














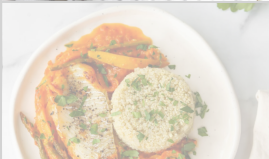





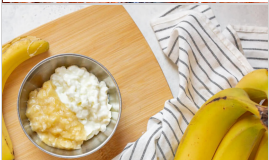


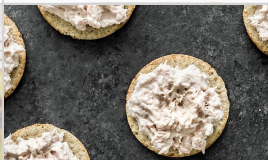



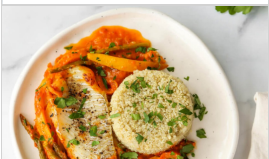

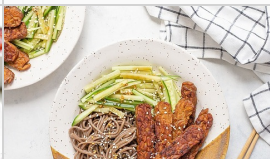



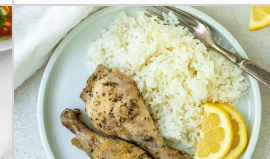

























EXERCISE
with Style

21-Day Anti-Inflammatory Diet
(Week 1)

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Eggs & Sauerkraut	 Eggs & Sauerkraut	 Eggs & Sauerkraut	 High Protein Peanut Butter Oatmeal	 High Protein Peanut Butter Oatmeal	 Warm Peas with Eggs	 Warm Peas with Eggs
Snack 1	 Mackerel Salad Open Face Sandwich	 Mackerel Salad Open Face Sandwich	 Mackerel Salad Open Face Sandwich	 Eggs, Cottage Cheese & Microgreens	 Eggs, Cottage Cheese & Microgreens	 Eggs, Cottage Cheese & Microgreens	 Eggs, Cottage Cheese & Microgreens
Lunch	 Salmon, Rice & Arugula	 Baked Cod & Veggies with Quinoa	 Pressure Cooker Chicken Taco Stuffed Sweet Potato	 Cucumber Soba Noodles with Tempeh	 Coconut Cod Tacos	 Pressure Cooker Butter Chicken	 Pineapple Chicken Tacos
Snack 2	 1.5 Cottage Cheese & Mashed Banana	 1.5 Cottage Cheese & Mashed Banana	 Cottage Cheese & Mashed Banana	 Creamy Tuna on Oat Crackers	 Creamy Tuna on Oat Crackers	 Creamy Tuna on Oat Crackers	 Creamy Tuna on Oat Crackers
Dinner	 Baked Cod & Veggies with Quinoa	 Pressure Cooker Chicken Taco Stuffed Sweet Potato	 Cucumber Soba Noodles with Tempeh	 Coconut Cod Tacos	 Pressure Cooker Butter Chicken	 Pineapple Chicken Tacos	 Lemon Dijon Chicken Drumsticks with Rice

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  37%	Fat  37%	Fat  36%	Fat  31%	Fat  31%	Fat  27%	Fat  30%
Carbs  33%	Carbs  32%	Carbs  37%	Carbs  41%	Carbs  39%	Carbs  42%	Carbs  39%
Protein  30%	Protein  31%	Protein  27%	Protein  28%	Protein  30%	Protein  31%	Protein  31%
Calories 1521	Calories 1483	Calories 1467	Calories 1685	Calories 1692	Calories 1614	Calories 1659
Fat 64g	Fat 61g	Fat 58g	Fat 57g	Fat 58g	Fat 48g	Fat 54g
Carbs 125g	Carbs 120g	Carbs 132g	Carbs 168g	Carbs 164g	Carbs 170g	Carbs 162g
Fiber 19g	Fiber 27g	Fiber 23g	Fiber 24g	Fiber 28g	Fiber 29g	Fiber 24g
Sugar 29g	Sugar 35g	Sugar 30g	Sugar 25g	Sugar 32g	Sugar 47g	Sugar 34g
Protein 114g	Protein 118g	Protein 99g	Protein 117g	Protein 128g	Protein 126g	Protein 129g
Cholesterol 568mg	Cholesterol 591mg	Cholesterol 511mg	Cholesterol 334mg	Cholesterol 480mg	Cholesterol 818mg	Cholesterol 853mg
Sodium 2087mg	Sodium 2480mg	Sodium 2421mg	Sodium 2087mg	Sodium 2440mg	Sodium 2887mg	Sodium 3261mg
Vitamin A 4074IU	Vitamin A 22976IU	Vitamin A 21149IU	Vitamin A 2622IU	Vitamin A 3678IU	Vitamin A 9005IU	Vitamin A 7884IU
Vitamin C 190mg	Vitamin C 202mg	Vitamin C 56mg	Vitamin C 145mg	Vitamin C 153mg	Vitamin C 121mg	Vitamin C 112mg
Calcium 572mg	Calcium 598mg	Calcium 581mg	Calcium 710mg	Calcium 784mg	Calcium 815mg	Calcium 629mg
Iron 9mg	Iron 10mg	Iron 9mg	Iron 14mg	Iron 16mg	Iron 18mg	Iron 15mg

