























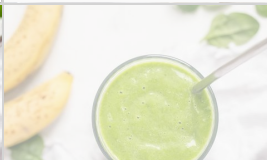
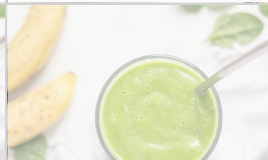








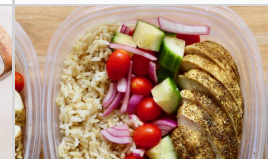
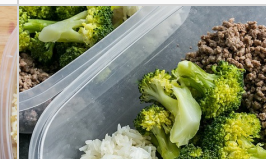
























**EXERCISE**  
*with Style*

21-Day Balanced 1600 Calorie  
Meal Plan PDF week 1

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Banana & Zucchini Protein Baked Oatmeal	 Banana & Zucchini Protein Baked Oatmeal	 Banana & Zucchini Protein Baked Oatmeal	 Mango Mint Smoothie	 Mango Mint Smoothie	 Super Simple French Toast	 Super Simple French Toast
Snack 1	 0.5 Roasted Red Pepper Hummus & Crackers	 0.5 Roasted Red Pepper Hummus & Crackers	 0.5 Roasted Red Pepper Hummus & Crackers	 Waffle, Egg & Fruit Breakfast Box	 Waffle, Egg & Fruit Breakfast Box	 0.5 Waffle, Egg & Fruit Breakfast Box	 0.5 Waffle, Egg & Fruit Breakfast Box
Lunch	 Ground Turkey, Rice & Broccoli	 Coconut Cod Tacos	 Falafel Wrap	 Chili Lime Tempeh Bowls	 Lebanese Stuffed Onions	 Meal Prep Greek Chicken Bowls	 Ground Beef, Broccoli & Rice
Snack 2	 Post Workout Green Smoothie	 0.5 Post Workout Green Smoothie	 Post Workout Green Smoothie	 Peach Cobbler Smoothie	 Peach Cobbler Smoothie	 Peach Cobbler Smoothie	 Peach Cobbler Smoothie
Dinner	 Coconut Cod Tacos	 Falafel Wrap	 Chili Lime Tempeh Bowls	 Lebanese Stuffed Onions	 Meal Prep Greek Chicken Bowls	 Ground Beef, Broccoli & Rice	 Thai Basil Turkey with Bok Choy & Rice

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  32%	Fat  32%	Fat  32%	Fat  34%	Fat  32%	Fat  26%	Fat  28%
Carbs  44%	Carbs  48%	Carbs  49%	Carbs  46%	Carbs  46%	Carbs  50%	Carbs  49%
Protein  24%	Protein  20%	Protein  19%	Protein  20%	Protein  22%	Protein  24%	Protein  23%
Calories 1654	Calories 1638	Calories 1685	Calories 1609	Calories 1605	Calories 1662	Calories 1696
Fat 61g	Fat 59g	Fat 62g	Fat 63g	Fat 57g	Fat 49g	Fat 53g
Carbs 189g	Carbs 202g	Carbs 216g	Carbs 192g	Carbs 188g	Carbs 207g	Carbs 213g
Fiber 32g	Fiber 31g	Fiber 33g	Fiber 30g	Fiber 24g	Fiber 23g	Fiber 23g
Sugar 38g	Sugar 36g	Sugar 43g	Sugar 76g	Sugar 75g	Sugar 64g	Sugar 67g
Protein 100g	Protein 86g	Protein 86g	Protein 81g	Protein 90g	Protein 101g	Protein 99g
Cholesterol 279mg	Cholesterol 199mg	Cholesterol 104mg	Cholesterol 254mg	Cholesterol 336mg	Cholesterol 639mg	Cholesterol 641mg
Sodium 1046mg	Sodium 1505mg	Sodium 1816mg	Sodium 1414mg	Sodium 1897mg	Sodium 2281mg	Sodium 2142mg
Vitamin A 5412IU	Vitamin A 4319IU	Vitamin A 7007IU	Vitamin A 9254IU	Vitamin A 8267IU	Vitamin A 3037IU	Vitamin A 7007IU
Vitamin C 256mg	Vitamin C 181mg	Vitamin C 170mg	Vitamin C 280mg	Vitamin C 217mg	Vitamin C 164mg	Vitamin C 219mg
Calcium 743mg	Calcium 752mg	Calcium 700mg	Calcium 1101mg	Calcium 1018mg	Calcium 528mg	Calcium 619mg
Iron 11mg	Iron 13mg	Iron 17mg	Iron 14mg	Iron 10mg	Iron 11mg	Iron 12mg

