










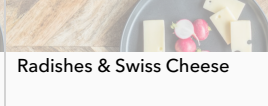





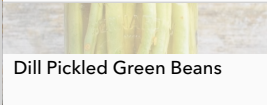
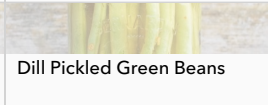

























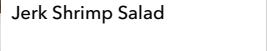
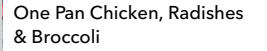
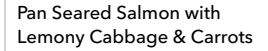
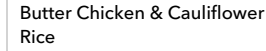
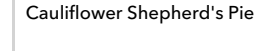

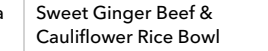























**EXERCISE**  
*with Style*

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

---

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Chicken, Kale & Avocado Bowl	 Chicken, Kale & Avocado Bowl	 Chicken, Kale & Avocado Bowl	 Smoked Salmon Avocado Yogurt Bowls	 Smoked Salmon Avocado Yogurt Bowls	 Peppers, Avocado & Egg Whites	 Peppers, Avocado & Egg Whites
Snack 1	 Radishes & Swiss Cheese	 Radishes & Swiss Cheese	 Radishes & Swiss Cheese	 Cabbage & Cauliflower Mini Egg White Bites	 Cabbage & Cauliflower Mini Egg White Bites	 Cabbage & Cauliflower Mini Egg White Bites	 Cabbage & Cauliflower Mini Egg White Bites
	 Dill Pickled Green Beans	 Dill Pickled Green Beans	 Dill Pickled Green Beans	 Dill Cashew Spread	 Dill Cashew Spread	 Dill Cashew Spread	 1.5 Dill Cashew Spread
Lunch	 Sardine & Avocado Endive Wraps	 Jerk Shrimp Salad	 One Pan Chicken, Radishes & Broccoli	 Pan Seared Salmon with Lemony Cabbage & Carrots	 Butter Chicken & Cauliflower Rice	 Cauliflower Shepherd's Pie	 Pressure Cooker Steak Fajita Bowls
Snack 2	 0.5 Smoked Salmon & Avocado Cucumber Bites	 Smoked Salmon & Avocado Cucumber Bites	 0.5 Smoked Salmon & Avocado Cucumber Bites	 Cottage Cheese Breakfast Bowl	 Cottage Cheese Breakfast Bowl	 Cottage Cheese Breakfast Bowl	 Cottage Cheese Breakfast Bowl
	 Jerk Shrimp Salad	 One Pan Chicken, Radishes & Broccoli	 Pan Seared Salmon with Lemony Cabbage & Carrots	 Butter Chicken & Cauliflower Rice	 Cauliflower Shepherd's Pie	 Pressure Cooker Steak Fajita Bowls	 Sweet Ginger Beef & Cauliflower Rice Bowl
Dinner	 Jerk Shrimp Salad	 One Pan Chicken, Radishes & Broccoli	 Pan Seared Salmon with Lemony Cabbage & Carrots	 Butter Chicken & Cauliflower Rice	 Cauliflower Shepherd's Pie	 Pressure Cooker Steak Fajita Bowls	 Sweet Ginger Beef & Cauliflower Rice Bowl

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  57%	Fat  54%	Fat  52%	Fat  51%	Fat  51%	Fat  49%	Fat  49%
Carbs  15%	Carbs  15%	Carbs  15%	Carbs  19%	Carbs  20%	Carbs  18%	Carbs  18%
Protein  28%	Protein  31%	Protein  33%	Protein  30%	Protein  29%	Protein  33%	Protein  33%
Calories 1414	Calories 1489	Calories 1442	Calories 1493	Calories 1408	Calories 1417	Calories 1445
Fat 93g	Fat 91g	Fat 85g	Fat 86g	Fat 82g	Fat 78g	Fat 82g
Carbs 57g	Carbs 57g	Carbs 56g	Carbs 72g	Carbs 73g	Carbs 66g	Carbs 68g
Fiber 35g	Fiber 27g	Fiber 24g	Fiber 22g	Fiber 23g	Fiber 21g	Fiber 19g
Sugar 11g	Sugar 16g	Sugar 20g	Sugar 29g	Sugar 29g	Sugar 24g	Sugar 21g
Protein 102g	Protein 120g	Protein 120g	Protein 115g	Protein 106g	Protein 119g	Protein 122g
Cholesterol 475mg	Cholesterol 467mg	Cholesterol 347mg	Cholesterol 388mg	Cholesterol 378mg	Cholesterol 398mg	Cholesterol 375mg
Sodium 2003mg	Sodium 2211mg	Sodium 1931mg	Sodium 2697mg	Sodium 2585mg	Sodium 2142mg	Sodium 2699mg
Vitamin A 19265IU	Vitamin A 14484IU	Vitamin A 9540IU	Vitamin A 8536IU	Vitamin A 8465IU	Vitamin A 8388IU	Vitamin A 3429IU
Vitamin C 120mg	Vitamin C 240mg	Vitamin C 298mg	Vitamin C 187mg	Vitamin C 186mg	Vitamin C 359mg	Vitamin C 286mg
Calcium 1203mg	Calcium 848mg	Calcium 807mg	Calcium 630mg	Calcium 614mg	Calcium 375mg	Calcium 336mg
Iron 12mg	Iron 9mg	Iron 9mg	Iron 10mg	Iron 12mg	Iron 10mg	Iron 9mg

