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with Style

1700 Calorie Meal Plan
40/30/30 PDF

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<https://exercisewithstyle.com>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Apple Turmeric Smoothie	 Apple Turmeric Smoothie	 Apple Turmeric Smoothie	 Butternut Squash Smoothie	 Butternut Squash Smoothie	 Scrambled Egg Whites with Avocado & Banana	 Scrambled Egg Whites with Avocado & Banana
Snack 1	 0.5 Turkey & Spinach Wrap	 0.5 Turkey & Spinach Wrap	 0.5 Turkey & Spinach Wrap	 0.5 Apple Slices with Tuna	 0.5 Apple Slices with Tuna	 0.5 Apple Slices with Tuna	 0.5 Apple Slices with Tuna
Lunch	 Spinach & Tuna Grilled Cheese	 Deconstructed Stuffed Peppers	 Salmon with Rice & Broccoli	 Goan Fish Curry	 Meal Prep Maple Dijon Chicken, Mushroom Quino...	 Lemon Garlic Chicken & Orzo	 Turmeric Chicken with Brown Rice
Snack 2	 Cherry Raspberry Smoothie	 Cherry Raspberry Smoothie	 Cherry Raspberry Smoothie	 Strawberry Blueberry Smoothie	 0.5 Strawberry Blueberry Smoothie	 Strawberry Blueberry Smoothie	 Strawberry Blueberry Smoothie
Dinner	 Deconstructed Stuffed Peppers	 Salmon with Rice & Broccoli	 Goan Fish Curry	 Meal Prep Maple Dijon Chicken, Mushroom Quino...	 Lemon Garlic Chicken & Orzo	 Turmeric Chicken with Brown Rice	 Shrimp & Cabbage Grain Bowl with Peanut Sauce

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  29%	Fat  29%	Fat  28%	Fat  33%	Fat  34%	Fat  32%	Fat  29%
Carbs  45%	Carbs  43%	Carbs  44%	Carbs  39%	Carbs  37%	Carbs  37%	Carbs  39%
Protein  26%	Protein  28%	Protein  28%	Protein  28%	Protein  29%	Protein  31%	Protein  32%
Calories 1744	Calories 1703	Calories 1709	Calories 1714	Calories 1702	Calories 1781	Calories 1751
Fat 57g	Fat 55g	Fat 53g	Fat 64g	Fat 66g	Fat 64g	Fat 58g
Carbs 196g	Carbs 187g	Carbs 192g	Carbs 172g	Carbs 162g	Carbs 169g	Carbs 176g
Fiber 32g	Fiber 34g	Fiber 31g	Fiber 39g	Fiber 33g	Fiber 26g	Fiber 32g
Sugar 59g	Sugar 60g	Sugar 54g	Sugar 49g	Sugar 43g	Sugar 40g	Sugar 51g
Protein 115g	Protein 122g	Protein 122g	Protein 126g	Protein 125g	Protein 140g	Protein 142g
Cholesterol 186mg	Cholesterol 208mg	Cholesterol 212mg	Cholesterol 211mg	Cholesterol 213mg	Cholesterol 214mg	Cholesterol 360mg
Sodium 2593mg	Sodium 1773mg	Sodium 1742mg	Sodium 2409mg	Sodium 1717mg	Sodium 1088mg	Sodium 1522mg
Vitamin A 8637IU	Vitamin A 7277IU	Vitamin A 4654IU	Vitamin A 23447IU	Vitamin A 22503IU	Vitamin A 1049IU	Vitamin A 2570IU
Vitamin C 135mg	Vitamin C 205mg	Vitamin C 115mg	Vitamin C 151mg	Vitamin C 134mg	Vitamin C 79mg	Vitamin C 166mg
Calcium 1321mg	Calcium 1139mg	Calcium 1095mg	Calcium 1897mg	Calcium 1494mg	Calcium 863mg	Calcium 1036mg
Iron 21mg	Iron 19mg	Iron 15mg	Iron 14mg	Iron 14mg	Iron 9mg	Iron 9mg

