

















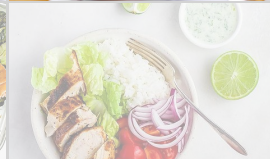




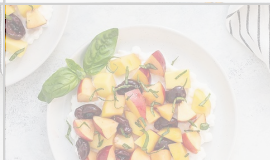


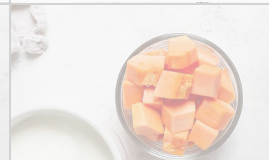


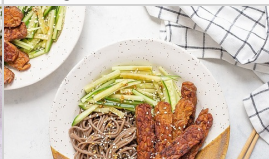


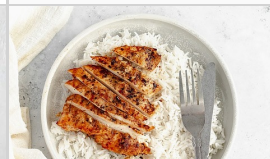
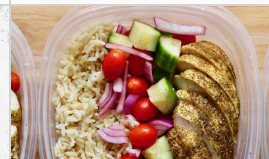


























EXERCISE
with Style

**12 Week Carb Cycling Meal
Plan for Females (High Carb) 3**

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Banana Cherry Smoothie	 Banana Cherry Smoothie	 Banana Cherry Smoothie	 Mixed Berry Protein Overnight Oats	 Mixed Berry Protein Overnight Oats	 Protein Cinnamon & Apple Oats	 Protein Cinnamon & Apple Oats
Snack 1	 Greek Yogurt & Clementines	 Greek Yogurt & Clementines	 Greek Yogurt & Clementines	 Creamy Mango Pudding	 Creamy Mango Pudding	 Creamy Mango Pudding	 Creamy Mango Pudding
Lunch	 Easy Chicken Fajitas	 Sole, Cilantro Rice & Cabbage	 Cucumber Soba Noodles with Tempeh	 Sesame Ginger Salmon with Veggies & Rice	 0.5 Cajun Chicken Meal Prep Bowl	 Grilled Peri Peri Chicken & Rice	 Meal Prep Greek Chicken Bowls
Snack 2	 Stone Fruit Salad with Cottage Cheese	 0.5 Stone Fruit Salad with Cottage Cheese	 0.5 Stone Fruit Salad with Cottage Cheese	 Yogurt & Papaya	 Yogurt & Papaya	 0.5 Yogurt & Papaya	 Yogurt & Papaya
Dinner	 Sole, Cilantro Rice & Cabbage	 Cucumber Soba Noodles with Tempeh	 Sesame Ginger Salmon with Veggies & Rice	 Cajun Chicken Meal Prep Bowl	 Grilled Peri Peri Chicken & Rice	 Meal Prep Greek Chicken Bowls	 Garlic Butter Baked Cod & Mushrooms

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  21%	Fat  21%	Fat  23%	Fat  22%	Fat  20%	Fat  20%	Fat  21%
Carbs  53%	Carbs  55%	Carbs  53%	Carbs  50%	Carbs  50%	Carbs  50%	Carbs  49%
Protein  26%	Protein  24%	Protein  24%	Protein  28%	Protein  30%	Protein  30%	Protein  30%
Calories 1478	Calories 1459	Calories 1479	Calories 1507	Calories 1442	Calories 1490	Calories 1423
Fat 36g	Fat 34g	Fat 39g	Fat 38g	Fat 33g	Fat 33g	Fat 34g
Carbs 199g	Carbs 200g	Carbs 197g	Carbs 193g	Carbs 183g	Carbs 189g	Carbs 177g
Fiber 25g	Fiber 22g	Fiber 19g	Fiber 19g	Fiber 16g	Fiber 18g	Fiber 20g
Sugar 88g	Sugar 79g	Sugar 78g	Sugar 58g	Sugar 52g	Sugar 44g	Sugar 53g
Protein 98g	Protein 90g	Protein 89g	Protein 108g	Protein 108g	Protein 112g	Protein 107g
Cholesterol 178mg	Cholesterol 97mg	Cholesterol 73mg	Cholesterol 167mg	Cholesterol 182mg	Cholesterol 215mg	Cholesterol 193mg
Sodium 1937mg	Sodium 1803mg	Sodium 1348mg	Sodium 2591mg	Sodium 1475mg	Sodium 1525mg	Sodium 1292mg
Vitamin A 5296IU	Vitamin A 3929IU	Vitamin A 6687IU	Vitamin A 14237IU	Vitamin A 6667IU	Vitamin A 2706IU	Vitamin A 3326IU
Vitamin C 306mg	Vitamin C 186mg	Vitamin C 150mg	Vitamin C 186mg	Vitamin C 149mg	Vitamin C 107mg	Vitamin C 157mg
Calcium 1421mg	Calcium 1264mg	Calcium 1246mg	Calcium 1078mg	Calcium 964mg	Calcium 634mg	Calcium 800mg
Iron 9mg	Iron 9mg	Iron 10mg	Iron 9mg	Iron 7mg	Iron 7mg	Iron 8mg

