



2300 Calorie Meal Plan 40/40/20 PDF

BRENDA PERALTA, RDN, CDE

EXERCISE
with Style

2300 Calorie Meal Plan 40/40/20 PDF

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
2 Raspberry Zinger Smoothie



SNACK 1
Cottage Cheese with Mango



LUNCH
Toasted Barbecue Chicken Wrap



SNACK 2
Creamy Blueberry Smoothie



DINNER
Sun Dried Tomato & Salmon Pasta

TUE



BREAKFAST
2 Raspberry Zinger Smoothie



SNACK 1
Cottage Cheese with Mango



LUNCH
Sun Dried Tomato & Salmon Pasta



SNACK 2
Creamy Blueberry Smoothie



DINNER
Gnocchi & Cod Madras Stew, Ground Beef & Zucchini Noodles

WED



BREAKFAST
2 Raspberry Zinger Smoothie



SNACK 1
Cottage Cheese with Mango



LUNCH
Gnocchi & Cod Madras Stew, Ground Beef & Zucchini Noodles



SNACK 2
Creamy Blueberry Smoothie



DINNER
Mango Chicken Salad, 0.5 Cheezy Broccoli & Jalapeno Soup

THU



BREAKFAST
Mango Banana Smoothie, Stone Fruit Salad with Cottage Cheese



SNACK 1
Grapefruit Yogurt Parfait



LUNCH
Mango Chicken Salad, 1.5 Cheezy Broccoli & Jalapeno Soup



SNACK 2
Cottage Cheese & Orange



DINNER
Harissa Shrimp & White Beans, Pesto Cauliflower Rice

FRI



BREAKFAST
Mango Banana Smoothie, Stone Fruit Salad with Cottage Cheese



SNACK 1
Grapefruit Yogurt Parfait



LUNCH
Harissa Shrimp & White Beans, Pesto Cauliflower Rice



SNACK 2
Cottage Cheese & Orange



DINNER
Warm Lentil & Sweet Potato Salad, Cumin Chicken Skewers

SAT



BREAKFAST
2 Protein Overnight Oats with Blueberries



SNACK 1
Grapefruit Yogurt Parfait



LUNCH
Warm Lentil & Sweet Potato Salad, Cumin Chicken Skewers



SNACK 2
Cottage Cheese & Orange



DINNER
Lemon & Garlic Seafood Fettuccine, Ahi Tuna Lettuce Bites

SUN



BREAKFAST
2 Protein Overnight Oats with Blueberries



SNACK 1
Grapefruit Yogurt Parfait



LUNCH
Lemon & Garlic Seafood Fettuccine, Ahi Tuna Lettuce Bites



SNACK 2
Cottage Cheese & Orange



DINNER
Air Fryer Hot Honey Salmon Bowl, Chinese Five Spice Turkey Meatballs

MON

FAT 27% CARBS 40% PROTEIN 33%

Calories 2280
Fat 71g
Carbs 242g
Fiber 68g
Sugar 107g
Protein 197g
Cholesterol 257mg
Sodium 2906mg
Vitamin A 4957IU
Vitamin C 349mg
Calcium 3049mg
Iron 21mg

TUE

FAT 25% CARBS 39% PROTEIN 36%

Calories 2406
Fat 71g
Carbs 247g
Fiber 68g
Sugar 96g
Protein 224g
Cholesterol 292mg
Sodium 3232mg
Vitamin A 7137IU
Vitamin C 417mg
Calcium 2859mg
Iron 25mg

WED

FAT 23% CARBS 41% PROTEIN 36%

Calories 2327
Fat 63g
Carbs 248g
Fiber 66g
Sugar 121g
Protein 219g
Cholesterol 329mg
Sodium 3677mg
Vitamin A 14270IU
Vitamin C 584mg
Calcium 2883mg
Iron 21mg

THU

FAT 23% CARBS 44% PROTEIN 33%

Calories 2378
Fat 62g
Carbs 274g
Fiber 49g
Sugar 160g
Protein 204g
Cholesterol 447mg
Sodium 4094mg
Vitamin A 17731IU
Vitamin C 753mg
Calcium 1974mg
Iron 20mg

FRI

FAT 20% CARBS 46% PROTEIN 34%

Calories 2324
Fat 54g
Carbs 274g
Fiber 54g
Sugar 130g
Protein 201g
Cholesterol 450mg
Sodium 3280mg
Vitamin A 23421IU
Vitamin C 531mg
Calcium 1870mg
Iron 22mg

