














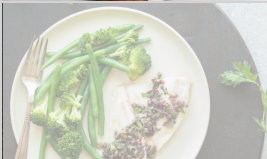
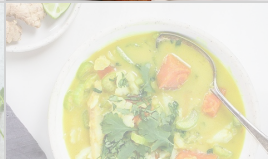











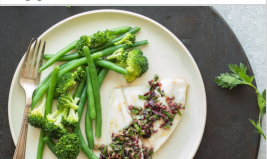
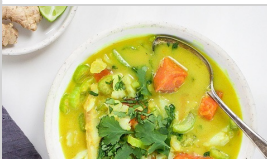



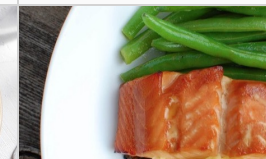


























EXERCISE
with Style

12 Week Carb Cycling Meal
Plan for Females (Low Carb) 5

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Smoked Salmon Avocado Yogurt Bowls	 Smoked Salmon Avocado Yogurt Bowls	 Smoked Salmon Avocado Yogurt Bowls	 Veggie & Bean Yogurt Bowls	 Veggie & Bean Yogurt Bowls	 Peanut Butter & Jam Egg Rollups	 Peanut Butter & Jam Egg Rollups
Snack 1	 Brie & Plum	 Brie & Plum	 Brie & Plum	 Sesame Cucumber Salad with Nori	 Sesame Cucumber Salad with Nori	 Sesame Cucumber Salad with Nori	 Sesame Cucumber Salad with Nori
Lunch	 Ham & Cheese Rolls with Mini Peppers	 Baked Sole Tapenade with Broccoli & Beans	 Coconut Cod Chowder	 Shrimp & Avocado Salad	 Citrus Spiced Turkey Bowls	 Sweet Potato Shepherd's Pie	 Baked Salmon with Green Beans & Squash
Snack 2	 1.5 Lightened Up Deviled Eggs	 Lightened Up Deviled Eggs	 Lightened Up Deviled Eggs	 Spinach & Sweet Potato Egg Muffins	 Spinach & Sweet Potato Egg Muffins	 Spinach & Sweet Potato Egg Muffins	 Spinach & Sweet Potato Egg Muffins
Dinner	 Baked Sole Tapenade with Broccoli & Beans	 Coconut Cod Chowder	 Shrimp & Avocado Salad	 Citrus Spiced Turkey Bowls	 Sweet Potato Shepherd's Pie	 Baked Salmon with Green Beans & Squash	 Sheet Pan Salmon & Squash with Miso Orange Dressing

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  58%	Fat  57%	Fat  58%	Fat  52%	Fat  50%	Fat  51%	Fat  50%
Carbs  15%	Carbs  17%	Carbs  17%	Carbs  22%	Carbs  24%	Carbs  21%	Carbs  21%
Protein  27%	Protein  26%	Protein  25%	Protein  26%	Protein  26%	Protein  28%	Protein  29%
Calories 1413	Calories 1389	Calories 1448	Calories 1495	Calories 1420	Calories 1512	Calories 1594
Fat 93g	Fat 90g	Fat 96g	Fat 90g	Fat 80g	Fat 87g	Fat 90g
Carbs 55g	Carbs 61g	Carbs 62g	Carbs 84g	Carbs 87g	Carbs 81g	Carbs 83g
Fiber 16g	Fiber 17g	Fiber 19g	Fiber 27g	Fiber 22g	Fiber 15g	Fiber 16g
Sugar 27g	Sugar 24g	Sugar 23g	Sugar 29g	Sugar 31g	Sugar 32g	Sugar 31g
Protein 97g	Protein 91g	Protein 94g	Protein 101g	Protein 96g	Protein 105g	Protein 117g
Cholesterol 540mg	Cholesterol 398mg	Cholesterol 525mg	Cholesterol 694mg	Cholesterol 564mg	Cholesterol 1082mg	Cholesterol 1102mg
Sodium 3211mg	Sodium 2416mg	Sodium 1869mg	Sodium 1675mg	Sodium 2170mg	Sodium 2300mg	Sodium 1876mg
Vitamin A 5037IU	Vitamin A 12832IU	Vitamin A 17494IU	Vitamin A 18921IU	Vitamin A 24510IU	Vitamin A 23834IU	Vitamin A 28875IU
Vitamin C 212mg	Vitamin C 132mg	Vitamin C 58mg	Vitamin C 302mg	Vitamin C 282mg	Vitamin C 51mg	Vitamin C 86mg
Calcium 877mg	Calcium 616mg	Calcium 653mg	Calcium 884mg	Calcium 761mg	Calcium 466mg	Calcium 521mg
Iron 9mg	Iron 7mg	Iron 6mg	Iron 14mg	Iron 16mg	Iron 16mg	Iron 15mg

