



28 Day Balanced 2400 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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MON



BREAKFAST
Smoked Salmon Bagel Breakfast Box

SNACK 1
Granola, Yogurt & Berry Snack Box



LUNCH
Mango Chickpea Salad with Grilled Chicken Kabobs



SNACK 2
Peach Cobbler Smoothie



DINNER
Chickpea & Tofu Curry

TUE



BREAKFAST
Smoked Salmon Bagel Breakfast Box

SNACK 1
Granola, Yogurt & Berry Snack Box



LUNCH
Chickpea & Tofu Curry



SNACK 2
Peach Cobbler Smoothie



DINNER
Red Curry Poached Cod

WED



BREAKFAST
Smoked Salmon Bagel Breakfast Box

SNACK 1
Granola, Yogurt & Berry Snack Box



LUNCH
Red Curry Poached Cod



SNACK 2
Peach Cobbler Smoothie



DINNER
Green Poutine

THU



BREAKFAST
Tempeh, Lettuce & Tomato Sandwich, Palak Paratha



SNACK 1
Whole Wheat Chickpea Wraps



LUNCH
Green Poutine



SNACK 2
Peanut Butter & Banana Protein Porridge



DINNER
Tuna Avocado Sandwich

FRI



BREAKFAST
Tempeh, Lettuce & Tomato Sandwich, Palak Paratha



SNACK 1
Whole Wheat Chickpea Wraps



LUNCH
Tuna Avocado Sandwich



SNACK 2
Peanut Butter & Banana Protein Porridge



DINNER
Spicy Shrimp Sushi Bowls

SAT



BREAKFAST
Smashed Edamame & Mushroom Sandwich, Mushroom & Tofu Scramble



SNACK 1
Whole Wheat Chickpea Wraps



LUNCH
Spicy Shrimp Sushi Bowls



SNACK 2
Peanut Butter & Banana Protein Porridge



DINNER
Cajun Shrimp Penne

SUN



BREAKFAST
Smashed Edamame & Mushroom Sandwich, Mushroom & Tofu Scramble



SNACK 1
Whole Wheat Chickpea Wraps



LUNCH
Cajun Shrimp Penne



SNACK 2
Peanut Butter & Banana Protein Porridge



DINNER
Pot Pie Chickpea Pasta

MON

FAT 33% CARBS 44% PROTEIN 23%

Calories 2395
Fat 90g
Carbs 271g
Fiber 49g
Sugar 96g
Protein 141g

Cholesterol 188mg
Sodium 2296mg
Vitamin A 4816IU
Vitamin C 185mg
Calcium 1514mg
Iron 27mg

TUE

FAT 33% CARBS 46% PROTEIN 21%

Calories 2386
Fat 89g
Carbs 280g
Fiber 40g
Sugar 84g
Protein 126g

Cholesterol 156mg
Sodium 2705mg
Vitamin A 7076IU
Vitamin C 162mg
Calcium 1333mg
Iron 22mg

WED

FAT 34% CARBS 46% PROTEIN 20%

Calories 2391
Fat 91g
Carbs 279g
Fiber 36g
Sugar 72g
Protein 125g

Cholesterol 156mg
Sodium 2929mg
Vitamin A 14649IU
Vitamin C 205mg
Calcium 928mg
Iron 21mg

THU

FAT 30% CARBS 47% PROTEIN 23%

Calories 2374
Fat 82g
Carbs 284g
Fiber 59g
Sugar 35g
Protein 140g

Cholesterol 59mg
Sodium 3590mg
Vitamin A 17915IU
Vitamin C 207mg
Calcium 1140mg
Iron 31mg

FRI

FAT 31% CARBS 46% PROTEIN 23%

Calories 2319
Fat 82g
Carbs 270g
Fiber 47g
Sugar 29g
Protein 136g

Cholesterol 244mg
Sodium 3624mg
Vitamin A 14307IU
Vitamin C 144mg
Calcium 1094mg
Iron 21mg

SAT

FAT 33% CARBS 46% PROTEIN 21%

Calories 2457
Fat 92g
Carbs 289g
Fiber 40g
Sugar 33g
Protein 134g

Cholesterol 368mg
Sodium 5456mg
Vitamin A 13203IU
Vitamin C 131mg
Calcium 1396mg
Iron 21mg

