



**EXERCISE**  
*with Style*

**12 Week Carb Cycling Meal  
Plan for Males (Low Carb) 2**

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<https://exercisewithstyle.com>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Peppers, Avocado & Egg Whites	 Peppers, Avocado & Egg Whites	 Peppers, Avocado & Egg Whites	 Carrot & Parsley Omelette	 Carrot & Parsley Omelette	 Sardine & Avocado Endive Wraps	 Sardine & Avocado Endive Wraps
	 Cottage Cheese	 Cottage Cheese	 Cottage Cheese	 Fried Egg	 Fried Egg	 Grain-Free Flax Bread	 Grain-Free Flax Bread
Snack 1	 Ahi Tuna Avocado Ceviche	 Ahi Tuna Avocado Ceviche	 Ahi Tuna Avocado Ceviche	 Steamed Edamame with Tamari	 Steamed Edamame with Tamari	 Steamed Edamame with Tamari	 Steamed Edamame with Tamari
	 Chicken, Kale & Cauliflower Bowls	 Grilled Taco Seasoned Tempeh & Veggie Skewers	 Zucchini Noodle Lasagna	 One Pan Breakfast Hash	 Zucchini Alfredo with Turmeric Chicken	 Creamy Turmeric Pork Chops with Cauliflower Rice	 Chicken & Chorizo Stew
Snack 2	 Edamame with Everything Bagel Seasoning	 Edamame with Everything Bagel Seasoning	 Edamame with Everything Bagel Seasoning	 Tuna Salad Lettuce Wraps	 Tuna Salad Lettuce Wraps	 Tuna Salad Lettuce Wraps	 Tuna Salad Lettuce Wraps
	 Grilled Taco Seasoned Tempeh & Veggie Skewers	 Zucchini Noodle Lasagna	 One Pan Breakfast Hash	 Zucchini Alfredo with Turmeric Chicken	 Creamy Turmeric Pork Chops with Cauliflower Rice	 Chicken & Chorizo Stew	 Beef Burrito Bowl with Cauliflower Rice
Dinner	 Grilled Taco Seasoned Tempeh & Veggie Skewers	 Zucchini Noodle Lasagna	 One Pan Breakfast Hash	 Zucchini Alfredo with Turmeric Chicken	 Creamy Turmeric Pork Chops with Cauliflower Rice	 Chicken & Chorizo Stew	 Beef Burrito Bowl with Cauliflower Rice

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  51%	Fat  50%	Fat  53%	Fat  59%	Fat  56%	Fat  52%	Fat  53%
Carbs  19%	Carbs  19%	Carbs  17%	Carbs  16%	Carbs  18%	Carbs  19%	Carbs  18%
Protein  30%	Protein  31%	Protein  30%	Protein  25%	Protein  26%	Protein  29%	Protein  29%
Calories 1927	Calories 1909	Calories 1998	Calories 1958	Calories 1955	Calories 2136	Calories 2080
Fat 114g	Fat 111g	Fat 121g	Fat 131g	Fat 126g	Fat 127g	Fat 127g
Carbs 96g	Carbs 97g	Carbs 90g	Carbs 83g	Carbs 91g	Carbs 105g	Carbs 96g
Fiber 40g	Fiber 33g	Fiber 37g	Fiber 38g	Fiber 39g	Fiber 52g	Fiber 55g
Sugar 25g	Sugar 29g	Sugar 26g	Sugar 27g	Sugar 33g	Sugar 32g	Sugar 25g
Protein 154g	Protein 153g	Protein 153g	Protein 126g	Protein 130g	Protein 158g	Protein 154g
Cholesterol 140mg	Cholesterol 132mg	Cholesterol 550mg	Cholesterol 1098mg	Cholesterol 758mg	Cholesterol 504mg	Cholesterol 500mg
Sodium 2419mg	Sodium 2544mg	Sodium 2709mg	Sodium 1974mg	Sodium 1402mg	Sodium 2563mg	Sodium 3415mg
Vitamin A 4227IU	Vitamin A 2637IU	Vitamin A 3310IU	Vitamin A 27991IU	Vitamin A 26107IU	Vitamin A 13323IU	Vitamin A 13514IU
Vitamin C 497mg	Vitamin C 398mg	Vitamin C 407mg	Vitamin C 262mg	Vitamin C 116mg	Vitamin C 120mg	Vitamin C 128mg
Calcium 625mg	Calcium 529mg	Calcium 491mg	Calcium 531mg	Calcium 518mg	Calcium 1061mg	Calcium 1029mg
Iron 14mg	Iron 18mg	Iron 18mg	Iron 20mg	Iron 18mg	Iron 25mg	Iron 28mg

