



# 2500 Calorie Meal Plan 50/30/20 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](mailto:brenda.peralta@exercisewithstyle.com)

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## MON



**BREAKFAST**  
Banana Oat Protein Pancakes



**SNACK 1**  
1.5 Banana Spinach Smoothie



**LUNCH**  
One Pan Salmon & Tomato Orzo, Maple Baked Beans



**SNACK 2**  
Raspberry Zinger Smoothie



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

## TUE



**BREAKFAST**  
Banana Oat Protein Pancakes



**SNACK 1**  
1.5 Banana Spinach Smoothie



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



**SNACK 2**  
Raspberry Zinger Smoothie



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

## WED



**BREAKFAST**  
Banana Oat Protein Pancakes



**SNACK 1**  
Banana Spinach Smoothie



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



**SNACK 2**  
Raspberry Zinger Smoothie



**DINNER**  
Pressure Cooker Pork Ramen

## THU



**BREAKFAST**  
Cinnamon & Banana Protein Oatmeal, Greek Yogurt



**SNACK 1**  
Pumpkin Pie Greek Yogurt



**LUNCH**  
Pressure Cooker Pork Ramen



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



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

## FRI



**BREAKFAST**  
Cinnamon & Banana Protein Oatmeal, Greek Yogurt



**SNACK 1**  
1.5 Pumpkin Pie Greek Yogurt



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



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



**DINNER**  
Mushroom & Beef Chickpea Pasta

## SAT



**BREAKFAST**  
Strawberry Protein Sheet Pan Pancakes, Creamy Tuna on Oat Crackers



**SNACK 1**  
Pumpkin Pie Greek Yogurt



**LUNCH**  
Mushroom & Beef Chickpea Pasta



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



**DINNER**  
Chickpea Pasta with Pesto

## SUN



**BREAKFAST**  
Strawberry Protein Sheet Pan Pancakes, Creamy Tuna on Oat Crackers



**SNACK 1**  
Pumpkin Pie Greek Yogurt



**LUNCH**  
Chickpea Pasta with Pesto



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



**DINNER**  
0.5 Maple Miso Chicken Skillet, Zucchini White Bean Roll Ups

## MON

FAT 20% CARBS 48% PROTEIN 32%

Calories 2524  
Fat 58g  
Carbs 312g  
Fiber 52g  
Sugar 103g  
Protein 203g  
Cholesterol 226mg  
Sodium 2690mg  
Vitamin A 7097IU  
Vitamin C 296mg  
Calcium 2689mg  
Iron 20mg

## TUE

FAT 22% CARBS 48% PROTEIN 30%

Calories 2536  
Fat 63g  
Carbs 316g  
Fiber 47g  
Sugar 91g  
Protein 193g  
Cholesterol 221mg  
Sodium 2295mg  
Vitamin A 6866IU  
Vitamin C 355mg  
Calcium 2609mg  
Iron 17mg

## WED

FAT 22% CARBS 49% PROTEIN 29%

Calories 2487  
Fat 62g  
Carbs 312g  
Fiber 45g  
Sugar 71g  
Protein 190g  
Cholesterol 377mg  
Sodium 3988mg  
Vitamin A 5629IU  
Vitamin C 207mg  
Calcium 2296mg  
Iron 18mg

## THU

FAT 21% CARBS 50% PROTEIN 29%

Calories 2576  
Fat 62g  
Carbs 327g  
Fiber 25g  
Sugar 106g  
Protein 187g  
Cholesterol 497mg  
Sodium 4598mg  
Vitamin A 23439IU  
Vitamin C 72mg  
Calcium 1668mg  
Iron 14mg

## FRI

FAT 21% CARBS 50% PROTEIN 29%

Calories 2539  
Fat 62g  
Carbs 325g  
Fiber 38g  
Sugar 128g  
Protein 188g  
Cholesterol 275mg  
Sodium 3640mg  
Vitamin A 33965IU  
Vitamin C 99mg  
Calcium 2105mg  
Iron 25mg

