
















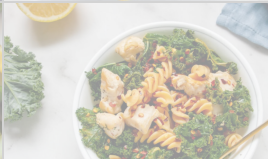
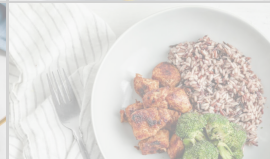
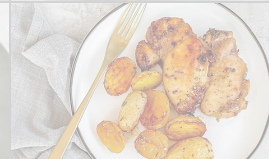








































EXERCISE
with Style

2100 Calorie Meal Plan
40/30/30 PDF

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Vanilla Berry Protein Smoothie	 Vanilla Berry Protein Smoothie	 Vanilla Berry Protein Smoothie	 Orange Creamsicle Overnight Oats	 Orange Creamsicle Overnight Oats	 Tofu Scramble with Lentils & Spinach	 Tofu Scramble with Lentils & Spinach
Snack 1	 Overnight Vanilla Protein Oats	 Overnight Vanilla Protein Oats	 Overnight Vanilla Protein Oats	 Cheesy Black Bean Toast	 Cheesy Black Bean Toast	 Cheesy Black Bean Toast	 Cheesy Black Bean Toast
Lunch	 Creamy Coconut Chicken with Rice	 Chicken Nugget Sauerkraut Salad	 Green Poutine	 Chicken & Kale Skillet with Chickpea Pasta	 Chipotle Chicken, Broccoli & Wild Rice	 Honey Garlic Chicken & Potatoes	 Seafood Jerk Pasta
Snack 2	 Cottage Cheese with Cherries	 0.5 Cottage Cheese with Cherries	 0.5 Cottage Cheese with Cherries	 Cottage Cheese & Orange	 Cottage Cheese & Orange	 Cottage Cheese & Orange	 Cottage Cheese & Orange
Dinner	 Chicken Nugget Sauerkraut Salad	 Green Poutine	 Chicken & Kale Skillet with Chickpea Pasta	 Chipotle Chicken, Broccoli & Wild Rice	 Honey Garlic Chicken & Potatoes	 Seafood Jerk Pasta	 Chicken & Asparagus Pesto Pasta

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  37%	Fat  35%	Fat  32%	Fat  29%	Fat  31%	Fat  32%	Fat  32%
Carbs  35%	Carbs  39%	Carbs  39%	Carbs  40%	Carbs  40%	Carbs  39%	Carbs  39%
Protein  28%	Protein  26%	Protein  29%	Protein  31%	Protein  29%	Protein  29%	Protein  29%
Calories 2146	Calories 2099	Calories 2091	Calories 2174	Calories 2205	Calories 2113	Calories 2038
Fat 90g	Fat 84g	Fat 79g	Fat 72g	Fat 78g	Fat 78g	Fat 75g
Carbs 193g	Carbs 213g	Carbs 214g	Carbs 223g	Carbs 227g	Carbs 213g	Carbs 208g
Fiber 33g	Fiber 49g	Fiber 53g	Fiber 37g	Fiber 26g	Fiber 36g	Fiber 45g
Sugar 52g	Sugar 50g	Sugar 54g	Sugar 62g	Sugar 78g	Sugar 67g	Sugar 53g
Protein 152g	Protein 141g	Protein 156g	Protein 176g	Protein 161g	Protein 154g	Protein 153g
Cholesterol 299mg	Cholesterol 199mg	Cholesterol 127mg	Cholesterol 458mg	Cholesterol 553mg	Cholesterol 630mg	Cholesterol 480mg
Sodium 2147mg	Sodium 1477mg	Sodium 1145mg	Sodium 1547mg	Sodium 1536mg	Sodium 1942mg	Sodium 2031mg
Vitamin A 7692IU	Vitamin A 10750IU	Vitamin A 14122IU	Vitamin A 8429IU	Vitamin A 4279IU	Vitamin A 5829IU	Vitamin A 6219IU
Vitamin C 77mg	Vitamin C 128mg	Vitamin C 186mg	Vitamin C 343mg	Vitamin C 292mg	Vitamin C 219mg	Vitamin C 194mg
Calcium 1488mg	Calcium 1470mg	Calcium 1606mg	Calcium 1391mg	Calcium 1154mg	Calcium 1389mg	Calcium 1539mg
Iron 16mg	Iron 26mg	Iron 30mg	Iron 18mg	Iron 12mg	Iron 21mg	Iron 26mg

