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with Style

12 Week Carb Cycling Meal Plan for Males (High Carb) 1

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<https://exercisewithstyle.com>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast							
	Banana & Zucchini Protein Baked Oatmeal	Banana & Zucchini Protein Baked Oatmeal	Banana & Zucchini Protein Baked Oatmeal	Chocolate Cauliflower Shake	Chocolate Cauliflower Shake	Eggplant Shakshuka	Eggplant Shakshuka
Snack 1							
	Mocha Smoothie	Mocha Smoothie	Mocha Smoothie	Kiwi Green Smoothie	Kiwi Green Smoothie	Kiwi Green Smoothie	Kiwi Green Smoothie
Lunch							
	Meal Prep Spaghetti with Chicken, Spinach &...	Lentil & Chickpea Pasta Salad	BBQ Salmon Bowls with Peach Salsa	Tofu & Lentil Stir Fry with Veggies	Meal Prep Pasta & Meat Sauce	Southwest Stuffed Peppers	Buttery Shrimp & Snap Pea Udon
Snack 2							
	Melon Breakfast Bowls	Melon Breakfast Bowls	Melon Breakfast Bowls	Hot Chocolate Smoothie	Hot Chocolate Smoothie	Hot Chocolate Smoothie	Hot Chocolate Smoothie
Dinner							
	Lentil & Chickpea Pasta Salad	BBQ Salmon Bowls with Peach Salsa	Tofu & Lentil Stir Fry with Veggies	Meal Prep Pasta & Meat Sauce	Southwest Stuffed Peppers	Buttery Shrimp & Snap Pea Udon	Sardine Spaghetti

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  23%	Fat  21%	Fat  23%	Fat  24%	Fat  24%	Fat  20%	Fat  21%
Carbs  52%	Carbs  52%	Carbs  51%	Carbs  49%	Carbs  47%	Carbs  53%	Carbs  52%
Protein  25%	Protein  27%	Protein  26%	Protein  27%	Protein  29%	Protein  27%	Protein  27%
Calories 2068	Calories 2075	Calories 2140	Calories 2095	Calories 1921	Calories 2072	Calories 2080
Fat 55g	Fat 51g	Fat 55g	Fat 58g	Fat 53g	Fat 49g	Fat 51g
Carbs 280g	Carbs 281g	Carbs 280g	Carbs 265g	Carbs 238g	Carbs 286g	Carbs 283g
Fiber 55g	Fiber 53g	Fiber 56g	Fiber 81g	Fiber 59g	Fiber 69g	Fiber 69g
Sugar 87g	Sugar 92g	Sugar 95g	Sugar 67g	Sugar 55g	Sugar 63g	Sugar 62g
Protein 135g	Protein 142g	Protein 143g	Protein 149g	Protein 143g	Protein 146g	Protein 146g
Cholesterol 200mg	Cholesterol 212mg	Cholesterol 212mg	Cholesterol 86mg	Cholesterol 170mg	Cholesterol 483mg	Cholesterol 513mg
Sodium 1846mg	Sodium 1250mg	Sodium 1382mg	Sodium 1322mg	Sodium 1844mg	Sodium 3604mg	Sodium 3062mg
Vitamin A 16967IU	Vitamin A 13417IU	Vitamin A 27465IU	Vitamin A 21363IU	Vitamin A 6137IU	Vitamin A 9527IU	Vitamin A 9534IU
Vitamin C 265mg	Vitamin C 254mg	Vitamin C 187mg	Vitamin C 204mg	Vitamin C 537mg	Vitamin C 508mg	Vitamin C 182mg
Calcium 1389mg	Calcium 1378mg	Calcium 1692mg	Calcium 2168mg	Calcium 1776mg	Calcium 1337mg	Calcium 1596mg
Iron 24mg	Iron 23mg	Iron 20mg	Iron 28mg	Iron 22mg	Iron 22mg	Iron 24mg

