



EXERCISE
with Style

1400 Calorie Meal Plan
40/30/30 PDF

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Cherries, Banana & Cottage Cheese	 Cherries, Banana & Cottage Cheese	 Cherries, Banana & Cottage Cheese	 Mango Lime Smoothie	 Mango Lime Smoothie	 Vanilla Protein Pancakes	 Vanilla Protein Pancakes
Snack 1	 0.5 Post Workout Green Smoothie	 0.5 Post Workout Green Smoothie	 0.5 Post Workout Green Smoothie	 0.5 Peach, Blackberry & Basil Smoothie	 0.5 Peach, Blackberry & Basil Smoothie	 0.5 Peach, Blackberry & Basil Smoothie	 0.5 Peach, Blackberry & Basil Smoothie
Lunch	 Slow Cooker Lamb & White Bean Stew	 Spicy Shrimp Fried Rice	 Spinach Tuna Crepes	 Curried Chicken with Broccoli & Sweet Potato	 Turmeric Chicken with Brown Rice	 Steamed Cod with Quinoa & Cilantro Sauce	 Sweet Potato Chili Bowls
Snack 2	 Vegan Cream Cheese Toast with Microgreens	 Vegan Cream Cheese Toast with Microgreens	 Vegan Cream Cheese Toast with Microgreens	 Lemon & Chili Pepper Sardine Toast	 Lemon & Chili Pepper Sardine Toast	 Lemon & Chili Pepper Sardine Toast	 0.5 Lemon & Chili Pepper Sardine Toast
Dinner	 Spicy Shrimp Fried Rice	 Spinach Tuna Crepes	 Curried Chicken with Broccoli & Sweet Potato	 Turmeric Chicken with Brown Rice	 Steamed Cod with Quinoa & Cilantro Sauce	 Sweet Potato Chili Bowls	 Pesto Shrimp with Rice & Peas

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  30%	Fat  30%	Fat  30%	Fat  27%	Fat  28%	Fat  34%	Fat  30%
Carbs  41%	Carbs  41%	Carbs  40%	Carbs  42%	Carbs  43%	Carbs  38%	Carbs  40%
Protein  29%	Protein  29%	Protein  30%	Protein  31%	Protein  29%	Protein  28%	Protein  30%
Calories 1464	Calories 1410	Calories 1430	Calories 1499	Calories 1470	Calories 1421	Calories 1452
Fat 49g	Fat 48g	Fat 50g	Fat 45g	Fat 47g	Fat 54g	Fat 50g
Carbs 154g	Carbs 148g	Carbs 147g	Carbs 162g	Carbs 158g	Carbs 139g	Carbs 148g
Fiber 31g	Fiber 26g	Fiber 28g	Fiber 23g	Fiber 19g	Fiber 28g	Fiber 26g
Sugar 47g	Sugar 45g	Sugar 49g	Sugar 61g	Sugar 55g	Sugar 43g	Sugar 43g
Protein 109g	Protein 107g	Protein 109g	Protein 119g	Protein 108g	Protein 102g	Protein 109g
Cholesterol 379mg	Cholesterol 436mg	Cholesterol 263mg	Cholesterol 256mg	Cholesterol 203mg	Cholesterol 507mg	Cholesterol 680mg
Sodium 3461mg	Sodium 2525mg	Sodium 1968mg	Sodium 638mg	Sodium 1141mg	Sodium 1820mg	Sodium 1424mg
Vitamin A 4981IU	Vitamin A 6723IU	Vitamin A 23851IU	Vitamin A 23338IU	Vitamin A 10236IU	Vitamin A 20079IU	Vitamin A 14823IU
Vitamin C 65mg	Vitamin C 61mg	Vitamin C 179mg	Vitamin C 333mg	Vitamin C 216mg	Vitamin C 134mg	Vitamin C 98mg
Calcium 751mg	Calcium 933mg	Calcium 905mg	Calcium 1411mg	Calcium 1359mg	Calcium 812mg	Calcium 882mg
Iron 16mg	Iron 14mg	Iron 12mg	Iron 9mg	Iron 9mg	Iron 13mg	Iron 11mg

