



EXERCISE
with Style

30 Day Balanced 1900 Calorie
Meal Plan PDF (Week 2)

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<https://exercisewithstyle.com>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Maple Protein Oatmeal with Blueberries	 Maple Protein Oatmeal with Blueberries	 Maple Protein Oatmeal with Blueberries	 Toast with Peanut Butter	 Toast with Peanut Butter	 Blueberry Rhubarb Ginger Smoothie	 Blueberry Rhubarb Ginger Smoothie
Snack 1	 Goat Milk Yogurt & Clementines	 Goat Milk Yogurt & Clementines	 Goat Milk Yogurt & Clementines	 0.5 Pecans & Blueberries	 Pecans & Blueberries	 Pecans & Blueberries	 Pecans & Blueberries
Lunch	 Chickpea, Tofu & Sweet Potato Quinoa Salad	 Chickpea & Tofu Quinoa Bowl with Peanut Sauce	 Artichoke, Olive & Sun Dried Tomato Pesto Pizza	 Classic Grilled Cheese Sandwich	 Meal Prep Maple Dijon Chicken, Mushroom Quino...	 Crispy Chickpeas & Cauliflower with Yogurt	 Easy Salmon Poke Bowl
Snack 2	 1.5 Banana & Chocolate Chip Oatmeal Cups	 Banana & Chocolate Chip Oatmeal Cups	 1.5 Banana & Chocolate Chip Oatmeal Cups	 Mackerel Salad Open Face Sandwich	 Mackerel Salad Open Face Sandwich	 Mackerel Salad Open Face Sandwich	 Mackerel Salad Open Face Sandwich
Dinner	 0.5 Chickpea & Tofu Quinoa Bowl with Peanut Sauce	 Artichoke, Olive & Sun Dried Tomato Pesto Pizza	 Classic Grilled Cheese Sandwich	 1.5 Meal Prep Maple Dijon Chicken, Mushroom Quino...	 Crispy Chickpeas & Cauliflower with Yogurt	 Easy Salmon Poke Bowl	 Sheet Pan Shrimp & Edamame Rice
Snack 3	 Green Pea Hummus	 Green Pea Hummus	 Green Pea Hummus	 Goat Milk Yogurt & Banana	 Goat Milk Yogurt & Banana	 Goat Milk Yogurt & Banana	 Goat Milk Yogurt & Banana

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat	 34%	 35%	 35%	 37%	 40%	 36%	 33%
Carbs	 48%	 48%	 49%	 42%	 42%	 45%	 45%
Protein	 18%	 17%	 16%	 21%	 18%	 19%	 22%
Calories	1959	1998	1924	1984	1928	1947	2001
Fat	77g	79g	75g	82g	87g	82g	76g
Carbs	243g	240g	235g	206g	209g	226g	231g
Fiber	40g	36g	24g	26g	43g	44g	32g
Sugar	80g	75g	69g	54g	70g	80g	72g
Protein	89g	88g	77g	106g	91g	94g	110g
Cholesterol	280mg	303mg	364mg	245mg	146mg	101mg	238mg
Sodium	1126mg	1999mg	2464mg	2776mg	2346mg	2256mg	2330mg
Vitamin A	8201IU	2839IU	3387IU	2135IU	3274IU	3221IU	7708IU
Vitamin C	60mg	65mg	66mg	82mg	176mg	185mg	108mg
Calcium	1444mg	1443mg	1234mg	776mg	837mg	842mg	737mg
Iron	20mg	20mg	15mg	14mg	17mg	16mg	11mg

Fruits

- 1/2 Avocado
- 2 2/3 Banana
- 5 1/2 cups Blueberries
- 3 Clementines
- 1 1/3 Lemon
- 1 3/4 Lime

Breakfast

- 1/4 cup All Natural Peanut Butter
- 1/3 cup Maple Syrup

Seeds, Nuts & Spices

- 2 tsps Chia Seeds
- 1 3/4 tsps Cinnamon
- 1 tsp Cumin
- 1/2 tsp Garlic Powder
- 1/4 cup Hemp Seeds
- 1/3 tsp Paprika
- 1 cup Pecans
- 1 1/8 tsps Sea Salt
- 1/3 Sea Salt & Black Pepper
- 2 tsps Sesame Seeds

