



EXERCISE
with Style

1,400-calorie meal plan 7-days
50/25/25

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<https://exercisewithstyle.com>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Apple Turmeric Smoothie	 Apple Turmeric Smoothie	 Apple Turmeric Smoothie	 Mango Lime Smoothie	 Mango Lime Smoothie	 Peanut Butter & Banana Protein Porridge	 Peanut Butter & Banana Protein Porridge
Snack 1	 Rainbow Veggie Pinwheels	 Rainbow Veggie Pinwheels	 Rainbow Veggie Pinwheels	 Grapefruit with Cottage Cheese	 Grapefruit with Cottage Cheese	 Grapefruit with Cottage Cheese	 Grapefruit with Cottage Cheese
Lunch	 Beef & Shredded Veggies with Rice	 Slow Cooker Enchilada Beans & Quinoa	 Pesto Shrimp Pasta	 Tuna, Chickpea & Avocado Salad	 Deconstructed Stuffed Peppers	 Ground Turkey, Rice & Broccoli	 Paprika Beef with Mashed Potatoes
Snack 2	 0.5 Stone Fruit Salad with Cottage Cheese	 0.5 Stone Fruit Salad with Cottage Cheese	 0.5 Stone Fruit Salad with Cottage Cheese	 0.5 Vegan Cream Cheese Toast with Microgreens	 0.5 Vegan Cream Cheese Toast with Microgreens	 0.5 Vegan Cream Cheese Toast with Microgreens	 0.5 Vegan Cream Cheese Toast with Microgreens
Dinner	 Slow Cooker Enchilada Beans & Quinoa	 Pesto Shrimp Pasta	 Tuna, Chickpea & Avocado Salad	 Deconstructed Stuffed Peppers	 Ground Turkey, Rice & Broccoli	 Paprika Beef with Mashed Potatoes	 Zucchini White Bean Roll Ups

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  23%	Fat  23%	Fat  24%	Fat  28%	Fat  29%	Fat  30%	Fat  29%
Carbs  53%	Carbs  52%	Carbs  49%	Carbs  45%	Carbs  45%	Carbs  43%	Carbs  47%
Protein  24%	Protein  25%	Protein  27%	Protein  27%	Protein  26%	Protein  27%	Protein  24%
Calories 1530	Calories 1481	Calories 1457	Calories 1382	Calories 1455	Calories 1409	Calories 1452
Fat 40g	Fat 39g	Fat 41g	Fat 44g	Fat 48g	Fat 49g	Fat 48g
Carbs 208g	Carbs 197g	Carbs 186g	Carbs 159g	Carbs 166g	Carbs 156g	Carbs 175g
Fiber 39g	Fiber 37g	Fiber 38g	Fiber 32g	Fiber 23g	Fiber 22g	Fiber 42g
Sugar 59g	Sugar 56g	Sugar 60g	Sugar 81g	Sugar 72g	Sugar 40g	Sugar 50g
Protein 92g	Protein 93g	Protein 100g	Protein 97g	Protein 98g	Protein 96g	Protein 91g
Cholesterol 129mg	Cholesterol 238mg	Cholesterol 234mg	Cholesterol 126mg	Cholesterol 180mg	Cholesterol 176mg	Cholesterol 92mg
Sodium 1764mg	Sodium 1816mg	Sodium 1610mg	Sodium 2130mg	Sodium 1691mg	Sodium 1290mg	Sodium 1401mg
Vitamin A 15782IU	Vitamin A 6435IU	Vitamin A 6115IU	Vitamin A 9548IU	Vitamin A 9013IU	Vitamin A 5668IU	Vitamin A 6429IU
Vitamin C 209mg	Vitamin C 166mg	Vitamin C 175mg	Vitamin C 344mg	Vitamin C 400mg	Vitamin C 242mg	Vitamin C 206mg
Calcium 1228mg	Calcium 1301mg	Calcium 1201mg	Calcium 1262mg	Calcium 1231mg	Calcium 866mg	Calcium 1069mg
Iron 17mg	Iron 16mg	Iron 17mg	Iron 15mg	Iron 12mg	Iron 11mg	Iron 15mg

