






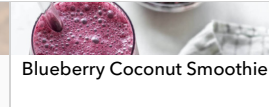
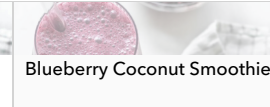




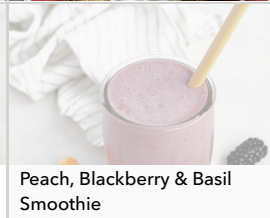
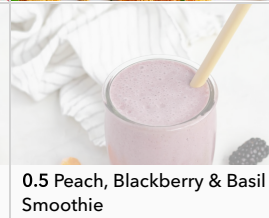
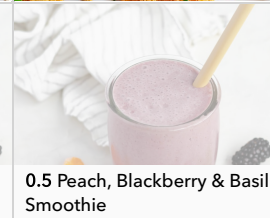



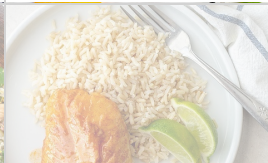
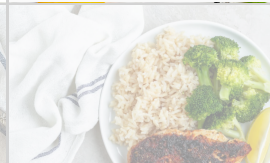
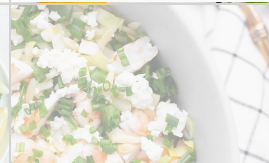












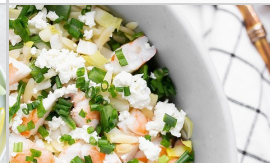

























**EXERCISE**  
*with Style*

1600 Calorie Meal Plan  
40/40/20 PDF

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast							
	Mango Banana Smoothie	Mango Banana Smoothie	Mango Banana Smoothie	Banana Cinnamon Smoothie	Banana Cinnamon Smoothie	Blueberry Coconut Smoothie	Blueberry Coconut Smoothie
Snack 1							
	Yogurt & Pomegranate	Yogurt & Pomegranate	Yogurt & Pomegranate	0.5 Peach, Blackberry & Basil Smoothie	Peach, Blackberry & Basil Smoothie	0.5 Peach, Blackberry & Basil Smoothie	0.5 Peach, Blackberry & Basil Smoothie
Lunch							
	Shrimp & Kale Quinoa Bowl	One Pan Lemon Spiced Chicken & Potatoes	Chicken Fried Rice	Chili Lime Baked Cod with Rice	Blackened Chicken with Rice & Broccoli	Orzo & Shrimp Pasta Salad	Pressure Cooker Butter Chicken
Snack 2							
	Cinnamon Raisin Protein Cookies	Cinnamon Raisin Protein Cookies	0.5 Cinnamon Raisin Protein Cookies	Blueberry Protein Smoothie	Blueberry Protein Smoothie	Blueberry Protein Smoothie	0.5 Blueberry Protein Smoothie
Dinner							
	One Pan Lemon Spiced Chicken & Potatoes	Chicken Fried Rice	Chili Lime Baked Cod with Rice	Blackened Chicken with Rice & Broccoli	Orzo & Shrimp Pasta Salad	Pressure Cooker Butter Chicken	Shrimp & Cabbage Grain Bowl with Peanut Sauce

