

















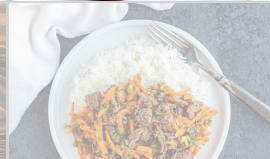
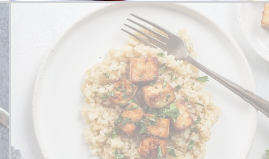









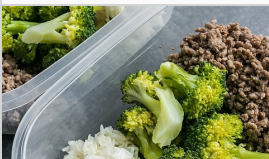


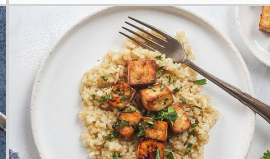
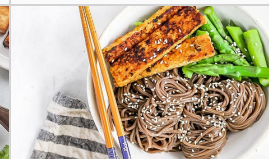


























EXERCISE
with Style

30-Day Balanced 1700 Calorie
Meal Plan PDF (week 4)

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Blueberry Rhubarb Ginger Smoothie	 Blueberry Rhubarb Ginger Smoothie	 Blueberry Rhubarb Ginger Smoothie	 Tofu Veggie Wrap	 Tofu Veggie Wrap	 Tofu Veggie Wrap	 Tofu Veggie Wrap
Snack 1	 Sweet Plantains with Coconut Milk	 Sweet Plantains with Coconut Milk	 Sweet Plantains with Coconut Milk	 0.5 Cherry Blaster Green Smoothie	 Cherry Blaster Green Smoothie	 Cherry Blaster Green Smoothie	 Cherry Blaster Green Smoothie
Lunch	 Shrimp & Mango Salsa Bowl	 Edamame & Soba Noodle Salad	 Ground Beef, Broccoli & Rice	 Kung Pao Chicken	 Beef & Shredded Veggies with Rice	 Miso Baked Tofu & Rice	 Asparagus, Soba & Tempeh
Snack 2	 0.5 Dragon Fruit & Kiwi Smoothie	 Dragon Fruit & Kiwi Smoothie	 0.5 Dragon Fruit & Kiwi Smoothie	 Chocolate Protein Muffins	 Chocolate Protein Muffins	 Chocolate Protein Muffins	 Chocolate Protein Muffins
Dinner	 Edamame & Soba Noodle Salad	 Ground Beef, Broccoli & Rice	 Kung Pao Chicken	 Beef & Shredded Veggies with Rice	 Miso Baked Tofu & Rice	 Asparagus, Soba & Tempeh	 Thai Basil Turkey with Bok Choy & Rice

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  33%	Fat  29%	Fat  28%	Fat  29%	Fat  31%	Fat  31%	Fat  33%
Carbs  47%	Carbs  50%	Carbs  50%	Carbs  49%	Carbs  49%	Carbs  49%	Carbs  46%
Protein  20%	Protein  21%	Protein  22%	Protein  22%	Protein  20%	Protein  20%	Protein  21%
Calories 1689	Calories 1760	Calories 1733	Calories 1737	Calories 1756	Calories 1753	Calories 1773
Fat 64g	Fat 57g	Fat 56g	Fat 58g	Fat 62g	Fat 62g	Fat 66g
Carbs 203g	Carbs 219g	Carbs 221g	Carbs 217g	Carbs 225g	Carbs 217g	Carbs 207g
Fiber 31g	Fiber 23g	Fiber 21g	Fiber 27g	Fiber 30g	Fiber 28g	Fiber 26g
Sugar 105g	Sugar 90g	Sugar 81g	Sugar 51g	Sugar 59g	Sugar 56g	Sugar 54g
Protein 84g	Protein 91g	Protein 99g	Protein 98g	Protein 91g	Protein 89g	Protein 94g
Cholesterol 183mg	Cholesterol 74mg	Cholesterol 181mg	Cholesterol 182mg	Cholesterol 75mg	Cholesterol 1mg	Cholesterol 85mg
Sodium 2070mg	Sodium 1297mg	Sodium 1803mg	Sodium 3217mg	Sodium 3516mg	Sodium 3943mg	Sodium 3392mg
Vitamin A 6712IU	Vitamin A 5453IU	Vitamin A 3388IU	Vitamin A 18150IU	Vitamin A 19097IU	Vitamin A 9806IU	Vitamin A 14420IU
Vitamin C 168mg	Vitamin C 188mg	Vitamin C 174mg	Vitamin C 104mg	Vitamin C 99mg	Vitamin C 59mg	Vitamin C 128mg
Calcium 615mg	Calcium 778mg	Calcium 528mg	Calcium 1046mg	Calcium 1754mg	Calcium 1812mg	Calcium 1463mg
Iron 9mg	Iron 11mg	Iron 12mg	Iron 16mg	Iron 18mg	Iron 19mg	Iron 17mg