**Fruits**

- 5 Avocado
- 1 3/4 Lemon
- 1 1/4 tbsps Lemon Juice
- 1/3 tsp Lemon Zest
- 3/4 Lime

**Seeds, Nuts & Spices**

- 3/4 tsp Black Peppercorns
- 2/3 cup Cashews
- 2 3/4 tps Chili Powder
- 2/3 tsp Cumin
- 1 1/2 tps Curry Powder
- 1/3 tsp Dried Thyme
- 1 tsp Garam Masala
- 1 1/16 tps Garlic Powder
- 1 1/2 tps Italian Seasoning
- 2 tps Jerk Seasoning
- 1/3 tsp Onion Powder
- 1/8 tsp Oregano
- 1 tsp Paprika
- 3/4 tsp Red Pepper Flakes
- 1 tbsp Sea Salt
- 0 Sea Salt & Black Pepper

**Frozen**

- 3 1/8 cups Cauliflower Rice

**Vegetables**

- 3 cups Broccoli
- 2 Carrot
- 1 head Cauliflower
- 1 stalk Celery
- 2 2/3 tbsps Chives
- 1/4 cup Cilantro
- 2 Cucumber
- 1/2 head Endive
- 3/4 cup Fresh Dill
- 3 1/4 Garlic
- 1 1/4 tbsps Ginger
- 1 1/8 cups Green Beans
- 2/3 Green Bell Pepper
- 4 cups Green Cabbage
- 1/2 stalk Green Onion
- 6 cups Kale Leaves
- 1 1/2 cups Mushrooms
- 1 Orange Bell Pepper
- 5 cups Radishes
- 2/3 Red Bell Pepper
- 1 2/3 cups Red Onion
- 8 leaves Romaine
- 1 1/3 cups Savoy Cabbage
- 9 White Button Mushrooms
- 1 1/2 Yellow Onion

**Boxed & Canned**

- 1/3 cup Beef Broth
- 1/2 cup Canned Coconut Milk
- 85 grams Sardines
- 2 tbsps Tomato Paste

**Baking**

- 1 1/2 tps Monk Fruit Sweetener

**Bread, Fish, Meat & Cheese**

- 454 grams Chicken Breast
- 340 grams Extra Lean Ground Chicken
- 227 grams Extra Lean Ground Turkey
- 114 grams Ny Striploin Steak
- 340 grams Salmon Fillet
- 254 grams Shrimp
- 270 grams Smoked Salmon
- 135 grams Swiss Cheese
- 281 grams Top Sirloin Steak

**Condiments & Oils**

- 3/4 cup Apple Cider Vinegar
- 3 1/2 tbsps Avocado Oil
- 2 1/4 tps Capers
- 1/2 cup Extra Virgin Olive Oil
- 1 1/2 tps Sesame Oil
- 2 1/4 tps Tamari

**Cold**

- 2 cups Cottage Cheese
- 4 Egg
- 3 1/3 cups Egg Whites
- 1 cup Plain Greek Yogurt

**Other**

- 1 cup Water



## Chicken, Kale & Avocado Bowl

3 servings  
20 minutes

### Ingredients

3/4 tsp Avocado Oil  
9 White Button Mushrooms (sliced)  
6 cups Kale Leaves (chopped)  
1/8 tsp Sea Salt (divided)  
340 grams Extra Lean Ground Chicken  
1/3 tsp Dried Thyme  
1/3 tsp Onion Powder  
1/8 tsp Oregano  
1/8 tsp Garlic Powder  
1 1/2 Avocado (sliced)

