



2000 Calorie Meal Plan 40/30/30 PDF

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EXERCISE
with Style

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EXERCISE WITH STYLE

How To Use Our Meal Plans

You can repeat the same day for several days if you like.

You can make changes within the same day. For example, you can switch Monday's lunch and dinner. Or, have the afternoon snack in the morning. But, what you can't do is switch meals from different days. For example, switch Monday's lunch for Wednesday's lunch. This can change the calorie and macro distribution for the day.

Leftovers appear "greyed out" on your planner and can be a fast and easy way to prep meals for future meals.

Get a customized road map from me personally.

As a side note, if you're serious about taking your health and nutrition to the next level; every month I offer a limited number of 1-on-1 calls where I give you personalized insights and actionable advice.

We'll take what you're learning here and turn it into a **customized nutrition plan tailored to your unique goals, lifestyle, and preferences.**

In addition, I can also answer any questions you have about my 3 month 1-on-1 program if I have spots available. [You can book a call with me here.](#)

If you have any question about your meal plan please email me at brenda.peralta@exercisewithstyle.com

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medical conditions.

This is particularly true if you are prone to injuries, pregnant or nursing or if you have a family history of high blood pressure or heart disease. You should also consult a licensed health care professional prior to beginning this or any other program if you have ever experienced chest pain when exercising or have experienced chest pain in the past month when not engaged in physical activity. You should also consult with a licensed health care professional if you smoke, have high cholesterol, are obese, or have a bone or joint problem that could be made worse by a change in physical activity. Do not start this fitness program if your physician or health care provider advises against it. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately.

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MON



BREAKFAST
Winter Yogurt Bowl



SNACK 1
2 Cottage Cheese & Applesauce



LUNCH
Ahi Tuna Poke Bowl



SNACK 2
Papaya Breakfast Box



DINNER
Grilled Tempeh & Squash with Rice

TUE



BREAKFAST
Winter Yogurt Bowl



SNACK 1
2 Cottage Cheese & Applesauce



LUNCH
Grilled Tempeh & Squash with Rice



SNACK 2
Papaya Breakfast Box



DINNER
Pressure Cooker Thai Red Curry Beef

WED



BREAKFAST
Winter Yogurt Bowl



SNACK 1
2 Cottage Cheese & Applesauce



LUNCH
Pressure Cooker Thai Red Curry Beef



SNACK 2
Papaya Breakfast Box



DINNER
Ginger Peanut Slaw Salmon Burger

THU



BREAKFAST
Banana & Zucchini Protein Baked Oatmeal



SNACK 1
Cottage Cheese & Mashed Banana



LUNCH
Ginger Peanut Slaw Salmon Burger



SNACK 2
Chickpea & Tomato Savory Yogurt Bowl



DINNER
Easy Salmon Poke Bowl

FRI



BREAKFAST
Banana & Zucchini Protein Baked Oatmeal



SNACK 1
Cottage Cheese & Mashed Banana



LUNCH
Easy Salmon Poke Bowl



SNACK 2
Chickpea & Tomato Savory Yogurt Bowl



DINNER
Beef & Veggie Skillet

SAT



BREAKFAST
Scrambled Eggs with Toasted Bagel & Peach



SNACK 1
Cottage Cheese & Mashed Banana



LUNCH
Beef & Veggie Skillet



SNACK 2
Chickpea & Tomato Savory Yogurt Bowl



DINNER
Spinach & Tuna Grilled Cheese

SUN



BREAKFAST
Scrambled Eggs with Toasted Bagel & Peach



SNACK 1
Cottage Cheese & Mashed Banana



LUNCH
Spinach & Tuna Grilled Cheese



SNACK 2
Chickpea & Tomato Savory Yogurt Bowl



DINNER
One Pan Chicken, Chickpeas & Broccoli

MON**FAT 32%** **CARBS 41%** **PROTEIN 27%**

Calories 2077 **Cholesterol** 512mg
Fat 78g **Sodium** 2361mg
Carbs 221g **Vitamin A** 6921IU
Fiber 24g **Vitamin C** 176mg
Sugar 65g **Calcium** 1278mg
Protein 144g **Iron** 15mg

