







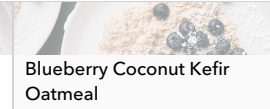





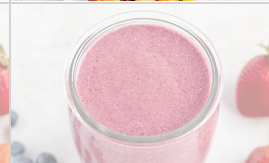
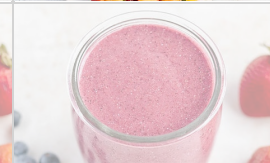


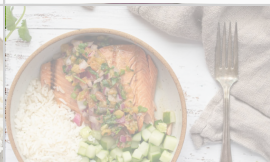

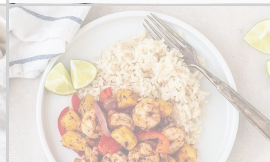










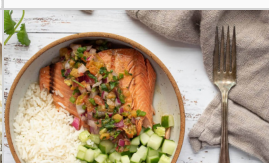

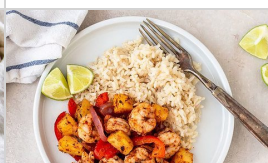
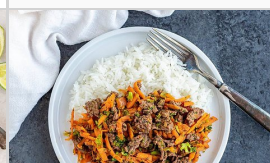




**EXERCISE**  
*with Style*






















1800 Calorie Meal Plan  
50/30/20 PDF

---

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Mango Banana Smoothie	 Mango Banana Smoothie	 Mango Banana Smoothie	 Apple Turmeric Smoothie	 Apple Turmeric Smoothie	 Blueberry Coconut Kefir Oatmeal	 Blueberry Coconut Kefir Oatmeal
Snack 1	 Blueberry Cobbler Smoothie	 Blueberry Cobbler Smoothie	 Blueberry Cobbler Smoothie	 Strawberry Blueberry Smoothie	 Strawberry Blueberry Smoothie	 Strawberry Blueberry Smoothie	 Strawberry Blueberry Smoothie
Lunch	 Spiced Beef & Spinach with Rice	 Dominican-Style Pork Chops & Rice	 BBQ Salmon Bowls with Peach Salsa	 Pressure Cooker Butter Chicken	 Sheet Pan Spicy Jerk Shrimp with Pineapple	 Beef & Shredded Veggies with Rice	 Meal Prep Spaghetti with Chicken, Spinach &...
Snack 2	 Berry Banana Smoothie	 Berry Banana Smoothie	 Berry Banana Smoothie	 Banana Cinnamon Smoothie	 Banana Cinnamon Smoothie	 Banana Cinnamon Smoothie	 Banana Cinnamon Smoothie
Dinner	 Dominican-Style Pork Chops & Rice	 BBQ Salmon Bowls with Peach Salsa	 Pressure Cooker Butter Chicken	 Sheet Pan Spicy Jerk Shrimp with Pineapple	 Beef & Shredded Veggies with Rice	 Meal Prep Spaghetti with Chicken, Spinach &...	 15 Minute Shrimp Puttanesca



Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  24%	Fat  24%	Fat  22%	Fat  23%	Fat  23%	Fat  25%	Fat  24%
Carbs  49%	Carbs  47%	Carbs  47%	Carbs  48%	Carbs  49%	Carbs  48%	Carbs  48%
Protein  27%	Protein  29%	Protein  31%	Protein  29%	Protein  28%	Protein  27%	Protein  28%
Calories 1843	Calories 1864	Calories 1884	Calories 1815	Calories 1804	Calories 1917	Calories 1896
Fat 51g	Fat 50g	Fat 47g	Fat 47g	Fat 47g	Fat 54g	Fat 52g
Carbs 233g	Carbs 227g	Carbs 226g	Carbs 224g	Carbs 232g	Carbs 239g	Carbs 239g
Fiber 30g	Fiber 30g	Fiber 33g	Fiber 45g	Fiber 44g	Fiber 39g	Fiber 44g
Sugar 82g	Sugar 91g	Sugar 100g	Sugar 79g	Sugar 71g	Sugar 75g	Sugar 78g
Protein 130g	Protein 141g	Protein 149g	Protein 138g	Protein 130g	Protein 134g	Protein 140g
Cholesterol 204mg	Cholesterol 224mg	Cholesterol 293mg	Cholesterol 341mg	Cholesterol 269mg	Cholesterol 188mg	Cholesterol 300mg
Sodium 1661mg	Sodium 1639mg	Sodium 1706mg	Sodium 1595mg	Sodium 1166mg	Sodium 1768mg	Sodium 2052mg
Vitamin A 7919IU	Vitamin A 5628IU	Vitamin A 5681IU	Vitamin A 4228IU	Vitamin A 12681IU	Vitamin A 16257IU	Vitamin A 7188IU
Vitamin C 325mg	Vitamin C 335mg	Vitamin C 222mg	Vitamin C 199mg	Vitamin C 227mg	Vitamin C 170mg	Vitamin C 144mg
Calcium 1493mg	Calcium 1482mg	Calcium 1633mg	Calcium 1982mg	Calcium 1838mg	Calcium 1572mg	Calcium 1669mg
Iron 13mg	Iron 11mg	Iron 13mg	Iron 18mg	Iron 16mg	Iron 13mg	Iron 15mg