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  19%	Fat  20%	Fat  20%	Fat  21%	Fat  20%	Fat  22%	Fat  24%
Carbs  46%	Carbs  45%	Carbs  43%	Carbs  44%	Carbs  45%	Carbs  43%	Carbs  44%
Protein  35%	Protein  35%	Protein  37%	Protein  35%	Protein  35%	Protein  35%	Protein  32%
Calories 1623	Calories 1628	Calories 1605	Calories 1595	Calories 1631	Calories 1614	Calories 1637
Fat 35g	Fat 37g	Fat 37g	Fat 37g	Fat 38g	Fat 41g	Fat 44g
Carbs 191g	Carbs 188g	Carbs 177g	Carbs 178g	Carbs 188g	Carbs 180g	Carbs 184g
Fiber 27g	Fiber 24g	Fiber 19g	Fiber 29g	Fiber 41g	Fiber 38g	Fiber 30g
Sugar 81g	Sugar 75g	Sugar 71g	Sugar 52g	Sugar 63g	Sugar 77g	Sugar 79g
Protein 146g	Protein 146g	Protein 150g	Protein 143g	Protein 147g	Protein 143g	Protein 133g
Cholesterol 368mg	Cholesterol 481mg	Cholesterol 492mg	Cholesterol 198mg	Cholesterol 323mg	Cholesterol 469mg	Cholesterol 471mg
Sodium 1222mg	Sodium 1359mg	Sodium 1237mg	Sodium 1416mg	Sodium 1776mg	Sodium 1864mg	Sodium 1792mg
Vitamin A 6024IU	Vitamin A 5570IU	Vitamin A 4440IU	Vitamin A 4665IU	Vitamin A 11515IU	Vitamin A 12226IU	Vitamin A 5831IU
Vitamin C 252mg	Vitamin C 213mg	Vitamin C 153mg	Vitamin C 122mg	Vitamin C 164mg	Vitamin C 161mg	Vitamin C 214mg
Calcium 1446mg	Calcium 1329mg	Calcium 1214mg	Calcium 922mg	Calcium 1443mg	Calcium 1432mg	Calcium 1259mg
Iron 12mg	Iron 10mg	Iron 8mg	Iron 10mg	Iron 13mg	Iron 15mg	Iron 12mg

**Fruits**

- 4 2/3 Banana
- 2/3 cup Blackberries
- 3/4 Lemon
- 2 tbsps Lemon Juice
- 1/2 Lime
- 1 1/2 cups Pomegranate Seeds

**Breakfast**

- 1 1/2 tbsps Maple Syrup

**Seeds, Nuts & Spices**

- 1 tsp Cajun Seasoning
- 1 tbsp Cashews
- 1/3 tsp Cayenne Pepper
- 2 tbsps Chia Seeds
- 3/4 tsp Chili Powder
- 1 tsp Cinnamon
- 2/3 tsp Coriander
- 3/4 tsp Cumin
- 2 1/16 tsps Garam Masala
- 1/4 tsp Ground Allspice
- 1/2 cup Ground Flax Seed
- 1/3 tsp Onion Powder
- 1 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/8 tsps Turmeric

**Frozen**

- 1/2 cup Frozen Banana
- 6 cups Frozen Blueberries
- 3 cups Frozen Cauliflower
- 2 1/4 cups Frozen Mango
- 2 cups Frozen Peaches
- 4 Ice Cubes

**Vegetables**

- 4 cups Baby Spinach
- 2 tbsps Basil Leaves
- 2 cups Broccoli
- 1/3 head Cauliflower
- 1 cup Cherry Tomatoes
- 1/2 cup Chives
- 1 tbsp Cilantro
- 4 1/16 Cremini Mushrooms
- 1 head Endive
- 1 1/3 Garlic
- 2 1/16 tsps Ginger
- 1/4 Green Bell Pepper
- 1 cup Kale Leaves
- 1 cup Microgreens
- 2 1/2 cups Mini Potatoes
- 1/4 cup Parsley
- 1 1/2 cups Purple Cabbage
- 3 3/4 cups Snap Peas
- 2/3 Yellow Onion

**Boxed & Canned**

- 1 cup Brown Rice
- 1/4 cup Farro
- 2 1/4 cups Fire Roasted Diced Tomatoes
- 3/4 cup Jasmine Rice
- 1/2 cup Orzo
- 1/4 cup Quinoa

