



2400 Calorie Meal Plan 40/40/20 PDF

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EXERCISE
with Style

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EXERCISE WITH STYLE

How To Use Our Meal Plans

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

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

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

Get a customized road map from me personally.

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

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

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

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

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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.

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MON



BREAKFAST
2 Raspberry Zinger Smoothie



SNACK 1
1.5 Peach Cherry Smoothie



LUNCH
Toasted Barbecue Chicken Wrap



SNACK 2
Berry Banana Smoothie



DINNER
Sun Dried Tomato & Salmon Pasta

TUE



BREAKFAST
2 Raspberry Zinger Smoothie



SNACK 1
1.5 Peach Cherry Smoothie



LUNCH
Sun Dried Tomato & Salmon Pasta



SNACK 2
Berry Banana Smoothie



DINNER
Gnocchi & Cod Madras Stew, Crispy Brussels Sprouts with Dip

WED



BREAKFAST
2 Raspberry Zinger Smoothie



SNACK 1
Peach Cherry Smoothie



LUNCH
Gnocchi & Cod Madras Stew, Crispy Brussels Sprouts with Dip



SNACK 2
Berry Banana Smoothie



DINNER
One Pot Spinach & Artichoke Pasta, Orzo & Shrimp Pasta Salad

THU



BREAKFAST
Orange Creamsicle Overnight Oats, Savory Chickpea & Spinach Muffins



SNACK 1
Banana Cinnamon Smoothie



LUNCH
One Pot Spinach & Artichoke Pasta, Orzo & Shrimp Pasta Salad



SNACK 2
Cottage Cheese & Orange



DINNER
Eggplant & Zucchini Pasta, Shrimp & Onion Fritters

FRI



BREAKFAST
Orange Creamsicle Overnight Oats, Savory Chickpea & Spinach Muffins



SNACK 1
1.5 Banana Cinnamon Smoothie



LUNCH
Eggplant & Zucchini Pasta, Shrimp & Onion Fritters



SNACK 2
Cottage Cheese & Orange



DINNER
Cajun Turkey with Green Beans & Rice, Ginger Sweet Potato Chicken Nuggets

SAT



BREAKFAST
Tofu Scramble with Lentils & Spinach, Sourdough Bread



SNACK 1
1.5 Banana Cinnamon Smoothie



LUNCH
Cajun Turkey with Green Beans & Rice, Ginger Sweet Potato Chicken Nuggets



SNACK 2
Cottage Cheese & Orange



DINNER
Miso Baked Tofu & Rice, Pressure Cooker Jerk Pork

SUN



BREAKFAST
Tofu Scramble with Lentils & Spinach, Sourdough Bread



SNACK 1
1.5 Banana Cinnamon Smoothie



LUNCH
Miso Baked Tofu & Rice, Pressure Cooker Jerk Pork



SNACK 2
Cottage Cheese & Orange



DINNER
Parchment Baked Cod with Olive Chimichurri, Brown Basmati Rice with...

MON

FAT 26% CARBS 41% PROTEIN 33%

Calories 2378
Fat 71g
Carbs 260g
Fiber 77g
Sugar 116g
Protein 207g
Cholesterol 227mg
Sodium 2653mg
Vitamin A 5856IU
Vitamin C 297mg
Calcium 4011mg
Iron 25mg

TUE

FAT 25% CARBS 42% PROTEIN 33%

Calories 2388
Fat 69g
Carbs 264g
Fiber 78g
Sugar 102g
Protein 212g
Cholesterol 194mg
Sodium 2844mg
Vitamin A 8138IU
Vitamin C 376mg
Calcium 3804mg
Iron 27mg

WED

FAT 23% CARBS 44% PROTEIN 33%

Calories 2406
Fat 64g
Carbs 280g
Fiber 88g
Sugar 95g
Protein 213g
Cholesterol 353mg
Sodium 3933mg
Vitamin A 16828IU
Vitamin C 420mg
Calcium 3720mg
Iron 29mg

THU

FAT 23% CARBS 45% PROTEIN 32%

Calories 2490
Fat 68g
Carbs 296g
Fiber 65g
Sugar 94g
Protein 207g
Cholesterol 576mg
Sodium 3231mg
Vitamin A 13969IU
Vitamin C 310mg
Calcium 1747mg
Iron 30mg

