



2300 Calorie Meal Plan 50/30/20 PDF

BRENDA PERALTA, RDN, CDE

EXERCISE
with Style

2300 Calorie Meal Plan 50/30/20 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
Cinnamon & Banana Protein Oatmeal



SNACK 1
1.5 Dragon Fruit & Kiwi Smoothie



LUNCH
Roast Beef & Brie Sandwich with Tahini Sauce



SNACK 2
Banana Spinach Smoothie



DINNER
Tofu & Lentil Stir Fry with Veggies

TUE



BREAKFAST
Cinnamon & Banana Protein Oatmeal



SNACK 1
1.5 Dragon Fruit & Kiwi Smoothie



LUNCH
Tofu & Lentil Stir Fry with Veggies



SNACK 2
Banana Spinach Smoothie



DINNER
Salsa Burger with Mini Potatoes & Asparagus

WED



BREAKFAST
Cinnamon & Banana Protein Oatmeal



SNACK 1
1.5 Dragon Fruit & Kiwi Smoothie



LUNCH
Salsa Burger with Mini Potatoes & Asparagus



SNACK 2
Banana Spinach Smoothie



DINNER
Tuna Avocado Sandwich

THU



BREAKFAST
Orange Creamsicle Overnight Oats



SNACK 1
2 Yogurt & Berries



LUNCH
Tuna Avocado Sandwich



SNACK 2
Kiwi Green Smoothie



DINNER
Mushroom & Beef Chickpea Pasta

FRI



BREAKFAST
Orange Creamsicle Overnight Oats



SNACK 1
2 Yogurt & Berries



LUNCH
Mushroom & Beef Chickpea Pasta



SNACK 2
Kiwi Green Smoothie



DINNER
One Pan Chicken Thighs, Fennel & Potatoes

SAT



BREAKFAST
Greek Yogurt & Cinnamon Overnight Oats, Lentil Salsa with Toast



SNACK 1
2 Yogurt & Berries



LUNCH
One Pan Chicken Thighs, Fennel & Potatoes



SNACK 2
Kiwi Green Smoothie



DINNER
Grilled Pork Vermicelli Bowl

SUN



BREAKFAST
Greek Yogurt & Cinnamon Overnight Oats, Lentil Salsa with Toast



SNACK 1
2 Yogurt & Berries



LUNCH
Grilled Pork Vermicelli Bowl



SNACK 2
Kiwi Green Smoothie



DINNER
Slow Cooker Beef Shank, Broccolini & Rice

MON

FAT 22% CARBS 52% PROTEIN 26%

Calories 2425
Fat 61g
Carbs 321g
Fiber 53g
Sugar 104g
Protein 161g
Cholesterol 80mg
Sodium 1682mg
Vitamin A 20436IU
Vitamin C 115mg
Calcium 2530mg
Iron 29mg

TUE

FAT 23% CARBS 51% PROTEIN 26%

Calories 2382
Fat 62g
Carbs 310g
Fiber 61g
Sugar 109g
Protein 162g
Cholesterol 82mg
Sodium 1930mg
Vitamin A 21157IU
Vitamin C 144mg
Calcium 2511mg
Iron 29mg

WED

FAT 23% CARBS 48% PROTEIN 29%

Calories 2339
Fat 62g
Carbs 286g
Fiber 41g
Sugar 93g
Protein 170g
Cholesterol 141mg
Sodium 2450mg
Vitamin A 5517IU
Vitamin C 144mg
Calcium 2082mg
Iron 24mg

THU

FAT 22% CARBS 46% PROTEIN 32%

Calories 2373
Fat 60g
Carbs 280g
Fiber 51g
Sugar 103g
Protein 199g
Cholesterol 210mg
Sodium 2946mg
Vitamin A 9317IU
Vitamin C 322mg
Calcium 2251mg
Iron 30mg

FRI

FAT 21% CARBS 47% PROTEIN 32%

Calories 2303
Fat 57g
Carbs 280g
Fiber 50g
Sugar 110g
Protein 191g
Cholesterol 284mg
Sodium 2272mg
Vitamin A 10079IU
Vitamin C 349mg
Calcium 2291mg
Iron 28mg

SAT

FAT 19% CARBS 52% PROTEIN 29%

Calories 2415
Fat 53g
Carbs 317g
Fiber 54g
Sugar 108g
Protein 177g
Cholesterol 317mg
Sodium 3662mg
Vitamin A 14250IU
Vitamin C 251mg
Calcium 1967mg
Iron 22mg

