



EXERCISE
with Style

12 Week Carb Cycling Meal
Plan for Females (Low Carb) 2

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<https://exercisewithstyle.com>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Zucchini & Greens Cream Cheese Scramble	 Zucchini & Greens Cream Cheese Scramble	 Zucchini & Greens Cream Cheese Scramble	 Bok Choy & Mushroom Omelette	 Bok Choy & Mushroom Omelette	 Smoked Salmon Avocado Yogurt Bowls	 Smoked Salmon Avocado Yogurt Bowls
Snack 1	 Pesto Tofu Bites	 Pesto Tofu Bites	 Pesto Tofu Bites	 Balsamic Tomato & Basil Mini Egg White Bites	 Balsamic Tomato & Basil Mini Egg White Bites	 Balsamic Tomato & Basil Mini Egg White Bites	 Balsamic Tomato & Basil Mini Egg White Bites
	 Chopped Bell Peppers	 Chopped Bell Peppers	 Chopped Bell Peppers	 Radishes with Dukkah	 Radishes with Dukkah	 Radishes with Dukkah	 1.5 Radishes with Dukkah
Lunch	 15 Minute Grilled Steak with Mint Pesto	 Eggplant Lasagna	 One Pan Trout, Green Beans & Radishes	 Egg, Shrimp & Avocado Salad	 Salmon Sushi Cauliflower Rice Bowl	 Chicken Stroganoff & Cauliflower Mash	 Zucchini Noodle Carbonara
Snack 2	 0.5 Cucumber Tuna Bites	 Cucumber Tuna Bites	 0.5 Cucumber Tuna Bites	 Chicken & Cucumber Bites	 Chicken & Cucumber Bites	 Chicken & Cucumber Bites	 Chicken & Cucumber Bites
Dinner	 Eggplant Lasagna	 One Pan Trout, Green Beans & Radishes	 Egg, Shrimp & Avocado Salad	 Salmon Sushi Cauliflower Rice Bowl	 Chicken Stroganoff & Cauliflower Mash	 Zucchini Noodle Carbonara	 One Pan Steak Fajitas

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  58%	Fat  55%	Fat  53%	Fat  49%	Fat  50%	Fat  50%	Fat  50%
Carbs  15%	Carbs  15%	Carbs  15%	Carbs  19%	Carbs  20%	Carbs  19%	Carbs  20%
Protein  27%	Protein  30%	Protein  32%	Protein  32%	Protein  30%	Protein  31%	Protein  30%
Calories 1511	Calories 1572	Calories 1493	Calories 1427	Calories 1406	Calories 1436	Calories 1437
Fat 100g	Fat 98g	Fat 91g	Fat 81g	Fat 80g	Fat 83g	Fat 83g
Carbs 58g	Carbs 58g	Carbs 56g	Carbs 70g	Carbs 73g	Carbs 71g	Carbs 73g
Fiber 17g	Fiber 18g	Fiber 22g	Fiber 27g	Fiber 22g	Fiber 21g	Fiber 23g
Sugar 26g	Sugar 31g	Sugar 26g	Sugar 25g	Sugar 29g	Sugar 25g	Sugar 28g
Protein 105g	Protein 120g	Protein 122g	Protein 116g	Protein 108g	Protein 113g	Protein 113g
Cholesterol 784mg	Cholesterol 835mg	Cholesterol 1097mg	Cholesterol 1084mg	Cholesterol 792mg	Cholesterol 282mg	Cholesterol 251mg
Sodium 2486mg	Sodium 1733mg	Sodium 1637mg	Sodium 2339mg	Sodium 2629mg	Sodium 2809mg	Sodium 2736mg
Vitamin A 9059IU	Vitamin A 8799IU	Vitamin A 13314IU	Vitamin A 24010IU	Vitamin A 18781IU	Vitamin A 4349IU	Vitamin A 6625IU
Vitamin C 483mg	Vitamin C 229mg	Vitamin C 260mg	Vitamin C 123mg	Vitamin C 158mg	Vitamin C 158mg	Vitamin C 224mg
Calcium 967mg	Calcium 1094mg	Calcium 1043mg	Calcium 616mg	Calcium 495mg	Calcium 586mg	Calcium 669mg
Iron 16mg	Iron 15mg	Iron 14mg	Iron 12mg	Iron 11mg	Iron 11mg	Iron 13mg

