

















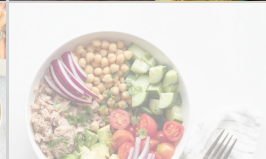









































EXERCISE
with Style

21 Day Fix 1500 Calorie Meal
Plan PDF (Week 3)

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<https://exercisewithstyle.com>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Bagel & Hummus	 Bagel & Hummus	 Bagel & Hummus	 White Bean Purée & Sautéed Mushrooms on Toast	 White Bean Purée & Sautéed Mushrooms on Toast	 0.5 Soba Breakfast Bowl	 Soba Breakfast Bowl
Snack 1	 Egg & Spinach on Toast	 Egg & Spinach on Toast	 Egg & Spinach on Toast	 0.5 Spicy Sweet Potato Hummus	 0.5 Spicy Sweet Potato Hummus	 Spicy Sweet Potato Hummus	 0.5 Spicy Sweet Potato Hummus
Lunch	 Stacked Veggie Sandwich	 Spinach Chickpea Pasta Salad	 Veggie Pita Pizza	 Tofu Tomato Veggie Pasta	 Tuna, Chickpea & Avocado Salad	 Falafel Bowl	 Pressure Cooker Cauliflower Soup
Snack 2	 1.5 Margherita Pizza Pretzels	 1.5 Margherita Pizza Pretzels	 Margherita Pizza Pretzels	 Tomato & Chive Open Face Sandwich	 Tomato & Chive Open Face Sandwich	 Tomato & Chive Open Face Sandwich	 Tomato & Chive Open Face Sandwich
Dinner	 Spinach Chickpea Pasta Salad	 Veggie Pita Pizza	 Tofu Tomato Veggie Pasta	 Tuna, Chickpea & Avocado Salad	 Falafel Bowl	 Pressure Cooker Cauliflower Soup	 Chicken Soba Noodle Soup

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  27%	Fat  27%	Fat  27%	Fat  30%	Fat  31%	Fat  35%	Fat  34%
Carbs  54%	Carbs  54%	Carbs  56%	Carbs  51%	Carbs  51%	Carbs  48%	Carbs  47%
Protein  19%	Protein  19%	Protein  17%	Protein  19%	Protein  18%	Protein  17%	Protein  19%
Calories 1541	Calories 1523	Calories 1507	Calories 1538	Calories 1591	Calories 1536	Calories 1531
Fat 47g	Fat 47g	Fat 45g	Fat 53g	Fat 56g	Fat 59g	Fat 54g
Carbs 215g	Carbs 210g	Carbs 215g	Carbs 202g	Carbs 203g	Carbs 186g	Carbs 167g
Fiber 29g	Fiber 24g	Fiber 23g	Fiber 45g	Fiber 36g	Fiber 26g	Fiber 22g
Sugar 30g	Sugar 26g	Sugar 25g	Sugar 28g	Sugar 20g	Sugar 19g	Sugar 14g
Protein 74g	Protein 75g	Protein 66g	Protein 74g	Protein 74g	Protein 64g	Protein 69g
Cholesterol 238mg	Cholesterol 276mg	Cholesterol 243mg	Cholesterol 57mg	Cholesterol 62mg	Cholesterol 218mg	Cholesterol 455mg
Sodium 2865mg	Sodium 2812mg	Sodium 2127mg	Sodium 1500mg	Sodium 1762mg	Sodium 2547mg	Sodium 3160mg
Vitamin A 14283IU	Vitamin A 10793IU	Vitamin A 9958IU	Vitamin A 8929IU	Vitamin A 5599IU	Vitamin A 9335IU	Vitamin A 8849IU
Vitamin C 97mg	Vitamin C 118mg	Vitamin C 104mg	Vitamin C 103mg	Vitamin C 56mg	Vitamin C 123mg	Vitamin C 149mg
Calcium 839mg	Calcium 895mg	Calcium 878mg	Calcium 555mg	Calcium 403mg	Calcium 452mg	Calcium 455mg
Iron 21mg	Iron 21mg	Iron 18mg	Iron 20mg	Iron 18mg	Iron 18mg	Iron 15mg

