


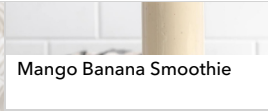
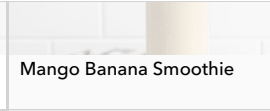
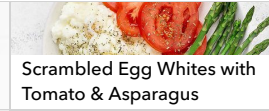





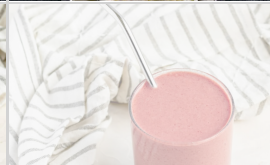
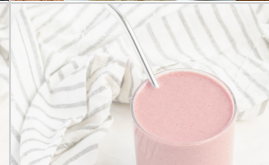
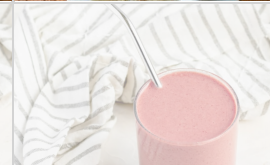






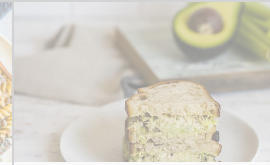

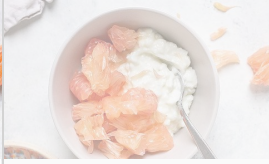
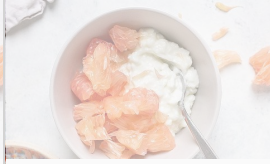









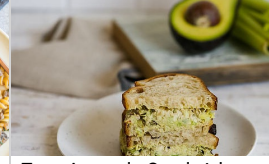


























EXERCISE
with Style

2100 Calorie Meal Plan
40/40/20 PDF

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast							
	Orange Creamsicle Overnight Oats	Orange Creamsicle Overnight Oats	Orange Creamsicle Overnight Oats	Egg Whites	Egg Whites	Egyptian Fava Beans with Tahini	Egyptian Fava Beans with Tahini
Snack 1							
	Turkey & Spinach Wrap	Turkey & Spinach Wrap	Turkey & Spinach Wrap	Peach Cherry Smoothie	Peach Cherry Smoothie	Peach Cherry Smoothie	Peach Cherry Smoothie
Lunch							
	Tofu Scramble with Lentils & Spinach	Jerk Chicken & Rice with Pineapple Salsa	Sun Dried Tomato & Salmon Pasta	Crispy Haddock Burger	Chili Lime Baked Cod with Rice	Mushroom & Beef Chickpea Pasta	Tuna Avocado Sandwich
Snack 2							
	Pomelo & Cottage Cheese	Pomelo & Cottage Cheese	Pomelo & Cottage Cheese	1.5 Hot Chocolate Smoothie	1.5 Hot Chocolate Smoothie	1.5 Hot Chocolate Smoothie	1.5 Hot Chocolate Smoothie
Dinner							
	Jerk Chicken & Rice with Pineapple Salsa	Sun Dried Tomato & Salmon Pasta	Crispy Haddock Burger	Chili Lime Baked Cod with Rice	Mushroom & Beef Chickpea Pasta	Tuna Avocado Sandwich	Chicken & Kale Skillet with Chickpea Pasta

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  25%	Fat  26%	Fat  26%	Fat  23%	Fat  22%	Fat  22%	Fat  24%
Carbs  43%	Carbs  42%	Carbs  40%	Carbs  41%	Carbs  43%	Carbs  44%	Carbs  40%
Protein  32%	Protein  32%	Protein  34%	Protein  36%	Protein  35%	Protein  34%	Protein  36%
Calories 2135	Calories 2172	Calories 2103	Calories 2157	Calories 2150	Calories 2181	Calories 2192
Fat 61g	Fat 63g	Fat 63g	Fat 56g	Fat 56g	Fat 57g	Fat 61g
Carbs 234g	Carbs 234g	Carbs 215g	Carbs 230g	Carbs 242g	Carbs 252g	Carbs 234g
Fiber 38g	Fiber 29g	Fiber 31g	Fiber 46g	Fiber 56g	Fiber 71g	Fiber 70g
Sugar 66g	Sugar 72g	Sugar 59g	Sugar 89g	Sugar 98g	Sugar 59g	Sugar 50g
Protein 174g	Protein 179g	Protein 181g	Protein 202g	Protein 200g	Protein 197g	Protein 206g
Cholesterol 243mg	Cholesterol 306mg	Cholesterol 381mg	Cholesterol 339mg	Cholesterol 183mg	Cholesterol 112mg	Cholesterol 172mg
Sodium 3232mg	Sodium 3486mg	Sodium 3564mg	Sodium 3107mg	Sodium 3494mg	Sodium 4372mg	Sodium 3058mg
Vitamin A 11619IU	Vitamin A 8767IU	Vitamin A 9451IU	Vitamin A 5305IU	Vitamin A 5195IU	Vitamin A 6177IU	Vitamin A 9639IU
Vitamin C 389mg	Vitamin C 382mg	Vitamin C 255mg	Vitamin C 196mg	Vitamin C 202mg	Vitamin C 125mg	Vitamin C 187mg
Calcium 1706mg	Calcium 1201mg	Calcium 1316mg	Calcium 2402mg	Calcium 2469mg	Calcium 2157mg	Calcium 2217mg
Iron 22mg	Iron 18mg	Iron 20mg	Iron 15mg	Iron 25mg	Iron 35mg	Iron 31mg

