



## 28 Day Balanced 2300 Calorie Meal Plan PDF (Week 2)

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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**  
Creamy Apple Pie Protein Oatmeal



**SNACK 1**  
1.5 Peach Cobbler Smoothie



**LUNCH**  
Mini Submarine Sandwich



**SNACK 2**  
Peanut Butter & Banana Protein Porridge



**DINNER**  
Tortellini, Artichoke & Chickpea Salad

## TUE



**BREAKFAST**  
Creamy Apple Pie Protein Oatmeal



**SNACK 1**  
1.5 Peach Cobbler Smoothie



**LUNCH**  
Tortellini, Artichoke & Chickpea Salad



**SNACK 2**  
Peanut Butter & Banana Protein Porridge



**DINNER**  
Grilled Peach & Pesto Flatbread

## WED



**BREAKFAST**  
Creamy Apple Pie Protein Oatmeal



**SNACK 1**  
0.5 Peach Cobbler Smoothie



**LUNCH**  
Grilled Peach & Pesto Flatbread



**SNACK 2**  
Peanut Butter & Banana Protein Porridge



**DINNER**  
Chicken, Rice & Kimchi Bowl

## THU



**BREAKFAST**  
Strawberry Tahini Smoothie



**SNACK 1**  
Whipped Ricotta & Pesto Toast



**LUNCH**  
Chicken, Rice & Kimchi Bowl



**SNACK 2**  
0.5 Granola, Yogurt & Berry Snack Box



**DINNER**  
Tofu & Edamame Noodles with Peanut Sauce

## FRI



**BREAKFAST**  
Strawberry Tahini Smoothie



**SNACK 1**  
Whipped Ricotta & Pesto Toast



**LUNCH**  
Tofu & Edamame Noodles with Peanut Sauce



**SNACK 2**  
Granola, Yogurt & Berry Snack Box



**DINNER**  
Turkey & Peas Naan

## SAT



**BREAKFAST**  
Salmon, Dill & Potato Hash



**SNACK 1**  
Whipped Ricotta & Pesto Toast



**LUNCH**  
Turkey & Peas Naan



**SNACK 2**  
Granola, Yogurt & Berry Snack Box



**DINNER**  
Green Poutine

## SUN



**BREAKFAST**  
Salmon, Dill & Potato Hash



**SNACK 1**  
Whipped Ricotta & Pesto Toast



**LUNCH**  
Green Poutine



**SNACK 2**  
Granola, Yogurt & Berry Snack Box



**DINNER**  
Spicy Shrimp Sushi Bowls

## MON

FAT 30% CARBS 46% PROTEIN 24%

Calories 2365  
Fat 80g  
Carbs 279g  
Fiber 39g  
Sugar 84g  
Protein 147g  
Cholesterol 192mg  
Sodium 3901mg  
Vitamin A 4822IU  
Vitamin C 55mg  
Calcium 2106mg  
Iron 18mg

## TUE

FAT 31% CARBS 47% PROTEIN 22%

Calories 2392  
Fat 84g  
Carbs 289g  
Fiber 43g  
Sugar 97g  
Protein 138g  
Cholesterol 147mg  
Sodium 3236mg  
Vitamin A 5343IU  
Vitamin C 63mg  
Calcium 2091mg  
Iron 17mg

## WED

FAT 31% CARBS 46% PROTEIN 23%

Calories 2267  
Fat 80g  
Carbs 268g  
Fiber 31g  
Sugar 80g  
Protein 134g  
Cholesterol 226mg  
Sodium 2934mg  
Vitamin A 5697IU  
Vitamin C 79mg  
Calcium 1760mg  
Iron 16mg

## THU

FAT 34% CARBS 47% PROTEIN 19%

Calories 2360  
Fat 91g  
Carbs 283g  
Fiber 34g  
Sugar 65g  
Protein 119g  
Cholesterol 183mg  
Sodium 2362mg  
Vitamin A 17768IU  
Vitamin C 200mg  
Calcium 1577mg  
Iron 19mg