Fruits

- 12 Banana
- 1 1/2 Cantaloupe
- 4 Kiwi
- 1/2 Lemon
- 2 tbsps Lime Juice
- 1 Peach
- 1 1/2 cups Raspberries

Breakfast

- 2 tbsps Almond Butter
- 3/4 cup Coffee
- 1/3 cup Granola
- 1 1/2 tbsps Maple Syrup

Seeds, Nuts & Spices

- 1/2 cup Chia Seeds
- 1 tsp Garlic Powder
- 1/2 tsp Onion Powder
- 1 1/3 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tbsp Sesame Seeds
- 1 tsp Smoked Paprika
- 1 tbsp Taco Seasoning

Frozen

- 4 cups Frozen Cauliflower
- 1/4 cup Frozen Corn
- 4 cups Frozen Vegetable Mix
- 8 Ice Cubes

Vegetables

- 2 cups Baby Kale
- 6 cups Baby Spinach
- 1 cup Cherry Tomatoes
- 1/3 cup Cilantro
- 1 Cucumber
- 2 Eggplant
- 1 Garlic
- 2 stalks Green Onion
- 1 Jalapeno Pepper
- 1/4 cup Parsley
- 1 Red Bell Pepper
- 1/3 cup Red Onion
- 1 cup Snap Peas
- 2 Tomato
- 2 Yellow Bell Pepper
- 1/4 Yellow Onion
- 3/4 Zucchini

Boxed & Canned

- 1/2 cup Basmati Rice
- 1/4 cup Black Beans
- 1/3 cup Brown Rice
- 1/4 cup Brown Rice Spaghetti
- 3/4 cup Canned Coconut Milk
- 113 grams Chickpea Pasta
- 1 1/2 cups Green Lentils
- 3 1/2 cups Lentils
- 2 cups Salsa
- 80 grams Sardines
- 200 grams Udon Noodles
- 2 cups Whole Wheat Penne
- 64 grams Whole Wheat Spaghetti

Baking

- 1 1/8 tsps Baking Powder
- 1/4 cup Cacao Powder
- 2/3 cup Cocoa Powder
- 1 1/2 cups Oats
- 1 tbsp Vanilla Extract

Bread, Fish, Meat & Cheese

- 113 grams Chicken Breast
- 227 grams Extra Lean Ground Beef
- 227 grams Extra Lean Ground Turkey
- 2 slices Gluten-Free Bread
- 340 grams Salmon Fillet
- 227 grams Shrimp
- 227 grams Tofu

Condiments & Oils

- 2 tbsps Balsamic Vinaigrette
- 2 tbsps Black Olives
- 2 tbsps Coconut Aminos
- 1 1/3 tbsps Extra Virgin Olive Oil
- 1/4 cup Pitted Kalamata Olives
- 1 tbsp Rice Vinegar
- 1 tbsp Sesame Oil
- 2 tbsps Sun Dried Tomatoes
- 1 cup Tomato Sauce

Cold

- 1 1/2 tbsps Butter
- 3 1/2 Egg
- 1 1/2 cups Plain Greek Yogurt
- 9 cups Unsweetened Almond Milk

Other

- 1 1/2 cups Chocolate Protein Powder
- 1 tbsp Maca Powder
- 2 1/2 cups Vanilla Protein Powder
- 4 1/8 cups Water



Banana & Zucchini Protein Baked Oatmeal

3 servings
1 hour 10 minutes

Ingredients

- 3/4 Zucchini (medium, shredded)
- 1 1/2 cups Oats (rolled)
- 3/4 cup Vanilla Protein Powder
- 1 1/2 Egg
- 3/4 cup Canned Coconut Milk
- 1 1/2 tbsps Maple Syrup
- 1 1/8 tsps Baking Powder
- 1/3 tsp Sea Salt
- 3 Banana (medium, ripe, divided)

