



21 Day Fix 2000 Calorie Meal Plan PDF (Week 2)

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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
Almond Honey Yogurt Parfait



SNACK 1
Greek Yogurt with Almonds & Pear



LUNCH
Black Bean & Quinoa Greek Salad



SNACK 2
Spicy Sardine & Veggies Toast



DINNER
Galinhada

TUE



BREAKFAST
Almond Honey Yogurt Parfait



SNACK 1
Greek Yogurt with Almonds & Pear



LUNCH
Galinhada



SNACK 2
Spicy Sardine & Veggies Toast



DINNER
Tahini, Quinoa & Roasted Veggie Bowl

WED



BREAKFAST
Almond Honey Yogurt Parfait



SNACK 1
Greek Yogurt with Almonds & Pear



LUNCH
Tahini, Quinoa & Roasted Veggie Bowl



SNACK 2
Spicy Sardine & Veggies Toast



DINNER
Pressure Cooker Cauliflower Soup

THU



BREAKFAST
Yogurt Stuffed Papaya



SNACK 1
Chocolate Cherry Chia Pudding



LUNCH
Pressure Cooker Cauliflower Soup



SNACK 2
Peach Cobbler Smoothie



DINNER
Tofu Broccoli Pasta

FRI



BREAKFAST
Yogurt Stuffed Papaya



SNACK 1
Chocolate Cherry Chia Pudding



LUNCH
Tofu Broccoli Pasta



SNACK 2
Peach Cobbler Smoothie



DINNER
Skillet Lasagna

SAT



BREAKFAST
Banana & Zucchini Protein Baked Oatmeal



SNACK 1
Chocolate Cherry Chia Pudding



LUNCH
Skillet Lasagna



SNACK 2
Peach Cobbler Smoothie



DINNER
Elk Enchilada Bowl

SUN



BREAKFAST
Banana & Zucchini Protein Baked Oatmeal



SNACK 1
Chocolate Cherry Chia Pudding



LUNCH
Elk Enchilada Bowl



SNACK 2
Peach Cobbler Smoothie



DINNER
Orzo with Sausage & Mushrooms

MON

FAT 35% CARBS 46% PROTEIN 19%

Calories 2016
Fat 79g
Carbs 239g
Fiber 37g
Sugar 59g
Protein 99g
Cholesterol 215mg
Sodium 1807mg
Vitamin A 6329IU
Vitamin C 363mg
Calcium 907mg
Iron 15mg

TUE

FAT 35% CARBS 46% PROTEIN 19%

Calories 2020
Fat 80g
Carbs 242g
Fiber 38g
Sugar 70g
Protein 98g
Cholesterol 198mg
Sodium 1400mg
Vitamin A 8689IU
Vitamin C 290mg
Calcium 970mg
Iron 15mg

WED

FAT 37% CARBS 46% PROTEIN 17%

Calories 1960
Fat 83g
Carbs 236g
Fiber 48g
Sugar 77g
Protein 85g
Cholesterol 68mg
Sodium 1908mg
Vitamin A 8109IU
Vitamin C 216mg
Calcium 1033mg
Iron 20mg

THU

FAT 37% CARBS 43% PROTEIN 20%

Calories 1885
Fat 80g
Carbs 212g
Fiber 46g
Sugar 69g
Protein 97g
Cholesterol 45mg
Sodium 2691mg
Vitamin A 3449IU
Vitamin C 279mg
Calcium 1469mg
Iron 18mg

FRI

FAT 38% CARBS 42% PROTEIN 20%

Calories 1984
Fat 85g
Carbs 215g
Fiber 37g
Sugar 65g
Protein 100g
Cholesterol 132mg
Sodium 1971mg
Vitamin A 3311IU
Vitamin C 215mg
Calcium 1462mg
Iron 15mg

SAT

FAT 36% CARBS 43% PROTEIN 21%

Calories 2049
Fat 83g
Carbs 224g
Fiber 33g
Sugar 63g
Protein 109g
Cholesterol 270mg
Sodium 2442mg
Vitamin A 3653IU
Vitamin C 54mg
Calcium 1288mg
Iron 14mg

