



2000 Calorie Meal Plan 50/30/20 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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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
Cinnamon & Banana Protein Oatmeal



SNACK 1
0.5 Peach Cherry Smoothie



LUNCH
Beef & Veggie Skillet



SNACK 2
Pineapple Spinach Smoothie



DINNER
Lentil & Chickpea Pasta Salad

TUE



BREAKFAST
Cinnamon & Banana Protein Oatmeal



SNACK 1
0.5 Peach Cherry Smoothie



LUNCH
Lentil & Chickpea Pasta Salad



SNACK 2
Pineapple Spinach Smoothie



DINNER
One Pot Beef, Rice & Peppers

WED



BREAKFAST
Cinnamon & Banana Protein Oatmeal



SNACK 1
Peach Cherry Smoothie



LUNCH
One Pot Beef, Rice & Peppers



SNACK 2
Pineapple Spinach Smoothie



DINNER
15 Minute Shrimp Puttanesca

THU



BREAKFAST
Yogurt with Granola & Banana



SNACK 1
2 Peach, Blackberry & Basil Smoothie



LUNCH
15 Minute Shrimp Puttanesca



SNACK 2
Blueberry Cobbler Smoothie



DINNER
BBQ Salmon Bowls with Peach Salsa

FRI



BREAKFAST
Yogurt with Granola & Banana



SNACK 1
2 Peach, Blackberry & Basil Smoothie



LUNCH
BBQ Salmon Bowls with Peach Salsa



SNACK 2
Blueberry Cobbler Smoothie



DINNER
Peanut & Edamame Chickpea Pasta

SAT



BREAKFAST
Chocolate Cauliflower Shake



SNACK 1
2 Peach, Blackberry & Basil Smoothie



LUNCH
Peanut & Edamame Chickpea Pasta



SNACK 2
Blueberry Cobbler Smoothie



DINNER
Shrimp & Smoked Sausage Spaghetti

SUN



BREAKFAST
Chocolate Cauliflower Shake



SNACK 1
2 Peach, Blackberry & Basil Smoothie



LUNCH
Shrimp & Smoked Sausage Spaghetti



SNACK 2
Blueberry Cobbler Smoothie



DINNER
Spaghetti with Mussels

MON

FAT 22% CARBS 52% PROTEIN 26%

Calories 1971
Fat 50g
Carbs 269g
Fiber 53g
Sugar 73g
Protein 135g
Cholesterol 84mg
Sodium 1405mg
Vitamin A 6374IU
Vitamin C 286mg
Calcium 1895mg
Iron 27mg

TUE

FAT 21% CARBS 53% PROTEIN 26%

Calories 1968
Fat 47g
Carbs 271g
Fiber 51g
Sugar 73g
Protein 135g
Cholesterol 86mg
Sodium 1893mg
Vitamin A 8090IU
Vitamin C 237mg
Calcium 1877mg
Iron 25mg

WED

FAT 21% CARBS 51% PROTEIN 28%

Calories 1982
Fat 48g
Carbs 259g
Fiber 39g
Sugar 77g
Protein 146g
Cholesterol 274mg
Sodium 2358mg
Vitamin A 7197IU
Vitamin C 179mg
Calcium 2192mg
Iron 17mg

THU

FAT 23% CARBS 48% PROTEIN 29%

Calories 2090
Fat 55g
Carbs 257g
Fiber 34g
Sugar 109g
Protein 156g
Cholesterol 325mg
Sodium 1491mg
Vitamin A 5986IU
Vitamin C 115mg
Calcium 2131mg
Iron 12mg

FRI

FAT 25% CARBS 47% PROTEIN 28%

Calories 2093
Fat 59g
Carbs 256g
Fiber 39g
Sugar 115g
Protein 151g
Cholesterol 139mg
Sodium 1411mg
Vitamin A 5615IU
Vitamin C 103mg
Calcium 2076mg
Iron 16mg

