










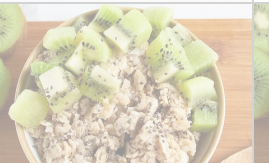
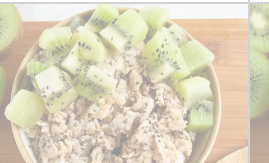



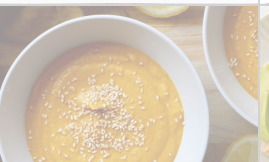


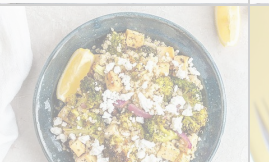
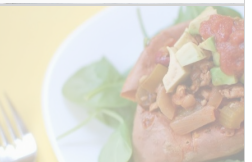
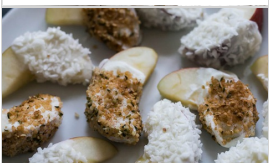

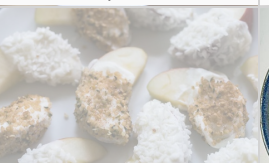







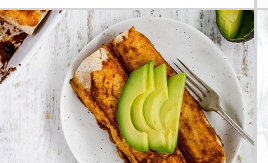


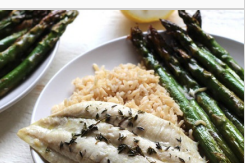

























EXERCISE
with Style

21-Day Balanced 1400 Calorie
Meal Plan PDF week 1

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Cherries, Banana & Cottage Cheese	 Cherries, Banana & Cottage Cheese	 Cherries, Banana & Cottage Cheese	 Banana Cherry Smoothie	 Banana Cherry Smoothie	 Tropical Breakfast Bowl	 Tropical Breakfast Bowl
Snack 1	 0.5 Kefir & Granola Bowl	 0.5 Kefir & Granola Bowl	 0.5 Kefir & Granola Bowl	 0.5 Chia Oats with Kiwi	 0.5 Chia Oats with Kiwi	 0.5 Chia Oats with Kiwi	 0.5 Chia Oats with Kiwi
Lunch	 Tuna, Chickpea & Avocado Salad	 Chickpeas, Eggs & Brown Rice	 Roasted Carrot White Bean & Tahini Soup	 Pineapple Chicken Tacos	 Enchiladas	 Roasted Broccoli Quinoa Salad	 Sweet Potato Chili Bowls
Snack 2	 Apple Dips	 Apple Dips	 Apple Dips	 Oil-Free Hummus	 Oil-Free Hummus	 Oil-Free Hummus	 Oil-Free Hummus
Dinner	 Chickpeas, Eggs & Brown Rice	 Roasted Carrot White Bean & Tahini Soup	 Pineapple Chicken Tacos	 Enchiladas	 Roasted Broccoli Quinoa Salad	 Sweet Potato Chili Bowls	 Sole & Asparagus with Brown Rice

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat	 32%	 33%	 31%	 28%	 30%	 30%	 30%
Carbs	 44%	 47%	 49%	 50%	 49%	 49%	 49%
Protein	 24%	 20%	 20%	 22%	 21%	 21%	 21%
Calories	1393	1483	1453	1458	1440	1372	1388
Fat	52g	57g	52g	47g	49g	47g	48g
Carbs	158g	182g	185g	187g	185g	176g	174g
Fiber	29g	37g	37g	36g	37g	39g	35g
Sugar	66g	72g	75g	55g	52g	48g	46g
Protein	87g	75g	76g	82g	79g	76g	77g
Cholesterol	459mg	429mg	109mg	121mg	67mg	75mg	118mg
Sodium	1445mg	1785mg	1934mg	1417mg	1917mg	2027mg	1571mg
Vitamin A	2894IU	48238IU	47691IU	2956IU	3613IU	14689IU	14842IU
Vitamin C	59mg	56mg	88mg	80mg	175mg	287mg	163mg
Calcium	644mg	799mg	935mg	1094mg	1244mg	1096mg	780mg
Iron	13mg	14mg	12mg	14mg	16mg	18mg	17mg

