

28 Day Balanced 2400 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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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
Peanut Butter & Banana Protein Porridge



LUNCH
Burrito Bowl Mason Jar



SNACK 2
Sardine & Cream Cheese Bagel



DINNER
Cajun Shrimp Penne

TUE



BREAKFAST
Scrambled Eggs with Toasted Bagel & Peach



SNACK 1
Peanut Butter & Banana Protein Porridge



LUNCH
Cajun Shrimp Penne



SNACK 2
Sardine & Cream Cheese Bagel



DINNER
Spicy Shrimp Sushi Bowls

WED



BREAKFAST
Scrambled Eggs with Toasted Bagel & Peach



SNACK 1
Peanut Butter & Banana Protein Porridge



LUNCH
Spicy Shrimp Sushi Bowls



SNACK 2
Sardine & Cream Cheese Bagel



DINNER
Green Poutine

THU



BREAKFAST
Chickpea Shakshuka, Sweet Potato Toast with Avocado & Sauerkraut



SNACK 1
Toasted Cucumber & Tomato Sandwich



LUNCH
Green Poutine



SNACK 2
Mixed Berry Protein Porridge



DINNER
Tuna Avocado Sandwich

FRI



BREAKFAST
Chickpea Shakshuka, Sweet Potato Toast with Avocado & Sauerkraut



SNACK 1
Toasted Cucumber & Tomato Sandwich



LUNCH
Tuna Avocado Sandwich



SNACK 2
Mixed Berry Protein Porridge



DINNER
Chicken, Broccoli & Mashed Potatoes

SAT



BREAKFAST
Smoked Salmon & Cucumber Bagel, Portobello Mushrooms Florentine



SNACK 1
Toasted Cucumber & Tomato Sandwich



LUNCH
Chicken, Broccoli & Mashed Potatoes



SNACK 2
Mixed Berry Protein Porridge



DINNER
Pot Pie Chickpea Pasta

SUN



BREAKFAST
Smoked Salmon & Cucumber Bagel, Portobello Mushrooms Florentine



SNACK 1
Toasted Cucumber & Tomato Sandwich



LUNCH
Pot Pie Chickpea Pasta



SNACK 2
Mixed Berry Protein Porridge



DINNER
Chickpea, Tofu & Sweet Potato Quinoa Salad

MON

FAT 33% CARBS 45% PROTEIN 22%

Calories 2491
Fat 95g
Carbs 284g
Fiber 38g
Sugar 47g
Protein 139g
Cholesterol 892mg
Sodium 5143mg
Vitamin A 5268IU
Vitamin C 60mg
Calcium 1231mg
Iron 22mg

TUE

FAT 33% CARBS 46% PROTEIN 21%

Calories 2439
Fat 90g
Carbs 286g
Fiber 26g
Sugar 49g
Protein 132g
Cholesterol 979mg
Sodium 5129mg
Vitamin A 8715IU
Vitamin C 44mg
Calcium 1244mg
Iron 18mg

WED

FAT 32% CARBS 46% PROTEIN 22%

Calories 2367
Fat 86g
Carbs 279g
Fiber 40g
Sugar 51g
Protein 131g
Cholesterol 796mg
Sodium 2182mg
Vitamin A 16097IU
Vitamin C 97mg
Calcium 1225mg
Iron 26mg

THU

FAT 31% CARBS 47% PROTEIN 22%

Calories 2519
Fat 88g
Carbs 305g
Fiber 72g
Sugar 54g
Protein 140g
Cholesterol 279mg
Sodium 2679mg
Vitamin A 30833IU
Vitamin C 164mg
Calcium 995mg
Iron 33mg

FRI

FAT 32% CARBS 47% PROTEIN 21%

Calories 2469
Fat 90g
Carbs 291g
Fiber 62g
Sugar 48g
Protein 134g
Cholesterol 390mg
Sodium 2528mg
Vitamin A 22876IU
Vitamin C 236mg
Calcium 931mg
Iron 25mg