Fruits

- 2 1/2 Avocado
- 1/3 cup Blueberries
- 1 Lemon
- 2 2/3 tbsps Lemon Juice
- 2 tbsps Lime Juice
- 1/2 Navel Orange
- 3 Plum

Breakfast

- 3 tbsps All Natural Peanut Butter
- 1 tbsp Maple Syrup

Seeds, Nuts & Spices

- 1/2 tsp Black Pepper
- 1 tsp Chili Flakes
- 1/2 tsp Garlic Powder
- 1 1/2 tsps Italian Seasoning
- 1 tsp Paprika
- 2 2/3 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/3 tbsps Sesame Seeds
- 1/4 tsp Turmeric

Frozen

- 2 cups Frozen Edamame

Vegetables

- 4 cups Arugula
- 6 cups Baby Spinach
- 1/4 cup Basil Leaves
- 2 cups Broccoli
- 1 1/8 cups Butternut Squash
- 1 1/2 Carrot
- 1 stalk Celery
- 2 tbsps Cilantro
- 2 3/4 Cucumber
- 2 1/4 tsps Fresh Dill
- 3 Garlic
- 2 tsps Ginger
- 5 cups Green Beans
- 4 stalks Green Onion
- 43 grams Mini Peppers
- 1 tbsp Parsley
- 1 cup Portobello Mushroom
- 1/4 cup Radishes
- 1/2 Red Hot Chili Pepper
- 2 2/3 tbsps Shallot
- 1/2 Spaghetti Squash
- 3 Sweet Potato
- 1 Yellow Bell Pepper
- 1/2 Yellow Onion
- 1 Zucchini

Boxed & Canned

- 1 cup Canned Coconut Milk
- 1/2 cup Red Kidney Beans

Baking

- 1 tsp Cane Sugar
- 1/4 tsp Honey

Bread, Fish, Meat & Cheese

- 170 grams Brie Cheese
- 43 grams Cheddar Cheese
- 1 Cod Fillet
- 227 grams Extra Lean Ground Beef
- 227 grams Extra Lean Ground Turkey
- 1/4 cup Feta Cheese
- 454 grams Salmon Fillet
- 254 grams Shrimp
- 85 grams Sliced Ham
- 150 grams Smoked Salmon
- 340 grams Sole Fillet

Condiments & Oils

- 3 3/4 tbsps Avocado Oil
- 1 tbsp Capers
- 2 1/8 tbsps Coconut Aminos
- 1 1/2 tsps Coconut Oil
- 3/4 cup Extra Virgin Olive Oil
- 3 tbsps Fig Jam
- 3/4 tsp Miso Paste
- 1/4 cup Pitted Kalamata Olives
- 3/4 tsp Rice Vinegar
- 2 1/2 tbsps Sesame Oil
- 1 tbsp Tamari

Cold

- 30 Egg
- 2 1/2 tbsps Orange Juice
- 2 1/2 cups Plain Greek Yogurt

Other

- 4 Nori Sheets
- 1 cup Water



Smoked Salmon Avocado Yogurt Bowls

3 servings
10 minutes

Ingredients

- 1 1/2 cups Plain Greek Yogurt
- 3/4 Cucumber (sliced)
- 150 grams Smoked Salmon (sliced)
- 1 1/2 Avocado (sliced)
- 2 1/4 tsp Fresh Dill (chopped)
- 1 tbsp Avocado Oil
- 1/3 tsp Sea Salt
- 1/3 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.



