





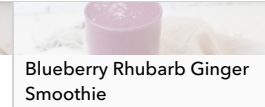





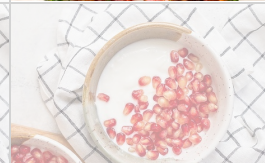
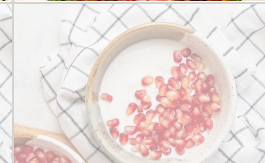


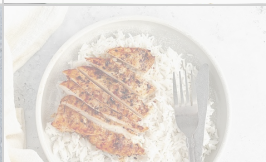





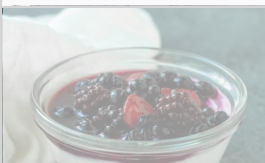

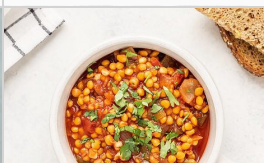
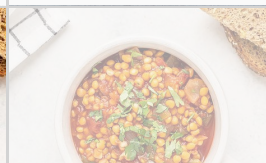
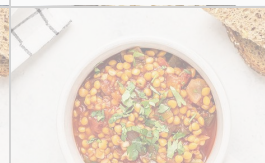
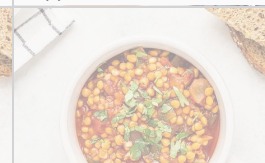

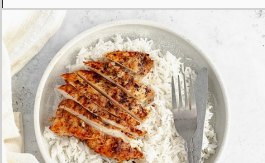
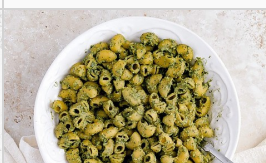



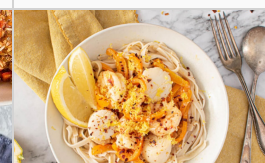

























EXERCISE
with Style

**12 Week Carb Cycling Meal
Plan for Males (High Carb) 6**

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Chocolate Cauliflower Shake	 Chocolate Cauliflower Shake	 Chocolate Cauliflower Shake	 Banana Protein Oats	 Banana Protein Oats	 Blueberry Rhubarb Ginger Smoothie	 Blueberry Rhubarb Ginger Smoothie
Snack 1	 Melon Breakfast Bowls	 Melon Breakfast Bowls	 Melon Breakfast Bowls	 Yogurt & Pomegranate	 Yogurt & Pomegranate	 Yogurt & Pomegranate	 Yogurt & Pomegranate
Lunch	 Sesame Chicken & Noodle Jar	 Maple Ginger Stir Fry Bowl with Rice	 Grilled Peri Peri Chicken & Rice	 Chickpea Pasta with Pesto	 Beef & Shredded Veggies with Rice	 Turmeric Chicken with Brown Rice	 One Pot Beef, Rice & Peppers
Snack 2	 1.5 Yogurt & Berries	 1.5 Yogurt & Berries	 Yogurt & Berries	 Lentil Salsa with Toast	 1.5 Lentil Salsa with Toast	 1.5 Lentil Salsa with Toast	 1.5 Lentil Salsa with Toast
Dinner	 Maple Ginger Stir Fry Bowl with Rice	 Grilled Peri Peri Chicken & Rice	 Chickpea Pasta with Pesto	 Beef & Shredded Veggies with Rice	 Turmeric Chicken with Brown Rice	 One Pot Beef, Rice & Peppers	 Lemon & Garlic Seafood Fettuccine

