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*with Style*

1200 Calorie Meal Plan  
35/35/30 PDF

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<https://exercisewithstyle.com>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Raspberry Zinger Smoothie	 Raspberry Zinger Smoothie	 Raspberry Zinger Smoothie	 Strawberry Blueberry Smoothie	 Strawberry Blueberry Smoothie	 Banana Cinnamon Smoothie	 Banana Cinnamon Smoothie
Lunch	 White Bean Chicken Chili	 Turkey Cabbage Casserole	 One Pan Cajun-Spiced Chicken with Sweet Potato	 Pan Fried Shrimp, Snap Peas & Rice	 Hummus-Crusted Chicken with Turmeric Rice	 Lemony Chicken with Rice & Peas	 Blended Chicken & Potato Soup
Snack 2	 Cottage Cheese & Orange	 Cottage Cheese & Orange	 Cottage Cheese & Orange	 Creamy Blueberry Smoothie	 Creamy Blueberry Smoothie	 Creamy Blueberry Smoothie	 Creamy Blueberry Smoothie
Dinner	 Turkey Cabbage Casserole	 One Pan Cajun-Spiced Chicken with Sweet Potato	 Pan Fried Shrimp, Snap Peas & Rice	 Hummus-Crusted Chicken with Turmeric Rice	 Lemony Chicken with Rice & Peas	 Blended Chicken & Potato Soup	 Honey Sesame Chicken with Peas & Quinoa

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  26%	Fat  26%	Fat  24%	Fat  23%	Fat  21%	Fat  18%	Fat  20%
Carbs  40%	Carbs  39%	Carbs  42%	Carbs  46%	Carbs  46%	Carbs  48%	Carbs  45%
Protein  34%	Protein  35%	Protein  34%	Protein  31%	Protein  33%	Protein  34%	Protein  35%
Calories 1165	Calories 1199	Calories 1246	Calories 1249	Calories 1257	Calories 1322	Calories 1401
Fat 35g	Fat 36g	Fat 34g	Fat 33g	Fat 30g	Fat 27g	Fat 32g
Carbs 122g	Carbs 121g	Carbs 137g	Carbs 150g	Carbs 151g	Carbs 166g	Carbs 164g
Fiber 36g	Fiber 32g	Fiber 30g	Fiber 30g	Fiber 31g	Fiber 35g	Fiber 37g
Sugar 44g	Sugar 47g	Sugar 40g	Sugar 29g	Sugar 30g	Sugar 39g	Sugar 48g
Protein 103g	Protein 108g	Protein 109g	Protein 103g	Protein 107g	Protein 115g	Protein 126g
Cholesterol 198mg	Cholesterol 206mg	Cholesterol 305mg	Cholesterol 298mg	Cholesterol 197mg	Cholesterol 172mg	Cholesterol 193mg
Sodium 2116mg	Sodium 1927mg	Sodium 2004mg	Sodium 989mg	Sodium 1232mg	Sodium 984mg	Sodium 1214mg
Vitamin A 3614IU	Vitamin A 20901IU	Vitamin A 20605IU	Vitamin A 4634IU	Vitamin A 5282IU	Vitamin A 6594IU	Vitamin A 7245IU
Vitamin C 247mg	Vitamin C 286mg	Vitamin C 267mg	Vitamin C 146mg	Vitamin C 156mg	Vitamin C 154mg	Vitamin C 142mg
Calcium 1370mg	Calcium 1348mg	Calcium 1348mg	Calcium 1432mg	Calcium 1374mg	Calcium 851mg	Calcium 881mg
Iron 12mg	Iron 10mg	Iron 7mg	Iron 8mg	Iron 9mg	Iron 9mg	Iron 11mg

**Fruits**

- 2 Banana
- 8 Lemon
- 1/8 Lime
- 3 Navel Orange
- 1 cup Strawberries

**Seeds, Nuts & Spices**

- 3/4 tsp Cajun Seasoning
- 2/3 cup Chia Seeds
- 1/2 tsp Chili Powder
- 1/2 tsp Cinnamon
- 1/4 tsp Cumin
- 2 tbsps Ground Flax Seed
- 1/4 tsp Red Pepper Flakes
- 3/4 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 3/4 tsp Sesame Seeds
- 1/2 tsp Turmeric

