



2500 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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Individual results may vary. Results cannot be guaranteed, and should not be considered typical.

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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 Warm Peas with Eggs



SNACK 1
Cottage Cheese & Orange



LUNCH
Sesame Soy Tuna Steaks, White Bean, Spinach & Tomato Salad



SNACK 2
Cottage Cheese with Cherries



DINNER
Edamame, Chicken & Quinoa Bowl

TUE



BREAKFAST
2 Warm Peas with Eggs



SNACK 1
Cottage Cheese & Orange



LUNCH
Edamame, Chicken & Quinoa Bowl



SNACK 2
Cottage Cheese with Cherries



DINNER
Pressure Cooker Pork Ramen

WED



BREAKFAST
2 Warm Peas with Eggs



SNACK 1
Cottage Cheese & Orange



LUNCH
Pressure Cooker Pork Ramen



SNACK 2
Cottage Cheese with Cherries



DINNER
Mini Turkey Quinoa Meatloaves, Orzo & Shrimp Pasta Salad

THU



BREAKFAST
3 Cottage Cheese & Applesauce



SNACK 1
Strawberry Blueberry Smoothie



LUNCH
Mini Turkey Quinoa Meatloaves, Orzo & Shrimp Pasta Salad



SNACK 2
Hot Chocolate Smoothie



DINNER
Chicken & Barley Soup, Slow Cooker Stuffed Peppers

FRI



BREAKFAST
3 Cottage Cheese & Applesauce



SNACK 1
Strawberry Blueberry Smoothie



LUNCH
Chicken & Barley Soup, Slow Cooker Stuffed Peppers



SNACK 2
Hot Chocolate Smoothie



DINNER
Pressure Cooker Chicken Breast, Roasted Vegetable Quinoa Salad

SAT



BREAKFAST
Creamy Apple Pie Protein Oatmeal, Toast with Cottage Cheese



SNACK 1
Strawberry Blueberry Smoothie



LUNCH
Pressure Cooker Chicken Breast, Roasted Vegetable Quinoa Salad



SNACK 2
Hot Chocolate Smoothie



DINNER
Pressure Cooker Roast Beef & Vegetables, Roasted Veggies,...

SUN



BREAKFAST
Creamy Apple Pie Protein Oatmeal, Toast with Cottage Cheese



SNACK 1
Strawberry Blueberry Smoothie



LUNCH
Pressure Cooker Roast Beef & Vegetables, Roasted Veggies,...



SNACK 2
Hot Chocolate Smoothie



DINNER
Crispy Haddock Burger, Shish Tawouk

MON

FAT 27% CARBS 40% PROTEIN 33%

Calories 2453
Fat 74g
Carbs 247g
Fiber 58g
Sugar 90g
Protein 209g
Cholesterol 995mg
Sodium 3281mg
Vitamin A 20231IU
Vitamin C 189mg
Calcium 994mg
Iron 24mg

TUE

FAT 25% CARBS 43% PROTEIN 32%

Calories 2552
Fat 73g
Carbs 276g
Fiber 40g
Sugar 95g
Protein 209g
Cholesterol 1222mg
Sodium 5466mg
Vitamin A 14266IU
Vitamin C 160mg
Calcium 845mg
Iron 20mg

WED

FAT 25% CARBS 42% PROTEIN 33%

Calories 2505
Fat 71g
Carbs 268g
Fiber 46g
Sugar 83g
Protein 213g
Cholesterol 1409mg
Sodium 6262mg
Vitamin A 20370IU
Vitamin C 238mg
Calcium 1073mg
Iron 22mg

THU

FAT 26% CARBS 40% PROTEIN 34%

Calories 2384
Fat 73g
Carbs 247g
Fiber 62g
Sugar 95g
Protein 214g
Cholesterol 571mg
Sodium 5232mg
Vitamin A 15271IU
Vitamin C 374mg
Calcium 2373mg
Iron 21mg

FRI

FAT 27% CARBS 39% PROTEIN 34%

Calories 2447
Fat 76g
Carbs 248g
Fiber 59g
Sugar 94g
Protein 220g
Cholesterol 431mg
Sodium 5615mg
Vitamin A 17836IU
Vitamin C 415mg
Calcium 2414mg
Iron 27mg

SAT

FAT 26% CARBS 39% PROTEIN 35%

Calories 2459
Fat 74g
Carbs 247g
Fiber 60g
Sugar 73g
Protein 225g
Cholesterol 364mg
Sodium 3350mg
Vitamin A 24126IU
Vitamin C 316mg
Calcium 2717mg
Iron 34mg