Veggie & Bean Yogurt Bowls

2 servings
15 minutes

Ingredients

- 2 tbsps Avocado Oil
- 1 cup Portobello Mushroom (sliced)
- 1 Yellow Bell Pepper (small, sliced)
- 1 Zucchini (small, sliced)
- 1 cup Plain Greek Yogurt
- 1/2 cup Red Kidney Beans (cooked)
- 1/4 cup Feta Cheese (crumbled)

Nutrition

Amount per serving	
Calories	378
Fat	21g
Carbs	28g
Fiber	7g
Sugar	7g
Protein	22g
Cholesterol	34mg
Sodium	302mg
Vitamin A	1087IU
Vitamin C	196mg
Calcium	399mg
Iron	3mg

Directions

- 1 Heat avocado oil in a large skillet over medium heat. Cook portobello mushrooms and bell pepper slices for 5 to 8 minutes, or until tender and slightly browned. Transfer to a paper towel-lined plate.
- 2 Add zucchini and cook for 1 to 2 minutes per side or until tender. Transfer to a plate.
- 3 Divide yogurt, beans, and veggies into bowls. Top with feta and enjoy!

Notes

Storage: Refrigerate in an airtight container up to 3 to 5 days.

No Red Kidney Beans: Use chickpeas, lentils or black beans instead.

No Avocado Oil: Use butter, olive oil or ghee instead.



Peanut Butter & Jam Egg Rollups

2 servings

10 minutes

Ingredients

- 1 tsp Coconut Oil
- 6 Egg (whisked)
- 3 tbsps All Natural Peanut Butter
- 3 tbsps Fig Jam

Nutrition

Amount per serving	
Calories	424
Fat	29g
Carbs	17g
Fiber	1g
Sugar	12g
Protein	24g
Cholesterol	558mg
Sodium	217mg
Vitamin A	810IU
Vitamin C	0mg
Calcium	96mg
Iron	3mg

Directions

- 1 Warm the oil in a large pan over medium-low heat. Add the whisked eggs to the pan, allowing it to spread evenly across the whole bottom of the pan. Cook for eight minutes, flipping halfway through.
- 2 Remove the egg wrap from the pan and lay it flat on a plate. Spread the peanut butter and jam on top of the egg wrap, then roll it up. Slice into rollups and enjoy!

Notes

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

Serving Size: One serving is equal to one wrap.

More Flavor: Add cinnamon. Use cream cheese in place of the peanut butter.

No Fig Jam: Use any type of jam or mashed berries.



Brie & Plum

3 servings

5 minutes

Ingredients

170 grams Brie Cheese

3 Plum

Nutrition

Amount per serving	
Calories	220
Fat	16g
Carbs	8g
Fiber	1g
Sugar	7g
Protein	12g
Cholesterol	57mg
Sodium	357mg
Vitamin A	563IU
Vitamin C	6mg
Calcium	108mg
Iron	0mg

Directions

- 1 Place all ingredients on a plate and enjoy!

Notes

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

No Brie Cheese: Use any other cheese instead.



Sesame Cucumber Salad with Nori

4 servings

5 minutes

Ingredients

- 2 Cucumber (chopped)
- 2 tbsps Sesame Oil
- 1/2 tsp Sea Salt
- 1 1/3 tbsps Sesame Seeds (white and/or black)
- 2 cups Frozen Edamame (shelled, thawed)
- 4 Nori Sheets (cut into quarters)

Nutrition

Amount per serving	
Calories	198
Fat	12g
Carbs	14g
Fiber	6g
Sugar	4g
Protein	12g
Cholesterol	0mg
Sodium	306mg
Vitamin A	789IU
Vitamin C	12mg
Calcium	112mg
Iron	3mg

Directions

- 1 Top the cucumber with sesame oil, sea salt and sesame seeds.
- 2 Serve the sesame cucumber salad alongside the edamame and nori. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Store the nori separately to keep its texture.

