



## 21 Day Fix 2400 Calorie Meal Plan PDF (Week 3)

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**EXERCISE** with Style

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## EXERCISE WITH STYLE

### How To Use Our Meal Plans

You can repeat the same day for several days if you like.

You can make changes within the same day. For example, you can switch Monday's lunch and dinner. Or, have the afternoon snack in the morning. But, what you can't do is switch meals from different days. For example, switch Monday's lunch for Wednesday's lunch. This can change the calorie and macro distribution for the day.

Leftovers appear "greyed out" on your planner and can be a fast and easy way to prep meals for future meals.

### Get a customized road map from me personally.

As a side note, if you're serious about taking your health and nutrition to the next level; every month I offer a limited number of 1-on-1 calls where I give you personalized insights and actionable advice.

We'll take what you're learning here and turn it into a **customized nutrition plan tailored to your unique goals, lifestyle, and preferences.**

In addition, I can also answer any questions you have about my 3 month 1-on-1 program if I have spots available. [You can book a call with me here.](#)

If you have any question about your meal plan please email me at [brenda.peralta@exercisewithstyle.com](mailto:brenda.peralta@exercisewithstyle.com)

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## MON



**BREAKFAST**  
Scrambled Eggs with Toasted Bagel & Peach



**SNACK 1**  
Peanut Butter & Banana Protein Porridge



**LUNCH**  
Burrito Bowl Mason Jar



**SNACK 2**  
Sardine & Cream Cheese Bagel



**DINNER**  
Cajun Shrimp Penne

## TUE



**BREAKFAST**  
Scrambled Eggs with Toasted Bagel & Peach



**SNACK 1**  
Peanut Butter & Banana Protein Porridge



**LUNCH**  
Cajun Shrimp Penne



**SNACK 2**  
Sardine & Cream Cheese Bagel



**DINNER**  
Spicy Shrimp Sushi Bowls

## WED



**BREAKFAST**  
Scrambled Eggs with Toasted Bagel & Peach



**SNACK 1**  
Peanut Butter & Banana Protein Porridge



**LUNCH**  
Spicy Shrimp Sushi Bowls



**SNACK 2**  
Sardine & Cream Cheese Bagel



**DINNER**  
Green Poutine

## THU



**BREAKFAST**  
Chickpea Shakshuka, Sweet Potato Toast with Avocado & Sauerkraut



**SNACK 1**  
Toasted Cucumber & Tomato Sandwich



**LUNCH**  
Green Poutine



**SNACK 2**  
Mixed Berry Protein Porridge



**DINNER**  
Tuna Avocado Sandwich

## FRI



**BREAKFAST**  
Chickpea Shakshuka, Sweet Potato Toast with Avocado & Sauerkraut



**SNACK 1**  
Toasted Cucumber & Tomato Sandwich



**LUNCH**  
Tuna Avocado Sandwich



**SNACK 2**  
Mixed Berry Protein Porridge



**DINNER**  
Chicken, Broccoli & Mashed Potatoes

## SAT



**BREAKFAST**  
Smoked Salmon & Cucumber Bagel, Portobello Mushrooms Florentine



**SNACK 1**  
Toasted Cucumber & Tomato Sandwich



**LUNCH**  
Chicken, Broccoli & Mashed Potatoes



**SNACK 2**  
Mixed Berry Protein Porridge



**DINNER**  
Pot Pie Chickpea Pasta

## SUN



**BREAKFAST**  
Smoked Salmon & Cucumber Bagel, Portobello Mushrooms Florentine



**SNACK 1**  
Toasted Cucumber & Tomato Sandwich



**LUNCH**  
Pot Pie Chickpea Pasta



**SNACK 2**  
Mixed Berry Protein Porridge



**DINNER**  
Chickpea, Tofu & Sweet Potato Quinoa Salad

## MON

FAT 33% CARBS 45% PROTEIN 22%

Calories 2491  
Fat 95g  
Carbs 284g  
Fiber 38g  
Sugar 47g  
Protein 139g  
Cholesterol 892mg  
Sodium 5143mg  
Vitamin A 5268IU  
Vitamin C 60mg  
Calcium 1231mg  
Iron 22mg

## TUE

FAT 33% CARBS 46% PROTEIN 21%

Calories 2439  
Fat 90g  
Carbs 286g  
Fiber 26g  
Sugar 49g  
Protein 132g  
Cholesterol 979mg  
Sodium 5129mg  
Vitamin A 8715IU  
Vitamin C 44mg  
Calcium 1244mg  
Iron 18mg