**Fruits**

- 8 Avocado
- 1 Lemon
- 3 1/4 Lime
- 1/4 cup Lime Juice

**Seeds, Nuts & Spices**

- 1/2 cup Cashews
- 3/4 tsp Coriander
- 3/4 tsp Cumin
- 1 tbsp Everything Bagel Seasoning
- 1/3 cup Ground Flax Seed
- 1 tsp Italian Seasoning
- 3/4 tsp Oregano
- 2 1/16 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/8 tsp Smoked Paprika
- 2 tsps Taco Seasoning
- 2 tsps Turmeric

**Frozen**

- 5 cups Cauliflower Rice
- 14 cups Edamame Pods

**Vegetables**

- 1 cup Baby Kale
- 4 cups Brussels Sprouts
- 1/4 head Cauliflower
- 3 tsps Cilantro
- 1/4 Cucumber
- 1 head Endive
- 1 Garlic
- 1 tbsp Ginger
- 2 cups Grated Carrot
- 4 stalks Green Onion
- 2 cups Kale Leaves
- 1 1/2 Orange Bell Pepper
- 1/3 cup Parsley
- 3/4 Red Bell Pepper
- 1 cup Red Onion
- 8 leaves Romaine
- 1 cup Shallot
- 1/2 Yellow Bell Pepper
- 1/2 Yellow Onion
- 4 Zucchini

**Boxed & Canned**

- 1 cup Canned Coconut Milk
- 1/3 cup Chicken Broth
- 1/2 cup Coconut Cream
- 1 1/3 cups Crushed Tomatoes
- 170 grams Sardines
- 2 cans Tuna

**Baking**

- 2/3 tsp Baking Powder
- 3/4 tsp Nutritional Yeast

**Bread, Fish, Meat & Cheese**

- 298 grams Ahi Tuna
- 5 slices Bacon
- 340 grams Chicken Breast
- 393 grams Chicken Drumsticks
- 113 grams Chorizo
- 340 grams Extra Lean Ground Beef
- 227 grams Pork Chop
- 249 grams Tempeh

**Condiments & Oils**

- 1/3 cup Avocado Oil
- 2 2/3 tsps Black Olives
- 2 tsps Coconut Aminos
- 2 2/3 tsps Coconut Oil
- 2 1/16 tsps Extra Virgin Olive Oil
- 1 1/3 tsps Tamari
- 3/4 cup Tomato Sauce

**Cold**

- 2 tsps Butter
- 1 1/2 cups Cottage Cheese
- 11 Egg
- 3 cups Egg Whites

**Other**

- 4 Barbecue Skewers
- 3/4 cup Water



## Peppers, Avocado & Egg Whites

3 servings

5 minutes

### Ingredients

- 1 tbsp Avocado Oil
- 3 cups Egg Whites
- 1 1/2 Avocado (sliced)
- 1 1/2 Orange Bell Pepper (stem and seeds removed, sliced)

### Nutrition

Amount per serving	
Calories	354
Fat	20g
Carbs	16g
Fiber	8g
Sugar	2g
Protein	29g
Cholesterol	0mg
Sodium	412mg
Vitamin A	333IU
Vitamin C	181mg
Calcium	39mg
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 bell peppers and avocado. Enjoy!

