn, finely chopped broccoli, carrots, peas, and/or baby kale.

**Additional Toppings:** Cheese and/or fresh herbs.

**Doneness:** When testing the cups to see if they are cooked through, use a toothpick to insert and test for doneness. Allow the cups to cool in the pan for ten minutes as they will continue baking and then remove.



## Smoked Salmon Crackers

6 servings

5 minutes

### Ingredients

- 1 1/2 cups Plain Greek Yogurt
- 12 slices Light Rye Crisp Bread
- 180 grams Smoked Salmon (sliced)
- 1/4 cup Fresh Dill (chopped)

### Nutrition

Amount per serving	
Calories	120
Fat	3g
Carbs	14g
Fiber	4g
Sugar	1g
Protein	13g
Cholesterol	15mg
Sodium	307mg
Vitamin A	367IU
Vitamin C	4mg
Calcium	138mg
Iron	1mg

### Directions

- 1 Spread the greek yogurt evenly onto each crispbread. Top with the smoked salmon slices and fresh dill. Enjoy!

### Notes

**Leftovers:** Best enjoyed immediately as the crispbread will soften over time.

**Serving Size:** One serving is equal to two topped crispbreads.

**Additional Toppings:** Capers, red onion, or cucumber.

**No Crispbread:** Use cucumber slices, toasted bread, rice cakes, or any other type of cracker instead.

**No Greek Yogurt:** Use coconut butter, cottage cheese, or cream cheese instead.



## Strawberry Papaya Smoothie

2 servings

5 minutes

### Ingredients

- 2 cups Papaya
- 1 cup Strawberries (stems removed)
- 1 Lime (juiced)
- 2 cups Unsweetened Almond Milk
- 38 grams Collagen Powder
- 10 Ice Cubes

### Nutrition

Amount per serving	
Calories	181
Fat	3g
Carbs	24g
Fiber	5g
Sugar	15g
Protein	18g
Cholesterol	0mg
Sodium	210mg
Vitamin A	519IU
Vitamin C	134mg
Calcium	504mg
Iron	1mg

### Directions

- 1 Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately.

**Nut-Free:** Use coconut milk, cow's milk, or other nut-free milk.

**Additional Toppings:** Add chia seeds or hemp seeds before blending.

**Make it Vegan:** Omit collagen powder and use plant-based protein powder.





## Chicken & Lettuce Wrap

1 serving  
10 minutes

### Ingredients

1/16 head Green Lettuce (leaves separated)  
113 grams Chicken Breast, Cooked (sliced)  
1/4 cup Red Onion (small, sliced)  
1/2 Cucumber (small, sliced)  
1 Whole Wheat Tortilla (large)  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	337
Fat	8g
Carbs	28g
Fiber	5g
Sugar	5g
Protein	40g
Cholesterol	118mg
Sodium	317mg
Vitamin A	308IU
Vitamin C	7mg
Calcium	140mg
Iron	2mg

### Directions

- 1 Arrange the lettuce, chicken, red onion, and cucumber in the center of the tortilla. Season with salt and pepper. Fold or roll the tortilla around the filling and enjoy!

### Notes

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

**Gluten-Free:** Use a gluten-free tortilla.

**More Flavor:** Add your favorite dressing.

**Additional Toppings:** Add cheese, avocado, bell peppers, sliced olives, or corn.



## Cottage Cheese Crackers with Cucumbers

3 servings

5 minutes

### Ingredients

1 1/2 cups Cottage Cheese  
6 slices Light Rye Crisp Bread  
1 1/2 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.



## Cottage Cheese Crackers with Berries

3 servings

5 minutes

### Ingredients

- 1 1/2 cups Cottage Cheese
- 6 slices Light Rye Crisp Bread
- 1 1/2 cups Raspberries

### Nutrition

Amount per serving	
Calories	175
Fat	5g
Carbs	22g
Fiber	8g
Sugar	6g
Protein	14g
Cholesterol	18mg
Sodium	401mg
Vitamin A	167IU
Vitamin C	16mg
Calcium	112mg
Iron	2mg

### Directions

1

Spread the cottage cheese on top of each crisp bread. Top with raspberries and enjoy!

