

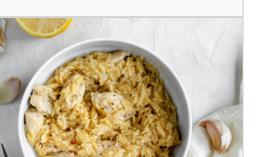


**EXERCISE**  
*with Style*

28 Day Balanced Flat Stomach  
Big Booty Meal Plan PDF  
(muscle gain)(week 4)

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Yogurt Stuffed Papaya	 Yogurt Stuffed Papaya	 Yogurt Stuffed Papaya	 Chocolate Collagen Smoothie	 Chocolate Collagen Smoothie	 Vanilla Berry Protein Smoothie	 Vanilla Berry Protein Smoothie
Snack 1	 Cottage Cheese & Orange	 Cottage Cheese & Orange	 Cottage Cheese & Orange	 0.5 Peach Cherry Smoothie	 0.5 Peach Cherry Smoothie	 0.5 Peach Cherry Smoothie	 0.5 Peach Cherry Smoothie
Lunch	 Asparagus, Soba & Tempeh	 Chipotle Chicken, Broccoli & Wild Rice	 Honey Garlic Chicken & Potatoes	 Green Poutine	 Deconstructed Dumplings	 Mango Chickpea Salad with Grilled Chicken Kabobs	 Sheet Pan Pizza
Snack 2	 Peach, Blackberry & Basil Smoothie	 Peach, Blackberry & Basil Smoothie	 Peach, Blackberry & Basil Smoothie	 Cheesy Black Bean Toast	 Cheesy Black Bean Toast	 Cheesy Black Bean Toast	 Cheesy Black Bean Toast
Dinner	 Chipotle Chicken, Broccoli & Wild Rice	 Honey Garlic Chicken & Potatoes	 Green Poutine	 Deconstructed Dumplings	 Mango Chickpea Salad with Grilled Chicken Kabobs	 Sheet Pan Pizza	 Lemon Garlic Chicken & Orzo

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  31%	Fat  33%	Fat  34%	Fat  36%	Fat  38%	Fat  35%	Fat  35%
Carbs  43%	Carbs  40%	Carbs  41%	Carbs  40%	Carbs  35%	Carbs  39%	Carbs  39%
Protein  26%	Protein  27%	Protein  25%	Protein  24%	Protein  27%	Protein  26%	Protein  26%
Calories 2028	Calories 2122	Calories 2163	Calories 2067	Calories 2012	Calories 2080	Calories 2039
Fat 70g	Fat 80g	Fat 84g	Fat 86g	Fat 88g	Fat 84g	Fat 79g
Carbs 218g	Carbs 219g	Carbs 229g	Carbs 211g	Carbs 183g	Carbs 205g	Carbs 203g
Fiber 26g	Fiber 26g	Fiber 37g	Fiber 55g	Fiber 49g	Fiber 46g	Fiber 35g
Sugar 72g	Sugar 93g	Sugar 99g	Sugar 43g	Sugar 51g	Sugar 61g	Sugar 46g
Protein 135g	Protein 146g	Protein 140g	Protein 128g	Protein 138g	Protein 138g	Protein 133g
Cholesterol 143mg	Cholesterol 341mg	Cholesterol 259mg	Cholesterol 353mg	Cholesterol 435mg	Cholesterol 361mg	Cholesterol 361mg
Sodium 1781mg	Sodium 1170mg	Sodium 1338mg	Sodium 2007mg	Sodium 1815mg	Sodium 1482mg	Sodium 1523mg
Vitamin A 4370IU	Vitamin A 4486IU	Vitamin A 12377IU	Vitamin A 23516IU	Vitamin A 16232IU	Vitamin A 3891IU	Vitamin A 2309IU
Vitamin C 296mg	Vitamin C 323mg	Vitamin C 314mg	Vitamin C 182mg	Vitamin C 158mg	Vitamin C 89mg	Vitamin C 51mg
Calcium 1467mg	Calcium 1383mg	Calcium 1467mg	Calcium 1727mg	Calcium 1826mg	Calcium 1973mg	Calcium 1745mg
Iron 11mg	Iron 10mg	Iron 19mg	Iron 24mg	Iron 19mg	Iron 17mg	Iron 13mg

