



## 30 Day Balanced 2000 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](mailto:brenda.peralta@exercisewithstyle.com)

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## MON



**BREAKFAST**  
Peanut Butter & Berry Toasted Wraps



**SNACK 1**  
Roasted Chickpeas



**LUNCH**  
Pinto Bean Quesadillas



**SNACK 2**  
Apple & Cheddar Quesadilla



**DINNER**  
Black Bean Quinoa Wraps

## TUE



**BREAKFAST**  
Peanut Butter & Berry Toasted Wraps



**SNACK 1**  
Roasted Chickpeas



**LUNCH**  
Black Bean Quinoa Wraps



**SNACK 2**  
Apple & Cheddar Quesadilla



**DINNER**  
Chicken, Broccoli & Mashed Potatoes

## WED



**BREAKFAST**  
Peanut Butter & Berry Toasted Wraps



**SNACK 1**  
Roasted Chickpeas



**LUNCH**  
Chicken, Broccoli & Mashed Potatoes



**SNACK 2**  
Apple & Cheddar Quesadilla



**DINNER**  
Air Fryer Falafel Salad

## THU



**BREAKFAST**  
Egg Salad Sandwich



**SNACK 1**  
Edamame Ricotta Toast



**LUNCH**  
Air Fryer Falafel Salad



**SNACK 2**  
Greek Yogurt with Almonds & Pear



**DINNER**  
Spicy Tofu & Cauliflower Soup

## FRI



**BREAKFAST**  
Egg Salad Sandwich



**SNACK 1**  
Edamame Ricotta Toast



**LUNCH**  
Spicy Tofu & Cauliflower Soup



**SNACK 2**  
Greek Yogurt with Almonds & Pear



**DINNER**  
Falafel Wrap

## SAT



**BREAKFAST**  
Banana Chocolate Protein Smoothie



**SNACK 1**  
Edamame Ricotta Toast



**LUNCH**  
Falafel Wrap



**SNACK 2**  
Greek Yogurt with Almonds & Pear



**DINNER**  
Red Curry Poached Cod

## SUN



**BREAKFAST**  
Banana Chocolate Protein Smoothie



**SNACK 1**  
Edamame Ricotta Toast



**LUNCH**  
Red Curry Poached Cod



**SNACK 2**  
Greek Yogurt with Almonds & Pear



**DINNER**  
One Pan Chicken Thighs, Fennel & Potatoes

## MON

FAT 34% CARBS 49% PROTEIN 17%

Calories 2064  
Fat 80g  
Carbs 261g  
Fiber 54g  
Sugar 39g  
Protein 87g  
Cholesterol 94mg  
Sodium 1537mg  
Vitamin A 4252IU  
Vitamin C 54mg  
Calcium 1522mg  
Iron 17mg

## TUE

FAT 35% CARBS 48% PROTEIN 17%

Calories 2166  
Fat 86g  
Carbs 269g  
Fiber 53g  
Sugar 41g  
Protein 95g  
Cholesterol 156mg  
Sodium 1166mg  
Vitamin A 4465IU  
Vitamin C 197mg  
Calcium 1049mg  
Iron 18mg

## WED

FAT 38% CARBS 45% PROTEIN 17%

Calories 2111  
Fat 90g  
Carbs 244g  
Fiber 46g  
Sugar 46g  
Protein 94g  
Cholesterol 166mg  
Sodium 729mg  
Vitamin A 2693IU  
Vitamin C 198mg  
Calcium 1118mg  
Iron 18mg

## THU

FAT 32% CARBS 48% PROTEIN 20%

Calories 1880  
Fat 68g  
Carbs 227g  
Fiber 46g  
Sugar 44g  
Protein 93g  
Cholesterol 411mg  
Sodium 4847mg  
Vitamin A 2731IU  
Vitamin C 192mg  
Calcium 1028mg  
Iron 24mg

## FRI

FAT 31% CARBS 50% PROTEIN 19%

Calories 1914  
Fat 66g  
Carbs 243g  
Fiber 38g  
Sugar 37g  
Protein 93g  
Cholesterol 406mg  
Sodium 5264mg  
Vitamin A 3113IU  
Vitamin C 186mg  
Calcium 908mg  
Iron 23mg

