









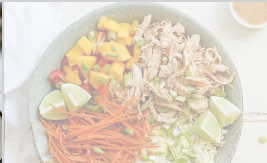


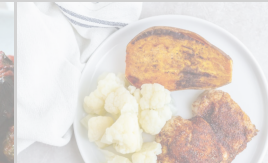






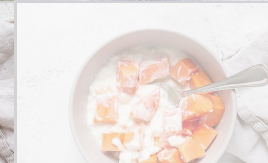

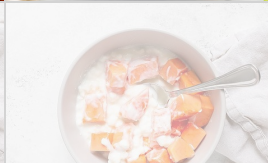






























**EXERCISE**  
*with Style*

1000 Calorie Meal Plan  
35/35/30 PDF

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

|           | Mon   | Tue   | Wed   | Thu  | Fri   | Sat  | Sun  |
|-----------|---|---|---|--|---|--|--|
| Breakfast | <br>0.5 Warm Peas with Eggs                      | <br>0.5 Warm Peas with Eggs                        | <br>0.5 Warm Peas with Eggs                        | <br>Turkey Apple Breakfast Hash                    | <br>Turkey Apple Breakfast Hash                    | <br>Peanut Butter & Banana Protein Porridge | <br>Peanut Butter & Banana Protein Porridge |
| Lunch     | <br>Chicken & Cream Cheese Wrap                  | <br>Thai Chopped Chicken Salad with Peanut Sauce   | <br>Ground Beef, Asparagus & Mashed Sweet Potatoes | <br>Turkey Quinoa Swiss Chard Rolls                | <br>Chicken Thighs with Sweet Potato & Cauliflower | <br>Chicken, Asparagus & Sweet Potato       | <br>Shrimp & Onion Fritters                 |
| Snack 2   | <br>Sweet Chili Edamame                          | <br>Sweet Chili Edamame                            | <br>Sweet Chili Edamame                            | <br>0.5 Papaya with Cottage Cheese                 | <br>0.5 Papaya with Cottage Cheese                 | <br>0.5 Papaya with Cottage Cheese          | <br>0.5 Papaya with Cottage Cheese          |
| Dinner    | <br>Thai Chopped Chicken Salad with Peanut Sauce | <br>Ground Beef, Asparagus & Mashed Sweet Potatoes | <br>Turkey Quinoa Swiss Chard Rolls                | <br>Chicken Thighs with Sweet Potato & Cauliflower | <br>Chicken, Asparagus & Sweet Potato              | <br>Shrimp & Onion Fritters                 | <br>Easy Chicken Fajitas                    |

| Mon   | Tue   | Wed   | Thu  | Fri   | Sat   | Sun   |
|---|---|---|--|---|---|---|
| Fat  33%     | Fat  33%     | Fat  32%     | Fat  32%     | Fat  30%     | Fat  31%     | Fat  32%     |
| Carbs  34%   | Carbs  35%   | Carbs  36%   | Carbs  35%   | Carbs  33%   | Carbs  34%   | Carbs  38%   |
| Protein  33% | Protein  32% | Protein  32% | Protein  33% | Protein  37% | Protein  35% | Protein  30% |
| Calories 1108   | Calories 1096   | Calories 1153   | Calories 1049  | Calories 1028   | Calories 1130   | Calories 1171   |
| Fat 42g   | Fat 42g   | Fat 43g   | Fat 39g  | Fat 36g   | Fat 40g   | Fat 42g   |
| Carbs 97g   | Carbs 100g  | Carbs 107g  | Carbs 96g  | Carbs 87g   | Carbs 98g   | Carbs 110g  |
| Fiber 29g   | Fiber 30g   | Fiber 30g   | Fiber 19g  | Fiber 18g   | Fiber 14g   | Fiber 13g   |
| Sugar 42g   | Sugar 46g   | Sugar 37g   | Sugar 37g  | Sugar 35g   | Sugar 27g   | Sugar 24g   |
| Protein 97g   | Protein 91g   | Protein 96g   | Protein 91g  | Protein 98g   | Protein 99g   | Protein 89g   |
| Cholesterol 356mg   | Cholesterol 315mg   | Cholesterol 344mg   | Cholesterol 293mg  | Cholesterol 312mg   | Cholesterol 397mg   | Cholesterol 366mg   |
| Sodium 1745mg   | Sodium 1707mg   | Sodium 1681mg   | Sodium 1263mg  | Sodium 887mg  | Sodium 998mg  | Sodium 1280mg   |
| Vitamin A 12175IU   | Vitamin A 26471IU   | Vitamin A 20527IU   | Vitamin A 20322IU  | Vitamin A 32207IU   | Vitamin A 15770IU   | Vitamin A 1972IU  |
| Vitamin C 125mg   | Vitamin C 132mg   | Vitamin C 75mg  | Vitamin C 202mg  | Vitamin C 183mg   | Vitamin C 59mg  | Vitamin C 160mg   |
| Calcium 459mg   | Calcium 368mg   | Calcium 411mg   | Calcium 407mg  | Calcium 344mg   | Calcium 774mg   | Calcium 951mg   |
| Iron 12mg   | Iron 16mg   | Iron 20mg   | Iron 12mg  | Iron 9mg  | Iron 9mg  | Iron 9mg  |

