















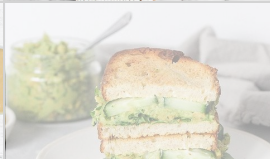








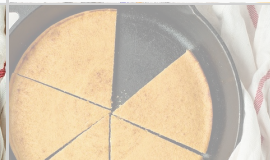
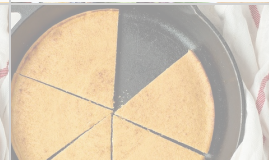





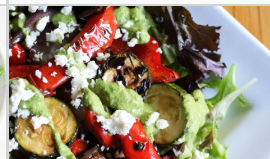



























EXERCISE
with Style

21-Day Balanced 1400 Calorie
Meal Plan Week 2 PDF

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Mango Lime Smoothie	 Mango Lime Smoothie	 Mango Lime Smoothie	 Chickpea Shakshuka	 Chickpea Shakshuka	 Mixed Berry Protein Porridge	 Mixed Berry Protein Porridge
Snack 1	 0.5 Greek Yogurt with Almonds & Pear	 0.5 Greek Yogurt with Almonds & Pear	 0.5 Greek Yogurt with Almonds & Pear	 0.5 Cannellini & Kale on Toast	 0.5 Cannellini & Kale on Toast	 0.5 Cannellini & Kale on Toast	 0.5 Cannellini & Kale on Toast
Lunch	 Easy Chicken Fajitas	 Kimchi & Tofu Rice Bowls	 Creamy Chickpea & Avocado Sandwich	 One Pot Taco Pasta	 Asparagus, Soba & Tempeh	 Grilled Vegetable & Lentil Salad	 Pineapple Chicken Tacos
Snack 2	 Clementines & Cheese	 Clementines & Cheese	 Clementines & Cheese	 Socca Flatbread	 Socca Flatbread	 Socca Flatbread	 Socca Flatbread
Dinner	 Kimchi & Tofu Rice Bowls	 Creamy Chickpea & Avocado Sandwich	 One Pot Taco Pasta	 Asparagus, Soba & Tempeh	 Grilled Vegetable & Lentil Salad	 Pineapple Chicken Tacos	 Hummus Pasta

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  32%	Fat  34%	Fat  32%	Fat  29%	Fat  29%	Fat  32%	Fat  32%
Carbs  45%	Carbs  48%	Carbs  49%	Carbs  49%	Carbs  49%	Carbs  47%	Carbs  46%
Protein  23%	Protein  18%	Protein  19%	Protein  22%	Protein  22%	Protein  21%	Protein  22%
Calories 1417	Calories 1489	Calories 1457	Calories 1471	Calories 1437	Calories 1345	Calories 1350
Fat 52g	Fat 58g	Fat 53g	Fat 46g	Fat 47g	Fat 49g	Fat 50g
Carbs 165g	Carbs 188g	Carbs 186g	Carbs 179g	Carbs 176g	Carbs 162g	Carbs 163g
Fiber 24g	Fiber 35g	Fiber 35g	Fiber 30g	Fiber 39g	Fiber 40g	Fiber 38g
Sugar 68g	Sugar 76g	Sugar 75g	Sugar 22g	Sugar 29g	Sugar 40g	Sugar 36g
Protein 83g	Protein 71g	Protein 72g	Protein 81g	Protein 78g	Protein 74g	Protein 76g
Cholesterol 108mg	Cholesterol 36mg	Cholesterol 87mg	Cholesterol 237mg	Cholesterol 203mg	Cholesterol 79mg	Cholesterol 62mg
Sodium 1870mg	Sodium 1741mg	Sodium 1470mg	Sodium 2224mg	Sodium 1888mg	Sodium 1616mg	Sodium 1428mg
Vitamin A 4059IU	Vitamin A 3985IU	Vitamin A 5462IU	Vitamin A 5039IU	Vitamin A 6872IU	Vitamin A 5075IU	Vitamin A 2273IU
Vitamin C 318mg	Vitamin C 227mg	Vitamin C 257mg	Vitamin C 67mg	Vitamin C 166mg	Vitamin C 229mg	Vitamin C 108mg
Calcium 1814mg	Calcium 1690mg	Calcium 1343mg	Calcium 395mg	Calcium 561mg	Calcium 1007mg	Calcium 897mg
Iron 12mg	Iron 13mg	Iron 10mg	Iron 17mg	Iron 21mg	Iron 16mg	Iron 16mg

