
















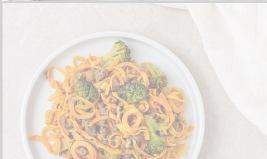






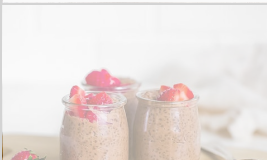








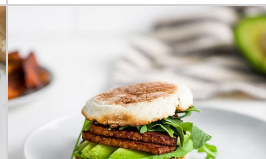
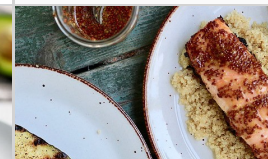

























**EXERCISE**  
*with Style*

30-Day Balanced 1600 Calorie  
Meal Plan PDF week 2

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Banana Protein Oats	 Banana Protein Oats	 Banana Protein Oats	 Soba Breakfast Bowl	 Soba Breakfast Bowl	 Apple Turmeric Smoothie	 Apple Turmeric Smoothie
Snack 1	 Chia Oats with Kiwi	 0.5 Chia Oats with Kiwi	 0.5 Chia Oats with Kiwi	 Watermelon & Feta Skewers	 Watermelon & Feta Skewers	 Watermelon & Feta Skewers	 Watermelon & Feta Skewers
Lunch	 Beef, Rice & Carrots	 Ginger Beef Sweet Potato Noodles	 Cucumber Tomato Chickpea Salad with Sumac Dressing	 Sardine & Cherry Tomato Pasta	 Avocado & Tempeh Sandwich	 Grilled Honey Dijon Salmon with Zucchini & Quinoa	 Ground Turkey & Veggie Stir Fry
Snack 2	 0.5 Chocolate Strawberry Chia Pudding	 0.5 Chocolate Strawberry Chia Pudding	 0.5 Chocolate Strawberry Chia Pudding	 Blueberry Cobbler Smoothie	 Blueberry Cobbler Smoothie	 Blueberry Cobbler Smoothie	 Blueberry Cobbler Smoothie
Dinner	 Ginger Beef Sweet Potato Noodles	 Cucumber Tomato Chickpea Salad with Sumac Dressing	 Sardine & Cherry Tomato Pasta	 Avocado & Tempeh Sandwich	 Grilled Honey Dijon Salmon with Zucchini & Quinoa	 Ground Turkey & Veggie Stir Fry	 Dominican-Style Pork Chops & Rice

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  31%	Fat  32%	Fat  31%	Fat  34%	Fat  32%	Fat  27%	Fat  28%
Carbs  46%	Carbs  48%	Carbs  50%	Carbs  46%	Carbs  46%	Carbs  48%	Carbs  49%
Protein  23%	Protein  20%	Protein  19%	Protein  20%	Protein  22%	Protein  25%	Protein  23%
Calories 1680	Calories 1653	Calories 1619	Calories 1582	Calories 1573	Calories 1691	Calories 1711
Fat 57g	Fat 59g	Fat 57g	Fat 61g	Fat 56g	Fat 53g	Fat 56g
Carbs 195g	Carbs 203g	Carbs 207g	Carbs 186g	Carbs 181g	Carbs 209g	Carbs 216g
Fiber 34g	Fiber 42g	Fiber 38g	Fiber 24g	Fiber 26g	Fiber 30g	Fiber 28g
Sugar 49g	Sugar 69g	Sugar 56g	Sugar 44g	Sugar 55g	Sugar 85g	Sugar 76g
Protein 98g	Protein 84g	Protein 76g	Protein 78g	Protein 89g	Protein 107g	Protein 104g
Cholesterol 153mg	Cholesterol 79mg	Cholesterol 78mg	Cholesterol 496mg	Cholesterol 485mg	Cholesterol 201mg	Cholesterol 216mg
Sodium 1542mg	Sodium 1440mg	Sodium 945mg	Sodium 2392mg	Sodium 2696mg	Sodium 2143mg	Sodium 2334mg
Vitamin A 29972IU	Vitamin A 20559IU	Vitamin A 1986IU	Vitamin A 6522IU	Vitamin A 6508IU	Vitamin A 6570IU	Vitamin A 7292IU
Vitamin C 154mg	Vitamin C 151mg	Vitamin C 75mg	Vitamin C 100mg	Vitamin C 123mg	Vitamin C 143mg	Vitamin C 236mg
Calcium 1154mg	Calcium 1192mg	Calcium 1402mg	Calcium 1097mg	Calcium 838mg	Calcium 1210mg	Calcium 1202mg
Iron 17mg	Iron 18mg	Iron 15mg	Iron 10mg	Iron 12mg	Iron 17mg	Iron 16mg

