




















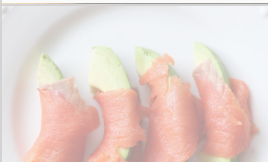
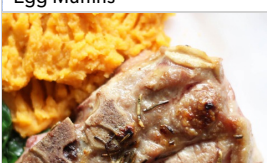
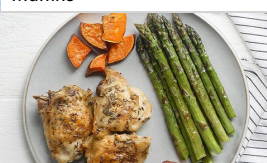


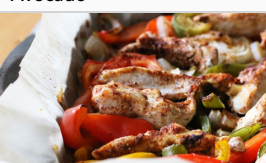
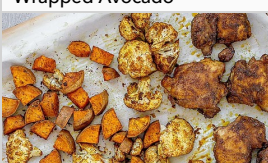























**EXERCISE**  
*with Style*

12 Week Carb Cycling Meal  
Plan for Females (Low Carb) 6

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Egg & Spinach Stuffed Pita	 Egg & Spinach Stuffed Pita	 Egg & Spinach Stuffed Pita	 Orange Cantaloupe Smoothie	 Orange Cantaloupe Smoothie	 Bacon & Egg Rice Cakes	 Bacon & Egg Rice Cakes
Snack 1	 Cheddar Cheese & Snap Peas	 Cheddar Cheese & Snap Peas	 Cheddar Cheese & Snap Peas	 Ricotta & Strawberry Puree	 Ricotta & Strawberry Puree	 Ricotta & Strawberry Puree	 Ricotta & Strawberry Puree
Lunch	 Tahini Honey Chicken Salad	 Rosemary Lamb Chops with Sweet Potato Mash	 One Pan Chicken Thighs with Asparagus	 One Pan Chicken, Golden Cauliflower & Carrot Fries	 Spicy Sweet Potato, Turkey & Kale Bowl	 Turmeric Chicken, Squash & Asparagus	 Chicken Fajitas with Cashew Sour Cream
Snack 2	 1.5 Bacon, Feta & Tomato Egg Muffins	 Bacon, Feta & Tomato Egg Muffins	 Bacon, Feta & Tomato Egg Muffins	 Smoked Salmon Wrapped Avocado	 Smoked Salmon Wrapped Avocado	 Smoked Salmon Wrapped Avocado	 0.5 Smoked Salmon Wrapped Avocado
Dinner	 Rosemary Lamb Chops with Sweet Potato Mash	 One Pan Chicken Thighs with Asparagus	 One Pan Chicken, Golden Cauliflower & Carrot Fries	 Spicy Sweet Potato, Turkey & Kale Bowl	 Turmeric Chicken, Squash & Asparagus	 Chicken Fajitas with Cashew Sour Cream	 Sheet Pan Moroccan Style Chicken & Cauliflower

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  58%	Fat  56%	Fat  58%	Fat  54%	Fat  52%	Fat  54%	Fat  51%
Carbs  16%	Carbs  18%	Carbs  17%	Carbs  21%	Carbs  23%	Carbs  20%	Carbs  21%
Protein  26%	Protein  26%	Protein  25%	Protein  25%	Protein  25%	Protein  26%	Protein  28%
Calories 1432	Calories 1394	Calories 1463	Calories 1512	Calories 1427	Calories 1521	Calories 1503
Fat 92g	Fat 88g	Fat 95g	Fat 93g	Fat 85g	Fat 92g	Fat 86g
Carbs 58g	Carbs 62g	Carbs 61g	Carbs 80g	Carbs 83g	Carbs 79g	Carbs 78g
Fiber 13g	Fiber 14g	Fiber 16g	Fiber 21g	Fiber 21g	Fiber 19g	Fiber 16g
Sugar 19g	Sugar 13g	Sugar 16g	Sugar 31g	Sugar 28g	Sugar 15g	Sugar 18g
Protein 95g	Protein 90g	Protein 93g	Protein 96g	Protein 91g	Protein 100g	Protein 108g
Cholesterol 794mg	Cholesterol 739mg	Cholesterol 754mg	Cholesterol 243mg	Cholesterol 259mg	Cholesterol 666mg	Cholesterol 722mg
Sodium 2766mg	Sodium 2752mg	Sodium 1694mg	Sodium 1372mg	Sodium 1455mg	Sodium 1867mg	Sodium 1929mg
Vitamin A 20591IU	Vitamin A 29475IU	Vitamin A 26235IU	Vitamin A 28000IU	Vitamin A 19164IU	Vitamin A 6951IU	Vitamin A 14710IU
Vitamin C 111mg	Vitamin C 48mg	Vitamin C 108mg	Vitamin C 232mg	Vitamin C 176mg	Vitamin C 224mg	Vitamin C 272mg
Calcium 911mg	Calcium 878mg	Calcium 846mg	Calcium 712mg	Calcium 719mg	Calcium 638mg	Calcium 616mg
Iron 12mg	Iron 13mg	Iron 13mg	Iron 8mg	Iron 10mg	Iron 12mg	Iron 16mg