### Notes

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## Riced Parsnip & Chicken

2 servings  
25 minutes

### Ingredients

- 2 Parsnip (peeled, chopped)
- 2 tsps Extra Virgin Olive Oil (divided)
- 3/4 tsp Fresh Sage (loosely packed)
- 340 grams Chicken Breast (skinless and boneless)
- 1/2 tsp Oregano (dried)
- 1/4 tsp Garlic Powder
- 4 cups Kale Leaves (roughly chopped)

### Nutrition

Amount per serving	
Calories	374
Fat	10g
Carbs	30g
Fiber	8g
Sugar	8g
Protein	42g
Cholesterol	124mg
Sodium	115mg
Vitamin A	2091IU
Vitamin C	60mg
Calcium	183mg
Iron	2mg

### Directions

- 1 Add the chopped parsnips to a blender or food processor and process until it resembles rice, about 30 seconds.
- 2 In a skillet over medium-low heat, add half the extra virgin olive oil and the sage. Fry until the sage leaves are crispy, about 3 to 4 minutes. Remove the sage, roughly chop it and set aside. Add the parsnip rice to the skillet and cook for about 5 to 7 minutes, until cooked through. Remove and set aside.
- 3 Season the chicken on all sides with the oregano and garlic. In the same skillet over medium heat, add the remaining extra virgin olive oil and the chicken. Cook for 8 to 10 minutes. Remove, slice the chicken, and add it back to the pan to cook for 1 to 2 minutes more, until cooked through. Remove and set aside.
- 4 Add the kale to the skillet and cook over medium low heat, until just wilted, about 1 to 2 minutes.
- 5 Plate the parsnip rice, and top with the kale, sliced chicken and sage. Enjoy!

### Notes

- Leftovers:** Refrigerate in an airtight container for up to three days.
- No Kale:** Use another leafy green such as Swiss chard or spinach.



## Shrimp, Mango & Avocado Salad

2 servings  
15 minutes

### Ingredients

2/3 Cucumber (diced)  
2/3 Mango (cubed)  
2/3 Avocado (cubed)  
227 grams Shrimp, Cooked (tails removed)  
2/3 Lime (juiced)  
1/16 tsp Sea Salt (or more to taste)

### Nutrition

Amount per serving	
Calories	305
Fat	11g
Carbs	28g
Fiber	7g
Sugar	18g
Protein	30g
Cholesterol	214mg
Sodium	232mg
Vitamin A	1422IU
Vitamin C	55mg
Calcium	118mg
Iron	1mg

### Directions

- 1 In a large bowl, combine all ingredients and toss gently to mix. Divide between bowls and enjoy!

### Notes

**Leftovers:** If you're planning on keeping this for a few days, leave out the avocado to prevent browning. You can add it in before serving. The salad without avocado will last 2-3 days in the fridge.





## Pressure Cooker Mexican Chicken & Quinoa

2 servings  
40 minutes

### Ingredients

- 1/2 cup Water
- 340 grams Chicken Thighs (boneless, skinless)
- 1/2 tsp Sea Salt (divided)
- 1/2 tsp Chili Powder (divided)
- 1/2 tsp Cumin (divided)
- 1/2 tsp Smoked Paprika (divided)
- 1/2 tsp Oregano (divided)
- 1 cup Kale Leaves (finely chopped)
- 1/2 cup Diced Tomatoes (from the can, drained)
- 1/8 tsp Red Pepper Flakes
- 1/2 cup Quinoa (uncooked)
- 1/4 Lime (juiced)

### Nutrition

Amount per serving	
Calories	386
Fat	10g
Carbs	31g
Fiber	5g
Sugar	2g
Protein	41g
Cholesterol	160mg
Sodium	791mg
Vitamin A	1343IU
Vitamin C	18mg
Calcium	88mg
Iron	5mg

