



28 Day Balanced 2400 Calorie Meal Plan PDF (Week 2)

BRENDA PERALTA, RDN, CDE

EXERCISE
with Style

MON



BREAKFAST
Tempeh & Sweet Potato Hash



SNACK 1
Overnight Vanilla Protein Oats



LUNCH
Beef Ramen



SNACK 2
Chickpea Fritters



DINNER
Spaghetti with Beef Sauce

TUE



BREAKFAST
Tempeh & Sweet Potato Hash



SNACK 1
Overnight Vanilla Protein Oats



LUNCH
Spaghetti with Beef Sauce



SNACK 2
Chickpea Fritters



DINNER
Tofu & Edamame Noodles with Peanut Sauce

WED



BREAKFAST
Tempeh & Sweet Potato Hash



SNACK 1
0.5 Overnight Vanilla Protein Oats



LUNCH
Tofu & Edamame Noodles with Peanut Sauce



SNACK 2
Chickpea Fritters



DINNER
One Pan Steak, Potatoes & Broccoli

THU



BREAKFAST
Yogurt with Granola & Banana



SNACK 1
Taco Spiced Chickpeas



LUNCH
One Pan Steak, Potatoes & Broccoli



SNACK 2
Peach Cobbler Smoothie



DINNER
Chipotle Chicken, Broccoli & Wild Rice

FRI



BREAKFAST
Yogurt with Granola & Banana



SNACK 1
Taco Spiced Chickpeas



LUNCH
Chipotle Chicken, Broccoli & Wild Rice



SNACK 2
1.5 Peach Cobbler Smoothie



DINNER
Chickpea, Tofu & Sweet Potato Quinoa Salad

SAT



BREAKFAST
Smoked Salmon Bagel Breakfast Box



SNACK 1
Taco Spiced Chickpeas



LUNCH
Chickpea, Tofu & Sweet Potato Quinoa Salad



SNACK 2
1.5 Peach Cobbler Smoothie



DINNER
Seitan Tacos

SUN



BREAKFAST
Smoked Salmon Bagel Breakfast Box



SNACK 1
Taco Spiced Chickpeas



LUNCH
Seitan Tacos



SNACK 2
Peach Cobbler Smoothie



DINNER
Spaghetti Squash Steak Bowls

MON

FAT 36% CARBS 45% PROTEIN 19%

Calories 2424
Fat 98g
Carbs 280g
Fiber 44g
Sugar 49g
Protein 120g
Cholesterol 154mg
Sodium 3025mg
Vitamin A 23033IU
Vitamin C 133mg
Calcium 873mg
Iron 22mg

TUE

FAT 35% CARBS 45% PROTEIN 20%

Calories 2489
Fat 100g
Carbs 288g
Fiber 49g
Sugar 58g
Protein 125g
Cholesterol 88mg
Sodium 2344mg
Vitamin A 27107IU
Vitamin C 136mg
Calcium 1186mg
Iron 23mg

WED

FAT 35% CARBS 45% PROTEIN 20%

Calories 2385
Fat 96g
Carbs 279g
Fiber 47g
Sugar 54g
Protein 120g
Cholesterol 89mg
Sodium 2096mg
Vitamin A 26138IU
Vitamin C 358mg
Calcium 1022mg
Iron 21mg

THU

FAT 31% CARBS 47% PROTEIN 22%

Calories 2313
Fat 81g
Carbs 277g
Fiber 45g
Sugar 69g
Protein 134g
Cholesterol 222mg
Sodium 1081mg
Vitamin A 5474IU
Vitamin C 356mg
Calcium 1051mg
Iron 18mg

FRI

FAT 28% CARBS 49% PROTEIN 23%

Calories 2370
Fat 76g
Carbs 300g
Fiber 52g
Sugar 83g
Protein 139g
Cholesterol 143mg
Sodium 1388mg
Vitamin A 10108IU
Vitamin C 129mg
Calcium 1474mg
Iron 22mg

SAT

FAT 33% CARBS 47% PROTEIN 20%

Calories 2501
Fat 94g
Carbs 305g
Fiber 55g
Sugar 76g
Protein 126g
Cholesterol 98mg
Sodium 4091mg
Vitamin A 8868IU
Vitamin C 38mg
Calcium 1349mg
Iron 24mg