Fruits

- 2 1/2 Avocado
- 1/2 Lemon
- 2 tbsps Lemon Juice

Seeds, Nuts & Spices

- 3 1/3 tbsps Almonds
- 2 2/3 tbsps Cashews
- 3/4 tsp Chili Powder
- 1 1/4 tbsps Coriander Seed
- 3/4 tsp Cumin
- 2/3 tsp Fennel Seed
- 1/3 cup Hazelnuts
- 3/4 tsp Italian Seasoning
- 2 1/8 tps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/4 tbsps Sesame Seeds
- 1 tbsps Slivered Almonds

Frozen

- 2 cups Cauliflower Rice
- 2 cups Frozen Green Beans

Vegetables

- 3 cups Baby Spinach
- 1 1/2 cups Basil Leaves
- 5 cups Bok Choy
- 2 Carrot
- 1/2 head Cauliflower
- 2 cups Cherry Tomatoes
- 2 tbsps Cilantro
- 4 Cucumber
- 1/2 Eggplant
- 1 1/2 tps Fresh Dill
- 3 1/2 Garlic
- 3/4 cup Garlic Scapes
- 1/4 tsp Ginger
- 4 stalks Green Onion
- 1/4 head Iceberg Lettuce
- 1/2 cup Matchstick Carrots
- 2 tbsps Mint Leaves
- 2 2/3 cups Mushrooms
- 1 Orange Bell Pepper
- 2 2/3 tbsps Parsley
- 6 cups Radishes
- 1 Red Bell Pepper
- 1/3 cup Red Onion
- 1 cup Shiitake Mushrooms
- 1/4 Sweet Onion
- 2 Tomato
- 1/3 White Onion
- 1 1/2 Yellow Bell Pepper
- 4 1/3 Zucchini

Boxed & Canned

- 142 grams Canned Wild Salmon
- 1/2 cup Chicken Broth
- 1/4 cup Coconut Cream
- 1 can Tuna

Baking

- 1 2/3 tbsps Arrowroot Powder
- 1 1/3 tbsps Nutritional Yeast

Bread, Fish, Meat & Cheese

- 2 2/3 slices Bacon, Cooked
- 151 grams Chicken Breast
- 227 grams Chicken Breast, Cooked
- 227 grams Chicken Thighs
- 3/4 cup Cream Cheese, Regular
- 170 grams Extra Lean Ground Beef
- 113 grams Flank Steak
- 43 grams Mozzarella Cheese
- 113 grams Ny Striploin Steak
- 2 Rainbow Trout Fillet
- 1/3 cup Ricotta Cheese
- 227 grams Shrimp, Cooked
- 100 grams Smoked Salmon
- 361 grams Tofu

Condiments & Oils

- 1 tsp Apple Cider Vinegar
- 3 2/3 tbsps Avocado Oil
- 1 1/4 tbsps Balsamic Vinegar
- 1/3 cup Coconut Aminos
- 2 tbsps Coconut Oil
- 1/4 cup Extra Virgin Olive Oil
- 2 tbsps Mayonnaise
- 1/3 cup Pesto
- 1 1/2 tbsps Tamari
- 1/3 cup Tomato Sauce

Cold

- 17 1/4 Egg
- 1 cup Egg Whites
- 1 cup Plain Greek Yogurt
- 2 2/3 tbsps Unsweetened Almond Milk

