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with Style

28 Day Balanced Flat Stomach
Big Booty Meal Plan PDF
(muscle gain)(week 3)

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<https://exercisewithstyle.com>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Chocolate Baked Oats	 Chocolate Baked Oats	 Chocolate Baked Oats	 Creamy Chocolate Peanut Butter Overnight Oats	 Creamy Chocolate Peanut Butter Overnight Oats	 Kale & Pesto Scramble with Salmon & Plantains	 Kale & Pesto Scramble with Salmon & Plantains
Snack 1	 Strawberry Blueberry Smoothie	 Strawberry Blueberry Smoothie	 Strawberry Blueberry Smoothie	 0.5 Pineapple Spinach Smoothie	 0.5 Pineapple Spinach Smoothie	 0.5 Pineapple Spinach Smoothie	 0.5 Pineapple Spinach Smoothie
Lunch	 Ground Turkey & Veggie Stir Fry	 Pan-Fried Trout with Herbed Rice	 Chicken with Rice & Spinach	 Tofu & Edamame Noodles with Peanut Sauce	 Chicken Tikka Masala	 One Pan Shrimp Boil	 Tortellini, Artichoke & Chickpea Salad
Snack 2	 Egg White Scramble Wrap	 Egg White Scramble Wrap	 Egg White Scramble Wrap	 Apple Slices with Tuna	 Apple Slices with Tuna	 Apple Slices with Tuna	 Apple Slices with Tuna
Dinner	 Pan-Fried Trout with Herbed Rice	 Chicken with Rice & Spinach	 Tofu & Edamame Noodles with Peanut Sauce	 Chicken Tikka Masala	 One Pan Shrimp Boil	 Tortellini, Artichoke & Chickpea Salad	 One Pan Teriyaki Chicken

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  31%	Fat  33%	Fat  34%	Fat  35%	Fat  38%	Fat  35%	Fat  34%
Carbs  42%	Carbs  40%	Carbs  41%	Carbs  41%	Carbs  36%	Carbs  40%	Carbs  41%
Protein  27%	Protein  27%	Protein  25%	Protein  24%	Protein  26%	Protein  25%	Protein  25%
Calories 1961	Calories 2076	Calories 2120	Calories 2101	Calories 2061	Calories 2074	Calories 1986
Fat 69g	Fat 77g	Fat 81g	Fat 85g	Fat 88g	Fat 83g	Fat 79g
Carbs 208g	Carbs 209g	Carbs 224g	Carbs 220g	Carbs 191g	Carbs 214g	Carbs 209g
Fiber 28g	Fiber 32g	Fiber 37g	Fiber 27g	Fiber 23g	Fiber 30g	Fiber 34g
Sugar 39g	Sugar 36g	Sugar 44g	Sugar 56g	Sugar 53g	Sugar 71g	Sugar 94g
Protein 133g	Protein 143g	Protein 137g	Protein 128g	Protein 139g	Protein 134g	Protein 128g
Cholesterol 307mg	Cholesterol 326mg	Cholesterol 202mg	Cholesterol 223mg	Cholesterol 542mg	Cholesterol 808mg	Cholesterol 592mg
Sodium 1983mg	Sodium 1753mg	Sodium 2375mg	Sodium 2591mg	Sodium 4197mg	Sodium 4157mg	Sodium 2204mg
Vitamin A 8846IU	Vitamin A 7326IU	Vitamin A 10971IU	Vitamin A 7804IU	Vitamin A 3077IU	Vitamin A 5644IU	Vitamin A 17123IU
Vitamin C 166mg	Vitamin C 123mg	Vitamin C 112mg	Vitamin C 75mg	Vitamin C 106mg	Vitamin C 141mg	Vitamin C 224mg
Calcium 1411mg	Calcium 1368mg	Calcium 1612mg	Calcium 1243mg	Calcium 1082mg	Calcium 1142mg	Calcium 1113mg
Iron 13mg	Iron 11mg	Iron 13mg	Iron 14mg	Iron 17mg	Iron 18mg	Iron 14mg

Fruits

- 4 Apple
- 1 Avocado
- 1/4 Lemon
- 1 tbsps Lemon Juice
- 1/4 Navel Orange
- 2 cups Pineapple
- 1 Plantain
- 1 1/2 cups Strawberries

