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*with Style*

30 Day Balanced 1800 Calorie  
Meal Plan PDF (Week 2)

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<https://exercisewithstyle.com>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Banana Cherry Smoothie	 Banana Cherry Smoothie	 Banana Cherry Smoothie	 Toast with Almond Butter & Peaches	 Toast with Almond Butter & Peaches	 Banana Chocolate Protein Smoothie	 Banana Chocolate Protein Smoothie
Snack 1	 Spicy Sardine & Veggies Toast	 Spicy Sardine & Veggies Toast	 Spicy Sardine & Veggies Toast	 Blueberry Cobbler Smoothie	 Blueberry Cobbler Smoothie	 Blueberry Cobbler Smoothie	 Blueberry Cobbler Smoothie
Lunch	 Pesto Shrimp Pasta	 Ground Turkey & Veggie Stir Fry	 Tofu Spinach Stir Fry	 Chipotle Lime Chicken with Broccoli & Rice	 Beef with Cabbage & Mushrooms	 Grilled Vegetable & Lentil Salad	 Orange Sesame Tofu with Greens & Rice
Snack 2	 1.5 Sardine & Cream Cheese Bagel	 Sardine & Cream Cheese Bagel	 Sardine & Cream Cheese Bagel	 0.5 Cinnamon Raisin Protein Cookies	 1.5 Cinnamon Raisin Protein Cookies	 1.5 Cinnamon Raisin Protein Cookies	 Cinnamon Raisin Protein Cookies
Dinner	 Ground Turkey & Veggie Stir Fry	 Tofu Spinach Stir Fry	 Chipotle Lime Chicken with Broccoli & Rice	 Beef with Cabbage & Mushrooms	 Grilled Vegetable & Lentil Salad	 Orange Sesame Tofu with Greens & Rice	 Ginger Beef Sweet Potato Noodles

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  28%	Fat  29%	Fat  33%	Fat  34%	Fat  30%	Fat  32%	Fat  34%
Carbs  48%	Carbs  50%	Carbs  47%	Carbs  45%	Carbs  48%	Carbs  48%	Carbs  46%
Protein  24%	Protein  21%	Protein  20%	Protein  21%	Protein  22%	Protein  20%	Protein  20%
Calories 1819	Calories 1740	Calories 1866	Calories 1832	Calories 1885	Calories 1831	Calories 1828
Fat 57g	Fat 58g	Fat 69g	Fat 70g	Fat 66g	Fat 69g	Fat 71g
Carbs 221g	Carbs 223g	Carbs 226g	Carbs 210g	Carbs 232g	Carbs 233g	Carbs 220g
Fiber 25g	Fiber 25g	Fiber 23g	Fiber 21g	Fiber 38g	Fiber 44g	Fiber 34g
Sugar 55g	Sugar 54g	Sugar 51g	Sugar 41g	Sugar 63g	Sugar 81g	Sugar 79g
Protein 114g	Protein 95g	Protein 97g	Protein 100g	Protein 107g	Protein 96g	Protein 96g
Cholesterol 390mg	Cholesterol 180mg	Cholesterol 221mg	Cholesterol 218mg	Cholesterol 112mg	Cholesterol 46mg	Cholesterol 102mg
Sodium 2343mg	Sodium 2460mg	Sodium 2000mg	Sodium 1739mg	Sodium 2189mg	Sodium 2083mg	Sodium 2238mg
Vitamin A 8473IU	Vitamin A 14203IU	Vitamin A 11934IU	Vitamin A 2002IU	Vitamin A 4617IU	Vitamin A 11316IU	Vitamin A 26901IU
Vitamin C 82mg	Vitamin C 170mg	Vitamin C 129mg	Vitamin C 68mg	Vitamin C 186mg	Vitamin C 256mg	Vitamin C 212mg
Calcium 1264mg	Calcium 1394mg	Calcium 1379mg	Calcium 503mg	Calcium 769mg	Calcium 1717mg	Calcium 1562mg
Iron 16mg	Iron 16mg	Iron 13mg	Iron 11mg	Iron 19mg	Iron 20mg	Iron 17mg

**Fruits**

- 4 Banana
- 2 cups Blueberries
- 1/2 Lemon
- 1/4 cup Lemon Juice
- 1/3 Lime
- 1 1/2 tsps Lime Juice
- 2 Peach

**Breakfast**

- 1/3 cup Almond Butter

**Seeds, Nuts & Spices**

- 2 tbsps Cashews
- 1/3 cup Chia Seeds
- 1 3/4 tsps Chipotle Powder
- 3 tsps Cinnamon
- 1/3 cup Ground Flax Seed
- 1/4 cup Hemp Seeds
- 1/2 tsp Sea Salt
- 0 Sea Salt & Black Pepper