SAT

FAT 28% CARBS 45% PROTEIN 27%

Calories 2095
Fat 68g
Carbs 243g
Fiber 53g
Sugar 100g
Protein 149g
Cholesterol 228mg
Sodium 1912mg
Vitamin A 5567IU
Vitamin C 142mg
Calcium 2321mg
Iron 20mg

SUN

FAT 26% CARBS 46% PROTEIN 28%

Calories 2109
Fat 63g
Carbs 245g
Fiber 41g
Sugar 89g
Protein 152g
Cholesterol 292mg
Sodium 2114mg
Vitamin A 6108IU
Vitamin C 166mg
Calcium 2303mg
Iron 22mg

FRUITS

- 7 Banana
- 2 2/3 cups Blackberries
- 2 cups Blueberries
- 1 cup Cherries
- 3/4 Lemon
- 3 tbsps Lemon Juice
- 2 tbsps Lime Juice
- 3 Peach
- 3 cups Pineapple

BREAKFAST

- 2 tbsps Almond Butter
- 2/3 cup Granola

SEEDS, NUTS & SPICES

- 2 tbsps Chia Seeds
- 1/2 tsp Chili Powder
- 2 1/3 tps Cinnamon
- 3 tbsps Hemp Seeds
- 1/2 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 3/4 tsp Smoked Paprika
- 1 1/2 tps Taco Seasoning

FROZEN

- 2 cups Frozen Cauliflower
- 1 cup Frozen Edamame
- 8 cups Frozen Peaches
- 12 Ice Cubes

VEGETABLES

- 1 cup Arugula
- 2 cups Baby Kale
- 3 cups Baby Spinach
- 1/2 cup Basil Leaves
- 3 tbsps Cilantro
- 1 Cucumber
- 4 Garlic
- 1/2 Jalapeno Pepper
- 3 tbsps Parsley
- 1 1/2 Red Bell Pepper
- 1/3 cup Red Onion
- 1 Tomato
- 1/4 Yellow Bell Pepper
- 3/4 Yellow Onion
- 1/3 Zucchini

BOXED & CANNED

- 2 Anchovy
- 1 1/4 cups Basmati Rice
- 1/3 cup Brown Rice
- 1/4 cup Brown Rice Spaghetti
- 1 cup Chicken Broth
- 255 grams Chickpea Pasta
- 1 cup Crushed Tomatoes
- 1 cup Diced Tomatoes
- 2 cups Lentils
- 1 1/3 tbsps Salsa
- 1/2 cup Vegetable Broth
- 128 grams Whole Wheat Linguine
- 128 grams Whole Wheat Spaghetti

BAKING

- 1/4 cup Cacao Powder
- 2 cups Oats
- 1/4 cup Pitted Dates

BREAD, FISH, MEAT & CHEESE

- 85 grams Cajun Smoked Andouille Sausage
- 340 grams Extra Lean Ground Beef
- 227 grams Mussels
- 340 grams Salmon Fillet
- 454 grams Shrimp

CONDIMENTS & OILS

- 1/4 tsp Avocado Oil
- 2 tbsps Balsamic Vinaigrette
- 1 tbsp Capers
- 2 1/8 tbsps Extra Virgin Olive Oil
- 1/4 cup Peanut Sauce
- 1/3 cup Pitted Kalamata Olives

COLD

- 2 cups Cottage Cheese
- 10 cups Plain Coconut Milk
- 2 cups Plain Greek Yogurt
- 3 cups Soy Milk
- 7 cups Unsweetened Almond Milk
- 3 cups Unsweetened Cashew Milk
- 1 1/2 cups Unsweetened Coconut Yogurt

OTHER

- 1/2 cup Chocolate Protein Powder
- 151 grams Collagen Powder
- 1 tbsp Maca Powder
- 2 cups Vanilla Protein Powder
- 1/4 cup Water

Cinnamon & Banana Protein Oatmeal

3 SERVINGS 15 MINUTES



INGREDIENTS

3 cups Soy Milk
1 1/2 cups Oats (rolled)
3/4 cup Vanilla Protein Powder
3 tbsps Hemp Seeds
1/3 tsp Cinnamon
3 Banana (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	505	Cholesterol	4mg
Fat	12g	Sodium	157mg
Carbs	69g	Vitamin A	78IU
Fiber	9g	Vitamin C	10mg
Sugar	24g	Calcium	451mg
Protein	35g	Iron	4mg

