















































EXERCISE
with Style

1000 Calorie Meal Plan
40/40/20 PDF

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

| | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----------|--|--|---|--|---|---|---|
| Breakfast |  0.5 Hot Chocolate Smoothie |  0.5 Hot Chocolate Smoothie |  Hot Chocolate Smoothie |  Protein Overnight Oats with Blueberries |  Protein Overnight Oats with Blueberries |  Banana Cinnamon Smoothie |  Banana Cinnamon Smoothie |
| Lunch |  0.5 Strawberry Salsa Chicken Wrap |  Lemony Chicken with Rice & Peas |  Chicken, Cabbage & Wild Rice |  Quinoa-Crusted Chicken 'Parm' with Salsa |  Salmon Burger |  Meal Prep Chicken & Cilantro Lime Quinoa |  Orzo & Shrimp Pasta Salad |
| Snack 2 |  Berry Banana Smoothie |  0.5 Berry Banana Smoothie |  0.5 Berry Banana Smoothie |  0.5 Cottage Cheese & Orange |  0.5 Cottage Cheese & Orange |  0.5 Cottage Cheese & Orange |  0.5 Cottage Cheese & Orange |
| Dinner |  Lemony Chicken with Rice & Peas |  Chicken, Cabbage & Wild Rice |  Quinoa-Crusted Chicken 'Parm' with Salsa |  Salmon Burger |  Meal Prep Chicken & Cilantro Lime Quinoa |  Orzo & Shrimp Pasta Salad |  Pesto Chicken & Tomatoes with Quinoa |

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---|---|---|--|---|---|---|
| Fat  18% | Fat  18% | Fat  22% | Fat  22% | Fat  20% | Fat  20% | Fat  23% |
| Carbs  48% | Carbs  47% | Carbs  40% | Carbs  41% | Carbs  43% | Carbs  41% | Carbs  40% |
| Protein  34% | Protein  35% | Protein  38% | Protein  37% | Protein  37% | Protein  39% | Protein  37% |
| Calories 985 | Calories 981 | Calories 1120 | Calories 1081 | Calories 1093 | Calories 1154 | Calories 1123 |
| Fat 21g | Fat 20g | Fat 28g | Fat 27g | Fat 25g | Fat 27g | Fat 30g |
| Carbs 122g | Carbs 119g | Carbs 118g | Carbs 114g | Carbs 121g | Carbs 123g | Carbs 118g |
| Fiber 27g | Fiber 23g | Fiber 32g | Fiber 20g | Fiber 20g | Fiber 30g | Fiber 28g |
| Sugar 36g | Sugar 24g | Sugar 28g | Sugar 29g | Sugar 30g | Sugar 33g | Sugar 31g |
| Protein 88g | Protein 90g | Protein 111g | Protein 103g | Protein 106g | Protein 119g | Protein 107g |
| Cholesterol 147mg | Cholesterol 178mg | Cholesterol 201mg | Cholesterol 178mg | Cholesterol 193mg | Cholesterol 364mg | Cholesterol 353mg |
| Sodium 1338mg | Sodium 2115mg | Sodium 2814mg | Sodium 2093mg | Sodium 1236mg | Sodium 1254mg | Sodium 1166mg |
| Vitamin A 3169IU | Vitamin A 2573IU | Vitamin A 1929IU | Vitamin A 4440IU | Vitamin A 15653IU | Vitamin A 18466IU | Vitamin A 10165IU |
| Vitamin C 156mg | Vitamin C 118mg | Vitamin C 117mg | Vitamin C 68mg | Vitamin C 78mg | Vitamin C 102mg | Vitamin C 104mg |
| Calcium 1075mg | Calcium 791mg | Calcium 1149mg | Calcium 816mg | Calcium 866mg | Calcium 745mg | Calcium 711mg |
| Iron 8mg | Iron 8mg | Iron 11mg | Iron 8mg | Iron 8mg | Iron 10mg | Iron 11mg |

Fruits

- 4 1/2 Banana
- 1 Lemon
- 2 tbsps Lemon Juice
- 1/2 Lime
- 2 tsps Lime Juice
- 2 Navel Orange
- 1 1/8 cups Strawberries

Seeds, Nuts & Spices

- 1/3 cup Chia Seeds
- 2 tsps Cinnamon
- 1 1/2 tsps Garlic Powder
- 1/3 cup Ground Flax Seed
- 1 tsp Onion Powder
- 2 1/3 tsps Sea Salt
- 2 tbsps Whole Flax Seeds

