







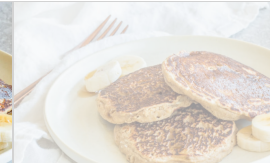








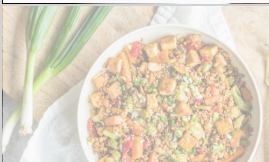

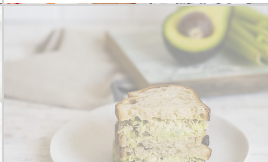
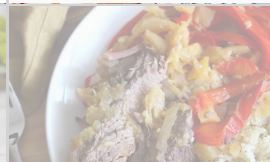
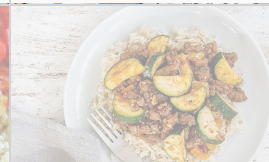







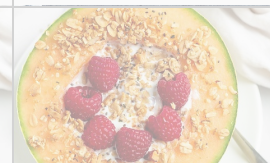


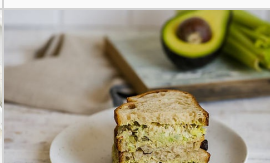



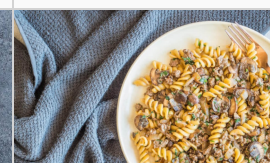























**EXERCISE**  
*with Style*

2100 Calorie Meal Plan  
50/30/20 PDF

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Strawberry Protein Sheet Pan Pancakes	 Strawberry Protein Sheet Pan Pancakes	 Strawberry Protein Sheet Pan Pancakes	 Creamy Vanilla Blueberry Protein Oatmeal	 Creamy Vanilla Blueberry Protein Oatmeal	 Banana Oat Protein Pancakes	 Banana Oat Protein Pancakes
Snack 1	 Banana Cinnamon Smoothie	 Banana Cinnamon Smoothie	 Banana Cinnamon Smoothie	 1.5 Yogurt & Pomegranate	 1.5 Yogurt & Pomegranate	 1.5 Yogurt & Pomegranate	 1.5 Yogurt & Pomegranate
Lunch	 Spicy Black Bean & Lentil Salad	 Tofu & Lentil Stir Fry with Veggies	 Pressure Cooker Pork Ramen	 Tuna Avocado Sandwich	 Slow Cooker Hawaiian Beef	 Beef & Veggie Skillet	 Maple Ginger Stir Fry Bowl with Rice
Snack 2	 Yogurt Overnight Oats	 0.5 Yogurt Overnight Oats	 0.5 Yogurt Overnight Oats	 Melon Breakfast Bowls	 Melon Breakfast Bowls	 Melon Breakfast Bowls	 Melon Breakfast Bowls
Dinner	 Tofu & Lentil Stir Fry with Veggies	 Pressure Cooker Pork Ramen	 Tuna Avocado Sandwich	 Slow Cooker Hawaiian Beef	 Beef & Veggie Skillet	 Maple Ginger Stir Fry Bowl with Rice	 Mushroom & Beef Chickpea Pasta