SUN

FAT 32% CARBS 46% PROTEIN 22%

Calories 2509
Fat 94g
Carbs 300g
Fiber 53g
Sugar 43g
Protein 141g

Cholesterol 183mg
Sodium 5381mg
Vitamin A 12228IU
Vitamin C 129mg
Calcium 1391mg
Iron 32mg

FRUITS

- 1 1/2 Avocado
- 2 Banana
- 1 Lemon
- 2 tsps Lemon Juice
- 1 Lime
- 1/4 Mango
- 3 Peach
- 3 cups Strawberries

BREAKFAST

- 1/4 cup All Natural Peanut Butter
- 1 cup Granola

SEEDS, NUTS & SPICES

- 1/8 tsp Black Pepper
- 1 1/2 tsps Cajun Seasoning
- 2/3 cup Cashews
- 1/2 tsp Chili Powder
- 1 3/4 tsps Cinnamon
- 1/4 tsp Cumin
- 1 tbsp Curry Powder
- 1 1/2 tsps Dried Thyme
- 1/2 tsp Paprika
- 2/3 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1/4 tsp Smoked Paprika
- 1 1/2 tsps Taco Seasoning
- 1/8 tsp Turmeric

FROZEN

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

VEGETABLES

- 1 2/3 cups Arugula
- 2 3/4 cups Asparagus
- 6 cups Baby Spinach
- 1 cup Butternut Squash
- 1 1/3 Carrot
- 2 stalks Celery
- 2 tsps Chives
- 1/2 cup Cilantro
- 1 2/3 Cucumber
- 5 Garlic
- 2 cups Green Beans
- 1/4 Green Chili Pepper
- 3/4 cup Mixed Greens
- 3 1/3 cups Mushrooms
- 1/2 cup Oyster Mushrooms
- 1/4 cup Parsley
- 2 Red Bell Pepper
- 1/4 cup Red Onion
- 1 Tomato
- 1/2 White Onion
- 1 1/2 Yellow Onion
- 2 Yellow Potato

BOXED & CANNED

- 1/2 cup Basmati Rice
- 3/4 cup Brown Rice
- 1 cup Canned Coconut Milk
- 76 grams Chickpea Pasta
- 5 cups Chickpeas
- 2 cups Diced Tomatoes
- 1 1/16 cups Fire Roasted Diced Tomatoes
- 2 1/16 cups Quinoa Penne
- 2 cans Tuna
- 2/3 cup Vegetable Broth

BAKING

- 1 tbsp Almond Flour

BREAD, FISH, MEAT & CHEESE

- 113 grams Chicken Breast
- 1 Cod Fillet
- 1/2 cup Cream Cheese, Regular
- 340 grams Gluten-Free Bagel
- 454 grams Shrimp
- 339 grams Smoked Salmon
- 398 grams Sourdough Bread
- 100 grams Tempeh
- 482 grams Tofu
- 4 slices Whole Grain Bread
- 4 Whole Wheat Tortilla

CONDIMENTS & OILS

- 1 1/2 tsps Balsamic Vinegar
- 2 tsps Dijon Mustard
- 2/3 cup Extra Virgin Olive Oil
- 1 tbsp Mayonnaise
- 1/2 tsp Sriracha
- 2 tsps Tahini
- 2 2/3 tsps Tamari
- 2 tsps Thai Red Curry Paste

COLD

- 59 grams Cashew Cream Cheese
- 1 1/2 cups Cottage Cheese
- 2 cups Egg Whites
- 1 1/2 cups Plain Greek Yogurt
- 4 cups Unsweetened Almond Milk
- 2 1/4 cups Unsweetened Cashew Milk
- 1/3 cup Unsweetened Coconut Yogurt

OTHER

- 1 1/2 cups Water

- 1 tsp Arrowroot Powder
- 2/3 cup Nutritional Yeast
- 1 1/3 cups Oats
- 3 tbsps Pitted Dates
- 1/2 cup Whole Wheat Flour

Smoked Salmon Bagel Breakfast Box

3 SERVINGS 5 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

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

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

DAIRY-FREE

Use vegan cream cheese instead.

