












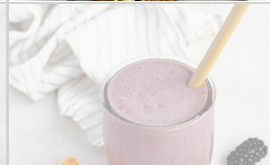




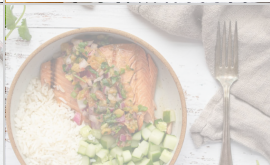

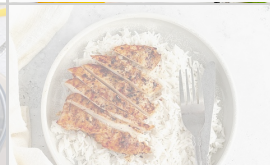
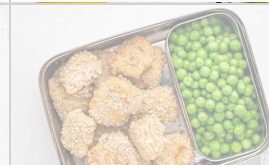
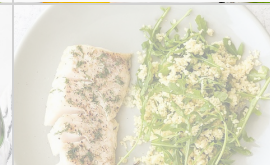







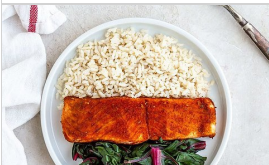


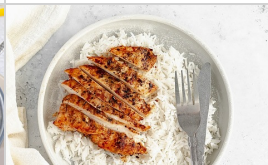

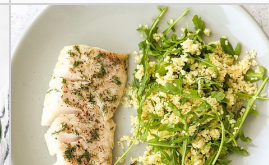



**EXERCISE**  
*with Style*






















1800 Calorie Meal Plan  
40/40/20 PDF

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast							
	1.5 Mango Banana Smoothie	Mango Banana Smoothie	Mango Banana Smoothie	Cinnamon Protein Oats	Cinnamon Protein Oats	Simple Vanilla Protein Shake	Simple Vanilla Protein Shake
Snack 1							
	Cottage Cheese & Applesauce	Cottage Cheese & Applesauce	Cottage Cheese & Applesauce	Peach, Blackberry & Basil Smoothie	Peach, Blackberry & Basil Smoothie	Peach, Blackberry & Basil Smoothie	Peach, Blackberry & Basil Smoothie
Lunch							
	Orzo & Shrimp Pasta Salad	Salmon with Rice & Greens	BBQ Salmon Bowls with Peach Salsa	Chicken & Pea Soba Noodles	Grilled Peri Peri Chicken & Rice	Salmon Nuggets with Peas	Couscous & Arugula Salad with Baked Cod
Snack 2							
	Cinnamon Raisin Protein Cookies	1.5 Cinnamon Raisin Protein Cookies	Cinnamon Raisin Protein Cookies	Cottage Cheese & Blueberry Sauce	1.5 Cottage Cheese & Blueberry Sauce	1.5 Cottage Cheese & Blueberry Sauce	Cottage Cheese & Blueberry Sauce
Dinner							
	Salmon with Rice & Greens	BBQ Salmon Bowls with Peach Salsa	Chicken & Pea Soba Noodles	Grilled Peri Peri Chicken & Rice	Salmon Nuggets with Peas	Couscous & Arugula Salad with Baked Cod	Shrimp & Cabbage Grain Bowl with Peanut Sauce



Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  22%	Fat  23%	Fat  23%	Fat  25%	Fat  26%	Fat  24%	Fat  23%
Carbs  43%	Carbs  44%	Carbs  45%	Carbs  42%	Carbs  41%	Carbs  40%	Carbs  41%
Protein  35%	Protein  33%	Protein  32%	Protein  33%	Protein  33%	Protein  36%	Protein  36%
Calories 1860	Calories 1886	Calories 1814	Calories 1819	Calories 1845	Calories 1845	Calories 1830
Fat 47g	Fat 50g	Fat 46g	Fat 50g	Fat 53g	Fat 50g	Fat 47g
Carbs 208g	Carbs 210g	Carbs 200g	Carbs 184g	Carbs 189g	Carbs 183g	Carbs 188g
Fiber 33g	Fiber 23g	Fiber 21g	Fiber 20g	Fiber 29g	Fiber 35g	Fiber 30g
Sugar 95g	Sugar 84g	Sugar 81g	Sugar 40g	Sugar 50g	Sugar 57g	Sugar 57g
Protein 168g	Protein 158g	Protein 146g	Protein 147g	Protein 154g	Protein 167g	Protein 165g
Cholesterol 394mg	Cholesterol 249mg	Cholesterol 236mg	Cholesterol 410mg	Cholesterol 466mg	Cholesterol 279mg	Cholesterol 369mg
Sodium 2060mg	Sodium 1442mg	Sodium 1681mg	Sodium 1986mg	Sodium 1607mg	Sodium 1903mg	Sodium 2056mg
Vitamin A 14569IU	Vitamin A 7708IU	Vitamin A 3614IU	Vitamin A 5770IU	Vitamin A 6170IU	Vitamin A 6497IU	Vitamin A 6679IU
Vitamin C 233mg	Vitamin C 159mg	Vitamin C 226mg	Vitamin C 130mg	Vitamin C 101mg	Vitamin C 131mg	Vitamin C 166mg
Calcium 1383mg	Calcium 952mg	Calcium 858mg	Calcium 1052mg	Calcium 1137mg	Calcium 1634mg	Calcium 1705mg
Iron 14mg	Iron 11mg	Iron 8mg	Iron 8mg	Iron 10mg	Iron 13mg	Iron 12mg

