











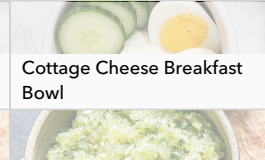





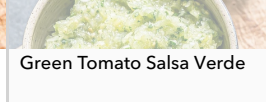
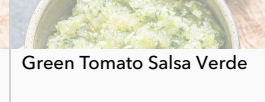
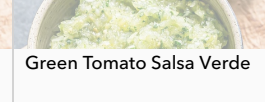














































EXERCISE
with Style

21-Day Anti-Inflammatory Diet
(Week 3)

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Savory Arugula & Olive Oatmeal	 Savory Arugula & Olive Oatmeal	 Savory Arugula & Olive Oatmeal	 High Protein Sunbutter Oatmeal with Strawberries	 High Protein Sunbutter Oatmeal with Strawberries	 Squash Baked Egg	 Squash Baked Egg
Snack 1	 Pecans & Blueberries	 Pecans & Blueberries	 Pecans & Blueberries	 Cottage Cheese Breakfast Bowl	 Cottage Cheese Breakfast Bowl	 Cottage Cheese Breakfast Bowl	 Cottage Cheese Breakfast Bowl
	 Green Tomato Salsa Verde	 Green Tomato Salsa Verde	 Green Tomato Salsa Verde	 Green Tomato Salsa Verde	 Green Tomato Salsa Verde	 Green Tomato Salsa Verde	 Green Tomato Salsa Verde
Lunch	 Slow Cooker Stuffed Peppers	 Riced Parsnip & Chicken	 Salmon, Asparagus & Capers	 Ground Turkey & Veggie Stir Fry	 Mediterranean Chicken Salad	 Italian Chicken & Rice Meal Prep Bowl	 Pineapple Chicken Tacos
Snack 2	 Sweet Potato Toast with Avocado & Sauerkraut	 Sweet Potato Toast with Avocado & Sauerkraut	 Sweet Potato Toast with Avocado & Sauerkraut	 Detox Green Smoothie	 Detox Green Smoothie	 Detox Green Smoothie	 Detox Green Smoothie
Dinner	 Riced Parsnip & Chicken	 Salmon, Asparagus & Capers	 Ground Turkey & Veggie Stir Fry	 Mediterranean Chicken Salad	 Italian Chicken & Rice Meal Prep Bowl	 Pineapple Chicken Tacos	 Salmon & Rice Bowl

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  39%	Fat  43%	Fat  44%	Fat  42%	Fat  41%	Fat  29%	Fat  36%
Carbs  37%	Carbs  32%	Carbs  35%	Carbs  33%	Carbs  32%	Carbs  46%	Carbs  43%
Protein  24%	Protein  25%	Protein  21%	Protein  25%	Protein  27%	Protein  25%	Protein  21%
Calories 1550	Calories 1600	Calories 1626	Calories 1669	Calories 1717	Calories 1572	Calories 1666
Fat 70g	Fat 79g	Fat 82g	Fat 80g	Fat 80g	Fat 52g	Fat 68g
Carbs 151g	Carbs 131g	Carbs 147g	Carbs 141g	Carbs 140g	Carbs 188g	Carbs 185g
Fiber 42g	Fiber 36g	Fiber 32g	Fiber 23g	Fiber 24g	Fiber 29g	Fiber 30g
Sugar 45g	Sugar 36g	Sugar 32g	Sugar 42g	Sugar 43g	Sugar 42g	Sugar 38g
Protein 97g	Protein 104g	Protein 89g	Protein 106g	Protein 117g	Protein 100g	Protein 90g
Cholesterol 440mg	Cholesterol 404mg	Cholesterol 364mg	Cholesterol 570mg	Cholesterol 589mg	Cholesterol 741mg	Cholesterol 705mg
Sodium 2316mg	Sodium 1265mg	Sodium 1758mg	Sodium 2019mg	Sodium 1503mg	Sodium 1190mg	Sodium 1414mg
Vitamin A 24308IU	Vitamin A 23876IU	Vitamin A 24901IU	Vitamin A 8682IU	Vitamin A 6399IU	Vitamin A 6724IU	Vitamin A 6126IU
Vitamin C 269mg	Vitamin C 110mg	Vitamin C 107mg	Vitamin C 200mg	Vitamin C 208mg	Vitamin C 246mg	Vitamin C 189mg
Calcium 550mg	Calcium 480mg	Calcium 374mg	Calcium 697mg	Calcium 677mg	Calcium 809mg	Calcium 785mg
Iron 15mg	Iron 15mg	Iron 17mg	Iron 14mg	Iron 12mg	Iron 14mg	Iron 14mg

