
















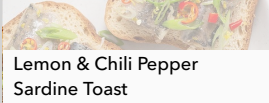
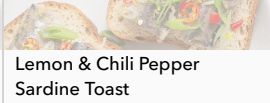
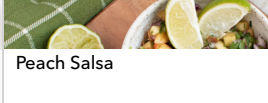
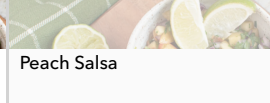
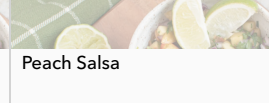
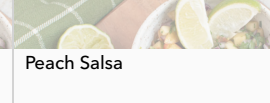



















































**EXERCISE**  
*with Style*

21-Day Anti-Inflammatory Diet  
(Week 2)

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Chickpea & Tomato Savory Yogurt Bowl	 Chickpea & Tomato Savory Yogurt Bowl	 Chickpea & Tomato Savory Yogurt Bowl	 High Protein Sunbutter Oatmeal with Strawberries	 High Protein Sunbutter Oatmeal with Strawberries	 Mixed Berry Protein Porridge	 Mixed Berry Protein Porridge
Snack 1	 Lemon & Chili Pepper Sardine Toast	 Lemon & Chili Pepper Sardine Toast	 Lemon & Chili Pepper Sardine Toast	 Chicken & Cucumber Bites	 Chicken & Cucumber Bites	 Chicken & Cucumber Bites	 Chicken & Cucumber Bites
	 Peach Salsa	 Peach Salsa	 Peach Salsa	 Peach Salsa	 Peach Salsa	 Peach Salsa	 Peach Salsa
Lunch	 Shepherd's Pie Bowls	 Quinoa-Crusted Chicken 'Parm' with Salsa	 Turkey Quinoa Swiss Chard Rolls	 Asparagus, Soba & Tempeh	 Mediterranean Tuna Salad	 Chicken & Pea Soba Noodles	 Sweet Potato Chili Bowls
Snack 2	 Golden Smoothie	 Golden Smoothie	 Golden Smoothie	 Cottage Cheese & Blueberry Sauce	 Cottage Cheese & Blueberry Sauce	 Cottage Cheese & Blueberry Sauce	 Cottage Cheese & Blueberry Sauce
	 Cottage Cheese & Blueberry Sauce	 Cottage Cheese & Blueberry Sauce	 Cottage Cheese & Blueberry Sauce	 Cottage Cheese & Blueberry Sauce	 Cottage Cheese & Blueberry Sauce	 Cottage Cheese & Blueberry Sauce	 Cottage Cheese & Blueberry Sauce
Dinner	 Quinoa-Crusted Chicken 'Parm' with Salsa	 Turkey Quinoa Swiss Chard Rolls	 Asparagus, Soba & Tempeh	 Mediterranean Tuna Salad	 Chicken & Pea Soba Noodles	 Sweet Potato Chili Bowls	 Baked Salmon with Broccoli & Quinoa

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  33%	Fat  32%	Fat  32%	Fat  33%	Fat  33%	Fat  28%	Fat  31%
Carbs  40%	Carbs  41%	Carbs  45%	Carbs  39%	Carbs  38%	Carbs  42%	Carbs  39%
Protein  27%	Protein  27%	Protein  23%	Protein  28%	Protein  29%	Protein  30%	Protein  30%
Calories 1442	Calories 1442	Calories 1525	Calories 1661	Calories 1706	Calories 1603	Calories 1601
Fat 54g	Fat 52g	Fat 55g	Fat 60g	Fat 61g	Fat 50g	Fat 56g
Carbs 151g	Carbs 153g	Carbs 173g	Carbs 162g	Carbs 158g	Carbs 166g	Carbs 162g
Fiber 27g	Fiber 27g	Fiber 24g	Fiber 26g	Fiber 27g	Fiber 35g	Fiber 39g
Sugar 51g	Sugar 53g	Sugar 52g	Sugar 36g	Sugar 38g	Sugar 53g	Sugar 52g
Protein 99g	Protein 102g	Protein 89g	Protein 114g	Protein 124g	Protein 119g	Protein 122g
Cholesterol 243mg	Cholesterol 243mg	Cholesterol 140mg	Cholesterol 136mg	Cholesterol 218mg	Cholesterol 230mg	Cholesterol 226mg
Sodium 1655mg	Sodium 1983mg	Sodium 1647mg	Sodium 2982mg	Sodium 3000mg	Sodium 2760mg	Sodium 2084mg
Vitamin A 7849IU	Vitamin A 5184IU	Vitamin A 5218IU	Vitamin A 3879IU	Vitamin A 4474IU	Vitamin A 15429IU	Vitamin A 15651IU
Vitamin C 246mg	Vitamin C 213mg	Vitamin C 214mg	Vitamin C 77mg	Vitamin C 165mg	Vitamin C 198mg	Vitamin C 272mg
Calcium 688mg	Calcium 664mg	Calcium 721mg	Calcium 487mg	Calcium 407mg	Calcium 847mg	Calcium 937mg
Iron 16mg	Iron 17mg	Iron 18mg	Iron 15mg	Iron 13mg	Iron 12mg	Iron 14mg

