



































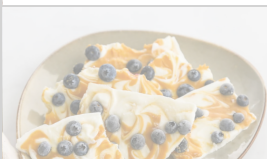
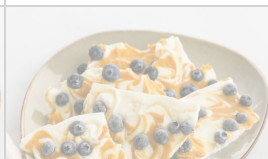
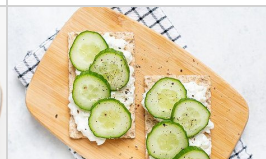
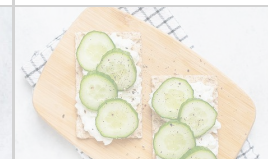
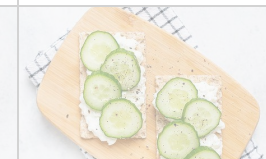
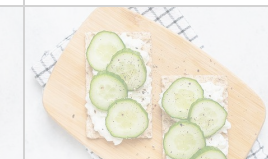

























EXERCISE
with Style

1900 Calorie Meal Plan
40/30/30 PDF

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Brownie Protein Pancakes	 Brownie Protein Pancakes	 Brownie Protein Pancakes	 Butternut Squash Smoothie	 Butternut Squash Smoothie	 Berry Cottage Cheese Overnight Oats	 Berry Cottage Cheese Overnight Oats
Snack 1	 Toast with Cottage Cheese	 Toast with Cottage Cheese	 2 Toast with Cottage Cheese	 Sardine Toast with Tomato & Onion	 Sardine Toast with Tomato & Onion	 Sardine Toast with Tomato & Onion	 Sardine Toast with Tomato & Onion
Lunch	 Coconut Cod & Spinach with Rice	 Orzo with Chicken & Peas	 Cod & Potato Cakes	 Sesame Beef & Brown Rice	 Chicken Nugget Sauerkraut Salad	 Spicy Tofu, Edamame & Broccoli with Quinoa	 Air Fryer Fried Chicken
Snack 2	 0.5 Cottage Cheese Crackers with Salsa	 1.5 Cottage Cheese Crackers with Salsa	 Cottage Cheese Crackers with Salsa	 1.5 Mackerel Salad Open Face Sandwich	 Mackerel Salad Open Face Sandwich	 Mackerel Salad Open Face Sandwich	 1.5 Mackerel Salad Open Face Sandwich
Dinner	 Orzo with Chicken & Peas	 Cod & Potato Cakes	 Sesame Beef & Brown Rice	 Chicken Nugget Sauerkraut Salad	 Spicy Tofu, Edamame & Broccoli with Quinoa	 Air Fryer Fried Chicken	 Chicken, Rice & Broccoli
Snack 3	 Peanut Butter & Blueberry Frozen Yogurt Bark	 Peanut Butter & Blueberry Frozen Yogurt Bark	 Peanut Butter & Blueberry Frozen Yogurt Bark	 Cottage Cheese Crackers with Cucumbers	 Cottage Cheese Crackers with Cucumbers	 Cottage Cheese Crackers with Cucumbers	 Cottage Cheese Crackers with Cucumbers

