




















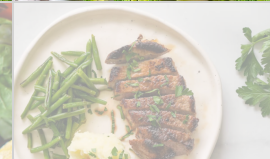












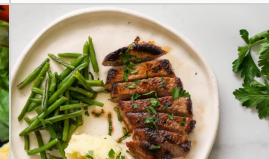


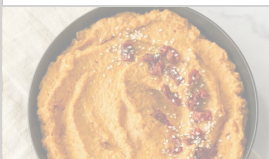
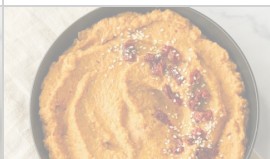



























**EXERCISE**  
*with Style*

30 Day Balanced 1900 Calorie  
Meal Plan PDF (Week 1)

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Edamame Cream Cheese Toast	 Edamame Cream Cheese Toast	 Edamame Cream Cheese Toast	 Toast with Peanut Butter & Applesauce	 Toast with Peanut Butter & Applesauce	 Squash & Pomegranate Breakfast Bowl	 Squash & Pomegranate Breakfast Bowl
Snack 1	 Chia Seed Breakfast Popsicles	 Chia Seed Breakfast Popsicles	 Chia Seed Breakfast Popsicles	 Broccoli & Spiced Yogurt	 2 Broccoli & Spiced Yogurt	 1.5 Broccoli & Spiced Yogurt	 Broccoli & Spiced Yogurt
Lunch	 Green Poutine	 Spaghetti Squash Steak Bowls	 Wild Rice & Nori Bowl	 Kale Blueberry Salad with Lemon Tahini Dressing	 Pressure Cooker Thai Red Curry Beef	 Sausage & Quinoa Stuffed Acorn Squash	 Steak, Mashed Potatoes & Green Beans
Snack 2	 1.5 Sweet & Crunchy Chickpeas	 Sweet & Crunchy Chickpeas	 1.5 Sweet & Crunchy Chickpeas	 Lemon & Chili Pepper Sardine Toast	 Lemon & Chili Pepper Sardine Toast	 Lemon & Chili Pepper Sardine Toast	 Lemon & Chili Pepper Sardine Toast
Dinner	 0.5 Spaghetti Squash Steak Bowls	 Wild Rice & Nori Bowl	 Kale Blueberry Salad with Lemon Tahini Dressing	 1.5 Pressure Cooker Thai Red Curry Beef	 Sausage & Quinoa Stuffed Acorn Squash	 Steak, Mashed Potatoes & Green Beans	 Beef & Veggie Skillet
Snack 3	 Sun Dried Tomato Hummus	 Sun Dried Tomato Hummus	 Sun Dried Tomato Hummus	 Hard Boiled Eggs with Apricots	 Hard Boiled Eggs with Apricots	 Hard Boiled Eggs with Apricots	 Hard Boiled Eggs with Apricots

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  31%	Fat  32%	Fat  32%	Fat  35%	Fat  34%	Fat  32%	Fat  29%
Carbs  50%	Carbs  50%	Carbs  50%	Carbs  43%	Carbs  46%	Carbs  48%	Carbs  48%
Protein  19%	Protein  18%	Protein  18%	Protein  22%	Protein  20%	Protein  20%	Protein  23%
Calories 1957	Calories 1954	Calories 1844	Calories 1922	Calories 1925	Calories 1950	Calories 1919
Fat 70g	Fat 71g	Fat 68g	Fat 78g	Fat 77g	Fat 71g	Fat 64g
Carbs 249g	Carbs 250g	Carbs 238g	Carbs 219g	Carbs 232g	Carbs 243g	Carbs 235g
Fiber 46g	Fiber 38g	Fiber 51g	Fiber 47g	Fiber 42g	Fiber 39g	Fiber 33g
Sugar 45g	Sugar 44g	Sugar 59g	Sugar 73g	Sugar 64g	Sugar 69g	Sugar 65g
Protein 93g	Protein 91g	Protein 84g	Protein 110g	Protein 100g	Protein 102g	Protein 111g
Cholesterol 91mg	Cholesterol 135mg	Cholesterol 47mg	Cholesterol 332mg	Cholesterol 381mg	Cholesterol 414mg	Cholesterol 403mg
Sodium 1267mg	Sodium 1158mg	Sodium 1215mg	Sodium 1970mg	Sodium 2319mg	Sodium 1934mg	Sodium 1745mg
Vitamin A 10533IU	Vitamin A 7804IU	Vitamin A 9607IU	Vitamin A 13761IU	Vitamin A 12531IU	Vitamin A 23332IU	Vitamin A 19496IU
Vitamin C 130mg	Vitamin C 105mg	Vitamin C 104mg	Vitamin C 518mg	Vitamin C 572mg	Vitamin C 456mg	Vitamin C 442mg
Calcium 596mg	Calcium 657mg	Calcium 795mg	Calcium 1021mg	Calcium 1299mg	Calcium 1212mg	Calcium 890mg
Iron 25mg	Iron 19mg	Iron 23mg	Iron 23mg	Iron 24mg	Iron 22mg	Iron 18mg