Fruits

- 1 1/8 Avocado
- 6 Clementines
- 1/2 Lemon
- 1 1/3 tsps Lemon Juice
- 3 1/2 Lime
- 2 Pear
- 2/3 cup Pineapple

Breakfast

- 2 tbsps Almond Butter

Seeds, Nuts & Spices

- 1/4 cup Almonds
- 2 tbsps Cashews
- 1 1/16 tsps Chili Powder
- 2 tsps Cinnamon
- 2/3 tsp Cumin
- 1/2 tsp Everything Bagel Seasoning
- 2 tsps Harissa
- 1/2 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tsp Sesame Seeds
- 2 tsps Taco Seasoning

Frozen

- 2 cups Frozen Berries
- 3 cups Frozen Cauliflower
- 2 2/3 tbsps Frozen Corn
- 3 tbsps Frozen Edamame
- 3 cups Frozen Mango

Vegetables

- 1 1/3 cups Arugula
- 3/4 cup Asparagus
- 1 cup Baby Spinach
- 3 tbsps Cherry Tomatoes
- 2 tbsps Cilantro
- 1/2 Cucumber
- 1 1/3 Garlic
- 1/2 tsp Ginger
- 1/4 Green Bell Pepper
- 1 1/3 stalks Green Onion
- 1/2 Jalapeno Pepper
- 8 cups Kale Leaves
- 4 cups Mixed Greens
- 2/3 cup Parsley
- 1 cup Portobello Mushroom
- 1 1/3 Red Bell Pepper
- 1/2 cup Red Onion
- 1/3 Tomato
- 1/4 Yellow Bell Pepper
- 1/2 Yellow Onion
- 1 Zucchini

Boxed & Canned

- 2 2/3 tbsps Black Beans
- 1/4 cup Brown Rice
- 2/3 cup Brown Rice Pasta Shells
- 100 grams Buckwheat Soba Noodles
- 2 cups Cannellini Beans
- 3/4 cup Chicken Broth
- 57 grams Chickpea Pasta
- 3 1/8 cups Chickpeas
- 1 cup Lentils
- 1/3 cup Salsa
- 1/2 cup Tomato Purée

Baking

- 3/4 tsp Arrowroot Powder
- 1 1/3 cups Chickpea Flour
- 1/2 cup Oats

Bread, Fish, Meat & Cheese

- 85 grams Cheddar Cheese
- 269 grams Chicken Breast
- 6 Corn Tortilla
- 151 grams Extra Lean Ground Beef
- 1/4 cup Feta Cheese
- 8 1/16 slices Gluten-Free Bread
- 170 grams Tempeh
- 121 grams Tofu

Condiments & Oils

- 2 1/2 tbsps Avocado Oil
- 2 tbsps Extra Virgin Olive Oil
- 1/2 cup Kimchi
- 1 1/2 tbsps Miso Paste
- 1 1/2 tsps Red Wine Vinegar
- 1 3/4 tbsps Rice Vinegar
- 1 tbsp Sunflower Seed Butter
- 1 1/4 tbsps Tamari

Cold

- 2 Egg
- 1 cup Egg Whites
- 2 2/3 tbsps Hummus
- 4 1/2 cups Plain Coconut Milk
- 1/2 cup Plain Greek Yogurt
- 1 1/2 cups Unsweetened Almond Milk