Fruits

- 1 1/2 Apple
- 1 1/3 Avocado
- 3 Banana
- 1/2 cup Blueberries
- 1 1/2 cups Cherries
- 3 Kiwi
- 2/3 Lemon
- 1/3 cup Lemon Juice
- 1/2 Lime
- 1/2 Mango
- 1 1/8 cups Pineapple

Breakfast

- 1 cup Granola

Seeds, Nuts & Spices

- 1/3 cup Chia Seeds
- 1 1/4 tbsps Chili Powder
- 1/3 tsp Cinnamon
- 1/2 tsp Cumin
- 2 tpsps Greek Seasoning
- 3 tbsps Hemp Seeds
- 2/3 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tpsps Taco Seasoning
- 1/2 tsp Turmeric

Frozen

- 2 Brown Rice Tortilla
- 1 cup Frozen Banana
- 2 cups Frozen Cherries

Vegetables

- 1 cup Asparagus
- 3 cups Broccoli
- 9 Carrot
- 2 1/4 stalks Celery
- 1/2 cup Cherry Tomatoes
- 2 tbsps Cilantro
- 1/4 Cucumber
- 5 2/3 Garlic
- 1/4 Green Bell Pepper
- 1 1/2 Jalapeno Pepper
- 2 1/3 tbsps Parsley
- 3/4 cup Red Onion
- 1 Sweet Potato
- 1/4 White Onion
- 3/4 Yellow Onion

Boxed & Canned

- 2/3 cup Black Beans
- 1/3 cup Brown Rice
- 2 1/3 cups Chickpeas
- 3/4 cup Diced Tomatoes
- 2/3 cup Enchilada Sauce
- 1/2 cup Green Lentils
- 1/2 cup Quinoa
- 1/2 cup Red Kidney Beans
- 2 tbsps Salsa
- 1/2 can Tuna
- 3 cups Vegetable Broth
- 1 cup White Navy Beans

Baking

- 2 cups Oats
- 3 tbsps Unsweetened Shredded Coconut

Bread, Fish, Meat & Cheese

- 170 grams Chicken Breast
- 113 grams Chicken Breast, Cooked
- 4 Corn Tortilla
- 113 grams Extra Lean Ground Turkey
- 2 tbsps Feta Cheese
- 113 grams Sole Fillet
- 175 grams Tofu

Condiments & Oils

- 1 tsp Avocado Oil
- 2 1/4 tbsps Extra Virgin Olive Oil
- 2 tbsps Italian Dressing
- 1/3 cup Tahini

Cold

- 1 tsp Butter
- 3 cups Cottage Cheese
- 2 Egg
- 2 1/2 cups Plain Coconut Milk
- 2 1/4 cups Plain Greek Yogurt
- 1 cup Plain Kefir

Other

- 40 grams Collagen Powder
- 3 cups Water



Cherries, Banana & Cottage Cheese

3 servings

5 minutes

Ingredients

3 cups Cottage Cheese
3 Banana (medium, sliced)
1 1/2 cups Cherries (pitted, fresh or frozen)

Nutrition

Amount per serving	
Calories	359
Fat	10g
Carbs	46g
Fiber	5g
Sugar	30g
Protein	25g
Cholesterol	36mg
Sodium	663mg
Vitamin A	419IU
Vitamin C	16mg
Calcium	190mg
Iron	1mg

Directions

- 1 Top the cottage cheese with banana slices and cherries. Enjoy!

Notes

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

Make it Vegan: Use oatmeal, coconut yogurt or vegan cheese instead of cottage cheese.

Additional Toppings: Hemp seeds, chia seeds, shredded coconut, crushed nuts, honey, maple syrup, or your sweetener of choice.



