





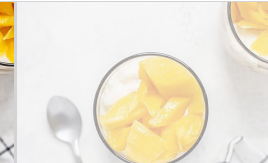





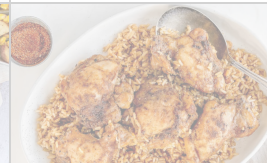







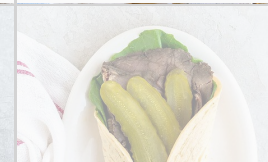
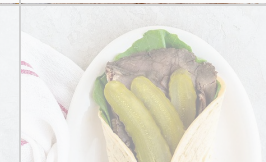































**EXERCISE**  
*with Style*

1100 Calorie Meal Plan  
35/35/30 PDF

---

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Warm Peas with Eggs	 Warm Peas with Eggs	 Warm Peas with Eggs	 Cottage Cheese with Mango	 Cottage Cheese with Mango	 Hot Chocolate Smoothie	 Hot Chocolate Smoothie
Lunch	 Easy Chicken Fajitas	 Ham Sandwich	 One Pan Salmon, Beans & Potatoes	 One Pot Smoky Chicken & Rice	 Garlic Butter Baked Cod & Mushrooms	 Air Fryer Chicken Nuggets	 Pressure Cooker Chicken Taco Stuffed Sweet Potato
Snack 2	 0.5 Chickpea & Tomato Savory Yogurt Bowl	 0.5 Chickpea & Tomato Savory Yogurt Bowl	 0.5 Chickpea & Tomato Savory Yogurt Bowl	 0.5 Roast Beef Tortilla Wrap	 0.5 Roast Beef Tortilla Wrap	 0.5 Roast Beef Tortilla Wrap	 0.5 Roast Beef Tortilla Wrap
Dinner	 Ham Sandwich	 One Pan Salmon, Beans & Potatoes	 One Pot Smoky Chicken & Rice	 Garlic Butter Baked Cod & Mushrooms	 Air Fryer Chicken Nuggets	 Pressure Cooker Chicken Taco Stuffed Sweet Potato	 Pesto Chicken Stuffed Peppers

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  30%	Fat  29%	Fat  25%	Fat  28%	Fat  31%	Fat  30%	Fat  31%
Carbs  41%	Carbs  41%	Carbs  41%	Carbs  40%	Carbs  38%	Carbs  37%	Carbs  38%
Protein  29%	Protein  30%	Protein  34%	Protein  32%	Protein  31%	Protein  33%	Protein  31%
Calories 1158	Calories 1105	Calories 1196	Calories 1237	Calories 1132	Calories 1075	Calories 1103
Fat 39g	Fat 36g	Fat 34g	Fat 38g	Fat 39g	Fat 37g	Fat 40g
Carbs 119g	Carbs 116g	Carbs 124g	Carbs 124g	Carbs 110g	Carbs 104g	Carbs 111g
Fiber 23g	Fiber 24g	Fiber 22g	Fiber 11g	Fiber 10g	Fiber 27g	Fiber 30g
Sugar 25g	Sugar 27g	Sugar 22g	Sugar 35g	Sugar 36g	Sugar 20g	Sugar 21g
Protein 84g	Protein 85g	Protein 101g	Protein 101g	Protein 88g	Protein 92g	Protein 88g
Cholesterol 512mg	Cholesterol 502mg	Cholesterol 605mg	Cholesterol 298mg	Cholesterol 280mg	Cholesterol 260mg	Cholesterol 157mg
Sodium 2272mg	Sodium 2063mg	Sodium 1489mg	Sodium 1982mg	Sodium 1620mg	Sodium 2143mg	Sodium 2154mg
Vitamin A 12659IU	Vitamin A 12207IU	Vitamin A 7307IU	Vitamin A 5791IU	Vitamin A 5048IU	Vitamin A 22554IU	Vitamin A 23605IU
Vitamin C 154mg	Vitamin C 68mg	Vitamin C 57mg	Vitamin C 68mg	Vitamin C 68mg	Vitamin C 52mg	Vitamin C 399mg
Calcium 565mg	Calcium 378mg	Calcium 350mg	Calcium 267mg	Calcium 304mg	Calcium 823mg	Calcium 892mg
Iron 12mg	Iron 11mg	Iron 12mg	Iron 7mg	Iron 7mg	Iron 11mg	Iron 10mg

