



28 Day Balanced 2300 Calorie Meal Plan PDF (Week 3)

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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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MON



BREAKFAST
Smoked Salmon Bagel Breakfast Box



SNACK 1
Melon Breakfast Bowls



LUNCH
Halibut & Couscous Bowl



SNACK 2
Chickpea Tomato Sauce with Crackers



DINNER
Turmeric Chickpea Sandwich

TUE



BREAKFAST
Smoked Salmon Bagel Breakfast Box



SNACK 1
Melon Breakfast Bowls



LUNCH
Turmeric Chickpea Sandwich



SNACK 2
Chickpea Tomato Sauce with Crackers



DINNER
Tofu Broccoli Pasta

WED



BREAKFAST
Smoked Salmon Bagel Breakfast Box



SNACK 1
Melon Breakfast Bowls



LUNCH
Tofu Broccoli Pasta



SNACK 2
Chickpea Tomato Sauce with Crackers



DINNER
Chickpea, Tofu & Sweet Potato Quinoa Salad

THU



BREAKFAST
Kimchi, Egg & Rice Bowl



SNACK 1
1.5 Peach Cobbler Smoothie



LUNCH
Chickpea, Tofu & Sweet Potato Quinoa Salad



SNACK 2
Blueberry Cobbler Smoothie



DINNER
Pesto Barley & Tofu Bowl

FRI



BREAKFAST
Kimchi, Egg & Rice Bowl



SNACK 1
1.5 Peach Cobbler Smoothie



LUNCH
Pesto Barley & Tofu Bowl



SNACK 2
Blueberry Cobbler Smoothie



DINNER
Fusilli with Grilled Eggplant

SAT



BREAKFAST
Potato Chickpea Breakfast Hash with Fried Eggs



SNACK 1
1.5 Peach Cobbler Smoothie



LUNCH
Fusilli with Grilled Eggplant



SNACK 2
Blueberry Cobbler Smoothie



DINNER
Red Curry Poached Cod

SUN



BREAKFAST
Potato Chickpea Breakfast Hash with Fried Eggs



SNACK 1
1.5 Peach Cobbler Smoothie



LUNCH
Red Curry Poached Cod



SNACK 2
Blueberry Cobbler Smoothie



DINNER
Green Poutine

MON

FAT 32% CARBS 49% PROTEIN 19%

Calories 2387
Fat 87g
Carbs 295g
Fiber 37g
Sugar 70g
Protein 117g
Cholesterol 180mg
Sodium 5010mg
Vitamin A 15540IU
Vitamin C 170mg
Calcium 896mg
Iron 17mg

TUE

FAT 33% CARBS 50% PROTEIN 17%

Calories 2279
Fat 85g
Carbs 293g
Fiber 45g
Sugar 72g
Protein 100g
Cholesterol 88mg
Sodium 3760mg
Vitamin A 15823IU
Vitamin C 240mg
Calcium 1049mg
Iron 21mg

WED

FAT 31% CARBS 50% PROTEIN 19%

Calories 2294
Fat 81g
Carbs 298g
Fiber 46g
Sugar 72g
Protein 110g
Cholesterol 88mg
Sodium 3451mg
Vitamin A 20030IU
Vitamin C 233mg
Calcium 1381mg
Iron 24mg

THU

FAT 31% CARBS 50% PROTEIN 19%

Calories 2416
Fat 85g
Carbs 314g
Fiber 49g
Sugar 68g
Protein 116g
Cholesterol 417mg
Sodium 1868mg
Vitamin A 12153IU
Vitamin C 117mg
Calcium 1448mg
Iron 20mg

FRI

FAT 30% CARBS 52% PROTEIN 18%

Calories 2328
Fat 78g
Carbs 311g
Fiber 42g
Sugar 66g
Protein 109g
Cholesterol 476mg
Sodium 1691mg
Vitamin A 7392IU
Vitamin C 138mg
Calcium 1004mg
Iron 13mg

SAT

FAT 31% CARBS 50% PROTEIN 19%

Calories 2291
Fat 79g
Carbs 294g
Fiber 39g
Sugar 71g
Protein 113g
Cholesterol 340mg
Sodium 2302mg
Vitamin A 11102IU
Vitamin C 111mg
Calcium 749mg
Iron 14mg