**Fruits**

- 1/4 Avocado
- 1/2 Banana
- 2 cups Blueberries
- 1/3 Lemon
- 1 tbsp Lemon Juice
- 1/4 cup Lime Juice
- 2 Peach
- 1/2 cup Strawberries

**Breakfast**

- 2 tbsps Almond Butter

**Seeds, Nuts & Spices**

- 1 1/4 tbsps Chili Powder
- 2 tpsps Cinnamon
- 1/2 tsp Cumin
- 1 1/16 tpsps Garlic Powder
- 3 1/16 tpsps Ground Flax Seed
- 1 tbsp Hemp Seeds
- 1 tbsp Italian Seasoning
- 1 1/2 tpsps Onion Powder
- 1/8 tsp Paprika
- 1 1/2 tpsps Poultry Seasoning
- 3 tpsps Pumpkin Seeds
- 1 1/2 tpsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tsp Sesame Seeds
- 1 tsp Turmeric

**Frozen**

- 2 cups Frozen Berries
- 1/2 cup Frozen Peas
- 1 cup Frozen Pineapple

**Vegetables**

- 3/4 cup Asparagus
- 1/2 cup Basil Leaves
- 2 cups Broccoli
- 1/2 Carrot
- 1/8 head Cauliflower
- 1 1/2 stalks Celery
- 2 cups Cherry Tomatoes
- 1/3 cup Cilantro
- 2 Cucumber
- 5 1/4 Garlic
- 2 tpsps Ginger
- 1/4 Green Bell Pepper
- 1 1/2 stalks Green Onion
- 1 3/4 Jalapeno Pepper
- 1/2 cup Matchstick Carrots
- 1/4 cup Parsley
- 3 Red Hot Chili Pepper
- 3/4 cup Red Onion
- 1 Sweet Potato
- 2 cups Swiss Chard
- 1/4 White Onion
- 1/2 Yellow Bell Pepper
- 1/4 Yellow Onion
- 1/2 Yellow Potato
- 1/2 Zucchini

**Boxed & Canned**

- 185 grams Buckwheat Soba Noodles
- 1 3/4 cups Cannellini Beans
- 1 1/2 cups Chickpeas
- 1 1/2 cups Crushed Tomatoes
- 3/4 cup Diced Tomatoes
- 1/2 cup Green Lentils
- 1 cup Lite Coconut Milk
- 1 cup Quick Oats
- 1 cup Quinoa
- 1/2 cup Red Kidney Beans
- 2/3 cup Salsa
- 83 grams Sardines
- 1 can Tuna

**Bread, Fish, Meat & Cheese**

- 511 grams Chicken Breast
- 227 grams Chicken Breast, Cooked
- 1/3 cup Cream Cheese, Regular
- 454 grams Extra Lean Ground Turkey
- 3 slices Gluten-Free Bread
- 142 grams Salmon Fillet
- 170 grams Tempeh

**Condiments & Oils**

- 2 3/4 tpsps Extra Virgin Olive Oil
- 1 1/2 tpsps Miso Paste
- 1/2 cup Pitted Kalamata Olives
- 1 tbsp Rice Vinegar
- 1/4 cup Sunflower Seed Butter

**Cold**

- 3 cups Cottage Cheese
- 2 cups Egg Whites
- 1 1/2 cups Plain Greek Yogurt
- 1 1/2 cups Unsweetened Almond Milk