**Frozen**

- 1 1/2 cups Frozen Banana
- 3 cups Frozen Cherries

**Vegetables**

- 5 cups Baby Spinach
- 4 cups Bok Choy
- 1 cup Broccoli
- 91 grams Broccolini
- 3/4 Carrot
- 1 1/2 tbsps Fresh Dill
- 3 3/4 Garlic
- 1 3/4 tbsps Ginger
- 1 Green Bell Pepper
- 1 1/2 cups Green Cabbage
- 4 cups Mixed Greens
- 1 3/4 cups Mushrooms
- 2/3 cup Parsley
- 1 cup Portobello Mushroom
- 1/2 cup Radishes
- 2 Red Bell Pepper
- 1/2 cup Red Onion
- 1 1/2 tbsps Shallot
- 1 Sweet Potato
- 3/4 Yellow Onion
- 1 Zucchini

**Boxed & Canned**

- 1/2 cup Brown Rice
- 57 grams Brown Rice Fettuccine
- 2 1/3 cups Jasmine Rice
- 1 cup Lentils
- 173 grams Sardines

**Baking**

- 2 tbsps Cocoa Powder
- 1 2/3 cups Oats
- 1/2 cup Pitted Dates
- 1/3 cup Raisins
- 1/2 tsp Tapioca Flour

**Bread, Fish, Meat & Cheese**

- 272 grams Chicken Drumsticks
- 3 tbsps Cream Cheese, Regular
- 340 grams Extra Lean Ground Beef
- 227 grams Extra Lean Ground Turkey
- 1/4 cup Feta Cheese
- 113 grams Shrimp
- 198 grams Sourdough Bread
- 400 grams Tofu
- 3 slices Whole Grain Bread
- 1 1/2 Whole Wheat Bagel

**Condiments & Oils**

- 1 2/3 tbsps Avocado Oil
- 1 1/2 tbsps Capers
- 2 tbsps Coconut Aminos
- 1 tbsp Coconut Oil
- 3 1/2 tbsps Extra Virgin Olive Oil
- 1 1/3 tbsps Pesto
- 43 grams Pickled Banana Peppers
- 1 1/2 tsps Red Wine Vinegar
- 1 tbsp Sesame Oil
- 2 1/2 tbsps Tahini
- 1/4 cup Tamari

**Cold**

- 2 cups Cottage Cheese
- 1/2 cup Egg Whites
- 1/2 cup Orange Juice
- 3 3/4 cups Plain Coconut Milk
- 1/2 cup Plain Greek Yogurt
- 2 cups Unsweetened Almond Milk
- 3 cups Unsweetened Cashew Milk

**Other**

- 60 grams Collagen Powder
- 2/3 cup Vanilla Protein Powder
- 3 tbsps Water



## Banana Cherry Smoothie

3 servings

5 minutes

### Ingredients

3 3/4 cups Plain Coconut Milk  
(unsweetened from the carton)  
3 cups Frozen Cherries  
1 1/2 cups Frozen Banana  
60 grams Collagen Powder  
3 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.



## Toast with Almond Butter & Peaches

2 servings

5 minutes

### Ingredients

1/3 cup Almond Butter  
198 grams Sourdough Bread (toasted)  
2 Peach (sliced)  
1/4 tsp Cinnamon

### Nutrition

Amount per serving	
Calories	547
Fat	22g
Carbs	70g
Fiber	8g
Sugar	14g
Protein	19g
Cholesterol	0mg
Sodium	479mg
Vitamin A	490IU
Vitamin C	12mg
Calcium	148mg
Iron	5mg

### Directions

- 1 Spread the almond butter onto the toast. Top with the peach slices and cinnamon. Enjoy!

### Notes

**Leftovers:** Best enjoyed fresh.

**Gluten-Free:** Use gluten-free bread instead.

**Nut-Free:** Use sunflower seed butter instead of almond butter.

**Likes it Sweet:** Add honey.

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



## 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.



## Spicy Sardine & Veggies Toast

3 servings

5 minutes

### Ingredients

- 3 slices Whole Grain Bread (toasted)
- 3/4 Carrot (small, thinly sliced)
- 1/2 cup Radishes (trimmed, thinly sliced)
- 90 grams Sardines (packed in oil, drained, halved lengthwise)
- 43 grams Pickled Banana Peppers (sliced)
- 1 tbsp Lemon Juice (to taste)
- 1 tbsp Extra Virgin Olive Oil (to taste)
- 3 tbsps Parsley (tough stems removed, optional)

### Nutrition

Amount per serving	
Calories	229
Fat	10g
Carbs	22g
Fiber	4g
Sugar	4g
Protein	13g
Cholesterol	43mg
Sodium	428mg
Vitamin A	2902IU
Vitamin C	11mg
Calcium	173mg
Iron	2mg

### Directions

- 1 Top the toasted bread with the carrots, radishes, sardines, and banana peppers. Squeeze lemon juice and drizzle oil overtop. Garnish with parsley (optional) and enjoy!

