





















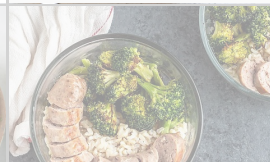






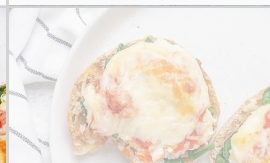




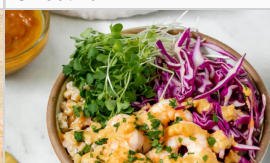

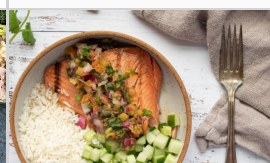
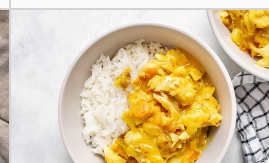

**EXERCISE**  
*with Style*






















1700 Calorie Meal Plan  
50/30/20 PDF

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



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Mango Green Smoothie Bowl	 Mango Green Smoothie Bowl	 Mango Green Smoothie Bowl	 Jackfruit Carrot Smoothie	 Jackfruit Carrot Smoothie	 Mango Banana Smoothie	 Mango Banana Smoothie
Snack 1	 Yogurt with Pear	 Yogurt with Pear	 Yogurt with Pear	 Yogurt & Mixed Berry Sauce	 Yogurt & Mixed Berry Sauce	 Yogurt & Mixed Berry Sauce	 Yogurt & Mixed Berry Sauce
Lunch	 Ground Turkey & Veggie Stir Fry	 Spaghetti with Mussels	 Cold Noodle Salad with Chicken	 Shrimp & Cabbage Grain Bowl with Peanut Sauce	 Turkey Sausage, Broccoli & Rice	 BBQ Salmon Bowls with Peach Salsa	 Goan Fish Curry
Snack 2	 Blueberry Protein Smoothie	 0.5 Blueberry Protein Smoothie	 0.5 Blueberry Protein Smoothie	 English Muffin Breakfast Pizzas	 English Muffin Breakfast Pizzas	 English Muffin Breakfast Pizzas	 English Muffin Breakfast Pizzas
Dinner	 Spaghetti with Mussels	 Cold Noodle Salad with Chicken	 Shrimp & Cabbage Grain Bowl with Peanut Sauce	 Turkey Sausage, Broccoli & Rice	 BBQ Salmon Bowls with Peach Salsa	 Goan Fish Curry	 Breaded Turkey with Broccoli & Potatoes

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  20%	Fat  20%	Fat  21%	Fat  22%	Fat  21%	Fat  21%	Fat  20%
Carbs  51%	Carbs  49%	Carbs  46%	Carbs  49%	Carbs  49%	Carbs  47%	Carbs  47%
Protein  29%	Protein  31%	Protein  33%	Protein  29%	Protein  30%	Protein  32%	Protein  33%
Calories 1710	Calories 1721	Calories 1778	Calories 1765	Calories 1747	Calories 1745	Calories 1719
Fat 40g	Fat 38g	Fat 42g	Fat 44g	Fat 42g	Fat 42g	Fat 39g
Carbs 224g	Carbs 210g	Carbs 207g	Carbs 223g	Carbs 222g	Carbs 210g	Carbs 211g
Fiber 28g	Fiber 24g	Fiber 29g	Fiber 33g	Fiber 28g	Fiber 27g	Fiber 30g
Sugar 83g	Sugar 76g	Sugar 87g	Sugar 80g	Sugar 75g	Sugar 73g	Sugar 84g
Protein 130g	Protein 136g	Protein 145g	Protein 135g	Protein 133g	Protein 143g	Protein 145g
Cholesterol 190mg	Cholesterol 222mg	Cholesterol 386mg	Cholesterol 366mg	Cholesterol 232mg	Cholesterol 253mg	Cholesterol 234mg
Sodium 1767mg	Sodium 1483mg	Sodium 1296mg	Sodium 2402mg	Sodium 1904mg	Sodium 1927mg	Sodium 2564mg
Vitamin A 13163IU	Vitamin A 8893IU	Vitamin A 9678IU	Vitamin A 18373IU	Vitamin A 17354IU	Vitamin A 8504IU	Vitamin A 8841IU
Vitamin C 235mg	Vitamin C 181mg	Vitamin C 249mg	Vitamin C 291mg	Vitamin C 212mg	Vitamin C 179mg	Vitamin C 304mg
Calcium 1391mg	Calcium 1325mg	Calcium 1435mg	Calcium 1532mg	Calcium 1379mg	Calcium 1237mg	Calcium 1306mg
Iron 21mg	Iron 18mg	Iron 10mg	Iron 11mg	Iron 10mg	Iron 10mg	Iron 12mg