Fruits

- 1/2 Avocado
- 1/2 Lemon
- 1 tsp Lemon Juice
- 1/4 Lime

Seeds, Nuts & Spices

- 1/2 cup Cashews
- 1/4 tsp Cayenne Pepper
- 1 1/2 tsps Chili Flakes
- 1/4 tsp Chili Powder
- 1/4 tsp Cumin
- 1 tsp Everything Bagel Seasoning
- 1/4 tsp Paprika
- 1 1/8 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tbsp Sesame Seeds
- 1/2 tsp Smoked Paprika

Frozen

- 156 grams Frozen Falafel

Vegetables

- 7 1/4 cups Baby Spinach
- 1/2 cup Basil Leaves
- 1/2 cup Bok Choy
- 1/2 Carrot
- 1/2 head Cauliflower
- 2 cups Cherry Tomatoes
- 1 1/3 tbsps Chives
- 1 1/2 Cucumber
- 11 1/2 Garlic
- 1 1/2 tsps Ginger
- 1 Green Bell Pepper
- 1/16 head Green Lettuce
- 4 cups Kale Leaves
- 1 cup Mixed Greens
- 3 tbsps Parsley
- 1/2 cup Radishes
- 3/4 Red Bell Pepper
- 1/2 cup Red Onion
- 1/4 cup Shallot
- 1 Sweet Potato
- 4 grams Thyme Sprigs
- 3 1/4 Tomato
- 8 White Button Mushrooms
- 1/4 Yellow Onion

Boxed & Canned

- 150 grams Buckwheat Soba Noodles
- 1 cup Cannellini Beans
- 113 grams Chickpea Pasta
- 2 cups Chickpeas
- 1/2 cup Couscous
- 117 grams Pretzels
- 1 can Tuna
- 2 cups Vegetable Broth
- 1 1/2 cups White Navy Beans
- 1 1/2 cups Whole Wheat Penne

Baking

- 2 1/2 tbsps Nutritional Yeast

Bread, Fish, Meat & Cheese

- 3 Bagel
- 57 grams Chicken Leg, Bone-In
- 1/2 cup Cream Cheese, Regular
- 57 grams Mozzarella Ball
- 170 grams Mozzarella Cheese
- 449 grams Sourdough Bread
- 170 grams Tofu
- 2 slices Whole Grain Bread
- 2 Whole Wheat Pita

Condiments & Oils

- 1/3 cup Extra Virgin Olive Oil
- 1/16 tsp Fish Sauce
- 1/4 cup Green Olives
- 1/3 cup Italian Dressing
- 1 1/2 tsps Rice Vinegar
- 1 1/2 tbsps Tahini
- 1 1/2 tsps Tamari
- 2 cups Tomato Sauce

Cold

- 7 Egg
- 1/2 cup Hummus
- 1/4 cup Tzatziki

Other

- 1 3/4 cups Water



Bagel & Hummus

3 servings

5 minutes

Ingredients

- 1/3 cup Hummus
- 3 Bagel (plain, sliced in half, toasted)
- 1 tbsp Extra Virgin Olive Oil

Nutrition

Amount per serving	
Calories	390
Fat	11g
Carbs	60g
Fiber	3g
Sugar	9g
Protein	13g
Cholesterol	0mg
Sodium	574mg
Vitamin A	7IU
Vitamin C	0mg
Calcium	244mg
Iron	5mg

Directions

- 1 Spread the hummus onto the bagel and top it with oil. Enjoy!

Notes

Leftovers: Refrigerate leftovers in an airtight container for up to three days. Best enjoyed immediately.

Serving Size: One serving is one bagel.

Additional Toppings: Fresh dill, chopped olives, crispy chickpeas, sprouts, hemp hearts, or protein of choice.

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

Oil-Free: Omit the oil.