Fruits

- 3/4 Avocado
- 6 Banana
- 2/3 cup Blackberries
- 1 1/2 cups Cherries
- 1/3 Lemon
- 2 Lime

Seeds, Nuts & Spices

- 1/8 tsp Cayenne Pepper
- 1 1/2 tbsps Chili Powder
- 1/2 tsp Cumin
- 1/2 tsp Cumin Seed
- 1 1/2 tps Curry Powder
- 1 1/2 tbsps Everything Bagel Seasoning
- 1/2 tsp Paprika
- 1 tsp Red Pepper Flakes
- 1 1/3 tps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/8 tps Turmeric

Frozen

- 2 cups Frozen Cauliflower
- 2 cups Frozen Mango
- 2 cups Frozen Peaches
- 3/4 cup Frozen Peas

Vegetables

- 3 cups Baby Spinach
- 2 tbsps Basil Leaves
- 3 cups Broccoli
- 1 Carrot
- 3/4 stalk Celery
- 3/4 cup Cherry Tomatoes
- 2 cups Cilantro
- 1 1/2 tps Fresh Dill
- 5 Garlic
- 1/4 Green Bell Pepper
- 4 1/2 stalks Green Onion
- 3/4 Jalapeno Pepper
- 1 1/2 cups Microgreens
- 3 tbsps Parsley
- 4 Red Hot Chili Pepper
- 3 Sweet Potato
- 1/2 Tomato
- 1/4 White Onion
- 1/2 Yellow Onion
- 1/4 Yellow Potato

Boxed & Canned

- 1/4 cup Basmati Rice
- 2/3 cup Brown Rice
- 3/4 cup Diced Tomatoes
- 1/2 cup Green Lentils
- 1 cup Quinoa
- 1/2 cup Red Kidney Beans
- 2 tbsps Salsa
- 110 grams Sardines
- 3/4 tsp Tomato Paste
- 1 can Tuna
- 1 cup Vegetable Broth
- 1/2 cup White Navy Beans

Baking

- 2 1/4 tps Nutritional Yeast
- 2/3 cup Whole Wheat Flour

Bread, Fish, Meat & Cheese

- 586 grams Chicken Breast
- 1 Cod Fillet
- 113 grams Extra Lean Ground Turkey
- 4 slices Gluten-Free Bread
- 99 grams Lamb Shank
- 377 grams Shrimp
- 188 grams Tofu
- 3 slices Whole Grain Bread

Condiments & Oils

- 1 1/4 tbsps Apple Cider Vinegar
- 2 1/16 tps Avocado Oil
- 3 tbsps Coconut Oil
- 1/4 cup Extra Virgin Olive Oil
- 2 tbsps Pesto
- 1 tbsp Tamari

Cold

- 3 cups Cottage Cheese
- 6 Egg
- 5 1/2 cups Plain Coconut Milk
- 1 cup Unsweetened Almond Milk

Other

- 38 grams Collagen Powder
- 1 1/4 cups Vanilla Protein Powder
- 4 cups Water



Cherries, Banana & Cottage Cheese

3 servings

5 minutes

Ingredients

3 cups Cottage Cheese
3 Banana (medium, sliced)
1 1/2 cups Cherries (pitted, fresh or frozen)

Nutrition

Amount per serving	
Calories	359
Fat	10g
Carbs	46g
Fiber	5g
Sugar	30g
Protein	25g
Cholesterol	36mg
Sodium	663mg
Vitamin A	419IU
Vitamin C	16mg
Calcium	190mg
Iron	1mg

Directions

- 1 Top the cottage cheese with banana slices and cherries. Enjoy!

Notes

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

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

Additional Toppings: Hemp seeds, chia seeds, shredded coconut, crushed nuts, honey, maple syrup, or your sweetener of choice.



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.