## WED

FAT 32% CARBS 46% PROTEIN 22%

Calories 2367  
Fat 86g  
Carbs 279g  
Fiber 40g  
Sugar 51g  
Protein 131g  
Cholesterol 796mg  
Sodium 2182mg  
Vitamin A 16097IU  
Vitamin C 97mg  
Calcium 1225mg  
Iron 26mg

## THU

FAT 31% CARBS 47% PROTEIN 22%

Calories 2519  
Fat 88g  
Carbs 305g  
Fiber 72g  
Sugar 54g  
Protein 140g  
Cholesterol 279mg  
Sodium 2679mg  
Vitamin A 30833IU  
Vitamin C 164mg  
Calcium 995mg  
Iron 33mg

## FRI

FAT 32% CARBS 47% PROTEIN 21%

Calories 2469  
Fat 90g  
Carbs 291g  
Fiber 62g  
Sugar 48g  
Protein 134g  
Cholesterol 390mg  
Sodium 2528mg  
Vitamin A 22876IU  
Vitamin C 236mg  
Calcium 931mg  
Iron 25mg

## SAT

FAT 34% CARBS 44% PROTEIN 22%

Calories 2460  
Fat 96g  
Carbs 283g  
Fiber 51g  
Sugar 54g  
Protein 137g  
Cholesterol 377mg  
Sodium 2650mg  
Vitamin A 9354IU  
Vitamin C 210mg  
Calcium 1150mg  
Iron 30mg

## SUN

FAT 33% CARBS 45% PROTEIN 22%

Calories 2495  
Fat 94g  
Carbs 295g  
Fiber 58g  
Sugar 61g  
Protein 141g  
Cholesterol 266mg  
Sodium 2759mg  
Vitamin A 14606IU  
Vitamin C 71mg  
Calcium 1547mg  
Iron 35mg

## FRUITS

- 3 Avocado
- 1 1/2 Banana
- 1/2 Lemon
- 1 tsp Lemon Juice
- 1/4 Lime
- 3 Peach

## BREAKFAST

- 3 tbsps All Natural Peanut Butter
- 1/4 cup Almond Butter

## SEEDS, NUTS & SPICES

- 1 1/2 tbsps Cajun Seasoning
- 2/3 cup Cashews
- 2 1/3 tbsps Cinnamon
- 1 1/2 tsps Dried Thyme
- 2 tsps Harissa
- 1 tsp Paprika
- 1/2 tsp Sea Salt
- 0 Sea Salt & Black Pepper

## FROZEN

- 4 cups Frozen Berries
- 2 cups Frozen Broccoli
- 1/2 cup Frozen Corn
- 1/2 cup Frozen Peas

## VEGETABLES

- 2 3/4 cups Asparagus
- 3 1/4 cups Baby Spinach
- 1 cup Butternut Squash
- 1 2/3 Carrot
- 2 stalks Celery
- 1 3/4 Cucumber
- 1 1/2 tbsps Fresh Dill
- 3 1/3 Garlic
- 2/3 cup Mixed Greens
- 2 cups Mushrooms
- 1/4 cup Parsley
- 227 grams Portobello Mushroom Caps
- 1/4 cup Red Onion
- 1 1/2 tbsps Shallot
- 2 1/3 Sweet Potato
- 1 1/2 Tomato
- 2/3 Yellow Onion
- 5 Yellow Potato

## BOXED & CANNED

- 1/2 cup Black Beans
- 3/4 cup Brown Rice
- 151 grams Chickpea Pasta
- 2 3/4 cups Chickpeas
- 1 cup Fire Roasted Diced Tomatoes
- 1/2 cup Quinoa
- 2 cups Quinoa Penne
- 2 tbsps Salsa
- 83 grams Sardines
- 1/2 cup Tomato Purée
- 2 cans Tuna
- 1/2 cup Vegetable Broth

## BAKING

- 2 tbsps Almond Flour
- 1 tsp Arrowroot Powder
- 2/3 cup Nutritional Yeast

## BREAD, FISH, MEAT & CHEESE

- 5 Bagel
- 227 grams Chicken Thighs With Skin
- 1 1/16 cups Cream Cheese, Regular
- 113 grams Extra Lean Ground Chicken
- 2 tbsps Feta Cheese
- 454 grams Shrimp
- 99 grams Smoked Salmon
- 200 grams Sourdough Bread
- 132 grams Tofu
- 8 slices Whole Grain Bread
- 1 1/2 Whole Wheat Bagel