SAT

FAT 18% CARBS 43% PROTEIN 39%

Calories 2303
Fat 48g
Carbs 253g
Fiber 42g
Sugar 80g
Protein 226g
Cholesterol 424mg
Sodium 3458mg
Vitamin A 26376IU
Vitamin C 489mg
Calcium 1879mg
Iron 20mg

SUN

FAT 20% CARBS 42% PROTEIN 38%

Calories 2350
Fat 54g
Carbs 248g
Fiber 24g
Sugar 84g
Protein 228g
Cholesterol 450mg
Sodium 3745mg
Vitamin A 12002IU
Vitamin C 391mg
Calcium 1793mg
Iron 10mg

FRUITS

- 1 Banana
- 1/2 cup Cherries
- 4 Grapefruit
- 10 Lemon
- 1 tbsp Lemon Juice
- 1/4 Lime
- 3 1/3 Mango
- 4 Navel Orange
- 1 Nectarine

SEEDS, NUTS & SPICES

- 1/2 cup Chia Seeds
- 1/2 tsp Chili Flakes
- 1/8 tsp Chinese Five Spice
- 1 tbsp Cinnamon
- 1/8 tsp Cumin
- 1 tbsp Cumin Seed
- 1 tsp Fennel Seed
- 1 1/2 tbsps Harissa
- 1/4 cup Hemp Seeds
- 1/4 tsp Italian Seasoning
- 1 1/2 tps Madras Curry Powder
- 1/2 tsp Red Pepper Flakes
- 1 1/2 tps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/8 tsp Sesame Seeds

FROZEN

- 4 cups Frozen Blueberries
- 11 cups Frozen Cauliflower
- 1 1/2 cups Frozen Mango
- 6 cups Frozen Raspberries

VEGETABLES

- 5 cups Baby Spinach
- 1 1/2 tbsps Basil Leaves
- 2/3 head Boston Lettuce
- 3 cups Broccoli
- 1 Carrot
- 1/2 head Cauliflower
- 1 cup Cherry Tomatoes
- 2 1/2 tbsps Cilantro
- 1 1/4 Cucumber
- 9 1/2 Garlic
- 1/8 tsp Ginger
- 1/2 Green Bell Pepper
- 4 stalks Green Onion
- 1/2 Jalapeno Pepper
- 1 Orange Bell Pepper
- 1/3 cup Parsley
- 1 Red Bell Pepper
- 2/3 cup Red Onion
- 1 cup Snap Peas
- 1 Sweet Potato
- 3/4 Yellow Onion
- 1 1/2 Zucchini

BOXED & CANNED

- 1/4 cup Basmati Rice
- 113 grams Brown Rice Fettuccine
- 1/4 cup Chicken Broth
- 139 grams Chickpea Pasta
- 1 cup Diced Tomatoes
- 2 cups Lentils
- 4 1/8 cups Vegetable Broth
- 1 cup White Navy Beans

BAKING

- 1 1/2 tbsps Nutritional Yeast
- 1 cup Oats
- 2 1/4 tps Raw Honey

BREAD, FISH, MEAT & CHEESE

- 340 grams Ahi Tuna
- 28 grams Cheddar Cheese
- 283 grams Chicken Breast
- 302 grams Chicken Breast, Cooked
- 2 Cod Fillet
- 227 grams Extra Lean Ground Beef
- 57 grams Extra Lean Ground Turkey
- 397 grams Salmon Fillet
- 227 grams Scallops
- 411 grams Shrimp
- 99 grams Sourdough Bread
- 1 Whole Wheat Tortilla

CONDIMENTS & OILS

- 1 tbsp Apple Cider Vinegar
- 3/4 tsp Avocado Oil
- 2 tbsps Balsamic Vinegar
- 1/4 cup Barbecue Sauce
- 1/4 cup Coconut Aminos
- 2 1/4 tps Coconut Oil
- 1 1/2 tbsps Extra Virgin Olive Oil
- 3/4 tsp Miso Paste
- 1/4 cup Pesto
- 1 tbsp Soy Sauce
- 1/3 cup Sun Dried Tomatoes
- 1 1/2 tps Tahini

COLD

- 1 tbsp Butter
- 8 cups Cottage Cheese
- 2 cups Cow's Milk, Reduced Fat
- 1 cup Oat Milk
- 7 cups Plain Greek Yogurt
- 241 grams Potato Gnocchi
- 9 cups Unsweetened Almond Milk
- 1 1/2 cups Unsweetened Coconut Yogurt

OTHER

- 4 Barbecue Skewers
- 38 grams Collagen Powder
- 2 3/4 cups Vanilla Protein Powder
- 3 1/4 cups Water

Raspberry Zinger Smoothie

6 SERVINGS 10 MINUTES



INGREDIENTS

6 cups Frozen Cauliflower
6 cups Frozen Raspberries
6 Lemon (juiced)
1 1/2 cups Vanilla Protein Powder
1/3 cup Chia Seeds
9 cups Unsweetened Almond Milk

DIRECTIONS

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

NOTES

NO PROTEIN POWDER

Use 1/4 cup hemp seeds per serving instead.

