

















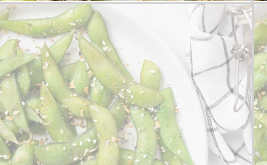
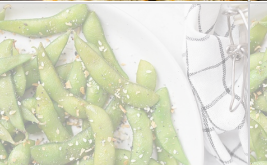
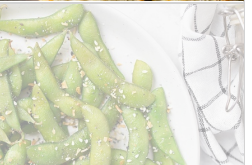







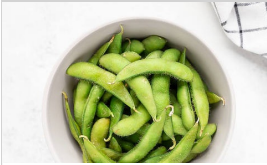
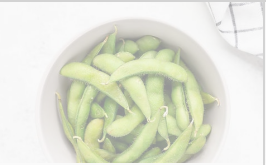
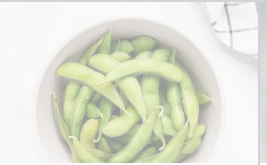




































EXERCISE
with Style

**12 Week Carb Cycling Meal
Plan for Males (Low Carb) 1**

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Egg White Salsa Bowl	 Egg White Salsa Bowl	 Egg White Salsa Bowl	 Tofu Veggie Scramble	 Tofu Veggie Scramble	 Smoked Salmon Avocado Yogurt Bowls	 Smoked Salmon Avocado Yogurt Bowls
	 Mushroom & Tofu Scramble	 Mushroom & Tofu Scramble	 Mushroom & Tofu Scramble	 Sardine & Avocado Endive Wraps	 Sardine & Avocado Endive Wraps	 Cleaned Up Biscuits	 Cleaned Up Biscuits
Snack 1	 Chocolate Avocado Smoothie	 Chocolate Avocado Smoothie	 Chocolate Avocado Smoothie	 Edamame with Everything Bagel Seasoning	 Edamame with Everything Bagel Seasoning	 Edamame with Everything Bagel Seasoning	 Edamame with Everything Bagel Seasoning
	 Edamame Tuna Salad	 Creamy Turmeric Pork Chops with Cauliflower Rice	 Pork Chops with Creamy Cabbage	 Deconstructed Sushi Bowl	 Steak with Oven-Roasted Vegetables	 Thai Chicken & Mushroom Soup	 Tandoori Tofu & Mixed Greens Salad
Snack 2	 Salty Edamame	 Salty Edamame	 Salty Edamame	 0.5 Turkey, Greens & Avocado Wraps	 0.5 Turkey, Greens & Avocado Wraps	 Turkey, Greens & Avocado Wraps	 Turkey, Greens & Avocado Wraps
	 Creamy Turmeric Pork Chops with Cauliflower Rice	 Pork Chops with Creamy Cabbage	 Deconstructed Sushi Bowl	 Steak with Oven-Roasted Vegetables	 Thai Chicken & Mushroom Soup	 Tandoori Tofu & Mixed Greens Salad	 Saucy Beef Stuffed Peppers
Dinner							

