














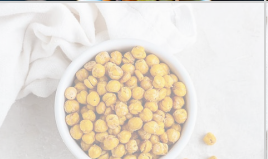



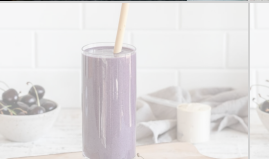

































EXERCISE
with Style

28 Day Balanced 1100 Calorie
Meal Plan PDF (Week 4)

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 High Protein Peanut Butter Oatmeal	 High Protein Peanut Butter Oatmeal	 High Protein Peanut Butter Oatmeal	 Pineapple Spinach Smoothie	 Pineapple Spinach Smoothie	 Peach Cobbler Smoothie	 Peach Cobbler Smoothie
Lunch	 Sole & Asparagus with Brown Rice	 Roasted Tomato, Lentil & Feta Bowl	 Sweet Potato & Black Bean Salad	 One Pot Taco Pasta	 Spaghetti Squash with Spinach & Chickpeas	 Egyptian Fava Beans with Tahini	 Green Pea & Edamame Soup
Snack 2	 0.5 Roasted Chickpeas	 Roasted Chickpeas	 Roasted Chickpeas	 Cherry Raspberry Smoothie	 Cherry Raspberry Smoothie	 Cherry Raspberry Smoothie	 Cherry Raspberry Smoothie
Dinner	 0.5 Roasted Tomato, Lentil & Feta Bowl	 0.5 Sweet Potato & Black Bean Salad	 0.5 One Pot Taco Pasta	 0.5 Spaghetti Squash with Spinach & Chickpeas	 Egyptian Fava Beans with Tahini	 Green Pea & Edamame Soup	 Swiss Chard, Lentil & Rice Bowl

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  34%	Fat  34%	Fat  31%	Fat  28%	Fat  29%	Fat  30%	Fat  32%
Carbs  44%	Carbs  46%	Carbs  48%	Carbs  47%	Carbs  48%	Carbs  47%	Carbs  47%
Protein  22%	Protein  20%	Protein  21%	Protein  25%	Protein  23%	Protein  23%	Protein  21%
Calories 1021	Calories 1125	Calories 1150	Calories 1029	Calories 1081	Calories 1090	Calories 1121
Fat 40g	Fat 44g	Fat 40g	Fat 34g	Fat 37g	Fat 38g	Fat 41g
Carbs 115g	Carbs 134g	Carbs 143g	Carbs 125g	Carbs 136g	Carbs 135g	Carbs 139g
Fiber 24g	Fiber 40g	Fiber 35g	Fiber 22g	Fiber 32g	Fiber 31g	Fiber 30g
Sugar 14g	Sugar 21g	Sugar 18g	Sugar 40g	Sugar 41g	Sugar 54g	Sugar 54g
Protein 59g	Protein 60g	Protein 62g	Protein 66g	Protein 65g	Protein 65g	Protein 61g
Cholesterol 60mg	Cholesterol 17mg	Cholesterol 26mg	Cholesterol 73mg	Cholesterol 27mg	Cholesterol 30mg	Cholesterol 30mg
Sodium 677mg	Sodium 495mg	Sodium 728mg	Sodium 1282mg	Sodium 726mg	Sodium 1724mg	Sodium 1660mg
Vitamin A 2024IU	Vitamin A 7598IU	Vitamin A 12145IU	Vitamin A 6690IU	Vitamin A 6440IU	Vitamin A 3847IU	Vitamin A 8508IU
Vitamin C 43mg	Vitamin C 83mg	Vitamin C 53mg	Vitamin C 139mg	Vitamin C 120mg	Vitamin C 44mg	Vitamin C 66mg
Calcium 295mg	Calcium 439mg	Calcium 351mg	Calcium 1216mg	Calcium 1383mg	Calcium 652mg	Calcium 593mg
Iron 12mg	Iron 15mg	Iron 15mg	Iron 8mg	Iron 11mg	Iron 11mg	Iron 12mg

Fruits

- 1/2 Avocado
- 1 Banana
- 1/3 Lemon
- 1 1/2 tsps Lemon Juice
- 2 Peach
- 2 cups Pineapple