SUN

FAT 31% CARBS 49% PROTEIN 20%

Calories 2394
Fat 86g
Carbs 299g
Fiber 49g
Sugar 72g
Protein 122g
Cholesterol 281mg
Sodium 2521mg
Vitamin A 18568IU
Vitamin C 157mg
Calcium 860mg
Iron 24mg

FRUITS

- 2 cups Blueberries
- 1 1/2 Cantaloupe
- 1 1/4 Lemon
- 3 tbsps Lemon Juice
- 1 Lime
- 6 Peach
- 1 1/2 cups Raspberries

BREAKFAST

- 1/3 cup Granola

SEEDS, NUTS & SPICES

- 2 tbsps Cashews
- 1 2/3 tbsps Cinnamon
- 3/4 tsp Dried Thyme
- 1 1/4 tsps Garlic Powder
- 1 tbsp Greek Seasoning
- 1/2 tsp Herbes De Provence
- 1 1/4 tsps Paprika
- 1/2 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1/3 tsp Turmeric

VEGETABLES

- 1 cup Asparagus
- 6 1/16 cups Baby Spinach
- 2 tbsps Basil Leaves
- 1/2 cup Bean Sprouts
- 4 cups Broccoli
- 1/2 cup Butternut Squash
- 2 tbsps Chives
- 8 Cremini Mushrooms
- 1 1/8 Cucumber
- 1/2 Eggplant
- 1 tbsp Fresh Dill
- 1 3/4 Garlic
- 2 cups Green Beans
- 3/4 stalk Green Onion
- 1/2 cup Matchstick Carrots
- 1 1/3 cups Mixed Greens
- 1 cup Mushrooms
- 1/4 cup Red Onion
- 3 Russet Potato
- 1 Sweet Onion
- 2/3 Sweet Potato
- 2 1/8 Tomato
- 1/2 White Onion
- 1/8 Yellow Onion
- 1 Yellow Potato

BOXED & CANNED

- 1 1/2 cups Basmati Rice
- 1 1/4 cups Brown Rice Fusilli
- 1 cup Canned Coconut Milk
- 5 1/8 cups Chickpeas
- 3/4 cup Crushed Tomatoes
- 1/2 cup Israeli Couscous
- 105 grams Oat Crackers
- 3/4 cup Pearl Barley
- 1/2 cup Quinoa
- 1/4 cup Vegetable Broth

BREAD, FISH, MEAT & CHEESE

- 113 grams Chicken Breast, Cooked
- 1 Cod Fillet
- 1/2 cup Cream Cheese, Regular
- 2 2/3 tbsps Feta Cheese
- 340 grams Gluten-Free Bagel
- 142 grams Halibut Fillet
- 339 grams Smoked Salmon
- 610 grams Tofu
- 4 1/16 slices Whole Grain Bread

CONDIMENTS & OILS

- 1 1/8 tbsps Balsamic Vinegar
- 2 1/16 tsps Coconut Aminos
- 2/3 cup Extra Virgin Olive Oil
- 1 1/3 tbsps Italian Dressing
- 1/4 cup Kimchi
- 1/4 cup Pesto
- 2 1/16 tsps Rice Vinegar
- 2 tbsps Tamari
- 2 tbsps Thai Red Curry Paste
- 1/4 cup Vegan Mayonnaise

COLD

- 5 cups Cottage Cheese
- 6 Egg
- 1 1/2 cups Plain Greek Yogurt
- 7 1/2 cups Unsweetened Cashew Milk

OTHER

- 3/4 cup Water

■ 1 1/2 cups Whole Wheat Penne

BAKING

■ 1/2 tsp Arrowroot Powder

■ 1/3 cup Nutritional Yeast

■ 1 1/4 cups Oats

■ 2/3 cup Pitted Dates

Smoked Salmon Bagel Breakfast Box

3 SERVINGS 5 MINUTES



INGREDIENTS

1/2 cup Cream Cheese, Regular (plain)
340 grams Gluten-Free Bagel (sliced in half)
339 grams Smoked Salmon
1 Cucumber (medium, sliced)

NUTRITION

AMOUNT PER SERVING

Calories	626	Cholesterol	71mg
Fat	25g	Sodium	1649mg
Carbs	72g	Vitamin A	204IU
Fiber	1g	Vitamin C	5mg
Sugar	17g	Calcium	204mg
Protein	29g	Iron	3mg

DIRECTIONS

- 01 Spread the cream cheese evenly over the bagel slices. Add the smoked salmon and close the bagel.
- 02 Arrange the bagel and cucumber slices in a container. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

DAIRY-FREE

Use vegan cream cheese instead.

