




















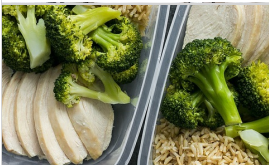




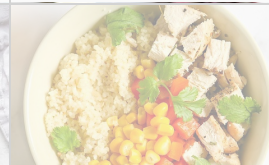









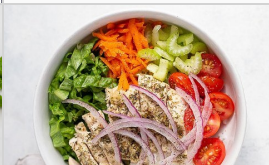

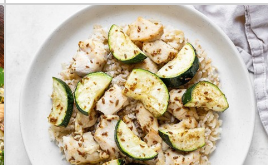

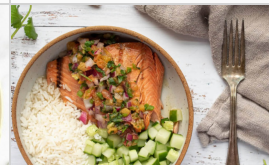

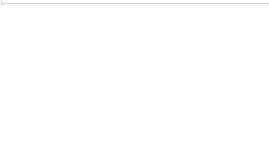
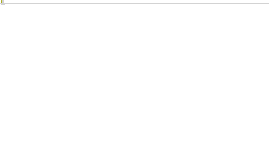
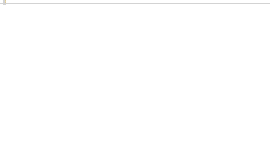
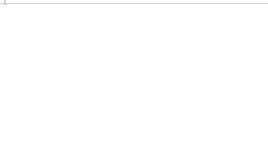
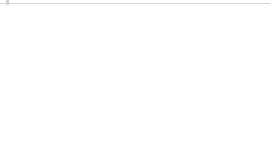
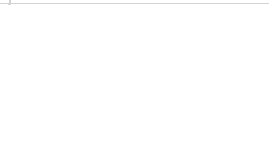
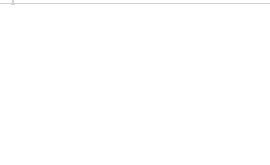






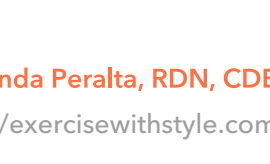

























EXERCISE
with Style

1400 Calorie Meal Plan
40/40/20 PDF

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Kiwi Green Smoothie	 Kiwi Green Smoothie	 Kiwi Green Smoothie	 Spinach & Potato Tofu Frittata	 Spinach & Potato Tofu Frittata	 Fluffy Kale & Mushroom Egg White Omelette	 Fluffy Kale & Mushroom Egg White Omelette
	 Mushroom & Tofu Scramble	 Mushroom & Tofu Scramble	 Mushroom & Tofu Scramble	 Toast with Cottage Cheese	 Toast with Cottage Cheese	 Palak Paratha	 Palak Paratha
Snack 1	 0.5 Cottage Cheese Crackers with Berries	 0.5 Cottage Cheese Crackers with Berries	 0.5 Cottage Cheese Crackers with Berries	 0.5 Blueberry Protein Smoothie	 0.5 Blueberry Protein Smoothie	 0.5 Blueberry Protein Smoothie	 0.5 Blueberry Protein Smoothie
	 0.5 Cottage Cheese Crackers with Berries	 0.5 Cottage Cheese Crackers with Berries	 0.5 Cottage Cheese Crackers with Berries	 0.5 Blueberry Protein Smoothie	 0.5 Blueberry Protein Smoothie	 0.5 Blueberry Protein Smoothie	 0.5 Blueberry Protein Smoothie
Lunch	 Chicken, Rice & Broccoli	 Ahi Tuna Tacos	 Italian Chicken Meal Prep Bowls	 Chicken Fried Rice	 Cumin Chicken & Zucchini with Rice	 Couscous Bowl with Rosemary Chicken	 BBQ Salmon Bowls with Peach Salsa
	 Chicken, Rice & Broccoli	 Ahi Tuna Tacos	 Italian Chicken Meal Prep Bowls	 Chicken Fried Rice	 Cumin Chicken & Zucchini with Rice	 Couscous Bowl with Rosemary Chicken	 BBQ Salmon Bowls with Peach Salsa
Snack 2	 Yogurt & Pomegranate	 Yogurt & Pomegranate	 Yogurt & Pomegranate	 Kiwi Lime Smoothie	 Kiwi Lime Smoothie	 Kiwi Lime Smoothie	 Kiwi Lime Smoothie
	 Yogurt & Pomegranate	 Yogurt & Pomegranate	 Yogurt & Pomegranate	 Kiwi Lime Smoothie	 Kiwi Lime Smoothie	 Kiwi Lime Smoothie	 Kiwi Lime Smoothie
Dinner	 Ahi Tuna Tacos	 Italian Chicken Meal Prep Bowls	 Chicken Fried Rice	 Cumin Chicken & Zucchini with Rice	 Couscous Bowl with Rosemary Chicken	 BBQ Salmon Bowls with Peach Salsa	 Shrimp, Mango & Avocado Salad
	 Ahi Tuna Tacos	 Italian Chicken Meal Prep Bowls	 Chicken Fried Rice	 Cumin Chicken & Zucchini with Rice	 Couscous Bowl with Rosemary Chicken	 BBQ Salmon Bowls with Peach Salsa	 Shrimp, Mango & Avocado Salad