Breakfast

- 3 tbsps All Natural Peanut Butter

Seeds, Nuts & Spices

- 1 1/2 tbsps Chia Seeds
- 1/3 tsp Chili Powder
- 1 1/4 tsps Cinnamon
- 1 1/2 tsps Cumin
- 2/3 tsp Dried Thyme
- 3 1/2 tbsps Hemp Seeds
- 1/2 tsp Paprika
- 1 tsp Sea Salt
- 0 Sea Salt & Black Pepper

Frozen

- 1 cup Frozen Cherries
- 2 2/3 tbsps Frozen Corn
- 2/3 cup Frozen Edamame
- 1 1/3 cups Frozen Peas
- 1 cup Frozen Raspberries
- 8 Ice Cubes

Vegetables

- 1 cup Asparagus
- 3 1/2 cups Baby Spinach
- 2 cups Cherry Tomatoes
- 4 1/2 Garlic
- 1/2 Green Bell Pepper
- 1 1/3 stalks Green Onion
- 2 cups Kale Leaves
- 1/2 cup Parsley
- 1/3 Red Bell Pepper
- 1/2 cup Red Onion
- 1/2 Spaghetti Squash
- 2/3 Sweet Onion
- 1 Sweet Potato
- 2 1/16 cups Swiss Chard
- 1/3 Tomato

Boxed & Canned

- 1 1/8 cups Black Beans
- 1/3 cup Brown Rice
- 2/3 cup Brown Rice Pasta Shells
- 3/4 cup Chicken Broth
- 4 cups Chickpeas
- 2 1/16 cups Fava Beans
- 1 cup Green Lentils
- 1/2 cup Lentils
- 1/3 cup Salsa
- 2 2/3 cups Vegetable Broth, Low Sodium

Baking

- 2 1/4 cups Oats
- 2 tbsps Pitted Dates

Bread, Fish, Meat & Cheese

- 151 grams Extra Lean Ground Beef
- 1/2 cup Feta Cheese
- 113 grams Sole Fillet

Condiments & Oils

- 1 3/4 tsps Apple Cider Vinegar
- 2 tbsps Coconut Butter
- 3/4 tsp Coconut Oil
- 1/4 cup Extra Virgin Olive Oil
- 2 tbsps Sun Dried Tomatoes
- 1/4 cup Tahini

Cold

- 1 cup Cottage Cheese
- 2 cups Cow's Milk, Reduced Fat
- 1 1/2 cups Egg Whites
- 2 1/16 cups Unsweetened Almond Milk
- 1 1/2 cups Unsweetened Cashew Milk
- 1 cup Unsweetened Coconut Yogurt

Other

- 1 cup Vanilla Protein Powder
- 2 1/3 cups Water



High Protein Peanut Butter Oatmeal

3 servings

5 minutes

Ingredients

- 1 1/2 cups Oats (quick or rolled)
- 1 1/2 cups Water
- 1 1/2 cups Egg Whites
- 3 tbsps All Natural Peanut Butter
- 1 1/2 tbsps Chia Seeds

Nutrition

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

Directions

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

Notes

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

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

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

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

Make it Vegan: Omit the egg whites.



Pineapple Spinach Smoothie

2 servings

5 minutes

Ingredients

2 cups Pineapple (fresh or frozen)
2 cups Baby Spinach
8 Ice Cubes
1 cup Unsweetened Coconut Yogurt
2 cups Unsweetened Almond Milk
1/2 cup Vanilla Protein Powder

Nutrition

Amount per serving	
Calories	259
Fat	7g
Carbs	31g
Fiber	6g
Sugar	17g
Protein	22g
Cholesterol	4mg
Sodium	249mg
Vitamin A	3408IU
Vitamin C	87mg
Calcium	866mg
Iron	2mg

Directions

- 1 Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers: Best enjoyed immediately.

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

More Fiber: Add flaxseeds, chia seeds, or hemp seeds.

Protein Powder: This recipe was created and tested using vegan protein powder.

Nut-Free: Use nut-free milk such as oat milk or coconut milk.

Ice Cubes: Four ice cubes are roughly equal to 1/2 cup.



