
















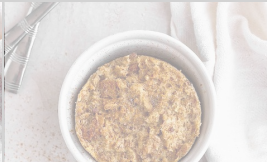
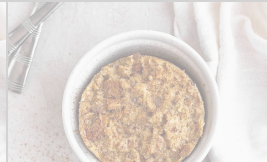






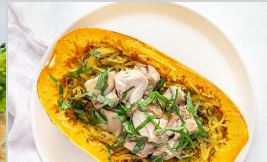



























**EXERCISE**  
*with Style*

1100 Calorie Meal Plan  
40/30/30 PDF

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Chickpea & Tomato Savory Yogurt Bowl	 Chickpea & Tomato Savory Yogurt Bowl	 Chickpea & Tomato Savory Yogurt Bowl	 High Protein Peanut Butter Oatmeal	 High Protein Peanut Butter Oatmeal	 Overnight Vanilla Protein Oats	 Overnight Vanilla Protein Oats
Lunch	 Salmon Nuggets with Peas	 Chicken Fajitas with Cashew Sour Cream	 Chicken, Broccoli & Cashew Stir Fry	 One Pan Chicken & Pesto Spaghetti Squash	 Lemon Garlic Shrimp Spaghetti Squash	 Sole & Asparagus with Brown Rice	 Pesto Chicken & Tomatoes with Quinoa
Snack 2	 French Toast Mug Cake	 French Toast Mug Cake	 French Toast Mug Cake	 Pomelo & Cottage Cheese	 Pomelo & Cottage Cheese	 Pomelo & Cottage Cheese	 Pomelo & Cottage Cheese
Dinner	 0.5 Chicken Fajitas with Cashew Sour Cream	 0.5 Chicken, Broccoli & Cashew Stir Fry	 0.5 One Pan Chicken & Pesto Spaghetti Squash	 0.5 Lemon Garlic Shrimp Spaghetti Squash	 0.5 Sole & Asparagus with Brown Rice	 0.5 Pesto Chicken & Tomatoes with Quinoa	 0.5 Soba Noodles & Seared Tuna Bowl

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  28%	Fat  31%	Fat  30%	Fat  34%	Fat  34%	Fat  31%	Fat  28%
Carbs  43%	Carbs  41%	Carbs  44%	Carbs  34%	Carbs  37%	Carbs  41%	Carbs  40%
Protein  29%	Protein  28%	Protein  26%	Protein  32%	Protein  29%	Protein  28%	Protein  32%
Calories 1194	Calories 1157	Calories 1188	Calories 1130	Calories 1116	Calories 1122	Calories 1150
Fat 38g	Fat 41g	Fat 41g	Fat 44g	Fat 43g	Fat 39g	Fat 35g
Carbs 129g	Carbs 122g	Carbs 133g	Carbs 98g	Carbs 105g	Carbs 118g	Carbs 115g
Fiber 29g	Fiber 22g	Fiber 22g	Fiber 15g	Fiber 14g	Fiber 17g	Fiber 17g
Sugar 32g	Sugar 33g	Sugar 30g	Sugar 12g	Sugar 12g	Sugar 13g	Sugar 13g
Protein 89g	Protein 82g	Protein 78g	Protein 91g	Protein 84g	Protein 79g	Protein 90g
Cholesterol 368mg	Cholesterol 306mg	Cholesterol 285mg	Cholesterol 210mg	Cholesterol 245mg	Cholesterol 143mg	Cholesterol 162mg
Sodium 865mg	Sodium 1188mg	Sodium 1174mg	Sodium 1340mg	Sodium 1485mg	Sodium 1218mg	Sodium 1320mg
Vitamin A 4459IU	Vitamin A 5615IU	Vitamin A 3102IU	Vitamin A 2317IU	Vitamin A 1948IU	Vitamin A 3316IU	Vitamin A 6605IU
Vitamin C 161mg	Vitamin C 276mg	Vitamin C 197mg	Vitamin C 160mg	Vitamin C 160mg	Vitamin C 139mg	Vitamin C 139mg
Calcium 601mg	Calcium 662mg	Calcium 663mg	Calcium 526mg	Calcium 462mg	Calcium 725mg	Calcium 716mg
Iron 13mg	Iron 12mg	Iron 12mg	Iron 6mg	Iron 7mg	Iron 9mg	Iron 8mg