**Other**

- 2 2/3 cups Water

1 cup Vegetable Broth

**Baking**

1/2 cup Oats



## Chickpea & Tomato Savory Yogurt Bowl

3 servings

5 minutes

### Ingredients

1 1/2 cups Plain Greek Yogurt  
1 1/2 cups Chickpeas (drained & rinsed)  
1 cup Cherry Tomatoes (halved)  
3 tbsps Pumpkin Seeds  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	279
Fat	9g
Carbs	31g
Fiber	7g
Sugar	8g
Protein	21g
Cholesterol	17mg
Sodium	79mg
Vitamin A	1062IU
Vitamin C	15mg
Calcium	299mg
Iron	4mg

### Directions

1 Combine all ingredients in a bowl. Enjoy!

### Notes

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

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

**Make it Vegan:** Use dairy-free yogurt.

**Additional Toppings:** Tamari, cucumber, red onion, pickled onions, and/or fresh parsley.



## High Protein Sunbutter Oatmeal with Strawberries

2 servings

5 minutes

### Ingredients

- 1 cup Quick Oats
- 1 cup Water
- 1 cup Egg Whites
- 2 tbsps Sunflower Seed Butter
- 1 tbsp Hemp Seeds
- 1/2 cup Strawberries (stems removed, chopped)

### Nutrition

Amount per serving	
Calories	355
Fat	14g
Carbs	35g
Fiber	6g
Sugar	5g
Protein	23g
Cholesterol	0mg
Sodium	208mg
Vitamin A	13IU
Vitamin C	22mg
Calcium	61mg
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 sunflower seed butter, hemp seeds and strawberries. Enjoy!

### Notes

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

**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 chia seeds.

**Make it Vegan:** Omit the egg whites.

**No Sunflower Seed Butter:** Use almond butter, tahini, pumpkin seed butter or peanut butter instead.



## Mixed Berry Protein Porridge

2 servings  
15 minutes

### Ingredients

1 1/2 cups Unsweetened Almond Milk  
1/2 cup Oats (rolled)  
2 cups Frozen Berries  
2 tsps Cinnamon  
1 cup Egg Whites  
2 tbsps Almond Butter

### Nutrition

Amount per serving	
Calories	344
Fat	12g
Carbs	40g
Fiber	11g
Sugar	16g
Protein	21g
Cholesterol	0mg
Sodium	325mg
Vitamin A	382IU
Vitamin C	40mg
Calcium	464mg
Iron	3mg

### Directions

- 1 Add the almond milk, oats, and frozen berries to a pot over medium heat. Bring the milk to a gentle boil and continue to cook for three to five minutes or until the oats begin to soften and thicken and the berries are cooked through.
- 2 Add the cinnamon to the pot then slowly stir in the egg whites and continue to stir until the porridge becomes thick and creamy. Transfer to a bowl and top with the almond butter. Enjoy!

### Notes

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

**More Flavor:** Add maple syrup or honey and vanilla extract.

**Additional Toppings:** Additional almond butter, banana slices, fresh berries, or extra cinnamon.

**No Almond Milk:** Use another dairy or dairy alternative milk instead.

**No Almond Butter:** Use another nut or seed butter instead.

**Frozen Berries:** This recipe was created and tested using a combination of frozen strawberries, raspberries, and blueberries.





## Lemon & Chili Pepper Sardine Toast

3 servings  
10 minutes

### Ingredients

3/4 Garlic (clove)  
3 slices Gluten-Free Bread (toasted)  
83 grams Sardines (packed in oil, drained, halved lengthwise)  
1 1/2 stalks Green Onion (sliced)  
3 Red Hot Chili Pepper (sliced)  
1/8 Lemon (juiced, zested)

### Nutrition

Amount per serving	
Calories	156
Fat	6g
Carbs	17g
Fiber	2g
Sugar	5g
Protein	10g
Cholesterol	39mg
Sodium	217mg
Vitamin A	698IU
Vitamin C	67mg
Calcium	131mg
Iron	1mg

### Directions

- 1 Rub the open end of the garlic clove evenly over the toast. Top each slice with the sardines, green onion, red hot chili pepper, and lemon zest. Squeeze the lemon juice over top and enjoy!

