
















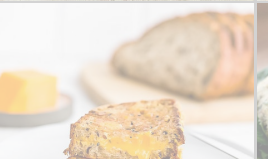
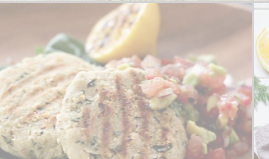









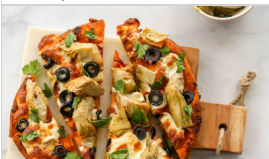
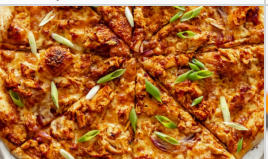






























EXERCISE
with Style

30-Day Balanced 1300 Calorie
Meal Plan PDF (Week 1)

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Eggplant Shakshuka	 Eggplant Shakshuka	 Eggplant Shakshuka	 Avocado & Tempeh Sandwich	 Avocado & Tempeh Sandwich	 Whipped Ricotta & Strawberry Toast	 Whipped Ricotta & Strawberry Toast
Snack 1	 Toast with Cottage Cheese	 Toast with Cottage Cheese	 Toast with Cottage Cheese	 Fruit & Egg Snack Plate	 Fruit & Egg Snack Plate	 Fruit & Egg Snack Plate	 Fruit & Egg Snack Plate
Lunch	 Miso Baked Tofu & Rice	 Artichoke, Olive & Sun Dried Tomato Pesto Pizza	 BBQ Chicken Pizza	 Classic Grilled Cheese Sandwich	 White Bean Burgers	 One Pot Snap Pea & Mackerel Orzo	 Roasted Vegetable Quinoa Salad
Snack 2	 0.5 Sweet & Crunchy Chickpeas	 0.5 Sweet & Crunchy Chickpeas	 Sweet & Crunchy Chickpeas	 Mackerel Salad Open Face Sandwich	 Mackerel Salad Open Face Sandwich	 Mackerel Salad Open Face Sandwich	 Mackerel Salad Open Face Sandwich
Dinner	 Artichoke, Olive & Sun Dried Tomato Pesto Pizza	 BBQ Chicken Pizza	 Classic Grilled Cheese Sandwich	 White Bean Burgers	 One Pot Snap Pea & Mackerel Orzo	 Roasted Vegetable Quinoa Salad	 Korean Egg Rice

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  29%	Fat  30%	Fat  30%	Fat  36%	Fat  35%	Fat  34%	Fat  32%
Carbs  51%	Carbs  52%	Carbs  52%	Carbs  45%	Carbs  43%	Carbs  43%	Carbs  48%
Protein  20%	Protein  18%	Protein  18%	Protein  19%	Protein  22%	Protein  23%	Protein  20%
Calories 1380	Calories 1317	Calories 1392	Calories 1304	Calories 1249	Calories 1333	Calories 1318
Fat 45g	Fat 44g	Fat 47g	Fat 54g	Fat 51g	Fat 50g	Fat 47g
Carbs 181g	Carbs 173g	Carbs 185g	Carbs 153g	Carbs 141g	Carbs 146g	Carbs 161g
Fiber 36g	Fiber 33g	Fiber 32g	Fiber 32g	Fiber 33g	Fiber 18g	Fiber 20g
Sugar 44g	Sugar 48g	Sugar 46g	Sugar 19g	Sugar 25g	Sugar 40g	Sugar 36g
Protein 70g	Protein 62g	Protein 63g	Protein 64g	Protein 70g	Protein 77g	Protein 68g
Cholesterol 234mg	Cholesterol 272mg	Cholesterol 278mg	Cholesterol 305mg	Cholesterol 332mg	Cholesterol 393mg	Cholesterol 507mg
Sodium 2938mg	Sodium 2363mg	Sodium 1999mg	Sodium 1998mg	Sodium 1623mg	Sodium 1134mg	Sodium 1786mg
Vitamin A 3974IU	Vitamin A 4329IU	Vitamin A 4037IU	Vitamin A 5979IU	Vitamin A 5974IU	Vitamin A 9273IU	Vitamin A 9948IU
Vitamin C 46mg	Vitamin C 51mg	Vitamin C 43mg	Vitamin C 92mg	Vitamin C 101mg	Vitamin C 171mg	Vitamin C 165mg
Calcium 984mg	Calcium 674mg	Calcium 623mg	Calcium 734mg	Calcium 828mg	Calcium 977mg	Calcium 759mg
Iron 15mg	Iron 11mg	Iron 10mg	Iron 13mg	Iron 13mg	Iron 11mg	Iron 12mg

