







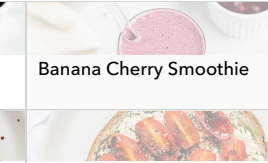



















































EXERCISE
with Style

12 Week Carb Cycling Meal Plan for Males (High Carb) 3

Brenda Peralta, RDN, CDE

<https://exercisewithstyle.com>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Chocolate Cauliflower Shake	 Chocolate Cauliflower Shake	 Chocolate Cauliflower Shake	 Strawberry Protein Sheet Pan Pancakes	 Strawberry Protein Sheet Pan Pancakes	 Banana Cherry Smoothie	 Banana Cherry Smoothie
Snack 1	 Yogurt Overnight Oats	 Yogurt Overnight Oats	 Yogurt Overnight Oats	 Yogurt & Pomegranate	 Yogurt & Pomegranate	 Yogurt & Pomegranate	 Yogurt & Pomegranate
Lunch	 Sesame Chicken & Noodle Jar	 Cod & Potato Cakes with Yellow Beans	 Grilled Peri Peri Chicken & Rice	 Tofu & Lentil Stir Fry with Veggies	 Southwest Stuffed Peppers	 Maple Ginger Stir Fry Bowl with Rice	 Lentil & Chickpea Pasta Salad
Snack 2	 Yogurt & Berries	 Yogurt & Berries	 Yogurt & Berries	 Pumpkin Pie Protein Smoothie	 Pumpkin Pie Protein Smoothie	 Pumpkin Pie Protein Smoothie	 Pumpkin Pie Protein Smoothie
Dinner	 Cod & Potato Cakes with Yellow Beans	 Grilled Peri Peri Chicken & Rice	 Tofu & Lentil Stir Fry with Veggies	 Southwest Stuffed Peppers	 Maple Ginger Stir Fry Bowl with Rice	 Lentil & Chickpea Pasta Salad	 Lemon & Garlic Seafood Fettuccine

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  23%	Fat  22%	Fat  23%	Fat  22%	Fat  22%	Fat  21%	Fat  20%
Carbs  48%	Carbs  48%	Carbs  50%	Carbs  51%	Carbs  48%	Carbs  52%	Carbs  53%
Protein  29%	Protein  30%	Protein  27%	Protein  27%	Protein  30%	Protein  27%	Protein  27%
Calories 1968	Calories 1986	Calories 2084	Calories 2028	Calories 1906	Calories 2075	Calories 2011
Fat 52g	Fat 50g	Fat 54g	Fat 51g	Fat 47g	Fat 50g	Fat 47g
Carbs 237g	Carbs 239g	Carbs 262g	Carbs 262g	Carbs 234g	Carbs 279g	Carbs 278g
Fiber 41g	Fiber 40g	Fiber 60g	Fiber 58g	Fiber 33g	Fiber 55g	Fiber 54g
Sugar 68g	Sugar 63g	Sugar 73g	Sugar 77g	Sugar 73g	Sugar 105g	Sugar 92g
Protein 142g	Protein 148g	Protein 144g	Protein 142g	Protein 143g	Protein 148g	Protein 143g
Cholesterol 360mg	Cholesterol 375mg	Cholesterol 164mg	Cholesterol 251mg	Cholesterol 354mg	Cholesterol 141mg	Cholesterol 183mg
Sodium 1598mg	Sodium 1369mg	Sodium 1226mg	Sodium 2538mg	Sodium 2514mg	Sodium 1302mg	Sodium 1442mg
Vitamin A 4675IU	Vitamin A 4100IU	Vitamin A 18757IU	Vitamin A 38383IU	Vitamin A 32900IU	Vitamin A 35978IU	Vitamin A 25955IU
Vitamin C 330mg	Vitamin C 220mg	Vitamin C 161mg	Vitamin C 454mg	Vitamin C 449mg	Vitamin C 148mg	Vitamin C 315mg
Calcium 1751mg	Calcium 1718mg	Calcium 2072mg	Calcium 2175mg	Calcium 1753mg	Calcium 2206mg	Calcium 2204mg
Iron 16mg	Iron 15mg	Iron 20mg	Iron 22mg	Iron 13mg	Iron 25mg	Iron 25mg

