














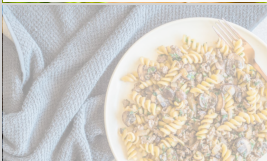

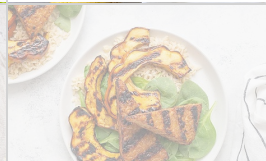
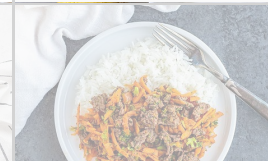

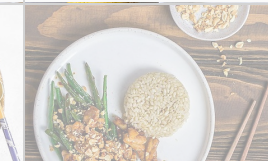

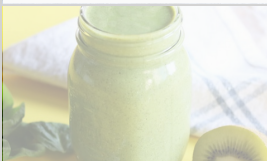


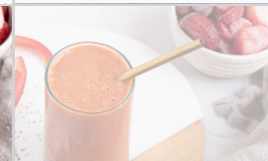

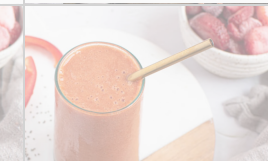


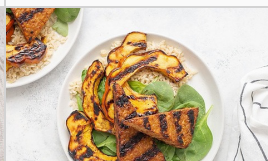
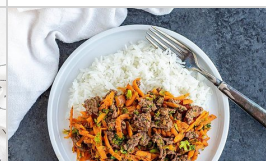




























EXERCISE
with Style

**12 Week Carb Cycling Meal
Plan for Males (High Carb) 4**

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Chocolate Protein Overnight Oats	 Chocolate Protein Overnight Oats	 Chocolate Protein Overnight Oats	 Yogurt with Granola & Banana	 Yogurt with Granola & Banana	 Chickpea Shakshuka	 Chickpea Shakshuka
Snack 1	 Pineapple Kiwi Smoothie	 Pineapple Kiwi Smoothie	 Pineapple Kiwi Smoothie	 Yogurt with Pear	 Yogurt with Pear	 Yogurt with Pear	 Yogurt with Pear
Lunch	 Spiced Beef & Spinach with Rice	 Mushroom & Beef Chickpea Pasta	 Cod & Potato Cakes with Yellow Beans	 Grilled Tempeh & Squash with Rice	 Beef & Shredded Veggies with Rice	 Grilled Pork Vermicelli Bowl	 Kung Pao Chicken
Snack 2	 Kiwi Green Smoothie	 Kiwi Green Smoothie	 Kiwi Green Smoothie	 Strawberry Red Pepper Smoothie	 Strawberry Red Pepper Smoothie	 Strawberry Red Pepper Smoothie	 Strawberry Red Pepper Smoothie
Dinner	 Mushroom & Beef Chickpea Pasta	 Cod & Potato Cakes with Yellow Beans	 Grilled Tempeh & Squash with Rice	 Beef & Shredded Veggies with Rice	 Grilled Pork Vermicelli Bowl	 Kung Pao Chicken	 Spaghetti with Mussels

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  23%	Fat  22%	Fat  24%	Fat  23%	Fat  22%	Fat  21%	Fat  20%
Carbs  49%	Carbs  48%	Carbs  49%	Carbs  51%	Carbs  50%	Carbs  50%	Carbs  51%
Protein  28%	Protein  30%	Protein  27%	Protein  26%	Protein  28%	Protein  29%	Protein  29%
Calories 1856	Calories 1913	Calories 1932	Calories 1933	Calories 1935	Calories 1999	Calories 1925
Fat 50g	Fat 50g	Fat 55g	Fat 52g	Fat 48g	Fat 48g	Fat 44g
Carbs 241g	Carbs 243g	Carbs 247g	Carbs 256g	Carbs 247g	Carbs 253g	Carbs 252g
Fiber 46g	Fiber 53g	Fiber 43g	Fiber 30g	Fiber 27g	Fiber 35g	Fiber 36g
Sugar 63g	Sugar 71g	Sugar 60g	Sugar 82g	Sugar 90g	Sugar 80g	Sugar 70g
Protein 139g	Protein 151g	Protein 138g	Protein 129g	Protein 135g	Protein 146g	Protein 142g
Cholesterol 142mg	Cholesterol 279mg	Cholesterol 236mg	Cholesterol 142mg	Cholesterol 233mg	Cholesterol 436mg	Cholesterol 409mg
Sodium 2075mg	Sodium 2526mg	Sodium 1740mg	Sodium 1439mg	Sodium 2154mg	Sodium 3316mg	Sodium 2652mg
Vitamin A 9413IU	Vitamin A 7988IU	Vitamin A 10146IU	Vitamin A 17582IU	Vitamin A 19795IU	Vitamin A 11821IU	Vitamin A 7038IU
Vitamin C 273mg	Vitamin C 339mg	Vitamin C 352mg	Vitamin C 299mg	Vitamin C 275mg	Vitamin C 233mg	Vitamin C 254mg
Calcium 1855mg	Calcium 1935mg	Calcium 1938mg	Calcium 1442mg	Calcium 1273mg	Calcium 961mg	Calcium 1000mg
Iron 25mg	Iron 27mg	Iron 20mg	Iron 16mg	Iron 12mg	Iron 17mg	Iron 26mg

