



2300 Calorie Meal Plan 40/30/30 PDF

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EXERCISE
with Style

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EXERCISE WITH STYLE

How To Use Our Meal Plans

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

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

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

Get a customized road map from me personally.

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

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

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

If you have any question about your meal plan please email me at brenda.peralta@exercisewithstyle.com

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This is particularly true if you are prone to injuries, pregnant or nursing or if you have a family history of high blood pressure or heart disease. You should also consult a licensed health care professional prior to beginning this or any other program if you have ever experienced chest pain when exercising or have experienced chest pain in the past month when not engaged in physical activity. You should also consult with a licensed health care professional if you smoke, have high cholesterol, are obese, or have a bone or joint problem that could be made worse by a change in physical activity. Do not start this fitness program if your physician or health care provider advises against it. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately.

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MON



BREAKFAST
Kale & Pesto Scramble with Salmon & Plantains



SNACK 1
Mixed Berry Protein Porridge



LUNCH
Roast Beef & Brie Sandwich with Tahini Sauce



SNACK 2
Hot Chocolate Smoothie



DINNER
Mango Chickpea Salad with Grilled Chicken Kabobs

TUE



BREAKFAST
Kale & Pesto Scramble with Salmon & Plantains



SNACK 1
Mixed Berry Protein Porridge



LUNCH
Mango Chickpea Salad with Grilled Chicken Kabobs



SNACK 2
Hot Chocolate Smoothie



DINNER
Ground Beef & Edamame with Rice

WED



BREAKFAST
Kale & Pesto Scramble with Salmon & Plantains



SNACK 1
Mixed Berry Protein Porridge



LUNCH
Ground Beef & Edamame with Rice



SNACK 2
Hot Chocolate Smoothie



DINNER
Tuna Avocado Sandwich

THU



BREAKFAST
Orange Creamsicle Overnight Oats



SNACK 1
Granola, Yogurt & Berry Snack Box



LUNCH
Tuna Avocado Sandwich



SNACK 2
Mango Mint Smoothie



DINNER
Pork Roast with Potatoes & Green Beans

FRI



BREAKFAST
Orange Creamsicle Overnight Oats



SNACK 1
Granola, Yogurt & Berry Snack Box



LUNCH
Pork Roast with Potatoes & Green Beans



SNACK 2
0.5 Mango Mint Smoothie



DINNER
Pork Medallions with Mushrooms & Peas

SAT



BREAKFAST
Blueberry Turkey Breakfast Sausages, Lentil Salsa with Toast



SNACK 1
Granola, Yogurt & Berry Snack Box



LUNCH
Pork Medallions with Mushrooms & Peas



SNACK 2
0.5 Mango Mint Smoothie



DINNER
Peach & Couscous Steak Salad

SUN



BREAKFAST
Blueberry Turkey Breakfast Sausages, Lentil Salsa with Toast



SNACK 1
Granola, Yogurt & Berry Snack Box



LUNCH
Peach & Couscous Steak Salad



SNACK 2
0.5 Mango Mint Smoothie



DINNER
Cajun Shrimp Penne

MON

FAT 33% CARBS 40% PROTEIN 27%

Calories 2277
Fat 86g
Carbs 236g
Fiber 43g
Sugar 70g
Protein 161g
Cholesterol 573mg
Sodium 2115mg
Vitamin A 5992IU
Vitamin C 166mg
Calcium 1670mg
Iron 25mg

TUE

FAT 34% CARBS 37% PROTEIN 29%

Calories 2326
Fat 90g
Carbs 225g
Fiber 49g
Sugar 76g
Protein 175g
Cholesterol 612mg
Sodium 1734mg
Vitamin A 6797IU
Vitamin C 247mg
Calcium 1668mg
Iron 23mg

WED

FAT 31% CARBS 40% PROTEIN 29%

Calories 2328
Fat 82g
Carbs 236g
Fiber 46g
Sugar 60g
Protein 175g
Cholesterol 589mg
Sodium 2561mg
Vitamin A 5600IU
Vitamin C 214mg
Calcium 1476mg
Iron 22mg

