










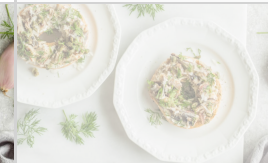



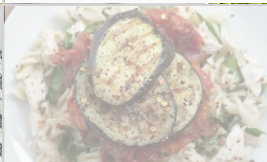







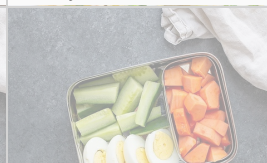




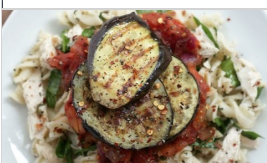


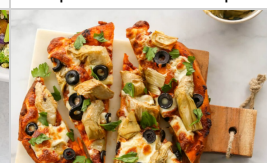




























EXERCISE
with Style

30-Day Balanced 1700 Calorie
Meal Plan PDF (week 1)

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Fried Chickpeas & Spinach Yogurt Bowl	 Fried Chickpeas & Spinach Yogurt Bowl	 Fried Chickpeas & Spinach Yogurt Bowl	 Berry Cottage Cheese Overnight Oats	 Berry Cottage Cheese Overnight Oats	 Banana Chocolate Protein Smoothie	 Banana Chocolate Protein Smoothie
Snack 1	 0.5 Edamame Ricotta Toast	 0.5 Edamame Ricotta Toast	 Edamame Ricotta Toast	 0.5 Sardine & Cream Cheese Bagel	 0.5 Sardine & Cream Cheese Bagel	 Sardine & Cream Cheese Bagel	 Sardine & Cream Cheese Bagel
Lunch	 Roasted Cabbage, Broccoli & Tofu	 Fusilli with Grilled Eggplant	 Chicken, Broccoli & Cashew Stir Fry	 Tofu Veggie Fried Rice	 Artichoke, Olive & Sun Dried Tomato Pesto Pizza	 Sesame Chicken & Noodle Jar	 Pork Summer Rolls with Peanut Sauce
Snack 2	 Papaya Breakfast Box	 Papaya Breakfast Box	 Papaya Breakfast Box	 Persimmon with Yogurt & Pumpkin Seed Butter Dip	 Persimmon with Yogurt & Pumpkin Seed Butter Dip	 0.5 Persimmon with Yogurt & Pumpkin Seed Butter Dip	 Persimmon with Yogurt & Pumpkin Seed Butter Dip
Dinner	 Fusilli with Grilled Eggplant	 Chicken, Broccoli & Cashew Stir Fry	 Tofu Veggie Fried Rice	 Artichoke, Olive & Sun Dried Tomato Pesto Pizza	 Sesame Chicken & Noodle Jar	 Pork Summer Rolls with Peanut Sauce	 Amatriciana Pasta

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  34%	Fat  33%	Fat  35%	Fat  34%	Fat  31%	Fat  30%	Fat  32%
Carbs  48%	Carbs  47%	Carbs  44%	Carbs  45%	Carbs  47%	Carbs  50%	Carbs  50%
Protein  18%	Protein  20%	Protein  21%	Protein  21%	Protein  22%	Protein  20%	Protein  18%
Calories 1769	Calories 1712	Calories 1726	Calories 1694	Calories 1772	Calories 1729	Calories 1791
Fat 68g	Fat 64g	Fat 68g	Fat 64g	Fat 61g	Fat 59g	Fat 66g
Carbs 220g	Carbs 205g	Carbs 195g	Carbs 195g	Carbs 207g	Carbs 222g	Carbs 233g
Fiber 37g	Fiber 35g	Fiber 32g	Fiber 26g	Fiber 25g	Fiber 27g	Fiber 32g
Sugar 42g	Sugar 41g	Sugar 36g	Sugar 56g	Sugar 57g	Sugar 54g	Sugar 67g
Protein 82g	Protein 86g	Protein 92g	Protein 92g	Protein 100g	Protein 90g	Protein 81g
Cholesterol 439mg	Cholesterol 480mg	Cholesterol 614mg	Cholesterol 278mg	Cholesterol 180mg	Cholesterol 190mg	Cholesterol 131mg
Sodium 1344mg	Sodium 1589mg	Sodium 2516mg	Sodium 2701mg	Sodium 2411mg	Sodium 1680mg	Sodium 1993mg
Vitamin A 7097IU	Vitamin A 6189IU	Vitamin A 8617IU	Vitamin A 8035IU	Vitamin A 4943IU	Vitamin A 4128IU	Vitamin A 5859IU
Vitamin C 294mg	Vitamin C 299mg	Vitamin C 331mg	Vitamin C 95mg	Vitamin C 151mg	Vitamin C 140mg	Vitamin C 57mg
Calcium 995mg	Calcium 664mg	Calcium 1063mg	Calcium 1279mg	Calcium 927mg	Calcium 1000mg	Calcium 1209mg
Iron 18mg	Iron 17mg	Iron 20mg	Iron 16mg	Iron 14mg	Iron 13mg	Iron 16mg