### Notes

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

**More Flavor:** Season with salt and pepper to taste, or add a dash of tamari.



## Cottage Cheese

3 servings

5 minutes

### Ingredients

1 1/2 cups 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.



## Carrot & Parsley Omelette

2 servings

10 minutes

### Ingredients

2 tps Butter  
4 Egg  
2 cups Grated Carrot  
1/4 cup Parsley (finely chopped)  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	225
Fat	14g
Carbs	12g
Fiber	3g
Sugar	6g
Protein	14g
Cholesterol	382mg
Sodium	223mg
Vitamin A	19675IU
Vitamin C	17mg
Calcium	104mg
Iron	3mg

### Directions

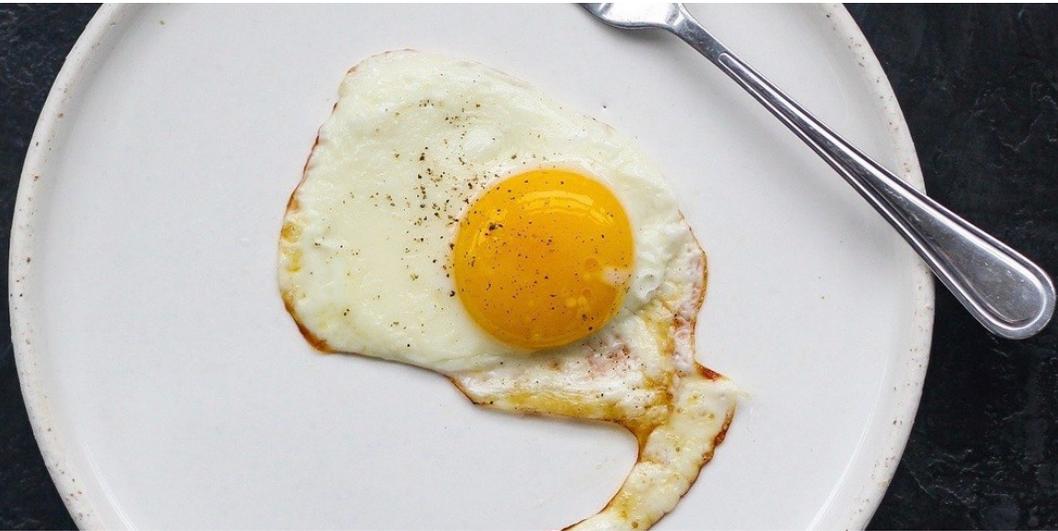
- 1 Heat the butter in a non-stick pan over medium heat.
- 2 Whisk the eggs, carrot, and parsley in a small bowl and season with salt and pepper.
- 3 Add the egg mixture to the pan. Cook for about five minutes or until almost set. Flip the omelette and cook for another two to three minutes.
- 4 Remove from heat and enjoy!

### Notes

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

**Serving Size:** One serving is equal to one two-egg omelette.

**More Flavor:** Add cheese, spinach, and chili flakes.



## Fried Egg

2 servings

5 minutes

### Ingredients

1/2 tsp Coconut Oil  
2 Egg  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	82
Fat	6g
Carbs	0g
Fiber	0g
Sugar	0g
Protein	6g
Cholesterol	186mg
Sodium	71mg
Vitamin A	270IU
Vitamin C	0mg
Calcium	28mg
Iron	1mg

### Directions

- 1 In a medium pan, heat the coconut oil over medium heat.
- 2 Crack the egg in the pan and cook until the whites are set and the yolk is cooked to your liking. Transfer to a plate and enjoy!

