



28 Day Balanced 2500 Calorie Meal Plan PDF (Week 2)

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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
Blueberry Banana Protein Smoothie



SNACK 1
Apple Cinnamon Toast



LUNCH
Green Poutine



SNACK 2
Whipped Ricotta & Strawberry Toast



DINNER
Cajun Shrimp Penne

TUE



BREAKFAST
Blueberry Banana Protein Smoothie



SNACK 1
Apple Cinnamon Toast



LUNCH
Cajun Shrimp Penne



SNACK 2
Whipped Ricotta & Strawberry Toast



DINNER
Chipotle Chicken, Broccoli & Wild Rice

WED



BREAKFAST
Blueberry Banana Protein Smoothie



SNACK 1
Apple Cinnamon Toast



LUNCH
Chipotle Chicken, Broccoli & Wild Rice



SNACK 2
Whipped Ricotta & Strawberry Toast



DINNER
Roasted Eggplant Sandwich

THU



BREAKFAST
Yogurt with Granola & Banana



SNACK 1
Chickpea Fritters



LUNCH
Roasted Eggplant Sandwich



SNACK 2
Toast with Peanut Butter



DINNER
Steak, Potatoes & Braised Dandelion Greens

FRI



BREAKFAST
Yogurt with Granola & Banana



SNACK 1
Chickpea Fritters



LUNCH
Steak, Potatoes & Braised Dandelion Greens



SNACK 2
Toast with Peanut Butter



DINNER
One Pan Steak, Potatoes & Broccoli

SAT



BREAKFAST
Tempeh & Sweet Potato Hash



SNACK 1
0.5 Chickpea Fritters



LUNCH
One Pan Steak, Potatoes & Broccoli



SNACK 2
Toast with Peanut Butter



DINNER
Chicken, Rice & Kimchi Bowl

SUN



BREAKFAST
Tempeh & Sweet Potato Hash



SNACK 1
0.5 Chickpea Fritters



LUNCH
Chicken, Rice & Kimchi Bowl



SNACK 2
Toast with Peanut Butter



DINNER
Tofu & Edamame Noodles with Peanut Sauce

MON

FAT 34% CARBS 47% PROTEIN 19%

Calories 2550
Fat 99g
Carbs 311g
Fiber 51g
Sugar 78g
Protein 129g
Cholesterol 248mg
Sodium 4391mg
Vitamin A 11828IU
Vitamin C 163mg
Calcium 1525mg
Iron 23mg

TUE

FAT 33% CARBS 46% PROTEIN 21%

Calories 2509
Fat 95g
Carbs 301g
Fiber 40g
Sugar 72g
Protein 135g
Cholesterol 330mg
Sodium 4223mg
Vitamin A 3937IU
Vitamin C 172mg
Calcium 1441mg
Iron 14mg

WED

FAT 31% CARBS 49% PROTEIN 20%

Calories 2398
Fat 87g
Carbs 301g
Fiber 43g
Sugar 77g
Protein 122g
Cholesterol 181mg
Sodium 1912mg
Vitamin A 3355IU
Vitamin C 169mg
Calcium 1535mg
Iron 15mg

THU

FAT 32% CARBS 49% PROTEIN 19%

Calories 2390
Fat 87g
Carbs 295g
Fiber 46g
Sugar 66g
Protein 117g
Cholesterol 172mg
Sodium 2105mg
Vitamin A 19248IU
Vitamin C 150mg
Calcium 1351mg
Iron 24mg

FRI

FAT 35% CARBS 44% PROTEIN 21%

Calories 2485
Fat 100g
Carbs 280g
Fiber 50g
Sugar 61g
Protein 130g
Cholesterol 226mg
Sodium 1318mg
Vitamin A 20381IU
Vitamin C 371mg
Calcium 1245mg
Iron 25mg

SAT

FAT 37% CARBS 44% PROTEIN 19%

Calories 2528
Fat 107g
Carbs 286g
Fiber 44g
Sugar 63g
Protein 126g
Cholesterol 221mg
Sodium 2284mg
Vitamin A 23242IU
Vitamin C 389mg
Calcium 702mg
Iron 21mg

SUN

FAT 34% CARBS 47% PROTEIN 19%

Calories 2486
Fat 97g
Carbs 298g
Fiber 40g
Sugar 65g
Protein 124g
Cholesterol 133mg
Sodium 2903mg
Vitamin A 25996IU
Vitamin C 158mg
Calcium 908mg
Iron 19mg