### Notes

**Leftovers:** This recipe is best enjoyed immediately but can be refrigerated in an airtight container for up to two days.

**Gluten-Free:** Use gluten-free bread, rice cakes, lettuce wraps, or a toasted sweet potato slice.

**More Flavor:** Spread butter and/or rub garlic evenly over the toast.

**No Banana Peppers :** Use sauerkraut, pickles, or any other pickled veggies instead.

**No Sardines:** Use canned tuna, salmon, mackerel, or herring.





## 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.



## Pesto Shrimp Pasta

1 serving  
20 minutes

### Ingredients

57 grams Brown Rice Fettuccine  
113 grams Shrimp (peeled, deveined)  
1/16 tsp Sea Salt  
1 1/3 tbsps Pesto

### Nutrition

Amount per serving	
Calories	391
Fat	11g
Carbs	45g
Fiber	3g
Sugar	2g
Protein	29g
Cholesterol	183mg
Sodium	409mg
Vitamin A	324IU
Vitamin C	0mg
Calcium	137mg
Iron	2mg

### Directions

- 1 Cook the pasta according to the directions on the package. Set aside at least 1/4 cup of pasta water. Strain the pasta and run cold water over it to prevent over-cooking. Add the pasta back to the pot.
- 2 Meanwhile, heat a few tablespoons of the pasta water in a skillet over medium heat. Add the shrimp and cook for 1 to 3 minutes per side, or until no longer translucent. Add more pasta water if needed. Season with salt.
- 3 Add the shrimp and pesto to the pasta and gently combine until well coated. Divide onto plates and enjoy!

### Notes

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

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

**More Flavor:** Cook the shrimp with butter or oil instead of pasta water.

**Additional Toppings:** Red pepper flakes, fresh herbs, lemon juice.



## 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.



## Cinnamon Raisin Protein Cookies

5 servings  
30 minutes

### Ingredients

- 2 Banana (ripe)
- 1/2 cup Egg Whites
- 2 1/2 tbsps Tahini
- 2/3 cup Vanilla Protein Powder (plant-based)
- 2/3 cup Oats (rolled or quick)
- 2/3 tsp Cinnamon
- 1/3 cup Raisins
- 1/3 cup Ground Flax Seed

### Nutrition

Amount per serving	
Calories	244
Fat	7g
Carbs	30g
Fiber	5g
Sugar	12g
Protein	17g
Cholesterol	2mg
Sodium	69mg
Vitamin A	34IU
Vitamin C	4mg
Calcium	118mg
Iron	2mg

### Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Mash the bananas in the bottom of a mixing bowl. Add in the egg whites and tahini, and mix everything well.
- 3 Add in the remaining ingredients and mix well again.
- 4 Scoop the batter onto the baking sheet to form cookies. Use the lid of a wide-mouth mason jar as a mould.
- 5 Bake the cookies in the oven for 18 to 22 minutes, or until bottoms are golden brown.
- 6 Remove from oven, let cool completely on the baking sheet and enjoy!

### Notes

**Protein Powder:** This recipe was developed and tested using a plant-based protein powder. Results may vary if using a different type of protein powder.

**Leftovers:** Store in the fridge up to 4 days, or in the freezer for up to 6 months.

**No Tahini:** Use sunflower seed butter, almond butter or peanut butter instead.

**No Raisins:** Use dried cranberries, chocolate chips or cacao nibs instead.



## 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.



## Tofu Spinach Stir Fry

2 servings  
30 minutes

### Ingredients

- 3/4 cup Jasmine Rice
- 200 grams Tofu (extra-firm, pressed and cubed)
- 1 1/2 tbsps Extra Virgin Olive Oil
- 1 1/2 tbsps Tamari (divided)
- 1 Red Bell Pepper (medium, chopped)
- 3 cups Baby Spinach
- Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	447
Fat	16g
Carbs	64g
Fiber	5g
Sugar	4g
Protein	18g
Cholesterol	0mg
Sodium	796mg
Vitamin A	6083IU
Vitamin C	89mg
Calcium	334mg
Iron	4mg

