





















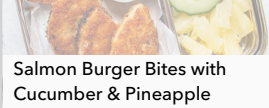
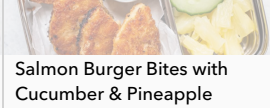

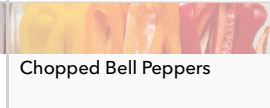
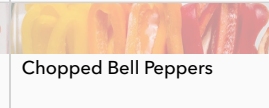
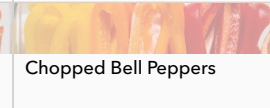

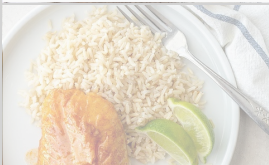


























































EXERCISE
with Style

1900 Calorie Meal Plan
40/40/20 PDF

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Cottage Cheese with Mango	 Cottage Cheese with Mango	 Cottage Cheese with Mango	 Basic Protein Porridge	 Basic Protein Porridge	 Protein Cinnamon & Apple Oats	 Protein Cinnamon & Apple Oats
	 Blended Egg Salad	 Blended Egg Salad	 Blended Egg Salad	 Broccoli Potato Bites	 Broccoli Potato Bites	 Cottage Cheese	 Cottage Cheese
Snack 1	 Salmon Burger Bites with Cucumber & Pineapple	 Salmon Burger Bites with Cucumber & Pineapple	 Salmon Burger Bites with Cucumber & Pineapple	 Lemon Dill Yogurt Dip & Cucumbers	 Lemon Dill Yogurt Dip & Cucumbers	 Lemon Dill Yogurt Dip & Cucumbers	 Lemon Dill Yogurt Dip & Cucumbers
	 Chopped Bell Peppers	 Chopped Bell Peppers	 Chopped Bell Peppers	 Chopped Bell Peppers	 Chopped Bell Peppers	 Chopped Bell Peppers	 Chopped Bell Peppers
Lunch	 Turmeric Chicken with Brown Rice	 Chili Lime Baked Cod with Rice	 Slow Cooker Beef Shank, Brocolini & Rice	 Honey Sesame Chicken with Peas & Quinoa	 Shrimp & Smoked Sausage Spaghetti	 Italian Chicken & Rice Meal Prep Bowl	 Maple Roasted Carrots & Chicken
	 Sardine Toast with Tomato & Onion	 0.5 Sardine Toast with Tomato & Onion	 Sardine Toast with Tomato & Onion	 Kale & Peach Smoothie	 Kale & Peach Smoothie	 Kale & Peach Smoothie	 Kale & Peach Smoothie
Dinner	 Chili Lime Baked Cod with Rice	 Slow Cooker Beef Shank, Brocolini & Rice	 Honey Sesame Chicken with Peas & Quinoa	 Shrimp & Smoked Sausage Spaghetti	 Italian Chicken & Rice Meal Prep Bowl	 Maple Roasted Carrots & Chicken	 Cod & Potato Cakes with Yellow Beans
	 Grapefruit with Cottage Cheese	 Grapefruit with Cottage Cheese	 Grapefruit with Cottage Cheese	 Blueberry Protein Smoothie	 Blueberry Protein Smoothie	 Blueberry Protein Smoothie	 Blueberry Protein Smoothie
Snack 3	 Grapefruit with Cottage Cheese	 Grapefruit with Cottage Cheese	 Grapefruit with Cottage Cheese	 Blueberry Protein Smoothie	 Blueberry Protein Smoothie	 Blueberry Protein Smoothie	 Blueberry Protein Smoothie

