






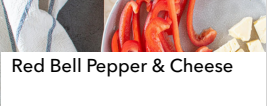
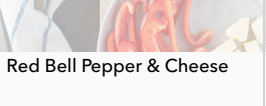
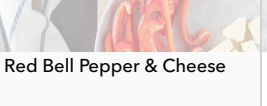


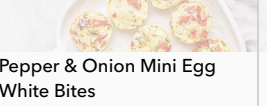
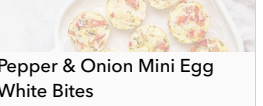


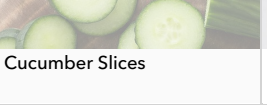

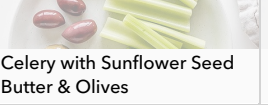
















































EXERCISE
with Style

12 Week Carb Cycling Meal
Plan for Females (Low Carb) 3

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	 Veggie Baked Eggs with Pesto	 Veggie Baked Eggs with Pesto	 Smoked Salmon Avocado Yogurt Bowls	 Smoked Salmon Avocado Yogurt Bowls
Snack 1	 Red Bell Pepper & Cheese	 Red Bell Pepper & Cheese	 Red Bell Pepper & Cheese	 Pepper & Onion Mini Egg White Bites	 Pepper & Onion Mini Egg White Bites	 Pepper & Onion Mini Egg White Bites	 Pepper & Onion Mini Egg White Bites
	 Cucumber Slices	 Cucumber Slices	 Cucumber Slices	 Celery with Sunflower Seed Butter & Olives	 Celery with Sunflower Seed Butter & Olives	 Celery with Sunflower Seed Butter & Olives	 1.5 Celery with Sunflower Seed Butter & Olives
Lunch	 One Pan Salmon, Kale & Cabbage	 Jerk Shrimp Salad	 One Pan Chicken, Radishes & Broccoli	 One Pan Trout, Green Beans & Radishes	 Butter Chicken & Cauliflower Rice	 Turkey Taco Skillet with Cauliflower Rice	 One Pan Chicken, Golden Cauliflower & Carrot Fries
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
Dinner	 Jerk Shrimp Salad	 One Pan Chicken, Radishes & Broccoli	 One Pan Trout, Green Beans & Radishes	 Butter Chicken & Cauliflower Rice	 Turkey Taco Skillet with Cauliflower Rice	 One Pan Chicken, Golden Cauliflower & Carrot Fries	 Sweet Ginger Beef & Cauliflower Rice Bowl

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  58%	Fat  55%	Fat  53%	Fat  52%	Fat  52%	Fat  52%	Fat  53%
Carbs  15%	Carbs  15%	Carbs  15%	Carbs  19%	Carbs  21%	Carbs  19%	Carbs  18%
Protein  27%	Protein  30%	Protein  32%	Protein  29%	Protein  27%	Protein  29%	Protein  29%
Calories 1507	Calories 1529	Calories 1461	Calories 1457	Calories 1426	Calories 1452	Calories 1450
Fat 102g	Fat 96g	Fat 88g	Fat 85g	Fat 85g	Fat 87g	Fat 89g
Carbs 59g	Carbs 58g	Carbs 57g	Carbs 71g	Carbs 76g	Carbs 70g	Carbs 69g
Fiber 27g	Fiber 26g	Fiber 23g	Fiber 21g	Fiber 25g	Fiber 25g	Fiber 21g
Sugar 21g	Sugar 18g	Sugar 21g	Sugar 35g	Sugar 36g	Sugar 28g	Sugar 26g
Protein 104g	Protein 121g	Protein 120g	Protein 107g	Protein 99g	Protein 108g	Protein 111g
Cholesterol 430mg	Cholesterol 481mg	Cholesterol 361mg	Cholesterol 732mg	Cholesterol 722mg	Cholesterol 398mg	Cholesterol 375mg
Sodium 1478mg	Sodium 1861mg	Sodium 1501mg	Sodium 2323mg	Sodium 2313mg	Sodium 2203mg	Sodium 2819mg
Vitamin A 17596IU	Vitamin A 16198IU	Vitamin A 6651IU	Vitamin A 6819IU	Vitamin A 8651IU	Vitamin A 15282IU	Vitamin A 13303IU
Vitamin C 288mg	Vitamin C 297mg	Vitamin C 298mg	Vitamin C 218mg	Vitamin C 338mg	Vitamin C 261mg	Vitamin C 125mg
Calcium 939mg	Calcium 824mg	Calcium 859mg	Calcium 663mg	Calcium 579mg	Calcium 657mg	Calcium 641mg
Iron 9mg	Iron 8mg	Iron 8mg	Iron 13mg	Iron 15mg	Iron 13mg	Iron 12mg