Frozen

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

Vegetables

- 1/2 Carrot
- 1/2 head Cauliflower
- 2 stalks Celery
- 1/2 Cucumber
- 1 bulb Fennel
- 2 tbsps Fresh Dill
- 1/3 Garlic
- 2 1/4 tbsps Ginger
- 2 stalks Green Onion
- 1/2 Jalapeno Pepper
- 1 cup Kale Leaves
- 2/3 cup Mixed Greens
- 3 cups Mushrooms
- 1/3 cup Parsley
- 1/4 cup Radishes
- 1 cup Rhubarb
- 1/3 Sweet Potato
- 1 tsp Thyme
- 1/4 Tomato
- 3 Zucchini

Boxed & Canned

- 1 1/8 cups Basmati Rice, Cooked
- 3/4 cup Brown Rice
- 5 cups Chickpeas
- 1 1/3 cups Quinoa

Baking

- 1/3 tsp Baking Powder
- 3/4 tsp Cane Sugar
- 1 3/4 tbsps Dark Chocolate Chips
- 2 1/3 cups Oats
- 2 tsps Raw Honey
- 1/3 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- 113 grams Canned Mackerel
- 60 grams Cheddar Cheese
- 340 grams Chicken Thighs
- 4 slices Gluten-Free Bread
- 85 grams Mozzarella Cheese
- 2 pieces Naan
- 227 grams Salmon Fillet
- 85 grams Shrimp
- 200 grams Sourdough Bread
- 397 grams Tofu
- 4 slices Whole Grain Bread

Condiments & Oils

- 1/2 cup Artichoke Hearts
- 1/4 cup Black Olives
- 1 tbsp Coconut Aminos
- 2 tsps Coconut Oil
- 3 1/3 tbsps Dijon Mustard
- 1/2 cup Extra Virgin Olive Oil
- 2 tsps Italian Dressing
- 1 1/3 tbsps Peanut Sauce
- 1 1/3 tbsps Rice Vinegar
- 1 1/3 tbsps Sesame Oil
- 2 1/4 tsps Soy Sauce
- 2 tbsps Sun Dried Tomato Pesto
- 1 1/8 tbsps Tahini
- 3 1/2 tbsps Tamari

Cold

- 2 tbsps Butter
- 3 cups Cow's Milk, Whole
- 3 2/3 Egg
- 2 2/3 tbsps Plain Coconut Milk
- 3 1/2 cups Plain Goat Milk Yogurt
- 1/2 cup Plain Greek Yogurt
- 1/3 cup Unsweetened Coconut Yogurt

Other

- 2 cups Coconut Water
- 38 grams Collagen Powder

1 1/3 tbsps Vanilla Protein Powder



Maple Protein Oatmeal with Blueberries

3 servings
15 minutes

Ingredients

- 1 1/2 cups Oats
- 3 cups Cow's Milk, Whole (Whole)
- 1 tbsp Butter
- 3 tbsps Maple Syrup
- 1 1/2 tsps Cinnamon
- 1/3 tsp Sea Salt
- 3 Egg (whisked)
- 1 1/2 cups Blueberries

Nutrition

Amount per serving	
Calories	505
Fat	19g
Carbs	65g
Fiber	7g
Sugar	32g
Protein	20g
Cholesterol	221mg
Sodium	477mg
Vitamin A	827IU
Vitamin C	7mg
Calcium	364mg
Iron	3mg

Directions

- 1 In a saucepan over medium heat, add the oats, milk, butter, maple syrup, cinnamon, and salt. Bring to a low boil then reduce the heat to a simmer. Continuously stir as the oats thicken.
- 2 After a few minutes, slowly add the egg while quickly stirring so that it blends well. Keep stirring until the oatmeal is creamy and fluffy.
- 3 Add to a bowl and top with blueberries. Enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate for up to three days and reheat before serving.

Dairy-Free: Use any milk alternative and coconut oil instead of butter.

No Blueberries: Use blackberries, strawberries, or raspberries.



