







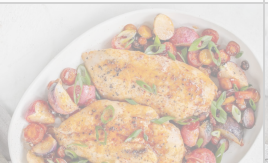




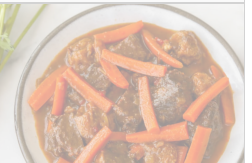

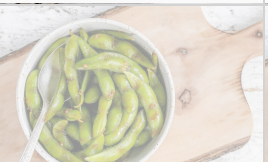



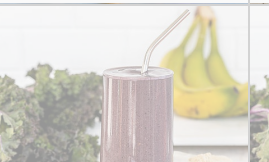


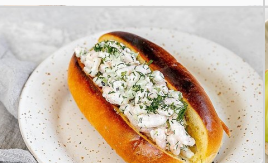


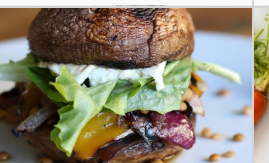
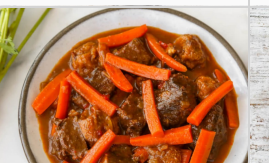


























EXERCISE
with Style

1000 Calorie Meal Plan
40/30/30 PDF

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Meal Prep Veggie Bowls	 Meal Prep Veggie Bowls	 Meal Prep Veggie Bowls	 Egg Whites with Mushrooms & Chives on Toast	 Egg Whites with Mushrooms & Chives on Toast	 Warm Peas with Eggs	 Warm Peas with Eggs
Lunch	 Turkey & Spinach Wrap	 Spicy Sweet Chicken & Veggies	 Shrimp Salad Sandwich	 Pineapple Chicken Tacos	 Mushroom & Edamame Stir Fry	 Portobello Veggie Burgers with Goat Cheese	 Persian Carrot & Beef Stew
Snack 2	 0.5 Sweet Chili Edamame	 0.5 Sweet Chili Edamame	 0.5 Sweet Chili Edamame	 0.5 Berry Banana Smoothie	 0.5 Berry Banana Smoothie	 0.5 Berry Banana Smoothie	 0.5 Berry Banana Smoothie
Dinner	 Spicy Sweet Chicken & Veggies	 Shrimp Salad Sandwich	 Pineapple Chicken Tacos	 Mushroom & Edamame Stir Fry	 Portobello Veggie Burgers with Goat Cheese	 Persian Carrot & Beef Stew	 One Pan Pork Tenderloin & Potatoes

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  32%	Fat  34%	Fat  32%	Fat  32%	Fat  33%	Fat  28%	Fat  29%
Carbs  37%	Carbs  35%	Carbs  40%	Carbs  41%	Carbs  40%	Carbs  43%	Carbs  39%
Protein  31%	Protein  31%	Protein  28%	Protein  27%	Protein  27%	Protein  29%	Protein  32%
Calories 1039	Calories 1053	Calories 1107	Calories 1139	Calories 1133	Calories 1133	Calories 1109
Fat 38g	Fat 42g	Fat 41g	Fat 41g	Fat 44g	Fat 36g	Fat 36g
Carbs 100g	Carbs 95g	Carbs 115g	Carbs 119g	Carbs 118g	Carbs 128g	Carbs 111g
Fiber 26g	Fiber 23g	Fiber 24g	Fiber 26g	Fiber 32g	Fiber 35g	Fiber 25g
Sugar 36g	Sugar 34g	Sugar 27g	Sugar 30g	Sugar 31g	Sugar 48g	Sugar 40g
Protein 82g	Protein 84g	Protein 79g	Protein 80g	Protein 79g	Protein 86g	Protein 91g
Cholesterol 524mg	Cholesterol 618mg	Cholesterol 575mg	Cholesterol 64mg	Cholesterol 12mg	Cholesterol 455mg	Cholesterol 542mg
Sodium 2037mg	Sodium 1093mg	Sodium 1149mg	Sodium 2245mg	Sodium 2120mg	Sodium 1055mg	Sodium 952mg
Vitamin A 45999IU	Vitamin A 40365IU	Vitamin A 14639IU	Vitamin A 2071IU	Vitamin A 2222IU	Vitamin A 22504IU	Vitamin A 22576IU
Vitamin C 176mg	Vitamin C 157mg	Vitamin C 172mg	Vitamin C 96mg	Vitamin C 257mg	Vitamin C 279mg	Vitamin C 110mg
Calcium 521mg	Calcium 419mg	Calcium 574mg	Calcium 751mg	Calcium 606mg	Calcium 637mg	Calcium 572mg
Iron 12mg	Iron 10mg	Iron 12mg	Iron 13mg	Iron 15mg	Iron 16mg	Iron 13mg

