













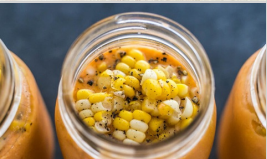



















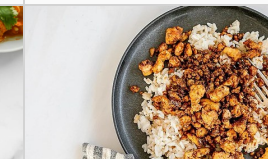

























EXERCISE
with Style

30-Day Balanced 1300 Calorie
Meal Plan PDF (Week 4)

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Sweet Potato Pancakes	 Sweet Potato Pancakes	 Sweet Potato Pancakes	 Banana Cherry Smoothie	 Banana Cherry Smoothie	 Turmeric Quinoa Breakfast Bowls	 Turmeric Quinoa Breakfast Bowls
Snack 1	 Fruit & Egg Snack Plate	 Fruit & Egg Snack Plate	 Fruit & Egg Snack Plate	 Margherita Pizza Pretzels	 Margherita Pizza Pretzels	 Margherita Pizza Pretzels	 Margherita Pizza Pretzels
Lunch	 Corn & White Bean Gazpacho	 Soba Breakfast Bowl	 Quinoa Greek Salad	 Kale & Millet Egg Bake	 Tofu & Cauliflower Fried Rice	 Peas & Pancetta Farfalle	 Pineapple Chicken Tacos
Snack 2	 0.5 Cottage Cheese Crackers with Berries	 0.5 Cottage Cheese Crackers with Berries	 Cottage Cheese Crackers with Berries	 0.5 Papaya Breakfast Box	 0.5 Papaya Breakfast Box	 0.5 Papaya Breakfast Box	 0.5 Papaya Breakfast Box
Dinner	 Soba Breakfast Bowl	 Quinoa Greek Salad	 Kale & Millet Egg Bake	 Tofu & Cauliflower Fried Rice	 Peas & Pancetta Farfalle	 Pineapple Chicken Tacos	 Crispy Ground Tofu on Rice

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat	 35%	 36%	 33%	 27%	 30%	 33%	 31%
Carbs	 47%	 45%	 47%	 52%	 50%	 46%	 47%
Protein	 18%	 19%	 20%	 21%	 20%	 21%	 22%
Calories	1398	1334	1280	1318	1365	1287	1284
Fat	53g	51g	48g	41g	47g	47g	45g
Carbs	163g	145g	152g	177g	178g	147g	152g
Fiber	28g	19g	24g	23g	23g	18g	17g
Sugar	41g	36g	40g	53g	57g	23g	18g
Protein	63g	63g	63g	70g	69g	69g	71g
Cholesterol	939mg	972mg	800mg	396mg	218mg	652mg	639mg
Sodium	1109mg	1520mg	1565mg	2165mg	1989mg	1498mg	1799mg
Vitamin A	23904IU	23497IU	21964IU	9721IU	9803IU	3502IU	2956IU
Vitamin C	125mg	116mg	149mg	132mg	78mg	118mg	108mg
Calcium	522mg	689mg	630mg	1234mg	1222mg	599mg	764mg
Iron	12mg	11mg	12mg	13mg	13mg	13mg	13mg

Fruits

- 1/2 Avocado
- 1 1/2 cups Blueberries
- 1/2 Lime
- 1 1/16 tbsps Lime Juice
- 2 cups Papaya
- 2/3 cup Pineapple
- 1 cup Raspberries
- 1 1/2 cups Strawberries

Breakfast

- 3 tbsps Maple Syrup

Seeds, Nuts & Spices

- 2 tbsps Chia Seeds
- 1/4 tsp Chili Powder
- 3/4 tsp Cinnamon
- 2/3 tsp Garlic Powder
- 1/3 tsp Onion Powder
- 1/4 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tbsp Sesame Seeds
- 1/4 tsp Smoked Paprika
- 2 tsps Taco Seasoning
- 1/2 tsp Turmeric
- 1 tbsp Walnuts

Frozen

- 1 cup Cauliflower Rice
- 1 cup Frozen Banana
- 2 cups Frozen Cherries
- 1/2 cup Frozen Edamame
- 1/2 cup Frozen Peas

