














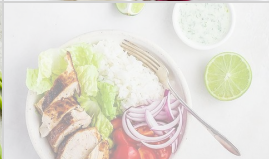












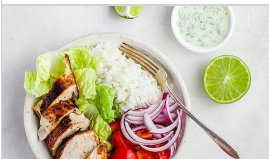


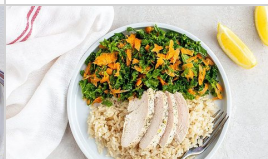




























EXERCISE
with Style

1500 Calorie Meal Plan
40/30/30 PDF

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Berry Avocado Smoothie	 Berry Avocado Smoothie	 Berry Avocado Smoothie	 Mixed Berry Protein Porridge	 Mixed Berry Protein Porridge	 Creamy Strawberry Overnight Oats	 Creamy Strawberry Overnight Oats
Snack 1	 Cottage Cheese & Blueberry Sauce	 Cottage Cheese & Blueberry Sauce	 Cottage Cheese & Blueberry Sauce	 Post Workout Green Smoothie	 Post Workout Green Smoothie	 Post Workout Green Smoothie	 Post Workout Green Smoothie
Lunch	 Hoisin Chicken Soba Noodle Salad	 Cajun Chicken Meal Prep Bowl	 Cod & Potato Cakes	 One Pan Lemon Chicken	 Lemon Dill Chicken with Rice & Kale Salad	 One Pot Snap Pea & Mackerel Orzo	 Pressure Cooker Chicken Taco Stuffed Sweet Potato
Snack 2	 0.5 Cottage Cheese & Mashed Banana	 0.5 Cottage Cheese & Mashed Banana	 Cottage Cheese & Mashed Banana	 Figs, Goat Cheese & Prosciutto	 Figs, Goat Cheese & Prosciutto	 Figs, Goat Cheese & Prosciutto	 Figs, Goat Cheese & Prosciutto
Dinner	 Cajun Chicken Meal Prep Bowl	 Cod & Potato Cakes	 One Pan Lemon Chicken	 Lemon Dill Chicken with Rice & Kale Salad	 One Pot Snap Pea & Mackerel Orzo	 Pressure Cooker Chicken Taco Stuffed Sweet Potato	 Slow Cooker Hawaiian Beef

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  30%	Fat  29%	Fat  33%	Fat  33%	Fat  32%	Fat  33%	Fat  31%
Carbs  41%	Carbs  41%	Carbs  37%	Carbs  40%	Carbs  42%	Carbs  41%	Carbs  42%
Protein  29%	Protein  30%	Protein  30%	Protein  27%	Protein  26%	Protein  26%	Protein  27%
Calories 1512	Calories 1498	Calories 1621	Calories 1532	Calories 1488	Calories 1512	Calories 1572
Fat 49g	Fat 50g	Fat 60g	Fat 58g	Fat 54g	Fat 57g	Fat 55g
Carbs 152g	Carbs 156g	Carbs 155g	Carbs 156g	Carbs 158g	Carbs 157g	Carbs 170g
Fiber 24g	Fiber 27g	Fiber 31g	Fiber 31g	Fiber 27g	Fiber 27g	Fiber 30g
Sugar 45g	Sugar 43g	Sugar 48g	Sugar 47g	Sugar 50g	Sugar 50g	Sugar 60g
Protein 110g	Protein 113g	Protein 124g	Protein 108g	Protein 99g	Protein 102g	Protein 111g
Cholesterol 225mg	Cholesterol 321mg	Cholesterol 334mg	Cholesterol 201mg	Cholesterol 191mg	Cholesterol 215mg	Cholesterol 213mg
Sodium 3104mg	Sodium 3109mg	Sodium 1695mg	Sodium 1553mg	Sodium 1774mg	Sodium 2045mg	Sodium 2351mg
Vitamin A 20424IU	Vitamin A 10745IU	Vitamin A 2699IU	Vitamin A 10828IU	Vitamin A 10647IU	Vitamin A 23732IU	Vitamin A 25988IU
Vitamin C 90mg	Vitamin C 139mg	Vitamin C 236mg	Vitamin C 208mg	Vitamin C 112mg	Vitamin C 88mg	Vitamin C 202mg
Calcium 1012mg	Calcium 1039mg	Calcium 1101mg	Calcium 796mg	Calcium 1041mg	Calcium 891mg	Calcium 635mg
Iron 7mg	Iron 9mg	Iron 10mg	Iron 10mg	Iron 10mg	Iron 11mg	Iron 13mg