## CONDIMENTS & OILS

- 2 3/4 tbsps Capers
- 1 tsp Coconut Aminos
- 1/2 cup Extra Virgin Olive Oil
- 2 tsps Italian Dressing
- 1 tbsp Mayonnaise
- 28 grams Pickled Red Onions
- 1 tsp Rice Vinegar
- 1/3 cup Sauerkraut
- 1/2 tsp Sriracha
- 1/2 tsp Tamari

## COLD

- 118 grams Cashew Cream Cheese
- 13 Egg
- 3 1/2 cups Egg Whites
- 6 cups Unsweetened Almond Milk

## OTHER

- 1 1/3 cups Water

■ 1 3/4 cups Oats

# Scrambled Eggs with Toasted Bagel & Peach

3 SERVINGS 10 MINUTES



## INGREDIENTS

1 tbsp Extra Virgin Olive Oil  
9 Egg (whisked)  
3 Bagel (sliced in half, toasted)  
3 Peach (sliced)  
Sea Salt & Black Pepper

## NUTRITION

### AMOUNT PER SERVING

Calories	590	Cholesterol	558mg
Fat	21g	Sodium	656mg
Carbs	70g	Vitamin A	1299IU
Fiber	4g	Vitamin C	10mg
Sugar	22g	Calcium	323mg
Protein	31g	Iron	7mg

## DIRECTIONS

- 01 Heat the oil in a pan over medium heat. Cook the eggs until scrambled and desired doneness.
- 02 Serve the eggs with the bagel and peach. Season with salt and pepper to taste. Enjoy!

## NOTES

### LEFTOVERS

Best enjoyed immediately. Refrigerate in an airtight container for two days. Slice the peach and toast the bagel when ready to serve.

### MORE FLAVOR

Add chives to the eggs. Add butter, peanut butter, and/or jam to the bagel.

### GLUTEN-FREE

Use a gluten-free bagel.

# Chickpea Shakshuka

2 SERVINGS 15 MINUTES



## INGREDIENTS

2 cups Chickpeas (cooked)  
1/2 cup Tomato Purée  
2 tsps Harissa  
1 cup Baby Spinach  
2 Egg  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	368	Cholesterol	186mg
Fat	9g	Sodium	112mg
Carbs	51g	Vitamin A	2040IU
Fiber	14g	Vitamin C	13mg
Sugar	11g	Calcium	134mg
Protein	22g	Iron	7mg

## DIRECTIONS

- 01 In a small pan over medium heat add the chickpeas, tomato purée, and harissa. Bring to boil, reduce the heat down to simmer, and let cook for about 10 minutes.
- 02 Add the spinach and cook for another two minutes. Create a pocket in the middle and crack the egg into the pocket. Cover the pan and cook until the egg is set, about five to six minutes.
- 03 Season with salt and pepper and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is equal to approximately 1 1/2 cups.

### MORE FLAVOR

Add onion and bell pepper.

### ADDITIONAL TOPPINGS

Add feta cheese and fresh herbs.

# Sweet Potato Toast with Avocado & Sauerkraut

2 SERVINGS 15 MINUTES



## INGREDIENTS

2 Sweet Potato (small, ends trimmed, sliced lengthwise)  
1 Avocado (peeled and mashed)  
1/3 cup Sauerkraut  
1/4 tsp Sea Salt

## NUTRITION

### AMOUNT PER SERVING

Calories	277	Cholesterol	0mg
Fat	15g	Sodium	530mg
Carbs	36g	Vitamin A	18594...
Fiber	11g	Vitamin C	17mg
Sugar	7g	Calcium	58mg
Protein	4g	Iron	2mg

## DIRECTIONS

- 01 Pop the sweet potato slices into the toaster and toast two to three times. If you do not have a toaster, set your oven to broil and bake on a sheet for 3 to 6 minutes per side, or until golden brown.
- 02 Top the sweet potato toasts with mashed avocado and sauerkraut. Season with sea salt. Enjoy!

## NOTES

### ADD GREENS

Add a layer of baby spinach before you spread on the avocado.