Fruits

- 2 Avocado
- 2 Banana
- 1 1/4 Lemon
- 1 Lime
- 1 tbsp Lime Juice
- 2/3 cup Pineapple

Breakfast

- 2 tbsps All Natural Peanut Butter

Seeds, Nuts & Spices

- 1/8 tsp Cayenne Pepper
- 1 tbsp Chia Seeds
- 1 tsp Chili Powder
- 2/3 tsp Coriander
- 1 1/2 tsps Cumin
- 2 1/16 tsps Garam Masala
- 1/3 tsp Oregano
- 1/4 tsp Paprika
- 1 1/2 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tsp Sesame Seeds
- 1/2 tsp Smoked Paprika
- 2 tsps Taco Seasoning
- 2/3 tsp Turmeric

Frozen

- 3 cups Frozen Peas

Vegetables

- 1 cup Arugula
- 1 1/3 cups Asparagus
- 1 1/2 stalks Celery
- 1 cup Cherry Tomatoes
- 1/3 cup Cilantro
- 2 Cucumber
- 1/3 cup Fresh Dill
- 1 3/4 Garlic
- 2 1/2 tsps Ginger
- 1/2 Green Bell Pepper
- 3 1/2 stalks Green Onion
- 1 1/2 Jalapeno Pepper
- 1 cup Microgreens
- 1 1/3 tbsps Parsley
- 98 grams Roasted Red Peppers
- 1/2 Sweet Onion
- 2 Sweet Potato
- 1/8 Tomato
- 2 tbsps Watermelon Radish
- 1/2 White Onion
- 1 1/8 Yellow Bell Pepper
- 1 Yellow Onion
- 2/3 Zucchini

Boxed & Canned

- 100 grams Buckwheat Soba Noodles
- 1/3 cup Canned Coconut Milk
- 1 cup Chicken Broth
- 1 cup Diced Tomatoes
- 2 1/4 cups Fire Roasted Diced Tomatoes
- 3/4 cup Jasmine Rice
- 100 grams Oat Crackers
- 1/3 cup Quinoa
- 2 tbsps Salsa
- 1/3 cup Tomato Paste
- 2 cans Tuna

Baking

- 2 tbsps Coconut Flour
- 1 cup Oats

Bread, Fish, Meat & Cheese

- 85 grams Canned Mackerel
- 397 grams Chicken Breast
- 196 grams Chicken Drumsticks
- 303 grams Chicken Thighs
- 2 1/3 Cod Fillet
- 8 Corn Tortilla
- 3 slices Gluten-Free Bread
- 113 grams Salmon Fillet
- 170 grams Tempeh

Condiments & Oils

- 1 tbsp Apple Cider Vinegar
- 2 tbsps Coconut Aminos
- 1 1/4 tbsps Dijon Mustard
- 1 1/8 tbsps Extra Virgin Olive Oil
- 1/3 cup Sauerkraut