### Directions

- 1 Cook the rice according to package directions and set aside.
- 2 Heat a large nonstick skillet over medium heat and add the oil. Once hot, add the tofu and cook for four minutes per side, until crispy and browned. Add in half the tamari and stir to combine.
- 3 Remove the tofu and set aside. Leave the leftover oil in the skillet.
- 4 Add the bell pepper to the skillet and cook until lightly browned, about five minutes. Lower the heat and add the spinach. Cook until wilted.
- 5 Add the tofu back to the skillet. Add the remaining tamari and stir to combine. Season with salt and pepper to taste.
- 6 Divide the rice onto plates and top with the tofu mixture. Enjoy!

### Notes

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

**Serving Size:** One serving is about 3/4 cup cooked rice and about 3/4 cup tofu mixture.

**More Flavor:** Add minced garlic, sesame oil, or oyster sauce.

**Additional Toppings:** Top with green onions.



## Chipotle Lime Chicken with Broccolini & Rice

2 servings  
1 hour 5 minutes

### Ingredients

272 grams Chicken Drumsticks  
1 2/3 tbsps Avocado Oil (divided)  
1/3 Lime (medium, juiced)  
3/4 Garlic (cloves, minced)  
1 3/4 tsps Chipotle Powder  
Sea Salt & Black Pepper (to taste)  
2/3 cup Jasmine Rice (dry)  
91 grams Broccolini

### Nutrition

Amount per serving	
Calories	526
Fat	24g
Carbs	49g
Fiber	2g
Sugar	1g
Protein	29g
Cholesterol	125mg
Sodium	148mg
Vitamin A	847IU
Vitamin C	16mg
Calcium	62mg
Iron	1mg

### Directions

- 1 In a shallow bowl or container, add the chicken, half of the oil, lime juice, garlic, chipotle powder, salt, and pepper. Mix to combine. Marinate for 30 minutes.
- 2 Cook the rice according to the package directions and set aside.
- 3 Use the remaining oil on the broccolini and season with more salt and pepper.
- 4 Preheat the grill over medium heat. Place the chicken on the grill and cook for 25 to 30 minutes, or until cooked through, flipping every few minutes so they don't burn.
- 5 Remove the chicken from the heat and add the broccolini. Cook for a few minutes or until slightly charred.
- 6 Divide the chicken, rice, and broccolini evenly between plates. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately one chicken drumstick with one cup of rice and vegetables.

**No Drumsticks:** Use chicken breasts or thighs. Adjust the cooking time as needed.

**More Flavor:** Marinate the chicken overnight for up to 24 hours.



## Beef with Cabbage & Mushrooms

2 servings  
25 minutes

### Ingredients

1/2 cup Jasmine Rice  
227 grams Extra Lean Ground Beef  
1/2 tsp Sea Salt (divided)  
1 3/4 cups Mushrooms (sliced)  
1 1/2 cups Green Cabbage (thinly sliced)  
1 tbsp Water

### Nutrition

Amount per serving	
Calories	395
Fat	12g
Carbs	45g
Fiber	4g
Sugar	4g
Protein	29g
Cholesterol	74mg
Sodium	681mg
Vitamin A	81IU
Vitamin C	26mg
Calcium	44mg
Iron	3mg

### Directions

- 1 Cook the rice according to package directions.
- 2 Heat a large pan over medium-high heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, season with 1/4 of the salt. Transfer the cooked beef to a bowl and set aside.
- 3 Add the mushrooms to the pan and cook for about 5 minutes until browned. Season with 1/4 of the salt.
- 4 Reduce heat to medium then add the cabbage to the pan with the mushrooms and stir to combine. Add the water to the pan and cover with a lid. Stir occasionally for about 5 minutes until the cabbage is tender.
- 5 Add the cooked beef back to the pan and stir to combine with the vegetables. Add the remaining salt and stir to mix well.
- 6 To serve, divide the rice between plates and top with the beef and vegetable mixture. Enjoy!

