





















































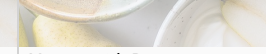


























EXERCISE
with Style

12 Week Carb Cycling Meal Plan for Males (High Carb) 5

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Peanut Butter & Banana Protein Porridge	 Peanut Butter & Banana Protein Porridge	 Peanut Butter & Banana Protein Porridge	 Peach Cobbler Smoothie	 Peach Cobbler Smoothie	 Foul Mudammas	 Foul Mudammas
	 Toast with Cottage Cheese	 Toast with Cottage Cheese	 Toast with Cottage Cheese	 Sumac Tomato & Chickpea Flatbread	 Sumac Tomato & Chickpea Flatbread	 Stone Fruit Salad with Cottage Cheese	 Stone Fruit Salad with Cottage Cheese
Snack 1	 Chickpea & Tomato Savory Yogurt Bowl	 Chickpea & Tomato Savory Yogurt Bowl	 Chickpea & Tomato Savory Yogurt Bowl	 Mixed Berry Fruit Salad	 Mixed Berry Fruit Salad	 Mixed Berry Fruit Salad	 Mixed Berry Fruit Salad
	 Creamy Tuna on Oat Crackers	 Creamy Tuna on Oat Crackers	 Creamy Tuna on Oat Crackers	 Creamy Tuna on Oat Crackers	 Creamy Tuna on Oat Crackers	 Creamy Tuna on Oat Crackers	 Creamy Tuna on Oat Crackers
Lunch	 Spicy Black Bean & Lentil Salad	 Spaghetti with Mussels	 Roasted Broccoli, Chicken & Barley Bowl	 Galinhada	 BBQ Salmon Bowls with Peach Salsa	 Tuna Avocado Sandwich	 Farro, Chicken & Tzatziki Meal Prep Bowls
	 Melon Breakfast Bowls	 Melon Breakfast Bowls	 Melon Breakfast Bowls	 Yogurt with Pear	 Yogurt with Pear	 Yogurt with Pear	 Yogurt with Pear
Dinner	 Spaghetti with Mussels	 Roasted Broccoli, Chicken & Barley Bowl	 Galinhada	 BBQ Salmon Bowls with Peach Salsa	 Tuna Avocado Sandwich	 Farro, Chicken & Tzatziki Meal Prep Bowls	 Lentil & Spinach Soup
	 Lentil & Spinach Soup	 Lentil & Spinach Soup	 Lentil & Spinach Soup	 Lentil & Spinach Soup	 Lentil & Spinach Soup	 Lentil & Spinach Soup	 Lentil & Spinach Soup

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  22%	Fat  24%	Fat  25%	Fat  22%	Fat  22%	Fat  23%	Fat  20%
Carbs  52%	Carbs  50%	Carbs  49%	Carbs  49%	Carbs  48%	Carbs  48%	Carbs  54%
Protein  26%	Protein  26%	Protein  26%	Protein  29%	Protein  30%	Protein  29%	Protein  26%
Calories 2060	Calories 1982	Calories 2016	Calories 2028	Calories 2124	Calories 2181	Calories 2194
Fat 51g	Fat 53g	Fat 58g	Fat 50g	Fat 52g	Fat 57g	Fat 50g
Carbs 279g	Carbs 256g	Carbs 253g	Carbs 250g	Carbs 256g	Carbs 264g	Carbs 300g
Fiber 62g	Fiber 42g	Fiber 42g	Fiber 32g	Fiber 39g	Fiber 42g	Fiber 48g
Sugar 65g	Sugar 58g	Sugar 56g	Sugar 61g	Sugar 62g	Sugar 64g	Sugar 77g
Protein 137g	Protein 133g	Protein 134g	Protein 152g	Protein 163g	Protein 159g	Protein 148g
Cholesterol 107mg	Cholesterol 179mg	Cholesterol 245mg	Cholesterol 321mg	Cholesterol 250mg	Cholesterol 233mg	Cholesterol 174mg
Sodium 1690mg	Sodium 1727mg	Sodium 1532mg	Sodium 2486mg	Sodium 2846mg	Sodium 4585mg	Sodium 4082mg
Vitamin A 19445IU	Vitamin A 13005IU	Vitamin A 13423IU	Vitamin A 6845IU	Vitamin A 6076IU	Vitamin A 5591IU	Vitamin A 8316IU
Vitamin C 362mg	Vitamin C 325mg	Vitamin C 446mg	Vitamin C 275mg	Vitamin C 140mg	Vitamin C 194mg	Vitamin C 210mg
Calcium 1421mg	Calcium 1354mg	Calcium 1302mg	Calcium 1155mg	Calcium 1180mg	Calcium 988mg	Calcium 1045mg
Iron 32mg	Iron 23mg	Iron 14mg	Iron 14mg	Iron 18mg	Iron 17mg	Iron 23mg

