









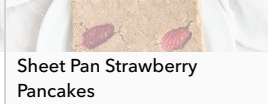














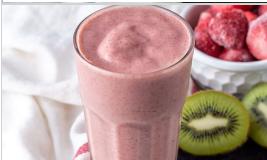
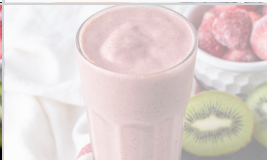
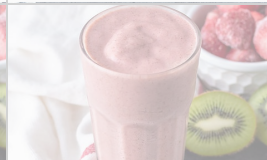









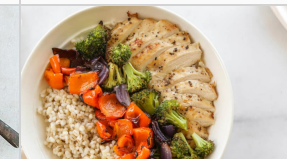

**EXERCISE**  
*with Style*






















**12 Week Carb Cycling Meal  
Plan for Males (High Carb) 2**

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



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Yogurt with Granola & Banana	 Yogurt with Granola & Banana	 Yogurt with Granola & Banana	 Chocolate Protein Overnight Oats	 Chocolate Protein Overnight Oats	 Sheet Pan Strawberry Pancakes	 Sheet Pan Strawberry Pancakes
Snack 1	 Yogurt & Berries	 Yogurt & Berries	 Yogurt & Berries	 English Muffin Breakfast Pizzas	 English Muffin Breakfast Pizzas	 English Muffin Breakfast Pizzas	 English Muffin Breakfast Pizzas
Lunch	 Ahi Tuna Poke Bowl	 One Pot Beef, Rice & Peppers	 Maple Ginger Stir Fry Bowl with Rice	 Kung Pao Chicken	 Spicy Tofu & Cauliflower Soup	 Spiced Beef & Spinach with Rice	 Roasted Broccoli, Chicken & Barley Bowl
Snack 2	 Strawberry Kiwi Tropical Smoothie	 Strawberry Kiwi Tropical Smoothie	 Strawberry Kiwi Tropical Smoothie	 Peach Cherry Smoothie	 1.5 Peach Cherry Smoothie	 Peach Cherry Smoothie	 Peach Cherry Smoothie
Dinner	 One Pot Beef, Rice & Peppers	 Maple Ginger Stir Fry Bowl with Rice	 Kung Pao Chicken	 Spicy Tofu & Cauliflower Soup	 Spiced Beef & Spinach with Rice	 Roasted Broccoli, Chicken & Barley Bowl	 Cod & Potato Cakes

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  24%	Fat  23%	Fat  23%	Fat  24%	Fat  24%	Fat  22%	Fat  22%
Carbs  50%	Carbs  51%	Carbs  50%	Carbs  48%	Carbs  48%	Carbs  53%	Carbs  52%
Protein  26%	Protein  26%	Protein  27%	Protein  28%	Protein  28%	Protein  25%	Protein  26%
Calories 2039	Calories 2046	Calories 2043	Calories 1926	Calories 2001	Calories 2034	Calories 2019
Fat 56g	Fat 52g	Fat 53g	Fat 54g	Fat 57g	Fat 51g	Fat 51g
Carbs 261g	Carbs 264g	Carbs 263g	Carbs 246g	Carbs 254g	Carbs 279g	Carbs 272g
Fiber 38g	Fiber 35g	Fiber 37g	Fiber 59g	Fiber 61g	Fiber 52g	Fiber 56g
Sugar 83g	Sugar 92g	Sugar 95g	Sugar 54g	Sugar 56g	Sugar 37g	Sugar 41g
Protein 133g	Protein 136g	Protein 139g	Protein 140g	Protein 146g	Protein 129g	Protein 132g
Cholesterol 191mg	Cholesterol 249mg	Cholesterol 280mg	Cholesterol 140mg	Cholesterol 109mg	Cholesterol 299mg	Cholesterol 419mg
Sodium 1968mg	Sodium 2023mg	Sodium 2140mg	Sodium 6044mg	Sodium 5016mg	Sodium 2100mg	Sodium 2524mg
Vitamin A 5984IU	Vitamin A 16236IU	Vitamin A 15007IU	Vitamin A 7724IU	Vitamin A 10229IU	Vitamin A 9843IU	Vitamin A 7696IU
Vitamin C 335mg	Vitamin C 333mg	Vitamin C 297mg	Vitamin C 210mg	Vitamin C 212mg	Vitamin C 234mg	Vitamin C 286mg
Calcium 1938mg	Calcium 1960mg	Calcium 1974mg	Calcium 1958mg	Calcium 2278mg	Calcium 1375mg	Calcium 1403mg
Iron 15mg	Iron 15mg	Iron 15mg	Iron 22mg	Iron 23mg	Iron 17mg	Iron 17mg

