




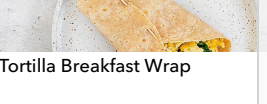
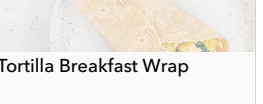

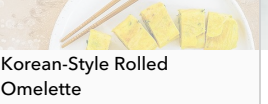

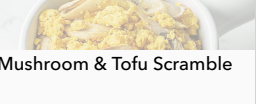
















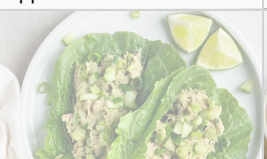
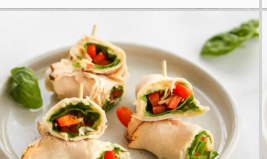
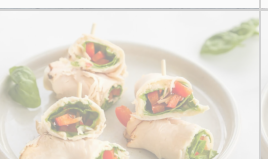



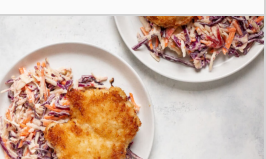
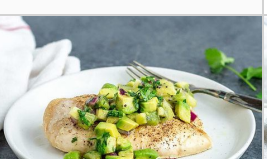
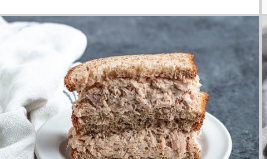


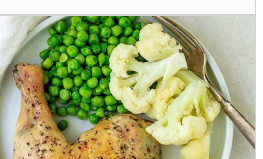

























EXERCISE
with Style

**12 Week Carb Cycling Meal
Plan for Males (Low Carb) 5**

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Beef & Egg Breakfast Wrap	 Beef & Egg Breakfast Wrap	 Beef & Egg Breakfast Wrap	 Pomelo & Cottage Cheese	 Pomelo & Cottage Cheese	 Tortilla Breakfast Wrap	 Tortilla Breakfast Wrap
				 Korean-Style Rolled Omelette	 Korean-Style Rolled Omelette	 Mushroom & Tofu Scramble	 Mushroom & Tofu Scramble
Snack 1	 Ham & Cheese Rolls with Cucumbers	 Ham & Cheese Rolls with Cucumbers	 Ham & Cheese Rolls with Cucumbers	 Salt & Vinegar Roasted Edamame	 Salt & Vinegar Roasted Edamame	 0.5 Salt & Vinegar Roasted Edamame	 Salt & Vinegar Roasted Edamame
Lunch	 Coconut Shrimp with Sesame Citrus Slaw	 Philly Cheesesteak Sandwich	 Baked Chicken Schnitzel & Apple Coleslaw	 Baked Chicken with Kiwi Avocado Salsa	 Tuna Sandwich	 Chicken Enchilada Wrap	 Beef & Ricotta Cannelloni
Snack 2	 0.5 Tuna Salad Lettuce Wraps	 Tuna Salad Lettuce Wraps	 Tuna Salad Lettuce Wraps	 Turkey & Hummus Rollups	 Turkey & Hummus Rollups	 Turkey & Hummus Rollups	 Turkey & Hummus Rollups
Dinner	 Philly Cheesesteak Sandwich	 Baked Chicken Schnitzel & Apple Coleslaw	 Baked Chicken with Kiwi Avocado Salsa	 Tuna Sandwich	 Chicken Enchilada Wrap	 Beef & Ricotta Cannelloni	 0.5 Honey Dijon Chicken with Cauliflower & Peas