Fruits

- 2 Banana
- 1/2 Lemon
- 1 tsp Lemon Juice
- 3 cups Papaya
- 4 Persimmon

Breakfast

- 1/4 cup All Natural Peanut Butter
- 3/4 tsp Maple Syrup
- 1/4 cup Pumpkin Seed Butter

Seeds, Nuts & Spices

- 1/4 cup Cashews
- 2 tbsps Chia Seeds
- 1/4 tsp Chili Flakes
- 1/4 cup Hemp Seeds
- 3/4 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1/4 cup Sliced Almonds

Frozen

- 2/3 cup Frozen Berries
- 3/4 cup Frozen Edamame

Vegetables

- 3 cups Baby Spinach
- 2 tbsps Basil Leaves
- 4 1/4 cups Broccoli
- 1/2 Carrot
- 1 3/4 Cucumber
- 1/2 Eggplant
- 1 1/2 tbsps Fresh Dill
- 2 Garlic
- 1 1/2 tsps Ginger
- 3 stalks Green Onion
- 1/8 head Iceberg Lettuce
- 1/2 cup Mint Leaves
- 2 tbsps Parsley
- 2 3/4 cups Purple Cabbage
- 1 1/2 tbsps Shallot
- 3/4 Sweet Onion
- 1/2 cup Thai Basil
- 1 1/2 Tomato
- 1/4 White Onion
- 1 Yellow Bell Pepper

Boxed & Canned

- 1/4 cup Brown Rice
- 1 1/4 cups Brown Rice Fusilli
- 3/4 cup Canned Whole Tomatoes
- 3 cups Chickpeas
- 1/2 cup Jasmine Rice
- 1/3 cup Quinoa
- 156 grams Rice Vermicelli Noodles
- 57 grams Rigatoni
- 83 grams Sardines

Baking

- 1 1/8 tsps Arrowroot Powder
- 2 tbsps Cocoa Powder
- 1/2 tsp Honey
- 1 1/8 cups Oats
- 1/4 cup Pitted Dates
- 1 3/4 tbsps Raw Honey
- 1 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- 113 grams Chicken Breast
- 283 grams Chicken Breast, Cooked
- 85 grams Mozzarella Cheese
- 2 pieces Naan
- 35 grams Pancetta
- 1 1/2 tbsps Parmigiano Reggiano
- 113 grams Pork Tenderloin
- 1/4 cup Ricotta Cheese
- 99 grams Sourdough Bread
- 340 grams Tofu
- 1 1/2 Whole Wheat Bagel

Condiments & Oils

- 1 1/2 tsps Apple Cider Vinegar
- 1/2 cup Artichoke Hearts
- 2 1/4 tsps Avocado Oil
- 1/4 cup Black Olives
- 1 1/2 tbsps Capers
- 1 1/2 tsps Coconut Oil
- 1/4 cup Extra Virgin Olive Oil
- 4 Rice Paper Wraps
- 1 1/2 tbsps Rice Vinegar
- 2 3/4 tsps Sesame Oil
- 2 tbsps Sun Dried Tomato Pesto
- 1/4 cup Tamari

Cold

- 1 cup Cottage Cheese
- 3 tbsps Cream Cheese, Regular
- 8 Egg
- 1 1/2 cups Plain Greek Yogurt
- 3 cups Unsweetened Almond Milk
- 1 1/2 cups Unsweetened Coconut Yogurt