Fruits

- 5 Apple
- 1 Avocado
- 3 3/4 Banana
- 1 1/4 Lemon
- 2 cups Strawberries

Breakfast

- 2 tbsps Almond Butter
- 1 tbsp Maple Syrup

Seeds, Nuts & Spices

- 2/3 cup Chia Seeds
- 1/4 tsp Cinnamon
- 1 tsp Coriander Seed
- 1/2 tsp Cumin Seed
- 2 1/3 tbsps Italian Seasoning
- 1 tsp Paprika
- 1/8 tsp Red Pepper Flakes
- 3/4 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 3 1/3 tbsps Turmeric

Frozen

- 1 1/2 cups Cauliflower Rice
- 2 cups Frozen Blueberries
- 1 cup Frozen Cauliflower
- 3/4 cup Frozen Cherries
- 3/4 cup Frozen Raspberries

Vegetables

- 4 1/2 cups Baby Spinach
- 2 cups Broccoli
- 1 1/2 cups Butternut Squash
- 1/4 stalk Celery
- 1 tbsp Cilantro
- 1 Cucumber
- 2 Garlic
- 1 1/2 tps Ginger
- 2 stalks Green Onion
- 1 cup Microgreens
- 2 cups Mushrooms
- 1 1/2 cups Purple Cabbage
- 1 Red Bell Pepper
- 1/4 cup Red Onion
- 8 leaves Romaine
- 1/2 Tomato
- 1/2 Yellow Onion
- 2 Zucchini

Boxed & Canned

- 1 1/2 cups Brown Rice
- 1/2 cup Canned Coconut Milk
- 2 1/2 cups Chicken Broth, Low Sodium
- 1 1/8 cups Crushed Tomatoes
- 1/3 cup Diced Tomatoes
- 1/4 cup Farro
- 1/2 cup Jasmine Rice
- 1 cup Orzo
- 1/2 cup Quinoa
- 1 1/2 cans Tuna

Baking

- 1/3 cup Oats

Bread, Fish, Meat & Cheese

- 30 grams Cheddar Cheese
- 529 grams Chicken Breast
- 227 grams Chicken Thighs
- 227 grams Extra Lean Ground Beef
- 1 1/2 Haddock Fillet
- 340 grams Salmon Fillet
- 142 grams Shrimp
- 190 grams Sliced Turkey Breast
- 99 grams Sourdough Bread
- 2 Whole Wheat Tortilla

Condiments & Oils

- 1 1/8 tbsps Avocado Oil
- 1 1/2 tbsps Coconut Butter
- 3/4 tsp Coconut Oil
- 1/4 cup Dijon Mustard
- 1/3 cup Extra Virgin Olive Oil
- 2 1/3 tbsps Mayonnaise
- 1 1/2 tbsps Peanut Sauce
- 1 tbsp Tamari
- 1 tsp Tamarind Paste

Cold

- 1 tsp Butter
- 1 1/2 cups Cow's Milk, Reduced Fat
- 2 cups Egg Whites
- 3 3/4 cups Oat Milk
- 7 2/3 cups Unsweetened Almond Milk

Other

- 2 2/3 cups Vanilla Protein Powder
- 2 2/3 tbsps Water



Apple Turmeric Smoothie

3 servings

5 minutes

Ingredients

- 3 3/4 cups Oat Milk
- 3 Apple (small, cored, chopped)
- 1 1/2 cups Cauliflower Rice (or chopped florets)
- 3/4 cup Vanilla Protein Powder
- 3 tbsps Turmeric
- 3 tbsps Chia Seeds (plus more for garnish if desired)

Nutrition

Amount per serving	
Calories	425
Fat	11g
Carbs	60g
Fiber	15g
Sugar	29g
Protein	27g
Cholesterol	4mg
Sodium	180mg
Vitamin A	98IU
Vitamin C	8mg
Calcium	664mg
Iron	7mg

Directions

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

Notes

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

More Flavor: Add ground ginger, cinnamon, or nutmeg.

