



## 28 Day Balanced 2500 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](mailto:brenda.peralta@exercisewithstyle.com)

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## MON



**BREAKFAST**  
Banana & Zucchini Protein Baked Oatmeal



**SNACK 1**  
Grilled Peanut Butter & Banana Sandwich



**LUNCH**  
Chickpea, Tofu & Sweet Potato Quinoa Salad



**SNACK 2**  
Brownie Batter Protein Balls



**DINNER**  
Peanut Maple Tempeh Bowl

## TUE



**BREAKFAST**  
Banana & Zucchini Protein Baked Oatmeal



**SNACK 1**  
Grilled Peanut Butter & Banana Sandwich



**LUNCH**  
Peanut Maple Tempeh Bowl



**SNACK 2**  
Brownie Batter Protein Balls



**DINNER**  
Pan-Fried Trout with Herbed Rice

## WED



**BREAKFAST**  
Banana & Zucchini Protein Baked Oatmeal



**SNACK 1**  
Grilled Peanut Butter & Banana Sandwich



**LUNCH**  
Pan-Fried Trout with Herbed Rice



**SNACK 2**  
Brownie Batter Protein Balls



**DINNER**  
Kimchi, Egg & Rice Bowl

## THU



**BREAKFAST**  
Scrambled Eggs with Toasted Bagel & Peach



**SNACK 1**  
Ham & Cheese Pretzel Box



**LUNCH**  
Kimchi, Egg & Rice Bowl



**SNACK 2**  
Peanut Butter & Banana Parfait



**DINNER**  
Chickpea & Tofu Quinoa Bowl with Peanut Sauce

## FRI



**BREAKFAST**  
Scrambled Eggs with Toasted Bagel & Peach



**SNACK 1**  
Ham & Cheese Pretzel Box



**LUNCH**  
Chickpea & Tofu Quinoa Bowl with Peanut Sauce



**SNACK 2**  
Peanut Butter & Banana Parfait



**DINNER**  
Shrimp Po' Boy

## SAT



**BREAKFAST**  
Strawberry Tahini Smoothie



**SNACK 1**  
0.5 Ham & Cheese Pretzel Box



**LUNCH**  
Shrimp Po' Boy



**SNACK 2**  
Peanut Butter & Banana Parfait



**DINNER**  
Chickpea, Tofu & Broccoli Quinoa Bowl

## SUN



**BREAKFAST**  
Strawberry Tahini Smoothie



**SNACK 1**  
0.5 Ham & Cheese Pretzel Box



**LUNCH**  
Chickpea, Tofu & Broccoli Quinoa Bowl



**SNACK 2**  
Peanut Butter & Banana Parfait



**DINNER**  
Chickpea & Tofu Curry

## MON

FAT 33% CARBS 47% PROTEIN 20%

Calories 2569  
Fat 96g  
Carbs 313g  
Fiber 50g  
Sugar 79g  
Protein 132g  
Cholesterol 98mg  
Sodium 2350mg  
Vitamin A 14400IU  
Vitamin C 35mg  
Calcium 1132mg  
Iron 24mg

## TUE

FAT 32% CARBS 47% PROTEIN 21%

Calories 2554  
Fat 91g  
Carbs 304g  
Fiber 37g  
Sugar 70g  
Protein 139g  
Cholesterol 222mg  
Sodium 2238mg  
Vitamin A 9383IU  
Vitamin C 47mg  
Calcium 768mg  
Iron 17mg

## WED

FAT 30% CARBS 50% PROTEIN 20%

Calories 2487  
Fat 84g  
Carbs 307g  
Fiber 32g  
Sugar 58g  
Protein 125g  
Cholesterol 594mg  
Sodium 1680mg  
Vitamin A 4327IU  
Vitamin C 45mg  
Calcium 624mg  
Iron 14mg

## THU

FAT 33% CARBS 48% PROTEIN 19%

Calories 2503  
Fat 94g  
Carbs 304g  
Fiber 33g  
Sugar 65g  
Protein 121g  
Cholesterol 994mg  
Sodium 2231mg  
Vitamin A 5175IU  
Vitamin C 33mg  
Calcium 1356mg  
Iron 23mg