MORE FLAVOR

Toast the bagel before spreading the cream cheese. Add cherry tomatoes, pickles, fresh dill, capers, or minced red onion.

NO BAGEL

Use bread, crackers, waffles or toasted sweet potato slices instead.

GLUTEN-FREE BAGEL

One gluten-free bagel is roughly 4-ounces or 113-grams.

Kimchi, Egg & Rice Bowl

2 SERVINGS 15 MINUTES



INGREDIENTS

1 cup Basmati Rice (uncooked)
1 1/3 tbsps Extra Virgin Olive Oil
8 Cremini Mushrooms (quartered)
4 Egg
1/2 cup Bean Sprouts
1/2 cup Matchstick Carrots
1/4 cup Kimchi
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	627	Cholesterol	372mg
Fat	19g	Sodium	398mg
Carbs	89g	Vitamin A	2796IU
Fiber	5g	Vitamin C	4mg
Sugar	4g	Calcium	72mg
Protein	25g	Iron	3mg

DIRECTIONS

- 01 Cook rice according to package instructions.
- 02 Heat the oil in a pan. Add the mushrooms and cook until golden brown, about five minutes. Remove from pan.
- 03 Add the eggs to the pan and cook until the whites are set and the yolks are cooked to your liking. Remove from pan.
- 04 Divide the rice evenly between bowls. Top with mushrooms, bean sprouts, carrots, kimchi, and eggs. Season with salt and pepper and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

MORE FLAVOR

Cook the eggs in sesame oil. Serve with soy sauce.

Potato Chickpea Breakfast Hash with Fried Eggs

2 SERVINGS 30 MINUTES



INGREDIENTS

2 tbsps Extra Virgin Olive Oil (divided)
3 Russet Potato (medium, cut into small cubes)
1/4 cup Red Onion (chopped)
1 cup Chickpeas (cooked, rinsed well)
1 tsp Paprika
3/4 tsp Garlic Powder
1/2 tsp Sea Salt
2 cups Baby Spinach (chopped)
2 Egg

NUTRITION

AMOUNT PER SERVING

Calories	594	Cholesterol	186mg
Fat	21g	Sodium	729mg
Carbs	83g	Vitamin A	3698IU
Fiber	14g	Vitamin C	33mg
Sugar	8g	Calcium	153mg
Protein	22g	Iron	7mg

DIRECTIONS

- 01 Heat 3/4 of the oil in a pan over medium heat. Add the potatoes and cook for 10 to 12 minutes, stirring occasionally, until the potatoes start to brown and soften. Add the onion and continue to cook for five to six minutes more.
- 02 Add the chickpeas, paprika, garlic powder, and salt and continue to cook until the potatoes are tender and chickpeas are warmed through, about three to five minutes. Add the spinach and stir until wilted. Season with additional salt if needed.
- 03 Heat the remaining oil in a second pan over medium heat. Cook the eggs to your liking. Season with additional salt to taste.
- 04 Divide the potato hash and eggs between plates. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Cook eggs just before serving.

SERVING SIZE

One serving is approximately two cups of potato hash and one egg.

MORE FLAVOR

Add other dried herbs and spices to the potato hash to taste, like cumin, chili powder, or oregano. Add bell pepper, jalapeno, or top with fresh herbs.

POTATO

Three medium potatoes yield approximately three cups of potato cubes.

NO SPINACH

Use kale instead.

NO EGGS

Omit or serve beside protein of choice instead (chicken, tofu, pork, or beef).