Breakfast

- 1/2 cup All Natural Peanut Butter
- 3 2/3 tbsps Maple Syrup

Seeds, Nuts & Spices

- 1/16 tsp Cayenne Pepper
- 1 1/2 tps Celery Salt
- 3 tbsps Chia Seeds
- 1/4 tsp Garlic Powder
- 1/4 cup Hemp Seeds
- 1/8 tsp Paprika
- 2 tbsps Pumpkin Seeds
- 1 1/3 tps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/2 tps Sesame Seeds

Frozen

- 1 1/2 cups Frozen Blueberries
- 1 cup Frozen Edamame
- 8 Ice Cubes

Vegetables

- 2 cups Baby Kale
- 7 cups Baby Spinach
- 1 cup Broccoli
- 1 Carrot
- 2 tbsps Cilantro
- 1 1/2 ears Corn On The Cob
- 1/4 cup Fresh Dill
- 3 Garlic
- 1 1/2 tps Ginger
- 1/2 cup Grated Carrot
- 1/2 Green Bell Pepper
- 1 cup Kale Leaves
- 1/4 cup Parsley
- 3/4 Red Bell Pepper
- 1 cup Red Onion
- 1 cup Snap Peas
- 1/4 Yellow Onion
- 1 1/2 Yellow Potato

Boxed & Canned

- 3/4 cup Basmati Rice
- 1/3 cup Canned Coconut Milk
- 1 cup Chickpeas
- 1 1/4 cups Jasmine Rice
- 1/2 cup Tomato Purée
- 2 cans Tuna
- 170 grams Udon Noodles
- 1 1/2 cups Vegetable Broth, Low Sodium

Baking

- 1 tbsps All Purpose Gluten-Free Flour
- 1 1/2 tps Arrowroot Powder
- 1/3 tsp Baking Powder
- 2 tbsps Cocoa Powder
- 2 1/8 cups Oats
- 1 tbsps Raw Honey

Bread, Fish, Meat & Cheese

- 425 grams Chicken Breast
- 227 grams Chicken Sausage
- 340 grams Chicken Thighs
- 113 grams Extra Lean Ground Turkey
- 2 Rainbow Trout Fillet
- 170 grams Salmon Fillet
- 227 grams Shrimp
- 213 grams Tofu
- 3 Whole Wheat Tortilla

Condiments & Oils

- 1 cup Artichoke Hearts
- 1 2/3 tbsps Avocado Oil
- 1 tbsps Coconut Aminos
- 3/4 tsp Coconut Oil
- 2 1/16 tbsps Extra Virgin Olive Oil
- 1 1/2 tps Hot Sauce
- 1/4 cup Mayonnaise
- 1/4 cup Peanut Sauce
- 1/4 cup Pesto
- 1 tbsps Rice Vinegar
- 2 tbsps Sauerkraut
- 1 tbsps Sesame Oil
- 1 tbsps Tamari
- 2 2/3 tps Tikka Masala Paste

Cold

- 2 tbsps Butter
- 170 grams Cheese Tortellini
- 1/3 cup Cow's Milk, Whole
- 5 1/2 Egg
- 1 1/2 cups Egg Whites
- 1 1/8 cups Oat Milk
- 1/4 cup Plain Cow's Yogurt, Whole Milk
- 1 cup Plain Greek Yogurt
- 5 3/4 cups Unsweetened Almond Milk
- 1 cup Unsweetened Coconut Yogurt

Other

- 1/3 cup Chocolate Protein Powder

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



Chocolate Baked Oats

3 servings
30 minutes

Ingredients

3/4 tsp Coconut Oil
1 1/8 cups Oats
1 1/8 cups Oat Milk
3 tbsps Maple Syrup
1 1/2 Egg
1/3 tsp Sea Salt
1/3 tsp Baking Powder
1 tbsp Cocoa Powder
1/3 cup Chocolate Protein Powder (optional)
1/3 cup All Natural Peanut Butter (divided)