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  50%	Fat  51%	Fat  52%	Fat  55%	Fat  54%	Fat  52%	Fat  54%
Carbs  19%	Carbs  19%	Carbs  18%	Carbs  18%	Carbs  18%	Carbs  20%	Carbs  19%
Protein  31%	Protein  30%	Protein  30%	Protein  27%	Protein  28%	Protein  28%	Protein  27%
Calories 2053	Calories 2048	Calories 2013	Calories 2060	Calories 2046	Calories 1975	Calories 2044
Fat 120g	Fat 119g	Fat 120g	Fat 133g	Fat 128g	Fat 120g	Fat 128g
Carbs 101g	Carbs 101g	Carbs 96g	Carbs 97g	Carbs 98g	Carbs 102g	Carbs 98g
Fiber 47g	Fiber 40g	Fiber 46g	Fiber 57g	Fiber 45g	Fiber 38g	Fiber 42g
Sugar 34g	Sugar 42g	Sugar 37g	Sugar 28g	Sugar 30g	Sugar 32g	Sugar 36g
Protein 165g	Protein 161g	Protein 159g	Protein 146g	Protein 147g	Protein 143g	Protein 145g
Cholesterol 112mg	Cholesterol 188mg	Cholesterol 142mg	Cholesterol 302mg	Cholesterol 360mg	Cholesterol 313mg	Cholesterol 354mg
Sodium 3432mg	Sodium 3531mg	Sodium 4379mg	Sodium 2195mg	Sodium 2813mg	Sodium 5562mg	Sodium 4453mg
Vitamin A 10041IU	Vitamin A 4586IU	Vitamin A 5756IU	Vitamin A 12234IU	Vitamin A 11379IU	Vitamin A 2405IU	Vitamin A 9034IU
Vitamin C 68mg	Vitamin C 89mg	Vitamin C 100mg	Vitamin C 251mg	Vitamin C 237mg	Vitamin C 86mg	Vitamin C 246mg
Calcium 1635mg	Calcium 1742mg	Calcium 1736mg	Calcium 1213mg	Calcium 1133mg	Calcium 1605mg	Calcium 1848mg
Iron 20mg	Iron 17mg	Iron 17mg	Iron 26mg	Iron 25mg	Iron 19mg	Iron 22mg

Fruits

- 6 3/4 Avocado
- 1/4 Lemon
- 1 tbsp Lime Juice

Breakfast

- 2 1/4 tsps All Natural Peanut Butter
- 3 tbsps Almond Butter

Seeds, Nuts & Spices

- 1/8 tsp Cayenne Pepper
- 1 1/3 tbsps Everything Bagel Seasoning
- 3/4 tsp Italian Seasoning
- 2 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/8 tbsps Sesame Seeds
- 2 tbsps Tandoori Masala
- 1 1/2 tsps Turmeric

Frozen

- 8 cups Cauliflower Rice
- 14 cups Edamame Pods
- 1 cup Frozen Edamame

Vegetables

- 1 cup Baby Kale
- 4 cups Baby Spinach
- 2 cups Brussels Sprouts
- 3/4 Carrot
- 1 cup Cherry Tomatoes
- 1 1/2 Cucumber
- 1 head Endive
- 1 1/2 tsps Fresh Dill
- 5 Garlic
- 1 1/3 tbsps Ginger
- 3 cups Green Beans
- 2 cups Green Cabbage
- 1/2 stalk Green Onion
- 6 grams Lemongrass
- 3/4 cup Microgreens
- 4 cups Mixed Greens
- 3/4 cup Oyster Mushrooms
- 2 Red Bell Pepper
- 1/4 cup Red Onion
- 1 tbsp Rosemary
- 1 cup Shallot
- 1 1/2 cups Shiitake Mushrooms
- 1/4 cup Thai Basil
- 1 1/4 Yellow Onion

Boxed & Canned

- 1 cup Canned Coconut Milk
- 3 cups Chicken Broth
- 1/2 cup Coconut Cream
- 1/2 cup Crushed Tomatoes
- 1 1/2 cups Salsa
- 170 grams Sardines
- 1/2 can Tuna
- 1/4 cup Vegetable Broth

Baking

- 3 tbsps Almond Flour
- 1 tbsp Arrowroot Powder
- 1/4 tsp Baking Powder
- 1 tbsp Coconut Flour

Bread, Fish, Meat & Cheese

- 227 grams Chicken Breast
- 113 grams Lean Ground Beef
- 57 grams Mozzarella Cheese
- 43 grams Pancetta
- 454 grams Pork Chop
- 340 grams Ribeye Steak, Bone-In
- 300 grams Sliced Turkey Breast
- 325 grams Smoked Salmon
- 1.2 kilograms Tofu

Condiments & Oils

- 1 1/2 tsps Apple Cider Vinegar
- 3 2/3 tbsps Avocado Oil
- 1 2/3 tbsps Coconut Aminos
- 2 1/3 tbsps Coconut Oil
- 3 1/4 tbsps Extra Virgin Olive Oil
- 2 tbsps Mayonnaise
- 1 tbsp Sesame Oil