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  52%	Fat  51%	Fat  50%	Fat  47%	Fat  46%	Fat  52%	Fat  53%
Carbs  22%	Carbs  24%	Carbs  22%	Carbs  22%	Carbs  23%	Carbs  21%	Carbs  21%
Protein  26%	Protein  25%	Protein  28%	Protein  31%	Protein  31%	Protein  27%	Protein  26%
Calories 2059	Calories 2095	Calories 1981	Calories 2119	Calories 2086	Calories 2048	Calories 2088
Fat 123g	Fat 119g	Fat 112g	Fat 113g	Fat 108g	Fat 119g	Fat 124g
Carbs 118g	Carbs 127g	Carbs 111g	Carbs 118g	Carbs 119g	Carbs 109g	Carbs 110g
Fiber 28g	Fiber 23g	Fiber 27g	Fiber 32g	Fiber 28g	Fiber 26g	Fiber 28g
Sugar 34g	Sugar 39g	Sugar 35g	Sugar 27g	Sugar 22g	Sugar 17g	Sugar 26g
Protein 138g	Protein 135g	Protein 141g	Protein 165g	Protein 164g	Protein 141g	Protein 138g
Cholesterol 896mg	Cholesterol 744mg	Cholesterol 753mg	Cholesterol 827mg	Cholesterol 843mg	Cholesterol 734mg	Cholesterol 726mg
Sodium 4344mg	Sodium 3771mg	Sodium 3017mg	Sodium 3917mg	Sodium 4629mg	Sodium 4000mg	Sodium 4002mg
Vitamin A 12998IU	Vitamin A 15847IU	Vitamin A 15047IU	Vitamin A 9151IU	Vitamin A 9320IU	Vitamin A 10946IU	Vitamin A 11583IU
Vitamin C 194mg	Vitamin C 168mg	Vitamin C 208mg	Vitamin C 266mg	Vitamin C 188mg	Vitamin C 88mg	Vitamin C 113mg
Calcium 1005mg	Calcium 881mg	Calcium 755mg	Calcium 630mg	Calcium 907mg	Calcium 1399mg	Calcium 1150mg
Iron 18mg	Iron 15mg	Iron 12mg	Iron 17mg	Iron 18mg	Iron 19mg	Iron 21mg

Fruits

- 1 Apple
- 2 3/4 Avocado
- 1/2 Clementines
- 2 Kiwi
- 1/4 Lemon
- 3/4 Lime
- 3 tbsps Lime Juice
- 1 1/2 Navel Orange
- 2 cups Pomelo

Seeds, Nuts & Spices

- 1 tbsp Cashews
- 3/4 tsp Chili Flakes
- 1 1/8 tsps Chili Powder
- 1 1/2 tsps Chipotle Powder
- 1/2 tsp Garlic Powder
- 3/4 tsp Italian Seasoning
- 1/4 tsp Oregano
- 1/4 tsp Paprika
- 2 1/16 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/2 tsps Sesame Seeds
- 1 1/2 tsps Steak Spice Seasoning
- 1/8 tsp Turmeric

Frozen

- 4 1/4 cups Frozen Edamame
- 1/2 cup Frozen Peas

Vegetables

- 10 cups Baby Spinach
- 1/2 Carrot
- 1/8 head Cauliflower
- 3 tbsps Cilantro
- 3 cups Coleslaw Mix
- 6 Cremini Mushrooms
- 1 1/8 Cucumber
- 5 stalks Green Onion
- 1 cup Kale Leaves
- 1/4 cup Matchstick Carrots
- 1/2 cup Mixed Greens
- 1/2 cup Oyster Mushrooms
- 3/4 cup Purple Cabbage
- 1 3/4 Red Bell Pepper
- 1/4 cup Red Onion
- 6 leaves Romaine
- 1/2 Yellow Onion

Boxed & Canned

- 1/2 cup Bread Crumbs
- 60 grams Cannelloni Shells
- 1/4 cup Salsa
- 3 1/2 cans Tuna
- 2 2/3 tbsps Vegetable Broth

Baking

- 1 tbsp Coconut Flour
- 1 tbsp Honey
- 2 1/16 tsps Nutritional Yeast
- 1/4 cup Unsweetened Coconut Flakes