Fruits

- 2 1/4 Avocado
- 3 Banana
- 1 1/2 cups Blueberries
- 8 Fig
- 1/2 Lemon
- 1/4 cup Lemon Juice
- 1/4 tsp Lemon Zest
- 1 tbsp Lime Juice
- 3/4 cup Strawberries

Breakfast

- 2 tbsps Almond Butter
- 2 tps Maple Syrup

Seeds, Nuts & Spices

- 1 tbsp Cajun Seasoning
- 3 tbsps Chia Seeds
- 1 tsp Chili Powder
- 2 tps Cinnamon
- 1/2 tsp Cumin
- 1/4 tsp Dried Dill
- 1/2 tsp Garlic Powder
- 1/4 cup Hemp Seeds
- 1/2 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1/2 tsp Smoked Paprika

Frozen

- 3 1/2 cups Frozen Berries
- 3/4 cup Frozen Cauliflower

Vegetables

- 4 cups Baby Spinach
- 2 cups Brussels Sprouts
- 1 1/4 Carrot
- 1/2 cup Cherry Tomatoes
- 1 1/2 tbsps Cilantro
- 1 tbsp Fresh Dill
- 1 1/2 Garlic
- 3/4 tsp Ginger
- 1 stalk Green Onion
- 1 Jalapeno Pepper
- 3 cups Kale Leaves
- 2 cups Mini Potatoes
- 1 1/3 tbsps Parsley
- 3/4 Red Bell Pepper
- 1/3 cup Red Onion
- 10 leaves Romaine
- 1 tbsp Rosemary
- 3/4 cup Snap Peas
- 2 Sweet Potato
- 1/3 Yellow Onion
- 2 2/3 Yellow Potato
- 1 1/2 Zucchini

Boxed & Canned

- 1/2 cup Brown Rice
- 50 grams Buckwheat Soba Noodles
- 1 1/16 cups Chicken Broth
- 1/3 cup Crushed Pineapple
- 1/2 cup Jasmine Rice
- 3/4 cup Orzo
- 1/4 cup Quinoa
- 2 tbsps Salsa

Baking

- 1 1/2 cups Oats

Bread, Fish, Meat & Cheese

- 113 grams Beef Brisket
- 113 grams Canned Mackerel
- 907 grams Chicken Breast
- 1 Cod Fillet
- 113 grams Extra Lean Ground Chicken
- 1/2 cup Goat Cheese
- 2 tbsps Parmigiano Reggiano
- 170 grams Prosciutto

Condiments & Oils

- 1 1/2 tps Apple Cider Vinegar
- 1/4 cup Extra Virgin Olive Oil
- 2 1/4 tps Hoisin Sauce
- 1 1/2 tps Tamari

Cold

- 1 1/3 tbsps Butter
- 3 3/4 cups Cottage Cheese
- 1/3 cup Cow's Milk, Whole
- 1/2 cup Cream, Half & Half
- 1 1/3 Egg
- 1 cup Egg Whites
- 1 1/2 tps Orange Juice
- 3 cups Plain Coconut Milk
- 1 cup Plain Greek Yogurt
- 1 1/2 cups Unsweetened Almond Milk
- 1 1/2 tbsps Unsweetened Coconut Yogurt

Other

- 1 1/4 cups Vanilla Protein Powder
- 6 cups Water



Berry Avocado Smoothie

3 servings

5 minutes

Ingredients

3 cups Plain Coconut Milk
(unsweetened, from the box)
1 1/2 Zucchini (chopped, frozen)
3/4 cup Frozen Cauliflower
1 1/2 cups Frozen Berries
3/4 Avocado
3 tbsps Chia Seeds
3/4 cup Vanilla Protein Powder

Nutrition

Amount per serving	
Calories	367
Fat	17g
Carbs	33g
Fiber	13g
Sugar	18g
Protein	25g
Cholesterol	4mg
Sodium	95mg
Vitamin A	773IU
Vitamin C	57mg
Calcium	684mg
Iron	3mg

Directions

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

Notes

No Chia Seeds: Use flax seeds instead.

No Avocado: Use almond butter or sunflower seed butter instead.