Banana Cherry Smoothie

2 servings

5 minutes

Ingredients

2 1/2 cups Plain Coconut Milk
(unsweetened from the carton)
2 cups Frozen Cherries
1 cup Frozen Banana
40 grams Collagen Powder
2 tbsps Chia Seeds

Nutrition

Amount per serving	
Calories	394
Fat	11g
Carbs	57g
Fiber	9g
Sugar	37g
Protein	22g
Cholesterol	0mg
Sodium	89mg
Vitamin A	2045IU
Vitamin C	12mg
Calcium	677mg
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.

Make it Vegan: Omit collagen powder and use plant-based protein powder.

Additional Toppings: Add spinach, frozen cauliflower, or hemp seeds to your smoothie.



Tropical Breakfast Bowl

2 servings

5 minutes

Ingredients

- 1 1/2 cups Plain Greek Yogurt
- 1/2 cup Pineapple (chopped)
- 1/2 Mango (peeled and chopped)
- 1 Kiwi (peeled and chopped)
- 1/2 cup Granola

Nutrition

Amount per serving	
Calories	377
Fat	12g
Carbs	48g
Fiber	6g
Sugar	29g
Protein	22g
Cholesterol	25mg
Sodium	115mg
Vitamin A	1906IU
Vitamin C	94mg
Calcium	424mg
Iron	2mg

Directions

- 1 Divide the yogurt between bowls and top with the pineapple, mango, kiwi, and granola. Enjoy!

Notes

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

Additional Toppings: Chopped nuts, seeds, shredded coconut, and/or honey.

Fruit: Add banana and/or berries.

Dairy-Free: Use coconut yogurt instead.

Grain-Free: Omit the granola.



Kefir & Granola Bowl

2 servings
5 minutes

Ingredients

- 1 cup Plain Kefir
- 1/2 cup Granola
- 1/2 cup Blueberries

Nutrition

Amount per serving	
Calories	240
Fat	9g
Carbs	30g
Fiber	4g
Sugar	18g
Protein	10g
Cholesterol	5mg
Sodium	94mg
Vitamin A	275IU
Vitamin C	5mg
Calcium	226mg
Iron	1mg

Directions

- 1 Pour the kefir into a bowl and top with granola and blueberries. Enjoy!

Notes

:
:
:
:



Chia Oats with Kiwi

4 servings
10 minutes

Ingredients

- 2 cups Water
- 2 cups Oats (rolled)
- 1/4 cup Chia Seeds
- 2 Kiwi (chopped)

Nutrition

Amount per serving	
Calories	231
Fat	6g
Carbs	37g
Fiber	9g
Sugar	4g
Protein	8g
Cholesterol	0mg
Sodium	8mg
Vitamin A	30IU
Vitamin C	32mg
Calcium	121mg
Iron	3mg

Directions

- 1 In a small saucepan, bring the water to a boil and add the oats and chia seeds. Reduce to a simmer and cook for 4 to 5 minutes or until cooked through. Be sure to stir often.
- 2 Divide the oatmeal between bowls and top with kiwi. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. For best results, reheat with additional liquid over the stove or in the microwave.

Serving Size: One serving is equal to half a cup of oatmeal and half of a kiwi.

More Flavor: Add cinnamon or maple syrup.

Additional Toppings: Add nuts, seeds and berries.



Tuna, Chickpea & Avocado Salad

1 serving
15 minutes

Ingredients

- 1/2 can Tuna (drained, flaked with a fork)
- 1/2 cup Chickpeas (cooked, drained)
- 1/4 Cucumber (medium, chopped)
- 1/2 cup Cherry Tomatoes (halved)
- 1/4 Avocado (cubed)
- 2 tbsps Red Onion (sliced)
- 2 tbsps Italian Dressing
- 1 tbsp Parsley (fresh, chopped)

Nutrition

Amount per serving	
Calories	333
Fat	11g
Carbs	37g
Fiber	12g
Sugar	11g
Protein	26g
Cholesterol	30mg
Sodium	547mg
Vitamin A	1185IU
Vitamin C	25mg
Calcium	98mg
Iron	5mg

Directions

- 1 Divide the tuna, chickpeas, cucumber, tomatoes, avocado, and onion evenly between bowls. Top evenly with the dressing and parsley. Enjoy!

