



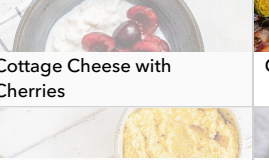
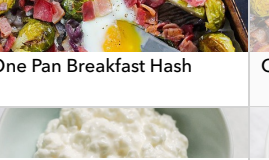
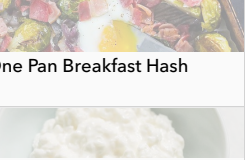

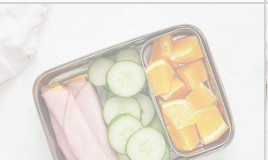


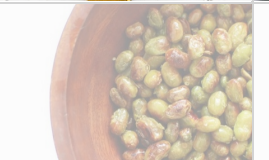
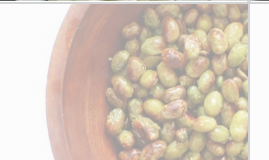
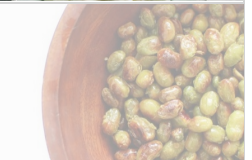



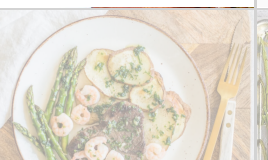

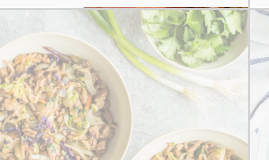
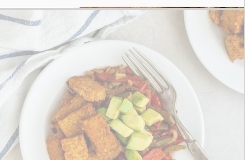
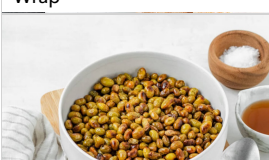
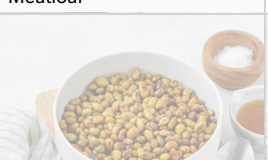

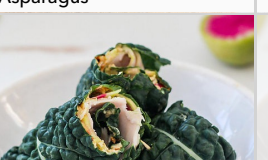


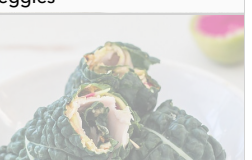
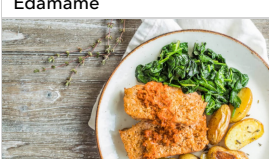

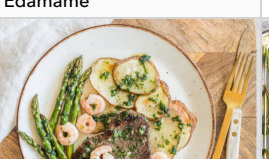

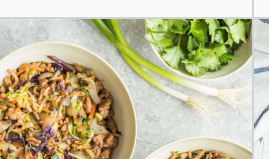
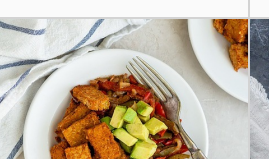
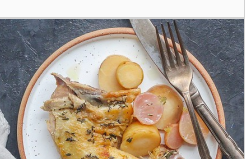

























EXERCISE
with Style

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

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast							
	Sardine & Avocado Endive Wraps	Sardine & Avocado Endive Wraps	Sardine & Avocado Endive Wraps	Blended Egg Salad	Blended Egg Salad	Cottage Cheese	Cottage Cheese
Snack 1							
	Ham & Cheese Rolls with Cucumbers	Ham & Cheese Rolls with Cucumbers	Ham & Cheese Rolls with Cucumbers	Roasted Edamame	Roasted Edamame	0.5 Roasted Edamame	Roasted Edamame
Lunch							
	Philly Cheesesteak Tortilla Wrap	Pork & Sun Dried Tomato Meatloaf	Sheet Pan Chicken & Pesto Gnocchi	One Pan Surf & Turf with Asparagus	One Pan Salmon, Green Beans & Smashed Potatoes	Turkey Stir Fry	Chili Lime Tempeh & Veggies
Snack 2							
	0.5 Salt & Vinegar Roasted Edamame	Salt & Vinegar Roasted Edamame	Salt & Vinegar 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	One Pan Surf & Turf with Asparagus	One Pan Salmon, Green Beans & Smashed Potatoes	Turkey Stir Fry	Chili Lime Tempeh & Veggies	0.5 Braised Chicken & Veggies

