









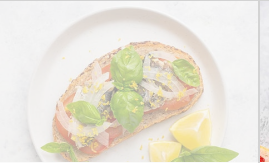





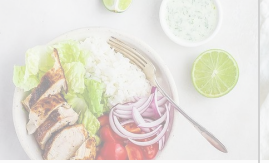














**EXERCISE**  
*with Style*






















**12 Week Carb Cycling Meal  
Plan for Females (High Carb) 5**

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



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Cherries, Banana & Cottage Cheese	 Cherries, Banana & Cottage Cheese	 Cherries, Banana & Cottage Cheese	 Tempeh, Lettuce & Tomato Sandwich	 Tempeh, Lettuce & Tomato Sandwich	 Mixed Berry Protein Porridge	 Mixed Berry Protein Porridge
Snack 1	 Sardine Toast with Tomato & Onion	 Sardine Toast with Tomato & Onion	 Sardine Toast with Tomato & Onion	 Grapefruit with Cottage Cheese	 Grapefruit with Cottage Cheese	 Grapefruit with Cottage Cheese	 Grapefruit with Cottage Cheese
Lunch	 15 Minute Shrimp Puttanesca	 BBQ Salmon Bowls with Peach Salsa	 Cajun Chicken Meal Prep Bowl	 Chili Chicken Macaroni	 Spaghetti in Cauliflower Alfredo Sauce	 Sheet Pan Spicy Jerk Shrimp with Pineapple	 Hummus-Crusted Chicken with Turmeric Rice
Snack 2	 Stone Fruit Salad with Cottage Cheese	 Stone Fruit Salad with Cottage Cheese	 Stone Fruit Salad with Cottage Cheese	 Yogurt & Orange Slices	 0.5 Yogurt & Orange Slices	 Yogurt & Orange Slices	 Yogurt & Orange Slices
Dinner	 0.5 BBQ Salmon Bowls with Peach Salsa	 0.5 Cajun Chicken Meal Prep Bowl	 Chili Chicken Macaroni	 Spaghetti in Cauliflower Alfredo Sauce	 Sheet Pan Spicy Jerk Shrimp with Pineapple	 Hummus-Crusted Chicken with Turmeric Rice	 Roasted Vegetable Quinoa Salad

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  22%	Fat  23%	Fat  24%	Fat  21%	Fat  20%	Fat  22%	Fat  25%
Carbs  49%	Carbs  48%	Carbs  47%	Carbs  50%	Carbs  53%	Carbs  50%	Carbs  47%
Protein  29%	Protein  29%	Protein  29%	Protein  29%	Protein  27%	Protein  28%	Protein  28%
Calories 1410	Calories 1424	Calories 1488	Calories 1487	Calories 1455	Calories 1494	Calories 1416
Fat 36g	Fat 36g	Fat 40g	Fat 36g	Fat 33g	Fat 38g	Fat 41g
Carbs 181g	Carbs 174g	Carbs 178g	Carbs 191g	Carbs 200g	Carbs 191g	Carbs 172g
Fiber 24g	Fiber 17g	Fiber 22g	Fiber 27g	Fiber 25g	Fiber 25g	Fiber 25g
Sugar 72g	Sugar 70g	Sugar 65g	Sugar 55g	Sugar 57g	Sugar 66g	Sugar 60g
Protein 106g	Protein 106g	Protein 111g	Protein 110g	Protein 100g	Protein 108g	Protein 101g
Cholesterol 327mg	Cholesterol 229mg	Cholesterol 274mg	Cholesterol 200mg	Cholesterol 273mg	Cholesterol 333mg	Cholesterol 197mg
Sodium 1943mg	Sodium 2213mg	Sodium 3281mg	Sodium 1751mg	Sodium 1766mg	Sodium 1313mg	Sodium 1149mg
Vitamin A 3677IU	Vitamin A 7795IU	Vitamin A 14090IU	Vitamin A 8229IU	Vitamin A 7372IU	Vitamin A 9611IU	Vitamin A 14664IU
Vitamin C 92mg	Vitamin C 90mg	Vitamin C 101mg	Vitamin C 301mg	Vitamin C 353mg	Vitamin C 357mg	Vitamin C 292mg
Calcium 643mg	Calcium 539mg	Calcium 587mg	Calcium 935mg	Calcium 761mg	Calcium 1167mg	Calcium 1220mg
Iron 10mg	Iron 7mg	Iron 11mg	Iron 14mg	Iron 11mg	Iron 9mg	Iron 11mg