Bread, Fish, Meat & Cheese

- 4 slices Bacon
- 177 grams Cheddar Cheese
- 510 grams Chicken Breast
- 142 grams Chicken Breast, Cooked
- 227 grams Chicken Leg, Bone-In
- 2 1/2 tbsps Cream Cheese, Regular
- 1/3 cup Feta Cheese
- 283 grams Lean Ground Beef
- 163 grams Mozzarella Cheese
- 1 tbsp Parmigiano Reggiano
- 1/2 cup Ricotta Cheese
- 113 grams Shrimp, Cooked
- 255 grams Sliced Ham
- 482 grams Sliced Turkey Breast
- 3 Spelt Tortilla
- 227 grams Tofu
- 170 grams Top Sirloin Steak
- 4 slices Whole Grain Bread
- 113 grams Whole Wheat Bun
- 4 Whole Wheat Tortilla

Condiments & Oils

- 1 tbsp Apple Cider Vinegar
- 1 1/2 tsps Avocado Oil
- 2 tbsps Barbecue Sauce
- 1 3/4 tbsps Dijon Mustard
- 3 1/2 tbsps Extra Virgin Olive Oil
- 2/3 cup Mayonnaise
- 1 tsp Sesame Oil
- 1 tbsp Tamari
- 1 cup Tomato Sauce
- 1/2 cup White Distilled Vinegar

Cold

- 2 cups Cottage Cheese
- 16 1/2 Egg
- 1 1/3 cups Hummus

Other

- 1 tbsp Water



Beef & Egg Breakfast Wrap

3 servings
25 minutes

Ingredients

170 grams Lean Ground Beef
3/4 tsp Chili Flakes
1 1/8 tsps Chili Powder
1 1/2 tsps Chipotle Powder
1/8 tsp Sea Salt
6 Egg (large, whisked)
3 cups Baby Spinach
1/3 cup Feta Cheese (crumbled)
3 Spelt Tortilla

Nutrition

Amount per serving	
Calories	436
Fat	27g
Carbs	20g
Fiber	2g
Sugar	1g
Protein	29g
Cholesterol	429mg
Sodium	730mg
Vitamin A	3737IU
Vitamin C	8mg
Calcium	192mg
Iron	4mg

Directions

- 1 Heat a large pan over medium heat. Once warm, add the ground beef, chili flakes, chili powder, chipotle powder, and salt. Break up the beef as it cooks, cooking until it is browned and a little bit crispy, about 12 minutes.
- 2 Meanwhile, heat a separate pan over medium heat. Add the eggs and scramble until they are cooked to your liking.
- 3 Divide the spinach, beef, eggs, and feta cheese evenly between the tortillas. Roll tightly into a wrap and cut in half. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for three days.

Serving Size: One serving is one wrap.

More Flavor: Add hot sauce, chopped cilantro, chopped olives, and/or salsa.

Gluten-Free: Use a gluten-free wrap.

Dairy-Free: Omit feta cheese or use a plant-based cheese.



Pomelo & Cottage Cheese

2 servings

5 minutes

Ingredients

2 cups Pomelo (peeled, pink or white)
2 cups Cottage Cheese

Nutrition

Amount per serving	
Calories	278
Fat	9g
Carbs	25g
Fiber	2g
Sugar	6g
Protein	25g
Cholesterol	36mg
Sodium	663mg
Vitamin A	309IU
Vitamin C	116mg
Calcium	182mg
Iron	0mg

Directions

- 1 Add the pomelo and cottage cheese to a bowl. Enjoy!

Notes

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

More Flavor: Top with cinnamon.