## FRI

FAT 36% CARBS 44% PROTEIN 20%

Calories 2563  
Fat 105g  
Carbs 285g  
Fiber 30g  
Sugar 64g  
Protein 130g  
Cholesterol 816mg  
Sodium 3177mg  
Vitamin A 8585IU  
Vitamin C 42mg  
Calcium 1407mg  
Iron 25mg

## SAT

FAT 36% CARBS 44% PROTEIN 20%

Calories 2552  
Fat 106g  
Carbs 290g  
Fiber 44g  
Sugar 71g  
Protein 131g  
Cholesterol 235mg  
Sodium 2485mg  
Vitamin A 18112IU  
Vitamin C 256mg  
Calcium 1817mg  
Iron 26mg

## SUN

FAT 34% CARBS 46% PROTEIN 20%

Calories 2479  
Fat 96g  
Carbs 298g  
Fiber 65g  
Sugar 90g  
Protein 132g  
Cholesterol 41mg  
Sodium 1210mg  
Vitamin A 13235IU  
Vitamin C 272mg  
Calcium 2253mg  
Iron 34mg



## FRUITS

- 7 1/2 Banana
- 1/2 tsp Lime Juice
- 2 Peach
- 1 1/2 Pear

## BREAKFAST

- 1/2 cup All Natural Peanut Butter
- 1 cup Granola
- 3 tbsps Maple Syrup
- 2 2/3 tbsps Pumpkin Seed Butter

## SEEDS, NUTS & SPICES

- 1 tbsp Cajun Spice
- 1 1/2 tsps Curry Powder
- 1/3 cup Hemp Seeds
- 1 tbsp Raw Peanuts
- 2/3 tsp Sea Salt
- 0 Sea Salt & Black Pepper

## FROZEN

- 3 cups Frozen Broccoli
- 2 cups Frozen Strawberries
- 2 cups Frozen Vegetable Mix

## VEGETABLES

- 1/2 cup Bean Sprouts
- 1/3 cup Cilantro
- 8 Cremini Mushrooms
- 1/4 cup Fresh Dill
- 1 Garlic
- 2 stalks Green Onion
- 1/2 cup Matchstick Carrots
- 2/3 cup Mixed Greens
- 1/4 cup Parsley
- 12 leaves Romaine
- 1/3 Sweet Potato
- 1 Tomato
- 1/2 Yellow Onion
- 3/4 Zucchini

## BOXED & CANNED

- 1 3/4 cups Basmati Rice
- 1 cup Black Beans
- 3/4 cup Canned Coconut Milk
- 5 3/4 cups Chickpeas
- 1 cup Diced Tomatoes
- 1/2 cup Jasmine Rice
- 85 grams Pretzels
- 1 1/3 cups Quinoa
- 1 1/2 cups Vegetable Broth, Low Sodium

## BAKING

- 1 tbsp All Purpose Gluten-Free Flour
- 1 1/8 tsps Baking Powder
- 1 1/2 tsps Cacao Powder
- 1/4 cup Dark Chocolate Chips
- 1 1/2 cups Oats
- 2 2/3 tbsps Pitted Dates

## BREAD, FISH, MEAT & CHEESE

- 2 Bagel
- 84 grams Cheddar Cheese
- 2 Rainbow Trout Fillet
- 227 grams Shrimp
- 85 grams Sliced Ham
- 227 grams Sourdough Baguette
- 250 grams Tempeh
- 865 grams Tofu
- 6 slices Whole Grain Bread

## CONDIMENTS & OILS

- 1 tbsp Avocado Oil
- 2 1/3 tbsps Coconut Aminos
- 1 tbsp Coconut Oil
- 1/3 cup Extra Virgin Olive Oil
- 2 tsps Italian Dressing
- 1/4 cup Kimchi
- 1/4 cup Mayonnaise
- 1 1/3 tbsps Peanut Sauce
- 2 tbsps Rice Vinegar
- 1 1/2 tsps Sesame Oil
- 2 tbsps Soy Sauce
- 1 tbsp Sriracha
- 2 tsps Tahini

## COLD

- 2 tbsps Butter
- 11 1/2 Egg
- 3 cups Oat Milk
- 2 cups Plain Greek Yogurt

## OTHER

- 1/4 cup Chocolate Protein Powder
- 20 grams Collagen Powder
- 2 tsps Pickle Brine
- 3/4 cup Vanilla Protein Powder
- 1/3 cup Water