**Fruits**

- 1 Banana
- 1 cup Blackberries
- 1 3/4 cups Blueberries
- 1 cup Cherries
- 2 Lemon
- 1/2 Mango
- 3 Navel Orange
- 3 cups Papaya
- 2 Peach
- 1 3/4 cups Raspberries
- 1 cup Strawberries

**Breakfast**

- 1/4 cup Almond Butter
- 1/3 cup Cashew Butter
- 1/3 cup Granola

**Seeds, Nuts & Spices**

- 1/4 tsp Black Pepper
- 1/4 cup Cashews
- 1/3 cup Chia Seeds
- 1 tsp Chili Powder
- 3/4 tsp Chinese Five Spice
- 1/2 tsp Chipotle Powder
- 1 1/2 tsps Dried Thyme
- 1/2 tsp Garlic Powder
- 1/4 cup Hemp Seeds
- 1 tbsps Italian Seasoning
- 1/2 tsp Paprika
- 0 Sea Salt & Black Pepper
- 1/2 tsp Sesame Seeds

**Frozen**

- 1/2 cup Frozen Cauliflower
- 1/2 cup Frozen Edamame
- 3 cups Frozen Peaches

**Vegetables**

- 2 cups Arugula
- 2 1/3 cups Asparagus
- 3 tbsps Basil Leaves
- 2 cups Broccoli
- 1 cup Butternut Squash
- 1/4 Cucumber
- 5 Garlic
- 1 3/4 tsps Ginger
- 2 stalks Green Onion
- 2 cups Mini Potatoes
- 2 cups Mushrooms
- 2 cups Napa Cabbage
- 10 leaves Romaine
- 1 tsp Rosemary
- 1/4 Yellow Onion
- 2 Yellow Potato

**Boxed & Canned**

- 1 cup Black Beans
- 50 grams Buckwheat Soba Noodles
- 1 1/4 cups Chicken Broth, Low Sodium
- 1 cup Chickpeas
- 1/2 cup Orzo
- 1/4 cup Salsa
- 113 grams Udon Noodles
- 1/2 cup Vegetable Broth
- 1 cup Wild Rice

**Baking**

- 1 cup All Purpose Gluten-Free Flour
- 1 tsp Arrowroot Powder
- 1 tsp Baking Powder
- 1/4 cup Cacao Powder
- 2 2/3 tbsps Honey
- 1/2 cup Nutritional Yeast

**Bread, Fish, Meat & Cheese**

- 60 grams Cheddar Cheese
- 567 grams Chicken Breast
- 340 grams Chicken Thighs
- 4 slices Gluten-Free Bread
- 227 grams Lean Ground Pork
- 99 grams Mozzarella Cheese
- 23 grams Pepperoni
- 91 grams Shrimp
- 85 grams Tempeh

**Condiments & Oils**

- 1 tsp Avocado Oil
- 1/3 cup Extra Virgin Olive Oil
- 2 1/4 tsps Miso Paste
- 1 1/2 tsps Rice Vinegar
- 1 1/2 tsps Sesame Oil
- 1/4 cup Tahini
- 1 1/2 tbsps Tamari
- 1/3 cup Tomato Sauce

**Cold**

- 2 1/2 tbsps Butter
- 3 cups Cottage Cheese
- 4 Egg
- 3 3/4 cups Plain Coconut Milk
- 3 1/4 cups Plain Greek Yogurt
- 3 cups Soy Milk
- 5 cups Unsweetened Almond Milk

**Other**

- 87 grams Collagen Powder
- 1 cup Vanilla Protein Powder
- 3/4 cup Water



## Yogurt Stuffed Papaya

3 servings

10 minutes

### Ingredients

- 3 cups Papaya (medium)
- 2 1/4 cups Plain Greek Yogurt
- 1/3 cup Granola
- 1/3 cup Cashew Butter
- 3/4 cup Raspberries
- 3/4 cup Blueberries

### Nutrition

Amount per serving	
Calories	495
Fat	24g
Carbs	50g
Fiber	7g
Sugar	24g
Protein	26g
Cholesterol	25mg
Sodium	126mg
Vitamin A	970IU
Vitamin C	108mg
Calcium	438mg
Iron	3mg

### Directions

- 1 Cut the papaya in half lengthwise and remove the seeds.
- 2 Plate the papaya and fill it with yogurt, granola, cashew butter, and berries. Enjoy!

