



## 2400 Calorie Meal Plan 50/30/20 PDF

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**EXERCISE**  
*with Style*

# 2400 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](mailto:brenda.peralta@exercisewithstyle.com)

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## MON



**BREAKFAST**  
Creamy Apple Pie Protein Oatmeal

**SNACK 1**  
English Muffin Breakfast Pizzas



**LUNCH**  
Chicken & Celery Root Slaw Sandwich



**SNACK 2**  
1.5 Cherries, Banana & Cottage Cheese



**DINNER**  
Jerk Chicken & Rice with Pineapple Salsa

## TUE



**BREAKFAST**  
Creamy Apple Pie Protein Oatmeal

**SNACK 1**  
English Muffin Breakfast Pizzas



**LUNCH**  
Jerk Chicken & Rice with Pineapple Salsa



**SNACK 2**  
1.5 Cherries, Banana & Cottage Cheese



**DINNER**  
Chickpea Pasta with Pesto

## WED



**BREAKFAST**  
Creamy Apple Pie Protein Oatmeal

**SNACK 1**  
English Muffin Breakfast Pizzas



**LUNCH**  
Chickpea Pasta with Pesto



**SNACK 2**  
Cherries, Banana & Cottage Cheese



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

## THU



**BREAKFAST**  
Orange Creamsicle Overnight Oats



**SNACK 1**  
Pumpkin Pie Greek Yogurt



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



**SNACK 2**  
1.5 Kiwi Green Smoothie



**DINNER**  
Chipotle Chicken, Broccoli & Wild Rice

## FRI



**BREAKFAST**  
Orange Creamsicle Overnight Oats



**SNACK 1**  
Pumpkin Pie Greek Yogurt



**LUNCH**  
Chipotle Chicken, Broccoli & Wild Rice



**SNACK 2**  
1.5 Kiwi Green Smoothie



**DINNER**  
Cod & Potato Cakes with Yellow Beans

## SAT



**BREAKFAST**  
Squash & Pomegranate Breakfast Bowl, Gallo Pinto



**SNACK 1**  
Pumpkin Pie Greek Yogurt



**LUNCH**  
Cod & Potato Cakes with Yellow Beans



**SNACK 2**  
1.5 Kiwi Green Smoothie



**DINNER**  
Tuna Avocado Sandwich

## SUN



**BREAKFAST**  
Squash & Pomegranate Breakfast Bowl, Gallo Pinto



**SNACK 1**  
Pumpkin Pie Greek Yogurt



**LUNCH**  
Tuna Avocado Sandwich



**SNACK 2**  
1.5 Kiwi Green Smoothie



**DINNER**  
Grilled Peri Peri Chicken & Rice

## MON

FAT 21% CARBS 50% PROTEIN 29%

Calories 2405  
Fat 57g  
Carbs 305g  
Fiber 34g  
Sugar 104g  
Protein 181g  
Cholesterol 324mg  
Sodium 3918mg  
Vitamin A 7432IU  
Vitamin C 206mg  
Calcium 1246mg  
Iron 14mg

## TUE

FAT 22% CARBS 49% PROTEIN 29%

Calories 2471  
Fat 65g  
Carbs 315g  
Fiber 50g  
Sugar 107g  
Protein 186g  
Cholesterol 239mg  
Sodium 3460mg  
Vitamin A 9917IU  
Vitamin C 211mg  
Calcium 1383mg  
Iron 25mg

## WED

FAT 24% CARBS 48% PROTEIN 28%

Calories 2315  
Fat 65g  
Carbs 288g  
Fiber 47g  
Sugar 74g  
Protein 169g  
Cholesterol 221mg  
Sodium 2234mg  
Vitamin A 10277IU  
Vitamin C 80mg  
Calcium 1378mg  
Iron 25mg

## THU

FAT 24% CARBS 47% PROTEIN 29%

Calories 2424  
Fat 66g  
Carbs 292g  
Fiber 36g  
Sugar 91g  
Protein 180g  
Cholesterol 282mg  
Sodium 1285mg  
Vitamin A 29529IU  
Vitamin C 336mg  
Calcium 1839mg  
Iron 17mg