FRI

FAT 23% CARBS 45% PROTEIN 32%

Calories 2519
Fat 68g
Carbs 297g
Fiber 54g
Sugar 92g
Protein 206g
Cholesterol 479mg
Sodium 2522mg
Vitamin A 8878IU
Vitamin C 269mg
Calcium 1619mg
Iron 23mg

SAT

FAT 22% CARBS 44% PROTEIN 34%

Calories 2452
Fat 63g
Carbs 278g
Fiber 54g
Sugar 61g
Protein 212g
Cholesterol 258mg
Sodium 3581mg
Vitamin A 9055IU
Vitamin C 126mg
Calcium 1882mg
Iron 27mg

SUN

FAT 24% CARBS 42% PROTEIN 34%

Calories 2524
Fat 70g
Carbs 272g
Fiber 50g
Sugar 57g
Protein 219g
Cholesterol 232mg
Sodium 3570mg
Vitamin A 5383IU
Vitamin C 132mg
Calcium 1821mg
Iron 29mg

FRUITS

- 7 1/2 Banana
- 2 cups Cherries
- 6 1/2 Lemon
- 1/4 cup Lemon Juice
- 6 Navel Orange
- 4 Peach

BREAKFAST

- 1 tbsp Cashew Butter
- 1 tbsp Maple Syrup

SEEDS, NUTS & SPICES

- 1 tbsp Cajun Spice
- 1 cup Chia Seeds
- 3/4 tsp Chili Flakes
- 1 1/2 tsps Cinnamon
- 1/2 tsp Cumin
- 1/3 cup Ground Flax Seed
- 1/8 tsp Ground Ginger
- 1/4 cup Hemp Seeds
- 1/4 tsp Italian Seasoning
- 1 1/8 tsps Jerk Seasoning
- 1 1/2 tsps Madras Curry Powder
- 1 1/3 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/3 tsp Smoked Paprika
- 1 tsp Turmeric
- 3 tsps Whole Flax Seeds

FROZEN

- 3 cups Frozen Berries
- 6 cups Frozen Cauliflower
- 4 cups Frozen Green Beans
- 6 cups Frozen Raspberries
- 12 Ice Cubes

VEGETABLES

- 4 1/3 cups Baby Spinach
- 3 1/8 tsps Basil Leaves
- 1 cup Brussels Sprouts
- 2 cups Cherry Tomatoes
- 1/4 cup Chives
- 1/3 cup Cilantro
- 1/2 Eggplant
- 1 head Endive
- 8 1/3 Garlic
- 8 1/3 stalks Green Onion
- 3 cups Kale Leaves
- 1/8 Orange Bell Pepper
- 1 tbsp Parsley
- 1/2 cup Red Onion
- 3 cups Snap Peas
- 1/3 Sweet Potato
- 1/4 Yellow Onion
- 1/2 Zucchini

BOXED & CANNED

- 3 1/4 tsps Brown Basmati Rice
- 2/3 cup Brown Rice
- 1/4 cup Chicken Broth
- 394 grams Chickpea Pasta
- 3 1/4 tsps Dry Lentils
- 1/2 cup Jasmine Rice
- 2 cups Lentils
- 1/2 cup Orzo
- 2 1/4 cups Vegetable Broth
- 2 cups Vegetable Broth, Low Sodium

BAKING

- 1/8 tsp Baking Powder
- 2 tsps Cassava Flour
- 1/3 cup Chickpea Flour
- 2 1/2 tsps Nutritional Yeast
- 2/3 cup Oats

BREAD, FISH, MEAT & CHEESE

- 28 grams Cheddar Cheese
- 113 grams Chicken Breast, Cooked
- 3 Cod Fillet
- 151 grams Extra Lean Ground Chicken
- 1/2 cup Goat Cheese
- 302 grams Pork Shoulder, Boneless
- 227 grams Salmon Fillet
- 227 grams Shrimp
- 227 grams Shrimp, Cooked
- 99 grams Sourdough Bread
- 718 grams Tofu
- 227 grams Turkey Breast
- 1 Whole Wheat Tortilla

