



2000 Calorie Meal Plan 40/40/20 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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MON



BREAKFAST
Creamy Apple Pie Protein Oatmeal



SNACK 1
Salmon Burger Bites with Cucumber & Pineapple



LUNCH
Turkey Ranch Mason Jar Salad



SNACK 2
2 Blueberry Protein Smoothie



DINNER
Honey Sesame Chicken with Peas & Quinoa

TUE



BREAKFAST
Creamy Apple Pie Protein Oatmeal



SNACK 1
Salmon Burger Bites with Cucumber & Pineapple



LUNCH
Honey Sesame Chicken with Peas & Quinoa



SNACK 2
2 Blueberry Protein Smoothie



DINNER
Crispy Haddock Burger

WED



BREAKFAST
Creamy Apple Pie Protein Oatmeal



SNACK 1
Salmon Burger Bites with Cucumber & Pineapple



LUNCH
Crispy Haddock Burger



SNACK 2
1.5 Blueberry Protein Smoothie



DINNER
Lentil, Bean & Turkey Chili

THU



BREAKFAST
Tofu Scramble with Lentils & Spinach



SNACK 1
Yogurt & Berries



LUNCH
Lentil, Bean & Turkey Chili



SNACK 2
Mocha Smoothie



DINNER
Whole Barbecued Chicken & Grilled Potatoes

FRI



BREAKFAST
Tofu Scramble with Lentils & Spinach



SNACK 1
Yogurt & Berries



LUNCH
Whole Barbecued Chicken & Grilled Potatoes



SNACK 2
Mocha Smoothie



DINNER
Tuna Avocado Sandwich

SAT



BREAKFAST
Mixed Berry Protein Overnight Oats, Greek Yogurt



SNACK 1
Yogurt & Berries



LUNCH
Tuna Avocado Sandwich



SNACK 2
Mocha Smoothie



DINNER
Salmon with Rice & Broccoli

SUN



BREAKFAST
Mixed Berry Protein Overnight Oats, Greek Yogurt



SNACK 1
Yogurt & Berries



LUNCH
Salmon with Rice & Broccoli



SNACK 2
Mocha Smoothie



DINNER
Beef Shank & Mashed Potatoes

MON

FAT 20% CARBS 43% PROTEIN 37%

Calories 2003
Fat 47g
Carbs 220g
Fiber 36g
Sugar 82g
Protein 189g
Cholesterol 269mg
Sodium 1959mg
Vitamin A 14846IU
Vitamin C 90mg
Calcium 1333mg
Iron 16mg

TUE

FAT 21% CARBS 43% PROTEIN 36%

Calories 2073
Fat 48g
Carbs 229g
Fiber 36g
Sugar 84g
Protein 191g
Cholesterol 384mg
Sodium 2566mg
Vitamin A 10703IU
Vitamin C 96mg
Calcium 1371mg
Iron 16mg

WED

FAT 22% CARBS 44% PROTEIN 34%

Calories 2037
Fat 51g
Carbs 226g
Fiber 45g
Sugar 79g
Protein 177g
Cholesterol 363mg
Sodium 1847mg
Vitamin A 9052IU
Vitamin C 118mg
Calcium 1385mg
Iron 22mg

THU

FAT 23% CARBS 40% PROTEIN 37%

Calories 2058
Fat 54g
Carbs 208g
Fiber 55g
Sugar 59g
Protein 193g
Cholesterol 319mg
Sodium 913mg
Vitamin A 7046IU
Vitamin C 140mg
Calcium 1998mg
Iron 33mg

FRI

FAT 23% CARBS 40% PROTEIN 37%

Calories 2130
Fat 55g
Carbs 218g
Fiber 47g
Sugar 48g
Protein 198g
Cholesterol 294mg
Sodium 1618mg
Vitamin A 5762IU
Vitamin C 119mg
Calcium 1876mg
Iron 28mg

