



21 Day Fix 2400 Calorie Meal Plan PDF (Week 2)

BRENDA PERALTA, RDN, CDE

EXERCISE
with Style

21 Day Fix 2400 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
Tempeh & Sweet Potato Hash



SNACK 1
Overnight Vanilla Protein Oats



LUNCH
Beef Ramen



SNACK 2
Chickpea Fritters



DINNER
Spaghetti with Beef Sauce

TUE



BREAKFAST
Tempeh & Sweet Potato Hash



SNACK 1
Overnight Vanilla Protein Oats



LUNCH
Spaghetti with Beef Sauce



SNACK 2
Chickpea Fritters



DINNER
Tofu & Edamame Noodles with Peanut Sauce

WED



BREAKFAST
Tempeh & Sweet Potato Hash



SNACK 1
0.5 Overnight Vanilla Protein Oats



LUNCH
Tofu & Edamame Noodles with Peanut Sauce



SNACK 2
Chickpea Fritters



DINNER
One Pan Steak, Potatoes & Broccoli

THU



BREAKFAST
Yogurt with Granola & Banana



SNACK 1
Taco Spiced Chickpeas



LUNCH
One Pan Steak, Potatoes & Broccoli



SNACK 2
Peach Cobbler Smoothie



DINNER
Chipotle Chicken, Broccoli & Wild Rice

FRI



BREAKFAST
Yogurt with Granola & Banana



SNACK 1
Taco Spiced Chickpeas



LUNCH
Chipotle Chicken, Broccoli & Wild Rice



SNACK 2
1.5 Peach Cobbler Smoothie



DINNER
Chickpea, Tofu & Sweet Potato Quinoa Salad

SAT



BREAKFAST
Smoked Salmon Bagel Breakfast Box



SNACK 1
Taco Spiced Chickpeas



LUNCH
Chickpea, Tofu & Sweet Potato Quinoa Salad



SNACK 2
1.5 Peach Cobbler Smoothie



DINNER
Seitan Tacos

SUN



BREAKFAST
Smoked Salmon Bagel Breakfast Box



SNACK 1
Taco Spiced Chickpeas



LUNCH
Seitan Tacos



SNACK 2
Peach Cobbler Smoothie



DINNER
Spaghetti Squash Steak Bowls

MON

FAT 36% CARBS 45% PROTEIN 19%

Calories 2424
Fat 98g
Carbs 280g
Fiber 44g
Sugar 49g
Protein 120g
Cholesterol 154mg
Sodium 3025mg
Vitamin A 23033IU
Vitamin C 133mg
Calcium 873mg
Iron 22mg

TUE

FAT 35% CARBS 45% PROTEIN 20%

Calories 2489
Fat 100g
Carbs 288g
Fiber 49g
Sugar 58g
Protein 125g
Cholesterol 88mg
Sodium 2344mg
Vitamin A 27107IU
Vitamin C 136mg
Calcium 1186mg
Iron 23mg

WED

FAT 35% CARBS 45% PROTEIN 20%

Calories 2385
Fat 96g
Carbs 279g
Fiber 47g
Sugar 54g
Protein 120g
Cholesterol 89mg
Sodium 2096mg
Vitamin A 26138IU
Vitamin C 358mg
Calcium 1022mg
Iron 21mg

THU

FAT 31% CARBS 47% PROTEIN 22%

Calories 2313
Fat 81g
Carbs 277g
Fiber 45g
Sugar 69g
Protein 134g
Cholesterol 222mg
Sodium 1081mg
Vitamin A 5474IU
Vitamin C 356mg
Calcium 1051mg
Iron 18mg

FRI

FAT 28% CARBS 49% PROTEIN 23%

Calories 2370
Fat 76g
Carbs 300g
Fiber 52g
Sugar 83g
Protein 139g
Cholesterol 143mg
Sodium 1388mg
Vitamin A 10108IU
Vitamin C 129mg
Calcium 1474mg
Iron 22mg

