















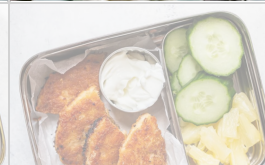








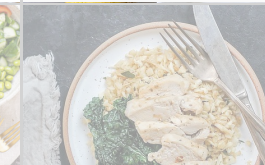
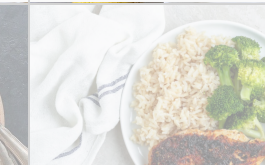












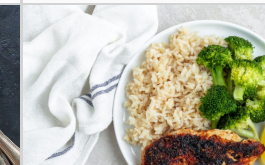

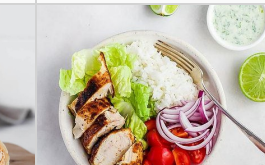

























EXERCISE
with Style

1500 Calorie Meal Plan
40/40/20 PDF

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Blackberry Protein Overnight Oats	 Blackberry Protein Overnight Oats	 Blackberry Protein Overnight Oats	 Simple Vanilla Protein Shake	 Simple Vanilla Protein Shake	 Mocha Smoothie	 Mocha Smoothie
	 Greek Yogurt	 Greek Yogurt	 Greek Yogurt	 Stone Fruit Salad with Cottage Cheese	 Stone Fruit Salad with Cottage Cheese	 Egg Whites	 Egg Whites
Snack 1	 0.5 Salmon Burger Bites with Cucumber & Pineapple	 Salmon Burger Bites with Cucumber & Pineapple	 0.5 Salmon Burger Bites with Cucumber & Pineapple	 Yogurt with Pear	 Yogurt with Pear	 Yogurt with Pear	 Yogurt with Pear
	 Hoisin Chicken Soba Noodle Salad	 Seared Cod & Lemon White Beans	 Chicken & Chickpea Pasta Salad	 Deconstructed Pork Spring Roll Bowls	 Riced Parsnip & Chicken	 Blackened Chicken with Rice & Broccoli	 Chicken & Black Bean Wraps
Snack 2	 Pineapple Turmeric Smoothie	 Pineapple Turmeric Smoothie	 Pineapple Turmeric Smoothie	 Yogurt & Mixed Berry Sauce	 Yogurt & Mixed Berry Sauce	 Yogurt & Mixed Berry Sauce	 Yogurt & Mixed Berry Sauce
	 Seared Cod & Lemon White Beans	 Chicken & Chickpea Pasta Salad	 Deconstructed Pork Spring Roll Bowls	 Riced Parsnip & Chicken	 Blackened Chicken with Rice & Broccoli	 Chicken & Black Bean Wraps	 Cajun Chicken Meal Prep Bowl
Dinner							

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  22%	Fat  23%	Fat  23%	Fat  22%	Fat  20%	Fat  23%	Fat  24%
Carbs  42%	Carbs  37%	Carbs  40%	Carbs  39%	Carbs  41%	Carbs  42%	Carbs  42%
Protein  36%	Protein  40%	Protein  37%	Protein  39%	Protein  39%	Protein  35%	Protein  34%
Calories 1578	Calories 1609	Calories 1557	Calories 1575	Calories 1485	Calories 1547	Calories 1569
Fat 39g	Fat 41g	Fat 40g	Fat 38g	Fat 34g	Fat 40g	Fat 42g
Carbs 162g	Carbs 154g	Carbs 159g	Carbs 157g	Carbs 155g	Carbs 163g	Carbs 166g
Fiber 36g	Fiber 40g	Fiber 33g	Fiber 23g	Fiber 22g	Fiber 27g	Fiber 27g
Sugar 37g	Sugar 42g	Sugar 44g	Sugar 74g	Sugar 67g	Sugar 52g	Sugar 53g
Protein 139g	Protein 166g	Protein 147g	Protein 156g	Protein 147g	Protein 139g	Protein 137g
Cholesterol 240mg	Cholesterol 271mg	Cholesterol 250mg	Cholesterol 303mg	Cholesterol 287mg	Cholesterol 224mg	Cholesterol 224mg
Sodium 1634mg	Sodium 1550mg	Sodium 1415mg	Sodium 1361mg	Sodium 1481mg	Sodium 1995mg	Sodium 3096mg
Vitamin A 13430IU	Vitamin A 3792IU	Vitamin A 4904IU	Vitamin A 8318IU	Vitamin A 6620IU	Vitamin A 3497IU	Vitamin A 11797IU
Vitamin C 143mg	Vitamin C 160mg	Vitamin C 187mg	Vitamin C 205mg	Vitamin C 230mg	Vitamin C 145mg	Vitamin C 74mg
Calcium 1780mg	Calcium 1847mg	Calcium 1698mg	Calcium 1682mg	Calcium 1653mg	Calcium 1692mg	Calcium 1708mg
Iron 13mg	Iron 16mg	Iron 16mg	Iron 10mg	Iron 8mg	Iron 9mg	Iron 9mg