**Fruits**

- 1 Apple
- 1 Banana
- 2 tsps Lime Juice
- 1/3 Mango
- 2 cups Papaya

**Breakfast**

- 1/4 cup All Natural Peanut Butter

**Seeds, Nuts & Spices**

- 1/2 tsp Chili Flakes
- 3/4 tsp Chili Powder
- 2 1/2 tsps Cinnamon
- 1/3 tsp Cumin
- 1/8 tsp Garlic Powder
- 1 tbsp Italian Seasoning
- 1/8 tsp Paprika
- 1 tsp Poultry Seasoning
- 3/4 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1/2 tsp Smoked Paprika

**Frozen**

- 6 cups Edamame Pods
- 3 cups Frozen Peas

**Vegetables**

- 3/4 cup Arugula
- 3 1/2 cups Asparagus
- 1 cup Brussels Sprouts
- 1 cup Butternut Squash
- 1 1/3 Carrot
- 1/2 head Cauliflower
- 1 stalk Celery
- 2 tsps Cilantro
- 3 1/8 Garlic
- 2/3 tsp Ginger
- 1/4 Green Bell Pepper
- 2 1/16 cups Green Cabbage
- 3 1/16 stalks Green Onion
- 1/3 Red Bell Pepper
- 3/4 cup Red Onion
- 4 Sweet Potato
- 2 cups Swiss Chard
- 1/2 White Onion
- 1/4 Yellow Bell Pepper
- 1/4 Yellow Onion

**Boxed & Canned**

- 1 1/2 cups Crushed Tomatoes
- 1/3 cup Quinoa

**Baking**

- 1 1/2 tsps Arrowroot Powder
- 3 tsps Coconut Sugar
- 1/2 cup Oats
- 2/3 tsp Raw Honey
- 66 grams Unbleached All Purpose Flour

**Bread, Fish, Meat & Cheese**

- 534 grams Chicken Breast
- 85 grams Chicken Breast, Cooked
- 227 grams Chicken Thighs
- 2 Corn Tortilla
- 2 tsps Cream Cheese, Regular
- 227 grams Extra Lean Ground Beef
- 454 grams Extra Lean Ground Turkey
- 227 grams Shrimp
- 1 Whole Wheat Tortilla

**Condiments & Oils**

- 1 3/4 tsps Avocado Oil
- 2 1/4 tsps Extra Virgin Olive Oil
- 1/3 cup Rice Vinegar
- 2 1/4 tsps Sriracha
- 1 2/3 tsps Tamari

**Cold**

- 2 cups Cottage Cheese
- 5 Egg
- 1 cup Egg Whites
- 2 cups Unsweetened Almond Milk

**Other**

- 1 3/4 cups Water



## Warm Peas with Eggs

2 servings  
15 minutes

### Ingredients

1/2 White Onion (diced)  
3 tbsps Water  
3 cups Frozen Peas  
1/4 tsp Sea Salt  
4 Egg

### Nutrition

| Amount per serving |        |
|--------------------|--------|
| Calories           | 341    |
| Fat                | 10g    |
| Carbs              | 38g    |
| Fiber              | 11g    |
| Sugar              | 12g    |
| Protein            | 25g    |
| Cholesterol        | 372mg  |
| Sodium             | 611mg  |
| Vitamin A          | 5581IU |
| Vitamin C          | 26mg   |
| Calcium            | 122mg  |
| Iron               | 5mg    |

### Directions

- 1 In a pan over medium-high heat, sauté the onions with the water. Cook until browned, stirring frequently and adding more water as needed to prevent the onions from sticking.
- 2 Add the peas and stir until warmed through. Season with salt.
- 3 Crack the eggs over the peas, spacing them out evenly. Cover the pan with a lid and bring down the heat to low. Cook for 3 to 5 minutes or until the egg whites have cooked through and the yolk is set to your liking.
- 4 Remove from heat and serve immediately. Enjoy!