SAT

FAT 33% CARBS 47% PROTEIN 20%

Calories 2501
Fat 94g
Carbs 305g
Fiber 55g
Sugar 76g
Protein 126g
Cholesterol 98mg
Sodium 4091mg
Vitamin A 8868IU
Vitamin C 38mg
Calcium 1349mg
Iron 24mg

SUN

FAT 34% CARBS 47% PROTEIN 19%

Calories 2360
Fat 90g
Carbs 287g
Fiber 43g
Sugar 58g
Protein 115g
Cholesterol 177mg
Sodium 3712mg
Vitamin A 4117IU
Vitamin C 95mg
Calcium 888mg
Iron 18mg

FRUITS

- 1 Avocado
- 2 Banana
- 2 1/4 cups Blackberries
- 1/3 cup Blueberries
- 5 Peach
- 1/3 cup Raspberries

BREAKFAST

- 1 1/2 tbsps Almond Butter
- 2/3 cup Granola
- 3 tbsps Maple Syrup

SEEDS, NUTS & SPICES

- 1 1/2 tbsps Chia Seeds
- 1 tsp Chili Powder
- 1/2 tsp Chipotle Powder
- 2 1/2 tps Cinnamon
- 3/4 tsp Cumin
- 1/2 tsp Dried Parsley
- 1 tsp Garlic Powder
- 1 1/2 tbsps Italian Seasoning
- 3/4 tsp Paprika
- 2/3 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1/4 tsp Smoked Paprika
- 1 1/3 tbsps Taco Seasoning

FROZEN

- 1/4 cup Frozen Corn
- 1 cup Frozen Edamame

VEGETABLES

- 6 cups Broccoli
- 1/2 Carrot
- 1 1/2 cups Cherry Tomatoes
- 1/3 cup Cilantro
- 2/3 Cucumber
- 1/2 Garlic
- 1/2 cup Grated Carrot
- 1 stalk Green Onion
- 4 cups Mini Potatoes
- 1 1/3 cups Mixed Greens
- 1/4 Red Bell Pepper
- 1/4 cup Red Onion
- 1/4 head Romaine Hearts
- 1/2 Spaghetti Squash
- 3 2/3 Sweet Potato
- 3/4 Yellow Bell Pepper
- 1/2 Yellow Onion

BOXED & CANNED

- 1 cup Beef Broth
- 7 1/3 cups Chickpeas
- 1 cup Crushed Tomatoes
- 92 grams Gluten-Free Ramen Noodles
- 1/4 cup Jasmine Rice
- 1/2 cup Quinoa
- 1/2 cup Salsa
- 170 grams Udon Noodles
- 128 grams Whole Wheat Spaghetti
- 1 cup Wild Rice

BAKING

- 1/4 cup All Purpose Gluten-Free Flour
- 1 1/2 tps Arrowroot Powder
- 1/4 cup Nutritional Yeast
- 2 1/8 cups Oats
- 1/3 cup Pitted Dates

BREAD, FISH, MEAT & CHEESE

- 227 grams Chicken Breast
- 1/3 cup Cream Cheese, Regular
- 227 grams Gluten-Free Bagel
- 227 grams Lean Ground Beef
- 170 grams Seitan
- 226 grams Smoked Salmon
- 340 grams Tempeh
- 477 grams Tofu
- 425 grams Top Sirloin Steak
- 4 Whole Wheat Tortilla

CONDIMENTS & OILS

- 2 tps Avocado Oil
- 1/2 cup Coconut Aminos
- 1 tsp Coconut Oil
- 2/3 cup Extra Virgin Olive Oil
- 3/4 tsp Fish Sauce
- 1 1/3 tbsps Italian Dressing
- 1/4 cup Peanut Sauce
- 2 1/16 tps Rice Vinegar
- 2 1/4 tps Tamari
- 2 tpsps Vegan Mayonnaise

