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*with Style*

1200 Calorie 50/30/20 Meal  
Plan PDF

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<https://exercisewithstyle.com>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Kiwi Green Smoothie	 Kiwi Green Smoothie	 Kiwi Green Smoothie	 Pineapple Spinach Smoothie	 Pineapple Spinach Smoothie	 Protein Cinnamon & Apple Oats	 Protein Cinnamon & Apple Oats
Lunch	 Eggplant & Zucchini Pasta	 Grilled Chicken Tacos with Mango Slaw	 Ethiopian Lentil Stew	 White Bean Chicken Chili	 Blackened Chicken with Rice & Broccoli	 One Pan Cajun-Spiced Chicken with Sweet Potato	 Black Bean Chili
Snack 2	 Hot Chocolate Smoothie	 Hot Chocolate Smoothie	 Hot Chocolate Smoothie	 Yogurt & Berries	 Yogurt & Berries	 Yogurt & Berries	 Yogurt & Berries
Dinner	 Grilled Chicken Tacos with Mango Slaw	 Ethiopian Lentil Stew	 White Bean Chicken Chili	 Blackened Chicken with Rice & Broccoli	 One Pan Cajun-Spiced Chicken with Sweet Potato	 Black Bean Chili	 Scallops, Green Beans & Mashed Sweet Potato

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  19%	Fat  20%	Fat  19%	Fat  20%	Fat  20%	Fat  16%	Fat  16%
Carbs  50%	Carbs  49%	Carbs  50%	Carbs  46%	Carbs  45%	Carbs  54%	Carbs  56%
Protein  31%	Protein  31%	Protein  31%	Protein  34%	Protein  35%	Protein  30%	Protein  28%
Calories 1217	Calories 1225	Calories 1109	Calories 1179	Calories 1213	Calories 1284	Calories 1276
Fat 28g	Fat 28g	Fat 25g	Fat 27g	Fat 28g	Fat 24g	Fat 23g
Carbs 162g	Carbs 157g	Carbs 145g	Carbs 139g	Carbs 138g	Carbs 177g	Carbs 184g
Fiber 45g	Fiber 40g	Fiber 45g	Fiber 26g	Fiber 22g	Fiber 41g	Fiber 41g
Sugar 50g	Sugar 38g	Sugar 29g	Sugar 45g	Sugar 48g	Sugar 56g	Sugar 58g
Protein 101g	Protein 99g	Protein 92g	Protein 102g	Protein 107g	Protein 97g	Protein 90g
Cholesterol 140mg	Cholesterol 140mg	Cholesterol 82mg	Cholesterol 194mg	Cholesterol 202mg	Cholesterol 120mg	Cholesterol 92mg
Sodium 1713mg	Sodium 1624mg	Sodium 1659mg	Sodium 1808mg	Sodium 1619mg	Sodium 1699mg	Sodium 1809mg
Vitamin A 6450IU	Vitamin A 5640IU	Vitamin A 5477IU	Vitamin A 6449IU	Vitamin A 23736IU	Vitamin A 20634IU	Vitamin A 21497IU
Vitamin C 203mg	Vitamin C 178mg	Vitamin C 150mg	Vitamin C 260mg	Vitamin C 299mg	Vitamin C 153mg	Vitamin C 94mg
Calcium 1306mg	Calcium 1250mg	Calcium 1088mg	Calcium 1544mg	Calcium 1522mg	Calcium 894mg	Calcium 923mg
Iron 18mg	Iron 16mg	Iron 17mg	Iron 10mg	Iron 8mg	Iron 14mg	Iron 15mg



**Fruits**

- 2 Apple
- 3 Banana
- 3 Kiwi
- 1/4 Lemon
- 1 1/2 tsps Lemon Juice
- 1/3 Lime
- 1/2 Mango
- 2 cups Pineapple

**Seeds, Nuts & Spices**

- 1 tbsp Berbere Spice
- 1 3/4 tsps Cajun Seasoning
- 1/3 cup Chia Seeds
- 1/8 tsp Chili Flakes
- 1 tsp Chili Powder
- 1/4 tsp Cinnamon
- 1 tsp Cumin
- 1/2 tsp Garlic Powder
- 2 tsps Ground Flax Seed
- 1/2 tsp Paprika
- 1 1/8 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/2 tsps Taco Seasoning

