



## 2500 Calorie Meal Plan 40/30/30 PDF

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**EXERCISE**  
*with Style*

# 2500 Calorie Meal Plan 40/30/30 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**  
Orange Creamsicle Overnight Oats



**SNACK 1**  
Zucchini & Yogurt Protein Overnight Oats



**LUNCH**  
Salmon Avocado Sandwich



**SNACK 2**  
Sweet Chili Edamame



**DINNER**  
One Pan Shrimp Boil

## TUE



**BREAKFAST**  
Orange Creamsicle Overnight Oats



**SNACK 1**  
1.5 Zucchini & Yogurt Protein Overnight Oats



**LUNCH**  
One Pan Shrimp Boil



**SNACK 2**  
Sweet Chili Edamame



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

## WED



**BREAKFAST**  
Orange Creamsicle Overnight Oats



**SNACK 1**  
Zucchini & Yogurt Protein Overnight Oats



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



**SNACK 2**  
Sweet Chili Edamame



**DINNER**  
Peanut Tofu & Edamame Quinoa Bowl

## THU



**BREAKFAST**  
Protein Cinnamon & Apple Oats, 0.5 Whipped Ricotta & Pesto Toast



**SNACK 1**  
Mango Mint Smoothie



**LUNCH**  
Peanut Tofu & Edamame Quinoa Bowl



**SNACK 2**  
Creamy Blueberry Smoothie



**DINNER**  
Chickpea Pasta with Pesto

## FRI



**BREAKFAST**  
Protein Cinnamon & Apple Oats, 0.5 Whipped Ricotta & Pesto Toast



**SNACK 1**  
Mango Mint Smoothie



**LUNCH**  
Chickpea Pasta with Pesto



**SNACK 2**  
Creamy Blueberry Smoothie



**DINNER**  
Chicken, Edamame & Avocado Rice Bowls

## SAT



**BREAKFAST**  
Smoked Salmon & Feta Omelette, 0.5 Stuffed Plantains



**SNACK 1**  
Mango Mint Smoothie



**LUNCH**  
Chicken, Edamame & Avocado Rice Bowls



**SNACK 2**  
Creamy Blueberry Smoothie



**DINNER**  
Honey Garlic Chicken Thighs

## SUN



**BREAKFAST**  
Smoked Salmon & Feta Omelette, 0.5 Stuffed Plantains



**SNACK 1**  
Mango Mint Smoothie



**LUNCH**  
Honey Garlic Chicken Thighs



**SNACK 2**  
Creamy Blueberry Smoothie



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

## MON

FAT 32% CARBS 39% PROTEIN 29%

Calories 2439  
Fat 88g  
Carbs 246g  
Fiber 37g  
Sugar 64g  
Protein 180g  
Cholesterol 462mg  
Sodium 4304mg  
Vitamin A 3041IU  
Vitamin C 195mg  
Calcium 1450mg  
Iron 23mg

## TUE

FAT 29% CARBS 42% PROTEIN 29%

Calories 2564  
Fat 87g  
Carbs 276g  
Fiber 39g  
Sugar 71g  
Protein 190g  
Cholesterol 470mg  
Sodium 3264mg  
Vitamin A 3945IU  
Vitamin C 259mg  
Calcium 1652mg  
Iron 24mg

## WED

FAT 31% CARBS 41% PROTEIN 28%

Calories 2461  
Fat 89g  
Carbs 261g  
Fiber 46g  
Sugar 69g  
Protein 179g  
Cholesterol 140mg  
Sodium 1293mg  
Vitamin A 3946IU  
Vitamin C 225mg  
Calcium 1863mg  
Iron 25mg

## THU

FAT 30% CARBS 44% PROTEIN 26%

Calories 2454  
Fat 87g  
Carbs 288g  
Fiber 69g  
Sugar 90g  
Protein 165g  
Cholesterol 29mg  
Sodium 1391mg  
Vitamin A 9212IU  
Vitamin C 195mg  
Calcium 2247mg  
Iron 33mg

