





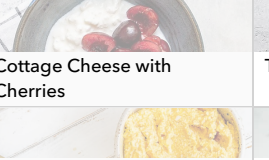
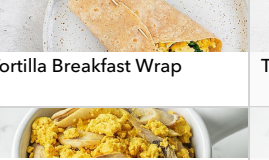
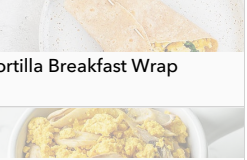


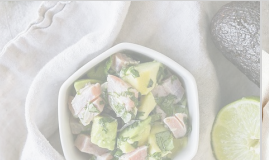











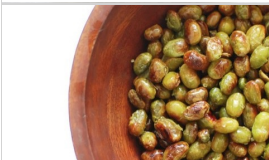
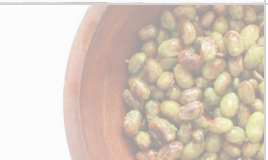
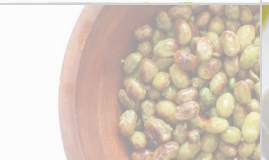










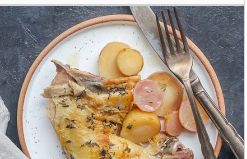























**EXERCISE**  
*with Style*

## 12 Week Carb Cycling Meal Plan for Males (Low Carb) 4

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast							
	Veggie Scramble with Strawberries	Veggie Scramble with Strawberries	Veggie Scramble with Strawberries	Blended Egg Salad	Blended Egg Salad	Mushroom & Tofu Scramble	Mushroom & Tofu Scramble
Snack 1							
	Ahi Tuna Avocado Ceviche	Ahi Tuna Avocado Ceviche	Ahi Tuna Avocado Ceviche	Tuna Salad Lettuce Wraps	Tuna Salad Lettuce Wraps	0.5 Tuna Salad Lettuce Wraps	Tuna Salad Lettuce Wraps
Lunch							
	Deli Snack Box	Pork & Sun Dried Tomato Meatloaf	Sheet Pan Chicken & Pesto Gnocchi	Tuna & Capers Wrap	One Pan Chicken, Grapes & Veggies	Turkey Stir Fry	One Pot Cheesy Beef Orzo
Snack 2							
	0.5 Roasted Edamame	Roasted Edamame	Roasted Edamame	Turkey Kale Wraps	Turkey Kale Wraps	Turkey Kale Wraps	Turkey Kale Wraps
Dinner							
	Pork & Sun Dried Tomato Meatloaf	Sheet Pan Chicken & Pesto Gnocchi	Tuna & Capers Wrap	One Pan Chicken, Grapes & Veggies	Turkey Stir Fry	One Pot Cheesy Beef Orzo	0.5 Braised Chicken & Veggies