Fruits

- 2 Banana
- 1 1/2 cups Blackberries
- 1/2 cup Cherries
- 2/3 Lemon
- 1 tbsp Lemon Juice
- 2 1/2 tsps Lime Juice
- 1/2 Mango
- 1 Nectarine
- 2 Pear
- 3 2/3 cups Pineapple

Breakfast

- 1/2 cup Coffee

Seeds, Nuts & Spices

- 2 1/2 tsps Cajun Seasoning
- 3 tbsps Chia Seeds
- 1 tbsp Cinnamon
- 1/4 tsp Garlic Powder
- 2/3 tsp Italian Seasoning
- 1/2 tsp Oregano
- 1/2 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1/2 tsp Taco Seasoning
- 1 1/2 tsps Turmeric

Frozen

- 2 cups Frozen Berries
- 2/3 cup Frozen Edamame
- 12 Ice Cubes
- 180 grams Salmon Burger Patty

Vegetables

- 2 1/2 cups Arugula
- 1 tbsp Basil Leaves
- 2 cups Broccoli
- 1/4 Carrot
- 1 1/3 cups Cherry Tomatoes
- 3/4 tsp Cilantro
- 1 1/8 Cucumber
- 3/4 tsp Fresh Sage
- 2 Garlic
- 1 3/4 tbsps Ginger
- 1/3 head Green Lettuce
- 1 stalk Green Onion
- 4 cups Kale Leaves
- 1/3 cup Mint Leaves
- 2 Parsnip
- 2/3 Red Bell Pepper
- 2 2/3 tbsps Red Onion
- 6 1/2 leaves Romaine
- 1/3 cup Thai Basil
- 1 tsp Thyme

Boxed & Canned

- 3/4 cup Black Beans
- 1/2 cup Brown Rice
- 50 grams Buckwheat Soba Noodles
- 1/2 cup Chicken Broth
- 85 grams Chickpea Pasta
- 1/4 cup Jasmine Rice
- 66 grams Rice Vermicelli Noodles
- 1 cup White Navy Beans

Baking

- 2 tbsps Cocoa Powder
- 1 1/3 tbsps Honey
- 1 1/2 cups Oats
- 2 tsps Vanilla Extract

Bread, Fish, Meat & Cheese

- 983 grams Chicken Breast
- 142 grams Chicken Breast, Cooked
- 2 Cod Fillet
- 113 grams Extra Lean Ground Chicken
- 303 grams Pork Tenderloin
- 2 Whole Wheat Tortilla

Condiments & Oils

- 2 1/2 tbsps Avocado Oil
- 1 3/4 tbsps Extra Virgin Olive Oil
- 2 1/4 tsps Hoisin Sauce
- 1 tbsp Mayonnaise
- 3 1/2 tbsps Peanut Sauce
- 2 2/3 tbsps Pitted Kalamata Olives

Cold

- 1 cup Cottage Cheese
- 1 cup Egg Whites
- 1 1/2 tsps Orange Juice
- 9 1/8 cups Plain Greek Yogurt
- 9 1/3 cups Unsweetened Almond Milk
- 2 1/4 tsps Unsweetened Coconut Yogurt

Other

- 2 1/8 cups Vanilla Protein Powder



Blackberry Protein Overnight Oats

3 servings

8 hours

Ingredients

3 cups Unsweetened Almond Milk
1 1/2 cups Oats (quick or rolled)
3 tbsps Chia Seeds
1/3 cup Vanilla Protein Powder
1 tbsp Cinnamon
1 1/2 cups Blackberries

