



30 Day Balanced 2000 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

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MON



BREAKFAST
Eggs & Rice Breakfast Bowl



SNACK 1
Apple & Cheddar Quesadilla



LUNCH
Vegan Lentil Keema



SNACK 2
Strawberry Banana Chia Pudding



DINNER
Sesame Chicken & Noodle Jar

TUE



BREAKFAST
Eggs & Rice Breakfast Bowl



SNACK 1
Apple & Cheddar Quesadilla



LUNCH
Sesame Chicken & Noodle Jar



SNACK 2
Strawberry Banana Chia Pudding



DINNER
Chorizo & Corn Tostadas

WED



BREAKFAST
Eggs & Rice Breakfast Bowl



SNACK 1
Apple & Cheddar Quesadilla



LUNCH
Chorizo & Corn Tostadas



SNACK 2
Strawberry Banana Chia Pudding



DINNER
Deluxe Naan Pizza

THU



BREAKFAST
Chocolate Baked Oats



SNACK 1
Cheesy Black Bean Toast



LUNCH
Deluxe Naan Pizza



SNACK 2
Cinnamon Raisin Protein Cookies



DINNER
Snap Pea & Pancetta Pasta

FRI



BREAKFAST
Chocolate Baked Oats



SNACK 1
Cheesy Black Bean Toast



LUNCH
Snap Pea & Pancetta Pasta



SNACK 2
Cinnamon Raisin Protein Cookies



DINNER
Baked Beef & Spinach Rigatoni

SAT



BREAKFAST
Scrambled Eggs with Toasted Bagel & Peach



SNACK 1
Cheesy Black Bean Toast



LUNCH
Baked Beef & Spinach Rigatoni



SNACK 2
Cinnamon Raisin Protein Cookies



DINNER
Lasagna Soup

SUN



BREAKFAST
Scrambled Eggs with Toasted Bagel & Peach



SNACK 1
Cheesy Black Bean Toast



LUNCH
Lasagna Soup



SNACK 2
Cinnamon Raisin Protein Cookies



DINNER
Fettuccine with Sausage, Beans & Kale

MON

FAT 34% CARBS 47% PROTEIN 19%

Calories 2029
Fat 79g
Carbs 240g
Fiber 37g
Sugar 34g
Protein 97g
Cholesterol 490mg
Sodium 1452mg
Vitamin A 8642IU
Vitamin C 203mg
Calcium 913mg
Iron 16mg

TUE

FAT 34% CARBS 47% PROTEIN 19%

Calories 2056
Fat 79g
Carbs 247g
Fiber 39g
Sugar 33g
Protein 97g
Cholesterol 490mg
Sodium 1520mg
Vitamin A 6435IU
Vitamin C 178mg
Calcium 1107mg
Iron 14mg

WED

FAT 36% CARBS 47% PROTEIN 17%

Calories 2008
Fat 82g
Carbs 239g
Fiber 40g
Sugar 34g
Protein 86g
Cholesterol 449mg
Sodium 1707mg
Vitamin A 7022IU
Vitamin C 77mg
Calcium 1311mg
Iron 17mg

THU

FAT 36% CARBS 43% PROTEIN 21%

Calories 1920
Fat 78g
Carbs 210g
Fiber 29g
Sugar 47g
Protein 102g
Cholesterol 378mg
Sodium 2131mg
Vitamin A 2753IU
Vitamin C 36mg
Calcium 1093mg
Iron 16mg

FRI

FAT 38% CARBS 41% PROTEIN 21%

Calories 1981
Fat 84g
Carbs 208g
Fiber 30g
Sugar 47g
Protein 105g
Cholesterol 396mg
Sodium 1849mg
Vitamin A 3666IU
Vitamin C 45mg
Calcium 1018mg
Iron 16mg

SAT

FAT 37% CARBS 42% PROTEIN 21%

Calories 2117
Fat 86g
Carbs 221g
Fiber 23g
Sugar 49g
Protein 114g
Cholesterol 915mg
Sodium 2187mg
Vitamin A 4418IU
Vitamin C 42mg
Calcium 901mg
Iron 20mg

