



**EXERCISE**  
*with Style*

1400 Calorie Meal Plan  
35/35/30 PDF

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	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Berry Banana Smoothie	 Berry Banana Smoothie	 Berry Banana Smoothie	 Cottage Cheese with Mango	 Cottage Cheese with Mango	 Raspberry Zinger Smoothie	 Raspberry Zinger Smoothie
Snack 1	 Vegan Cream Cheese Toast with Microgreens	 0.5 Vegan Cream Cheese Toast with Microgreens	 0.5 Vegan Cream Cheese Toast with Microgreens	 Creamy Tuna on Oat Crackers	 Creamy Tuna on Oat Crackers	 Creamy Tuna on Oat Crackers	 Creamy Tuna on Oat Crackers
Lunch	 Turkey & Spinach Roasted Acorn Squash Bowls	 One Pan Chicken & Pesto Spaghetti Squash	 Sesame Trout, Bok Choy & Quinoa	 Steamed Cod with Quinoa & Cilantro Sauce	 Turkey & Quinoa Zucchini Boats	 Carne Asada Tacos	 Shepherd's Pie Bowls
Snack 2	 Cottage Cheese & Mashed Banana	 Cottage Cheese & Mashed Banana	 Cottage Cheese & Mashed Banana	 Sardine Toast with Tomato & Onion	 Sardine Toast with Tomato & Onion	 Sardine Toast with Tomato & Onion	 Sardine Toast with Tomato & Onion
Dinner	 One Pan Chicken & Pesto Spaghetti Squash	 Sesame Trout, Bok Choy & Quinoa	 Steamed Cod with Quinoa & Cilantro Sauce	 Turkey & Quinoa Zucchini Boats	 Carne Asada Tacos	 Shepherd's Pie Bowls	 Goan Fish Curry

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  34%	Fat  31%	Fat  32%	Fat  33%	Fat  33%	Fat  31%	Fat  28%
Carbs  36%	Carbs  35%	Carbs  36%	Carbs  36%	Carbs  36%	Carbs  38%	Carbs  41%
Protein  30%	Protein  34%	Protein  32%	Protein  31%	Protein  31%	Protein  31%	Protein  31%
Calories 1422	Calories 1417	Calories 1456	Calories 1461	Calories 1478	Calories 1443	Calories 1447
Fat 55g	Fat 50g	Fat 52g	Fat 55g	Fat 55g	Fat 51g	Fat 47g
Carbs 133g	Carbs 127g	Carbs 133g	Carbs 134g	Carbs 137g	Carbs 142g	Carbs 152g
Fiber 28g	Fiber 26g	Fiber 26g	Fiber 19g	Fiber 20g	Fiber 34g	Fiber 32g
Sugar 40g	Sugar 40g	Sugar 40g	Sugar 45g	Sugar 44g	Sugar 24g	Sugar 27g
Protein 110g	Protein 120g	Protein 117g	Protein 116g	Protein 116g	Protein 114g	Protein 115g
Cholesterol 197mg	Cholesterol 207mg	Cholesterol 175mg	Cholesterol 244mg	Cholesterol 271mg	Cholesterol 239mg	Cholesterol 240mg
Sodium 2090mg	Sodium 1778mg	Sodium 2215mg	Sodium 3831mg	Sodium 3268mg	Sodium 1558mg	Sodium 2150mg
Vitamin A 8140IU	Vitamin A 9616IU	Vitamin A 14399IU	Vitamin A 11002IU	Vitamin A 4850IU	Vitamin A 7573IU	Vitamin A 8137IU
Vitamin C 137mg	Vitamin C 167mg	Vitamin C 151mg	Vitamin C 158mg	Vitamin C 162mg	Vitamin C 187mg	Vitamin C 180mg
Calcium 1363mg	Calcium 1407mg	Calcium 1296mg	Calcium 592mg	Calcium 770mg	Calcium 1563mg	Calcium 1360mg
Iron 13mg	Iron 12mg	Iron 13mg	Iron 12mg	Iron 12mg	Iron 16mg	Iron 15mg

