



28 Day Balanced 2300 Calorie Meal Plan PDF (Week 4)

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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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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
Scrambled Eggs with Toasted Bagel & Peach



SNACK 1
Cucumber & Tzatziki Sandwich



LUNCH
Salmon, Dill & Potato Hash



SNACK 2
Chia Seed Buckwheat Bowl



DINNER
Tahini, Quinoa & Roasted Veggie Bowl

TUE



BREAKFAST
Scrambled Eggs with Toasted Bagel & Peach



SNACK 1
Cucumber & Tzatziki Sandwich



LUNCH
Tahini, Quinoa & Roasted Veggie Bowl



SNACK 2
1.5 Chia Seed Buckwheat Bowl



DINNER
Fiddlehead & Edamame Pesto Pasta

WED



BREAKFAST
Scrambled Eggs with Toasted Bagel & Peach



SNACK 1
Cucumber & Tzatziki Sandwich



LUNCH
Fiddlehead & Edamame Pesto Pasta



SNACK 2
1.5 Chia Seed Buckwheat Bowl



DINNER
Chickpea & Tofu Curry

THU



BREAKFAST
Toast with Almond Butter & Peaches



SNACK 1
1.5 Sardine & Cream Cheese Bagel



LUNCH
Chickpea & Tofu Curry



SNACK 2
Peach Cobbler Smoothie



DINNER
Turmeric Chickpea Sandwich

FRI



BREAKFAST
Toast with Almond Butter & Peaches



SNACK 1
1.5 Sardine & Cream Cheese Bagel



LUNCH
Turmeric Chickpea Sandwich



SNACK 2
Peach Cobbler Smoothie



DINNER
Charred Corn & Jalapeno Egg Salad Sandwich

SAT



BREAKFAST
Kimchi, Egg & Rice Bowl



SNACK 1
1.5 Sardine & Cream Cheese Bagel



LUNCH
Charred Corn & Jalapeno Egg Salad Sandwich



SNACK 2
Peach Cobbler Smoothie



DINNER
Spicy Shrimp Sushi Bowls

SUN



BREAKFAST
Kimchi, Egg & Rice Bowl



SNACK 1
Sardine & Cream Cheese Bagel



LUNCH
Spicy Shrimp Sushi Bowls



SNACK 2
Peach Cobbler Smoothie



DINNER
Chickpea, Tofu & Sweet Potato Quinoa Salad

MON

FAT 32% CARBS 49% PROTEIN 19%

Calories 2270
Fat 82g
Carbs 285g
Fiber 44g
Sugar 60g
Protein 114g
Cholesterol 640mg
Sodium 1568mg
Vitamin A 5651IU
Vitamin C 161mg
Calcium 928mg
Iron 23mg

TUE

FAT 31% CARBS 52% PROTEIN 17%

Calories 2339
Fat 83g
Carbs 313g
Fiber 50g
Sugar 62g
Protein 103g
Cholesterol 568mg
Sodium 1731mg
Vitamin A 10083IU
Vitamin C 169mg
Calcium 1078mg
Iron 25mg

WED

FAT 29% CARBS 52% PROTEIN 19%

Calories 2383
Fat 79g
Carbs 317g
Fiber 56g
Sugar 71g
Protein 117g
Cholesterol 568mg
Sodium 1519mg
Vitamin A 7808IU
Vitamin C 88mg
Calcium 1384mg
Iron 31mg

THU

FAT 32% CARBS 49% PROTEIN 19%

Calories 2411
Fat 88g
Carbs 302g
Fiber 56g
Sugar 76g
Protein 114g
Cholesterol 98mg
Sodium 2312mg
Vitamin A 4910IU
Vitamin C 65mg
Calcium 1256mg
Iron 30mg

FRI

FAT 32% CARBS 50% PROTEIN 18%

Calories 2329
Fat 84g
Carbs 293g
Fiber 36g
Sugar 60g
Protein 104g
Cholesterol 473mg
Sodium 2907mg
Vitamin A 4231IU
Vitamin C 51mg
Calcium 755mg
Iron 22mg

SAT

FAT 29% CARBS 51% PROTEIN 20%

Calories 2384
Fat 77g
Carbs 305g
Fiber 25g
Sugar 43g
Protein 118g
Cholesterol 1030mg
Sodium 2593mg
Vitamin A 9841IU
Vitamin C 40mg
Calcium 632mg
Iron 16mg