THU

FAT 31% CARBS 41% PROTEIN 28%

Calories 2393
Fat 83g
Carbs 250g
Fiber 38g
Sugar 88g
Protein 173g
Cholesterol 221mg
Sodium 1404mg
Vitamin A 8990IU
Vitamin C 355mg
Calcium 1738mg
Iron 20mg

FRI

FAT 34% CARBS 39% PROTEIN 27%

Calories 2263
Fat 88g
Carbs 224g
Fiber 30g
Sugar 76g
Protein 154g
Cholesterol 271mg
Sodium 862mg
Vitamin A 7982IU
Vitamin C 309mg
Calcium 1407mg
Iron 16mg

SAT

FAT 37% CARBS 39% PROTEIN 24%

Calories 2243
Fat 93g
Carbs 220g
Fiber 38g
Sugar 63g
Protein 140g
Cholesterol 300mg
Sodium 2942mg
Vitamin A 7895IU
Vitamin C 166mg
Calcium 938mg
Iron 19mg

SUN

FAT 34% CARBS 42% PROTEIN 24%

Calories 2320
Fat 91g
Carbs 250g
Fiber 38g
Sugar 65g
Protein 140g
Cholesterol 374mg
Sodium 5740mg
Vitamin A 7281IU
Vitamin C 176mg
Calcium 1062mg
Iron 20mg

FRUITS

- 1 3/4 Avocado
- 1 1/2 Banana
- 1/4 cup Blueberries
- 1 1/4 Lemon
- 1 1/2 Lime
- 1 2/3 tbsps Lime Juice
- 1/2 Mango
- 2 Navel Orange
- 1/2 Peach
- 1 1/2 Plantain
- 4 cups Strawberries

BREAKFAST

- 3 tbsps Almond Butter
- 1 1/3 cups Granola

SEEDS, NUTS & SPICES

- 1/4 tsp Black Pepper
- 2 1/4 tsps Cajun Seasoning
- 2 2/3 tbsps Cashews
- 3 tbsps Chia Seeds
- 1 tbsp Cinnamon
- 1/3 tsp Cumin
- 1/2 tsp Dried Chives
- 1/4 cup Hemp Seeds
- 1 1/2 tsps Italian Seasoning
- 1 tsp Sea Salt
- 0 Sea Salt & Black Pepper

FROZEN

- 3 cups Frozen Berries
- 1 1/2 cups Frozen Cauliflower
- 1 1/2 cups Frozen Edamame
- 3 cups Frozen Mango
- 1 cup Frozen Peas

VEGETABLES

- 2 1/2 cups Arugula
- 1/3 cup Asparagus
- 3 cups Baby Spinach
- 2 cups Broccoli
- 2 stalks Celery
- 1 cup Cherry Tomatoes
- 1/3 cup Cilantro
- 3/4 Cucumber
- 5 2/3 Garlic
- 1/2 tsp Ginger
- 2 cups Green Beans
- 2 stalks Green Onion
- 1 1/2 cups Kale Leaves
- 1/2 cup Mint Leaves
- 1 cup Mushrooms
- 2 1/2 tbsps Parsley
- 1/2 cup Red Onion
- 2 Yellow Potato

BOXED & CANNED

- 1/2 cup Basmati Rice
- 1/2 cup Chicken Broth
- 1 cup Chickpeas
- 1/2 cup Couscous
- 1/2 cup Fire Roasted Diced Tomatoes
- 1 1/2 cups Green Lentils
- 1/2 cup Jasmine Rice
- 1 cup Quinoa Penne
- 1 1/2 cups Salsa
- 2 cans Tuna

BAKING

- 1/3 cup Cocoa Powder
- 1 tsp Coconut Sugar
- 1 1/2 cups Oats
- 2 tsps Orange Extract
- 1 1/3 tbsps Raw Honey

BREAD, FISH, MEAT & CHEESE

- 14 grams Brie Cheese
- 227 grams Chicken Breast
- 85 grams Deli Roast Beef
- 340 grams Extra Lean Ground Beef
- 227 grams Extra Lean Ground Turkey
- 2 slices Gluten-Free Bread
- 363 grams Pork Shoulder, Boneless
- 227 grams Pork Tenderloin
- 283 grams Ribeye Steak, Boneless
- 255 grams Salmon Fillet
- 113 grams Shrimp
- 113 grams Sourdough Baguette
- 200 grams Sourdough Bread

