





















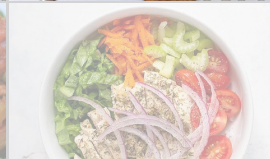









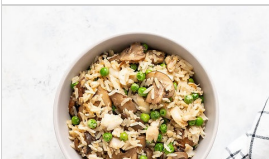


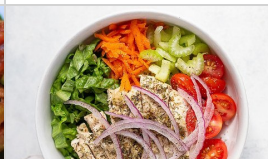



**EXERCISE**  
*with Style*






















**12 Week Carb Cycling Meal  
Plan for Females (High Carb) 4**

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



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Tropical Breakfast Bowl	 Tropical Breakfast Bowl	 Tropical Breakfast Bowl	 Apple Turmeric Smoothie	 Apple Turmeric Smoothie	 Pumpkin Pie Greek Yogurt	 Pumpkin Pie Greek Yogurt
Snack 1	 Yogurt, Clementine & Goji Berries	 Yogurt, Clementine & Goji Berries	 Yogurt, Clementine & Goji Berries	 Cherries & Greek Yogurt	 Cherries & Greek Yogurt	 Cherries & Greek Yogurt	 Cherries & Greek Yogurt
Lunch	 Tuna, Chickpea & Avocado Salad	 Mushroom & Sole Fried Rice	 Beef & Shredded Veggies with Rice	 Sweet Potato Chili Bowls	 0.5 Italian Chicken Meal Prep Bowls	 Cod & Potato Cakes with Yellow Beans	 Pesto Shrimp Pasta
Snack 2	 Yogurt Overnight Oats	 0.5 Yogurt Overnight Oats	 0.5 Yogurt Overnight Oats	 Creamy Mango Pudding	 Creamy Mango Pudding	 0.5 Creamy Mango Pudding	 Creamy Mango Pudding
Dinner	 Mushroom & Sole Fried Rice	 Beef & Shredded Veggies with Rice	 Sweet Potato Chili Bowls	 Italian Chicken Meal Prep Bowls	 Cod & Potato Cakes with Yellow Beans	 Pesto Shrimp Pasta	 Rice, Beef & Spinach

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  23%	Fat  22%	Fat  24%	Fat  22%	Fat  21%	Fat  21%	Fat  22%
Carbs  51%	Carbs  53%	Carbs  51%	Carbs  50%	Carbs  50%	Carbs  49%	Carbs  49%
Protein  26%	Protein  25%	Protein  25%	Protein  28%	Protein  29%	Protein  30%	Protein  29%
Calories 1443	Calories 1421	Calories 1451	Calories 1452	Calories 1411	Calories 1449	Calories 1377
Fat 38g	Fat 36g	Fat 40g	Fat 37g	Fat 34g	Fat 34g	Fat 34g
Carbs 189g	Carbs 191g	Carbs 189g	Carbs 189g	Carbs 180g	Carbs 183g	Carbs 170g
Fiber 30g	Fiber 20g	Fiber 32g	Fiber 37g	Fiber 30g	Fiber 20g	Fiber 12g
Sugar 71g	Sugar 58g	Sugar 62g	Sugar 69g	Sugar 66g	Sugar 65g	Sugar 64g
Protein 97g	Protein 91g	Protein 93g	Protein 104g	Protein 106g	Protein 110g	Protein 103g
Cholesterol 146mg	Cholesterol 179mg	Cholesterol 170mg	Cholesterol 162mg	Cholesterol 290mg	Cholesterol 454mg	Cholesterol 325mg
Sodium 1923mg	Sodium 1684mg	Sodium 1306mg	Sodium 1102mg	Sodium 915mg	Sodium 1808mg	Sodium 1642mg
Vitamin A 6915IU	Vitamin A 14996IU	Vitamin A 25960IU	Vitamin A 19867IU	Vitamin A 6560IU	Vitamin A 23480IU	Vitamin A 25664IU
Vitamin C 195mg	Vitamin C 202mg	Vitamin C 233mg	Vitamin C 110mg	Vitamin C 139mg	Vitamin C 126mg	Vitamin C 78mg
Calcium 1212mg	Calcium 1001mg	Calcium 1098mg	Calcium 1360mg	Calcium 1339mg	Calcium 1247mg	Calcium 1284mg
Iron 11mg	Iron 8mg	Iron 13mg	Iron 15mg	Iron 15mg	Iron 12mg	Iron 9mg

