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*with Style*

1800 Calorie Meal Plan  
40/30/30 PDF

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<https://exercisewithstyle.com>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Chocolate Cauliflower Shake	 Chocolate Cauliflower Shake	 Chocolate Cauliflower Shake	 Butternut Squash Smoothie	 Butternut Squash Smoothie	 Cucumber, Mango & Banana Smoothie	 Cucumber, Mango & Banana Smoothie
Snack 1	 Egg White Scramble Wrap	 Egg White Scramble Wrap	 Egg White Scramble Wrap	 Yogurt & Pomegranate	 Yogurt & Pomegranate	 Yogurt & Pomegranate	 0.5 Yogurt & Pomegranate
Lunch	 Baked Salmon with Broccoli & Quinoa	 Lemon Dijon Chicken Drumsticks with Rice	 Chicken & Black Bean Wraps	 Pressure Cooker Butter Chicken	 Steak Fried Rice	 Southwest Stuffed Peppers	 Ginger Beef Sweet Potato Noodles
Snack 2	 Cinnamon Raisin Protein Cookies	 Cinnamon Raisin Protein Cookies	 Cinnamon Raisin Protein Cookies	 Edamame Ricotta Toast	 Edamame Ricotta Toast	 Edamame Ricotta Toast	 Edamame Ricotta Toast
Dinner	 Lemon Dijon Chicken Drumsticks with Rice	 Chicken & Black Bean Wraps	 Pressure Cooker Butter Chicken	 Steak Fried Rice	 Southwest Stuffed Peppers	 Ginger Beef Sweet Potato Noodles	 One Pot Cheeseburger Pasta

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  32%	Fat  30%	Fat  27%	Fat  31%	Fat  30%	Fat  30%	Fat  34%
Carbs  38%	Carbs  40%	Carbs  42%	Carbs  40%	Carbs  42%	Carbs  44%	Carbs  41%
Protein  30%	Protein  30%	Protein  31%	Protein  29%	Protein  28%	Protein  26%	Protein  25%
Calories 1902	Calories 1803	Calories 1758	Calories 1836	Calories 1820	Calories 1848	Calories 1855
Fat 67g	Fat 60g	Fat 54g	Fat 63g	Fat 62g	Fat 63g	Fat 70g
Carbs 184g	Carbs 180g	Carbs 188g	Carbs 188g	Carbs 197g	Carbs 207g	Carbs 195g
Fiber 37g	Fiber 39g	Fiber 44g	Fiber 36g	Fiber 38g	Fiber 33g	Fiber 29g
Sugar 39g	Sugar 38g	Sugar 51g	Sugar 44g	Sugar 37g	Sugar 65g	Sugar 56g
Protein 145g	Protein 139g	Protein 136g	Protein 136g	Protein 130g	Protein 125g	Protein 117g
Cholesterol 265mg	Cholesterol 266mg	Cholesterol 231mg	Cholesterol 427mg	Cholesterol 365mg	Cholesterol 211mg	Cholesterol 202mg
Sodium 2126mg	Sodium 2407mg	Sodium 2033mg	Sodium 1631mg	Sodium 1775mg	Sodium 2293mg	Sodium 1720mg
Vitamin A 5668IU	Vitamin A 4583IU	Vitamin A 5704IU	Vitamin A 28504IU	Vitamin A 28121IU	Vitamin A 25786IU	Vitamin A 26859IU
Vitamin C 290mg	Vitamin C 127mg	Vitamin C 136mg	Vitamin C 106mg	Vitamin C 439mg	Vitamin C 514mg	Vitamin C 170mg
Calcium 1116mg	Calcium 1140mg	Calcium 1326mg	Calcium 1883mg	Calcium 1773mg	Calcium 1565mg	Calcium 1399mg
Iron 14mg	Iron 13mg	Iron 16mg	Iron 17mg	Iron 17mg	Iron 17mg	Iron 17mg

**Fruits**

- 5 1/8 Banana
- 3/4 Lemon
- 2 tsps Lemon Juice
- 1 1/3 tbsps Lime Juice
- 2 cups Pomegranate Seeds

