


















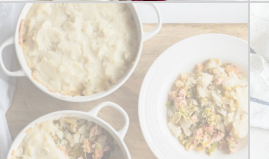









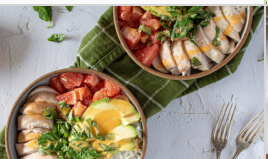
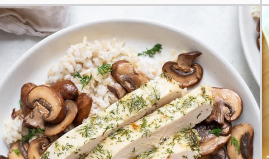



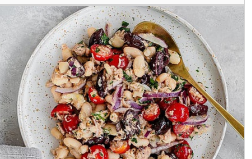

























EXERCISE
with Style

1600 Calorie Meal Plan
40/30/30 PDF

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Blueberry Rhubarb Ginger Smoothie	 Blueberry Rhubarb Ginger Smoothie	 Blueberry Rhubarb Ginger Smoothie	 Lemony Yogurt & Ricotta Cups	 Lemony Yogurt & Ricotta Cups	 Butternut Squash Smoothie	 Butternut Squash Smoothie
Snack 1	 Vegan Cream Cheese Toast with Microgreens	 Vegan Cream Cheese Toast with Microgreens	 Vegan Cream Cheese Toast with Microgreens	 Cottage Cheese & Blueberry Sauce	 Cottage Cheese & Blueberry Sauce	 Cottage Cheese & Blueberry Sauce	 Cottage Cheese & Blueberry Sauce
Lunch	 Apple Quinoa Salad with Roasted Chicken	 Balsamic Cod & Cauliflower Mash	 Chicken, Grapefruit, & Avocado Bowl	 Creamy Dill Chicken with Rice	 Spicy Shrimp Fried Rice	 Salmon, Leek & Potato Casserole	 One Pan Tempeh & Veggies
Snack 2	 Turkey & Spinach Wrap	 Turkey & Spinach Wrap	 Turkey & Spinach Wrap	 Egg & Spinach on Toast	 Egg & Spinach on Toast	 Egg & Spinach on Toast	 Egg & Spinach on Toast
Dinner	 Balsamic Cod & Cauliflower Mash	 Chicken, Grapefruit, & Avocado Bowl	 Creamy Dill Chicken with Rice	 Spicy Shrimp Fried Rice	 Salmon, Leek & Potato Casserole	 One Pan Tempeh & Veggies	 Mediterranean Tuna Salad

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  32%	Fat  33%	Fat  31%	Fat  32%	Fat  34%	Fat  34%	Fat  35%
Carbs  41%	Carbs  40%	Carbs  41%	Carbs  39%	Carbs  37%	Carbs  36%	Carbs  37%
Protein  27%	Protein  27%	Protein  28%	Protein  29%	Protein  29%	Protein  30%	Protein  28%
Calories 1679	Calories 1688	Calories 1741	Calories 1707	Calories 1734	Calories 1711	Calories 1718
Fat 61g	Fat 63g	Fat 62g	Fat 61g	Fat 65g	Fat 67g	Fat 68g
Carbs 174g	Carbs 175g	Carbs 184g	Carbs 166g	Carbs 159g	Carbs 157g	Carbs 166g
Fiber 33g	Fiber 32g	Fiber 28g	Fiber 20g	Fiber 22g	Fiber 33g	Fiber 41g
Sugar 69g	Sugar 74g	Sugar 57g	Sugar 33g	Sugar 35g	Sugar 38g	Sugar 39g
Protein 117g	Protein 117g	Protein 122g	Protein 126g	Protein 128g	Protein 131g	Protein 123g
Cholesterol 159mg	Cholesterol 179mg	Cholesterol 217mg	Cholesterol 633mg	Cholesterol 650mg	Cholesterol 322mg	Cholesterol 247mg
Sodium 2399mg	Sodium 3173mg	Sodium 3182mg	Sodium 2202mg	Sodium 2314mg	Sodium 2843mg	Sodium 3639mg
Vitamin A 7871IU	Vitamin A 8694IU	Vitamin A 8070IU	Vitamin A 7817IU	Vitamin A 8944IU	Vitamin A 28780IU	Vitamin A 28827IU
Vitamin C 217mg	Vitamin C 278mg	Vitamin C 133mg	Vitamin C 59mg	Vitamin C 74mg	Vitamin C 257mg	Vitamin C 262mg
Calcium 845mg	Calcium 732mg	Calcium 624mg	Calcium 922mg	Calcium 983mg	Calcium 1529mg	Calcium 1555mg
Iron 18mg	Iron 14mg	Iron 12mg	Iron 12mg	Iron 15mg	Iron 18mg	Iron 21mg