Melon Breakfast Bowls

3 SERVINGS 10 MINUTES



INGREDIENTS

- 1 1/2 Cantaloupe (small)
- 1 1/2 cups Plain Greek Yogurt
- 1 1/2 cups Raspberries
- 1/3 cup Granola

NUTRITION

AMOUNT PER SERVING

Calories	291	Cholesterol	17mg
Fat	7g	Sodium	119mg
Carbs	44g	Vitamin A	9982IU
Fiber	8g	Vitamin C	125mg
Sugar	30g	Calcium	302mg
Protein	16g	Iron	2mg

DIRECTIONS

- 01 Cut the cantaloupe in half and scoop out the seeds.
- 02 Divide the yogurt and raspberries evenly between each hollowed out cantaloupe half. Top with the granola and enjoy!

NOTES

DAIRY-FREE

Use a dairy-free yogurt such as coconut.

LIKES IT SWEET

Add a drizzle of honey or maple syrup on top.

NO RASPBERRIES

Use strawberries, blueberries or blackberries instead.

NO GRANOLA

Use nuts or seeds instead.

Peach Cobbler Smoothie

6 SERVINGS 5 MINUTES



INGREDIENTS

- 4 1/2 cups Unsweetened Cashew Milk
- 6 Peach (pitted)
- 3/4 cup Oats (quick or rolled)
- 3 cups Cottage Cheese
- 1/3 cup Pitted Dates
- 1 tbsp 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.

Halibut & Couscous Bowl

1 SERVING 25 MINUTES



INGREDIENTS

1/2 cup Israeli Couscous (dry)
142 grams Halibut Fillet
1 tbsp Extra Virgin Olive Oil (divided)
1/2 Lemon (juiced, divided)
1 tbsp Greek Seasoning
2 2/3 tbsps Feta Cheese (crumbled)
1 tbsp Fresh Dill (chopped)
1/8 Cucumber (medium, chopped)

NUTRITION

AMOUNT PER SERVING

Calories	583	Cholesterol	92mg
Fat	21g	Sodium	2303m..
Carbs	59g	Vitamin A	284IU
Fiber	3g	Vitamin C	11mg
Sugar	3g	Calcium	142mg
Protein	39g	Iron	1mg

DIRECTIONS

- 01 Cook the couscous according to the package directions.
- 02 In a bowl, combine the fish, half of the oil, half of the lemon juice, and Greek seasoning. Ensure the fish is well coated.
- 03 Heat the remaining oil in a frying pan over medium heat. Once hot, place the halibut in the pan and cook for three to five minutes per side (depending on the thickness).
- 04 Add the remaining lemon juice, feta cheese, and dill to the cooked couscous. Mix to combine.
- 05 Divide the couscous, halibut, and cucumbers evenly between bowls. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is roughly 1 1/3 cups with halibut.

GLUTEN-FREE

Use brown rice, quinoa, millet, or cauliflower rice instead.

DAIRY-FREE

Use dairy-free feta instead.

NO GREEK SEASONING

Use Italian seasoning or other spices.

Chickpea Tomato Sauce with Crackers

3 SERVINGS 35 MINUTES



INGREDIENTS

1/3 Sweet Onion (medium, sliced)
3/4 Garlic (cloves, minced)
1 1/8 tbsps Balsamic Vinegar
3/4 cup Crushed Tomatoes (from the can)
1 1/8 cups Chickpeas (cooked)
3/4 stalk Green Onion (sliced, divided)
3 cups Baby Spinach
105 grams Oat Crackers

NUTRITION

AMOUNT PER SERVING

Calories	298	Cholesterol	0mg
Fat	8g	Sodium	379mg
Carbs	50g	Vitamin A	3080IU
Fiber	10g	Vitamin C	17mg
Sugar	9g	Calcium	93mg
Protein	11g	Iron	5mg

DIRECTIONS

- 01 Heat a non-stick pan over medium-high heat. Cook the onions and garlic in the balsamic vinegar until soft. Add the tomatoes and chickpeas and cook until warmed through, about five minutes. Stir in the green onions and set aside.
- 02 Divide the spinach and crackers into containers. Top the spinach with the chickpea tomato sauce. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

NO CHICKPEAS

Use lentils, black beans, or cubed tofu.

