



## 30 Day Balanced 2000 Calorie Meal Plan PDF (Week 2)

BRENDA PERALTA, RDN, CDE

**EXERCISE**  
*with Style*

# 30 Day Balanced 2000 Calorie Meal Plan PDF (Week 2)

## 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)

### MEDICAL/HEALTH PROFESSIONAL DISCLAIMERS

Do not disregard, avoid or delay obtaining medical or health related advice from your health care professional because of something you may have read in this e-book or on the Exercise with Style web site.. Your use of any information provided in this e-book or on the web site is solely at your own risk.

Individual results may vary. Results cannot be guaranteed, and should not be considered typical.

Always consult a licensed medical professional before beginning any fitness, diet, exercise, nutritional or supplementation program to determine if it is right for your needs and to address any of your specific



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.

All the information presented in this e-book and on the web site are for informational purposes only and do not constitute medical, nutritional, dietary, therapeutic, or any other medical advice. The information contained in this e-book or on the web site is NOT a substitute for any advice given to you by your physician. Use of the programs, advice, and information contained in this e-book and on the web site is at the sole choice and risk of the reader.

Exercise with Style makes every effort to ensure that the information provided to you in this e-book and on the web site is accurate. The information contained herein is for information purposes only. Exercise with Style is NOT LIABLE for any losses or damages that may occur through your use of any information or products that you obtain through this e-book, the Exercise with Style web site or any of our affiliated blogs or websites.

The products and/or services that are recommended by Exercise with Style are recommended by the company in good faith, however the company assumes no responsibility or liability for any dissatisfaction you may have with any product, service or sponsor or any injuries that may be caused by use of that recommended product or service.

**USE AT YOUR OWN RISK:** Exercise with Style strongly advises that you consult your doctor or health care provider before you alter your diet or fitness activities. If you have any concerns or questions about your health, you should always consult with a physician or other health-care professional. Do not disregard, avoid or delay obtaining medical or health related advice from your health-care professional because of something you may have read on Exercise with Style. Any exercise program may result in injury. By voluntarily undertaking any exercise displayed in this e-book or on the web site, you assume the risk of any resulting injury. THE INFORMATION PROVIDED HEREIN IS FOR INFORMATIONAL PURPOSES ONLY, AND IS NOT INTENDED TO DIAGNOSE ANY MEDICAL OR HEALTHCARE CONDITION REPLACE THE ADVICE OF A LICENSED HEALTHCARE PROFESSIONAL, OR PROVIDE ANY MEDICAL ADVICE, OPINION, DIAGNOSIS, TREATMENT OR GUARANTEE.

**NO WARRANTIES:** No express or implied warranties of any type, including for example implied warranties of merchantability or fitness for a particular purpose are made with respect to the information, or any use of the

information, in this e-book or on the website. Exercise with Style makes no representations and extends no warranties of any type as to the accuracy or completeness of any information or content on this web site.

Exercise with Style specifically **DISCLAIMS LIABILITY FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES** and assumes no responsibility or liability for any loss or damage suffered by any person as a result of the use or misuse of any of the information or content in this e-book or on the web site.

Developments in medical research may impact the health, fitness and nutritional advice that appears here. No assurance can be given that the advice contained in this e-book or on the web site will always include the most recent findings or developments with respect to the particular material.

The creators of this program, as well as their employees, agents, independent contractors and/or affiliates, disclaim any liability or loss sustained in connection with the exercises recommended, or the instructions and advice expressed herein. To the maximum extent permitted by law, Exercise with Style, and its affiliates, officers, directors, employees, agents, or representatives shall not be liable for any direct, indirect, incidental, consequential, or special damages arising out of or in any way related to your use or inability to use the web site or any purchased digital products, including but not limited to errors, omissions, interruptions, defects, delays in operation, or transmission, or any loss of data, revenue, or profits.

Online Digital Products: Any online digital products, such as e-books, workout plans, or nutrition guides, available for purchase on the website are provided "as is" and without warranties of any kind, whether expressed or implied. We make no guarantees regarding the results or outcomes that may be achieved through the use of these products. Results may vary based on individual effort, adherence to the program, and other factors.

Changes to the Disclaimer: We reserve the right to modify or update this disclaimer at any time without prior notice. By continuing to use the web site or engaging in any transactions after any changes, you acknowledge and accept the updated disclaimer.

None of the statements in this e-book or on the web site have been evaluated by the United States Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any diseases. Dietary and nutritional supplements are intended for special dietary use. They are not intended for use in the treatment, cure, prevention or mitigation of any disease or disorder. They are intended to be used as part of an overall healthy lifestyle program that includes proper diet and exercise. Only your doctor can properly diagnose and treat any disease or disorder. Before starting to use any nutritional supplement, it is important to check with your doctor or other licensed health care professional.