Nutrition

Amount per serving	
Calories	521
Fat	17g
Carbs	66g
Fiber	8g
Sugar	23g
Protein	30g
Cholesterol	97mg
Sodium	575mg
Vitamin A	309IU
Vitamin C	19mg
Calcium	276mg
Iron	3mg

Directions

- 1 Preheat the oven to 350°F (175°C). Line a baking dish with parchment paper and set aside.
- 2 Wrap the shredded zucchini in paper towel or a clean cloth and squeeze until all of the excess liquid comes out.
- 3 Add the oats, protein powder, eggs, milk, maple syrup, baking powder, salt, and half of the bananas to a blender. Blend until a smooth consistency is achieved. Stir in the shredded zucchini and scoop out the batter into the baking dish. Slice the remaining bananas and place the pieces on top of the batter.
- 4 Bake for 60 minutes or until golden-brown. Remove from the oven and allow it to cool for 15 minutes before slicing. Enjoy!

Notes

Leftovers: Refrigerate for up to five days or freeze for up to three months. Freeze in individual portions for an easy grab and go option.

Serving Size: One serving is equal to approximately one cup. An 8 x 8-inch dish was used to make four servings.

Make it Vegan: Use flax eggs instead of eggs.

More Flavor: Add cinnamon or chocolate chips.

Protein Powder: This recipe was developed and tested using a plant-based protein powder. Please note that if using a different type of protein powder, results may vary.



Chocolate Cauliflower Shake

2 servings

5 minutes

Ingredients

2 cups Frozen Cauliflower
2 Banana (frozen)
2 tbsps Almond Butter
1/4 cup Cacao Powder
1/2 cup Chocolate Protein Powder
2 cups Unsweetened Almond Milk
1 tbsp Maca Powder

Directions

1

In your blender, combine all ingredients. Blend until smooth, pour into glasses and enjoy!

Notes

Make it Mocha: Replace half of the almond milk with chilled coffee.

Likes it Sweeter: Add pitted medjool dates.

No Maca Powder: Leave it out or use cinnamon instead.

Nutrition

Amount per serving	
Calories	449
Fat	16g
Carbs	50g
Fiber	17g
Sugar	20g
Protein	31g
Cholesterol	4mg
Sodium	235mg
Vitamin A	593IU
Vitamin C	67mg
Calcium	695mg
Iron	4mg



Eggplant Shakshuka

2 servings
25 minutes

Ingredients

- 2 tsp Extra Virgin Olive Oil
- 2 Eggplant (small, chopped)
- 2 Tomato (large, diced)
- 1 tsp Smoked Paprika
- Sea Salt & Black Pepper (to taste)
- 2 Egg
- 2 tbsps Parsley (chopped)

Nutrition

Amount per serving	
Calories	271
Fat	11g
Carbs	37g
Fiber	18g
Sugar	20g
Protein	13g
Cholesterol	186mg
Sodium	132mg
Vitamin A	2943IU
Vitamin C	35mg
Calcium	91mg
Iron	3mg

Directions

- 1 Heat the oil in a small pan over medium heat. Add the eggplant and sauté for four to five minutes until golden brown.
- 2 Add the tomato and paprika. Cook for about 10 minutes or until tomato is cooked and soft, stir frequently.
- 3 Season the mixture with salt and pepper. Create a pocket in the middle and crack the egg into the pocket. Cover the pan and cook until the whites are set and the yolk is cooked to your liking, about five to six minutes for a runny yolk.
- 4 Adjust the seasoning to your taste. Top with parsley and enjoy!

Notes

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

Serving Size: One serving is equal to approximately two cups.

More Flavor: Add spinach, chili flakes, and cumin.



