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with Style

30 Day Balanced 1200 Calorie
Meal Plan PDF (Week 1)

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<https://exercisewithstyle.com>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Egyptian Fava Beans with Tahini	 Egyptian Fava Beans with Tahini	 Egyptian Fava Beans with Tahini	 Meal Prep Veggie Bowls	 Meal Prep Veggie Bowls	 Overnight Vanilla Protein Oats	 Overnight Vanilla Protein Oats
Lunch	 Simple Egg Salad Sandwich	 Grilled Vegetable & Lentil Salad	 Roasted Veggie Pesto Pasta	 Caprese Mason Jar Salad	 Kale & Millet Egg Bake	 One Pot Snap Pea & Mackerel Orzo	 Lentil Chickpea Salad
Snack 2	 Ham & Cheese Pretzel Box	 Ham & Cheese Pretzel Box	 Ham & Cheese Pretzel Box	 Creamy Apple Pie Smoothie	 Creamy Apple Pie Smoothie	 Creamy Apple Pie Smoothie	 Creamy Apple Pie Smoothie
Dinner	 Grilled Vegetable & Lentil Salad	 Roasted Veggie Pesto Pasta	 Caprese Mason Jar Salad	 Kale & Millet Egg Bake	 One Pot Snap Pea & Mackerel Orzo	 Lentil Chickpea Salad	 One Pot Spinach & Artichoke Pasta

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat	 34%	 32%	 34%	 33%	 31%	 31%	 28%
Carbs	 46%	 49%	 48%	 47%	 47%	 48%	 51%
Protein	 20%	 19%	 18%	 20%	 22%	 21%	 21%
Calories	1219	1252	1269	1281	1296	1309	1231
Fat	48g	47g	49g	48g	46g	46g	41g
Carbs	146g	160g	155g	155g	156g	163g	168g
Fiber	31g	41g	32g	28g	26g	35g	46g
Sugar	28g	33g	27g	42g	43g	43g	47g
Protein	62g	62g	59g	65g	72g	70g	67g
Cholesterol	254mg	64mg	77mg	595mg	637mg	76mg	4mg
Sodium	2033mg	1715mg	1303mg	961mg	1147mg	781mg	1359mg
Vitamin A	4137IU	7537IU	8971IU	20631IU	16314IU	3208IU	5826IU
Vitamin C	135mg	192mg	86mg	220mg	207mg	82mg	92mg
Calcium	670mg	660mg	704mg	1115mg	1170mg	1405mg	1211mg
Iron	16mg	16mg	13mg	13mg	12mg	13mg	17mg

Fruits

- 4 Apple
- 2 Banana
- 1/4 cup Blueberries
- 1 Lemon
- 1 1/2 Pear
- 1/4 cup Raspberries

Breakfast

- 1/3 cup Almond Butter
- 1 1/2 tps Cashew Butter

Seeds, Nuts & Spices

- 2 tbsps Cashews
- 1 tbsp Chia Seeds
- 1/3 tsp Chili Powder
- 1 tbsp Cinnamon
- 1/2 tsp Cumin
- 1/2 tsp Dried Chives
- 1/3 tsp Garlic Powder
- 1/3 tsp Onion Powder
- 1/4 tsp Oregano
- 1/2 tsp Sea Salt
- 0 Sea Salt & Black Pepper

Frozen

- 16 Ice Cubes

Vegetables

- 3 cups Baby Spinach
- 1 cup Basil Leaves
- 2 2/3 cups Broccoli
- 2/3 Carrot
- 1/3 head Cauliflower
- 1 cup Cherry Tomatoes
- 1/3 Eggplant
- 1 tbsp Fresh Dill
- 1 1/3 cups Green Beans
- 2/3 cup Kale Leaves
- 4 cups Mixed Greens
- 1/3 Orange Bell Pepper
- 2/3 cup Parsley
- 1 cup Portobello Mushroom
- 1 1/2 Red Bell Pepper
- 1 cup Red Onion
- 3/4 cup Snap Peas
- 1 1/3 Sweet Potato
- 1/2 Tomato
- 1 1/3 Zucchini

Boxed & Canned

- 57 grams Chickpea Pasta
- 1 cup Chickpeas
- 3 cups Fava Beans
- 1/2 cup Green Lentils
- 1 cup Lentils
- 1/2 cup Millet
- 2/3 cup Mixed Beans
- 3/4 cup Orzo
- 85 grams Pretzels
- 1/2 cup Quinoa
- 3/4 cup Vegetable Broth
- 1 cup Vegetable Broth, Low Sodium
- 1/2 cup Whole Wheat Penne