**Fruits**

- 2 Avocado
- 1/2 Cantaloupe
- 1/2 Lemon
- 1/2 Lime
- 1/4 tsp Lime Juice
- 1 Navel Orange
- 1/2 cup Strawberries

**Breakfast**

- 4 Plain Rice Cake

**Seeds, Nuts & Spices**

- 1/2 tsp Black Pepper
- 1/4 cup Cashews
- 1/4 tsp Cayenne Pepper
- 1 tbsp Chili Powder
- 1 tsp Cinnamon
- 1/4 tsp Cumin
- 1 tsp Dried Rosemary
- 1 tsp Dried Thyme
- 1/4 tsp Garlic Powder
- 1 1/2 tsps Moroccan Spice Blend
- 1 tsp Oregano
- 1/4 tsp Paprika
- 2 1/8 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tsps Turmeric

**Frozen**

- 10 Ice Cubes

**Vegetables**

- 1/2 Acorn Squash
- 4 cups Asparagus
- 6 cups Baby Spinach
- 1/3 cup Basil Leaves
- 2 Carrot
- 3/4 head Cauliflower
- 1 1/3 cups Cherry Tomatoes
- 1 tbsp Cilantro
- 2 cups Collard Greens
- 1/2 Green Bell Pepper
- 1 cup Green Cabbage
- 8 stalks Green Onion
- 1/2 Jalapeno Pepper
- 4 cups Kale Leaves
- 1 cup Mixed Greens
- 2 tsps Parsley
- 3/4 Red Bell Pepper
- 3 cups Snap Peas
- 1/2 Sweet Onion
- 3 1/2 Sweet Potato
- 1 tsp Thyme
- 1/2 White Onion
- 1/2 Yellow Bell Pepper

**Boxed & Canned**

- 1 cup Canned Coconut Milk

**Baking**

- 3/4 tsp Raw Honey
- 2 tsps Vanilla Extract

**Bread, Fish, Meat & Cheese**

- 12 slices Bacon
- 218 grams Cheddar Cheese
- 454 grams Chicken Breast
- 283 grams Chicken Thighs
- 227 grams Chicken Thighs With Skin
- 227 grams Extra Lean Ground Chicken
- 227 grams Extra Lean Ground Turkey
- 1/2 cup Feta Cheese
- 227 grams Lamb Shoulder Chop
- 96 grams Mini Whole Wheat Pita
- 2 cups Ricotta Cheese
- 200 grams Smoked Salmon

**Condiments & Oils**

- 1 1/2 tsps Apple Cider Vinegar
- 1 tsp Avocado Oil
- 1 1/2 tsps Coconut Aminos
- 1 tbsp Coconut Oil
- 1/2 cup Extra Virgin Olive Oil
- 1 1/2 tsps Sesame Oil
- 1 1/2 tsps Tahini

**Cold**

- 18 Egg
- 1/2 cup Plain Greek Yogurt
- 1/4 cup Unsweetened Coconut Yogurt
- 2/3 cup Whipping Cream

**Other**

- 38 grams Collagen Powder
- 1 1/16 cups Water



## Egg & Spinach Stuffed Pita

3 servings  
20 minutes

### Ingredients

6 Egg  
Sea Salt & Black Pepper (to taste)  
1 tbsp Extra Virgin Olive Oil (divided)  
96 grams Mini Whole Wheat Pita  
3 cups Baby Spinach  
90 grams Cheddar Cheese (shredded)

### Nutrition

Amount per serving	
Calories	383
Fat	24g
Carbs	19g
Fiber	3g
Sugar	1g
Protein	23g
Cholesterol	402mg
Sodium	507mg
Vitamin A	3727IU
Vitamin C	8mg
Calcium	320mg
Iron	4mg