**Fruits**

- 2 1/4 Avocado
- 4 1/2 Banana
- 1/2 Lemon
- 1 tbsps Lemon Juice
- 3 Lime
- 4 Peach
- 1 cup Raspberries
- 2 cups Strawberries

**Breakfast**

- 1/3 cup Maple Syrup

**Seeds, Nuts & Spices**

- 1 tsp Chili Powder
- 2 tsps Cinnamon
- 1 tsp Cumin
- 1/2 tsp Garlic Powder
- 1 tbsps Greek Seasoning
- 1 1/2 tsps Lebanese Seven Spice Blend
- 1/4 tsp Paprika
- 1 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1/2 tsp Smoked Paprika

**Frozen**

- 156 grams Frozen Falafel
- 2 cups Frozen Mango
- 90 grams Gluten-Free Waffle

**Vegetables**

- 5 cups Baby Spinach
- 1/4 cup Basil Leaves
- 1 cup Bok Choy
- 3 cups Broccoli
- 1 cup Cherry Tomatoes
- 2 tsps Cilantro
- 1 Cucumber
- 5 2/3 Garlic
- 1/2 Green Bell Pepper
- 1 1/2 stalks Green Onion
- 1/4 cup Mint Leaves
- 1 cup Mixed Greens
- 1 1/2 tsps Parsley
- 1 1/2 Red Bell Pepper
- 1 3/4 cups Red Onion
- 1/2 Thai Chili
- 1 Tomato
- 2 tsps Watermelon Radish
- 1/2 White Onion
- 1/2 Yellow Bell Pepper
- 1/4 Yellow Onion
- 3/4 Zucchini

**Boxed & Canned**

- 1/4 cup Basmati Rice
- 1/2 cup Brown Rice
- 3/4 cup Canned Coconut Milk
- 2/3 cup Chickpeas
- 1 cup Jasmine Rice
- 1/2 cup Quinoa
- 38 grams Seed Crackers
- 2 tsps Vegetable Broth

**Baking**

- 1 1/8 tsps Baking Powder
- 2 tsps Coconut Flour
- 2 cups Oats
- 1/4 cup Pitted Dates
- 3/4 tsp Raw Honey
- 1/4 cup Unsweetened Shredded Coconut

**Bread, Fish, Meat & Cheese**

- 227 grams Chicken Breast
- 1 Cod Fillet
- 4 Corn Tortilla
- 227 grams Extra Lean Ground Beef
- 227 grams Extra Lean Ground Turkey
- 142 grams Lean Ground Beef
- 128 grams Tempeh
- 4 slices Whole Grain Bread
- 2 Whole Wheat Pita

**Condiments & Oils**

- 591 milligrams Avocado Oil Spray
- 1 1/8 tsps Coconut Oil
- 1 1/4 tsps Extra Virgin Olive Oil
- 1 tbsps Red Wine Vinegar
- 1/2 tsp Sesame Oil
- 2 1/4 tsps Tamari
- 1 cup Tomato Sauce

**Cold**

- 2 cups Cottage Cheese
- 8 Egg
- 2 1/2 cups Plain Coconut Milk
- 1/4 cup Tzatziki
- 3 cups Unsweetened Cashew Milk

**Other**

- 38 grams Collagen Powder
- 1 1/8 cups Vanilla Protein Powder
- 4 1/16 cups Water



## Banana & Zucchini Protein Baked Oatmeal

3 servings  
1 hour 10 minutes

### Ingredients

- 3/4 Zucchini (medium, shredded)
- 1 1/2 cups Oats (rolled)
- 3/4 cup Vanilla Protein Powder
- 1 1/2 Egg
- 3/4 cup Canned Coconut Milk
- 1 1/2 tbsps Maple Syrup
- 1 1/8 tsps Baking Powder
- 1/3 tsp Sea Salt
- 3 Banana (medium, ripe, divided)