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  24%	Fat  23%	Fat  24%	Fat  23%	Fat  20%	Fat  29%	Fat  28%
Carbs  48%	Carbs  48%	Carbs  48%	Carbs  51%	Carbs  52%	Carbs  46%	Carbs  48%
Protein  28%	Protein  29%	Protein  28%	Protein  26%	Protein  28%	Protein  25%	Protein  24%
Calories 2107	Calories 2125	Calories 2086	Calories 2053	Calories 2078	Calories 2427	Calories 2399
Fat 56g	Fat 54g	Fat 58g	Fat 54g	Fat 48g	Fat 79g	Fat 77g
Carbs 257g	Carbs 259g	Carbs 262g	Carbs 274g	Carbs 275g	Carbs 288g	Carbs 295g
Fiber 41g	Fiber 40g	Fiber 53g	Fiber 55g	Fiber 45g	Fiber 51g	Fiber 53g
Sugar 101g	Sugar 96g	Sugar 82g	Sugar 67g	Sugar 63g	Sugar 71g	Sugar 72g
Protein 151g	Protein 157g	Protein 150g	Protein 139g	Protein 145g	Protein 158g	Protein 151g
Cholesterol 263mg	Cholesterol 278mg	Cholesterol 158mg	Cholesterol 112mg	Cholesterol 222mg	Cholesterol 220mg	Cholesterol 255mg
Sodium 1521mg	Sodium 1292mg	Sodium 1306mg	Sodium 2860mg	Sodium 3222mg	Sodium 4096mg	Sodium 4549mg
Vitamin A 23645IU	Vitamin A 23070IU	Vitamin A 14669IU	Vitamin A 15263IU	Vitamin A 12995IU	Vitamin A 6163IU	Vitamin A 6673IU
Vitamin C 396mg	Vitamin C 286mg	Vitamin C 263mg	Vitamin C 95mg	Vitamin C 83mg	Vitamin C 133mg	Vitamin C 310mg
Calcium 1894mg	Calcium 1861mg	Calcium 1725mg	Calcium 1516mg	Calcium 1387mg	Calcium 1142mg	Calcium 1193mg
Iron 13mg	Iron 12mg	Iron 24mg	Iron 29mg	Iron 19mg	Iron 25mg	Iron 25mg

Fruits

- 4 Banana
- 1/2 cup Blueberries
- 1 1/2 Cantaloupe
- 1 1/4 Lemon
- 2 cups Pomegranate Seeds
- 1 1/2 cups Raspberries

Breakfast

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

Seeds, Nuts & Spices

- 2 tsps Chia Seeds
- 1/2 tsp Chili Powder
- 1 tsp Cinnamon
- 1/4 cup Hemp Seeds
- 1 tbsp Peri Peri Spice
- 1/4 cup Pine Nuts
- 2 tbsps Pumpkin Seeds
- 1/4 tsp Red Pepper Flakes
- 1 1/4 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 3/4 tsp Smoked Paprika
- 2/3 tsp Turmeric

Frozen

- 4 cups Frozen Berries
- 2 cups Frozen Blueberries
- 3 cups Frozen Cauliflower

Vegetables

- 2 1/2 cups Basil Leaves
- 1 cup Broccoli
- 2 Carrot
- 1/2 cup Cilantro
- 6 Garlic
- 2 2/3 tbsps Ginger
- 1/2 Orange Bell Pepper
- 2 tbsps Parsley
- 1/2 cup Purple Cabbage
- 1/2 Red Bell Pepper
- 1 cup Rhubarb
- 1 cup Snap Peas
- 1 Sweet Potato
- 1 Tomato
- 1/4 Yellow Bell Pepper
- 1/4 Yellow Onion

Boxed & Canned

- 1 1/2 cups Basmati Rice
- 1/4 cup Black Eyed Peas
- 1 1/8 cups Brown Rice
- 57 grams Brown Rice Fettuccine
- 1 cup Chicken Broth
- 227 grams Chickpea Pasta
- 1 cup Diced Tomatoes
- 5 1/4 cups Green Lentils
- 1/2 cup Jasmine Rice
- 57 grams Rice Vermicelli Noodles
- 5 1/2 cups Salsa

Baking

- 1/2 tsp Arrowroot Powder
- 1/3 cup Cacao Powder
- 1/4 tsp Honey
- 1/4 cup Nutritional Yeast
- 1 cup Oats
- 2 tsps Raw Honey
- 1 tbsp Unsweetened Shredded Coconut
- 1 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- 869 grams Chicken Breast
- 85 grams Chicken Breast, Cooked
- 454 grams Extra Lean Ground Beef
- 7 slices Gluten-Free Bread
- 113 grams Scallops
- 64 grams Shrimp

