



28 Day Balanced 2300 Calorie Meal Plan PDF (Week 1)

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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
Orange Creamsicle Overnight Oats



SNACK 1
1.5 Blueberry Cobbler Smoothie



LUNCH
Halibut & Couscous Bowl



SNACK 2
Granola, Yogurt & Berry Snack Box



DINNER
Grilled Tempeh & Squash with Rice

TUE



BREAKFAST
Orange Creamsicle Overnight Oats



SNACK 1
1.5 Blueberry Cobbler Smoothie



LUNCH
Grilled Tempeh & Squash with Rice



SNACK 2
Granola, Yogurt & Berry Snack Box



DINNER
Black Beans, Sweet Potato & Egg

WED



BREAKFAST
Orange Creamsicle Overnight Oats



SNACK 1
0.5 Blueberry Cobbler Smoothie



LUNCH
Black Beans, Sweet Potato & Egg



SNACK 2
Granola, Yogurt & Berry Snack Box



DINNER
Peanut Maple Tempeh Bowl

THU



BREAKFAST
Smoked Salmon Bagel Breakfast Box



SNACK 1
Pretzels & Brie



LUNCH
Peanut Maple Tempeh Bowl



SNACK 2
0.5 Mango Mint Smoothie



DINNER
Chickpea & Tofu Curry

FRI



BREAKFAST
Smoked Salmon Bagel Breakfast Box



SNACK 1
Pretzels & Brie



LUNCH
Chickpea & Tofu Curry



SNACK 2
0.5 Mango Mint Smoothie



DINNER
Pork & Thai Basil Stir Fry

SAT



BREAKFAST
Chocolate Almond Butter Smoothie Bowl



SNACK 1
Pretzels & Brie



LUNCH
Pork & Thai Basil Stir Fry



SNACK 2
Mango Mint Smoothie



DINNER
Chickpea, Tofu & Sweet Potato Quinoa Salad

SUN



BREAKFAST
Chocolate Almond Butter Smoothie Bowl



SNACK 1
Pretzels & Brie



LUNCH
Chickpea, Tofu & Sweet Potato Quinoa Salad



SNACK 2
Mango Mint Smoothie



DINNER
Steak, Plantain & Black Beans

MON

FAT 30% CARBS 45% PROTEIN 25%

Calories 2340
Fat 80g
Carbs 274g
Fiber 28g
Sugar 79g
Protein 151g
Cholesterol 172mg
Sodium 3854mg
Vitamin A 6725IU
Vitamin C 252mg
Calcium 1594mg
Iron 16mg

TUE

FAT 31% CARBS 46% PROTEIN 23%

Calories 2364
Fat 86g
Carbs 281g
Fiber 47g
Sugar 83g
Protein 140g
Cholesterol 452mg
Sodium 2068mg
Vitamin A 25579IU
Vitamin C 254mg
Calcium 1594mg
Iron 21mg

WED

FAT 33% CARBS 45% PROTEIN 22%

Calories 2308
Fat 87g
Carbs 269g
Fiber 48g
Sugar 78g
Protein 135g
Cholesterol 434mg
Sodium 1916mg
Vitamin A 29522IU
Vitamin C 216mg
Calcium 1402mg
Iron 20mg

THU

FAT 33% CARBS 47% PROTEIN 20%

Calories 2417
Fat 91g
Carbs 291g
Fiber 39g
Sugar 72g
Protein 126g
Cholesterol 114mg
Sodium 3525mg
Vitamin A 12359IU
Vitamin C 82mg
Calcium 1389mg
Iron 25mg

FRI

FAT 35% CARBS 45% PROTEIN 20%

Calories 2265
Fat 89g
Carbs 263g
Fiber 32g
Sugar 61g
Protein 114g
Cholesterol 191mg
Sodium 3591mg
Vitamin A 5282IU
Vitamin C 114mg
Calcium 1233mg
Iron 21mg

SAT

FAT 36% CARBS 44% PROTEIN 20%

Calories 2365
Fat 97g
Carbs 267g
Fiber 47g
Sugar 71g
Protein 125g
Cholesterol 124mg
Sodium 2405mg
Vitamin A 13455IU
Vitamin C 175mg
Calcium 2040mg
Iron 21mg