SAT

FAT 34% CARBS 44% PROTEIN 22%

Calories 2460
Fat 96g
Carbs 283g
Fiber 51g
Sugar 54g
Protein 137g
Cholesterol 377mg
Sodium 2650mg
Vitamin A 9354IU
Vitamin C 210mg
Calcium 1150mg
Iron 30mg

SUN

FAT 33% CARBS 45% PROTEIN 22%

Calories 2495
Fat 94g
Carbs 295g
Fiber 58g
Sugar 61g
Protein 141g
Cholesterol 266mg
Sodium 2759mg
Vitamin A 14606IU
Vitamin C 71mg
Calcium 1547mg
Iron 35mg

FRUITS

- 3 Avocado
- 1 1/2 Banana
- 1/2 Lemon
- 1 tsp Lemon Juice
- 1/4 Lime
- 3 Peach

BREAKFAST

- 3 tbsps All Natural Peanut Butter
- 1/4 cup Almond Butter

SEEDS, NUTS & SPICES

- 1 1/2 tbsps Cajun Seasoning
- 2/3 cup Cashews
- 2 1/3 tbsps Cinnamon
- 1 1/2 tsps Dried Thyme
- 2 tsps Harissa
- 1 tsp Paprika
- 1/2 tsp Sea Salt
- 0 Sea Salt & Black Pepper

FROZEN

- 4 cups Frozen Berries
- 2 cups Frozen Broccoli
- 1/2 cup Frozen Corn
- 1/2 cup Frozen Peas

VEGETABLES

- 2 3/4 cups Asparagus
- 3 1/4 cups Baby Spinach
- 1 cup Butternut Squash
- 1 2/3 Carrot
- 2 stalks Celery
- 1 3/4 Cucumber
- 1 1/2 tbsps Fresh Dill
- 3 1/3 Garlic
- 2/3 cup Mixed Greens
- 2 cups Mushrooms
- 1/4 cup Parsley
- 227 grams Portobello Mushroom Caps
- 1/4 cup Red Onion
- 1 1/2 tbsps Shallot
- 2 1/3 Sweet Potato
- 1 1/2 Tomato
- 2/3 Yellow Onion
- 5 Yellow Potato

BOXED & CANNED

- 1/2 cup Black Beans
- 3/4 cup Brown Rice
- 151 grams Chickpea Pasta
- 2 3/4 cups Chickpeas
- 1 cup Fire Roasted Diced Tomatoes
- 1/2 cup Quinoa
- 2 cups Quinoa Penne
- 2 tbsps Salsa
- 83 grams Sardines
- 1/2 cup Tomato Purée
- 2 cans Tuna
- 1/2 cup Vegetable Broth

BAKING

- 2 tbsps Almond Flour
- 1 tsp Arrowroot Powder
- 2/3 cup Nutritional Yeast

BREAD, FISH, MEAT & CHEESE

- 5 Bagel
- 227 grams Chicken Thighs With Skin
- 1 1/16 cups Cream Cheese, Regular
- 113 grams Extra Lean Ground Chicken
- 2 tbsps Feta Cheese
- 454 grams Shrimp
- 99 grams Smoked Salmon
- 200 grams Sourdough Bread
- 132 grams Tofu
- 8 slices Whole Grain Bread
- 1 1/2 Whole Wheat Bagel

CONDIMENTS & OILS

- 2 3/4 tbsps Capers
- 1 tsp Coconut Aminos
- 1/2 cup Extra Virgin Olive Oil
- 2 tsps Italian Dressing
- 1 tbsp Mayonnaise
- 28 grams Pickled Red Onions
- 1 tsp Rice Vinegar
- 1/3 cup Sauerkraut
- 1/2 tsp Sriracha
- 1/2 tsp Tamari

COLD

- 118 grams Cashew Cream Cheese
- 13 Egg
- 3 1/2 cups Egg Whites
- 6 cups Unsweetened Almond Milk

OTHER

- 1 1/3 cups Water

■ 1 3/4 cups Oats

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.