More Flavor: Add tamari, rice vinegar and/or maple syrup to the cucumber salad.



Ham & Cheese Rolls with Mini Peppers

1 serving
10 minutes

Ingredients

85 grams Sliced Ham
43 grams Cheddar Cheese (cut into sticks)
43 grams Mini Peppers
1/3 cup Blueberries

Nutrition

Amount per serving	
Calories	329
Fat	19g
Carbs	13g
Fiber	2g
Sugar	8g
Protein	27g
Cholesterol	99mg
Sodium	1161mg
Vitamin A	1433IU
Vitamin C	86mg
Calcium	309mg
Iron	2mg

Directions

- 1 Wrap the ham around the cheese sticks. Serve alongside the mini peppers and blueberries in a container. Enjoy!

Notes

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

Dairy-Free: Use vegan cheese instead of cheddar cheese.



Lightened Up Deviled Eggs

4 servings
30 minutes

Ingredients

- 4 Egg
- 1 1/2 tbsps Water
- 1 1/2 tbsps Extra Virgin Olive Oil
- 2 tpsps Lemon Juice
- 1/4 tsp Cane Sugar
- 1/8 tsp Sea Salt
- 1/4 tsp Paprika
- 1/2 stalk Green Onion (finely chopped; green parts only)

Nutrition

Amount per serving	
Calories	119
Fat	10g
Carbs	1g
Fiber	0g
Sugar	1g
Protein	6g
Cholesterol	186mg
Sodium	145mg
Vitamin A	401IU
Vitamin C	1mg
Calcium	30mg
Iron	1mg

Directions

- 1 Hard boil the eggs by bringing a small pot of salted water to a boil. Carefully place the eggs in the pot. Cover the pot with a lid and turn off the heat but keep the pot on the hot burner. Let it stand for 12 minutes and then drain the water. Place eggs in a bowl of ice water for 10 minutes or until cool.
- 2 Peel the eggs. Cut each one in half lengthwise and separate the yolks from the egg whites. Add the yolks to a small mixing bowl and mash with a fork until a fine crumb forms. Stir in water, olive oil, lemon juice, sugar, salt and paprika. Season with additional salt if needed.
- 3 Spoon the egg yolk mixture into the egg whites and garnish with green onions. Chill and enjoy!

Notes

Serve Chilled: Best served after being refrigerated for at least one hour.

Serving Size: One serving is equal to two pieces.

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

More Flavor: Add a pinch of cayenne, garlic powder, onion powder or dried dill to the yolk mixture.



Spinach & Sweet Potato Egg Muffins

4 servings
35 minutes

Ingredients

- 1 1/2 tps Avocado Oil
- 1 Sweet Potato (medium, peeled and chopped into cubes)
- 1 tbsp Extra Virgin Olive Oil
- 6 cups Baby Spinach
- 8 Egg
- 1/4 cup Water
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper

Nutrition

Amount per serving	
Calories	228
Fat	15g
Carbs	9g
Fiber	2g
Sugar	2g
Protein	14g
Cholesterol	372mg
Sodium	491mg
Vitamin A	9372IU
Vitamin C	13mg
Calcium	113mg
Iron	3mg

Directions

- 1 Preheat the oven to 350°F (177°C). Lightly grease a muffin tray with avocado oil.
- 2 Steam sweet potato in a double boiler for eight to 10 minutes, or until tender when pierced with a fork. Let cool slightly.
- 3 While the sweet potato is steaming, heat extra virgin olive oil in a large pan over medium heat. Sauté the spinach until wilted and tender. Let cool slightly.
- 4 When spinach and sweet potatoes are cool enough to handle, divide evenly into the prepared muffin tray.
- 5 In a mixing bowl whisk eggs until well scrambled. Whisk in water and salt and pepper.
- 6 Pour the whisked eggs into the prepared muffin tray to cover the sweet potato and spinach.
- 7 Bake for 15 to 18 minutes or just until the egg is cooked through and no longer liquid on top. Remove from oven, let cool and enjoy!