**Fruits**

- 2 Apple
- 1/2 Avocado
- 1 1/2 Banana
- 2 3/4 cups Blueberries
- 1 Kiwi
- 1/3 cup Lemon Juice
- 1 1/2 tbsps Lime Juice
- 1/3 Seedless Watermelon
- 1 cup Strawberries

**Breakfast**

- 3 tbsps Maple Syrup

**Seeds, Nuts & Spices**

- 1/2 cup Chia Seeds
- 1/2 tsp Chili Powder
- 1 1/8 tbsps Cinnamon
- 1/3 tsp Cumin
- 1 tbsp Ground Sumac
- 1/3 tsp Oregano
- 3 tbsps Pumpkin Seeds
- 1 1/4 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tbsp Sesame Seeds
- 1/4 tsp Smoked Paprika
- 2 tbsps Turmeric

**Frozen**

- 1 cup Cauliflower Rice

**Vegetables**

- 3/4 cup Arugula
- 2 cups Baby Spinach
- 2 cups Broccoli
- 1 Carrot
- 1 1/2 cups Cherry Tomatoes
- 1 1/2 tsps Cilantro
- 1 Cucumber
- 5 Garlic
- 1 1/2 tbsps Ginger
- 1 Green Bell Pepper
- 4 cups Kale Leaves
- 2 2/3 tbsps Mint Leaves
- 1/4 Red Bell Pepper
- 2 tbsps Shallot
- 2 Sweet Potato
- 1/4 Yellow Bell Pepper
- 1 1/4 Yellow Onion
- 2 Zucchini

**Boxed & Canned**

- 1/4 cup Brown Rice
- 1/2 cup Brown Rice Spaghetti
- 100 grams Buckwheat Soba Noodles
- 2 cups Chickpeas
- 3/4 cup Jasmine Rice
- 1/2 cup Quinoa
- 85 grams Sardines

**Baking**

- 3 cups Oats
- 1/4 cup Pitted Dates
- 1 tbsp Raw Honey
- 1 1/2 tbsps Unsweetened Shredded Coconut
- 1 1/2 tsps Vanilla Extract

**Bread, Fish, Meat & Cheese**

- 113 grams English Muffin
- 340 grams Extra Lean Ground Beef
- 227 grams Extra Lean Ground Turkey
- 1 cup Feta Cheese
- 1/4 cup Parmigiano Reggiano
- 112 grams Pork Chop
- 227 grams Salmon Fillet
- 100 grams Tempeh

**Condiments & Oils**

- 1 1/2 tsps Apple Cider Vinegar
- 1 1/2 tsps Balsamic Vinegar
- 1/4 cup Coconut Aminos
- 1 tbsp Coconut Oil
- 2 tbsps Dijon Mustard
- 1/4 cup Extra Virgin Olive Oil
- 1 tbsp Green Olives
- 1 1/2 tsps Rice Vinegar
- 2 1/2 tbsps Tamari
- 1 tbsp Tomato Sauce

**Cold**

- 2 cups Cottage Cheese
- 4 Egg
- 2 1/2 cups Oat Milk
- 4 cups Plain Coconut Milk
- 3 cups Unsweetened Cashew Milk
- 3 tbsps Unsweetened Coconut Yogurt