Furthermore, none of the statements in this e-book or on the web site should be construed as dispensing medical advice, making claims regarding the cure of diseases, nor can these products prevent heat stroke, hyponatremia, or any other injurious results of excessive physical exhaustion. You, the athlete, must listen to your body and use common sense to avoid serious injury.

A food supplement is a product that is intended to supplement the normal diet with nutrients or other vital

substances which have a nutritional or physiological effect. Food supplements are intended for ingestion in pill, capsule, tablet, powder, liquid or similar forms in a certain dosage.

You should not use the information on this site for diagnosis or treatment of any health problem or as a substitute for medication or other treatment prescribed by your physician or health care provider. You should consult with a physician or healthcare professional before starting any diet, exercise or supplementation program, before taking any medication or food supplement, or if you have or suspect you might have a health problem.

Exercise with Style is not responsible for any statements, claims or directions of use that various manufacturers make about their products. Exercise with Style cannot be held responsible for side effects or health damages which may occur from the use of products offered on this website.

Food supplements are not a replacement for a varied and balanced food intake and a healthy lifestyle. The recommended daily dose of a food supplement does not have any side effects in healthy adults. If you suffer from an illness you should discuss the use of a food supplement with a doctor or other licensed health care professional. Food supplements should always be stored out of reach of small children.

In some jurisdictions, some of these substances may be considered prescription drugs, controlled or contraband substances. Since the information published in this e-book and on the website is accessible to anyone throughout the world, Exercise with Style does not give legal advice that may apply to any particular consumer. Consumers are cautioned to check with local, regionalized legal counsel and/or health care professionals before making any purchases on the Exercise with Style web site. Also, the consumer is responsible for additional taxes or duties which may occur when importing and receiving the products in his country.

It is important to read and follow all label directions carefully. Exercise with Style supplements are not intended for children or for pregnant or lactating women. Not all supplements are appropriate for everyone. In any case, it is prudent for those who have not been taking nutritional supplements to gradually increase their daily dosage to reach the desired amount.

Important Notice - This e-book and the Exercise with Style web site do not provide healthcare advice. Consult your physician before starting any nutritional supplement program. You can read more about our [disclaimer here](#).

## MON



**BREAKFAST**  
Almond Honey Yogurt Parfait



**SNACK 1**  
Greek Yogurt with Almonds & Pear



**LUNCH**  
Black Bean & Quinoa Greek Salad



**SNACK 2**  
Spicy Sardine & Veggies Toast



**DINNER**  
Galinhada

## TUE



**BREAKFAST**  
Almond Honey Yogurt Parfait



**SNACK 1**  
Greek Yogurt with Almonds & Pear



**LUNCH**  
Galinhada



**SNACK 2**  
Spicy Sardine & Veggies Toast



**DINNER**  
Tahini, Quinoa & Roasted Veggie Bowl

## WED



**BREAKFAST**  
Almond Honey Yogurt Parfait



**SNACK 1**  
Greek Yogurt with Almonds & Pear



**LUNCH**  
Tahini, Quinoa & Roasted Veggie Bowl



**SNACK 2**  
Spicy Sardine & Veggies Toast



**DINNER**  
Pressure Cooker Cauliflower Soup

## THU



**BREAKFAST**  
Yogurt Stuffed Papaya



**SNACK 1**  
Chocolate Cherry Chia Pudding



**LUNCH**  
Pressure Cooker Cauliflower Soup



**SNACK 2**  
Peach Cobbler Smoothie



**DINNER**  
Tofu Broccoli Pasta

## FRI



**BREAKFAST**  
Yogurt Stuffed Papaya



**SNACK 1**  
Chocolate Cherry Chia Pudding



**LUNCH**  
Tofu Broccoli Pasta



**SNACK 2**  
Peach Cobbler Smoothie



**DINNER**  
Skillet Lasagna

## SAT



**BREAKFAST**  
Banana & Zucchini Protein Baked Oatmeal



**SNACK 1**  
Chocolate Cherry Chia Pudding



**LUNCH**  
Skillet Lasagna



**SNACK 2**  
Peach Cobbler Smoothie



**DINNER**  
Elk Enchilada Bowl

## SUN



**BREAKFAST**  
Banana & Zucchini Protein Baked Oatmeal



**SNACK 1**  
Chocolate Cherry Chia Pudding



**LUNCH**  
Elk Enchilada Bowl



**SNACK 2**  
Peach Cobbler Smoothie



**DINNER**  
Orzo with Sausage & Mushrooms

## MON

FAT 35% CARBS 46% PROTEIN 19%

Calories 2016  
Fat 79g  
Carbs 239g  
Fiber 37g  
Sugar 59g  
Protein 99g  
Cholesterol 215mg  
Sodium 1807mg  
Vitamin A 6329IU  
Vitamin C 363mg  
Calcium 907mg  
Iron 15mg