**Baking**

- 1 1/3 tbsps Coconut Flour
- 1/3 cup Oats
- 3 tbsps Raisins

**Bread, Fish, Meat & Cheese**

- 43 grams Cheddar Cheese
- 454 grams Chicken Breast
- 151 grams Chicken Breast, Cooked
- 303 grams Chicken Thighs
- 2 Cod Fillet
- 1/2 cup Goat Cheese
- 142 grams Shrimp
- 340 grams Shrimp, Cooked
- 2 slices Whole Grain Bread

**Condiments & Oils**

- 1 1/2 tsps Apple Cider Vinegar
- 2 tbsps Avocado Oil
- 1/3 tsp Coconut Oil
- 1 1/8 tbsps Extra Virgin Olive Oil
- 1 1/2 tbsps Peanut Sauce
- 1 1/2 tbsps Tahini
- 3/4 tsp Tamari

**Cold**

- 1/2 cup Cottage Cheese
- 3 cups Cow's Milk, Reduced Fat
- 3 1/3 Egg
- 1/4 cup Egg Whites
- 2 1/2 cups Plain Coconut Milk
- 3 1/2 tbsps Plain Cow's Yogurt, Whole Milk
- 4 3/4 cups Plain Greek Yogurt

**Other**

- 2 cups Coconut Water
- 94 grams Collagen Powder
- 2 1/3 cups Vanilla Protein Powder
- 6 1/8 cups Water



## Mango Banana Smoothie

3 servings  
5 minutes

### Ingredients

3 cups Cow's Milk, Reduced Fat  
3 cups Frozen Cauliflower  
2 1/4 cups Frozen Mango  
1 1/2 Banana (frozen)  
1 cup Plain Greek Yogurt  
57 grams Collagen Powder

### Nutrition

Amount per serving	
Calories	407
Fat	8g
Carbs	54g
Fiber	8g
Sugar	40g
Protein	36g
Cholesterol	31mg
Sodium	233mg
Vitamin A	1811IU
Vitamin C	112mg
Calcium	517mg
Iron	2mg

### 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 equal to approximately 1 1/2 cups.

**Dairy-Free:** Use dairy-free milk such as almond, cashew, coconut, or oat.

**No Frozen Fruit:** Use fresh instead.

**No Collagen:** Omit or use a vanilla protein powder instead.

**Make it Vegan:** Omit the collagen and use dairy-free milk.



## Banana Cinnamon Smoothie

2 servings

5 minutes

### Ingredients

1/2 cup Vanilla Protein Powder  
2 tbsps Ground Flax Seed  
2 tbsps Chia Seeds  
2 Banana (frozen)  
4 Ice Cubes  
2 cups Water  
1/2 tsp Cinnamon

### Nutrition

Amount per serving	
Calories	284
Fat	7g
Carbs	36g
Fiber	10g
Sugar	14g
Protein	24g
Cholesterol	4mg
Sodium	45mg
Vitamin A	77IU
Vitamin C	10mg
Calcium	236mg
Iron	2mg

### Directions

1

Add all ingredients to blender and blend until smooth. Pour into a glasses and enjoy!

### Notes

**No Protein Powder:** Use hemp seeds with vanilla extract instead.

**Leftovers:** Store in a mason jar with a lid in the fridge up to 24 hours. Shake well before drinking.

**Make it Green:** Add spinach.



## 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.



## Blueberry Coconut Smoothie

2 servings

5 minutes

### Ingredients

2 cups Coconut Water  
2 cups Frozen Blueberries  
1/2 cup Frozen Banana  
1/2 cup Plain Greek Yogurt  
1/2 cup Vanilla Protein Powder

### Nutrition

Amount per serving	
Calories	304
Fat	3g
Carbs	47g
Fiber	6g
Sugar	31g
Protein	26g
Cholesterol	12mg
Sodium	139mg
Vitamin A	420IU
Vitamin C	37mg
Calcium	271mg
Iron	1mg

### Directions

- 1 Add all of the ingredients to a blender and blend until smooth. Enjoy!