**Fruits**

- 2 Apple
- 1/2 Avocado
- 1/2 cup Blackberries
- 2 cups Cherries
- 3 Clementines
- 1 1/2 Kiwi
- 1 tbsp Lime Juice
- 3/4 Mango
- 3/4 cup Pineapple
- 1/2 cup Raspberries

**Breakfast**

- 3/4 cup Granola
- 1/3 cup Maple Syrup

**Seeds, Nuts & Spices**

- 2 tbsps Chia Seeds
- 1 1/4 tbsps Chili Powder
- 1 1/2 tsps Cinnamon
- 1/2 tsp Cumin
- 1/3 tsp Garlic Powder
- 3 tbsps Goji Berries
- 1 tsp Italian Seasoning
- 1 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tbsps Turmeric

**Frozen**

- 1 cup Cauliflower Rice
- 2 cups Frozen Mango
- 1/2 cup Frozen Peas

**Vegetables**

- 1 cup Baby Spinach
- 1 cup Broccoli
- 1/2 Carrot
- 1 3/4 stalks Celery
- 1 1/2 cups Cherry Tomatoes
- 6 Cremini Mushrooms
- 1/4 Cucumber
- 2 Garlic
- 1/4 Green Bell Pepper
- 3/4 Jalapeno Pepper
- 2 tbsps Parsley
- 1/3 cup Red Onion
- 2 leaves Romaine
- 2 Sweet Potato
- 1/4 White Onion
- 2 2/3 cups Yellow Beans
- 1/3 Yellow Onion
- 2 2/3 Yellow Potato

**Boxed & Canned**

- 113 grams Brown Rice Fettuccine
- 1/2 cup Chickpeas
- 3/4 cup Diced Tomatoes
- 1/2 cup Green Lentils
- 1 3/4 cups Jasmine Rice
- 1/2 cup Red Kidney Beans
- 1/3 cup Salsa
- 1/2 can Tuna
- 1 cup Vegetable Broth

**Baking**

- 1 tsp Cane Sugar
- 1/2 cup Oats
- 2 tsps Pumpkin Pie Spice
- 1 cup Pureed Pumpkin
- 2 tsps Vanilla Extract

**Bread, Fish, Meat & Cheese**

- 227 grams Chicken Breast
- 1 1/3 Cod Fillet
- 340 grams Extra Lean Ground Beef
- 113 grams Extra Lean Ground Turkey
- 227 grams Shrimp
- 227 grams Sole Fillet

**Condiments & Oils**

- 1 1/2 tbsps Extra Virgin Olive Oil
- 1 tbsp Fish Sauce
- 2 tbsps Italian Dressing
- 2 2/3 tbsps Pesto
- 1 tbsp Red Wine Vinegar
- 3/4 tsp Tamari

**Cold**

- 1 1/3 tbsps Butter
- 1/2 cup Cow's Milk, Whole
- 1 1/3 Egg
- 2 1/2 cups Oat Milk
- 10 3/4 cups Plain Greek Yogurt

**Other**

- 1/2 cup Vanilla Protein Powder





## Tropical Breakfast Bowl

3 servings

5 minutes

### Ingredients

- 2 1/4 cups Plain Greek Yogurt
- 3/4 cup Pineapple (chopped)
- 3/4 Mango (peeled and chopped)
- 1 1/2 Kiwi (peeled and chopped)
- 3/4 cup Granola

### Nutrition

Amount per serving	
Calories	377
Fat	12g
Carbs	48g
Fiber	6g
Sugar	29g
Protein	22g
Cholesterol	25mg
Sodium	115mg
Vitamin A	1906IU
Vitamin C	94mg
Calcium	424mg
Iron	2mg

### Directions

1

Divide the yogurt between bowls and top with the pineapple, mango, kiwi, and granola. Enjoy!

