




















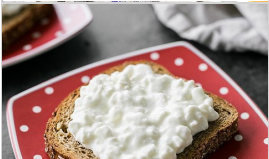













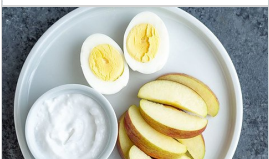
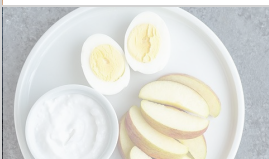
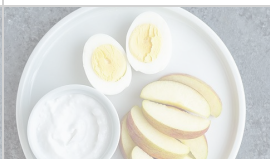

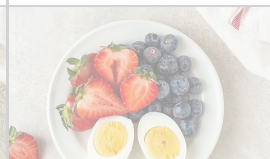
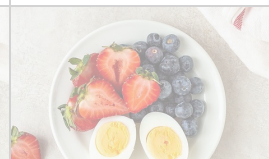
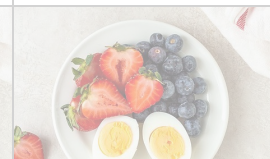

























EXERCISE
with Style

30 Day Balanced 1900 Calorie
Meal Plan PDF (Week 4)

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Bagel & Peanut Butter	 Bagel & Peanut Butter	 Bagel & Peanut Butter	 Toast with Almond Butter & Peaches	 Toast with Almond Butter & Peaches	 Chocolate Tahini Layered Smoothie	 Chocolate Tahini Layered Smoothie
Snack 1	 Fresh Figs & Goat Milk Yogurt	 Fresh Figs & Goat Milk Yogurt	 Fresh Figs & Goat Milk Yogurt	 Goat Milk Yogurt & Banana	 Goat Milk Yogurt & Banana	 Goat Milk Yogurt & Banana	 Goat Milk Yogurt & Banana
Lunch	 Asparagus, Soba & Tempeh	 Malai Shrimp Curry	 Turkey, Artichoke & Olive Naan Pizza	 Sardine Spaghetti	 Crispy Chickpeas & Cauliflower with Yogurt	 Zucchini White Bean Roll Ups	 Goan Fish Curry
Snack 2	 1.5 Toast with Cottage Cheese	 Toast with Cottage Cheese	 1.5 Toast with Cottage Cheese	 Zucchini Parmesan Muffins	 Zucchini Parmesan Muffins	 1.5 Zucchini Parmesan Muffins	 1.5 Zucchini Parmesan Muffins
Dinner	 Malai Shrimp Curry	 Turkey, Artichoke & Olive Naan Pizza	 Sardine Spaghetti	 Crispy Chickpeas & Cauliflower with Yogurt	 Zucchini White Bean Roll Ups	 Goan Fish Curry	 Air Fryer Fried Chicken
Snack 3	 Egg & Apple Snack Plate	 Egg & Apple Snack Plate	 Egg & Apple Snack Plate	 Fruit & Egg Snack Plate	 Fruit & Egg Snack Plate	 Fruit & Egg Snack Plate	 Fruit & Egg Snack Plate

