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*with Style*

1600 Calorie Meal Plan  
50/30/20 PDF

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<https://exercisewithstyle.com>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Mango Green Smoothie Bowl	 Mango Green Smoothie Bowl	 Mango Green Smoothie Bowl	 Tempeh, Lettuce & Tomato Sandwich	 Tempeh, Lettuce & Tomato Sandwich	 Mango Carrot Smoothie	 Mango Carrot Smoothie
Snack 1	 0.5 Peach, Blackberry & Basil Smoothie	 0.5 Peach, Blackberry & Basil Smoothie	 Peach, Blackberry & Basil Smoothie	 Yogurt & Pomegranate	 Yogurt & Pomegranate	 Yogurt & Pomegranate	 Yogurt & Pomegranate
Lunch	 Maple Ginger Stir Fry Bowl with Rice	 Cold Noodle Salad with Chicken	 Shrimp & Kale Quinoa Bowl	 Shrimp & Smoked Sausage Spaghetti	 Italian Chicken & Rice Meal Prep Bowl	 Chili Lime Baked Cod with Rice	 Southwest Chicken Meal Prep Bowls
Snack 2	 0.5 Yogurt & Orange Slices	 Yogurt & Orange Slices	 Yogurt & Orange Slices	 Stone Fruit Salad with Cottage Cheese	 Stone Fruit Salad with Cottage Cheese	 Stone Fruit Salad with Cottage Cheese	 Stone Fruit Salad with Cottage Cheese
Dinner	 Cold Noodle Salad with Chicken	 Shrimp & Kale Quinoa Bowl	 Shrimp & Smoked Sausage Spaghetti	 Italian Chicken & Rice Meal Prep Bowl	 Chili Lime Baked Cod with Rice	 Southwest Chicken Meal Prep Bowls	 Pressure Cooker Butter Chicken

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  22%	Fat  20%	Fat  19%	Fat  23%	Fat  23%	Fat  21%	Fat  22%
Carbs  48%	Carbs  48%	Carbs  50%	Carbs  46%	Carbs  44%	Carbs  47%	Carbs  48%
Protein  30%	Protein  32%	Protein  31%	Protein  31%	Protein  33%	Protein  32%	Protein  30%
Calories 1661	Calories 1653	Calories 1670	Calories 1650	Calories 1694	Calories 1680	Calories 1678
Fat 40g	Fat 37g	Fat 37g	Fat 43g	Fat 43g	Fat 39g	Fat 41g
Carbs 199g	Carbs 199g	Carbs 220g	Carbs 193g	Carbs 186g	Carbs 199g	Carbs 204g
Fiber 23g	Fiber 26g	Fiber 32g	Fiber 25g	Fiber 20g	Fiber 21g	Fiber 25g
Sugar 85g	Sugar 88g	Sugar 99g	Sugar 53g	Sugar 58g	Sugar 85g	Sugar 91g
Protein 126g	Protein 135g	Protein 133g	Protein 131g	Protein 143g	Protein 138g	Protein 129g
Cholesterol 238mg	Cholesterol 361mg	Cholesterol 427mg	Cholesterol 339mg	Cholesterol 254mg	Cholesterol 237mg	Cholesterol 284mg
Sodium 1024mg	Sodium 1090mg	Sodium 1042mg	Sodium 1760mg	Sodium 1786mg	Sodium 1268mg	Sodium 1759mg
Vitamin A 17311IU	Vitamin A 8847IU	Vitamin A 10396IU	Vitamin A 5792IU	Vitamin A 4983IU	Vitamin A 16033IU	Vitamin A 16907IU
Vitamin C 195mg	Vitamin C 282mg	Vitamin C 298mg	Vitamin C 149mg	Vitamin C 140mg	Vitamin C 189mg	Vitamin C 198mg
Calcium 1222mg	Calcium 1561mg	Calcium 1867mg	Calcium 941mg	Calcium 886mg	Calcium 1440mg	Calcium 1592mg
Iron 8mg	Iron 11mg	Iron 12mg	Iron 11mg	Iron 10mg	Iron 7mg	Iron 10mg