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  29%	Fat  28%	Fat  28%	Fat  19%	Fat  21%	Fat  21%	Fat  20%
Carbs  38%	Carbs  39%	Carbs  40%	Carbs  44%	Carbs  43%	Carbs  42%	Carbs  44%
Protein  33%	Protein  33%	Protein  32%	Protein  37%	Protein  36%	Protein  37%	Protein  36%
Calories 2034	Calories 1989	Calories 2055	Calories 1713	Calories 1734	Calories 1886	Calories 1949
Fat 66g	Fat 63g	Fat 65g	Fat 38g	Fat 41g	Fat 46g	Fat 45g
Carbs 193g	Carbs 195g	Carbs 205g	Carbs 192g	Carbs 195g	Carbs 202g	Carbs 218g
Fiber 17g	Fiber 18g	Fiber 24g	Fiber 32g	Fiber 31g	Fiber 36g	Fiber 41g
Sugar 73g	Sugar 75g	Sugar 82g	Sugar 49g	Sugar 42g	Sugar 81g	Sugar 84g
Protein 169g	Protein 163g	Protein 166g	Protein 164g	Protein 160g	Protein 180g	Protein 182g
Cholesterol 721mg	Cholesterol 650mg	Cholesterol 674mg	Cholesterol 338mg	Cholesterol 338mg	Cholesterol 363mg	Cholesterol 471mg
Sodium 2112mg	Sodium 2031mg	Sodium 2778mg	Sodium 1982mg	Sodium 1166mg	Sodium 1750mg	Sodium 2209mg
Vitamin A 7214IU	Vitamin A 9119IU	Vitamin A 11189IU	Vitamin A 9980IU	Vitamin A 8899IU	Vitamin A 48232IU	Vitamin A 48803IU
Vitamin C 201mg	Vitamin C 242mg	Vitamin C 250mg	Vitamin C 248mg	Vitamin C 305mg	Vitamin C 269mg	Vitamin C 278mg
Calcium 777mg	Calcium 857mg	Calcium 955mg	Calcium 1343mg	Calcium 1326mg	Calcium 1400mg	Calcium 1479mg
Iron 9mg	Iron 11mg	Iron 14mg	Iron 14mg	Iron 12mg	Iron 12mg	Iron 16mg

Fruits

- 2 Apple
- 3 Grapefruit
- 2 Lemon
- 1/2 Lime
- 1 1/2 Mango
- 1 cup Pineapple

Breakfast

- 2 tbsps Maple Syrup

Seeds, Nuts & Spices

- 1/8 tsp Cayenne Pepper
- 1/2 tsp Chili Powder
- 3/4 tsp Cinnamon
- 1/8 tsp Cumin
- 1 tsp Garlic Powder
- 1/3 cup Ground Flax Seed
- 1 1/2 tps Italian Seasoning
- 1/4 tsp Onion Powder
- 1/2 tsp Red Pepper Flakes
- 1 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/2 tps Sesame Seeds
- 1/3 tsp Smoked Paprika
- 2/3 tsp Turmeric

Frozen

- 4 cups Frozen Blueberries
- 2 2/3 cups Frozen Peaches
- 1 cup Frozen Peas
- 16 Ice Cubes
- 270 grams Salmon Burger Patty

Vegetables

- 1 cup Arugula
- 4 cups Baby Spinach
- 3 tbsps Basil Leaves
- 2 cups Broccoli
- 227 grams Broccolini
- 8 Carrot
- 1/2 cup Cherry Tomatoes
- 1 3/4 Cucumber
- 1/4 cup Fresh Dill
- 7 Garlic
- 1 tsp Ginger
- 4 cups Kale Leaves
- 1 Orange Bell Pepper
- 1 Red Bell Pepper
- 1/4 cup Red Onion
- 1 Russet Potato
- 1/2 cup Shallot
- 1/8 Sweet Onion
- 2 1/2 Tomato
- 1/8 White Onion
- 1 1/3 cups Yellow Beans
- 1 Yellow Bell Pepper
- 1/8 Yellow Onion
- 1 1/3 Yellow Potato
- 1 Zucchini

Boxed & Canned

- 1 1/3 cups Brown Rice
- 1 tbsp Chicken Broth
- 1 cup Diced Tomatoes
- 2/3 cup Jasmine Rice
- 2/3 cup Quick Oats
- 1/3 cup Quinoa
- 84 grams Sardines
- 1/4 cup Vegetable Broth
- 128 grams Whole Wheat Spaghetti

Baking

- 1 1/3 tbsps Honey
- 1 cup Oats

Bread, Fish, Meat & Cheese

- 302 grams Beef Shanks
- 85 grams Cajun Smoked Andouille Sausage
- 718 grams Chicken Breast
- 454 grams Chicken Thighs
- 2 2/3 Cod Fillet
- 227 grams Shrimp
- 3 slices Whole Grain Bread

Condiments & Oils

- 1 1/3 tbsps Avocado Oil
- 3/4 tsp Coconut Oil
- 2 3/4 tbsps Extra Virgin Olive Oil
- 3 tbsps Mayonnaise
- 1/2 tsp Sesame Oil
- 1 1/2 tbsps Tamari