No Cauliflower Rice: Use pumpkin puree or steamed sweet potato instead.

No Oat Milk: Use almond, soy, pea, rice, coconut, or dairy milk instead.



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.



Scrambled Egg Whites with Avocado & Banana

2 servings

5 minutes

Ingredients

- 2 tsps Extra Virgin Olive Oil
- 2 cups Egg Whites
- 2 Banana (medium)
- 1 Avocado

Nutrition

Amount per serving	
Calories	432
Fat	20g
Carbs	37g
Fiber	10g
Sugar	17g
Protein	30g
Cholesterol	0mg
Sodium	412mg
Vitamin A	222IU
Vitamin C	20mg
Calcium	35mg
Iron	1mg

Directions

- 1 Heat the oil in a pan over medium-high heat. Add the egg whites and gently stir until cooked through, about three to four minutes.
- 2 Serve the egg whites alongside the avocado and banana. Enjoy!

Notes

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

More Flavor: Add salt and pepper to the egg whites.

Additional Toppings: Top with salsa, sauerkraut, cheese, or olives.



Turkey & Spinach Wrap

2 servings

5 minutes

Ingredients

- 2 tbsps Dijon Mustard
- 2 Whole Wheat Tortilla (large)
- 4 cups Baby Spinach
- 190 grams Sliced Turkey Breast
- 1 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.



Apple Slices with Tuna

2 servings

10 minutes

Ingredients

- 1 can Tuna
- 1/4 cup Red Onion (diced)
- 2 tbsps Mayonnaise
- 1/8 tsp Sea Salt
- 2 Apple (cored, sliced)

Nutrition

Amount per serving	
Calories	267
Fat	11g
Carbs	27g
Fiber	5g
Sugar	20g
Protein	17g
Cholesterol	36mg
Sodium	442mg
Vitamin A	155IU
Vitamin C	10mg
Calcium	31mg
Iron	2mg

Directions

- 1 In a bowl, add the tuna, red onion, mayonnaise and sea salt. Mix well.
- 2 Add the tuna on top of the sliced apple. Serve and enjoy!

Notes

Leftovers: The apple is best cut on the same day you'll enjoy it. Refrigerate the leftover tuna mix in an airtight container for up to three days.

Additional Toppings: Add chopped nuts or sesame seeds on top.

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

No Mayonnaise: Use greek yogurt instead.



Spinach & Tuna Grilled Cheese

1 serving
15 minutes

Ingredients

- 1/2 can Tuna (drained and flaked)
- 1/4 stalk Celery (diced)
- 1 tsp Mayonnaise
- 1/4 Lemon (juiced)
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Baby Spinach
- 99 grams Sourdough Bread (sliced)
- 30 grams Cheddar Cheese (shredded)
- 1 tsp Butter

Nutrition

Amount per serving	
Calories	513
Fat	18g
Carbs	50g
Fiber	2g
Sugar	1g
Protein	33g
Cholesterol	72mg
Sodium	927mg
Vitamin A	1995IU
Vitamin C	11mg
Calcium	249mg
Iron	5mg

Directions

- 1 Preheat a cast-iron skillet over medium-low heat.
- 2 In a bowl, mix together the tuna, celery, mayonnaise, and lemon juice. Season with salt and pepper.
- 3 Layer the spinach on top of a bread. Top with tuna mixture and cheddar cheese. Close the sandwich.
- 4 Add the butter to the preheated pan and place the sandwich in the skillet. Cook until lightly browned on one side, flip and cook until browned on the other side. Slice and enjoy!

Notes

Leftovers: Best enjoyed immediately or refrigerate in an airtight container for up to two days.

Serving Size: One serving is equal to one sandwich.

More Flavor: Add parsley or dill.