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  30%	Fat  32%	Fat  30%	Fat  34%	Fat  34%	Fat  33%	Fat  36%
Carbs  48%	Carbs  47%	Carbs  49%	Carbs  48%	Carbs  50%	Carbs  45%	Carbs  41%
Protein  22%	Protein  21%	Protein  21%	Protein  18%	Protein  16%	Protein  22%	Protein  23%
Calories 1979	Calories 1939	Calories 1954	Calories 1915	Calories 1921	Calories 1888	Calories 1960
Fat 67g	Fat 71g	Fat 67g	Fat 74g	Fat 75g	Fat 71g	Fat 80g
Carbs 238g	Carbs 230g	Carbs 240g	Carbs 239g	Carbs 248g	Carbs 220g	Carbs 205g
Fiber 20g	Fiber 20g	Fiber 27g	Fiber 43g	Fiber 58g	Fiber 51g	Fiber 30g
Sugar 56g	Sugar 58g	Sugar 62g	Sugar 59g	Sugar 66g	Sugar 62g	Sugar 53g
Protein 107g	Protein 102g	Protein 105g	Protein 87g	Protein 79g	Protein 104g	Protein 111g
Cholesterol 431mg	Cholesterol 497mg	Cholesterol 397mg	Cholesterol 389mg	Cholesterol 275mg	Cholesterol 396mg	Cholesterol 560mg
Sodium 2552mg	Sodium 2847mg	Sodium 2719mg	Sodium 1874mg	Sodium 1705mg	Sodium 1442mg	Sodium 2294mg
Vitamin A 2007IU	Vitamin A 2264IU	Vitamin A 2316IU	Vitamin A 4117IU	Vitamin A 4686IU	Vitamin A 12958IU	Vitamin A 12477IU
Vitamin C 44mg	Vitamin C 48mg	Vitamin C 40mg	Vitamin C 204mg	Vitamin C 227mg	Vitamin C 126mg	Vitamin C 81mg
Calcium 964mg	Calcium 1113mg	Calcium 1403mg	Calcium 1163mg	Calcium 1076mg	Calcium 1341mg	Calcium 1175mg
Iron 13mg	Iron 12mg	Iron 18mg	Iron 22mg	Iron 21mg	Iron 17mg	Iron 15mg

Fruits

- 3 Apple
- 3 Banana
- 2 cups Blueberries
- 3 Fig
- 1 Lemon
- 1 1/2 Lime
- 2 Peach
- 2 cups Strawberries

Breakfast

- 1/3 cup All Natural Peanut Butter
- 1/3 cup Almond Butter

Seeds, Nuts & Spices

- 2 tbsps Chia Seeds
- 1/8 tsp Chili Powder
- 1/4 tsp Cinnamon
- 1/3 tsp Coriander
- 1 tsp Coriander Seed
- 1 1/4 tps Cumin
- 1/2 tsp Cumin Seed
- 1/8 tsp Dried Thyme
- 3/4 tsp Garam Masala
- 2 1/3 tps Garlic Powder
- 1/8 tsp Onion Powder
- 1/8 tsp Oregano
- 3/4 tsp Paprika
- 1 1/2 tps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 1/2 tps Sesame Seeds
- 1/4 tsp Turmeric

Vegetables

- 1/3 cup Asparagus
- 1/2 head Cauliflower
- 1 2/3 tbsps Cilantro
- 2 Cremini Mushrooms
- 1 bulb Fennel
- 3/4 Garlic
- 2 1/8 tps Ginger
- 1/3 Green Chili Pepper
- 1/2 cup Parsley
- 8 leaves Romaine
- 1 tsp Thyme
- 1 1/3 Tomato
- 1 Yellow Onion
- 2 3/4 Zucchini

Boxed & Canned

- 50 grams Buckwheat Soba Noodles
- 1 1/4 cups Canned Coconut Milk
- 1 3/4 cups Chickpeas
- 1 1/8 cups Jasmine Rice
- 160 grams Sardines
- 2 cups White Navy Beans
- 128 grams Whole Wheat Spaghetti

Baking

- 3/4 tsp Baking Powder
- 2 tbsps Cacao Powder
- 2 tbsps Pitted Dates
- 57 grams Unbleached All Purpose Flour
- 3/4 cup Whole Wheat Flour

Bread, Fish, Meat & Cheese

- 3 Bagel
- 113 grams Chicken Thighs With Skin
- 1 1/2 Haddock Fillet
- 113 grams Mozzarella Cheese
- 2 pieces Naan
- 3 1/3 tbsps Parmigiano Reggiano
- 272 grams Shrimp
- 85 grams Sliced Turkey Breast
- 198 grams Sourdough Bread
- 85 grams Tempeh
- 4 slices Whole Grain Bread

Condiments & Oils

- 1/2 cup Artichoke Hearts
- 1 1/4 tps Avocado Oil
- 375 milligrams Avocado Oil Spray
- 1/3 cup Black Olives
- 3/4 tsp Coconut Oil
- 2 tbsps Extra Virgin Olive Oil
- 2 1/4 tps Miso Paste
- 1/4 cup Pesto
- 1 1/2 tps Rice Vinegar
- 1/4 cup Sun Dried Tomatoes
- 3 tbsps Tahini
- 1 tsp Tamarind Paste
- 1 1/8 cups Tomato Sauce

