



21 Day Fix 2000 Calorie Meal Plan PDF (Week 3)

BRENDA PERALTA, RDN, CDE

EXERCISE
with Style

21 Day Fix 2000 Calorie Meal Plan PDF (Week 3)

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

MEDICAL/HEALTH PROFESSIONAL DISCLAIMERS

Do not disregard, avoid or delay obtaining medical or health related advice from your health care professional because of something you may have read in this e-book or on the Exercise with Style web site.. Your use of any information provided in this e-book or on the web site is solely at your own risk.

Individual results may vary. Results cannot be guaranteed, and should not be considered typical.

Always consult a licensed medical professional before beginning any fitness, diet, exercise, nutritional or supplementation program to determine if it is right for your needs and to address any of your specific



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.

This general information is not intended to diagnose any medical condition or to replace advice from a competent healthcare professional.

All the information presented in this e-book and on the web site are for informational purposes only and do not constitute medical, nutritional, dietary, therapeutic, or any other medical advice. The information contained in this e-book or on the web site is NOT a substitute for any advice given to you by your physician. Use of the programs, advice, and information contained in this e-book and on the web site is at the sole choice and risk of the reader.

Exercise with Style makes every effort to ensure that the information provided to you in this e-book and on the web site is accurate. The information contained herein is for information purposes only. Exercise with Style is NOT LIABLE for any losses or damages that may occur through your use of any information or products that you obtain through this e-book, the Exercise with Style web site or any of our affiliated blogs or websites.

The products and/or services that are recommended by Exercise with Style are recommended by the company in good faith, however the company assumes no responsibility or liability for any dissatisfaction you may have with any product, service or sponsor or any injuries that may be caused by use of that recommended product or service.

USE AT YOUR OWN RISK: Exercise with Style strongly advises that you consult your doctor or health care provider before you alter your diet or fitness activities. If you have any concerns or questions about your health, you should always consult with a physician or other health-care professional. Do not disregard, avoid or delay obtaining medical or health related advice from your health-care professional because of something you may have read on Exercise with Style. Any exercise program may result in injury. By voluntarily undertaking any exercise displayed in this e-book or on the web site, you assume the risk of any resulting injury. THE INFORMATION PROVIDED HEREIN IS FOR INFORMATIONAL PURPOSES ONLY, AND IS NOT INTENDED TO DIAGNOSE ANY MEDICAL OR HEALTHCARE CONDITION REPLACE THE ADVICE OF A LICENSED HEALTHCARE PROFESSIONAL, OR PROVIDE ANY MEDICAL ADVICE, OPINION, DIAGNOSIS, TREATMENT OR GUARANTEE.

NO WARRANTIES: No express or implied warranties of any type, including for example implied warranties of merchantability or fitness for a particular purpose are made with respect to the information, or any use of the

information, in this e-book or on the website. Exercise with Style makes no representations and extends no warranties of any type as to the accuracy or completeness of any information or content on this web site.

Exercise with Style specifically **DISCLAIMS LIABILITY FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES** and assumes no responsibility or liability for any loss or damage suffered by any person as a result of the use or misuse of any of the information or content in this e-book or on the web site.

Developments in medical research may impact the health, fitness and nutritional advice that appears here. No assurance can be given that the advice contained in this e-book or on the web site will always include the most recent findings or developments with respect to the particular material.

The creators of this program, as well as their employees, agents, independent contractors and/or affiliates, disclaim any liability or loss sustained in connection with the exercises recommended, or the instructions and advice expressed herein. To the maximum extent permitted by law, Exercise with Style, and its affiliates, officers, directors, employees, agents, or representatives shall not be liable for any direct, indirect, incidental, consequential, or special damages arising out of or in any way related to your use or inability to use the web site or any purchased digital products, including but not limited to errors, omissions, interruptions, defects, delays in operation, or transmission, or any loss of data, revenue, or profits.

Online Digital Products: Any online digital products, such as e-books, workout plans, or nutrition guides, available for purchase on the website are provided "as is" and without warranties of any kind, whether expressed or implied. We make no guarantees regarding the results or outcomes that may be achieved through the use of these products. Results may vary based on individual effort, adherence to the program, and other factors.