## FRI

FAT 36% CARBS 45% PROTEIN 19%

Calories 2412  
Fat 99g  
Carbs 276g  
Fiber 35g  
Sugar 68g  
Protein 117g  
Cholesterol 114mg  
Sodium 1990mg  
Vitamin A 17771IU  
Vitamin C 215mg  
Calcium 1664mg  
Iron 21mg

## SAT

FAT 35% CARBS 43% PROTEIN 22%

Calories 2384  
Fat 95g  
Carbs 261g  
Fiber 40g  
Sugar 45g  
Protein 130g  
Cholesterol 186mg  
Sodium 1516mg  
Vitamin A 12372IU  
Vitamin C 210mg  
Calcium 869mg  
Iron 27mg

## SUN

FAT 34% CARBS 44% PROTEIN 22%

Calories 2379  
Fat 92g  
Carbs 265g  
Fiber 41g  
Sugar 41g  
Protein 133g  
Cholesterol 315mg  
Sodium 1313mg  
Vitamin A 15881IU  
Vitamin C 210mg  
Calcium 852mg  
Iron 23mg

## FRUITS

- 1 1/2 Apple
- 1/4 Avocado
- 2 1/2 Bananas
- 1 1/2 Lemon
- 1 1/16 tbsps Lemon Juice
- 6 Peach
- 4 cups Strawberries

## BREAKFAST

- 3 tbsps All Natural Peanut Butter
- 1 1/3 cups Granola
- 3 tbsps Maple Syrup

## SEEDS, NUTS & SPICES

- 1/4 cup Cashews
- 1 tsp Chili Flakes
- 2 1/8 tbsps Cinnamon
- 1/3 tsp Cumin
- 1 1/2 tpsps Dried Thyme
- 1/2 cup Hemp Seeds
- 1/2 tsp Paprika
- 2 1/16 tbsps Pumpkin Seeds
- 0 Sea Salt & Black Pepper

## FROZEN

- 1 cup Frozen Edamame
- 1 cup Frozen Peas
- 2 cups Frozen Strawberries

## VEGETABLES

- 2 1/16 cups Asparagus
- 2 1/16 cups Baby Kale
- 2 tbsps Basil Leaves
- 1 1/16 cups Butternut Squash
- 1/2 Carrot
- 1 stalk Celery
- 1 1/3 tbsps Cilantro
- 1/4 Cucumber
- 2 tbsps Fresh Dill
- 2 1/3 Garlic
- 1/2 cup Grated Carrot
- 1/8 head Iceberg Lettuce
- 4 cups Kale Leaves
- 2 1/16 cups Mushrooms
- 3 Red Potato
- 8 leaves Romaine
- 2 cups Shiitake Mushrooms
- 2 tpsps Thyme
- 1 1/16 Yellow Onion
- 2 1/16 Yellow Potato

## BOXED & CANNED

- 3/4 cup Black Rice
- 1/3 cup Brown Rice
- 1 1/16 cups Chickpeas
- 170 grams Udon Noodles
- 1/2 cup Vegetable Broth

## BAKING

- 2 1/2 tpsps Arrowroot Powder
- 1/2 cup Nutritional Yeast
- 2 3/4 cups Oats
- 1/4 cup Pitted Dates

## BREAD, FISH, MEAT & CHEESE

- 283 grams Chicken Thighs
- 151 grams Extra Lean Ground Turkey
- 71 grams Mozzarella Ball
- 4 1/16 pieces Naan
- 57 grams Prosciutto
- 43 grams Provolone Cheese
- 1 1/3 cups Ricotta Cheese
- 28 grams Salami, Mild
- 283 grams Salmon Fillet
- 113 grams Shrimp
- 57 grams Sliced Ham
- 85 grams Sourdough Baguette
- 198 grams Sourdough Bread
- 213 grams Tofu

