
















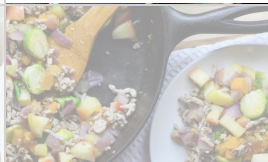
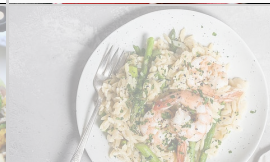

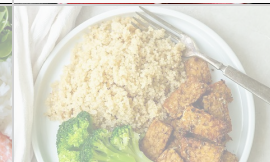









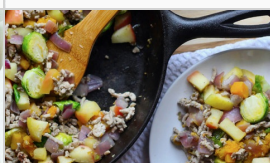





























EXERCISE
with Style

21 Day Balanced Flat Stomach
Big Booty Meal Plan PDF (fat
loss)(week 1)

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Hot Chocolate Smoothie	 Hot Chocolate Smoothie	 Hot Chocolate Smoothie	 Mixed Berry Protein Porridge	 Mixed Berry Protein Porridge	 Peach & Cottage Cheese Toast	 Peach & Cottage Cheese Toast
Snack 1	 Cottage Cheese Crackers with Salsa	 Cottage Cheese Crackers with Salsa	 Cottage Cheese Crackers with Salsa	 Toast with Cottage Cheese	 Toast with Cottage Cheese	 Toast with Cottage Cheese	 Toast with Cottage Cheese
Lunch	 Tuna, Chickpea & Avocado Salad	 One Pot Taco Pasta	 Beef Kafta Casserole	 Turkey Apple Breakfast Hash	 Herb & Shrimp Orzo	 Salmon, Rice & Arugula	 Tempeh, Quinoa & Broccoli
Snack 2	 Cottage Cheese Crackers with Berries	 Cottage Cheese Crackers with Berries	 Cottage Cheese Crackers with Berries	 Mackerel Salad Open Face Sandwich	 Mackerel Salad Open Face Sandwich	 Mackerel Salad Open Face Sandwich	 Mackerel Salad Open Face Sandwich
Dinner	 One Pot Taco Pasta	 Beef Kafta Casserole	 Turkey Apple Breakfast Hash	 Herb & Shrimp Orzo	 Salmon, Rice & Arugula	 Tempeh, Quinoa & Broccoli	 Ground Turkey, Mini Potatoes & Watercress

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  27%	Fat  27%	Fat  29%	Fat  30%	Fat  28%	Fat  30%	Fat  31%
Carbs  44%	Carbs  43%	Carbs  40%	Carbs  41%	Carbs  42%	Carbs  42%	Carbs  41%
Protein  29%	Protein  30%	Protein  31%	Protein  29%	Protein  30%	Protein  28%	Protein  28%
Calories 1294	Calories 1332	Calories 1288	Calories 1269	Calories 1319	Calories 1360	Calories 1301
Fat 41g	Fat 42g	Fat 44g	Fat 43g	Fat 41g	Fat 46g	Fat 46g
Carbs 151g	Carbs 152g	Carbs 139g	Carbs 133g	Carbs 141g	Carbs 148g	Carbs 137g
Fiber 44g	Fiber 38g	Fiber 40g	Fiber 26g	Fiber 20g	Fiber 16g	Fiber 19g
Sugar 33g	Sugar 28g	Sugar 38g	Sugar 41g	Sugar 28g	Sugar 25g	Sugar 25g
Protein 102g	Protein 104g	Protein 106g	Protein 95g	Protein 100g	Protein 96g	Protein 93g
Cholesterol 121mg	Cholesterol 165mg	Cholesterol 198mg	Cholesterol 303mg	Cholesterol 277mg	Cholesterol 106mg	Cholesterol 132mg
Sodium 2959mg	Sodium 3753mg	Sodium 3131mg	Sodium 1319mg	Sodium 1465mg	Sodium 1870mg	Sodium 1597mg
Vitamin A 3790IU	Vitamin A 4866IU	Vitamin A 11236IU	Vitamin A 9734IU	Vitamin A 2428IU	Vitamin A 2307IU	Vitamin A 3913IU
Vitamin C 106mg	Vitamin C 141mg	Vitamin C 170mg	Vitamin C 123mg	Vitamin C 68mg	Vitamin C 102mg	Vitamin C 156mg
Calcium 1034mg	Calcium 1004mg	Calcium 1082mg	Calcium 944mg	Calcium 865mg	Calcium 567mg	Calcium 654mg
Iron 15mg	Iron 16mg	Iron 16mg	Iron 11mg	Iron 9mg	Iron 11mg	Iron 13mg