Notes

Serving Size: One serving is equal to three egg cups.

Leftovers: Store in the fridge in an airtight container up to three days. Due to the moisture in the sweet potato and spinach, these egg cups do not freeze well.

No Baby Spinach: Use finely sliced kale or swiss chard instead.



Baked Sole Tapenade with Broccoli & Beans

2 servings
15 minutes

Ingredients

- 340 grams Sole Fillet
- 1/4 cup Pitted Kalamata Olives (chopped)
- 1 tbsp Capers (chopped)
- 1 tbsp Parsley (finely chopped)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 tsp Chili Flakes
- 2 cups Broccoli (cut into florets)
- 2 cups Green Beans (trimmed)

Nutrition

Amount per serving	
Calories	321
Fat	19g
Carbs	14g
Fiber	6g
Sugar	5g
Protein	26g
Cholesterol	77mg
Sodium	765mg
Vitamin A	1534IU
Vitamin C	96mg
Calcium	135mg
Iron	3mg

Directions

- 1 Preheat the oven to 350°F (180°C) and line a baking sheet with parchment paper or a silicone mat.
- 2 Arrange the sole fillets onto the baking sheet and bake for 10 to 15 minutes or until the fish is opaque.
- 3 Meanwhile, in a bowl, combine the olives, capers, parsley, oil and chili flakes. Set aside.
- 4 Place the broccoli and the green beans in a steamer basket over boiling water and cover. Steam for three to five minutes.
- 5 Divide the fish and vegetables evenly between plates. Top with the olive mixture and enjoy!

Notes

- Leftovers:** Refrigerate in an airtight container for up to three days.
- No Sole Fillet:** Use any other white fish like haddock or cod.
- No Kalamata Olives:** Use green olives or additional capers instead.
- More Flavor:** Add chopped anchovies to the chimichurri.



Coconut Cod Chowder

2 servings
30 minutes

Ingredients

- 1/2 tsp Coconut Oil
- 2 2/3 tbsps Shallot (chopped in large chunks)
- 1/2 tsp Ginger (minced)
- 1 Garlic (cloves, minced)
- 1 Sweet Potato (cut into large cubes)
- 1 cup Canned Coconut Milk
- 1/4 cup Water
- 1/4 tsp Sea Salt
- 1/4 tsp Turmeric
- 1 Cod Fillet
- 1 stalk Celery (sliced)
- 1 tbsp Lime Juice
- 2 tbsps Cilantro (optional, for topping, chopped)

Nutrition

Amount per serving	
Calories	365
Fat	21g
Carbs	20g
Fiber	3g
Sugar	6g
Protein	24g
Cholesterol	50mg
Sodium	439mg
Vitamin A	9429IU
Vitamin C	7mg
Calcium	63mg
Iron	1mg

Directions

- 1 In a large pot over medium heat, add the oil and the shallot and cook for 2 to 3 minutes, until just cooked through. Then add the ginger and garlic and cook for 30 seconds, until fragrant. Add the potatoes, coconut milk, water, salt and turmeric. Bring to a boil, and then reduce to a simmer. Cook for 8 to 10 minutes, until the potatoes are fork-tender.
- 2 Add the cod and simmer for 4 minutes. Add the celery and cook for an additional 4 to 5 minutes, until the cod is cooked through and flaky. Remove from the heat and stir in the lime juice. Divide between bowls and top with cilantro, if using. Enjoy!

Notes

- Leftovers:** Refrigerate in an airtight container for up to three days.
- Serving Size:** One serving is approximately 1 1/2 cups of chowder.
- Fillet Size:** One fillet is equal to 231 grams or 8 ounces.
- More Flavor:** Add chili flakes on top.
- No Cod:** Use halibut instead.