Vanilla Protein Pancakes

2 servings

15 minutes

Ingredients

- 2 Banana (plus extra for topping)
- 4 Egg
- 1/2 cup Vanilla Protein Powder
- 1 tbsp Coconut Oil

Nutrition

Amount per serving	
Calories	394
Fat	17g
Carbs	29g
Fiber	4g
Sugar	15g
Protein	33g
Cholesterol	376mg
Sodium	181mg
Vitamin A	616IU
Vitamin C	10mg
Calcium	176mg
Iron	2mg

Directions

- 1 In a large bowl, mash the bananas. Add the eggs and protein powder. Mix well until a batter forms.
- 2 Melt the coconut oil in a large skillet over medium heat. Once hot, pour the batter into the skillet, roughly 1/4 cup at a time. Cook for 3 minutes, or until the top starts to bubble slightly, and flip. Repeat the process until all the batter is used up.
- 3 Transfer to a plate and top with additional banana slices. Enjoy!

Notes

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

Serving Size: One serving is approximately two pancakes.

Additional Toppings: Honey, maple syrup, pureed fruit sauce, nut butter, chocolate chips and/or chopped nuts



Post Workout Green Smoothie

2 servings

5 minutes

Ingredients

- 1/4 cup Vanilla Protein Powder
- 2 cups Water (cold)
- 1/2 Avocado
- 1 Banana (frozen)
- 2 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.



Peach, Blackberry & Basil Smoothie

2 servings

5 minutes

Ingredients

- 2 1/2 cups Plain Coconut Milk (unsweetened, from the carton)
- 2 cups Frozen Peaches
- 2/3 cup Blackberries (fresh or frozen)
- 2 tbsps Basil Leaves
- 38 grams Collagen Powder

Nutrition

Amount per serving	
Calories	244
Fat	7g
Carbs	28g
Fiber	5g
Sugar	24g
Protein	18g
Cholesterol	0mg
Sodium	83mg
Vitamin A	1369IU
Vitamin C	21mg
Calcium	602mg
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.

More Flavor: Add a pitted date before blending.

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



Slow Cooker Lamb & White Bean Stew

1 serving

5 hours

Ingredients

- 1 1/4 cups Water
- 99 grams Lamb Shank
- 1/2 cup White Navy Beans (cooked)
- 1/4 Yellow Onion (medium, diced)
- 1/2 Tomato (diced)
- 1/4 Yellow Potato (medium, diced)
- 1/2 tsp Turmeric
- 1 1/2 tsps Apple Cider Vinegar
- 3/4 tsp Tomato Paste
- 1/2 tsp Sea Salt

Nutrition

Amount per serving	
Calories	397
Fat	14g
Carbs	39g
Fiber	12g
Sugar	4g
Protein	28g
Cholesterol	66mg
Sodium	1273mg
Vitamin A	892IU
Vitamin C	21mg
Calcium	124mg
Iron	6mg

Directions

- 1 Add all ingredients to the slow cooker and set to high for 5 hours, or low for 8 hours.
- 2 Before serving, remove the bones and shred the meat with a fork (if it hasn't fallen apart already). Enjoy!

Notes

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

Serving Size: One serving equals approximately two cups.

Serve it With: Toasted bread, our Cleaned Up Biscuits, rice, quinoa or cauliflower rice.

More Veggies: Add watercress, kale or spinach before serving.

No Potato: Use cauliflower instead.

Serve as Iranian Abgoosht: Separate the broth and serve with bread. The remaining ingredients are mashed up and served separately alongside the broth.

Vegan & Vegetarians: Replace the lamb with chickpeas.



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.



Lemon & Chili Pepper Sardine Toast

4 servings
10 minutes

Ingredients

- 1 Garlic (clove)
- 4 slices Gluten-Free Bread (toasted)
- 110 grams Sardines (packed in oil, drained, halved lengthwise)
- 2 stalks Green Onion (sliced)
- 4 Red Hot Chili Pepper (sliced)
- 1/4 Lemon (juiced, zested)

Nutrition

Amount per serving	
Calories	156
Fat	6g
Carbs	17g
Fiber	2g
Sugar	5g
Protein	10g
Cholesterol	39mg
Sodium	217mg
Vitamin A	698IU
Vitamin C	67mg
Calcium	131mg
Iron	1mg

Directions

- 1 Rub the open end of the garlic clove evenly over the toast. Top each slice with the sardines, green onion, red hot chili pepper, and lemon zest. Squeeze the lemon juice over top and enjoy!