Nutrition

Amount per serving	
Calories	498
Fat	24g
Carbs	49g
Fiber	6g
Sugar	19g
Protein	25g
Cholesterol	95mg
Sodium	458mg
Vitamin A	135IU
Vitamin C	0mg
Calcium	290mg
Iron	3mg

Directions

- 1 Preheat the oven to 350°F (177°C). Grease ramekins with the oil.
- 2 In a blender, combine the oats, milk, maple syrup, egg, salt, baking powder, cocoa powder, protein powder, and half the peanut butter. Blend on high until very smooth, about one minute.
- 3 Divide the mixture evenly between the ramekins and bake for 25 to 27 minutes until cooked through and a toothpick inserted in the center comes out clean. Let cool slightly, top with additional peanut butter and enjoy!

Notes

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

Serving Size: These were made in 8-ounce (120-mL) ramekin dishes. One ramekin is one serving.

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

Additional Toppings: Chocolate chips, nuts, and/or seeds.



Creamy Chocolate Peanut Butter Overnight Oats

2 servings

8 hours

Ingredients

- 1/3 cup Cow's Milk, Whole
- 1 cup Oats
- 1 cup Plain Greek Yogurt
- 2 tsps Maple Syrup
- 1/4 cup Hemp Seeds
- 1 tbsp Cocoa Powder
- 2 tsps All Natural Peanut Butter (plus extra for drizzling on top)

Nutrition

Amount per serving	
Calories	499
Fat	25g
Carbs	47g
Fiber	7g
Sugar	12g
Protein	28g
Cholesterol	21mg
Sodium	95mg
Vitamin A	693IU
Vitamin C	8mg
Calcium	349mg
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 1/4 cups.

More Flavor: Add a splash of vanilla or cinnamon. Add more milk with serving for a looser consistency.

Additional Toppings: Top with sliced banana, berries, nuts and/or seeds.

Dairy-Free: Use coconut yogurt and dairy-free milk.



Kale & Pesto Scramble with Salmon & Plantains

2 servings
25 minutes

Ingredients

- 1 Plantain (large, green, sliced)
- 2 tps Avocado Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 170 grams Salmon Fillet
- 1 cup Kale Leaves (packed, stems removed and chopped)
- 4 Egg (whisked)
- 2 tbsps Pesto
- 2 tbsps Sauerkraut

Nutrition

Amount per serving	
Calories	531
Fat	25g
Carbs	46g
Fiber	3g
Sugar	25g
Protein	35g
Cholesterol	415mg
Sodium	373mg
Vitamin A	2949IU
Vitamin C	36mg
Calcium	145mg
Iron	3mg

Directions

- 1 Preheat the oven to 375°F (190°C).
- 2 Add the plantain slices, half of the oil, salt, and pepper to the baking sheet. Toss to coat and evenly spread out. Bake in the oven for 20 minutes, until fork-tender.
- 3 Warm the remaining oil in a pan over medium heat. Add the salmon fillet and cook for 10 minutes, breaking it apart as it cooks.
- 4 With the salmon still in the pan, add the kale to the pan and sauté for five minutes or until wilted. Add the eggs, and scramble, mixing everything together, until cooked to your desired doneness.
- 5 Mix the pesto into the egg mixture. Serve with the plantain slices and sauerkraut. Enjoy!

Notes

Leftovers: Best enjoyed immediately, but can be refrigerated in an airtight container for up to two days.

Serving Size: One serving is equal to approximately one cup of scramble and 3/4 cup of plantain.

No Plantain: Use potato, sweet potato, or winter squash instead.



Strawberry Blueberry Smoothie

3 servings

5 minutes

Ingredients

- 1 1/2 cups Frozen Blueberries (wild)
- 1 1/2 cups Strawberries (stems removed)
- 3 3/4 cups Unsweetened Almond Milk
- 3 tbsps Chia Seeds
- 3/4 cup Vanilla Protein Powder

Nutrition

Amount per serving	
Calories	241
Fat	8g
Carbs	23g
Fiber	9g
Sugar	10g
Protein	23g
Cholesterol	4mg
Sodium	242mg
Vitamin A	668IU
Vitamin C	44mg
Calcium	772mg
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 another plant-based milk such as coconut, cashew, or oat.