Toast with Peanut Butter

2 servings

5 minutes

Ingredients

4 slices Whole Grain Bread (or any type of bread)
1/4 cup All Natural Peanut Butter (or any nut butter)

Nutrition

Amount per serving	
Calories	412
Fat	20g
Carbs	43g
Fiber	8g
Sugar	9g
Protein	18g
Cholesterol	0mg
Sodium	320mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	100mg
Iron	3mg

Directions

- 1 Toast the bread slices, then spread on the peanut butter. Enjoy!

Notes

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



Blueberry Rhubarb Ginger Smoothie

2 servings

5 minutes

Ingredients

2 cups Frozen Blueberries
1 cup Rhubarb (chopped)
2 tbsps Ginger (grated)
1/4 cup Hemp Seeds
2 tps Chia Seeds
38 grams Collagen Powder
2 tps Raw Honey
2 cups Coconut Water

Nutrition

Amount per serving	
Calories	354
Fat	12g
Carbs	42g
Fiber	8g
Sugar	29g
Protein	25g
Cholesterol	0mg
Sodium	107mg
Vitamin A	136IU
Vitamin C	33mg
Calcium	133mg
Iron	3mg

Directions

1

Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is approximately 2 1/4 cups.

Make it Vegan: Use more hemp seeds or vegan protein powder instead of collagen powder.

No Coconut Water: Use plant-based milk or water instead.



Goat Milk Yogurt & Clementines

3 servings

5 minutes

Ingredients

- 1 1/2 cups Plain Goat Milk Yogurt
- 3 Clementines (segmented and sliced)

Nutrition

Amount per serving	
Calories	124
Fat	5g
Carbs	15g
Fiber	1g
Sugar	13g
Protein	6g
Cholesterol	12mg
Sodium	71mg
Vitamin A	250IU
Vitamin C	38mg
Calcium	198mg
Iron	0mg

Directions

- 1 Add the yogurt to a bowl and top with the clementine. Enjoy!

Notes

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

Additional Toppings: Chopped walnuts, a sprinkle of cinnamon, and/or dark chocolate pieces.



Pecans & Blueberries

4 servings

5 minutes

Ingredients

4 cups Blueberries

1 cup Pecans

Nutrition

Amount per serving	
Calories	255
Fat	18g
Carbs	25g
Fiber	6g
Sugar	16g
Protein	3g
Cholesterol	0mg
Sodium	1mg
Vitamin A	94IU
Vitamin C	15mg
Calcium	26mg
Iron	1mg

Directions

- 1 Serve the blueberries with pecans and enjoy!

Notes

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

Additional Toppings: Sprinkle some cinnamon on top.



Chickpea, Tofu & Sweet Potato Quinoa Salad

1 serving
30 minutes

Ingredients

3 1/2 tbsps Quinoa (dry)
132 grams Tofu (cut into triangles)
3/4 cup Chickpeas (cooked)
1/3 Sweet Potato (cubed)
1 tsp Coconut Aminos
2 tps Extra Virgin Olive Oil
1 tsp Rice Vinegar
2/3 cup Mixed Greens
2 tps Italian Dressing

Nutrition

Amount per serving	
Calories	604
Fat	22g
Carbs	75g
Fiber	16g
Sugar	11g
Protein	32g
Cholesterol	0mg
Sodium	251mg
Vitamin A	6197IU
Vitamin C	5mg
Calcium	487mg
Iron	9mg

Directions

- 1 Cook the quinoa according to package directions.
- 2 Preheat oven to 375°F (190°C). Line a baking sheet with parchment paper. Place the tofu, chickpeas and sweet potato on the baking sheet.
- 3 Mix together the coconut aminos, oil, and rice vinegar. Brush this marinade onto the tofu and pour the rest onto the sweet potato and chickpeas, mixing well with your hands. Bake for 20 minutes or until the tofu edges brown.
- 4 Divide the mixed greens evenly between bowls. Top with the quinoa, sweet potatoes, chickpeas, tofu, and Italian dressing. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for three days. Store the Italian dressing separately.

Serving Size: One serving is 2/3 cup of mixed greens, 4.6 oz (130g) of tofu, 3/4 cup of chickpeas, and 1/3 of a sweet potato.

More Flavor: Add minced garlic, shallots, and rosemary to the marinade. Cook the quinoa in vegetable broth.

Additional Toppings: Hemp hearts, dried cranberries and/or goat cheese.

