



21 Day Fix 2300 Calorie Meal Plan PDF (Week 2)

BRENDA PERALTA, RDN, CDE

EXERCISE
with Style

21 Day Fix 2300 Calorie Meal Plan PDF (Week 2)

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
Creamy Apple Pie Protein Oatmeal



SNACK 1
1.5 Peach Cobbler Smoothie



LUNCH
Mini Submarine Sandwich



SNACK 2
Peanut Butter & Banana Protein Porridge



DINNER
Tortellini, Artichoke & Chickpea Salad

TUE



BREAKFAST
Creamy Apple Pie Protein Oatmeal



SNACK 1
1.5 Peach Cobbler Smoothie



LUNCH
Tortellini, Artichoke & Chickpea Salad



SNACK 2
Peanut Butter & Banana Protein Porridge



DINNER
Grilled Peach & Pesto Flatbread

WED



BREAKFAST
Creamy Apple Pie Protein Oatmeal



SNACK 1
0.5 Peach Cobbler Smoothie



LUNCH
Grilled Peach & Pesto Flatbread



SNACK 2
Peanut Butter & Banana Protein Porridge



DINNER
Chicken, Rice & Kimchi Bowl

THU



BREAKFAST
Strawberry Tahini Smoothie



SNACK 1
Whipped Ricotta & Pesto Toast



LUNCH
Chicken, Rice & Kimchi Bowl



SNACK 2
0.5 Granola, Yogurt & Berry Snack Box



DINNER
Tofu & Edamame Noodles with Peanut Sauce

FRI



BREAKFAST
Strawberry Tahini Smoothie



SNACK 1
Whipped Ricotta & Pesto Toast



LUNCH
Tofu & Edamame Noodles with Peanut Sauce



SNACK 2
Granola, Yogurt & Berry Snack Box



DINNER
Turkey & Peas Naan

SAT



BREAKFAST
Salmon, Dill & Potato Hash



SNACK 1
Whipped Ricotta & Pesto Toast



LUNCH
Turkey & Peas Naan



SNACK 2
Granola, Yogurt & Berry Snack Box



DINNER
Green Poutine

SUN



BREAKFAST
Salmon, Dill & Potato Hash



SNACK 1
Whipped Ricotta & Pesto Toast



LUNCH
Green Poutine



SNACK 2
Granola, Yogurt & Berry Snack Box



DINNER
Spicy Shrimp Sushi Bowls

MON

FAT 30% CARBS 46% PROTEIN 24%

Calories 2365
Fat 80g
Carbs 279g
Fiber 39g
Sugar 84g
Protein 147g
Cholesterol 192mg
Sodium 3901mg
Vitamin A 4822IU
Vitamin C 55mg
Calcium 2106mg
Iron 18mg

TUE

FAT 31% CARBS 47% PROTEIN 22%

Calories 2392
Fat 84g
Carbs 289g
Fiber 43g
Sugar 97g
Protein 138g
Cholesterol 147mg
Sodium 3236mg
Vitamin A 5343IU
Vitamin C 63mg
Calcium 2091mg
Iron 17mg

WED

FAT 31% CARBS 46% PROTEIN 23%

Calories 2267
Fat 80g
Carbs 268g
Fiber 31g
Sugar 80g
Protein 134g
Cholesterol 226mg
Sodium 2934mg
Vitamin A 5697IU
Vitamin C 79mg
Calcium 1760mg
Iron 16mg

THU

FAT 34% CARBS 47% PROTEIN 19%

Calories 2360
Fat 91g
Carbs 283g
Fiber 34g
Sugar 65g
Protein 119g
Cholesterol 183mg
Sodium 2362mg
Vitamin A 17768IU
Vitamin C 200mg
Calcium 1577mg
Iron 19mg

FRI

FAT 36% CARBS 45% PROTEIN 19%

Calories 2412
Fat 99g
Carbs 276g
Fiber 35g
Sugar 68g
Protein 117g
Cholesterol 114mg
Sodium 1990mg
Vitamin A 17771IU
Vitamin C 215mg
Calcium 1664mg
Iron 21mg

SAT

FAT 35% CARBS 43% PROTEIN 22%

Calories 2384
Fat 95g
Carbs 261g
Fiber 40g
Sugar 45g
Protein 130g
Cholesterol 186mg
Sodium 1516mg
Vitamin A 12372IU
Vitamin C 210mg
Calcium 869mg
Iron 27mg