SUN

FAT 25% CARBS 40% PROTEIN 35%

Calories 2392
Fat 67g
Carbs 248g
Fiber 53g
Sugar 73g
Protein 218g
Cholesterol 429mg
Sodium 3903mg
Vitamin A 15932IU
Vitamin C 202mg
Calcium 2534mg
Iron 24mg

FRUITS

- 1 Apple
- 2 Banana
- 2 1/4 cups Cherries
- 1 1/2 Lemon
- 2 1/3 tbsps Lemon Juice
- 3 Navel Orange
- 2 cups Strawberries

BREAKFAST

- 2 1/3 tbsps Maple Syrup

SEEDS, NUTS & SPICES

- 1/4 tsp Black Pepper
- 1/2 cup Chia Seeds
- 1 1/2 tsps Chili Powder
- 1 tsp Cinnamon
- 1/4 tsp Cumin
- 1/4 tsp Dried Basil
- 1/2 tsp Dried Thyme
- 1/4 tsp Garlic Powder
- 1/16 tsp Ground Ginger
- 2 tbsps Hemp Seeds
- 1/4 tsp Onion Powder
- 1/2 tsp Oregano
- 1/2 tsp Paprika
- 1/2 tsp Red Pepper Flakes
- 1 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tsp Smoked Paprika
- 3/4 tsp Tawook Spice Blend
- 1/4 cup Walnuts

FROZEN

- 2 cups Frozen Blueberries
- 2 cups Frozen Cauliflower
- 1/2 cup Frozen Cranberries
- 3/4 cup Frozen Edamame
- 9 1/2 cups Frozen Peas

VEGETABLES

- 1 cup Arugula
- 2 3/4 cups Baby Spinach
- 1 3/4 Carrot
- 1 1/3 heads Cauliflower
- 1 cup Celery Root
- 1/4 cup Chives
- 1/3 cup Coleslaw Mix
- 3 Cremini Mushrooms
- 1 head Endive
- 1 1/2 tbsps Fresh Sage
- 5 Garlic
- 2 Green Bell Pepper
- 4 1/2 stalks Green Onion
- 1/3 Jalapeno Pepper
- 1 1/2 Leeks
- 2 tbsps Mint Leaves
- 1/2 Red Bell Pepper
- 1/2 cup Red Onion
- 2 tbsps Rosemary
- 2 tbsps Shallot
- 3/4 cup Shiitake Mushrooms
- 2 cups Snap Peas
- 1 Sweet Potato
- 96 grams Thyme Sprigs
- 3/4 Tomato
- 1 1/2 White Onion
- 1 1/4 Yellow Onion
- 1 Yellow Potato

BOXED & CANNED

- 1/2 cup Beef Broth
- 1/4 cup Bread Crumbs
- 3 1/2 cups Chicken Broth
- 3/4 cup Chickpeas
- 184 grams Gluten-Free Ramen Noodles
- 1/2 cup Orzo
- 1/3 cup Pearl Barley

BREAD, FISH, MEAT & CHEESE

- 841 grams Chicken Breast
- 378 grams Extra Lean Ground Turkey
- 2 tbsps Feta Cheese
- 1/2 cup Goat Cheese
- 1 Haddock Fillet
- 302 grams Pork Shoulder, Boneless
- 142 grams Salmon Fillet
- 227 grams Shrimp, Cooked
- 333 grams Top Sirloin Beef Roast
- 142 grams Tuna Steak
- 2 slices Whole Grain Bread
- 57 grams Whole Wheat Bun

CONDIMENTS & OILS

- 1 1/4 tbsps Avocado Oil
- 885 milligrams Avocado Oil Spray
- 1 tsp Coconut Aminos
- 1/2 tsp Coconut Oil
- 2 2/3 tbsps Extra Virgin Olive Oil
- 1 1/2 tsps Fish Sauce
- 1 tbsp Rice Vinegar
- 3/4 tsp Sesame Oil
- 3/4 tsp Sriracha
- 3 1/2 tbsps Tamari
- 30 grams Tartar Sauce

COLD

- 11 cups Cottage Cheese
- 15 1/3 Egg
- 2 1/16 cups Plain Greek Yogurt
- 9 cups Unsweetened Almond Milk

OTHER

- 1 cup Chocolate Protein Powder
- 1 1/4 cups Vanilla Protein Powder
- 2 cups Water

- 3/4 cup Quinoa
- 1 cup Salsa
- 1/2 tsp Tomato Paste
- 2 1/2 cups Vegetable Broth, Low Sodium
- 1 cup White Navy Beans

BAKING

- 2/3 tsp Arrowroot Powder
- 1/2 cup Cocoa Powder
- 1 tbsp Coconut Flour
- 1 1/2 tbsps Coconut Sugar
- 1 cup Oats
- 1/3 cup Raisins
- 3 cups Unsweetened Applesauce