MORE FLAVOR

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

NO BAGEL

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

GLUTEN-FREE BAGEL

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

Tempeh, Lettuce & Tomato Sandwich

2 SERVINGS 40 MINUTES



INGREDIENTS

1 tbsp Tamari
1 1/2 tps Balsamic Vinegar
1/2 tsp Chili Powder
1/4 tsp Smoked Paprika
Sea Salt & Black Pepper (to taste)
100 grams Tempeh (cut into thin slices)
2 tps Dijon Mustard
4 slices Whole Grain Bread (toasted)
3/4 cup Mixed Greens
1 Tomato (small, sliced)

NUTRITION

AMOUNT PER SERVING

Calories	343	Cholesterol	0mg
Fat	9g	Sodium	927mg
Carbs	43g	Vitamin A	1170IU
Fiber	7g	Vitamin C	10mg
Sugar	6g	Calcium	156mg
Protein	23g	Iron	4mg

DIRECTIONS

- 01 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 02 In a zipper-lock bag or shallow bowl, mix the tamari, balsamic vinegar, chili powder, paprika, salt and pepper together. Add in the tempeh and let it marinate for 10 to 15 minutes.
- 03 Arrange the tempeh in an even layer on the baking sheet. Bake for 18 to 20 minutes, flipping halfway through. Remove from the oven and set aside.
- 04 Spread the mustard on one slice of toast. Layer the mixed greens, tomato, and tempeh and season to taste with salt and pepper. Close the sandwich and enjoy!

NOTES

LEFTOVERS

This is best assembled before serving. Tempeh can be prepared and cooked in advance and kept in the fridge for up to four days.

SERVING SIZE

One serving is one sandwich.

GLUTEN-FREE

Use gluten-free bread.

NO MUSTARD

Use mayonnaise instead.

Palak Paratha

2 SERVINGS 40 MINUTES



INGREDIENTS

- 1/2 cup Whole Wheat Flour (plus more for dusting)
- 1 cup Baby Spinach (finely chopped)
- 1/4 Green Chili Pepper (seeds removed, finely chopped)
- 1/4 tsp Cumin
- 1/4 tsp Sea Salt
- 1 tbsp Extra Virgin Olive Oil (divided)
- 1 tbsp Water

NUTRITION

AMOUNT PER SERVING

Calories	176	Cholesterol	0mg
Fat	8g	Sodium	308mg
Carbs	23g	Vitamin A	1476IU
Fiber	4g	Vitamin C	18mg
Sugar	0g	Calcium	39mg
Protein	5g	Iron	2mg

DIRECTIONS

- 01 In a large bowl, mix together the whole wheat flour, chopped spinach, green chili pepper, cumin, salt, and half of the oil. Set aside (uncovered) for 10 minutes. The spinach will release some water during this time.
- 02 Add water little by little and knead to make a slightly soft, smooth dough. Cover the dough with plastic wrap and let it rest for 15 minutes.
- 03 Cut the dough into the according number of recipe servings. Roll into balls. Dust each ball and working surface with flour. Use a rolling pin and roll each ball flat to about 1/8- to 1/4-inch thick.
- 04 In a large skillet over medium heat, add a small amount of the remaining oil with a brush or paper towel. Cook each paratha for about two to three minutes per side. Brush the skillet with the remaining oil as needed.
- 05 Transfer to a basket covered with a dish towel until ready to serve. Enjoy!

NOTES

LEFTOVERS

Store between a dish towel in an airtight container for up to two days. Warm-up before serving.

SERVING SIZE

One serving is equal to one paratha.

MAKE IT SPICIER

Add more green chili or chili flakes.

SERVE IT WITH

Serve with chutney, spiced yogurt, and/or curry.

Smashed Edamame & Mushroom Sandwich

2 SERVINGS 20 MINUTES



INGREDIENTS

1 tbsp Extra Virgin Olive Oil (divided)
1 1/3 cups Mushrooms (sliced)
Sea Salt & Black Pepper (to taste)
1 cup Frozen Edamame (thawed)
2 tsps Lemon Juice
2/3 cup Arugula
198 grams Sourdough Bread (toasted)

NUTRITION

AMOUNT PER SERVING

Calories	418	Cholesterol	0mg
Fat	11g	Sodium	487mg
Carbs	57g	Vitamin A	389IU
Fiber	7g	Vitamin C	11mg
Sugar	3g	Calcium	62mg
Protein	21g	Iron	5mg

DIRECTIONS

- 01 In a pan over medium-high heat, add half of the oil and mushrooms. Sauté until golden brown and season with salt and pepper.
- 02 In a bowl, add the edamame, lemon juice, and the remaining oil. Lightly smash with a fork and season with salt and pepper.
- 03 Spread the smashed edamame on the toasted bread. Top with mushrooms and arugula. Close the sandwich and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to one sandwich.

MORE FLAVOR

Add chili flakes and onion powder.

ADDITIONAL TOPPINGS

Add cucumber and tomato.