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  51%	Fat  48%	Fat  48%	Fat  49%	Fat  48%	Fat  53%	Fat  54%
Carbs  23%	Carbs  25%	Carbs  23%	Carbs  20%	Carbs  21%	Carbs  20%	Carbs  20%
Protein  26%	Protein  27%	Protein  29%	Protein  31%	Protein  31%	Protein  27%	Protein  26%
Calories 2107	Calories 2025	Calories 1922	Calories 2138	Calories 2089	Calories 2060	Calories 2092
Fat 122g	Fat 110g	Fat 105g	Fat 118g	Fat 113g	Fat 122g	Fat 129g
Carbs 123g	Carbs 126g	Carbs 110g	Carbs 111g	Carbs 115g	Carbs 106g	Carbs 104g
Fiber 28g	Fiber 31g	Fiber 31g	Fiber 28g	Fiber 28g	Fiber 25g	Fiber 28g
Sugar 31g	Sugar 32g	Sugar 28g	Sugar 40g	Sugar 55g	Sugar 30g	Sugar 20g
Protein 136g	Protein 136g	Protein 143g	Protein 166g	Protein 163g	Protein 143g	Protein 139g
Cholesterol 1160mg	Cholesterol 1012mg	Cholesterol 967mg	Cholesterol 785mg	Cholesterol 840mg	Cholesterol 719mg	Cholesterol 721mg
Sodium 3596mg	Sodium 2933mg	Sodium 3406mg	Sodium 4468mg	Sodium 3858mg	Sodium 4238mg	Sodium 4592mg
Vitamin A 10688IU	Vitamin A 13968IU	Vitamin A 14947IU	Vitamin A 12473IU	Vitamin A 16273IU	Vitamin A 16582IU	Vitamin A 12744IU
Vitamin C 323mg	Vitamin C 356mg	Vitamin C 338mg	Vitamin C 96mg	Vitamin C 162mg	Vitamin C 156mg	Vitamin C 107mg
Calcium 613mg	Calcium 587mg	Calcium 609mg	Calcium 741mg	Calcium 717mg	Calcium 1061mg	Calcium 1003mg
Iron 18mg	Iron 17mg	Iron 18mg	Iron 19mg	Iron 18mg	Iron 22mg	Iron 21mg

**Fruits**

- 3 1/2 Avocado
- 1 1/2 cups Cherries
- 1 cup Grapes
- 3 Lime
- 1/4 cup Lime Juice
- 3 cups Strawberries

**Seeds, Nuts & Spices**

- 1/4 cup Pumpkin Seeds
- 2 1/2 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/4 tsp Smoked Paprika
- 1 tbsp Taco Seasoning
- 1/2 tsp Turmeric

**Frozen**

- 3 cups Frozen Edamame

**Vegetables**

- 1/2 Acorn Squash
- 8 1/3 cups Baby Spinach
- 2 cups Cherry Tomatoes
- 1/2 cup Cilantro
- 4 cups Coleslaw Mix
- 6 Cremini Mushrooms
- 1/4 Cucumber
- 2 Garlic
- 1 1/2 tsps Ginger
- 4 cups Green Beans
- 9 stalks Green Onion
- 3 cups Kale Leaves
- 1 1/3 cups Mini Potatoes
- 1/2 cup Oyster Mushrooms
- 1 Parsnip
- 1 1/8 cups Radishes
- 3 1/2 Red Bell Pepper
- 1/2 cup Red Onion
- 8 leaves Romaine
- 3 tsps Thyme
- 3 Tomato
- 1 Yellow Onion

**Boxed & Canned**

- 1 1/4 cups Beef Broth
- 1/3 cup Bread Crumbs
- 3/4 cup Chicken Broth
- 1/2 cup Orzo
- 1 tbsp Tomato Paste
- 4 cans Tuna
- 2 2/3 tsps Vegetable Broth
- 50 grams Whole Grain Crackers

**Baking**

- 1 1/2 tsps Honey
- 2 1/16 tsps Nutritional Yeast

**Bread, Fish, Meat & Cheese**

- 298 grams Ahi Tuna
- 4 slices Bacon
- 85 grams Cheddar Cheese
- 454 grams Chicken Drumsticks
- 227 grams Chicken Leg, Bone-In
- 227 grams Chicken Thighs
- 340 grams Extra Lean Ground Turkey
- 227 grams Lean Ground Beef
- 242 grams Lean Ground Pork
- 580 grams Sliced Turkey Breast
- 227 grams Tofu
- 4 Whole Wheat Tortilla

**Condiments & Oils**

- 1 1/16 tsps Avocado Oil
- 2 tsps Capers
- 2 tsps Coconut Aminos
- 1/3 cup Extra Virgin Olive Oil
- 1/3 cup Mayonnaise
- 1/4 cup Pesto
- 1/4 cup Sun Dried Tomato Pesto