FRUITS

- 1 1/2 Apple
- 5 Banana
- 1 1/2 cups Blackberries
- 3 cups Blueberries
- 1/4 Lemon
- 1 1/3 tbsps Lemon Juice
- 1 1/2 cups Strawberries

BREAKFAST

- 3/4 cup All Natural Peanut Butter
- 1/4 cup Almond Butter
- 2/3 cup Granola
- 3 1/16 tbsps Maple Syrup

SEEDS, NUTS & SPICES

- 1 1/2 tbsps Cajun Seasoning
- 1/2 cup Cashews
- 1 tsp Chili Powder
- 1/2 tsp Chipotle Powder
- 1/3 tsp Cinnamon
- 1/2 tsp Dried Parsley
- 3/4 tsp Dried Thyme
- 1 tsp Garlic Powder
- 3 tbsps Ground Flax Seed
- 1 tbsps Italian Seasoning
- 3/4 tsp Paprika
- 3/4 tsp Sea Salt
- 0 Sea Salt & Black Pepper

FROZEN

- 1/2 cup Frozen Edamame

VEGETABLES

- 1 3/4 cups Asparagus
- 3 tbsps Basil Leaves
- 6 cups Broccoli
- 1/2 cup Butternut Squash
- 1 1/2 cups Cherry Tomatoes
- 6 1/16 cups Dandelion Greens
- 1 Eggplant
- 4 1/2 Garlic
- 1/4 cup Grated Carrot
- 4 cups Kale Leaves
- 4 cups Mini Potatoes
- 2 1/4 tpsps Mint Leaves
- 1 cup Mushrooms
- 1/4 cup Parsley
- 1/2 cup Red Onion
- 57 grams Roasted Red Peppers
- 2 cups Shiitake Mushrooms
- 2 Sweet Potato
- 1/2 Yellow Bell Pepper
- 1/8 Yellow Onion
- 3 1/16 Yellow Potato

BOXED & CANNED

- 3/4 cup Black Rice
- 1 3/4 cups Chickpeas
- 1 cup Fire Roasted Diced Tomatoes
- 2 cups Quinoa Penne
- 85 grams Udon Noodles
- 1/4 cup Vegetable Broth
- 1 cup Wild Rice

BAKING

- 1/4 cup All Purpose Gluten-Free Flour
- 1 1/4 tpsps Arrowroot Powder
- 1/2 cup Nutritional Yeast
- 1 tbsps Raw Honey

BREAD, FISH, MEAT & CHEESE

- 227 grams Chicken Breast
- 283 grams Chicken Thighs
- 85 grams Mozzarella Ball
- 1 1/2 cups Ricotta Cheese
- 227 grams Shrimp
- 227 grams Sourdough Baguette
- 227 grams Tempeh
- 106 grams Tofu
- 454 grams Top Sirloin Steak
- 17 slices Whole Grain Bread

CONDIMENTS & OILS

- 2 1/4 tbsps Avocado Oil
- 1/4 cup Coconut Aminos
- 2/3 cup Extra Virgin Olive Oil
- 2 1/2 tbsps Gochujang
- 3/4 cup Kimchi
- 2 tbsps Peanut Sauce
- 3/4 tsp Tamari
- 2 tbsps Vegan Mayonnaise

COLD

- 1 1/16 tbsps Butter
- 2 cups Plain Greek Yogurt
- 3 3/4 cups Unsweetened Almond Milk

OTHER

- 3/4 cup Vanilla Protein Powder
- 2/3 cup Water

Blueberry Banana Protein Smoothie

3 SERVINGS 5 MINUTES



INGREDIENTS

3 cups Blueberries
3 Banana (small, frozen)
3/4 cup Vanilla Protein Powder
1/4 cup All Natural Peanut Butter
3 tbsps Ground Flax Seed
3 3/4 cups Unsweetened Almond Milk

NUTRITION

AMOUNT PER SERVING

Calories	490	Cholesterol	4mg
Fat	19g	Sodium	246mg
Carbs	59g	Vitamin A	779IU
Fiber	11g	Vitamin C	25mg
Sugar	32g	Calcium	714mg
Protein	29g	Iron	2mg

DIRECTIONS

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

NOTES

NUT-FREE

Use sunflower seed butter instead of peanut butter and coconut milk instead of almond milk.

NO ALMOND MILK

Use any other milk.

CONSISTENCY

For a smoother, colder smoothie, use frozen blueberries. If the smoothie is too thick, add more almond milk or water. If the smoothie is too thin, add some ice cubes and blend to thicken.

MORE FIBER

Add in some chopped leafy greens like spinach or kale.