### Nutrition

Amount per serving	
Calories	362
Fat	26g
Carbs	13g
Fiber	9g
Sugar	2g
Protein	25g
Cholesterol	98mg
Sodium	248mg
Vitamin A	2174IU
Vitamin C	51mg
Calcium	132mg
Iron	3mg

### Directions

- 1 Heat a large skillet over medium heat and add the avocado oil and then the mushrooms. Cook for 8 to 10 minutes, until cooked through. Add the kale leaves and stir, cooking until just wilted. Season with half of the sea salt. Remove from the skillet and set aside.
- 2 In the same skillet, over medium heat, add the chicken, thyme, onion powder, oregano, garlic and the remaining sea salt. Cook for 10 to 12 minutes or until cooked through.
- 3 Add the mushrooms, kale and chicken to a bowl and top with sliced avocado. Serve and enjoy!

### Notes

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

**More Flavor:** Season the mushrooms and kale with additional spices or herbs.

**Additional Toppings:** Top with fresh herbs such as parsley.

**No Avocado Oil:** Use olive or coconut oil instead.



## Smoked Salmon Avocado Yogurt Bowls

2 servings  
10 minutes

### Ingredients

- 1 cup Plain Greek Yogurt
- 1/2 Cucumber (sliced)
- 100 grams Smoked Salmon (sliced)
- 1 Avocado (sliced)
- 1 1/2 tsps Fresh Dill (chopped)
- 2 tsps Avocado Oil
- 1/4 tsp Sea Salt
- 1/4 Lemon (sliced into wedges)

### Nutrition

Amount per serving	
Calories	364
Fat	24g
Carbs	18g
Fiber	7g
Sugar	5g
Protein	23g
Cholesterol	28mg
Sodium	710mg
Vitamin A	905IU
Vitamin C	22mg
Calcium	280mg
Iron	2mg

### Directions

- 1 Divide yogurt, cucumber, salmon and avocado into bowls or containers. Top with chopped dill, avocado oil and salt. Garnish with a lemon wedge.
- 2 Enjoy immediately or refrigerate until ready to eat.

### Notes

- Storage:** Refrigerate in an airtight container up to three days.  
**More Protein:** Add cooked or roasted chickpeas.



## Peppers, Avocado & Egg Whites

**2 servings****5 minutes**

### Ingredients

- 2 tsps Avocado Oil
- 2 cups Egg Whites
- 1 Avocado (sliced)
- 1 Orange Bell Pepper (stem and seeds removed, sliced)

### Nutrition

Amount per serving	
Calories	354
Fat	20g
Carbs	16g
Fiber	8g
Sugar	2g
Protein	29g
Cholesterol	0mg
Sodium	412mg
Vitamin A	333IU
Vitamin C	181mg
Calcium	39mg
Iron	1mg

### Directions

- 1 Heat the oil in a pan over medium-high heat. Add the egg whites and gently stir until cooked through, about three to four minutes.
- 2 Serve the egg whites alongside the bell peppers and avocado. Enjoy!

### Notes

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

**More Flavor:** Season with salt and pepper to taste, or add a dash of tamari.



## Radishes & Swiss Cheese

3 servings

5 minutes

### Ingredients

3 cups Radishes  
135 grams Swiss Cheese (sliced)

### Nutrition

Amount per serving	
Calories	195
Fat	14g
Carbs	5g
Fiber	2g
Sugar	2g
Protein	13g
Cholesterol	42mg
Sodium	129mg
Vitamin A	479IU
Vitamin C	17mg
Calcium	430mg
Iron	0mg

### Directions

- 1 Serve the radishes with the cheese. Enjoy!

### Notes

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

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





## Dill Pickled Green Beans

3 servings  
24 hours

### Ingredients

- 1 1/8 cups Green Beans (washed)
- 1/3 cup Fresh Dill (chopped)
- 3/4 Garlic (whole clove)
- 3/4 tsp Red Pepper Flakes
- 3/4 tsp Black Peppercorns
- 3/4 cup Apple Cider Vinegar (or 1 cup)
- 1/3 cup Water
- 3/4 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	32
Fat	0g
Carbs	5g
Fiber	1g
Sugar	2g
Protein	1g
Cholesterol	0mg
Sodium	597mg
Vitamin A	532IU
Vitamin C	6mg
Calcium	25mg
Iron	1mg

### Directions

- 1 Trim the ends from the green beans and cut them into equal lengths that will fit into a 500 mL mason jar.
- 2 Place the dill, garlic, red pepper flakes and peppercorns into the bottom of the jar. Turn the jar on it's side and tightly pack the beans in. Set jar aside.
- 3 In a medium sauce pan combine apple cider vinegar with water and sea salt. Bring to a boil. Once boiling, reduce to a simmer. Let simmer for 3 minutes.
- 4 Pour the brine into the jar with the beans. Cover with a lid and let cool. Transfer to the fridge and let sit for at least 24 hours before eating. Best flavour is usually after 2 weeks. These will keep in the fridge for at least 1 month. Enjoy!

