



# 2400 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](mailto: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**  
Salmon, Dill & Potato Hash



**SNACK 1**  
1.5 Granola, Yogurt & Berry Snack Box



**LUNCH**  
Mango Chickpea Salad with Grilled Chicken Kabobs



**SNACK 2**  
Turkey & Spinach Wrap



**DINNER**  
Pesto Pasta with Scallops

## TUE



**BREAKFAST**  
Salmon, Dill & Potato Hash



**SNACK 1**  
Granola, Yogurt & Berry Snack Box



**LUNCH**  
Pesto Pasta with Scallops



**SNACK 2**  
Turkey & Spinach Wrap



**DINNER**  
Pomegranate Chicken & Rice

## WED



**BREAKFAST**  
Salmon, Dill & Potato Hash



**SNACK 1**  
1.5 Granola, Yogurt & Berry Snack Box



**LUNCH**  
Pomegranate Chicken & Rice



**SNACK 2**  
Turkey & Spinach Wrap



**DINNER**  
Shrimp & Smoked Sausage Spaghetti

## THU



**BREAKFAST**  
Brownie Protein Pancakes, Toast with Cottage Cheese



**SNACK 1**  
Mango Mint Smoothie



**LUNCH**  
Shrimp & Smoked Sausage Spaghetti



**SNACK 2**  
Peach & Cottage Cheese Toast



**DINNER**  
Pork Roast with Potatoes & Green Beans

## FRI



**BREAKFAST**  
Brownie Protein Pancakes, Toast with Cottage Cheese



**SNACK 1**  
Mango Mint Smoothie



**LUNCH**  
Pork Roast with Potatoes & Green Beans



**SNACK 2**  
Peach & Cottage Cheese Toast



**DINNER**  
Pan-Fried Trout with Herbed Rice

## SAT



**BREAKFAST**  
Chocolate Cauliflower Shake, Chicken Breakfast Sausages



**SNACK 1**  
Mango Mint Smoothie



**LUNCH**  
Pan-Fried Trout with Herbed Rice



**SNACK 2**  
Peach & Cottage Cheese Toast



**DINNER**  
Pot Pie Chickpea Pasta

## SUN



**BREAKFAST**  
Chocolate Cauliflower Shake, Chicken Breakfast Sausages



**SNACK 1**  
Mango Mint Smoothie



**LUNCH**  
Pot Pie Chickpea Pasta



**SNACK 2**  
Peach & Cottage Cheese Toast



**DINNER**  
Honey Garlic Chicken & Potatoes

## MON

FAT 35% CARBS 38% PROTEIN 27%

Calories 2435  
Fat 97g  
Carbs 240g  
Fiber 49g  
Sugar 66g  
Protein 171g  
Cholesterol 263mg  
Sodium 2709mg  
Vitamin A 16957IU  
Vitamin C 261mg  
Calcium 1236mg  
Iron 29mg

## TUE

FAT 34% CARBS 38% PROTEIN 28%

Calories 2361  
Fat 90g  
Carbs 230g  
Fiber 33g  
Sugar 55g  
Protein 167g  
Cholesterol 381mg  
Sodium 2867mg  
Vitamin A 15160IU  
Vitamin C 166mg  
Calcium 864mg  
Iron 22mg

## WED

FAT 32% CARBS 40% PROTEIN 28%

Calories 2478  
Fat 89g  
Carbs 252g  
Fiber 32g  
Sugar 57g  
Protein 174g  
Cholesterol 560mg  
Sodium 2484mg  
Vitamin A 8768IU  
Vitamin C 207mg  
Calcium 879mg  
Iron 19mg

## THU

FAT 34% CARBS 38% PROTEIN 28%

Calories 2337  
Fat 89g  
Carbs 226g  
Fiber 35g  
Sugar 73g  
Protein 166g  
Cholesterol 340mg  
Sodium 2353mg  
Vitamin A 8437IU  
Vitamin C 170mg  
Calcium 1825mg  
Iron 19mg