**Fruits**

- 1/2 Avocado
- 3 Banana
- 2 1/2 cups Cherries
- 3 Kiwi
- 1/2 Lime
- 5 Peach
- 3/4 cup Pineapple
- 1 cup Raspberries
- 2/3 cup Strawberries

**Breakfast**

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

**Seeds, Nuts & Spices**

- 1 1/2 tbsps Cajun Seasoning
- 1/2 cup Chia Seeds
- 1/2 tsp Chili Powder
- 2/3 tsp Cinnamon
- 2 1/4 tps Curry Powder
- 1/8 tsp Garlic Powder
- 2 tbsps Raw Peanuts
- 1 1/8 tps Sea Salt
- 0 Sea Salt & Black Pepper
- 3/4 tsp Sesame Seeds
- 3/4 tsp Smoked Paprika

**Frozen**

- 3 cups Frozen Berries
- 3 cups Frozen Strawberries

**Vegetables**

- 8 cups Baby Spinach
- 1 1/2 cups Broccoli
- 2 Carrot
- 1 head Cauliflower
- 1/3 cup Cilantro
- 1/4 Cucumber
- 3 Garlic
- 2 tps Ginger
- 2 cups Green Beans
- 1 Leeks
- 1/2 Orange Bell Pepper
- 2 tps Parsley
- 3/4 Red Bell Pepper
- 1/3 cup Red Onion
- 1 cup Snap Peas
- 2/3 Yellow Onion
- 1 1/3 Yellow Potato
- 1 1/2 Zucchini

**Boxed & Canned**

- 3/4 cup Basmati Rice
- 1 cup Black Beans
- 1 1/4 cups Brown Rice
- 1 cup Chicken Broth
- 1 cup Diced Tomatoes
- 1 1/3 cups Jasmine Rice
- 2 cups Lima Beans
- 3/4 cup Pearl Barley
- 1/2 cup Salsa
- 4 cups Vegetable Broth, Low Sodium

**Baking**

- 3/4 tsp Arrowroot Powder
- 1 tsp Baking Powder
- 3 tbsps Cocoa Powder
- 2/3 cup Oat Flour
- 1 cup Oats
- 1 1/2 tps Raw Honey
- 1/2 tsp Vanilla Extract

**Bread, Fish, Meat & Cheese**

- 113 grams Ahi Tuna
- 482 grams Chicken Breast
- 227 grams Chicken Thighs
- 1/2 Cod Fillet
- 227 grams English Muffin
- 454 grams Extra Lean Ground Beef
- 113 grams Mozzarella Cheese
- 200 grams Tofu

**Condiments & Oils**

- 1 1/2 tps Apple Cider Vinegar
- 1 1/2 tps Avocado Oil
- 3 tbsps Coconut Aminos
- 2 tps Coconut Oil
- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Rice Vinegar
- 1 1/8 tps Sesame Oil
- 1 1/2 tps Sriracha
- 2 tbsps Tamari

**Cold**

- 2 tps Butter
- 2 Egg
- 2 cups Egg Whites
- 6 cups Plain Greek Yogurt
- 10 3/4 cups Unsweetened Almond Milk