TUE**FAT 33%** **CARBS 40%** **PROTEIN 27%**

Calories 2050 **Cholesterol** 538mg
Fat 80g **Sodium** 2798mg
Carbs 213g **Vitamin A** 11085IU
Fiber 24g **Vitamin C** 313mg
Sugar 73g **Calcium** 1341mg
Protein 144g **Iron** 18mg

WED**FAT 35%** **CARBS 36%** **PROTEIN 29%**

Calories 1976 **Cholesterol** 596mg
Fat 79g **Sodium** 2783mg
Carbs 186g **Vitamin A** 8423IU
Fiber 25g **Vitamin C** 312mg
Sugar 80g **Calcium** 1219mg
Protein 151g **Iron** 15mg

THU**FAT 30%** **CARBS 43%** **PROTEIN 27%**

Calories 1990 **Cholesterol** 257mg
Fat 69g **Sodium** 2956mg
Carbs 218g **Vitamin A** 2684IU
Fiber 30g **Vitamin C** 83mg
Sugar 57g **Calcium** 847mg
Protein 140g **Iron** 12mg

FRI**FAT 29%** **CARBS 46%** **PROTEIN 25%**

Calories 2080 **Cholesterol** 273mg
Fat 68g **Sodium** 2882mg
Carbs 245g **Vitamin A** 2360IU
Fiber 30g **Vitamin C** 151mg
Sugar 51g **Calcium** 822mg
Protein 134g **Iron** 15mg

SAT**FAT 30%** **CARBS 45%** **PROTEIN 25%**

Calories 2113 **Cholesterol** 748mg
Fat 70g **Sodium** 2782mg
Carbs 237g **Vitamin A** 4970IU
Fiber 21g **Vitamin C** 140mg
Sugar 48g **Calcium** 1076mg
Protein 134g **Iron** 22mg

SUN**FAT 32%** **CARBS 40%** **PROTEIN 28%**

Calories 2131 **Cholesterol** 777mg
Fat 76g **Sodium** 4197mg
Carbs 214g **Vitamin A** 5541IU
Fiber 28g **Vitamin C** 174mg
Sugar 51g **Calcium** 1138mg
Protein 150g **Iron** 21mg

FRUITS

- 1 Avocado
- 4 Banana
- 1 Lemon
- 2 2/3 tbsps Lemon Juice
- 1/2 Lime
- 3 cups Papaya
- 2 Peach
- 1/3 cup Pomegranate Seeds

BREAKFAST

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

SEEDS, NUTS & SPICES

- 1/3 tsp Cinnamon
- 1 tsp Garlic Powder
- 1 tbsp Greek Seasoning
- 1/2 cup Pumpkin Seeds
- 1/4 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 3/4 tsp Sesame Seeds
- 1 tbsp Taco Seasoning

VEGETABLES

- 2/3 Acorn Squash
- 3 1/16 cups Baby Spinach
- 1 1/2 cups Broccoli
- 1/2 Carrot
- 1 head Cauliflower
- 1/2 stalk Celery
- 1 1/3 cups Cherry Tomatoes
- 2 tbsps Cilantro
- 2 1/4 Cucumber
- 1 1/2 Delicata Squash
- 1 Garlic
- 2 1/2 tps Ginger
- 1 stalk Green Onion
- 1/2 Jalapeno Pepper
- 1/2 cup Microgreens
- 1 cup Purple Cabbage
- 1/4 cup Radishes
- 1/2 Yellow Bell Pepper
- 1 Yellow Onion
- 1 1/4 Zucchini

BOXED & CANNED

- 2 1/4 cups Brown Rice
- 1 cup Canned Coconut Milk
- 2 3/4 cups Chickpeas
- 1/4 cup Jasmine Rice
- 2 2/3 tbsps Salsa
- 1 tbsp Tomato Paste
- 1 can Tuna

BAKING

- 3/4 tsp Baking Powder
- 1 1/2 tps Coconut Sugar
- 1 cup Oats
- 3 cups Unsweetened Applesauce