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  21%	Fat  22%	Fat  23%	Fat  23%	Fat  23%	Fat  22%	Fat  21%
Carbs  54%	Carbs  51%	Carbs  48%	Carbs  46%	Carbs  48%	Carbs  49%	Carbs  48%
Protein  25%	Protein  27%	Protein  29%	Protein  31%	Protein  29%	Protein  29%	Protein  31%
Calories 2194	Calories 2191	Calories 2148	Calories 2130	Calories 2088	Calories 2213	Calories 2178
Fat 52g	Fat 55g	Fat 55g	Fat 55g	Fat 54g	Fat 55g	Fat 52g
Carbs 303g	Carbs 284g	Carbs 260g	Carbs 249g	Carbs 256g	Carbs 276g	Carbs 272g
Fiber 89g	Fiber 56g	Fiber 36g	Fiber 36g	Fiber 32g	Fiber 34g	Fiber 43g
Sugar 75g	Sugar 70g	Sugar 54g	Sugar 90g	Sugar 94g	Sugar 92g	Sugar 102g
Protein 142g	Protein 152g	Protein 160g	Protein 167g	Protein 154g	Protein 160g	Protein 172g
Cholesterol 156mg	Cholesterol 427mg	Cholesterol 486mg	Cholesterol 233mg	Cholesterol 248mg	Cholesterol 250mg	Cholesterol 219mg
Sodium 1444mg	Sodium 4183mg	Sodium 4703mg	Sodium 2029mg	Sodium 1724mg	Sodium 1851mg	Sodium 2726mg
Vitamin A 24554IU	Vitamin A 17957IU	Vitamin A 2317IU	Vitamin A 16370IU	Vitamin A 16305IU	Vitamin A 22829IU	Vitamin A 23657IU
Vitamin C 289mg	Vitamin C 92mg	Vitamin C 92mg	Vitamin C 320mg	Vitamin C 404mg	Vitamin C 272mg	Vitamin C 192mg
Calcium 1688mg	Calcium 1442mg	Calcium 1013mg	Calcium 1766mg	Calcium 1776mg	Calcium 1728mg	Calcium 1872mg
Iron 29mg	Iron 20mg	Iron 15mg	Iron 18mg	Iron 18mg	Iron 16mg	Iron 23mg

**Fruits**

- 1 Avocado
- 4 Banana
- 1/2 cup Blackberries
- 1 cup Blueberries
- 2 Cantaloupe
- 1/2 Lime
- 3 cups Pomegranate Seeds
- 2 1/2 cups Raspberries
- 2 cups Strawberries

**Breakfast**

- 1/2 cup Granola
- 2 2/3 tbsps Maple Syrup

**Seeds, Nuts & Spices**

- 3 tbsps Chia Seeds
- 3/4 tsp Cinnamon
- 1/2 tsp Cumin
- 1/2 tsp Garlic Powder
- 1/4 cup Ground Flax Seed
- 2 tbsps Pumpkin Seeds
- 1/3 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tbsp Sesame Seeds
- 1 tbsp Taco Seasoning

**Frozen**

- 4 cups Frozen Vegetable Mix
- 6 Ice Cubes

**Vegetables**

- 1 cup Baby Spinach
- 2 Carrot
- 2 stalks Celery
- 1/4 cup Cilantro
- 5 Garlic
- 2 tsps Ginger
- 4 stalks Green Onion
- 1 Jalapeno Pepper
- 1 cup Mushrooms
- 2 tbsps Parsley
- 2 1/2 Red Bell Pepper
- 1/2 cup Red Onion
- 3/4 cup Shiitake Mushrooms
- 1 cup Snap Peas
- 1 tsp Thyme
- 1/2 Yellow Bell Pepper
- 1 Yellow Onion
- 3/4 Zucchini

**Boxed & Canned**

- 1 cup Black Beans
- 1 1/4 cups Brown Rice
- 2 cups Chicken Broth
- 85 grams Chickpea Pasta
- 3/4 cup Crushed Pineapple
- 184 grams Gluten-Free Ramen Noodles
- 2 1/2 cups Lentils
- 1/2 cup Quinoa
- 2 2/3 tbsps Salsa
- 2 cans Tuna
- 1/2 cup Vegetable Broth

**Baking**

- 3/4 cup All Purpose Gluten-Free Flour
- 1/2 tsp Arrowroot Powder
- 2 1/2 tsps Baking Powder
- 3/4 tsp Baking Soda
- 1 1/2 tbsps Cane Sugar
- 1 1/2 tbsps Coconut Sugar
- 2 tsps Honey

**Bread, Fish, Meat & Cheese**

- 227 grams Beef Brisket
- 283 grams Chicken Breast
- 283 grams Extra Lean Ground Beef
- 302 grams Pork Shoulder, Boneless
- 200 grams Sourdough Bread
- 227 grams Tofu