Fruits

- 1 Apple
- 1/4 Avocado
- 1 1/2 Banana
- 1 3/4 Lemon
- 1 Peach
- 1 1/2 cups Raspberries

Breakfast

- 2 tbsps Almond Butter

Seeds, Nuts & Spices

- 1/8 tsp Black Pepper
- 3 tbsps Chia Seeds
- 1/3 tsp Chili Powder
- 2 1/2 tpsps Cinnamon
- 1/3 tsp Cumin
- 1/4 tsp Dried Rosemary
- 2/3 tsp Italian Seasoning
- 2 1/4 tpsps Lebanese Seven Spice Blend
- 1/8 tsp Onion Powder
- 1 tbsps Poultry Seasoning
- 1/4 cup Pumpkin Seeds
- 2 tpsps Sea Salt
- 0 Sea Salt & Black Pepper

Frozen

- 2 cups Frozen Berries
- 1 1/2 cups Frozen Cauliflower
- 2 2/3 tpsps Frozen Corn

Vegetables

- 2 cups Arugula
- 3/4 cup Asparagus
- 2 1/16 cups Broccoli
- 1 cup Brussels Sprouts
- 1 cup Butternut Squash
- 2 stalks Celery
- 1/2 cup Cherry Tomatoes
- 1/4 Cucumber
- 2 tbsps Fresh Dill
- 5 1/4 Garlic
- 3 1/3 stalks Green Onion
- 1 cup Mini Potatoes
- 1/2 cup Parsley
- 1/3 Red Bell Pepper
- 1 1/8 cups Red Onion
- 2 1/16 Tomato
- 2 cups Watercress
- 1/2 Yellow Onion
- 1 1/2 Yellow Potato

Boxed & Canned

- 2 2/3 tpsps Black Beans
- 2/3 cup Brown Rice Pasta Shells
- 3/4 cup Chicken Broth
- 1/2 cup Chickpeas
- 1/2 cup Jasmine Rice
- 12 slices Light Rye Crisp Bread
- 1/2 cup Orzo
- 1/2 cup Quinoa
- 2/3 cup Salsa
- 2 1/4 tpsps Tomato Paste
- 1/2 can Tuna
- 1 1/8 cups Vegetable Broth

Baking

- 1/3 cup Cocoa Powder
- 1/2 cup Oats

Bread, Fish, Meat & Cheese

- 113 grams Canned Mackerel
- 378 grams Extra Lean Ground Beef
- 340 grams Extra Lean Ground Turkey
- 4 slices Gluten-Free Bread
- 227 grams Salmon Fillet
- 227 grams Shrimp
- 170 grams Tempeh
- 6 slices Whole Grain Bread

Condiments & Oils

- 1 1/2 tpsps Avocado Oil
- 2 2/3 tpsps Balsamic Vinegar
- 1/2 tsp Coconut Oil
- 1 tsp Dijon Mustard
- 2 1/3 tpsps Extra Virgin Olive Oil
- 2 tpsps Italian Dressing

Cold

- 4 2/3 cups Cottage Cheese
- 1 cup Egg Whites
- 1/2 cup Plain Greek Yogurt
- 4 1/2 cups Unsweetened Almond Milk

Other

- 3/4 cup Chocolate Protein Powder
- 1 cup Water



Hot Chocolate Smoothie

3 servings

5 minutes

Ingredients

- 3 cups Unsweetened Almond Milk
- 1 1/2 cups Frozen Cauliflower
- 1 1/2 Banana
- 3/4 cup Chocolate Protein Powder
- 1/3 cup Cocoa Powder
- 3 tbsps Chia Seeds
- 1/3 tsp Sea Salt (optional, for topping)

Nutrition

Amount per serving	
Calories	265
Fat	8g
Carbs	31g
Fiber	14g
Sugar	8g
Protein	26g
Cholesterol	4mg
Sodium	514mg
Vitamin A	546IU
Vitamin C	33mg
Calcium	674mg
Iron	4mg

Directions

- 1 In a small saucepan over medium-low heat, add the almond milk. Bring to a simmer and then add to a blender.
- 2 Add the remaining ingredients. Blend carefully, allowing space for the heat to escape, until smooth and creamy. Serve warm and enjoy!

Notes

Nut-Free: Use coconut milk or another nut-free milk instead.