Fruits

- 3 Avocado
- 3 cups Blueberries
- 3 Lemon
- 1 1/2 tsps Lemon Zest
- 1/2 Lime
- 4 Pear
- 2/3 cup Pineapple
- 1/2 cup Strawberries

Seeds, Nuts & Spices

- 1/8 tsp Black Pepper
- 3/4 tsp Chili Powder
- 1/8 tsp Cumin
- 1/8 tsp Dried Basil
- 3/4 tsp Garlic Powder
- 2 tbsps Ground Flax Seed
- 1 tbsp Hemp Seeds
- 1 1/2 tsps Italian Seasoning
- 1/2 tsp Oregano
- 3/4 cup Pecans
- 2/3 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tsp Sesame Seeds
- 2 tsps Taco Seasoning

Frozen

- 10 Ice Cubes

Vegetables

- 1 Acorn Squash
- 8 1/2 cups Arugula
- 2 cups Asparagus
- 2 1/4 cups Baby Spinach
- 1 1/16 cups Broccoli
- 1/4 head Cauliflower
- 1 1/2 cups Cherry Tomatoes
- 3/4 cup Cilantro
- 3 Cucumber
- 3/4 tsp Fresh Sage
- 2 1/2 Garlic
- 2 tbsps Ginger
- 2 Green Bell Pepper
- 4 stalks Green Onion
- 2 2/3 Green Tomato
- 3 1/8 Jalapeno Pepper
- 12 1/16 cups Kale Leaves
- 2 1/16 Parsnip
- 1/4 cup Red Onion
- 1 Sweet Potato
- 2/3 White Onion
- 1 Yellow Onion
- 1 1/16 Zucchini

Boxed & Canned

- 2 1/16 cups Brown Rice
- 1/2 cup Jasmine Rice
- 1 cup Quick Oats
- 1/2 cup Salsa

Baking

- 1 1/2 tsps Coconut Flour
- 3 tbsps Nutritional Yeast
- 1 1/2 cups Oats

Bread, Fish, Meat & Cheese

- 795 grams Chicken Breast
- 142 grams Chicken Breast, Cooked
- 4 Corn Tortilla
- 340 grams Extra Lean Ground Turkey
- 1/3 cup Feta Cheese
- 1 kilogram Salmon Fillet

Condiments & Oils

- 3 tbsps Capers
- 1 tsp Dijon Mustard
- 2/3 cup Extra Virgin Olive Oil
- 1/3 cup Mayonnaise
- 2/3 cup Pitted Kalamata Olives
- 2 2/3 tbsps Sauerkraut
- 1 tbsp Sriracha
- 2 tbsps Sunflower Seed Butter
- 1 2/3 tbsps Tamari

Cold

- 2 cups Cottage Cheese
- 11 1/4 Egg
- 1 cup Egg Whites

Other

- 7 1/4 cups Water



Savory Arugula & Olive Oatmeal

3 servings
15 minutes

Ingredients

- 1 1/2 cups Oats (rolled)
- 3 cups Water
- 3 tbsps Nutritional Yeast
- 3/4 tsp Extra Virgin Olive Oil
- 3 Egg
- 4 1/2 cups Arugula
- 1/3 cup Pitted Kalamata Olives
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	296
Fat	11g
Carbs	33g
Fiber	7g
Sugar	1g
Protein	18g
Cholesterol	186mg
Sodium	235mg
Vitamin A	1037IU
Vitamin C	5mg
Calcium	141mg
Iron	5mg

Directions

- 1 Add the oats and water to a pot. Bring to a gentle boil over medium heat and cook for 8 to 10 minutes. Stir frequently. Once cooked through, add the nutritional yeast and stir.
- 2 Meanwhile, in a skillet over medium heat, add the olive oil. Once heated, add the eggs. Cook until the whites are set and the yolk is cooked to your liking. Remove and set aside. In the same pan, add the arugula and cook over low-medium heat, until just wilted, about 1 to 2 minutes.
- 3 Add the oats to a bowl and top with the arugula, olives and egg. Season with sea salt and pepper. Serve and enjoy!