**Fruits**

- 3 1/2 Banana
- 1 1/3 cups Blackberries
- 2 1/2 cups Blueberries
- 1 tbsps Lemon Juice
- 2 tbsps Lime Juice
- 1 Peach

**Seeds, Nuts & Spices**

- 3/4 tsp Cinnamon
- 3/4 tsp Cumin
- 1/4 cup Ground Flax Seed
- 1 tsp Ground Sumac
- 1/2 tsp Onion Powder
- 1/2 tsp Oregano
- 1 tsp Paprika
- 1 tbsps Peri Peri Spice
- 1 1/8 tsps Sea Salt
- 0 Sea Salt & Black Pepper

**Frozen**

- 4 cups Frozen Cauliflower
- 3 cups Frozen Mango
- 4 cups Frozen Peaches
- 1/2 cup Frozen Peas
- 12 Ice Cubes

**Vegetables**

- 2 cups Arugula
- 2 cups Baby Spinach
- 1/4 cup Basil Leaves
- 2 tbsps Chives
- 1/4 cup Cilantro
- 1/2 Cucumber
- 1/2 head Endive
- 2 tbsps Fresh Dill
- 2 1/16 cups Fresh Peas
- 2 Garlic
- 1/2 Jalapeno Pepper
- 1 cup Microgreens
- 1/2 cup Parsley
- 227 grams Portobello Mushroom Caps
- 1 1/2 cups Purple Cabbage
- 1/4 cup Red Onion
- 1 cup Snap Peas
- 4 cups Swiss Chard
- 1 Tomato
- 1/2 Yellow Bell Pepper

**Boxed & Canned**

- 1 1/4 cups Basmati Rice
- 1/2 cup Brown Rice
- 85 grams Buckwheat Soba Noodles
- 1 cup Chickpeas
- 1/2 cup Couscous
- 1/4 cup Farro
- 28 grams Oat Crackers
- 1/4 cup Orzo

**Baking**

- 2 2/3 tbsps All Purpose Gluten-Free Flour
- 1 1/2 cups Oats
- 1/4 cup Raisins
- 1 1/2 cups Unsweetened Applesauce

**Bread, Fish, Meat & Cheese**

- 510 grams Chicken Breast
- 2 Cod Fillet
- 2 tbsps Feta Cheese
- 1/4 cup Goat Cheese
- 907 grams Salmon Fillet
- 142 grams Shrimp
- 113 grams Shrimp, Cooked
- 104 grams Whole Wheat Flatbread

**Condiments & Oils**

- 1 tbsps Apple Cider Vinegar
- 1 1/2 tbsps Avocado Oil
- 1 tsp Extra Virgin Olive Oil
- 1 1/2 tbsps Peanut Sauce
- 1 1/2 tbsps Sesame Oil
- 2 tbsps Sunflower Seed Butter
- 2 tbsps Tahini

**Cold**

- 6 cups Cottage Cheese
- 4 cups Cow's Milk, Reduced Fat
- 2 2/3 Egg
- 1/3 cup Egg Whites
- 5 cups Plain Coconut Milk
- 2 cups Plain Greek Yogurt
- 1 1/3 cups Unsweetened Almond Milk

**Other**

- 151 grams Collagen Powder
- 1 1/2 cups Vanilla Protein Powder
- 2 1/2 cups Water





## Mango Banana Smoothie

4 servings

5 minutes

### Ingredients

4 cups Cow's Milk, Reduced Fat  
4 cups Frozen Cauliflower  
3 cups Frozen Mango  
2 Banana (frozen)  
1 1/3 cups Plain Greek Yogurt  
76 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.