Blueberry Cobbler Smoothie

4 SERVINGS 5 MINUTES



INGREDIENTS

3 cups Unsweetened Cashew Milk
2 cups Blueberries (fresh or frozen)
1/2 cup Oats (quick or rolled)
2 cups Cottage Cheese
1/4 cup Pitted Dates
3 tbsps Lemon Juice
2 tsps Cinnamon

NUTRITION

AMOUNT PER SERVING

Calories	242	Cholesterol	18mg
Fat	8g	Sodium	396mg
Carbs	31g	Vitamin A	567IU
Fiber	4g	Vitamin C	12mg
Sugar	16g	Calcium	190mg
Protein	14g	Iron	1mg

DIRECTIONS

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

NOTES

LEFTOVERS

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

PITTED DATES

One serving is equal to approximately one to two dates.

MAKE IT VEGAN

Use coconut yogurt instead of cottage cheese.

MORE FIBER

Add ground flax seed.

MORE PROTEIN

Add hemp seeds, chia seeds, or a scoop of protein powder.

NO CASHEW MILK

Use any milk of choice.

NO DATES

Sweeten with maple syrup, honey, stevia, or banana instead.

Turmeric Chickpea Sandwich

2 SERVINGS 10 MINUTES



INGREDIENTS

1 1/3 cups Chickpeas (cooked)
1/4 cup Vegan Mayonnaise
1/3 tsp Turmeric
Sea Salt & Black Pepper (to taste)
4 slices Whole Grain Bread
1 cup Baby Spinach
2/3 Tomato (medium, sliced)

NUTRITION

AMOUNT PER SERVING

Calories	589	Cholesterol	0mg
Fat	26g	Sodium	560mg
Carbs	70g	Vitamin A	1990IU
Fiber	15g	Vitamin C	12mg
Sugar	11g	Calcium	155mg
Protein	22g	Iron	6mg

DIRECTIONS

- 01 Use the back of a fork to smash the chickpeas. Stir in the mayonnaise, turmeric, salt and pepper until well combined.
- 02 Scoop the turmeric chickpea mixture onto the bread. Add the spinach and tomato. Close the sandwich and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to one day.

GLUTEN-FREE

Use gluten-free bread instead.

MORE FLAVOR

Add onion powder and minced garlic. Toast the bread.

ADDITIONAL TOPPINGS

Add cucumber, sliced green onions, diced celery, or red onion.

SAVE TIME

Blend the chickpeas, mayonnaise, turmeric, salt and pepper in a food processor to your desired consistency.

Tofu Broccoli Pasta

2 SERVINGS 15 MINUTES



INGREDIENTS

1 1/2 cups Whole Wheat Penne (dry)
2 cups Broccoli (chopped into florets)
1/2 cup Water (reserved from cooking pasta)
2 tbsps Tamari
1/2 tsp Garlic Powder
2 tbsps Extra Virgin Olive Oil (divided)
170 grams Tofu (extra-firm, pressed, cubed)
1 tbsp Nutritional Yeast
1/2 tsp Herbes de Provence

NUTRITION

AMOUNT PER SERVING

Calories	475	Cholesterol	0mg
Fat	19g	Sodium	1053mg
Carbs	57g	Vitamin A	567IU
Fiber	11g	Vitamin C	81mg
Sugar	5g	Calcium	295mg
Protein	22g	Iron	5mg

DIRECTIONS

- 01 Cook the pasta according to the package directions, adding the broccoli to the last two minutes of cooking. Reserve pasta water and drain.
- 02 In a small bowl, mix the tamari and the garlic powder to combine.
- 03 Meanwhile, heat half of the oil in a large pan over medium heat. Add the tofu and the tamari mixture. Cook, stirring, until the tofu has browned on all sides, about five to seven minutes. Remove from the heat.
- 04 Add the cooked pasta and broccoli to the pan along with the remaining oil, nutritional yeast, and Herbes de Provence. Stir to combine then stir in the reserved pasta water one tablespoon at a time until your desired consistency is reached.
- 05 Divide evenly between bowls 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 more vegetables like onions and bell peppers.

ADDITIONAL TOPPINGS

Top with your favorite toasted nuts and/or seeds.