CONDIMENTS & OILS

- 3 tbsps Avocado Oil
- 2 tbsps Coconut Aminos
- 1 1/2 tsps Coconut Oil
- 1 tbsp Dijon Mustard
- 3 1/3 tbsps Extra Virgin Olive Oil
- 1/2 cup Pesto
- 3 tbsps Sauerkraut
- 1/3 cup Tahini

COLD

- 6 Egg
- 1 1/2 cups Egg Whites
- 2 1/3 tbsps Orange Juice
- 3 3/4 cups Plain Coconut Milk
- 4 cups Plain Greek Yogurt
- 5 1/4 cups Unsweetened Almond Milk
- 1/4 cup Whipping Cream

OTHER

- 3/4 cup Chocolate Protein Powder
- 57 grams Collagen Powder
- 1/4 cup Vanilla Protein Powder
- 1/2 cup Water

■ 1 tsp Vanilla Extract

Kale & Pesto Scramble with Salmon & Plantains

3 SERVINGS 25 MINUTES



INGREDIENTS

1 1/2 Plantain (large, green, sliced)
1 tbsp Avocado Oil (divided)
Sea Salt & Black Pepper (to taste)
255 grams Salmon Fillet
1 1/2 cups Kale Leaves (packed, stems removed and chopped)
6 Egg (whisked)
3 tbsps Pesto
3 tbsps Sauerkraut

NUTRITION

AMOUNT PER SERVING

Calories	531	Cholesterol	415mg
Fat	25g	Sodium	373mg
Carbs	46g	Vitamin A	2949IU
Fiber	3g	Vitamin C	36mg
Sugar	25g	Calcium	145mg
Protein	35g	Iron	3mg

DIRECTIONS

- 01 Preheat the oven to 375°F (190°C).
- 02 Add the plantain slices, half of the oil, salt, and pepper to the baking sheet. Toss to coat and evenly spread out. Bake in the oven for 20 minutes, until fork-tender.
- 03 Warm the remaining oil in a pan over medium heat. Add the salmon fillet and cook for 10 minutes, breaking it apart as it cooks.
- 04 With the salmon still in the pan, add the kale to the pan and sauté for five minutes or until wilted. Add the eggs, and scramble, mixing everything together, until cooked to your desired doneness.
- 05 Mix the pesto into the egg mixture. Serve with the plantain slices and sauerkraut. Enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately, but can be refrigerated in an airtight container for up to two days.

SERVING SIZE

One serving is equal to approximately one cup of scramble and 3/4 cup of plantain.

NO PLANTAIN

Use potato, sweet potato, or winter squash instead.

Orange Creamsicle Overnight Oats

2 SERVINGS 8 HOURS



INGREDIENTS

2/3 cup Oats
2 cups Plain Greek Yogurt
1/4 cup Vanilla Protein Powder
1/4 cup Hemp Seeds
2 Navel Orange (peeled and chopped)
1 1/3 tbsps Raw Honey
1 tsp Vanilla Extract
2 tsps Orange Extract (optional)

NUTRITION

AMOUNT PER SERVING

Calories	551	Cholesterol	36mg
Fat	17g	Sodium	163mg
Carbs	62g	Vitamin A	1598IU
Fiber	7g	Vitamin C	98mg
Sugar	29g	Calcium	645mg
Protein	43g	Iron	4mg

DIRECTIONS

01 Combine all ingredients in a bowl and mix well. Transfer to a sealable jar or container and refrigerate overnight or for at least eight hours. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving is equal to approximately 1 3/4 cups.

MAKE IT VEGAN

Use plant-based protein powder and dairy-free yogurt.

MORE FLAVOR

Use vanilla or orange yogurt.