Additional Toppings: Serve in a bowl and top with shredded coconut, granola, sliced banana or berries.

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



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.



Creamy Strawberry Overnight Oats

2 servings

8 hours

Ingredients

- 1/3 cup Cow's Milk, Whole
- 1 cup Oats
- 1 cup Plain Greek Yogurt
- 2 tsps Maple Syrup
- 1/4 cup Hemp Seeds
- 3/4 cup Strawberries (chopped)

Nutrition

Amount per serving	
Calories	414
Fat	16g
Carbs	46g
Fiber	6g
Sugar	12g
Protein	24g
Cholesterol	21mg
Sodium	92mg
Vitamin A	699IU
Vitamin C	39mg
Calcium	346mg
Iron	4mg

Directions

- 1 Add the milk, oats, yogurt, maple syrup, and hemp seeds to a large container. Stir well to combine. Seal and place in the fridge overnight, or for at least eight hours.
- 2 Store in the fridge until ready to eat. Serve with strawberries and enjoy!

Notes

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

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

More Flavor: Add a splash of vanilla or cinnamon.

Dairy-Free: Use coconut yogurt and dairy-free milk.



Cottage Cheese & Blueberry Sauce

3 servings

5 minutes

Ingredients

- 1 1/2 cups Blueberries (fresh or frozen, thawed)
- 2 1/4 cups Cottage Cheese

Nutrition

Amount per serving	
Calories	197
Fat	7g
Carbs	16g
Fiber	2g
Sugar	12g
Protein	18g
Cholesterol	27mg
Sodium	497mg
Vitamin A	260IU
Vitamin C	7mg
Calcium	135mg
Iron	0mg

Directions

- 1 Blend the blueberries in a mini food processor or with an immersion blender until your desired consistency is reached.
- 2 Serve the cottage cheese with the blended blueberries and enjoy!

Notes

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

Additional Toppings: Top with fresh fruit, crushed nuts, hemp seeds, or sweetener of your choice.



Post Workout Green Smoothie

4 servings

5 minutes

Ingredients

1/2 cup Vanilla Protein Powder
4 cups Water (cold)
1 Avocado
2 Banana (frozen)
4 cups Baby Spinach

Nutrition

Amount per serving	
Calories	182
Fat	8g
Carbs	20g
Fiber	6g
Sugar	8g
Protein	12g
Cholesterol	2mg
Sodium	51mg
Vitamin A	2924IU
Vitamin C	19mg
Calcium	119mg
Iron	1mg

Directions

1

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

Notes

No Spinach: Use kale instead.

No Protein Powder: Add a few spoonfuls of hemp seeds.



Hoisin Chicken Soba Noodle Salad

1 serving
15 minutes

Ingredients

50 grams Buckwheat Soba Noodles
1 1/2 tbsps Chicken Broth (divided)
113 grams Extra Lean Ground Chicken
3/4 tsp Ginger (fresh, grated)
1 Garlic (cloves, minced)
1 stalk Green Onion (thinly chopped, plus more for garnish)
2 1/4 tps Hoisin Sauce
1 1/2 tps Orange Juice
1/4 Carrot (large, shredded)
3 leaves Romaine (large, chopped)

Nutrition

Amount per serving	
Calories	453
Fat	11g
Carbs	48g
Fiber	4g
Sugar	6g
Protein	28g
Cholesterol	98mg
Sodium	519mg
Vitamin A	10361IU
Vitamin C	11mg
Calcium	57mg
Iron	2mg

Directions

- 1 Cook the noodles according to the package directions. Drain, rinse under cold water, and set aside.
- 2 Heat a large non-stick pan over medium-high heat. Add 1/3 of the broth and chicken, breaking it up as it cooks. Cook for five to seven minutes or until the chicken is cooked through. Set aside.
- 3 In the same pan, heat half of the remaining broth. Sauté the ginger and garlic for 30 seconds, or until fragrant. Add the green onions, hoisin sauce, orange juice, and cooked chicken. Add the remaining broth as needed. Mix well and cook for two more minutes. Stir in the carrots.
- 4 In a large bowl, mix the noodles and chicken mixture with the romaine. Enjoy!

Notes

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

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

More Flavor: Add cilantro, sriracha, and/or tamari.