## FRI

FAT 33% CARBS 40% PROTEIN 27%

Calories 2432  
Fat 90g  
Carbs 241g  
Fiber 31g  
Sugar 73g  
Protein 166g  
Cholesterol 258mg  
Sodium 1938mg  
Vitamin A 8179IU  
Vitamin C 171mg  
Calcium 1822mg  
Iron 17mg

## SAT

FAT 34% CARBS 40% PROTEIN 26%

Calories 2504  
Fat 97g  
Carbs 261g  
Fiber 52g  
Sugar 79g  
Protein 166g  
Cholesterol 238mg  
Sodium 1335mg  
Vitamin A 12200IU  
Vitamin C 183mg  
Calcium 1688mg  
Iron 25mg

## SUN

FAT 36% CARBS 38% PROTEIN 26%

Calories 2446  
Fat 102g  
Carbs 244g  
Fiber 52g  
Sugar 100g  
Protein 164g  
Cholesterol 312mg  
Sodium 1369mg  
Vitamin A 11516IU  
Vitamin C 196mg  
Calcium 1603mg  
Iron 26mg

## FRUITS

- 1 Avocado
- 2 Banana
- 1 Lemon
- 2 Lime
- 1 2/3 tbsps Lime Juice
- 1/4 Mango
- 2 Peach
- 4 cups Strawberries

## BREAKFAST

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

## SEEDS, NUTS & SPICES

- 1/8 tsp Black Pepper
- 1/3 tsp Cumin
- 2 tbsps Ground Flax Seed
- 1/2 cup Pumpkin Seeds
- 1/8 tsp Sea Salt
- 0 Sea Salt & Black Pepper

## FROZEN

- 2 cups Frozen Cauliflower
- 1/2 cup Frozen Corn
- 1/4 cup Frozen Edamame
- 4 cups Frozen Mango
- 1/2 cup Frozen Peas

## VEGETABLES

- 2 cups Arugula
- 15 1/3 cups Baby Spinach
- 2/3 Carrot
- 1 1/2 stalks Celery
- 1/4 cup Cilantro
- 1 2/3 Cucumber
- 1/2 cup Fresh Dill
- 4 3/4 Garlic
- 2 cups Green Beans
- 1 cup Mini Potatoes
- 1/2 cup Mint Leaves
- 1/3 cup Parsley
- 4 1/2 Red Potato
- 1 1/2 tsps Rosemary
- 1 tbsp Thyme
- 1 Tomato
- 1 1/16 Yellow Onion
- 2 Yellow Potato

## BOXED & CANNED

- 1 1/4 cups Basmati Rice
- 1 1/2 cups Chicken Broth, Low Sodium
- 284 grams Chickpea Pasta
- 1/2 cup Chickpeas
- 1/4 cup Vegetable Broth
- 1 1/2 cups Vegetable Broth, Low Sodium
- 128 grams Whole Wheat Spaghetti

## BAKING

- 1 tbsp All Purpose Gluten-Free Flour
- 2 tbsps Almond Flour
- 1 tbsp Baking Powder
- 1/4 cup Cacao Powder
- 1/2 cup Chickpea Flour
- 1 tbsp Cocoa Powder
- 1/4 cup Dark Chocolate Chips

## BREAD, FISH, MEAT & CHEESE

- 85 grams Cajun Smoked Andouille Sausage
- 113 grams Chicken Breast
- 454 grams Chicken Drumsticks
- 170 grams Chicken Thighs
- 227 grams Extra Lean Ground Chicken
- 363 grams Pork Shoulder, Boneless
- 2 Rainbow Trout Fillet
- 425 grams Salmon Fillet
- 303 grams Scallops
- 227 grams Shrimp
- 285 grams Sliced Turkey Breast
- 6 slices Whole Grain Bread
- 3 Whole Wheat Tortilla

## CONDIMENTS & OILS

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

## COLD

- 3 1/4 tbsps Butter
- 118 grams Cashew Cream Cheese
- 1 3/4 cups Cottage Cheese
- 2 1/3 tbsps Orange Juice
- 5 cups Plain Coconut Milk
- 2 cups Plain Greek Yogurt
- 1/2 cup Pomegranate Juice
- 3 cups Unsweetened Almond Milk

## OTHER

- 1 cup Chocolate Protein Powder
- 76 grams Collagen Powder
- 1 tbsp Maca Powder
- 1/2 cup Water



