



28 Day Balanced 2500 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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Individual results may vary. Results cannot be guaranteed, and should not be considered typical.

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medical conditions.

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.

This general information is not intended to diagnose any medical condition or to replace advice from a competent healthcare professional.

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MON



BREAKFAST
Smoked Salmon Bagel Breakfast Box



SNACK 1
Roasted Chickpeas



LUNCH
Chickpea, Tofu & Sweet Potato Quinoa Salad



SNACK 2
Cherries, Banana & Cottage Cheese



DINNER
Black Bean Quinoa Wraps

TUE



BREAKFAST
Smoked Salmon Bagel Breakfast Box



SNACK 1
Roasted Chickpeas



LUNCH
Black Bean Quinoa Wraps



SNACK 2
Cherries, Banana & Cottage Cheese



DINNER
Spicy Shrimp Sushi Bowls

WED



BREAKFAST
Smoked Salmon Bagel Breakfast Box



SNACK 1
Roasted Chickpeas



LUNCH
Spicy Shrimp Sushi Bowls



SNACK 2
Cherries, Banana & Cottage Cheese



DINNER
Pot Pie Chickpea Pasta

THU



BREAKFAST
Avocado Breakfast Toast, Poached Pears



SNACK 1
Yogurt with Peaches & Granola



LUNCH
Pot Pie Chickpea Pasta



SNACK 2
Tropical Breakfast Bowl



DINNER
Chickpea & Tofu Curry

FRI



BREAKFAST
Avocado Breakfast Toast, Poached Pears



SNACK 1
Yogurt with Peaches & Granola



LUNCH
Chickpea & Tofu Curry



SNACK 2
Tropical Breakfast Bowl



DINNER
Red Curry Poached Cod

SAT



BREAKFAST
Apple Nachos, Toast with Cottage Cheese



SNACK 1
Yogurt with Peaches & Granola



LUNCH
Red Curry Poached Cod



SNACK 2
Tropical Breakfast Bowl



DINNER
Chicken, Broccoli & Mashed Potatoes

SUN



BREAKFAST
Apple Nachos, Toast with Cottage Cheese



SNACK 1
Yogurt with Peaches & Granola



LUNCH
Chicken, Broccoli & Mashed Potatoes



SNACK 2
Tropical Breakfast Bowl



DINNER
Cajun Shrimp Penne

MON

FAT 29% CARBS 51% PROTEIN 20%

Calories 2400
Fat 81g
Carbs 314g
Fiber 54g
Sugar 72g
Protein 121g
Cholesterol 107mg
Sodium 3187mg
Vitamin A 9273IU
Vitamin C 48mg
Calcium 1148mg
Iron 24mg

TUE

FAT 30% CARBS 50% PROTEIN 20%

Calories 2360
Fat 81g
Carbs 302g
Fiber 45g
Sugar 65g
Protein 119g
Cholesterol 292mg
Sodium 3263mg
Vitamin A 8370IU
Vitamin C 52mg
Calcium 769mg
Iron 17mg

WED

FAT 32% CARBS 47% PROTEIN 21%

Calories 2474
Fat 90g
Carbs 300g
Fiber 45g
Sugar 73g
Protein 136g
Cholesterol 292mg
Sodium 2903mg
Vitamin A 10280IU
Vitamin C 39mg
Calcium 685mg
Iron 24mg

THU

FAT 32% CARBS 48% PROTEIN 20%

Calories 2357
Fat 87g
Carbs 293g
Fiber 70g
Sugar 107g
Protein 126g
Cholesterol 228mg
Sodium 775mg
Vitamin A 9966IU
Vitamin C 175mg
Calcium 1469mg
Iron 33mg

FRI

FAT 33% CARBS 47% PROTEIN 20%

Calories 2296
Fat 86g
Carbs 277g
Fiber 54g
Sugar 99g
Protein 118g
Cholesterol 278mg
Sodium 1033mg
Vitamin A 9525IU
Vitamin C 193mg
Calcium 1438mg
Iron 22mg

SAT

FAT 35% CARBS 46% PROTEIN 19%

Calories 2303
Fat 90g
Carbs 271g
Fiber 35g
Sugar 92g
Protein 114g
Cholesterol 212mg
Sodium 1178mg
Vitamin A 8035IU
Vitamin C 290mg
Calcium 998mg
Iron 13mg