**Breakfast**

- 1/2 cup Almond Butter

**Seeds, Nuts & Spices**

- 1/8 tsp Cayenne Pepper
- 3 tbsps Chia Seeds
- 1 2/3 tsps Cinnamon
- 2/3 tsp Coriander
- 2/3 tsp Cumin
- 1/3 tsp Dried Basil
- 2 1/16 tsps Garam Masala
- 3 tbsps Ground Flax Seed
- 2/3 tsp Oregano
- 3/4 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/8 tbsps Taco Seasoning
- 2/3 tsp Turmeric

**Frozen**

- 1 cup Frozen Banana
- 4 cups Frozen Cauliflower
- 1/4 cup Frozen Corn
- 1 1/2 cups Frozen Edamame
- 1 cup Frozen Mango
- 1 cup Frozen Vegetable Mix

**Vegetables**

- 5 cups Baby Spinach
- 4 cups Broccoli
- 1 1/2 cups Butternut Squash
- 1/8 Carrot
- 1/2 Cucumber
- 4 1/3 Garlic
- 2 1/8 tbsps Ginger
- 1/2 Jalapeno Pepper
- 3/4 Red Bell Pepper
- 1/3 cup Red Onion
- 8 leaves Romaine
- 2 Sweet Potato
- 2 Yellow Bell Pepper
- 1 1/2 Yellow Onion

**Boxed & Canned**

- 1 cup Black Beans
- 1/3 cup Brown Rice
- 2/3 cup Brown Rice Fusilli
- 2/3 cup Diced Tomatoes
- 2 1/4 cups Fire Roasted Diced Tomatoes
- 1 1/8 cups Jasmine Rice
- 1/4 cup Quinoa
- 1/2 cup Salsa

**Baking**

- 1/3 cup Cacao Powder
- 1/3 cup Oats
- 3 tbsps Raisins

**Bread, Fish, Meat & Cheese**

- 19 grams Cheddar Cheese
- 142 grams Chicken Breast, Cooked
- 393 grams Chicken Drumsticks
- 303 grams Chicken Thighs
- 340 grams Extra Lean Ground Beef
- 227 grams Extra Lean Ground Turkey
- 1/2 cup Ricotta Cheese
- 142 grams Salmon Fillet
- 198 grams Sourdough Bread
- 227 grams Top Sirloin Steak
- 5 Whole Wheat Tortilla

**Condiments & Oils**

- 1/4 cup Coconut Aminos
- 1 tbsp Coconut Oil
- 2 1/16 tbsps Dijon Mustard
- 1 3/4 tbsps Extra Virgin Olive Oil
- 1 1/2 tsps Hot Sauce
- 1 tbsp Mayonnaise
- 1 1/2 tbsps Tahini

**Cold**

- 1 1/2 Egg
- 1 3/4 cups Egg Whites
- 3 1/2 tbsps Plain Cow's Yogurt, Whole Milk
- 4 1/8 cups Plain Greek Yogurt
- 7 2/3 cups Unsweetened Almond Milk

**Other**

- 3/4 cup Chocolate Protein Powder
- 1 1/2 tbsps Maca Powder
- 1 1/3 cups Vanilla Protein Powder
- 1 1/2 cups Water



## Chocolate Cauliflower Shake

3 servings

5 minutes

### Ingredients

3 cups Frozen Cauliflower  
3 Banana (frozen)  
3 tbsps Almond Butter  
1/3 cup Cacao Powder  
3/4 cup Chocolate Protein Powder  
3 cups Unsweetened Almond Milk  
1 1/2 tbsps Maca Powder

### Directions

1

In your blender, combine all ingredients. Blend until smooth, pour into glasses and enjoy!