## TUE

FAT 35% CARBS 46% PROTEIN 19%

Calories 2020  
Fat 80g  
Carbs 242g  
Fiber 38g  
Sugar 70g  
Protein 98g  
Cholesterol 198mg  
Sodium 1400mg  
Vitamin A 8689IU  
Vitamin C 290mg  
Calcium 970mg  
Iron 15mg

## WED

FAT 37% CARBS 46% PROTEIN 17%

Calories 1960  
Fat 83g  
Carbs 236g  
Fiber 48g  
Sugar 77g  
Protein 85g  
Cholesterol 68mg  
Sodium 1908mg  
Vitamin A 8109IU  
Vitamin C 216mg  
Calcium 1033mg  
Iron 20mg

## THU

FAT 37% CARBS 43% PROTEIN 20%

Calories 1885  
Fat 80g  
Carbs 212g  
Fiber 46g  
Sugar 69g  
Protein 97g  
Cholesterol 45mg  
Sodium 2691mg  
Vitamin A 3449IU  
Vitamin C 279mg  
Calcium 1469mg  
Iron 18mg

## FRI

FAT 38% CARBS 42% PROTEIN 20%

Calories 1984  
Fat 85g  
Carbs 215g  
Fiber 37g  
Sugar 65g  
Protein 100g  
Cholesterol 132mg  
Sodium 1971mg  
Vitamin A 3311IU  
Vitamin C 215mg  
Calcium 1462mg  
Iron 15mg

## SAT

FAT 36% CARBS 43% PROTEIN 21%

Calories 2049  
Fat 83g  
Carbs 224g  
Fiber 33g  
Sugar 63g  
Protein 109g  
Cholesterol 270mg  
Sodium 2442mg  
Vitamin A 3653IU  
Vitamin C 54mg  
Calcium 1288mg  
Iron 14mg

## SUN

FAT 35% CARBS 44% PROTEIN 21%

Calories 2041  
Fat 83g  
Carbs 229g  
Fiber 34g  
Sugar 68g  
Protein 109g  
Cholesterol 281mg  
Sodium 3508mg  
Vitamin A 3295IU  
Vitamin C 44mg  
Calcium 1423mg  
Iron 16mg

## FRUITS

- 1/2 Avocado
- 2 Banana
- 1/2 cup Blueberries
- 1 1/2 cups Cherries
- 1/2 Lemon
- 1 1/4 tbsps Lemon Juice
- 2 cups Papaya
- 4 Peach
- 3 Pear
- 1/2 cup Raspberries

## BREAKFAST

- 1/4 cup Cashew Butter
- 1 3/4 cups Granola
- 1 tbsps Maple Syrup

## SEEDS, NUTS & SPICES

- 1/3 cup Almonds
- 1/2 cup Cashews
- 1/2 cup Chia Seeds
- 2 tpsps Cinnamon
- 1/2 tsp Garlic Powder
- 1/2 tsp Greek Seasoning
- 1/2 tsp Herbes De Provence
- 1 1/2 tpsps Italian Seasoning
- 1/8 tsp Saffron
- 2/3 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 3 tbsps Sliced Almonds
- 1 tbsps Taco Seasoning

## VEGETABLES

- 1/2 Beet
- 2 cups Broccoli
- 1 1/4 Carrot
- 1 head Cauliflower
- 2 tbsps Cilantro
- 3 Cremini Mushrooms
- 1/4 Cucumber
- 1 tsp Fresh Dill
- 3 1/3 Garlic
- 1 1/2 stalks Green Onion
- 2 cups Kale Leaves
- 1 1/3 Orange Bell Pepper
- 1/3 cup Parsley
- 1/2 Parsnip
- 1/2 cup Radishes
- 1 tbsps Red Onion
- 1 cup Shiitake Mushrooms
- 4 grams Thyme Sprigs
- 1 1/3 Tomato
- 1/2 Turnip
- 2/3 Yellow Onion
- 1/2 Zucchini

## BOXED & CANNED

- 3/4 cup Black Beans
- 1/2 cup Brown Rice
- 1/2 cup Canned Coconut Milk
- 1 cup Cannellini Beans
- 1 cup Chicken Broth
- 1 cup Chickpeas
- 3/4 cup Enchilada Sauce
- 2/3 cup Jasmine Rice
- 2 2/3 Lasagna Sheets
- 1 cup Marinara Sauce
- 1/3 cup Orzo
- 3/4 cup Quinoa
- 90 grams Sardines