### Notes

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

**Additional Toppings:** Chopped nuts, seeds, shredded coconut, and/or honey.

**Fruit:** Add banana and/or berries.

**Dairy-Free:** Use coconut yogurt instead.

**Grain-Free:** Omit the granola.



## Apple Turmeric Smoothie

2 servings

5 minutes

### Ingredients

- 2 1/2 cups Oat Milk
- 2 Apple (small, cored, chopped)
- 1 cup Cauliflower Rice (or chopped florets)
- 1/2 cup Vanilla Protein Powder
- 2 tbsps Turmeric
- 2 tbsps Chia Seeds (plus more for garnish if desired)

### Nutrition

Amount per serving	
Calories	425
Fat	11g
Carbs	60g
Fiber	15g
Sugar	29g
Protein	27g
Cholesterol	4mg
Sodium	180mg
Vitamin A	98IU
Vitamin C	8mg
Calcium	664mg
Iron	7mg

### Directions

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

### Notes

**Leftovers:** Best enjoyed immediately. Refrigerate in an airtight container for two days.

**More Flavor:** Add ground ginger, cinnamon, or nutmeg.

**No Cauliflower Rice:** Use pumpkin puree or steamed sweet potato instead.

**No Oat Milk:** Use almond, soy, pea, rice, coconut, or dairy milk instead.



## Pumpkin Pie Greek Yogurt

2 servings

5 minutes

### Ingredients

2 cups Plain Greek Yogurt  
1 cup Pureed Pumpkin  
1/4 cup Maple Syrup  
2 tsps Pumpkin Pie Spice  
1 tsp Vanilla Extract  
1/2 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	338
Fat	6g
Carbs	50g
Fiber	4g
Sugar	35g
Protein	23g
Cholesterol	34mg
Sodium	742mg
Vitamin A	20319IU
Vitamin C	20mg
Calcium	584mg
Iron	3mg

### Directions

- 1 Whisk all of the ingredients together in a bowl until well combined. Enjoy!

### Notes

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

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

**Make it Vegan:** Use coconut yogurt.

**Additional Toppings:** Top with granola.





## Yogurt, Clementine & Goji Berries

3 servings

5 minutes

### Ingredients

- 1 1/2 cups Plain Greek Yogurt
- 3 Clementines
- 3 tbsps Goji Berries
- 1 1/2 tsps Cinnamon

### Nutrition

Amount per serving	
Calories	148
Fat	3g
Carbs	20g
Fiber	3g
Sugar	12g
Protein	12g
Cholesterol	17mg
Sodium	88mg
Vitamin A	2131IU
Vitamin C	46mg
Calcium	296mg
Iron	1mg

### Directions

- 1 Combine all ingredients in a bowl and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately but can be refrigerated in an airtight container for up to three days.

**Make it Vegan:** Use dairy-free yogurt instead.

**More Flavor:** Add vanilla.

**Additional Toppings:** Granola, hazelnuts, or almonds.





## Cherries & Greek Yogurt

4 servings

5 minutes

### Ingredients

2 cups Plain Greek Yogurt  
2 cups Cherries (pitted)

### Nutrition

Amount per serving	
Calories	139
Fat	3g
Carbs	18g
Fiber	2g
Sugar	13g
Protein	12g
Cholesterol	17mg
Sodium	70mg
Vitamin A	674IU
Vitamin C	13mg
Calcium	260mg
Iron	1mg

### Directions

- 1 Serve the yogurt with the cherries. Enjoy!