### Notes

**Make it Mocha:** Replace half of the almond milk with chilled coffee.

**Likes it Sweeter:** Add pitted medjool dates.

**No Maca Powder:** Leave it out or use cinnamon instead.

### Nutrition

Amount per serving	
Calories	449
Fat	16g
Carbs	50g
Fiber	17g
Sugar	20g
Protein	31g
Cholesterol	4mg
Sodium	235mg
Vitamin A	593IU
Vitamin C	67mg
Calcium	695mg
Iron	4mg



## 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.



## Cucumber, Mango & Banana Smoothie

2 servings  
5 minutes

### Ingredients

- 2 cups Unsweetened Almond Milk
- 1 cup Frozen Banana
- 1 cup Frozen Mango
- 1/2 Cucumber (medium, chopped)
- 2 cups Baby Spinach
- 1/4 cup Almond Butter
- 1 tsp Cinnamon
- 1/2 cup Vanilla Protein Powder

### Nutrition

Amount per serving	
Calories	477
Fat	21g
Carbs	51g
Fiber	11g
Sugar	28g
Protein	30g
Cholesterol	4mg
Sodium	228mg
Vitamin A	4360IU
Vitamin C	50mg
Calcium	743mg
Iron	3mg

### Directions

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

### Notes

**Leftovers:** Best enjoyed immediately.

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

**No Almond Butter:** Use cashew butter or sunflower seed butter.

**Additional Toppings:** Add chia seeds or hemp seeds.

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



## Egg White Scramble Wrap

3 servings

10 minutes

### Ingredients

- 3/4 Red Bell Pepper (medium, finely chopped)
- 1/3 cup Red Onion (finely chopped)
- 1/2 cup Water
- 3 cups Baby Spinach (chopped)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 1/2 cups Egg Whites
- Sea Salt & Black Pepper (to taste)
- 3 Whole Wheat Tortilla
- 1 1/2 tsps Hot Sauce (optional, or to taste)

### Nutrition

Amount per serving	
Calories	233
Fat	7g
Carbs	24g
Fiber	6g
Sugar	4g
Protein	19g
Cholesterol	0mg
Sodium	536mg
Vitamin A	3747IU
Vitamin C	48mg
Calcium	149mg
Iron	2mg

### Directions

- 1 Add the pepper, onion, and water to a non-stick pan over medium heat. Cook for about five minutes or until the peppers and onion begin to soften. Add the spinach and cook until just wilted, about one to two minutes. Move the vegetables to one side of the pan.
- 2 Add the oil to the other side of the pan. Pour in the egg whites and scramble until the eggs have set, then incorporate the vegetables into the eggs whites. Season with salt and pepper to taste.
- 3 Place the egg white scramble on the whole wheat tortilla and top with the hot sauce (if using). Enjoy!

### Notes

**Leftovers:** Refrigerate eggs in an airtight container for up to three days. Assemble wrap just before serving.

**No Egg Whites:** Use whole eggs instead.

**No Hot Sauce:** Use salsa or sriracha instead.

**No Spinach:** Use kale instead.

**No Bell Pepper:** Use tomatoes or mushrooms instead.





## 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.



## Baked Salmon with Broccoli & Quinoa

1 serving  
20 minutes

### Ingredients

142 grams Salmon Fillet  
Sea Salt & Black Pepper (to taste)  
2 cups Broccoli (sliced into small florets)  
1 1/2 tps Extra Virgin Olive Oil  
1/4 cup Quinoa (uncooked)  
1/3 cup Water  
1/8 Lemon (sliced into wedges)

### Nutrition

Amount per serving	
Calories	480
Fat	19g
Carbs	40g
Fiber	8g
Sugar	3g
Protein	39g
Cholesterol	78mg
Sodium	126mg
Vitamin A	1197IU
Vitamin C	165mg
Calcium	132mg
Iron	4mg

### Directions

- 1 Preheat the oven to 450°F (232°C) and line a baking sheet with parchment paper.
- 2 Place the salmon fillets on the baking sheet and season with sea salt and black pepper.
- 3 Toss the broccoli florets in olive oil and season with sea salt and black pepper. Add them to the baking sheet, arranging them around the salmon fillets. Bake the salmon and broccoli in the oven for 15 minutes, or until the salmon flakes with a fork.
- 4 While the salmon cooks, combine the quinoa and water together in a saucepan. Bring to a boil over high heat, then reduce to a simmer. Cover and let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork. Set aside.
- 5 Remove the salmon and broccoli from the oven and divide onto plates. Serve with quinoa and a lemon wedge. Season with extra sea salt, black pepper and olive oil if you like. Enjoy!