Frozen

- 1 Brown Rice Tortilla
- 2 cups Frozen Berries
- 1/2 cup Frozen Blueberries
- 1 1/2 cups Frozen Cauliflower
- 1/2 cup Frozen Peas
- 4 Ice Cubes
- 180 grams Salmon Burger Patty

Vegetables

- 4 cups Arugula
- 3 cups Baby Spinach
- 2 Carrot
- 1/4 cup Cherry Tomatoes
- 1/4 cup Chives
- 1/2 cup Cilantro
- 1 head Endive
- 2 Garlic
- 3 cups Green Cabbage
- 1 stalk Green Onion
- 1/4 Jalapeno Pepper
- 2 cups Kale Leaves
- 2 tbsps Parsley
- 2/3 cup Red Onion
- 2 cups Snap Peas

Boxed & Canned

- 1/2 cup Brown Rice
- 1 cup Chicken Broth
- 1/2 cup Orzo
- 1 1/16 cups Quinoa
- 1/2 cup Salsa
- 1/2 cup Wild Rice

Baking

- 1/3 cup Cocoa Powder
- 1/2 cup Oats

Bread, Fish, Meat & Cheese

- 737 grams Chicken Breast
- 340 grams Chicken Breast, Cooked
- 113 grams Chicken Thighs
- 1/2 cup Goat Cheese
- 227 grams Shrimp, Cooked
- 113 grams Whole Wheat Bun

Condiments & Oils

- 1 1/4 tsps Pesto

Cold

- 1 1/2 tsps Butter
- 2 cups Cottage Cheese
- 1/2 cup Oat Milk
- 1 1/2 cups Plain Greek Yogurt
- 5 cups Unsweetened Almond Milk

Other

- 3/4 cup Chocolate Protein Powder
- 1 1/4 cups Vanilla Protein Powder
- 3 1/3 cups Water



Hot Chocolate Smoothie

3 servings

5 minutes

Ingredients

- 3 cups Unsweetened Almond Milk
- 1 1/2 cups Frozen Cauliflower
- 1 1/2 Banana
- 3/4 cup Chocolate Protein Powder
- 1/3 cup Cocoa Powder
- 3 tbsps Chia Seeds
- 1/3 tsp Sea Salt (optional, for topping)

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 265 |
| Fat | 8g |
| Carbs | 31g |
| Fiber | 14g |
| Sugar | 8g |
| Protein | 26g |
| Cholesterol | 4mg |
| Sodium | 514mg |
| Vitamin A | 546IU |
| Vitamin C | 33mg |
| Calcium | 674mg |
| Iron | 4mg |

Directions

- 1 In a small saucepan over medium-low heat, add the almond milk. Bring to a simmer and then add to a blender.
- 2 Add the remaining ingredients. Blend carefully, allowing space for the heat to escape, until smooth and creamy. Serve warm and enjoy!

Notes

Nut-Free: Use coconut milk or another nut-free milk instead.

More Flavor: Add ground cinnamon.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.



Protein Overnight Oats with Blueberries

2 servings

8 hours

Ingredients

- 1/2 cup Oat Milk (unsweetened, plain)
- 1/2 cup Oats (rolled)
- 1 cup Plain Greek Yogurt
- 1 1/2 tsp Cinnamon
- 1/4 cup Vanilla Protein Powder
- 1/2 cup Frozen Blueberries

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 264 |
| Fat | 6g |
| Carbs | 31g |
| Fiber | 5g |
| Sugar | 8g |
| Protein | 24g |
| Cholesterol | 19mg |
| Sodium | 116mg |
| Vitamin A | 648IU |
| Vitamin C | 9mg |
| Calcium | 427mg |
| Iron | 2mg |

Directions

- 1 Add the milk, oats, yogurt, cinnamon, and protein powder to a large container. Stir well to combine. Seal and place in the fridge overnight, or for at least eight hours.
- 2 Store in the fridge until ready to eat. Serve with blueberries and enjoy!

Notes

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

Dairy-Free: Use coconut yogurt instead of Greek yogurt.

No Oat Milk: Use any milk or milk alternative.

Additional Toppings: Other fresh or frozen fruit, crushed nuts, hemp seeds, coconut flakes, nut butter, or chia jam.