Warm Peas with Eggs

6 SERVINGS 15 MINUTES



INGREDIENTS

1 1/2 White Onion (diced)
1/2 cup Water
9 cups Frozen Peas
3/4 tsp Sea Salt
12 Egg

NUTRITION

AMOUNT PER SERVING

Calories	341	Cholesterol	372mg
Fat	10g	Sodium	611mg
Carbs	38g	Vitamin A	558IU
Fiber	11g	Vitamin C	26mg
Sugar	12g	Calcium	122mg
Protein	25g	Iron	5mg

DIRECTIONS

- 01 In a pan over medium-high heat, sauté the onions with the water. Cook until browned, stirring frequently and adding more water as needed to prevent the onions from sticking.
- 02 Add the peas and stir until warmed through. Season with salt.
- 03 Crack the eggs over the peas, spacing them out evenly. Cover the pan with a lid and bring down the heat to low. Cook for 3 to 5 minutes or until the egg whites have cooked through and the yolk is set to your liking.
- 04 Remove from heat and serve immediately. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately two eggs with 1 1/2 cups of the pea and onion mixture.

MORE FLAVOR

Use broth or oil instead of water.

ADDITIONAL TOPPINGS

Top with avocado, diced tomatoes, salsa, olives and/or feta cheese. Serve with toast, rice cakes, toasted sweet potato slices or as is.

Cottage Cheese & Applesauce

6 SERVINGS 5 MINUTES



INGREDIENTS

4 1/2 cups Cottage Cheese
3 cups Unsweetened Applesauce

NUTRITION

AMOUNT PER SERVING

Calories	206	Cholesterol	27mg
Fat	7g	Sodium	499mg
Carbs	19g	Vitamin A	256IU
Fiber	1g	Vitamin C	1mg
Sugar	16g	Calcium	136mg
Protein	18g	Iron	0mg

DIRECTIONS

01 Serve the cottage cheese with the applesauce and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

ADDITIONAL TOPPINGS

Top with fresh fruit, crushed nuts, hemp seeds, or sweetener of your choice.

Creamy Apple Pie Protein Oatmeal

2 SERVINGS 20 MINUTES



INGREDIENTS

- 1 Apple (diced small)
- 2 tbsps Water
- 2 tbsps Maple Syrup (plus more for garnish)
- 1 tsp Cinnamon (plus more for garnish)
- 1 cup Oats (rolled)
- 1/4 cup Vanilla Protein Powder
- 2 cups Plain Greek Yogurt
- 2 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.

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.

Cottage Cheese & Orange

3 SERVINGS 5 MINUTES



INGREDIENTS

3 Navel Orange (large, chopped)
3 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.

Strawberry Blueberry Smoothie

4 SERVINGS 5 MINUTES



INGREDIENTS

2 cups Frozen Blueberries (wild)
2 cups Strawberries (stems removed)
5 cups Unsweetened Almond Milk
1/4 cup Chia Seeds
1 cup Vanilla Protein Powder

NUTRITION

AMOUNT PER SERVING

Calories	241	Cholesterol	4mg
Fat	8g	Sodium	242mg
Carbs	23g	Vitamin A	668IU
Fiber	9g	Vitamin C	44mg
Sugar	10g	Calcium	772mg
Protein	23g	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 another plant-based milk such as coconut, cashew, or oat.

NO FRESH STRAWBERRIES

Use frozen instead.

PROTEIN POWDER

This recipe was tested using plant-based vanilla protein powder.

Sesame Soy Tuna Steaks

1 SERVING 15 MINUTES



INGREDIENTS

1 1/2 tps Tamari
1 tsp Maple Syrup
3/4 tsp Sesame Oil
1/16 tsp Ground Ginger
142 grams Tuna Steak
3/4 tsp Avocado Oil
1/2 stalk Green Onion (optional, garnish)

NUTRITION

AMOUNT PER SERVING

Calories	240	Cholesterol	55mg
Fat	8g	Sodium	568mg
Carbs	5g	Vitamin A	325IU
Fiber	0g	Vitamin C	1mg
Sugar	4g	Calcium	18mg
Protein	36g	Iron	1mg

DIRECTIONS

- 01 Combine the tamari, maple syrup, sesame oil, and ground ginger in a zipper-lock bag or shallow bowl.
- 02 Pat the tuna steak dry with a paper towel then place in the marinade for five to 10 minutes.
- 03 Meanwhile, heat a heavy-bottom skillet over medium-high heat then add the avocado oil. Shake off any excess marinade from the tuna steak before placing in the pan. Cook for two to four minutes per side. This timing will depend on the thickness of the steak and desired doneness.
- 04 Transfer to a plate to rest for three to five minutes before topping with chopped green onion, if using. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving is equal to 140 grams or 5 ounces of tuna.