Vegetables

- 2 cups Arugula
- 1/4 cup Basil Leaves
- 1 Carrot
- 2 tbsps Cilantro
- 1 1/2 Cucumber
- 2 1/4 Garlic
- 1 1/16 tsps Ginger
- 3 stalks Green Onion
- 1/2 Jalapeno Pepper
- 6 2/3 cups Kale Leaves
- 1/3 Orange Bell Pepper
- 1 tbsp Parsley
- 1/4 cup Red Onion
- 1/2 cup Shallot
- 3 Sweet Potato
- 2 Tomato
- 1/2 Yellow Onion

Boxed & Canned

- 1/2 cup Brown Rice
- 100 grams Buckwheat Soba Noodles
- 3/4 cup Corn
- 64 grams Farfalle
- 1/4 cup Jasmine Rice
- 4 slices Light Rye Crisp Bread
- 1/2 cup Millet
- 117 grams Pretzels
- 1 1/16 cups Quinoa
- 3/4 cup Vegetable Broth
- 1/2 cup White Navy Beans

Baking

- 1 1/2 tsps Nutritional Yeast

Bread, Fish, Meat & Cheese

- 170 grams Chicken Breast
- 4 Corn Tortilla
- 1/2 cup Feta Cheese
- 85 grams Mozzarella Cheese
- 43 grams Pancetta
- 1 tbsp Parmigiano Reggiano
- 260 grams Tofu

Condiments & Oils

- 1 3/4 tbsps Apple Cider Vinegar
- 1 1/2 tsps Avocado Oil
- 1 1/2 tbsps Coconut Oil
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Red Wine Vinegar
- 1 2/3 tbsps Rice Vinegar
- 1 1/2 tsps Sesame Oil
- 1 1/2 tsps Sriracha
- 3 tbsps Tamari
- 2 tbsps Tomato Sauce

Cold

- 1 1/8 cups Cottage Cheese
- 2 2/3 tbsps Cow's Milk, Whole
- 23 1/16 Egg
- 2 1/2 cups Plain Coconut Milk

Other

- 40 grams Collagen Powder
- 1 1/4 cups Water



Sweet Potato Pancakes

3 servings
20 minutes

Ingredients

3 Sweet Potato (small)
6 Egg (whisked)
1 1/2 tbsps Coconut Oil
3/4 tsp Cinnamon
3 tbsps Maple Syrup

Nutrition

Amount per serving	
Calories	369
Fat	16g
Carbs	41g
Fiber	4g
Sugar	18g
Protein	15g
Cholesterol	372mg
Sodium	216mg
Vitamin A	18985IU
Vitamin C	3mg
Calcium	122mg
Iron	3mg

Directions

- 1 Peel sweet potato and dice into small cubes. Fill a saucepan with 2 inches of water and bring to a boil. Drop the sweet potato in and steam for 7 minutes or until tender when pierced with a fork. Drain off the liquid and transfer the steamed sweet potato to a bowl and mash with a fork.
- 2 Measure out about 1/2 cup of mashed sweet potato per serving and add it to a bowl. Add in the eggs and mix well.
- 3 Melt coconut oil in a large skillet over medium heat. Once hot, pour pancakes in the skillet, no more than 1/8-1/4 cup of batter at a time. Cook each side about 3-5 minutes or until browned. Divide pancakes onto plates and top with cinnamon and maple syrup. Enjoy!

Notes

Serving Size: One serving equals four 3-inch pancakes.

Spice it Up: Add nutmeg and/or ginger spice.

Toppings: Top with banana slices, fresh fruit, pureed fruit sauce, chocolate chips or chopped nuts.



Banana Cherry Smoothie

2 servings

5 minutes

Ingredients

2 1/2 cups Plain Coconut Milk
(unsweetened from the carton)
2 cups Frozen Cherries
1 cup Frozen Banana
40 grams Collagen Powder
2 tbsps Chia Seeds

Nutrition

Amount per serving	
Calories	394
Fat	11g
Carbs	57g
Fiber	9g
Sugar	37g
Protein	22g
Cholesterol	0mg
Sodium	89mg
Vitamin A	2045IU
Vitamin C	12mg
Calcium	677mg
Iron	3mg

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.

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

Additional Toppings: Add spinach, frozen cauliflower, or hemp seeds to your smoothie.