Korean-Style Rolled Omelette

2 servings

10 minutes

Ingredients

- 6 Egg
- Sea Salt & Black Pepper (to taste)
- 2 stalks Green Onion (sliced)
- 1/2 Carrot (finely chopped)
- 1 1/2 tsps Avocado Oil

Nutrition

Amount per serving	
Calories	255
Fat	18g
Carbs	3g
Fiber	1g
Sugar	2g
Protein	19g
Cholesterol	558mg
Sodium	225mg
Vitamin A	3838IU
Vitamin C	3mg
Calcium	95mg
Iron	3mg

Directions

- 1 In a small bowl, whisk the eggs with salt and pepper. Add the green onion and carrot and stir to combine.
- 2 Heat a medium sized skillet over medium heat and add the oil. Once warm, add about half of the egg mixture (just enough for a thin layer) and swirl to cover the base of the skillet. Let it cook until the top is almost just set, but still a little wet. Reduce the heat to low.
- 3 Use a spatula to lift one end of the egg and fold it over until about halfway through the omelette. Increase the heat to medium, and carefully pull the omelette back to the halfway point of your pan. Pour more of the egg mixture to cover the open spot where you just pulled the omelette from (do not pour the egg mixture on the part of the pan beyond the rolled part). Reduce the heat to low and cook for one to two minutes more.
- 4 Repeat the same process, folding the omelette over again and pour more of the egg mixture until the egg mixture is finished. Once it is fully rolled, let it sit on low heat for three to four minutes to finish cooking through. Remove from the skillet and let cool slightly before slicing. Enjoy!

Notes

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

Serving Size: One serving is equal to about six small pieces of sliced omelette.

Additional Toppings: Add chopped cooked ham to the omelette.



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.



Ham & Cheese Rolls with Cucumbers

3 servings
10 minutes

Ingredients

120 grams Cheddar Cheese (cut into sticks)
255 grams Sliced Ham
1 1/2 Navel Orange (sliced)
1 Cucumber (large, sliced)

Nutrition

Amount per serving	
Calories	325
Fat	18g
Carbs	15g
Fiber	2g
Sugar	8g
Protein	27g
Cholesterol	97mg
Sodium	1147mg
Vitamin A	775IU
Vitamin C	44mg
Calcium	334mg
Iron	2mg

Directions

- 1 Wrap the cheese sticks with ham. Serve alongside the oranges and cucumbers in a container. Enjoy!

Notes

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

Dairy-Free: Use vegan cheese instead of cheddar cheese.



Salt & Vinegar Roasted Edamame

4 servings
1 hour 10 minutes

Ingredients

- 4 cups Frozen Edamame (thawed)
- 2 tbsps Extra Virgin Olive Oil
- 1/2 cup White Distilled Vinegar
- 1 tsp Sea Salt

Nutrition

Amount per serving	
Calories	253
Fat	15g
Carbs	14g
Fiber	8g
Sugar	3g
Protein	18g
Cholesterol	0mg
Sodium	600mg
Vitamin A	462IU
Vitamin C	9mg
Calcium	100mg
Iron	4mg

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 In a bowl, add the edamame, oil, vinegar, and salt. Toss to combine. Let the edamame marinate for 10 to 15 minutes.
- 3 Drain the edamame of any excess liquid and spread it out evenly onto the baking sheet.
- 4 Place in the oven and cook for 30 to 40 minutes, or until golden brown, stirring halfway through. Cool for 10 minutes. Enjoy!

Notes

Leftovers: Store at room temperature in an airtight container for up to four days. Re-crisp in the oven as needed.

Serving Size: One serving is approximately one cup.

No Distilled Vinegar: Use apple cider vinegar instead.