## FRI

FAT 23% CARBS 47% PROTEIN 30%

Calories 2346  
Fat 61g  
Carbs 287g  
Fiber 43g  
Sugar 97g  
Protein 181g  
Cholesterol 369mg  
Sodium 1697mg  
Vitamin A 29753IU  
Vitamin C 393mg  
Calcium 1852mg  
Iron 21mg

## SAT

FAT 21% CARBS 50% PROTEIN 29%

Calories 2438  
Fat 58g  
Carbs 314g  
Fiber 54g  
Sugar 94g  
Protein 178g  
Cholesterol 310mg  
Sodium 3001mg  
Vitamin A 42973IU  
Vitamin C 285mg  
Calcium 1418mg  
Iron 24mg

## SUN

FAT 21% CARBS 51% PROTEIN 28%

Calories 2433  
Fat 57g  
Carbs 314g  
Fiber 46g  
Sugar 86g  
Protein 176g  
Cholesterol 202mg  
Sodium 2794mg  
Vitamin A 41611IU  
Vitamin C 212mg  
Calcium 1289mg  
Iron 19mg

## FRUITS

- 1 1/2 Apple
- 1 Avocado
- 7 Banana
- 2 cups Cherries
- 1/4 Green Apple
- 6 Kiwi
- 1/2 Lemon
- 2 tbsps Lime Juice
- 2 Navel Orange
- 1 cup Pineapple
- 1 cup Pomegranate Seeds

## BREAKFAST

- 3/4 cup Maple Syrup

## SEEDS, NUTS & SPICES

- 1/3 cup Chia Seeds
- 1 tsp Chili Powder
- 1/2 tsp Chipotle Powder
- 2 1/2 tsps Cinnamon
- 3/4 tsp Garlic Powder
- 1/2 tsp Ground Ginger
- 1/2 cup Hemp Seeds
- 2 tsps Jerk Seasoning
- 1 1/2 tsps Peri Peri Spice
- 1/4 cup Pine Nuts
- 2 1/2 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/2 tsp Turmeric

## FROZEN

- 12 Ice Cubes

## VEGETABLES

- 1/2 cup Arugula
- 12 cups Baby Spinach
- 2 1/2 cups Basil Leaves
- 2 cups Broccoli
- 2 cups Butternut Squash
- 2 stalks Celery
- 1/2 cup Celery Root
- 1/3 cup Cilantro
- 1/4 cup Fresh Dill
- 2 Garlic
- 1 Jalapeno Pepper
- 1/4 cup Parsley
- 1/4 Red Bell Pepper
- 1/2 cup Red Onion
- 2 2/3 cups Yellow Beans
- 1/2 Yellow Bell Pepper
- 2/3 Yellow Onion
- 2 2/3 Yellow Potato

## BOXED & CANNED

- 1 2/3 cups Basmati Rice
- 1 cup Black Beans
- 1/2 cup Canned Coconut Milk
- 227 grams Chickpea Pasta
- 1/3 cup Jasmine Rice
- 1/3 cup Salsa
- 2 cans Tuna
- 1 1/2 cups Vegetable Broth, Low Sodium
- 1 cup Wild Rice

## BAKING

- 1 tbsp All Purpose Gluten-Free Flour
- 9 grams Gelatin
- 1/4 cup Nutritional Yeast
- 2 1/8 cups Oats
- 2 tsps Orange Extract
- 1 1/3 tbsps Pumpkin Pie Spice

## BREAD, FISH, MEAT & CHEESE

- 822 grams Chicken Breast
- 1 1/3 Cod Fillet
- 170 grams English Muffin
- 85 grams Mozzarella Cheese
- 2 Rainbow Trout Fillet
- 299 grams Sourdough Bread

## CONDIMENTS & OILS

- 2 1/16 tbsps Avocado Oil
- 1 1/2 tbsps Coconut Aminos
- 2 tbsps Extra Virgin Olive Oil
- 1 1/2 tsps Mayonnaise
- 21 grams Pickled Red Onions

## COLD

- 3 1/3 tbsps Butter
- 4 cups Cottage Cheese
- 1 1/3 Egg
- 1 1/2 cups Egg Whites
- 9 cups Plain Greek Yogurt
- 1/4 cup Unsweetened Coconut Yogurt

## OTHER

- 43 grams Collagen Powder
- 2 1/8 cups Vanilla Protein Powder
- 6 3/4 cups Water