## BREAD, FISH, MEAT & CHEESE

- 50 grams Cheddar Cheese
- 71 grams Chicken Sausage
- 272 grams Chicken Thighs
- 2 tbsps Feta Cheese
- 113 grams Ground Elk
- 151 grams Lean Ground Beef
- 2 tbsps Parmigiano Reggiano
- 1 3/4 tbsps Ricotta Cheese
- 170 grams Tofu
- 3 slices Whole Grain Bread

## CONDIMENTS & OILS

- 1/2 cup Extra Virgin Olive Oil
- 43 grams Pickled Banana Peppers
- 2 tbsps Pitted Kalamata Olives
- 1 1/2 tpsps Red Wine Vinegar
- 2 tbsps Tahini
- 2 tbsps Tamari

## COLD

- 2 cups Cottage Cheese
- 1 Egg
- 2 cups Plain Coconut Milk
- 4 cups Plain Greek Yogurt
- 3 cups Unsweetened Cashew Milk

## OTHER

- 1/2 cup Chocolate Protein Powder
- 1/2 cup Vanilla Protein Powder
- 1 1/4 cups Water



- 2 cups Vegetable Broth
- 1 1/2 cups Whole Wheat Penne

### BAKING

- 3/4 tsp Baking Powder
- 3 1/2 tbsps Nutritional Yeast
- 1 1/2 cups Oats
- 1/4 cup Pitted Dates
- 3 tbsps Raw Honey
- 2 tbsps Unsweetened Shredded Coconut

# Almond Honey Yogurt Parfait

3 SERVINGS 5 MINUTES



## INGREDIENTS

1 1/2 cups Plain Greek Yogurt  
1 1/2 cups Granola  
3 tbsps Sliced Almonds  
3 tbsps Raw Honey

## NUTRITION

### AMOUNT PER SERVING

Calories	501	Cholesterol	17mg
Fat	22g	Sodium	86mg
Carbs	58g	Vitamin A	636IU
Fiber	6g	Vitamin C	8mg
Sugar	32g	Calcium	319mg
Protein	21g	Iron	3mg

## DIRECTIONS

01 Layer the yogurt, granola, almonds, and honey in a jar. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to two days.

### DAIRY-FREE

Use coconut yogurt or oatmeal instead of Greek yogurt.

### ADDITIONAL TOPPINGS

Add chopped fruit, nut butter, seed butter, coconut, chia seeds, or hemp seeds.

### NO HONEY

Use maple syrup, jam, or your sweetener of choice.

# Yogurt Stuffed Papaya

2 SERVINGS 10 MINUTES



## INGREDIENTS

2 cups Papaya (medium)  
1 1/2 cups Plain Greek Yogurt  
1/4 cup Granola  
1/4 cup Cashew Butter  
1/2 cup Raspberries  
1/2 cup Blueberries

## NUTRITION

### AMOUNT PER SERVING

Calories	495	Cholesterol	25mg
Fat	24g	Sodium	126mg
Carbs	50g	Vitamin A	970IU
Fiber	7g	Vitamin C	108mg
Sugar	24g	Calcium	438mg
Protein	26g	Iron	3mg

## DIRECTIONS

- 01 Cut the papaya in half lengthwise and remove the seeds.
- 02 Plate the papaya and fill it with yogurt, granola, cashew butter, and berries. Enjoy!

## NOTES

### LEFTOVERS

Best enjoyed immediately. Store the papaya in the fridge for up to a week and add the toppings just before enjoying.

### PAPAYA

Half of a medium papaya is approximately equal to one cup of papaya.

### SERVING SIZE

One serving is equal to half of a papaya with toppings.

### DAIRY-FREE

Use coconut yogurt or other non-dairy yogurt.

### NUT-FREE

Use sunflower seed butter instead of cashew butter.

### ADDITIONAL TOPPINGS

Top with maple syrup, chia seeds, hemp seeds, and/or pumpkin seeds.

# Banana & Zucchini Protein Baked Oatmeal

2 SERVINGS 1 HOUR 10 MINUTES



## INGREDIENTS

1/2 Zucchini (medium, shredded)  
1 cup Oats (rolled)  
1/2 cup Vanilla Protein Powder  
1 Egg  
1/2 cup Canned Coconut Milk  
1 tbsp Maple Syrup  
3/4 tsp Baking Powder  
1/4 tsp Sea Salt  
2 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.

# Greek Yogurt with Almonds & Pear

3 SERVINGS 5 MINUTES



## INGREDIENTS

3/4 cup Plain Greek Yogurt  
1/3 cup Almonds  
3 Pear (sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	250	Cholesterol	8mg
Fat	10g	Sodium	37mg
Carbs	34g	Vitamin A	357IU
Fiber	8g	Vitamin C	11mg
Sugar	20g	Calcium	189mg
Protein	10g	Iron	1mg

## DIRECTIONS

01 Add all ingredients to a bowl. Enjoy!

## NOTES

### LEFTOVERS

Best enjoyed immediately.