Fruits

- 3 1/2 Banana
- 6 Kiwi
- 1/4 Lemon
- 2 2/3 tbsps Lemon Juice
- 1 tbsp Lime Juice
- 2 Pear
- 3 cups Pineapple
- 1 1/2 cups Raspberries

Breakfast

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

Seeds, Nuts & Spices

- 1/3 cup Chia Seeds
- 1 1/8 tps Curry Powder
- 1/3 tsp Garlic Powder
- 2 tps Harissa
- 2 tpsps Raw Peanuts
- 1/3 tsp Sea Salt
- 0 Sea Salt & Black Pepper

Frozen

- 4 cups Frozen Strawberries
- 6 Ice Cubes

Vegetables

- 2/3 Acorn Squash
- 7 3/4 cups Baby Spinach
- 1 cup Broccoli
- 1 Carrot
- 1/4 cup Cilantro
- 1/2 Cucumber
- 6 1/2 Garlic
- 2 cups Green Beans
- 1/8 head Green Lettuce
- 1 stalk Green Onion
- 2 1/16 cups Mushrooms
- 1/3 cup Parsley
- 2 Red Bell Pepper
- 1 Sweet Potato
- 2 1/16 tps Thyme
- 2 2/3 cups Yellow Beans
- 1 2/3 Yellow Onion
- 2 2/3 Yellow Potato

Boxed & Canned

- 1 1/4 cups Brown Rice
- 1/4 cup Brown Rice Spaghetti
- 170 grams Chickpea Pasta
- 2 cups Chickpeas
- 1 cup Jasmine Rice
- 99 grams Rice Vermicelli Noodles
- 1/4 cup Salsa
- 1/2 cup Tomato Purée
- 1 1/8 cups Vegetable Broth

Baking

- 1/4 tsp Arrowroot Powder
- 1/4 cup Cocoa Powder
- 2 tpsps Coconut Sugar
- 1 1/2 cups Oats
- 1/2 cup Pitted Dates
- 1 1/2 tps Raw Honey

Bread, Fish, Meat & Cheese

- 227 grams Chicken Thighs
- 1 1/3 Cod Fillet
- 454 grams Extra Lean Ground Beef
- 227 grams Mussels
- 302 grams Pork Shoulder, Boneless
- 227 grams Tempeh

Condiments & Oils

- 2 1/16 tps Apple Cider Vinegar
- 1 tbsp Avocado Oil
- 1/2 tsp Extra Virgin Olive Oil
- 1 1/2 tpsps Fish Sauce
- 1 1/2 tpsps Rice Vinegar
- 1 3/4 tps Sesame Oil
- 1 1/2 tps Sriracha
- 1/3 cup Tamari

Cold

- 1 1/3 tpsps Butter
- 1 cup Cottage Cheese
- 3 1/3 Egg
- 8 cups Plain Greek Yogurt
- 5 1/4 cups Unsweetened Almond Milk

Other

- 3/4 cup Chocolate Protein Powder
- 2 cups Coconut Water
- 76 grams Collagen Powder
- 3/4 cup Vanilla Protein Powder
- 3 1/2 cups Water



Chocolate Protein Overnight Oats

3 servings

8 hours

Ingredients

- 1 1/2 cups Oats
- 2 1/4 cups Unsweetened Almond Milk
- 3/4 cup Chocolate Protein Powder
- 1/4 cup Cocoa Powder
- 3 tbsps Almond Butter
- 1 tbsp Maple Syrup
- 1 1/2 cups 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.



Yogurt with Granola & Banana

2 servings

5 minutes

Ingredients

- 2 cups Plain Greek Yogurt
- 2 Banana (sliced)
- 2/3 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.