**Condiments & Oils**

- 1 tbsp Apple Cider Vinegar
- 1/2 tsp Avocado Oil
- 1/4 cup Coconut Aminos
- 1 tbsp Extra Virgin Olive Oil
- 1 1/2 tsps Fish Sauce
- 2 tbsps Rice Vinegar
- 2 tbsps Sesame Oil
- 3/4 tsp Sriracha
- 1/4 cup Tamari

**Cold**

- 1 1/2 tbsps Butter
- 2 1/2 cups Cow's Milk, Whole
- 3 1/2 Egg
- 11 1/8 cups Plain Greek Yogurt
- 1 1/4 cups Soy Milk

**Other**

- 2 1/2 cups Vanilla Protein Powder
- 5 cups Water

- 1 cup Oat Flour
- 1 1/2 cups Oats
- 1 3/4 tsps Vanilla Extract



## Strawberry Protein Sheet Pan Pancakes

3 servings  
30 minutes

### Ingredients

- 3/4 cup All Purpose Gluten-Free Flour
- 3/4 cup Vanilla Protein Powder
- 1 1/2 tbsps Cane Sugar
- 1 1/2 tps Baking Powder
- 3/4 tsp Baking Soda
- 1/8 tsp Sea Salt
- 1 1/2 Egg
- 1 1/2 tbsps Butter (melted)
- 3/4 tsp Vanilla Extract
- 2 1/16 cups Cow's Milk, Whole
- 2 cups Strawberries (thinly sliced)

### Nutrition

Amount per serving	
Calories	473
Fat	14g
Carbs	56g
Fiber	9g
Sugar	19g
Protein	30g
Cholesterol	129mg
Sodium	853mg
Vitamin A	595IU
Vitamin C	53mg
Calcium	469mg
Iron	2mg

### Directions

- 1 Preheat the oven to 400°F (205°C). Line a deep baking pan or jelly pan with parchment paper.
- 2 In a large bowl, combine the flour, protein powder, sugar, baking powder, baking soda, and salt. Mix well to combine.
- 3 In a medium-sized bowl, whisk together the eggs, butter, vanilla, and milk.
- 4 Slowly pour the wet ingredients into the dry, whisking as you go until well combined and a thick yet pourable batter has formed.
- 5 Pour the batter onto the pan and spread out evenly with a spatula. Add the strawberries on top.
- 6 Bake in the oven for 20 minutes, until the batter has risen and is starting to brown. Slice, serve, and enjoy!

### Notes

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

**Serving Size:** A 10 x 15-inch baking pan with deep sides was used to make four servings. One serving is equal to approximately two pancakes.

**Make it Vegan:** Use flax eggs instead of eggs, coconut oil instead of butter, and any milk alternative.

**Additional Toppings:** Maple syrup, whipped cream, or yogurt.

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



## Creamy Vanilla Blueberry Protein Oatmeal

2 servings  
15 minutes

### Ingredients

- 1 cup Oats (rolled)
- 1/4 cup Vanilla Protein Powder
- 2 cups Plain Greek Yogurt
- 1 cup Blueberries
- 2 tbsps Pumpkin Seeds
- 2 tsps Honey

### Nutrition

Amount per serving	
Calories	484
Fat	12g
Carbs	57g
Fiber	7g
Sugar	19g
Protein	40g
Cholesterol	36mg
Sodium	163mg
Vitamin A	1291IU
Vitamin C	22mg
Calcium	586mg
Iron	3mg

### Directions

- 1 Cook the oats according to the package directions.  
;
- 2 Stir the protein powder into the yogurt.  
;
- 3 Place the oatmeal in a bowl. Top with blueberries, yogurt, and pumpkin seeds. Drizzle with honey and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately. Refrigerate in an airtight container for up to three days, keeping the yogurt separate.