Changes to the Disclaimer: We reserve the right to modify or update this disclaimer at any time without prior notice. By continuing to use the web site or engaging in any transactions after any changes, you acknowledge and accept the updated disclaimer.

None of the statements in this e-book or on the web site have been evaluated by the United States Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any diseases. Dietary and nutritional supplements are intended for special dietary use. They are not intended for use in the treatment, cure, prevention or mitigation of any disease or disorder. They are intended to be used as part of an overall healthy lifestyle program that includes proper diet and exercise. Only your doctor can properly diagnose and treat any disease or disorder. Before starting to use any nutritional supplement, it is important to check with your doctor or other licensed health care professional.

Furthermore, none of the statements in this e-book or on the web site should be construed as dispensing medical advice, making claims regarding the cure of diseases, nor can these products prevent heat stroke, hyponatremia, or any other injurious results of excessive physical exhaustion. You, the athlete, must listen to your body and use common sense to avoid serious injury.

A food supplement is a product that is intended to supplement the normal diet with nutrients or other vital

substances which have a nutritional or physiological effect. Food supplements are intended for ingestion in pill, capsule, tablet, powder, liquid or similar forms in a certain dosage.

You should not use the information on this site for diagnosis or treatment of any health problem or as a substitute for medication or other treatment prescribed by your physician or health care provider. You should consult with a physician or healthcare professional before starting any diet, exercise or supplementation program, before taking any medication or food supplement, or if you have or suspect you might have a health problem.

Exercise with Style is not responsible for any statements, claims or directions of use that various manufacturers make about their products. Exercise with Style cannot be held responsible for side effects or health damages which may occur from the use of products offered on this website.

Food supplements are not a replacement for a varied and balanced food intake and a healthy lifestyle. The recommended daily dose of a food supplement does not have any side effects in healthy adults. If you suffer from an illness you should discuss the use of a food supplement with a doctor or other licensed health care professional. Food supplements should always be stored out of reach of small children.

In some jurisdictions, some of these substances may be considered prescription drugs, controlled or contraband substances. Since the information published in this e-book and on the website is accessible to anyone throughout the world, Exercise with Style does not give legal advice that may apply to any particular consumer. Consumers are cautioned to check with local, regionalized legal counsel and/or health care professionals before making any purchases on the Exercise with Style web site. Also, the consumer is responsible for additional taxes or duties which may occur when importing and receiving the products in his country.

It is important to read and follow all label directions carefully. Exercise with Style supplements are not intended for children or for pregnant or lactating women. Not all supplements are appropriate for everyone. In any case, it is prudent for those who have not been taking nutritional supplements to gradually increase their daily dosage to reach the desired amount.

Important Notice - This e-book and the Exercise with Style web site do not provide healthcare advice. Consult your physician before starting any nutritional supplement program. You can read more about our [disclaimer here](#).