Peach Cobbler Smoothie

2 servings

5 minutes

Ingredients

- 1 1/2 cups Unsweetened Cashew Milk
- 2 Peach (pitted)
- 1/4 cup Oats (quick or rolled)
- 1 cup Cottage Cheese
- 2 tbsps Pitted Dates
- 1 tsp Cinnamon

Nutrition

Amount per serving	
Calories	256
Fat	8g
Carbs	33g
Fiber	5g
Sugar	21g
Protein	15g
Cholesterol	18mg
Sodium	395mg
Vitamin A	1015IU
Vitamin C	10mg
Calcium	194mg
Iron	1mg

Directions

1

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

Notes

Dairy-Free: Use coconut yogurt instead of cottage cheese.

No Cashew Milk: Use almond, rice, coconut or your choice of alternative milk instead.

No Dates: Sweeten with maple syrup, honey or banana instead.

Storage: Refrigerate in a sealed mason jar up to 24 hours. Shake well before drinking.

More Protein: Add hemp seeds, a scoop of protein powder or spoonful of nut butter.

More Fiber: Add ground flax seed.



Sole & Asparagus with Brown Rice

1 serving
45 minutes

Ingredients

- 1/4 cup Brown Rice (dry, uncooked)
- 1/2 cup Water
- 1 cup Asparagus (woody ends sliced off)
- 2 1/4 tps Extra Virgin Olive Oil
- 113 grams Sole Fillet (boneless)
- Sea Salt & Black Pepper (to taste)
- 1/8 Lemon (juiced)

Nutrition

Amount per serving	
Calories	367
Fat	14g
Carbs	41g
Fiber	4g
Sugar	3g
Protein	21g
Cholesterol	51mg
Sodium	343mg
Vitamin A	1051IU
Vitamin C	10mg
Calcium	72mg
Iron	4mg

Directions

- 1 Preheat oven to 375°F (191°C).
- 2 In a medium saucepan, combine the brown rice with the water. Bring to a boil then reduce to a simmer. Cover and let simmer for 40 minutes.
- 3 Once the rice is on, lay the asparagus in a single layer on the baking sheet and drizzle with half the olive oil. Lay the sole fillets over top of the asparagus, drizzle with remaining olive oil and season to taste with salt and pepper. Squeeze the lemon juice over top and bake for about 20 minutes, or until the sole is cooked through.
- 4 Divide rice, asparagus, and sole between plates or containers. Enjoy!

Notes

Leftovers: Keeps well in the fridge for 2 to 3 days.

No Asparagus: Use green beans or sliced zucchini instead.

More Flavour: Sprinkle the fish with thyme or dill.



Roasted Chickpeas

3 servings
30 minutes

Ingredients

3 cups Chickpeas (cooked, rinsed)
1 tbsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	309
Fat	9g
Carbs	45g
Fiber	12g
Sugar	8g
Protein	15g
Cholesterol	0mg
Sodium	12mg
Vitamin A	44IU
Vitamin C	2mg
Calcium	80mg
Iron	5mg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Pat the chickpeas dry with a paper towel and transfer them to the prepared baking sheet. Drizzle with the oil and season with salt and pepper to taste. Mix until the chickpeas are evenly coated.
- 3 Bake in the oven for 25 to 28 minutes, tossing halfway through, or until the chickpeas reach your desired crispiness. Season with additional salt and pepper if needed. Let cool slightly and enjoy!

Notes

Leftovers: Store in an airtight container for up to two days. If leftover chickpeas get too chewy, reheat in the oven for five to eight minutes or until crispy again.

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

More Flavor: Add other dried herbs and spices to taste.

No Extra Virgin Olive Oil: Use avocado oil instead.



Cherry Raspberry Smoothie

4 servings

5 minutes

Ingredients

2 cups Cow's Milk, Reduced Fat
1 cup Frozen Raspberries
1 Banana (frozen)
1 cup Frozen Cherries
1/2 cup Oats
1/2 cup Vanilla Protein Powder
2 tbsps Coconut Butter

Nutrition

Amount per serving	
Calories	258
Fat	9g
Carbs	31g
Fiber	6g
Sugar	16g
Protein	16g
Cholesterol	12mg
Sodium	81mg
Vitamin A	382IU
Vitamin C	10mg
Calcium	223mg
Iron	1mg

Directions

- 1 Add all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is equal to approximately 2/3 cup.