**Fruits**

- 1/2 Avocado
- 1 Banana
- 2 1/4 tsps Lemon Juice
- 1 Mango

**Seeds, Nuts & Spices**

- 1/4 tsp Black Pepper
- 2 tbsps Chia Seeds
- 2 1/4 tsps Chili Powder
- 1 1/8 tsps Cumin
- 1/4 tsp Garlic Powder
- 1/4 tsp Onion Powder
- 3 tbsps Pumpkin Seeds
- 3/4 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/2 tsps Smoked Paprika

**Frozen**

- 4 Brown Rice Tortilla
- 1 cup Frozen Cauliflower
- 3/4 cup Frozen Corn
- 3/4 cup Frozen Green Beans
- 4 1/2 cups Frozen Peas

**Vegetables**

- 1 cup Cherry Tomatoes
- 1 tbsp Cilantro
- 10 Cremini Mushrooms
- 1 Garlic
- 1/4 Green Bell Pepper
- 1/2 stalk Green Onion
- 1 Jalapeno Pepper
- 1 1/4 cups Mini Potatoes
- 12 leaves Romaine
- 2 Sweet Potato
- 2 tsps Thyme
- 1 Tomato
- 3/4 White Onion
- 1 1/4 Yellow Bell Pepper
- 1/4 Yellow Onion

**Boxed & Canned**

- 1/2 cup Bread Crumbs
- 1 cup Brown Rice
- 2 cups Chicken Broth
- 1 1/2 cups Chickpeas
- 2 tbsps Quinoa
- 2 tbsps Salsa

**Baking**

- 1/4 cup Cocoa Powder
- 9 grams Unbleached All Purpose Flour

**Bread, Fish, Meat & Cheese**

- 383 grams Chicken Breast
- 340 grams Chicken Thighs
- 1 Cod Fillet
- 2 Corn Tortilla
- 300 grams Deli Roast Beef
- 227 grams Extra Lean Ground Chicken
- 4 slices Gluten-Free Bread
- 227 grams Salmon Fillet
- 170 grams Sliced Ham

**Condiments & Oils**

- 1 1/2 tsps Avocado Oil
- 3 grams Avocado Oil Spray
- 1 tbsp Coconut Aminos
- 1 tsp Extra Virgin Olive Oil
- 2 2/3 tbsps Mayonnaise
- 2 tbsps Pesto
- 2 cups Pickle
- 1 tsp Yellow Mustard

**Cold**

- 1 1/2 tbsps Butter
- 2 cups Cottage Cheese
- 6 1/2 Egg
- 1 1/2 cups Plain Greek Yogurt
- 2 cups Unsweetened Almond Milk

**Other**

- 1/2 cup Chocolate Protein Powder
- 1/3 cup Water





## Warm Peas with Eggs

3 servings  
15 minutes

### Ingredients

3/4 White Onion (diced)  
1/4 cup Water  
4 1/2 cups Frozen Peas  
1/3 tsp Sea Salt  
6 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.



## Cottage Cheese with Mango

2 servings

5 minutes

### Ingredients

- 2 cups Cottage Cheese
- 1 Mango (peeled, chopped)

### Nutrition

Amount per serving	
Calories	307
Fat	10g
Carbs	32g
Fiber	3g
Sugar	29g
Protein	25g
Cholesterol	36mg
Sodium	663mg
Vitamin A	2112IU
Vitamin C	61mg
Calcium	193mg
Iron	0mg

### Directions

- 1 Top the cottage cheese with chopped mango and enjoy!

### Notes

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

**Make it Vegan:** Use coconut yogurt or oatmeal instead of cottage cheese.

**Additional Toppings:** Hemp seeds, crushed nuts, coconut flakes, or your sweetener of choice.



## Hot Chocolate Smoothie

2 servings

5 minutes

### Ingredients

- 2 cups Unsweetened Almond Milk
- 1 cup Frozen Cauliflower
- 1 Banana
- 1/2 cup Chocolate Protein Powder
- 1/4 cup Cocoa Powder
- 2 tbsps Chia Seeds
- 1/4 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.