No Coconut Aminos: Use soy sauce or tamari instead.

No Italian Dressing: Use your favourite premade dressing or make your own.



Banana & Chocolate Chip Oatmeal Cups

4 servings
35 minutes

Ingredients

- 2 tsps Coconut Oil (melted, divided)
- 3/4 cup Oats (rolled)
- 1 1/3 tbsps Vanilla Protein Powder
- 1/3 tsp Baking Powder
- 1/3 tsp Cinnamon
- 1/16 tsp Sea Salt
- 2/3 Banana
- 1 1/3 tbsps Maple Syrup
- 1/3 tsp Vanilla Extract
- 2 2/3 tbsps Plain Coconut Milk (refrigerated, from the box)
- 2/3 Egg
- 1 3/4 tbsps Dark Chocolate Chips

Nutrition

Amount per serving	
Calories	183
Fat	7g
Carbs	25g
Fiber	2g
Sugar	10g
Protein	6g
Cholesterol	31mg
Sodium	108mg
Vitamin A	79IU
Vitamin C	2mg
Calcium	74mg
Iron	1mg

Directions

- 1 Preheat the oven to 350F (177°C) and grease a muffin tray with half the oil or use a silicone muffin tray.
- 2 In a medium sized bowl, whisk together the rolled oats, protein powder, baking powder, cinnamon and sea salt.
- 3 In a large bowl, mash the bananas with a fork and then whisk together the maple syrup, vanilla, coconut milk, the remaining coconut oil and eggs. Add the dry ingredients to the wet and stir until fully combined. Gently fold in the chocolate chips.
- 4 Spoon the mixture into the greased muffin tray and bake for 25 minutes. Let them cool and then remove. Serve and enjoy!

Notes

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

Serving Size: One serving size is equal to one oatmeal cup.

Additional Toppings: Top with sliced banana and almond butter.



Mackerel Salad Open Face Sandwich

4 servings

10 minutes

Ingredients

113 grams Canned Mackerel (skinless, boneless)
1/2 cup Plain Greek Yogurt
1 Lemon (juiced)
1 tsp Dijon Mustard
2 stalks Celery (chopped)
2 stalks Green Onion (thinly sliced)
2 tbsps Fresh Dill (finely chopped)
Sea Salt & Black Pepper (to taste)
4 slices Gluten-Free Bread
1/4 Tomato (sliced)

Nutrition

Amount per serving	
Calories	154
Fat	5g
Carbs	16g
Fiber	2g
Sugar	4g
Protein	11g
Cholesterol	27mg
Sodium	286mg
Vitamin A	612IU
Vitamin C	10mg
Calcium	159mg
Iron	1mg

Directions

- 1 Add the mackerel, yogurt, lemon juice, mustard, celery, onion, dill, salt, and black pepper to a bowl. Mash and stir until well combined.
- 2 Divide the mackerel salad onto the bread and add a tomato slice to each piece. Enjoy!

Notes

Leftovers: Refrigerate the mackerel salad in an airtight container for up to three days. Spread onto bread when ready to serve.

Serving Size: One serving is equal to one piece of bread and approximately 1/2 cup of mackerel salad.

Dairy-Free: Use coconut yogurt or mayonnaise instead of Greek yogurt.

No Dill: Use fresh parsley.

No Bread: Eat the mackerel salad as is or put it in a lettuce wrap or on top of crackers.



Chickpea & Tofu Quinoa Bowl with Peanut Sauce

2 servings

30 minutes

Ingredients

- 1/2 cup Quinoa (dry)
- 1 2/3 cups Chickpeas (cooked)
- 265 grams Tofu (cut into triangles)
- 2 tsps Coconut Aminos
- 1 1/3 tsps Extra Virgin Olive Oil
- 2 tsps Rice Vinegar
- 1 1/3 tsps Peanut Sauce

Nutrition

Amount per serving	
Calories	588
Fat	24g
Carbs	67g
Fiber	15g
Sugar	11g
Protein	31g
Cholesterol	0mg
Sodium	267mg
Vitamin A	42IU
Vitamin C	2mg
Calcium	461mg
Iron	9mg

Directions

- 1 Cook the quinoa according to package directions.
- 2 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper. Add the chickpeas and tofu to the baking sheet.
- 3 Mix the coconut aminos, oil, and rice vinegar and brush on the tofu. Pour the remaining marinade on the chickpeas and mix well with your hands. Bake for 20 minutes or until the edges of the tofu brown and the chickpeas are crispy.
- 4 Divide the quinoa evenly between bowls and top with the tofu and chickpeas. Serve with the peanut sauce. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Store the dressing separately.