Cold

- 1 tbsp Butter
- 1 1/2 cups Cow's Milk, Whole
- 1 1/2 Egg
- 3 cups Egg Whites
- 1/2 cup Plain Goat Milk Yogurt
- 1 cup Plain Greek Yogurt
- 3 cups Unsweetened Almond Milk

Other

- 3/4 cup Chocolate Protein Powder
- 4 Nori Sheets
- 18 1/2 cups Water

2 tbsps Nutritional Yeast



Egg White Salsa Bowl

3 servings

5 minutes

Ingredients

- 1 tbsp Avocado Oil
- 3 cups Egg Whites
- 1 1/2 Avocado (sliced)
- 1 1/2 cups Salsa

Nutrition

Amount per serving	
Calories	366
Fat	20g
Carbs	19g
Fiber	9g
Sugar	8g
Protein	30g
Cholesterol	0mg
Sodium	1335mg
Vitamin A	746IU
Vitamin C	13mg
Calcium	68mg
Iron	1mg

Directions

- 1 Heat the oil in a pan over medium-high heat. Add the egg whites and gently stir until cooked through, about three to four minutes.
- 2 Serve the egg whites alongside the avocado and salsa. Enjoy!

Notes

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

More Flavor: Season with salt and pepper to taste. Top with crushed tortilla chips or serve it with crackers.



Mushroom & Tofu Scramble

3 servings
10 minutes

Ingredients

- 3/4 cup Oyster Mushrooms (sliced)
- 1/4 cup Vegetable Broth (divided)
- 340 grams Tofu (extra firm, drained, crumbled)
- 1 tbsp Nutritional Yeast
- 1/4 tsp Turmeric
- 1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	114
Fat	6g
Carbs	4g
Fiber	2g
Sugar	1g
Protein	14g
Cholesterol	0mg
Sodium	268mg
Vitamin A	54IU
Vitamin C	0mg
Calcium	323mg
Iron	3mg

Directions

- 1 Heat a large skillet over medium heat for 2 minutes. Add the mushrooms and sauté for 3 to 5 minutes, stirring often. Add half of the broth if they begin to stick. Transfer to a plate.
- 2 Add the remainder of the broth, crumbled tofu, nutritional yeast, turmeric and salt to the skillet. Stir and cook until the tofu is warmed through.
- 3 Return the mushrooms to the skillet and combine with the tofu. Divide onto plates or containers if on-the-go. Enjoy!

Notes

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

Serving Size: Each serving equals approximately 1.5 cups.

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

Additional Toppings: Top with sliced green onions, spinach, mixed greens, peppers or avocado slices.

No Vegetable Broth: Use water instead.



Tofu Veggie Scramble

2 servings

15 minutes

Ingredients

220 grams Tofu (firm)
1 tbsp Avocado Oil
1/2 Yellow Onion (medium, diced)
2 Garlic (cloves, minced)
1 Red Bell Pepper (sliced)
1 cup Baby Spinach (chopped)
1 tbsp Nutritional Yeast
1/4 tsp Turmeric
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	206
Fat	13g
Carbs	11g
Fiber	5g
Sugar	6g
Protein	15g
Cholesterol	0mg
Sodium	33mg
Vitamin A	3270IU
Vitamin C	81mg
Calcium	348mg
Iron	5mg

Directions

- 1 Place the tofu in a small bowl and mash with a fork to the point where it is broken apart but chunks still remain. The texture should be similar to scrambled eggs.
- 2 In a non-stick pan, heat the avocado oil over medium heat. Add the onions, garlic and bell pepper. Saute for 4 to 5 minutes, or until onions are translucent.
- 3 Add the tofu, spinach, nutritional yeast and turmeric to the pan. Mix well and cook until the spinach wilts and the tofu is heated through.
- 4 Season with sea salt and black pepper taste. Enjoy!

Notes

More Carbs: Serve with toast or brown rice.

Likes it Spicy: Serve with hot sauce, cayenne pepper or chili flakes.

Leftovers: Store in the fridge up to 3 to 4 days.