**Frozen**

- 4 cups Frozen Berries
- 1 1/2 cups Frozen Cauliflower
- 2 2/3 tsps Frozen Corn
- 14 Ice Cubes

**Vegetables**

- 5 3/4 cups Baby Spinach
- 1 1/3 tsps Basil Leaves
- 2 cups Broccoli
- 1/2 head Cauliflower
- 1/2 cup Cherry Tomatoes
- 1/3 cup Cilantro
- 1/4 Eggplant
- 5 1/2 Garlic
- 1 tsp Ginger
- 1 cup Green Beans
- 2 cups Green Cabbage
- 3/4 Jalapeno Pepper
- 1/3 Red Bell Pepper
- 1/3 Sweet Onion
- 3 Sweet Potato
- 1/2 Yellow Onion
- 1/4 Zucchini

**Boxed & Canned**

- 2 cups Black Beans
- 1/2 cup Brown Rice
- 1 cup Chicken Broth
- 71 grams Chickpea Pasta
- 3/4 cup Diced Tomatoes
- 2/3 cup Dry Red Lentils
- 1 2/3 tsps Tomato Paste
- 1 cup Vegetable Broth
- 1 cup White Navy Beans

**Baking**

- 1/3 cup Cocoa Powder
- 1 cup Oats

**Bread, Fish, Meat & Cheese**

- 454 grams Chicken Breast
- 431 grams Chicken Thighs
- 4 Corn Tortilla
- 156 grams Scallops

**Condiments & Oils**

- 1 tbsp Avocado Oil
- 1 1/16 tsps Coconut Oil
- 1 tbsp Extra Virgin Olive Oil

**Cold**

- 1 1/2 tsps Butter
- 1 tbsp Cow's Milk, Whole
- 4 cups Plain Greek Yogurt
- 5 cups Unsweetened Almond Milk
- 1 cup Unsweetened Coconut Yogurt

**Other**

- 3/4 cup Chocolate Protein Powder
- 1 3/4 cups Vanilla Protein Powder
- 6 1/3 cups Water



## Kiwi Green Smoothie

3 servings

5 minutes

### Ingredients

3 Kiwi (small, peeled)  
1 1/2 Banana (frozen)  
3/4 cup Vanilla Protein Powder  
3 tbsps Chia Seeds  
3 3/4 cups Baby Spinach  
3 cups Water  
6 Ice Cubes

### Directions

1

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

### Notes

**No Chia Seeds:** Use flax seed instead.

**No Protein Powder:** Use hemp seeds instead.

### Nutrition

Amount per serving	
Calories	245
Fat	5g
Carbs	31g
Fiber	9g
Sugar	14g
Protein	23g
Cholesterol	4mg
Sodium	77mg
Vitamin A	3614IU
Vitamin C	80mg
Calcium	278mg
Iron	3mg



## Pineapple Spinach Smoothie

2 servings

5 minutes

### Ingredients

- 2 cups Pineapple (fresh or frozen)
- 2 cups Baby Spinach
- 8 Ice Cubes
- 1 cup Unsweetened Coconut Yogurt
- 2 cups Unsweetened Almond Milk
- 1/2 cup Vanilla Protein Powder

### Nutrition

Amount per serving	
Calories	259
Fat	7g
Carbs	31g
Fiber	6g
Sugar	17g
Protein	22g
Cholesterol	4mg
Sodium	249mg
Vitamin A	3408IU
Vitamin C	87mg
Calcium	866mg
Iron	2mg

### Directions

- 1 Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately.