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

**Additional Toppings:** Cinnamon, chia seeds, ground flax seeds, shredded coconut.



## Banana Oat Protein Pancakes

2 servings  
15 minutes

### Ingredients

- 1 cup Oat Flour
- 2/3 cup Vanilla Protein Powder
- 1 tsp Baking Powder
- 1 tbsp Ground Flax Seed
- 1/8 tsp Sea Salt
- 1 Banana (medium, mashed)
- 1 1/4 cups Soy Milk
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 tbsp Maple Syrup (optional)

### Nutrition

Amount per serving	
Calories	549
Fat	12g
Carbs	71g
Fiber	10g
Sugar	19g
Protein	41g
Cholesterol	5mg
Sodium	515mg
Vitamin A	38IU
Vitamin C	5mg
Calcium	523mg
Iron	4mg

### Directions

- 1 In a mixing bowl, combine the flour, protein powder, baking powder, flax seed, and salt.
- 2 Add the mashed banana and milk to the bowl. Stir until well combined.
- 3 Heat a large non-stick skillet over medium heat and lightly grease with oil. Scoop 1/4 cup of batter at a time into the pan and cook until bubbles start to form. Flip and cook for another one to two minutes. Repeat with the remaining batter.
- 4 Divide onto plates and top with maple syrup, if desired. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Reheat on the stove or in the toaster.

**Serving Size:** One serving is approximately three pancakes.

**Soy-Free:** Use oat milk instead.

**Additional Toppings:** Serve with berries, yogurt, and/or nut butter.





## Banana Cinnamon Smoothie

3 servings

5 minutes

### Ingredients

3/4 cup Vanilla Protein Powder  
3 tbsps Ground Flax Seed  
3 tbsps Chia Seeds  
3 Banana (frozen)  
6 Ice Cubes  
3 cups Water  
3/4 tsp Cinnamon

### Nutrition

Amount per serving	
Calories	284
Fat	7g
Carbs	36g
Fiber	10g
Sugar	14g
Protein	24g
Cholesterol	4mg
Sodium	45mg
Vitamin A	77IU
Vitamin C	10mg
Calcium	236mg
Iron	2mg

### Directions

1

Add all ingredients to blender and blend until smooth. Pour into a glasses and enjoy!

### Notes

**No Protein Powder:** Use hemp seeds with vanilla extract instead.

**Leftovers:** Store in a mason jar with a lid in the fridge up to 24 hours. Shake well before drinking.

**Make it Green:** Add spinach.



## Yogurt & Pomegranate

6 servings

5 minutes

### Ingredients

6 cups Plain Greek Yogurt  
3 cups Pomegranate Seeds

### Nutrition

Amount per serving	
Calories	241
Fat	6g
Carbs	25g
Fiber	3g
Sugar	15g
Protein	23g
Cholesterol	34mg
Sodium	140mg
Vitamin A	1250IU
Vitamin C	22mg
Calcium	509mg
Iron	1mg

### Directions

- 1 Top the yogurt with pomegranate seeds and enjoy!

### Notes

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

**Dairy-Free:** Use a dairy-free yogurt like coconut, almond, or cashew.

**Additional Toppings:** Add hemp seeds, nuts, pumpkin seeds, shredded coconut, or more fruit.



## Spicy Black Bean & Lentil Salad

1 serving  
10 minutes

### Ingredients

- 1 cup Black Beans (cooked)
- 1 cup Lentils (cooked)
- 1 Red Bell Pepper (medium, diced)
- 1 Jalapeno Pepper (diced)
- 1 cup Baby Spinach
- 1/4 cup Cilantro (chopped)
- 1/2 Lime (medium, juiced)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/2 tsp Cumin
- Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	569
Fat	9g
Carbs	92g
Fiber	34g
Sugar	10g
Protein	36g
Cholesterol	0mg
Sodium	39mg
Vitamin A	7010IU
Vitamin C	188mg
Calcium	139mg
Iron	12mg

### Directions

- 1 In a large mixing bowl, combine the black beans, lentils, red bell pepper, jalapeño pepper, spinach, and cilantro.
- 2 In a small bowl, whisk together the lime juice, oil, and cumin. Season with salt and pepper.
- 3 Pour the dressing over the salad and toss until well combined. Enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately three cups.