**Fruits**

- 1/2 cup Blueberries
- 1 Lemon
- 1 1/2 tsps Lemon Juice
- 3/4 Lime
- 1/2 Peach
- 2 2/3 tbsps Pineapple
- 1 cup Pomegranate Seeds
- 2 2/3 tbsps Strawberries

**Breakfast**

- 1/4 cup All Natural Peanut Butter
- 1/4 cup Granola
- 1/4 cup Maple Syrup

**Seeds, Nuts & Spices**

- 2 tbsps Cashews
- 1 1/2 tsps Chia Seeds
- 2 1/2 tsps Cinnamon
- 1 tsp Cumin
- 2 tbsps Curry Powder
- 3/4 tsp Dried Thyme
- 1/2 tsp Ground Ginger
- 1 1/4 tsps Nutmeg
- 1/4 tsp Paprika
- 3/4 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1/2 tsp Sesame Seeds
- 1 1/2 tsps Taco Seasoning
- 1/2 tsp Turmeric

**Frozen**

- 1/2 cup Frozen Corn
- 2 1/2 cups Frozen Edamame
- 1 cup Frozen Peas

**Vegetables**

- 1 Acorn Squash
- 1 cup Asparagus
- 2 cups Baby Spinach
- 12 cups Broccoli
- 3/4 cup Broccoli Sprouts
- 2 1/2 cups Butternut Squash
- 3/4 Carrot
- 1 1/2 heads Cauliflower
- 1/2 cup Cilantro
- 1/2 Cucumber
- 3 Garlic
- 3/4 tsp Ginger
- 2 cups Green Beans
- 3 1/2 stalks Green Onion
- 4 cups Kale Leaves
- 1 cup Matchstick Carrots
- 1 cup Mushrooms
- 2 tps Parsley
- 1 cup Radishes
- 1/2 Red Bell Pepper
- 4 Red Hot Chili Pepper
- 1/2 cup Red Onion
- 1 1/2 tsps Rosemary
- 1 Spaghetti Squash
- 1/4 Yellow Bell Pepper
- 1 2/3 Yellow Onion
- 4 Yellow Potato
- 1/3 Zucchini

**Boxed & Canned**

- 3/4 cup Brown Rice
- 1 1/16 cups Canned Coconut Milk
- 3 cups Chickpeas
- 1/2 cup Jasmine Rice
- 1 cup Lentils
- 1/2 cup Quinoa
- 1 1/3 tbsps Salsa
- 110 grams Sardines
- 1 1/2 tbsps Tomato Paste
- 1/4 cup Vegetable Broth

**Bread, Fish, Meat & Cheese**

- 142 grams Chicken Sausage
- 1/2 cup Cream Cheese, Regular
- 113 grams Extra Lean Ground Beef
- 4 slices Gluten-Free Bread
- 298 grams Sourdough Bread
- 340 grams Stewing Beef
- 454 grams Top Sirloin Steak
- 4 slices Whole Grain Bread

**Condiments & Oils**

- 1/4 tsp Avocado Oil
- 1 1/8 tbsps Coconut Oil
- 1/4 cup Extra Virgin Olive Oil
- 2 1/4 tsps Fish Sauce
- 1/2 tsp Miso Paste
- 3/4 tsp Red Wine Vinegar
- 1 tbsp Rice Vinegar
- 2 2/3 tbsps Sun Dried Tomatoes
- 1/3 cup Tahini
- 1 1/2 tbsps Thai Red Curry Paste