Baking

- 1 1/8 tps Nutritional Yeast
- 1 1/2 cups Oats

Bread, Fish, Meat & Cheese

- 113 grams Canned Mackerel
- 84 grams Cheddar Cheese
- 1/4 cup Feta Cheese
- 2 tbsps Parmigiano Reggiano
- 85 grams Sliced Ham
- 85 grams Small Bocconcini
- 2 slices White Bread

Condiments & Oils

- 1 1/2 tps Apple Cider Vinegar
- 1/2 cup Artichoke Hearts
- 2/3 tsp Avocado Oil
- 1 1/2 tbsps Balsamic Vinegar
- 1/2 tsp Dijon Mustard
- 3 tbsps Extra Virgin Olive Oil
- 2 tps Mayonnaise
- 1 3/4 tps Pesto
- 1 1/2 tps Red Wine Vinegar
- 3 tbsps Tahini
- 1 1/2 tps Tamari
- 1 tbsp White Wine Vinegar

Cold

- 2 2/3 tps Cottage Cheese
- 2 2/3 tps Cow's Milk, Whole
- 1/2 cup Cream, Half & Half
- 7 1/16 Egg
- 5 1/4 cups Unsweetened Almond Milk

Other

- 3/4 cup Vanilla Protein Powder
- 1 1/2 cups Water



Egyptian Fava Beans with Tahini

3 servings
15 minutes

Ingredients

- 3 cups Fava Beans (cooked, with liquid)
- 3 tbsps Tahini
- 1/2 tsp Cumin
- 1 1/2 tps Apple Cider Vinegar
- 1/4 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.



Meal Prep Veggie Bowls

2 servings
35 minutes

Ingredients

- 2 2/3 cups Broccoli (chopped into florets)
- 1 1/3 Sweet Potato (small, chopped into cubes)
- 2/3 tsp Avocado Oil
- 1/3 tsp Chili Powder
- Sea Salt & Black Pepper (to taste)
- 1 1/3 cups Green Beans (trimmed)
- 4 Egg

Nutrition

Amount per serving	
Calories	294
Fat	12g
Carbs	31g
Fiber	8g
Sugar	8g
Protein	19g
Cholesterol	372mg
Sodium	246mg
Vitamin A	14183IU
Vitamin C	118mg
Calcium	165mg
Iron	4mg

Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper. Add the broccoli and sweet potatoes to the pan. Drizzle with avocado oil, chili powder, sea salt and pepper. Bake for 15 to 20 minutes.
- 2 Remove the pan from the oven and add the green beans. Cook for an additional 10 minutes.
- 3 Meanwhile, bring a pot of water to a boil. Hard boil the eggs. Cool, peel and slice.
- 4 Divide the vegetables and sliced eggs between plates, or into containers. Enjoy!

Notes

Egg-Free: Replace the eggs with your favorite protein such as ground beef, sliced chicken, chickpeas or lentils.

No Avocado Oil: Use olive or coconut oil.

More Flavor: Add cayenne pepper, chili flakes or hot sauce.

Leftovers: Refrigerate in an airtight container for up to 4 days.

Serving Size: One serving is equal to approximately 2 cups of roasted vegetables topped with 2 eggs.



Overnight Vanilla Protein Oats

2 servings

8 hours

Ingredients

- 1 cup Oats (quick or traditional)
- 1 tbsp Chia Seeds
- 1 1/4 cups Unsweetened Almond Milk
- 1/4 cup Vanilla Protein Powder
- 1/4 cup Raspberries
- 1/4 cup Blueberries
- 1 tbsp Almond Butter

Nutrition

Amount per serving	
Calories	309
Fat	11g
Carbs	37g
Fiber	9g
Sugar	3g
Protein	18g
Cholesterol	2mg
Sodium	124mg
Vitamin A	327IU
Vitamin C	6mg
Calcium	430mg
Iron	3mg

Directions

- 1 In a large bowl or container combine the oats, chia seeds and milk. Stir to combine. Place in the fridge for 8 hours, or overnight.
- 2 After the oats have set, remove from the fridge and add the protein powder. Mix well. Add extra almond milk 1 tbsp at a time if the oats are too thick.
- 3 Divide the oats into bowls or containers and top with raspberries, blueberries and almond butter. Enjoy!

Notes

Leftovers: Keep well in the fridge for 3 to 4 days.

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

Extra Garnish: Add cacao nibs, chocolate chips, seeds or nuts.