**Fruits**

- 1/4 cup Blueberries
- 1 3/4 Lemon
- 1/2 Lime
- 4 cups Pomelo
- 1/4 cup Raspberries

**Breakfast**

- 2 tbsps All Natural Peanut Butter
- 1 tbsp Almond Butter
- 1 2/3 tbsps Maple Syrup

**Seeds, Nuts & Spices**

- 1/4 tsp Black Pepper
- 1/2 cup Cashews
- 2 tbsps Chia Seeds
- 1 1/2 tps Chili Powder
- 3/4 tsp Cinnamon
- 1/4 tsp Cumin
- 1/4 tsp Garlic Powder
- 1/4 tsp Paprika
- 3 tbsps Pumpkin Seeds
- 1/2 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1/8 tsp Sesame Seeds

**Frozen**

- 1/4 cup Frozen Edamame

**Vegetables**

- 2 cups Asparagus
- 2 cups Baby Spinach
- 2 tbsps Basil Leaves
- 2 cups Broccoli
- 1/2 Carrot
- 1 1/2 cups Cherry Tomatoes
- 2 tbsps Cilantro
- 2 cups Collard Greens
- 1 cup Fresh Peas
- 3 1/2 Garlic
- 1 1/2 tps Ginger
- 1/2 Green Bell Pepper
- 1 1/2 stalks Green Onion
- 1/2 Jalapeno Pepper
- 2 tbsps Parsley
- 1/2 Red Bell Pepper
- 2 Spaghetti Squash
- 3/4 Sweet Onion
- 1 Yellow Bell Pepper

**Boxed & Canned**

- 1/2 cup Brown Rice
- 50 grams Buckwheat Soba Noodles
- 1 1/2 cups Chickpeas
- 14 grams Oat Crackers
- 1 cup Quinoa

**Baking**

- 1 1/3 tbsps All Purpose Gluten-Free Flour
- 2 cups Oats
- 1 1/2 tps Raw Honey

**Bread, Fish, Meat & Cheese**

- 85 grams Ahi Tuna
- 567 grams Chicken Breast
- 227 grams Chicken Thighs
- 113 grams Salmon Fillet
- 227 grams Shrimp
- 227 grams Sole Fillet
- 6 slices Whole Grain Bread

**Condiments & Oils**

- 1 tbsp Apple Cider Vinegar
- 1 1/2 tps Coconut Oil
- 1/4 cup Extra Virgin Olive Oil
- 1/3 cup Pesto
- 1 1/2 tps Rice Vinegar
- 1 1/2 tbsps Tamari

**Cold**

- 4 cups Cottage Cheese
- 3 1/3 Egg
- 1 cup Egg Whites
- 1/3 cup Oat Milk
- 1 1/2 cups Plain Greek Yogurt
- 1 1/4 cups Unsweetened Almond Milk

**Other**

- 1/4 cup Vanilla Protein Powder
- 2 3/4 cups Water



## 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.



## High Protein Peanut Butter Oatmeal

2 servings

5 minutes

### Ingredients

- 1 cup Oats (quick or rolled)
- 1 cup Water
- 1 cup Egg Whites
- 2 tbsps All Natural Peanut Butter
- 1 tbsp Chia Seeds

### Nutrition

Amount per serving	
Calories	341
Fat	13g
Carbs	34g
Fiber	7g
Sugar	3g
Protein	23g
Cholesterol	0mg
Sodium	210mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	88mg
Iron	3mg

### Directions

- 1 Add the oats, water and egg whites to a small pot over medium heat, stirring continuously. Cook for two to three minutes or until fluffy and cooked through.
- 2 Transfer to a bowl and top with peanut butter and chia seeds. Enjoy!

### Notes

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

**Nut-Free:** Use sunflower seed butter, tahini, or pumpkin seed butter instead of peanut butter.

**More Flavor:** Add cinnamon, nutmeg, vanilla extract and/or a pinch of sea salt..

**Additional Toppings:** Maple syrup, honey, bee pollen, crushed nuts, jam, chopped fruit, shredded coconut or hemp seeds.