Cottage Cheese & Mashed Banana

2 servings

5 minutes

Ingredients

- 1 1/2 cups Cottage Cheese
- 1 Banana (mashed)

Nutrition

Amount per serving	
Calories	207
Fat	7g
Carbs	19g
Fiber	2g
Sugar	11g
Protein	18g
Cholesterol	27mg
Sodium	497mg
Vitamin A	258IU
Vitamin C	5mg
Calcium	134mg
Iron	0mg

Directions

- 1 Serve the cottage cheese with the mashed banana and enjoy!

Notes

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

Additional Toppings: Top with fresh fruit, crushed nuts, hemp seeds, or sweetener of your choice.



Figs, Goat Cheese & Prosciutto

4 servings

5 minutes

Ingredients

- 8 Fig (halved)
- 170 grams Prosciutto (thinly sliced)
- 1/2 cup Goat Cheese

Nutrition

Amount per serving	
Calories	200
Fat	9g
Carbs	20g
Fiber	3g
Sugar	17g
Protein	13g
Cholesterol	35mg
Sodium	856mg
Vitamin A	142IU
Vitamin C	2mg
Calcium	45mg
Iron	1mg

Directions

- 1 Arrange the figs, prosciutto, and goat cheese on a plate and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one day.

More Flavor: Drizzle with honey and/or chili flakes.

Additional Toppings: Serve with crackers.

Dairy-Free: Use dairy-free cheese. Omit the cheese and use hummus.



Cajun Chicken Meal Prep Bowl

2 servings
40 minutes

Ingredients

227 grams Chicken Breast (skinless, boneless)
1 tbsp Extra Virgin Olive Oil (divided)
1 tbsp Cajun Seasoning
1/2 cup Jasmine Rice (uncooked)
1 1/2 tbsps Unsweetened Coconut Yogurt
1 tbsp Lime Juice
1 1/2 tpsps Cilantro (chopped)
7 leaves Romaine (chopped)
1/2 cup Cherry Tomatoes (halved)
2 2/3 tbsps Red Onion (sliced thin)

Nutrition

Amount per serving	
Calories	391
Fat	10g
Carbs	45g
Fiber	4g
Sugar	3g
Protein	30g
Cholesterol	82mg
Sodium	1744mg
Vitamin A	8901IU
Vitamin C	12mg
Calcium	69mg
Iron	2mg

Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Lay the chicken breast on the baking sheet. Drizzle with half of the oil and sprinkle with cajun seasoning. Place in the oven for about 30 minutes, or until cooked through.
- 3 Meanwhile, cook the rice according to the directions on the package.
- 4 In a small bowl, add the yogurt, lime juice, cilantro, and remaining oil and mix well.
- 5 Divide the rice and chicken into bowls and add the romaine, cherry tomatoes, and red onion. Store the dressing separately and toss to combine when ready to eat. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
No Coconut Yogurt: Use Greek yogurt instead.
No Romaine: Use another green such as spinach or arugula.
No Cilantro: Omit or use another herb such as chives.
More Flavor: Add salt and pepper to the dressing and/or to the rice.



Cod & Potato Cakes

2 servings
45 minutes

Ingredients

- 2 2/3 Yellow Potato (large, cubed)
- 1 Cod Fillet
- 1 1/3 Egg (whisked)
- 1/3 Yellow Onion (medium, diced)
- 1/3 tsp Garlic Powder
- 1/3 tsp Sea Salt
- 1 1/3 tbsps Butter (unsalted, divided)
- 1 1/3 tbsps Parsley (optional)

Nutrition

Amount per serving	
Calories	439
Fat	12g
Carbs	52g
Fiber	7g
Sugar	4g
Protein	31g
Cholesterol	194mg
Sodium	524mg
Vitamin A	682IU
Vitamin C	60mg
Calcium	84mg
Iron	4mg

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Bring a pot of water with a steaming basket to a boil. Add the potatoes, cover, and steam for 15 minutes, or until fork-tender.
- 3 While the potatoes are steaming, add the cod fillets to the prepared baking sheet and bake for 12 to 15 minutes.
- 4 Remove the potatoes from the steaming basket and transfer them to a large mixing bowl. Add the eggs, onion, garlic powder, salt, and half of the butter. Mash until smooth. Once the cod has finished baking, chop it finely and stir it into the potato mixture until well combined.
- 5 Create your cod and potato cakes by forming patties approximately two inches in diameter and 1/2 inch thick.
- 6 Warm the remaining butter in a pan and transfer the cakes to the pan. Cook for five minutes on each side, until browned and slightly crispy. Work in batches if needed.
- 7 Garnish with parsley if desired, serve, and enjoy!

