

















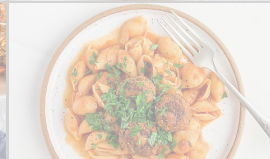





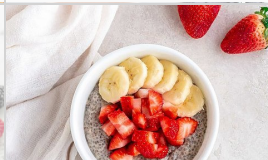
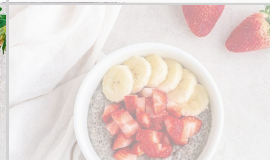
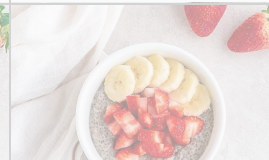
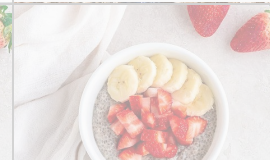
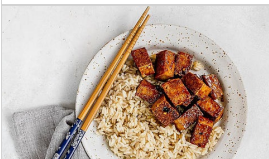































EXERCISE
with Style

21-Day Fix 1700 Calorie Meal
Plan PDF (week 3)

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Squash & Pomegranate Breakfast Bowl	 Squash & Pomegranate Breakfast Bowl	 Squash & Pomegranate Breakfast Bowl	 Vanilla Cauliflower Shake	 Vanilla Cauliflower Shake	 Quinoa Green Smoothie Bowl	 Quinoa Green Smoothie Bowl
Snack 1	 0.5 Golden Smoothie	 Golden Smoothie	 0.5 Golden Smoothie	 Kefir & Granola Bowl	 Kefir & Granola Bowl	 Kefir & Granola Bowl	 Kefir & Granola Bowl
Lunch	 Balsamic Roasted Tempeh Bowls	 Teriyaki Tofu Bowl	 Pesto Shrimp Pasta	 One Pot Beef, Rice & Peppers	 Lentil Meatballs & Pasta	 Red Lentil Dahl	 Ground Turkey, Green Beans & Rice
Snack 2	 Yogurt Overnight Oats	 Yogurt Overnight Oats	 Yogurt Overnight Oats	 Strawberry Banana Chia Pudding	 Strawberry Banana Chia Pudding	 Strawberry Banana Chia Pudding	 Strawberry Banana Chia Pudding
Dinner	 Teriyaki Tofu Bowl	 Pesto Shrimp Pasta	 One Pot Beef, Rice & Peppers	 Lentil Meatballs & Pasta	 Red Lentil Dahl	 Ground Turkey, Green Beans & Rice	 Dominican-Style Pork Chops & Rice

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  31%	Fat  28%	Fat  25%	Fat  29%	Fat  30%	Fat  30%	Fat  32%
Carbs  48%	Carbs  51%	Carbs  51%	Carbs  48%	Carbs  48%	Carbs  49%	Carbs  46%
Protein  21%	Protein  21%	Protein  24%	Protein  23%	Protein  22%	Protein  21%	Protein  22%
Calories 1653	Calories 1727	Calories 1722	Calories 1841	Calories 1751	Calories 1712	Calories 1712
Fat 58g	Fat 56g	Fat 49g	Fat 61g	Fat 61g	Fat 60g	Fat 63g
Carbs 206g	Carbs 224g	Carbs 219g	Carbs 228g	Carbs 220g	Carbs 215g	Carbs 203g
Fiber 26g	Fiber 25g	Fiber 23g	Fiber 51g	Fiber 60g	Fiber 45g	Fiber 35g
Sugar 69g	Sugar 76g	Sugar 63g	Sugar 61g	Sugar 60g	Sugar 43g	Sugar 42g
Protein 89g	Protein 92g	Protein 104g	Protein 113g	Protein 104g	Protein 91g	Protein 97g
Cholesterol 23mg	Cholesterol 206mg	Cholesterol 282mg	Cholesterol 87mg	Cholesterol 11mg	Cholesterol 93mg	Cholesterol 170mg
Sodium 1540mg	Sodium 1916mg	Sodium 1726mg	Sodium 2063mg	Sodium 1677mg	Sodium 1132mg	Sodium 1126mg
Vitamin A 26255IU	Vitamin A 16350IU	Vitamin A 18258IU	Vitamin A 4265IU	Vitamin A 2718IU	Vitamin A 2933IU	Vitamin A 3573IU
Vitamin C 136mg	Vitamin C 162mg	Vitamin C 161mg	Vitamin C 163mg	Vitamin C 120mg	Vitamin C 83mg	Vitamin C 204mg
Calcium 1069mg	Calcium 1057mg	Calcium 756mg	Calcium 1612mg	Calcium 1619mg	Calcium 982mg	Calcium 979mg
Iron 15mg	Iron 13mg	Iron 12mg	Iron 21mg	Iron 24mg	Iron 15mg	Iron 11mg