Sardine & Avocado Endive Wraps

2 servings

5 minutes

Ingredients

- 170 grams Sardines (packed in oil, drained)
- 1 Avocado (cubed)
- 1 head Endive (leaves separated)

Nutrition

Amount per serving	
Calories	381
Fat	25g
Carbs	17g
Fiber	15g
Sugar	1g
Protein	26g
Cholesterol	121mg
Sodium	324mg
Vitamin A	5797IU
Vitamin C	27mg
Calcium	470mg
Iron	5mg

Directions

- 1 In a bowl, gently break the sardines into chunks. Add avocado and toss until just combined.
- 2 Fill each endive leaf with the sardine avocado mixture. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately three endive-filled leaves.

Additional Toppings: Add green onions, chives, red onions, fresh or dried herbs and/or mayonnaise.

No Endive: Use lettuce leaves, radicchio leaves, sweet potato toast, crackers or bread instead.



Smoked Salmon Avocado Yogurt Bowls

2 servings

10 minutes

Ingredients

- 1 cup Plain Greek Yogurt
- 1/2 Cucumber (sliced)
- 100 grams Smoked Salmon (sliced)
- 1 Avocado (sliced)
- 1 1/2 tsps Fresh Dill (chopped)
- 2 tsps Avocado Oil
- 1/4 tsp Sea Salt
- 1/4 Lemon (sliced into wedges)

Nutrition

Amount per serving	
Calories	364
Fat	24g
Carbs	18g
Fiber	7g
Sugar	5g
Protein	23g
Cholesterol	28mg
Sodium	710mg
Vitamin A	905IU
Vitamin C	22mg
Calcium	280mg
Iron	2mg

Directions

- 1 Divide yogurt, cucumber, salmon and avocado into bowls or containers. Top with chopped dill, avocado oil and salt. Garnish with a lemon wedge.
- 2 Enjoy immediately or refrigerate until ready to eat.

Notes

Storage: Refrigerate in an airtight container up to three days.

More Protein: Add cooked or roasted chickpeas.



Cleaned Up Biscuits

2 servings

30 minutes

Ingredients

- 3 tbsps Almond Flour
- 1 tbsp Coconut Flour
- 1/4 tsp Baking Powder
- 1 1/8 tps Coconut Oil (chilled)
- 1 1/2 Egg (whites only)

Nutrition

Amount per serving	
Calories	152
Fat	12g
Carbs	5g
Fiber	2g
Sugar	1g
Protein	7g
Cholesterol	140mg
Sodium	122mg
Vitamin A	203IU
Vitamin C	0mg
Calcium	77mg
Iron	2mg

Directions

- 1 Preheat oven to 400°F (204°C). Line baking sheet with parchment paper.
- 2 Mix together almond flour, coconut flour and baking powder. Add coconut oil and use your hands to break it up until crumbly. Set aside in the fridge.
- 3 Use a hand mixer to whip the egg whites until stiff peaks form. Fold the whites into your chilled flour mixture.
- 4 Scoop the mixture onto the baking sheet using an ice cream scoop and gently flatten the top. Bake for 20 minutes or until golden brown.
- 5 Remove from oven. Let cool then enjoy!

Notes

Serving Size: One biscuit per serving.

Serve Them With: Soup, butter, ghee or our Turkey Gravy.

Coconut Flour: This recipe was developed and tested using Bob's Red Mill Coconut Flour. If using another type of coconut flour, note that results may vary.



Chocolate Avocado Smoothie

3 servings

5 minutes

Ingredients

3/4 Avocado
3 cups Unsweetened Almond Milk
3 tbsps Almond Butter
3 cups Baby Spinach
3/4 cup Chocolate Protein Powder

Nutrition

Amount per serving	
Calories	297
Fat	19g
Carbs	11g
Fiber	7g
Sugar	1g
Protein	25g
Cholesterol	4mg
Sodium	227mg
Vitamin A	3386IU
Vitamin C	13mg
Calcium	655mg
Iron	2mg

Directions

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

Notes

No Chocolate Protein Powder: Use vanilla protein powder or hemp seeds and add cocoa powder.