Serving Size: One serving is approximately 1/3 cup of quinoa, 4.6oz (130g) of tofu, and 3/4 cup of chickpeas.

More Flavor: Add minced garlic and shallot to the marinade. Cook the quinoa in vegetable broth.

Additional Toppings: Microgreens, chopped basil, chopped mint, and/or sunflower seeds.

No Coconut Aminos: Use tamari or soy sauce instead.



Artichoke, Olive & Sun Dried Tomato Pesto Pizza

2 servings
20 minutes

Ingredients

- 2 pieces Naan
- 2 tbsps Sun Dried Tomato Pesto
- 85 grams Mozzarella Cheese (shredded, divided)
- 1/2 cup Artichoke Hearts (from the can, drained, sliced)
- 1/4 cup Black Olives (pitted, sliced)
- 2 tbsps Parsley (chopped)

Nutrition

Amount per serving	
Calories	441
Fat	16g
Carbs	51g
Fiber	6g
Sugar	6g
Protein	19g
Cholesterol	39mg
Sodium	1045mg
Vitamin A	854IU
Vitamin C	10mg
Calcium	293mg
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 pesto evenly over the naan. Top with half the mozzarella, artichokes, and olives. Then add the remaining mozzarella.
- 3 Return to the oven and bake for six to eight minutes, or until the cheese has melted and the crust is crispy. Cut into slices, sprinkle with parsley, and enjoy!

Notes

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

More Flavor: Add mushrooms and bell peppers.

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

Dairy-Free: Use vegan cheese instead.

No Sun Dried Tomato Pesto: Use regular pesto or tomato sauce instead.

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



Classic Grilled Cheese Sandwich

2 servings

10 minutes

Ingredients

1 tbsp Butter
200 grams Sourdough Bread
60 grams Cheddar Cheese (grated)

Nutrition

Amount per serving	
Calories	422
Fat	16g
Carbs	49g
Fiber	2g
Sugar	0g
Protein	17g
Cholesterol	45mg
Sodium	678mg
Vitamin A	550IU
Vitamin C	2mg
Calcium	215mg
Iron	3mg

Directions

- 1 Heat a skillet over medium-low heat.
- 2 Spread the butter on the outside of both slices of bread. Add the cheddar to the middle.
- 3 Place on the skillet and cook for about four minutes per side, until browned on both sides. Remove from the skillet, slice in half. Enjoy!

Notes

Leftovers: This is best enjoyed immediately after making.

Gluten-Free: Use gluten-free bread instead.

Dairy-Free: Use a dairy-free cheddar style cheese.

No Butter: Spread mayonnaise on each outside slice of bread instead.

Make it Vegan: Use a vegan butter and vegan cheese.

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



Meal Prep Maple Dijon Chicken, Mushroom Quinoa & Zucchini

3 servings
40 minutes

Ingredients

- 3/4 cup Quinoa (dry)
- 3 Zucchini (sliced lengthwise, then quartered)
- 2 1/4 tbsps Extra Virgin Olive Oil (divided)
- 1/8 tsp Sea Salt (or more to taste)
- 1 1/2 tbsps Maple Syrup
- 3 tbsps Dijon Mustard
- 1 1/2 tbsps Tamari
- 340 grams Chicken Thighs (boneless)
- 3 cups Mushrooms (sliced)

Nutrition

Amount per serving	
Calories	484
Fat	18g
Carbs	44g
Fiber	6g
Sugar	13g
Protein	35g
Cholesterol	107mg
Sodium	947mg
Vitamin A	425IU
Vitamin C	37mg
Calcium	74mg
Iron	4mg