Fruits

- 1/2 Avocado
- 1 Banana
- 2 cups Blueberries
- 1 1/3 Grapefruit
- 1/2 Green Apple
- 1 1/2 tsps Lemon Juice
- 2 tsps Lemon Zest
- 1 cup Raspberries

Breakfast

- 2 tbsps Almond Butter
- 2/3 cup Granola
- 2 tbsps Maple Syrup

Seeds, Nuts & Spices

- 1/8 tsp Cayenne Pepper
- 1/4 cup Chia Seeds
- 2 tsps Chili Flakes
- 3/4 tsp Chili Powder
- 1/4 tsp Cinnamon
- 1 1/2 tbsps Everything Bagel Seasoning
- 1/3 cup Hemp Seeds
- 1 tsp Oregano
- 1/2 tsp Paprika
- 1 tsp Red Pepper Flakes
- 2 1/3 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/2 tsp Smoked Paprika

Frozen

- 2/3 cup Cauliflower Rice
- 3 cups Frozen Blueberries
- 1 cup Frozen Cauliflower
- 1/2 cup Frozen Edamame
- 1/2 cup Frozen Peas

Vegetables

- 1 cup Arugula
- 11 1/3 cups Baby Spinach
- 1/3 cup Basil Leaves
- 2 cups Broccoli
- 2 cups Brussels Sprouts
- 1 1/2 cups Butternut Squash
- 3/4 head Cauliflower
- 1/2 cup Cherry Tomatoes
- 12 Cremini Mushrooms
- 1 1/2 Cucumber
- 2 tbsps Fresh Dill
- 14 Garlic
- 3 tbsps Ginger
- 2 1/2 stalks Green Onion
- 1 Leeks
- 1 1/2 cups Microgreens
- 1 tbsp Mint Leaves
- 1 1/2 tbsps Parsley
- 1/2 Red Bell Pepper
- 2 tbsps Red Onion
- 1 1/2 cups Rhubarb
- 8 leaves Romaine
- 1 1/2 Russet Potato
- 1/4 Yellow Onion

Boxed & Canned

- 1 cup Cannellini Beans
- 3/4 cup Jasmine Rice
- 3/4 cup Quinoa
- 1/2 can Tuna
- 2/3 cup Vegetable Broth

Baking

- 1/2 tsp Honey
- 2 1/4 tsps Nutritional Yeast
- 1 1/2 tbsps Raw Honey

Bread, Fish, Meat & Cheese

- 539 grams Chicken Breast
- 1 Cod Fillet
- 1/2 cup Ricotta Cheese
- 298 grams Salmon Fillet
- 227 grams Shrimp
- 285 grams Sliced Turkey Breast
- 198 grams Sourdough Bread
- 255 grams Tempeh
- 188 grams Tofu
- 3 slices Whole Grain Bread
- 3 Whole Wheat Tortilla

Condiments & Oils

- 2 1/4 tsps Apple Cider Vinegar
- 1/3 cup Balsamic Vinegar
- 1/3 cup Dijon Mustard
- 1/2 cup Extra Virgin Olive Oil
- 2 tbsps Mayonnaise
- 1/4 cup Pitted Kalamata Olives
- 1/4 tsp Sesame Oil
- 1 1/2 tbsps Tahini
- 1 tbsp Tamari

Cold

- 1 1/2 tbsps Butter
- 3 cups Cottage Cheese
- 5 Egg
- 1 1/2 cups Plain Greek Yogurt
- 2 2/3 cups Unsweetened Almond Milk

Other

- 3 cups Coconut Water
- 57 grams Collagen Powder
- 1/2 cup Vanilla Protein Powder
- 1 cup Water



Blueberry Rhubarb Ginger Smoothie

3 servings
5 minutes

Ingredients

- 3 cups Frozen Blueberries
- 1 1/2 cups Rhubarb (chopped)
- 3 tbsps Ginger (grated)
- 1/3 cup Hemp Seeds
- 1 tbsp Chia Seeds
- 57 grams Collagen Powder
- 1 tbsp Raw Honey
- 3 cups Coconut Water

Nutrition

Amount per serving	
Calories	354
Fat	12g
Carbs	42g
Fiber	8g
Sugar	29g
Protein	25g
Cholesterol	0mg
Sodium	107mg
Vitamin A	136IU
Vitamin C	33mg
Calcium	133mg
Iron	3mg

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.