## SAT

FAT 33% CARBS 49% PROTEIN 18%

Calories 2014  
Fat 76g  
Carbs 258g  
Fiber 35g  
Sugar 59g  
Protein 92g  
Cholesterol 86mg  
Sodium 1617mg  
Vitamin A 6456IU  
Vitamin C 71mg  
Calcium 1195mg  
Iron 16mg

## SUN

FAT 31% CARBS 48% PROTEIN 21%

Calories 2029  
Fat 72g  
Carbs 251g  
Fiber 39g  
Sugar 64g  
Protein 109g  
Cholesterol 214mg  
Sodium 1279mg  
Vitamin A 6620IU  
Vitamin C 98mg  
Calcium 1160mg  
Iron 15mg



## FRUITS

- 1 1/2 Apple
- 1/2 Avocado
- 2 Banana
- 3/4 cup Blueberries
- 1 2/3 tbsps Lemon Juice
- 1 Lime
- 4 Pear
- 1 1/2 cups Raspberries

## BREAKFAST

- 1/3 cup All Natural Peanut Butter

## SEEDS, NUTS & SPICES

- 1/2 cup Almonds
- 1 1/2 tbsps Cajun Seasoning
- 2 tbsps Chia Seeds
- 3/4 tsp Chili Powder
- 1 tsp Cumin
- 1/2 tsp Garlic Powder
- 1/3 cup Hemp Seeds
- 3/4 tsp Paprika
- 1/4 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1/8 tsp Turmeric

## FROZEN

- 2 cups Frozen Broccoli
- 1 1/2 cups Frozen Edamame
- 156 grams Frozen Falafel

## VEGETABLES

- 1 cup Baby Spinach
- 1 head Cauliflower
- 2 tbsps Chives
- 1/4 cup Cilantro
- 1/2 Cucumber
- 1/2 bulb Fennel
- 1 1/2 Garlic
- 2 cups Green Beans
- 1 Leeks
- 2 tbsps Mint Leaves
- 5 cups Mixed Greens
- 2 tbsps Parsley
- 1 1/2 Red Potato
- 3 tbsps Sunflower Sprouts
- 1 Tomato
- 1/2 White Onion
- 1/4 Yellow Onion
- 3 Yellow Potato

## BOXED & CANNED

- 1/2 cup Basmati Rice
- 1 cup Black Beans
- 1 cup Canned Coconut Milk
- 4 2/3 cups Chickpeas
- 1/2 cup Corn
- 3/4 cup Diced Tomatoes
- 2 cups Lima Beans
- 1/2 cup Pinto Beans
- 1/3 cup Quinoa
- 2 tbsps Salsa
- 4 cups Vegetable Broth, Low Sodium

## BAKING

- 1/4 cup Chickpea Flour
- 2 tbsps Cocoa Powder
- 1/2 cup Oats
- 1/4 cup Pitted Dates

## BREAD, FISH, MEAT & CHEESE

- 128 grams Cheddar Cheese
- 142 grams Chicken Thighs
- 227 grams Chicken Thighs With Skin
- 1 Cod Fillet
- 8 Corn Tortilla
- 1/2 cup Ricotta Cheese
- 396 grams Sourdough Bread
- 3 Spelt Tortilla
- 200 grams Tofu
- 2 Whole Wheat Pita
- 2 Whole Wheat Tortilla

## CONDIMENTS & OILS

- 1/3 cup Extra Virgin Olive Oil
- 2 tbsps Mayonnaise
- 2 tbsps Thai Red Curry Paste

## COLD

- 4 Egg
- 3 cups Plain Greek Yogurt
- 1 tbsp Sour Cream
- 3/4 cup Tzatziki
- 2 cups Unsweetened Almond Milk

## OTHER

- 1/4 cup Water



# Peanut Butter & Berry Toasted Wraps

3 SERVINGS 10 MINUTES



## INGREDIENTS

1/3 cup All Natural Peanut Butter  
6 Corn Tortilla  
1 1/2 cups Raspberries  
1 tbsp Extra Virgin Olive Oil  
1 1/2 cups Plain Greek Yogurt  
3/4 cup Blueberries  
1 tbsp Hemp Seeds