Fruits

- 7 Banana
- 3/4 cup Blackberries
- 1/4 Lemon
- 2 cups Pomegranate Seeds
- 3/4 cup Raspberries
- 1 1/4 cups Strawberries

Breakfast

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

Seeds, Nuts & Spices

- 2 tbsps Chia Seeds
- 3/4 tsp Garlic Powder
- 1 tbsp Peri Peri Spice
- 1/4 tsp Red Pepper Flakes
- 1/2 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tbsp Sesame Seeds
- 1 tbsp Taco Seasoning

Frozen

- 1 cup Frozen Banana
- 3 cups Frozen Berries
- 3 cups Frozen Cauliflower
- 2 cups Frozen Cherries
- 1/4 cup Frozen Corn
- 4 cups Frozen Vegetable Mix

Vegetables

- 2 cups Baby Kale
- 2 tbsps Basil Leaves
- 2 Carrot
- 1/2 cup Cherry Tomatoes
- 1/2 Cucumber
- 3 Garlic
- 2 tsps Ginger
- 2 stalks Green Onion
- 1/2 Jalapeno Pepper
- 1/2 Orange Bell Pepper
- 1/2 cup Purple Cabbage
- 1 Red Bell Pepper
- 2 tbsps Red Onion
- 1 cup Snap Peas
- 2 2/3 cups Yellow Beans
- 2 1/4 Yellow Bell Pepper
- 2/3 Yellow Onion
- 2 2/3 Yellow Potato

Boxed & Canned

- 3/4 cup Basmati Rice
- 1/4 cup Black Beans
- 1 cup Brown Rice
- 57 grams Brown Rice Fettuccine
- 113 grams Chickpea Pasta
- 3 1/2 cups Lentils
- 57 grams Rice Vermicelli Noodles
- 1/2 cup Salsa

Baking

- 1/2 cup All Purpose Gluten-Free Flour
- 1/2 tsp Arrowroot Powder
- 1 tsp Baking Powder
- 1/2 tsp Baking Soda
- 1/3 cup Cacao Powder
- 1 tbsp Cane Sugar
- 1/4 tsp Honey
- 1 tsp Nutritional Yeast
- 3/4 cup Oats
- 2 tsps Pumpkin Pie Spice

Bread, Fish, Meat & Cheese

- 567 grams Chicken Breast
- 85 grams Chicken Breast, Cooked
- 1 1/3 Cod Fillet
- 227 grams Extra Lean Ground Turkey
- 2 slices Gluten-Free Bread
- 113 grams Scallops
- 64 grams Shrimp
- 327 grams Tofu

Condiments & Oils

- 1 tsp Apple Cider Vinegar
- 1 tbsp Avocado Oil
- 2 tbsps Balsamic Vinaigrette
- 2 tsps Balsamic Vinegar
- 1/4 cup Coconut Aminos
- 1/2 tsp Miso Paste
- 1/4 cup Pitted Kalamata Olives
- 1 1/4 tbsps Rice Vinegar
- 2 1/16 tbsps Sesame Oil
- 1 1/2 tsps Tamari

Cold

- 2 3/4 tbsps Butter
- 2 1/8 cups Cow's Milk, Whole
- 2 1/3 Egg
- 2 1/2 cups Plain Coconut Milk
- 8 1/2 cups Plain Greek Yogurt
- 7 cups Unsweetened Almond Milk

Other

- 3/4 cup Chocolate Protein Powder
- 40 grams Collagen Powder
- 1 1/2 tbsps Maca Powder
- 1 1/2 cups Vanilla Protein Powder
- 2/3 cup Water

-
- 2 cups Pureed Pumpkin
 - 1 1/3 tbsps Vanilla Extract



Chocolate Cauliflower Shake

3 servings

5 minutes

Ingredients

3 cups Frozen Cauliflower
3 Banana (frozen)
3 tbsps Almond Butter
1/3 cup Cacao Powder
3/4 cup Chocolate Protein Powder
3 cups Unsweetened Almond Milk
1 1/2 tbsps 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