Chickpea Shakshuka

2 SERVINGS 15 MINUTES



INGREDIENTS

2 cups Chickpeas (cooked)
1/2 cup Tomato Purée
2 tsps Harissa
1 cup Baby Spinach
2 Egg
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|--------|
| Calories | 368 | Cholesterol | 186mg |
| Fat | 9g | Sodium | 112mg |
| Carbs | 51g | Vitamin A | 2040IU |
| Fiber | 14g | Vitamin C | 13mg |
| Sugar | 11g | Calcium | 134mg |
| Protein | 22g | Iron | 7mg |

DIRECTIONS

- 01 In a small pan over medium heat add the chickpeas, tomato purée, and harissa. Bring to boil, reduce the heat down to simmer, and let cook for about 10 minutes.
- 02 Add the spinach and cook for another two minutes. Create a pocket in the middle and crack the egg into the pocket. Cover the pan and cook until the egg is set, about five to six minutes.
- 03 Season with salt and pepper and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

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

MORE FLAVOR

Add onion and bell pepper.

ADDITIONAL TOPPINGS

Add feta cheese and fresh herbs.

Sweet Potato Toast with Avocado & Sauerkraut

2 SERVINGS 15 MINUTES



INGREDIENTS

2 Sweet Potato (small, ends trimmed, sliced lengthwise)
1 Avocado (peeled and mashed)
1/3 cup Sauerkraut
1/4 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|----------|
| Calories | 277 | Cholesterol | 0mg |
| Fat | 15g | Sodium | 530mg |
| Carbs | 36g | Vitamin A | 18594... |
| Fiber | 11g | Vitamin C | 17mg |
| Sugar | 7g | Calcium | 58mg |
| Protein | 4g | Iron | 2mg |

DIRECTIONS

- 01 Pop the sweet potato slices into the toaster and toast two to three times. If you do not have a toaster, set your oven to broil and bake on a sheet for 3 to 6 minutes per side, or until golden brown.
- 02 Top the sweet potato toasts with mashed avocado and sauerkraut. Season with sea salt. Enjoy!

NOTES

ADD GREENS

Add a layer of baby spinach before you spread on the avocado.

GUACAMOLE LOVER

Add lemon juice, lime juice, minced garlic, tomato and/or chopped red onion to your mashed avocado.

NO SWEET POTATO

Use bread, crackers, crispbread, pita or tortillas instead.

STORAGE

Best enjoyed immediately but can be refrigerated in an airtight container up to 3 days.

Smoked Salmon & Cucumber Bagel

2 SERVINGS 10 MINUTES



INGREDIENTS

1/4 cup Cream Cheese, Regular
2 Bagel (plain, sliced in half, toasted)
1/4 Cucumber (sliced)
99 grams Smoked Salmon (sliced)
1 tsp Lemon Juice
28 grams Pickled Red Onions
1 1/3 tbsps Capers

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|--------|
| Calories | 436 | Cholesterol | 38mg |
| Fat | 13g | Sodium | 1225mg |
| Carbs | 59g | Vitamin A | 91IU |
| Fiber | 2g | Vitamin C | 2mg |
| Sugar | 12g | Calcium | 265mg |
| Protein | 23g | Iron | 5mg |

DIRECTIONS

01 Spread the cream cheese onto the bagel. Top with the remaining ingredients and enjoy!

NOTES

LEFTOVERS

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

SERVING SIZE

One serving is one bagel.

MORE FLAVOR

Add chopped dill.

GLUTEN-FREE

Use a gluten-free bagel instead.

DAIRY-FREE

Use hummus or dairy-free cream cheese instead.