Blueberry Turkey Breakfast Sausages

2 SERVINGS 25 MINUTES



INGREDIENTS

227 grams Extra Lean Ground Turkey
1/2 Garlic (clove, minced)
1 1/2 tsps Italian Seasoning
1/2 tsp Ginger (peeled and minced)
1/3 tsp Sea Salt
1/4 cup Blueberries
1 1/2 tsps Coconut Oil

NUTRITION

AMOUNT PER SERVING

Calories	212	Cholesterol	84mg
Fat	13g	Sodium	521mg
Carbs	3g	Vitamin A	93IU
Fiber	0g	Vitamin C	2mg
Sugar	2g	Calcium	26mg
Protein	21g	Iron	1mg

DIRECTIONS

- 01 In a large mixing bowl combine the turkey, garlic, Italian seasoning, ginger and salt. Mix until combined. Gently fold in the blueberries. Form the meat mixture into thin, even patties, about 4-inches in diameter.
- 02 Heat the coconut oil in a large frying pan over medium-high heat. Cook the sausage patties for 4 to 5 minutes per side until cooked through. Serve and enjoy!

NOTES

LEFTOVERS

Keep refrigerated in an airtight container for up to three days. Freeze for up to three months.

SERVING SIZE

One serving is equal to approximately two sausage patties.

MORE FLAVOR

Add ground allspice, black pepper, thyme, cinnamon or cayenne to the turkey mixture before cooking.

Lentil Salsa with Toast

2 SERVINGS 10 MINUTES



INGREDIENTS

- 1 1/2 cups Green Lentils (cooked, drained and rinsed)
- 1 1/2 cups Salsa
- 2 tbsps Cilantro (chopped, optional)
- 2 slices Gluten-Free Bread (toasted)

NUTRITION

AMOUNT PER SERVING

Calories	306	Cholesterol	0mg
Fat	3g	Sodium	1517mg
Carbs	55g	Vitamin A	978IU
Fiber	17g	Vitamin C	6mg
Sugar	13g	Calcium	102mg
Protein	18g	Iron	6mg

DIRECTIONS

- 01 In a saucepan over medium heat, stir together the lentils and salsa until warmed through, about five minutes.
- 02 Transfer to a bowl, garnish with cilantro if using, and serve with toast. Enjoy!

NOTES

LEFTOVERS

Refrigerate the lentil salsa in an airtight container for up to four days.

SERVING SIZE

One serving equals approximately one and a half cups of lentil salsa with one slice of toast.

MORE FLAVOR

Add cayenne or your choice of spices and herbs.

ADDITIONAL TOPPINGS

Avocado or plain yogurt.

NO LENTILS

Use chickpeas or black beans instead.

Mixed Berry Protein Porridge

3 SERVINGS 15 MINUTES



INGREDIENTS

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

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.

Roast Beef & Brie Sandwich with Tahini Sauce

1 SERVING 10 MINUTES



INGREDIENTS

1 tbsp Tahini
1/4 Lemon (juiced)
1 1/2 tps Parsley (chopped)
Sea Salt & Black Pepper (to taste)
113 grams Sourdough Baguette (toasted)
1/2 cup Arugula
85 grams Deli Roast Beef
14 grams Brie Cheese

NUTRITION

AMOUNT PER SERVING

Calories	573	Cholesterol	72mg
Fat	17g	Sodium	802mg
Carbs	70g	Vitamin A	497IU
Fiber	2g	Vitamin C	9mg
Sugar	3g	Calcium	134mg
Protein	35g	Iron	8mg

DIRECTIONS

- 01 Combine the tahini, lemon juice, and parsley in a small bowl. Season the sauce with salt and pepper.
- 02 Cut the baguette(s) in half. Spread the sauce evenly over one side of the bun.
- 03 Divide the arugula, roast beef, and cheese between the baguette(s). Close the sandwich and enjoy!

NOTES

LEFTOVERS

Wrap the sandwich tightly and refrigerate for up to two days.

SERVING SIZE

One serving is equal to one sandwich.

GLUTEN-FREE

Use gluten-free bread or bun instead.

MORE FLAVOR

Add roasted red peppers. Top with fresh parsley.

NO ARUGULA

Use spinach, mixed greens, or lettuce instead.