**Make it Vegan:** Omit the egg whites.



## Overnight Vanilla Protein Oats

2 servings

8 hours

### Ingredients

- 1 cup Oats (quick or traditional)
- 1 tbsp Chia Seeds
- 1 1/4 cups Unsweetened Almond Milk
- 1/4 cup Vanilla Protein Powder
- 1/4 cup Raspberries
- 1/4 cup Blueberries
- 1 tbsp Almond Butter

### Nutrition

Amount per serving	
Calories	309
Fat	11g
Carbs	37g
Fiber	9g
Sugar	3g
Protein	18g
Cholesterol	2mg
Sodium	124mg
Vitamin A	327IU
Vitamin C	6mg
Calcium	430mg
Iron	3mg

### Directions

- 1 In a large bowl or container combine the oats, chia seeds and milk. Stir to combine. Place in the fridge for 8 hours, or overnight.
- 2 After the oats have set, remove from the fridge and add the protein powder. Mix well. Add extra almond milk 1 tbsp at a time if the oats are too thick.
- 3 Divide the oats into bowls or containers and top with raspberries, blueberries and almond butter. Enjoy!

### Notes

**Leftovers:** Keep well in the fridge for 3 to 4 days.

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

**Extra Garnish:** Add cacao nibs, chocolate chips, seeds or nuts.

**No Almond Butter:** Omit, or use peanut butter or sunflower seed butter instead.

**Protein Powder:** This recipe was developed and tested using a plant-based protein powder. Please note that results may vary if using a different type of protein powder.



## Salmon Nuggets with Peas

1 serving  
20 minutes

### Ingredients

1 1/3 tbsps All Purpose Gluten-Free Flour  
Sea Salt & Black Pepper (to taste)  
1/3 Egg (large)  
14 grams Oat Crackers (crushed)  
113 grams Salmon Fillet (chopped into chunks, patted dry)  
1 cup Fresh Peas (or frozen and thawed)

### Nutrition

Amount per serving	
Calories	409
Fat	12g
Carbs	41g
Fiber	12g
Sugar	8g
Protein	34g
Cholesterol	124mg
Sodium	174mg
Vitamin A	1245IU
Vitamin C	58mg
Calcium	59mg
Iron	4mg

### Directions

- 1 Preheat the oven to 400°F (205°C) and line a large baking sheet with parchment paper.
- 2 Add the flour, salt, and pepper to one bowl. In a second bowl, whisk the egg. In a third bowl, add the crushed oat crackers.
- 3 Dredge the salmon chunks in the flour first, shaking off any excess. Coat each chunk in the egg mixture, then transfer to the crushed oat crackers and coat well.
- 4 Arrange the salmon onto the baking sheet and bake for 12 to 15 minutes or until cooked through. Serve alongside the peas and enjoy!

### Notes

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

**Serving Size:** One serving equals approximately four ounces of salmon and one cup of peas.

**More Flavor:** Add dried herbs to the flour mixture.

**Additional Toppings:** Dip into plain yogurt, honey mustard sauce, mayonnaise, guacamole, salsa, or ketchup.

**Make it Vegan:** Use tofu instead of salmon.





## French Toast Mug Cake

3 servings  
10 minutes

### Ingredients

- 3 Egg
- 1/3 cup Oat Milk
- 3/4 tsp Cinnamon
- 1 1/2 tbsps Maple Syrup
- 6 slices Whole Grain Bread (cut into small pieces)

### Nutrition

Amount per serving	
Calories	333
Fat	9g
Carbs	45g
Fiber	7g
Sugar	12g
Protein	18g
Cholesterol	186mg
Sodium	400mg
Vitamin A	272IU
Vitamin C	0mg
Calcium	173mg
Iron	3mg

### Directions

- 1 In a mug whisk the egg and milk together. Stir in the cinnamon and maple syrup.
- 2 Add the bread to the mug and stir to combine with the egg mixture. If the bread isn't saturated with the egg mixture add a splash more milk. Press the bread into an even layer in the bottom of the mug and let it rest for about five minutes so the bread can absorb the egg mixture.
- 3 Microwave for two minutes or until the bread is firm to the touch and just moist on top. Let the mug cake cool slightly then transfer to a plate or a bowl. Enjoy!