Likes it Sweet: Add frozen banana.

Nut-Free Version: Use coconut milk instead of almond milk and sunflower seed butter instead of almond butter.



Edamame with Everything Bagel Seasoning

4 servings
10 minutes

Ingredients

- 8 cups Edamame Pods
- 2 tsp Avocado Oil
- 1 1/3 tbsps Everything Bagel Seasoning

Nutrition

Amount per serving	
Calories	278
Fat	13g
Carbs	18g
Fiber	11g
Sugar	6g
Protein	26g
Cholesterol	0mg
Sodium	214mg
Vitamin A	0IU
Vitamin C	23mg
Calcium	142mg
Iron	5mg

Directions

- 1 Bring a pot of water to a boil.
- 2 Place the edamame pods in a steamer over the boiling water and cover. Let them steam for five to 10 minutes, or until bright green.
- 3 Toss the edamame pods in oil and sprinkle everything bagel seasoning overtop. Enjoy!

Notes

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

More Flavor: Add finishing salt to taste.

Everything Bagel Seasoning: If you don't have store-bought Everything Bagel Seasoning, make your own by mixing together even amounts of poppy seeds, sesame seeds, garlic powder, and dried onion flakes. Add sea salt to taste.



Edamame Tuna Salad

1 serving

5 minutes

Ingredients

2 1/4 tps All Natural Peanut Butter
1 tbsp Sesame Oil
1 1/2 tps Apple Cider Vinegar
1 1/2 tps Sesame Seeds
Sea Salt & Black Pepper (to taste)
1 cup Frozen Edamame (thawed)
1/2 can Tuna (drained)
1/2 Carrot (medium, julienned)
1/2 stalk Green Onion (sliced)

Nutrition

Amount per serving	
Calories	492
Fat	31g
Carbs	21g
Fiber	10g
Sugar	6g
Protein	38g
Cholesterol	30mg
Sodium	238mg
Vitamin A	5845IU
Vitamin C	12mg
Calcium	175mg
Iron	6mg

Directions

- 1 In a medium bowl, add peanut butter, sesame oil, vinegar, sesame seeds, salt, and pepper. Whisk until combined well.
- 2 In the same bowl, add edamame, tuna, carrot, and green onion. Stir until everything is mixed together and enjoy.

Notes

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

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

More Flavor: Add sriracha or chili flakes.

Additional Toppings: Cilantro or mint. Serve over a bed of lettuce.

Nut-Free: Use tahini instead of peanut butter.

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



Salty Edamame

3 servings

15 minutes

Ingredients

18 cups Water
1 1/2 tsps Sea Salt
6 cups Edamame Pods

Nutrition

Amount per serving	
Calories	257
Fat	11g
Carbs	18g
Fiber	11g
Sugar	6g
Protein	26g
Cholesterol	0mg
Sodium	1223mg
Vitamin A	0IU
Vitamin C	23mg
Calcium	284mg
Iron	5mg

Directions

- 1 Add water and salt to a pot and bring to a boil. Add the edamame and return to a boil. Cook for three to five minutes.
- 2 Drain, rinse with cold water and transfer to a bowl. Enjoy!

Notes

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

More Flavor: Add finishing coarse salt or toss in tamari.



Turkey, Greens & Avocado Wraps

3 servings

5 minutes

Ingredients

1 1/2 Avocado (sliced thin)
300 grams Sliced Turkey Breast
3/4 cup Microgreens

Nutrition

Amount per serving	
Calories	274
Fat	19g
Carbs	12g
Fiber	7g
Sugar	2g
Protein	17g
Cholesterol	49mg
Sodium	905mg
Vitamin A	147IU
Vitamin C	15mg
Calcium	31mg
Iron	1mg

Directions

1

Layer the sliced avocado on top of the sliced turkey breast and top with microgreens. Roll into a wrap and serve!

Notes

No Turkey: Use chicken or another deli meat instead

More Flavour: Add a condiment such as mustard or mayonnaise. Add spices of your choice.