Gluten-Free: Use gluten-free bread instead.

Dairy-Free: Use dairy-free cheese instead.

Sourdough Bread: One slice of sourdough bread is equal to approximately 1 3/4 oz or 50 grams.

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



Cherry Raspberry Smoothie

3 servings

5 minutes

Ingredients

- 1 1/2 cups Cow's Milk, Reduced Fat
- 3/4 cup Frozen Raspberries
- 3/4 Banana (frozen)
- 3/4 cup Frozen Cherries
- 1/3 cup Oats
- 1/3 cup Vanilla Protein Powder
- 1 1/2 tbsps Coconut Butter

Nutrition

Amount per serving	
Calories	258
Fat	9g
Carbs	31g
Fiber	6g
Sugar	16g
Protein	16g
Cholesterol	12mg
Sodium	81mg
Vitamin A	382IU
Vitamin C	10mg
Calcium	223mg
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.

Serving Size: One serving is equal to approximately 2/3 cup.

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

No Protein Powder: Omit or add a few spoonfuls of hemp seeds instead.

Protein Powder: This recipe was tested using plant-based vanilla protein powder.

No Frozen Fruit: Use fresh instead.



Strawberry Blueberry Smoothie

4 servings

5 minutes

Ingredients

- 2 cups Frozen Blueberries (wild)
- 2 cups Strawberries (stems removed)
- 5 cups Unsweetened Almond Milk
- 1/4 cup Chia Seeds
- 1 cup Vanilla Protein Powder

Nutrition

Amount per serving	
Calories	241
Fat	8g
Carbs	23g
Fiber	9g
Sugar	10g
Protein	23g
Cholesterol	4mg
Sodium	242mg
Vitamin A	668IU
Vitamin C	44mg
Calcium	772mg
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.

No Almond Milk: Use another plant-based milk such as coconut, cashew, or oat.

No Fresh Strawberries: Use frozen instead.

Protein Powder: This recipe was tested using plant-based vanilla protein powder.



Deconstructed Stuffed Peppers

2 servings
50 minutes

Ingredients

1/3 cup Brown Rice
227 grams Extra Lean Ground Beef
1 tsp Extra Virgin Olive Oil
1 Red Bell Pepper (chopped)
1 tsp Italian Seasoning
2/3 tsp Paprika
1/3 tsp Sea Salt
1/8 tsp Red Pepper Flakes
1 1/8 cups Crushed Tomatoes (from the can)
1/3 cup Diced Tomatoes (from the can)
2 2/3 tbsps Water
2 stalks Green Onion (chopped, divided)

Nutrition

Amount per serving	
Calories	408
Fat	15g
Carbs	40g
Fiber	6g
Sugar	10g
Protein	28g
Cholesterol	74mg
Sodium	744mg
Vitamin A	3269IU
Vitamin C	95mg
Calcium	86mg
Iron	6mg

Directions

- 1 Cook the rice according to the package directions.
- 2 Meanwhile, heat a large pot over medium-high heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, transfer the meat to a plate and drain any excess drippings from the pan.
- 3 Add the oil to the same pot and cook the peppers for about 8 minutes until just tender. Add the browned beef back to the pot and season with with Italian Seasoning, paprika, salt and red pepper flakes.
- 4 Add the crushed tomatoes, diced tomatoes, water and half of the green onions. Bring to a gentle boil then let simmer for 25 to 30 minutes or until the peppers are very tender. Season with additional salt if needed.
- 5 To serve, divide the beef mixture and rice between bowls. Stir together and then top with the remaining green onions. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. This dish will thicken as it cools, so you may want to add a bit of water when you reheat it until your desired consistency is reached.

Serving Size: One serving is approximately 1 1/3 cups of the beef mixture and 2/3 cups of the rice.

More Flavor: Use garlic-infused olive oil instead. Make it spicier with more red pepper flakes or cayenne pepper. Make it smokier with smoked paprika or chipotle chili powder.