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

**More Fiber:** Add flaxseeds, chia seeds, or hemp seeds.

**Protein Powder:** This recipe was created and tested using vegan protein powder.

**Nut-Free:** Use nut-free milk such as oat milk or coconut milk.

**Ice Cubes:** Four ice cubes are roughly equal to 1/2 cup.



## Protein Cinnamon & Apple Oats

2 servings

10 minutes

### Ingredients

- 2 cups Water
- 1 cup Oats
- 1/2 cup Vanilla Protein Powder
- 2 tbsps Ground Flax Seed
- 1/4 tsp Cinnamon
- 2 Apple (diced)

### Nutrition

Amount per serving	
Calories	369
Fat	6g
Carbs	56g
Fiber	11g
Sugar	19g
Protein	26g
Cholesterol	4mg
Sodium	47mg
Vitamin A	99IU
Vitamin C	8mg
Calcium	183mg
Iron	3mg

### Directions

- 1 Bring water to a boil in a small saucepan. Add the oats. Reduce to a steady simmer and cook, stirring occasionally for about seven to eight minutes or until oats are tender and most of the water is absorbed. Stir in the protein powder, ground flax seed, and cinnamon.
- 2 Transfer the cooked oats to a bowl and top with the apple. Enjoy!

### Notes

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

**Additional Toppings:** Chopped pecans, walnuts, and/or banana.





## Eggplant & Zucchini Pasta

1 serving  
25 minutes

### Ingredients

- 1/4 Eggplant (stem removed, cubed)
- 1/4 Zucchini (cut into matchsticks)
- 1/2 cup Cherry Tomatoes (halved)
- 1 1/2 Garlic (cloves, chopped)
- 1/8 tsp Sea Salt (divided)
- 1 1/2 tsps Lemon Juice (divided)
- 71 grams Chickpea Pasta (dry)
- 1 1/2 tsps Water (reserved from cooking pasta)
- 1/8 tsp Chili Flakes
- 1 1/3 tbsps Basil Leaves (finely chopped)

### Nutrition

Amount per serving	
Calories	301
Fat	5g
Carbs	54g
Fiber	16g
Sugar	14g
Protein	20g
Cholesterol	0mg
Sodium	381mg
Vitamin A	937IU
Vitamin C	27mg
Calcium	93mg
Iron	8mg

### Directions

- 1 Preheat the oven to 425°F (215°C) and line a baking sheet with parchment paper.
- 2 In a large bowl, toss the eggplant, zucchini, tomatoes, and garlic with half the salt and then add to the baking sheet. Place in the oven and cook for 18 to 20 minutes.
- 3 Remove the veggies from the oven and toss with half of the lemon juice. Place back in the oven for eight to ten minutes or until cooked through and brown around the edges.
- 4 Meanwhile, cook the pasta according to the directions on the package.
- 5 Once cooked, strain the pasta, reserving the indicated amount of pasta water. Add the pasta water back to the pot with the chili flakes, roasted veggies, and cooked pasta. Add the remaining lemon juice and salt. Stir to combine.
- 6 Divide the pasta onto plates and top with basil. Enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately 1 1/3 cup.

**Additional Toppings:** Top with nutritional yeast, olives, and/or black pepper.

**No Basil:** Omit, or use parsley.





## Hot Chocolate Smoothie

3 servings

5 minutes

### Ingredients

- 3 cups Unsweetened Almond Milk
- 1 1/2 cups Frozen Cauliflower
- 1 1/2 Banana
- 3/4 cup Chocolate Protein Powder
- 1/3 cup Cocoa Powder
- 3 tbsps Chia Seeds
- 1/3 tsp Sea Salt (optional, for topping)

### Nutrition

Amount per serving	
Calories	265
Fat	8g
Carbs	31g
Fiber	14g
Sugar	8g
Protein	26g
Cholesterol	4mg
Sodium	514mg
Vitamin A	546IU
Vitamin C	33mg
Calcium	674mg
Iron	4mg

### Directions

- 1 In a small saucepan over medium-low heat, add the almond milk. Bring to a simmer and then add to a blender.
- 2 Add the remaining ingredients. Blend carefully, allowing space for the heat to escape, until smooth and creamy. Serve warm and enjoy!

### Notes

**Nut-Free:** Use coconut milk or another nut-free milk instead.

**More Flavor:** Add ground cinnamon.

**Protein Powder:** This recipe was developed and tested using a plant-based protein powder.



## Yogurt & Berries

4 servings

5 minutes

### Ingredients

- 4 cups Plain Greek Yogurt
- 4 cups Frozen Berries (thawed)

### Nutrition

Amount per serving	
Calories	261
Fat	5g
Carbs	32g
Fiber	5g
Sugar	21g
Protein	23g
Cholesterol	34mg
Sodium	140mg
Vitamin A	1250IU
Vitamin C	55mg
Calcium	526mg
Iron	2mg

### Directions

1

Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.) Enjoy!

