






















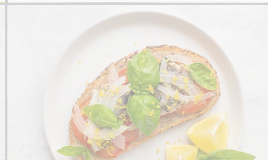







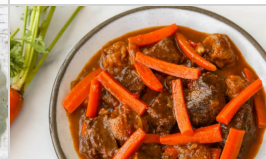

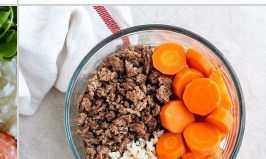


























EXERCISE
with Style

28 Day Balanced Flat Stomach
Big Booty Meal Plan PDF (fat
loss)(week 2)

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Peach Cherry Smoothie	 Peach Cherry Smoothie	 Peach Cherry Smoothie	 Soba Breakfast Bowl	 Soba Breakfast Bowl	 Turmeric Quinoa Breakfast Bowls	 Turmeric Quinoa Breakfast Bowls
Snack 1	 Cottage Cheese Crackers with Cucumbers	 Cottage Cheese Crackers with Cucumbers	 Cottage Cheese Crackers with Cucumbers	 Creamy Mango Pudding	 Creamy Mango Pudding	 Creamy Mango Pudding	 Creamy Mango Pudding
Lunch	 Easy Chicken Fajitas	 Pineapple Chicken Tacos	 Rice, Beef & Spinach	 Grilled Mahi Mahi Tacos	 Persian Carrot & Beef Stew	 Salmon, Rice & Arugula	 Beef, Rice & Carrots
Snack 2	 Sardine Toast with Tomato & Onion	 Sardine Toast with Tomato & Onion	 Sardine Toast with Tomato & Onion	 Lemon & Chili Pepper Sardine Toast	 Lemon & Chili Pepper Sardine Toast	 Lemon & Chili Pepper Sardine Toast	 Lemon & Chili Pepper Sardine Toast
Dinner	 Pineapple Chicken Tacos	 Rice, Beef & Spinach	 Grilled Mahi Mahi Tacos	 Persian Carrot & Beef Stew	 Salmon, Rice & Arugula	 Beef, Rice & Carrots	 Mushroom & Edamame Stir Fry

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  25%	Fat  25%	Fat  27%	Fat  30%	Fat  28%	Fat  30%	Fat  31%
Carbs  46%	Carbs  46%	Carbs  43%	Carbs  41%	Carbs  42%	Carbs  42%	Carbs  41%
Protein  29%	Protein  29%	Protein  30%	Protein  29%	Protein  30%	Protein  28%	Protein  28%
Calories 1356	Calories 1366	Calories 1351	Calories 1342	Calories 1363	Calories 1382	Calories 1298
Fat 39g	Fat 39g	Fat 41g	Fat 43g	Fat 42g	Fat 46g	Fat 46g
Carbs 157g	Carbs 160g	Carbs 146g	Carbs 132g	Carbs 140g	Carbs 146g	Carbs 134g
Fiber 30g	Fiber 28g	Fiber 24g	Fiber 14g	Fiber 12g	Fiber 12g	Fiber 23g
Sugar 42g	Sugar 39g	Sugar 32g	Sugar 37g	Sugar 37g	Sugar 24g	Sugar 33g
Protein 101g	Protein 102g	Protein 103g	Protein 94g	Protein 99g	Protein 97g	Protein 94g
Cholesterol 196mg	Cholesterol 198mg	Cholesterol 225mg	Cholesterol 588mg	Cholesterol 557mg	Cholesterol 560mg	Cholesterol 502mg
Sodium 1572mg	Sodium 1521mg	Sodium 1431mg	Sodium 1229mg	Sodium 1409mg	Sodium 1544mg	Sodium 2243mg
Vitamin A 3420IU	Vitamin A 5413IU	Vitamin A 6756IU	Vitamin A 22118IU	Vitamin A 21193IU	Vitamin A 14656IU	Vitamin A 14997IU
Vitamin C 180mg	Vitamin C 79mg	Vitamin C 56mg	Vitamin C 179mg	Vitamin C 168mg	Vitamin C 135mg	Vitamin C 152mg
Calcium 1417mg	Calcium 1224mg	Calcium 1223mg	Calcium 922mg	Calcium 728mg	Calcium 616mg	Calcium 739mg
Iron 11mg	Iron 11mg	Iron 10mg	Iron 10mg	Iron 9mg	Iron 10mg	Iron 15mg