### Notes

**Make it Last:** Can last up to 1 year if canned in a jar with a seal.

**Make More:** Double or triple the recipe to make more.

**Less Spicy:** Leave out the red pepper flakes.



## Cabbage & Cauliflower Mini Egg White Bites

4 servings  
25 minutes

### Ingredients

- 1 1/3 cups Egg Whites
- 2/3 cup Cauliflower Rice
- 1 1/3 cups Savoy Cabbage (finely chopped)
- 2 2/3 tbsps Chives
- 1/3 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	52
Fat	0g
Carbs	3g
Fiber	1g
Sugar	1g
Protein	10g
Cholesterol	0mg
Sodium	341mg
Vitamin A	320IU
Vitamin C	8mg
Calcium	19mg
Iron	0mg

### Directions

- 1 Preheat the oven to 350°F (175°C).
- 2 In a bowl, combine the egg whites, cauliflower rice, cabbage, chives, and salt.
- 3 Scoop the mixture into lined (or greased) mini muffin cups. Bake for 20 minutes or until cooked through. Let cool before serving. Enjoy!

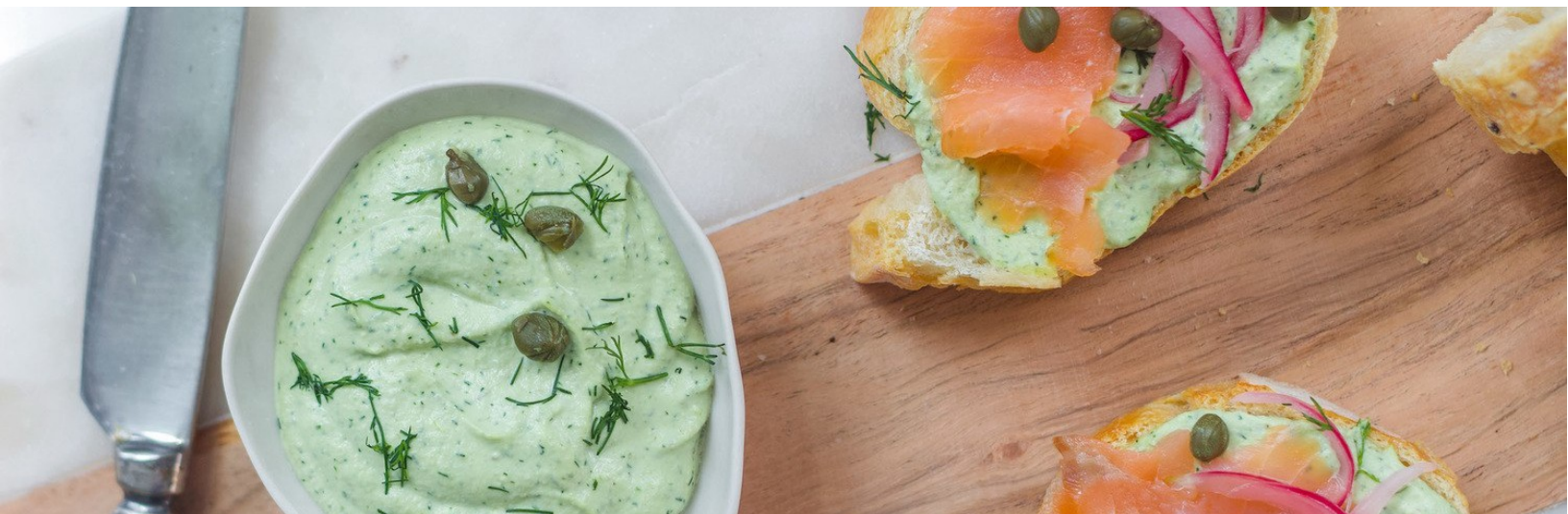
### Notes

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

**Serving Size:** One serving equals approximately four mini egg muffins.

**More Flavor:** Add a splash of tamari or soy sauce. Use whole eggs or a mixture of egg whites and whole eggs.

**Additional Toppings:** Add goat cheese or feta cheese.



## Dill Cashew Spread

5 servings  
10 minutes

### Ingredients

2/3 cup Cashews (soaked for at least 4 hours and rinsed)  
3 1/3 tbsps Water  
1 1/4 tbsps Lemon Juice  
1/3 tsp Lemon Zest  
1 1/4 tbsps Extra Virgin Olive Oil  
1/3 cup Fresh Dill (coarsley chopped)  
1 1/4 tpsps Capers  
1/16 tsp Sea Salt (or more to taste)