Notes

Leftovers: The egg is best enjoyed the same day. Refrigerate the remaining ingredients in an airtight container for up to three days. For best results, reheat on the stove and make another egg for topping.

More Flavor: Add onions, chili flakes or garlic powder.

Additional Toppings: Add sliced avocado.

Make it Vegan: Omit the egg and top with scrambled tofu instead.



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.



Squash Baked Egg

1 serving
50 minutes

Ingredients

1 Acorn Squash
1 1/2 tsps Extra Virgin Olive Oil
2 Egg
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	375
Fat	17g
Carbs	46g
Fiber	6g
Sugar	0g
Protein	16g
Cholesterol	372mg
Sodium	155mg
Vitamin A	2122IU
Vitamin C	47mg
Calcium	198mg
Iron	5mg

Directions

- 1 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Slice acorn squash in half and remove the seeds. Place on the baking sheet and brush with oil. Bake the squash face down for 25 to 30 minutes or until tender.
- 3 Remove the squash from the oven and flip over so the flesh side is facing up. Crack eggs into the holes and return to oven for 15 to 20 minutes, or until the egg is set to your liking.
- 4 Remove from the oven and season with sea salt and black pepper to taste. Enjoy!

Notes

No Acorn Squash: Use a sweet potato instead.

Serve it With: Fresh chives, shredded cheese, hot sauce and/or bread for dipping.

More Protein: Fill any extra space with egg whites.

More Veggies: Serve it with a side of sauteed kale, mushrooms and onions.



Pecans & Blueberries

3 servings

5 minutes

Ingredients

3 cups Blueberries
3/4 cup Pecans

Nutrition

Amount per serving	
Calories	255
Fat	18g
Carbs	25g
Fiber	6g
Sugar	16g
Protein	3g
Cholesterol	0mg
Sodium	1mg
Vitamin A	94IU
Vitamin C	15mg
Calcium	26mg
Iron	1mg

Directions

- 1 Serve the blueberries with pecans and enjoy!

Notes

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

Additional Toppings: Sprinkle some cinnamon on top.



Cottage Cheese Breakfast Bowl

4 servings

15 minutes

Ingredients

- 4 Egg
- 1 Cucumber (sliced)
- 2 cups Cottage Cheese

Nutrition

Amount per serving	
Calories	186
Fat	9g
Carbs	7g
Fiber	0g
Sugar	4g
Protein	18g
Cholesterol	204mg
Sodium	403mg
Vitamin A	496IU
Vitamin C	2mg
Calcium	127mg
Iron	1mg

Directions

- 1 Place the egg in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 2 Strain the water and fill the saucepan with cold water. Peel the egg when cool enough to handle and slice into halves.
- 3 Top the cottage cheese with the egg halves and cucumber slices. Enjoy!

Notes

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

Dairy-Free: Use oatmeal, coconut yogurt or vegan cheese instead of cottage cheese.

More Flavor: Add sea salt, black pepper, everything bagel seasoning, or a dash of tamari.

Additional Toppings: Sautéed mushrooms, zucchini, or chopped bacon.



Green Tomato Salsa Verde

4 servings

15 minutes

Ingredients

- 2 2/3 Green Tomato (large, halved)
- 2 2/3 Jalapeno Pepper (roughly chopped)
- 2/3 White Onion (roughly chopped)
- 1/3 tsp Sea Salt
- 2/3 cup Cilantro (roughly chopped)

Nutrition

Amount per serving	
Calories	30
Fat	0g
Carbs	7g
Fiber	2g
Sugar	4g
Protein	1g
Cholesterol	0mg
Sodium	210mg
Vitamin A	807IU
Vitamin C	32mg
Calcium	18mg
Iron	1mg

Directions

- 1 Set your oven to broil and move the rack to the highest position.
- 2 Place the green tomatoes on a baking sheet. Broil for 2 to 3 minutes each side, or until charred. Let cool.
- 3 Remove the core and peel. Transfer to a food processor with the remaining ingredients. Pulse until your desired consistency is reached, adding water if it is too thick. Adjust salt as needed and enjoy!

Notes

Leftovers: Best enjoyed immediately but can be refrigerated in an airtight container for up to four days.