GLUTEN-FREE

Use gluten-free bread instead of sourdough.

SOURDOUGH BREAD

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

Mushroom & Tofu Scramble

2 SERVINGS 10 MINUTES



INGREDIENTS

1/2 cup Oyster Mushrooms (sliced)
2 2/3 tbsps Vegetable Broth (divided)
227 grams Tofu (extra firm, drained, crumbled)
2 tsps Nutritional Yeast
1/8 tsp Turmeric
1/8 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	114	Cholesterol	0mg
Fat	6g	Sodium	268mg
Carbs	4g	Vitamin A	54IU
Fiber	2g	Vitamin C	0mg
Sugar	1g	Calcium	323mg
Protein	14g	Iron	3mg

DIRECTIONS

- 01 Heat a large skillet over medium heat for 2 minutes. Add the mushrooms and sauté for 3 to 5 minutes, stirring often. Add half of the broth if they begin to stick. Transfer to a plate.
- 02 Add the remainder of the broth, crumbled tofu, nutritional yeast, turmeric and salt to the skillet. Stir and cook until the tofu is warmed through.
- 03 Return the mushrooms to the skillet and combine with the tofu. Divide onto plates or containers if on-the-go. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

Each serving equals approximately 1.5 cups.

MORE FLAVOR

Add your choice of spices and/or herbs.

ADDITIONAL TOPPING

Top with sliced green onions, spinach, mixed greens, peppers or avocado slices.

NO VEGETABLE BROTH

Use water instead.

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.

Whole Wheat Chickpea Wraps

4 SERVINGS 15 MINUTES



INGREDIENTS

2 tbsps Extra Virgin Olive Oil
1 3/4 cups Chickpeas (cooked, rinsed and pat dry)
2 Red Bell Pepper (medium, chopped)
1 1/2 tsps Taco Seasoning
1 1/2 tbsps Tamari
5 cups Baby Spinach
4 Whole Wheat Tortilla (large)
1/3 cup Unsweetened Coconut Yogurt

NUTRITION

AMOUNT PER SERVING

Calories	346	Cholesterol	0mg
Fat	14g	Sodium	767mg
Carbs	46g	Vitamin A	5401IU
Fiber	12g	Vitamin C	87mg
Sugar	7g	Calcium	223mg
Protein	13g	Iron	5mg

DIRECTIONS

- 01 Heat a skillet over medium heat. Once hot, pour in the oil and then add the chickpeas along with the pepper. Add the taco seasoning and toss to combine. Pour in the tamari and stir. Cook for about 10 minutes, until the chickpeas are crispy and the peppers are lightly browned.
- 02 Add in the spinach to the chickpea mixture and stir until just wilted and then remove from heat.
- 03 Divide the chickpea mixture into tortillas and dollop on coconut yogurt. Enjoy!

NOTES

LEFTOVERS

Store leftover mixture in an airtight container in the fridge for up to three days.

SERVING SIZE

One serving is one large wrap.

GLUTEN-FREE

Use a Gluten-Free wrap.

NO COCONUT YOGURT

Omit, or use sour cream or regular yogurt.

Mango Chickpea Salad with Grilled Chicken Kabobs

1 SERVING 30 MINUTES



INGREDIENTS

113 grams Chicken Breast
1/2 cup Chickpeas (cooked, drained and rinsed)
1/4 cup Frozen Edamame (thawed)
1/8 Cucumber (diced)
1/4 Mango (diced)
1 cup Arugula
2 tbsps Tahini
1/2 Lemon (juiced)
1/8 tsp Black Pepper
1/4 Garlic (clove, minced)
2 tbsps Water

NUTRITION

AMOUNT PER SERVING

Calories	564	Cholesterol	82mg
Fat	24g	Sodium	101mg
Carbs	49g	Vitamin A	1618IU
Fiber	13g	Vitamin C	48mg
Sugar	18g	Calcium	253mg
Protein	44g	Iron	7mg

DIRECTIONS

- 01 Dice your chicken into cubes then slide them onto skewers for grilling. Season both sides of the kabobs with sea salt and pepper.
- 02 In a large bowl, combine the chickpeas, edamame, cucumber, mango and arugula. Set aside.
- 03 In a blender, combine the tahini, lemon juice, black pepper and minced garlic. Add water and blend well until smooth. Add more water 1 tbsp at a time if needed to reach desired consistency. Set dressing aside.
- 04 Preheat your grill over medium heat. Grill your kabobs for about 8 minutes per side or until cooked through.
- 05 Plate your salad and lay kabobs over top. Drizzle with desired amount of tahini dressing. Enjoy!