Notes

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

No Italian Dressing: Use olive oil and lemon juice instead.

No Tuna: Use other canned fish like salmon or mackerel.

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



Apple Dips

3 servings
15 minutes

Ingredients

3/4 cup Plain Greek Yogurt
3 tbsps Unsweetened Shredded Coconut
3 tbsps Hemp Seeds
1/3 tsp Cinnamon
1 1/2 Apple (sliced)

Nutrition

Amount per serving	
Calories	182
Fat	10g
Carbs	18g
Fiber	3g
Sugar	11g
Protein	9g
Cholesterol	8mg
Sodium	38mg
Vitamin A	364IU
Vitamin C	8mg
Calcium	141mg
Iron	1mg

Directions

- 1 Line a baking sheet with parchment paper. Place yogurt, coconut and hemp seeds into small separate bowls. Stir cinnamon into the hemp seeds.
- 2 Dip each apple slice in the yogurt (coating about 3/4 of the slice) and then coat with either the coconut or cinnamon-hemp seed mixture on all sides. Transfer to the baking sheet.
- 3 Freeze for about 10 minutes or until yogurt has hardened (ensure the apple doesn't freeze). Serve immediately and enjoy!

Notes

Kid-Friendly: Pierce the apple slices with lollipop or popsicle sticks, and create a DIY dipping station.

Make it Sweeter: Add honey or maple syrup to the yogurt, or dip in sweetened shredded coconut, sprinkles or bee pollen.

No Coconut: Use almond slices, chia seeds, sunflower seeds, raisins, granola or dark chocolate chips instead.

No Yogurt: Use melted coconut butter, or melted dark chocolate mixed with a bit of coconut oil instead.



Oil-Free Hummus

4 servings

5 minutes

Ingredients

- 1 1/3 cups Chickpeas (cooked)
- 2/3 Garlic (clove, minced)
- 2 2/3 tbsps Lemon Juice
- 2/3 tsp Sea Salt
- 3 1/2 tbsps Tahini
- 2 2/3 tbsps Water (cold)

Nutrition

Amount per serving	
Calories	172
Fat	9g
Carbs	19g
Fiber	5g
Sugar	3g
Protein	7g
Cholesterol	0mg
Sodium	413mg
Vitamin A	24IU
Vitamin C	5mg
Calcium	86mg
Iron	3mg

Directions

- 1 Add the chickpeas to the bowl of a food processor and blend until pureed.
- 2 Add the garlic, lemon juice, salt and tahini. Turn the food processor on high and slowly stream in the cold water. Continue to blend until really smooth and creamy. Season with additional salt or lemon juice, if needed. Enjoy!

Notes

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

Serving Size: One serving is approximately 1/3 cup of hummus.

Serve it With: Veggie sticks, brown rice tortilla chips, crackers, on a salad, in a wrap or as a sandwich spread.

Consistency: If hummus is too thick, add additional cold water, one tablespoon at a time.



Chickpeas, Eggs & Brown Rice

1 serving
35 minutes

Ingredients

- 2 tbsps Brown Rice
- 1 tsp Butter
- 2 Egg
- 1/2 cup Chickpeas (drained, rinsed)
- 1 tsp Parsley (chopped)
- 1/4 Lemon (sliced)

Nutrition

Amount per serving	
Calories	399
Fat	16g
Carbs	42g
Fiber	7g
Sugar	5g
Protein	22g
Cholesterol	382mg
Sodium	150mg
Vitamin A	788IU
Vitamin C	7mg
Calcium	102mg
Iron	5mg

Directions

- 1 Cook the brown rice according to package directions.
- 2 Meanwhile, warm the butter in a skillet over medium heat. Once melted, add the eggs to the skillet and cook until the whites are set and the yolk is cooked to your liking.
- 3 Divide the chickpeas and rice evenly between bowls or plates. Add the eggs on top. Garnish with the parsley and squeeze the lemon on top. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days. If meal prepping in advance, hard boil the eggs so they can easily be stored in the fridge.

