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with Style

1100 Calorie Meal Plan
40/40/20 PDF

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Peach Cherry Smoothie	 Peach Cherry Smoothie	 Peach Cherry Smoothie	 Protein Overnight Oats with Blueberries	 Protein Overnight Oats with Blueberries	 Creamy Blueberry Smoothie	 Creamy Blueberry Smoothie
Lunch	 Couscous Bowl with Rosemary Chicken	 Hummus-Crusted Chicken with Turmeric Rice	 Honey Sesame Chicken with Peas & Quinoa	 Pan Fried Shrimp, Snap Peas & Rice	 Blended Chicken & Potato Soup	 Ahi Tuna Tacos	 Chicken & Bell Pepper Orzo
Snack 2	 Berry Banana Smoothie	 Berry Banana Smoothie	 Berry Banana Smoothie	 Pomelo & Cottage Cheese	 Pomelo & Cottage Cheese	 Pomelo & Cottage Cheese	 Pomelo & Cottage Cheese
Dinner	 0.5 Hummus-Crusted Chicken with Turmeric Rice	 0.5 Honey Sesame Chicken with Peas & Quinoa	 0.5 Pan Fried Shrimp, Snap Peas & Rice	 0.5 Blended Chicken & Potato Soup	 0.5 Ahi Tuna Tacos	 0.5 Chicken & Bell Pepper Orzo	 0.5 Cumin Roasted Turkey & Broccoli

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  19%	Fat  21%	Fat  21%	Fat  21%	Fat  20%	Fat  23%	Fat  24%
Carbs  48%	Carbs  46%	Carbs  45%	Carbs  45%	Carbs  42%	Carbs  39%	Carbs  41%
Protein  33%	Protein  33%	Protein  34%	Protein  34%	Protein  38%	Protein  38%	Protein  35%
Calories 1122	Calories 1148	Calories 1184	Calories 1067	Calories 1103	Calories 1123	Calories 1073
Fat 25g	Fat 28g	Fat 29g	Fat 26g	Fat 25g	Fat 29g	Fat 30g
Carbs 140g	Carbs 138g	Carbs 138g	Carbs 122g	Carbs 117g	Carbs 110g	Carbs 112g
Fiber 28g	Fiber 28g	Fiber 30g	Fiber 13g	Fiber 15g	Fiber 22g	Fiber 21g
Sugar 47g	Sugar 50g	Sugar 57g	Sugar 19g	Sugar 20g	Sugar 25g	Sugar 25g
Protein 95g	Protein 97g	Protein 104g	Protein 94g	Protein 107g	Protein 109g	Protein 95g
Cholesterol 150mg	Cholesterol 167mg	Cholesterol 203mg	Cholesterol 279mg	Cholesterol 171mg	Cholesterol 147mg	Cholesterol 147mg
Sodium 576mg	Sodium 1076mg	Sodium 1539mg	Sodium 1293mg	Sodium 1071mg	Sodium 1281mg	Sodium 1618mg
Vitamin A 5490IU	Vitamin A 6800IU	Vitamin A 4806IU	Vitamin A 4153IU	Vitamin A 6240IU	Vitamin A 706IU	Vitamin A 850IU
Vitamin C 128mg	Vitamin C 97mg	Vitamin C 93mg	Vitamin C 158mg	Vitamin C 175mg	Vitamin C 247mg	Vitamin C 322mg
Calcium 1387mg	Calcium 1419mg	Calcium 1459mg	Calcium 742mg	Calcium 774mg	Calcium 912mg	Calcium 773mg
Iron 8mg	Iron 10mg	Iron 10mg	Iron 5mg	Iron 6mg	Iron 5mg	Iron 7mg

Fruits

- 1 1/2 Banana
- 1 1/2 cups Cherries
- 2 Lemon
- 1/2 Lime
- 3 Peach
- 4 cups Pomelo