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat	 23%	 22%	 23%	 22%	 20%	 19%	 23%
Carbs	 39%	 40%	 42%	 44%	 46%	 44%	 40%
Protein	 38%	 38%	 35%	 34%	 34%	 37%	 37%
Calories	1468	1464	1462	1421	1400	1486	1430
Fat	39g	37g	39g	35g	32g	32g	37g
Carbs	144g	149g	157g	162g	166g	164g	148g
Fiber	26g	26g	25g	24g	25g	23g	26g
Sugar	36g	38g	40g	33g	33g	35g	50g
Protein	143g	142g	134g	126g	122g	141g	138g
Cholesterol	197mg	197mg	456mg	424mg	185mg	188mg	314mg
Sodium	1334mg	1038mg	1305mg	1827mg	1351mg	1407mg	1581mg
Vitamin A	5845IU	10975IU	11751IU	4985IU	5243IU	6384IU	6530IU
Vitamin C	200mg	133mg	135mg	189mg	219mg	245mg	259mg
Calcium	1439mg	1414mg	1279mg	1216mg	1172mg	918mg	1007mg
Iron	12mg	11mg	11mg	14mg	13mg	8mg	8mg

Fruits

- 1/3 Avocado
- 1 1/2 Banana
- 11 Kiwi
- 4 3/4 Lime
- 2 tbsps Lime Juice
- 1/3 Mango
- 1 Peach
- 1 1/2 cups Pomegranate Seeds
- 1 cup Raspberries

Seeds, Nuts & Spices

- 3 tbsps Chia Seeds
- 1/4 tsp Cumin
- 1 1/2 tbsps Cumin Seed
- 1 tsp Dried Rosemary
- 1 1/2 tsps Fennel Seed
- 1/4 tsp Garlic Powder
- 2 tbsps Ground Flax Seed
- 1 tbsp Italian Seasoning
- 2 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/4 tsp Turmeric

Frozen

- 2 cups Frozen Blueberries
- 6 Ice Cubes

Vegetables

- 7 3/4 cups Baby Spinach
- 1 cup Broccoli
- 1/2 Carrot
- 1 stalk Celery
- 1 cup Cherry Tomatoes
- 2 2/3 tbsps Chives
- 1/2 cup Cilantro
- 12 1/16 Cremini Mushrooms
- 3/4 Cucumber
- 1/4 Green Chili Pepper
- 3/4 Jalapeno Pepper
- 2 cups Kale Leaves
- 3/4 cup Oyster Mushrooms
- 1/2 Red Bell Pepper
- 2/3 cup Red Onion
- 1 Red Potato
- 2 leaves Romaine
- 1 1/3 cups Snap Peas
- 1/8 Yellow Onion
- 1 Zucchini

Boxed & Canned

- 1/2 cup Basmati Rice
- 1/2 cup Brown Basmati Rice
- 1/4 cup Brown Rice
- 1/2 cup Corn
- 1/2 cup Couscous
- 1 cup Jasmine Rice
- 4 slices Light Rye Crisp Bread
- 1/4 cup Vegetable Broth

Baking

- 1 tsp Arrowroot Powder
- 3 1/2 tbsps Nutritional Yeast
- 1/2 cup Whole Wheat Flour