SUN

FAT 30% CARBS 50% PROTEIN 20%

Calories 2321
Fat 79g
Carbs 294g
Fiber 36g
Sugar 45g
Protein 117g
Cholesterol 628mg
Sodium 1910mg
Vitamin A 15359IU
Vitamin C 29mg
Calcium 994mg
Iron 18mg

FRUITS

- 1/2 Avocado
- 1 cup Blueberries
- 1 cup Cherries
- 1 Lemon
- 9 Peach

BREAKFAST

- 1/3 cup Almond Butter
- 1 cup Buckwheat Groats

SEEDS, NUTS & SPICES

- 2 tbsps Chia Seeds
- 2 1/4 tsps Cinnamon
- 1 1/16 tbsps Curry Powder
- 1/3 cup Pumpkin Seeds
- 1/4 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1/3 tsp Turmeric

FROZEN

- 1 cup Frozen Edamame

VEGETABLES

- 1 1/16 cups Baby Spinach
- 1/2 cup Bean Sprouts
- 1/2 Beet
- 1 1/2 Carrot
- 1/2 head Cauliflower
- 1/2 stalk Celery
- 2/3 cup Cilantro
- 2 ears Corn On The Cob
- 8 Cremini Mushrooms
- 1 1/4 Cucumber
- 228 grams Fiddleheads
- 1/4 cup Fresh Dill
- 2 1/2 Garlic
- 1/2 Jalapeno Pepper
- 2 cups Kale Leaves
- 1/2 cup Matchstick Carrots
- 2/3 cup Mixed Greens
- 1/2 Parsnip
- 1 1/2 Red Potato
- 3 tbsps Shallot
- 1/3 Sweet Potato
- 1 tsp Thyme
- 2/3 Tomato
- 1/2 Turnip
- 1 1/4 Yellow Onion

BOXED & CANNED

- 1 cup Basmati Rice
- 3/4 cup Brown Rice
- 1 cup Brown Rice Penne
- 5 3/4 cups Chickpeas
- 2 1/16 cups Diced Tomatoes
- 3/4 cup Quinoa
- 165 grams Sardines

BAKING

- 1/2 cup Oats

BREAD, FISH, MEAT & CHEESE

- 3 Bagel
- 1/3 cup Cream Cheese, Regular
- 142 grams Salmon Fillet
- 227 grams Shrimp
- 396 grams Sourdough Bread
- 388 grams Tofu
- 10 1/16 slices Whole Grain Bread
- 3 Whole Wheat Bagel

CONDIMENTS & OILS

- 2 1/4 tsps Apple Cider Vinegar
- 3 tbsps Capers
- 1 tsp Coconut Aminos
- 1/2 cup Extra Virgin Olive Oil
- 2 tsps Italian Dressing
- 1/4 cup Kimchi
- 2 tbsps Mayonnaise
- 1/4 cup Pesto
- 1 tsp Rice Vinegar
- 1/2 tsp Sriracha
- 2 tbsps Tahini
- 1/2 tsp Tamari
- 1/4 cup Vegan Mayonnaise

COLD

- 2 cups Cottage Cheese
- 17 Egg
- 3/4 cup Tzatziki
- 3 cups Unsweetened Cashew Milk

OTHER

- 3 1/4 cups Water

■ 1/4 cup Pitted Dates

Scrambled Eggs with Toasted Bagel & Peach

3 SERVINGS 10 MINUTES



INGREDIENTS

1 tbsp Extra Virgin Olive Oil
9 Egg (whisked)
3 Bagel (sliced in half, toasted)
3 Peach (sliced)
Sea Salt & Black Pepper

NUTRITION

AMOUNT PER SERVING

Calories	590	Cholesterol	558mg
Fat	21g	Sodium	656mg
Carbs	70g	Vitamin A	1299IU
Fiber	4g	Vitamin C	10mg
Sugar	22g	Calcium	323mg
Protein	31g	Iron	7mg

DIRECTIONS

- 01 Heat the oil in a pan over medium heat. Cook the eggs until scrambled and desired doneness.
- 02 Serve the eggs with the bagel and peach. Season with salt and pepper to taste. Enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately. Refrigerate in an airtight container for two days. Slice the peach and toast the bagel when ready to serve.