DIRECTIONS

- 01 In a small saucepan, bring the soy milk to a boil. Add the oats and reduce the heat to a steady simmer. Cook, stirring occasionally for about six to eight minutes or until the oats are tender and most of the soy milk is absorbed.
- 02 Stir in the protein powder, hemp seeds, and cinnamon. Add a splash of water or more milk if needed for desired consistency.
- 03 Transfer the cooked oats to a bowl and top with sliced banana. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is approximately 1 1/4 cups.

NO SOY MILK

Use other milk alternative.

Yogurt with Granola & Banana

2 SERVINGS 5 MINUTES



INGREDIENTS

2 cups Plain Greek Yogurt
2 Banana (sliced)
2/3 cup Granola

NUTRITION

AMOUNT PER SERVING

Calories	485	Cholesterol	34mg
Fat	15g	Sodium	152mg
Carbs	61g	Vitamin A	1333IU
Fiber	7g	Vitamin C	26mg
Sugar	28g	Calcium	536mg
Protein	29g	Iron	3mg

DIRECTIONS

01 Add the yogurt, banana, and granola to a bowl, and enjoy!

NOTES

MORE FLAVOR

Add maple syrup or vanilla.

ADDITIONAL TOPPINGS

Nut butter, shredded coconut, chia seeds, and/or hemp seeds.

GLUTEN-FREE

Use gluten-free granola.

DAIRY-FREE

Use a dairy-free yogurt alternative.

Chocolate Cauliflower Shake

2 SERVINGS 5 MINUTES



INGREDIENTS

2 cups Frozen Cauliflower
2 Banana (frozen)
2 tbsps Almond Butter
1/4 cup Cacao Powder
1/2 cup Chocolate Protein Powder
2 cups Unsweetened Almond Milk
1 tbsp Maca Powder

NUTRITION

AMOUNT PER SERVING

Calories	449	Cholesterol	4mg
Fat	16g	Sodium	235mg
Carbs	50g	Vitamin A	593IU
Fiber	17g	Vitamin C	67mg
Sugar	20g	Calcium	695mg
Protein	31g	Iron	4mg

DIRECTIONS

01 In your blender, combine all ingredients. Blend until smooth, pour into glasses and enjoy!

NOTES

MAKE IT MOCHA

Replace half of the almond milk with chilled coffee.

LIKES IT SWEETER

Add pitted medjool dates.

NO MACA POWDER

Leave it out or use cinnamon instead.

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	Cholesterol	4mg
Fat	7g	Sodium	200mg
Carbs	34g	Vitamin A	1037IU
Fiber	10g	Vitamin C	15mg
Sugar	22g	Calcium	661mg
Protein	24g	Iron	2mg

DIRECTIONS

01 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.

Peach, Blackberry & Basil Smoothie

8 SERVINGS 5 MINUTES



INGREDIENTS

10 cups Plain Coconut Milk
(unsweetened, from the carton)

8 cups Frozen Peaches

2 2/3 cups Blackberries (fresh or frozen)

1/2 cup Basil Leaves

151 grams Collagen Powder

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

01 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.

Beef & Veggie Skillet

1 SERVING 20 MINUTES



INGREDIENTS

1/3 cup Brown Rice
1/4 tsp Avocado Oil
1/4 Yellow Onion (chopped, medium size)
113 grams Extra Lean Ground Beef
1 1/2 tsps Taco Seasoning
1/2 Garlic (clove, minced)
1/3 Zucchini (medium, chopped)
1/4 Yellow Bell Pepper (chopped)
1 1/3 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.

Pineapple Spinach Smoothie

3 SERVINGS 5 MINUTES



INGREDIENTS

3 cups Pineapple (fresh or frozen)
3 cups Baby Spinach
12 Ice Cubes
1 1/2 cups Unsweetened Coconut Yogurt
3 cups Unsweetened Almond Milk
3/4 cup Vanilla Protein Powder

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

01 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.

