



**EXERCISE**  
*with Style*

30-Day Balanced 1400 Calorie  
Meal Plan Week 4 PDF

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	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Soba Breakfast Bowl	 Soba Breakfast Bowl	 Soba Breakfast Bowl	 Apple Cinnamon Toast	 Apple Cinnamon Toast	 Smashed Edamame & Mushroom Sandwich	 Smashed Edamame & Mushroom Sandwich
Snack 1	 0.5 Waffle, Egg & Fruit Breakfast Box	 0.5 Waffle, Egg & Fruit Breakfast Box	 0.5 Waffle, Egg & Fruit Breakfast Box	 0.5 Winter Berry Smoothie	 Winter Berry Smoothie	 Winter Berry Smoothie	 Winter Berry Smoothie
Lunch	 Marinated Mixed Bean Salad	 Veggie Pesto Linguine	 Portobello Veggie Burgers with Goat Cheese	 Kimchi & Tofu Rice Bowls	 Pressure Cooker Cauliflower Soup	 Chicken Soba Noodle Soup	 Ground Turkey & Veggie Stir Fry
Snack 2	 0.5 Roasted Red Pepper Hummus & Crackers	 0.5 Roasted Red Pepper Hummus & Crackers	 0.5 Roasted Red Pepper Hummus & Crackers	 0.5 Papaya Breakfast Box	 0.5 Papaya Breakfast Box	 0.5 Papaya Breakfast Box	 0.5 Papaya Breakfast Box
Dinner	 Veggie Pesto Linguine	 Portobello Veggie Burgers with Goat Cheese	 Kimchi & Tofu Rice Bowls	 Pressure Cooker Cauliflower Soup	 Chicken Soba Noodle Soup	 Ground Turkey & Veggie Stir Fry	 Rice, Beef & Spinach

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  34%	Fat  33%	Fat  33%	Fat  36%	Fat  34%	Fat  28%	Fat  28%
Carbs  49%	Carbs  49%	Carbs  46%	Carbs  46%	Carbs  48%	Carbs  50%	Carbs  48%
Protein  17%	Protein  18%	Protein  21%	Protein  18%	Protein  18%	Protein  22%	Protein  24%
Calories 1415	Calories 1413	Calories 1398	Calories 1419	Calories 1469	Calories 1466	Calories 1468
Fat 53g	Fat 52g	Fat 51g	Fat 59g	Fat 55g	Fat 45g	Fat 46g
Carbs 175g	Carbs 174g	Carbs 162g	Carbs 171g	Carbs 177g	Carbs 179g	Carbs 180g
Fiber 34g	Fiber 34g	Fiber 28g	Fiber 35g	Fiber 35g	Fiber 22g	Fiber 23g
Sugar 21g	Sugar 27g	Sugar 22g	Sugar 45g	Sugar 49g	Sugar 32g	Sugar 31g
Protein 60g	Protein 66g	Protein 72g	Protein 67g	Protein 65g	Protein 77g	Protein 88g
Cholesterol 465mg	Cholesterol 475mg	Cholesterol 475mg	Cholesterol 186mg	Cholesterol 242mg	Cholesterol 326mg	Cholesterol 344mg
Sodium 1018mg	Sodium 1186mg	Sodium 2088mg	Sodium 2680mg	Sodium 2470mg	Sodium 2172mg	Sodium 1668mg
Vitamin A 8727IU	Vitamin A 8773IU	Vitamin A 4249IU	Vitamin A 2808IU	Vitamin A 5984IU	Vitamin A 8829IU	Vitamin A 10044IU
Vitamin C 179mg	Vitamin C 366mg	Vitamin C 323mg	Vitamin C 166mg	Vitamin C 224mg	Vitamin C 212mg	Vitamin C 201mg
Calcium 566mg	Calcium 576mg	Calcium 768mg	Calcium 931mg	Calcium 831mg	Calcium 697mg	Calcium 663mg
Iron 16mg	Iron 16mg	Iron 17mg	Iron 19mg	Iron 16mg	Iron 15mg	Iron 17mg