### Notes

**Serving Size:** One serving is equal to 1/2 cup of yogurt and 1/2 cup of cherries.

**More Flavor:** Use vanilla yogurt.

**Additional Toppings:** Chocolate chips or cacao nibs.

**Dairy-Free:** Use dairy-free yogurt.



## Tuna, Chickpea & Avocado Salad

1 serving  
15 minutes

### Ingredients

- 1/2 can Tuna (drained, flaked with a fork)
- 1/2 cup Chickpeas (cooked, drained)
- 1/4 Cucumber (medium, chopped)
- 1/2 cup Cherry Tomatoes (halved)
- 1/4 Avocado (cubed)
- 2 tbsps Red Onion (sliced)
- 2 tbsps Italian Dressing
- 1 tbsp Parsley (fresh, chopped)

### Nutrition

Amount per serving	
Calories	333
Fat	11g
Carbs	37g
Fiber	12g
Sugar	11g
Protein	26g
Cholesterol	30mg
Sodium	547mg
Vitamin A	1185IU
Vitamin C	25mg
Calcium	98mg
Iron	5mg

### Directions

- 1 Divide the tuna, chickpeas, cucumber, tomatoes, avocado, and onion evenly between bowls. Top evenly with the dressing and parsley. Enjoy!

### Notes

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

**No Italian Dressing:** Use olive oil and lemon juice instead.

**No Tuna:** Use other canned fish like salmon or mackerel.

**Canned Tuna:** One can of tuna is equal to 165 grams or 5.8 ounces, drained.



## Yogurt Overnight Oats

**2 servings****8 hours**

### Ingredients

- 1 cup Plain Greek Yogurt
- 1/2 cup Cow's Milk, Whole
- 2 tsp Maple Syrup
- 1 tsp Vanilla Extract
- 1/2 cup Oats
- 1/2 cup Blackberries
- 1/2 cup Raspberries

### Nutrition

Amount per serving	
Calories	259
Fat	6g
Carbs	35g
Fiber	6g
Sugar	14g
Protein	16g
Cholesterol	23mg
Sodium	99mg
Vitamin A	811IU
Vitamin C	23mg
Calcium	354mg
Iron	2mg

### Directions

- 1 In a bowl, combine the yogurt, milk, maple syrup, and vanilla extract. Stir in the oats.
- 2 Divide evenly between jars and top with blackberries and raspberries. Refrigerate overnight or for at least eight hours. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately one cup.

**Make it Vegan:** Use plant-based yogurt and milk of choice.

**Additional Toppings:** Top with cinnamon, coconut flakes, nut butter, 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.



## Mushroom & Sole Fried Rice

2 servings

30 minutes

### Ingredients

- 1/2 cup Jasmine Rice (dry, uncooked)
- 1 tbsp Fish Sauce
- 1 tsp Cane Sugar (to taste)
- 1 tbsp Lime Juice (to taste)
- 1 1/2 tps Extra Virgin Olive Oil (divided)
- 6 Cremini Mushrooms (sliced)
- 227 grams Sole Fillet (boneless)
- 1/2 cup Frozen Peas

### Nutrition

Amount per serving	
Calories	326
Fat	6g
Carbs	49g
Fiber	3g
Sugar	5g
Protein	21g
Cholesterol	51mg
Sodium	1074mg
Vitamin A	882IU
Vitamin C	7mg
Calcium	40mg
Iron	1mg

### Directions

- 1 Cook the rice according to package instructions and set aside.
- 2 In a small saucepan over medium heat, whisk the fish sauce and cane sugar together until dissolved. Remove from heat and add the lime juice. Set aside.
- 3 In a large nonstick pan, heat half the oil over medium-high heat. Cook the mushrooms until soft, about five minutes. Transfer to a bowl.
- 4 Heat the remaining oil in the same pan over medium-high heat. Cook the sole fillets for one to two minutes per side or until opaque and cooked through.
- 5 Use your spatula to break up the sole into chunks. Stir in the mushroom, peas, cooked rice, and lime-fish sauce until well combined. Divide into bowls and enjoy!