CONDIMENTS & OILS

- 1/2 tsp Apple Cider Vinegar
- 1 cup Artichoke Hearts
- 1/2 tsp Avocado Oil
- 1/4 cup Barbecue Sauce
- 2 1/16 tsps Coconut Aminos
- 1 1/2 tsps Coconut Oil
- 1/4 cup Extra Virgin Olive Oil
- 2 2/3 tsps Green Olives
- 2 tsps Mayonnaise
- 1 1/3 tsps Miso Paste
- 1/3 cup Sun Dried Tomatoes
- 1 1/3 tsps Tamari

COLD

- 4 cups Cottage Cheese
- 1 Egg
- 2 1/4 cups Plain Greek Yogurt
- 241 grams Potato Gnocchi
- 16 cups Unsweetened Almond Milk

OTHER

- 5 cups Vanilla Protein Powder

- 2 tps Orange Extract
- 1 1/3 tbsps Raw Honey
- 66 grams Unbleached All Purpose Flour
- 1 tsp Vanilla Extract
- 8 1/16 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

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.

Savory Chickpea & Spinach Muffins

2 SERVINGS 1 HOUR 10 MINUTES



INGREDIENTS

1/3 cup Chickpea Flour
2 tsps Nutritional Yeast
1/8 tsp Baking Powder
1/4 tsp Sea Salt
1/8 tsp Smoked Paprika
1/3 cup Water
1/8 Orange Bell Pepper (chopped)
1/3 cup Baby Spinach (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	69	Cholesterol	0mg
Fat	1g	Sodium	309mg
Carbs	10g	Vitamin A	600IU
Fiber	2g	Vitamin C	30mg
Sugar	1g	Calcium	41mg
Protein	5g	Iron	1mg

DIRECTIONS

- 01 Preheat the oven to 375°F (190°C). Line a muffin tray with liners or use a silicone muffin tray.
- 02 In a large bowl, whisk together the flour, nutritional yeast, baking powder, salt, and smoked paprika.
- 03 Add the water and whisk to combine until smooth. Fold in the peppers and spinach. Let the batter sit at room temperature for 15 to 20 minutes.
- 04 Divide the batter evenly between muffin cups, approximately 1/3 cup per muffin. Transfer to the oven and bake for 35 to 45 minutes, or until the muffins are cooked through and golden brown. Let them cool in the tray for ten minutes before removing.
- 05 Serve warm and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days. Reheat in the oven or microwave until warm.

SERVING SIZE

One serving is one muffin.

MORE FLAVOR

Add black salt for an egg-like taste. Add garlic powder or finely minced garlic. Use different vegetables such as corn, finely chopped broccoli, carrots, peas, and/or baby kale.

ADDITIONAL TOPPINGS

Cheese and/or fresh herbs.

DONENESS

When testing the cups to see if they are cooked through, use a toothpick to insert and test for doneness. Allow the cups to cool in the pan for ten minutes as they will continue baking and then remove.

Tofu Scramble with Lentils & Spinach

2 SERVINGS 15 MINUTES



INGREDIENTS

1 1/2 tsps Extra Virgin Olive Oil
2 stalks Green Onion (chopped)
2 Garlic (clove, minced)
397 grams Tofu (crumbled)
1 tbsp Nutritional Yeast
1 tsp Turmeric
1/2 tsp Cumin
Sea Salt & Black Pepper (to taste)
2 cups Lentils (cooked)
2 cups Baby Spinach (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	462	Cholesterol	0mg
Fat	15g	Sodium	52mg
Carbs	48g	Vitamin A	3316IU
Fiber	20g	Vitamin C	14mg
Sugar	6g	Calcium	649mg
Protein	42g	Iron	13mg

DIRECTIONS

- 01 Heat the oil in a skillet over medium heat. Add the onion and garlic and sauté for one minute.
- 02 Add the tofu, nutritional yeast, turmeric, and cumin to the skillet. Season with salt and pepper. Cook for five minutes, stirring occasionally.
- 03 Add the lentils and spinach to the skillet. Cook for another three to four minutes or until the spinach wilts. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately to two cups.

MORE FLAVOR

Add mushrooms or fresh herbs to the dish. Serve on a slice of sourdough bread.