SUN

FAT 37% CARBS 42% PROTEIN 21%

Calories 2123
Fat 87g
Carbs 225g
Fiber 25g
Sugar 47g
Protein 112g
Cholesterol 965mg
Sodium 2766mg
Vitamin A 3039IU
Vitamin C 33mg
Calcium 1026mg
Iron 21mg

FRUITS

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

BREAKFAST

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

SEEDS, NUTS & SPICES

- 1/3 cup Chia Seeds
- 1/2 tsp Cinnamon
- 1/2 tsp Coriander
- 1/2 tsp Cumin
- 1/4 cup Ground Flax Seed
- 2 1/2 tsps Italian Seasoning
- 1/2 tsp Sea Salt
- 0 Sea Salt & Black Pepper

FROZEN

- 1/2 cup Frozen Peas

VEGETABLES

- 5 cups Baby Spinach
- 2 ears Corn On The Cob
- 2 Cremini Mushrooms
- 1 tbsp Fresh Dill
- 1 1/3 Garlic
- 1/3 cup Kale Leaves
- 1 cup Purple Cabbage
- 1 1/16 tbsps Shallot
- 2 cups Snap Peas
- 1 3/4 Tomato
- 1/2 Yellow Bell Pepper
- 1 1/8 Yellow Onion
- 1/2 Yellow Potato

BOXED & CANNED

- 1 1/3 cups Beef Broth
- 1 cup Black Beans
- 1 cup Brown Rice
- 40 grams Brown Rice Fettuccine
- 1/2 cup Canned Coconut Milk
- 1/3 cup Cannellini Beans
- 1/2 cup Crushed Tomatoes
- 1/4 cup Dry Green Lentils
- 2 1/3 Lasagna Sheets
- 1 1/4 cups Marinara Sauce
- 1/2 cup Pinto Beans
- 113 grams Rice Vermicelli Noodles
- 113 grams Rigatoni
- 1/4 cup Salsa
- 128 grams Whole Wheat Spaghetti

BAKING

- 1/4 tsp Baking Powder
- 2 tsps Cocoa Powder
- 1/2 tsp Honey
- 1 1/4 cups Oats
- 1/4 cup Raisins

BREAD, FISH, MEAT & CHEESE

- 2 slices Bacon, Cooked
- 2 Bagel
- 145 grams Cheddar Cheese
- 170 grams Chicken Breast, Cooked
- 68 grams Chicken Sausage
- 170 grams Chorizo
- 4 Corn Tortilla
- 4 slices Gluten-Free Bread
- 264 grams Lean Ground Beef
- 170 grams Mozzarella Cheese
- 2 pieces Naan
- 71 grams Pancetta
- 1/2 cup Parmigiano Reggiano
- 3 Spelt Tortilla

CONDIMENTS & OILS

- 1 3/4 tsps Coconut Oil
- 1 1/3 tbsps Extra Virgin Olive Oil
- 1 1/2 tsps Rice Vinegar
- 1/2 tsp Sesame Oil
- 2 tbsps Tahini
- 1 tbsp Tamari
- 1/2 cup Tomato Sauce

COLD

- 1 3/4 tsps Butter
- 17 Egg
- 1/3 cup Egg Whites
- 3/4 cup Oat Milk
- 1 1/2 cups Plain Coconut Milk

OTHER

- 1/4 cup Chocolate Protein Powder
- 1 cup Vanilla Protein Powder
- 3 1/16 cups Water

Eggs & Rice Breakfast Bowl

3 SERVINGS 50 MINUTES



INGREDIENTS

1 cup Brown Rice
1 3/4 cups Water
1/4 tsp Sea Salt
6 Egg
1/2 tsp Coconut Oil
4 cups Baby Spinach
1 Avocado (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	492	Cholesterol	372mg
Fat	22g	Sodium	381mg
Carbs	55g	Vitamin A	4389IU
Fiber	8g	Vitamin C	18mg
Sugar	1g	Calcium	123mg
Protein	20g	Iron	4mg

DIRECTIONS

- 01 Combine the brown rice and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 30 to 35 minutes or until water is absorbed. Remove lid, season with sea salt and fluff with a fork.
- 02 Meanwhile, bring a medium pot of water to a boil. Gently place eggs into the boiling water and turn the heat down to medium-high. Set your timer for 8 minutes. Use a spoon to remove the eggs from the pot and run under cold water before peeling.
- 03 In a skillet over medium-low heat, add coconut oil and sauté the spinach until just wilted.
- 04 Scoop the rice into a bowl and top with eggs, spinach and sliced avocado. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Season with chili flakes or hot sauce. Cook the rice with chicken or vegetable broth instead of water.