MORE FLAVOR

Add chives to the eggs. Add butter, peanut butter, and/or jam to the bagel.

GLUTEN-FREE

Use a gluten-free bagel.

Toast with Almond Butter & Peaches

2 SERVINGS 5 MINUTES



INGREDIENTS

1/3 cup Almond Butter
198 grams Sourdough Bread (toasted)
2 Peach (sliced)
1/4 tsp Cinnamon

NUTRITION

AMOUNT PER SERVING

Calories	547	Cholesterol	0mg
Fat	22g	Sodium	479mg
Carbs	70g	Vitamin A	490IU
Fiber	8g	Vitamin C	12mg
Sugar	14g	Calcium	148mg
Protein	19g	Iron	5mg

DIRECTIONS

01 Spread the almond butter onto the toast. Top with the peach slices and cinnamon. Enjoy!

NOTES

LEFTOVERS

Best enjoyed fresh.

GLUTEN-FREE

Use gluten-free bread instead.

NUT-FREE

Use sunflower seed butter instead of almond butter.

LIKES IT SWEET

Add honey.

SOURDOUGH BREAD

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

Cucumber & Tzatziki Sandwich

3 SERVINGS 5 MINUTES



INGREDIENTS

3/4 cup Tzatziki
6 slices Whole Grain Bread
3/4 Cucumber (large, sliced)

NUTRITION

AMOUNT PER SERVING

Calories	290	Cholesterol	10mg
Fat	8g	Sodium	436mg
Carbs	41g	Vitamin A	279IU
Fiber	7g	Vitamin C	5mg
Sugar	9g	Calcium	216mg
Protein	14g	Iron	2mg

DIRECTIONS

01 Divide the tzatziki onto each slice of bread. Add the cucumbers to one side of bread. Close the sandwich and cut it in half. Enjoy!

NOTES

LEFTOVERS

Best enjoyed fresh. Refrigerate in an airtight container or tightly wrap the sandwich with wrap of choice for up to two days.

MAKE IT VEGAN

Use hummus instead of tzatziki.

GLUTEN-FREE

Use gluten-free bread.

Sardine & Cream Cheese Bagel

6 SERVINGS 10 MINUTES



INGREDIENTS

1/3 cup Cream Cheese, Regular
3 Whole Wheat Bagel (lightly toasted)
165 grams Sardines (drained)
3 tbsps Shallot (thinly chopped)
3 tbsps Capers (drained, chopped)
3 tbsps Fresh Dill (chopped finely)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	270	Cholesterol	53mg
Fat	8g	Sodium	539mg
Carbs	34g	Vitamin A	57IU
Fiber	3g	Vitamin C	1mg
Sugar	5g	Calcium	133mg
Protein	15g	Iron	3mg

DIRECTIONS

- 01 Spread the cream cheese onto the bagel. Top with the sardines, shallots, capers, and dill. Season with salt and pepper, to taste. Enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately.

SERVING SIZE

One serving is equal to half a bagel.

NO SHALLOTS

Use chives, green onions, or pickled onions instead.

NO SARDINES

Use smoked salmon, smoked oysters, or mackerel instead.

GLUTEN-FREE

Use a gluten-free bagel

DAIRY-FREE

Use dairy-free cream cheese.

Salmon, Dill & Potato Hash

1 SERVING 30 MINUTES



INGREDIENTS

1 tbsp Extra Virgin Olive Oil
1 1/2 Red Potato (medium, peeled, diced
1/2-inch pieces)
1/2 stalk Celery (chopped)
1/4 Yellow Onion (chopped)
142 grams Salmon Fillet (skinless,
chopped coarsely)
1 tbsp Fresh Dill (chopped, plus more for
garnish)
1 tsp 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.