Lentil Salsa with Toast

2 servings

10 minutes

Ingredients

- 1 1/2 cups Green Lentils (cooked, drained and rinsed)
- 1 1/2 cups Salsa
- 2 tbsps Cilantro (chopped, optional)
- 2 slices Gluten-Free Bread (toasted)

Nutrition

Amount per serving	
Calories	306
Fat	3g
Carbs	55g
Fiber	17g
Sugar	13g
Protein	18g
Cholesterol	0mg
Sodium	1517mg
Vitamin A	978IU
Vitamin C	6mg
Calcium	102mg
Iron	6mg

Directions

- 1 In a saucepan over medium heat, stir together the lentils and salsa until warmed through, about five minutes.
- 2 Transfer to a bowl, garnish with cilantro if using, and serve with toast. Enjoy!

Notes

Leftovers: Refrigerate the lentil salsa in an airtight container for up to four days.

Serving Size: One serving equals approximately one and a half cups of lentil salsa with one slice of toast.

More Flavor: Add cayenne or your choice of spices and herbs.

Additional Toppings: Avocado or plain yogurt.

No Lentils: Use chickpeas or black beans instead.



Mocha Smoothie

3 servings

5 minutes

Ingredients

3 cups Unsweetened Almond Milk
3/4 cup Coffee (brewed)
3 Banana (medium)
3/4 cup Vanilla Protein Powder
3 tbsps Cocoa Powder
1 tbsp Vanilla Extract

Nutrition

Amount per serving	
Calories	244
Fat	4g
Carbs	33g
Fiber	7g
Sugar	15g
Protein	22g
Cholesterol	4mg
Sodium	202mg
Vitamin A	575IU
Vitamin C	10mg
Calcium	579mg
Iron	2mg

Directions

1

Add all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

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

No Protein Powder: Omit, or add a few spoonfuls of hemp seeds instead.

Nut-Free: Use nut-free milk such as oat milk.



Kiwi Green Smoothie

4 servings

5 minutes

Ingredients

- 4 Kiwi (small, peeled)
- 2 Banana (frozen)
- 1 cup Vanilla Protein Powder
- 1/4 cup Chia Seeds
- 5 cups Baby Spinach
- 4 cups Water
- 8 Ice Cubes

Directions

1

Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Chia Seeds: Use flax seed instead.

No Protein Powder: Use hemp seeds instead.

Nutrition

Amount per serving	
Calories	245
Fat	5g
Carbs	31g
Fiber	9g
Sugar	14g
Protein	23g
Cholesterol	4mg
Sodium	77mg
Vitamin A	3614IU
Vitamin C	80mg
Calcium	278mg
Iron	3mg



Meal Prep Spaghetti with Chicken, Spinach & Tomatoes

1 serving
30 minutes

Ingredients

2 1/4 tps Extra Virgin Olive Oil (divided)
1 cup Cherry Tomatoes
1/2 tsp Garlic Powder
1/2 tsp Onion Powder
1/4 tsp Sea Salt
113 grams Chicken Breast (sliced in halves)
1 cup Baby Spinach
1/4 cup Brown Rice Spaghetti (dry)

Nutrition

Amount per serving	
Calories	468
Fat	15g
Carbs	52g
Fiber	5g
Sugar	4g
Protein	32g
Cholesterol	82mg
Sodium	674mg
Vitamin A	4088IU
Vitamin C	29mg
Calcium	56mg
Iron	3mg

Directions

- 1 Preheat oven to 450°F (232°C) and line baking sheets with foil.
- 2 In a bowl, toss tomatoes in 1/3 of the olive oil and transfer to a baking sheet.
- 3 Combine garlic powder, onion powder and salt in a small bowl. Coat the chicken with the remaining olive oil and half the garlic-onion seasoning. Transfer to a separate baking sheet.
- 4 Bake the chicken and tomatoes for about 15 minutes, or until chicken is cooked through and tomatoes have slightly charred and bursted. Remove from oven and slice the chicken.
- 5 Meanwhile, lightly saute the spinach in a large pan with a bit of water just until wilted. Remove from heat.
- 6 Cook pasta according to the directions on the package. Once cooked, toss the noodles in the remaining garlic-onion seasoning and wilted spinach until evenly distributed.
- 7 Divide the pasta, sliced chicken and tomatoes into separate containers and let cool before refrigerating.