Turmeric Quinoa Breakfast Bowls

2 servings
20 minutes

Ingredients

- 1/2 cup Quinoa (dry)
- 1/2 tsp Turmeric
- 1/4 tsp Sea Salt
- 1 tsp Ginger (fresh, grated or minced)
- 1 tbsp Lime Juice (divided)
- 1 tbsp Apple Cider Vinegar
- 4 Egg
- 2 cups Kale Leaves (finely chopped)
- 2 tbsps Water

Nutrition

Amount per serving	
Calories	313
Fat	12g
Carbs	30g
Fiber	4g
Sugar	1g
Protein	19g
Cholesterol	372mg
Sodium	451mg
Vitamin A	1560IU
Vitamin C	22mg
Calcium	134mg
Iron	4mg

Directions

- 1 Add the quinoa, turmeric, salt, ginger, and half of the lime juice to a pot. Cook the quinoa according to package directions. Once finished cooking, stir in the remaining lime juice.
- 2 Meanwhile, bring a second pot of water to a rolling boil and add the vinegar. Begin stirring your water with a spoon to create a whirlpool. Carefully add your eggs into the water, working in batches if needed so you don't overcrowd the pot. Cook for three to four minutes or until cooked to your liking and then use a slotted spoon to carefully remove the eggs from the water. Place them on a plate lined with a paper towel to soak up any excess liquid.
- 3 Heat a non-stick pan over medium heat. Add the kale and water and cover with a lid and steam for two to three minutes until the liquid has evaporated and the kale is tender.
- 4 To serve, divide the quinoa between bowls and top with the kale and poached eggs. Season with additional salt and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Cook eggs just before serving, or hard boil the eggs for meal prep.

More Flavor: Add garlic or red pepper flakes to the quinoa.

More Veggies: Add tomato or bell pepper.

No Apple Cider Vinegar: Use white vinegar instead.

No Kale: Use spinach or another leafy green instead.



Fruit & Egg Snack Plate

3 servings
20 minutes

Ingredients

- 3 Egg
- 1 1/2 cups Blueberries
- 1 1/2 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.



Margherita Pizza Pretzels

4 servings

10 minutes

Ingredients

117 grams Pretzels
85 grams Mozzarella Cheese (slices)
2 tbsps Tomato Sauce
1/4 cup Basil Leaves (large leaves torn)

Nutrition

Amount per serving	
Calories	168
Fat	5g
Carbs	24g
Fiber	1g
Sugar	1g
Protein	7g
Cholesterol	19mg
Sodium	432mg
Vitamin A	325IU
Vitamin C	2mg
Calcium	90mg
Iron	1mg

Directions

- 1 Preheat the oven to 350°F (175°C). Line a baking sheet with parchment paper.
- 2 Arrange the pretzels onto the baking sheet. Top with mozzarella cheese, tomato sauce, and basil leaves. Bake for three minutes or until the cheese is melted. Let cool and enjoy!

Notes

Leftovers: This is best enjoyed right after cooking, but can be refrigerated for up to three days.

Serving Size: One serving equals four pita pretzels.

Gluten-Free: Use gluten-free pretzels or crackers instead.

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

More Flavor: Add minced garlic.

Additional Toppings: Add red pepper flakes.



Corn & White Bean Gazpacho

1 serving
10 minutes

Ingredients

1 Tomato (medium, roughly chopped)
1/4 Yellow Onion (small, roughly chopped)
3/4 cup Corn (cooked)
1/2 cup White Navy Beans (cooked)
1/4 Garlic (clove, minced)
2 1/4 tps Apple Cider Vinegar
1 tbsp Extra Virgin Olive Oil
1/4 cup Water
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	386
Fat	16g
Carbs	54g
Fiber	14g
Sugar	8g
Protein	13g
Cholesterol	0mg
Sodium	51mg
Vitamin A	1955IU
Vitamin C	25mg
Calcium	90mg
Iron	4mg

Directions

- 1 Set aside 1/3 of the corn for garnish if desired. Add all the remaining ingredients to a blender and blend until smooth.
- 2 Pour into mason jars and top with corn. Refrigerate before serving. Enjoy!

Notes

Grill Version: Grill the tomatoes, onion and corn before adding to the blender. Each cob of corn yields approximately 1 cup of kernels.