Strawberry Protein Sheet Pan Pancakes

2 servings
30 minutes

Ingredients

- 1/2 cup All Purpose Gluten-Free Flour
- 1/2 cup Vanilla Protein Powder
- 1 tbsp Cane Sugar
- 1 tsp Baking Powder
- 1/2 tsp Baking Soda
- 1/8 tsp Sea Salt
- 1 Egg
- 1 tbsp Butter (melted)
- 1/2 tsp Vanilla Extract
- 1 1/3 cups Cow's Milk, Whole
- 1 1/4 cups Strawberries (thinly sliced)

Nutrition

Amount per serving	
Calories	473
Fat	14g
Carbs	56g
Fiber	9g
Sugar	19g
Protein	30g
Cholesterol	129mg
Sodium	853mg
Vitamin A	595IU
Vitamin C	53mg
Calcium	469mg
Iron	2mg

Directions

- 1 Preheat the oven to 400°F (205°C). Line a deep baking pan or jelly pan with parchment paper.
- 2 In a large bowl, combine the flour, protein powder, sugar, baking powder, baking soda, and salt. Mix well to combine.
- 3 In a medium-sized bowl, whisk together the eggs, butter, vanilla, and milk.
- 4 Slowly pour the wet ingredients into the dry, whisking as you go until well combined and a thick yet pourable batter has formed.
- 5 Pour the batter onto the pan and spread out evenly with a spatula. Add the strawberries on top.
- 6 Bake in the oven for 20 minutes, until the batter has risen and is starting to brown. Slice, serve, and enjoy!

Notes

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

Serving Size: A 10 x 15-inch baking pan with deep sides was used to make four servings. One serving is equal to approximately two pancakes.

Make it Vegan: Use flax eggs instead of eggs, coconut oil instead of butter, and any milk alternative.

Additional Toppings: Maple syrup, whipped cream, or yogurt.

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.



Banana Cherry Smoothie

2 servings

5 minutes

Ingredients

2 1/2 cups Plain Coconut Milk
(unsweetened from the carton)
2 cups Frozen Cherries
1 cup Frozen Banana
40 grams Collagen Powder
2 tbsps Chia Seeds

Nutrition

Amount per serving	
Calories	394
Fat	11g
Carbs	57g
Fiber	9g
Sugar	37g
Protein	22g
Cholesterol	0mg
Sodium	89mg
Vitamin A	2045IU
Vitamin C	12mg
Calcium	677mg
Iron	3mg

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, frozen cauliflower, or hemp seeds to your smoothie.



Vegan Ricotta & Balsamic Tomato Toast

2 servings

5 minutes

Ingredients

- 100 grams Tofu (regular firm, drained)
- 1/2 tsp Miso Paste
- 1 tsp Nutritional Yeast
- 1 tsp Apple Cider Vinegar
- 2 tbsps Basil Leaves (chopped)
- Sea Salt & Black Pepper (to taste)
- 2 slices Gluten-Free Bread (toasted)
- 1/2 cup Cherry Tomatoes (halved)
- 2 tps Balsamic Vinegar

Nutrition

Amount per serving	
Calories	139
Fat	5g
Carbs	16g
Fiber	3g
Sugar	5g
Protein	8g
Cholesterol	0mg
Sodium	206mg
Vitamin A	450IU
Vitamin C	6mg
Calcium	167mg
Iron	2mg

Directions

- 1 In a mixing bowl, mash the tofu and miso paste together with a fork until crumbly and wet. Gently fold in the nutritional yeast, apple cider vinegar, and basil. Season with salt and black pepper to taste. Mix well.
- 2 Spread the vegan ricotta onto the toast and top with tomatoes and balsamic vinegar. Enjoy!

Notes

Leftovers: Refrigerate the vegan ricotta in a separate airtight container for up to five days. The assembled toast is best enjoyed immediately.

More Flavor: Add garlic powder, onion powder, black pepper, spices or herbs.

No Apple Cider Vinegar: Use lemon juice instead.