Fruits

- 3 Apple
- 1/2 Avocado
- 1 Banana
- 1/2 cup Cherries
- 4 Grapefruit
- 2 Lime
- 1/2 Mango
- 1 Nectarine

Breakfast

- 2 tbsps All Natural Peanut Butter

Seeds, Nuts & Spices

- 3 tbsps Chia Seeds
- 2 tsps Cinnamon
- 1 tsp Everything Bagel Seasoning
- 1 tsp Italian Seasoning
- 2/3 tsp Paprika
- 1/8 tsp Red Pepper Flakes
- 3/4 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tsp Smoked Paprika
- 3 tbsps Turmeric

Frozen

- 1 1/2 cups Cauliflower Rice
- 2 cups Frozen Cauliflower
- 2/3 cup Frozen Corn
- 2 cups Frozen Mango

Vegetables

- 1 tbsp Basil Leaves
- 2 1/2 cups Broccoli
- 3/4 Carrot
- 1 cup Cherry Tomatoes
- 3/4 cup Coleslaw Mix
- 1/2 Cucumber
- 1 3/4 Green Bell Pepper
- 2 stalks Green Onion
- 1 cup Microgreens
- 2 tbsps Parsley
- 1 Red Bell Pepper
- 1/4 cup Red Onion
- 2 Russet Potato
- 1/2 Sweet Potato
- 3/4 Yellow Bell Pepper
- 1 Zucchini

Boxed & Canned

- 1 cup Black Beans
- 1/3 cup Brown Rice
- 113 grams Brown Rice Fettuccine
- 1 cup Chickpeas
- 1 1/8 cups Crushed Tomatoes
- 1 1/2 cups Diced Tomatoes
- 2/3 cup Enchilada Sauce
- 3/4 cup Jasmine Rice
- 2 2/3 tbsps Quinoa
- 2 tbsps Salsa
- 1 can Tuna
- 1 cup White Navy Beans

Baking

- 1 1/2 tsps Nutritional Yeast
- 1/2 cup Oats

Bread, Fish, Meat & Cheese

- 567 grams Extra Lean Ground Beef
- 227 grams Extra Lean Ground Turkey
- 76 grams Mozzarella Cheese
- 227 grams Shrimp
- 125 grams Tofu
- 2 slices Whole Grain Bread
- 3 Whole Wheat Tortilla

Condiments & Oils

- 1 1/2 tsps Apple Cider Vinegar
- 3/4 tsp Coconut Oil
- 1 1/3 tbsps Extra Virgin Olive Oil
- 1/4 cup Italian Dressing
- 1/3 cup Pesto
- 1/2 cup Tomato Sauce

Cold

- 3 cups Cottage Cheese
- 1 cup Egg Whites
- 3 3/4 cups Oat Milk
- 3 cups Plain Coconut Milk
- 3/4 cup Plain Greek Yogurt
- 2 cups Unsweetened Almond Milk

Other

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



Apple Turmeric Smoothie

3 servings

5 minutes

Ingredients

- 3 3/4 cups Oat Milk
- 3 Apple (small, cored, chopped)
- 1 1/2 cups Cauliflower Rice (or chopped florets)
- 3/4 cup Vanilla Protein Powder
- 3 tbsps Turmeric
- 3 tbsps Chia Seeds (plus more for garnish if desired)

Nutrition

Amount per serving	
Calories	425
Fat	11g
Carbs	60g
Fiber	15g
Sugar	29g
Protein	27g
Cholesterol	4mg
Sodium	180mg
Vitamin A	98IU
Vitamin C	8mg
Calcium	664mg
Iron	7mg

Directions

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

Notes

Leftovers: Best enjoyed immediately. Refrigerate in an airtight container for two days.

More Flavor: Add ground ginger, cinnamon, or nutmeg.

No Cauliflower Rice: Use pumpkin puree or steamed sweet potato instead.

No Oat Milk: Use almond, soy, pea, rice, coconut, or dairy milk instead.



Mango Lime Smoothie

2 servings

5 minutes

Ingredients

2 cups Frozen Mango
2 cups Frozen Cauliflower
2 Lime (large, zest and juice)
1/2 cup Vanilla Protein Powder
3 cups Plain Coconut Milk
(unsweetened, from the carton)

Nutrition

Amount per serving	
Calories	348
Fat	9g
Carbs	47g
Fiber	8g
Sugar	36g
Protein	23g
Cholesterol	4mg
Sodium	127mg
Vitamin A	2574IU
Vitamin C	130mg
Calcium	845mg
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, pineapple, or chia seeds to your smoothie.