Condiments & Oils

- 1 2/3 tbsps Avocado Oil
- 2 tbsps Coconut Aminos
- 3/4 tsp Rice Vinegar
- 1 1/16 tbsps Sesame Oil
- 1/2 cup Tahini
- 1 1/2 tsps Tamari

Cold

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

Other

- 3/4 cup Chocolate Protein Powder
- 2 cups Coconut Water
- 38 grams Collagen Powder
- 1 1/2 tbsps Maca Powder
- 1/2 cup Vanilla Protein Powder
- 1 1/8 cups Water



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

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

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.



Banana Protein Oats

2 servings
10 minutes

Ingredients

- 1 cup Oats
- 2 cups Plain Coconut Milk (unsweetened from the carton)
- 1 Banana (sliced, plus extra for garnish)
- 2 tsps Maple Syrup
- 1 tsp Vanilla Extract
- 1/4 tsp Sea Salt
- 1 tsp Cinnamon (plus extra for garnish)
- 1/2 cup Vanilla Protein Powder
- 1/2 cup Blueberries
- 2 tsps Unsweetened Coconut Yogurt
- 2 tsps Pumpkin Seeds
- 1 tbsp Unsweetened Shredded Coconut

Nutrition

Amount per serving	
Calories	487
Fat	14g
Carbs	63g
Fiber	9g
Sugar	23g
Protein	28g
Cholesterol	4mg
Sodium	378mg
Vitamin A	562IU
Vitamin C	9mg
Calcium	646mg
Iron	4mg

Directions

- 1 Add the oats, coconut milk, banana, maple syrup, vanilla, and sea salt to a pot over medium heat. Stir to combine. Cook for five to seven minutes or until the oats thicken.
- 2 Turn off the heat and stir in the cinnamon and protein powder.
- 3 Transfer to a bowl and garnish with blueberries, coconut yogurt, pumpkin seeds, shredded coconut, sliced banana, and cinnamon. Enjoy!

Notes

Leftovers: Best enjoyed right away.

Gluten-Free: Use certified gluten-free oats.

Protein Powder: This recipe was tested using plant-based vanilla protein powder.

No Coconut Milk: Use another plant-based milk like cashew, oat, or almond.



Blueberry Rhubarb Ginger Smoothie

2 servings

5 minutes

Ingredients

2 cups Frozen Blueberries
1 cup Rhubarb (chopped)
2 tbsps Ginger (grated)
1/4 cup Hemp Seeds
2 tps Chia Seeds
38 grams Collagen Powder
2 tps Raw Honey
2 cups Coconut Water

Nutrition

Amount per serving	
Calories	354
Fat	12g
Carbs	42g
Fiber	8g
Sugar	29g
Protein	25g
Cholesterol	0mg
Sodium	107mg
Vitamin A	136IU
Vitamin C	33mg
Calcium	133mg
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.

Serving Size: One serving is approximately 2 1/4 cups.

Make it Vegan: Use more hemp seeds or vegan protein powder instead of collagen powder.

No Coconut Water: Use plant-based milk or water instead.



Black Eyed Peas Masabacha

2 servings

15 minutes

Ingredients

- 1/4 cup Black Eyed Peas (cooked, drained and rinsed)
- 1 Tomato (medium, diced)
- 1 Garlic (cloves, minced, divided)
- 1/2 cup Tahini
- 1/2 cup Water
- 1/2 Lemon (juiced)
- 1/4 tsp Sea Salt
- 2 tbsps Parsley (stems removed, finely chopped)

Nutrition

Amount per serving	
Calories	401
Fat	33g
Carbs	21g
Fiber	8g
Sugar	1g
Protein	13g
Cholesterol	0mg
Sodium	391mg
Vitamin A	1193IU
Vitamin C	19mg
Calcium	279mg
Iron	6mg

Directions

- 1 Heat a pan or skillet over medium heat. Add the cooked black eyed peas and sear for 1 minute. Add tomatoes and half of the garlic. Stir occasionally and cook for 3 to 5 minutes or until the tomatoes are soft.
- 2 Add the tahini, water, lemon juice, salt, and the remaining garlic to a blender and blend until smooth.
- 3 Transfer the tahini to a serving plate. Top with the black eyed peas masabacha. Garnish with parsley and enjoy with your choice of dippers (see notes for suggestions).