### Nutrition

Amount per serving	
Calories	130
Fat	11g
Carbs	6g
Fiber	1g
Sugar	1g
Protein	3g
Cholesterol	0mg
Sodium	57mg
Vitamin A	44IU
Vitamin C	2mg
Calcium	11mg
Iron	1mg

### Directions

- 1 Add the cashews, water, lemon juice, lemon zest and extra virgin olive oil to a blender or food processor. Blend on high until smooth and creamy.
- 2 Add the dill, capers and sea salt and blend again until incorporated.
- 3 Transfer to a dish and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container up to 5 to 6 days.

**Serving Size:** One serving is equal to approximately 3 tbsp of dip.

**Serve it With:** Crackers, bread, or veggies.

**No Cashews:** Use sunflower seeds instead.

**No Dill:** Use basil instead.

**Garlic Lover:** Add garlic for more flavour.



## Sardine & Avocado Endive Wraps

**1 serving****5 minutes**

### Ingredients

- 85 grams Sardines (packed in oil, drained)
- 1/2 Avocado (cubed)
- 1/2 head Endive (leaves separated)

### Nutrition

Amount per serving	
Calories	381
Fat	25g
Carbs	17g
Fiber	15g
Sugar	1g
Protein	26g
Cholesterol	121mg
Sodium	324mg
Vitamin A	5797IU
Vitamin C	27mg
Calcium	470mg
Iron	5mg

### Directions

- 1 In a bowl, gently break the sardines into chunks. Add avocado and toss until just combined.
- 2 Fill each endive leaf with the sardine avocado mixture. Enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately three endive-filled leaves.

**Additional Toppings:** Add green onions, chives, red onions, fresh or dried herbs and/or mayonnaise.

**No Endive:** Use lettuce leaves, radicchio leaves, sweet potato toast, crackers or bread instead.



## Smoked Salmon & Avocado Cucumber Bites

2 servings

5 minutes

### Ingredients

1/2 Cucumber (large)  
1/2 Avocado (mashed)  
170 grams Smoked Salmon  
1 tsp Capers  
1/8 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	191
Fat	11g
Carbs	7g
Fiber	4g
Sugar	2g
Protein	17g
Cholesterol	20mg
Sodium	757mg
Vitamin A	228IU
Vitamin C	7mg
Calcium	28mg
Iron	1mg

### Directions

- 1 Slice cucumber into 1/4-inch thick rounds.
- 2 In a small bowl, mash the avocado with a fork.
- 3 Top the cucumber with mashed avocado, smoked salmon, capers and sea salt. Serve and enjoy!

### Notes

**Leftovers:** Each of these ingredients spoil quickly when exposed to air. This recipe is best enjoyed the same day.

**More Flavor:** Add spices like chili flakes, cayenne or black pepper.

**Make it Vegan:** Omit the smoked salmon and use hemp hearts on top instead.



## Cottage Cheese Breakfast Bowl

4 servings

15 minutes

### Ingredients

- 4 Egg
- 1 Cucumber (sliced)
- 2 cups Cottage Cheese

### Nutrition

Amount per serving	
Calories	186
Fat	9g
Carbs	7g
Fiber	0g
Sugar	4g
Protein	18g
Cholesterol	204mg
Sodium	403mg
Vitamin A	496IU
Vitamin C	2mg
Calcium	127mg
Iron	1mg

### Directions

- 1 Place the egg in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 2 Strain the water and fill the saucepan with cold water. Peel the egg when cool enough to handle and slice into halves.
- 3 Top the cottage cheese with the egg halves and cucumber slices. Enjoy!