## 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.





## Chickpea & Tomato Savory Yogurt Bowl

3 servings

5 minutes

### Ingredients

1 1/2 cups Plain Greek Yogurt  
1 1/2 cups Chickpeas (drained & rinsed)  
1 cup Cherry Tomatoes (halved)  
3 tbsps Pumpkin Seeds  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	279
Fat	9g
Carbs	31g
Fiber	7g
Sugar	8g
Protein	21g
Cholesterol	17mg
Sodium	79mg
Vitamin A	1062IU
Vitamin C	15mg
Calcium	299mg
Iron	4mg

### Directions

1 Combine all ingredients in a bowl. Enjoy!

### Notes

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

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

**Make it Vegan:** Use dairy-free yogurt.

**Additional Toppings:** Tamari, cucumber, red onion, pickled onions, and/or fresh parsley.



## Roast Beef Tortilla Wrap

4 servings

5 minutes

### Ingredients

4 Brown Rice Tortilla  
2 tbsps Mayonnaise (or more to taste)  
8 leaves Romaine  
300 grams Deli Roast Beef (sliced)  
2 cups Pickle (sliced)

### Nutrition

Amount per serving	
Calories	314
Fat	11g
Carbs	31g
Fiber	5g
Sugar	5g
Protein	21g
Cholesterol	54mg
Sodium	1203mg
Vitamin A	5035IU
Vitamin C	3mg
Calcium	23mg
Iron	3mg

### Directions

- 1 Spread the mayonnaise down the center of the tortilla then top with the romaine, beef, and sliced pickle. Roll or fold the tortilla together and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. For best results, assemble wrap just before serving.

**Additional Toppings:** Add mustard, prepared horseradish, or cheese.

**More Veggies:** Add cucumber, bell pepper, or tomato.

**No Deli Roast Beef:** Use another deli meat or sliced chicken or turkey instead.

**No Brown Rice Tortilla:** Use wheat tortillas instead.



## Ham Sandwich

2 servings

5 minutes

### Ingredients

- 2 tsps Mayonnaise
- 1 tsp Yellow Mustard
- 4 slices Gluten-Free Bread
- 4 leaves Romaine
- 1 Tomato (medium, thinly sliced)
- 170 grams Sliced Ham

### Nutrition

Amount per serving	
Calories	318
Fat	13g
Carbs	29g
Fiber	4g
Sugar	6g
Protein	22g
Cholesterol	59mg
Sodium	1220mg
Vitamin A	5711IU
Vitamin C	11mg
Calcium	56mg
Iron	2mg

### Directions

1

Spread the mayonnaise and yellow mustard on the bread. Add the remaining sandwich toppings. Close the sandwich and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container and enjoy within a day.

**Additional Toppings:** Cucumber, pickles, onion, bell pepper, cheese, or avocado.

**No Ham:** Use sliced turkey, chicken, or roast beef instead.





## One Pan Salmon, Beans & Potatoes

2 servings  
35 minutes

### Ingredients

- 1 1/4 cups Mini Potatoes (chopped)
- 3/4 cup Frozen Corn
- 3/4 cup Frozen Green Beans
- 1 tbsp Coconut Aminos (divided)
- 2 grams Avocado Oil Spray
- 1/4 tsp Black Pepper
- 227 grams Salmon Fillet

### Nutrition

Amount per serving	
Calories	306
Fat	8g
Carbs	33g
Fiber	5g
Sugar	5g
Protein	27g
Cholesterol	62mg
Sodium	192mg
Vitamin A	384IU
Vitamin C	23mg
Calcium	50mg
Iron	2mg

### Directions

- 1 Preheat the oven to 400°F (205°C). Spread the potato, corn, and green beans evenly on a baking sheet. Toss with half of the coconut aminos. Spray with the avocado oil and season with black pepper.
- 2 Bake in the oven for 15 minutes. Remove the baking sheet and add the salmon fillets. Top with the remaining coconut aminos and bake for another 15 minutes or until cooked through.
- 3 Divide evenly between plates and enjoy!

