



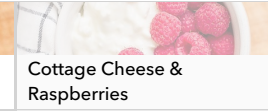


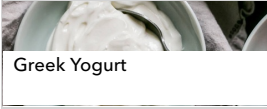
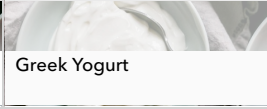
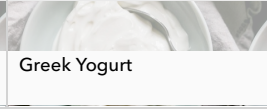

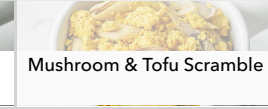
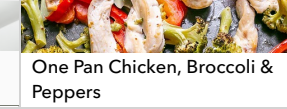
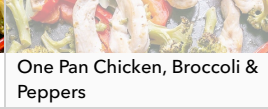




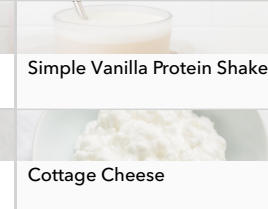
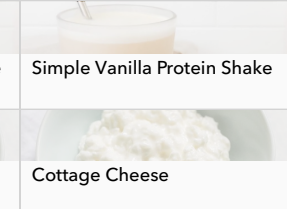
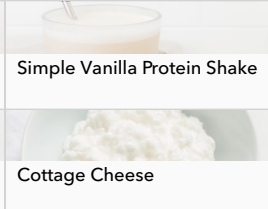
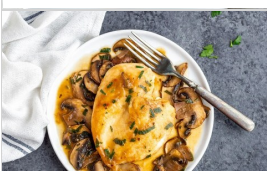

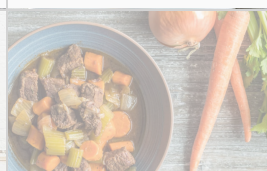
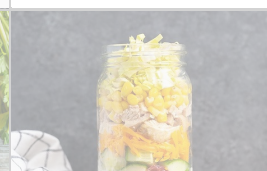
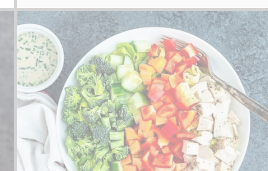
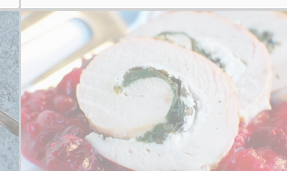
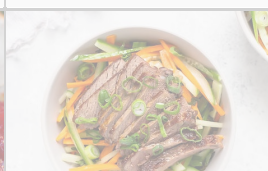

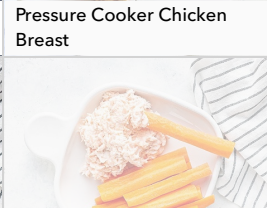
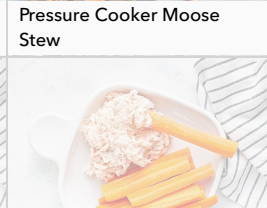



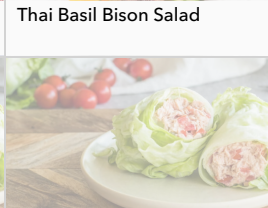




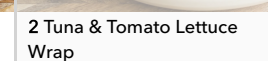
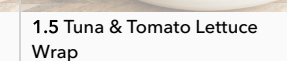

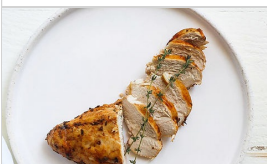


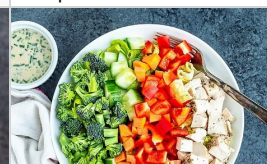

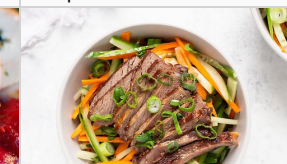
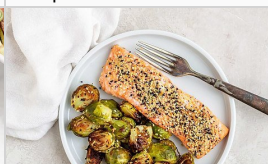



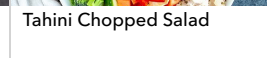
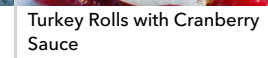
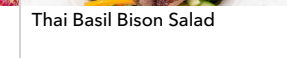
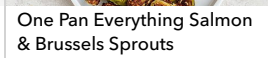
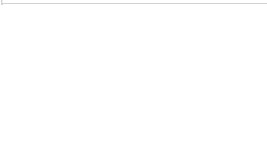
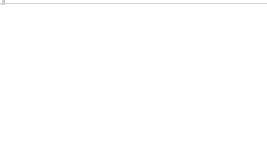
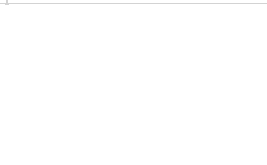
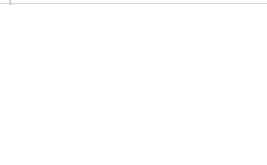
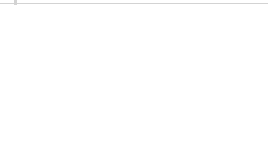
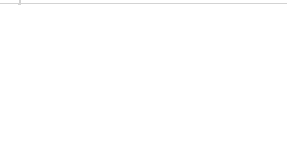
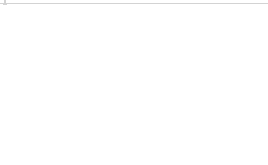
