More Flavor: Add ground cinnamon.

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



Mixed Berry Protein Porridge

2 servings
15 minutes

Ingredients

- 1 1/2 cups Unsweetened Almond Milk
- 1/2 cup Oats (rolled)
- 2 cups Frozen Berries
- 2 tsps Cinnamon
- 1 cup Egg Whites
- 2 tbsps Almond Butter

Nutrition

Amount per serving	
Calories	344
Fat	12g
Carbs	40g
Fiber	11g
Sugar	16g
Protein	21g
Cholesterol	0mg
Sodium	325mg
Vitamin A	382IU
Vitamin C	40mg
Calcium	464mg
Iron	3mg

Directions

- 1 Add the almond milk, oats, and frozen berries to a pot over medium heat. Bring the milk to a gentle boil and continue to cook for three to five minutes or until the oats begin to soften and thicken and the berries are cooked through.
- 2 Add the cinnamon to the pot then slowly stir in the egg whites and continue to stir until the porridge becomes thick and creamy. Transfer to a bowl and top with the almond butter. Enjoy!

Notes

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

More Flavor: Add maple syrup or honey and vanilla extract.

Additional Toppings: Additional almond butter, banana slices, fresh berries, or extra cinnamon.

No Almond Milk: Use another dairy or dairy alternative milk instead.

No Almond Butter: Use another nut or seed butter instead.

Frozen Berries: This recipe was created and tested using a combination of frozen strawberries, raspberries, and blueberries.



Peach & Cottage Cheese Toast

2 servings

5 minutes

Ingredients

- 2/3 cup Cottage Cheese
- 2 slices Whole Grain Bread (toasted)
- 1 Peach (medium, pitted, sliced)
- 1/4 cup Pumpkin Seeds

Nutrition

Amount per serving	
Calories	297
Fat	13g
Carbs	29g
Fiber	5g
Sugar	11g
Protein	19g
Cholesterol	12mg
Sodium	379mg
Vitamin A	345IU
Vitamin C	5mg
Calcium	112mg
Iron	3mg

Directions

- 1 Spread the cottage cheese over the toast. Top with peach slices and pumpkin seeds. Enjoy!

Notes

Leftovers: For best results, enjoy freshly made. Refrigerate components in separate containers for up to three days.

Gluten-Free: Use gluten-free bread instead of whole grain bread.

Additional Toppings: Top with honey, raisins, sliced almonds, hemp seeds, or chia seeds.



Cottage Cheese Crackers with Salsa

3 servings

5 minutes

Ingredients

1 1/2 cups Cottage Cheese
6 slices Light Rye Crisp Bread
1/3 cup Salsa

Nutrition

Amount per serving	
Calories	152
Fat	5g
Carbs	17g
Fiber	5g
Sugar	4g
Protein	14g
Cholesterol	18mg
Sodium	632mg
Vitamin A	297IU
Vitamin C	1mg
Calcium	106mg
Iron	1mg

Directions

1

Spread the cottage cheese on top of each crisp bread. Top with salsa and enjoy!

Notes

Gluten-Free: Use gluten-free crackers instead.

Additional Toppings: Top with fresh parsley, cilantro, or avocado slices.



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.



Tuna, Chickpea & Avocado Salad

1 serving
15 minutes

Ingredients

- 1/2 can Tuna (drained, flaked with a fork)
- 1/2 cup Chickpeas (cooked, drained)
- 1/4 Cucumber (medium, chopped)
- 1/2 cup Cherry Tomatoes (halved)
- 1/4 Avocado (cubed)
- 2 tbsps Red Onion (sliced)
- 2 tbsps Italian Dressing
- 1 tbsp Parsley (fresh, chopped)

Nutrition

Amount per serving	
Calories	333
Fat	11g
Carbs	37g
Fiber	12g
Sugar	11g
Protein	26g
Cholesterol	30mg
Sodium	547mg
Vitamin A	1185IU
Vitamin C	25mg
Calcium	98mg
Iron	5mg

Directions

- 1 Divide the tuna, chickpeas, cucumber, tomatoes, avocado, and onion evenly between bowls. Top evenly with the dressing and parsley. Enjoy!

Notes

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

No Italian Dressing: Use olive oil and lemon juice instead.

No Tuna: Use other canned fish like salmon or mackerel.

Canned Tuna: One can of tuna is equal to 165 grams or 5.8 ounces, drained.