Coconut Shrimp with Sesame Citrus Slaw

1 serving

1 hour

Ingredients

- 3/4 cup Purple Cabbage (finely diced)
- 1 cup Kale Leaves (finely chopped)
- 1/4 cup Matchstick Carrots
- 1/4 cup Frozen Edamame (thawed)
- 1/2 Clementines (peeled and sectioned)
- 1 tbsp Tamari
- 1 tsp Sesame Oil
- 1/4 Lemon (juiced)
- 1/4 Egg
- 1 tbsp Coconut Flour
- 1/4 tsp Paprika
- 113 grams Shrimp, Cooked (peeled and patted dry)
- 1/4 cup Unsweetened Coconut Flakes
- 1/4 Avocado (peeled and pit removed)
- 1/4 Lime (juiced)
- 1/16 tsp Sea Salt
- 1 tbsp Cashews
- 1 tbsp Water
- 1 1/2 tsps Sesame Seeds

Nutrition

Amount per serving	
Calories	612
Fat	37g
Carbs	38g
Fiber	15g
Sugar	12g

Directions

- 1 Combine cabbage, kale, carrots, edamame and clementines together in a large mixing bowl. Prepare dressing by combining tamari, sesame oil and lemon juice together in a bowl. Mix well and drizzle over salad. Toss well to coat and let marinade in the fridge while you prep the rest.
- 2 Whisk egg in a bowl. In a separate bowl, combine the coconut flour and paprika. Mix well with a fork.
- 3 Preheat oven to 375°F (191°C). Line a large baking sheet with parchment paper.
- 4 Working with one shrimp at a time, first sprinkle with coconut flour mix then dip in the egg mixture and let excess liquid fall off. Now coat with coconut flakes. Transfer to the baking sheet. Repeat until all shrimp is used up. (Note: We recommend recruiting a partner to help with this step to speed it up. A great time to involve the kids!)
- 5 Bake in the oven for 20 minutes, flipping at the 10 minute mark.
- 6 Meanwhile, make your avocado dipping sauce by combining avocado, lime juice, sea salt and cashews in a food processor. Add water and process until very smooth. Transfer to a bowl.
- 7 Sprinkle the slaw with sesame seeds. Plate slaw and top with coconut shrimp. Serve with a side of avocado dipping sauce. Enjoy!

Notes

Make it an appetizer: Skip the slaw and serve shrimp and dip alone.

Protein	43g
Cholesterol	261mg
Sodium	1381mg
Vitamin A	4540IU
Vitamin C	93mg
Calcium	275mg
Iron	6mg



Tuna Salad Lettuce Wraps

3 servings
15 minutes

Ingredients

- 1 1/2 Avocado
- 3 tbsps Lime Juice
- 1/3 tsp Sea Salt
- 1 1/2 cans Tuna (flaked)
- 3 stalks Green Onion (sliced)
- 1/8 Cucumber (deseeded and finely chopped)
- 6 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.



Turkey & Hummus Rollups

4 servings

5 minutes

Ingredients

- 1 1/3 cups Hummus
- 482 grams Sliced Turkey Breast
- 4 cups Baby Spinach
- 1 1/3 Red Bell Pepper (medium, sliced)

Nutrition

Amount per serving	
Calories	339
Fat	19g
Carbs	18g
Fiber	6g
Sugar	3g
Protein	25g
Cholesterol	59mg
Sodium	1457mg
Vitamin A	4074IU
Vitamin C	59mg
Calcium	88mg
Iron	4mg

Directions

- 1 Spread the hummus on the turkey slices.
- 2 Place the spinach and bell pepper on top. Wrap tightly into a roll and secure with a toothpick. Enjoy!

Notes

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

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

More Flavor: Sprinkle with paprika or chili flakes and a squeeze of lemon juice. Add sliced cucumber and carrot to the roll.

No Spinach: Use arugula or lettuce instead.