White Bean Purée & Sautéed Mushrooms on Toast

2 servings
20 minutes

Ingredients

- 1 1/2 cups White Navy Beans (cooked, rinsed)
- 1 tsp Lemon Juice
- 2 tbsps Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 8 White Button Mushrooms (sliced)
- 100 grams Sourdough Bread (toasted)
- 1 tbsp Parsley (chopped)

Nutrition

Amount per serving	
Calories	453
Fat	15g
Carbs	62g
Fiber	16g
Sugar	2g
Protein	18g
Cholesterol	0mg
Sodium	245mg
Vitamin A	160IU
Vitamin C	7mg
Calcium	99mg
Iron	5mg

Directions

- 1 In a food processor, purée the white beans, lemon juice, and half of the olive oil until smooth. Season with salt and pepper to taste.
- 2 In a medium pan over high heat, add the remaining olive oil. Once the oil is hot, sauté the sliced mushrooms for two to three minutes or until cooked and golden brown. Season with salt and pepper to taste.
- 3 Spread the white bean purée evenly on top of the toasted bread.
- 4 Top with sautéed mushrooms and chopped parsley. Enjoy.

Notes

Leftovers: Refrigerate the white bean purée and sautéed mushrooms in separate airtight containers for up to three days.

Serving Size: One serving is equal to approximately 2/3 cup white bean purée and 1/8 cup sautéed mushrooms on one slice of sourdough bread.

More Flavor: Add garlic to the purée and thyme to the sautéed mushrooms.

Additional Toppings: Chili flakes and/or fresh mint.

Sourdough Bread: One slice of sourdough bread is equal to approximately 1 3/4 oz or 50 grams.



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.



Egg & Spinach on Toast

3 servings
15 minutes

Ingredients

- 3 Egg
- 1 1/2 tsps Extra Virgin Olive Oil
- 6 Garlic (cloves, sliced)
- 1 1/2 tsps Chili Flakes
- 4 cups Baby Spinach
- 1/3 tsp Sea Salt (to taste)
- 149 grams Sourdough Bread (toasted)

Nutrition

Amount per serving	
Calories	234
Fat	7g
Carbs	28g
Fiber	2g
Sugar	0g
Protein	13g
Cholesterol	186mg
Sodium	637mg
Vitamin A	4021IU
Vitamin C	14mg
Calcium	78mg
Iron	3mg

Directions

- 1 Bring a pot of water to a boil. Once boiling, reduce the heat slightly and add the egg. Cook for 6 1/2 minutes for a soft-boiled egg. Once the egg is done, add to a bowl of ice water and set aside.
- 2 Meanwhile, heat the oil in a skillet over medium heat. Add garlic and chili flakes and sauté for a minute. Add spinach and cook for two to three minutes or until soft. Season with salt and pepper.
- 3 Add the spinach to the toast. Peel the egg, slice it in half, and place it on top of the spinach. Enjoy!

Notes

Leftovers: Best enjoyed immediately.

More Flavor: Add onion and tomatoes.

Gluten-Free: Use gluten-free bread instead.



Spicy Sweet Potato Hummus

3 servings

1 hour

Ingredients

- 1 Sweet Potato
- 1 tbsp Extra Virgin Olive Oil
- 1 cup Chickpeas (cooked, drained and rinsed)
- 1 1/2 tbsps Tahini
- 1 1/2 Garlic (cloves, peeled)
- 1/2 Lemon (juiced)
- 1/2 tsp Sea Salt
- 1/4 tsp Cayenne Pepper
- 1/4 tsp Paprika
- 1/4 tsp Cumin
- 1/2 Cucumber

Nutrition

Amount per serving	
Calories	225
Fat	10g
Carbs	28g
Fiber	7g
Sugar	6g
Protein	7g
Cholesterol	0mg
Sodium	432mg
Vitamin A	6380IU
Vitamin C	7mg
Calcium	85mg
Iron	3mg

Directions

- 1 Preheat oven to 400°F (204°C). Pierce both sweet potatoes several times with a fork. Place on baking sheet in the oven and let bake for 45 minutes. Remove potatoes from oven and make a slit in the top. Let cool. Use a spoon to carve the flesh out into a bowl. Discard the skin.
- 2 Place all ingredients including sweet potato flesh together in a food processor and pulse until smooth. Serve with cucumber slices sprinkled with paprika.