Notes

No Chicken: Use beef strips, turkey breast, our Marinated Baked Tofu, or Savoury Roasted Chickpeas recipe instead.

No Brown Rice Spaghetti: Use rice, quinoa or any type of pasta instead.

Make it Cheesy: Add parmesan or nutritional yeast to the pasta.

Spice it Up: Add red pepper flakes to the pasta, and/or chili powder to the seasoning.

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



Melon Breakfast Bowls

3 servings
10 minutes

Ingredients

- 1 1/2 Cantaloupe (small)
- 1 1/2 cups Plain Greek Yogurt
- 1 1/2 cups Raspberries
- 1/3 cup Granola

Nutrition

Amount per serving	
Calories	291
Fat	7g
Carbs	44g
Fiber	8g
Sugar	30g
Protein	16g
Cholesterol	17mg
Sodium	119mg
Vitamin A	9982IU
Vitamin C	125mg
Calcium	302mg
Iron	2mg

Directions

- 1 Cut the cantaloupe in half and scoop out the seeds.
- 2 Divide the yogurt and raspberries evenly between each hollowed out cantaloupe half. Top with the granola and enjoy!

Notes

Dairy-Free: Use a dairy-free yogurt such as coconut.

Likes it Sweet: Add a drizzle of honey or maple syrup on top.

No Raspberries: Use strawberries, blueberries or blackberries instead.

No Granola: Use nuts or seeds instead.



Hot Chocolate Smoothie

4 servings

5 minutes

Ingredients

- 4 cups Unsweetened Almond Milk
- 2 cups Frozen Cauliflower
- 2 Bananas
- 1 cup Chocolate Protein Powder
- 1/2 cup Cocoa Powder
- 1/4 cup Chia Seeds
- 1/2 tsp Sea Salt (optional, for topping)

Nutrition

Amount per serving	
Calories	265
Fat	8g
Carbs	31g
Fiber	14g
Sugar	8g
Protein	26g
Cholesterol	4mg
Sodium	514mg
Vitamin A	546IU
Vitamin C	33mg
Calcium	674mg
Iron	4mg

Directions

- 1 In a small saucepan over medium-low heat, add the almond milk. Bring to a simmer and then add to a blender.
- 2 Add the remaining ingredients. Blend carefully, allowing space for the heat to escape, until smooth and creamy. Serve warm and enjoy!

Notes

Nut-Free: Use coconut milk or another nut-free milk instead.

More Flavor: Add ground cinnamon.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.



Lentil & Chickpea Pasta Salad

2 servings

15 minutes

Ingredients

113 grams Chickpea Pasta
2 cups Lentils (from the can, drained and rinsed)
2 tbsps Red Onion (finely chopped)
1 Red Bell Pepper (diced)
1/2 Cucumber (diced)
1/4 cup Pitted Kalamata Olives (finely chopped)
2 cups Baby Kale
2 tbsps Balsamic Vinaigrette
Sea Salt & Black Pepper (to taste)