BREAD, FISH, MEAT & CHEESE

- 113 grams Ahi Tuna
- 2 Bagel
- 60 grams Cheddar Cheese
- 142 grams Chicken Breast
- 227 grams Extra Lean Ground Beef
- 454 grams Salmon Fillet
- 198 grams Sourdough Bread
- 227 grams Stewing Beef
- 227 grams Tempeh
- 113 grams Whole Wheat Bun

CONDIMENTS & OILS

- 1 1/3 tbsps Apple Cider Vinegar
- 1/2 tsp Avocado Oil
- 1 tbsp Coconut Aminos
- 1 tsp Coconut Oil
- 1 2/3 tbsps Extra Virgin Olive Oil
- 1 1/2 tps Fish Sauce
- 2 tps Mayonnaise
- 1 1/3 tbsps Rice Vinegar
- 1 1/8 tbsps Sesame Oil
- 1/4 cup Tamari
- 1 tbsp Thai Red Curry Paste

COLD

- 2 tps Butter
- 7 1/2 cups Cottage Cheese
- 13 Egg
- 2 1/4 tps Ghee
- 5 cups Plain Greek Yogurt

OTHER

- 1/2 cup Vanilla Protein Powder

Winter Yogurt Bowl

3 SERVINGS 30 MINUTES



INGREDIENTS

1 1/2 Delicata Squash (small, seeds removed and sliced into rings)
2 1/4 tsps Ghee (melted)
1/3 tsp Cinnamon (ground)
3 cups Plain Greek Yogurt
1/3 cup Pomegranate Seeds
3 tbsps Pumpkin Seeds
3 tbsps Almond Butter

NUTRITION

AMOUNT PER SERVING

Calories	451	Cholesterol	41mg
Fat	21g	Sodium	166mg
Carbs	42g	Vitamin A	2043IU
Fiber	6g	Vitamin C	41mg
Sugar	9g	Calcium	634mg
Protein	30g	Iron	4mg

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and add the squash to a baking sheet lined with parchment paper. Toss the squash with melted ghee and cinnamon. Bake for 15 to 20 minutes or until tender.
- 02 Divide the yogurt into bowls and top with the roasted squash, pomegranate seeds, pumpkin seeds and almond butter. Enjoy!

NOTES

DAIRY-FREE

Use plain coconut yogurt instead of Greek yogurt.

NO DELICATA SQUASH

Use butternut squash or sweet potato instead.

NO GHEE

Use melted coconut oil instead.

NUT-FREE

Use sunflower seed butter instead of almond butter.

STORAGE

Assemble bowls, cover and store in the refrigerator for up to 3 days.

Banana & Zucchini Protein Baked Oatmeal

2 SERVINGS 1 HOUR 10 MINUTES



INGREDIENTS

1/2 Zucchini (medium, shredded)
1 cup Oats (rolled)
1/2 cup Vanilla Protein Powder
1 Egg
1/2 cup Canned Coconut Milk
1 tbsp Maple Syrup
3/4 tsp Baking Powder
1/4 tsp Sea Salt
2 Banana (medium, ripe, divided)

NUTRITION

AMOUNT PER SERVING

Calories	521	Cholesterol	97mg
Fat	17g	Sodium	575mg
Carbs	66g	Vitamin A	309IU
Fiber	8g	Vitamin C	19mg
Sugar	23g	Calcium	276mg
Protein	30g	Iron	3mg

DIRECTIONS

- 01 Preheat the oven to 350°F (175°C). Line a baking dish with parchment paper and set aside.
- 02 Wrap the shredded zucchini in paper towel or a clean cloth and squeeze until all of the excess liquid comes out.
- 03 Add the oats, protein powder, eggs, milk, maple syrup, baking powder, salt, and half of the bananas to a blender. Blend until a smooth consistency is achieved. Stir in the shredded zucchini and scoop out the batter into the baking dish. Slice the remaining bananas and place the pieces on top of the batter.
- 04 Bake for 60 minutes or until golden-brown. Remove from the oven and allow it to cool for 15 minutes before slicing. Enjoy!

NOTES

LEFTOVERS

Refrigerate for up to five days or freeze for up to three months. Freeze in individual portions for an easy grab and go option.

SERVING SIZE

One serving is equal to approximately one cup. An 8 x 8-inch dish was used to make four servings.