Hot Chocolate Smoothie

3 SERVINGS 5 MINUTES



INGREDIENTS

3 cups Unsweetened Almond Milk
1 1/2 cups Frozen Cauliflower
1 1/2 Banana
3/4 cup Chocolate Protein Powder
1/3 cup Cocoa Powder
3 tbsps Chia Seeds
1/3 tsp Sea Salt (optional, for topping)

NUTRITION

AMOUNT PER SERVING

Calories	265	Cholesterol	4mg
Fat	8g	Sodium	514mg
Carbs	31g	Vitamin A	546IU
Fiber	14g	Vitamin C	33mg
Sugar	8g	Calcium	674mg
Protein	26g	Iron	4mg

DIRECTIONS

- 01 In a small saucepan over medium-low heat, add the almond milk. Bring to a simmer and then add to a blender.
- 02 Add the remaining ingredients. Blend carefully, allowing space for the heat to escape, until smooth and creamy. Serve warm and enjoy!

NOTES

NUT-FREE

Use coconut milk or another nut-free milk instead.

MORE FLAVOR

Add ground cinnamon.

PROTEIN POWDER

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

Mango Mint Smoothie

3 SERVINGS 5 MINUTES



INGREDIENTS

3 3/4 cups Plain Coconut Milk (unsweetened from the carton)
3 cups Frozen Mango
3/4 Avocado
3 cups Baby Spinach
1/3 cup Mint Leaves (stems removed)
1 1/2 Lime (juiced)
57 grams Collagen Powder

NUTRITION

AMOUNT PER SERVING

Calories	356	Cholesterol	0mg
Fat	14g	Sodium	112mg
Carbs	41g	Vitamin A	5443IU
Fiber	7g	Vitamin C	81mg
Sugar	32g	Calcium	639mg
Protein	20g	Iron	2mg

DIRECTIONS

01 Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately.

MORE FLAVOR

Add a pitted date before blending.

MAKE IT VEGAN

Omit collagen powder and use plant-based protein powder.

Mango Chickpea Salad with Grilled Chicken Kabobs

2 SERVINGS 30 MINUTES



INGREDIENTS

227 grams Chicken Breast
1 cup Chickpeas (cooked, drained and rinsed)
1/2 cup Frozen Edamame (thawed)
1/4 Cucumber (diced)
1/2 Mango (diced)
2 cups Arugula
1/4 cup Tahini
1 Lemon (juiced)
1/4 tsp Black Pepper
1/2 Garlic (clove, minced)
1/4 cup Water

NUTRITION

AMOUNT PER SERVING

Calories	564	Cholesterol	82mg
Fat	24g	Sodium	101mg
Carbs	49g	Vitamin A	1618IU
Fiber	13g	Vitamin C	48mg
Sugar	18g	Calcium	253mg
Protein	44g	Iron	7mg

DIRECTIONS

- 01 Dice your chicken into cubes then slide them onto skewers for grilling. Season both sides of the kabobs with sea salt and pepper.
- 02 In a large bowl, combine the chickpeas, edamame, cucumber, mango and arugula. Set aside.
- 03 In a blender, combine the tahini, lemon juice, black pepper and minced garlic. Add water and blend well until smooth. Add more water 1 tbsp at a time if needed to reach desired consistency. Set dressing aside.
- 04 Preheat your grill over medium heat. Grill your kabobs for about 8 minutes per side or until cooked through.
- 05 Plate your salad and lay kabobs over top. Drizzle with desired amount of tahini dressing. Enjoy!

NOTES

VEGANS & VEGETARIANS

Skip the chicken. This is a complete meal without it! Roast the chickpeas before hand if you like it hot.

NO MANGO

Use diced pineapple or fresh blueberries instead.

NO ARUGULA

Use baby spinach, kale or mixed greens instead.