Leftovers: Best enjoyed immediately but can be stored in the fridge for up to two days. Sprinkle the avocado with lemon juice to prevent browning.



Creamy Turmeric Pork Chops with Cauliflower Rice

2 servings
25 minutes

Ingredients

227 grams Pork Chop (boneless)
1 tsp Turmeric (divided)
1 tbsp Ginger (fresh, grated, divided)
Sea Salt & Black Pepper (to taste)
1 1/2 tbsps Coconut Oil (divided)
4 cups Cauliflower Rice
1 cup Shallot (chopped)
1/2 cup Water
1/2 cup Coconut Cream
1 cup Baby Kale (chopped)

Nutrition

Amount per serving	
Calories	527
Fat	33g
Carbs	28g
Fiber	8g
Sugar	12g
Protein	32g
Cholesterol	78mg
Sodium	141mg
Vitamin A	10IU
Vitamin C	7mg
Calcium	130mg
Iron	3mg

Directions

- 1 Rub the pork chops with half of the turmeric and half of the ginger. Season with salt and pepper.
- 2 Preheat 1/3 of the oil in a non-stick skillet over medium-high heat. Add the pork chops and cook for three minutes per side, or until they are mostly cooked through. Set aside.
- 3 Add the cauliflower rice and half of the remaining oil to the skillet. Cook for three minutes or until cooked to your desired doneness. Set aside.
- 4 To the same skillet, add the remaining oil and the shallot. Cook for three minutes, until softened. Add the remaining turmeric and ginger and cook for another minute, stirring to combine.
- 5 Add the water and bring to a simmer. Reduce the heat to low. Add the coconut cream and kale and stir until combined. Add the pork chops and coat them with the sauce. Cook for four minutes or until the sauce has reduced and thickened, and the pork is cooked through. Season with salt and pepper to taste.
- 6 Serve with cauliflower rice and enjoy!

Notes

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

Serving Size: One serving is approximately one cup of cauliflower rice topped with pork and sauce.



Pork Chops with Creamy Cabbage

2 servings
30 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 227 grams Pork Chop (boneless)
- Sea Salt & Black Pepper (to taste)
- 43 grams Pancetta (thick slices, cubed)
- 1/2 Yellow Onion (medium, halved and sliced)
- 2 cups Green Cabbage (thinly sliced)
- 1 tbsp Arrowroot Powder
- 1 1/2 cups Cow's Milk, Whole

Nutrition

Amount per serving	
Calories	487
Fat	30g
Carbs	21g
Fiber	3g
Sugar	14g
Protein	34g
Cholesterol	106mg
Sodium	337mg
Vitamin A	390IU
Vitamin C	33mg
Calcium	282mg
Iron	3mg

Directions

- 1 Preheat the oven to 400°F (205°C).
- 2 Heat the oil over medium-high heat in a large oven-proof pan. Season the pork chops with salt and pepper and add them to the pan. Brown them for three minutes on each side. Set aside.
- 3 Reduce the heat to medium. Add the pancetta and cook until crispy, about two minutes. Add the onion and the cabbage and cook, stirring occasionally, until mostly softened for about five to seven minutes.
- 4 Sprinkle in the arrowroot powder and stir to coat. Add the milk, stirring constantly until it thickens a bit for about three minutes, and season with salt and pepper.
- 5 Place the pork chops in the sauce surrounded by the cabbage mixture and bake in the oven for 10 to 12 minutes, or until the pork is cooked through. Divide evenly between plates and enjoy!

Notes

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

Serving Size: One serving is approximately one cup of cabbage topped with pork.

More Flavor: Add garlic powder and dried rosemary to the cabbage mixture.

No Pancetta: Use bacon instead.