Philly Cheesesteak Sandwich

2 servings
25 minutes

Ingredients

- 1 1/2 tsps Extra Virgin Olive Oil (divided)
- 170 grams Top Sirloin Steak
- 1 1/2 tsps Steak Spice Seasoning
- 50 grams Mozzarella Cheese
- 1/2 Yellow Onion (medium, sliced)
- 1/2 Red Bell Pepper (medium, sliced)
- 2 tsps Mayonnaise
- 113 grams Whole Wheat Bun (toasted)
- 2 tsps Barbecue Sauce
- 1/2 cup Mixed Greens

Nutrition

Amount per serving	
Calories	560
Fat	33g
Carbs	38g
Fiber	5g
Sugar	12g
Protein	29g
Cholesterol	94mg
Sodium	829mg
Vitamin A	1156IU
Vitamin C	39mg
Calcium	176mg
Iron	4mg

Directions

- 1 Heat half of the oil in a skillet over medium-high heat. Season both sides of the steak with the steak seasoning. Add the steak to the skillet and cook for about two minutes per side, or until it has reached your desired doneness.
- 2 Place the steak on a cutting board. Slice thinly and top with the cheese.
- 3 Reduce the heat to medium and add the remaining oil to the skillet. Cook the onions and the peppers for about five minutes, or until cooked through.
- 4 Spread the mayonnaise on the bottom of the bun. Top with sliced steak and cheese, barbecue sauce, peppers, onions, and greens. Serve immediately and enjoy!

Notes

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

Serving Size: One serving is one sandwich.

More Flavor: Add garlic to the mayonnaise.

Gluten-Free: Use a gluten-free bun.

Whole Wheat Bun: One bun is equal to approximately 57 grams or two ounces.



Baked Chicken Schnitzel & Apple Coleslaw

2 servings
20 minutes

Ingredients

227 grams Chicken Breast (patted dry)
1/4 cup Mayonnaise (divided)
Sea Salt & Black Pepper (to taste)
1/2 cup Bread Crumbs
3 cups Coleslaw Mix
1 Apple (small, grated)
1 tbsp Dijon Mustard
1 tbsp Apple Cider Vinegar

Nutrition

Amount per serving	
Calories	523
Fat	25g
Carbs	41g
Fiber	6g
Sugar	16g
Protein	31g
Cholesterol	94mg
Sodium	552mg
Vitamin A	4600IU
Vitamin C	58mg
Calcium	123mg
Iron	2mg

Directions

- 1 Preheat the oven to 400°F (205°C) and line a large baking sheet with parchment paper.
- 2 Cut the chicken breast(s) in half lengthwise. Coat the chicken cutlets with half the mayonnaise, salt, and pepper. Then, coat evenly in the bread crumbs. Bake for 20 minutes in the oven or until cooked through.
- 3 Meanwhile, combine the remaining mayonnaise, coleslaw mix, apple, dijon mustard, vinegar, salt, and pepper in a large bowl until well combined. Set aside.
- 4 Divide the baked chicken and coleslaw evenly between plates. Enjoy!

Notes

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

Serving Size: One serving equals approximately four ounces of chicken and 1 1/2 cups of coleslaw.

Gluten-Free: Use gluten-free bread crumbs or crushed gluten-free crackers instead of bread crumbs.

More Flavor: Pan fry the chicken prior to baking. Add your sweetener of choice to the coleslaw.



Baked Chicken with Kiwi Avocado Salsa

2 servings
30 minutes

Ingredients

283 grams Chicken Breast
1 tbsp Extra Virgin Olive Oil
1/2 tsp Garlic Powder (divided)
Sea Salt & Black Pepper (to taste)
2 Kiwi (peeled and chopped)
1 Avocado (chopped)
1/4 cup Red Onion
1/2 Lime (large, juiced)
3 tbsps Cilantro (chopped)

Nutrition

Amount per serving	
Calories	446
Fat	26g
Carbs	22g
Fiber	9g
Sugar	8g
Protein	35g
Cholesterol	103mg
Sodium	75mg
Vitamin A	356IU
Vitamin C	79mg
Calcium	50mg
Iron	1mg

Directions

- 1 Preheat the oven to 400°F (205°C).
- 2 Place the chicken in a baking dish and drizzle with 1/2 of the oil and season with 1/2 of the garlic powder and salt and pepper to taste. Bake for about 25 to 30 minutes, or until the chicken is cooked through. Let the chicken rest for five to 10 minutes before slicing.
- 3 Meanwhile, in a mixing bowl combine the kiwi, avocado, and red onion. Add the lime juice, cilantro, and the remaining oil and garlic powder. Season with salt and pepper and add more lime juice to taste if needed.
- 4 To serve, divide the chicken between plates and top with the kiwi avocado salsa. Enjoy!