### Notes

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

**More Flavor:** Butter the toast or pan fry the bread in butter. Season with salt and pepper to taste.

**No Sardines:** Use tuna instead.



## Chicken & Cucumber Bites

4 servings  
35 minutes

### Ingredients

- 2 Cucumber (large, cut into 1-inch rounds)
- 1/3 cup Cream Cheese, Regular
- 227 grams Chicken Breast, Cooked (shredded into 1-inch pieces)
- 1/2 cup Matchstick Carrots (1-inch long)
- 1/2 cup Basil Leaves (chopped)

### Nutrition

Amount per serving	
Calories	182
Fat	8g
Carbs	8g
Fiber	1g
Sugar	4g
Protein	20g
Cholesterol	79mg
Sodium	143mg
Vitamin A	1575IU
Vitamin C	6mg
Calcium	56mg
Iron	1mg

### Directions

- 1 Hollow out the cucumber rounds with a knife to leave an edge of approximately 1/5 inch (1/2 cm).
- 2 Spread the cream cheese into each cucumber round, using approximately one tsp per cucumber round.
- 3 Divide the remaining ingredients evenly between the cucumber rounds until each one is stuffed full. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately five bites.

**Dairy-Free:** Use avocado or dairy-free cream cheese in place of regular cream cheese.

**Different Fillings:** Use smoked or cooked salmon in place of chicken, bell pepper or zucchini in place of carrot, and cilantro or parsley in place of basil.

**Make it Vegan:** Use avocado or dairy-free cream cheese, and tofu or tempeh instead of chicken.

**Leftover Cucumber:** Use the cucumber cores in salads, smoothies, or eating on their own.



## Peach Salsa

4 servings  
10 minutes

### Ingredients

2 Peach (large, finely chopped)  
1/2 cup Red Onion (finely diced)  
1 Jalapeno Pepper (finely chopped)  
1/3 cup Cilantro (finely chopped)  
1/4 cup Lime Juice  
1/2 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	42
Fat	0g
Carbs	11g
Fiber	2g
Sugar	8g
Protein	1g
Cholesterol	0mg
Sodium	297mg
Vitamin A	391IU
Vitamin C	16mg
Calcium	13mg
Iron	0mg

### Directions

1 Combine all of the ingredients in a bowl and mix well. Serve, and enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately 1/4 cup.

**Serve it With:** Tortilla chips, in salads or bowls, on burgers, on tacos, or with protein of choice.



## Shepherd's Pie Bowls

1 serving  
45 minutes

### Ingredients

- 1/2 Yellow Potato (medium, chopped)
- 1/8 head Cauliflower (chopped into florets)
- 3/4 tsp Extra Virgin Olive Oil
- 1/4 Yellow Onion (medium, diced)
- 1/2 Carrot (medium, peeled and diced)
- 3/4 stalk Celery (diced)
- 1/2 Garlic (cloves, minced)
- 113 grams Extra Lean Ground Turkey
- 1 1/2 tsps Poultry Seasoning
- Sea Salt & Black Pepper (to taste)
- 1 1/3 tbsps Unsweetened Almond Milk

### Nutrition

Amount per serving	
Calories	339
Fat	14g
Carbs	31g
Fiber	6g
Sugar	6g
Protein	26g
Cholesterol	84mg
Sodium	167mg
Vitamin A	5414IU
Vitamin C	60mg
Calcium	147mg
Iron	5mg

### Directions

- 1 Place the yellow potato and cauliflower in a large pot. Fill with enough water to cover them by one inch and cook on high heat until boiling. Once boiling, set a timer for 10 minutes.
- 2 While the cauliflower and potatoes are cooking, heat oil in a large skillet. Add the onion, carrots, celery, and garlic. Cook for 5 to 10 minutes, or until veggies are softened, then add the turkey and poultry seasoning. Stir the turkey around while it cooks to break it into small pieces. After about 10 minutes, or once the meat is cooked through, remove the pan from heat and season to taste with salt and pepper.
- 3 When the potato and cauliflower are tender and easily pierced with a fork, drain them and return to the pot. Add the almond milk and mash with a fork or potato masher. Season to taste with salt and pepper.
- 4 To assemble the bowls, divide the meat and the potato mixture between bowls or containers. Enjoy!

### Notes

- Lower Carb:** Replace the yellow potato with more cauliflower.
- Vegan Version:** Replace the ground turkey with lentils or shredded tempeh.
- Leftovers:** Keeps well in the fridge for up to 4 days.