Sourdough Bread

2 SERVINGS 1 MINUTE



INGREDIENTS

99 grams Sourdough Bread

NUTRITION

AMOUNT PER SERVING

Calories	124	Cholesterol	0mg
Fat	0g	Sodium	239mg
Carbs	24g	Vitamin A	0IU
Fiber	1g	Vitamin C	1mg
Sugar	0g	Calcium	0mg
Protein	5g	Iron	1mg

DIRECTIONS

- 01 Top with your desired spread or filling, or serve as a side to soups, salads or entree. Enjoy!

NOTES

LEFTOVERS

Store in original packaging, plastic storage bag, breadbox, or wrap in foil. Place in a cool, dry area at room temperature for up to seven days, or freeze in a freezer bag up to three months.

SERVING SIZE

Each serving equals one slice of bread.

GLUTEN-FREE

Use gluten-free bread, tortillas or pitas instead.

ADDITIONAL TOPPINGS

Spread or dip in coconut oil, olive oil or flaxseed oil.

Peach Cherry Smoothie

4 SERVINGS 5 MINUTES



INGREDIENTS

4 cups Unsweetened Almond Milk
4 Peach (medium, pitted)
2 cups Cherries (pitted)
1/4 cup Chia Seeds
1 cup Vanilla Protein Powder

NUTRITION

AMOUNT PER SERVING

Calories	278	Cholesterol	4mg
Fat	7g	Sodium	200mg
Carbs	34g	Vitamin A	1037IU
Fiber	10g	Vitamin C	15mg
Sugar	22g	Calcium	661mg
Protein	24g	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 ALMOND MILK

Use cow's milk or any other milk alternative.

MORE FIBER

Add spinach, kale, or ground flax.

NO FRESH PEACHES OR CHERRIES

Use frozen instead.

Banana Cinnamon Smoothie

6 SERVINGS 5 MINUTES



INGREDIENTS

1 1/2 cups Vanilla Protein Powder
1/3 cup Ground Flax Seed
1/3 cup Chia Seeds
6 Banana (frozen)
12 Ice Cubes
6 cups Water
1 1/2 tsps Cinnamon

NUTRITION

AMOUNT PER SERVING

Calories	284	Cholesterol	4mg
Fat	7g	Sodium	45mg
Carbs	36g	Vitamin A	77IU
Fiber	10g	Vitamin C	10mg
Sugar	14g	Calcium	236mg
Protein	24g	Iron	2mg

DIRECTIONS

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

NOTES

NO PROTEIN POWDER

Use hemp seeds with vanilla extract instead.

LEFTOVERS

Store in a mason jar with a lid in the fridge up to 24 hours. Shake well before drinking.

MAKE IT GREEN

Add spinach.

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.

Berry Banana Smoothie

3 SERVINGS 5 MINUTES



INGREDIENTS

3 cups Unsweetened Almond Milk
3 cups Frozen Berries
1 1/2 Banana
3 cups Kale Leaves
3/4 cup Vanilla Protein Powder
3 tbsps Whole Flax Seeds

NUTRITION

AMOUNT PER SERVING

Calories	309	Cholesterol	4mg
Fat	8g	Sodium	213mg
Carbs	40g	Vitamin A	1547IU
Fiber	12g	Vitamin C	65mg
Sugar	22g	Calcium	673mg
Protein	24g	Iron	3mg

DIRECTIONS

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

NOTES

LEFTOVERS

Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

NO PROTEIN POWDER

Omit, or add a few spoonfuls of hemp seeds instead.

NUT-FREE

Use nut-free milk such as oat milk.

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.