SUN

FAT 35% CARBS 44% PROTEIN 21%

Calories 2041
Fat 83g
Carbs 229g
Fiber 34g
Sugar 68g
Protein 109g
Cholesterol 281mg
Sodium 3508mg
Vitamin A 3295IU
Vitamin C 44mg
Calcium 1423mg
Iron 16mg

FRUITS

- 1/2 Avocado
- 2 Banana
- 1/2 cup Blueberries
- 1 1/2 cups Cherries
- 1/2 Lemon
- 1 1/4 tbsps Lemon Juice
- 2 cups Papaya
- 4 Peach
- 3 Pear
- 1/2 cup Raspberries

BREAKFAST

- 1/4 cup Cashew Butter
- 1 3/4 cups Granola
- 1 tbsps Maple Syrup

SEEDS, NUTS & SPICES

- 1/3 cup Almonds
- 1/2 cup Cashews
- 1/2 cup Chia Seeds
- 2 tpsps Cinnamon
- 1/2 tsp Garlic Powder
- 1/2 tsp Greek Seasoning
- 1/2 tsp Herbes De Provence
- 1 1/2 tpsps Italian Seasoning
- 1/8 tsp Saffron
- 2/3 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 3 tbsps Sliced Almonds
- 1 tbsps Taco Seasoning

VEGETABLES

- 1/2 Beet
- 2 cups Broccoli
- 1 1/4 Carrot
- 1 head Cauliflower
- 2 tbsps Cilantro
- 3 Cremini Mushrooms
- 1/4 Cucumber
- 1 tsp Fresh Dill
- 3 1/3 Garlic
- 1 1/2 stalks Green Onion
- 2 cups Kale Leaves
- 1 1/3 Orange Bell Pepper
- 1/3 cup Parsley
- 1/2 Parsnip
- 1/2 cup Radishes
- 1 tbsps Red Onion
- 1 cup Shiitake Mushrooms
- 4 grams Thyme Sprigs
- 1 1/3 Tomato
- 1/2 Turnip
- 2/3 Yellow Onion
- 1/2 Zucchini

BOXED & CANNED

- 3/4 cup Black Beans
- 1/2 cup Brown Rice
- 1/2 cup Canned Coconut Milk
- 1 cup Cannellini Beans
- 1 cup Chicken Broth
- 1 cup Chickpeas
- 3/4 cup Enchilada Sauce
- 2/3 cup Jasmine Rice
- 2 2/3 Lasagna Sheets
- 1 cup Marinara Sauce
- 1/3 cup Orzo
- 3/4 cup Quinoa
- 90 grams Sardines

BREAD, FISH, MEAT & CHEESE

- 50 grams Cheddar Cheese
- 71 grams Chicken Sausage
- 272 grams Chicken Thighs
- 2 tbsps Feta Cheese
- 113 grams Ground Elk
- 151 grams Lean Ground Beef
- 2 tbsps Parmigiano Reggiano
- 1 3/4 tbsps Ricotta Cheese
- 170 grams Tofu
- 3 slices Whole Grain Bread

CONDIMENTS & OILS

- 1/2 cup Extra Virgin Olive Oil
- 43 grams Pickled Banana Peppers
- 2 tbsps Pitted Kalamata Olives
- 1 1/2 tpsps Red Wine Vinegar
- 2 tbsps Tahini
- 2 tbsps Tamari

COLD

- 2 cups Cottage Cheese
- 1 Egg
- 2 cups Plain Coconut Milk
- 4 cups Plain Greek Yogurt
- 3 cups Unsweetened Cashew Milk

OTHER

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

- 2 cups Vegetable Broth
- 1 1/2 cups Whole Wheat Penne

BAKING

- 3/4 tsp Baking Powder
- 3 1/2 tbsps Nutritional Yeast
- 1 1/2 cups Oats
- 1/4 cup Pitted Dates
- 3 tbsps Raw Honey
- 2 tbsps Unsweetened Shredded Coconut