Other

- 2 Nori Sheets



Zucchini & Greens Cream Cheese Scramble

3 servings
20 minutes

Ingredients

- 1 tbsp Coconut Oil
- 3/4 cup Garlic Scapes (chopped)
- 3 Zucchini (small, diced)
- 3 cups Bok Choy (chopped)
- 1 cup Cherry Tomatoes (halved)
- 9 Egg (whisked)
- 1/3 cup Cream Cheese, Regular
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	401
Fat	28g
Carbs	13g
Fiber	4g
Sugar	10g
Protein	25g
Cholesterol	585mg
Sodium	411mg
Vitamin A	5703IU
Vitamin C	77mg
Calcium	228mg
Iron	5mg

Directions

- 1 Heat the coconut oil over low-medium heat.
- 2 Add garlic scapes and cook for one to two minutes, then add the zucchini and cook for another five minutes.
- 3 Add the bok choy and continue to cook for three to four minutes. Add the cherry tomatoes and continue to cook for two to three minutes or until the tomatoes have softened.
- 4 Add the whisked eggs to the vegetable mix and continue to cook for about three minutes or until cooked through.
- 5 Turn off the heat and add the cream cheese, salt, and pepper to the scramble and stir to combine. Enjoy!

Notes

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

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

No Garlic Scapes: Omit or use green onions instead.

Dairy-Free: Swap cream cheese for cashew cream cheese or another dairy-free cream cheese.

More Flavor: Add other spices or seasonings like chili flakes or fresh herbs like parsley or cilantro.

Make it Vegan: Use tofu or chickpeas in place of egg.



Bok Choy & Mushroom Omelette

2 servings
20 minutes

Ingredients

- 1 tbsp Coconut Oil
- 1 cup Shiitake Mushrooms (sliced)
- 2 cups Bok Choy (sliced into quarters)
- 6 Egg
- 1 1/2 tbsps Tamari
- 4 stalks Green Onion (sliced)

Nutrition

Amount per serving	
Calories	339
Fat	21g
Carbs	15g
Fiber	3g
Sugar	5g
Protein	23g
Cholesterol	558mg
Sodium	1019mg
Vitamin A	4898IU
Vitamin C	35mg
Calcium	175mg
Iron	4mg

Directions

- 1 Heat coconut oil in a medium-sized frying pan over medium heat. Saute the bok choy for 2 minutes. Add mushrooms and cook for 2-3 more minutes or until all veggies are soft. Transfer the veggies to a bowl and set aside.
- 2 In a bowl, whisk together eggs, tamari and green onion.
- 3 Pour the egg mixture into the same pan over medium heat, and let cook until almost set. Place the mushrooms and bok choy on one half of the omelette and fold the other half over top. Remove from heat and season with sea salt and black pepper to taste. Enjoy!

Notes

Make it Fluffy: Whisk unsweetened almond milk into your egg mixture.

More Flavour: Whisk sesame oil into your egg mixture.

Mix it Up: Use up whatever vegetables you have on hand. Red onion, bell peppers or baby spinach work well.

Likes it Spicy: Serve with hot sauce.



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.



Pesto Tofu Bites

3 servings
30 minutes

Ingredients

361 grams Tofu (extra-firm, pressed and cubed)
1/3 cup Pesto
1/3 tsp Sea Salt

Nutrition

Amount per serving	
Calories	231
Fat	18g
Carbs	5g
Fiber	2g
Sugar	3g
Protein	15g
Cholesterol	0mg
Sodium	490mg
Vitamin A	486IU
Vitamin C	0mg
Calcium	435mg
Iron	3mg

Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Add the tofu cubes to a bowl and gently toss with the pesto and salt. Transfer to the baking sheet, and bake for 25 to 30 minutes, flipping halfway through. Enjoy!

Notes

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

Serving Size: One serving is approximately 1 cup cubed tofu.

Extra Firm Tofu: To press the tofu, wrap in paper towel, place a plate or cutting board on top of the block of tofu. Place a heavy pan or heavy object on the cutting board. Let the tofu rest like this for 15 to 30 minutes.