**Cold**

- 2 cups Cottage Cheese
- 21 1/3 Egg
- 1 1/3 cups Hummus
- 2 tsps Plain Greek Yogurt
- 174 grams Potato Gnocchi



## Veggie Scramble with Strawberries

3 servings  
15 minutes

### Ingredients

- 12 Egg
- 1/3 tsp Sea Salt (divided)
- 1 tbsp Extra Virgin Olive Oil
- 3 Red Bell Pepper (finely chopped)
- 3 Tomato (medium, diced)
- 3 stalks Green Onion (chopped)
- 3 cups Strawberries (chopped)

### Nutrition

Amount per serving	
Calories	424
Fat	25g
Carbs	24g
Fiber	7g
Sugar	13g
Protein	29g
Cholesterol	744mg
Sodium	634mg
Vitamin A	6964IU
Vitamin C	256mg
Calcium	155mg
Iron	5mg

### Directions

- 1 Whisk the eggs in a bowl and season with half of the salt. Set aside.
- 2 Heat the oil in a pan over medium heat. Cook the peppers for about five minutes or until tender and just browned. Add the tomato and green onion and cook for two to three minutes more until the tomatoes have softened. Season the vegetables with the remaining salt.
- 3 Push the vegetable mixture to one side of the pan and pour the eggs into the empty side. Stir the eggs frequently as they cook and incorporate the vegetables into the egg once the eggs are cooked through. Serve with strawberries and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately.

**More Flavor:** Add dried herbs and spices like garlic powder or parsley.

**No Red Pepper:** Use any colour of bell pepper.

**Like it Spicy:** Add red pepper flakes or jalapeno pepper.

**No Strawberries:** Serve with a different fruit instead.



## Cottage Cheese with Cherries

2 servings

5 minutes

### Ingredients

- 2 cups Cottage Cheese
- 1 1/2 cups Cherries (pitted)

### Nutrition

Amount per serving	
Calories	279
Fat	9g
Carbs	26g
Fiber	2g
Sugar	20g
Protein	25g
Cholesterol	36mg
Sodium	662mg
Vitamin A	368IU
Vitamin C	8mg
Calcium	189mg
Iron	1mg

### Directions

- 1 Serve the cottage cheese with the cherries. Enjoy!

### Notes

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

**Dairy-Free:** Use coconut yogurt or oatmeal instead.

**Additional Toppings:** Add hemp seeds, shredded coconut, crushed nuts, or your sweetener of choice.



## Blended Egg Salad

2 servings  
15 minutes

### Ingredients

- 4 Egg
- 2 tbsps Plain Greek Yogurt
- 2 tbsps Mayonnaise
- 1/4 tsp Turmeric (ground)
- 1/4 tsp Smoked Paprika
- Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	250
Fat	20g
Carbs	2g
Fiber	0g
Sugar	1g
Protein	14g
Cholesterol	380mg
Sodium	239mg
Vitamin A	769IU
Vitamin C	1mg
Calcium	90mg
Iron	2mg

### Directions

- 1 Place the eggs in a saucepan and cover with water. Bring to a boil over high heat. Turn off the heat and let sit for 10 to 12 minutes covered. Peel and chop when cool enough to handle.
- 2 Add the chopped eggs to a food processor along with the remaining ingredients and pulse to combine until smooth. Serve and enjoy!

### Notes

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

**Serving Size:** One serving is about 1/2 cup.

**Dairy-Free:** Omit the Greek yogurt and use all mayonnaise instead.

**Serve it With:** Serve with your favorite bread, crostinis, vegetables to dip, or as a protein source on top of salad.



## Tortilla Breakfast Wrap

2 servings

15 minutes

### Ingredients

- 4 slices Bacon
- 6 Cremini Mushrooms (sliced)
- 3 cups Baby Spinach
- 4 Egg
- Sea Salt & Black Pepper (to taste)
- 2 Whole Wheat Tortilla (medium size)