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  35%	Fat  31%	Fat  31%	Fat  33%	Fat  34%	Fat  34%	Fat  32%
Carbs  34%	Carbs  38%	Carbs  41%	Carbs  39%	Carbs  38%	Carbs  39%	Carbs  40%
Protein  31%	Protein  31%	Protein  28%	Protein  28%	Protein  28%	Protein  27%	Protein  28%
Calories 1934	Calories 1951	Calories 1941	Calories 1948	Calories 1910	Calories 1927	Calories 1943
Fat 74g	Fat 68g	Fat 68g	Fat 74g	Fat 75g	Fat 75g	Fat 70g
Carbs 163g	Carbs 189g	Carbs 199g	Carbs 195g	Carbs 192g	Carbs 194g	Carbs 199g
Fiber 20g	Fiber 30g	Fiber 27g	Fiber 42g	Fiber 51g	Fiber 32g	Fiber 25g
Sugar 41g	Sugar 47g	Sugar 45g	Sugar 33g	Sugar 35g	Sugar 43g	Sugar 40g
Protein 152g	Protein 150g	Protein 135g	Protein 141g	Protein 141g	Protein 134g	Protein 137g
Cholesterol 309mg	Cholesterol 422mg	Cholesterol 321mg	Cholesterol 352mg	Cholesterol 264mg	Cholesterol 267mg	Cholesterol 363mg
Sodium 3226mg	Sodium 3552mg	Sodium 3555mg	Sodium 2735mg	Sodium 2062mg	Sodium 2772mg	Sodium 2994mg
Vitamin A 4382IU	Vitamin A 2455IU	Vitamin A 1949IU	Vitamin A 25212IU	Vitamin A 25869IU	Vitamin A 4292IU	Vitamin A 4152IU
Vitamin C 44mg	Vitamin C 94mg	Vitamin C 68mg	Vitamin C 115mg	Vitamin C 199mg	Vitamin C 129mg	Vitamin C 126mg
Calcium 1382mg	Calcium 1493mg	Calcium 1372mg	Calcium 1695mg	Calcium 2072mg	Calcium 1433mg	Calcium 1078mg
Iron 13mg	Iron 16mg	Iron 16mg	Iron 19mg	Iron 22mg	Iron 19mg	Iron 14mg

Fruits

- 1 Avocado
- 1 Banana
- 1/3 cup Blueberries
- 2 Lemon

Breakfast

- 2 1/4 tbsps All Natural Peanut Butter
- 2 tbsps Almond Butter

Seeds, Nuts & Spices

- 1 Bay Leaf
- 3 tbsps Chia Seeds
- 1/8 tsp Chili Flakes
- 1/4 tsp Chili Powder
- 1/4 tsp Cinnamon
- 1/4 tsp Dried Thyme
- 3/4 tsp Garlic Powder
- 3 tbsps Ground Flax Seed
- 1/4 tsp Onion Powder
- 1/4 tsp Oregano
- 1 tsp Paprika
- 1 1/4 tpsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/2 tpsps Sesame Seeds
- 1/4 cup Sliced Almonds

Frozen

- 2/3 cup Frozen Berries
- 2 1/16 cups Frozen Broccoli
- 1 cup Frozen Cauliflower
- 1 1/3 cups Frozen Edamame

Vegetables

- 4 cups Arugula
- 1 cup Baby Spinach
- 1/4 cup Basil Leaves
- 1 cup Broccoli
- 1 1/2 cups Butternut Squash
- 2 1/2 stalks Celery
- 2 tbsps Cilantro
- 2 Cucumber
- 2 1/2 tbsps Fresh Dill
- 2/3 cup Fresh Peas
- 2 Garlic
- 1/8 tsp Ginger
- 2 1/2 stalks Green Onion
- 1 1/3 tbsps Parsley
- 8 leaves Romaine
- 1/3 cup Shallot
- 1/4 Sweet Onion
- 2 1/3 Tomato
- 1/3 Yellow Onion
- 2 2/3 Yellow Potato

Boxed & Canned

- 1/4 cup Bread Crumbs
- 3/4 cup Brown Rice
- 1/2 cup Canned Coconut Milk
- 1 1/4 cups Chicken Broth
- 1/4 cup Jasmine Rice
- 14 slices Light Rye Crisp Bread
- 2/3 cup Orzo
- 1/2 cup Quinoa
- 1/3 cup Salsa
- 112 grams Sardines

Baking

- 1 1/2 tbsps Baking Powder
- 3/4 cup Chickpea Flour
- 1 1/2 tbsps Cocoa Powder
- 1 1/2 tpsps Coconut Sugar
- 1/3 cup Dark Chocolate Chips
- 2 1/4 tpsps Honey