Nutrition

Amount per serving	
Calories	319
Fat	9g
Carbs	43g
Fiber	15g
Sugar	4g
Protein	19g
Cholesterol	2mg
Sodium	185mg
Vitamin A	661IU
Vitamin C	15mg
Calcium	653mg
Iron	4mg

Directions

- 1 Add the almond milk, oats, chia seeds, protein powder, and cinnamon in a bowl or container. Stir well to combine and refrigerate overnight.
- 2 To serve, stir well and top with blackberries. Enjoy!

Notes

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

Nut-Free: Use another milk or milk alternative instead.

Additional Toppings: Stir in additional almond milk or top with a dollop of greek yogurt.

No Blackberries: Use other fresh berries fruit instead.

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



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.



Simple Vanilla Protein Shake

2 servings

5 minutes

Ingredients

- 1 1/3 cups Unsweetened Almond Milk
- 1/2 cup Vanilla Protein Powder
- 12 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.



Stone Fruit Salad with Cottage Cheese

2 servings
10 minutes

Ingredients

- 1 cup Cottage Cheese
- 1/2 cup Cherries (pitted, halved)
- 1/2 Mango (peeled, chopped)
- 1 Nectarine (pit removed, chopped)
- 1 tsp Basil Leaves (chopped)

Nutrition

Amount per serving	
Calories	209
Fat	5g
Carbs	30g
Fiber	3g
Sugar	25g
Protein	14g
Cholesterol	18mg
Sodium	332mg
Vitamin A	1386IU
Vitamin C	37mg
Calcium	108mg
Iron	1mg

Directions

1

Divide the cottage cheese onto plates and top with cherries, mango and nectarine. Garnish with fresh basil and enjoy!

Notes

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

Serving Size: One serving equals approximately two cups.

No Fresh Fruit: Use frozen, thawed fruit instead.

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

Additional Toppings: Balsamic glaze, olive oil, sea salt, pepper, hemp seeds, and/or crushed nuts.



Mocha Smoothie

2 servings

5 minutes

Ingredients

2 cups Unsweetened Almond Milk
1/2 cup Coffee (brewed)
2 Banana (medium)
1/2 cup Vanilla Protein Powder
2 tbsps Cocoa Powder
2 tsps Vanilla Extract

Nutrition

Amount per serving	
Calories	244
Fat	4g
Carbs	33g
Fiber	7g
Sugar	15g
Protein	22g
Cholesterol	4mg
Sodium	202mg
Vitamin A	575IU
Vitamin C	10mg
Calcium	579mg
Iron	2mg

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.



Egg Whites

2 servings

5 minutes

Ingredients

- 1 tbsp Avocado Oil
- 1 cup Egg Whites
- 1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	125
Fat	7g
Carbs	1g
Fiber	0g
Sugar	1g
Protein	13g
Cholesterol	0mg
Sodium	497mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	9mg
Iron	0mg

Directions

- 1 Heat the oil in a pan over medium to high heat.
- 2 Add egg whites to the skillet and season with salt. Gently stir until cooked through, about 3 to 4 minutes. Adjust salt as needed.

Notes

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

More Flavor: Add nutritional yeast, mayonnaise, garlic powder, onion powder, za'atar or other dried herbs and spices.

Serve it With: Toast, spiralized veggies, sweet potato toast, bacon, sausages or beans.

Make it Vegan: Use crumbled firm tofu instead of egg whites.



Salmon Burger Bites with Cucumber & Pineapple

2 servings
20 minutes

Ingredients

180 grams Salmon Burger Patty
1/2 cup Plain Greek Yogurt
1/2 Cucumber (medium, sliced)
2/3 cup Pineapple (chopped)

Nutrition

Amount per serving	
Calories	203
Fat	5g
Carbs	22g
Fiber	3g
Sugar	11g
Protein	20g
Cholesterol	38mg
Sodium	245mg
Vitamin A	423IU
Vitamin C	32mg
Calcium	144mg
Iron	1mg

Directions

- 1 Cook the salmon burger patty according to package instructions. Cut into slices.
- 2 Arrange the salmon burger patty, yogurt, cucumber, and pineapple in a bento box. Refrigerate until ready to serve. Enjoy!