No White Navy Beans: Use white kidney beans, Cannellini beans or Great Northern beans instead.

Leftovers: Refrigerate in mason jars up to 3-5 days. If freezing in mason jars, leave at least 1 inch of space at the top to allow the fluid to expand.

More Toppings: Grilled tofu, yogurt, avocado slices and/or chopped basil.



Cottage Cheese Crackers with Berries

2 servings

5 minutes

Ingredients

- 1 cup Cottage Cheese
- 4 slices Light Rye Crisp Bread
- 1 cup Raspberries

Nutrition

Amount per serving	
Calories	175
Fat	5g
Carbs	22g
Fiber	8g
Sugar	6g
Protein	14g
Cholesterol	18mg
Sodium	401mg
Vitamin A	167IU
Vitamin C	16mg
Calcium	112mg
Iron	2mg

Directions

1

Spread the cottage cheese on top of each crisp bread. Top with raspberries and enjoy!

Notes

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Papaya Breakfast Box

2 servings
15 minutes

Ingredients

- 4 Egg
- 2 cups Papaya (peeled, seeds removed, chopped)
- 1 Cucumber (medium, chopped)

Nutrition

Amount per serving	
Calories	226
Fat	10g
Carbs	21g
Fiber	3g
Sugar	14g
Protein	14g
Cholesterol	372mg
Sodium	156mg
Vitamin A	698IU
Vitamin C	89mg
Calcium	108mg
Iron	3mg

Directions

- 1 Place the eggs 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 eggs when they are cool enough to handle and slice into halves.
- 3 Serve the eggs with the papaya and cucumbers. Enjoy!

Notes

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

More Flavor: Season the eggs with salt and pepper to taste.

Additional Toppings: Add nuts, crackers, or a slice of toast.



Soba Breakfast Bowl

2 servings

15 minutes

Ingredients

- 100 grams Buckwheat Soba Noodles
- 1 1/2 tsps Tamari
- 1 1/2 tsps Rice Vinegar
- 4 Egg
- 4 cups Kale Leaves (stems removed, roughly chopped)
- 1/4 cup Water
- 1 tbsp Sesame Seeds (black)

Nutrition

Amount per serving	
Calories	418
Fat	13g
Carbs	40g
Fiber	3g
Sugar	1g
Protein	21g
Cholesterol	372mg
Sodium	569mg
Vitamin A	2561IU
Vitamin C	39mg
Calcium	210mg
Iron	3mg

Directions

- 1 Cook the soba noodles according to the directions on the package. Drain and rinse with cold water until completely cooled. Toss with the tamari and vinegar and set aside.
- 2 Heat a non-stick skillet over medium heat and crack the eggs in the skillet. Cook until the whites are set and the yolks are cooked to your liking. Repeat for each serving and transfer to a plate.
- 3 Gently scrape any bits and wipe down the skillet. Add the kale leaves and water over medium heat. Cook until wilted, about 3 minutes. Drain any excess liquid.
- 4 Divide the kale and soba noodles into bowls. Top with fried eggs, black sesame seeds and additional tamari, if desired. Enjoy!

Notes

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

Serving Size: One serving equals approximately one serving of soba noodles, two eggs and 1 1/2 cups of cooked kale.

Make it Vegan: Top with marinated tofu, tempeh, chickpeas or edamame instead of eggs.



Quinoa Greek Salad

2 servings
45 minutes

Ingredients

- 1/2 cup Quinoa (dry)
- 1 Tomato (large, diced)
- 1/2 Cucumber (diced)
- 1/4 cup Red Onion (diced)
- 1/2 cup Feta Cheese (cubed or crumbled)
- 2 tbsps Red Wine Vinegar
- 1 1/2 tpsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 2 cups Arugula

Nutrition

Amount per serving	
Calories	322
Fat	14g
Carbs	36g
Fiber	5g
Sugar	3g
Protein	13g
Cholesterol	33mg
Sodium	462mg
Vitamin A	1548IU
Vitamin C	16mg
Calcium	257mg
Iron	3mg

Directions

- 1 Cook the quinoa according to the directions on the package. Once the quinoa is cooked, fluff it with a fork and place it in the fridge for about 20 minutes, stirring occasionally to help it cool down faster.
- 2 While the quinoa is cooling, chop your vegetables and feta. Add everything to a large bowl or container. Add the cooled quinoa, red wine vinegar, olive oil, and season with sea salt and black pepper. This mixture can marinate in the fridge for up to 3 days.
- 3 Before serving, add the arugula and toss well. Enjoy!