### Notes

**Leftovers:** Best enjoyed immediately.

**Serving Size:** One serving is equal to approximately 1 1/3 cup.

**Make it Vegan:** Use coconut or cashew yogurt instead.

**More Fiber:** Add a combination of chia seeds, hemp seeds, and baby spinach before blending.





## Cauliflower Hashbrowns

2 servings  
40 minutes

### Ingredients

1/3 head Cauliflower (chopped into small florets)  
2/3 Egg  
1 1/3 tbsps Coconut Flour  
1/3 tsp Coconut Oil  
1/3 tsp Onion Powder  
1/3 tsp Chili Powder  
43 grams Cheddar Cheese (grated)  
1 tsp Chives (diced)

### Nutrition

Amount per serving	
Calories	164
Fat	10g
Carbs	9g
Fiber	4g
Sugar	2g
Protein	10g
Cholesterol	83mg
Sodium	215mg
Vitamin A	509IU
Vitamin C	48mg
Calcium	186mg
Iron	1mg

### Directions

- 1 Heat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 In a food processor, add the cauliflower and process until it forms a rice-like consistency. Remove the cauliflower rice from the food processor and add it to a cheesecloth or kitchen towel. Squeeze the cloth until all of the liquid is gone.
- 3 In a large mixing bowl, add in the cauliflower rice, eggs, coconut flour, coconut oil, onion powder and chili powder. Mix with a wooden spoon until evenly combined. Once the mixture is formed, fold in the grated cheese.
- 4 Form the mixture into medium-sized balls and shape into hashbrown patties on your parchment-lined baking sheet. Bake the hashbrowns for 20 minutes, flipping halfway. Remove from the oven and let them cool slightly.
- 5 Top the hashbrowns with the chives and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days or freeze for up to one month. For best results, reheat in the oven.

**Serving Size:** One serving equals approximately one hashbrown.

**Dairy-Free:** Use a dairy-free cheese or nutritional yeast instead.

**No Food Processor:** Buy pre-made cauliflower rice.



## 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.



## 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.



## Shrimp & Kale Quinoa Bowl

1 serving  
15 minutes

### Ingredients

- 1/4 cup Quinoa (dry)
- 1 1/2 tsps Maple Syrup
- 1 1/2 tsps Apple Cider Vinegar
- 3/4 tsp Tamari
- 1 cup Kale Leaves (tough stems removed, chopped)
- 1/4 Green Bell Pepper (chopped)
- 1/2 cup Snap Peas (chopped)
- 113 grams Shrimp, Cooked (tails removed)
- 1 tbsp Cashews (crushed)

### Nutrition

Amount per serving	
Calories	377
Fat	7g
Carbs	43g
Fiber	6g
Sugar	9g
Protein	37g
Cholesterol	214mg
Sodium	397mg
Vitamin A	1472IU
Vitamin C	50mg
Calcium	190mg
Iron	4mg

### Directions

- 1 Cook the quinoa according to the directions on the package, and set aside.
- 2 In a small bowl, whisk together the maple syrup, apple cider vinegar, and tamari.
- 3 Divide the chopped kale equally between serving bowls or plates. Top with equal amounts of quinoa, bell pepper, snap peas, and shrimp.
- 4 Drizzle the dressing overtop and garnish with the crushed cashews. Enjoy!

### Notes

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

**Nut-Free:** Use sesame seeds instead, or omit the cashews completely.

**More Flavor:** Add ginger and garlic to the dressing. Sauté the shrimp and veggies if preferred.

**Make it Vegan:** Use firm tofu, tempeh, or edamame instead of shrimp.



## Cinnamon Raisin Protein Cookies

3 servings  
30 minutes

### Ingredients

- 1 1/8 Banana (ripe)
- 1/4 cup Egg Whites
- 1 1/2 tbsps Tahini
- 1/3 cup Vanilla Protein Powder (plant-based)
- 1/3 cup Oats (rolled or quick)
- 1/3 tsp Cinnamon
- 3 tbsps Raisins
- 3 tbsps Ground Flax Seed