Banana Cinnamon Smoothie

2 servings

5 minutes

Ingredients

1/2 cup Vanilla Protein Powder
2 tbsps Ground Flax Seed
2 tbsps Chia Seeds
2 Banana (frozen)
4 Ice Cubes
2 cups Water
1/2 tsp Cinnamon

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 284 |
| Fat | 7g |
| Carbs | 36g |
| Fiber | 10g |
| Sugar | 14g |
| Protein | 24g |
| Cholesterol | 4mg |
| Sodium | 45mg |
| Vitamin A | 77IU |
| Vitamin C | 10mg |
| Calcium | 236mg |
| Iron | 2mg |

Directions

1

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

Notes

No Protein Powder: Use hemp seeds with vanilla extract instead.

Leftovers: Store in a mason jar with a lid in the fridge up to 24 hours. Shake well before drinking.

Make it Green: Add spinach.



Strawberry Salsa Chicken Wrap

1 serving
15 minutes

Ingredients

- 1 1/8 cups Strawberries (stems removed, finely diced)
- 2 2/3 tbsps Red Onion (finely diced)
- 1/4 Jalapeno Pepper (seeds removed, finely diced)
- 1 tbsp Cilantro (finely chopped)
- 1/2 Lime (juiced)
- 1/16 tsp Sea Salt (to taste)
- 1 Brown Rice Tortilla
- 113 grams Chicken Breast, Cooked (sliced)

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 390 |
| Fat | 7g |
| Carbs | 44g |
| Fiber | 7g |
| Sugar | 13g |
| Protein | 39g |
| Cholesterol | 118mg |
| Sodium | 380mg |
| Vitamin A | 172IU |
| Vitamin C | 108mg |
| Calcium | 42mg |
| Iron | 2mg |

Directions

- 1 Add the strawberries, onion, jalapeno, cilantro, lime, and sea salt to a bowl and mix to combine.
- 2 To assemble, divide the strawberry salsa onto the tortillas followed by the sliced chicken. Fold into a wrap and enjoy!

Notes

Leftovers: Refrigerate the leftover salsa in an airtight container for up to three days. Store the chicken separately.

Additional Toppings: Crumbled goat cheese, feta cheese, or fresh herbs.

Make it Vegan: Use tempeh, tofu, or chickpeas instead of chicken.



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.



Cottage Cheese & Orange

2 servings

5 minutes

Ingredients

2 Navel Orange (large, chopped)
2 cups Cottage Cheese

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 274 |
| Fat | 9g |
| Carbs | 25g |
| Fiber | 3g |
| Sugar | 18g |
| Protein | 25g |
| Cholesterol | 36mg |
| Sodium | 663mg |
| Vitamin A | 640IU |
| Vitamin C | 83mg |
| Calcium | 235mg |
| Iron | 0mg |

Directions

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

Notes

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



Lemony Chicken with Rice & Peas

2 servings
45 minutes

Ingredients

227 grams Chicken Breast (boneless, skinless)
2 tbsps Parsley (chopped, divided)
2 tbsps Cilantro (chopped)
2 Garlic (clove, minced)
1 Lemon (juiced)
1/2 tsp Sea Salt (divided)
1/2 cup Brown Rice (dry)
1 cup Water
1/2 cup Frozen Peas (thawed)

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 348 |
| Fat | 5g |
| Carbs | 44g |
| Fiber | 4g |
| Sugar | 3g |
| Protein | 31g |
| Cholesterol | 82mg |
| Sodium | 678mg |
| Vitamin A | 1263IU |
| Vitamin C | 20mg |
| Calcium | 44mg |
| Iron | 2mg |

Directions

- 1 Preheat the oven to 425°F (215°C) and line a baking sheet with parchment paper. Place the chicken breast, half of the parsley, cilantro, garlic, lemon juice, and half of the salt in a zipper-lock bag.
- 2 Let the chicken sit in the marinade for about 10 minutes. Place the chicken on the baking sheet. Bake in the oven for 22 to 25 minutes, or until the chicken is cooked through.
- 3 Meanwhile, rinse the rice well using a fine mesh strainer under cold water until the water runs clear.
- 4 Add the rinsed rice to a pot along with the water and remaining salt. Bring the rice to a boil over high heat, then cover and reduce the heat to low. Cook for about 15 minutes, then add peas and the remaining parsley. Continue cooking for 10 to 15 minutes or until the liquid has just been absorbed.
- 5 Fluff the rice with a fork. Divide the rice mixture and chicken breast evenly between plates and enjoy!