Fruits

- 1/2 Avocado
- 1 1/2 cups Cherries
- 1 Lemon
- 1/2 Lime
- 2 tbsps Lime Juice
- 3 Peach
- 2/3 cup Pineapple
- 3 Plum

Seeds, Nuts & Spices

- 3 tbsps Chia Seeds
- 1 tsp Chili Powder
- 1 1/4 tps Cumin
- 1/2 tsp Oregano
- 1 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tbsps Sesame Seeds
- 1/4 tsp Smoked Paprika
- 2 tps Taco Seasoning
- 1 tsp Turmeric

Frozen

- 1 cup Cauliflower Rice
- 1 cup Frozen Edamame
- 2 cups Frozen Mango

Vegetables

- 2 cups Arugula
- 2 cups Baby Spinach
- 3 tbsps Basil Leaves
- 5 1/16 Carrot
- 2 tbsps Cilantro
- 3/4 cup Coleslaw Mix
- 5 Cremini Mushrooms
- 1 1/2 Cucumber
- 4 Garlic
- 2 1/2 tps Ginger
- 1/4 Green Bell Pepper
- 2 stalks Green Onion
- 1/2 Jalapeno Pepper
- 6 1/2 cups Kale Leaves
- 4 Red Hot Chili Pepper
- 1/8 Sweet Onion
- 1 1/2 Tomato
- 1/2 White Onion
- 1/4 Yellow Bell Pepper
- 3/4 Yellow Onion

Boxed & Canned

- 1/2 cup Brown Rice
- 100 grams Buckwheat Soba Noodles
- 1 cup Jasmine Rice
- 6 slices Light Rye Crisp Bread
- 1/2 cup Quinoa
- 194 grams Sardines
- 1 tbsps Tomato Paste
- 1 tbsps Vegetable Broth

Bread, Fish, Meat & Cheese

- 269 grams Chicken Breast
- 10 Corn Tortilla
- 454 grams Extra Lean Ground Beef
- 4 slices Gluten-Free Bread
- 227 grams Mahi Mahi Fillet
- 227 grams Salmon Fillet
- 227 grams Stewing Beef
- 3 slices Whole Grain Bread

Condiments & Oils

- 1 tbsps Apple Cider Vinegar
- 2 tps Avocado Oil
- 1 1/3 tbsps Extra Virgin Olive Oil
- 2 tbsps Mayonnaise
- 1 1/2 tps Rice Vinegar
- 3/4 tsp Sesame Oil
- 2 tps Tamari

Cold

- 1 1/2 cups Cottage Cheese
- 8 Egg
- 2 cups Plain Greek Yogurt
- 3 cups Unsweetened Almond Milk

Other

- 3/4 cup Vanilla Protein Powder
- 2 1/8 cups Water



Peach Cherry Smoothie

3 servings

5 minutes

Ingredients

3 cups Unsweetened Almond Milk
3 Peach (medium, pitted)
1 1/2 cups Cherries (pitted)
3 tbsps Chia Seeds
3/4 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.



Soba Breakfast Bowl

2 servings

15 minutes

Ingredients

100 grams Buckwheat Soba Noodles
1 1/2 tsps Tamari
1 1/2 tsps Rice Vinegar
4 Egg
4 cups Kale Leaves (stems removed,
roughly chopped)
1/4 cup Water
1 tbsp Sesame Seeds (black)

Nutrition

Amount per serving	
Calories	418
Fat	13g
Carbs	40g
Fiber	3g
Sugar	1g
Protein	21g
Cholesterol	372mg
Sodium	569mg
Vitamin A	2561IU
Vitamin C	39mg
Calcium	210mg
Iron	3mg

Directions

- 1 Cook the soba noodles according to the directions on the package. Drain and rinse with cold water until completely cooled. Toss with the tamari and vinegar and set aside.
- 2 Heat a non-stick skillet over medium heat and crack the eggs in the skillet. Cook until the whites are set and the yolks are cooked to your liking. Repeat for each serving and transfer to a plate.
- 3 Gently scrape any bits and wipe down the skillet. Add the kale leaves and water over medium heat. Cook until wilted, about 3 minutes. Drain any excess liquid.
- 4 Divide the kale and soba noodles into bowls. Top with fried eggs, black sesame seeds and additional tamari, if desired. Enjoy!