Fruits

- 1 Avocado
- 2 cups Blueberries
- 1 1/2 cups Cherries
- 1/2 Lemon
- 2 1/4 tps Lemon Juice
- 6 Navel Orange
- 2 cups Raspberries

Breakfast

- 1/4 cup Almond Butter

Seeds, Nuts & Spices

- 1/4 cup Cashews
- 1 1/2 tbsps Chia Seeds
- 1 tsp Chili Powder
- 1/2 tsp Chipotle Powder
- 1/2 tsp Cumin
- 1 1/2 tps Dried Thyme
- 1/2 tsp Garlic Powder
- 2/3 cup Hemp Seeds
- 1 1/2 tps Jerk Seasoning
- 1/2 tsp Paprika
- 1 1/2 tps Red Pepper Flakes
- 0 Sea Salt & Black Pepper
- 1 tsp Turmeric

Vegetables

- 4 cups Arugula
- 2 1/2 cups Asparagus
- 4 cups Baby Spinach
- 2 cups Broccoli
- 1 cup Butternut Squash
- 6 Garlic
- 2 stalks Green Onion
- 8 cups Kale Leaves
- 2 cups Mini Potatoes
- 2 cups Mushrooms
- 1 tsp Rosemary
- 1/2 Yellow Bell Pepper
- 1/2 Yellow Onion
- 2 Yellow Potato

Boxed & Canned

- 1 cup Black Beans
- 1/4 cup Bread Crumbs
- 113 grams Brown Rice Fettuccine
- 1 cup Canned Coconut Milk
- 211 grams Chickpea Pasta
- 1 cup Fire Roasted Diced Tomatoes
- 1/4 cup Jasmine Rice
- 2 cups Lentils
- 1/4 cup Salsa
- 1/2 cup Vegetable Broth
- 1 cup Wild Rice

Baking

- 1 tsp Arrowroot Powder
- 2 tbsps Coconut Sugar
- 2 2/3 tbsps Honey
- 1/2 cup Nutritional Yeast
- 2 1/8 cups Oats
- 2 tps Orange Extract
- 1 1/3 tbsps Raw Honey
- 57 grams Unbleached All Purpose Flour
- 1 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- 60 grams Cheddar Cheese
- 911 grams Chicken Breast
- 340 grams Chicken Thighs
- 4 slices Gluten-Free Bread
- 1/3 cup Parmigiano Reggiano
- 227 grams Shrimp
- 397 grams Tofu

Condiments & Oils

- 1 tsp Avocado Oil
- 1/3 cup Extra Virgin Olive Oil
- 1 1/3 tbsps Pesto
- 1 1/2 tps Rice Vinegar
- 2/3 cup Sauerkraut
- 1 1/2 tps Tamari

Cold

- 2 1/2 tbsps Butter
- 6 cups Cottage Cheese
- 5 Egg
- 2 cups Plain Greek Yogurt
- 4 1/2 cups Soy Milk
- 2 cups Unsweetened Almond Milk

Other

- 1 1/3 cups Vanilla Protein Powder
- 1 cup Water



Vanilla Berry Protein Smoothie

3 servings

5 minutes

Ingredients

- 4 1/2 cups Soy Milk
- 3/4 cup Vanilla Protein Powder
- 1/3 cup Hemp Seeds
- 1 1/2 cups Blueberries (fresh or frozen)
- 1 1/2 cups Raspberries (fresh or frozen)
- 3 tbsps Almond Butter

Nutrition

Amount per serving	
Calories	523
Fat	25g
Carbs	42g
Fiber	10g
Sugar	24g
Protein	39g
Cholesterol	4mg
Sodium	213mg
Vitamin A	63IU
Vitamin C	23mg
Calcium	652mg
Iron	5mg

Directions

- 1 Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate in a sealed mason jar for up to 24 hours. Shake well before drinking.

Serving Size: One serving is equal to approximately two cups.

Soy-Free: Use coconut milk or oat milk instead.

More Fiber: Add in some chopped leafy greens like spinach or kale.

Consistency: If the smoothie is too thick, add more milk or water. If the smoothie is too thin, add some ice cubes and blend to thicken.