EXERCISE
with Style

1500 Calorie 200g Protein Meal
Plan PDF

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Egg White Omelette with Cottage Cheese	 Egg White Omelette with Cottage Cheese	 Egg White Omelette with Cottage Cheese	 Cottage Cheese & Raspberries	 Cottage Cheese & Raspberries		
	 Greek Yogurt	 Greek Yogurt	 Greek Yogurt	 Mushroom & Tofu Scramble	 Mushroom & Tofu Scramble	 One Pan Chicken, Broccoli & Peppers	 One Pan Chicken, Broccoli & Peppers
Snack 1	 Sweet Potato & Turkey Breakfast Patties	 Sweet Potato & Turkey Breakfast Patties	 Sweet Potato & Turkey Breakfast Patties	 Simple Vanilla Protein Shake	 Simple Vanilla Protein Shake	 Simple Vanilla Protein Shake	 Simple Vanilla Protein Shake
	 Sweet Potato & Turkey Breakfast Patties	 Sweet Potato & Turkey Breakfast Patties	 Sweet Potato & Turkey Breakfast Patties	 Cottage Cheese	 Cottage Cheese	 Cottage Cheese	 Cottage Cheese
Lunch	 Chicken with Mushroom Garlic Sauce	 Pressure Cooker Chicken Breast	 Pressure Cooker Moose Stew	 Chicken Ranch Mason Jar Salad	 Tahini Chopped Salad	 Turkey Rolls with Cranberry Sauce	 Thai Basil Bison Salad
	 Chicken with Mushroom Garlic Sauce	 Pressure Cooker Chicken Breast	 Pressure Cooker Moose Stew	 Chicken Ranch Mason Jar Salad	 Tahini Chopped Salad	 Turkey Rolls with Cranberry Sauce	 Thai Basil Bison Salad
Snack 2	 Carrots & Salmon Dip	 Carrots & Salmon Dip	 Carrots & Salmon Dip	 2 Tuna & Tomato Lettuce Wrap	 2 Tuna & Tomato Lettuce Wrap	 1.5 Tuna & Tomato Lettuce Wrap	 1.5 Tuna & Tomato Lettuce Wrap
	 Carrots & Salmon Dip	 Carrots & Salmon Dip	 Carrots & Salmon Dip	 2 Tuna & Tomato Lettuce Wrap	 2 Tuna & Tomato Lettuce Wrap	 1.5 Tuna & Tomato Lettuce Wrap	 1.5 Tuna & Tomato Lettuce Wrap
Dinner	 Pressure Cooker Chicken Breast	 Pressure Cooker Moose Stew	 Chicken Ranch Mason Jar Salad	 Tahini Chopped Salad	 Turkey Rolls with Cranberry Sauce	 Thai Basil Bison Salad	 One Pan Everything Salmon & Brussels Sprouts
	 Pressure Cooker Chicken Breast	 Pressure Cooker Moose Stew	 Chicken Ranch Mason Jar Salad	 Tahini Chopped Salad	 Turkey Rolls with Cranberry Sauce	 Thai Basil Bison Salad	 One Pan Everything Salmon & Brussels Sprouts