### Nutrition

Amount per serving	
Calories	521
Fat	17g
Carbs	66g
Fiber	8g
Sugar	23g
Protein	30g
Cholesterol	97mg
Sodium	575mg
Vitamin A	309IU
Vitamin C	19mg
Calcium	276mg
Iron	3mg

### Directions

- 1 Preheat the oven to 350°F (175°C). Line a baking dish with parchment paper and set aside.
- 2 Wrap the shredded zucchini in paper towel or a clean cloth and squeeze until all of the excess liquid comes out.
- 3 Add the oats, protein powder, eggs, milk, maple syrup, baking powder, salt, and half of the bananas to a blender. Blend until a smooth consistency is achieved. Stir in the shredded zucchini and scoop out the batter into the baking dish. Slice the remaining bananas and place the pieces on top of the batter.
- 4 Bake for 60 minutes or until golden-brown. Remove from the oven and allow it to cool for 15 minutes before slicing. Enjoy!

### Notes

**Leftovers:** Refrigerate for up to five days or freeze for up to three months. Freeze in individual portions for an easy grab and go option.

**Serving Size:** One serving is equal to approximately one cup. An 8 x 8-inch dish was used to make four servings.

**Make it Vegan:** Use flax eggs instead of eggs.

**More Flavor:** Add cinnamon or chocolate chips.

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



## Mango Mint Smoothie

2 servings

5 minutes

### Ingredients

2 1/2 cups Plain Coconut Milk  
(unsweetened from the carton)  
2 cups Frozen Mango  
1/2 Avocado  
2 cups Baby Spinach  
1/4 cup Mint Leaves (stems removed)  
1 Lime (juiced)  
38 grams Collagen Powder

### Nutrition

Amount per serving	
Calories	356
Fat	14g
Carbs	41g
Fiber	7g
Sugar	32g
Protein	20g
Cholesterol	0mg
Sodium	112mg
Vitamin A	5443IU
Vitamin C	81mg
Calcium	639mg
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.

**More Flavor:** Add a pitted date before blending.

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



## Super Simple French Toast

2 servings

10 minutes

### Ingredients

- 4 Egg
- 4 slices Whole Grain Bread
- 1/4 cup Maple Syrup
- 1 cup Raspberries

### Nutrition

Amount per serving	
Calories	498
Fat	13g
Carbs	71g
Fiber	10g
Sugar	33g
Protein	24g
Cholesterol	372mg
Sodium	462mg
Vitamin A	560IU
Vitamin C	16mg
Calcium	197mg
Iron	4mg

### Directions

- 1 Whisk the eggs in a shallow bowl. Dip the bread into the mixture, coating both sides evenly.
- 2 Heat a nonstick pan over medium-high heat. Cook the bread slices for about two minutes per side, or until browned and cooked through. Repeat the process until all of the bread is cooked.
- 3 Top with raspberries and maple syrup. Enjoy!

### Notes

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

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

**More Flavor:** Add cinnamon, nutmeg, vanilla extract and/or a splash of any milk to the egg mixture.

**Additional Toppings:** Nuts, shredded coconut, nut or seed butter, or cottage cheese.



## Roasted Red Pepper Hummus & Crackers

2 servings  
40 minutes

### Ingredients

1 Red Bell Pepper (quartered)  
1 2/3 Garlic (cloves, skin left on)  
591 milligrams Avocado Oil Spray  
Sea Salt & Black Pepper (to taste)  
2/3 cup Chickpeas (cooked)  
1 tbsp Lemon Juice  
1/3 tsp Smoked Paprika  
38 grams Seed Crackers

### Nutrition

Amount per serving	
Calories	196
Fat	5g
Carbs	32g
Fiber	9g
Sugar	6g
Protein	8g
Cholesterol	0mg
Sodium	118mg
Vitamin A	2067IU
Vitamin C	80mg
Calcium	79mg
Iron	3mg

### Directions

- 1 Preheat the oven to 400°F (205°C). Place the red bell pepper and garlic on a baking sheet and spray with the avocado oil. Season with salt and pepper to taste. Bake for 30 minutes in the oven.
- 2 Remove the baking sheet from the oven and let it cool for a few minutes. Once cool enough to handle, remove the garlic cloves from their peel. Add them along with the roasted red peppers, cooked chickpeas, lemon juice, and smoked paprika to the bowl of a food processor. Process until smooth and creamy.
- 3 Transfer the hummus to a bowl. Serve with crackers and enjoy!