SUN

FAT 35% CARBS 44% PROTEIN 21%

Calories 2346
Fat 94g
Carbs 269g
Fiber 51g
Sugar 93g
Protein 127g
Cholesterol 135mg
Sodium 1449mg
Vitamin A 14405IU
Vitamin C 182mg
Calcium 2038mg
Iron 22mg

FRUITS

- 1 3/4 Avocado
- 2 Banana
- 2 cups Blueberries
- 1/2 Lemon
- 1/3 cup Lemon Juice
- 1 1/2 Lime
- 2 tsps Lime Juice
- 3 Navel Orange
- 1/2 Plantain
- 1/2 cup Raspberries
- 3 cups Strawberries

BREAKFAST

- 1 1/2 tbsps All Natural Peanut Butter
- 2 tbsps Almond Butter
- 1 1/4 cups Granola
- 2 1/8 tbsps Maple Syrup

SEEDS, NUTS & SPICES

- 2 tbsps Chia Seeds
- 2 tsps Cinnamon
- 1 tbsp Curry Powder
- 1 tbsp Greek Seasoning
- 1/3 cup Hemp Seeds
- 1 tbsp Raw Peanuts
- 1/4 tsp Sea Salt
- 0 Sea Salt & Black Pepper

FROZEN

- 1/2 cup Frozen Cauliflower
- 3 cups Frozen Mango
- 2 cups Frozen Vegetable Mix

VEGETABLES

- 2/3 Acorn Squash
- 5 1/16 cups Baby Spinach
- 3/4 cup Cilantro
- 3/4 Cucumber
- 1 tbsp Fresh Dill
- 4 3/4 Garlic
- 1/3 cup Mint Leaves
- 1 1/3 cups Mixed Greens
- 1 Red Hot Chili Pepper
- 2 tbsps Red Onion
- 1/3 cup Shallot
- 2 2/3 Sweet Potato
- 1/2 cup Thai Basil
- 1 Yellow Onion
- 1 Zucchini

BOXED & CANNED

- 1 3/4 cups Black Beans
- 1/2 cup Brown Rice
- 4 1/3 cups Chickpeas
- 2 cups Diced Tomatoes
- 1/2 cup Israeli Couscous
- 1 1/8 cups Jasmine Rice
- 170 grams Pretzels
- 1/2 cup Quinoa

BAKING

- 1/4 cup Cacao Powder
- 1/2 tsp Coconut Sugar
- 1 1/2 cups Oats
- 1 tbsp Orange Extract
- 1/4 cup Pitted Dates
- 2 tbsps Raw Honey
- 1 1/2 tsps Vanilla Extract

BREAD, FISH, MEAT & CHEESE

- 170 grams Brie Cheese
- 1/3 cup Cream Cheese, Regular
- 2 2/3 tbsps Feta Cheese
- 227 grams Gluten-Free Bagel
- 142 grams Halibut Fillet
- 227 grams Lean Ground Pork
- 226 grams Smoked Salmon
- 477 grams Tempeh
- 520 grams Tofu
- 113 grams Top Sirloin Steak

CONDIMENTS & OILS

- 2 1/16 tsps Apple Cider Vinegar
- 1 1/3 tbsps Avocado Oil
- 2 1/16 tsps Coconut Aminos
- 3 2/3 tbsps Extra Virgin Olive Oil
- 1 1/2 tsps Fish Sauce
- 1 1/3 tbsps Italian Dressing
- 1 tsp Oyster Sauce
- 2 1/16 tsps Rice Vinegar
- 1 3/4 tsps Sesame Oil
- 2 tbsps Soy Sauce
- 2 1/3 tbsps Tamari

COLD

- 2 cups Cottage Cheese
- 4 Egg
- 2 tbsps Orange Juice
- 3 3/4 cups Plain Coconut Milk
- 4 1/2 cups Plain Greek Yogurt
- 2 cups Unsweetened Almond Milk
- 3 cups Unsweetened Cashew Milk

OTHER

- 1/2 cup Chocolate Protein Powder
- 57 grams Collagen Powder
- 1/3 cup Vanilla Protein Powder
- 1/2 cup Water