### MAKE IT VEGAN

Use coconut yogurt instead of Greek yogurt.

### MORE FLAVOR

Add cinnamon and honey.

# Chocolate Cherry Chia Pudding

4 SERVINGS 30 MINUTES



## INGREDIENTS

1/2 cup Chia Seeds  
2 cups Plain Coconut Milk (unsweetened, from the carton)  
1/2 cup Chocolate Protein Powder  
1 1/2 cups Cherries (pitted)  
2 tbsps Unsweetened Shredded Coconut

## NUTRITION

### AMOUNT PER SERVING

Calories	249	Cholesterol	2mg
Fat	12g	Sodium	41mg
Carbs	24g	Vitamin A	287IU
Fiber	10g	Vitamin C	4mg
Sugar	11g	Calcium	443mg
Protein	14g	Iron	2mg

## DIRECTIONS

- 01 In a large bowl, combine the chia seeds with the coconut milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 02 Top the chia pudding with the cherries and the coconut. Serve and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days.

### NO PROTEIN POWDER

Use raw cacao powder instead of protein powder, using half the amount.

### LIKES IT SWEET

Add a drizzle of maple syrup or honey.

### ADDITIONAL TOPPINGS

Add granola or cacao nibs on top for crunch.

### PROTEIN POWDER

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

# Black Bean & Quinoa Greek Salad

1 SERVING 25 MINUTES



## INGREDIENTS

1/4 cup Quinoa (dry)  
1/4 Cucumber (medium, chopped)  
1/2 Tomato (medium, chopped)  
1 tbsp Red Onion (thinly sliced)  
1/2 Orange Bell Pepper (medium, chopped)  
2 tbsps Pitted Kalamata Olives  
2 tbsps Feta Cheese (crumbled)  
1/2 tsp Greek Seasoning  
1 tbsp Extra Virgin Olive Oil  
1 1/2 tsps Red Wine Vinegar  
3/4 cup Black Beans (cooked)

## NUTRITION

### AMOUNT PER SERVING

Calories	566	Cholesterol	17mg
Fat	23g	Sodium	688mg
Carbs	71g	Vitamin A	1244IU
Fiber	16g	Vitamin C	183mg
Sugar	2g	Calcium	190mg
Protein	22g	Iron	7mg

## DIRECTIONS

- 01 Cook the quinoa according to the package directions. Set aside to cool.
- 02 In a large bowl combine the cucumber, tomato, red onion, bell pepper, olives, and feta cheese together.
- 03 In a separate bowl, mix together the Greek seasoning, oil, and vinegar. Pour the dressing over the vegetables and toss to coat.
- 04 Divide the quinoa, salad, and black beans evenly between bowls, and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is approximately 2 1/2 cups.

### MAKE IT VEGAN

Omit the feta cheese.

### MORE FLAVOR

Minced garlic and/or fresh dill.

# Spicy Sardine & Veggies Toast

3 SERVINGS 5 MINUTES



## INGREDIENTS

3 slices Whole Grain Bread (toasted)  
3/4 Carrot (small, thinly sliced)  
1/2 cup Radishes (trimmed, thinly sliced)  
90 grams Sardines (packed in oil, drained, halved lengthwise)  
43 grams Pickled Banana Peppers (sliced)  
1 tbsp Lemon Juice (to taste)  
1 tbsp Extra Virgin Olive Oil (to taste)  
3 tbsps Parsley (tough stems removed, optional)

## NUTRITION

### AMOUNT PER SERVING

Calories	229	Cholesterol	43mg
Fat	10g	Sodium	428mg
Carbs	22g	Vitamin A	2902IU
Fiber	4g	Vitamin C	11mg
Sugar	4g	Calcium	173mg
Protein	13g	Iron	2mg

## DIRECTIONS

01 Top the toasted bread with the carrots, radishes, sardines, and banana peppers. Squeeze lemon juice and drizzle oil overtop. Garnish with parsley (optional) and enjoy!

## NOTES

### LEFTOVERS

This recipe is best enjoyed immediately but can be refrigerated in an airtight container for up to two days.

### GLUTEN-FREE

Use gluten-free bread, rice cakes, lettuce wraps, or a toasted sweet potato slice.

### MORE FLAVOR

Spread butter and/or rub garlic evenly over the toast.

### NO BANANA PEPPERS

Use sauerkraut, pickles, or any other pickled veggies instead.

### NO SARDINES

Use canned tuna, salmon, mackerel, or herring.