Fruits

- 1/2 Avocado
- 2 cups Blueberries
- 2 1/2 Lemon
- 3 cups Strawberries

Breakfast

- 1 1/4 tbsps Maple Syrup

Seeds, Nuts & Spices

- 1/2 tsp Chili Powder
- 1/2 tsp Cinnamon
- 1/2 tsp Nutmeg
- 1/2 tsp Red Pepper Flakes
- 1/16 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1/2 tsp Sesame Seeds
- 1 3/4 tps Smoked Paprika

Frozen

- 155 grams Pizza Dough

Vegetables

- 1 3/4 cups Arugula
- 2 cups Baby Spinach
- 2 tbsps Basil Leaves
- 2 stalks Celery
- 1 1/3 tbsps Cilantro
- 3 Eggplant
- 3 tbsps Fresh Dill
- 1 1/2 Garlic
- 3 1/2 stalks Green Onion
- 1 1/2 Leeks
- 2 1/2 tbsps Mint Leaves
- 1/3 cup Parsley
- 1/2 Red Bell Pepper
- 3/4 cup Red Onion
- 3/4 cup Snap Peas
- 1/2 Sweet Potato
- 4 1/4 Tomato

Boxed & Canned

- 2/3 cup Brown Rice
- 1 cup Chickpeas
- 3/4 cup Orzo
- 1/4 cup Quinoa
- 1 cup White Navy Beans

Baking

- 1/4 cup Almond Flour
- 2 tpsps Raw Honey
- 4 grams Unbleached All Purpose Flour

Bread, Fish, Meat & Cheese

- 227 grams Canned Mackerel
- 85 grams Cheddar Cheese
- 28 grams Chicken Breast, Cooked
- 113 grams English Muffin
- 2 tbsps Feta Cheese
- 4 slices Gluten-Free Bread
- 110 grams Mozzarella Cheese
- 2 pieces Naan
- 2 tbsps Parmigiano Reggiano
- 1 cup Ricotta Cheese
- 142 grams Salmon Fillet
- 200 grams Sourdough Bread
- 100 grams Tempeh
- 161 grams Tofu
- 5 slices Whole Grain Bread

Condiments & Oils

- 1/2 cup Artichoke Hearts
- 1/2 tsp Avocado Oil
- 1 tbsp Balsamic Vinegar
- 1/4 cup Barbecue Sauce
- 1/4 cup Black Olives
- 1 tsp Dijon Mustard
- 2 1/2 tbsps Extra Virgin Olive Oil
- 1/4 cup Green Olives
- 1/2 cup Kimchi
- 2 tpsps Miso Paste
- 2 tbsps Sun Dried Tomato Pesto
- 2 1/8 tbsps Tamari

Cold

- 1 tbsp Butter
- 3/4 cup Cottage Cheese
- 1/2 cup Cream, Half & Half
- 8 1/2 Egg
- 1/2 cup Plain Greek Yogurt

Other

- 1 Nori Sheets
- 2 1/2 cups Water



Eggplant Shakshuka

3 servings
25 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 3 Eggplant (small, chopped)
- 3 Tomato (large, diced)
- 1 1/2 tsp Smoked Paprika
- Sea Salt & Black Pepper (to taste)
- 3 Egg
- 3 tbsps Parsley (chopped)

Nutrition

Amount per serving	
Calories	271
Fat	11g
Carbs	37g
Fiber	18g
Sugar	20g
Protein	13g
Cholesterol	186mg
Sodium	132mg
Vitamin A	2943IU
Vitamin C	35mg
Calcium	91mg
Iron	3mg

Directions

- 1 Heat the oil in a small pan over medium heat. Add the eggplant and sauté for four to five minutes until golden brown.
- 2 Add the tomato and paprika. Cook for about 10 minutes or until tomato is cooked and soft, stir frequently.
- 3 Season the mixture with salt and pepper. Create a pocket in the middle and crack the egg into the pocket. Cover the pan and cook until the whites are set and the yolk is cooked to your liking, about five to six minutes for a runny yolk.
- 4 Adjust the seasoning to your taste. Top with parsley and enjoy!