Portobello Mushrooms Florentine

2 SERVINGS 15 MINUTES



INGREDIENTS

227 grams Portobello Mushroom Caps
Sea Salt & Black Pepper (to taste)
1 tsp Extra Virgin Olive Oil (divided)
2 cups Baby Spinach
2 Egg
2 tbsps Feta Cheese (crumbled, optional)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|--------|
| Calories | 150 | Cholesterol | 194mg |
| Fat | 9g | Sodium | 215mg |
| Carbs | 6g | Vitamin A | 3123IU |
| Fiber | 2g | Vitamin C | 10mg |
| Sugar | 0g | Calcium | 104mg |
| Protein | 13g | Iron | 2mg |

DIRECTIONS

- 01 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper. Arrange the portobello mushroom caps on a parchment-lined baking sheet and season with salt and pepper. Bake for 10 to 15 minutes. Remove from the oven and soak up any excess liquid with a towel.
- 02 Meanwhile, heat a nonstick skillet over medium heat and add half the oil. Once warmed, add the spinach. Cook until wilted and then remove and set aside.
- 03 In a small bowl, whisk the eggs. In the same skillet, add the remaining oil. Pour in the eggs and stir with a wooden spoon until scrambled and cooked to your liking. Remove from the heat.
- 04 Layer the spinach in the mushroom caps and top with eggs, feta, salt, and pepper. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is one stuffed portobello mushroom cap.

MORE FLAVOR

Season with everything bagel seasoning or nutritional yeast.

MAKE IT VEGAN

Use a tofu scramble and vegan cheese.

Peanut Butter & Banana Protein Porridge

3 SERVINGS 10 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

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

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add maple syrup or honey and vanilla extract.

ADDITIONAL TOPPINGS

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

NO ALMOND MILK

Use another dairy or dairy alternative milk instead.

Toasted Cucumber & Tomato Sandwich

4 SERVINGS 5 MINUTES



INGREDIENTS

2/3 cup Cream Cheese, Regular
8 slices Whole Grain Bread (toasted)
1 Tomato (medium, sliced)
1 Cucumber (small, sliced)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 345 | Cholesterol | 34mg |
| Fat | 14g | Sodium | 491mg |
| Carbs | 41g | Vitamin A | 494IU |
| Fiber | 7g | Vitamin C | 7mg |
| Sugar | 8g | Calcium | 124mg |
| Protein | 15g | Iron | 3mg |

DIRECTIONS

- 01 Spread cream cheese on each slice of toast.
- 02 Top with tomato and cucumber and season with salt and pepper. Slice in half and enjoy!

NOTES

LEFTOVERS

Best enjoyed fresh.

SERVING SIZE

One serving is one sandwich.

MAKE IT VEGAN

Use vegan cream cheese.

MORE FLAVOR

Use flavored cream cheese.

ADDITIONAL TOPPINGS

Green lettuce and/or microgreens.

GLUTEN-FREE

Use gluten-free bread.

Burrito Bowl Mason Jar

1 SERVING 25 MINUTES



INGREDIENTS

1/4 cup Quinoa
1/2 cup Water
113 grams Extra Lean Ground Chicken
2 tbsps Salsa
1/2 Avocado (peeled and diced)
1/2 Tomato (diced)
1/4 cup Baby Spinach (chopped)
1/2 cup Black Beans (cooked, drained and rinsed)
1/4 Lime (juiced)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|--------|
| Calories | 616 | Cholesterol | 98mg |
| Fat | 27g | Sodium | 341mg |
| Carbs | 61g | Vitamin A | 1847IU |
| Fiber | 19g | Vitamin C | 25mg |
| Sugar | 2g | Calcium | 95mg |
| Protein | 37g | Iron | 6mg |

DIRECTIONS

- 01 Place the quinoa and water in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover. Let simmer for 12 minutes or until all water is absorbed. Remove from heat, fluff with a fork and set aside.
- 02 Cook your extra lean ground chicken over medium heat in a non-stick frying pan. Season with a bit of salt and pepper and stir occasionally until cooked through.
- 03 Assemble your burrito bowl mason jars by placing avocado in the bottom with a splash of lime juice. Top with a couple of tablespoons of salsa. Next add in your quinoa, cooked chicken, diced tomatoes, spinach and top with black beans. Seal with a lid. When ready to eat, shake well and dump into a bowl. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

16 fl oz (500 mL) mason jars were used here. One mason jar is one serving.