Other

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



Mango Lime Smoothie

3 servings

5 minutes

Ingredients

3 cups Frozen Mango
3 cups Frozen Cauliflower
3 Lime (large, zest and juice)
3/4 cup Vanilla Protein Powder
4 1/2 cups Plain Coconut Milk
(unsweetened, from the carton)

Nutrition

Amount per serving	
Calories	348
Fat	9g
Carbs	47g
Fiber	8g
Sugar	36g
Protein	23g
Cholesterol	4mg
Sodium	127mg
Vitamin A	2574IU
Vitamin C	130mg
Calcium	845mg
Iron	2mg

Directions

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

Notes

Additional Toppings: Add spinach, avocado, kale, pineapple, or chia seeds to your smoothie.

No Coconut Milk: Use almond or oat milk.

Protein Powder: This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.



Chickpea Shakshuka

2 servings
15 minutes

Ingredients

- 2 cups Chickpeas (cooked)
- 1/2 cup Tomato Purée
- 2 tsps Harissa
- 1 cup Baby Spinach
- 2 Egg
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	368
Fat	9g
Carbs	51g
Fiber	14g
Sugar	11g
Protein	22g
Cholesterol	186mg
Sodium	112mg
Vitamin A	2040IU
Vitamin C	13mg
Calcium	134mg
Iron	7mg

Directions

- 1 In a small pan over medium heat add the chickpeas, tomato purée, and harissa. Bring to boil, reduce the heat down to simmer, and let cook for about 10 minutes.
- 2 Add the spinach and cook for another two minutes. Create a pocket in the middle and crack the egg into the pocket. Cover the pan and cook until the egg is set, about five to six minutes.
- 3 Season with salt and pepper and 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.

More Flavor: Add onion and bell pepper.

Additional Toppings: Add feta cheese and fresh herbs.



Mixed Berry Protein Porridge

2 servings
15 minutes

Ingredients

- 1 1/2 cups Unsweetened Almond Milk
- 1/2 cup Oats (rolled)
- 2 cups Frozen Berries
- 2 tsps Cinnamon
- 1 cup Egg Whites
- 2 tbsps Almond Butter

Nutrition

Amount per serving	
Calories	344
Fat	12g
Carbs	40g
Fiber	11g
Sugar	16g
Protein	21g
Cholesterol	0mg
Sodium	325mg
Vitamin A	382IU
Vitamin C	40mg
Calcium	464mg
Iron	3mg

Directions

- 1 Add the almond milk, oats, and frozen berries to a pot over medium heat. Bring the milk to a gentle boil and continue to cook for three to five minutes or until the oats begin to soften and thicken and the berries are cooked through.
- 2 Add the cinnamon to the pot then slowly stir in the egg whites and continue to stir until the porridge becomes thick and creamy. Transfer to a bowl and top with the almond butter. Enjoy!

Notes

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

More Flavor: Add maple syrup or honey and vanilla extract.

Additional Toppings: Additional almond butter, banana slices, fresh berries, or extra cinnamon.

No Almond Milk: Use another dairy or dairy alternative milk instead.

No Almond Butter: Use another nut or seed butter instead.

Frozen Berries: This recipe was created and tested using a combination of frozen strawberries, raspberries, and blueberries.



Greek Yogurt with Almonds & Pear

2 servings

5 minutes

Ingredients

- 1/2 cup Plain Greek Yogurt
- 1/4 cup Almonds
- 2 Pear (sliced)

Nutrition

Amount per serving	
Calories	250
Fat	10g
Carbs	34g
Fiber	8g
Sugar	20g
Protein	10g
Cholesterol	8mg
Sodium	37mg
Vitamin A	357IU
Vitamin C	11mg
Calcium	189mg
Iron	1mg

Directions

- 1 Add all ingredients to a bowl. Enjoy!

Notes

Leftovers: Best enjoyed immediately.