- 2 cups Pureed Pumpkin
- 2 1/3 tbsps Raw Honey
- 1 tbsp Vanilla Extract

# Creamy Apple Pie Protein Oatmeal

3 SERVINGS 20 MINUTES



## INGREDIENTS

1 1/2 Apple (diced small)  
3 tbsps Water  
3 tbsps Maple Syrup (plus more for garnish)  
1 1/2 tsps Cinnamon (plus more for garnish)  
1 1/2 cups Oats (rolled)  
1/3 cup Vanilla Protein Powder  
3 cups Plain Greek Yogurt  
3 tbsps Hemp Seeds

## NUTRITION

### AMOUNT PER SERVING

Calories	535	Cholesterol	36mg
Fat	13g	Sodium	166mg
Carbs	68g	Vitamin A	1304IU
Fiber	8g	Vitamin C	19mg
Sugar	28g	Calcium	625mg
Protein	40g	Iron	4mg

## DIRECTIONS

- 01 Combine the apples, water, syrup, and cinnamon in a saucepan. Cover and cook over low heat until the apples are soft, about 10 to 12 minutes.
- 02 Cook the oats according to the package directions.
- 03 Stir the protein powder into the yogurt.
- 04 Top the oatmeal with Greek yogurt, warm apples, and hemp seeds. Add extra cinnamon and maple syrup, if desired. Enjoy!

## NOTES

### LEFTOVERS

Best enjoyed immediately. Refrigerate for up to three days and reheat before serving.

### SERVING SIZE

One serving is approximately two cups.

### ADDITIONAL TOPPINGS

Cinnamon, chia seeds, ground flax seeds, nuts.

# 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.

# Squash & Pomegranate Breakfast Bowl

2 SERVINGS 45 MINUTES



## INGREDIENTS

2 cups Butternut Squash (peeled, seeded, & chopped)  
2 tbsps Maple Syrup  
1/2 cup Canned Coconut Milk (full fat)  
9 grams Gelatin  
43 grams Collagen Powder  
1 tsp Cinnamon  
1/2 tsp Ground Ginger  
1/2 tsp Turmeric  
1/4 cup Unsweetened Coconut Yogurt  
1 cup Pomegranate Seeds

## NUTRITION

### AMOUNT PER SERVING

Calories	394	Cholesterol	0mg
Fat	12g	Sodium	71mg
Carbs	48g	Vitamin A	14886...
Fiber	7g	Vitamin C	37mg
Sugar	26g	Calcium	189mg
Protein	26g	Iron	2mg

## DIRECTIONS

- 01 Steam the butternut squash in a steaming basket on the stove for 10 minutes.
- 02 Add the steamed squash, maple syrup, coconut milk, gelatin, collagen, cinnamon, ginger, and turmeric to a food processor and blend until a smooth consistency is achieved. Transfer to a bowl and allow it to set in the fridge for 30 minutes.
- 03 Divide the squash purée evenly between bowls. Top with coconut yogurt and pomegranate seeds. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days.

### MAKE IT VEGAN

Use agar agar in place of the gelatin and vegan protein powder in place of the collagen.

# Gallo Pinto

2 SERVINGS 20 MINUTES



## INGREDIENTS

- 1/3 cup Jasmine Rice (dry, rinsed)
- 1 1/2 tsps Avocado Oil (divided)
- 1/4 Yellow Onion (medium, diced)
- 1/4 Red Bell Pepper (medium, diced)
- 1 1/2 tsps Cilantro (chopped, plus more for garnish)
- 1/2 tsp Sea Salt (to taste)
- 1 cup Black Beans (cooked)
- 2 tsps Water (or broth)

## NUTRITION

### AMOUNT PER SERVING

Calories	261	Cholesterol	0mg
Fat	4g	Sodium	593mg
Carbs	48g	Vitamin A	522IU
Fiber	9g	Vitamin C	19mg
Sugar	2g	Calcium	31mg
Protein	10g	Iron	2mg

## DIRECTIONS

- 01 Cook the rice according to package directions and set aside.
- 02 Heat half the oil in a large skillet over medium heat. Add the onions, red bell pepper, cilantro, and salt. Cook for about five minutes, or until the onions are soft and translucent.
- 03 Stir in the beans, water, and rice. Heat for five to 10 minutes or until warmed through. Season with more salt as needed. Divide onto plates and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### SERVING SIZE

One serving equals approximately one cup.

