



**EXERCISE**  
*with Style*

**12 Week Carb Cycling Meal  
Plan for Females (High Carb) 1**

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<https://exercisewithstyle.com>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Mixed Berry Protein Porridge	 Mixed Berry Protein Porridge	 Mixed Berry Protein Porridge	 Cherries, Banana & Cottage Cheese	 Cherries, Banana & Cottage Cheese	 Berry Banana Smoothie	 Berry Banana Smoothie
Snack 1	 Sardine Toast with Tomato & Onion	 Sardine Toast with Tomato & Onion	 Sardine Toast with Tomato & Onion	 Yogurt & Figs	 Yogurt & Figs	 Yogurt & Figs	 Yogurt & Figs
Lunch	 Spiced Beef & Spinach with Rice	 Rice, Beef & Spinach	 Pan Fried Shrimp, Snap Peas & Rice	 Chili Lime Shrimp Tacos	 Salmon Nuggets with Peas	 Chicken Tacos with Chipotle Coleslaw	 Bison with Quick Pickled Veggies & Rice
Snack 2	 Cottage Cheese Crackers with Berries	 Cottage Cheese Crackers with Berries	 Cottage Cheese Crackers with Berries	 Yogurt & Mixed Berry Sauce	 Yogurt & Mixed Berry Sauce	 Yogurt & Mixed Berry Sauce	 Yogurt & Mixed Berry Sauce
Dinner	 Rice, Beef & Spinach	 Pan Fried Shrimp, Snap Peas & Rice	 Chili Lime Shrimp Tacos	 Salmon Nuggets with Peas	 Chicken Tacos with Chipotle Coleslaw	 Bison with Quick Pickled Veggies & Rice	 Spaghetti with Mussels

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat	 26%	 26%	 25%	 23%	 23%	 20%	 19%
Carbs	 47%	 46%	 46%	 47%	 45%	 48%	 52%
Protein	 27%	 28%	 29%	 30%	 32%	 32%	 29%
Calories	1527	1413	1369	1472	1548	1459	1494
Fat	45g	41g	39g	38g	40g	34g	32g
Carbs	182g	166g	162g	177g	177g	178g	200g
Fiber	28g	28g	31g	29g	28g	25g	24g
Sugar	26g	28g	31g	79g	80g	70g	69g
Protein	103g	102g	101g	114g	126g	119g	113g
Cholesterol	206mg	315mg	424mg	385mg	324mg	230mg	172mg
Sodium	1444mg	1779mg	1895mg	1482mg	1157mg	1142mg	1764mg
Vitamin A	7208IU	4994IU	2456IU	3521IU	5659IU	7860IU	6203IU
Vitamin C	85mg	87mg	115mg	149mg	142mg	137mg	137mg
Calcium	837mg	883mg	1154mg	1262mg	1187mg	1652mg	1500mg
Iron	14mg	11mg	10mg	9mg	9mg	11mg	20mg

**Fruits**

- 3 Banana
- 1 cup Cherries
- 2/3 Lemon
- 1/2 Lime
- 2 tsps Lime Juice
- 1 1/2 cups Raspberries

**Breakfast**

- 3 tbsps Almond Butter
- 1 1/2 tsps Maple Syrup

**Seeds, Nuts & Spices**

- 1/2 tsp Chili Powder
- 1/2 tsp Chipotle Powder
- 1 tbsp Cinnamon
- 1 1/8 tsps Curry Powder
- 1/4 tsp Garlic Powder
- 1/4 tsp Onion Powder
- 1/2 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tbsps Whole Flax Seeds

**Frozen**

- 7 cups Frozen Berries

**Vegetables**

- 3 cups Baby Spinach
- 3 tbsps Basil Leaves
- 1 1/2 tbsps Chives
- 1/4 cup Cilantro
- 1 1/2 cups Coleslaw Mix
- 1/2 Cucumber
- 2 1/16 cups Fresh Peas
- 2 Garlic
- 2 cups Green Cabbage
- 2 cups Kale Leaves
- 1/2 cup Matchstick Carrots
- 1 tbsp Parsley
- 1 1/2 cups Snap Peas
- 1/8 Sweet Onion
- 1 1/2 Tomato
- 1/4 Yellow Onion