**Fruits**

- 1 Apple
- 1/4 Lemon
- 2 1/8 tbsps Lemon Juice
- 1/2 Lime
- 2 Navel Orange
- 2 cups Papaya
- 3 cups Strawberries

**Breakfast**

- 3 tbsps Almond Butter

**Seeds, Nuts & Spices**

- 1/2 cup Cashews
- 1/4 tsp Cinnamon
- 2 tbsps Ground Flax Seed
- 2 tbsps Hemp Seeds
- 3/4 tsp Italian Seasoning
- 1/2 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/2 tbsps Sesame Seeds
- 1/3 tsp Smoked Paprika

**Frozen**

- 3 cups Frozen Berries
- 1 cup Frozen Edamame
- 135 grams Gluten-Free Waffle

**Vegetables**

- 2/3 cup Arugula
- 9 1/2 cups Baby Spinach
- 1 cup Bok Choy
- 1/2 head Cauliflower
- 1 1/4 Cucumber
- 6 Garlic
- 1 tbsps Ginger
- 1/2 cup Green Beans
- 1 1/16 Green Bell Pepper
- 6 cups Kale Leaves
- 1 cup Mixed Greens
- 1 1/3 cups Mushrooms
- 340 grams Portobello Mushroom Caps
- 1 Red Bell Pepper
- 1 cup Red Onion
- 1 cup Snap Peas
- 4 grams Thyme Sprigs
- 1 Yellow Bell Pepper
- 3/4 Yellow Onion
- 2 1/2 Zucchini

**Boxed & Canned**

- 1/2 cup Brown Rice
- 250 grams Buckwheat Soba Noodles
- 1 cup Cannellini Beans
- 2/3 cup Chickpeas
- 3/4 cup Jasmine Rice
- 1 cup Lentils
- 1 cup Mixed Beans
- 38 grams Seed Crackers
- 2 cups Vegetable Broth
- 128 grams Whole Wheat Linguine

**Baking**

- 1 1/2 tps Arrowroot Powder
- 2 1/2 tbsps Nutritional Yeast

**Bread, Fish, Meat & Cheese**

- 113 grams Chicken Leg, Bone-In
- 113 grams Extra Lean Ground Beef
- 227 grams Extra Lean Ground Turkey
- 1/2 cup Goat Cheese
- 198 grams Sourdough Bread
- 243 grams Tofu
- 4 slices Whole Grain Bread

**Condiments & Oils**

- 1 1/2 tps Apple Cider Vinegar
- 590 milligrams Avocado Oil Spray
- 1/4 cup Extra Virgin Olive Oil
- 1/8 tsp Fish Sauce
- 1 cup Kimchi
- 1/4 cup Pesto
- 2 1/4 tbsps Rice Vinegar
- 2 tbsps Sunflower Seed Butter
- 3 1/2 tbsps Tamari

**Cold**

- 13 Egg
- 3 cups Unsweetened Almond Milk

**Other**

- 3 1/2 cups Water



## Soba Breakfast Bowl

3 servings  
15 minutes

### Ingredients

150 grams Buckwheat Soba Noodles  
2 1/4 tsps Tamari  
2 1/4 tsps Rice Vinegar  
6 Egg  
6 cups Kale Leaves (stems removed,  
roughly chopped)  
1/3 cup Water  
1 1/2 tbsps 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 Cinnamon Toast

2 servings

5 minutes

### Ingredients

3 tbsps Almond Butter  
4 slices Whole Grain Bread (toasted)  
1 Apple (sliced)  
1/4 tsp Cinnamon

### Nutrition

Amount per serving	
Calories	411
Fat	17g
Carbs	53g
Fiber	11g
Sugar	16g
Protein	16g
Cholesterol	0mg
Sodium	317mg
Vitamin A	50IU
Vitamin C	4mg
Calcium	174mg
Iron	3mg

### Directions

- 1 Spread the almond butter over the bread and top with apple slices and sprinkle with cinnamon. Enjoy!