### GUACAMOLE LOVER

Add lemon juice, lime juice, minced garlic, tomato and/or chopped red onion to your mashed avocado.

### NO SWEET POTATO

Use bread, crackers, crispbread, pita or tortillas instead.

### STORAGE

Best enjoyed immediately but can be refrigerated in an airtight container up to 3 days.

# Smoked Salmon & Cucumber Bagel

2 SERVINGS 10 MINUTES



## INGREDIENTS

1/4 cup Cream Cheese, Regular  
2 Bagel (plain, sliced in half, toasted)  
1/4 Cucumber (sliced)  
99 grams Smoked Salmon (sliced)  
1 tsp Lemon Juice  
28 grams Pickled Red Onions  
1 1/3 tbsps Capers

## NUTRITION

### AMOUNT PER SERVING

Calories	436	Cholesterol	38mg
Fat	13g	Sodium	1225mg
Carbs	59g	Vitamin A	91IU
Fiber	2g	Vitamin C	2mg
Sugar	12g	Calcium	265mg
Protein	23g	Iron	5mg

## DIRECTIONS

01 Spread the cream cheese onto the bagel. Top with the remaining ingredients and enjoy!

## NOTES

### LEFTOVERS

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

### SERVING SIZE

One serving is one bagel.

### MORE FLAVOR

Add chopped dill.

### GLUTEN-FREE

Use a gluten-free bagel instead.

### DAIRY-FREE

Use hummus or dairy-free cream cheese instead.

# Portobello Mushrooms Florentine

2 SERVINGS 15 MINUTES



## INGREDIENTS

227 grams Portobello Mushroom Caps  
Sea Salt & Black Pepper (to taste)  
1 tsp Extra Virgin Olive Oil (divided)  
2 cups Baby Spinach  
2 Egg  
2 tbsps Feta Cheese (crumbled, optional)

## NUTRITION

### AMOUNT PER SERVING

Calories	150	Cholesterol	194mg
Fat	9g	Sodium	215mg
Carbs	6g	Vitamin A	3123IU
Fiber	2g	Vitamin C	10mg
Sugar	0g	Calcium	104mg
Protein	13g	Iron	2mg

## DIRECTIONS

- 01 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper. Arrange the portobello mushroom caps on a parchment-lined baking sheet and season with salt and pepper. Bake for 10 to 15 minutes. Remove from the oven and soak up any excess liquid with a towel.
- 02 Meanwhile, heat a nonstick skillet over medium heat and add half the oil. Once warmed, add the spinach. Cook until wilted and then remove and set aside.
- 03 In a small bowl, whisk the eggs. In the same skillet, add the remaining oil. Pour in the eggs and stir with a wooden spoon until scrambled and cooked to your liking. Remove from the heat.
- 04 Layer the spinach in the mushroom caps and top with eggs, feta, salt, and pepper. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is one stuffed portobello mushroom cap.

### MORE FLAVOR

Season with everything bagel seasoning or nutritional yeast.

### MAKE IT VEGAN

Use a tofu scramble and vegan cheese.

# 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.

# Toasted Cucumber & Tomato Sandwich

4 SERVINGS 5 MINUTES



## INGREDIENTS

2/3 cup Cream Cheese, Regular  
8 slices Whole Grain Bread (toasted)  
1 Tomato (medium, sliced)  
1 Cucumber (small, sliced)  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	345	Cholesterol	34mg
Fat	14g	Sodium	491mg
Carbs	41g	Vitamin A	494IU
Fiber	7g	Vitamin C	7mg
Sugar	8g	Calcium	124mg
Protein	15g	Iron	3mg

## DIRECTIONS

- 01 Spread cream cheese on each slice of toast.
- 02 Top with tomato and cucumber and season with salt and pepper. Slice in half and enjoy!

## NOTES

### LEFTOVERS

Best enjoyed fresh.

### SERVING SIZE

One serving is one sandwich.

### MAKE IT VEGAN

Use vegan cream cheese.

### MORE FLAVOR

Use flavored cream cheese.

### ADDITIONAL TOPPINGS

Green lettuce and/or microgreens.

### GLUTEN-FREE

Use gluten-free bread.