Serving Size: One serving is two eggs, 1/2 cup of chickpeas and 1/2 cup of brown rice.

More Flavor: Cook the rice with broth instead of water. Toss the chickpeas with olive oil and mint.

Additional Toppings: Microgreens, hot sauce, and/or sesame seeds.

Dairy-Free: Use oil instead of butter.



Roasted Carrot White Bean & Tahini Soup

2 servings

1 hour

Ingredients

9 Carrot (medium, peeled and roughly chopped)
1 tbsp Extra Virgin Olive Oil (divided)
1/2 Yellow Onion (medium, diced)
1 1/2 stalks Celery (chopped)
2 Garlic (cloves, minced)
2 cups Vegetable Broth
1 cup White Navy Beans (cooked, drained and rinsed)
1/2 tsp Turmeric
2 tbsps Tahini
1/4 Lemon (juiced)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	423
Fat	16g
Carbs	61g
Fiber	20g
Sugar	17g
Protein	14g
Cholesterol	0mg
Sodium	887mg
Vitamin A	46529IU
Vitamin C	22mg
Calcium	253mg
Iron	6mg

Directions

- 1 Preheat your oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 In a large bowl, toss the chopped carrots with half of the olive oil. Spread them over the baking sheet and roast for 40 minutes, tossing halfway through cooking.
- 3 In a large pot, heat the rest of the olive oil. Add the onion and celery, cook for 7-10 minutes or until softened. Then add the garlic and cook for 2 to 3 more minutes.
- 4 Add the roasted carrots, vegetable broth, white beans, turmeric, and tahini into the pot. Use an immersion blender to puree until completely smooth. Add lemon juice and salt and pepper to taste.
- 5 Divide between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container up to 4 days, or freeze up to 6 months.

Serving Size: One serving is approximately 2 cups.

No Immersion Blender: Use a regular blender instead, ensuring there is a place in the lid for the steam to escape.

Carrot Tip: If using different sized carrots, aim for about 0.5 lb. of carrots per serving.

No Carrots: Use sweet potato instead.

Add Toppings: Greek yogurt, avocado, roasted vegetables, pumpkin seeds, sesame seeds, hemp seeds, cinnamon or extra turmeric.



Pineapple Chicken Tacos

2 servings

30 minutes

Ingredients

- 170 grams Chicken Breast (boneless, skinless)
- 2/3 cup Pineapple (chopped)
- 1/2 Jalapeno Pepper (diced)
- 1/4 Yellow Onion (medium, diced)
- 2 tsps Taco Seasoning
- 1/4 cup Water
- 1/2 Avocado (medium, sliced)
- 4 Corn Tortilla (small, warmed)
- 2 tsps Cilantro
- 1/2 Lime (juiced)

Nutrition

Amount per serving	
Calories	369
Fat	11g
Carbs	45g
Fiber	7g
Sugar	8g
Protein	23g
Cholesterol	62mg
Sodium	299mg
Vitamin A	241IU
Vitamin C	39mg
Calcium	238mg
Iron	3mg

Directions

- 1 In a pot over medium heat, add the chicken breast, pineapple, jalapeño, onion, taco seasoning, and water. Bring to a simmer, cover the pot with a lid and let it simmer for about 20 minutes or until the chicken is cooked through.
- 2 Once the chicken is done, take it out and shred it with two forks. Put it back into the pot and cook for another five minutes or until the water has evaporated. Adjust the seasoning to your taste.
- 3 Divide the shredded chicken and avocado between tortillas. Top with cilantro and lime juice. Enjoy!