### Notes

**Dairy-Free:** Use a dairy-free yogurt like coconut, almond or cashew.

**No Frozen Berries:** Use any type of fresh fruit instead.



## Grilled Chicken Tacos with Mango Slaw

2 servings  
25 minutes

### Ingredients

1 tsp Coconut Oil  
280 grams Chicken Thighs (boneless, skinless)  
1/2 tsp Cumin  
1/2 tsp Paprika  
1/2 tsp Sea Salt (divided)  
2 cups Green Cabbage (finely sliced)  
1/2 Mango (diced)  
1 tbsp Cilantro (minced)  
4 Corn Tortilla (medium)

### Nutrition

Amount per serving	
Calories	406
Fat	10g
Carbs	46g
Fiber	6g
Sugar	14g
Protein	32g
Cholesterol	132mg
Sodium	741mg
Vitamin A	1353IU
Vitamin C	63mg
Calcium	261mg
Iron	3mg

### Directions

- 1 Heat the oil in a skillet over medium-high heat. Season both sides of the chicken with the cumin, paprika, and half of the salt.
- 2 Add the chicken to the skillet and cook for seven to eight minutes per side. When fully cooked, remove the chicken from the skillet and set aside to rest for five minutes before slicing.
- 3 Meanwhile, in a mixing bowl combine the sliced cabbage, mango, cilantro, and the remaining salt. Mix well.
- 4 Fill each tortilla with the sliced chicken and mango slaw. Enjoy!

### Notes

**Leftovers:** Store the taco components separately. The chicken will keep well in the refrigerator for three to four days. The mango slaw is best enjoyed within one to two days.

**Serving Size:** One serving size is equal to two tacos.

**No Chicken Thighs:** Substitute chicken breast or ground chicken.

**Save Time:** Use bagged coleslaw mix and frozen mango chunks.

**More Flavor:** Top with red onions and additional cilantro.

**Make It Spicy:** Add sliced jalapenos.





## Ethiopian Lentil Stew

2 servings  
2 hours 30 minutes

### Ingredients

- 2 tsps Coconut Oil
- 1 1/3 Garlic (cloves, minced)
- 1 tsp Ginger (peeled, grated)
- 1 tbsp Berbere Spice
- 2/3 cup Dry Red Lentils (soaked at least two hours, drained and rinsed)
- 2 tsps Tomato Paste
- 1 1/3 cups Water
- Sea Salt & Black Pepper (to taste)
- 1 1/3 tsps Cilantro (chopped)

### Nutrition

Amount per serving	
Calories	309
Fat	5g
Carbs	49g
Fiber	11g
Sugar	2g
Protein	18g
Cholesterol	0mg
Sodium	292mg
Vitamin A	127IU
Vitamin C	2mg
Calcium	37mg
Iron	6mg

### Directions

- 1 Heat the oil in a large saucepan over medium heat. Add the garlic, ginger, and Berbere spice. Cook for about one minute.
- 2 Stir in the lentils and tomato paste and cook for two to three more minutes. Add the water, salt, and black pepper. Bring to a boil and then lower to a gentle simmer for about 30 minutes, or until the sauce has thickened to your preference.
- 3 Divide into bowls, garnish with cilantro and enjoy!

### Notes

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

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

**More Flavor:** Add cumin, smoked paprika, and spiced butter. Use vegetable broth instead of water.

**Additional Toppings:** Serve with injera, rice, or collard greens.



## White Bean Chicken Chili

2 servings  
40 minutes

### Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1/3 Sweet Onion (medium, chopped)
- 1/3 Jalapeno Pepper (seeded and chopped)
- 1/3 Red Bell Pepper (chopped)
- 2/3 Garlic (cloves, minced)
- 1/2 tsp Cumin
- 1 tsp Chili Powder
- 1/8 tsp Sea Salt
- 1 cup Chicken Broth (divided)
- 1 cup White Navy Beans (cooked and divided)
- 151 grams Chicken Thighs (boneless, skinless)
- 2 2/3 tbsps Frozen Corn
- 2 2/3 tbsps Cilantro (chopped)
- 1/3 Lime (sliced into wedges)