**Fruits**

- 4 Banana
- 1 1/2 cups Blueberries
- 2 cups Jackfruit
- 1 1/2 Kiwi
- 1/2 Lemon
- 2 tbsps Lime Juice
- 1 Peach
- 1 1/2 Pear

**Breakfast**

- 1 tsp Maple Syrup

**Seeds, Nuts & Spices**

- 1 tsp Coriander Seed
- 1/2 tsp Cumin Seed
- 1 tsp Everything Bagel Seasoning
- 2 tbsps Ground Flax Seed
- 3 tbsps Hemp Seeds
- 1/4 tsp Paprika
- 1/3 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1/4 tsp Turmeric

**Frozen**

- 2 cups Frozen Berries
- 2 cups Frozen Blueberries
- 2 cups Frozen Cauliflower
- 4 1/2 cups Frozen Mango

**Vegetables**

- 12 cups Baby Spinach
- 4 1/2 cups Broccoli
- 2 Carrot
- 1/3 cup Cilantro
- 1/2 Cucumber
- 3 Garlic
- 1 1/2 tps Ginger
- 1/2 Green Bell Pepper
- 1 stalk Green Onion
- 1/2 Jalapeno Pepper
- 2 cups Microgreens
- 2 cups Mixed Greens
- 2 tbsps Parsley
- 3 cups Purple Cabbage
- 1/2 cup Radishes
- 1/4 cup Red Onion
- 1/2 Tomato
- 1 1/4 Yellow Onion
- 1/2 Yellow Potato

**Boxed & Canned**

- 1/2 cup Basmati Rice
- 2 tbsps Bread Crumbs
- 1/2 cup Brown Rice
- 1/2 cup Brown Rice Spaghetti
- 100 grams Buckwheat Soba Noodles
- 1/2 cup Canned Coconut Milk
- 1/2 cup Farro
- 3/4 cup Jasmine Rice
- 1/2 cup Salsa
- 1/3 cup Vegetable Broth

**Baking**

- 2 1/3 tbsps Honey

**Bread, Fish, Meat & Cheese**

- 227 grams Chicken Breast, Cooked
- 227 grams English Muffin
- 113 grams Extra Lean Ground Turkey
- 1 1/2 Haddock Fillet
- 113 grams Mozzarella Cheese
- 454 grams Mussels
- 340 grams Salmon Fillet
- 283 grams Shrimp
- 142 grams Turkey Breast
- 225 grams Turkey Sausage

**Condiments & Oils**

- 1 1/2 tbsps Avocado Oil
- 3/4 tsp Coconut Oil
- 1 tbsp Dijon Mustard
- 1 3/4 tpsps Extra Virgin Olive Oil
- 3 tbsps Peanut Sauce
- 2 tbsps Tahini
- 1 1/2 tpsps Tamari
- 1 tsp Tamarind Paste

**Cold**

- 2 cups Cow's Milk, Reduced Fat
- 2 cups Egg Whites
- 2 1/2 cups Oat Milk
- 6 2/3 cups Plain Greek Yogurt
- 2 1/4 cups Unsweetened Almond Milk

**Other**

- 38 grams Collagen Powder
- 1 3/4 cups Vanilla Protein Powder
- 3 cups 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.



## Jackfruit Carrot Smoothie

2 servings

5 minutes

### Ingredients

2 cups Jackfruit (ripe, fresh or frozen)  
2 Carrot (medium, chopped)  
2 1/2 cups Oat Milk (plain, unsweetened)  
1/2 cup Vanilla Protein Powder

### Nutrition

Amount per serving	
Calories	417
Fat	8g
Carbs	66g
Fiber	7g
Sugar	43g
Protein	26g
Cholesterol	4mg
Sodium	209mg
Vitamin A	10372IU
Vitamin C	26mg
Calcium	611mg
Iron	1mg

### Directions

1

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

### Notes

**Leftovers:** For best results, enjoy freshly made. Refrigerate for up to one day.

**No Oat Milk:** Use plain coconut milk instead.





## Mango Banana Smoothie

2 servings

5 minutes

### Ingredients

2 cups Cow's Milk, Reduced Fat  
2 cups Frozen Cauliflower  
1 1/2 cups Frozen Mango  
1 Banana (frozen)  
2/3 cup Plain Greek Yogurt  
38 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.