### Nutrition

Amount per serving	
Calories	244
Fat	7g
Carbs	30g
Fiber	5g
Sugar	12g
Protein	17g
Cholesterol	2mg
Sodium	69mg
Vitamin A	34IU
Vitamin C	4mg
Calcium	118mg
Iron	2mg

### Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Mash the bananas in the bottom of a mixing bowl. Add in the egg whites and tahini, and mix everything well.
- 3 Add in the remaining ingredients and mix well again.
- 4 Scoop the batter onto the baking sheet to form cookies. Use the lid of a wide-mouth mason jar as a mould.
- 5 Bake the cookies in the oven for 18 to 22 minutes, or until bottoms are golden brown.
- 6 Remove from oven, let cool completely on the baking sheet and enjoy!

### Notes

**Protein Powder:** This recipe was developed and tested using a plant-based protein powder. Results may vary if using a different type of protein powder.

**Leftovers:** Store in the fridge up to 4 days, or in the freezer for up to 6 months.

**No Tahini:** Use sunflower seed butter, almond butter or peanut butter instead.

**No Raisins:** Use dried cranberries, chocolate chips or cacao nibs instead.



## Blueberry Protein Smoothie

4 servings

5 minutes

### Ingredients

1 cup Vanilla Protein Powder  
1/4 cup Ground Flax Seed  
4 cups Frozen Blueberries  
4 cups Baby Spinach  
4 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



## One Pan Lemon Spiced Chicken & Potatoes

2 servings

30 minutes

### Ingredients

- 1/2 Lemon (divided)
- 227 grams Chicken Breast
- 2 1/2 cups Mini Potatoes (quartered)
- 1 cup Cherry Tomatoes (halved)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/2 tsp Turmeric
- 1/4 tsp Ground Allspice
- 1/4 tsp Sea Salt
- 1/4 cup Plain Greek Yogurt
- 1/4 cup Parsley (chopped)

### Nutrition

Amount per serving	
Calories	354
Fat	7g
Carbs	39g
Fiber	5g
Sugar	5g
Protein	33g
Cholesterol	87mg
Sodium	383mg
Vitamin A	1457IU
Vitamin C	64mg
Calcium	112mg
Iron	3mg

### Directions

- 1 Preheat the oven to 400°F (205°C) and line a large baking sheet with parchment paper. Cut half the lemon into slices and set aside.
- 2 Add the chicken, potatoes, tomatoes, olive oil, turmeric, allspice, and sea salt to the baking sheet. Squeeze the juice from the remaining lemon over top and toss until well coated. Layer the lemon slices over top and cook for 25 to 30 minutes or until the chicken is cooked through.
- 3 Slice the chicken and garnish with yogurt and parsley. Enjoy!

### Notes

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

**More Flavor:** Add red pepper flakes, cayenne, paprika, black pepper, garlic and/or pomegranate seeds.



## 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.





## Chili Lime Baked Cod with Rice

2 servings  
35 minutes

### Ingredients

- 1/2 cup Brown Rice
- 1 tbsp Avocado Oil
- 1 tbsp Maple Syrup
- 1/2 Lime (juiced, plus additional slices for garnish)
- 1/2 tsp Chili Powder
- 1/8 tsp Sea Salt
- 1/8 tsp Cayenne Pepper
- 1/8 tsp Cumin
- 2 Cod Fillet

### Nutrition

Amount per serving	
Calories	453
Fat	10g
Carbs	43g
Fiber	2g
Sugar	7g
Protein	45g
Cholesterol	99mg
Sodium	295mg
Vitamin A	344IU
Vitamin C	6mg
Calcium	56mg
Iron	2mg

### Directions

- 1 Cook the rice according to package directions.
- 2 In a zipper-lock bag or shallow bowl, combine the oil, maple syrup, lime juice, chili powder, salt, cayenne pepper and cumin. Mix to combine then add the cod fillets. Gently massage the sauce into the fillets and let it marinate for at least 15 minutes or up to an hour.
- 3 Meanwhile, preheat the oven to 400°F (204°C).
- 4 Transfer the fillets and the marinade to a baking dish. Bake for 12 to 15 minutes or until the fish is cooked through and flakes easily.
- 5 Divide the rice between plates. Top with the cod and any excess sauce from the baking dish. Serve with extra lime wedges, if using. Enjoy!