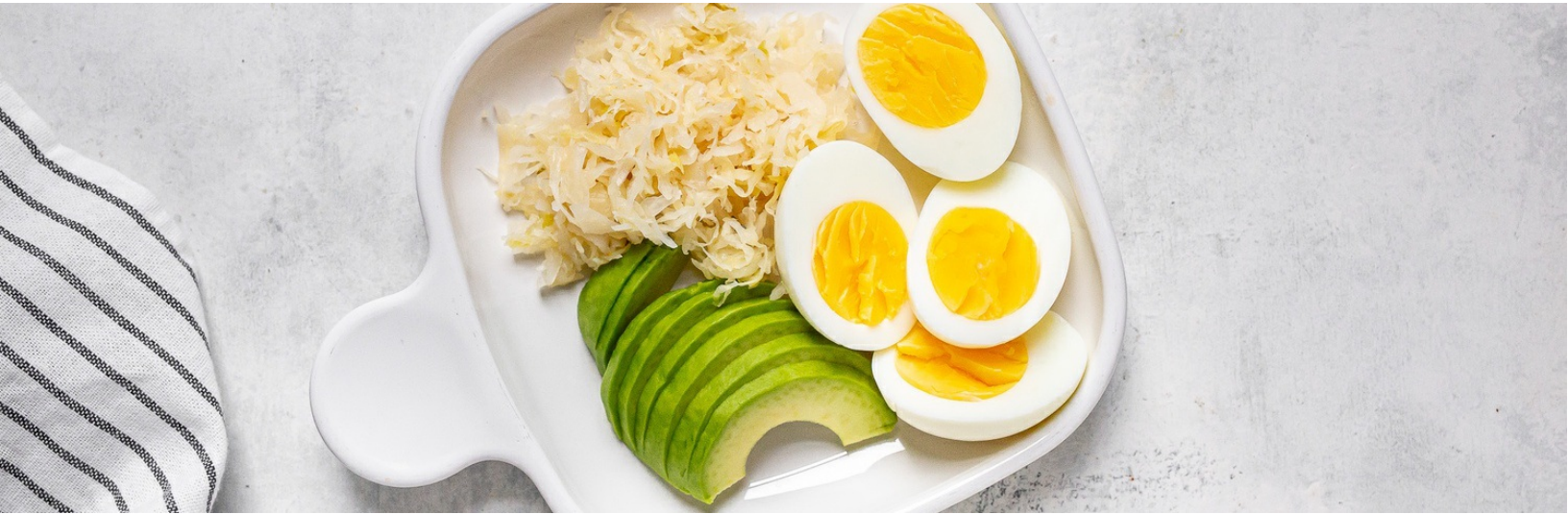
Cold

- 5 cups Cottage Cheese
- 10 1/2 Egg
- 1 cup Egg Whites
- 3 1/2 tbsps Plain Cow's Yogurt, Whole Milk
- 1 cup Plain Greek Yogurt

Other

- 1 2/3 cups Water

1/4 cup Unsweetened Shredded Coconut



Eggs & Sauerkraut

1 serving
15 minutes

Ingredients

2 Egg
1/2 Avocado (small)
1/3 cup Sauerkraut

Nutrition

Amount per serving	
Calories	313
Fat	24g
Carbs	11g
Fiber	8g
Sugar	2g
Protein	15g
Cholesterol	372mg
Sodium	462mg
Vitamin A	695IU
Vitamin C	17mg
Calcium	82mg
Iron	3mg

Directions

- 1 Bring a pot of water to a boil. Once boiling, reduce the heat slightly and add the eggs. Cook for 10 minutes, or to your preference. Once the eggs are done, add them to a bowl of ice water. Once they're cool enough to handle, peel and slice.
- 2 Serve the eggs with avocado and sauerkraut. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
Serve it With: Toast, tomatoes, olives, or fresh fruit.



High Protein Peanut Butter Oatmeal

2 servings

5 minutes

Ingredients

- 1 cup Oats (quick or rolled)
- 1 cup Water
- 1 cup Egg Whites
- 2 tbsps All Natural Peanut Butter
- 1 tbsp Chia Seeds

Nutrition

Amount per serving	
Calories	341
Fat	13g
Carbs	34g
Fiber	7g
Sugar	3g
Protein	23g
Cholesterol	0mg
Sodium	210mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	88mg
Iron	3mg

Directions

- 1 Add the oats, water and egg whites to a small pot over medium heat, stirring continuously. Cook for two to three minutes or until fluffy and cooked through.
- 2 Transfer to a bowl and top with peanut butter and chia seeds. Enjoy!

