


















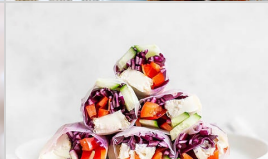
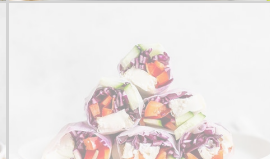
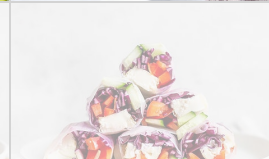
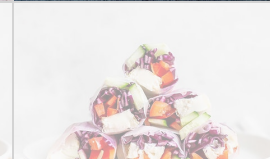









**EXERCISE**  
*with Style*






















1200 Calorie Meal Plan  
40/30/30 PDF

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Pomelo & Cottage Cheese	 Pomelo & Cottage Cheese	 Pomelo & Cottage Cheese	 Mixed Berry Protein Porridge	 Mixed Berry Protein Porridge	 High Protein Peanut Butter Oatmeal	 High Protein Peanut Butter Oatmeal
Lunch	 Roast Beef Tortilla Wrap	 Tuna & Broccoli Slaw Burger	 Roasted Red Pepper, Chicken & Pesto Wraps	 Turkey Quinoa Swiss Chard Rolls	 Shrimp & Onion Fritters	 Balsamic Cod & Cauliflower Mash	 Spicy Edamame Fried Cauliflower Rice
Snack 2	 Raspberry Zinger Smoothie	 Raspberry Zinger Smoothie	 Raspberry Zinger Smoothie	 Tofu Veggie Summer Rolls	 Tofu Veggie Summer Rolls	 Tofu Veggie Summer Rolls	 Tofu Veggie Summer Rolls
Dinner	 Tuna & Broccoli Slaw Burger	 Roasted Red Pepper, Chicken & Pesto Wraps	 Turkey Quinoa Swiss Chard Rolls	 Shrimp & Onion Fritters	 Balsamic Cod & Cauliflower Mash	 Spicy Edamame Fried Cauliflower Rice	 Garlic Butter Baked Cod & Mushrooms



Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  27%	Fat  29%	Fat  30%	Fat  30%	Fat  32%	Fat  33%	Fat  31%
Carbs  42%	Carbs  38%	Carbs  36%	Carbs  41%	Carbs  40%	Carbs  39%	Carbs  41%
Protein  31%	Protein  33%	Protein  34%	Protein  29%	Protein  28%	Protein  28%	Protein  28%
Calories 1285	Calories 1338	Calories 1292	Calories 1324	Calories 1346	Calories 1304	Calories 1307
Fat 40g	Fat 44g	Fat 45g	Fat 46g	Fat 49g	Fat 51g	Fat 47g
Carbs 137g	Carbs 131g	Carbs 119g	Carbs 140g	Carbs 140g	Carbs 132g	Carbs 138g
Fiber 29g	Fiber 30g	Fiber 31g	Fiber 22g	Fiber 22g	Fiber 27g	Fiber 24g
Sugar 30g	Sugar 30g	Sugar 31g	Sugar 44g	Sugar 55g	Sugar 48g	Sugar 31g
Protein 101g	Protein 112g	Protein 113g	Protein 99g	Protein 97g	Protein 97g	Protein 97g
Cholesterol 173mg	Cholesterol 201mg	Cholesterol 206mg	Cholesterol 360mg	Cholesterol 326mg	Cholesterol 50mg	Cholesterol 73mg
Sodium 2975mg	Sodium 2185mg	Sodium 1890mg	Sodium 1753mg	Sodium 1394mg	Sodium 2740mg	Sodium 2675mg
Vitamin A 9609IU	Vitamin A 8123IU	Vitamin A 7480IU	Vitamin A 5047IU	Vitamin A 3008IU	Vitamin A 2840IU	Vitamin A 2480IU
Vitamin C 256mg	Vitamin C 333mg	Vitamin C 323mg	Vitamin C 137mg	Vitamin C 258mg	Vitamin C 395mg	Vitamin C 252mg
Calcium 1255mg	Calcium 1405mg	Calcium 1412mg	Calcium 1206mg	Calcium 1204mg	Calcium 1084mg	Calcium 997mg
Iron 11mg	Iron 10mg	Iron 12mg	Iron 16mg	Iron 13mg	Iron 17mg	Iron 16mg