Crispy Brussels Sprouts with Dip

2 SERVINGS 35 MINUTES



INGREDIENTS

1 cup Brussels Sprouts (trimmed and halved)
1/2 tsp Avocado Oil
Sea Salt & Black Pepper (to taste)
2 tbsps Mayonnaise
1/2 tsp Apple Cider Vinegar
1/8 tsp Smoked Paprika

NUTRITION

AMOUNT PER SERVING

Calories	124	Cholesterol	6mg
Fat	12g	Sodium	99mg
Carbs	4g	Vitamin A	412IU
Fiber	2g	Vitamin C	37mg
Sugar	1g	Calcium	20mg
Protein	2g	Iron	1mg

DIRECTIONS

- 01 Preheat your oven to 425°F (218°C). Line a baking sheet with parchment paper and add the brussels sprouts. Drizzle with the avocado oil and add sea salt and pepper to taste. Toss to combine then bake for 25 minutes.
- 02 Meanwhile, make the dip by combining the mayonnaise, apple cider vinegar and paprika in a small bowl. Mix well.
- 03 Remove the brussels sprouts from the oven and serve with dipping sauce on the side. Enjoy!

NOTES

LEFTOVERS

Keep leftovers in the fridge in a sealed container up to 3 days.

NO AVOCADO OIL

Use olive oil or coconut oil instead.

One Pot Spinach & Artichoke Pasta

2 SERVINGS 15 MINUTES



INGREDIENTS

1 cup Artichoke Hearts (from the can, drained)
2 1/4 tsps Nutritional Yeast
1/4 tsp Sea Salt (to taste)
113 grams Chickpea Pasta (dry)
1 tbsp Cashew Butter
2 cups Vegetable Broth, Low Sodium
2 cups Baby Spinach

NUTRITION

AMOUNT PER SERVING

Calories	289	Cholesterol	0mg
Fat	8g	Sodium	881mg
Carbs	42g	Vitamin A	3163IU
Fiber	14g	Vitamin C	21mg
Sugar	10g	Calcium	115mg
Protein	20g	Iron	7mg

DIRECTIONS

- 01 In a pot over medium-high heat, add the artichoke hearts and cook for two minutes. Stir in the nutritional yeast and salt.
- 02 Add the pasta, cashew butter, and broth. Bring to a boil, then lower the heat to a simmer. Cover and cook for eight to 10 minutes, or until the pasta is cooked through. Stir occasionally.
- 03 Stir in the spinach until wilted. Divide evenly between bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately 1 1/2 cups.

MORE FLAVOR

Add sautéed garlic.

ADDITIONAL TOPPINGS

Top with red pepper flakes, lemon juice, and/or black pepper.

NO CASHEW BUTTER

Use sunflower seed butter, tahini, or cream cheese instead.

Orzo & Shrimp Pasta Salad

2 SERVINGS 15 MINUTES



INGREDIENTS

1/2 cup Orzo (dry)
227 grams Shrimp, Cooked (chopped)
1 head Endive (chopped)
2 cups Snap Peas (chopped)
1/2 cup Goat Cheese (crumbled)
1/4 cup Chives (chopped)
2 tbsps Lemon Juice
1/4 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	367	Cholesterol	224mg
Fat	8g	Sodium	614mg
Carbs	39g	Vitamin A	6510IU
Fiber	12g	Vitamin C	38mg
Sugar	6g	Calcium	276mg
Protein	40g	Iron	5mg

DIRECTIONS

- 01 Cook the orzo according to the directions on the package. Once it's done cooking, set it aside and let it cool.
- 02 Add the orzo and the remaining ingredients to a large bowl. Toss until well combined. Divide onto plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving equals approximately 2 1/2 cups.

GLUTEN-FREE

Use quinoa or brown rice pasta instead.

DAIRY-FREE

Use vegan cheese instead.

MORE FLAVOR

Add balsamic vinegar and your choice of additional spices and herbs.

ADDITIONAL TOPPINGS

Red pepper flakes, kimchi, sauerkraut, and/or your favorite dressing.

NO SHRIMP

Use chicken, turkey, edamame, marinated tofu, or chickpeas.