- 1 1/3 tbsps Honey
- 2 2/3 tbsps Nutritional Yeast
- 1 tbsp Raw Honey

# Salmon, Dill & Potato Hash

3 SERVINGS 30 MINUTES



## INGREDIENTS

3 tbsps Extra Virgin Olive Oil  
4 1/2 Red Potato (medium, peeled, diced  
1/2-inch pieces)  
1 1/2 stalks Celery (chopped)  
3/4 Yellow Onion (chopped)  
425 grams Salmon Fillet (skinless,  
chopped coarsely)  
3 tbsps Fresh Dill (chopped, plus more  
for garnish)  
1 tbsp Thyme (fresh)  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	544	Cholesterol	72mg
Fat	21g	Sodium	186mg
Carbs	54g	Vitamin A	423IU
Fiber	7g	Vitamin C	30mg
Sugar	7g	Calcium	67mg
Protein	38g	Iron	4mg

## DIRECTIONS

- 01 Heat the oil in a pan over medium heat. Add the potatoes, celery, and onion to the pan. Sauté for about one minute until they are coated with oil.
- 02 Cover the pan and cook for about five to seven minutes or until the potatoes are almost fork-tender. Stir halfway through.
- 03 Uncover the pan, increase the heat to medium-high, and add the salmon, dill, thyme, salt, and pepper.
- 04 Stir the mixture frequently for about five to eight minutes, allowing the potatoes to lightly brown and the salmon to cook through. Serve and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to two days.

### SERVING SIZE

One serving equals approximately two cups.

### MORE FLAVOR

Add capers, bell peppers, and/or goat cheese. Top with a fried egg.

# Brownie Protein Pancakes

2 SERVINGS 15 MINUTES



## INGREDIENTS

2 tbsps Ground Flax Seed  
1/3 cup Water  
1/2 cup Chickpea Flour  
1/2 cup Chocolate Protein Powder  
1 tbsp Cocoa Powder  
1 tsp Baking Powder  
1 cup Unsweetened Almond Milk (or water)  
1/4 cup Dark Chocolate Chips  
1 1/2 tps Coconut Oil

## NUTRITION

### AMOUNT PER SERVING

Calories	444	Cholesterol	4mg
Fat	19g	Sodium	866mg
Carbs	37g	Vitamin A	259IU
Fiber	6g	Vitamin C	0mg
Sugar	17g	Calcium	773mg
Protein	29g	Iron	4mg

## DIRECTIONS

- 01 Combine the ground flax and water in a small bowl. Whisk and set aside to thicken for about 5 minutes.
- 02 In a medium sized bowl, combine the chickpea flour, protein powder, cocoa powder, and baking powder.
- 03 Add the almond milk and flax mixture to dry ingredients. Mix well until a smooth batter forms. Fold in the chocolate chips.
- 04 Heat coconut oil in a nonstick skillet over medium heat. Spoon the batter into the pan in 1/4 cup portions. Cook pancakes for about 3 to 4 minutes per side.
- 05 Plate the pancakes and enjoy!

## NOTES

### PROTEIN POWDER

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

### SAVE TIME

Make the pancake batter in a blender.

### TOPPINGS

Maple syrup, honey, fresh fruit, granola, seeds or nuts.

### LEFTOVERS

Store in a sealed container in the fridge up to 3 days. Reheat in the oven, toaster oven or in a skillet.

### NO CHICKPEA FLOUR

Try oat flour instead. Results may vary.

# Toast with Cottage Cheese

2 SERVINGS 10 MINUTES



## INGREDIENTS

1/2 cup Cottage Cheese  
2 slices Whole Grain Bread (toasted)

## NUTRITION

### AMOUNT PER SERVING

Calories	161	Cholesterol	9mg
Fat	4g	Sodium	323mg
Carbs	20g	Vitamin A	74IU
Fiber	3g	Vitamin C	0mg
Sugar	4g	Calcium	86mg
Protein	11g	Iron	1mg

## DIRECTIONS

01 Spread cottage cheese evenly on the toasted bread and enjoy!

## NOTES

### NO WHOLE GRAIN BREAD

Use any type of bread or a toasted slice of sweet potato.