Shrimp & Avocado Salad

2 servings
20 minutes

Ingredients

- 1 tsp Avocado Oil
- 254 grams Shrimp (large, peeled, deveined)
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Lime Juice
- 1/4 tsp Honey
- 1/2 tsp Coconut Aminos
- 4 cups Arugula
- 1 Carrot (shredded)
- 1/4 cup Radishes (thinly sliced)
- 1 Avocado (sliced)

Nutrition

Amount per serving	
Calories	380
Fat	25g
Carbs	15g
Fiber	8g
Sugar	4g
Protein	29g
Cholesterol	204mg
Sodium	218mg
Vitamin A	6196IU
Vitamin C	22mg
Calcium	172mg
Iron	2mg

Directions

- 1 In a skillet over medium heat, add the avocado oil and shrimp. Cook for 3 minutes each side, or until cooked through. Set aside.
- 2 While the shrimp cook, add the extra virgin olive oil, lime juice, honey, and coconut aminos to a small jar and shake to combine.
- 3 Add the arugula, carrot and radishes to a bowl. Top with the cooked shrimp, the dressing and avocado. Divide between plates and enjoy!

Notes

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

Additional Toppings: Add chopped cilantro or chopped peanuts to the dish.

No Coconut Aminos: Use tamari or soy sauce instead.

More Flavor: Marinate the shrimp in a combination of lime, honey & coconut aminos 15 minutes before cooking.



Citrus Spiced Turkey Bowls

2 servings
30 minutes

Ingredients

2 cups Green Beans (trimmed)
1/2 Navel Orange
1 1/2 tsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
1 1/2 tsps Sesame Oil
227 grams Extra Lean Ground Turkey
1 1/2 tsps Ginger (peeled and grated)
2 tbsps Orange Juice
1/2 Red Hot Chili Pepper (minced)
1 Garlic (cloves, minced)
2 tbsps Coconut Aminos (or tamari)
2 stalks Green Onion (sliced)

Nutrition

Amount per serving	
Calories	311
Fat	17g
Carbs	18g
Fiber	4g
Sugar	12g
Protein	24g
Cholesterol	84mg
Sodium	358mg
Vitamin A	1477IU
Vitamin C	59mg
Calcium	88mg
Iron	3mg

Directions

- 1 Preheat your oven to 375°F (191°C).
- 2 Place the green beans on a baking sheet. Peel and chop the orange and place that on the baking sheet as well. Drizzle with olive oil, season with salt and pepper, and place in the oven for 25 minutes.
- 3 Meanwhile, heat a large skillet over medium heat. Add the sesame oil and the turkey, stirring to break it up as it cooks. Add the ginger, orange juice, chilli pepper, garlic, and coconut aminos to the pan. Once the turkey is cooked through, stir in the green onions and remove from heat.
- 4 To serve, divide the roasted green beans and oranges between bowls and top with the spiced ground turkey. Enjoy!

Notes

Leftovers: Keeps well in the fridge up to 3 days.

Vegetarian: Use scrambled eggs instead of turkey.



Sweet Potato Shepherd's Pie

2 servings
35 minutes

Ingredients

- 1 Sweet Potato (medium, peeled and roughly chopped)
- 1 1/2 tsps Extra Virgin Olive Oil (divided)
- 1/2 tsp Sea Salt (divided)
- 227 grams Extra Lean Ground Beef
- 1/2 Yellow Onion (medium, finely chopped)
- 1/2 Carrot (medium, finely chopped)
- 1 1/2 tsps Italian Seasoning
- 1/2 tsp Garlic Powder