Eggplant & Zucchini Pasta

2 SERVINGS 25 MINUTES



INGREDIENTS

1/2 Eggplant (stem removed, cubed)
1/2 Zucchini (cut into matchsticks)
1 cup Cherry Tomatoes (halved)
3 Garlic (cloves, chopped)
1/4 tsp Sea Salt (divided)
1 tbsp Lemon Juice (divided)
142 grams Chickpea Pasta (dry)
1 tbsp Water (reserved from cooking pasta)
1/4 tsp Chili Flakes
2 2/3 tbsps Basil Leaves (finely chopped)

NUTRITION

AMOUNT PER SERVING

Calories	301	Cholesterol	0mg
Fat	5g	Sodium	381mg
Carbs	54g	Vitamin A	937IU
Fiber	16g	Vitamin C	27mg
Sugar	14g	Calcium	93mg
Protein	20g	Iron	8mg

DIRECTIONS

- 01 Preheat the oven to 425°F (215°C) and line a baking sheet with parchment paper.
- 02 In a large bowl, toss the eggplant, zucchini, tomatoes, and garlic with half the salt and then add to the baking sheet. Place in the oven and cook for 18 to 20 minutes.
- 03 Remove the veggies from the oven and toss with half of the lemon juice. Place back in the oven for eight to ten minutes or until cooked through and brown around the edges.
- 04 Meanwhile, cook the pasta according to the directions on the package.
- 05 Once cooked, strain the pasta, reserving the indicated amount of pasta water. Add the pasta water back to the pot with the chili flakes, roasted veggies, and cooked pasta. Add the remaining lemon juice and salt. Stir to combine.
- 06 Divide the pasta onto plates and top with basil. Enjoy!

NOTES

LEFTOVERS

Store in an airtight container in the fridge for up to 3 days.

SERVING SIZE

One serving is equal to approximately 1 1/3 cup.

ADDITIONAL TOPPINGS

Top with nutritional yeast, olives, and/or black pepper.

NO BASIL

Omit, or use parsley.

Shrimp & Onion Fritters

2 SERVINGS 25 MINUTES



INGREDIENTS

66 grams Unbleached All Purpose Flour
1/3 cup Water
1 Egg
1/2 tsp Chili Flakes
Sea Salt & Black Pepper
227 grams Shrimp (peeled, deveined)
1/3 cup Red Onion (thinly sliced)
1 stalk Green Onion (thinly sliced)
1 1/2 tbsps Extra Virgin Olive Oil
2 tbsps Cilantro (optional for garnish)

NUTRITION

AMOUNT PER SERVING

Calories	355	Cholesterol	276mg
Fat	13g	Sodium	175mg
Carbs	28g	Vitamin A	444IU
Fiber	1g	Vitamin C	3mg
Sugar	2g	Calcium	106mg
Protein	30g	Iron	3mg

DIRECTIONS

- 01 In a bowl, whisk together the flour, water, egg, chili flakes, salt, and pepper until smooth.
- 02 Add in the shrimp, red onion, and green onion and stir well.
- 03 Heat the oil in a large non-stick skillet over medium heat. Scoop roughly 1 1/2 tbsp of batter into the skillet per fritter. Cook for about 15 minutes flipping halfway through, until the fritters are golden brown.
- 04 Divide the fritters evenly between plates, top with cilantro if using, and enjoy!

NOTES

LEFTOVERS

Best to enjoy immediately. Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately six fritters.

MORE FLAVOR

Add bean sprouts to the batter.

DIPPING SAUCE

Serve with cilantro sauce or sweet chili sauce if desired.

Cajun Turkey with Green Beans & Rice

2 SERVINGS 30 MINUTES



INGREDIENTS

1/2 cup Jasmine Rice (dry)
227 grams Turkey Breast
1 1/2 tps Coconut Oil (divided)
1 tbs Cajun Spice
4 cups Frozen Green Beans (thawed)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	395	Cholesterol	60mg
Fat	6g	Sodium	417mg
Carbs	55g	Vitamin A	1149IU
Fiber	9g	Vitamin C	11mg
Sugar	5g	Calcium	124mg
Protein	33g	Iron	3mg

DIRECTIONS

- 01 Cook the rice according to the instructions on the package and set aside.
- 02 While the rice cooks, dice your turkey breast into 1 inch cubes. Add half the coconut oil to a large skillet and warm over medium heat. Add the diced turkey breast and saute for 7 to 10 minutes, or until browned and cooked through. Add the cajun seasoning and continue to saute until the turkey is well coated. Transfer to a small plate.
- 03 Place the skillet back over medium heat and add the remaining coconut oil. Add the frozen green beans and cover. Saute for 4 to 5 minutes or until tender and crisp. Turn off the heat.
- 04 Divide rice, turkey and green beans between bowls. Season with sea salt and black pepper to taste. Enjoy!