### Notes

**Leftovers:** For best results, enjoy freshly made.

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

**Nut-Free:** Use tahini or sunflower seed butter.

**Additional Toppings:** Chopped dates, maple syrup, sliced almonds, shredded coconut, or hemp seeds.



## Smashed Edamame & Mushroom Sandwich

2 servings  
20 minutes

### Ingredients

- 1 tbsp Extra Virgin Olive Oil (divided)
- 1 1/3 cups Mushrooms (sliced)
- Sea Salt & Black Pepper (to taste)
- 1 cup Frozen Edamame (thawed)
- 2 tps Lemon Juice
- 2/3 cup Arugula
- 198 grams Sourdough Bread (toasted)

### Nutrition

Amount per serving	
Calories	418
Fat	11g
Carbs	57g
Fiber	7g
Sugar	3g
Protein	21g
Cholesterol	0mg
Sodium	487mg
Vitamin A	389IU
Vitamin C	11mg
Calcium	62mg
Iron	5mg

### Directions

- 1 In a pan over medium-high heat, add half of the oil and mushrooms. Sauté until golden brown and season with salt and pepper.
- 2 In a bowl, add the edamame, lemon juice, and the remaining oil. Lightly smash with a fork and season with salt and pepper.
- 3 Spread the smashed edamame on the toasted bread. Top with mushrooms and arugula. Close the sandwich and enjoy!

### Notes

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

**Serving Size:** One serving is equal to one sandwich.

**More Flavor:** Add chili flakes and onion powder.

**Additional Toppings:** Add cucumber and tomato.

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

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



## Waffle, Egg & Fruit Breakfast Box

3 servings

15 minutes

### Ingredients

- 3 Egg
- 135 grams Gluten-Free Waffle (toasted, cut in half)
- 3 cups Strawberries (sliced)

### Nutrition

Amount per serving	
Calories	236
Fat	9g
Carbs	31g
Fiber	4g
Sugar	8g
Protein	8g
Cholesterol	186mg
Sodium	300mg
Vitamin A	289IU
Vitamin C	85mg
Calcium	69mg
Iron	2mg

### Directions

- 1 Place the egg 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 egg when it is cool enough to handle.
- 3 Arrange the waffle, hardboiled egg, and strawberries in a container. Enjoy!

### Notes

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

**Additional Toppings:** Sprinkle hemp seeds over the strawberries. Add almond butter or sunflower seed butter to the waffles. Add walnuts or pumpkin seeds.

**Make it Vegan:** Omit the egg and add nuts or granola instead.

**Gluten-Free Waffle:** One gluten-free waffle is roughly 1 2/3-ounces or 45-grams.



## Winter Berry Smoothie

4 servings  
10 minutes

### Ingredients

- 3 cups Unsweetened Almond Milk
- 2 tbsps Ground Flax Seed
- 2 tbsps Hemp Seeds
- 2 Navel Orange (peeled and sectioned)
- 3 cups Frozen Berries
- 4 cups Baby Spinach

### Nutrition

Amount per serving	
Calories	168
Fat	6g
Carbs	27g
Fiber	8g
Sugar	17g
Protein	6g
Cholesterol	0mg
Sodium	145mg
Vitamin A	3361IU
Vitamin C	80mg
Calcium	426mg
Iron	3mg

### Directions

1

Place all ingredients together in a blender. Blend until smooth. Pour into glasses and enjoy! (Pour into a mason jar if you are on the go.)



## Marinated Mixed Bean Salad

1 serving  
15 minutes

### Ingredients

- 1/2 cup Green Beans (fresh or frozen)
- 1 cup Mixed Beans (cooked)
- 1 tbsp Extra Virgin Olive Oil
- 1 1/2 tsps Apple Cider Vinegar
- 3/4 tsp Italian Seasoning
- 1/4 Garlic (clove, minced)
- 1/4 Lemon (juiced)
- Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	365
Fat	15g
Carbs	45g
Fiber	13g
Sugar	3g
Protein	16g
Cholesterol	0mg
Sodium	6mg
Vitamin A	346IU
Vitamin C	13mg
Calcium	83mg
Iron	5mg

### Directions

- 1 Bring a medium-sized pot of salted water to a boil. Drop in the green beans and simmer for 3 to 5 minutes. Drain and rinse with cold water until cool.
- 2 Combine all ingredients together in a large mixing bowl. Toss well and enjoy right away, or let marinate in the fridge overnight for more flavour.