# Banana & Zucchini Protein Baked Oatmeal

3 SERVINGS 1 HOUR 10 MINUTES



## INGREDIENTS

3/4 Zucchini (medium, shredded)  
1 1/2 cups Oats (rolled)  
3/4 cup Vanilla Protein Powder  
1 1/2 Egg  
3/4 cup Canned Coconut Milk  
1 1/2 tbsps Maple Syrup  
1 1/8 tsps Baking Powder  
1/3 tsp Sea Salt  
3 Banana (medium, ripe, divided)

## NUTRITION

### AMOUNT PER SERVING

Calories	521	Cholesterol	97mg
Fat	17g	Sodium	575mg
Carbs	66g	Vitamin A	309IU
Fiber	8g	Vitamin C	19mg
Sugar	23g	Calcium	276mg
Protein	30g	Iron	3mg

## DIRECTIONS

- 01 Preheat the oven to 350°F (175°C). Line a baking dish with parchment paper and set aside.
- 02 Wrap the shredded zucchini in paper towel or a clean cloth and squeeze until all of the excess liquid comes out.
- 03 Add the oats, protein powder, eggs, milk, maple syrup, baking powder, salt, and half of the bananas to a blender. Blend until a smooth consistency is achieved. Stir in the shredded zucchini and scoop out the batter into the baking dish. Slice the remaining bananas and place the pieces on top of the batter.
- 04 Bake for 60 minutes or until golden-brown. Remove from the oven and allow it to cool for 15 minutes before slicing. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate for up to five days or freeze for up to three months. Freeze in individual portions for an easy grab and go option.

### SERVING SIZE

One serving is equal to approximately one cup. An 8 x 8-inch dish was used to make four servings.

### MAKE IT VEGAN

Use flax eggs instead of eggs.

### MORE FLAVOR

Add cinnamon or chocolate chips.

### PROTEIN POWDER

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

# Scrambled Eggs with Toasted Bagel & Peach

2 SERVINGS 10 MINUTES



## INGREDIENTS

2 tps Extra Virgin Olive Oil  
6 Egg (whisked)  
2 Bagel (sliced in half, toasted)  
2 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.

# Strawberry Tahini Smoothie

2 SERVINGS 5 MINUTES



## INGREDIENTS

3 cups Oat Milk  
2 cups Frozen Strawberries  
1 Banana (frozen)  
20 grams Collagen Powder  
1/3 cup Hemp Seeds  
8 leaves Romaine (washed, torn)  
2 tsps Tahini

## NUTRITION

### AMOUNT PER SERVING

Calories	558	Cholesterol	0mg
Fat	26g	Sodium	192mg
Carbs	65g	Vitamin A	9899IU
Fiber	13g	Vitamin C	101mg
Sugar	30g	Calcium	649mg
Protein	26g	Iron	6mg

## DIRECTIONS

01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

## NOTES

### NO COLLAGEN POWDER

Omit or use protein powder instead.

### MAKE IT VEGAN

Omit the collagen powder.

### NO OAT MILK

Use another dairy-free milk instead.



# Grilled Peanut Butter & Banana Sandwich

3 SERVINGS 10 MINUTES



## INGREDIENTS

6 slices Whole Grain Bread  
3 tbsps All Natural Peanut Butter  
1 1/2 Banana (sliced)  
1 tbsp Coconut Oil

## NUTRITION

### AMOUNT PER SERVING

Calories	408	Cholesterol	0mg
Fat	16g	Sodium	318mg
Carbs	53g	Vitamin A	38IU
Fiber	9g	Vitamin C	5mg
Sugar	14g	Calcium	95mg
Protein	15g	Iron	2mg

## DIRECTIONS

- 01 Onto each slice of bread, spread on the peanut butter. Top one slice of bread with the banana. Top with remaining slice of bread.
- 02 In a pan, heat coconut oil on medium-high heat. Add in sandwich and cook for two to three minutes per side, or until golden brown.
- 03 Slice the sandwich in half, and enjoy!

## NOTES

### LEFTOVERS

This is best enjoyed immediately after making.

### SERVING SIZE

One serving is equal to one sandwich.

### GLUTEN-FREE

Substitute whole grain bread for gluten-free bread.

### MORE FLAVOR

Add in a layer of chia jam for a classic peanut butter and jam twist.