**Fruits**

- 3 Banana
- 2/3 cup Blackberries
- 1 1/2 cups Blueberries
- 1 cup Cherries
- 1 1/2 Kiwi
- 1/2 Lemon
- 1/2 Lime
- 1 tbsp Lime Juice
- 1 Mango
- 3 Navel Orange
- 2 Nectarine
- 2 cups Pomegranate Seeds

**Breakfast**

- 2 3/4 tbsps Maple Syrup

**Seeds, Nuts & Spices**

- 2 tbsps Cashews
- 1/4 tsp Cayenne Pepper
- 1 tsp Chili Powder
- 1/3 tsp Coriander
- 1/2 tsp Cumin
- 1 tsp Everything Bagel Seasoning
- 1 tsp Garam Masala
- 1/2 tsp Garlic Powder
- 1 tsp Ground Ginger
- 3 tbsps Hemp Seeds
- 1 1/2 tps Italian Seasoning
- 1/8 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1/4 tsp Smoked Paprika
- 1 1/2 tps Taco Seasoning
- 1/3 tsp Turmeric

**Frozen**

- 5 cups Frozen Mango
- 2 cups Frozen Peaches

**Vegetables**

- 1 cup Arugula
- 3 cups Baby Spinach
- 1/4 cup Basil Leaves
- 1 cup Broccoli
- 3 Carrot
- 1/2 cup Cherry Tomatoes
- 1 tbsp Cilantro
- 1 1/8 Garlic
- 2 tsps Ginger
- 1 Green Bell Pepper
- 1 1/2 cups Green Cabbage
- 1 stalk Green Onion
- 2 cups Kale Leaves
- 2 3/4 cups Mixed Greens
- 1/2 cup Radishes
- 1/4 cup Red Onion
- 1 1/2 cups Snap Peas
- 3 Tomato
- 1/3 Yellow Onion
- 1 Zucchini

**Boxed & Canned**

- 1 3/4 cups Brown Rice
- 100 grams Buckwheat Soba Noodles
- 1 1/8 cups Fire Roasted Diced Tomatoes
- 2 2/3 tbsps Jasmine Rice
- 1/2 cup Quinoa
- 1/4 cup Vegetable Broth
- 128 grams Whole Wheat Spaghetti

**Baking**

- 1/4 tsp Arrowroot Powder

**Bread, Fish, Meat & Cheese**

- 5 grams Cajun Smoked Andouille Sausage
- 652 grams Chicken Breast
- 227 grams Chicken Breast, Cooked
- 151 grams Chicken Thighs
- 2 Cod Fillet
- 227 grams Shrimp
- 227 grams Shrimp, Cooked
- 100 grams Tempeh
- 4 slices Whole Grain Bread

**Condiments & Oils**

- 1 tbsp Apple Cider Vinegar
- 1 2/3 tbsps Avocado Oil
- 1 1/2 tps Balsamic Vinegar
- 1 tbsp Coconut Aminos
- 2 tsps Dijon Mustard
- 2 1/3 tbsps Extra Virgin Olive Oil
- 1 1/2 tps Sesame Oil
- 2 tbsps Tahini
- 1 1/2 tbsps Tamari

**Cold**

- 2 cups Cottage Cheese
- 2 1/2 cups Oat Milk
- 2 1/2 cups Plain Coconut Milk
- 1 3/4 tbsps Plain Cow's Yogurt, Whole Milk
- 6 1/4 cups Plain Greek Yogurt
- 2 1/4 cups Unsweetened Almond Milk
- 1/2 cup Unsweetened Coconut Yogurt