SAT

FAT 22% CARBS 44% PROTEIN 34%

Calories 2063
Fat 51g
Carbs 232g
Fiber 35g
Sugar 65g
Protein 175g
Cholesterol 205mg
Sodium 1612mg
Vitamin A 3744IU
Vitamin C 180mg
Calcium 1863mg
Iron 16mg

SUN

FAT 21% CARBS 44% PROTEIN 35%

Calories 1926
Fat 45g
Carbs 216g
Fiber 31g
Sugar 69g
Protein 171g
Cholesterol 205mg
Sodium 836mg
Vitamin A 4790IU
Vitamin C 198mg
Calcium 1953mg
Iron 17mg

FRUITS

- 1 1/2 Apple
- 1 Avocado
- 4 Banana
- 1/2 cup Blueberries
- 1 cup Pineapple
- 1/2 cup Raspberries

BREAKFAST

- 1 cup Coffee
- 1/3 cup Maple Syrup

SEEDS, NUTS & SPICES

- 2/3 tsp Chili Powder
- 1 1/2 tsps Cinnamon
- 1 3/4 tsps Cumin
- 1/3 cup Ground Flax Seed
- 1/3 cup Hemp Seeds
- 1 tbsp Pumpkin Seeds
- 1/2 tsp Red Pepper Flakes
- 0 Sea Salt & Black Pepper
- 1 1/2 tsps Sesame Seeds
- 1 tsp Turmeric

FROZEN

- 4 cups Frozen Berries
- 6 cups Frozen Blueberries
- 1 cup Frozen Peas
- 270 grams Salmon Burger Patty

VEGETABLES

- 2 1/16 cups Arugula
- 1 cup Baby Kale
- 8 cups Baby Spinach
- 2 cups Broccoli
- 1/2 Carrot
- 2 stalks Celery
- 1/4 cup Cherry Tomatoes
- 2 tsps Chives
- 2/3 cup Coleslaw Mix
- 3/4 Cucumber
- 4 1/8 Garlic
- 2 stalks Green Onion
- 1/4 cup Red Onion
- 2 2/3 Red Potato
- 1 1/16 Russet Potato
- 1/16 White Onion
- 2/3 Yellow Onion

BOXED & CANNED

- 1/2 cup Bread Crumbs
- 1/2 cup Brown Rice
- 1 tbsp Chicken Broth
- 3 1/8 cups Diced Tomatoes
- 1/4 cup Israeli Couscous
- 2 2/3 cups Lentils
- 1/3 cup Quinoa
- 1 cup Red Kidney Beans
- 2 cans Tuna
- 1 cup Vegetable Broth, Low Sodium

BAKING

- 1/4 cup Cocoa Powder
- 1 tbsp Nutritional Yeast
- 2 1/2 cups Oats
- 1 tbsp Raw Honey
- 1 1/3 tsps Vanilla Extract

BREAD, FISH, MEAT & CHEESE

- 151 grams Beef Shanks
- 283 grams Chicken Breast
- 227 grams Extra Lean Ground Turkey
- 2 Haddock Fillet
- 340 grams Salmon Fillet
- 200 grams Sourdough Bread
- 397 grams Tofu
- 113 grams Turkey Breast, Cooked
- 604 grams Whole Roasting Chicken
- 113 grams Whole Wheat Bun

CONDIMENTS & OILS

- 2 grams Avocado Oil Spray
- 3/4 tsp Coconut Oil
- 2/3 tsp Dijon Mustard
- 3 tbsps Extra Virgin Olive Oil
- 1 tbsp Ranch Dressing
- 1/2 tsp Sesame Oil
- 1 1/2 tbsps Tamari
- 60 grams Tartar Sauce

COLD

- 1 Egg
- 8 3/4 cups Plain Greek Yogurt
- 1 cup Soy Milk
- 4 cups Unsweetened Almond Milk
- 1/4 cup Unsweetened Coconut Yogurt