**Fruits**

- 3 Banana
- 2 1/4 cups Cherries
- 4 Grapefruit
- 1 1/8 Lemon
- 1/2 Lime
- 3 tbsps Lime Juice
- 3/4 Mango
- 4 Navel Orange
- 1 1/2 Nectarine
- 1 Peach
- 1 cup Pineapple

**Breakfast**

- 2 tbsps Almond Butter

**Seeds, Nuts & Spices**

- 1 tbsp Cajun Seasoning
- 1 1/2 tsps Chili Powder
- 2 tsps Cinnamon
- 1/2 tsp Cumin
- 2 1/2 tsps Jerk Seasoning
- 1/4 tsp Red Pepper Flakes
- 0 Sea Salt & Black Pepper
- 1/4 tsp Smoked Paprika
- 1/2 tsp Turmeric

**Frozen**

- 2 cups Frozen Berries

**Vegetables**

- 1/2 cup Arugula
- 1 1/2 cups Asparagus
- 2 cups Baby Spinach
- 1/4 cup Basil Leaves
- 1/2 head Cauliflower
- 1/2 cup Cherry Tomatoes
- 3 1/2 tbsps Cilantro
- 1/2 Cucumber
- 3 1/4 Garlic
- 1/2 Jalapeno Pepper
- 3/4 Leeks
- 1 tbsp Mint Leaves
- 3/4 cup Mixed Greens
- 3 tbsps Parsley
- 1 1/4 Red Bell Pepper
- 1 1/8 cups Red Onion
- 7 leaves Romaine
- 2/3 Sweet Onion
- 1/4 Sweet Potato
- 5 Tomato
- 1/2 Yellow Onion

**Boxed & Canned**

- 1 Anchovy
- 1/2 cup Basmati Rice
- 1/2 cup Brown Rice
- 1/2 cup Brown Rice Spaghetti
- 1/4 cup Chicken Broth
- 1/2 cup Crushed Tomatoes
- 1 cup Jasmine Rice
- 1/2 cup Macaroni
- 1/2 cup Mixed Beans
- 2 tbsps Quinoa
- 84 grams Sardines
- 64 grams Whole Wheat Linguine

**Baking**

- 1/2 cup Oats

**Bread, Fish, Meat & Cheese**

- 227 grams Chicken Breast
- 113 grams Chicken Breast, Cooked
- 227 grams Chicken Thighs
- 227 grams Extra Lean Ground Chicken
- 1 tbsp Feta Cheese
- 411 grams Salmon Fillet
- 340 grams Shrimp
- 100 grams Tempeh
- 7 slices Whole Grain Bread

**Condiments & Oils**

- 1 1/2 tsps Balsamic Vinegar
- 1 1/2 tsps Capers
- 2 tsps Dijon Mustard
- 3 1/4 tbsps Extra Virgin Olive Oil
- 1 1/2 tsps Pitted Kalamata Olives
- 1 tbsp Tamari

**Cold**

- 6 1/2 cups Cottage Cheese
- 1 cup Egg Whites
- 2 tbsps Hummus
- 3 cups Plain Greek Yogurt
- 2 cups Unsweetened Almond Milk
- 1 1/2 tbsps Unsweetened Coconut Yogurt

**Other**

- 1/4 cup Water



## Cherries, Banana & Cottage Cheese

3 servings

5 minutes

### Ingredients

3 cups Cottage Cheese  
3 Banana (medium, sliced)  
1 1/2 cups 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.