NOTES

VEGANS & VEGETARIANS

Skip the chicken. This is a complete meal without it! Roast the chickpeas before hand if you like it hot.

NO MANGO

Use diced pineapple or fresh blueberries instead.

NO ARUGULA

Use baby spinach, kale or mixed greens instead.

Peach Cobbler Smoothie

3 SERVINGS 5 MINUTES



INGREDIENTS

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

Peanut Butter & Banana Protein Porridge

4 SERVINGS 10 MINUTES



INGREDIENTS

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

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.

Red Curry Poached Cod

2 SERVINGS 20 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

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

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately 2 3/4 cups.

MORE FLAVOR

Add fresh ginger, garlic and/or Thai basil.

VEGETABLES

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

MAKE IT VEGAN

Use chickpeas, tofu, or tempeh instead of fish.

FILLET SIZE

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

Green Poutine

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

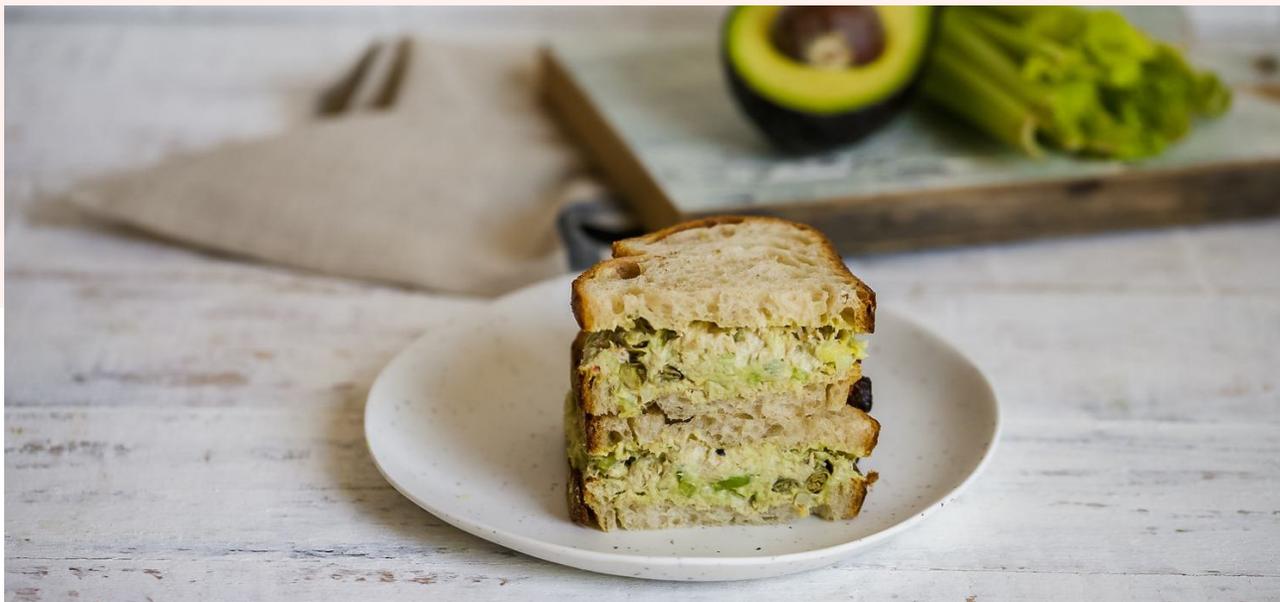
Calories	619	Cholesterol	0mg
Fat	22g	Sodium	293mg
Carbs	77g	Vitamin A	8902IU
Fiber	19g	Vitamin C	72mg
Sugar	10g	Calcium	154mg
Protein	34g	Iron	12mg

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.

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.

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.

Pot Pie Chickpea Pasta

1 SERVING 35 MINUTES



INGREDIENTS

76 grams Chickpea Pasta (dry)
2/3 tsp Extra Virgin Olive Oil
1/8 Yellow Onion (medium, diced)
2/3 Garlic (cloves, minced)
1/3 Carrot (large, chopped)
1/4 cup Frozen Corn
1/4 cup Frozen Peas
59 grams Cashew Cream Cheese
Sea Salt & Black Pepper (to taste)
1 1/3 tbsps Nutritional Yeast (divided)
1 tbsp 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.