OTHER

- 3 1/3 cups Vanilla Protein Powder
- 6 3/4 cups Water

Creamy Apple Pie Protein Oatmeal

3 SERVINGS 20 MINUTES



INGREDIENTS

- 1 1/2 Apple (diced small)
- 3 tbsps Water
- 3 tbsps Maple Syrup (plus more for garnish)
- 1 1/2 tsps Cinnamon (plus more for garnish)
- 1 1/2 cups Oats (rolled)
- 1/3 cup Vanilla Protein Powder
- 3 cups Plain Greek Yogurt
- 3 tbsps Hemp Seeds

NUTRITION

AMOUNT PER SERVING

Calories	535	Cholesterol	36mg
Fat	13g	Sodium	166mg
Carbs	68g	Vitamin A	1304IU
Fiber	8g	Vitamin C	19mg
Sugar	28g	Calcium	625mg
Protein	40g	Iron	4mg

DIRECTIONS

- 01 Combine the apples, water, syrup, and cinnamon in a saucepan. Cover and cook over low heat until the apples are soft, about 10 to 12 minutes.
- 02 Cook the oats according to the package directions.
- 03 Stir the protein powder into the yogurt.
- 04 Top the oatmeal with Greek yogurt, warm apples, and hemp seeds. Add extra cinnamon and maple syrup, if desired. Enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately. Refrigerate for up to three days and reheat before serving.

SERVING SIZE

One serving is approximately two cups.

ADDITIONAL TOPPINGS

Cinnamon, chia seeds, ground flax seeds, nuts.

Tofu Scramble with Lentils & Spinach

2 SERVINGS 15 MINUTES



INGREDIENTS

1 1/2 tsps Extra Virgin Olive Oil
2 stalks Green Onion (chopped)
2 Garlic (clove, minced)
397 grams Tofu (crumbled)
1 tbsp Nutritional Yeast
1 tsp Turmeric
1/2 tsp Cumin
Sea Salt & Black Pepper (to taste)
2 cups Lentils (cooked)
2 cups Baby Spinach (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	462	Cholesterol	0mg
Fat	15g	Sodium	52mg
Carbs	48g	Vitamin A	3316IU
Fiber	20g	Vitamin C	14mg
Sugar	6g	Calcium	649mg
Protein	42g	Iron	13mg

DIRECTIONS

- 01 Heat the oil in a skillet over medium heat. Add the onion and garlic and sauté for one minute.
- 02 Add the tofu, nutritional yeast, turmeric, and cumin to the skillet. Season with salt and pepper. Cook for five minutes, stirring occasionally.
- 03 Add the lentils and spinach to the skillet. Cook for another three to four minutes or until the spinach wilts. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately to two cups.

MORE FLAVOR

Add mushrooms or fresh herbs to the dish. Serve on a slice of sourdough bread.

Mixed Berry Protein Overnight Oats

2 SERVINGS 8 HOURS



INGREDIENTS

1 cup Oats (rolled)
1/2 cup Vanilla Protein Powder
1 cup Soy Milk
1/4 cup Unsweetened Coconut Yogurt
2 tbsps Maple Syrup
1/2 cup Blueberries
1/2 cup Raspberries
2 tbsps Hemp Seeds

NUTRITION

AMOUNT PER SERVING

Calories	449	Cholesterol	4mg
Fat	11g	Sodium	107mg
Carbs	60g	Vitamin A	31IU
Fiber	9g	Vitamin C	12mg
Sugar	22g	Calcium	385mg
Protein	31g	Iron	4mg

DIRECTIONS

- 01 In a bowl, add the oats and protein powder. Mix to combine. Stir in the milk, coconut yogurt, and maple syrup until smooth.
- 02 Divide evenly between jars and top with blueberries, raspberries, and hemp seeds. Refrigerate overnight or for at least eight hours. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately one cup.

NO SOY MILK

Use any type of milk.

ADDITIONAL TOPPINGS

Cinnamon, coconut flakes, nut butter, nuts, and seeds.