Other

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



Fried Chickpeas & Spinach Yogurt Bowl

3 servings
15 minutes

Ingredients

3 tbsps Extra Virgin Olive Oil
3 cups Chickpeas (cooked, patted dry)
3/4 tsp Sea Salt
3 cups Baby Spinach (chopped)
1 1/2 cups Unsweetened Coconut Yogurt

Nutrition

Amount per serving	
Calories	450
Fat	21g
Carbs	52g
Fiber	15g
Sugar	8g
Protein	16g
Cholesterol	0mg
Sodium	650mg
Vitamin A	2857IU
Vitamin C	11mg
Calcium	360mg
Iron	6mg

Directions

- 1 Heat the oil in a large pan over medium heat.
- 2 Add the chickpeas and salt, stirring occasionally until heated through, about 8 to 10 minutes. If the chickpeas begin to stick to the pan, add more olive oil or a bit of water, as needed.
- 3 Stir in the chopped spinach and cook until wilted, about one minute.
- 4 Divide the yogurt into bowls. Top with chickpea and spinach mixture. Enjoy!

Notes

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

Serving Size: Each serving equals approximately one cup of chickpeas and 1/2 cup of yogurt.

More Flavor: Add pesto, chimichurri, or dried herbs to the chickpea mixture.

Additional Toppings: Top with feta cheese, cherry tomatoes, basil, parsley or cilantro.



Berry Cottage Cheese Overnight Oats

2 servings

8 hours

Ingredients

- 2/3 cup Oats
- 1 cup Cottage Cheese
- 28 grams Collagen Powder (optional)
- 1 tsp Vanilla Extract
- 1 1/3 tbsps Raw Honey
- 1 cup Unsweetened Almond Milk
- 1/4 cup Sliced Almonds (divided)
- 2/3 cup Frozen Berries

Nutrition

Amount per serving	
Calories	445
Fat	17g
Carbs	44g
Fiber	7g
Sugar	20g
Protein	32g
Cholesterol	18mg
Sodium	441mg
Vitamin A	397IU
Vitamin C	13mg
Calcium	389mg
Iron	3mg

Directions

- 1 Add the oats, cottage cheese, collagen powder, vanilla, honey, milk, and half of the sliced almonds to a bowl. Mix well to combine.
- 2 Divide between sealable containers and top with the berries. Refrigerate sealed overnight or for at least eight hours.
- 3 Top with remaining sliced almonds. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately one cup with toppings.

Make it Vegan: Use coconut yogurt or cashew cheese instead of cottage cheese. Omit the collagen and/or use vegan protein powder instead.



Banana Chocolate Protein Smoothie

2 servings

5 minutes

Ingredients

2 cups Unsweetened Almond Milk
1/2 cup Plain Greek Yogurt
2 tbsps Chia Seeds
1/4 cup Hemp Seeds
1/2 cup Oats
2 tbsps Cocoa Powder
2 Banana (frozen)
1/4 cup Pitted Dates

Nutrition

Amount per serving	
Calories	487
Fat	20g
Carbs	68g
Fiber	14g
Sugar	28g
Protein	20g
Cholesterol	8mg
Sodium	202mg
Vitamin A	891IU
Vitamin C	14mg
Calcium	697mg
Iron	5mg

Directions

1

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

Notes

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

Gluten-Free: Use Gluten-Free oats.

Dairy-Free: Use coconut yogurt instead.

Nut-Free: Use coconut or oat milk instead of almond milk.

More Flavor: Add a pinch of cinnamon.

Make it Vegan: Use a vegan yogurt.



Edamame Ricotta Toast

2 servings

10 minutes

Ingredients

- 1/4 cup Ricotta Cheese
- 1 tsp Lemon Juice
- 3/4 cup Frozen Edamame (thawed, divided)
- Sea Salt & Black Pepper (to taste)
- 99 grams Sourdough Bread (toasted)

Nutrition

Amount per serving	
Calories	241
Fat	6g
Carbs	31g
Fiber	4g
Sugar	1g
Protein	14g
Cholesterol	15mg
Sodium	276mg
Vitamin A	311IU
Vitamin C	6mg
Calcium	101mg
Iron	3mg

Directions

- 1 Add ricotta, lemon juice, and 2/3 of the edamame to the bowl of a food processor. Process until smooth. Season with salt and pepper.
- 2 Spread the ricotta mixture onto the toast. Top with the remaining edamame. Enjoy!