Directions

- 1 Preheat oven to 375°F (191°C) and line baking sheet(s) with foil.
- 2 Cook quinoa according to directions on the package and set aside.
- 3 In a mixing bowl, toss zucchini in 1/3 of the olive oil and season with salt. Transfer to a baking sheet.
- 4 In the same bowl, combine 1/3 of the olive oil, maple syrup, dijon and tamari. Add the chicken thighs and coat in the marinade. Transfer to a baking sheet and bake both the chicken and zucchini for 30 minutes.
- 5 After 30 minutes, flip the zucchini and return to oven. Set to broil for 3 minutes and remove from oven.
- 6 Meanwhile, heat the remaining olive oil in a saucepan over medium heat. Saute sliced mushrooms until soft. Mix mushrooms with the cooked quinoa.
- 7 Divide the mushroom quinoa, zucchini and chicken thighs into separate containers and let cool before refrigerating. Reheat when ready to eat.

Notes

- Storage:** Refrigerate in an air-tight container up to 3 days after cooking.
- More Flavour:** Marinate the chicken overnight, and cook the quinoa with broth instead of water.
- No Chicken:** Use turkey breast, chickpeas or tofu instead.
- No Zucchini:** Use bell peppers, carrot, eggplant or any vegetables you have on hand.
- No Quinoa:** Use rice, cauliflower rice or sweet potatoes instead.



Crispy Chickpeas & Cauliflower with Yogurt

2 servings
30 minutes

Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 1 tsp Cumin
- 1/2 tsp Garlic Powder
- 1 tsp Thyme (dried)
- 1/2 tsp Sea Salt
- 1/2 head Cauliflower (chopped into florets)
- 1 3/4 cups Chickpeas (cooked, rinsed)
- 1 bulb Fennel (cored, thinly sliced)
- 1 1/2 Lime (juiced, divided)
- 1/4 cup Parsley (chopped)
- 2 tps Sesame Seeds (toasted)
- 1/3 cup Unsweetened Coconut Yogurt

Nutrition

Amount per serving	
Calories	481
Fat	21g
Carbs	62g
Fiber	19g
Sugar	15g
Protein	18g
Cholesterol	0mg
Sodium	721mg
Vitamin A	1855IU
Vitamin C	107mg
Calcium	300mg
Iron	8mg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 In a large bowl, add the oil, cumin, garlic powder, thyme and salt and mix well. Add the cauliflower and chickpeas and toss to combine. Add to the baking sheet and set the bowl aside to use in the next step. Cook the cauliflower and chickpeas for 25 to 28 minutes, flipping halfway through.
- 3 Meanwhile, add the fennel, half the lime juice, parsley and sesame seeds in the same bowl used for the chickpeas and toss to combine. Set aside.
- 4 In a small bowl, add the coconut yogurt and the remaining lime juice and stir.
- 5 Divide the chickpeas and cauliflower evenly between plates. Add the fennel and serve with the coconut yogurt. Enjoy!

Notes

Leftovers: For best results, refrigerate all ingredients in separate airtight containers for up to three days.

No Coconut Yogurt: Use another yogurt, such as Greek or another dairy-free type of yogurt.

More Flavor: Add chili flakes or smoked paprika to the cauliflower and chickpea mix.

No Fennel: Use another green or crispy veggie such as peppers or cabbage.



Easy Salmon Poke Bowl

2 servings
30 minutes

Ingredients

- 3/4 cup Brown Rice
- 2 tps Sesame Oil (divided)
- 227 grams Salmon Fillet (sushi-grade, skinless, diced)
- 2 tbsps Tamari
- 1 tsp Rice Vinegar
- 1/2 Cucumber (sliced)
- 1/4 cup Radishes (thinly sliced)
- 1/2 Avocado (sliced)
- 1/2 Jalapeno Pepper (thinly sliced)

Nutrition

Amount per serving	
Calories	561
Fat	21g
Carbs	62g
Fiber	7g
Sugar	3g
Protein	31g
Cholesterol	62mg
Sodium	1070mg
Vitamin A	236IU
Vitamin C	13mg
Calcium	46mg
Iron	3mg

Directions

- 1 Cook the brown rice according to the directions on the package. Once it has finished cooking, drizzle half the sesame oil over top and mix to combine.
- 2 Meanwhile, in a medium-sized bowl, add the salmon, tamari, rice vinegar, and the remaining sesame oil. Place in the fridge to marinate for 10 minutes.
- 3 Assemble your bowl by adding brown rice to the bottom. Top it with salmon, cucumber, radishes, avocado, and jalapeno. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one day.