## CONDIMENTS & OILS

- 1 1/16 cups Artichoke Hearts
- 2 1/2 tbsps Avocado Oil
- 1/3 cup Extra Virgin Olive Oil
- 2 1/2 tbsps Gochujang
- 3/4 cup Kimchi
- 1 1/2 tpsps Mayonnaise
- 1/4 cup Peanut Sauce
- 1/2 cup Pesto
- 2 1/16 tbsps Sesame Oil
- 1/4 tsp Sriracha
- 2 tpsps Tahini
- 1 3/4 tpsps Tamari
- 1 tsp Yellow Mustard

## COLD

- 170 grams Cheese Tortellini
- 2 cups Cottage Cheese
- 1 1/2 cups Egg Whites
- 3 cups Oat Milk
- 5 cups Plain Greek Yogurt
- 3 cups Unsweetened Almond Milk



■ 3 cups Unsweetened Cashew Milk

#### OTHER

■ 20 grams Collagen Powder

■ 1/3 cup Vanilla Protein Powder

■ 3/4 cup Water

# Creamy Apple Pie Protein Oatmeal

3 SERVINGS 20 MINUTES



## INGREDIENTS

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

## NUTRITION

### AMOUNT PER SERVING

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

## DIRECTIONS

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

## NOTES

### LEFTOVERS

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

### SERVING SIZE

One serving is approximately two cups.

### ADDITIONAL TOPPINGS

Cinnamon, chia seeds, ground flax seeds, nuts.

# Strawberry Tahini Smoothie

2 SERVINGS 5 MINUTES



## INGREDIENTS

3 cups Oat Milk  
2 cups Frozen Strawberries  
1 Banana (frozen)  
20 grams Collagen Powder  
1/3 cup Hemp Seeds  
8 leaves Romaine (washed, torn)  
2 tsps Tahini

## NUTRITION

### AMOUNT PER SERVING

Calories	558	Cholesterol	0mg
Fat	26g	Sodium	192mg
Carbs	65g	Vitamin A	9899IU
Fiber	13g	Vitamin C	101mg
Sugar	30g	Calcium	649mg
Protein	26g	Iron	6mg

## DIRECTIONS

01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

## NOTES

### NO COLLAGEN POWDER

Omit or use protein powder instead.

### MAKE IT VEGAN

Omit the collagen powder.

### NO OAT MILK

Use another dairy-free milk instead.

# Salmon, Dill & Potato Hash

2 SERVINGS 30 MINUTES



## INGREDIENTS

2 tbsps Extra Virgin Olive Oil  
3 Red Potato (medium, peeled, diced 1/2-inch pieces)  
1 stalk Celery (chopped)  
1/2 Yellow Onion (chopped)  
283 grams Salmon Fillet (skinless, chopped coarsely)  
2 tbsps Fresh Dill (chopped, plus more for garnish)  
2 tsps Thyme (fresh)  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	544	Cholesterol	72mg
Fat	21g	Sodium	186mg
Carbs	54g	Vitamin A	423IU
Fiber	7g	Vitamin C	30mg
Sugar	7g	Calcium	67mg
Protein	38g	Iron	4mg

## DIRECTIONS

- 01 Heat the oil in a pan over medium heat. Add the potatoes, celery, and onion to the pan. Sauté for about one minute until they are coated with oil.
- 02 Cover the pan and cook for about five to seven minutes or until the potatoes are almost fork-tender. Stir halfway through.
- 03 Uncover the pan, increase the heat to medium-high, and add the salmon, dill, thyme, salt, and pepper.
- 04 Stir the mixture frequently for about five to eight minutes, allowing the potatoes to lightly brown and the salmon to cook through. Serve and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to two days.

### SERVING SIZE

One serving equals approximately two cups.

### MORE FLAVOR

Add capers, bell peppers, and/or goat cheese. Top with a fried egg.



# Peach Cobbler Smoothie

4 SERVINGS 5 MINUTES



## INGREDIENTS

3 cups Unsweetened Cashew Milk  
4 Peach (pitted)  
1/2 cup Oats (quick or rolled)  
2 cups Cottage Cheese  
1/4 cup Pitted Dates  
2 tsps Cinnamon

## NUTRITION

### AMOUNT PER SERVING

Calories	256	Cholesterol	18mg
Fat	8g	Sodium	395mg
Carbs	33g	Vitamin A	1015IU
Fiber	5g	Vitamin C	10mg
Sugar	21g	Calcium	194mg
Protein	15g	Iron	1mg

## DIRECTIONS

01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

## NOTES

### DAIRY-FREE

Use coconut yogurt instead of cottage cheese.