No Red Bell Pepper: Use any colour of bell pepper instead.

No Beef: Use ground pork or sausage meat instead.

No Brown Rice: Use white rice, quinoa or cauliflower rice instead.



Salmon with Rice & Broccoli

2 servings
30 minutes

Ingredients

- 1/2 cup Brown Rice (dry)
- 340 grams Salmon Fillet
- Sea Salt & Black Pepper (to taste)
- 1 1/2 tsps Extra Virgin Olive Oil
- 2 cups Broccoli (cut into florets)

Nutrition

Amount per serving	
Calories	472
Fat	16g
Carbs	41g
Fiber	4g
Sugar	2g
Protein	40g
Cholesterol	94mg
Sodium	107mg
Vitamin A	635IU
Vitamin C	81mg
Calcium	67mg
Iron	3mg

Directions

- 1 Cook the rice according to the package directions.
- 2 Meanwhile, heat the oil in a skillet or cast iron pan over medium heat. Pat the salmon dry with a paper towel and season both sides with salt and pepper to taste. Add the salmon to the pan and cook for four to six minutes per side until cooked through.
- 3 Meanwhile, steam the broccoli by adding the florets to a steamer basket over boiling water. Cover with a lid and steam for about five minutes, or until tender.
- 4 To serve, divide the rice, salmon, and broccoli between plates. Enjoy!

Notes

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

More Flavor: Season the salmon with dried herbs and spices to taste. Serve with lemon wedges or fresh herbs.

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

No Broccoli: Use green beans, cauliflower, or carrots instead.

No Salmon: Use trout, cod, or halibut instead.



Goan Fish Curry

2 servings
25 minutes

Ingredients

- 1/2 cup Jasmine Rice (dry)
- 1 tsp Coriander Seed
- 1/2 tsp Cumin Seed
- 1 1/2 tsps Ginger (grated or minced)
- 1/4 tsp Sea Salt (to taste)
- 1/4 tsp Paprika
- 1/4 tsp Turmeric
- 3/4 tsp Coconut Oil
- 1/2 Yellow Onion (diced)
- 1/2 Tomato (medium, diced)
- 1 tsp Tamarind Paste
- 1/2 cup Canned Coconut Milk
- 1 1/2 Haddock Fillet

Nutrition

Amount per serving	
Calories	414
Fat	13g
Carbs	45g
Fiber	3g
Sugar	4g
Protein	28g
Cholesterol	78mg
Sodium	713mg
Vitamin A	646IU
Vitamin C	5mg
Calcium	42mg
Iron	2mg

Directions

- 1 Cook the rice according to package instructions and set aside.
- 2 Heat a skillet over medium heat. Toast the coriander and cumin seeds until fragrant, about one minute. Remove from heat.
- 3 Using a mortar and pestle or small food processor, crush the coriander and cumin along with the ginger, salt, paprika, and turmeric into a paste. Set aside.
- 4 Heat the oil in the same skillet over medium heat. Cook the onion for five minutes, then stir in the spice paste for another minute. Add the tomato and cook until soft, about two minutes.
- 5 Stir in the tamarind and coconut milk, and bring to a gentle simmer. Add the haddock and cook for eight minutes or until flaky and cooked through. Season with more salt if needed.
- 6 Divide the rice into bowls and top with the fish curry. Enjoy!

Notes

Leftovers: Refrigerate the fish curry in an airtight container for up to three days, or freeze if longer.

Serving Size: One serving equals approximately one cup of fish curry and 3/4 cup of rice.

Fillet Size: Each haddock fillet is equal to 150 grams or 5.3 ounces. Cooking time will vary depending on the thickness of the fillet.

More Flavor: Add mustard seeds, cayenne, garlic, and green chili peppers.

Additional Toppings: Top with cilantro. Serve with roasted vegetables, bread, or quinoa.

Make it Vegan: Use chickpeas, tofu, or lentils instead of fish.