Bread, Fish, Meat & Cheese

- 340 grams Ahi Tuna
- 794 grams Chicken Breast
- 151 grams Chicken Breast, Cooked
- 4 Corn Tortilla
- 340 grams Salmon Fillet
- 113 grams Shrimp, Cooked
- 486 grams Tofu
- 2 slices Whole Grain Bread

Condiments & Oils

- 2 1/4 tsps Coconut Oil
- 2 2/3 tbsps Extra Virgin Olive Oil
- 1 tbsp Red Wine Vinegar

Cold

- 1 tsp Butter
- 1 1/2 cups Cottage Cheese
- 2 2/3 Egg
- 2 cups Egg Whites
- 1/4 cup Guacamole
- 3 cups Plain Greek Yogurt
- 4 cups Unsweetened Almond Milk
- 1/2 cup Unsweetened Cashew Milk

Other

- 2 1/4 cups Vanilla Protein Powder
- 7 1/4 cups Water



Kiwi Green Smoothie

3 servings

5 minutes

Ingredients

3 Kiwi (small, peeled)
1 1/2 Banana (frozen)
3/4 cup Vanilla Protein Powder
3 tbsps Chia Seeds
3 3/4 cups Baby Spinach
3 cups Water
6 Ice Cubes

Directions

1

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

Notes

No Chia Seeds: Use flax seed instead.

No Protein Powder: Use hemp seeds instead.

Nutrition

Amount per serving	
Calories	245
Fat	5g
Carbs	31g
Fiber	9g
Sugar	14g
Protein	23g
Cholesterol	4mg
Sodium	77mg
Vitamin A	3614IU
Vitamin C	80mg
Calcium	278mg
Iron	3mg



Mushroom & Tofu Scramble

3 servings

10 minutes

Ingredients

- 3/4 cup Oyster Mushrooms (sliced)
- 1/4 cup Vegetable Broth (divided)
- 340 grams Tofu (extra firm, drained, crumbled)
- 1 tbsp Nutritional Yeast
- 1/4 tsp Turmeric
- 1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	114
Fat	6g
Carbs	4g
Fiber	2g
Sugar	1g
Protein	14g
Cholesterol	0mg
Sodium	268mg
Vitamin A	54IU
Vitamin C	0mg
Calcium	323mg
Iron	3mg

Directions

- 1 Heat a large skillet over medium heat for 2 minutes. Add the mushrooms and sauté for 3 to 5 minutes, stirring often. Add half of the broth if they begin to stick. Transfer to a plate.
- 2 Add the remainder of the broth, crumbled tofu, nutritional yeast, turmeric and salt to the skillet. Stir and cook until the tofu is warmed through.
- 3 Return the mushrooms to the skillet and combine with the tofu. Divide onto plates or containers if on-the-go. Enjoy!

Notes

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

Serving Size: Each serving equals approximately 1.5 cups.

More Flavor: Add your choice of spices and/or herbs.

Additional Toppings: Top with sliced green onions, spinach, mixed greens, peppers or avocado slices.

No Vegetable Broth: Use water instead.



Spinach & Potato Tofu Frittata

2 servings
1 hour 10 minutes

Ingredients

- 146 grams Tofu (firm)
- 1/2 cup Unsweetened Cashew Milk
- 1 3/4 tbsps Nutritional Yeast
- 1 tsp Arrowroot Powder
- Sea Salt & Black Pepper (to taste)
- 1 Red Potato (cubed)
- 1/8 Yellow Onion (diced)
- 1 cup Baby Spinach

Nutrition

Amount per serving	
Calories	185
Fat	5g
Carbs	23g
Fiber	5g
Sugar	3g
Protein	14g
Cholesterol	0mg
Sodium	74mg
Vitamin A	1518IU
Vitamin C	13mg
Calcium	261mg
Iron	4mg

Directions

- 1 Preheat the oven to 400°F (205°C). Line a springform pan, baking dish, or loaf pan with parchment paper.
- 2 To a blender or food processor, add the tofu, cashew milk, nutritional yeast, arrowroot powder, salt, and pepper. Blend or process on high until a smooth consistency is achieved, at least one minute.
- 3 Add the tofu mixture to a large bowl, then add the potato, onion, and spinach. Mix well to combine. Pour into the baking dish or loaf pan and bake in the oven for 60 minutes, or until it is browning on top and cooked in the middle.
- 4 Slice, serve, and enjoy!