Fruits

- 1 Avocado
- 1 1/2 Banana
- 2/3 cup Blackberries
- 2/3 cup Blueberries
- 1 1/2 Cantaloupe
- 1/2 cup Cherries
- 1 1/2 Lemon
- 1 1/4 tbsps Lemon Juice
- 1 Lime
- 2 tbsps Lime Juice
- 1/2 Mango
- 1 Nectarine
- 3 Peach
- 2 Pear
- 2 1/8 cups Raspberries
- 1 1/3 cups Strawberries

Breakfast

- 3 tbsps All Natural Peanut Butter
- 1/3 cup Granola

Seeds, Nuts & Spices

- 1/8 tsp Chili Flakes
- 1 1/3 tbsps Cinnamon
- 1 tsp Cumin
- 2 tbsps Greek Seasoning
- 1 tsp Ground Sumac
- 3 tbsps Pumpkin Seeds
- 1/8 tsp Saffron
- 1 tsp Sea Salt
- 0 Sea Salt & Black Pepper

Vegetables

- 2 cups Baby Spinach
- 1 tbsp Basil Leaves
- 1 1/2 cups Broccoli
- 2 stalks Celery
- 2 1/8 cups Cherry Tomatoes
- 2/3 cup Cilantro
- 1/2 Cucumber
- 6 3/4 Garlic
- 1 3/4 Jalapeno Pepper
- 1 1/3 Orange Bell Pepper
- 1 cup Parsley
- 1 1/2 Red Bell Pepper
- 1 1/3 cups Red Onion
- 1 3/4 Tomato
- 1 1/4 Yellow Onion
- 1/2 Zucchini

Boxed & Canned

- 1/2 cup Basmati Rice
- 1 cup Black Beans
- 1/2 cup Brown Rice Spaghetti
- 1 cup Chicken Broth
- 2 1/2 cups Chickpeas
- 2/3 cup Dry Green Lentils
- 3/4 cup Farro
- 2 1/4 cups Fava Beans
- 2/3 cup Jasmine Rice
- 1 cup Lentils
- 100 grams Oat Crackers
- 3/4 cup Pearl Barley
- 4 cans Tuna
- 1/3 cup Vegetable Broth
- 3 1/2 cups Vegetable Broth, Low Sodium

Baking

- 1 cup Oats
- 2 tbsps Pitted Dates

Bread, Fish, Meat & Cheese

- 425 grams Chicken Breast
- 272 grams Chicken Thighs
- 454 grams Mussels
- 340 grams Salmon Fillet
- 200 grams Sourdough Bread
- 3 slices Whole Grain Bread
- 104 grams Whole Wheat Flatbread
- 1 Whole Wheat Pita

Condiments & Oils

- 1 tbsp Apple Cider Vinegar
- 1/3 cup Extra Virgin Olive Oil

Cold

- 2 3/4 cups Cottage Cheese
- 1 1/2 cups Egg Whites
- 8 1/8 cups Plain Greek Yogurt
- 1/4 cup Tzatziki
- 3 cups Unsweetened Almond Milk
- 1 1/2 cups Unsweetened Cashew Milk

Other

- 1 cup Water



Peanut Butter & Banana Protein Porridge

3 servings
10 minutes

Ingredients

- 3 cups Unsweetened Almond Milk
- 3/4 cup Oats (rolled)
- 1 1/2 cups Egg Whites
- 3 tbsps All Natural Peanut Butter
- 1 tsp Cinnamon
- 1 1/2 Banana (mashed)