## Golden Smoothie

**1 serving****5 minutes**

### Ingredients

1 cup Lite Coconut Milk  
1 cup Frozen Pineapple  
1/2 Banana (frozen)  
1/2 Zucchini (chopped and peeled, frozen)  
1 1/2 tsps Ginger (fresh, minced)  
1 tsp Turmeric

### Nutrition

Amount per serving	
Calories	314
Fat	16g
Carbs	44g
Fiber	6g
Sugar	29g
Protein	3g
Cholesterol	0mg
Sodium	72mg
Vitamin A	329IU
Vitamin C	102mg
Calcium	46mg
Iron	3mg

### Directions

**1**

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

### Notes

**No Zucchini:** Omit or replace with frozen cauliflower or diced avocado.

**No Fresh Ginger:** Use powdered ginger instead, reduce to 1/2 tsp per serving.



## Cottage Cheese & Blueberry Sauce

4 servings

5 minutes

### Ingredients

- 2 cups Blueberries (fresh or frozen, thawed)
- 3 cups Cottage Cheese

### Nutrition

Amount per serving	
Calories	197
Fat	7g
Carbs	16g
Fiber	2g
Sugar	12g
Protein	18g
Cholesterol	27mg
Sodium	497mg
Vitamin A	260IU
Vitamin C	7mg
Calcium	135mg
Iron	0mg

### Directions

- 1 Blend the blueberries in a mini food processor or with an immersion blender until your desired consistency is reached.
- 2 Serve the cottage cheese with the blended blueberries and enjoy!

### Notes

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

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



## Quinoa-Crusted Chicken 'Parm' with Salsa

2 servings

30 minutes

### Ingredients

3 tbsps Ground Flax Seed  
1/3 cup Water  
1 tsp Garlic Powder  
1 tsp Onion Powder  
1/2 tsp Sea Salt  
1/3 cup Quinoa (dry)  
283 grams Chicken Breast (boneless, skinless, sliced horizontally)  
1/2 cup Salsa

### Nutrition

Amount per serving	
Calories	354
Fat	9g
Carbs	28g
Fiber	6g
Sugar	3g
Protein	39g
Cholesterol	103mg
Sodium	1120mg
Vitamin A	346IU
Vitamin C	2mg
Calcium	65mg
Iron	3mg

### Directions

- 1 Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 In a shallow bowl, combine the flax, water, garlic powder, onion powder, and salt. Set it aside to thicken for five minutes.
- 3 Cook the quinoa according to the directions on the package.
- 4 Pat the sliced chicken dry and coat in the flax mixture. Let the excess drip off, then transfer the chicken to the quinoa mixture. Press the quinoa into the chicken with your hands until completely coated. Transfer to a baking sheet and repeat for the remaining chicken.
- 5 Bake for 20 minutes, or until golden brown. Remove from oven, spread salsa overtop and bake for 5 more minutes or until cooked through. Enjoy!

### Notes

**Serve it With:** Brown rice spaghetti, garlic bread, roasted veggies or salad.

**No Salsa:** Use homemade salsa, or a favourite store-bought marinara or pasta sauce instead.

**Real Cheese Lover:** Place sliced mozzarella over salsa and set oven to high broil for the remaining 3 minutes.

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



## Turkey Quinoa Swiss Chard Rolls

2 servings

1 hour

### Ingredients

- 1/3 cup Quinoa (uncooked)
- 1/2 cup Water
- 227 grams Extra Lean Ground Turkey
- 1 tbsp Italian Seasoning
- 1/8 tsp Paprika
- Sea Salt & Black Pepper (to taste)
- 1 1/2 cups Crushed Tomatoes
- 2 cups Swiss Chard (washed and stems cut off)

### Nutrition

Amount per serving	
Calories	339
Fat	12g
Carbs	33g
Fiber	6g
Sugar	8g
Protein	29g
Cholesterol	84mg
Sodium	495mg
Vitamin A	2749IU
Vitamin C	27mg
Calcium	123mg
Iron	6mg

### Directions

- 1 Preheat oven to 375°F (191°C).
- 2 Add the quinoa and water to a sauce pot. Place over high heat and bring to a boil. Once boiling, reduce to a simmer and cover with a lid. Let simmer for 12 to 15 minutes or until all water is absorbed. Turn off heat and fluff the quinoa with a fork.
- 3 Combine the quinoa, ground turkey, Italian seasoning, paprika, and sea salt and pepper to taste in a medium sized bowl and mix well.
- 4 Spread a few spoonfuls of crushed tomatoes over the bottom of a large baking dish (just enough to cover).
- 5 Lay a swiss chard leaf flat on your cutting board and add a few spoonfuls of the turkey/quinoa mixture to the base of the leaf. Roll the leaf while tucking the edges into the roll as you go. Once rolled, place the roll seam-down into baking dish and repeat until all the leaves have been rolled.
- 6 Cover rolls with the rest of the crushed tomatoes. Cover with a lid or tinfoil and bake for 40 minutes. Remove the lid or foil and bake for an additional 10 minutes uncovered.