### MORE FLAVOR

Add salsa Lizano or Worcestershire sauce.

### ADDITIONAL TOPPING

Serve as is or with fried plantains, fried egg, corn tortillas, sour cream, or plain yogurt.

# English Muffin Breakfast Pizzas

3 SERVINGS 15 MINUTES



## INGREDIENTS

1 1/2 cups Egg Whites  
3 tbsps Water  
4 1/2 cups Baby Spinach  
170 grams English Muffin (sliced in half)  
1/3 cup Salsa  
85 grams Mozzarella Cheese (shredded)

## NUTRITION

### AMOUNT PER SERVING

Calories	253	Cholesterol	25mg
Fat	6g	Sodium	798mg
Carbs	33g	Vitamin A	4572IU
Fiber	10g	Vitamin C	13mg
Sugar	3g	Calcium	245mg
Protein	23g	Iron	3mg

## DIRECTIONS

- 01 Add the egg whites to a cold saucepan. Place over low to low-medium heat and stir continuously with a heat-safe spatula until fluffy and cooked through, about 10 minutes.
- 02 Heat the water in a pan and add the spinach. Cook for about one to two minutes or until wilted.
- 03 Top the English muffin slices with spinach, scrambled egg whites, salsa, and mozzarella. Broil in the oven until the cheese is melted and golden brown. Enjoy!

## NOTES

### LEFTOVERS

Best enjoyed immediately. Can be refrigerated in an airtight container for up to two days.

### GLUTEN-FREE

Use gluten-free bread, rice cakes, or brown rice tortillas instead of English muffins.

### ADDITIONAL TOPPINGS

Salt, crushed red pepper flakes, dried parsley, fresh basil and/or dried oregano. Top with your favorite pizza toppings.

### MAKE IT VEGAN

Use scrambled tofu and vegan cheese instead.

### ENGLISH MUFFIN

One English muffin is roughly two ounces or 57 grams.

# Pumpkin Pie Greek Yogurt

4 SERVINGS 5 MINUTES



## INGREDIENTS

4 cups Plain Greek Yogurt  
2 cups Pureed Pumpkin  
1/2 cup Maple Syrup  
1 1/3 tbsps Pumpkin Pie Spice  
2 tsps Vanilla Extract  
1 tsp Sea Salt

## NUTRITION

### AMOUNT PER SERVING

Calories	338	Cholesterol	34mg
Fat	6g	Sodium	742mg
Carbs	50g	Vitamin A	20319...
Fiber	4g	Vitamin C	20mg
Sugar	35g	Calcium	584mg
Protein	23g	Iron	3mg

## DIRECTIONS

01 Whisk all of the ingredients together in a bowl until well combined. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### SERVING SIZE

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

### MAKE IT VEGAN

Use coconut yogurt.

### ADDITIONAL TOPPINGS

Top with granola.

# Chicken & Celery Root Slaw Sandwich

1 SERVING 25 MINUTES



## INGREDIENTS

1/4 tsp Avocado Oil  
113 grams Chicken Breast  
1/2 cup Celery Root (shredded)  
1/4 Green Apple (large, shredded)  
21 grams Pickled Red Onions  
1 1/2 tps Mayonnaise  
1/4 tsp Raw Honey  
Sea Salt & Black Pepper (to taste)  
1/2 cup Arugula  
99 grams Sourdough Bread

## NUTRITION

### AMOUNT PER SERVING

Calories	513	Cholesterol	85mg
Fat	11g	Sodium	926mg
Carbs	65g	Vitamin A	317IU
Fiber	5g	Vitamin C	10mg
Sugar	8g	Calcium	58mg
Protein	37g	Iron	4mg

## DIRECTIONS

- 01 Warm the oil in a pan over medium heat and add the chicken breasts. Add a little water to the pan and cover with a lid. Cook for 15 to 20 minutes, flipping halfway through, or until cooked through.
- 02 In a mixing bowl, combine the shredded celery root, apple, onion, mayonnaise, honey, salt, and pepper to taste. Mix well to combine.
- 03 Slice the cooked chicken breast into thin pieces. Divide the arugula, coleslaw, and chicken evenly between the bread slices. Cut in half if desired and enjoy!