### Directions

- 1 In a small bowl, whisk the eggs and season with salt and pepper.
- 2 Heat a skillet over medium-low heat and add half of the oil. Once the skillet is hot, add the eggs to the pan and stir continuously. Keep pushing the eggs around the skillet until fluffy and cooked to your desired consistency. Remove from the heat.
- 3 Gently open the pita bread and stuff it with spinach, scrambled eggs and cheese.
- 4 Warm the remaining oil in the same skillet over medium heat. Pan-fry the stuffed pita for 10 minutes or until the cheese has melted, flipping halfway through.
- 5 Cut in half and enjoy!

### Notes

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

**Serving Size:** One serving is equal to one stuffed pita.

**More Flavor:** Add mushroom and bell pepper.

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

**Gluten-Free:** Use a gluten-free pita or wrap.



## Orange Cantaloupe Smoothie

2 servings

5 minutes

### Ingredients

1/2 Cantaloupe (small, chopped)  
1 Navel Orange (peeled)  
1 cup Water  
1 cup Canned Coconut Milk  
1/4 cup Unsweetened Coconut Yogurt  
38 grams Collagen Powder  
10 Ice Cubes

### Nutrition

Amount per serving	
Calories	370
Fat	22g
Carbs	25g
Fiber	3g
Sugar	18g
Protein	20g
Cholesterol	0mg
Sodium	99mg
Vitamin A	4840IU
Vitamin C	92mg
Calcium	132mg
Iron	1mg

### Directions

- 1 Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately.

**Make It Vegan:** Omit collagen powder and use plant-based protein powder.

**Additional Toppings:** Add spinach, hemp seeds, or chia seeds to your smoothie.



## Bacon & Egg Rice Cakes

2 servings

15 minutes

### Ingredients

- 4 slices Bacon
- 4 Egg
- 4 Plain Rice Cake
- 1 cup Mixed Greens
- 2 tbsps Parsley (chopped)

### Nutrition

Amount per serving	
Calories	438
Fat	31g
Carbs	16g
Fiber	1g
Sugar	1g
Protein	22g
Cholesterol	409mg
Sodium	578mg
Vitamin A	881IU
Vitamin C	7mg
Calcium	77mg
Iron	3mg

### Directions

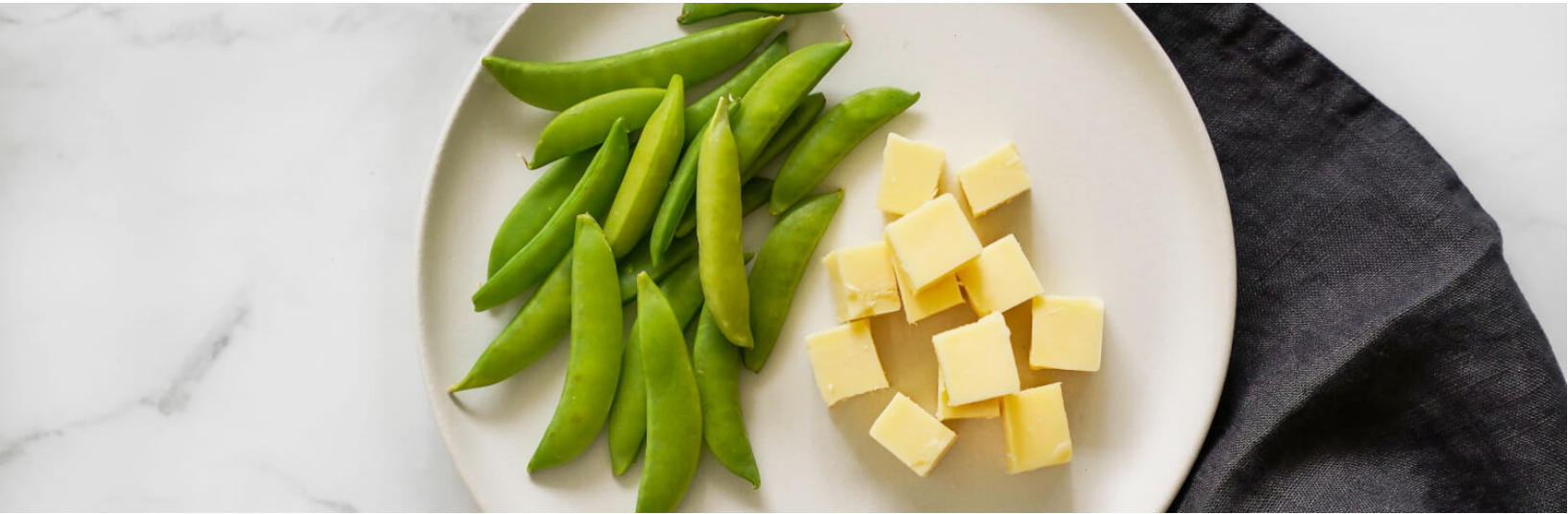
- 1 Warm a medium-sized skillet over medium heat and add the bacon slices. Cook for five minutes on each side, or until the bacon is cooked through. Remove from the pan and set aside, leaving some of the bacon grease.
- 2 In the same skillet, cook the eggs until the whites are set and the yolks are done to your liking.
- 3 Top each rice cake with mixed greens, bacon, eggs and parsley. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two days. It is best to separate the egg and bacon from the rice cracker.