Notes

No Cucumber: Serve with any veggie sticks (carrots, celery, etc.).

Make it Spicy: Add more cayenne pepper.



Stacked Veggie Sandwich

1 serving**5 minutes**

Ingredients

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



Margherita Pizza Pretzels

4 servings
10 minutes

Ingredients

117 grams Pretzels
85 grams Mozzarella Cheese (slices)
2 tbsps Tomato Sauce
1/4 cup Basil Leaves (large leaves torn)

Nutrition

Amount per serving	
Calories	168
Fat	5g
Carbs	24g
Fiber	1g
Sugar	1g
Protein	7g
Cholesterol	19mg
Sodium	432mg
Vitamin A	325IU
Vitamin C	2mg
Calcium	90mg
Iron	1mg

Directions

- 1 Preheat the oven to 350°F (175°C). Line a baking sheet with parchment paper.
- 2 Arrange the pretzels onto the baking sheet. Top with mozzarella cheese, tomato sauce, and basil leaves. Bake for three minutes or until the cheese is melted. Let cool and enjoy!

Notes

Leftovers: This is best enjoyed right after cooking, but can be refrigerated for up to three days.

Serving Size: One serving equals four pita pretzels.

Gluten-Free: Use gluten-free pretzels or crackers instead.

Dairy-Free: Use vegan cheese instead of mozzarella cheese.

More Flavor: Add minced garlic.

Additional Toppings: Add red pepper flakes.



Tomato & Chive Open Face Sandwich

4 servings
10 minutes

Ingredients

1/2 cup Cream Cheese, Regular
200 grams Sourdough Bread
2 Tomato (sliced)
1 tsp Everything Bagel Seasoning
1 1/3 tbsps Chives (chopped)

Nutrition

Amount per serving	
Calories	223
Fat	9g
Carbs	27g
Fiber	1g
Sugar	1g
Protein	8g
Cholesterol	27mg
Sodium	445mg
Vitamin A	874IU
Vitamin C	11mg
Calcium	25mg
Iron	2mg

Directions

- 1 Spread the cream cheese on the sourdough. Top with the tomato slices. Add the everything bagel seasoning and chives on top. Enjoy!

Notes

Leftovers: Best enjoyed when made fresh.

Gluten-Free: Use gluten-free bread or tortilla instead.

Dairy-Free: Use a dairy-free cream cheese.

Additional Toppings: Basil, green onions, balsamic vinegar, salt, and pepper.

Sourdough Bread: One slice of sourdough bread is equal to approximately 1 3/4 oz or 50 grams.



Spinach Chickpea Pasta Salad

2 servings
10 minutes

Ingredients

113 grams Chickpea Pasta
1/4 cup Green Olives (pitted, quartered)
1/4 cup Shallot (chopped)
1 cup Cherry Tomatoes (halved)
1 Green Bell Pepper (medium, diced)
57 grams Mozzarella Ball (pearls)
2 tbsps Italian Dressing
2 cups Baby Spinach
1/4 cup Basil Leaves

Nutrition

Amount per serving	
Calories	348
Fat	12g
Carbs	45g
Fiber	12g
Sugar	11g
Protein	23g
Cholesterol	23mg
Sodium	516mg
Vitamin A	4192IU
Vitamin C	69mg
Calcium	262mg
Iron	8mg

Directions

- 1 Cook the pasta al dente according to the package directions. Drain and rinse under cold water.
- 2 In a bowl, add the olives, shallot, tomatoes, peppers, mozzarella balls, and dressing. Mix to combine. Add the spinach and the basil and toss to combine.
- 3 Refrigerate until ready to serve. Enjoy!

Notes

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

Serving Size: One serving is approximately two cups.

Make it Vegan: Use dairy-free cheese.

More Flavor: Add a cooked protein of your choice.