**Cold**

- 1 tbsp Butter
- 4 Egg
- 1/2 cup Plain Greek Yogurt
- 1/4 cup Unsweetened Almond Milk
- 3 1/4 cups Unsweetened Coconut Yogurt

**Other**

- 43 grams Collagen Powder
- 1 cup Dried Apricots
- 2 Nori Sheets
- 1 1/4 cups Water

1/2 cup Wild Rice

### Baking

1/2 tsp Arrowroot Powder

2 1/4 tps Coconut Sugar

9 grams Gelatin

1 1/2 tps Honey

1/4 cup Nutritional Yeast

1 1/2 tbsps Raw Honey

1/4 cup Unsweetened Applesauce



## Edamame Cream Cheese Toast

3 servings  
10 minutes

### Ingredients

1 1/2 cups Frozen Edamame  
298 grams Sourdough Bread (toasted)  
1/2 cup Cream Cheese, Regular  
3/4 cup Broccoli Sprouts  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	480
Fat	17g
Carbs	57g
Fiber	6g
Sugar	3g
Protein	22g
Cholesterol	41mg
Sodium	678mg
Vitamin A	231IU
Vitamin C	7mg
Calcium	96mg
Iron	5mg

### Directions

- 1 Cook the edamame in salted boiling water for three to four minutes.
- 2 Top the sourdough toast with cream cheese, edamame, broccoli sprouts, salt, and pepper. Enjoy!

### Notes

**Leftovers:** Refrigerate leftovers in an airtight container and consume within one day for best results.

**Serving Size:** One serving is two pieces of toast.

**Make it Vegan:** Omit the cream cheese. Use vegan cream cheese, mashed avocado, or hummus instead.

**Additional Toppings:** Sprinkle with chilli flakes.

**Gluten-Free:** Use gluten-free bread instead.

**More Flavor:** Top with extra virgin olive oil or flavor-infused oil.

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



## Toast with Peanut Butter & Applesauce

2 servings

5 minutes

### Ingredients

4 slices Whole Grain Bread  
1/4 cup All Natural Peanut Butter  
1/4 cup Unsweetened Applesauce

### Nutrition

Amount per serving	
Calories	425
Fat	20g
Carbs	46g
Fiber	8g
Sugar	12g
Protein	18g
Cholesterol	0mg
Sodium	321mg
Vitamin A	9IU
Vitamin C	0mg
Calcium	101mg
Iron	3mg

### Directions

- 1 Toast the bread slices. Spread on the peanut butter and then the applesauce. Enjoy!

### Notes

**No Applesauce:** Use jam instead.

**Additional Topping Ideas:** Banana slices, honey, cinnamon, chia seeds, hemp seeds, apple slices or fresh berries.



## Squash & Pomegranate Breakfast Bowl

2 servings  
45 minutes

### Ingredients

2 cups Butternut Squash (peeled, seeded, & chopped)  
2 tbsps Maple Syrup  
1/2 cup Canned Coconut Milk (full fat)  
9 grams Gelatin  
43 grams Collagen Powder  
1 tsp Cinnamon  
1/2 tsp Ground Ginger  
1/2 tsp Turmeric  
1/4 cup Unsweetened Coconut Yogurt  
1 cup Pomegranate Seeds

### Nutrition

Amount per serving	
Calories	394
Fat	12g
Carbs	48g
Fiber	7g
Sugar	26g
Protein	26g
Cholesterol	0mg
Sodium	71mg
Vitamin A	14886IU
Vitamin C	37mg
Calcium	189mg
Iron	2mg

### Directions

- 1 Steam the butternut squash in a steaming basket on the stove for 10 minutes.
- 2 Add the steamed squash, maple syrup, coconut milk, gelatin, collagen, cinnamon, ginger, and turmeric to a food processor and blend until a smooth consistency is achieved. Transfer to a bowl and allow it to set in the fridge for 30 minutes.
- 3 Divide the squash purée evenly between bowls. Top with coconut yogurt and pomegranate seeds. Enjoy!