Notes

Leftovers: Refrigerate the chicken mixture in an airtight container for up to three days. Assemble before serving.

Serving Size: One serving is equal to two tacos.

More Flavor: Add cabbage and sauce of your choice.



Enchiladas

2 servings

40 minutes

Ingredients

- 1 tsp Avocado Oil
- 2 2/3 tbsps Red Onion (small, chopped)
- 1/3 Jalapeno Pepper (seeded, minced)
- 1 Garlic (cloves, minced)
- 2/3 cup Black Beans (cooked, rinsed)
- 113 grams Chicken Breast, Cooked (shredded)
- 2/3 cup Enchilada Sauce (divided)
- Sea Salt & Black Pepper (to taste)
- 2 Brown Rice Tortilla (slightly warmed up)
- 1/3 Avocado (sliced)

Nutrition

Amount per serving	
Calories	407
Fat	13g
Carbs	47g
Fiber	10g
Sugar	5g
Protein	26g
Cholesterol	59mg
Sodium	612mg
Vitamin A	631IU
Vitamin C	8mg
Calcium	32mg
Iron	3mg

Directions

- 1 Preheat the oven to 375°F (191°C).
- 2 In a large skillet over medium heat, pour in the oil. Once hot, add in the onion and jalapeno pepper. Cook for five minutes, until softened. Reduce the heat to medium-low. Add the garlic and cook for another one to two minutes. Set aside.
- 3 Add the beans, chicken, and 1/3 of the enchilada sauce to the skillet and season with salt and pepper. Stir to combine.
- 4 Pour another 1/3 of the enchilada sauce on the bottom of the baking dish.
- 5 Place the tortilla on a flat surface and scoop out the chicken and bean mixture into the tortilla in a line down the center. Roll tightly and transfer to the prepared baking dish, seam side down. Repeat with the remaining tortillas.
- 6 Pour the remaining enchilada sauce on top of the tortillas. Place in the oven and bake for 20 minutes. Remove, let cool slightly before serving. Top with avocado. Enjoy!

Notes

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

Serving Size: One serving is one tortilla.

More Flavor: Add hot sauce to the enchiladas or for serving.

Additional Toppings: Top with cilantro.

Make it Vegan: Omit the chicken and use more beans.



Roasted Broccoli Quinoa Salad

2 servings
35 minutes

Ingredients

175 grams Tofu (extra-firm, pressed and cut into 1-cm cubes)
3 cups Broccoli (cut into florets)
1/2 cup Red Onion (chopped)
1 1/2 tps Extra Virgin Olive Oil
2 tps Greek Seasoning
3 tbsps Lemon Juice (divided)
1/2 cup Quinoa
2 tbsps Feta Cheese (crumbled)

Nutrition

Amount per serving	
Calories	351
Fat	13g
Carbs	43g
Fiber	8g
Sugar	5g
Protein	20g
Cholesterol	8mg
Sodium	799mg
Vitamin A	898IU
Vitamin C	134mg
Calcium	388mg
Iron	5mg

Directions

- 1 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 2 To a large mixing bowl add the tofu, broccoli, and onion. Season with oil, greek seasoning, and half of the lemon juice and mix well.
- 3 Transfer the seasoned tofu and veggies to the baking sheet and arrange in an even layer. Bake for 30 minutes stirring halfway through or until the broccoli is tender and the tofu has browned.
- 4 Meanwhile, cook the quinoa according to the package directions. Transfer the cooked quinoa to a bowl and let it cool slightly.
- 5 Add the roasted tofu and broccoli to the quinoa along with the remaining lemon juice and stir to combine. Top with feta, serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Enjoy cold or reheated.
Serving Size: One serving is approximately two cups of salad.
More Flavor: Season with sea salt and additional lemon juice. Add chopped olives, fresh parsley, and/or sundried tomatoes.
Make it Vegan: Omit the feta or use dairy-free feta instead.
No Broccoli: Use cauliflower or Brussels sprouts instead.
No Greek Seasoning: Use a combination of dried herbs and spices instead.