## FRI

FAT 29% CARBS 44% PROTEIN 27%

Calories 2481  
Fat 86g  
Carbs 286g  
Fiber 66g  
Sugar 84g  
Protein 174g  
Cholesterol 189mg  
Sodium 1334mg  
Vitamin A 9599IU  
Vitamin C 276mg  
Calcium 1756mg  
Iron 29mg

## SAT

FAT 36% CARBS 36% PROTEIN 28%

Calories 2589  
Fat 106g  
Carbs 242g  
Fiber 45g  
Sugar 97g  
Protein 191g  
Cholesterol 814mg  
Sodium 2890mg  
Vitamin A 12201IU  
Vitamin C 305mg  
Calcium 1557mg  
Iron 23mg

## SUN

FAT 33% CARBS 39% PROTEIN 28%

Calories 2481  
Fat 92g  
Carbs 251g  
Fiber 37g  
Sugar 95g  
Protein 176g  
Cholesterol 778mg  
Sodium 2638mg  
Vitamin A 12524IU  
Vitamin C 232mg  
Calcium 1561mg  
Iron 19mg

## FRUITS

- 2 Apple
- 2 Avocado
- 5 Lemon
- 1 tbsp Lemon Juice
- 2 Lime
- 3 Navel Orange
- 1 Plantain

## BREAKFAST

- 1 1/2 tbsps Almond Butter
- 1 tbsp Maple Syrup

## SEEDS, NUTS & SPICES

- 1/2 tsp Black Pepper
- 1/16 tsp Cayenne Pepper
- 1 1/2 tsps Celery Salt
- 1/4 cup Chia Seeds
- 1/4 tsp Chili Flakes
- 1 1/3 tsps Chili Powder
- 1/2 tsp Chipotle Powder
- 2/3 tsp Cinnamon
- 1/2 tsp Garlic Powder
- 2 tbsps Ground Flax Seed
- 2/3 cup Hemp Seeds
- 1/8 tsp Paprika
- 1/4 cup Pine Nuts
- 1 1/3 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tsp Smoked Paprika
- 1 1/2 tsps Taco Seasoning

## FROZEN

- 6 cups Edamame Pods
- 4 cups Frozen Blueberries
- 4 cups Frozen Cauliflower
- 2 3/4 cups Frozen Edamame
- 4 cups Frozen Mango

## VEGETABLES

- 3 cups Asparagus
- 4 cups Baby Spinach
- 2 1/2 cups Basil Leaves
- 4 cups Broccoli
- 1 1/2 ears Corn On The Cob
- 1/3 cup Fresh Dill
- 6 1/2 Garlic
- 1/3 Green Bell Pepper
- 1/4 cup Microgreens
- 1/2 cup Mint Leaves
- 2 tbsps Parsley
- 1 1/2 Yellow Potato
- 1/3 Zucchini

## BOXED & CANNED

- 1/3 cup Basmati Rice
- 113 grams Canned Wild Salmon
- 227 grams Chickpea Pasta
- 1/2 cup Jasmine Rice
- 1 1/8 cups Quinoa
- 3/4 cup Vegetable Broth, Low Sodium
- 1 cup Wild Rice

## BAKING

- 1 1/2 tsps All Purpose Gluten-Free Flour
- 1 1/2 tsps Arrowroot Powder
- 3 tbsps Coconut Sugar
- 1/4 cup Nutritional Yeast
- 3 1/2 cups Oats
- 1 tbsp Orange Extract
- 1/4 cup Raw Honey
- 1 1/2 tsps Vanilla Extract

## BREAD, FISH, MEAT & CHEESE

- 227 grams Chicken Breast
- 227 grams Chicken Sausage
- 794 grams Chicken Thighs
- 76 grams Extra Lean Ground Beef
- 1/4 cup Feta Cheese
- 1 Rainbow Trout Fillet
- 1/3 cup Ricotta Cheese
- 227 grams Shrimp
- 112 grams Smoked Salmon
- 149 grams Sourdough Bread
- 340 grams Tofu