Nutrition

Amount per serving	
Calories	324
Fat	13g
Carbs	35g
Fiber	7g
Sugar	10g
Protein	21g
Cholesterol	0mg
Sodium	367mg
Vitamin A	545IU
Vitamin C	5mg
Calcium	507mg
Iron	2mg

Directions

- 1 Add the almond milk and oats to a pot over medium heat. Bring the milk to a gentle boil and continue to cook for two to three minutes or until the oats begin to soften and thicken.
- 2 Slowly stir in the egg whites and continue to stir until the porridge becomes thick and creamy. Stir in the peanut butter, cinnamon, and banana. Remove from the heat and enjoy!

Notes

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

More Flavor: Add maple syrup or honey and vanilla extract.

Additional Toppings: More peanut butter, banana slices, berries, or extra cinnamon.

No Almond Milk: Use another dairy or dairy alternative milk instead.



Toast with Cottage Cheese

3 servings
10 minutes

Ingredients

3/4 cup Cottage Cheese
3 slices Whole Grain Bread (toasted)

Nutrition

Amount per serving	
Calories	161
Fat	4g
Carbs	20g
Fiber	3g
Sugar	4g
Protein	11g
Cholesterol	9mg
Sodium	323mg
Vitamin A	74IU
Vitamin C	0mg
Calcium	86mg
Iron	1mg

Directions

- 1 Spread cottage cheese evenly on the toasted bread and enjoy!

Notes

No Whole Grain Bread: Use any type of bread or a toasted slice of sweet potato.

More Toppings: Add a drizzle of honey, maple syrup, fresh fruit, bee pollen, cucumbers, avocado, tomato slices, hemp hearts or pomegranate seeds.

Storage: Best enjoyed immediately as the bread will soften.



Peach Cobbler Smoothie

2 servings

5 minutes

Ingredients

- 1 1/2 cups Unsweetened Cashew Milk
- 2 Peach (pitted)
- 1/4 cup Oats (quick or rolled)
- 1 cup Cottage Cheese
- 2 tbsps Pitted Dates
- 1 tsp Cinnamon

Nutrition

Amount per serving	
Calories	256
Fat	8g
Carbs	33g
Fiber	5g
Sugar	21g
Protein	15g
Cholesterol	18mg
Sodium	395mg
Vitamin A	1015IU
Vitamin C	10mg
Calcium	194mg
Iron	1mg

Directions

1

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

Notes

Dairy-Free: Use coconut yogurt instead of cottage cheese.

No Cashew Milk: Use almond, rice, coconut or your choice of alternative milk instead.

No Dates: Sweeten with maple syrup, honey or banana instead.

Storage: Refrigerate in a sealed mason jar up to 24 hours. Shake well before drinking.

More Protein: Add hemp seeds, a scoop of protein powder or spoonful of nut butter.

More Fiber: Add ground flax seed.



Sumac Tomato & Chickpea Flatbread

2 servings
15 minutes

Ingredients

- 104 grams Whole Wheat Flatbread
- 1 cup Chickpeas
- 1 tbsp Apple Cider Vinegar
- 2/3 cup Plain Greek Yogurt
- 1/2 cup Parsley (finely chopped)
- 1 Tomato (large, sliced)
- 1 tsp Ground Sumac
- 1/4 tsp Sea Salt (or more to taste)

Nutrition

Amount per serving	
Calories	344
Fat	6g
Carbs	54g
Fiber	12g
Sugar	7g
Protein	21g
Cholesterol	11mg
Sodium	620mg
Vitamin A	2550IU
Vitamin C	35mg
Calcium	276mg
Iron	5mg

Directions

- 1 Set oven to high broil. Place flatbread onto a baking pan.
- 2 In a bowl, smash the chickpeas using the back of a fork and combine with vinegar. Set aside.
- 3 Combine yogurt with parsley and spread overtop the flatbread. Then add the smashed chickpeas, tomato slices, sumac and salt to taste.
- 4 Broil in the oven for 3 to 5 minutes or until warmed through and flatbread is toasted. Cut into slices and enjoy!