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

More Flavor: Add more jalapeno peppers to make it spicier.

Serve it With: Tortilla chips, roasted vegetables, grilled meat or fish.

No Green Tomatoes: Use tomatillos instead.



Slow Cooker Stuffed Peppers

1 serving

4 hours

Ingredients

- 1 Green Bell Pepper (large)
- 113 grams Extra Lean Ground Turkey
- 1/8 tsp Sea Salt
- 1/8 tsp Black Pepper
- 3/4 tsp Chili Powder
- 1/8 tsp Cumin
- 1/8 tsp Dried Basil
- 1/4 Egg
- 1/2 Garlic (cloves, minced)
- 1/8 Yellow Onion (diced)
- 1/4 cup Baby Spinach (chopped)
- 3/4 tsp Extra Virgin Olive Oil
- 1 1/2 tps Coconut Flour
- 1/2 cup Salsa
- 1/4 head Cauliflower (large)

Nutrition

Amount per serving	
Calories	348
Fat	16g
Carbs	27g
Fiber	10g
Sugar	13g
Protein	30g
Cholesterol	130mg
Sodium	1435mg
Vitamin A	2492IU
Vitamin C	172mg
Calcium	142mg
Iron	5mg

Directions

- 1 Slice the tops off the peppers and carve out the seeds. Set aside.
- 2 In a large mixing bowl, combine the ground turkey, sea salt, black pepper, chili powder, cumin, dried basil, egg, minced garlic, yellow onion, spinach, olive oil and coconut flour. Mix well and stuff it into the green peppers.
- 3 Place the peppers in the slow cooker and top each with a spoonful or two of salsa. Cook for 4 hours on high or 6 - 8 on low.
- 4 Trim your cauliflower into florets. Place the florets in a food processor and pulse into a rice-like consistency. Cover and store in the fridge until ready to eat. (Note: You can eat the cauliflower rice raw or saute it in a bit of coconut oil before serving.)
- 5 Remove the peppers from the slow cooker and serve over cauliflower rice. Top with remaining salsa. Enjoy!

Notes

Vegans and Vegetarians: Use cooked lentils or beans instead of ground meat.

No Ground Turkey: Use ground chicken or beef instead.

No Slow Cooker: Bake peppers in the oven at 350 for 45 minutes to 1 hour, or until meat is cooked through.

No Cauliflower: Serve over rice, quinoa, greens or sweet potato mash.



Sweet Potato Toast with Avocado & Sauerkraut

1 serving
15 minutes

Ingredients

- 1 Sweet Potato (small, ends trimmed, sliced lengthwise)
- 1/2 Avocado (peeled and mashed)
- 2 2/3 tbsps Sauerkraut
- 1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	277
Fat	15g
Carbs	36g
Fiber	11g
Sugar	7g
Protein	4g
Cholesterol	0mg
Sodium	530mg
Vitamin A	18594IU
Vitamin C	17mg
Calcium	58mg
Iron	2mg

Directions

- 1 Pop the sweet potato slices into the toaster and toast two to three times. If you do not have a toaster, set your oven to broil and bake on a sheet for 3 to 6 minutes per side, or until golden brown.
- 2 Top the sweet potato toasts with mashed avocado and sauerkraut. Season with sea salt. Enjoy!

Notes

Add Greens: Add a layer of baby spinach before you spread on the avocado.

Guacamole Lover: Add lemon juice, lime juice, minced garlic, tomato and/or chopped red onion to your mashed avocado.

No Sweet Potato: Use bread, crackers, crispbread, pita or tortillas instead.

Storage: Best enjoyed immediately but can be refrigerated in an airtight container up to 3 days.



Detox Green Smoothie

4 servings

10 minutes

Ingredients

- 8 cups Kale Leaves
- 2 Cucumber (chopped)
- 2 Lemon (juiced)
- 4 Pear (peeled and chopped)
- 2 tbsps Ginger (grated)
- 2 tbsps Ground Flax Seed
- 3 cups Water
- 10 Ice Cubes

Nutrition

Amount per serving	
Calories	164
Fat	2g
Carbs	38g
Fiber	9g
Sugar	21g
Protein	4g
Cholesterol	0mg
Sodium	31mg
Vitamin A	2225IU
Vitamin C	61mg
Calcium	171mg
Iron	2mg

Directions

- 1 Place all ingredients together in a blender. Blend until smooth. Be patient! No one likes clumps in their smoothies. It may take 1 minute or longer to get a great, smoothie-consistency.
- 2 Divide between glasses and enjoy!