NUTRITION

AMOUNT PER SERVING

Calories	308	Cholesterol	4mg
Fat	9g	Sodium	319mg
Carbs	36g	Vitamin A	873IU
Fiber	17g	Vitamin C	100mg
Sugar	12g	Calcium	934mg
Protein	27g	Iron	4mg

Mango Banana Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

2 cups Cow's Milk, Reduced Fat
2 cups Frozen Cauliflower
1 1/2 cups Frozen Mango
1 Banana (frozen)
2/3 cup Plain Greek Yogurt
38 grams Collagen Powder

NUTRITION

AMOUNT PER SERVING

Calories	407	Cholesterol	31mg
Fat	8g	Sodium	233mg
Carbs	54g	Vitamin A	1811IU
Fiber	8g	Vitamin C	112mg
Sugar	40g	Calcium	517mg
Protein	36g	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.

SERVING SIZE

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

DAIRY-FREE

Use dairy-free milk such as almond, cashew, coconut, or oat.

NO FROZEN FRUIT

Use fresh instead.

NO COLLAGEN

Omit or use a vanilla protein powder instead.

MAKE IT VEGAN

Omit the collagen and use dairy-free milk.

Stone Fruit Salad with Cottage Cheese

2 SERVINGS 10 MINUTES



INGREDIENTS

1 cup Cottage Cheese
1/2 cup Cherries (pitted, halved)
1/2 Mango (peeled, chopped)
1 Nectarine (pit removed, chopped)
1 tbsp Basil Leaves (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	209	Cholesterol	18mg
Fat	5g	Sodium	332mg
Carbs	30g	Vitamin A	1386IU
Fiber	3g	Vitamin C	37mg
Sugar	25g	Calcium	108mg
Protein	14g	Iron	1mg

DIRECTIONS

01 Divide the cottage cheese onto plates and top with cherries, mango and nectarine. Garnish with fresh basil and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving equals approximately two cups.

NO FRESH FRUIT

Use frozen, thawed fruit instead.

MAKE IT VEGAN

Use coconut yogurt instead of cottage cheese.

ADDITIONAL TOPPINGS

Balsamic glaze, olive oil, sea salt, pepper, hemp seeds, and/or crushed nuts.

Protein Overnight Oats with Blueberries

4 SERVINGS 8 HOURS



INGREDIENTS

1 cup Oat Milk (unsweetened, plain)
1 cup Oats (rolled)
2 cups Plain Greek Yogurt
1 tbsp Cinnamon
1/2 cup Vanilla Protein Powder
1 cup Frozen Blueberries

NUTRITION

AMOUNT PER SERVING

Calories	264	Cholesterol	19mg
Fat	6g	Sodium	116mg
Carbs	31g	Vitamin A	648IU
Fiber	5g	Vitamin C	9mg
Sugar	8g	Calcium	427mg
Protein	24g	Iron	2mg

DIRECTIONS

- 01 Add the milk, oats, yogurt, cinnamon, and protein powder to a large container. Stir well to combine. Seal and place in the fridge overnight, or for at least eight hours.
- 02 Store in the fridge until ready to eat. Serve with blueberries and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

DAIRY-FREE

Use coconut yogurt instead of Greek yogurt.

NO OAT MILK

Use any milk or milk alternative.

ADDITIONAL TOPPINGS

Other fresh or frozen fruit, crushed nuts, hemp seeds, coconut flakes, nut butter, or chia jam.

Cottage Cheese with Mango

3 SERVINGS 5 MINUTES



INGREDIENTS

3 cups Cottage Cheese
1 1/2 Mango (peeled, chopped)

NUTRITION

AMOUNT PER SERVING

Calories	307	Cholesterol	36mg
Fat	10g	Sodium	663mg
Carbs	32g	Vitamin A	2112IU
Fiber	3g	Vitamin C	61mg
Sugar	29g	Calcium	193mg
Protein	25g	Iron	0mg

DIRECTIONS

01 Top the cottage cheese with chopped mango and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MAKE IT VEGAN

Use coconut yogurt or oatmeal instead of cottage cheese.

ADDITIONAL TOPPINGS

Hemp seeds, crushed nuts, coconut flakes, or your sweetener of choice.