Notes

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

More Flavor: Add paprika and chili flakes to the chicken marinade.



Chicken, Cabbage & Wild Rice

2 servings
50 minutes

Ingredients

- 1/2 cup Wild Rice (dry)
- 1 cup Chicken Broth
- 227 grams Chicken Breast
- 3 cups Green Cabbage (sliced into steaks)
- 1 1/2 tsps Butter (melted)
- 1/2 tsp Sea Salt
- 1/2 tsp Garlic Powder

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 346 |
| Fat | 7g |
| Carbs | 39g |
| Fiber | 6g |
| Sugar | 6g |
| Protein | 34g |
| Cholesterol | 92mg |
| Sodium | 1073mg |
| Vitamin A | 263IU |
| Vitamin C | 49mg |
| Calcium | 73mg |
| Iron | 2mg |

Directions

- 1 Preheat the oven to 400°F (205°C).
- 2 Cook the wild rice in the broth according to the package directions.
- 3 Add the chicken and cabbage steaks onto a baking sheet. Add the melted butter, salt, and garlic powder. Use your hands to coat well. Bake in the oven for 30 minutes or until cooked through.
- 4 Serve the chicken and cabbage with rice. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately one chicken breast, two cabbage steaks, and 1/2 cup of wild rice.

Make it Vegan: Use tofu or tempeh in place of the chicken.

More Flavor: Marinate the chicken. Add tamari and/or hot sauce.

Dairy-Free: Use any cooking oil instead of butter.



Quinoa-Crusted Chicken 'Parm' with Salsa

2 servings

30 minutes

Ingredients

3 tbsps Ground Flax Seed
1/3 cup Water
1 tsp Garlic Powder
1 tsp Onion Powder
1/2 tsp Sea Salt
1/3 cup Quinoa (dry)
283 grams Chicken Breast (boneless, skinless, sliced horizontally)
1/2 cup Salsa

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 354 |
| Fat | 9g |
| Carbs | 28g |
| Fiber | 6g |
| Sugar | 3g |
| Protein | 39g |
| Cholesterol | 103mg |
| Sodium | 1120mg |
| Vitamin A | 346IU |
| Vitamin C | 2mg |
| Calcium | 65mg |
| Iron | 3mg |

Directions

- 1 Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 In a shallow bowl, combine the flax, water, garlic powder, onion powder, and salt. Set it aside to thicken for five minutes.
- 3 Cook the quinoa according to the directions on the package.
- 4 Pat the sliced chicken dry and coat in the flax mixture. Let the excess drip off, then transfer the chicken to the quinoa mixture. Press the quinoa into the chicken with your hands until completely coated. Transfer to a baking sheet and repeat for the remaining chicken.
- 5 Bake for 20 minutes, or until golden brown. Remove from oven, spread salsa overtop and bake for 5 more minutes or until cooked through. Enjoy!

Notes

Serve it With: Brown rice spaghetti, garlic bread, roasted veggies or salad.

No Salsa: Use homemade salsa, or a favourite store-bought marinara or pasta sauce instead.

Real Cheese Lover: Place sliced mozzarella over salsa and set oven to high broil for the remaining 3 minutes.

Leftovers: Refrigerate in an air-tight container up to 3 days.



Salmon Burger

2 servings
20 minutes

Ingredients

180 grams Salmon Burger Patty
2 cups Baby Spinach
1/2 cup Plain Greek Yogurt
1/2 cup Red Onion (sliced)
113 grams Whole Wheat Bun (toasted)

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 326 |
| Fat | 7g |
| Carbs | 42g |
| Fiber | 7g |
| Sugar | 9g |
| Protein | 27g |
| Cholesterol | 38mg |
| Sodium | 525mg |
| Vitamin A | 3126IU |
| Vitamin C | 15mg |
| Calcium | 206mg |
| Iron | 3mg |

Directions

- 1 Cook the salmon burger patty according to package instructions.
- 2 Add the baby spinach, salmon patty, yogurt, and red onions to the bottom bun. Add the top bun, serve immediately and enjoy!

Notes

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

Additional Toppings: Add pineapple, avocado, and cilantro.