Notes

No Kale: Use spinach.

No Pear: Use apples.

Metabolism Boost: Add 1/4 tsp cayenne pepper.

Make it Sweeter: Add 1/2 cup frozen pineapple or mango.

More Protein: Add a scoop of protein powder or hemp seeds.



Riced Parsnip & Chicken

2 servings
25 minutes

Ingredients

- 2 Parsnip (peeled, chopped)
- 2 tsps Extra Virgin Olive Oil (divided)
- 3/4 tsp Fresh Sage (loosely packed)
- 340 grams Chicken Breast (skinless and boneless)
- 1/2 tsp Oregano (dried)
- 1/4 tsp Garlic Powder
- 4 cups Kale Leaves (roughly chopped)

Nutrition

Amount per serving	
Calories	374
Fat	10g
Carbs	30g
Fiber	8g
Sugar	8g
Protein	42g
Cholesterol	124mg
Sodium	115mg
Vitamin A	2091IU
Vitamin C	60mg
Calcium	183mg
Iron	2mg

Directions

- 1 Add the chopped parsnips to a blender or food processor and process until it resembles rice, about 30 seconds.
- 2 In a skillet over medium-low heat, add half the extra virgin olive oil and the sage. Fry until the sage leaves are crispy, about 3 to 4 minutes. Remove the sage, roughly chop it and set aside. Add the parsnip rice to the skillet and cook for about 5 to 7 minutes, until cooked through. Remove and set aside.
- 3 Season the chicken on all sides with the oregano and garlic. In the same skillet over medium heat, add the remaining extra virgin olive oil and the chicken. Cook for 8 to 10 minutes. Remove, slice the chicken, and add it back to the pan to cook for 1 to 2 minutes more, until cooked through. Remove and set aside.
- 4 Add the kale to the skillet and cook over medium low heat, until just wilted, about 1 to 2 minutes.
- 5 Plate the parsnip rice, and top with the kale, sliced chicken and sage. Enjoy!

Notes

- Leftovers:** Refrigerate in an airtight container for up to three days.
No Kale: Use another leafy green such as Swiss chard or spinach.



Salmon, Asparagus & Capers

2 servings
25 minutes

Ingredients

340 grams Salmon Fillet (skinless)
Sea Salt & Black Pepper (to taste)
2 cups Asparagus (ends trimmed)
3 tbsps Capers (rinsed)
4 stalks Green Onion (thinly sliced)
2 tbsps Extra Virgin Olive Oil
1 1/2 tpsps Lemon Zest

Nutrition

Amount per serving	
Calories	398
Fat	25g
Carbs	7g
Fiber	4g
Sugar	4g
Protein	37g
Cholesterol	94mg
Sodium	384mg
Vitamin A	2060IU
Vitamin C	13mg
Calcium	72mg
Iron	5mg

Directions

- 1 Preheat the oven to 400°F (205°C).
- 2 Season the salmon with salt and pepper. Set aside.
- 3 Toss the asparagus, capers, and green onions with the oil in a large bowl. Season with the lemon zest, salt, and pepper.
- 4 Remove the asparagus from the bowl and lay in a baking dish. Lay the salmon on top and top with the capers' mixture.
- 5 Bake for 12 to 15 minutes or until the salmon is cooked through. Divide evenly between plates and enjoy!

Notes

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

Serving Size: One serving is equal to approximately six ounces of salmon and one cup of asparagus.

More Flavor: Serve with quinoa, farro, millet, or rice.