Sardine & Cream Cheese Bagel

3 SERVINGS 10 MINUTES



INGREDIENTS

3 tbsps Cream Cheese, Regular
1 1/2 Whole Wheat Bagel (lightly toasted)
83 grams Sardines (drained)
1 1/2 tbsps Shallot (thinly chopped)
1 1/2 tbsps Capers (drained, chopped)
1 1/2 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.

Mixed Berry Protein Porridge

4 SERVINGS 15 MINUTES



INGREDIENTS

3 cups Unsweetened Almond Milk
1 cup Oats (rolled)
4 cups Frozen Berries
1 1/3 tbsps Cinnamon
2 cups Egg Whites
1/4 cup Almond Butter

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 344 | Cholesterol | 0mg |
| Fat | 12g | Sodium | 325mg |
| Carbs | 40g | Vitamin A | 382IU |
| Fiber | 11g | Vitamin C | 40mg |
| Sugar | 16g | Calcium | 464mg |
| Protein | 21g | Iron | 3mg |

DIRECTIONS

- 01 Add the almond milk, oats, and frozen berries to a pot over medium heat. Bring the milk to a gentle boil and continue to cook for three to five minutes or until the oats begin to soften and thicken and the berries are cooked through.
- 02 Add the cinnamon to the pot then slowly stir in the egg whites and continue to stir until the porridge becomes thick and creamy. Transfer to a bowl and top with the almond butter. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add maple syrup or honey and vanilla extract.

ADDITIONAL TOPPINGS

Additional almond butter, banana slices, fresh berries, or extra cinnamon.

NO ALMOND MILK

Use another dairy or dairy alternative milk instead.

NO ALMOND BUTTER

Use another nut or seed butter instead.

FROZEN BERRIES

This recipe was created and tested using a combination of frozen strawberries, raspberries, and blueberries.

Cajun Shrimp Penne

2 SERVINGS 1 HOUR 20 MINUTES



INGREDIENTS

2 cups Quinoa Penne
1/3 cup Cashews (soaked, drained, rinsed)
1/3 cup Water
227 grams Shrimp (large, peeled, deveined)
1 1/2 tbsps Cajun Seasoning (divided)
2 tbsps Extra Virgin Olive Oil (divided)
3/4 cup Asparagus (trimmed, cut into bite-sized pieces)
1/4 tsp Sea Salt (divided)
1 Garlic (clove, minced)
1 cup Fire Roasted Diced Tomatoes
1/4 cup Parsley (chopped finely)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|---------|
| Calories | 691 | Cholesterol | 183mg |
| Fat | 26g | Sodium | 3240m.. |
| Carbs | 84g | Vitamin A | 1520IU |
| Fiber | 5g | Vitamin C | 19mg |
| Sugar | 8g | Calcium | 173mg |
| Protein | 35g | Iron | 4mg |

DIRECTIONS

- 01 Bring a medium pot of water to a boil and cook pasta according to package directions. Drain and set aside.
- 02 While the pasta cooks, add the cashews and water to a blender. Blend on high for about 1 to 2 minutes until very smooth. Set aside.
- 03 Meanwhile, add the shrimp to a bowl and toss with half the cajun seasoning and 1/3 of the oil. Set aside.
- 04 In a cast-iron skillet over medium heat, add 1/3 of the oil along with the asparagus and salt. Cook, flipping the asparagus pieces often, until bright green and still crisp but fork-tender, about 4 minutes total. Remove and set aside.
- 05 In the same cast iron pan, over medium heat, add the shrimp and cook for 3 to 4 minutes, flipping halfway through, until cooked through. Remove and set aside.
- 06 Add the remaining 1/3 of the oil to the cooked pasta. Over medium-low heat, add the garlic and cook for 30 seconds, until fragrant. Add the tomatoes and remaining cajun seasoning and stir to combine. Allow it just to get warm, about 1 to 2 minutes, then add the cashew cream, pasta and asparagus to the pot. Toss to combine. Divide onto plates, top with shrimp, parsley and season with salt and pepper. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving is equal to about 1 1/3 cup pasta.