## CONDIMENTS & OILS

- 2 1/8 tsps Avocado Oil
- 1 1/2 tsps Coconut Aminos
- 1/3 cup Extra Virgin Olive Oil
- 3 tbsps Peanut Sauce
- 1 tbsp Pesto
- 1/3 cup Rice Vinegar
- 2 1/4 tsps Sriracha
- 1 tbsp Tamari

## COLD

- 2 tbsps Butter
- 1/2 cup Cow's Milk, Whole
- 4 Egg
- 5 cups Plain Coconut Milk
- 4 1/2 cups Plain Greek Yogurt
- 2 cups Unsweetened Coconut Yogurt

## OTHER

- 76 grams Collagen Powder
- 2 1/16 cups Vanilla Protein Powder
- 7 3/4 cups Water



# Orange Creamsicle Overnight Oats

3 SERVINGS 8 HOURS



## INGREDIENTS

1 cup Oats  
3 cups Plain Greek Yogurt  
1/3 cup Vanilla Protein Powder  
1/3 cup Hemp Seeds  
3 Navel Orange (peeled and chopped)  
2 tbsps Raw Honey  
1 1/2 tsps Vanilla Extract  
1 tbsp 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.

# Protein Cinnamon & Apple Oats

2 SERVINGS 10 MINUTES



## INGREDIENTS

2 cups Water  
1 cup Oats  
1/2 cup Vanilla Protein Powder  
2 tbsps Ground Flax Seed  
1/4 tsp Cinnamon  
2 Apple (diced)

## NUTRITION

### AMOUNT PER SERVING

Calories	369	Cholesterol	4mg
Fat	6g	Sodium	47mg
Carbs	56g	Vitamin A	99IU
Fiber	11g	Vitamin C	8mg
Sugar	19g	Calcium	183mg
Protein	26g	Iron	3mg

## DIRECTIONS

- 01 Bring water to a boil in a small saucepan. Add the oats. Reduce to a steady simmer and cook, stirring occasionally for about seven to eight minutes or until oats are tender and most of the water is absorbed. Stir in the protein powder, ground flax seed, and cinnamon.
- 02 Transfer the cooked oats to a bowl and top with the apple. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### ADDITIONAL TOPPINGS

Chopped pecans, walnuts, and/or banana.

# Whipped Ricotta & Pesto Toast

1 SERVING 10 MINUTES



## INGREDIENTS

1/3 cup Ricotta Cheese  
1/4 Lemon (medium, juiced, zested)  
Sea Salt & Black Pepper (to taste)  
50 grams Sourdough Bread (sliced, toasted)  
1 tbsp Pesto  
1/4 tsp Chili Flakes

## NUTRITION

### AMOUNT PER SERVING

Calories	317	Cholesterol	41mg
Fat	14g	Sodium	425mg
Carbs	32g	Vitamin A	612IU
Fiber	1g	Vitamin C	6mg
Sugar	2g	Calcium	219mg
Protein	13g	Iron	2mg

## DIRECTIONS

- 01 In a food processor, add the ricotta, lemon juice, lemon zest, salt, and pepper. Blend until smooth.
- 02 Spread the whipped ricotta on top of the toasted bread. Spoon the pesto on top and sprinkle with chili flakes. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate the whipped ricotta in an airtight container for up to three days. Assemble just before serving.

### SERVING SIZE

One serving is equal to one toast.