Deconstructed Sushi Bowl

2 servings
20 minutes

Ingredients

- 1 tsp Avocado Oil
- 4 cups Cauliflower Rice
- 2 tps Coconut Aminos
- 1/2 Cucumber (sliced into sticks)
- 1 Avocado (peeled and chopped)
- 4 Nori Sheets (snack size, torn into pieces)
- 225 grams Smoked Salmon
- 2 tps Sesame Seeds
- 2 tbsps Mayonnaise
- 1/8 tsp Cayenne Pepper (optional)

Nutrition

Amount per serving	
Calories	492
Fat	34g
Carbs	23g
Fiber	14g
Sugar	7g
Protein	30g
Cholesterol	32mg
Sodium	989mg
Vitamin A	1180IU
Vitamin C	18mg
Calcium	124mg
Iron	3mg

Directions

- 1 Heat a skillet over medium heat. Add the avocado oil and then the riced cauliflower. Saute for 5 to 7 minutes, then add the coconut aminos and stir to coat. Remove from heat.
- 2 Divide the cauliflower rice into bowls. Top each bowl evenly with cucumber, avocado, nori and smoked salmon. Garnish with sesame seeds.
- 3 Mix the mayonnaise with cayenne in a small bowl and drizzle on top of the bowls. Enjoy!

Notes

Leftovers: This bowl is best served immediately but can be stored in the fridge up to 2 days and served cold.

No Coconut Aminos: Use tamari or soy sauce instead.



Steak with Oven-Roasted Vegetables

2 servings
25 minutes

Ingredients

340 grams Ribeye Steak, Bone-in (room temperature)
Sea Salt & Black Pepper (to taste)
2 tbsps Extra Virgin Olive Oil (divided)
1 tbsp Butter
2 Garlic (cloves, smashed)
1 tbsp Rosemary (fresh, chopped)
2 cups Brussels Sprouts (trimmed and halved)
3 cups Green Beans (washed, trimmed)

Nutrition

Amount per serving	
Calories	566
Fat	38g
Carbs	22g
Fiber	8g
Sugar	7g
Protein	40g
Cholesterol	124mg
Sodium	182mg
Vitamin A	1913IU
Vitamin C	94mg
Calcium	113mg
Iron	7mg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Pat the steak very dry with a paper towel. Season liberally with salt and pepper.
- 3 Heat a cast-iron skillet over medium heat until hot. Add 2/3 of the oil. Place the steak in the middle of the skillet and cook for 13 to 15 minutes, flipping and turning every two to three minutes, until a dark crust has formed on both sides. Reduce the heat and add the butter, garlic, and rosemary, and spoon over the top of the steak until the garlic is slightly browned. Remove and let rest for at least 10 minutes before slicing.
- 4 Meanwhile, toss the brussels sprouts and green beans with the remaining oil, salt, and pepper. Place in the oven and bake until crispy, about 15 to 18 minutes. Divide the vegetables and steak onto plates. Enjoy!

Notes

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

Dairy-Free: Omit the butter.

Steak Size: This recipe was tested with a 2-inch (5 cm) steak. Adjust the cooking time as needed based on the thickness of the steak.

No Extra Virgin Olive Oil: Use avocado oil.



Thai Chicken & Mushroom Soup

2 servings
40 minutes

Ingredients

- 1 1/2 tps Coconut Oil
- 1 Garlic (clove, minced)
- 1 tsp Ginger (minced)
- 3 cups Chicken Broth
- 1 tbsp Coconut Aminos
- 6 grams Lemongrass (peeled, chopped into large pieces)
- 227 grams Chicken Breast (skinless, boneless, chopped into cubes)
- 1 1/2 cups Shiitake Mushrooms (sliced)
- 1 cup Canned Coconut Milk
- 1 tbsp Lime Juice
- 1/4 cup Thai Basil (chopped)

Nutrition

Amount per serving	
Calories	478
Fat	29g
Carbs	24g
Fiber	2g
Sugar	9g
Protein	31g
Cholesterol	90mg
Sodium	1607mg
Vitamin A	325IU
Vitamin C	4mg
Calcium	44mg
Iron	2mg

Directions

- 1 In a pot over medium heat, add the coconut oil, garlic and ginger. Sauté for 1 minute. Then add the broth, coconut aminos and lemongrass. Bring to a simmer, reduce heat to medium-low and cook for 15 to 20 minutes.
- 2 Add the chicken and mushrooms and cook for 10 minutes or until the chicken is cooked through. Remove from heat. Remove the lemongrass stalks and discard. Add the coconut milk and lime juice. Stir to combine.
- 3 Divide into bowls and garnish with basil. Enjoy!