Fruits

- 1/2 Avocado
- 2 Banana
- 2 cups Cherries
- 1 Kiwi
- 1 1/2 Lime
- 1/2 Mango
- 1 1/2 Plantain

Breakfast

- 2 1/8 tbsps Maple Syrup

Seeds, Nuts & Spices

- 1/3 cup Chia Seeds
- 1/3 tsp Cinnamon
- 2/3 cup Hemp Seeds
- 2 tbsps Raw Peanuts
- 1 1/4 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tsp Sesame Seeds

Frozen

- 1 Brown Rice Tortilla
- 1 1/2 cups Cauliflower Rice
- 226 grams Dragon Fruit
- 3 cups Frozen Blueberries
- 1 cup Frozen Edamame
- 10 Ice Cubes

Vegetables

- 3/4 cup Asparagus
- 5 cups Baby Spinach
- 1/4 cup Basil Leaves
- 1 cup Bok Choy
- 3 cups Broccoli
- 1/4 Carrot
- 1/2 cup Cilantro
- 1/4 Cucumber
- 2 Garlic
- 3 1/3 tbsps Ginger
- 2 cups Green Beans
- 1 1/2 stalks Green Onion
- 1/2 cup Matchstick Carrots
- 1 1/16 tbsps Mint Leaves
- 1/2 cup Purple Cabbage
- 2 2/3 tbsps Red Onion
- 1 1/2 cups Rhubarb
- 1 Sweet Potato
- 1/2 Thai Chili

Boxed & Canned

- 1 1/2 cups Brown Rice
- 200 grams Buckwheat Soba Noodles
- 1 1/8 cups Canned Coconut Milk
- 1 1/4 cups Jasmine Rice
- 1/4 cup Salsa

Baking

- 1/4 tsp Arrowroot Powder
- 2/3 tsp Baking Powder
- 3 1/2 tbsps Cocoa Powder
- 1/2 cup Coconut Sugar
- 3 1/2 tbsps Dark Chocolate Chips
- 2/3 cup Oat Flour
- 1 3/4 tbsps Raw Honey
- 2 1/16 tsps Vanilla Extract

Bread, Fish, Meat & Cheese

- 227 grams Chicken Thighs
- 454 grams Extra Lean Ground Beef
- 113 grams Extra Lean Ground Turkey
- 114 grams Shrimp
- 170 grams Tempeh
- 462 grams Tofu

Condiments & Oils

- 2/3 tsp Apple Cider Vinegar
- 1 1/16 tsps Avocado Oil
- 3 tbsps Coconut Oil
- 1 tbsp Extra Virgin Olive Oil
- 2 3/4 tbsps Miso Paste
- 2 tbsps Rice Vinegar
- 1 tsp Sesame Oil
- 1 1/2 tsps Sriracha
- 1/3 cup Tamari

Cold

- 2 cups Plain Coconut Milk
- 2/3 cup Soy Milk
- 4 cups Unsweetened Almond Milk
- 2 2/3 tbsps Unsweetened Coconut Yogurt

Other

- 3 1/2 tbsps Chocolate Protein Powder
- 3 cups Coconut Water
- 94 grams Collagen Powder
- 2 1/3 cups Water



Blueberry Rhubarb Ginger Smoothie

3 servings
5 minutes

Ingredients

- 3 cups Frozen Blueberries
- 1 1/2 cups Rhubarb (chopped)
- 3 tbsps Ginger (grated)
- 1/3 cup Hemp Seeds
- 1 tbsp Chia Seeds
- 57 grams Collagen Powder
- 1 tbsp Raw Honey
- 3 cups Coconut Water

Nutrition

Amount per serving	
Calories	354
Fat	12g
Carbs	42g
Fiber	8g
Sugar	29g
Protein	25g
Cholesterol	0mg
Sodium	107mg
Vitamin A	136IU
Vitamin C	33mg
Calcium	133mg
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.

Serving Size: One serving is approximately 2 1/4 cups.

Make it Vegan: Use more hemp seeds or vegan protein powder instead of collagen powder.

No Coconut Water: Use plant-based milk or water instead.