### GLUTEN-FREE

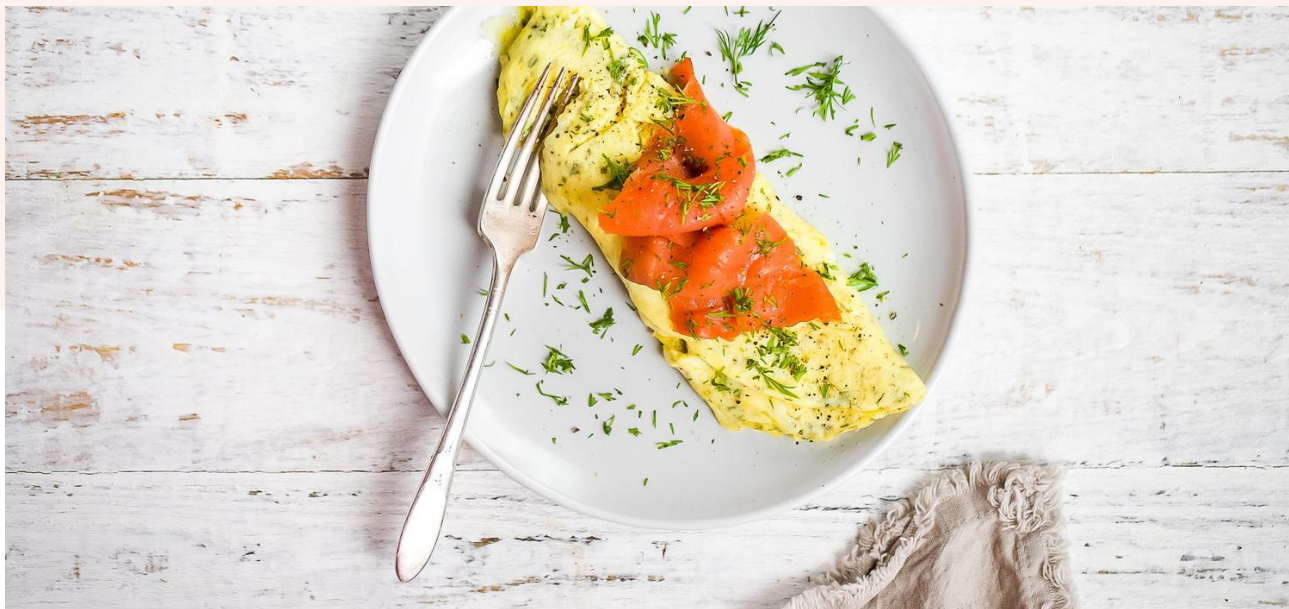
Use gluten-free bread instead.

### SOURDOUGH BREAD

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

# Smoked Salmon & Feta Omelette

2 SERVINGS 5 MINUTES



## INGREDIENTS

4 Egg  
1/4 cup Fresh Dill (finely chopped, divided)  
2 tsps Butter  
1/4 cup Feta Cheese (crumbled)  
112 grams Smoked Salmon

## NUTRITION

### AMOUNT PER SERVING

Calories	293	Cholesterol	412mg
Fat	20g	Sodium	733mg
Carbs	2g	Vitamin A	872IU
Fiber	0g	Vitamin C	1mg
Sugar	0g	Calcium	158mg
Protein	26g	Iron	2mg

## DIRECTIONS

- 01 In a bowl, add the eggs and half of the dill. Whisk well to combine.
- 02 In a non-stick skillet over medium heat, add the butter. Once hot, pour the egg mixture into the skillet and let it cook until almost set. Place the feta cheese on one half of the omelette and then fold the other half over on top. Remove from the heat and transfer onto a plate. Top with smoked salmon and the remaining dill. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to two days.

### DAIRY-FREE

Omit the feta and use dairy-free cheese instead. Use coconut oil instead of butter.

### ADDITIONAL TOPPINGS

Top with capers and/or thinly sliced red onion.

### NO DILL

Omit or use another herb such as parsley or fresh chives.

# Stuffed Plantains

1 SERVING 30 MINUTES



## INGREDIENTS

1 Plantain (very ripe, peeled)  
2/3 tsp Avocado Oil  
76 grams Extra Lean Ground Beef  
1 tsp Smoked Paprika  
1/3 Green Bell Pepper (small, seeds removed, diced)  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	504	Cholesterol	49mg
Fat	12g	Sodium	63mg
Carbs	89g	Vitamin A	4333IU
Fiber	6g	Vitamin C	82mg
Sugar	48g	Calcium	26mg
Protein	19g	Iron	4mg

## DIRECTIONS

- 01 Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
- 02 Arrange the plantain on the baking sheet and brush evenly with avocado oil. Bake for about 30 minutes or until brown and tender. (If the plantain is still firm, flip over and bake for another five to 10 minutes.)
- 03 Meanwhile, heat a pan over medium-high heat. Add the beef, paprika, bell pepper, salt, and pepper. Stir for eight to 10 minutes or until the beef is cooked through.
- 04 Remove the plantains from the oven and cut each one lengthwise about halfway. Stuff each plantain with the beef mixture. Divide onto plates and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving equals approximately one stuffed plantain.