No Coconut Milk: Use almond or oat milk.

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.



Peanut Butter & Banana Protein Porridge

2 servings
10 minutes

Ingredients

- 2 cups Unsweetened Almond Milk
- 1/2 cup Oats (rolled)
- 1 cup Egg Whites
- 2 tbsps All Natural Peanut Butter
- 2 tpsps Cinnamon
- 1 Banana (mashed)

Nutrition

Amount per serving	
Calories	324
Fat	13g
Carbs	35g
Fiber	7g
Sugar	10g
Protein	21g
Cholesterol	0mg
Sodium	367mg
Vitamin A	545IU
Vitamin C	5mg
Calcium	507mg
Iron	2mg

Directions

- 1 Add the almond milk and oats to a pot over medium heat. Bring the milk to a gentle boil and continue to cook for two to three minutes or until the oats begin to soften and thicken.
- 2 Slowly stir in the egg whites and continue to stir until the porridge becomes thick and creamy. Stir in the peanut butter, cinnamon, and banana. Remove from the heat and enjoy!

Notes

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

More Flavor: Add maple syrup or honey and vanilla extract.

Additional Toppings: More peanut butter, banana slices, berries, or extra cinnamon.

No Almond Milk: Use another dairy or dairy alternative milk instead.



Rainbow Veggie Pinwheels

3 servings
15 minutes

Ingredients

- 3/4 cup Plain Greek Yogurt
- 3 Whole Wheat Tortilla (large)
- Sea Salt & Black Pepper (to taste)
- 3/4 Green Bell Pepper (small, thinly sliced)
- 3/4 Yellow Bell Pepper (small, thinly sliced)
- 3/4 Carrot (small, thinly sliced)
- 3/4 cup Coleslaw Mix

Nutrition

Amount per serving	
Calories	203
Fat	5g
Carbs	29g
Fiber	6g
Sugar	5g
Protein	11g
Cholesterol	8mg
Sodium	308mg
Vitamin A	3815IU
Vitamin C	123mg
Calcium	248mg
Iron	2mg

Directions

- 1 Spread the yogurt over the tortilla and season generously with salt and pepper. Arrange the green bell pepper, yellow bell pepper, carrot, and coleslaw overtop.
- 2 Tightly roll up the tortilla and cut into slices. Enjoy!

Notes

Leftovers: Enjoy immediately for best results or refrigerate in an airtight container for up to two days.

Gluten-Free: Use gluten-free tortilla.

Dairy-Free: Use coconut yogurt, hummus, or pesto instead of plain Greek yogurt.

More Flavor: Add your choice of dried herbs or seasonings.

Additional Toppings: Add avocado, shredded chicken, ham, turkey, crumbled tofu, or tempeh.

Serving Size: One serving is equal to one stuffed wrap sliced.



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.



Beef & Shredded Veggies with Rice

1 serving
20 minutes

Ingredients

1/4 cup Jasmine Rice
113 grams Extra Lean Ground Beef
Sea Salt & Black Pepper (to taste)
1/2 Sweet Potato (medium, peeled and grated)
1/2 cup Broccoli (finely chopped, riced)
2 tbsps Salsa

Nutrition

Amount per serving	
Calories	440
Fat	12g
Carbs	56g
Fiber	5g
Sugar	5g
Protein	28g
Cholesterol	74mg
Sodium	357mg
Vitamin A	9671IU
Vitamin C	43mg
Calcium	64mg
Iron	3mg

Directions

- 1 Cook the rice according to package directions.
- 2 Add the beef to the pan, breaking it up as it cooks. Once it is cooked through and no longer pink, season with salt and pepper to taste.
- 3 Add the sweet potato and broccoli to the pan with the beef. Continue to cook for five to six minutes more or until the sweet potato and broccoli are tender. Stir in the salsa and season with additional salt and pepper if needed. Divide the rice between plates and top with the beef mixture. Enjoy!

Notes

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

More Flavor: Add garlic and onions or dried herbs and spices to taste.