**Boxed & Canned**

- 1/4 cup Brown Rice Spaghetti
- 2 cups Jasmine Rice
- 6 slices Light Rye Crisp Bread
- 28 grams Oat Crackers
- 84 grams Sardines
- 2 2/3 tbsps Vegetable Broth

**Baking**

- 2 2/3 tbsps All Purpose Gluten-Free Flour
- 1 1/2 tbsps Honey
- 3/4 cup Oats

**Bread, Fish, Meat & Cheese**

- 227 grams Chicken Breast, Cooked
- 8 Corn Tortilla
- 340 grams Extra Lean Ground Beef
- 227 grams Ground Bison
- 227 grams Mussels
- 227 grams Salmon Fillet
- 454 grams Shrimp
- 3 slices Whole Grain Bread

**Condiments & Oils**

- 1 tbsp Apple Cider Vinegar
- 2 1/8 tbsps Extra Virgin Olive Oil
- 1 1/3 tbsps Mayonnaise
- 1 1/2 tbsps Tamari

**Cold**

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

**Other**

- 1 cup Dried Fig
- 1/2 cup Vanilla Protein Powder
- 1/3 cup Water



## Mixed Berry Protein Porridge

3 servings  
15 minutes

### Ingredients

- 2 1/4 cups Unsweetened Almond Milk
- 3/4 cup Oats (rolled)
- 3 cups Frozen Berries
- 1 tbsp Cinnamon
- 1 1/2 cups Egg Whites
- 3 tbsps Almond Butter

### Nutrition

Amount per serving	
Calories	344
Fat	12g
Carbs	40g
Fiber	11g
Sugar	16g
Protein	21g
Cholesterol	0mg
Sodium	325mg
Vitamin A	382IU
Vitamin C	40mg
Calcium	464mg
Iron	3mg

### Directions

- 1 Add the almond milk, oats, and frozen berries to a pot over medium heat. Bring the milk to a gentle boil and continue to cook for three to five minutes or until the oats begin to soften and thicken and the berries are cooked through.
- 2 Add the cinnamon to the pot then slowly stir in the egg whites and continue to stir until the porridge becomes thick and creamy. Transfer to a bowl and top with the almond butter. Enjoy!

### Notes

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

**More Flavor:** Add maple syrup or honey and vanilla extract.

**Additional Toppings:** Additional almond butter, banana slices, fresh berries, or extra cinnamon.

**No Almond Milk:** Use another dairy or dairy alternative milk instead.

**No Almond Butter:** Use another nut or seed butter instead.

**Frozen Berries:** This recipe was created and tested using a combination of frozen strawberries, raspberries, and blueberries.



## Cherries, Banana & Cottage Cheese

2 servings

5 minutes

### Ingredients

- 2 cups Cottage Cheese
- 2 Banana (medium, sliced)
- 1 cup Cherries (pitted, fresh or frozen)

### Nutrition

Amount per serving	
Calories	359
Fat	10g
Carbs	46g
Fiber	5g
Sugar	30g
Protein	25g
Cholesterol	36mg
Sodium	663mg
Vitamin A	419IU
Vitamin C	16mg
Calcium	190mg
Iron	1mg

### Directions

- 1 Top the cottage cheese with banana slices and cherries. Enjoy!

### Notes

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

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

**Additional Toppings:** Hemp seeds, chia seeds, shredded coconut, crushed nuts, honey, maple syrup, or your sweetener of choice.



## 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.



## Sardine Toast with Tomato & Onion

3 servings

5 minutes

### Ingredients

- 3 slices Whole Grain Bread (toasted)
- 1 1/2 Tomato (small, sliced)
- 84 grams Sardines (drained, halved lengthwise)
- 1/8 Sweet Onion (medium, thinly sliced)
- 3 tbsps Basil Leaves
- 1/3 Lemon (juiced, zested)

### Nutrition

Amount per serving	
Calories	185
Fat	5g
Carbs	22g
Fiber	4g
Sugar	4g
Protein	13g
Cholesterol	40mg
Sodium	268mg
Vitamin A	1001IU
Vitamin C	13mg
Calcium	161mg
Iron	2mg

### Directions

- 1 Top the bread with the tomatoes, sardines, onion, basil, and lemon zest. Squeeze the lemon juice overtop and enjoy!