SUN

FAT 34% CARBS 47% PROTEIN 19%

Calories 2360
Fat 90g
Carbs 287g
Fiber 43g
Sugar 58g
Protein 115g
Cholesterol 177mg
Sodium 3712mg
Vitamin A 4117IU
Vitamin C 95mg
Calcium 888mg
Iron 18mg

FRUITS

- 1 Avocado
- 2 Banana
- 2 1/4 cups Blackberries
- 1/3 cup Blueberries
- 5 Peach
- 1/3 cup Raspberries

BREAKFAST

- 1 1/2 tbsps Almond Butter
- 2/3 cup Granola
- 3 tbsps Maple Syrup

SEEDS, NUTS & SPICES

- 1 1/2 tbsps Chia Seeds
- 1 tsp Chili Powder
- 1/2 tsp Chipotle Powder
- 2 1/2 tps Cinnamon
- 3/4 tsp Cumin
- 1/2 tsp Dried Parsley
- 1 tsp Garlic Powder
- 1 1/2 tbsps Italian Seasoning
- 3/4 tsp Paprika
- 2/3 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1/4 tsp Smoked Paprika
- 1 1/3 tbsps Taco Seasoning

FROZEN

- 1/4 cup Frozen Corn
- 1 cup Frozen Edamame

VEGETABLES

- 6 cups Broccoli
- 1/2 Carrot
- 1 1/2 cups Cherry Tomatoes
- 1/3 cup Cilantro
- 2/3 Cucumber
- 1/2 Garlic
- 1/2 cup Grated Carrot
- 1 stalk Green Onion
- 4 cups Mini Potatoes
- 1 1/3 cups Mixed Greens
- 1/4 Red Bell Pepper
- 1/4 cup Red Onion
- 1/4 head Romaine Hearts
- 1/2 Spaghetti Squash
- 3 2/3 Sweet Potato
- 3/4 Yellow Bell Pepper
- 1/2 Yellow Onion

BOXED & CANNED

- 1 cup Beef Broth
- 7 1/3 cups Chickpeas
- 1 cup Crushed Tomatoes
- 92 grams Gluten-Free Ramen Noodles
- 1/4 cup Jasmine Rice
- 1/2 cup Quinoa
- 1/2 cup Salsa
- 170 grams Udon Noodles
- 128 grams Whole Wheat Spaghetti
- 1 cup Wild Rice

BAKING

- 1/4 cup All Purpose Gluten-Free Flour
- 1 1/2 tps Arrowroot Powder
- 1/4 cup Nutritional Yeast
- 2 1/8 cups Oats
- 1/3 cup Pitted Dates

BREAD, FISH, MEAT & CHEESE

- 227 grams Chicken Breast
- 1/3 cup Cream Cheese, Regular
- 227 grams Gluten-Free Bagel
- 227 grams Lean Ground Beef
- 170 grams Seitan
- 226 grams Smoked Salmon
- 340 grams Tempeh
- 477 grams Tofu
- 425 grams Top Sirloin Steak
- 4 Whole Wheat Tortilla

CONDIMENTS & OILS

- 2 tps Avocado Oil
- 1/2 cup Coconut Aminos
- 1 tsp Coconut Oil
- 2/3 cup Extra Virgin Olive Oil
- 3/4 tsp Fish Sauce
- 1 1/3 tbsps Italian Dressing
- 1/4 cup Peanut Sauce
- 2 1/16 tps Rice Vinegar
- 2 1/4 tps Tamari
- 2 tpsps Vegan Mayonnaise

COLD

- 2 1/2 cups Cottage Cheese
- 2 tpsps Cream, Half & Half
- 2 cups Plain Greek Yogurt
- 2 cups Unsweetened Almond Milk
- 3 3/4 cups Unsweetened Cashew Milk

OTHER

- 1/3 cup Vanilla Protein Powder
- 1/2 cup Water

Tempeh & Sweet Potato Hash

3 SERVINGS 40 MINUTES



INGREDIENTS

340 grams Tempeh (cubed)
1/3 cup Coconut Aminos
3 tbsps Maple Syrup
3/4 tsp Paprika
3 tbsps Extra Virgin Olive Oil (divided)
3 Sweet Potato (medium, cubed)
3/4 Yellow Bell Pepper (chopped)
Sea Salt & Black Pepper (to taste)
2 1/4 cups Blackberries

