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with Style

1500 Calorie Meal Plan
50/30/20 PDF

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<https://exercisewithstyle.com>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Cinnamon Green Smoothie	 Cinnamon Green Smoothie	 Cinnamon Green Smoothie	 Tropical Breakfast Bowl	 Tropical Breakfast Bowl	 Mango Carrot Smoothie	 Mango Carrot Smoothie
Snack 1	 Salmon Burger Bites with Cucumber & Pineapple	 1.5 Salmon Burger Bites with Cucumber & Pineapple	 Salmon Burger Bites with Cucumber & Pineapple	 0.5 Yogurt & Papaya	 Yogurt & Papaya	 1.5 Yogurt & Papaya	 1.5 Yogurt & Papaya
Lunch	 Cucumber Soba Noodles with Tempeh	 Lemon Dill Chicken with Rice & Kale Salad	 Hummus-Crusted Chicken with Turmeric Rice	 Slow Cooker Beef Shank, Broccoli & Rice	 Meal Prep Greek Chicken Bowls	 Italian Chicken Meal Prep Bowls	 Salmon Nuggets with Peas
Snack 2	 Cherries & Greek Yogurt	 Cherries & Greek Yogurt	 Cherries & Greek Yogurt	 Sardine Toast with Tomato & Onion	 Sardine Toast with Tomato & Onion	 Sardine Toast with Tomato & Onion	 Sardine Toast with Tomato & Onion
Dinner	 Lemon Dill Chicken with Rice & Kale Salad	 Hummus-Crusted Chicken with Turmeric Rice	 Slow Cooker Beef Shank, Broccoli & Rice	 Meal Prep Greek Chicken Bowls	 Italian Chicken Meal Prep Bowls	 Salmon Nuggets with Peas	 One Pan Lemon Spiced Chicken & Potatoes

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  23%	Fat  22%	Fat  19%	Fat  23%	Fat  24%	Fat  22%	Fat  21%
Carbs  48%	Carbs  47%	Carbs  49%	Carbs  48%	Carbs  48%	Carbs  48%	Carbs  48%
Protein  29%	Protein  31%	Protein  32%	Protein  29%	Protein  28%	Protein  30%	Protein  31%
Calories 1530	Calories 1535	Calories 1536	Calories 1535	Calories 1504	Calories 1575	Calories 1537
Fat 38g	Fat 38g	Fat 33g	Fat 40g	Fat 41g	Fat 39g	Fat 36g
Carbs 183g	Carbs 185g	Carbs 194g	Carbs 185g	Carbs 180g	Carbs 194g	Carbs 187g
Fiber 18g	Fiber 21g	Fiber 20g	Fiber 19g	Fiber 19g	Fiber 31g	Fiber 32g
Sugar 56g	Sugar 56g	Sugar 51g	Sugar 48g	Sugar 55g	Sugar 71g	Sugar 72g
Protein 112g	Protein 125g	Protein 124g	Protein 110g	Protein 107g	Protein 120g	Protein 123g
Cholesterol 141mg	Cholesterol 267mg	Cholesterol 225mg	Cholesterol 215mg	Cholesterol 246mg	Cholesterol 276mg	Cholesterol 281mg
Sodium 1176mg	Sodium 1075mg	Sodium 837mg	Sodium 1570mg	Sodium 1571mg	Sodium 857mg	Sodium 1155mg
Vitamin A 10859IU	Vitamin A 14168IU	Vitamin A 9752IU	Vitamin A 6404IU	Vitamin A 9997IU	Vitamin A 20891IU	Vitamin A 16617IU
Vitamin C 111mg	Vitamin C 133mg	Vitamin C 124mg	Vitamin C 215mg	Vitamin C 228mg	Vitamin C 289mg	Vitamin C 339mg
Calcium 1236mg	Calcium 1222mg	Calcium 1221mg	Calcium 945mg	Calcium 949mg	Calcium 1268mg	Calcium 1340mg
Iron 9mg	Iron 10mg	Iron 12mg	Iron 12mg	Iron 8mg	Iron 10mg	Iron 12mg

Fruits

- 3 Banana
- 1 1/2 cups Cherries
- 1 Kiwi
- 3/4 Lemon
- 3 tbsps Lemon Juice
- 1/4 tsp Lemon Zest
- 1 1/2 tpsps Lime Juice
- 1/2 Mango
- 5 cups Papaya
- 1 3/4 cups Pineapple