Grapefruit Yogurt Parfait

4 SERVINGS 10 MINUTES



INGREDIENTS

4 cups Plain Greek Yogurt
4 Grapefruit (peeled, cut into sections)

NUTRITION

AMOUNT PER SERVING

Calories	263	Cholesterol	34mg
Fat	5g	Sodium	140mg
Carbs	33g	Vitamin A	3623IU
Fiber	3g	Vitamin C	103mg
Sugar	24g	Calcium	530mg
Protein	24g	Iron	1mg

DIRECTIONS

01 In a jar, add half of the yogurt, then half of the grapefruit pieces. Repeat with the remaining yogurt and grapefruit. Enjoy!

NOTES

LEFTOVERS

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

SERVING SIZE

One serving is approximately two cups.

MAKE IT VEGAN

Use a plant-based yogurt alternative.

MORE FLAVOR

Add maple syrup or honey.

ADDITIONAL TOPPINGS

Top with nut butter and/or unsweetened shredded coconut.

MORE PROTEIN

Mix protein powder into the yogurt before assembling the parfait.

Toasted Barbecue Chicken Wrap

1 SERVING 10 MINUTES



INGREDIENTS

113 grams Chicken Breast, Cooked (shredded)
1/4 cup Barbecue Sauce (divided)
1 Whole Wheat Tortilla
2 tbsps Red Onion (sliced)
28 grams Cheddar Cheese (shredded)

NUTRITION

AMOUNT PER SERVING

Calories	537	Cholesterol	146mg
Fat	17g	Sodium	1196mg
Carbs	49g	Vitamin A	543IU
Fiber	5g	Vitamin C	2mg
Sugar	25g	Calcium	334mg
Protein	46g	Iron	2mg

DIRECTIONS

- 01 Add the chicken and half of the barbecue sauce to a bowl. Mix to combine.
- 02 Place the tortilla on a plate and spread the rest of the barbecue sauce in the center. Top with the chicken, onions, and cheese. Fold in the sides of the tortilla and roll it up.
- 03 Heat a frying pan over medium heat and toast the wrap for two to three minutes per side or until slightly browned. Slice in half and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

GLUTEN-FREE

Use a gluten-free tortilla.

DAIRY-FREE

Use dairy-free cheese or omit.

Creamy Blueberry Smoothie

3 SERVINGS 5 MINUTES



INGREDIENTS

3 cups Frozen Blueberries
3 cups Frozen Cauliflower
1 1/2 cups Unsweetened Coconut Yogurt
3/4 cup Vanilla Protein Powder
3 tbsps Chia Seeds
3 Lemon (small, juiced)
3 cups Water

NUTRITION

AMOUNT PER SERVING

Calories	321	Cholesterol	4mg
Fat	9g	Sodium	103mg
Carbs	41g	Vitamin A	92IU
Fiber	15g	Vitamin C	79mg
Sugar	17g	Calcium	510mg
Protein	25g	Iron	2mg

DIRECTIONS

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

NOTES

ADDITIONAL TOPPINGS

Add spinach, avocado, kale, or other berries to your smoothie.

EXTRA CREAMY

Use almond milk or oat milk instead of water.

LEMON

One lemon yields approximately 1/4 cup of lemon juice.

PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.

Cottage Cheese & Orange

4 SERVINGS 5 MINUTES



INGREDIENTS

4 Navel Orange (large, chopped)
4 cups Cottage Cheese

NUTRITION

AMOUNT PER SERVING

Calories	274	Cholesterol	36mg
Fat	9g	Sodium	663mg
Carbs	25g	Vitamin A	640IU
Fiber	3g	Vitamin C	83mg
Sugar	18g	Calcium	235mg
Protein	25g	Iron	0mg

DIRECTIONS

01 Serve the chopped orange with the cottage cheese. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

Sun Dried Tomato & Salmon Pasta

2 SERVINGS 15 MINUTES



INGREDIENTS

139 grams Chickpea Pasta (dry)
1 tbsp Extra Virgin Olive Oil (divided)
227 grams Salmon Fillet
1 1/2 Garlic (clove, minced)
1/4 Yellow Onion (medium, diced)
1/3 cup Sun Dried Tomatoes (drained, chopped)
1/4 tsp Italian Seasoning
1/4 cup Chicken Broth
1/4 cup Plain Greek Yogurt
Sea Salt & Black Pepper (to taste)
1 1/2 tsps Basil Leaves (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	499	Cholesterol	63mg
Fat	17g	Sodium	306mg
Carbs	48g	Vitamin A	464IU
Fiber	11g	Vitamin C	7mg
Sugar	12g	Calcium	144mg
Protein	47g	Iron	9mg