## SAT

FAT 23% CARBS 48% PROTEIN 29%

Calories 2439  
Fat 67g  
Carbs 308g  
Fiber 56g  
Sugar 112g  
Protein 184g  
Cholesterol 276mg  
Sodium 4907mg  
Vitamin A 25522IU  
Vitamin C 125mg  
Calcium 1729mg  
Iron 36mg

## SUN

FAT 25% CARBS 48% PROTEIN 27%

Calories 2508  
Fat 72g  
Carbs 315g  
Fiber 65g  
Sugar 112g  
Protein 177g  
Cholesterol 274mg  
Sodium 3863mg  
Vitamin A 26278IU  
Vitamin C 213mg  
Calcium 1796mg  
Iron 30mg

## FRUITS

- 1 1/2 Banana
- 2 cups Cherries
- 3 3/4 Lemon
- 3/4 tsp Lemon Juice
- 2 tbsps Lime Juice
- 1 cup Pineapple
- 1 1/4 cups Strawberries

## BREAKFAST

- 2/3 cup Maple Syrup

## SEEDS, NUTS & SPICES

- 3 tbsps Chia Seeds
- 1 tsp Chili Powder
- 1/2 tsp Chipotle Powder
- 1/4 tsp Cinnamon
- 1/2 tsp Garlic Powder
- 1 1/2 tbsps Ground Flax Seed
- 2 tbsps Hemp Seeds
- 1 1/2 tsps Italian Seasoning
- 2 tps Jerk Seasoning
- 1/8 tsp Paprika
- 1/4 cup Pine Nuts
- 2 1/2 tsps Sea Salt
- 0 Sea Salt & Black Pepper

## FROZEN

- 3 cups Frozen Cauliflower
- 3 cups Frozen Raspberries
- 16 Ice Cubes

## VEGETABLES

- 4 cups Baby Spinach
- 2 1/2 cups Basil Leaves
- 2 cups Broccoli
- 1/2 cup Cherry Tomatoes
- 1/4 cup Cilantro
- 1/4 cup Fresh Dill
- 7 Garlic
- 2 stalks Green Onion
- 1 Jalapeno Pepper
- 2 cups Mushrooms
- 1/2 cup Parsley
- 1/4 Red Bell Pepper
- 1/4 cup Red Onion
- 3/4 cup Shiitake Mushrooms
- 2 tps Thyme
- 3/4 Yellow Bell Pepper
- 1 1/4 Yellow Onion
- 1 Zucchini

## BOXED & CANNED

- 1 1/4 cups Basmati Rice
- 2 cups Chicken Broth
- 397 grams Chickpea Pasta
- 1 1/3 tbsps Crushed Tomatoes
- 184 grams Gluten-Free Ramen Noodles
- 50 grams Oat Crackers
- 1/4 cup Orzo
- 1 can Tuna
- 1 cup Vegetable Broth
- 1 1/2 cups Vegetable Broth, Low Sodium
- 1 1/2 cups White Navy Beans
- 1 cup Wild Rice

## BAKING

- 1/2 cup All Purpose Gluten-Free Flour
- 2 1/2 tsps Baking Powder

## BREAD, FISH, MEAT & CHEESE

- 680 grams Chicken Breast
- 113 grams Extra Lean Ground Beef
- 302 grams Pork Shoulder, Boneless
- 2 Rainbow Trout Fillet
- 170 grams Salmon Fillet

## CONDIMENTS & OILS

- 1/2 tsp Apple Cider Vinegar
- 1 tbsp Avocado Oil
- 1 1/2 tbsps Coconut Aminos
- 3/4 tsp Dijon Mustard
- 3 1/8 tbsps Extra Virgin Olive Oil
- 1 1/2 tsps Fish Sauce
- 1 1/2 tsps Miso Paste
- 2 tbsps Pesto
- 1 tbsp Rice Vinegar
- 3/4 tsp Sriracha
- 1/3 cup Tamari
- 1/2 cup Tomato Sauce