**Fruits**

- 3 1/4 Lemon
- 2 tbsps Lime Juice
- 3 cups Pomelo

**Breakfast**

- 2 tbsps All Natural Peanut Butter
- 2 tbsps Almond Butter
- 2 tbsps Maple Syrup

**Seeds, Nuts & Spices**

- 1/4 cup Chia Seeds
- 1/2 tsp Chili Flakes
- 2 tsps Cinnamon
- 1 tbsp Italian Seasoning
- 1/8 tsp Paprika
- 0 Sea Salt & Black Pepper

**Frozen**

- 1 Brown Rice Tortilla
- 1 cup Cauliflower Rice
- 2 cups Frozen Berries
- 3 cups Frozen Cauliflower
- 1 1/2 cups Frozen Edamame
- 3 cups Frozen Raspberries

**Vegetables**

- 1 cup Baby Spinach
- 1 cup Broccoli Slaw
- 2 cups Brussels Sprouts
- 1/2 head Cauliflower
- 2 tbsps Cilantro
- 5 Cremini Mushrooms
- 1/2 Cucumber
- 5 1/2 Garlic
- 1 1/2 tsps Ginger
- 2 stalks Green Onion
- 2 cups Purple Cabbage
- 2 Red Bell Pepper
- 1/3 cup Red Onion
- 2 leaves Romaine
- 2 cups Swiss Chard
- 1 tsp Thyme
- 1 Yellow Bell Pepper
- 1/2 Yellow Onion

**Boxed & Canned**

- 1/3 cup Bread Crumbs
- 1/4 cup Brown Rice
- 1 1/2 cups Crushed Tomatoes
- 1/3 cup Quinoa
- 1 can Tuna

**Baking**

- 3 tbsps Honey
- 1 1/2 cups Oats
- 66 grams Unbleached All Purpose Flour

**Bread, Fish, Meat & Cheese**

- 227 grams Chicken Breast
- 1 1/2 Cod Fillet
- 75 grams Deli Roast Beef
- 227 grams Extra Lean Ground Turkey
- 227 grams Shrimp
- 855 grams Tofu
- 113 grams Whole Wheat Bun
- 2 Whole Wheat Tortilla

**Condiments & Oils**

- 886 milligrams Avocado Oil Spray
- 2 tbsps Balsamic Vinegar
- 3 3/4 tbsps Extra Virgin Olive Oil
- 2 tbsps Fish Sauce
- 1 tbsp Mayonnaise
- 2 tbsps Pesto
- 1/2 cup Pickle
- 8 Rice Paper Wraps
- 1 1/2 tsps Sesame Oil
- 1 1/2 tsps Sriracha
- 3 tbsps Tamari
- 43 grams Tartar Sauce

**Cold**

- 2 1/4 tsps Butter
- 3 cups Cottage Cheese
- 1 1/2 Egg
- 2 cups Egg Whites
- 6 cups Unsweetened Almond Milk

**Other**

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



## Pomelo & Cottage Cheese

3 servings

5 minutes

### Ingredients

3 cups Pomelo (peeled, pink or white)  
3 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.



## Mixed Berry Protein Porridge

2 servings  
15 minutes

### Ingredients

1 1/2 cups Unsweetened Almond Milk  
1/2 cup Oats (rolled)  
2 cups Frozen Berries  
2 tsps Cinnamon  
1 cup Egg Whites  
2 tbsps Almond Butter

### Nutrition

Amount per serving	
Calories	344
Fat	12g
Carbs	40g
Fiber	11g
Sugar	16g
Protein	21g
Cholesterol	0mg
Sodium	325mg
Vitamin A	382IU
Vitamin C	40mg
Calcium	464mg
Iron	3mg

### Directions

- 1 Add the almond milk, oats, and frozen berries to a pot over medium heat. Bring the milk to a gentle boil and continue to cook for three to five minutes or until the oats begin to soften and thicken and the berries are cooked through.
- 2 Add the cinnamon to the pot then slowly stir in the egg whites and continue to stir until the porridge becomes thick and creamy. Transfer to a bowl and top with the almond butter. Enjoy!