Yogurt Overnight Oats

3 servings**8 hours**

Ingredients

1 1/2 cups Plain Greek Yogurt
3/4 cup Cow's Milk, Whole
1 tbsp Maple Syrup
1 1/2 tsp Vanilla Extract
3/4 cup Oats
3/4 cup Blackberries
3/4 cup Raspberries

Nutrition

Amount per serving	
Calories	259
Fat	6g
Carbs	35g
Fiber	6g
Sugar	14g
Protein	16g
Cholesterol	23mg
Sodium	99mg
Vitamin A	811IU
Vitamin C	23mg
Calcium	354mg
Iron	2mg

Directions

- 1 In a bowl, combine the yogurt, milk, maple syrup, and vanilla extract. Stir in the oats.
- 2 Divide evenly between jars and top with blackberries and raspberries. Refrigerate overnight or for at least eight hours. Enjoy!

Notes

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

Serving Size: One serving is approximately one cup.

Make it Vegan: Use plant-based yogurt and milk of choice.

Additional Toppings: Top with cinnamon, coconut flakes, nut butter, nuts and seeds.



Yogurt & Pomegranate

4 servings

5 minutes

Ingredients

4 cups Plain Greek Yogurt
2 cups Pomegranate Seeds

Nutrition

Amount per serving	
Calories	241
Fat	6g
Carbs	25g
Fiber	3g
Sugar	15g
Protein	23g
Cholesterol	34mg
Sodium	140mg
Vitamin A	1250IU
Vitamin C	22mg
Calcium	509mg
Iron	1mg

Directions

- 1 Top the yogurt with pomegranate seeds and enjoy!

Notes

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

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

Additional Toppings: Add hemp seeds, nuts, pumpkin seeds, shredded coconut, or more fruit.



Sesame Chicken & Noodle Jar

1 serving
15 minutes

Ingredients

57 grams Rice Vermicelli Noodles (dry)
1 tbsp All Natural Peanut Butter
1 1/2 tsps Tamari
1/4 tsp Sesame Oil
3/4 tsp Rice Vinegar
1/4 tsp Honey
2 1/4 tsps Water
85 grams Chicken Breast, Cooked (shredded)
1/2 cup Purple Cabbage (thinly sliced)
1/4 Yellow Bell Pepper (chopped)

Nutrition

Amount per serving	
Calories	488
Fat	13g
Carbs	59g
Fiber	3g
Sugar	5g
Protein	32g
Cholesterol	88mg
Sodium	573mg
Vitamin A	617IU
Vitamin C	111mg
Calcium	40mg
Iron	2mg

Directions

- 1 Cook the noodles according to package directions and set aside.
- 2 In a small bowl, whisk together the peanut butter, tamari, sesame oil, rice vinegar, and honey. Add the water to thin and set aside.
- 3 Divide the noodles into jars, followed by the chicken, cabbage, and pepper. Seal and store in the fridge separate from the dressing.
- 4 When ready to eat, toss everything together in a bowl. Enjoy!

Notes

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

Nut-Free: Use tahini or sunflower seed butter.

More Flavor: Add sriracha or chili flakes to the dressing.

Additional Toppings: Add chopped peanuts and/or cilantro.

No Rice Vinegar: Use lime juice.



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.



Pumpkin Pie Protein Smoothie

4 servings
10 minutes

Ingredients

4 cups Unsweetened Almond Milk
2 cups Pureed Pumpkin
4 Banana (frozen)
2 tsps Vanilla Extract
2 tsps Pumpkin Pie Spice
1 cup Vanilla Protein Powder

Nutrition

Amount per serving	
Calories	270
Fat	4g
Carbs	40g
Fiber	8g
Sugar	19g
Protein	23g
Cholesterol	4mg
Sodium	207mg
Vitamin A	19642IU
Vitamin C	16mg
Calcium	609mg
Iron	3mg

Directions

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

Notes

No Pumpkin Pie Spice: Use cinnamon instead.

Toppings: Sprinkle with extra cinnamon or pumpkin spice if desired, and top with raw pumpkin seeds if you like some crunch.

Warm it Up: To serve this warm, whisk together the almond milk, pureed pumpkin, and vanilla in a small sauce pan over medium heat and bring to a gentle simmer before adding it to the blender with the remaining ingredients.