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  35%	Fat  32%	Fat  32%	Fat  33%	Fat  31%	Fat  33%	Fat  38%
Carbs  14%	Carbs  15%	Carbs  15%	Carbs  19%	Carbs  19%	Carbs  17%	Carbs  16%
Protein  51%	Protein  53%	Protein  53%	Protein  48%	Protein  50%	Protein  50%	Protein  46%
Calories 1508	Calories 1518	Calories 1558	Calories 1550	Calories 1572	Calories 1564	Calories 1555
Fat 57g	Fat 53g	Fat 56g	Fat 59g	Fat 56g	Fat 59g	Fat 67g
Carbs 54g	Carbs 56g	Carbs 57g	Carbs 75g	Carbs 76g	Carbs 68g	Carbs 64g
Fiber 11g	Fiber 13g	Fiber 8g	Fiber 20g	Fiber 21g	Fiber 18g	Fiber 20g
Sugar 18g	Sugar 22g	Sugar 26g	Sugar 37g	Sugar 42g	Sugar 40g	Sugar 33g
Protein 189g	Protein 201g	Protein 204g	Protein 195g	Protein 206g	Protein 197g	Protein 179g
Cholesterol 448mg	Cholesterol 444mg	Cholesterol 464mg	Cholesterol 409mg	Cholesterol 387mg	Cholesterol 437mg	Cholesterol 406mg
Sodium 3997mg	Sodium 3607mg	Sodium 3077mg	Sodium 2643mg	Sodium 2444mg	Sodium 2599mg	Sodium 3022mg
Vitamin A 18570IU	Vitamin A 26211IU	Vitamin A 24715IU	Vitamin A 14640IU	Vitamin A 16528IU	Vitamin A 17086IU	Vitamin A 15116IU
Vitamin C 101mg	Vitamin C 109mg	Vitamin C 46mg	Vitamin C 201mg	Vitamin C 223mg	Vitamin C 394mg	Vitamin C 470mg
Calcium 899mg	Calcium 927mg	Calcium 969mg	Calcium 1534mg	Calcium 1349mg	Calcium 834mg	Calcium 830mg
Iron 13mg	Iron 21mg	Iron 12mg	Iron 13mg	Iron 15mg	Iron 15mg	Iron 15mg

Fruits

- 1 tbsp Lemon Juice
- 1 1/2 tsps Lime Juice
- 1/2 Navel Orange
- 1 cup Raspberries

Breakfast

- 2 tsps Maple Syrup

Seeds, Nuts & Spices

- 1/2 tsp Dried Thyme
- 1 tbsp Everything Bagel Seasoning
- 1/4 tsp Garlic Powder
- 1 tsp Herbes De Provence
- 1 tsp Italian Seasoning
- 1/4 tsp Onion Powder
- 1/2 tsp Oregano
- 1/2 tsp Paprika
- 2 1/16 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/8 tsp Turmeric

Frozen

- 1 cup Frozen Cranberries
- 24 Ice Cubes

Vegetables

- 2 cups Baby Spinach
- 5 cups Broccoli
- 1 1/2 cups Brussels Sprouts
- 6 1/2 Carrot
- 1 stalk Celery
- 7 1/2 cups Cherry Tomatoes
- 1/2 cup Chives
- 3 Cremini Mushrooms
- 1 2/3 Cucumber
- 2 tbsps Fresh Dill
- 1 2/3 Garlic
- 1/8 head Green Lettuce
- 1 stalk Green Onion
- 1 3/4 heads Iceberg Lettuce
- 1/2 cup Oyster Mushrooms
- 1 1/2 tsps Parsley
- 3 Red Bell Pepper
- 1 head Romaine Hearts
- 2/3 Sweet Potato
- 1/4 cup Thai Basil
- 96 grams Thyme Sprigs
- 1/2 Yellow Onion

Boxed & Canned

- 1 cup Beef Broth
- 255 grams Canned Wild Salmon
- 2 cups Chicken Broth
- 1/2 cup Corn
- 1 tbsp Tomato Paste
- 3 1/2 cans Tuna
- 1/2 cup Vegetable Broth

Baking

- 1 tbsp Arrowroot Powder
- 2 1/16 tsps Nutritional Yeast
- 1 1/2 tsps Raw Honey
- 8 grams Unbleached All Purpose Flour

Bread, Fish, Meat & Cheese

- 283 grams Bison Steak
- 50 grams Cheddar Cheese
- 794 grams Chicken Breast
- 454 grams Chicken Breast, Cooked
- 1/2 cup Cream Cheese, Regular
- 272 grams Extra Lean Ground Turkey
- 1/4 cup Goat Cheese
- 454 grams Moose Roast
- 170 grams Salmon Fillet
- 227 grams Tofu
- 454 grams Turkey Breast

Condiments & Oils

- 2 tbsps Apple Cider Vinegar
- 1 2/3 tbsps Avocado Oil
- 1 1/2 tsps Balsamic Vinegar
- 2 tsps Dijon Mustard
- 1/3 cup Extra Virgin Olive Oil
- 1 1/2 tsps Fish Sauce
- 2 tbsps Tahini

Cold

- 1 tbsp Butter
- 7 cups Cottage Cheese
- 3 cups Egg Whites
- 2 1/2 cups Plain Greek Yogurt
- 2 2/3 cups Unsweetened Almond Milk

Other

- 0 Twine
- 1 cup Vanilla Protein Powder
- 3 tbsps Water



Egg White Omelette with Cottage Cheese

3 servings
10 minutes

Ingredients

- 1 tbsp Butter
- 3 cups Egg Whites
- 3 cups Cottage Cheese
- 1/3 cup Chives (chopped)

Nutrition

Amount per serving	
Calories	368
Fat	13g
Carbs	9g
Fiber	0g
Sugar	7g
Protein	50g
Cholesterol	46mg
Sodium	1066mg
Vitamin A	673IU
Vitamin C	3mg
Calcium	198mg
Iron	0mg

Directions

- 1 Heat the butter in a large skillet or non-stick pan over medium heat. Add the egg whites and cook until almost set.
- 2 Place the cottage cheese down the middle of the omelette and sprinkle the chives ovetop. Fold the sides of the omelette towards the center and remove from heat. Enjoy!