Fruits

- 2 Apple
- 1/2 cup Blueberries
- 1/2 cup Cherries
- 6 Clementines
- 3 tbsps Lime Juice
- 1/2 Mango
- 1 Nectarine
- 4 cups Papaya
- 1/2 cup Raspberries

Breakfast

- 2 tbsps Maple Syrup

Seeds, Nuts & Spices

- 1 tbsp Cajun Seasoning
- 3 tbsps Chia Seeds
- 3/4 tsp Chili Powder
- 1/4 tsp Cinnamon
- 1/3 tsp Cumin
- 1 tsp Garlic Powder
- 1 tbsp Greek Seasoning
- 2 tbsps Ground Flax Seed
- 2 tbsps Hemp Seeds
- 1 tbsp Peri Peri Spice
- 2/3 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tsp Sesame Seeds

Frozen

- 1 1/2 cups Frozen Banana
- 3 cups Frozen Cherries
- 2 cups Frozen Mango

Vegetables

- 1 tbsp Basil Leaves
- 2 cups Bok Choy
- 1 1/2 cups Cherry Tomatoes
- 3 1/8 tbsps Cilantro
- 5 Cremini Mushrooms
- 1 1/2 Cucumber
- 1/2 Garlic
- 1 1/4 tps Ginger
- 1/4 Green Bell Pepper
- 4 cups Green Cabbage
- 1/2 cup Red Onion
- 7 leaves Romaine
- 3/4 cup Shiitake Mushrooms
- 1 tsp Thyme
- 1/4 Yellow Bell Pepper
- 1/4 Yellow Onion

Boxed & Canned

- 1 1/4 cups Basmati Rice
- 3/4 cup Brown Rice
- 100 grams Buckwheat Soba Noodles
- 1 cup Jasmine Rice

Baking

- 1 tsp Coconut Sugar
- 2 cups Oats

Bread, Fish, Meat & Cheese

- 836 grams Chicken Breast
- 1/2 Cod Fillet
- 2 Corn Tortilla
- 170 grams Salmon Fillet
- 283 grams Sole Fillet
- 170 grams Tempeh

Condiments & Oils

- 1 1/2 tbsps Avocado Oil
- 2 tbsps Coconut Aminos
- 2 3/4 tbsps Extra Virgin Olive Oil
- 1 tbsp Red Wine Vinegar
- 2 1/4 tps Rice Vinegar
- 1 tbsp Tamari

Cold

- 1 1/4 tbsps Butter
- 1 cup Cottage Cheese
- 3 3/4 cups Plain Coconut Milk
- 5 1/2 cups Plain Greek Yogurt
- 1 cup Soy Milk
- 1/3 cup Unsweetened Coconut Yogurt

Other

- 60 grams Collagen Powder
- 1 cup Vanilla Protein Powder
- 3 cups Water



Banana Cherry Smoothie

3 servings

5 minutes

Ingredients

3 3/4 cups Plain Coconut Milk
(unsweetened from the carton)
3 cups Frozen Cherries
1 1/2 cups Frozen Banana
60 grams Collagen Powder
3 tbsps Chia Seeds

Nutrition

Amount per serving	
Calories	394
Fat	11g
Carbs	57g
Fiber	9g
Sugar	37g
Protein	22g
Cholesterol	0mg
Sodium	89mg
Vitamin A	2045IU
Vitamin C	12mg
Calcium	677mg
Iron	3mg

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.

Make it Vegan: Omit collagen powder and use plant-based protein powder.

Additional Toppings: Add spinach, frozen cauliflower, or hemp seeds to your smoothie.



