
















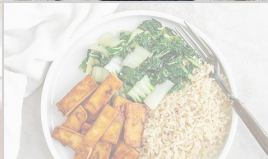
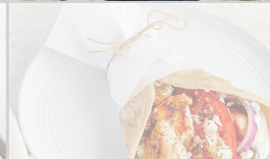

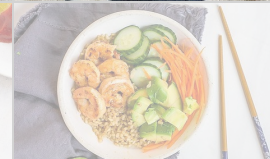











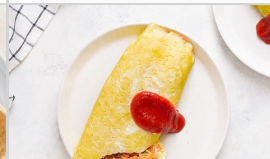





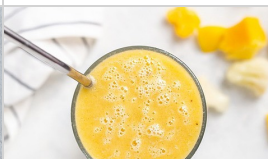

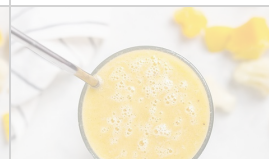


























EXERCISE
with Style

30 Day Balanced 1900 Calorie
Meal Plan PDF (Week 3)

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Banana Chocolate Protein Smoothie	 Banana Chocolate Protein Smoothie	 Banana Chocolate Protein Smoothie	 Peanut Butter & Banana Parfait	 Peanut Butter & Banana Parfait	 Peach Blueberry Smoothie	 Peach Blueberry Smoothie
Snack 1	 Black Bean Dip	 Black Bean Dip	 Black Bean Dip	 0.5 Dried Apricots & Pecans	 Dried Apricots & Pecans	 Dried Apricots & Pecans	 Dried Apricots & Pecans
Lunch	 Chickpea, Tofu & Sweet Potato Quinoa Salad	 Spaghetti Squash Steak Bowls	 Amatriciana Pasta	 Orange Sesame Tofu with Greens & Rice	 Greek Chicken Wraps	 Japanese Omelette Rice	 Spicy Shrimp Sushi Bowls
Snack 2	 1.5 Greek Salad Wraps	 Greek Salad Wraps	 1.5 Greek Salad Wraps	 Oatmeal with Raspberries	 Oatmeal with Raspberries	 Oatmeal with Raspberries	 Oatmeal with Raspberries
Dinner	 0.5 Spaghetti Squash Steak Bowls	 Amatriciana Pasta	 Orange Sesame Tofu with Greens & Rice	 1.5 Greek Chicken Wraps	 Japanese Omelette Rice	 Spicy Shrimp Sushi Bowls	 Beef & Veggie Skillet
Snack 3	 Rye Crackers & Hummus	 Rye Crackers & Hummus	 Rye Crackers & Hummus	 Mango Smoothie	 Mango Smoothie	 Mango Smoothie	 Mango Smoothie

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  33%	Fat  34%	Fat  35%	Fat  32%	Fat  34%	Fat  32%	Fat  30%
Carbs  50%	Carbs  49%	Carbs  49%	Carbs  48%	Carbs  49%	Carbs  51%	Carbs  51%
Protein  17%	Protein  17%	Protein  16%	Protein  20%	Protein  17%	Protein  17%	Protein  19%
Calories 1919	Calories 1945	Calories 1840	Calories 1980	Calories 1997	Calories 2061	Calories 2055
Fat 75g	Fat 76g	Fat 74g	Fat 74g	Fat 78g	Fat 76g	Fat 70g
Carbs 250g	Carbs 252g	Carbs 238g	Carbs 244g	Carbs 253g	Carbs 274g	Carbs 274g
Fiber 56g	Fiber 45g	Fiber 45g	Fiber 34g	Fiber 34g	Fiber 40g	Fiber 42g
Sugar 46g	Sugar 42g	Sugar 48g	Sugar 73g	Sugar 78g	Sugar 82g	Sugar 81g
Protein 86g	Protein 85g	Protein 76g	Protein 102g	Protein 88g	Protein 88g	Protein 99g
Cholesterol 52mg	Cholesterol 121mg	Cholesterol 33mg	Cholesterol 173mg	Cholesterol 524mg	Cholesterol 592mg	Cholesterol 263mg
Sodium 1738mg	Sodium 2171mg	Sodium 3149mg	Sodium 4779mg	Sodium 2996mg	Sodium 841mg	Sodium 1126mg
Vitamin A 11840IU	Vitamin A 6227IU	Vitamin A 11870IU	Vitamin A 11749IU	Vitamin A 6637IU	Vitamin A 9600IU	Vitamin A 8244IU
Vitamin C 121mg	Vitamin C 147mg	Vitamin C 196mg	Vitamin C 213mg	Vitamin C 120mg	Vitamin C 112mg	Vitamin C 203mg
Calcium 1513mg	Calcium 1197mg	Calcium 1588mg	Calcium 1169mg	Calcium 743mg	Calcium 865mg	Calcium 837mg
Iron 25mg	Iron 20mg	Iron 22mg	Iron 14mg	Iron 13mg	Iron 12mg	Iron 14mg