Notes

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

More Flavor: Add sea salt, black pepper, tamari, or your choice of herbs/spices.

Additional Toppings: Avocado, cherry tomatoes, minced red onion, bell peppers, kimchi, sauerkraut, or mushrooms.

No Butter: Use olive oil, coconut oil, avocado or ghee instead.



Greek Yogurt

3 servings

5 minutes

Ingredients

1 1/2 cups Plain Greek Yogurt

Nutrition

Amount per serving	
Calories	90
Fat	2g
Carbs	6g
Fiber	0g
Sugar	3g
Protein	11g
Cholesterol	17mg
Sodium	70mg
Vitamin A	625IU
Vitamin C	7mg
Calcium	250mg
Iron	0mg

Directions

- 1 Scoop into a bowl and enjoy!

Notes

Toppings: Fresh or frozen fruit, granola, bee pollen, nuts, coconut, honey or maple syrup.

Dairy-Free: Use coconut, almond or cashew yogurt instead.



Cottage Cheese & Raspberries

2 servings

5 minutes

Ingredients

2 cups Cottage Cheese
1 cup Raspberries

Nutrition

Amount per serving	
Calories	238
Fat	9g
Carbs	14g
Fiber	4g
Sugar	8g
Protein	24g
Cholesterol	36mg
Sodium	662mg
Vitamin A	314IU
Vitamin C	16mg
Calcium	190mg
Iron	1mg

Directions

- 1 Top the cottage cheese with raspberries and enjoy!

Notes

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

Additional Toppings: Hemp seeds, chia seeds, shredded coconut, and/or honey.

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



Mushroom & Tofu Scramble

2 servings
10 minutes

Ingredients

- 1/2 cup Oyster Mushrooms (sliced)
- 2 2/3 tbsps Vegetable Broth (divided)
- 227 grams Tofu (extra firm, drained, crumbled)
- 2 tps Nutritional Yeast
- 1/8 tsp Turmeric
- 1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	114
Fat	6g
Carbs	4g
Fiber	2g
Sugar	1g
Protein	14g
Cholesterol	0mg
Sodium	268mg
Vitamin A	54IU
Vitamin C	0mg
Calcium	323mg
Iron	3mg

Directions

- 1 Heat a large skillet over medium heat for 2 minutes. Add the mushrooms and sauté for 3 to 5 minutes, stirring often. Add half of the broth if they begin to stick. Transfer to a plate.
- 2 Add the remainder of the broth, crumbled tofu, nutritional yeast, turmeric and salt to the skillet. Stir and cook until the tofu is warmed through.
- 3 Return the mushrooms to the skillet and combine with the tofu. Divide onto plates or containers if on-the-go. Enjoy!

Notes

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

Serving Size: Each serving equals approximately 1.5 cups.

More Flavor: Add your choice of spices and/or herbs.

Additional Toppings: Top with sliced green onions, spinach, mixed greens, peppers or avocado slices.

No Vegetable Broth: Use water instead.



One Pan Chicken, Broccoli & Peppers

2 servings
25 minutes

Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Apple Cider Vinegar
- 1 tsp Dijon Mustard
- 1/2 tsp Sea Salt (divided)
- 4 cups Broccoli (chopped into small florets)
- 2 Red Bell Pepper (sliced)
- 283 grams Chicken Breast (sliced)

Nutrition

Amount per serving	
Calories	387
Fat	18g
Carbs	19g
Fiber	7g
Sugar	8g
Protein	38g
Cholesterol	103mg
Sodium	747mg
Vitamin A	4902IU
Vitamin C	314mg
Calcium	102mg
Iron	2mg

Directions

- 1 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 2 In a large mixing bowl, whisk together the oil, vinegar, mustard, and half the salt. Add the broccoli and bell peppers, tossing gently until well covered. Transfer to the baking sheet and evenly space the vegetables.
- 3 Add the chicken and the remaining salt to the leftover marinade and toss well to coat. Place on top of the vegetables.
- 4 Bake for 20 minutes or until the chicken is cooked through and the vegetables are tender. Divide onto plates and enjoy!

Notes

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

Serving Size: One serving equals approximately five ounces of chicken and 2 1/2 cups of vegetables.

More Flavor: Marinate the chicken for at least 30 minutes before cooking.

Additional Toppings: Chopped fresh herbs.