Serving Size: One serving is approximately 2 1/4 cups.

Make it Vegan: Use more hemp seeds or vegan protein powder instead of collagen powder.

No Coconut Water: Use plant-based milk or water instead.



Lemony Yogurt & Ricotta Cups

2 servings

5 minutes

Ingredients

- 1 1/2 cups Plain Greek Yogurt
- 1/2 cup Ricotta Cheese
- 1/2 tsp Lemon Zest
- 1 cup Raspberries
- 2/3 cup Granola

Nutrition

Amount per serving	
Calories	460
Fat	20g
Carbs	43g
Fiber	8g
Sugar	15g
Protein	27g
Cholesterol	56mg
Sodium	185mg
Vitamin A	1242IU
Vitamin C	28mg
Calcium	549mg
Iron	3mg

Directions

- 1 In a bowl mix together the yogurt, ricotta, and lemon zest. Top with raspberries and granola. Enjoy!

Notes

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

Serving Size: One serving is about 1 1/2 cups total.

More Flavor: Add a drizzle of honey or maple syrup.

Additional Toppings: Top with hemp seeds and/or additional fruit.



Butternut Squash Smoothie

2 servings

5 minutes

Ingredients

2 2/3 cups Unsweetened Almond Milk
1 cup Frozen Cauliflower
8 leaves Romaine (roughly chopped)
1 1/2 cups Butternut Squash (frozen, cubed)
1 Banana (frozen)
1/4 tsp Cinnamon
1/2 cup Vanilla Protein Powder
3 tbsps Chia Seeds
2 tbsps Almond Butter

Nutrition

Amount per serving	
Calories	441
Fat	19g
Carbs	46g
Fiber	18g
Sugar	12g
Protein	31g
Cholesterol	4mg
Sodium	286mg
Vitamin A	21630IU
Vitamin C	60mg
Calcium	993mg
Iron	5mg

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 and use sunflower seed butter instead of almond butter.

No Frozen Butternut Squash: Use fresh, cooked squash or canned.

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



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.



Cottage Cheese & Blueberry Sauce

4 servings

5 minutes

Ingredients

- 2 cups Blueberries (fresh or frozen, thawed)
- 3 cups Cottage Cheese

Nutrition

Amount per serving	
Calories	197
Fat	7g
Carbs	16g
Fiber	2g
Sugar	12g
Protein	18g
Cholesterol	27mg
Sodium	497mg
Vitamin A	260IU
Vitamin C	7mg
Calcium	135mg
Iron	0mg

Directions

- 1 Blend the blueberries in a mini food processor or with an immersion blender until your desired consistency is reached.
- 2 Serve the cottage cheese with the blended blueberries and enjoy!

Notes

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

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



Apple Quinoa Salad with Roasted Chicken

1 serving
40 minutes

Ingredients

- 1/4 tsp Sesame Oil
- 1/2 tsp Smoked Paprika
- Sea Salt & Black Pepper (to taste)
- 85 grams Chicken Breast
- 1/4 cup Quinoa
- 1 1/2 tbsps Tahini
- 1 tbsp Water
- 1/2 tsp Honey
- 1 cup Arugula
- 1/2 Green Apple (sliced)
- 1 tbsp Mint Leaves (optional)

Nutrition

Amount per serving	
Calories	470
Fat	18g
Carbs	48g
Fiber	8g
Sugar	11g
Protein	30g
Cholesterol	62mg
Sodium	74mg
Vitamin A	1239IU
Vitamin C	4mg
Calcium	164mg
Iron	5mg

Directions

- 1 Preheat the oven to 425°F (215°C) and line a baking tray with parchment paper.
- 2 Add sesame oil, paprika, salt, and pepper to the chicken. Bake in the oven for 22 to 25 minutes, or until the chicken is cooked through.
- 3 Meanwhile, cook the quinoa according to the package directions. Once cooked, fluff with a fork and let it cool.
- 4 Make the dressing by whisking the tahini, water, and honey together. Season with salt and pepper.
- 5 Thinly slice the cooked chicken. Divide the quinoa, arugula, apple, and chicken evenly between plates. Top with the dressing and mint, if using. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately three cups.