Notes

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

Serving Size: One serving equals approximately one serving of soba noodles, two eggs and 1 1/2 cups of cooked kale.

Make it Vegan: Top with marinated tofu, tempeh, chickpeas or edamame instead of eggs.



Turmeric Quinoa Breakfast Bowls

2 servings
20 minutes

Ingredients

- 1/2 cup Quinoa (dry)
- 1/2 tsp Turmeric
- 1/4 tsp Sea Salt
- 1 tsp Ginger (fresh, grated or minced)
- 1 tbsp Lime Juice (divided)
- 1 tbsp Apple Cider Vinegar
- 4 Egg
- 2 cups Kale Leaves (finely chopped)
- 2 tbsps Water

Nutrition

Amount per serving	
Calories	313
Fat	12g
Carbs	30g
Fiber	4g
Sugar	1g
Protein	19g
Cholesterol	372mg
Sodium	451mg
Vitamin A	1560IU
Vitamin C	22mg
Calcium	134mg
Iron	4mg

Directions

- 1 Add the quinoa, turmeric, salt, ginger, and half of the lime juice to a pot. Cook the quinoa according to package directions. Once finished cooking, stir in the remaining lime juice.
- 2 Meanwhile, bring a second pot of water to a rolling boil and add the vinegar. Begin stirring your water with a spoon to create a whirlpool. Carefully add your eggs into the water, working in batches if needed so you don't overcrowd the pot. Cook for three to four minutes or until cooked to your liking and then use a slotted spoon to carefully remove the eggs from the water. Place them on a plate lined with a paper towel to soak up any excess liquid.
- 3 Heat a non-stick pan over medium heat. Add the kale and water and cover with a lid and steam for two to three minutes until the liquid has evaporated and the kale is tender.
- 4 To serve, divide the quinoa between bowls and top with the kale and poached eggs. Season with additional salt and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Cook eggs just before serving, or hard boil the eggs for meal prep.

More Flavor: Add garlic or red pepper flakes to the quinoa.

More Veggies: Add tomato or bell pepper.

No Apple Cider Vinegar: Use white vinegar instead.

No Kale: Use spinach or another leafy green instead.



Cottage Cheese Crackers with Cucumbers

3 servings

5 minutes

Ingredients

1 1/2 cups Cottage Cheese
6 slices Light Rye Crisp Bread
1 1/2 Cucumber (medium, sliced)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	165
Fat	5g
Carbs	20g
Fiber	5g
Sugar	5g
Protein	15g
Cholesterol	18mg
Sodium	404mg
Vitamin A	305IU
Vitamin C	4mg
Calcium	120mg
Iron	1mg

Directions

- 1 Spread the cottage cheese on top of each crisp bread. Top with cucumbers, salt, and pepper. Enjoy!

Notes

Gluten-Free: Use gluten-free crackers instead.

Additional Toppings: Add sliced tomatoes.



Creamy Mango Pudding

4 servings

5 minutes

Ingredients

2 cups Frozen Mango
2 cups Plain Greek Yogurt

Nutrition

Amount per serving	
Calories	140
Fat	3g
Carbs	18g
Fiber	1g
Sugar	14g
Protein	12g
Cholesterol	17mg
Sodium	71mg
Vitamin A	1518IU
Vitamin C	37mg
Calcium	259mg
Iron	0mg

Directions

- 1 Blend the mango and yogurt in a mini food processor or using an immersion blender until well combined. Transfer to a cup and enjoy!

Notes

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

Additional Toppings: Top with fresh fruit, crushed nuts, shredded coconut, hemp seeds, or your sweetener of choice.