### MORE FLAVOR

Add sautéed onions, tomato sauce, garlic, cayenne pepper, or chili powder.

### ADDITIONAL TOPPING

Top with cheese, yogurt, and fresh parsley.

# Zucchini & Yogurt Protein Overnight Oats

3 SERVINGS 8 HOURS



## INGREDIENTS

1/2 cup Cow's Milk, Whole  
1 1/2 cups Oats  
1 1/2 cups Plain Greek Yogurt  
1 tbsp Maple Syrup  
1/3 Zucchini (small, grated)  
1 1/2 tbsps Almond Butter  
1/3 tsp Cinnamon  
3 tbsps Vanilla Protein Powder

## NUTRITION

### AMOUNT PER SERVING

Calories	360	Cholesterol	22mg
Fat	11g	Sodium	103mg
Carbs	43g	Vitamin A	741IU
Fiber	5g	Vitamin C	12mg
Sugar	10g	Calcium	386mg
Protein	24g	Iron	3mg

## DIRECTIONS

01 Add all of the ingredients to a large container. Stir well to combine. Seal and place in the fridge overnight, or for at least eight hours. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### SERVING SIZE

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

### ADDITIONAL TOPPINGS

Top with chocolate chips.

### DAIRY-FREE

Use coconut yogurt and dairy-free milk.

# 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.

# Salmon Avocado Sandwich

1 SERVING 10 MINUTES



## INGREDIENTS

1 tsp Butter  
99 grams Sourdough Bread (sliced, toasted)  
1/2 Avocado (medium, mashed)  
113 grams Canned Wild Salmon (boneless, skinless)  
1 tbsp Lemon Juice  
1/8 tsp Sea Salt  
1/4 cup Microgreens

## NUTRITION

### AMOUNT PER SERVING

Calories	633	Cholesterol	85mg
Fat	25g	Sodium	1217mg
Carbs	59g	Vitamin A	478IU
Fiber	9g	Vitamin C	23mg
Sugar	2g	Calcium	61mg
Protein	42g	Iron	4mg

## DIRECTIONS

- 01 Spread the butter onto the bread. Mix the avocado, salmon, lemon juice, and salt together. Spread it onto the bread.
- 02 Add the microgreens on top of the salmon mixture and close the sandwich. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for two days.

### SERVING SIZE

One serving is two pieces of bread and five ounces of salmon.

### ADDITIONAL TOPPINGS

Add sliced tomato, capers, and/or fresh chopped dill.

### GLUTEN-FREE

Use gluten-free bread.

### SOURDOUGH BREAD

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



# Sweet Chili Edamame

3 SERVINGS 15 MINUTES



## INGREDIENTS

1/3 cup Rice Vinegar  
3/4 cup Water  
3 tbsps Coconut Sugar  
1 1/2 Garlic (clove, minced)  
1 tbsp Tamari  
2 1/4 tsps Sriracha  
1 1/2 tsps Arrowroot Powder  
6 cups Edamame Pods

## NUTRITION

### AMOUNT PER SERVING

Calories	302	Cholesterol	0mg
Fat	11g	Sodium	454mg
Carbs	30g	Vitamin A	126IU
Fiber	12g	Vitamin C	25mg
Sugar	16g	Calcium	152mg
Protein	27g	Iron	5mg

## DIRECTIONS

- 01 In a small saucepan, combine the vinegar, water, sugar, garlic, tamari, and sriracha. Bring to a low boil over medium-high heat and then reduce the heat and simmer for seven to eight minutes.
- 02 Remove about 1/4 of the sauce and place in a small bowl. Whisk in the arrowroot powder to create a slurry and then add the slurry to the saucepan. Cook for 30 seconds or so, until thickened. Remove from the heat and set aside.
- 03 Meanwhile, bring a large pot of salted water to a boil.
- 04 Place the edamame pods in the boiling water and cook for five minutes, stirring occasionally. Drain and rinse with cold water and then add the edamame back to the large pot.
- 05 Add the sauce and toss to combine until the edamame is well coated. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### SERVING SIZE

One serving is approximately two cups.