MORE FLAVOR

Add hot sauce, lime juice, garlic powder, and/or more maple syrup to the marinade.

ADDITIONAL TOPPINGS

Sesame seeds, extra tamari, red pepper flakes, and/or cilantro.

White Bean, Spinach & Tomato Salad

1 SERVING 10 MINUTES



INGREDIENTS

1 1/2 tsps Extra Virgin Olive Oil
2 tbsps Shallot (diced)
1 Garlic (cloves, minced)
1 cup White Navy Beans (cooked, drained and rinsed)
2 cups Baby Spinach (chopped)
1/2 Tomato (medium, diced)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	356	Cholesterol	0mg
Fat	8g	Sodium	74mg
Carbs	56g	Vitamin A	6458IU
Fiber	22g	Vitamin C	30mg
Sugar	3g	Calcium	201mg
Protein	18g	Iron	7mg

DIRECTIONS

- 01 Heat olive oil in a large pan over medium heat. Add shallots and garlic and saute for 1 to 2 minutes.
- 02 Add white beans, spinach and tomato. Stir until warm and spinach has wilted, about 5 minutes. Season with salt and pepper to taste. Enjoy!

NOTES

NO WHITE BEANS

Use chickpeas or lentils instead.

EXTRA FLAVOUR

Add avocado, lemon juice and/or feta cheese.

LEFTOVERS

Refrigerate in an airtight container up to 3-5 days. Leftovers can be eaten warm or cold.

Cottage Cheese with Cherries

3 SERVINGS 5 MINUTES



INGREDIENTS

3 cups Cottage Cheese
2 1/4 cups Cherries (pitted)

NUTRITION

AMOUNT PER SERVING

Calories	279	Cholesterol	36mg
Fat	9g	Sodium	662mg
Carbs	26g	Vitamin A	368IU
Fiber	2g	Vitamin C	8mg
Sugar	20g	Calcium	189mg
Protein	25g	Iron	1mg

DIRECTIONS

01 Serve the cottage cheese with the cherries. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

DAIRY-FREE

Use coconut yogurt or oatmeal instead.

ADDITIONAL TOPPINGS

Add hemp seeds, shredded coconut, crushed nuts, or your sweetener of choice.

Hot Chocolate Smoothie

4 SERVINGS 5 MINUTES



INGREDIENTS

4 cups Unsweetened Almond Milk
2 cups Frozen Cauliflower
2 Banana
1 cup Chocolate Protein Powder
1/2 cup Cocoa Powder
1/4 cup Chia Seeds
1/2 tsp Sea Salt (optional, for topping)

NUTRITION

AMOUNT PER SERVING

Calories	265	Cholesterol	4mg
Fat	8g	Sodium	514mg
Carbs	31g	Vitamin A	546IU
Fiber	14g	Vitamin C	33mg
Sugar	8g	Calcium	674mg
Protein	26g	Iron	4mg

DIRECTIONS

- 01 In a small saucepan over medium-low heat, add the almond milk. Bring to a simmer and then add to a blender.
- 02 Add the remaining ingredients. Blend carefully, allowing space for the heat to escape, until smooth and creamy. Serve warm and enjoy!

NOTES

NUT-FREE

Use coconut milk or another nut-free milk instead.

MORE FLAVOR

Add ground cinnamon.

PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder.

Edamame, Chicken & Quinoa Bowl

2 SERVINGS 30 MINUTES



INGREDIENTS

1 Lemon (juiced, plus extra for serving)
1 tsp Smoked Paprika
Sea Salt & Black Pepper (to taste)
340 grams Chicken Breast
1/2 cup Quinoa (dry)
3/4 cup Frozen Edamame (defrosted)
1/4 cup Walnuts (chopped)
2 stalks Green Onion (thinly sliced)
1/3 cup Raisins

NUTRITION

AMOUNT PER SERVING

Calories	622	Cholesterol	124mg
Fat	20g	Sodium	92mg
Carbs	59g	Vitamin A	1278IU
Fiber	9g	Vitamin C	15mg
Sugar	21g	Calcium	107mg
Protein	55g	Iron	5mg

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 02 In a bowl, mix together the lemon juice, paprika, salt, and pepper. Brush the chicken all over with the mixture. Place on the baking sheet and bake in the oven for 20 to 25 minutes or until completely cooked through.
- 03 Meanwhile, cook the quinoa according to the package directions. Once cooked, fluff with a fork.
- 04 Divide the quinoa, chicken, edamame, walnuts, green onion, and raisins evenly between bowls. Squeeze some lemon juice on top and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

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

MORE FLAVOR

Add tomato and cucumber. Serve with your choice of dressing.