**Other**

- 1/4 cup Chocolate Protein Powder
- 1 1/4 cups Vanilla Protein Powder
- 1 2/3 cups Water



## Banana Protein Oats

3 servings  
10 minutes

### Ingredients

1 1/2 cups Oats  
3 cups Plain Coconut Milk  
(unsweetened from the carton)  
1 1/2 Banana (sliced, plus extra for  
garnish)  
1 tbsp Maple Syrup  
1 1/2 tsp Vanilla Extract  
1/3 tsp Sea Salt  
1 1/2 tsp Cinnamon (plus extra for  
garnish)  
3/4 cup Vanilla Protein Powder  
3/4 cup Blueberries  
3 tbsps Unsweetened Coconut Yogurt  
3 tbsps Pumpkin Seeds  
1 1/2 tbsps Unsweetened Shredded  
Coconut

### Nutrition

Amount per serving	
Calories	487
Fat	14g
Carbs	63g
Fiber	9g
Sugar	23g
Protein	28g
Cholesterol	4mg
Sodium	378mg
Vitamin A	562IU
Vitamin C	9mg
Calcium	646mg
Iron	4mg

### Directions

- 1 Add the oats, coconut milk, banana, maple syrup, vanilla, and sea salt to a pot over medium heat. Stir to combine. Cook for five to seven minutes or until the oats thicken.
- 2 Turn off the heat and stir in the cinnamon and protein powder.
- 3 Transfer to a bowl and garnish with blueberries, coconut yogurt, pumpkin seeds, shredded coconut, sliced banana, and cinnamon. Enjoy!

### Notes

**Leftovers:** Best enjoyed right away.

**Gluten-Free:** Use certified gluten-free oats.

**Protein Powder:** This recipe was tested using plant-based vanilla protein powder.

**No Coconut Milk:** Use another plant-based milk like cashew, oat, or almond.



## 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.



## Apple Turmeric Smoothie

2 servings

5 minutes

### Ingredients

- 2 1/2 cups Oat Milk
- 2 Apple (small, cored, chopped)
- 1 cup Cauliflower Rice (or chopped florets)
- 1/2 cup Vanilla Protein Powder
- 2 tbsps Turmeric
- 2 tbsps Chia Seeds (plus more for garnish if desired)

### Nutrition

Amount per serving	
Calories	425
Fat	11g
Carbs	60g
Fiber	15g
Sugar	29g
Protein	27g
Cholesterol	4mg
Sodium	180mg
Vitamin A	98IU
Vitamin C	8mg
Calcium	664mg
Iron	7mg

### Directions

- 1 Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately. Refrigerate in an airtight container for two days.

**More Flavor:** Add ground ginger, cinnamon, or nutmeg.

**No Cauliflower Rice:** Use pumpkin puree or steamed sweet potato instead.

**No Oat Milk:** Use almond, soy, pea, rice, coconut, or dairy milk instead.



## Chia Oats with Kiwi

2 servings

10 minutes

### Ingredients

- 1 cup Water
- 1 cup Oats (rolled)
- 2 tbsps Chia Seeds
- 1 Kiwi (chopped)

### Nutrition

Amount per serving	
Calories	231
Fat	6g
Carbs	37g
Fiber	9g
Sugar	4g
Protein	8g
Cholesterol	0mg
Sodium	8mg
Vitamin A	30IU
Vitamin C	32mg
Calcium	121mg
Iron	3mg

### Directions

- 1 In a small saucepan, bring the water to a boil and add the oats and chia seeds. Reduce to a simmer and cook for 4 to 5 minutes or until cooked through. Be sure to stir often.
- 2 Divide the oatmeal between bowls and top with kiwi. Enjoy!