DIRECTIONS

- 01 Cook the pasta according to the package directions. Drain and set aside.
- 02 Heat half of the oil in a pan over medium-high heat. Cook the salmon for three minutes per side. Remove from the pan.
- 03 Add the remaining oil to the pan. Add the garlic, onions, sun dried tomatoes, and Italian seasoning and cook for three to five minutes, or until the onions become translucent.
- 04 Add the chicken broth and stir, cooking over medium-low heat for three to five minutes. Remove from heat.
- 05 Whisk in the yogurt until combined. Add the pasta, sea salt, and pepper. Stir to combine. Break the salmon into larger pieces and add it back to the pan. Stir again until everything is combined. Top with basil, divide evenly between plates, and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately two cups.

DAIRY-FREE

Use coconut milk instead of yogurt.

Gnocchi & Cod Madras Stew

2 SERVINGS 20 MINUTES



INGREDIENTS

- 1 1/2 cups Vegetable Broth
- 1 1/2 tsp Madras Curry Powder
- 4 stalks Green Onion (chopped, plus more for garnish)
- 1 cup Cherry Tomatoes (halved)
- 241 grams Potato Gnocchi
- 2 Cod Fillet
- 1 cup Snap Peas (trimmed, sliced lengthwise)
- 1 tbsp Lemon Juice

NUTRITION

AMOUNT PER SERVING

Calories	423	Cholesterol	107mg
Fat	3g	Sodium	1288mg
Carbs	49g	Vitamin A	2413IU
Fiber	4g	Vitamin C	44mg
Sugar	10g	Calcium	107mg
Protein	49g	Iron	3mg

DIRECTIONS

- 01 In a large skillet over high heat, add the broth, curry powder, green onions, and tomatoes. Bring to a boil then reduce the heat to simmer, and cook, uncovered, for five minutes.
- 02 Stir the gnocchi into the sauce then place the fish on top and cover. Simmer until the fish is opaque and just cooked through, about five to seven minutes.
- 03 Add the peas and the lemon juice to the pan. Stir gently to combine and cook until just warmed through. Divide evenly between bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately two cups of stew.

FILLET SIZE

One cod fillet is equal to 231 grams or 8 ounces.

MORE FLAVOR

Finish with a drizzle of coconut cream.

ADDITIONAL TOPPINGS

Cilantro and/or chili flakes.

Ground Beef & Zucchini Noodles

2 SERVINGS 20 MINUTES



INGREDIENTS

3/4 tsp Avocado Oil
227 grams Extra Lean Ground Beef
1/8 tsp Sea Salt
1 1/2 Zucchini (medium, spiralized into noodles)

NUTRITION

AMOUNT PER SERVING

Calories	240	Cholesterol	74mg
Fat	14g	Sodium	234mg
Carbs	5g	Vitamin A	310IU
Fiber	1g	Vitamin C	26mg
Sugar	4g	Calcium	37mg
Protein	24g	Iron	3mg

DIRECTIONS

- 01 In a large pan, heat the oil over medium heat. Cook the beef, breaking it up as it cooks. Once it is cooked through, drain off any excess liquid and season with salt to taste.
- 02 Divide the ground beef and zucchini noodles onto plates or into containers. Enjoy!

NOTES

ZUCCHINI NOODLES

Can be enjoyed raw or sauteed. If sauteeing, we recommend doing so right before serving, as cooking the noodles will release more moisture.

VEGETARIAN/VEGAN

Use lentils instead of ground beef.

STORAGE

Refrigerate in an airtight container up to 3 days for the ground beef, and up to 4 to 5 days for the zucchini.

SERVING SIZE

One serving is equal to approximately 1.5 to 2 cups of zucchini noodles and 1/2 cup of ground beef.

Mango Chicken Salad

2 SERVINGS 15 MINUTES



INGREDIENTS

1 1/3 Mango (small, chopped, divided)
1/8 tsp Cumin (ground)
1 tbsp Apple Cider Vinegar
1 1/3 tsps Plain Greek Yogurt
3 cups Baby Spinach
189 grams Chicken Breast, Cooked (chopped)
2/3 Cucumber (medium, chopped)

NUTRITION

AMOUNT PER SERVING

Calories	312	Cholesterol	100mg
Fat	4g	Sodium	95mg
Carbs	39g	Vitamin A	6833IU
Fiber	5g	Vitamin C	98mg
Sugar	33g	Calcium	113mg
Protein	34g	Iron	2mg

DIRECTIONS

- 01 Add half the mango, cumin, vinegar, and yogurt to a food processor and blend until smooth.
- 02 Divide the spinach, chicken breast, cucumber, and remaining mango onto plates. Top with the mango dressing and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately 2 1/2 to three cups of salad.