Bread, Fish, Meat & Cheese

- 142 grams Canned Mackerel
- 340 grams Chicken Breast
- 340 grams Chicken Thighs
- 227 grams Chicken Thighs With Skin
- 2 Cod Fillet
- 227 grams Extra Lean Ground Beef
- 5 slices Gluten-Free Bread
- 1/4 cup Parmigiano Reggiano
- 265 grams Tofu
- 8 slices Whole Grain Bread

Condiments & Oils

- 750 milligrams Avocado Oil Spray
- 2 2/3 tpsps Coconut Aminos
- 2 1/4 tpsps Coconut Oil
- 1 1/4 tpsps Dijon Mustard
- 1 2/3 tpsps Extra Virgin Olive Oil
- 1 1/8 tpsps Rice Vinegar
- 2/3 cup Sauerkraut
- 1 2/3 tpsps Sesame Oil
- 2 1/16 tpsps Sriracha
- 2 tpsps Tamari

Cold

- 1 1/3 tpsps Butter
- 1/2 cup Buttermilk
- 5 1/2 cups Cottage Cheese
- 2 3/4 Egg
- 1 3/4 cups Plain Greek Yogurt
- 5 1/8 cups Unsweetened Almond Milk

Other

- 3/4 cup Chocolate Protein Powder
- 28 grams Collagen Powder
- 1/2 cup Vanilla Protein Powder
- 1 1/3 cups Water

- 2/3 cup Oats
- 1 1/3 tbsps Raw Honey
- 170 grams Unbleached All Purpose Flour
- 1 tsp Vanilla Extract



Brownie Protein Pancakes

3 servings
15 minutes

Ingredients

3 tbsps Ground Flax Seed
1/2 cup Water
3/4 cup Chickpea Flour
3/4 cup Chocolate Protein Powder
1 1/2 tbsps Cocoa Powder
1 1/2 tbsps Baking Powder
1 1/2 cups Unsweetened Almond Milk
(or water)
1/3 cup Dark Chocolate Chips
2 1/4 tsps Coconut Oil

Nutrition

Amount per serving	
Calories	444
Fat	19g
Carbs	37g
Fiber	6g
Sugar	17g
Protein	29g
Cholesterol	4mg
Sodium	866mg
Vitamin A	259IU
Vitamin C	0mg
Calcium	773mg
Iron	4mg

Directions

- 1 Combine the ground flax and water in a small bowl. Whisk and set aside to thicken for about 5 minutes.
- 2 In a medium sized bowl, combine the chickpea flour, protein powder, cocoa powder, and baking powder.
- 3 Add the almond milk and flax mixture to dry ingredients. Mix well until a smooth batter forms. Fold in the chocolate chips.
- 4 Heat coconut oil in a nonstick skillet over medium heat. Spoon the batter into the pan in 1/4 cup portions. Cook pancakes for about 3 to 4 minutes per side.
- 5 Plate the pancakes and enjoy!

Notes

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

Save Time: Make the pancake batter in a blender.

Toppings: Maple syrup, honey, fresh fruit, granola, seeds or nuts.

Leftovers: Store in a sealed container in the fridge up to 3 days. Reheat in the oven, toaster oven or in a skillet.

No Chickpea Flour: Try oat flour instead. Results may vary.



Butternut Squash Smoothie

2 servings

5 minutes

Ingredients

2 2/3 cups Unsweetened Almond Milk
1 cup Frozen Cauliflower
8 leaves Romaine (roughly chopped)
1 1/2 cups Butternut Squash (frozen, cubed)
1 Banana (frozen)
1/4 tsp Cinnamon
1/2 cup Vanilla Protein Powder
3 tbsps Chia Seeds
2 tbsps Almond Butter

Nutrition

Amount per serving	
Calories	441
Fat	19g
Carbs	46g
Fiber	18g
Sugar	12g
Protein	31g
Cholesterol	4mg
Sodium	286mg
Vitamin A	21630IU
Vitamin C	60mg
Calcium	993mg
Iron	5mg

Directions

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

Notes

Nut-Free: Use coconut or oat milk and use sunflower seed butter instead of almond butter.