Almond Honey Yogurt Parfait

3 SERVINGS 5 MINUTES



INGREDIENTS

1 1/2 cups Plain Greek Yogurt
1 1/2 cups Granola
3 tbsps Sliced Almonds
3 tbsps Raw Honey

NUTRITION

AMOUNT PER SERVING

Calories	501	Cholesterol	17mg
Fat	22g	Sodium	86mg
Carbs	58g	Vitamin A	636IU
Fiber	6g	Vitamin C	8mg
Sugar	32g	Calcium	319mg
Protein	21g	Iron	3mg

DIRECTIONS

01 Layer the yogurt, granola, almonds, and honey in a jar. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

DAIRY-FREE

Use coconut yogurt or oatmeal instead of Greek yogurt.

ADDITIONAL TOPPINGS

Add chopped fruit, nut butter, seed butter, coconut, chia seeds, or hemp seeds.

NO HONEY

Use maple syrup, jam, or your sweetener of choice.

Yogurt Stuffed Papaya

2 SERVINGS 10 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

- 01 Cut the papaya in half lengthwise and remove the seeds.
- 02 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.

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.

Greek Yogurt with Almonds & Pear

3 SERVINGS 5 MINUTES



INGREDIENTS

3/4 cup Plain Greek Yogurt
1/3 cup Almonds
3 Pear (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	250	Cholesterol	8mg
Fat	10g	Sodium	37mg
Carbs	34g	Vitamin A	357IU
Fiber	8g	Vitamin C	11mg
Sugar	20g	Calcium	189mg
Protein	10g	Iron	1mg

DIRECTIONS

01 Add all ingredients to a bowl. Enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately.

MAKE IT VEGAN

Use coconut yogurt instead of Greek yogurt.

MORE FLAVOR

Add cinnamon and honey.

Chocolate Cherry Chia Pudding

4 SERVINGS 30 MINUTES



INGREDIENTS

1/2 cup Chia Seeds
2 cups Plain Coconut Milk (unsweetened, from the carton)
1/2 cup Chocolate Protein Powder
1 1/2 cups Cherries (pitted)
2 tbsps Unsweetened Shredded Coconut

NUTRITION

AMOUNT PER SERVING

Calories	249	Cholesterol	2mg
Fat	12g	Sodium	41mg
Carbs	24g	Vitamin A	287IU
Fiber	10g	Vitamin C	4mg
Sugar	11g	Calcium	443mg
Protein	14g	Iron	2mg

DIRECTIONS

- 01 In a large bowl, combine the chia seeds with the coconut milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 02 Top the chia pudding with the cherries and the coconut. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

NO PROTEIN POWDER

Use raw cacao powder instead of protein powder, using half the amount.

LIKES IT SWEET

Add a drizzle of maple syrup or honey.

ADDITIONAL TOPPINGS

Add granola or cacao nibs on top for crunch.

PROTEIN POWDER

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

Black Bean & Quinoa Greek Salad

1 SERVING 25 MINUTES



INGREDIENTS

1/4 cup Quinoa (dry)
1/4 Cucumber (medium, chopped)
1/2 Tomato (medium, chopped)
1 tbsp Red Onion (thinly sliced)
1/2 Orange Bell Pepper (medium, chopped)
2 tbsps Pitted Kalamata Olives
2 tbsps Feta Cheese (crumbled)
1/2 tsp Greek Seasoning
1 tbsp Extra Virgin Olive Oil
1 1/2 tsps Red Wine Vinegar
3/4 cup Black Beans (cooked)

NUTRITION

AMOUNT PER SERVING

Calories	566	Cholesterol	17mg
Fat	23g	Sodium	688mg
Carbs	71g	Vitamin A	1244IU
Fiber	16g	Vitamin C	183mg
Sugar	2g	Calcium	190mg
Protein	22g	Iron	7mg

DIRECTIONS

- 01 Cook the quinoa according to the package directions. Set aside to cool.
- 02 In a large bowl combine the cucumber, tomato, red onion, bell pepper, olives, and feta cheese together.
- 03 In a separate bowl, mix together the Greek seasoning, oil, and vinegar. Pour the dressing over the vegetables and toss to coat.
- 04 Divide the quinoa, salad, and black beans evenly between bowls, and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately 2 1/2 cups.