Notes

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

Serving Size: One serving is equal to approximately two cups.

More Flavor: Add spinach, chili flakes, and cumin.



Avocado & Tempeh Sandwich

2 servings
40 minutes

Ingredients

- 1 tbsp Tamari
- 1 1/2 tsps Balsamic Vinegar
- 1/2 tsp Chili Powder
- 1/4 tsp Smoked Paprika
- Sea Salt & Black Pepper (to taste)
- 100 grams Tempeh (cut into thin slices)
- 1/2 Avocado (sliced)
- 113 grams English Muffin (halved, lightly toasted)
- 3/4 cup Arugula

Nutrition

Amount per serving	
Calories	289
Fat	14g
Carbs	38g
Fiber	12g
Sugar	2g
Protein	15g
Cholesterol	0mg
Sodium	772mg
Vitamin A	591IU
Vitamin C	6mg
Calcium	159mg
Iron	3mg

Directions

- 1 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 2 In a zipper-lock bag or shallow bowl, mix the tamari, balsamic vinegar, chili powder, paprika, and salt and pepper. Add the tempeh and let it marinate for 10 to 15 minutes.
- 3 Arrange the tempeh in an even layer on the baking sheet. Bake for 18 to 20 minutes, flipping halfway through. Remove from the oven and set aside.
- 4 Layer the avocado on the english muffin, followed by the tempeh and arugula. Season with salt and pepper to taste. Serve and enjoy!

Notes

Leftovers: This is best assembled before serving. Tempeh can be prepared and cooked in advance and kept in the fridge for up to four days.

Gluten-Free: Use a gluten-free English muffin or bread instead.

Additional Toppings: Hot sauce, butter, ghee, almond butter, or peanut butter.

No Arugula: Use mixed greens, iceberg lettuce, romaine lettuce, or baby spinach instead.

English Muffin: One English muffin is roughly two ounces or 57 grams.



Whipped Ricotta & Strawberry Toast

2 servings

10 minutes

Ingredients

- 1 cup Ricotta Cheese
- 2 slices Whole Grain Bread (toasted)
- 1 cup Strawberries (sliced)
- 2 tps Raw Honey
- 1 1/2 tps Mint Leaves (chopped)

Nutrition

Amount per serving	
Calories	339
Fat	15g
Carbs	38g
Fiber	5g
Sugar	12g
Protein	15g
Cholesterol	61mg
Sodium	295mg
Vitamin A	577IU
Vitamin C	43mg
Calcium	310mg
Iron	2mg

Directions

- 1 In a food processor, whip the ricotta until it is creamy, fluffy, and smooth, about one to two minutes.
- 2 Spread the whipped ricotta onto the toast. Top with the strawberries, honey, and fresh mint. Enjoy!

Notes

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

Serving Size: One serving equals one piece of toast.

More Flavor: Try other berries or fresh fruits in place of the strawberries.

Additional Toppings: Use fresh thyme instead of mint. Use maple syrup instead of honey.



Toast with Cottage Cheese

3 servings
10 minutes

Ingredients

3/4 cup Cottage Cheese
3 slices Whole Grain Bread (toasted)

Nutrition

Amount per serving	
Calories	161
Fat	4g
Carbs	20g
Fiber	3g
Sugar	4g
Protein	11g
Cholesterol	9mg
Sodium	323mg
Vitamin A	74IU
Vitamin C	0mg
Calcium	86mg
Iron	1mg

Directions

- 1 Spread cottage cheese evenly on the toasted bread and enjoy!

Notes

No Whole Grain Bread: Use any type of bread or a toasted slice of sweet potato.

More Toppings: Add a drizzle of honey, maple syrup, fresh fruit, bee pollen, cucumbers, avocado, tomato slices, hemp hearts or pomegranate seeds.