DAIRY-FREE

Use coconut yogurt instead of Greek yogurt.

MORE FLAVOR

Add salt, red pepper flakes, or a dash of hot sauce in the dressing.

MANGO SIZE

One small mango is approximately 3/4 cup chopped mango.

Cheezy Broccoli & Jalapeno Soup

2 SERVINGS 30 MINUTES



INGREDIENTS

- 1/4 cup Water
- 1/2 Yellow Onion (medium, chopped)
- 1/2 Green Bell Pepper (large, chopped)
- 1/2 Jalapeno Pepper (medium, seeds removed and chopped)
- 2 Garlic (cloves, minced)
- 1/2 tsp Sea Salt
- 3 cups Broccoli (chopped into florets)
- 2 cups Vegetable Broth
- 1/4 cup Hemp Seeds
- 1 1/2 tbsps Nutritional Yeast

NUTRITION

AMOUNT PER SERVING

Calories	216	Cholesterol	0mg
Fat	10g	Sodium	1312mg
Carbs	20g	Vitamin A	1527IU
Fiber	7g	Vitamin C	152mg
Sugar	7g	Calcium	110mg
Protein	15g	Iron	5mg

DIRECTIONS

- 01 Heat the water in a pot over medium heat. Add the onions, green pepper, jalapeno pepper, and garlic. Cook for about three to five minutes until the onions begin to soften. Season the vegetables with salt then add the broccoli and vegetable broth.
- 02 Bring the soup to a gentle boil and cook for 12 to 15 minutes or until the broccoli is very tender.
- 03 Transfer the soup to a blender and add the hemp seeds and nutritional yeast. Carefully blend until smooth. Season the soup with additional salt or nutritional yeast to taste.
- 04 Divide between bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days. Reheat with additional salt and nutritional yeast if needed.

SERVING SIZE

One serving is equal to approximately 1.5 cups of soup.

LIKES IT SPICY

Add extra jalapeno pepper or red pepper flakes.

BROCCOLI

This recipe can be made with fresh or frozen broccoli.

NO HEMP SEEDS

Use soaked, raw cashews instead.

EXTRA GREENS

Add baby spinach before blending.

Harissa Shrimp & White Beans

2 SERVINGS 20 MINUTES



INGREDIENTS

1 tsp Extra Virgin Olive Oil
1 cup Diced Tomatoes (from the can, with the juices)
1 1/2 tbsps Harissa
1/2 Lemon (juiced, zested)
1 cup White Navy Beans (cooked, rinsed)
283 grams Shrimp (peeled, deveined)
Sea Salt & Black Pepper (to taste)
1 tbsp Parsley (chopped)
99 grams Sourdough Bread (toasted)

NUTRITION

AMOUNT PER SERVING

Calories	421	Cholesterol	228mg
Fat	4g	Sodium	429mg
Carbs	53g	Vitamin A	661IU
Fiber	12g	Vitamin C	21mg
Sugar	4g	Calcium	177mg
Protein	42g	Iron	5mg

DIRECTIONS

- 01 Warm the oil in a skillet over medium heat. Add the diced tomatoes, harissa paste, and lemon zest. Stir and let it simmer for about five minutes.
- 02 Add the beans to the skillet, stirring and simmering for another five minutes. Add the shrimp to the pan and season with salt and pepper. Cover the pan with a lid and cook for another five minutes or until the shrimp is cooked through.
- 03 Top with lemon juice and parsley. Serve with toasted bread and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

SERVING SIZE

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

NO HARISSA

Use tomato paste, paprika, and chili flakes instead.

MORE FLAVOR

Add garlic, onion, and/or bell pepper.

GLUTEN-FREE

Use gluten-free bread instead.

SOURDOUGH BREAD

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

Pesto Cauliflower Rice

2 SERVINGS 10 MINUTES



INGREDIENTS

1/2 head Cauliflower (chopped into florets)
1/4 cup Pesto

NUTRITION

AMOUNT PER SERVING

Calories	168	Cholesterol	0mg
Fat	12g	Sodium	234mg
Carbs	10g	Vitamin A	486IU
Fiber	4g	Vitamin C	71mg
Sugar	5g	Calcium	129mg
Protein	6g	Iron	1mg

DIRECTIONS

- 01 Add cauliflower florets to the food processor. Process until the cauliflower has a rice-like consistency. (You may need to do this in batches depending on the size of your food processor.)
- 02 In a large saucepan over medium-high heat, add the cauliflower and stir in pesto until well coated. Cook for about 3-5 minutes. Serve immediately.