## NUTRITION

### AMOUNT PER SERVING

Calories	535	Cholesterol	17mg
Fat	27g	Sodium	77mg
Carbs	54g	Vitamin A	666IU
Fiber	9g	Vitamin C	27mg
Sugar	13g	Calcium	485mg
Protein	22g	Iron	2mg

## DIRECTIONS

- 01 Assemble the wraps by dividing the peanut butter evenly down the middle of each tortilla. Divide the raspberries between each tortilla and mash with a fork.
- 02 Fold each side of the tortilla inward to close the wrap. Repeat with each tortilla.
- 03 Heat the oil in a pan over medium heat.
- 04 Working in batches as needed, place each tortilla folded side down in the pan and cook for two to three minutes. Gently flip and cook for one more minute.
- 05 Place the wraps onto a plate and top them with yogurt, blueberries, and hemp seeds. Enjoy!

## NOTES

### LEFTOVERS

Best enjoyed immediately.

### SERVING SIZE

One serving is two wraps.

### MAKE IT VEGAN

Use a plant-based yogurt alternative.

### MORE FLAVOR

Top with maple syrup or raw honey. Cook in coconut oil to sweeten the flavor profile.

### GLUTEN-FREE

Use a gluten-free tortilla instead.

### NO PEANUT BUTTER

Use another nut or seed butter.

# Egg Salad Sandwich

2 SERVINGS 15 MINUTES



## INGREDIENTS

4 Egg  
2 tbsps Mayonnaise  
1/8 tsp Turmeric (ground)  
Sea Salt & Black Pepper (to taste)  
198 grams Sourdough Bread (toasted)  
3 tbsps Sunflower Sprouts (optional)

## NUTRITION

### AMOUNT PER SERVING

Calories	489	Cholesterol	378mg
Fat	20g	Sodium	706mg
Carbs	49g	Vitamin A	549IU
Fiber	2g	Vitamin C	2mg
Sugar	0g	Calcium	57mg
Protein	22g	Iron	5mg

## DIRECTIONS

- 01 In a medium-sized pot add the eggs and cover with water. Bring to a boil, and then turn off the heat and remove from heat. Cover and let stand for 10 minutes.
- 02 Remove the eggs and let cool, then peel and add to a bowl. Add the mayonnaise, turmeric, salt, and pepper. Mash with a fork to desired consistency.
- 03 Add egg salad to a slice of sourdough and top with sprouts and then the other slice of sourdough. Slice and enjoy!

## NOTES

### LEFTOVERS

Refrigerate the egg salad for up to three days. Toast the bread fresh for best results.

### GLUTEN-FREE

Use a gluten free bread.

### MORE FLAVOR

Add a pinch of cayenne.

### ADDITIONAL TOPPINGS

Add chives or chopped red onion.

### NO SPROUTS

Omit or replace with lettuce.

### SOURDOUGH BREAD

One slice of sourdough bread is equal to approximately 1 3/4 oz or 50 grams.

# Banana Chocolate Protein Smoothie

2 SERVINGS 5 MINUTES



## INGREDIENTS

2 cups Unsweetened Almond Milk  
1/2 cup Plain Greek Yogurt  
2 tbsps Chia Seeds  
1/4 cup Hemp Seeds  
1/2 cup Oats  
2 tbsps Cocoa Powder  
2 Banana (frozen)  
1/4 cup Pitted Dates

## NUTRITION

### AMOUNT PER SERVING

Calories	487	Cholesterol	8mg
Fat	20g	Sodium	202mg
Carbs	68g	Vitamin A	891IU
Fiber	14g	Vitamin C	14mg
Sugar	28g	Calcium	697mg
Protein	20g	Iron	5mg

## DIRECTIONS

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

## NOTES

### PITTED DATES

One serving is equal to approximately two to three dates.

### GLUTEN-FREE

Use Gluten-Free oats.

### DAIRY-FREE

Use coconut yogurt instead.

### NUT-FREE

Use coconut or oat milk instead of almond milk.

### MORE FLAVOR

Add a pinch of cinnamon.

### MAKE IT VEGAN

Use a vegan yogurt.