Fruits

- 4 Avocado
- 3/4 Lemon
- 3/4 Lime

Seeds, Nuts & Spices

- 1 tbsp Chili Powder
- 1/2 tsp Cumin
- 1 1/2 tsps Curry Powder
- 1 1/3 tsps Dried Thyme
- 1 tsp Garam Masala
- 1/8 tsp Garlic Powder
- 1/2 tsp Italian Seasoning
- 2 tsps Jerk Seasoning
- 1/3 tsp Onion Powder
- 1/8 tsp Oregano
- 1 1/2 tsps Paprika
- 1 1/2 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/16 tsps Turmeric

Frozen

- 4 cups Cauliflower Rice
- 2 cups Frozen Green Beans

Vegetables

- 3 cups Broccoli
- 2 1/16 Carrot
- 1 1/16 heads Cauliflower
- 15 stalks Celery
- 1/2 cup Cilantro
- 3 1/2 Cucumber
- 2 1/2 tsps Fresh Dill
- 2 1/2 Garlic
- 1 1/4 tsps Ginger
- 3 cups Green Cabbage
- 1/2 stalk Green Onion
- 8 cups Kale Leaves
- 3 cups Radishes
- 3 1/2 Red Bell Pepper
- 1 cup Red Onion
- 8 leaves Romaine
- 9 White Button Mushrooms
- 1/2 Yellow Bell Pepper
- 1 3/4 Yellow Onion
- 1 Zucchini

Boxed & Canned

- 1/2 cup Canned Coconut Milk
- 1 cup Diced Tomatoes
- 2 tsps Tomato Paste

Baking

- 1 1/2 tsps Monk Fruit Sweetener

Bread, Fish, Meat & Cheese

- 170 grams Cheddar Cheese
- 681 grams Chicken Breast
- 340 grams Extra Lean Ground Chicken
- 227 grams Extra Lean Ground Turkey
- 114 grams Ny Striploin Steak
- 2 Rainbow Trout Fillet
- 113 grams Salmon Fillet
- 254 grams Shrimp
- 270 grams Smoked Salmon

Condiments & Oils

- 1 tbsp Apple Cider Vinegar
- 1/4 cup Avocado Oil
- 1 tsp Capers
- 2 tsps Coconut Aminos
- 1/2 tsp Dijon Mustard
- 1/2 cup Extra Virgin Olive Oil
- 1/4 cup Pesto
- 2/3 cup Pitted Kalamata Olives
- 1 1/2 tsps Sesame Oil
- 1/3 cup Sunflower Seed Butter
- 2 1/4 tsps Tamari

Cold

- 2 cups Cottage Cheese
- 8 Egg
- 1 cup Egg Whites
- 1 cup Plain Greek Yogurt

Other

- 3 1/2 tsps 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.



Veggie Baked Eggs with Pesto

2 servings
30 minutes

Ingredients

- 1 1/2 tps Extra Virgin Olive Oil
- 1 Zucchini (medium, seeds scooped out and chopped)
- 1 Red Bell Pepper (chopped)
- 1/2 cup Red Onion (chopped)
- 1 Garlic (clove, minced)
- Sea Salt & Black Pepper (to taste)
- 4 Egg
- 1/4 cup Pesto (or more to taste)

Nutrition

Amount per serving	
Calories	355
Fat	25g
Carbs	15g
Fiber	4g
Sugar	9g
Protein	18g
Cholesterol	372mg
Sodium	344mg
Vitamin A	3086IU
Vitamin C	97mg
Calcium	184mg
Iron	3mg