Blueberry Cobbler Smoothie

4 SERVINGS 5 MINUTES



INGREDIENTS

3 cups Unsweetened Cashew Milk
2 cups Blueberries (fresh or frozen)
1/2 cup Oats (quick or rolled)
2 cups Cottage Cheese
1/4 cup Pitted Dates
3 tbsps Lemon Juice
2 tsps Cinnamon

NUTRITION

AMOUNT PER SERVING

Calories	242	Cholesterol	18mg
Fat	8g	Sodium	396mg
Carbs	31g	Vitamin A	567IU
Fiber	4g	Vitamin C	12mg
Sugar	16g	Calcium	190mg
Protein	14g	Iron	1mg

DIRECTIONS

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

NOTES

LEFTOVERS

Refrigerate in a sealed mason jar up to 24 hours. Shake well before drinking.

PITTED DATES

One serving is equal to approximately one to two dates.

MAKE IT VEGAN

Use coconut yogurt instead of cottage cheese.

MORE FIBER

Add ground flax seed.

MORE PROTEIN

Add hemp seeds, chia seeds, or a scoop of protein powder.

NO CASHEW MILK

Use any milk of choice.

NO DATES

Sweeten with maple syrup, honey, stevia, or banana instead.

Lentil & Chickpea Pasta Salad

2 SERVINGS 15 MINUTES



INGREDIENTS

113 grams Chickpea Pasta
2 cups Lentils (from the can, drained and rinsed)
2 tbsps Red Onion (finely chopped)
1 Red Bell Pepper (diced)
1/2 Cucumber (diced)
1/4 cup Pitted Kalamata Olives (finely chopped)
2 cups Baby Kale
2 tbsps Balsamic Vinaigrette
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	544	Cholesterol	0mg
Fat	12g	Sodium	276mg
Carbs	85g	Vitamin A	2013IU
Fiber	27g	Vitamin C	82mg
Sugar	15g	Calcium	176mg
Protein	35g	Iron	14mg

DIRECTIONS

- 01 Cook the pasta according to the directions on the package and set aside. Drain, rinse well, and set aside to cool.
- 02 In a large bowl, mix the pasta, lentils, red onion, bell pepper, cucumber, olives, and baby kale. Add the dressing and mix well. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately three cups.

MORE FLAVOR

Serve with parmesan cheese and basil leaves.

One Pot Beef, Rice & Peppers

2 SERVINGS 40 MINUTES



INGREDIENTS

227 grams Extra Lean Ground Beef
1/4 Yellow Onion (chopped)
1/2 Red Bell Pepper (chopped)
3/4 tsp Smoked Paprika
1/2 tsp Chili Powder
1 Garlic (cloves, minced)
1/2 tsp Sea Salt
1 cup Diced Tomatoes
3/4 cup Basmati Rice
1 cup Chicken Broth

NUTRITION

AMOUNT PER SERVING

Calories	521	Cholesterol	76mg
Fat	12g	Sodium	1111mg
Carbs	69g	Vitamin A	2072IU
Fiber	4g	Vitamin C	50mg
Sugar	6g	Calcium	53mg
Protein	31g	Iron	4mg

DIRECTIONS

- 01 Heat a large dutch oven over medium heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through, transfer the meat to a bowl and set aside. Drain any excess drippings from the pan.
- 02 Add the onion and pepper to the dutch oven and cook over medium heat for about three minutes or until softened, stirring often. Add the smoked paprika, chili powder, garlic, and salt. Cook for one minute while mixing well.
- 03 Add the beef back to the dutch oven along with the diced tomatoes and their juices. Add the rice and broth. Stir well and place the lid on to partially cover. Turn up the heat and bring to a boil, then reduce to a simmer, leaving the lid on partially. Simmer for 25 to 28 minutes, until the rice is cooked through and most of the liquid is absorbed.
- 04 Divide into bowls and enjoy!

NOTES

LEFTOVERS

Store in an airtight container in the fridge for up to 3 days, or freeze for longer.