### Notes

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

**Make it Vegan:** Use agar agar in place of the gelatin and vegan protein powder in place of the collagen.





## Chia Seed Breakfast Popsicles

3 servings  
5 hours

### Ingredients

- 1/2 cup Plain Greek Yogurt
- 1/4 cup Unsweetened Almond Milk
- 1 tbsp Raw Honey
- 1 1/2 tpsps Chia Seeds
- 2 2/3 tpsps Strawberries (sliced into small pieces)
- 1/2 Peach (sliced into small pieces)
- 2 2/3 tpsps Pineapple (sliced into small pieces)
- 1/4 cup Granola

### Nutrition

Amount per serving	
Calories	129
Fat	4g
Carbs	18g
Fiber	2g
Sugar	12g
Protein	6g
Cholesterol	6mg
Sodium	40mg
Vitamin A	340IU
Vitamin C	13mg
Calcium	145mg
Iron	1mg

### Directions

- 1 In a medium sized mixing bowl, combine the yogurt, almond milk, honey, and chia seeds. Mix well.
- 2 Fill popsicle moulds about 1/4 of the way with the yogurt mixture then drop in the fruit. Spoon more of the yogurt mixture in to cover the fruit. To burst any air-pockets in your popsicles, press down on the mixture with a spoon.
- 3 Sprinkle the granola into the moulds to cover the yogurt and fruit, and press down with a spoon so that it gets incorporated with the yogurt mixture.
- 4 Freeze for at least 5 hours. When you're ready to eat, leave on the counter for 10 minutes before removing from moulds, so they will slide out effortlessly. Enjoy!

### Notes

- Vegan:** Use unsweetened coconut yogurt and replace honey with maple syrup.  
**Mix it Up:** Use any fruit that is in season, or any fruit that you have on hand.



## Broccoli & Spiced Yogurt

6 servings

5 minutes

### Ingredients

3 cups Unsweetened Coconut Yogurt  
2 tbsps Curry Powder  
12 cups Broccoli (chopped into florets)

### Nutrition

Amount per serving	
Calories	124
Fat	4g
Carbs	19g
Fiber	7g
Sugar	4g
Protein	6g
Cholesterol	0mg
Sodium	86mg
Vitamin A	1134IU
Vitamin C	162mg
Calcium	346mg
Iron	2mg

### Directions

- 1 In a small bowl mix the yogurt and curry powder together. Serve with the broccoli florets for dipping. Enjoy!

### Notes

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

**More Flavor:** Add salt and pepper to taste.

**No Coconut Yogurt:** Use Greek yogurt instead.



## Green Poutine

1 serving  
45 minutes

### Ingredients

- 1 Yellow Potato (medium)
- 1 cup Asparagus
- 1 tbsp Extra Virgin Olive Oil (divided)
- 1 cup Mushrooms (sliced)
- 1/8 Yellow Onion (medium, diced)
- 1/2 Garlic (clove, minced)
- 3/4 tsp Dried Thyme
- 1/4 cup Vegetable Broth
- 1/2 tsp Arrowroot Powder
- 1/2 cup Butternut Squash (peeled and cubed)
- 1/4 cup Water
- 2 tbsps Cashews
- 1/4 cup Nutritional Yeast
- 1/4 Lemon (juiced)
- 1/4 tsp Paprika
- Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	619
Fat	22g
Carbs	77g
Fiber	19g
Sugar	10g
Protein	34g
Cholesterol	0mg
Sodium	293mg
Vitamin A	8902IU
Vitamin C	72mg

### Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Slice the potatoes into french fry shapes then slice the woody ends off the asparagus. Cut the asparagus stalks in half, or into to a length similar to the fries.
- 3 Toss both the potatoes and asparagus together with half of the olive oil. Spread across the baking sheet and bake for 30 minutes, flipping at the halfway point.
- 4 Meanwhile, make the gravy by heating the remaining olive oil in a frying pan over medium heat. Add the mushrooms, onion, garlic and thyme and saute for about 10 minutes or until all liquid has released. Now transfer to your blender and add the broth and arrowroot powder. Blend until smooth and return to the pan, over medium heat, let it simmer and whisk periodically until thickened. Add extra broth if a thinner consistency is desired. Season to taste with salt and pepper. Rinse out the blender.
- 5 Now make the cheese sauce. Add the butternut squash and water to a small saucepan. Bring to a boil, cover and simmer for 10 minutes or until soft. Transfer the squash to your blender and add the cashews, nutritional yeast, lemon juice, and paprika. Blend until smooth. Season to taste with salt and pepper.
- 6 To serve, divide the fries and asparagus between plates. Top with gravy and cheese sauce. Enjoy!