**Serving Size:** One serving is equal to two rice cakes topped with an egg, a piece of bacon and 1/2 cup of mixed greens.

**Additional Toppings:** Top with sesame seeds, sunflower seeds, hemp hearts, salt and pepper.



## Cheddar Cheese & Snap Peas

3 servings

5 minutes

### Ingredients

3 cups Snap Peas (trimmed)  
128 grams Cheddar Cheese (cubed)

### Nutrition

Amount per serving	
Calories	202
Fat	14g
Carbs	8g
Fiber	3g
Sugar	3g
Protein	12g
Cholesterol	42mg
Sodium	284mg
Vitamin A	1218IU
Vitamin C	12mg
Calcium	339mg
Iron	1mg

### Directions

- 1 Serve the snap peas with cheddar cheese and enjoy!

### Notes

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

**No Cheddar Cheese:** Use brie or Swiss cheese instead.





## Ricotta & Strawberry Puree

4 servings

5 minutes

### Ingredients

2 cups Ricotta Cheese  
1/2 cup Plain Greek Yogurt  
1/2 cup Strawberries  
2 tsps Vanilla Extract  
1 tsp Cinnamon

### Nutrition

Amount per serving	
Calories	222
Fat	13g
Carbs	13g
Fiber	1g
Sugar	2g
Protein	12g
Cholesterol	65mg
Sodium	154mg
Vitamin A	712IU
Vitamin C	12mg
Calcium	327mg
Iron	0mg

### Directions

1

Add all the ingredients to a blender or food processor and blend until smooth. Serve and enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately 1/2 cup.



## Tahini Honey Chicken Salad

1 serving  
25 minutes

### Ingredients

- 1 1/2 tsp Tahini
- 3/4 tsp Raw Honey (divided)
- 113 grams Chicken Thighs (boneless, skinless)
- 3/4 tsp Extra Virgin Olive Oil
- 1/16 tsp Sea Salt
- 1 1/2 tsp Sesame Oil
- 1 1/2 tsp Coconut Aminos
- 1/4 tsp Lime Juice
- 1 cup Green Cabbage (chopped)
- 1/4 Red Bell Pepper (thinly sliced)
- 1 tbsp Cilantro (optional, chopped)

### Nutrition

Amount per serving	
Calories	324
Fat	19g
Carbs	14g
Fiber	4g
Sugar	10g
Protein	25g
Cholesterol	107mg
Sodium	343mg
Vitamin A	1119IU
Vitamin C	71mg
Calcium	78mg
Iron	2mg

### Directions

- 1 Mix the tahini with half of the honey in a small bowl.
- 2 Rub the chicken thighs with olive oil and sea salt and heat a skillet over medium heat. Cook the chicken for 5 to 6 minutes per side or until cooked through. Brush the tahini mixture on both sides of the chicken and cook for an additional 1 minute per side. Remove and set aside. Once cool, chop into cubes.
- 3 Mix the sesame oil, coconut aminos, lime juice and the remaining honey together.
- 4 Add the cabbage and bell pepper to a large bowl and toss with the sesame oil dressing. Top with the chicken and cilantro, if using. Divide evenly between bowls and enjoy!

### Notes

**Leftovers:** For best results, refrigerate the salad, chicken and dressing in separate containers. Refrigerate for up to three days.