NO ASPARAGUS

Use another vegetable such as spinach, zucchini or mushrooms.

MORE FLAVOR

Add chili flakes to taste.

NO FIRE ROASTED TOMATOES

Use regular diced tomatoes.

MAKE IT VEGAN

Omit the shrimp.

NO QUINOA PENNE

Use another type of pasta.

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 TOPPING

Sesame seeds and/or lime zest.

Green Poutine

2 SERVINGS 45 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

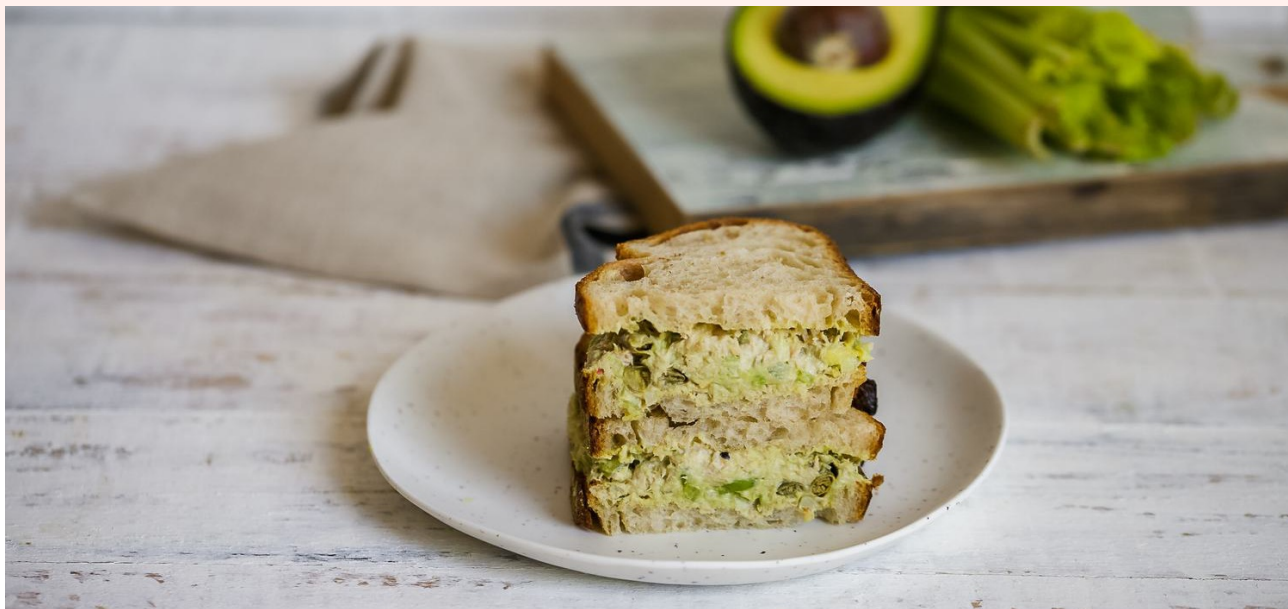
| | | | |
|----------|-----|-------------|--------|
| Calories | 619 | Cholesterol | 0mg |
| Fat | 22g | Sodium | 293mg |
| Carbs | 77g | Vitamin A | 8902IU |
| Fiber | 19g | Vitamin C | 72mg |
| Sugar | 10g | Calcium | 154mg |
| Protein | 34g | Iron | 12mg |

DIRECTIONS

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

Tuna Avocado Sandwich

2 SERVINGS 10 MINUTES



INGREDIENTS

2 cans Tuna
Sea Salt & Black Pepper (to taste)
2 stalks Celery (finely chopped)
1/4 cup Red Onion (finely chopped)
1 Avocado (medium)
200 grams Sourdough Bread (toasted)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 566 | Cholesterol | 59mg |
| Fat | 16g | Sodium | 928mg |
| Carbs | 60g | Vitamin A | 421IU |
| Fiber | 10g | Vitamin C | 15mg |
| Sugar | 2g | Calcium | 61mg |
| Protein | 44g | Iron | 6mg |

DIRECTIONS

- 01 In a small bowl add the tuna, salt and pepper, celery, and red onion. Mix together until well combined. Add the avocado and mash into the tuna mixture.
- 02 Scoop the tuna on top of one of the slices of bread and place the other slice on top. Slice and enjoy!