### NO CASHEW MILK

Use almond, rice, coconut or your choice of alternative milk instead.

### NO DATES

Sweeten with maple syrup, honey or banana instead.

### STORAGE

Refrigerate in a sealed mason jar up to 24 hours. Shake well before drinking.

### MORE PROTEIN

Add hemp seeds, a scoop of protein powder or spoonful of nut butter.

### MORE FIBER

Add ground flax seed.

# Whipped Ricotta & Pesto Toast

4 SERVINGS 10 MINUTES



## INGREDIENTS

1 1/3 cups Ricotta Cheese  
1 Lemon (medium, juiced, zested)  
Sea Salt & Black Pepper (to taste)  
198 grams Sourdough Bread (sliced, toasted)  
1/4 cup Pesto  
1 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.

# Mini Submarine Sandwich

1 SERVING 10 MINUTES



## INGREDIENTS

1 tsp Yellow Mustard  
43 grams Provolone Cheese  
57 grams Sliced Ham  
28 grams Salami, Mild  
1/8 head Iceberg Lettuce (chopped)  
85 grams Sourdough Baguette

## NUTRITION

### AMOUNT PER SERVING

Calories	569	Cholesterol	93mg
Fat	23g	Sodium	1925mg
Carbs	53g	Vitamin A	712IU
Fiber	1g	Vitamin C	2mg
Sugar	4g	Calcium	356mg
Protein	36g	Iron	5mg

## DIRECTIONS

01 To assemble the sandwiches, evenly divide the mustard, cheese, ham, salami, and lettuce between the buns. Enjoy!

## NOTES

### LEFTOVERS

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

### SERVING SIZE

One serving is one sandwich.

### ADDITIONAL TOPPINGS

Cucumber, tomato, onions and/or hot peppers.

### NO MUSTARD

Use mayonnaise or other spread of choice.

### GLUTEN-FREE

Use gluten-free bread.

### DAIRY-FREE

Use a dairy-free cheese alternative.



# Peanut Butter & Banana Protein Porridge

3 SERVINGS 10 MINUTES



## INGREDIENTS

3 cups Unsweetened Almond Milk  
3/4 cup Oats (rolled)  
1 1/2 cups Egg Whites  
3 tbsps All Natural Peanut Butter  
1 tbsp Cinnamon  
1 1/2 Banana (mashed)

## NUTRITION

### AMOUNT PER SERVING

Calories	324	Cholesterol	0mg
Fat	13g	Sodium	367mg
Carbs	35g	Vitamin A	545IU
Fiber	7g	Vitamin C	5mg
Sugar	10g	Calcium	507mg
Protein	21g	Iron	2mg

## DIRECTIONS

- 01 Add the almond milk and oats to a pot over medium heat. Bring the milk to a gentle boil and continue to cook for two to three minutes or until the oats begin to soften and thicken.
- 02 Slowly stir in the egg whites and continue to stir until the porridge becomes thick and creamy. Stir in the peanut butter, cinnamon, and banana. Remove from the heat and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### MORE FLAVOR

Add maple syrup or honey and vanilla extract.

### ADDITIONAL TOPPINGS

More peanut butter, banana slices, berries, or extra cinnamon.

### NO ALMOND MILK

Use another dairy or dairy alternative milk instead.



# Granola, Yogurt & Berry Snack Box

4 SERVINGS 5 MINUTES



## INGREDIENTS

2 cups Plain Greek Yogurt  
4 cups Strawberries (sliced)  
1 1/3 cups Granola

## NUTRITION

### AMOUNT PER SERVING

Calories	335	Cholesterol	17mg
Fat	13g	Sodium	82mg
Carbs	39g	Vitamin A	650IU
Fiber	7g	Vitamin C	93mg
Sugar	18g	Calcium	304mg
Protein	18g	Iron	3mg

## DIRECTIONS

01 Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

## NOTES

### STORAGE

Refrigerate in an airtight container up to 3 days.