Chickpea, Tofu & Sweet Potato Quinoa Salad

2 SERVINGS 30 MINUTES



INGREDIENTS

1/2 cup Quinoa (dry)
265 grams Tofu (cut into triangles)
1 2/3 cups Chickpeas (cooked)
2/3 Sweet Potato (cubed)
2 tsps Coconut Aminos
1 1/3 tbsps Extra Virgin Olive Oil
2 tsps Rice Vinegar
1 1/3 cups Mixed Greens
1 1/3 tbsps Italian Dressing

NUTRITION

AMOUNT PER SERVING

Calories	604	Cholesterol	0mg
Fat	22g	Sodium	251mg
Carbs	75g	Vitamin A	6197IU
Fiber	16g	Vitamin C	5mg
Sugar	11g	Calcium	487mg
Protein	32g	Iron	9mg

DIRECTIONS

- 01 Cook the quinoa according to package directions.
- 02 Preheat oven to 375°F (190°C). Line a baking sheet with parchment paper. Place the tofu, chickpeas and sweet potato on the baking sheet.
- 03 Mix together the coconut aminos, oil, and rice vinegar. Brush this marinade onto the tofu and pour the rest onto the sweet potato and chickpeas, mixing well with your hands. Bake for 20 minutes or until the tofu edges brown.
- 04 Divide the mixed greens evenly between bowls. Top with the quinoa, sweet potatoes, chickpeas, tofu, and Italian dressing. Enjoy!

NOTES

LEFTOVERS

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

SERVING SIZE

One serving is 2/3 cup of mixed greens, 4.6 oz (130g) of tofu, 3/4 cup of chickpeas, and 1/3 of a sweet potato.

MORE FLAVOR

Add minced garlic, shallots, and rosemary to the marinade. Cook the quinoa in vegetable broth.

ADDITIONAL TOPPINGS

Hemp hearts, dried cranberries and/or goat cheese.

NO COCONUT AMINOS

Use soy sauce or tamari instead.

NO ITALIAN DRESSING

Use your favourite premade dressing or make your own.

Pesto Barley & Tofu Bowl

2 SERVINGS 35 MINUTES



INGREDIENTS

3/4 cup Pearl Barley (dry, rinsed well)
1 tbsp Extra Virgin Olive Oil (divided)
175 grams Tofu (extra firm, pressed then cut into 1/2-inch cubes)
Sea Salt & Black Pepper (to taste)
2 cups Broccoli (finely chopped)
1/4 cup Pesto

NUTRITION

AMOUNT PER SERVING

Calories	559	Cholesterol	0mg
Fat	24g	Sodium	230mg
Carbs	69g	Vitamin A	1070IU
Fiber	16g	Vitamin C	81mg
Sugar	5g	Calcium	408mg
Protein	22g	Iron	5mg

DIRECTIONS

- 01 Cook the barley according to package directions until soft but chewy, approximately 25 to 30 minutes. Drain any excess liquid from the pot and fluff the barley with a fork.
- 02 Meanwhile, heat half of the oil in a pan. Brown the tofu pieces for three to five minutes per side until golden brown. Transfer to a plate, season with salt and pepper to taste and set aside.
- 03 Add the remaining oil to the same pan then add the chopped broccoli. Cook for eight to 10 minutes or until the broccoli is fork-tender.
- 04 Add the cooked barley and tofu to the pan with the broccoli and stir in the pesto. Cook for one to two minutes or until the tofu pieces are warmed through. Season with salt and pepper to taste. Divide between bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

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

GLUTEN-FREE

Use brown rice instead of barley.

MORE FLAVOR

Add fresh garlic, lemon juice, red pepper flakes, nutritional yeast, or parmesan cheese. Add more pesto to taste.

NO BROCCOLI

Use cauliflower, bell pepper, or zucchini instead.

NO TOFU

Use beans or lentils instead.