Chia Seed Buckwheat Bowl

4 SERVINGS 25 MINUTES



INGREDIENTS

2 cups Water
1 cup Buckwheat Groats
2 tbsps Chia Seeds
1/3 cup Pumpkin Seeds
1 cup Blueberries
1 cup Cherries (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	276	Cholesterol	0mg
Fat	8g	Sodium	9mg
Carbs	46g	Vitamin A	46IU
Fiber	9g	Vitamin C	6mg
Sugar	9g	Calcium	69mg
Protein	10g	Iron	3mg

DIRECTIONS

- 01 In a medium-sized pot, bring the water to a boil. Once boiling, reduce the heat to low and add the buckwheat and chia seeds. Mix together and cook for 15 to 20 minutes or until the water is absorbed.
- 02 Divide the buckwheat mixture evenly between bowls. Top with the pumpkin seeds, blueberries and cherries. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving is roughly 1/2 cup.

ADDITIONAL TOPPINGS

Top with coconut milk, maple syrup, banana slices, raspberries, nuts and/or seeds.

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.

Tahini, Quinoa & Roasted Veggie Bowl

2 SERVINGS 40 MINUTES



INGREDIENTS

1/2 head Cauliflower (cut into florets)
1/2 Carrot (chopped into 1 inch rounds)
1/2 Beet (chopped into 1 inch pieces)
1/2 Turnip (chopped into 1 inch pieces)
1/2 Parsnip (chopped into 1 inch pieces)
1 cup Chickpeas (cooked, drained and rinsed)
1 1/2 cup Quinoa (uncooked)
3/4 cup Water
2 tbsps Tahini
1 1/2 tbsps Extra Virgin Olive Oil
1/2 Lemon (juiced)
1/2 Garlic (clove, minced)
1/8 tsp Sea Salt
2 cups Kale Leaves

NUTRITION

AMOUNT PER SERVING

Calories	570	Cholesterol	0mg
Fat	24g	Sodium	281mg
Carbs	74g	Vitamin A	3604IU
Fiber	17g	Vitamin C	110mg
Sugar	13g	Calcium	253mg
Protein	21g	Iron	7mg

DIRECTIONS

- 01 Preheat the oven to 420°F (215°C).
- 02 Place cauliflower florets, carrots, beet, turnip and parsnip in a large mixing bowl (toss beets separately if you want to keep the lighter veggies clean). Season with sea salt and pepper and drizzle with a splash of extra virgin olive oil. Toss well. Line a large baking sheet with parchment paper and spread vegetables evenly across. Bake in oven for 30 minutes.
- 03 Meanwhile, place quinoa in a saucepan with the water. Place over high heat and bring to a boil. Cover with lid and let simmer for 12 to 15 minutes or until all water is absorbed. Remove from heat and fluff with a fork.
- 04 Create your dressing by combining tahini, extra virgin olive oil, lemon juice, minced garlic and sea salt together in a mason jar. Add 3 tbsp warm water. Shake well and set aside. (Note: Feel free to add extra water, 1 tbsp at a time, to reach desired dressing consistency.)
- 05 Place the kale in a bowl and massage with a bit of extra virgin olive oil. Season with sea salt. Place in frying pan over medium heat and saute just until wilted. Transfer into a bowl.
- 06 Pour your chickpeas into the same frying pan (which should still be lightly greased from the kale) and saute until slightly browned.
- 07 Assemble your Buddha bowl by placing quinoa in the bottom of a bowl and arranging roasted winter vegetables, sautéed kale and warm chickpeas on the top. Drizzle desired amount of dressing over the bowl. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days. For best results, refrigerate the ingredients separately.

Fiddlehead & Edamame Pesto Pasta

2 SERVINGS 20 MINUTES



INGREDIENTS

1 cup Brown Rice Penne (uncooked)
228 grams Fiddleheads (trimmed and washed)
1 cup Frozen Edamame (shelled, thawed)
1/4 cup Pesto
2 1/4 tsps Apple Cider Vinegar (to taste)
1/8 tsp Sea Salt (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	475	Cholesterol	0mg
Fat	18g	Sodium	344mg
Carbs	59g	Vitamin A	4832IU
Fiber	8g	Vitamin C	35mg
Sugar	4g	Calcium	182mg
Protein	22g	Iron	4mg

DIRECTIONS

- 01 Cook the penne according to package instructions. Drain the pasta and set aside.
- 02 Meanwhile, ensure the fiddleheads are washed thoroughly, removing as much dirt and brown papery husk as possible. Add the fiddleheads to a large saucepan and cover with water. Bring to a boil then lower to a simmer for 15 minutes or until tender and cooked through. Drain and rinse the fiddleheads.
- 03 In a large bowl, combine the penne, fiddleheads, edamame, pesto, apple cider vinegar, and sea salt to taste. Divide into bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately two cups.