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|----------|
| Calories | 591 | Cholesterol | 0mg |
| Fat | 27g | Sodium | 627mg |
| Carbs | 68g | Vitamin A | 19050... |
| Fiber | 10g | Vitamin C | 111mg |
| Sugar | 29g | Calcium | 223mg |
| Protein | 27g | Iron | 5mg |

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a large baking sheet with parchment paper. Place the tempeh in a shallow bowl.
- 02 In a small bowl, whisk together the coconut aminos, maple syrup, paprika, and half of the oil. Pour the marinade over the tempeh and let it sit for five minutes.
- 03 Arrange the tempeh into a single layer on one side of the baking sheet. Reserve the marinade for later. Add the potatoes and bell pepper to the other side and toss them with the remaining oil, salt, and pepper.
- 04 Bake for 15 minutes. Flip the tempeh, then pour the remaining marinade onto the tempeh. Place back into the oven for another 10 to 15 minutes. Remove the tempeh and set aside. Return the potatoes and bell pepper to the oven as needed until they are crispy and cooked through.
- 05 Divide the tempeh, potatoes, bell pepper, and blackberries between plates. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add garlic and herbs to the potatoes and bell pepper.

Yogurt with Granola & Banana

2 SERVINGS 5 MINUTES



INGREDIENTS

2 cups Plain Greek Yogurt
2 Banana (sliced)
2/3 cup Granola

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|--------|
| Calories | 485 | Cholesterol | 34mg |
| Fat | 15g | Sodium | 152mg |
| Carbs | 61g | Vitamin A | 1333IU |
| Fiber | 7g | Vitamin C | 26mg |
| Sugar | 28g | Calcium | 536mg |
| Protein | 29g | Iron | 3mg |

DIRECTIONS

01 Add the yogurt, banana, and granola to a bowl, and enjoy!

NOTES

MORE FLAVOR

Add maple syrup or vanilla.

ADDITIONAL TOPPINGS

Nut butter, shredded coconut, chia seeds, and/or hemp seeds.

GLUTEN-FREE

Use gluten-free granola.

DAIRY-FREE

Use a dairy-free yogurt alternative.

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.

Overnight Vanilla Protein Oats

3 SERVINGS 8 HOURS



INGREDIENTS

- 1 1/2 cups Oats (quick or traditional)
- 1 1/2 tbsps Chia Seeds
- 2 cups Unsweetened Almond Milk
- 1/3 cup Vanilla Protein Powder
- 1/3 cup Raspberries
- 1/3 cup Blueberries
- 1 1/2 tbsps Almond Butter

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 309 | Cholesterol | 2mg |
| Fat | 11g | Sodium | 124mg |
| Carbs | 37g | Vitamin A | 327IU |
| Fiber | 9g | Vitamin C | 6mg |
| Sugar | 3g | Calcium | 430mg |
| Protein | 18g | Iron | 3mg |

DIRECTIONS

- 01 In a large bowl or container combine the oats, chia seeds and milk. Stir to combine. Place in the fridge for 8 hours, or overnight.
- 02 After the oats have set, remove from the fridge and add the protein powder. Mix well. Add extra almond milk 1 tbsp at a time if the oats are too thick.
- 03 Divide the oats into bowls or containers and top with raspberries, blueberries and almond butter. Enjoy!

NOTES

LEFTOVERS

Keep well in the fridge for 3 to 4 days.

SERVING SIZE

One serving is approximately 1 1/2 cups.

EXTRA GARNISH

Add cacao nibs, chocolate chips, seeds or nuts.

NO ALMOND BUTTER

Omit, or use peanut butter or sunflower seed butter instead.

PROTEIN POWDER

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

Taco Spiced Chickpeas

4 SERVINGS 30 MINUTES



INGREDIENTS

4 cups Chickpeas (cooked)
1 1/3 tbsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste, optional)
1 1/3 tbsps Taco Seasoning

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 319 | Cholesterol | 0mg |
| Fat | 9g | Sodium | 267mg |
| Carbs | 47g | Vitamin A | 44IU |
| Fiber | 13g | Vitamin C | 2mg |
| Sugar | 8g | Calcium | 90mg |
| Protein | 15g | Iron | 5mg |

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 02 Pat the chickpeas dry with a paper towel and transfer them to the prepared baking sheet. Drizzle with the oil and season with salt, pepper, and taco seasoning. Mix until the chickpeas are evenly coated.
- 03 Bake in the oven for 25 to 28 minutes, tossing halfway through, or until the chickpeas reach your desired crispiness.
- 04 Remove from the oven. Season with additional salt and pepper if needed. Let cool slightly and enjoy!