MAKE IT VEGAN

Omit the feta cheese.

MORE FLAVOR

Minced garlic and/or fresh dill.

Spicy Sardine & Veggies Toast

3 SERVINGS 5 MINUTES



INGREDIENTS

3 slices Whole Grain Bread (toasted)
3/4 Carrot (small, thinly sliced)
1/2 cup Radishes (trimmed, thinly sliced)
90 grams Sardines (packed in oil, drained, halved lengthwise)
43 grams Pickled Banana Peppers (sliced)
1 tbsp Lemon Juice (to taste)
1 tbsp Extra Virgin Olive Oil (to taste)
3 tbsps Parsley (tough stems removed, optional)

NUTRITION

AMOUNT PER SERVING

Calories	229	Cholesterol	43mg
Fat	10g	Sodium	428mg
Carbs	22g	Vitamin A	2902IU
Fiber	4g	Vitamin C	11mg
Sugar	4g	Calcium	173mg
Protein	13g	Iron	2mg

DIRECTIONS

01 Top the toasted bread with the carrots, radishes, sardines, and banana peppers. Squeeze lemon juice and drizzle oil overtop. Garnish with parsley (optional) and enjoy!

NOTES

LEFTOVERS

This recipe is best enjoyed immediately but can be refrigerated in an airtight container for up to two days.

GLUTEN-FREE

Use gluten-free bread, rice cakes, lettuce wraps, or a toasted sweet potato slice.

MORE FLAVOR

Spread butter and/or rub garlic evenly over the toast.

NO BANANA PEPPERS

Use sauerkraut, pickles, or any other pickled veggies instead.

NO SARDINES

Use canned tuna, salmon, mackerel, or herring.

Peach Cobbler Smoothie

4 SERVINGS 5 MINUTES



INGREDIENTS

3 cups Unsweetened Cashew Milk
4 Peach (pitted)
1/2 cup Oats (quick or rolled)
2 cups Cottage Cheese
1/4 cup Pitted Dates
2 tsps Cinnamon

NUTRITION

AMOUNT PER SERVING

Calories	256	Cholesterol	18mg
Fat	8g	Sodium	395mg
Carbs	33g	Vitamin A	1015IU
Fiber	5g	Vitamin C	10mg
Sugar	21g	Calcium	194mg
Protein	15g	Iron	1mg

DIRECTIONS

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

NOTES

DAIRY-FREE

Use coconut yogurt instead of cottage cheese.

NO CASHEW MILK

Use almond, rice, coconut or your choice of alternative milk instead.

NO DATES

Sweeten with maple syrup, honey or banana instead.

STORAGE

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

MORE PROTEIN

Add hemp seeds, a scoop of protein powder or spoonful of nut butter.

MORE FIBER

Add ground flax seed.

Galinhada

2 SERVINGS 50 MINUTES



INGREDIENTS

- 1/4 Yellow Onion (roughly chopped)
- 3/4 Garlic (cloves)
- 2 1/8 tbsps Parsley (roughly chopped)
- 2/3 tsp Lemon Juice
- 1 1/4 tbsps Extra Virgin Olive Oil
- 272 grams Chicken Thighs (boneless, skinless, cut into slices)
- Sea Salt & Black Pepper (to taste)
- 2/3 cup Jasmine Rice (dry)
- 3/4 Orange Bell Pepper (chopped)
- 3/4 Tomato (chopped)
- 1/8 tsp Saffron (threads)
- 1 cup Chicken Broth

NUTRITION

AMOUNT PER SERVING

Calories	470	Cholesterol	130mg
Fat	14g	Sodium	568mg
Carbs	54g	Vitamin A	1190IU
Fiber	3g	Vitamin C	150mg
Sugar	1g	Calcium	36mg
Protein	33g	Iron	2mg