## Tempeh, Lettuce & Tomato Sandwich

2 servings

40 minutes

### Ingredients

- 1 tbsp Tamari
- 1 1/2 tsps Balsamic Vinegar
- 1/2 tsp Chili Powder
- 1/4 tsp Smoked Paprika
- Sea Salt & Black Pepper (to taste)
- 100 grams Tempeh (cut into thin slices)
- 2 tsps Dijon Mustard
- 4 slices Whole Grain Bread (toasted)
- 3/4 cup Mixed Greens
- 1 Tomato (small, sliced)

### Nutrition

Amount per serving	
Calories	343
Fat	9g
Carbs	43g
Fiber	7g
Sugar	6g
Protein	23g
Cholesterol	0mg
Sodium	927mg
Vitamin A	1170IU
Vitamin C	10mg
Calcium	156mg
Iron	4mg

### Directions

- 1 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 2 In a zipper-lock bag or shallow bowl, mix the tamari, balsamic vinegar, chili powder, paprika, salt and pepper together. Add in the tempeh and let it marinate for 10 to 15 minutes.
- 3 Arrange the tempeh in an even layer on the baking sheet. Bake for 18 to 20 minutes, flipping halfway through. Remove from the oven and set aside.
- 4 Spread the mustard on one slice of toast. Layer the mixed greens, tomato, and tempeh and season to taste with salt and pepper. Close the sandwich and enjoy!

### Notes

**Leftovers:** This is best assembled before serving. Tempeh can be prepared and cooked in advance and kept in the fridge for up to four days.

**Serving Size:** One serving is one sandwich.

**Gluten-Free:** Use gluten-free bread.

**No Mustard:** Use mayonnaise instead.



## Mixed Berry Protein Porridge

2 servings  
15 minutes

### Ingredients

- 1 1/2 cups Unsweetened Almond Milk
- 1/2 cup Oats (rolled)
- 2 cups Frozen Berries
- 2 tsps Cinnamon
- 1 cup Egg Whites
- 2 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.



## 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.





## Grapefruit with Cottage Cheese

4 servings

5 minutes

### Ingredients

2 cups Cottage Cheese  
4 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.



## 15 Minute Shrimp Puttanesca

1 serving  
15 minutes

### Ingredients

64 grams Whole Wheat Linguine  
113 grams Shrimp (large, peeled, deveined)  
Sea Salt & Black Pepper (to taste)  
1 1/2 tsps Extra Virgin Olive Oil  
3/4 Garlic (cloves, chopped)  
1 Anchovy (fillets, whole)  
1/2 cup Crushed Tomatoes (from the can)  
1 1/2 tsps Capers  
1 1/2 tsps Pitted Kalamata Olives (chopped)  
1 tbsp Parsley (chopped)

### Nutrition

Amount per serving	
Calories	419
Fat	10g
Carbs	56g
Fiber	10g
Sugar	8g
Protein	34g
Cholesterol	186mg
Sodium	641mg
Vitamin A	602IU
Vitamin C	17mg
Calcium	161mg
Iron	5mg

### Directions

- 1 Cook the pasta according to the directions on the package. Drain and set aside.
- 2 Pat the shrimp dry and season with salt and pepper.
- 3 Meanwhile, heat a dutch oven over medium-low heat. Once warm, add the oil. Add the garlic and anchovies and cook for one minute. Add the shrimp and cook for about two minutes per side, until bright pink and cooked through. Remove the shrimp with a slotted spoon and set aside.
- 4 Add the tomatoes with their juices, capers, and olives to the pot and bring to a low simmer. Cook for about five to eight minutes, until slightly thickened. Remove from the heat, add the pasta and the shrimp back in and toss to combine. Top with parsley and enjoy!

### Notes

**Leftovers:** Refrigerate in and airtight container for up to three days.  
**Serving Size:** One serving is about 1 1/2 cups of pasta with shrimp.  
**Gluten-Free:** Use a gluten-free pasta instead.  
**Additional Toppings:** Add chili flakes.  
**Make it Vegan:** Omit the anchovy and shrimp.