## Yogurt with Pear

3 servings  
5 minutes

### Ingredients

1 1/2 Pear (halved and cored)  
3 cups Plain Greek Yogurt

### Nutrition

Amount per serving	
Calories	232
Fat	5g
Carbs	26g
Fiber	3g
Sugar	15g
Protein	22g
Cholesterol	34mg
Sodium	141mg
Vitamin A	1272IU
Vitamin C	19mg
Calcium	507mg
Iron	1mg

### Directions

- 1 Divide yogurt into bowls. Top with pear and enjoy!

### Notes

**Dairy-Free:** Use coconut or almond yogurt instead of Greek yogurt.

**No Pear:** Use any type of fresh fruit instead.

**Likes it Sweet:** Drizzle with honey or maple syrup.





## Yogurt & Mixed Berry Sauce

4 servings

5 minutes

### Ingredients

- 2 cups Frozen Berries (thawed)
- 3 cups Plain Greek Yogurt
- 1 1/3 tbsps Honey

### Nutrition

Amount per serving	
Calories	196
Fat	4g
Carbs	25g
Fiber	3g
Sugar	17g
Protein	17g
Cholesterol	25mg
Sodium	105mg
Vitamin A	937IU
Vitamin C	31mg
Calcium	388mg
Iron	1mg

### Directions

- 1 Blend the mixed berries in a food processor until your desired consistency is reached.
- 2 Serve the yogurt with blended berries and honey. Enjoy!

### Notes

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

**Additional Toppings:** Top with fresh fruit, crushed nuts, or hemp seeds.



## Ground Turkey & Veggie Stir Fry

1 serving  
20 minutes

### Ingredients

- 1/4 cup Jasmine Rice
- 113 grams Extra Lean Ground Turkey
- 3/4 tsp Extra Virgin Olive Oil
- 1/2 Green Bell Pepper (medium, diced)
- 1/4 Yellow Onion (chopped)
- 1 Garlic (large cloves, minced)
- 1 cup Baby Spinach
- 1 1/2 tsps Tamari

### Nutrition

Amount per serving	
Calories	400
Fat	13g
Carbs	46g
Fiber	4g
Sugar	4g
Protein	27g
Cholesterol	84mg
Sodium	608mg
Vitamin A	3116IU
Vitamin C	57mg
Calcium	77mg
Iron	4mg

### Directions

- 1 Cook the rice according to package directions.
- 2 Add the turkey to a pan over medium heat, breaking it up as it cooks. Once it is cooked through and no longer pink, transfer the turkey to a bowl or plate and drain any excess drippings from the pan. Set aside.
- 3 Adjust the heat to medium-high and add the oil to the same pan. Add the bell pepper and onion and cook, stirring often, for four to six minutes or until the vegetables are just tender.
- 4 Add the garlic and spinach to the pan and continue to cook until the spinach has wilted. Add the cooked turkey back to the pan and stir to combine.
- 5 Add the tamari to the pan and stir well. Continue to cook for another one to two minutes or until the tamari has been absorbed into the meat and vegetables. Divide the rice and stir fry between plates and enjoy!

### Notes

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

**Serving Size:** One serving is approximately equal to one cup of the turkey mixture and a half cup of rice.

**More Flavor:** Use sesame oil instead of olive oil.

**Additional Toppings:** Additional tamari, sriracha or hot sauce, green onion, sesame seeds, or chopped cashews.

**No Ground Turkey:** Use ground chicken, beef or pork instead.

**No Green Bell Pepper:** Use red, yellow, or orange bell pepper instead.

**No Jasmine Rice:** Use brown rice, white rice, or cauliflower rice instead.





## Blueberry Protein Smoothie

2 servings

5 minutes

### Ingredients

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

### Nutrition

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

### Directions

1

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

### Notes

**No Blueberries:** Use any type of frozen berry instead.

**No Protein Powder:** Use hemp seeds instead



## English Muffin Breakfast Pizzas

4 servings  
15 minutes

### Ingredients

2 cups Egg Whites  
1/4 cup Water  
6 cups Baby Spinach  
227 grams English Muffin (sliced in half)  
1/2 cup Salsa  
113 grams Mozzarella Cheese (shredded)

### Nutrition

Amount per serving	
Calories	253
Fat	6g
Carbs	33g
Fiber	10g
Sugar	3g
Protein	23g
Cholesterol	25mg
Sodium	798mg
Vitamin A	4572IU
Vitamin C	13mg
Calcium	245mg
Iron	3mg

### Directions

- 1 Add the egg whites to a cold saucepan. Place over low to low-medium heat and stir continuously with a heat-safe spatula until fluffy and cooked through, about 10 minutes.
- 2 Heat the water in a pan and add the spinach. Cook for about one to two minutes or until wilted.
- 3 Top the English muffin slices with spinach, scrambled egg whites, salsa, and mozzarella. Broil in the oven until the cheese is melted and golden brown. Enjoy!