### Notes

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

**Serving Size:** One serving equals approximately two eggs with 1 1/2 cups of the pea and onion mixture.

**More Flavor:** Use broth or oil instead of water.

**Additional Toppings:** Top with avocado, diced tomatoes, salsa, olives and/or feta cheese. Serve with toast, rice cakes, toasted sweet potato slices or as is.



## Turkey Apple Breakfast Hash

2 servings  
35 minutes

### Ingredients

227 grams Extra Lean Ground Turkey  
1/2 tsp Cinnamon  
1 tbsp Poultry Seasoning  
1 1/2 tsps Avocado Oil  
1/2 cup Red Onion (diced)  
1 Garlic (cloves, minced)  
1 cup Brussels Sprouts (trimmed and halved)  
1 cup Butternut Squash (peeled and cubed)  
1 Apple (cored and diced)  
1/8 tsp Sea Salt (to taste)

### Nutrition

| Amount per serving |        |
|--------------------|--------|
| Calories           | 325    |
| Fat                | 14g    |
| Carbs              | 31g    |
| Fiber              | 7g     |
| Sugar              | 14g    |
| Protein            | 24g    |
| Cholesterol        | 84mg   |
| Sodium             | 243mg  |
| Vitamin A          | 7965IU |
| Vitamin C          | 60mg   |
| Calcium            | 122mg  |
| Iron               | 3mg    |

### Directions

- 1 Heat a large skillet over medium heat. Add the ground turkey, cinnamon and poultry seasoning. Cook for 5 to 7 minutes, until thoroughly browned, breaking up into little pieces as it cooks. Drain off the fat, transfer to a bowl and set aside.
- 2 In the same skillet, heat the oil over medium heat. Add the onion and garlic, sauteeing until translucent. Next add the brussels sprouts, butternut squash, and apples. Cover and cook for about 10 minutes, stirring occasionally, until all veggies are soft.
- 3 Add the ground turkey back into the skillet and stir to combine. Season to taste with sea salt. Divide into bowls and enjoy!

### Notes

**Vegan & Vegetarians:** Use lentils instead of ground turkey.

**Leftovers:** Store covered in the fridge up to 3 days.



## Peanut Butter & Banana Protein Porridge

2 servings  
10 minutes

### Ingredients

2 cups Unsweetened Almond Milk  
1/2 cup Oats (rolled)  
1 cup Egg Whites  
2 tbsps All Natural Peanut Butter  
2 tpsps Cinnamon  
1 Banana (mashed)

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 324   |
| Fat                | 13g   |
| Carbs              | 35g   |
| Fiber              | 7g    |
| Sugar              | 10g   |
| Protein            | 21g   |
| Cholesterol        | 0mg   |
| Sodium             | 367mg |
| Vitamin A          | 545IU |
| Vitamin C          | 5mg   |
| Calcium            | 507mg |
| Iron               | 2mg   |

### Directions

- 1 Add the almond milk and oats to a pot over medium heat. Bring the milk to a gentle boil and continue to cook for two to three minutes or until the oats begin to soften and thicken.
- 2 Slowly stir in the egg whites and continue to stir until the porridge becomes thick and creamy. Stir in the peanut butter, cinnamon, and banana. Remove from the heat and enjoy!