## Cinnamon Protein Oats

2 servings

10 minutes

### Ingredients

- 2 cups Water
- 1 cup Oats
- 1/2 cup Vanilla Protein Powder
- 1/4 tsp Cinnamon

### Nutrition

Amount per serving	
Calories	240
Fat	3g
Carbs	29g
Fiber	5g
Sugar	0g
Protein	24g
Cholesterol	4mg
Sodium	45mg
Vitamin A	1IU
Vitamin C	0mg
Calcium	162mg
Iron	2mg

### Directions

- 1 Bring water to a boil in a small saucepan. Add the oats. Reduce to a steady simmer and cook, stirring occasionally for about seven to eight minutes or until oats are tender and most of the water is absorbed. Stir in the protein powder and cinnamon.
- 2 Transfer the cooked oats to a bowl and enjoy!

### Notes

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

**Additional Toppings:** Fruit, nuts, or seeds.



## Portobello Mushrooms Florentine

2 servings

15 minutes

### Ingredients

227 grams Portobello Mushroom Caps  
Sea Salt & Black Pepper (to taste)  
1 tsp Extra Virgin Olive Oil (divided)  
2 cups Baby Spinach  
2 Egg  
2 tbsps Feta Cheese (crumbled, optional)

### Nutrition

Amount per serving	
Calories	150
Fat	9g
Carbs	6g
Fiber	2g
Sugar	0g
Protein	13g
Cholesterol	194mg
Sodium	215mg
Vitamin A	3123IU
Vitamin C	10mg
Calcium	104mg
Iron	2mg

### Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper. Arrange the portobello mushroom caps on a parchment-lined baking sheet and season with salt and pepper. Bake for 10 to 15 minutes. Remove from the oven and soak up any excess liquid with a towel.
- 2 Meanwhile, heat a nonstick skillet over medium heat and add half the oil. Once warmed, add the spinach. Cook until wilted and then remove and set aside.
- 3 In a small bowl, whisk the eggs. In the same skillet, add the remaining oil. Pour in the eggs and stir with a wooden spoon until scrambled and cooked to your liking. Remove from the heat.
- 4 Layer the spinach in the mushroom caps and top with eggs, feta, salt, and pepper. Enjoy!

### Notes

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

**Serving Size:** One serving is one stuffed portobello mushroom cap.

**More Flavor:** Season with everything bagel seasoning or nutritional yeast.

**Make it Vegan:** Use a tofu scramble and vegan cheese.





## Simple Vanilla Protein Shake

2 servings

5 minutes

### Ingredients

- 1 1/3 cups Unsweetened Almond Milk
- 1/2 cup Vanilla Protein Powder
- 12 Ice Cubes (large)

### Nutrition

Amount per serving	
Calories	105
Fat	2g
Carbs	2g
Fiber	1g
Sugar	0g
Protein	20g
Cholesterol	4mg
Sodium	145mg
Vitamin A	333IU
Vitamin C	0mg
Calcium	414mg
Iron	1mg

### Directions

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

### Notes

**Serving Size:** One serving is approximately 1 1/4 cups.

**More Flavor:** Use frozen fruit instead of ice cubes.

**No Vanilla Protein Powder:** Use chocolate or another flavor instead.

**Nut-Free:** Use oat milk, rice milk, or dairy instead of almond milk.

**Ice:** Six ice cubes is approximately one cup of ice.

**Protein Powder:** A plant-based protein powder was used to create and test this recipe.



## Sumac Tomato & Chickpea Flatbread

2 servings  
15 minutes

### Ingredients

- 104 grams Whole Wheat Flatbread
- 1 cup Chickpeas
- 1 tbsp Apple Cider Vinegar
- 2/3 cup Plain Greek Yogurt
- 1/2 cup Parsley (finely chopped)
- 1 Tomato (large, sliced)
- 1 tsp Ground Sumac
- 1/4 tsp Sea Salt (or more to taste)

### Nutrition

Amount per serving	
Calories	344
Fat	6g
Carbs	54g
Fiber	12g
Sugar	7g
Protein	21g
Cholesterol	11mg
Sodium	620mg
Vitamin A	2550IU
Vitamin C	35mg
Calcium	276mg
Iron	5mg

### Directions

- 1 Set oven to high broil. Place flatbread onto a baking pan.
- 2 In a bowl, smash the chickpeas using the back of a fork and combine with vinegar. Set aside.
- 3 Combine yogurt with parsley and spread overtop the flatbread. Then add the smashed chickpeas, tomato slices, sumac and salt to taste.
- 4 Broil in the oven for 3 to 5 minutes or until warmed through and flatbread is toasted. Cut into slices and enjoy!