### Notes

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

**Dairy-Free:** Use oatmeal, coconut yogurt or vegan cheese instead of cottage cheese.

**More Flavor:** Add sea salt, black pepper, everything bagel seasoning, or a dash of tamari.

**Additional Toppings:** Sautéed mushrooms, zucchini, or chopped bacon.



## Jerk Shrimp Salad

2 servings  
15 minutes

### Ingredients

254 grams Shrimp (large, peeled, deveined)  
2 tsps Jerk Seasoning  
1/2 Lime (juiced, zested)  
2 tbsps Extra Virgin Olive Oil (divided)  
Sea Salt & Black Pepper (to taste)  
8 leaves Romaine (roughly chopped)  
1/2 Avocado (sliced)  
1/4 cup Red Onion (thinly sliced)  
1/4 cup Cilantro (roughly chopped, optional)

### Nutrition

Amount per serving	
Calories	348
Fat	22g
Carbs	13g
Fiber	6g
Sugar	3g
Protein	28g
Cholesterol	204mg
Sodium	326mg
Vitamin A	10169IU
Vitamin C	15mg
Calcium	132mg
Iron	2mg

### Directions

- 1 Add the shrimp to a medium-sized bowl along with the jerk seasoning. Toss to combine and let it marinate for about 10 minutes, while you prepare the rest of the salad.
- 2 In a small jar add the lime juice and zest, 2/3 of the oil, salt and pepper. Shake to combine.
- 3 Heat a cast-iron skillet over medium-high heat. Once hot, add the remaining oil and then add the shrimp. Cook for 3 minutes each side, or until cooked through. Remove and set aside.
- 4 Divide the romaine onto plates, and top with avocado, red onion and cilantro, if using. Add the shrimp on top and drizzle with the lime dressing. Enjoy!

### Notes

**Leftovers:** Refrigerate salad and shrimp in separate sealed containers for up to two days. The dressing can be refrigerated for up to five days.  
**Serving Size:** One serving is equal to approximately 2 cups of salad and 4 to 5 shrimp.  
**Likes it Sweeter:** Add a drizzle of honey to the dressing.



## One Pan Chicken, Radishes & Broccoli

2 servings  
40 minutes

### Ingredients

283 grams Chicken Breast  
Sea Salt & Black Pepper (to taste)  
1/2 Lemon (sliced into rounds)  
2 cups Radishes (quartered)  
3 cups Broccoli (chopped into florets)  
2 tbsps Avocado Oil

### Nutrition

Amount per serving	
Calories	361
Fat	18g
Carbs	14g
Fiber	5g
Sugar	5g
Protein	36g
Cholesterol	103mg
Sodium	154mg
Vitamin A	902IU
Vitamin C	144mg
Calcium	101mg
Iron	2mg

### Directions

- 1 Preheat oven to 375°F (191°C) and line a baking sheet with foil. Place chicken breasts in the middle of the sheet, sprinkle with sea salt and black pepper (if desired), and top with sliced lemon.
- 2 Toss the radishes and broccoli with avocado oil and sea salt. Add veggies to the pan, around the chicken. Bake for 30 minutes, or until chicken is cooked through.
- 3 To serve, divide chicken and veggies between plates, and squeeze lemon juice over top. Enjoy!

### Notes

**Leftovers:** Keep covered in the fridge up to 3 days.





## Pan Seared Salmon with Lemony Cabbage & Carrots

**2 servings****25 minutes**

### Ingredients

1 1/2 tbsps Extra Virgin Olive Oil (divided)  
4 cups Green Cabbage (thinly sliced)  
1 Carrot (medium, cut into matchsticks)  
2 tbsps Water  
1/4 tsp Sea Salt (divided)  
1 Lemon (large, divided)  
340 grams Salmon Fillet (boneless, skinless)  
1/2 tsp Garlic Powder

### Nutrition

Amount per serving	
Calories	396
Fat	21g
Carbs	15g
Fiber	5g
Sugar	8g
Protein	36g
Cholesterol	94mg
Sodium	424mg
Vitamin A	5339IU
Vitamin C	76mg
Calcium	105mg
Iron	2mg

### Directions

- 1 Heat 2/3 of the oil in a skillet over medium heat.
- 2 Add cabbage and carrot. Stir to coat in the oil and saute for a minute then add the water and cover with the lid. Steam for five to eight minutes or until the cabbage wilts down and the carrot is just tender, stirring once if needed. Season with half of the salt and the juice from half of the lemon. Transfer to a bowl to keep warm.
- 3 Meanwhile, pat the salmon fillets dry and season both sides with the garlic powder and the remaining salt. Cut the remaining lemon into wedges and set aside.
- 4 Carefully wipe the skillet clean with a paper towel then add the remaining oil. Add the seasoned salmon fillets to the pan and cook for four to five minutes per side or until the salmon is cooked through and browned. Season with additional salt if needed.
- 5 Divide the cabbage, salmon, and lemon wedges between plates. Squeeze the lemon wedges over top just before serving. Enjoy!