### Notes

**Leftovers:** Best enjoyed immediately. Store the papaya in the fridge for up to a week and add the toppings just before enjoying.

**Papaya:** Half of a medium papaya is approximately equal to one cup of papaya.

**Serving Size:** One serving is equal to half of a papaya with toppings.

**Dairy-Free:** Use coconut yogurt or other non-dairy yogurt.

**Nut-Free:** Use sunflower seed butter instead of cashew butter.

**Additional Toppings:** Top with maple syrup, chia seeds, hemp seeds, and/or pumpkin seeds.



## Chocolate Collagen Smoothie

2 servings

5 minutes

### Ingredients

3 cups Unsweetened Almond Milk  
10 leaves Romaine (washed and torn)  
1/2 cup Frozen Cauliflower  
1 cup Strawberries  
1 Banana (frozen)  
1/4 cup Chia Seeds  
1/4 cup Cacao Powder  
2 tbsps Almond Butter  
30 grams Collagen Powder

### Directions

1

Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**No Almond Milk:** Use any other kind of milk like cashew, hemp or rice instead.

**No Collagen Powder:** Omit or use protein powder instead.

**No Romaine:** Use spinach or kale instead.

### Nutrition

Amount per serving	
Calories	481
Fat	25g
Carbs	45g
Fiber	22g
Sugar	14g
Protein	27g
Cholesterol	0mg
Sodium	298mg
Vitamin A	12994IU
Vitamin C	67mg
Calcium	981mg
Iron	7mg



## Vanilla Berry Protein Smoothie

2 servings

5 minutes

### Ingredients

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

### Nutrition

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

### Directions

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

### Notes

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

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

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

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

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



## Cottage Cheese & Orange

3 servings

5 minutes

### Ingredients

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

### Nutrition

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

### Directions

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

### Notes

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



## Peach Cherry Smoothie

2 servings

5 minutes

### Ingredients

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



## Asparagus, Soba & Tempah

1 serving  
15 minutes

### Ingredients

50 grams Buckwheat Soba Noodles  
(dry, uncooked)  
1/3 cup Asparagus (trimmed, cut into  
bite sized pieces)  
2 1/4 tsps Miso Paste  
1 1/2 tsps Rice Vinegar  
1/4 tsp Ginger (fresh, minced)  
2 1/4 tsps Water  
85 grams Tempah (cut into strips)  
1/2 tsp Sesame Seeds

### Nutrition

Amount per serving	
Calories	437
Fat	12g
Carbs	48g
Fiber	3g
Sugar	2g
Protein	26g
Cholesterol	0mg
Sodium	784mg
Vitamin A	380IU
Vitamin C	3mg
Calcium	122mg
Iron	4mg

### Directions

- 1 Cook the soba noodles according to the directions on the package. With two minutes remaining, add the asparagus. Drain and rinse with cold water until completely cooled.
- 2 Meanwhile, stir together the miso paste, rice vinegar, ginger, and water in a bowl.
- 3 In a separate bowl, combine the tempah and half the dressing until well coated. Let sit for five minutes. Heat a non-stick pan over medium heat and add the tempah. Cook for about eight to 10 minutes, flipping halfway through. Remove and set aside.
- 4 Divide the soba noodles into bowls and top with the tempah, asparagus, and sesame seeds. Drizzle with your desired amount of leftover dressing. Enjoy!

### Notes

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

**Additional Toppings:** Add sliced green onions or red pepper flakes.



## Peach, Blackberry & Basil Smoothie

3 servings

5 minutes

### Ingredients

3 3/4 cups Plain Coconut Milk  
(unsweetened, from the carton)  
3 cups Frozen Peaches  
1 cup Blackberries (fresh or frozen)  
3 tbsps Basil Leaves  
57 grams Collagen Powder

### Nutrition

Amount per serving	
Calories	244
Fat	7g
Carbs	28g
Fiber	5g
Sugar	24g
Protein	18g
Cholesterol	0mg
Sodium	83mg
Vitamin A	1369IU
Vitamin C	21mg
Calcium	602mg
Iron	1mg

### 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.

**More Flavor:** Add a pitted date before blending.

**Make it Vegan:** Omit collagen powder and use plant-based protein powder.



## Cheesy Black Bean Toast

4 servings  
15 minutes

### Ingredients

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

### Nutrition

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

### Directions

- 1 Place egg(s) in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes. Strain the water and fill the saucepan with cold water. When cool enough to handle, peel and slice the egg(s).
- 2 Spread the mashed black beans evenly otop the toast. Top with the sliced eggs, salsa and cheddar cheese. Enjoy!