Cold

- 2 tps Butter
- 5 1/2 cups Cottage Cheese
- 6 2/3 Egg
- 3 cups Plain Greek Yogurt
- 2 2/3 cups Unsweetened Almond Milk

Other

- 3 cups Vanilla Protein Powder
- 9 2/3 cups Water

1 tbsp Raw Honey



Cottage Cheese with Mango

3 servings

5 minutes

Ingredients

3 cups Cottage Cheese
1 1/2 Mango (peeled, chopped)

Nutrition

Amount per serving	
Calories	307
Fat	10g
Carbs	32g
Fiber	3g
Sugar	29g
Protein	25g
Cholesterol	36mg
Sodium	663mg
Vitamin A	2112IU
Vitamin C	61mg
Calcium	193mg
Iron	0mg

Directions

- 1 Top the cottage cheese with chopped mango and enjoy!

Notes

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

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

Additional Toppings: Hemp seeds, crushed nuts, coconut flakes, or your sweetener of choice.



Blended Egg Salad

3 servings
15 minutes

Ingredients

- 6 Egg
- 3 tbsps Plain Greek Yogurt
- 3 tbsps Mayonnaise
- 1/3 tsp Turmeric (ground)
- 1/3 tsp Smoked Paprika
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	250
Fat	20g
Carbs	2g
Fiber	0g
Sugar	1g
Protein	14g
Cholesterol	380mg
Sodium	239mg
Vitamin A	769IU
Vitamin C	1mg
Calcium	90mg
Iron	2mg

Directions

- 1 Place the eggs in a saucepan and cover with water. Bring to a boil over high heat. Turn off the heat and let sit for 10 to 12 minutes covered. Peel and chop when cool enough to handle.
- 2 Add the chopped eggs to a food processor along with the remaining ingredients and pulse to combine until smooth. Serve and enjoy!

Notes

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

Serving Size: One serving is about 1/2 cup.

Dairy-Free: Omit the Greek yogurt and use all mayonnaise instead.

Serve it With: Serve with your favorite bread, crostinis, vegetables to dip, or as a protein source on top of salad.



Basic Protein Porridge

2 servings

5 minutes

Ingredients

- 3 cups Water
- 2/3 cup Quick Oats
- 1/2 cup Vanilla Protein Powder
- 1/2 tsp Cinnamon (optional)

Nutrition

Amount per serving	
Calories	189
Fat	2g
Carbs	20g
Fiber	4g
Sugar	0g
Protein	23g
Cholesterol	4mg
Sodium	47mg
Vitamin A	2IU
Vitamin C	0mg
Calcium	170mg
Iron	1mg

Directions

- 1 Bring the water to a boil in a small saucepan. Add the quick oats and cook for one minute, or until cooked to your liking.
- 2 Stir in the protein powder and cinnamon until well combined. Enjoy!

Notes

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

Additional Toppings: Add nuts, fresh or dried fruit, shredded coconut, bee pollen, nut butter, or hemp seeds.



Broccoli Potato Bites

2 servings

1 hour

Ingredients

- 1 Russet Potato (medium, peeled and cut in half)
- 1 cup Broccoli (cut into small florets)
- 1/4 tsp Onion Powder
- 1/4 tsp Garlic Powder
- 1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	100
Fat	0g
Carbs	22g
Fiber	3g
Sugar	2g
Protein	4g
Cholesterol	0mg
Sodium	175mg
Vitamin A	292IU
Vitamin C	48mg
Calcium	38mg
Iron	1mg

Directions

- 1 Add the potatoes to salted water and bring to a boil. Cook for 10 to 12 minutes or until just fork tender (do not overcook). Drain the potatoes and set aside to cool until they are comfortable to handle.
- 2 Meanwhile, steam the broccoli for five to seven minutes until tender. Let the broccoli cool slightly. Finely chop the cooked broccoli and place on a clean kitchen towel (or use a nut milk bag). Squeeze as much liquid as possible from the broccoli. Transfer the broccoli to a mixing bowl.
- 3 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 4 While the potatoes are still warm, grate on the large side of a box grater and add to the mixing bowl with the broccoli. Season with the onion powder, garlic powder and salt. Mix until the potato and broccoli are very well combined.
- 5 Form the potato mixture into tightly-packed flat discs and place on the baking sheet. Bake for 30 minutes, flipping halfway through. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days for freeze for up to three months. Reheat in the oven or microwave until warmed through.