MAKE IT VEGAN

Use flax eggs instead of eggs.

MORE FLAVOR

Add cinnamon or chocolate chips.

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.

Scrambled Eggs with Toasted Bagel & Peach

2 SERVINGS 10 MINUTES



INGREDIENTS

2 tps Extra Virgin Olive Oil
6 Egg (whisked)
2 Bagel (sliced in half, toasted)
2 Peach (sliced)
Sea Salt & Black Pepper

NUTRITION

AMOUNT PER SERVING

Calories	590	Cholesterol	558mg
Fat	21g	Sodium	656mg
Carbs	70g	Vitamin A	1299IU
Fiber	4g	Vitamin C	10mg
Sugar	22g	Calcium	323mg
Protein	31g	Iron	7mg

DIRECTIONS

- 01 Heat the oil in a pan over medium heat. Cook the eggs until scrambled and desired doneness.
- 02 Serve the eggs with the bagel and peach. Season with salt and pepper to taste. Enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately. Refrigerate in an airtight container for two days. Slice the peach and toast the bagel when ready to serve.

MORE FLAVOR

Add chives to the eggs. Add butter, peanut butter, and/or jam to the bagel.

GLUTEN-FREE

Use a gluten-free bagel.

Cottage Cheese & Applesauce

6 SERVINGS 5 MINUTES



INGREDIENTS

4 1/2 cups Cottage Cheese
3 cups Unsweetened Applesauce

NUTRITION

AMOUNT PER SERVING

Calories	206	Cholesterol	27mg
Fat	7g	Sodium	499mg
Carbs	19g	Vitamin A	256IU
Fiber	1g	Vitamin C	1mg
Sugar	16g	Calcium	136mg
Protein	18g	Iron	0mg

DIRECTIONS

01 Serve the cottage cheese with the applesauce and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

ADDITIONAL TOPPINGS

Top with fresh fruit, crushed nuts, hemp seeds, or sweetener of your choice.

Cottage Cheese & Mashed Banana

4 SERVINGS 5 MINUTES



INGREDIENTS

3 cups Cottage Cheese
2 Banana (mashed)

NUTRITION

AMOUNT PER SERVING

Calories	207	Cholesterol	27mg
Fat	7g	Sodium	497mg
Carbs	19g	Vitamin A	258IU
Fiber	2g	Vitamin C	5mg
Sugar	11g	Calcium	134mg
Protein	18g	Iron	0mg

DIRECTIONS

01 Serve the cottage cheese with the mashed banana and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

ADDITIONAL TOPPINGS

Top with fresh fruit, crushed nuts, hemp seeds, or sweetener of your choice.

Ahi Tuna Poke Bowl

1 SERVING 10 MINUTES



INGREDIENTS

1/4 cup Jasmine Rice (dry, rinsed)
1 tbsp Rice Vinegar
1 tbsp Coconut Aminos
113 grams Ahi Tuna (sushi-grade, sliced)
1/4 Cucumber (sliced)
1/2 Avocado (sliced)
3/4 tsp Sesame Seeds (toasted, white and/or black)

NUTRITION

AMOUNT PER SERVING

Calories	480	Cholesterol	45mg
Fat	16g	Sodium	329mg
Carbs	53g	Vitamin A	326IU
Fiber	8g	Vitamin C	12mg
Sugar	5g	Calcium	46mg
Protein	34g	Iron	2mg

DIRECTIONS

- 01 Cook the jasmine rice according to the directions on the package. Stir in the rice vinegar and coconut aminos until well coated.
- 02 Divide the rice into bowls and top with the ahi tuna, cucumber, avocado and sesame seeds. Enjoy immediately!

NOTES

LEFTOVERS

Tightly wrap the tuna in plastic wrap or foil, and store the remaining ingredients in an airtight container for up to two days.

NO AHI TUNA

Use sushi-grade salmon, crab meat or chopped grilled tofu.

NO RICE

Use cauliflower rice, brown rice, quinoa or soba noodles instead.

MORE FLAVOR

Serve with pickled ginger and/or wasabi.