MAKE IT VEGAN

Omit the eggs and use a tofu scramble instead.

MEAL PREP

Make a large batch of all ingredients and store each serving in separate airtight containers.

Chocolate Baked Oats

2 SERVINGS 30 MINUTES



INGREDIENTS

1/2 tsp Coconut Oil
3/4 cup Oats
3/4 cup Oat Milk
2 tbsps Maple Syrup
1 Egg
1/4 tsp Sea Salt
1/4 tsp Baking Powder
2 tps Cocoa Powder
1/4 cup Chocolate Protein Powder
(optional)
1/4 cup All Natural Peanut Butter (divided)

NUTRITION

AMOUNT PER SERVING

Calories	498	Cholesterol	95mg
Fat	24g	Sodium	458mg
Carbs	49g	Vitamin A	135IU
Fiber	6g	Vitamin C	0mg
Sugar	19g	Calcium	290mg
Protein	25g	Iron	3mg

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C). Grease ramekins with the oil.
- 02 In a blender, combine the oats, milk, maple syrup, egg, salt, baking powder, cocoa powder, protein powder, and half the peanut butter. Blend on high until very smooth, about one minute.
- 03 Divide the mixture evenly between the ramekins and bake for 25 to 27 minutes until cooked through and a toothpick inserted in the center comes out clean. Let cool slightly, top with additional peanut butter and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

These were made in 8-ounce (120-mL) ramekin dishes. One ramekin is one serving.

PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder.

ADDITIONAL TOPPINGS

Chocolate chips, nuts, and/or seeds.

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.

Apple & Cheddar Quesadilla

3 SERVINGS 15 MINUTES



INGREDIENTS

85 grams Cheddar Cheese (shredded)
3 Spelt Tortilla
1 1/2 Apple (medium, sliced)

NUTRITION

AMOUNT PER SERVING

Calories	251	Cholesterol	28mg
Fat	11g	Sodium	323mg
Carbs	31g	Vitamin A	401IU
Fiber	3g	Vitamin C	4mg
Sugar	10g	Calcium	207mg
Protein	10g	Iron	1mg

DIRECTIONS

- 01 Heat a pan over medium heat.
- 02 Add the cheese on one half of the tortilla and layer the apple slices on top of the cheese. Fold the tortilla in half and place it in the pan. Cook for three to five minutes or until browned. Flip and cook on the other side until browned and the cheese is melted.
- 03 Cut into quarters and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is one quesadilla.

MAKE IT VEGAN

Use vegan cheese.

MORE FLAVOR

Add caramelized onions, chopped cilantro and/or chopped walnuts.

ADDITIONAL TOPPINGS

Sour cream, plain greek yogurt, or salsa.

NO SPELT TORTILLA

Use a whole wheat or brown rice tortilla instead.

Cheesy Black Bean Toast

4 SERVINGS 15 MINUTES



INGREDIENTS

4 Egg
1 cup Black Beans (cooked, mashed)
4 slices Gluten-Free Bread (toasted)
60 grams Cheddar Cheese (grated)
1/4 cup Salsa

NUTRITION

AMOUNT PER SERVING

Calories	271	Cholesterol	201mg
Fat	12g	Sodium	412mg
Carbs	24g	Vitamin A	534IU
Fiber	5g	Vitamin C	0mg
Sugar	4g	Calcium	166mg
Protein	16g	Iron	2mg

DIRECTIONS

- 01 Place egg(s) in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes. Strain the water and fill the saucepan with cold water. When cool enough to handle, peel and slice the egg(s).
- 02 Spread the mashed black beans evenly overtop the toast. Top with the sliced eggs, salsa and cheddar cheese. Enjoy!

NOTES

LEFTOVERS

This recipe is best made fresh and enjoyed immediately.

MAKE IT VEGAN

Use a vegan cheese or omit the cheddar cheese completely.