Serving Size: One serving is approximately four potato broccoli bites.

More Flavor: Use fresh garlic instead or add other herbs and spices. Dip in your favorite sauce.



Protein Cinnamon & Apple Oats

2 servings

10 minutes

Ingredients

- 2 cups Water
- 1 cup Oats
- 1/2 cup Vanilla Protein Powder
- 2 tbsps Ground Flax Seed
- 1/4 tsp Cinnamon
- 2 Apple (diced)

Nutrition

Amount per serving	
Calories	369
Fat	6g
Carbs	56g
Fiber	11g
Sugar	19g
Protein	26g
Cholesterol	4mg
Sodium	47mg
Vitamin A	99IU
Vitamin C	8mg
Calcium	183mg
Iron	3mg

Directions

- 1 Bring water to a boil in a small saucepan. Add the oats. Reduce to a steady simmer and cook, stirring occasionally for about seven to eight minutes or until oats are tender and most of the water is absorbed. Stir in the protein powder, ground flax seed, and cinnamon.
- 2 Transfer the cooked oats to a bowl and top with the apple. Enjoy!

Notes

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

Additional Toppings: Chopped pecans, walnuts, and/or banana.



Cottage Cheese

2 servings

5 minutes

Ingredients

1 cup Cottage Cheese

Nutrition

Amount per serving	
Calories	103
Fat	5g
Carbs	4g
Fiber	0g
Sugar	3g
Protein	12g
Cholesterol	18mg
Sodium	331mg
Vitamin A	147IU
Vitamin C	0mg
Calcium	87mg
Iron	0mg

Directions

- 1 Scoop into a bowl and enjoy!

Notes

Serve it With: Fruit, cinnamon, honey, nut butter, pancakes, omelettes, toast or pasta.



Salmon Burger Bites with Cucumber & Pineapple

3 servings
20 minutes

Ingredients

270 grams Salmon Burger Patty
3/4 cup Plain Greek Yogurt
3/4 Cucumber (medium, sliced)
1 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.



Lemon Dill Yogurt Dip & Cucumbers

4 servings

5 minutes

Ingredients

- 2 cups Plain Greek Yogurt
- 1 Lemon (juiced)
- 1/4 cup Fresh Dill (finely chopped)
- 1 Cucumber (medium, sliced)

Nutrition

Amount per serving	
Calories	105
Fat	3g
Carbs	10g
Fiber	0g
Sugar	5g
Protein	12g
Cholesterol	17mg
Sodium	72mg
Vitamin A	748IU
Vitamin C	15mg
Calcium	264mg
Iron	1mg

Directions

1

Combine the yogurt, lemon juice, and dill in a bowl. Serve with the sliced cucumber. Enjoy!

Notes

Leftovers: Refrigerate the dip in an airtight container for up to three days. Store the cucumber separately.

Serving Size: One serving is equal to approximately 1/2 cup of dip and 1/2 of a medium cucumber.

Dairy-Free: Use plain coconut yogurt instead.

More Flavor: Add lemon juice, olive oil, salt and pepper to the dip.



Chopped Bell Peppers

4 servings

5 minutes

Ingredients

- 1 Yellow Bell Pepper
- 1 Orange Bell Pepper
- 1 Red Bell Pepper

Nutrition

Amount per serving	
Calories	20
Fat	0g
Carbs	5g
Fiber	1g
Sugar	1g
Protein	1g
Cholesterol	0mg
Sodium	2mg
Vitamin A	1024IU
Vitamin C	123mg
Calcium	7mg
Iron	0mg

Directions

- 1 Remove stems and seeds of each bell pepper and cut into slices. Enjoy!

Notes

Storage: Refrigerate in an airtight container up to 3 to 4 days.



Turmeric Chicken with Brown Rice

1 serving
30 minutes

Ingredients

1/3 cup Brown Rice (dry, uncooked)
151 grams Chicken Breast (skinless and boneless)
1 tsp Avocado Oil
1/3 tsp Turmeric
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	451
Fat	11g
Carbs	48g
Fiber	2g
Sugar	0g
Protein	39g
Cholesterol	110mg
Sodium	71mg
Vitamin A	45IU
Vitamin C	0mg
Calcium	15mg
Iron	2mg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Cook the brown rice according to the directions on the package.
- 3 While the rice cooks, toss each chicken breast in the avocado oil, turmeric, salt and pepper. Transfer to the baking sheet and cook for 25 to 30 minutes or until cooked through.
- 4 Once the chicken and rice are cooked, divide between plates and enjoy!