Breakfast

- 1/2 cup Granola

Seeds, Nuts & Spices

- 3/4 tsp Cinnamon
- 1/4 tsp Dried Dill
- 1/8 tsp Garlic Powder
- 1 tbsp Greek Seasoning
- 1/8 tsp Ground Allspice
- 1 tsp Ground Ginger
- 1 tbsp Italian Seasoning
- 1/4 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1/2 tsp Sesame Seeds
- 3/4 tsp Turmeric

Frozen

- 2 cups Frozen Mango
- 360 grams Salmon Burger Patty

Vegetables

- 5 cups Baby Spinach
- 1/4 cup Basil Leaves
- 227 grams Broccolini
- 3 1/2 Carrot
- 1 stalk Celery
- 2 1/2 cups Cherry Tomatoes
- 2 Cucumber
- 2 1/16 cups Fresh Peas
- 1 Garlic
- 1/4 tsp Ginger
- 1/16 head Green Lettuce
- 3 cups Kale Leaves
- 1 1/4 cups Mini Potatoes
- 2 tbsps Parsley
- 1/2 cup Red Onion
- 2 leaves Romaine
- 1/4 Sweet Onion
- 2 1/2 Tomato
- 1/8 White Onion

Boxed & Canned

- 1 cup Brown Rice
- 50 grams Buckwheat Soba Noodles
- 1 cup Diced Tomatoes
- 1 2/3 cups Jasmine Rice
- 28 grams Oat Crackers
- 112 grams Sardines

Baking

- 2 2/3 tbsps All Purpose Gluten-Free Flour

Bread, Fish, Meat & Cheese

- 302 grams Beef Shanks
- 794 grams Chicken Breast
- 227 grams Chicken Thighs
- 227 grams Salmon Fillet
- 85 grams Tempeh
- 4 slices Whole Grain Bread

Condiments & Oils

- 1 tbsp Coconut Aminos
- 3 3/4 tbsps Extra Virgin Olive Oil
- 2 tbsps Red Wine Vinegar

Cold

- 2/3 Egg
- 2 tbsps Hummus
- 6 1/4 cups Oat Milk
- 6 2/3 cups Plain Greek Yogurt

Other

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



Cinnamon Green Smoothie

3 servings
10 minutes

Ingredients

- 3 3/4 cups Oat Milk (unsweetened, plain)
- 3 Banana (medium)
- 3 cups Baby Spinach
- 1/16 head Green Lettuce (separated into leaves and washed)
- 3/4 cup Vanilla Protein Powder
- 3/4 tsp Cinnamon

Nutrition

Amount per serving	
Calories	349
Fat	7g
Carbs	50g
Fiber	7g
Sugar	23g
Protein	25g
Cholesterol	4mg
Sodium	189mg
Vitamin A	2946IU
Vitamin C	19mg
Calcium	594mg
Iron	2mg

Directions

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

Notes

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

More Flavor: Add grated ginger.

No Spinach: Use kale instead.

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



Tropical Breakfast Bowl

2 servings

5 minutes

Ingredients

- 1 1/2 cups Plain Greek Yogurt
- 1/2 cup Pineapple (chopped)
- 1/2 Mango (peeled and chopped)
- 1 Kiwi (peeled and chopped)
- 1/2 cup Granola

Nutrition

Amount per serving	
Calories	377
Fat	12g
Carbs	48g
Fiber	6g
Sugar	29g
Protein	22g
Cholesterol	25mg
Sodium	115mg
Vitamin A	1906IU
Vitamin C	94mg
Calcium	424mg
Iron	2mg

Directions

- 1 Divide the yogurt between bowls and top with the pineapple, mango, kiwi, and granola. Enjoy!

Notes

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

Additional Toppings: Chopped nuts, seeds, shredded coconut, and/or honey.

Fruit: Add banana and/or berries.

Dairy-Free: Use coconut yogurt instead.

Grain-Free: Omit the granola.



Mango Carrot Smoothie

2 servings

5 minutes

Ingredients

2 cups Frozen Mango
2 Carrot (medium, chopped)
2 1/2 cups Oat Milk (unsweetened)
1/2 cup Vanilla Protein Powder
1 tsp Ground Ginger

Nutrition

Amount per serving	
Calories	362
Fat	7g
Carbs	53g
Fiber	8g
Sugar	34g
Protein	25g
Cholesterol	4mg
Sodium	208mg
Vitamin A	11976IU
Vitamin C	64mg
Calcium	591mg
Iron	1mg

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 Oat Milk: Use another type of milk such as pea, almond, coconut, or dairy milk.