Cold

- 1 2/3 tbsps Butter
- 1/4 cup Buttermilk
- 1 cup Cottage Cheese
- 3 1/3 tbsps Cow's Milk, Whole
- 9 Egg
- 1 1/2 cups Oat Milk
- 3 1/2 cups Plain Goat Milk Yogurt
- 1 1/16 cups Unsweetened Coconut Yogurt

Other

- 1/2 cup Vanilla Protein Powder
- 2 1/4 tps Water



Bagel & Peanut Butter

3 servings

5 minutes

Ingredients

- 3 Bagel
- 1/3 cup All Natural Peanut Butter

Nutrition

Amount per serving	
Calories	470
Fat	18g
Carbs	62g
Fiber	3g
Sugar	12g
Protein	18g
Cholesterol	0mg
Sodium	449mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	246mg
Iron	4mg

Directions

- 1 Toast the bagel and spread the peanut butter on it. Enjoy!

Notes

Leftovers: Best enjoyed immediately. Otherwise, refrigerate in an airtight container and enjoy within two days.

Additional Toppings: Add sliced bananas and/or a drizzle of honey.

Gluten-Free: Use a gluten-free bagel.



Toast with Almond Butter & Peaches

2 servings

5 minutes

Ingredients

1/3 cup Almond Butter
198 grams Sourdough Bread (toasted)
2 Peach (sliced)
1/4 tsp Cinnamon

Nutrition

Amount per serving	
Calories	547
Fat	22g
Carbs	70g
Fiber	8g
Sugar	14g
Protein	19g
Cholesterol	0mg
Sodium	479mg
Vitamin A	490IU
Vitamin C	12mg
Calcium	148mg
Iron	5mg

Directions

- 1 Spread the almond butter onto the toast. Top with the peach slices and cinnamon. Enjoy!

Notes

Leftovers: Best enjoyed fresh.

Gluten-Free: Use gluten-free bread instead.

Nut-Free: Use sunflower seed butter instead of almond butter.

Likes it Sweet: Add honey.

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



Chocolate Tahini Layered Smoothie

2 servings

5 minutes

Ingredients

- 1 1/2 cups Oat Milk
- 1 Banana (frozen)
- 8 leaves Romaine (roughly chopped)
- 2 tbsps Chia Seeds
- 3 tbsps Tahini
- 1/2 cup Vanilla Protein Powder
- 2 tbsps Pitted Dates
- 2 tbsps Cacao Powder

Nutrition

Amount per serving	
Calories	498
Fat	22g
Carbs	50g
Fiber	15g
Sugar	20g
Protein	30g
Cholesterol	4mg
Sodium	152mg
Vitamin A	9809IU
Vitamin C	10mg
Calcium	603mg
Iron	6mg

Directions

- 1 In a blender, add the milk, banana, romaine, chia seeds, tahini and protein powder. Blend until smooth and creamy. Pour half of the smoothie into a glass.
- 2 In the same blender, add the dates and cacao powder and blend until smooth and creamy.
- 3 Pour the chocolate layer over the vanilla and swirl to combine. Enjoy!

Notes

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

No Oat Milk: Use another milk or milk alternative instead.

More Veggies: Add frozen cauliflower to the vanilla layer.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.



Fresh Figs & Goat Milk Yogurt

3 servings
5 minutes

Ingredients

1 1/2 cups Plain Goat Milk Yogurt
3 Fig (sliced)

Nutrition

Amount per serving	
Calories	127
Fat	5g
Carbs	16g
Fiber	1g
Sugar	14g
Protein	6g
Cholesterol	12mg
Sodium	71mg
Vitamin A	321IU
Vitamin C	3mg
Calcium	193mg
Iron	0mg

Directions

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

Notes

Leftovers: Refrigerate in an airtight container and consume within one day.

Additional Toppings: Drizzle with honey and/or top with chopped walnuts, pecans, sunflower seeds, hemp seeds, or cacao nibs.



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.