Storage: Best enjoyed immediately as the bread will soften.



Fruit & Egg Snack Plate

4 servings
20 minutes

Ingredients

- 4 Egg
- 2 cups Blueberries
- 2 cups Strawberries (halved)

Nutrition

Amount per serving	
Calories	137
Fat	5g
Carbs	17g
Fiber	3g
Sugar	11g
Protein	7g
Cholesterol	186mg
Sodium	72mg
Vitamin A	319IU
Vitamin C	50mg
Calcium	44mg
Iron	1mg

Directions

- 1 Place eggs in a saucepan and cover with water. Bring to a boil over high heat then turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes. Transfer the eggs to a bowl of cold water and let the eggs sit until cool enough to handle.
- 2 Peel and slice the hard boiled egg and serve with the blueberries and strawberries. Enjoy!

Notes

Leftovers: Store the eggs and fruit separately. Refrigerate the hard boiled eggs in a covered container with the shell on for up to seven days. Refrigerate the fruit in an airtight container for up to two days.

Serving Size: One serving is one egg and one cup of fruit.

More Flavor: Season the hard boiled egg with salt and pepper.



Miso Baked Tofu & Rice

1 serving
40 minutes

Ingredients

- 2 tsps Miso Paste
- 2 tsps Tamari
- 1 1/2 tsps Maple Syrup
- 161 grams Tofu (extra firm, drained and cubed)
- 1/3 cup Brown Rice
- 2/3 cup Water
- 1/16 tsp Sea Salt
- 1 1/3 tbsps Cilantro (roughly chopped)

Nutrition

Amount per serving	
Calories	413
Fat	11g
Carbs	59g
Fiber	5g
Sugar	9g
Protein	23g
Cholesterol	0mg
Sodium	1434mg
Vitamin A	90IU
Vitamin C	0mg
Calcium	486mg
Iron	5mg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 In a small bowl, whisk together the miso paste, tamari and maple syrup. Add the tofu to a large bowl. Pour the mixture over top and mix well. Let it marinate for 10 minutes.
- 3 Meanwhile, combine the brown rice and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let it simmer for 30 to 35 minutes or until water is absorbed. Remove lid, season with sea salt and fluff with a fork.
- 4 While the rice is cooking, add the marinated tofu to the baking sheet. Cook for 25 minutes, flipping halfway through.
- 5 Plate the rice and add the tofu on top. Garnish with cilantro. Enjoy!

Notes

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

Miso Paste: This recipe was developed and tested using white miso.

No Brown Rice: Use jasmine rice, white rice or cauliflower rice instead.

More Flavor: Add a drizzle of sesame oil or chili flakes for some heat.

Additional Toppings: Add your favorite vegetables.



Sweet & Crunchy Chickpeas

2 servings

1 hour

Ingredients

- 1 cup Chickpeas (cooked, drained and rinsed)
- 1 1/2 tps Extra Virgin Olive Oil
- 2 1/4 tps Maple Syrup
- 1/2 tsp Nutmeg
- 1/2 tsp Cinnamon

Nutrition

Amount per serving	
Calories	188
Fat	6g
Carbs	28g
Fiber	7g
Sugar	9g
Protein	7g
Cholesterol	0mg
Sodium	7mg
Vitamin A	25IU
Vitamin C	1mg
Calcium	55mg
Iron	2mg

Directions

- 1 Preheat oven to 350°F (177°C). Ensure chickpeas are dry. Place chickpeas in a mixing bowl and add olive oil. Mix until chickpeas are evenly coated.
- 2 Line a cooking sheet with parchment paper. Spread the chickpeas over the sheet and bake for 50 minutes. At the halfway point (the 25 minute mark), remove the sheet and give it a shake to rotate the chickpeas.
- 3 Remove from oven and place roasted chickpeas in a mixing bowl. Add maple syrup, cinnamon and nutmeg. Toss again until evenly coated.
- 4 Transfer chickpeas back onto baking sheet and bake for another 10 to 15 minutes.
- 5 Remove from oven. Enjoy hot or cold!

Notes

Serving Size: One serving is equal to about 1/2 cup of roasted chickpeas.