Sweet Potato & Turkey Breakfast Patties

3 servings

1 hour

Ingredients

2/3 Sweet Potato (medium, peeled, chopped)
272 grams Extra Lean Ground Turkey
2/3 Garlic (large clove, minced)
1 tsp Italian Seasoning
2/3 tsp Sea Salt

Nutrition

Amount per serving	
Calories	159
Fat	8g
Carbs	5g
Fiber	1g
Sugar	1g
Protein	17g
Cholesterol	67mg
Sodium	549mg
Vitamin A	3755IU
Vitamin C	1mg
Calcium	28mg
Iron	1mg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Bring a pot of water to a boil. Place the sweet potato in a steamer over the boiling water and cover for 7 to 10 minutes, or until tender. Transfer the sweet potato to a large mixing bowl and mash it well. Allow it to cool.
- 3 Using a paper towel, gently pat the turkey to remove excess moisture.
- 4 Add the garlic, Italian seasoning and salt to the cooled mashed sweet potato and mix well. Add the turkey and gently mix to combine. Form the sweet potato mixture into thin patties, approximately 4 inches in diameter and place on the prepared baking sheet.
- 5 Bake the patties for 20 to 25 minutes or until cooked through. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days or freeze for up to two months.

Serving Size: One serving is approximately two patties.

More Flavor: Add black pepper, onion powder or red pepper flakes.

Sweet Potato: One medium sweet potato is approximately 1 1/4 cups of mashed sweet potato. If using a larger sweet potato set any extra mashed sweet potato aside to use in another meal.



Simple Vanilla Protein Shake

4 servings

5 minutes

Ingredients

2 2/3 cups Unsweetened Almond Milk
1 cup Vanilla Protein Powder
24 Ice Cubes (large)

Nutrition

Amount per serving	
Calories	105
Fat	2g
Carbs	2g
Fiber	1g
Sugar	0g
Protein	20g
Cholesterol	4mg
Sodium	145mg
Vitamin A	333IU
Vitamin C	0mg
Calcium	414mg
Iron	1mg

Directions

1

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

Notes

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

More Flavor: Use frozen fruit instead of ice cubes.

No Vanilla Protein Powder: Use chocolate or another flavor instead.

Nut-Free: Use oat milk, rice milk, or dairy instead of almond milk.

Ice: Six ice cubes is approximately one cup of ice.

Protein Powder: A plant-based protein powder was used to create and test this recipe.



Cottage Cheese

4 servings

5 minutes

Ingredients

2 cups 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.



Chicken with Mushroom Garlic Sauce

1 serving
25 minutes

Ingredients

1 tbsp Extra Virgin Olive Oil (divided)
3 Cremini Mushrooms (large, sliced)
170 grams Chicken Breast
1 tbsp Arrowroot Powder
1/8 tsp Sea Salt (divided)
1 Garlic (clove, minced)
1/2 cup Chicken Broth
3/4 tsp Lemon Juice
1 1/2 tsps Parsley (finely chopped, optional)

Nutrition

Amount per serving	
Calories	376
Fat	18g
Carbs	11g
Fiber	1g
Sugar	2g
Protein	41g
Cholesterol	126mg
Sodium	838mg
Vitamin A	214IU
Vitamin C	6mg
Calcium	24mg
Iron	1mg

Directions

- 1 Heat half of the oil in a skillet over medium heat. Add the mushrooms and cook for five to seven minutes or until the mushrooms have softened and browned. Remove from the pan and set aside.
- 2 Meanwhile, pat the chicken breast dry with a paper towel. Combine the arrowroot powder and half of the salt on a plate. Dip the chicken in the arrowroot powder and shake off the excess. Discard any leftover arrowroot powder.
- 3 Carefully wipe out the pan or skillet then add the remaining oil. Add the coated chicken to the pan and cook for six to eight minutes per side or until browned and cooked through. (Reduce heat slightly if needed to prevent burning.) Remove the chicken from the pan and set aside.
- 4 Deglaze the pan with a splash of the chicken broth and scrape any browned bits off the bottom. Add the garlic and the remaining salt and cook for a minute. Stir in the remaining chicken broth, increase the heat to medium-high and bring to a gentle boil to reduce for five to six minutes.
- 5 Add the lemon juice, parsley (if using), and the cooked mushrooms and stir to combine then place the cooked chicken back in the pan. Cook for another two to three minutes or until the chicken has warmed through again and the sauce has thickened slightly. Season with additional salt if needed.
- 6 Divide between plates and enjoy!

Notes

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

More Flavor: Season the chicken with other dried herbs and spices.

Chicken Breast: For best results use chicken breast no more than one inch thick. Cut large

pieces of chicken in half for more even cooking.

No Cremini Mushrooms: Use another type of mushroom instead.

No Fresh Parsley: Use another fresh herb like basil or chives instead or use dried herbs.

No Chicken Breast: Use boneless, skinless chicken thighs instead.



