
















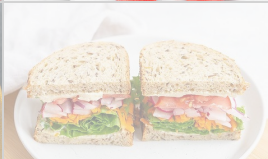


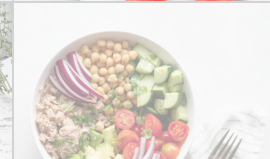



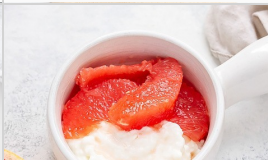





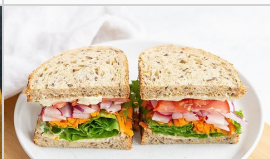





























EXERCISE
with Style

21 Day Fix 1500 Calorie Meal
Plan PDF (Week 1)

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Avocado & Tempeh Sandwich	 Avocado & Tempeh Sandwich	 Avocado & Tempeh Sandwich	 Loaded Tostadas	 Loaded Tostadas	 Soba Breakfast Bowl	 Soba Breakfast Bowl
Snack 1	 Oil-Free Hummus	 1.5 Oil-Free Hummus	 2 Oil-Free Hummus	 Watermelon & Feta Skewers	 Watermelon & Feta Skewers	 Watermelon & Feta Skewers	 Watermelon & Feta Skewers
Lunch	 Smoked Salmon & Cucumber Bagel	 Beef Taco Pasta	 Chicken Soba Noodle Soup	 Stacked Veggie Sandwich	 Hawaiian BBQ Tofu Bowls	 Pressure Cooker Cauliflower Soup	 Tuna, Chickpea & Avocado Salad
Snack 2	 Hard Boiled Eggs with Apricots	 Hard Boiled Eggs with Apricots	 Hard Boiled Eggs with Apricots	 Grapefruit with Cottage Cheese	 0.5 Grapefruit with Cottage Cheese	 Grapefruit with Cottage Cheese	 Grapefruit with Cottage Cheese
Dinner	 Beef Taco Pasta	 Chicken Soba Noodle Soup	 Stacked Veggie Sandwich	 Hawaiian BBQ Tofu Bowls	 Pressure Cooker Cauliflower Soup	 Tuna, Chickpea & Avocado Salad	 Deluxe Naan Pizza

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  32%	Fat  33%	Fat  34%	Fat  29%	Fat  32%	Fat  32%	Fat  31%
Carbs  49%	Carbs  48%	Carbs  48%	Carbs  54%	Carbs  51%	Carbs  46%	Carbs  46%
Protein  19%	Protein  19%	Protein  18%	Protein  17%	Protein  17%	Protein  22%	Protein  23%
Calories 1503	Calories 1520	Calories 1467	Calories 1542	Calories 1543	Calories 1559	Calories 1589
Fat 55g	Fat 57g	Fat 56g	Fat 51g	Fat 57g	Fat 55g	Fat 54g
Carbs 194g	Carbs 183g	Carbs 181g	Carbs 214g	Carbs 204g	Carbs 179g	Carbs 182g
Fiber 26g	Fiber 28g	Fiber 35g	Fiber 33g	Fiber 35g	Fiber 33g	Fiber 24g
Sugar 38g	Sugar 29g	Sugar 35g	Sugar 82g	Sugar 72g	Sugar 64g	Sugar 62g
Protein 76g	Protein 73g	Protein 66g	Protein 70g	Protein 70g	Protein 88g	Protein 89g
Cholesterol 286mg	Cholesterol 304mg	Cholesterol 242mg	Cholesterol 72mg	Cholesterol 63mg	Cholesterol 453mg	Cholesterol 500mg
Sodium 3180mg	Sodium 3016mg	Sodium 3016mg	Sodium 2538mg	Sodium 2959mg	Sodium 2954mg	Sodium 2638mg
Vitamin A 3134IU	Vitamin A 4669IU	Vitamin A 9269IU	Vitamin A 13630IU	Vitamin A 7405IU	Vitamin A 9222IU	Vitamin A 9816IU
Vitamin C 39mg	Vitamin C 59mg	Vitamin C 46mg	Vitamin C 288mg	Vitamin C 309mg	Vitamin C 259mg	Vitamin C 193mg
Calcium 681mg	Calcium 537mg	Calcium 575mg	Calcium 1260mg	Calcium 1180mg	Calcium 739mg	Calcium 884mg
Iron 16mg	Iron 14mg	Iron 15mg	Iron 12mg	Iron 16mg	Iron 16mg	Iron 14mg