Tofu Veggie Wrap

1 serving
25 minutes

Ingredients

- 141 grams Tofu (extra firm, pressed, sliced)
- 1 tbsp Tamari
- 1 Brown Rice Tortilla
- 1 cup Baby Spinach
- 1/4 Cucumber (julienned)
- 1/4 Carrot (julienned)
- 1/2 cup Purple Cabbage (chopped)

Nutrition

Amount per serving	
Calories	316
Fat	10g
Carbs	38g
Fiber	7g
Sugar	8g
Protein	21g
Cholesterol	0mg
Sodium	1229mg
Vitamin A	5936IU
Vitamin C	37mg
Calcium	468mg
Iron	5mg

Directions

- 1 Marinate the tofu slices in tamari for 15 minutes.
- 2 Heat a skillet or cast iron pan over medium heat and add the drained tofu. Cook for 3 to 4 minutes per side, until crispy and browned on each side. Remove and set aside.
- 3 Place the tortilla flat and layer the spinach, cucumber, carrot, cabbage and marinated tofu on top. Tightly roll up the wrap and enjoy!

Notes

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

More Flavor: Add additional tamari or sesame oil to the wrap.

Additional Toppings: Sesame seeds, avocado, mushrooms or bell peppers.

No Brown Rice Tortillas: Use whole-wheat tortillas or pita bread.

No Tofu: Use tempeh or edamame.

Extra Firm Tofu: To press the tofu, wrap in paper towel, place a plate or cutting board on top of the block of tofu. Place a heavy pan or heavy object on the cutting board. Let the tofu rest like this for 15 to 30 minutes.



Sweet Plantains with Coconut Milk

3 servings
10 minutes

Ingredients

- 1 1/8 cups Canned Coconut Milk
- 1 1/8 cups Water
- 1 1/2 Plantain (ripe, peeled, sliced)
- 1 1/2 tbsps Coconut Sugar (to taste)
- 1/8 tsp Sea Salt
- 3/4 tsp Vanilla Extract
- 1/3 tsp Cinnamon (optional)

Nutrition

Amount per serving	
Calories	343
Fat	16g
Carbs	50g
Fiber	2g
Sugar	29g
Protein	3g
Cholesterol	0mg
Sodium	178mg
Vitamin A	1522IU
Vitamin C	25mg
Calcium	20mg
Iron	1mg

Directions

- 1 Add all the ingredients to a saucepan and bring to a boil. Immediately lower the heat to a gentle simmer and cook for five to seven minutes, or until the plantain is fork tender.
- 2 Divide into bowls and sprinkle cinnamon overtop (optional). Enjoy!

Notes

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Cherry Blaster Green Smoothie

4 servings

5 minutes

Ingredients

4 cups Unsweetened Almond Milk
4 cups Baby Spinach
2 cups Cherries (fresh or frozen)
2 Banana (frozen)
1/4 cup Chia Seeds
1/4 cup Hemp Seeds

Directions

1

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

Notes

Likes it Sweet: Add honey or pitted dates.

More Protein: Add vanilla protein powder.

Nutrition

Amount per serving	
Calories	249
Fat	12g
Carbs	34g
Fiber	9g
Sugar	17g
Protein	8g
Cholesterol	0mg
Sodium	187mg
Vitamin A	3400IU
Vitamin C	19mg
Calcium	578mg
Iron	3mg



Shrimp & Mango Salsa Bowl

1 serving
20 minutes

Ingredients

- 1/2 Mango (diced)
- 1/2 Avocado (diced)
- 2 2/3 tbsps Red Onion (diced)
- 1 1/2 tbsps Cilantro (finely chopped)
- 1 tbsp Mint Leaves (finely chopped)
- 1/2 Lime (juiced)
- 1/3 tsp Sea Salt (divided)
- 1 tsp Avocado Oil (divided)
- 1 1/2 cups Cauliflower Rice
- 113 grams Shrimp (peeled, deveined, tails removed)

Nutrition

Amount per serving	
Calories	447
Fat	21g
Carbs	44g
Fiber	13g
Sugar	28g
Protein	30g
Cholesterol	183mg
Sodium	1062mg
Vitamin A	2145IU
Vitamin C	81mg
Calcium	145mg
Iron	2mg

Directions

- 1 In a bowl, mix together the mango, avocado, onion, cilantro, mint, lime juice and, a 1/4 of the salt. Set aside.
- 2 Warm half of the oil in a pan over medium heat and add the cauliflower rice. Season with a 1/4 of the salt. Sauté for two to three minutes or until the cauliflower is warmed through. Divide evenly between bowls.
- 3 Warm the remaining oil in the same pan and add the shrimp. Season with the remaining salt. Cook on each side for two to three minutes or until pink and cooked through.
- 4 Evenly divide the shrimp and mango salsa on top of the cauliflower rice. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately 1 1/2 cup of cauliflower rice with shrimp and salsa.