Fruits

- 1 Avocado
- 6 Banana
- 3/4 cup Blackberries
- 1 cup Blueberries
- 1 Lime
- 1 1/4 tbsps Lime Juice
- 1 1/2 cups Pomegranate Seeds
- 3/4 cup Raspberries
- 1 cup Strawberries

Breakfast

- 2 tbsps Almond Butter
- 1 cup Granola
- 1/4 cup Maple Syrup

Seeds, Nuts & Spices

- 3 1/4 tbsps Almonds
- 2/3 cup Chia Seeds
- 1/2 tsp Chili Powder
- 1 1/2 tps Cinnamon
- 3/4 tsp Cumin
- 2 1/4 tps Curry Powder
- 1 1/4 tps Ground Flax Seed
- 3/4 tsp Ground Ginger
- 1/2 tsp Italian Seasoning
- 1/8 tsp Oregano
- 1/8 tsp Red Pepper Flakes
- 1 1/2 tps Sea Salt
- 0 Sea Salt & Black Pepper
- 3/4 tsp Smoked Paprika
- 1 1/2 tpsps Turmeric

Frozen

- 2 cups Frozen Cauliflower
- 2 cups Frozen Green Beans
- 4 cups Frozen Pineapple

Vegetables

- 3 cups Butternut Squash
- 1 1/16 Carrot
- 1/4 cup Cilantro
- 4 1/16 Garlic
- 2 1/2 tbsps Ginger
- 2 cups Kale Leaves
- 2/3 cup Mushrooms
- 3 1/4 tbsps Parsley
- 3/4 Red Bell Pepper
- 2/3 cup Red Onion
- 2 1/8 tbsps Shallot
- 1/4 Yellow Bell Pepper
- 1/2 Yellow Onion
- 2 1/2 Zucchini

Boxed & Canned

- 3/4 cup Basmati Rice
- 2/3 cup Brown Rice
- 113 grams Brown Rice Fettuccine
- 1 1/4 cups Canned Coconut Milk
- 1 cup Chicken Broth
- 113 grams Chickpea Pasta
- 1 cup Diced Tomatoes
- 3 1/4 tbsps Dry Green Lentils
- 3/4 cup Dry Red Lentils
- 3/4 cup Jasmine Rice
- 4 cups Lite Coconut Milk
- 3/4 cup Quinoa
- 1 2/3 cups Vegetable Broth

Baking

- 1 1/2 tps Arrowroot Powder
- 2 1/4 tps Coconut Sugar
- 14 grams Gelatin
- 1 2/3 tpsps Nutritional Yeast
- 3/4 cup Oats
- 1 1/2 tpsps Vanilla Extract

Bread, Fish, Meat & Cheese

- 227 grams Extra Lean Ground Beef
- 227 grams Extra Lean Ground Turkey
- 112 grams Pork Chop
- 227 grams Shrimp
- 84 grams Tempeh
- 227 grams Tofu

Condiments & Oils

- 1 1/2 tpsps Avocado Oil
- 2 1/16 tpsps Balsamic Vinegar
- 3/4 tsp Coconut Oil
- 3 tpsps Extra Virgin Olive Oil
- 1 tbsp Green Olives
- 2 2/3 tpsps Pesto
- 1 tbsp Rice Vinegar
- 2 1/2 tpsps Tamari
- 3/4 cup Tomato Sauce