## Stone Fruit Salad with Cottage Cheese

3 servings  
10 minutes

### Ingredients

- 1 1/2 cups Cottage Cheese
- 3/4 cup Cherries (pitted, halved)
- 3/4 Mango (peeled, chopped)
- 1 1/2 Nectarine (pit removed, chopped)
- 1 1/2 tbsps 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 & 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

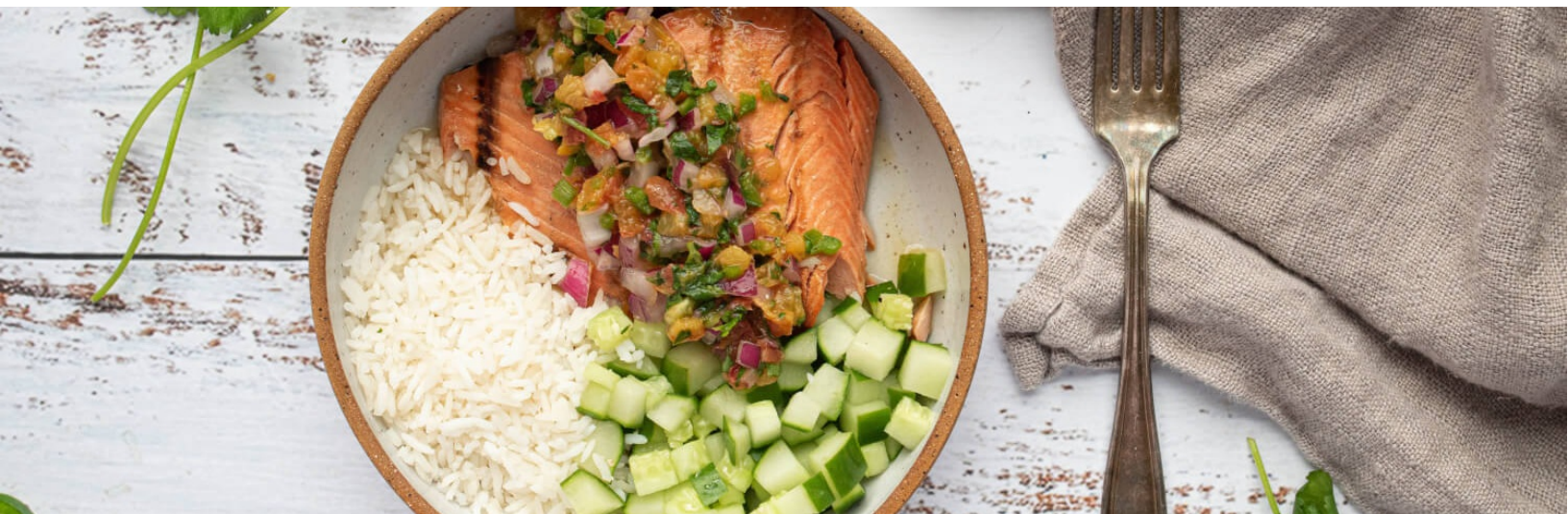
- 1 Serve the orange slices alongside the yogurt. Enjoy!

### 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.



## BBQ Salmon Bowls with Peach Salsa

2 servings  
35 minutes

### Ingredients

- 1/2 cup Basmati Rice (uncooked)
- 2 tbsps Lime Juice (divided)
- 340 grams Salmon Fillet
- 1 Peach (finely chopped)
- 1/4 cup Red Onion (finely diced)
- 1/2 Jalapeno Pepper (finely diced)
- 3 tbsps Cilantro (finely chopped)
- 1/2 Cucumber (medium, finely chopped)

### Nutrition

Amount per serving	
Calories	475
Fat	11g
Carbs	53g
Fiber	3g
Sugar	9g
Protein	39g
Cholesterol	94mg
Sodium	78mg
Vitamin A	538IU
Vitamin C	18mg
Calcium	45mg
Iron	2mg

### Directions

- 1 Cook the rice according to the package directions.
- 2 Preheat your barbecue to medium heat. While the rice is cooking, pour half of the lime juice over the salmon fillets and add them to the barbecue. Cook for 12 minutes, flipping halfway through.
- 3 Meanwhile, make the salsa by combining the peach, red onion, jalapeno, cilantro, and remaining lime juice in a bowl. Mix well.
- 4 Divide the cucumber, rice, salmon, and peach salsa evenly between bowls. Enjoy!