**Other**

- 38 grams Collagen Powder
- 1 1/4 cups Vanilla Protein Powder
- 1/2 cup Water



## Mango Green Smoothie Bowl

3 servings

5 minutes

### Ingredients

- 3 Banana (frozen)
- 3 cups Frozen Mango
- 3 cups Baby Spinach
- 3/4 cup Vanilla Protein Powder
- 2 1/4 cups Unsweetened Almond Milk
- 1 1/2 Kiwi (peeled and sliced)
- 1 1/2 cups Blueberries (fresh or frozen)
- 3 tbsps Hemp Seeds

### Nutrition

Amount per serving	
Calories	436
Fat	9g
Carbs	72g
Fiber	11g
Sugar	48g
Protein	27g
Cholesterol	4mg
Sodium	187mg
Vitamin A	5119IU
Vitamin C	118mg
Calcium	529mg
Iron	3mg

### Directions

- 1 Throw the banana, frozen mango, baby spinach, protein powder and almond milk into a blender. Blend well until smooth.
- 2 Pour into a bowl and top with kiwi, blueberries, hemp seeds and any other favourite toppings. Enjoy!

### Notes

**Topping Ideas:** Fruit, nuts, fresh herbs, coconut, hemp hearts, granola, ground flax or chia seeds.

**Turn It Into a Smoothie:** Add more almond milk for a thinner consistency.



## Tempeh, Lettuce & Tomato Sandwich

2 servings  
40 minutes

### Ingredients

- 1 tbsp Tamari
- 1 1/2 tsps Balsamic Vinegar
- 1/2 tsp Chili Powder
- 1/4 tsp Smoked Paprika
- Sea Salt & Black Pepper (to taste)
- 100 grams Tempeh (cut into thin slices)
- 2 tsps Dijon Mustard
- 4 slices Whole Grain Bread (toasted)
- 3/4 cup Mixed Greens
- 1 Tomato (small, sliced)

### Nutrition

Amount per serving	
Calories	343
Fat	9g
Carbs	43g
Fiber	7g
Sugar	6g
Protein	23g
Cholesterol	0mg
Sodium	927mg
Vitamin A	1170IU
Vitamin C	10mg
Calcium	156mg
Iron	4mg

### Directions

- 1 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 2 In a zipper-lock bag or shallow bowl, mix the tamari, balsamic vinegar, chili powder, paprika, salt and pepper together. Add in the tempeh and let it marinate for 10 to 15 minutes.
- 3 Arrange the tempeh in an even layer on the baking sheet. Bake for 18 to 20 minutes, flipping halfway through. Remove from the oven and set aside.
- 4 Spread the mustard on one slice of toast. Layer the mixed greens, tomato, and tempeh and season to taste with salt and pepper. Close the sandwich and enjoy!

### Notes

**Leftovers:** This is best assembled before serving. Tempeh can be prepared and cooked in advance and kept in the fridge for up to four days.

**Serving Size:** One serving is one sandwich.

**Gluten-Free:** Use gluten-free bread.

**No Mustard:** Use mayonnaise instead.



## Mango Carrot Smoothie

2 servings

5 minutes

### Ingredients

2 cups Frozen Mango  
2 Carrot (medium, chopped)  
2 1/2 cups Oat Milk (unsweetened)  
1/2 cup Vanilla Protein Powder  
1 tsp Ground Ginger

### Nutrition

Amount per serving	
Calories	362
Fat	7g
Carbs	53g
Fiber	8g
Sugar	34g
Protein	25g
Cholesterol	4mg
Sodium	208mg
Vitamin A	11976IU
Vitamin C	64mg
Calcium	591mg
Iron	1mg

### Directions

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

### Notes

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

**No Oat Milk:** Use another type of milk such as pea, almond, coconut, or dairy milk.



## 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.





## Yogurt & Pomegranate

4 servings

5 minutes

### Ingredients

4 cups Plain Greek Yogurt  
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.