### MORE TOPPINGS

Add a drizzle of honey, maple syrup, fresh fruit, bee pollen, cucumbers, avocado, tomato slices, hemp hearts or pomegranate seeds.

### STORAGE

Best enjoyed immediately as the bread will soften.

# Chocolate Cauliflower Shake

2 SERVINGS 5 MINUTES



## INGREDIENTS

2 cups Frozen Cauliflower  
2 Banana (frozen)  
2 tbsps Almond Butter  
1/4 cup Cacao Powder  
1/2 cup Chocolate Protein Powder  
2 cups Unsweetened Almond Milk  
1 tbsp Maca Powder

## NUTRITION

### AMOUNT PER SERVING

Calories	449	Cholesterol	4mg
Fat	16g	Sodium	235mg
Carbs	50g	Vitamin A	593IU
Fiber	17g	Vitamin C	67mg
Sugar	20g	Calcium	695mg
Protein	31g	Iron	4mg

## DIRECTIONS

01 In your blender, combine all ingredients. Blend until smooth, pour into glasses and enjoy!

## NOTES

### MAKE IT MOCHA

Replace half of the almond milk with chilled coffee.

### LIKES IT SWEETER

Add pitted medjool dates.

### NO MACA POWDER

Leave it out or use cinnamon instead.

# Chicken Breakfast Sausages

2 SERVINGS 20 MINUTES



## INGREDIENTS

227 grams Extra Lean Ground Chicken  
2 tbsps Parsley (very finely chopped)  
1 1/2 Garlic (cloves, minced)  
1/8 tsp Sea Salt  
1 1/2 tsps Extra Virgin Olive Oil

## NUTRITION

### AMOUNT PER SERVING

Calories	197	Cholesterol	98mg
Fat	13g	Sodium	218mg
Carbs	1g	Vitamin A	320IU
Fiber	0g	Vitamin C	6mg
Sugar	0g	Calcium	16mg
Protein	20g	Iron	1mg

## DIRECTIONS

- 01 In a mixing bowl combine the chicken, parsley, garlic, and salt. Mix well.
- 02 Heat the oil in a non-stick pan over medium heat.
- 03 Form the mixture into thin patties approximately four inches (10-centimeters) in diameter. In batches, cook for four to five minutes per side or until cooked through. Serve and enjoy!

## NOTES

### LEFTOVERS

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

### SERVING SIZE

One serving is equal to two patties.

### MORE FLAVOR

Add other fresh or dried herbs and spices to taste.

### NO EXTRA VIRGIN OLIVE OIL

Use avocado or coconut oil instead.

### NO CHICKEN

Use ground turkey or pork instead.

# 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.

# Mango Mint Smoothie

4 SERVINGS 5 MINUTES



## INGREDIENTS

5 cups Plain Coconut Milk (unsweetened from the carton)  
4 cups Frozen Mango  
1 Avocado  
4 cups Baby Spinach  
1/2 cup Mint Leaves (stems removed)  
2 Lime (juiced)  
76 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

1 SERVING 30 MINUTES



## INGREDIENTS

113 grams Chicken Breast  
1/2 cup Chickpeas (cooked, drained and rinsed)  
1/4 cup Frozen Edamame (thawed)  
1/8 Cucumber (diced)  
1/4 Mango (diced)  
1 cup Arugula  
2 tbsps Tahini  
1/2 Lemon (juiced)  
1/8 tsp Black Pepper  
1/4 Garlic (clove, minced)  
2 tbsps 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.

# Turkey & Spinach Wrap

3 SERVINGS 5 MINUTES



## INGREDIENTS

3 tbsps Dijon Mustard  
3 Whole Wheat Tortilla (large)  
6 cups Baby Spinach  
285 grams Sliced Turkey Breast  
1 1/2 Cucumber (medium, sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	279	Cholesterol	47mg
Fat	8g	Sodium	1321mg
Carbs	29g	Vitamin A	5786IU
Fiber	6g	Vitamin C	21mg
Sugar	5g	Calcium	197mg
Protein	21g	Iron	4mg

## DIRECTIONS

01 Spread the mustard in the center of the tortilla. Place the spinach, turkey, and cucumber on top. Fold or roll the tortilla around the filling and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### GLUTEN-FREE

Use a gluten-free tortilla.