Additional Toppings: Green onion, avocado, cilantro, red pepper flakes, and/or more salsa.

No Jasmine Rice: Use quinoa, brown rice, or cauliflower rice.

No Beef: Use ground chicken, turkey, pork, lentils, or chickpeas instead.



Stone Fruit Salad with Cottage Cheese

2 servings
10 minutes

Ingredients

- 1 cup Cottage Cheese
- 1/2 cup Cherries (pitted, halved)
- 1/2 Mango (peeled, chopped)
- 1 Nectarine (pit removed, chopped)
- 1 tsp Basil Leaves (chopped)

Nutrition

Amount per serving	
Calories	209
Fat	5g
Carbs	30g
Fiber	3g
Sugar	25g
Protein	14g
Cholesterol	18mg
Sodium	332mg
Vitamin A	1386IU
Vitamin C	37mg
Calcium	108mg
Iron	1mg

Directions

1

Divide the cottage cheese onto plates and top with cherries, mango and nectarine. Garnish with fresh basil and enjoy!

Notes

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

Serving Size: One serving equals approximately two cups.

No Fresh Fruit: Use frozen, thawed fruit instead.

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

Additional Toppings: Balsamic glaze, olive oil, sea salt, pepper, hemp seeds, and/or crushed nuts.



Vegan Cream Cheese Toast with Microgreens

2 servings
10 minutes

Ingredients

- 125 grams Tofu (firm, drained)
- 1 1/2 tsps Nutritional Yeast
- 1 1/2 tsps Apple Cider Vinegar
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/4 tsp Sea Salt
- 1 tbsp Everything Bagel Seasoning
- 2 slices Whole Grain Bread (lightly toasted)
- 1 cup Microgreens

Nutrition

Amount per serving	
Calories	215
Fat	8g
Carbs	22g
Fiber	5g
Sugar	5g
Protein	14g
Cholesterol	0mg
Sodium	761mg
Vitamin A	0IU
Vitamin C	11mg
Calcium	230mg
Iron	3mg

Directions

- 1 In a small food processor, add the tofu, nutritional yeast, vinegar, oil, and salt. Blend until smooth. Stir in the everything bagel seasoning.
- 2 Spread the tofu on the toast. Top with the microgreens and enjoy!

Notes

Leftovers: Refrigerate the vegan cream cheese in a separate airtight container for up to five days. The assembled toast is best enjoyed immediately.

Serving Size: One serving is one toast.

Everything Bagel Seasoning: If you don't have store-bought Everything Bagel Seasoning, make your own by mixing together even amounts of poppy seeds, sesame seeds, garlic powder, and dried onion flakes. Add sea salt to taste.

Additional Toppings: Tomato, radishes, cucumbers, green onions, chives and/or black pepper.

Gluten-Free: Use gluten-free bread instead of whole grain bread.



Slow Cooker Enchilada Beans & Quinoa

2 servings

2 hours

Ingredients

1 cup Black Beans (cooked)
2/3 cup Frozen Corn (or fresh)
1 1/8 cups Diced Tomatoes
2/3 cup Enchilada Sauce
2 2/3 tbsps Quinoa (dry)
2 2/3 tbsps Water
1/8 tsp Sea Salt
76 grams Mozzarella Cheese (shredded)

Nutrition

Amount per serving	
Calories	357
Fat	9g
Carbs	48g
Fiber	11g
Sugar	7g
Protein	19g
Cholesterol	34mg
Sodium	753mg
Vitamin A	1505IU
Vitamin C	16mg
Calcium	198mg
Iron	4mg

Directions

- 1 Add the black beans, corn, tomatoes, enchilada sauce, quinoa, water, and salt to the slow cooker. Stir until combined.
- 2 Cook on high for two to four hours, or on low for four to six hours.
- 3 Divide into bowls and top with cheese. Enjoy!

Notes

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

Serving Size: One serving equals approximately two cups.

More Flavor: Stir in a few tablespoons of cream cheese. Use fire roasted diced tomatoes.

Additional Toppings: Top with chopped cilantro, avocado, tortilla chips, sour cream, or sliced jalapeno.

Make it Vegan: Use vegan cheese instead of mozzarella cheese, or omit completely.