### Notes

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

**More Flavor:** Add maple syrup or honey and vanilla extract.

**Additional Toppings:** More peanut butter, banana slices, berries, or extra cinnamon.

**No Almond Milk:** Use another dairy or dairy alternative milk instead.



## Chicken & Cream Cheese Wrap

1 serving  
10 minutes

### Ingredients

85 grams Chicken Breast, Cooked  
(shredded or chopped)  
2 tbsps Cream Cheese, Regular  
(divided)  
1 Whole Wheat Tortilla  
3/4 cup Arugula  
1 stalk Celery (chopped)

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 353   |
| Fat                | 15g   |
| Carbs              | 22g   |
| Fiber              | 5g    |
| Sugar              | 3g    |
| Protein            | 33g   |
| Cholesterol        | 115mg |
| Sodium             | 464mg |
| Vitamin A          | 565IU |
| Vitamin C          | 3mg   |
| Calcium            | 166mg |
| Iron               | 2mg   |

### Directions

- 1 In a small bowl, mix together the chicken and half the cream cheese.
- 2 Lay the tortilla flat and spread the remaining cream cheese, then add the arugula, chicken, and celery. Roll the tortilla tightly and enjoy!

### Notes

**Leftovers:** Store in the fridge wrapped in tin foil or parchment paper for up to two days.

**Gluten-Free:** Use a gluten-free tortilla.

**Dairy-Free:** Use a dairy-free cream cheese.

**More Flavor:** Add hot sauce to the chicken.

**Additional Toppings:** Add chopped bacon, cucumber, or sprouts.





## Sweet Chili Edamame

3 servings

15 minutes

### Ingredients

- 1/3 cup Rice Vinegar
- 3/4 cup Water
- 3 tbsps Coconut Sugar
- 1 1/2 Garlic (clove, minced)
- 1 tbsp Tamari
- 2 1/4 tsps Sriracha
- 1 1/2 tsps Arrowroot Powder
- 6 cups Edamame Pods

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 302   |
| Fat                | 11g   |
| Carbs              | 30g   |
| Fiber              | 12g   |
| Sugar              | 16g   |
| Protein            | 27g   |
| Cholesterol        | 0mg   |
| Sodium             | 454mg |
| Vitamin A          | 126IU |
| Vitamin C          | 25mg  |
| Calcium            | 152mg |
| Iron               | 5mg   |

### Directions

- 1 In a small saucepan, combine the vinegar, water, sugar, garlic, tamari, and sriracha. Bring to a low boil over medium-high heat and then reduce the heat and simmer for seven to eight minutes.
- 2 Remove about 1/4 of the sauce and place in a small bowl. Whisk in the arrowroot powder to create a slurry and then add the slurry to the saucepan. Cook for 30 seconds or so, until thickened. Remove from the heat and set aside.
- 3 Meanwhile, bring a large pot of salted water to a boil.
- 4 Place the edamame pods in the boiling water and cook for five minutes, stirring occasionally. Drain and rinse with cold water and then add the edamame back to the large pot.
- 5 Add the sauce and toss to combine until the edamame is well coated. Enjoy!

### Notes

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

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



## Papaya with Cottage Cheese

2 servings

5 minutes

### Ingredients

2 cups Cottage Cheese  
2 cups Papaya (peeled, seeds removed, chopped)

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 266   |
| Fat                | 9g    |
| Carbs              | 22g   |
| Fiber              | 2g    |
| Sugar              | 17g   |
| Protein            | 24g   |
| Cholesterol        | 36mg  |
| Sodium             | 673mg |
| Vitamin A          | 294IU |
| Vitamin C          | 85mg  |
| Calcium            | 202mg |
| Iron               | 1mg   |

### Directions

- 1 Serve the cottage cheese with chopped papaya. Enjoy!

### Notes

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

**Dairy-Free:** Use coconut yogurt instead of cottage cheese.

**Additional Toppings:** Top with granola, raisins, nuts, and/or seeds. Add honey, maple syrup, and/or cinnamon.



## Thai Chopped Chicken Salad with Peanut Sauce

2 servings  
30 minutes

### Ingredients

151 grams Chicken Breast (skinless and boneless)  
1/16 tsp Chili Powder  
1/16 tsp Smoked Paprika  
1/16 tsp Sea Salt  
2 tbsps All Natural Peanut Butter  
2 tsps Tamari  
2/3 tsp Raw Honey  
2 tsps Lime Juice  
2/3 Garlic (clove, minced)  
2/3 tsp Ginger (minced)  
1 1/3 tbsps Water  
2 cups Green Cabbage (chopped)  
1 1/3 Carrot (shredded)  
1/3 Red Bell Pepper  
1/3 Mango (cubed)  
2 stalks Green Onion (chopped)