Fruits

- 1/2 Avocado
- 1 Banana
- 3/4 tsp Lemon Juice
- 1/2 Lime
- 1 1/2 tsps Lime Juice
- 2/3 cup Pineapple
- 3 Plum

Seeds, Nuts & Spices

- 1/2 tsp Chili Powder
- 2 tsps Dried Chives
- 1/8 tsp Garlic Powder
- 1/2 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1/8 tsp Smoked Paprika
- 2 tsps Taco Seasoning
- 1/2 tsp Turmeric
- 2 tsps Whole Flax Seeds

Frozen

- 2 cups Cauliflower Rice
- 4 cups Edamame Pods
- 2 cups Frozen Berries
- 2 cups Frozen Edamame
- 3 cups Frozen Peas

Vegetables

- 2 cups Baby Spinach
- 4 cups Broccoli
- 3 Carrot
- 1 stalk Celery
- 2 tsps Cilantro
- 10 Cremini Mushrooms
- 1/2 Cucumber
- 2 tsps Fresh Dill
- 5 Garlic
- 1 tbsp Ginger
- 2 cups Green Beans
- 1/2 stalk Green Onion
- 5 Heirloom Carrots
- 1/2 Jalapeno Pepper
- 3 cups Kale Leaves
- 1 cup Mini Potatoes
- 1 cup Mixed Greens
- 1/2 cup Oyster Mushrooms
- 1/2 tsp Parsley
- 340 grams Portobello Mushroom Caps
- 1 1/2 cups Radishes
- 1 cup Red Onion
- 2 Sweet Potato
- 1 White Onion
- 1 Yellow Bell Pepper
- 3/4 Yellow Onion
- 1 Zucchini

Boxed & Canned

- 1 cup Lentils
- 1 tbsp Tomato Paste
- 2 tsps Vegetable Broth

Baking

- 1 tsp Arrowroot Powder
- 2 tsps Coconut Sugar
- 2 1/4 tsps Honey

Bread, Fish, Meat & Cheese

- 397 grams Chicken Breast
- 4 Corn Tortilla
- 1/2 cup Goat Cheese
- 113 grams Pork Tenderloin
- 142 grams Shrimp, Cooked
- 95 grams Sliced Turkey Breast
- 104 grams Sourdough Bread
- 227 grams Stewing Beef
- 92 grams Whole Wheat Hot Dog Bun
- 1 Whole Wheat Tortilla

Condiments & Oils

- 2 1/2 tsps Avocado Oil
- 1 tbsp Dijon Mustard
- 1 1/3 tsps Extra Virgin Olive Oil
- 2 tsps Mayonnaise
- 1/4 cup Rice Vinegar
- 1 1/2 tsps Sesame Oil
- 2 1/4 tsps Sriracha
- 2 2/3 tsps Tamari

Cold

- 2 1/4 tsps Butter
- 10 Egg
- 1 cup Egg Whites
- 1 tbsp Plain Greek Yogurt
- 2 cups Unsweetened Almond Milk

Other

- 1/2 cup Vanilla Protein Powder
- 2 1/2 cups Water



Meal Prep Veggie Bowls

3 servings

35 minutes

Ingredients

- 4 cups Broccoli (chopped into florets)
- 2 Sweet Potato (small, chopped into cubes)
- 1 tsp Avocado Oil
- 1/2 tsp Chili Powder
- Sea Salt & Black Pepper (to taste)
- 2 cups Green Beans (trimmed)
- 6 Egg

Nutrition

Amount per serving	
Calories	294
Fat	12g
Carbs	31g
Fiber	8g
Sugar	8g
Protein	19g
Cholesterol	372mg
Sodium	246mg
Vitamin A	14183IU
Vitamin C	118mg
Calcium	165mg
Iron	4mg

Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper. Add the broccoli and sweet potatoes to the pan. Drizzle with avocado oil, chili powder, sea salt and pepper. Bake for 15 to 20 minutes.
- 2 Remove the pan from the oven and add the green beans. Cook for an additional 10 minutes.
- 3 Meanwhile, bring a pot of water to a boil. Hard boil the eggs. Cool, peel and slice.
- 4 Divide the vegetables and sliced eggs between plates, or into containers. Enjoy!

Notes

Egg-Free: Replace the eggs with your favorite protein such as ground beef, sliced chicken, chickpeas or lentils.