Notes

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

More Flavor: Butter the toast or pan fry the bread in butter. Season with salt and pepper to taste.

No Sardines: Use tuna instead.



Spicy Shrimp Fried Rice

2 servings

30 minutes

Ingredients

- 1/2 cup Quinoa (uncooked)
- 3/4 cup Water
- 227 grams Shrimp (cooked, peeled and patted dry)
- Sea Salt & Black Pepper (to taste)
- 1/2 tsp Paprika
- 1/8 tsp Cayenne Pepper
- 3/4 tsp Chili Powder
- 1 Egg
- 1/4 Yellow Onion (diced)
- 1/2 cup Frozen Peas
- 1 Garlic (cloves, minced)
- 2 1/2 stalks Green Onion (chopped)
- 1 tbsp Extra Virgin Olive Oil (divided)
- 1 tsp Red Pepper Flakes
- 1 tbsp Tamari

Nutrition

Amount per serving	
Calories	402
Fat	13g
Carbs	37g
Fiber	6g
Sugar	4g
Protein	36g
Cholesterol	276mg
Sodium	738mg
Vitamin A	2208IU
Vitamin C	7mg
Calcium	147mg

Directions

- 1 Place quinoa and water in a medium sized pot and bring to a boil over high heat. Once boiling, cover with lid and reduce heat to low. Let simmer for 12 minutes or until all liquid is absorbed. Remove from heat, fluff with a fork and set aside.
- 2 In a large bowl, toss the cooked shrimp with cayenne, paprika and chili powder. Season with sea salt and pepper to taste. Toss until well coated
- 3 Heat half of your olive oil in a wok or large frying pan over medium heat. Whisk two eggs together in a bowl with a fork and scramble in frying pan until cooked through. Place in a bowl and set aside.
- 4 Place wok back over medium heat. Add remaining olive oil and saute onions, garlic and red pepper flakes until onion becomes translucent. Stir in peas and let warm through.
- 5 Add in shrimp, quinoa, scrambled eggs and tamari. Stir until tamari is fully absorbed. Spoon into a bowl and garnish with green onion. Enjoy with chopsticks!

Notes

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

Iron

5mg



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.



Curried Chicken with Broccoli & Sweet Potato

2 servings
35 minutes

Ingredients

- 2 Sweet Potato (small, peeled and cubed)
- 3 cups Broccoli (cut into florets)
- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 283 grams Chicken Breast
- 1 1/2 tsps Curry Powder

Nutrition

Amount per serving	
Calories	422
Fat	15g
Carbs	36g
Fiber	8g
Sugar	8g
Protein	38g
Cholesterol	103mg
Sodium	181mg
Vitamin A	19336IU
Vitamin C	125mg
Calcium	119mg
Iron	3mg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Place the broccoli and sweet potatoes on the baking sheet and season with 2/3 of the oil and salt and pepper. Bake for 10 minutes.
- 3 Remove the baking sheet from the oven. Place the chicken on the baking sheet and drizzle with the remaining oil. Season all sides of the chicken with curry powder and salt and pepper. Continue to bake for 22 to 25 minutes, or until the chicken is cooked through.
- 4 Divide between plates and enjoy!

Notes

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

More Flavor: Add other dried herbs and spices, like cumin or garlic powder.

No Broccoli: Use cauliflower or Brussels sprouts instead.



Turmeric Chicken with Brown Rice

2 servings

30 minutes

Ingredients

2/3 cup Brown Rice (dry, uncooked)
302 grams Chicken Breast (skinless and boneless)
2 tsps Avocado Oil
2/3 tsp Turmeric
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	451
Fat	11g
Carbs	48g
Fiber	2g
Sugar	0g
Protein	39g
Cholesterol	110mg
Sodium	71mg
Vitamin A	45IU
Vitamin C	0mg
Calcium	15mg
Iron	2mg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Cook the brown rice according to the directions on the package.
- 3 While the rice cooks, toss each chicken breast in the avocado oil, turmeric, salt and pepper. Transfer to the baking sheet and cook for 25 to 30 minutes or until cooked through.
- 4 Once the chicken and rice are cooked, divide between plates and enjoy!