Fruits

- 1 Avocado
- 4 Banana
- 2 cups Cherries
- 3/4 tsp Lemon Juice
- 1/2 Lime
- 2 tbsps Lime Juice
- 3 Navel Orange
- 4 Peach
- 1 cup Pineapple
- 3 cups Pomelo

Breakfast

- 1 tbsps Maple Syrup

Seeds, Nuts & Spices

- 1/8 tsp Cayenne Pepper
- 2/3 cup Chia Seeds
- 1/2 tsp Chili Powder
- 3/4 tsp Cumin
- 1 tsp Dried Basil
- 1/3 cup Hemp Seeds
- 1/4 tsp Italian Seasoning
- 2 tps Jerk Seasoning
- 3/4 tsp Red Pepper Flakes
- 2 1/16 tps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/2 tsp Turmeric

Frozen

- 5 cups Frozen Cauliflower
- 1 1/2 cups Frozen Mango

Vegetables

- 2 cups Asparagus
- 7 cups Baby Spinach
- 1 1/2 tps Basil Leaves
- 2 stalks Celery
- 1/4 cup Cilantro
- 2/3 cup Coleslaw Mix
- 1 1/2 Cucumber
- 6 1/2 Garlic
- 1 stalk Green Onion
- 1 Jalapeno Pepper
- 4 cups Kale Leaves
- 2 cups Mushrooms
- 1/4 cup Parsley
- 1/2 cup Red Onion
- 2 tps Thyme
- 2 Tomato
- 1/2 Yellow Bell Pepper
- 1 1/4 Yellow Onion

Boxed & Canned

- 1/2 cup Basmati Rice
- 1/2 cup Bread Crumbs
- 1/2 cup Brown Rice
- 1/4 cup Chicken Broth
- 380 grams Chickpea Pasta
- 2 1/16 cups Fava Beans
- 1 cup Lentils
- 2 cans Tuna
- 1 cup Vegetable Broth

Baking

- 3/4 cup Cocoa Powder
- 1 1/2 tps Nutritional Yeast
- 1 cup Oats
- 1 tbsps Orange Extract
- 3 tps Raw Honey
- 1 1/2 tps Vanilla Extract

Bread, Fish, Meat & Cheese

- 482 grams Chicken Breast
- 2 Cod Fillet
- 113 grams Extra Lean Ground Beef
- 2 Haddock Fillet
- 227 grams Salmon Fillet
- 285 grams Sliced Turkey Breast
- 200 grams Sourdough Bread
- 198 grams Tofu
- 113 grams Whole Wheat Bun
- 3 Whole Wheat Tortilla

Condiments & Oils

- 1 tsp Apple Cider Vinegar
- 3 tps Avocado Oil
- 2 grams Avocado Oil Spray
- 1 1/2 tps Coconut Aminos
- 3 tps Dijon Mustard
- 1 3/4 tps Extra Virgin Olive Oil
- 1/3 cup Sun Dried Tomatoes
- 2 1/16 tps Tahini
- 2 tps Tamari
- 60 grams Tartar Sauce

Cold

- 3 cups Cottage Cheese
- 2 cups Cow's Milk, Reduced Fat
- 1 Egg
- 3 cups Egg Whites
- 4 1/4 cups Plain Greek Yogurt
- 10 cups Unsweetened Almond Milk

Other

- 1 1/2 cups Chocolate Protein Powder
- 38 grams Collagen Powder
- 1 1/3 cups Vanilla Protein Powder
- 1 2/3 cups Water



Orange Creamsicle Overnight Oats

3 servings

8 hours

Ingredients

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

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.