### ADDITIONAL TOPPINGS

Add cheese, tomatoes, avocado, bell peppers, sliced olives, or sliced red onion.

# Peach & Cottage Cheese Toast

4 SERVINGS 5 MINUTES



## INGREDIENTS

1 1/3 cups Cottage Cheese  
4 slices Whole Grain Bread (toasted)  
2 Peach (medium, pitted, sliced)  
1/2 cup Pumpkin Seeds

## NUTRITION

### AMOUNT PER SERVING

Calories	297	Cholesterol	12mg
Fat	13g	Sodium	379mg
Carbs	29g	Vitamin A	345IU
Fiber	5g	Vitamin C	5mg
Sugar	11g	Calcium	112mg
Protein	19g	Iron	3mg

## DIRECTIONS

01 Spread the cottage cheese over the toast. Top with peach slices and pumpkin seeds. Enjoy!

## NOTES

### LEFTOVERS

For best results, enjoy freshly made. Refrigerate components in separate containers for up to three days.

### GLUTEN-FREE

Use gluten-free bread instead of whole grain bread.

### ADDITIONAL TOPPINGS

Top with honey, raisins, sliced almonds, hemp seeds, or chia seeds.

# Pesto Pasta with Scallops

2 SERVINGS 15 MINUTES



## INGREDIENTS

132 grams Chickpea Pasta (dry)  
1 1/3 tsps Extra Virgin Olive Oil  
302 grams Scallops (defrosted)  
5 1/3 cups Baby Spinach  
1/3 cup Pesto

## NUTRITION

### AMOUNT PER SERVING

Calories	545	Cholesterol	36mg
Fat	24g	Sodium	978mg
Carbs	49g	Vitamin A	8155IU
Fiber	12g	Vitamin C	22mg
Sugar	9g	Calcium	263mg
Protein	41g	Iron	9mg

## DIRECTIONS

- 01 Cook the pasta according to the package directions.
- 02 Meanwhile, heat the oil in a pan. Once hot, add the scallops and cook for three to five minutes on each side, until starting to brown.
- 03 Remove the scallops from the pan. Add the spinach with a splash of water and sauté for two minutes, or until wilted.
- 04 Combine the pasta, spinach, and pesto, and mix until well-coated. Serve with scallops, and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is equal to approximately 1 1/4 cups of pasta and three to five scallops.

### ADDITIONAL TOPPINGS

Red pepper flakes.

### DAIRY-FREE

Use dairy-free pesto.

# Pomegranate Chicken & Rice

2 SERVINGS 35 MINUTES



## INGREDIENTS

1 tsp Extra Virgin Olive Oil  
454 grams Chicken Drumsticks  
1/2 cup Pomegranate Juice  
1 1/2 cups Chicken Broth, Low Sodium  
1 tbsp Raw Honey  
1 tsp Rosemary (fresh)  
Sea Salt & Black Pepper (to taste)  
1/2 cup Basmati Rice (dry, rinsed)  
1 tbsp Cilantro (optional for garnish)

## NUTRITION

### AMOUNT PER SERVING

Calories	658	Cholesterol	209mg
Fat	24g	Sodium	300mg
Carbs	59g	Vitamin A	146IU
Fiber	1g	Vitamin C	0mg
Sugar	16g	Calcium	33mg
Protein	49g	Iron	2mg

## DIRECTIONS

- 01 Heat the oil in a pan over medium heat. Add the chicken to the pan and cook for eight to ten minutes or until brown on all sides.
- 02 Add the pomegranate juice, chicken broth, honey, rosemary, salt, and pepper. Stir well, cover the pan with a lid and let simmer on low heat for about 20 minutes or until the chicken is cooked through. Flip the chicken occasionally.
- 03 Meanwhile, cook the rice according to the package instructions.
- 04 Uncover the pan, turn the heat to medium and let simmer for three to four minutes or until the sauce reduces slightly.
- 05 Top the chicken with cilantro, if using. Serve with rice and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is equal to approximately two drumsticks and 1/2 cup rice.