NOTES

MAKE IT RAW

Skip step 2 and mix pesto with the raw cauliflower rice in a large bowl.

LEFTOVERS

Refrigerate in an airtight container up to 4 days, or freeze either raw or cooked.

Warm Lentil & Sweet Potato Salad

2 SERVINGS 15 MINUTES



INGREDIENTS

1 Sweet Potato (medium, peeled and cut into small cubes)
2/3 cup Vegetable Broth (divided)
1/2 cup Red Onion (chopped)
3 Garlic (cloves, minced)
1/4 tsp Sea Salt
2 cups Baby Spinach
2 cups Lentils (cooked, rinsed)
2 tbsps Balsamic Vinegar
1/4 cup Parsley (chopped, optional)

NUTRITION

AMOUNT PER SERVING

Calories	336	Cholesterol	0mg
Fat	1g	Sodium	587mg
Carbs	63g	Vitamin A	12867...
Fiber	19g	Vitamin C	28mg
Sugar	11g	Calcium	121mg
Protein	21g	Iron	9mg

DIRECTIONS

- 01 Place sweet potato in a steamer over boiling water, cover, and cook for 8 to 10 minutes or until tender.
- 02 Meanwhile, add half of the broth to a large pan with the onions and garlic. Cook over medium heat until the onions have softened, about 3 to 5 minutes. Add the salt and stir to combine. Wilt in the spinach.
- 03 Add the lentils, balsamic vinegar, and the remaining broth. Continue to cook over medium heat for about 5 minutes more until most of the liquid has been absorbed.
- 04 Remove the pan from the heat and stir in the steamed sweet potato and parsley. Divide into bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days. Reheat with extra vegetable broth if lentils become too dry.

SERVING SIZE

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

NO SWEET POTATO

Use cubed butternut squash instead.

Cumin Chicken Skewers

2 SERVINGS 20 MINUTES



INGREDIENTS

- 1 tbsp Cumin Seed
- 1 tsp Fennel Seed
- 1/2 tsp Sea Salt
- 283 grams Chicken Breast (skinless, boneless, cut into one-inch cubes)
- 2 1/4 tsps Coconut Oil (melted)
- 1 Red Bell Pepper (medium, chopped)
- 4 Barbecue Skewers

NUTRITION

AMOUNT PER SERVING

Calories	246	Cholesterol	103mg
Fat	10g	Sodium	662mg
Carbs	6g	Vitamin A	1947IU
Fiber	2g	Vitamin C	76mg
Sugar	3g	Calcium	53mg
Protein	33g	Iron	3mg

DIRECTIONS

- 01 Coarsely grind the cumin and fennel seeds in a spice grinder or with a mortar and pestle. Combine with sea salt and set aside.
- 02 In a large bowl, toss the chicken in coconut oil. Add the spices and mix until well coated. Pierce the chicken and red bell peppers onto the barbecue skewers.
- 03 Grill over medium heat for about five to seven minutes per side, or until browned and cooked through. Sprinkle additional cumin just before serving (optional). Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals two skewers.

MORE FLAVOR

Add chili powder and garlic to your spice mix. Use a charcoal grill.

ADDITIONAL TOPPINGS

Serve with tabbouleh, pita, plain yogurt, brown rice, lettuce wraps, pickled or grilled vegetables.

BARBECUE SKEWERS

If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.

NO COCONUT OIL

Use olive oil, butter, or ghee instead.

Lemon & Garlic Seafood Fettuccine

2 SERVINGS 30 MINUTES



INGREDIENTS

113 grams Brown Rice Fettuccine
1 tbsp Butter
2 Garlic (cloves, large, minced)
227 grams Scallops (frozen)
128 grams Shrimp (frozen)
1/2 Lemon (juiced and zested)
1 Orange Bell Pepper (large, sliced)
Sea Salt & Black Pepper (to taste)
1/2 tsp Red Pepper Flakes

NUTRITION

AMOUNT PER SERVING

Calories	423	Cholesterol	145mg
Fat	9g	Sodium	524mg
Carbs	55g	Vitamin A	555IU
Fiber	4g	Vitamin C	177mg
Sugar	1g	Calcium	66mg
Protein	32g	Iron	2mg

DIRECTIONS

- 01 Cook the fettuccine according to the package directions.
- 02 Meanwhile, warm the butter in a large pan over medium heat. Add the garlic and cook for one minute. Add the scallops and shrimp and cook for 10 minutes, flipping as needed to thaw.
- 03 Add the lemon juice and bell pepper to the pan and continue to cook for another five to 10 minutes, until softened. Season with salt and pepper to taste.
- 04 Divide the pasta, scallops, shrimp, and peppers evenly between bowls. Top with the pan sauce. Top with lemon zest and pepper flakes. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately one cup.