### Notes

**Leftovers:** Store covered in the fridge up to 2 days.

**Speed it Up:** Cook the quinoa ahead of time.

**Vegan:** Use tofu steaks instead of salmon fillets.



## 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.



## Edamame Ricotta Toast

4 servings

10 minutes

### Ingredients

- 1/2 cup Ricotta Cheese
- 2 tsp Lemon Juice
- 1 1/2 cups Frozen Edamame (thawed, divided)
- Sea Salt & Black Pepper (to taste)
- 198 grams Sourdough Bread (toasted)

### Nutrition

Amount per serving	
Calories	241
Fat	6g
Carbs	31g
Fiber	4g
Sugar	1g
Protein	14g
Cholesterol	15mg
Sodium	276mg
Vitamin A	311IU
Vitamin C	6mg
Calcium	101mg
Iron	3mg

### Directions

- 1 Add ricotta, lemon juice, and 2/3 of the edamame to the bowl of a food processor. Process until smooth. Season with salt and pepper.
- 2 Spread the ricotta mixture onto the toast. Top with the remaining edamame. Enjoy!

### Notes

**Leftovers:** Refrigerate the edamame ricotta mixture in an airtight container for up to three days. Spread onto bread when ready to serve.

**Serving Size:** One serving is equal to one piece of toast.

**More Flavor:** Add tomato and cucumber.

**Additional Toppings:** Add fresh herbs such as dill or parsley.

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

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



## Lemon Dijon Chicken Drumsticks with Rice

2 servings  
55 minutes

### Ingredients

- 2 tbsps Dijon Mustard
- 2/3 tsp Oregano (dried)
- 2/3 tsp Sea Salt
- 2/3 Lemon (juiced, divided)
- 393 grams Chicken Drumsticks
- 1/2 cup Jasmine Rice (uncooked)

### Nutrition

Amount per serving	
Calories	496
Fat	18g
Carbs	40g
Fiber	1g
Sugar	0g
Protein	39g
Cholesterol	181mg
Sodium	1160mg
Vitamin A	97IU
Vitamin C	6mg
Calcium	22mg
Iron	2mg

### Directions

- 1 Combine the Dijon mustard, oregano, sea salt and 2/3 of the lemon juice into a zipper-lock bag. Add the drumsticks to the bag. Seal the bag and massage the marinade into the chicken and let rest for at least 20 minutes.
- 2 Preheat your oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 3 Cook the rice according to the package directions.
- 4 Make sure each piece of chicken is well coated in the marinade, transfer to the prepared baking sheet. Discard the remaining marinade.
- 5 Bake for 25 to 30 minutes or until the chicken is cooked through. Remove from the oven and immediately drizzle the chicken with the remaining lemon juice.
- 6 Divide the rice and chicken between plates. Enjoy!

### Notes

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

**Serving Size:** One serving is 2 chicken drumsticks and roughly 1/3 cup of cooked rice.

**More Flavor:** Add fresh garlic or black pepper to the marinade.

**Additional Toppings:** Top with additional lemon juice or fresh herbs.

**No Drumsticks:** Use chicken thighs instead.

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



## Chicken & Black Bean Wraps

2 servings  
15 minutes

### Ingredients

- 3/4 cup Black Beans (cooked, rinsed)
- 1/2 tsp Taco Seasoning
- 2 tbsps Plain Greek Yogurt
- 1 tbsp Mayonnaise
- 1 tsp Lime Juice
- 142 grams Chicken Breast, Cooked (shredded)
- Sea Salt & Black Pepper (to taste)
- 2 Whole Wheat Tortilla (large)

### Nutrition

Amount per serving	
Calories	381
Fat	12g
Carbs	36g
Fiber	10g
Sugar	2g
Protein	33g
Cholesterol	79mg
Sodium	407mg
Vitamin A	112IU
Vitamin C	2mg
Calcium	156mg
Iron	3mg

### Directions

- 1 In a medium sized bowl, mix together the beans, taco seasoning, yogurt, mayonnaise, and lime juice.
- 2 Add the chicken and season with salt and pepper. Mix to combine.
- 3 Place the tortilla on a plate and top with the chicken and bean mixture. Fold in the sides of the tortilla and roll it up. Slice the wrap in half. Enjoy!