## COLD

- 3 tbsps Butter
- 4 cups Cottage Cheese
- 1 1/3 cups Cow's Milk, Whole
- 3 Egg
- 5 2/3 cups Plain Greek Yogurt
- 7 3/4 cups Soy Milk
- 4 1/2 cups Unsweetened Almond Milk
- 2 cups Unsweetened Coconut Yogurt

## OTHER

- 3 3/4 cups Vanilla Protein Powder
- 1 1/2 cups Water



- 1/2 tsp Baking Soda
- 1 tbsp Cane Sugar
- 1 1/2 tbsps Coconut Sugar
- 1 1/8 tsps Fancy Molasses
- 1/4 cup Nutritional Yeast
- 1 1/2 cups Oat Flour
- 1 cup Oats
- 1 1/3 tbsps Pumpkin Pie Spice
- 2 cups Pureed Pumpkin
- 1 tbsp Raw Honey
- 2 1/2 tsps Vanilla Extract

# Banana Oat Protein Pancakes

3 SERVINGS 15 MINUTES



## INGREDIENTS

1 1/2 cups Oat Flour  
1 cup Vanilla Protein Powder  
1 1/2 tsp Baking Powder  
1 1/2 tbsps Ground Flax Seed  
1/8 tsp Sea Salt  
1 1/2 Banana (medium, mashed)  
2 cups Soy Milk  
2 1/4 tsp Extra Virgin Olive Oil  
1 1/2 tbsps Maple Syrup (optional)

## NUTRITION

### AMOUNT PER SERVING

Calories	549	Cholesterol	5mg
Fat	12g	Sodium	515mg
Carbs	71g	Vitamin A	38IU
Fiber	10g	Vitamin C	5mg
Sugar	19g	Calcium	523mg
Protein	41g	Iron	4mg

## DIRECTIONS

- 01 In a mixing bowl, combine the flour, protein powder, baking powder, flax seed, and salt.
- 02 Add the mashed banana and milk to the bowl. Stir until well combined.
- 03 Heat a large non-stick skillet over medium heat and lightly grease with oil. Scoop 1/4 cup of batter at a time into the pan and cook until bubbles start to form. Flip and cook for another one to two minutes. Repeat with the remaining batter.
- 04 Divide onto plates and top with maple syrup, if desired. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days. Reheat on the stove or in the toaster.

### SERVING SIZE

One serving is approximately three pancakes.

### SOY-FREE

Use oat milk instead.

### ADDITIONAL TOPPINGS

Serve with berries, yogurt, and/or nut butter.

# Cinnamon & Banana Protein Oatmeal

2 SERVINGS 15 MINUTES



## INGREDIENTS

2 cups Soy Milk  
1 cup Oats (rolled)  
1/2 cup Vanilla Protein Powder  
2 tbsps Hemp Seeds  
1/4 tsp Cinnamon  
2 Banana (sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	505	Cholesterol	4mg
Fat	12g	Sodium	157mg
Carbs	69g	Vitamin A	78IU
Fiber	9g	Vitamin C	10mg
Sugar	24g	Calcium	451mg
Protein	35g	Iron	4mg

## DIRECTIONS

- 01 In a small saucepan, bring the soy milk to a boil. Add the oats and reduce the heat to a steady simmer. Cook, stirring occasionally for about six to eight minutes or until the oats are tender and most of the soy milk is absorbed.
- 02 Stir in the protein powder, hemp seeds, and cinnamon. Add a splash of water or more milk if needed for desired consistency.
- 03 Transfer the cooked oats to a bowl and top with sliced banana. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### SERVING SIZE

One serving is approximately 1 1/4 cups.

### NO SOY MILK

Use other milk alternative.

# Greek Yogurt

2 SERVINGS 5 MINUTES



## INGREDIENTS

1 cup Plain Greek Yogurt

## NUTRITION

### AMOUNT PER SERVING

Calories	90	Cholesterol	17mg
Fat	2g	Sodium	70mg
Carbs	6g	Vitamin A	625IU
Fiber	0g	Vitamin C	7mg
Sugar	3g	Calcium	250mg
Protein	11g	Iron	0mg

## DIRECTIONS

01 Scoop into a bowl and enjoy!

## NOTES

### TOPPINGS

Fresh or frozen fruit, granola, bee pollen, nuts, coconut, honey or maple syrup.