### GLUTEN-FREE

Ensure a gluten-free granola is used.

### DAIRY-FREE & VEGAN

Use a dairy-free yogurt.

# Tortellini, Artichoke & Chickpea Salad

2 SERVINGS 15 MINUTES



## INGREDIENTS

170 grams Cheese Tortellini  
1 cup Chickpeas (cooked)  
2 cups Baby Kale  
2 tbsps Pesto  
1 tbsp Lemon Juice  
1 cup Artichoke Hearts (from the can,  
drained)  
2 tbsps Pumpkin Seeds (optional)

## NUTRITION

### AMOUNT PER SERVING

Calories	553	Cholesterol	36mg
Fat	19g	Sodium	850mg
Carbs	73g	Vitamin A	738IU
Fiber	15g	Vitamin C	14mg
Sugar	10g	Calcium	327mg
Protein	27g	Iron	5mg

## DIRECTIONS

- 01 Cook the tortellini according to the directions on the package. Drain, rinse well, and set aside to cool.
- 02 Combine all the ingredients including the cooked and cooled tortellini in a serving bowl and mix to coat.
- 03 Divide evenly between bowls and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for four days.

### SERVING SIZE

One serving is about two cups.

### MORE FLAVOR

Add crumbled feta, goat cheese, sun dried tomatoes and/or fresh herbs like chives, basil and parsley.

# Grilled Peach & Pesto Flatbread

2 SERVINGS 10 MINUTES



## INGREDIENTS

2 Peach (pit removed and sliced)  
1/2 tsp Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)  
2 pieces Naan  
3 tbsps Pesto  
71 grams Mozzarella Ball (torn into pieces)  
57 grams Prosciutto (torn into slices)  
2 tbsps Basil Leaves

## NUTRITION

### AMOUNT PER SERVING

Calories	596	Cholesterol	48mg
Fat	27g	Sodium	1260m...
Carbs	63g	Vitamin A	1233IU
Fiber	5g	Vitamin C	10mg
Sugar	17g	Calcium	341mg
Protein	27g	Iron	4mg

## DIRECTIONS

- 01 Heat a grill over medium-high heat. Toss the peach slices with oil, salt, and pepper. Place the peach slices on the grill and cook for two to three minutes, until grill marks appear. Flip halfway.
- 02 Warm up the naan on the grill for about a minute. Spread the pesto over the naan evenly.
- 03 Arrange the grilled peaches, mozzarella, and prosciutto on top. Garnish with basil leaves and enjoy!

## NOTES

### LEFTOVERS

Best enjoyed immediately.

### SERVING SIZE

One serving is equal to one naan.

### MORE FLAVOR

Add artichoke hearts and/or olives.

### GLUTEN-FREE

Use a cauliflower crust or brown rice tortilla instead of naan.

### NAAN

One piece of naan is 3.2 oz or 90 grams.



# Chicken, Rice & Kimchi Bowl

2 SERVINGS 30 MINUTES



## INGREDIENTS

3/4 cup Black Rice (uncooked)  
283 grams Chicken Thighs (boneless, skinless)  
Sea Salt & Black Pepper (to taste)  
2 tbsps Avocado Oil (divided)  
2 cups Shiitake Mushrooms (stem removed, sliced)  
4 cups Kale Leaves  
2 1/2 tbsps Gochujang  
1 1/2 tsps Water  
3/4 cup Kimchi

## NUTRITION

### AMOUNT PER SERVING

Calories	684	Cholesterol	133mg
Fat	23g	Sodium	943mg
Carbs	85g	Vitamin A	2107IU
Fiber	8g	Vitamin C	40mg
Sugar	14g	Calcium	190mg
Protein	38g	Iron	5mg

