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*with Style*

30-Day Balanced 1300 Calorie  
Meal Plan PDF (Week 3)

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 High Protein Peanut Butter Oatmeal	 High Protein Peanut Butter Oatmeal	 High Protein Peanut Butter Oatmeal	 Grilled Peanut Butter & Banana Sandwich	 Grilled Peanut Butter & Banana Sandwich	 Savory Arugula & Olive Oatmeal	 Savory Arugula & Olive Oatmeal
Snack 1	 0.5 Grapefruit with Cottage Cheese	 0.5 Grapefruit with Cottage Cheese	 0.5 Grapefruit with Cottage Cheese	 Goat Milk Yogurt & Banana	 Goat Milk Yogurt & Banana	 Goat Milk Yogurt & Banana	 Goat Milk Yogurt & Banana
Lunch	 Tofu Veggie Summer Rolls	 Kale Blueberry Salad with Lemon Tahini Dressing	 Miso Baked Tofu & Rice	 One Pot Spinach & Artichoke Pasta	 Veggie & Feta Zucchini Boats	 Hummus Pasta	 Slow Cooker Enchilada Beans & Quinoa
Snack 2	 Strawberry Cottage Cheese Toast	 0.5 Strawberry Cottage Cheese Toast	 Strawberry Cottage Cheese Toast	 Pita with Za'atar	 Pita with Za'atar	 Pita with Za'atar	 Pita with Za'atar
Dinner	 Kale Blueberry Salad with Lemon Tahini Dressing	 Miso Baked Tofu & Rice	 One Pot Spinach & Artichoke Pasta	 Veggie & Feta Zucchini Boats	 Hummus Pasta	 Slow Cooker Enchilada Beans & Quinoa	 Caprese Mason Jar Salad

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  33%	Fat  31%	Fat  29%	Fat  30%	Fat  33%	Fat  30%	Fat  32%
Carbs  44%	Carbs  47%	Carbs  47%	Carbs  52%	Carbs  50%	Carbs  50%	Carbs  49%
Protein  23%	Protein  22%	Protein  24%	Protein  18%	Protein  17%	Protein  20%	Protein  19%
Calories 1320	Calories 1340	Calories 1349	Calories 1329	Calories 1380	Calories 1332	Calories 1344
Fat 51g	Fat 48g	Fat 45g	Fat 46g	Fat 52g	Fat 46g	Fat 47g
Carbs 151g	Carbs 162g	Carbs 165g	Carbs 180g	Carbs 180g	Carbs 170g	Carbs 164g
Fiber 31g	Fiber 31g	Fiber 30g	Fiber 39g	Fiber 37g	Fiber 33g	Fiber 26g
Sugar 52g	Sugar 40g	Sugar 39g	Sugar 48g	Sugar 45g	Sugar 29g	Sugar 27g
Protein 80g	Protein 77g	Protein 86g	Protein 62g	Protein 63g	Protein 69g	Protein 64g
Cholesterol 21mg	Cholesterol 15mg	Cholesterol 21mg	Cholesterol 42mg	Cholesterol 42mg	Cholesterol 232mg	Cholesterol 262mg
Sodium 1606mg	Sodium 2107mg	Sodium 3040mg	Sodium 2335mg	Sodium 1795mg	Sodium 1848mg	Sodium 1624mg
Vitamin A 6579IU	Vitamin A 5146IU	Vitamin A 4616IU	Vitamin A 5072IU	Vitamin A 2535IU	Vitamin A 3456IU	Vitamin A 7692IU
Vitamin C 197mg	Vitamin C 120mg	Vitamin C 86mg	Vitamin C 116mg	Vitamin C 104mg	Vitamin C 51mg	Vitamin C 66mg
Calcium 979mg	Calcium 909mg	Calcium 834mg	Calcium 706mg	Calcium 691mg	Calcium 660mg	Calcium 814mg
Iron 15mg	Iron 16mg	Iron 16mg	Iron 16mg	Iron 16mg	Iron 20mg	Iron 17mg

**Fruits**

- 3 Banana
- 1/2 cup Blueberries
- 2 Grapefruit
- 1/2 Lemon
- 1 1/2 tsps Lemon Juice
- 1 1/2 tsps Lime Juice
- 3/4 cup Strawberries