DIRECTIONS

- 01 Place the onion, garlic, parsley, lemon juice, and oil in a food processor and pulse until well combined and finely chopped. Transfer to a large bowl and add the chicken. Season with salt and pepper. Cover and marinate in the fridge for 30 minutes.
- 02 Heat a large dutch oven over medium-high heat. Once hot, add the chicken and marinade and cook until the chicken has browned on both sides, about six to seven minutes.
- 03 Add the rice to the dutch oven and toast for one minute, stirring frequently. Add the bell pepper, tomato, saffron, and chicken broth. Season with salt and pepper. Cover and reduce the heat to low. Cook for 13 to 15 minutes or until the rice and chicken are cooked through. Check on the rice towards the end of cooking to be sure enough liquid remains and add more if needed.
- 04 Divide evenly between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is about 1 1/4 cups.

NO SAFFRON

Use turmeric.

MORE FLAVOR

Add sausage and cook with the chicken.

Tahini, Quinoa & Roasted Veggie Bowl

2 SERVINGS 40 MINUTES



INGREDIENTS

1/2 head Cauliflower (cut into florets)
1/2 Carrot (chopped into 1 inch rounds)
1/2 Beet (chopped into 1 inch pieces)
1/2 Turnip (chopped into 1 inch pieces)
1/2 Parsnip (chopped into 1 inch pieces)
1 cup Chickpeas (cooked, drained and rinsed)
1 1/2 cup Quinoa (uncooked)
3/4 cup Water
2 tbsps Tahini
1 1/2 tbsps Extra Virgin Olive Oil
1/2 Lemon (juiced)
1/2 Garlic (clove, minced)
1/8 tsp Sea Salt
2 cups Kale Leaves

NUTRITION

AMOUNT PER SERVING

Calories	570	Cholesterol	0mg
Fat	24g	Sodium	281mg
Carbs	74g	Vitamin A	3604IU
Fiber	17g	Vitamin C	110mg
Sugar	13g	Calcium	253mg
Protein	21g	Iron	7mg

DIRECTIONS

- 01 Preheat the oven to 420°F (215°C).
- 02 Place cauliflower florets, carrots, beet, turnip and parsnip in a large mixing bowl (toss beets separately if you want to keep the lighter veggies clean). Season with sea salt and pepper and drizzle with a splash of extra virgin olive oil. Toss well. Line a large baking sheet with parchment paper and spread vegetables evenly across. Bake in oven for 30 minutes.
- 03 Meanwhile, place quinoa in a saucepan with the water. Place over high heat and bring to a boil. Cover with lid and let simmer for 12 to 15 minutes or until all water is absorbed. Remove from heat and fluff with a fork.
- 04 Create your dressing by combining tahini, extra virgin olive oil, lemon juice, minced garlic and sea salt together in a mason jar. Add 3 tbsp warm water. Shake well and set aside. (Note: Feel free to add extra water, 1 tbsp at a time, to reach desired dressing consistency.)
- 05 Place the kale in a bowl and massage with a bit of extra virgin olive oil. Season with sea salt. Place in frying pan over medium heat and saute just until wilted. Transfer into a bowl.
- 06 Pour your chickpeas into the same frying pan (which should still be lightly greased from the kale) and saute until slightly browned.
- 07 Assemble your Buddha bowl by placing quinoa in the bottom of a bowl and arranging roasted winter vegetables, sautéed kale and warm chickpeas on the top. Drizzle desired amount of dressing over the bowl. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days. For best results, refrigerate the ingredients separately.