Carrots & Salmon Dip

3 servings

5 minutes

Ingredients

255 grams Canned Wild Salmon (flaked)
3/4 cup Plain Greek Yogurt
Sea Salt & Black Pepper (to taste)
3 Carrot (medium, peeled, cut into sticks)

Nutrition

Amount per serving	
Calories	205
Fat	6g
Carbs	9g
Fiber	2g
Sugar	4g
Protein	28g
Cholesterol	65mg
Sodium	405mg
Vitamin A	10662IU
Vitamin C	7mg
Calcium	176mg
Iron	1mg

Directions

- 1 In a bowl, mash together the salmon, yogurt, salt and pepper. Serve alongside the carrot sticks. Enjoy!

Notes

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

Dairy-Free: Use coconut yogurt, mayonnaise or cream cheese instead, adjusting amounts to taste.

More Flavor: Add fresh chopped dill and lemon juice.



Tuna & Tomato Lettuce Wrap

7 servings

10 minutes

Ingredients

3 1/2 cans Tuna (drained)
7 cups Cherry Tomatoes (chopped)
1/2 cup Cream Cheese, Regular
1 3/4 heads Iceberg Lettuce (small, leaves pulled apart)

Nutrition

Amount per serving	
Calories	161
Fat	6g
Carbs	10g
Fiber	3g
Sugar	7g
Protein	20g
Cholesterol	43mg
Sodium	290mg
Vitamin A	1965IU
Vitamin C	24mg
Calcium	64mg
Iron	2mg

Directions

1

Mix the tuna, tomatoes, and cream cheese until well combined. Spread the lettuce leaves with the tuna mixture and roll up tightly. Enjoy!

Notes

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

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

More Flavor: Add fresh herbs like parsley, basil, and chives.

Iceberg Lettuce Leaves: Cut off the bottom end of the head of the lettuce and gently peel the leaves to maximize the surface area.

Dairy-Free: Use mayonnaise or dairy-free cream cheese instead.



Pressure Cooker Chicken Breast

2 servings**20 minutes**

Ingredients

- 340 grams Chicken Breast (skinless and boneless)
- 1/2 tsp Oregano
- 1/2 tsp Dried Thyme
- 1/2 tsp Paprika
- 1/4 tsp Garlic Powder
- 1/4 tsp Onion Powder
- 1/4 tsp Sea Salt
- 2 tsps Avocado Oil
- 1 1/2 cups Chicken Broth
- 96 grams Thyme Sprigs (for garnish)

Nutrition

Amount per serving	
Calories	310
Fat	10g
Carbs	14g
Fiber	7g
Sugar	1g
Protein	42g
Cholesterol	127mg
Sodium	1069mg
Vitamin A	2641IU
Vitamin C	77mg
Calcium	223mg
Iron	10mg

Directions

- 1 Place the chicken in a shallow bowl and add oregano, thyme, paprika, garlic, onion and sea salt. Coat the chicken, ensuring it is fully covered.
- 2 Using the sauté function on your pressure cooker, cook the chicken for 2 minutes per side and then remove. Add the chicken broth to the pressure cooker and place the metal rack inside.
- 3 Place the chicken on top of the metal rack and cook on high pressure for 5 minutes. Let the steam release naturally for 8 minutes and then do a quick release. Remove the chicken and top with thyme sprigs. Serve and enjoy!

Notes

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

Make it a Meal: Serve alongside your favorite sides, like roasted vegetables, potatoes and/or rice.



Pressure Cooker Moose Stew

2 servings
1 hour 20 minutes

Ingredients

454 grams Moose Roast (silver skin removed, cut into 2-inch pieces)
8 grams Unbleached All Purpose Flour
1 1/2 tbsps Extra Virgin Olive Oil (divided)
1/2 Yellow Onion (large, cut into chunks)
1 stalk Celery (cut into chunks)
1 1/2 Carrot (large, cut into chunks)
1 cup Beef Broth (divided)
1 tbsp Tomato Paste
1 1/2 tsps Balsamic Vinegar
1 tsp Herbes de Provence

Nutrition

Amount per serving	
Calories	386
Fat	14g
Carbs	13g
Fiber	3g
Sugar	6g
Protein	53g
Cholesterol	122mg
Sodium	448mg
Vitamin A	7855IU
Vitamin C	14mg
Calcium	52mg
Iron	9mg

Directions

- 1 Toss the meat in a bowl with the flour making sure the meat pieces are completely covered. Set aside.
- 2 Turn the pressure cooker to "sauté" mode. Once hot, add 2/3 of the oil and the meat. Brown on all sides, working in batches if necessary. Transfer to a bowl and set aside.
- 3 Add the remaining oil to the pot along with the onion, celery, and carrots. Sauté for two minutes. Turn off sauté mode.
- 4 While the pressure cooker is still hot, deglaze the pot by pouring in half of the beef broth and scraping up any browned bits from the bottom of the pot with a wooden spoon. Add the tomato paste, balsamic vinegar, and Herbes de Provence. Stir to combine.
- 5 Return the meat to the pot, along with the juices from the bowl and the remaining broth.
- 6 Close the lid and set to "sealing". Press manual/pressure cooker and cook for 45 minutes on high pressure. Once it is done, release the pressure manually. Remove the lid carefully.
- 7 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 garlic, salt and pepper, bay leaves, Worcestershire sauce, and/or potatoes.