Make it Vegan: Use coconut yogurt instead of Greek yogurt.

More Flavor: Add cinnamon and honey.



Cannellini & Kale on Toast

4 servings
15 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 8 cups Kale Leaves (tough stems removed, torn into pieces)
- 2 cups Cannellini Beans (drained and rinsed)
- 1/2 cup Water
- Sea Salt & Black Pepper (to taste)
- 4 slices Gluten-Free Bread (toasted)

Nutrition

Amount per serving	
Calories	232
Fat	7g
Carbs	35g
Fiber	9g
Sugar	4g
Protein	8g
Cholesterol	0mg
Sodium	490mg
Vitamin A	2021IU
Vitamin C	39mg
Calcium	145mg
Iron	3mg

Directions

- 1 Heat the oil in a large pan or dutch oven over medium-high heat. Cook the kale for about two to four minutes or until wilted and deep green.
- 2 Add the beans, water, salt and pepper. Simmer until most of the liquid is absorbed, about five to eight minutes.
- 3 Scoop onto the slices of toast and season with more salt and pepper if needed. Enjoy!

Notes

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

Serving Size: One serving equals approximately one slice of toast and about 3/4 cup of kale and beans.

More Flavor: Add lemon juice, red pepper flakes, or your choice of spices and dried herbs. Use broth instead of water.

No Bread: Serve it with quinoa, brown rice, or a tortilla instead.



Easy Chicken Fajitas

1 serving
20 minutes

Ingredients

1 1/2 tps Avocado Oil
99 grams Chicken Breast (sliced into strips)
3/4 tsp Chili Powder
1/3 tsp Cumin
1/8 tsp Sea Salt
1/4 Green Bell Pepper (sliced)
1/4 Yellow Bell Pepper (sliced)
1/4 Yellow Onion (sliced)
2 Corn Tortilla

Nutrition

Amount per serving	
Calories	359
Fat	11g
Carbs	36g
Fiber	4g
Sugar	3g
Protein	26g
Cholesterol	72mg
Sodium	401mg
Vitamin A	836IU
Vitamin C	109mg
Calcium	237mg
Iron	3mg

Directions

- 1 Heat oil in a frying pan or skillet over medium-high heat. Add chicken, chili powder, cumin and salt. Stir to combine. Let chicken cook for 8 to 10 minutes or until cooked through. Remove from pan and set aside.
- 2 To the same pan, add peppers and onions. Stir to coat. Cook for 5 minutes or until peppers are tender.
- 3 Divide chicken and peppers between tortillas. Enjoy!

Notes

Optional Toppings: Salsa, guacamole, shredded cheese, sour cream, cilantro and/or hot sauce.

Vegetarian Option: Use sliced mushrooms instead of chicken.

Grain-Free: Use lettuce wraps instead of corn tortillas.

No Chicken Breast: Use boneless, skinless chicken thighs, ground meat or sliced steak instead.

Leftovers: Store chicken and peppers in an airtight container in the fridge for up to three days. Reheat, then serve with tortillas.

Serving Size: One serving is equal to two fajitas.



Clementines & Cheese

3 servings

5 minutes

Ingredients

6 Clementines (peeled, sectioned)
85 grams Cheddar Cheese (cubed)

Nutrition

Amount per serving	
Calories	184
Fat	10g
Carbs	19g
Fiber	3g
Sugar	14g
Protein	8g
Cholesterol	28mg
Sodium	187mg
Vitamin A	352IU
Vitamin C	72mg
Calcium	246mg
Iron	0mg

Directions

- 1 Add the clementines and cheese to a plate and enjoy!

Notes

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

Dairy-Free: Use vegan cheese instead of cheddar cheese.