Orange Creamsicle Overnight Oats

3 SERVINGS 8 HOURS



INGREDIENTS

1 cup Oats
3 cups Plain Greek Yogurt
1/3 cup Vanilla Protein Powder
1/3 cup Hemp Seeds
3 Navel Orange (peeled and chopped)
2 tbsps Raw Honey
1 1/2 tsps Vanilla Extract
1 tbsp Orange Extract (optional)

NUTRITION

AMOUNT PER SERVING

Calories	551	Cholesterol	36mg
Fat	17g	Sodium	163mg
Carbs	62g	Vitamin A	1598IU
Fiber	7g	Vitamin C	98mg
Sugar	29g	Calcium	645mg
Protein	43g	Iron	4mg

DIRECTIONS

01 Combine all ingredients in a bowl and mix well. Transfer to a sealable jar or container and refrigerate overnight or for at least eight hours. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving is equal to approximately 1 3/4 cups.

MAKE IT VEGAN

Use plant-based protein powder and dairy-free yogurt.

MORE FLAVOR

Use vanilla or orange yogurt.

Smoked Salmon Bagel Breakfast Box

2 SERVINGS 5 MINUTES



INGREDIENTS

1/3 cup Cream Cheese, Regular (plain)
227 grams Gluten-Free Bagel (sliced in half)
226 grams Smoked Salmon
2/3 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.

Chocolate Almond Butter Smoothie Bowl

2 SERVINGS 5 MINUTES



INGREDIENTS

2 cups Unsweetened Almond Milk
1/2 cup Chocolate Protein Powder
1/2 cup Frozen Cauliflower
1 Zucchini (chopped, frozen)
2 Banana (divided)
2 tbsps Almond Butter
1/4 cup Cacao Powder
2 tbsps Chia Seeds
1/2 cup Raspberries
1/4 cup Granola (for topping, optional)

NUTRITION

AMOUNT PER SERVING

Calories	558	Cholesterol	4mg
Fat	24g	Sodium	225mg
Carbs	59g	Vitamin A	788IU
Fiber	20g	Vitamin C	50mg
Sugar	22g	Calcium	764mg
Protein	33g	Iron	6mg

DIRECTIONS

- 01 Add almond milk, protein powder, cauliflower, zucchini, half the banana, almond butter, cacao powder and chia seeds into a high-speed blender and blend until smooth.
- 02 Pour into a bowl and top with remaining banana, raspberries and granola, if using. Serve and enjoy!

NOTES

NUT-FREE

Use sunflower seed butter instead of almond butter and coconut milk or hemp seed milk instead of almond milk.

MORE FLAVOR

Add cinnamon to your smoothie base.

PROTEIN POWDER

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

NO SMOOTHIE BOWL

Drink as a regular smoothie instead.

SMOOTHIE CONSISTENCY

For a creamier texture, use a frozen banana.

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.

Pretzels & Brie

4 SERVINGS 5 MINUTES



INGREDIENTS

170 grams Brie Cheese

170 grams Pretzels

NUTRITION

AMOUNT PER SERVING

Calories	305	Cholesterol	43mg
Fat	13g	Sodium	795mg
Carbs	34g	Vitamin A	252IU
Fiber	1g	Vitamin C	1mg
Sugar	1g	Calcium	90mg
Protein	13g	Iron	2mg

DIRECTIONS

01 Place all ingredients on a plate and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Top the brie with honey or jam.

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.

Granola, Yogurt & Berry Snack Box

3 SERVINGS 5 MINUTES



INGREDIENTS

1 1/2 cups Plain Greek Yogurt
3 cups Strawberries (sliced)
1 cup 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.

Mango Mint Smoothie

3 SERVINGS 5 MINUTES



INGREDIENTS

3 3/4 cups Plain Coconut Milk (unsweetened from the carton)
3 cups Frozen Mango
3/4 Avocado
3 cups Baby Spinach
1/3 cup Mint Leaves (stems removed)
1 1/2 Lime (juiced)
57 grams Collagen Powder

NUTRITION

AMOUNT PER SERVING

Calories	356	Cholesterol	0mg
Fat	14g	Sodium	112mg
Carbs	41g	Vitamin A	5443IU
Fiber	7g	Vitamin C	81mg
Sugar	32g	Calcium	639mg
Protein	20g	Iron	2mg

DIRECTIONS

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

NOTES

LEFTOVERS

Best enjoyed immediately.