MON



BREAKFAST
Peanut Butter & Berry Toasted Wraps



SNACK 1
Roasted Chickpeas



LUNCH
Pinto Bean Quesadillas



SNACK 2
Apple & Cheddar Quesadilla



DINNER
Black Bean Quinoa Wraps

TUE



BREAKFAST
Peanut Butter & Berry Toasted Wraps



SNACK 1
Roasted Chickpeas



LUNCH
Black Bean Quinoa Wraps



SNACK 2
Apple & Cheddar Quesadilla



DINNER
Chicken, Broccoli & Mashed Potatoes

WED



BREAKFAST
Peanut Butter & Berry Toasted Wraps



SNACK 1
Roasted Chickpeas



LUNCH
Chicken, Broccoli & Mashed Potatoes



SNACK 2
Apple & Cheddar Quesadilla



DINNER
Air Fryer Falafel Salad

THU



BREAKFAST
Egg Salad Sandwich



SNACK 1
Edamame Ricotta Toast



LUNCH
Air Fryer Falafel Salad



SNACK 2
Greek Yogurt with Almonds & Pear



DINNER
Spicy Tofu & Cauliflower Soup

FRI



BREAKFAST
Egg Salad Sandwich



SNACK 1
Edamame Ricotta Toast



LUNCH
Spicy Tofu & Cauliflower Soup



SNACK 2
Greek Yogurt with Almonds & Pear



DINNER
Falafel Wrap

SAT



BREAKFAST
Banana Chocolate Protein Smoothie



SNACK 1
Edamame Ricotta Toast



LUNCH
Falafel Wrap



SNACK 2
Greek Yogurt with Almonds & Pear



DINNER
Red Curry Poached Cod

SUN



BREAKFAST
Banana Chocolate Protein Smoothie



SNACK 1
Edamame Ricotta Toast



LUNCH
Red Curry Poached Cod



SNACK 2
Greek Yogurt with Almonds & Pear



DINNER
One Pan Chicken Thighs, Fennel & Potatoes

MON

FAT 34% CARBS 49% PROTEIN 17%

Calories 2064
Fat 80g
Carbs 261g
Fiber 54g
Sugar 39g
Protein 87g
Cholesterol 94mg
Sodium 1537mg
Vitamin A 4252IU
Vitamin C 54mg
Calcium 1522mg
Iron 17mg

TUE

FAT 35% CARBS 48% PROTEIN 17%

Calories 2166
Fat 86g
Carbs 269g
Fiber 53g
Sugar 41g
Protein 95g
Cholesterol 156mg
Sodium 1166mg
Vitamin A 4465IU
Vitamin C 197mg
Calcium 1049mg
Iron 18mg

WED

FAT 38% CARBS 45% PROTEIN 17%

Calories 2111
Fat 90g
Carbs 244g
Fiber 46g
Sugar 46g
Protein 94g
Cholesterol 166mg
Sodium 729mg
Vitamin A 2693IU
Vitamin C 198mg
Calcium 1118mg
Iron 18mg

THU

FAT 32% CARBS 48% PROTEIN 20%

Calories 1880
Fat 68g
Carbs 227g
Fiber 46g
Sugar 44g
Protein 93g
Cholesterol 411mg
Sodium 4847mg
Vitamin A 2731IU
Vitamin C 192mg
Calcium 1028mg
Iron 24mg

FRI

FAT 31% CARBS 50% PROTEIN 19%

Calories 1914
Fat 66g
Carbs 243g
Fiber 38g
Sugar 37g
Protein 93g
Cholesterol 406mg
Sodium 5264mg
Vitamin A 3113IU
Vitamin C 186mg
Calcium 908mg
Iron 23mg

SAT

FAT 33% CARBS 49% PROTEIN 18%

Calories 2014
Fat 76g
Carbs 258g
Fiber 35g
Sugar 59g
Protein 92g
Cholesterol 86mg
Sodium 1617mg
Vitamin A 6456IU
Vitamin C 71mg
Calcium 1195mg
Iron 16mg

SUN

FAT 31% CARBS 48% PROTEIN 21%

Calories 2029
Fat 72g
Carbs 251g
Fiber 39g
Sugar 64g
Protein 109g
Cholesterol 214mg
Sodium 1279mg
Vitamin A 6620IU
Vitamin C 98mg
Calcium 1160mg
Iron 15mg

FRUITS

- 1 1/2 Apple
- 1/2 Avocado
- 2 Banana
- 3/4 cup Blueberries
- 1 2/3 tbsps Lemon Juice
- 1 Lime
- 4 Pear
- 1 1/2 cups Raspberries

BREAKFAST

- 1/3 cup All Natural Peanut Butter

SEEDS, NUTS & SPICES

- 1/2 cup Almonds
- 1 1/2 tbsps Cajun Seasoning
- 2 tbsps Chia Seeds
- 3/4 tsp Chili Powder
- 1 tsp Cumin
- 1/2 tsp Garlic Powder
- 1/3 cup Hemp Seeds
- 3/4 tsp Paprika
- 1/4 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1/8 tsp Turmeric

FROZEN

- 2 cups Frozen Broccoli
- 1 1/2 cups Frozen Edamame
- 156 grams Frozen Falafel

VEGETABLES

- 1 cup Baby Spinach
- 1 head Cauliflower
- 2 tbsps Chives
- 1/4 cup Cilantro
- 1/2 Cucumber
- 1/2 bulb Fennel
- 1 1/2 Garlic
- 2 cups Green Beans
- 1 Leeks
- 2 tbsps Mint Leaves
- 5 cups Mixed Greens
- 2 tbsps Parsley
- 1 1/2 Red Potato
- 3 tbsps Sunflower Sprouts
- 1 Tomato
- 1/2 White Onion
- 1/4 Yellow Onion
- 3 Yellow Potato