### Notes

**Flatbread:** 52 grams of whole wheat flatbread is equal to one medium-sized piece.

**No Sumac:** Use za'atar, lemon zest, lemon juice or lemon pepper spice instead.

**No Flatbread:** Use brown rice tortillas and adjust the cooking time.

**No Chickpeas:** Use white beans or hummus instead.

**Storage:** Refrigerate the toppings separately up to 3 to 5 days. Top flatbread and heat when ready to serve.



## Cottage Cheese & Applesauce

3 servings

5 minutes

### Ingredients

- 2 1/4 cups Cottage Cheese
- 1 1/2 cups Unsweetened Applesauce

### Nutrition

Amount per serving	
Calories	206
Fat	7g
Carbs	19g
Fiber	1g
Sugar	16g
Protein	18g
Cholesterol	27mg
Sodium	499mg
Vitamin A	256IU
Vitamin C	1mg
Calcium	136mg
Iron	0mg

### Directions

- 1 Serve the cottage cheese with the applesauce and enjoy!

### Notes

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

**Additional Toppings:** Top with fresh fruit, crushed nuts, hemp seeds, or sweetener of your choice.





## Peach, Blackberry & Basil Smoothie

4 servings

5 minutes

### Ingredients

- 5 cups Plain Coconut Milk (unsweetened, from the carton)
- 4 cups Frozen Peaches
- 1 1/3 cups Blackberries (fresh or frozen)
- 1/4 cup Basil Leaves
- 76 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.



## Orzo & Shrimp Pasta Salad

1 serving  
15 minutes

### Ingredients

1/4 cup Orzo (dry)  
113 grams Shrimp, Cooked (chopped)  
1/2 head Endive (chopped)  
1 cup Snap Peas (chopped)  
1/4 cup Goat Cheese (crumbled)  
2 tbsps Chives (chopped)  
1 tbsp Lemon Juice  
1/8 tsp Sea Salt

### Nutrition

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

### Directions

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

### Notes

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

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

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

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

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

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

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



## Cinnamon Raisin Protein Cookies

4 servings  
30 minutes

### Ingredients

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





## Cottage Cheese & Blueberry Sauce

5 servings

5 minutes

### Ingredients

2 1/2 cups Blueberries (fresh or frozen, thawed)

3 3/4 cups Cottage Cheese

### Nutrition

Amount per serving	
Calories	197
Fat	7g
Carbs	16g
Fiber	2g
Sugar	12g
Protein	18g
Cholesterol	27mg
Sodium	497mg
Vitamin A	260IU
Vitamin C	7mg
Calcium	135mg
Iron	0mg

### Directions

- 1 Blend the blueberries in a mini food processor or with an immersion blender until your desired consistency is reached.
- 2 Serve the cottage cheese with the blended blueberries and enjoy!

### Notes

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

**Additional Toppings:** Top with fresh fruit, crushed nuts, hemp seeds, or sweetener of your choice.



## Salmon with Rice & Greens

2 servings

30 minutes

### Ingredients

- 1/2 cup Brown Rice (uncooked)
- 1 tsp Paprika
- 3/4 tsp Cumin
- 1/2 tsp Oregano (dried)
- 1/4 tsp Sea Salt
- 340 grams Salmon Fillet
- 2 tbsps Water
- 4 cups Swiss Chard (chopped)

### Nutrition

Amount per serving	
Calories	432
Fat	13g
Carbs	39g
Fiber	3g
Sugar	1g
Protein	39g
Cholesterol	94mg
Sodium	528mg
Vitamin A	5052IU
Vitamin C	22mg
Calcium	77mg
Iron	4mg

### Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Cook the rice according to package directions.
- 3 In a small bowl combine the paprika, cumin, oregano, and salt. Generously coat all sides of the salmon with the spice blend. Place the salmon on the prepared baking sheet and bake for 16 to 18 minutes or until the salmon is cooked through.
- 4 Meanwhile, heat a pan over medium heat. Add the water and Swiss chard and cook for three to five minutes, or until the chard is wilted and tender.
- 5 To serve, divide the rice, salmon and greens between plates or meal prep containers. Enjoy!