Socca Flatbread

4 servings
1 hour 10 minutes

Ingredients

- 1 1/3 cups Chickpea Flour
- 1 1/3 cups Water
- 2 tbsps Avocado Oil (divided)
- 1/3 tsp Sea Salt

Nutrition

Amount per serving	
Calories	181
Fat	9g
Carbs	18g
Fiber	3g
Sugar	3g
Protein	7g
Cholesterol	0mg
Sodium	218mg
Vitamin A	13IU
Vitamin C	0mg
Calcium	22mg
Iron	1mg

Directions

- 1 In a mixing bowl whisk the chickpea flour, water, two thirds of the oil and salt together until smooth. Let the batter sit for 1 hour.
- 2 About 10 minutes before the batter is done resting, preheat the oven to 450°F (232°C) and place a 10-inch cast iron pan inside the warming oven.
- 3 Remove the pan from the oven and turn the broiler to high. Add the remaining oil into the pan and swirl to coat. Pour the batter into the pan and place under the broiler for 5 to 7 minutes or until the edges have browned and the top of the flatbread is firm.
- 4 Carefully remove the socca from the pan, slice and serve immediately. Enjoy!

Notes

Leftovers: Store leftover socca in the fridge for up to three days. Reheat in the oven or toaster until just warmed through and crisp.

Serving Size: One serving is approximately two pieces of socca, or about 1/3 of the flatbread when cooked in a 10-inch pan.

More Flavor: Add dried herbs and spices to the batter, like Italian seasoning, dried oregano, garlic powder or onion powder.



Kimchi & Tofu Rice Bowls

1 serving
35 minutes

Ingredients

1/4 cup Brown Rice (uncooked)
121 grams Tofu (extra-firm, pressed and cubed)
2 1/4 tsps Tamari (divided)
2 1/4 tsps Rice Vinegar (divided)
3/4 tsp Arrowroot Powder
1 tbsp Sunflower Seed Butter
1 1/2 tsps Water
1/2 cup Kimchi
1/8 Cucumber (thinly sliced)

Nutrition

Amount per serving	
Calories	401
Fat	17g
Carbs	46g
Fiber	5g
Sugar	5g
Protein	21g
Cholesterol	0mg
Sodium	1136mg
Vitamin A	118IU
Vitamin C	1mg
Calcium	391mg
Iron	6mg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 While the oven preheats, cook the brown rice according to package directions and set aside when finished cooking.
- 3 Add the tofu cubes to a bowl and gently toss with 1/3 of the tamari and 1/3 of the rice vinegar. Then add the arrowroot powder and gently toss until the tofu cubes are well coated. Arrange the coated tofu cubes on the prepared baking sheet. Bake for 28 to 30 minutes, flipping halfway through.
- 4 Meanwhile, pour the remaining tamari, remaining rice vinegar, sunflower seed butter, and water into a mason jar and shake to combine.
- 5 Divide the rice, tofu, kimchi and cucumber into bowls. Drizzle with the sunflower seed butter sauce. Enjoy!

Notes

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

More Flavor: Add sriracha or chili flakes to the dressing.

Additional Toppings: Sunflower seeds, sesame seeds, or cilantro.

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



Creamy Chickpea & Avocado Sandwich

2 servings

10 minutes

Ingredients

- 1 1/8 cups Chickpeas (cooked, rinsed)
- 2/3 Avocado
- 2/3 tsp Lemon Juice
- 2 2/3 tbsps Parsley (finely chopped)
- 2/3 Garlic (small clove, minced)
- Sea Salt & Black Pepper (to taste)
- 4 slices Gluten-Free Bread (toasted)
- 2/3 cup Arugula
- 1/3 Cucumber (large, sliced)

Nutrition

Amount per serving	
Calories	431
Fat	17g
Carbs	59g
Fiber	15g
Sugar	11g
Protein	14g
Cholesterol	0mg
Sodium	272mg
Vitamin A	762IU
Vitamin C	18mg
Calcium	113mg
Iron	4mg

Directions

1

In a large bowl, add the chickpeas and avocado. Mash well until everything is combined. Add the lemon juice, parsley, garlic, sea salt and pepper. Mix well once more.