Fruits

- 1 1/4 Avocado
- 4 Grapefruit
- 3 1/2 tbsps Lemon Juice
- 1/2 Lime
- 1 cup Pineapple
- 1/3 Seedless Watermelon

Seeds, Nuts & Spices

- 1/2 cup Cashews
- 3/4 tsp Chili Powder
- 1 1/3 tps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tbsp Sesame Seeds
- 1/3 tsp Smoked Paprika
- 2 tps Taco Seasoning

Vegetables

- 1 1/8 cups Arugula
- 1 cup Bok Choy
- 1 Carrot
- 1/2 head Cauliflower
- 1 cup Cherry Tomatoes
- 1/4 cup Cilantro
- 1 Cremini Mushrooms
- 2/3 Cucumber
- 2 3/4 Garlic
- 1 tbsp Ginger
- 1/16 head Green Lettuce
- 2 stalks Green Onion
- 4 cups Kale Leaves
- 1 cup Microgreens
- 2 2/3 tbsps Mint Leaves
- 2 tbsps Parsley
- 1/2 cup Radishes
- 1 1/3 Red Bell Pepper
- 1/3 cup Red Onion
- 4 grams Thyme Sprigs
- 1 Tomato
- 1/2 Yellow Onion
- 1 Zucchini

Boxed & Canned

- 1 1/8 cups Brown Rice Fusilli
- 200 grams Buckwheat Soba Noodles
- 1 cup Cannellini Beans
- 2 2/3 cups Chickpeas
- 1/2 cup Quinoa
- 1/2 can Refried Beans
- 1/2 cup Salsa
- 1 can Tuna
- 2 cups Vegetable Broth

Baking

- 2 1/2 tbsps Nutritional Yeast

Bread, Fish, Meat & Cheese

- 1 slice Bacon, Cooked
- 1 Bagel
- 25 grams Cheddar Cheese
- 113 grams Chicken Leg, Bone-In
- 4 Corn Tortilla
- 2 tbsps Cream Cheese, Regular
- 170 grams English Muffin
- 151 grams Extra Lean Ground Beef
- 1 1/4 cups Feta Cheese
- 43 grams Mozzarella Cheese
- 1 piece Naan
- 50 grams Smoked Salmon
- 150 grams Tempeh
- 225 grams Tofu
- 4 slices Whole Grain Bread

Condiments & Oils

- 2 1/4 tps Balsamic Vinegar
- 1/4 cup Barbecue Sauce
- 2 tps Capers
- 1 tbsp Extra Virgin Olive Oil
- 1/8 tsp Fish Sauce
- 1/4 cup Italian Dressing
- 14 grams Pickled Red Onions
- 1 1/2 tps Rice Vinegar
- 1/4 cup Tahini
- 2 tps Tamari
- 1 tbsp Tomato Sauce

Cold

- 2 cups Cottage Cheese
- 7 Egg
- 1/4 cup Guacamole
- 1/4 cup Hummus
- 1/4 cup Plain Greek Yogurt

Other

- 3/4 cup Dried Apricots
- 4 1/2 cups Water



Avocado & Tempeh Sandwich

3 servings
40 minutes

Ingredients

- 1 1/2 tbsps Tamari
- 2 1/4 tsps Balsamic Vinegar
- 3/4 tsp Chili Powder
- 1/3 tsp Smoked Paprika
- Sea Salt & Black Pepper (to taste)
- 150 grams Tempeh (cut into thin slices)
- 3/4 Avocado (sliced)
- 170 grams English Muffin (halved, lightly toasted)
- 1 1/8 cups Arugula

Nutrition

Amount per serving	
Calories	289
Fat	14g
Carbs	38g
Fiber	12g
Sugar	2g
Protein	15g
Cholesterol	0mg
Sodium	772mg
Vitamin A	591IU
Vitamin C	6mg
Calcium	159mg
Iron	3mg

Directions

- 1 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 2 In a zipper-lock bag or shallow bowl, mix the tamari, balsamic vinegar, chili powder, paprika, and salt and pepper. Add the tempeh and let it marinate for 10 to 15 minutes.
- 3 Arrange the tempeh in an even layer on the baking sheet. Bake for 18 to 20 minutes, flipping halfway through. Remove from the oven and set aside.
- 4 Layer the avocado on the english muffin, followed by the tempeh and arugula. Season with salt and pepper to taste. Serve and enjoy!