## DIRECTIONS

- 01 Cook the rice according to package directions.
- 02 Pat the chicken dry and season with salt and pepper.
- 03 Heat a large skillet over medium-high heat and add half of the oil. Add the chicken thighs and cook for five to six minutes per side, or until cooked through. Remove the chicken from the pan and set aside. Once cool, slice into strips.
- 04 In the same skillet over medium heat, add the remaining oil. Add the mushrooms and cook for five minutes, until softened, stirring often.
- 05 Move the mushrooms to one side of the pan and add the kale. Cook until wilted slightly, about one to two minutes. Remove the skillet from the heat and season the mushrooms and kale with salt and pepper.
- 06 In a small bowl, mix together the gochujang and water.
- 07 Divide the rice, chicken, mushrooms, and kale evenly between bowls. Add the kimchi and top with gochujang. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### MORE FLAVOR

Season the chicken with garlic powder, ginger powder and/or gochugaru.



# Tofu & Edamame Noodles with Peanut Sauce

2 SERVINGS 35 MINUTES



## INGREDIENTS

213 grams Tofu (extra-firm, pressed, and cubed)  
1 1/2 tsps Tamari (divided)  
1 1/2 tsps Avocado Oil (divided)  
1 1/2 tsps Arrowroot Powder  
170 grams Udon Noodles (dried)  
1 cup Frozen Edamame  
1/2 cup Grated Carrot  
1/4 cup Peanut Sauce

## NUTRITION

### AMOUNT PER SERVING

Calories	633	Cholesterol	0mg
Fat	21g	Sodium	761mg
Carbs	81g	Vitamin A	4825IU
Fiber	8g	Vitamin C	6mg
Sugar	10g	Calcium	367mg
Protein	33g	Iron	4mg

## DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 02 Add the tofu cubes to a bowl and gently toss with 3/4 of the tamari and half the oil. Then add the arrowroot powder and gently toss until the tofu cubes are well coated. Arrange the coated tofu cubes on the prepared baking sheet. Bake for 28 to 30 minutes, flipping halfway through.
- 03 Meanwhile, cook the udon noodles and edamame according to package directions and set aside in a large bowl with the carrots.
- 04 Drizzle the peanut sauce over the noodles and toss well. Top with the tofu. Divide onto plates and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days. Add more sauce or a touch of water when reheating to make it creamy again as the sauce will absorb into the noodles as it sits in the fridge.

### SERVING SIZE

One serving is about two cups.

### MORE FLAVOR

Add hot sauce or sriracha on top.

### ADDITIONAL TOPPINGS

Top with cilantro, green onions and/or chopped peanuts.

### GLUTEN-FREE

Use gluten-free noodles.

# Turkey & Peas Naan

2 SERVINGS 20 MINUTES



## INGREDIENTS

2 pieces Naan  
2 tbsps Sesame Oil (divided)  
1/3 Yellow Onion (large, sliced)  
1 1/3 Garlic (cloves, chopped)  
1/3 tsp Cumin  
151 grams Extra Lean Ground Turkey  
Sea Salt & Black Pepper (to taste)  
1 cup Frozen Peas (thawed, coarsely chopped)  
1 1/3 tbsps Cilantro (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	569	Cholesterol	56mg
Fat	25g	Sodium	530mg
Carbs	59g	Vitamin A	1785IU
Fiber	6g	Vitamin C	9mg
Sugar	8g	Calcium	125mg
Protein	27g	Iron	6mg

## DIRECTIONS

- 01 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper. Once preheated, put the naan on the baking sheet and bake for six to eight minutes, until toasted. Set aside.
- 02 Add 2/3 of the oil and onions to a large non-stick skillet over medium-high heat. Cook for two to three minutes until the onions are soft. Add garlic and cumin and cook for one more minute. Add the turkey, breaking it up as it cooks. Cook for five to seven minutes, or until the meat is cooked through. Season with salt and pepper. Set aside.
- 03 In a bowl, combine the remaining oil, peas, and cilantro. Season with salt and pepper. Set aside.
- 04 Top each piece of naan with the turkey mixture and the pea mixture. Cut into slices and enjoy!

## NOTES

### LEFTOVERS

Best enjoyed fresh. Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is one naan.