### Notes

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

**More Flavor:** Season the salmon with other dried herbs and spices, like onion powder or smoked paprika.

**No Salmon:** Use another fish like trout or cod instead.

**No Green Cabbage:** Use purple cabbage instead.

**Serving Size:** One serving is equal to 6 ounces of salmon and 1.5 cups of the cabbage and carrot mix.



## Butter Chicken & Cauliflower Rice

2 servings  
30 minutes

### Ingredients

170 grams Chicken Breast  
1 tbsp Extra Virgin Olive Oil  
1 Yellow Onion (diced)  
1 Garlic (cloves, minced)  
1 tbsp Ginger (grated)  
2 tbsps Tomato Paste  
1 tsp Paprika  
1 1/2 tsps Curry Powder  
1 tsp Garam Masala  
1/2 tsp Sea Salt  
1 1/2 tsps Chili Powder  
2 tbsps Water  
1/2 cup Canned Coconut Milk (full fat)  
1/2 head Cauliflower  
1/4 Lime (juiced)

### Nutrition

Amount per serving	
Calories	365
Fat	21g
Carbs	23g
Fiber	8g
Sugar	10g
Protein	25g
Cholesterol	62mg
Sodium	762mg
Vitamin A	1432IU
Vitamin C	77mg
Calcium	88mg
Iron	4mg

### Directions

- 1 Dice your chicken into cubes and set aside.
- 2 Heat olive oil in a large skillet over medium heat. Saute your onion, garlic and ginger. Stir in tomato paste, paprika, curry, garam masala, sea salt and chilli powder. Cook for 1 to 2 minutes or until fragrant.
- 3 Add diced chicken and stir until cooked through, about 5 to 7 minutes. Add in the water and loosen the paste.
- 4 Stir in coconut milk and reduce to simmer for about 5 minutes.
- 5 Meanwhile, create your cauliflower rice by adding the florets to the food processor. Process until the cauliflower has a rice-like consistency.
- 6 Squeeze lime juice on cauliflower rice and transfer into a bowl.
- 7 Remove from heat and ladle butter chicken over cauliflower rice. Enjoy!

### Notes

**Vegan or Budget-Friendly:** Skip the chicken breast and replace with chickpeas, lentils or beans.

**No Coconut Milk:** Use Greek yogurt instead.

**No Cauliflower Rice:** Serve over brown rice or quinoa instead.

**More Veggies:** Add chopped cauliflower, sweet potatoes, peas, broccoli, baby spinach or chopped kale. Or serve it with a side salad.

**Storage:** Refrigerate in an air-tight container for up to 2 - 3 days.



## Cauliflower Shepherd's Pie

2 servings

50 minutes

### Ingredients

- 1/2 head Cauliflower (chopped into florets)
- 1 tbsp Extra Virgin Olive Oil (divided)
- 1/2 Yellow Onion (diced)
- 1 Garlic (cloves, minced)
- 227 grams Extra Lean Ground Turkey
- 1 1/2 cups Mushrooms (sliced)
- 1 Carrot (diced)
- 1 stalk Celery (diced)
- 1 1/2 tsps Italian Seasoning
- 1/8 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	311
Fat	17g
Carbs	16g
Fiber	6g
Sugar	8g
Protein	27g
Cholesterol	84mg
Sodium	312mg
Vitamin A	5268IU
Vitamin C	75mg
Calcium	89mg
Iron	4mg

### Directions

- 1 Preheat oven to 350°F (177°C).
- 2 Place cauliflower florets in a medium sized saucepan, cover with water and bring to a boil. Let the florets boil until they are soft, about 15 minutes.
- 3 While the cauliflower is boiling, heat half of the olive oil in a large frying pan over medium heat. Add the onions and garlic, cook for 5 minutes or until onions are translucent.
- 4 Add the meat, and cook until browned.
- 5 Add the mushrooms, carrots, celery, Italian seasoning, and salt. Continue to cook for a few minutes, until the meat is cooked through. Remove from heat.
- 6 Drain the cauliflower and discard cooking water. Return the cauliflower to the pot and add the other half of the olive oil and a sprinkle of salt. Mash well until the cauliflower becomes almost like a puree.
- 7 Transfer the meat mixture to a casserole or pie dish and distribute into an even layer. Top with the cauliflower mash and spread it evenly across the top.
- 8 Place in the oven and bake for 20 minutes. Turn the oven to a low broil and broil for 10 minutes or until golden. Remove from oven and serve. Enjoy!