Asparagus, Soba & Tempeh

1 serving
15 minutes

Ingredients

50 grams Buckwheat Soba Noodles (dry, uncooked)
1/3 cup Asparagus (trimmed, cut into bite sized pieces)
2 1/4 tsps Miso Paste
1 1/2 tsps Rice Vinegar
1/4 tsp Ginger (fresh, minced)
2 1/4 tsps Water
85 grams Tempeh (cut into strips)
1/2 tsp Sesame Seeds

Nutrition

Amount per serving	
Calories	437
Fat	12g
Carbs	48g
Fiber	3g
Sugar	2g
Protein	26g
Cholesterol	0mg
Sodium	784mg
Vitamin A	380IU
Vitamin C	3mg
Calcium	122mg
Iron	4mg

Directions

- 1 Cook the soba noodles according to the directions on the package. With two minutes remaining, add the asparagus. Drain and rinse with cold water until completely cooled.
- 2 Meanwhile, stir together the miso paste, rice vinegar, ginger, and water in a bowl.
- 3 In a separate bowl, combine the tempeh and half the dressing until well coated. Let sit for five minutes. Heat a non-stick pan over medium heat and add the tempeh. Cook for about eight to 10 minutes, flipping halfway through. Remove and set aside.
- 4 Divide the soba noodles into bowls and top with the tempeh, asparagus, and sesame seeds. Drizzle with your desired amount of leftover dressing. Enjoy!

Notes

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

Additional Toppings: Add sliced green onions or red pepper flakes.



Toast with Cottage Cheese

4 servings
10 minutes

Ingredients

1 cup Cottage Cheese
4 slices Whole Grain Bread (toasted)

Nutrition

Amount per serving	
Calories	161
Fat	4g
Carbs	20g
Fiber	3g
Sugar	4g
Protein	11g
Cholesterol	9mg
Sodium	323mg
Vitamin A	74IU
Vitamin C	0mg
Calcium	86mg
Iron	1mg

Directions

- 1 Spread cottage cheese evenly on the toasted bread and enjoy!

Notes

No Whole Grain Bread: Use any type of bread or a toasted slice of sweet potato.

More Toppings: Add a drizzle of honey, maple syrup, fresh fruit, bee pollen, cucumbers, avocado, tomato slices, hemp hearts or pomegranate seeds.

Storage: Best enjoyed immediately as the bread will soften.



Zucchini Parmesan Muffins

5 servings
40 minutes

Ingredients

- 3/4 Zucchini (sliced)
- Sea Salt & Black Pepper (to taste)
- 1 2/3 tsps Garlic Powder
- 3 1/3 tbsps Parmigiano Reggiano (finely grated)
- 1 2/3 Egg
- 3 1/3 tbsps Cow's Milk, Whole
- 1 2/3 tbsps Butter (melted)
- 3/4 cup Whole Wheat Flour
- 3/4 tsp Baking Powder

Nutrition

Amount per serving	
Calories	165
Fat	8g
Carbs	17g
Fiber	3g
Sugar	1g
Protein	7g
Cholesterol	77mg
Sodium	143mg
Vitamin A	323IU
Vitamin C	6mg
Calcium	136mg
Iron	1mg

Directions

- 1 Preheat the oven to 350°F (175°C). Line a muffin tray with liners or use a silicone muffin tray.
- 2 Pat the zucchini slices dry with a paper towel. Transfer the zucchini to a bowl. Add salt, pepper, garlic powder, and parmesan cheese. Mix well.
- 3 In another bowl, add the eggs, milk, and butter. Whisk until everything is combined.
- 4 In a large bowl, mix together the flour and baking powder. Whisk in the wet ingredients until well combined. Fold in the zucchinis.
- 5 Divide the batter evenly between muffin cups, approximately 1/3 cup per muffin. Transfer to the oven and bake for 35 minutes, or until the muffins are cooked and golden brown.
- 6 Serve warm and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to a week or freeze for up to two months.

Serving Size: One serving is equal to one muffin.

More Flavor: Add mushrooms, onion powder, and/or chili powder.