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Calcium	154mg
Iron	12mg



## Sweet & Crunchy Chickpeas

**4 servings****1 hour**

### Ingredients

2 cups Chickpeas (cooked, drained and rinsed)  
1 tbsp Extra Virgin Olive Oil  
1 1/2 tbsps Maple Syrup  
1 tsp Nutmeg  
1 tsp Cinnamon

### Nutrition

Amount per serving	
Calories	188
Fat	6g
Carbs	28g
Fiber	7g
Sugar	9g
Protein	7g
Cholesterol	0mg
Sodium	7mg
Vitamin A	25IU
Vitamin C	1mg
Calcium	55mg
Iron	2mg

### Directions

- 1 Preheat oven to 350°F (177°C). Ensure chickpeas are dry. Place chickpeas in a mixing bowl and add olive oil. Mix until chickpeas are evenly coated.
- 2 Line a cooking sheet with parchment paper. Spread the chickpeas over the sheet and bake for 50 minutes. At the halfway point (the 25 minute mark), remove the sheet and give it a shake to rotate the chickpeas.
- 3 Remove from oven and place roasted chickpeas in a mixing bowl. Add maple syrup, cinnamon and nutmeg. Toss again until evenly coated.
- 4 Transfer chickpeas back onto baking sheet and bake for another 10 to 15 minutes.
- 5 Remove from oven. Enjoy hot or cold!

### Notes

**Serving Size:** One serving is equal to about 1/2 cup of roasted chickpeas.



## Lemon & Chili Pepper Sardine Toast

4 servings  
10 minutes

### Ingredients

- 1 Garlic (clove)
- 4 slices Gluten-Free Bread (toasted)
- 110 grams Sardines (packed in oil, drained, halved lengthwise)
- 2 stalks Green Onion (sliced)
- 4 Red Hot Chili Pepper (sliced)
- 1/4 Lemon (juiced, zested)

### Nutrition

Amount per serving	
Calories	156
Fat	6g
Carbs	17g
Fiber	2g
Sugar	5g
Protein	10g
Cholesterol	39mg
Sodium	217mg
Vitamin A	698IU
Vitamin C	67mg
Calcium	131mg
Iron	1mg

### Directions

- 1 Rub the open end of the garlic clove evenly over the toast. Top each slice with the sardines, green onion, red hot chili pepper, and lemon zest. Squeeze the lemon juice over top and enjoy!

### Notes

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

**More Flavor:** Butter the toast or pan fry the bread in butter. Season with salt and pepper to taste.

**No Sardines:** Use tuna instead.



## Spaghetti Squash Steak Bowls

2 servings

55 minutes

### Ingredients

- 1 Spaghetti Squash (medium, sliced lengthwise, seeds removed)
- 2 tps Coconut Oil (melted, divided)
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Jasmine Rice (dry)
- 227 grams Top Sirloin Steak
- 1/2 cup Frozen Corn
- 1/2 Red Bell Pepper (diced)
- 1/2 cup Red Onion (diced)
- 1 tsp Cumin
- 1/4 cup Cilantro (chopped)

### Nutrition

Amount per serving	
Calories	591
Fat	22g
Carbs	74g
Fiber	7g
Sugar	4g
Protein	29g
Cholesterol	88mg
Sodium	70mg
Vitamin A	1954IU
Vitamin C	67mg
Calcium	123mg
Iron	4mg

### Directions

- 1 Preheat the oven to 375°F (190°C).
- 2 Brush the inside of the squash halves with half of the coconut oil. Season with salt and pepper, then place the halves face down on a baking sheet. Bake in the oven for 30 minutes.
- 3 Meanwhile, cook the rice according to package directions.
- 4 Add the remaining oil to a pan over medium heat. Add the steak to the pan and cook for 10 to 20 minutes, flipping halfway through. The time will depend on the thickness of the steak and your desired doneness. Season with salt and pepper and slice into bite-sized pieces.
- 5 Once the squash is done, shred the flesh with a fork and add it to a large bowl. Combine with the rice, steak, corn, red pepper, red onion, and cumin. Scoop everything back into the squash shells and bake in the oven for 20 minutes or until the peppers are fork-tender.
- 6 Serve with cilantro. Enjoy!