Dairy-Free: Use a dairy-free milk such as almond, cashew, or oat.

No Protein Powder: Omit or add a few spoonfuls of hemp seeds instead.

Protein Powder: This recipe was tested using plant-based vanilla protein powder.

No Frozen Fruit: Use fresh instead.



Roasted Tomato, Lentil & Feta Bowl

2 servings
40 minutes

Ingredients

- 1/2 cup Red Onion (diced)
- 1 cup Cherry Tomatoes
- 1/2 Green Bell Pepper (chopped)
- 1 1/2 tsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 2 cups Kale Leaves (chopped)
- 1 cup Green Lentils (cooked, drained and rinsed)
- 1/2 Avocado (sliced)
- 1/4 cup Feta Cheese (crumbled)

Nutrition

Amount per serving	
Calories	317
Fat	16g
Carbs	34g
Fiber	14g
Sugar	7g
Protein	15g
Cholesterol	17mg
Sodium	236mg
Vitamin A	1902IU
Vitamin C	63mg
Calcium	190mg
Iron	4mg

Directions

- 1 Preheat oven to 425°F (218°C). Line a baking sheet with parchment paper.
- 2 In a large mixing bowl, combine diced red onion, cherry tomatoes and green pepper. Toss with extra virgin olive oil and season with sea salt and black pepper to taste. Spread vegetables across your baking sheet and place in the oven for 20 minutes. After 20 minutes, change the settings on your oven to broil and broil for 7 to 8 minutes or until tomatoes are slightly blackened.
- 3 Meanwhile, add kale to the mixing bowl and drizzle with a splash of extra virgin olive oil. Massage the oil into the kale. Heat a large skillet over medium heat and saute the kale until it is wilted. Remove from heat and set aside.
- 4 Remove roasted veggies from the oven. In a large mixing bowl, toss the veggies with lentils.
- 5 Divide the kale between bowls. Top with lentil mix, avocado slices and feta cheese. Enjoy!

Notes

Storage: Store in the fridge covered for up to 2 days.

Prep Ahead: Prepare your red onion, cherry tomatoes, green pepper, kale and feta cheese ahead of time. When ready to eat, roast vegetables, saute kale, slice avocado and assemble the bowls.



Sweet Potato & Black Bean Salad

2 servings
25 minutes

Ingredients

- 1 Sweet Potato (diced into 1/2 inch cubes)
- 1 1/2 tpsps Extra Virgin Olive Oil
- 1/2 tsp Cumin
- 1/4 tsp Cinnamon
- 1/4 tsp Paprika
- 2 tbsps Tahini
- 1/4 Lemon (juiced)
- 1 Garlic (cloves, minced)
- 1 tbsp Unsweetened Almond Milk
- 1 cup Black Beans (cooked, drained and rinsed)
- 1 cup Cherry Tomatoes (halved)
- 1/2 cup Parsley (chopped)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	315
Fat	12g
Carbs	42g
Fiber	13g
Sugar	5g
Protein	13g
Cholesterol	0mg
Sodium	73mg
Vitamin A	11303IU
Vitamin C	35mg
Calcium	161mg
Iron	5mg

Directions

- 1 Preheat the oven to 400°F (204°C). Line a large baking sheet with parchment paper.
- 2 In a large mixing bowl, combine diced sweet potato, olive oil, cumin, cinnamon and paprika. Transfer to baking sheet and bake for 25 minutes.
- 3 Meanwhile, make your tahini dressing by whisking together tahini, lemon juice, minced garlic and almond milk.
- 4 In the mixing bowl, combine black beans, tomatoes, chopped parsley and sweet potato. Drizzle with your desired amount of dressing. Season with salt and pepper to taste.

Notes

No Black Beans: Use lentils, chickpeas or quinoa instead.

No Tahini: Use hummus instead.

Storage: Refrigerate in air-tight container up to 3-5 days.