2

On one slice of the toast, add the arugula and cucumber. Top with the mashed chickpea mixture and the other slice of toast. Slice and enjoy!

Notes

Leftovers: Refrigerate the leftover chickpea-avocado mix in a sealed container for up to two days.

More Flavor: Add fresh herbs or spices to the chickpea mixture, such as dill, cumin or cayenne.



One Pot Taco Pasta

2 servings
40 minutes

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 151 grams Extra Lean Ground Beef
- 1 1/3 stalks Green Onion (finely chopped)
- 2/3 Garlic (cloves, minced)
- 1/3 tsp Cumin (ground)
- 1/3 tsp Chili Powder
- 1/16 tsp Sea Salt
- 1/3 Tomato (large, diced)
- 2 2/3 tbsps Frozen Corn (thawed)
- 2 2/3 tbsps Black Beans (cooked, from the can)
- 1/3 Red Bell Pepper (diced)
- 3/4 cup Chicken Broth
- 1/3 cup Salsa
- 2/3 cup Brown Rice Pasta Shells (dry, uncooked)

Nutrition

Amount per serving	
Calories	369
Fat	12g
Carbs	44g
Fiber	5g
Sugar	4g
Protein	22g
Cholesterol	51mg
Sodium	865mg
Vitamin A	1595IU
Vitamin C	31mg

Directions

- 1 Heat oil in a large skillet with a tight-fitting lid over medium-high heat. Add the beef, and break it up with a wooden spoon or spatula as it cooks. Once it is cooked through and no longer pink, drain any excess drippings.
- 2 Add onions and garlic to the pan with the beef and cook for 3 to 5 minutes or until onions are translucent.
- 3 Add cumin, chili powder, salt, diced tomato, corn, black beans and bell pepper to the pot and stir to incorporate with the meat. Cook the vegetables for 2 to 3 minutes.
- 4 Stir in the broth, salsa and pasta. Bring everything to a boil, then cover and reduce heat to medium-low. Let simmer for 12 to 15 minutes or until pasta is cooked through and tender. Stir every 3 to 4 minutes as it cooks, to ensure the pasta isn't sticking to the bottom of the pan.
- 5 Remove from heat, divide into bowls and serve immediately. Enjoy!

Notes

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

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

No Ground Beef: Use ground chicken or turkey instead.

Vegan & Vegetarian: Swap the ground meat out for cooked lentils.

Optional Toppings: Grated cheese, sour cream, avocado, fresh lime, cilantro or extra salsa.

Likes it Spicy: Stir in a chopped jalapeno and a pinch of cayenne with the other vegetables and spices.

No Brown Rice Pasta Shells: Use any other type of pasta or pasta shell instead like whole wheat penne or chickpea fusilli.

Calcium	44mg
Iron	3mg



Asparagus, Soba & Tempeh

2 servings
15 minutes

Ingredients

100 grams Buckwheat Soba Noodles (dry, uncooked)
3/4 cup Asparagus (trimmed, cut into bite sized pieces)
1 1/2 tbsps Miso Paste
1 tbsp Rice Vinegar
1/2 tsp Ginger (fresh, minced)
1 1/2 tbsps Water
170 grams Tempeh (cut into strips)
1 tsp Sesame Seeds

Nutrition

Amount per serving	
Calories	437
Fat	12g
Carbs	48g
Fiber	3g
Sugar	2g
Protein	26g
Cholesterol	0mg
Sodium	784mg
Vitamin A	380IU
Vitamin C	3mg
Calcium	122mg
Iron	4mg

Directions

- 1 Cook the soba noodles according to the directions on the package. With two minutes remaining, add the asparagus. Drain and rinse with cold water until completely cooled.
- 2 Meanwhile, stir together the miso paste, rice vinegar, ginger, and water in a bowl.
- 3 In a separate bowl, combine the tempeh and half the dressing until well coated. Let sit for five minutes. Heat a non-stick pan over medium heat and add the tempeh. Cook for about eight to 10 minutes, flipping halfway through. Remove and set aside.
- 4 Divide the soba noodles into bowls and top with the tempeh, asparagus, and sesame seeds. Drizzle with your desired amount of leftover dressing. Enjoy!