Greek Yogurt

2 SERVINGS 5 MINUTES



INGREDIENTS

1 cup Plain Greek Yogurt

NUTRITION

AMOUNT PER SERVING

Calories	90	Cholesterol	17mg
Fat	2g	Sodium	70mg
Carbs	6g	Vitamin A	625IU
Fiber	0g	Vitamin C	7mg
Sugar	3g	Calcium	250mg
Protein	11g	Iron	0mg

DIRECTIONS

01 Scoop into a bowl and enjoy!

NOTES

TOPPINGS

Fresh or frozen fruit, granola, bee pollen, nuts, coconut, honey or maple syrup.

DAIRY-FREE

Use coconut, almond or cashew yogurt instead.

Salmon Burger Bites with Cucumber & Pineapple

3 SERVINGS 20 MINUTES



INGREDIENTS

270 grams Salmon Burger Patty
3/4 cup Plain Greek Yogurt
3/4 Cucumber (medium, sliced)
1 cup Pineapple (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	203	Cholesterol	38mg
Fat	5g	Sodium	245mg
Carbs	22g	Vitamin A	423IU
Fiber	3g	Vitamin C	32mg
Sugar	11g	Calcium	144mg
Protein	20g	Iron	1mg

DIRECTIONS

- 01 Cook the salmon burger patty according to package instructions. Cut into slices.
- 02 Arrange the salmon burger patty, yogurt, cucumber, and pineapple in a bento box. Refrigerate until ready to serve. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

SALMON BURGER PATTY

One salmon burger patty is 90 grams or 3.2 ounces.

Yogurt & Berries

4 SERVINGS 5 MINUTES



INGREDIENTS

4 cups Plain Greek Yogurt
4 cups Frozen Berries (thawed)

NUTRITION

AMOUNT PER SERVING

Calories	261	Cholesterol	34mg
Fat	5g	Sodium	140mg
Carbs	32g	Vitamin A	1250IU
Fiber	5g	Vitamin C	55mg
Sugar	21g	Calcium	526mg
Protein	23g	Iron	2mg

DIRECTIONS

01 Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.) Enjoy!

NOTES

DAIRY-FREE

Use a dairy-free yogurt like coconut, almond or cashew.

NO FROZEN BERRIES

Use any type of fresh fruit instead.

Turkey Ranch Mason Jar Salad

1 SERVING 15 MINUTES



INGREDIENTS

1/4 cup Israeli Couscous (dry)
1 tbsp Ranch Dressing
113 grams Turkey Breast, Cooked (roughly chopped)
1/2 Carrot (large, grated)
1/4 cup Cherry Tomatoes (sliced)
1 cup Baby Kale
1 tbsp Pumpkin Seeds

NUTRITION

AMOUNT PER SERVING

Calories	426	Cholesterol	84mg
Fat	11g	Sodium	504mg
Carbs	42g	Vitamin A	5437IU
Fiber	5g	Vitamin C	7mg
Sugar	5g	Calcium	110mg
Protein	43g	Iron	3mg

DIRECTIONS

- 01 Cook the Israeli couscous according to package directions. Let it cool to room temperature.
- 02 Divide and layer the ingredients in a mason jar in the following order: ranch dressing, turkey breast, couscous, carrots, cherry tomatoes, baby kale, and pumpkin seeds.
- 03 Seal the jar and refrigerate until ready to serve.
- 04 When ready to eat, shake well and dump into a bowl. Enjoy!

NOTES

LEFTOVERS

Store in the fridge for up to three days.

SERVING SIZE

16 fl oz (473 mL) mason jars were used for this recipe. One serving is one mason jar.

MORE FLAVOR

Season with salt, pepper, or your choice of herbs and spices.