SUN

FAT 34% CARBS 44% PROTEIN 22%

Calories 2379
Fat 92g
Carbs 265g
Fiber 41g
Sugar 41g
Protein 133g
Cholesterol 315mg
Sodium 1313mg
Vitamin A 15881IU
Vitamin C 210mg
Calcium 852mg
Iron 23mg

FRUITS

- 1 1/2 Apple
- 1/4 Avocado
- 2 1/2 Banana
- 1 1/2 Lemon
- 1 1/16 tbsps Lemon Juice
- 6 Peach
- 4 cups Strawberries

BREAKFAST

- 3 tbsps All Natural Peanut Butter
- 1 1/3 cups Granola
- 3 tbsps Maple Syrup

SEEDS, NUTS & SPICES

- 1/4 cup Cashews
- 1 tsp Chili Flakes
- 2 1/8 tbsps Cinnamon
- 1/3 tsp Cumin
- 1 1/2 tsps Dried Thyme
- 1/2 cup Hemp Seeds
- 1/2 tsp Paprika
- 2 1/16 tbsps Pumpkin Seeds
- 0 Sea Salt & Black Pepper

FROZEN

- 1 cup Frozen Edamame
- 1 cup Frozen Peas
- 2 cups Frozen Strawberries

VEGETABLES

- 2 1/16 cups Asparagus
- 2 1/16 cups Baby Kale
- 2 tbsps Basil Leaves
- 1 1/16 cups Butternut Squash
- 1/2 Carrot
- 1 stalk Celery
- 1 1/3 tbsps Cilantro
- 1/4 Cucumber
- 2 tbsps Fresh Dill
- 2 1/3 Garlic
- 1/2 cup Grated Carrot
- 1/8 head Iceberg Lettuce
- 4 cups Kale Leaves
- 2 1/16 cups Mushrooms
- 3 Red Potato
- 8 leaves Romaine
- 2 cups Shiitake Mushrooms
- 2 tbsps Thyme
- 1 1/16 Yellow Onion
- 2 1/16 Yellow Potato

BOXED & CANNED

- 3/4 cup Black Rice
- 1/3 cup Brown Rice
- 1 1/16 cups Chickpeas
- 170 grams Udon Noodles
- 1/2 cup Vegetable Broth

BAKING

- 2 1/2 tsps Arrowroot Powder
- 1/2 cup Nutritional Yeast
- 2 3/4 cups Oats
- 1/4 cup Pitted Dates

BREAD, FISH, MEAT & CHEESE

- 283 grams Chicken Thighs
- 151 grams Extra Lean Ground Turkey
- 71 grams Mozzarella Ball
- 4 1/16 pieces Naan
- 57 grams Prosciutto
- 43 grams Provolone Cheese
- 1 1/3 cups Ricotta Cheese
- 28 grams Salami, Mild
- 283 grams Salmon Fillet
- 113 grams Shrimp
- 57 grams Sliced Ham
- 85 grams Sourdough Baguette
- 198 grams Sourdough Bread
- 213 grams Tofu

CONDIMENTS & OILS

- 1 1/16 cups Artichoke Hearts
- 2 1/2 tbsps Avocado Oil
- 1/3 cup Extra Virgin Olive Oil
- 2 1/2 tbsps Gochujang
- 3/4 cup Kimchi
- 1 1/2 tsps Mayonnaise
- 1/4 cup Peanut Sauce
- 1/2 cup Pesto
- 2 1/16 tbsps Sesame Oil
- 1/4 tsp Sriracha
- 2 tsps Tahini
- 1 3/4 tsps Tamari
- 1 tsp Yellow Mustard

COLD

- 170 grams Cheese Tortellini
- 2 cups Cottage Cheese
- 1 1/2 cups Egg Whites
- 3 cups Oat Milk
- 5 cups Plain Greek Yogurt
- 3 cups Unsweetened Almond Milk

■ 3 cups Unsweetened Cashew Milk

OTHER

■ 20 grams Collagen Powder

■ 1/3 cup Vanilla Protein Powder

■ 3/4 cup 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.