No Fresh Strawberries: Use frozen instead.

Protein Powder: This recipe was tested using plant-based vanilla protein powder.



Pineapple Spinach Smoothie

2 servings

5 minutes

Ingredients

2 cups Pineapple (fresh or frozen)
2 cups Baby Spinach
8 Ice Cubes
1 cup Unsweetened Coconut Yogurt
2 cups Unsweetened Almond Milk
1/2 cup Vanilla Protein Powder

Nutrition

Amount per serving	
Calories	259
Fat	7g
Carbs	31g
Fiber	6g
Sugar	17g
Protein	22g
Cholesterol	4mg
Sodium	249mg
Vitamin A	3408IU
Vitamin C	87mg
Calcium	866mg
Iron	2mg

Directions

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

Notes

Leftovers: Best enjoyed immediately.

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

More Fiber: Add flaxseeds, chia seeds, or hemp seeds.

Protein Powder: This recipe was created and tested using vegan protein powder.

Nut-Free: Use nut-free milk such as oat milk or coconut milk.

Ice Cubes: Four ice cubes are roughly equal to 1/2 cup.



Ground Turkey & Veggie Stir Fry

1 serving
20 minutes

Ingredients

- 1/4 cup Jasmine Rice
- 113 grams Extra Lean Ground Turkey
- 3/4 tsp Extra Virgin Olive Oil
- 1/2 Green Bell Pepper (medium, diced)
- 1/4 Yellow Onion (chopped)
- 1 Garlic (large cloves, minced)
- 1 cup Baby Spinach
- 1 1/2 tsps Tamari

Nutrition

Amount per serving	
Calories	400
Fat	13g
Carbs	46g
Fiber	4g
Sugar	4g
Protein	27g
Cholesterol	84mg
Sodium	608mg
Vitamin A	3116IU
Vitamin C	57mg
Calcium	77mg
Iron	4mg

Directions

- 1 Cook the rice according to package directions.
- 2 Add the turkey to a pan over medium heat, breaking it up as it cooks. Once it is cooked through and no longer pink, transfer the turkey to a bowl or plate and drain any excess drippings from the pan. Set aside.
- 3 Adjust the heat to medium-high and add the oil to the same pan. Add the bell pepper and onion and cook, stirring often, for four to six minutes or until the vegetables are just tender.
- 4 Add the garlic and spinach to the pan and continue to cook until the spinach has wilted. Add the cooked turkey back to the pan and stir to combine.
- 5 Add the tamari to the pan and stir well. Continue to cook for another one to two minutes or until the tamari has been absorbed into the meat and vegetables. Divide the rice and stir fry between plates and enjoy!

Notes

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

Serving Size: One serving is approximately equal to one cup of the turkey mixture and a half cup of rice.

More Flavor: Use sesame oil instead of olive oil.

Additional Toppings: Additional tamari, sriracha or hot sauce, green onion, sesame seeds, or chopped cashews.

No Ground Turkey: Use ground chicken, beef or pork instead.

No Green Bell Pepper: Use red, yellow, or orange bell pepper instead.

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



Egg White Scramble Wrap

3 servings
10 minutes

Ingredients

- 3/4 Red Bell Pepper (medium, finely chopped)
- 1/3 cup Red Onion (finely chopped)
- 1/2 cup Water
- 3 cups Baby Spinach (chopped)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 1/2 cups Egg Whites
- Sea Salt & Black Pepper (to taste)
- 3 Whole Wheat Tortilla
- 1 1/2 tsps Hot Sauce (optional, or to taste)

Nutrition

Amount per serving	
Calories	233
Fat	7g
Carbs	24g
Fiber	6g
Sugar	4g
Protein	19g
Cholesterol	0mg
Sodium	536mg
Vitamin A	3747IU
Vitamin C	48mg
Calcium	149mg
Iron	2mg

Directions

- 1 Add the pepper, onion, and water to a non-stick pan over medium heat. Cook for about five minutes or until the peppers and onion begin to soften. Add the spinach and cook until just wilted, about one to two minutes. Move the vegetables to one side of the pan.
- 2 Add the oil to the other side of the pan. Pour in the egg whites and scramble until the eggs have set, then incorporate the vegetables into the eggs whites. Season with salt and pepper to taste.
- 3 Place the egg white scramble on the whole wheat tortilla and top with the hot sauce (if using). Enjoy!