Veggie Pita Pizza

2 servings
15 minutes

Ingredients

- 2 Whole Wheat Pita
- 1/4 cup Tomato Sauce
- 85 grams Mozzarella Cheese (grated)
- 1/4 cup Baby Spinach (chopped)
- 2 tbsps Red Onion (chopped)
- 1 Tomato (small, diced)
- 1/4 Red Bell Pepper (chopped)

Nutrition

Amount per serving	
Calories	299
Fat	9g
Carbs	41g
Fiber	5g
Sugar	4g
Protein	15g
Cholesterol	38mg
Sodium	437mg
Vitamin A	2085IU
Vitamin C	32mg
Calcium	176mg
Iron	3mg

Directions

- 1 Preheat your oven to 375°F (190°C) and line a baking sheet with parchment paper. Place the pita on the baking sheet and top with the tomato sauce, cheese, and vegetables. Place in the oven and bake for 10 minutes or until the cheese has melted and the pitas are warmed through.
- 2 Remove from the oven, slice, and enjoy!

Notes

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

Serving Size: One serving is equal to one pita pizza.

Gluten-Free: Use a gluten-free pita or tortilla.

Dairy-Free: Use dairy-free cheese.

No Tomato Sauce: Use marinara sauce, pizza sauce or pesto instead.



Tofu Tomato Veggie Pasta

2 servings
20 minutes

Ingredients

- 1 1/2 cups Whole Wheat Penne (dry)
- 1 tbsp Extra Virgin Olive Oil
- 1/2 Red Bell Pepper (large, chopped)
- 170 grams Tofu (extra-firm, pressed, crumbled)
- 2 Garlic (cloves, chopped)
- 1/2 tsp Smoked Paprika
- 1/4 tsp Chili Powder
- 1 cup Baby Spinach
- 1 1/2 cups Tomato Sauce

Nutrition

Amount per serving	
Calories	416
Fat	13g
Carbs	62g
Fiber	12g
Sugar	11g
Protein	18g
Cholesterol	0mg
Sodium	47mg
Vitamin A	3520IU
Vitamin C	56mg
Calcium	290mg
Iron	6mg

Directions

- 1 Cook the pasta according to the package directions.
- 2 Heat the oil in a large pan over medium-high heat. Add the bell peppers and sauté for about five minutes.
- 3 Add the tofu, garlic, smoked paprika, and chili powder. Stir and cook for another three minutes.
- 4 Add the spinach and the tomato sauce. Stir well and allow to simmer for three to five minutes or until the spinach has wilted.
- 5 Add the cooked pasta to the sauce. Stir to combine before removing from the heat. Divide evenly between bowls and enjoy!

Notes

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

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

Additional Toppings: Top with parmesan cheese.



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.



Falafel Bowl

2 servings
20 minutes

Ingredients

156 grams Frozen Falafel
1/2 cup Couscous (dry, uncooked)
1 cup Mixed Greens
1/2 Cucumber (small, sliced)
1/4 cup Radishes (thinly sliced)
1/4 cup Tzatziki

Nutrition

Amount per serving	
Calories	469
Fat	16g
Carbs	63g
Fiber	3g
Sugar	3g
Protein	18g
Cholesterol	5mg
Sodium	309mg
Vitamin A	190IU
Vitamin C	9mg
Calcium	138mg
Iron	4mg

Directions

- 1 Cook the falafel and couscous separately, according to each package direction.
- 2 Add the mixed greens, cucumber, and radishes to a bowl. Add the couscous and falafel and top with the tzatziki. Enjoy!

Notes

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

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

Make it Vegan: Use vegan tzatziki.

More Flavor: Add feta and lemon juice.

No Couscous: Use quinoa or rice instead.



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.



Chicken Soba Noodle Soup

1 serving

1 hour

Ingredients

- 57 grams Chicken Leg, Bone-in (skin on)
- 1 1/2 cups Water
- 1 1/2 tsps Ginger (sliced)
- 1/16 tsp Fish Sauce
- 1/4 tsp Sea Salt
- 50 grams Buckwheat Soba Noodles
- 1/2 cup Bok Choy (quartered)
- 1/4 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.