### DAIRY-FREE

Use coconut, almond or cashew yogurt instead.

# Strawberry Protein Sheet Pan Pancakes

2 SERVINGS 30 MINUTES



## INGREDIENTS

1/2 cup All Purpose Gluten-Free Flour  
1/2 cup Vanilla Protein Powder  
1 tbsp Cane Sugar  
1 tsp Baking Powder  
1/2 tsp Baking Soda  
1/8 tsp Sea Salt  
1 Egg  
1 tbsp Butter (melted)  
1/2 tsp Vanilla Extract  
1 1/3 cups Cow's Milk, Whole  
1 1/4 cups Strawberries (thinly sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	473	Cholesterol	129mg
Fat	14g	Sodium	853mg
Carbs	56g	Vitamin A	595IU
Fiber	9g	Vitamin C	53mg
Sugar	19g	Calcium	469mg
Protein	30g	Iron	2mg

## DIRECTIONS

- 01 Preheat the oven to 400°F (205°C). Line a deep baking pan or jelly pan with parchment paper.
- 02 In a large bowl, combine the flour, protein powder, sugar, baking powder, baking soda, and salt. Mix well to combine.
- 03 In a medium-sized bowl, whisk together the eggs, butter, vanilla, and milk.
- 04 Slowly pour the wet ingredients into the dry, whisking as you go until well combined and a thick yet pourable batter has formed.
- 05 Pour the batter onto the pan and spread out evenly with a spatula. Add the strawberries on top.
- 06 Bake in the oven for 20 minutes, until the batter has risen and is starting to brown. Slice, serve, and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

A 10 x 15-inch baking pan with deep sides was used to make four servings. One serving is equal to approximately two pancakes.

### MAKE IT VEGAN

Use flax eggs instead of eggs, coconut oil instead of butter, and any milk alternative.

### ADDITIONAL TOPPINGS

Maple syrup, whipped cream, or yogurt.

### PROTEIN POWDER

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

# Creamy Tuna on Oat Crackers

2 SERVINGS 10 MINUTES



## INGREDIENTS

1 can Tuna (drained and flaked)  
1/4 cup Plain Greek Yogurt  
1/4 tsp Sea Salt  
50 grams Oat Crackers

## NUTRITION

### AMOUNT PER SERVING

Calories	201	Cholesterol	34mg
Fat	6g	Sodium	683mg
Carbs	18g	Vitamin A	203IU
Fiber	2g	Vitamin C	2mg
Sugar	1g	Calcium	76mg
Protein	21g	Iron	2mg

## DIRECTIONS

- 01 Combine the tuna, yogurt and sea salt. Mix well with a fork.
- 02 Spread tuna evenly onto the crackers and enjoy!

## NOTES

### LEFTOVERS

Best enjoyed immediately but can be refrigerated up to 2 days in an airtight container. Store the crispbread and tuna mixture separately.

### SERVING SIZE

One serving is equal to approximately four topped crackers.

### CANNED TUNA

One can of tuna is equal to 165 grams or 5.8 ounces, drained.

### NO GREEK YOGURT

Use cottage cheese or any type of alternative plain yogurt instead.

# Banana Spinach Smoothie

4 SERVINGS 5 MINUTES



## INGREDIENTS

4 Banana (frozen)  
4 cups Baby Spinach  
16 Ice Cubes  
2 cups Unsweetened Coconut Yogurt  
4 cups Soy Milk  
1 cup Vanilla Protein Powder

## NUTRITION

### AMOUNT PER SERVING

Calories	357	Cholesterol	4mg
Fat	8g	Sodium	202mg
Carbs	48g	Vitamin A	2889IU
Fiber	6g	Vitamin C	19mg
Sugar	24g	Calcium	699mg
Protein	28g	Iron	3mg

## DIRECTIONS

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

## NOTES

### LEFTOVERS

Best enjoyed immediately.