Seeds, Nuts & Spices

- 1/3 cup Chia Seeds
- 1 1/2 tsps Cinnamon
- 2 1/4 tsps Cumin Seed
- 1/2 tsp Dried Rosemary
- 3/4 tsp Fennel Seed
- 1 1/2 tsps Italian Seasoning
- 1/2 tsp Red Pepper Flakes
- 1 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/2 tsps Sesame Seeds
- 1/2 tsp Turmeric
- 3 tsps Whole Flax Seeds

Frozen

- 3 cups Frozen Berries
- 2 1/2 cups Frozen Blueberries
- 2 cups Frozen Cauliflower
- 1 cup Frozen Peas

Vegetables

- 2 cups Baby Spinach
- 1 cup Broccoli
- 1 Carrot
- 1 1/2 tsps Chives
- 1/4 cup Cilantro
- 2 Cremini Mushrooms
- 1 Garlic
- 1/4 Jalapeno Pepper
- 3 cups Kale Leaves
- 1/2 Orange Bell Pepper
- 1/4 Red Bell Pepper
- 2 tsps Red Onion
- 1 1/2 cups Snap Peas
- 1 1/2 tsps Thyme
- 1/2 Tomato
- 1/4 Yellow Onion
- 2 Yellow Potato

Boxed & Canned

- 1/4 cup Brown Basmati Rice
- 1 tbsp Chicken Broth
- 2 cups Chicken Broth, Low Sodium
- 1/4 cup Corn
- 1/4 cup Couscous
- 1 cup Jasmine Rice
- 1/2 cup Orzo
- 1/3 cup Quinoa

Baking

- 1/2 cup Oats
- 1 tbsp Raw Honey

Bread, Fish, Meat & Cheese

- 340 grams Ahi Tuna
- 836 grams Chicken Breast
- 227 grams Chicken Thighs
- 4 Corn Tortilla
- 227 grams Shrimp
- 113 grams Turkey Breast

Condiments & Oils

- 1 1/2 tsps Apple Cider Vinegar
- 2 tsps Coconut Oil
- 1 3/4 tsps Extra Virgin Olive Oil
- 1/2 tsp Sesame Oil
- 1 1/2 tsps Tamari

Cold

- 1/2 tsp Butter
- 4 cups Cottage Cheese
- 1/4 cup Guacamole
- 2 tsps Hummus
- 1/2 cup Oat Milk
- 1 cup Plain Greek Yogurt
- 6 cups Unsweetened Almond Milk
- 1 cup Unsweetened Coconut Yogurt

Other

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



Peach Cherry Smoothie

3 servings

5 minutes

Ingredients

3 cups Unsweetened Almond Milk
3 Peach (medium, pitted)
1 1/2 cups Cherries (pitted)
3 tbsps Chia Seeds
3/4 cup Vanilla Protein Powder

Nutrition

Amount per serving	
Calories	278
Fat	7g
Carbs	34g
Fiber	10g
Sugar	22g
Protein	24g
Cholesterol	4mg
Sodium	200mg
Vitamin A	1037IU
Vitamin C	15mg
Calcium	661mg
Iron	2mg

Directions

- 1 Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers: Best enjoyed immediately.

No Almond Milk: Use cow's milk or any other milk alternative.

More Fiber: Add spinach, kale, or ground flax.

No Fresh Peaches or Cherries: Use frozen instead.



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.



Creamy Blueberry Smoothie

2 servings

5 minutes

Ingredients

2 cups Frozen Blueberries
2 cups Frozen Cauliflower
1 cup Unsweetened Coconut Yogurt
1/2 cup Vanilla Protein Powder
2 tbsps Chia Seeds
2 Lemon (small, juiced)
2 cups Water

Nutrition

Amount per serving	
Calories	321
Fat	9g
Carbs	41g
Fiber	15g
Sugar	17g
Protein	25g
Cholesterol	4mg
Sodium	103mg
Vitamin A	92IU
Vitamin C	79mg
Calcium	510mg
Iron	2mg

Directions

1

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

Notes

Additional Toppings: Add spinach, avocado, kale, or other berries to your smoothie.

Extra Creamy: Use almond milk or oat milk instead of water.