Cold

- 3/4 cup Cow's Milk, Whole
- 2 cups Plain Coconut Milk
- 1 1/2 cups Plain Greek Yogurt
- 2 cups Plain Kefir
- 2 cups Unsweetened Almond Milk
- 1/3 cup Unsweetened Coconut Yogurt

Other

- 64 grams Collagen Powder
- 1 1/4 cups Vanilla Protein Powder
- 2 3/4 cups Water



Squash & Pomegranate Breakfast Bowl

3 servings
45 minutes

Ingredients

3 cups Butternut Squash (peeled, seeded, & chopped)
3 tbsps Maple Syrup
3/4 cup Canned Coconut Milk (full fat)
14 grams Gelatin
64 grams Collagen Powder
1 1/2 tsps Cinnamon
3/4 tsp Ground Ginger
3/4 tsp Turmeric
1/3 cup Unsweetened Coconut Yogurt
1 1/2 cups Pomegranate Seeds

Nutrition

Amount per serving	
Calories	394
Fat	12g
Carbs	48g
Fiber	7g
Sugar	26g
Protein	26g
Cholesterol	0mg
Sodium	71mg
Vitamin A	14886IU
Vitamin C	37mg
Calcium	189mg
Iron	2mg

Directions

- 1 Steam the butternut squash in a steaming basket on the stove for 10 minutes.
- 2 Add the steamed squash, maple syrup, coconut milk, gelatin, collagen, cinnamon, ginger, and turmeric to a food processor and blend until a smooth consistency is achieved. Transfer to a bowl and allow it to set in the fridge for 30 minutes.
- 3 Divide the squash purée evenly between bowls. Top with coconut yogurt and pomegranate seeds. Enjoy!

Notes

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

Make it Vegan: Use agar agar in place of the gelatin and vegan protein powder in place of the collagen.



Vanilla Cauliflower Shake

2 servings

5 minutes

Ingredients

2 cups Unsweetened Almond Milk
2 cups Frozen Cauliflower
2 Banana (frozen)
1/2 cup Vanilla Protein Powder
2 tbsps Almond Butter
3 tbsps Chia Seeds

Nutrition

Amount per serving	
Calories	434
Fat	18g
Carbs	47g
Fiber	17g
Sugar	17g
Protein	30g
Cholesterol	4mg
Sodium	236mg
Vitamin A	593IU
Vitamin C	67mg
Calcium	771mg
Iron	4mg

Directions

1

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

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is about 1 1/2 cups.

More Flavor: Add cinnamon.



Quinoa Green Smoothie Bowl

2 servings
25 minutes

Ingredients

- 1/2 cup Quinoa (dry)
- 2 cups Water
- 2 cups Kale Leaves (destemmed and chopped)
- 1 Banana (sliced)
- 1 Lime (juiced)
- 1 Avocado (medium)
- 1/4 cup Vanilla Protein Powder

Nutrition

Amount per serving	
Calories	425
Fat	18g
Carbs	53g
Fiber	13g
Sugar	8g
Protein	19g
Cholesterol	2mg
Sodium	45mg
Vitamin A	1212IU
Vitamin C	41mg
Calcium	172mg
Iron	3mg

Directions

- 1 Cook the quinoa according to the package instructions. Let cool.
- 2 While the quinoa is cooling, add the remaining ingredients to a blender and blend until smooth.
- 3 Add the quinoa to a bowl and pour the smoothie over top. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one day.

Additional Toppings: Shredded coconut, kiwi, hemp seeds, and/or chia seeds.

Make Ahead: Cook the quinoa ahead of time to save prep time when making the smoothie bowl.