Easy Chicken Fajitas

1 serving
20 minutes

Ingredients

1 1/2 tps Avocado Oil
99 grams Chicken Breast (sliced into strips)
3/4 tsp Chili Powder
1/3 tsp Cumin
1/8 tsp Sea Salt
1/4 Green Bell Pepper (sliced)
1/4 Yellow Bell Pepper (sliced)
1/4 Yellow Onion (sliced)
2 Corn Tortilla

Nutrition

Amount per serving	
Calories	359
Fat	11g
Carbs	36g
Fiber	4g
Sugar	3g
Protein	26g
Cholesterol	72mg
Sodium	401mg
Vitamin A	836IU
Vitamin C	109mg
Calcium	237mg
Iron	3mg

Directions

- 1 Heat oil in a frying pan or skillet over medium-high heat. Add chicken, chili powder, cumin and salt. Stir to combine. Let chicken cook for 8 to 10 minutes or until cooked through. Remove from pan and set aside.
- 2 To the same pan, add peppers and onions. Stir to coat. Cook for 5 minutes or until peppers are tender.
- 3 Divide chicken and peppers between tortillas. Enjoy!

Notes

Optional Toppings: Salsa, guacamole, shredded cheese, sour cream, cilantro and/or hot sauce.

Vegetarian Option: Use sliced mushrooms instead of chicken.

Grain-Free: Use lettuce wraps instead of corn tortillas.

No Chicken Breast: Use boneless, skinless chicken thighs, ground meat or sliced steak instead.

Leftovers: Store chicken and peppers in an airtight container in the fridge for up to three days. Reheat, then serve with tortillas.

Serving Size: One serving is equal to two fajitas.



Sardine Toast with Tomato & Onion

3 servings

5 minutes

Ingredients

- 3 slices Whole Grain Bread (toasted)
- 1 1/2 Tomato (small, sliced)
- 84 grams Sardines (drained, halved lengthwise)
- 1/8 Sweet Onion (medium, thinly sliced)
- 3 tbsps Basil Leaves
- 1/3 Lemon (juiced, zested)

Nutrition

Amount per serving	
Calories	185
Fat	5g
Carbs	22g
Fiber	4g
Sugar	4g
Protein	13g
Cholesterol	40mg
Sodium	268mg
Vitamin A	1001IU
Vitamin C	13mg
Calcium	161mg
Iron	2mg

Directions

- 1 Top the bread with the tomatoes, sardines, onion, basil, and lemon zest. Squeeze the lemon juice overtop and enjoy!

Notes

Leftovers: This recipe is best enjoyed immediately but can be refrigerated in an airtight container for up to two days.

Gluten-Free: Use gluten-free bread, rice cakes, or sweet potato toast instead of whole grain bread.

More Flavor: Rub garlic on the toast. Add mayonnaise or butter.

Additional Toppings: Add olive oil, salt, or pepper to taste.

No Sardines: Use tuna or mackerel instead.



Lemon & Chili Pepper Sardine Toast

4 servings
10 minutes

Ingredients

- 1 Garlic (clove)
- 4 slices Gluten-Free Bread (toasted)
- 110 grams Sardines (packed in oil, drained, halved lengthwise)
- 2 stalks Green Onion (sliced)
- 4 Red Hot Chili Pepper (sliced)
- 1/4 Lemon (juiced, zested)

Nutrition

Amount per serving	
Calories	156
Fat	6g
Carbs	17g
Fiber	2g
Sugar	5g
Protein	10g
Cholesterol	39mg
Sodium	217mg
Vitamin A	698IU
Vitamin C	67mg
Calcium	131mg
Iron	1mg

Directions

- 1 Rub the open end of the garlic clove evenly over the toast. Top each slice with the sardines, green onion, red hot chili pepper, and lemon zest. Squeeze the lemon juice over top and enjoy!

Notes

Leftovers: This recipe is best enjoyed immediately but can be refrigerated in an airtight container for up to two days.

More Flavor: Butter the toast or pan fry the bread in butter. Season with salt and pepper to taste.

No Sardines: Use tuna instead.



Pineapple Chicken Tacos

2 servings
30 minutes

Ingredients

- 170 grams Chicken Breast (boneless, skinless)
- 2/3 cup Pineapple (chopped)
- 1/2 Jalapeno Pepper (diced)
- 1/4 Yellow Onion (medium, diced)
- 2 tsps Taco Seasoning
- 1/4 cup Water
- 1/2 Avocado (medium, sliced)
- 4 Corn Tortilla (small, warmed)
- 2 tsps Cilantro
- 1/2 Lime (juiced)

Nutrition

Amount per serving	
Calories	369
Fat	11g
Carbs	45g
Fiber	7g
Sugar	8g
Protein	23g
Cholesterol	62mg
Sodium	299mg
Vitamin A	241IU
Vitamin C	39mg
Calcium	238mg
Iron	3mg

Directions

- 1 In a pot over medium heat, add the chicken breast, pineapple, jalapeño, onion, taco seasoning, and water. Bring to a simmer, cover the pot with a lid and let it simmer for about 20 minutes or until the chicken is cooked through.
- 2 Once the chicken is done, take it out and shred it with two forks. Put it back into the pot and cook for another five minutes or until the water has evaporated. Adjust the seasoning to your taste.
- 3 Divide the shredded chicken and avocado between tortillas. Top with cilantro and lime juice. Enjoy!