Cottage Cheese Crackers with Berries

3 servings

5 minutes

Ingredients

- 1 1/2 cups Cottage Cheese
- 6 slices Light Rye Crisp Bread
- 1 1/2 cups Raspberries

Nutrition

Amount per serving	
Calories	175
Fat	5g
Carbs	22g
Fiber	8g
Sugar	6g
Protein	14g
Cholesterol	18mg
Sodium	401mg
Vitamin A	167IU
Vitamin C	16mg
Calcium	112mg
Iron	2mg

Directions

1

Spread the cottage cheese on top of each crisp bread. Top with raspberries and enjoy!

Notes

:

:



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.



One Pot Taco Pasta

2 servings
40 minutes

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 151 grams Extra Lean Ground Beef
- 1 1/3 stalks Green Onion (finely chopped)
- 2/3 Garlic (cloves, minced)
- 1/3 tsp Cumin (ground)
- 1/3 tsp Chili Powder
- 1/16 tsp Sea Salt
- 1/3 Tomato (large, diced)
- 2 2/3 tbsps Frozen Corn (thawed)
- 2 2/3 tbsps Black Beans (cooked, from the can)
- 1/3 Red Bell Pepper (diced)
- 3/4 cup Chicken Broth
- 1/3 cup Salsa
- 2/3 cup Brown Rice Pasta Shells (dry, uncooked)

Nutrition

Amount per serving	
Calories	369
Fat	12g
Carbs	44g
Fiber	5g
Sugar	4g
Protein	22g
Cholesterol	51mg
Sodium	865mg
Vitamin A	1595IU
Vitamin C	31mg

Directions

- 1 Heat oil in a large skillet with a tight-fitting lid over medium-high heat. Add the beef, and break it up with a wooden spoon or spatula as it cooks. Once it is cooked through and no longer pink, drain any excess drippings.
- 2 Add onions and garlic to the pan with the beef and cook for 3 to 5 minutes or until onions are translucent.
- 3 Add cumin, chili powder, salt, diced tomato, corn, black beans and bell pepper to the pot and stir to incorporate with the meat. Cook the vegetables for 2 to 3 minutes.
- 4 Stir in the broth, salsa and pasta. Bring everything to a boil, then cover and reduce heat to medium-low. Let simmer for 12 to 15 minutes or until pasta is cooked through and tender. Stir every 3 to 4 minutes as it cooks, to ensure the pasta isn't sticking to the bottom of the pan.
- 5 Remove from heat, divide into bowls and serve immediately. Enjoy!

Notes

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

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

No Ground Beef: Use ground chicken or turkey instead.

Vegan & Vegetarian: Swap the ground meat out for cooked lentils.

Optional Toppings: Grated cheese, sour cream, avocado, fresh lime, cilantro or extra salsa.

Likes it Spicy: Stir in a chopped jalapeno and a pinch of cayenne with the other vegetables and spices.

No Brown Rice Pasta Shells: Use any other type of pasta or pasta shell instead like whole wheat penne or chickpea fusilli.

Calcium	44mg
Iron	3mg



Beef Kafta Casserole

2 servings
1 hour 25 minutes

Ingredients

227 grams Extra Lean Ground Beef
1/4 Yellow Onion (finely chopped)
1/4 cup Parsley (finely chopped)
2 1/4 tsps Lebanese Seven Spice Blend
3/4 tsp Sea Salt (divided)
1 1/2 Yellow Potato (medium-sized, sliced into 1/4-inch thick rounds)
1 1/2 Tomato (medium-sized, sliced into 1/4-inch thick rounds)
1/2 cup Red Onion (sliced into 1/4-inch thick semi-circles)
1 cup Vegetable Broth
2 1/4 tsps Tomato Paste
1/8 tsp Black Pepper (optional)

Nutrition

Amount per serving	
Calories	371
Fat	12g
Carbs	38g
Fiber	6g
Sugar	6g
Protein	28g
Cholesterol	74mg
Sodium	1341mg
Vitamin A	2261IU
Vitamin C	60mg
Calcium	68mg
Iron	6mg

Directions

- 1 Preheat the oven to 350°F (176°C).
- 2 Add the beef, onion, parsley, Lebanese 7 Spice and two-thirds of the salt to a large mixing bowl and mix until combined. Form the meat mixture into thin patties, 2 to 3 inches in diameter.
- 3 Heat a pan over medium-high heat. Brown the patties in batches, 2 to 3 minutes per side. Drain the excess drippings from the pan between batches.
- 4 Arrange the browned kafta patties, potato, tomato and red onion slices in a baking dish in any pattern you'd like.
- 5 In a small bowl combine the vegetable broth, tomato paste, remaining salt and black pepper, if using, and pour into the baking dish. Cover with foil or a lid.
- 6 Bake for 60 to 70 minutes or until the potatoes are soft. Let the casserole cool slightly before dividing between bowls. Enjoy!