Pressure Cooker Pork Ramen

2 SERVINGS 1 HOUR 20 MINUTES



INGREDIENTS

302 grams Pork Shoulder, Boneless (cut into large chunks)
2 cups Chicken Broth
1/2 cup Water
2 Egg
184 grams Gluten-Free Ramen Noodles (dry)
1 1/2 tsps Fish Sauce
2 2/3 tbsps Tamari (divided)
3/4 tsp Sriracha
1 tbsp Rice Vinegar
3/4 cup Shiitake Mushrooms (stem removed, sliced)
1 1/2 tbsps Coconut Sugar
2 stalks Green Onion (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	695	Cholesterol	282mg
Fat	15g	Sodium	2827m..
Carbs	90g	Vitamin A	818IU
Fiber	4g	Vitamin C	2mg
Sugar	12g	Calcium	70mg
Protein	54g	Iron	4mg

DIRECTIONS

- 01 Place the pork, chicken broth, and water in your pressure cooker. Put the lid on and set to "sealing" then press manual/pressure cooker and cook for 45 minutes on high pressure. Once finished, let it release naturally for 15 minutes and then do a quick release. Remove the pork, leaving the broth inside, and place the pork in a bowl. Shred it with two forks and set aside.
- 02 Meanwhile, bring a pot of water to a boil. Once boiling, reduce the heat slightly and add the eggs. Cook for 7 minutes for a soft boiled egg. Once the eggs are done, add them to a bowl of ice water. Once cooled, peel the shell and slice down the middle.
- 03 Cook the noodles according to the directions on the package and set aside.
- 04 Pour the fish sauce, 3/4 of the tamari, sriracha, rice vinegar, and mushrooms into the pressure cooker. Bring to a simmer using the "sauté" mode. Let it simmer for ten minutes, then turn off.
- 05 Meanwhile, line a baking sheet with parchment paper and add the pork on top. Pour the remaining tamari and coconut sugar and toss to combine. Broil for five minutes, until browned and charred.
- 06 Ladle the broth and mushrooms into bowls and add the noodles. Top with the crispy pork, soft boiled egg, and green onions. Enjoy!

NOTES

LEFTOVERS

Store noodles and broth separately in the fridge for up to two days.

SERVING SIZE

One serving is about two cups of ramen.

ADDITIONAL TOPPINGS

Top with sesame seeds.

Mini Turkey Quinoa Meatloaves

2 SERVINGS 1 HOUR



INGREDIENTS

1 1/3 tbsps Quinoa (uncooked)
2 2/3 tbsps Water
1/2 tsp Extra Virgin Olive Oil
1/8 Yellow Onion (chopped)
2/3 Garlic (cloves, minced)
151 grams Extra Lean Ground Turkey
1/3 Tomato (diced)
1/3 cup Baby Spinach (chopped)
1/3 Jalapeno Pepper (deseeded and chopped)
1 tsp Tamari
1/3 Egg
Sea Salt & Black Pepper (to taste)
1/3 head Cauliflower (cut into florets)
1/2 tsp Coconut Oil (melted)

NUTRITION

AMOUNT PER SERVING

Calories	208	Cholesterol	87mg
Fat	10g	Sodium	274mg
Carbs	12g	Vitamin A	872IU
Fiber	3g	Vitamin C	55mg
Sugar	3g	Calcium	59mg
Protein	19g	Iron	2mg

DIRECTIONS

- 01 Preheat oven to 350°F (177°C).
- 02 Place quinoa and water in a small sauce pan over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover. Let simmer for 12 minutes and remove from heat. Set aside.
- 03 Place olive oil in a small frying pan over medium heat. Saute onions for about 5 minutes or until golden. Add minced garlic and stir for another minute. Remove from heat.
- 04 In a large mixing bowl, combine quinoa, garlic/onion mix, turkey, tomato, spinach, jalapeno, tamari, egg and salt and pepper to taste. Mix well with a spatula until all ingredients are well distributed.
- 05 Lightly grease a muffin tin with coconut oil or line each muffin cup with parchment paper. Spoon mixture evenly across muffin tin. Bake in the oven for 30 to 40 minutes, or until cooked through.
- 06 Serve with a handful of leftover baby spinach and some lightly steamed cauliflower tossed in coconut oil, seasoned with salt and pepper.

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

This was made using a mini muffin tray. One serving is equal to approximately two mini muffins.

VEGETARIAN

Use lentils instead of ground turkey.

MAKE MEATBALLS

Roll into balls and fry in a pan with olive oil until cooked through.

MAKE BURGERS

Form into patties and bake in the oven or fry in a pan.

MAKE A GLAZE

Brush the tops of the mini meatloaves with raw honey or maple syrup before baking.