Notes

- Dairy-Free:** Replace feta cheese with kalamata olives.
- Low-Carb:** Use cauliflower rice instead of quinoa.
- Leftovers:** Keeps well in the fridge for 3 days.



Kale & Millet Egg Bake

2 servings

55 minutes

Ingredients

- 1/2 cup Millet (dry)
- 3/4 cup Vegetable Broth
- 2/3 cup Kale Leaves (chopped)
- 1/3 Orange Bell Pepper (medium, chopped)
- 2 2/3 tbsps Cottage Cheese
- 2 Egg (whisked)
- 2 2/3 tbsps Cow's Milk, Whole
- 1/3 tsp Garlic Powder
- 1/3 tsp Onion Powder
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	277
Fat	8g
Carbs	36g
Fiber	4g
Sugar	2g
Protein	14g
Cholesterol	191mg
Sodium	414mg
Vitamin A	945IU
Vitamin C	64mg
Calcium	95mg
Iron	3mg

Directions

- 1 Preheat the oven to 400°F (205°C). Grease a baking dish or line with parchment paper.
- 2 Cook the millet with the broth, according to package directions. When done, transfer to a large bowl and allow to cool.
- 3 Combine all of the remaining ingredients with the millet and stir to combine.
- 4 Transfer to the prepared baking dish. Bake in the oven for 30 minutes, until it has risen and browned on the top. Enjoy!

Notes

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

Serving Size: A 9 x 9-inch baking dish was used to create six servings. One serving is equal to one square.

More Flavor: Add italian seasoning.



Tofu & Cauliflower Fried Rice

2 servings
35 minutes

Ingredients

- 1/2 cup Brown Rice
- 175 grams Tofu (extra-firm, pressed then crumbled into pieces)
- 2 tbsps Tamari (divided)
- 1 tbsp Rice Vinegar
- 1 1/2 tsps Sesame Oil
- 1 Carrot (medium, peeled and chopped)
- 1/2 cup Frozen Edamame (thawed)
- 1/3 cup Water
- 2 Garlic (clove, minced)
- 3 stalks Green Onion (chopped, divided)
- 1 1/2 tsps Sriracha
- 1 cup Cauliflower Rice

Nutrition

Amount per serving	
Calories	366
Fat	12g
Carbs	49g
Fiber	7g
Sugar	6g
Protein	20g
Cholesterol	0mg
Sodium	1152mg
Vitamin A	6057IU
Vitamin C	9mg
Calcium	318mg
Iron	4mg

Directions

- 1 Cook the rice according to package directions.
- 2 Meanwhile, add the tofu to a bowl with 1/4 of the tamari and the rice vinegar. Stir to combine and ensure the tofu is well coated.
- 3 Heat the sesame oil over medium heat. Add the seasoned tofu and cook for five to six minutes or until browned. Transfer to a plate or bowl and set aside.
- 4 To the same pan add the carrots, edamame, and water. Cover with a lid and steam for about five minutes until the carrots are just tender.
- 5 Add the garlic and half of the green onion and stir to combine then add the remaining tamari and sriracha. Stir well and ensure the tamari is bubbling before adding the cauliflower rice, cooked brown rice, and tofu to the pan. Stir to combine and continue to cook for two to three minutes or until the cauliflower rice is tender. Stir in the remaining green onions. Season with additional tamari or salt if needed.
- 6 Divide between plates or bowls and enjoy!

Notes

- Leftovers:** Refrigerate in an airtight container for up to four days.
- More Flavour:** Add fresh ginger.
- No Tamari:** Use soy sauce or coconut aminos instead.
- No Edamame:** Use green peas instead.