Fruits

- 1/2 Avocado
- 8 Banana
- 1/2 Lime
- 2 cups Raspberries

Breakfast

- 2 tbsps All Natural Peanut Butter
- 1/2 cup Granola

Seeds, Nuts & Spices

- 3 tbsps Chia Seeds
- 1/2 tsp Chili Flakes
- 2 1/16 tpsps Cumin
- 3 tbsps Greek Seasoning
- 1/4 cup Ground Flax Seed
- 1/3 cup Hemp Seeds
- 1 cup Pecans
- 2/3 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1/4 tsp Smoked Paprika
- 1 1/2 tpsps Taco Seasoning

Frozen

- 1 cup Frozen Blueberries
- 2 cups Frozen Cauliflower
- 1/2 cup Frozen Corn
- 2 cups Frozen Mango
- 1 1/2 cups Frozen Peaches
- 1/4 cup Frozen Peas

Vegetables

- 3 1/2 cups Baby Spinach
- 4 cups Bok Choy
- 1 Carrot
- 1/4 cup Cilantro
- 4 Cremini Mushrooms
- 1 1/3 Cucumber
- 1/2 Garlic
- 1 tbsps Ginger
- 2/3 cup Mixed Greens
- 1 1/2 Red Bell Pepper
- 1 1/2 cups Red Onion
- 1 1/16 Spaghetti Squash
- 1/3 Sweet Potato
- 3/4 Tomato
- 1/2 White Onion
- 1/4 Yellow Bell Pepper
- 1/2 Yellow Onion
- 1/3 Zucchini

Boxed & Canned

- 1 1/8 cups Black Beans
- 1 2/3 cups Brown Rice
- 1 1/2 cups Canned Whole Tomatoes
- 3/4 cup Chickpeas
- 1 1/8 cups Jasmine Rice
- 6 slices Light Rye Crisp Bread
- 3 1/2 tbsps Quinoa
- 113 grams Rigatoni
- 1 1/3 tbsps Salsa
- 3 tbsps Tomato Paste
- 30 milliliters Unsweetened Rice Milk

Baking

- 3 tbsps Cocoa Powder
- 2 3/4 cups Oats
- 1/3 cup Pitted Dates
- 1/2 tsp Tapioca Flour

Bread, Fish, Meat & Cheese

- 340 grams Chicken Breast
- 113 grams Extra Lean Ground Beef
- 1/3 cup Feta Cheese
- 71 grams Pancetta
- 3 tbsps Parmigiano Reggiano
- 227 grams Shrimp
- 332 grams Tofu
- 227 grams Top Sirloin Steak
- 3 Whole Wheat Pita
- 4 Whole Wheat Tortilla

Condiments & Oils

- 2 tbsps Apple Cider Vinegar
- 1/4 tsp Avocado Oil
- 1 tsp Coconut Aminos
- 1 1/8 tbsps Coconut Oil
- 1/4 cup Extra Virgin Olive Oil
- 2 tpsps Italian Dressing
- 1 tbsps Mayonnaise
- 1/2 cup Pitted Kalamata Olives
- 2 tbsps Red Wine Vinegar
- 1 tsp Rice Vinegar
- 1 tbsps Sesame Oil
- 1/2 tsp Sriracha
- 1 2/3 tbsps Tamari

Cold

- 2 tbsps Butter
- 4 Egg
- 1/2 cup Hummus
- 2 cups Oat Milk
- 1/2 cup Orange Juice
- 1 3/4 cups Plain Greek Yogurt
- 1/3 cup Tzatziki
- 3 cups Unsweetened Almond Milk

Other

- 1 cup Dried Apricots
- 3 tbsps Sugar Free Ketchup
- 1/2 cup Vanilla Protein Powder