One Pot Taco Pasta

2 servings
40 minutes

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 151 grams Extra Lean Ground Beef
- 1 1/3 stalks Green Onion (finely chopped)
- 2/3 Garlic (cloves, minced)
- 1/3 tsp Cumin (ground)
- 1/3 tsp Chili Powder
- 1/16 tsp Sea Salt
- 1/3 Tomato (large, diced)
- 2 2/3 tbsps Frozen Corn (thawed)
- 2 2/3 tbsps Black Beans (cooked, from the can)
- 1/3 Red Bell Pepper (diced)
- 3/4 cup Chicken Broth
- 1/3 cup Salsa
- 2/3 cup Brown Rice Pasta Shells (dry, uncooked)

Nutrition

Amount per serving	
Calories	369
Fat	12g
Carbs	44g
Fiber	5g
Sugar	4g
Protein	22g
Cholesterol	51mg
Sodium	865mg
Vitamin A	1595IU
Vitamin C	31mg

Directions

- 1 Heat oil in a large skillet with a tight-fitting lid over medium-high heat. Add the beef, and break it up with a wooden spoon or spatula as it cooks. Once it is cooked through and no longer pink, drain any excess drippings.
- 2 Add onions and garlic to the pan with the beef and cook for 3 to 5 minutes or until onions are translucent.
- 3 Add cumin, chili powder, salt, diced tomato, corn, black beans and bell pepper to the pot and stir to incorporate with the meat. Cook the vegetables for 2 to 3 minutes.
- 4 Stir in the broth, salsa and pasta. Bring everything to a boil, then cover and reduce heat to medium-low. Let simmer for 12 to 15 minutes or until pasta is cooked through and tender. Stir every 3 to 4 minutes as it cooks, to ensure the pasta isn't sticking to the bottom of the pan.
- 5 Remove from heat, divide into bowls and serve immediately. Enjoy!

Notes

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

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

No Ground Beef: Use ground chicken or turkey instead.

Vegan & Vegetarian: Swap the ground meat out for cooked lentils.

Optional Toppings: Grated cheese, sour cream, avocado, fresh lime, cilantro or extra salsa.

Likes it Spicy: Stir in a chopped jalapeno and a pinch of cayenne with the other vegetables and spices.

No Brown Rice Pasta Shells: Use any other type of pasta or pasta shell instead like whole wheat penne or chickpea fusilli.

Calcium	44mg
Iron	3mg



Spaghetti Squash with Spinach & Chickpeas

2 servings

50 minutes

Ingredients

- 1/2 Spaghetti Squash (medium)
- 1 tbsp Extra Virgin Olive Oil (divided)
- 1/2 Garlic (clove, minced)
- 2 tbsps Sun Dried Tomatoes (drained)
- 1 1/2 cups Baby Spinach
- 1 cup Chickpeas (cooked)
- 1 1/2 tps Lemon Juice
- Sea Salt & Black Pepper (to taste)
- 2 2/3 tbsps Feta Cheese (optional, crumbled)

Nutrition

Amount per serving	
Calories	286
Fat	12g
Carbs	37g
Fiber	9g
Sugar	5g
Protein	11g
Cholesterol	11mg
Sodium	173mg
Vitamin A	2610IU
Vitamin C	22mg
Calcium	165mg
Iron	4mg

Directions

- 1 Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
- 2 Slice the spaghetti squash into even rings through its belly. Carve out the seeds and set aside. Place the rings onto the baking sheet and bake for 40 to 45 minutes. Remove the squash from the oven and let cool. Use a fork to shred the flesh into noodles.
- 3 In a pan over medium-low heat, add half of the extra virgin olive oil and sauté the garlic for 30 seconds. Then add the sun dried tomatoes and spinach. Sauté until the spinach is wilted. Add the chickpeas, lemon juice, sea salt, black pepper, remaining olive oil and the squash noodles. Toss to coat.
- 4 Divide the noodle mixture between plates and add the feta cheese on top. Serve and enjoy!

Notes

Dairy-Free: Use capers or nutritional yeast instead of feta cheese.

No Spinach: Use kale or Swiss chard instead.

No Sun Dried Tomatoes: Use sliced olives instead.

Leftovers: Store in an airtight container in the fridge for 3 to 4 days.