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



Mango Banana Smoothie

2 servings

5 minutes

Ingredients

2 cups Cow's Milk, Reduced Fat
2 cups Frozen Cauliflower
1 1/2 cups Frozen Mango
1 Banana (frozen)
2/3 cup Plain Greek Yogurt
38 grams Collagen Powder

Nutrition

Amount per serving	
Calories	407
Fat	8g
Carbs	54g
Fiber	8g
Sugar	40g
Protein	36g
Cholesterol	31mg
Sodium	233mg
Vitamin A	1811IU
Vitamin C	112mg
Calcium	517mg
Iron	2mg

Directions

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

Notes

Leftovers: Best enjoyed immediately.

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

Dairy-Free: Use dairy-free milk such as almond, cashew, coconut, or oat.

No Frozen Fruit: Use fresh instead.

No Collagen: Omit or use a vanilla protein powder instead.

Make it Vegan: Omit the collagen and use dairy-free milk.



Egg Whites

2 servings

5 minutes

Ingredients

- 1 tbsp Avocado Oil
- 1 cup Egg Whites
- 1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	125
Fat	7g
Carbs	1g
Fiber	0g
Sugar	1g
Protein	13g
Cholesterol	0mg
Sodium	497mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	9mg
Iron	0mg

Directions

- 1 Heat the oil in a pan over medium to high heat.
- 2 Add egg whites to the skillet and season with salt. Gently stir until cooked through, about 3 to 4 minutes. Adjust salt as needed.

Notes

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

More Flavor: Add nutritional yeast, mayonnaise, garlic powder, onion powder, za'atar or other dried herbs and spices.

Serve it With: Toast, spiralized veggies, sweet potato toast, bacon, sausages or beans.

Make it Vegan: Use crumbled firm tofu instead of egg whites.



Scrambled Egg Whites with Tomato & Asparagus

2 servings

10 minutes

Ingredients

- 1 1/2 cups Water (divided)
- 2 cups Asparagus (trimmed)
- 2 cups Egg Whites
- 2 Tomato (sliced)
- 1 tsp Dried Basil
- 1/4 tsp Sea Salt (to taste)

Nutrition

Amount per serving	
Calories	172
Fat	1g
Carbs	11g
Fiber	4g
Sugar	4g
Protein	31g
Cholesterol	0mg
Sodium	752mg
Vitamin A	2676IU
Vitamin C	25mg
Calcium	80mg
Iron	4mg

Directions

- 1 In a large non-stick pan, heat 1/3 of the water over medium heat. Cook the asparagus until fork tender, about three minutes. Drain any excess water and set aside.
- 2 Add the remaining water to the same pan and bring to a simmer over medium to medium-high heat. Add the egg whites and move them around with a spatula continuously until fluffy and cooked through, about three minutes.
- 3 Add the eggs to a plate with the remaining ingredients. Season with dried basil and salt. Enjoy!

Notes

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

More Flavor: Add a splash of balsamic vinegar.

Additional Toppings: Add toast, avocado, cheese, or sauerkraut.

Make it Vegan: Use tofu instead of egg whites.

No Non-Stick Pan: Use your choice of oil as needed.



Egyptian Fava Beans with Tahini

2 servings**15 minutes**

Ingredients

2 cups Fava Beans (cooked, with liquid)
2 tbsps Tahini
1/3 tsp Cumin
1 tsp Apple Cider Vinegar
1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	278
Fat	9g
Carbs	37g
Fiber	11g
Sugar	3g
Protein	16g
Cholesterol	0mg
Sodium	223mg
Vitamin A	40IU
Vitamin C	1mg
Calcium	129mg
Iron	4mg

Directions

- 1 Combine all ingredients in a saucepan over medium-high heat. Cook for 5 to 8 minutes, stirring occasionally until thick and saucy.
- 2 Mash half of the fava beans for a thicker consistency (optional). Adjust salt to taste.
- 3 Divide into bowls and enjoy!

Notes

Serve It With: Warm pita, bread, crackers, yogurt, fried or scrambled eggs, parsley, cilantro and/or pomegranate seeds.

No Apple Cider Vinegar: Use lemon juice instead.

Serving Size: One serving is equal to approximately one cup.

Storage: Refrigerate in an airtight container up to 3 to 5 days.