BOXED & CANNED

- 1/2 cup Basmati Rice
- 1 cup Black Beans
- 1 cup Canned Coconut Milk
- 4 2/3 cups Chickpeas
- 1/2 cup Corn
- 3/4 cup Diced Tomatoes
- 2 cups Lima Beans
- 1/2 cup Pinto Beans
- 1/3 cup Quinoa
- 2 tbsps Salsa
- 4 cups Vegetable Broth, Low Sodium

BAKING

- 1/4 cup Chickpea Flour
- 2 tbsps Cocoa Powder
- 1/2 cup Oats
- 1/4 cup Pitted Dates

BREAD, FISH, MEAT & CHEESE

- 128 grams Cheddar Cheese
- 142 grams Chicken Thighs
- 227 grams Chicken Thighs With Skin
- 1 Cod Fillet
- 8 Corn Tortilla
- 1/2 cup Ricotta Cheese
- 396 grams Sourdough Bread
- 3 Spelt Tortilla
- 200 grams Tofu
- 2 Whole Wheat Pita
- 2 Whole Wheat Tortilla

CONDIMENTS & OILS

- 1/3 cup Extra Virgin Olive Oil
- 2 tbsps Mayonnaise
- 2 tbsps Thai Red Curry Paste

COLD

- 4 Egg
- 3 cups Plain Greek Yogurt
- 1 tbsp Sour Cream
- 3/4 cup Tzatziki
- 2 cups Unsweetened Almond Milk

OTHER

- 1/4 cup Water

Peanut Butter & Berry Toasted Wraps

3 SERVINGS 10 MINUTES



INGREDIENTS

1/3 cup All Natural Peanut Butter
6 Corn Tortilla
1 1/2 cups Raspberries
1 tbsp Extra Virgin Olive Oil
1 1/2 cups Plain Greek Yogurt
3/4 cup Blueberries
1 tbsp Hemp Seeds

NUTRITION

AMOUNT PER SERVING

Calories	535	Cholesterol	17mg
Fat	27g	Sodium	77mg
Carbs	54g	Vitamin A	666IU
Fiber	9g	Vitamin C	27mg
Sugar	13g	Calcium	485mg
Protein	22g	Iron	2mg

DIRECTIONS

- 01 Assemble the wraps by dividing the peanut butter evenly down the middle of each tortilla. Divide the raspberries between each tortilla and mash with a fork.
- 02 Fold each side of the tortilla inward to close the wrap. Repeat with each tortilla.
- 03 Heat the oil in a pan over medium heat.
- 04 Working in batches as needed, place each tortilla folded side down in the pan and cook for two to three minutes. Gently flip and cook for one more minute.
- 05 Place the wraps onto a plate and top them with yogurt, blueberries, and hemp seeds. Enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately.

SERVING SIZE

One serving is two wraps.

MAKE IT VEGAN

Use a plant-based yogurt alternative.

MORE FLAVOR

Top with maple syrup or raw honey. Cook in coconut oil to sweeten the flavor profile.

GLUTEN-FREE

Use a gluten-free tortilla instead.

NO PEANUT BUTTER

Use another nut or seed butter.

Egg Salad Sandwich

2 SERVINGS 15 MINUTES



INGREDIENTS

4 Egg
2 tbsps Mayonnaise
1/8 tsp Turmeric (ground)
Sea Salt & Black Pepper (to taste)
198 grams Sourdough Bread (toasted)
3 tbsps Sunflower Sprouts (optional)

NUTRITION

AMOUNT PER SERVING

Calories	489	Cholesterol	378mg
Fat	20g	Sodium	706mg
Carbs	49g	Vitamin A	549IU
Fiber	2g	Vitamin C	2mg
Sugar	0g	Calcium	57mg
Protein	22g	Iron	5mg

DIRECTIONS

- 01 In a medium-sized pot add the eggs and cover with water. Bring to a boil, and then turn off the heat and remove from heat. Cover and let stand for 10 minutes.
- 02 Remove the eggs and let cool, then peel and add to a bowl. Add the mayonnaise, turmeric, salt, and pepper. Mash with a fork to desired consistency.
- 03 Add egg salad to a slice of sourdough and top with sprouts and then the other slice of sourdough. Slice and enjoy!