# Ham & Cheese Pretzel Box

3 SERVINGS 5 MINUTES



## INGREDIENTS

85 grams Pretzels  
1 1/2 Pear (seeds removed, sliced)  
84 grams Cheddar Cheese (cubed)  
85 grams Sliced Ham

## NUTRITION

### AMOUNT PER SERVING

Calories	310	Cholesterol	47mg
Fat	12g	Sodium	829mg
Carbs	38g	Vitamin A	370IU
Fiber	4g	Vitamin C	4mg
Sugar	10g	Calcium	216mg
Protein	15g	Iron	2mg

## DIRECTIONS

01 Arrange all of the ingredients in a container and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### GLUTEN-FREE

Use gluten-free pretzels and crackers.

### DAIRY-FREE

Use vegan cheese, olives or hummus instead of cheddar cheese.

# 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.



# Brownie Batter Protein Balls

3 SERVINGS 40 MINUTES



## INGREDIENTS

2 2/3 tbsps Pitted Dates (packed)  
1 cup Black Beans (cooked)  
1/4 cup Chocolate Protein Powder  
2 2/3 tbsps Pumpkin Seed Butter  
1/4 tsp Sea Salt  
1 1/2 tsps Cacao Powder  
1/4 cup Dark Chocolate Chips (optional)

## NUTRITION

### AMOUNT PER SERVING

Calories	342	Cholesterol	1mg
Fat	15g	Sodium	250mg
Carbs	33g	Vitamin A	4IU
Fiber	7g	Vitamin C	0mg
Sugar	15g	Calcium	58mg
Protein	16g	Iron	4mg

## DIRECTIONS

- 01 Line a baking sheet with parchment paper.
- 02 Combine dates, black beans, chocolate protein powder, pumpkin seed butter, sea salt, and cacao powder in the bowl of your food processor. Process until smooth, scraping down the sides as necessary.
- 03 Roll the dough into 1-inch balls and place on the covered baking sheet. You should have about 3 balls per serving.
- 04 To make the optional chocolate drizzle: melt the chocolate chips in a double boiler and drizzle over balls.
- 05 Refrigerate at least 1 hour to set. Enjoy!

## NOTES

### SERVING SIZE

Nutrition information is calculated based on 3 balls per serving.

### STORAGE

Store in an airtight container in the fridge up to 1 week, or in the freezer for up to 1 month.

### NO PUMPKIN SEED BUTTER

Use tahini, sunflower butter, almond butter or peanut butter instead.

### PREFERRED PROTEIN POWDER

This recipe was developed and tested using Genuine Health Vegan Fermented Protein Powder in Chocolate. For best results, use a plant-based protein powder.



# Peanut Butter & Banana Parfait

4 SERVINGS 5 MINUTES



## INGREDIENTS

2 cups Plain Greek Yogurt  
1 cup Granola  
2 Banana (halved lengthwise or chopped)  
1/4 cup All Natural Peanut Butter

## NUTRITION

### AMOUNT PER SERVING

Calories	388	Cholesterol	17mg
Fat	18g	Sodium	81mg
Carbs	40g	Vitamin A	668IU
Fiber	5g	Vitamin C	13mg
Sugar	18g	Calcium	284mg
Protein	19g	Iron	2mg

## DIRECTIONS

01 Layer the yogurt, granola, banana, and peanut butter in a jar. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to two days.

### DAIRY-FREE

Use coconut yogurt or oatmeal instead.

### NUT-FREE

Use sunflower seed butter instead.

### ADDITIONAL TOPPINGS

Add shredded coconut, maple syrup, honey, hemp seeds, chia seeds, or chocolate chips.

# 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.

# Pan-Fried Trout with Herbed Rice

2 SERVINGS 30 MINUTES



## INGREDIENTS

1 1/2 cups Vegetable Broth, Low Sodium  
3/4 cup Basmati Rice (uncooked)  
2 tbsps Butter (divided)  
1/4 cup Parsley (chopped)  
1/4 cup Fresh Dill (chopped)  
Sea Salt & Black Pepper (to taste)  
2 Rainbow Trout Fillet (patted dry)  
1 tbsp All Purpose Gluten-Free Flour