## Maple Ginger Stir Fry Bowl with Rice

1 serving  
30 minutes

### Ingredients

- 1/4 cup Brown Rice
- 142 grams Chicken Breast (cut into small cubes)
- 1 1/2 tsps Sesame Oil (divided)
- 1 Carrot (medium, peeled, and sliced thin)
- 1/2 cup Snap Peas (trimmed and chopped)
- 3 tsps Water (divided)
- 1 tbsp Coconut Aminos
- 1 tsp Ginger (fresh, grated or minced)
- 1 1/2 tsps Maple Syrup
- 1/2 Garlic (clove, minced)
- 1/4 tsp Arrowroot Powder

### Nutrition

Amount per serving	
Calories	487
Fat	12g
Carbs	56g
Fiber	5g
Sugar	14g
Protein	37g
Cholesterol	103mg
Sodium	384mg
Vitamin A	10578IU
Vitamin C	10mg
Calcium	68mg
Iron	2mg

### Directions

- 1 Cook the rice according to package directions.
- 2 Meanwhile, heat half of the sesame oil in a pan over medium heat. Add the chicken and cook for five to seven minutes or until cooked through. Transfer to a plate.
- 3 Add the carrots and snap peas to the pan. Stir to combine with any remaining juices in the pan then add two-thirds of the water and cover with a lid. Steam the vegetables for four to five minutes or until just tender.
- 4 Meanwhile, in a small bowl combine the coconut aminos, ginger, maple syrup, garlic, arrowroot powder, and the remaining sesame oil and water and mix well.
- 5 Add the chicken back to the pan with vegetables then pour in the ginger sauce. Cook for one to two minutes or until the sauce begins to bubble and thicken and the chicken warms through.
- 6 Divide the rice and chicken stir fry between bowls or meal prep containers. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately 1 1/2 cups stir fry and 3/4 cup rice.

**Additional Toppings:** Hot sauce, red pepper flakes, sesame seeds, chopped cashews, or green onion.

**Veggies:** Use broccoli, cauliflower, bell pepper, or mushrooms instead.

**No Coconut Aminos:** Use soy sauce or tamari instead.

**No Chicken Breast:** Use chicken thighs or pork instead.



## Yogurt & Orange Slices

3 servings

5 minutes

### Ingredients

3 Navel Orange (large, sliced)  
2 1/4 cups Plain Greek Yogurt

### Nutrition

Amount per serving	
Calories	204
Fat	4g
Carbs	27g
Fiber	3g
Sugar	16g
Protein	18g
Cholesterol	25mg
Sodium	106mg
Vitamin A	1283IU
Vitamin C	94mg
Calcium	435mg
Iron	1mg

### Directions

- 1 Serve the orange slices alongside the yogurt. Enjoy!

### Notes

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

**Dairy-Free:** Use coconut yogurt instead.

**Additional Toppings:** Add cinnamon, honey, maple syrup, or granola to the yogurt.



## Stone Fruit Salad with Cottage Cheese

4 servings  
10 minutes

### Ingredients

- 2 cups Cottage Cheese
- 1 cup Cherries (pitted, halved)
- 1 Mango (peeled, chopped)
- 2 Nectarine (pit removed, chopped)
- 2 tbsps Basil Leaves (chopped)

### Nutrition

Amount per serving	
Calories	209
Fat	5g
Carbs	30g
Fiber	3g
Sugar	25g
Protein	14g
Cholesterol	18mg
Sodium	332mg
Vitamin A	1386IU
Vitamin C	37mg
Calcium	108mg
Iron	1mg

### Directions

- 1 Divide the cottage cheese onto plates and top with cherries, mango and nectarine. Garnish with fresh basil and enjoy!