Notes

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

More Flavor: Add garlic powder or cayenne pepper.

More Fiber: Add your favorite leafy greens, roasted broccoli or cauliflower.



Sardine Toast with Tomato & Onion

3 servings

5 minutes

Ingredients

- 3 slices Whole Grain Bread (toasted)
- 1 1/2 Tomato (small, sliced)
- 84 grams Sardines (drained, halved lengthwise)
- 1/8 Sweet Onion (medium, thinly sliced)
- 3 tbsps Basil Leaves
- 1/3 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.



Kale & Peach Smoothie

4 servings

5 minutes

Ingredients

- 4 cups Kale Leaves
- 2 2/3 cups Frozen Peaches
- 2 2/3 cups Unsweetened Almond Milk
- 1 cup Vanilla Protein Powder
- 1 1/3 tbsps Honey
- 16 Ice Cubes

Nutrition

Amount per serving	
Calories	172
Fat	3g
Carbs	19g
Fiber	4g
Sugar	14g
Protein	21g
Cholesterol	4mg
Sodium	156mg
Vitamin A	1678IU
Vitamin C	26mg
Calcium	474mg
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.

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

Nut-Free: Use nut-free milk such as cow's milk or oat milk.

No Protein Powder: Omit, or add a few spoonfuls of hemp seeds instead.



Chili Lime Baked Cod with Rice

2 servings
35 minutes

Ingredients

- 1/2 cup Brown Rice
- 1 tbsp Avocado Oil
- 1 tbsp Maple Syrup
- 1/2 Lime (juiced, plus additional slices for garnish)
- 1/2 tsp Chili Powder
- 1/8 tsp Sea Salt
- 1/8 tsp Cayenne Pepper
- 1/8 tsp Cumin
- 2 Cod Fillet

Nutrition

Amount per serving	
Calories	453
Fat	10g
Carbs	43g
Fiber	2g
Sugar	7g
Protein	45g
Cholesterol	99mg
Sodium	295mg
Vitamin A	344IU
Vitamin C	6mg
Calcium	56mg
Iron	2mg

Directions

- 1 Cook the rice according to package directions.
- 2 In a zipper-lock bag or shallow bowl, combine the oil, maple syrup, lime juice, chili powder, salt, cayenne pepper and cumin. Mix to combine then add the cod fillets. Gently massage the sauce into the fillets and let it marinate for at least 15 minutes or up to an hour.
- 3 Meanwhile, preheat the oven to 400°F (204°C).
- 4 Transfer the fillets and the marinade to a baking dish. Bake for 12 to 15 minutes or until the fish is cooked through and flakes easily.
- 5 Divide the rice between plates. Top with the cod and any excess sauce from the baking dish. Serve with extra lime wedges, if using. Enjoy!

Notes

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

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

More Flavor: Add garlic or smoked paprika to the marinade.

Additional Toppings: Top with cilantro or red pepper flakes.

No Maple Syrup: Use honey instead.

No Brown Rice: Use quinoa or cauliflower rice instead.

Juicy Fillets: Cooking time will vary depending on the thickness of the fillets. To ensure a moist fillet, spoon some of the excess marinade from the bottom of the baking dish over the fish at about halfway through cooking.



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.



Honey Sesame Chicken with Peas & Quinoa

2 servings
20 minutes

Ingredients

- 1 tbsp Chicken Broth
- 1 1/2 tbsps Tamari
- 1/2 tsp Sesame Oil
- 3/4 tsp Coconut Oil
- 1 tbsp Raw Honey
- 283 grams Chicken Breast (diced into cubes)
- 1/3 cup Quinoa (uncooked)
- 2/3 cup Water
- 1 cup Frozen Peas (thawed)
- 1 1/2 tsps Sesame Seeds
- 1/2 tsp Red Pepper Flakes

Nutrition

Amount per serving	
Calories	427
Fat	10g
Carbs	42g
Fiber	6g
Sugar	12g
Protein	42g
Cholesterol	103mg
Sodium	908mg
Vitamin A	1914IU
Vitamin C	8mg
Calcium	74mg
Iron	4mg