Orange Creamsicle Overnight Oats

2 servings

8 hours

Ingredients

- 2/3 cup Oats
- 2 cups Plain Greek Yogurt
- 1/4 cup Vanilla Protein Powder
- 1/4 cup Hemp Seeds
- 2 Navel Orange (peeled and chopped)
- 1 1/3 tbsps Raw Honey
- 1 tsp Vanilla Extract
- 2 tsps Orange Extract (optional)

Nutrition

Amount per serving	
Calories	551
Fat	17g
Carbs	62g
Fiber	7g
Sugar	29g
Protein	43g
Cholesterol	36mg
Sodium	163mg
Vitamin A	1598IU
Vitamin C	98mg
Calcium	645mg
Iron	4mg

Directions

1

Combine all ingredients in a bowl and mix well. Transfer to a sealable jar or container and refrigerate overnight or for at least eight hours. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately 1 3/4 cups.

Make it Vegan: Use plant-based protein powder and dairy-free yogurt.

More Flavor: Use vanilla or orange yogurt.



Tofu Scramble with Lentils & Spinach

2 servings

15 minutes

Ingredients

- 1 1/2 tsps Extra Virgin Olive Oil
- 2 stalks Green Onion (chopped)
- 2 Garlic (clove, minced)
- 397 grams Tofu (crumbled)
- 1 tbsp Nutritional Yeast
- 1 tsp Turmeric
- 1/2 tsp Cumin
- Sea Salt & Black Pepper (to taste)
- 2 cups Lentils (cooked)
- 2 cups Baby Spinach (chopped)

Nutrition

Amount per serving	
Calories	462
Fat	15g
Carbs	48g
Fiber	20g
Sugar	6g
Protein	42g
Cholesterol	0mg
Sodium	52mg
Vitamin A	3316IU
Vitamin C	14mg
Calcium	649mg
Iron	13mg

Directions

- 1 Heat the oil in a skillet over medium heat. Add the onion and garlic and sauté for one minute.
- 2 Add the tofu, nutritional yeast, turmeric, and cumin to the skillet. Season with salt and pepper. Cook for five minutes, stirring occasionally.
- 3 Add the lentils and spinach to the skillet. Cook for another three to four minutes or until the spinach wilts. Enjoy!

Notes

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

Serving Size: One serving equals approximately two cups.

More Flavor: Add mushrooms or fresh herbs to the dish. Serve on a slice of sourdough bread.



Overnight Vanilla Protein Oats

3 servings
8 hours

Ingredients

- 1 1/2 cups Oats (quick or traditional)
- 1 1/2 tbsps Chia Seeds
- 2 cups Unsweetened Almond Milk
- 1/3 cup Vanilla Protein Powder
- 1/3 cup Raspberries
- 1/3 cup Blueberries
- 1 1/2 tbsps Almond Butter

Nutrition

Amount per serving	
Calories	309
Fat	11g
Carbs	37g
Fiber	9g
Sugar	3g
Protein	18g
Cholesterol	2mg
Sodium	124mg
Vitamin A	327IU
Vitamin C	6mg
Calcium	430mg
Iron	3mg

Directions

- 1 In a large bowl or container combine the oats, chia seeds and milk. Stir to combine. Place in the fridge for 8 hours, or overnight.
- 2 After the oats have set, remove from the fridge and add the protein powder. Mix well. Add extra almond milk 1 tbsp at a time if the oats are too thick.
- 3 Divide the oats into bowls or containers and top with raspberries, blueberries and almond butter. Enjoy!

Notes

Leftovers: Keep well in the fridge for 3 to 4 days.

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

Extra Garnish: Add cacao nibs, chocolate chips, seeds or nuts.

No Almond Butter: Omit, or use peanut butter or sunflower seed butter instead.

Protein Powder: This recipe was developed and tested using a plant-based protein powder. Please note that results may vary if using a different type of protein powder.



Cheesy Black Bean Toast

4 servings
15 minutes

Ingredients

4 Egg
1 cup Black Beans (cooked, mashed)
4 slices Gluten-Free Bread (toasted)
60 grams Cheddar Cheese (grated)
1/4 cup Salsa

Nutrition

Amount per serving	
Calories	271
Fat	12g
Carbs	24g
Fiber	5g
Sugar	4g
Protein	16g
Cholesterol	201mg
Sodium	412mg
Vitamin A	534IU
Vitamin C	0mg
Calcium	166mg
Iron	2mg

Directions

- 1 Place egg(s) 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. Strain the water and fill the saucepan with cold water. When cool enough to handle, peel and slice the egg(s).
- 2 Spread the mashed black beans evenly otop the toast. Top with the sliced eggs, salsa and cheddar cheese. Enjoy!