## NOTES

### LEFTOVERS

Best enjoyed immediately. Ingredients can be kept separately in an airtight container in the fridge for up to three days.

### SERVING SIZE

One serving is equal to one sandwich.

### MAKE IT VEGAN

Use tofu or tempeh instead of chicken. Use vegan mayonnaise instead of mayonnaise.

### ADDITIONAL TOPPINGS

Cheese and/or fresh herbs.

### GLUTEN-FREE

Use gluten-free bread.

### SOURDOUGH BREAD

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

# Cherries, Banana & Cottage Cheese

4 SERVINGS 5 MINUTES



## INGREDIENTS

4 cups Cottage Cheese  
4 Banana (medium, sliced)  
2 cups Cherries (pitted, fresh or frozen)

## NUTRITION

### AMOUNT PER SERVING

Calories	359	Cholesterol	36mg
Fat	10g	Sodium	663mg
Carbs	46g	Vitamin A	419IU
Fiber	5g	Vitamin C	16mg
Sugar	30g	Calcium	190mg
Protein	25g	Iron	1mg

## DIRECTIONS

01 Top the cottage cheese with banana slices and cherries. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### MAKE IT VEGAN

Use oatmeal, coconut yogurt or vegan cheese instead of cottage cheese.

### ADDITIONAL TOPPINGS

Hemp seeds, chia seeds, shredded coconut, crushed nuts, honey, maple syrup, or your sweetener of choice.

# Kiwi Green Smoothie

6 SERVINGS 5 MINUTES



## INGREDIENTS

6 Kiwi (small, peeled)  
3 Banana (frozen)  
1 1/2 cups Vanilla Protein Powder  
1/3 cup Chia Seeds  
7 1/2 cups Baby Spinach  
6 cups Water  
12 Ice Cubes

## 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

## 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.

# Jerk Chicken & Rice with Pineapple Salsa

2 SERVINGS 50 MINUTES



## INGREDIENTS

2 tbsps Lime Juice (divided)  
1 tbsp Avocado Oil  
1 1/2 tbsps Coconut Aminos  
1 tbsp Raw Honey  
2 tsps Jerk Seasoning  
1/2 tsp Sea Salt (divided)  
340 grams Chicken Breast  
1 1/2 cup Basmati Rice (dry)  
1 cup Pineapple (finely diced)  
1/4 cup Red Onion (finely diced)  
1 Jalapeno Pepper (finely diced)  
1/2 Yellow Bell Pepper (finely diced)  
1/4 cup Cilantro (finely chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	565	Cholesterol	124mg
Fat	12g	Sodium	1033mg
Carbs	70g	Vitamin A	610IU
Fiber	3g	Vitamin C	140mg
Sugar	20g	Calcium	33mg
Protein	43g	Iron	1mg

## DIRECTIONS

- 01 Add half of the lime juice, oil, coconut aminos, honey, jerk seasoning, and half of the sea salt in a small bowl. Whisk to combine. Place the chicken breasts in a zipper-lock bag and cover them with marinade. Close and shake to cover thoroughly. Marinate for at least 15 minutes.
- 02 Meanwhile, cook the rice according to the package directions.
- 03 In a bowl, combine the pineapple, red onion, jalapeño, bell pepper, cilantro, remaining salt, and remaining lime juice. Stir well to combine and set aside.
- 04 Warm a skillet over medium heat. Add the chicken and all of the marinade. Cover with a lid and allow to cook for 15 minutes on each side or until cooked through. Scoop the sauce onto the chicken a few times as it cooks.
- 05 Slice and serve the chicken with the rice and pineapple salsa. Enjoy!

## NOTES

### LEFTOVERS

Salsa and rice can be refrigerated for up to five days in an airtight container. Refrigerate chicken in an airtight container for up to three days.

### MAKE IT VEGAN

Use tofu in place of chicken.