MORE FLAVOR

Add garlic. Use lemon juice instead of apple cider vinegar. Roast the fiddleheads until browned.

ADDITIONAL TOPPINGS

Add parmesan, capers, cherry tomatoes, or fresh herbs.

FOOD SAFETY

Fiddleheads must be cleaned thoroughly, and boiled or steamed for at least 15 minutes to reduce the potential for food-borne illness.

Chickpea & Tofu Curry

2 SERVINGS 20 MINUTES



INGREDIENTS

1 tbsp Extra Virgin Olive Oil
1 Yellow Onion (medium, diced)
2 Garlic (cloves, chopped)
255 grams Tofu (firm, drained, cubed)
2 2/3 cups Chickpeas (from the can, drained and rinsed)
2 cups Diced Tomatoes (from the can, with the juices)
1/2 cup Water
1 tbsp Curry Powder
Sea Salt & Black Pepper (to taste)
1/2 cup Cilantro (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	614	Cholesterol	0mg
Fat	20g	Sodium	69mg
Carbs	78g	Vitamin A	1329IU
Fiber	23g	Vitamin C	29mg
Sugar	22g	Calcium	559mg
Protein	35g	Iron	13mg

DIRECTIONS

- 01 In a large pot, heat the oil over medium-high heat. Add the onion and garlic and cook, stirring, until fragrant and translucent, about three minutes.
- 02 Add the tofu, chickpeas, tomatoes, water, and curry powder. Season with salt and pepper and stir to combine.
- 03 Bring to a boil, then reduce the heat and let simmer for 10 to 15 minutes. Stir in the cilantro. Divide evenly between bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately two cups.

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.

Charred Corn & Jalapeno Egg Salad Sandwich

2 SERVINGS 20 MINUTES



INGREDIENTS

4 Egg
2 ears Corn on the Cob (husk removed)
1 tbsp Mayonnaise
1/2 Lemon (juiced)
1/2 Jalapeno Pepper (seeds removed, finely diced)
2 tbsps Cilantro (chopped)
Sea Salt & Black Pepper (to taste)
198 grams Sourdough Bread (sliced, toasted)

NUTRITION

AMOUNT PER SERVING

Calories	532	Cholesterol	375mg
Fat	16g	Sodium	664mg
Carbs	69g	Vitamin A	650IU
Fiber	3g	Vitamin C	15mg
Sugar	6g	Calcium	58mg
Protein	25g	Iron	5mg

DIRECTIONS

- 01 Preheat the air fryer to 275°F (135°C). Place the eggs in the air fryer basket, in a single layer. Cook for 15 minutes, then immediately transfer to the ice bath for about five minutes.
- 02 Meanwhile, heat a large cast-iron skillet over medium heat. Cook the corn for one to two minutes per side until lightly charred on all sides. Once it is cooked, let it cool for about 10 minutes before slicing the kernels off the cob.
- 03 In a bowl, mix together the mayonnaise, lemon juice, jalapeño, cilantro, salt, and pepper. Chop the eggs and add to the bowl along with the corn. Stir to combine.
- 04 Spread the egg salad over one slice of sourdough. Close the sandwich and enjoy!

NOTES

LEFTOVERS

Refrigerate the egg salad in an airtight container for up to three days. Assemble the sandwich before serving.

SERVING SIZE

One serving is equal to one sandwich.

NO CILANTRO

Omit or use dill instead.

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.

NO AIR FRYER

Hard boil the eggs in a pot on the stove.

Spicy Shrimp Sushi Bowls

2 SERVINGS 30 MINUTES



INGREDIENTS

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

Chickpea, Tofu & Sweet Potato Quinoa Salad

1 SERVING 30 MINUTES



INGREDIENTS

3 1/2 tbsps Quinoa (dry)
132 grams Tofu (cut into triangles)
3/4 cup Chickpeas (cooked)
1/3 Sweet Potato (cubed)
1 tsp Coconut Aminos
2 tsps Extra Virgin Olive Oil
1 tsp Rice Vinegar
2/3 cup Mixed Greens
2 tsps 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.