No Frozen Butternut Squash: Use fresh, cooked squash or canned.

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



Berry Cottage Cheese Overnight Oats

2 servings

8 hours

Ingredients

- 2/3 cup Oats
- 1 cup Cottage Cheese
- 28 grams Collagen Powder (optional)
- 1 tsp Vanilla Extract
- 1 1/3 tbsps Raw Honey
- 1 cup Unsweetened Almond Milk
- 1/4 cup Sliced Almonds (divided)
- 2/3 cup Frozen Berries

Nutrition

Amount per serving	
Calories	445
Fat	17g
Carbs	44g
Fiber	7g
Sugar	20g
Protein	32g
Cholesterol	18mg
Sodium	441mg
Vitamin A	397IU
Vitamin C	13mg
Calcium	389mg
Iron	3mg

Directions

- 1 Add the oats, cottage cheese, collagen powder, vanilla, honey, milk, and half of the sliced almonds to a bowl. Mix well to combine.
- 2 Divide between sealable containers and top with the berries. Refrigerate sealed overnight or for at least eight hours.
- 3 Top with remaining sliced almonds. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately one cup with toppings.

Make it Vegan: Use coconut yogurt or cashew cheese instead of cottage cheese. Omit the collagen and/or use vegan protein powder instead.



Toast with Cottage Cheese

4 servings
10 minutes

Ingredients

1 cup Cottage Cheese
4 slices Whole Grain Bread (toasted)

Nutrition

Amount per serving	
Calories	161
Fat	4g
Carbs	20g
Fiber	3g
Sugar	4g
Protein	11g
Cholesterol	9mg
Sodium	323mg
Vitamin A	74IU
Vitamin C	0mg
Calcium	86mg
Iron	1mg

Directions

- 1 Spread cottage cheese evenly on the toasted bread and enjoy!

Notes

No Whole Grain Bread: Use any type of bread or a toasted slice of sweet potato.

More Toppings: Add a drizzle of honey, maple syrup, fresh fruit, bee pollen, cucumbers, avocado, tomato slices, hemp hearts or pomegranate seeds.

Storage: Best enjoyed immediately as the bread will soften.



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.



Coconut Cod & Spinach with Rice

1 serving
15 minutes

Ingredients

- 1/4 cup Jasmine Rice (dry)
- 1/2 cup Canned Coconut Milk
- 1/4 cup Water
- 1 1/2 tsps Tamari
- 1 1/2 tsps Rice Vinegar
- 1 Bay Leaf
- 1/16 tsp Sea Salt (or more to taste)
- 1 Cod Fillet
- 1 cup Baby Spinach (chopped)

Nutrition

Amount per serving	
Calories	574
Fat	23g
Carbs	43g
Fiber	2g
Sugar	2g
Protein	47g
Cholesterol	99mg
Sodium	830mg
Vitamin A	2906IU
Vitamin C	11mg
Calcium	79mg
Iron	2mg

Directions

- 1 Cook rice according to instructions on the package and set aside.
- 2 In a saucepan over medium heat, combine coconut milk, water, tamari, vinegar, bay leaves and salt. Add the cod fillets and simmer for 8 minutes or until flesh is opaque.
- 3 Stir in spinach and remove from heat. When the spinach has wilted, divide into bowls along with the rice and enjoy!

Notes

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

Deeper Flavour: Let the cod fillets sit in the marinade overnight before cooking. You may also add grated ginger.

No Jasmine Rice: Serve it with brown rice, quinoa, couscous or cauliflower rice instead.

No Rice Vinegar: Use apple cider vinegar instead.

No Spinach: Use baby bok choy or broccolini instead.