Lemon: One lemon yields approximately 1/4 cup of lemon juice.

Protein Powder: This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.



Couscous Bowl with Rosemary Chicken

1 serving
30 minutes

Ingredients

113 grams Chicken Breast
Sea Salt & Black Pepper (to taste)
1/2 tsp Dried Rosemary
1/4 cup Couscous (dry)
1/2 tsp Butter (unsalted)
1/4 Red Bell Pepper (medium, diced)
1/4 cup Corn (cooked)
2 tbsps Cilantro (optional, chopped)

Nutrition

Amount per serving	
Calories	361
Fat	6g
Carbs	44g
Fiber	4g
Sugar	3g
Protein	33g
Cholesterol	88mg
Sodium	58mg
Vitamin A	1276IU
Vitamin C	41mg
Calcium	29mg
Iron	1mg

Directions

- 1 Preheat the oven to 400°F (205°C). Season the chicken breast with salt, pepper and dried rosemary. Place the chicken on a tray lined with parchment paper. Bake it in the oven for 20 minutes or until the chicken is cooked through.
- 2 Meanwhile, cook the couscous according to the package directions. Once cooked, add the butter and mix well. Season with salt and pepper to taste.
- 3 Cut the cooked chicken into 1/2 inch cubes.
- 4 Divide the couscous, chicken cubes, corn, and bell pepper between serving bowls. Garnish with chopped cilantro (optional). 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.

Gluten-Free: Use quinoa instead.

More Flavor: Add onion powder and/or cumin powder to the chicken.

Additional Toppings: Add diced red onions.



Berry Banana Smoothie

3 servings

5 minutes

Ingredients

3 cups Unsweetened Almond Milk
3 cups Frozen Berries
1 1/2 Banana
3 cups Kale Leaves
3/4 cup Vanilla Protein Powder
3 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.



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.



Hummus-Crusted Chicken with Turmeric Rice

2 servings
30 minutes

Ingredients

- 227 grams Chicken Thighs (skinless, boneless)
- 2 tbsps Hummus
- 1/2 cup Jasmine Rice (dry, uncooked)
- 1/2 tsp Turmeric
- 1/2 Tomato (large, diced)
- 2 cups Baby Spinach

Nutrition

Amount per serving	
Calories	347
Fat	8g
Carbs	43g
Fiber	3g
Sugar	0g
Protein	28g
Cholesterol	107mg
Sodium	209mg
Vitamin A	3259IU
Vitamin C	13mg
Calcium	48mg
Iron	3mg

Directions

- 1 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Place chicken thighs on the baking sheet and coat with hummus. Bake for 30 minutes or until cooked through.
- 3 Meanwhile, make the rice according to the directions on the package, adding in the turmeric and chopped tomato while cooking.
- 4 Divide the chicken, rice and spinach onto plates or into meal prep containers. Enjoy!

Notes

Use a Rice Cooker: Add the turmeric and tomatoes into the rice cooker along with the rice and water.

Leftovers: Refrigerate in an airtight container up to 3 days.



Honey Sesame Chicken with Peas & Quinoa

2 servings
20 minutes

Ingredients

- 1 tbsp Chicken Broth
- 1 1/2 tbsps Tamari
- 1/2 tsp Sesame Oil
- 3/4 tsp Coconut Oil
- 1 tbsp Raw Honey
- 283 grams Chicken Breast (diced into cubes)
- 1/3 cup Quinoa (uncooked)
- 2/3 cup Water
- 1 cup Frozen Peas (thawed)
- 1 1/2 tsps Sesame Seeds
- 1/2 tsp Red Pepper Flakes

Nutrition

Amount per serving	
Calories	427
Fat	10g
Carbs	42g
Fiber	6g
Sugar	12g
Protein	42g
Cholesterol	103mg
Sodium	908mg
Vitamin A	1914IU
Vitamin C	8mg
Calcium	74mg
Iron	4mg