## Yogurt Overnight Oats

**2 servings****8 hours**

### Ingredients

1 cup Plain Greek Yogurt  
1/2 cup Cow's Milk, Whole  
2 tsp Maple Syrup  
1 tsp Vanilla Extract  
1/2 cup Oats  
1/2 cup Blackberries  
1/2 cup Raspberries

### Nutrition

Amount per serving	
Calories	259
Fat	6g
Carbs	35g
Fiber	6g
Sugar	14g
Protein	16g
Cholesterol	23mg
Sodium	99mg
Vitamin A	811IU
Vitamin C	23mg
Calcium	354mg
Iron	2mg

### Directions

- 1 In a bowl, combine the yogurt, milk, maple syrup, and vanilla extract. Stir in the oats.
- 2 Divide evenly between jars and top with blackberries and raspberries. Refrigerate overnight or for at least eight hours. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately one cup.

**Make it Vegan:** Use plant-based yogurt and milk of choice.

**Additional Toppings:** Top with cinnamon, coconut flakes, nut butter, nuts and seeds.



## Melon Breakfast Bowls

4 servings  
10 minutes

### Ingredients

- 2 Cantaloupe (small)
- 2 cups Plain Greek Yogurt
- 2 cups Raspberries
- 1/2 cup Granola

### Nutrition

Amount per serving	
Calories	291
Fat	7g
Carbs	44g
Fiber	8g
Sugar	30g
Protein	16g
Cholesterol	17mg
Sodium	119mg
Vitamin A	9982IU
Vitamin C	125mg
Calcium	302mg
Iron	2mg

### Directions

- 1 Cut the cantaloupe in half and scoop out the seeds.
- 2 Divide the yogurt and raspberries evenly between each hollowed out cantaloupe half. Top with the granola and enjoy!

### Notes

**Dairy-Free:** Use a dairy-free yogurt such as coconut.

**Likes it Sweet:** Add a drizzle of honey or maple syrup on top.

**No Raspberries:** Use strawberries, blueberries or blackberries instead.

**No Granola:** Use nuts or seeds instead.



## Tofu & Lentil Stir Fry with Veggies

2 servings  
25 minutes

### Ingredients

- 1 tbsp Sesame Oil
- 227 grams Tofu (firm, drained, cubed)
- 4 cups Frozen Vegetable Mix
- 1 1/2 cups Lentils (rinsed and drained)
- 2 tbsps Coconut Aminos
- 1 tbsp Rice Vinegar
- 1/2 tsp Garlic Powder
- Sea Salt & Black Pepper (to taste)
- 2 stalks Green Onion (chopped)
- 1 tbsp Sesame Seeds (toasted)

### Nutrition

Amount per serving	
Calories	609
Fat	16g
Carbs	84g
Fiber	30g
Sugar	18g
Protein	36g
Cholesterol	0mg
Sodium	408mg
Vitamin A	16061IU
Vitamin C	15mg
Calcium	490mg
Iron	11mg

### Directions

- 1 In a large skillet or wok, heat the sesame oil over medium-high heat.
- 2 Add the tofu and cook until browned on all sides, about five minutes.
- 3 Add the mixed vegetables to the skillet and stir fry for another five minutes, or until the vegetables are tender-crisp. Add the lentils and continue cooking for one more minute.
- 4 In a small bowl, whisk together the coconut aminos, rice vinegar, and garlic powder. Season with salt and pepper.
- 5 Pour the sauce over the stir fry and toss until well combined. Top with green onions and sesame seeds and enjoy!