SUN

FAT 18% CARBS 52% PROTEIN 30%

Calories 2417
Fat 50g
Carbs 318g
Fiber 50g
Sugar 103g
Protein 180g
Cholesterol 243mg
Sodium 3532mg
Vitamin A 15517IU
Vitamin C 256mg
Calcium 2041mg
Iron 23mg

FRUITS

- 1 Avocado
- 8 Banana
- 6 1/2 Kiwi
- 1/4 Lemon
- 2 1/2 Lime
- 1 tbsp Lime Juice
- 2 Navel Orange

BREAKFAST

- 1 2/3 tbsps Maple Syrup

SEEDS, NUTS & SPICES

- 1/3 cup Chia Seeds
- 1 1/3 tsps Cinnamon
- 2 tsps Garlic Powder
- 1/2 cup Hemp Seeds
- 1/2 tsp Onion Powder
- 1/2 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tbsp Sesame Seeds

FROZEN

- 565 grams Dragon Fruit
- 8 cups Frozen Berries
- 4 cups Frozen Vegetable Mix
- 45 Ice Cubes

VEGETABLES

- 1/2 cup Arugula
- 2 cups Asparagus
- 8 cups Baby Spinach
- 114 grams Broccolini
- 1 Carrot
- 2 stalks Celery
- 1/3 cup Cilantro
- 1/2 Cucumber
- 1 bulb Fennel
- 5 1/16 Garlic
- 1/8 head Green Lettuce
- 3 stalks Green Onion
- 2 cups Mini Potatoes
- 2 cups Mushrooms
- 1/4 cup Parsley
- 1/4 cup Red Onion
- 3 Red Potato
- 2 tsps Thyme
- 1/16 White Onion
- 1 Yellow Onion

BOXED & CANNED

- 170 grams Chickpea Pasta
- 1/2 cup Diced Tomatoes
- 1 1/2 cups Green Lentils
- 1/3 cup Jasmine Rice
- 1 1/2 cups Lentils
- 99 grams Rice Vermicelli Noodles
- 1 2/3 cups Salsa
- 2 cans Tuna
- 1 cup Vegetable Broth

BAKING

- 2 tbsps Coconut Sugar
- 1 tbsp Honey
- 3 1/8 cups Oats
- 2 tsps Orange Extract

BREAD, FISH, MEAT & CHEESE

- 151 grams Beef Shanks
- 14 grams Brie Cheese
- 283 grams Chicken Thighs
- 85 grams Deli Roast Beef
- 340 grams Extra Lean Ground Beef
- 2 slices Gluten-Free Bread
- 302 grams Pork Shoulder, Boneless
- 113 grams Sourdough Baguette
- 200 grams Sourdough Bread
- 227 grams Tofu
- 113 grams Whole Wheat Bun

CONDIMENTS & OILS

- 1 tbsp Avocado Oil
- 2 tbsps Coconut Aminos
- 2 tbsps Extra Virgin Olive Oil
- 1 1/2 tbsps Fish Sauce
- 2 1/2 tbsps Rice Vinegar
- 1 tbsp Sesame Oil
- 1 tbsp Tahini
- 2 1/2 tbsps Tamari

COLD

- 1 cup Cow's Milk, Reduced Fat
- 5 cups Plain Coconut Milk
- 11 1/16 cups Plain Greek Yogurt
- 6 cups Soy Milk
- 1 1/2 cups Unsweetened Coconut Yogurt

OTHER

- 94 grams Collagen Powder
- 2 3/4 cups Vanilla Protein Powder
- 4 1/4 cups Water

■ 1 1/3 tbsps Raw Honey

■ 1 tsp Vanilla Extract

Cinnamon & Banana Protein Oatmeal

3 SERVINGS 15 MINUTES



INGREDIENTS

3 cups Soy Milk
1 1/2 cups Oats (rolled)
3/4 cup Vanilla Protein Powder
3 tbsps Hemp Seeds
1/3 tsp Cinnamon
3 Banana (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	505	Cholesterol	4mg
Fat	12g	Sodium	157mg
Carbs	69g	Vitamin A	78IU
Fiber	9g	Vitamin C	10mg
Sugar	24g	Calcium	451mg
Protein	35g	Iron	4mg

DIRECTIONS

- 01 In a small saucepan, bring the soy milk to a boil. Add the oats and reduce the heat to a steady simmer. Cook, stirring occasionally for about six to eight minutes or until the oats are tender and most of the soy milk is absorbed.
- 02 Stir in the protein powder, hemp seeds, and cinnamon. Add a splash of water or more milk if needed for desired consistency.
- 03 Transfer the cooked oats to a bowl and top with sliced banana. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is approximately 1 1/4 cups.