Notes

Flatbread: 52 grams of whole wheat flatbread is equal to one medium-sized piece.

No Sumac: Use za'atar, lemon zest, lemon juice or lemon pepper spice instead.

No Flatbread: Use brown rice tortillas and adjust the cooking time.

No Chickpeas: Use white beans or hummus instead.

Storage: Refrigerate the toppings separately up to 3 to 5 days. Top flatbread and heat when ready to serve.



Foul Mudammas

2 servings

10 minutes

Ingredients

- 2 1/4 cups Fava Beans (from the can, drained and rinsed)
- 1/2 cup Water
- 1/4 tsp Sea Salt
- 1 Garlic (clove, minced)
- 1/2 cup Cherry Tomatoes (diced)
- 1/4 Jalapeno Pepper (minced)
- 1/2 Lemon (juiced)
- 1 tbsp Extra Virgin Olive Oil
- 2 tbsps Parsley (curly, chopped)
- 1 Whole Wheat Pita

Nutrition

Amount per serving	
Calories	367
Fat	8g
Carbs	59g
Fiber	13g
Sugar	6g
Protein	18g
Cholesterol	0mg
Sodium	445mg
Vitamin A	679IU
Vitamin C	18mg
Calcium	92mg
Iron	4mg

Directions

- 1 Add the fava beans, water, and salt to a pot and heat over medium heat. Use a potato masher to gently mash about half of the beans, leaving some chunky pieces. Scoop into a shallow serving bowl.
- 2 In a small bowl mix the garlic, tomatoes, jalapeño, and lemon juice. Add to the top of the fava beans. Drizzle the oil on top and garnish with parsley. Serve with pita and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for two days.

Serving Size: One serving is one cup.

More Flavor: Add cumin and/or tahini to the fava beans.

Additional Toppings: Sliced hard-boiled eggs.

Gluten-Free: Omit the pita or use a gluten-free pita.



Stone Fruit Salad with Cottage Cheese

2 servings

10 minutes

Ingredients

- 1 cup Cottage Cheese
- 1/2 cup Cherries (pitted, halved)
- 1/2 Mango (peeled, chopped)
- 1 Nectarine (pit removed, chopped)
- 1 tsp Basil Leaves (chopped)

Nutrition

Amount per serving	
Calories	209
Fat	5g
Carbs	30g
Fiber	3g
Sugar	25g
Protein	14g
Cholesterol	18mg
Sodium	332mg
Vitamin A	1386IU
Vitamin C	37mg
Calcium	108mg
Iron	1mg

Directions

- 1 Divide the cottage cheese onto plates and top with cherries, mango and nectarine. Garnish with fresh basil and enjoy!

Notes

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

Serving Size: One serving equals approximately two cups.

No Fresh Fruit: Use frozen, thawed fruit instead.

Make it Vegan: Use coconut yogurt instead of cottage cheese.

Additional Toppings: Balsamic glaze, olive oil, sea salt, pepper, hemp seeds, and/or crushed nuts.



Chickpea & Tomato Savory Yogurt Bowl

3 servings

5 minutes

Ingredients

1 1/2 cups Plain Greek Yogurt
1 1/2 cups Chickpeas (drained & rinsed)
1 cup Cherry Tomatoes (halved)
3 tbsps Pumpkin Seeds
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	279
Fat	9g
Carbs	31g
Fiber	7g
Sugar	8g
Protein	21g
Cholesterol	17mg
Sodium	79mg
Vitamin A	1062IU
Vitamin C	15mg
Calcium	299mg
Iron	4mg

Directions

1 Combine all ingredients in a bowl. Enjoy!

Notes

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

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

Make it Vegan: Use dairy-free yogurt.

Additional Toppings: Tamari, cucumber, red onion, pickled onions, and/or fresh parsley.