**Breakfast**

- 1/3 cup All Natural Peanut Butter
- 1 tbsp Cashew Butter
- 1 1/2 tsps Maple Syrup

**Seeds, Nuts & Spices**

- 1 1/2 tsps Chia Seeds
- 1 tsp Everything Bagel Seasoning
- 3 tsps Hemp Seeds
- 2/3 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tsps Za'atar Spice

**Frozen**

- 2/3 cup Frozen Corn
- 1/3 cup Frozen Edamame
- 1 cup Frozen Peas

**Vegetables**

- 4 1/4 cups Arugula
- 3 cups Baby Spinach
- 1/2 cup Basil Leaves
- 1 1/2 cups Cherry Tomatoes
- 2 2/3 tsps Cilantro
- 1/8 Cucumber
- 4 cups Kale Leaves
- 1/2 cup Purple Cabbage
- 1 cup Radishes
- 2/3 Red Bell Pepper
- 1/3 cup Red Onion
- 2 1/16 Zucchini

**Boxed & Canned**

- 1 cup Black Beans
- 2/3 cup Brown Rice
- 227 grams Chickpea Pasta
- 1 1/8 cups Diced Tomatoes
- 2/3 cup Enchilada Sauce
- 1 cup Lentils
- 1/3 cup Quinoa
- 2 cups Vegetable Broth, Low Sodium
- 1 cup White Navy Beans

**Baking**

- 2 1/4 tsps Honey
- 2 3/4 tsps Nutritional Yeast
- 2 1/2 cups Oats

**Bread, Fish, Meat & Cheese**

- 1/2 cup Feta Cheese
- 3 slices Gluten-Free Bread
- 76 grams Mozzarella Cheese
- 43 grams Small Bocconcini
- 491 grams Tofu
- 200 grams White Pita Bread
- 4 slices Whole Grain Bread

**Condiments & Oils**

- 1 cup Artichoke Hearts
- 2 1/4 tsps Balsamic Vinegar
- 2 tsps Coconut Oil
- 3 3/4 tsps Extra Virgin Olive Oil
- 1 1/2 tsps Fish Sauce
- 2 2/3 tsps Italian Dressing
- 1 1/3 tsps Miso Paste
- 1/4 cup Pitted Kalamata Olives
- 3/4 tsp Red Wine Vinegar
- 2 Rice Paper Wraps
- 2 tsps Tahini
- 1 1/3 tsps Tamari

**Cold**

- 2 cups Cottage Cheese
- 2 Egg
- 1 1/2 cups Egg Whites
- 1/3 cup Hummus
- 2 cups Plain Goat Milk Yogurt

**Other**

- 5 cups Water



## High Protein Peanut Butter Oatmeal

3 servings

5 minutes

### Ingredients

- 1 1/2 cups Oats (quick or rolled)
- 1 1/2 cups Water
- 1 1/2 cups Egg Whites
- 3 tbsps All Natural Peanut Butter
- 1 1/2 tbsps Chia Seeds

### Nutrition

Amount per serving	
Calories	341
Fat	13g
Carbs	34g
Fiber	7g
Sugar	3g
Protein	23g
Cholesterol	0mg
Sodium	210mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	88mg
Iron	3mg

### Directions

- 1 Add the oats, water and egg whites to a small pot over medium heat, stirring continuously. Cook for two to three minutes or until fluffy and cooked through.
- 2 Transfer to a bowl and top with peanut butter and chia seeds. Enjoy!

### Notes

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

**Nut-Free:** Use sunflower seed butter, tahini, or pumpkin seed butter instead of peanut butter.

**More Flavor:** Add cinnamon, nutmeg, vanilla extract and/or a pinch of sea salt..

**Additional Toppings:** Maple syrup, honey, bee pollen, crushed nuts, jam, chopped fruit, shredded coconut or hemp seeds.