# 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.

# Edamame Ricotta Toast

4 SERVINGS 10 MINUTES



## INGREDIENTS

1/2 cup Ricotta Cheese  
2 tsps Lemon Juice  
1 1/2 cups Frozen Edamame (thawed, divided)  
Sea Salt & Black Pepper (to taste)  
198 grams Sourdough Bread (toasted)

## NUTRITION

### AMOUNT PER SERVING

Calories	241	Cholesterol	15mg
Fat	6g	Sodium	276mg
Carbs	31g	Vitamin A	311IU
Fiber	4g	Vitamin C	6mg
Sugar	1g	Calcium	101mg
Protein	14g	Iron	3mg

## DIRECTIONS

- 01 Add ricotta, lemon juice, and 2/3 of the edamame to the bowl of a food processor. Process until smooth. Season with salt and pepper.
- 02 Spread the ricotta mixture onto the toast. Top with the remaining edamame. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate the edamame ricotta mixture in an airtight container for up to three days. Spread onto bread when ready to serve.

### SERVING SIZE

One serving is equal to one piece of toast.

### MORE FLAVOR

Add tomato and cucumber.

### ADDITIONAL TOPPINGS

Add fresh herbs such as dill or parsley.

### GLUTEN-FREE

Use gluten-free bread instead.

### SOURDOUGH BREAD

One slice of sourdough bread is equal to approximately 1 3/4 oz or 50 grams.

# Pinto Bean Quesadillas

1 SERVING 15 MINUTES



## INGREDIENTS

1/2 cup Pinto Beans (cooked)  
2 tbsps Salsa (drained of excess liquid)  
2 Corn Tortilla (small)  
43 grams Cheddar Cheese (shredded)  
1 tbsp Sour Cream

## NUTRITION

### AMOUNT PER SERVING

Calories	467	Cholesterol	49mg
Fat	18g	Sodium	513mg
Carbs	55g	Vitamin A	732IU
Fiber	10g	Vitamin C	1mg
Sugar	2g	Calcium	563mg
Protein	20g	Iron	3mg

## DIRECTIONS

- 01 Preheat a cast-iron pan over medium heat.
- 02 Mix the beans with the salsa. Divide the beans evenly between the tortillas being sure to cover half of each tortilla. Sprinkle the cheese over the beans. Fold the tortillas in half and gently transfer them to the pan.
- 03 Heat the quesadillas for three to five minutes on each side until the tortillas are lightly browned and the cheese has melted.
- 04 Cut the quesadillas in half, if desired, and top with sour cream. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for three days. Store the sour cream separately and add when ready to serve.

### SERVING SIZE

One serving is two quesadillas.

### MAKE IT VEGAN

Omit the cheese and sour cream or use vegan versions.

### MORE FLAVOR

Add chopped jalapeños and/or cilantro.

### ADDITIONAL TOPPINGS

Salsa, guacamole and/or chopped green onions.

# 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 TOPPING

Sour cream, plain greek yogurt, or salsa.

### NO SPELT TORTILLA

Use a whole wheat or brown rice tortilla instead.



# Greek Yogurt with Almonds & Pear

4 SERVINGS 5 MINUTES



## INGREDIENTS

1 cup Plain Greek Yogurt  
1/2 cup Almonds  
4 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.

# 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.

# 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.



# Air Fryer Falafel Salad

2 SERVINGS 30 MINUTES



## INGREDIENTS

1 2/3 cups Chickpeas (cooked)  
1/4 Yellow Onion (chopped)  
1 1/2 Garlic (clove)  
2 tbsps Parsley  
2 tbsps Mint Leaves  
1/4 cup Chickpea Flour  
1/2 tsp Cumin  
1 tbsp Lemon Juice  
Sea Salt & Black Pepper (to taste)  
1 1/2 tbsps Extra Virgin Olive Oil (divided)  
4 cups Mixed Greens  
1/2 cup Tzatziki

## NUTRITION

### AMOUNT PER SERVING

Calories	447	Cholesterol	10mg
Fat	19g	Sodium	175mg
Carbs	51g	Vitamin A	637IU
Fiber	13g	Vitamin C	21mg
Sugar	11g	Calcium	256mg
Protein	19g	Iron	6mg

## DIRECTIONS

- 01 Preheat the air fryer to 375°F (190°C).
- 02 Add the chickpeas, onion, garlic, parsley, mint, flour, cumin, lemon juice, salt, pepper, and half of the oil to a food processor. Blend until a smooth consistency is achieved.
- 03 Form the batter into two to three-inch balls with your hands. Place into the air fryer and coat with the remaining oil.
- 04 Cook for 15 minutes, flipping halfway through, until crispy and cooked through.
- 05 Divide the mixed greens evenly between bowls. Top with falafels and tzatziki. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days. Freeze for up to three months.