**Fruits**

- 3 Banana
- 2 1/2 Lemon
- 1 Lime
- 1 Mango

**Seeds, Nuts & Spices**

- 1/4 tsp Black Pepper
- 2 tbsps Chia Seeds
- 1 1/2 tsps Chili Powder
- 1/2 tsp Coriander Seed
- 1/2 tsp Cumin
- 3/4 tsp Cumin Seed
- 1 1/2 tbsps Everything Bagel Seasoning
- 1/4 tsp Oregano
- 1/8 tsp Paprika
- 1 tbsp Poultry Seasoning
- 2 3/4 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/2 tsps Sesame Seeds
- 1/8 tsp Turmeric
- 3 tbsps Whole Flax Seeds

**Frozen**

- 3 cups Frozen Berries
- 2 cups Frozen Cauliflower
- 1/4 cup Frozen Corn
- 2 cups Frozen Raspberries

**Vegetables**

- 1/2 Acorn Squash
- 1 cup Baby Spinach
- 1/3 cup Basil Leaves
- 4 cups Bok Choy
- 2 Carrot
- 1/4 head Cauliflower
- 1 1/2 stalks Celery
- 2 1/8 cups Cilantro
- 2 Garlic
- 3/4 tsp Ginger
- 3 cups Kale Leaves
- 1 1/2 cups Microgreens
- 1/2 Red Bell Pepper
- 1 Spaghetti Squash
- 1/4 Sweet Onion
- 2 1/4 Tomato
- 1/4 White Onion
- 1 1/4 Yellow Onion
- 1 Yellow Potato
- 2 Zucchini

**Boxed & Canned**

- 1/4 cup Canned Coconut Milk
- 1/4 cup Jasmine Rice
- 100 grams Oat Crackers
- 1 1/4 cups Quinoa
- 112 grams Sardines
- 2 cans Tuna

**Baking**

- 1 tbsp Almond Flour
- 1 tbsp Nutritional Yeast

**Bread, Fish, Meat & Cheese**

- 227 grams Chicken Breast
- 1 Cod Fillet
- 4 Corn Tortilla
- 567 grams Extra Lean Ground Turkey
- 227 grams Flank Steak
- 3/4 Haddock Fillet
- 2 Rainbow Trout Fillet
- 188 grams Tofu
- 7 slices Whole Grain Bread

**Condiments & Oils**

- 2 1/4 tsps Apple Cider Vinegar
- 1 tbsp Avocado Oil
- 2 1/3 tbsps Coconut Oil
- 2 1/8 tbsps Extra Virgin Olive Oil
- 1/4 cup Pesto
- 1 1/2 tsps Tamari
- 1/2 tsp Tamarind Paste

**Cold**

- 4 1/4 cups Cottage Cheese
- 1/3 cup Guacamole
- 1/2 cup Plain Greek Yogurt
- 6 1/8 cups Unsweetened Almond Milk

**Other**

- 1 1/4 cups Vanilla Protein Powder
- 1 1/2 cups Water



## Berry Banana Smoothie

3 servings

5 minutes

### Ingredients

3 cups Unsweetened Almond Milk  
3 cups Frozen Berries  
1 1/2 Banana  
3 cups Kale Leaves  
3/4 cup Vanilla Protein Powder  
3 tbsps Whole Flax Seeds

### Nutrition

Amount per serving	
Calories	309
Fat	8g
Carbs	40g
Fiber	12g
Sugar	22g
Protein	24g
Cholesterol	4mg
Sodium	213mg
Vitamin A	1547IU
Vitamin C	65mg
Calcium	673mg
Iron	3mg