### Notes

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

**More Flavor:** Add sea salt to taste. Add a glaze to the salmon with tamari, ginger powder, and maple syrup.

**Additional Toppings:** Add mixed greens or avocado.



## 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 tpsps 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.





## Chili Chicken Macaroni

2 servings

15 minutes

### Ingredients

- 1/2 cup Macaroni (dry)
- 1/2 Yellow Onion (large, chopped)
- 227 grams Extra Lean Ground Chicken
- 1/4 cup Chicken Broth (divided)
- 1/2 cup Mixed Beans (cooked, rinsed)
- 2 Tomato (medium, diced)
- 1 tsp Chili Powder
- 1/2 tsp Cumin
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Parsley (chopped)

### Nutrition

Amount per serving	
Calories	344
Fat	10g
Carbs	35g
Fiber	6g
Sugar	3g
Protein	29g
Cholesterol	98mg
Sodium	274mg
Vitamin A	2383IU
Vitamin C	23mg
Calcium	59mg
Iron	5mg

### Directions

- 1 Cook the pasta al dente according to the package directions.
- 2 Heat a pan over medium-high heat. Add the onion, chicken, and half of the broth. Cook for five to seven minutes or until the chicken is no longer pink, and the onion is tender.
- 3 Stir in the beans, tomatoes, chili powder, cumin, and the remaining broth. Cook for three minutes. Add the cooked macaroni and season with salt and pepper. Mix well and cook for one more minute to heat through.
- 4 Stir in the fresh parsley and 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.

**Additional Toppings:** Top with parmesan cheese and/or cilantro.

**Gluten-Free:** Use gluten-free pasta.



## Spaghetti in Cauliflower Alfredo Sauce

2 servings  
30 minutes

### Ingredients

1 1/2 tpsps Extra Virgin Olive Oil (divided)  
1/2 Sweet Onion (diced)  
2 Garlic (cloves, minced and divided)  
1/2 head Cauliflower (small, cut into florets)  
1/3 cup Unsweetened Almond Milk  
1/2 Lemon (juiced)  
Sea Salt & Black Pepper (to taste)  
1 1/2 cups Asparagus (washed and trimmed)  
1/2 cup Brown Rice Spaghetti  
113 grams Chicken Breast, Cooked

### Nutrition

Amount per serving	
Calories	411
Fat	8g
Carbs	62g
Fiber	8g
Sugar	9g
Protein	27g
Cholesterol	59mg
Sodium	113mg
Vitamin A	873IU
Vitamin C	86mg
Calcium	167mg
Iron	4mg

### Directions

- 1 Preheat the oven to 425°F (218°C).
- 2 Heat half your olive oil in a frying pan over medium-low heat. Saute onion for five minutes or until translucent. Add in half of the minced garlic cloves and stir for another minute. Remove from the heat and set aside.
- 3 On the stove, bring a large pot of water to a boil. Drop in your cauliflower florets and let cook for five to six minutes (or until tender when pierced with a fork).
- 4 Place onion/garlic mix and cooked cauliflower in a blender. Add almond milk, lemon juice and season with salt and pepper to taste. Blend until a creamy consistency forms. (This may take some time. Add 1/4 cup almond milk and blend again if mixture is too thick.)
- 5 Add trimmed asparagus to a large mixing bowl. Toss with remaining extra virgin olive oil and minced garlic. Season with salt and pepper. Lay asparagus in a single layer across a parchment-lined baking sheet. Bake in the oven for 12 minutes.
- 6 In the meantime, bring a large pot of water to a boil and add brown rice spaghetti. Cook for seven to eight minutes. Remove from heat, strain, and run cold water over the pasta to prevent it from over-cooking.
- 7 Place pasta and asparagus into a large mixing bowl. Top with your desired amount of cauliflower sauce and toss well. Plate pasta and top with sliced chicken breast. Drizzle with a lemon wedge and season with a pinch of salt and pepper. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Store extra sauce separately for another use.