Vegan Lentil Keema

1 SERVING 25 MINUTES



INGREDIENTS

1/2 cup Water
1/2 cup Canned Coconut Milk (divided)
1/2 Yellow Potato (small, cubed)
1/4 cup Dry Green Lentils
3/4 tsp Coconut Oil
1/2 tsp Coriander
1/2 tsp Cumin
3/4 Garlic (cloves, minced)
1/4 Yellow Onion (medium, diced)
3/4 Tomato (medium, halved)
1/2 cup Frozen Peas
3/4 tsp Lime Juice

NUTRITION

AMOUNT PER SERVING

Calories	565	Cholesterol	0mg
Fat	23g	Sodium	134mg
Carbs	71g	Vitamin A	2962IU
Fiber	13g	Vitamin C	46mg
Sugar	9g	Calcium	100mg
Protein	21g	Iron	7mg

DIRECTIONS

- 01 In a large pot, add the water, half the coconut milk, potatoes, and lentils. Bring to a boil, then lower to a simmer. Cook for 20 minutes uncovered, or until tender. Do not drain. Set aside.
- 02 Heat the coconut oil in a skillet over medium heat. Add the coriander, cumin, and garlic, and cook for one minute. Stir in the onions for about five minutes, or until translucent. Add the tomato and cook for another five minutes.
- 03 Stir in the remaining coconut milk. Use a hand-held immersion blender to blend until smooth.
- 04 Add the peas, lime juice, potatoes, and lentils (with the liquid). Gently simmer for about five minutes or until warmed through. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

Each serving equals approximately 1 3/4 cups.

MORE FLAVOR

Add garlic, chopped bell pepper, cauliflower, or green chilies. Season further with turmeric, cinnamon, cayenne, salt, or pepper to taste.

ADDITIONAL TOPPINGS

Top with cilantro. Serve with rice or naan.

NO GREEN LENTILS

Use brown lentils instead.

NO COCONUT OIL

Use ghee or butter instead.

Strawberry Banana Chia Pudding

3 SERVINGS 3 HOURS



INGREDIENTS

1 1/2 cups Plain Coconut Milk
(unsweetened, from the carton)
1/3 cup Vanilla Protein Powder
1/3 cup Chia Seeds
3/4 cup Strawberries (chopped)
3/4 Banana (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	233	Cholesterol	2mg
Fat	10g	Sodium	41mg
Carbs	24g	Vitamin A	273IU
Fiber	10g	Vitamin C	24mg
Sugar	9g	Calcium	443mg
Protein	14g	Iron	2mg

DIRECTIONS

- 01 Combine the milk, protein powder, and chia seeds in a bowl or container. Refrigerate for at least three hours or until chia seeds have set and pudding has chilled.
- 02 To serve, stir well and top with strawberries and banana. Top with extra milk if needed and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days. Cut fruit just before serving.

MORE FLAVOR

Add cinnamon or liquid sweetener of choice.

ADDITIONAL TOPPINGS

Add other fresh berries or chopped fruit.

MORE PROTEIN

Top with a dollop of greek yogurt.

PROTEIN POWDER

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

Cinnamon Raisin Protein Cookies

4 SERVINGS 30 MINUTES



INGREDIENTS

1 1/2 Banana (ripe)
1/3 cup Egg Whites
2 tbsps Tahini
1/2 cup Vanilla Protein Powder (plant-based)
1/2 cup Oats (rolled or quick)
1/2 tsp Cinnamon
1/4 cup Raisins
1/4 cup Ground Flax Seed

NUTRITION

AMOUNT PER SERVING

Calories	244	Cholesterol	2mg
Fat	7g	Sodium	69mg
Carbs	30g	Vitamin A	34IU
Fiber	5g	Vitamin C	4mg
Sugar	12g	Calcium	118mg
Protein	17g	Iron	2mg

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 Mash the bananas in the bottom of a mixing bowl. Add in the egg whites and tahini, and mix everything well.
- 03 Add in the remaining ingredients and mix well again.
- 04 Scoop the batter onto the baking sheet to form cookies. Use the lid of a wide-mouth mason jar as a mould.
- 05 Bake the cookies in the oven for 18 to 22 minutes, or until bottoms are golden brown.
- 06 Remove from oven, let cool completely on the baking sheet and enjoy!

NOTES

PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder. Results may vary if using a different type of protein powder.