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.

Tempeh & Sweet Potato Hash

2 SERVINGS 40 MINUTES



INGREDIENTS

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

Apple Cinnamon Toast

3 SERVINGS 5 MINUTES



INGREDIENTS

1/4 cup Almond Butter
6 slices Whole Grain Bread (toasted)
1 1/2 Apple (sliced)
1/3 tsp Cinnamon

NUTRITION

AMOUNT PER SERVING

Calories	411	Cholesterol	0mg
Fat	17g	Sodium	317mg
Carbs	53g	Vitamin A	50IU
Fiber	11g	Vitamin C	4mg
Sugar	16g	Calcium	174mg
Protein	16g	Iron	3mg

DIRECTIONS

01 Spread the almond butter over the bread and top with apple slices and sprinkle with cinnamon. Enjoy!

NOTES

LEFTOVERS

For best results, enjoy freshly made.

GLUTEN-FREE

Use gluten-free bread.

NUT-FREE

Use tahini or sunflower seed butter.

ADDITIONAL TOPPINGS

Chopped dates, maple syrup, sliced almonds, shredded coconut, or hemp seeds.

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.

Green Poutine

1 SERVING 45 MINUTES



INGREDIENTS

1 Yellow Potato (medium)
1 cup Asparagus
1 tbsp Extra Virgin Olive Oil (divided)
1 cup Mushrooms (sliced)
1/8 Yellow Onion (medium, diced)
1/2 Garlic (clove, minced)
3/4 tsp Dried Thyme
1/4 cup Vegetable Broth
1/2 tsp Arrowroot Powder
1/2 cup Butternut Squash (peeled and cubed)
1/4 cup Water
2 tbsps Cashews
1/4 cup Nutritional Yeast
1/4 Lemon (juiced)
1/4 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!

Whipped Ricotta & Strawberry Toast

3 SERVINGS 10 MINUTES



INGREDIENTS

1 1/2 cups Ricotta Cheese
3 slices Whole Grain Bread (toasted)
1 1/2 cups Strawberries (sliced)
1 tbsp Raw Honey
2 1/4 tsp Mint Leaves (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	339	Cholesterol	61mg
Fat	15g	Sodium	295mg
Carbs	38g	Vitamin A	577IU
Fiber	5g	Vitamin C	43mg
Sugar	12g	Calcium	310mg
Protein	15g	Iron	2mg

DIRECTIONS

- 01 In a food processor, whip the ricotta until it is creamy, fluffy, and smooth, about one to two minutes.
- 02 Spread the whipped ricotta onto the toast. Top with the strawberries, honey, and fresh mint. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals one piece of toast.

MORE FLAVOR

Try other berries or fresh fruits in place of the strawberries.

ADDITIONAL TOPPINGS

Use fresh thyme instead of mint. Use maple syrup instead of honey.

Toast with Peanut Butter

4 SERVINGS 5 MINUTES



INGREDIENTS

8 slices Whole Grain Bread (or any type of bread)

1/2 cup All Natural Peanut Butter (or any nut butter)

NUTRITION

AMOUNT PER SERVING

Calories	412	Cholesterol	0mg
Fat	20g	Sodium	320mg
Carbs	43g	Vitamin A	0IU
Fiber	8g	Vitamin C	0mg
Sugar	9g	Calcium	100mg
Protein	18g	Iron	3mg

DIRECTIONS

01 Toast the bread slices, then spread on the peanut butter. Enjoy!

NOTES

TOPPING IDEAS

Banana slices, jam, honey, cinnamon, chia seeds, hemp seeds apple slices or fresh berries.

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.

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.

Roasted Eggplant Sandwich

2 SERVINGS 40 MINUTES



INGREDIENTS

1 Eggplant (medium, sliced into 1/2 inch thick rounds)
1 tbsp Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper (to taste)
57 grams Roasted Red Peppers
1 tsp Lemon Juice
227 grams Sourdough Baguette (toasted)
85 grams Mozzarella Ball (sliced)
3 tbsps Basil Leaves

NUTRITION

AMOUNT PER SERVING

Calories	580	Cholesterol	34mg
Fat	18g	Sodium	929mg
Carbs	84g	Vitamin A	938IU
Fiber	8g	Vitamin C	16mg
Sugar	13g	Calcium	267mg
Protein	22g	Iron	5mg

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 02 Place the eggplant slices on the baking sheet. Toss with half of the oil and season with salt and pepper. Bake in the oven for 20 minutes or until soft and golden brown.
- 03 Meanwhile, in a food processor blend the roasted red pepper and lemon juice together until smooth. Season with salt and pepper.
- 04 Divide the roasted eggplant and roasted red pepper sauce between baguettes. Add the sliced mozzarella and basil leaves. Close the sandwich and enjoy!