### NO BASMATI RICE

Use Jasmine rice instead.

### LIKES IT SWEET

Add more honey to the sauce, one teaspoon at a time, to desired taste.

# Shrimp & Smoked Sausage Spaghetti

2 SERVINGS 15 MINUTES



## INGREDIENTS

128 grams Whole Wheat Spaghetti  
1 Tomato (large, diced)  
1 cup Arugula  
1/2 Lemon (small, juiced and zested)  
1 tbsp Extra Virgin Olive Oil  
227 grams Shrimp (peeled, deveined, tails removed)  
85 grams Cajun Smoked Andouille Sausage (sliced)  
1/4 cup Vegetable Broth  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	494	Cholesterol	206mg
Fat	16g	Sodium	554mg
Carbs	51g	Vitamin A	1438IU
Fiber	7g	Vitamin C	16mg
Sugar	2g	Calcium	126mg
Protein	39g	Iron	4mg

## DIRECTIONS

- 01 Cook the pasta according to the package directions.
- 02 In a small bowl, combine the tomato, arugula, lemon juice, and zest. Set aside.
- 03 Heat the oil in a large saucepan over medium-high heat. Add the shrimp and sausage. Sear for three to four minutes or until the shrimp turns pink.
- 04 Reduce the heat to medium and add the tomato and arugula mixture. Stir and add the broth. Cook for two more minutes or until warmed through. Season with salt and black pepper.
- 05 Add the warm cooked pasta and mix well. Divide onto plates and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is two cups.

### MORE FLAVOR

Use parsley or watercress instead of arugula.

### ADDITIONAL TOPPINGS

Parmesan cheese and/or fresh herbs.

### GLUTEN-FREE

Use gluten-free pasta.

### NO CAJUN SMOKED ANDOUILLE SAUSAGE

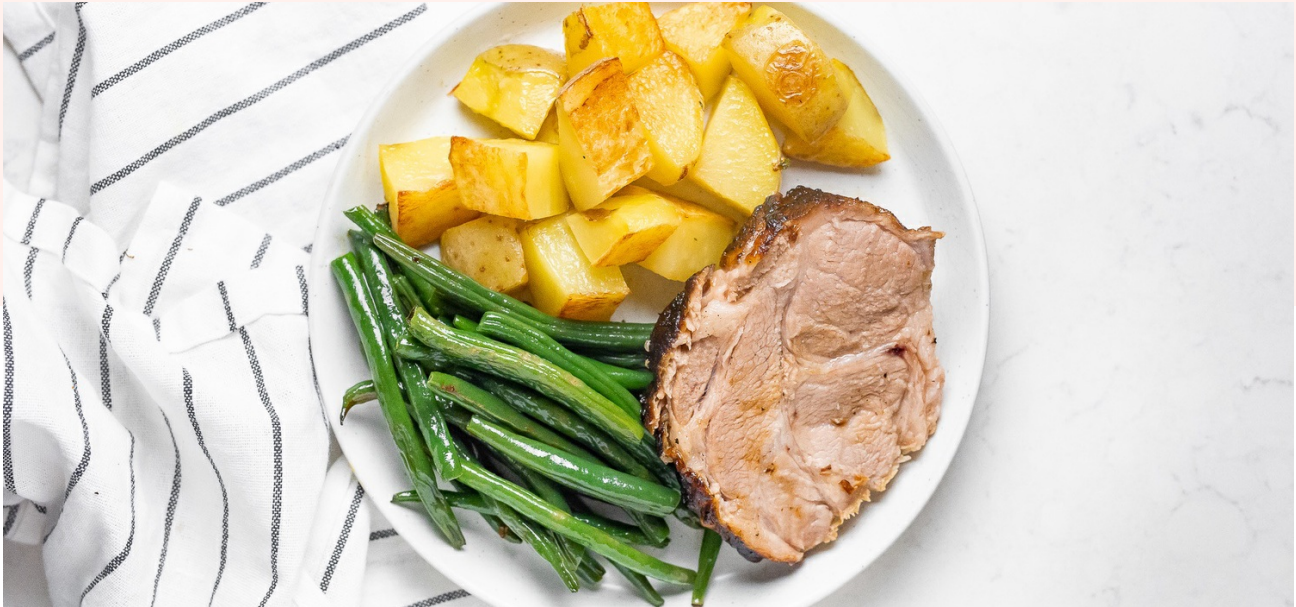
Omit or use another dry-cured and smoked sausage, bacon, or chopped ham instead.