Mixed Berry Protein Overnight Oats

2 servings

8 hours

Ingredients

- 1 cup Oats (rolled)
- 1/2 cup Vanilla Protein Powder
- 1 cup Soy Milk
- 1/4 cup Unsweetened Coconut Yogurt
- 2 tbsps Maple Syrup
- 1/2 cup Blueberries
- 1/2 cup Raspberries
- 2 tbsps Hemp Seeds

Nutrition

Amount per serving	
Calories	449
Fat	11g
Carbs	60g
Fiber	9g
Sugar	22g
Protein	31g
Cholesterol	4mg
Sodium	107mg
Vitamin A	31IU
Vitamin C	12mg
Calcium	385mg
Iron	4mg

Directions

- 1 In a bowl, add the oats and protein powder. Mix to combine. Stir in the milk, coconut yogurt, and maple syrup until smooth.
- 2 Divide evenly between jars and top with blueberries, raspberries, and hemp seeds. Refrigerate overnight or for at least eight hours. Enjoy!

Notes

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

Serving Size: One serving is approximately one cup.

No Soy Milk: Use any type of milk.

Additional Toppings: Cinnamon, coconut flakes, nut butter, nuts, and seeds.



Protein Cinnamon & Apple Oats

2 servings

10 minutes

Ingredients

- 2 cups Water
- 1 cup Oats
- 1/2 cup Vanilla Protein Powder
- 2 tbsps Ground Flax Seed
- 1/4 tsp Cinnamon
- 2 Apple (diced)

Nutrition

Amount per serving	
Calories	369
Fat	6g
Carbs	56g
Fiber	11g
Sugar	19g
Protein	26g
Cholesterol	4mg
Sodium	47mg
Vitamin A	99IU
Vitamin C	8mg
Calcium	183mg
Iron	3mg

Directions

- 1 Bring water to a boil in a small saucepan. Add the oats. Reduce to a steady simmer and cook, stirring occasionally for about seven to eight minutes or until oats are tender and most of the water is absorbed. Stir in the protein powder, ground flax seed, and cinnamon.
- 2 Transfer the cooked oats to a bowl and top with the apple. Enjoy!

Notes

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

Additional Toppings: Chopped pecans, walnuts, and/or banana.



Greek Yogurt & Clementines

3 servings

5 minutes

Ingredients

1 1/2 cups Plain Greek Yogurt
6 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.



Creamy Mango Pudding

4 servings

5 minutes

Ingredients

2 cups Frozen Mango
2 cups Plain Greek Yogurt

Nutrition

Amount per serving	
Calories	140
Fat	3g
Carbs	18g
Fiber	1g
Sugar	14g
Protein	12g
Cholesterol	17mg
Sodium	71mg
Vitamin A	1518IU
Vitamin C	37mg
Calcium	259mg
Iron	0mg

Directions

- 1 Blend the mango and yogurt in a mini food processor or using an immersion blender until well combined. Transfer to a cup and enjoy!

Notes

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

Additional Toppings: Top with fresh fruit, crushed nuts, shredded coconut, hemp seeds, or your sweetener of choice.



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.



Stone Fruit Salad with Cottage Cheese

2 servings

10 minutes

Ingredients

- 1 cup Cottage Cheese
- 1/2 cup Cherries (pitted, halved)
- 1/2 Mango (peeled, chopped)
- 1 Nectarine (pit removed, chopped)
- 1 tsp Basil Leaves (chopped)

Nutrition

Amount per serving	
Calories	209
Fat	5g
Carbs	30g
Fiber	3g
Sugar	25g
Protein	14g
Cholesterol	18mg
Sodium	332mg
Vitamin A	1386IU
Vitamin C	37mg
Calcium	108mg
Iron	1mg

Directions

1

Divide the cottage cheese onto plates and top with cherries, mango and nectarine. Garnish with fresh basil and enjoy!

Notes

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

Serving Size: One serving equals approximately two cups.

No Fresh Fruit: Use frozen, thawed fruit instead.

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

Additional Toppings: Balsamic glaze, olive oil, sea salt, pepper, hemp seeds, and/or crushed nuts.