NO SOY MILK

Use other milk alternative.

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.

Greek Yogurt & Cinnamon Overnight Oats

2 SERVINGS 3 HOURS 5 MINUTES



INGREDIENTS

1 cup Cow's Milk, Reduced Fat
2/3 cup Plain Greek Yogurt
1 tbsp Honey
1 tsp Cinnamon
1 cup Oats (rolled or quick)
1 tbsp Chia Seeds

NUTRITION

AMOUNT PER SERVING

Calories	336	Cholesterol	21mg
Fat	9g	Sodium	107mg
Carbs	49g	Vitamin A	420IU
Fiber	7g	Vitamin C	5mg
Sugar	17g	Calcium	385mg
Protein	18g	Iron	3mg

DIRECTIONS

- 01 Combine all ingredients in a mixing bowl and mix well. Place in the refrigerator and let sit for at least three hours or overnight.
- 02 Divide into bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days. Can be enjoyed cold or warmed on the stovetop.

SERVING SIZE

One serving is approximately equal to one cup.

DAIRY-FREE

Use a dairy-free milk alternative and unsweetened coconut yogurt instead.

MORE FLAVOR

Add more honey to taste. Add vanilla extract.

ADDITIONAL TOPPINGS

Top with fresh fruit, seeds, chopped nuts, or nut butter.

NO HONEY

Use maple syrup or another liquid sweetener instead.

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.

Dragon Fruit & Kiwi Smoothie

5 SERVINGS 5 MINUTES



INGREDIENTS

5 cups Plain Coconut Milk (unsweetened from the carton)

565 grams Dragon Fruit (red, cubed, fresh or frozen)

2 1/2 Kiwi

2 1/2 Lime (juiced)

1 2/3 tbsps Maple Syrup

94 grams Collagen Powder

25 Ice Cubes

NUTRITION

AMOUNT PER SERVING

Calories	254	Cholesterol	0mg
Fat	5g	Sodium	75mg
Carbs	33g	Vitamin A	607IU
Fiber	4g	Vitamin C	41mg
Sugar	23g	Calcium	504mg
Protein	18g	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.

NO COCONUT MILK

Use cow's milk or any other alternative milk.

ADDITIONAL TOPPINGS

Add chia seeds or hemp seeds before blending.

MAKE IT VEGAN

Omit collagen powder and use plant-based protein powder.

NO RED DRAGON FRUIT

Use a white flesh dragon fruit or strawberries.

DRAGON FRUIT SIZE

Four ounces or 113 grams of dragon fruit is equal to approximately 1/2 of a small dragon fruit.

Yogurt & Berries

8 SERVINGS 5 MINUTES



INGREDIENTS

8 cups Plain Greek Yogurt
8 cups Frozen Berries (thawed)

NUTRITION

AMOUNT PER SERVING

Calories	261	Cholesterol	34mg
Fat	5g	Sodium	140mg
Carbs	32g	Vitamin A	1250IU
Fiber	5g	Vitamin C	55mg
Sugar	21g	Calcium	526mg
Protein	23g	Iron	2mg

DIRECTIONS

01 Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.) Enjoy!

NOTES

DAIRY-FREE

Use a dairy-free yogurt like coconut, almond or cashew.

NO FROZEN BERRIES

Use any type of fresh fruit instead.

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.

Banana Spinach Smoothie

3 SERVINGS 5 MINUTES



INGREDIENTS

3 Banana (frozen)
3 cups Baby Spinach
12 Ice Cubes
1 1/2 cups Unsweetened Coconut Yogurt
3 cups Soy Milk
3/4 cup Vanilla Protein Powder

NUTRITION

AMOUNT PER SERVING

Calories	357	Cholesterol	4mg
Fat	8g	Sodium	202mg
Carbs	48g	Vitamin A	2889IU
Fiber	6g	Vitamin C	19mg
Sugar	24g	Calcium	699mg
Protein	28g	Iron	3mg

DIRECTIONS

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

NOTES

LEFTOVERS

Best enjoyed immediately.

SERVING SIZE

One serving is approximately two cups.

NO SOY MILK

Use other milk alternative.