### Notes

**No Coconut Oil:** Use butter or ghee instead.



## 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.



## Grain-Free Flax Bread

2 servings

1 hour

### Ingredients

- 1/3 cup Ground Flax Seed
- 2/3 tsp Baking Powder
- 1/8 tsp Sea Salt
- 1 Egg (room temp)
- 1 2/3 tbsps Water (room temp)
- 1 tbsp Coconut Oil (melted)

### Nutrition

Amount per serving	
Calories	209
Fat	16g
Carbs	7g
Fiber	5g
Sugar	0g
Protein	8g
Cholesterol	93mg
Sodium	359mg
Vitamin A	135IU
Vitamin C	0mg
Calcium	128mg
Iron	2mg

### Directions

- 1 Preheat oven to 350°F (177°C). Grease the inside of a loaf pan or line it with parchment paper.
- 2 In a medium size bowl, mix together flax, baking powder, and salt. Use a whisk to stir until well combined.
- 3 In another bowl, beat eggs with a whisk for 30 to 60 seconds. Add water and coconut oil, mixing until combined.
- 4 Add wet ingredients to dry and stir until combined. Let the batter sit for 1 to 2 minutes to thicken slightly.
- 5 Pour batter into loaf pan and smooth out the top with a spoon. Bake for about 50 minutes, or until the top feels set and the loaf is browned.
- 6 Once cooled, slice and store in the fridge or freezer.

### Notes

**Leftovers:** Refrigerate in an airtight container or food wrap for up to five days. Freeze for up to two months.

**Serving Size:** One serving is one slice of bread.



## Ahi Tuna Avocado Ceviche

3 servings  
15 minutes

### Ingredients

298 grams Ahi Tuna (sushi-grade, cubed)  
1 1/2 Avocado (cubed)  
3 Lime (juiced)  
3 tbsps Cilantro (chopped)  
3/4 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	277
Fat	15g
Carbs	12g
Fiber	7g
Sugar	1g
Protein	27g
Cholesterol	40mg
Sodium	642mg
Vitamin A	324IU
Vitamin C	24mg
Calcium	19mg
Iron	1mg

### Directions

- 1 Combine all ingredients in a bowl and refrigerate for 10 minutes before serving. Enjoy immediately!

### Notes

**No Ahi Tuna:** Use sushi-grade salmon, crab meat or chopped grilled tofu instead.  
**More Flavor:** Add finely chopped red chile, red onion, and/or paprika.



## Steamed Edamame with Tamari

4 servings  
10 minutes

### Ingredients

8 cups Edamame Pods  
1 1/3 tbsps Tamari

### Nutrition

Amount per serving	
Calories	261
Fat	11g
Carbs	18g
Fiber	11g
Sugar	6g
Protein	27g
Cholesterol	0mg
Sodium	349mg
Vitamin A	0IU
Vitamin C	23mg
Calcium	143mg
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. Toss in tamari and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.  
**More Flavor:** Add sesame oil, finishing salt, and/or sesame seeds.



## Chicken, Kale & Cauliflower Bowls

1 serving  
45 minutes

### Ingredients

- 1/4 head Cauliflower (chopped into florets)
- 1 tbsp Avocado Oil (divided)
- 113 grams Chicken Breast (skinless, boneless)
- 1/16 tsp Sea Salt
- 2 cups Kale Leaves (thinly sliced)
- 1/4 Lemon (juiced)
- 1/2 Avocado (sliced)

### Nutrition

Amount per serving	
Calories	474
Fat	33g
Carbs	19g
Fiber	11g
Sugar	4g
Protein	32g
Cholesterol	82mg
Sodium	272mg
Vitamin A	2202IU
Vitamin C	125mg
Calcium	157mg
Iron	2mg

### Directions

- 1 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Toss the cauliflower with half the avocado oil and transfer to a baking sheet along with the chicken breasts. Sprinkle everything with sea salt.
- 3 Place the baking sheet in the oven for 30 minutes, or until chicken is cooked through. Toss the cauliflower at the halfway point.
- 4 While the cauliflower and veggies are cooking, massage the kale with lemon juice and remaining oil. Divide between bowls.
- 5 Remove the chicken and cauliflower from the oven and divide between bowls, on top of the kale. Add avocado slices to each bowl and enjoy!