Strawberry Tahini Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

3 cups Oat Milk
2 cups Frozen Strawberries
1 Banana (frozen)
20 grams Collagen Powder
1/3 cup Hemp Seeds
8 leaves Romaine (washed, torn)
2 tsps Tahini

NUTRITION

AMOUNT PER SERVING

Calories	558	Cholesterol	0mg
Fat	26g	Sodium	192mg
Carbs	65g	Vitamin A	9899IU
Fiber	13g	Vitamin C	101mg
Sugar	30g	Calcium	649mg
Protein	26g	Iron	6mg

DIRECTIONS

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

NOTES

NO COLLAGEN POWDER

Omit or use protein powder instead.

MAKE IT VEGAN

Omit the collagen powder.

NO OAT MILK

Use another dairy-free milk instead.

Salmon, Dill & Potato Hash

2 SERVINGS 30 MINUTES



INGREDIENTS

2 tbsps Extra Virgin Olive Oil
3 Red Potato (medium, peeled, diced 1/2-inch pieces)
1 stalk Celery (chopped)
1/2 Yellow Onion (chopped)
283 grams Salmon Fillet (skinless, chopped coarsely)
2 tbsps Fresh Dill (chopped, plus more for garnish)
2 tsps Thyme (fresh)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	544	Cholesterol	72mg
Fat	21g	Sodium	186mg
Carbs	54g	Vitamin A	423IU
Fiber	7g	Vitamin C	30mg
Sugar	7g	Calcium	67mg
Protein	38g	Iron	4mg

DIRECTIONS

- 01 Heat the oil in a pan over medium heat. Add the potatoes, celery, and onion to the pan. Sauté for about one minute until they are coated with oil.
- 02 Cover the pan and cook for about five to seven minutes or until the potatoes are almost fork-tender. Stir halfway through.
- 03 Uncover the pan, increase the heat to medium-high, and add the salmon, dill, thyme, salt, and pepper.
- 04 Stir the mixture frequently for about five to eight minutes, allowing the potatoes to lightly brown and the salmon to cook through. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving equals approximately two cups.

MORE FLAVOR

Add capers, bell peppers, and/or goat cheese. Top with a fried egg.

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.

Whipped Ricotta & Pesto Toast

4 SERVINGS 10 MINUTES



INGREDIENTS

1 1/3 cups Ricotta Cheese
1 Lemon (medium, juiced, zested)
Sea Salt & Black Pepper (to taste)
198 grams Sourdough Bread (sliced, toasted)
1/4 cup Pesto
1 tsp Chili Flakes

NUTRITION

AMOUNT PER SERVING

Calories	317	Cholesterol	41mg
Fat	14g	Sodium	425mg
Carbs	32g	Vitamin A	612IU
Fiber	1g	Vitamin C	6mg
Sugar	2g	Calcium	219mg
Protein	13g	Iron	2mg

DIRECTIONS

- 01 In a food processor, add the ricotta, lemon juice, lemon zest, salt, and pepper. Blend until smooth.
- 02 Spread the whipped ricotta on top of the toasted bread. Spoon the pesto on top and sprinkle with chili flakes. Enjoy!

NOTES

LEFTOVERS

Refrigerate the whipped ricotta in an airtight container for up to three days. Assemble just before serving.

SERVING SIZE

One serving is equal to one toast.

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.

Mini Submarine Sandwich

1 SERVING 10 MINUTES



INGREDIENTS

1 tsp Yellow Mustard
43 grams Provolone Cheese
57 grams Sliced Ham
28 grams Salami, Mild
1/8 head Iceberg Lettuce (chopped)
85 grams Sourdough Baguette

NUTRITION

AMOUNT PER SERVING

Calories	569	Cholesterol	93mg
Fat	23g	Sodium	1925mg
Carbs	53g	Vitamin A	712IU
Fiber	1g	Vitamin C	2mg
Sugar	4g	Calcium	356mg
Protein	36g	Iron	5mg

DIRECTIONS

01 To assemble the sandwiches, evenly divide the mustard, cheese, ham, salami, and lettuce between the buns. Enjoy!

NOTES

LEFTOVERS

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

SERVING SIZE

One serving is one sandwich.

ADDITIONAL TOPPINGS

Cucumber, tomato, onions and/or hot peppers.

NO MUSTARD

Use mayonnaise or other spread of choice.

GLUTEN-FREE

Use gluten-free bread.

DAIRY-FREE

Use a dairy-free cheese alternative.