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.

Chicken & Barley Soup

2 SERVINGS 30 MINUTES



INGREDIENTS

2 1/2 cups Vegetable Broth, Low Sodium
113 grams Chicken Breast (skinless, boneless, cubed)
3 Cremini Mushrooms (sliced)
1/2 Carrot (medium, diced)
1 Yellow Potato (chopped)
1/3 cup Pearl Barley (uncooked)
1/3 tsp Sea Salt (to taste)
1/2 cup Frozen Peas

NUTRITION

AMOUNT PER SERVING

Calories	337	Cholesterol	41mg
Fat	2g	Sodium	656mg
Carbs	58g	Vitamin A	3415IU
Fiber	11g	Vitamin C	29mg
Sugar	7g	Calcium	42mg
Protein	22g	Iron	3mg

DIRECTIONS

- 01 Add the broth, chicken breast, mushrooms, carrot, potato, pearl barley, and salt into a pot and bring to a simmer. Cook for 25 to 30 minutes, or until the chicken is cooked through and veggies are tender.
- 02 Stir in the peas and return to a simmer. Divide into bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately 1 1/2 cup.

GLUTEN-FREE

Use quinoa or brown rice instead of pearl barley.

MORE FLAVOR

Add sautéed onions and garlic. Add dried basil and thyme.

ADDITIONAL TOPPINGS

Top with fresh herbs.

Slow Cooker Stuffed Peppers

2 SERVINGS 4 HOURS



INGREDIENTS

2 Green Bell Pepper (large)
227 grams Extra Lean Ground Turkey
1/4 tsp Sea Salt
1/4 tsp Black Pepper
1 1/2 tsps Chili Powder
1/4 tsp Cumin
1/4 tsp Dried Basil
1/2 Egg
1 Garlic (cloves, minced)
1/4 Yellow Onion (diced)
1/2 cup Baby Spinach (chopped)
1 1/2 tsps Extra Virgin Olive Oil
1 tbsp Coconut Flour
1 cup Salsa
1/2 head Cauliflower (large)

NUTRITION

AMOUNT PER SERVING

Calories	348	Cholesterol	130mg
Fat	16g	Sodium	1435mg
Carbs	27g	Vitamin A	2492IU
Fiber	10g	Vitamin C	172mg
Sugar	13g	Calcium	142mg
Protein	30g	Iron	5mg

DIRECTIONS

- 01 Slice the tops off the peppers and carve out the seeds. Set aside.
- 02 In a large mixing bowl, combine the ground turkey, sea salt, black pepper, chili powder, cumin, dried basil, egg, minced garlic, yellow onion, spinach, olive oil and coconut flour. Mix well and stuff it into the green peppers.
- 03 Place the peppers in the slow cooker and top each with a spoonful or two of salsa. Cook for 4 hours on high or 6 - 8 on low.
- 04 Trim your cauliflower into florets. Place the florets in a food processor and pulse into a rice-like consistency. Cover and store in the fridge until ready to eat. (Note: You can eat the cauliflower rice raw or saute it in a bit of coconut oil before serving.)
- 05 Remove the peppers from the slow cooker and serve over cauliflower rice. Top with remaining salsa. Enjoy!

NOTES

VEGANS AND VEGETARIANS

Use cooked lentils or beans instead of ground meat.

NO GROUND TURKEY

Use ground chicken or beef instead.

NO SLOW COOKER

Bake peppers in the oven at 350 for 45 minutes to 1 hour, or until meat is cooked through.

NO CAULIFLOWER

Serve over rice, quinoa, greens or sweet potato mash.

Pressure Cooker Chicken Breast

2 SERVINGS 20 MINUTES



INGREDIENTS

340 grams Chicken Breast (skinless and boneless)

1/2 tsp Oregano

1/2 tsp Dried Thyme

1/2 tsp Paprika

1/4 tsp Garlic Powder

1/4 tsp Onion Powder

1/4 tsp Sea Salt

2 tsps Avocado Oil

1 1/2 cups Chicken Broth

96 grams Thyme Sprigs (for garnish)

NUTRITION

AMOUNT PER SERVING

Calories	310	Cholesterol	127mg
Fat	10g	Sodium	1069m...
Carbs	14g	Vitamin A	2641IU
Fiber	7g	Vitamin C	77mg
Sugar	1g	Calcium	223mg
Protein	42g	Iron	10mg

DIRECTIONS

- 01 Place the chicken in a shallow bowl and add oregano, thyme, paprika, garlic, onion and sea salt. Coat the chicken, ensuring it is fully covered.
- 02 Using the sauté function on your pressure cooker, cook the chicken for 2 minutes per side and then remove. Add the chicken broth to the pressure cooker and place the metal rack inside.
- 03 Place the chicken on top of the metal rack and cook on high pressure for 5 minutes. Let the steam release naturally for 8 minutes and then do a quick release. Remove the chicken and top with thyme sprigs. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

MAKE IT A MEAL

Serve alongside your favorite sides, like roasted vegetables, potatoes and/or rice.