COLD

- 2 1/2 cups Cottage Cheese
- 2 tpsps Cream, Half & Half
- 2 cups Plain Greek Yogurt
- 2 cups Unsweetened Almond Milk
- 3 3/4 cups Unsweetened Cashew Milk

OTHER

- 1/3 cup Vanilla Protein Powder
- 1/2 cup Water

Tempeh & Sweet Potato Hash

3 SERVINGS 40 MINUTES



INGREDIENTS

340 grams Tempeh (cubed)
1/3 cup Coconut Aminos
3 tbsps Maple Syrup
3/4 tsp Paprika
3 tbsps Extra Virgin Olive Oil (divided)
3 Sweet Potato (medium, cubed)
3/4 Yellow Bell Pepper (chopped)
Sea Salt & Black Pepper (to taste)
2 1/4 cups Blackberries

NUTRITION

AMOUNT PER SERVING

Calories	591	Cholesterol	0mg
Fat	27g	Sodium	627mg
Carbs	68g	Vitamin A	19050...
Fiber	10g	Vitamin C	111mg
Sugar	29g	Calcium	223mg
Protein	27g	Iron	5mg

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a large baking sheet with parchment paper. Place the tempeh in a shallow bowl.
- 02 In a small bowl, whisk together the coconut aminos, maple syrup, paprika, and half of the oil. Pour the marinade over the tempeh and let it sit for five minutes.
- 03 Arrange the tempeh into a single layer on one side of the baking sheet. Reserve the marinade for later. Add the potatoes and bell pepper to the other side and toss them with the remaining oil, salt, and pepper.
- 04 Bake for 15 minutes. Flip the tempeh, then pour the remaining marinade onto the tempeh. Place back into the oven for another 10 to 15 minutes. Remove the tempeh and set aside. Return the potatoes and bell pepper to the oven as needed until they are crispy and cooked through.
- 05 Divide the tempeh, potatoes, bell pepper, and blackberries between plates. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add garlic and herbs to the potatoes and bell pepper.

Yogurt with Granola & Banana

2 SERVINGS 5 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

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

NOTES

MORE FLAVOR

Add maple syrup or vanilla.

ADDITIONAL TOPPINGS

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

GLUTEN-FREE

Use gluten-free granola.

DAIRY-FREE

Use a dairy-free yogurt alternative.

Smoked Salmon Bagel Breakfast Box

2 SERVINGS 5 MINUTES



INGREDIENTS

1/3 cup Cream Cheese, Regular (plain)
227 grams Gluten-Free Bagel (sliced in half)
226 grams Smoked Salmon
2/3 Cucumber (medium, sliced)

NUTRITION

AMOUNT PER SERVING

Calories	626	Cholesterol	71mg
Fat	25g	Sodium	1649mg
Carbs	72g	Vitamin A	204IU
Fiber	1g	Vitamin C	5mg
Sugar	17g	Calcium	204mg
Protein	29g	Iron	3mg

DIRECTIONS

- 01 Spread the cream cheese evenly over the bagel slices. Add the smoked salmon and close the bagel.
- 02 Arrange the bagel and cucumber slices in a container. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

DAIRY-FREE

Use vegan cream cheese instead.

MORE FLAVOR

Toast the bagel before spreading the cream cheese. Add cherry tomatoes, pickles, fresh dill, capers, or minced red onion.

NO BAGEL

Use bread, crackers, waffles or toasted sweet potato slices instead.

GLUTEN-FREE BAGEL

One gluten-free bagel is roughly 4-ounces or 113-grams.