### Notes

**Leftovers:** This recipe is best enjoyed immediately but can be refrigerated in an airtight container for up to two days.

**Gluten-Free:** Use gluten-free bread, rice cakes, or sweet potato toast instead of whole grain bread.

**More Flavor:** Rub garlic on the toast. Add mayonnaise or butter.

**Additional Toppings:** Add olive oil, salt, or pepper to taste.

**No Sardines:** Use tuna or mackerel instead.



## Yogurt & Figs

4 servings

5 minutes

### Ingredients

- 2 cups Plain Greek Yogurt
- 1 cup Dried Fig (sliced)

### Nutrition

Amount per serving	
Calories	183
Fat	3g
Carbs	30g
Fiber	4g
Sugar	21g
Protein	12g
Cholesterol	17mg
Sodium	74mg
Vitamin A	629IU
Vitamin C	8mg
Calcium	310mg
Iron	1mg

### Directions

- 1 Serve the yogurt with chopped dried figs. Enjoy!

### Notes

**Leftovers:** Best stored separately. Refrigerate in an airtight container for up to one week.

**Dairy-Free:** Use a dairy-free yogurt like coconut, almond or cashew.

**No Figs:** Use another dried fruit such as mango or apricot.

**Additional Toppings:** Top with granola, nuts, and/or seeds. Add honey, maple syrup, and/or cinnamon.



## Spiced Beef & Spinach with Rice

1 serving  
20 minutes

### Ingredients

1/3 cup Jasmine Rice  
113 grams Extra Lean Ground Beef  
1 1/8 tsps Curry Powder  
Sea Salt & Black Pepper (to taste)  
1 cup Baby Spinach

### Nutrition

Amount per serving	
Calories	454
Fat	12g
Carbs	59g
Fiber	3g
Sugar	0g
Protein	28g
Cholesterol	74mg
Sodium	100mg
Vitamin A	2829IU
Vitamin C	8mg
Calcium	56mg
Iron	4mg

### Directions

- 1 Cook the rice according to the package directions.
- 2 Meanwhile, heat a large skillet over medium heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan.
- 3 Add the curry powder to the beef and stir to combine. Season with salt and pepper to taste. Add the spinach and stir until the spinach has wilted.
- 4 Divide the rice between plates and top with the beef mixture. Enjoy!

### Notes

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

**More Flavor:** Season the beef with other dried herbs and spices or add fresh garlic and ginger.

**Additional Toppings:** Cilantro, lime wedges, and/or red pepper flakes.

**No Beef:** Use ground chicken, turkey, or pork instead.

**No Rice:** Use quinoa or cauliflower rice instead.



## Cottage Cheese Crackers with Berries

3 servings

5 minutes

### Ingredients

- 1 1/2 cups Cottage Cheese
- 6 slices Light Rye Crisp Bread
- 1 1/2 cups Raspberries

### Nutrition

Amount per serving	
Calories	175
Fat	5g
Carbs	22g
Fiber	8g
Sugar	6g
Protein	14g
Cholesterol	18mg
Sodium	401mg
Vitamin A	167IU
Vitamin C	16mg
Calcium	112mg
Iron	2mg

### Directions

1

Spread the cottage cheese on top of each crisp bread. Top with raspberries and enjoy!

### Notes

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## Yogurt & Mixed Berry Sauce

4 servings

5 minutes

### Ingredients

- 2 cups Frozen Berries (thawed)
- 3 cups Plain Greek Yogurt
- 1 1/3 tbsps Honey

### Nutrition

Amount per serving	
Calories	196
Fat	4g
Carbs	25g
Fiber	3g
Sugar	17g
Protein	17g
Cholesterol	25mg
Sodium	105mg
Vitamin A	937IU
Vitamin C	31mg
Calcium	388mg
Iron	1mg

### Directions

- 1 Blend the mixed berries in a food processor until your desired consistency is reached.
- 2 Serve the yogurt with blended berries and honey. Enjoy!