LEFTOVERS

Store in the fridge up to 4 days, or in the freezer for up to 6 months.

NO TAHINI

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

NO RAISINS

Use dried cranberries, chocolate chips or cacao nibs instead.

Sesame Chicken & Noodle Jar

2 SERVINGS 15 MINUTES



INGREDIENTS

113 grams Rice Vermicelli Noodles (dry)
2 tbsps All Natural Peanut Butter
1 tbsp Tamari
1/2 tsp Sesame Oil
1 1/2 tsps Rice Vinegar
1/2 tsp Honey
1 1/2 tbsps Water
170 grams Chicken Breast, Cooked (shredded)
1 cup Purple Cabbage (thinly sliced)
1/2 Yellow Bell Pepper (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	488	Cholesterol	88mg
Fat	13g	Sodium	573mg
Carbs	59g	Vitamin A	617IU
Fiber	3g	Vitamin C	111mg
Sugar	5g	Calcium	40mg
Protein	32g	Iron	2mg

DIRECTIONS

- 01 Cook the noodles according to package directions and set aside.
- 02 In a small bowl, whisk together the peanut butter, tamari, sesame oil, rice vinegar, and honey. Add the water to thin and set aside.
- 03 Divide the noodles into jars, followed by the chicken, cabbage, and pepper. Seal and store in the fridge separate from the dressing.
- 04 When ready to eat, toss everything together in a bowl. Enjoy!

NOTES

LEFTOVERS

Store jars in the fridge for up to three days.

NUT-FREE

Use tahini or sunflower seed butter.

MORE FLAVOR

Add sriracha or chili flakes to the dressing.

ADDITIONAL TOPPINGS

Add chopped peanuts and/or cilantro.

NO RICE VINEGAR

Use lime juice.

Chorizo & Corn Tostadas

2 SERVINGS 30 MINUTES



INGREDIENTS

- 4 Corn Tortilla (small)
- 2 ears Corn on the Cob (husk removed)
- 170 grams Chorizo (casing removed)
- 1/2 cup Pinto Beans (cooked)
- 1 Lime (juiced, divided)
- Sea Salt & Black Pepper (to taste)
- 1 Avocado (medium, sliced)

NUTRITION

AMOUNT PER SERVING

Calories	592	Cholesterol	0mg
Fat	23g	Sodium	202mg
Carbs	78g	Vitamin A	755IU
Fiber	15g	Vitamin C	21mg
Sugar	8g	Calcium	294mg
Protein	21g	Iron	5mg

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and prepare a baking sheet.
- 02 Add the tortillas to the baking sheet and cook in the oven for five to six minutes or until toasted. Remove and set aside.
- 03 Meanwhile, heat a large cast-iron skillet over medium heat. Cook the corn for one to two minutes per side until lightly charred on all sides. Once it is cooked, let it cool for about 10 minutes.
- 04 Add the chorizo to the same skillet and break it apart until crumbled. Cook for about seven to nine minutes, or until cooked through.
- 05 In a small bowl, add the beans and half of the lime juice. Use a fork and smash the beans. Season with salt and pepper.
- 06 Slice the kernels off the cob. Top the tortillas with smashed beans, chorizo, corn, and avocado. Squeeze the remaining lime juice on top and enjoy!

NOTES

LEFTOVERS

Best enjoyed fresh. Refrigerate ingredients in separate containers for up to three days. Assemble before serving.

SERVING SIZE

One serving is equal to two tostadas.

ADDITIONAL TOPPINGS

Add jalapeño, cilantro, and/or cotija cheese.

NO OVEN

Pan-fry the tortillas in a bit of oil until lightly crispy.