MORE FLAVOR

Add a pitted date before blending.

MAKE IT VEGAN

Omit collagen powder and use plant-based protein powder.

Grilled Tempeh & Squash with Rice

2 SERVINGS 50 MINUTES



INGREDIENTS

1/2 cup Brown Rice (dry)
1 1/3 tsps Sesame Oil
1 1/3 tsps Tamari
2 tsps Maple Syrup
2 tsps Apple Cider Vinegar
2/3 Acorn Squash (small, peeled, seeds removed, sliced)
227 grams Tempeh (sliced)
2 cups Baby Spinach
2 2/3 tsps Lemon Juice (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	508	Cholesterol	0mg
Fat	17g	Sodium	712mg
Carbs	67g	Vitamin A	3342IU
Fiber	5g	Vitamin C	32mg
Sugar	5g	Calcium	218mg
Protein	30g	Iron	6mg

DIRECTIONS

- 01 Cook the brown rice according to package directions and set aside.
- 02 In a baking dish, combine the sesame oil, tamari, maple syrup, and apple cider vinegar. Add the acorn squash and tempeh, brushing all sides with the marinade. Let sit for five to ten minutes.
- 03 Grill the acorn squash over medium heat for 10 minutes on one side, and six to eight minutes on the other side, or until fork tender. Grill the tempeh for eight minutes, flipping halfway. Brush on any leftover marinade as needed.
- 04 Divide the brown rice, spinach, acorn squash, and tempeh between plates. Drizzle lemon juice and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

MORE FLAVOR

Add salt, pepper, or minced garlic to the marinade. Use your favorite dressing instead of lemon juice.

ADDITIONAL TOPPINGS

Add pickled veggies, sliced green onion, red pepper flakes, or fresh parsley.

Black Beans, Sweet Potato & Egg

2 SERVINGS 35 MINUTES



INGREDIENTS

2 Sweet Potato (medium, cubed)
1 tsp Avocado Oil
1/4 tsp Sea Salt (divided)
4 Egg (whisked)
1 1/2 cups Black Beans (cooked)
1 Avocado (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	607	Cholesterol	372mg
Fat	27g	Sodium	517mg
Carbs	66g	Vitamin A	19138IU
Fiber	22g	Vitamin C	13mg
Sugar	7g	Calcium	142mg
Protein	28g	Iron	6mg

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Season the sweet potato with avocado oil and half of the sea salt. Bake for 25 to 30 minutes or until cooked through.
- 02 Heat a skillet over medium heat. Add the eggs and scramble until cooked through. Season with the remaining sea salt.
- 03 Divide the sweet potato, scrambled egg and black beans between containers. Place in the fridge until ready to be enjoyed. Add the sliced avocado just before serving. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Cut up the avocado just before serving.

MAKE IT VEGAN

Omit the eggs, or use a tofu scramble.

NO AVOCADO OIL

Use extra virgin olive oil or coconut oil.

Peanut Maple Tempeh Bowl

2 SERVINGS 35 MINUTES



INGREDIENTS

1/2 cup Jasmine Rice (dry)
2 tbsps Soy Sauce
1 1/2 tbsps All Natural Peanut Butter
1 1/2 tbsps Maple Syrup
1/2 tsp Sesame Oil
1/2 tsp Lime Juice
1 tbsp Water
250 grams Tempeh (sliced)
1 tsp Extra Virgin Olive Oil
2 cups Frozen Vegetable Mix (cooked)
1 tbsp Raw Peanuts (chopped)
2 tbsps Cilantro (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	694	Cholesterol	0mg
Fat	26g	Sodium	956mg
Carbs	86g	Vitamin A	7852IU
Fiber	10g	Vitamin C	6mg
Sugar	16g	Calcium	216mg
Protein	39g	Iron	6mg

DIRECTIONS

- 01 Cook the rice according to the directions on the package and set aside.
- 02 In a large bowl, whisk together the soy sauce, peanut butter, maple syrup, sesame oil, lime juice, and water. Add in tempeh and toss to coat. Marinate for fifteen minutes.
- 03 In a pan, heat the olive oil on medium heat. Add in the tempeh and cook for three minutes per side, until golden. Add in the remaining marinade and cook to warm through, about one to two minutes.
- 04 To serve, portion the rice into bowls. Top with the vegetable mix, tempeh, chopped peanuts, and cilantro. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving size is equal to approximately four slices of tempeh, one cup of vegetable mix, and 1/2 cup of rice.