Mixed Berry Fruit Salad

4 servings
10 minutes

Ingredients

- 1 1/3 cups Strawberries (chopped)
- 2/3 cup Blackberries
- 2/3 cup Blueberries
- 2/3 cup Raspberries

Nutrition

Amount per serving	
Calories	50
Fat	0g
Carbs	12g
Fiber	4g
Sugar	7g
Protein	1g
Cholesterol	0mg
Sodium	1mg
Vitamin A	77IU
Vitamin C	41mg
Calcium	21mg
Iron	1mg

Directions

- 1 Add the fruit to a bowl and mix to combine. Divide into bowls or onto plates. Enjoy!

Notes

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

Serving Size: One serving is approximately 3/4 cup.

Additional Toppings: Nuts, seeds, coconut flakes, honey and/or maple syrup.



Creamy Tuna on Oat Crackers

4 servings
10 minutes

Ingredients

2 cans Tuna (drained and flaked)
1/2 cup Plain Greek Yogurt
1/2 tsp Sea Salt
100 grams Oat Crackers

Nutrition

Amount per serving	
Calories	201
Fat	6g
Carbs	18g
Fiber	2g
Sugar	1g
Protein	21g
Cholesterol	34mg
Sodium	683mg
Vitamin A	203IU
Vitamin C	2mg
Calcium	76mg
Iron	2mg

Directions

- 1 Combine the tuna, yogurt and sea salt. Mix well with a fork.
- 2 Spread tuna evenly onto the crackers and enjoy!

Notes

Leftovers: Best enjoyed immediately but can be refrigerated up to 2 days in an airtight container. Store the crispbread and tuna mixture separately.

Serving Size: One serving is equal to approximately four topped crackers.

Canned Tuna: One can of tuna is equal to 165 grams or 5.8 ounces, drained.

No Greek Yogurt: Use cottage cheese or any type of alternative plain yogurt instead.



Spicy Black Bean & Lentil Salad

1 serving
10 minutes

Ingredients

- 1 cup Black Beans (cooked)
- 1 cup Lentils (cooked)
- 1 Red Bell Pepper (medium, diced)
- 1 Jalapeno Pepper (diced)
- 1 cup Baby Spinach
- 1/4 cup Cilantro (chopped)
- 1/2 Lime (medium, juiced)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/2 tsp Cumin
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	569
Fat	9g
Carbs	92g
Fiber	34g
Sugar	10g
Protein	36g
Cholesterol	0mg
Sodium	39mg
Vitamin A	7010IU
Vitamin C	188mg
Calcium	139mg
Iron	12mg

Directions

- 1 In a large mixing bowl, combine the black beans, lentils, red bell pepper, jalapeño pepper, spinach, and cilantro.
- 2 In a small bowl, whisk together the lime juice, oil, and cumin. Season with salt and pepper.
- 3 Pour the dressing over the salad and toss until well combined. Enjoy!

Notes

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

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



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.



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.



Spaghetti with Mussels

2 servings

30 minutes

Ingredients

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



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.



Galinhada

2 servings
50 minutes

Ingredients

- 1/4 Yellow Onion (roughly chopped)
- 3/4 Garlic (cloves)
- 2 1/8 tbsps Parsley (roughly chopped)
- 2/3 tsp Lemon Juice
- 1 1/4 tbsps Extra Virgin Olive Oil
- 272 grams Chicken Thighs (boneless, skinless, cut into slices)
- Sea Salt & Black Pepper (to taste)
- 2/3 cup Jasmine Rice (dry)
- 3/4 Orange Bell Pepper (chopped)
- 3/4 Tomato (chopped)
- 1/8 tsp Saffron (threads)
- 1 cup Chicken Broth

Nutrition

Amount per serving	
Calories	470
Fat	14g
Carbs	54g
Fiber	3g
Sugar	1g
Protein	33g
Cholesterol	130mg
Sodium	568mg
Vitamin A	1190IU
Vitamin C	150mg
Calcium	36mg
Iron	2mg

Directions

- 1 Place the onion, garlic, parsley, lemon juice, and oil in a food processor and pulse until well combined and finely chopped. Transfer to a large bowl and add the chicken. Season with salt and pepper. Cover and marinate in the fridge for 30 minutes.
- 2 Heat a large dutch oven over medium-high heat. Once hot, add the chicken and marinade and cook until the chicken has browned on both sides, about six to seven minutes.
- 3 Add the rice to the dutch oven and toast for one minute, stirring frequently. Add the bell pepper, tomato, saffron, and chicken broth. Season with salt and pepper. Cover and reduce the heat to low. Cook for 13 to 15 minutes or until the rice and chicken are cooked through. Check on the rice towards the end of cooking to be sure enough liquid remains and add more if needed.
- 4 Divide evenly between plates and enjoy!