Blueberry Protein Smoothie

6 SERVINGS 5 MINUTES



INGREDIENTS

1 1/2 cups Vanilla Protein Powder
1/3 cup Ground Flax Seed
6 cups Frozen Blueberries
6 cups Baby Spinach
6 cups Water (cold)

NUTRITION

AMOUNT PER SERVING

Calories	206	Cholesterol	4mg
Fat	4g	Sodium	68mg
Carbs	23g	Vitamin A	2884IU
Fiber	7g	Vitamin C	12mg
Sugar	13g	Calcium	190mg
Protein	22g	Iron	2mg

DIRECTIONS

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

NOTES

NO BLUEBERRIES

Use any type of frozen berry instead.

NO PROTEIN POWDER

Use hemp seeds instead

Mocha Smoothie

4 SERVINGS 5 MINUTES



INGREDIENTS

4 cups Unsweetened Almond Milk
1 cup Coffee (brewed)
4 Banana (medium)
1 cup Vanilla Protein Powder
1/4 cup Cocoa Powder
1 1/3 tbsps Vanilla Extract

NUTRITION

AMOUNT PER SERVING

Calories	244	Cholesterol	4mg
Fat	4g	Sodium	202mg
Carbs	33g	Vitamin A	575IU
Fiber	7g	Vitamin C	10mg
Sugar	15g	Calcium	579mg
Protein	22g	Iron	2mg

DIRECTIONS

01 Add all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

NOTES

LEFTOVERS

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

NO PROTEIN POWDER

Omit, or add a few spoonfuls of hemp seeds instead.

NUT-FREE

Use nut-free milk such as oat milk.

Honey Sesame Chicken with Peas & Quinoa

2 SERVINGS 20 MINUTES



INGREDIENTS

1 tbsp Chicken Broth
1 1/2 tbsps Tamari
1/2 tsp Sesame Oil
3/4 tsp Coconut Oil
1 tbsp Raw Honey
283 grams Chicken Breast (diced into cubes)
1/3 cup Quinoa (uncooked)
2/3 cup Water
1 cup Frozen Peas (thawed)
1 1/2 tsps Sesame Seeds
1/2 tsp Red Pepper Flakes

NUTRITION

AMOUNT PER SERVING

Calories	427	Cholesterol	103mg
Fat	10g	Sodium	908mg
Carbs	42g	Vitamin A	1914IU
Fiber	6g	Vitamin C	8mg
Sugar	12g	Calcium	74mg
Protein	42g	Iron	4mg

DIRECTIONS

- 01 In a small jar, combine the broth, tamari and sesame oil. Shake well to combine and set aside.
- 02 Heat the coconut oil in a skillet over medium heat. Add the diced chicken breasts and saute for about 5 minutes. Add the tamari-based sauce and the honey. Saute for another 5 minutes or until the chicken is cooked through.
- 03 While the chicken cooks, combine quinoa and water in a sauce pot. Place over high heat and bring to a boil. Reduce heat to a simmer and cover. Let simmer for 10 to 15 minutes, or until all water is absorbed. Fluff the quinoa with a fork and set aside.
- 04 Warm the green peas.
- 05 Divide the chicken, green peas and quinoa between plates. Drizzle the quinoa with any leftover chicken marinade from the skillet. Garnish with sesame seeds and red pepper flakes. Enjoy!

NOTES

NO CHICKEN BREAST

Use turkey breast instead.

VEGAN & VEGETARIAN

Use chickpeas, white beans or tofu instead of chicken and maple syrup instead of honey.

Crispy Haddock Burger

2 SERVINGS 25 MINUTES



INGREDIENTS

2 Haddock Fillet
Sea Salt & Black Pepper (to taste)
1 Egg
1/2 cup Bread Crumbs
2 grams Avocado Oil Spray
60 grams Tartar Sauce (divided)
2/3 cup Coleslaw Mix
113 grams Whole Wheat Bun

NUTRITION

AMOUNT PER SERVING

Calories	496	Cholesterol	199mg
Fat	12g	Sodium	1111mg
Carbs	51g	Vitamin A	1294IU
Fiber	5g	Vitamin C	13mg
Sugar	7g	Calcium	148mg
Protein	45g	Iron	3mg

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
- 02 Season the fish with salt and pepper. In two separate bowls add the egg(s) and bread crumbs. Whisk the egg(s) with a fork.
- 03 Coat the fish first with bread crumbs, then dip in the egg. Lastly, coat with bread crumbs once more. Spray the fish with cooking spray and place it onto the baking sheet. Bake in the oven for about 15 minutes or until cooked through.
- 04 Meanwhile, mix half of the tartar sauce with coleslaw. Spread the rest of the sauce on the bottom buns. Top with crispy fish, coleslaw, and the top bun. Enjoy!