**Frozen**

- 5 cups Frozen Blueberries
- 7 cups Frozen Cauliflower
- 1 1/3 tbsps Frozen Corn
- 1 cup Frozen Peas
- 3 cups Frozen Raspberries
- 4 Ice Cubes

**Vegetables**

- 2 cups Baby Spinach
- 1 Carrot
- 1/2 head Cauliflower
- 1 1/2 tbsps Chives
- 3 1/3 tbsps Cilantro
- 3 1/3 Garlic
- 1/8 Jalapeno Pepper
- 2 tbsps Parsley
- 1/8 Red Bell Pepper
- 1 1/2 cups Savoy Cabbage
- 1 1/2 cups Snap Peas
- 1/8 Sweet Onion
- 2 Sweet Potato
- 1 1/2 tpsps Thyme
- 1/2 Tomato
- 1/2 Yellow Onion
- 2 Yellow Potato

**Boxed & Canned**

- 2/3 cup Brown Rice
- 1/2 cup Chicken Broth
- 2 cups Chicken Broth, Low Sodium
- 1 1/8 cups Crushed Tomatoes
- 1 cup Jasmine Rice
- 3 tbsps Quinoa
- 1/2 cup White Navy Beans

**Baking**

- 1 1/2 tpsps Raw Honey

**Bread, Fish, Meat & Cheese**

- 822 grams Chicken Breast
- 303 grams Chicken Thighs
- 227 grams Extra Lean Ground Turkey
- 227 grams Shrimp

**Condiments & Oils**

- 1/3 tsp Coconut Oil
- 2 1/16 tbsps Extra Virgin Olive Oil
- 1/4 tsp Sesame Oil
- 2 1/4 tpsps Tamari

**Cold**

- 3 cups Cottage Cheese
- 2 tbsps Hummus
- 7 cups Unsweetened Almond Milk
- 2 cups Unsweetened Coconut Yogurt

**Other**

- 2 3/4 cups Vanilla Protein Powder
- 7 2/3 cups Water



## Raspberry Zinger Smoothie

3 servings

10 minutes

### Ingredients

3 cups Frozen Cauliflower  
3 cups Frozen Raspberries  
3 Lemon (juiced)  
3/4 cup Vanilla Protein Powder  
3 tbsps Chia Seeds  
4 1/2 cups Unsweetened Almond Milk

### Directions

1

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

### Notes

**No Protein Powder:** Use 1/4 cup hemp seeds per serving instead.

### Nutrition

Amount per serving	
Calories	308
Fat	9g
Carbs	36g
Fiber	17g
Sugar	12g
Protein	27g
Cholesterol	4mg
Sodium	319mg
Vitamin A	873IU
Vitamin C	100mg
Calcium	934mg
Iron	4mg



## Strawberry Blueberry Smoothie

2 servings

5 minutes

### Ingredients

- 1 cup Frozen Blueberries (wild)
- 1 cup Strawberries (stems removed)
- 2 1/2 cups Unsweetened Almond Milk
- 2 tbsps Chia Seeds
- 1/2 cup Vanilla Protein Powder

### Nutrition

Amount per serving	
Calories	241
Fat	8g
Carbs	23g
Fiber	9g
Sugar	10g
Protein	23g
Cholesterol	4mg
Sodium	242mg
Vitamin A	668IU
Vitamin C	44mg
Calcium	772mg
Iron	2mg

### Directions

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

### Notes

**Leftovers:** Best enjoyed immediately.

**No Almond Milk:** Use another plant-based milk such as coconut, cashew, or oat.

**No Fresh Strawberries:** Use frozen instead.

**Protein Powder:** This recipe was tested using plant-based vanilla protein powder.



## Banana Cinnamon Smoothie

2 servings

5 minutes

### Ingredients

1/2 cup Vanilla Protein Powder  
2 tbsps Ground Flax Seed  
2 tbsps Chia Seeds  
2 Banana (frozen)  
4 Ice Cubes  
2 cups Water  
1/2 tsp Cinnamon

### Nutrition

Amount per serving	
Calories	284
Fat	7g
Carbs	36g
Fiber	10g
Sugar	14g
Protein	24g
Cholesterol	4mg
Sodium	45mg
Vitamin A	77IU
Vitamin C	10mg
Calcium	236mg
Iron	2mg

### Directions

1

Add all ingredients to blender and blend until smooth. Pour into a glasses and enjoy!