More Flavor: Add red onion.

Make it Vegan: Omit the chicken or use chickpeas, tofu, or tempeh instead.

No Arugula: Use mixed greens instead.



Turkey & Spinach Wrap

3 servings

5 minutes

Ingredients

3 tbsps Dijon Mustard
3 Whole Wheat Tortilla (large)
6 cups Baby Spinach
285 grams Sliced Turkey Breast
1 1/2 Cucumber (medium, sliced)

Nutrition

Amount per serving	
Calories	279
Fat	8g
Carbs	29g
Fiber	6g
Sugar	5g
Protein	21g
Cholesterol	47mg
Sodium	1321mg
Vitamin A	5786IU
Vitamin C	21mg
Calcium	197mg
Iron	4mg

Directions

1

Spread the mustard in the center of the tortilla. Place the spinach, turkey, and cucumber on top. Fold or roll the tortilla around the filling and enjoy!

Notes

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

Gluten-Free: Use a gluten-free tortilla.

Additional Toppings: Add cheese, tomatoes, avocado, bell peppers, sliced olives, or sliced red onion.



Egg & Spinach on Toast

4 servings

15 minutes

Ingredients

4 Egg
2 tsp Extra Virgin Olive Oil
8 Garlic (cloves, sliced)
2 tsp Chili Flakes
5 1/3 cups Baby Spinach
1/2 tsp Sea Salt (to taste)
198 grams Sourdough Bread (toasted)

Nutrition

Amount per serving	
Calories	234
Fat	7g
Carbs	28g
Fiber	2g
Sugar	0g
Protein	13g
Cholesterol	186mg
Sodium	637mg
Vitamin A	4021IU
Vitamin C	14mg
Calcium	78mg
Iron	3mg

Directions

- 1 Bring a pot of water to a boil. Once boiling, reduce the heat slightly and add the egg. Cook for 6 1/2 minutes for a soft-boiled egg. Once the egg is done, add to a bowl of ice water and set aside.
- 2 Meanwhile, heat the oil in a skillet over medium heat. Add garlic and chili flakes and sauté for a minute. Add spinach and cook for two to three minutes or until soft. Season with salt and pepper.
- 3 Add the spinach to the toast. Peel the egg, slice it in half, and place it on top of the spinach. Enjoy!

Notes

Leftovers: Best enjoyed immediately.

More Flavor: Add onion and tomatoes.

Gluten-Free: Use gluten-free bread instead.



Balsamic Cod & Cauliflower Mash

2 servings
25 minutes

Ingredients

- 1/2 head Cauliflower (large, cut into florets)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 3 Garlic (cloves, minced, divided)
- Sea Salt & Black Pepper
- 2 tbsps Balsamic Vinegar
- 2 tbsps Maple Syrup
- 1 Cod Fillet (cut in half)
- 2 cups Brussels Sprouts (trimmed and quartered)

Nutrition

Amount per serving	
Calories	361
Fat	15g
Carbs	33g
Fiber	6g
Sugar	19g
Protein	27g
Cholesterol	50mg
Sodium	136mg
Vitamin A	710IU
Vitamin C	148mg
Calcium	121mg
Iron	3mg

Directions

- 1 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 2 Steam the cauliflower until fork tender, about five to seven minutes. Mash with 1/2 of the oil and 1/3 of the garlic. Season with salt and pepper to taste.
- 3 Mix the balsamic vinegar, maple syrup, remaining oil, and remaining garlic in a large bowl.
- 4 Toss the Brussels sprouts in the balsamic marinade and spread them out on the baking sheet. Place the cod on the baking sheet and pour the remaining balsamic marinade on the cod, being sure to coat it well. Bake for 15 minutes, remove the cod and continue baking the Brussels sprouts for ten minutes.
- 5 Divide the cod, mashed cauliflower and Brussels sprouts evenly between plates and enjoy!

Notes

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

Serving Size: One serving is one cod fillet, one cup of cauliflower mash, and one cup of Brussels sprouts.

More Flavor: Add thyme to the marinade.