NOTES

NO RICE

Use quinoa or roasted potatoes instead.

STORAGE

Store in an airtight container in the fridge up to 3 days.

LOW CARB

Use cauliflower rice instead of jasmine rice.

NO TURKEY BREAD

Use chicken breast or ground meat instead.

REHEATING LEFTOVERS

Saute in a skillet until warmed through.

VEGAN & VEGETARIAN

Replace the turkey breast with roasted chickpeas or warm lentils seasoned with cajun spice.

Ginger Sweet Potato Chicken Nuggets

2 SERVINGS 35 MINUTES



INGREDIENTS

151 grams Extra Lean Ground Chicken
1/3 Sweet Potato (large, peeled and grated)
1 1/3 stalks Green Onion (chopped)
2 tsp Cassava Flour
1/8 tsp Ground Ginger
1 1/3 Garlic (cloves, minced)
2 tsp Coconut Aminos
1/8 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	148	Cholesterol	65mg
Fat	6g	Sodium	346mg
Carbs	9g	Vitamin A	3394IU
Fiber	1g	Vitamin C	2mg
Sugar	2g	Calcium	21mg
Protein	14g	Iron	1mg

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 02 In a large bowl, combine the chicken, sweet potato, onion, flour, ginger, garlic, coconut aminos, and salt. Mix to combine.
- 03 Use your hands to form the mixture into balls, slightly larger than a golf ball, and then flatten them slightly into nugget shapes. Transfer to the baking sheet.
- 04 Bake for 24 to 25 minutes, flipping halfway through. Broil for one to two minutes at the end if you want to brown them more. Enjoy!

NOTES

LEFTOVERS

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

SERVING SIZE

Three servings yields 12 nuggets. One serving is four nuggets.

NO CASSAVA FLOUR

Use coconut, almond, or oat flour instead.

MORE FLAVOR

Use ground dark meat instead.

NO GROUND CHICKEN

Use ground turkey instead.

NO COCONUT AMINOS

Use tamari or soy sauce instead.

Miso Baked Tofu & Rice

2 SERVINGS 40 MINUTES



INGREDIENTS

- 1 1/3 tbsps Miso Paste
- 1 1/3 tbsps Tamari
- 1 tbsp Maple Syrup
- 321 grams Tofu (extra firm, drained and cubed)
- 2/3 cup Brown Rice
- 1 1/8 cups Water
- 1/8 tsp Sea Salt
- 2 2/3 tbsps Cilantro (roughly chopped)

NUTRITION

AMOUNT PER SERVING

Calories	413	Cholesterol	0mg
Fat	11g	Sodium	1434mg
Carbs	59g	Vitamin A	90IU
Fiber	5g	Vitamin C	0mg
Sugar	9g	Calcium	486mg
Protein	23g	Iron	5mg

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 In a small bowl, whisk together the miso paste, tamari and maple syrup. Add the tofu to a large bowl. Pour the mixture over top and mix well. Let it marinate for 10 minutes.
- 03 Meanwhile, combine the brown rice and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let it simmer for 30 to 35 minutes or until water is absorbed. Remove lid, season with sea salt and fluff with a fork.
- 04 While the rice is cooking, add the marinated tofu to the baking sheet. Cook for 25 minutes, flipping halfway through.
- 05 Plate the rice and add the tofu on top. Garnish with cilantro. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

MISO PASTE

This recipe was developed and tested using white miso.

NO BROWN RICE

Use jasmine rice, white rice or cauliflower rice instead.

MORE FLAVOR

Add a drizzle of sesame oil or chili flakes for some heat.

ADDITIONAL TOPPINGS

Add your favorite vegetables.