Golden Smoothie

2 servings

5 minutes

Ingredients

2 cups Lite Coconut Milk
2 cups Frozen Pineapple
1 Banana (frozen)
1 Zucchini (chopped and peeled, frozen)
1 tbsp Ginger (fresh, minced)
2 tsps Turmeric

Nutrition

Amount per serving	
Calories	314
Fat	16g
Carbs	44g
Fiber	6g
Sugar	29g
Protein	3g
Cholesterol	0mg
Sodium	72mg
Vitamin A	329IU
Vitamin C	102mg
Calcium	46mg
Iron	3mg

Directions

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

Notes

No Zucchini: Omit or replace with frozen cauliflower or diced avocado.
No Fresh Ginger: Use powdered ginger instead, reduce to 1/2 tsp per serving.



Kefir & Granola Bowl

4 servings
5 minutes

Ingredients

- 2 cups Plain Kefir
- 1 cup Granola
- 1 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

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Balsamic Roasted Tempeh Bowls

1 serving

1 hour

Ingredients

- 2 tsps Extra Virgin Olive Oil
- 2 tsps Balsamic Vinegar
- 1/2 Garlic (cloves, minced)
- Sea Salt & Black Pepper (to taste)
- 1/2 tsp Italian Seasoning
- 83 grams Tempeh
- 2 2/3 tbsps Red Onion (medium, sliced)
- 1 Carrot (medium, peeled and chopped)
- 2/3 cup Mushrooms (quartered)
- 1/2 Zucchini (sliced)
- 1/4 cup Quinoa (dry)
- 1/3 cup Water

Nutrition

Amount per serving	
Calories	474
Fat	21g
Carbs	49g
Fiber	7g
Sugar	9g
Protein	27g
Cholesterol	0mg
Sodium	69mg
Vitamin A	10393IU
Vitamin C	25mg
Calcium	172mg
Iron	5mg

Directions

- 1 Preheat oven to 350°F (177°C).
- 2 Combine the olive oil, balsamic vinegar, garlic, sea salt, black pepper and Italian seasoning in a bowl and mix well. Place the tempeh, red onion, carrot, mushrooms and zucchini together in a large bowl and toss with the balsamic dressing to coat.
- 3 Transfer the veggies and tempeh to a large baking sheet and roast in the oven for 45 minutes, stirring halfway.
- 4 While the veggies and tempeh roast, make the quinoa. Bring the water to a boil in a small saucepan, add the quinoa, cover and simmer for 15 minutes. Remove from heat and fluff with a fork.
- 5 To serve, divide the quinoa between bowls and top with roasted veggies and tempeh. Garnish with additional balsamic vinegar if you'd like, and enjoy!

Notes

Leftovers: Keeps well in the fridge up to 4 days.



Yogurt Overnight Oats

3 servings**8 hours**

Ingredients

- 1 1/2 cups Plain Greek Yogurt
- 3/4 cup Cow's Milk, Whole
- 1 tbsp Maple Syrup
- 1 1/2 tsp Vanilla Extract
- 3/4 cup Oats
- 3/4 cup Blackberries
- 3/4 cup Raspberries

Nutrition

Amount per serving	
Calories	259
Fat	6g
Carbs	35g
Fiber	6g
Sugar	14g
Protein	16g
Cholesterol	23mg
Sodium	99mg
Vitamin A	811IU
Vitamin C	23mg
Calcium	354mg
Iron	2mg

Directions

- 1 In a bowl, combine the yogurt, milk, maple syrup, and vanilla extract. Stir in the oats.
- 2 Divide evenly between jars and top with blackberries and raspberries. Refrigerate overnight or for at least eight hours. Enjoy!

Notes

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

Serving Size: One serving is approximately one cup.

Make it Vegan: Use plant-based yogurt and milk of choice.

Additional Toppings: Top with cinnamon, coconut flakes, nut butter, nuts and seeds.