**Fruits**

- 2 Apple
- 7 Banana
- 2 1/4 cups Blueberries
- 1/2 cup Cherries
- 2 1/4 tbsps Lemon Juice
- 1/2 Lime
- 3 tbsps Lime Juice
- 1/2 Mango
- 1 Nectarine
- 1 Peach
- 1 cup Pineapple
- 2 cups Strawberries

**Seeds, Nuts & Spices**

- 1/8 tsp Cayenne Pepper
- 2/3 cup Chia Seeds
- 1 1/8 tbsps Cinnamon
- 2/3 tsp Coriander
- 2/3 tsp Cumin
- 1 1/8 tbsps Curry Powder
- 2 1/16 tbsps Garam Masala
- 1 tsp Garlic Powder
- 1/4 cup Ground Flax Seed
- 2 1/2 tbsps Jerk Seasoning
- 1 tsp Onion Powder
- 1/4 tsp Oregano
- 1 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 2 1/4 tbsps Turmeric
- 3 tbsps Whole Flax Seeds

**Frozen**

- 1 cup Cauliflower Rice
- 3 cups Frozen Berries
- 2 cups Frozen Blueberries
- 3 cups Frozen Cauliflower
- 2 1/4 cups Frozen Mango
- 8 Ice Cubes

**Vegetables**

- 3 cups Baby Spinach
- 1 tbsp Basil Leaves
- 1 cup Broccoli
- 2 cups Cherry Tomatoes
- 1/4 cup Cilantro
- 1/2 Cucumber
- 4 1/16 Garlic
- 2 1/16 tpsps Ginger
- 1/2 Jalapeno Pepper
- 3 cups Kale Leaves
- 1 tbsp Parsley
- 1 1/2 Red Bell Pepper
- 3/4 cup Red Onion
- 1 Sweet Potato
- 1/2 Yellow Bell Pepper
- 1 1/8 Yellow Onion

**Boxed & Canned**

- 1 Anchovy
- 1/2 cup Basmati Rice
- 1/2 cup Brown Rice
- 1/2 cup Brown Rice Spaghetti
- 1/2 cup Crushed Tomatoes
- 2 1/4 cups Fire Roasted Diced Tomatoes
- 1 2/3 cups Jasmine Rice
- 2/3 cup Quick Oats
- 1/4 cup Salsa
- 64 grams Whole Wheat Linguine

**Baking**

- 1/3 cup Oats
- 3 tbsps Pitted Dates
- 1 tbsp Unsweetened Shredded Coconut

**Bread, Fish, Meat & Cheese**

- 227 grams Chicken Breast
- 303 grams Chicken Thighs
- 340 grams Extra Lean Ground Beef
- 224 grams Pork Chop
- 340 grams Salmon Fillet
- 340 grams Shrimp

**Condiments & Oils**

- 1 1/2 tpsps Capers
- 1/4 cup Extra Virgin Olive Oil
- 2 tbsps Green Olives
- 1 1/2 tpsps Pitted Kalamata Olives
- 2 tbsps Tomato Sauce

**Cold**

- 2 1/2 cups Cottage Cheese
- 3 cups Cow's Milk, Reduced Fat
- 2 1/2 cups Oat Milk
- 3 1/2 tbsps Plain Cow's Yogurt, Whole Milk
- 1 cup Plain Greek Yogurt
- 1 1/3 cups Plain Kefir
- 8 cups Unsweetened Almond Milk
- 2 1/4 cups Unsweetened Cashew Milk

**Other**

- 57 grams Collagen Powder
- 3 1/4 cups Vanilla Protein Powder
- 4 cups Water



## Mango Banana Smoothie

3 servings  
5 minutes

### Ingredients

3 cups Cow's Milk, Reduced Fat  
3 cups Frozen Cauliflower  
2 1/4 cups Frozen Mango  
1 1/2 Banana (frozen)  
1 cup Plain Greek Yogurt  
57 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.