### Notes

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

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

**More Flavor:** Serve with noodles. Use fresh vegetables.

**No Coconut Aminos:** Use soy sauce or tamari.



## Pressure Cooker Pork Ramen

2 servings  
1 hour 20 minutes

### Ingredients

302 grams Pork Shoulder, Boneless (cut into large chunks)  
2 cups Chicken Broth  
1/2 cup Water  
2 Egg  
184 grams Gluten-Free Ramen Noodles (dry)  
1 1/2 tps Fish Sauce  
2 2/3 tbsps Tamari (divided)  
3/4 tsp Sriracha  
1 tbsp Rice Vinegar  
3/4 cup Shiitake Mushrooms (stem removed, sliced)  
1 1/2 tbsps Coconut Sugar  
2 stalks Green Onion (sliced)

### Nutrition

Amount per serving	
Calories	695
Fat	15g
Carbs	90g
Fiber	4g
Sugar	12g
Protein	54g
Cholesterol	282mg
Sodium	2827mg
Vitamin A	818IU
Vitamin C	2mg
Calcium	70mg
Iron	4mg

### Directions

- 1 Place the pork, chicken broth, and water in your pressure cooker. Put the lid on and set to "sealing" then press manual/pressure cooker and cook for 45 minutes on high pressure. Once finished, let it release naturally for 15 minutes and then do a quick release. Remove the pork, leaving the broth inside, and place the pork in a bowl. Shred it with two forks and set aside.
- 2 Meanwhile, bring a pot of water to a boil. Once boiling, reduce the heat slightly and add the eggs. Cook for 7 minutes for a soft boiled egg. Once the eggs are done, add them to a bowl of ice water. Once cooled, peel the shell and slice down the middle.
- 3 Cook the noodles according to the directions on the package and set aside.
- 4 Pour the fish sauce, 3/4 of the tamari, sriracha, rice vinegar, and mushrooms into the pressure cooker. Bring to a simmer using the "sauté" mode. Let it simmer for ten minutes, then turn off.
- 5 Meanwhile, line a baking sheet with parchment paper and add the pork on top. Pour the remaining tamari and coconut sugar and toss to combine. Broil for five minutes, until browned and charred.
- 6 Ladle the broth and mushrooms into bowls and add the noodles. Top with the crispy pork, soft boiled egg, and green onions. Enjoy!

### Notes

**Leftovers:** Store noodles and broth separately in the fridge for up to two days.

**Serving Size:** One serving is about two cups of ramen.

**Additional Toppings:** Top with sesame seeds.



## 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.





## Slow Cooker Hawaiian Beef

2 servings

6 hours

### Ingredients

227 grams Beef Brisket  
1 1/2 Red Bell Pepper (sliced)  
3/4 cup Crushed Pineapple (canned,  
packed in pineapple juice)  
1/4 cup Red Onion (finely diced)  
1 tbsp Apple Cider Vinegar  
1 tbsp Tamari  
1 Garlic (cloves, minced)  
Sea Salt & Black Pepper (to taste)  
1 cup Water  
1/2 cup Quinoa (dry)

### Nutrition

Amount per serving	
Calories	427
Fat	11g
Carbs	50g
Fiber	6g
Sugar	16g
Protein	32g
Cholesterol	70mg
Sodium	609mg
Vitamin A	2801IU
Vitamin C	125mg
Calcium	53mg
Iron	5mg

### Directions

- 1 Place beef in the slow cooker surrounded by sliced red peppers.
- 2 Drain the juice from the pineapple into a small bowl. Pour the pineapple on top of the beef and sprinkle red onion over top.
- 3 Mix the pineapple juice with the apple cider vinegar, tamari, garlic, sea salt and pepper. Whisk and pour over the beef and peppers.
- 4 Slow cook on high for 3-4 hours, or low for 6-8 hours.
- 5 Before serving, make the quinoa by bringing the water to a boil. Add the quinoa, reduce to a simmer, cover and cook for 15 minutes. Remove from the heat and let stand for 5 minutes before fluffing with a fork.
- 6 To serve, divide quinoa and red peppers between plates. Top with shredded beef. Enjoy!

### Notes

**Make it Paleo:** Replace the tamari with coconut aminos. Skip the quinoa and serve with roasted sweet potatoes instead.