Strawberry Banana Chia Pudding

4 servings

3 hours

Ingredients

- 2 cups Plain Coconut Milk (unsweetened, from the carton)
- 1/2 cup Vanilla Protein Powder
- 1/2 cup Chia Seeds
- 1 cup Strawberries (chopped)
- 1 Banana (sliced)

Nutrition

Amount per serving	
Calories	233
Fat	10g
Carbs	24g
Fiber	10g
Sugar	9g
Protein	14g
Cholesterol	2mg
Sodium	41mg
Vitamin A	273IU
Vitamin C	24mg
Calcium	443mg
Iron	2mg

Directions

- 1 Combine the milk, protein powder, and chia seeds in a bowl or container. Refrigerate for at least three hours or until chia seeds have set and pudding has chilled.
- 2 To serve, stir well and top with strawberries and banana. Top with extra milk if needed and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Cut fruit just before serving.

More Flavor: Add cinnamon or liquid sweetener of choice.

Additional Toppings: Add other fresh berries or chopped fruit.

More Protein: Top with a dollop of greek yogurt.

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.



Teriyaki Tofu Bowl

2 servings
40 minutes

Ingredients

2/3 cup Brown Rice
227 grams Tofu (extra-firm, pressed, and cubed)
1 1/2 tsps Avocado Oil
2 1/2 tsps Tamari (divided)
1 1/2 tsps Arrowroot Powder
1 tbsp Rice Vinegar
2 1/4 tsps Coconut Sugar
1/4 tsp Ginger (minced)
2 tsps Water

Nutrition

Amount per serving	
Calories	369
Fat	11g
Carbs	52g
Fiber	3g
Sugar	5g
Protein	18g
Cholesterol	0mg
Sodium	1265mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	331mg
Iron	4mg

Directions

- 1 Cook the rice according to package directions.
- 2 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 3 Add the tofu cubes to a bowl and gently toss with the oil and 1/4 of the tamari. 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, in a small bowl, add the remaining tamari, rice vinegar, coconut sugar, ginger, and water and whisk well. Pour into a medium-sized pot and bring to a boil over medium heat. Reduce the heat and simmer for about 15 minutes, until thickened, whisking occasionally.
- 5 Once the sauce has thickened, add the tofu to the saucepan and toss to combine. Divide the rice into bowls and top with tofu. Serve and enjoy!

Notes

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

Serving Size: One serving is about 3/4 cup rice and about 1/2 to 3/4 cup tofu.

Coconut Sugar: Use another type of sugar, such as honey, maple syrup or brown sugar.

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

Additional Toppings: Top with sesame seeds and/or green onions.



Pesto Shrimp Pasta

2 servings
20 minutes

Ingredients

113 grams Brown Rice Fettuccine
227 grams Shrimp (peeled, deveined)
1/8 tsp Sea Salt
2 2/3 tbsps Pesto

Nutrition

Amount per serving	
Calories	391
Fat	11g
Carbs	45g
Fiber	3g
Sugar	2g
Protein	29g
Cholesterol	183mg
Sodium	409mg
Vitamin A	324IU
Vitamin C	0mg
Calcium	137mg
Iron	2mg

Directions

- 1 Cook the pasta according to the directions on the package. Set aside at least 1/4 cup of pasta water. Strain the pasta and run cold water over it to prevent over-cooking. Add the pasta back to the pot.
- 2 Meanwhile, heat a few tablespoons of the pasta water in a skillet over medium heat. Add the shrimp and cook for 1 to 3 minutes per side, or until no longer translucent. Add more pasta water if needed. Season with salt.
- 3 Add the shrimp and pesto to the pasta and gently combine until well coated. Divide onto plates and enjoy!

Notes

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

Serving Size: One serving equals approximately two cups.

More Flavor: Cook the shrimp with butter or oil instead of pasta water.

Additional Toppings: Red pepper flakes, fresh herbs, lemon juice.