# Chickpea Pasta with Pesto

2 SERVINGS 20 MINUTES



## INGREDIENTS

227 grams Chickpea Pasta (uncooked)  
2 1/2 cups Basil Leaves (packed)  
1/4 cup Pine Nuts  
1/4 cup Nutritional Yeast  
2 Garlic (clove)  
1/4 tsp Sea Salt  
1/2 Lemon (juiced)  
1/4 cup Water

## NUTRITION

### AMOUNT PER SERVING

Calories	579	Cholesterol	0mg
Fat	19g	Sodium	468mg
Carbs	75g	Vitamin A	2802IU
Fiber	21g	Vitamin C	15mg
Sugar	11g	Calcium	195mg
Protein	42g	Iron	15mg

## DIRECTIONS

- 01 Cook chickpea pasta according to the package.
- 02 While the pasta is cooking, add the basil, pine nuts, nutritional yeast, garlic, and sea salt to a food processor.
- 03 With the food processor running, slowly add the lemon juice followed by the water. Continue to blend for 20 to 30 seconds until pesto is smooth and emulsified to your liking. Taste and season with additional salt if needed.
- 04 Once the pasta is cooked, add the pesto to the pot and mix to combine.
- 05 Divide onto 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 of pasta.

### NUT-FREE

Use sunflower seeds instead of pine nuts.

# 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.

# Chipotle Chicken, Broccoli & Wild Rice

2 SERVINGS 45 MINUTES



## INGREDIENTS

- 1 cup Wild Rice (dry)
- 227 grams Chicken Breast (boneless, skinless, cubed)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 tsp Chili Powder
- 1/2 tsp Chipotle Powder
- 1/2 tsp Garlic Powder
- Sea Salt & Black Pepper (to taste)
- 2 cups Broccoli (florets)

## NUTRITION

### AMOUNT PER SERVING

Calories	578	Cholesterol	82mg
Fat	18g	Sodium	125mg
Carbs	67g	Vitamin A	1011IU
Fiber	8g	Vitamin C	81mg
Sugar	4g	Calcium	70mg
Protein	40g	Iron	3mg

## DIRECTIONS

- 01 Cook the wild rice according to the package directions.
- 02 While the rice is cooking, in a bowl, add the chicken, half of the oil, chili powder, chipotle powder, garlic powder, salt, and pepper. Mix to combine.
- 03 Warm a pan over medium heat and add the chicken. Spread out the chicken so it's not crowded.
- 04 Cook the chicken for four to five minutes per side or until cooked through and browned. If needed, add a splash of water. Set the chicken aside.
- 05 Add the remaining oil to the pan. Add the broccoli, salt, and pepper and sauté for three to five minutes. Add a splash of water then cover for two to three more minutes or until tender-crisp.
- 06 Divide the rice, chicken, and broccoli evenly between bowls and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is approximately one cup of both broccoli and rice with chicken.

### MORE FLAVOR

Add garlic to the broccoli while sautéing.

# Cod & Potato Cakes with Yellow Beans

2 SERVINGS 45 MINUTES



## INGREDIENTS

2 2/3 Yellow Potato (large, cubed)  
1 1/3 Cod Fillet  
2 2/3 cups Yellow Beans (halved)  
1 1/3 Egg (whisked)  
1/3 Yellow Onion (medium, diced)  
1/3 tsp Garlic Powder  
1/3 tsp Sea Salt  
1 1/3 tbsps Butter (unsalted, divided)

## NUTRITION

### AMOUNT PER SERVING

Calories	511	Cholesterol	211mg
Fat	12g	Sodium	551mg
Carbs	61g	Vitamin A	1404IU
Fiber	10g	Vitamin C	74mg
Sugar	8g	Calcium	136mg
Protein	40g	Iron	6mg

## DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 02 Bring a pot of water with a steaming basket to a boil. Add the potatoes, cover, and steam for 15 minutes, or until fork-tender.
- 03 While the potatoes are steaming, add the cod fillets to the prepared baking sheet and bake for 12 to 15 minutes.
- 04 Remove the potatoes from the steaming basket and transfer them to a large mixing bowl. To the same steaming basket, add the yellow beans and steam for 10 minutes.
- 05 Add the eggs, onion, garlic powder, salt, and half of the butter to the potatoes. Mash until smooth. Once the cod has finished baking, chop it finely and stir it into the potato mixture until well combined.
- 06 Create your cod and potato cakes by forming patties approximately two inches in diameter and 1/2 inch thick.
- 07 Warm the remaining butter in a pan and transfer the cakes to the pan. Cook for five minutes on each side, until browned and slightly crispy. Work in batches if needed.
- 08 Serve with the yellow beans and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days. The cod and potato cakes can be frozen for up to three months.