**Storage:** Store in an airtight container in the fridge up to 3 days.

**Save Time:** Cook the quinoa in advance and reheat before serving.



## Beef & Veggie Skillet

2 servings

20 minutes

### Ingredients

3/4 cup Brown Rice  
1/2 tsp Avocado Oil  
1/2 Yellow Onion (chopped, medium size)  
227 grams Extra Lean Ground Beef  
1 tbsp Taco Seasoning  
1 Garlic (clove, minced)  
3/4 Zucchini (medium, chopped)  
1/2 Yellow Bell Pepper (chopped)  
2 2/3 tsps Salsa  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	524
Fat	15g
Carbs	67g
Fiber	6g
Sugar	6g
Protein	31g
Cholesterol	74mg
Sodium	623mg
Vitamin A	356IU
Vitamin C	99mg
Calcium	71mg
Iron	6mg

### Directions

- 1 Cook the rice according to the package directions.
- 2 Heat a pan over medium heat. Drizzle in the oil and add the onion and sauté for about four to five minutes, until fragrant and softened. Add the beef, taco seasoning, and garlic and cook for six to eight minutes, breaking it up as it cooks. Drain extra fat if needed.
- 3 Add the zucchini, pepper, and salsa to the pan and cook, stirring occasionally until the zucchini is just softened, about ten minutes. Divide into bowls and enjoy!

### Notes

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

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

**Additional Toppings:** Top with cilantro.

**Make it Vegan:** Use extra firm tofu instead of ground beef.



## Maple Ginger Stir Fry Bowl with Rice

2 servings  
30 minutes

### Ingredients

- 1/2 cup Brown Rice
- 283 grams Chicken Breast (cut into small cubes)
- 1 tbsp Sesame Oil (divided)
- 2 Carrot (medium, peeled, and sliced thin)
- 1 cup Snap Peas (trimmed and chopped)
- 1/3 cup Water (divided)
- 2 tbsps Coconut Aminos
- 2 tsps Ginger (fresh, grated or minced)
- 1 tbsp Maple Syrup
- 1 Garlic (clove, minced)
- 1/2 tsp Arrowroot Powder

### Nutrition

Amount per serving	
Calories	487
Fat	12g
Carbs	56g
Fiber	5g
Sugar	14g
Protein	37g
Cholesterol	103mg
Sodium	384mg
Vitamin A	10578IU
Vitamin C	10mg
Calcium	68mg
Iron	2mg

### Directions

- 1 Cook the rice according to package directions.
- 2 Meanwhile, heat half of the sesame oil in a pan over medium heat. Add the chicken and cook for five to seven minutes or until cooked through. Transfer to a plate.
- 3 Add the carrots and snap peas to the pan. Stir to combine with any remaining juices in the pan then add two-thirds of the water and cover with a lid. Steam the vegetables for four to five minutes or until just tender.
- 4 Meanwhile, in a small bowl combine the coconut aminos, ginger, maple syrup, garlic, arrowroot powder, and the remaining sesame oil and water and mix well.
- 5 Add the chicken back to the pan with vegetables then pour in the ginger sauce. Cook for one to two minutes or until the sauce begins to bubble and thicken and the chicken warms through.
- 6 Divide the rice and chicken stir fry between bowls or meal prep containers. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately 1 1/2 cups stir fry and 3/4 cup rice.

**Additional Toppings:** Hot sauce, red pepper flakes, sesame seeds, chopped cashews, or green onion.

**Veggies:** Use broccoli, cauliflower, bell pepper, or mushrooms instead.

**No Coconut Aminos:** Use soy sauce or tamari instead.

**No Chicken Breast:** Use chicken thighs or pork instead.



## Mushroom & Beef Chickpea Pasta

1 serving  
30 minutes

### Ingredients

- 85 grams Chickpea Pasta (dry)
- 1/2 cup Vegetable Broth (divided)
- 57 grams Extra Lean Ground Beef
- 1/2 Yellow Onion (chopped finely)
- 1 cup Mushrooms (sliced)
- 2 Garlic (minced)
- 1 tbsp Tamari
- 1 tsp Thyme (fresh)
- 3 tbsps Plain Greek Yogurt
- 2 tbsps 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.