Pressure Cooker Jerk Pork

2 SERVINGS 1 HOUR



INGREDIENTS

302 grams Pork Shoulder, Boneless (cut into large chunks)

1 1/8 tbsps Jerk Seasoning

2 2/3 tbsps Water

NUTRITION

AMOUNT PER SERVING

Calories	210	Cholesterol	91mg
Fat	5g	Sodium	362mg
Carbs	4g	Vitamin A	350IU
Fiber	0g	Vitamin C	0mg
Sugar	0g	Calcium	13mg
Protein	34g	Iron	1mg

DIRECTIONS

- 01 Add the pork shoulder to a large bowl with the jerk seasoning. Toss well to coat.
- 02 Place the seasoned pork and water in your pressure cooker. Put the lid on and set it to “sealing” then press manual/pressure cooker. Cook for 40 minutes on high pressure. Once finished, let it release naturally for 10 minutes and then do a quick release.
- 03 Open the lid and shred the pork with two forks. Enjoy!

NOTES

LEFTOVERS

Store in an airtight container in the fridge for up to 3 days, or freeze for longer.

SERVING SIZE

One serving is equal to approximately 2/3 cup of pulled pork.

CRISPY PULLED PORK

After cooking, broil the pulled pork in the oven on a baking sheet for five to eight minutes to make it crispy.

MORE FLAVOR

Let the pork marinate in the seasoning for one to four hours before cooking.

SERVE IT WITH

Tacos, rice, or vegetables.

Parchment Baked Cod with Olive Chimichurri

1 SERVING 25 MINUTES



INGREDIENTS

1/2 Lemon (sliced)
1 Cod Fillet
Sea Salt & Black Pepper (to taste)
2 2/3 tbsps Green Olives (pitted, chopped)
1 tbsp Parsley (finely chopped)
1/2 Garlic (clove, finely chopped)
1 tbsp Extra Virgin Olive Oil
3/4 tsp Lemon Juice

NUTRITION

AMOUNT PER SERVING

Calories	344	Cholesterol	99mg
Fat	18g	Sodium	292mg
Carbs	4g	Vitamin A	488IU
Fiber	1g	Vitamin C	17mg
Sugar	1g	Calcium	66mg
Protein	42g	Iron	3mg

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C). Cut pieces of parchment paper, about 18-inches (45 cm) long. You'll need one per fillet of fish. Fold each piece of parchment in half then unfold.
- 02 Divide the lemon slices between parchment pieces into a single layer. Season each fillet with salt and pepper and place them on top of the lemons.
- 03 Fold the other side of the parchment paper over the fish. Starting at one side, crimp and fold the edges of the parchment together to tightly seal the packets. Carefully transfer the parchment packets to a baking sheet. Bake in the oven for 15 to 16 minutes or until fish is cooked.
- 04 Meanwhile, in a small bowl combine together the olives, parsley, garlic, oil, and lemon juice. Season with salt and pepper.
- 05 Top the cooked fish with the olive chimichurri and enjoy!

NOTES

LEFTOVERS

Refrigerate the fish and chimichurri in separate containers for up to two days.

SERVING SIZE

One serving is equal to one cod fillet and approximately 1/4 cup olive chimichurri.

MORE FLAVOR

Add cilantro and chili flakes to the chimichurri.

FILLET SIZE

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

Brown Basmati Rice with Lentils

1 SERVING 1 HOUR



INGREDIENTS

3 1/4 tbsps Brown Basmati Rice
(uncooked)
3 1/4 tbsps Dry Lentils
2/3 cup Vegetable Broth

NUTRITION

AMOUNT PER SERVING

Calories	271	Cholesterol	0mg
Fat	1g	Sodium	460mg
Carbs	54g	Vitamin A	383IU
Fiber	5g	Vitamin C	2mg
Sugar	2g	Calcium	18mg
Protein	12g	Iron	3mg

DIRECTIONS

- 01 Combine the brown basmati rice, lentils, and broth together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce the heat to a simmer and cover with a lid. Let simmer for 50 minutes. Do not stir or lift the lid during this time.
- 02 Remove from heat and let it sit with the lid on for five minutes. Fluff with a fork and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days, or in the freezer for up to six months.

SERVING SIZE

One serving equals approximately one cup.

MORE FLAVOR

Season with salt, spices and fresh herbs once cooked.

SAVE TIME

Use cooked lentils from the can and stir with leftover brown basmati rice.

NO BROWN BASMATI RICE

Use jasmine rice instead and adjust the cooking time and water ratio accordingly.

TOO WATERY

Remove the lid and cook on low for five to 10 minutes. Cover with a lid and let it rest for another five minutes before serving.