# Peach Cobbler Smoothie

4 SERVINGS 5 MINUTES



## INGREDIENTS

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

## NUTRITION

### AMOUNT PER SERVING

Calories	256	Cholesterol	18mg
Fat	8g	Sodium	395mg
Carbs	33g	Vitamin A	1015IU
Fiber	5g	Vitamin C	10mg
Sugar	21g	Calcium	194mg
Protein	15g	Iron	1mg

## DIRECTIONS

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

## NOTES

### DAIRY-FREE

Use coconut yogurt instead of cottage cheese.

### NO CASHEW MILK

Use almond, rice, coconut or your choice of alternative milk instead.

### NO DATES

Sweeten with maple syrup, honey or banana instead.

### STORAGE

Refrigerate in a sealed mason jar up to 24 hours. Shake well before drinking.

### MORE PROTEIN

Add hemp seeds, a scoop of protein powder or spoonful of nut butter.

### MORE FIBER

Add ground flax seed.

# Galinhada

2 SERVINGS 50 MINUTES



## INGREDIENTS

- 1/4 Yellow Onion (roughly chopped)
- 3/4 Garlic (cloves)
- 2 1/8 tbsps Parsley (roughly chopped)
- 2/3 tsp Lemon Juice
- 1 1/4 tbsps Extra Virgin Olive Oil
- 272 grams Chicken Thighs (boneless, skinless, cut into slices)
- Sea Salt & Black Pepper (to taste)
- 2/3 cup Jasmine Rice (dry)
- 3/4 Orange Bell Pepper (chopped)
- 3/4 Tomato (chopped)
- 1/8 tsp Saffron (threads)
- 1 cup Chicken Broth

## NUTRITION

### AMOUNT PER SERVING

Calories	470	Cholesterol	130mg
Fat	14g	Sodium	568mg
Carbs	54g	Vitamin A	1190IU
Fiber	3g	Vitamin C	150mg
Sugar	1g	Calcium	36mg
Protein	33g	Iron	2mg

## DIRECTIONS

- 01 Place the onion, garlic, parsley, lemon juice, and oil in a food processor and pulse until well combined and finely chopped. Transfer to a large bowl and add the chicken. Season with salt and pepper. Cover and marinate in the fridge for 30 minutes.
- 02 Heat a large dutch oven over medium-high heat. Once hot, add the chicken and marinade and cook until the chicken has browned on both sides, about six to seven minutes.
- 03 Add the rice to the dutch oven and toast for one minute, stirring frequently. Add the bell pepper, tomato, saffron, and chicken broth. Season with salt and pepper. Cover and reduce the heat to low. Cook for 13 to 15 minutes or until the rice and chicken are cooked through. Check on the rice towards the end of cooking to be sure enough liquid remains and add more if needed.
- 04 Divide evenly between plates and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is about 1 1/4 cups.

### NO SAFFRON

Use turmeric.

### MORE FLAVOR

Add sausage and cook with the chicken.

# Tahini, Quinoa & Roasted Veggie Bowl

2 SERVINGS 40 MINUTES



## INGREDIENTS

1/2 head Cauliflower (cut into florets)  
1/2 Carrot (chopped into 1 inch rounds)  
1/2 Beet (chopped into 1 inch pieces)  
1/2 Turnip (chopped into 1 inch pieces)  
1/2 Parsnip (chopped into 1 inch pieces)  
1 cup Chickpeas (cooked, drained and rinsed)  
1 1/2 cup Quinoa (uncooked)  
3/4 cup Water  
2 tbsps Tahini  
1 1/2 tbsps Extra Virgin Olive Oil  
1/2 Lemon (juiced)  
1/2 Garlic (clove, minced)  
1/8 tsp Sea Salt  
2 cups Kale Leaves

## NUTRITION

### AMOUNT PER SERVING

Calories	570	Cholesterol	0mg
Fat	24g	Sodium	281mg
Carbs	74g	Vitamin A	3604IU
Fiber	17g	Vitamin C	110mg
Sugar	13g	Calcium	253mg
Protein	21g	Iron	7mg

## DIRECTIONS

- 01 Preheat the oven to 420°F (215°C).
- 02 Place cauliflower florets, carrots, beet, turnip and parsnip in a large mixing bowl (toss beets separately if you want to keep the lighter veggies clean). Season with sea salt and pepper and drizzle with a splash of extra virgin olive oil. Toss well. Line a large baking sheet with parchment paper and spread vegetables evenly across. Bake in oven for 30 minutes.
- 03 Meanwhile, place quinoa in a saucepan with the water. Place over high heat and bring to a boil. Cover with lid and let simmer for 12 to 15 minutes or until all water is absorbed. Remove from heat and fluff with a fork.
- 04 Create your dressing by combining tahini, extra virgin olive oil, lemon juice, minced garlic and sea salt together in a mason jar. Add 3 tbsp warm water. Shake well and set aside. (Note: Feel free to add extra water, 1 tbsp at a time, to reach desired dressing consistency.)
- 05 Place the kale in a bowl and massage with a bit of extra virgin olive oil. Season with sea salt. Place in frying pan over medium heat and saute just until wilted. Transfer into a bowl.
- 06 Pour your chickpeas into the same frying pan (which should still be lightly greased from the kale) and saute until slightly browned.
- 07 Assemble your Buddha bowl by placing quinoa in the bottom of a bowl and arranging roasted winter vegetables, sautéed kale and warm chickpeas on the top. Drizzle desired amount of dressing over the bowl. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days. For best results, refrigerate the ingredients separately.