Chickpea Shakshuka

2 servings
15 minutes

Ingredients

- 2 cups Chickpeas (cooked)
- 1/2 cup Tomato Purée
- 2 tsps Harissa
- 1 cup Baby Spinach
- 2 Egg
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	368
Fat	9g
Carbs	51g
Fiber	14g
Sugar	11g
Protein	22g
Cholesterol	186mg
Sodium	112mg
Vitamin A	2040IU
Vitamin C	13mg
Calcium	134mg
Iron	7mg

Directions

- 1 In a small pan over medium heat add the chickpeas, tomato purée, and harissa. Bring to boil, reduce the heat down to simmer, and let cook for about 10 minutes.
- 2 Add the spinach and cook for another two minutes. Create a pocket in the middle and crack the egg into the pocket. Cover the pan and cook until the egg is set, about five to six minutes.
- 3 Season with salt and pepper and enjoy!

Notes

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

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

More Flavor: Add onion and bell pepper.

Additional Toppings: Add feta cheese and fresh herbs.



Cottage Cheese

2 servings

5 minutes

Ingredients

1 cup Cottage Cheese

Nutrition

Amount per serving	
Calories	103
Fat	5g
Carbs	4g
Fiber	0g
Sugar	3g
Protein	12g
Cholesterol	18mg
Sodium	331mg
Vitamin A	147IU
Vitamin C	0mg
Calcium	87mg
Iron	0mg

Directions

- 1 Scoop into a bowl and enjoy!

Notes

Serve it With: Fruit, cinnamon, honey, nut butter, pancakes, omelettes, toast or pasta.



Pineapple Kiwi Smoothie

3 servings

5 minutes

Ingredients

- 3 cups Pineapple (chopped, fresh or frozen)
- 3 Kiwi (peeled)
- 1/8 head Green Lettuce (separated into leaves and washed)
- 3 cups Unsweetened Almond Milk
- 1 1/2 cups Plain Greek Yogurt

Nutrition

Amount per serving	
Calories	244
Fat	6g
Carbs	39g
Fiber	5g
Sugar	25g
Protein	14g
Cholesterol	17mg
Sodium	235mg
Vitamin A	1391IU
Vitamin C	150mg
Calcium	746mg
Iron	1mg

Directions

- 1 Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

Notes

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

Dairy-Free: Use coconut yogurt instead of Greek yogurt.

Nut-Free: Use cow's milk or any other milk alternative.

More Flavor: Add protein powder, chia seeds, hemp seeds, honey, or mango.



Yogurt with Pear

4 servings
5 minutes

Ingredients

2 Pear (halved and cored)
4 cups Plain Greek Yogurt

Nutrition

Amount per serving	
Calories	232
Fat	5g
Carbs	26g
Fiber	3g
Sugar	15g
Protein	22g
Cholesterol	34mg
Sodium	141mg
Vitamin A	1272IU
Vitamin C	19mg
Calcium	507mg
Iron	1mg

Directions

- 1 Divide yogurt into bowls. Top with pear and enjoy!

Notes

Dairy-Free: Use coconut or almond yogurt instead of Greek yogurt.

No Pear: Use any type of fresh fruit instead.

Likes it Sweet: Drizzle with honey or maple syrup.



Spiced Beef & Spinach with Rice

1 serving
20 minutes

Ingredients

- 1/3 cup Jasmine Rice
- 113 grams Extra Lean Ground Beef
- 1 1/8 tsps Curry Powder
- Sea Salt & Black Pepper (to taste)
- 1 cup 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.



Kiwi Green Smoothie

3 servings

5 minutes

Ingredients

3 Kiwi (small, peeled)
1 1/2 Banana (frozen)
3/4 cup Vanilla Protein Powder
3 tbsps Chia Seeds
3 3/4 cups Baby Spinach
3 cups Water
6 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



Strawberry Red Pepper Smoothie

4 servings

5 minutes

Ingredients

4 cups Frozen Strawberries
2 Red Bell Pepper (medium)
1/2 cup Pitted Dates
2 2/3 tbsps Chia Seeds
76 grams Collagen Powder
2 cups Coconut Water

Nutrition

Amount per serving	
Calories	268
Fat	3g
Carbs	46g
Fiber	10g
Sugar	29g
Protein	20g
Cholesterol	0mg
Sodium	77mg
Vitamin A	1964IU
Vitamin C	179mg
Calcium	117mg
Iron	3mg

Directions

1

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

Notes

Leftovers: Best enjoyed immediately, but can be kept refrigerated in an airtight jar or container for up to two days.