Notes

Leftovers: This recipe is best made fresh and enjoyed immediately.

Make it Vegan: Use a vegan cheese or omit the cheddar cheese completely.



Creamy Coconut Chicken with Rice

1 serving
20 minutes

Ingredients

- 1/4 cup Jasmine Rice (dry)
- 1/2 cup Canned Coconut Milk
- 1/4 cup Water
- 1 1/2 tsps Tamari
- 1 1/2 tsps Rice Vinegar
- Sea Salt & Black Pepper (to taste)
- 113 grams Chicken Breast (skinless, boneless, cubed)
- 2 cups Baby Spinach (chopped)

Nutrition

Amount per serving	
Calories	527
Fat	24g
Carbs	44g
Fiber	2g
Sugar	2g
Protein	33g
Cholesterol	82mg
Sodium	632mg
Vitamin A	5660IU
Vitamin C	17mg
Calcium	78mg
Iron	2mg

Directions

- 1 Cook rice according to package instructions and set aside.
- 2 In a saucepan over medium heat, combine the coconut milk, water, tamari, rice vinegar, salt, and pepper. Add the chicken and bring to a simmer for ten minutes or cooked through.
- 3 Stir in the spinach and remove from heat. When the spinach has wilted, divide into bowls along with the rice and enjoy!

Notes

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

Serving Size: One serving is approximately equal to four ounces of chicken, 3/4 cup of the coconut broth, and 3/4 cup of rice.

More Flavor: Add bay leaves, ginger, garlic, or shallots.

Additional Toppings: Add red pepper flakes, green onions, or cilantro.

Make it Vegan: Use tofu, seitan, tempeh, or chickpeas instead of chicken.



Cottage Cheese with Cherries

2 servings

5 minutes

Ingredients

- 2 cups Cottage Cheese
- 1 1/2 cups Cherries (pitted)

Nutrition

Amount per serving	
Calories	279
Fat	9g
Carbs	26g
Fiber	2g
Sugar	20g
Protein	25g
Cholesterol	36mg
Sodium	662mg
Vitamin A	368IU
Vitamin C	8mg
Calcium	189mg
Iron	1mg

Directions

- 1 Serve the cottage cheese with the cherries. Enjoy!

Notes

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

Dairy-Free: Use coconut yogurt or oatmeal instead.

Additional Toppings: Add hemp seeds, shredded coconut, crushed nuts, or your sweetener of choice.



Cottage Cheese & Orange

4 servings
5 minutes

Ingredients

4 Navel Orange (large, chopped)
4 cups Cottage Cheese

Nutrition

Amount per serving	
Calories	274
Fat	9g
Carbs	25g
Fiber	3g
Sugar	18g
Protein	25g
Cholesterol	36mg
Sodium	663mg
Vitamin A	640IU
Vitamin C	83mg
Calcium	235mg
Iron	0mg

Directions

- 1 Serve the chopped orange with the cottage cheese. Enjoy!

Notes

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



Chicken Nugget Sauerkraut Salad

2 servings
25 minutes

Ingredients

57 grams Unbleached All Purpose Flour
Sea Salt & Black Pepper (to taste)
1 Egg (large)
1/4 cup Bread Crumbs
227 grams Chicken Breast (boneless, cubed)
4 cups Arugula
2/3 cup Sauerkraut (drained)
1 Avocado

Nutrition

Amount per serving	
Calories	508
Fat	21g
Carbs	44g
Fiber	10g
Sugar	3g
Protein	37g
Cholesterol	175mg
Sodium	516mg
Vitamin A	1274IU
Vitamin C	23mg
Calcium	139mg
Iron	5mg

Directions

- 1 Preheat the oven to 400°F (205°C) and line a large baking sheet with parchment paper.
- 2 Add the flour, salt, and pepper to one bowl. In a second bowl, whisk the egg. In a third bowl, add the bread crumbs.
- 3 Dredge the chicken nuggets in the flour first, shaking off any excess. Coat each one in the egg mixture, then transfer to the bread crumbs and coat well.
- 4 Arrange the chicken nuggets onto the baking sheet and bake for 20 minutes or until cooked through.
- 5 Meanwhile, divide the arugula, sauerkraut, and avocado onto plates. Top with chicken nuggets and enjoy!