**Other**

- 1/2 cup Chocolate Protein Powder
- 1 2/3 cups Vanilla Protein Powder
- 3/4 cup Water





## Yogurt with Granola & Banana

3 servings

5 minutes

### Ingredients

- 3 cups Plain Greek Yogurt
- 3 Banana (sliced)
- 1 cup Granola

### Nutrition

Amount per serving	
Calories	485
Fat	15g
Carbs	61g
Fiber	7g
Sugar	28g
Protein	29g
Cholesterol	34mg
Sodium	152mg
Vitamin A	1333IU
Vitamin C	26mg
Calcium	536mg
Iron	3mg

### Directions

- 1 Add the yogurt, banana, and granola to a bowl, and enjoy!

### Notes

**More Flavor:** Add maple syrup or vanilla.

**Additional Toppings:** Nut butter, shredded coconut, chia seeds, and/or hemp seeds.

**Gluten-Free:** Use gluten-free granola.

**Dairy-Free:** Use a dairy-free yogurt alternative.



## Chocolate Protein Overnight Oats

**2 servings****8 hours**

### Ingredients

- 1 cup Oats
- 1 1/2 cups Unsweetened Almond Milk
- 1/2 cup Chocolate Protein Powder
- 3 tbsps Cocoa Powder
- 2 tbsps Almond Butter
- 2 tsps Maple Syrup
- 1 cup Raspberries (plus extra to garnish)

### Nutrition

Amount per serving	
Calories	424
Fat	15g
Carbs	49g
Fiber	14g
Sugar	8g
Protein	31g
Cholesterol	4mg
Sodium	165mg
Vitamin A	395IU
Vitamin C	16mg
Calcium	560mg
Iron	4mg

### Directions

- 1 Add all the ingredients to a resealable bowl or container and stir well to combine. Seal and place in the fridge overnight, or for at least eight hours.
- 2 Remove the oats from the fridge. Divide evenly between containers and top with additional raspberries, if using. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately 1 1/4 cups.

**Additional Toppings:** If a thinner consistency is desired, stir in a splash of milk when ready to eat.





## Sheet Pan Strawberry Pancakes

2 servings  
30 minutes

### Ingredients

1/2 cup Unsweetened Almond Milk  
1 1/2 tsps Apple Cider Vinegar  
1 1/3 Egg  
2 tsps Maple Syrup  
1/2 tsp Vanilla Extract  
2/3 cup Oat Flour  
1 tsp Baking Powder  
2/3 tsp Cinnamon  
2 tsps Coconut Oil (melted)  
2/3 cup Strawberries (sliced, fresh or frozen)

### Nutrition

Amount per serving	
Calories	297
Fat	11g
Carbs	36g
Fiber	6g
Sugar	7g
Protein	12g
Cholesterol	124mg
Sodium	333mg
Vitamin A	313IU
Vitamin C	28mg
Calcium	310mg
Iron	3mg

### Directions

- 1 Preheat the oven to 425°F (220°C) and line a large baking sheet with parchment paper.
- 2 Combine the almond milk and apple cider vinegar in a mixing bowl and stir well. Allow the milk to sit for about five minutes to sour.
- 3 Whisk in the eggs, maple syrup, and vanilla extract into the soured milk until combined.
- 4 Whisk in the oat flour, baking powder, and cinnamon, and when almost combined stir in the coconut oil. Continue to stir until the batter is smooth.
- 5 Transfer the batter to the prepared baking sheet and spread into an even layer. Top the batter with the strawberry slices. Bake for 13 to 15 minutes or until the pancake is spongy to the touch and a toothpick inserted into the middle comes out clean.
- 6 Allow the pancake to cool slightly then cut into squares and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Reheat in a dry pan until warmed through.