### Notes

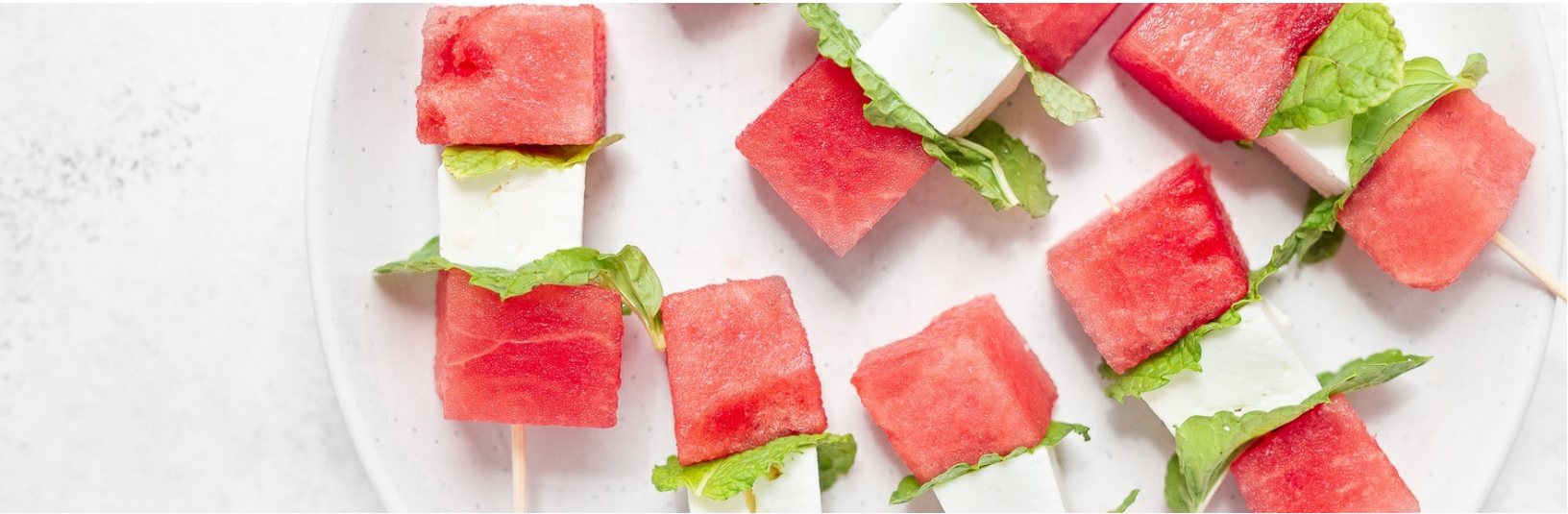
**Leftovers:** Refrigerate in an airtight container for up to four days. For best results, reheat with additional liquid over the stove or in the microwave.

**Serving Size:** One serving is equal to half a cup of oatmeal and half of a kiwi.

**More Flavor:** Add cinnamon or maple syrup.

**Additional Toppings:** Add nuts, seeds and berries.





## Watermelon & Feta Skewers

4 servings

15 minutes

### Ingredients

- 1/3 Seedless Watermelon (medium, cut into cubes)
- 2 2/3 tbsps Mint Leaves
- 1 cup Feta Cheese (cubed)

### Nutrition

Amount per serving	
Calories	213
Fat	9g
Carbs	30g
Fiber	2g
Sugar	23g
Protein	8g
Cholesterol	33mg
Sodium	431mg
Vitamin A	2346IU
Vitamin C	31mg
Calcium	214mg
Iron	1mg

### Directions

- 1 Take a toothpick and thread the watermelon, a mint leaf, and feta cheese one at a time. Repeat until each toothpick is full. Serve and enjoy!