NOTES

LEFTOVERS

Store in an airtight container for up to two days. If leftover chickpeas lose their crunch, reheat in the oven for five to eight minutes or until crispy again.

SERVING SIZE

One serving is approximately 1/2 cup.

NO EXTRA VIRGIN OLIVE OIL

Use avocado oil instead.

Beef Ramen

1 SERVING 25 MINUTES



INGREDIENTS

1/2 tsp Extra Virgin Olive Oil (divided)
85 grams Top Sirloin Steak
1/8 tsp Sea Salt (to taste)
1 stalk Green Onion (sliced, white and green parts divided)
1/2 Garlic (cloves, minced)
1 cup Beef Broth
1/2 cup Water
3/4 tsp Fish Sauce
3/4 tsp Tamari
92 grams Gluten-Free Ramen Noodles (dry)
1/4 cup Cilantro (chopped)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|--------|
| Calories | 568 | Cholesterol | 66mg |
| Fat | 19g | Sodium | 1442mg |
| Carbs | 73g | Vitamin A | 75IU |
| Fiber | 3g | Vitamin C | 3mg |
| Sugar | 1g | Calcium | 54mg |
| Protein | 28g | Iron | 3mg |

DIRECTIONS

- 01 Heat half the oil in a large saucepan or Dutch oven over high heat. Season the steak with salt and cook to your desired doneness. Let it rest for five minutes before cutting into thin slices.
- 02 In the same saucepan, heat the remaining oil over medium heat. Cook the white parts of the green onions along with the garlic until fragrant, about one minute.
- 03 Add the beef broth, water, fish sauce, and tamari. Bring to a boil, then lower to a simmer. Add the noodles and cook for three minutes or until soft, stirring well to loosen the noodles.
- 04 Divide the broth, ramen noodles, and steak slices into bowls. Garnish with the remaining green onions and cilantro. Enjoy!

NOTES

LEFTOVERS

Refrigerate the broth, steak, and garnishes separately for up to three days. Freeze the broth, if longer.

SERVING SIZE

One serving equals approximately three cups.

MORE FLAVOR

Add grated ginger, red pepper flakes, or lime juice. Use homemade beef broth.

ADDITIONAL TOPPINGS

Add spinach, nori sheets, mushrooms, corn, or soft-boiled eggs.

NO RAMEN NOODLES

Use shirataki noodles, vermicelli noodles, or brown rice noodles instead.

Chickpea Fritters

3 SERVINGS 15 MINUTES



INGREDIENTS

1 3/4 cups Chickpeas (cooked)
1/4 cup All Purpose Gluten-Free Flour
1/4 cup Nutritional Yeast
2 tbsps Vegan Mayonnaise
1/2 tsp Dried Parsley (dried)
1/2 tsp Garlic Powder
1/2 tsp Sea Salt
1 tbsp Water
1 1/2 tps Extra Virgin Olive Oil

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 331 | Cholesterol | 0mg |
| Fat | 11g | Sodium | 504mg |
| Carbs | 42g | Vitamin A | 28IU |
| Fiber | 12g | Vitamin C | 1mg |
| Sugar | 5g | Calcium | 56mg |
| Protein | 16g | Iron | 4mg |

DIRECTIONS

- 01 In a medium-sized bowl, combine the chickpeas, flour, nutritional yeast, mayonnaise, parsley, garlic, salt, and water. Mix well and mash the chickpeas until well blended.
- 02 Divide the chickpea mixture into six flat patties using slightly damp hands.
- 03 Heat a nonstick skillet over medium heat and add the oil. Once hot, add the fritters and fry for three to four minutes per side, until browned and crispy. Be careful not to crowd the pan and work in batches if needed. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days, or freeze for longer.

SERVING SIZE

One serving is two fritters.