### SERVING SIZE

One serving is approximately two cups.

### NO SOY MILK

Use other milk alternative.

# 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.



# One Pan Salmon & Tomato Orzo

1 SERVING 30 MINUTES



## INGREDIENTS

3/4 tsp Extra Virgin Olive Oil  
170 grams Salmon Fillet  
Sea Salt & Black Pepper (to taste)  
1 1/2 tsps Italian Seasoning (divided)  
1 Garlic (clove, sliced)  
1/4 cup Orzo (dry)  
2/3 cup Water  
1/2 cup Cherry Tomatoes  
1 1/2 tsps Parsley (chopped)  
1/4 Lemon (juiced, optional)

## NUTRITION

### AMOUNT PER SERVING

Calories	379	Cholesterol	87mg
Fat	12g	Sodium	141mg
Carbs	25g	Vitamin A	1057IU
Fiber	2g	Vitamin C	18mg
Sugar	3g	Calcium	46mg
Protein	42g	Iron	2mg

## DIRECTIONS

- 01 Warm the oil in a pan over medium-high heat. Season the salmon fillets all over with salt, pepper, and half of the Italian seasoning. Place the salmon in the pan skin-side down, cooking for about three to five minutes or until the skin is crispy. Flip and cook for one to two minutes.
- 02 Remove the salmon from the pan and set aside. In the same pan, add the garlic and the remaining Italian seasoning. Sauté for one minute, then add the orzo, water, and cherry tomatoes. Stir to combine.
- 03 Bring the salmon back to the pan. Cover with a lid, turn the heat to low and let simmer for 15 to 20 minutes or until the water has absorbed and the orzo is cooked through.
- 04 Divide everything evenly between plates. Season with parsley and squeeze the lemon juice on top. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is equal to one salmon fillet and approximately 2/3 cup orzo and tomato.

### MORE FLAVOR

Add onion, bell pepper, and broccoli.

# Maple Baked Beans

1 SERVING 20 MINUTES



## INGREDIENTS

1 tbsp Water  
1/4 Yellow Onion (small, diced)  
1/2 cup White Navy Beans (cooked, rinsed)  
1 1/3 tbsps Crushed Tomatoes  
1 1/8 tsps Fancy Molasses  
3/4 tsp Maple Syrup  
3/4 tsp Dijon Mustard  
3/4 tsp Lemon Juice  
1/2 tsp Apple Cider Vinegar  
1/8 tsp Paprika  
1/8 tsp Sea Salt

## DIRECTIONS

- 01 In a medium pot, add water and bring to a boil. Add in the onion and simmer for five minutes.
- 02 Stir in remaining ingredients and simmer for 15 minutes. Serve and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days.

### SERVING SIZE

One serving is equal to approximately a 1/2 cup of beans.

### MORE FLAVOR

Top with fresh parsley for extra flavor!

## NUTRITION

### AMOUNT PER SERVING

Calories	187	Cholesterol	0mg
Fat	1g	Sodium	379mg
Carbs	38g	Vitamin A	185IU
Fiber	11g	Vitamin C	4mg
Sugar	13g	Calcium	104mg
Protein	8g	Iron	4mg

# Raspberry Zinger Smoothie

3 SERVINGS 10 MINUTES



## INGREDIENTS

3 cups Frozen Cauliflower  
3 cups Frozen Raspberries  
3 Lemon (juiced)  
3/4 cup Vanilla Protein Powder  
3 tbsps Chia Seeds  
4 1/2 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

# 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.

# 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.

# 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.

# 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 tps Fish Sauce  
2 2/3 tbsps Tamari (divided)  
3/4 tsp Sriracha  
1 tbs 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.