Overnight Vanilla Protein Oats

3 SERVINGS 8 HOURS



INGREDIENTS

1 1/2 cups Oats (quick or traditional)
1 1/2 tbsps Chia Seeds
2 cups Unsweetened Almond Milk
1/3 cup Vanilla Protein Powder
1/3 cup Raspberries
1/3 cup Blueberries
1 1/2 tbsps Almond Butter

NUTRITION

AMOUNT PER SERVING

Calories	309	Cholesterol	2mg
Fat	11g	Sodium	124mg
Carbs	37g	Vitamin A	327IU
Fiber	9g	Vitamin C	6mg
Sugar	3g	Calcium	430mg
Protein	18g	Iron	3mg

DIRECTIONS

- 01 In a large bowl or container combine the oats, chia seeds and milk. Stir to combine. Place in the fridge for 8 hours, or overnight.
- 02 After the oats have set, remove from the fridge and add the protein powder. Mix well. Add extra almond milk 1 tbsp at a time if the oats are too thick.
- 03 Divide the oats into bowls or containers and top with raspberries, blueberries and almond butter. Enjoy!

NOTES

LEFTOVERS

Keep well in the fridge for 3 to 4 days.

SERVING SIZE

One serving is approximately 1 1/2 cups.

EXTRA GARNISH

Add cacao nibs, chocolate chips, seeds or nuts.

NO ALMOND BUTTER

Omit, or use peanut butter or sunflower seed butter instead.

PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder. Please note that results may vary if using a different type of protein powder.

Taco Spiced Chickpeas

4 SERVINGS 30 MINUTES



INGREDIENTS

4 cups Chickpeas (cooked)
1 1/3 tbsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste, optional)
1 1/3 tbsps Taco Seasoning

NUTRITION

AMOUNT PER SERVING

Calories	319	Cholesterol	0mg
Fat	9g	Sodium	267mg
Carbs	47g	Vitamin A	44IU
Fiber	13g	Vitamin C	2mg
Sugar	8g	Calcium	90mg
Protein	15g	Iron	5mg

DIRECTIONS

- 01 Preheat the oven to 400°F (205°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, pepper, and taco seasoning. 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.
- 04 Remove from the oven. 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 lose their crunch, reheat in the oven for five to eight minutes or until crispy again.

SERVING SIZE

One serving is approximately 1/2 cup.

NO EXTRA VIRGIN OLIVE OIL

Use avocado oil instead.

Beef Ramen

1 SERVING 25 MINUTES



INGREDIENTS

1/2 tsp Extra Virgin Olive Oil (divided)
85 grams Top Sirloin Steak
1/8 tsp Sea Salt (to taste)
1 stalk Green Onion (sliced, white and green parts divided)
1/2 Garlic (cloves, minced)
1 cup Beef Broth
1/2 cup Water
3/4 tsp Fish Sauce
3/4 tsp Tamari
92 grams Gluten-Free Ramen Noodles (dry)
1/4 cup Cilantro (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	568	Cholesterol	66mg
Fat	19g	Sodium	1442mg
Carbs	73g	Vitamin A	75IU
Fiber	3g	Vitamin C	3mg
Sugar	1g	Calcium	54mg
Protein	28g	Iron	3mg

DIRECTIONS

- 01 Heat half the oil in a large saucepan or Dutch oven over high heat. Season the steak with salt and cook to your desired doneness. Let it rest for five minutes before cutting into thin slices.
- 02 In the same saucepan, heat the remaining oil over medium heat. Cook the white parts of the green onions along with the garlic until fragrant, about one minute.
- 03 Add the beef broth, water, fish sauce, and tamari. Bring to a boil, then lower to a simmer. Add the noodles and cook for three minutes or until soft, stirring well to loosen the noodles.
- 04 Divide the broth, ramen noodles, and steak slices into bowls. Garnish with the remaining green onions and cilantro. Enjoy!

NOTES

LEFTOVERS

Refrigerate the broth, steak, and garnishes separately for up to three days. Freeze the broth, if longer.

SERVING SIZE

One serving equals approximately three cups.

MORE FLAVOR

Add grated ginger, red pepper flakes, or lime juice. Use homemade beef broth.

ADDITIONAL TOPPINGS

Add spinach, nori sheets, mushrooms, corn, or soft-boiled eggs.