### Notes

**Leftovers:** Best enjoyed immediately.

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

**No Oat Milk:** Use another non-dairy or dairy milk instead.

**More Flavor:** Add vanilla, nutmeg or a pinch of salt.

**Additional Toppings:** Maple syrup, butter, fresh berries, or chia jam.

**Cooking Time:** Cooking time may vary depending on microwave.



## Pomelo & Cottage Cheese

4 servings

5 minutes

### Ingredients

4 cups Pomelo (peeled, pink or white)

4 cups Cottage Cheese

### Nutrition

Amount per serving	
Calories	278
Fat	9g
Carbs	25g
Fiber	2g
Sugar	6g
Protein	25g
Cholesterol	36mg
Sodium	663mg
Vitamin A	309IU
Vitamin C	116mg
Calcium	182mg
Iron	0mg

### Directions

- 1 Add the pomelo and cottage cheese to a bowl. Enjoy!

### Notes

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

**More Flavor:** Top with cinnamon.



## Chicken Fajitas with Cashew Sour Cream

2 servings

40 minutes

### Ingredients

1 1/2 tsps Chili Powder  
1/4 tsp Black Pepper  
1/4 tsp Cumin  
1/4 tsp Paprika  
1/4 tsp Garlic Powder  
1/2 Red Bell Pepper (sliced)  
1/2 Yellow Bell Pepper (sliced)  
1/2 Green Bell Pepper (sliced)  
1/2 Jalapeno Pepper (de-seeded and sliced)  
1/2 Sweet Onion (sliced)  
227 grams Chicken Breast (cut into strips)  
1 1/2 tsps Extra Virgin Olive Oil  
1/4 cup Cashews (soaked for 1 hour and liquid drained)  
1/4 tsp Sea Salt  
1 1/2 tsps Apple Cider Vinegar  
1/2 Lemon (juiced)  
1 tbsp Water  
1/2 Lime (cut into wedges)  
2 cups Collard Greens (washed and stems removed)

### Nutrition

Amount per serving	
Calories	345
Fat	15g
Carbs	24g

### Directions

- 1 Preheat oven to 425°F (218°C). Line a large baking sheet with parchment paper.
- 2 In a bowl, combine chili powder, black pepper, cumin, paprika and garlic powder. Mix well and set aside.
- 3 In a large mixing bowl, add your sliced peppers, onion and chicken strips. Drizzle with olive oil and then sprinkle with seasoning. Use tongs to gently toss until everything is well coated. Transfer to your baking sheet and bake for 30 minutes or until chicken is cooked through.
- 4 Meanwhile, create your cashew sour cream by combining cashews, sea salt, apple cider vinegar, lemon juice and water in a blender or food processor. Pulse very well until completely smooth. Add an extra splash of water if too thick. Transfer to a jar and set aside.
- 5 Remove fajitas from oven. Serve in collard green wraps or gluten-free tortillas drizzled with cashew sour cream and a lime wedge. Enjoy!

### Notes

**Vegan and Vegetarian:** Skip the chicken and use roasted chickpeas instead.

**Fajita Bowl:** Serve over a bed of greens to turn it into a bowl.

**No Collard Greens:** Use swiss chard or ice berg lettuce instead.

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Fiber	5g
Sugar	8g
Protein	31g
Cholesterol	82mg
Sodium	423mg
Vitamin A	3760IU
Vitamin C	176mg
Calcium	139mg
Iron	3mg