Notes

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

Serving Size: A 9-inch springform pan was used to make six servings. One serving is equal to one slice.

More Flavor: Add garlic and smoked paprika.

Additional Toppings: Bell peppers, mushrooms, and vegan cheese.



Toast with Cottage Cheese

2 servings
10 minutes

Ingredients

1/2 cup Cottage Cheese
2 slices Whole Grain Bread (toasted)

Nutrition

Amount per serving	
Calories	161
Fat	4g
Carbs	20g
Fiber	3g
Sugar	4g
Protein	11g
Cholesterol	9mg
Sodium	323mg
Vitamin A	74IU
Vitamin C	0mg
Calcium	86mg
Iron	1mg

Directions

- 1 Spread cottage cheese evenly on the toasted bread and enjoy!

Notes

No Whole Grain Bread: Use any type of bread or a toasted slice of sweet potato.

More Toppings: Add a drizzle of honey, maple syrup, fresh fruit, bee pollen, cucumbers, avocado, tomato slices, hemp hearts or pomegranate seeds.

Storage: Best enjoyed immediately as the bread will soften.



Fluffy Kale & Mushroom Egg White Omelette

2 servings

10 minutes

Ingredients

- 1 1/2 cups Water (divided)
- 2 cups Kale Leaves (tough stems removed, chopped)
- 8 Cremini Mushrooms (diced)
- 2 tsps Nutritional Yeast
- 1/4 tsp Garlic Powder
- 1/4 tsp Sea Salt
- 2 cups Egg Whites

Nutrition

Amount per serving	
Calories	162
Fat	1g
Carbs	6g
Fiber	2g
Sugar	3g
Protein	31g
Cholesterol	0mg
Sodium	725mg
Vitamin A	1011IU
Vitamin C	21mg
Calcium	92mg
Iron	1mg

Directions

- 1 In a large non-stick pan, heat 1/3 of the water over medium heat. Cook the kale, mushrooms, nutritional yeast, garlic powder, and salt until soft, about two minutes. Set aside.
- 2 Add the remaining water to the same pan and bring to a simmer over medium to medium-high heat. Add the egg whites and cook until fluffy and slightly firm, about five minutes. Rotate the pan as needed to help spread and evenly cook the egg whites. Using a heat-safe spatula, gently scrape down the sides and transfer to a plate.
- 3 Arrange the kale and mushrooms down the middle of the omelette. Fold the sides of the omelette towards the center and enjoy!

Notes

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

More Flavor: Sauté the kale and mushrooms with your choice of oil instead of water. Add a squeeze of lemon juice overtop.

No Nutritional Yeast: Use parmesan, feta, vegan cheese, or omit completely.

No Non-Stick Pan: Use your choice of oil as needed.



Palak Paratha

2 servings
40 minutes

Ingredients

- 1/2 cup Whole Wheat Flour (plus more for dusting)
- 1 cup Baby Spinach (finely chopped)
- 1/4 Green Chili Pepper (seeds removed, finely chopped)
- 1/4 tsp Cumin
- 1/4 tsp Sea Salt
- 1 tbsp Extra Virgin Olive Oil (divided)
- 1 tbsp Water

Nutrition

Amount per serving	
Calories	176
Fat	8g
Carbs	23g
Fiber	4g
Sugar	0g
Protein	5g
Cholesterol	0mg
Sodium	308mg
Vitamin A	1476IU
Vitamin C	18mg
Calcium	39mg
Iron	2mg

Directions

- 1 In a large bowl, mix together the whole wheat flour, chopped spinach, green chili pepper, cumin, salt, and half of the oil. Set aside (uncovered) for 10 minutes. The spinach will release some water during this time.
- 2 Add water little by little and knead to make a slightly soft, smooth dough. Cover the dough with plastic wrap and let it rest for 15 minutes.
- 3 Cut the dough into the according number of recipe servings. Roll into balls. Dust each ball and working surface with flour. Use a rolling pin and roll each ball flat to about 1/8- to 1/4-inch thick.
- 4 In a large skillet over medium heat, add a small amount of the remaining oil with a brush or paper towel. Cook each paratha for about two to three minutes per side. Brush the skillet with the remaining oil as needed.
- 5 Transfer to a basket covered with a dish towel until ready to serve. Enjoy!

Notes

Leftovers: Store between a dish towel in an airtight container for up to two days. Warm-up before serving.