NO RAMEN NOODLES

Use shirataki noodles, vermicelli noodles, or brown rice noodles instead.

Chickpea Fritters

3 SERVINGS 15 MINUTES



INGREDIENTS

1 3/4 cups Chickpeas (cooked)
1/4 cup All Purpose Gluten-Free Flour
1/4 cup Nutritional Yeast
2 tbsps Vegan Mayonnaise
1/2 tsp Dried Parsley (dried)
1/2 tsp Garlic Powder
1/2 tsp Sea Salt
1 tbsp Water
1 1/2 tps Extra Virgin Olive Oil

NUTRITION

AMOUNT PER SERVING

Calories	331	Cholesterol	0mg
Fat	11g	Sodium	504mg
Carbs	42g	Vitamin A	28IU
Fiber	12g	Vitamin C	1mg
Sugar	5g	Calcium	56mg
Protein	16g	Iron	4mg

DIRECTIONS

- 01 In a medium-sized bowl, combine the chickpeas, flour, nutritional yeast, mayonnaise, parsley, garlic, salt, and water. Mix well and mash the chickpeas until well blended.
- 02 Divide the chickpea mixture into six flat patties using slightly damp hands.
- 03 Heat a nonstick skillet over medium heat and add the oil. Once hot, add the fritters and fry for three to four minutes per side, until browned and crispy. Be careful not to crowd the pan and work in batches if needed. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days, or freeze for longer.

SERVING SIZE

One serving is two fritters.

FLOUR

Use another type of flour such as regular all purpose or chickpea flour.

ADDITIONAL TOPPINGS

Dip in your favorite sauce or mix together coconut yogurt, dill, and lemon for a refreshing dip.

Peach Cobbler Smoothie

5 SERVINGS 5 MINUTES



INGREDIENTS

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

Spaghetti with Beef Sauce

2 SERVINGS 20 MINUTES



INGREDIENTS

128 grams Whole Wheat Spaghetti
1 1/2 tsps Extra Virgin Olive Oil
1/2 Yellow Onion (medium, grated)
1/2 Carrot (peeled, grated)
227 grams Lean Ground Beef
1 1/2 tsps Italian Seasoning
1 cup Crushed Tomatoes (from the can)
2 tbsps Cream, Half & Half

NUTRITION

AMOUNT PER SERVING

Calories	625	Cholesterol	86mg
Fat	30g	Sodium	328mg
Carbs	60g	Vitamin A	2877IU
Fiber	10g	Vitamin C	12mg
Sugar	11g	Calcium	110mg
Protein	31g	Iron	7mg

DIRECTIONS

- 01 Cook the spaghetti according to the directions on the package.
- 02 Heat the oil in a large skillet over medium heat. Add the onion and the carrot and cook for about five minutes or until tender.
- 03 Add the meat, stirring until well browned and crumbled about seven to 10 minutes.
- 04 Add the Italian seasoning, crushed tomatoes, and cream. Continue cooking, stirring frequently, for about three minutes.
- 05 Add the pasta and toss to combine. Divide evenly between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days. Store extra sauce separately for another use.

DAIRY-FREE

Use canned coconut milk or coconut cream.

MORE FLAVOR

Add garlic, celery, fennel, and/or spinach. Swap Italian seasoning for ground cinnamon and ground cloves.

ADDITIONAL TOPPINGS

Fresh basil, parsley, oregano, red pepper flakes, parmesan cheese, salt, and pepper to taste.

GLUTEN-FREE

Use brown rice spaghetti or gluten-free pasta of choice.

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.