### Nutrition

| Amount per serving |        |
|--------------------|--------|
| Calories           | 282    |
| Fat                | 11g    |
| Carbs              | 26g    |
| Fiber              | 6g     |
| Sugar              | 17g    |
| Protein            | 24g    |
| Cholesterol        | 55mg   |
| Sodium             | 521mg  |
| Vitamin A          | 8693IU |
| Vitamin C          | 84mg   |

### Directions

- 1 Add the chicken to a small bowl and season with chili powder, smoked paprika and sea salt. In a skillet over medium heat, cook the chicken on both sides until cooked through, approximately 8 to 10 minutes. Remove, let cool slightly and then shred with two forks.
- 2 In a blender, add the peanut butter, tamari, honey, lime juice, garlic, ginger and water. Blend until smooth and creamy.
- 3 In a large bowl, add the cabbage, carrots, pepper, mango and green onions. Add the shredded chicken to the bowl and toss with the dressing. Serve and enjoy!

### Notes

**Leftovers:** Store salad and dressing separately in sealed containers in the refrigerator for up to three days.

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

**More Flavor:** Add chili flakes to the sauce for heat.

**Additional Toppings:** Add chopped cilantro, crushed peanuts and/or sesame seeds.

**Make it Vegan:** Omit the chicken and use cooked tofu or chickpeas instead.

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|         |      |
|---------|------|
| Calcium | 80mg |
| Iron    | 2mg  |



## Ground Beef, Asparagus & Mashed Sweet Potatoes

2 servings  
30 minutes

### Ingredients

- 1 1/2 Sweet Potato (medium, peeled and chopped)
- 2 cups Asparagus (woody ends trimmed, chopped in half)
- 1/4 tsp Sea Salt (divided)
- 1 1/2 tps Avocado Oil
- 227 grams Extra Lean Ground Beef

### Nutrition

| Amount per serving |         |
|--------------------|---------|
| Calories           | 341     |
| Fat                | 15g     |
| Carbs              | 25g     |
| Fiber              | 6g      |
| Sugar              | 7g      |
| Protein            | 27g     |
| Cholesterol        | 74mg    |
| Sodium             | 426mg   |
| Vitamin A          | 14861IU |
| Vitamin C          | 10mg    |
| Calcium            | 75mg    |
| Iron               | 6mg     |

### Directions

- 1 Set the sweet potatoes in a steaming basket over boiling water and cover. Steam for about 15 minutes, or until tender. Transfer the sweet potatoes to a bowl.
- 2 In the same steaming basket, steam the asparagus for about 3 to 5 minutes for thin asparagus, or 6 to 8 minutes for thick asparagus. Set aside.
- 3 Add half the salt to the sweet potatoes and mash until creamy.
- 4 Heat the oil in a large pan over medium heat. Cook the beef, breaking it up as it cooks. Season with the remaining salt and drain any excess liquid.
- 5 Divide the mashed sweet potato, asparagus and beef onto plates or into containers. Enjoy!

### Notes

**No Sweet Potatoes:** Use regular potatoes, eddo, jicama or kohlrabi instead.

**No Avocado Oil:** Use coconut oil, olive oil, ghee or butter instead.

**Storage:** Refrigerate in an airtight container up to 3 days.

**Serving Size:** One serving is equal to approximately 3/4 cup of mashed sweet potatoes, 1 cup of asparagus and 1/2 cup of ground beef.

**Vegan & Vegetarian:** Omit the ground beef and use cooked lentils instead.

**Extra Creamy Potatoes:** Add a splash of water, broth or milk while mashing the sweet potatoes for extra creaminess.



## Turkey Quinoa Swiss Chard Rolls

2 servings

1 hour

### Ingredients

- 1/3 cup Quinoa (uncooked)
- 1/2 cup Water
- 227 grams Extra Lean Ground Turkey
- 1 tbsp Italian Seasoning
- 1/8 tsp Paprika
- Sea Salt & Black Pepper (to taste)
- 1 1/2 cups Crushed Tomatoes
- 2 cups Swiss Chard (washed and stems cut off)

### Nutrition

| Amount per serving |        |
|--------------------|--------|
| Calories           | 339    |
| Fat                | 12g    |
| Carbs              | 33g    |
| Fiber              | 6g     |
| Sugar              | 8g     |
| Protein            | 29g    |
| Cholesterol        | 84mg   |
| Sodium             | 495mg  |
| Vitamin A          | 2749IU |
| Vitamin C          | 27mg   |
| Calcium            | 123mg  |
| Iron               | 6mg    |