Malai Shrimp Curry

2 servings

25 minutes

Ingredients

- 2/3 cup Jasmine Rice (dry, uncooked)
- 3/4 Tomato (roughly chopped)
- 1/3 Green Chili Pepper (roughly chopped)
- 1/3 Yellow Onion (small, roughly chopped)
- 1 1/4 tsps Avocado Oil
- 1/3 tsp Ginger (minced)
- 3/4 Garlic (cloves, minced)
- 3/4 tsp Garam Masala
- 1/3 tsp Coriander (ground)
- 1/4 tsp Cumin
- 2/3 cup Canned Coconut Milk
- 1/3 tsp Sea Salt
- 272 grams Shrimp (raw, deveined, peeled, and tails removed)
- 1 2/3 tbsps Cilantro (chopped)

Nutrition

Amount per serving	
Calories	509
Fat	19g
Carbs	54g
Fiber	3g
Sugar	3g
Protein	33g
Cholesterol	219mg
Sodium	678mg
Vitamin A	827IU
Vitamin C	30mg

Directions

- 1 Cook the rice according to package instructions and set aside.
- 2 In a food processor, add the tomatoes, chili pepper, and onion and process until finely ground into a paste.
- 3 Heat a large skillet over medium heat and add the oil. Once hot, pour in the tomato paste mixture and cook for about one to two minutes, stirring often.
- 4 Add the ginger, garlic, garam masala, coriander, and cumin and cook for another one to two minutes, until fragrant.
- 5 Pour in the coconut milk and add the salt and bring to a low boil. Reduce the heat to medium-low and simmer for three to five minutes. Add the shrimp and cook, stirring often until cooked through, about three to four minutes.
- 6 Divide the rice into bowls and add the shrimp mixture on top. Garnish with cilantro. Serve and enjoy!

Notes

Leftovers: Store in an airtight container in the fridge for up to two days.

Serving Size: One serving is about 1 1/2 cups shrimp and rice mixture.

Less Spice: Omit the chili pepper.

Calcium	110mg
Iron	2mg



Turkey, Artichoke & Olive Naan Pizza

2 servings

15 minutes

Ingredients

- 2 pieces Naan
- 2 tbsps Tomato Sauce
- 113 grams Mozzarella Cheese (shredded, divided)
- 1/2 cup Artichoke Hearts (from the can, drained, sliced)
- 85 grams Sliced Turkey Breast (chopped)
- 2 Cremini Mushrooms (sliced)
- 2 tbsps Black Olives (pitted, sliced)

Nutrition

Amount per serving	
Calories	478
Fat	18g
Carbs	50g
Fiber	5g
Sugar	6g
Protein	27g
Cholesterol	71mg
Sodium	1241mg
Vitamin A	674IU
Vitamin C	7mg
Calcium	314mg
Iron	4mg

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 tomato sauce evenly over the naan. Top with half the mozzarella, artichoke hearts, turkey, mushrooms, olives, and then the remaining mozzarella.
- 3 Return to the oven and bake for six to eight more minutes, or until the cheese is melted and the crust is crispy. Cut into slices and enjoy!

Notes

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

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

Dairy-Free: Use vegan cheese.

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



Sardine Spaghetti

2 servings
20 minutes

Ingredients

128 grams Whole Wheat Spaghetti
160 grams Sardines (packed in oil, drained, chopped)
1/4 cup Sun Dried Tomatoes (chopped)
1 Lemon (small, juice and zest)
1/4 cup Black Olives (pitted, sliced)
1/4 cup Parsley (finely chopped)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	443
Fat	13g
Carbs	54g
Fiber	8g
Sugar	5g
Protein	30g
Cholesterol	114mg
Sodium	388mg
Vitamin A	842IU
Vitamin C	22mg
Calcium	357mg
Iron	7mg

Directions

- 1 Cook the spaghetti according to package directions, reserving roughly one cup of cooking water.
- 2 In a bowl, combine the sardines, sun dried tomatoes, lemon zest, juice, olives, and parsley.
- 3 Toss the hot pasta with the sardine mixture. Add some of the reserved pasta water, a little at a time, as necessary. Toss to coat and season with salt and pepper to taste. Enjoy!

Notes

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

Gluten-Free: Use brown rice spaghetti or gluten-free pasta of choice.

More Flavor: Add garlic oil, a pinch of red pepper flakes, and/or pesto.

Additional Toppings: Fresh basil, microgreens, and parmesan cheese.

No Sardines: Use canned tuna.



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.