Pressure Cooker Cauliflower Soup

2 SERVINGS 25 MINUTES



INGREDIENTS

1/4 Yellow Onion (medium, chopped)
2 Garlic (cloves, minced)
Sea Salt & Black Pepper (to taste)
2 cups Vegetable Broth
1 cup Cannellini Beans (drained, rinsed)
1/2 cup Cashews (raw)
1/2 head Cauliflower (small, chopped into florets)
2 1/2 tbsps Nutritional Yeast
4 grams Thyme Sprigs

NUTRITION

AMOUNT PER SERVING

Calories	410	Cholesterol	0mg
Fat	17g	Sodium	1076mg
Carbs	48g	Vitamin A	610IU
Fiber	13g	Vitamin C	76mg
Sugar	8g	Calcium	99mg
Protein	20g	Iron	7mg

DIRECTIONS

- 01 Turn your pressure cooker to "sauté" and add a splash of broth or water. Once hot, add the onion and cook, stirring often for four to five minutes, until softened.
- 02 Add the garlic and season with salt and pepper and cook for one minute more. Turn "sauté" off. Add the broth, cannellini beans, cashews, cauliflower, nutritional yeast, and thyme. Stir to combine.
- 03 Put the lid on and set to "sealing". Press manual/pressure cooker and cook for seven minutes on high pressure. Once finished, let the pressure release naturally for five minutes, then do a quick release.
- 04 Carefully remove the lid and remove the thyme sprigs. Purée with an immersion blender or carefully transfer to a blender and blend until completely smooth and creamy. Divide into bowls, top with thyme and season with salt and pepper. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving is equal to approximately two cups.

MORE FLAVOR

Add bay leaves and rosemary to the pressure cooker.

ADDITIONAL TOPPINGS

Squeeze lemon juice and/or add lemon zest on top.

Tofu Broccoli Pasta

2 SERVINGS 15 MINUTES



INGREDIENTS

1 1/2 cups Whole Wheat Penne (dry)
2 cups Broccoli (chopped into florets)
1/2 cup Water (reserved from cooking pasta)
2 tbsps Tamari
1/2 tsp Garlic Powder
2 tbsps Extra Virgin Olive Oil (divided)
170 grams Tofu (extra-firm, pressed, cubed)
1 tbsp Nutritional Yeast
1/2 tsp Herbes de Provence

NUTRITION

AMOUNT PER SERVING

Calories	475	Cholesterol	0mg
Fat	19g	Sodium	1053mg
Carbs	57g	Vitamin A	567IU
Fiber	11g	Vitamin C	81mg
Sugar	5g	Calcium	295mg
Protein	22g	Iron	5mg

DIRECTIONS

- 01 Cook the pasta according to the package directions, adding the broccoli to the last two minutes of cooking. Reserve pasta water and drain.
- 02 In a small bowl, mix the tamari and the garlic powder to combine.
- 03 Meanwhile, heat half of the oil in a large pan over medium heat. Add the tofu and the tamari mixture. Cook, stirring, until the tofu has browned on all sides, about five to seven minutes. Remove from the heat.
- 04 Add the cooked pasta and broccoli to the pan along with the remaining oil, nutritional yeast, and Herbes de Provence. Stir to combine then stir in the reserved pasta water one tablespoon at a time until your desired consistency is reached.
- 05 Divide evenly between bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is equal to approximately two cups.

MORE FLAVOR

Add more vegetables like onions and bell peppers.

ADDITIONAL TOPPINGS

Top with your favorite toasted nuts and/or seeds.

Skillet Lasagna

2 SERVINGS 50 MINUTES



INGREDIENTS

1/3 tsp Extra Virgin Olive Oil
1/8 Yellow Onion (medium, diced)
151 grams Lean Ground Beef
1 1/2 tsps Italian Seasoning
1 cup Marinara Sauce
2 2/3 Lasagna Sheets (no boil)
1 3/4 tbsps Ricotta Cheese

NUTRITION

AMOUNT PER SERVING

Calories	509	Cholesterol	87mg
Fat	22g	Sodium	356mg
Carbs	51g	Vitamin A	472IU
Fiber	4g	Vitamin C	12mg
Sugar	4g	Calcium	92mg
Protein	23g	Iron	4mg

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C). In an oven-safe pan, heat the oil over medium-high heat. Add the onion and sauté for five to six minutes or until translucent.
- 02 Add the beef, breaking it up as it cooks. Add the Italian seasoning and cook for about 10 minutes. Add the marinara sauce and bring to simmer.
- 03 Break the lasagna sheets in half and add them to the pan. Stir to ensure the sauce is covering the lasagna sheets. Add a splash of water if necessary.
- 04 Cover the pan with an oven-safe lid or aluminum foil. Bake the lasagna in the oven for 20 minutes or until the lasagna sheets are soft and cooked through.
- 05 Spoon the ricotta cheese on top and bake it for another five minutes uncovered. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately one cup.