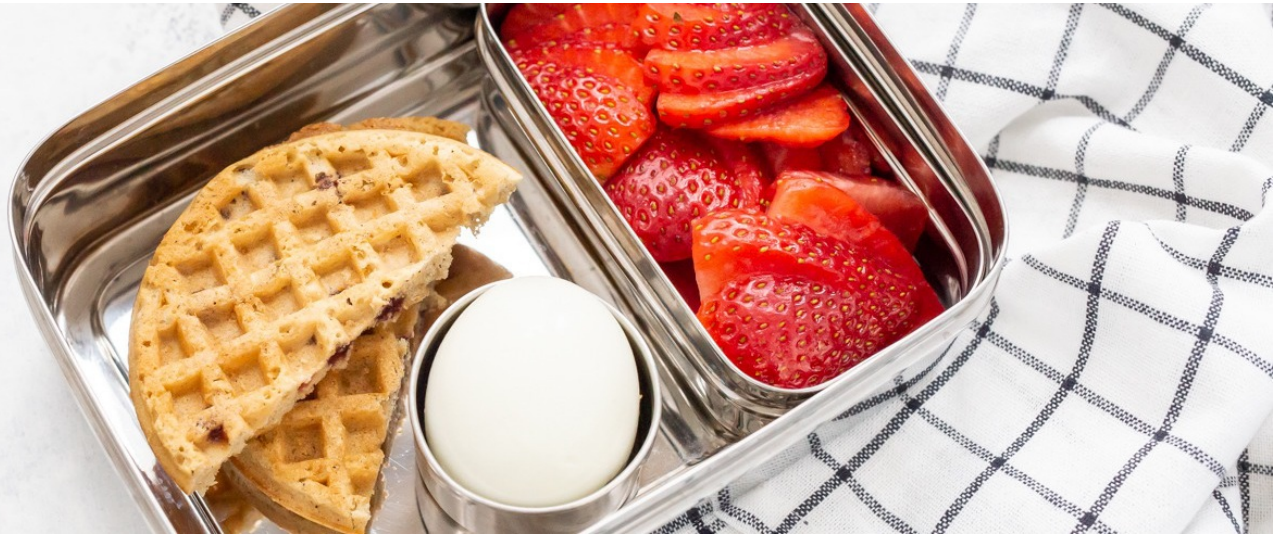
### Notes

**Leftovers:** Refrigerate in an airtight container for up to one week. Serve with crackers when ready. Freeze for up to six months.

**Serving Size:** One serving is equal to approximately 1/4 to 1/3 of a cup of hummus and eight to 10 crackers.

**Avocado Oil Spray:** One gram (or 0.03 ounces) of avocado oil spray is equal to a one-second spray.





## Waffle, Egg & Fruit Breakfast Box

2 servings

15 minutes

### Ingredients

- 2 Egg
- 90 grams Gluten-Free Waffle (toasted, cut in half)
- 2 cups Strawberries (sliced)

### Nutrition

Amount per serving	
Calories	236
Fat	9g
Carbs	31g
Fiber	4g
Sugar	8g
Protein	8g
Cholesterol	186mg
Sodium	300mg
Vitamin A	289IU
Vitamin C	85mg
Calcium	69mg
Iron	2mg

### Directions

- 1 Place the egg in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 2 Strain the water and fill the saucepan with cold water. Peel the egg when it is cool enough to handle.
- 3 Arrange the waffle, hardboiled egg, and strawberries in a container. Enjoy!