### Directions

- 1 Preheat oven to 375°F (191°C).
- 2 Add the quinoa and water to a sauce pot. Place over high heat and bring to a boil. Once boiling, reduce to a simmer and cover with a lid. Let simmer for 12 to 15 minutes or until all water is absorbed. Turn off heat and fluff the quinoa with a fork.
- 3 Combine the quinoa, ground turkey, Italian seasoning, paprika, and sea salt and pepper to taste in a medium sized bowl and mix well.
- 4 Spread a few spoonfuls of crushed tomatoes over the bottom of a large baking dish (just enough to cover).
- 5 Lay a swiss chard leaf flat on your cutting board and add a few spoonfuls of the turkey/quinoa mixture to the base of the leaf. Roll the leaf while tucking the edges into the roll as you go. Once rolled, place the roll seam-down into baking dish and repeat until all the leaves have been rolled.
- 6 Cover rolls with the rest of the crushed tomatoes. Cover with a lid or tinfoil and bake for 40 minutes. Remove the lid or foil and bake for an additional 10 minutes uncovered.

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. For best results, reheat in the oven.

**Slow Cooker Version:** Place rolls and sauce in slow cooker and cook on low for 4 hours.

**No Quinoa:** Use brown rice.



## Chicken Thighs with Sweet Potato & Cauliflower

2 servings  
45 minutes

### Ingredients

- 1 Sweet Potato (medium, cut in half lengthwise)
- 1 tsp Avocado Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 227 grams Chicken Thighs (boneless, skinless & trimmed)
- 1/3 tsp Smoked Paprika
- 1/8 tsp Garlic Powder
- 1/2 head Cauliflower (small, cut into florets)

### Nutrition

| Amount per serving |        |
|--------------------|--------|
| Calories           | 252    |
| Fat                | 8g     |
| Carbs              | 21g    |
| Fiber              | 5g     |
| Sugar              | 6g     |
| Protein            | 26g    |
| Cholesterol        | 107mg  |
| Sodium             | 188mg  |
| Vitamin A          | 9461IU |
| Vitamin C          | 72mg   |
| Calcium            | 61mg   |
| Iron               | 2mg    |

### Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Drizzle the cut sides of the sweet potatoes with half of the oil and season with salt and pepper. Place the potatoes cut side down on the baking sheet and bake for 25 minutes.
- 3 Remove the baking sheet from the oven and carefully flip the sweet potatoes over so they are cut side up. Place the chicken on the baking sheet and toss with the remaining oil. Add the smoked paprika and garlic powder and season generously with salt and pepper.
- 4 Continue to bake for 15 to 18 minutes or until the chicken thighs are cooked through and the sweet potatoes are soft when poked with a fork.
- 5 Meanwhile, add the cauliflower to a steamer basket over boiling water. Steam for about five minutes or until desired doneness is reached.
- 6 To serve, divide the chicken, sweet potato, and cauliflower evenly between plates or meal prep containers and enjoy!

### Notes

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

**More Flavor:** Season the chicken and/or sweet potato with other dried herbs and spices to taste, like cumin, coriander, chili powder, or cinnamon.

**No Chicken Thighs:** Use chicken breast instead.



## Chicken, Asparagus & Sweet Potato

2 servings

30 minutes

### Ingredients

- 1 1/2 Sweet Potato (medium, diced)
- 2 1/4 tsps Extra Virgin Olive Oil (divided)
- 1 1/2 cups Asparagus (woody ends trimmed)
- 283 grams Chicken Breast (boneless, skinless)

### Nutrition

| Amount per serving |         |
|--------------------|---------|
| Calories           | 318     |
| Fat                | 9g      |
| Carbs              | 24g     |
| Fiber              | 5g      |
| Sugar              | 6g      |
| Protein            | 36g     |
| Cholesterol        | 103mg   |
| Sodium             | 119mg   |
| Vitamin A          | 14634IU |
| Vitamin C          | 8mg     |
| Calcium            | 60mg    |
| Iron               | 3mg     |

### Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 2 Toss the diced sweet potato in half of the olive oil and spread across the baking sheet. Roast in the oven for 15 minutes.
- 3 Meanwhile, toss the asparagus in the remaining olive oil. Once the sweet potatoes have been roasting for 15 minutes, remove the pan from the oven, move the sweet potato to one side, and add the asparagus to the other side. Place back in the oven and bake for 12 to 15 more minutes, or until asparagus is tender.
- 4 While the veggies cook, bring a large pot of water to a boil. Drop in the chicken breasts and poach for 15 to 20 minutes, or until cooked through. Remove the chicken from the water and shred them using two forks.
- 5 Divide the chicken between plates or containers and add the roasted sweet potatoes and asparagus. Top with your spices of choice and enjoy!