FLOUR

Use another type of flour such as regular all purpose or chickpea flour.

ADDITIONAL TOPPINGS

Dip in your favorite sauce or mix together coconut yogurt, dill, and lemon for a refreshing dip.

Peach Cobbler Smoothie

5 SERVINGS 5 MINUTES



INGREDIENTS

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

Spaghetti with Beef Sauce

2 SERVINGS 20 MINUTES



INGREDIENTS

128 grams Whole Wheat Spaghetti
1 1/2 tsps Extra Virgin Olive Oil
1/2 Yellow Onion (medium, grated)
1/2 Carrot (peeled, grated)
227 grams Lean Ground Beef
1 1/2 tsps Italian Seasoning
1 cup Crushed Tomatoes (from the can)
2 tbsps Cream, Half & Half

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|--------|
| Calories | 625 | Cholesterol | 86mg |
| Fat | 30g | Sodium | 328mg |
| Carbs | 60g | Vitamin A | 2877IU |
| Fiber | 10g | Vitamin C | 12mg |
| Sugar | 11g | Calcium | 110mg |
| Protein | 31g | Iron | 7mg |

DIRECTIONS

- 01 Cook the spaghetti according to the directions on the package.
- 02 Heat the oil in a large skillet over medium heat. Add the onion and the carrot and cook for about five minutes or until tender.
- 03 Add the meat, stirring until well browned and crumbled about seven to 10 minutes.
- 04 Add the Italian seasoning, crushed tomatoes, and cream. Continue cooking, stirring frequently, for about three minutes.
- 05 Add the pasta and toss to combine. Divide evenly between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days. Store extra sauce separately for another use.

DAIRY-FREE

Use canned coconut milk or coconut cream.

MORE FLAVOR

Add garlic, celery, fennel, and/or spinach. Swap Italian seasoning for ground cinnamon and ground cloves.

ADDITIONAL TOPPINGS

Fresh basil, parsley, oregano, red pepper flakes, parmesan cheese, salt, and pepper to taste.

GLUTEN-FREE

Use brown rice spaghetti or gluten-free pasta of choice.

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.

One Pan Steak, Potatoes & Broccoli

2 SERVINGS 40 MINUTES



INGREDIENTS

4 cups Mini Potatoes
1 1/2 cups Cherry Tomatoes
4 cups Broccoli (chopped into florets)
2 tbsps Extra Virgin Olive Oil
1 tbsp Italian Seasoning
227 grams Top Sirloin Steak
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|--------|
| Calories | 675 | Cholesterol | 88mg |
| Fat | 31g | Sodium | 142mg |
| Carbs | 69g | Vitamin A | 2071IU |
| Fiber | 12g | Vitamin C | 237mg |
| Sugar | 8g | Calcium | 161mg |
| Protein | 35g | Iron | 6mg |

DIRECTIONS

- 01 Preheat oven to 375°F (191°C).
- 02 Toss the potatoes, cherry tomatoes and broccoli with the olive oil and sprinkle with Italian seasoning. Spread across the baking sheet and roast for 20 minutes.
- 03 After 20 minutes, heat a skillet over medium/high heat. Brown the steak on both sides for 1 to 2 minutes. Remove the steak from the skillet and add to the pan with veggies. Return to oven for an additional 10 minutes, or until steak is cooked to your liking.
- 04 Remove the pan from the oven, divide onto plates and enjoy!

NOTES

LEFTOVERS

Keeps well in the fridge for 2 to 3 days.

Chipotle Chicken, Broccoli & Wild Rice

2 SERVINGS 45 MINUTES



INGREDIENTS

- 1 cup Wild Rice (dry)
- 227 grams Chicken Breast (boneless, skinless, cubed)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 tsp Chili Powder
- 1/2 tsp Chipotle Powder
- 1/2 tsp Garlic Powder
- Sea Salt & Black Pepper (to taste)
- 2 cups Broccoli (florets)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|--------|
| Calories | 578 | Cholesterol | 82mg |
| Fat | 18g | Sodium | 125mg |
| Carbs | 67g | Vitamin A | 1011IU |
| Fiber | 8g | Vitamin C | 81mg |
| Sugar | 4g | Calcium | 70mg |
| Protein | 40g | Iron | 3mg |