Notes

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

Nut-Free: Use sunflower seed butter, tahini, or pumpkin seed butter instead of peanut butter.

More Flavor: Add cinnamon, nutmeg, vanilla extract and/or a pinch of sea salt..

Additional Toppings: Maple syrup, honey, bee pollen, crushed nuts, jam, chopped fruit, shredded coconut or hemp seeds.

Make it Vegan: Omit the egg whites.



Warm Peas with Eggs

2 servings
15 minutes

Ingredients

- 1/2 White Onion (diced)
- 3 tbsps Water
- 3 cups Frozen Peas
- 1/4 tsp Sea Salt
- 4 Egg

Nutrition

Amount per serving	
Calories	341
Fat	10g
Carbs	38g
Fiber	11g
Sugar	12g
Protein	25g
Cholesterol	372mg
Sodium	611mg
Vitamin A	5581IU
Vitamin C	26mg
Calcium	122mg
Iron	5mg

Directions

- 1 In a pan over medium-high heat, sauté the onions with the water. Cook until browned, stirring frequently and adding more water as needed to prevent the onions from sticking.
- 2 Add the peas and stir until warmed through. Season with salt.
- 3 Crack the eggs over the peas, spacing them out evenly. Cover the pan with a lid and bring down the heat to low. Cook for 3 to 5 minutes or until the egg whites have cooked through and the yolk is set to your liking.
- 4 Remove from heat and serve immediately. Enjoy!

Notes

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

Serving Size: One serving equals approximately two eggs with 1 1/2 cups of the pea and onion mixture.

More Flavor: Use broth or oil instead of water.

Additional Toppings: Top with avocado, diced tomatoes, salsa, olives and/or feta cheese. Serve with toast, rice cakes, toasted sweet potato slices or as is.



Mackerel Salad Open Face Sandwich

3 servings

10 minutes

Ingredients

85 grams Canned Mackerel (skinless, boneless)
1/3 cup Plain Greek Yogurt
3/4 Lemon (juiced)
3/4 tsp Dijon Mustard
1 1/2 stalks Celery (chopped)
1 1/2 stalks Green Onion (thinly sliced)
1 1/2 tbsps Fresh Dill (finely chopped)
Sea Salt & Black Pepper (to taste)
3 slices Gluten-Free Bread
1/8 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.



Eggs, Cottage Cheese & Microgreens

4 servings
15 minutes

Ingredients

- 4 Egg (large)
- 2 cups Cottage Cheese
- 1 cup Microgreens
- 1 cup Cherry Tomatoes (halves)
- 1 Cucumber (small, sliced)
- 1/4 cup Fresh Dill (chopped finely)
- 2 stalks Green Onion (sliced finely)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	202
Fat	9g
Carbs	10g
Fiber	1g
Sugar	6g
Protein	19g
Cholesterol	204mg
Sodium	406mg
Vitamin A	1089IU
Vitamin C	14mg
Calcium	140mg
Iron	2mg

Directions

- 1 Place the egg(s) in a saucepan and cover with cold water. Cover and bring to a boil. Remove from heat and let stand covered for 12 minutes. Drain the water and run cold water over the egg(s) until it is cool enough to handle, peel and slice in half.
- 2 Meanwhile, place the cottage cheese at the bottom of a bowl. Add the microgreens, tomatoes, and cucumber on top.
- 3 Add the sliced egg(s) and garnish with dill and green onions. Season with salt and pepper. Enjoy!

Notes

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

Prepare in Advance: Hard boiled eggs can be stored in the refrigerator for up to seven days with the shell on.

More Flavor: Add or swap the vegetables for wilted greens, avocado, radishes, and/or fried mushrooms. Swap out the herbs for basil, parsley, chives, or cilantro.

Additional Toppings: Swap the hard boiled eggs with fried or poached eggs.