Roasted Vegetable Quinoa Salad

2 SERVINGS 1 HOUR



INGREDIENTS

142 grams Salmon Fillet (oven baked)
1/2 Sweet Potato (diced into 1 inch cubes)
1/2 Red Bell Pepper (diced)
1/2 cup Red Onion (diced)
1 1/2 Leeks (chopped)
1 Garlic (cloves, peeled and halved)
1 1/2 tsps Extra Virgin Olive Oil
1/2 tsp Red Pepper Flakes
1/4 cup Quinoa (uncooked)
1/2 cup Water
1 cup Arugula
2 tbsps Mint Leaves
2 tbsps Feta Cheese (crumbled)
1/2 Lemon (juiced)
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 If you are using salmon, cook your fillets up ahead of time in the oven seasoned with a bit of oil, salt, pepper and lemon juice.
- 02 Preheat oven to 415°F (213°C). Combine sweet potato, red bell pepper, red onion, leeks and garlic cloves in a large mixing bowl. Toss well with red pepper flakes and olive oil. Place veggies on a foil-lined baking sheet and cook for about 30 minutes or until golden. (Note: Veggies can also be done on the barbecue in a grilling basket.)
- 03 In the mean time, add quinoa and water to a small sauce pan. Bring to a boil over medium-high heat. Cover pot and reduce heat to a simmer. Let simmer for 12 minutes. Remove from heat and fluff with fork.
- 04 When your veggies are finished roasting, put them in a large mixing bowl. Add quinoa, mint, feta and arugula. Sprinkle with lemon juice and season with salt and pepper. Serve alone or with an oven-baked salmon fillet on the side. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	328	Cholesterol	44mg
Fat	11g	Sodium	202mg
Carbs	38g	Vitamin A	7306IU
Fiber	5g	Vitamin C	57mg
Sugar	7g	Calcium	153mg
Protein	23g	Iron	3mg

Pressure Cooker Roast Beef & Vegetables

2 SERVINGS 1 HOUR 45 MINUTES



INGREDIENTS

333 grams Top Sirloin Beef Roast
1/3 tsp Sea Salt
1 tsp Avocado Oil
1/3 Yellow Onion (chopped)
1 1/3 Garlic (clove, minced)
1/2 cup Beef Broth
1 tsp Coconut Aminos
1 1/3 Carrot (peeled, chopped)
1 cup Celery Root (peeled, cut into cubes)
2/3 tsp Arrowroot Powder
1 1/3 tsps Water

NUTRITION

AMOUNT PER SERVING

Calories	364	Cholesterol	140mg
Fat	11g	Sodium	765mg
Carbs	15g	Vitamin A	6806IU
Fiber	3g	Vitamin C	9mg
Sugar	5g	Calcium	69mg
Protein	51g	Iron	6mg

DIRECTIONS

- 01 Cut the roast into 4 to 5 equal size pieces and season all sides with the salt.
- 02 Turn your pressure cooker to sauté mode and add the avocado oil. Sear the beef 2 to 3 minutes per side, working in batches if needed. Transfer the beef to a plate and set aside.
- 03 Add the onions and garlic to the pot along with a splash of the beef broth. Cook the onions and garlic for 3 to 5 minutes until the onions have softened. Add the remaining beef broth and the coconut aminos and stir to combine. Place the beef in the pot in a single even layer. Close the lid.
- 04 Set to “sealing”, then press manual/pressure cooker and cook for 40 minutes on high pressure. Once it is done, release the pressure manually. Remove the lid carefully.
- 05 Add the carrots and celery root to the pot. Close the lid. Set to “sealing”, then press manual/pressure cooker and continue to cook for another 15 minutes on high pressure. Once it is done, release the pressure manually. Remove the lid carefully. Using a slotted spoon, remove the beef and vegetables to a plate and keep warm.
- 06 In a small bowl combine the arrowroot powder and water until a slurry forms. Turn the pressure cooker to sauté mode. Bring the sauce to a simmer then add in the arrowroot powder mixture and stir well to combine. Let the sauce simmer for 3 to 5 minutes or until glossy and thickened slightly. Season with additional salt if needed.
- 07 To serve, shred the beef with a fork. Divide the meat and vegetables between plates and top generously with the sauce. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

ADDITIONAL TOPPINGS

Season with black pepper or add fresh herbs like rosemary or thyme.

NO COCONUT AMINOS

Use tamari instead.