## NUTRITION

### AMOUNT PER SERVING

Calories	589	Cholesterol	124mg
Fat	17g	Sodium	139mg
Carbs	66g	Vitamin A	1180IU
Fiber	3g	Vitamin C	17mg
Sugar	2g	Calcium	123mg
Protein	39g	Iron	2mg

## DIRECTIONS

- 01 Add the broth and rice to a pot and bring to a boil. Lower the heat and simmer for 15 minutes. Remove from heat and stir in half the butter, parsley, dill, salt and pepper. Cover and let rest for 10 minutes.
- 02 Season the trout with salt and pepper, then coat in the flour, shaking off any excess.
- 03 Melt the remaining butter in a skillet over medium-high heat. Cook the trout for three to five minutes, flipping halfway, or until browned and cooked through.
- 04 Divide the herbed rice and trout onto plates and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving equals one trout fillet and just over a cup of herbed rice.

### TROUT FILLETS

One fillet is equal to approximately 159 grams or 5.6 ounces in size.

### DAIRY-FREE

Use vegan butter, olive oil, or coconut oil instead.

### MORE FLAVOR

Add cilantro and saffron to the rice.

### ADDITIONAL TOPPINGS

Add lemon juice and fresh herbs.



# Kimchi, Egg & Rice Bowl

2 SERVINGS 15 MINUTES



## INGREDIENTS

1 cup Basmati Rice (uncooked)  
1 1/3 tbsps Extra Virgin Olive Oil  
8 Cremini Mushrooms (quartered)  
4 Egg  
1/2 cup Bean Sprouts  
1/2 cup Matchstick Carrots  
1/4 cup Kimchi  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	627	Cholesterol	372mg
Fat	19g	Sodium	398mg
Carbs	89g	Vitamin A	2796IU
Fiber	5g	Vitamin C	4mg
Sugar	4g	Calcium	72mg
Protein	25g	Iron	3mg

## DIRECTIONS

- 01 Cook rice according to package instructions.
- 02 Heat the oil in a pan. Add the mushrooms and cook until golden brown, about five minutes. Remove from pan.
- 03 Add the eggs to the pan and cook until the whites are set and the yolks are cooked to your liking. Remove from pan.
- 04 Divide the rice evenly between bowls. Top with mushrooms, bean sprouts, carrots, kimchi, and eggs. Season with salt and pepper and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to two days.

### MORE FLAVOR

Cook the eggs in sesame oil. Serve with soy sauce.

# Chickpea & Tofu Quinoa Bowl with Peanut Sauce

2 SERVINGS 30 MINUTES



## INGREDIENTS

1/2 cup Quinoa (dry)  
1 2/3 cups Chickpeas (cooked)  
265 grams Tofu (cut into triangles)  
2 tsps Coconut Aminos  
1 1/3 tsps Extra Virgin Olive Oil  
2 tsps Rice Vinegar  
1 1/3 tsps Peanut Sauce

## NUTRITION

### AMOUNT PER SERVING

Calories	588	Cholesterol	0mg
Fat	24g	Sodium	267mg
Carbs	67g	Vitamin A	42IU
Fiber	15g	Vitamin C	2mg
Sugar	11g	Calcium	461mg
Protein	31g	Iron	9mg

## DIRECTIONS

- 01 Cook the quinoa according to package directions.
- 02 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper. Add the chickpeas and tofu to the baking sheet.
- 03 Mix the coconut aminos, oil, and rice vinegar and brush on the tofu. Pour the remaining marinade on the chickpeas and mix well with your hands. Bake for 20 minutes or until the edges of the tofu brown and the chickpeas are crispy.
- 04 Divide the quinoa evenly between bowls and top with the tofu and chickpeas. Serve with the peanut sauce. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days. Store the dressing separately.

### SERVING SIZE

One serving is approximately 1/3 cup of quinoa, 4.6oz (130g) of tofu, and 3/4 cup of chickpeas.

### MORE FLAVOR

Add minced garlic and shallot to the marinade. Cook the quinoa in vegetable broth.

### ADDITIONAL TOPPINGS

Microgreens, chopped basil, chopped mint, and/or sunflower seeds.

### NO COCONUT AMINOS

Use tamari or soy sauce instead.