Pesto Shrimp Pasta

2 servings
20 minutes

Ingredients

113 grams Brown Rice Fettuccine
227 grams Shrimp (peeled, deveined)
1/8 tsp Sea Salt
2 2/3 tbsps Pesto

Nutrition

Amount per serving	
Calories	391
Fat	11g
Carbs	45g
Fiber	3g
Sugar	2g
Protein	29g
Cholesterol	183mg
Sodium	409mg
Vitamin A	324IU
Vitamin C	0mg
Calcium	137mg
Iron	2mg

Directions

- 1 Cook the pasta according to the directions on the package. Set aside at least 1/4 cup of pasta water. Strain the pasta and run cold water over it to prevent over-cooking. Add the pasta back to the pot.
- 2 Meanwhile, heat a few tablespoons of the pasta water in a skillet over medium heat. Add the shrimp and cook for 1 to 3 minutes per side, or until no longer translucent. Add more pasta water if needed. Season with salt.
- 3 Add the shrimp and pesto to the pasta and gently combine until well coated. Divide onto plates and enjoy!

Notes

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

Serving Size: One serving equals approximately two cups.

More Flavor: Cook the shrimp with butter or oil instead of pasta water.

Additional Toppings: Red pepper flakes, fresh herbs, lemon juice.



Tuna, Chickpea & Avocado Salad

2 servings
15 minutes

Ingredients

- 1 can Tuna (drained, flaked with a fork)
- 1 cup Chickpeas (cooked, drained)
- 1/2 Cucumber (medium, chopped)
- 1 cup Cherry Tomatoes (halved)
- 1/2 Avocado (cubed)
- 1/4 cup Red Onion (sliced)
- 1/4 cup Italian Dressing
- 2 tbsps Parsley (fresh, chopped)

Nutrition

Amount per serving	
Calories	333
Fat	11g
Carbs	37g
Fiber	12g
Sugar	11g
Protein	26g
Cholesterol	30mg
Sodium	547mg
Vitamin A	1185IU
Vitamin C	25mg
Calcium	98mg
Iron	5mg

Directions

1

Divide the tuna, chickpeas, cucumber, tomatoes, avocado, and onion evenly between bowls. Top evenly with the dressing and parsley. Enjoy!

Notes

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

No Italian Dressing: Use olive oil and lemon juice instead.

No Tuna: Use other canned fish like salmon or mackerel.

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



Deconstructed Stuffed Peppers

2 servings

50 minutes

Ingredients

1/3 cup Brown Rice
227 grams Extra Lean Ground Beef
1 tsp Extra Virgin Olive Oil
1 Red Bell Pepper (chopped)
1 tsp Italian Seasoning
2/3 tsp Paprika
1/3 tsp Sea Salt
1/8 tsp Red Pepper Flakes
1 1/8 cups Crushed Tomatoes (from the can)
1/3 cup Diced Tomatoes (from the can)
2 2/3 tbsps Water
2 stalks Green Onion (chopped, divided)

Nutrition

Amount per serving	
Calories	408
Fat	15g
Carbs	40g
Fiber	6g
Sugar	10g
Protein	28g
Cholesterol	74mg
Sodium	744mg
Vitamin A	3269IU
Vitamin C	95mg
Calcium	86mg
Iron	6mg

Directions

- 1 Cook the rice according to the package directions.
- 2 Meanwhile, heat a large pot over medium-high heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, transfer the meat to a plate and drain any excess drippings from the pan.
- 3 Add the oil to the same pot and cook the peppers for about 8 minutes until just tender. Add the browned beef back to the pot and season with with Italian Seasoning, paprika, salt and red pepper flakes.
- 4 Add the crushed tomatoes, diced tomatoes, water and half of the green onions. Bring to a gentle boil then let simmer for 25 to 30 minutes or until the peppers are very tender. Season with additional salt if needed.
- 5 To serve, divide the beef mixture and rice between bowls. Stir together and then top with the remaining green onions. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. This dish will thicken as it cools, so you may want to add a bit of water when you reheat it until your desired consistency is reached.

Serving Size: One serving is approximately 1 1/3 cups of the beef mixture and 2/3 cups of the rice.