### NAAN

One piece of naan is 3.2 oz or 90 grams.

### ADDITIONAL TOPPINGS

Green onions, fresh mint, and/or Za'atar Spice.

### GLUTEN-FREE

Use a gluten-free tortilla, gluten-free crackers, or gluten-free pizza crust instead of naan, and adjust the baking time accordingly.



# Green Poutine

2 SERVINGS 45 MINUTES



## INGREDIENTS

2 Yellow Potato (medium)  
2 cups Asparagus  
2 tbsps Extra Virgin Olive Oil (divided)  
2 cups Mushrooms (sliced)  
1/4 Yellow Onion (medium, diced)  
1 Garlic (clove, minced)  
1 1/2 tsps Dried Thyme  
1/2 cup Vegetable Broth  
1 tsp Arrowroot Powder  
1 cup Butternut Squash (peeled and cubed)  
1/2 cup Water  
1/4 cup Cashews  
1/2 cup Nutritional Yeast  
1/2 Lemon (juiced)  
1/2 tsp Paprika  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	619	Cholesterol	0mg
Fat	22g	Sodium	293mg
Carbs	77g	Vitamin A	8902IU
Fiber	19g	Vitamin C	72mg
Sugar	10g	Calcium	154mg
Protein	34g	Iron	12mg

## DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 Slice the potatoes into french fry shapes then slice the woody ends off the asparagus. Cut the asparagus stalks in half, or into to a length similar to the fries.
- 03 Toss both the potatoes and asparagus together with half of the olive oil. Spread across the baking sheet and bake for 30 minutes, flipping at the halfway point.
- 04 Meanwhile, make the gravy by heating the remaining olive oil in a frying pan over medium heat. Add the mushrooms, onion, garlic and thyme and saute for about 10 minutes or until all liquid has released. Now transfer to your blender and add the broth and arrowroot powder. Blend until smooth and return to the pan, over medium heat, let it simmer and whisk periodically until thickened. Add extra broth if a thinner consistency is desired. Season to taste with salt and pepper. Rinse out the blender.
- 05 Now make the cheese sauce. Add the butternut squash and water to a small saucepan. Bring to a boil, cover and simmer for 10 minutes or until soft. Transfer the squash to your blender and add the cashews, nutritional yeast, lemon juice, and paprika. Blend until smooth. Season to taste with salt and pepper.
- 06 To serve, divide the fries and asparagus between plates. Top with gravy and cheese sauce. Enjoy!

# Spicy Shrimp Sushi Bowls

1 SERVING 30 MINUTES



## INGREDIENTS

1/3 cup Brown Rice  
113 grams Shrimp (large, peeled, deveined)  
1 1/2 tsps Extra Virgin Olive Oil  
1 1/2 tsps Mayonnaise  
1/4 tsp Sriracha  
1/4 tsp Tamari  
1/2 Carrot (shredded)  
1/4 Cucumber (sliced)  
1/4 Avocado (cubed)

## NUTRITION

### AMOUNT PER SERVING

Calories	564	Cholesterol	185mg
Fat	22g	Sodium	327mg
Carbs	63g	Vitamin A	5294IU
Fiber	7g	Vitamin C	9mg
Sugar	4g	Calcium	108mg
Protein	30g	Iron	2mg

## DIRECTIONS

- 01 Cook the rice according to the package directions. Let the cooked rice cool slightly.
- 02 Pat the shrimp really dry using paper towel. Heat a cast-iron skillet over medium heat and add the oil. Once hot, add the shrimp and cook for two to three minutes per side, until pink and cooked through. Remove and set aside to cool.
- 03 Meanwhile, mix the mayonnaise, sriracha, and tamari in a small bowl. Add the cooled and cooked shrimp and toss to combine.
- 04 Divide the rice, carrot, cucumber, and avocado into bowls. Add the shrimp and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to two days.

### MORE FLAVOR

Add grated ginger or garlic to the shrimp when cooking or into the sauce. Season with salt to taste.

### ADDITIONAL TOPPINGS

Sesame seeds and/or lime zest.