Chopped Bell Peppers

3 servings

5 minutes

Ingredients

- 3/4 Yellow Bell Pepper
- 3/4 Orange Bell Pepper
- 3/4 Red Bell Pepper

Nutrition

Amount per serving	
Calories	20
Fat	0g
Carbs	5g
Fiber	1g
Sugar	1g
Protein	1g
Cholesterol	0mg
Sodium	2mg
Vitamin A	1024IU
Vitamin C	123mg
Calcium	7mg
Iron	0mg

Directions

- 1 Remove stems and seeds of each bell pepper and cut into slices. Enjoy!

Notes

Storage: Refrigerate in an airtight container up to 3 to 4 days.



Balsamic Tomato & Basil Mini Egg White Bites

4 servings
20 minutes

Ingredients

- 1 cup Egg Whites
- 2 Tomato (medium, diced, juices drained)
- 1 cup Basil Leaves (chopped)
- 1 tbsp Balsamic Vinegar
- 1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	46
Fat	0g
Carbs	3g
Fiber	1g
Sugar	1g
Protein	8g
Cholesterol	0mg
Sodium	273mg
Vitamin A	1389IU
Vitamin C	11mg
Calcium	27mg
Iron	1mg

Directions

- 1 Preheat the oven to 350°F (175°C).
- 2 In a bowl, combine the egg whites, tomato, basil, balsamic vinegar, 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 five mini egg muffins.

More Flavor: Add black pepper. Use whole eggs or a mixture of egg whites and whole eggs.

Additional Toppings: Add goat cheese or feta cheese.



Radishes with Dukkah

5 servings
10 minutes

Ingredients

1/3 cup Hazelnuts (roasted, unsalted)
3 1/3 tbsps Almonds (roasted, unsalted)
1 1/4 tbsps Sesame Seeds (white and/or black, toasted)
1 1/4 tbsps Coriander Seed
2/3 tsp Fennel Seed
2/3 tsp Cumin (ground)
Sea Salt & Black Pepper (to taste)
5 cups Radishes (trimmed)

Nutrition

Amount per serving	
Calories	125
Fat	10g
Carbs	8g
Fiber	4g
Sugar	3g
Protein	4g
Cholesterol	0mg
Sodium	47mg
Vitamin A	14IU
Vitamin C	18mg
Calcium	91mg
Iron	2mg

Directions

- 1 To make the dukkah, combine the hazelnuts, almonds, sesame seeds, coriander, fennel, cumin, salt and pepper in a food processor or blender. Process until you reach a coarse grainy texture. Transfer to a bowl or airtight container.
- 2 Dip the radishes in water, then into the dukkah. Enjoy!

Notes

Leftovers: Refrigerate the dukkah and radishes in separate airtight containers. The dukkah is good for up to two weeks. The radishes are good for up to five days.

Serving Size: Each serving equals approximately two tablespoons of dukkah and 5 to 6 radishes.

Nut-Free: Use sunflower seeds instead of walnuts and almonds.

More Flavor: Dip the radishes in oil or yogurt instead of water. Add your choice of spices and dried herbs, cashews, walnuts, green peppercorns and/or black cumin to the dukkah.

No Radishes: Use bread, brown rice tortillas, chopped bell peppers, cucumbers or carrots. You can also add the dukkah to soups, dips or salads.