### Notes

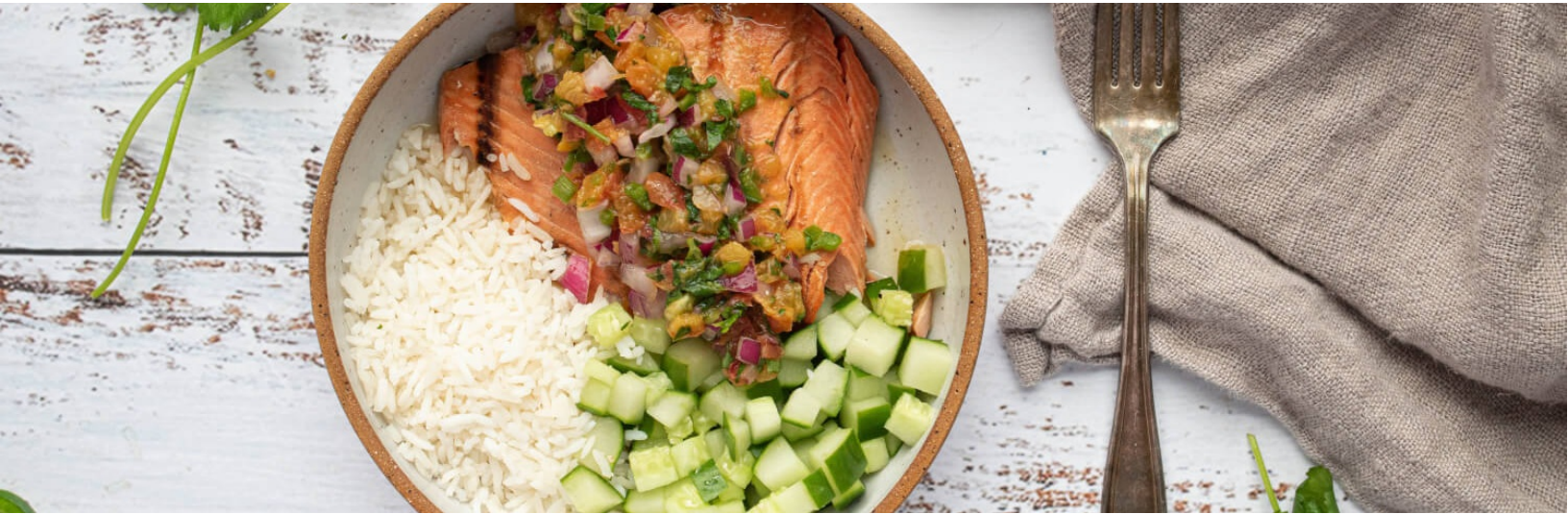
**Leftovers:** Refrigerate in an airtight container for up to three days.

**Additional Toppings:** Add butter, ghee, or freshly squeezed lemon juice.

**No Swiss Chard:** Use spinach or kale instead.

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





## Chicken & Pea Soba Noodles

2 servings

35 minutes

### Ingredients

227 grams Chicken Breast  
1/3 cup Water (divided)  
85 grams Buckwheat Soba Noodles  
1/2 Yellow Bell Pepper (sliced)  
1/2 cup Frozen Peas (thawed)  
2 tbsps Sunflower Seed Butter  
2 Garlic (cloves, minced)  
1/2 tsp Onion Powder  
1/2 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	482
Fat	13g
Carbs	44g
Fiber	4g
Sugar	4g
Protein	36g
Cholesterol	82mg
Sodium	802mg
Vitamin A	975IU
Vitamin C	91mg
Calcium	42mg
Iron	2mg

### Directions

- 1 Warm a non-stick pan over medium heat. Add the chicken breasts and half of the water, then cover with a lid. Cook for seven to 10 minutes on each side.
- 2 Meanwhile, cook the soba noodles according to the package directions.
- 3 Once the chicken is nearly done, add the peppers and peas to the pan with the chicken, and return the lid. Cook until the chicken is cooked through. Remove the chicken breasts and slice into pieces.
- 4 In a small bowl, combine the sunflower seed butter, garlic, onion powder, salt, and remaining water. Whisk until smooth.
- 5 Divide the soba noodles, chicken, vegetables, and sauce evenly between bowls. 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.

**Make it Vegan:** Use tofu or tempeh in place of the chicken.

**More Flavor:** For the sauce, use lime juice and tamari in place of water and add maple syrup, ginger, and red pepper flakes.