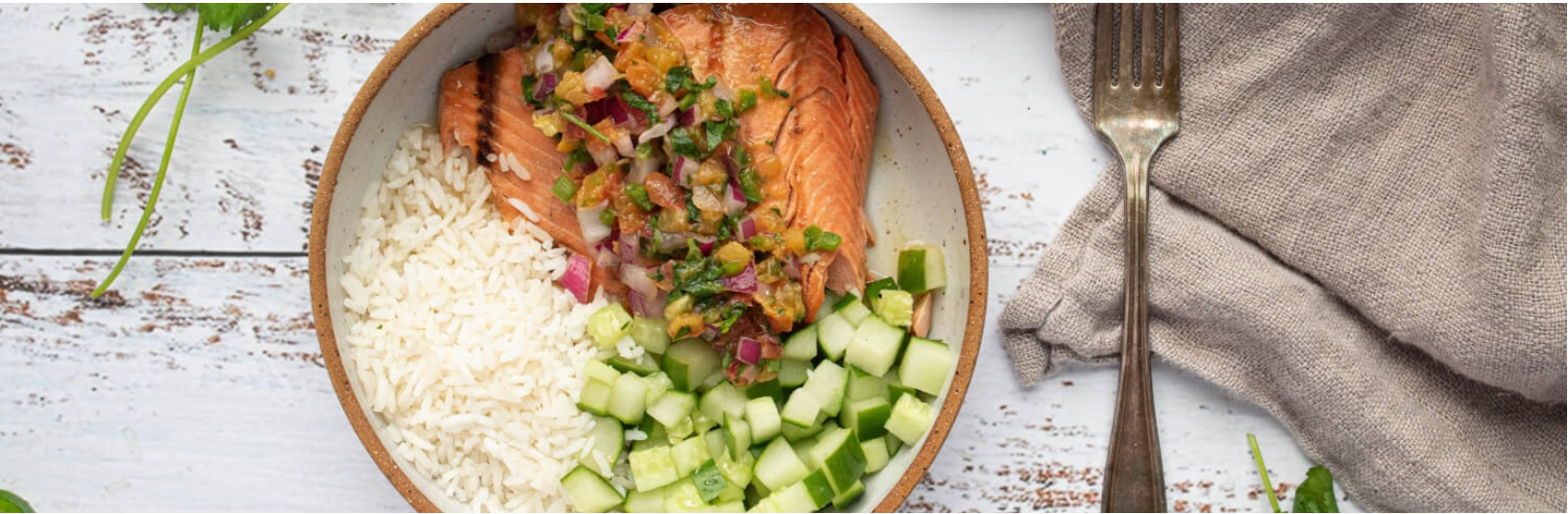
Notes

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

Serving Size: One serving is about 1 1/4 cups.

No Saffron: Use turmeric.

More Flavor: Add sausage and cook with the chicken.



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.



Tuna Avocado Sandwich

2 servings

10 minutes

Ingredients

- 2 cans Tuna
- Sea Salt & Black Pepper (to taste)
- 2 stalks Celery (finely chopped)
- 1/4 cup Red Onion (finely chopped)
- 1 Avocado (medium)
- 200 grams Sourdough Bread (toasted)

Nutrition

Amount per serving	
Calories	566
Fat	16g
Carbs	60g
Fiber	10g
Sugar	2g
Protein	44g
Cholesterol	59mg
Sodium	928mg
Vitamin A	421IU
Vitamin C	15mg
Calcium	61mg
Iron	6mg

Directions

- 1 In a small bowl add the tuna, salt and pepper, celery, and red onion. Mix together until well combined. Add the avocado and mash into the tuna mixture.
- 2 Scoop the tuna on top of one of the slices of bread and place the other slice on top. Slice and enjoy!