# Pressure Cooker Cauliflower Soup

2 SERVINGS 25 MINUTES



## INGREDIENTS

1/4 Yellow Onion (medium, chopped)  
2 Garlic (cloves, minced)  
Sea Salt & Black Pepper (to taste)  
2 cups Vegetable Broth  
1 cup Cannellini Beans (drained, rinsed)  
1/2 cup Cashews (raw)  
1/2 head Cauliflower (small, chopped into florets)  
2 1/2 tbsps Nutritional Yeast  
4 grams Thyme Sprigs

## NUTRITION

### AMOUNT PER SERVING

Calories	410	Cholesterol	0mg
Fat	17g	Sodium	1076mg
Carbs	48g	Vitamin A	610IU
Fiber	13g	Vitamin C	76mg
Sugar	8g	Calcium	99mg
Protein	20g	Iron	7mg

## DIRECTIONS

- 01 Turn your pressure cooker to "sauté" and add a splash of broth or water. Once hot, add the onion and cook, stirring often for four to five minutes, until softened.
- 02 Add the garlic and season with salt and pepper and cook for one minute more. Turn "sauté" off. Add the broth, cannellini beans, cashews, cauliflower, nutritional yeast, and thyme. Stir to combine.
- 03 Put the lid on and set to "sealing". Press manual/pressure cooker and cook for seven minutes on high pressure. Once finished, let the pressure release naturally for five minutes, then do a quick release.
- 04 Carefully remove the lid and remove the thyme sprigs. Purée with an immersion blender or carefully transfer to a blender and blend until completely smooth and creamy. Divide into bowls, top with thyme and season with salt and pepper. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days.

### SERVING SIZE

One serving is equal to approximately two cups.

### MORE FLAVOR

Add bay leaves and rosemary to the pressure cooker.

### ADDITIONAL TOPPINGS

Squeeze lemon juice and/or add lemon zest on top.

# Tofu Broccoli Pasta

2 SERVINGS 15 MINUTES



## INGREDIENTS

1 1/2 cups Whole Wheat Penne (dry)  
2 cups Broccoli (chopped into florets)  
1/2 cup Water (reserved from cooking pasta)  
2 tbsps Tamari  
1/2 tsp Garlic Powder  
2 tbsps Extra Virgin Olive Oil (divided)  
170 grams Tofu (extra-firm, pressed, cubed)  
1 tbsp Nutritional Yeast  
1/2 tsp Herbes de Provence

## NUTRITION

### AMOUNT PER SERVING

Calories	475	Cholesterol	0mg
Fat	19g	Sodium	1053mg
Carbs	57g	Vitamin A	567IU
Fiber	11g	Vitamin C	81mg
Sugar	5g	Calcium	295mg
Protein	22g	Iron	5mg

## DIRECTIONS

- 01 Cook the pasta according to the package directions, adding the broccoli to the last two minutes of cooking. Reserve pasta water and drain.
- 02 In a small bowl, mix the tamari and the garlic powder to combine.
- 03 Meanwhile, heat half of the oil in a large pan over medium heat. Add the tofu and the tamari mixture. Cook, stirring, until the tofu has browned on all sides, about five to seven minutes. Remove from the heat.
- 04 Add the cooked pasta and broccoli to the pan along with the remaining oil, nutritional yeast, and Herbes de Provence. Stir to combine then stir in the reserved pasta water one tablespoon at a time until your desired consistency is reached.
- 05 Divide evenly between bowls and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### SERVING SIZE

One serving is equal to approximately two cups.

### MORE FLAVOR

Add more vegetables like onions and bell peppers.

### ADDITIONAL TOPPINGS

Top with your favorite toasted nuts and/or seeds.