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

Make it Vegan: Use hemp seeds or plant-based protein powder instead of collagen.



Mushroom & Beef Chickpea Pasta

2 servings
30 minutes

Ingredients

- 170 grams Chickpea Pasta (dry)
- 1 cup Vegetable Broth (divided)
- 113 grams Extra Lean Ground Beef
- 1 Yellow Onion (chopped finely)
- 2 cups Mushrooms (sliced)
- 4 Garlic (minced)
- 2 tbsps Tamari
- 2 tsps Thyme (fresh)
- 1/3 cup Plain Greek Yogurt
- 1/4 cup Parsley (chopped)

Nutrition

Amount per serving	
Calories	489
Fat	12g
Carbs	63g
Fiber	15g
Sugar	16g
Protein	43g
Cholesterol	43mg
Sodium	1498mg
Vitamin A	1184IU
Vitamin C	19mg
Calcium	215mg
Iron	13mg

Directions

- 1 Cook the pasta according to the package directions.
- 2 Heat 1/4 of the broth in a large skillet over medium-high heat. Add the beef and onions breaking up the meat as it cooks. Cook for three minutes. Add the mushrooms and cook for five to seven minutes or until the mushrooms are just tender and the meat is cooked through. Add the garlic and cook for one more minute.
- 3 Add the remaining broth, tamari, thyme, and yogurt. Stir and continue cooking for another two minutes.
- 4 Add the cooked pasta and the parsley to the pan. Toss gently to coat. Divide evenly between plates and enjoy!

Notes

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

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

More Flavor: Add leafy greens like spinach or kale.

Additional Toppings: Top with parmesan cheese.



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 Tempeh & Squash with Rice

2 servings
50 minutes

Ingredients

- 1/2 cup Brown Rice (dry)
- 1 1/3 tps Sesame Oil
- 1 1/3 tbsps Tamari
- 2 tps Maple Syrup
- 2 tps Apple Cider Vinegar
- 2/3 Acorn Squash (small, peeled, seeds removed, sliced)
- 227 grams Tempeh (sliced)
- 2 cups Baby Spinach
- 2 2/3 tbsps Lemon Juice (to taste)

Nutrition

Amount per serving	
Calories	508
Fat	17g
Carbs	67g
Fiber	5g
Sugar	5g
Protein	30g
Cholesterol	0mg
Sodium	712mg
Vitamin A	3342IU
Vitamin C	32mg
Calcium	218mg
Iron	6mg

Directions

- 1 Cook the brown rice according to package directions and set aside.
- 2 In a baking dish, combine the sesame oil, tamari, maple syrup, and apple cider vinegar. Add the acorn squash and tempeh, brushing all sides with the marinade. Let sit for five to ten minutes.
- 3 Grill the acorn squash over medium heat for 10 minutes on one side, and six to eight minutes on the other side, or until fork tender. Grill the tempeh for eight minutes, flipping halfway. Brush on any leftover marinade as needed.
- 4 Divide the brown rice, spinach, acorn squash, and tempeh between plates. Drizzle lemon juice and enjoy!

Notes

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

More Flavor: Add salt, pepper, or minced garlic to the marinade. Use your favorite dressing instead of lemon juice.

Additional Toppings: Add pickled veggies, sliced green onion, red pepper flakes, or fresh parsley.



Beef & Shredded Veggies with Rice

2 servings
20 minutes

Ingredients

- 1/2 cup Jasmine Rice
- 227 grams Extra Lean Ground Beef
- Sea Salt & Black Pepper (to taste)
- 1 Sweet Potato (medium, peeled and grated)
- 1 cup Broccoli (finely chopped, riced)
- 1/4 cup Salsa

Nutrition

Amount per serving	
Calories	440
Fat	12g
Carbs	56g
Fiber	5g
Sugar	5g
Protein	28g
Cholesterol	74mg
Sodium	357mg
Vitamin A	9671IU
Vitamin C	43mg
Calcium	64mg
Iron	3mg

Directions

- 1 Cook the rice according to package directions.
- 2 Add the beef to the pan, breaking it up as it cooks. Once it is cooked through and no longer pink, season with salt and pepper to taste.
- 3 Add the sweet potato and broccoli to the pan with the beef. Continue to cook for five to six minutes more or until the sweet potato and broccoli are tender. Stir in the salsa and season with additional salt and pepper if needed. 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: Add garlic and onions or dried herbs and spices to taste.