### Notes

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

**Additional Toppings:** Top with fresh fruit, crushed nuts, or hemp seeds.



## Rice, Beef & Spinach

2 servings  
20 minutes

### Ingredients

- 1/2 cup Jasmine Rice
- 227 grams Extra Lean Ground Beef
- 2 cups Baby Spinach (packed)
- 1 1/2 tsps Tamari

### Nutrition

Amount per serving	
Calories	369
Fat	11g
Carbs	39g
Fiber	2g
Sugar	0g
Protein	27g
Cholesterol	74mg
Sodium	350mg
Vitamin A	2829IU
Vitamin C	8mg
Calcium	44mg
Iron	3mg

### Directions

- 1 Cook the rice according to the directions on the package.
- 2 Meanwhile, heat a large skillet over medium heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan.
- 3 Add the spinach to the beef and stir until the spinach has wilted. Add in the tamari and stir to combine.
- 4 Divide the rice between plates and top with the beef mixture. Enjoy!

### Notes

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

**More Flavor:** Add fresh garlic or ginger to the beef with the spinach.

**Additional Toppings:** Hot sauce, sesame seeds, sliced green onions and/or cilantro.

**No Tamari:** Use soy sauce or coconut aminos instead.

**No Beef:** Use ground chicken, turkey or pork instead.

**No Jasmine Rice:** Use brown rice, quinoa or cauliflower rice instead.



## 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.



## Chili Lime Shrimp Tacos

2 servings  
25 minutes

### Ingredients

227 grams Shrimp (large, peeled)  
1/2 Lime (zested and juiced, separated)  
1 tbsp Extra Virgin Olive Oil  
1 Garlic (cloves, minced)  
1/2 tsp Chili Powder  
1/4 tsp Sea Salt (divided)  
2 cups Green Cabbage (shredded)  
4 Corn Tortilla

### Nutrition

Amount per serving	
Calories	325
Fat	9g
Carbs	35g
Fiber	5g
Sugar	3g
Protein	26g
Cholesterol	183mg
Sodium	466mg
Vitamin A	291IU
Vitamin C	36mg
Calcium	315mg
Iron	2mg

### Directions

- 1 In a large bowl combine the shrimp, lime zest, olive oil, garlic, chili powder and half of the salt. Let shrimp marinate for 10 to 15 minutes.
- 2 Meanwhile, in a second bowl combine the cabbage with the lime juice and remaining salt and toss well. Set aside.
- 3 Heat a large nonstick pan over medium-high heat. Cook the shrimp until no longer opaque, about 1 to 2 minutes per side.
- 4 Meanwhile, warm the tortillas in a skillet over medium-low heat turning occasionally until soft.
- 5 To assemble the tacos, layer the cabbage and shrimp on top of a warm tortilla and season with additional lime juice if needed. Enjoy!

### Notes

**More Flavour:** Add your favourite taco toppings like avocado, salsa, cheese, jalapeno, sour cream and cilantro.

**Grain-Free:** Use lettuce wraps instead of corn tortillas.

**Serving Size:** One serving is equal to two tacos.

**Time Saver:** Tortillas can also be warmed in the microwave. Wrap the tortillas in a paper towel and heat for 30 to 60 seconds until soft and pliable.



## Salmon Nuggets with Peas

2 servings

20 minutes

### Ingredients

2 2/3 tbsps All Purpose Gluten-Free Flour  
Sea Salt & Black Pepper (to taste)  
2/3 Egg (large)  
28 grams Oat Crackers (crushed)  
227 grams Salmon Fillet (chopped into chunks, patted dry)  
2 cups 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.



## Chicken Tacos with Chipotle Coleslaw

2 servings

10 minutes

### Ingredients

- 1 1/3 tbsps Mayonnaise
- 2 tsps Lime Juice
- 1/2 tsp Honey
- 1/4 tsp Garlic Powder
- 1/4 tsp Onion Powder
- 1/2 tsp Chipotle Powder
- Sea Salt & Black Pepper (to taste)
- 1 1/2 cups Coleslaw Mix
- 227 grams Chicken Breast, Cooked (shredded)
- 1/4 cup Cilantro (chopped)
- 4 Corn Tortilla

### Nutrition

Amount per serving	
Calories	401
Fat	11g
Carbs	35g
Fiber	4g
Sugar	4g
Protein	38g
Cholesterol	122mg
Sodium	141mg
Vitamin A	2429IU
Vitamin C	29mg
Calcium	240mg
Iron	2mg

### Directions

- 1 Combine mayonnaise, lime juice, honey, garlic powder, onion powder, chipotle powder, salt, and pepper in a medium mixing bowl and whisk with a fork until combined. Add the coleslaw mix and stir until well coated.
- 2 Divide the coleslaw mixture, shredded chicken, and cilantro evenly between the corn tortillas. Enjoy!