Notes

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

Serving Size: One serving equals approximately four ounces of chicken and 2.5 cups of salad.

More Flavor: Add dried herbs to the flour mixture.

Additional Toppings: Drizzle lemon juice, olive oil or your dressing of choice over top.



Green Poutine

2 servings
45 minutes

Ingredients

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

Nutrition

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

Directions

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

Calcium	154mg
Iron	12mg



Chicken & Kale Skillet with Chickpea Pasta

2 servings
20 minutes

Ingredients

- 142 grams Chickpea Pasta (dry)
- 1 tbsp Extra Virgin Olive Oil
- 283 grams Chicken Breast (skinless, boneless, cut into strips)
- Sea Salt & Black Pepper (to taste)
- 8 cups Kale Leaves (stems removed and leaves chopped)
- 1/4 cup Water
- 1 1/2 tsps Lemon Juice
- 1 1/2 tsps Red Pepper Flakes

Nutrition

Amount per serving	
Calories	500
Fat	16g
Carbs	45g
Fiber	14g
Sugar	7g
Protein	52g
Cholesterol	103mg
Sodium	184mg
Vitamin A	4646IU
Vitamin C	81mg
Calcium	275mg
Iron	9mg

Directions

- 1 Cook the pasta according to the package directions. Drain and set aside.
- 2 Heat the oil in a large pan over medium heat. Add the chicken and cook for five to seven minutes or until cooked through. Season with salt and pepper and stir as it cooks. Transfer the chicken to a bowl and set aside.
- 3 To the same skillet, add the kale and water. Cook the kale until soft and all the water is gone, stirring frequently. Return the chicken to the skillet and stir in the lemon juice.
- 4 Add the pasta to the skillet and stir to combine. Divide onto plates and season with red pepper flakes on top. Enjoy!

Notes

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

Serving Size: One serving is approximately three cups.

Make it Vegan: Omit the chicken.

More Flavor: Add minced garlic, lemon juice, parmesan and/or shallots.

Additional Toppings: Freshly parsley and/or hemp seeds.



Chipotle Chicken, Broccoli & Wild Rice

2 servings
45 minutes

Ingredients

- 1 cup Wild Rice (dry)
- 227 grams Chicken Breast (boneless, skinless, cubed)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 tsp Chili Powder
- 1/2 tsp Chipotle Powder
- 1/2 tsp Garlic Powder
- Sea Salt & Black Pepper (to taste)
- 2 cups Broccoli (florets)

Nutrition

Amount per serving	
Calories	578
Fat	18g
Carbs	67g
Fiber	8g
Sugar	4g
Protein	40g
Cholesterol	82mg
Sodium	125mg
Vitamin A	1011IU
Vitamin C	81mg
Calcium	70mg
Iron	3mg

Directions

- 1 Cook the wild rice according to the package directions.
- 2 While the rice is cooking, in a bowl, add the chicken, half of the oil, chili powder, chipotle powder, garlic powder, salt, and pepper. Mix to combine.
- 3 Warm a pan over medium heat and add the chicken. Spread out the chicken so it's not crowded.
- 4 Cook the chicken for four to five minutes per side or until cooked through and browned. If needed, add a splash of water. Set the chicken aside.
- 5 Add the remaining oil to the pan. Add the broccoli, salt, and pepper and sauté for three to five minutes. Add a splash of water then cover for two to three more minutes or until tender-crisp.
- 6 Divide the rice, chicken, and broccoli evenly between bowls and enjoy!

Notes

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

Serving Size: One serving is approximately one cup of both broccoli and rice with chicken.

More Flavor: Add garlic to the broccoli while sautéing.