Directions

- 1 Preheat the oven to 375°F (190°C).
- 2 Heat the oil in a cast-iron skillet (or another oven-safe pan) over medium heat. Add the zucchini, bell pepper and red onion and cook for five to six minutes or until the vegetables are just tender. Add the garlic, season with salt and pepper and continue to cook for another minute.
- 3 Remove the skillet from the heat and make small wells for the eggs in the middle of the pan. Crack the eggs into the pan and season with additional salt and pepper. Transfer to the oven and bake for 10 to 13 minutes or until the eggs are cooked to your liking.
- 4 Remove the from oven and top with the pesto. Enjoy!

Notes

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

More Flavor: Add red pepper flakes or other dried herbs and spices.



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.



Red Bell Pepper & Cheese

3 servings

5 minutes

Ingredients

- 1 1/2 Red Bell Pepper (sliced)
- 170 grams Cheddar Cheese (cubed)

Nutrition

Amount per serving	
Calories	244
Fat	19g
Carbs	6g
Fiber	1g
Sugar	3g
Protein	14g
Cholesterol	56mg
Sodium	373mg
Vitamin A	2567IU
Vitamin C	76mg
Calcium	407mg
Iron	0mg

Directions

- 1 Place the pepper slices and cheese on a plate. Enjoy!

Notes

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

Dairy-Free: Use dairy-free cheese instead of regular cheese.



Cucumber Slices

3 servings

5 minutes

Ingredients

1 1/2 Cucumber

Nutrition

Amount per serving	
Calories	23
Fat	0g
Carbs	5g
Fiber	1g
Sugar	3g
Protein	1g
Cholesterol	0mg
Sodium	3mg
Vitamin A	158IU
Vitamin C	4mg
Calcium	24mg
Iron	0mg

Directions

- 1 Slice the cucumber and enjoy!

Notes

Storage: Cucumber can keep up to one week in the fridge if stored in water.



Pepper & Onion Mini Egg White Bites

4 servings
25 minutes

Ingredients

- 1 cup Egg Whites
- 1/2 Red Bell Pepper (medium, finely diced)
- 1/2 Yellow Onion (small, finely diced)
- 1/2 tsp Italian Seasoning
- 1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	41
Fat	0g
Carbs	3g
Fiber	1g
Sugar	2g
Protein	7g
Cholesterol	0mg
Sodium	250mg
Vitamin A	466IU
Vitamin C	19mg
Calcium	10mg
Iron	1mg

Directions

- 1 Preheat the oven to 350°F (175°C).
- 2 In a bowl, combine the egg whites, red bell pepper, onion, Italian seasoning, 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.



Celery with Sunflower Seed Butter & Olives

5 servings

5 minutes

Ingredients

15 stalks Celery (cut into sticks)
1/3 cup Sunflower Seed Butter
2/3 cup Pitted Kalamata Olives

Nutrition

Amount per serving	
Calories	135
Fat	11g
Carbs	8g
Fiber	3g
Sugar	3g
Protein	4g
Cholesterol	0mg
Sodium	220mg
Vitamin A	603IU
Vitamin C	4mg
Calcium	73mg
Iron	2mg

Directions

- 1 Arrange all ingredients on a plate. Enjoy!

Notes

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

No Sunflower Seed Butter: Use hummus, baba ganoush, tzatziki or any nut butter instead.



One Pan Salmon, Kale & Cabbage

1 serving
20 minutes

Ingredients

- 3 cups Green Cabbage (roughly chopped)
- 2 cups Kale Leaves (roughly chopped)
- 1 1/2 tbsps Avocado Oil
- 113 grams Salmon Fillet
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Fresh Dill (finely chopped)
- 1 tbsp Apple Cider Vinegar
- 1/2 tsp Dijon Mustard

Nutrition

Amount per serving	
Calories	434
Fat	29g
Carbs	18g
Fiber	8g
Sugar	9g
Protein	27g
Cholesterol	62mg
Sodium	149mg
Vitamin A	2414IU
Vitamin C	138mg
Calcium	230mg
Iron	3mg