### Nutrition

Amount per serving	
Calories	512
Fat	35g
Carbs	23g
Fiber	6g
Sugar	3g
Protein	27g
Cholesterol	409mg
Sodium	854mg
Vitamin A	4782IU
Vitamin C	14mg
Calcium	206mg
Iron	5mg

### Directions

- 1 Heat a pan over medium heat and add the bacon. Cook until browned and crispy, about four to five minutes per side. Wipe out the skillet and transfer the bacon to a paper towel-lined plate and set aside.
- 2 In the same skillet over medium-low heat, add the mushrooms and cook until water is released and slightly browned, about five minutes, season with salt and pepper. Remove and set aside.
- 3 Add the spinach to the skillet and sauté over medium-low heat, until just wilted. Set aside with the mushrooms.
- 4 In a small bowl, whisk the eggs. Pour the eggs into the skillet and cook over medium-low heat, until cooked through to your liking. Season with salt and pepper.
- 5 Lay the tortilla on a flat surface and layer with eggs, bacon, mushrooms, and spinach. Roll or fold the tortilla together and enjoy!

### Notes

**Leftovers:** Store cooked ingredients and tortilla separately and then assemble.

**Gluten-Free:** Use a Gluten-Free tortilla wrap instead.

**More Flavor:** Add hot sauce or cream cheese to the wrap.

**No Baby Spinach:** Use another type of green, such as kale.





## Mushroom & Tofu Scramble

2 servings  
10 minutes

### Ingredients

- 1/2 cup Oyster Mushrooms (sliced)
- 2 2/3 tbsps Vegetable Broth (divided)
- 227 grams Tofu (extra firm, drained, crumbled)
- 2 tps Nutritional Yeast
- 1/8 tsp Turmeric
- 1/8 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.



## 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.



## 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.



## Deli Snack Box

1 serving  
5 minutes

### Ingredients

1/4 cup Pumpkin Seeds  
50 grams Whole Grain Crackers  
1/2 cup Cherry Tomatoes  
25 grams Cheddar Cheese (cubed or sliced)  
100 grams Sliced Turkey Breast  
1 Egg (hard boiled)

### Nutrition

Amount per serving	
Calories	713
Fat	43g
Carbs	44g
Fiber	5g
Sugar	10g
Protein	41g
Cholesterol	260mg
Sodium	1580mg
Vitamin A	1209IU
Vitamin C	11mg
Calcium	249mg
Iron	6mg

### Directions

- 1 Place pumpkin seeds in a small container, and wrap the turkey slices into rolls. Assemble all ingredients into a storage container and refrigerate until ready to eat.

### Notes

**Storage:** Refrigerate up to 3 days.

**Modifications:** Swap any ingredient out for chickpeas, assorted beans, baked chicken, deli meat, or our Marinated Baked Tofu recipe instead.



## Roasted Edamame

3 servings  
45 minutes

### Ingredients

3 cups Frozen Edamame  
1 1/2 tbsps Extra Virgin Olive Oil  
1/3 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	247
Fat	15g
Carbs	14g
Fiber	8g
Sugar	3g
Protein	18g
Cholesterol	0mg
Sodium	304mg
Vitamin A	462IU
Vitamin C	9mg
Calcium	98mg
Iron	4mg

### Directions

- 1 Preheat oven to 375°F (191°C). Line a baking sheet with parchment paper.
- 2 Place frozen edamame in a large mixing bowl and add olive oil and sea salt. Toss well to coat. Spread across the baking sheet and place in the oven for 40 minutes. Stir at the halfway point.
- 3 Remove from oven when edamame is golden brown and let cool. Enjoy!