Notes

Leftovers: Refrigerate the edamame ricotta mixture 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 toast.

More Flavor: Add tomato and cucumber.

Additional Toppings: Add fresh herbs such as dill or parsley.

Gluten-Free: Use gluten-free bread instead.

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



Sardine & Cream Cheese Bagel

3 servings

10 minutes

Ingredients

3 tbsps Cream Cheese, Regular
1 1/2 Whole Wheat Bagel (lightly
toasted)
83 grams Sardines (drained)
1 1/2 tbsps Shallot (thinly chopped)
1 1/2 tbsps Capers (drained, chopped)
1 1/2 tbsps Fresh Dill (chopped finely)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	270
Fat	8g
Carbs	34g
Fiber	3g
Sugar	5g
Protein	15g
Cholesterol	53mg
Sodium	539mg
Vitamin A	57IU
Vitamin C	1mg
Calcium	133mg
Iron	3mg

Directions

1

Spread the cream cheese onto the bagel. Top with the sardines, shallots, capers, and dill. Season with salt and pepper, to taste. Enjoy!

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is equal to half a bagel.

No Shallots: Use chives, green onions, or pickled onions instead.

No Sardines: Use smoked salmon, smoked oysters, or mackerel instead.

Gluten-Free: Use a gluten-free bagel

Dairy-Free: Use dairy-free cream cheese.



Roasted Cabbage, Broccoli & Tofu

1 serving
30 minutes

Ingredients

- 1/4 cup Brown Rice (uncooked)
- 3/4 tsp Maple Syrup
- 3/4 tsp Tamari
- 2 1/4 tps Avocado Oil (divided)
- 113 grams Tofu (extra-firm, pressed and cubed)
- 1 1/8 tps Arrowroot Powder
- Sea Salt & Black Pepper (to taste)
- 1 1/4 cups Purple Cabbage (sliced in wedges)
- 1 1/4 cups Broccoli (chopped)

Nutrition

Amount per serving	
Calories	456
Fat	19g
Carbs	59g
Fiber	8g
Sugar	10g
Protein	20g
Cholesterol	0mg
Sodium	326mg
Vitamin A	1950IU
Vitamin C	165mg
Calcium	433mg
Iron	5mg

Directions

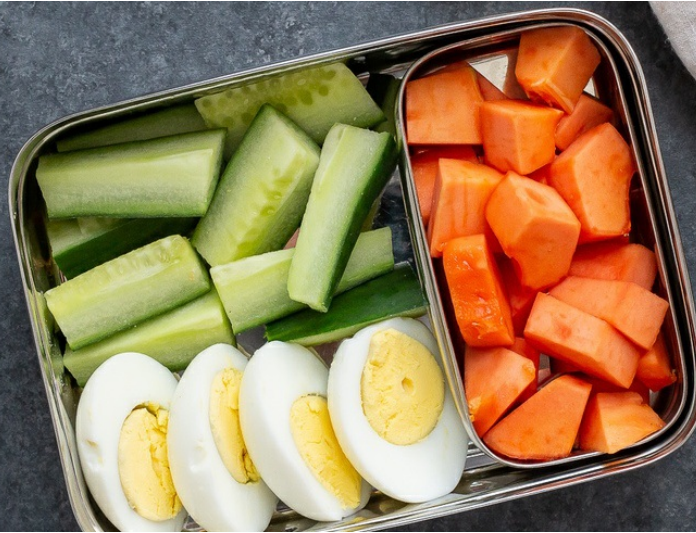
- 1 Preheat the oven to 425°F (218°C) and line two baking sheets with parchment paper. Cook the rice according to package directions.
- 2 In a bowl, whisk together the maple syrup, tamari, 1/3 of the oil, and salt and pepper. Add the tofu cubes to a bowl and gently toss. Then add the arrowroot powder and gently toss until the tofu cubes are well coated. Arrange the tofu on a parchment-lined baking sheet.
- 3 On the second baking sheet, arrange the cabbage and broccoli and drizzle with the remaining oil and season with salt and pepper.
- 4 Place both baking sheets in the oven and bake for 25 to 30 minutes, flipping everything halfway through. Bake until the tofu and vegetables are crispy. Divide onto plates with the rice and enjoy.