## Apple Turmeric Smoothie

2 servings

5 minutes

### Ingredients

- 2 1/2 cups Oat Milk
- 2 Apple (small, cored, chopped)
- 1 cup Cauliflower Rice (or chopped florets)
- 1/2 cup Vanilla Protein Powder
- 2 tbsps Turmeric
- 2 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.



## Blueberry Coconut Kefir Oatmeal

2 servings

5 minutes

### Ingredients

2/3 cup Quick Oats  
1 tbsp Chia Seeds  
1 tsp Cinnamon  
1 1/3 cups Plain Kefir  
3/4 cup Blueberries (fresh or frozen)  
1 tbsp Unsweetened Shredded Coconut

### Nutrition

Amount per serving	
Calories	275
Fat	7g
Carbs	42g
Fiber	7g
Sugar	17g
Protein	13g
Cholesterol	6mg
Sodium	118mg
Vitamin A	367IU
Vitamin C	7mg
Calcium	336mg
Iron	2mg

### Directions

- 1 In a jar or mixing bowl, combine the oats, chia seeds, cinnamon and kefir. Divide into bowls and top with blueberries and shredded coconut. Enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately one and a half cups.

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

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

**Additional Toppings:** Maple syrup, honey, nutmeg, nuts, nut butter, hemp seeds, dark chocolate chips, raisins, or fruit.





## Stone Fruit Salad with Cottage Cheese

2 servings

10 minutes

### Ingredients

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

### Nutrition

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

### Directions

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

### Notes

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

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

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

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

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





## Blueberry Cobbler Smoothie

3 servings

5 minutes

### Ingredients

2 1/4 cups Unsweetened Cashew Milk  
1 1/2 cups Blueberries (fresh or frozen)  
1/3 cup Oats (quick or rolled)  
1 1/2 cups Cottage Cheese  
3 tbsps Pitted Dates  
2 1/4 tbsps Lemon Juice  
1 1/2 tsps Cinnamon

### Nutrition

Amount per serving	
Calories	242
Fat	8g
Carbs	31g
Fiber	4g
Sugar	16g
Protein	14g
Cholesterol	18mg
Sodium	396mg
Vitamin A	567IU
Vitamin C	12mg
Calcium	190mg
Iron	1mg

### Directions

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

### Notes

**Leftovers:** Refrigerate in a sealed mason jar up to 24 hours. Shake well before drinking.

**Pitted Dates:** One serving is equal to approximately one to two dates.

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

**More Fiber:** Add ground flax seed.

**More Protein:** Add hemp seeds, chia seeds, or a scoop of protein powder.

**No Cashew Milk:** Use any milk of choice.

**No Dates:** Sweeten with maple syrup, honey, stevia, or banana 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.



## Spiced Beef & Spinach with Rice

1 serving  
20 minutes

### Ingredients

1/3 cup Jasmine Rice  
113 grams Extra Lean Ground Beef  
1 1/8 tsps Curry Powder  
Sea Salt & Black Pepper (to taste)  
1 cup Baby Spinach

### Nutrition

Amount per serving	
Calories	454
Fat	12g
Carbs	59g
Fiber	3g
Sugar	0g
Protein	28g
Cholesterol	74mg
Sodium	100mg
Vitamin A	2829IU
Vitamin C	8mg
Calcium	56mg
Iron	4mg

### Directions

- 1 Cook the rice according to the package directions.
- 2 Meanwhile, heat a large skillet over medium 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, drain any excess drippings from the pan.
- 3 Add the curry powder to the beef and stir to combine. Season with salt and pepper to taste. Add the spinach and stir until the spinach has wilted.
- 4 Divide the rice between plates and top with the beef mixture. Enjoy!