**More Flavor:** Add nutritional yeast or other dried herbs and spices to taste, like Italian seasoning to the cauliflower sauce.

**Additional Toppings:** Fresh herbs, red pepper flakes, parmesan cheese, or additional black pepper to taste.

**Make it Vegan:** Omit the chicken or use tofu or tempeh instead.

**Spaghetti Measurement:** One cup of dry spaghetti is equal to 255 grams or 9 ounces.





## Sheet Pan Spicy Jerk Shrimp with Pineapple

2 servings  
30 minutes

### Ingredients

- 1/2 cup Brown Rice
- 227 grams Shrimp (deveined, peeled, tails removed)
- 1 cup Pineapple (cut into cubes)
- 1 Red Bell Pepper (thinly sliced)
- 1/2 cup Red Onion (thinly sliced)
- 1 tbsp Extra Virgin Olive Oil
- 2 1/2 tsps Jerk Seasoning (or to taste)
- 1/2 Lime (juiced)

### Nutrition

Amount per serving	
Calories	414
Fat	9g
Carbs	57g
Fiber	5g
Sugar	13g
Protein	28g
Cholesterol	183mg
Sodium	342mg
Vitamin A	2167IU
Vitamin C	122mg
Calcium	102mg
Iron	2mg

### Directions

- 1 Cook the rice according to package directions.
- 2 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 3 Add the shrimp, pineapple, peppers, and onions to the baking sheet and drizzle with the oil and jerk seasoning. Toss until evenly coated then arrange everything into an even layer. Bake for six to eight minutes or until the shrimp is cooked through.
- 4 Remove the shrimp from the baking sheet and continue to cook for six to eight minutes more until the peppers are tender.
- 5 Return the shrimp to the baking sheet and drizzle with the lime juice and stir to combine. Divide the rice and shrimp between plates and enjoy!

### Notes

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

**More Flavor:** Add jalapeno or other hot peppers.

**Additional Toppings:** Lime wedges, cilantro, or green onion.

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



## 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.



## Roasted Vegetable Quinoa Salad

1 serving

1 hour

### Ingredients

71 grams Salmon Fillet (oven baked)  
1/4 Sweet Potato (diced into 1 inch cubes)  
1/4 Red Bell Pepper (diced)  
1/4 cup Red Onion (diced)  
3/4 Leeks (chopped)  
1/2 Garlic (cloves, peeled and halved)  
3/4 tsp Extra Virgin Olive Oil  
1/4 tsp Red Pepper Flakes  
2 tbsps Quinoa (uncooked)  
1/4 cup Water  
1/2 cup Arugula  
1 tbsp Mint Leaves  
1 tbsp Feta Cheese (crumbled)  
1/4 Lemon (juiced)  
Sea Salt & Black Pepper (to taste)

### Directions

- 1 If you are using salmon, cook your fillets up ahead of time in the oven seasoned with a bit of oil, salt, pepper and lemon juice.
- 2 Preheat oven to 415°F (213°C). Combine sweet potato, red bell pepper, red onion, leeks and garlic cloves in a large mixing bowl. Toss well with red pepper flakes and olive oil. Place veggies on a foil-lined baking sheet and cook for about 30 minutes or until golden. (Note: Veggies can also be done on the barbecue in a grilling basket.)
- 3 In the mean time, add quinoa and water to a small sauce pan. Bring to a boil over medium-high heat. Cover pot and reduce heat to a simmer. Let simmer for 12 minutes. Remove from heat and fluff with fork.
- 4 When your veggies are finished roasting, put them in a large mixing bowl. Add quinoa, mint, feta and arugula. Sprinkle with lemon juice and season with salt and pepper. Serve alone or with an oven-baked salmon fillet on the side. Enjoy!

### Nutrition

Amount per serving	
Calories	336
Fat	12g
Carbs	38g
Fiber	5g
Sugar	7g
Protein	21g
Cholesterol	47mg
Sodium	178mg
Vitamin A	7220IU
Vitamin C	57mg
Calcium	155mg



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Iron

4mg