Directions

- 1 In a small jar, combine the broth, tamari and sesame oil. Shake well to combine and set aside.
- 2 Heat the coconut oil in a skillet over medium heat. Add the diced chicken breasts and saute for about 5 minutes. Add the tamari-based sauce and the honey. Saute for another 5 minutes or until the chicken is cooked through.
- 3 While the chicken cooks, combine quinoa and water in a sauce pot. Place over high heat and bring to a boil. Reduce heat to a simmer and cover. Let simmer for 10 to 15 minutes, or until all water is absorbed. Fluff the quinoa with a fork and set aside.
- 4 Warm the green peas.
- 5 Divide the chicken, green peas and quinoa between plates. Drizzle the quinoa with any leftover chicken marinade from the skillet. Garnish with sesame seeds and red pepper flakes. Enjoy!

Notes

No Chicken Breast: Use turkey breast instead.

Vegan & Vegetarian: Use chickpeas, white beans or tofu instead of chicken and maple syrup instead of honey.



Shrimp & Smoked Sausage Spaghetti

2 servings
15 minutes

Ingredients

128 grams Whole Wheat Spaghetti
1 Tomato (large, diced)
1 cup Arugula
1/2 Lemon (small, juiced and zested)
1 tbsp Extra Virgin Olive Oil
227 grams Shrimp (peeled, deveined, tails removed)
85 grams Cajun Smoked Andouille Sausage (sliced)
1/4 cup Vegetable Broth
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	494
Fat	16g
Carbs	51g
Fiber	7g
Sugar	2g
Protein	39g
Cholesterol	206mg
Sodium	554mg
Vitamin A	1438IU
Vitamin C	16mg
Calcium	126mg
Iron	4mg

Directions

- 1 Cook the pasta according to the package directions.
- 2 In a small bowl, combine the tomato, arugula, lemon juice, and zest. Set aside.
- 3 Heat the oil in a large saucepan over medium-high heat. Add the shrimp and sausage. Sear for three to four minutes or until the shrimp turns pink.
- 4 Reduce the heat to medium and add the tomato and arugula mixture. Stir and add the broth. Cook for two more minutes or until warmed through. Season with salt and black pepper.
- 5 Add the warm cooked pasta and mix well. Divide onto plates and enjoy!

Notes

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

Serving Size: One serving is two cups.

More Flavor: Use parsley or watercress instead of arugula.

Additional Toppings: Parmesan cheese and/or fresh herbs.

Gluten-Free: Use gluten-free pasta.

No Cajun Smoked Andouille Sausage: Omit or use another dry-cured and smoked sausage, bacon, or chopped ham instead.

No Vegetable Broth: Use reserved pasta water instead.



Italian Chicken & Rice Meal Prep Bowl

2 servings
35 minutes

Ingredients

- 1/2 cup Brown Rice (dry)
- 283 grams Chicken Breast (cut into large cubes)
- 1 cup Broccoli (cut into small florets)
- 1/4 cup Red Onion (cut into thick slices)
- 1/2 cup Cherry Tomatoes
- 1 Zucchini (small, chopped)
- 1 tbsp Extra Virgin Olive Oil
- 1 1/2 tsps Italian Seasoning
- 1/2 tsp Garlic Powder
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	448
Fat	13g
Carbs	45g
Fiber	5g
Sugar	5g
Protein	38g
Cholesterol	103mg
Sodium	92mg
Vitamin A	833IU
Vitamin C	65mg
Calcium	57mg
Iron	2mg

Directions

- 1 Cook the rice according to package directions.
- 2 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 3 Add the chicken, broccoli, red onion, cherry tomatoes, and zucchini to the baking sheet. Drizzle with the oil and season with Italian seasoning, garlic powder, salt, and pepper.
- 4 Bake for 16 to 18 minutes or until the chicken is cooked through and the vegetables are just tender, stirring halfway through if needed. Season with additional salt and pepper if needed.
- 5 Divide the rice, chicken, and veggies evenly between meal prep containers or plates and enjoy!

Notes

Leftovers: Refrigerate for up to three days.

More Flavor: Add other dried herbs and spices to taste, like red pepper flakes, onion powder, or parsley.

Additional Toppings: Avocado or dipping sauce, like tzatziki or hummus.