**Serving Size:** One serving is approximately two 4-inch squares.

**Additional Toppings:** Maple syrup, nut butter, and/or more fresh fruit.

**No Strawberries:** Use blueberries, raspberries, or banana slices instead.

**No Apple Cider Vinegar:** Use lemon juice instead.

**No Maple Syrup:** Use honey or another liquid sweetener instead.

**Baking Sheet:** This recipe was created and tested using an 18x13 baking sheet.

**Kid-Friendly:** Cut pancakes into strips or use a cookie cutter to cut into fun shapes.



## Gallo Pinto

2 servings  
20 minutes

### Ingredients

- 1/3 cup Jasmine Rice (dry, rinsed)
- 1 1/2 tsps Avocado Oil (divided)
- 1/4 Yellow Onion (medium, diced)
- 1/4 Red Bell Pepper (medium, diced)
- 1 1/2 tsps Cilantro (chopped, plus more for garnish)
- 1/2 tsp Sea Salt (to taste)
- 1 cup Black Beans (cooked)
- 2 tsps Water (or broth)

### Nutrition

Amount per serving	
Calories	261
Fat	4g
Carbs	48g
Fiber	9g
Sugar	2g
Protein	10g
Cholesterol	0mg
Sodium	593mg
Vitamin A	522IU
Vitamin C	19mg
Calcium	31mg
Iron	2mg

### Directions

- 1 Cook the rice according to package directions and set aside.
- 2 Heat half the oil in a large skillet over medium heat. Add the onions, red bell pepper, cilantro, and salt. Cook for about five minutes, or until the onions are soft and translucent.
- 3 Stir in the beans, water, and rice. Heat for five to 10 minutes or until warmed through. Season with more salt as needed. Divide onto plates and enjoy!

### Notes

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

**Serving Size:** One serving equals approximately one cup.

**More Flavor:** Add salsa Lizano or Worcestershire sauce.

**Additional Toppings:** Serve as is or with fried plantains, fried egg, corn tortillas, sour cream, or plain yogurt.





## Yogurt & Berries

3 servings

5 minutes

### Ingredients

- 3 cups Plain Greek Yogurt
- 3 cups Frozen Berries (thawed)

### Nutrition

Amount per serving	
Calories	261
Fat	5g
Carbs	32g
Fiber	5g
Sugar	21g
Protein	23g
Cholesterol	34mg
Sodium	140mg
Vitamin A	1250IU
Vitamin C	55mg
Calcium	526mg
Iron	2mg

### Directions

1

Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.) Enjoy!

### Notes

**Dairy-Free:** Use a dairy-free yogurt like coconut, almond or cashew.

**No Frozen Berries:** Use any type of fresh fruit instead.



## English Muffin Breakfast Pizzas

4 servings  
15 minutes

### Ingredients

- 2 cups Egg Whites
- 1/4 cup Water
- 6 cups Baby Spinach
- 227 grams English Muffin (sliced in half)
- 1/2 cup Salsa
- 113 grams Mozzarella Cheese (shredded)

### Nutrition

Amount per serving	
Calories	253
Fat	6g
Carbs	33g
Fiber	10g
Sugar	3g
Protein	23g
Cholesterol	25mg
Sodium	798mg
Vitamin A	4572IU
Vitamin C	13mg
Calcium	245mg
Iron	3mg

### Directions

- 1 Add the egg whites to a cold saucepan. Place over low to low-medium heat and stir continuously with a heat-safe spatula until fluffy and cooked through, about 10 minutes.
- 2 Heat the water in a pan and add the spinach. Cook for about one to two minutes or until wilted.
- 3 Top the English muffin slices with spinach, scrambled egg whites, salsa, and mozzarella. Broil in the oven until the cheese is melted and golden brown. Enjoy!

### Notes

**Leftovers:** Best enjoyed immediately. Can be refrigerated in an airtight container for up to two days.

**Gluten-Free:** Use gluten-free bread, rice cakes, or brown rice tortillas instead of English muffins.

**Additional Toppings:** Salt, crushed red pepper flakes, dried parsley, fresh basil and/or dried oregano. Top with your favorite pizza toppings.