### Notes

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

**Additional Toppings:** Sprinkle hemp seeds over the strawberries. Add almond butter or sunflower seed butter to the waffles. Add walnuts or pumpkin seeds.

**Make it Vegan:** Omit the egg and add nuts or granola instead.

**Gluten-Free Waffle:** One gluten-free waffle is roughly 1 2/3-ounces or 45-grams.



## Ground Turkey, Rice & Broccoli

1 serving  
25 minutes

### Ingredients

- 1 cup Broccoli (chopped into florets)
- 3/4 tsp Extra Virgin Olive Oil
- 1/3 tsp Coconut Oil
- 113 grams Extra Lean Ground Turkey
- 1/4 cup Jasmine Rice (dry)

### Nutrition

Amount per serving	
Calories	406
Fat	15g
Carbs	44g
Fiber	3g
Sugar	2g
Protein	27g
Cholesterol	84mg
Sodium	108mg
Vitamin A	650IU
Vitamin C	81mg
Calcium	67mg
Iron	2mg

### Directions

- 1 Preheat oven to 425°F (218°C).
- 2 Toss the broccoli florets in olive oil and spread across a baking sheet. Bake in the oven for 12 to 15 minutes, or until slightly crispy and tender.
- 3 Meanwhile, heat the coconut oil in a large skillet over medium heat. Add ground turkey, breaking it up as it cooks.
- 4 While the turkey is cooking, cook the jasmine rice according to the directions on the package.
- 5 Divide the roasted broccoli, ground turkey and jasmine rice between plates or containers. Add your desired spices and enjoy!

### Notes

**Leftovers:** Refrigerate up to 3 days. Freeze for longer.

**No Ground Turkey:** Use ground chicken, beef, lamb or pork instead.

**Vegan & Vegetarian:** Use roasted chickpeas instead of ground meat.

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



## Post Workout Green Smoothie

3 servings

5 minutes

### Ingredients

1/3 cup Vanilla Protein Powder  
3 cups Water (cold)  
3/4 Avocado  
1 1/2 Banana (frozen)  
3 cups Baby Spinach

### Nutrition

Amount per serving	
Calories	182
Fat	8g
Carbs	20g
Fiber	6g
Sugar	8g
Protein	12g
Cholesterol	2mg
Sodium	51mg
Vitamin A	2924IU
Vitamin C	19mg
Calcium	119mg
Iron	1mg

### Directions

1

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

### Notes

**No Spinach:** Use kale instead.

**No Protein Powder:** Add a few spoonfuls of hemp seeds.



## Peach Cobbler Smoothie

4 servings

5 minutes

### Ingredients

3 cups Unsweetened Cashew Milk  
4 Peach (pitted)  
1/2 cup Oats (quick or rolled)  
2 cups Cottage Cheese  
1/4 cup Pitted Dates  
2 tsps Cinnamon

### Nutrition

Amount per serving	
Calories	256
Fat	8g
Carbs	33g
Fiber	5g
Sugar	21g
Protein	15g
Cholesterol	18mg
Sodium	395mg
Vitamin A	1015IU
Vitamin C	10mg
Calcium	194mg
Iron	1mg

### Directions

1

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

### Notes

**Dairy-Free:** Use coconut yogurt instead of cottage cheese.

**No Cashew Milk:** Use almond, rice, coconut or your choice of alternative milk instead.

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

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

**More Protein:** Add hemp seeds, a scoop of protein powder or spoonful of nut butter.

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



## Coconut Cod Tacos

2 servings  
35 minutes

### Ingredients

- 1/2 Egg
- 1/4 cup Unsweetened Shredded Coconut
- 2 tbsps Coconut Flour
- 1/4 tsp Paprika
- 1/8 tsp Sea Salt
- 1 Cod Fillet (cut into small pieces)
- 4 Corn Tortilla
- 1/2 Yellow Bell Pepper (sliced thinly)
- 2 tbsps Watermelon Radish (thinly sliced)
- 1/2 Lime (juiced)
- 2 tbsps Cilantro (optional, roughly chopped)
- 1/2 Avocado (cubed)