Notes

Leftovers: Refrigerate the chicken mixture in an airtight container for up to three days. Assemble before serving.

Serving Size: One serving is equal to two tacos.

More Flavor: Add cabbage and sauce of your choice.



Rice, Beef & Spinach

2 servings
20 minutes

Ingredients

1/2 cup Jasmine Rice
227 grams Extra Lean Ground Beef
2 cups Baby Spinach (packed)
1 1/2 tsps Tamari

Nutrition

Amount per serving	
Calories	369
Fat	11g
Carbs	39g
Fiber	2g
Sugar	0g
Protein	27g
Cholesterol	74mg
Sodium	350mg
Vitamin A	2829IU
Vitamin C	8mg
Calcium	44mg
Iron	3mg

Directions

- 1 Cook the rice according to the directions on the package.
- 2 Meanwhile, heat a large skillet over medium heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan.
- 3 Add the spinach to the beef and stir until the spinach has wilted. Add in the tamari and stir to combine.
- 4 Divide the rice between plates and top with the beef mixture. Enjoy!

Notes

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

More Flavor: Add fresh garlic or ginger to the beef with the spinach.

Additional Toppings: Hot sauce, sesame seeds, sliced green onions and/or cilantro.

No Tamari: Use soy sauce or coconut aminos instead.

No Beef: Use ground chicken, turkey or pork instead.

No Jasmine Rice: Use brown rice, quinoa or cauliflower rice instead.



Grilled Mahi Mahi Tacos

2 servings

35 minutes

Ingredients

227 grams Mahi Mahi Fillet
1/2 tsp Avocado Oil
1/4 tsp Chili Powder
1/4 tsp Smoked Paprika
1/8 tsp Cumin
Sea Salt & Black Pepper (to taste)
3/4 cup Coleslaw Mix
2 tbsps Mayonnaise
1 tbsp Lime Juice (divided)
4 Corn Tortilla (small)

Nutrition

Amount per serving	
Calories	354
Fat	13g
Carbs	31g
Fiber	3g
Sugar	1g
Protein	24g
Cholesterol	89mg
Sodium	209mg
Vitamin A	1584IU
Vitamin C	16mg
Calcium	237mg
Iron	2mg

Directions

- 1 Place the mahi mahi in a large baking dish and drizzle with oil.
- 2 In a small bowl, mix together the chili powder, smoked paprika, and cumin and sprinkle it all over the fish. Season with salt and pepper. Let it sit for 20 minutes.
- 3 Preheat the grill to medium heat.
- 4 Meanwhile, combine the coleslaw, mayonnaise, and half of the lime juice with salt and pepper and set aside.
- 5 Place the mahi mahi on the grill. Grill the fish on each side for three to five minutes or until flaky and cooked through. Heat the corn tortillas during the last minute. Remove the fish from the grill and set aside. Remove the skin from the fish (it should come off easily). Flake the fish and pour the remaining lime juice over top.
- 6 When ready to serve, divide the coleslaw into the tortillas and top with the flaked fish. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days. Coleslaw can be refrigerated for up to four days.

Serving Size: One serving is two tacos.

More Flavor: Let the fish marinate for up to 24 hours.

Additional Toppings: Top with cubed avocado, mango, cilantro, or hot sauce.



