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with Style

**12 Week Carb Cycling Meal
Plan for Females (High Carb) 2**

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	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Soba Breakfast Bowl	 Soba Breakfast Bowl	 Soba Breakfast Bowl	 Peach Blueberry Smoothie	 Peach Blueberry Smoothie	 Banana Cinnamon Smoothie	 Banana Cinnamon Smoothie
Snack 1	 0.5 Grapefruit with Cottage Cheese	 Grapefruit with Cottage Cheese	 Grapefruit with Cottage Cheese	 Greek Yogurt & Clementines	 Greek Yogurt & Clementines	 Greek Yogurt & Clementines	 Greek Yogurt & Clementines
Lunch	 Beef & Shredded Veggies with Rice	 Beef Kafta Casserole	 Hummus-Crusted Chicken with Turmeric Rice	 One Pan Salmon, Beans & Potatoes	 Grilled Honey Dijon Salmon with Zucchini & Quinoa	 Jerk Spiced Pulled Pork Tacos	 Cod, Cauliflower Steaks & Rice
Snack 2	 0.5 Sardine Toast with Tomato & Onion	 Sardine Toast with Tomato & Onion	 Sardine Toast with Tomato & Onion	 Yogurt & Orange Slices	 Yogurt & Orange Slices	 Yogurt & Orange Slices	 Yogurt & Orange Slices
Dinner	 Beef Kafta Casserole	 Hummus-Crusted Chicken with Turmeric Rice	 One Pan Salmon, Beans & Potatoes	 Grilled Honey Dijon Salmon with Zucchini & Quinoa	 Jerk Spiced Pulled Pork Tacos	 Cod, Cauliflower Steaks & Rice	 Lemon & Garlic Seafood Fettuccine

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  28%	Fat  26%	Fat  25%	Fat  23%	Fat  24%	Fat  20%	Fat  19%
Carbs  46%	Carbs  46%	Carbs  46%	Carbs  46%	Carbs  44%	Carbs  47%	Carbs  51%
Protein  26%	Protein  28%	Protein  29%	Protein  31%	Protein  32%	Protein  33%	Protein  30%
Calories 1414	Calories 1506	Calories 1441	Calories 1441	Calories 1545	Calories 1432	Calories 1445
Fat 42g	Fat 43g	Fat 39g	Fat 38g	Fat 41g	Fat 33g	Fat 31g
Carbs 157g	Carbs 167g	Carbs 162g	Carbs 168g	Carbs 171g	Carbs 171g	Carbs 190g
Fiber 18g	Fiber 19g	Fiber 18g	Fiber 25g	Fiber 24g	Fiber 24g	Fiber 24g
Sugar 25g	Sugar 32g	Sugar 31g	Sugar 74g	Sugar 70g	Sugar 51g	Sugar 51g
Protein 90g	Protein 103g	Protein 102g	Protein 114g	Protein 124g	Protein 119g	Protein 114g
Cholesterol 549mg	Cholesterol 611mg	Cholesterol 599mg	Cholesterol 170mg	Cholesterol 199mg	Cholesterol 187mg	Cholesterol 241mg
Sodium 2567mg	Sodium 2718mg	Sodium 1569mg	Sodium 1037mg	Sodium 1210mg	Sodium 990mg	Sodium 1149mg
Vitamin A 16254IU	Vitamin A 11602IU	Vitamin A 9725IU	Vitamin A 3147IU	Vitamin A 3225IU	Vitamin A 2787IU	Vitamin A 2880IU
Vitamin C 193mg	Vitamin C 213mg	Vitamin C 176mg	Vitamin C 242mg	Vitamin C 225mg	Vitamin C 262mg	Vitamin C 433mg
Calcium 482mg	Calcium 605mg	Calcium 587mg	Calcium 1341mg	Calcium 1512mg	Calcium 1239mg	Calcium 1084mg
Iron 13mg	Iron 14mg	Iron 10mg	Iron 10mg	Iron 10mg	Iron 7mg	Iron 7mg

Fruits

- 1/3 Avocado
- 2 Banana
- 8 Clementines
- 3 Grapefruit
- 2/3 Lemon
- 2 tsps Lime Juice
- 4 Navel Orange