**Make it Vegan:** Omit the egg whites.



## Grilled Peanut Butter & Banana Sandwich

2 servings

10 minutes

### Ingredients

- 4 slices Whole Grain Bread
- 2 tbsps All Natural Peanut Butter
- 1 Banana (sliced)
- 2 tsps Coconut Oil

### Nutrition

Amount per serving	
Calories	408
Fat	16g
Carbs	53g
Fiber	9g
Sugar	14g
Protein	15g
Cholesterol	0mg
Sodium	318mg
Vitamin A	38IU
Vitamin C	5mg
Calcium	95mg
Iron	2mg

### Directions

- 1 Onto each slice of bread, spread on the peanut butter. Top one slice of bread with the banana. Top with remaining slice of bread.
- 2 In a pan, heat coconut oil on medium-high heat. Add in sandwich and cook for two to three minutes per side, or until golden brown.
- 3 Slice the sandwich in half, and enjoy!

### Notes

**Leftovers:** This is best enjoyed immediately after making.

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

**Gluten-Free:** Substitute whole grain bread for gluten-free bread.

**More Flavor:** Add in a layer of chia jam for a classic peanut butter and jam twist.



## Savory Arugula & Olive Oatmeal

2 servings  
15 minutes

### Ingredients

- 1 cup Oats (rolled)
- 2 cups Water
- 2 tbsps Nutritional Yeast
- 1/2 tsp Extra Virgin Olive Oil
- 2 Egg
- 3 cups Arugula
- 1/4 cup Pitted Kalamata Olives
- Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	296
Fat	11g
Carbs	33g
Fiber	7g
Sugar	1g
Protein	18g
Cholesterol	186mg
Sodium	235mg
Vitamin A	1037IU
Vitamin C	5mg
Calcium	141mg
Iron	5mg

### Directions

- 1 Add the oats and water to a pot. Bring to a gentle boil over medium heat and cook for 8 to 10 minutes. Stir frequently. Once cooked through, add the nutritional yeast and stir.
- 2 Meanwhile, in a skillet over medium heat, add the olive oil. Once heated, add the eggs. Cook until the whites are set and the yolk is cooked to your liking. Remove and set aside. In the same pan, add the arugula and cook over low-medium heat, until just wilted, about 1 to 2 minutes.
- 3 Add the oats to a bowl and top with the arugula, olives and egg. Season with sea salt and pepper. Serve and enjoy!

### Notes

**Leftovers:** The egg is best enjoyed the same day. Refrigerate the remaining ingredients in an airtight container for up to three days. For best results, reheat on the stove and make another egg for topping.

**More Flavor:** Add onions, chili flakes or garlic powder.

**Additional Toppings:** Add sliced avocado.

**Make it Vegan:** Omit the egg and top with scrambled tofu instead.



## Grapefruit with Cottage Cheese

2 servings

5 minutes

### Ingredients

- 1 cup Cottage Cheese
- 2 Grapefruit (peeled, cut into sections)

### Nutrition

Amount per serving	
Calories	185
Fat	5g
Carbs	24g
Fiber	3g
Sugar	21g
Protein	13g
Cholesterol	18mg
Sodium	331mg
Vitamin A	2520IU
Vitamin C	88mg
Calcium	118mg
Iron	0mg

### Directions

- 1 Add the cottage cheese to a bowl and top with grapefruit. Enjoy!

### Notes

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

**Additional Toppings:** Hemp seeds, chia seeds, shredded coconut, and/or honey.

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





## Goat Milk Yogurt & Banana

4 servings

5 minutes

### Ingredients

2 cups Plain Goat Milk Yogurt  
2 Banana (medium, sliced)

### Nutrition

Amount per serving	
Calories	142
Fat	5g
Carbs	19g
Fiber	2g
Sugar	13g
Protein	6g
Cholesterol	12mg
Sodium	71mg
Vitamin A	288IU
Vitamin C	7mg
Calcium	178mg
Iron	0mg

### Directions

- 1 Add the yogurt to a bowl and top with the banana. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container and consume within two days.