Notes

Serve It With: Radish slices, cucumber slices, celery sticks, carrot sticks, bell pepper strips, toasted pita, crackers, crispbread, toast or brown rice tortilla chips.

No Black Eyed Peas: Use cooked pinto beans, lima beans or any other type of cooked bean.

No Tahini: Use hummus instead.

No Lemon: Use apple cider vinegar instead.

Meal Prep: Divide into single serving containers with veggies or crackers.

Storage: Refrigerate in an airtight container up to 2 to 3 days.



Melon Breakfast Bowls

3 servings
10 minutes

Ingredients

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

Nutrition

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

Directions

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

Notes

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

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

No Raspberries: Use strawberries, blueberries or blackberries instead.

No Granola: Use nuts or seeds instead.



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

4 servings

5 minutes

Ingredients

- 4 cups Plain Greek Yogurt
- 4 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.



Lentil Salsa with Toast

7 servings
10 minutes

Ingredients

- 5 1/4 cups Green Lentils (cooked, drained and rinsed)
- 5 1/4 cups Salsa
- 1/2 cup Cilantro (chopped, optional)
- 7 slices Gluten-Free Bread (toasted)

Nutrition

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

Directions

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

Notes

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

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

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

Additional Toppings: Avocado or plain yogurt.

No Lentils: Use chickpeas or black beans instead.



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.



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.



Chickpea Pasta with Pesto

2 servings
20 minutes

Ingredients

227 grams Chickpea Pasta (uncooked)
2 1/2 cups Basil Leaves (packed)
1/4 cup Pine Nuts
1/4 cup Nutritional Yeast
2 Garlic (clove)
1/4 tsp Sea Salt
1/2 Lemon (juiced)
1/4 cup Water

Nutrition

Amount per serving	
Calories	579
Fat	19g
Carbs	75g
Fiber	21g
Sugar	11g
Protein	42g
Cholesterol	0mg
Sodium	468mg
Vitamin A	2802IU
Vitamin C	15mg
Calcium	195mg
Iron	15mg

Directions

- 1 Cook chickpea pasta according to the package.
- 2 While the pasta is cooking, add the basil, pine nuts, nutritional yeast, garlic, and sea salt to a food processor.
- 3 With the food processor running, slowly add the lemon juice followed by the water. Continue to blend for 20 to 30 seconds until pesto is smooth and emulsified to your liking. Taste and season with additional salt if needed.
- 4 Once the pasta is cooked, add the pesto to the pot and mix to combine.
- 5 Divide onto plates and enjoy!

Notes

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

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

Nut-Free: Use sunflower seeds instead of pine nuts.



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.



Turmeric Chicken with Brown Rice

2 servings
30 minutes

Ingredients

2/3 cup Brown Rice (dry, uncooked)
302 grams Chicken Breast (skinless and boneless)
2 tsps Avocado Oil
2/3 tsp Turmeric
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	451
Fat	11g
Carbs	48g
Fiber	2g
Sugar	0g
Protein	39g
Cholesterol	110mg
Sodium	71mg
Vitamin A	45IU
Vitamin C	0mg
Calcium	15mg
Iron	2mg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Cook the brown rice according to the directions on the package.
- 3 While the rice cooks, toss each chicken breast in the avocado oil, turmeric, salt and pepper. Transfer to the baking sheet and cook for 25 to 30 minutes or until cooked through.
- 4 Once the chicken and rice are cooked, divide between plates and enjoy!

Notes

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

More Flavor: Add garlic powder or cayenne pepper.

More Fiber: Add your favorite leafy greens, roasted broccoli or cauliflower.



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.



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.