Notes

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

More Flavor: Add fresh garlic to the meat mixture. Add additional Lebanese 7 Spice to the tomato sauce mixture.

No Beef: Use ground lamb instead.

Serve it With: Lebanese rice or a pita.

Red Onion: 1 cup of sliced red onion is roughly one medium-sized red onion.

Baking Dish: An 8.5 x 11.5-inch baking dish was used for four servings.



Turkey Apple Breakfast Hash

2 servings

35 minutes

Ingredients

- 227 grams Extra Lean Ground Turkey
- 1/2 tsp Cinnamon
- 1 tbsp Poultry Seasoning
- 1 1/2 tsps Avocado Oil
- 1/2 cup Red Onion (diced)
- 1 Garlic (cloves, minced)
- 1 cup Brussels Sprouts (trimmed and halved)
- 1 cup Butternut Squash (peeled and cubed)
- 1 Apple (cored and diced)
- 1/8 tsp Sea Salt (to taste)

Nutrition

Amount per serving	
Calories	325
Fat	14g
Carbs	31g
Fiber	7g
Sugar	14g
Protein	24g
Cholesterol	84mg
Sodium	243mg
Vitamin A	7965IU
Vitamin C	60mg
Calcium	122mg
Iron	3mg

Directions

- 1 Heat a large skillet over medium heat. Add the ground turkey, cinnamon and poultry seasoning. Cook for 5 to 7 minutes, until thoroughly browned, breaking up into little pieces as it cooks. Drain off the fat, transfer to a bowl and set aside.
- 2 In the same skillet, heat the oil over medium heat. Add the onion and garlic, sauteeing until translucent. Next add the brussels sprouts, butternut squash, and apples. Cover and cook for about 10 minutes, stirring occasionally, until all veggies are soft.
- 3 Add the ground turkey back into the skillet and stir to combine. Season to taste with sea salt. Divide into bowls and enjoy!

Notes

Vegan & Vegetarians: Use lentils instead of ground turkey.

Leftovers: Store covered in the fridge up to 3 days.



Herb & Shrimp Orzo

2 servings
25 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1/4 Yellow Onion (medium, chopped)
- 2 Garlic (cloves, minced)
- 1/2 cup Orzo (dry)
- 1 cup Water
- 3/4 cup Asparagus (trimmed, cut into bite-sized pieces)
- Sea Salt & Black Pepper (to taste)
- 227 grams Shrimp (peeled, deveined)
- 1/2 Lemon (juiced and zested)
- 2 tbsps Parsley (chopped)

Nutrition

Amount per serving	
Calories	285
Fat	8g
Carbs	26g
Fiber	3g
Sugar	3g
Protein	28g
Cholesterol	183mg
Sodium	142mg
Vitamin A	701IU
Vitamin C	13mg
Calcium	113mg
Iron	3mg

Directions

- 1 Heat a dutch oven over medium heat and add the oil. Once hot, add the onion and sauté until softened, about three to five minutes. Add the garlic and cook for one minute, until fragrant.
- 2 Add the orzo and stir until slightly toasted, about one minute. Add the water, asparagus, and salt and pepper. Cover and cook for ten minutes, stirring occasionally.
- 3 Remove the lid, and add the shrimp. Cook for five minutes or until pink and cooked through. Add the lemon juice, zest, and parsley. Divide onto plates and enjoy!

Notes

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

Gluten-Free: Use gluten-free pasta or rice instead and adjust cook time and instructions as needed.

Additional Toppings: Top with parmesan cheese.

Make it Vegan: Omit the shrimp and top with tempeh, tofu, or chickpeas instead.