Egyptian Fava Beans with Tahini

2 servings**15 minutes**

Ingredients

- 2 cups Fava Beans (cooked, with liquid)
- 2 tbsps Tahini
- 1/3 tsp Cumin
- 1 tsp Apple Cider Vinegar
- 1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	278
Fat	9g
Carbs	37g
Fiber	11g
Sugar	3g
Protein	16g
Cholesterol	0mg
Sodium	223mg
Vitamin A	40IU
Vitamin C	1mg
Calcium	129mg
Iron	4mg

Directions

- 1 Combine all ingredients in a saucepan over medium-high heat. Cook for 5 to 8 minutes, stirring occasionally until thick and saucy.
- 2 Mash half of the fava beans for a thicker consistency (optional). Adjust salt to taste.
- 3 Divide into bowls and enjoy!

Notes

Serve It With: Warm pita, bread, crackers, yogurt, fried or scrambled eggs, parsley, cilantro and/or pomegranate seeds.

No Apple Cider Vinegar: Use lemon juice instead.

Serving Size: One serving is equal to approximately one cup.

Storage: Refrigerate in an airtight container up to 3 to 5 days.



Green Pea & Edamame Soup

2 servings
35 minutes

Ingredients

- 2 2/3 tbsps Water
- 2/3 Sweet Onion (medium, chopped)
- 2 Garlic (clove, minced)
- 2/3 tsp Dried Thyme
- 2/3 tsp Sea Salt (divided)
- 1 1/3 cups Frozen Peas
- 2/3 cup Frozen Edamame
- 2 2/3 cups Vegetable Broth, Low Sodium
- 3 1/2 tbsps Hemp Seeds

Nutrition

Amount per serving	
Calories	298
Fat	12g
Carbs	34g
Fiber	9g
Sugar	14g
Protein	18g
Cholesterol	0mg
Sodium	1025mg
Vitamin A	2410IU
Vitamin C	23mg
Calcium	106mg
Iron	5mg

Directions

- 1 Heat the water in a pot over medium-high heat. Add the onions and garlic and cook for about five minutes until the onions have softened. Add the thyme and the salt and stir to combine and cook for another minute.
- 2 Add the peas, edamame, and vegetable broth to the pot. Bring to a gentle boil and continue to cook for 10 to 15 minutes or until the peas and edamame are very tender. Remove the pot from the heat.
- 3 Transfer the soup to a blender (do this in batches if necessary) and add the hemp seeds. Blend until smooth. Season with additional salt if needed.
- 4 Divide between bowls and enjoy!

Notes

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

Serving Size: One serving is approximately two cups.

More Flavor: Add other dried herbs and spices to taste.

No Hemp Seeds: Use soaked raw cashews instead.

No Edamame: Use more green peas instead.

No Sweet Onion: Use a yellow onion instead.



Swiss Chard, Lentil & Rice Bowl

1 serving

1 hour

Ingredients

- 2 tbsps Brown Rice (uncooked)
- 3 tbsps Water
- 3/4 tsp Coconut Oil
- 2 cups Swiss Chard (washed, stems removed and chopped)
- 1/4 tsp Cumin
- 1/4 tsp Paprika
- 1 1/2 tpsps Extra Virgin Olive Oil
- 1/4 Garlic (clove, minced)
- 3/4 tsp Apple Cider Vinegar
- 1/2 cup Lentils (cooked, drained and rinsed)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	309
Fat	12g
Carbs	41g
Fiber	10g
Sugar	3g
Protein	12g
Cholesterol	0mg
Sodium	159mg
Vitamin A	4701IU
Vitamin C	23mg
Calcium	70mg
Iron	5mg

Directions

- 1 Combine the rice and water in a medium sized pot and lightly salt the water. Bring to a boil over medium-high heat then reduce to a simmer. Cover the pot and let cook for 40 to 50 minutes or until rice is tender.
- 2 Heat a large skillet over medium heat and add the coconut oil. Add the swiss chard and saute just until wilted. Reduce the heat to low and stir in the cumin, paprika, olive oil, garlic, apple cider vinegar and lentils. Stir well until everything is well mixed. Add in the rice once it is cooked, and continue to saute. Season with sea salt and black pepper to taste. Divide into bowls and enjoy!

Notes

- Leftovers:** Refrigerate in an airtight container for up to four days.
- Serving Size:** One serving is approximately 1 1/4 cups.
- Speed it Up:** Use quinoa or brown rice pasta instead of brown rice.
- No Swiss Chard:** Use kale, spinach or collard greens instead.