Honey Garlic Chicken & Potatoes

2 servings
45 minutes

Ingredients

340 grams Chicken Thighs (boneless, skinless)
Sea Salt & Black Pepper (to taste)
2 1/2 tbsps Butter (divided)
1 Garlic (cloves, minced)
2 2/3 tbsps Honey
1 tsp Rosemary (fresh, chopped)
2 cups Mini Potatoes (halved)

Nutrition

Amount per serving	
Calories	531
Fat	22g
Carbs	49g
Fiber	3g
Sugar	23g
Protein	37g
Cholesterol	198mg
Sodium	173mg
Vitamin A	496IU
Vitamin C	30mg
Calcium	38mg
Iron	3mg

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper. Season the chicken thighs with salt and pepper and set aside in a large bowl.
- 2 In a medium sized pot over medium-low heat, melt half of the butter. Add the garlic and cook for one to two minutes, until fragrant. Remove from the heat and whisk in the honey.
- 3 Pour the honey butter mixture over the chicken and toss to coat. Place on the prepared baking sheet.
- 4 In the same pot, melt the remaining butter over low heat and add the rosemary. Toss in the potatoes and coat with the butter. Transfer to the baking sheet and season generously with salt and pepper.
- 5 Bake in the oven for 30 to 35 minutes, until the chicken is cooked through and the potatoes are tender. Divide onto plates and enjoy!

Notes

Leftovers: Refrigerate in a sealed container for up to three days.

Serving Size: One serving is about two chicken thighs and one cup of potatoes.

More Flavor: Add hot sauce to the honey-butter mixture.



Seafood Jerk Pasta

2 servings
45 minutes

Ingredients

1 tsp Avocado Oil
1/4 Yellow Onion (medium, diced)
2 Garlic (cloves, minced)
1/2 Yellow Bell Pepper (large, chopped)
227 grams Shrimp
1 cup Fire Roasted Diced Tomatoes (from the can, with juices)
1/2 cup Canned Coconut Milk
1 1/2 tsps Jerk Seasoning
2 tbsps Coconut Sugar
Sea Salt & Black Pepper (to taste)
113 grams Brown Rice Fettuccine (dry)
1/4 cup Parmigiano Reggiano (finely grated)

Nutrition

Amount per serving	
Calories	575
Fat	20g
Carbs	67g
Fiber	5g
Sugar	16g
Protein	34g
Cholesterol	195mg
Sodium	642mg
Vitamin A	843IU
Vitamin C	92mg
Calcium	301mg
Iron	3mg

Directions

- 1 Warm the oil in a large high-rimmed pan or pot over medium heat. Add the onion and cook for one minute. Add the garlic and cook for another minute, then add the bell pepper and continue to cook for five minutes, stirring a few times.
- 2 Add the shrimp, tomatoes, coconut milk, jerk seasoning, coconut sugar, salt, and pepper. Simmer, stirring frequently, for 30 minutes or until reduced.
- 3 Meanwhile, cook the pasta according to the package directions.
- 4 Once the pasta is done cooking, drain well and add it to the pan with the rest of the ingredients. Stir in the parmesan cheese and mix until well coated. Enjoy!

Notes

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

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

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

Additional Toppings: Fresh parsley.



Chicken & Asparagus Pesto Pasta

1 serving
30 minutes

Ingredients

60 grams Chicken Breast
1/2 cup Asparagus (ends trimmed)
3/4 tsp Extra Virgin Olive Oil
69 grams Chickpea Pasta (dry)
1 1/3 tbsps Pesto
3/4 tsp Lemon Juice
2 1/4 tpsps Parmigiano Reggiano (finely grated)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	456
Fat	19g
Carbs	44g
Fiber	12g
Sugar	9g
Protein	36g
Cholesterol	48mg
Sodium	262mg
Vitamin A	886IU
Vitamin C	5mg
Calcium	188mg
Iron	8mg

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Add the chicken and asparagus to the baking sheet and drizzle with oil. Bake for 25 minutes or until the chicken is cooked through. Chop the chicken and asparagus into bite-size pieces.
- 3 Meanwhile, cook the pasta according to package instructions.
- 4 To assemble the pasta, mix the chicken, asparagus, pasta, pesto, lemon juice, and parmesan together. Season with salt and pepper. Divide evenly between bowls and enjoy!

Notes

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

Serving Size: One serving is equal to approximately two cups.

Dairy-Free: Use nutritional yeast or plant-based cheese instead of parmesan.

Additional Toppings: Toasted pine nuts, red pepper flakes, basil leaves, and/or lemon wedges.