### Nutrition

Amount per serving	
Calories	447
Fat	18g
Carbs	43g
Fiber	10g
Sugar	2g
Protein	27g
Cholesterol	96mg
Sodium	253mg
Vitamin A	495IU
Vitamin C	97mg
Calcium	241mg
Iron	3mg

### Directions

- 1 Preheat the oven to 375°F (191°C). Line a baking sheet with parchment paper.
- 2 Beat the egg in a bowl. Then in a separate bowl, mix together the unsweetened shredded coconut, coconut flour, paprika, and sea salt.
- 3 Dip each piece of cod into the egg mixture and then into the flour mixture, making sure to coat all sides of the fish. Transfer the cod onto the baking sheet. Place in the oven and bake for 5 minutes then flip and cook for an additional 5 minutes or until cooked through.
- 4 Remove the cod from the oven and divide between tortillas. Top with sliced bell pepper, radish, lime juice, cilantro (optional) and avocado. Enjoy!

### Notes

**Leftovers:** Store leftover fish in the fridge separate from the veggies. Reheat the fish in the oven for a few minutes to warm before assembling tacos.

**Serving Size:** One serving is equal to two tacos.

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

**No Tortillas:** Use lettuce as a wrap.

**No Watermelon Radish:** Omit or use regular radish.

**Likes it Spicy:** Add hot sauce or cayenne pepper to the assembled tacos.

**Likes it Saucy:** Drizzle the assembled tacos with mayonnaise or sour cream.



## Falafel Wrap

2 servings  
20 minutes

### Ingredients

156 grams Frozen Falafel  
2 Whole Wheat Pita  
1/4 cup Tzatziki  
1 Tomato (medium, sliced)  
1/2 Cucumber (small, sliced)  
1 cup Mixed Greens

### Nutrition

Amount per serving	
Calories	481
Fat	17g
Carbs	67g
Fiber	5g
Sugar	4g
Protein	19g
Cholesterol	5mg
Sodium	592mg
Vitamin A	1019IU
Vitamin C	15mg
Calcium	136mg
Iron	5mg

### Directions

- 1 Cook the falafel according to the package directions.
- 2 Top the pita with the cooked falafel, tzatziki, tomato, cucumber, and mixed greens. Roll up the pita and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately after assembling. Refrigerate ingredients separately in airtight containers for up to two days.

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

**More Flavor:** Add lemon juice.

**Additional Toppings:** Add roasted vegetables.

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

**Dairy-Free:** Use vegan tzatziki.



## Chili Lime Tempeh Bowls

2 servings  
1 hour 40 minutes

### Ingredients

- 1/4 tsp Smoked Paprika
- 1 tsp Chili Powder (divided)
- 1 tsp Cumin (divided)
- 1/2 tsp Garlic Powder (divided)
- 1/3 tsp Sea Salt (divided)
- 1 1/2 Lime (juiced)
- 2 tbsps Vegetable Broth
- 1/2 tsp Maple Syrup
- 128 grams Tempeh (cut into thin pieces)
- 1/2 Red Bell Pepper (thinly sliced)
- 1/2 Green Bell Pepper (thinly sliced)
- 1/4 Yellow Onion (thinly sliced)
- 1 1/2 tps Water
- 1/2 cup Quinoa
- 1/2 Avocado (sliced)

### Nutrition

Amount per serving	
Calories	403
Fat	17g
Carbs	47g
Fiber	9g
Sugar	5g
Protein	21g
Cholesterol	0mg
Sodium	539mg
Vitamin A	1721IU
Vitamin C	77mg
Calcium	129mg