### Notes

**Leftovers:** Best enjoyed immediately. Ingredients can be refrigerated separately in airtight containers for up to three days.

**Serving Size:** One serving is equal to one wrap.

**Additional Toppings:** Add greens such as baby spinach, arugula, or kale. Or add avocado.

**Gluten-Free:** Use a gluten-free tortilla.

**Dairy-Free:** Use dairy-free unsweetened yogurt.



## Pressure Cooker Butter Chicken

2 servings

30 minutes

### Ingredients

1/3 cup Jasmine Rice (dry, rinsed)  
2 tsps Extra Virgin Olive Oil  
2/3 Yellow Onion (chopped)  
1 1/3 Garlic (cloves, large, minced)  
2 tsps Ginger (grated)  
2 1/4 cups Fire Roasted Diced Tomatoes (from the can, with juices)  
2 tsps 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.



## Steak Fried Rice

2 servings  
25 minutes

### Ingredients

- 1/3 cup Jasmine Rice (dry, uncooked)
- 227 grams Top Sirloin Steak (cubed)
- Sea Salt & Black Pepper (to taste)
- 1 1/2 Egg (large, whisked)
- 1 cup Frozen Vegetable Mix

### Nutrition

Amount per serving	
Calories	462
Fat	20g
Carbs	38g
Fiber	5g
Sugar	3g
Protein	32g
Cholesterol	228mg
Sodium	143mg
Vitamin A	4095IU
Vitamin C	3mg
Calcium	72mg
Iron	3mg

### Directions

- 1 Cook the rice according to the package instructions and set aside.
- 2 Heat a large nonstick pan over medium-high heat. Add the cubed steak and season with salt and pepper. Cook to your desired doneness, then transfer to a bowl.
- 3 Add the eggs to the same pan and stir to scramble as it cooks, about two to three minutes.
- 4 Push the eggs to the side of the pan, and add the frozen vegetables. Season with salt and pepper and cook until warmed through, about three minutes.
- 5 Add the rice and cooked steak. Stir until well combined and season with additional salt and pepper if needed. Divide into bowls and enjoy!

### Notes

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

**Serving Size:** One serving is approximately 1 1/2 cup.

**More Flavor:** Add soy sauce, tamari, coconut aminos, or sesame oil. Add sautéed garlic and onions.

**Additional Toppings:** Top with sliced green onions and cilantro.





## Southwest Stuffed Peppers

2 servings  
1 hour 5 minutes

### Ingredients

- 2 2/3 tbsps Water
- 227 grams Extra Lean Ground Turkey
- 1/4 Yellow Onion (medium, chopped)
- 1/2 Jalapeno Pepper (medium, seeds removed, finely chopped)
- 1 Garlic (clove, minced)
- 1 tbsp Taco Seasoning
- 1/4 cup Black Beans (cooked, rinsed)
- 1/4 cup Frozen Corn (thawed)
- 1/2 cup Salsa
- 2 Yellow Bell Pepper (tops, seeds & ribs removed)
- 1/3 cup Brown Rice

### Nutrition

Amount per serving	
Calories	435
Fat	11g
Carbs	57g
Fiber	8g
Sugar	6g
Protein	30g
Cholesterol	84mg
Sodium	930mg
Vitamin A	835IU
Vitamin C	348mg
Calcium	98mg
Iron	5mg

### Directions

- 1 Preheat the oven to 350°F (176°C) and add the water to a baking dish just large enough to fit the peppers.
- 2 Heat a pan over medium-high heat. Brown the turkey in the pan, breaking it up as it cooks, about five minutes. Add the onion and jalapeno and cook for three to five minutes more or until the onion begins to soften. Add the garlic and taco seasoning and cook for another minute. Add the black beans, corn, and salsa to the pan and stir to combine.
- 3 Stuff the peppers with the turkey filling. Place the peppers so that they are standing upright in the prepared baking dish. (Note: use balled-up aluminum foil to support them if needed). Cover with foil or a lid and bake for 45 to 50 minutes or until the peppers are very tender.
- 4 Meanwhile, cook the rice according to package directions. To serve, divide the peppers and rice between plates and enjoy!