10 2/3 cups Water



Banana Chocolate Protein Smoothie

3 servings

5 minutes

Ingredients

3 cups Unsweetened Almond Milk
3/4 cup Plain Greek Yogurt
3 tbsps Chia Seeds
1/3 cup Hemp Seeds
3/4 cup Oats
3 tbsps Cocoa Powder
3 Banana (frozen)
1/3 cup Pitted Dates

Nutrition

Amount per serving	
Calories	487
Fat	20g
Carbs	68g
Fiber	14g
Sugar	28g
Protein	20g
Cholesterol	8mg
Sodium	202mg
Vitamin A	891IU
Vitamin C	14mg
Calcium	697mg
Iron	5mg

Directions

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

Notes

Pitted Dates: One serving is equal to approximately two to three dates.

Gluten-Free: Use Gluten-Free oats.

Dairy-Free: Use coconut yogurt instead.

Nut-Free: Use coconut or oat milk instead of almond milk.

More Flavor: Add a pinch of cinnamon.

Make it Vegan: Use a vegan yogurt.



Peanut Butter & Banana Parfait

2 servings

5 minutes

Ingredients

- 1 cup Plain Greek Yogurt
- 1/2 cup Granola
- 1 Banana (halved lengthwise or chopped)
- 2 tbsps All Natural Peanut Butter

Nutrition

Amount per serving	
Calories	388
Fat	18g
Carbs	40g
Fiber	5g
Sugar	18g
Protein	19g
Cholesterol	17mg
Sodium	81mg
Vitamin A	668IU
Vitamin C	13mg
Calcium	284mg
Iron	2mg

Directions

- 1 Layer the yogurt, granola, banana, and peanut butter in a jar. Enjoy!

Notes

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

Dairy-Free: Use coconut yogurt or oatmeal instead.

Nut-Free: Use sunflower seed butter instead.

Additional Toppings: Add shredded coconut, maple syrup, honey, hemp seeds, chia seeds, or chocolate chips.



Peach Blueberry Smoothie

2 servings

5 minutes

Ingredients

- 2 cups Oat Milk
- 1 cup Frozen Blueberries
- 1 1/2 cups Frozen Peaches
- 1/4 cup Ground Flax Seed
- 1/2 cup Vanilla Protein Powder

Nutrition

Amount per serving	
Calories	360
Fat	11g
Carbs	42g
Fiber	9g
Sugar	23g
Protein	26g
Cholesterol	4mg
Sodium	139mg
Vitamin A	412IU
Vitamin C	10mg
Calcium	497mg
Iron	2mg

Directions

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

Notes

Leftovers: For best results, enjoy freshly made. Refrigerate for up to one day.

No Oat Milk: Use plain coconut milk instead.

No Frozen Peaches: Use frozen mango.



Black Bean Dip

3 servings
15 minutes

Ingredients

- 1 1/8 cups Black Beans (cooked, from the can)
- 1 tsp Cumin
- 1/4 tsp Smoked Paprika
- 1 tbsp Extra Virgin Olive Oil
- 1/2 Lime (juiced)
- 1/2 tsp Sea Salt

Nutrition

Amount per serving	
Calories	130
Fat	5g
Carbs	16g
Fiber	6g
Sugar	0g
Protein	6g
Cholesterol	0mg
Sodium	396mg
Vitamin A	111IU
Vitamin C	2mg
Calcium	25mg
Iron	2mg

Directions

- 1 Add all ingredients to the jar of your food processor and process until very smooth.
- 2 Transfer into a bowl and enjoy!

Notes

Serve it With: Brown rice tortilla chips, veggie sticks or as a spread.

Leftovers: Store in an airtight container in the fridge for 5 days, or freeze for two months or more.



Dried Apricots & Pecans

4 servings

5 minutes

Ingredients

- 1 cup Pecans
- 1 cup Dried Apricots

Nutrition

Amount per serving	
Calories	249
Fat	18g
Carbs	24g
Fiber	5g
Sugar	18g
Protein	3g
Cholesterol	0mg
Sodium	3mg
Vitamin A	1185IU
Vitamin C	1mg
Calcium	35mg
Iron	1mg

Directions

- 1 Combine the pecans and apricots. Enjoy!

Notes

Leftovers: Store in an airtight container for up to one month.

Nut-Free: Use seeds instead, such as pumpkin or sunflower seeds.