Zucchini White Bean Roll Ups

2 servings

1 hour

Ingredients

- 2 Zucchini (medium)
- 2 cups White Navy Beans (cooked, from the can)
- 1/4 cup Pesto
- Sea Salt & Black Pepper (to taste)
- 1 cup Tomato Sauce

Nutrition

Amount per serving	
Calories	449
Fat	14g
Carbs	63g
Fiber	23g
Sugar	12g
Protein	22g
Cholesterol	0mg
Sodium	219mg
Vitamin A	1411IU
Vitamin C	45mg
Calcium	270mg
Iron	6mg

Directions

- 1 Preheat your oven to 350°F (177°C).
- 2 Slice the zucchinis in half lengthwise. Using a mandolin, create long, thin slices from the cut-side of each zucchini. If you don't have a mandolin, use a sharp knife to make thin, flexible slices. You should end up with about 12 strips per zucchini.
- 3 In your food processor or blender, combine the white beans and pesto. Pulse until smooth. Taste and season with sea salt and black pepper as desired.
- 4 Lay the strips flat on your cutting board and spread each strip with about 1 tbsp of the white bean mixture. Roll them up and place into a casserole dish. When all the zucchini roll-ups are in the dish, cover with the tomato sauce.
- 5 Bake uncovered for 30 minutes. Remove from the oven, divide between plates and enjoy!

Notes

No White Beans: Use chickpeas instead.



Goan Fish Curry

2 servings
25 minutes

Ingredients

- 1/2 cup Jasmine Rice (dry)
- 1 tsp Coriander Seed
- 1/2 tsp Cumin Seed
- 1 1/2 tsps Ginger (grated or minced)
- 1/4 tsp Sea Salt (to taste)
- 1/4 tsp Paprika
- 1/4 tsp Turmeric
- 3/4 tsp Coconut Oil
- 1/2 Yellow Onion (diced)
- 1/2 Tomato (medium, diced)
- 1 tsp Tamarind Paste
- 1/2 cup Canned Coconut Milk
- 1 1/2 Haddock Fillet

Nutrition

Amount per serving	
Calories	414
Fat	13g
Carbs	45g
Fiber	3g
Sugar	4g
Protein	28g
Cholesterol	78mg
Sodium	713mg
Vitamin A	646IU
Vitamin C	5mg
Calcium	42mg
Iron	2mg

Directions

- 1 Cook the rice according to package instructions and set aside.
- 2 Heat a skillet over medium heat. Toast the coriander and cumin seeds until fragrant, about one minute. Remove from heat.
- 3 Using a mortar and pestle or small food processor, crush the coriander and cumin along with the ginger, salt, paprika, and turmeric into a paste. Set aside.
- 4 Heat the oil in the same skillet over medium heat. Cook the onion for five minutes, then stir in the spice paste for another minute. Add the tomato and cook until soft, about two minutes.
- 5 Stir in the tamarind and coconut milk, and bring to a gentle simmer. Add the haddock and cook for eight minutes or until flaky and cooked through. Season with more salt if needed.
- 6 Divide the rice into bowls and top with the fish curry. Enjoy!

Notes

Leftovers: Refrigerate the fish curry in an airtight container for up to three days, or freeze if longer.

Serving Size: One serving equals approximately one cup of fish curry and 3/4 cup of rice.

Fillet Size: Each haddock fillet is equal to 150 grams or 5.3 ounces. Cooking time will vary depending on the thickness of the fillet.

More Flavor: Add mustard seeds, cayenne, garlic, and green chili peppers.

Additional Toppings: Top with cilantro. Serve with roasted vegetables, bread, or quinoa.

Make it Vegan: Use chickpeas, tofu, or lentils instead of fish.

No Haddock: Use cod or tilapia.