Notes

Leftovers: Refrigerate the tuna in an airtight container for up to three days. For best results, mix with the avocado and serve it on the bread just before enjoying.

Gluten-Free: Use gluten-free bread instead.

Canned Tuna: One can of tuna is equal to 165 grams or 5.8 ounces, drained.

No Red Onion: Use chives or green onions instead.

No Avocado: Use mayonnaise or Greek yogurt instead.

Sourdough Bread: One slice of sourdough bread is equal to approximately 1 3/4 oz or 50 grams.



Farro, Chicken & Tzatziki Meal Prep Bowls

2 servings
35 minutes

Ingredients

- 3/4 cup Farro (uncooked, rinsed)
- 227 grams Chicken Breast (boneless, skinless, cubed)
- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- 1/2 Lemon (medium, juiced)
- 1 Garlic (cloves, minced)
- 2 tbsps Greek Seasoning (divided)
- 1/2 Zucchini (small, sliced)
- 1/2 Red Bell Pepper (large, sliced)
- 2/3 cup Cherry Tomatoes
- 1/2 cup Red Onion (sliced)
- 1/4 cup Tzatziki (divided)

Nutrition

Amount per serving	
Calories	556
Fat	17g
Carbs	59g
Fiber	7g
Sugar	8g
Protein	39g
Cholesterol	88mg
Sodium	2055mg
Vitamin A	1553IU
Vitamin C	62mg
Calcium	123mg
Iron	2mg

Directions

- 1 Cook the farro according to the package directions.
- 2 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 3 In a bowl, add the chicken, 3/4 of the oil, lemon juice, garlic, and half of the Greek seasoning, and mix to combine. Set aside.
- 4 Add the zucchini, bell pepper, tomatoes, and onion to the baking sheet. Add the remaining oil and Greek seasoning. Toss to coat. Cook for 15 to 20 minutes or until the vegetables are cooked to your liking.
- 5 While the vegetables are cooking, heat a frying pan over medium heat and add the chicken, including the liquid from the bowl. Spread out the chicken so it's not crowded. Cook for seven to eight minutes per side or until cooked through and browned.
- 6 Divide the farro, vegetables, chicken, and tzatziki evenly between bowls. Enjoy!

Notes

Leftovers: Refrigerate in airtight containers for up to three days.

Dairy-Free: Use dairy-free tzatziki instead.

Additional Toppings: Cucumbers, olives, feta cheese, fresh dill, fresh parsley.

No Greek Seasoning: Use Italian seasoning or a combination of oregano, dried parsley, garlic powder, and onion powder.



Lentil & Spinach Soup

1 serving
30 minutes

Ingredients

- 1 1/2 tps Extra Virgin Olive Oil
- 1/2 Yellow Onion (medium, chopped)
- 2 Garlic (cloves, minced)
- 2/3 cup Dry Green Lentils
- 3 1/2 cups Vegetable Broth, Low Sodium
- 1/2 tsp Cumin
- 1 cup Baby Spinach (chopped)
- 1 tbs Lemon Juice
- 1/4 cup Cilantro (chopped)
- 1/8 tsp Chili Flakes (optional)

Nutrition

Amount per serving	
Calories	579
Fat	9g
Carbs	96g
Fiber	16g
Sugar	15g
Protein	33g
Cholesterol	0mg
Sodium	425mg
Vitamin A	3146IU
Vitamin C	31mg
Calcium	118mg
Iron	12mg

Directions

- 1 Heat the oil in a large pot over medium-high heat.
- 2 Add the onion and the garlic and cook, stirring, until fragrant and translucent, about three minutes.
- 3 Add the lentils, vegetable broth, cumin, and spinach to the pot and stir to combine.
- 4 Bring to a boil, then reduce the heat and let simmer for 20 to 25 minutes, or until the lentils are tender.
- 5 Stir in the lemon juice and the cilantro and top with chili flakes, if desired. 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 more vegetables like celery, carrots, and cabbage. Add sea salt to taste or use regular broth.