ADDITIONAL TOPPINGS

Top with seaweed, mango, green onion, chiles, sriracha mayo, edamame, pea shoots, carrots, radishes, red cabbage and/or chopped shallots.

Papaya Breakfast Box

3 SERVINGS 15 MINUTES



INGREDIENTS

6 Egg
3 cups Papaya (peeled, seeds removed, chopped)
1 1/2 Cucumber (medium, chopped)

NUTRITION

AMOUNT PER SERVING

Calories	226	Cholesterol	372mg
Fat	10g	Sodium	156mg
Carbs	21g	Vitamin A	698IU
Fiber	3g	Vitamin C	89mg
Sugar	14g	Calcium	108mg
Protein	14g	Iron	3mg

DIRECTIONS

- 01 Place the eggs 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.
- 02 Strain the water and fill the saucepan with cold water. Peel the eggs when they are cool enough to handle and slice into halves.
- 03 Serve the eggs with the papaya and cucumbers. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

MORE FLAVOR

Season the eggs with salt and pepper to taste.

ADDITIONAL TOPPINGS

Add nuts, crackers, or a slice of toast.

Chickpea & Tomato Savory Yogurt Bowl

4 SERVINGS 5 MINUTES



INGREDIENTS

2 cups Plain Greek Yogurt
2 cups Chickpeas (drained & rinsed)
1 1/3 cups Cherry Tomatoes (halved)
1/4 cup Pumpkin Seeds
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	279	Cholesterol	17mg
Fat	9g	Sodium	79mg
Carbs	31g	Vitamin A	1062IU
Fiber	7g	Vitamin C	15mg
Sugar	8g	Calcium	299mg
Protein	21g	Iron	4mg

DIRECTIONS

01 Combine all ingredients in a bowl. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving is equal to approximately 1 1/2 cups.

MAKE IT VEGAN

Use dairy-free yogurt.

ADDITIONAL TOPPINGS

Tamari, cucumber, red onion, pickled onions, and/or fresh parsley.

Grilled Tempeh & Squash with Rice

2 SERVINGS 50 MINUTES



INGREDIENTS

1/2 cup Brown Rice (dry)
1 1/3 tsps Sesame Oil
1 1/3 tsps Tamari
2 tsps Maple Syrup
2 tsps Apple Cider Vinegar
2/3 Acorn Squash (small, peeled, seeds removed, sliced)
227 grams Tempeh (sliced)
2 cups Baby Spinach
2 2/3 tsps Lemon Juice (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	508	Cholesterol	0mg
Fat	17g	Sodium	712mg
Carbs	67g	Vitamin A	3342IU
Fiber	5g	Vitamin C	32mg
Sugar	5g	Calcium	218mg
Protein	30g	Iron	6mg

DIRECTIONS

- 01 Cook the brown rice according to package directions and set aside.
- 02 In a baking dish, combine the sesame oil, tamari, maple syrup, and apple cider vinegar. Add the acorn squash and tempeh, brushing all sides with the marinade. Let sit for five to ten minutes.
- 03 Grill the acorn squash over medium heat for 10 minutes on one side, and six to eight minutes on the other side, or until fork tender. Grill the tempeh for eight minutes, flipping halfway. Brush on any leftover marinade as needed.
- 04 Divide the brown rice, spinach, acorn squash, and tempeh between plates. Drizzle lemon juice and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

MORE FLAVOR

Add salt, pepper, or minced garlic to the marinade. Use your favorite dressing instead of lemon juice.

ADDITIONAL TOPPINGS

Add pickled veggies, sliced green onion, red pepper flakes, or fresh parsley.