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. For best results, reheat in the oven.

**Slow Cooker Version:** Place rolls and sauce in slow cooker and cook on low for 4 hours.

**No Quinoa:** Use brown rice.





## Asparagus, Soba & Tempah

2 servings  
15 minutes

### Ingredients

100 grams Buckwheat Soba Noodles (dry, uncooked)  
3/4 cup Asparagus (trimmed, cut into bite sized pieces)  
1 1/2 tbsps Miso Paste  
1 tbsp Rice Vinegar  
1/2 tsp Ginger (fresh, minced)  
1 1/2 tbsps Water  
170 grams Tempah (cut into strips)  
1 tsp Sesame Seeds

### Nutrition

Amount per serving	
Calories	437
Fat	12g
Carbs	48g
Fiber	3g
Sugar	2g
Protein	26g
Cholesterol	0mg
Sodium	784mg
Vitamin A	380IU
Vitamin C	3mg
Calcium	122mg
Iron	4mg

### Directions

- 1 Cook the soba noodles according to the directions on the package. With two minutes remaining, add the asparagus. Drain and rinse with cold water until completely cooled.
- 2 Meanwhile, stir together the miso paste, rice vinegar, ginger, and water in a bowl.
- 3 In a separate bowl, combine the tempah and half the dressing until well coated. Let sit for five minutes. Heat a non-stick pan over medium heat and add the tempah. 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 tempah, asparagus, and sesame seeds. Drizzle with your desired amount of leftover dressing. Enjoy!

### Notes

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

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



## Mediterranean Tuna Salad

2 servings

10 minutes

### Ingredients

- 1 can Tuna (drained)
- 1 cup Cherry Tomatoes (halved)
- 1/2 cup Pitted Kalamata Olives (halved)
- 1/4 cup Red Onion (sliced)
- 1 3/4 cups Cannellini Beans (drained and rinsed)
- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Lemon Juice
- 3 tbsps Parsley (finely chopped)
- Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	448
Fat	19g
Carbs	44g
Fiber	12g
Sugar	5g
Protein	26g
Cholesterol	30mg
Sodium	1053mg
Vitamin A	1260IU
Vitamin C	23mg
Calcium	100mg
Iron	7mg

### Directions

- 1 In a medium-sized bowl, combine the tuna, tomatoes, olives, red onion, beans, olive oil, lemon juice, and parsley and toss to combine. Season with salt and pepper.
- 2 Divide onto plates, serve and enjoy!

### Notes

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

**Serving Size:** One serving is about two cups.

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



## Chicken & Pea Soba Noodles

2 servings  
35 minutes

### Ingredients

227 grams Chicken Breast  
1/3 cup Water (divided)  
85 grams Buckwheat Soba Noodles  
1/2 Yellow Bell Pepper (sliced)  
1/2 cup Frozen Peas (thawed)  
2 tbsps Sunflower Seed Butter  
2 Garlic (cloves, minced)  
1/2 tsp Onion Powder  
1/2 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	482
Fat	13g
Carbs	44g
Fiber	4g
Sugar	4g
Protein	36g
Cholesterol	82mg
Sodium	802mg
Vitamin A	975IU
Vitamin C	91mg
Calcium	42mg
Iron	2mg

### Directions

- 1 Warm a non-stick pan over medium heat. Add the chicken breasts and half of the water, then cover with a lid. Cook for seven to 10 minutes on each side.
- 2 Meanwhile, cook the soba noodles according to the package directions.
- 3 Once the chicken is nearly done, add the peppers and peas to the pan with the chicken, and return the lid. Cook until the chicken is cooked through. Remove the chicken breasts and slice into pieces.
- 4 In a small bowl, combine the sunflower seed butter, garlic, onion powder, salt, and remaining water. Whisk until smooth.
- 5 Divide the soba noodles, chicken, vegetables, and sauce evenly between bowls. Enjoy!