### Directions

- 1 Place the metal trivet in the pot of the pressure cooker and add the water. Place the chicken thighs on the trivet and season with half of the salt. Add a quarter of each the chili powder, cumin, paprika and oregano to the chicken. Close the lid.
- 2 Set to "sealing", then press manual/pressure cooker and cook for 8 minutes on high pressure. Once it is done, release the pressure manually. Remove the lid carefully.
- 3 Transfer the chicken thighs to a bowl to cool slightly then shred with two forks. Set aside. Remove the metal trivet from the pot.
- 4 To the cooking liquid inside the pot add the kale, tomatoes, and red pepper flakes. Then add the remaining chili powder, cumin, paprika, oregano and salt. Turn the pressure cooker to sauté mode and bring the water inside the pot to a gentle simmer. Cook until the kale wilts down, about a minute. Turn the sauté mode off and add the shredded chicken and quinoa to the pot and stir to combine. Close the lid.
- 5 Set to "sealing", then press manual/pressure cooker and cook for 8 minutes on high pressure. Once it is done, release the pressure manually. Remove the lid carefully. Stir in the juice of the lime and season with additional salt if needed.
- 6 Divide between plates and enjoy!

### Notes

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

**Serving Size:** One serving is approximately 1 1/3 cups of the quinoa mixture.

**More Flavor:** Add fresh garlic or onion, coriander or smoked paprika.



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**Additional Toppings:** Serve with fresh cilantro, green onion, jalapenos, salsa or hot sauce.

**Cooking Time:** When cooking the quinoa (step 5), if the cooking liquid has not completely absorbed after the initial cooking time, return the lid, seal and cook for another couple of minutes on high pressure.

**No Canned Tomatoes:** Use fresh tomatoes instead.

**No Kale:** Use spinach instead.



## Soba Noodles & Seared Tuna Bowl

2 servings

20 minutes

### Ingredients

99 grams Buckwheat Soba Noodles  
170 grams Ahi Tuna (sushi-grade)  
1/4 tsp Sesame Seeds  
1 tbsp Extra Virgin Olive Oil  
1 tbsp Tamari  
1 tbsp Rice Vinegar  
1 tsp Maple Syrup  
1/2 cup Frozen Edamame (thawed)  
1 Carrot (small, julienned)  
1/4 cup Cilantro

### Nutrition

Amount per serving	
Calories	456
Fat	10g
Carbs	45g
Fiber	4g
Sugar	4g
Protein	33g
Cholesterol	34mg
Sodium	716mg
Vitamin A	5421IU
Vitamin C	5mg
Calcium	45mg
Iron	2mg

### Directions

- 1 Cook the soba noodles according to the directions on the package. Drain and rinse with cold water until completely cooled.
- 2 Meanwhile, coat the tuna in sesame seeds. Heat a non-stick skillet over medium-high heat. When the pan is hot, sear the tuna for two to three minutes, flipping halfway. The timing will depend on the thickness of the tuna and desired doneness. Slice the tuna.
- 3 In a large bowl, mix the oil, tamari, rice vinegar, and maple syrup. Add the noodles to the bowl and mix well to combine.
- 4 Divide the noodles, tuna, edamame, carrot, and cilantro evenly between bowls. Enjoy!

### Notes

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

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

**More Flavor:** Add zucchini or carrot.

**Additional Toppings:** Add chopped peanuts.



## Creamy Red Pepper Pasta with Chicken

2 servings  
40 minutes

### Ingredients

1/2 tsp Sesame Oil  
1 tsp Smoked Paprika  
Sea Salt & Black Pepper (to taste)  
227 grams Chicken Breast  
1/2 cup Brown Rice Spaghetti  
9 grams Roasted Red Peppers  
2 Garlic (cloves, minced)  
1/4 cup Cream, Half & Half  
2 tbsps Basil Leaves

### Nutrition

Amount per serving	
Calories	394
Fat	9g
Carbs	46g
Fiber	3g
Sugar	2g
Protein	31g
Cholesterol	93mg
Sodium	83mg
Vitamin A	907IU
Vitamin C	3mg
Calcium	51mg
Iron	2mg