Ahi Tuna Lettuce Bites

2 SERVINGS 10 MINUTES



INGREDIENTS

1/2 tsp Extra Virgin Olive Oil
340 grams Ahi Tuna (sushi-grade)
1/8 tsp Sea Salt
3 tbsps Coconut Aminos (divided)
2/3 head Boston Lettuce (pulled apart into leaves and washed)
1 Carrot (small, julienned)
1/3 Cucumber (medium, julienned)
2 tbsps Cilantro

NUTRITION

AMOUNT PER SERVING

Calories	233	Cholesterol	68mg
Fat	2g	Sodium	650mg
Carbs	9g	Vitamin A	5448IU
Fiber	1g	Vitamin C	4mg
Sugar	7g	Calcium	20mg
Protein	43g	Iron	1mg

DIRECTIONS

- 01 Warm the oil in a pan over medium heat. Season the tuna with salt and brush it all over with 1/3 of the coconut aminos.
- 02 Cook the tuna for two to four minutes per side. This timing will depend on the thickness of the tuna and desired doneness.
- 03 Slice the tuna and divide it between lettuce leaves along with carrots, cucumbers, and cilantro.
- 04 Serve the lettuce bites with the remaining coconut aminos and enjoy!

NOTES

LEFTOVERS

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

SERVING SIZE

One serving is equal to three to four lettuce bites.

MORE FLAVOR

Add mango and green onions.

Air Fryer Hot Honey Salmon Bowl

1 SERVING 30 MINUTES



INGREDIENTS

2 1/4 tpsps Raw Honey
1 tbsp Soy Sauce
1/4 Lime (juiced)
1 Garlic (clove, minced)
1/2 tsp Chili Flakes
170 grams Salmon Fillet (skinless, cut into large cubes)
1/4 cup Basmati Rice (dry)
1/4 Cucumber (medium, sliced)
1 1/2 tpsps Cilantro (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	475	Cholesterol	87mg
Fat	8g	Sodium	1011mg
Carbs	58g	Vitamin A	394IU
Fiber	2g	Vitamin C	6mg
Sugar	14g	Calcium	40mg
Protein	44g	Iron	1mg

DIRECTIONS

- 01 In a bowl, whisk together the honey, soy sauce, lime juice, garlic, and chili flakes. Add the salmon, stir, and let it sit in the marinade for about 15 minutes.
- 02 Meanwhile, cook the rice according to the package directions and set aside.
- 03 Preheat the air fryer to 400°F (205°C).
- 04 Transfer the salmon bites to the air fryer basket and bake for seven to eight minutes or until cooked through, shaking halfway through.
- 05 Divide the rice, salmon, and cucumber evenly between bowls. Top with cilantro and 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 ginger and onion powder to the salmon marinade. Top with sriracha or a tahini-based sauce.

Chinese Five Spice Turkey Meatballs

1 SERVING 15 MINUTES



INGREDIENTS

57 grams Extra Lean Ground Turkey
3/4 tsp Miso Paste
1 tbsp Coconut Aminos (divided)
1/8 tsp Chinese Five Spice
1 1/2 tsps Tahini
1/8 tsp Ginger (fresh, minced)
1/8 tsp Sesame Seeds

NUTRITION

AMOUNT PER SERVING

Calories	154	Cholesterol	42mg
Fat	9g	Sodium	525mg
Carbs	6g	Vitamin A	46IU
Fiber	1g	Vitamin C	0mg
Sugar	4g	Calcium	48mg
Protein	12g	Iron	1mg

DIRECTIONS

- 01 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 02 Mix the turkey, miso paste, half of the coconut aminos, and the Chinese Five Spice in a large bowl. Roll the balls into roughly a tablespoon in size and then place them on the baking sheet. Bake the meatballs for 12 minutes, flipping them halfway through.
- 03 Mix the tahini, ginger, and remaining coconut aminos together to make a sauce.
- 04 Divide the meatballs between plates. Serve with the tahini sauce and garnish with sesame seeds. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately four meatballs.

MORE FLAVOR

Add minced garlic to the meatball mixture.

ADDITIONAL TOPPINGS

Garnish with chopped green onion.