### Directions

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

### Notes

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

**No Protein Powder:** Omit, or add a few spoonfuls of hemp seeds instead.

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



## 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.



## Raspberry Zinger Smoothie

2 servings

10 minutes

### Ingredients

2 cups Frozen Cauliflower  
2 cups Frozen Raspberries  
2 Lemon (juiced)  
1/2 cup Vanilla Protein Powder  
2 tbsps Chia Seeds  
3 cups Unsweetened Almond Milk

### Directions

1

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

### Notes

**No Protein Powder:** Use 1/4 cup hemp seeds per serving instead.

### Nutrition

Amount per serving	
Calories	308
Fat	9g
Carbs	36g
Fiber	17g
Sugar	12g
Protein	27g
Cholesterol	4mg
Sodium	319mg
Vitamin A	873IU
Vitamin C	100mg
Calcium	934mg
Iron	4mg



## Vegan Cream Cheese Toast with Microgreens

3 servings

10 minutes

### Ingredients

- 188 grams Tofu (firm, drained)
- 2 1/4 tsps Nutritional Yeast
- 2 1/4 tsps Apple Cider Vinegar
- 2 1/4 tsps Extra Virgin Olive Oil
- 1/3 tsp Sea Salt
- 1 1/2 tbsps Everything Bagel Seasoning
- 3 slices Whole Grain Bread (lightly toasted)
- 1 1/2 cups 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.



## Creamy Tuna on Oat Crackers

4 servings  
10 minutes

### Ingredients

2 cans Tuna (drained and flaked)  
1/2 cup Plain Greek Yogurt  
1/2 tsp Sea Salt  
100 grams Oat Crackers

### Nutrition

Amount per serving	
Calories	201
Fat	6g
Carbs	18g
Fiber	2g
Sugar	1g
Protein	21g
Cholesterol	34mg
Sodium	683mg
Vitamin A	203IU
Vitamin C	2mg
Calcium	76mg
Iron	2mg

### Directions

- 1 Combine the tuna, yogurt and sea salt. Mix well with a fork.
- 2 Spread tuna evenly onto the crackers and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately but can be refrigerated up to 2 days in an airtight container. Store the crispbread and tuna mixture separately.

**Serving Size:** One serving is equal to approximately four topped crackers.

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

**No Greek Yogurt:** Use cottage cheese or any type of alternative plain yogurt instead.



## Turkey & Spinach Roasted Acorn Squash Bowls

1 serving  
50 minutes

### Ingredients

- 1/2 Acorn Squash
- 3/4 tsp Extra Virgin Olive Oil
- 3/4 tsp Coconut Oil
- 113 grams Extra Lean Ground Turkey
- 1 1/2 tsp Chili Powder
- 1/4 tsp Oregano
- 1/4 tsp Cumin
- 1/16 tsp Sea Salt
- 1 tbsp Water
- 1 cup Baby Spinach (chopped and packed)

### Nutrition

Amount per serving	
Calories	337
Fat	17g
Carbs	26g
Fiber	5g
Sugar	0g
Protein	24g
Cholesterol	84mg
Sodium	372mg
Vitamin A	4884IU
Vitamin C	32mg
Calcium	148mg
Iron	5mg

### Directions

- 1 Preheat the oven to 450°F and line a baking sheet with parchment paper.
- 2 Carefully slice the pointy tips off the bottom of the acorn squash to create a flat surface. Then carefully slice them in half through the center. Carve out the seeds and pulp. Brush the inside of the halves with olive oil. Place face up on the baking sheet and bake for 35 to 45 minutes or until golden brown.
- 3 Meanwhile, heat the coconut oil in a large skillet over medium heat. Add the turkey and saute until cooked through and browned. Break it up into tiny pieces as it cooks.
- 4 Once the turkey is cooked through, stir in the chili powder, oregano, cumin, sea salt and water. Mix very well then add in the baby spinach and continue to stir just until wilted. Turn the heat to the lowest setting to keep warm until your squash is cooked.
- 5 Remove squash from the oven and stuff each half with the turkey/spinach mix. Enjoy!