**Additional Toppings:** Sesame seeds, slivered onions, peanuts, cashews, sunflower seeds, hemp seeds and/or pumpkin seeds.

**No Coconut Aminos:** Use tamari or soy sauce instead.



## Bacon, Feta & Tomato Egg Muffins

4 servings  
30 minutes

### Ingredients

- 2 slices Bacon (chopped coarsely)
- 2 stalks Green Onion (chopped)
- 1 3/4 tbsps Feta Cheese (crumbled coarsely)
- 1 1/3 tbsps Basil Leaves (whole)
- 1/3 cup Cherry Tomatoes (halved lengthways)
- 2 Egg (Large)
- 2 2/3 tbsps Whipping Cream

### Nutrition

Amount per serving	
Calories	140
Fat	12g
Carbs	1g
Fiber	0g
Sugar	1g
Protein	6g
Cholesterol	117mg
Sodium	192mg
Vitamin A	695IU
Vitamin C	3mg
Calcium	48mg
Iron	1mg

### Directions

- 1 Preheat the oven to 375°F (190°C). Grease or line a muffin tray or use a silicone muffin tray.
- 2 Cook the bacon in a frying pan over medium heat, stirring for five minutes or until crisp. Add the green onions and cook, stirring for another two minutes or until the onion is soft. Drain on a paper towel and set aside.
- 3 Divide the bacon mixture, feta cheese, basil, and tomatoes evenly between the cups of the prepared muffin tray.
- 4 Whisk the eggs and the cream together and pour into the muffin tray.
- 5 Bake for 18 to 20 minutes or until a thin-bladed knife inserted into the center comes out clean. Let the egg muffins cool slightly before removing them from the tray. Enjoy!

### Notes

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

**Serving Size:** One serving is equal to one egg muffin.



## Smoked Salmon Wrapped Avocado

4 servings

5 minutes

### Ingredients

2 Avocado  
200 grams Smoked Salmon (sliced)

### Directions

1

Slice the avocado and wrap each slice with the smoked salmon. Transfer to a plate and enjoy!

### Nutrition

Amount per serving	
Calories	219
Fat	17g
Carbs	9g
Fiber	7g
Sugar	1g
Protein	11g
Cholesterol	12mg
Sodium	343mg
Vitamin A	190IU
Vitamin C	10mg
Calcium	18mg
Iron	1mg



## Rosemary Lamb Chops with Sweet Potato Mash

2 servings  
35 minutes

### Ingredients

227 grams Lamb Shoulder Chop  
1 tsp Sea Salt (coarse)  
1 tsp Dried Rosemary  
1 Sweet Potato (medium, peeled and chopped)  
1 tbsp Extra Virgin Olive Oil  
3 cups Baby Spinach  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	313
Fat	17g
Carbs	15g
Fiber	3g
Sugar	3g
Protein	26g
Cholesterol	67mg
Sodium	1344mg
Vitamin A	13484IU
Vitamin C	15mg
Calcium	102mg
Iron	3mg

### Directions

- 1 Generously season both sides of each lamb chop with sea salt. Let sit for 15 to 20 minutes to tenderize.
- 2 Bring a large pot of water to a boil.
- 3 After the chops have sat for 15 to 20 minutes, rinse them with cold water and pat dry. No need to add more salt, as they should still be seasoned. Sprinkle rosemary over both sides of each chop.
- 4 Heat a grill pan over medium-high heat. Add lamb chops to the pan and cook about 5 minutes per side, for medium rare. At the same time, add the sweet potatoes to the boiling water and cook for about 10 minutes until soft.
- 5 Remove chops from pan and place on a cutting board to rest a few minutes. Drain the sweet potatoes and mash with olive oil, salt and pepper.
- 6 Place spinach in the grill pan over medium heat and saute 1 to 2 minutes until wilted. Season with salt and pepper to taste.
- 7 Divide chops onto plates with sweet potato mash and wilted spinach. Enjoy!

### Notes

Leftovers: Store in an airtight container up to 3 days.