Additional Toppings: Fresh herbs like parsley, chives, and/or dill.

Gluten-Free: Omit the flour and after cooking, create a slurry by mixing 1 tbsp arrowroot powder with a little water and add to the stew. Repeat as needed for desired thickness.

No Moose Meat: Use elk, beef, or bison instead.



Chicken Ranch Mason Jar Salad

2 servings
15 minutes

Ingredients

- 1/4 cup Plain Greek Yogurt
- 2 1/4 tsps Lemon Juice
- 2 tsps Fresh Dill
- 1/4 tsp Sea Salt (to taste)
- 1/2 cup Cherry Tomatoes (halved)
- 1/2 Cucumber (medium, chopped)
- 50 grams Cheddar Cheese (shredded)
- 227 grams Chicken Breast, Cooked (chopped or shredded)
- 1/2 cup Corn
- 1/8 head Green Lettuce (chopped)

Nutrition

Amount per serving	
Calories	350
Fat	13g
Carbs	15g
Fiber	2g
Sugar	5g
Protein	45g
Cholesterol	147mg
Sodium	539mg
Vitamin A	1145IU
Vitamin C	14mg
Calcium	265mg
Iron	1mg

Directions

- 1 In a bowl, whisk together the yogurt, lemon juice, dill, and salt.
- 2 Divide the dressing evenly into jars. Top with equal amounts of tomatoes, cucumber, cheese, chicken, corn, and lettuce. When ready to eat, shake well and dump into a bowl. Enjoy!

Notes

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

Serving Size: 16oz (473 ml) mason jars were used for this recipe. One serving is one mason jar.

Dairy-Free: Use vegan cheese instead of cheddar cheese or omit completely. Use coconut yogurt or vegan ranch dressing instead of Greek yogurt, adjusting the lemon juice and salt accordingly.

Additional Toppings: Minced garlic, fresh herbs, green onion, avocado, bell peppers, and/or mushrooms.

No Chicken: Use turkey breast, black beans, chickpeas, tofu, or tempeh instead.



Tahini Chopped Salad

2 servings

10 minutes

Ingredients

- 2 tbsps Tahini
- 3 tbsps Water
- 2 tbsps Chives
- Sea Salt & Black Pepper
- 1 head Romaine Hearts (chopped)
- 1/2 Cucumber (medium, chopped)
- 1 Carrot (medium, peeled and chopped)
- 1 Red Bell Pepper (medium, chopped)
- 1 cup Broccoli (chopped)
- 227 grams Chicken Breast, Cooked (chopped)

Nutrition

Amount per serving	
Calories	318
Fat	12g
Carbs	16g
Fiber	5g
Sugar	6g
Protein	40g
Cholesterol	118mg
Sodium	118mg
Vitamin A	8717IU
Vitamin C	123mg
Calcium	127mg
Iron	3mg

Directions

- 1 Add the tahini to a small bowl and stir in the water. Add the chives and season with salt and pepper to taste.
- 2 Divide the lettuce between bowls and top with cucumber, carrot, red pepper, broccoli, and chicken. Pour the dressing over top and enjoy!

Notes

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

More Flavor: Serve with lemon wedges or add fresh lemon juice or maple syrup to the dressing.

Additional Toppings: Add other chopped veggies or fresh herbs.

No Cooked Chicken: Use cooked shrimp, salmon, or tofu instead.

No Chives: Use fresh parsley instead.



Turkey Rolls with Cranberry Sauce

2 servings
1 hour 10 minutes

Ingredients

3/4 tsp Extra Virgin Olive Oil
2 cups Baby Spinach
454 grams Turkey Breast
1/4 cup Goat Cheese (crumbled)
Sea Salt & Black Pepper (to taste)
1/4 cup Vegetable Broth
1 cup Frozen Cranberries (diced)
1/2 Navel Orange (juiced)
1 1/2 tsps Raw Honey
Twine

Nutrition

Amount per serving	
Calories	372
Fat	10g
Carbs	16g
Fiber	3g
Sugar	10g
Protein	56g
Cholesterol	125mg
Sodium	340mg
Vitamin A	3033IU
Vitamin C	36mg
Calcium	80mg
Iron	3mg