### Notes

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

**More Flavor:** Season the beef with other dried herbs and spices or add fresh garlic and ginger.

**Additional Toppings:** Cilantro, lime wedges, and/or red pepper flakes.

**No Beef:** Use ground chicken, turkey, or pork instead.

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





## Berry Banana Smoothie

3 servings

5 minutes

### Ingredients

3 cups Unsweetened Almond Milk  
3 cups Frozen Berries  
1 1/2 Banana  
3 cups Kale Leaves  
3/4 cup Vanilla Protein Powder  
3 tbsps Whole Flax Seeds

### Nutrition

Amount per serving	
Calories	309
Fat	8g
Carbs	40g
Fiber	12g
Sugar	22g
Protein	24g
Cholesterol	4mg
Sodium	213mg
Vitamin A	1547IU
Vitamin C	65mg
Calcium	673mg
Iron	3mg

### Directions

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

### Notes

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

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

**Nut-Free:** Use nut-free milk such as oat milk.



## Banana Cinnamon Smoothie

4 servings

5 minutes

### Ingredients

1 cup Vanilla Protein Powder  
1/4 cup Ground Flax Seed  
1/4 cup Chia Seeds  
4 Banana (frozen)  
8 Ice Cubes  
4 cups Water  
1 tsp Cinnamon

### Nutrition

Amount per serving	
Calories	284
Fat	7g
Carbs	36g
Fiber	10g
Sugar	14g
Protein	24g
Cholesterol	4mg
Sodium	45mg
Vitamin A	77IU
Vitamin C	10mg
Calcium	236mg
Iron	2mg

### Directions

1

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

### Notes

**No Protein Powder:** Use hemp seeds with vanilla extract instead.

**Leftovers:** Store in a mason jar with a lid in the fridge up to 24 hours. Shake well before drinking.

**Make it Green:** Add spinach.



## Dominican-Style Pork Chops & Rice

2 servings  
30 minutes

### Ingredients

224 grams Pork Chop (boneless)  
1 tbsp Lime Juice  
1/2 tsp Sea Salt  
1/4 tsp Oregano  
2 Garlic (clove, minced)  
1/2 cup Jasmine Rice (dry, rinsed)  
1 1/2 tpsps Extra Virgin Olive Oil (divided)  
1/2 Red Bell Pepper (medium, sliced)  
1/2 Yellow Bell Pepper (medium, sliced)  
1/2 Yellow Onion (small, halved and sliced)  
2 tbsps Green Olives (pitted, with brine)  
2 tbsps Tomato Sauce  
1 tbsp Cilantro (optional, chopped)

### Nutrition

Amount per serving	
Calories	431
Fat	15g
Carbs	49g
Fiber	3g
Sugar	4g
Protein	28g
Cholesterol	77mg
Sodium	719mg
Vitamin A	1165IU
Vitamin C	128mg
Calcium	57mg
Iron	3mg

### Directions

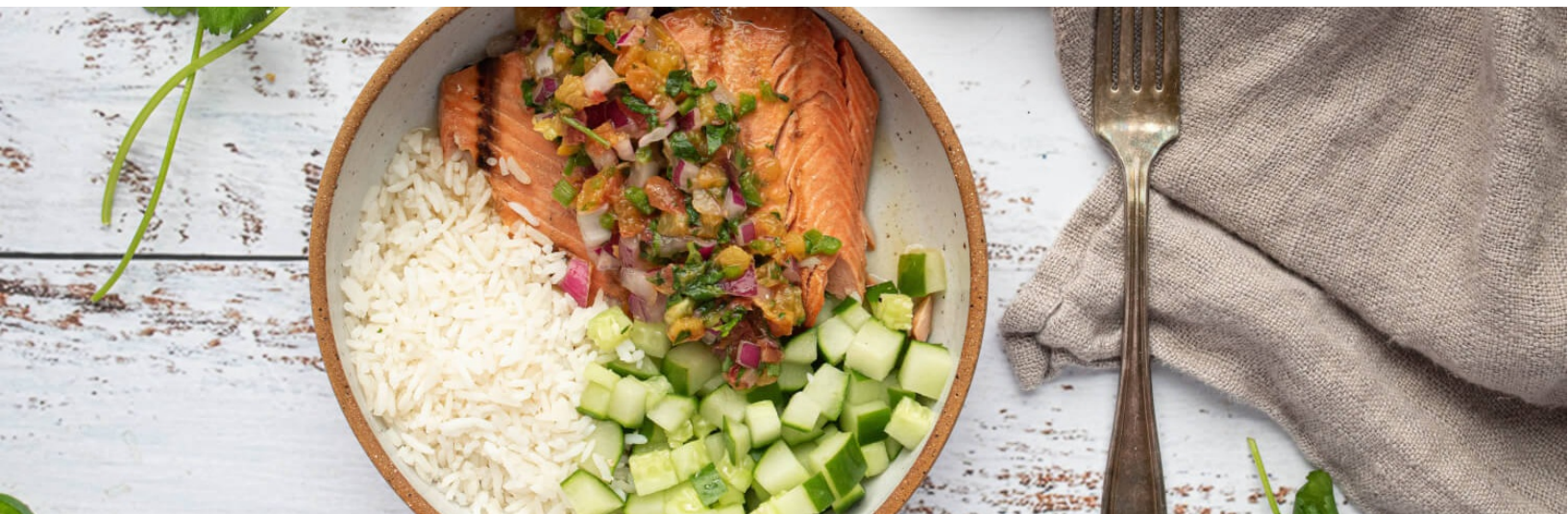
- 1 In a bowl, mix together the pork chops, lime juice, sea salt, oregano, and garlic. Set aside.
- 2 Cook the rice according to package directions.
- 3 While the rice cooks, heat half of the oil in a large pan over medium-high heat. Once the pan is hot, add the pork chops and cook for three to five minutes per side, or until the pork is cooked through. This timing will depend on the thickness of your pork chop. Remove from pan.
- 4 Add the remaining oil to the pan and reduce the heat to medium-low. Add the peppers, onion, olives, and tomato sauce. Cook for 20 minutes or until the peppers are softened.
- 5 Add the pork chops back in and toss to warm through. Top with cilantro. Divide the pork chops and rice evenly between plates and enjoy!