Peanut Butter & Banana Protein Porridge

3 SERVINGS 10 MINUTES



INGREDIENTS

3 cups Unsweetened Almond Milk
3/4 cup Oats (rolled)
1 1/2 cups Egg Whites
3 tbsps All Natural Peanut Butter
1 tbsp Cinnamon
1 1/2 Banana (mashed)

NUTRITION

AMOUNT PER SERVING

Calories	324	Cholesterol	0mg
Fat	13g	Sodium	367mg
Carbs	35g	Vitamin A	545IU
Fiber	7g	Vitamin C	5mg
Sugar	10g	Calcium	507mg
Protein	21g	Iron	2mg

DIRECTIONS

- 01 Add the almond milk and oats to a pot over medium heat. Bring the milk to a gentle boil and continue to cook for two to three minutes or until the oats begin to soften and thicken.
- 02 Slowly stir in the egg whites and continue to stir until the porridge becomes thick and creamy. Stir in the peanut butter, cinnamon, and banana. Remove from the heat and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add maple syrup or honey and vanilla extract.

ADDITIONAL TOPPINGS

More peanut butter, banana slices, berries, or extra cinnamon.

NO ALMOND MILK

Use another dairy or dairy alternative milk instead.

Granola, Yogurt & Berry Snack Box

4 SERVINGS 5 MINUTES



INGREDIENTS

2 cups Plain Greek Yogurt
4 cups Strawberries (sliced)
1 1/3 cups Granola

NUTRITION

AMOUNT PER SERVING

Calories	335	Cholesterol	17mg
Fat	13g	Sodium	82mg
Carbs	39g	Vitamin A	650IU
Fiber	7g	Vitamin C	93mg
Sugar	18g	Calcium	304mg
Protein	18g	Iron	3mg

DIRECTIONS

01 Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

NOTES

STORAGE

Refrigerate in an airtight container up to 3 days.

GLUTEN-FREE

Ensure a gluten-free granola is used.

DAIRY-FREE & VEGAN

Use a dairy-free yogurt.

Tortellini, Artichoke & Chickpea Salad

2 SERVINGS 15 MINUTES



INGREDIENTS

170 grams Cheese Tortellini
1 cup Chickpeas (cooked)
2 cups Baby Kale
2 tbsps Pesto
1 tbsp Lemon Juice
1 cup Artichoke Hearts (from the can,
drained)
2 tbsps Pumpkin Seeds (optional)

NUTRITION

AMOUNT PER SERVING

Calories	553	Cholesterol	36mg
Fat	19g	Sodium	850mg
Carbs	73g	Vitamin A	738IU
Fiber	15g	Vitamin C	14mg
Sugar	10g	Calcium	327mg
Protein	27g	Iron	5mg

DIRECTIONS

- 01 Cook the tortellini according to the directions on the package. Drain, rinse well, and set aside to cool.
- 02 Combine all the ingredients including the cooked and cooled tortellini in a serving bowl and mix to coat.
- 03 Divide evenly between bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for four days.

SERVING SIZE

One serving is about two cups.

MORE FLAVOR

Add crumbled feta, goat cheese, sun dried tomatoes and/or fresh herbs like chives, basil and parsley.

Grilled Peach & Pesto Flatbread

2 SERVINGS 10 MINUTES



INGREDIENTS

2 Peach (pit removed and sliced)
1/2 tsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
2 pieces Naan
3 tbsps Pesto
71 grams Mozzarella Ball (torn into pieces)
57 grams Prosciutto (torn into slices)
2 tbsps Basil Leaves

NUTRITION

AMOUNT PER SERVING

Calories	596	Cholesterol	48mg
Fat	27g	Sodium	1260m...
Carbs	63g	Vitamin A	1233IU
Fiber	5g	Vitamin C	10mg
Sugar	17g	Calcium	341mg
Protein	27g	Iron	4mg

DIRECTIONS

- 01 Heat a grill over medium-high heat. Toss the peach slices with oil, salt, and pepper. Place the peach slices on the grill and cook for two to three minutes, until grill marks appear. Flip halfway.
- 02 Warm up the naan on the grill for about a minute. Spread the pesto over the naan evenly.
- 03 Arrange the grilled peaches, mozzarella, and prosciutto on top. Garnish with basil leaves and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately.

SERVING SIZE

One serving is equal to one naan.

MORE FLAVOR

Add artichoke hearts and/or olives.

GLUTEN-FREE

Use a cauliflower crust or brown rice tortilla instead of naan.

NAAN

One piece of naan is 3.2 oz or 90 grams.