### Notes

**Leftovers:** Keeps well in the fridge for 3 to 4 days. Add sliced avocado just before serving.

**More Carbs:** Serve with roasted sweet potato.

**No Avocado Oil:** Use coconut oil instead.



## Edamame with Everything Bagel Seasoning

3 servings  
10 minutes

### Ingredients

6 cups Edamame Pods  
1 1/2 tsps Avocado Oil  
1 tbsp 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.



## Tuna Salad Lettuce Wraps

4 servings  
15 minutes

### Ingredients

- 2 Avocado
- 1/4 cup Lime Juice
- 1/2 tsp Sea Salt
- 2 cans Tuna (flaked)
- 4 stalks Green Onion (sliced)
- 1/4 Cucumber (deseeded and finely chopped)
- 8 leaves Romaine

### Nutrition

Amount per serving	
Calories	251
Fat	16g
Carbs	13g
Fiber	8g
Sugar	2g
Protein	19g
Cholesterol	30mg
Sodium	513mg
Vitamin A	5579IU
Vitamin C	19mg
Calcium	56mg
Iron	3mg

### Directions

- 1 In a mixing bowl mash the avocado together with lime juice and salt. Stir in the tuna until well combined.
- 2 Fold in the green onion and cucumber. Season with additional salt and lime if needed. Divide the tuna salad between the romaine leaves and enjoy!

### Notes

- Leftovers:** Keep refrigerated in an airtight container for up to two days.
- Serving Size:** One serving is approximately two lettuce wraps with 1/4 cup tuna salad in each wrap.
- Canned Tuna:** One can of tuna is equal to 165 grams or 5.8 ounces, drained.
- More Flavor:** Add fresh herbs like parsley or cilantro, dried dill, red pepper flakes or black pepper to taste.
- Additional Toppings:** Top with sunflower seeds, pumpkin seeds or hemp seeds.
- No Avocado:** Use mayonnaise instead.



## Grilled Taco Seasoned Tempeh & Veggie Skewers

2 servings

35 minutes

### Ingredients

249 grams Tempeh (cut into cubes)  
1 Zucchini (small, chopped)  
1/2 Red Bell Pepper (chopped)  
1/2 Yellow Bell Pepper (chopped)  
1/2 cup Red Onion (chopped)  
2 tbsps Avocado Oil  
2 tbsps Coconut Aminos  
2 tsps Taco Seasoning  
4 Barbecue Skewers

### Nutrition

Amount per serving	
Calories	441
Fat	28g
Carbs	27g
Fiber	3g
Sugar	9g
Protein	28g
Cholesterol	0mg
Sodium	548mg
Vitamin A	1221IU
Vitamin C	144mg
Calcium	181mg
Iron	5mg

### Directions

- 1 Add all of the ingredients, except the barbecue skewers, to a bowl and toss to combine. Marinate for 10 to 15 minutes.
- 2 Thread the vegetables and tempeh onto the barbecue skewers.
- 3 Heat the grill over medium heat. Place the skewers on the grill and cook for three to four minutes per side or until the vegetables and tempeh are slightly charred. Brush the remaining marinade onto each skewer. Enjoy!

### Notes

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

**Serving Size:** One serving is two skewers.

**No Taco Seasoning:** Use other seasoning blend of choice.



## Zucchini Noodle Lasagna

2 servings  
20 minutes

### Ingredients

3/4 tsp Extra Virgin Olive Oil  
227 grams Extra Lean Ground Beef  
1/4 tsp Sea Salt (divided)  
3/4 cup Tomato Sauce  
1/2 cup Cashews (soaked, drained and rinsed)  
1/4 Lemon (juiced)  
3/4 tsp Nutritional Yeast  
2 2/3 tbsps Water  
1 Zucchini (medium, ends trimmed)

### Nutrition

Amount per serving	
Calories	456
Fat	30g
Carbs	20g
Fiber	4g
Sugar	8g
Protein	31g
Cholesterol	74mg
Sodium	397mg
Vitamin A	612IU
Vitamin C	26mg
Calcium	61mg
Iron	6mg

### Directions

- 1 Heat oil in a saucepan over medium-high heat. Cook the ground beef for about 5 minutes and drain any excess liquid. Season with half the salt and add the tomato sauce. Let simmer for about 10 minutes.
- 2 Meanwhile, add the soaked cashews, lemon juice, nutritional yeast, water and remaining salt to a blender. Blend until creamy.
- 3 Slice your zucchini length-wise using a peeler. Divide onto plates and top with the tomato sauce and cashew mixture. Garnish with nutritional yeast (optional). Enjoy!