### Notes

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

**More Flavor:** Add garlic powder and onion powder.

**No Coconut Aminos:** Use tamari or soy sauce instead.

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



## One Pot Smoky Chicken & Rice

2 servings  
30 minutes

### Ingredients

340 grams Chicken Thighs (boneless, skinless)  
1 tsp Smoked Paprika (divided)  
1/2 tsp Chili Powder (divided)  
1/4 tsp Cumin (divided)  
Sea Salt & Black Pepper (to taste)  
1 tsp Extra Virgin Olive Oil  
1/2 cup Brown Rice (long grain, dry)  
1 cup Chicken Broth

### Nutrition

Amount per serving	
Calories	409
Fat	11g
Carbs	37g
Fiber	2g
Sugar	1g
Protein	38g
Cholesterol	162mg
Sodium	646mg
Vitamin A	811IU
Vitamin C	0mg
Calcium	28mg
Iron	3mg

### Directions

- 1 Place the chicken in a large bowl and season with half of the smoked paprika, half of the chili powder, half of the cumin, and salt and pepper. Mix well to combine.
- 2 Heat the oil in a large skillet over medium heat. Once hot, place the chicken in the skillet and cook for three to four minutes per side, until just browned. Remove the chicken and set aside.
- 3 Add the rice, broth, and remaining spices. Stir to combine and lower the temperature to low. Place the chicken on top of the rice and cover with a lid. Cook for 18 to 22 minutes, until the rice has absorbed most of the liquid and is cooked through.
- 4 Divide the rice and chicken evenly between plates. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately one cup of chicken with 1/2 cup of rice.

**Additional Toppings:** Serve with fresh cilantro or parsley on top, yogurt on the side or with fresh lemon wedges.





## Garlic Butter Baked Cod & Mushrooms

2 servings

30 minutes

### Ingredients

- 1/2 cup Brown Rice (dry)
- 1 1/2 tbsps Butter (unsalted, softened, divided)
- 1 Garlic (clove, minced)
- Sea Salt & Black Pepper (to taste)
- 1 Cod Fillet (cut in half)
- 2 tps Thyme (fresh)
- 10 Cremini Mushrooms (sliced)

### Nutrition

Amount per serving	
Calories	364
Fat	11g
Carbs	39g
Fiber	3g
Sugar	2g
Protein	27g
Cholesterol	73mg
Sodium	71mg
Vitamin A	350IU
Vitamin C	5mg
Calcium	34mg
Iron	2mg

### Directions

- 1 Preheat the oven to 375°F (190°C). Line a small baking dish with parchment paper.
- 2 Cook the rice according to the package directions.
- 3 Mix 2/3 of the butter with the garlic, salt, and pepper. Divide the mixture evenly between the fillets and place on top. Bake for 15 minutes.
- 4 Meanwhile, heat a pan over medium heat. Add the butter, thyme, and mushrooms and cook for three to five minutes.
- 5 Divide the rice, cod, and mushrooms evenly between plates. Spoon residual butter from the baking dish onto the cod and rice. Season with additional salt and pepper if needed. Enjoy!

### Notes

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

**Dairy-Free:** Use vegan butter or olive oil.

**More Flavor:** Add lemon zest to the garlic butter.

**Additional Toppings:** Chopped parsley.

**Fillet Size:** One cod fillet is equal to 231 grams or eight ounces.





## Air Fryer Chicken Nuggets

2 servings

30 minutes

### Ingredients

227 grams Extra Lean Ground Chicken  
9 grams Unbleached All Purpose Flour  
1/4 tsp Garlic Powder  
1/4 tsp Onion Powder  
Sea Salt & Black Pepper (to taste)  
1/2 Egg  
1/2 cup Bread Crumbs  
886 milligrams Avocado Oil Spray

### Nutrition

Amount per serving	
Calories	304
Fat	12g
Carbs	23g
Fiber	1g
Sugar	2g
Protein	25g
Cholesterol	144mg
Sodium	284mg
Vitamin A	68IU
Vitamin C	0mg
Calcium	65mg
Iron	3mg

### Directions

- 1 Preheat the air fryer to 370°F (190°C).
- 2 In a large bowl mix together the chicken, flour, garlic powder, onion powder, salt, and pepper.
- 3 Set up your breading station: Whisk the egg(s) in one bowl and add the bread crumbs into a second bowl. Season the bread crumbs with salt and pepper.
- 4 Scoop the chicken into golf ball-sized pieces and flatten slightly with your hands. Place into the egg mixture, coating on all sides and tapping off any excess. Transfer to the bread crumbs and coat on all sides, tapping off any excess.
- 5 Place the chicken nuggets into the air fryer in an even layer and spray with oil. Work in batches if needed to prevent overcrowding. Bake for 13 to 15 minutes, until crispy and cooked through, flipping halfway and spraying with more oil on the second side. Enjoy!