### Notes

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

**Gluten-Free:** Use gluten-free bread, rice cakes, or brown rice tortillas instead of English muffins.

**Additional Toppings:** Salt, crushed red pepper flakes, dried parsley, fresh basil and/or dried oregano. Top with your favorite pizza toppings.

**Make it Vegan:** Use scrambled tofu and vegan cheese instead.

**English Muffin:** One English muffin is roughly two ounces or 57 grams.



## Spaghetti with Mussels

2 servings

30 minutes

### Ingredients

- 1/2 cup Brown Rice Spaghetti
- 1/2 cup Water (reserved from cooking pasta)
- 454 grams Mussels
- 1 tsp Extra Virgin Olive Oil
- 1/2 Yellow Onion (medium, chopped)
- 2 Garlic (clove, minced)
- 1/3 cup Vegetable Broth
- Sea Salt & Black Pepper (to taste)
- 1/2 Lemon (juiced)
- 2 tbsps Parsley (chopped)

### Nutrition

Amount per serving	
Calories	436
Fat	9g
Carbs	57g
Fiber	3g
Sugar	3g
Protein	32g
Cholesterol	64mg
Sodium	763mg
Vitamin A	772IU
Vitamin C	29mg
Calcium	88mg
Iron	11mg

### Directions

- 1 Cook the pasta according to the package directions. Reserve the pasta water and drain.
- 2 Meanwhile, place mussels in a large colander and rinse with cold water. Discard any broken mussels and remove beards if necessary.
- 3 Warm the oil in a pan over medium heat. Add the onion and cook for three to four minutes or until translucent. Add garlic and cook for another minute.
- 4 Add the broth to the pan and bring to simmer. Transfer mussels to the simmering liquid and cover with a lid. Let them steam for six to eight minutes or until the mussels have opened.
- 5 Add the drained pasta to the pan along with a splash of the pasta water. Stir and let simmer for about three minutes. Season with salt and pepper and add more pasta water as needed.
- 6 Evenly divide the pasta and mussels onto plates. Top with lemon juice and parsley. Enjoy!

### Notes

**Leftovers:** Remove cooked mussels from their shells and refrigerate in an airtight container for up to two days.

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

**More Flavor:** Add chili flakes and cream.





## 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 & Cabbage Grain Bowl with Peanut Sauce

2 servings  
40 minutes

### Ingredients

- 1/2 cup Farro (dry)
- 1 tbsp Avocado Oil
- 283 grams Shrimp (peeled, deveined)
- Sea Salt & Black Pepper
- 3 cups Purple Cabbage (shredded)
- 2 cups Microgreens
- 3 tbsps Peanut Sauce
- 2 tbsps 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.





## Turkey Sausage, Broccoli & Rice

2 servings  
30 minutes

### Ingredients

1/2 cup Brown Rice (uncooked)  
3 cups Broccoli (cut into florets)  
3/4 tsp Avocado Oil  
Sea Salt & Black Pepper  
225 grams Turkey Sausage

### Nutrition

Amount per serving	
Calories	406
Fat	13g
Carbs	45g
Fiber	5g
Sugar	3g
Protein	28g
Cholesterol	84mg
Sodium	714mg
Vitamin A	935IU
Vitamin C	124mg
Calcium	90mg
Iron	3mg

### Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment.
- 2 Cook the rice according to package directions.
- 3 Meanwhile, place the broccoli on the prepared baking sheet and toss with the oil and season with salt and pepper to taste. Arrange on one side of the pan and place the sausages on the other side. Bake for 20 to 25 minutes, or until the sausages are cooked through, flipping the broccoli halfway.
- 4 To serve divide the rice, broccoli, and sausage between plates or meal prep containers. Enjoy!