### Notes

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

**More Flavor:** Add maple syrup or honey and vanilla extract.

**Additional Toppings:** Additional almond butter, banana slices, fresh berries, or extra cinnamon.

**No Almond Milk:** Use another dairy or dairy alternative milk instead.

**No Almond Butter:** Use another nut or seed butter instead.

**Frozen Berries:** This recipe was created and tested using a combination of frozen strawberries, raspberries, and blueberries.



## High Protein Peanut Butter Oatmeal

2 servings

5 minutes

### Ingredients

- 1 cup Oats (quick or rolled)
- 1 cup Water
- 1 cup Egg Whites
- 2 tbsps All Natural Peanut Butter
- 1 tbsp Chia Seeds

### Nutrition

Amount per serving	
Calories	341
Fat	13g
Carbs	34g
Fiber	7g
Sugar	3g
Protein	23g
Cholesterol	0mg
Sodium	210mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	88mg
Iron	3mg

### Directions

- 1 Add the oats, water and egg whites to a small pot over medium heat, stirring continuously. Cook for two to three minutes or until fluffy and cooked through.
- 2 Transfer to a bowl and top with peanut butter and chia seeds. Enjoy!

### Notes

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

**Nut-Free:** Use sunflower seed butter, tahini, or pumpkin seed butter instead of peanut butter.

**More Flavor:** Add cinnamon, nutmeg, vanilla extract and/or a pinch of sea salt..

**Additional Toppings:** Maple syrup, honey, bee pollen, crushed nuts, jam, chopped fruit, shredded coconut or hemp seeds.

**Make it Vegan:** Omit the egg whites.





## Roast Beef Tortilla Wrap

1 serving

5 minutes

### Ingredients

- 1 Brown Rice Tortilla
- 1 1/2 tsps Mayonnaise (or more to taste)
- 2 leaves Romaine
- 75 grams Deli Roast Beef (sliced)
- 1/2 cup Pickle (sliced)

### Nutrition

Amount per serving	
Calories	314
Fat	11g
Carbs	31g
Fiber	5g
Sugar	5g
Protein	21g
Cholesterol	54mg
Sodium	1203mg
Vitamin A	5035IU
Vitamin C	3mg
Calcium	23mg
Iron	3mg

### Directions

- 1 Spread the mayonnaise down the center of the tortilla then top with the romaine, beef, and sliced pickle. Roll or fold the tortilla together and enjoy!

### Notes

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

**Additional Toppings:** Add mustard, prepared horseradish, or cheese.

**More Veggies:** Add cucumber, bell pepper, or tomato.

**No Deli Roast Beef:** Use another deli meat or sliced chicken or turkey instead.

**No Brown Rice Tortilla:** Use wheat tortillas instead.





## 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



## Tofu Veggie Summer Rolls

4 servings  
15 minutes

### Ingredients

3 tbsps Honey  
2 tbsps Fish Sauce  
2 tbsps Water (hot)  
2 tbsps Lime Juice  
8 Rice Paper Wraps  
2 cups Purple Cabbage (thinly sliced)  
1 Red Bell Pepper (medium, sliced)  
1/2 Cucumber (sliced)  
680 grams Tofu (extra firm, pressed, sliced)

### Nutrition

Amount per serving	
Calories	286
Fat	9g
Carbs	39g
Fiber	4g
Sugar	18g
Protein	19g
Cholesterol	0mg
Sodium	758mg
Vitamin A	1472IU
Vitamin C	67mg
Calcium	513mg
Iron	4mg

### Directions

- 1 In a bowl, whisk together the honey, fish sauce, water, and lime juice. Adjust to taste as needed.
- 2 Soften a sheet of rice paper underwater by submerging it in a shallow dish for five seconds. Transfer to a plate. Arrange the cabbage, bell pepper, cucumber, and tofu near the bottom of the wrap. Fold the bottom over the filling, then fold the sides. Tightly roll the rice paper until it is completely wrapped. Transfer to a separate plate and repeat this process until all ingredients are used up.
- 3 Dip into the sauce and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately. Refrigerate in an airtight container for up to two days. Separate the rolls with a damp cloth or lettuce leaves to prevent sticking.