Notes

Leftovers: This is best assembled before serving. Tempeh can be prepared and cooked in advance and kept in the fridge for up to four days.

Gluten-Free: Use a gluten-free English muffin or bread instead.

Additional Toppings: Hot sauce, butter, ghee, almond butter, or peanut butter.

No Arugula: Use mixed greens, iceberg lettuce, romaine lettuce, or baby spinach instead.

English Muffin: One English muffin is roughly two ounces or 57 grams.



Loaded Tostadas

2 servings

15 minutes

Ingredients

- 4 Corn Tortilla
- 1/2 can Refried Beans
- 1/4 cup Feta Cheese (crumbled)
- 1/4 cup Salsa
- 1/4 cup Guacamole
- 1/4 cup Plain Greek Yogurt
- 2 stalks Green Onion (sliced)
- 1 cup Microgreens

Nutrition

Amount per serving	
Calories	385
Fat	12g
Carbs	54g
Fiber	10g
Sugar	5g
Protein	15g
Cholesterol	21mg
Sodium	916mg
Vitamin A	865IU
Vitamin C	24mg
Calcium	417mg
Iron	3mg

Directions

- 1 Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
- 2 Lay the tortillas on the prepared baking sheet. Divide the beans equally among the tortillas.
- 3 Top each tortilla with equal parts of the crumbled feta cheese and bake for 10 minutes.
- 4 Remove from the oven. Top with the salsa, guacamole, and yogurt. Add green onions and microgreens. Enjoy!

Notes

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

Serving Size: One serving is equal to two tostadas. A 1/4 can of refried beans is approximately 1/2 cup.

Make it Vegan: Omit or swap the feta and the yogurt for vegan cheese and yogurt of your choice.

More Flavor: Add scrambled eggs and vegetables like bell peppers and fresh tomatoes.

Additional Toppings: Chopped cilantro, lime juice.

Dairy-Free: Omit the yogurt and cheese or swap for dairy-free option.



Soba Breakfast Bowl

2 servings

15 minutes

Ingredients

100 grams Buckwheat Soba Noodles
1 1/2 tsps Tamari
1 1/2 tsps Rice Vinegar
4 Egg
4 cups Kale Leaves (stems removed,
roughly chopped)
1/4 cup Water
1 tbsp Sesame Seeds (black)

Nutrition

Amount per serving	
Calories	418
Fat	13g
Carbs	40g
Fiber	3g
Sugar	1g
Protein	21g
Cholesterol	372mg
Sodium	569mg
Vitamin A	2561IU
Vitamin C	39mg
Calcium	210mg
Iron	3mg

Directions

- 1 Cook the soba noodles according to the directions on the package. Drain and rinse with cold water until completely cooled. Toss with the tamari and vinegar and set aside.
- 2 Heat a non-stick skillet over medium heat and crack the eggs in the skillet. Cook until the whites are set and the yolks are cooked to your liking. Repeat for each serving and transfer to a plate.
- 3 Gently scrape any bits and wipe down the skillet. Add the kale leaves and water over medium heat. Cook until wilted, about 3 minutes. Drain any excess liquid.
- 4 Divide the kale and soba noodles into bowls. Top with fried eggs, black sesame seeds and additional tamari, if desired. Enjoy!

Notes

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

Serving Size: One serving equals approximately one serving of soba noodles, two eggs and 1 1/2 cups of cooked kale.

Make it Vegan: Top with marinated tofu, tempeh, chickpeas or edamame instead of eggs.