Seeds, Nuts & Spices

- 1/3 tsp Black Pepper
- 2 tbsps Chia Seeds
- 1/2 tsp Cinnamon
- 1/4 tsp Garlic Powder
- 1/3 cup Ground Flax Seed
- 1 1/8 tbsps Jerk Seasoning
- 2 1/4 tsps Lebanese Seven Spice Blend
- 1/2 tsp Paprika
- 1/4 tsp Red Pepper Flakes
- 1 1/4 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/2 tbsps Sesame Seeds
- 1/2 tsp Turmeric

Frozen

- 1 cup Frozen Blueberries
- 3/4 cup Frozen Corn
- 3/4 cup Frozen Green Beans
- 1 1/2 cups Frozen Peaches
- 4 Ice Cubes

Vegetables

- 2 cups Baby Spinach
- 3 tbsps Basil Leaves
- 1/2 cup Broccoli
- 1/2 head Cauliflower
- 1 3/4 tbsps Cilantro
- 1 1/2 tsps Fresh Dill
- 1 Garlic
- 6 cups Kale Leaves
- 1 1/4 cups Mini Potatoes
- 1/2 Orange Bell Pepper
- 1/4 cup Parsley
- 2/3 cup Red Onion
- 1/8 Sweet Onion
- 1/2 Sweet Potato
- 3 1/2 Tomato
- 1/4 Yellow Onion
- 1 1/2 Yellow Potato
- 2 Zucchini

Boxed & Canned

- 1/2 cup Basmati Rice
- 57 grams Brown Rice Fettuccine
- 150 grams Buckwheat Soba Noodles
- 3/4 cup Jasmine Rice
- 1/2 cup Quinoa
- 2 tbsps Salsa
- 84 grams Sardines
- 2 1/4 tsps Tomato Paste
- 1 cup Vegetable Broth

Baking

- 1 tbsp Raw Honey

Bread, Fish, Meat & Cheese

- 227 grams Chicken Thighs
- 1 Cod Fillet
- 4 Corn Tortilla
- 340 grams Extra Lean Ground Beef
- 302 grams Pork Shoulder, Boneless
- 454 grams Salmon Fillet
- 113 grams Scallops
- 64 grams Shrimp
- 3 slices Whole Grain Bread

Condiments & Oils

- 2 grams Avocado Oil Spray
- 1 tbsp Coconut Aminos
- 2 tbsps Dijon Mustard
- 1 1/4 tbsps Extra Virgin Olive Oil
- 2 1/4 tsps Rice Vinegar
- 2 1/4 tsps Tamari

Cold

- 1 1/2 tsps Butter
- 1 1/2 cups Cottage Cheese
- 6 Egg
- 2 tbsps Hummus
- 2 cups Oat Milk
- 5 cups Plain Greek Yogurt

Other

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



Soba Breakfast Bowl

3 servings
15 minutes

Ingredients

150 grams Buckwheat Soba Noodles
2 1/4 tsps Tamari
2 1/4 tsps Rice Vinegar
6 Egg
6 cups Kale Leaves (stems removed,
roughly chopped)
1/3 cup Water
1 1/2 tbsps Sesame Seeds (black)

Nutrition

Amount per serving	
Calories	418
Fat	13g
Carbs	40g
Fiber	3g
Sugar	1g
Protein	21g
Cholesterol	372mg
Sodium	569mg
Vitamin A	2561IU
Vitamin C	39mg
Calcium	210mg
Iron	3mg

Directions

- 1 Cook the soba noodles according to the directions on the package. Drain and rinse with cold water until completely cooled. Toss with the tamari and vinegar and set aside.
- 2 Heat a non-stick skillet over medium heat and crack the eggs in the skillet. Cook until the whites are set and the yolks are cooked to your liking. Repeat for each serving and transfer to a plate.
- 3 Gently scrape any bits and wipe down the skillet. Add the kale leaves and water over medium heat. Cook until wilted, about 3 minutes. Drain any excess liquid.
- 4 Divide the kale and soba noodles into bowls. Top with fried eggs, black sesame seeds and additional tamari, if desired. Enjoy!

Notes

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

Serving Size: One serving equals approximately one serving of soba noodles, two eggs and 1 1/2 cups of cooked kale.