NOTES

LEFTOVERS

Refrigerate the tuna in an airtight container for up to three days. For best results, mix with the avocado and serve it on the bread just before enjoying.

GLUTEN-FREE

Use gluten-free bread instead.

CANNED TUNA

One can of tuna is equal to 165 grams or 5.8 ounces, drained.

NO RED ONION

Use chives or green onions instead.

NO AVOCADO

Use mayonnaise or Greek yogurt instead.

SOURDOUGH BREAD

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

Chicken, Broccoli & Mashed Potatoes

2 SERVINGS 30 MINUTES



INGREDIENTS

3 Yellow Potato (medium, peeled and chopped)
2 tsps Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper (to taste)
227 grams Chicken Thighs with Skin (bone-in)
2 cups Frozen Broccoli
1/2 tsp Paprika

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 569 | Cholesterol | 111mg |
| Fat | 24g | Sodium | 142mg |
| Carbs | 63g | Vitamin A | 945IU |
| Fiber | 9g | Vitamin C | 144mg |
| Sugar | 4g | Calcium | 90mg |
| Protein | 28g | Iron | 4mg |

DIRECTIONS

- 01 Add the potatoes to a pot and cover with water. Boil for ten minutes or until the potatoes fall off of a fork when pierced. Drain. Add half of the oil and salt to taste. Mash the potatoes until they are your desired texture.
- 02 Meanwhile, add the remaining oil to a skillet over medium heat. Add the chicken thighs and cook for five to seven minutes. Flip the chicken and add the broccoli to the skillet around the chicken. Season everything with paprika, salt, and pepper. Cover and cook for five to seven minutes or until the chicken is cooked through.
- 03 Divide the potatoes, chicken, and broccoli between plates. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is one chicken thigh, one cup of broccoli, and approximately 1/2 cup of mashed potatoes.

MORE FLAVOR

Use butter instead of oil for the potatoes, and add minced garlic and fresh thyme.

ADDITIONAL TOPPINGS

Chopped fresh parsley.

Pot Pie Chickpea Pasta

2 SERVINGS 35 MINUTES



INGREDIENTS

151 grams Chickpea Pasta (dry)
1 1/3 tsps Extra Virgin Olive Oil
1/3 Yellow Onion (medium, diced)
1 1/3 Garlic (cloves, minced)
2/3 Carrot (large, chopped)
1/2 cup Frozen Corn
1/2 cup Frozen Peas
118 grams Cashew Cream Cheese
Sea Salt & Black Pepper (to taste)
2 2/3 tbsps Nutritional Yeast (divided)
2 tbsps Almond Flour

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|--------|
| Calories | 616 | Cholesterol | 0mg |
| Fat | 24g | Sodium | 252mg |
| Carbs | 74g | Vitamin A | 4319IU |
| Fiber | 20g | Vitamin C | 7mg |
| Sugar | 14g | Calcium | 103mg |
| Protein | 37g | Iron | 13mg |

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C).
- 02 Cook the chickpea pasta according to package directions.
- 03 Heat the oil in an oven-safe pan over medium heat. Add the onion, cook for two minutes, then add the garlic and cook for another two minutes, stirring frequently.
- 04 Add the carrots and cook for five minutes, continuing to stir. Add the corn and peas and cook for another five minutes. Add the cashew cheese and half of the nutritional yeast. Stir to allow the cashew cheese to melt. Add the salt and pepper to taste.
- 05 Once the pasta is finished cooking, add it to the pan and stir to combine. Remove from heat and sprinkle the almond flour and remaining nutritional yeast on top. Bake in the oven for 15 minutes, or until just starting to brown. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

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

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.