### Notes

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

**Serving Size:** One serving equals approximately four toothpicks.

**More Flavor:** Drizzle balsamic glaze otop.

**Additional Toppings:** Add cucumber slices.



## Beef, Rice & Carrots

1 serving  
30 minutes

### Ingredients

- 1/4 cup Brown Rice
- 1 Carrot (large, sliced)
- 113 grams Extra Lean Ground Beef
- 1/3 tsp Cumin
- 1/4 tsp Oregano
- 1/8 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	398
Fat	13g
Carbs	42g
Fiber	4g
Sugar	3g
Protein	27g
Cholesterol	74mg
Sodium	416mg
Vitamin A	10221IU
Vitamin C	4mg
Calcium	49mg
Iron	4mg

### Directions

- 1 Cook the rice according to the package directions.
- 2 Meanwhile, place a steamer basket over a pot of boiling water and steam the carrots for eight to 10 minutes or until tender.
- 3 While the carrots cook, add the beef to the pan over medium-high heat. Cook for five to eight minutes, breaking it up as it cooks. Drain extra fat if needed. Once it is cooked through add the cumin, oregano, and salt and stir to combine.
- 4 To serve, divide the beef, rice and carrots between plates or meal prep containers. Enjoy!

### Notes

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

**More Flavor:** Add other dried herbs and spices to taste.

**No Beef:** Use ground turkey, chicken, pork, lamb, or lentils instead.

**No Carrots:** Use green beans, broccoli, or cauliflower instead.

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



## Chocolate Strawberry Chia Pudding

2 servings  
30 minutes

### Ingredients

- 1/4 cup Chia Seeds
- 1 cup Plain Coconut Milk (unsweetened, from the carton)
- 1/4 cup Chocolate Protein Powder
- 1 cup Strawberries (halved)

### Nutrition

Amount per serving	
Calories	219
Fat	10g
Carbs	20g
Fiber	10g
Sugar	7g
Protein	14g
Cholesterol	2mg
Sodium	41mg
Vitamin A	258IU
Vitamin C	42mg
Calcium	447mg
Iron	2mg

### Directions

- 1 In a large bowl, combine the chia seeds with the coconut milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 Top the chia pudding with the strawberries and enjoy!

### Notes

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

**No Protein Powder:** Use raw cacao powder or cocoa powder instead of protein powder, using half the amount.

**Likes it Sweet:** Add a drizzle of maple syrup or honey.

**Likes it Thicker:** Use full fat coconut milk instead.

**Additional Toppings:** Add granola or cacao nibs on top for crunch.

**Protein Powder:** This recipe was developed and tested using a plant-based protein powder.



## Blueberry Cobbler Smoothie

4 servings

5 minutes

### Ingredients

3 cups Unsweetened Cashew Milk  
2 cups Blueberries (fresh or frozen)  
1/2 cup Oats (quick or rolled)  
2 cups Cottage Cheese  
1/4 cup Pitted Dates  
3 tbsps Lemon Juice  
2 tsps Cinnamon

### Nutrition

Amount per serving	
Calories	242
Fat	8g
Carbs	31g
Fiber	4g
Sugar	16g
Protein	14g
Cholesterol	18mg
Sodium	396mg
Vitamin A	567IU
Vitamin C	12mg
Calcium	190mg
Iron	1mg

### Directions

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

### Notes

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

**Pitted Dates:** One serving is equal to approximately one to two dates.

**Make it Vegan:** Use coconut yogurt instead of cottage cheese.

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

**More Protein:** Add hemp seeds, chia seeds, or a scoop of protein powder.

**No Cashew Milk:** Use any milk of choice.

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



## Ginger Beef Sweet Potato Noodles

2 servings  
25 minutes

### Ingredients

- 1/4 cup Coconut Aminos
- 2 Garlic (clove, minced)
- 1 1/2 tbsps Ginger (fresh, grated or minced)
- 1 tbsp Lime Juice
- 1 tbsp Coconut Oil
- 2 Sweet Potato (small, peeled and spiralized into noodles)
- 2 cups Broccoli (cut into florets)
- 1/2 Yellow Onion (medium, roughly chopped)
- 2 tbsps Water
- 227 grams Extra Lean Ground Beef

### Nutrition

Amount per serving	
Calories	454
Fat	19g
Carbs	43g
Fiber	7g
Sugar	15g
Protein	28g
Cholesterol	74mg
Sodium	719mg
Vitamin A	19030IU
Vitamin C	88mg
Calcium	114mg
Iron	5mg