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  51%	Fat  50%	Fat  50%	Fat  49%	Fat  47%	Fat  52%	Fat  54%
Carbs  23%	Carbs  24%	Carbs  22%	Carbs  22%	Carbs  23%	Carbs  21%	Carbs  20%
Protein  26%	Protein  26%	Protein  28%	Protein  29%	Protein  30%	Protein  27%	Protein  26%
Calories 1992	Calories 2036	Calories 1960	Calories 2133	Calories 2057	Calories 1987	Calories 2017
Fat 114g	Fat 113g	Fat 110g	Fat 116g	Fat 109g	Fat 121g	Fat 127g
Carbs 113g	Carbs 122g	Carbs 110g	Carbs 120g	Carbs 120g	Carbs 107g	Carbs 106g
Fiber 31g	Fiber 34g	Fiber 34g	Fiber 26g	Fiber 26g	Fiber 32g	Fiber 35g
Sugar 25g	Sugar 27g	Sugar 26g	Sugar 39g	Sugar 51g	Sugar 39g	Sugar 29g
Protein 129g	Protein 133g	Protein 140g	Protein 158g	Protein 155g	Protein 138g	Protein 134g
Cholesterol 439mg	Cholesterol 446mg	Cholesterol 517mg	Cholesterol 756mg	Cholesterol 695mg	Cholesterol 621mg	Cholesterol 608mg
Sodium 2995mg	Sodium 3424mg	Sodium 2963mg	Sodium 3622mg	Sodium 3946mg	Sodium 4161mg	Sodium 4411mg
Vitamin A 9373IU	Vitamin A 13252IU	Vitamin A 12989IU	Vitamin A 4835IU	Vitamin A 9877IU	Vitamin A 13200IU	Vitamin A 6804IU
Vitamin C 132mg	Vitamin C 147mg	Vitamin C 140mg	Vitamin C 97mg	Vitamin C 152mg	Vitamin C 393mg	Vitamin C 339mg
Calcium 1466mg	Calcium 1219mg	Calcium 1193mg	Calcium 689mg	Calcium 713mg	Calcium 731mg	Calcium 694mg
Iron 16mg	Iron 18mg	Iron 20mg	Iron 20mg	Iron 18mg	Iron 22mg	Iron 22mg

Fruits

- 2 1/2 Avocado
- 1 1/2 cups Cherries
- 1/4 cup Lime Juice
- 1 1/2 Navel Orange

Breakfast

- 1 tbsp Maple Syrup

Seeds, Nuts & Spices

- 2 tsps Chili Powder
- 2 tsps Cumin
- 1 tsp Garlic Powder
- 2 1/2 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tsp Sesame Seeds
- 3/4 tsp Smoked Paprika
- 1/4 tsp Turmeric

Frozen

- 1 Brown Rice Tortilla
- 7 cups Frozen Edamame

Vegetables

- 2 cups Asparagus
- 3 1/3 cups Baby Spinach
- 4 cups Brussels Sprouts
- 1 1/2 cups Cherry Tomatoes
- 1/4 cup Cilantro
- 4 cups Coleslaw Mix
- 3 Cremini Mushrooms
- 1 Cucumber
- 1 1/2 heads Endive
- 3 Garlic
- 1 1/2 tsps Ginger
- 2 cups Green Beans
- 1 1/4 Green Bell Pepper
- 2 stalks Green Onion
- 3 cups Kale Leaves
- 3 1/3 cups Mini Potatoes
- 2 tbsps Parsley
- 1 Parsnip
- 1 1/8 cups Radishes
- 1 Red Bell Pepper
- 1 cup Red Onion
- 1 Russet Potato
- 1/4 Sweet Onion
- 1 tbsp Thyme
- 1 Yellow Onion

Boxed & Canned

- 1/3 cup Bread Crumbs
- 3/4 cup Chicken Broth
- 255 grams Sardines
- 1/4 cup Vegetable Broth

Baking

- 1 1/2 tsps Honey

Bread, Fish, Meat & Cheese

- 5 slices Bacon
- 120 grams Cheddar Cheese
- 227 grams Chicken Leg, Bone-In
- 227 grams Chicken Thighs
- 340 grams Extra Lean Ground Turkey
- 242 grams Lean Ground Pork
- 57 grams Provolone Cheese
- 340 grams Salmon Fillet
- 85 grams Shrimp
- 255 grams Sliced Ham
- 480 grams Sliced Turkey Breast
- 255 grams Tempeh
- 312 grams Top Sirloin Steak

Condiments & Oils

- 1 1/3 tbsps Avocado Oil
- 2 tbsps Coconut Aminos
- 1/2 cup Extra Virgin Olive Oil
- 2 tbsps Mayonnaise
- 1/4 cup Pesto
- 1 tbsp Rice Vinegar
- 1/4 cup Sun Dried Tomato Pesto
- 1 tsp Tamari
- 1/3 cup White Distilled Vinegar