**Additional Toppings:** Cilantro and sesame seeds.

**No Sunflower Seed Butter:** Use peanut butter or almond butter instead.



## Grilled Peri Peri Chicken & Rice

2 servings  
30 minutes

### Ingredients

3/4 cup Basmati Rice (uncooked)  
283 grams Chicken Breast (boneless, skinless)  
1 tbsp Avocado Oil  
1 tbsp Peri Peri Spice

### Nutrition

Amount per serving	
Calories	506
Fat	11g
Carbs	61g
Fiber	2g
Sugar	0g
Protein	38g
Cholesterol	103mg
Sodium	344mg
Vitamin A	42IU
Vitamin C	1mg
Calcium	7mg
Iron	1mg

### Directions

- 1 Preheat the grill over medium heat.
- 2 Cook the rice according to the package. While it is cooking, add the chicken to a bowl. Coat with the oil then season with the Peri-Peri spice.
- 3 Place the chicken on the grill and cook for about 10 minutes per side or until cooked through. Remove the chicken from the grill and let it rest for five minutes before slicing.
- 4 Divide the rice and chicken onto plates and enjoy!

### Notes

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

**Serving Size:** One serving is approximately five ounces of sliced chicken and one cup of cooked rice.

**Add Grilled Vegetables:** Serve with grilled vegetables like asparagus, bell peppers, and/or zucchini.

**More Flavor:** Cook the rice in chicken or vegetable broth.



## Salmon Nuggets with Peas

2 servings

20 minutes

### Ingredients

2 2/3 tbsps All Purpose Gluten-Free Flour  
Sea Salt & Black Pepper (to taste)  
2/3 Egg (large)  
28 grams Oat Crackers (crushed)  
227 grams Salmon Fillet (chopped into chunks, patted dry)  
2 cups Fresh Peas (or frozen and thawed)

### Nutrition

Amount per serving	
Calories	409
Fat	12g
Carbs	41g
Fiber	12g
Sugar	8g
Protein	34g
Cholesterol	124mg
Sodium	174mg
Vitamin A	1245IU
Vitamin C	58mg
Calcium	59mg
Iron	4mg

### Directions

- 1 Preheat the oven to 400°F (205°C) and line a large baking sheet with parchment paper.
- 2 Add the flour, salt, and pepper to one bowl. In a second bowl, whisk the egg. In a third bowl, add the crushed oat crackers.
- 3 Dredge the salmon chunks in the flour first, shaking off any excess. Coat each chunk in the egg mixture, then transfer to the crushed oat crackers and coat well.
- 4 Arrange the salmon onto the baking sheet and bake for 12 to 15 minutes or until cooked through. Serve alongside the peas and enjoy!

### Notes

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

**Serving Size:** One serving equals approximately four ounces of salmon and one cup of peas.

**More Flavor:** Add dried herbs to the flour mixture.

**Additional Toppings:** Dip into plain yogurt, honey mustard sauce, mayonnaise, guacamole, salsa, or ketchup.

**Make it Vegan:** Use tofu instead of salmon.





## Couscous & Arugula Salad with Baked Cod

2 servings  
30 minutes

### Ingredients

- 1/2 cup Couscous (dry)
- 1 1/2 tbsps Sesame Oil (divided)
- 2 Cod Fillet
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Fresh Dill (chopped, divided)
- 2 cups Arugula

### Nutrition

Amount per serving	
Calories	447
Fat	12g
Carbs	34g
Fiber	2g
Sugar	0g
Protein	47g
Cholesterol	99mg
Sodium	135mg
Vitamin A	610IU
Vitamin C	6mg
Calcium	80mg
Iron	2mg

### Directions

- 1 Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
- 2 Cook the couscous according to the package directions and let cool.
- 3 Rub 1/3 of the sesame oil all over the cod fillets, season with salt and pepper, and sprinkle 1/2 of the chopped dill on top. Place the fillets on the baking sheet and bake in the oven for 14 to 16 minutes or until the fish is flakey and cooked through.
- 4 In a bowl, toss together the couscous, arugula, and the remaining dill and oil. Season with salt and pepper. Divide everything evenly between plates and enjoy!

### Notes

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

**Serving Size:** One serving is equal to one cod fillet and approximately 1 1/4 cups couscous salad

**More Flavor:** Add red bell pepper and/or diced red onion to the salad.

**No Couscous:** Use quinoa instead.

**No Cod:** Use another white fish, like haddock, instead.

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



## 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.