Sweet Potato Chili Bowls

2 servings

2 hours

Ingredients

113 grams Extra Lean Ground Turkey
 1/4 White Onion (chopped)
 2 Garlic (cloves, minced)
 1/4 Green Bell Pepper (chopped)
 1 tbsp Parsley (diced)
 3/4 Jalapeno Pepper (de-seeded and chopped)
 3/4 stalk Celery (diced)
 3/4 cup Diced Tomatoes
 1 1/4 tbsps Chili Powder
 1/2 tsp Cumin
 1 cup Vegetable Broth
 1/2 cup Red Kidney Beans (cooked, drained and rinsed)
 1/2 cup Green Lentils (cooked, drained and rinsed)
 1 Sweet Potato (optional)
 1/4 Avocado (peeled and diced)
 2 tbsps Salsa

Nutrition

Amount per serving	
Calories	356
Fat	10g
Carbs	47g
Fiber	15g
Sugar	9g
Protein	23g
Cholesterol	42mg
Sodium	696mg

Directions

- 1 Place a large pot over medium heat. Add ground turkey, onion, garlic, bell pepper, parsley, jalapenos and celery. Cook and stir occasionally until turkey is cooked.
- 2 Stir in tomatoes, chili powder and cumin. Cook for another 2 to 3 minutes.
- 3 Add the vegetable broth. Add the beans and lentils and bring to a boil over high heat. Reduce heat. Cover and let simmer for 1 hour.
- 4 In the meantime, preheat oven to 400°F (204°C). Pierce each sweet potato several times with a fork. Place potatoes on a baking sheet and bake for 45 minutes. (Note: This step is optional, the chili can be served with or without the sweet potatoes. It is just a fun touch!)
- 5 Remove sweet potatoes from oven. Make a slit in the top and use a spoon to carve out the majority of the sweet potato flesh to make a bowl. Be sure to leave some flesh in the potatoes so the bowl holds its shape and it will absorb the yummy flavour of the chili. Place the flesh in a bowl and set aside. (Don't throw it out! Use it to make sweet potato hummus or a mashed sweet potato side with a meal later on!)
- 6 Ladle your chili into your sweet potato bowls and top with diced avocado and salsa. Enjoy!

Vitamin A	11846IU
Vitamin C	38mg
Calcium	137mg
Iron	6mg



Sole & Asparagus with Brown Rice

1 serving
45 minutes

Ingredients

- 1/4 cup Brown Rice (dry, uncooked)
- 1/2 cup Water
- 1 cup Asparagus (woody ends sliced off)
- 2 1/4 tps Extra Virgin Olive Oil
- 113 grams Sole Fillet (boneless)
- Sea Salt & Black Pepper (to taste)
- 1/8 Lemon (juiced)

Nutrition

Amount per serving	
Calories	367
Fat	14g
Carbs	41g
Fiber	4g
Sugar	3g
Protein	21g
Cholesterol	51mg
Sodium	343mg
Vitamin A	1051IU
Vitamin C	10mg
Calcium	72mg
Iron	4mg

Directions

- 1 Preheat oven to 375°F (191°C).
- 2 In a medium saucepan, combine the brown rice with the water. Bring to a boil then reduce to a simmer. Cover and let simmer for 40 minutes.
- 3 Once the rice is on, lay the asparagus in a single layer on the baking sheet and drizzle with half the olive oil. Lay the sole fillets over top of the asparagus, drizzle with remaining olive oil and season to taste with salt and pepper. Squeeze the lemon juice over top and bake for about 20 minutes, or until the sole is cooked through.
- 4 Divide rice, asparagus, and sole between plates or containers. Enjoy!

Notes

Leftovers: Keeps well in the fridge for 2 to 3 days.

No Asparagus: Use green beans or sliced zucchini instead.

More Flavour: Sprinkle the fish with thyme or dill.