### Notes

**No Mixed Beans:** Use equal parts chickpeas, kidney beans, white beans, lima beans, pinto beans, romano beans, or any combination of beans.

**Leftovers:** Keeps well covered in the fridge up to 4 to 5 days.



## Roasted Red Pepper Hummus & Crackers

2 servings  
40 minutes

### Ingredients

1 Red Bell Pepper (quartered)  
1 2/3 Garlic (cloves, skin left on)  
591 milligrams Avocado Oil Spray  
Sea Salt & Black Pepper (to taste)  
2/3 cup Chickpeas (cooked)  
1 tbsp Lemon Juice  
1/3 tsp Smoked Paprika  
38 grams Seed Crackers

### Nutrition

Amount per serving	
Calories	196
Fat	5g
Carbs	32g
Fiber	9g
Sugar	6g
Protein	8g
Cholesterol	0mg
Sodium	118mg
Vitamin A	2067IU
Vitamin C	80mg
Calcium	79mg
Iron	3mg

### Directions

- 1 Preheat the oven to 400°F (205°C). Place the red bell pepper and garlic on a baking sheet and spray with the avocado oil. Season with salt and pepper to taste. Bake for 30 minutes in the oven.
- 2 Remove the baking sheet from the oven and let it cool for a few minutes. Once cool enough to handle, remove the garlic cloves from their peel. Add them along with the roasted red peppers, cooked chickpeas, lemon juice, and smoked paprika to the bowl of a food processor. Process until smooth and creamy.
- 3 Transfer the hummus to a bowl. Serve with crackers and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to one week. Serve with crackers when ready. Freeze for up to six months.

**Serving Size:** One serving is equal to approximately 1/4 to 1/3 of a cup of hummus and eight to 10 crackers.

**Avocado Oil Spray:** One gram (or 0.03 ounces) of avocado oil spray is equal to a one-second spray.



## Papaya Breakfast Box

2 servings  
15 minutes

### Ingredients

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

### Nutrition

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

### Directions

- 1 Place the eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 2 Strain the water and fill the saucepan with cold water. Peel the eggs when they are cool enough to handle and slice into halves.
- 3 Serve the eggs with the papaya and cucumbers. Enjoy!

### Notes

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

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

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



## Veggie Pesto Linguine

2 servings  
15 minutes

### Ingredients

128 grams Whole Wheat Linguine (uncooked)  
1 1/2 tsps Extra Virgin Olive Oil  
1 1/2 Zucchini (medium, chopped)  
1 cup Snap Peas (trimmed, chopped)  
2 1/2 cups Baby Spinach (roughly chopped)  
1/4 cup Pesto  
1 1/2 tsps Lemon Juice (to taste)  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	416
Fat	18g
Carbs	58g
Fiber	11g
Sugar	10g
Protein	15g
Cholesterol	0mg
Sodium	234mg
Vitamin A	4642IU
Vitamin C	44mg
Calcium	199mg
Iron	5mg

### Directions

- 1 Cook the linguine according to the package directions.
- 2 Heat the oil in a pan over medium heat. Add the zucchini and snap peas. Cook until tender crisp, about five minutes.
- 3 Stir in the spinach, pesto, lemon juice, salt and pepper. Cook until the spinach has wilted.
- 4 Divide the linguine onto plates and top with the veggie pesto sauce. Enjoy!

### Notes

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

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

**Additional Toppings:** Add garlic, parmesan, butter, chilis, and/or goat cheese.

**Cooking Tip:** If the pasta is too dry, add more water as needed when cooking. If the pasta seems too watery, use a ladle to discard any extra water.