### Directions

- 1 In a shallow bowl or zipper-lock bag combine the paprika, half of the chili powder, half of the cumin, half of the garlic powder, and two-thirds of the salt. Stir in the lime juice, vegetable broth and maple syrup and mix well. Add in the tempeh and gently toss to coat the tempeh in the marinade. Let the tempeh marinate for at least one hour or up to 8 hours. If marinating for longer than 1 hour keep the tempeh in the fridge.
- 2 When the tempeh has finished marinating, preheat your oven to 375°F (190°C) and line a large baking sheet with parchment paper.
- 3 Add the peppers and onion to a large mixing bowl. Add the remaining chili powder, cumin, garlic, salt and water and toss to coat the vegetables. Transfer the seasoned vegetables to the prepared baking sheet and arrange on one-third of the pan.
- 4 Gently toss to coat the tempeh in the marinade again then arrange the tempeh evenly on the remaining two-thirds of the baking sheet. Ensure the pieces are not overlapping or touching. Discard any remaining marinade. Bake for 28 to 30 minutes, flipping halfway through, or until the vegetables are tender.
- 5 Meanwhile, cook the quinoa according to the package directions.
- 6 Divide the quinoa, tempeh and vegetables between bowls and serve with the sliced avocado. Enjoy!

### Notes

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

**More Flavor:** Add cayenne pepper for a spicy tempeh. Use oil to roast the vegetables.

**Additional Toppings:** Cilantro, salsa, yogurt, diced tomatoes or sliced green onions.

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Iron

6mg





## Lebanese Stuffed Onions

2 servings  
1 hour 20 minutes

### Ingredients

- 1 1/2 cups Red Onion (whole, large)
- 1/4 cup Basmati Rice (soaked for at least 30-minutes)
- 142 grams Lean Ground Beef
- 1/2 White Onion (small, diced)
- 3 Garlic (clove, minced)
- 1 1/2 tbsps Parsley (chopped, plus extra for garnish)
- 1 1/2 tsps Lebanese Seven Spice Blend
- Sea Salt & Black Pepper (to taste)
- 1 cup Tomato Sauce
- 1/2 Lemon (juiced)

### Nutrition

Amount per serving	
Calories	358
Fat	15g
Carbs	40g
Fiber	5g
Sugar	10g
Protein	17g
Cholesterol	50mg
Sodium	68mg
Vitamin A	786IU
Vitamin C	27mg
Calcium	70mg
Iron	3mg

### Directions

- 1 Fill a pot with water, enough to cover the whole onion, and bring to a boil. Cut off the top and bottom of the onion and cut down one side of the onion, into the center from top to bottom. Be sure to cut through all of the layers into the middle. Add the onion to the pot and let cook for about 10 minutes or until the layers soften and separate easily.
- 2 Meanwhile, drain the rice completely. In a bowl, add the rice, ground meat, white onion, garlic, parsley, and Lebanese seven spice. Mix well and season with salt and pepper.
- 3 Remove the onion from the boiling water. Let cool and separate out the layers. Place about 1 1/2 tablespoons of the filling inside each onion layer.
- 4 Add the tomato sauce to a pan with a lid. Place the stuffed onions on top. Cover and let simmer for 25 to 30 minutes on low heat or until everything is cooked through.
- 5 Squeeze the lemon juice on top. Garnish with parsley and enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately four stuffed onions.

**No Lebanese Seven Spice:** Use a mixture of cinnamon, coriander, and cumin.



## Meal Prep Greek Chicken Bowls

2 servings

50 minutes

### Ingredients

- 1 cup Water
- 1/2 cup Brown Rice (dry)
- 227 grams Chicken Breast (skinless, boneless)
- 1 tbsp Greek Seasoning
- 1/2 Cucumber (medium, diced)
- 1/4 cup Red Onion (medium, diced)
- 1 cup Cherry Tomatoes
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Red Wine Vinegar
- Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	399
Fat	11g
Carbs	43g
Fiber	3g
Sugar	4g
Protein	30g
Cholesterol	82mg
Sodium	1022mg
Vitamin A	734IU
Vitamin C	14mg
Calcium	46mg
Iron	2mg

### Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 While the oven is heating, bring the water to a boil in a small saucepan. Add the brown rice, reduce to a simmer, cover and let cook for 30 minutes.
- 3 Once the rice is on, lay the chicken breast on the baking sheet and sprinkle with Greek seasoning. Place in the oven for about 30 minutes, or until cooked through.
- 4 While the chicken and rice are cooking, dice your cucumber and red onion. Add them to a large bowl along with the cherry tomatoes, olive oil, red wine vinegar, salt and pepper. Mix well.
- 5 Divide the rice between containers along with the chicken and veggies. Enjoy!