GLUTEN-FREE

Substitute soy sauce for gluten-free tamari.

MORE FLAVOR

Add a squeeze of lime to the plate right before serving for a zesty twist.

PREP AHEAD

This tempeh can be marinated in the fridge overnight, however, the peanut butter sauce will thicken and solidify. Once the tempeh and marinade are reheated, it will thin back out.

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.

Pork & Thai Basil Stir Fry

2 SERVINGS 25 MINUTES



INGREDIENTS

2/3 cup Jasmine Rice (dry)
2 1/4 tsps Avocado Oil
1/3 cup Shallot (peeled, thinly sliced)
1 Red Hot Chili Pepper (chopped)
2 Garlic (cloves, sliced)
227 grams Lean Ground Pork
1/2 tsp Coconut Sugar
1 1/2 tsps Fish Sauce
1 tbsp Tamari
1 tsp Oyster Sauce
1/2 cup Thai Basil (packed)

NUTRITION

AMOUNT PER SERVING

Calories	542	Cholesterol	77mg
Fat	24g	Sodium	1022m...
Carbs	58g	Vitamin A	775IU
Fiber	3g	Vitamin C	38mg
Sugar	5g	Calcium	60mg
Protein	27g	Iron	2mg

DIRECTIONS

- 01 Cook the rice according to package directions.
- 02 Heat a large skillet or wok to medium-high heat and add the oil. Once hot, add the shallot and chili pepper and cook for one to two minutes, until fragrant. Add the garlic and cook for one more minute.
- 03 Add the pork and break it up as it cooks. Let it cook undisturbed for about one to two minutes to get browned and crispy on one side. Flip and continue cooking, stirring until cooked through and crispy. Reduce the heat to medium.
- 04 Add the coconut sugar, fish sauce, tamari, and oyster sauce and stir to combine. Cook for one to two minutes, until reduced. Stir in the Thai basil and remove from heat.
- 05 Divide the rice and pork mixture evenly between plates. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

GLUTEN-FREE

Use a gluten-free oyster sauce.

ADDITIONAL TOPPINGS

Add mushrooms, or other veggies such as peas, asparagus, or bok choy. Top with a fried egg.

MAKE IT VEGAN

Use crumbled tofu, a vegan oyster sauce, and omit the fish sauce.

NO THAI BASIL

Use baby spinach or cilantro instead.

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.

Steak, Plantain & Black Beans

1 SERVING 45 MINUTES



INGREDIENTS

3/4 Garlic (clove, minced)
1 1/2 tsps Lime Juice (divided)
2 tbsps Orange Juice (divided)
3/4 tsp Avocado Oil (divided)
Sea Salt & Black Pepper (to taste)
113 grams Top Sirloin Steak
1/2 Plantain (peeled and diced)
2 tbsps Red Onion (thinly sliced)
1/4 cup Black Beans (cooked)
2 tbsps Cilantro (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	523	Cholesterol	88mg
Fat	21g	Sodium	66mg
Carbs	60g	Vitamin A	1725IU
Fiber	7g	Vitamin C	45mg
Sugar	27g	Calcium	58mg
Protein	29g	Iron	3mg

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C).
- 02 In a small bowl, whisk together the garlic, half of the lime juice, half of the orange juice, and half of the oil. Season with salt and pepper. Add to a sealable container with the steak. Seal the container, shake it, and marinate for 15 to 20 minutes.
- 03 Add the marinated steak and plantain slices to a baking sheet. Season the plantains with salt to taste. Bake in the oven for 30 minutes or until the plantains are fork-tender and slightly crispy.
- 04 Meanwhile, warm the remaining oil in a pan over medium heat. Add the red onion and sauté for two minutes. Add the remaining lime juice and orange juice, and continue to cook, stirring frequently for 10 minutes or until the onions have completely softened.
- 05 Add the black beans to the onions. Season as needed. Continue to cook for two to three minutes.
- 06 Divide the steak, plantains, onions, and black beans evenly between plates and top with cilantro. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to one steak, 1/2 cup of plantains, and 1/3 cup of black bean and onion mixture.