Serving Size: One serving is equal to one paratha.

Make it Spicier: Add more green chili or chili flakes.

Serve it With: Serve with chutney, spiced yogurt, and/or curry.



Cottage Cheese Crackers with Berries

2 servings

5 minutes

Ingredients

- 1 cup Cottage Cheese
- 4 slices Light Rye Crisp Bread
- 1 cup 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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Blueberry Protein Smoothie

2 servings

5 minutes

Ingredients

1/2 cup Vanilla Protein Powder
2 tbsps Ground Flax Seed
2 cups Frozen Blueberries
2 cups Baby Spinach
2 cups Water (cold)

Nutrition

Amount per serving	
Calories	206
Fat	4g
Carbs	23g
Fiber	7g
Sugar	13g
Protein	22g
Cholesterol	4mg
Sodium	68mg
Vitamin A	2884IU
Vitamin C	12mg
Calcium	190mg
Iron	2mg

Directions

1

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

Notes

No Blueberries: Use any type of frozen berry instead.

No Protein Powder: Use hemp seeds instead



Chicken, Rice & Broccoli

1 serving
45 minutes

Ingredients

- 1/4 cup Brown Rice (uncooked, rinsed)
- 1/2 cup Water
- 113 grams Chicken Breast (boneless, skinless)
- 1 1/2 tps Extra Virgin Olive Oil
- 1/8 tsp Sea Salt
- 1 cup Broccoli (chopped into florets)

Nutrition

Amount per serving	
Calories	396
Fat	12g
Carbs	41g
Fiber	4g
Sugar	2g
Protein	31g
Cholesterol	82mg
Sodium	381mg
Vitamin A	601IU
Vitamin C	81mg
Calcium	65mg
Iron	2mg

Directions

- 1 Preheat the oven to 400°F (204°C). Line a baking dish with parchment paper.
- 2 Combine the rice and water in a pot and bring to a boil. Reduce the heat to a simmer and cover with a lid. Cook for 40 minutes or until water is absorbed. Remove the lid and fluff with a fork.
- 3 In the prepped baking dish, coat the chicken with oil and salt. Bake for 25 to 30 minutes, or until cooked through. Set aside and cover with foil while prepping the other ingredients.
- 4 While the rice is cooking, place broccoli in a steaming basket and add it to the same pot of rice. Steam for 5 minutes or until tender. Set aside.
- 5 Slice the chicken and divide it, along with the broccoli and rice onto plates or into containers. Enjoy!

Notes

No Brown Rice: Use quinoa, jasmine rice, couscous, barley or cauliflower rice instead.

Less Time: Soak the rice overnight or slice the chicken in half lengthwise to reduce cooking time.

No Steaming Basket: Toss the broccoli in oil, add to a baking sheet and roast for 10 minutes.

Leftovers: Refrigerate in an airtight container up to 3 days.

Serving Size: One serving is equal to approximately 3/4 cup of cooked rice, 1 cup of broccoli and 4 ozs of chicken.



Yogurt & Pomegranate

3 servings

5 minutes

Ingredients

- 3 cups Plain Greek Yogurt
- 1 1/2 cups Pomegranate Seeds

Nutrition

Amount per serving	
Calories	241
Fat	6g
Carbs	25g
Fiber	3g
Sugar	15g
Protein	23g
Cholesterol	34mg
Sodium	140mg
Vitamin A	1250IU
Vitamin C	22mg
Calcium	509mg
Iron	1mg

Directions

- 1 Top the yogurt with pomegranate seeds and enjoy!

Notes

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

Dairy-Free: Use a dairy-free yogurt like coconut, almond, or cashew.

Additional Toppings: Add hemp seeds, nuts, pumpkin seeds, shredded coconut, or more fruit.



Kiwi Lime Smoothie

4 servings

5 minutes

Ingredients

4 cups Unsweetened Almond Milk
8 Kiwi (peeled, halved)
4 Lime (juiced)
1 cup Vanilla Protein Powder

Nutrition

Amount per serving	
Calories	209
Fat	4g
Carbs	26g
Fiber	6g
Sugar	13g
Protein	22g
Cholesterol	4mg
Sodium	204mg
Vitamin A	641IU
Vitamin C	141mg
Calcium	618mg
Iron	1mg

Directions

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

Notes

Nut-Free: Use coconut or oat milk instead of almond milk.