Notes

Leftovers: Refrigerate eggs in an airtight container for up to three days. Assemble wrap just before serving.

No Egg Whites: Use whole eggs instead.

No Hot Sauce: Use salsa or sriracha instead.

No Spinach: Use kale instead.

No Bell Pepper: Use tomatoes or mushrooms instead.



Apple Slices with Tuna

4 servings
10 minutes

Ingredients

2 cans Tuna
1/2 cup Red Onion (diced)
1/4 cup Mayonnaise
1/4 tsp Sea Salt
4 Apple (cored, sliced)

Nutrition

Amount per serving	
Calories	267
Fat	11g
Carbs	27g
Fiber	5g
Sugar	20g
Protein	17g
Cholesterol	36mg
Sodium	442mg
Vitamin A	155IU
Vitamin C	10mg
Calcium	31mg
Iron	2mg

Directions

- 1 In a bowl, add the tuna, red onion, mayonnaise and sea salt. Mix well.
- 2 Add the tuna on top of the sliced apple. Serve and enjoy!

Notes

Leftovers: The apple is best cut on the same day you'll enjoy it. Refrigerate the leftover tuna mix in an airtight container for up to three days.

Additional Toppings: Add chopped nuts or sesame seeds on top.

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

No Mayonnaise: Use greek yogurt instead.



Pan-Fried Trout with Herbed Rice

2 servings
30 minutes

Ingredients

- 1 1/2 cups Vegetable Broth, Low Sodium
- 3/4 cup Basmati Rice (uncooked)
- 2 tbsps Butter (divided)
- 1/4 cup Parsley (chopped)
- 1/4 cup Fresh Dill (chopped)
- Sea Salt & Black Pepper (to taste)
- 2 Rainbow Trout Fillet (patted dry)
- 1 tbsp All Purpose Gluten-Free Flour

Nutrition

Amount per serving	
Calories	589
Fat	17g
Carbs	66g
Fiber	3g
Sugar	2g
Protein	39g
Cholesterol	124mg
Sodium	139mg
Vitamin A	1180IU
Vitamin C	17mg
Calcium	123mg
Iron	2mg

Directions

- 1 Add the broth and rice to a pot and bring to a boil. Lower the heat and simmer for 15 minutes. Remove from heat and stir in half the butter, parsley, dill, salt and pepper. Cover and let rest for 10 minutes.
- 2 Season the trout with salt and pepper, then coat in the flour, shaking off any excess.
- 3 Melt the remaining butter in a skillet over medium-high heat. Cook the trout for three to five minutes, flipping halfway, or until browned and cooked through.
- 4 Divide the herbed rice and trout onto plates and enjoy!

Notes

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

Serving Size: One serving equals one trout fillet and just over a cup of herbed rice.

Trout Fillets: One fillet is equal to approximately 159 grams or 5.6 ounces in size.

Dairy-Free: Use vegan butter, olive oil, or coconut oil instead.

More Flavor: Add cilantro and saffron to the rice.

Additional Toppings: Add lemon juice and fresh herbs.



Chicken with Rice & Spinach

2 servings
30 minutes

Ingredients

283 grams Chicken Breast (boneless, skinless)
1 tsp Extra Virgin Olive Oil
1/4 tsp Sea Salt
1/4 tsp Garlic Powder
1/2 cup Jasmine Rice
1 cup Baby Spinach (chopped)
1 Avocado (halved, diced or sliced; optional)

Nutrition

Amount per serving	
Calories	515
Fat	21g
Carbs	47g
Fiber	8g
Sugar	1g
Protein	37g
Cholesterol	103mg
Sodium	378mg
Vitamin A	1596IU
Vitamin C	14mg
Calcium	34mg
Iron	2mg

Directions

- 1 Preheat oven to 400°F (205°C).
- 2 Place the chicken breasts in a baking dish. Drizzle with oil and season with salt and garlic powder. Rub the seasoning and the oil all over both sides of the chicken. Bake for about 25 to 30 minutes, or until the chicken is cooked through. Allow the chicken to rest for five to 10 minutes before slicing.
- 3 Meanwhile, cook the rice according to package directions. When the rice is cooked, stir in the chopped spinach and cover with the lid for two to three minutes or until the spinach is tender and wilted.
- 4 To serve, divide the chicken, spinach rice and avocado (if using) between plates. Enjoy!