NO CELERY ROOT

Use yellow potatoes instead.

NO TOP SIRLOIN ROAST

Use another cut of beef instead.

Roasted Veggies, Chickpeas & Cranberries

2 SERVINGS 1 HOUR



INGREDIENTS

1/2 head Cauliflower (small, cut into florets)
1/2 Sweet Potato (medium, cubed)
1/2 Yellow Onion (medium, chopped)
3/4 cup Chickpeas (cooked, rinsed)
1 1/2 tbsps Fresh Sage (finely chopped)
2 tbsps Rosemary (fresh)
1 tbsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
1/2 cup Frozen Cranberries (defrosted)

NUTRITION

AMOUNT PER SERVING

Calories	255	Cholesterol	0mg
Fat	9g	Sodium	69mg
Carbs	38g	Vitamin A	4781IU
Fiber	11g	Vitamin C	77mg
Sugar	10g	Calcium	115mg
Protein	9g	Iron	4mg

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a large baking sheet with parchment paper.
- 02 Add the cauliflower, sweet potato, onion, chickpeas, sage, rosemary, oil, salt, and pepper to the baking sheet. Toss to combine then spread everything out into an even layer. Roast for 20 minutes then toss the vegetables.
- 03 Add the cranberries and roast for another 25 to 30 minutes or until the vegetables are tender and caramelized. Divide between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

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

MORE FLAVOR

Add garlic and fresh thyme.

ADDITIONAL TOPPING

Add feta or goat cheese.

SERVE IT WITH

Rice or more protein of choice.

NO FROZEN CRANBERRIES

Use fresh instead.

Crispy Haddock Burger

1 SERVING 25 MINUTES



INGREDIENTS

1 Haddock Fillet
Sea Salt & Black Pepper (to taste)
1/2 Egg
1/4 cup Bread Crumbs
885 milligrams Avocado Oil Spray
30 grams Tartar Sauce (divided)
1/3 cup Coleslaw Mix
57 grams Whole Wheat Bun

NUTRITION

AMOUNT PER SERVING

Calories	496	Cholesterol	199mg
Fat	12g	Sodium	1111mg
Carbs	51g	Vitamin A	1294IU
Fiber	5g	Vitamin C	13mg
Sugar	7g	Calcium	148mg
Protein	45g	Iron	3mg

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
- 02 Season the fish with salt and pepper. In two separate bowls add the egg(s) and bread crumbs. Whisk the egg(s) with a fork.
- 03 Coat the fish first with bread crumbs, then dip in the egg. Lastly, coat with bread crumbs once more. Spray the fish with cooking spray and place it onto the baking sheet. Bake in the oven for about 15 minutes or until cooked through.
- 04 Meanwhile, mix half of the tartar sauce with coleslaw. Spread the rest of the sauce on the bottom buns. Top with crispy fish, coleslaw, and the top bun. Enjoy!

NOTES

LEFTOVERS

Refrigerate all parts separately for up to three days. Assemble just before eating.

SERVING SIZE

One serving is equal to one assembled fish burger.

MORE FLAVOR

Add lemon juice and/or hot sauce.

ADDITIONAL TOPPINGS

Add lettuce.

FILLET SIZE

One haddock fillet is equal to 150 grams or 5.3 ounces.

WHOLE WHEAT BUNS

One bun is equal to approximately 57 grams or two ounces.

AVOCADO OIL SPRAY

One gram (or 1/16 oz) of avocado oil spray is equal to a one-second spray.

Shish Tawouk

1 SERVING 1 HOUR 20 MINUTES



INGREDIENTS

47 grams Chicken Breast (boneless, skinless, cubed)
1 1/3 tbsps Plain Greek Yogurt
1 tsp Lemon Juice
1/2 tsp Tomato Paste
3/4 tsp Tawook Spice Blend
1/8 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	75	Cholesterol	37mg
Fat	2g	Sodium	713mg
Carbs	2g	Vitamin A	459IU
Fiber	0g	Vitamin C	7mg
Sugar	1g	Calcium	45mg
Protein	13g	Iron	0mg

DIRECTIONS

- 01 In a large bowl, combine all ingredients until well incorporated. Cover and refrigerate for at least one hour.
- 02 Slide the marinated chicken onto skewers.
- 03 Grill the skewers over medium-high heat for 10 to 15 minutes, or until cooked through. Flip halfway through for even cooking. Remove from the grill and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately one skewer with 6 to 8 pieces of chicken.

MORE FLAVOR

Add garlic and/or olive oil to the marinade.

NO GREEK YOGURT

Use plain yogurt instead.

SERVE IT WITH

Toum (garlic sauce), pita, rice, mixed greens or roasted vegetables.