Nutrition

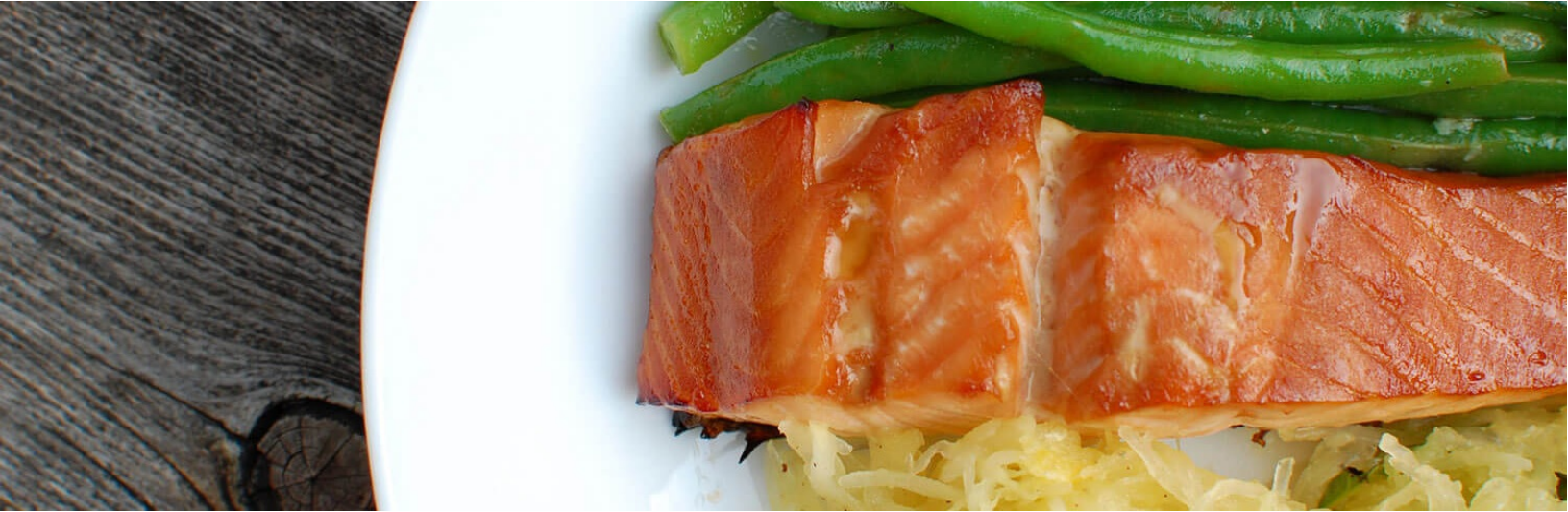
Amount per serving	
Calories	305
Fat	15g
Carbs	18g
Fiber	3g
Sugar	6g
Protein	24g
Cholesterol	74mg
Sodium	713mg
Vitamin A	11785IU
Vitamin C	2mg
Calcium	49mg
Iron	4mg

Directions

- 1 Place the sweet potatoes in a medium pot with just enough water to cover. Bring to a boil and cook until fork-tender, about 10 minutes. Drain the potatoes then mash with the oil and half of the salt. Set aside.
- 2 Meanwhile, add the beef, onion, carrot, Italian seasoning, garlic powder, and remaining salt to a skillet over medium-high heat. Cook for six to eight minutes until the beef is fully browned and the vegetables have softened. Drain any excess liquid.
- 3 Set oven broiler to high or 550°F (290°C).
- 4 Spread the beef filling in a baking dish. Spoon the mashed potatoes on top and smooth them into an even layer. Brush with the remaining oil and broil for 10 to 15 minutes until browned. Divide onto plates and enjoy!

Notes

- Leftovers:** Store in the refrigerator for up to three days or freeze for up to two months.
- Baking Dish:** An 8 x 8-inch baking dish was used to create four servings.
- No Ground Beef:** Use lean ground turkey, chicken, lamb, or pork.
- More Flavor:** Add other spices or top with fresh herbs. Add chopped mushrooms or cauliflower to the beef filling.
- Save Time:** Use frozen pre-chopped vegetables.
- Serve It With:** Green salad or roasted vegetables.