Kiwi Green Smoothie

4 SERVINGS 5 MINUTES



INGREDIENTS

4 Kiwi (small, peeled)
2 Banana (frozen)
1 cup Vanilla Protein Powder
1/4 cup Chia Seeds
5 cups Baby Spinach
4 cups Water
8 Ice Cubes

DIRECTIONS

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

NOTES

NO CHIA SEEDS
Use flax seed instead.

NO PROTEIN POWDER
Use hemp seeds instead.

NUTRITION

AMOUNT PER SERVING

Calories	245	Cholesterol	4mg
Fat	5g	Sodium	77mg
Carbs	31g	Vitamin A	3614IU
Fiber	9g	Vitamin C	80mg
Sugar	14g	Calcium	278mg
Protein	23g	Iron	3mg

Tofu & Lentil Stir Fry with Veggies

2 SERVINGS 25 MINUTES



INGREDIENTS

1 tbsp Sesame Oil
227 grams Tofu (firm, drained, cubed)
4 cups Frozen Vegetable Mix
1 1/2 cups Lentils (rinsed and drained)
2 tbsps Coconut Aminos
1 tbsp Rice Vinegar
1/2 tsp Garlic Powder
Sea Salt & Black Pepper (to taste)
2 stalks Green Onion (chopped)
1 tbsp Sesame Seeds (toasted)

NUTRITION

AMOUNT PER SERVING

Calories	609	Cholesterol	0mg
Fat	16g	Sodium	408mg
Carbs	84g	Vitamin A	1606IU
Fiber	30g	Vitamin C	15mg
Sugar	18g	Calcium	490mg
Protein	36g	Iron	11mg

DIRECTIONS

- 01 In a large skillet or wok, heat the sesame oil over medium-high heat.
- 02 Add the tofu and cook until browned on all sides, about five minutes.
- 03 Add the mixed vegetables to the skillet and stir fry for another five minutes, or until the vegetables are tender-crisp. Add the lentils and continue cooking for one more minute.
- 04 In a small bowl, whisk together the coconut aminos, rice vinegar, and garlic powder. Season with salt and pepper.
- 05 Pour the sauce over the stir fry and toss until well combined. Top with green onions and sesame seeds 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

Serve with noodles. Use fresh vegetables.

NO COCONUT AMINOS

Use soy sauce or tamari.

Salsa Burger with Mini Potatoes & Asparagus

2 SERVINGS 40 MINUTES



INGREDIENTS

2 cups Mini Potatoes (halved)
2 tsps Extra Virgin Olive Oil (divided)
1/2 tsp Sea Salt (divided)
2 cups Asparagus (trimmed)
227 grams Extra Lean Ground Beef
1/2 tsp Garlic Powder
1/2 tsp Onion Powder
113 grams Whole Wheat Bun
1/8 head Green Lettuce (separated into leaves)
2 tbsps Salsa

NUTRITION

AMOUNT PER SERVING

Calories	530	Cholesterol	74mg
Fat	18g	Sodium	1050m...
Carbs	59g	Vitamin A	1218IU
Fiber	10g	Vitamin C	38mg
Sugar	8g	Calcium	115mg
Protein	36g	Iron	8mg

DIRECTIONS

- 01 Preheat the grill to 400°F (205°C).
- 02 Toss the potatoes with half the oil and half the sea salt. Place in a roasting pan on the grill and cook for 30 minutes, tossing halfway through or until just crispy and browned. Toss the asparagus in the remaining oil and set aside.
- 03 Meanwhile, combine the beef, garlic powder, onion powder, and remaining salt. Divide the beef evenly into patties, making one patty per serving. Grill for five minutes on each side or until cooked through.
- 04 Add the asparagus to the grill for the remaining five minutes of cooking the potatoes and burgers to ensure everything finishes simultaneously.
- 05 Place the burgers on the buns with the lettuce and salsa. Serve with the potatoes and asparagus. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for three days. Separate the burgers from the buns.

SERVING SIZE

One serving is one burger, one cup of potatoes, and one cup of asparagus.

MORE FLAVOR

Add cumin or chopped fresh dill to the potatoes. Squeeze lemon over the asparagus.