Additional Toppings: Add spinach, avocado, kale, ginger or cucumber to your smoothie.

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.



Ahi Tuna Tacos

2 servings
10 minutes

Ingredients

1/2 tsp Extra Virgin Olive Oil
340 grams Ahi Tuna (sushi-grade)
1/8 tsp Sea Salt
1/4 cup Guacamole
2 tbsps Red Onion (diced)
2 tbsps Cilantro
4 Corn Tortilla (small)
1/4 Jalapeno Pepper (seeds removed, finely sliced)
1/2 Lime (juiced)

Nutrition

Amount per serving	
Calories	384
Fat	7g
Carbs	32g
Fiber	4g
Sugar	1g
Protein	45g
Cholesterol	68mg
Sodium	267mg
Vitamin A	242IU
Vitamin C	9mg
Calcium	208mg
Iron	2mg

Directions

- 1 Warm the oil in a pan over medium heat. Season the tuna all over with salt.
- 2 Cook the tuna for two to four minutes per side. The timing will depend on the thickness of the tuna and desired doneness.
- 3 Slice the tuna thinly. Divide the tuna, guacamole, red onion, and cilantro between tortillas.
- 4 Top with jalapeño, squeeze the lime juice on top, and enjoy!

Notes

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

Serving Size: One serving is equal to two tacos.

More Flavor: Add salsa, sour cream, sriracha, shredded cabbage, and your choice of sauce.



Italian Chicken Meal Prep Bowls

2 servings
30 minutes

Ingredients

227 grams Chicken Breast (skinless, boneless)
1 tbsp Italian Seasoning
1/2 cup Jasmine Rice (uncooked)
1 tbsp Extra Virgin Olive Oil
1 tbsp Red Wine Vinegar
Sea Salt & Black Pepper (to taste)
2 leaves Romaine (chopped)
1 stalk Celery (medium, sliced)
1/2 Carrot (medium, shredded)
1 cup Cherry Tomatoes (halved)
1/4 cup Red Onion (small, thinly sliced)

Nutrition

Amount per serving	
Calories	392
Fat	10g
Carbs	46g
Fiber	4g
Sugar	4g
Protein	30g
Cholesterol	82mg
Sodium	85mg
Vitamin A	5731IU
Vitamin C	14mg
Calcium	40mg
Iron	1mg

Directions

- 1 Preheat the oven to 350°F (180°C) and line a baking sheet with parchment paper.
- 2 Lay the chicken breast on the baking sheet and sprinkle with Italian seasoning. Place in the oven for about 30 minutes, or until cooked through.
- 3 Meanwhile, cook the rice according to the directions on the package.
- 4 Whisk together the oil, red wine vinegar, and salt and black pepper.
- 5 Divide the romaine lettuce, rice, celery, carrot, tomatoes, chicken, and red onion into bowls. Drizzle the dressing over top and enjoy!

Notes

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

More Flavor: Add your choice of additional herbs and spices or substitute your favorite salad dressing.

Additional Toppings: Add olives, avocado, cheese, sauerkraut, or kimchi.

Make it Vegan: Use chickpeas, black beans, tofu, or tempeh instead of chicken.

No White Rice: Use brown rice, quinoa, or cauliflower rice and adjust the cooking time and quantity accordingly.



Chicken Fried Rice

2 servings
20 minutes

Ingredients

- 1/2 cup Jasmine Rice (uncooked)
- 2 2/3 Egg (whisked)
- 2 2/3 tbsps Water
- 4 Cremini Mushrooms (sliced)
- 1 1/3 cups Snap Peas (chopped)
- 151 grams Chicken Breast, Cooked (chopped)
- 1/3 tsp Sea Salt (divided)
- 2 2/3 tbsps Chives (plus more for garnish)

Nutrition

Amount per serving	
Calories	382
Fat	9g
Carbs	40g
Fiber	3g
Sugar	3g
Protein	37g
Cholesterol	327mg
Sodium	534mg
Vitamin A	1018IU
Vitamin C	11mg
Calcium	73mg
Iron	2mg

Directions

- 1 Cook the rice according to the directions on the package.
- 2 Heat a non-stick pan over medium heat. Add the eggs to the pan and move them around with a spatula continuously until fluffy, about two minutes. Transfer to a bowl.
- 3 In the same pan, heat the water over medium to medium-high heat. Add the mushrooms, snap peas, chicken and half the salt, scraping up any bits at the bottom of the pan. Cook for about five minutes, or until the water has absorbed and the mushrooms are soft and the snap peas are tender crisp.
- 4 Stir in the scrambled eggs, cooked rice and chives, breaking up any large chunks. Season with the remaining salt to taste. Divide into bowls and garnish with additional chives (optional). Enjoy!