## Chicken, Broccoli & Cashew Stir Fry

2 servings

45 minutes

### Ingredients

113 grams Chicken Breast  
1/3 cup Quinoa  
3/4 cup Water  
1 tbsp Tamari  
1 1/2 tsps Raw Honey  
1 1/2 tsps Apple Cider Vinegar  
2 cups Broccoli (cut into florets)  
1 1/2 tsps Coconut Oil  
1/2 Yellow Bell Pepper (diced)  
1/4 Sweet Onion (chopped)  
1 1/2 tsps Ginger (grated)  
1 1/2 Garlic (cloves, minced)  
1/4 cup Cashews  
1 1/2 stalks Green Onion (chopped)  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	399
Fat	15g
Carbs	44g
Fiber	6g
Sugar	9g
Protein	24g
Cholesterol	41mg
Sodium	571mg
Vitamin A	1042IU
Vitamin C	170mg
Calcium	102mg
Iron	4mg

### Directions

- 1 Preheat oven to 350°F (177°C). Sprinkle the chicken with your clean spices of choice. Place on a baking sheet and bake for 30 minutes. Once done, remove from oven and dice into pieces or strips.
- 2 Meanwhile, add quinoa and water to a medium sized pot. Heat on high until it reaches a boil. Once boiling, cover and reduce to a simmer for 12 to 15 minutes. Once all liquid is absorbed, remove the cooked quinoa from heat, fluff with a fork and set aside.
- 3 Combine the tamari, honey and vinegar in a bowl and stir until mixed. Set aside.
- 4 Steam broccoli until bright green (~5 minutes). Do not overcook as this reduces the nutritional value.
- 5 Heat oil in the skillet. Add the yellow pepper and cook while stirring occasionally for 1 minute. Add the ginger, sweet onion and garlic and cook for another minute. Stir in the broccoli, chicken and tamari mixture. Stir until heated through or until tamari mixture is absorbed.
- 6 Serve stir fry over a layer of quinoa and garnish with cashews and green onion. Season with sea salt and pepper to taste. Enjoy!

### Notes

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



## One Pan Chicken & Pesto Spaghetti Squash

2 servings  
35 minutes

### Ingredients

- 1 Spaghetti Squash (medium, halved lengthwise, seeds removed)
- 227 grams Chicken Breast (skinless, boneless, cubed)
- 1/4 cup Pesto
- 2 tbsps Basil Leaves (chopped)

### Nutrition

Amount per serving	
Calories	354
Fat	15g
Carbs	26g
Fiber	4g
Sugar	2g
Protein	30g
Cholesterol	82mg
Sodium	247mg
Vitamin A	1451IU
Vitamin C	24mg
Calcium	178mg
Iron	2mg

### Directions

- 1 Preheat the oven to 425°F (220°C).
- 2 Line a large baking sheet with parchment paper. On one half of the baking sheet, place the spaghetti squash flesh-side down. On the other half, evenly spread out the chicken. Cook for about 30 to 35 minutes, or until the squash is fork-tender and the chicken is cooked through.
- 3 When cool enough to handle, use a fork to shred the squash into noodles. Gently mix in the pesto.
- 4 Chop the chicken and place overtop the spaghetti squash. Garnish with basil and sea salt, if needed. Enjoy!

### Notes

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

**Serving Size:** One serving equals one half of a spaghetti squash.

**More Flavor:** Season the chicken with garlic powder and onion powder.

**Additional Toppings:** Leftover veggies, avocado, red pepper flakes, and/or pine nuts.

**Make it Vegan:** Use chickpeas, tempeh, or tofu.



## Lemon Garlic Shrimp Spaghetti Squash

2 servings  
45 minutes

### Ingredients

- 1 Spaghetti Squash
- 2 tbsps Extra Virgin Olive Oil
- 2 Garlic (cloves, minced)
- 227 grams Shrimp (uncooked, peeled)
- 1 Lemon (juiced)
- 1/4 tsp Sea Salt (or more to taste)
- 2 tbsps Parsley (chopped, to garnish)

### Nutrition

Amount per serving	
Calories	313
Fat	14g
Carbs	25g
Fiber	3g
Sugar	1g
Protein	25g
Cholesterol	183mg
Sodium	440mg
Vitamin A	1113IU
Vitamin C	39mg
Calcium	156mg
Iron	2mg

### Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Slice the spaghetti squash in half through its belly, and place cut-side down on the baking sheet. Bake for 30 minutes, remove from the oven and let cool slightly.
- 3 While the squash is cooling, heat the olive oil in a skillet over medium heat. Add the garlic and shrimp. Saute for 5-7 minutes, or until the shrimp is cooked through. Squeeze the lemon juice into the pan, and season with sea salt.
- 4 Scoop out the spaghetti squash into noodles and divide them between bowls. Top with the shrimp, drizzle with the sauce from the pan, a little extra olive oil, and a sprinkle of parsley. Enjoy!