Cold

- 2 tbsps Butter
- 3 1/16 cups Cottage Cheese
- 8 1/3 Egg
- 1 1/3 cups Hummus
- 2 tbsps Plain Greek Yogurt
- 174 grams Potato Gnocchi

Other

- 1 tbsp Water



Sardine & Avocado Endive Wraps

3 servings

5 minutes

Ingredients

- 255 grams Sardines (packed in oil, drained)
- 1 1/2 Avocado (cubed)
- 1 1/2 heads 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.



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.



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.



Cottage Cheese

2 servings

5 minutes

Ingredients

1 cup 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.



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.



Roasted Edamame

4 servings
45 minutes

Ingredients

4 cups Frozen Edamame
2 tbsps Extra Virgin Olive Oil
1/2 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.



Philly Cheesesteak Tortilla Wrap

1 serving
15 minutes

Ingredients

- 1/3 tsp Extra Virgin Olive Oil
- 1/4 Sweet Onion (medium, diced)
- 1/4 Green Bell Pepper (medium, diced)
- 3 Cremini Mushrooms (sliced)
- 85 grams Top Sirloin Steak (thinly sliced)
- Sea Salt & Black Pepper (to taste)
- 57 grams Provolone Cheese (slices)
- 1 Brown Rice Tortilla

Nutrition

Amount per serving	
Calories	590
Fat	32g
Carbs	38g
Fiber	5g
Sugar	9g
Protein	37g
Cholesterol	105mg
Sodium	636mg
Vitamin A	610IU
Vitamin C	29mg
Calcium	471mg
Iron	3mg

Directions

- 1 Heat the oil in a large skillet over medium-high heat. Add the onions, bell pepper, and mushrooms and cook until soft, about six minutes. Season with salt and pepper. Add the steak and cook for three minutes, or until your desired doneness is reached. Season with more salt and pepper, if needed.
- 2 Turn off the heat. Place the cheese over the steak mixture and let it melt. Once melted, divide into tortillas, and enjoy!

Notes

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

Serving Size: One serving equals one filled tortilla.

Dairy-Free: Use vegan cheese instead of provolone cheese, or omit completely.

More Flavor: Add mayonnaise, horseradish, or Italian seasoning.

Additional Toppings: Add mixed greens or coleslaw mix. Serve with a side of pickles.



Salt & Vinegar Roasted Edamame

3 servings
1 hour 10 minutes

Ingredients

- 3 cups Frozen Edamame (thawed)
- 1 1/2 tbsps Extra Virgin Olive Oil
- 1/3 cup White Distilled Vinegar
- 3/4 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.



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 tsp 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.



One Pan Surf & Turf with Asparagus

2 servings

25 minutes

Ingredients

2 tbsps Butter (melted, plus more to grease)
2 tbsps Parsley (chopped)
1 Garlic (cloves, minced)
1 Russet Potato (large, thinly sliced)
Sea Salt & Black Pepper (to taste)
227 grams Top Sirloin Steak
85 grams Shrimp (large, peeled, deveined)
2 cups Asparagus (woody ends trimmed)

Nutrition

Amount per serving	
Calories	493
Fat	28g
Carbs	24g
Fiber	5g
Sugar	4g
Protein	37g
Cholesterol	187mg
Sodium	127mg
Vitamin A	1697IU
Vitamin C	20mg
Calcium	115mg
Iron	6mg

Directions

- 1 Combine the butter, parsley, and garlic together.
- 2 Set the oven to broil with the rack in the middle of the oven. Lightly grease a large-rimmed baking sheet.
- 3 Arrange the potatoes on one side of the pan, overlapping slightly. Season with salt and pepper.
- 4 Season both sides of the steaks with salt and pepper and place on the other side of the baking sheet. Broil for five to seven minutes, until the steaks start to brown.
- 5 Remove the baking sheet from the oven and flip the steaks. Add the shrimp and asparagus to the baking sheet and broil for another six minutes, until the steaks start to char slightly.
- 6 Divide the steaks, shrimp, potatoes, and asparagus onto plates and drizzle with garlic butter. Enjoy!

Notes

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

Serving Size: Add more vegetables like broccoli, peppers, green beans, and cauliflower.

Steak Cooking Time: Time may vary depending on the thickness of the steak and your preferred doneness.