**Serving Size:** One serving is half a cup of yogurt and half a medium banana.

**More Flavor:** Swirl peanut butter or jam through the yogurt.

**Additional Toppings:** Cacao nibs, hemp seeds, or a drizzle of honey.



## Tofu Veggie Summer Rolls

1 serving  
15 minutes

### Ingredients

- 2 1/4 tsps Honey
- 1 1/2 tsps Fish Sauce
- 1 1/2 tsps Water (hot)
- 1 1/2 tsps Lime Juice
- 2 Rice Paper Wraps
- 1/2 cup Purple Cabbage (thinly sliced)
- 1/4 Red Bell Pepper (medium, sliced)
- 1/8 Cucumber (sliced)
- 170 grams Tofu (extra firm, pressed, sliced)

### Nutrition

Amount per serving	
Calories	286
Fat	9g
Carbs	39g
Fiber	4g
Sugar	18g
Protein	19g
Cholesterol	0mg
Sodium	758mg
Vitamin A	1472IU
Vitamin C	67mg
Calcium	513mg
Iron	4mg

### Directions

- 1 In a bowl, whisk together the honey, fish sauce, water, and lime juice. Adjust to taste as needed.
- 2 Soften a sheet of rice paper underwater by submerging it in a shallow dish for five seconds. Transfer to a plate. Arrange the cabbage, bell pepper, cucumber, and tofu near the bottom of the wrap. Fold the bottom over the filling, then fold the sides. Tightly roll the rice paper until it is completely wrapped. Transfer to a separate plate and repeat this process until all ingredients are used up.
- 3 Dip into the sauce and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately. Refrigerate in an airtight container for up to two days. Separate the rolls with a damp cloth or lettuce leaves to prevent sticking.

**Serving Size:** One serving equals approximately two rolls.

**Additional Toppings:** Add bean sprouts, crushed peanuts, vermicelli, cilantro, Thai basil, mint, shrimp, or sliced cooked pork.

**No Honey:** Use sugar, maple syrup, or your sweetener of choice instead.

**Hoisin Lover:** Instead of the fish sauce, make a hoisin dipping sauce by mixing equal parts of peanut butter and hoisin sauce. Dilute with water to your preferred consistency.



## Strawberry Cottage Cheese Toast

3 servings

5 minutes

### Ingredients

- 1 cup Cottage Cheese
- 3 slices Gluten-Free Bread (toasted)
- 3/4 cup Strawberries (sliced)
- 3 tbsps Hemp Seeds

### Nutrition

Amount per serving	
Calories	213
Fat	10g
Carbs	18g
Fiber	2g
Sugar	6g
Protein	13g
Cholesterol	12mg
Sodium	349mg
Vitamin A	103IU
Vitamin C	21mg
Calcium	86mg
Iron	1mg

### Directions

1

Spread the cottage cheese evenly overtop the toast. Then top with strawberries and hemp seeds. Enjoy!

### Notes

**Leftovers:** This recipe is best enjoyed immediately.

**Make it Vegan:** Use almond butter or sunflower seed butter instead of cottage cheese.

**No Hemp Seeds:** Use sunflower seeds, bee pollen, chia seeds or flax seeds instead.

**No Strawberries:** Use pear, peach, raspberries or blueberries instead.



## Pita with Za'atar

4 servings

10 minutes

### Ingredients

2 tbsps Extra Virgin Olive Oil  
2 tbsps Za'atar Spice  
200 grams White Pita Bread

### Nutrition

Amount per serving	
Calories	197
Fat	7g
Carbs	28g
Fiber	1g
Sugar	1g
Protein	5g
Cholesterol	0mg
Sodium	448mg
Vitamin A	0IU
Vitamin C	14mg
Calcium	43mg
Iron	4mg

### Directions

- 1 Preheat the oven to 375°F (175°C) and line a baking sheet with parchment paper.
- 2 Combine the oil and the Za'atar and mix well. Place the pita on the prepared baking sheets and brush the oil and Za'atar mixture on top evenly.
- 3 Bake until golden and crisp, about eight to ten minutes. Serve while still warm or cold and enjoy!