# Shrimp Po' Boy

2 SERVINGS 20 MINUTES



## INGREDIENTS

1/4 cup Mayonnaise  
2 tsps Pickle Brine  
2 stalks Green Onion (finely chopped)  
1 tbsp Cajun Spice (divided)  
227 grams Shrimp (peeled, deveined, and tails off)  
1 tbsp Avocado Oil  
227 grams Sourdough Baguette (split horizontally)  
1 Tomato (medium, sliced)  
4 leaves Romaine

## NUTRITION

### AMOUNT PER SERVING

Calories	687	Cholesterol	194mg
Fat	30g	Sodium	1344mg
Carbs	70g	Vitamin A	6206IU
Fiber	2g	Vitamin C	13mg
Sugar	3g	Calcium	123mg
Protein	34g	Iron	5mg

## DIRECTIONS

- 01 In a bowl, mix together the mayonnaise, brine, green onions, and 1/3 of the Cajun seasoning. Set aside.
- 02 In a mixing bowl, toss together the shrimp with the remaining Cajun seasoning until evenly coated.
- 03 Warm the oil in a large non-stick skillet over medium-high heat. Cook the shrimp until cooked through, about two to three minutes per side. Work in batches if needed for maximum crispiness.
- 04 Spread the mayonnaise evenly over each side of the baguette. Divide the tomato, romaine, and shrimp between the baguette(s). Close the sandwich and enjoy!

## NOTES

### LEFTOVERS

Best enjoyed immediately. Refrigerate the prepared ingredients, separate from the bread, in an airtight container for up to two days.

### SERVING SIZE

One serving is equal to one sandwich.

### MORE FLAVOR

Add mustard and roasted garlic to the mayonnaise. Add microgreens and cucumber slices. Add some flour to the Cajun seasoning that you toss the shrimp in for maximum crispiness.

### ADDITIONAL TOPPINGS

Pickled onions or dill pickles.

### GLUTEN-FREE

Use gluten-free baguette or bread.



# Chickpea, Tofu & Broccoli Quinoa Bowl

2 SERVINGS 30 MINUTES



## INGREDIENTS

2/3 cup Quinoa (dry)  
3 cups Frozen Broccoli  
2 cups Chickpeas (cooked)  
340 grams Tofu (cut into triangles)  
1 1/3 tbsps Coconut Aminos (divided)  
1 tbsp Extra Virgin Olive Oil  
1 tbsp Rice Vinegar  
1 tbsp Sriracha  
1 tsp Sesame Oil

## NUTRITION

### AMOUNT PER SERVING

Calories	764	Cholesterol	0mg
Fat	26g	Sodium	453mg
Carbs	96g	Vitamin A	1154IU
Fiber	22g	Vitamin C	127mg
Sugar	15g	Calcium	653mg
Protein	44g	Iron	12mg

## DIRECTIONS

- 01 Cook the quinoa according to package directions.
- 02 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper. Place the broccoli, chickpeas, and tofu on the baking sheet.
- 03 Mix together 3/4 of the coconut aminos, olive oil, and vinegar. Brush the tofu with the marinade and pour the rest onto the broccoli and chickpeas, being sure to coat them well with your hands. Bake for 20 minutes or until the tofu edges brown.
- 04 Meanwhile mix the remaining coconut aminos, sriracha, and sesame oil together to create a sauce.
- 05 Divide the quinoa evenly between bowls and top with the broccoli, tofu, and chickpeas. Serve with the sriracha sauce. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is 2/3 cup of cooked quinoa, one cup of chickpeas, 6 oz (170g) of tofu and 1 1/2 cups of broccoli.

### MORE FLAVOR

Add minced garlic and shallot to the marinade. Cook the quinoa in vegetable broth.

### ADDITIONAL TOPPINGS

Chopped green onions, cilantro, and/or sliced almonds.

### NO COCONUT AMINOS

Use soy sauce or tamari.



# Chickpea & Tofu Curry

1 SERVING 20 MINUTES



## INGREDIENTS

- 1 1/2 tsps Extra Virgin Olive Oil
- 1/2 Yellow Onion (medium, diced)
- 1 Garlic (cloves, chopped)
- 128 grams Tofu (firm, drained, cubed)
- 1 1/3 cups Chickpeas (from the can, drained and rinsed)
- 1 cup Diced Tomatoes (from the can, with the juices)
- 1/4 cup Water
- 1 1/2 tsps Curry Powder
- Sea Salt & Black Pepper (to taste)
- 1/4 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.