Notes

Leftovers: Refrigerate the chicken in an airtight container for up to three days and the salsa up to one day.

Serving Size: One serving is approximately 5 oz chicken and 1/2 cup of salsa.

More Flavor: Add fresh garlic, jalapeno, or ground cumin to the salsa. Season the chicken with other dried herbs and spices.

No Red Onion: Use yellow onion or green onion instead.

No Chicken: Serve with fish, shrimp, or tofu.

Make it a Meal: Serve with quinoa, rice, cauliflower rice, salad or steam vegetables.



Tuna Sandwich

2 servings

5 minutes

Ingredients

- 2 cans Tuna (drained)
- 1/4 cup Mayonnaise
- Sea Salt & Black Pepper (to taste)
- 4 slices Whole Grain Bread

Nutrition

Amount per serving	
Calories	548
Fat	26g
Carbs	36g
Fiber	6g
Sugar	5g
Protein	43g
Cholesterol	71mg
Sodium	897mg
Vitamin A	112IU
Vitamin C	0mg
Calcium	115mg
Iron	5mg

Directions

- 1 Mash the tuna with a fork in a bowl. Mix in the mayonnaise and season with salt and pepper.
- 2 Place the tuna mixture between the slices of bread. Cut the sandwich in half and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. For best results, assemble the sandwich just before serving.

Serving Size: One serving is one sandwich.

Canned Tuna: One can of tuna is equal to approximately 165 grams or 5.8202 ounces, drained.

Gluten-Free: Use gluten-free bread.

More Flavor: Add lemon juice, dried herbs and spices, like garlic powder or dried dill, or capers to the tuna mixture.

Additional Toppings: Add favorite sandwich condiments like mustard, lettuce, tomato, onion, pickles, or sliced cucumber.



Chicken Enchilada Wrap

2 servings

10 minutes

Ingredients

- 142 grams Chicken Breast, Cooked (shredded)
- 2 1/2 tbsps Cream Cheese, Regular
- 1/4 cup Salsa
- 2 Whole Wheat Tortilla (large)
- 57 grams Cheddar Cheese (shredded)

Nutrition

Amount per serving	
Calories	413
Fat	21g
Carbs	23g
Fiber	5g
Sugar	3g
Protein	34g
Cholesterol	119mg
Sodium	787mg
Vitamin A	525IU
Vitamin C	1mg
Calcium	327mg
Iron	2mg

Directions

- 1 In a large bowl, combine the shredded chicken with cream cheese and salsa and mix well.
- 2 Lay the tortilla flat and spread the chicken in the middle. Top with cheddar cheese. Roll tightly, tucking in all sides to make a burrito.
- 3 Heat a skillet over medium heat. Once hot, place the rolled tortilla on the skillet and brown on all sides. Remove, slice in half, and enjoy!

Notes

Leftovers: Store leftovers in the fridge for up to two days.

Gluten-Free: Use a gluten-free tortilla.

Dairy-Free: Use a dairy-free cream cheese and shredded cheddar.

More Flavor: Add hot sauce or cayenne pepper.

Additional Toppings: Add chopped veggies such as celery to the wrap.