Make it Vegan: Top with marinated tofu, tempeh, chickpeas or edamame instead of eggs.



Peach Blueberry Smoothie

2 servings

5 minutes

Ingredients

- 2 cups Oat Milk
- 1 cup Frozen Blueberries
- 1 1/2 cups Frozen Peaches
- 1/4 cup Ground Flax Seed
- 1/2 cup Vanilla Protein Powder

Nutrition

Amount per serving	
Calories	360
Fat	11g
Carbs	42g
Fiber	9g
Sugar	23g
Protein	26g
Cholesterol	4mg
Sodium	139mg
Vitamin A	412IU
Vitamin C	10mg
Calcium	497mg
Iron	2mg

Directions

1

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

Notes

Leftovers: For best results, enjoy freshly made. Refrigerate for up to one day.

No Oat Milk: Use plain coconut milk instead.

No Frozen Peaches: Use frozen mango.



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.



Grapefruit with Cottage Cheese

3 servings

5 minutes

Ingredients

- 1 1/2 cups Cottage Cheese
- 3 Grapefruit (peeled, cut into sections)

Nutrition

Amount per serving	
Calories	185
Fat	5g
Carbs	24g
Fiber	3g
Sugar	21g
Protein	13g
Cholesterol	18mg
Sodium	331mg
Vitamin A	2520IU
Vitamin C	88mg
Calcium	118mg
Iron	0mg

Directions

- 1 Add the cottage cheese to a bowl and top with grapefruit. Enjoy!

Notes

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

Additional Toppings: Hemp seeds, chia seeds, shredded coconut, and/or honey.

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



Greek Yogurt & Clementines

4 servings

5 minutes

Ingredients

2 cups Plain Greek Yogurt
8 Clementines (peeled, sectioned)

Nutrition

Amount per serving	
Calories	160
Fat	3g
Carbs	24g
Fiber	3g
Sugar	17g
Protein	12g
Cholesterol	17mg
Sodium	72mg
Vitamin A	625IU
Vitamin C	80mg
Calcium	294mg
Iron	1mg

Directions

- 1 Add the yogurt to a bowl and top with clementine slices. Enjoy!

Notes

Leftovers: Best enjoyed immediately or you can meal prep by storing in an airtight container for up to three days.

Make it Vegan: Use coconut yogurt instead of Greek yogurt.

More Flavor: Add maple syrup or honey.

Additional Toppings: Top with coconut flakes, granola, nuts, and seeds.



Beef & Shredded Veggies with Rice

1 serving
20 minutes

Ingredients

1/4 cup Jasmine Rice
113 grams Extra Lean Ground Beef
Sea Salt & Black Pepper (to taste)
1/2 Sweet Potato (medium, peeled and grated)
1/2 cup Broccoli (finely chopped, riced)
2 tbsps Salsa

Nutrition

Amount per serving	
Calories	440
Fat	12g
Carbs	56g
Fiber	5g
Sugar	5g
Protein	28g
Cholesterol	74mg
Sodium	357mg
Vitamin A	9671IU
Vitamin C	43mg
Calcium	64mg
Iron	3mg

Directions

- 1 Cook the rice according to package directions.
- 2 Add the beef to the pan, breaking it up as it cooks. Once it is cooked through and no longer pink, season with salt and pepper to taste.
- 3 Add the sweet potato and broccoli to the pan with the beef. Continue to cook for five to six minutes more or until the sweet potato and broccoli are tender. Stir in the salsa and season with additional salt and pepper if needed. 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 garlic and onions or dried herbs and spices to taste.

Additional Toppings: Green onion, avocado, cilantro, red pepper flakes, and/or more salsa.

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

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



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 & Orange Slices

4 servings

5 minutes

Ingredients

4 Navel Orange (large, sliced)
3 cups Plain Greek Yogurt

Nutrition

Amount per serving	
Calories	204
Fat	4g
Carbs	27g
Fiber	3g
Sugar	16g
Protein	18g
Cholesterol	25mg
Sodium	106mg
Vitamin A	1283IU
Vitamin C	94mg
Calcium	435mg
Iron	1mg

Directions

- 1 Serve the orange slices alongside the yogurt. Enjoy!