15 Minute Grilled Steak with Mint Pesto

1 serving
15 minutes

Ingredients

- 1 tbsp Slivered Almonds
- 1/4 Garlic (clove)
- 2 tbsps Mint Leaves (fresh)
- 2 tbsps Parsley
- 1 tbsp Extra Virgin Olive Oil
- 1/4 Lemon (juiced)
- 113 grams NY Striploin Steak
- 1/2 tsp Sea Salt
- 3/4 Yellow Bell Pepper (de-seeded and sliced into 1/4's)
- 1/4 cup Red Onion (sliced into 1/8's)
- 3/4 tsp Balsamic Vinegar

Nutrition

Amount per serving	
Calories	407
Fat	26g
Carbs	18g
Fiber	4g
Sugar	3g
Protein	28g
Cholesterol	61mg
Sodium	1244mg
Vitamin A	1103IU
Vitamin C	275mg
Calcium	73mg
Iron	4mg

Directions

- 1 In a food processor, combine the slivered almonds, garlic, mint, parsley, olive oil and lemon juice. Pulse until a thick paste forms. Set aside.
- 2 Preheat grill to medium heat.
- 3 Rub steaks generously with sea salt. Place yellow peppers, red onion and steaks on the grill. Cook for 4 to 5 minutes and then turn. Cook for another 4 to 5 minutes. (Note: Time will vary depending on temperature. We found 4 minutes per side was great for medium-rare.)
- 4 Remove veggies and steak from the grill. Toss the veggies in balsamic vinegar and drizzle with a splash of olive oil. Divide onto plates. Add the steak and top with a spoonful of mint pesto. Enjoy!

Notes

Add Carbs: Serve with quinoa, brown rice or sweet potato.

Time Saver: Blend up the pesto in advance and chop the veggies. Grill the veggies and steak at time of meal.

Leftovers: Store in an airtight container in the fridge for up to three days.



Cucumber Tuna Bites

2 servings

5 minutes

Ingredients

- 1 can Tuna (flaked and drained)
- 2 tbsps Mayonnaise
- 1 Cucumber (large, sliced into rounds)

Nutrition

Amount per serving	
Calories	187
Fat	11g
Carbs	6g
Fiber	1g
Sugar	3g
Protein	17g
Cholesterol	36mg
Sodium	294mg
Vitamin A	214IU
Vitamin C	4mg
Calcium	39mg
Iron	2mg

Directions

- 1 Add the tuna to a small bowl with the mayonnaise and mix together.
- 2 Top each cucumber round with a spoonful of the tuna mixture. Enjoy!

Notes

Leftovers: Refrigerate leftovers separately in a sealed container up to three days.

More Flavor: Add spices or herbs to the tuna mixture such as chili flakes, cayenne, dill or parsley.

Additional Toppings: Top with some sprouts or microgreens.

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



Chicken & Cucumber Bites

4 servings
35 minutes

Ingredients

- 2 Cucumber (large, cut into 1-inch rounds)
- 1/3 cup Cream Cheese, Regular
- 227 grams Chicken Breast, Cooked (shredded into 1-inch pieces)
- 1/2 cup Matchstick Carrots (1-inch long)
- 1/2 cup Basil Leaves (chopped)

Nutrition

Amount per serving	
Calories	182
Fat	8g
Carbs	8g
Fiber	1g
Sugar	4g
Protein	20g
Cholesterol	79mg
Sodium	143mg
Vitamin A	1575IU
Vitamin C	6mg
Calcium	56mg
Iron	1mg

Directions

- 1 Hollow out the cucumber rounds with a knife to leave an edge of approximately 1/5 inch (1/2 cm).
- 2 Spread the cream cheese into each cucumber round, using approximately one tsp per cucumber round.
- 3 Divide the remaining ingredients evenly between the cucumber rounds until each one is stuffed full. Enjoy!

Notes

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

Serving Size: One serving is approximately five bites.

Dairy-Free: Use avocado or dairy-free cream cheese in place of regular cream cheese.

Different Fillings: Use smoked or cooked salmon in place of chicken, bell pepper or zucchini in place of carrot, and cilantro or parsley in place of basil.

Make it Vegan: Use avocado or dairy-free cream cheese, and tofu or tempeh instead of chicken.

Leftover Cucumber: Use the cucumber cores in salads, smoothies, or eating on their own.