Pressure Cooker Thai Red Curry Beef

2 SERVINGS 1 HOUR



INGREDIENTS

1 tsp Coconut Oil (divided)
227 grams Stewing Beef (diced into cubes)
Sea Salt & Black Pepper (to taste)
1/2 Yellow Onion (small, thinly sliced)
1/2 tsp Ginger (minced)
1 tbsp Thai Red Curry Paste
1 tbsp Tomato Paste
1 1/2 tsps Fish Sauce
1 1/2 tsps Coconut Sugar
1/2 Carrot (large, chopped)
1 head Cauliflower (sliced into florets)
1/3 cup Canned Coconut Milk
1/2 Lime (juiced)
1/4 cup Brown Rice (optional, dry/uncooked)
1 stalk Green Onion (optional, chopped)
2 tbsps Cilantro (optional, chopped)

NUTRITION

AMOUNT PER SERVING

Calories	453	Cholesterol	71mg
Fat	18g	Sodium	766mg
Carbs	45g	Vitamin A	4490IU
Fiber	8g	Vitamin C	149mg
Sugar	13g	Calcium	109mg

DIRECTIONS

- 01 Turn your pressure cooker onto sauté mode and add half of the coconut oil. Season the beef with sea salt and pepper. Add to the pressure cooker and brown on all sides. Remove with a slotted spoon and set aside.
- 02 Add the remaining coconut oil and sliced onion to the pressure cooker and sauté for about 3 to 4 minutes. Add the ginger during the last minute, stirring frequently. Then add the curry paste, tomato paste, fish sauce, coconut sugar, carrots, cauliflower and beef. Stir well to combine.
- 03 Put the lid on the pressure cooker and change to pressure cooker mode. Cook for 35 minutes and then let the steam release naturally.
- 04 If making the brown rice, cook according to package directions.
- 05 Remove the lid from the pressure cooker and add the coconut milk and lime juice. Mix well, then serve over rice with optional garnishes like green onion and cilantro.

NOTES

NO PRESSURE COOKER

Make it in the slow cooker on low for about 5 hours.

NO FISH SAUCE

Use soy sauce or tamari instead.

NO COCONUT SUGAR

Use cane sugar instead.

VEGETABLE MODIFICATIONS

Add or substitute any vegetables you have on hand, such as sweet potato, broccoli or peas.

CRUNCHY VEGGIES

Vegetables can turn soft in the pressure cooker. If you prefer crunchy veggies, steam them on the stove separately, then add them to the meal when it's done.

Protein

34g Iron

5mg

Ginger Peanut Slaw Salmon Burger

2 SERVINGS 30 MINUTES



INGREDIENTS

227 grams Salmon Fillet
2 tbsps All Natural Peanut Butter
2 tps Tamari
2 tps Apple Cider Vinegar
2 tps Maple Syrup
2 tps Ginger (fresh, grated)
1 tsp Garlic Powder
1 cup Purple Cabbage (finely chopped)
113 grams Whole Wheat Bun (cut in half to open)
1/2 cup Microgreens

NUTRITION

AMOUNT PER SERVING

Calories	434	Cholesterol	58mg
Fat	16g	Sodium	697mg
Carbs	40g	Vitamin A	680IU
Fiber	6g	Vitamin C	31mg
Sugar	12g	Calcium	96mg
Protein	37g	Iron	3mg

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C). Add the salmon fillets to a baking sheet. Bake in the oven for 15 minutes.
- 02 Meanwhile, in a bowl, mix together the peanut butter, tamari, apple cider vinegar, maple syrup, ginger, and garlic powder. Whisk until smooth. Add the purple cabbage and stir until it is completely coated.
- 03 For each burger, place the salmon fillet on the bottom half of the bun, then scoop the cabbage mixture onto the fillet. Top with microgreens. Add the top of the bun and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately. Refrigerate ingredients separately in airtight containers for up to three days.

SERVING SIZE

One serving is equal to one burger.

MAKE IT VEGAN

Use tofu or tempeh in place of the salmon.

MORE FLAVOR

Add red pepper flakes to the peanut sauce.

ADDITIONAL TOPPINGS

Red or green onion.

GLUTEN-FREE

Use a gluten-free bun.

NO MICROGREENS

Use pea shoots, sunflower sprouts, spinach, or lettuce instead.