Yogurt & Papaya

4 servings**5 minutes**

Ingredients

2 cups Plain Greek Yogurt
4 cups Papaya (peeled, seeds removed, chopped)

Nutrition

Amount per serving	
Calories	151
Fat	3g
Carbs	21g
Fiber	2g
Sugar	14g
Protein	12g
Cholesterol	17mg
Sodium	81mg
Vitamin A	625IU
Vitamin C	93mg
Calcium	278mg
Iron	1mg

Directions

- 1 Serve the yogurt with chopped papaya. Enjoy!

Notes

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

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

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



Sole, Cilantro Rice & Cabbage

2 servings

25 minutes

Ingredients

- 1/2 cup Basmati Rice (dry)
- 1 1/2 tsps Butter
- 4 cups Green Cabbage (chopped)
- 1 tbsp Lime Juice (divided)
- 1 tsp Garlic Powder (divided)
- 1/2 tsp Sea Salt (divided)
- 283 grams Sole Fillet
- 2 2/3 tsps Cilantro (finely chopped)

Nutrition

Amount per serving	
Calories	356
Fat	6g
Carbs	52g
Fiber	6g
Sugar	6g
Protein	24g
Cholesterol	71mg
Sodium	1043mg
Vitamin A	404IU
Vitamin C	68mg
Calcium	105mg
Iron	1mg

Directions

- 1 Cook the rice according to the package directions.
- 2 Preheat the oven to 400°F (205°C).
- 3 Melt the butter in a large pan over medium heat. Add the cabbage and cook for 10 minutes, stirring frequently.
- 4 Add half of the lime juice, half of the garlic powder, and half of the sea salt. Continue to cook for another five to 10 minutes, until the cabbage is completely cooked through.
- 5 Meanwhile, add the sole to a baking sheet and poke it several times with a fork. Pour the remaining lime juice over top. Season with the remaining garlic powder and salt. Bake in the oven for 12 to 15 minutes, or until cooked through.
- 6 Stir the cilantro into the rice. Divide the rice, cabbage, and fish fillets evenly between plates. Enjoy!

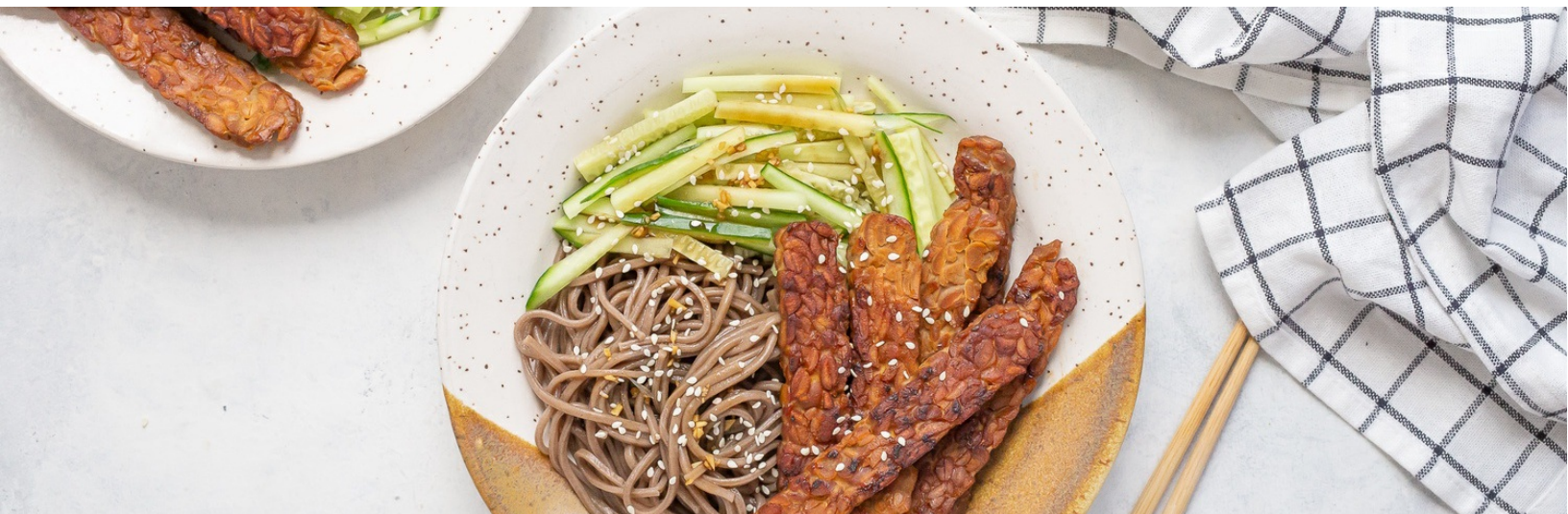
Notes

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

Serving Size: One serving is equal to approximately 1 1/4 cups of rice and cabbage with fish.