### Notes

**Less Time:** Thaw your edamame ahead of time to reduce roasting time to approximately 30 minutes.



## Turkey Kale Wraps

4 servings  
10 minutes

### Ingredients

3 cups Kale Leaves (whole, lacinato, washed and dried)  
1 1/3 cups Hummus  
480 grams Sliced Turkey Breast  
1/2 cup Radishes (thinly sliced)

### Nutrition

Amount per serving	
Calories	329
Fat	19g
Carbs	16g
Fiber	5g
Sugar	2g
Protein	25g
Cholesterol	59mg
Sodium	1441mg
Vitamin A	778IU
Vitamin C	17mg
Calcium	99mg
Iron	3mg

### Directions

- 1 Divide the hummus between kale leaves and use a knife to spread it across the leaves evenly. Place the turkey and sliced radish on top.
- 2 Roll the leaves into a wrap. Enjoy!

### Notes

**No Kale:** Use another large leafy green such as collard or lettuce.

**No Turkey:** Use sliced chicken breast instead.

**Leftovers:** Store the leftovers in a container in the fridge for up to three days. Pierce the wraps with a toothpick to hold them together during storage.

**No Hummus:** Use a different type of spread as a condiment, such as mustard, mayonnaise or yogurt.

**More Flavor:** Sprinkle with sea salt, black pepper, paprika or your favorite spices.



## Pork & Sun Dried Tomato Meatloaf

2 servings

50 minutes

### Ingredients

- 242 grams Lean Ground Pork
- 1/4 cup Sun Dried Tomato Pesto (plus extra for serving)
- 1/3 cup Bread Crumbs
- 1/3 Egg
- Sea Salt & Black Pepper (to taste)
- 1 1/3 cups Mini Potatoes (halved)
- 1 tbsp Extra Virgin Olive Oil (divided)
- 2 tps Thyme (leaves)
- 1 1/3 cups Baby Spinach

### Nutrition

Amount per serving	
Calories	569
Fat	31g
Carbs	36g
Fiber	5g
Sugar	5g
Protein	30g
Cholesterol	116mg
Sodium	588mg
Vitamin A	1960IU
Vitamin C	27mg
Calcium	141mg
Iron	4mg

### Directions

- 1 Preheat the oven to 400°F (205°C) and line the bottom and sides of a loaf pan and a baking sheet with parchment paper.
- 2 In a bowl, combine the pork, pesto, bread crumbs, egg, salt, and pepper. Press the mixture into the loaf pan and place it on one side of the baking sheet.
- 3 Place the sliced potatoes on the other side of the baking sheet. Toss with 2/3 of the oil, thyme, salt, and pepper. Toss to coat.
- 4 Bake for 35 to 40 minutes or until the meatloaf is cooked through. Let it stand for 10 minutes before slicing the meatloaf.
- 5 Meanwhile, heat a large skillet over high heat until hot. Add the remaining oil and the spinach and toss to coat. Reduce the heat to medium and stir. When the spinach is just wilted, about two minutes, remove it from the heat and season to taste.
- 6 Serve slices of meatloaf with potatoes and spinach and enjoy!

### Notes

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

**Serving Size:** A 9.5 x 5-inch loaf pan was used to make six servings. One serving is one slice of meatloaf and approximately 3/4 cup of potatoes.



## Sheet Pan Chicken & Pesto Gnocchi

2 servings  
40 minutes

### Ingredients

174 grams Potato Gnocchi  
227 grams Chicken Thighs (boneless, skinless, sliced)  
1 1/2 cups Cherry Tomatoes  
1/2 cup Red Onion (cut into small wedges)  
1 tbsp Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)  
2 cups Baby Spinach  
1/4 cup Pesto

### Nutrition

Amount per serving	
Calories	508
Fat	24g
Carbs	40g
Fiber	4g
Sugar	10g
Protein	32g
Cholesterol	112mg
Sodium	765mg
Vitamin A	4258IU
Vitamin C	40mg
Calcium	174mg
Iron	3mg

### Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 2 Arrange the gnocchi and the chicken on one half of the baking sheet, and the tomatoes and red onion on the other half. Drizzle with oil and season to taste. Gently toss each side to coat.
- 3 Bake for 30 minutes, tossing each side once halfway through.
- 4 Remove the baking sheet from the oven and add the spinach and the pesto. Toss the gnocchi and the vegetables together to combine and place back in the oven for three more minutes.
- 5 Divide evenly between bowls and enjoy!