### Notes

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

**Vegetarian & Vegan:** Use lentils instead of ground beef and adjust tomato sauce as needed.

**No Lemon:** Use apple cider vinegar instead.

**No Cashews:** Use macadamia nuts instead.



## One Pan Breakfast Hash

2 servings  
40 minutes

### Ingredients

4 cups Brussels Sprouts (halved)  
1/2 cup Red Onion (chopped)  
1 tsp Avocado Oil  
Sea Salt & Black Pepper (to taste)  
5 slices Bacon (chopped)  
4 Egg

### Nutrition

Amount per serving	
Calories	530
Fat	38g
Carbs	20g
Fiber	7g
Sugar	6g
Protein	28g
Cholesterol	418mg
Sodium	713mg
Vitamin A	1894IU
Vitamin C	153mg
Calcium	143mg
Iron	5mg

### Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 2 Add the brussels sprouts and onion to the baking sheet. Drizzle with avocado oil, sea salt, and pepper. Add the chopped bacon on top and place in the oven for 15 minutes. Remove from the oven, stir and bake for 10 minutes more.
- 3 Remove the sheet from the oven and use a spoon to push ingredients aside to make divots for the eggs. Carefully crack the eggs into the divots. Bake for 6 to 8 minutes, or until the eggs are cooked to your liking. Divide between plates and enjoy!

### Notes

**No Bacon:** Use prosciutto, ham or turkey bacon.

**More Vegetables:** Use additional vegetables such as peppers, potatoes or mushrooms.

**More Flavor:** Use garlic powder, onion powder, chili flakes, or everything bagel seasoning.

**Leftovers:** Refrigerate leftover vegetables in an airtight container for up to 4 days. Reheat the vegetables and cook additional eggs as needed.



## Zucchini Alfredo with Turmeric Chicken

2 servings  
20 minutes

### Ingredients

2 Zucchini  
1 tbsp Extra Virgin Olive Oil  
227 grams Chicken Breast (sliced)  
1 tsp Turmeric  
1 tsp Italian Seasoning  
Sea Salt & Black Pepper (to taste)  
1 Avocado (peeled and pit removed)  
1 cup Canned Coconut Milk (full fat)  
1/2 Lemon (juiced)

### Nutrition

Amount per serving	
Calories	609
Fat	46g
Carbs	20g
Fiber	9g
Sugar	7g
Protein	32g
Cholesterol	82mg
Sodium	105mg
Vitamin A	573IU
Vitamin C	50mg
Calcium	57mg
Iron	3mg

### Directions

- 1 Spiralize the zucchini or use a julienne peeler to create noodles. Set aside.
- 2 In a large frying pan, heat the olive oil over medium heat. Add the chicken to the pan and sprinkle it with the turmeric, Italian seasoning and sea salt and pepper to taste. Saute for 7 to 10 minutes, or until cooked through.
- 3 While the chicken is cooking, make the avocado cream sauce by combining the avocado, coconut milk, lemon juice and sea salt and black pepper to taste in a blender or food processor. Blend until smooth and creamy.
- 4 Once the chicken is cooked through, transfer it to a plate then add the zucchini noodles back into the pan. Saute the noodles for 1 to 2 minutes or until soft and warmed through. Add the avocado cream sauce into the pan and stir until well mixed and warmed through.
- 5 Divide the creamy zoodles between plates, and top with chicken. Enjoy!