### Notes

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

**Serving Size:** One serving is four nuggets. This recipe yields about 16 nuggets total.

**Additional Toppings:** Serve with honey, BBQ sauce or another favorite sauce on the side.

**Gluten-Free:** Use gluten-free flour and bread crumbs.



## Pressure Cooker Chicken Taco Stuffed Sweet Potato

2 servings  
50 minutes

### Ingredients

- 2 Sweet Potato (medium, pierced with a fork)
- 227 grams Chicken Breast (skinless and boneless)
- 1 tsp Chili Powder
- 1/2 tsp Cumin (ground)
- 1/2 tsp Smoked Paprika
- 1 cup Chicken Broth
- 2 tbsps Salsa
- 1/2 Avocado (mashed)
- 1 tbsp Cilantro (optional, chopped)
- 1 Jalapeno Pepper (optional, sliced)

### Nutrition

Amount per serving	
Calories	349
Fat	11g
Carbs	34g
Fiber	9g
Sugar	7g
Protein	30g
Cholesterol	85mg
Sodium	743mg
Vitamin A	19422IU
Vitamin C	17mg
Calcium	72mg
Iron	2mg

### Directions

- 1 Preheat the oven to 400°F (204°C) and place the sweet potato on a pan. Bake for 40 to 45 minutes, or until cooked through.
- 2 Add the chicken breast, chili powder, cumin, smoked paprika and chicken broth to your pressure cooker. Set to "sealing" then press manual/pressure cooker and cook for 10 minutes on high pressure. Once it is done, press cancel and let the pressure release naturally (this can take 15 minutes or so).
- 3 Remove the lid carefully. Remove the chicken and shred it with two forks.
- 4 When the sweet potatoes are finished cooking, slice them down the middle and top with the shredded chicken, salsa, mashed avocado, cilantro and sliced jalapeño. Enjoy!

### Notes

**Dairy Lover:** Top the stuffed sweet potato with shredded cheese, yogurt or sour cream.

**Meal Prep:** Cook the sweet potatoes ahead of time for a quick weeknight meal.

**Leftovers:** Keep in a sealed container in the fridge for 3 to 4 days.





## Pesto Chicken Stuffed Peppers

1 serving  
50 minutes

### Ingredients

57 grams Chicken Breast  
2 tbsps Quinoa (dry, uncooked)  
1 Yellow Bell Pepper (large)  
1 1/2 tsps Water  
1/2 stalk Green Onion  
2 tbsps Pesto  
2 1/4 tsps Lemon Juice  
1/16 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	332
Fat	15g
Carbs	30g
Fiber	4g
Sugar	3g
Protein	21g
Cholesterol	41mg
Sodium	295mg
Vitamin A	1119IU
Vitamin C	347mg
Calcium	134mg
Iron	2mg

### Directions

- 1 Bring a pot of water to a boil. Reduce to a gentle simmer, add chicken and cover. Let simmer until chicken is cooked through, about 15 to 20 minutes. Remove chicken and shred into pieces using two forks.
- 2 While your chicken cooks, cook your quinoa according to the directions on the package. Fluff with a fork and set aside.
- 3 Preheat your oven to 375°F (191°C).
- 4 Cut the tops off of the peppers and discard the seeds and ribs. Place peppers upside down in baking dish and add water. Cover with foil and bake for 25 minutes.
- 5 While peppers are baking, combine the cooked quinoa, shredded chicken, green onion, pesto, lemon juice and sea salt. Mix well and set aside.
- 6 Remove the peppers from the oven. Carefully remove the foil and turn right-side up. Drain any excess water from the baking dish.
- 7 With the peppers sitting upright, spoon equal amounts of the pesto chicken filling into each. Cover with foil again, then bake for an additional 20 minutes, or until filling is warmed through and peppers are very tender.
- 8 Remove the stuffed peppers from the oven and enjoy!

### Notes

**Additional Toppings:** Parmesan cheese, nutritional yeast, fresh herbs, a pinch of red chili flakes or more pesto.

**Tipsy Bell Peppers:** If your bell peppers are tipsy and do not stand upright on their own,



try slicing the bottom of them to create a flat surface.

**More Carbs:** Serve over a bed of rice or quinoa.

**Make it Vegetarian:** Swap out the chicken for cooked lentils.