More Flavor: Add minced ginger and chili flakes to the salmon while it's marinating.

Additional Toppings: Sesame seeds, cilantro and/or a spicy mayo.

Make it Vegan: Use tofu or tempeh instead of salmon.



Sheet Pan Shrimp & Edamame Rice

1 serving
25 minutes

Ingredients

- 2 1/4 tps Soy Sauce
- 3/4 tsp Cane Sugar
- 2 1/4 tps Sesame Oil (divided)
- 1/2 Carrot (large, peeled, diced)
- 3/4 tsp Ginger (fresh, chopped)
- 85 grams Shrimp (peeled, deveined)
- 1/2 cup Frozen Edamame (thawed)
- 1 cup Kale Leaves (chopped)
- 1 1/8 cups Basmati Rice, Cooked
- 1/4 Lime (quartered, optional)

Nutrition

Amount per serving	
Calories	535
Fat	15g
Carbs	67g
Fiber	7g
Sugar	7g
Protein	34g
Cholesterol	137mg
Sodium	795mg
Vitamin A	6342IU
Vitamin C	30mg
Calcium	195mg
Iron	3mg

Directions

- 1 With the rack in the middle position, preheat the oven to 425°F (220°C).
- 2 In a small bowl, combine the soy sauce, sugar and 1/3 of the oil. Set aside.
- 3 On a baking sheet lined with parchment paper, combine the carrot with the ginger and 1/3 of the oil. Bake for five minutes or until starting to brown.
- 4 Remove from the oven. Add the shrimp, edamame, kale, and the remaining oil. Mix well. Bake for another five to seven minutes.
- 5 Remove from the oven. Add the cooked rice and soy sauce mixture. Mix well. Bake for another five to seven minutes. Remove from the oven.
- 6 Divide the rice mixture evenly between plates and serve with a lime slice. Enjoy!

Notes

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

Serving Size: One serving equals approximately 1 3/4 cups.

Cooked Rice Quantity: 1 1/2 cups of uncooked rice should equal to approximately 4 1/2 cups of cooked rice.

No Shrimp: Use cubed chicken or tofu instead.

More Flavor: Top with chopped fresh cilantro. Swap the kale for spinach.



Green Pea Hummus

3 servings

10 minutes

Ingredients

- 3/4 cup Chickpeas (cooked, drained and rinsed)
- 1/2 cup Frozen Peas (thawed)
- 1/3 Garlic (clove, minced)
- 1/3 Lemon (juiced)
- 1 1/8 tbsps Tahini
- 2 1/4 tpsps Extra Virgin Olive Oil
- 1/3 tsp Paprika
- 1/3 Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	157
Fat	8g
Carbs	17g
Fiber	5g
Sugar	3g
Protein	6g
Cholesterol	0mg
Sodium	31mg
Vitamin A	787IU
Vitamin C	6mg
Calcium	53mg
Iron	2mg

Directions

- 1 Add all ingredients together in a food processor. Blend until a creamy consistency forms. If mixture is too thick, add 1 tbsp warm water at a time to loosen it up.
- 2 Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one week.

Serve it With: Veggies, flatbread, crackers, or use as a spread on sandwiches and wraps. Make it extra thin and add to your salads as a dressing.



Goat Milk Yogurt & Banana

4 servings

5 minutes

Ingredients

2 cups Plain Goat Milk Yogurt
2 Banana (medium, sliced)

Nutrition

Amount per serving	
Calories	142
Fat	5g
Carbs	19g
Fiber	2g
Sugar	13g
Protein	6g
Cholesterol	12mg
Sodium	71mg
Vitamin A	288IU
Vitamin C	7mg
Calcium	178mg
Iron	0mg

Directions

- 1 Add the yogurt to a bowl and top with the banana. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container and consume within two days.

Serving Size: One serving is half a cup of yogurt and half a medium banana.

More Flavor: Swirl peanut butter or jam through the yogurt.

Additional Toppings: Cacao nibs, hemp seeds, or a drizzle of honey.