Ground Beef & Edamame with Rice

2 SERVINGS 30 MINUTES



INGREDIENTS

1/2 cup Jasmine Rice (dry, rinsed)
1/4 cup Red Onion (diced)
2 tbsps Water
3 Garlic (clove, minced)
340 grams Extra Lean Ground Beef
2 tbsps Coconut Aminos
1 tsp Coconut Sugar
2 cups Broccoli (florets, chopped)
1 cup Frozen Edamame (defrosted)
2 stalks Green Onion (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	622	Cholesterol	111mg
Fat	21g	Sodium	421mg
Carbs	59g	Vitamin A	1302IU
Fiber	8g	Vitamin C	90mg
Sugar	9g	Calcium	132mg
Protein	49g	Iron	6mg

DIRECTIONS

- 01 Cook the rice according to the package directions and set aside. When the rice is done cooking, fluff it with a fork.
- 02 In a pan over medium-high heat, add the onion and water. Cook for about five minutes or until soft, stirring occasionally. Add the garlic and cook for another minute.
- 03 Add the ground beef, stir, and break the beef up as it cooks. Cook for seven to 10 minutes or until cooked through. Add the coconut aminos, coconut sugar, and broccoli to the pan. Stir well and cook for another five minutes or until everything is cooked through and the broccoli is tender-crisp.
- 04 Divide the rice, beef mixture, edamame, and green onion evenly between bowls. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

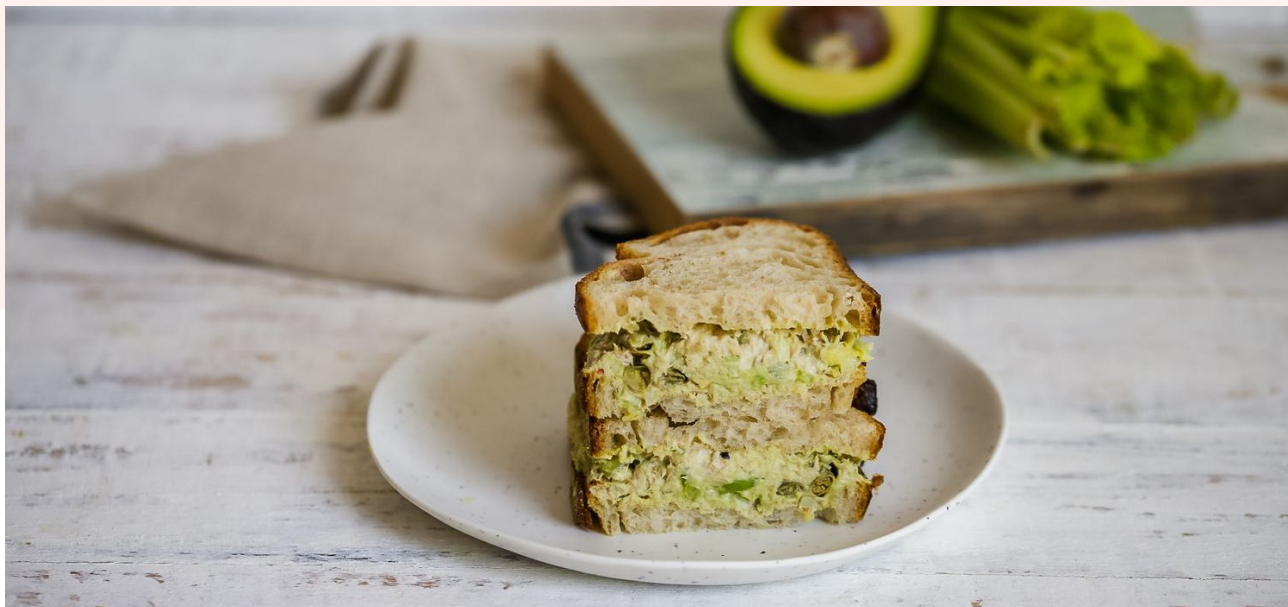
One serving is equal to approximately two cups.

MORE FLAVOR

Add any vegetables of your choice to the beef mixture.