## One Pan Chicken Thighs with Asparagus

2 servings

35 minutes

### Ingredients

227 grams Chicken Thighs with Skin  
1 tsp Oregano (dried)  
1 tsp Thyme (dried)  
1/4 tsp Sea Salt (divided)  
1 tsp Avocado Oil (divided)  
1 Sweet Potato (large, chopped)  
2 cups Asparagus (trimmed)

### Nutrition

Amount per serving	
Calories	356
Fat	21g
Carbs	19g
Fiber	5g
Sugar	5g
Protein	23g
Cholesterol	111mg
Sodium	425mg
Vitamin A	10351IU
Vitamin C	10mg
Calcium	69mg
Iron	4mg

### Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 2 Season the chicken thighs with oregano, thyme and half of the sea salt. Drizzle half of the avocado oil on top of the sweet potato and place next to the chicken. Bake for 15 minutes.
- 3 Remove the baking sheet and add the asparagus along with the remaining avocado oil and sea salt. Bake for 15 to 20 minutes or until the chicken is cooked through. Divide between plates and enjoy!

### Notes

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

**More Flavor:** Add additional seasoning such as paprika or cayenne to the chicken.

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

**No Sweet Potato:** Use a chopped baking or russet potato instead.

**No Asparagus:** Use another vegetable such as green beans 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.



## Spicy Sweet Potato, Turkey & Kale Bowl

2 servings  
25 minutes

### Ingredients

- 1 Sweet Potato (medium)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 1/2 tsps Chili Powder
- 1/4 tsp Cayenne Pepper (optional)
- 1 1/2 tsps Coconut Oil
- 1/2 White Onion (diced)
- 227 grams Extra Lean Ground Turkey
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper (optional)
- 4 cups Kale Leaves (finely diced)

### Nutrition

Amount per serving	
Calories	319
Fat	17g
Carbs	19g
Fiber	5g
Sugar	4g
Protein	24g
Cholesterol	84mg
Sodium	490mg
Vitamin A	12014IU
Vitamin C	43mg
Calcium	165mg
Iron	3mg

### Directions

- 1 Preheat oven to 425°F (218°C) and line a large baking sheet with parchment paper.
- 2 Wash and dice your sweet potato into half inch cubes. Toss in olive oil, chili powder and cayenne pepper. Spread across the baking sheet and bake in the oven for 20 minutes.
- 3 Meanwhile, heat a large skillet over medium heat. Add the coconut oil. Add the onion, ground turkey, sea salt and black pepper. Use a spatula to stir and break up the turkey as it cooks.
- 4 Once the turkey is cooked through, drain off any excess liquid and return to heat. Add the kale. Stir and saute just until wilted and remove from the heat immediately. Divide into bowls and top with the roasted sweet potato. Enjoy!

### Notes

**Save Time:** Chop the sweet potato and onion in advance. Store in the fridge until ready to cook.

**Vegan & Vegetarian:** Skip the ground meat and roast chickpeas on the baking sheet along with the sweet potatoes. Saute the onion on its own in step 3.





## Turmeric Chicken, Squash & Asparagus

2 servings  
45 minutes

### Ingredients

- 1/2 Acorn Squash (large)
- 1 1/2 tsps Coconut Oil
- 227 grams Extra Lean Ground Chicken
- 1 tsp Turmeric
- 1/4 tsp Sea Salt (divided)
- 2 cups Asparagus (woody ends trimmed)
- 1 1/2 tsps Extra Virgin Olive Oil

### Nutrition

Amount per serving	
Calories	297
Fat	16g
Carbs	17g
Fiber	5g
Sugar	3g
Protein	24g
Cholesterol	98mg
Sodium	369mg
Vitamin A	1408IU
Vitamin C	19mg
Calcium	77mg
Iron	5mg

### Directions

- 1 Preheat oven to 425°F (218°C).
- 2 Slice the acorn squash in half, and place flesh-side down on a baking sheet. Bake in the oven for 30 minutes.
- 3 Meanwhile, heat the coconut oil in a large skillet over medium heat. Add the ground chicken, breaking it up as it cooks. Once it is cooked through, add the turmeric and half of the sea salt. Turn off the heat, mix well and set aside.
- 4 Toss the asparagus with olive oil, and season with remaining sea salt.
- 5 Remove the acorn squash from the oven and push to the side of the baking sheet. Add the asparagus to the sheet, and bake for another 10 to 15 minutes, or until asparagus is tender and squash is cooked through. Remove from the oven.
- 6 Divide the squash, asparagus and chicken between plates or containers. Enjoy!