ADDITIONAL TOPPINGS

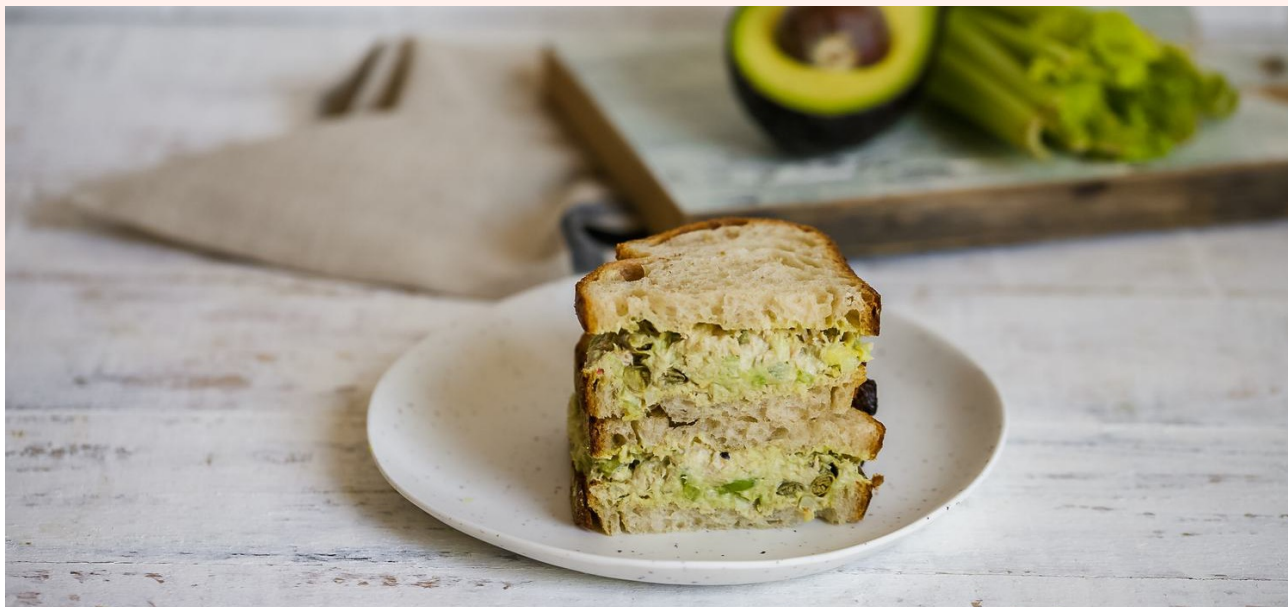
Shredded cheese, pickles, mayonnaise, mustard, ketchup, and/or sliced onions.

GLUTEN-FREE

Use a gluten-free bun instead.

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.

Mushroom & Beef Chickpea Pasta

2 SERVINGS 30 MINUTES



INGREDIENTS

170 grams Chickpea Pasta (dry)
1 cup Vegetable Broth (divided)
113 grams Extra Lean Ground Beef
1 Yellow Onion (chopped finely)
2 cups Mushrooms (sliced)
4 Garlic (minced)
2 tbsps Tamari
2 tsps Thyme (fresh)
1/3 cup Plain Greek Yogurt
1/4 cup Parsley (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	489	Cholesterol	43mg
Fat	12g	Sodium	1498mg
Carbs	63g	Vitamin A	1184IU
Fiber	15g	Vitamin C	19mg
Sugar	16g	Calcium	215mg
Protein	43g	Iron	13mg

DIRECTIONS

- 01 Cook the pasta according to the package directions.
- 02 Heat 1/4 of the broth in a large skillet over medium-high heat. Add the beef and onions breaking up the meat as it cooks. Cook for three minutes. Add the mushrooms and cook for five to seven minutes or until the mushrooms are just tender and the meat is cooked through. Add the garlic and cook for one more minute.
- 03 Add the remaining broth, tamari, thyme, and yogurt. Stir and continue cooking for another two minutes.
- 04 Add the cooked pasta and the parsley to the pan. Toss gently to coat. Divide evenly between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is equal to approximately two cups.

MORE FLAVOR

Add leafy greens like spinach or kale.

ADDITIONAL TOPPINGS

Top with parmesan cheese.

One Pan Chicken Thighs, Fennel & Potatoes

2 SERVINGS 35 MINUTES



INGREDIENTS

283 grams Chicken Thighs (boneless)
3 Red Potato (medium, chopped)
1 bulb Fennel (sliced)
1 tbsp Extra Virgin Olive Oil
1 tsp Garlic Powder
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	496	Cholesterol	133mg
Fat	13g	Sodium	254mg
Carbs	60g	Vitamin A	1183IU
Fiber	9g	Vitamin C	42mg
Sugar	9g	Calcium	101mg
Protein	36g	Iron	4mg

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C).
- 02 Place the chicken thighs, potatoes, and fennel on a baking sheet. Add the oil and season with garlic powder, salt, and pepper. Bake in the oven for 30 minutes, until browned. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately two chicken thighs, 3/4 cup of potatoes, and one cup of fennel.