### Nutrition

Amount per serving	
Calories	290
Fat	7g
Carbs	34g
Fiber	11g
Sugar	5g
Protein	25g
Cholesterol	74mg
Sodium	776mg
Vitamin A	1190IU
Vitamin C	35mg

### Directions

- 1 Heat oil in a large pot with a lid over medium-high heat. Add onion, jalapeno and bell pepper and cook for about 5 minutes or until onion is soft. Add garlic, cumin, chili powder and salt and cook for another minute until fragrant.
- 2 While vegetables are cooking, add a third of the stock and half of the beans to a food processor or blender and blend to puree the beans.
- 3 Add the remaining stock and pureed beans to the pot and stir to combine. Place the chicken in the pot, cover with lid and reduce heat to medium-low. Cook at a gentle boil for 20 minutes or until the chicken is cooked though.
- 4 Remove the cooked chicken thighs from the pot and carefully shred the chicken with two forks. Return the chicken and any juices back to the pot with the remaining beans, frozen corn kernels and cilantro. Stir to combine and season with additional salt if needed. Allow soup to cook for an additional 5 to 10 minutes.
- 5 Divide the chili into bowls and serve with a lime wedge. Enjoy!

### Notes

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

**Additional Toppings:** Corn chips, sour cream and/or shredded cheese.

**No Chicken Thighs:** Use chicken breast instead.

**Vegetarian:** Omit the chicken and use extra beans.

**Serving Size:** One serving is equal to approximately one cup of chili.

**Save Time:** Use cooked beans from the can.

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Calcium	99mg
Iron	4mg





## Blackened Chicken with Rice & Broccoli

2 servings

30 minutes

### Ingredients

- 1/2 cup Brown Rice (dry)
- 227 grams Chicken Breast
- 1 tsp Cajun Seasoning
- Sea Salt & Black Pepper (to taste)
- 1 1/2 tsps Avocado Oil
- 2 cups Broccoli (cut into florets)
- 1/4 Lemon (cut into wedges, optional)

### Nutrition

Amount per serving	
Calories	369
Fat	8g
Carbs	42g
Fiber	4g
Sugar	2g
Protein	32g
Cholesterol	82mg
Sodium	643mg
Vitamin A	601IU
Vitamin C	83mg
Calcium	53mg
Iron	2mg

### Directions

- 1 Cook the rice according to package directions.
- 2 Cut the chicken breast(s) in half lengthwise. Season both sides of the chicken cutlets with the cajun seasoning, salt and pepper to taste.
- 3 Heat the oil in a cast iron, or heavy skillet, over medium heat. Add the seasoned chicken and cook for four to five minutes per side or until blackened and cooked through. If the chicken is blackening too quickly, reduce the heat slightly.
- 4 Meanwhile, add the broccoli to a steamer basket over boiling water and steam for about five minutes or until desired doneness is reached.
- 5 To serve, divide the rice, chicken, and broccoli evenly between plates or meal prep containers and serve with lemon wedges to squeeze over the chicken if desired. Enjoy!

### Notes

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

**More Flavor:** Add more cajun spice to taste. For spicier chicken, add cayenne pepper, red pepper flakes, or chili powder.

**No Chicken Breast:** Use chicken thighs, fish fillets, or pork chops instead.

**No Brown Rice:** Use white rice, quinoa, cauliflower rice, or roasted or mashed potatoes instead.



## One Pan Cajun-Spiced Chicken with Sweet Potato

2 servings  
30 minutes

### Ingredients

- 2 Sweet Potato (small, peeled and cut into cubes)
- 1/2 head Cauliflower (small, cut into florets)
- 2 tsps Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 227 grams Chicken Breast
- 3/4 tsp Cajun Seasoning

### Nutrition

Amount per serving	
Calories	324
Fat	8g
Carbs	33g
Fiber	7g
Sugar	8g
Protein	30g
Cholesterol	82mg
Sodium	587mg
Vitamin A	18477IU
Vitamin C	74mg
Calcium	77mg
Iron	2mg

### Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Place the sweet potato and cauliflower on the baking sheet. Drizzle with 3/4 of the oil and season generously with salt and pepper. Toss to evenly coat the vegetables. Make space for the chicken in the center of the baking sheet. Cover the chicken with the remaining oil and season with cajun seasoning, salt, and pepper.
- 3 Bake for about 30 minutes, flipping the vegetables halfway, or until the chicken is cooked through and the vegetables are tender. Season with additional salt and pepper if necessary.
- 4 To serve, divide evenly between plates or meal prep containers and enjoy!