Ground Turkey & Veggie Stir Fry

2 servings

20 minutes

Ingredients

- 1/2 cup Jasmine Rice
- 227 grams Extra Lean Ground Turkey
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 Green Bell Pepper (medium, diced)
- 1/2 Yellow Onion (chopped)
- 2 Garlic (large cloves, minced)
- 2 cups Baby Spinach
- 1 tbsp Tamari

Nutrition

Amount per serving	
Calories	400
Fat	13g
Carbs	46g
Fiber	4g
Sugar	4g
Protein	27g
Cholesterol	84mg
Sodium	608mg
Vitamin A	3116IU
Vitamin C	57mg
Calcium	77mg
Iron	4mg

Directions

- 1 Cook the rice according to package directions.
- 2 Add the turkey to a pan over medium heat, breaking it up as it cooks. Once it is cooked through and no longer pink, transfer the turkey to a bowl or plate and drain any excess drippings from the pan. Set aside.
- 3 Adjust the heat to medium-high and add the oil to the same pan. Add the bell pepper and onion and cook, stirring often, for four to six minutes or until the vegetables are just tender.
- 4 Add the garlic and spinach to the pan and continue to cook until the spinach has wilted. Add the cooked turkey back to the pan and stir to combine.
- 5 Add the tamari to the pan and stir well. Continue to cook for another one to two minutes or until the tamari has been absorbed into the meat and vegetables. Divide the rice and stir fry between plates and enjoy!

Notes

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

Serving Size: One serving is approximately equal to one cup of the turkey mixture and a half cup of rice.

More Flavor: Use sesame oil instead of olive oil.

Additional Toppings: Additional tamari, sriracha or hot sauce, green onion, sesame seeds, or chopped cashews.

No Ground Turkey: Use ground chicken, beef or pork instead.

No Green Bell Pepper: Use red, yellow, or orange bell pepper instead.

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



Mediterranean Chicken Salad

2 servings

15 minutes

Ingredients

- 2 Egg
- 1/4 cup Extra Virgin Olive Oil
- 1 Lemon (juiced)
- 1 tsp Dijon Mustard
- Sea Salt & Black Pepper (to taste)
- 4 cups Arugula
- 1 cup Cherry Tomatoes
- 1/4 cup Pitted Kalamata Olives
- 142 grams Chicken Breast, Cooked (sliced or cubed)
- 1/3 cup Feta Cheese (crumbled)

Nutrition

Amount per serving	
Calories	534
Fat	42g
Carbs	8g
Fiber	2g
Sugar	4g
Protein	33g
Cholesterol	282mg
Sodium	559mg
Vitamin A	2025IU
Vitamin C	26mg
Calcium	243mg
Iron	3mg

Directions

- 1 Place the eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 2 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and set aside.
- 3 In a small jar, combine the oil, lemon juice, mustard, salt, and pepper. Shake to combine and set aside.
- 4 Place the arugula, tomatoes, olives, and chicken in a bowl. Top with the egg and feta. When ready to eat, drizzle the dressing on top. Enjoy!

Notes

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

Serving Size: One serving is about three cups.

Meal Prep: Use pre-cooked or meal prepped hard-boiled eggs for a quick meal.

Additional Toppings: Pickled or sliced red onion.

Dairy-Free: Use a dairy-free feta cheese or omit.



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.



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.



Salmon & Rice Bowl

6 servings
25 minutes

Ingredients

- 1 1/2 cups Brown Rice (dry)
- 2 tsps Tamari
- 2 tsps Extra Virgin Olive Oil
- 680 grams Salmon Fillet (skin removed)
- Sea Salt & Black Pepper (to taste)
- 1/3 cup Mayonnaise
- 1 tbsp Sriracha
- 2 Avocado (cubed)
- 1 tsp Sesame Seeds (optional)

Nutrition

Amount per serving	
Calories	542
Fat	29g
Carbs	42g
Fiber	6g
Sugar	1g
Protein	28g
Cholesterol	67mg
Sodium	316mg
Vitamin A	235IU
Vitamin C	8mg
Calcium	33mg
Iron	2mg

Directions

- 1 Cook the rice according to the package directions. When the rice is finished cooking, pour on the tamari and set aside.
- 2 Meanwhile, heat the oil in a skillet or cast iron pan over medium heat. Pat the salmon dry with a paper towel and season both sides with salt and pepper to taste. Add the salmon to the pan and cook for four to six minutes per side until cooked through. Once the salmon has cooled, flake with a fork and set aside.
- 3 In a small bowl, mix together the mayonnaise and sriracha.
- 4 Divide the rice into bowls and top with salmon, avocado, and garnish with sesame seeds. Serve with spicy mayo. Enjoy!

Notes

Leftovers: Store in an airtight container in the fridge for up to two days.

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

More Flavor: Add more sriracha, or sesame oil to the mayo.

Additional Toppings: Top with nori, or serve with a side of kimchi.