### SERVING SIZE

One serving is equal to approximately three cod and potato cakes with beans.

**ADDITIONAL TOPPINGS**

Add tartar sauce or aioli to the fish cakes and garnish with fresh parsley.

**DAIRY-FREE**

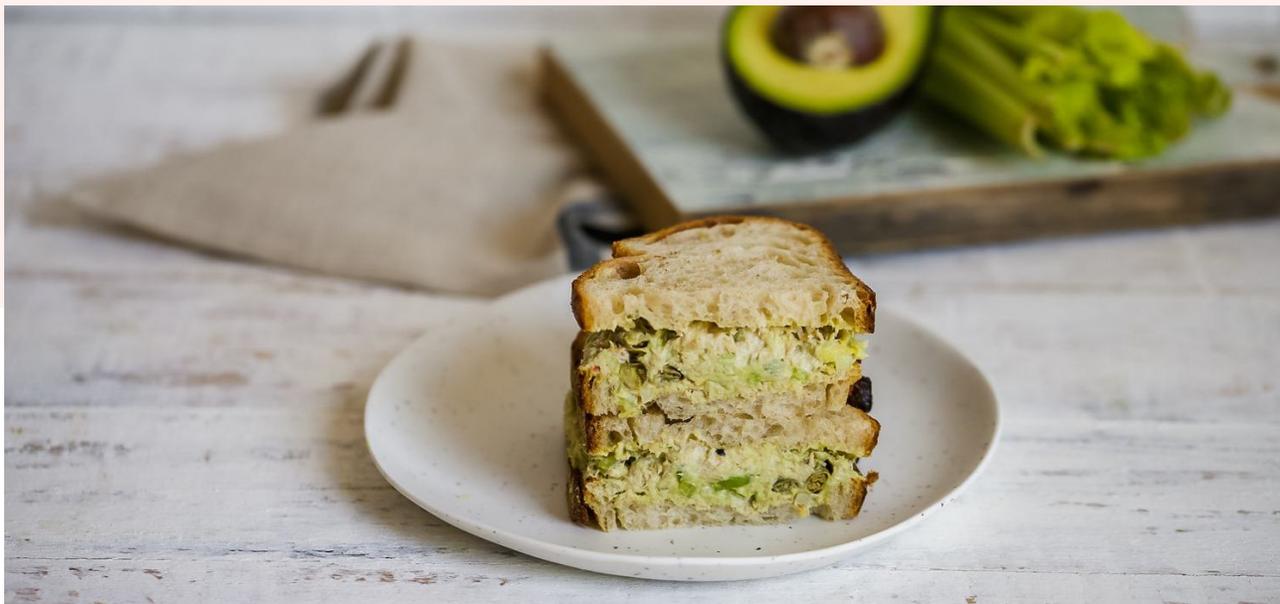
Use coconut oil instead of butter.

**FILLET SIZE**

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

# 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.

# Grilled Peri Peri Chicken & Rice

1 SERVING 30 MINUTES



## INGREDIENTS

1/3 cup Basmati Rice (uncooked)  
142 grams Chicken Breast (boneless, skinless)  
1 1/2 tsps Avocado Oil  
1 1/2 tsps Peri Peri Spice

## NUTRITION

### AMOUNT PER SERVING

Calories	506	Cholesterol	103mg
Fat	11g	Sodium	344mg
Carbs	61g	Vitamin A	42IU
Fiber	2g	Vitamin C	1mg
Sugar	0g	Calcium	7mg
Protein	38g	Iron	1mg

## DIRECTIONS

- 01 Preheat the grill over medium heat.
- 02 Cook the rice according to the package. While it is cooking, add the chicken to a bowl. Coat with the oil then season with the Peri-Peri spice.
- 03 Place the chicken on the grill and cook for about 10 minutes per side or until cooked through. Remove the chicken from the grill and let it rest for five minutes before slicing.
- 04 Divide the rice and chicken onto plates and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is approximately five ounces of sliced chicken and one cup of cooked rice.

### ADD GRILLED VEGETABLES

Serve with grilled vegetables like asparagus, bell peppers, and/or zucchini.

### MORE FLAVOR

Cook the rice in chicken or vegetable broth.