Persian Carrot & Beef Stew

2 servings**2 hours**

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1/2 White Onion (small, chopped)
- 227 grams Stewing Beef (cubed)
- 2 Garlic (cloves, minced)
- Sea Salt & Black Pepper (to taste)
- 1/2 tsp Turmeric
- 1 tbsp Tomato Paste
- 1 1/2 cups Water
- 3 Carrot (medium, cut into matchsticks)
- 3 Plum (quartered)

Nutrition

Amount per serving	
Calories	274
Fat	8g
Carbs	26g
Fiber	5g
Sugar	16g
Protein	27g
Cholesterol	71mg
Sodium	163mg
Vitamin A	15757IU
Vitamin C	20mg
Calcium	85mg
Iron	4mg

Directions

- 1 Heat the oil in a pot over medium-high heat. Add the onion and cook for three to four minutes or until golden brown. Add the beef and brown on all sides.
- 2 Add garlic, salt, pepper, turmeric, and tomato paste to the pot. Cook for another two minutes and add the water to the pot. Turn down the heat to simmer, cover the pot with a lid, and cook the beef for 1 1/2 hours.
- 3 Add the carrot(s) to the stew. Give it a stir and add more water if necessary. Cover the pot with a lid and cook for 15 minutes. Add the plums and cook covered for another 15 minutes or until everything is cooked through. Enjoy!

Notes

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

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

More Flavor: Add saffron, cumin, and/or dried yellow plums.

Serve it With: Serve over rice or with couscous.



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.



Beef, Rice & Carrots

2 servings
30 minutes

Ingredients

- 1/2 cup Brown Rice
- 2 Carrot (large, sliced)
- 227 grams Extra Lean Ground Beef
- 3/4 tsp Cumin
- 1/2 tsp Oregano
- 1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	398
Fat	13g
Carbs	42g
Fiber	4g
Sugar	3g
Protein	27g
Cholesterol	74mg
Sodium	416mg
Vitamin A	10221IU
Vitamin C	4mg
Calcium	49mg
Iron	4mg

Directions

- 1 Cook the rice according to the package directions.
- 2 Meanwhile, place a steamer basket over a pot of boiling water and steam the carrots for eight to 10 minutes or until tender.
- 3 While the carrots cook, add the beef to the pan over medium-high heat. Cook for five to eight minutes, breaking it up as it cooks. Drain extra fat if needed. Once it is cooked through add the cumin, oregano, and salt and stir to combine.
- 4 To serve, divide the beef, rice and carrots between plates or meal prep containers. Enjoy!

Notes

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

More Flavor: Add other dried herbs and spices to taste.

No Beef: Use ground turkey, chicken, pork, lamb, or lentils instead.

No Carrots: Use green beans, broccoli, or cauliflower instead.

No Brown Rice: Use white rice, quinoa, or cauliflower rice instead.



Mushroom & Edamame Stir Fry

1 serving
20 minutes

Ingredients

- 3/4 tsp Sesame Oil
- 5 Cremini Mushrooms (sliced)
- 1/4 Yellow Onion (small, sliced)
- 1/2 cup Kale Leaves (finely chopped)
- 1 cup Frozen Edamame (thawed)
- 1 tbsp Vegetable Broth
- 1 tbsp Tamari
- 1 1/2 tsps Ginger (fresh, finely grated)
- 1 Garlic (clove, minced)
- 1 cup Cauliflower Rice

Nutrition

Amount per serving	
Calories	291
Fat	12g
Carbs	27g
Fiber	12g
Sugar	10g
Protein	26g
Cholesterol	0mg
Sodium	1088mg
Vitamin A	1000IU
Vitamin C	22mg
Calcium	166mg
Iron	6mg

Directions

- 1 Heat the sesame oil in a large pan or skillet over medium-high heat.
- 2 Add the mushrooms and onions to the pan and cook for 5 to 8 minutes or until the mushrooms and onions have started to brown.
- 3 Add the kale and stir to combine. Continue to cook until kale has wilted. Add in the edamame and cook for 2 to 3 minutes or until the edamame has warmed through.
- 4 Meanwhile, in a small bowl combine the vegetable broth, tamari, ginger and garlic.
- 5 Add the ginger and garlic sauce to the pan. Stir to combine and cook, stirring often, for 2 to 3 minutes more. Season the stir fry with additional tamari or sea salt if needed.
- 6 To serve, divide the cauliflower rice between plates and top with the mushroom and edamame stir fry. Enjoy!

Notes

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

More Flavor: Add rice vinegar, honey or red pepper flakes to the sauce.

Additional Toppings: Asian-style hot sauce or sesame seeds.

No Cauliflower Rice: Use white rice, brown rice or quinoa instead.

No Kale : Use spinach or Swiss chard instead.