More Flavor: Use garlic-infused olive oil instead. Make it spicier with more red pepper flakes or cayenne pepper. Make it smokier with smoked paprika or chipotle chili powder.

No Red Bell Pepper: Use any colour of bell pepper instead.

No Beef: Use ground pork or sausage meat instead.

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



Ground Turkey, Rice & Broccoli

2 servings
25 minutes

Ingredients

2 cups Broccoli (chopped into florets)
1 1/2 tsps Extra Virgin Olive Oil
3/4 tsp Coconut Oil
227 grams Extra Lean Ground Turkey
1/2 cup Jasmine Rice (dry)

Nutrition

Amount per serving	
Calories	406
Fat	15g
Carbs	44g
Fiber	3g
Sugar	2g
Protein	27g
Cholesterol	84mg
Sodium	108mg
Vitamin A	650IU
Vitamin C	81mg
Calcium	67mg
Iron	2mg

Directions

- 1 Preheat oven to 425°F (218°C).
- 2 Toss the broccoli florets in olive oil and spread across a baking sheet. Bake in the oven for 12 to 15 minutes, or until slightly crispy and tender.
- 3 Meanwhile, heat the coconut oil in a large skillet over medium heat. Add ground turkey, breaking it up as it cooks.
- 4 While the turkey is cooking, cook the jasmine rice according to the directions on the package.
- 5 Divide the roasted broccoli, ground turkey and jasmine rice between plates or containers. Add your desired spices and enjoy!

Notes

Leftovers: Refrigerate up to 3 days. Freeze for longer.

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

Vegan & Vegetarian: Use roasted chickpeas instead of ground meat.

No Rice: Use quinoa or cauliflower rice instead.



Paprika Beef with Mashed Potatoes

2 servings
30 minutes

Ingredients

- 2 Russet Potato (medium, peeled and chopped)
- 227 grams Extra Lean Ground Beef
- 1 tbsp Smoked Paprika
- 1 Green Bell Pepper (small, seeds removed, diced)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	386
Fat	12g
Carbs	42g
Fiber	6g
Sugar	4g
Protein	28g
Cholesterol	74mg
Sodium	103mg
Vitamin A	1953IU
Vitamin C	62mg
Calcium	59mg
Iron	5mg

Directions

- 1 Bring a large pot of water to a boil. Add the potatoes to the pot and boil for 15 minutes or until soft. Drain the water and mash with a potato masher until creamy. Season with salt and black pepper.
- 2 Meanwhile, heat a nonstick pan over medium-high heat. Add the beef, paprika, green bell pepper, salt, and black pepper. Stir for eight to 10 minutes or until the beef is cooked through.
- 3 Divide the beef and mashed potatoes and enjoy!

Notes

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

More Flavor: Add sautéed onions, tomato sauce, garlic, cayenne pepper, or chili powder to the beef mixture. Add butter and milk to the mashed potatoes.

Additional Toppings: Top with cheese, yogurt, and fresh parsley.



Zucchini White Bean Roll Ups

1 serving

1 hour

Ingredients

- 1 Zucchini (medium)
- 1 cup White Navy Beans (cooked, from the can)
- 2 tbsps Pesto
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Tomato Sauce

Nutrition

Amount per serving	
Calories	449
Fat	14g
Carbs	63g
Fiber	23g
Sugar	12g
Protein	22g
Cholesterol	0mg
Sodium	219mg
Vitamin A	1411IU
Vitamin C	45mg
Calcium	270mg
Iron	6mg

Directions

- 1 Preheat your oven to 350°F (177°C).
- 2 Slice the zucchinis in half lengthwise. Using a mandolin, create long, thin slices from the cut-side of each zucchini. If you don't have a mandolin, use a sharp knife to make thin, flexible slices. You should end up with about 12 strips per zucchini.
- 3 In your food processor or blender, combine the white beans and pesto. Pulse until smooth. Taste and season with sea salt and black pepper as desired.
- 4 Lay the strips flat on your cutting board and spread each strip with about 1 tbsp of the white bean mixture. Roll them up and place into a casserole dish. When all the zucchini roll-ups are in the dish, cover with the tomato sauce.
- 5 Bake uncovered for 30 minutes. Remove from the oven, divide between plates and enjoy!

Notes

No White Beans: Use chickpeas instead.