Turkey & Spinach Wrap

3 servings

5 minutes

Ingredients

3 tbsps Dijon Mustard
3 Whole Wheat Tortilla (large)
6 cups Baby Spinach
285 grams Sliced Turkey Breast
1 1/2 Cucumber (medium, sliced)

Nutrition

Amount per serving	
Calories	279
Fat	8g
Carbs	29g
Fiber	6g
Sugar	5g
Protein	21g
Cholesterol	47mg
Sodium	1321mg
Vitamin A	5786IU
Vitamin C	21mg
Calcium	197mg
Iron	4mg

Directions

- 1 Spread the mustard in the center of the tortilla. Place the spinach, turkey, and cucumber on top. Fold or roll the tortilla around the filling and enjoy!

Notes

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

Gluten-Free: Use a gluten-free tortilla.

Additional Toppings: Add cheese, tomatoes, avocado, bell peppers, sliced olives, or sliced red onion.



Peach Cherry Smoothie

4 servings

5 minutes

Ingredients

4 cups Unsweetened Almond Milk
4 Peach (medium, pitted)
2 cups Cherries (pitted)
1/4 cup Chia Seeds
1 cup Vanilla Protein Powder

Nutrition

Amount per serving	
Calories	278
Fat	7g
Carbs	34g
Fiber	10g
Sugar	22g
Protein	24g
Cholesterol	4mg
Sodium	200mg
Vitamin A	1037IU
Vitamin C	15mg
Calcium	661mg
Iron	2mg

Directions

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

Notes

Leftovers: Best enjoyed immediately.

No Almond Milk: Use cow's milk or any other milk alternative.

More Fiber: Add spinach, kale, or ground flax.

No Fresh Peaches or Cherries: Use frozen instead.



Tofu Scramble with Lentils & Spinach

1 serving
15 minutes

Ingredients

- 3/4 tsp Extra Virgin Olive Oil
- 1 stalk Green Onion (chopped)
- 1 Garlic (clove, minced)
- 198 grams Tofu (crumbled)
- 1 1/2 tsps Nutritional Yeast
- 1/2 tsp Turmeric
- 1/4 tsp Cumin
- Sea Salt & Black Pepper (to taste)
- 1 cup Lentils (cooked)
- 1 cup 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.



Pomelo & Cottage Cheese

3 servings

5 minutes

Ingredients

3 cups Pomelo (peeled, pink or white)
3 cups Cottage Cheese

Nutrition

Amount per serving	
Calories	278
Fat	9g
Carbs	25g
Fiber	2g
Sugar	6g
Protein	25g
Cholesterol	36mg
Sodium	663mg
Vitamin A	309IU
Vitamin C	116mg
Calcium	182mg
Iron	0mg

Directions

- 1 Add the pomelo and cottage cheese to a bowl. Enjoy!

Notes

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

More Flavor: Top with cinnamon.



Hot Chocolate Smoothie

6 servings

5 minutes

Ingredients

6 cups Unsweetened Almond Milk
3 cups Frozen Cauliflower
3 Bananas
1 1/2 cups Chocolate Protein Powder
3/4 cup Cocoa Powder
1/3 cup Chia Seeds
3/4 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.



Jerk Chicken & Rice with Pineapple Salsa

2 servings**50 minutes**

Ingredients

- 2 tbsps Lime Juice (divided)
- 1 tbsp Avocado Oil
- 1 1/2 tbsps Coconut Aminos
- 1 tbsp Raw Honey
- 2 tsps Jerk Seasoning
- 1/2 tsp Sea Salt (divided)
- 340 grams Chicken Breast
- 1/2 cup Basmati Rice (dry)
- 1 cup Pineapple (finely diced)
- 1/4 cup Red Onion (finely diced)
- 1 Jalapeno Pepper (finely diced)
- 1/2 Yellow Bell Pepper (finely diced)
- 1/4 cup Cilantro (finely chopped)

Nutrition

Amount per serving	
Calories	565
Fat	12g
Carbs	70g
Fiber	3g
Sugar	20g
Protein	43g
Cholesterol	124mg
Sodium	1033mg
Vitamin A	610IU
Vitamin C	140mg
Calcium	33mg
Iron	1mg

Directions

- 1 Add half of the lime juice, oil, coconut aminos, honey, jerk seasoning, and half of the sea salt in a small bowl. Whisk to combine. Place the chicken breasts in a zipper-lock bag and cover them with marinade. Close and shake to cover thoroughly. Marinate for at least 15 minutes.
- 2 Meanwhile, cook the rice according to the package directions.
- 3 In a bowl, combine the pineapple, red onion, jalapeño, bell pepper, cilantro, remaining salt, and remaining lime juice. Stir well to combine and set aside.
- 4 Warm a skillet over medium heat. Add the chicken and all of the marinade. Cover with a lid and allow to cook for 15 minutes on each side or until cooked through. Scoop the sauce onto the chicken a few times as it cooks.
- 5 Slice and serve the chicken with the rice and pineapple salsa. Enjoy!