Notes

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

Serving Size: One serving is equal to five ounces (140 grams) chicken, 3/4 cup rice, and 1/2 avocado (if using).

More Flavor: Season the chicken with other dried herbs and spices to taste.

More Veggies: Serve with steamed broccoli, cauliflower, green beans, or carrots.

No Chicken Breast: Use chicken thighs instead.

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



Tofu & Edamame Noodles with Peanut Sauce

2 servings

35 minutes

Ingredients

213 grams Tofu (extra-firm, pressed, and cubed)
1 1/2 tsps Tamari (divided)
1 1/2 tsps Avocado Oil (divided)
1 1/2 tsps Arrowroot Powder
170 grams Udon Noodles (dried)
1 cup Frozen Edamame
1/2 cup Grated Carrot
1/4 cup Peanut Sauce

Nutrition

Amount per serving	
Calories	633
Fat	21g
Carbs	81g
Fiber	8g
Sugar	10g
Protein	33g
Cholesterol	0mg
Sodium	761mg
Vitamin A	4825IU
Vitamin C	6mg
Calcium	367mg
Iron	4mg

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Add the tofu cubes to a bowl and gently toss with 3/4 of the tamari and half the oil. Then add the arrowroot powder and gently toss until the tofu cubes are well coated. Arrange the coated tofu cubes on the prepared baking sheet. Bake for 28 to 30 minutes, flipping halfway through.
- 3 Meanwhile, cook the udon noodles and edamame according to package directions and set aside in a large bowl with the carrots.
- 4 Drizzle the peanut sauce over the noodles and toss well. Top with the tofu. Divide onto plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Add more sauce or a touch of water when reheating to make it creamy again as the sauce will absorb into the noodles as it sits in the fridge.

Serving Size: One serving is about two cups.

More Flavor: Add hot sauce or sriracha on top.

Additional Toppings: Top with cilantro, green onions and/or chopped peanuts.

Gluten-Free: Use gluten-free noodles.



Chicken Tikka Masala

2 servings
55 minutes

Ingredients

340 grams Chicken Thighs (boneless, skinless, cut into bite sized pieces)
2 2/3 tbsps Tikka Masala Paste (divided)
1/4 cup Plain Cow's Yogurt, Whole Milk
1/2 cup Jasmine Rice (dry)
1 1/2 tsps Avocado Oil
1/2 cup Tomato Purée
1/3 cup Canned Coconut Milk
1/2 tsp Sea Salt
2 tbsps Cilantro (chopped)

Nutrition

Amount per serving	
Calories	572
Fat	24g
Carbs	49g
Fiber	4g
Sugar	5g
Protein	39g
Cholesterol	164mg
Sodium	1168mg
Vitamin A	427IU
Vitamin C	7mg
Calcium	63mg
Iron	3mg

Directions

- 1 Place the chicken in a large bowl along with half of the tikka masala paste and yogurt. Cover and refrigerate for 30 minutes.
- 2 Cook the rice according to package instructions and set aside.
- 3 In a large dutch oven or pot over medium heat, pour in the avocado oil. Then add the remaining tikka masala paste and cook, stirring often for two minutes. Pour in the chicken and marinade from the bowl, tomato purée, and coconut milk. Cover and reduce the heat to a simmer. Cook for 18 to 20 minutes.
- 4 Remove the lid and use a slotted spoon to remove the chicken. Increase the heat to medium and thicken the sauce, stirring often, for five minutes. Return the chicken to the pot and turn the heat off and add the salt, stir to combine.
- 5 Divide the rice and chicken into bowls and top with cilantro. Enjoy!

Notes

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

Serving Size: One serving is about 1/2 cup rice and one cup chicken and sauce.

More Vegetables: Add broccoli on the side, or sautéed spinach.