Peas & Pancetta Farfalle

2 servings
15 minutes

Ingredients

- 64 grams Farfalle (dry)
- 1 tbsp Walnuts (toasted, finely chopped)
- 1 tbsp Parsley (finely chopped)
- 1 tbsp Parmigiano Reggiano (finely grated)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/2 cup Shallot (chopped)
- 43 grams Pancetta (chopped into small pieces)
- 1/2 cup Frozen Peas (thawed)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	324
Fat	14g
Carbs	37g
Fiber	4g
Sugar	6g
Protein	13g
Cholesterol	13mg
Sodium	238mg
Vitamin A	1027IU
Vitamin C	10mg
Calcium	83mg
Iron	3mg

Directions

- 1 Cook the pasta according to the directions on the package.
- 2 In a bowl combine the walnuts, parsley, and parmesan cheese. Set aside.
- 3 In a large skillet, heat the oil over medium heat. Add the shallots and pancetta. Cook for four to six minutes.
- 4 Add the peas and cook for two more minutes. Season to taste with salt and pepper.
- 5 Add the cooked pasta and nut mixture to the skillet. Mix well to coat the pasta. Divide into pasta bowls and enjoy!

Notes

- Leftovers:** Refrigerate in an airtight container for up to four days.
- Serving Size:** One serving is approximately one cup.
- More Flavor:** Use pine nuts instead of walnuts.
- Additional Toppings:** Fresh basil or mint.
- Gluten-Free:** Use gluten-free pasta.
- Dairy-Free:** Use dairy-free cheese.



Pineapple Chicken Tacos

2 servings

30 minutes

Ingredients

- 170 grams Chicken Breast (boneless, skinless)
- 2/3 cup Pineapple (chopped)
- 1/2 Jalapeno Pepper (diced)
- 1/4 Yellow Onion (medium, diced)
- 2 tsps Taco Seasoning
- 1/4 cup Water
- 1/2 Avocado (medium, sliced)
- 4 Corn Tortilla (small, warmed)
- 2 tsps Cilantro
- 1/2 Lime (juiced)

Nutrition

Amount per serving	
Calories	369
Fat	11g
Carbs	45g
Fiber	7g
Sugar	8g
Protein	23g
Cholesterol	62mg
Sodium	299mg
Vitamin A	241IU
Vitamin C	39mg
Calcium	238mg
Iron	3mg

Directions

- 1 In a pot over medium heat, add the chicken breast, pineapple, jalapeño, onion, taco seasoning, and water. Bring to a simmer, cover the pot with a lid and let it simmer for about 20 minutes or until the chicken is cooked through.
- 2 Once the chicken is done, take it out and shred it with two forks. Put it back into the pot and cook for another five minutes or until the water has evaporated. Adjust the seasoning to your taste.
- 3 Divide the shredded chicken and avocado between tortillas. Top with cilantro and lime juice. Enjoy!

Notes

Leftovers: Refrigerate the chicken mixture in an airtight container for up to three days. Assemble before serving.

Serving Size: One serving is equal to two tacos.

More Flavor: Add cabbage and sauce of your choice.



Crispy Ground Tofu on Rice

1 serving
25 minutes

Ingredients

- 1 1/2 tsps Tamari
- 1 1/2 tsps Avocado Oil
- 1/3 tsp Rice Vinegar
- 1/4 tsp Garlic Powder
- 1/4 tsp Smoked Paprika
- 1/4 tsp Chili Powder
- 1 1/2 tsps Nutritional Yeast
- 85 grams Tofu (extra firm, pressed, crumbled)
- 1/4 cup Jasmine Rice (dry, uncooked)

Nutrition

Amount per serving	
Calories	321
Fat	12g
Carbs	42g
Fiber	3g
Sugar	1g
Protein	15g
Cholesterol	0mg
Sodium	539mg
Vitamin A	481IU
Vitamin C	0mg
Calcium	248mg
Iron	3mg

Directions

- 1 Preheat the oven to 400°F (205°C) and lightly grease a sheet pan with oil.
- 2 In a large bowl, whisk together the tamari, oil, rice vinegar, garlic powder, smoked paprika, chili powder, and nutritional yeast. Add in the crumbled tofu and toss well. Transfer to the sheet pan and bake for 18 to 20 minutes, until crispy.
- 3 Meanwhile, cook the rice according to package directions.
- 4 Divide the rice onto plates and top with the tofu mixture. Enjoy!

Notes

Leftovers: Store in an airtight container in the fridge for up to three days.

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