More Flavor: Add minced garlic.



Dragon Fruit & Kiwi Smoothie

2 servings

5 minutes

Ingredients

- 2 cups Plain Coconut Milk (unsweetened from the carton)
- 226 grams Dragon Fruit (red, cubed, fresh or frozen)
- 1 Kiwi
- 1 Lime (juiced)
- 2 tps Maple Syrup
- 38 grams Collagen Powder
- 10 Ice Cubes

Nutrition

Amount per serving	
Calories	254
Fat	5g
Carbs	33g
Fiber	4g
Sugar	23g
Protein	18g
Cholesterol	0mg
Sodium	75mg
Vitamin A	607IU
Vitamin C	41mg
Calcium	504mg
Iron	2mg

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.

No Coconut Milk: Use cow's milk or any other alternative milk.

Additional Toppings: Add chia seeds or hemp seeds before blending.

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

No Red Dragon Fruit: Use a white flesh dragon fruit or strawberries.

Dragon Fruit Size: Four ounces or 113 grams of dragon fruit is equal to approximately 1/2 of a small dragon fruit.



Chocolate Protein Muffins

4 servings
30 minutes

Ingredients

- 2/3 cup Soy Milk
- 2 2/3 tbsps Unsweetened Coconut Yogurt
- 2/3 tsp Apple Cider Vinegar
- 1 1/3 tpsps Vanilla Extract
- 2/3 cup Oat Flour
- 3 1/2 tbsps Chocolate Protein Powder
- 3 1/2 tbsps Cocoa Powder
- 1/3 cup Coconut Sugar
- 2/3 tsp Baking Powder
- 1/3 tsp Sea Salt
- 2 2/3 tbsps Coconut Oil (melted)
- 3 1/2 tbsps Dark Chocolate Chips

Nutrition

Amount per serving	
Calories	338
Fat	17g
Carbs	38g
Fiber	4g
Sugar	20g
Protein	11g
Cholesterol	1mg
Sodium	309mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	158mg
Iron	2mg

Directions

- 1 Preheat the oven to 350°F (175°C). Line a muffin tray with liners or use a silicone muffin tray.
- 2 In a large bowl, combine the milk, yogurt, apple cider vinegar, and vanilla. Let sit for five minutes.
- 3 In a medium-sized bowl, whisk together the flour, protein powder, cocoa powder, sugar, baking powder, and salt.
- 4 Add the melted coconut oil to the wet ingredients and stir.
- 5 Stir the dry ingredients into the wet and mix until well combined. Fold in the chocolate chips.
- 6 Divide the batter evenly between muffin cups. Bake for 20 minutes or until firm to the touch. Transfer the muffins to a cooling rack to cool them completely. Enjoy!

Notes

Leftovers: Store in an airtight container at room temperature for the first day and then transfer to the fridge in a sealed container for up to one week.

Serving Size: One serving is two muffins.

Protein Powder: This recipe was developed and tested using both a plant-based protein powder and a whey protein powder. Either option will work.

No Soy Milk: Use any other type of milk or milk alternative.



Edamame & Soba Noodle Salad

2 servings

15 minutes

Ingredients

- 100 grams Buckwheat Soba Noodles (dry, uncooked)
- 1 cup Frozen Edamame
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Tamari
- 1 tbsp Rice Vinegar
- 1 1/2 tsp Maple Syrup
- 1/2 tsp Ginger (fresh, minced)
- 1/2 cup Matchstick Carrots
- 1/4 cup Cilantro (chopped)

Nutrition

Amount per serving	
Calories	418
Fat	12g
Carbs	50g
Fiber	6g
Sugar	7g
Protein	17g
Cholesterol	0mg
Sodium	685mg
Vitamin A	2605IU
Vitamin C	8mg
Calcium	65mg
Iron	2mg

Directions

- 1 Cook the soba noodles according to the directions on the package. With two minutes remaining, add the edamame. Drain and rinse with cold water until completely cooled.
- 2 Meanwhile, stir together the olive oil, tamari, rice vinegar, maple syrup, and ginger in a bowl.
- 3 Place the soba noodles and edamame into a large bowl with the carrots. Add the dressing and toss well to combine. Divide into bowls and top with cilantro. Enjoy!