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



Chicken, Grapefruit, & Avocado Bowl

2 servings
40 minutes

Ingredients

- 227 grams Chicken Breast
- 2/3 tsp Sea Salt (divided)
- 1/3 cup Jasmine Rice
- 2/3 cup Cauliflower Rice
- 1 1/3 tbsps Extra Virgin Olive Oil
- 1 1/3 tsps Raw Honey
- 1 1/3 Grapefruit (peeled, chopped, divided)
- 1/2 Avocado (sliced)
- 1/3 cup Basil Leaves (chopped)

Nutrition

Amount per serving	
Calories	479
Fat	20g
Carbs	49g
Fiber	7g
Sugar	16g
Protein	30g
Cholesterol	82mg
Sodium	848mg
Vitamin A	2062IU
Vitamin C	65mg
Calcium	51mg
Iron	1mg

Directions

- 1 Preheat the oven to 375°F (190°C). Season the chicken breasts with half of the sea salt. Bake in the oven for 30 minutes, or until cooked through.
- 2 Meanwhile, cook the rice according to the package directions. If desired, warm the cauliflower rice in a pan over medium heat.
- 3 To a blender, add the oil, honey, remaining salt, and 1/4 of the grapefruit. Blend until creamy, about one minute.
- 4 Slice the chicken breasts. Mix the rice with the cauliflower rice and divide evenly between bowls. Add the remaining grapefruit, avocado, and basil. Top with the dressing and enjoy!

Notes

- Leftovers:** Refrigerate in an airtight container for up to three days.
- Make it Vegan:** Use tofu or tempeh in place of the chicken.
- Additional Toppings:** Mixed greens, spinach, and/or goat cheese.



Creamy Dill Chicken with Rice

2 servings
20 minutes

Ingredients

- 1/2 cup Jasmine Rice (uncooked)
- 227 grams Chicken Breast (skinless, boneless)
- 2 tbsps Mayonnaise
- 2 tbsps Fresh Dill (chopped, plus more for garnish)
- 2 tbsps Water
- 12 Cremini Mushrooms (sliced)

Nutrition

Amount per serving	
Calories	414
Fat	14g
Carbs	42g
Fiber	2g
Sugar	2g
Protein	32g
Cholesterol	88mg
Sodium	145mg
Vitamin A	86IU
Vitamin C	3mg
Calcium	13mg
Iron	1mg

Directions

- 1 Cook the rice according to the directions on the package.
- 2 Preheat the oven to 425°F (220°C). Line a baking sheet with foil. Flatten the chicken breast with a mallet or rolling pin to about half-inch thick.
- 3 In a small bowl, combine the mayonnaise and dill.
- 4 Arrange the chicken on the baking sheet and evenly spread the creamy dill sauce otop. Bake for 10 minutes or until cooked through. Slice into strips.
- 5 Meanwhile, heat the water in a pan over medium-high heat. Cook the mushrooms for about three minutes or until soft. Add more water as needed to prevent sticking.
- 6 Divide the rice, mushrooms and chicken onto plates and garnish with additional dill (optional). Enjoy!

Notes

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

More Flavor: Use broth instead of water to cook the rice and mushrooms. Sauté onions and garlic with the mushrooms. Add garlic powder, onion powder, black pepper, and/or salt to the creamy dill sauce.

Additional Toppings: A squeeze of lemon juice.

Egg-Free: Use a vegan or egg-free mayonnaise instead.

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



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



Salmon, Leek & Potato Casserole

2 servings
1 hour 5 minutes

Ingredients

- 1 1/2 Russet Potato (large, peeled and chopped)
- 1/2 cup Vegetable Broth (divided)
- 1 1/2 tbsps Butter (divided, plus more for greasing)
- Sea Salt & Black Pepper (to taste)
- 1 Leeks (large, white and most green parts, trimmed, sliced)
- 298 grams Salmon Fillet (cubed, skin removed)
- 1 1/2 tps Lemon Zest

Nutrition

Amount per serving	
Calories	441
Fat	18g
Carbs	35g
Fiber	4g
Sugar	4g
Protein	34g
Cholesterol	105mg
Sodium	257mg
Vitamin A	1213IU
Vitamin C	18mg
Calcium	74mg
Iron	4mg