### Notes

**Vegan & Vegetarian:** Use lentils or black beans instead of ground meat.

**Save Time:** Roast acorn squash ahead of time and warm it at the time of meal.

**Leftovers:** Store covered in the fridge up to 3 days. Reheat in the oven, toaster oven or slow cooker.

**Extra Protein and Healthy Fat:** Top with a fried or poached egg.

**Waste Not, Want Not:** Set aside the seeds from the acorn squash. Rinse them and spread them across a tea towel to dry. Roast in the oven using our Cinnamon Toast Crunch Pumpkin Seeds recipe.



## Cottage Cheese & Mashed Banana

3 servings

5 minutes

### Ingredients

- 2 1/4 cups Cottage Cheese
- 1 1/2 Banana (mashed)

### Nutrition

Amount per serving	
Calories	207
Fat	7g
Carbs	19g
Fiber	2g
Sugar	11g
Protein	18g
Cholesterol	27mg
Sodium	497mg
Vitamin A	258IU
Vitamin C	5mg
Calcium	134mg
Iron	0mg

### Directions

- 1 Serve the cottage cheese with the mashed banana and enjoy!

### Notes

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

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



## Sardine Toast with Tomato & Onion

4 servings

5 minutes

### Ingredients

- 4 slices Whole Grain Bread (toasted)
- 2 Tomato (small, sliced)
- 112 grams Sardines (drained, halved lengthwise)
- 1/4 Sweet Onion (medium, thinly sliced)
- 1/4 cup Basil Leaves
- 1/2 Lemon (juiced, zested)

### Nutrition

Amount per serving	
Calories	185
Fat	5g
Carbs	22g
Fiber	4g
Sugar	4g
Protein	13g
Cholesterol	40mg
Sodium	268mg
Vitamin A	1001IU
Vitamin C	13mg
Calcium	161mg
Iron	2mg

### Directions

- 1 Top the bread with the tomatoes, sardines, onion, basil, and lemon zest. Squeeze the lemon juice overtop and enjoy!

### Notes

**Leftovers:** This recipe is best enjoyed immediately but can be refrigerated in an airtight container for up to two days.

**Gluten-Free:** Use gluten-free bread, rice cakes, or sweet potato toast instead of whole grain bread.

**More Flavor:** Rub garlic on the toast. Add mayonnaise or butter.

**Additional Toppings:** Add olive oil, salt, or pepper to taste.

**No Sardines:** Use tuna or mackerel instead.



## One Pan Chicken & Pesto Spaghetti Squash

2 servings  
35 minutes

### Ingredients

- 1 Spaghetti Squash (medium, halved lengthwise, seeds removed)
- 227 grams Chicken Breast (skinless, boneless, cubed)
- 1/4 cup Pesto
- 2 tbsps Basil Leaves (chopped)

### Nutrition

Amount per serving	
Calories	354
Fat	15g
Carbs	26g
Fiber	4g
Sugar	2g
Protein	30g
Cholesterol	82mg
Sodium	247mg
Vitamin A	1451IU
Vitamin C	24mg
Calcium	178mg
Iron	2mg

### Directions

- 1 Preheat the oven to 425°F (220°C).
- 2 Line a large baking sheet with parchment paper. On one half of the baking sheet, place the spaghetti squash flesh-side down. On the other half, evenly spread out the chicken. Cook for about 30 to 35 minutes, or until the squash is fork-tender and the chicken is cooked through.
- 3 When cool enough to handle, use a fork to shred the squash into noodles. Gently mix in the pesto.
- 4 Chop the chicken and place overtop the spaghetti squash. Garnish with basil and sea salt, if needed. Enjoy!