DIRECTIONS

- 01 Cook the wild rice according to the package directions.
- 02 While the rice is cooking, in a bowl, add the chicken, half of the oil, chili powder, chipotle powder, garlic powder, salt, and pepper. Mix to combine.
- 03 Warm a pan over medium heat and add the chicken. Spread out the chicken so it's not crowded.
- 04 Cook the chicken for four to five minutes per side or until cooked through and browned. If needed, add a splash of water. Set the chicken aside.
- 05 Add the remaining oil to the pan. Add the broccoli, salt, and pepper and sauté for three to five minutes. Add a splash of water then cover for two to three more minutes or until tender-crisp.
- 06 Divide the rice, chicken, and broccoli evenly between bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately one cup of both broccoli and rice with chicken.

MORE FLAVOR

Add garlic to the broccoli while sautéing.

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.

Seitan Tacos

2 SERVINGS 15 MINUTES



INGREDIENTS

1/2 tsp Avocado Oil
170 grams Seitan (finely chopped)
1/4 tsp Cumin (ground)
1/4 tsp Smoked Paprika
4 Whole Wheat Tortilla (small)
1/4 head Romaine Hearts (chopped)
1/2 cup Salsa
1 Avocado (mashed)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|--------|
| Calories | 568 | Cholesterol | 0mg |
| Fat | 26g | Sodium | 1331mg |
| Carbs | 61g | Vitamin A | 900IU |
| Fiber | 17g | Vitamin C | 11mg |
| Sugar | 8g | Calcium | 277mg |
| Protein | 27g | Iron | 5mg |

DIRECTIONS

- 01 Heat the oil in a pan over medium-high heat. Add the seitan, cumin, paprika, salt and pepper. Cook until slightly crispy, about five minutes. Stir in the salsa.
- 02 Fill the tortillas with romaine, seitan, and avocado. Enjoy!

NOTES

LEFTOVERS

Enjoy immediately for best results or refrigerate in an airtight container for two days.

SERVING SIZE

One serving is two 7-inch filled whole wheat tortillas.

GLUTEN-FREE

Use gluten-free tortilla.

MORE FLAVOR

Add garlic powder, onion powder, chili powder, lime juice, or jalapeños.

ADDITIONAL TOPPINGS

Add shredded cheese, green onions, and plain yogurt.

Spaghetti Squash Steak Bowls

1 SERVING 55 MINUTES



INGREDIENTS

1/2 Spaghetti Squash (medium, sliced lengthwise, seeds removed)
1 tsp Coconut Oil (melted, divided)
Sea Salt & Black Pepper (to taste)
1/4 cup Jasmine Rice (dry)
113 grams Top Sirloin Steak
1/4 cup Frozen Corn
1/4 Red Bell Pepper (diced)
1/4 cup Red Onion (diced)
1/2 tsp Cumin
2 tbsps Cilantro (chopped)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|--------|
| Calories | 591 | Cholesterol | 88mg |
| Fat | 22g | Sodium | 70mg |
| Carbs | 74g | Vitamin A | 1954IU |
| Fiber | 7g | Vitamin C | 67mg |
| Sugar | 4g | Calcium | 123mg |
| Protein | 29g | Iron | 4mg |

DIRECTIONS

- 01 Preheat the oven to 375°F (190°C).
- 02 Brush the inside of the squash halves with half of the coconut oil. Season with salt and pepper, then place the halves face down on a baking sheet. Bake in the oven for 30 minutes.
- 03 Meanwhile, cook the rice according to package directions.
- 04 Add the remaining oil to a pan over medium heat. Add the steak to the pan and cook for 10 to 20 minutes, flipping halfway through. The time will depend on the thickness of the steak and your desired doneness. Season with salt and pepper and slice into bite-sized pieces.
- 05 Once the squash is done, shred the flesh with a fork and add it to a large bowl. Combine with the rice, steak, corn, red pepper, red onion, and cumin. Scoop everything back into the squash shells and bake in the oven for 20 minutes or until the peppers are fork-tender.
- 06 Serve with cilantro. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to one stuffed squash half.

MAKE IT VEGAN

Use tofu or tempeh in place of the steak.

MORE FLAVOR

Add smoked paprika.

ADDITIONAL TOPPINGS

Shredded cheese, avocado, sour cream, or salsa.