Cod & Potato Cakes with Yellow Beans

2 servings
45 minutes

Ingredients

- 2 2/3 Yellow Potato (large, cubed)
- 1 1/3 Cod Fillet
- 2 2/3 cups Yellow Beans (halved)
- 1 1/3 Egg (whisked)
- 1/3 Yellow Onion (medium, diced)
- 1/3 tsp Garlic Powder
- 1/3 tsp Sea Salt
- 1 1/3 tbsps Butter (unsalted, divided)

Nutrition

Amount per serving	
Calories	511
Fat	12g
Carbs	61g
Fiber	10g
Sugar	8g
Protein	40g
Cholesterol	211mg
Sodium	551mg
Vitamin A	1404IU
Vitamin C	74mg
Calcium	136mg
Iron	6mg

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. To the same steaming basket, add the yellow beans and steam for 10 minutes.
- 5 Add the eggs, onion, garlic powder, salt, and half of the butter to the potatoes. Mash until smooth. Once the cod has finished baking, chop it finely and stir it into the potato mixture until well combined.
- 6 Create your cod and potato cakes by forming patties approximately two inches in diameter and 1/2 inch thick.
- 7 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.
- 8 Serve with the yellow beans and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. The cod and potato cakes can be frozen for up to three months.

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

beans.

Additional Toppings: Add tartar sauce or aioli to the fish cakes and garnish with fresh parsley.

Dairy-Free: Use coconut oil instead of butter.

Fillet Size: One cod fillet is equal to 231 grams or eight ounces.



Grilled Peri Peri Chicken & Rice

2 servings
30 minutes

Ingredients

3/4 cup Basmati Rice (uncooked)
283 grams Chicken Breast (boneless, skinless)
1 tbsp Avocado Oil
1 tbsp Peri Peri Spice

Nutrition

Amount per serving	
Calories	506
Fat	11g
Carbs	61g
Fiber	2g
Sugar	0g
Protein	38g
Cholesterol	103mg
Sodium	344mg
Vitamin A	42IU
Vitamin C	1mg
Calcium	7mg
Iron	1mg

Directions

- 1 Preheat the grill over medium heat.
- 2 Cook the rice according to the package. While it is cooking, add the chicken to a bowl. Coat with the oil then season with the Peri-Peri spice.
- 3 Place the chicken on the grill and cook for about 10 minutes per side or until cooked through. Remove the chicken from the grill and let it rest for five minutes before slicing.
- 4 Divide the rice and chicken onto plates and enjoy!

Notes

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

Serving Size: One serving is approximately five ounces of sliced chicken and one cup of cooked rice.

Add Grilled Vegetables: Serve with grilled vegetables like asparagus, bell peppers, and/or zucchini.

More Flavor: Cook the rice in chicken or vegetable broth.



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.



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.



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.



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



Lemon & Garlic Seafood Fettuccine

1 serving
30 minutes

Ingredients

57 grams Brown Rice Fettuccine
1 1/2 tsps Butter
1 Garlic (cloves, large, minced)
113 grams Scallops (frozen)
64 grams Shrimp (frozen)
1/4 Lemon (juiced and zested)
1/2 Orange Bell Pepper (large, sliced)
Sea Salt & Black Pepper (to taste)
1/4 tsp Red Pepper Flakes

Nutrition

Amount per serving	
Calories	423
Fat	9g
Carbs	55g
Fiber	4g
Sugar	1g
Protein	32g
Cholesterol	145mg
Sodium	524mg
Vitamin A	555IU
Vitamin C	177mg
Calcium	66mg
Iron	2mg

Directions

- 1 Cook the fettuccine according to the package directions.
- 2 Meanwhile, warm the butter in a large pan over medium heat. Add the garlic and cook for one minute. Add the scallops and shrimp and cook for 10 minutes, flipping as needed to thaw.
- 3 Add the lemon juice and bell pepper to the pan and continue to cook for another five to 10 minutes, until softened. Season with salt and pepper to taste.
- 4 Divide the pasta, scallops, shrimp, and peppers evenly between bowls. Top with the pan sauce. Top with lemon zest and pepper flakes. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately one cup.