No Avocado Oil: Use olive or coconut oil.

More Flavor: Add cayenne pepper, chili flakes or hot sauce.

Leftovers: Refrigerate in an airtight container for up to 4 days.

Serving Size: One serving is equal to approximately 2 cups of roasted vegetables topped with 2 eggs.



Egg Whites with Mushrooms & Chives on Toast

2 servings

10 minutes

Ingredients

2 tbsps Avocado Oil
1/2 cup Oyster Mushrooms (sliced)
1 cup Egg Whites
1/4 tsp Sea Salt
104 grams Sourdough Bread (toasted)
2 tsps Dried Chives

Nutrition

Amount per serving	
Calories	324
Fat	14g
Carbs	27g
Fiber	1g
Sugar	1g
Protein	19g
Cholesterol	0mg
Sodium	751mg
Vitamin A	56IU
Vitamin C	2mg
Calcium	10mg
Iron	2mg

Directions

- 1 Heat avocado oil in a large skillet over medium heat. Cook the mushrooms until browned, about 3 to 5 minutes. Set aside.
- 2 Add the egg whites to the skillet and season with salt. Gently stir until cooked through, about 2 to 3 minutes.
- 3 Transfer the cooked egg whites onto the toasted bread. Top with mushrooms and dried chives. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days. For best results, store the bread separately from the eggs and mushrooms to prevent them from getting soggy.

Gluten-Free: Instead of sourdough bread, use gluten-free bread, tortillas, pitas or use lettuce wraps.

Oil-Free: Use water or broth instead of oil and add more when food begins sticking to the pan.

More Flavor: Add fresh chives when cooking the mushrooms instead of dried chives.

Make it Vegan: Use crumbed firm tofu instead of egg whites.

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



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 & Spinach Wrap

1 serving

5 minutes

Ingredients

- 1 tbsp Dijon Mustard
- 1 Whole Wheat Tortilla (large)
- 2 cups Baby Spinach
- 95 grams Sliced Turkey Breast
- 1/2 Cucumber (medium, sliced)

Nutrition

Amount per serving	
Calories	279
Fat	8g
Carbs	29g
Fiber	6g
Sugar	5g
Protein	21g
Cholesterol	47mg
Sodium	1321mg
Vitamin A	5786IU
Vitamin C	21mg
Calcium	197mg
Iron	4mg

Directions

1

Spread the mustard in the center of the tortilla. Place the spinach, turkey, and cucumber on top. Fold or roll the tortilla around the filling and enjoy!

Notes

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

Gluten-Free: Use a gluten-free tortilla.

Additional Toppings: Add cheese, tomatoes, avocado, bell peppers, sliced olives, or sliced red onion.



Sweet Chili Edamame

2 servings

15 minutes

Ingredients

- 1/4 cup Rice Vinegar
- 1/2 cup Water
- 2 tbsps Coconut Sugar
- 1 Garlic (clove, minced)
- 2 tps Tamari
- 1 1/2 tps Sriracha
- 1 tsp Arrowroot Powder
- 4 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.



Berry Banana Smoothie

2 servings

5 minutes

Ingredients

2 cups Unsweetened Almond Milk
2 cups Frozen Berries
1 Banana
2 cups Kale Leaves
1/2 cup Vanilla Protein Powder
2 tbsps Whole Flax Seeds

Nutrition

Amount per serving	
Calories	309
Fat	8g
Carbs	40g
Fiber	12g
Sugar	22g
Protein	24g
Cholesterol	4mg
Sodium	213mg
Vitamin A	1547IU
Vitamin C	65mg
Calcium	673mg
Iron	3mg

Directions

1

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

Notes

Leftovers: Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

No Protein Powder: Omit, or add a few spoonfuls of hemp seeds instead.

Nut-Free: Use nut-free milk such as oat milk.



Spicy Sweet Chicken & Veggies

2 servings
25 minutes

Ingredients

- 1 1/2 tbsps Butter (melted)
- 2 1/4 tsps Honey
- 3/4 tsp Sriracha
- 1 1/2 tsps Lime Juice
- 227 grams Chicken Breast (boneless, skinless)
- 5 Heirloom Carrots (sliced into rounds)
- 1 1/2 cups Radishes (trimmed, halved or quartered)
- Sea Salt & Black Pepper (to taste)
- 1/2 stalk Green Onion (optional, garnish)

Nutrition

Amount per serving	
Calories	315
Fat	12g
Carbs	25g
Fiber	6g
Sugar	15g
Protein	28g
Cholesterol	105mg
Sodium	243mg
Vitamin A	25967IU
Vitamin C	24mg
Calcium	83mg
Iron	1mg

Directions

- 1 Preheat the oven to 425°F (215°C).
- 2 In a small bowl, stir together the butter, honey, sriracha, and lime juice.
- 3 Add the chicken to a large baking dish and scatter the carrots and radish around the chicken. Drizzle the butter mixture over everything and toss well to combine. Season with salt and pepper.
- 4 Place in the oven and bake for 22 to 25 minutes, or until the chicken is cooked through and the veggies are tender. Top with green onion, divide evenly between plates, and enjoy!