### Notes

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

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



## Chipotle Chicken, Broccoli & Wild Rice

2 servings  
45 minutes

### Ingredients

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

### Nutrition

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

### Directions

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

### Notes

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

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

**More Flavor:** Add garlic to the broccoli while sautéing.



## Honey Garlic Chicken & Potatoes

2 servings  
45 minutes

### Ingredients

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

### Nutrition

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

### Directions

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

### Notes

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

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

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



## Green Poutine

2 servings

45 minutes

### Ingredients

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

### Nutrition

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

### Directions

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

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Calcium	154mg
Iron	12mg



## Deconstructed Dumplings

2 servings

25 minutes

### Ingredients

- 113 grams Udon Noodles (dried)
- 1 1/2 tsps Sesame Oil
- 1 1/2 Garlic (clove, finely chopped)
- 1 1/2 tsps Ginger (finely chopped)
- 2 stalks Green Onion (cut thinly on bias, plus more for garnish)
- 227 grams Lean Ground Pork
- 91 grams Shrimp (peeled, deveined, tails removed, chopped)
- 3/4 tsp Chinese Five Spice
- 1 1/2 tbsps Tamari
- 2 cups Napa Cabbage (thinly sliced)

### Nutrition

Amount per serving	
Calories	557
Fat	23g
Carbs	48g
Fiber	4g
Sugar	4g
Protein	39g
Cholesterol	150mg
Sodium	904mg
Vitamin A	567IU
Vitamin C	35mg
Calcium	95mg
Iron	2mg

### Directions

- 1 Cook the noodles al dente according to the package directions and set aside.
- 2 Preheat a large skillet over medium heat. Add the oil, garlic, ginger, and green onions. Cook, stirring, until the green onions are tender, about one minute.
- 3 Add the pork and shrimp, breaking up the pork as it cooks, for three minutes. Add the Chinese five spice and the tamari and cook for one more minute, stirring to combine.
- 4 Add the cabbage, cover, and steam until tender, about five minutes. Mix in the cooked noodles and stir until well coated.
- 5 Garnish with green onions and enjoy!

### Notes

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

**Serving Size:** One serving equals approximately two cups.

**More Flavor:** Add grated carrots.

**Additional Toppings:** Add cilantro and bean sprouts.



## Mango Chickpea Salad with Grilled Chicken Kabobs

2 servings  
30 minutes

### Ingredients

227 grams Chicken Breast  
1 cup Chickpeas (cooked, drained and rinsed)  
1/2 cup Frozen Edamame (thawed)  
1/2 Cucumber (diced)  
1/2 Mango (diced)  
2 cups Arugula  
1/4 cup Tahini  
1 Lemon (juiced)  
1/4 tsp Black Pepper  
1/2 Garlic (clove, minced)  
1/4 cup Water

### Nutrition

Amount per serving	
Calories	564
Fat	24g
Carbs	49g
Fiber	13g
Sugar	18g
Protein	44g
Cholesterol	82mg
Sodium	101mg
Vitamin A	1618IU
Vitamin C	48mg
Calcium	253mg
Iron	7mg

### Directions

- 1 Dice your chicken into cubes then slide them onto skewers for grilling. Season both sides of the kabobs with sea salt and pepper.
- 2 In a large bowl, combine the chickpeas, edamame, cucumber, mango and arugula. Set aside.
- 3 In a blender, combine the tahini, lemon juice, black pepper and minced garlic. Add water and blend well until smooth. Add more water 1 tbsp at a time if needed to reach desired consistency. Set dressing aside.
- 4 Preheat your grill over medium heat. Grill your kabobs for about 8 minutes per side or until cooked through.
- 5 Plate your salad and lay kabobs over top. Drizzle with desired amount of tahini dressing. Enjoy!