### Notes

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

**More Flavor:** Marinate the pork chops for one hour before cooking.





## 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.



## Pressure Cooker Butter Chicken

2 servings  
30 minutes

### Ingredients

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





## Sheet Pan Spicy Jerk Shrimp with Pineapple

2 servings  
30 minutes

### Ingredients

- 1/2 cup Brown Rice
- 227 grams Shrimp (deveined, peeled, tails removed)
- 1 cup Pineapple (cut into cubes)
- 1 Red Bell Pepper (thinly sliced)
- 1/2 cup Red Onion (thinly sliced)
- 1 tbsp Extra Virgin Olive Oil
- 2 1/2 tsps Jerk Seasoning (or to taste)
- 1/2 Lime (juiced)

### Nutrition

Amount per serving	
Calories	414
Fat	9g
Carbs	57g
Fiber	5g
Sugar	13g
Protein	28g
Cholesterol	183mg
Sodium	342mg
Vitamin A	2167IU
Vitamin C	122mg
Calcium	102mg
Iron	2mg

### Directions

- 1 Cook the rice according to package directions.
- 2 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 3 Add the shrimp, pineapple, peppers, and onions to the baking sheet and drizzle with the oil and jerk seasoning. Toss until evenly coated then arrange everything into an even layer. Bake for six to eight minutes or until the shrimp is cooked through.
- 4 Remove the shrimp from the baking sheet and continue to cook for six to eight minutes more until the peppers are tender.
- 5 Return the shrimp to the baking sheet and drizzle with the lime juice and stir to combine. Divide the rice and shrimp between plates and enjoy!

### Notes

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

**More Flavor:** Add jalapeno or other hot peppers.

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

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





## Beef & Shredded Veggies with Rice

2 servings  
20 minutes

### Ingredients

- 1/2 cup Jasmine Rice
- 227 grams Extra Lean Ground Beef
- Sea Salt & Black Pepper (to taste)
- 1 Sweet Potato (medium, peeled and grated)
- 1 cup Broccoli (finely chopped, riced)
- 1/4 cup Salsa

### Nutrition

Amount per serving	
Calories	440
Fat	12g
Carbs	56g
Fiber	5g
Sugar	5g
Protein	28g
Cholesterol	74mg
Sodium	357mg
Vitamin A	9671IU
Vitamin C	43mg
Calcium	64mg
Iron	3mg

### Directions

- 1 Cook the rice according to package directions.
- 2 Add the beef to the pan, breaking it up as it cooks. Once it is cooked through and no longer pink, season with salt and pepper to taste.
- 3 Add the sweet potato and broccoli to the pan with the beef. Continue to cook for five to six minutes more or until the sweet potato and broccoli are tender. Stir in the salsa and season with additional salt and pepper if needed. Divide the rice between plates and top with the beef mixture. Enjoy!