Notes

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

Serving Size: One serving is equal to approximately three cod and potato cakes.

Additional Toppings: Tartar sauce, aioli, or fried eggs.

Dairy-Free: Use coconut oil instead of butter.



One Pan Lemon Chicken

2 servings
35 minutes

Ingredients

227 grams Chicken Breast (skinless and boneless)
2 cups Mini Potatoes (halved)
2 cups Brussels Sprouts (halved)
2 tbsps Extra Virgin Olive Oil
1 tbsp Lemon Juice
1 tbsp Rosemary (fresh, chopped)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	411
Fat	17g
Carbs	35g
Fiber	7g
Sugar	3g
Protein	32g
Cholesterol	82mg
Sodium	82mg
Vitamin A	726IU
Vitamin C	107mg
Calcium	64mg
Iron	3mg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Place the chicken breast, potatoes and brussels sprouts on the pan.
- 2 In a small bowl, mix together the extra virgin olive oil, lemon juice, rosemary, sea salt and pepper. Mix well then drizzle over top of the chicken, potatoes, and brussels sprouts.
- 3 Bake for 25 to 30 minutes or until the chicken is cooked through. Divide onto plates and enjoy!

Notes

No Brussels Sprouts: Use another green veggie instead such as green beans, asparagus or broccoli.

No Chicken Breasts: Use chicken legs or thighs instead and increase cooking time as needed.

More Flavor: Add spices such as oregano, thyme, or chili flakes.

No Mini Potatoes: Use diced regular potatoes.

Additional Toppings: Add lemon slices, zest from one lemon, and fresh rosemary.



Lemon Dill Chicken with Rice & Kale Salad

2 servings
45 minutes

Ingredients

- 1/4 tsp Dried Dill
- 1/4 tsp Lemon Zest
- 1/8 tsp Garlic Powder
- 1/8 tsp Sea Salt
- 3 tbsps Lemon Juice (divided)
- 227 grams Chicken Breast
- 1/2 cup Brown Rice (dry)
- 3 cups Kale Leaves (finely chopped)
- 1 tbsp Extra Virgin Olive Oil
- 1 Carrot (small, peeled and grated)

Nutrition

Amount per serving	
Calories	395
Fat	12g
Carbs	41g
Fiber	4g
Sugar	3g
Protein	30g
Cholesterol	82mg
Sodium	239mg
Vitamin A	6654IU
Vitamin C	40mg
Calcium	104mg
Iron	2mg

Directions

- 1 Add the dill, lemon zest, garlic powder, salt and 1/3 of the lemon juice to a zipper-lock bag or bowl and mix to combine. Add the chicken breast and marinate for at least 15 minutes.
- 2 Cook the rice according to package directions.
- 3 Preheat the oven to 400°F (205°C).
- 4 Add the chicken to a baking dish and bake for 25 to 28 minutes or until the chicken is cooked through.
- 5 Meanwhile, add the kale to a bowl with the remaining lemon juice and the olive oil and massage with your hands until the kale is wilted and tender. Mix in the grated carrots.
- 6 To serve, divide the rice and chicken salad between plates and enjoy!

Notes

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

More Flavor: Add other dried herbs and spices to the chicken marinade.

Additional Toppings: Lemon wedges or fresh herbs.

No Brown Rice: Use cauliflower rice, white rice, or quinoa.



One Pot Snap Pea & Mackerel Orzo

2 servings
25 minutes

Ingredients

- 3/4 cup Orzo
- 1 1/2 cups Water
- 1/2 cup Cream, Half & Half
- 1/2 Lemon (juiced)
- 3/4 cup Snap Peas (chopped)
- 2 tbsps Parmigiano Reggiano (reserve some for garnish)
- 113 grams Canned Mackerel (drained and flaked)
- 1 tbsp Fresh Dill (chopped)

Nutrition

Amount per serving	
Calories	367
Fat	13g
Carbs	37g
Fiber	3g
Sugar	6g
Protein	23g
Cholesterol	72mg
Sodium	303mg
Vitamin A	545IU
Vitamin C	11mg
Calcium	309mg
Iron	3mg

Directions

- 1 In a large skillet over medium heat, add the orzo, water, cream, and lemon juice. Cook for 15 minutes until the orzo is al dente, being sure to stir often to avoid having the orzo stick to the skillet.
- 2 Add the remaining ingredients and cook for two to three minutes or until the peas are slightly softened.
- 3 Divide the orzo evenly between plates and garnish with the remaining parmesan. Enjoy!