GLUTEN-FREE

Use gluten-free lasagna sheets instead.

DAIRY-FREE

Use a dairy-free ricotta cheese instead.

MORE FLAVOR

Add mushrooms, celery, and/or carrot.

ADDITIONAL TOPPINGS

Fresh herbs like basil or parsley.

Elk Enchilada Bowl

2 SERVINGS 35 MINUTES



INGREDIENTS

1/2 cup Brown Rice (dry)
113 grams Ground Elk
1 tbsp Taco Seasoning
3/4 cup Enchilada Sauce
50 grams Cheddar Cheese (shredded)
1 1/2 stalks Green Onion (chopped thinly)
1/2 Avocado (medium, sliced)
2 tbsps Cilantro (chopped, plus more for garnish)
1/4 cup Plain Greek Yogurt (optional)

NUTRITION

AMOUNT PER SERVING

Calories	514	Cholesterol	66mg
Fat	24g	Sodium	1075mg
Carbs	50g	Vitamin A	1570IU
Fiber	6g	Vitamin C	9mg
Sugar	4g	Calcium	283mg
Protein	27g	Iron	4mg

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C). Grease a large oven proof skillet or pan.
- 02 Cook the rice according to package directions.
- 03 In a bowl, combine the ground meat and taco seasoning. Mix well using your hands. Roll into balls roughly the size of a golf ball and place in the prepared skillet. Bake for 20 minutes in the oven.
- 04 Remove from the oven and pour the enchilada sauce over the meatballs and top with cheese and green onions. Continue to bake for 10 to 15 minutes until bubbling hot.
- 05 Serve with rice, sliced avocado, cilantro, and yogurt if desired. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days. Slice the avocado just before serving. You can freeze the meatballs and sauce for up to three months.

SERVING SIZE

One serving is approximately four meatballs, 1/2 cup of rice, and 1/4 avocado.

MORE FLAVOR

Serve with tortillas in place of rice.

Orzo with Sausage & Mushrooms

1 SERVING 25 MINUTES



INGREDIENTS

1/3 cup Orzo (dry)
1 1/2 tsps Extra Virgin Olive Oil (divided)
71 grams Chicken Sausage (casing removed)
1 cup Shiitake Mushrooms (stem removed, sliced)
3 Cremini Mushrooms (large, sliced)
1/4 tsp Sea Salt
2 tsps Parmigiano Reggiano (finely grated)
1 tsp Fresh Dill (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	501	Cholesterol	98mg
Fat	22g	Sodium	1422mg
Carbs	56g	Vitamin A	114IU
Fiber	5g	Vitamin C	2mg
Sugar	9g	Calcium	227mg
Protein	23g	Iron	6mg

DIRECTIONS

- 01 Cook the orzo according to package directions. Let it sit in the pot, covered to keep warm.
- 02 Heat a large dutch oven over medium heat. Once warm, add 1/3 of the oil and then the sausage and cook, stirring often until cooked through, about eight minutes. Remove using a slotted spoon and set aside.
- 03 In the same dutch oven, over medium heat, add the mushrooms and cook until softened, about five to seven minutes. Season with salt.
- 04 Add the orzo to the dutch oven along with the cooked sausage. Mix to combine. Add the remaining oil, parmesan, and dill and gently toss. Divide evenly between plates. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving is about 1 1/4 cups.

MORE FLAVOR

Add chili flakes.

GLUTEN-FREE

Use gluten-free pasta or rice.

DAIRY-FREE

Use a dairy-free parmesan or nutritional yeast.