Notes

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

Salmon Burger Patty: One salmon burger patty is 90 grams or 3.2 ounces.



Yogurt with Pear

4 servings
5 minutes

Ingredients

2 Pear (halved and cored)
4 cups Plain Greek Yogurt

Nutrition

Amount per serving	
Calories	232
Fat	5g
Carbs	26g
Fiber	3g
Sugar	15g
Protein	22g
Cholesterol	34mg
Sodium	141mg
Vitamin A	1272IU
Vitamin C	19mg
Calcium	507mg
Iron	1mg

Directions

- 1 Divide yogurt into bowls. Top with pear and enjoy!

Notes

Dairy-Free: Use coconut or almond yogurt instead of Greek yogurt.

No Pear: Use any type of fresh fruit instead.

Likes it Sweet: Drizzle with honey or maple syrup.



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.



Pineapple Turmeric Smoothie

3 servings

5 minutes

Ingredients

3 cups Unsweetened Almond Milk
3 cups Pineapple (diced into chunks)
1 1/2 tbsps Ginger (peeled and grated)
3/4 cup Vanilla Protein Powder
1 1/2 tsps Turmeric (powder)

Nutrition

Amount per serving	
Calories	204
Fat	3g
Carbs	26g
Fiber	4g
Sugar	16g
Protein	21g
Cholesterol	4mg
Sodium	201mg
Vitamin A	595IU
Vitamin C	79mg
Calcium	589mg
Iron	2mg

Directions

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

Notes

Storage: Refrigerate in a sealed jar overnight. Shake before drinking.

No Pineapple: Use mango, peaches or banana instead.



Yogurt & Mixed Berry Sauce

4 servings

5 minutes

Ingredients

- 2 cups Frozen Berries (thawed)
- 3 cups Plain Greek Yogurt
- 1 1/3 tbsps Honey

Nutrition

Amount per serving	
Calories	196
Fat	4g
Carbs	25g
Fiber	3g
Sugar	17g
Protein	17g
Cholesterol	25mg
Sodium	105mg
Vitamin A	937IU
Vitamin C	31mg
Calcium	388mg
Iron	1mg

Directions

- 1 Blend the mixed berries in a food processor until your desired consistency is reached.
- 2 Serve the yogurt with blended berries and honey. Enjoy!

Notes

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

Additional Toppings: Top with fresh fruit, crushed nuts, or hemp seeds.



Seared Cod & Lemon White Beans

2 servings
20 minutes

Ingredients

- 2 Cod Fillet
- 1/8 tsp Sea Salt
- 1 tbsp Avocado Oil
- 1 Garlic (cloves, minced)
- 1 tsp Thyme (fresh, minced)
- 1/3 cup Cherry Tomatoes (halved)
- 1/3 cup Chicken Broth
- 1 cup White Navy Beans
- 2 1/2 cups Arugula
- 1 tbsp Lemon Juice
- 2 2/3 tbsps Pitted Kalamata Olives

Nutrition

Amount per serving	
Calories	410
Fat	11g
Carbs	28g
Fiber	11g
Sugar	2g
Protein	50g
Cholesterol	100mg
Sodium	536mg
Vitamin A	976IU
Vitamin C	15mg
Calcium	159mg
Iron	4mg

Directions

- 1 Season the cod with sea salt and preheat a skillet over medium heat. Add the avocado oil to the pan then add the cod. Cook for 4 minutes per side, until cooked through. Remove from the pan and set aside.
- 2 In the same pan, reduce the heat to medium-low and add the garlic. Cook for one minute, then add the thyme and cherry tomatoes. Cook for 2 to 3 minutes. Add the chicken broth and beans and let it simmer for 3 to 5 minutes. Add the arugula, lemon juice and olives and stir until the arugula is wilted.
- 3 Divide the bean and vegetable mix between plates and top with the cod. Enjoy!

Notes

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

No Chicken Broth: Use vegetable broth instead.

No Avocado Oil: Use extra virgin olive oil instead.

No Arugula: Use spinach or kale instead.

Fillet Size: One fillet is equal to 231 grams or 8 ounces.