Mackerel Salad Open Face Sandwich

4 servings
10 minutes

Ingredients

113 grams Canned Mackerel (skinless, boneless)
1/2 cup Plain Greek Yogurt
1 Lemon (juiced)
1 tsp Dijon Mustard
2 stalks Celery (chopped)
2 stalks Green Onion (thinly sliced)
2 tbsps Fresh Dill (finely chopped)
Sea Salt & Black Pepper (to taste)
4 slices Gluten-Free Bread
1/4 Tomato (sliced)

Nutrition

Amount per serving	
Calories	154
Fat	5g
Carbs	16g
Fiber	2g
Sugar	4g
Protein	11g
Cholesterol	27mg
Sodium	286mg
Vitamin A	612IU
Vitamin C	10mg
Calcium	159mg
Iron	1mg

Directions

- 1 Add the mackerel, yogurt, lemon juice, mustard, celery, onion, dill, salt, and black pepper to a bowl. Mash and stir until well combined.
- 2 Divide the mackerel salad onto the bread and add a tomato slice to each piece. Enjoy!

Notes

Leftovers: Refrigerate the mackerel salad in an airtight container for up to three days. Spread onto bread when ready to serve.

Serving Size: One serving is equal to one piece of bread and approximately 1/2 cup of mackerel salad.

Dairy-Free: Use coconut yogurt or mayonnaise instead of Greek yogurt.

No Dill: Use fresh parsley.

No Bread: Eat the mackerel salad as is or put it in a lettuce wrap or on top of crackers.



Artichoke, Olive & Sun Dried Tomato Pesto Pizza

2 servings
20 minutes

Ingredients

- 2 pieces Naan
- 2 tbsps Sun Dried Tomato Pesto
- 85 grams Mozzarella Cheese (shredded, divided)
- 1/2 cup Artichoke Hearts (from the can, drained, sliced)
- 1/4 cup Black Olives (pitted, sliced)
- 2 tbsps Parsley (chopped)

Nutrition

Amount per serving	
Calories	441
Fat	16g
Carbs	51g
Fiber	6g
Sugar	6g
Protein	19g
Cholesterol	39mg
Sodium	1045mg
Vitamin A	854IU
Vitamin C	10mg
Calcium	293mg
Iron	5mg

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper. Once preheated, put the naan on the baking sheet and bake for five minutes.
- 2 Spread the pesto evenly over the naan. Top with half the mozzarella, artichokes, and olives. Then add the remaining mozzarella.
- 3 Return to the oven and bake for six to eight minutes, or until the cheese has melted and the crust is crispy. Cut into slices, sprinkle with parsley, and enjoy!

Notes

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

More Flavor: Add mushrooms and bell peppers.

Gluten-Free: Use a cauliflower crust or brown rice tortilla instead of naan, and adjust the baking time accordingly.

Dairy-Free: Use vegan cheese instead.

No Sun Dried Tomato Pesto: Use regular pesto or tomato sauce instead.

Naan: One piece of naan is 3.2 oz or 90 grams.



BBQ Chicken Pizza

2 servings
45 minutes

Ingredients

155 grams Pizza Dough (store bought)
28 grams Chicken Breast, Cooked (shredded)
1/4 cup Barbecue Sauce (divided)
4 grams Unbleached All Purpose Flour
2 tbsps Red Onion (sliced)
25 grams Mozzarella Cheese (shredded)
25 grams Cheddar Cheese (shredded)
1/2 stalk Green Onion (chopped)

Nutrition

Amount per serving	
Calories	350
Fat	10g
Carbs	51g
Fiber	2g
Sugar	13g
Protein	15g
Cholesterol	38mg
Sodium	859mg
Vitamin A	445IU
Vitamin C	5mg
Calcium	176mg
Iron	1mg

Directions

- 1 Place the dough in a large bowl and cover it with a tea towel. Leave it on counter for at least 30 minutes to rise and come to room temperature.
- 2 Preheat the oven to 500°F (260°C).
- 3 In a small bowl, add the chicken and half of the bbq sauce. Mix to combine.
- 4 Lightly dust a clean surface on the counter with flour. Roll the dough out to approximately one inch in thickness. Transfer it to a baking sheet or pizza pan.
- 5 Spread the remaining barbecue sauce onto the dough. Add the red onion, mozzarella cheese, cheddar cheese, and barbecue chicken. Bake for 15 to 20 minutes or until the cheese has melted and the dough is browned and cooked through.
- 6 Top the pizza with green onions and cut it into slices. Enjoy!