**Make it Vegan:** Use scrambled tofu and vegan cheese instead.

**English Muffin:** One English muffin is roughly two ounces or 57 grams.





## Ahi Tuna Poke Bowl

1 serving  
10 minutes

### Ingredients

- 1/4 cup Jasmine Rice (dry, rinsed)
- 1 tbsp Rice Vinegar
- 1 tbsp Coconut Aminos
- 113 grams Ahi Tuna (sushi-grade, sliced)
- 1/4 Cucumber (sliced)
- 1/2 Avocado (sliced)
- 3/4 tsp Sesame Seeds (toasted, white and/or black)

### Nutrition

Amount per serving	
Calories	480
Fat	16g
Carbs	53g
Fiber	8g
Sugar	5g
Protein	34g
Cholesterol	45mg
Sodium	329mg
Vitamin A	326IU
Vitamin C	12mg
Calcium	46mg
Iron	2mg

### Directions

- 1 Cook the jasmine rice according to the directions on the package. Stir in the rice vinegar and coconut aminos until well coated.
- 2 Divide the rice into bowls and top with the ahi tuna, cucumber, avocado and sesame seeds. Enjoy immediately!

### Notes

**Leftovers:** Tightly wrap the tuna in plastic wrap or foil, and store the remaining ingredients in an airtight container for up to two days.

**No Ahi Tuna:** Use sushi-grade salmon, crab meat or chopped grilled tofu.

**No Rice:** Use cauliflower rice, brown rice, quinoa or soba noodles instead.

**More Flavor:** Serve with pickled ginger and/or wasabi.

**Additional Toppings:** Top with seaweed, mango, green onion, chiles, sriracha mayo, edamame, pea shoots, carrots, radishes, red cabbage and/or chopped shallots.



## Strawberry Kiwi Tropical Smoothie

3 servings

5 minutes

### Ingredients

- 3 3/4 cups Unsweetened Almond Milk
- 3 cups Frozen Strawberries
- 3 Kiwi (peeled, chopped)
- 3/4 cup Pineapple (fresh or frozen)
- 1 1/2 Zucchini (chopped)
- 3 tbsps Chia Seeds
- 1/3 cup Vanilla Protein Powder

### Nutrition

Amount per serving	
Calories	292
Fat	8g
Carbs	46g
Fiber	14g
Sugar	23g
Protein	16g
Cholesterol	2mg
Sodium	236mg
Vitamin A	1003IU
Vitamin C	192mg
Calcium	777mg
Iron	4mg

### Directions

1

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

### Notes

**Nut-Free:** Use hemp milk, rice milk, oat milk or water instead of almond milk.

**No Chia Seeds:** Use ground flax seeds instead.

**No Zucchini:** Use frozen cauliflower, spinach or kale instead.

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



## Peach Cherry Smoothie

5 servings

5 minutes

### Ingredients

5 cups Unsweetened Almond Milk  
5 Peach (medium, pitted)  
2 1/2 cups Cherries (pitted)  
1/3 cup Chia Seeds  
1 1/4 cups Vanilla Protein Powder

### Nutrition

Amount per serving	
Calories	278
Fat	7g
Carbs	34g
Fiber	10g
Sugar	22g
Protein	24g
Cholesterol	4mg
Sodium	200mg
Vitamin A	1037IU
Vitamin C	15mg
Calcium	661mg
Iron	2mg

### 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.

**No Almond Milk:** Use cow's milk or any other milk alternative.

**More Fiber:** Add spinach, kale, or ground flax.

**No Fresh Peaches or Cherries:** Use frozen instead.





## One Pot Beef, Rice & Peppers

2 servings  
40 minutes

### Ingredients

227 grams Extra Lean Ground Beef  
1/4 Yellow Onion (chopped)  
1/2 Red Bell Pepper (chopped)  
3/4 tsp Smoked Paprika  
1/2 tsp Chili Powder  
1 Garlic (cloves, minced)  
1/2 tsp Sea Salt  
1 cup Diced Tomatoes  
3/4 cup Basmati Rice  
1 cup Chicken Broth