Air Fryer Fried Chicken

1 serving
55 minutes

Ingredients

113 grams Chicken Thighs with Skin (bone in)
1/3 tsp Sea Salt (divided)
1/4 cup Buttermilk
1/4 Egg
57 grams Unbleached All Purpose Flour
1/2 tsp Paprika
1/4 tsp Garlic Powder
1/8 tsp Chili Powder
1/8 tsp Onion Powder
1/8 tsp Oregano (dried)
1/8 tsp Dried Thyme
375 milligrams Avocado Oil Spray (divided)

Nutrition

Amount per serving	
Calories	521
Fat	23g
Carbs	48g
Fiber	2g
Sugar	3g
Protein	29g
Cholesterol	164mg
Sodium	1071mg
Vitamin A	930IU
Vitamin C	0mg
Calcium	104mg
Iron	4mg

Directions

- 1 Pat the chicken dry well with paper towel and season with 1/4 of the salt.
- 2 In a large bowl, whisk the buttermilk and egg and set aside.
- 3 In a separate large bowl, whisk the flour, remaining salt, paprika, garlic powder, chili powder, onion powder, oregano, and thyme.
- 4 Using tongs, dredge each piece of chicken into the flour mixture and then place in the buttermilk mixture. Let it sit for 20 minutes. Remove and dredge again in the flour mixture, tapping off any excess and transfer to a plate and let sit for ten minutes.
- 5 Preheat the air fryer to 360°F (180°C).
- 6 When ready to fry, spray once with the avocado oil cooking spray into the air fryer basket. Place half the chicken into the air fryer basket and spray once more. Bake for 14 to 15 minutes, until crispy and lightly browned. Flip and spray once more and bake for six to eight minutes more, until cooked through and crispy.
- 7 Transfer cooked chicken to a wire rack and repeat with remaining chicken. Enjoy immediately.

Notes

Leftovers: Refrigerate in an airtight container for up to two days. To reheat, place on a lined baking sheet and bake for about 10 minutes at 325°F (160°C) until crispy.

Serving Size: One serving is approximately one piece of chicken.

Avocado Oil Spray: One gram (or 0.03 ounces) of avocado oil spray is equal to a one-

second spray.

Dairy-Free: Use a dairy-free buttermilk substitute.

More Flavor: Top with flaky salt as soon as the chicken comes out of the air fryer.

Work in Batches: Avoid chicken touching or overlapping in the air fryer and work in batches instead. Keep cooked chicken warm in the oven at a low temperature if needed.



Egg & Apple Snack Plate

3 servings
15 minutes

Ingredients

3 Egg
3 Apple (sliced)
3/4 cup Unsweetened Coconut Yogurt

Nutrition

Amount per serving	
Calories	194
Fat	7g
Carbs	28g
Fiber	5g
Sugar	19g
Protein	7g
Cholesterol	186mg
Sodium	85mg
Vitamin A	368IU
Vitamin C	8mg
Calcium	164mg
Iron	1mg

Directions

- 1 Place the egg 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. Peel the egg when cool enough to handle and slice into halves.
- 3 Transfer to a plate with the sliced apple and coconut yogurt for dipping. Enjoy!

Notes

Leftovers: Refrigerate unpeeled hard-boiled eggs in the fridge for up to a week. Slice apple just before serving.

More Flavor: Season the egg with salt and pepper to taste. Add vanilla extract, cinnamon, or sweetener of choice to taste to the yogurt.

No Apple: Use berries, banana, or pear instead.

No Coconut Yogurt: Use Greek yogurt instead.

Meal Prep: Make a batch of hardboiled eggs for the week all at once to avoid hard-boiling one egg at a time.



Fruit & Egg Snack Plate

4 servings
20 minutes

Ingredients

- 4 Egg
- 2 cups Blueberries
- 2 cups Strawberries (halved)

Nutrition

Amount per serving	
Calories	137
Fat	5g
Carbs	17g
Fiber	3g
Sugar	11g
Protein	7g
Cholesterol	186mg
Sodium	72mg
Vitamin A	319IU
Vitamin C	50mg
Calcium	44mg
Iron	1mg

Directions

- 1 Place eggs in a saucepan and cover with water. Bring to a boil over high heat then turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes. Transfer the eggs to a bowl of cold water and let the eggs sit until cool enough to handle.
- 2 Peel and slice the hard boiled egg and serve with the blueberries and strawberries. Enjoy!

Notes

Leftovers: Store the eggs and fruit separately. Refrigerate the hard boiled eggs in a covered container with the shell on for up to seven days. Refrigerate the fruit in an airtight container for up to two days.

Serving Size: One serving is one egg and one cup of fruit.

More Flavor: Season the hard boiled egg with salt and pepper.