Serving Size: One serving is one cod fillet with approximately 3/4 cups of bean mixture.



Chicken & Chickpea Pasta Salad

2 servings
20 minutes

Ingredients

85 grams Chickpea Pasta (dry)
2 tps Extra Virgin Olive Oil
302 grams Chicken Breast (cubed)
2/3 tsp Italian Seasoning
1/8 tsp Sea Salt
2/3 cup Cherry Tomatoes (halved)
1/3 Cucumber (quartered)
1 1/3 tbsps Red Onion (thinly sliced)
1/3 Lemon (zested and juiced)

Nutrition

Amount per serving	
Calories	383
Fat	11g
Carbs	29g
Fiber	7g
Sugar	6g
Protein	45g
Cholesterol	110mg
Sodium	313mg
Vitamin A	512IU
Vitamin C	12mg
Calcium	52mg
Iron	5mg

Directions

- 1 Cook the pasta according to the package directions. Drain and set aside.
- 2 Heat a skillet over medium heat and add the oil. Add the chicken and season with the Italian seasoning and salt. Cook for about five to seven minutes or until cooked through.
- 3 In a bowl, combine the pasta, chicken with its juices, tomatoes, cucumber, and red onion. Top with lemon juice and zest and toss well to coat. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for three days.

Serving Size: One serving is about 1 1/2 cups of pasta salad.

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

More Flavor: Add crumbled feta, goat cheese, garlic and/or balsamic vinegar.



Deconstructed Pork Spring Roll Bowls

2 servings
35 minutes

Ingredients

- 302 grams Pork Tenderloin
- 2/3 cup Frozen Edamame
- 66 grams Rice Vermicelli Noodles (dry)
- 1/3 head Green Lettuce (leaves separated and chopped)
- 1/3 Cucumber (large, chopped)
- 2/3 Red Bell Pepper (medium, chopped)
- 1/3 cup Thai Basil (chopped)
- 1/3 cup Mint Leaves (chopped)
- 3 1/2 tbsps Peanut Sauce

Nutrition

Amount per serving	
Calories	459
Fat	12g
Carbs	44g
Fiber	5g
Sugar	9g
Protein	41g
Cholesterol	98mg
Sodium	523mg
Vitamin A	2299IU
Vitamin C	58mg
Calcium	82mg
Iron	4mg

Directions

- 1 Bring a pot of water to a boil and add the pork tenderloin. Cover with a lid and cook for 30 minutes, or until it's cooked through. Slice into strips.
- 2 Meanwhile, cook the edamame according to the package directions, and reserve the water. Cook the rice vermicelli noodles in the edamame water according to the package directions.
- 3 Divide the lettuce, cucumber, red pepper, noodles, edamame, pork, basil, and mint evenly between bowls. Add the peanut sauce and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Keep the peanut sauce separate.

Serving Size: One serving is approximately 1 3/4 cups.

Make it Vegan: Use tempeh or tofu in place of the pork.

Additional Toppings: Toasted sesame seeds or cashews.



Riced Parsnip & Chicken

2 servings
25 minutes

Ingredients

- 2 Parsnip (peeled, chopped)
- 2 tsps Extra Virgin Olive Oil (divided)
- 3/4 tsp Fresh Sage (loosely packed)
- 340 grams Chicken Breast (skinless and boneless)
- 1/2 tsp Oregano (dried)
- 1/4 tsp Garlic Powder
- 4 cups Kale Leaves (roughly chopped)

Nutrition

Amount per serving	
Calories	374
Fat	10g
Carbs	30g
Fiber	8g
Sugar	8g
Protein	42g
Cholesterol	124mg
Sodium	115mg
Vitamin A	2091IU
Vitamin C	60mg
Calcium	183mg
Iron	2mg

Directions

- 1 Add the chopped parsnips to a blender or food processor and process until it resembles rice, about 30 seconds.
- 2 In a skillet over medium-low heat, add half the extra virgin olive oil and the sage. Fry until the sage leaves are crispy, about 3 to 4 minutes. Remove the sage, roughly chop it and set aside. Add the parsnip rice to the skillet and cook for about 5 to 7 minutes, until cooked through. Remove and set aside.
- 3 Season the chicken on all sides with the oregano and garlic. In the same skillet over medium heat, add the remaining extra virgin olive oil and the chicken. Cook for 8 to 10 minutes. Remove, slice the chicken, and add it back to the pan to cook for 1 to 2 minutes more, until cooked through. Remove and set aside.
- 4 Add the kale to the skillet and cook over medium low heat, until just wilted, about 1 to 2 minutes.
- 5 Plate the parsnip rice, and top with the kale, sliced chicken and sage. Enjoy!