### Notes

- No Asparagus:** Use zucchini, green beans, broccoli or cauliflower instead.
- No Sweet Potato:** Use carrots or regular potato instead.
- Vegan:** Swap out the chicken for roasted chickpeas or marinated lentils.
- Leftovers:** Keeps well in the fridge up to 3 days.





## Shrimp & Onion Fritters

2 servings

25 minutes

### Ingredients

66 grams Unbleached All Purpose Flour  
1/3 cup Water  
1 Egg  
1/2 tsp Chili Flakes  
Sea Salt & Black Pepper  
227 grams Shrimp (peeled, deveined)  
1/3 cup Red Onion (thinly sliced)  
1 stalk Green Onion (thinly sliced)  
1 1/2 tbsps Extra Virgin Olive Oil  
2 tbsps Cilantro (optional for garnish)

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 355   |
| Fat                | 13g   |
| Carbs              | 28g   |
| Fiber              | 1g    |
| Sugar              | 2g    |
| Protein            | 30g   |
| Cholesterol        | 276mg |
| Sodium             | 175mg |
| Vitamin A          | 444IU |
| Vitamin C          | 3mg   |
| Calcium            | 106mg |
| Iron               | 3mg   |

### Directions

- 1 In a bowl, whisk together the flour, water, egg, chili flakes, salt, and pepper until smooth.
- 2 Add in the shrimp, red onion, and green onion and stir well.
- 3 Heat the oil in a large non-stick skillet over medium heat. Scoop roughly 1 1/2 tbsps of batter into the skillet per fritter. Cook for about 15 minutes flipping halfway through, until the fritters are golden brown.
- 4 Divide the fritters evenly between plates, top with cilantro if using, and enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately six fritters.

**More Flavor:** Add bean sprouts to the batter.

**Dipping sauce:** Serve with cilantro sauce or sweet chili sauce if desired.



## Easy Chicken Fajitas

1 serving  
20 minutes

### Ingredients

1 1/2 tps Avocado Oil  
99 grams Chicken Breast (sliced into strips)  
3/4 tsp Chili Powder  
1/3 tsp Cumin  
1/8 tsp Sea Salt  
1/4 Green Bell Pepper (sliced)  
1/4 Yellow Bell Pepper (sliced)  
1/4 Yellow Onion (sliced)  
2 Corn Tortilla

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 359   |
| Fat                | 11g   |
| Carbs              | 36g   |
| Fiber              | 4g    |
| Sugar              | 3g    |
| Protein            | 26g   |
| Cholesterol        | 72mg  |
| Sodium             | 401mg |
| Vitamin A          | 836IU |
| Vitamin C          | 109mg |
| Calcium            | 237mg |
| Iron               | 3mg   |

### Directions

- 1 Heat oil in a frying pan or skillet over medium-high heat. Add chicken, chili powder, cumin and salt. Stir to combine. Let chicken cook for 8 to 10 minutes or until cooked through. Remove from pan and set aside.
- 2 To the same pan, add peppers and onions. Stir to coat. Cook for 5 minutes or until peppers are tender.
- 3 Divide chicken and peppers between tortillas. Enjoy!

### Notes

**Optional Toppings:** Salsa, guacamole, shredded cheese, sour cream, cilantro and/or hot sauce.

**Vegetarian Option:** Use sliced mushrooms instead of chicken.

**Grain-Free:** Use lettuce wraps instead of corn tortillas.

**No Chicken Breast:** Use boneless, skinless chicken thighs, ground meat or sliced steak instead.

**Leftovers:** Store chicken and peppers in an airtight container in the fridge for up to three days. Reheat, then serve with tortillas.

**Serving Size:** One serving is equal to two fajitas.