No Apricot: Use another type of dried fruit such as mango, dates or prunes.



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.



Greek Salad Wraps

4 servings

5 minutes

Ingredients

- 1 Red Bell Pepper (medium, thinly sliced)
- 1/2 Cucumber (cut into matchsticks)
- 1/2 cup Pitted Kalamata Olives (chopped)
- 1/4 cup Red Onion (thinly sliced)
- 2 tbsps Red Wine Vinegar
- 4 Whole Wheat Tortilla
- 2 cups Baby Spinach

Nutrition

Amount per serving	
Calories	169
Fat	6g
Carbs	24g
Fiber	6g
Sugar	3g
Protein	5g
Cholesterol	0mg
Sodium	391mg
Vitamin A	2435IU
Vitamin C	44mg
Calcium	141mg
Iron	3mg

Directions

- 1 Add the bell pepper, cucumber, olives, and onion to a bowl and toss with the red wine vinegar.
- 2 Divide the baby spinach between the tortillas and top with the seasoned vegetables. Fold or roll the tortilla around the filling and enjoy!

Notes

Leftovers: Assemble wrap just before serving.

Serving Size: One serving is equal to one wrap.

Gluten-Free: Use a gluten-free or brown rice tortilla instead.

Additional Toppings: Hummus, feta cheese, fresh or dried herbs, avocado, and/or chickpeas.

No Spinach: Use mixed greens or romaine leaves instead.



Oatmeal with Raspberries

4 servings
10 minutes

Ingredients

- 4 cups Water
- 2 cups Oats (quick or rolled)
- 2 cups Raspberries (fresh or frozen)

Nutrition

Amount per serving	
Calories	185
Fat	3g
Carbs	35g
Fiber	8g
Sugar	3g
Protein	6g
Cholesterol	0mg
Sodium	8mg
Vitamin A	20IU
Vitamin C	16mg
Calcium	60mg
Iron	2mg

Directions

- 1 Bring water to a boil in a small saucepan. Add the oats. Reduce to a steady simmer and cook, stirring occasionally for about five minutes or until the oats are tender and most of the water is absorbed.
- 2 Transfer the cooked oats to a bowl and top with raspberries. Enjoy!

Notes

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

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

Additional Toppings: Almond butter, sunflower seed butter, almond milk, nuts, seeds, yogurt, honey, maple syrup or granola.

No Raspberries: Top with blueberries, strawberries, peaches or bananas.

No Stove Top: Cook oats in the microwave 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.



Amatriciana Pasta

2 servings
25 minutes

Ingredients

113 grams Rigatoni (uncooked)
1/2 cup Water (reserved from cooking pasta)
71 grams Pancetta (thick slices, cubed)
1/2 White Onion (small, chopped)
1/2 tsp Chili Flakes
1 1/2 cups Canned Whole Tomatoes (with juices)
3 tbsps Parmigiano Reggiano (finely grated, divided)
1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	419
Fat	15g
Carbs	52g
Fiber	5g
Sugar	7g
Protein	19g
Cholesterol	25mg
Sodium	845mg
Vitamin A	825IU
Vitamin C	20mg
Calcium	180mg
Iron	4mg

Directions

- 1 Cook the pasta according to the package directions. Reserve pasta water and drain.
- 2 Meanwhile, cook the pancetta in a large non-stick pan over medium heat for two to three minutes. Add the onion to the pan and cook for another two to three minutes or until onions are soft.
- 3 Add chili flakes and tomatoes to the pan. Crush the tomatoes as they cook. Simmer for about seven to 10 minutes.
- 4 Slowly add the pasta water a few tablespoons at a time along with 2/3 of the parmesan cheese. Stir well and season with salt. Add more pasta water as needed. Stir well and season with salt.
- 5 Divide the pasta evenly between plates and top with the remaining parmesan cheese. Enjoy!

Notes

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

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

Gluten-Free: Use gluten-free pasta instead.

Dairy-Free: Use dairy-free cheese instead.