### Notes

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

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

**More Flavor:** Add olives. Use tomato pesto in place of basil pesto.

**Additional Toppings:** Parmesan cheese.





## Tuna & Capers Wrap

2 servings  
10 minutes

### Ingredients

- 2 cans Tuna
- 1/4 cup Mayonnaise
- 2 tbsps Capers
- Sea Salt & Black Pepper (to taste)
- 2 Whole Wheat Tortilla
- 2 cups Baby Spinach

### Nutrition

Amount per serving	
Calories	466
Fat	26g
Carbs	20g
Fiber	5g
Sugar	1g
Protein	37g
Cholesterol	71mg
Sodium	1061mg
Vitamin A	2939IU
Vitamin C	9mg
Calcium	163mg
Iron	5mg

### Directions

- 1 In a small bowl add the tuna, mayonnaise, capers, salt, and pepper. Mix together until well combined.
- 2 Lay the tortilla flat and add the spinach in the middle. Add the tuna on top of the spinach. Roll the tortilla tightly while folding the ends in. For easier eating, wrap with a piece of parchment paper or paper towel to hold the wrap together. Serve immediately and enjoy!

### Notes

**Leftovers:** Refrigerate the leftover tuna in an airtight container for up to three days. For best results, make the wrap the day of.

**Gluten-Free:** Use a gluten-free tortilla or bread. Use lettuce instead of a tortilla.

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

**More Flavor:** Add fresh herbs such as chives, parsley, or dill. Add Greek yogurt to the tuna mixture.

**No Capers:** Omit or use olives or chopped celery instead.



## One Pan Chicken, Grapes & Veggies

2 servings

30 minutes

### Ingredients

454 grams Chicken Drumsticks  
1/2 Acorn Squash (seeds removed, chopped)  
4 cups Green Beans (trimmed)  
1 cup Grapes (seedless, stems removed)  
1 tbsp Extra Virgin Olive Oil  
2 tbsps Thyme (fresh)  
1/4 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	563
Fat	28g
Carbs	34g
Fiber	8g
Sugar	14g
Protein	46g
Cholesterol	209mg
Sodium	552mg
Vitamin A	2040IU
Vitamin C	42mg
Calcium	144mg
Iron	5mg

### Directions

- 1 Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
- 2 Place chicken, squash, green beans and grapes onto the baking sheet. Drizzle the olive oil ovetop and season with thyme and salt. Roast for 25 to 30 minutes or until the chicken is cooked through. Enjoy!

### Notes

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

**Serving Size:** One serving equals approximately two chicken drumsticks, 1/4 acorn squash, 1/2 cup grapes, and 2 cups green beans.

**More Flavor:** Add your choice of herbs and spices, or balsamic vinegar.



## Turkey Stir Fry

2 servings  
30 minutes

### Ingredients

2 tbsps Coconut Aminos  
1 1/2 tsps Honey  
2 Garlic (cloves, minced)  
1 1/2 tsps Ginger (fresh, grated)  
1 tbsp Avocado Oil  
1/2 Yellow Onion (large, sliced)  
340 grams Extra Lean Ground Turkey  
4 cups Coleslaw Mix  
2 stalks Green Onion (chopped thinly)  
1/4 cup Cilantro (chopped, plus more for garnish)

### Nutrition

Amount per serving	
Calories	417
Fat	21g
Carbs	24g
Fiber	5g
Sugar	16g
Protein	34g
Cholesterol	126mg
Sodium	451mg
Vitamin A	6739IU
Vitamin C	75mg
Calcium	139mg
Iron	4mg