### Notes

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

**Fillet Size:** One fillet is equal to 231 grams or 8 ounces.

**More Flavor:** Add garlic or smoked paprika to the marinade.

**Additional Toppings:** Top with cilantro or red pepper flakes.

**No Maple Syrup:** Use honey instead.

**No Brown Rice:** Use quinoa or cauliflower rice instead.

**Juicy Fillets:** Cooking time will vary depending on the thickness of the fillets. To ensure a moist fillet, spoon some of the excess marinade from the bottom of the baking dish over the fish at about halfway through cooking.



## Blackened Chicken with Rice & Broccoli

2 servings

30 minutes

### Ingredients

1/2 cup Brown Rice (dry)  
227 grams Chicken Breast  
1 tsp Cajun Seasoning  
Sea Salt & Black Pepper (to taste)  
1 1/2 tsps Avocado Oil  
2 cups Broccoli (cut into florets)  
1/4 Lemon (cut into wedges, optional)

### Nutrition

Amount per serving	
Calories	369
Fat	8g
Carbs	42g
Fiber	4g
Sugar	2g
Protein	32g
Cholesterol	82mg
Sodium	643mg
Vitamin A	601IU
Vitamin C	83mg
Calcium	53mg
Iron	2mg

### Directions

- 1 Cook the rice according to package directions.
- 2 Cut the chicken breast(s) in half lengthwise. Season both sides of the chicken cutlets with the cajun seasoning, salt and pepper to taste.
- 3 Heat the oil in a cast iron, or heavy skillet, over medium heat. Add the seasoned chicken and cook for four to five minutes per side or until blackened and cooked through. If the chicken is blackening too quickly, reduce the heat slightly.
- 4 Meanwhile, add the broccoli to a steamer basket over boiling water and steam for about five minutes or until desired doneness is reached.
- 5 To serve, divide the rice, chicken, and broccoli evenly between plates or meal prep containers and serve with lemon wedges to squeeze over the chicken if desired. Enjoy!

### Notes

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

**More Flavor:** Add more cajun spice to taste. For spicier chicken, add cayenne pepper, red pepper flakes, or chili powder.

**No Chicken Breast:** Use chicken thighs, fish fillets, or pork chops instead.

**No Brown Rice:** Use white rice, quinoa, cauliflower rice, or roasted or mashed potatoes instead.



## Orzo & Shrimp Pasta Salad

2 servings  
15 minutes

### Ingredients

1/2 cup Orzo (dry)  
227 grams Shrimp, Cooked (chopped)  
1 head Endive (chopped)  
2 cups Snap Peas (chopped)  
1/2 cup Goat Cheese (crumbled)  
1/4 cup Chives (chopped)  
2 tbsps Lemon Juice  
1/4 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	367
Fat	8g
Carbs	39g
Fiber	12g
Sugar	6g
Protein	40g
Cholesterol	224mg
Sodium	614mg
Vitamin A	6510IU
Vitamin C	38mg
Calcium	276mg
Iron	5mg

### Directions

- 1 Cook the orzo according to the directions on the package. Once it's done cooking, set it aside and let it cool.
- 2 Add the orzo and the remaining ingredients to a large bowl. Toss until well combined. Divide onto plates and enjoy!