# Skillet Lasagna

2 SERVINGS 50 MINUTES



## INGREDIENTS

1/3 tsp Extra Virgin Olive Oil  
1/8 Yellow Onion (medium, diced)  
151 grams Lean Ground Beef  
1 1/2 tsps Italian Seasoning  
1 cup Marinara Sauce  
2 2/3 Lasagna Sheets (no boil)  
1 3/4 tbsps Ricotta Cheese

## NUTRITION

### AMOUNT PER SERVING

Calories	509	Cholesterol	87mg
Fat	22g	Sodium	356mg
Carbs	51g	Vitamin A	472IU
Fiber	4g	Vitamin C	12mg
Sugar	4g	Calcium	92mg
Protein	23g	Iron	4mg

## DIRECTIONS

- 01 Preheat the oven to 400°F (205°C). In an oven-safe pan, heat the oil over medium-high heat. Add the onion and sauté for five to six minutes or until translucent.
- 02 Add the beef, breaking it up as it cooks. Add the Italian seasoning and cook for about 10 minutes. Add the marinara sauce and bring to simmer.
- 03 Break the lasagna sheets in half and add them to the pan. Stir to ensure the sauce is covering the lasagna sheets. Add a splash of water if necessary.
- 04 Cover the pan with an oven-safe lid or aluminum foil. Bake the lasagna in the oven for 20 minutes or until the lasagna sheets are soft and cooked through.
- 05 Spoon the ricotta cheese on top and bake it for another five minutes uncovered. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is equal to approximately one cup.

### GLUTEN-FREE

Use gluten-free lasagna sheets instead.

### DAIRY-FREE

Use a dairy-free ricotta cheese instead.

### MORE FLAVOR

Add mushrooms, celery, and/or carrot.

### ADDITIONAL TOPPINGS

Fresh herbs like basil or parsley.

# Elk Enchilada Bowl

2 SERVINGS 35 MINUTES



## INGREDIENTS

1/2 cup Brown Rice (dry)  
113 grams Ground Elk  
1 tbsp Taco Seasoning  
3/4 cup Enchilada Sauce  
50 grams Cheddar Cheese (shredded)  
1 1/2 stalks Green Onion (chopped thinly)  
1/2 Avocado (medium, sliced)  
2 tbsps Cilantro (chopped, plus more for garnish)  
1/4 cup Plain Greek Yogurt (optional)

## NUTRITION

### AMOUNT PER SERVING

Calories	514	Cholesterol	66mg
Fat	24g	Sodium	1075mg
Carbs	50g	Vitamin A	1570IU
Fiber	6g	Vitamin C	9mg
Sugar	4g	Calcium	283mg
Protein	27g	Iron	4mg

## DIRECTIONS

- 01 Preheat the oven to 400°F (205°C). Grease a large oven proof skillet or pan.
- 02 Cook the rice according to package directions.
- 03 In a bowl, combine the ground meat and taco seasoning. Mix well using your hands. Roll into balls roughly the size of a golf ball and place in the prepared skillet. Bake for 20 minutes in the oven.
- 04 Remove from the oven and pour the enchilada sauce over the meatballs and top with cheese and green onions. Continue to bake for 10 to 15 minutes until bubbling hot.
- 05 Serve with rice, sliced avocado, cilantro, and yogurt if desired. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days. Slice the avocado just before serving. You can freeze the meatballs and sauce for up to three months.

### SERVING SIZE

One serving is approximately four meatballs, 1/2 cup of rice, and 1/4 avocado.

### MORE FLAVOR

Serve with tortillas in place of rice.

# Orzo with Sausage & Mushrooms

1 SERVING 25 MINUTES



## INGREDIENTS

- 1/3 cup Orzo (dry)
- 1 1/2 tsps Extra Virgin Olive Oil (divided)
- 71 grams Chicken Sausage (casing removed)
- 1 cup Shiitake Mushrooms (stem removed, sliced)
- 3 Cremini Mushrooms (large, sliced)
- 1/4 tsp Sea Salt
- 2 tbsps Parmigiano Reggiano (finely grated)
- 1 tsp Fresh Dill (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	501	Cholesterol	98mg
Fat	22g	Sodium	1422mg
Carbs	56g	Vitamin A	114IU
Fiber	5g	Vitamin C	2mg
Sugar	9g	Calcium	227mg
Protein	23g	Iron	6mg

## DIRECTIONS

- 01 Cook the orzo according to package directions. Let it sit in the pot, covered to keep warm.
- 02 Heat a large dutch oven over medium heat. Once warm, add 1/3 of the oil and then the sausage and cook, stirring often until cooked through, about eight minutes. Remove using a slotted spoon and set aside.
- 03 In the same dutch oven, over medium heat, add the mushrooms and cook until softened, about five to seven minutes. Season with salt.
- 04 Add the orzo to the dutch oven along with the cooked sausage. Mix to combine. Add the remaining oil, parmesan, and dill and gently toss. Divide evenly between plates. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to two days.

### SERVING SIZE

One serving is about 1 1/4 cups.

### MORE FLAVOR

Add chili flakes.

### GLUTEN-FREE

Use gluten-free pasta or rice.

### DAIRY-FREE

Use a dairy-free parmesan or nutritional yeast.