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



Cottage Cheese Crackers with Salsa

3 servings

5 minutes

Ingredients

1 1/2 cups Cottage Cheese
6 slices Light Rye Crisp Bread
1/3 cup Salsa

Nutrition

Amount per serving	
Calories	152
Fat	5g
Carbs	17g
Fiber	5g
Sugar	4g
Protein	14g
Cholesterol	18mg
Sodium	632mg
Vitamin A	297IU
Vitamin C	1mg
Calcium	106mg
Iron	1mg

Directions

1

Spread the cottage cheese on top of each crisp bread. Top with salsa and enjoy!

Notes

Gluten-Free: Use gluten-free crackers instead.

Additional Toppings: Top with fresh parsley, cilantro, or avocado slices.



Mackerel Salad Open Face Sandwich

5 servings
10 minutes

Ingredients

- 142 grams Canned Mackerel (skinless, boneless)
- 2/3 cup Plain Greek Yogurt
- 1 1/4 Lemon (juiced)
- 1 1/4 tsp Dijon Mustard
- 2 1/2 stalks Celery (chopped)
- 2 1/2 stalks Green Onion (thinly sliced)
- 2 1/2 tbsps Fresh Dill (finely chopped)
- Sea Salt & Black Pepper (to taste)
- 5 slices Gluten-Free Bread
- 1/3 Tomato (sliced)

Nutrition

Amount per serving	
Calories	154
Fat	5g
Carbs	16g
Fiber	2g
Sugar	4g
Protein	11g
Cholesterol	27mg
Sodium	286mg
Vitamin A	612IU
Vitamin C	10mg
Calcium	159mg
Iron	1mg

Directions

- 1 Add the mackerel, yogurt, lemon juice, mustard, celery, onion, dill, salt, and black pepper to a bowl. Mash and stir until well combined.
- 2 Divide the mackerel salad onto the bread and add a tomato slice to each piece. Enjoy!

Notes

Leftovers: Refrigerate the mackerel salad in an airtight container for up to three days. Spread onto bread when ready to serve.

Serving Size: One serving is equal to one piece of bread and approximately 1/2 cup of mackerel salad.

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

No Dill: Use fresh parsley.

No Bread: Eat the mackerel salad as is or put it in a lettuce wrap or on top of crackers.



Orzo with Chicken & Peas

2 servings
35 minutes

Ingredients

340 grams Chicken Thighs (boneless, skinless)
Sea Salt & Black Pepper (to taste)
2 1/4 tsps Extra Virgin Olive Oil
1/3 cup Shallot (finely chopped)
2 Garlic (cloves, minced)
2/3 cup Orzo (dry)
1 1/4 cups Chicken Broth
2/3 cup Fresh Peas (or frozen)
1/4 Lemon (juiced and zested)
1/4 cup Parmigiano Reggiano (finely grated)

Nutrition

Amount per serving	
Calories	513
Fat	17g
Carbs	40g
Fiber	5g
Sugar	7g
Protein	47g
Cholesterol	175mg
Sodium	836mg
Vitamin A	515IU
Vitamin C	25mg
Calcium	197mg
Iron	4mg

Directions

- 1 Pat the chicken dry with paper towel and season with salt and pepper.
- 2 Heat a large Dutch oven or skillet over medium heat. Once hot, add the oil. Add the chicken, working in batches if needed, and cook for 12 minutes, flipping once, or until the chicken is cooked through. Remove and set aside.
- 3 Reduce the heat to medium-low. Add the shallot and cook for three minutes, stirring often, until just starting to brown. Add the garlic and cook for one minute, until fragrant.
- 4 Increase the heat to medium and add the orzo, stirring often, for one minute. Add the broth and scrape up any brown bits from the pot. Add the peas and bring to a low boil, then reduce the heat to medium-low. Cook for nine to 10 minutes, stirring frequently to avoid any sticking, until the orzo is cooked al dente and most of the liquid has been absorbed.
- 5 Remove from the heat and stir in the lemon juice, lemon zest, and parmesan. Season with salt and pepper.
- 6 Divide the orzo evenly between plates and top with chicken. Enjoy!