### Notes

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

**Serving Size:** One serving equals approximately 2 1/2 cups.

**Gluten-Free:** Use quinoa or brown rice pasta instead.

**Dairy-Free:** Use vegan cheese instead.

**More Flavor:** Add balsamic vinegar and your choice of additional spices and herbs.

**Additional Toppings:** Red pepper flakes, kimchi, sauerkraut, and/or your favorite dressing.

**No Shrimp:** Use chicken, turkey, edamame, marinated tofu, or chickpeas.



## Pressure Cooker Butter Chicken

**2 servings****30 minutes**

### Ingredients

1/3 cup Jasmine Rice (dry, rinsed)  
2 tps Extra Virgin Olive Oil  
2/3 Yellow Onion (chopped)  
1 1/3 Garlic (cloves, large, minced)  
2 tps Ginger (grated)  
2 1/4 cups Fire Roasted Diced Tomatoes (from the can, with juices)  
2 tps Garam Masala  
2/3 tsp Coriander  
2/3 tsp Cumin  
1/8 tsp Cayenne Pepper  
2/3 tsp Turmeric  
3 1/2 tbsps Plain Cow's Yogurt, Whole Milk  
302 grams Chicken Thighs (boneless, skinless)

### Nutrition

Amount per serving	
Calories	451
Fat	12g
Carbs	48g
Fiber	6g
Sugar	13g
Protein	36g
Cholesterol	146mg
Sodium	786mg
Vitamin A	1218IU
Vitamin C	15mg
Calcium	208mg
Iron	5mg

### Directions

- 1 Cook the rice according to package directions.
- 2 Turn the pressure cooker to sauté and add the oil. Sauté the onions, garlic, and ginger for one minute. Add the tomatoes and all of the spices. Cook for five minutes or until the mixture is bubbling and the tomatoes start to cook down.
- 3 Add the yogurt. Using an immersion blender, blend until smooth. You can also carefully add to a blender and blend, being sure to vent properly.
- 4 Add the sauce back into the pressure cooker and then add the chicken. Set to "sealing", then press manual/pressure cooker and cook for eight minutes on high pressure. Allow the pressure cooker to release naturally.
- 5 Serve the butter chicken with the rice and garnish with parsley. Enjoy!

### Notes

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

**Serving Size:** One serving is 1/3 cup of rice and one cup of chicken and sauce.

**More Flavor:** Use heavy cream instead of yogurt to add a creamier richness to the sauce.

**Dairy-Free:** Use coconut cream or coconut milk instead of yogurt.

**Additional Toppings:** Garnish with finely chopped parsley or cilantro.



## Shrimp & Cabbage Grain Bowl with Peanut Sauce

1 serving  
40 minutes

### Ingredients

- 1/4 cup Farro (dry)
- 1 1/2 tsps Avocado Oil
- 142 grams Shrimp (peeled, deveined)
- Sea Salt & Black Pepper
- 1 1/2 cups Purple Cabbage (shredded)
- 1 cup Microgreens
- 1 1/2 tsps Peanut Sauce
- 1 tbsp Cilantro (finely chopped)

### Nutrition

Amount per serving	
Calories	493
Fat	13g
Carbs	54g
Fiber	8g
Sugar	14g
Protein	41g
Cholesterol	228mg
Sodium	576mg
Vitamin A	1557IU
Vitamin C	97mg
Calcium	198mg
Iron	3mg

### Directions

- 1 Cook the farro according to the package directions.
- 2 Add the oil to a large pan. Once hot, add the shrimp and sauté the shrimp for two to three minutes per side. Season with salt and pepper.
- 3 Divide the farro, cabbage, microgreens, and shrimp evenly between bowls. Top with the peanut sauce and cilantro. Enjoy!

### Notes

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

**Serving Size:** One serving is 1 1/2 cups of farro and vegetables with shrimp.

**Gluten-Free:** Use quinoa or buckwheat in place of farro.

**Additional Toppings:** Lime juice, chopped peanuts, and/or fresh ginger.