Deluxe Naan Pizza

2 SERVINGS 15 MINUTES



INGREDIENTS

2 pieces Naan
2 tbsps Tomato Sauce
85 grams Mozzarella Cheese (shredded)
2 Cremini Mushrooms (sliced)
1/2 Yellow Onion (sliced)
2 slices Bacon, Cooked (chopped)
1 Tomato (small, sliced)

NUTRITION

AMOUNT PER SERVING

Calories	440	Cholesterol	47mg
Fat	16g	Sodium	760mg
Carbs	51g	Vitamin A	1204IU
Fiber	4g	Vitamin C	10mg
Sugar	6g	Calcium	244mg
Protein	21g	Iron	5mg

DIRECTIONS

- 01 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper. Once preheated, put the naan on the baking sheet and bake for five minutes.
- 02 Spread the tomato sauce evenly over the naan. Top with mozzarella, mushrooms, onions, bacon, and tomatoes. Return to the oven and bake for six to eight more minutes, or until the cheese is melted and the crust is crispy.
- 03 Cut into slices and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

GLUTEN-FREE

Use a cauliflower crust or brown rice tortilla instead of naan, and adjust the baking time accordingly.

DAIRY-FREE

Use vegan cheese.

ADDITIONAL TOPPINGS

Add green bell pepper slices.

NAAN

One piece of naan is 3.2 oz or 90 grams.

Snap Pea & Pancetta Pasta

2 SERVINGS 20 MINUTES



INGREDIENTS

128 grams Whole Wheat Spaghetti
1/2 cup Water (reserved from cooking pasta)
71 grams Pancetta (chopped into small pieces)
2 cups Snap Peas (trimmed, chopped)
1/3 cup Parmigiano Reggiano (finely grated)
1 Lemon (juiced, zested)
Sea Salt & Black Pepper (to taste)
1 tbsp Fresh Dill

NUTRITION

AMOUNT PER SERVING

Calories	467	Cholesterol	33mg
Fat	19g	Sodium	432mg
Carbs	56g	Vitamin A	846IU
Fiber	9g	Vitamin C	22mg
Sugar	6g	Calcium	275mg
Protein	23g	Iron	4mg

DIRECTIONS

- 01 Cook the pasta according to the package directions. Reserve pasta water and drain.
- 02 Add the pancetta to a large skillet over medium-high heat. Cook for three to four minutes and then drain the excess oil. Add the snap peas to the pan and sauté for another minute.
- 03 Add the spaghetti, reserved pasta water, parmesan cheese, and lemon zest to the pan. Season with salt and pepper, stir, and cook for two to three minutes.
- 04 Drizzle with lemon juice right before serving. Top with fresh dill and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately 1 1/3 cup.

MORE FLAVOR

Add asparagus and/or green peas.

GLUTEN-FREE

Use gluten-free pasta.

NO FRESH DILL

Omit or use parsley or basil instead.

Baked Beef & Spinach Rigatoni

2 SERVINGS 55 MINUTES



INGREDIENTS

113 grams Rigatoni (uncooked)
113 grams Lean Ground Beef
1/4 Yellow Onion (medium, finely chopped)
1 1/4 cups Marinara Sauce
1/2 tsp Italian Seasoning
1 cup Baby Spinach
57 grams Mozzarella Cheese (shredded)

NUTRITION

AMOUNT PER SERVING

Calories	501	Cholesterol	65mg
Fat	22g	Sodium	478mg
Carbs	49g	Vitamin A	2117IU
Fiber	5g	Vitamin C	19mg
Sugar	6g	Calcium	169mg
Protein	24g	Iron	5mg

DIRECTIONS

- 01 Preheat the oven to 375°F (190°C).
- 02 Cook the rigatoni al dente according to the package directions. Drain and set aside.
- 03 Preheat a large non-stick skillet over medium heat. Add the beef and the onions crumbling the meat as it cooks. Cook for seven to 10 minutes or until cooked through.
- 04 Add the marinara sauce and the Italian seasoning. Cook over medium heat for five minutes, stirring occasionally. Set aside.
- 05 In a large bowl, combine the rigatoni, spinach, and sauce. Pour it into a baking dish and top it with the cheese. Cook for 20 minutes or until browned and bubbly.
- 06 Let it rest for 10 minutes before serving. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days or freeze individual portions for up to three months.

SERVING SIZE

A 13 x 9-inch baking dish was used to make eight servings. One serving is equal to approximately 1 1/2 cups.

FREEZER MEAL

Let everything cool separately before assembling. Pour into a 13 x 9-inch disposable foil pan. Top with cheese. Cover in plastic wrap and then tin foil, to prevent freezer burn. Label and freeze for up to three months. Let it thaw in the refrigerator overnight, remove the plastic wrap and cook as per the instructions.