Notes

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

Additional Toppings: Add leafy greens such as spinach or kale.

No Lemongrass: Use extra lime juice instead.

No Coconut Aminos : Use tamari or soy sauce instead.

No Thai Basil: Use regular basil, cilantro or mint instead.



Tandoori Tofu & Mixed Greens Salad

2 servings
20 minutes

Ingredients

- 1/2 cup Plain Goat Milk Yogurt
- 2 tbsps Tandoori Masala
- 624 grams Tofu (cut into squares)
- 4 cups Mixed Greens
- 1 cup Cherry Tomatoes (halved)
- 1/2 Cucumber (sliced)
- 1/4 cup Red Onion (thinly sliced)

Nutrition

Amount per serving	
Calories	429
Fat	23g
Carbs	25g
Fiber	9g
Sugar	9g
Protein	39g
Cholesterol	6mg
Sodium	2004mg
Vitamin A	825IU
Vitamin C	22mg
Calcium	1031mg
Iron	7mg

Directions

- 1 Preheat the grill to medium heat.
- 2 In a large shallow bowl, mix the yogurt with the tandoori masala. Add the tofu and coat well.
- 3 Gently shake off the excess marinade from the tofu and place the tofu on the grill. Save the marinade. Grill the tofu for three to four minutes on each side or until there are crispy grill marks.
- 4 Meanwhile, in a large salad bowl, add the mixed greens, tomatoes, cucumber, and red onion.
- 5 Top the salad with the grilled tofu and drizzle the remaining marinade on top. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days. Store the tofu and dressing separately from the salad.

Make it Vegan: Use dairy-free yogurt.

Additional Toppings: Add chopped walnuts, sesame seeds, mint and/or cilantro.

No Goat Yogurt: Use another yogurt or milk alternative yogurt.



Saucy Beef Stuffed Peppers

1 serving
35 minutes

Ingredients

- 1 Red Bell Pepper (medium, halved)
- 3/4 tsp Extra Virgin Olive Oil
- 1/4 Yellow Onion (medium, grated)
- 1/4 Carrot (peeled, grated)
- 113 grams Lean Ground Beef
- 3/4 tsp Italian Seasoning
- 1/2 cup Crushed Tomatoes (from the can)
- 57 grams Mozzarella Cheese (shredded)

Nutrition

Amount per serving	
Calories	547
Fat	37g
Carbs	20g
Fiber	6g
Sugar	13g
Protein	33g
Cholesterol	131mg
Sodium	498mg
Vitamin A	6954IU
Vitamin C	164mg
Calcium	287mg
Iron	5mg

Directions

- 1 Preheat the oven to 400°F (205°C). Arrange the red bell pepper halves, cut side up, on a parchment-lined baking sheet, and bake for 25 minutes or until peppers begin to char. Set aside.
- 2 Meanwhile, heat the oil in a large skillet over medium heat. Add the onion and carrot and cook for about five minutes or until tender.
- 3 Add the beef, stirring until well browned and crumbled about seven to 10 minutes.
- 4 Add the Italian seasoning and the crushed tomatoes. Continue cooking, stirring frequently, for about three minutes. Keep warm.
- 5 Stuff the peppers with the beef sauce and top with the mozzarella cheese.
- 6 Set the oven to broil and return the stuffed peppers to the oven. Watch closely and cook for about three minutes, or until the cheese is golden brown. Enjoy!

Notes

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

Serving Size: One serving is two halves of a stuffed pepper.

Dairy-Free: Use dairy-free cheese

More Flavor: Add garlic, celery, fennel, and/or spinach to the beef sauce. Swap Italian seasoning for ground cinnamon and ground cloves.

Additional Toppings: Fresh basil, parsley, oregano, red pepper flakes, parmesan cheese, salt, and pepper to taste.