One Pan Steak, Potatoes & Broccoli

2 SERVINGS 40 MINUTES



INGREDIENTS

4 cups Mini Potatoes
1 1/2 cups Cherry Tomatoes
4 cups Broccoli (chopped into florets)
2 tbsps Extra Virgin Olive Oil
1 tbsp Italian Seasoning
227 grams Top Sirloin Steak
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	675	Cholesterol	88mg
Fat	31g	Sodium	142mg
Carbs	69g	Vitamin A	2071IU
Fiber	12g	Vitamin C	237mg
Sugar	8g	Calcium	161mg
Protein	35g	Iron	6mg

DIRECTIONS

- 01 Preheat oven to 375°F (191°C).
- 02 Toss the potatoes, cherry tomatoes and broccoli with the olive oil and sprinkle with Italian seasoning. Spread across the baking sheet and roast for 20 minutes.
- 03 After 20 minutes, heat a skillet over medium/high heat. Brown the steak on both sides for 1 to 2 minutes. Remove the steak from the skillet and add to the pan with veggies. Return to oven for an additional 10 minutes, or until steak is cooked to your liking.
- 04 Remove the pan from the oven, divide onto plates and enjoy!

NOTES

LEFTOVERS

Keeps well in the fridge for 2 to 3 days.

Chipotle Chicken, Broccoli & Wild Rice

2 SERVINGS 45 MINUTES



INGREDIENTS

- 1 cup Wild Rice (dry)
- 227 grams Chicken Breast (boneless, skinless, cubed)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 tsp Chili Powder
- 1/2 tsp Chipotle Powder
- 1/2 tsp Garlic Powder
- Sea Salt & Black Pepper (to taste)
- 2 cups Broccoli (florets)

NUTRITION

AMOUNT PER SERVING

Calories	578	Cholesterol	82mg
Fat	18g	Sodium	125mg
Carbs	67g	Vitamin A	1011IU
Fiber	8g	Vitamin C	81mg
Sugar	4g	Calcium	70mg
Protein	40g	Iron	3mg

DIRECTIONS

- 01 Cook the wild rice according to the package directions.
- 02 While the rice is cooking, in a bowl, add the chicken, half of the oil, chili powder, chipotle powder, garlic powder, salt, and pepper. Mix to combine.
- 03 Warm a pan over medium heat and add the chicken. Spread out the chicken so it's not crowded.
- 04 Cook the chicken for four to five minutes per side or until cooked through and browned. If needed, add a splash of water. Set the chicken aside.
- 05 Add the remaining oil to the pan. Add the broccoli, salt, and pepper and sauté for three to five minutes. Add a splash of water then cover for two to three more minutes or until tender-crisp.
- 06 Divide the rice, chicken, and broccoli evenly between bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately one cup of both broccoli and rice with chicken.

MORE FLAVOR

Add garlic to the broccoli while sautéing.

Chickpea, Tofu & Sweet Potato Quinoa Salad

2 SERVINGS 30 MINUTES



INGREDIENTS

1/2 cup Quinoa (dry)
265 grams Tofu (cut into triangles)
1 2/3 cups Chickpeas (cooked)
2/3 Sweet Potato (cubed)
2 tsps Coconut Aminos
1 1/3 tbsps Extra Virgin Olive Oil
2 tsps Rice Vinegar
1 1/3 cups Mixed Greens
1 1/3 tbsps Italian Dressing

NUTRITION

AMOUNT PER SERVING

Calories	604	Cholesterol	0mg
Fat	22g	Sodium	251mg
Carbs	75g	Vitamin A	6197IU
Fiber	16g	Vitamin C	5mg
Sugar	11g	Calcium	487mg
Protein	32g	Iron	9mg

DIRECTIONS

- 01 Cook the quinoa according to package directions.
- 02 Preheat oven to 375°F (190°C). Line a baking sheet with parchment paper. Place the tofu, chickpeas and sweet potato on the baking sheet.
- 03 Mix together the coconut aminos, oil, and rice vinegar. Brush this marinade onto the tofu and pour the rest onto the sweet potato and chickpeas, mixing well with your hands. Bake for 20 minutes or until the tofu edges brown.
- 04 Divide the mixed greens evenly between bowls. Top with the quinoa, sweet potatoes, chickpeas, tofu, and Italian dressing. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for three days. Store the Italian dressing separately.