Orange Sesame Tofu with Greens & Rice

2 servings
30 minutes

Ingredients

- 1/2 cup Brown Rice
- 1/2 cup Orange Juice
- 1 1/2 tbsps Tamari
- 1 tbsp Sesame Oil
- 1 tbsp Ginger (fresh, grated or minced)
- 200 grams Tofu (extra-firm, cut into thin strips)
- 1 1/2 tsps Coconut Oil
- 4 cups Bok Choy (chopped)
- 1/2 tsp Tapioca Flour

Nutrition

Amount per serving	
Calories	401
Fat	17g
Carbs	48g
Fiber	4g
Sugar	8g
Protein	17g
Cholesterol	0mg
Sodium	852mg
Vitamin A	6379IU
Vitamin C	94mg
Calcium	443mg
Iron	4mg

Directions

- 1 Cook the rice according to package directions.
- 2 Meanwhile, combine the orange juice, tamari, sesame oil, and ginger in a zipper-lock bag or shallow bowl. Add the tofu strips and marinate for at least 15 minutes or up to overnight.
- 3 Heat the coconut oil in a large, non-stick pan over medium heat. Gently shake the excess marinade off the tofu strips and place in the pan. Be sure to reserve the marinade. Cook for four to five minutes per side or until browned and slightly crispy (cook in batches if necessary to avoid overcrowding the pan). Transfer to a plate and set aside.
- 4 Add the bok choy to the same pan and cook until wilted and tender, about five to six minutes. Transfer to a plate and set aside.
- 5 Whisk the tapioca flour into the reserved marinade. Add the marinade to the same pan and stir well for about a minute until the sauce has thickened. Add the tofu strips back to the pan and toss to coat in the sauce. To serve, divide the rice, bok choy, and saucy tofu between plates and enjoy!

Notes

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

More Flavor: Add fresh garlic, red pepper flakes, or some maple syrup or coconut sugar to the sauce.

Additional Toppings: Sesame seeds, green onion, or sriracha.

No Bok Choy: Use spinach, kale, collard greens, or swiss chard instead.

No Brown Rice: Use white rice, quinoa, or cauliflower rice instead.

No Coconut Oil: Use extra virgin olive oil or avocado oil instead.



Greek Chicken Wraps

3 servings

30 minutes

Ingredients

- 340 grams Chicken Breast (boneless, skinless, cubed)
- 1 1/2 tbsps Extra Virgin Olive Oil
- 3 tbsps Greek Seasoning
- 3 Whole Wheat Pita
- 1/3 cup Tzatziki
- 1 1/2 cups Baby Spinach
- 1/3 Cucumber (medium, sliced)
- 3/4 Tomato (medium, sliced)
- 3/4 cup Red Onion (small, sliced)
- 1/3 cup Feta Cheese (crumbled)

Nutrition

Amount per serving	
Calories	472
Fat	17g
Carbs	44g
Fiber	5g
Sugar	5g
Protein	37g
Cholesterol	104mg
Sodium	2540mg
Vitamin A	2075IU
Vitamin C	14mg
Calcium	199mg
Iron	3mg

Directions

- 1 Add the cubed chicken to a bowl. Add the olive oil and Greek seasoning. Mix to combine.
- 2 Heat a frying pan over medium heat and add the chicken, including the liquid from the bowl. Spread out the chicken so it's not crowded.
- 3 Cook the chicken for seven to eight minutes per side or until cooked through and browned.
- 4 To assemble, place the pitas on plates and top evenly with tzatziki, spinach, cucumber, tomato, chicken, onion, and feta. Enjoy!

Notes

Leftovers: Best enjoyed immediately after assembling but ingredients can be refrigerated in separate containers for up to three days.

Gluten-Free: Use a gluten-free pita.

Dairy-Free: Use vegan tzatziki and feta.

More Flavor: Add lemon juice to the chicken.

Additional Toppings: Oregano, fresh dill, fresh parsley.



Japanese Omelette Rice

2 servings
35 minutes

Ingredients

2/3 cup Jasmine Rice (dry, uncooked)
3 tbsps Sugar Free Ketchup
3 tbsps Tomato Paste
2 tbsps Water
2 tbsps Butter (divided)
1/4 Yellow Onion (minced)
4 Cremini Mushrooms (chopped)
1/4 cup Frozen Peas
Sea Salt & Black Pepper (to taste)
4 Egg
30 milliliters Unsweetened Rice Milk (plain)

Nutrition

Amount per serving	
Calories	530
Fat	21g
Carbs	67g
Fiber	4g
Sugar	7g
Protein	20g
Cholesterol	403mg
Sodium	338mg
Vitamin A	1712IU
Vitamin C	8mg
Calcium	99mg
Iron	4mg