NOTES

LEFTOVERS

Refrigerate the egg salad for up to three days. Toast the bread fresh for best results.

GLUTEN-FREE

Use a gluten free bread.

MORE FLAVOR

Add a pinch of cayenne.

ADDITIONAL TOPPINGS

Add chives or chopped red onion.

NO SPROUTS

Omit or replace with lettuce.

SOURDOUGH BREAD

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

Banana Chocolate Protein Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

2 cups Unsweetened Almond Milk
1/2 cup Plain Greek Yogurt
2 tbsps Chia Seeds
1/4 cup Hemp Seeds
1/2 cup Oats
2 tbsps Cocoa Powder
2 Banana (frozen)
1/4 cup Pitted Dates

NUTRITION

AMOUNT PER SERVING

Calories	487	Cholesterol	8mg
Fat	20g	Sodium	202mg
Carbs	68g	Vitamin A	891IU
Fiber	14g	Vitamin C	14mg
Sugar	28g	Calcium	697mg
Protein	20g	Iron	5mg

DIRECTIONS

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

NOTES

PITTED DATES

One serving is equal to approximately two to three dates.

GLUTEN-FREE

Use Gluten-Free oats.

DAIRY-FREE

Use coconut yogurt instead.

NUT-FREE

Use coconut or oat milk instead of almond milk.

MORE FLAVOR

Add a pinch of cinnamon.

MAKE IT VEGAN

Use a vegan yogurt.

Roasted Chickpeas

3 SERVINGS 30 MINUTES



INGREDIENTS

3 cups Chickpeas (cooked, rinsed)
1 tbsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	309	Cholesterol	0mg
Fat	9g	Sodium	12mg
Carbs	45g	Vitamin A	44IU
Fiber	12g	Vitamin C	2mg
Sugar	8g	Calcium	80mg
Protein	15g	Iron	5mg

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Pat the chickpeas dry with a paper towel and transfer them to the prepared baking sheet. Drizzle with the oil and season with salt and pepper to taste. Mix until the chickpeas are evenly coated.
- 03 Bake in the oven for 25 to 28 minutes, tossing halfway through, or until the chickpeas reach your desired crispiness. Season with additional salt and pepper if needed. Let cool slightly and enjoy!

NOTES

LEFTOVERS

Store in an airtight container for up to two days. If leftover chickpeas get too chewy, reheat in the oven for five to eight minutes or until crispy again.

SERVING SIZE

One serving is approximately 1/2 cup.

MORE FLAVOR

Add other dried herbs and spices to taste.

NO EXTRA VIRGIN OLIVE OIL

Use avocado oil instead.

Edamame Ricotta Toast

4 SERVINGS 10 MINUTES



INGREDIENTS

1/2 cup Ricotta Cheese
2 tsps Lemon Juice
1 1/2 cups Frozen Edamame (thawed, divided)
Sea Salt & Black Pepper (to taste)
198 grams Sourdough Bread (toasted)

NUTRITION

AMOUNT PER SERVING

Calories	241	Cholesterol	15mg
Fat	6g	Sodium	276mg
Carbs	31g	Vitamin A	311IU
Fiber	4g	Vitamin C	6mg
Sugar	1g	Calcium	101mg
Protein	14g	Iron	3mg

DIRECTIONS

- 01 Add ricotta, lemon juice, and 2/3 of the edamame to the bowl of a food processor. Process until smooth. Season with salt and pepper.
- 02 Spread the ricotta mixture onto the toast. Top with the remaining edamame. Enjoy!

NOTES

LEFTOVERS

Refrigerate the edamame ricotta mixture in an airtight container for up to three days. Spread onto bread when ready to serve.

SERVING SIZE

One serving is equal to one piece of toast.

MORE FLAVOR

Add tomato and cucumber.

ADDITIONAL TOPPINGS

Add fresh herbs such as dill or parsley.

GLUTEN-FREE

Use gluten-free bread instead.