Notes

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

More Flavor: Add garlic powder or cayenne pepper.

More Fiber: Add your favorite leafy greens, roasted broccoli or cauliflower.



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.



Sweet Potato Chili Bowls

2 servings

2 hours

Ingredients

113 grams Extra Lean Ground Turkey
1/4 White Onion (chopped)
2 Garlic (cloves, minced)
1/4 Green Bell Pepper (chopped)
1 tbsp Parsley (diced)
3/4 Jalapeno Pepper (de-seeded and chopped)
3/4 stalk Celery (diced)
3/4 cup Diced Tomatoes
1 1/4 tbsps Chili Powder
1/2 tsp Cumin
1 cup Vegetable Broth
1/2 cup Red Kidney Beans (cooked, drained and rinsed)
1/2 cup Green Lentils (cooked, drained and rinsed)
1 Sweet Potato (optional)
1/4 Avocado (peeled and diced)
2 tbsps Salsa

Nutrition

Amount per serving	
Calories	356
Fat	10g
Carbs	47g
Fiber	15g
Sugar	9g
Protein	23g
Cholesterol	42mg
Sodium	696mg

Directions

- 1 Place a large pot over medium heat. Add ground turkey, onion, garlic, bell pepper, parsley, jalapenos and celery. Cook and stir occasionally until turkey is cooked.
- 2 Stir in tomatoes, chili powder and cumin. Cook for another 2 to 3 minutes.
- 3 Add the vegetable broth. Add the beans and lentils and bring to a boil over high heat. Reduce heat. Cover and let simmer for 1 hour.
- 4 In the meantime, preheat oven to 400°F (204°C). Pierce each sweet potato several times with a fork. Place potatoes on a baking sheet and bake for 45 minutes. (Note: This step is optional, the chili can be served with or without the sweet potatoes. It is just a fun touch!)
- 5 Remove sweet potatoes from oven. Make a slit in the top and use a spoon to carve out the majority of the sweet potato flesh to make a bowl. Be sure to leave some flesh in the potatoes so the bowl holds its shape and it will absorb the yummy flavour of the chili. Place the flesh in a bowl and set aside. (Don't throw it out! Use it to make sweet potato hummus or a mashed sweet potato side with a meal later on!)
- 6 Ladle your chili into your sweet potato bowls and top with diced avocado and salsa. Enjoy!

Vitamin A	11846IU
Vitamin C	38mg
Calcium	137mg
Iron	6mg



Pesto Shrimp with Rice & Peas

1 serving
20 minutes

Ingredients

- 1/4 cup Basmati Rice
- 1/4 cup Frozen Peas (thawed)
- 3/4 tsp Extra Virgin Olive Oil
- 150 grams Shrimp (peeled and deveined)
- 2 tbsps Pesto
- 1/8 Lemon (juiced)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	502
Fat	16g
Carbs	49g
Fiber	3g
Sugar	4g
Protein	39g
Cholesterol	242mg
Sodium	397mg
Vitamin A	1327IU
Vitamin C	6mg
Calcium	202mg
Iron	2mg

Directions

- 1 Cook the rice according to package directions. In the last two to three minutes of cooking, add the peas to the pot with the rice. Remove the pot from the heat and let rest for three to five minutes.
- 2 Heat the oil in a pan over medium heat. Add the shrimp and cook for one to two minutes per side or until cooked through.
- 3 Add the pesto and lemon juice to the pan and season with salt and pepper. Stir to coat the shrimp in the pesto sauce.
- 4 Divide the rice and shrimp between plates and serve with additional lemon juice if needed. Enjoy!

Notes

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

More Flavor: Season the shrimp with dried herbs and spices to taste.

Additional Toppings: Fresh herbs or red pepper flakes.

No Basmati Rice: Use white rice, brown rice, or cauliflower rice instead.

No Peas: Omit or use spinach instead.

Dairy-Free: Use a dairy-free pesto.