One Pot Beef, Rice & Peppers

2 servings
40 minutes

Ingredients

227 grams Extra Lean Ground Beef
1/4 Yellow Onion (chopped)
1/2 Red Bell Pepper (chopped)
3/4 tsp Smoked Paprika
1/2 tsp Chili Powder
1 Garlic (cloves, minced)
1/2 tsp Sea Salt
1 cup Diced Tomatoes
3/4 cup Basmati Rice
1 cup Chicken Broth

Nutrition

Amount per serving	
Calories	521
Fat	12g
Carbs	69g
Fiber	4g
Sugar	6g
Protein	31g
Cholesterol	76mg
Sodium	1111mg
Vitamin A	2072IU
Vitamin C	50mg
Calcium	53mg
Iron	4mg

Directions

- 1 Heat a large dutch oven over medium heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through, transfer the meat to a bowl and set aside. Drain any excess drippings from the pan.
- 2 Add the onion and pepper to the dutch oven and cook over medium heat for about three minutes or until softened, stirring often. Add the smoked paprika, chili powder, garlic, and salt. Cook for one minute while mixing well.
- 3 Add the beef back to the dutch oven along with the diced tomatoes and their juices. Add the rice and broth. Stir well and place the lid on to partially cover. Turn up the heat and bring to a boil, then reduce to a simmer, leaving the lid on partially. Simmer for 25 to 28 minutes, until the rice is cooked through and most of the liquid is absorbed.
- 4 Divide into bowls and enjoy!

Notes

Leftovers: Store in an airtight container in the fridge for up to 3 days, or freeze for longer.

Serving Size: One serving is equal to approximately 1 1/3 cups.

Additional Toppings: Top with shredded cheddar cheese, cilantro or green onion.

More Spice: Add chili flakes or other spicy pepper.

No Chicken Broth: Use water, beef broth or vegetable broth.



Lentil Meatballs & Pasta

2 servings
35 minutes

Ingredients

3 1/4 tbsps Dry Green Lentils
1/3 cup Vegetable Broth
1/4 tsp Extra Virgin Olive Oil
2 1/8 tbsps Shallot (chopped)
1 1/4 tbsps Ground Flax Seed
1 1/4 tbsps Water
1 2/3 tbsps Nutritional Yeast
3 1/4 tbsps Almonds (chopped)
1/3 tsp Sea Salt
3 1/4 tbsps Parsley (divided, chopped)
113 grams Chickpea Pasta (shells)
3/4 cup Tomato Sauce

Nutrition

Amount per serving	
Calories	413
Fat	12g
Carbs	58g
Fiber	16g
Sugar	11g
Protein	28g
Cholesterol	0mg
Sodium	581mg
Vitamin A	1052IU
Vitamin C	17mg
Calcium	119mg
Iron	10mg

Directions

- 1 Add the lentils and broth to a medium-sized saucepan or pot. Bring to a boil. Lower the heat to a simmer and cook for 15 to 20 minutes or until softened and cooked through. Drain any excess liquid and set aside.
- 2 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Heat a small skillet over medium heat and add the oil. Once hot, add the shallot and cook for four to five minutes or until softened. Remove from heat and set aside.
- 3 In a small bowl, add the ground flax seeds and water and let sit for a few minutes until thickened slightly.
- 4 In a food processor, add the lentils, shallot, flax seed mixture, nutritional yeast, almonds, salt, and half of the parsley. Pulse until combined and the dough starts to hold together.
- 5 Using slightly damp hands, roll the dough into golf-ball sized balls. Place on the baking sheet. Bake for 25 minutes, flipping halfway through.
- 6 While the lentil meatballs are in the oven, cook the pasta according to package directions. Drain and add the pasta back to the pot. Add the tomato sauce and mix. Divide evenly between plates and top with the lentil meatballs and remaining parsley. Enjoy!

Notes

Leftovers: For best results, store the meatballs and pasta separately. Refrigerate the meatballs for up to three days or freeze for up to two months. Refrigerate the pasta for up to three days.

Serving Size: One serving is approximately three lentil meatballs balls with roughly one cup of pasta.

More Flavor: Add minced garlic to the shallot mixture. Add tomato paste and/or tamari for more flavor. Top the pasta with red pepper flakes.