Beef & Ricotta Cannelloni

2 servings
1 hour 15 minutes

Ingredients

113 grams Lean Ground Beef
1/2 cup Ricotta Cheese
1/4 Egg (large, slightly beaten)
1 tbsp Parmigiano Reggiano (grated)
3/4 tsp Italian Seasoning
113 grams Mozzarella Cheese (shredded, divided)
1 cup Tomato Sauce (divided)
60 grams Cannelloni Shells

Nutrition

Amount per serving	
Calories	543
Fat	30g
Carbs	34g
Fiber	3g
Sugar	5g
Protein	32g
Cholesterol	147mg
Sodium	334mg
Vitamin A	1280IU
Vitamin C	9mg
Calcium	405mg
Iron	3mg

Directions

- 1 Preheat the oven to 400°F (205°C).
- 2 Preheat a non-stick skillet over medium heat. Add the beef, crumbling it as it cooks. Cook for seven to 10 minutes or until cooked through. Set aside to cool.
- 3 In a large bowl, combine the ricotta, egg(s), parmesan, Italian seasoning, half of the mozzarella, and the cooled ground beef. Stir to combine and set aside.
- 4 Add 1/4 of the tomato sauce to the bottom of a rectangular baking dish.
- 5 Transfer the filling to a piping bag or use a freezer bag with the corner cut off. Stuff each uncooked cannelloni shell equally. Place in the prepared baking dish.
- 6 Pour the remaining sauce over the top of the shells, making sure there is sauce between each shell, and top with the remaining mozzarella.
- 7 Cover tight with a lid or foil and bake for 45 to 60 minutes or until the pasta is tender. Remove the lid and bake for an additional five minutes, until golden and bubbly. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days or freeze individual portions for up to three months.

Serving Size: A 13 x 9-inch rectangular baking dish was used to make eight servings. One serving is equal to approximately two or three cannelloni.

Freezer Meal: Let everything cool before assembling. Place into a 13 x 9-inch disposable foil pan. Top with the remaining cheese. Cover in plastic wrap and then tin foil, to prevent freezer burn. Label and freeze for up to three months. Let it thaw in the

refrigerator overnight, remove the plastic wrap and cook as per instructions.

More Flavor: Add garlic, onions, celery, carrots, kale, zucchini, and/or broccoli to the sauce. Add baby spinach to the filling.

Additional Toppings: Salt, pepper, parsley, fresh oregano and/or basil leaves



Honey Dijon Chicken with Cauliflower & Peas

1 serving
45 minutes

Ingredients

227 grams Chicken Leg, Bone-in (skin on)
1/4 tsp Sea Salt
1/4 tsp Oregano (dried)
1 tbsp Honey
2 1/4 tps Dijon Mustard
1/8 head Cauliflower (small, cut into florets)
1/2 cup Frozen Peas

Nutrition

Amount per serving	
Calories	654
Fat	38g
Carbs	33g
Fiber	5g
Sugar	21g
Protein	43g
Cholesterol	222mg
Sodium	977mg
Vitamin A	1861IU
Vitamin C	43mg
Calcium	55mg
Iron	3mg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Season both sides of the chicken with the salt. Place the chicken skin-side up on the baking sheet. Season the top side of the chicken with the oregano.
- 3 Bake for 30 to 35 minutes until just cooked through.
- 4 Meanwhile, combine the honey and Dijon mustard in a small bowl. Set aside.
- 5 Remove the chicken from the oven and brush the top side generously with the honey mustard sauce. Return to the oven and continue to bake for about 5 more minutes until the honey has just started to bubble.
- 6 While the chicken cooks, add the cauliflower to a steamer basket over a pot of boiling water. Steam for about 5 minutes or until tender. Remove the steamer basket then add the peas to the boiling water and cook for 3 to 5 minutes until tender then drain.
- 7 To serve, evenly divide the chicken, cauliflower and peas between plates. Enjoy!

Notes

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

More Flavor: Add fresh garlic or black pepper to the honey Dijon sauce.

Additional Toppings: Season the cauliflower and peas with butter, extra virgin olive oil, salt or pepper to taste.

No Chicken Legs: Use chicken thighs or drumsticks instead.

No Honey: Use maple syrup instead.