### Notes

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

**Serving Size:** One serving is equal to one stuffed squash half.

**Make it Vegan:** Use tofu or tempeh in place of the steak.

**More Flavor:** Add smoked paprika.

**Additional Toppings:** Shredded cheese, avocado, sour cream, or salsa.



## Wild Rice & Nori Bowl

2 servings  
30 minutes

### Ingredients

- 1/2 cup Wild Rice (dry)
- 2 2/3 tbsps Tahini
- 2 tbsps Water
- 1 tbsp Rice Vinegar
- 1 1/2 tsps Honey
- 1/2 tsp Miso Paste
- 1/2 Cucumber (chopped)
- 1 cup Matchstick Carrots
- 1 cup Frozen Edamame (thawed)
- 2 Nori Sheets (small, thinly sliced)

### Nutrition

Amount per serving	
Calories	415
Fat	15g
Carbs	55g
Fiber	11g
Sugar	12g
Protein	21g
Cholesterol	0mg
Sodium	153mg
Vitamin A	5209IU
Vitamin C	14mg
Calcium	181mg
Iron	5mg

### Directions

- 1 Cook the rice according to package directions.
- 2 Add the tahini, water, vinegar, honey, and miso to a jar or bowl. Whisk, blend, or shake until smooth. Adjust any flavors to your preference as needed.
- 3 Divide the rice, cucumbers, carrots, and edamame into bowls. Top with the miso dressing and nori. Enjoy!

### Notes

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

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

**More Flavor:** Add grated ginger, garlic, tamari, and/or sesame oil to the dressing.

**Additional Toppings:** Add sesame seeds, green onions, chives, toasted cashews, tofu, chopped bell peppers, and/or avocado.





## Kale Blueberry Salad with Lemon Tahini Dressing

2 servings  
15 minutes

### Ingredients

4 cups Kale Leaves (chopped)  
1 tbsp Extra Virgin Olive Oil (divided)  
3/4 tsp Red Wine Vinegar  
Sea Salt & Black Pepper (to taste)  
2 tbsps Tahini  
1/2 Lemon (juiced)  
1 1/2 tps Maple Syrup  
2 tbsps Water  
1 cup Lentils (cooked, drained and rinsed)  
1 cup Frozen Peas (thawed)  
1 cup Radishes (finely sliced)  
1/2 cup Blueberries

### Nutrition

Amount per serving	
Calories	387
Fat	16g
Carbs	48g
Fiber	16g
Sugar	14g
Protein	18g
Cholesterol	0mg
Sodium	123mg
Vitamin A	3744IU
Vitamin C	65mg
Calcium	233mg
Iron	7mg

### Directions

- 1 Place kale leaves in a large bowl. Add half of your olive oil, red wine vinegar and season with sea salt and black pepper to taste. Massage very well until kale is coated. Set aside.
- 2 In a blender or food processor, combine your remaining olive oil and lemon juice with tahini, maple syrup and water. Add a pinch of sea salt and blend very well until smooth. (Tip: Add extra water 1 tbsp at a time if the dressing is too thick.)
- 3 Divide your kale in between bowls and top with lentils, green peas, radishes and blueberries. Drizzle with desired amount of lemon-tahini dressing and enjoy!

### Notes

**No Kale:** Use any dark leafy green instead.

**No Lentils:** Use chickpeas or beans instead.

**Storage:** Stores well in the fridge up to 2 days.



## Pressure Cooker Thai Red Curry Beef

3 servings

1 hour

### Ingredients

- 1 1/2 tps Coconut Oil (divided)
- 340 grams Stewing Beef (diced into cubes)
- Sea Salt & Black Pepper (to taste)
- 3/4 Yellow Onion (small, thinly sliced)
- 3/4 tsp Ginger (minced)
- 1 1/2 tbsps Thai Red Curry Paste
- 1 1/2 tbsps Tomato Paste
- 2 1/4 tps Fish Sauce
- 2 1/4 tps Coconut Sugar
- 3/4 Carrot (large, chopped)
- 1 1/2 heads Cauliflower (sliced into florets)
- 1/2 cup Canned Coconut Milk
- 3/4 Lime (juiced)
- 1/3 cup Brown Rice (optional, dry/uncooked)
- 1 1/2 stalks Green Onion (optional, chopped)
- 3 tbsps Cilantro (optional, chopped)