Notes

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

More Flavor: Add chili flakes.

Additional Toppings: Serve with a peanut sauce or other dipping sauce on top or on the side.



Papaya Breakfast Box

3 servings
15 minutes

Ingredients

- 6 Egg
- 3 cups Papaya (peeled, seeds removed, chopped)
- 1 1/2 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.



Persimmon with Yogurt & Pumpkin Seed Butter Dip

4 servings

5 minutes

Ingredients

- 1 cup Plain Greek Yogurt
- 1/4 cup Pumpkin Seed Butter
- 4 Persimmon (sliced)

Nutrition

Amount per serving	
Calories	263
Fat	11g
Carbs	36g
Fiber	7g
Sugar	23g
Protein	9g
Cholesterol	8mg
Sodium	82mg
Vitamin A	3046IU
Vitamin C	16mg
Calcium	138mg
Iron	2mg

Directions

- 1 In a small bowl, whisk together the yogurt and pumpkin seed butter until thoroughly combined.
- 2 Dip the persimmon slices into the yogurt mixture, and enjoy!

Notes

Leftovers: Best enjoyed immediately. Yogurt and pumpkin seed butter dip can be refrigerated in an airtight container for up to one week.



Fusilli with Grilled Eggplant

2 servings

40 minutes

Ingredients

113 grams Chicken Breast, Cooked
1 1/2 Tomato (sliced in half)
1/2 Sweet Onion (coarsley chopped)
1/2 Eggplant (sliced into 1/2 inch rounds)
1 1/2 tbsps Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper (to taste)
1/2 Lemon (juiced)
1/2 Garlic (clove, minced)
2 tbsps Basil Leaves (chopped)
1 1/4 cups Brown Rice Fusilli (uncooked)

Nutrition

Amount per serving	
Calories	516
Fat	15g
Carbs	72g
Fiber	9g
Sugar	9g
Protein	25g
Cholesterol	59mg
Sodium	74mg
Vitamin A	1436IU
Vitamin C	26mg
Calcium	43mg
Iron	2mg

Directions

- 1 Preheat the grill to medium-high heat. If you do not have a grill, preheat oven to 425°F (218°C).
- 2 Add your tomato, onion and eggplant pieces to a large mixing bowl and toss with half of your extra virgin olive oil and season with salt and pepper. Toss well and transfer veggies directly onto the grill with tomatoes facedown. Let cook for about 7 - 8 minutes or until slightly charred, flipping the eggplant half way through. If using the oven, roast veggies for 25 to 30 minutes flipping the eggplant half way through and leaving tomatoes and onions faceup.
- 3 Remove your vegetables from the heat. Place tomatoes in a mixing bowl and slice and mash with a fork and knife. When cool enough to handle, finely chop the grilled onions and place in mixing bowl with mashed tomatoes. Mix well. Chop your grilled eggplant rounds into cubes and set aside.
- 4 Create the basil-lemon olive oil sauce by combining fresh basil leaves, remaining olive oil, lemon juice and minced garlic clove. Season with a pinch of salt and pepper and stir well with a fork. Set aside.
- 5 Cook your brown rice fusilli according to the directions on the package. Once al dente, strain and run cold water over the pasta to prevent from over-cooking.
- 6 Toss pasta in desired amount of basil-lemon oil. Plate pasta and spoon the tomato/onion mix over top. Finish by topping with grilled eggplant pieces and seasoning with fresh ground pepper. Serve alongside a grilled chicken breast (optional). Enjoy!