### Directions

- 1 In a small mixing bowl combine the coconut aminos, garlic, ginger, and lime juice. Set aside.
- 2 Heat the coconut oil in a large non-stick pan or skillet with a lid. Add the sweet potato noodles and saute for six to eight minutes or until the noodles are tender. (If the noodles start to stick to the pan, add a couple of drops of water.) Remove the noodles from the pan and set them aside.
- 3 Add the broccoli and onions to the pan. Add the water and cover with a lid. Steam for four to five minutes until the broccoli is tender. Remove from the pan and set aside.
- 4 Add the beef to the pan, breaking it up as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan.
- 5 Add the steamed broccoli and onions to the pan with the beef then add the coconut aminos sauce and stir to combine. Bring the sauce to a bubble and let it cook for two to three minutes. Add in the sweet potato noodles and stir to combine. Continue to cook until the noodles have warmed through.
- 6 Divide between plates and enjoy!

### Notes

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

**More Flavor:** Add sesame oil, red pepper flakes, hot sauce or maple syrup to the sauce.

**Additional Toppings:** Green onion, cilantro and/or sesame seeds.

**Sweet Potato Noodles:** Two small sweet potatoes are equal to approximately four cups of sweet potato noodles.

**No Coconut Oil:** Use avocado oil instead.



## Cucumber Tomato Chickpea Salad with Sumac Dressing

2 servings  
10 minutes

### Ingredients

2 tbsps Extra Virgin Olive Oil  
2 tbsps Maple Syrup  
1 tbsp Ground Sumac  
1 1/2 tps Apple Cider Vinegar  
1/4 tsp Sea Salt  
1 Cucumber (chopped)  
2 cups Chickpeas (cooked)  
1 cup Cherry Tomatoes (halved)

### Nutrition

Amount per serving	
Calories	487
Fat	18g
Carbs	68g
Fiber	16g
Sugar	25g
Protein	17g
Cholesterol	0mg
Sodium	318mg
Vitamin A	823IU
Vitamin C	17mg
Calcium	148mg
Iron	6mg

### Directions

- 1 In a small bowl, whisk together the oil, maple syrup, sumac, vinegar and sea salt. Set aside.
- 2 Divide the cucumber, chickpeas and tomatoes into bowls. Drizzle sumac dressing ovetop and enjoy!

### Notes

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

**Serving Size:** One serving is approximately 2 1/2 to 3 cups.

**More Flavor:** Let the salad marinate in the dressing overnight before serving.

**Additional Toppings:** Black pepper, red pepper flakes, avocado, bell peppers, mushrooms.



## Sardine & Cherry Tomato Pasta

2 servings

15 minutes

### Ingredients

1/2 cup Brown Rice Spaghetti  
1 tbsp Extra Virgin Olive Oil  
2 tbsps Shallot (thinly sliced)  
1/2 cup Cherry Tomatoes  
85 grams Sardines (in oil, drained)  
2 tbsps Lemon Juice  
1/4 cup Parmigiano Reggiano (grated, plus more for garnish)  
1/4 cup Water (reserved from cooking pasta)

### Nutrition

Amount per serving	
Calories	420
Fat	17g
Carbs	47g
Fiber	3g
Sugar	2g
Protein	20g
Cholesterol	73mg
Sodium	224mg
Vitamin A	457IU
Vitamin C	12mg
Calcium	324mg
Iron	2mg

### Directions

- 1 Cook the pasta according to the package directions. Reserve pasta water and drain.
- 2 Meanwhile, heat the oil in a pan over medium-high heat. Add the shallots and tomatoes, and cook until the shallots are translucent, about three to five minutes.
- 3 Add the sardines to the pan, and cook until warmed through, about two minutes.
- 4 Stir in the lemon juice. Add the pasta and parmesan to the pan, and toss to combine. Add some of the reserved pasta water, a little at a time, to reach the desired consistency. Serve into bowls, garnish with extra parmesan and enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately one cup of cooked pasta. 1/2 cup of dry spaghetti is equal to 128 grams or 4 1/2 ounces.