SOURDOUGH BREAD

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

Pinto Bean Quesadillas

1 SERVING 15 MINUTES



INGREDIENTS

1/2 cup Pinto Beans (cooked)
2 tbsps Salsa (drained of excess liquid)
2 Corn Tortilla (small)
43 grams Cheddar Cheese (shredded)
1 tbsp Sour Cream

NUTRITION

AMOUNT PER SERVING

Calories	467	Cholesterol	49mg
Fat	18g	Sodium	513mg
Carbs	55g	Vitamin A	732IU
Fiber	10g	Vitamin C	1mg
Sugar	2g	Calcium	563mg
Protein	20g	Iron	3mg

DIRECTIONS

- 01 Preheat a cast-iron pan over medium heat.
- 02 Mix the beans with the salsa. Divide the beans evenly between the tortillas being sure to cover half of each tortilla. Sprinkle the cheese over the beans. Fold the tortillas in half and gently transfer them to the pan.
- 03 Heat the quesadillas for three to five minutes on each side until the tortillas are lightly browned and the cheese has melted.
- 04 Cut the quesadillas in half, if desired, and top with sour cream. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for three days. Store the sour cream separately and add when ready to serve.

SERVING SIZE

One serving is two quesadillas.

MAKE IT VEGAN

Omit the cheese and sour cream or use vegan versions.

MORE FLAVOR

Add chopped jalapeños and/or cilantro.

ADDITIONAL TOPPINGS

Salsa, guacamole and/or chopped green onions.

Apple & Cheddar Quesadilla

3 SERVINGS 15 MINUTES



INGREDIENTS

85 grams Cheddar Cheese (shredded)
3 Spelt Tortilla
1 1/2 Apple (medium, sliced)

NUTRITION

AMOUNT PER SERVING

Calories	251	Cholesterol	28mg
Fat	11g	Sodium	323mg
Carbs	31g	Vitamin A	401IU
Fiber	3g	Vitamin C	4mg
Sugar	10g	Calcium	207mg
Protein	10g	Iron	1mg

DIRECTIONS

- 01 Heat a pan over medium heat.
- 02 Add the cheese on one half of the tortilla and layer the apple slices on top of the cheese. Fold the tortilla in half and place it in the pan. Cook for three to five minutes or until browned. Flip and cook on the other side until browned and the cheese is melted.
- 03 Cut into quarters and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is one quesadilla.

MAKE IT VEGAN

Use vegan cheese.

MORE FLAVOR

Add caramelized onions, chopped cilantro and/or chopped walnuts.

ADDITIONAL TOPPINGS

Sour cream, plain greek yogurt, or salsa.

NO SPELT TORTILLA

Use a whole wheat or brown rice tortilla instead.

Greek Yogurt with Almonds & Pear

4 SERVINGS 5 MINUTES



INGREDIENTS

1 cup Plain Greek Yogurt
1/2 cup Almonds
4 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.

Black Bean Quinoa Wraps

2 SERVINGS 45 MINUTES



INGREDIENTS

1/4 cup Water
1 cup Black Beans (cooked, drained and rinsed)
3/4 cup Diced Tomatoes (fresh or canned)
1/2 cup Corn (fresh, canned or frozen)
1/2 tsp Cumin
1/4 tsp Paprika
3/4 tsp Chili Powder
1/4 tsp Sea Salt
1/3 cup Quinoa (dry/uncooked)
2 Whole Wheat Tortilla
1 cup Baby Spinach
1/2 Avocado (diced)

NUTRITION

AMOUNT PER SERVING

Calories	502	Cholesterol	0mg
Fat	15g	Sodium	612mg
Carbs	76g	Vitamin A	2409IU
Fiber	20g	Vitamin C	20mg
Sugar	6g	Calcium	187mg
Protein	20g	Iron	6mg

DIRECTIONS

- 01 In a large pot, add water, black beans, tomatoes, corn, cumin, paprika, chili powder and salt. Bring to a simmer.
- 02 Add quinoa and cook for 12 to 15 more minutes.
- 03 Place each tortilla wrap on a plate and top with spinach, avocado and the quinoa filling. Enjoy!

NOTES

MORE TOPPINGS

Feta cheese, yogurt, pickled onions, salsa, and/or hot sauce.

GLUTEN-FREE

Use corn or rice tortillas instead of whole wheat.

SLOW COOKER VERSION

Add the water, black beans, diced tomatoes, corn, cumin, paprika, chili powder, salt and quinoa together in the slow cooker. Stir well to mix and cook on low for 5 to 6 hours, or on high for 3 to 4 hours.