### Notes

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

**Serving Size:** One serving is equal to one pepper.

**Additional Toppings:** Cilantro, avocado, green onion, diced tomatoes, hot sauce, sour cream, shredded cheese, or extra salsa.

**No Yellow Peppers:** Use red, orange, or green peppers instead.

**No Turkey:** Use chicken or beef instead.



## Ginger Beef Sweet Potato Noodles

2 servings  
25 minutes

### Ingredients

- 1/4 cup Coconut Aminos
- 2 Garlic (clove, minced)
- 1 1/2 tbsps Ginger (fresh, grated or minced)
- 1 tbsp Lime Juice
- 1 tbsp Coconut Oil
- 2 Sweet Potato (small, peeled and spiralized into noodles)
- 2 cups Broccoli (cut into florets)
- 1/2 Yellow Onion (medium, roughly chopped)
- 2 tbsps Water
- 227 grams Extra Lean Ground Beef

### Nutrition

Amount per serving	
Calories	454
Fat	19g
Carbs	43g
Fiber	7g
Sugar	15g
Protein	28g
Cholesterol	74mg
Sodium	719mg
Vitamin A	19030IU
Vitamin C	88mg
Calcium	114mg
Iron	5mg

### Directions

- 1 In a small mixing bowl combine the coconut aminos, garlic, ginger, and lime juice. Set aside.
- 2 Heat the coconut oil in a large non-stick pan or skillet with a lid. Add the sweet potato noodles and saute for six to eight minutes or until the noodles are tender. (If the noodles start to stick to the pan, add a couple of drops of water.) Remove the noodles from the pan and set them aside.
- 3 Add the broccoli and onions to the pan. Add the water and cover with a lid. Steam for four to five minutes until the broccoli is tender. Remove from the pan and set aside.
- 4 Add the beef to the pan, breaking it up as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan.
- 5 Add the steamed broccoli and onions to the pan with the beef then add the coconut aminos sauce and stir to combine. Bring the sauce to a bubble and let it cook for two to three minutes. Add in the sweet potato noodles and stir to combine. Continue to cook until the noodles have warmed through.
- 6 Divide between plates and enjoy!

### Notes

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

**More Flavor:** Add sesame oil, red pepper flakes, hot sauce or maple syrup to the sauce.

**Additional Toppings:** Green onion, cilantro and/or sesame seeds.

**Sweet Potato Noodles:** Two small sweet potatoes are equal to approximately four cups of sweet potato noodles.

**No Coconut Oil:** Use avocado oil instead.



## One Pot Cheeseburger Pasta

1 serving  
20 minutes

### Ingredients

1/8 tsp Extra Virgin Olive Oil  
113 grams Extra Lean Ground Beef  
1/8 Carrot (medium, finely diced)  
1/3 tsp Dried Basil  
1/16 tsp Sea Salt  
1/2 cup Diced Tomatoes (with juices)  
1/4 cup Water  
2/3 cup Brown Rice Fusilli (dry)  
19 grams Cheddar Cheese (shredded)

### Nutrition

Amount per serving	
Calories	562
Fat	21g
Carbs	57g
Fiber	5g
Sugar	4g
Protein	33g
Cholesterol	92mg
Sodium	427mg
Vitamin A	2533IU
Vitamin C	15mg
Calcium	186mg
Iron	5mg

### Directions

- 1 In a large pot or Dutch oven, heat the oil over medium heat. Add the ground beef, carrot, basil, and salt. Cook for five minutes, stirring often. Drain any excess oil.
- 2 Add the diced tomatoes, water, and brown rice fusilli. Stir until well combined and the fusilli is mostly submerged. Cover with a lid and cook for 10 to 12 minutes or until the pasta is cooked through.
- 3 Open the lid and stir the pasta again. Top with the shredded cheese and close the lid until melted. Divide between bowls and enjoy!

### Notes

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

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

**Dairy-Free:** Use vegan cheese, nutritional yeast, or omit.

**More Flavor:** Add fresh basil, oregano, onion, and/or garlic.

**Additional Toppings:** Sliced green onions, chopped pickles, avocado and/or plain yogurt.

**Make it Vegan:** Use lentils instead of ground beef.

**More Veggies:** Stir in finely chopped spinach before topping with cheese.