## Portobello Veggie Burgers with Goat Cheese

2 servings  
25 minutes

### Ingredients

- 1 cup Red Onion (sliced)
- 1 Zucchini (sliced into rounds)
- 1 Yellow Bell Pepper (sliced into strips)
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 340 grams Portobello Mushroom Caps
- 1 cup Lentils (cooked, drained and rinsed)
- 1/2 cup Goat Cheese (or feta)
- 1 cup Mixed Greens

### Nutrition

Amount per serving	
Calories	363
Fat	14g
Carbs	44g
Fiber	13g
Sugar	9g
Protein	22g
Cholesterol	10mg
Sodium	174mg
Vitamin A	392IU
Vitamin C	200mg
Calcium	93mg
Iron	5mg

### Directions

- 1 Preheat the grill to medium-high heat.
- 2 In a mixing bowl, combine red onion, zucchini and yellow pepper. Drizzle with olive oil and season with sea salt and black pepper to taste. Toss well. Transfer to a grilling basket and place on the grill. Grill for 15 minutes, or until slightly charred. Toss periodically.
- 3 Brush the insides of the portobello mushroom caps with olive oil. When there is about 5 minutes remaining for the vegetables, place the mushroom caps face down on the grill and grill until slightly softened. Flip at the halfway point.
- 4 Remove grilled veggies and mushroom caps from the grill. Fill the inside of half the mushroom caps with grilled veggies. Top with lentils and mixed greens. Fill the other half of the portobello caps with goat cheese then place it on top to form the burger. Serve any leftover ingredients as a salad on the side. Enjoy!

### Notes

**Vegan:** Skip the goat cheese and use pesto instead.

**Meat Lover:** Top the grilled vegetables with thinly sliced grilled steak, chicken or bacon.



## Kimchi & Tofu Rice Bowls

2 servings  
35 minutes

### Ingredients

1/2 cup Brown Rice (uncooked)  
243 grams Tofu (extra-firm, pressed and cubed)  
1 1/2 tbsps Tamari (divided)  
1 1/2 tbsps Rice Vinegar (divided)  
1 1/2 tsps Arrowroot Powder  
2 tbsps Sunflower Seed Butter  
1 tbsp Water  
1 cup Kimchi  
1/4 Cucumber (thinly sliced)

### Nutrition

Amount per serving	
Calories	401
Fat	17g
Carbs	46g
Fiber	5g
Sugar	5g
Protein	21g
Cholesterol	0mg
Sodium	1136mg
Vitamin A	118IU
Vitamin C	1mg
Calcium	391mg
Iron	6mg

### Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 While the oven preheats, cook the brown rice according to package directions and set aside when finished cooking.
- 3 Add the tofu cubes to a bowl and gently toss with 1/3 of the tamari and 1/3 of the rice vinegar. Then add the arrowroot powder and gently toss until the tofu cubes are well coated. Arrange the coated tofu cubes on the prepared baking sheet. Bake for 28 to 30 minutes, flipping halfway through.
- 4 Meanwhile, pour the remaining tamari, remaining rice vinegar, sunflower seed butter, and water into a mason jar and shake to combine.
- 5 Divide the rice, tofu, kimchi and cucumber into bowls. Drizzle with the sunflower seed butter sauce. Enjoy!

### Notes

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

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

**Additional Toppings:** Sunflower seeds, sesame seeds, or cilantro.

**No Sunflower Seed Butter:** Use peanut butter or almond butter.



## Pressure Cooker Cauliflower Soup

**2 servings****25 minutes**

### Ingredients

- 1/4 Yellow Onion (medium, chopped)
- 2 Garlic (cloves, minced)
- Sea Salt & Black Pepper (to taste)
- 2 cups Vegetable Broth
- 1 cup Cannellini Beans (drained, rinsed)
- 1/2 cup Cashews (raw)
- 1/2 head Cauliflower (small, chopped into florets)
- 2 1/2 tbsps Nutritional Yeast
- 4 grams Thyme Sprigs

### Nutrition

Amount per serving	
Calories	410
Fat	17g
Carbs	48g
Fiber	13g
Sugar	8g
Protein	20g
Cholesterol	0mg
Sodium	1076mg
Vitamin A	610IU
Vitamin C	76mg
Calcium	99mg
Iron	7mg