### Notes

**More Carbs:** Use brown rice pasta instead of zucchini noodles.

**Vegan or Vegetarian:** Use chickpeas or white beans instead of chicken.



## 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.



## Chicken & Chorizo Stew

2 servings  
40 minutes

### Ingredients

- 1 tsp Extra Virgin Olive Oil
- 113 grams Chorizo (sliced)
- 393 grams Chicken Drumsticks
- 1/3 Yellow Onion (chopped)
- 1/3 Red Bell Pepper (chopped)
- 1/8 tsp Smoked Paprika
- 1/3 cup Chicken Broth
- 1 1/3 cups Crushed Tomatoes
- 2 2/3 tbsps Black Olives (pitted, halved)
- 1 1/3 tbsps Parsley (curly, chopped)

### Nutrition

Amount per serving	
Calories	507
Fat	26g
Carbs	22g
Fiber	5g
Sugar	11g
Protein	46g
Cholesterol	182mg
Sodium	877mg
Vitamin A	1802IU
Vitamin C	44mg
Calcium	134mg
Iron	7mg

### Directions

- 1 Heat the oil in a large pot over medium heat and cook the chorizo until browned, about four minutes. Set aside.
- 2 In the same pot, brown the chicken, in batches, for about two minutes on each side. Set aside.
- 3 Add the onions and the bell peppers, to the pot and cook, stirring, for about three minutes or until the onion softens. Add the paprika and cook stirring until fragrant.
- 4 Return the chorizo and chicken to the pot. Add the broth and tomatoes, cover, and bring to a boil. Reduce the heat and simmer covered for 25 to 30 minutes or until the chicken is cooked through. Stir in the olives.
- 5 Divide evenly between bowls. Top with parsley and enjoy!

### Notes

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

**Serving Size:** One serving is approximately two chicken drumsticks and one cup of sauce.

**Serve it With:** Rice, bread, potatoes, spaghetti squash, zucchini noodles, pasta, cauliflower rice, or couscous.



## Beef Burrito Bowl with Cauliflower Rice

1 serving  
30 minutes

### Ingredients

- 1 1/2 tps Extra Virgin Olive Oil (divided)
- 1 Garlic (cloves, minced)
- 1/4 Yellow Onion (small, finely diced)
- 113 grams Extra Lean Ground Beef
- 3/4 tsp Cumin (ground)
- 3/4 tsp Coriander (ground)
- 3/4 tsp Oregano (dried)
- 1/3 tsp Sea Salt (divided)
- 1/4 Lime (juiced)
- 1 cup Cauliflower Rice
- 1/2 Avocado (diced)

### Nutrition

Amount per serving	
Calories	471
Fat	33g
Carbs	19g
Fiber	11g
Sugar	5g
Protein	28g
Cholesterol	74mg
Sodium	993mg
Vitamin A	201IU
Vitamin C	15mg
Calcium	98mg
Iron	6mg

### Directions

- 1 In a large skillet heat half of the oil over medium. Add garlic and onions and cook for two minutes, or until onions become translucent.
- 2 Add ground beef to the skillet. With a wooden spoon or spatula, break the beef into small pieces as it cooks, stirring occasionally, until no longer pink.
- 3 When meat is cooked through, drain the grease. Place back over medium heat and add the cumin, coriander, oregano, half of the salt and lime juice to the pan. Stir to coat the beef with the spice and continue to cook for another minute until very fragrant. Transfer the meat to a dish and cover to keep warm.
- 4 Place the pan back over heat and add the remaining olive oil. Add the cauliflower rice and season with remaining sea salt. Cook the cauliflower rice, stirring occasionally, until cauliflower is warmed through and just tender.
- 5 Divide the cauliflower rice between bowls and top with seasoned beef and diced avocado. Enjoy!

### Notes

**Optional Toppings:** Chopped cilantro, green onion, extra lime juice, cheese, sour cream or Greek yogurt.

**Leftovers:** Store in an airtight container in the fridge up to 3 days.