Directions

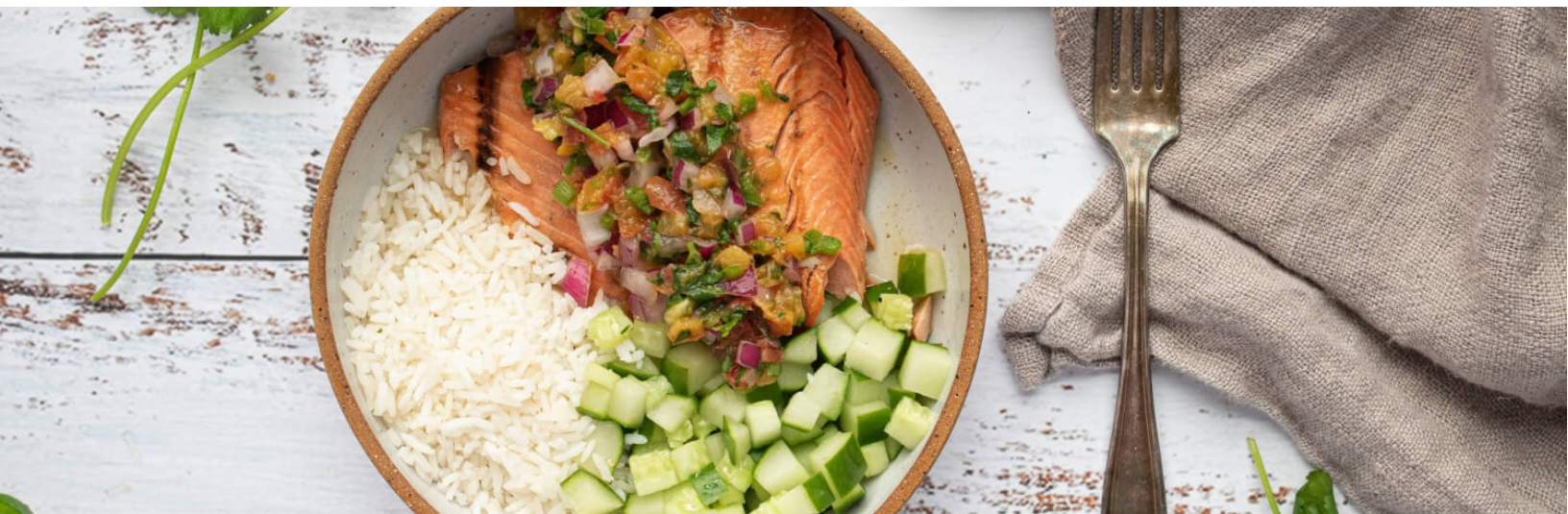
- 1 Cook the pasta according to the directions on the package and set aside. Drain, rinse well, and set aside to cool.
- 2 In a large bowl, mix the pasta, lentils, red onion, bell pepper, cucumber, olives, and baby kale. Add the dressing and mix well. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
Serving Size: One serving is equal to approximately three cups.
More Flavor: Serve with parmesan cheese and basil leaves.

Nutrition

Amount per serving	
Calories	544
Fat	12g
Carbs	85g
Fiber	27g
Sugar	15g
Protein	35g
Cholesterol	0mg
Sodium	276mg
Vitamin A	2013IU
Vitamin C	82mg
Calcium	176mg
Iron	14mg



BBQ Salmon Bowls with Peach Salsa

2 servings
35 minutes

Ingredients

- 1/2 cup Basmati Rice (uncooked)
- 2 tbsps Lime Juice (divided)
- 340 grams Salmon Fillet
- 1 Peach (finely chopped)
- 1/4 cup Red Onion (finely diced)
- 1/2 Jalapeno Pepper (finely diced)
- 3 tbsps Cilantro (finely chopped)
- 1/2 Cucumber (medium, finely chopped)

Nutrition

Amount per serving	
Calories	475
Fat	11g
Carbs	53g
Fiber	3g
Sugar	9g
Protein	39g
Cholesterol	94mg
Sodium	78mg
Vitamin A	538IU
Vitamin C	18mg
Calcium	45mg
Iron	2mg

Directions

- 1 Cook the rice according to the package directions.
- 2 Preheat your barbecue to medium heat. While the rice is cooking, pour half of the lime juice over the salmon fillets and add them to the barbecue. Cook for 12 minutes, flipping halfway through.
- 3 Meanwhile, make the salsa by combining the peach, red onion, jalapeno, cilantro, and remaining lime juice in a bowl. Mix well.
- 4 Divide the cucumber, rice, salmon, and peach salsa evenly between bowls. Enjoy!