Notes

Leftovers: Salsa and rice can be refrigerated for up to five days in an airtight container. Refrigerate chicken in an airtight container for up to three days.

Make it Vegan: Use tofu in place of chicken.



Sun Dried Tomato & Salmon Pasta

2 servings

15 minutes

Ingredients

139 grams Chickpea Pasta (dry)
1 tbsp Extra Virgin Olive Oil (divided)
227 grams Salmon Fillet
1 1/2 Garlic (clove, minced)
1/4 Yellow Onion (medium, diced)
1/3 cup Sun Dried Tomatoes (drained, chopped)
1/4 tsp Italian Seasoning
1/4 cup Chicken Broth
1/4 cup Plain Greek Yogurt
Sea Salt & Black Pepper (to taste)
1 1/2 tsps Basil Leaves (chopped)

Nutrition

Amount per serving	
Calories	499
Fat	17g
Carbs	48g
Fiber	11g
Sugar	12g
Protein	47g
Cholesterol	63mg
Sodium	306mg
Vitamin A	464IU
Vitamin C	7mg
Calcium	144mg
Iron	9mg

Directions

- 1 Cook the pasta according to the package directions. Drain and set aside.
- 2 Heat half of the oil in a pan over medium-high heat. Cook the salmon for three minutes per side. Remove from the pan.
- 3 Add the remaining oil to the pan. Add the garlic, onions, sun dried tomatoes, and Italian seasoning and cook for three to five minutes, or until the onions become translucent.
- 4 Add the chicken broth and stir, cooking over medium-low heat for three to five minutes. Remove from heat.
- 5 Whisk in the yogurt until combined. Add the pasta, sea salt, and pepper. Stir to combine. Break the salmon into larger pieces and add it back to the pan. Stir again until everything is combined. Top with basil, divide evenly between plates, 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 coconut milk instead of yogurt.



Crispy Haddock Burger

2 servings**25 minutes**

Ingredients

2 Haddock Fillet
Sea Salt & Black Pepper (to taste)
1 Egg
1/2 cup Bread Crumbs
2 grams Avocado Oil Spray
60 grams Tartar Sauce (divided)
2/3 cup Coleslaw Mix
113 grams Whole Wheat Bun

Nutrition

Amount per serving	
Calories	496
Fat	12g
Carbs	51g
Fiber	5g
Sugar	7g
Protein	45g
Cholesterol	199mg
Sodium	1111mg
Vitamin A	1294IU
Vitamin C	13mg
Calcium	148mg
Iron	3mg

Directions

- 1 Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
- 2 Season the fish with salt and pepper. In two separate bowls add the egg(s) and bread crumbs. Whisk the egg(s) with a fork.
- 3 Coat the fish first with bread crumbs, then dip in the egg. Lastly, coat with bread crumbs once more. Spray the fish with cooking spray and place it onto the baking sheet. Bake in the oven for about 15 minutes or until cooked through.
- 4 Meanwhile, mix half of the tartar sauce with coleslaw. Spread the rest of the sauce on the bottom buns. Top with crispy fish, coleslaw, and the top bun. Enjoy!

Notes

Leftovers: Refrigerate all parts separately for up to three days. Assemble just before eating.

Serving Size: One serving is equal to one assembled fish burger.

More Flavor: Add lemon juice and/or hot sauce.

Additional Toppings: Add lettuce.

Fillet Size: One haddock fillet is equal to 150 grams or 5.3 ounces.

Whole Wheat Buns: One bun is equal to approximately 57 grams or two ounces.

Avocado Oil Spray: One gram (or 1/16 oz) of avocado oil spray is equal to a one-second spray.