Eggplant Lasagna

2 servings

40 minutes

Ingredients

1/2 Eggplant (large, trimmed, sliced lengthwise 1/4- to 1/2-inch thick)
1 1/2 tsps Avocado Oil (divided)
Sea Salt & Black Pepper (divided)
170 grams Extra Lean Ground Beef
1/3 cup Tomato Sauce
3/4 tsp Italian Seasoning
1/3 cup Ricotta Cheese
1/4 Egg
43 grams Mozzarella Cheese (shredded)

Nutrition

Amount per serving	
Calories	358
Fat	22g
Carbs	14g
Fiber	5g
Sugar	7g
Protein	27g
Cholesterol	120mg
Sodium	192mg
Vitamin A	636IU
Vitamin C	6mg
Calcium	204mg
Iron	3mg

Directions

- 1 Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
- 2 Brush each of the eggplant slices with oil and season with salt and pepper. Place them on the baking sheet and cook for 15 minutes or until soft.
- 3 Meanwhile, heat a large skillet over medium-high heat. Cook the ground beef for 10 minutes or until cooked through, breaking it up as it browns. Drain any excess liquid and season with salt and pepper.
- 4 Stir in the tomato sauce and Italian seasoning. Simmer for five minutes or until warmed through. Remove from heat.
- 5 In a bowl, whisk the ricotta and egg together.
- 6 In a glass baking dish, arrange the eggplant slices in an even layer. Spread the meat mixture evenly over top, followed by the ricotta mixture. Repeat the layers until all ingredients are used up.
- 7 Sprinkle the mozzarella evenly overtop and bake for 15 to 20 minutes or until the cheese is golden brown. Let cool slightly and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days, or freeze if longer.

Serving Size: A 9- x 13-inch baking dish was used to make eight servings.

Dairy-Free: Use vegan cheese instead.

More Flavor: Add fresh basil and parmesan. Use marinara instead of tomato sauce.

No Ground Beef: Use ground bison, chicken, turkey, or lentils instead.



One Pan Trout, Green Beans & Radishes

2 servings
25 minutes

Ingredients

- 2 tbsps Red Onion (minced)
- 2 tbsps Coconut Aminos
- 2 tbsps Extra Virgin Olive Oil
- 2 Rainbow Trout Fillet
- 2 cups Frozen Green Beans (trimmed)
- 1 cup Radishes (quartered)
- 2 tbsps Cilantro (chopped)

Nutrition

Amount per serving	
Calories	375
Fat	19g
Carbs	15g
Fiber	5g
Sugar	7g
Protein	35g
Cholesterol	94mg
Sodium	344mg
Vitamin A	736IU
Vitamin C	19mg
Calcium	181mg
Iron	2mg

Directions

- 1 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 2 Mix the onion, coconut aminos, and oil in a bowl. Add the trout, green beans, and radishes onto the baking sheet. Add the marinade to evenly coat all of the ingredients. Bake for 15 minutes, or until everything is cooked through.
- 3 Divide evenly between plates. Garnish with the cilantro and enjoy!

Notes

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

Serving Size: One serving is one trout fillet, half a cup of radishes, and one cup of green beans.

More Flavor: Add minced garlic.

Fillet Size: One fillet is equal to approximately 160 grams or 5.6 ounces in size.



Egg, Shrimp & Avocado Salad

2 servings
15 minutes

Ingredients

- 2 Egg
- 3 cups Baby Spinach
- 227 grams Shrimp, Cooked
- 1 Avocado (chopped)
- 1 cup Cherry Tomatoes (halved)
- 2 tbsps Lemon Juice
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	372
Fat	20g
Carbs	15g
Fiber	9g
Sugar	3g
Protein	37g
Cholesterol	400mg
Sodium	243mg
Vitamin A	5258IU
Vitamin C	39mg
Calcium	172mg
Iron	3mg

Directions

- 1 Place the eggs in a saucepan and cover with water. Bring to a boil over high heat then turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes. Transfer the eggs to a bowl of cold water and let them sit until cool enough to handle. Peel and slice into quarters.
- 2 Divide the spinach, shrimp, avocado, tomatoes, and eggs onto separate plates. Drizzle lemon juice over top and season with salt and black pepper to taste. Enjoy!