### Notes

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

**Additional Toppings:** Season with sea salt.



## Kale Blueberry Salad with Lemon Tahini Dressing

2 servings

15 minutes

### Ingredients

- 4 cups Kale Leaves (chopped)
- 1 tbsp Extra Virgin Olive Oil (divided)
- 3/4 tsp Red Wine Vinegar
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Tahini
- 1/2 Lemon (juiced)
- 1 1/2 tps Maple Syrup
- 2 tbsps Water
- 1 cup Lentils (cooked, drained and rinsed)
- 1 cup Frozen Peas (thawed)
- 1 cup Radishes (finely sliced)
- 1/2 cup Blueberries

### Nutrition

Amount per serving	
Calories	387
Fat	16g
Carbs	48g
Fiber	16g
Sugar	14g
Protein	18g
Cholesterol	0mg
Sodium	123mg
Vitamin A	3744IU
Vitamin C	65mg
Calcium	233mg
Iron	7mg

### Directions

- 1 Place kale leaves in a large bowl. Add half of your olive oil, red wine vinegar and season with sea salt and black pepper to taste. Massage very well until kale is coated. Set aside.
- 2 In a blender or food processor, combine your remaining olive oil and lemon juice with tahini, maple syrup and water. Add a pinch of sea salt and blend very well until smooth. (Tip: Add extra water 1 tbsp at a time if the dressing is too thick.)
- 3 Divide your kale in between bowls and top with lentils, green peas, radishes and blueberries. Drizzle with desired amount of lemon-tahini dressing and enjoy!

### Notes

**No Kale:** Use any dark leafy green instead.

**No Lentils:** Use chickpeas or beans instead.

**Storage:** Stores well in the fridge up to 2 days.



## Miso Baked Tofu & Rice

2 servings  
40 minutes

### Ingredients

- 1 1/3 tbsps Miso Paste
- 1 1/3 tbsps Tamari
- 1 tbsp Maple Syrup
- 321 grams Tofu (extra firm, drained and cubed)
- 2/3 cup Brown Rice
- 1 1/8 cups Water
- 1/8 tsp Sea Salt
- 2 2/3 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.



## One Pot Spinach & Artichoke Pasta

2 servings  
15 minutes

### Ingredients

- 1 cup Artichoke Hearts (from the can, drained)
- 2 1/4 tsps Nutritional Yeast
- 1/4 tsp Sea Salt (to taste)
- 113 grams Chickpea Pasta (dry)
- 1 tbsp Cashew Butter
- 2 cups Vegetable Broth, Low Sodium
- 2 cups Baby Spinach

### Nutrition

Amount per serving	
Calories	289
Fat	8g
Carbs	42g
Fiber	14g
Sugar	10g
Protein	20g
Cholesterol	0mg
Sodium	881mg
Vitamin A	3163IU
Vitamin C	21mg
Calcium	115mg
Iron	7mg

### Directions

- 1 In a pot over medium-high heat, add the artichoke hearts and cook for two minutes. Stir in the nutritional yeast and salt.
- 2 Add the pasta, cashew butter, and broth. Bring to a boil, then lower the heat to a simmer. Cover and cook for eight to 10 minutes, or until the pasta is cooked through. Stir occasionally.
- 3 Stir in the spinach until wilted. Divide evenly between bowls and enjoy!

### Notes

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

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

**More Flavor:** Add sautéed garlic.

**Additional Toppings:** Top with red pepper flakes, lemon juice, and/or black pepper.

**No Cashew Butter:** Use sunflower seed butter, tahini, or cream cheese instead.



## Veggie & Feta Zucchini Boats

2 servings  
40 minutes

### Ingredients

- 2 Zucchini (medium)
- 2/3 tsp Extra Virgin Olive Oil
- 1 cup White Navy Beans (drained, rinsed)
- 2/3 cup Cherry Tomatoes
- 1/3 Red Bell Pepper (medium, diced)
- 3 1/2 tbsps Red Onion (diced)
- 1/2 cup Feta Cheese (crumbled, divided)
- 2 2/3 tbsps Italian Dressing

### Nutrition

Amount per serving	
Calories	293
Fat	10g
Carbs	38g
Fiber	13g
Sugar	10g
Protein	16g
Cholesterol	30mg
Sodium	617mg
Vitamin A	1583IU
Vitamin C	69mg
Calcium	275mg
Iron	3mg

### Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 2 Cut the zucchini down the middle lengthwise and scoop out the middle flesh from the center of each zucchini half. Brush oil on the bottom of each half and place them on the baking sheet cut side up.
- 3 In a bowl, combine the navy beans, tomatoes, bell pepper, onion, half of the feta cheese, and Italian dressing.
- 4 Spoon the filling into each zucchini boat and top each with the remaining feta. Bake for 25 to 30 minutes or until the filling is browned and the zucchini is cooked to your liking. Divide onto plates and enjoy!