### Directions

- 1 Turn your pressure cooker to "sauté" and add a splash of broth or water. Once hot, add the onion and cook, stirring often for four to five minutes, until softened.
- 2 Add the garlic and season with salt and pepper and cook for one minute more. Turn "sauté" off. Add the broth, cannellini beans, cashews, cauliflower, nutritional yeast, and thyme. Stir to combine.
- 3 Put the lid on and set to "sealing". Press manual/pressure cooker and cook for seven minutes on high pressure. Once finished, let the pressure release naturally for five minutes, then do a quick release.
- 4 Carefully remove the lid and remove the thyme sprigs. Purée with an immersion blender or carefully transfer to a blender and blend until completely smooth and creamy. Divide into bowls, top with thyme and season with salt and pepper. Enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately two cups.

**More Flavor:** Add bay leaves and rosemary to the pressure cooker.

**Additional Toppings:** Squeeze lemon juice and/or add lemon zest on top.



## Chicken Soba Noodle Soup

2 servings

1 hour

### Ingredients

- 113 grams Chicken Leg, Bone-in (skin on)
- 3 cups Water
- 1 tbsp Ginger (sliced)
- 1/8 tsp Fish Sauce
- 1/2 tsp Sea Salt
- 100 grams Buckwheat Soba Noodles
- 1 cup Bok Choy (quartered)
- 1/2 Lime (quartered)

### Nutrition

Amount per serving	
Calories	367
Fat	10g
Carbs	38g
Fiber	1g
Sugar	1g
Protein	16g
Cholesterol	56mg
Sodium	854mg
Vitamin A	1614IU
Vitamin C	19mg
Calcium	78mg
Iron	1mg

### Directions

- 1 In a large pot, combine the chicken legs, water, ginger, fish sauce and sea salt. Bring to a boil and lower to a simmer. Cook for 40 minutes, or until the chicken reaches an internal temperature of 165°F (74°C). Skim the top of the water as needed.
- 2 Meanwhile, cook the soba noodles according to the directions on the package. Drain and rinse with cold water until completely cooled. Set aside.
- 3 Carefully remove the chicken legs from the broth and transfer to a large bowl. Using two forks, shred the chicken and remove the bones.
- 4 Divide the soba noodles, bok choy and shredded chicken into bowls. Pour the chicken broth overtop and serve with lime wedges. Enjoy!

### Notes

**Leftovers:** Refrigerate the chicken and broth in separate airtight containers for up to three days. Refrigerate the veggies and soba noodles for up to five days.

**Serving Size:** Each serving equals approximately 2 cups of noodles and broth, 1/2 cup of chicken and 1/2 cup of bok choy.

**More Flavor:** Add cinnamon sticks, star anise or cloves to the broth.

**Additional Toppings:** Top with roasted peanuts, dried shallots, bean sprouts and/or fresh herbs.

**Make it Vegan:** Use shiitake mushrooms and tofu instead of chicken.



## 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.



## Rice, Beef & Spinach

1 serving  
20 minutes

### Ingredients

- 1/4 cup Jasmine Rice
- 113 grams Extra Lean Ground Beef
- 1 cup Baby Spinach (packed)
- 3/4 tsp Tamari

### Nutrition

Amount per serving	
Calories	369
Fat	11g
Carbs	39g
Fiber	2g
Sugar	0g
Protein	27g
Cholesterol	74mg
Sodium	350mg
Vitamin A	2829IU
Vitamin C	8mg
Calcium	44mg
Iron	3mg

### Directions

- 1 Cook the rice according to the directions on the package.
- 2 Meanwhile, heat a large skillet over medium 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, drain any excess drippings from the pan.
- 3 Add the spinach to the beef and stir until the spinach has wilted. Add in the tamari and stir to combine.
- 4 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 fresh garlic or ginger to the beef with the spinach.

**Additional Toppings:** Hot sauce, sesame seeds, sliced green onions and/or cilantro.

**No Tamari:** Use soy sauce or coconut aminos instead.

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

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