Homemade Salsa

4 servings
45 minutes

Ingredients

- 1 cup Diced Tomatoes (canned or fresh)
- 1/2 Sweet Onion (medium, diced)
- 1/2 Green Bell Pepper (medium, diced)
- 1/2 Garlic (clove, minced)
- 1/4 tsp Cumin
- 1/3 cup Tomato Paste
- 1 tbsp Apple Cider Vinegar
- 1/8 tsp Sea Salt (or more to taste)

Nutrition

Amount per serving	
Calories	50
Fat	0g
Carbs	11g
Fiber	2g
Sugar	7g
Protein	2g
Cholesterol	0mg
Sodium	102mg
Vitamin A	673IU
Vitamin C	25mg
Calcium	31mg
Iron	1mg

Directions

- 1 Add all ingredients except salt to a large saucepan and bring to a simmer for 30 minutes.
- 2 Season with salt to taste. Let cool and transfer to jars. Cover and refrigerate until ready to use.

Notes

Storage: Refrigerate in a mason jar or airtight container up to 5-7 days. Transfer to a freezer-safe container to freeze.

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

Make it Spicy: Add finely diced jalapeno.

Serve it With: Tortilla chips, crackers, tacos, burritos, fajitas, etc.



Salmon, Rice & Arugula

1 serving
25 minutes

Ingredients

113 grams Salmon Fillet
1/8 tsp Sea Salt
1/4 cup Jasmine Rice (dry, uncooked)
1 1/2 tsps Extra Virgin Olive Oil
1/8 Lemon (juiced)
1 cup Arugula

Nutrition

Amount per serving	
Calories	387
Fat	14g
Carbs	39g
Fiber	1g
Sugar	1g
Protein	26g
Cholesterol	62mg
Sodium	350mg
Vitamin A	520IU
Vitamin C	5mg
Calcium	46mg
Iron	1mg

Directions

- 1 Preheat oven to 425°F (218°C).
- 2 Rinse the salmon fillets and pat them dry. Season with sea salt and transfer to a baking sheet. Bake in the oven for 12 to 15 minutes, or until the salmon flakes with a fork.
- 3 While the salmon roasts, make your jasmine rice according to the instructions on the package.
- 4 Combine the extra virgin olive oil and lemon juice in a jar and mix well.
- 5 Divide salmon, rice and arugula between bowls or containers, and drizzle with the oil and lemon dressing. Enjoy!

Notes

No Salmon: Use any type of fish fillet instead, or use canned fish.

No Arugula: Use baby spinach, kale or mixed greens instead.

No Rice: Use quinoa instead.

Leftovers: Refrigerate in an air-tight container up to 3 days.



Cottage Cheese & Mashed Banana

4 servings

5 minutes

Ingredients

3 cups Cottage Cheese
2 Banana (mashed)

Nutrition

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

Directions

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

Notes

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

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



Creamy Tuna on Oat Crackers

4 servings
10 minutes

Ingredients

2 cans Tuna (drained and flaked)
1/2 cup Plain Greek Yogurt
1/2 tsp Sea Salt
100 grams Oat Crackers

Nutrition

Amount per serving	
Calories	201
Fat	6g
Carbs	18g
Fiber	2g
Sugar	1g
Protein	21g
Cholesterol	34mg
Sodium	683mg
Vitamin A	203IU
Vitamin C	2mg
Calcium	76mg
Iron	2mg

Directions

- 1 Combine the tuna, yogurt and sea salt. Mix well with a fork.
- 2 Spread tuna evenly onto the crackers and enjoy!

Notes

Leftovers: Best enjoyed immediately but can be refrigerated up to 2 days in an airtight container. Store the crispbread and tuna mixture separately.

Serving Size: One serving is equal to approximately four topped crackers.

Canned Tuna: One can of tuna is equal to 165 grams or 5.8 ounces, drained.

No Greek Yogurt: Use cottage cheese or any type of alternative plain yogurt instead.