# Creamy Blueberry Smoothie

4 SERVINGS 5 MINUTES



## INGREDIENTS

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

## NUTRITION

### AMOUNT PER SERVING

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

## DIRECTIONS

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

## NOTES

### ADDITIONAL TOPPINGS

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

### EXTRA CREAMY

Use almond milk or oat milk instead of water.

### LEMON

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

### PROTEIN POWDER

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

# One Pan Shrimp Boil

2 SERVINGS 30 MINUTES



## INGREDIENTS

227 grams Shrimp (raw)  
227 grams Chicken Sausage (sliced into chunks)  
1 1/2 Yellow Potato (medium, diced)  
1 1/2 ears Corn on the Cob (sliced into 2 inch chunks)  
1/4 Lemon (juiced)  
1 tbsp Extra Virgin Olive Oil  
1 1/2 tsps Celery Salt  
1/8 tsp Paprika  
1/16 tsp Cayenne Pepper

## NUTRITION

### AMOUNT PER SERVING

Calories	593	Cholesterol	319mg
Fat	24g	Sodium	2367m..
Carbs	52g	Vitamin A	98IU
Fiber	4g	Vitamin C	37mg
Sugar	7g	Calcium	206mg
Protein	44g	Iron	7mg

## DIRECTIONS

- 01 Preheat oven to 400°F (204°C) and line your baking sheet with parchment paper.
- 02 Place all ingredients in a large bowl and toss well. Spread everything across the baking sheet in an even layer. Bake in the oven for 25 minutes, or until cooked through.
- 03 Remove from the oven and divide onto plates. Enjoy!

## NOTES

### GRILL IT

Place all ingredients in a foil packet and grill over medium-high heat, flipping halfway, for 30-35 minutes or until cooked through.

### LEFTOVERS

Keeps well in the fridge for 2 to 3 days.

# 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.

# Peanut Tofu & Edamame Quinoa Bowl

2 SERVINGS 25 MINUTES



## INGREDIENTS

2/3 cup Quinoa (dry)  
340 grams Tofu (cut into triangles)  
1 1/2 tsps Coconut Aminos  
1 tbsp Extra Virgin Olive Oil  
1 1/2 tsps Rice Vinegar  
2 cups Frozen Edamame (defrosted)  
3 tbsps Peanut Sauce

## NUTRITION

### AMOUNT PER SERVING

Calories	670	Cholesterol	0mg
Fat	32g	Sodium	448mg
Carbs	59g	Vitamin A	470IU
Fiber	14g	Vitamin C	9mg
Sugar	10g	Calcium	610mg
Protein	45g	Iron	10mg

## DIRECTIONS

- 01 Cook the quinoa according to package directions.
- 02 Preheat oven to 375°F (190°C). Line a rimmed baking sheet with parchment paper. Place the tofu on the baking sheet.
- 03 Mix the coconut aminos, oil, and rice vinegar together. Pour the mixture on the tofu, turning the tofu a few times in it to make sure it is coated. Bake for 15 to 20 minutes or until the tofu starts to brown at the edges.
- 04 Divide the quinoa evenly between the bowls and top with the edamame and tofu. Serve with the peanut sauce. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for three days. Store the dressing separately.

### SERVING SIZE

One serving is 2/3 cup cooked quinoa, one cup edamame and 6 oz (170g) of tofu.

### MORE FLAVOR

Add minced garlic and shallot to the marinade. Cook the quinoa in vegetable broth.

### ADDITIONAL TOPPINGS

Chopped green onions, sliced almonds, microgreens and/or chilli pepper flakes.

### NO COCONUT AMINOS

Use tamari or soy sauce instead.