Baked Salmon with Green Beans & Squash

2 servings

1 hour

Ingredients

283 grams Salmon Fillet
1 tbsp Maple Syrup
1 tbsp Tamari
1 cup Green Beans (washed and trimmed)
1 tbsp Extra Virgin Olive Oil (divided)
1/2 Lemon (juiced)
1 Garlic (cloves, minced)
1/2 Spaghetti Squash
1/4 cup Basil Leaves (chopped)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	357
Fat	16g
Carbs	23g
Fiber	3g
Sugar	8g
Protein	31g
Cholesterol	78mg
Sodium	573mg
Vitamin A	1078IU
Vitamin C	24mg
Calcium	96mg
Iron	3mg

Directions

- 1 Combine maple syrup and tamari sauce to create salmon marinade. Place marinade and salmon fillets together in a ziploc baggie and shake well to coat. Place in fridge and let marinate until ready to cook.
- 2 Preheat oven to 375°F (191°C). Slowly and carefully cut the spaghetti squash in half lengthwise with a sharp knife. Scoop out the seeds and discard. Place on a baking sheet and bake in the oven on the middle rack for 45 minutes. Remove from oven and let sit until cool enough to handle. Use a fork to carve spaghetti-like noodles out of the flesh into a large bowl. Toss spaghetti squash noodles with half of your extra virgin olive oil, basil leaves, half of the lemon juice, half of the minced garlic clove and season with sea salt and pepper to taste. Set aside.
- 3 Increase the heat of the oven to 500°F (260°C) and move the rack to the top setting. Allow time for the oven to preheat. Place your salmon fillets on a foil-lined baking sheet (skin side down) and bake for 7 to 9 minutes (or until fish flakes with a fork).
- 4 While the fish cooks, place your trimmed beans in a saucepan and fill with enough water to steam. (This will vary depending on the size of your saucepan but for me was about 1 cup.) Place sauce pan over high heat and let beans steam for 7 minutes. Remove from heat and toss beans with remaining extra virgin olive oil, lemon juice, minced garlic and season with sea salt and pepper to taste.
- 5 Place green beans on one half of plate and herbed spaghetti squash on the other. Lay your salmon across the middle. Enjoy!



Sheet Pan Salmon & Squash with Miso Orange Dressing

1 serving
35 minutes

Ingredients

- 1 1/8 cups Butternut Squash (peeled, seeds removed, cubed)
- 1 1/2 tps Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 170 grams Salmon Fillet
- 3/4 tsp Miso Paste (white)
- 1 1/2 tps Orange Juice
- 3/4 tsp Rice Vinegar
- 1/4 tsp Sesame Seeds

Nutrition

Amount per serving	
Calories	387
Fat	18g
Carbs	20g
Fiber	4g
Sugar	5g
Protein	36g
Cholesterol	94mg
Sodium	289mg
Vitamin A	16826IU
Vitamin C	37mg
Calcium	104mg
Iron	3mg

Directions

- 1 Preheat the oven to 425°F (220°C). Line a baking sheet with parchment paper.
- 2 Toss the squash with 1/3 of the oil, salt, and pepper and arrange on the baking sheet. Bake in the oven for 15 minutes.
- 3 Remove the baking sheet and reduce the oven to 400°F (205°C). Move the squash around to make room for the salmon. Cover the salmon with 1/3 of the oil. Season with salt and pepper. Bake for 13 to 15 minutes, or until the salmon is cooked through. Let cool slightly and then roughly flake the salmon with a fork and set aside.
- 4 Meanwhile, in a small bowl or jar, combine the remaining oil, miso paste, orange juice, and rice vinegar. Mix or shake well to combine.
- 5 Place the squash onto a platter and top with the salmon. Top with the miso sauce and garnish with sesame seeds. Enjoy!

Notes

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

Serving Size: One serving is approximately two cups.

More Flavor: Add minced ginger to the miso dressing, and/or sesame oil.

Additional Toppings: Top with cilantro.