SUN

FAT 33% CARBS 48% PROTEIN 19%

Calories 2439
Fat 93g
Carbs 297g
Fiber 36g
Sugar 94g
Protein 120g
Cholesterol 345mg
Sodium 3908mg
Vitamin A 5677IU
Vitamin C 284mg
Calcium 1099mg
Iron 15mg

FRUITS

- 2 Apple
- 2 1/16 Avocado
- 3 Banana
- 1 1/2 cups Cherries
- 2 Kiwi
- 1 Lime
- 1 Mango
- 4 Peach
- 2 1/16 Pear
- 1 cup Pineapple

BREAKFAST

- 2 1/2 cups Granola

SEEDS, NUTS & SPICES

- 2 1/4 tsps Cajun Seasoning
- 2 2/3 tbsps Cashews
- 3/4 tsp Chili Powder
- 1/2 tsp Cumin
- 1 tbsp Curry Powder
- 3/4 tsp Paprika
- 1/3 tsp Sea Salt
- 0 Sea Salt & Black Pepper

FROZEN

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

VEGETABLES

- 1/3 cup Asparagus
- 1 cup Baby Spinach
- 1 2/3 Carrot
- 2 tbsps Chives
- 1/2 cup Cilantro
- 1 1/2 Cucumber
- 3 3/4 Garlic
- 2 cups Green Beans
- 2/3 cup Mixed Greens
- 2 tbsps Parsley
- 1/3 Sweet Potato
- 1 Tomato
- 1/2 White Onion
- 1 1/3 Yellow Onion
- 3 Yellow Potato

BOXED & CANNED

- 1/2 cup Basmati Rice
- 1 cup Black Beans
- 3/4 cup Brown Rice
- 1 cup Canned Coconut Milk
- 151 grams Chickpea Pasta
- 6 1/2 cups Chickpeas
- 1/2 cup Corn
- 2 3/4 cups Diced Tomatoes
- 1/2 cup Fire Roasted Diced Tomatoes
- 2/3 cup Quinoa
- 1 cup Quinoa Penne

BAKING

- 2 tbsps Almond Flour
- 2 2/3 tbsps Nutritional Yeast

BREAD, FISH, MEAT & CHEESE

- 227 grams Chicken Thighs With Skin
- 1 Cod Fillet
- 1/2 cup Cream Cheese, Regular
- 340 grams Gluten-Free Bagel
- 340 grams Shrimp
- 339 grams Smoked Salmon
- 387 grams Tofu
- 4 slices Whole Grain Bread
- 2 Whole Wheat Tortilla

CONDIMENTS & OILS

- 1 tsp Coconut Aminos
- 1/3 cup Extra Virgin Olive Oil
- 2 tsps Italian Dressing
- 1 1/16 tbsps Mayonnaise
- 1 tsp Rice Vinegar
- 1/2 tsp Sriracha
- 2 tbsps Sunflower Seed Butter
- 1/2 tsp Tamari
- 2 tbsps Thai Red Curry Paste

COLD

- 118 grams Cashew Cream Cheese
- 3 1/2 cups Cottage Cheese
- 2 Egg
- 5 cups Plain Greek Yogurt

OTHER

- 1 cup Water

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.

Avocado Breakfast Toast

2 SERVINGS 25 MINUTES



INGREDIENTS

- 1 Avocado (small, mashed)
- 2 slices Whole Grain Bread (toasted)
- 1 Tomato (small, sliced)
- 2 Egg (hard-boiled, peeled and sliced)
- Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	351	Cholesterol	186mg
Fat	21g	Sodium	259mg
Carbs	29g	Vitamin A	1247IU
Fiber	10g	Vitamin C	19mg
Sugar	3g	Calcium	85mg
Protein	14g	Iron	3mg

DIRECTIONS

- 01 Spread the mashed avocado on the toast then arrange the tomato and hard-boiled egg slices on top. Season with salt and pepper to taste and enjoy!

NOTES

HOW TO HARD-BOIL EGGS

Bring a small pot of salted water to a boil then carefully add the eggs. Cover the pot with a lid. Turn off the heat but keep the pot on the hot burner. Let stand for 12 minutes then drain. Place eggs in a bowl of ice water for 10 minutes before peeling.

GLUTEN-FREE

Use gluten-free bread.

NO HARD-BOILED EGGS

Use fried, scrambled or poached eggs instead.

LIKES IT SPICY

Add a pinch of chili flakes or hot sauce to the mashed avocado.