Salmon Burger Bites with Cucumber & Pineapple

4 servings
20 minutes

Ingredients

360 grams Salmon Burger Patty
1 cup Plain Greek Yogurt
1 Cucumber (medium, sliced)
1 1/3 cups 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 & Papaya

5 servings

5 minutes

Ingredients

2 1/2 cups Plain Greek Yogurt
5 cups Papaya (peeled, seeds removed, chopped)

Nutrition

Amount per serving	
Calories	151
Fat	3g
Carbs	21g
Fiber	2g
Sugar	14g
Protein	12g
Cholesterol	17mg
Sodium	81mg
Vitamin A	625IU
Vitamin C	93mg
Calcium	278mg
Iron	1mg

Directions

- 1 Serve the yogurt with chopped papaya. Enjoy!

Notes

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

Dairy-Free: Use a dairy-free yogurt like coconut, almond or cashew.

Additional Toppings: Top with granola, raisins, nuts, and/or seeds. Add honey, maple syrup, and/or cinnamon.



Cucumber Soba Noodles with Tempeh

1 serving
25 minutes

Ingredients

50 grams Buckwheat Soba Noodles (dry, uncooked)
1 tbsp Coconut Aminos
1 1/2 tsps Lime Juice
1/4 tsp Ginger (fresh, grated or minced)
85 grams Tempeh (cut into strips)
1/2 Cucumber (medium, julienned)
1/2 tsp Sesame Seeds

Nutrition

Amount per serving	
Calories	444
Fat	11g
Carbs	52g
Fiber	2g
Sugar	6g
Protein	25g
Cholesterol	0mg
Sodium	433mg
Vitamin A	162IU
Vitamin C	7mg
Calcium	134mg
Iron	3mg

Directions

- 1 Cook the soba noodles according to the directions on the package. Drain and rinse with cold water until completely cooled.
- 2 Meanwhile, stir together the coconut aminos, lime juice, and ginger in a bowl.
- 3 In a separate bowl, combine the tempeh and half the dressing until well coated. Let sit for five minutes. Heat a non-stick pan over medium heat and add the tempeh. Cook for about eight to 10 minutes, flipping halfway through. Remove and set aside.
- 4 Divide the soba noodles into bowls and top with the tempeh, cucumber, and sesame seeds. Drizzle with your desired amount of leftover dressing. Enjoy!

Notes

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

Serving Size: One serving equals approximately three cups.

More Flavor: Add garlic and/or maple syrup.

Additional Toppings: Add sliced green onions or red pepper flakes.



Cherries & Greek Yogurt

3 servings

5 minutes

Ingredients

- 1 1/2 cups Plain Greek Yogurt
- 1 1/2 cups Cherries (pitted)

Nutrition

Amount per serving	
Calories	139
Fat	3g
Carbs	18g
Fiber	2g
Sugar	13g
Protein	12g
Cholesterol	17mg
Sodium	70mg
Vitamin A	674IU
Vitamin C	13mg
Calcium	260mg
Iron	1mg

Directions

- 1 Serve the yogurt with the cherries. Enjoy!

Notes

Serving Size: One serving is equal to 1/2 cup of yogurt and 1/2 cup of cherries.

More Flavor: Use vanilla yogurt.

Additional Toppings: Chocolate chips or cacao nibs.

Dairy-Free: Use dairy-free yogurt.



Sardine Toast with Tomato & Onion

4 servings

5 minutes

Ingredients

- 4 slices Whole Grain Bread (toasted)
- 2 Tomato (small, sliced)
- 112 grams Sardines (drained, halved lengthwise)
- 1/4 Sweet Onion (medium, thinly sliced)
- 1/4 cup Basil Leaves
- 1/2 Lemon (juiced, zested)

Nutrition

Amount per serving	
Calories	185
Fat	5g
Carbs	22g
Fiber	4g
Sugar	4g
Protein	13g
Cholesterol	40mg
Sodium	268mg
Vitamin A	1001IU
Vitamin C	13mg
Calcium	161mg
Iron	2mg

Directions

- 1 Top the bread with the tomatoes, sardines, onion, basil, and lemon zest. Squeeze the lemon juice overtop and enjoy!

Notes

Leftovers: This recipe is best enjoyed immediately but can be refrigerated in an airtight container for up to two days.