Notes

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

Serving Size: One serving is approximately one cup of orzo and peas and 1 1/2 chicken thighs.

Additional Toppings: Top with fresh herbs such as parsley, basil, or mint.

Gluten-Free: Use gluten-free pasta or rice.

Dairy-Free: Omit the cheese or use dairy-free parmesan.



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.



Sesame Beef & Brown Rice

2 servings
35 minutes

Ingredients

- 1/2 cup Brown Rice (dry, uncooked)
- 1 1/2 tbsps Tamari
- 1 1/2 tsps Coconut Sugar
- 1 tsp Sesame Oil
- 1/8 tsp Ginger (ground)
- 1/8 tsp Chili Flakes
- 227 grams Extra Lean Ground Beef
- 2 tbsps Cilantro (for topping, chopped)
- 1 1/2 tsps Sesame Seeds (optional, for topping)

Nutrition

Amount per serving	
Calories	418
Fat	16g
Carbs	39g
Fiber	2g
Sugar	3g
Protein	28g
Cholesterol	74mg
Sodium	832mg
Vitamin A	84IU
Vitamin C	0mg
Calcium	43mg
Iron	4mg

Directions

- 1 Cook the rice according to the directions on the package.
- 2 While the rice cooks, in a small bowl, whisk together the tamari, coconut sugar, sesame oil, ginger and chili flakes.
- 3 In a nonstick skillet over medium heat, add the ground beef and cook. As it browns, break it up with a wooden spoon or spatula. Cook for 3 to 4 minutes and then add the tamari mixture. Reduce the heat to medium-low and stir frequently until cooked through, about 5 minutes more.
- 4 Divide the rice onto plates, top with the beef. If using, top with the cilantro and sesame seeds. Serve and enjoy!

Notes

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

Additional Toppings: Add sautéed vegetables on the side.

No Cilantro: Use green onions instead or completely omit.



Chicken Nugget Sauerkraut Salad

2 servings
25 minutes

Ingredients

57 grams Unbleached All Purpose Flour
Sea Salt & Black Pepper (to taste)
1 Egg (large)
1/4 cup Bread Crumbs
227 grams Chicken Breast (boneless, cubed)
4 cups Arugula
2/3 cup Sauerkraut (drained)
1 Avocado

Nutrition

Amount per serving	
Calories	508
Fat	21g
Carbs	44g
Fiber	10g
Sugar	3g
Protein	37g
Cholesterol	175mg
Sodium	516mg
Vitamin A	1274IU
Vitamin C	23mg
Calcium	139mg
Iron	5mg

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 bread crumbs.
- 3 Dredge the chicken nuggets in the flour first, shaking off any excess. Coat each one in the egg mixture, then transfer to the bread crumbs and coat well.
- 4 Arrange the chicken nuggets onto the baking sheet and bake for 20 minutes or until cooked through.
- 5 Meanwhile, divide the arugula, sauerkraut, and avocado onto plates. Top with chicken nuggets and enjoy!

Notes

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

Serving Size: One serving equals approximately four ounces of chicken and 2.5 cups of salad.

More Flavor: Add dried herbs to the flour mixture.

Additional Toppings: Drizzle lemon juice, olive oil or your dressing of choice over top.