Directions

- 1 Cook the rice according to package instructions.
- 2 In a bowl, whisk together the ketchup, tomato paste, and water. Set aside.
- 3 Heat half the butter in a large nonstick pan over medium-high heat. Cook the onion and mushrooms, for about five to eight minutes or until browned and soft. Add the peas, cooked rice, and half of the tomato sauce. Season with salt and pepper and combine well. Set aside and wipe the pan clean.
- 4 Heat some of the remaining butter in the same pan over medium-high heat. In a bowl, whisk two of the eggs with one tablespoon of milk and pour into the pan. Using chopsticks or the edge of a spatula, gently stir the eggs around for one to two minutes, or until the mixture is set but still runny on top.
- 5 Fill the center of the omelette with some of the rice mixture and fold the sides over the rice. Hold a plate over the omelette and carefully flip the pan to transfer the omelette. Repeat with the remaining butter, eggs, milk, and rice mixture.
- 6 Divide onto plates and serve with the remaining tomato sauce otop. Enjoy!

Notes

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

Serving Size: One serving equals approximately two eggs and 1 1/2 cups of the rice mixture.

More Flavor: Add sesame oil, soy sauce, or tonkatsu sauce to the rice. Use Japanese ketchup.

Additional Toppings: Garnish with parsley.

No Rice Milk: Use cow's milk or any milk alternative instead of rice milk.



Spicy Shrimp Sushi Bowls

2 servings
30 minutes

Ingredients

3/4 cup Brown Rice
227 grams Shrimp (large, peeled, deveined)
1 tbsp Extra Virgin Olive Oil
1 tbsp Mayonnaise
1/2 tsp Sriracha
1/2 tsp Tamari
1 Carrot (shredded)
1/2 Cucumber (sliced)
1/2 Avocado (cubed)

Nutrition

Amount per serving	
Calories	564
Fat	22g
Carbs	63g
Fiber	7g
Sugar	4g
Protein	30g
Cholesterol	185mg
Sodium	327mg
Vitamin A	5294IU
Vitamin C	9mg
Calcium	108mg
Iron	2mg

Directions

- 1 Cook the rice according to the package directions. Let the cooked rice cool slightly.
- 2 Pat the shrimp really dry using paper towel. Heat a cast-iron skillet over medium heat and add the oil. Once hot, add the shrimp and cook for two to three minutes per side, until pink and cooked through. Remove and set aside to cool.
- 3 Meanwhile, mix the mayonnaise, sriracha, and tamari in a small bowl. Add the cooled and cooked shrimp and toss to combine.
- 4 Divide the rice, carrot, cucumber, and avocado into bowls. Add the shrimp and enjoy!

Notes

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

More Flavor: Add grated ginger or garlic to the shrimp when cooking or into the sauce. Season with salt to taste.

Additional Toppings: Sesame seeds and/or lime zest.



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.



Rye Crackers & Hummus

3 servings

5 minutes

Ingredients

6 slices Light Rye Crisp Bread
1/2 cup Hummus

Nutrition

Amount per serving	
Calories	149
Fat	8g
Carbs	18g
Fiber	7g
Sugar	0g
Protein	6g
Cholesterol	0mg
Sodium	267mg
Vitamin A	11IU
Vitamin C	0mg
Calcium	31mg
Iron	2mg

Directions

- 1 Spread the hummus on top of the crackers. Enjoy!

Notes

Gluten-Free: Use gluten-free crackers instead.

Serve it With: Veggie slices, olives, cheese cubes, or sliced meat.

No Hummus: Use another dip like tzatziki, baba ganoush, or pesto.



Mango Smoothie

4 servings

5 minutes

Ingredients

2 cups Frozen Mango
2 cups Frozen Cauliflower
4 Banana (medium)
6 cups Water
2 tbsps Apple Cider Vinegar

Nutrition

Amount per serving	
Calories	173
Fat	1g
Carbs	43g
Fiber	7g
Sugar	27g
Protein	3g
Cholesterol	0mg
Sodium	26mg
Vitamin A	977IU
Vitamin C	68mg
Calcium	66mg
Iron	1mg

Directions

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

Notes

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

More Flavor: Add honey, maple syrup, stevia, avocado, spinach or kale. Use rice milk, oat milk, almond milk or coconut milk instead of water.

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

More Fiber: Add ground flax seed.