Notes

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

Serving Size: One serving equals approximately three cups.

More Flavor: Use your favorite salad dressing instead of lemon juice.

Additional Toppings: Red pepper flakes, mushrooms, olives, bell peppers and red onions.



Salmon Sushi Cauliflower Rice Bowl

2 servings
20 minutes

Ingredients

2 cups Cauliflower Rice
1 1/2 tbsps Avocado Oil (divided)
2 tbsps Coconut Aminos
1/2 Garlic (clove, minced)
1/4 tsp Ginger (minced)
1/2 Cucumber (medium, julienned)
2 Carrot (small, julienned)
1/2 Avocado (small, sliced)
142 grams Canned Wild Salmon (drained)
2 Nori Sheets (quartered)

Nutrition

Amount per serving	
Calories	363
Fat	22g
Carbs	21g
Fiber	9g
Sugar	9g
Protein	24g
Cholesterol	47mg
Sodium	614mg
Vitamin A	10876IU
Vitamin C	14mg
Calcium	95mg
Iron	1mg

Directions

- 1 Sauté the cauliflower rice in a large pan with 1/3 of the oil for seven to 10 minutes. Divide the cauliflower rice between bowls or containers if meal prepping.
- 2 In a small bowl, whisk the remaining oil with the coconut aminos, garlic, and ginger to make a dressing.
- 3 Divide the remaining ingredients evenly between bowls on top of the cauliflower rice and serve with the dressing. Enjoy!

Notes

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

Meal prep: Divide all of the servings between your containers and add the avocado just before serving.



Chicken Stroganoff & Cauliflower Mash

2 servings
30 minutes

Ingredients

- 1/2 head Cauliflower (medium, chopped into florets)
- 1/2 cup Chicken Broth (divided)
- 227 grams Chicken Thighs (boneless, skinless, sliced)
- 1 tbsp Arrowroot Powder
- 1 tbsp Avocado Oil (divided)
- 2 cups Mushrooms (sliced)
- 2 Garlic (cloves, minced)
- 1 tsp Apple Cider Vinegar
- 1 tbsp Coconut Aminos
- 1/4 cup Coconut Cream (optional)

Nutrition

Amount per serving	
Calories	351
Fat	19g
Carbs	18g
Fiber	4g
Sugar	7g
Protein	29g
Cholesterol	108mg
Sodium	533mg
Vitamin A	29IU
Vitamin C	74mg
Calcium	51mg
Iron	2mg

Directions

- 1 Place the cauliflower in a steamer basket over boiling water and cover. Steam for 10 to 15 minutes or until very tender. Transfer the steamed cauliflower and 1/4 of the broth to a food processor or blender and process until desired texture. Set aside and keep warm.
- 2 Toss the chicken in a bowl with the arrowroot powder making sure each piece of meat is completely covered. Set aside.
- 3 Warm half of the oil in a large pan over medium-high heat. Add the chicken and cook for four to six minutes, stirring occasionally, or until the chicken is cooked through. Set aside.
- 4 Using the same pan, add the remaining oil and mushrooms. Cook for four to six minutes, continuously stirring. Add the garlic and sauté for one more minute.
- 5 Add the remaining broth, apple cider vinegar, coconut aminos, and coconut cream, if using. Add the cooked chicken and stir to combine. Simmer for two minutes, or until slightly thickened.
- 6 Divide the cauliflower mash evenly between bowls. Top with the chicken and mushroom mixture and enjoy!

Notes

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

Serving Size: One serving is approximately two cups.

More Flavor: Add thyme, Worcestershire sauce, white wine, and/or salt and pepper. Use Greek yogurt or sour cream instead of coconut cream.