### Notes

**Storage:** Keeps well in the fridge for 3 days.

**More Flavour:** Add feta cheese or Tzatziki sauce if desired.

**Homemade Greek Seasoning:** Mix together 1/4 cup dried oregano, 3 tablespoons dried thyme, 2 tablespoons fine sea salt, 1.5 tablespoons dried basil, 1.5 tablespoons dried onion flakes and 2 teaspoons dried minced garlic.



## Ground Beef, Broccoli & Rice

2 servings  
30 minutes

### Ingredients

- 1/2 cup Jasmine Rice (dry, rinsed)
- 2 cups Broccoli (chopped into florets)
- 227 grams Extra Lean Ground Beef
- 1/8 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	391
Fat	12g
Carbs	44g
Fiber	3g
Sugar	2g
Protein	28g
Cholesterol	74mg
Sodium	252mg
Vitamin A	583IU
Vitamin C	81mg
Calcium	56mg
Iron	3mg

### Directions

- 1 Cook the jasmine rice according to the directions on the package.
- 2 Meanwhile, add the broccoli to a large pan with enough water to cover halfway. Bring to a simmer and cook for 6 to 8 minutes, or until just tender. Transfer the broccoli to a plate and drain any excess liquid from the pan.
- 3 Add the beef to the same pan and cook over medium heat, breaking it up as it browns. Season with salt to your preference and drain any excess liquid.
- 4 Divide the rice, broccoli, and ground beef onto plates or into containers. Enjoy!

### Notes

- No Jasmine Rice:** Use quinoa, brown rice, couscous, barley or cauliflower rice instead.
- Leftovers:** Refrigerate in an airtight container up to 3 days.
- Serving Size:** One serving is equal to approximately 1 cup of cooked rice, 1 cup of broccoli and 1/2 cup of ground beef.



## Thai Basil Turkey with Bok Choy & Rice

1 serving  
25 minutes

### Ingredients

- 1/4 cup Jasmine Rice (dry)
- 3/4 tsp Coconut Oil
- 1/2 Thai Chili (stems removed and finely sliced)
- 1 1/2 stalks Green Onion (finely diced)
- 1 Garlic (cloves, minced)
- 113 grams Extra Lean Ground Turkey
- 3/4 tsp Raw Honey
- 2 1/4 tsps Tamari
- 1/4 cup Basil Leaves (fresh, chopped)
- 1/2 tsp Sesame Oil
- 1 cup Bok Choy (sliced in half lengthwise)

### Nutrition

Amount per serving	
Calories	433
Fat	15g
Carbs	49g
Fiber	3g
Sugar	7g
Protein	28g
Cholesterol	84mg
Sodium	883mg
Vitamin A	4704IU
Vitamin C	69mg
Calcium	137mg
Iron	3mg

### Directions

- 1 Cook the rice according to the instructions on the package and set aside.
- 2 While the rice cooks, place a wok over high heat. Add the coconut oil, chilies, green onion and garlic. Saute for 1 to 2 minutes, or until onions are softened. Add the ground turkey and saute for about 5 minutes, breaking it up into small pieces as it cooks. Add the honey and tamari and saute for another minute, or until turkey is completely cooked through. Add the basil. Saute until wilted and turn off the heat. Cover with a lid to keep warm.
- 3 Heat the sesame oil in a frying pan over medium heat. Add the sliced bok choy, face down. Cover and let fry for about 5 minutes, or until slightly charred. Turn off the heat.
- 4 Divide rice between plates and top with the basil turkey mix. Add the bok choy on the side. Enjoy!

### Notes

**No Rice:** Use quinoa or roasted potatoes instead.

**Storage:** Store in an airtight container in the fridge up to 3 days.

**Low Carb:** Use cauliflower rice instead of jasmine rice.

**Make it Faster:** Use green peas instead of bok choy.

**No Thai Chili:** If you do not like it spicy, simply omit. If you cannot find thai chiles, add a pinch of cayenne pepper instead.

**Reheating Leftovers:** Saute in a skillet until warmed through.

**Vegan & Vegetarian:** Replace the ground turkey with roasted chickpeas or warm lentils.