MORE FLAVOR

Add fresh lemon juice, dill, and yogurt.

Grilled Pork Vermicelli Bowl

2 SERVINGS 1 HOUR 20 MINUTES



INGREDIENTS

302 grams Pork Shoulder, Boneless (thinly sliced)
2 tbsps Coconut Sugar (divided)
1 1/2 tbsps Fish Sauce (divided)
1 1/2 tsps Tamari
1 tbsp Avocado Oil
1/2 Garlic (clove, chopped)
99 grams Rice Vermicelli Noodles
1/4 cup Water
1 1/2 tbsps Rice Vinegar
1 tbsp Lime Juice
1/2 Cucumber (sliced)
1 Carrot (shredded)
1/4 cup Cilantro (roughly torn)
1 stalk Green Onion (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	510	Cholesterol	91mg
Fat	13g	Sodium	1427mg
Carbs	58g	Vitamin A	5555IU
Fiber	2g	Vitamin C	8mg
Sugar	13g	Calcium	49mg
Protein	36g	Iron	2mg

DIRECTIONS

- 01 Place the sliced pork inside of a large baking dish or large zipper-lock bag. In a small bowl, combine half of the coconut sugar, 1/3 of the fish sauce, tamari, oil, and garlic, and whisk well. Pour over the pork and toss well to mix everything. Let it marinate for one hour.
- 02 Cook the rice vermicelli noodles according to the directions on the package. Rinse under cold water and drain. Set aside.
- 03 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper. Place the pork on the baking sheet and cook for 15 minutes, or until just about cooked through. Turn the oven to broil and place the pork back in the oven to broil about four to five minutes, flipping halfway through, until charred and cooked through.
- 04 Meanwhile, combine the remaining coconut sugar, fish sauce, water, rice vinegar, and lime juice in a medium-sized bowl and whisk to combine until the sugar is dissolved.
- 05 Divide the noodles into bowls along with the cucumber, carrot, cilantro, and green onion. Top with the sliced pork. Serve with the dipping sauce and spoon it over top of each bowl. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add chili flakes or Thai chilis to the pork and/or dipping sauce.

ADDITIONAL TOPPINGS

Top with crushed peanuts and/or fresh mint.

Slow Cooker Beef Shank, Broccoli & Rice

1 SERVING 4 HOURS



INGREDIENTS

3/4 tsp Extra Virgin Olive Oil (divided)
151 grams Beef Shanks (cut into 3-inch pieces)
1/2 Garlic (cloves, minced)
1/16 White Onion (large, sliced)
1/2 cup Diced Tomatoes
Sea Salt & Black Pepper (to taste)
1/3 cup Jasmine Rice (dry, uncooked)
113 grams Broccolini (trimmed, chopped)

NUTRITION

AMOUNT PER SERVING

Calories	498	Cholesterol	59mg
Fat	10g	Sodium	124mg
Carbs	61g	Vitamin A	2450IU
Fiber	5g	Vitamin C	47mg
Sugar	4g	Calcium	175mg
Protein	39g	Iron	5mg

DIRECTIONS

- 01 Heat half the oil in a large pan over medium-high heat. Fry the beef shanks until browned on all sides, about five minutes. Transfer to the slow cooker and set to high.
- 02 Meanwhile, heat the remaining oil in the same pan over medium heat. Add the garlic and onions. Cook until the onions are tender, about five to eight minutes. Add a bit of liquid from the diced tomatoes to deglaze the pan.
- 03 Transfer the onions, diced tomatoes, salt, and pepper to the slow cooker. Cook for four hours on high, or six to eight hours on low, or until the beef shanks are tender and fall off the bone easily. Season with more salt and pepper if needed.
- 04 Meanwhile, cook the rice according to the package instructions and set aside.
- 05 Next, add the broccolini to a large pan over high heat and cover halfway with water. Boil for about six to eight minutes, or until fork-tender.
- 06 Divide the beef shank, rice, and steamed broccolini onto plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days or freeze if longer.

SERVING SIZE

One serving equals 1 1/2 to two cups of beef shank stew, half cup of mashed potatoes, and two cups of arugula.

MORE FLAVOR

Add thyme, rosemary, chives, or parsley. Deglaze the pan with wine instead of tomato juice.

ADDITIONAL TOPPINGS

Add carrots, celery, peas, or mushrooms to the stew.