NOTES

LEFTOVERS

Refrigerate all parts separately for up to three days. Assemble just before eating.

SERVING SIZE

One serving is equal to one assembled fish burger.

MORE FLAVOR

Add lemon juice and/or hot sauce.

ADDITIONAL TOPPINGS

Add lettuce.

FILLET SIZE

One haddock fillet is equal to 150 grams or 5.3 ounces.

WHOLE WHEAT BUNS

One bun is equal to approximately 57 grams or two ounces.

AVOCADO OIL SPRAY

One gram (or 1/16 oz) of avocado oil spray is equal to a one-second spray.

Lentil, Bean & Turkey Chili

2 SERVINGS 30 MINUTES



INGREDIENTS

2 **tsps** Extra Virgin Olive Oil
1 **1/3** Garlic (clove, minced)
2/3 Yellow Onion (chopped)
227 **grams** Extra Lean Ground Turkey
2/3 **cup** Lentils (cooked)
1 **cup** Red Kidney Beans (cooked)
2 **2/3 cups** Diced Tomatoes (from the can, with the juices)
1 **cup** Vegetable Broth, Low Sodium
2/3 **tsp** Chili Powder
1 **1/3 tsps** Cumin

NUTRITION

AMOUNT PER SERVING

Calories	494	Cholesterol	84mg
Fat	15g	Sodium	223mg
Carbs	50g	Vitamin A	1705IU
Fiber	18g	Vitamin C	36mg
Sugar	13g	Calcium	183mg
Protein	39g	Iron	11mg

DIRECTIONS

- 01 Preheat the oil in a large skillet or pot over medium-high heat. Add the garlic and onions. Stir and cook for approximately two minutes or until tender. Add the turkey, breaking it up as it cooks. Cook for five to seven minutes or until browned.
- 02 Add the lentils, beans, diced tomatoes, broth, chili powder, and cumin. Stir well to combine.
- 03 Bring the chili to a simmer and let it cook for about 20 minutes or until the liquid has reduced to your preferred consistency. Stir occasionally.
- 04 Divide evenly between bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days. Freeze individual portions for up to three months.

SERVING SIZE

One serving is approximately two cups.

ADDITIONAL TOPPINGS

Shredded cheese, sour cream, chopped green onions, avocado slices, and/or cilantro.

Whole Barbecued Chicken & Grilled Potatoes

2 SERVINGS 45 MINUTES



INGREDIENTS

2 2/3 Red Potato (cut into wedges)
1 tbsp Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper
2/3 tsp Dijon Mustard
1/3 Garlic (clove, minced)
605 grams Whole Roasting Chicken
(spine removed)
2 tsps Chives (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	597	Cholesterol	197mg
Fat	15g	Sodium	296mg
Carbs	45g	Vitamin A	200IU
Fiber	5g	Vitamin C	25mg
Sugar	4g	Calcium	61mg
Protein	67g	Iron	5mg

DIRECTIONS

- 01 Preheat the grill to 375°F (190°C).
- 02 Par-boil the potatoes for 10 minutes or until just starting to soften. Drain and toss in 2/3 of the oil. Season with salt and pepper. Set aside while you prepare the chicken.
- 03 Next, mix together the mustard, garlic, remaining oil, salt, and pepper. Brush the mixture onto the chicken.
- 04 Grill the chicken for 15 minutes and flip. Add the potatoes to the grill and cook for 10 to 15 minutes or until they reach desired crispiness. Remove both from the grill once they are done cooking. The chicken should be cooked through and the skin should be browned.
- 05 Carve the chicken and serve with the potatoes. Garnish everything with chives. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