Poached Pears

2 SERVINGS 20 MINUTES



INGREDIENTS

2 Pear (peeled, cored and quartered)

NUTRITION

AMOUNT PER SERVING

Calories	101	Cholesterol	0mg
Fat	0g	Sodium	2mg
Carbs	27g	Vitamin A	45IU
Fiber	6g	Vitamin C	8mg
Sugar	17g	Calcium	16mg
Protein	1g	Iron	0mg

DIRECTIONS

- 01 Fill a pot half full with water and place it over medium-high heat. Once warm, add the pears and bring to a simmer for 15-20 minutes or until cooked through. Let cool in its liquid before serving. Enjoy!

NOTES

EXTRA FLAVOUR

Add a cinnamon stick, whole cloves, peppercorns, lemon slices, vanilla bean, star anise and/or fresh ginger slices to the water.

SERVE IT WITH

Oatmeal, granola, pecans, walnuts, maple syrup, coconut ice cream or yogurt.

LEFTOVERS

Store in a covered container in the fridge up to 3 days.

Apple Nachos

2 SERVINGS 5 MINUTES



INGREDIENTS

2 Apple (sliced)
2 tbsps Sunflower Seed Butter
1/2 cup Granola

NUTRITION

AMOUNT PER SERVING

Calories	343	Cholesterol	0mg
Fat	17g	Sodium	10mg
Carbs	45g	Vitamin A	112IU
Fiber	8g	Vitamin C	9mg
Sugar	27g	Calcium	44mg
Protein	7g	Iron	2mg

DIRECTIONS

01 Arrange apple slices on a serving plate. Drizzle sunflower seed butter and sprinkle granola overtop. Enjoy!

NOTES

NO GRANOLA

Use any nuts or seeds, raisins, dark chocolate chips or shredded coconut instead.

NO SUNFLOWER SEED BUTTER

Use any nut butter, maple butter, melted coconut butter, melted dark chocolate or caramel instead.

HOMEMADE GRANOLA

Try this recipe with our Paleo Granola, Pumpkin Spice Granola or Banana Coconut Granola.

Toast with Cottage Cheese

2 SERVINGS 10 MINUTES



INGREDIENTS

1/2 cup Cottage Cheese
2 slices Whole Grain Bread (toasted)

NUTRITION

AMOUNT PER SERVING

Calories	161	Cholesterol	9mg
Fat	4g	Sodium	323mg
Carbs	20g	Vitamin A	74IU
Fiber	3g	Vitamin C	0mg
Sugar	4g	Calcium	86mg
Protein	11g	Iron	1mg

DIRECTIONS

01 Spread cottage cheese evenly on the toasted bread and enjoy!

NOTES

NO WHOLE GRAIN BREAD

Use any type of bread or a toasted slice of sweet potato.

MORE TOPPINGS

Add a drizzle of honey, maple syrup, fresh fruit, bee pollen, cucumbers, avocado, tomato slices, hemp hearts or pomegranate seeds.

STORAGE

Best enjoyed immediately as the bread will soften.

Roasted Chickpeas

3 SERVINGS 30 MINUTES



INGREDIENTS

3 cups Chickpeas (cooked, rinsed)
1 tbsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	309	Cholesterol	0mg
Fat	9g	Sodium	12mg
Carbs	45g	Vitamin A	44IU
Fiber	12g	Vitamin C	2mg
Sugar	8g	Calcium	80mg
Protein	15g	Iron	5mg

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Pat the chickpeas dry with a paper towel and transfer them to the prepared baking sheet. Drizzle with the oil and season with salt and pepper to taste. Mix until the chickpeas are evenly coated.
- 03 Bake in the oven for 25 to 28 minutes, tossing halfway through, or until the chickpeas reach your desired crispiness. Season with additional salt and pepper if needed. Let cool slightly and enjoy!

NOTES

LEFTOVERS

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

SERVING SIZE

One serving is approximately 1/2 cup.

MORE FLAVOR

Add other dried herbs and spices to taste.

NO EXTRA VIRGIN OLIVE OIL

Use avocado oil instead.

Yogurt with Peaches & Granola

4 SERVINGS 5 MINUTES



INGREDIENTS

2 cups Plain Greek Yogurt
4 Peach (pitted, chopped)
1 cup Granola

NUTRITION

AMOUNT PER SERVING

Calories	298	Cholesterol	17mg
Fat	10g	Sodium	78mg
Carbs	37g	Vitamin A	1120IU
Fiber	5g	Vitamin C	18mg
Sugar	22g	Calcium	282mg
Protein	17g	Iron	2mg

DIRECTIONS

01 Add the yogurt to a bowl and top with chopped peaches and granola. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving is equal to approximately one cup.