### Notes

**No Protein Powder:** Use hemp seeds with vanilla extract instead.

**Leftovers:** Store in a mason jar with a lid in the fridge up to 24 hours. Shake well before drinking.

**Make it Green:** Add spinach.



## White Bean Chicken Chili

1 serving  
40 minutes

### Ingredients

- 1/2 tsp Extra Virgin Olive Oil
- 1/8 Sweet Onion (medium, chopped)
- 1/8 Jalapeno Pepper (seeded and chopped)
- 1/8 Red Bell Pepper (chopped)
- 1/3 Garlic (cloves, minced)
- 1/4 tsp Cumin
- 1/2 tsp Chili Powder
- 1/16 tsp Sea Salt
- 1/2 cup Chicken Broth (divided)
- 1/2 cup White Navy Beans (cooked and divided)
- 76 grams Chicken Thighs (boneless, skinless)
- 1 1/3 tbsps Frozen Corn
- 1 1/3 tbsps Cilantro (chopped)
- 1/8 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



## Cottage Cheese & Orange

3 servings

5 minutes

### Ingredients

3 Navel Orange (large, chopped)  
3 cups Cottage Cheese

### Nutrition

Amount per serving	
Calories	274
Fat	9g
Carbs	25g
Fiber	3g
Sugar	18g
Protein	25g
Cholesterol	36mg
Sodium	663mg
Vitamin A	640IU
Vitamin C	83mg
Calcium	235mg
Iron	0mg

### Directions

- 1 Serve the chopped orange with the cottage cheese. Enjoy!

### Notes

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



## Creamy Blueberry Smoothie

4 servings

5 minutes

### Ingredients

- 4 cups Frozen Blueberries
- 4 cups Frozen Cauliflower
- 2 cups Unsweetened Coconut Yogurt
- 1 cup Vanilla Protein Powder
- 1/4 cup Chia Seeds
- 4 Lemon (small, juiced)
- 4 cups Water

### Nutrition

Amount per serving	
Calories	321
Fat	9g
Carbs	41g
Fiber	15g
Sugar	17g
Protein	25g
Cholesterol	4mg
Sodium	103mg
Vitamin A	92IU
Vitamin C	79mg
Calcium	510mg
Iron	2mg

### Directions

1

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

### Notes

**Additional Toppings:** Add spinach, avocado, kale, or other berries to your smoothie.

**Extra Creamy:** Use almond milk or oat milk instead of water.

**Lemon:** One lemon yields approximately 1/4 cup of lemon juice.

**Protein Powder:** This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.



## Turkey Cabbage Casserole

2 servings  
1 hour 40 minutes

### Ingredients

227 grams Extra Lean Ground Turkey  
1/3 Yellow Onion (chopped)  
1 1/8 cups Crushed Tomatoes (from the can)  
1 1/2 cups Savoy Cabbage (thinly chopped)  
2 2/3 tbsps Brown Rice (uncooked)  
1/3 cup Water

### Nutrition

Amount per serving	
Calories	293
Fat	10g
Carbs	27g
Fiber	5g
Sugar	9g
Protein	26g
Cholesterol	84mg
Sodium	358mg
Vitamin A	911IU
Vitamin C	29mg
Calcium	102mg
Iron	4mg

### Directions

- 1 Preheat the oven to 350°F (175°C).
- 2 Heat a few tablespoons of the water in a non-stick pan over medium-high heat. Cook the turkey and onions until cooked through and the onions are tender. Drain any excess liquid.
- 3 Add the crushed tomatoes, cabbage, rice, and water. Stir until combined, then spread the mixture evenly in a baking dish.
- 4 Cover with a lid or foil and cook for 60 minutes. Remove from the oven and stir. Cover again and cook for another 30 minutes, or until the rice is cooked and cabbage is tender. Divide into bowls and enjoy!