### Notes

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

**Serving Size:** One serving equals one half of a spaghetti squash.

**More Flavor:** Season the chicken with garlic powder and onion powder.

**Additional Toppings:** Leftover veggies, avocado, red pepper flakes, and/or pine nuts.

**Make it Vegan:** Use chickpeas, tempeh, or tofu.



## Sesame Trout, Bok Choy & Quinoa

2 servings  
20 minutes

### Ingredients

- 1/2 cup Quinoa (dry, uncooked)
- 1 cup Water
- 2 Rainbow Trout Fillet
- 4 cups Bok Choy (baby, halved)
- 1 tbsp Avocado Oil
- 1/4 tsp Sea Salt
- 1 1/2 tps Sesame Seeds

### Nutrition

Amount per serving	
Calories	439
Fat	16g
Carbs	31g
Fiber	5g
Sugar	2g
Protein	41g
Cholesterol	94mg
Sodium	440mg
Vitamin A	6360IU
Vitamin C	67mg
Calcium	307mg
Iron	5mg

### Directions

- 1 Preheat oven to 425°F (218°C).
- 2 Combine quinoa and water together in a saucepan. Bring to a boil and then reduce heat to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff the quinoa with a fork. Turn off the heat and set aside.
- 3 Meanwhile, add the trout and bok choy to a baking sheet and gently coat in oil. Season with salt and sesame seeds. Bake for 10 minutes or until the fish is cooked through.
- 4 Divide the quinoa, trout and bok choy onto plates. Enjoy!

### Notes

**Trout Fillets:** Each fillet should be approximately 159 grams or 5.6 ounces in size.

**No Trout:** Use salmon instead.

**Save Time:** Cook the quinoa ahead of time. Cooked quinoa can be refrigerated up to 7 days, or frozen in individual portions up to 8 months.

**Storage:** Refrigerate in an airtight container up to 2 to 3 days.

**Serving Size:** One serving is equal to 1 trout fillet, 3/4 cup of quinoa and 1.5 cups of bok choy.



## Steamed Cod with Quinoa & Cilantro Sauce

2 servings

30 minutes

### Ingredients

- 1 Carrot (large, finely chopped)
- 1/2 cup Quinoa (tricolor, rinsed, and drained)
- 1/2 tsp Sea Salt (divided)
- 2 cups Cilantro
- 1 Garlic (clove, crushed)
- 2 tbsps Coconut Oil
- 1/2 tsp Cumin Seed
- 1 Cod Fillet (cut in half)

### Nutrition

Amount per serving	
Calories	393
Fat	17g
Carbs	32g
Fiber	4g
Sugar	2g
Protein	27g
Cholesterol	50mg
Sodium	684mg
Vitamin A	6234IU
Vitamin C	8mg
Calcium	67mg
Iron	3mg

### Directions

- 1 Cook the carrot with the quinoa according to the quinoa package directions. Once done cooking, fluff with a fork and set aside.
- 2 Using a small food processor or an immersion blender, pulse together the cilantro, garlic, oil, cumin seeds, and 1/3 of the salt, until smooth. Set aside.
- 3 Add the cod to a steamer basket over boiling water. Season with 1/3 of the salt. Steam covered for six to eight minutes or until it is flakey and cooked through. Repeat in batches if needed. Let it cool slightly before serving.
- 4 Serve the cod over the quinoa. Top with the cilantro sauce and enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately one cup of quinoa and one cod fillet.

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

**No Steamer Basket:** Bake the fish fillet in a baking dish with the lid on at 375°F (190°C) for 14 to 16 minutes or until the fish is flakey and cooked through. (Cooking time may vary depending on the thickness of the fillets.)