Notes

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

Serving Size: One serving is one slice.

Gluten-Free: Use gluten-free dough.

Dairy-Free: Use dairy-free cheese.



Classic Grilled Cheese Sandwich

2 servings
10 minutes

Ingredients

1 tbsp Butter
200 grams Sourdough Bread
60 grams Cheddar Cheese (grated)

Nutrition

Amount per serving	
Calories	422
Fat	16g
Carbs	49g
Fiber	2g
Sugar	0g
Protein	17g
Cholesterol	45mg
Sodium	678mg
Vitamin A	550IU
Vitamin C	2mg
Calcium	215mg
Iron	3mg

Directions

- 1 Heat a skillet over medium-low heat.
- 2 Spread the butter on the outside of both slices of bread. Add the cheddar to the middle.
- 3 Place on the skillet and cook for about four minutes per side, until browned on both sides. Remove from the skillet, slice in half. Enjoy!

Notes

Leftovers: This is best enjoyed immediately after making.

Gluten-Free: Use gluten-free bread instead.

Dairy-Free: Use a dairy-free cheddar style cheese.

No Butter: Spread mayonnaise on each outside slice of bread instead.

Make it Vegan: Use a vegan butter and vegan cheese.

Sourdough Bread: One slice of sourdough bread is equal to approximately 1 3/4 oz or 50 grams.



White Bean Burgers

2 servings
30 minutes

Ingredients

- 1 cup White Navy Beans (cooked, drained and rinsed)
- 1/2 Garlic (clove, minced)
- 2 tbsps Basil Leaves (chopped)
- 1/2 Egg (whisked)
- 1/4 cup Almond Flour
- 1 Tomato (diced)
- 1/4 cup Green Olives (pits removed and chopped)
- 2 tbsps Red Onion (finely diced)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 1/2 tsps Balsamic Vinegar
- Sea Salt & Black Pepper (to taste)
- 2 cups Baby Spinach
- 1/2 Lemon (cut into wedges)

Nutrition

Amount per serving	
Calories	302
Fat	14g
Carbs	33g
Fiber	13g
Sugar	2g
Protein	14g
Cholesterol	47mg
Sodium	190mg
Vitamin A	3907IU
Vitamin C	24mg
Calcium	157mg
Iron	5mg

Directions

- 1 In a large mixing bowl, mash your white beans with a fork. Add minced garlic, basil leaves, and egg. Season generously with fresh ground pepper and add sea salt to taste. Mix well. Add in almond flour and mix again. With clean hands, form medium-sized patties and place on waxed paper. Place in the freezer until ready to cook.
- 2 Make Tomato & Olive Salsa mix by combining tomatoes, olives, red onion, olive oil, balsamic vinegar and sea salt and pepper to taste. Mix well and set aside.
- 3 In a large skillet, heat a splash of olive oil over medium heat. Fry white bean patties for 6 - 7 minutes per side or until golden brown.
- 4 Plate baby spinach and lightly drizzle with a lemon wedge. Serve white bean patty on top with a few spoonfuls of the salsa. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
Serving Size: One serving is one burger.



One Pot Snap Pea & Mackerel Orzo

2 servings
25 minutes

Ingredients

- 3/4 cup Orzo
- 1 1/2 cups Water
- 1/2 cup Cream, Half & Half
- 1/2 Lemon (juiced)
- 3/4 cup Snap Peas (chopped)
- 2 tbsps Parmigiano Reggiano (reserve some for garnish)
- 113 grams Canned Mackerel (drained and flaked)
- 1 tbsp Fresh Dill (chopped)

Nutrition

Amount per serving	
Calories	367
Fat	13g
Carbs	37g
Fiber	3g
Sugar	6g
Protein	23g
Cholesterol	72mg
Sodium	303mg
Vitamin A	545IU
Vitamin C	11mg
Calcium	309mg
Iron	3mg

Directions

- 1 In a large skillet over medium heat, add the orzo, water, cream, and lemon juice. Cook for 15 minutes until the orzo is al dente, being sure to stir often to avoid having the orzo stick to the skillet.
- 2 Add the remaining ingredients and cook for two to three minutes or until the peas are slightly softened.
- 3 Divide the orzo evenly between plates and garnish with the remaining parmesan. Enjoy!