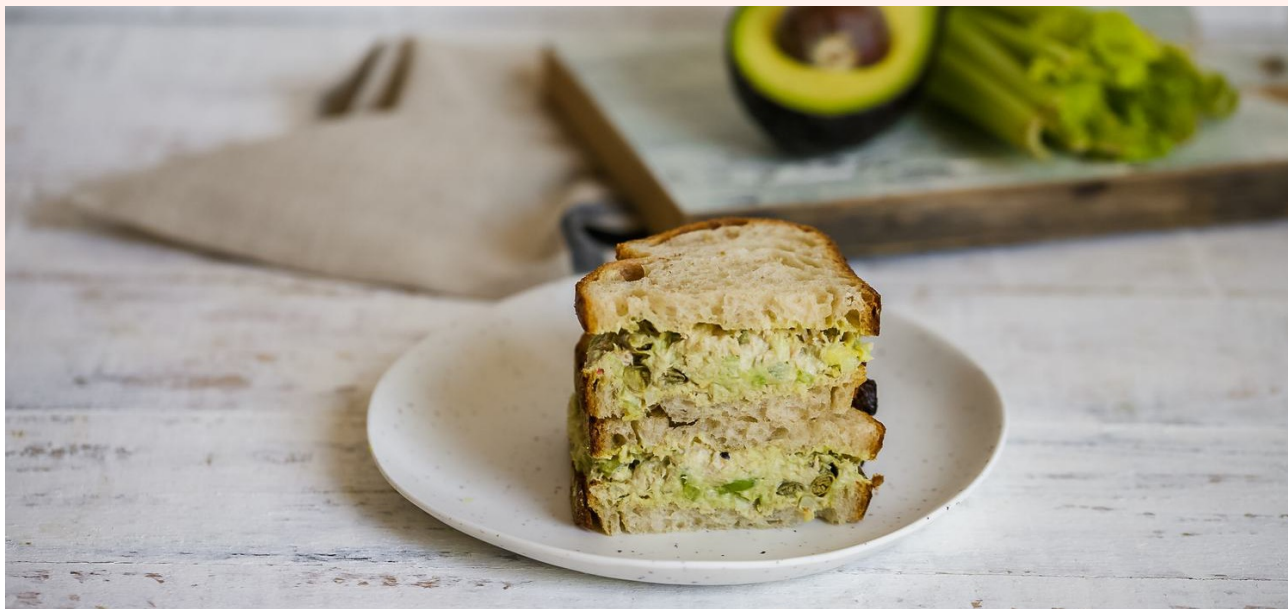
One serving is approximately 2/3 lb of chicken and five to six potato wedges.

ADDITIONAL TOPPINGS

Ketchup and/or vinegar for the potato wedges.

Tuna Avocado Sandwich

2 SERVINGS 10 MINUTES



INGREDIENTS

2 cans Tuna
Sea Salt & Black Pepper (to taste)
2 stalks Celery (finely chopped)
1/4 cup Red Onion (finely chopped)
1 Avocado (medium)
200 grams Sourdough Bread (toasted)

NUTRITION

AMOUNT PER SERVING

Calories	566	Cholesterol	59mg
Fat	16g	Sodium	928mg
Carbs	60g	Vitamin A	421IU
Fiber	10g	Vitamin C	15mg
Sugar	2g	Calcium	61mg
Protein	44g	Iron	6mg

DIRECTIONS

- 01 In a small bowl add the tuna, salt and pepper, celery, and red onion. Mix together until well combined. Add the avocado and mash into the tuna mixture.
- 02 Scoop the tuna on top of one of the slices of bread and place the other slice on top. Slice and enjoy!