Notes

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

Serving Size: One serving equals approximately two cups.

More Flavor: Add sriracha to the dressing.

Additional Toppings: Top with sesame seeds or chopped peanuts.



Ground Beef, Broccoli & Rice

2 servings
30 minutes

Ingredients

1/2 cup Jasmine Rice (dry, rinsed)
2 cups Broccoli (chopped into florets)
227 grams Extra Lean Ground Beef
1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	391
Fat	12g
Carbs	44g
Fiber	3g
Sugar	2g
Protein	28g
Cholesterol	74mg
Sodium	252mg
Vitamin A	583IU
Vitamin C	81mg
Calcium	56mg
Iron	3mg

Directions

- 1 Cook the jasmine rice according to the directions on the package.
- 2 Meanwhile, add the broccoli to a large pan with enough water to cover halfway. Bring to a simmer and cook for 6 to 8 minutes, or until just tender. Transfer the broccoli to a plate and drain any excess liquid from the pan.
- 3 Add the beef to the same pan and cook over medium heat, breaking it up as it browns. Season with salt to your preference and drain any excess liquid.
- 4 Divide the rice, broccoli, and ground beef onto plates or into containers. Enjoy!

Notes

No Jasmine Rice: Use quinoa, brown rice, couscous, barley or cauliflower rice instead.

Leftovers: Refrigerate in an airtight container up to 3 days.

Serving Size: One serving is equal to approximately 1 cup of cooked rice, 1 cup of broccoli and 1/2 cup of ground beef.



Kung Pao Chicken

2 servings
30 minutes

Ingredients

- 3/4 cup Brown Rice
- 1/2 tsp Sesame Oil
- 227 grams Chicken Thighs (boneless, skinless, cubed)
- 2 cups Green Beans (washed, trimmed)
- 1 Garlic (cloves, smashed)
- 2 tbsps Tamari
- 1 1/2 tps Sriracha
- 1 1/2 tps Raw Honey
- 1/4 tsp Arrowroot Powder
- 2 tbsps Raw Peanuts (chopped)

Nutrition

Amount per serving	
Calories	518
Fat	13g
Carbs	68g
Fiber	6g
Sugar	9g
Protein	34g
Cholesterol	107mg
Sodium	1228mg
Vitamin A	843IU
Vitamin C	14mg
Calcium	67mg
Iron	4mg

Directions

- 1 Cook the rice according to the directions on the package.
- 2 Heat a cast-iron pan over medium heat and add the sesame oil. Once hot add the chicken and cook for about four to five minutes, stirring occasionally. Remove and set aside on a plate.
- 3 Add the green beans to the same skillet and cook for two to three minutes, until just starting to soften. Add the garlic and cook for one minute more, until fragrant. Add the chicken back in and put a lid on to finish cooking, about two to three minutes more.
- 4 Meanwhile, in a small bowl, mix together the tamari, sriracha, honey, and arrowroot powder. Remove the lid and add the sauce. Reduce the heat and stir to combine until thickened, about one minute.
- 5 Divide the rice onto plates and add the chicken and beans. Top with peanuts. Enjoy!

Notes

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

Nut-Free: Omit the peanuts.

More Flavor: Finish with a drizzle of toasted sesame oil. Garnish with cilantro.

No Chicken Thighs: Use chicken breast instead.

No Sriracha: Use chili flakes or another hot sauce.

No Rice: Use cauliflower rice or quinoa instead.



Beef & Shredded Veggies with Rice

2 servings

20 minutes

Ingredients

- 1/2 cup Jasmine Rice
- 227 grams Extra Lean Ground Beef
- Sea Salt & Black Pepper (to taste)
- 1 Sweet Potato (medium, peeled and grated)
- 1 cup Broccoli (finely chopped, riced)
- 1/4 cup Salsa

Nutrition

Amount per serving	
Calories	440
Fat	12g
Carbs	56g
Fiber	5g
Sugar	5g
Protein	28g
Cholesterol	74mg
Sodium	357mg
Vitamin A	9671IU
Vitamin C	43mg
Calcium	64mg
Iron	3mg

Directions

- 1 Cook the rice according to package directions.
- 2 Add the beef to the pan, breaking it up as it cooks. Once it is cooked through and no longer pink, season with salt and pepper to taste.
- 3 Add the sweet potato and broccoli to the pan with the beef. Continue to cook for five to six minutes more or until the sweet potato and broccoli are tender. Stir in the salsa and season with additional salt and pepper if needed. Divide the rice between plates and top with the beef mixture. Enjoy!