Notes

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

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

More Flavor: Add minced garlic and/or shallots to the orzo while cooking.

Gluten-Free: Use a short gluten-free pasta and adjust the liquid as needed.

Dairy-Free: Omit the cream and parmesan and use coconut cream and dairy-free cheese.



Pressure Cooker Chicken Taco Stuffed Sweet Potato

2 servings
50 minutes

Ingredients

- 2 Sweet Potato (medium, pierced with a fork)
- 227 grams Chicken Breast (skinless and boneless)
- 1 tsp Chili Powder
- 1/2 tsp Cumin (ground)
- 1/2 tsp Smoked Paprika
- 1 cup Chicken Broth
- 2 tbsps Salsa
- 1/2 Avocado (mashed)
- 1 tbsp Cilantro (optional, chopped)
- 1 Jalapeno Pepper (optional, sliced)

Nutrition

Amount per serving	
Calories	349
Fat	11g
Carbs	34g
Fiber	9g
Sugar	7g
Protein	30g
Cholesterol	85mg
Sodium	743mg
Vitamin A	19422IU
Vitamin C	17mg
Calcium	72mg
Iron	2mg

Directions

- 1 Preheat the oven to 400°F (204°C) and place the sweet potato on a pan. Bake for 40 to 45 minutes, or until cooked through.
- 2 Add the chicken breast, chili powder, cumin, smoked paprika and chicken broth to your pressure cooker. Set to "sealing" then press manual/pressure cooker and cook for 10 minutes on high pressure. Once it is done, press cancel and let the pressure release naturally (this can take 15 minutes or so).
- 3 Remove the lid carefully. Remove the chicken and shred it with two forks.
- 4 When the sweet potatoes are finished cooking, slice them down the middle and top with the shredded chicken, salsa, mashed avocado, cilantro and sliced jalapeño. Enjoy!

Notes

Dairy Lover: Top the stuffed sweet potato with shredded cheese, yogurt or sour cream.

Meal Prep: Cook the sweet potatoes ahead of time for a quick weeknight meal.

Leftovers: Keep in a sealed container in the fridge for 3 to 4 days.



Slow Cooker Hawaiian Beef

1 serving

6 hours

Ingredients

- 113 grams Beef Brisket
- 3/4 Red Bell Pepper (sliced)
- 1/3 cup Crushed Pineapple (canned, packed in pineapple juice)
- 2 tbsps Red Onion (finely diced)
- 1 1/2 tsps Apple Cider Vinegar
- 1 1/2 tsps Tamari
- 1/2 Garlic (cloves, minced)
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Water
- 1/4 cup Quinoa (dry)

Nutrition

Amount per serving	
Calories	427
Fat	11g
Carbs	50g
Fiber	6g
Sugar	16g
Protein	32g
Cholesterol	70mg
Sodium	609mg
Vitamin A	2801IU
Vitamin C	125mg
Calcium	53mg
Iron	5mg

Directions

- 1 Place beef in the slow cooker surrounded by sliced red peppers.
- 2 Drain the juice from the pineapple into a small bowl. Pour the pineapple on top of the beef and sprinkle red onion over top.
- 3 Mix the pineapple juice with the apple cider vinegar, tamari, garlic, sea salt and pepper. Whisk and pour over the beef and peppers.
- 4 Slow cook on high for 3-4 hours, or low for 6-8 hours.
- 5 Before serving, make the quinoa by bringing the water to a boil. Add the quinoa, reduce to a simmer, cover and cook for 15 minutes. Remove from the heat and let stand for 5 minutes before fluffing with a fork.
- 6 To serve, divide quinoa and red peppers between plates. Top with shredded beef. Enjoy!

Notes

Make it Paleo: Replace the tamari with coconut aminos. Skip the quinoa and serve with roasted sweet potatoes instead.

Storage: Store in an airtight container in the fridge up to 3 days.

Save Time: Cook the quinoa in advance and reheat before serving.