Spicy Tofu, Edamame & Broccoli with Quinoa

2 servings
30 minutes

Ingredients

1/2 cup Quinoa (dry)
2 cups Frozen Broccoli
1 1/3 cups Frozen Edamame
265 grams Tofu (cut into triangles)
2 2/3 tsps Coconut Aminos (divided)
1 1/3 tsps Extra Virgin Olive Oil
2 tsps Rice Vinegar
2 tsps Sriracha
2/3 tsp Sesame Oil

Nutrition

Amount per serving	
Calories	457
Fat	20g
Carbs	44g
Fiber	12g
Sugar	7g
Protein	34g
Cholesterol	0mg
Sodium	302mg
Vitamin A	1047IU
Vitamin C	89mg
Calcium	500mg
Iron	8mg

Directions

- 1 Cook the quinoa according to package directions.
- 2 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 3 Place the broccoli, edamame, and tofu on the baking sheet. Mix together 3/4 of the coconut aminos, oil, and rice vinegar. Brush the tofu with the marinade and pour the remaining marinade onto the broccoli and edamame. Mix well with your hands. Bake for 15 to 20 minutes or until the tofu browns around the edges.
- 4 Meanwhile, mix the sriracha, sesame oil, and remaining coconut aminos together to create a sauce.
- 5 Divide the quinoa evenly between bowls and add the tofu, broccoli, and edamame on top. Serve with the sriracha sauce and enjoy!

Notes

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

Serving Size: One serving is approximately 1/2 cup of cooked quinoa, one cup of broccoli, and 1 1/3 cup of edamame.

More Flavor: Add minced garlic and shallot to the marinade.

Additional Toppings: Chopped green onions, sliced almonds, chopped cilantro, and/or chili pepper flakes.

No Coconut Aminos: Use soy sauce or tamari instead.



Air Fryer Fried Chicken

2 servings
55 minutes

Ingredients

227 grams Chicken Thighs with Skin (bone in)
3/4 tsp Sea Salt (divided)
1/2 cup Buttermilk
1/2 Egg
113 grams Unbleached All Purpose Flour
1 tsp Paprika
1/2 tsp Garlic Powder
1/4 tsp Chili Powder
1/4 tsp Onion Powder
1/4 tsp Oregano (dried)
1/4 tsp Dried Thyme
750 milligrams Avocado Oil Spray (divided)

Nutrition

Amount per serving	
Calories	521
Fat	23g
Carbs	48g
Fiber	2g
Sugar	3g
Protein	29g
Cholesterol	164mg
Sodium	1071mg
Vitamin A	930IU
Vitamin C	0mg
Calcium	104mg
Iron	4mg

Directions

- 1 Pat the chicken dry well with paper towel and season with 1/4 of the salt.
- 2 In a large bowl, whisk the buttermilk and egg and set aside.
- 3 In a separate large bowl, whisk the flour, remaining salt, paprika, garlic powder, chili powder, onion powder, oregano, and thyme.
- 4 Using tongs, dredge each piece of chicken into the flour mixture and then place in the buttermilk mixture. Let it sit for 20 minutes. Remove and dredge again in the flour mixture, tapping off any excess and transfer to a plate and let sit for ten minutes.
- 5 Preheat the air fryer to 360°F (180°C).
- 6 When ready to fry, spray once with the avocado oil cooking spray into the air fryer basket. Place half the chicken into the air fryer basket and spray once more. Bake for 14 to 15 minutes, until crispy and lightly browned. Flip and spray once more and bake for six to eight minutes more, until cooked through and crispy.
- 7 Transfer cooked chicken to a wire rack and repeat with remaining chicken. Enjoy immediately.

Notes

Leftovers: Refrigerate in an airtight container for up to two days. To reheat, place on a lined baking sheet and bake for about 10 minutes at 325°F (160°C) until crispy.

Serving Size: One serving is approximately one piece of chicken.

Avocado Oil Spray: One gram (or 0.03 ounces) of avocado oil spray is equal to a one-

second spray.

Dairy-Free: Use a dairy-free buttermilk substitute.

More Flavor: Top with flaky salt as soon as the chicken comes out of the air fryer.

Work in Batches: Avoid chicken touching or overlapping in the air fryer and work in batches instead. Keep cooked chicken warm in the oven at a low temperature if needed.