Notes

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

More Flavor: Add garlic and onions or dried herbs and spices to taste.

Additional Toppings: Green onion, avocado, cilantro, red pepper flakes, and/or more salsa.

No Jasmine Rice: Use quinoa, brown rice, or cauliflower rice.

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



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.



Asparagus, Soba & Tempah

2 servings

15 minutes

Ingredients

100 grams Buckwheat Soba Noodles (dry, uncooked)
3/4 cup Asparagus (trimmed, cut into bite sized pieces)
1 1/2 tbsps Miso Paste
1 tbsp Rice Vinegar
1/2 tsp Ginger (fresh, minced)
1 1/2 tbsps Water
170 grams Tempah (cut into strips)
1 tsp Sesame Seeds

Nutrition

Amount per serving	
Calories	437
Fat	12g
Carbs	48g
Fiber	3g
Sugar	2g
Protein	26g
Cholesterol	0mg
Sodium	784mg
Vitamin A	380IU
Vitamin C	3mg
Calcium	122mg
Iron	4mg

Directions

- 1 Cook the soba noodles according to the directions on the package. With two minutes remaining, add the asparagus. Drain and rinse with cold water until completely cooled.
- 2 Meanwhile, stir together the miso paste, rice vinegar, ginger, and water in a bowl.
- 3 In a separate bowl, combine the tempah and half the dressing until well coated. Let sit for five minutes. Heat a non-stick pan over medium heat and add the tempah. Cook for about eight to 10 minutes, flipping halfway through. Remove and set aside.
- 4 Divide the soba noodles into bowls and top with the tempah, asparagus, and sesame seeds. Drizzle with your desired amount of leftover dressing. Enjoy!

Notes

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

Additional Toppings: Add sliced green onions or red pepper flakes.



Thai Basil Turkey with Bok Choy & Rice

1 serving
25 minutes

Ingredients

- 1/4 cup Jasmine Rice (dry)
- 3/4 tsp Coconut Oil
- 1/2 Thai Chili (stems removed and finely sliced)
- 1 1/2 stalks Green Onion (finely diced)
- 1 Garlic (cloves, minced)
- 113 grams Extra Lean Ground Turkey
- 3/4 tsp Raw Honey
- 2 1/4 tsps Tamari
- 1/4 cup Basil Leaves (fresh, chopped)
- 1/2 tsp Sesame Oil
- 1 cup Bok Choy (sliced in half lengthwise)

Nutrition

Amount per serving	
Calories	433
Fat	15g
Carbs	49g
Fiber	3g
Sugar	7g
Protein	28g
Cholesterol	84mg
Sodium	883mg
Vitamin A	4704IU
Vitamin C	69mg
Calcium	137mg
Iron	3mg

Directions

- 1 Cook the rice according to the instructions on the package and set aside.
- 2 While the rice cooks, place a wok over high heat. Add the coconut oil, chilies, green onion and garlic. Saute for 1 to 2 minutes, or until onions are softened. Add the ground turkey and saute for about 5 minutes, breaking it up into small pieces as it cooks. Add the honey and tamari and saute for another minute, or until turkey is completely cooked through. Add the basil. Saute until wilted and turn off the heat. Cover with a lid to keep warm.
- 3 Heat the sesame oil in a frying pan over medium heat. Add the sliced bok choy, face down. Cover and let fry for about 5 minutes, or until slightly charred. Turn off the heat.
- 4 Divide rice between plates and top with the basil turkey mix. Add the bok choy on the side. Enjoy!

Notes

No Rice: Use quinoa or roasted potatoes instead.

Storage: Store in an airtight container in the fridge up to 3 days.

Low Carb: Use cauliflower rice instead of jasmine rice.

Make it Faster: Use green peas instead of bok choy.

No Thai Chili: If you do not like it spicy, simply omit. If you cannot find thai chiles, add a pinch of cayenne pepper instead.

Reheating Leftovers: Saute in a skillet until warmed through.

Vegan & Vegetarian: Replace the ground turkey with roasted chickpeas or warm lentils.