**More Flavor:** Cook the quinoa in vegetable or bone broth.



## Turkey & Quinoa Zucchini Boats

2 servings  
45 minutes

### Ingredients

- 1/4 cup Quinoa (uncooked)
- 1/2 cup Water
- 2 Zucchini
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/2 Yellow Onion (diced)
- 227 grams Extra Lean Ground Turkey
- 1/2 Red Bell Pepper (diced)
- 1/4 cup Frozen Corn
- 1/4 tsp Black Pepper
- 1 tsp Sea Salt (divided)
- 1 1/2 tsps Tamari
- 1 tbsp Almond Flour
- 3/4 tsp Nutritional Yeast

### Nutrition

Amount per serving	
Calories	375
Fat	17g
Carbs	30g
Fiber	6g
Sugar	9g
Protein	30g
Cholesterol	84mg
Sodium	1533mg
Vitamin A	1452IU
Vitamin C	74mg
Calcium	95mg
Iron	5mg

### Directions

- 1 Preheat oven to 350°F (177°C).
- 2 Place quinoa in a saucepan with water and bring to a boil. Turn down to simmer and cover. Let simmer for 12 minutes. Remove from heat, stir with fork and set aside.
- 3 Trim the ends off zucchini. Cut zucchini in half lengthwise and scoop out pulp using a teaspoon. Finely chop the pulp.
- 4 In a large skillet, heat olive oil over medium heat. Add onion, ground turkey, zucchini pulp, red bell pepper, corn, black pepper and half of the sea salt. Stir until turkey is cooked through (8 to 10 minutes).
- 5 When turkey is cooked, drain the skillet of excess juice and stir in tamari and cooked quinoa. Remove from heat.
- 6 Make "breadcrumbs" by combining almond flour, nutritional yeast and remaining sea salt.
- 7 Spoon turkey quinoa filling into the zucchini shells and top with almond breadcrumbs. Bake in oven for 20 minutes or until zucchini is tender.
- 8 Remove from oven and let cool for 5 to 10 minutes before serving.

### Notes

**Vegetarian:** Skip the ground turkey and use chickpeas or lentils, about 2 cups.  
**Leftovers:** Refrigerate the zucchini boats or just the turkey quinoa filling up to 3 to 4 days.



## Carne Asada Tacos

2 servings

30 minutes

### Ingredients

- 1/2 tsp Extra Virgin Olive Oil
- 1 Lime (juiced)
- 2 tbsps Cilantro (chopped, plus more for garnish)
- 1/4 tsp Cumin
- Sea Salt & Black Pepper (to taste)
- 227 grams Flank Steak
- 1/3 cup Guacamole
- 4 Corn Tortilla (small, warmed)
- 1/4 White Onion (small, diced)

### Nutrition

Amount per serving	
Calories	410
Fat	17g
Carbs	35g
Fiber	5g
Sugar	1g
Protein	27g
Cholesterol	77mg
Sodium	121mg
Vitamin A	82IU
Vitamin C	12mg
Calcium	245mg
Iron	3mg

### Directions

- 1 In a zipper-lock bag, add the oil, lime juice, cilantro, cumin, salt, and pepper. Mix everything together and add the steak to the bag. Marinate for about 15 minutes at room temperature.
- 2 Warm a pan over medium-high heat. Add the steak to the pan and cook for four to five minutes on each side, or until desired doneness. Remove the steak from the heat and allow it to rest for about five minutes before slicing into it.
- 3 Cut the steak into small cubes. Divide the steak and guacamole between tortillas. Top with onion and cilantro. Enjoy!

### Notes

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

**Serving Size:** One serving is equal to two tacos.

**More Flavor:** Marinate the steak overnight in the fridge.

**Additional Toppings:** Chopped jalapeño and sour cream.



## Shepherd's Pie Bowls

2 servings  
45 minutes

### Ingredients

1 Yellow Potato (medium, chopped)  
1/4 head Cauliflower (chopped into florets)  
1 1/2 tsps Extra Virgin Olive Oil  
1/2 Yellow Onion (medium, diced)  
1 Carrot (medium, peeled and diced)  
1 1/2 stalks Celery (diced)  
1 Garlic (cloves, minced)  
227 grams Extra Lean Ground Turkey  
1 tbsp Poultry Seasoning  
Sea Salt & Black Pepper (to taste)  
2 2/3 tbsps Unsweetened Almond Milk