No Almond Butter: Omit, or use peanut butter or sunflower seed butter instead.

Protein Powder: This recipe was developed and tested using a plant-based protein powder. Please note that results may vary if using a different type of protein powder.



Simple Egg Salad Sandwich

1 serving
15 minutes

Ingredients

- 1 Egg
- 2 tsps Mayonnaise
- 1/2 tsp Dijon Mustard
- 1/2 tsp Dried Chives
- Sea Salt & Black Pepper (to taste)
- 2 slices White Bread

Nutrition

Amount per serving	
Calories	296
Fat	14g
Carbs	30g
Fiber	2g
Sugar	4g
Protein	12g
Cholesterol	190mg
Sodium	451mg
Vitamin A	299IU
Vitamin C	0mg
Calcium	115mg
Iron	3mg

Directions

- 1 Bring a pot of water to a boil. Once boiling, reduce the heat slightly and add the eggs. Cook for 10 minutes, or to your preference. Once the eggs are done, add them to a bowl of ice water. Once they're cool enough to handle, peel and roughly chop.
- 2 In a bowl, combine the chopped eggs, mayonnaise, mustard, dried chives, salt, and pepper.
- 3 Evenly divide the egg salad between bread slices. Close each sandwich and enjoy!

Notes

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

Serving Size: One serving is one sandwich.

More Flavor: Add mixed greens, sprouts, cucumber, tomatoes, or lettuce.



Ham & Cheese Pretzel Box

3 servings

5 minutes

Ingredients

- 85 grams Pretzels
- 1 1/2 Pear (seeds removed, sliced)
- 84 grams Cheddar Cheese (cubed)
- 85 grams Sliced Ham

Nutrition

Amount per serving	
Calories	310
Fat	12g
Carbs	38g
Fiber	4g
Sugar	10g
Protein	15g
Cholesterol	47mg
Sodium	830mg
Vitamin A	370IU
Vitamin C	4mg
Calcium	216mg
Iron	2mg

Directions

- 1 Arrange all of the ingredients in a container and enjoy!

Notes

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

Gluten-Free: Use gluten-free pretzels and crackers.

Dairy-Free: Use vegan cheese, olives or hummus instead of cheddar cheese.



Creamy Apple Pie Smoothie

4 servings

5 minutes

Ingredients

4 Apple (medium, peeled and chopped)
2 Banana (frozen)
16 Ice Cubes
1/2 cup Vanilla Protein Powder
1/2 cup Oats
1/4 cup Almond Butter
1 tbsp Cinnamon (ground)
4 cups Unsweetened Almond Milk

Directions

1

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

Notes

Apple Type: For a distinct apple flavor, use a tart variety of apple like a Granny Smith or a McIntosh.

No Almond Milk: Use any other type of milk instead.

Nutrition

Amount per serving	
Calories	358
Fat	13g
Carbs	52g
Fiber	11g
Sugar	27g
Protein	16g
Cholesterol	2mg
Sodium	184mg
Vitamin A	641IU
Vitamin C	14mg
Calcium	601mg
Iron	2mg



Grilled Vegetable & Lentil Salad

2 servings
20 minutes

Ingredients

1 Red Bell Pepper (cored and sliced)
1/2 cup Red Onion (coarsely chopped)
1 Zucchini (sliced into rounds)
1 cup Portobello Mushroom (sliced)
1 1/2 tsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
2 tbsps Cashews
1/2 Lemon (juiced)
1 1/2 tsps Tamari
1/2 cup Parsley
1 tbsp Water
1 1/2 tsps Red Wine Vinegar
4 cups Mixed Greens
1 cup Lentils (cooked, drained and rinsed)
1/4 cup Feta Cheese (crumbled)

Nutrition

Amount per serving	
Calories	335
Fat	13g
Carbs	41g
Fiber	14g
Sugar	11g
Protein	19g
Cholesterol	17mg
Sodium	529mg
Vitamin A	3428IU
Vitamin C	130mg
Calcium	210mg

Directions

- 1 Preheat grill to medium-high.
- 2 Add red peppers, onion, zucchini and mushrooms to a large bowl. Toss with extra virgin olive oil then season with sea salt and black pepper to taste. Transfer to a grilling basket and place on the grill. Toss occasionally for 10 to 15 minutes or until veggies are slightly charred.
- 3 Meanwhile, prepare the green cashew dressing by combining cashews, lemon juice, tamari, parsley and water in a blender or food processor. Blend very well until smooth. Set aside.
- 4 Remove veggies from the grill and toss in red wine vinegar.
- 5 Place mixed greens in a large salad bowl. Spread the lentils and grilled veggies over top. Drizzle with desired amount of green cashew dressing and top with crumbled feta. Toss well before serving. Enjoy!