Notes

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

Dairy-Free: Use coconut yogurt instead.

Additional Toppings: Add cinnamon, honey, maple syrup, or granola to the yogurt.



Beef Kafta Casserole

2 servings
1 hour 25 minutes

Ingredients

227 grams Extra Lean Ground Beef
1/4 Yellow Onion (finely chopped)
1/4 cup Parsley (finely chopped)
2 1/4 tsps Lebanese Seven Spice Blend
3/4 tsp Sea Salt (divided)
1 1/2 Yellow Potato (medium-sized, sliced into 1/4-inch thick rounds)
1 1/2 Tomato (medium-sized, sliced into 1/4-inch thick rounds)
1/2 cup Red Onion (sliced into 1/4-inch thick semi-circles)
1 cup Vegetable Broth
2 1/4 tsps Tomato Paste
1/8 tsp Black Pepper (optional)

Nutrition

Amount per serving	
Calories	371
Fat	12g
Carbs	38g
Fiber	6g
Sugar	6g
Protein	28g
Cholesterol	74mg
Sodium	1341mg
Vitamin A	2261IU
Vitamin C	60mg
Calcium	68mg
Iron	6mg

Directions

- 1 Preheat the oven to 350°F (176°C).
- 2 Add the beef, onion, parsley, Lebanese 7 Spice and two-thirds of the salt to a large mixing bowl and mix until combined. Form the meat mixture into thin patties, 2 to 3 inches in diameter.
- 3 Heat a pan over medium-high heat. Brown the patties in batches, 2 to 3 minutes per side. Drain the excess drippings from the pan between batches.
- 4 Arrange the browned kafta patties, potato, tomato and red onion slices in a baking dish in any pattern you'd like.
- 5 In a small bowl combine the vegetable broth, tomato paste, remaining salt and black pepper, if using, and pour into the baking dish. Cover with foil or a lid.
- 6 Bake for 60 to 70 minutes or until the potatoes are soft. Let the casserole cool slightly before dividing between bowls. Enjoy!

Notes

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

More Flavor: Add fresh garlic to the meat mixture. Add additional Lebanese 7 Spice to the tomato sauce mixture.

No Beef: Use ground lamb instead.

Serve it With: Lebanese rice or a pita.

Red Onion: 1 cup of sliced red onion is roughly one medium-sized red onion.

Baking Dish: An 8.5 x 11.5-inch baking dish was used for four servings.



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.



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.



Grilled Honey Dijon Salmon with Zucchini & Quinoa

2 servings

30 minutes

Ingredients

- 1/2 cup Quinoa (dry, uncooked)
- 2 tbsps Dijon Mustard (grainy or regular)
- 1 tbsp Raw Honey
- 227 grams Salmon Fillet
- 2 Zucchini (sliced in half lengthwise)
- 3/4 tsp Extra Virgin Olive Oil
- 1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	411
Fat	12g
Carbs	42g
Fiber	5g
Sugar	13g
Protein	31g
Cholesterol	62mg
Sodium	528mg
Vitamin A	443IU
Vitamin C	35mg
Calcium	65mg
Iron	4mg

Directions

- 1 Cook the quinoa according to the directions on the package and set aside. While the quinoa cooks, combine the dijon mustard and honey in a jar. Mix well and set aside.
- 2 Preheat the grill to medium heat.
- 3 Place the salmon on a grill pan or mat and brush with 2/3 of the dijon glaze. Slice the zucchinis, brush them with olive oil and add them to the grill pan/mat too. Season everything with sea salt.
- 4 Place the salmon and zucchini on the grill, close the lid and grill for 10 to 15 minutes, or until salmon flakes with a fork and zucchini is tender. Flip the zucchini at the halfway point.
- 5 Remove everything from the grill and brush the salmon with the remaining dijon glaze. Divide the salmon, zucchini and quinoa onto plates and enjoy!

Notes

No Grill: Bake on a sheet in the oven at 400°F (204°C) degrees for 15 to 20 minutes, or until fish flakes with a fork.

No Zucchini: Use asparagus or green beans instead.

Lower Carb: Omit the quinoa or serve with cauliflower rice instead.

Leftovers: Store leftovers in an airtight container in the fridge up to 2 to 3 days.