Directions

- 1 In a small jar, combine the broth, tamari and sesame oil. Shake well to combine and set aside.
- 2 Heat the coconut oil in a skillet over medium heat. Add the diced chicken breasts and saute for about 5 minutes. Add the tamari-based sauce and the honey. Saute for another 5 minutes or until the chicken is cooked through.
- 3 While the chicken cooks, combine quinoa and water in a sauce pot. Place over high heat and bring to a boil. Reduce heat to a simmer and cover. Let simmer for 10 to 15 minutes, or until all water is absorbed. Fluff the quinoa with a fork and set aside.
- 4 Warm the green peas.
- 5 Divide the chicken, green peas and quinoa between plates. Drizzle the quinoa with any leftover chicken marinade from the skillet. Garnish with sesame seeds and red pepper flakes. Enjoy!

Notes

No Chicken Breast: Use turkey breast instead.

Vegan & Vegetarian: Use chickpeas, white beans or tofu instead of chicken and maple syrup instead of honey.



Pan Fried Shrimp, Snap Peas & Rice

2 servings
20 minutes

Ingredients

- 1/2 cup Jasmine Rice (uncooked)
- 227 grams Shrimp (peeled, deveined)
- 1/4 tsp Sea Salt
- 1 tbsp Extra Virgin Olive Oil
- 1 1/2 cups Snap Peas (trimmed)
- 1 1/2 tbsps Chives (chopped)

Nutrition

Amount per serving	
Calories	340
Fat	8g
Carbs	43g
Fiber	3g
Sugar	2g
Protein	27g
Cholesterol	183mg
Sodium	435mg
Vitamin A	615IU
Vitamin C	10mg
Calcium	102mg
Iron	1mg

Directions

- 1 Cook the rice according to the directions on the package and set aside.
- 2 Meanwhile, place the shrimp on a plate lined with paper towel and pat dry. Season the shrimp with the salt.
- 3 Heat a cast-iron skillet over medium heat and add the olive oil. Once the skillet is warmed, add the shrimp and cook for three minutes per side, until pink and cooked through. Remove and set aside. Add the snap peas and toss. Cook for two to three minutes, until tender-crisp.
- 4 Divide the rice onto plates and top with shrimp and snap peas. Garnish with chives and season with salt to taste.

Notes

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

More Flavor: Use ghee or butter to finish cooking the shrimp. Add chili flakes or black pepper to the shrimp and rice.

No Chives: Use green onion or another fresh herb such as parsley.



Blended Chicken & Potato Soup

2 servings
45 minutes

Ingredients

1/2 tsp Extra Virgin Olive Oil
1/4 Yellow Onion (diced)
1 Garlic (clove, minced)
227 grams Chicken Breast (boneless, skinless, cubed)
2 Yellow Potato (peeled, diced)
1 Carrot (medium, peeled, diced)
2 cups Chicken Broth, Low Sodium
1 1/2 tsps Thyme (fresh, chopped)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	369
Fat	6g
Carbs	45g
Fiber	6g
Sugar	5g
Protein	35g
Cholesterol	82mg
Sodium	158mg
Vitamin A	5162IU
Vitamin C	45mg
Calcium	61mg
Iron	3mg

Directions

- 1 Heat the oil in a large pot over medium-high heat. Add the onion and garlic and cook until the onion softens, about five minutes.
- 2 Add the chicken, potato, carrots, chicken broth, and thyme, and bring to a boil. Simmer for 40 minutes or until the chicken is cooked through.
- 3 Blend the soup with an immersion blender until smooth. Season with salt and pepper, and enjoy!