Chicken, Rice & Kimchi Bowl

2 SERVINGS 30 MINUTES



INGREDIENTS

3/4 cup Black Rice (uncooked)
283 grams Chicken Thighs (boneless, skinless)
Sea Salt & Black Pepper (to taste)
2 tbsps Avocado Oil (divided)
2 cups Shiitake Mushrooms (stem removed, sliced)
4 cups Kale Leaves
2 1/2 tbsps Gochujang
1 1/2 tsps Water
3/4 cup Kimchi

NUTRITION

AMOUNT PER SERVING

Calories	684	Cholesterol	133mg
Fat	23g	Sodium	943mg
Carbs	85g	Vitamin A	2107IU
Fiber	8g	Vitamin C	40mg
Sugar	14g	Calcium	190mg
Protein	38g	Iron	5mg

DIRECTIONS

- 01 Cook the rice according to package directions.
- 02 Pat the chicken dry and season with salt and pepper.
- 03 Heat a large skillet over medium-high heat and add half of the oil. Add the chicken thighs and cook for five to six minutes per side, or until cooked through. Remove the chicken from the pan and set aside. Once cool, slice into strips.
- 04 In the same skillet over medium heat, add the remaining oil. Add the mushrooms and cook for five minutes, until softened, stirring often.
- 05 Move the mushrooms to one side of the pan and add the kale. Cook until wilted slightly, about one to two minutes. Remove the skillet from the heat and season the mushrooms and kale with salt and pepper.
- 06 In a small bowl, mix together the gochujang and water.
- 07 Divide the rice, chicken, mushrooms, and kale evenly between bowls. Add the kimchi and top with gochujang. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Season the chicken with garlic powder, ginger powder and/or gochugaru.

Tofu & Edamame Noodles with Peanut Sauce

2 SERVINGS 35 MINUTES



INGREDIENTS

213 grams Tofu (extra-firm, pressed, and cubed)
1 1/2 tsps Tamari (divided)
1 1/2 tsps Avocado Oil (divided)
1 1/2 tsps Arrowroot Powder
170 grams Udon Noodles (dried)
1 cup Frozen Edamame
1/2 cup Grated Carrot
1/4 cup Peanut Sauce

NUTRITION

AMOUNT PER SERVING

Calories	633	Cholesterol	0mg
Fat	21g	Sodium	761mg
Carbs	81g	Vitamin A	4825IU
Fiber	8g	Vitamin C	6mg
Sugar	10g	Calcium	367mg
Protein	33g	Iron	4mg

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 02 Add the tofu cubes to a bowl and gently toss with 3/4 of the tamari and half the oil. Then add the arrowroot powder and gently toss until the tofu cubes are well coated. Arrange the coated tofu cubes on the prepared baking sheet. Bake for 28 to 30 minutes, flipping halfway through.
- 03 Meanwhile, cook the udon noodles and edamame according to package directions and set aside in a large bowl with the carrots.
- 04 Drizzle the peanut sauce over the noodles and toss well. Top with the tofu. Divide onto plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Add more sauce or a touch of water when reheating to make it creamy again as the sauce will absorb into the noodles as it sits in the fridge.

SERVING SIZE

One serving is about two cups.

MORE FLAVOR

Add hot sauce or sriracha on top.

ADDITIONAL TOPPINGS

Top with cilantro, green onions and/or chopped peanuts.

GLUTEN-FREE

Use gluten-free noodles.

Turkey & Peas Naan

2 SERVINGS 20 MINUTES



INGREDIENTS

2 pieces Naan
2 tbsps Sesame Oil (divided)
1/3 Yellow Onion (large, sliced)
1 1/3 Garlic (cloves, chopped)
1/3 tsp Cumin
151 grams Extra Lean Ground Turkey
Sea Salt & Black Pepper (to taste)
1 cup Frozen Peas (thawed, coarsely chopped)
1 1/3 tbsps Cilantro (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	569	Cholesterol	56mg
Fat	25g	Sodium	530mg
Carbs	59g	Vitamin A	1785IU
Fiber	6g	Vitamin C	9mg
Sugar	8g	Calcium	125mg
Protein	27g	Iron	6mg

DIRECTIONS

- 01 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper. Once preheated, put the naan on the baking sheet and bake for six to eight minutes, until toasted. Set aside.
- 02 Add 2/3 of the oil and onions to a large non-stick skillet over medium-high heat. Cook for two to three minutes until the onions are soft. Add garlic and cumin and cook for one more minute. Add the turkey, breaking it up as it cooks. Cook for five to seven minutes, or until the meat is cooked through. Season with salt and pepper. Set aside.
- 03 In a bowl, combine the remaining oil, peas, and cilantro. Season with salt and pepper. Set aside.
- 04 Top each piece of naan with the turkey mixture and the pea mixture. Cut into slices and enjoy!