No Brown Rice: Omit or use white rice, quinoa, or cauliflower rice instead.



Maple Roasted Carrots & Chicken

2 servings
40 minutes

Ingredients

- 454 grams Chicken Thighs (boneless, skinless)
- 1/2 tsp Sea Salt (divided)
- 6 Garlic (cloves, still attached to each other)
- 1 tsp Extra Virgin Olive Oil
- 8 Carrot (chopped roughly)
- 1/2 cup Shallot (peeled, cut in half)
- 1 tsp Ginger (thinly sliced)
- 1 tbsp Maple Syrup

Nutrition

Amount per serving	
Calories	463
Fat	12g
Carbs	40g
Fiber	8g
Sugar	21g
Protein	48g
Cholesterol	213mg
Sodium	982mg
Vitamin A	40819IU
Vitamin C	20mg
Calcium	138mg
Iron	3mg

Directions

- 1 Preheat the oven to 350°F (177°C). Season the chicken with half the salt. Slice the top off of the head of the garlic and peel away the skin so the cloves are showing.
- 2 In a dutch oven on the stove, over medium heat, add the extra virgin olive oil and the chicken. Cook for 3 to 4 minutes per side. Add the carrots, shallots, ginger, garlic and maple syrup and season the veggies with the remaining salt. Place in the oven and cook for 22 to 25 minutes.
- 3 Remove from the oven and set the chicken aside. Cook the carrots for an additional 10 minutes if needed until they are fork-tender. Divide onto plates and enjoy!

Notes

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

More Flavor: Add chili flakes.

No Shallots: Use small pearl onions instead.



Cod & Potato Cakes with Yellow Beans

1 serving
45 minutes

Ingredients

- 1 1/3 Yellow Potato (large, cubed)
- 2/3 Cod Fillet
- 1 1/3 cups Yellow Beans (halved)
- 2/3 Egg (whisked)
- 1/8 Yellow Onion (medium, diced)
- 1/8 tsp Garlic Powder
- 1/8 tsp Sea Salt
- 2 tsps Butter (unsalted, divided)

Nutrition

Amount per serving	
Calories	511
Fat	12g
Carbs	61g
Fiber	10g
Sugar	8g
Protein	40g
Cholesterol	211mg
Sodium	551mg
Vitamin A	1404IU
Vitamin C	74mg
Calcium	136mg
Iron	6mg

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. To the same steaming basket, add the yellow beans and steam for 10 minutes.
- 5 Add the eggs, onion, garlic powder, salt, and half of the butter to the potatoes. Mash until smooth. Once the cod has finished baking, chop it finely and stir it into the potato mixture until well combined.
- 6 Create your cod and potato cakes by forming patties approximately two inches in diameter and 1/2 inch thick.
- 7 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.
- 8 Serve with the yellow beans and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. The cod and potato cakes can be frozen for up to three months.

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

beans.

Additional Toppings: Add tartar sauce or aioli to the fish cakes and garnish with fresh parsley.

Dairy-Free: Use coconut oil instead of butter.

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



Grapefruit with Cottage Cheese

3 servings

5 minutes

Ingredients

- 1 1/2 cups Cottage Cheese
- 3 Grapefruit (peeled, cut into sections)

Nutrition

Amount per serving	
Calories	185
Fat	5g
Carbs	24g
Fiber	3g
Sugar	21g
Protein	13g
Cholesterol	18mg
Sodium	331mg
Vitamin A	2520IU
Vitamin C	88mg
Calcium	118mg
Iron	0mg

Directions

- 1 Add the cottage cheese to a bowl and top with grapefruit. Enjoy!

Notes

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

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

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



Blueberry Protein Smoothie

4 servings

5 minutes

Ingredients

1 cup Vanilla Protein Powder
1/4 cup Ground Flax Seed
4 cups Frozen Blueberries
4 cups Baby Spinach
4 cups Water (cold)

Nutrition

Amount per serving	
Calories	206
Fat	4g
Carbs	23g
Fiber	7g
Sugar	13g
Protein	22g
Cholesterol	4mg
Sodium	68mg
Vitamin A	2884IU
Vitamin C	12mg
Calcium	190mg
Iron	2mg

Directions

1

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

Notes

No Blueberries: Use any type of frozen berry instead.

No Protein Powder: Use hemp seeds instead