Notes

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

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



Ahi Tuna Tacos

2 servings

10 minutes

Ingredients

- 1/2 tsp Extra Virgin Olive Oil
- 340 grams Ahi Tuna (sushi-grade)
- 1/8 tsp Sea Salt
- 1/4 cup Guacamole
- 2 tbsps Red Onion (diced)
- 2 tbsps Cilantro
- 4 Corn Tortilla (small)
- 1/4 Jalapeno Pepper (seeds removed, finely sliced)
- 1/2 Lime (juiced)

Nutrition

Amount per serving	
Calories	384
Fat	7g
Carbs	32g
Fiber	4g
Sugar	1g
Protein	45g
Cholesterol	68mg
Sodium	267mg
Vitamin A	242IU
Vitamin C	9mg
Calcium	208mg
Iron	2mg

Directions

- 1 Warm the oil in a pan over medium heat. Season the tuna all over with salt.
- 2 Cook the tuna for two to four minutes per side. The timing will depend on the thickness of the tuna and desired doneness.
- 3 Slice the tuna thinly. Divide the tuna, guacamole, red onion, and cilantro between tortillas.
- 4 Top with jalapeño, squeeze the lime juice on top, and enjoy!

Notes

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

Serving Size: One serving is equal to two tacos.

More Flavor: Add salsa, sour cream, sriracha, shredded cabbage, and your choice of sauce.



Chicken & Bell Pepper Orzo

2 servings
25 minutes

Ingredients

- 1 1/2 tps Extra Virgin Olive Oil (divided)
- 213 grams Chicken Breast (skinless, boneless, cut into 3/4-inch cubes)
- 2 Cremini Mushrooms (diced)
- 1/2 Orange Bell Pepper (medium, seeds removed, diced)
- 1 1/2 tps Italian Seasoning
- 1/3 tsp Sea Salt (to taste)
- 1/2 cup Orzo (dry)
- 1 cup Water (or broth)
- 1 1/2 tps Apple Cider Vinegar

Nutrition

Amount per serving	
Calories	279
Fat	7g
Carbs	24g
Fiber	2g
Sugar	1g
Protein	28g
Cholesterol	77mg
Sodium	495mg
Vitamin A	125IU
Vitamin C	86mg
Calcium	23mg
Iron	2mg

Directions

- 1 Heat the oil in a large non-stick pan over medium-high heat. Cook the chicken for about five to seven minutes or until opaque on all sides.
- 2 Add the mushrooms, bell pepper, Italian seasoning, and salt. Cook for five minutes.
- 3 Stir in the orzo, water, and apple cider vinegar. Bring to a gentle simmer and cook uncovered, stirring often for about 10 to 15 minutes or until the orzo is al dente. Add more water if needed.
- 4 Season with more salt if needed and divide into bowls. Enjoy!

Notes

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

Serving Size: One serving equals approximately one cup.

More Flavor: Add onions, garlic, parmesan cheese, or nutritional yeast. Use broth instead of water.



Cumin Roasted Turkey & Broccoli

1 serving
30 minutes

Ingredients

- 1/4 cup Brown Basmati Rice (uncooked)
- 2 1/4 tsps Cumin Seed
- 3/4 tsp Fennel Seed
- 1/4 tsp Sea Salt
- 1 cup Broccoli (chopped into florets)
- 1 1/8 tsps Coconut Oil (melted, divided)
- 113 grams Turkey Breast (cut into one-inch cubes)

Nutrition

Amount per serving	
Calories	389
Fat	10g
Carbs	44g
Fiber	4g
Sugar	2g
Protein	33g
Cholesterol	60mg
Sodium	713mg
Vitamin A	647IU
Vitamin C	82mg
Calcium	115mg
Iron	6mg

Directions

- 1 Preheat the oven to 350°F (175°C). Line a large baking sheet with parchment paper. Cook the basmati rice according to package directions.
- 2 Meanwhile, coarsely grind the cumin and fennel seeds in a spice grinder or with a mortar and pestle. Add the salt and set aside.
- 3 In a bowl, coat the broccoli in half the coconut oil and half the spices. Transfer to one side of the baking sheet.
- 4 In the same bowl, coat the turkey in the remaining coconut oil and spices. Transfer to the baking sheet and bake for 20 minutes or until cooked through.
- 5 Divide the rice, turkey, and broccoli onto plates and enjoy!

Notes

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

Serving Size: One serving equals approximately four ounces of turkey, 3/4 cup of rice, and one cup of broccoli.

More Flavor: Add fresh herbs.

Additional Toppings: Serve with sauerkraut or other pickled vegetables.