Notes

No Lentils: Use chickpeas or black beans instead.

Vegan: Omit the cheese and top with toasted cashews instead.

Save Time: Chop all vegetables in advance and store in the fridge until ready to grill.

Leftovers: Store in the fridge up to 3 days. Repurpose into grilled veggie wraps with hummus.

Iron

7mg



Roasted Veggie Pesto Pasta

2 servings
30 minutes

Ingredients

1/3 head Cauliflower (small, chopped into florets)
1/3 Eggplant (medium, chopped)
2/3 Carrot (medium, chopped)
1/3 Zucchini (medium, chopped)
1 tbsp Extra Virgin Olive Oil
1/2 cup Whole Wheat Penne (dry)
2/3 cup Mixed Beans (cooked, rinsed)
1 3/4 tbsps Pesto (to taste)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	329
Fat	13g
Carbs	44g
Fiber	12g
Sugar	9g
Protein	12g
Cholesterol	0mg
Sodium	133mg
Vitamin A	3699IU
Vitamin C	57mg
Calcium	105mg
Iron	3mg

Directions

- 1 Preheat the oven to 375°F (190°C).
- 2 Add the cauliflower, eggplant, carrot, and zucchini to a large baking sheet and toss with oil until evenly coated. Spread everything out evenly and roast for 20 minutes. Remove from oven to stir, then cook for another 10 minutes, or until tender and the edges are browned.
- 3 Meanwhile, cook the pasta according to package directions. Drain and set aside.
- 4 In a large serving bowl, combine the pasta, roasted vegetables, mixed beans, and pesto. Season with salt and pepper before serving. Enjoy!

Notes

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

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

Gluten-Free: Use gluten-free pasta or veggie noodles instead.

More Flavor: Add parmesan, nutritional yeast, or feta cheese.

Additional Toppings: Sliced green onions, fresh herbs, and lemon juice.



Caprese Mason Jar Salad

2 servings
25 minutes

Ingredients

- 1/2 cup Quinoa (uncooked)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 1/2 tsps Balsamic Vinegar
- 1 cup Cherry Tomatoes (halved)
- 1/4 cup Red Onion (small, diced)
- 1 cup Basil Leaves (packed, chopped)
- 85 grams Small Bocconcini (halved)
- 2 cups Baby Spinach

Nutrition

Amount per serving	
Calories	352
Fat	15g
Carbs	36g
Fiber	5g
Sugar	5g
Protein	16g
Cholesterol	30mg
Sodium	117mg
Vitamin A	4862IU
Vitamin C	24mg
Calcium	254mg
Iron	4mg

Directions

- 1 Cook the quinoa according to the directions on the package, and set aside to cool.
- 2 Meanwhile, combine the oil and balsamic vinegar and divide evenly between the bottoms of the jars.
- 3 Add equal amounts of cherry tomatoes, red onion, basil, quinoa, bocconcini, and spinach to the jars. When ready to eat, shake well and dump into a bowl. Enjoy!

Notes

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

Serving Size: 26 fl oz (768 mL) mason jars were used for this recipe. One serving is one mason jar.

Make it Vegan: Use avocado instead of bocconcini or omit completely.

More Flavor: Season with salt, pepper, or your choice of herbs and spices.

Additional Toppings: Hemp seeds, black beans, edamame, chickpeas, tofu, chicken breast, or turkey breast.

No Balsamic Vinegar: Use red wine vinegar or your favorite dressing instead, adjusting or omitting the oil accordingly.



Kale & Millet Egg Bake

2 servings

55 minutes

Ingredients

- 1/2 cup Millet (dry)
- 3/4 cup Vegetable Broth
- 2/3 cup Kale Leaves (chopped)
- 1/3 Orange Bell Pepper (medium, chopped)
- 2 2/3 tbsps Cottage Cheese
- 2 Egg (whisked)
- 2 2/3 tbsps Cow's Milk, Whole
- 1/3 tsp Garlic Powder
- 1/3 tsp Onion Powder
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	277
Fat	8g
Carbs	36g
Fiber	4g
Sugar	2g
Protein	14g
Cholesterol	191mg
Sodium	414mg
Vitamin A	945IU
Vitamin C	64mg
Calcium	95mg
Iron	3mg

Directions

- 1 Preheat the oven to 400°F (205°C). Grease a baking dish or line with parchment paper.
- 2 Cook the millet with the broth, according to package directions. When done, transfer to a large bowl and allow to cool.
- 3 Combine all of the remaining ingredients with the millet and stir to combine.
- 4 Transfer to the prepared baking dish. Bake in the oven for 30 minutes, until it has risen and browned on the top. Enjoy!