Notes

- Leftovers:** Refrigerate in an airtight container for up to three days.
- No Kale:** Use another leafy green such as Swiss chard or spinach.



Blackened Chicken with Rice & Broccoli

2 servings
30 minutes

Ingredients

- 1/2 cup Brown Rice (dry)
- 227 grams Chicken Breast
- 1 tsp Cajun Seasoning
- Sea Salt & Black Pepper (to taste)
- 1 1/2 tsps Avocado Oil
- 2 cups Broccoli (cut into florets)
- 1/4 Lemon (cut into wedges, optional)

Nutrition

Amount per serving	
Calories	369
Fat	8g
Carbs	42g
Fiber	4g
Sugar	2g
Protein	32g
Cholesterol	82mg
Sodium	643mg
Vitamin A	601IU
Vitamin C	83mg
Calcium	53mg
Iron	2mg

Directions

- 1 Cook the rice according to package directions.
- 2 Cut the chicken breast(s) in half lengthwise. Season both sides of the chicken cutlets with the cajun seasoning, salt and pepper to taste.
- 3 Heat the oil in a cast iron, or heavy skillet, over medium heat. Add the seasoned chicken and cook for four to five minutes per side or until blackened and cooked through. If the chicken is blackening too quickly, reduce the heat slightly.
- 4 Meanwhile, add the broccoli to a steamer basket over boiling water and steam for about five minutes or until desired doneness is reached.
- 5 To serve, divide the rice, chicken, and broccoli evenly between plates or meal prep containers and serve with lemon wedges to squeeze over the chicken if desired. 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.

No Chicken Breast: Use chicken thighs, fish fillets, or pork chops instead.

No Brown Rice: Use white rice, quinoa, cauliflower rice, or roasted or mashed potatoes instead.



Chicken & Black Bean Wraps

2 servings
15 minutes

Ingredients

3/4 cup Black Beans (cooked, rinsed)
1/2 tsp Taco Seasoning
2 tbsps Plain Greek Yogurt
1 tbsp Mayonnaise
1 tsp Lime Juice
142 grams Chicken Breast, Cooked (shredded)
Sea Salt & Black Pepper (to taste)
2 Whole Wheat Tortilla (large)

Nutrition

Amount per serving	
Calories	381
Fat	12g
Carbs	36g
Fiber	10g
Sugar	2g
Protein	33g
Cholesterol	79mg
Sodium	407mg
Vitamin A	112IU
Vitamin C	2mg
Calcium	156mg
Iron	3mg

Directions

- 1 In a medium sized bowl, mix together the beans, taco seasoning, yogurt, mayonnaise, and lime juice.
- 2 Add the chicken and season with salt and pepper. Mix to combine.
- 3 Place the tortilla on a plate and top with the chicken and bean mixture. Fold in the sides of the tortilla and roll it up. Slice the wrap in half. 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: Add greens such as baby spinach, arugula, or kale. Or add avocado.

Gluten-Free: Use a gluten-free tortilla.

Dairy-Free: Use dairy-free unsweetened yogurt.



Cajun Chicken Meal Prep Bowl

1 serving
40 minutes

Ingredients

- 113 grams Chicken Breast (skinless, boneless)
- 1 1/2 tsps Extra Virgin Olive Oil (divided)
- 1 1/2 tsps Cajun Seasoning
- 1/4 cup Jasmine Rice (uncooked)
- 2 1/4 tsps Unsweetened Coconut Yogurt
- 1 1/2 tsps Lime Juice
- 3/4 tsp Cilantro (chopped)
- 3 1/2 leaves Romaine (chopped)
- 1/4 cup Cherry Tomatoes (halved)
- 1 1/3 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.