Chicken, Rice & Broccoli

1 serving
45 minutes

Ingredients

- 1/4 cup Brown Rice (uncooked, rinsed)
- 1/2 cup Water
- 113 grams Chicken Breast (boneless, skinless)
- 1 1/2 tps Extra Virgin Olive Oil
- 1/8 tsp Sea Salt
- 1 cup Broccoli (chopped into florets)

Nutrition

Amount per serving	
Calories	396
Fat	12g
Carbs	41g
Fiber	4g
Sugar	2g
Protein	31g
Cholesterol	82mg
Sodium	381mg
Vitamin A	601IU
Vitamin C	81mg
Calcium	65mg
Iron	2mg

Directions

- 1 Preheat the oven to 400°F (204°C). Line a baking dish with parchment paper.
- 2 Combine the rice and water in a pot and bring to a boil. Reduce the heat to a simmer and cover with a lid. Cook for 40 minutes or until water is absorbed. Remove the lid and fluff with a fork.
- 3 In the prepped baking dish, coat the chicken with oil and salt. Bake for 25 to 30 minutes, or until cooked through. Set aside and cover with foil while prepping the other ingredients.
- 4 While the rice is cooking, place broccoli in a steaming basket and add it to the same pot of rice. Steam for 5 minutes or until tender. Set aside.
- 5 Slice the chicken and divide it, along with the broccoli and rice onto plates or into containers. Enjoy!

Notes

No Brown Rice: Use quinoa, jasmine rice, couscous, barley or cauliflower rice instead.

Less Time: Soak the rice overnight or slice the chicken in half lengthwise to reduce cooking time.

No Steaming Basket: Toss the broccoli in oil, add to a baking sheet and roast for 10 minutes.

Leftovers: Refrigerate in an airtight container up to 3 days.

Serving Size: One serving is equal to approximately 3/4 cup of cooked rice, 1 cup of broccoli and 4 ozs of chicken.



Peanut Butter & Blueberry Frozen Yogurt Bark

3 servings
4 hours 5 minutes

Ingredients

- 1 1/8 cups Plain Greek Yogurt
- 2 1/4 tsps Honey
- 2 1/4 tsps All Natural Peanut Butter
- 1/3 cup Blueberries

Nutrition

Amount per serving	
Calories	166
Fat	8g
Carbs	14g
Fiber	1g
Sugar	9g
Protein	11g
Cholesterol	13mg
Sodium	55mg
Vitamin A	479IU
Vitamin C	7mg
Calcium	194mg
Iron	1mg

Directions

- 1 Line a baking sheet with parchment paper and mix the yogurt and honey together. Spread the yogurt mixture evenly onto the lined baking sheet.
- 2 Using a spoon, add dollops of peanut butter to the yogurt mixture. Using a toothpick, gently swirl the peanut butter into the yogurt mixture. Top with blueberries.
- 3 Freeze for at least four hours or overnight. Slice or break apart into pieces. Enjoy!

Notes

Leftovers: Keep frozen in an airtight container or freezer bag for up to one month.

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

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

More Flavor: Add chocolate chips or melted chocolate.

No Honey: Use maple syrup instead.

No Blueberries: Use other berries or banana instead.



Cottage Cheese Crackers with Cucumbers

4 servings

5 minutes

Ingredients

2 cups Cottage Cheese
8 slices Light Rye Crisp Bread
2 Cucumber (medium, sliced)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	165
Fat	5g
Carbs	20g
Fiber	5g
Sugar	5g
Protein	15g
Cholesterol	18mg
Sodium	404mg
Vitamin A	305IU
Vitamin C	4mg
Calcium	120mg
Iron	1mg

Directions

1

Spread the cottage cheese on top of each crisp bread. Top with cucumbers, salt, and pepper. Enjoy!

Notes

Gluten-Free: Use gluten-free crackers instead.

Additional Toppings: Add sliced tomatoes.