# Burrito Bowl Mason Jar

1 SERVING 25 MINUTES



## INGREDIENTS

1/4 cup Quinoa  
1/2 cup Water  
113 grams Extra Lean Ground Chicken  
2 tbsps Salsa  
1/2 Avocado (peeled and diced)  
1/2 Tomato (diced)  
1/4 cup Baby Spinach (chopped)  
1/2 cup Black Beans (cooked, drained and rinsed)  
1/4 Lime (juiced)  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	616	Cholesterol	98mg
Fat	27g	Sodium	341mg
Carbs	61g	Vitamin A	1847IU
Fiber	19g	Vitamin C	25mg
Sugar	2g	Calcium	95mg
Protein	37g	Iron	6mg

## DIRECTIONS

- 01 Place the quinoa and water in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover. Let simmer for 12 minutes or until all water is absorbed. Remove from heat, fluff with a fork and set aside.
- 02 Cook your extra lean ground chicken over medium heat in a non-stick frying pan. Season with a bit of salt and pepper and stir occasionally until cooked through.
- 03 Assemble your burrito bowl mason jars by placing avocado in the bottom with a splash of lime juice. Top with a couple of tablespoons of salsa. Next add in your quinoa, cooked chicken, diced tomatoes, spinach and top with black beans. Seal with a lid. When ready to eat, shake well and dump into a bowl. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

16 fl oz (500 mL) mason jars were used here. One mason jar is one serving.

# Sardine & Cream Cheese Bagel

3 SERVINGS 10 MINUTES



## INGREDIENTS

3 tbsps Cream Cheese, Regular  
1 1/2 Whole Wheat Bagel (lightly toasted)  
83 grams Sardines (drained)  
1 1/2 tbsps Shallot (thinly chopped)  
1 1/2 tbsps Capers (drained, chopped)  
1 1/2 tbsps Fresh Dill (chopped finely)  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	270	Cholesterol	53mg
Fat	8g	Sodium	539mg
Carbs	34g	Vitamin A	57IU
Fiber	3g	Vitamin C	1mg
Sugar	5g	Calcium	133mg
Protein	15g	Iron	3mg

## DIRECTIONS

01 Spread the cream cheese onto the bagel. Top with the sardines, shallots, capers, and dill. Season with salt and pepper, to taste. Enjoy!

## NOTES

### LEFTOVERS

Best enjoyed immediately.

### SERVING SIZE

One serving is equal to half a bagel.

### NO SHALLOTS

Use chives, green onions, or pickled onions instead.

### NO SARDINES

Use smoked salmon, smoked oysters, or mackerel instead.

### GLUTEN-FREE

Use a gluten-free bagel

### DAIRY-FREE

Use dairy-free cream cheese.

# Mixed Berry Protein Porridge

4 SERVINGS 15 MINUTES



## INGREDIENTS

3 cups Unsweetened Almond Milk  
1 cup Oats (rolled)  
4 cups Frozen Berries  
1 1/3 tbsps Cinnamon  
2 cups Egg Whites  
1/4 cup Almond Butter

## NUTRITION

### AMOUNT PER SERVING

Calories	344	Cholesterol	0mg
Fat	12g	Sodium	325mg
Carbs	40g	Vitamin A	382IU
Fiber	11g	Vitamin C	40mg
Sugar	16g	Calcium	464mg
Protein	21g	Iron	3mg

## DIRECTIONS

- 01 Add the almond milk, oats, and frozen berries to a pot over medium heat. Bring the milk to a gentle boil and continue to cook for three to five minutes or until the oats begin to soften and thicken and the berries are cooked through.
- 02 Add the cinnamon to the pot then slowly stir in the egg whites and continue to stir until the porridge becomes thick and creamy. Transfer to a bowl and top with the almond butter. 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

Additional almond butter, banana slices, fresh berries, or extra cinnamon.

### NO ALMOND MILK

Use another dairy or dairy alternative milk instead.

### NO ALMOND BUTTER

Use another nut or seed butter instead.

### FROZEN BERRIES

This recipe was created and tested using a combination of frozen strawberries, raspberries, and blueberries.