Chicken, Broccoli & Cashew Stir Fry

2 servings
45 minutes

Ingredients

113 grams Chicken Breast
1/3 cup Quinoa
3/4 cup Water
1 tbsp Tamari
1 1/2 tsps Raw Honey
1 1/2 tsps Apple Cider Vinegar
2 cups Broccoli (cut into florets)
1 1/2 tsps Coconut Oil
1/2 Yellow Bell Pepper (diced)
1/4 Sweet Onion (chopped)
1 1/2 tsps Ginger (grated)
1 1/2 Garlic (cloves, minced)
1/4 cup Cashews
1 1/2 stalks Green Onion (chopped)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	399
Fat	15g
Carbs	44g
Fiber	6g
Sugar	9g
Protein	24g
Cholesterol	41mg
Sodium	571mg
Vitamin A	1042IU
Vitamin C	170mg
Calcium	102mg
Iron	4mg

Directions

- 1 Preheat oven to 350°F (177°C). Sprinkle the chicken with your clean spices of choice. Place on a baking sheet and bake for 30 minutes. Once done, remove from oven and dice into pieces or strips.
- 2 Meanwhile, add quinoa and water to a medium sized pot. Heat on high until it reaches a boil. Once boiling, cover and reduce to a simmer for 12 to 15 minutes. Once all liquid is absorbed, remove the cooked quinoa from heat, fluff with a fork and set aside.
- 3 Combine the tamari, honey and vinegar in a bowl and stir until mixed. Set aside.
- 4 Steam broccoli until bright green (~5 minutes). Do not overcook as this reduces the nutritional value.
- 5 Heat oil in the skillet. Add the yellow pepper and cook while stirring occasionally for 1 minute. Add the ginger, sweet onion and garlic and cook for another minute. Stir in the broccoli, chicken and tamari mixture. Stir until heated through or until tamari mixture is absorbed.
- 6 Serve stir fry over a layer of quinoa and garnish with cashews and green onion. Season with sea salt and pepper to taste. Enjoy!

Notes

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



Tofu Veggie Fried Rice

2 servings
35 minutes

Ingredients

- 1/2 cup Jasmine Rice (uncooked)
- 2 1/4 tps Sesame Oil (divided)
- 227 grams Tofu (extra firm, drained and diced)
- Sea Salt & Black Pepper (to taste, divided)
- 1 cup Broccoli (chopped)
- 1/2 cup Purple Cabbage (thinly sliced)
- 1/2 Carrot (medium, diced)
- 2 Egg (large, whisked)
- 1 1/2 tbsps Tamari
- 1 1/2 stalks Green Onion (sliced)

Nutrition

Amount per serving	
Calories	410
Fat	16g
Carbs	47g
Fiber	4g
Sugar	4g
Protein	24g
Cholesterol	186mg
Sodium	863mg
Vitamin A	3709IU
Vitamin C	55mg
Calcium	392mg
Iron	4mg

Directions

- 1 Cook the jasmine rice according to package directions.
- 2 Heat half of the sesame oil in a large non-stick pan over medium heat. Cook the tofu for about five minutes or until browned, frequently tossing. Season with salt and pepper and transfer to a bowl.
- 3 In the same pan, heat the remaining sesame oil over medium heat. Cook the broccoli, purple cabbage, and carrots until fork-tender, about five to seven minutes.
- 4 Slide the veggies to the side of the pan and add the eggs. Gently push the eggs back and forth with your spatula until scrambled and cooked through.
- 5 Add the rice over top of the eggs and break it up with your spatula. Add the tofu and tamari. Gently stir until everything is well combined. Divide into bowls, garnish with green onions and enjoy!

Notes

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

Serving Size: One serving equals approximately two cups.

No Tamari: Use soy sauce or coconut aminos instead.

Additional Toppings: Add corn, mushrooms, or green peas.



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.



Sesame Chicken & Noodle Jar

2 servings
15 minutes

Ingredients

- 113 grams Rice Vermicelli Noodles (dry)
- 2 tbsps All Natural Peanut Butter
- 1 tbsp Tamari
- 1/2 tsp Sesame Oil
- 1 1/2 tsps Rice Vinegar
- 1/2 tsp Honey
- 1 1/2 tbsps Water
- 170 grams Chicken Breast, Cooked (shredded)
- 1 cup Purple Cabbage (thinly sliced)
- 1/2 Yellow Bell Pepper (chopped)

Nutrition

Amount per serving	
Calories	488
Fat	13g
Carbs	59g
Fiber	3g
Sugar	5g
Protein	32g
Cholesterol	88mg
Sodium	573mg
Vitamin A	617IU
Vitamin C	111mg
Calcium	40mg
Iron	2mg

Directions

- 1 Cook the noodles according to package directions and set aside.
- 2 In a small bowl, whisk together the peanut butter, tamari, sesame oil, rice vinegar, and honey. Add the water to thin and set aside.
- 3 Divide the noodles into jars, followed by the chicken, cabbage, and pepper. Seal and store in the fridge separate from the dressing.
- 4 When ready to eat, toss everything together in a bowl. Enjoy!