Fusilli with Grilled Eggplant

2 SERVINGS 40 MINUTES



INGREDIENTS

113 grams Chicken Breast, Cooked
1 1/2 Tomato (sliced in half)
1/2 Sweet Onion (coarsley chopped)
1/2 Eggplant (sliced into 1/2 inch rounds)
1 1/2 tbsps Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper (to taste)
1/2 Lemon (juiced)
1/2 Garlic (clove, minced)
2 tbsps Basil Leaves (chopped)
1 1/4 cups Brown Rice Fusilli (uncooked)

NUTRITION

AMOUNT PER SERVING

Calories	516	Cholesterol	59mg
Fat	15g	Sodium	74mg
Carbs	72g	Vitamin A	1436IU
Fiber	9g	Vitamin C	26mg
Sugar	9g	Calcium	43mg
Protein	25g	Iron	2mg

DIRECTIONS

- 01 Preheat the grill to medium-high heat. If you do not have a grill, preheat oven to 425°F (218°C).
- 02 Add your tomato, onion and eggplant pieces to a large mixing bowl and toss with half of your extra virgin olive oil and season with salt and pepper. Toss well and transfer veggies directly onto the grill with tomatoes facedown. Let cook for about 7 - 8 minutes or until slightly charred, flipping the eggplant half way through. If using the oven, roast veggies for 25 to 30 minutes flipping the eggplant half way through and leaving tomatoes and onions faceup.
- 03 Remove your vegetables from the heat. Place tomatoes in a mixing bowl and slice and mash with a fork and knife. When cool enough to handle, finely chop the grilled onions and place in mixing bowl with mashed tomatoes. Mix well. Chop your grilled eggplant rounds into cubes and set aside.
- 04 Create the basil-lemon olive oil sauce by combining fresh basil leaves, remaining olive oil, lemon juice and minced garlic clove. Season with a pinch of salt and pepper and stir well with a fork. Set aside.
- 05 Cook your brown rice fusilli according to the directions on the package. Once al dente, strain and run cold water over the pasta to prevent from over-cooking.
- 06 Toss pasta in desired amount of basil-lemon oil. Plate pasta and spoon the tomato/onion mix over top. Finish by topping with grilled eggplant pieces and seasoning with fresh ground pepper. Serve alongside a grilled chicken breast (optional). Enjoy!

Red Curry Poached Cod

2 SERVINGS 20 MINUTES



INGREDIENTS

- 1/2 cup Basmati Rice (uncooked)
- 2 cups Green Beans (trimmed)
- 1 cup Canned Coconut Milk
- 2 tbsps Thai Red Curry Paste
- 1/2 White Onion (small, thinly sliced)
- 1 Cod Fillet
- 1 Lime (juiced)
- 2 tbsps Chives (finely chopped)

NUTRITION

AMOUNT PER SERVING

Calories	555	Cholesterol	50mg
Fat	23g	Sodium	510mg
Carbs	58g	Vitamin A	3878IU
Fiber	4g	Vitamin C	25mg
Sugar	6g	Calcium	72mg
Protein	29g	Iron	2mg

DIRECTIONS

- 01 Cook the rice according to the package directions.
- 02 Add the green beans to a steamer over boiling water, cover, and steam for about four minutes, or until tender.
- 03 Place the coconut milk, curry paste, and onions in a pan over medium-high heat. Bring to a boil, reduce the heat to low, and simmer for two minutes.
- 04 Add the fish, cover, and cook for five minutes, or until cooked through.
- 05 To serve, divide the rice, green beans, fish, and the poaching liquid evenly between plates. Top with lime juice and chives. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately 2 3/4 cups.

MORE FLAVOR

Add fresh ginger, garlic and/or Thai basil.

VEGETABLES

Use broccoli, cauliflower, bell pepper, carrots, kale, or spinach instead of green beans.

MAKE IT VEGAN

Use chickpeas, tofu, or tempeh instead of fish.

FILLET SIZE

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

Green Poutine

1 SERVING 45 MINUTES



INGREDIENTS

1 Yellow Potato (medium)
1 cup Asparagus
1 tbsp Extra Virgin Olive Oil (divided)
1 cup Mushrooms (sliced)
1/8 Yellow Onion (medium, diced)
1/2 Garlic (clove, minced)
3/4 tsp Dried Thyme
1/4 cup Vegetable Broth
1/2 tsp Arrowroot Powder
1/2 cup Butternut Squash (peeled and cubed)
1/4 cup Water
2 tbsps Cashews
1/4 cup Nutritional Yeast
1/4 Lemon (juiced)
1/4 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!