MORE FLAVOR

Add vegetables like zucchini, kale, mushrooms, and bell peppers.

GLUTEN-FREE

Swap the regular rigatoni for gluten-free rigatoni or penne.

Lasagna Soup

2 SERVINGS 40 MINUTES



INGREDIENTS

2 tsps Extra Virgin Olive Oil
1/8 Yellow Onion (diced)
2/3 Garlic (cloves, minced)
151 grams Lean Ground Beef
2 tsps Italian Seasoning (divided)
1/2 cup Crushed Tomatoes (from the can)
1/3 cup Tomato Sauce
1 1/3 cups Beef Broth
2 1/3 Lasagna Sheets (no boil)
Sea Salt & Black Pepper (to taste)
28 grams Mozzarella Cheese (shredded)

NUTRITION

AMOUNT PER SERVING

Calories	511	Cholesterol	89mg
Fat	24g	Sodium	572mg
Carbs	48g	Vitamin A	434IU
Fiber	4g	Vitamin C	9mg
Sugar	5g	Calcium	125mg
Protein	26g	Iron	4mg

DIRECTIONS

- 01 In a large pot or dutch oven, heat the oil over medium heat. Add the onion and sauté for four to five minutes or until they have softened. Add the garlic and sauté for 30 seconds. Add a splash of broth or water if needed so the onions and garlic don't burn.
- 02 Add the ground beef, breaking it up as it cooks. Add half of the Italian seasoning and continue to break up the beef. Cook for seven to eight minutes or until it is cooked through.
- 03 Add the crushed tomatoes, tomato sauce, beef broth, and the remaining Italian seasoning. Stir to combine. Bring to a boil then simmer partially covered for ten minutes.
- 04 Break up the lasagna sheets into approximately two inch pieces and add them to the pot. Cook for another ten minutes or until the pasta is al dente.
- 05 Divide into bowls, season with salt and pepper and top with mozzarella. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

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

GLUTEN-FREE

Use gluten-free pasta.

DAIRY-FREE

Use dairy-free cheese.

MORE FLAVOR

Add fresh parsley and basil.

NO GROUND BEEF

Use ground turkey, chicken, or pork.

Fettuccine with Sausage, Beans & Kale

1 SERVING 25 MINUTES



INGREDIENTS

40 grams Brown Rice Fettuccine (dry)
3 1/4 tbsps Water (reserved pasta water)
68 grams Chicken Sausage (casing removed)
1 1/16 tbsps Shallot (peeled, finely chopped)
1/3 cup Kale Leaves (finely chopped)
1/3 cup Cannellini Beans (drained and rinsed)
Sea Salt & Black Pepper (to taste)
2 1/3 tbsps Parmigiano Reggiano (finely grated, divided)
1 3/4 tsps Butter
2/3 tsp Lemon Juice

NUTRITION

AMOUNT PER SERVING

Calories	507	Cholesterol	115mg
Fat	23g	Sodium	1057mg
Carbs	53g	Vitamin A	738IU
Fiber	7g	Vitamin C	10mg
Sugar	4g	Calcium	294mg
Protein	22g	Iron	6mg

DIRECTIONS

- 01 Cook the fettuccine al dente according to package directions. Reserve some of the cooking water and set aside.
- 02 Heat a large dutch oven over medium heat. Once warm, add the sausage and cook, stirring often until cooked through, about eight minutes. Remove using a slotted spoon and set aside in a large bowl.
- 03 Reduce the heat to medium-low and add the shallot. Cook until fragrant and softened, about five minutes. Add the kale and beans and season well with salt and pepper. Stir to combine and then transfer using a slotted spoon to the bowl with the sausage.
- 04 Remove the pot from the heat and add the pasta and half of the pasta water. Gently toss using tongs. Add 3/4 of the cheese and continue to gently toss together. Add the butter and lemon juice and toss again. Return the sausage and veggies to the pot. Add more of the reserved water, one tablespoon at a time as needed to loosen up the sauce.
- 05 Divide onto plates and top with the remaining cheese. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately two cups.

MORE FLAVOR

Add minced garlic and/or chili flakes while cooking the shallot.

ADDITIONAL TOPPINGS

Top with freshly chopped parsley.

NO KALE

Use baby spinach or another type of leafy green instead.