Jerk Spiced Pulled Pork Tacos

2 servings
1 hour 5 minutes

Ingredients

302 grams Pork Shoulder, Boneless (cut into large chunks)
1 1/8 tbsps Jerk Seasoning
2 2/3 tbsps Water
4 Corn Tortilla
1/3 Avocado (sliced)
2 2/3 tbsps Red Onion (sliced thin)
1 3/4 tbsps Cilantro (roughly chopped)
2 tsps Lime Juice

Nutrition

Amount per serving	
Calories	410
Fat	11g
Carbs	36g
Fiber	4g
Sugar	1g
Protein	37g
Cholesterol	91mg
Sodium	365mg
Vitamin A	462IU
Vitamin C	6mg
Calcium	221mg
Iron	2mg

Directions

- 1 Add the pork shoulder to a large bowl and season well with the jerk seasoning, using your hands to rub it in.
- 2 Place the pork and water in your pressure cooker. Put the lid on and set to "sealing" then press manual/pressure cooker and cook for 40 minutes on high pressure. Once finished, let it release naturally for 10 minutes and then do a quick release. Remove the pork and place in a bowl. Shred it with two forks.
- 3 Place the pork into a tortilla and top with avocado, onion and cilantro. Drizzle with lime juice. Serve and enjoy!

Notes

Leftovers: Store ingredients separately in airtight containers in the fridge for up to 3 days. Assemble tacos just before eating.

Serving Size: One serving is equal to two tacos.

Additional Toppings: Diced mango or pineapple.



Cod, Cauliflower Steaks & Rice

2 servings

35 minutes

Ingredients

- 1/2 cup Basmati Rice (uncooked)
- 1 tbsp Extra Virgin Olive Oil
- 1 1/2 tsps Fresh Dill (chopped)
- 1/2 tsp Paprika
- 1/4 tsp Garlic Powder
- 1/4 tsp Sea Salt
- 1/2 head Cauliflower (medium, cut into 3/4-inch slices)
- 1 Cod Fillet (cut in half)

Nutrition

Amount per serving	
Calories	374
Fat	8g
Carbs	48g
Fiber	4g
Sugar	3g
Protein	28g
Cholesterol	50mg
Sodium	402mg
Vitamin A	340IU
Vitamin C	72mg
Calcium	53mg
Iron	1mg

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Cook the rice according to package instructions.
- 3 In a small bowl, whisk together the oil, dill, paprika, garlic powder, and salt. Brush the mixture evenly onto the cauliflower and cod fillets.
- 4 Arrange the cauliflower steaks onto the baking sheet and bake for 20 minutes. Remove, then add the cod to the center of the baking sheet and bake for an additional 12 minutes, or until the fish flakes with a fork.
- 5 Divide the cod, rice, and cauliflower steaks evenly between plates and enjoy!

Notes

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

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



Lemon & Garlic Seafood Fettuccine

1 serving
30 minutes

Ingredients

57 grams Brown Rice Fettuccine
1 1/2 tsps Butter
1 Garlic (cloves, large, minced)
113 grams Scallops (frozen)
64 grams Shrimp (frozen)
1/4 Lemon (juiced and zested)
1/2 Orange Bell Pepper (large, sliced)
Sea Salt & Black Pepper (to taste)
1/4 tsp Red Pepper Flakes

Nutrition

Amount per serving	
Calories	423
Fat	9g
Carbs	55g
Fiber	4g
Sugar	1g
Protein	32g
Cholesterol	145mg
Sodium	524mg
Vitamin A	555IU
Vitamin C	177mg
Calcium	66mg
Iron	2mg

Directions

- 1 Cook the fettuccine according to the package directions.
- 2 Meanwhile, warm the butter in a large pan over medium heat. Add the garlic and cook for one minute. Add the scallops and shrimp and cook for 10 minutes, flipping as needed to thaw.
- 3 Add the lemon juice and bell pepper to the pan and continue to cook for another five to 10 minutes, until softened. Season with salt and pepper to taste.
- 4 Divide the pasta, scallops, shrimp, and peppers evenly between bowls. Top with the pan sauce. Top with lemon zest and pepper flakes. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately one cup.