### SERVING SIZE

One serving is equal to two cups of salad with three to four falafels and 1/4 cup of tzatziki.

### MORE FLAVOR

Add cilantro and red pepper flakes.

# Spicy Tofu & Cauliflower Soup

2 SERVINGS 25 MINUTES



## INGREDIENTS

1 tbsp Extra Virgin Olive Oil  
1 Leeks (small, trimmed, sliced)  
1 head Cauliflower (medium, roughly chopped)  
1 1/2 tbsps Cajun Seasoning  
4 cups Vegetable Broth, Low Sodium  
200 grams Tofu (soft, cut into chunks)  
2 cups Lima Beans (cooked)  
1/4 cup Cilantro (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	453	Cholesterol	0mg
Fat	13g	Sodium	3653m..
Carbs	62g	Vitamin A	877IU
Fiber	19g	Vitamin C	152mg
Sugar	12g	Calcium	425mg
Protein	28g	Iron	9mg

## DIRECTIONS

- 01 Heat the oil in a large saucepan over medium heat. Add the leeks and the cauliflower and cook, stirring, for five to eight minutes or until softened.
- 02 Stir in the seasoning and the broth, then add the tofu and lima beans.
- 03 Bring to a boil, reduce heat, and simmer on low until it thickens for about 10 minutes.
- 04 Remove from heat. Add the cilantro and blend the soup with an immersion blender until smooth. Serve and enjoy!

## NOTES

### LEFTOVERS

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

### SERVING SIZE

One serving is equal to two cups.

### MORE FLAVORS

Top with cheese and/or avocado slices and serve with tortilla chips.

### NO LIMA BEANS

Use any cooked white bean.

# Falafel Wrap

2 SERVINGS 20 MINUTES



## INGREDIENTS

156 grams Frozen Falafel  
2 Whole Wheat Pita  
1/4 cup Tzatziki  
1 Tomato (medium, sliced)  
1/2 Cucumber (small, sliced)  
1 cup Mixed Greens

## NUTRITION

### AMOUNT PER SERVING

Calories	481	Cholesterol	5mg
Fat	17g	Sodium	592mg
Carbs	67g	Vitamin A	1019IU
Fiber	5g	Vitamin C	15mg
Sugar	4g	Calcium	136mg
Protein	19g	Iron	5mg

## DIRECTIONS

- 01 Cook the falafel according to the package directions.
- 02 Top the pita with the cooked falafel, tzatziki, tomato, cucumber, and mixed greens. Roll up the pita and enjoy!

## NOTES

### LEFTOVERS

Best enjoyed immediately after assembling. Refrigerate ingredients separately in airtight containers for up to two days.

### SERVING SIZE

One serving is equal to one wrap.

### MORE FLAVOR

Add lemon juice.

### ADDITIONAL TOPPINGS

Add roasted vegetables.

### GLUTEN-FREE

Use a gluten-free pita.

### DAIRY-FREE

Use vegan tzatziki.



# 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.



# One Pan Chicken Thighs, Fennel & Potatoes

1 SERVING 35 MINUTES



## INGREDIENTS

142 grams Chicken Thighs (boneless)  
1 1/2 Red Potato (medium, chopped)  
1/2 bulb Fennel (sliced)  
1 1/2 tsps Extra Virgin Olive Oil  
1/2 tsp Garlic Powder  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	496	Cholesterol	133mg
Fat	13g	Sodium	254mg
Carbs	60g	Vitamin A	1183IU
Fiber	9g	Vitamin C	42mg
Sugar	9g	Calcium	101mg
Protein	36g	Iron	4mg

## DIRECTIONS

- 01 Preheat the oven to 400°F (205°C).
- 02 Place the chicken thighs, potatoes, and fennel on a baking sheet. Add the oil and season with garlic powder, salt, and pepper. Bake in the oven for 30 minutes, until browned. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is equal to approximately two chicken thighs, 3/4 cup of potatoes, and one cup of fennel.

### MORE FLAVOR

Add fresh lemon juice, dill, and yogurt.