Notes

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

More Flavor: Add sea salt to taste. Add a glaze to the salmon with tamari, ginger powder, and maple syrup.

Additional Toppings: Add mixed greens or avocado.



Tofu & Lentil Stir Fry with Veggies

2 servings
25 minutes

Ingredients

1 tbsp Sesame Oil
227 grams Tofu (firm, drained, cubed)
4 cups Frozen Vegetable Mix
1 1/2 cups Lentils (rinsed and drained)
2 tbsps Coconut Aminos
1 tbsp Rice Vinegar
1/2 tsp Garlic Powder
Sea Salt & Black Pepper (to taste)
2 stalks Green Onion (chopped)
1 tbsp Sesame Seeds (toasted)

Nutrition

Amount per serving	
Calories	609
Fat	16g
Carbs	84g
Fiber	30g
Sugar	18g
Protein	36g
Cholesterol	0mg
Sodium	408mg
Vitamin A	16061IU
Vitamin C	15mg
Calcium	490mg
Iron	11mg

Directions

- 1 In a large skillet or wok, heat the sesame oil over medium-high heat.
- 2 Add the tofu and cook until browned on all sides, about five minutes.
- 3 Add the mixed vegetables to the skillet and stir fry for another five minutes, or until the vegetables are tender-crisp. Add the lentils and continue cooking for one more minute.
- 4 In a small bowl, whisk together the coconut aminos, rice vinegar, and garlic powder. Season with salt and pepper.
- 5 Pour the sauce over the stir fry and toss until well combined. Top with green onions and sesame seeds and enjoy!

Notes

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

Serving Size: One serving is equal to approximately two cups.

More Flavor: Serve with noodles. Use fresh vegetables.

No Coconut Aminos: Use soy sauce or tamari.



Meal Prep Pasta & Meat Sauce

2 servings
25 minutes

Ingredients

2 cups Whole Wheat Penne (dry, uncooked)
227 grams Extra Lean Ground Beef
1 cup Tomato Sauce

Nutrition

Amount per serving	
Calories	527
Fat	13g
Carbs	69g
Fiber	11g
Sugar	7g
Protein	33g
Cholesterol	74mg
Sodium	88mg
Vitamin A	549IU
Vitamin C	9mg
Calcium	31mg
Iron	6mg

Directions

- 1 Cook the pasta according to the instructions on the package.
- 2 While the pasta cooks, heat a large skillet over medium heat. Add the beef and saute, breaking it up as it cooks. Once it is completely cooked through, pour the tomato sauce over top and mix well.
- 3 Divide the cooked pasta into containers and divide the meat sauce over top. Enjoy!

Notes

No Ground Beef: Use any type of ground meat instead.
Leftovers: Keeps well in the fridge for 3 to 4 days. Freeze up to two months.
Vegan & Vegetarian: Use cooked lentils instead of ground meat.
No Tomato Sauce: Use canned crushed tomatoes instead.
Gluten-Free: Use a gluten-free pasta like chickpea, quinoa or rice.
More Veggies: Cook chopped vegetables into the sauce such as diced zucchini, mushrooms, bell peppers, eggplant, spinach or basil.



Southwest Stuffed Peppers

2 servings
1 hour 5 minutes

Ingredients

- 2 2/3 tbsps Water
- 227 grams Extra Lean Ground Turkey
- 1/4 Yellow Onion (medium, chopped)
- 1/2 Jalapeno Pepper (medium, seeds removed, finely chopped)
- 1 Garlic (clove, minced)
- 1 tbsp Taco Seasoning
- 1/4 cup Black Beans (cooked, rinsed)
- 1/4 cup Frozen Corn (thawed)
- 1/2 cup Salsa
- 2 Yellow Bell Pepper (tops, seeds & ribs removed)
- 1/3 cup Brown Rice