Oil-Free Hummus

5 servings

5 minutes

Ingredients

- 1 2/3 cups Chickpeas (cooked)
- 3/4 Garlic (clove, minced)
- 3 1/3 tbsps Lemon Juice
- 3/4 tsp Sea Salt
- 1/4 cup Tahini
- 3 1/3 tbsps Water (cold)

Nutrition

Amount per serving	
Calories	172
Fat	9g
Carbs	19g
Fiber	5g
Sugar	3g
Protein	7g
Cholesterol	0mg
Sodium	413mg
Vitamin A	24IU
Vitamin C	5mg
Calcium	86mg
Iron	3mg

Directions

- 1 Add the chickpeas to the bowl of a food processor and blend until pureed.
- 2 Add the garlic, lemon juice, salt and tahini. Turn the food processor on high and slowly stream in the cold water. Continue to blend until really smooth and creamy. Season with additional salt or lemon juice, if needed. Enjoy!

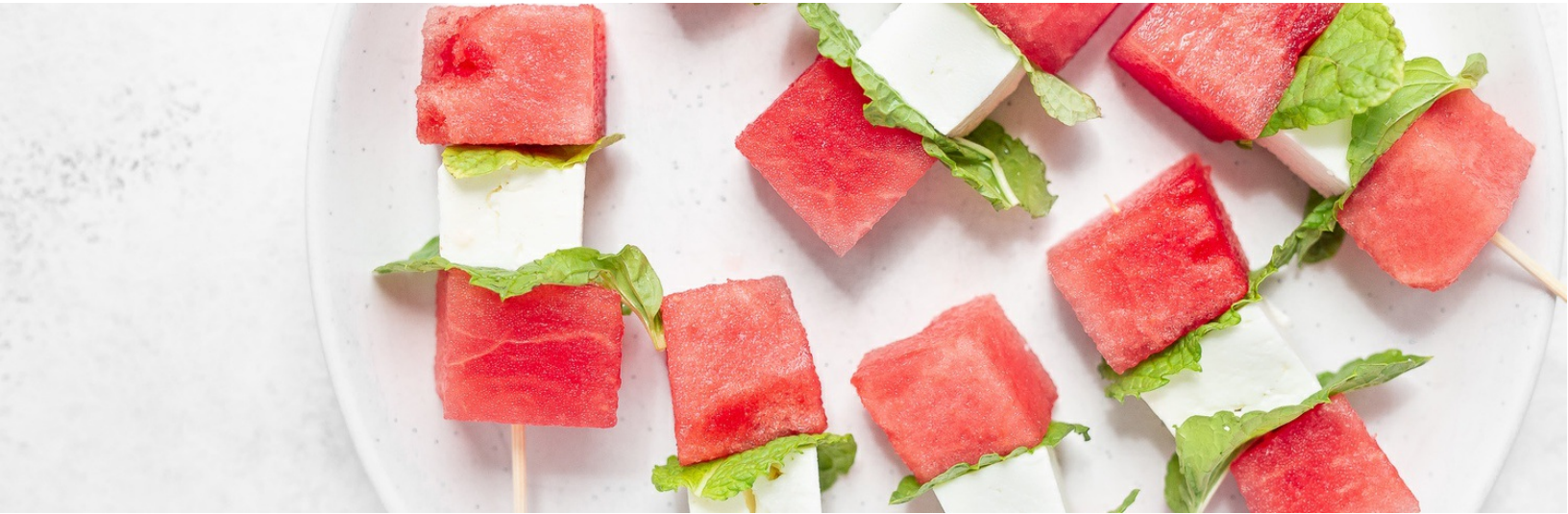
Notes

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

Serving Size: One serving is approximately 1/3 cup of hummus.

Serve it With: Veggie sticks, brown rice tortilla chips, crackers, on a salad, in a wrap or as a sandwich spread.

Consistency: If hummus is too thick, add additional cold water, one tablespoon at a time.



Watermelon & Feta Skewers

4 servings

15 minutes

Ingredients

- 1/3 Seedless Watermelon (medium, cut into cubes)
- 2 2/3 tbsps Mint Leaves
- 1 cup Feta Cheese (cubed)

Nutrition

Amount per serving	
Calories	213
Fat	9g
Carbs	30g
Fiber	2g
Sugar	23g
Protein	8g
Cholesterol	33mg
Sodium	431mg
Vitamin A	2346IU
Vitamin C	31mg
Calcium	214mg
Iron	1mg

Directions

1

Take a toothpick and thread the watermelon, a mint leaf, and feta cheese one at a time. Repeat until each toothpick is full. Serve and enjoy!