Chicken, Broccoli & Mashed Potatoes

2 SERVINGS 30 MINUTES



INGREDIENTS

3 Yellow Potato (medium, peeled and chopped)
2 tsps Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper (to taste)
227 grams Chicken Thighs with Skin (bone-in)
2 cups Frozen Broccoli
1/2 tsp Paprika

NUTRITION

AMOUNT PER SERVING

Calories	569	Cholesterol	111mg
Fat	24g	Sodium	142mg
Carbs	63g	Vitamin A	945IU
Fiber	9g	Vitamin C	144mg
Sugar	4g	Calcium	90mg
Protein	28g	Iron	4mg

DIRECTIONS

- 01 Add the potatoes to a pot and cover with water. Boil for ten minutes or until the potatoes fall off of a fork when pierced. Drain. Add half of the oil and salt to taste. Mash the potatoes until they are your desired texture.
- 02 Meanwhile, add the remaining oil to a skillet over medium heat. Add the chicken thighs and cook for five to seven minutes. Flip the chicken and add the broccoli to the skillet around the chicken. Season everything with paprika, salt, and pepper. Cover and cook for five to seven minutes or until the chicken is cooked through.
- 03 Divide the potatoes, chicken, and broccoli between plates. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is one chicken thigh, one cup of broccoli, and approximately 1/2 cup of mashed potatoes.

MORE FLAVOR

Use butter instead of oil for the potatoes, and add minced garlic and fresh thyme.

ADDITIONAL TOPPINGS

Chopped fresh parsley.

Air Fryer Falafel Salad

2 SERVINGS 30 MINUTES



INGREDIENTS

1 2/3 cups Chickpeas (cooked)
1/4 Yellow Onion (chopped)
1 1/2 Garlic (clove)
2 tbsps Parsley
2 tbsps Mint Leaves
1/4 cup Chickpea Flour
1/2 tsp Cumin
1 tbsp Lemon Juice
Sea Salt & Black Pepper (to taste)
1 1/2 tbsps Extra Virgin Olive Oil (divided)
4 cups Mixed Greens
1/2 cup Tzatziki

NUTRITION

AMOUNT PER SERVING

Calories	447	Cholesterol	10mg
Fat	19g	Sodium	175mg
Carbs	51g	Vitamin A	637IU
Fiber	13g	Vitamin C	21mg
Sugar	11g	Calcium	256mg
Protein	19g	Iron	6mg

DIRECTIONS

- 01 Preheat the air fryer to 375°F (190°C).
- 02 Add the chickpeas, onion, garlic, parsley, mint, flour, cumin, lemon juice, salt, pepper, and half of the oil to a food processor. Blend until a smooth consistency is achieved.
- 03 Form the batter into two to three-inch balls with your hands. Place into the air fryer and coat with the remaining oil.
- 04 Cook for 15 minutes, flipping halfway through, until crispy and cooked through.
- 05 Divide the mixed greens evenly between bowls. Top with falafels and tzatziki. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days. Freeze for up to three months.

SERVING SIZE

One serving is equal to two cups of salad with three to four falafels and 1/4 cup of tzatziki.

MORE FLAVOR

Add cilantro and red pepper flakes.

Spicy Tofu & Cauliflower Soup

2 SERVINGS 25 MINUTES



INGREDIENTS

1 tbsp Extra Virgin Olive Oil
1 Leeks (small, trimmed, sliced)
1 head Cauliflower (medium, roughly chopped)
1 1/2 tbsps Cajun Seasoning
4 cups Vegetable Broth, Low Sodium
200 grams Tofu (soft, cut into chunks)
2 cups Lima Beans (cooked)
1/4 cup Cilantro (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	453	Cholesterol	0mg
Fat	13g	Sodium	3653m..
Carbs	62g	Vitamin A	877IU
Fiber	19g	Vitamin C	152mg
Sugar	12g	Calcium	425mg
Protein	28g	Iron	9mg

DIRECTIONS

- 01 Heat the oil in a large saucepan over medium heat. Add the leeks and the cauliflower and cook, stirring, for five to eight minutes or until softened.
- 02 Stir in the seasoning and the broth, then add the tofu and lima beans.
- 03 Bring to a boil, reduce heat, and simmer on low until it thickens for about 10 minutes.
- 04 Remove from heat. Add the cilantro and blend the soup with an immersion blender until smooth. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days or freeze for up to three months.