### Directions

- 1 Make the sauce by mixing the coconut aminos, honey, garlic, and ginger together in a small bowl or jar. Set aside.
- 2 Heat the oil in a large skillet over medium-high heat. Add the onions and sauté for two to three minutes until softened. Add the turkey, breaking it up as it cooks. Cook for five minutes.
- 3 Add the coleslaw mix and cook for two minutes or until softened. Add the prepared sauce and cook another two minutes to five minutes, until well combined and the sauce thickens slightly.
- 4 Remove from the heat and stir in the green onions and the cilantro. Divide evenly between bowls and enjoy!

### Notes

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

**Serving Size:** One serving is approximately two cups.

**More Flavor:** Use ground chicken or pork in place of turkey.



## One Pot Cheesy Beef Orzo

2 servings

35 minutes

### Ingredients

227 grams Lean Ground Beef  
1 tbsp Taco Seasoning (divided)  
1 1/4 cups Beef Broth  
1/2 Yellow Onion (small, diced)  
1/2 Red Bell Pepper (medium, diced)  
1/2 cup Orzo (dry)  
1 tbsp Tomato Paste  
60 grams Cheddar Cheese (shredded, plus more for garnish)

### Nutrition

Amount per serving	
Calories	562
Fat	33g
Carbs	32g
Fiber	3g
Sugar	7g
Protein	33g
Cholesterol	110mg
Sodium	967mg
Vitamin A	1439IU
Vitamin C	40mg
Calcium	266mg
Iron	5mg

### Directions

- 1 Warm a large skillet over medium heat. Add the ground beef, breaking it up as it cooks. Add half of the taco seasoning and a splash of beef broth, if needed. Cook the beef for seven to ten minutes or until cooked through.
- 2 Add the onion, bell pepper, and the remaining taco seasoning. Cook for three to five minutes or until the vegetables have softened.
- 3 Add the orzo and mix it in with the beef and vegetables. Stir in the tomato paste and beef broth. Reduce the heat to medium low and simmer for eight to ten minutes, stirring continuously, or until the orzo is al dente. Add a splash of water or more broth if needed.
- 4 Remove from the heat and stir in the cheese. Divide evenly between bowls and top with more cheese. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately one cup.

**More Flavor:** Add hot sauce, cilantro, sour cream, green onions, and/or jalapeños.

**Dairy-Free:** Use dairy-free cheese.



## Braised Chicken & Veggies

1 serving  
1 hour 20 minutes

### Ingredients

- 1/8 tsp Avocado Oil
- 1/16 tsp Sea Salt
- 227 grams Chicken Leg, Bone-in (skin on)
- 1 Parsnip (chopped)
- 2/3 cup Radishes (halved)
- 1 tsp Thyme (fresh, chopped)
- 3/4 cup Chicken Broth

### Nutrition

Amount per serving	
Calories	647
Fat	39g
Carbs	32g
Fiber	7g
Sugar	10g
Protein	41g
Cholesterol	226mg
Sodium	1098mg
Vitamin A	224IU
Vitamin C	34mg
Calcium	106mg
Iron	3mg

### Directions

- 1 Preheat the oven to 325°F (163°C).
- 2 In a dutch oven add the avocado oil over medium heat. Sprinkle the sea salt over the chicken on both sides and then add to the pot. Sear the chicken for five minutes per side and then remove. Work in batches with the chicken if necessary.
- 3 Add the parsnips and radishes to the pot and cook for 3 to 4 minutes, stirring occasionally. Add the chicken back to the pot, on top of the vegetables, along with the thyme and the chicken broth. Place in the oven and cook for 55 to 60 minutes or until the chicken is cooked through. Serve and enjoy!

### Notes

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

**More Flavor:** Add garlic or onion to the veggies. Season with additional herbs such as rosemary.

**Additional Toppings:** Serve on top of rice, quinoa, potatoes or cauliflower rice.