Notes

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

Serving Size: One serving equals approximately 1 3/4 cups.

More Flavor: Add tamari or coconut aminos and adjust the salt as needed. Add grated ginger, garlic, or black pepper. Cook with your choice of oil instead of water.

Make it Vegan: Use marinated tempeh or more veggies instead of chicken. Use scrambled tofu instead of eggs, or omit the eggs completely.

Save Time: Use any leftover rice, meat, or vegetables in this recipe.



Cumin Chicken & Zucchini with Rice

2 servings**30 minutes**

Ingredients

- 1/2 cup Brown Basmati Rice (uncooked)
- 1 1/2 tbsps Cumin Seed
- 1 1/2 tsps Fennel Seed
- 1/2 tsp Sea Salt
- 1 Zucchini (large, chopped)
- 2 1/4 tsps Coconut Oil (melted, divided)
- 227 grams Chicken Breast (skinless, boneless, cut into one-inch cubes)

Nutrition

Amount per serving	
Calories	381
Fat	11g
Carbs	41g
Fiber	3g
Sugar	3g
Protein	31g
Cholesterol	82mg
Sodium	658mg
Vitamin A	292IU
Vitamin C	18mg
Calcium	83mg
Iron	5mg

Directions

- 1 Preheat the oven to 350°F (175°C). Line a large baking sheet with parchment paper. Cook the basmati rice according to package directions.
- 2 Meanwhile, coarsely grind the cumin and fennel seeds in a spice grinder or with a mortar and pestle. Add the salt and set aside.
- 3 In a bowl, coat the zucchini in half the coconut oil and half the spices. Transfer to one side of the baking sheet.
- 4 In the same bowl, coat the chicken in the remaining coconut oil and spices. Transfer to the baking sheet and bake for 20 minutes or until cooked through.
- 5 Divide the rice, chicken, and zucchini onto plates and enjoy!

Notes

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

Serving Size: One serving equals approximately four ounces of chicken, 3/4 cup of rice, and 1 1/2 cups of zucchini.

More Flavor: Add fresh herbs.

Additional Toppings: Serve with sauerkraut or other pickled vegetables.



Couscous Bowl with Rosemary Chicken

2 servings
30 minutes

Ingredients

- 227 grams Chicken Breast
- Sea Salt & Black Pepper (to taste)
- 1 tsp Dried Rosemary
- 1/2 cup Couscous (dry)
- 1 tsp Butter (unsalted)
- 1/2 Red Bell Pepper (medium, diced)
- 1/2 cup Corn (cooked)
- 1/4 cup Cilantro (optional, chopped)

Nutrition

Amount per serving	
Calories	361
Fat	6g
Carbs	44g
Fiber	4g
Sugar	3g
Protein	33g
Cholesterol	88mg
Sodium	58mg
Vitamin A	1276IU
Vitamin C	41mg
Calcium	29mg
Iron	1mg

Directions

- 1 Preheat the oven to 400°F (205°C). Season the chicken breast with salt, pepper and dried rosemary. Place the chicken on a tray lined with parchment paper. Bake it in the oven for 20 minutes or until the chicken is cooked through.
- 2 Meanwhile, cook the couscous according to the package directions. Once cooked, add the butter and mix well. Season with salt and pepper to taste.
- 3 Cut the cooked chicken into 1/2 inch cubes.
- 4 Divide the couscous, chicken cubes, corn, and bell pepper between serving bowls. Garnish with chopped cilantro (optional). Enjoy!