Salmon, Rice & Arugula

2 servings
25 minutes

Ingredients

227 grams Salmon Fillet
1/4 tsp Sea Salt
1/2 cup Jasmine Rice (dry, uncooked)
1 tbsp Extra Virgin Olive Oil
1/4 Lemon (juiced)
2 cups Arugula

Nutrition

Amount per serving	
Calories	375
Fat	12g
Carbs	39g
Fiber	1g
Sugar	1g
Protein	29g
Cholesterol	58mg
Sodium	389mg
Vitamin A	659IU
Vitamin C	5mg
Calcium	43mg
Iron	1mg

Directions

- 1 Preheat oven to 425°F (218°C).
- 2 Rinse the salmon fillets and pat them dry. Season with sea salt and transfer to a baking sheet. Bake in the oven for 12 to 15 minutes, or until the salmon flakes with a fork.
- 3 While the salmon roasts, make your jasmine rice according to the instructions on the package.
- 4 Combine the extra virgin olive oil and lemon juice in a jar and mix well.
- 5 Divide salmon, rice and arugula between bowls or containers, and drizzle with the oil and lemon dressing. Enjoy!

Notes

No Salmon: Use any type of fish fillet instead, or use canned fish.

No Arugula: Use baby spinach, kale or mixed greens instead.

No Rice: Use quinoa instead.

Leftovers: Refrigerate in an air-tight container up to 3 days.



Tempeh, Quinoa & Broccoli

2 servings

55 minutes

Ingredients

- 2 2/3 tbsps Vegetable Broth
- 2 2/3 tbsps Balsamic Vinegar
- 2/3 tsp Italian Seasoning
- 1/3 tsp Sea Salt
- 1 1/3 Garlic (clove, minced)
- 170 grams Tempeh (cut into thin pieces)
- 1/2 cup Quinoa (uncooked)
- 2 cups Broccoli (cut into florets)

Nutrition

Amount per serving	
Calories	373
Fat	12g
Carbs	44g
Fiber	5g
Sugar	5g
Protein	26g
Cholesterol	0mg
Sodium	493mg
Vitamin A	617IU
Vitamin C	82mg
Calcium	167mg
Iron	5mg

Directions

- 1 In a shallow bowl or zipper-lock bag combine the vegetable broth, balsamic vinegar, Italian seasoning, salt and garlic. Add the tempeh and gently toss to coat it in the marinade. Let the tempeh marinate for at least 20 minutes.
- 2 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 3 Arrange the marinated tempeh evenly on the baking sheet. Ensure the tempeh pieces are not overlapping or touching. Bake for 24 to 26 minutes, flipping halfway through. Season with additional salt if needed.
- 4 Meanwhile, cook the quinoa according to the package directions.
- 5 While the quinoa cooks, add the broccoli florets to a steaming basket over boiling water and cover. Steam for about 5 minutes, or until tender. Divide the tempeh, quinoa and broccoli between plates and enjoy!

Notes

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

No Quinoa: Use rice instead.

No Italian Seasoning: Use any combination of dried herbs.

More Flavor: Drizzle the broccoli with extra virgin olive oil.

Broccoli: Use fresh or frozen broccoli or substitute other vegetable instead.



Ground Turkey, Mini Potatoes & Watercress

1 serving
30 minutes

Ingredients

- 1 cup Mini Potatoes (halved)
- 1/2 tsp Coconut Oil
- 113 grams Extra Lean Ground Turkey
- 1/4 tsp Dried Rosemary
- 1/8 tsp Onion Powder
- Sea Salt & Black Pepper (to taste)
- 2 cups Watercress (roughly chopped)
- 1/4 Garlic (clove, minced)

Nutrition

Amount per serving	
Calories	316
Fat	12g
Carbs	28g
Fiber	4g
Sugar	1g
Protein	26g
Cholesterol	84mg
Sodium	116mg
Vitamin A	2265IU
Vitamin C	59mg
Calcium	130mg
Iron	3mg

Directions

- 1 Place the potatoes in a pot and cover them with water. Bring to a boil and cook for 15 to 20 minutes or until they are fork tender. Drain, season with salt and pepper, and set aside.
- 2 Heat the oil in a frying pan over medium heat and add the ground turkey, breaking it up as it cooks. Mix in the rosemary, onion powder, salt, and pepper and cook for 14 to 15 minutes or until cooked through and no longer pink. Remove from the heat and set aside.
- 3 To the same pan, add the watercress, garlic, and salt and pepper to taste, and sauté for three to four minutes or until the watercress is slightly wilted.
- 4 Divide the turkey, potatoes, and watercress evenly between bowls or containers. Enjoy!

Notes

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

More Flavor: Add hot sauce or tzatziki when ready to eat.

No Ground Turkey: Use any other ground meat or lentils instead.