### Directions

- 1 Preheat the oven to 425°F (215°C) and line a baking tray with parchment paper.
- 2 Add sesame oil, paprika, salt, and pepper to the chicken. Bake in the oven for 22 to 25 minutes, or until the chicken is cooked through.
- 3 Meanwhile, cook the spaghetti according to the package directions. Drain and rinse the pasta under water to remove the excess starch from the noodles.
- 4 In a food processor, add the red pepper and process it until smooth. Transfer it to a pan and add the garlic. Bring the mixture to a simmer over medium heat and add the cream.
- 5 Add the cooked spaghetti to the pan. Toss to coat the noodles in the sauce and continue to cook for another minute or until the noodles have warmed through.
- 6 Divide the chicken and spaghetti evenly between plates. Top with basil and enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately two cups. 1/2 cup of dry spaghetti is equal to 128 grams or 4.5 ounces.

**Dairy-Free:** Use coconut milk instead.

**More Flavor:** Add zucchini and red onion.

**No Basil:** Use parsley instead.





## One Pot Smoky Chicken & Rice

2 servings  
30 minutes

### Ingredients

- 340 grams Chicken Thighs (boneless, skinless)
- 1 tsp Smoked Paprika (divided)
- 1/2 tsp Chili Powder (divided)
- 1/4 tsp Cumin (divided)
- Sea Salt & Black Pepper (to taste)
- 1 tsp Extra Virgin Olive Oil
- 1/2 cup Brown Rice (long grain, dry)
- 1 cup Chicken Broth

### Nutrition

Amount per serving	
Calories	409
Fat	11g
Carbs	37g
Fiber	2g
Sugar	1g
Protein	38g
Cholesterol	162mg
Sodium	646mg
Vitamin A	811IU
Vitamin C	0mg
Calcium	28mg
Iron	3mg

### Directions

- 1 Place the chicken in a large bowl and season with half of the smoked paprika, half of the chili powder, half of the cumin, and salt and pepper. Mix well to combine.
- 2 Heat the oil in a large skillet over medium heat. Once hot, place the chicken in the skillet and cook for three to four minutes per side, until just browned. Remove the chicken and set aside.
- 3 Add the rice, broth, and remaining spices. Stir to combine and lower the temperature to low. Place the chicken on top of the rice and cover with a lid. Cook for 18 to 22 minutes, until the rice has absorbed most of the liquid and is cooked through.
- 4 Divide the rice and chicken evenly between plates. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately one cup of chicken with 1/2 cup of rice.

**Additional Toppings:** Serve with fresh cilantro or parsley on top, yogurt on the side or with fresh lemon wedges.



## One Pan Lemon Spiced Chicken & Potatoes

1 serving  
30 minutes

### Ingredients

- 1/4 Lemon (divided)
- 113 grams Chicken Breast
- 1 1/4 cups Mini Potatoes (quartered)
- 1/2 cup Cherry Tomatoes (halved)
- 3/4 tsp Extra Virgin Olive Oil
- 1/4 tsp Turmeric
- 1/8 tsp Ground Allspice
- 1/8 tsp Sea Salt
- 2 tbsps Plain Greek Yogurt
- 2 tbsps Parsley (chopped)

### Nutrition

Amount per serving	
Calories	354
Fat	7g
Carbs	39g
Fiber	5g
Sugar	5g
Protein	33g
Cholesterol	87mg
Sodium	383mg
Vitamin A	1457IU
Vitamin C	64mg
Calcium	112mg
Iron	3mg

### Directions

- 1 Preheat the oven to 400°F (205°C) and line a large baking sheet with parchment paper. Cut half the lemon into slices and set aside.
- 2 Add the chicken, potatoes, tomatoes, olive oil, turmeric, allspice, and sea salt to the baking sheet. Squeeze the juice from the remaining lemon over top and toss until well coated. Layer the lemon slices over top and cook for 25 to 30 minutes or until the chicken is cooked through.
- 3 Slice the chicken and garnish with yogurt and parsley. Enjoy!

### Notes

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

**More Flavor:** Add red pepper flakes, cayenne, paprika, black pepper, garlic and/or pomegranate seeds.