More Flavor: Season the fish with smoked paprika and/or cayenne pepper.

Dairy-Free: Use any cooking oil instead of butter.



Cucumber Soba Noodles with Tempeh

2 servings
25 minutes

Ingredients

100 grams Buckwheat Soba Noodles (dry, uncooked)
2 tbsps Coconut Aminos
1 tbsp Lime Juice
1/2 tsp Ginger (fresh, grated or minced)
170 grams Tempeh (cut into strips)
1 Cucumber (medium, julienned)
1 tsp Sesame Seeds

Nutrition

Amount per serving	
Calories	444
Fat	11g
Carbs	52g
Fiber	2g
Sugar	6g
Protein	25g
Cholesterol	0mg
Sodium	433mg
Vitamin A	162IU
Vitamin C	7mg
Calcium	134mg
Iron	3mg

Directions

- 1 Cook the soba noodles according to the directions on the package. Drain and rinse with cold water until completely cooled.
- 2 Meanwhile, stir together the coconut aminos, lime juice, and ginger in a bowl.
- 3 In a separate bowl, combine the tempeh and half the dressing until well coated. Let sit for five minutes. Heat a non-stick pan over medium heat and add the tempeh. Cook for about eight to 10 minutes, flipping halfway through. Remove and set aside.
- 4 Divide the soba noodles into bowls and top with the tempeh, cucumber, and sesame seeds. Drizzle with your desired amount of leftover dressing. Enjoy!

Notes

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

Serving Size: One serving equals approximately three cups.

More Flavor: Add garlic and/or maple syrup.

Additional Toppings: Add sliced green onions or red pepper flakes.



Sesame Ginger Salmon with Veggies & Rice

2 servings

25 minutes

Ingredients

- 1/2 cup Jasmine Rice (uncooked)
- 2 1/4 tsps Extra Virgin Olive Oil
- 2 1/4 tsps Rice Vinegar
- 1 tsp Coconut Sugar
- 1 tbsp Tamari
- 3/4 tsp Ginger (minced)
- 170 grams Salmon Fillet
- 3/4 cup Shiitake Mushrooms (stems removed)
- 2 cups Bok Choy (baby, halved)

Nutrition

Amount per serving	
Calories	376
Fat	11g
Carbs	49g
Fiber	3g
Sugar	5g
Protein	23g
Cholesterol	47mg
Sodium	588mg
Vitamin A	3162IU
Vitamin C	32mg
Calcium	87mg
Iron	2mg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with aluminum foil and place a wire rack over top.
- 2 Cook the rice according to the directions on the package
- 3 In a small bowl, whisk the oil, rice vinegar, coconut sugar, tamari, and ginger.
- 4 Place the salmon skin side down on the baking sheet along with the mushrooms and bok choy. Pour the oil mixture over top of the salmon and the veggies.
- 5 Cook in the oven for 10 minutes, or until the salmon is nearly done. This will depend on the thickness of your salmon. Turn the oven to broil and cook for about three minutes more, until cooked through and slightly charred. Divide onto plates along with the cooked rice and enjoy!

Notes

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

More Flavor: Add sriracha or chili flakes to the marinade.

Additional Toppings: Top with sesame seeds.

No Wire Rack: Line the baking sheet with parchment paper instead.



Cajun Chicken Meal Prep Bowl

2 servings
40 minutes

Ingredients

227 grams Chicken Breast (skinless, boneless)
1 tbsp Extra Virgin Olive Oil (divided)
1 tbsp Cajun Seasoning
1/2 cup Jasmine Rice (uncooked)
1 1/2 tbsps Unsweetened Coconut Yogurt
1 tbsp Lime Juice
1 1/2 tps Cilantro (chopped)
7 leaves Romaine (chopped)
1/2 cup Cherry Tomatoes (halved)
2 2/3 tbsps Red Onion (sliced thin)