# 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.

# Chicken, Edamame & Avocado Rice Bowls

2 SERVINGS 30 MINUTES



## INGREDIENTS

1/2 cup Jasmine Rice (uncooked, rinsed)  
1/4 cup Hemp Seeds  
Sea Salt & Black Pepper (to taste)  
340 grams Chicken Thighs (boneless, skinless)  
1 1/2 tsps Avocado Oil  
1 1/2 tsps Taco Seasoning  
3/4 cup Frozen Edamame  
2 cups Broccoli (chopped into florets)  
1/2 Avocado (sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	697	Cholesterol	160mg
Fat	31g	Sodium	391mg
Carbs	57g	Vitamin A	857IU
Fiber	11g	Vitamin C	90mg
Sugar	4g	Calcium	119mg
Protein	54g	Iron	6mg

## DIRECTIONS

- 01 Cook the rice according to the package directions and set aside. When the rice is done cooking, fluff it with a fork and mix in the hemp seeds. Season with salt and pepper.
- 02 In a large bowl, combine the chicken with the oil, taco seasoning, salt, and pepper. Toss well to combine.
- 03 Preheat the grill to medium heat. Transfer the chicken thighs to the grill and cook for eight to 10 minutes per side or until cooked through. Let cool slightly and then slice.
- 04 Meanwhile, bring a large pot of water to a boil. Add the edamame and cook covered for one minute. Remove the lid and add the broccoli. Continue to cook for another three minutes or until the broccoli is tender-crisp and edamame is cooked through. Drain.
- 05 Divide the rice, chicken, edamame, broccoli, and avocado evenly between bowls. Season as needed with salt and pepper. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is about two chicken thighs, 1/3 cup rice, 1/3 cup edamame, 1 cup broccoli, and 1/4 of an avocado.

### MORE FLAVOR

Cook the rice in coconut milk or broth instead.

### ADDITIONAL TOPPINGS

Serve with a cilantro lime dressing, top with cilantro, lime juice, and/or sesame seeds.

# Honey Garlic Chicken Thighs

2 SERVINGS 30 MINUTES



## INGREDIENTS

2 tbsps Extra Virgin Olive Oil  
2 tbsps Raw Honey  
3 Garlic (cloves, minced)  
1 tbsp Chili Powder  
1 tsp Sea Salt  
1/2 tsp Black Pepper  
454 grams Chicken Thighs  
3 cups Asparagus (woody ends snapped off)  
1/2 cup Quinoa (uncooked)  
3/4 cup Water

## NUTRITION

### AMOUNT PER SERVING

Calories	670	Cholesterol	213mg
Fat	26g	Sodium	1519mg
Carbs	56g	Vitamin A	2770IU
Fiber	9g	Vitamin C	13mg
Sugar	20g	Calcium	118mg
Protein	56g	Iron	9mg

## DIRECTIONS

- 01 Combine olive oil, honey, minced garlic, chili powder, sea salt and black pepper together in a bowl. Whisk well. Pour into a ziploc bag and add the chicken thighs. Shake well and place in the fridge to marinate.
- 02 Trim the ends from the asparagus. Toss in a splash of extra virgin olive oil and season with sea salt and pepper. Place on a plate until ready to grill.
- 03 Combine your quinoa and water in a sauce pan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer. Cover with a lid and let simmer for 12 to 15 minutes or until all water is absorbed. Remove from heat and fluff with a fork.
- 04 Preheat your grill over medium heat.
- 05 Transfer chicken thighs to the grill and cook for 7 to 10 minutes per side or until cooked through. When you flip the chicken, place the asparagus directly on the grill. Grill just until tender (about 5 to 7 minutes). Remove chicken and asparagus from grill and plate over a few spoonfuls of quinoa. Enjoy!

## NOTES

### NO CHICKEN THIGHS

Use chicken breast or chicken wings. Grill time will vary.

### NO ASPARAGUS

Use any grilled vegetable.



# Pan-Fried Trout with Herbed Rice

1 SERVING 30 MINUTES



## INGREDIENTS

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