Dairy-Free: Use a dairy-free yogurt.

Additional Toppings: Serve with pita, roti, or naan on the side.



One Pan Shrimp Boil

2 servings
30 minutes

Ingredients

227 grams Shrimp (raw)
227 grams Chicken Sausage (sliced into chunks)
1 1/2 Yellow Potato (medium, diced)
1 1/2 ears Corn on the Cob (sliced into 2 inch chunks)
1/4 Lemon (juiced)
1 tbsp Extra Virgin Olive Oil
1 1/2 tsps Celery Salt
1/8 tsp Paprika
1/16 tsp Cayenne Pepper

Nutrition

Amount per serving	
Calories	593
Fat	24g
Carbs	52g
Fiber	4g
Sugar	7g
Protein	44g
Cholesterol	319mg
Sodium	2367mg
Vitamin A	98IU
Vitamin C	37mg
Calcium	206mg
Iron	7mg

Directions

- 1 Preheat oven to 400°F (204°C) and line your baking sheet with parchment paper.
- 2 Place all ingredients in a large bowl and toss well. Spread everything across the baking sheet in an even layer. Bake in the oven for 25 minutes, or until cooked through.
- 3 Remove from the oven and divide onto plates. Enjoy!

Notes

Grill It: Place all ingredients in a foil packet and grill over medium-high heat, flipping halfway, for 30-35 minutes or until cooked through.

Leftovers: Keeps well in the fridge for 2 to 3 days.



Tortellini, Artichoke & Chickpea Salad

2 servings
15 minutes

Ingredients

- 170 grams Cheese Tortellini
- 1 cup Chickpeas (cooked)
- 2 cups Baby Kale
- 2 tbsps Pesto
- 1 tbsp Lemon Juice
- 1 cup Artichoke Hearts (from the can, drained)
- 2 tbsps Pumpkin Seeds (optional)

Nutrition

Amount per serving	
Calories	553
Fat	19g
Carbs	73g
Fiber	15g
Sugar	10g
Protein	27g
Cholesterol	36mg
Sodium	850mg
Vitamin A	738IU
Vitamin C	14mg
Calcium	327mg
Iron	5mg

Directions

- 1 Cook the tortellini according to the directions on the package. Drain, rinse well, and set aside to cool.
- 2 Combine all the ingredients including the cooked and cooled tortellini in a serving bowl and mix to coat.
- 3 Divide evenly between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for four days.

Serving Size: One serving is about two cups.

More Flavor: Add crumbled feta, goat cheese, sun dried tomatoes and/or fresh herbs like chives, basil and parsley.



One Pan Teriyaki Chicken

1 serving
40 minutes

Ingredients

142 grams Chicken Breast
1 cup Broccoli (chopped into florets)
1 Carrot (medium, sliced on the diagonal)
1 cup Snap Peas
1 tbsp Coconut Aminos
1 tbsp Sesame Oil
1/4 Navel Orange (juiced)
1 tbsp Raw Honey
1 tbsp Rice Vinegar
2 Garlic (cloves, minced)
1 1/2 tsps Ginger (peeled and grated)
1 1/2 tsps Sesame Seeds

Nutrition

Amount per serving	
Calories	505
Fat	20g
Carbs	47g
Fiber	8g
Sugar	30g
Protein	38g
Cholesterol	103mg
Sodium	414mg
Vitamin A	11577IU
Vitamin C	120mg
Calcium	177mg
Iron	3mg

Directions

- 1 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Place the chicken breasts on the baking sheet, surrounded with the broccoli, carrots and snap peas.
- 3 In a small bowl, whisk together the coconut aminos, sesame oil, orange juice, honey, rice vinegar, garlic and ginger. Pour half the sauce over the chicken and drizzle the rest over the veggies.
- 4 Bake for 30 minutes, or until chicken is fully cooked. Remove the pan from the oven and sprinkle with sesame seeds. Divide between plates and enjoy!

Notes

Serve it With: Our Crispy Smashed Potatoes, Mushroom Garlic Quinoa or plain rice.

Likes it Spicy: Whisk hot sauce or chili flakes into the teriyaki sauce.

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

No Coconut Aminos: Use tamari instead.