**Serving Size:** One serving equals approximately two rolls.

**Additional Toppings:** Add bean sprouts, crushed peanuts, vermicelli, cilantro, Thai basil, mint, shrimp, or sliced cooked pork.

**No Honey:** Use sugar, maple syrup, or your sweetener of choice instead.

**Hoisin Lover:** Instead of the fish sauce, make a hoisin dipping sauce by mixing equal parts of peanut butter and hoisin sauce. Dilute with water to your preferred consistency.



## Tuna & Broccoli Slaw Burger

2 servings  
45 minutes

### Ingredients

1 can Tuna (drained)  
1/2 Egg  
1 1/2 tsps Mayonnaise  
1/4 Lemon (juiced, plus extra for serving)  
1 stalk Green Onion (thinly sliced)  
1/3 cup Bread Crumbs (divided)  
Sea Salt & Black Pepper (to taste)  
1 cup Broccoli Slaw  
43 grams Tartar Sauce (divided)  
886 milligrams Avocado Oil Spray  
113 grams Whole Wheat Bun (toasted)

### Nutrition

Amount per serving	
Calories	385
Fat	11g
Carbs	45g
Fiber	5g
Sugar	7g
Protein	28g
Cholesterol	79mg
Sodium	790mg
Vitamin A	3392IU
Vitamin C	37mg
Calcium	116mg
Iron	4mg

### Directions

- 1 In a mixing bowl, add the tuna, egg, mayonnaise, lemon juice, green onion, 1/3 of the bread crumbs, salt, and pepper. Stir and mix everything together well.
- 2 Form the mixture into even patties, making two per serving. Refrigerate the patties for at least 20 minutes.
- 3 Meanwhile, preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper. In a bowl, mix the broccoli slaw with half of the tartar sauce and season with salt and pepper.
- 4 Coat each patty on both sides with the remaining bread crumbs.
- 5 Spray the patties with oil spray and place onto the baking sheet. Bake in the oven for 20 minutes, flipping halfway through.
- 6 Spread the remaining tartar sauce on the inside of each bun. Place the tuna patty and broccoli slaw on top. Close the burger and enjoy!

### Notes

**Leftovers:** Refrigerate the tuna patties in an airtight container for up to two days. Assemble the burger before serving.  
**Serving Size:** One serving is equal to one burger.  
**More Flavor:** Add tomato slices to the burger.  
**No Broccoli Slaw:** Use coleslaw instead.





## Roasted Red Pepper, Chicken & Pesto Wraps

2 servings  
35 minutes

### Ingredients

227 grams Chicken Breast  
1 Red Bell Pepper (sliced)  
1 tsp Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)  
2 Whole Wheat Tortilla  
2 tbsps Pesto  
1 cup Baby Spinach

### Nutrition

Amount per serving	
Calories	367
Fat	15g
Carbs	25g
Fiber	6g
Sugar	5g
Protein	32g
Cholesterol	82mg
Sodium	413mg
Vitamin A	3549IU
Vitamin C	80mg
Calcium	173mg
Iron	2mg

### Directions

- 1 Preheat the oven to 400°F (205°C). Place the chicken and red pepper on a baking sheet and drizzle with oil. Season with salt and pepper to taste. Bake for 25 minutes, then slice the chicken into thin strips.
- 2 Place the tortilla on a plate and spread the pesto in a thin layer on top. Add the sliced chicken, red pepper, and spinach. Fold in the sides of the tortilla and roll it up. Slice the wrap in half if desired. Enjoy!

### Notes

**Leftovers:** Best enjoyed immediately. Ingredients can be refrigerated separately in airtight containers for up to three days.