Notes

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

Additional Toppings: Add sliced green onions or red pepper flakes.



Grilled Vegetable & Lentil Salad

2 servings
20 minutes

Ingredients

- 1 Red Bell Pepper (cored and sliced)
- 1/2 cup Red Onion (coarsely chopped)
- 1 Zucchini (sliced into rounds)
- 1 cup Portobello Mushroom (sliced)
- 1 1/2 tsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 2 tsps Cashews
- 1/2 Lemon (juiced)
- 1 1/2 tsps Tamari
- 1/2 cup Parsley
- 1 tbsp Water
- 1 1/2 tsps Red Wine Vinegar
- 4 cups Mixed Greens
- 1 cup Lentils (cooked, drained and rinsed)
- 1/4 cup Feta Cheese (crumbled)

Nutrition

Amount per serving	
Calories	335
Fat	13g
Carbs	41g
Fiber	14g
Sugar	11g
Protein	19g
Cholesterol	17mg
Sodium	529mg
Vitamin A	3428IU
Vitamin C	130mg
Calcium	210mg

Directions

- 1 Preheat grill to medium-high.
- 2 Add red peppers, onion, zucchini and mushrooms to a large bowl. Toss with extra virgin olive oil then season with sea salt and black pepper to taste. Transfer to a grilling basket and place on the grill. Toss occasionally for 10 to 15 minutes or until veggies are slightly charred.
- 3 Meanwhile, prepare the green cashew dressing by combining cashews, lemon juice, tamari, parsley and water in a blender or food processor. Blend very well until smooth. Set aside.
- 4 Remove veggies from the grill and toss in red wine vinegar.
- 5 Place mixed greens in a large salad bowl. Spread the lentils and grilled veggies over top. Drizzle with desired amount of green cashew dressing and top with crumbled feta. Toss well before serving. Enjoy!

Notes

No Lentils: Use chickpeas or black beans instead.

Vegan: Omit the cheese and top with toasted cashews instead.

Save Time: Chop all vegetables in advance and store in the fridge until ready to grill.

Leftovers: Store in the fridge up to 3 days. Repurpose into grilled veggie wraps with hummus.

Iron

7mg



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.



Hummus Pasta

1 serving
15 minutes

Ingredients

57 grams Chickpea Pasta (dry)
3 tbsps Frozen Edamame
1/4 tsp Extra Virgin Olive Oil
3 tbsps Cherry Tomatoes (halved)
2/3 cup Arugula
3/4 tsp Lemon Juice
2 2/3 tbsps Hummus
1/2 tsp Everything Bagel Seasoning
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	340
Fat	14g
Carbs	42g
Fiber	12g
Sugar	7g
Protein	21g
Cholesterol	0mg
Sodium	341mg
Vitamin A	626IU
Vitamin C	9mg
Calcium	100mg
Iron	7mg

Directions

- 1 Bring a large pot of salted water to a boil and cook the chickpea pasta according to package directions. During the last two minutes, add the frozen edamame and reserve some of the pasta water. Drain and rinse with cold water. Set aside.
- 2 In the same pot over medium heat, add the oil followed by the tomatoes, arugula and lemon juice and heat through. Add the pasta and edamame into the pot and stir in the hummus. Add the pasta water one small splash at a time and stir until your desired consistency is reached. Divide onto plates and top with everything bagel seasoning, salt, and pepper. Enjoy!

Notes

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

Serving Size: One serving is approximately one cup of pasta.

Additional Toppings: Top with chopped parsley and a drizzle of olive oil.