Additional Toppings: Fresh parsley.



Zucchini Noodle Carbonara

2 servings
30 minutes

Ingredients

2 2/3 tbsps Cashews
1 1/3 tbsps Extra Virgin Olive Oil (divided)
151 grams Chicken Breast (cubed)
2 2/3 slices Bacon, Cooked (chopped)
1/3 White Onion (diced)
2/3 cup Mushrooms (sliced)
1 1/3 Zucchini (medium, spiralized into noodles)
1 1/3 tbsps Nutritional Yeast
2 2/3 tbsps Unsweetened Almond Milk
2/3 Garlic (clove, minced)
2 tps Arrowroot Powder
2/3 tsp Sea Salt
2 tps Parsley (chopped)

Nutrition

Amount per serving	
Calories	368
Fat	22g
Carbs	16g
Fiber	4g
Sugar	5g
Protein	29g
Cholesterol	67mg
Sodium	1103mg
Vitamin A	437IU
Vitamin C	27mg
Calcium	81mg
Iron	3mg

Directions

- 1 Boil enough water to cover the cashews. Pour the water over the cashews and allow them to soak while you prepare the meat.
- 2 In a pan over medium heat, add half of the oil. Once heated, add the chicken breast and bacon and cook for 7 to 10 minutes or until cooked through. Discard the fat and set the bacon and chicken aside.
- 3 To the same pan, add the remaining oil, along with the onions and mushrooms. Cook on medium heat for 5 minutes or until soft.
- 4 While the mushrooms and onions are cooking, prepare the sauce. Drain the cashews and add them to a blender along with the nutritional yeast, almond milk, garlic, arrowroot powder and sea salt. Blend until smooth and creamy.
- 5 In the same pan as the onions and mushrooms, add the zucchini noodles, chopped chicken and bacon. Pour the sauce into the pan and mix well to combine. Keep everything in the pan until it is warmed through.
- 6 Divide between bowls and top with fresh parsley. Enjoy!

Notes

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

More Flavor: Season with black pepper or chili flakes.

Make it Vegan: Use cauliflower in place of the chicken, and tofu bacon in place of the bacon.



One Pan Steak Fajitas

1 serving
20 minutes

Ingredients

- 3/4 tsp Chili Powder
- 1/8 tsp Cumin
- 1/8 tsp Sea Salt
- 1/4 Red Bell Pepper (medium, sliced)
- 1/4 Orange Bell Pepper (medium, sliced)
- 1/4 Sweet Onion (medium, sliced)
- 113 grams Flank Steak (sliced)
- 3/4 tsp Extra Virgin Olive Oil
- 1/4 head Iceberg Lettuce (small, leaves pulled apart)

Nutrition

Amount per serving	
Calories	289
Fat	14g
Carbs	16g
Fiber	4g
Sugar	8g
Protein	27g
Cholesterol	77mg
Sodium	436mg
Vitamin A	2298IU
Vitamin C	131mg
Calcium	88mg
Iron	3mg

Directions

- 1 Preheat the oven to 400°F (205°C). Line a large baking sheet with parchment paper.
- 2 In a bowl, combine the chili powder, cumin, and salt. Set aside.
- 3 In a large mixing bowl, add your sliced peppers, onion, and steak. Drizzle with oil and then sprinkle with the seasoning. Toss until well coated. Transfer to your baking sheet and bake for 10 to 15 minutes or until the steak is cooked to your liking and the peppers are soft.
- 4 Scoop the steak and peppers into lettuce wraps and enjoy!

Notes

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

Serving Size: One serving is approximately three fajitas.

More Flavor: Add jalapeño peppers, paprika, and garlic powder. Cook on the barbecue in a grilling basket. Serve with corn tortillas instead of lettuce.

Additional Toppings: Serve with avocado, lime juice, cashew cream sauce, or plain yogurt.