**Serving Size:** One serving is equal to one wrap.

**Additional Toppings:** Goat cheese and/or fresh herbs.

**Make it Vegan:** Use tofu or tempeh instead of chicken.

**Gluten-Free:** Use a gluten-free tortilla instead.



## Turkey Quinoa Swiss Chard Rolls

2 servings

1 hour

### Ingredients

- 1/3 cup Quinoa (uncooked)
- 1/2 cup Water
- 227 grams Extra Lean Ground Turkey
- 1 tbsp Italian Seasoning
- 1/8 tsp Paprika
- Sea Salt & Black Pepper (to taste)
- 1 1/2 cups Crushed Tomatoes
- 2 cups Swiss Chard (washed and stems cut off)

### Nutrition

Amount per serving	
Calories	339
Fat	12g
Carbs	33g
Fiber	6g
Sugar	8g
Protein	29g
Cholesterol	84mg
Sodium	495mg
Vitamin A	2749IU
Vitamin C	27mg
Calcium	123mg
Iron	6mg

### Directions

- 1 Preheat oven to 375°F (191°C).
- 2 Add the quinoa and water to a sauce pot. Place over high heat and bring to a boil. Once boiling, reduce to a simmer and cover with a lid. Let simmer for 12 to 15 minutes or until all water is absorbed. Turn off heat and fluff the quinoa with a fork.
- 3 Combine the quinoa, ground turkey, Italian seasoning, paprika, and sea salt and pepper to taste in a medium sized bowl and mix well.
- 4 Spread a few spoonfuls of crushed tomatoes over the bottom of a large baking dish (just enough to cover).
- 5 Lay a swiss chard leaf flat on your cutting board and add a few spoonfuls of the turkey/quinoa mixture to the base of the leaf. Roll the leaf while tucking the edges into the roll as you go. Once rolled, place the roll seam-down into baking dish and repeat until all the leaves have been rolled.
- 6 Cover rolls with the rest of the crushed tomatoes. Cover with a lid or tinfoil and bake for 40 minutes. Remove the lid or foil and bake for an additional 10 minutes uncovered.

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. For best results, reheat in the oven.

**Slow Cooker Version:** Place rolls and sauce in slow cooker and cook on low for 4 hours.

**No Quinoa:** Use brown rice.



## Shrimp & Onion Fritters

2 servings  
25 minutes

### Ingredients

66 grams Unbleached All Purpose Flour  
1/3 cup Water  
1 Egg  
1/2 tsp Chili Flakes  
Sea Salt & Black Pepper  
227 grams Shrimp (peeled, deveined)  
1/3 cup Red Onion (thinly sliced)  
1 stalk Green Onion (thinly sliced)  
1 1/2 tbsps Extra Virgin Olive Oil  
2 tbsps Cilantro (optional for garnish)

### Nutrition

Amount per serving	
Calories	355
Fat	13g
Carbs	28g
Fiber	1g
Sugar	2g
Protein	30g
Cholesterol	276mg
Sodium	175mg
Vitamin A	444IU
Vitamin C	3mg
Calcium	106mg
Iron	3mg

### Directions

- 1 In a bowl, whisk together the flour, water, egg, chili flakes, salt, and pepper until smooth.
- 2 Add in the shrimp, red onion, and green onion and stir well.
- 3 Heat the oil in a large non-stick skillet over medium heat. Scoop roughly 1 1/2 tbsps of batter into the skillet per fritter. Cook for about 15 minutes flipping halfway through, until the fritters are golden brown.
- 4 Divide the fritters evenly between plates, top with cilantro if using, and enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately six fritters.

**More Flavor:** Add bean sprouts to the batter.

**Dipping sauce:** Serve with cilantro sauce or sweet chili sauce if desired.





## Balsamic Cod & Cauliflower Mash

2 servings

25 minutes

### Ingredients

- 1/2 head Cauliflower (large, cut into florets)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 3 Garlic (cloves, minced, divided)
- Sea Salt & Black Pepper
- 2 tbsps Balsamic Vinegar
- 2 tbsps Maple Syrup
- 1 Cod Fillet (cut in half)
- 2 cups Brussels Sprouts (trimmed and quartered)

### Nutrition

Amount per serving	
Calories	361
Fat	15g
Carbs	33g
Fiber	6g
Sugar	19g
Protein	27g
Cholesterol	50mg
Sodium	136mg
Vitamin A	710IU
Vitamin C	148mg
Calcium	121mg
Iron	3mg

### Directions

- 1 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 2 Steam the cauliflower until fork tender, about five to seven minutes. Mash with 1/2 of the oil and 1/3 of the garlic. Season with salt and pepper to taste.
- 3 Mix the balsamic vinegar, maple syrup, remaining oil, and remaining garlic in a large bowl.
- 4 Toss the Brussels sprouts in the balsamic marinade and spread them out on the baking sheet. Place the cod on the baking sheet and pour the remaining balsamic marinade on the cod, being sure to coat it well. Bake for 15 minutes, remove the cod and continue baking the Brussels sprouts for ten minutes.
- 5 Divide the cod, mashed cauliflower and Brussels sprouts evenly between plates and enjoy!