### Notes

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

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

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

**More Flavor:** For the sauce, use lime juice and tamari in place of water and add maple syrup, ginger, and red pepper flakes.

**Additional Toppings:** Cilantro and sesame seeds.

**No Sunflower Seed Butter:** Use peanut butter or almond butter instead.



## Sweet Potato Chili Bowls

2 servings

2 hours

### Ingredients

113 grams Extra Lean Ground Turkey  
1/4 White Onion (chopped)  
2 Garlic (cloves, minced)  
1/4 Green Bell Pepper (chopped)  
1 tbsp Parsley (diced)  
3/4 Jalapeno Pepper (de-seeded and chopped)  
3/4 stalk Celery (diced)  
3/4 cup Diced Tomatoes  
1 1/4 tbsps Chili Powder  
1/2 tsp Cumin  
1 cup Vegetable Broth  
1/2 cup Red Kidney Beans (cooked, drained and rinsed)  
1/2 cup Green Lentils (cooked, drained and rinsed)  
1 Sweet Potato (optional)  
1/4 Avocado (peeled and diced)  
2 tbsps Salsa

### Nutrition

Amount per serving	
Calories	356
Fat	10g
Carbs	47g
Fiber	15g
Sugar	9g
Protein	23g
Cholesterol	42mg
Sodium	696mg

### Directions

- 1 Place a large pot over medium heat. Add ground turkey, onion, garlic, bell pepper, parsley, jalapenos and celery. Cook and stir occasionally until turkey is cooked.
- 2 Stir in tomatoes, chili powder and cumin. Cook for another 2 to 3 minutes.
- 3 Add the vegetable broth. Add the beans and lentils and bring to a boil over high heat. Reduce heat. Cover and let simmer for 1 hour.
- 4 In the meantime, preheat oven to 400°F (204°C). Pierce each sweet potato several times with a fork. Place potatoes on a baking sheet and bake for 45 minutes. (Note: This step is optional, the chili can be served with or without the sweet potatoes. It is just a fun touch!)
- 5 Remove sweet potatoes from oven. Make a slit in the top and use a spoon to carve out the majority of the sweet potato flesh to make a bowl. Be sure to leave some flesh in the potatoes so the bowl holds its shape and it will absorb the yummy flavour of the chili. Place the flesh in a bowl and set aside. (Don't throw it out! Use it to make sweet potato hummus or a mashed sweet potato side with a meal later on!)
- 6 Ladle your chili into your sweet potato bowls and top with diced avocado and salsa. Enjoy!

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Vitamin A	11846IU
Vitamin C	38mg
Calcium	137mg
Iron	6mg



## Baked Salmon with Broccoli & Quinoa

1 serving  
20 minutes

### Ingredients

142 grams Salmon Fillet  
Sea Salt & Black Pepper (to taste)  
2 cups Broccoli (sliced into small florets)  
1 1/2 tps Extra Virgin Olive Oil  
1/4 cup Quinoa (uncooked)  
1/3 cup Water  
1/8 Lemon (sliced into wedges)

### Nutrition

Amount per serving	
Calories	480
Fat	19g
Carbs	40g
Fiber	8g
Sugar	3g
Protein	39g
Cholesterol	78mg
Sodium	126mg
Vitamin A	1197IU
Vitamin C	165mg
Calcium	132mg
Iron	4mg

### Directions

- 1 Preheat the oven to 450°F (232°C) and line a baking sheet with parchment paper.
- 2 Place the salmon fillets on the baking sheet and season with sea salt and black pepper.
- 3 Toss the broccoli florets in olive oil and season with sea salt and black pepper. Add them to the baking sheet, arranging them around the salmon fillets. Bake the salmon and broccoli in the oven for 15 minutes, or until the salmon flakes with a fork.
- 4 While the salmon cooks, combine the quinoa and water together in a saucepan. Bring to a boil over high heat, then reduce to a simmer. Cover and let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork. Set aside.
- 5 Remove the salmon and broccoli from the oven and divide onto plates. Serve with quinoa and a lemon wedge. Season with extra sea salt, black pepper and olive oil if you like. Enjoy!

### Notes

**Leftovers:** Store covered in the fridge up to 2 days.

**Speed it Up:** Cook the quinoa ahead of time.

**Vegan:** Use tofu steaks instead of salmon fillets.