Notes

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

Dairy-Free: Use extra virgin olive oil instead of butter.

Additional Toppings: Top with chili flakes for more heat.



Shrimp Salad Sandwich

2 servings

10 minutes

Ingredients

2 tbsps Mayonnaise
1 tbsp Plain Greek Yogurt
1 stalk Celery (chopped)
1/2 tsp Lemon Juice
2 tps Fresh Dill (chopped)
142 grams Shrimp, Cooked (mini shrimp)
Sea Salt & Black Pepper (to taste)
92 grams Whole Wheat Hot Dog Bun (toasted)

Nutrition

Amount per serving	
Calories	293
Fat	12g
Carbs	24g
Fiber	3g
Sugar	3g
Protein	23g
Cholesterol	141mg
Sodium	377mg
Vitamin A	152IU
Vitamin C	2mg
Calcium	95mg
Iron	2mg

Directions

- 1 In a bowl combine the mayonnaise, yogurt, celery, lemon juice, and dill. Add the shrimp and season with salt and pepper and toss.
- 2 Divide the shrimp mixture into the buns. Serve and enjoy!

Notes

Leftovers: Refrigerate leftover shrimp in a sealed container for up to two days.

Gluten-Free: Use a gluten-free hot dog bun.

Dairy-Free: Use a dairy-free yogurt.

More Flavor: Add a pinch of cayenne.

Hot Dog Bun: One bun is 1 2/3 ounces or 47 grams.



Pineapple Chicken Tacos

2 servings
30 minutes

Ingredients

- 170 grams Chicken Breast (boneless, skinless)
- 2/3 cup Pineapple (chopped)
- 1/2 Jalapeno Pepper (diced)
- 1/4 Yellow Onion (medium, diced)
- 2 tsps Taco Seasoning
- 1/4 cup Water
- 1/2 Avocado (medium, sliced)
- 4 Corn Tortilla (small, warmed)
- 2 tsps Cilantro
- 1/2 Lime (juiced)

Nutrition

Amount per serving	
Calories	369
Fat	11g
Carbs	45g
Fiber	7g
Sugar	8g
Protein	23g
Cholesterol	62mg
Sodium	299mg
Vitamin A	241IU
Vitamin C	39mg
Calcium	238mg
Iron	3mg

Directions

- 1 In a pot over medium heat, add the chicken breast, pineapple, jalapeño, onion, taco seasoning, and water. Bring to a simmer, cover the pot with a lid and let it simmer for about 20 minutes or until the chicken is cooked through.
- 2 Once the chicken is done, take it out and shred it with two forks. Put it back into the pot and cook for another five minutes or until the water has evaporated. Adjust the seasoning to your taste.
- 3 Divide the shredded chicken and avocado between tortillas. Top with cilantro and lime juice. Enjoy!

Notes

Leftovers: Refrigerate the chicken mixture in an airtight container for up to three days. Assemble before serving.

Serving Size: One serving is equal to two tacos.

More Flavor: Add cabbage and sauce of your choice.



Mushroom & Edamame Stir Fry

2 servings

20 minutes

Ingredients

- 1 1/2 tps Sesame Oil
- 10 Cremini Mushrooms (sliced)
- 1/2 Yellow Onion (small, sliced)
- 1 cup Kale Leaves (finely chopped)
- 2 cups Frozen Edamame (thawed)
- 2 tbsps Vegetable Broth
- 2 tbsps Tamari
- 1 tbsp Ginger (fresh, finely grated)
- 2 Garlic (clove, minced)
- 2 cups Cauliflower Rice

Nutrition

Amount per serving	
Calories	291
Fat	12g
Carbs	27g
Fiber	12g
Sugar	10g
Protein	26g
Cholesterol	0mg
Sodium	1088mg
Vitamin A	1000IU
Vitamin C	22mg
Calcium	166mg
Iron	6mg

Directions

- 1 Heat the sesame oil in a large pan or skillet over medium-high heat.
- 2 Add the mushrooms and onions to the pan and cook for 5 to 8 minutes or until the mushrooms and onions have started to brown.
- 3 Add the kale and stir to combine. Continue to cook until kale has wilted. Add in the edamame and cook for 2 to 3 minutes or until the edamame has warmed through.
- 4 Meanwhile, in a small bowl combine the vegetable broth, tamari, ginger and garlic.
- 5 Add the ginger and garlic sauce to the pan. Stir to combine and cook, stirring often, for 2 to 3 minutes more. Season the stir fry with additional tamari or sea salt if needed.
- 6 To serve, divide the cauliflower rice between plates and top with the mushroom and edamame stir fry. Enjoy!