Nutrition

Amount per serving	
Calories	435
Fat	11g
Carbs	57g
Fiber	8g
Sugar	6g
Protein	30g
Cholesterol	84mg
Sodium	930mg
Vitamin A	835IU
Vitamin C	348mg
Calcium	98mg
Iron	5mg

Directions

- 1 Preheat the oven to 350°F (176°C) and add the water to a baking dish just large enough to fit the peppers.
- 2 Heat a pan over medium-high heat. Brown the turkey in the pan, breaking it up as it cooks, about five minutes. Add the onion and jalapeno and cook for three to five minutes more or until the onion begins to soften. Add the garlic and taco seasoning and cook for another minute. Add the black beans, corn, and salsa to the pan and stir to combine.
- 3 Stuff the peppers with the turkey filling. Place the peppers so that they are standing upright in the prepared baking dish. (Note: use balled-up aluminum foil to support them if needed). Cover with foil or a lid and bake for 45 to 50 minutes or until the peppers are very tender.
- 4 Meanwhile, cook the rice according to package directions. To serve, divide the peppers and rice between plates and enjoy!

Notes

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

Serving Size: One serving is equal to one pepper.

Additional Toppings: Cilantro, avocado, green onion, diced tomatoes, hot sauce, sour cream, shredded cheese, or extra salsa.

No Yellow Peppers: Use red, orange, or green peppers instead.

No Turkey: Use chicken or beef instead.



Buttery Shrimp & Snap Pea Udon

2 servings
10 minutes

Ingredients

200 grams Udon Noodles (dried)
1 1/2 tbsps Butter (divided)
1 cup Snap Peas (trimmed)
227 grams Shrimp (large, peeled, deveined)
1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	550
Fat	11g
Carbs	75g
Fiber	3g
Sugar	2g
Protein	36g
Cholesterol	205mg
Sodium	434mg
Vitamin A	611IU
Vitamin C	6mg
Calcium	94mg
Iron	1mg

Directions

- 1 Cook the udon noodles according to package directions and set aside.
- 2 Melt 2/3 of the butter in a pan over medium heat. Add the snap peas and sauté for two to three minutes. Add the shrimp and cook for one to two minutes per side or until cooked through.
- 3 Add the noodles to the pan with the remaining butter and salt. Mix well and cook until the noodles are reheated.
- 4 Divide between bowls and enjoy!

Notes

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

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

More Flavor: Add lemon juice.

Additional Toppings: Top with your choice of fresh herbs.

Gluten-Free: Use gluten-free noodles instead.



Sardine Spaghetti

1 serving
20 minutes

Ingredients

64 grams Whole Wheat Spaghetti
80 grams Sardines (packed in oil, drained, chopped)
2 tbsps Sun Dried Tomatoes (chopped)
1/2 Lemon (small, juice and zest)
2 tbsps Black Olives (pitted, sliced)
2 tbsps Parsley (finely chopped)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	443
Fat	13g
Carbs	54g
Fiber	8g
Sugar	5g
Protein	30g
Cholesterol	114mg
Sodium	388mg
Vitamin A	842IU
Vitamin C	22mg
Calcium	357mg
Iron	7mg

Directions

- 1 Cook the spaghetti according to package directions, reserving roughly one cup of cooking water.
- 2 In a bowl, combine the sardines, sun dried tomatoes, lemon zest, juice, olives, and parsley.
- 3 Toss the hot pasta with the sardine mixture. Add some of the reserved pasta water, a little at a time, as necessary. Toss to coat and season with salt and pepper to taste. Enjoy!

Notes

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

Gluten-Free: Use brown rice spaghetti or gluten-free pasta of choice.

More Flavor: Add garlic oil, a pinch of red pepper flakes, and/or pesto.

Additional Toppings: Fresh basil, microgreens, and parmesan cheese.

No Sardines: Use canned tuna.