### Nutrition

Amount per serving	
Calories	339
Fat	14g
Carbs	31g
Fiber	6g
Sugar	6g
Protein	26g
Cholesterol	84mg
Sodium	167mg
Vitamin A	5414IU
Vitamin C	60mg
Calcium	147mg
Iron	5mg

### Directions

- 1 Place the yellow potato and cauliflower in a large pot. Fill with enough water to cover them by one inch and cook on high heat until boiling. Once boiling, set a timer for 10 minutes.
- 2 While the cauliflower and potatoes are cooking, heat oil in a large skillet. Add the onion, carrots, celery, and garlic. Cook for 5 to 10 minutes, or until veggies are softened, then add the turkey and poultry seasoning. Stir the turkey around while it cooks to break it into small pieces. After about 10 minutes, or once the meat is cooked through, remove the pan from heat and season to taste with salt and pepper.
- 3 When the potato and cauliflower are tender and easily pierced with a fork, drain them and return to the pot. Add the almond milk and mash with a fork or potato masher. Season to taste with salt and pepper.
- 4 To assemble the bowls, divide the meat and the potato mixture between bowls or containers. Enjoy!

### Notes

**Lower Carb:** Replace the yellow potato with more cauliflower.

**Vegan Version:** Replace the ground turkey with lentils or shredded tempeh.

**Leftovers:** Keeps well in the fridge for up to 4 days.



## Goan Fish Curry

1 serving  
25 minutes

### Ingredients

- 1/4 cup Jasmine Rice (dry)
- 1/2 tsp Coriander Seed
- 1/4 tsp Cumin Seed
- 3/4 tsp Ginger (grated or minced)
- 1/8 tsp Sea Salt (to taste)
- 1/8 tsp Paprika
- 1/8 tsp Turmeric
- 1/3 tsp Coconut Oil
- 1/4 Yellow Onion (diced)
- 1/4 Tomato (medium, diced)
- 1/2 tsp Tamarind Paste
- 1/4 cup Canned Coconut Milk
- 3/4 Haddock Fillet

### Nutrition

Amount per serving	
Calories	414
Fat	13g
Carbs	45g
Fiber	3g
Sugar	4g
Protein	28g
Cholesterol	78mg
Sodium	713mg
Vitamin A	646IU
Vitamin C	5mg
Calcium	42mg
Iron	2mg

### Directions

- 1 Cook the rice according to package instructions and set aside.
- 2 Heat a skillet over medium heat. Toast the coriander and cumin seeds until fragrant, about one minute. Remove from heat.
- 3 Using a mortar and pestle or small food processor, crush the coriander and cumin along with the ginger, salt, paprika, and turmeric into a paste. Set aside.
- 4 Heat the oil in the same skillet over medium heat. Cook the onion for five minutes, then stir in the spice paste for another minute. Add the tomato and cook until soft, about two minutes.
- 5 Stir in the tamarind and coconut milk, and bring to a gentle simmer. Add the haddock and cook for eight minutes or until flaky and cooked through. Season with more salt if needed.
- 6 Divide the rice into bowls and top with the fish curry. Enjoy!

### Notes

**Leftovers:** Refrigerate the fish curry in an airtight container for up to three days, or freeze if longer.

**Serving Size:** One serving equals approximately one cup of fish curry and 3/4 cup of rice.

**Fillet Size:** Each haddock fillet is equal to 150 grams or 5.3 ounces. Cooking time will vary depending on the thickness of the fillet.

**More Flavor:** Add mustard seeds, cayenne, garlic, and green chili peppers.

**Additional Toppings:** Top with cilantro. Serve with roasted vegetables, bread, or quinoa.

**Make it Vegan:** Use chickpeas, tofu, or lentils instead of fish.

**No Haddock:** Use cod or tilapia.