### Nutrition

Amount per serving	
Calories	453
Fat	18g
Carbs	45g
Fiber	8g
Sugar	13g
Protein	34g
Cholesterol	71mg

### Directions

- 1 Turn your pressure cooker onto sauté mode and add half of the coconut oil. Season the beef with sea salt and pepper. Add to the pressure cooker and brown on all sides. Remove with a slotted spoon and set aside.
- 2 Add the remaining coconut oil and sliced onion to the pressure cooker and sauté for about 3 to 4 minutes. Add the ginger during the last minute, stirring frequently. Then add the curry paste, tomato paste, fish sauce, coconut sugar, carrots, cauliflower and beef. Stir well to combine.
- 3 Put the lid on the pressure cooker and change to pressure cooker mode. Cook for 35 minutes and then let the steam release naturally.
- 4 If making the brown rice, cook according to package directions.
- 5 Remove the lid from the pressure cooker and add the coconut milk and lime juice. Mix well, then serve over rice with optional garnishes like green onion and cilantro.

### Notes

**No Pressure Cooker:** Make it in the slow cooker on low for about 5 hours.

**No Fish Sauce:** Use soy sauce or tamari instead.

**No Coconut Sugar:** Use cane sugar instead.

**Vegetable Modifications:** Add or substitute any vegetables you have on hand, such as sweet potato, broccoli or peas.

**Crunchy Veggies:** Vegetables can turn soft in the pressure cooker. If you prefer crunchy veggies, steam them on the stove separately, then add them to the meal when it's done.

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Sodium	766mg
Vitamin A	4490IU
Vitamin C	149mg
Calcium	109mg
Iron	5mg



## Sausage & Quinoa Stuffed Acorn Squash

2 servings  
45 minutes

### Ingredients

- 1 Acorn Squash (trimmed and sliced in half)
- 1 tbsp Extra Virgin Olive Oil (divided)
- 1 1/2 tsps Raw Honey
- 1/2 tsp Cinnamon
- 1/2 cup Quinoa (uncooked)
- 3/4 cup Water
- 142 grams Chicken Sausage (no sugar added)
- 1/2 Yellow Onion
- 1/2 Garlic (clove, minced)
- 2 cups Baby Spinach
- 1 1/2 tsps Rosemary
- 1/4 tsp Nutmeg (ground)

### Nutrition

Amount per serving	
Calories	493
Fat	20g
Carbs	65g
Fiber	8g
Sugar	8g
Protein	19g
Cholesterol	85mg
Sodium	769mg
Vitamin A	3625IU
Vitamin C	32mg
Calcium	220mg
Iron	9mg

### Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Slice the tips off of your acorn squash so that it will sit flat. Then cut the squash in half and carve out the seeds. Brush the inside of each squash with olive oil. Then brush the inside of each squash with honey. Sprinkle each squash with cinnamon. Place the squash on a baking sheet, flesh side up and pop them in the oven. Roast for 30 minutes or until tender when pierced with a fork.
- 3 Meanwhile, cook your quinoa by combining quinoa and water in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce to a simmer. Cover and let simmer for 12 to 15 minutes or until water is absorbed. Remove lid, fluff with a fork and set aside.
- 4 Heat your remaining olive oil in a skillet over medium heat. Remove the casing from the sausage and add the meat to the skillet. Add the onions and saute until sausage is cooked through. Add the minced garlic and saute for another minute. Add spinach, rosemary and nutmeg. Saute just until spinach is wilted. Remove from heat then stir in the quinoa. Mix well.
- 5 Remove the squash from the oven and stuff each half with your quinoa sausage mix. Plate and serve!

### Notes

**Vegan and Budget-Friendly:** Skip the sausage and use 1 can of chickpeas, lentils or beans instead.

**Storage:** Store covered in the fridge for up to 3 days.

**Prep Ahead:** Prepare your acorn squash, quinoa, onions and garlic ahead of time. When ready to eat, roast acorn squash and finish the remaining assembly.