Baked Cod & Veggies with Quinoa

2 servings
30 minutes

Ingredients

- 1/3 cup Quinoa (dry)
- 98 grams Roasted Red Peppers
- 1/3 cup Canned Coconut Milk
- 2 2/3 tbsps Water
- Sea Salt & Black Pepper (to taste)
- 1 1/3 Cod Fillet
- 2/3 Zucchini (medium, sliced into strips)
- 2/3 Yellow Bell Pepper (medium, sliced)
- 1 1/3 cups Asparagus (trimmed, chopped)
- 1 1/3 tbsps Parsley (chopped)

Nutrition

Amount per serving	
Calories	356
Fat	10g
Carbs	30g
Fiber	5g
Sugar	5g
Protein	35g
Cholesterol	66mg
Sodium	243mg
Vitamin A	1860IU
Vitamin C	150mg
Calcium	84mg
Iron	4mg

Directions

- 1 Preheat the oven to 400°F (205°C).
- 2 Cook the quinoa according to package directions. Once cooked, fluff with a fork and let it cool.
- 3 Blend the roasted red pepper, coconut milk, and water, using a blender or immersion blender, until smooth. Season with salt and pepper.
- 4 Season both sides of the cod with salt and pepper.
- 5 Place the zucchini, bell pepper, and asparagus into a deep baking dish. Add the red pepper sauce and stir. Place the cod on top and bake in the oven for 15 to 18 minutes or until the fish is cooked through and the vegetables are tender.
- 6 Divide the quinoa, cod, and veggies evenly between plates. Top with parsley and enjoy!

Notes

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

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

No Quinoa: Use couscous, brown rice, or cauliflower rice instead.

More Flavor: Add red onion and garlic.

No Cod Fillets: Use another white fish instead.

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



Pressure Cooker Chicken Taco Stuffed Sweet Potato

2 servings
50 minutes

Ingredients

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

Nutrition

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

Directions

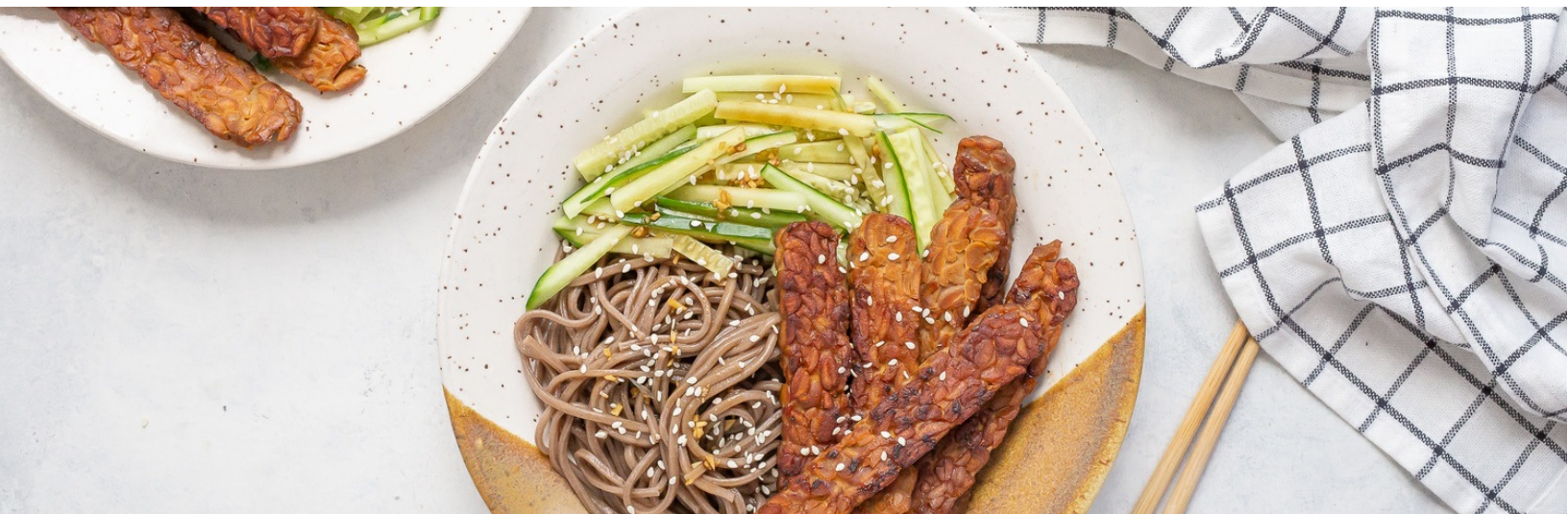
- 1 Preheat the oven to 400°F (204°C) and place the sweet potato on a pan. Bake for 40 to 45 minutes, or until cooked through.
- 2 Add the chicken breast, chili powder, cumin, smoked paprika and chicken broth to your pressure cooker. Set to "sealing" then press manual/pressure cooker and cook for 10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