### Notes

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

**Serving Size:** One serving equals approximately two cups.

**No Fresh Fruit:** Use frozen, thawed fruit instead.

**Make it Vegan:** Use coconut yogurt instead of cottage cheese.

**Additional Toppings:** Balsamic glaze, olive oil, sea salt, pepper, hemp seeds, and/or crushed nuts.



## Cold Noodle Salad with Chicken

2 servings  
15 minutes

### Ingredients

100 grams Buckwheat Soba Noodles  
2 tbsps Tahini  
1/4 cup Water (warm)  
1 stalk Green Onion (chopped thinly)  
1 tsp Maple Syrup  
1 tsp Everything Bagel Seasoning (plus more for garnish)  
2 cups Mixed Greens  
1/2 cup Radishes (thinly sliced)  
227 grams Chicken Breast, Cooked (shredded)

### Nutrition

Amount per serving	
Calories	514
Fat	13g
Carbs	43g
Fiber	3g
Sugar	3g
Protein	44g
Cholesterol	118mg
Sodium	358mg
Vitamin A	288IU
Vitamin C	9mg
Calcium	106mg
Iron	2mg

### Directions

- 1 Cook the noodles according to the package directions. Drain, rinse under cold water and set aside.
- 2 Add the tahini to a small bowl and whisk in the water, until smooth. Add the green onion, maple syrup, and the everything bagel seasoning.
- 3 Divide the mixed greens between bowls and top with the noodles, sliced radish, and chicken. Drizzle with the tahini dressing and add extra seasoning if desired. Enjoy!

### Notes

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

**Serving Size:** One serving equals approximately two cups.

**Additional Toppings:** Microgreens and/or fresh herbs.



## Shrimp & Kale Quinoa Bowl

2 servings  
15 minutes

### Ingredients

1/2 cup Quinoa (dry)  
1 tbsp Maple Syrup  
1 tbsp Apple Cider Vinegar  
1 1/2 tsps Tamari  
2 cups Kale Leaves (tough stems removed, chopped)  
1/2 Green Bell Pepper (chopped)  
1 cup Snap Peas (chopped)  
227 grams Shrimp, Cooked (tails removed)  
2 tsps 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.



## Shrimp & Smoked Sausage Spaghetti

2 servings  
15 minutes

### Ingredients

128 grams Whole Wheat Spaghetti  
1 Tomato (large, diced)  
1 cup Arugula  
1/2 Lemon (small, juiced and zested)  
1 tbsp Extra Virgin Olive Oil  
227 grams Shrimp (peeled, deveined, tails removed)  
5 grams Cajun Smoked Andouille Sausage (sliced)  
1/4 cup Vegetable Broth  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	409
Fat	10g
Carbs	50g
Fiber	7g
Sugar	2g
Protein	33g
Cholesterol	184mg
Sodium	269mg
Vitamin A	1153IU
Vitamin C	15mg
Calcium	111mg
Iron	3mg

### Directions

- 1 Cook the pasta according to the package directions.
- 2 In a small bowl, combine the tomato, arugula, lemon juice, and zest. Set aside.
- 3 Heat the oil in a large saucepan over medium-high heat. Add the shrimp and sausage. Sear for three to four minutes or until the shrimp turns pink.
- 4 Reduce the heat to medium and add the tomato and arugula mixture. Stir and add the broth. Cook for two more minutes or until warmed through. Season with salt and black pepper.
- 5 Add the warm cooked pasta and mix well. Divide onto plates and enjoy!

### Notes

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

**Serving Size:** One serving is two cups.

**More Flavor:** Use parsley or watercress instead of arugula.

**Additional Toppings:** Parmesan cheese and/or fresh herbs.

**Gluten-Free:** Use gluten-free pasta.

**No Cajun Smoked Andouille Sausage:** Omit or use another dry-cured and smoked sausage, bacon, or chopped ham instead.

**No Vegetable Broth:** Use reserved pasta water instead.



## Italian Chicken & Rice Meal Prep Bowl

2 servings  
35 minutes

### Ingredients

- 1/2 cup Brown Rice (dry)
- 283 grams Chicken Breast (cut into large cubes)
- 1 cup Broccoli (cut into small florets)
- 1/4 cup Red Onion (cut into thick slices)
- 1/2 cup Cherry Tomatoes
- 1 Zucchini (small, chopped)
- 1 tbsp Extra Virgin Olive Oil
- 1 1/2 tsps Italian Seasoning
- 1/2 tsp Garlic Powder
- Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	448
Fat	13g
Carbs	45g
Fiber	5g
Sugar	5g
Protein	38g
Cholesterol	103mg
Sodium	92mg
Vitamin A	833IU
Vitamin C	65mg
Calcium	57mg
Iron	2mg