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

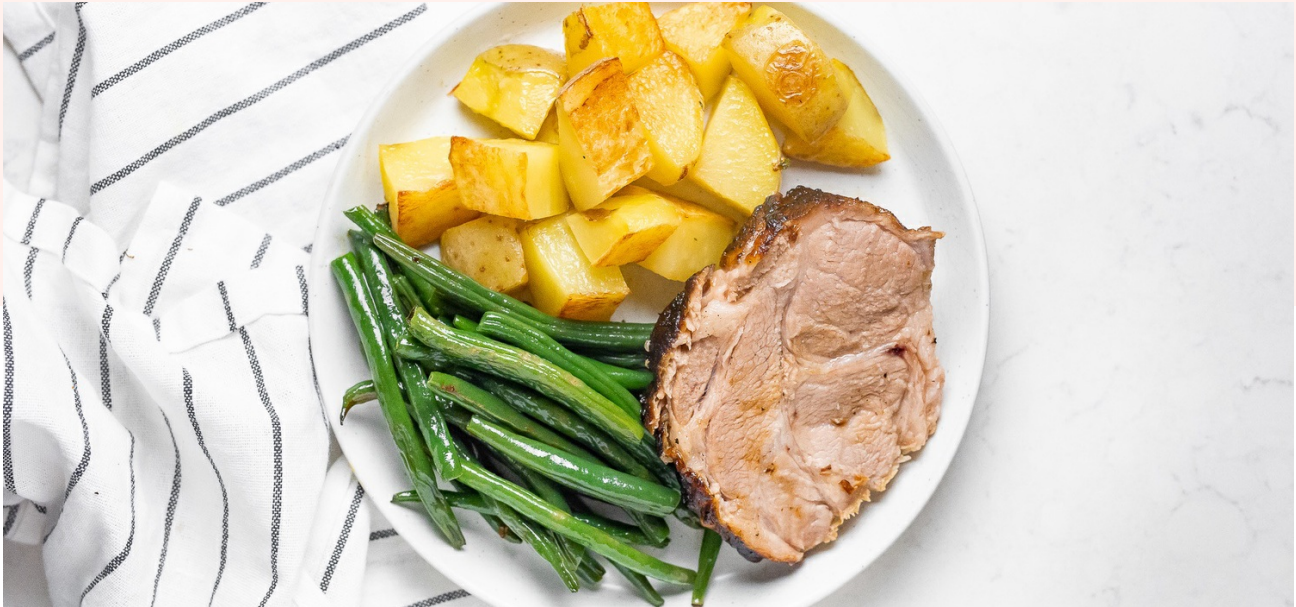
Use mayonnaise or Greek yogurt instead.

SOURDOUGH BREAD

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

Pork Roast with Potatoes & Green Beans

2 SERVINGS 10 HOURS



INGREDIENTS

2 1/3 tbsps Extra Virgin Olive Oil (divided)
2 1/3 tbsps Orange Juice
1 2/3 tbsps Lime Juice
3 1/4 tbsps Cilantro
2 1/3 tsps Mint Leaves
1 1/4 Garlic (cloves)
1/3 tsp Cumin (ground)
Sea Salt & Black Pepper (to taste)
363 grams Pork Shoulder, Boneless
2 Yellow Potato (medium, chopped)
2 cups Green Beans (trimmed)

NUTRITION

AMOUNT PER SERVING

Calories	585	Cholesterol	109mg
Fat	23g	Sodium	119mg
Carbs	48g	Vitamin A	878IU
Fiber	7g	Vitamin C	68mg
Sugar	7g	Calcium	89mg
Protein	48g	Iron	5mg

DIRECTIONS

- 01 Add 2/3 of the olive oil, orange juice, lime juice, cilantro, mint, garlic, cumin, salt, and pepper to a food processor and blend until well combined. Transfer into an airtight storage bag or container along with the pork. Refrigerate overnight.
- 02 Before cooking, bring the marinade and pork to room temperature (about one hour). Preheat the oven to 425°F (200°C).
- 03 Place the marinated pork in a roasting pan and cook for 30 minutes, uncovered. Base with the juices.
- 04 Turn down the heat to 375°F (190°C) and cook for 1 1/2 to two hours, basting every half hour, or until the internal temperature reaches 160°F (70°C). Loosely cover in foil and let rest before slicing.
- 05 Meanwhile, add the potatoes and green beans to a parchment-lined baking sheet. Toss in the remaining oil and season with salt. Bake alongside the pork roast for 20 to 30 minutes or until fork-tender and browned.
- 06 Divide the sliced pork roast, potatoes, and green beans onto plates. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately six ounces of roast pork, one medium potato, and one cup of green beans.