NOTES

LEFTOVERS

Wrap the sandwich tightly and refrigerate for up to two days.

SERVING SIZE

One serving is equal to one sandwich.

GLUTEN-FREE

Use gluten-free bread or bun instead.

MORE FLAVOR

Add spinach, arugula, or lettuce instead. Top with fresh parsley.

MAKE IT VEGAN

Use plant-based cheese instead.

Steak, Potatoes & Braised Dandelion Greens

2 SERVINGS 35 MINUTES



INGREDIENTS

227 grams Top Sirloin Steak
2 Yellow Potato (medium, chopped)
1 tbsp Butter (melted, divided)
Sea Salt & Black Pepper (to taste)
1/2 cup Red Onion (thinly sliced)
3 Garlic (clove, minced)
6 cups Dandelion Greens (chopped)
1 tbsp Lemon Juice
1 tbsp Maple Syrup

NUTRITION

AMOUNT PER SERVING

Calories	582	Cholesterol	104mg
Fat	23g	Sodium	200mg
Carbs	65g	Vitamin A	16949...
Fiber	11g	Vitamin C	107mg
Sugar	11g	Calcium	392mg
Protein	32g	Iron	9mg

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C). Line a rimmed baking sheet with parchment paper.
- 02 Add the steak and potatoes to the baking sheet and drizzle with half the melted butter. Season with salt and pepper. Bake in the oven for 30 minutes or until the potatoes are browned and fork-tender and the steak is cooked to your desired doneness. Depending on the thickness of your steak, you might want to remove it before the potatoes.
- 03 Meanwhile, add the remaining butter to a large pan over medium-low heat. Add the red onion and cook for two minutes. Add the garlic and continue to cook for another two minutes or until fragrant.
- 04 Add the dandelion greens, lemon juice, and maple syrup. Cook for 10 minutes, stirring occasionally, or until thoroughly wilted and cooked. Season with salt and pepper.
- 05 Divide the steak, potatoes, and dandelion greens evenly between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately one steak, 3/4 cup of potatoes, and one cup of braised dandelion.

DAIRY-FREE

Use coconut oil or olive oil in place of butter.

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.

Chicken, Rice & Kimchi Bowl

2 SERVINGS 30 MINUTES



INGREDIENTS

3/4 cup Black Rice (uncooked)
283 grams Chicken Thighs (boneless, skinless)
Sea Salt & Black Pepper (to taste)
2 tbsps Avocado Oil (divided)
2 cups Shiitake Mushrooms (stem removed, sliced)
4 cups Kale Leaves
2 1/2 tbsps Gochujang
1 1/2 tsps Water
3/4 cup Kimchi

NUTRITION

AMOUNT PER SERVING

Calories	684	Cholesterol	133mg
Fat	23g	Sodium	943mg
Carbs	85g	Vitamin A	2107IU
Fiber	8g	Vitamin C	40mg
Sugar	14g	Calcium	190mg
Protein	38g	Iron	5mg

DIRECTIONS

- 01 Cook the rice according to package directions.
- 02 Pat the chicken dry and season with salt and pepper.
- 03 Heat a large skillet over medium-high heat and add half of the oil. Add the chicken thighs and cook for five to six minutes per side, or until cooked through. Remove the chicken from the pan and set aside. Once cool, slice into strips.
- 04 In the same skillet over medium heat, add the remaining oil. Add the mushrooms and cook for five minutes, until softened, stirring often.
- 05 Move the mushrooms to one side of the pan and add the kale. Cook until wilted slightly, about one to two minutes. Remove the skillet from the heat and season the mushrooms and kale with salt and pepper.
- 06 In a small bowl, mix together the gochujang and water.
- 07 Divide the rice, chicken, mushrooms, and kale evenly between bowls. Add the kimchi and top with gochujang. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Season the chicken with garlic powder, ginger powder and/or gochugaru.

Tofu & Edamame Noodles with Peanut Sauce

1 SERVING 35 MINUTES



INGREDIENTS

106 grams Tofu (extra-firm, pressed, and cubed)
3/4 tsp Tamari (divided)
3/4 tsp Avocado Oil (divided)
3/4 tsp Arrowroot Powder
85 grams Udon Noodles (dried)
1/2 cup Frozen Edamame
1/4 cup Grated Carrot
2 tbsps 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.