### Notes

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

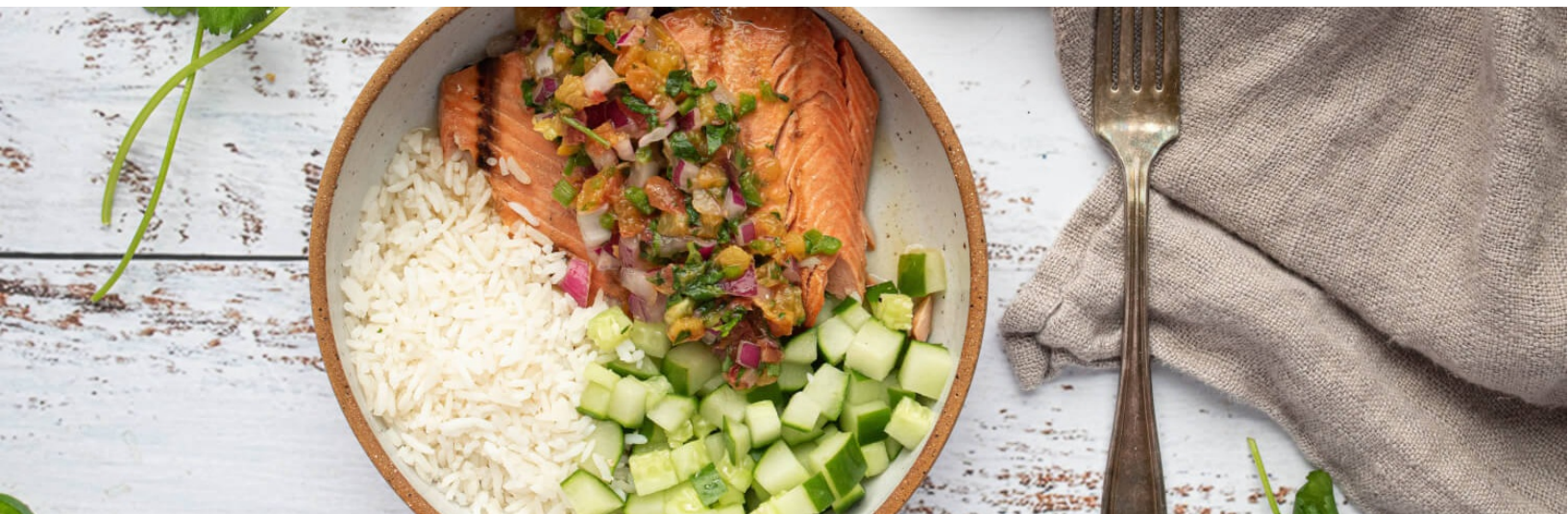
**More Flavor:** Season the broccoli with herbs and spices.

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

**No Broccoli:** Use another vegetable instead.

**No Turkey Sausage:** Use chicken, pork, or beef sausages instead.





## BBQ Salmon Bowls with Peach Salsa

2 servings  
35 minutes

### Ingredients

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

### Nutrition

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

### Directions

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

### Notes

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

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

**Additional Toppings:** Add mixed greens or avocado.



## 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.





## Breaded Turkey with Broccoli & Potatoes

1 serving  
25 minutes

### Ingredients

- 1 tbsp Honey
- 1 tbsp Dijon Mustard
- 1/8 tsp Sea Salt (divided, to taste)
- 142 grams Turkey Breast (sliced lengthwise into fillets)
- 2 tbsps Bread Crumbs
- 1/2 Yellow Potato (sliced into wedges)
- 3/4 tsp Avocado Oil
- 1 1/2 cups Broccoli (chopped into florets)

### Nutrition

Amount per serving	
Calories	449
Fat	8g
Carbs	54g
Fiber	6g
Sugar	20g
Protein	41g
Cholesterol	75mg
Sodium	715mg
Vitamin A	875IU
Vitamin C	143mg
Calcium	114mg
Iron	4mg

### Directions

- 1 Preheat the oven to 450°F (230°C). Line a baking sheet with parchment paper.
- 2 Whisk together the honey, dijon, and half the salt. Coat the turkey in half of the honey-dijon mixture, then pat evenly with the bread crumbs. Transfer to one side of the baking sheet.
- 3 Toss the potato wedges in oil and the remaining salt. Arrange on the other side of the baking sheet. Bake the potatoes and turkey for about 15 to 20 minutes, or until golden brown and cooked through, flipping halfway. Remove the potato wedges earlier if needed.
- 4 Meanwhile, add the broccoli to a steamer basket over boiling water and steam for about five minutes, or until fork tender.
- 5 Cut the turkey into slices and serve alongside the broccoli, potatoes, and remaining honey-dijon sauce. Divide evenly between plates and enjoy!

### Notes

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