SERVING SIZE

One serving is equal to approximately 1 1/3 cups.

ADDITIONAL TOPPINGS

Top with shredded cheddar cheese, cilantro or green onion.

MORE SPICE

Add chili flakes or other spicy pepper.

NO CHICKEN BROTH

Use water, beef broth or vegetable broth.

15 Minute Shrimp Puttanesca

2 SERVINGS 15 MINUTES



INGREDIENTS

128 grams Whole Wheat Linguine
227 grams Shrimp (large, peeled, deveined)
Sea Salt & Black Pepper (to taste)
1 tbsp Extra Virgin Olive Oil
1 1/2 Garlic (cloves, chopped)
2 Anchovy (fillets, whole)
1 cup Crushed Tomatoes (from the can)
1 tbsp Capers
1 tbsp Pitted Kalamata Olives (chopped)
2 tbsps Parsley (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	419	Cholesterol	186mg
Fat	10g	Sodium	641mg
Carbs	56g	Vitamin A	602IU
Fiber	10g	Vitamin C	17mg
Sugar	8g	Calcium	161mg
Protein	34g	Iron	5mg

DIRECTIONS

- 01 Cook the pasta according to the directions on the package. Drain and set aside.
- 02 Pat the shrimp dry and season with salt and pepper.
- 03 Meanwhile, heat a dutch oven over medium-low heat. Once warm, add the oil. Add the garlic and anchovies and cook for one minute. Add the shrimp and cook for about two minutes per side, until bright pink and cooked through. Remove the shrimp with a slotted spoon and set aside.
- 04 Add the tomatoes with their juices, capers, and olives to the pot and bring to a low simmer. Cook for about five to eight minutes, until slightly thickened. Remove from the heat, add the pasta and the shrimp back in and toss to combine. Top with parsley and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is about 1 1/2 cups of pasta with shrimp.

GLUTEN-FREE

Use a gluten-free pasta instead.

ADDITIONAL TOPPINGS

Add chili flakes.

MAKE IT VEGAN

Omit the anchovy and shrimp.

BBQ Salmon Bowls with Peach Salsa

2 SERVINGS 35 MINUTES



INGREDIENTS

1/2 cup Basmati Rice (uncooked)
2 tbsps Lime Juice (divided)
340 grams Salmon Fillet
1 Peach (finely chopped)
1/4 cup Red Onion (finely diced)
1/2 Jalapeno Pepper (finely diced)
3 tbsps Cilantro (finely chopped)
1/2 Cucumber (medium, finely chopped)

NUTRITION

AMOUNT PER SERVING

Calories	456	Cholesterol	87mg
Fat	8g	Sodium	136mg
Carbs	53g	Vitamin A	746IU
Fiber	3g	Vitamin C	18mg
Sugar	9g	Calcium	40mg
Protein	43g	Iron	1mg

DIRECTIONS

- 01 Cook the rice according to the package directions.
- 02 Preheat your barbecue to medium heat. While the rice is cooking, pour half of the lime juice over the salmon fillets and add them to the barbecue. Cook for 12 minutes, flipping halfway through.
- 03 Meanwhile, make the salsa by combining the peach, red onion, jalapeno, cilantro, and remaining lime juice in a bowl. Mix well.
- 04 Divide the cucumber, rice, salmon, and peach salsa evenly between bowls. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add sea salt to taste. Add a glaze to the salmon with tamari, ginger powder, and maple syrup.

ADDITIONAL TOPPINGS

Add mixed greens or avocado.

Peanut & Edamame Chickpea Pasta

2 SERVINGS 15 MINUTES



INGREDIENTS

142 grams Chickpea Pasta (dry)
1 cup Frozen Edamame
1/4 cup Peanut Sauce

NUTRITION

AMOUNT PER SERVING

Calories	422	Cholesterol	0mg
Fat	14g	Sodium	561mg
Carbs	55g	Vitamin A	231IU
Fiber	15g	Vitamin C	5mg
Sugar	14g	Calcium	106mg
Protein	29g	Iron	9mg

DIRECTIONS

- 01 Cook the pasta according to the package directions. In the final two minutes of cooking the pasta, add the frozen edamame and cook. Drain everything together and then add everything back to the pot.
- 02 Add the peanut sauce to the pasta and edamame and stir well. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately 1 1/2 cups of pasta.