Notes

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

Serving Size: One serving equals approximately four toothpicks.

More Flavor: Drizzle balsamic glaze otop.

Additional Toppings: Add cucumber slices.



Smoked Salmon & Cucumber Bagel

1 serving
10 minutes

Ingredients

2 tbsps Cream Cheese, Regular
1 Bagel (plain, sliced in half, toasted)
1/8 Cucumber (sliced)
50 grams Smoked Salmon (sliced)
1/2 tsp Lemon Juice
14 grams Pickled Red Onions
2 tsps Capers

Nutrition

Amount per serving	
Calories	436
Fat	13g
Carbs	59g
Fiber	2g
Sugar	12g
Protein	23g
Cholesterol	38mg
Sodium	1225mg
Vitamin A	91IU
Vitamin C	2mg
Calcium	265mg
Iron	5mg

Directions

- 1 Spread the cream cheese onto the bagel. Top with the remaining ingredients and enjoy!

Notes

Leftovers: Best enjoyed fresh. Refrigerate ingredients separately in an airtight container for up to two days.

Serving Size: One serving is one bagel.

More Flavor: Add chopped dill.

Gluten-Free: Use a gluten-free bagel instead.

Dairy-Free: Use hummus or dairy-free cream cheese instead.



Hard Boiled Eggs with Apricots

3 servings

15 minutes

Ingredients

3 Egg
3/4 cup Dried Apricots

Nutrition

Amount per serving	
Calories	150
Fat	5g
Carbs	21g
Fiber	2g
Sugar	18g
Protein	7g
Cholesterol	186mg
Sodium	74mg
Vitamin A	1441IU
Vitamin C	0mg
Calcium	46mg
Iron	2mg

Directions

- 1 Place 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.
- 3 Peel the eggs and serve with apricots. Enjoy!

Notes

Storage: Refrigerate in an airtight container for up to 7 days if the eggshell is kept intact.

Easier to Peel: Add salt to the water while boiling.



Grapefruit with Cottage Cheese

4 servings

5 minutes

Ingredients

- 2 cups Cottage Cheese
- 4 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.



Beef Taco Pasta

2 servings
20 minutes

Ingredients

- 1 1/8 cups Brown Rice Fusilli (dry, uncooked)
- 151 grams Extra Lean Ground Beef
- 1/3 Red Bell Pepper (medium, seeds removed, diced)
- 2 tsps Taco Seasoning
- 1/4 cup Water
- 1/3 cup Salsa
- 25 grams Cheddar Cheese (shredded)

Nutrition

Amount per serving	
Calories	456
Fat	14g
Carbs	57g
Fiber	5g
Sugar	3g
Protein	24g
Cholesterol	62mg
Sodium	696mg
Vitamin A	987IU
Vitamin C	26mg
Calcium	125mg
Iron	3mg

Directions

- 1 Cook the pasta according to package directions.
- 2 Heat a pan over medium-high heat. Add the beef and bell pepper. Stir for eight to 10 minutes or until the beef is cooked through. Drain any excess fat.
- 3 Add the taco seasoning and water, cooking until most of the water is gone.
- 4 Stir in the pasta, salsa, and cheese. Divide into bowls and enjoy!

Notes

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

Serving Size: One serving equals approximately two cups of pasta.

More Flavor: Use broth instead of water.

Additional Toppings: Crushed tortilla chips, sliced jalapeno, cilantro, chopped lettuce, plain yogurt, or avocado.

Make it Vegan: Use extra firm tofu instead of ground beef. Use vegan cheese instead of cheddar.