Red Lentil Dahl

2 servings
40 minutes

Ingredients

- 1/2 cup Red Onion (finely chopped)
- 2 tbsps Water
- 1 1/2 Garlic (clove, minced)
- 1 1/2 tsps Ginger (fresh, minced or grated)
- 2 1/4 tsps Curry Powder
- 3/4 tsp Cumin
- 1/4 tsp Sea Salt
- 1/8 tsp Red Pepper Flakes
- 3/4 cup Dry Red Lentils (rinsed)
- 1 1/4 cups Vegetable Broth
- 1/2 cup Canned Coconut Milk
- 1/4 cup Cilantro
- 2 1/4 tsps Lime Juice

Nutrition

Amount per serving	
Calories	431
Fat	12g
Carbs	61g
Fiber	13g
Sugar	5g
Protein	22g
Cholesterol	0mg
Sodium	725mg
Vitamin A	525IU
Vitamin C	7mg
Calcium	60mg
Iron	7mg

Directions

- 1 Heat a large pot over medium heat. Add the onion, water, garlic and ginger to the pot and cook until the onion softens and the water evaporates, about 5 to 7 minutes. Stir in the curry powder, cumin, salt and red pepper flakes and cook for another minute until very fragrant. Stir in the lentils.
- 2 Add the vegetable broth and coconut milk to the pot and stir to combine. Bring the lentils to a gentle boil then reduce heat to medium-low. Let it simmer for 25 to 30 minutes or until the lentils are tender.
- 3 Remove from the heat and stir in the cilantro and lime juice. Season with additional salt if needed. Enjoy!

Notes

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

Serving Size: One serving is approximately 1 cup of dahl.

More Flavor: Add chili powder, cayenne or a drizzle of honey.

Additional Toppings: Serve with extra cilantro or lime wedges.

Serve it With: Serve with rice, quinoa, naan, pita and/or sautéed greens.

Consistency: If the lentils are too thick, add additional vegetable broth until desired consistency is reached.



Ground Turkey, Green Beans & Rice

2 servings
20 minutes

Ingredients

3/4 tsp Coconut Oil
227 grams Extra Lean Ground Turkey
1/8 tsp Sea Salt
1/2 cup Jasmine Rice (dry/uncooked)
2 cups Frozen Green Beans

Nutrition

Amount per serving	
Calories	383
Fat	11g
Carbs	47g
Fiber	5g
Sugar	3g
Protein	26g
Cholesterol	84mg
Sodium	227mg
Vitamin A	648IU
Vitamin C	6mg
Calcium	81mg
Iron	2mg

Directions

- 1 Heat coconut oil in a pan over medium heat and add the ground turkey. Cook for 5 to 10 minutes, or until completely cooked through. Use a spatula to break it up as it cooks. Season with sea salt and any other spices you desire.
- 2 Meanwhile, cook your rice according to the directions on the package and set aside.
- 3 Steam your green beans.
- 4 Divide the turkey, rice and green beans into bowls or containers. Add your desired seasonings and serve.

Notes

Leftovers: Store in an airtight container in the fridge for up to 3 days. Freeze for up to 3 months.

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

Vegan & Vegetarian: Use cooked lentils instead of ground meat.

No Green Beans: Use asparagus, edamame or green peas instead.

Likes it Spicy: Serve with hot sauce.



Dominican-Style Pork Chops & Rice

1 serving
30 minutes

Ingredients

- 112 grams Pork Chop (boneless)
- 1 1/2 tsp Lime Juice
- 1/4 tsp Sea Salt
- 1/8 tsp Oregano
- 1 Garlic (clove, minced)
- 1/4 cup Jasmine Rice (dry, rinsed)
- 3/4 tsp Extra Virgin Olive Oil (divided)
- 1/4 Red Bell Pepper (medium, sliced)
- 1/4 Yellow Bell Pepper (medium, sliced)
- 1/4 Yellow Onion (small, halved and sliced)
- 1 tbsp Green Olives (pitted, with brine)
- 1 tbsp Tomato Sauce
- 1 1/2 tps 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.