Easy Salmon Poke Bowl

2 SERVINGS 30 MINUTES



INGREDIENTS

3/4 cup Brown Rice
2 tsps Sesame Oil (divided)
227 grams Salmon Fillet (sushi-grade, skinless, diced)
2 tbsps Tamari
1 tsp Rice Vinegar
1/2 Cucumber (sliced)
1/4 cup Radishes (thinly sliced)
1/2 Avocado (sliced)
1/2 Jalapeno Pepper (thinly sliced)

NUTRITION

AMOUNT PER SERVING

Calories	549	Cholesterol	58mg
Fat	20g	Sodium	1108mg
Carbs	62g	Vitamin A	375IU
Fiber	7g	Vitamin C	13mg
Sugar	3g	Calcium	42mg
Protein	34g	Iron	2mg

DIRECTIONS

- 01 Cook the brown rice according to the directions on the package. Once it has finished cooking, drizzle half the sesame oil over top and mix to combine.
- 02 Meanwhile, in a medium-sized bowl, add the salmon, tamari, rice vinegar, and the remaining sesame oil. Place in the fridge to marinate for 10 minutes.
- 03 Assemble your bowl by adding brown rice to the bottom. Top it with salmon, cucumber, radishes, avocado, and jalapeno. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to one day.

MORE FLAVOR

Add minced ginger and chili flakes to the salmon while it's marinating.

ADDITIONAL TOPPINGS

Sesame seeds, cilantro and/or a spicy mayo.

MAKE IT VEGAN

Use tofu or tempeh instead of salmon.

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 tbsps Salsa
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

- 01 Cook the rice according to the package directions.
- 02 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.
- 03 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.

Spinach & Tuna Grilled Cheese

2 SERVINGS 15 MINUTES



INGREDIENTS

1 can Tuna (drained and flaked)
1/2 stalk Celery (diced)
2 tsps Mayonnaise
1/2 Lemon (juiced)
Sea Salt & Black Pepper (to taste)
1 cup Baby Spinach
198 grams Sourdough Bread (sliced)
60 grams Cheddar Cheese (shredded)
2 tsps Butter

NUTRITION

AMOUNT PER SERVING

Calories	513	Cholesterol	72mg
Fat	18g	Sodium	927mg
Carbs	50g	Vitamin A	1995IU
Fiber	2g	Vitamin C	11mg
Sugar	1g	Calcium	249mg
Protein	33g	Iron	5mg

DIRECTIONS

- 01 Preheat a cast-iron skillet over medium-low heat.
- 02 In a bowl, mix together the tuna, celery, mayonnaise, and lemon juice. Season with salt and pepper.
- 03 Layer the spinach on top of a bread. Top with tuna mixture and cheddar cheese. Close the sandwich.
- 04 Add the butter to the preheated pan and place the sandwich in the skillet. Cook until lightly browned on one side, flip and cook until browned on the other side. Slice and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately or refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving is equal to one sandwich.

MORE FLAVOR

Add parsley or dill.

GLUTEN-FREE

Use gluten-free bread instead.

DAIRY-FREE

Use dairy-free cheese instead.

SOURDOUGH BREAD

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

CANNED TUNA

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

One Pan Chicken, Chickpeas & Broccoli

1 SERVING 20 MINUTES



INGREDIENTS

1 tbsp Extra Virgin Olive Oil
142 grams Chicken Breast (boneless, skinless, cut into cubes)
1/2 Lemon (juiced, divided)
1 tbsp Greek Seasoning (divided)
1 1/2 cups Broccoli (cut into florets)
3/4 cup Chickpeas (drained, rinsed)

NUTRITION

AMOUNT PER SERVING

Calories	542	Cholesterol	103mg
Fat	21g	Sodium	2038...
Carbs	44g	Vitamin A	927IU
Fiber	13g	Vitamin C	133mg
Sugar	9g	Calcium	133mg
Protein	47g	Iron	5mg

DIRECTIONS

- 01 Heat the oil in a large pan over medium heat. Add the chicken and cook for six to seven minutes or until cooked through. Add the lemon juice and half of the Greek seasoning. Add a splash of water if needed. Stir to combine and then add the chicken to a plate to set aside.
- 02 To the same pan, add the broccoli and sauté for three to four minutes or until slightly tender. Stir in the chickpeas, remaining lemon juice, and Greek seasoning. Add water if needed.
- 03 Stir the chicken back in and cook for another two to three minutes. Divide evenly between bowls or plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately 1 1/2 cups.

MORE FLAVOR

Add parmesan cheese.