### Notes

**No Shrimp:** Use chickpeas or white beans instead.

**Leftovers:** Keeps well in the fridge for 2 to 3 days.



## Sole & Asparagus with Brown Rice

2 servings  
45 minutes

### Ingredients

- 1/2 cup Brown Rice (dry, uncooked)
- 1 cup Water
- 2 cups Asparagus (woody ends sliced off)
- 1 1/2 tbsps Extra Virgin Olive Oil
- 227 grams Sole Fillet (boneless)
- Sea Salt & Black Pepper (to taste)
- 1/4 Lemon (juiced)

### Nutrition

Amount per serving	
Calories	367
Fat	14g
Carbs	41g
Fiber	4g
Sugar	3g
Protein	21g
Cholesterol	51mg
Sodium	343mg
Vitamin A	1051IU
Vitamin C	10mg
Calcium	72mg
Iron	4mg

### Directions

- 1 Preheat oven to 375°F (191°C).
- 2 In a medium saucepan, combine the brown rice with the water. Bring to a boil then reduce to a simmer. Cover and let simmer for 40 minutes.
- 3 Once the rice is on, lay the asparagus in a single layer on the baking sheet and drizzle with half the olive oil. Lay the sole fillets over top of the asparagus, drizzle with remaining olive oil and season to taste with salt and pepper. Squeeze the lemon juice over top and bake for about 20 minutes, or until the sole is cooked through.
- 4 Divide rice, asparagus, and sole between plates or containers. Enjoy!

### Notes

**Leftovers:** Keeps well in the fridge for 2 to 3 days.

**No Asparagus:** Use green beans or sliced zucchini instead.

**More Flavour:** Sprinkle the fish with thyme or dill.





## Pesto Chicken & Tomatoes with Quinoa

2 servings  
20 minutes

### Ingredients

1/2 cup Quinoa (dry)  
227 grams Chicken Thighs (boneless, skinless)  
1/2 cup Cherry Tomatoes (halved)  
2 1/2 tsps Pesto  
2 cups 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.



## Soba Noodles & Seared Tuna Bowl

1 serving  
20 minutes

### Ingredients

50 grams Buckwheat Soba Noodles  
85 grams Ahi Tuna (sushi-grade)  
1/8 tsp Sesame Seeds  
1 1/2 tps Extra Virgin Olive Oil  
1 1/2 tps Tamari  
1 1/2 tps Rice Vinegar  
1/2 tsp Maple Syrup  
1/4 cup Frozen Edamame (thawed)  
1/2 Carrot (small, julienned)  
2 tbsps Cilantro

### Nutrition

Amount per serving	
Calories	456
Fat	10g
Carbs	45g
Fiber	4g
Sugar	4g
Protein	33g
Cholesterol	34mg
Sodium	716mg
Vitamin A	5421IU
Vitamin C	5mg
Calcium	45mg
Iron	2mg

### Directions

- 1 Cook the soba noodles according to the directions on the package. Drain and rinse with cold water until completely cooled.
- 2 Meanwhile, coat the tuna in sesame seeds. Heat a non-stick skillet over medium-high heat. When the pan is hot, sear the tuna for two to three minutes, flipping halfway. The timing will depend on the thickness of the tuna and desired doneness. Slice the tuna.
- 3 In a large bowl, mix the oil, tamari, rice vinegar, and maple syrup. Add the noodles to the bowl and mix well to combine.
- 4 Divide the noodles, tuna, edamame, carrot, and cilantro evenly between bowls. Enjoy!

### Notes

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

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

**More Flavor:** Add zucchini or carrot.

**Additional Toppings:** Add chopped peanuts.