### Notes

**Leftovers:** Keeps well in the fridge up to three days.

**No Ground Chicken:** Use ground turkey, beef, pork, lamb or bison instead.

**Vegan & Vegetarian:** Use roasted chickpeas instead of ground chicken.



## Chicken Fajitas with Cashew Sour Cream

2 servings

40 minutes

### Ingredients

1 1/2 tsps Chili Powder  
 1/4 tsp Black Pepper  
 1/4 tsp Cumin  
 1/4 tsp Paprika  
 1/4 tsp Garlic Powder  
 1/2 Red Bell Pepper (sliced)  
 1/2 Yellow Bell Pepper (sliced)  
 1/2 Green Bell Pepper (sliced)  
 1/2 Jalapeno Pepper (de-seeded and sliced)  
 1/2 Sweet Onion (sliced)  
 227 grams Chicken Breast (cut into strips)  
 1 1/2 tsps Extra Virgin Olive Oil  
 1/4 cup Cashews (soaked for 1 hour and liquid drained)  
 1/4 tsp Sea Salt  
 1 1/2 tsps Apple Cider Vinegar  
 1/2 Lemon (juiced)  
 1 tbsp Water  
 1/2 Lime (cut into wedges)  
 2 cups Collard Greens (washed and stems removed)

### Directions

- 1 Preheat oven to 425°F (218°C). Line a large baking sheet with parchment paper.
- 2 In a bowl, combine chili powder, black pepper, cumin, paprika and garlic powder. Mix well and set aside.
- 3 In a large mixing bowl, add your sliced peppers, onion and chicken strips. Drizzle with olive oil and then sprinkle with seasoning. Use tongs to gently toss until everything is well coated. Transfer to your baking sheet and bake for 30 minutes or until chicken is cooked through.
- 4 Meanwhile, create your cashew sour cream by combining cashews, sea salt, apple cider vinegar, lemon juice and water in a blender or food processor. Pulse very well until completely smooth. Add an extra splash of water if too thick. Transfer to a jar and set aside.
- 5 Remove fajitas from oven. Serve in collard green wraps or gluten-free tortillas drizzled with cashew sour cream and a lime wedge. Enjoy!

### Notes

**Vegan and Vegetarian:** Skip the chicken and use roasted chickpeas instead.

**Fajita Bowl:** Serve over a bed of greens to turn it into a bowl.

**No Collard Greens:** Use swiss chard or ice berg lettuce instead.

### Nutrition

Amount per serving	
Calories	345
Fat	15g
Carbs	24g

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Fiber	5g
Sugar	8g
Protein	31g
Cholesterol	82mg
Sodium	423mg
Vitamin A	3760IU
Vitamin C	176mg
Calcium	139mg
Iron	3mg



## Sheet Pan Moroccan Style Chicken & Cauliflower

1 serving  
40 minutes

### Ingredients

- 170 grams Chicken Thighs (boneless, skinless)
- 2 1/4 tsps Extra Virgin Olive Oil (divided)
- 1 1/2 tsps Moroccan Spice Blend (divided)
- 1/4 head Cauliflower (small, chopped into florets)
- 1/2 Sweet Potato (small, chopped)

### Nutrition

Amount per serving	
Calories	388
Fat	18g
Carbs	20g
Fiber	5g
Sugar	6g
Protein	37g
Cholesterol	160mg
Sodium	602mg
Vitamin A	9262IU
Vitamin C	72mg
Calcium	64mg
Iron	9mg

### Directions

- 1 Preheat the oven to 425°F (218°C) and line a large baking sheet with parchment paper (or use two smaller baking trays if needed).
- 2 In a large bowl, toss the chicken thighs with half the oil and Moroccan spice blend. Toss to coat, making sure the chicken is well coated. Transfer to the baking sheet.
- 3 In the same bowl, combine the cauliflower and sweet potatoes and drizzle in the remaining oil and spice blend and mix together using your hands to coat well. Transfer to the baking sheet, making sure to space them out.
- 4 Place in the oven to bake for 30 to 35 minutes, until the chicken is cooked through and the veggies are slightly browned and crispy. Divide onto plates and enjoy!

### Notes

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

**More Flavor:** Top with fresh herbs such as mint and/or parsley.

**Additional Toppings:** Serve with Greek yogurt or a tahini dressing.

**No Moroccan Spice:** Use a combination of paprika, turmeric, cinnamon, ginger, and cumin.