No Haddock: Use cod or tilapia.



Meal Prep Maple Dijon Chicken, Mushroom Quinoa & Zucchini

2 servings
40 minutes

Ingredients

- 1/2 cup Quinoa (dry)
- 2 Zucchini (sliced lengthwise, then quartered)
- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- 1/8 tsp Sea Salt (or more to taste)
- 1 tbsp Maple Syrup
- 2 tbsps Dijon Mustard
- 1 tbsp Tamari
- 227 grams Chicken Thighs (boneless)
- 2 cups Mushrooms (sliced)

Nutrition

Amount per serving	
Calories	484
Fat	18g
Carbs	44g
Fiber	6g
Sugar	13g
Protein	35g
Cholesterol	107mg
Sodium	947mg
Vitamin A	425IU
Vitamin C	37mg
Calcium	74mg
Iron	4mg

Directions

- 1 Preheat oven to 375°F (191°C) and line baking sheet(s) with foil.
- 2 Cook quinoa according to directions on the package and set aside.
- 3 In a mixing bowl, toss zucchini in 1/3 of the olive oil and season with salt. Transfer to a baking sheet.
- 4 In the same bowl, combine 1/3 of the olive oil, maple syrup, dijon and tamari. Add the chicken thighs and coat in the marinade. Transfer to a baking sheet and bake both the chicken and zucchini for 30 minutes.
- 5 After 30 minutes, flip the zucchini and return to oven. Set to broil for 3 minutes and remove from oven.
- 6 Meanwhile, heat the remaining olive oil in a saucepan over medium heat. Saute sliced mushrooms until soft. Mix mushrooms with the cooked quinoa.
- 7 Divide the mushroom quinoa, zucchini and chicken thighs into separate containers and let cool before refrigerating. Reheat when ready to eat.

Notes

Storage: Refrigerate in an air-tight container up to 3 days after cooking.

More Flavour: Marinate the chicken overnight, and cook the quinoa with broth instead of water.

No Chicken: Use turkey breast, chickpeas or tofu instead.

No Zucchini: Use bell peppers, carrot, eggplant or any vegetables you have on hand.

No Quinoa: Use rice, cauliflower rice or sweet potatoes instead.



Lemon Garlic Chicken & Orzo

2 servings
25 minutes

Ingredients

2 tbsps Extra Virgin Olive Oil
227 grams Chicken Breast (boneless, skinless, cubed)
2 tbsps Italian Seasoning (divided)
1 Lemon (juiced, divided)
2 1/2 cups Chicken Broth, Low Sodium
2 Garlic (cloves, minced)
1 cup Orzo (dry)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	523
Fat	19g
Carbs	47g
Fiber	2g
Sugar	3g
Protein	39g
Cholesterol	82mg
Sodium	142mg
Vitamin A	36IU
Vitamin C	10mg
Calcium	25mg
Iron	3mg

Directions

- 1 Heat the oil in a large skillet over medium heat. Add the chicken and season with half of the Italian seasoning and half of the lemon juice. Cook for four to five minutes per side or until cooked through. Add some of the chicken broth as needed.
- 2 Add the garlic and cook for 30 seconds. Add the orzo, the remaining Italian seasoning, remaining lemon juice, and chicken broth and stir to combine.
- 3 Lower the heat and simmer for eight to ten minutes or until the orzo is al dente and most of the liquid has been absorbed. Continuously stir to prevent the orzo from sticking. If needed, add some water.
- 4 Divide evenly between bowls and season with salt and pepper. 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 of chicken and orzo.

Gluten-Free: Use gluten-free pasta or rice and adjust the cook time and liquid as needed.

Additional Toppings: Feta cheese, fresh basil, fresh parsley.



Turmeric Chicken with Brown Rice

2 servings
30 minutes

Ingredients

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

Nutrition

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

Directions

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

Notes

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

More Flavor: Add garlic powder or cayenne pepper.

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



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.