Directions

- 1 Bring a large pot of water to a boil. Add the potatoes to the pot and boil for 15 to 20 minutes or until soft. Drain the water and mash the potatoes, until creamy, adding 1/4 of the broth and 1/3 of the butter. Season with salt and pepper.
- 2 Melt the remaining butter in a pan. Add the leeks, tossing to coat. Cook over low heat without browning, for about five minutes. Add the remaining broth, season to taste, and let simmer gently for about 10 minutes or until the liquid is almost absorbed.
- 3 Meanwhile, with the rack placed in the middle position, preheat the oven to 400°F (205°C).
- 4 Season the salmon with salt and pepper. Coat with the lemon zest.
- 5 Grease the individual baking dishes. Spread half of the leeks in the bottom of each dish, add the salmon, then the remaining leeks. Cover with the mashed potatoes.
- 6 Place on a baking sheet and bake for 20 to 30 minutes, or until the fish is cooked through. Time may vary according to the size of the baking dish. Enjoy!

Notes

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

Serving Size: Two round eight-inch baking dishes were used to make four servings. One serving is equal to approximately 1 1/2 cups.

Freezer Meal: Best frozen after baking. Allow the dishes to cool. Cover in plastic wrap and then with foil, to prevent freezer burn. Freeze for up to one month. Let it thaw in the refrigerator overnight and to room temperature while the oven is preheating. Remove the plastic wrap and cook and for 10 to 15 minutes or until warmed through.

More Flavor: Use cod or halibut instead. Use sweet potatoes instead.



One Pan Tempeh & Veggies

2 servings
50 minutes

Ingredients

- 1/4 cup Balsamic Vinegar
- 2 tbsps Dijon Mustard
- 2 tbsps Vegetable Broth
- 2 Garlic (clove, minced)
- 1 tsp Oregano
- 3/4 tsp Sea Salt
- 255 grams Tempeh (cut into thin strips)
- 2 cups Broccoli (cut into florets)
- 1/2 cup Frozen Edamame (thawed)
- 1/4 head Cauliflower (cut into florets)
- 1/2 Red Bell Pepper (chopped)

Nutrition

Amount per serving	
Calories	398
Fat	16g
Carbs	32g
Fiber	7g
Sugar	10g
Protein	35g
Cholesterol	0mg
Sodium	1166mg
Vitamin A	1656IU
Vitamin C	158mg
Calcium	249mg
Iron	6mg

Directions

- 1 Combine the balsamic vinegar, Dijon mustard, vegetable broth, garlic, oregano, and sea salt in a zipper-lock bag. Add the tempeh and marinate for at least 20 minutes.
- 2 Meanwhile, add the broccoli, edamame, cauliflower, and bell pepper to a large bowl.
- 3 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 4 Transfer the marinated tempeh to one side of the baking sheet, arranging in a single, evenly spaced layer.
- 5 Pour about half of the marinade on the vegetables and toss to coat. Transfer them to the other side of the baking sheet. Bake for about 24 to 26 minutes, turning the tempeh and stirring the vegetables halfway through. Divide between plates and enjoy!

Notes

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

Additional Toppings: Fresh herbs or green onion.

Serve It With: Brown rice, quinoa or cauliflower rice.

Vegetables: Use carrots, zucchini, Brussels sprouts, green beans, asparagus, or eggplant instead.

No Vegetable Broth: Use water instead.



Mediterranean Tuna Salad

1 serving
10 minutes

Ingredients

1/2 can Tuna (drained)
1/2 cup Cherry Tomatoes (halved)
1/4 cup Pitted Kalamata Olives (halved)
2 tbsps Red Onion (sliced)
1 cup Cannellini Beans (drained and rinsed)
1 tbsp Extra Virgin Olive Oil
1 1/2 tps Lemon Juice
1 1/2 tbsps Parsley (finely chopped)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	448
Fat	19g
Carbs	44g
Fiber	12g
Sugar	5g
Protein	26g
Cholesterol	30mg
Sodium	1053mg
Vitamin A	1260IU
Vitamin C	23mg
Calcium	100mg
Iron	7mg

Directions

- 1 In a medium-sized bowl, combine the tuna, tomatoes, olives, red onion, beans, olive oil, lemon juice, and parsley and toss to combine. Season with salt and pepper.
- 2 Divide onto plates, serve and enjoy!

Notes

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

Serving Size: One serving is about two cups.

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