MORE FLAVOR

Add fresh oregano and orange zest to the marinade.

ADDITIONAL TOPPINGS

Serve with rice, quinoa, cauliflower rice, roasted vegetables, or salad.

Pork Medallions with Mushrooms & Peas

2 SERVINGS 25 MINUTES



INGREDIENTS

1/2 cup Basmati Rice (uncooked)
227 grams Pork Tenderloin (cut into medallions)
1 tbsp Dijon Mustard (divided)
1/2 tsp Dried Chives
2 tbsps Avocado Oil (divided)
1 cup Mushrooms (sliced)
1 cup Frozen Peas (thawed)
1/2 cup Chicken Broth
1/4 cup Whipping Cream

NUTRITION

AMOUNT PER SERVING

Calories	614	Cholesterol	109mg
Fat	28g	Sodium	442mg
Carbs	54g	Vitamin A	2134IU
Fiber	5g	Vitamin C	9mg
Sugar	6g	Calcium	49mg
Protein	35g	Iron	3mg

DIRECTIONS

- 01 Cook the rice according to the package directions.
- 02 While the rice cooks, rub the medallions with 1/3 of the Dijon mustard and sprinkle with the chives. Press to set the seasoning and flatten it to an even thickness.
- 03 Heat half of the oil in a large skillet over medium-high heat. Add the medallions and cook for two to three minutes per side or until cooked through. Transfer to a plate and keep warm.
- 04 Reduce the heat to medium and add the remaining oil. Add the mushrooms and the peas and cook for about five minutes or until softened.
- 05 Add the broth, cream, and the remaining mustard. Stir to combine and cook, stirring occasionally, until slightly thickened. Add the medallions back to the pan and toss to coat with the sauce.
- 06 Divide the rice, pork medallions, and sauce evenly between plates. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

ADDITIONAL TOPPINGS

Fresh thyme.

Peach & Couscous Steak Salad

2 SERVINGS 30 MINUTES



INGREDIENTS

1/2 cup Couscous (uncooked)
283 grams Ribeye Steak, Boneless (room temperature)
Sea Salt & Black Pepper (to taste)
1/2 Peach (pitted, sliced)
1/2 Cucumber (thinly sliced length-wise)
1 cup Cherry Tomatoes (quartered)
1/4 cup Pesto

NUTRITION

AMOUNT PER SERVING

Calories	598	Cholesterol	90mg
Fat	29g	Sodium	324mg
Carbs	48g	Vitamin A	1318IU
Fiber	5g	Vitamin C	15mg
Sugar	8g	Calcium	137mg
Protein	38g	Iron	5mg

DIRECTIONS

- 01 Cook the couscous according to the package directions and let cool.
- 02 Pat the steak dry with paper towel. Season all over with salt and pepper.
- 03 Heat a cast-iron skillet over medium heat until hot. Place the steak in the middle of the skillet and cook for 10 to 12 minutes, flipping and turning every two to three minutes, until a dark crust has formed on both sides and the steak is cooked to your liking. Remove and let rest for about 10 minutes.
- 04 Divide the couscous, peach, cucumber, and cherry tomatoes between serving plates. Slice the steak and place on top. Top with pesto and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days. Heat up the steak before serving.

SERVING SIZE

One serving is equal to approximately two cups.

GLUTEN-FREE

Use quinoa instead of the couscous.

MORE FLAVOR

Add lemon or lime juice and avocado.

ADDITIONAL TOPPINGS

Chopped parsley or cilantro.

Cajun Shrimp Penne

1 SERVING 1 HOUR 20 MINUTES



INGREDIENTS

1 cup Quinoa Penne
2 2/3 tbsps Cashews (soaked, drained, rinsed)
2 2/3 tbsps Water
113 grams Shrimp (large, peeled, deveined)
2 1/4 tsps Cajun Seasoning (divided)
1 tbsp Extra Virgin Olive Oil (divided)
1/3 cup Asparagus (trimmed, cut into bite-sized pieces)
1/8 tsp Sea Salt (divided)
1/2 Garlic (clove, minced)
1/2 cup Fire Roasted Diced Tomatoes
2 tbsps 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.