Nutrition

Amount per serving	
Calories	391
Fat	10g
Carbs	45g
Fiber	4g
Sugar	3g
Protein	30g
Cholesterol	82mg
Sodium	1744mg
Vitamin A	8901IU
Vitamin C	12mg
Calcium	69mg
Iron	2mg

Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Lay the chicken breast on the baking sheet. Drizzle with half of the oil and sprinkle with cajun seasoning. Place in the oven for about 30 minutes, or until cooked through.
- 3 Meanwhile, cook the rice according to the directions on the package.
- 4 In a small bowl, add the yogurt, lime juice, cilantro, and remaining oil and mix well.
- 5 Divide the rice and chicken into bowls and add the romaine, cherry tomatoes, and red onion. Store the dressing separately and toss to combine when ready to eat. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
No Coconut Yogurt: Use Greek yogurt instead.
No Romaine: Use another green such as spinach or arugula.
No Cilantro: Omit or use another herb such as chives.
More Flavor: Add salt and pepper to the dressing and/or to the rice.



Grilled Peri Peri Chicken & Rice

2 servings
30 minutes

Ingredients

- 3/4 cup Basmati Rice (uncooked)
- 283 grams Chicken Breast (boneless, skinless)
- 1 tbsp Avocado Oil
- 1 tbsp Peri Peri Spice

Nutrition

Amount per serving	
Calories	506
Fat	11g
Carbs	61g
Fiber	2g
Sugar	0g
Protein	38g
Cholesterol	103mg
Sodium	344mg
Vitamin A	42IU
Vitamin C	1mg
Calcium	7mg
Iron	1mg

Directions

- 1 Preheat the grill over medium heat.
- 2 Cook the rice according to the package. While it is cooking, add the chicken to a bowl. Coat with the oil then season with the Peri-Peri spice.
- 3 Place the chicken on the grill and cook for about 10 minutes per side or until cooked through. Remove the chicken from the grill and let it rest for five minutes before slicing.
- 4 Divide the rice and chicken onto plates and enjoy!

Notes

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

Serving Size: One serving is approximately five ounces of sliced chicken and one cup of cooked rice.

Add Grilled Vegetables: Serve with grilled vegetables like asparagus, bell peppers, and/or zucchini.

More Flavor: Cook the rice in chicken or vegetable broth.



Meal Prep Greek Chicken Bowls

2 servings
50 minutes

Ingredients

- 1 cup Water
- 1/2 cup Brown Rice (dry)
- 227 grams Chicken Breast (skinless, boneless)
- 1 tbsp Greek Seasoning
- 1/2 Cucumber (medium, diced)
- 1/4 cup Red Onion (medium, diced)
- 1 cup Cherry Tomatoes
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Red Wine Vinegar
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	399
Fat	11g
Carbs	43g
Fiber	3g
Sugar	4g
Protein	30g
Cholesterol	82mg
Sodium	1022mg
Vitamin A	734IU
Vitamin C	14mg
Calcium	46mg
Iron	2mg

Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 While the oven is heating, bring the water to a boil in a small saucepan. Add the brown rice, reduce to a simmer, cover and let cook for 30 minutes.
- 3 Once the rice is on, lay the chicken breast on the baking sheet and sprinkle with Greek seasoning. Place in the oven for about 30 minutes, or until cooked through.
- 4 While the chicken and rice are cooking, dice your cucumber and red onion. Add them to a large bowl along with the cherry tomatoes, olive oil, red wine vinegar, salt and pepper. Mix well.
- 5 Divide the rice between containers along with the chicken and veggies. Enjoy!

Notes

Storage: Keeps well in the fridge for 3 days.

More Flavour: Add feta cheese or Tzatziki sauce if desired.

Homemade Greek Seasoning: Mix together 1/4 cup dried oregano, 3 tablespoons dried thyme, 2 tablespoons fine sea salt, 1.5 tablespoons dried basil, 1.5 tablespoons dried onion flakes and 2 teaspoons dried minced garlic.



Garlic Butter Baked Cod & Mushrooms

1 serving
30 minutes

Ingredients

- 1/4 cup Brown Rice (dry)
- 2 1/4 tsps Butter (unsalted, softened, divided)
- 1/2 Garlic (clove, minced)
- Sea Salt & Black Pepper (to taste)
- 1/2 Cod Fillet (cut in half)
- 1 tsp Thyme (fresh)
- 5 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.