### Notes

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

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

**More Flavor:** Add your choice of dried or fresh herbs.

**Additional Toppings:** Add scrambled eggs, corn, or green onions.



## Beef & Shredded Veggies with Rice

2 servings

20 minutes

### Ingredients

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





## Sweet Potato Chili Bowls

2 servings

2 hours

### Ingredients

113 grams Extra Lean Ground Turkey  
1/4 White Onion (chopped)  
2 Garlic (cloves, minced)  
1/4 Green Bell Pepper (chopped)  
1 tbsp Parsley (diced)  
3/4 Jalapeno Pepper (de-seeded and chopped)  
3/4 stalk Celery (diced)  
3/4 cup Diced Tomatoes  
1 1/4 tbsps Chili Powder  
1/2 tsp Cumin  
1 cup Vegetable Broth  
1/2 cup Red Kidney Beans (cooked, drained and rinsed)  
1/2 cup Green Lentils (cooked, drained and rinsed)  
1 Sweet Potato (optional)  
1/4 Avocado (peeled and diced)  
2 tbsps Salsa

### Nutrition

Amount per serving	
Calories	356
Fat	10g
Carbs	47g
Fiber	15g
Sugar	9g
Protein	23g
Cholesterol	42mg
Sodium	696mg

### Directions

- 1 Place a large pot over medium heat. Add ground turkey, onion, garlic, bell pepper, parsley, jalapenos and celery. Cook and stir occasionally until turkey is cooked.
- 2 Stir in tomatoes, chili powder and cumin. Cook for another 2 to 3 minutes.
- 3 Add the vegetable broth. Add the beans and lentils and bring to a boil over high heat. Reduce heat. Cover and let simmer for 1 hour.
- 4 In the meantime, preheat oven to 400°F (204°C). Pierce each sweet potato several times with a fork. Place potatoes on a baking sheet and bake for 45 minutes. (Note: This step is optional, the chili can be served with or without the sweet potatoes. It is just a fun touch!)
- 5 Remove sweet potatoes from oven. Make a slit in the top and use a spoon to carve out the majority of the sweet potato flesh to make a bowl. Be sure to leave some flesh in the potatoes so the bowl holds its shape and it will absorb the yummy flavour of the chili. Place the flesh in a bowl and set aside. (Don't throw it out! Use it to make sweet potato hummus or a mashed sweet potato side with a meal later on!)
- 6 Ladle your chili into your sweet potato bowls and top with diced avocado and salsa. Enjoy!

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Vitamin A	11846IU
Vitamin C	38mg
Calcium	137mg
Iron	6mg



## Italian Chicken Meal Prep Bowls

2 servings  
30 minutes

### Ingredients

227 grams Chicken Breast (skinless, boneless)  
1 tbsp Italian Seasoning  
1/2 cup Jasmine Rice (uncooked)  
1 tbsp Extra Virgin Olive Oil  
1 tbsp Red Wine Vinegar  
Sea Salt & Black Pepper (to taste)  
2 leaves Romaine (chopped)  
1 stalk Celery (medium, sliced)  
1/2 Carrot (medium, shredded)  
1 cup Cherry Tomatoes (halved)  
1/4 cup Red Onion (small, thinly sliced)

### Nutrition

Amount per serving	
Calories	392
Fat	10g
Carbs	46g
Fiber	4g
Sugar	4g
Protein	30g
Cholesterol	82mg
Sodium	85mg
Vitamin A	5731IU
Vitamin C	14mg
Calcium	40mg
Iron	1mg

### Directions

- 1 Preheat the oven to 350°F (180°C) and line a baking sheet with parchment paper.
- 2 Lay the chicken breast on the baking sheet and sprinkle with Italian 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 Whisk together the oil, red wine vinegar, and salt and black pepper.
- 5 Divide the romaine lettuce, rice, celery, carrot, tomatoes, chicken, and red onion into bowls. Drizzle the dressing over top and enjoy!