**Dairy-Free:** Omit the parmesan cheese.



## 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.





## Grilled Honey Dijon Salmon with Zucchini & Quinoa

2 servings  
30 minutes

### Ingredients

- 1/2 cup Quinoa (dry, uncooked)
- 2 tbsps Dijon Mustard (grainy or regular)
- 1 tbsp Raw Honey
- 227 grams Salmon Fillet
- 2 Zucchini (sliced in half lengthwise)
- 3/4 tsp Extra Virgin Olive Oil
- 1/4 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	411
Fat	12g
Carbs	42g
Fiber	5g
Sugar	13g
Protein	31g
Cholesterol	62mg
Sodium	528mg
Vitamin A	443IU
Vitamin C	35mg
Calcium	65mg
Iron	4mg

### Directions

- 1 Cook the quinoa according to the directions on the package and set aside. While the quinoa cooks, combine the dijon mustard and honey in a jar. Mix well and set aside.
- 2 Preheat the grill to medium heat.
- 3 Place the salmon on a grill pan or mat and brush with 2/3 of the dijon glaze. Slice the zucchinis, brush them with olive oil and add them to the grill pan/mat too. Season everything with sea salt.
- 4 Place the salmon and zucchini on the grill, close the lid and grill for 10 to 15 minutes, or until salmon flakes with a fork and zucchini is tender. Flip the zucchini at the halfway point.
- 5 Remove everything from the grill and brush the salmon with the remaining dijon glaze. Divide the salmon, zucchini and quinoa onto plates and enjoy!

### Notes

**No Grill:** Bake on a sheet in the oven at 400°F (204°C) degrees for 15 to 20 minutes, or until fish flakes with a fork.

**No Zucchini:** Use asparagus or green beans instead.

**Lower Carb:** Omit the quinoa or serve with cauliflower rice instead.

**Leftovers:** Store leftovers in an airtight container in the fridge up to 2 to 3 days.



## Ground Turkey & Veggie Stir Fry

2 servings  
20 minutes

### Ingredients

- 1/2 cup Jasmine Rice
- 227 grams Extra Lean Ground Turkey
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 Green Bell Pepper (medium, diced)
- 1/2 Yellow Onion (chopped)
- 2 Garlic (large cloves, minced)
- 2 cups Baby Spinach
- 1 tbsp Tamari

### Nutrition

Amount per serving	
Calories	400
Fat	13g
Carbs	46g
Fiber	4g
Sugar	4g
Protein	27g
Cholesterol	84mg
Sodium	608mg
Vitamin A	3116IU
Vitamin C	57mg
Calcium	77mg
Iron	4mg

### Directions

- 1 Cook the rice according to package directions.
- 2 Add the turkey to a pan over medium heat, breaking it up as it cooks. Once it is cooked through and no longer pink, transfer the turkey to a bowl or plate and drain any excess drippings from the pan. Set aside.
- 3 Adjust the heat to medium-high and add the oil to the same pan. Add the bell pepper and onion and cook, stirring often, for four to six minutes or until the vegetables are just tender.
- 4 Add the garlic and spinach to the pan and continue to cook until the spinach has wilted. Add the cooked turkey back to the pan and stir to combine.
- 5 Add the tamari to the pan and stir well. Continue to cook for another one to two minutes or until the tamari has been absorbed into the meat and vegetables. Divide the rice and stir fry between plates and enjoy!

### Notes

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

**Serving Size:** One serving is approximately equal to one cup of the turkey mixture and a half cup of rice.

**More Flavor:** Use sesame oil instead of olive oil.

**Additional Toppings:** Additional tamari, sriracha or hot sauce, green onion, sesame seeds, or chopped cashews.

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

**No Green Bell Pepper:** Use red, yellow, or orange bell pepper instead.

**No Jasmine Rice:** Use brown rice, white rice, or cauliflower rice instead.



## 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.