### Notes

**Vegan and Vegetarian:** Use cooked lentils instead of ground meat.



## Pressure Cooker Steak Fajita Bowls

2 servings  
25 minutes

### Ingredients

- 281 grams Top Sirloin Steak (cut into thick strips)
- 1 1/3 cups Red Onion (sliced, divided)
- 1 1/3 tsps Chili Powder
- 2/3 tsp Cumin
- 1/3 tsp Garlic Powder
- 1/3 tsp Sea Salt
- 2/3 Red Bell Pepper (sliced)
- 2/3 Green Bell Pepper (sliced)
- 1/3 cup Beef Broth
- 1 cup Cauliflower Rice

### Nutrition

Amount per serving	
Calories	384
Fat	21g
Carbs	18g
Fiber	5g
Sugar	8g
Protein	32g
Cholesterol	110mg
Sodium	617mg
Vitamin A	1927IU
Vitamin C	91mg
Calcium	90mg
Iron	3mg

### Directions

- 1 Add the steak and half of the onion to a mixing bowl. In a second mixing bowl add the peppers and the remaining onion.
- 2 In a small bowl combine the chili powder, cumin, garlic powder, and salt. Add 1/4 of the spice blend to the peppers and onions and toss to combine. Then add the remaining spice blend to the steak and onions and toss to combine.
- 3 Add the broth to the pressure cooker and then add the seasoned steak and onion. Close the lid. Set to "sealing", then press manual/pressure cooker and cook for 5 minutes on high pressure. Once it is done, release the pressure manually. Remove the lid carefully and add the seasoned peppers and onions. Close the lid, set to "sealing", then press manual/pressure cooker and cook for 1 minute on high pressure. Release pressure manually.
- 4 Transfer the steak and peppers to a bowl and season with additional salt if needed.
- 5 Carefully drain all but a splash of the cooking liquid from the pressure cooker insert. Turn the pressure cooker to sauté mode and add the cauliflower rice. Cook for 1 to 2 minutes or until the cauliflower meets your desired texture. Divide the cauliflower rice between bowls and top with the steak and peppers. Enjoy!

### Notes

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

**More Flavor:** Add coriander, smoked paprika, chipotle chili powder, black peppers, oregano, and/ or red pepper flakes.

**Additional Toppings:** Salsa, avocado, guacamole, cilantro, hot sauce, diced tomatoes, lime juice.

**No Cauliflower Rice:** Serve with cooked brown rice, quinoa, or corn tortillas instead.

---

**No Beef Broth:** Use chicken or vegetable broth instead.



## Sweet Ginger Beef & Cauliflower Rice Bowl

1 serving  
20 minutes

### Ingredients

- 1 1/2 tbsps Water
- 2 1/4 tsps Tamari
- 1 1/2 tsps Monk Fruit Sweetener (granulated)
- 1/2 Garlic (clove, minced)
- 3/4 tsp Ginger (minced or grated)
- 1/2 stalk Green Onion (chopped, divided)
- 1 1/2 tsps Sesame Oil (divided)
- 114 grams NY Striploin Steak (thinly sliced)
- 1 1/2 cups Cauliflower Rice

### Nutrition

Amount per serving	
Calories	274
Fat	15g
Carbs	15g
Fiber	3g
Sugar	4g
Protein	28g
Cholesterol	61mg
Sodium	840mg
Vitamin A	287IU
Vitamin C	1mg
Calcium	44mg
Iron	2mg

### Directions

- 1 Add the tamari, water, monk fruit sweetener, garlic, ginger, and half of the green onion to a small bowl and mix well. Set aside. (The granulated monk fruit sweetener may not dissolve completely.)
- 2 Heat half of the sesame oil in a cast-iron pan over medium-high heat. Add the steak and cook for one to two minutes per side or until cooked to your liking. Remove from the pan.
- 3 Add the sauce to the same pan and cook for two to three minutes until the sauce has thickened. Add the steak back to the pan and stir to coat the steak in the sauce. Set aside.
- 4 Add the remaining oil to a non-stick pan over medium heat. Add the cauliflower rice and cook for three to five minutes or until the cauliflower is cooked to the desired doneness.
- 5 Divide the cauliflower rice between bowls and top with the steak and any excess sauce and the remaining green onions. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately a half cup of beef and one cup of cauliflower rice.

**Additional Toppings:** Red pepper flakes, sesame seeds, sriracha, and/or extra tamari.

**No Striploin Steak:** Use top sirloin or flank steak instead.

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

**Like it Spicy:** Add red pepper flakes to the sauce.