SERVING SIZE

One serving is equal to two cups.

MORE FLAVORS

Top with cheese and/or avocado slices and serve with tortilla chips.

NO LIMA BEANS

Use any cooked white bean.

Falafel Wrap

2 SERVINGS 20 MINUTES



INGREDIENTS

156 grams Frozen Falafel
2 Whole Wheat Pita
1/4 cup Tzatziki
1 Tomato (medium, sliced)
1/2 Cucumber (small, sliced)
1 cup Mixed Greens

NUTRITION

AMOUNT PER SERVING

Calories	481	Cholesterol	5mg
Fat	17g	Sodium	592mg
Carbs	67g	Vitamin A	1019IU
Fiber	5g	Vitamin C	15mg
Sugar	4g	Calcium	136mg
Protein	19g	Iron	5mg

DIRECTIONS

- 01 Cook the falafel according to the package directions.
- 02 Top the pita with the cooked falafel, tzatziki, tomato, cucumber, and mixed greens. Roll up the pita and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately after assembling. Refrigerate ingredients separately in airtight containers for up to two days.

SERVING SIZE

One serving is equal to one wrap.

MORE FLAVOR

Add lemon juice.

ADDITIONAL TOPPINGS

Add roasted vegetables.

GLUTEN-FREE

Use a gluten-free pita.

DAIRY-FREE

Use vegan tzatziki.

Red Curry Poached Cod

2 SERVINGS 20 MINUTES



INGREDIENTS

- 1/2 cup Basmati Rice (uncooked)
- 2 cups Green Beans (trimmed)
- 1 cup Canned Coconut Milk
- 2 tbsps Thai Red Curry Paste
- 1/2 White Onion (small, thinly sliced)
- 1 Cod Fillet
- 1 Lime (juiced)
- 2 tbsps Chives (finely chopped)

NUTRITION

AMOUNT PER SERVING

Calories	555	Cholesterol	50mg
Fat	23g	Sodium	510mg
Carbs	58g	Vitamin A	3878IU
Fiber	4g	Vitamin C	25mg
Sugar	6g	Calcium	72mg
Protein	29g	Iron	2mg

DIRECTIONS

- 01 Cook the rice according to the package directions.
- 02 Add the green beans to a steamer over boiling water, cover, and steam for about four minutes, or until tender.
- 03 Place the coconut milk, curry paste, and onions in a pan over medium-high heat. Bring to a boil, reduce the heat to low, and simmer for two minutes.
- 04 Add the fish, cover, and cook for five minutes, or until cooked through.
- 05 To serve, divide the rice, green beans, fish, and the poaching liquid evenly between plates. Top with lime juice and chives. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately 2 3/4 cups.

MORE FLAVOR

Add fresh ginger, garlic and/or Thai basil.

VEGETABLES

Use broccoli, cauliflower, bell pepper, carrots, kale, or spinach instead of green beans.

MAKE IT VEGAN

Use chickpeas, tofu, or tempeh instead of fish.

FILLET SIZE

One cod fillet is equal to 231 grams or eight ounces.

One Pan Chicken Thighs, Fennel & Potatoes

1 SERVING 35 MINUTES



INGREDIENTS

142 grams Chicken Thighs (boneless)
1 1/2 Red Potato (medium, chopped)
1/2 bulb Fennel (sliced)
1 1/2 tsps Extra Virgin Olive Oil
1/2 tsp Garlic Powder
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	496	Cholesterol	133mg
Fat	13g	Sodium	254mg
Carbs	60g	Vitamin A	1183IU
Fiber	9g	Vitamin C	42mg
Sugar	9g	Calcium	101mg
Protein	36g	Iron	4mg

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C).
- 02 Place the chicken thighs, potatoes, and fennel on a baking sheet. Add the oil and season with garlic powder, salt, and pepper. Bake in the oven for 30 minutes, until browned. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately two chicken thighs, 3/4 cup of potatoes, and one cup of fennel.

MORE FLAVOR

Add fresh lemon juice, dill, and yogurt.