### NO VEGETABLE BROTH

Use reserved pasta water instead.

# 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 TOPPING

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

# Pan-Fried Trout with Herbed Rice

2 SERVINGS 30 MINUTES



## INGREDIENTS

1 1/2 cups Vegetable Broth, Low Sodium  
3/4 cup Basmati Rice (uncooked)  
2 tbsps Butter (divided)  
1/4 cup Parsley (chopped)  
1/4 cup Fresh Dill (chopped)  
Sea Salt & Black Pepper (to taste)  
2 Rainbow Trout Fillet (patted dry)  
1 tbsp All Purpose Gluten-Free Flour

## NUTRITION

### AMOUNT PER SERVING

Calories	589	Cholesterol	124mg
Fat	17g	Sodium	139mg
Carbs	66g	Vitamin A	1180IU
Fiber	3g	Vitamin C	17mg
Sugar	2g	Calcium	123mg
Protein	39g	Iron	2mg

## DIRECTIONS

- 01 Add the broth and rice to a pot and bring to a boil. Lower the heat and simmer for 15 minutes. Remove from heat and stir in half the butter, parsley, dill, salt and pepper. Cover and let rest for 10 minutes.
- 02 Season the trout with salt and pepper, then coat in the flour, shaking off any excess.
- 03 Melt the remaining butter in a skillet over medium-high heat. Cook the trout for three to five minutes, flipping halfway, or until browned and cooked through.
- 04 Divide the herbed rice and trout onto plates and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving equals one trout fillet and just over a cup of herbed rice.

### TROUT FILLETS

One fillet is equal to approximately 159 grams or 5.6 ounces in size.

### DAIRY-FREE

Use vegan butter, olive oil, or coconut oil instead.

### MORE FLAVOR

Add cilantro and saffron to the rice.

### ADDITIONAL TOPPINGS

Add lemon juice and fresh herbs.



# Pot Pie Chickpea Pasta

2 SERVINGS 35 MINUTES



## INGREDIENTS

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

## NUTRITION

### AMOUNT PER SERVING

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

## DIRECTIONS

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

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days.

### SERVING SIZE

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

# Honey Garlic Chicken & Potatoes

1 SERVING 45 MINUTES



## INGREDIENTS

170 grams Chicken Thighs (boneless, skinless)  
Sea Salt & Black Pepper (to taste)  
1 1/4 tbsps Butter (divided)  
1/2 Garlic (cloves, minced)  
1 1/3 tbsps Honey  
1/2 tsp Rosemary (fresh, chopped)  
1 cup Mini Potatoes (halved)

## NUTRITION

### AMOUNT PER SERVING

Calories	531	Cholesterol	198mg
Fat	22g	Sodium	173mg
Carbs	49g	Vitamin A	496IU
Fiber	3g	Vitamin C	30mg
Sugar	23g	Calcium	38mg
Protein	37g	Iron	3mg

## DIRECTIONS

- 01 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper. Season the chicken thighs with salt and pepper and set aside in a large bowl.
- 02 In a medium sized pot over medium-low heat, melt half of the butter. Add the garlic and cook for one to two minutes, until fragrant. Remove from the heat and whisk in the honey.
- 03 Pour the honey butter mixture over the chicken and toss to coat. Place on the prepared baking sheet.
- 04 In the same pot, melt the remaining butter over low heat and add the rosemary. Toss in the potatoes and coat with the butter. Transfer to the baking sheet and season generously with salt and pepper.
- 05 Bake in the oven for 30 to 35 minutes, until the chicken is cooked through and the potatoes are tender. Divide onto plates and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in a sealed container for up to three days.

### SERVING SIZE

One serving is about two chicken thighs and one cup of potatoes.

### MORE FLAVOR

Add hot sauce to the honey-butter mixture.