### Notes

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

**Serving Size:** One serving is equal to two zucchini boats.

**Dairy-Free:** Use dairy-free cheese or omit entirely.

**Additional Toppings:** Top with fresh herbs, dried oregano, and/or hot sauce after cooking.





## Hummus Pasta

2 servings

15 minutes

### Ingredients

113 grams Chickpea Pasta (dry)  
1/3 cup Frozen Edamame  
1/2 tsp Extra Virgin Olive Oil  
1/3 cup Cherry Tomatoes (halved)  
1 1/4 cups Arugula  
1 1/2 tps Lemon Juice  
1/3 cup Hummus  
1 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.



## Slow Cooker Enchilada Beans & Quinoa

2 servings

2 hours

### Ingredients

- 1 cup Black Beans (cooked)
- 2/3 cup Frozen Corn (or fresh)
- 1 1/8 cups Diced Tomatoes
- 2/3 cup Enchilada Sauce
- 2 2/3 tbsps Quinoa (dry)
- 2 2/3 tbsps Water
- 1/8 tsp Sea Salt
- 76 grams Mozzarella Cheese (shredded)

### Nutrition

Amount per serving	
Calories	357
Fat	9g
Carbs	48g
Fiber	11g
Sugar	7g
Protein	19g
Cholesterol	34mg
Sodium	753mg
Vitamin A	1505IU
Vitamin C	16mg
Calcium	198mg
Iron	4mg

### Directions

- 1 Add the black beans, corn, tomatoes, enchilada sauce, quinoa, water, and salt to the slow cooker. Stir until combined.
- 2 Cook on high for two to four hours, or on low for four to six hours.
- 3 Divide into bowls and top with cheese. Enjoy!

### Notes

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

**Serving Size:** One serving equals approximately two cups.

**More Flavor:** Stir in a few tablespoons of cream cheese. Use fire roasted diced tomatoes.

**Additional Toppings:** Top with chopped cilantro, avocado, tortilla chips, sour cream, or sliced jalapeno.

**Make it Vegan:** Use vegan cheese instead of mozzarella cheese, or omit completely.



## Caprese Mason Jar Salad

1 serving  
25 minutes

### Ingredients

- 1/4 cup Quinoa (uncooked)
- 3/4 tsp Extra Virgin Olive Oil
- 2 1/4 tsps Balsamic Vinegar
- 1/2 cup Cherry Tomatoes (halved)
- 2 tbsps Red Onion (small, diced)
- 1/2 cup Basil Leaves (packed, chopped)
- 43 grams Small Bocconcini (halved)
- 1 cup Baby Spinach

### Nutrition

Amount per serving	
Calories	352
Fat	15g
Carbs	36g
Fiber	5g
Sugar	5g
Protein	16g
Cholesterol	30mg
Sodium	117mg
Vitamin A	4862IU
Vitamin C	24mg
Calcium	254mg
Iron	4mg

### Directions

- 1 Cook the quinoa according to the directions on the package, and set aside to cool.
- 2 Meanwhile, combine the oil and balsamic vinegar and divide evenly between the bottoms of the jars.
- 3 Add equal amounts of cherry tomatoes, red onion, basil, quinoa, bocconcini, and spinach to the jars. When ready to eat, shake well and dump into a bowl. Enjoy!

### Notes

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

**Serving Size:** 26 fl oz (768 mL) mason jars were used for this recipe. One serving is one mason jar.

**Make it Vegan:** Use avocado instead of bocconcini or omit completely.

**More Flavor:** Season with salt, pepper, or your choice of herbs and spices.

**Additional Toppings:** Hemp seeds, black beans, edamame, chickpeas, tofu, chicken breast, or turkey breast.

**No Balsamic Vinegar:** Use red wine vinegar or your favorite dressing instead, adjusting or omitting the oil accordingly.