### Notes

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

**Serving Size:** One serving is approximately two cups. 9- by 13-inch baking dish was used to make six servings.

**More Flavor:** Cook with oil instead of water. Use broth instead of water. Add fresh minced garlic to the dish before putting it in the oven.

**Additional Toppings:** Add cheese, carrots, bay leaves, dried herbs, and/or black pepper.



## 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.



## Pan Fried Shrimp, Snap Peas & Rice

2 servings  
20 minutes

### Ingredients

- 1/2 cup Jasmine Rice (uncooked)
- 227 grams Shrimp (peeled, deveined)
- 1/4 tsp Sea Salt
- 1 tbsp Extra Virgin Olive Oil
- 1 1/2 cups Snap Peas (trimmed)
- 1 1/2 tbsps Chives (chopped)

### Nutrition

Amount per serving	
Calories	340
Fat	8g
Carbs	43g
Fiber	3g
Sugar	2g
Protein	27g
Cholesterol	183mg
Sodium	435mg
Vitamin A	615IU
Vitamin C	10mg
Calcium	102mg
Iron	1mg

### Directions

- 1 Cook the rice according to the directions on the package and set aside.
- 2 Meanwhile, place the shrimp on a plate lined with paper towel and pat dry. Season the shrimp with the salt.
- 3 Heat a cast-iron skillet over medium heat and add the olive oil. Once the skillet is warmed, add the shrimp and cook for three minutes per side, until pink and cooked through. Remove and set aside. Add the snap peas and toss. Cook for two to three minutes, until tender-crisp.
- 4 Divide the rice onto plates and top with shrimp and snap peas. Garnish with chives and season with salt to taste.

### Notes

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

**More Flavor:** Use ghee or butter to finish cooking the shrimp. Add chili flakes or black pepper to the shrimp and rice.

**No Chives:** Use green onion or another fresh herb such as parsley.



## Hummus-Crusted Chicken with Turmeric Rice

2 servings  
30 minutes

### Ingredients

227 grams Chicken Thighs (skinless, boneless)  
2 tbsps Hummus  
1/2 cup Jasmine Rice (dry, uncooked)  
1/2 tsp Turmeric  
1/2 Tomato (large, diced)  
2 cups Baby Spinach

### Nutrition

Amount per serving	
Calories	347
Fat	8g
Carbs	43g
Fiber	3g
Sugar	0g
Protein	28g
Cholesterol	107mg
Sodium	209mg
Vitamin A	3259IU
Vitamin C	13mg
Calcium	48mg
Iron	3mg

### Directions

- 1 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Place chicken thighs on the baking sheet and coat with hummus. Bake for 30 minutes or until cooked through.
- 3 Meanwhile, make the rice according to the directions on the package, adding in the turmeric and chopped tomato while cooking.
- 4 Divide the chicken, rice and spinach onto plates or into meal prep containers. Enjoy!

### Notes

**Use a Rice Cooker:** Add the turmeric and tomatoes into the rice cooker along with the rice and water.

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



## Lemony Chicken with Rice & Peas

2 servings  
45 minutes

### Ingredients

227 grams Chicken Breast (boneless, skinless)  
2 tbsps Parsley (chopped, divided)  
2 tbsps Cilantro (chopped)  
2 Garlic (clove, minced)  
1 Lemon (juiced)  
1/2 tsp Sea Salt (divided)  
1/2 cup Brown Rice (dry)  
1 cup Water  
1/2 cup Frozen Peas (thawed)

### Nutrition

Amount per serving	
Calories	348
Fat	5g
Carbs	44g
Fiber	4g
Sugar	3g
Protein	31g
Cholesterol	82mg
Sodium	678mg
Vitamin A	1263IU
Vitamin C	20mg
Calcium	44mg
Iron	2mg