Salmon Burger Patty: One salmon burger patty is 90 grams or 3.2 ounces.

Whole Wheat Bun: One bun is equal to approximately 57 grams or two ounces.



Meal Prep Chicken & Cilantro Lime Quinoa

2 servings
15 minutes

Ingredients

- 1/2 cup Quinoa (uncooked)
- 1/4 cup Cilantro (chopped)
- 2 tsps Lime Juice (to taste)
- 1/8 tsp Sea Salt (to taste)
- 4 cups Arugula (packed)
- 2 Carrot (small, chopped)
- 227 grams Chicken Breast, Cooked (sliced)
- 1 stalk Green Onion (sliced)

Nutrition

| Amount per serving | |
|--------------------|---------|
| Calories | 366 |
| Fat | 7g |
| Carbs | 35g |
| Fiber | 6g |
| Sugar | 4g |
| Protein | 42g |
| Cholesterol | 118mg |
| Sodium | 263mg |
| Vitamin A | 11559IU |
| Vitamin C | 12mg |
| Calcium | 115mg |
| Iron | 3mg |

Directions

- 1 Cook the quinoa according to the package directions and let cool.
;
- 2 Toss the quinoa with cilantro, lime juice, and salt.
;
- 3 Divide the arugula, quinoa, carrots, and chicken between containers. Garnish with green onions and enjoy!

Notes

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

More Flavor: Use balsamic vinegar or your dressing of choice.

Additional Toppings: Cherry tomatoes, avocado, crushed almonds, hemp seeds, or pumpkin seeds.



Orzo & Shrimp Pasta Salad

2 servings
15 minutes

Ingredients

1/2 cup Orzo (dry)
227 grams Shrimp, Cooked (chopped)
1 head Endive (chopped)
2 cups Snap Peas (chopped)
1/2 cup Goat Cheese (crumbled)
1/4 cup Chives (chopped)
2 tbsps Lemon Juice
1/4 tsp Sea Salt

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 367 |
| Fat | 8g |
| Carbs | 39g |
| Fiber | 12g |
| Sugar | 6g |
| Protein | 40g |
| Cholesterol | 224mg |
| Sodium | 614mg |
| Vitamin A | 6510IU |
| Vitamin C | 38mg |
| Calcium | 276mg |
| Iron | 5mg |

Directions

- 1 Cook the orzo according to the directions on the package. Once it's done cooking, set it aside and let it cool.
- 2 Add the orzo and the remaining ingredients to a large bowl. Toss until well combined. Divide onto plates and enjoy!

Notes

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

Serving Size: One serving equals approximately 2 1/2 cups.

Gluten-Free: Use quinoa or brown rice pasta instead.

Dairy-Free: Use vegan cheese instead.

More Flavor: Add balsamic vinegar and your choice of additional spices and herbs.

Additional Toppings: Red pepper flakes, kimchi, sauerkraut, and/or your favorite dressing.

No Shrimp: Use chicken, turkey, edamame, marinated tofu, or chickpeas.



Pesto Chicken & Tomatoes with Quinoa

1 serving
20 minutes

Ingredients

- 1/4 cup Quinoa (dry)
- 113 grams Chicken Thighs (boneless, skinless)
- 1/4 cup Cherry Tomatoes (halved)
- 1 1/4 tsps Pesto
- 1 cup Baby Spinach

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 335 |
| Fat | 10g |
| Carbs | 30g |
| Fiber | 4g |
| Sugar | 2g |
| Protein | 30g |
| Cholesterol | 107mg |
| Sodium | 175mg |
| Vitamin A | 3258IU |
| Vitamin C | 14mg |
| Calcium | 81mg |
| Iron | 4mg |

Directions

- 1 Preheat the oven to 375°F (190°C). Line a baking dish with parchment paper.
- 2 Cook the quinoa according to the package directions.
- 3 Toss the chicken thighs and cherry tomatoes with the pesto until well coated. Add the chicken and tomatoes to the baking dish and bake for 15 to 20 minutes or until the chicken is cooked through.
- 4 Divide the quinoa evenly between bowls and top with baby spinach. Serve the chicken thighs and cherry tomatoes over top of the spinach. Spoon residual sauce from the baking dish on top of each serving. Enjoy!

Notes

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

More Flavor: Cook the quinoa in chicken stock instead of water.

Additional Toppings: Chopped basil or parsley.