# Cajun Shrimp Penne

2 SERVINGS 1 HOUR 20 MINUTES



## INGREDIENTS

2 cups Quinoa Penne  
1/3 cup Cashews (soaked, drained, rinsed)  
1/3 cup Water  
227 grams Shrimp (large, peeled, deveined)  
1 1/2 tbsps Cajun Seasoning (divided)  
2 tbsps Extra Virgin Olive Oil (divided)  
3/4 cup Asparagus (trimmed, cut into bite-sized pieces)  
1/4 tsp Sea Salt (divided)  
1 Garlic (clove, minced)  
1 cup Fire Roasted Diced Tomatoes  
1/4 cup Parsley (chopped finely)  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	691	Cholesterol	183mg
Fat	26g	Sodium	3240m..
Carbs	84g	Vitamin A	1520IU
Fiber	5g	Vitamin C	19mg
Sugar	8g	Calcium	173mg
Protein	35g	Iron	4mg

## DIRECTIONS

- 01 Bring a medium pot of water to a boil and cook pasta according to package directions. Drain and set aside.
- 02 While the pasta cooks, add the cashews and water to a blender. Blend on high for about 1 to 2 minutes until very smooth. Set aside.
- 03 Meanwhile, add the shrimp to a bowl and toss with half the cajun seasoning and 1/3 of the oil. Set aside.
- 04 In a cast-iron skillet over medium heat, add 1/3 of the oil along with the asparagus and salt. Cook, flipping the asparagus pieces often, until bright green and still crisp but fork-tender, about 4 minutes total. Remove and set aside.
- 05 In the same cast iron pan, over medium heat, add the shrimp and cook for 3 to 4 minutes, flipping halfway through, until cooked through. Remove and set aside.
- 06 Add the remaining 1/3 of the oil to the cooked pasta. Over medium-low heat, add the garlic and cook for 30 seconds, until fragrant. Add the tomatoes and remaining cajun seasoning and stir to combine. Allow it just to get warm, about 1 to 2 minutes, then add the cashew cream, pasta and asparagus to the pot. Toss to combine. Divide onto plates, top with shrimp, parsley and season with salt and pepper. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to two days.

### SERVING SIZE

One serving is equal to about 1 1/3 cup pasta.

### NO ASPARAGUS

Use another vegetable such as spinach, zucchini or mushrooms.

**MORE FLAVOR**

Add chili flakes to taste.

**NO FIRE ROASTED TOMATOES**

Use regular diced tomatoes.

**MAKE IT VEGAN**

Omit the shrimp.

**NO QUINOA PENNE**

Use another type of pasta.

# Spicy Shrimp Sushi Bowls

2 SERVINGS 30 MINUTES



## INGREDIENTS

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

# 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

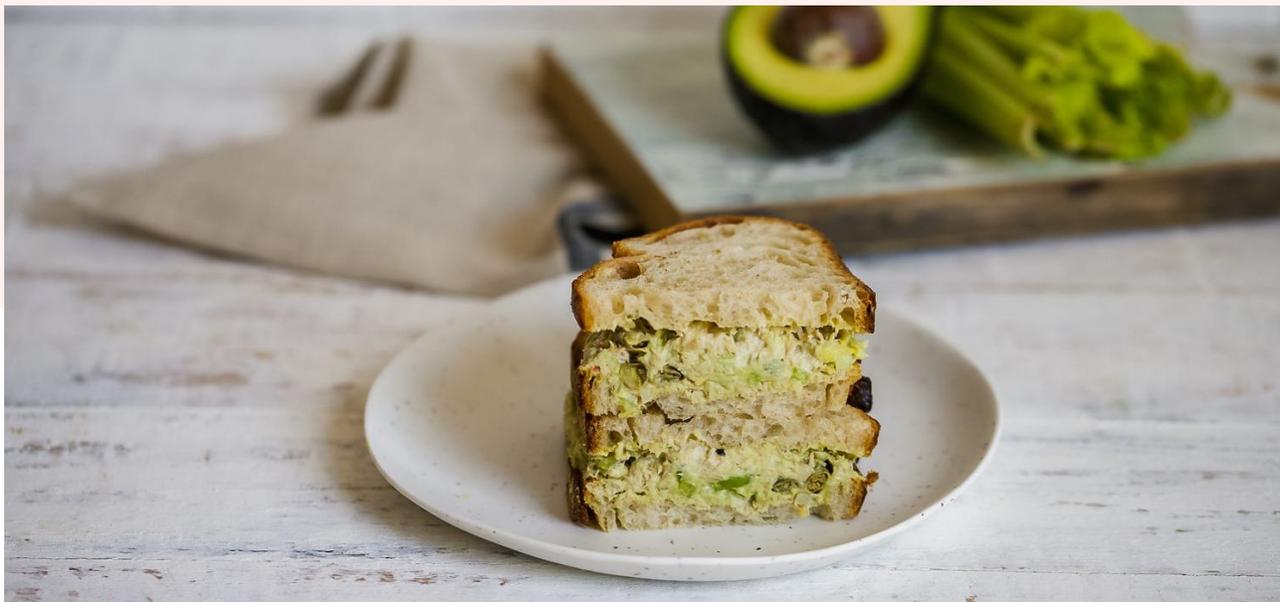
Calories	619	Cholesterol	0mg
Fat	22g	Sodium	293mg
Carbs	77g	Vitamin A	8902IU
Fiber	19g	Vitamin C	72mg
Sugar	10g	Calcium	154mg
Protein	34g	Iron	12mg