Chicken Soba Noodle Soup

2 servings

1 hour

Ingredients

- 113 grams Chicken Leg, Bone-in (skin on)
- 3 cups Water
- 1 tbsp Ginger (sliced)
- 1/8 tsp Fish Sauce
- 1/2 tsp Sea Salt
- 100 grams Buckwheat Soba Noodles
- 1 cup Bok Choy (quartered)
- 1/2 Lime (quartered)

Nutrition

Amount per serving	
Calories	367
Fat	10g
Carbs	38g
Fiber	1g
Sugar	1g
Protein	16g
Cholesterol	56mg
Sodium	854mg
Vitamin A	1614IU
Vitamin C	19mg
Calcium	78mg
Iron	1mg

Directions

- 1 In a large pot, combine the chicken legs, water, ginger, fish sauce and sea salt. Bring to a boil and lower to a simmer. Cook for 40 minutes, or until the chicken reaches an internal temperature of 165°F (74°C). Skim the top of the water as needed.
- 2 Meanwhile, cook the soba noodles according to the directions on the package. Drain and rinse with cold water until completely cooled. Set aside.
- 3 Carefully remove the chicken legs from the broth and transfer to a large bowl. Using two forks, shred the chicken and remove the bones.
- 4 Divide the soba noodles, bok choy and shredded chicken into bowls. Pour the chicken broth overtop and serve with lime wedges. Enjoy!

Notes

Leftovers: Refrigerate the chicken and broth in separate airtight containers for up to three days. Refrigerate the veggies and soba noodles for up to five days.

Serving Size: Each serving equals approximately 2 cups of noodles and broth, 1/2 cup of chicken and 1/2 cup of bok choy.

More Flavor: Add cinnamon sticks, star anise or cloves to the broth.

Additional Toppings: Top with roasted peanuts, dried shallots, bean sprouts and/or fresh herbs.

Make it Vegan: Use shiitake mushrooms and tofu instead of chicken.



Stacked Veggie Sandwich

2 servings

5 minutes

Ingredients

- 1/4 cup Hummus
- 4 slices Whole Grain Bread
- 1/16 head Green Lettuce (leaves separated)
- 1/2 Tomato (medium, sliced)
- 1/2 cup Radishes (trimmed, sliced)
- 2 tbsps Red Onion (sliced)
- 1 Carrot (small, shredded)

Nutrition

Amount per serving	
Calories	317
Fat	9g
Carbs	46g
Fiber	10g
Sugar	8g
Protein	14g
Cholesterol	0mg
Sodium	490mg
Vitamin A	5575IU
Vitamin C	11mg
Calcium	120mg
Iron	3mg

Directions

- 1 Spread the hummus on the bread. Add the remaining sandwich toppings. Close the sandwich and enjoy!

Notes

Leftovers: Best enjoyed the same day but can be refrigerated in an airtight container for up to two days.

Gluten-Free: Use gluten-free bread.

More Flavor: Season with salt and pepper to taste. Use flavored hummus or your favorite dressing instead.

Additional Toppings: Sliced bell peppers, green onions, fresh herbs, or sprouts.



Hawaiian BBQ Tofu Bowls

2 servings
30 minutes

Ingredients

- 225 grams Tofu (cubed)
- 1/4 cup Barbecue Sauce
- 1 Red Bell Pepper (sliced)
- 1 Zucchini (sliced)
- 1 tbsp Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Quinoa (uncooked)
- 1 cup Water
- 1 cup Pineapple (sliced)
- 1/4 cup Cilantro (finely chopped)

Nutrition

Amount per serving	
Calories	442
Fat	16g
Carbs	60g
Fiber	8g
Sugar	25g
Protein	20g
Cholesterol	0mg
Sodium	370mg
Vitamin A	2324IU
Vitamin C	134mg
Calcium	391mg
Iron	5mg

Directions

- 1 Combine the tofu and barbecue sauce. Let sit for 10 to 15 minutes while you move on to the next tasks.
- 2 Preheat oven to 375°F (191°C) and line a sheet pan with parchment paper. Toss the bell peppers and zucchini with half of the olive oil. Lay in a single layer on the baking sheet and sprinkle with salt and pepper. Roast in the oven for 20 minutes.
- 3 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.
- 4 While the veggies roast and quinoa cooks, heat remaining olive oil in a frying pan over medium heat. Add the tofu and BBQ sauce, cook for 5 to 10 minutes, turning often.
- 5 Divide quinoa into bowls and top with roasted veggies, pineapple, tofu and cilantro. Enjoy!