### Notes

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

**More Flavor:** Add garlic and onions or dried herbs and spices to taste.

**Additional Toppings:** Green onion, avocado, cilantro, red pepper flakes, and/or more salsa.

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

**No Beef:** Use ground chicken, turkey, pork, lentils, or chickpeas instead.



## Meal Prep Spaghetti with Chicken, Spinach & Tomatoes

2 servings  
30 minutes

### Ingredients

- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- 2 cups Cherry Tomatoes
- 1 tsp Garlic Powder
- 1 tsp Onion Powder
- 1/2 tsp Sea Salt
- 227 grams Chicken Breast (sliced in halves)
- 2 cups Baby Spinach
- 1/2 cup Brown Rice Spaghetti (dry)

### Nutrition

Amount per serving	
Calories	468
Fat	15g
Carbs	52g
Fiber	5g
Sugar	4g
Protein	32g
Cholesterol	82mg
Sodium	674mg
Vitamin A	4088IU
Vitamin C	29mg
Calcium	56mg
Iron	3mg

### Directions

- 1 Preheat oven to 450°F (232°C) and line baking sheets with foil.
- 2 In a bowl, toss tomatoes in 1/3 of the olive oil and transfer to a baking sheet.
- 3 Combine garlic powder, onion powder and salt in a small bowl. Coat the chicken with the remaining olive oil and half the garlic-onion seasoning. Transfer to a separate baking sheet.
- 4 Bake the chicken and tomatoes for about 15 minutes, or until chicken is cooked through and tomatoes have slightly charred and bursted. Remove from oven and slice the chicken.
- 5 Meanwhile, lightly saute the spinach in a large pan with a bit of water just until wilted. Remove from heat.
- 6 Cook pasta according to the directions on the package. Once cooked, toss the noodles in the remaining garlic-onion seasoning and wilted spinach until evenly distributed.
- 7 Divide the pasta, sliced chicken and tomatoes into separate containers and let cool before refrigerating.

### Notes

**No Chicken:** Use beef strips, turkey breast, our Marinated Baked Tofu, or Savoury Roasted Chickpeas recipe instead.

**No Brown Rice Spaghetti:** Use rice, quinoa or any type of pasta instead.

**Make it Cheesy:** Add parmesan or nutritional yeast to the pasta.

**Spice it Up:** Add red pepper flakes to the pasta, and/or chili powder to the seasoning.

**Storage:** Refrigerate in an airtight container up to 3 to 4 days.







## 15 Minute Shrimp Puttanesca

1 serving  
15 minutes

### Ingredients

64 grams Whole Wheat Linguine  
113 grams Shrimp (large, peeled, deveined)  
Sea Salt & Black Pepper (to taste)  
1 1/2 tsps Extra Virgin Olive Oil  
3/4 Garlic (cloves, chopped)  
1 Anchovy (fillets, whole)  
1/2 cup Crushed Tomatoes (from the can)  
1 1/2 tsps Capers  
1 1/2 tsps Pitted Kalamata Olives (chopped)  
1 tbsp Parsley (chopped)

### Nutrition

Amount per serving	
Calories	419
Fat	10g
Carbs	56g
Fiber	10g
Sugar	8g
Protein	34g
Cholesterol	186mg
Sodium	641mg
Vitamin A	602IU
Vitamin C	17mg
Calcium	161mg
Iron	5mg

### Directions

- 1 Cook the pasta according to the directions on the package. Drain and set aside.
- 2 Pat the shrimp dry and season with salt and pepper.
- 3 Meanwhile, heat a dutch oven over medium-low heat. Once warm, add the oil. Add the garlic and anchovies and cook for one minute. Add the shrimp and cook for about two minutes per side, until bright pink and cooked through. Remove the shrimp with a slotted spoon and set aside.
- 4 Add the tomatoes with their juices, capers, and olives to the pot and bring to a low simmer. Cook for about five to eight minutes, until slightly thickened. Remove from the heat, add the pasta and the shrimp back in and toss to combine. Top with parsley and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.  
**Serving Size:** One serving is about 1 1/2 cups of pasta with shrimp.  
**Gluten-Free:** Use a gluten-free pasta instead.  
**Additional Toppings:** Add chili flakes.  
**Make it Vegan:** Omit the anchovy and shrimp.