Notes

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

More Flavor: Add rice vinegar, honey or red pepper flakes to the sauce.

Additional Toppings: Asian-style hot sauce or sesame seeds.

No Cauliflower Rice: Use white rice, brown rice or quinoa instead.

No Kale : Use spinach or Swiss chard instead.



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.



Persian Carrot & Beef Stew

2 servings

2 hours

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1/2 White Onion (small, chopped)
- 227 grams Stewing Beef (cubed)
- 2 Garlic (cloves, minced)
- Sea Salt & Black Pepper (to taste)
- 1/2 tsp Turmeric
- 1 tbsp Tomato Paste
- 1 1/2 cups Water
- 3 Carrot (medium, cut into matchsticks)
- 3 Plum (quartered)

Nutrition

Amount per serving	
Calories	274
Fat	8g
Carbs	26g
Fiber	5g
Sugar	16g
Protein	27g
Cholesterol	71mg
Sodium	163mg
Vitamin A	15757IU
Vitamin C	20mg
Calcium	85mg
Iron	4mg

Directions

- 1 Heat the oil in a pot over medium-high heat. Add the onion and cook for three to four minutes or until golden brown. Add the beef and brown on all sides.
- 2 Add garlic, salt, pepper, turmeric, and tomato paste to the pot. Cook for another two minutes and add the water to the pot. Turn down the heat to simmer, cover the pot with a lid, and cook the beef for 1 1/2 hours.
- 3 Add the carrot(s) to the stew. Give it a stir and add more water if necessary. Cover the pot with a lid and cook for 15 minutes. Add the plums and cook covered for another 15 minutes or until everything is cooked through. Enjoy!

Notes

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

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

More Flavor: Add saffron, cumin, and/or dried yellow plums.

Serve it With: Serve over rice or with couscous.



One Pan Pork Tenderloin & Potatoes

1 serving
45 minutes

Ingredients

113 grams Pork Tenderloin
Sea Salt & Black Pepper (to taste)
1/8 tsp Garlic Powder (divided)
1/8 tsp Smoked Paprika (divided)
1/2 tsp Avocado Oil
1 cup Mini Potatoes (halved)
2 1/4 tps Butter
1/4 tsp Lemon Juice
1/2 tsp Parsley (chopped fine, optional)

Nutrition

Amount per serving	
Calories	339
Fat	14g
Carbs	27g
Fiber	3g
Sugar	1g
Protein	27g
Cholesterol	97mg
Sodium	71mg
Vitamin A	464IU
Vitamin C	31mg
Calcium	28mg
Iron	2mg

Directions

- 1 Preheat the oven to 400°F (205°C).
- 2 Pat the pork dry with a paper towel and season with salt, pepper, half of the garlic powder, and half of the smoked paprika.
- 3 Heat a large oven-safe pan over medium heat. Once hot, add the oil and then add the pork. Cook until browned slightly on all sides, turning occasionally, about five minutes.
- 4 Season the potatoes with salt, pepper, the remaining garlic powder, and the remaining smoked paprika. Scatter around the pork. Transfer to the oven and cook for 20 to 24 minutes, or until a meat thermometer reads 145°F (65°C). Remove the pork and set it aside on a plate and cover loosely with foil to rest.
- 5 Increase the oven to 425°F (220°C). Return the potatoes to the oven and cook for another 15 minutes, or until fork tender.
- 6 Remove the potatoes from the pan and set aside on a serving dish. Heat the skillet over medium-low heat. Add the butter, lemon juice, and any juices from the plate with the pork on it. Stir to combine and cook for two to three minutes.
- 7 Slice the pork and transfer to a serving dish with the potatoes. Pour the lemon butter sauce over top and garnish with parsley. Enjoy!

Notes

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

Serving Size: One serving is approximately two cups of sliced pork and potatoes combined.

Dairy-Free: Omit the butter or use oil instead.