### Nutrition

Amount per serving	
Calories	521
Fat	12g
Carbs	69g
Fiber	4g
Sugar	6g
Protein	31g
Cholesterol	76mg
Sodium	1111mg
Vitamin A	2072IU
Vitamin C	50mg
Calcium	53mg
Iron	4mg

### Directions

- 1 Heat a large dutch oven over medium heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through, transfer the meat to a bowl and set aside. Drain any excess drippings from the pan.
- 2 Add the onion and pepper to the dutch oven and cook over medium heat for about three minutes or until softened, stirring often. Add the smoked paprika, chili powder, garlic, and salt. Cook for one minute while mixing well.
- 3 Add the beef back to the dutch oven along with the diced tomatoes and their juices. Add the rice and broth. Stir well and place the lid on to partially cover. Turn up the heat and bring to a boil, then reduce to a simmer, leaving the lid on partially. Simmer for 25 to 28 minutes, until the rice is cooked through and most of the liquid is absorbed.
- 4 Divide into bowls and enjoy!

### Notes

**Leftovers:** Store in an airtight container in the fridge for up to 3 days, or freeze for longer.

**Serving Size:** One serving is equal to approximately 1 1/3 cups.

**Additional Toppings:** Top with shredded cheddar cheese, cilantro or green onion.

**More Spice:** Add chili flakes or other spicy pepper.

**No Chicken Broth:** Use water, beef broth or vegetable broth.



## Maple Ginger Stir Fry Bowl with Rice

2 servings  
30 minutes

### Ingredients

- 1/2 cup Brown Rice
- 283 grams Chicken Breast (cut into small cubes)
- 1 tbsp Sesame Oil (divided)
- 2 Carrot (medium, peeled, and sliced thin)
- 1 cup Snap Peas (trimmed and chopped)
- 1/3 cup Water (divided)
- 2 tbsps Coconut Aminos
- 2 tsps Ginger (fresh, grated or minced)
- 1 tbsp Maple Syrup
- 1 Garlic (clove, minced)
- 1/2 tsp Arrowroot Powder

### Nutrition

Amount per serving	
Calories	487
Fat	12g
Carbs	56g
Fiber	5g
Sugar	14g
Protein	37g
Cholesterol	103mg
Sodium	384mg
Vitamin A	10578IU
Vitamin C	10mg
Calcium	68mg
Iron	2mg

### Directions

- 1 Cook the rice according to package directions.
- 2 Meanwhile, heat half of the sesame oil in a pan over medium heat. Add the chicken and cook for five to seven minutes or until cooked through. Transfer to a plate.
- 3 Add the carrots and snap peas to the pan. Stir to combine with any remaining juices in the pan then add two-thirds of the water and cover with a lid. Steam the vegetables for four to five minutes or until just tender.
- 4 Meanwhile, in a small bowl combine the coconut aminos, ginger, maple syrup, garlic, arrowroot powder, and the remaining sesame oil and water and mix well.
- 5 Add the chicken back to the pan with vegetables then pour in the ginger sauce. Cook for one to two minutes or until the sauce begins to bubble and thicken and the chicken warms through.
- 6 Divide the rice and chicken stir fry between bowls or meal prep containers. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately 1 1/2 cups stir fry and 3/4 cup rice.