Notes

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

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

More Flavor: Add minced garlic and/or shallots to the orzo while cooking.

Gluten-Free: Use a short gluten-free pasta and adjust the liquid as needed.

Dairy-Free: Omit the cream and parmesan and use coconut cream and dairy-free cheese.



Roasted Vegetable Quinoa Salad

2 servings

1 hour

Ingredients

142 grams Salmon Fillet (oven baked)
 1/2 Sweet Potato (diced into 1 inch cubes)
 1/2 Red Bell Pepper (diced)
 1/2 cup Red Onion (diced)
 1 1/2 Leeks (chopped)
 1 Garlic (cloves, peeled and halved)
 1 1/2 tsps Extra Virgin Olive Oil
 1/2 tsp Red Pepper Flakes
 1/4 cup Quinoa (uncooked)
 1/2 cup Water
 1 cup Arugula
 2 tbsps Mint Leaves
 2 tbsps Feta Cheese (crumbled)
 1/2 Lemon (juiced)
 Sea Salt & Black Pepper (to taste)

Directions

- 1 If you are using salmon, cook your fillets up ahead of time in the oven seasoned with a bit of oil, salt, pepper and lemon juice.
- 2 Preheat oven to 415°F (213°C). Combine sweet potato, red bell pepper, red onion, leeks and garlic cloves in a large mixing bowl. Toss well with red pepper flakes and olive oil. Place veggies on a foil-lined baking sheet and cook for about 30 minutes or until golden. (Note: Veggies can also be done on the barbecue in a grilling basket.)
- 3 In the mean time, add quinoa and water to a small sauce pan. Bring to a boil over medium-high heat. Cover pot and reduce heat to a simmer. Let simmer for 12 minutes. Remove from heat and fluff with fork.
- 4 When your veggies are finished roasting, put them in a large mixing bowl. Add quinoa, mint, feta and arugula. Sprinkle with lemon juice and season with salt and pepper. Serve alone or with an oven-baked salmon fillet on the side. Enjoy!

Nutrition

Amount per serving	
Calories	336
Fat	12g
Carbs	38g
Fiber	5g
Sugar	7g
Protein	21g
Cholesterol	47mg
Sodium	178mg
Vitamin A	7220IU
Vitamin C	57mg
Calcium	155mg

Iron

4mg



Korean Egg Rice

1 serving
25 minutes

Ingredients

- 1/3 cup Brown Rice (dry)
- 1 1/2 tsps Tamari (divided)
- 1/2 tsp Avocado Oil
- 1 Egg
- 1/2 cup Kimchi
- 1 stalk Green Onion (sliced)
- 1 Nori Sheets (small, sliced thin)
- 1/2 tsp Sesame Seeds

Nutrition

Amount per serving	
Calories	352
Fat	10g
Carbs	52g
Fiber	5g
Sugar	2g
Protein	14g
Cholesterol	186mg
Sodium	955mg
Vitamin A	1220IU
Vitamin C	5mg
Calcium	91mg
Iron	4mg

Directions

- 1 Cook the rice according to the package directions. Once cooked, add half the tamari, stir to combine, and set aside.
- 2 Heat a skillet over medium heat and add the oil. Add the egg(s) and cook until the whites are set and the yolk is cooked to your liking.
- 3 Place the rice in a bowl and top with the egg(s). Add the remaining tamari, kimchi, green onion, nori, and sesame seeds. Enjoy!

Notes

Leftovers: The egg is best eaten right after cooking. Rice can be refrigerated in an airtight container for up to three days.

More Flavor: Add toasted sesame oil to the rice.

Additional Toppings: Sriracha, Korean chili flakes, or furikake.

Make it Vegan: Omit the egg and use tofu.