## 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!

# Tuna Avocado Sandwich

2 SERVINGS 10 MINUTES



## INGREDIENTS

2 cans Tuna  
Sea Salt & Black Pepper (to taste)  
2 stalks Celery (finely chopped)  
1/4 cup Red Onion (finely chopped)  
1 Avocado (medium)  
200 grams Sourdough Bread (toasted)

## NUTRITION

### AMOUNT PER SERVING

Calories	566	Cholesterol	59mg
Fat	16g	Sodium	928mg
Carbs	60g	Vitamin A	421IU
Fiber	10g	Vitamin C	15mg
Sugar	2g	Calcium	61mg
Protein	44g	Iron	6mg

## DIRECTIONS

- 01 In a small bowl add the tuna, salt and pepper, celery, and red onion. Mix together until well combined. Add the avocado and mash into the tuna mixture.
- 02 Scoop the tuna on top of one of the slices of bread and place the other slice on top. Slice and enjoy!

## NOTES

### LEFTOVERS

Refrigerate the tuna in an airtight container for up to three days. For best results, mix with the avocado and serve it on the bread just before enjoying.

### GLUTEN-FREE

Use gluten-free bread instead.

### CANNED TUNA

One can of tuna is equal to 165 grams or 5.8 ounces, drained.

### NO RED ONION

Use chives or green onions instead.

### NO AVOCADO

Use mayonnaise or Greek yogurt instead.

### SOURDOUGH BREAD

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

# 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.

# Pot Pie Chickpea Pasta

2 SERVINGS 35 MINUTES



## INGREDIENTS

151 grams Chickpea Pasta (dry)  
1 1/3 tsps Extra Virgin Olive Oil  
1/3 Yellow Onion (medium, diced)  
1 1/3 Garlic (cloves, minced)  
2/3 Carrot (large, chopped)  
1/2 cup Frozen Corn  
1/2 cup Frozen Peas  
118 grams Cashew Cream Cheese  
Sea Salt & Black Pepper (to taste)  
2 2/3 tbsps Nutritional Yeast (divided)  
2 tbsps Almond Flour

## NUTRITION

### AMOUNT PER SERVING

Calories	616	Cholesterol	0mg
Fat	24g	Sodium	252mg
Carbs	74g	Vitamin A	4319IU
Fiber	20g	Vitamin C	7mg
Sugar	14g	Calcium	103mg
Protein	37g	Iron	13mg

## DIRECTIONS

- 01 Preheat the oven to 400°F (205°C).
- 02 Cook the chickpea pasta according to package directions.
- 03 Heat the oil in an oven-safe pan over medium heat. Add the onion, cook for two minutes, then add the garlic and cook for another two minutes, stirring frequently.
- 04 Add the carrots and cook for five minutes, continuing to stir. Add the corn and peas and cook for another five minutes. Add the cashew cheese and half of the nutritional yeast. Stir to allow the cashew cheese to melt. Add the salt and pepper to taste.
- 05 Once the pasta is finished cooking, add it to the pan and stir to combine. Remove from heat and sprinkle the almond flour and remaining nutritional yeast on top. Bake in the oven for 15 minutes, or until just starting to brown. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days.

### SERVING SIZE

One serving is equal to approximately 1 1/2 cups.

# Chickpea, Tofu & Sweet Potato Quinoa Salad

1 SERVING 30 MINUTES



## INGREDIENTS

3 1/2 tbsps Quinoa (dry)  
132 grams Tofu (cut into triangles)  
3/4 cup Chickpeas (cooked)  
1/3 Sweet Potato (cubed)  
1 tsp Coconut Aminos  
2 tsps Extra Virgin Olive Oil  
1 tsp Rice Vinegar  
2/3 cup Mixed Greens  
2 tsps 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.