NOTES

LEFTOVERS

Best enjoyed fresh. Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is one naan.

NAAN

One piece of naan is 3.2 oz or 90 grams.

ADDITIONAL TOPPINGS

Green onions, fresh mint, and/or Za'atar Spice.

GLUTEN-FREE

Use a gluten-free tortilla, gluten-free crackers, or gluten-free pizza crust instead of naan, and adjust the baking time accordingly.

Green Poutine

2 SERVINGS 45 MINUTES



INGREDIENTS

2 Yellow Potato (medium)
2 cups Asparagus
2 tbsps Extra Virgin Olive Oil (divided)
2 cups Mushrooms (sliced)
1/4 Yellow Onion (medium, diced)
1 Garlic (clove, minced)
1 1/2 tsps Dried Thyme
1/2 cup Vegetable Broth
1 tsp Arrowroot Powder
1 cup Butternut Squash (peeled and cubed)
1/2 cup Water
1/4 cup Cashews
1/2 cup Nutritional Yeast
1/2 Lemon (juiced)
1/2 tsp Paprika
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	619	Cholesterol	0mg
Fat	22g	Sodium	293mg
Carbs	77g	Vitamin A	8902IU
Fiber	19g	Vitamin C	72mg
Sugar	10g	Calcium	154mg
Protein	34g	Iron	12mg

DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 Slice the potatoes into french fry shapes then slice the woody ends off the asparagus. Cut the asparagus stalks in half, or into to a length similar to the fries.
- 03 Toss both the potatoes and asparagus together with half of the olive oil. Spread across the baking sheet and bake for 30 minutes, flipping at the halfway point.
- 04 Meanwhile, make the gravy by heating the remaining olive oil in a frying pan over medium heat. Add the mushrooms, onion, garlic and thyme and saute for about 10 minutes or until all liquid has released. Now transfer to your blender and add the broth and arrowroot powder. Blend until smooth and return to the pan, over medium heat, let it simmer and whisk periodically until thickened. Add extra broth if a thinner consistency is desired. Season to taste with salt and pepper. Rinse out the blender.
- 05 Now make the cheese sauce. Add the butternut squash and water to a small saucepan. Bring to a boil, cover and simmer for 10 minutes or until soft. Transfer the squash to your blender and add the cashews, nutritional yeast, lemon juice, and paprika. Blend until smooth. Season to taste with salt and pepper.
- 06 To serve, divide the fries and asparagus between plates. Top with gravy and cheese sauce. Enjoy!

Spicy Shrimp Sushi Bowls

1 SERVING 30 MINUTES



INGREDIENTS

1/3 cup Brown Rice
113 grams Shrimp (large, peeled, deveined)
1 1/2 tsps Extra Virgin Olive Oil
1 1/2 tsps Mayonnaise
1/4 tsp Sriracha
1/4 tsp Tamari
1/2 Carrot (shredded)
1/4 Cucumber (sliced)
1/4 Avocado (cubed)

NUTRITION

AMOUNT PER SERVING

Calories	564	Cholesterol	185mg
Fat	22g	Sodium	327mg
Carbs	63g	Vitamin A	5294IU
Fiber	7g	Vitamin C	9mg
Sugar	4g	Calcium	108mg
Protein	30g	Iron	2mg

DIRECTIONS

- 01 Cook the rice according to the package directions. Let the cooked rice cool slightly.
- 02 Pat the shrimp really dry using paper towel. Heat a cast-iron skillet over medium heat and add the oil. Once hot, add the shrimp and cook for two to three minutes per side, until pink and cooked through. Remove and set aside to cool.
- 03 Meanwhile, mix the mayonnaise, sriracha, and tamari in a small bowl. Add the cooled and cooked shrimp and toss to combine.
- 04 Divide the rice, carrot, cucumber, and avocado into bowls. Add the shrimp and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

MORE FLAVOR

Add grated ginger or garlic to the shrimp when cooking or into the sauce. Season with salt to taste.

ADDITIONAL TOPPING

Sesame seeds and/or lime zest.