## Steak, Mashed Potatoes & Green Beans

2 servings  
20 minutes

### Ingredients

- 3 Yellow Potato (medium, peeled and chopped)
- 1/2 tsp Sea Salt (divided)
- 1 tbsp Butter (divided)
- 227 grams Top Sirloin Steak
- 2 cups Green Beans (trimmed)
- 2 tsps Parsley (chopped)

### Nutrition

Amount per serving	
Calories	571
Fat	22g
Carbs	63g
Fiber	9g
Sugar	6g
Protein	31g
Cholesterol	104mg
Sodium	674mg
Vitamin A	981IU
Vitamin C	77mg
Calcium	107mg
Iron	5mg

### Directions

- 1 Add the potatoes to a pot and cover with water. Boil for ten minutes or until the potatoes fall off of a fork when pierced. Drain.
- 2 Add half of the salt and half of the butter to the potatoes. Mash the potatoes until they are your desired texture.
- 3 Season the steak with the remaining salt. Melt the remaining butter in a cast-iron skillet. Add the steak to the skillet and cook for about two to three minutes per side, or until it has reached your desired doneness. Set aside and let rest for at least five minutes before slicing it.
- 4 Add the green beans to the skillet and sauté for two to three minutes, or until browned.
- 5 Divide the steak, mashed potatoes, and green beans evenly between plates. Top with parsley and enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately one cup of potatoes, one cup of green beans, and steak.

**More Flavor:** Add garlic.

**Dairy-Free:** Use oil instead of butter.



## Beef & Veggie Skillet

1 serving  
20 minutes

### Ingredients

1/3 cup Brown Rice  
1/4 tsp Avocado Oil  
1/4 Yellow Onion (chopped, medium size)  
113 grams Extra Lean Ground Beef  
1 1/2 tsps Taco Seasoning  
1/2 Garlic (clove, minced)  
1/3 Zucchini (medium, chopped)  
1/4 Yellow Bell Pepper (chopped)  
1 1/3 tsps Salsa  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	524
Fat	15g
Carbs	67g
Fiber	6g
Sugar	6g
Protein	31g
Cholesterol	74mg
Sodium	623mg
Vitamin A	356IU
Vitamin C	99mg
Calcium	71mg
Iron	6mg

### Directions

- 1 Cook the rice according to the package directions.
- 2 Heat a pan over medium heat. Drizzle in the oil and add the onion and sauté for about four to five minutes, until fragrant and softened. Add the beef, taco seasoning, and garlic and cook for six to eight minutes, breaking it up as it cooks. Drain extra fat if needed.
- 3 Add the zucchini, pepper, and salsa to the pan and cook, stirring occasionally until the zucchini is just softened, about ten minutes. Divide into 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.

**Additional Toppings:** Top with cilantro.

**Make it Vegan:** Use extra firm tofu instead of ground beef.



## Sun Dried Tomato Hummus

3 servings  
10 minutes

### Ingredients

- 1 cup Chickpeas (cooked, rinsed)
- 1 tbsp Tahini
- 2 2/3 tbsps Sun Dried Tomatoes (plus extra for optional garnish)
- 1 1/2 tpsps Lemon Juice
- 1/2 Garlic (clove)
- 1/4 tsp Sea Salt
- 1 1/2 tpsps Extra Virgin Olive Oil (divided)
- 1/2 tsp Sesame Seeds (optional for garnish)

### Nutrition

Amount per serving	
Calories	151
Fat	7g
Carbs	18g
Fiber	5g
Sugar	4g
Protein	6g
Cholesterol	0mg
Sodium	210mg
Vitamin A	45IU
Vitamin C	3mg
Calcium	57mg
Iron	2mg

### Directions

- 1 In a food processor, process together the chickpeas, tahini, sun dried tomatoes, lemon juice, garlic, sea salt, and half of the olive oil until smooth, about two to three minutes.
- 2 Spoon the hummus into your serving plate. Top it with the remaining olive oil. Garnish with optional chopped sun dried tomatoes and sesame seeds. Enjoy.

### Notes

**Leftovers:** Refrigerate the leftovers in an airtight container in the fridge for up to six days.

**Serving Size:** One serving is equal to approximately 1/3 cup hummus.

**Additional Toppings:** Fresh herbs and/or Za'atar spice.

**How To Serve:** Serve with your choice of crackers, flatbread, or vegetables.



## Hard Boiled Eggs with Apricots

4 servings  
15 minutes

### Ingredients

- 4 Egg
- 1 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.