**Additional Toppings:** Hot sauce, red pepper flakes, sesame seeds, chopped cashews, or green onion.

**Veggies:** Use broccoli, cauliflower, bell pepper, or mushrooms instead.

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

**No Chicken Breast:** Use chicken thighs or pork instead.





## Kung Pao Chicken

2 servings  
30 minutes

### Ingredients

- 3/4 cup Brown Rice
- 1/2 tsp Sesame Oil
- 227 grams Chicken Thighs (boneless, skinless, cubed)
- 2 cups Green Beans (washed, trimmed)
- 1 Garlic (cloves, smashed)
- 2 tbsps Tamari
- 1 1/2 tps Sriracha
- 1 1/2 tps Raw Honey
- 1/4 tsp Arrowroot Powder
- 2 tbsps Raw Peanuts (chopped)

### Nutrition

Amount per serving	
Calories	518
Fat	13g
Carbs	68g
Fiber	6g
Sugar	9g
Protein	34g
Cholesterol	107mg
Sodium	1228mg
Vitamin A	843IU
Vitamin C	14mg
Calcium	67mg
Iron	4mg

### Directions

- 1 Cook the rice according to the directions on the package.
- 2 Heat a cast-iron pan over medium heat and add the sesame oil. Once hot add the chicken and cook for about four to five minutes, stirring occasionally. Remove and set aside on a plate.
- 3 Add the green beans to the same skillet and cook for two to three minutes, until just starting to soften. Add the garlic and cook for one minute more, until fragrant. Add the chicken back in and put a lid on to finish cooking, about two to three minutes more.
- 4 Meanwhile, in a small bowl, mix together the tamari, sriracha, honey, and arrowroot powder. Remove the lid and add the sauce. Reduce the heat and stir to combine until thickened, about one minute.
- 5 Divide the rice onto plates and add the chicken and beans. Top with peanuts. Enjoy!

### Notes

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

**Nut-Free:** Omit the peanuts.

**More Flavor:** Finish with a drizzle of toasted sesame oil. Garnish with cilantro.

**No Chicken Thighs:** Use chicken breast instead.

**No Sriracha:** Use chili flakes or another hot sauce.

**No Rice:** Use cauliflower rice or quinoa instead.





## Spicy Tofu & Cauliflower Soup

2 servings  
25 minutes

### Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 Leeks (small, trimmed, sliced)
- 1 head Cauliflower (medium, roughly chopped)
- 1 1/2 tbsps Cajun Seasoning
- 4 cups Vegetable Broth, Low Sodium
- 200 grams Tofu (soft, cut into chunks)
- 2 cups Lima Beans (cooked)
- 1/4 cup Cilantro (chopped)

### Nutrition

Amount per serving	
Calories	453
Fat	13g
Carbs	62g
Fiber	19g
Sugar	12g
Protein	28g
Cholesterol	0mg
Sodium	3653mg
Vitamin A	877IU
Vitamin C	152mg
Calcium	425mg
Iron	9mg

### Directions

- 1 Heat the oil in a large saucepan over medium heat. Add the leeks and the cauliflower and cook, stirring, for five to eight minutes or until softened.
- 2 Stir in the seasoning and the broth, then add the tofu and lima beans.
- 3 Bring to a boil, reduce heat, and simmer on low until it thickens for about 10 minutes.
- 4 Remove from heat. Add the cilantro and blend the soup with an immersion blender until smooth. Serve and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days or freeze for up to three months.

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

**More Flavors:** Top with cheese and/or avocado slices and serve with tortilla chips.

**No Lima Beans:** Use any cooked white bean.



## Spiced Beef & Spinach with Rice

2 servings  
20 minutes

### Ingredients

3/4 cup Jasmine Rice  
227 grams Extra Lean Ground Beef  
2 1/4 tsps Curry Powder  
Sea Salt & Black Pepper (to taste)  
2 cups Baby Spinach

### Nutrition

Amount per serving	
Calories	454
Fat	12g
Carbs	59g
Fiber	3g
Sugar	0g
Protein	28g
Cholesterol	74mg
Sodium	100mg
Vitamin A	2829IU
Vitamin C	8mg
Calcium	56mg
Iron	4mg

### Directions

- 1 Cook the rice according to the package directions.
- 2 Meanwhile, heat a large skillet over medium heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan.
- 3 Add the curry powder to the beef and stir to combine. Season with salt and pepper to taste. Add the spinach and stir until the spinach has wilted.
- 4 Divide the rice between plates and top with the beef mixture. Enjoy!