Notes

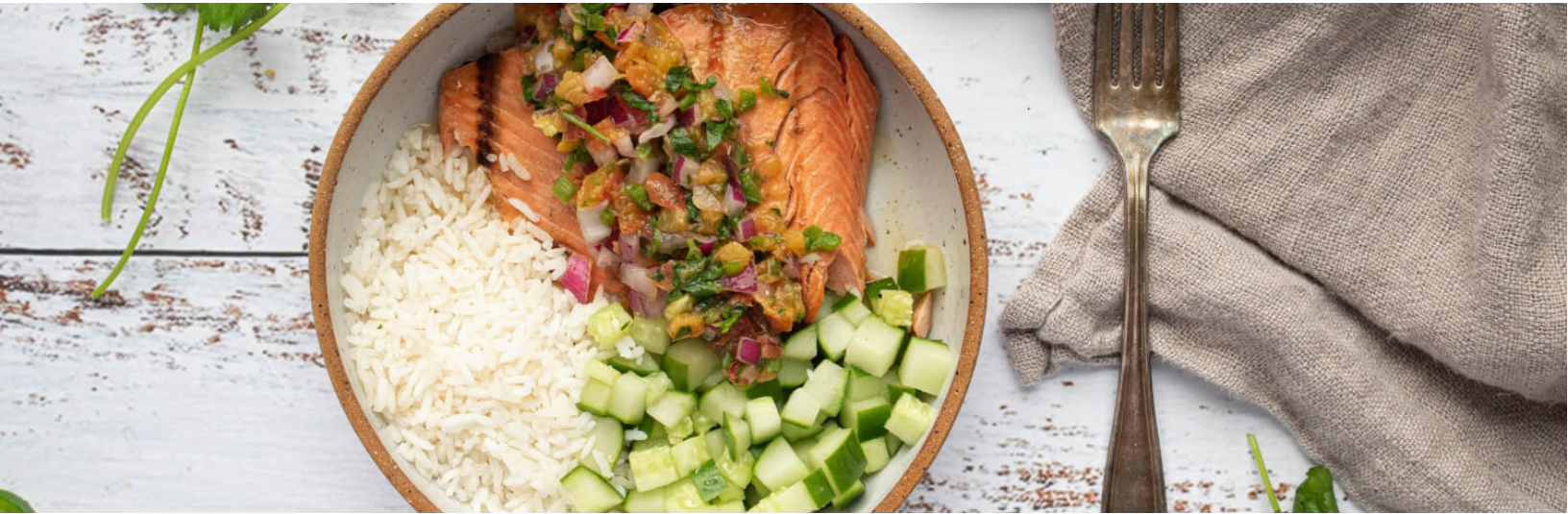
Leftovers: Refrigerate in an airtight container for up to three days.

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

Gluten-Free: Use quinoa instead.

More Flavor: Add onion powder and/or cumin powder to the chicken.

Additional Toppings: Add diced red onions.



BBQ Salmon Bowls with Peach Salsa

2 servings
35 minutes

Ingredients

- 1/2 cup Basmati Rice (uncooked)
- 2 tbsps Lime Juice (divided)
- 340 grams Salmon Fillet
- 1 Peach (finely chopped)
- 1/4 cup Red Onion (finely diced)
- 1/2 Jalapeno Pepper (finely diced)
- 3 tbsps Cilantro (finely chopped)
- 1/2 Cucumber (medium, finely chopped)

Nutrition

Amount per serving	
Calories	475
Fat	11g
Carbs	53g
Fiber	3g
Sugar	9g
Protein	39g
Cholesterol	94mg
Sodium	78mg
Vitamin A	538IU
Vitamin C	18mg
Calcium	45mg
Iron	2mg

Directions

- 1 Cook the rice according to the package directions.
- 2 Preheat your barbecue to medium heat. While the rice is cooking, pour half of the lime juice over the salmon fillets and add them to the barbecue. Cook for 12 minutes, flipping halfway through.
- 3 Meanwhile, make the salsa by combining the peach, red onion, jalapeno, cilantro, and remaining lime juice in a bowl. Mix well.
- 4 Divide the cucumber, rice, salmon, and peach salsa evenly between bowls. Enjoy!

Notes

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

More Flavor: Add sea salt to taste. Add a glaze to the salmon with tamari, ginger powder, and maple syrup.

Additional Toppings: Add mixed greens or avocado.



Shrimp, Mango & Avocado Salad

1 serving
15 minutes

Ingredients

1/3 Cucumber (diced)
1/3 Mango (cubed)
1/3 Avocado (cubed)
113 grams Shrimp, Cooked (tails removed)
1/3 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.