Additional Toppings: Green onion, avocado, cilantro, red pepper flakes, and/or more salsa.

No Jasmine Rice: Use quinoa, brown rice, or cauliflower rice.

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



Grilled Pork Vermicelli Bowl

2 servings
1 hour 20 minutes

Ingredients

302 grams Pork Shoulder, Boneless (thinly sliced)
2 tbsps Coconut Sugar (divided)
1 1/2 tbsps Fish Sauce (divided)
1 1/2 tps Tamari
1 tbsp Avocado Oil
1/2 Garlic (clove, chopped)
99 grams Rice Vermicelli Noodles
1/4 cup Water
1 1/2 tbsps Rice Vinegar
1 tbsp Lime Juice
1/2 Cucumber (sliced)
1 Carrot (shredded)
1/4 cup Cilantro (roughly torn)
1 stalk Green Onion (sliced)

Nutrition

Amount per serving	
Calories	510
Fat	13g
Carbs	58g
Fiber	2g
Sugar	13g
Protein	36g
Cholesterol	91mg
Sodium	1427mg
Vitamin A	5555IU
Vitamin C	8mg
Calcium	49mg
Iron	2mg

Directions

- 1 Place the sliced pork inside of a large baking dish or large zipper-lock bag. In a small bowl, combine half of the coconut sugar, 1/3 of the fish sauce, tamari, oil, and garlic, and whisk well. Pour over the pork and toss well to mix everything. Let it marinate for one hour.
- 2 Cook the rice vermicelli noodles according to the directions on the package. Rinse under cold water and drain. Set aside.
- 3 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper. Place the pork on the baking sheet and cook for 15 minutes, or until just about cooked through. Turn the oven to broil and place the pork back in the oven to broil about four to five minutes, flipping halfway through, until charred and cooked through.
- 4 Meanwhile, combine the remaining coconut sugar, fish sauce, water, rice vinegar, and lime juice in a medium-sized bowl and whisk to combine until the sugar is dissolved.
- 5 Divide the noodles into bowls along with the cucumber, carrot, cilantro, and green onion. Top with the sliced pork. Serve with the dipping sauce and spoon it over top of each bowl. Enjoy!

Notes

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

More Flavor: Add chili flakes or Thai chilis to the pork and/or dipping sauce.

Additional Toppings: Top with crushed peanuts and/or fresh mint.



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.



Spaghetti with Mussels

1 serving
30 minutes

Ingredients

1/4 cup Brown Rice Spaghetti
1/4 cup Water (reserved from cooking pasta)
227 grams Mussels
1/2 tsp Extra Virgin Olive Oil
1/4 Yellow Onion (medium, chopped)
1 Garlic (clove, minced)
2 2/3 tbsps Vegetable Broth
Sea Salt & Black Pepper (to taste)
1/4 Lemon (juiced)
1 tbsp Parsley (chopped)

Nutrition

Amount per serving	
Calories	436
Fat	9g
Carbs	57g
Fiber	3g
Sugar	3g
Protein	32g
Cholesterol	64mg
Sodium	763mg
Vitamin A	772IU
Vitamin C	29mg
Calcium	88mg
Iron	11mg

Directions

- 1 Cook the pasta according to the package directions. Reserve the pasta water and drain.
- 2 Meanwhile, place mussels in a large colander and rinse with cold water. Discard any broken mussels and remove beards if necessary.
- 3 Warm the oil in a pan over medium heat. Add the onion and cook for three to four minutes or until translucent. Add garlic and cook for another minute.
- 4 Add the broth to the pan and bring to simmer. Transfer mussels to the simmering liquid and cover with a lid. Let them steam for six to eight minutes or until the mussels have opened.
- 5 Add the drained pasta to the pan along with a splash of the pasta water. Stir and let simmer for about three minutes. Season with salt and pepper and add more pasta water as needed.
- 6 Evenly divide the pasta and mussels onto plates. Top with lemon juice and parsley. Enjoy!

Notes

Leftovers: Remove cooked mussels from their shells and refrigerate in an airtight container for up to two days.

Serving Size: One serving is equal to approximately 1 1/2 cups. 1/2 cup of dry spaghetti is equal to 128 grams or 4 1/2 ounces.

More Flavor: Add chili flakes and cream.