### Notes

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

**More Flavor:** Season the beef with other dried herbs and spices or add fresh garlic and ginger.

**Additional Toppings:** Cilantro, lime wedges, and/or red pepper flakes.

**No Beef:** Use ground chicken, turkey, or pork instead.

**No Rice:** Use quinoa or cauliflower rice instead.





## Roasted Broccoli, Chicken & Barley Bowl

2 servings  
35 minutes

### Ingredients

198 grams Chicken Breast  
1 tbsp Extra Virgin Olive Oil (divided)  
Sea Salt & Black Pepper (to taste)  
1 1/2 cups Broccoli (florets, chopped)  
1/2 Orange Bell Pepper (medium, chopped)  
1/3 cup Red Onion (cut into chunks)  
3/4 cup Pearl Barley (uncooked, rinsed and drained)  
1/2 Lime (juiced)

### Nutrition

Amount per serving	
Calories	491
Fat	11g
Carbs	69g
Fiber	14g
Sugar	3g
Protein	32g
Cholesterol	72mg
Sodium	76mg
Vitamin A	570IU
Vitamin C	151mg
Calcium	72mg
Iron	3mg

### Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking tray with parchment paper.
- 2 Coat the chicken with 1/2 of the oil and season with salt and pepper. Place in the oven and bake for 15 minutes. The chicken will not be cooked through.
- 3 Add the broccoli, bell pepper, and red onion to the tray. Season the vegetables with salt and pepper and toss with the remaining oil. Bake for about 15 minutes or until everything is cooked through.
- 4 Meanwhile, cook the barley according to package directions.
- 5 Divide the ingredients evenly between bowls and squeeze lime juice on top. Enjoy!

### Notes

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

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

**Gluten-Free:** Use brown rice or quinoa instead of barley.

**More Flavor:** Add zucchini and/or corn.

**Additional Toppings:** Parsley, cilantro, salsa, and/or your favorite dressing.

**Make it Vegan:** Use tofu instead of the chicken.

**No Lime:** Use lemon instead.





## Cod & Potato Cakes

1 serving  
45 minutes

### Ingredients

- 1 1/3 Yellow Potato (large, cubed)
- 1/2 Cod Fillet
- 2/3 Egg (whisked)
- 1/8 Yellow Onion (medium, diced)
- 1/8 tsp Garlic Powder
- 1/8 tsp Sea Salt
- 2 tsps Butter (unsalted, divided)
- 2 tsps Parsley (optional)

### Nutrition

Amount per serving	
Calories	439
Fat	12g
Carbs	52g
Fiber	7g
Sugar	4g
Protein	31g
Cholesterol	194mg
Sodium	524mg
Vitamin A	682IU
Vitamin C	60mg
Calcium	84mg
Iron	4mg

### Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Bring a pot of water with a steaming basket to a boil. Add the potatoes, cover, and steam for 15 minutes, or until fork-tender.
- 3 While the potatoes are steaming, add the cod fillets to the prepared baking sheet and bake for 12 to 15 minutes.
- 4 Remove the potatoes from the steaming basket and transfer them to a large mixing bowl. Add the eggs, onion, garlic powder, salt, and half of the butter. Mash until smooth. Once the cod has finished baking, chop it finely and stir it into the potato mixture until well combined.
- 5 Create your cod and potato cakes by forming patties approximately two inches in diameter and 1/2 inch thick.
- 6 Warm the remaining butter in a pan and transfer the cakes to the pan. Cook for five minutes on each side, until browned and slightly crispy. Work in batches if needed.
- 7 Garnish with parsley if desired, serve, and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days, or freeze for up to three months.

**Serving Size:** One serving is equal to approximately three cod and potato cakes.

**Additional Toppings:** Tartar sauce, aioli, or fried eggs.

**Dairy-Free:** Use coconut oil instead of butter.