### Directions

- 1 Cook the rice according to package directions.
- 2 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 3 Add the chicken, broccoli, red onion, cherry tomatoes, and zucchini to the baking sheet. Drizzle with the oil and season with Italian seasoning, garlic powder, salt, and pepper.
- 4 Bake for 16 to 18 minutes or until the chicken is cooked through and the vegetables are just tender, stirring halfway through if needed. Season with additional salt and pepper if needed.
- 5 Divide the rice, chicken, and veggies evenly between meal prep containers or plates and enjoy!

### Notes

**Leftovers:** Refrigerate for up to three days.

**More Flavor:** Add other dried herbs and spices to taste, like red pepper flakes, onion powder, or parsley.

**Additional Toppings:** Avocado or dipping sauce, like tzatziki or hummus.

**No Brown Rice:** Omit or use white rice, quinoa, or cauliflower rice instead.





## 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.



## Southwest Chicken Meal Prep Bowls

2 servings  
50 minutes

### Ingredients

- 1/2 cup Brown Rice
- 227 grams Chicken Breast
- 2 tsps Avocado Oil (divided)
- 1 1/2 tsps Taco Seasoning (divided)
- 1/2 cup Unsweetened Coconut Yogurt
- 1 tbsp Lime Juice
- 1 tbsp Cilantro
- 1 1/2 cups Green Cabbage (thinly sliced)
- 1/2 Green Bell Pepper (medium, chopped)
- 1 Tomato (medium, chopped)

### Nutrition

Amount per serving	
Calories	415
Fat	11g
Carbs	48g
Fiber	5g
Sugar	4g
Protein	31g
Cholesterol	82mg
Sodium	293mg
Vitamin A	1077IU
Vitamin C	60mg
Calcium	176mg
Iron	2mg

### Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Cook the rice according to package directions. Let the rice cool slightly.
- 3 Meanwhile, place the chicken breast in a baking dish and season both sides with 1/2 of the oil and 2/3 of the taco seasoning. Bake for 25 to 30 minutes or until the chicken breast is cooked through. Let cool for 10 to 15 minutes then slice.
- 4 Meanwhile, in a small bowl combine the coconut yogurt, lime juice, cilantro, the remaining oil, and the remaining taco seasoning to make a dressing.
- 5 Divide the rice, cabbage, peppers, tomato, and chicken between bowls. Serve with the yogurt dressing. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Serve cold or to reheat store the cabbage, veggies, and yogurt separately from the chicken and rice.

**More Flavor:** Add red pepper flakes, smoked paprika, or cayenne pepper to the taco seasoning. Season with salt if needed.

**Additional Toppings:** Lime wedges, cilantro, or chopped green onion.

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

**No Cabbage:** Use romaine lettuce or kale instead.



## Pressure Cooker Butter Chicken

1 serving  
30 minutes

### Ingredients

2 2/3 tbsps Jasmine Rice (dry, rinsed)  
1 tsp Extra Virgin Olive Oil  
1/3 Yellow Onion (chopped)  
2/3 Garlic (cloves, large, minced)  
1 tsp Ginger (grated)  
1 1/8 cups Fire Roasted Diced Tomatoes (from the can, with juices)  
1 tsp Garam Masala  
1/3 tsp Coriander  
1/3 tsp Cumin  
1/16 tsp Cayenne Pepper  
1/3 tsp Turmeric  
1 3/4 tbsps Plain Cow's Yogurt, Whole Milk  
151 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.