### Notes

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

**More Flavor:** Add more cajun spice to taste. For spicier chicken, add cayenne pepper, red pepper flakes, or chili powder. For sweeter chicken, add some coconut sugar or cane sugar to the cajun seasoning.

**No Chicken Breast:** Use chicken thighs instead.





## Black Bean Chili

2 servings  
35 minutes

### Ingredients

- 1 1/2 tps Avocado Oil
- 1/2 Yellow Onion (chopped)
- 1/2 Jalapeno Pepper (seeds removed and finely chopped)
- 2 Garlic (large cloves, minced)
- 1 1/2 tbsps Taco Seasoning
- 1 tsp Cocoa Powder
- 1 tbsp Tomato Paste
- 2 cups Black Beans (cooked, rinsed well)
- 3/4 cup Diced Tomatoes (from the can)
- 1 cup Vegetable Broth
- Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	330
Fat	5g
Carbs	56g
Fiber	18g
Sugar	8g
Protein	18g
Cholesterol	0mg
Sodium	925mg
Vitamin A	808IU
Vitamin C	16mg
Calcium	108mg
Iron	7mg

### Directions

- 1 Heat the oil in a pot over medium heat. Add the onions and jalapeno and cook for about five minutes or until the onion begins to soften. Stir in the garlic, taco seasoning, and cocoa powder, and cook for another minute.
- 2 Add the tomato paste and black beans and mix well to combine, then add the diced tomatoes and vegetable broth. Season with salt and pepper to taste.
- 3 Bring the chili to a gentle boil then reduce the heat slightly and simmer for 15 to 20 minutes or until the chili has thickened.
- 4 Season with additional salt and pepper, if needed, and divide between bowls. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately 1 1/4 cups of chili.

**Additional Toppings:** Lime wedges, avocado, cheese, sour cream, tortilla chips, and/or hot sauce.

**No Taco Seasoning:** Use a combination of chili powder and cumin instead.





## Scallops, Green Beans & Mashed Sweet Potato

1 serving  
25 minutes

### Ingredients

- 1 Sweet Potato (medium, cubed)
- 1 1/2 tps Butter (divided)
- 1 cup Green Beans (ends trimmed)
- Sea Salt & Black Pepper (to taste)
- 156 grams Scallops
- 1 tbsp Cow's Milk, Whole
- 1/2 tsp Garlic Powder

### Nutrition

Amount per serving	
Calories	316
Fat	7g
Carbs	40g
Fiber	7g
Sugar	10g
Protein	23g
Cholesterol	54mg
Sodium	697mg
Vitamin A	19340IU
Vitamin C	15mg
Calcium	106mg
Iron	3mg

### Directions

- 1 Add the sweet potato to a steaming pot of water over high heat. Cover, and steam for 10 to 15 minutes, until fork tender.
- 2 Meanwhile, melt 1/3 of the butter in a large pan over medium heat. Add the green beans and sauté for 10 to 15 minutes, until tender and starting to brown. Season with salt and pepper to taste.
- 3 Once the beans are done, remove from the heat and add half of the remaining butter to the same pan. Add the scallops and cook for six to 10 minutes, flipping halfway through, until browned.
- 4 Add the sweet potato, milk, remaining butter, garlic powder, salt, and pepper to a large bowl and mash with a potato masher.
- 5 Divide the ingredients evenly between plates. Enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately 3/4 cup of mashed sweet potato, one cup of green beans, and three to five scallops.

**Dairy-Free:** Use coconut oil in place of butter and any milk in place of the cow's milk.

**Consistency:** If you prefer a smooth consistency for your mashed potatoes, add the ingredients to a food processor and blend until desired consistency. You can also peel the potatoes.