Notes

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

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

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



Cucumber Soba Noodles with Tempeh

2 servings
25 minutes

Ingredients

100 grams Buckwheat Soba Noodles (dry, uncooked)
2 tbsps Coconut Aminos
1 tbsp Lime Juice
1/2 tsp Ginger (fresh, grated or minced)
170 grams Tempeh (cut into strips)
1 Cucumber (medium, julienned)
1 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.



Coconut Cod Tacos

2 servings
35 minutes

Ingredients

- 1/2 Egg
- 1/4 cup Unsweetened Shredded Coconut
- 2 tbsps Coconut Flour
- 1/4 tsp Paprika
- 1/8 tsp Sea Salt
- 1 Cod Fillet (cut into small pieces)
- 4 Corn Tortilla
- 1/2 Yellow Bell Pepper (sliced thinly)
- 2 tbsps Watermelon Radish (thinly sliced)
- 1/2 Lime (juiced)
- 2 tbsps Cilantro (optional, roughly chopped)
- 1/2 Avocado (cubed)

Nutrition

Amount per serving	
Calories	447
Fat	18g
Carbs	43g
Fiber	10g
Sugar	2g
Protein	27g
Cholesterol	96mg
Sodium	253mg
Vitamin A	495IU
Vitamin C	97mg
Calcium	241mg
Iron	3mg

Directions

- 1 Preheat the oven to 375°F (191°C). Line a baking sheet with parchment paper.
- 2 Beat the egg in a bowl. Then in a separate bowl, mix together the unsweetened shredded coconut, coconut flour, paprika, and sea salt.
- 3 Dip each piece of cod into the egg mixture and then into the flour mixture, making sure to coat all sides of the fish. Transfer the cod onto the baking sheet. Place in the oven and bake for 5 minutes then flip and cook for an additional 5 minutes or until cooked through.
- 4 Remove the cod from the oven and divide between tortillas. Top with sliced bell pepper, radish, lime juice, cilantro (optional) and avocado. Enjoy!

Notes

Leftovers: Store leftover fish in the fridge separate from the veggies. Reheat the fish in the oven for a few minutes to warm before assembling tacos.

Serving Size: One serving is equal to two tacos.

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

No Tortillas: Use lettuce as a wrap.

No Watermelon Radish: Omit or use regular radish.

Likes it Spicy: Add hot sauce or cayenne pepper to the assembled tacos.

Likes it Saucy: Drizzle the assembled tacos with mayonnaise or sour cream.



Pressure Cooker Butter Chicken

2 servings

30 minutes

Ingredients

1/3 cup Jasmine Rice (dry, rinsed)
 2 tsps Extra Virgin Olive Oil
 2/3 Yellow Onion (chopped)
 1 1/3 Garlic (cloves, large, minced)
 2 tsps Ginger (grated)
 2 1/4 cups Fire Roasted Diced Tomatoes (from the can, with juices)
 2 tsps Garam Masala
 2/3 tsp Coriander
 2/3 tsp Cumin
 1/8 tsp Cayenne Pepper
 2/3 tsp Turmeric
 3 1/2 tbsps Plain Cow's Yogurt, Whole Milk
 302 grams Chicken Thighs (boneless, skinless)

Nutrition

Amount per serving	
Calories	451
Fat	12g
Carbs	48g
Fiber	6g
Sugar	13g
Protein	36g
Cholesterol	146mg
Sodium	786mg
Vitamin A	1218IU
Vitamin C	15mg
Calcium	208mg
Iron	5mg

Directions

- 1 Cook the rice according to package directions.
- 2 Turn the pressure cooker to sauté and add the oil. Sauté the onions, garlic, and ginger for one minute. Add the tomatoes and all of the spices. Cook for five minutes or until the mixture is bubbling and the tomatoes start to cook down.
- 3 Add the yogurt. Using an immersion blender, blend until smooth. You can also carefully add to a blender and blend, being sure to vent properly.
- 4 Add the sauce back into the pressure cooker and then add the chicken. Set to "sealing", then press manual/pressure cooker and cook for eight minutes on high pressure. Allow the pressure cooker to release naturally.
- 5 Serve the butter chicken with the rice and garnish with parsley. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for three days.