Gluten-Free: Use gluten-free bread, rice cakes, or sweet potato toast instead of whole grain bread.

More Flavor: Rub garlic on the toast. Add mayonnaise or butter.

Additional Toppings: Add olive oil, salt, or pepper to taste.

No Sardines: Use tuna or mackerel instead.



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.



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.



Slow Cooker Beef Shank, Broccolini & Rice

2 servings**4 hours**

Ingredients

1 1/2 tps Extra Virgin Olive Oil (divided)
302 grams Beef Shanks (cut into 3-inch pieces)
1 Garlic (cloves, minced)
1/8 White Onion (large, sliced)
1 cup Diced Tomatoes
Sea Salt & Black Pepper (to taste)
2/3 cup Jasmine Rice (dry, uncooked)
227 grams Broccolini (trimmed, chopped)

Nutrition

Amount per serving	
Calories	498
Fat	10g
Carbs	61g
Fiber	5g
Sugar	4g
Protein	39g
Cholesterol	59mg
Sodium	124mg
Vitamin A	2450IU
Vitamin C	47mg
Calcium	175mg
Iron	5mg

Directions

- 1 Heat half the oil in a large pan over medium-high heat. Fry the beef shanks until browned on all sides, about five minutes. Transfer to the slow cooker and set to high.
- 2 Meanwhile, heat the remaining oil in the same pan over medium heat. Add the garlic and onions. Cook until the onions are tender, about five to eight minutes. Add a bit of liquid from the diced tomatoes to deglaze the pan.
- 3 Transfer the onions, diced tomatoes, salt, and pepper to the slow cooker. Cook for four hours on high, or six to eight hours on low, or until the beef shanks are tender and fall off the bone easily. Season with more salt and pepper if needed.
- 4 Meanwhile, cook the rice according to the package instructions and set aside.
- 5 Next, add the broccolini to a large pan over high heat and cover halfway with water. Boil for about six to eight minutes, or until fork-tender.
- 6 Divide the beef shank, rice, and steamed broccolini onto plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days or freeze if longer.
Serving Size: One serving equals 1 1/2 to two cups of beef shank stew, half cup of mashed potatoes, and two cups of arugula.

More Flavor: Add thyme, rosemary, chives, or parsley. Deglaze the pan with wine instead of tomato juice.

Additional Toppings: Add carrots, celery, peas, or mushrooms to the stew.



Meal Prep Greek Chicken Bowls

2 servings
50 minutes

Ingredients

- 1 cup Water
- 1/2 cup Brown Rice (dry)
- 227 grams Chicken Breast (skinless, boneless)
- 1 tbsp Greek Seasoning
- 1/2 Cucumber (medium, diced)
- 1/4 cup Red Onion (medium, diced)
- 1 cup Cherry Tomatoes
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Red Wine Vinegar
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	399
Fat	11g
Carbs	43g
Fiber	3g
Sugar	4g
Protein	30g
Cholesterol	82mg
Sodium	1022mg
Vitamin A	734IU
Vitamin C	14mg
Calcium	46mg
Iron	2mg

Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 While the oven is heating, bring the water to a boil in a small saucepan. Add the brown rice, reduce to a simmer, cover and let cook for 30 minutes.
- 3 Once the rice is on, lay the chicken breast on the baking sheet and sprinkle with Greek seasoning. Place in the oven for about 30 minutes, or until cooked through.
- 4 While the chicken and rice are cooking, dice your cucumber and red onion. Add them to a large bowl along with the cherry tomatoes, olive oil, red wine vinegar, salt and pepper. Mix well.
- 5 Divide the rice between containers along with the chicken and veggies. Enjoy!

Notes

Storage: Keeps well in the fridge for 3 days.

More Flavour: Add feta cheese or Tzatziki sauce if desired.

Homemade Greek Seasoning: Mix together 1/4 cup dried oregano, 3 tablespoons dried thyme, 2 tablespoons fine sea salt, 1.5 tablespoons dried basil, 1.5 tablespoons dried onion flakes and 2 teaspoons dried minced garlic.