Notes

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

Serving Size: A 9 x 9-inch baking dish was used to create six servings. One serving is equal to one square.

More Flavor: Add italian seasoning.



One Pot Snap Pea & Mackerel Orzo

2 servings
25 minutes

Ingredients

- 3/4 cup Orzo
- 1 1/2 cups Water
- 1/2 cup Cream, Half & Half
- 1/2 Lemon (juiced)
- 3/4 cup Snap Peas (chopped)
- 2 tbsps Parmigiano Reggiano (reserve some for garnish)
- 113 grams Canned Mackerel (drained and flaked)
- 1 tbsp Fresh Dill (chopped)

Nutrition

Amount per serving	
Calories	367
Fat	13g
Carbs	37g
Fiber	3g
Sugar	6g
Protein	23g
Cholesterol	72mg
Sodium	303mg
Vitamin A	545IU
Vitamin C	11mg
Calcium	309mg
Iron	3mg

Directions

- 1 In a large skillet over medium heat, add the orzo, water, cream, and lemon juice. Cook for 15 minutes until the orzo is al dente, being sure to stir often to avoid having the orzo stick to the skillet.
- 2 Add the remaining ingredients and cook for two to three minutes or until the peas are slightly softened.
- 3 Divide the orzo evenly between plates and garnish with the remaining parmesan. Enjoy!

Notes

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

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

More Flavor: Add minced garlic and/or shallots to the orzo while cooking.

Gluten-Free: Use a short gluten-free pasta and adjust the liquid as needed.

Dairy-Free: Omit the cream and parmesan and use coconut cream and dairy-free cheese.



Lentil Chickpea Salad

2 servings

30 minutes

Ingredients

- 1/2 cup Green Lentils (cooked, drained)
- 1 cup Chickpeas (cooked, drained)
- 1/4 cup Red Onion (small, diced)
- 1/2 Red Bell Pepper (medium, diced)
- 1/2 Tomato (large, diced)
- 2 tbsps Parsley (chopped)
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp White Wine Vinegar
- 1/4 tsp Oregano
- 1/8 tsp Sea Salt

Directions

- 1 Add all ingredients to a large bowl. Mix well. Taste and adjust flavor if desired.
- 2 Divide onto plates and enjoy!

Notes

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

Serving Size: One serving is approximately 1 1/4 cups.

Additional Toppings: Feta cheese, olives, fresh dill.

No White Wine Vinegar: Use red white vinegar, apple cider vinegar, or lemon juice.

Nutrition

Amount per serving	
Calories	275
Fat	9g
Carbs	37g
Fiber	12g
Sugar	7g
Protein	13g
Cholesterol	0mg
Sodium	170mg
Vitamin A	1695IU
Vitamin C	51mg
Calcium	65mg
Iron	5mg



One Pot Spinach & Artichoke Pasta

1 serving
15 minutes

Ingredients

1/2 cup Artichoke Hearts (from the can, drained)
1 1/8 tsps Nutritional Yeast
1/8 tsp Sea Salt (to taste)
57 grams Chickpea Pasta (dry)
1 1/2 tsps Cashew Butter
1 cup Vegetable Broth, Low Sodium
1 cup Baby Spinach

Nutrition

Amount per serving	
Calories	289
Fat	8g
Carbs	42g
Fiber	14g
Sugar	10g
Protein	20g
Cholesterol	0mg
Sodium	881mg
Vitamin A	3163IU
Vitamin C	21mg
Calcium	115mg
Iron	7mg

Directions

- 1 In a pot over medium-high heat, add the artichoke hearts and cook for two minutes. Stir in the nutritional yeast and salt.
- 2 Add the pasta, cashew butter, and broth. Bring to a boil, then lower the heat to a simmer. Cover and cook for eight to 10 minutes, or until the pasta is cooked through. Stir occasionally.
- 3 Stir in the spinach until wilted. Divide evenly between bowls and enjoy!

Notes

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

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

More Flavor: Add sautéed garlic.

Additional Toppings: Top with red pepper flakes, lemon juice, and/or black pepper.

No Cashew Butter: Use sunflower seed butter, tahini, or cream cheese instead.