# 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.



# Mushroom & Beef Chickpea Pasta

2 SERVINGS 30 MINUTES



## INGREDIENTS

170 grams Chickpea Pasta (dry)  
1 cup Vegetable Broth (divided)  
113 grams Extra Lean Ground Beef  
1 Yellow Onion (chopped finely)  
2 cups Mushrooms (sliced)  
4 Garlic (minced)  
2 tbsps Tamari  
2 tsps Thyme (fresh)  
1/3 cup Plain Greek Yogurt  
1/4 cup Parsley (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	489	Cholesterol	43mg
Fat	12g	Sodium	1498mg
Carbs	63g	Vitamin A	1184IU
Fiber	15g	Vitamin C	19mg
Sugar	16g	Calcium	215mg
Protein	43g	Iron	13mg

## DIRECTIONS

- 01 Cook the pasta according to the package directions.
- 02 Heat 1/4 of the broth in a large skillet over medium-high heat. Add the beef and onions breaking up the meat as it cooks. Cook for three minutes. Add the mushrooms and cook for five to seven minutes or until the mushrooms are just tender and the meat is cooked through. Add the garlic and cook for one more minute.
- 03 Add the remaining broth, tamari, thyme, and yogurt. Stir and continue cooking for another two minutes.
- 04 Add the cooked pasta and the parsley to the pan. Toss gently to coat. Divide evenly between plates and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### SERVING SIZE

One serving is equal to approximately two cups.

### MORE FLAVOR

Add leafy greens like spinach or kale.

### ADDITIONAL TOPPINGS

Top with parmesan cheese.

# 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.

# Maple Miso Chicken Skillet

1 SERVING 20 MINUTES



## INGREDIENTS

1 1/2 tps Maple Syrup  
1 1/2 tps Miso Paste  
1/2 tsp Extra Virgin Olive Oil (divided)  
113 grams Chicken Breast (cubed)  
1/4 Red Bell Pepper (medium, sliced)  
1/4 Yellow Bell Pepper (medium, sliced)  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	217	Cholesterol	82mg
Fat	6g	Sodium	469mg
Carbs	13g	Vitamin A	1058IU
Fiber	2g	Vitamin C	123mg
Sugar	8g	Calcium	23mg
Protein	27g	Iron	1mg

## DIRECTIONS

- 01 In a small bowl, whisk together the maple syrup and miso paste. Set aside.
- 02 Heat half the oil in a pan over medium-high heat. Add the chicken and cook until browned and cooked through, about seven to eight minutes. Remove from pan.
- 03 Add the remaining oil and the peppers. Cook for ten minutes or until soft. Add the chicken and the maple miso sauce and warm through. Season with salt and pepper. Divide evenly between plates and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### MORE FLAVOR

Add sesame oil to maple miso sauce. Add spinach or kale at the end until wilted.

### SERVE IT WITH

Serve over rice, quinoa, or cauliflower rice. Serve with corn tortillas and shredded lettuce to make fajitas.

# Zucchini White Bean Roll Ups

1 SERVING 1 HOUR



## INGREDIENTS

1 Zucchini (medium)  
1 cup White Navy Beans (cooked, from the can)  
2 tbsps Pesto  
Sea Salt & Black Pepper (to taste)  
1/2 cup Tomato Sauce

## NUTRITION

### AMOUNT PER SERVING

Calories	449	Cholesterol	0mg
Fat	14g	Sodium	219mg
Carbs	63g	Vitamin A	1411IU
Fiber	23g	Vitamin C	45mg
Sugar	12g	Calcium	270mg
Protein	22g	Iron	6mg

## DIRECTIONS

- 01 Preheat your oven to 350°F (177°C).
- 02 Slice the zucchinis in half lengthwise. Using a mandolin, create long, thin slices from the cut-side of each zucchini. If you don't have a mandolin, use a sharp knife to make thin, flexible slices. You should end up with about 12 strips per zucchini.
- 03 In your food processor or blender, combine the white beans and pesto. Pulse until smooth. Taste and season with sea salt and black pepper as desired.
- 04 Lay the strips flat on your cutting board and spread each strip with about 1 tbsp of the white bean mixture. Roll them up and place into a casserole dish. When all the zucchini roll-ups are in the dish, cover with the tomato sauce.
- 05 Bake uncovered for 30 minutes. Remove from the oven, divide between plates and enjoy!

## NOTES

### NO WHITE BEANS

Use chickpeas instead.