### Notes

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

**More Flavor:** Add fresh garlic, ginger, tamari, coconut aminos or sesame oil.

**Additional Toppings:** Top with sesame seeds or sliced green onion.

**No Green Cabbage:** Use purple cabbage instead.

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





## Grilled Vegetable & Lentil Salad

2 servings  
20 minutes

### Ingredients

1 Red Bell Pepper (cored and sliced)  
1/2 cup Red Onion (coarsely chopped)  
1 Zucchini (sliced into rounds)  
1 cup Portobello Mushroom (sliced)  
1 1/2 tsps Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)  
2 tbsps Cashews  
1/2 Lemon (juiced)  
1 1/2 tsps Tamari  
1/2 cup Parsley  
1 tbsp Water  
1 1/2 tsps Red Wine Vinegar  
4 cups Mixed Greens  
1 cup Lentils (cooked, drained and rinsed)  
1/4 cup Feta Cheese (crumbled)

### Nutrition

Amount per serving	
Calories	335
Fat	13g
Carbs	41g
Fiber	14g
Sugar	11g
Protein	19g
Cholesterol	17mg
Sodium	529mg
Vitamin A	3428IU
Vitamin C	130mg
Calcium	210mg

### Directions

- 1 Preheat grill to medium-high.
- 2 Add red peppers, onion, zucchini and mushrooms to a large bowl. Toss with extra virgin olive oil then season with sea salt and black pepper to taste. Transfer to a grilling basket and place on the grill. Toss occasionally for 10 to 15 minutes or until veggies are slightly charred.
- 3 Meanwhile, prepare the green cashew dressing by combining cashews, lemon juice, tamari, parsley and water in a blender or food processor. Blend very well until smooth. Set aside.
- 4 Remove veggies from the grill and toss in red wine vinegar.
- 5 Place mixed greens in a large salad bowl. Spread the lentils and grilled veggies over top. Drizzle with desired amount of green cashew dressing and top with crumbled feta. Toss well before serving. Enjoy!

### Notes

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

**Vegan:** Omit the cheese and top with toasted cashews instead.

**Save Time:** Chop all vegetables in advance and store in the fridge until ready to grill.

**Leftovers:** Store in the fridge up to 3 days. Repurpose into grilled veggie wraps with hummus.

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Iron

7mg



## Orange Sesame Tofu with Greens & Rice

2 servings  
30 minutes

### Ingredients

- 1/2 cup Brown Rice
- 1/2 cup Orange Juice
- 1 1/2 tbsps Tamari
- 1 tbsp Sesame Oil
- 1 tbsp Ginger (fresh, grated or minced)
- 200 grams Tofu (extra-firm, cut into thin strips)
- 1 1/2 tsps Coconut Oil
- 4 cups Bok Choy (chopped)
- 1/2 tsp Tapioca Flour

### Nutrition

Amount per serving	
Calories	401
Fat	17g
Carbs	48g
Fiber	4g
Sugar	8g
Protein	17g
Cholesterol	0mg
Sodium	852mg
Vitamin A	6379IU
Vitamin C	94mg
Calcium	443mg
Iron	4mg

### Directions

- 1 Cook the rice according to package directions.
- 2 Meanwhile, combine the orange juice, tamari, sesame oil, and ginger in a zipper-lock bag or shallow bowl. Add the tofu strips and marinate for at least 15 minutes or up to overnight.
- 3 Heat the coconut oil in a large, non-stick pan over medium heat. Gently shake the excess marinade off the tofu strips and place in the pan. Be sure to reserve the marinade. Cook for four to five minutes per side or until browned and slightly crispy (cook in batches if necessary to avoid overcrowding the pan). Transfer to a plate and set aside.
- 4 Add the bok choy to the same pan and cook until wilted and tender, about five to six minutes. Transfer to a plate and set aside.
- 5 Whisk the tapioca flour into the reserved marinade. Add the marinade to the same pan and stir well for about a minute until the sauce has thickened. Add the tofu strips back to the pan and toss to coat in the sauce. To serve, divide the rice, bok choy, and saucy tofu between plates and enjoy!

### Notes

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

**More Flavor:** Add fresh garlic, red pepper flakes, or some maple syrup or coconut sugar to the sauce.

**Additional Toppings:** Sesame seeds, green onion, or sriracha.

**No Bok Choy:** Use spinach, kale, collard greens, or swiss chard instead.

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

**No Coconut Oil:** Use extra virgin olive oil or avocado oil instead.



## Ginger Beef Sweet Potato Noodles

1 serving  
25 minutes

### Ingredients

- 2 tbsps Coconut Aminos
- 1 Garlic (clove, minced)
- 2 1/4 tpsps Ginger (fresh, grated or minced)
- 1 1/2 tpsps Lime Juice
- 1 1/2 tpsps Coconut Oil
- 1 Sweet Potato (small, peeled and spiralized into noodles)
- 1 cup Broccoli (cut into florets)
- 1/4 Yellow Onion (medium, roughly chopped)
- 1 tbsp Water
- 113 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.