Directions

- 1 Preheat the oven to 425°F (218°C).
- 2 Heat olive oil in a skillet over medium heat. Add baby spinach and saute until wilted. Once wilted, remove from heat.
- 3 Use a meat mallet to pound the turkey breasts into a thin layer. This will make it easier to roll.
- 4 Place a large piece of parchment paper across your counter. Cut 8 long strings of twine and lay them in pairs across the parchment paper, about 1 inch apart. Place each turkey breast across two pieces of twine. Season the turkey with sea salt and black pepper.
- 5 Spread your goat cheese across each turkey breast leaving a 1/2 inch border all the way around. Add the wilted spinach. Roll up each turkey breast and tie the twine around it into a tight knot. Trim the excess twine and discard. Season with salt and pepper.
- 6 Add the broth to a baking dish to cover the bottom. Set the rolled turkey breasts inside. Cook in the oven for 35 to 45 minutes or until cooked through.
- 7 Meanwhile, start the cranberry sauce. Combine cranberries, orange juice and honey in a sauce pan. Place over medium heat and stir occasionally for about 15 minutes or the sauce thickens. Reduce heat to low and cover until ready to serve. Add a few splashes of water if the sauce becomes too thick.
- 8 Remove the turkey and let it rest for 10 minutes. Remove the twine. Slice into 2 inch thick medallions. Drizzle with cranberry sauce. Enjoy!

Notes

Get Creative: Roll the turkey with your favorite stuffing instead of spinach and goat cheese.

Keep it Simple: Reduce prep time by skipping the roll up, baking turkey breast on their own and serving the spinach and goat cheese on the side.



Thai Basil Bison Salad

2 servings

15 minutes

Ingredients

- 1 tbsp Avocado Oil
- 283 grams Bison Steak
- 1/8 tsp Sea Salt
- 1 1/2 tsps Fish Sauce
- 1 1/2 tsps Lime Juice
- 2 tsps Maple Syrup
- 2/3 Cucumber (large, sliced into strips or julienned)
- 1 Carrot (medium, sliced into strips or grated)
- 1 stalk Green Onion (green part only, sliced)
- 1/4 cup Thai Basil (chopped)

Nutrition

Amount per serving	
Calories	355
Fat	15g
Carbs	12g
Fiber	2g
Sugar	8g
Protein	41g
Cholesterol	122mg
Sodium	601mg
Vitamin A	5723IU
Vitamin C	8mg
Calcium	55mg
Iron	6mg

Directions

- 1 Heat the oil in a skillet over high heat. Season the bison steak with salt and transfer it to the hot skillet. Cook for about four minutes on each side, or until well browned and your desired doneness is reached. Transfer to the cutting board and let rest for five to 10 minutes before slicing.
- 2 Meanwhile, whisk together the fish sauce, lime juice, and maple syrup in a jar. Adjust the flavors as needed.
- 3 Divide the cucumber, carrot, green onion, Thai basil, and sliced steak into bowls. Drizzle the dressing over top and enjoy!

Notes

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

Serving Size: One serving equals approximately five ounces of bison and two cups of salad.

More Flavor: Add sesame oil, tamari, garlic, ginger, and/or black pepper to the dressing.

Additional Toppings: Add bean sprouts and/or vermicelli to the salad.

No Bison Steak: Use any other steak, chicken, or turkey instead.



One Pan Everything Salmon & Brussels Sprouts

1 serving
35 minutes

Ingredients

- 1 1/2 cups Brussels Sprouts
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 tbsp Everything Bagel Seasoning (divided)
- 170 grams Salmon Fillet
- 1 tsp Dijon Mustard

Nutrition

Amount per serving	
Calories	363
Fat	18g
Carbs	12g
Fiber	5g
Sugar	3g
Protein	38g
Cholesterol	94mg
Sodium	763mg
Vitamin A	1063IU
Vitamin C	112mg
Calcium	76mg
Iron	3mg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Add the Brussels sprouts to the pan. Drizzle with the oil and toss to coat. Bake in the oven for 15 minutes.
- 3 Remove the pan from the oven and season the Brussels sprouts with half of the everything bagel seasoning. Toss to coat evenly.
- 4 Place the salmon on the pan and spread the Dijon mustard evenly over the top side of the fillets. Generously coat the top side of the salmon with the remaining everything bagel seasoning. Continue to bake for 15 to 18 minutes or until the salmon is cooked through. Divide between plates and enjoy!

Notes

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

More Flavor: Season with salt and pepper if your everything bagel seasoning doesn't contain salt.

No Brussels Sprouts: Use broccoli or cauliflower instead.

No Salmon: Use another fish, like trout, instead.

Everything Bagel Seasoning: If you don't have store-bought Everything Bagel Seasoning, make your own by mixing together even amounts of poppy seeds, sesame seeds, garlic powder, and dried onion flakes. Add sea salt to taste.