One Pan Salmon, Green Beans & Smashed Potatoes

2 servings
30 minutes

Ingredients

- 2 cups Mini Potatoes
- 1 tsp Tamari
- 2 tsp Maple Syrup
- 1 tbsp Rice Vinegar
- 340 grams Salmon Fillet
- 2 cups Green Beans (trimmed)
- 2 tbsps Extra Virgin Olive Oil
- 1/2 tsp Sea Salt
- 1 tsp Sesame Seeds

Nutrition

Amount per serving	
Calories	535
Fat	25g
Carbs	38g
Fiber	6g
Sugar	9g
Protein	39g
Cholesterol	94mg
Sodium	849mg
Vitamin A	761IU
Vitamin C	42mg
Calcium	98mg
Iron	4mg

Directions

- 1 Line a baking sheet with parchment paper. Preheat the oven to 425°F (218°C)
- 2 Bring a pot of water to a boil and add the potatoes. Cook until potatoes are soft but not falling apart, about 10 to 15 minutes.
- 3 Meanwhile, in a small bowl, whisk together the tamari, maple syrup, and rice vinegar. Rub half of the marinade into the salmon and place it on the baking sheet. Toss the remaining marinade with the green beans and add to the baking sheet, leaving space for the potatoes.
- 4 Drain the potatoes and place them on the baking sheet. Roughly smash the potatoes with the back of a fork or mug. Drizzle with olive oil and salt.
- 5 Place in the oven and bake for 12 to 14 minutes or until the salmon is cooked through. Remove the baking sheet from the oven. Garnish the salmon and green beans with sesame seeds. Divide onto plates and enjoy.

Notes

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

Serving Size: One serving is approximately a 6-ounce salmon fillet, one cup of mini potatoes, and one cup of green beans.

More Flavor: Add miso paste or sriracha to the marinade.

Additional Toppings: Chopped cilantro or lime juice.

More Crispy: Remove the salmon and green beans from the oven once cooked through and broil the potatoes for an additional three to five minutes.



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.



Chili Lime Tempeh & Veggies

2 servings
1 hour 40 minutes

Ingredients

- 2 tsp Chili Powder (divided)
- 2 tsp Cumin (divided)
- 1 tsp Garlic Powder (divided)
- 3/4 tsp Sea Salt (divided)
- 1/2 tsp Smoked Paprika
- 1/4 cup Lime Juice
- 1/4 cup Vegetable Broth
- 1 tsp Maple Syrup
- 255 grams Tempeh (cut into thin pieces)
- 1 Red Bell Pepper (thinly sliced)
- 1 Green Bell Pepper (thinly sliced)
- 1/2 Yellow Onion (thinly sliced)
- 1 tbsp Water
- 1 Avocado (diced)

Nutrition

Amount per serving	
Calories	484
Fat	30g
Carbs	36g
Fiber	11g
Sugar	10g
Protein	30g
Cholesterol	0mg
Sodium	1073mg
Vitamin A	3411IU
Vitamin C	143mg
Calcium	214mg
Iron	8mg

Directions

- 1 In a shallow bowl or zipper-lock bag combine half of the chili powder, half of the cumin, half of the garlic powder, two-thirds of the salt and the paprika. Stir in the lime juice, vegetable broth and maple syrup and mix well. Add the tempeh and gently toss to coat in the marinade. Let the tempeh marinate for at least one hour or up to 8 hours. If marinating for longer than 1 hour, keep the tempeh in the fridge.
- 2 When the tempeh has finished marinating, preheat your oven to 375°F (190°C) and line a large baking sheet with parchment paper.
- 3 Add the peppers and onion to a large mixing bowl. Add the remaining chili powder, cumin, garlic, salt and water and toss to coat the vegetables. Transfer the seasoned vegetables to the prepared baking sheet and arrange on one-third of the pan.
- 4 Gently toss to coat the tempeh in the marinade again then arrange the tempeh evenly on the remaining two-thirds of the baking sheet. Ensure the tempeh pieces are not overlapping or touching. Discard any remaining marinade. Bake for 28 to 30 minutes, flipping halfway through, or until the vegetables are tender.
- 5 Divide between plates. Top with diced avocado and enjoy!

Notes

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

More Flavor: Add cayenne pepper or hot sauce for a spicy tempeh. Use avocado oil instead of water to roast the vegetables.

Additional Toppings: Lime wedges or cilantro.

Serve it With: Brown rice, quinoa, cauliflower rice or tortillas as a taco filling.



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.