### Notes

**Vegans & Vegetarians:** Skip the chicken. This is a complete meal without it! Roast the chickpeas before hand if you like it hot.

**No Mango:** Use diced pineapple or fresh blueberries instead.

**No Arugula:** Use baby spinach, kale or mixed greens instead.



## Sheet Pan Pizza

2 servings  
35 minutes

### Ingredients

- 1 tsp Avocado Oil (for greasing)
- 1 cup All Purpose Gluten-Free Flour (plus more for dusting)
- 1 cup Plain Greek Yogurt
- 1 tsp Baking Powder
- 1 tbsp Water
- 1/3 cup Tomato Sauce
- 99 grams Mozzarella Cheese (shredded)
- 23 grams Pepperoni (sliced)

### Nutrition

Amount per serving	
Calories	583
Fat	19g
Carbs	73g
Fiber	13g
Sugar	4g
Protein	27g
Cholesterol	72mg
Sodium	656mg
Vitamin A	1157IU
Vitamin C	10mg
Calcium	571mg
Iron	2mg

### Directions

- 1 Preheat the oven to 500°F (260°C) and grease a baking sheet with the oil.
- 2 In a mixing bowl, add the flour, yogurt, baking powder and start mixing with a spatula. As the dough begins to form, add the water and keep mixing.
- 3 The dough is ready when it is a little bit sticky but mostly smooth. Lightly flour your work surface and shape the dough into a ball.
- 4 Start to roll out the dough and then transfer it to the baking sheet. Use your hands to stretch the dough and get it as thin as you can (approximately 1/8-inch thickness) on the baking sheet.
- 5 Bake the dough for ten minutes without the toppings. Remove from the oven and add the tomato sauce, cheese, and pepperoni. Place the pizza back in the oven for another 10 to 15 minutes or until the cheese melts to your liking.
- 6 Remove from the oven and cut the pizza into slices. Enjoy!

### Notes

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

**Serving Size:** One serving is equal to two slices. An 18 x 11-inch baking sheet was used for four servings (eight slices).

**More Flavor:** Add garlic powder, onion powder, or dried herbs to the dough.

**Additional Toppings:** Add your favorite pizza toppings.

**Gluten-Free Flour:** This recipe was developed and tested using Bob's Red Mill 1:1 Baking Flour. If using another type of gluten-free flour, note that results may vary.

**Greek Yogurt:** This recipe was developed using 2% MF Greek yogurt. If using a Greek yogurt with differing milk fat, note the results may vary.



## Lemon Garlic Chicken & Orzo

1 serving  
25 minutes

### Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 113 grams Chicken Breast (boneless, skinless, cubed)
- 1 tbsp Italian Seasoning (divided)
- 1/2 Lemon (juiced, divided)
- 1 1/4 cups Chicken Broth, Low Sodium
- 1 Garlic (cloves, minced)
- 1/2 cup Orzo (dry)
- Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	523
Fat	19g
Carbs	47g
Fiber	2g
Sugar	3g
Protein	39g
Cholesterol	82mg
Sodium	142mg
Vitamin A	36IU
Vitamin C	10mg
Calcium	25mg
Iron	3mg

### Directions

- 1 Heat the oil in a large skillet over medium heat. Add the chicken and season with half of the Italian seasoning and half of the lemon juice. Cook for four to five minutes per side or until cooked through. Add some of the chicken broth as needed.
- 2 Add the garlic and cook for 30 seconds. Add the orzo, the remaining Italian seasoning, remaining lemon juice, and chicken broth and stir to combine.
- 3 Lower the heat and simmer for eight to ten minutes or until the orzo is al dente and most of the liquid has been absorbed. Continuously stir to prevent the orzo from sticking. If needed, add some water.
- 4 Divide evenly between bowls and season with salt and pepper. 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 of chicken and orzo.

**Gluten-Free:** Use gluten-free pasta or rice and adjust the cook time and liquid as needed.

**Additional Toppings:** Feta cheese, fresh basil, fresh parsley.