### Notes

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

**Serving Size:** One serving is one cod fillet, one cup of cauliflower mash, and one cup of Brussels sprouts.

**More Flavor:** Add thyme to the marinade.

**Fillet Size:** One cod fillet is equal to 231 grams or eight ounces.



## Spicy Edamame Fried Cauliflower Rice

2 servings

15 minutes

### Ingredients

- 1 1/2 tps Sesame Oil
- 1/2 Yellow Onion (finely chopped)
- 1 Yellow Bell Pepper (chopped)
- 1 1/2 cups Frozen Edamame
- 175 grams Tofu (extra firm, crumbled)
- 3 tbsps Tamari
- 2 Garlic (clove, minced)
- 1 1/2 tps Ginger (fresh, grated)
- 1 1/2 tps Sriracha
- 1 cup Cauliflower Rice

### Nutrition

Amount per serving	
Calories	316
Fat	14g
Carbs	26g
Fiber	10g
Sugar	8g
Protein	28g
Cholesterol	0mg
Sodium	1636mg
Vitamin A	658IU
Vitamin C	180mg
Calcium	362mg
Iron	7mg

### Directions

- 1 Heat the oil in a large pan or skillet over medium-high heat. Add the onion, bell pepper, and edamame. Cook for 3 to 5 minutes, stirring often until the onions have softened and edamame has warmed through. Add the crumbled tofu and continue to cook for about 3 minutes more until the tofu has warmed through.
- 2 Meanwhile, combine the tamari, garlic, ginger, and sriracha in a small mixing bowl.
- 3 Make a well in the middle of the pan. Pour the sauce into the well then slowly start to stir it into the tofu mixture. Continue to cook for another minute.
- 4 Stir in the cauliflower rice and cook until the cauliflower meets your desired texture. Divide between plates and enjoy!

### Notes

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

**Additional Toppings:** Green onion, cilantro, sesame seeds, or red pepper flakes.

**More Vegetables:** Add carrots, peas, or baby spinach.

**No Yellow Bell Pepper:** Use any color bell pepper or mushrooms instead.

**No Sesame Oil:** Use coconut oil or avocado oil instead.





## Garlic Butter Baked Cod & Mushrooms

1 serving  
30 minutes

### Ingredients

- 1/4 cup Brown Rice (dry)
- 2 1/4 tsps Butter (unsalted, softened, divided)
- 1/2 Garlic (clove, minced)
- Sea Salt & Black Pepper (to taste)
- 1/2 Cod Fillet (cut in half)
- 1 tsp Thyme (fresh)
- 5 Cremini Mushrooms (sliced)

### Nutrition

Amount per serving	
Calories	364
Fat	11g
Carbs	39g
Fiber	3g
Sugar	2g
Protein	27g
Cholesterol	73mg
Sodium	71mg
Vitamin A	350IU
Vitamin C	5mg
Calcium	34mg
Iron	2mg

### Directions

- 1 Preheat the oven to 375°F (190°C). Line a small baking dish with parchment paper.
- 2 Cook the rice according to the package directions.
- 3 Mix 2/3 of the butter with the garlic, salt, and pepper. Divide the mixture evenly between the fillets and place on top. Bake for 15 minutes.
- 4 Meanwhile, heat a pan over medium heat. Add the butter, thyme, and mushrooms and cook for three to five minutes.
- 5 Divide the rice, cod, and mushrooms evenly between plates. Spoon residual butter from the baking dish onto the cod and rice. Season with additional salt and pepper if needed. Enjoy!

### Notes

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

**Dairy-Free:** Use vegan butter or olive oil.

**More Flavor:** Add lemon zest to the garlic butter.

**Additional Toppings:** Chopped parsley.

**Fillet Size:** One cod fillet is equal to 231 grams or eight ounces.