### Directions

- 1 Preheat the oven to 425°F (215°C) and line a baking sheet with parchment paper. Place the chicken breast, half of the parsley, cilantro, garlic, lemon juice, and half of the salt in a zipper-lock bag.
- 2 Let the chicken sit in the marinade for about 10 minutes. Place the chicken on the baking sheet. Bake in the oven for 22 to 25 minutes, or until the chicken is cooked through.
- 3 Meanwhile, rinse the rice well using a fine mesh strainer under cold water until the water runs clear.
- 4 Add the rinsed rice to a pot along with the water and remaining salt. Bring the rice to a boil over high heat, then cover and reduce the heat to low. Cook for about 15 minutes, then add peas and the remaining parsley. Continue cooking for 10 to 15 minutes or until the liquid has just been absorbed.
- 5 Fluff the rice with a fork. Divide the rice mixture and chicken breast evenly between plates and enjoy!

### Notes

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

**More Flavor:** Add paprika and chili flakes to the chicken marinade.





## Blended Chicken & Potato Soup

2 servings  
45 minutes

### Ingredients

- 1/2 tsp Extra Virgin Olive Oil
- 1/4 Yellow Onion (diced)
- 1 Garlic (clove, minced)
- 227 grams Chicken Breast (boneless, skinless, cubed)
- 2 Yellow Potato (peeled, diced)
- 1 Carrot (medium, peeled, diced)
- 2 cups Chicken Broth, Low Sodium
- 1 1/2 tsps Thyme (fresh, chopped)
- Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	369
Fat	6g
Carbs	45g
Fiber	6g
Sugar	5g
Protein	35g
Cholesterol	82mg
Sodium	158mg
Vitamin A	5162IU
Vitamin C	45mg
Calcium	61mg
Iron	3mg

### Directions

- 1 Heat the oil in a large pot over medium-high heat. Add the onion and garlic and cook until the onion softens, about five minutes.
- 2 Add the chicken, potato, carrots, chicken broth, and thyme, and bring to a boil. Simmer for 40 minutes or until the chicken is cooked through.
- 3 Blend the soup with an immersion blender until smooth. Season with salt and pepper, and enjoy!

### Notes

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

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



## Honey Sesame Chicken with Peas & Quinoa

1 serving  
20 minutes

### Ingredients

- 1 1/2 tsps Chicken Broth
- 2 1/4 tsps Tamari
- 1/4 tsp Sesame Oil
- 1/3 tsp Coconut Oil
- 1 1/2 tsps Raw Honey
- 142 grams Chicken Breast (diced into cubes)
- 3 tbsps Quinoa (uncooked)
- 1/3 cup Water
- 1/2 cup Frozen Peas (thawed)
- 3/4 tsp Sesame Seeds
- 1/4 tsp Red Pepper Flakes

### Nutrition

Amount per serving	
Calories	427
Fat	10g
Carbs	42g
Fiber	6g
Sugar	12g
Protein	42g
Cholesterol	103mg
Sodium	908mg
Vitamin A	1914IU
Vitamin C	8mg
Calcium	74mg
Iron	4mg

### Directions

- 1 In a small jar, combine the broth, tamari and sesame oil. Shake well to combine and set aside.
- 2 Heat the coconut oil in a skillet over medium heat. Add the diced chicken breasts and saute for about 5 minutes. Add the tamari-based sauce and the honey. Saute for another 5 minutes or until the chicken is cooked through.
- 3 While the chicken cooks, combine quinoa and water in a sauce pot. Place over high heat and bring to a boil. Reduce heat to a simmer and cover. Let simmer for 10 to 15 minutes, or until all water is absorbed. Fluff the quinoa with a fork and set aside.
- 4 Warm the green peas.
- 5 Divide the chicken, green peas and quinoa between plates. Drizzle the quinoa with any leftover chicken marinade from the skillet. Garnish with sesame seeds and red pepper flakes. Enjoy!

### Notes

**No Chicken Breast:** Use turkey breast instead.

**Vegan & Vegetarian:** Use chickpeas, white beans or tofu instead of chicken and maple syrup instead of honey.