MORE FLAVOR

Add hot sauce, minced garlic, and/or spinach.

ADDITIONAL TOPPINGS

Chopped green onions, hemp hearts, and/or basil.

Shrimp & Smoked Sausage Spaghetti

2 SERVINGS 15 MINUTES



INGREDIENTS

128 grams Whole Wheat Spaghetti
1 Tomato (large, diced)
1 cup Arugula
1/2 Lemon (small, juiced and zested)
1 tbsp Extra Virgin Olive Oil
227 grams Shrimp (peeled, deveined, tails removed)
85 grams Cajun Smoked Andouille Sausage (sliced)
1/4 cup Vegetable Broth
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	494	Cholesterol	206mg
Fat	16g	Sodium	554mg
Carbs	51g	Vitamin A	1438IU
Fiber	7g	Vitamin C	16mg
Sugar	2g	Calcium	126mg
Protein	39g	Iron	4mg

DIRECTIONS

- 01 Cook the pasta according to the package directions.
- 02 In a small bowl, combine the tomato, arugula, lemon juice, and zest. Set aside.
- 03 Heat the oil in a large saucepan over medium-high heat. Add the shrimp and sausage. Sear for three to four minutes or until the shrimp turns pink.
- 04 Reduce the heat to medium and add the tomato and arugula mixture. Stir and add the broth. Cook for two more minutes or until warmed through. Season with salt and black pepper.
- 05 Add the warm cooked pasta and mix well. Divide onto plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is two cups.

MORE FLAVOR

Use parsley or watercress instead of arugula.

ADDITIONAL TOPPINGS

Parmesan cheese and/or fresh herbs.

GLUTEN-FREE

Use gluten-free pasta.

NO CAJUN SMOKED ANDOUILLE SAUSAGE

Omit or use another dry-cured and smoked sausage, bacon, or chopped ham instead.

NO VEGETABLE BROTH

Use reserved pasta water instead.

Spaghetti with Mussels

1 SERVING 30 MINUTES



INGREDIENTS

1/4 cup Brown Rice Spaghetti
1/4 cup Water (reserved from cooking pasta)
227 grams Mussels
1/2 tsp Extra Virgin Olive Oil
1/4 Yellow Onion (medium, chopped)
1 Garlic (clove, minced)
2 2/3 tbsps Vegetable Broth
Sea Salt & Black Pepper (to taste)
1/4 Lemon (juiced)
1 tbsp Parsley (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	436	Cholesterol	64mg
Fat	9g	Sodium	763mg
Carbs	57g	Vitamin A	772IU
Fiber	3g	Vitamin C	29mg
Sugar	3g	Calcium	88mg
Protein	32g	Iron	11mg

DIRECTIONS

- 01 Cook the pasta according to the package directions. Reserve the pasta water and drain.
- 02 Meanwhile, place mussels in a large colander and rinse with cold water. Discard any broken mussels and remove beards if necessary.
- 03 Warm the oil in a pan over medium heat. Add the onion and cook for three to four minutes or until translucent. Add garlic and cook for another minute.
- 04 Add the broth to the pan and bring to simmer. Transfer mussels to the simmering liquid and cover with a lid. Let them steam for six to eight minutes or until the mussels have opened.
- 05 Add the drained pasta to the pan along with a splash of the pasta water. Stir and let simmer for about three minutes. Season with salt and pepper and add more pasta water as needed.
- 06 Evenly divide the pasta and mussels onto plates. Top with lemon juice and parsley. Enjoy!

NOTES

LEFTOVERS

Remove cooked mussels from their shells and refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving is equal to approximately 1 1/2 cups. 1/2 cup of dry spaghetti is equal to 128 grams or 4 1/2 ounces.

MORE FLAVOR

Add chili flakes and cream.