








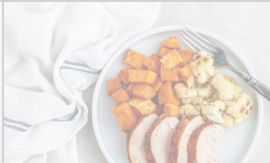


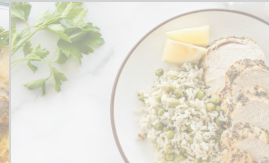


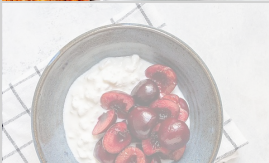



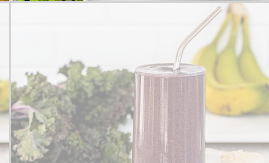

































EXERCISE
with Style

1200 Calorie Meal Plan
40/40/20 PDF

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Cottage Cheese with Mango	 Cottage Cheese with Mango	 Cottage Cheese with Mango	 Pomelo & Cottage Cheese	 Pomelo & Cottage Cheese	 Peach Cherry Smoothie	 Peach Cherry 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 with Cherries	 Cottage Cheese with Cherries	 Cottage Cheese with Cherries	 Berry Banana Smoothie	 Berry Banana Smoothie	 Berry Banana Smoothie	 Berry Banana 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	 27%	 27%	 25%	 22%	 21%	 17%	 20%
Carbs	 39%	 38%	 42%	 46%	 46%	 49%	 45%
Protein	 34%	 35%	 33%	 32%	 33%	 34%	 35%
Calories	1169	1203	1250	1274	1282	1304	1383
Fat	36g	37g	35g	33g	30g	26g	31g
Carbs	119g	118g	134g	151g	152g	163g	161g
Fiber	21g	17g	15g	20g	21g	32g	34g
Sugar	63g	66g	59g	30g	31g	52g	61g
Protein	101g	106g	107g	104g	108g	114g	125g
Cholesterol	230mg	238mg	337mg	330mg	229mg	172mg	193mg
Sodium	2459mg	2270mg	2347mg	1520mg	1763mg	1249mg	1479mg
Vitamin A	4581IU	21868IU	21572IU	5730IU	6378IU	9009IU	9660IU
Vitamin C	133mg	172mg	153mg	204mg	214mg	145mg	133mg
Calcium	583mg	561mg	561mg	1005mg	947mg	1439mg	1469mg
Iron	9mg	7mg	4mg	7mg	8mg	10mg	12mg

Fruits

- 2 Banana
- 3 1/4 cups Cherries
- 1 Lemon
- 1/8 Lime
- 1 1/2 Mango
- 2 Peach
- 2 cups Pomelo

Seeds, Nuts & Spices

- 3/4 tsp Cajun Seasoning
- 2 tbsps Chia Seeds
- 1/2 tsp Chili Powder
- 1/4 tsp Cumin
- 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
- 1/4 cup Whole Flax Seeds

Frozen

- 4 cups Frozen Berries
- 1 1/3 tbsps Frozen Corn
- 1 cup Frozen Peas

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
- 4 cups Kale Leaves
- 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 tps 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 tps 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 tps Tamari

Cold

- 8 cups Cottage Cheese
- 2 tbsps Hummus
- 6 cups Unsweetened Almond Milk

Other

- 1 1/2 cups Vanilla Protein Powder
- 1 2/3 cups Water



Cottage Cheese with Mango

3 servings

5 minutes

Ingredients

3 cups Cottage Cheese
1 1/2 Mango (peeled, chopped)

Nutrition

Amount per serving	
Calories	307
Fat	10g
Carbs	32g
Fiber	3g
Sugar	29g
Protein	25g
Cholesterol	36mg
Sodium	663mg
Vitamin A	2112IU
Vitamin C	61mg
Calcium	193mg
Iron	0mg

Directions

- 1 Top the cottage cheese with chopped mango and enjoy!

Notes

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

Make it Vegan: Use coconut yogurt or oatmeal instead of cottage cheese.

Additional Toppings: Hemp seeds, crushed nuts, coconut flakes, or your sweetener of choice.



Pomelo & Cottage Cheese

2 servings

5 minutes

Ingredients

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

Nutrition

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

Directions

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

Notes

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

More Flavor: Top with cinnamon.



Peach Cherry Smoothie

2 servings

5 minutes

Ingredients

2 cups Unsweetened Almond Milk
2 Peach (medium, pitted)
1 cup Cherries (pitted)
2 tbsps Chia Seeds
1/2 cup Vanilla Protein Powder

Nutrition

Amount per serving	
Calories	278
Fat	7g
Carbs	34g
Fiber	10g
Sugar	22g
Protein	24g
Cholesterol	4mg
Sodium	200mg
Vitamin A	1037IU
Vitamin C	15mg
Calcium	661mg
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 cow's milk or any other milk alternative.

More Fiber: Add spinach, kale, or ground flax.

No Fresh Peaches or Cherries: Use frozen instead.



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.

Calcium	99mg
Iron	4mg



Cottage Cheese with Cherries

3 servings

5 minutes

Ingredients

3 cups Cottage Cheese
2 1/4 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.



Berry Banana Smoothie

4 servings

5 minutes

Ingredients

4 cups Unsweetened Almond Milk
4 cups Frozen Berries
2 Banana
4 cups Kale Leaves
1 cup Vanilla Protein Powder
1/4 cup Whole Flax Seeds

Nutrition

Amount per serving	
Calories	309
Fat	8g
Carbs	40g
Fiber	12g
Sugar	22g
Protein	24g
Cholesterol	4mg
Sodium	213mg
Vitamin A	1547IU
Vitamin C	65mg
Calcium	673mg
Iron	3mg

Directions

1

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

Notes

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

No Protein Powder: Omit, or add a few spoonfuls of hemp seeds instead.

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



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.