MAKE IT VEGAN

Use coconut yogurt instead of Greek yogurt.

MORE FLAVOR

Add a pinch of cinnamon.

ADDITIONAL TOPPINGS

Drizzle honey and/or almond butter on top.

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.

Cherries, Banana & Cottage Cheese

3 SERVINGS 5 MINUTES



INGREDIENTS

3 cups Cottage Cheese
3 Banana (medium, sliced)
1 1/2 cups Cherries (pitted, fresh or frozen)

NUTRITION

AMOUNT PER SERVING

Calories	359	Cholesterol	36mg
Fat	10g	Sodium	663mg
Carbs	46g	Vitamin A	419IU
Fiber	5g	Vitamin C	16mg
Sugar	30g	Calcium	190mg
Protein	25g	Iron	1mg

DIRECTIONS

01 Top the cottage cheese with banana slices and cherries. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MAKE IT VEGAN

Use oatmeal, coconut yogurt or vegan cheese instead of cottage cheese.

ADDITIONAL TOPPINGS

Hemp seeds, chia seeds, shredded coconut, crushed nuts, honey, maple syrup, or your sweetener of choice.

Tropical Breakfast Bowl

4 SERVINGS 5 MINUTES



INGREDIENTS

3 cups Plain Greek Yogurt
1 cup Pineapple (chopped)
1 Mango (peeled and chopped)
2 Kiwi (peeled and chopped)
1 cup Granola

NUTRITION

AMOUNT PER SERVING

Calories	377	Cholesterol	25mg
Fat	12g	Sodium	115mg
Carbs	48g	Vitamin A	1906IU
Fiber	6g	Vitamin C	94mg
Sugar	29g	Calcium	424mg
Protein	22g	Iron	2mg

DIRECTIONS

01 Divide the yogurt between bowls and top with the pineapple, mango, kiwi, and granola. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

ADDITIONAL TOPPINGS

Chopped nuts, seeds, shredded coconut, and/or honey.

FRUIT

Add banana and/or berries.

DAIRY-FREE

Use coconut yogurt instead.

GRAIN-FREE

Omit the granola.

Black Bean Quinoa Wraps

2 SERVINGS 45 MINUTES



INGREDIENTS

1/4 cup Water
1 cup Black Beans (cooked, drained and rinsed)
3/4 cup Diced Tomatoes (fresh or canned)
1/2 cup Corn (fresh, canned or frozen)
1/2 tsp Cumin
1/4 tsp Paprika
3/4 tsp Chili Powder
1/4 tsp Sea Salt
1/3 cup Quinoa (dry/uncooked)
2 Whole Wheat Tortilla
1 cup Baby Spinach
1/2 Avocado (diced)

NUTRITION

AMOUNT PER SERVING

Calories	502	Cholesterol	0mg
Fat	15g	Sodium	612mg
Carbs	76g	Vitamin A	2409IU
Fiber	20g	Vitamin C	20mg
Sugar	6g	Calcium	187mg
Protein	20g	Iron	6mg

DIRECTIONS

- 01 In a large pot, add water, black beans, tomatoes, corn, cumin, paprika, chili powder and salt. Bring to a simmer.
- 02 Add quinoa and cook for 12 to 15 more minutes.
- 03 Place each tortilla wrap on a plate and top with spinach, avocado and the quinoa filling. Enjoy!

NOTES

MORE TOPPINGS

Feta cheese, yogurt, pickled onions, salsa, and/or hot sauce.

GLUTEN-FREE

Use corn or rice tortillas instead of whole wheat.

SLOW COOKER VERSION

Add the water, black beans, diced tomatoes, corn, cumin, paprika, chili powder, salt and quinoa together in the slow cooker. Stir well to mix and cook on low for 5 to 6 hours, or on high for 3 to 4 hours.

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.

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 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.

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.

Cajun Shrimp Penne

1 SERVING 1 HOUR 20 MINUTES



INGREDIENTS

1 cup Quinoa Penne
2 2/3 tbsps Cashews (soaked, drained, rinsed)
2 2/3 tbsps Water
113 grams Shrimp (large, peeled, deveined)
2 1/4 tsps Cajun Seasoning (divided)
1 tbsp Extra Virgin Olive Oil (divided)
1/3 cup Asparagus (trimmed, cut into bite-sized pieces)
1/8 tsp Sea Salt (divided)
1/2 Garlic (clove, minced)
1/2 cup Fire Roasted Diced Tomatoes
2 tbsps 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.