Chili Lime Baked Cod with Rice

2 servings

35 minutes

Ingredients

- 1/2 cup Brown Rice
- 1 tbsp Avocado Oil
- 1 tbsp Maple Syrup
- 1/2 Lime (juiced, plus additional slices for garnish)
- 1/2 tsp Chili Powder
- 1/8 tsp Sea Salt
- 1/8 tsp Cayenne Pepper
- 1/8 tsp Cumin
- 2 Cod Fillet

Nutrition

Amount per serving	
Calories	453
Fat	10g
Carbs	43g
Fiber	2g
Sugar	7g
Protein	45g
Cholesterol	99mg
Sodium	295mg
Vitamin A	344IU
Vitamin C	6mg
Calcium	56mg
Iron	2mg

Directions

- 1 Cook the rice according to package directions.
- 2 In a zipper-lock bag or shallow bowl, combine the oil, maple syrup, lime juice, chili powder, salt, cayenne pepper and cumin. Mix to combine then add the cod fillets. Gently massage the sauce into the fillets and let it marinate for at least 15 minutes or up to an hour.
- 3 Meanwhile, preheat the oven to 400°F (204°C).
- 4 Transfer the fillets and the marinade to a baking dish. Bake for 12 to 15 minutes or until the fish is cooked through and flakes easily.
- 5 Divide the rice between plates. Top with the cod and any excess sauce from the baking dish. Serve with extra lime wedges, if using. Enjoy!

Notes

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

Fillet Size: One fillet is equal to 231 grams or 8 ounces.

More Flavor: Add garlic or smoked paprika to the marinade.

Additional Toppings: Top with cilantro or red pepper flakes.

No Maple Syrup: Use honey instead.

No Brown Rice: Use quinoa or cauliflower rice instead.

Juicy Fillets: Cooking time will vary depending on the thickness of the fillets. To ensure a moist fillet, spoon some of the excess marinade from the bottom of the baking dish over the fish at about halfway through cooking.



Mushroom & Beef Chickpea Pasta

2 servings
30 minutes

Ingredients

- 170 grams Chickpea Pasta (dry)
- 1 cup Vegetable Broth (divided)
- 113 grams Extra Lean Ground Beef
- 1 Yellow Onion (chopped finely)
- 2 cups Mushrooms (sliced)
- 4 Garlic (minced)
- 2 tbsps Tamari
- 2 tsps Thyme (fresh)
- 1/3 cup Plain Greek Yogurt
- 1/4 cup Parsley (chopped)

Nutrition

Amount per serving	
Calories	489
Fat	12g
Carbs	63g
Fiber	15g
Sugar	16g
Protein	43g
Cholesterol	43mg
Sodium	1498mg
Vitamin A	1184IU
Vitamin C	19mg
Calcium	215mg
Iron	13mg

Directions

- 1 Cook the pasta according to the package directions.
- 2 Heat 1/4 of the broth in a large skillet over medium-high heat. Add the beef and onions breaking up the meat as it cooks. Cook for three minutes. Add the mushrooms and cook for five to seven minutes or until the mushrooms are just tender and the meat is cooked through. Add the garlic and cook for one more minute.
- 3 Add the remaining broth, tamari, thyme, and yogurt. Stir and continue cooking for another two minutes.
- 4 Add the cooked pasta and the parsley to the pan. Toss gently to coat. Divide evenly between plates and enjoy!

Notes

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

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

More Flavor: Add leafy greens like spinach or kale.

Additional Toppings: Top with parmesan cheese.



Tuna Avocado Sandwich

2 servings

10 minutes

Ingredients

2 cans Tuna
Sea Salt & Black Pepper (to taste)
2 stalks Celery (finely chopped)
1/4 cup Red Onion (finely chopped)
1 Avocado (medium)
200 grams Sourdough Bread (toasted)

Nutrition

Amount per serving	
Calories	566
Fat	16g
Carbs	60g
Fiber	10g
Sugar	2g
Protein	44g
Cholesterol	59mg
Sodium	928mg
Vitamin A	421IU
Vitamin C	15mg
Calcium	61mg
Iron	6mg

Directions

- 1 In a small bowl add the tuna, salt and pepper, celery, and red onion. Mix together until well combined. Add the avocado and mash into the tuna mixture.
- 2 Scoop the tuna on top of one of the slices of bread and place the other slice on top. Slice and enjoy!

Notes

Leftovers: Refrigerate the tuna in an airtight container for up to three days. For best results, mix with the avocado and serve it on the bread just before enjoying.

Gluten-Free: Use gluten-free bread instead.

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

No Red Onion: Use chives or green onions instead.

No Avocado: Use mayonnaise or Greek yogurt instead.

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



Chicken & Kale Skillet with Chickpea Pasta

1 serving
20 minutes

Ingredients

71 grams Chickpea Pasta (dry)
1 1/2 tsps Extra Virgin Olive Oil
142 grams Chicken Breast (skinless, boneless, cut into strips)
Sea Salt & Black Pepper (to taste)
4 cups Kale Leaves (stems removed and leaves chopped)
2 tsps Water
3/4 tsp Lemon Juice
3/4 tsp 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.