Italian Chicken Meal Prep Bowls

2 servings
30 minutes

Ingredients

227 grams Chicken Breast (skinless, boneless)
1 tbsp Italian Seasoning
1/2 cup Jasmine Rice (uncooked)
1 tbsp Extra Virgin Olive Oil
1 tbsp Red Wine Vinegar
Sea Salt & Black Pepper (to taste)
2 leaves Romaine (chopped)
1 stalk Celery (medium, sliced)
1/2 Carrot (medium, shredded)
1 cup Cherry Tomatoes (halved)
1/4 cup Red Onion (small, thinly sliced)

Nutrition

Amount per serving	
Calories	392
Fat	10g
Carbs	46g
Fiber	4g
Sugar	4g
Protein	30g
Cholesterol	82mg
Sodium	85mg
Vitamin A	5731IU
Vitamin C	14mg
Calcium	40mg
Iron	1mg

Directions

- 1 Preheat the oven to 350°F (180°C) and line a baking sheet with parchment paper.
- 2 Lay the chicken breast on the baking sheet and sprinkle with Italian 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 Whisk together the oil, red wine vinegar, and salt and black pepper.
- 5 Divide the romaine lettuce, rice, celery, carrot, tomatoes, chicken, and red onion into bowls. Drizzle the dressing over top and enjoy!

Notes

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

More Flavor: Add your choice of additional herbs and spices or substitute your favorite salad dressing.

Additional Toppings: Add olives, avocado, cheese, sauerkraut, or kimchi.

Make it Vegan: Use chickpeas, black beans, tofu, or tempeh instead of chicken.

No White Rice: Use brown rice, quinoa, or cauliflower rice and adjust the cooking time and quantity accordingly.



Salmon Nuggets with Peas

2 servings

20 minutes

Ingredients

2 2/3 tbsps All Purpose Gluten-Free Flour
Sea Salt & Black Pepper (to taste)
2/3 Egg (large)
28 grams Oat Crackers (crushed)
227 grams Salmon Fillet (chopped into chunks, patted dry)
2 cups Fresh Peas (or frozen and thawed)

Nutrition

Amount per serving	
Calories	409
Fat	12g
Carbs	41g
Fiber	12g
Sugar	8g
Protein	34g
Cholesterol	124mg
Sodium	174mg
Vitamin A	1245IU
Vitamin C	58mg
Calcium	59mg
Iron	4mg

Directions

- 1 Preheat the oven to 400°F (205°C) and line a large baking sheet with parchment paper.
- 2 Add the flour, salt, and pepper to one bowl. In a second bowl, whisk the egg. In a third bowl, add the crushed oat crackers.
- 3 Dredge the salmon chunks in the flour first, shaking off any excess. Coat each chunk in the egg mixture, then transfer to the crushed oat crackers and coat well.
- 4 Arrange the salmon onto the baking sheet and bake for 12 to 15 minutes or until cooked through. Serve alongside the peas and enjoy!

Notes

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

Serving Size: One serving equals approximately four ounces of salmon and one cup of peas.

More Flavor: Add dried herbs to the flour mixture.

Additional Toppings: Dip into plain yogurt, honey mustard sauce, mayonnaise, guacamole, salsa, or ketchup.

Make it Vegan: Use tofu instead of salmon.



One Pan Lemon Spiced Chicken & Potatoes

1 serving
30 minutes

Ingredients

- 1/4 Lemon (divided)
- 113 grams Chicken Breast
- 1 1/4 cups Mini Potatoes (quartered)
- 1/2 cup Cherry Tomatoes (halved)
- 3/4 tsp Extra Virgin Olive Oil
- 1/4 tsp Turmeric
- 1/8 tsp Ground Allspice
- 1/8 tsp Sea Salt
- 2 tbsps Plain Greek Yogurt
- 2 tbsps Parsley (chopped)

Nutrition

Amount per serving	
Calories	354
Fat	7g
Carbs	39g
Fiber	5g
Sugar	5g
Protein	33g
Cholesterol	87mg
Sodium	383mg
Vitamin A	1457IU
Vitamin C	64mg
Calcium	112mg
Iron	3mg

Directions

- 1 Preheat the oven to 400°F (205°C) and line a large baking sheet with parchment paper. Cut half the lemon into slices and set aside.
- 2 Add the chicken, potatoes, tomatoes, olive oil, turmeric, allspice, and sea salt to the baking sheet. Squeeze the juice from the remaining lemon over top and toss until well coated. Layer the lemon slices over top and cook for 25 to 30 minutes or until the chicken is cooked through.
- 3 Slice the chicken and garnish with yogurt and parsley. Enjoy!

Notes

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

More Flavor: Add red pepper flakes, cayenne, paprika, black pepper, garlic and/or pomegranate seeds.