Notes

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



Pressure Cooker Cauliflower Soup

2 servings
25 minutes

Ingredients

- 1/4 Yellow Onion (medium, chopped)
- 2 Garlic (cloves, minced)
- Sea Salt & Black Pepper (to taste)
- 2 cups Vegetable Broth
- 1 cup Cannellini Beans (drained, rinsed)
- 1/2 cup Cashews (raw)
- 1/2 head Cauliflower (small, chopped into florets)
- 2 1/2 tbsps Nutritional Yeast
- 4 grams Thyme Sprigs

Nutrition

Amount per serving	
Calories	410
Fat	17g
Carbs	48g
Fiber	13g
Sugar	8g
Protein	20g
Cholesterol	0mg
Sodium	1076mg
Vitamin A	610IU
Vitamin C	76mg
Calcium	99mg
Iron	7mg

Directions

- 1 Turn your pressure cooker to "sauté" and add a splash of broth or water. Once hot, add the onion and cook, stirring often for four to five minutes, until softened.
- 2 Add the garlic and season with salt and pepper and cook for one minute more. Turn "sauté" off. Add the broth, cannellini beans, cashews, cauliflower, nutritional yeast, and thyme. Stir to combine.
- 3 Put the lid on and set to "sealing". Press manual/pressure cooker and cook for seven minutes on high pressure. Once finished, let the pressure release naturally for five minutes, then do a quick release.
- 4 Carefully remove the lid and remove the thyme sprigs. Purée with an immersion blender or carefully transfer to a blender and blend until completely smooth and creamy. Divide into bowls, top with thyme and season with salt and pepper. Enjoy!

Notes

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

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

More Flavor: Add bay leaves and rosemary to the pressure cooker.

Additional Toppings: Squeeze lemon juice and/or add lemon zest on top.



Tuna, Chickpea & Avocado Salad

2 servings
15 minutes

Ingredients

- 1 can Tuna (drained, flaked with a fork)
- 1 cup Chickpeas (cooked, drained)
- 1/2 Cucumber (medium, chopped)
- 1 cup Cherry Tomatoes (halved)
- 1/2 Avocado (cubed)
- 1/4 cup Red Onion (sliced)
- 1/4 cup Italian Dressing
- 2 tbsps Parsley (fresh, chopped)

Nutrition

Amount per serving	
Calories	333
Fat	11g
Carbs	37g
Fiber	12g
Sugar	11g
Protein	26g
Cholesterol	30mg
Sodium	547mg
Vitamin A	1185IU
Vitamin C	25mg
Calcium	98mg
Iron	5mg

Directions

1

Divide the tuna, chickpeas, cucumber, tomatoes, avocado, and onion evenly between bowls. Top evenly with the dressing and parsley. Enjoy!

Notes

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

No Italian Dressing: Use olive oil and lemon juice instead.

No Tuna: Use other canned fish like salmon or mackerel.

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



Deluxe Naan Pizza

1 serving
15 minutes

Ingredients

- 1 piece Naan
- 1 tbsp Tomato Sauce
- 43 grams Mozzarella Cheese (shredded)
- 1 Cremini Mushrooms (sliced)
- 1/4 Yellow Onion (sliced)
- 1 slice Bacon, Cooked (chopped)
- 1/2 Tomato (small, sliced)

Nutrition

Amount per serving	
Calories	440
Fat	16g
Carbs	51g
Fiber	4g
Sugar	6g
Protein	21g
Cholesterol	47mg
Sodium	760mg
Vitamin A	1204IU
Vitamin C	10mg
Calcium	244mg
Iron	5mg

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper. Once preheated, put the naan on the baking sheet and bake for five minutes.
- 2 Spread the tomato sauce evenly over the naan. Top with mozzarella, mushrooms, onions, bacon, and tomatoes. Return to the oven and bake for six to eight more minutes, or until the cheese is melted and the crust is crispy.
- 3 Cut into slices and enjoy!

Notes

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

Gluten-Free: Use a cauliflower crust or brown rice tortilla instead of naan, and adjust the baking time accordingly.

Dairy-Free: Use vegan cheese.

Additional Toppings: Add green bell pepper slices.

Naan: One piece of naan is 3.2 oz or 90 grams.