Serving Size: One serving is 1/3 cup of rice and one cup of chicken and sauce.

More Flavor: Use heavy cream instead of yogurt to add a creamier richness to the sauce.

Dairy-Free: Use coconut cream or coconut milk instead of yogurt.

Additional Toppings: Garnish with finely chopped parsley or cilantro.



Pineapple Chicken Tacos

2 servings
30 minutes

Ingredients

- 170 grams Chicken Breast (boneless, skinless)
- 2/3 cup Pineapple (chopped)
- 1/2 Jalapeno Pepper (diced)
- 1/4 Yellow Onion (medium, diced)
- 2 tsps Taco Seasoning
- 1/4 cup Water
- 1/2 Avocado (medium, sliced)
- 4 Corn Tortilla (small, warmed)
- 2 tsps Cilantro
- 1/2 Lime (juiced)

Nutrition

Amount per serving	
Calories	369
Fat	11g
Carbs	45g
Fiber	7g
Sugar	8g
Protein	23g
Cholesterol	62mg
Sodium	299mg
Vitamin A	241IU
Vitamin C	39mg
Calcium	238mg
Iron	3mg

Directions

- 1 In a pot over medium heat, add the chicken breast, pineapple, jalapeño, onion, taco seasoning, and water. Bring to a simmer, cover the pot with a lid and let it simmer for about 20 minutes or until the chicken is cooked through.
- 2 Once the chicken is done, take it out and shred it with two forks. Put it back into the pot and cook for another five minutes or until the water has evaporated. Adjust the seasoning to your taste.
- 3 Divide the shredded chicken and avocado between tortillas. Top with cilantro and lime juice. Enjoy!

Notes

Leftovers: Refrigerate the chicken mixture in an airtight container for up to three days. Assemble before serving.

Serving Size: One serving is equal to two tacos.

More Flavor: Add cabbage and sauce of your choice.



Lemon Dijon Chicken Drumsticks with Rice

1 serving
55 minutes

Ingredients

- 1 tbsp Dijon Mustard
- 1/3 tsp Oregano (dried)
- 1/3 tsp Sea Salt
- 1/3 Lemon (juiced, divided)
- 197 grams Chicken Drumsticks
- 1/4 cup Jasmine Rice (uncooked)

Nutrition

Amount per serving	
Calories	496
Fat	18g
Carbs	40g
Fiber	1g
Sugar	0g
Protein	39g
Cholesterol	181mg
Sodium	1160mg
Vitamin A	97IU
Vitamin C	6mg
Calcium	22mg
Iron	2mg

Directions

- 1 Combine the Dijon mustard, oregano, sea salt and 2/3 of the lemon juice into a zipper-lock bag. Add the drumsticks to the bag. Seal the bag and massage the marinade into the chicken and let rest for at least 20 minutes.
- 2 Preheat your oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 3 Cook the rice according to the package directions.
- 4 Make sure each piece of chicken is well coated in the marinade, transfer to the prepared baking sheet. Discard the remaining marinade.
- 5 Bake for 25 to 30 minutes or until the chicken is cooked through. Remove from the oven and immediately drizzle the chicken with the remaining lemon juice.
- 6 Divide the rice and chicken between plates. Enjoy!

Notes

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

Serving Size: One serving is 2 chicken drumsticks and roughly 1/3 cup of cooked rice.

More Flavor: Add fresh garlic or black pepper to the marinade.

Additional Toppings: Top with additional lemon juice or fresh herbs.

No Drumsticks: Use chicken thighs instead.

No Jasmine Rice: Use brown rice, quinoa or cauliflower rice instead.