NOTES

LEFTOVERS

Refrigerate the tuna in an airtight container for up to three days. For best results, mix with the avocado and serve it on the bread just before enjoying.

GLUTEN-FREE

Use gluten-free bread instead.

CANNED TUNA

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

NO RED ONION

Use chives or green onions instead.

NO AVOCADO

Use mayonnaise or Greek yogurt instead.

SOURDOUGH BREAD

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

Salmon with Rice & Broccoli

2 SERVINGS 30 MINUTES



INGREDIENTS

1/2 cup Brown Rice (dry)
340 grams Salmon Fillet
Sea Salt & Black Pepper (to taste)
1 1/2 tsps Extra Virgin Olive Oil
2 cups Broccoli (cut into florets)

NUTRITION

AMOUNT PER SERVING

Calories	453	Cholesterol	87mg
Fat	13g	Sodium	165mg
Carbs	41g	Vitamin A	842IU
Fiber	4g	Vitamin C	81mg
Sugar	2g	Calcium	62mg
Protein	44g	Iron	2mg

DIRECTIONS

- 01 Cook the rice according to the package directions.
- 02 Meanwhile, heat the oil in a skillet or cast iron pan over medium heat. Pat the salmon dry with a paper towel and season both sides with salt and pepper to taste. Add the salmon to the pan and cook for four to six minutes per side until cooked through.
- 03 Meanwhile, steam the broccoli by adding the florets to a steamer basket over boiling water. Cover with a lid and steam for about five minutes, or until tender.
- 04 To serve, divide the rice, salmon, and broccoli between plates. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Season the salmon with dried herbs and spices to taste. Serve with lemon wedges or fresh herbs.

NO BROWN RICE

Use white rice, jasmine rice, quinoa, cauliflower rice, or couscous instead.

NO BROCCOLI

Use green beans, cauliflower, or carrots instead.

NO SALMON

Use trout, cod, or halibut instead.

Beef Shank & Mashed Potatoes

1 SERVING 4 HOURS



INGREDIENTS

3/4 tsp Extra Virgin Olive Oil (Divided)
151 grams Beef Shanks (cut into 3-inch pieces)
1/2 Garlic (cloves, minced)
1/16 White Onion (large, sliced)
1/2 cup Diced Tomatoes
Sea Salt & Black Pepper (to taste)
1 Russet Potato (medium, peeled and chopped)
2 cups Arugula

NUTRITION

AMOUNT PER SERVING

Calories	429	Cholesterol	59mg
Fat	10g	Sodium	152mg
Carbs	44g	Vitamin A	1467IU
Fiber	6g	Vitamin C	33mg
Sugar	6g	Calcium	151mg
Protein	40g	Iron	7mg

DIRECTIONS

- 01 Heat half the oil in a large pan over medium-high heat. Fry the beef shanks until browned on all sides, about five minutes. Transfer to the slow cooker and set to high.
- 02 Meanwhile, heat the remaining oil in the same pan over medium heat. Add the garlic and onions. Cook until the onions are tender, about five to eight minutes. Add a bit of liquid from the diced tomatoes to deglaze the pan.
- 03 Transfer the onions, diced tomatoes, salt, and pepper to the slow cooker. Cook for four hours on high, or six to eight hours on low, or until the beef shanks are tender and fall off the bone easily. Season with more salt and pepper if needed.
- 04 Meanwhile, bring a large pot of water to a boil. Add the potatoes to the pot and boil for 15 minutes or until soft. Drain the water and mash with a potato masher until creamy. Season with salt and pepper.
- 05 Divide the beef shank, mashed potatoes, and arugula onto plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days or freeze if longer.

SERVING SIZE

One serving equals 1 1/2 to two cups of beef shank stew, half cup of mashed potatoes, and two cups of arugula.

MORE FLAVOR

Add thyme, rosemary, chives, or parsley. Deglaze the pan with wine instead of tomato juice.

ADDITIONAL TOPPING

Add carrots, celery, peas, or mushrooms to the stew.