Notes

Leftovers: Store jars in the fridge for up to three days.

Nut-Free: Use tahini or sunflower seed butter.

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

Additional Toppings: Add chopped peanuts and/or cilantro.

No Rice Vinegar: Use lime juice.



Pork Summer Rolls with Peanut Sauce

2 servings

40 minutes

Ingredients

113 grams Pork Tenderloin
43 grams Rice Vermicelli Noodles
2 1/2 tbsps All Natural Peanut Butter
1 1/2 tpsps Tamari
2 tbsps Water (hot)
1 tbsp Rice Vinegar
4 Rice Paper Wraps
1/8 head Iceberg Lettuce (leaves pulled apart)
1/4 Cucumber (sliced)
1/2 cup Thai Basil (stems removed)
1/2 cup Mint Leaves (stems removed)

Nutrition

Amount per serving	
Calories	352
Fat	12g
Carbs	43g
Fiber	3g
Sugar	4g
Protein	18g
Cholesterol	37mg
Sodium	325mg
Vitamin A	1040IU
Vitamin C	6mg
Calcium	61mg
Iron	2mg

Directions

- 1 Boil the pork in a pot of water. Lower the heat to a simmer and boil for 30 minutes or until cooked through. When cool enough to handle, cut into thin slices.
- 2 Cook the rice vermicelli noodles according to the directions on the package. Rinse under cold water and drain. Set aside.
- 3 In a bowl, whisk together the peanut butter, tamari, water, and rice vinegar. Adjust to taste as needed.
- 4 Soften a sheet of rice paper underwater by submerging it in a shallow dish for five seconds. Transfer to a plate. Arrange the lettuce, cucumber, basil, mint, vermicelli, and pork 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.
- 5 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, cilantro, shrimp, or garlic chives.

Make it Vegan: Use tofu instead of pork.

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

No Pork Tenderloin: Pork loin, shoulder and/or belly can be used instead. Or omit the pork and replace it with shrimp, chicken, or additional vegetables.



Amatriciana Pasta

1 serving
25 minutes

Ingredients

57 grams Rigatoni (uncooked)
1/4 cup Water (reserved from cooking pasta)
35 grams Pancetta (thick slices, cubed)
1/4 White Onion (small, chopped)
1/4 tsp Chili Flakes
3/4 cup Canned Whole Tomatoes (with juices)
1 1/2 tbsps Parmigiano Reggiano (finely grated, divided)
1/16 tsp Sea Salt

Nutrition

Amount per serving	
Calories	419
Fat	15g
Carbs	52g
Fiber	5g
Sugar	7g
Protein	19g
Cholesterol	25mg
Sodium	845mg
Vitamin A	825IU
Vitamin C	20mg
Calcium	180mg
Iron	4mg

Directions

- 1 Cook the pasta according to the package directions. Reserve pasta water and drain.
- 2 Meanwhile, cook the pancetta in a large non-stick pan over medium heat for two to three minutes. Add the onion to the pan and cook for another two to three minutes or until onions are soft.
- 3 Add chili flakes and tomatoes to the pan. Crush the tomatoes as they cook. Simmer for about seven to 10 minutes.
- 4 Slowly add the pasta water a few tablespoons at a time along with 2/3 of the parmesan cheese. Stir well and season with salt. Add more pasta water as needed. Stir well and season with salt.
- 5 Divide the pasta evenly between plates and top with the remaining parmesan cheese. Enjoy!

Notes

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

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

Gluten-Free: Use gluten-free pasta instead.

Dairy-Free: Use dairy-free cheese instead.