Directions

- 1 Preheat oven to 450°F (232°C) and line a baking pan with foil.
- 2 Add cabbage and kale to the baking pan and toss with 1/3 of the avocado oil. Bake for 6 minutes. Remove from oven and stir.
- 3 Pat the salmon fillets dry and season with salt and pepper. Lay the salmon over the cabbage and kale. Bake together for 10 minutes, or until salmon is cooked through.
- 4 Meanwhile, add the remaining avocado oil, dill, vinegar, mustard, salt and pepper to a small mason jar. Cover with the lid and shake before serving.
- 5 Divide salmon, cabbage and kale onto plates. Drizzle with your desired amount of dressing. Enjoy!

Notes

- No Avocado Oil:** Use olive oil instead.
- No Apple Cider Vinegar:** Use lemon juice instead.
- Leftovers:** Keep covered in the fridge up to two days.



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.



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.



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.



Turkey Taco Skillet with Cauliflower Rice

2 servings
30 minutes

Ingredients

- 1/2 tsp Avocado Oil
- 227 grams Extra Lean Ground Turkey
- 1/4 Yellow Onion (chopped)
- 1/2 Red Bell Pepper (diced)
- 1/2 Yellow Bell Pepper (diced)
- 1 1/2 tsps Chili Powder
- 1/2 tsp Paprika
- 1/2 tsp Cumin
- 1/8 tsp Sea Salt
- 1 cup Diced Tomatoes (drained)
- 2 1/2 cups Cauliflower Rice
- 1/2 Avocado (sliced, optional)
- 2 tbsps Cilantro (chopped, optional)

Nutrition

Amount per serving	
Calories	344
Fat	19g
Carbs	20g
Fiber	9g
Sugar	8g
Protein	27g
Cholesterol	84mg
Sodium	334mg
Vitamin A	2568IU
Vitamin C	139mg
Calcium	97mg
Iron	4mg

Directions

- 1 Heat a skillet over medium heat and add the avocado oil. Add the ground turkey, onion, red bell pepper, yellow bell pepper, chili powder, paprika, cumin, and sea salt. Cook for 10 to 15 minutes or until cooked through. Add the tomatoes, stir well and remove from heat.
- 2 Divide the cauliflower rice into bowls then top with the turkey, avocado and cilantro. Enjoy!

Notes

Cauliflower Rice: Can be served raw or cooked. To cook your cauliflower rice, saute in a skillet for 5 to 7 minutes before serving.

Vegan & Vegetarian: Use cooked lentils instead of ground turkey.

Save Time: Use pre-riced cauliflower.

Dairy-Lover: Top with Greek yogurt or grated cheese.

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

No Avocado Oil: Use coconut or olive oil instead.



One Pan Chicken, Golden Cauliflower & Carrot Fries

2 servings
40 minutes

Ingredients

2 Carrot (medium)
1/2 head Cauliflower
3 tbsps Extra Virgin Olive Oil (divided
three ways)
227 grams Chicken Breast
1 tsp Dried Thyme
1 tsp Turmeric (powder)
1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	382
Fat	24g
Carbs	14g
Fiber	5g
Sugar	6g
Protein	29g
Cholesterol	82mg
Sodium	286mg
Vitamin A	10244IU
Vitamin C	75mg
Calcium	70mg
Iron	3mg

Directions

- 1 Preheat oven to 375°F (191°C) and line a large baking sheet with parchment paper.
- 2 Peel and slice carrots into sticks. Wash and chop cauliflower into florets.
- 3 Brush chicken breast with 1/3 of the olive oil. Season with thyme and sea salt. Place on the baking sheet.
- 4 Toss carrot sticks in 1/3 of the olive oil. Place on the baking sheet next to chicken.
- 5 Toss cauliflower with the remaining olive oil and turmeric. Mix until cauliflower is evenly yellow then transfer to the baking sheet.
- 6 Place the baking sheet in the oven and bake for 30 minutes or until chicken breast is cooked through.
- 7 Remove baking sheet from the oven and divide onto plates. Add more salt to taste if desired. Enjoy!

Notes

Low FODMAP: Use zucchini instead of cauliflower.



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.