### Notes

**Leftovers:** Refrigerate the coleslaw separately from the other ingredients in an airtight container for up to three days.

**Serving Size:** One serving is equal to two tacos.

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

**Grain-Free:** Use cassava, coconut, or almond flour tortillas instead.



## Bison with Quick Pickled Veggies & Rice

2 servings  
25 minutes

### Ingredients

- 1/2 cup Jasmine Rice (dry, rinsed)
- 1/2 Cucumber (medium, sliced)
- 1/2 cup Matchstick Carrots
- 2 tbsps Water
- 1 tbsp Apple Cider Vinegar
- 1 1/2 tsps Maple Syrup
- 227 grams Ground Bison
- 1 tbsp Tamari

### Nutrition

Amount per serving	
Calories	370
Fat	8g
Carbs	48g
Fiber	2g
Sugar	6g
Protein	28g
Cholesterol	62mg
Sodium	609mg
Vitamin A	2318IU
Vitamin C	4mg
Calcium	41mg
Iron	4mg

### Directions

- 1 Cook the rice according to the package directions.
- 2 Meanwhile, combine the cucumber, carrot, water, vinegar, and maple syrup in a bowl. Refrigerate until ready to use.
- 3 Heat a skillet over medium-high heat. Add the bison and tamari, breaking up the meat as it cooks. Cook for seven to eight minutes or until the bison is cooked through.
- 4 Drain the pickled veggies. Divide the rice, pickled veggies, and bison evenly between plates. Enjoy!

### Notes

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

**More Flavor:** Add garlic, salt, hoisin sauce, and/or sesame oil to the bison.

**Additional Toppings:** Top with sriracha or your hot sauce of choice.



## Spaghetti with Mussels

1 serving  
30 minutes

### Ingredients

- 1/4 cup Brown Rice Spaghetti
- 1/4 cup Water (reserved from cooking pasta)
- 227 grams Mussels
- 1/2 tsp Extra Virgin Olive Oil
- 1/4 Yellow Onion (medium, chopped)
- 1 Garlic (clove, minced)
- 2 2/3 tbsps Vegetable Broth
- Sea Salt & Black Pepper (to taste)
- 1/4 Lemon (juiced)
- 1 tbsp Parsley (chopped)

### Nutrition

Amount per serving	
Calories	436
Fat	9g
Carbs	57g
Fiber	3g
Sugar	3g
Protein	32g
Cholesterol	64mg
Sodium	763mg
Vitamin A	772IU
Vitamin C	29mg
Calcium	88mg
Iron	11mg

### Directions

- 1 Cook the pasta according to the package directions. Reserve the pasta water and drain.
- 2 Meanwhile, place mussels in a large colander and rinse with cold water. Discard any broken mussels and remove beards if necessary.
- 3 Warm the oil in a pan over medium heat. Add the onion and cook for three to four minutes or until translucent. Add garlic and cook for another minute.
- 4 Add the broth to the pan and bring to simmer. Transfer mussels to the simmering liquid and cover with a lid. Let them steam for six to eight minutes or until the mussels have opened.
- 5 Add the drained pasta to the pan along with a splash of the pasta water. Stir and let simmer for about three minutes. Season with salt and pepper and add more pasta water as needed.
- 6 Evenly divide the pasta and mussels onto plates. Top with lemon juice and parsley. Enjoy!

### Notes

**Leftovers:** Remove cooked mussels from their shells and refrigerate in an airtight container for up to two days.

**Serving Size:** One serving is equal to approximately 1 1/2 cups. 1/2 cup of dry spaghetti is equal to 128 grams or 4 1/2 ounces.

**More Flavor:** Add chili flakes and cream.