SERVING SIZE

One serving is 2/3 cup of mixed greens, 4.6 oz (130g) of tofu, 3/4 cup of chickpeas, and 1/3 of a sweet potato.

MORE FLAVOR

Add minced garlic, shallots, and rosemary to the marinade. Cook the quinoa in vegetable broth.

ADDITIONAL TOPPINGS

Hemp hearts, dried cranberries and/or goat cheese.

NO COCONUT AMINOS

Use soy sauce or tamari instead.

NO ITALIAN DRESSING

Use your favourite premade dressing or make your own.

Seitan Tacos

2 SERVINGS 15 MINUTES



INGREDIENTS

1/2 tsp Avocado Oil
170 grams Seitan (finely chopped)
1/4 tsp Cumin (ground)
1/4 tsp Smoked Paprika
4 Whole Wheat Tortilla (small)
1/4 head Romaine Hearts (chopped)
1/2 cup Salsa
1 Avocado (mashed)

NUTRITION

AMOUNT PER SERVING

Calories	568	Cholesterol	0mg
Fat	26g	Sodium	1331mg
Carbs	61g	Vitamin A	900IU
Fiber	17g	Vitamin C	11mg
Sugar	8g	Calcium	277mg
Protein	27g	Iron	5mg

DIRECTIONS

- 01 Heat the oil in a pan over medium-high heat. Add the seitan, cumin, paprika, salt and pepper. Cook until slightly crispy, about five minutes. Stir in the salsa.
- 02 Fill the tortillas with romaine, seitan, and avocado. Enjoy!

NOTES

LEFTOVERS

Enjoy immediately for best results or refrigerate in an airtight container for two days.

SERVING SIZE

One serving is two 7-inch filled whole wheat tortillas.

GLUTEN-FREE

Use gluten-free tortilla.

MORE FLAVOR

Add garlic powder, onion powder, chili powder, lime juice, or jalapeños.

ADDITIONAL TOPPINGS

Add shredded cheese, green onions, and plain yogurt.

Spaghetti Squash Steak Bowls

1 SERVING 55 MINUTES



INGREDIENTS

1/2 Spaghetti Squash (medium, sliced lengthwise, seeds removed)
1 tsp Coconut Oil (melted, divided)
Sea Salt & Black Pepper (to taste)
1/4 cup Jasmine Rice (dry)
113 grams Top Sirloin Steak
1/4 cup Frozen Corn
1/4 Red Bell Pepper (diced)
1/4 cup Red Onion (diced)
1/2 tsp Cumin
2 tbsps Cilantro (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	591	Cholesterol	88mg
Fat	22g	Sodium	70mg
Carbs	74g	Vitamin A	1954IU
Fiber	7g	Vitamin C	67mg
Sugar	4g	Calcium	123mg
Protein	29g	Iron	4mg

DIRECTIONS

- 01 Preheat the oven to 375°F (190°C).
- 02 Brush the inside of the squash halves with half of the coconut oil. Season with salt and pepper, then place the halves face down on a baking sheet. Bake in the oven for 30 minutes.
- 03 Meanwhile, cook the rice according to package directions.
- 04 Add the remaining oil to a pan over medium heat. Add the steak to the pan and cook for 10 to 20 minutes, flipping halfway through. The time will depend on the thickness of the steak and your desired doneness. Season with salt and pepper and slice into bite-sized pieces.
- 05 Once the squash is done, shred the flesh with a fork and add it to a large bowl. Combine with the rice, steak, corn, red pepper, red onion, and cumin. Scoop everything back into the squash shells and bake in the oven for 20 minutes or until the peppers are fork-tender.
- 06 Serve with cilantro. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to one stuffed squash half.

MAKE IT VEGAN

Use tofu or tempeh in place of the steak.

MORE FLAVOR

Add smoked paprika.

ADDITIONAL TOPPINGS

Shredded cheese, avocado, sour cream, or salsa.