### Notes

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

**More Flavor:** Add your choice of additional herbs and spices or substitute your favorite salad dressing.

**Additional Toppings:** Add olives, avocado, cheese, sauerkraut, or kimchi.

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

**No White Rice:** Use brown rice, quinoa, or cauliflower rice and adjust the cooking time and quantity accordingly.





## Cod & Potato Cakes with Yellow Beans

2 servings  
45 minutes

### Ingredients

- 2 2/3 Yellow Potato (large, cubed)
- 1 1/3 Cod Fillet
- 2 2/3 cups Yellow Beans (halved)
- 1 1/3 Egg (whisked)
- 1/3 Yellow Onion (medium, diced)
- 1/3 tsp Garlic Powder
- 1/3 tsp Sea Salt
- 1 1/3 tbsps Butter (unsalted, divided)

### Nutrition

Amount per serving	
Calories	511
Fat	12g
Carbs	61g
Fiber	10g
Sugar	8g
Protein	40g
Cholesterol	211mg
Sodium	551mg
Vitamin A	1404IU
Vitamin C	74mg
Calcium	136mg
Iron	6mg

### Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Bring a pot of water with a steaming basket to a boil. Add the potatoes, cover, and steam for 15 minutes, or until fork-tender.
- 3 While the potatoes are steaming, add the cod fillets to the prepared baking sheet and bake for 12 to 15 minutes.
- 4 Remove the potatoes from the steaming basket and transfer them to a large mixing bowl. To the same steaming basket, add the yellow beans and steam for 10 minutes.
- 5 Add the eggs, onion, garlic powder, salt, and half of the butter to the potatoes. Mash until smooth. Once the cod has finished baking, chop it finely and stir it into the potato mixture until well combined.
- 6 Create your cod and potato cakes by forming patties approximately two inches in diameter and 1/2 inch thick.
- 7 Warm the remaining butter in a pan and transfer the cakes to the pan. Cook for five minutes on each side, until browned and slightly crispy. Work in batches if needed.
- 8 Serve with the yellow beans and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days. The cod and potato cakes can be frozen for up to three months.

**Serving Size:** One serving is equal to approximately three cod and potato cakes with

beans.

**Additional Toppings:** Add tartar sauce or aioli to the fish cakes and garnish with fresh parsley.

**Dairy-Free:** Use coconut oil instead of butter.

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



## Pesto Shrimp Pasta

2 servings  
20 minutes

### Ingredients

113 grams Brown Rice Fettuccine  
227 grams Shrimp (peeled, deveined)  
1/8 tsp Sea Salt  
2 2/3 tbsps Pesto

### Nutrition

Amount per serving	
Calories	391
Fat	11g
Carbs	45g
Fiber	3g
Sugar	2g
Protein	29g
Cholesterol	183mg
Sodium	409mg
Vitamin A	324IU
Vitamin C	0mg
Calcium	137mg
Iron	2mg

### Directions

- 1 Cook the pasta according to the directions on the package. Set aside at least 1/4 cup of pasta water. Strain the pasta and run cold water over it to prevent over-cooking. Add the pasta back to the pot.
- 2 Meanwhile, heat a few tablespoons of the pasta water in a skillet over medium heat. Add the shrimp and cook for 1 to 3 minutes per side, or until no longer translucent. Add more pasta water if needed. Season with salt.
- 3 Add the shrimp and pesto to the pasta and gently combine until well coated. Divide onto plates and enjoy!

### Notes

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

**Serving Size:** One serving equals approximately two cups.

**More Flavor:** Cook the shrimp with butter or oil instead of pasta water.

**Additional Toppings:** Red pepper flakes, fresh herbs, lemon juice.





## Rice, Beef & Spinach

1 serving  
20 minutes

### Ingredients

- 1/4 cup Jasmine Rice
- 113 grams Extra Lean Ground Beef
- 1 cup Baby Spinach (packed)
- 3/4 tsp 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.