



30 Day Balanced 2000 Calorie Meal Plan PDF (Week 4)

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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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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.

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MON



BREAKFAST
Toast with Nut Butter, Banana & Hemp Seeds



SNACK 1
Stacked Veggie Sandwich



LUNCH
Fiddlehead & Edamame Pesto Pasta



SNACK 2
Peanut Butter & Blueberry Toast



DINNER
Fajita Spiced Tofu & Rice

TUE



BREAKFAST
Toast with Nut Butter, Banana & Hemp Seeds



SNACK 1
Stacked Veggie Sandwich



LUNCH
Fajita Spiced Tofu & Rice



SNACK 2
Peanut Butter & Blueberry Toast



DINNER
Spicy Shrimp Sushi Bowls

WED



BREAKFAST
Toast with Nut Butter, Banana & Hemp Seeds



SNACK 1
Stacked Veggie Sandwich



LUNCH
Spicy Shrimp Sushi Bowls



SNACK 2
Peanut Butter & Blueberry Toast



DINNER
Kimchi & Tofu Rice Bowls

THU



BREAKFAST
Strawberry & Peanut Butter Smoothie



SNACK 1
Stone Fruit Salad with Cottage Cheese



LUNCH
Kimchi & Tofu Rice Bowls



SNACK 2
Hummus Kraut & Crackers



DINNER
Lentil Meatballs & Pasta

FRI



BREAKFAST
Strawberry & Peanut Butter Smoothie



SNACK 1
Stone Fruit Salad with Cottage Cheese



LUNCH
Lentil Meatballs & Pasta



SNACK 2
Hummus Kraut & Crackers



DINNER
Tofu Spinach Stir Fry

SAT



BREAKFAST
Bagel & Peanut Butter



SNACK 1
Stone Fruit Salad with Cottage Cheese



LUNCH
Tofu Spinach Stir Fry



SNACK 2
Hummus Kraut & Crackers



DINNER
Chicken, Broccoli & Mashed Potatoes

SUN



BREAKFAST
Bagel & Peanut Butter



SNACK 1
Stone Fruit Salad with Cottage Cheese



LUNCH
Chicken, Broccoli & Mashed Potatoes



SNACK 2
Hummus Kraut & Crackers



DINNER
Galinhada

MON

FAT 34% CARBS 49% PROTEIN 17%

Calories 2018
Fat 80g
Carbs 257g
Fiber 39g
Sugar 39g
Protein 86g

Cholesterol 0mg
Sodium 1978mg
Vitamin A 15150IU
Vitamin C 140mg
Calcium 963mg
Iron 17mg

TUE

FAT 35% CARBS 48% PROTEIN 17%

Calories 2107
Fat 84g
Carbs 261g
Fiber 38g
Sugar 39g
Protein 94g

Cholesterol 185mg
Sodium 1961mg
Vitamin A 15612IU
Vitamin C 114mg
Calcium 889mg
Iron 15mg

WED

FAT 36% CARBS 46% PROTEIN 18%

Calories 2035
Fat 84g
Carbs 240g
Fiber 38g
Sugar 40g
Protein 95g

Cholesterol 185mg
Sodium 2432mg
Vitamin A 11054IU
Vitamin C 31mg
Calcium 878mg
Iron 16mg

THU

FAT 33% CARBS 47% PROTEIN 20%

Calories 1693
Fat 66g
Carbs 215g
Fiber 44g
Sugar 69g
Protein 93g

Cholesterol 35mg
Sodium 2855mg
Vitamin A 3872IU
Vitamin C 168mg
Calcium 1337mg
Iron 24mg

FRI

FAT 31% CARBS 50% PROTEIN 19%

Calories 1739
Fat 65g
Carbs 233g
Fiber 44g
Sugar 68g
Protein 90g

Cholesterol 35mg
Sodium 2515mg
Vitamin A 9837IU
Vitamin C 256mg
Calcium 1280mg
Iron 22mg

SAT

FAT 33% CARBS 50% PROTEIN 17%

Calories 1930
Fat 74g
Carbs 252g
Fiber 31g
Sugar 49g
Protein 87g

Cholesterol 129mg
Sodium 2324mg
Vitamin A 8593IU
Vitamin C 279mg
Calcium 855mg
Iron 17mg

SUN

FAT 32% CARBS 48% PROTEIN 20%

Calories 1953
Fat 72g
Carbs 242g
Fiber 29g
Sugar 46g
Protein 102g

Cholesterol 259mg
Sodium 2096mg
Vitamin A 3700IU
Vitamin C 340mg
Calcium 557mg
Iron 15mg

FRUITS

- 1/2 Avocado
- 2 1/2 Banana
- 1 cup Blueberries
- 1 cup Cherries
- 1/3 tsp Lemon Juice
- 1 Mango
- 2 Nectarine

BREAKFAST

- 2/3 cup All Natural Peanut Butter
- 1/3 cup Almond Butter

SEEDS, NUTS & SPICES

- 3 1/4 tbsps Almonds
- 1/3 tsp Cinnamon
- 1 1/4 tps Ground Flax Seed
- 3 tbsps Hemp Seeds
- 1/2 tsp Paprika
- 1/16 tsp Saffron
- 1/3 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tbsp Taco Seasoning

FROZEN

- 2 cups Frozen Broccoli
- 1/2 cup Frozen Edamame
- 2 cups Frozen Strawberries

VEGETABLES

- 5 cups Baby Spinach
- 2 tbsps Basil Leaves
- 2 1/2 Carrot
- 2 3/4 Cucumber
- 114 grams Fiddleheads
- 1/3 Garlic
- 1/16 head Green Lettuce
- 1/3 Orange Bell Pepper
- 1/4 cup Parsley
- 3/4 cup Radishes
- 2 Red Bell Pepper
- 3 tbsps Red Onion
- 2 1/8 tbsps Shallot
- 1 1/8 Tomato
- 1/8 Yellow Onion
- 3 Yellow Potato

BOXED & CANNED

- 1 1/4 cups Brown Rice
- 1/2 cup Brown Rice Penne
- 1/2 cup Chicken Broth
- 113 grams Chickpea Pasta
- 3 1/4 tbsps Dry Green Lentils
- 1 3/4 cups Jasmine Rice
- 12 slices Light Rye Crisp Bread
- 1/3 cup Vegetable Broth

BAKING

- 1 1/2 tps Arrowroot Powder
- 1 2/3 tbsps Nutritional Yeast

BREAD, FISH, MEAT & CHEESE

- 2 Bagel
- 136 grams Chicken Thighs
- 227 grams Chicken Thighs With Skin
- 227 grams Shrimp
- 693 grams Tofu
- 15 slices Whole Grain Bread

CONDIMENTS & OILS

- 1 1/8 tps Apple Cider Vinegar
- 1/3 cup Extra Virgin Olive Oil
- 1 cup Kimchi
- 1 tbsp Mayonnaise
- 2 tbsps Pesto
- 1 1/2 tbsps Rice Vinegar
- 1 cup Sauerkraut
- 1/2 tsp Sriracha
- 2 tbsps Sunflower Seed Butter
- 3 2/3 tbsps Tamari
- 3/4 cup Tomato Sauce

COLD

- 2 cups Cottage Cheese
- 1 1/3 cups Hummus
- 1 cup Plain Greek Yogurt
- 1 1/2 cups Unsweetened Almond Milk

OTHER

- 2 1/4 tbsps Water

Toast with Nut Butter, Banana & Hemp Seeds

3 SERVINGS 5 MINUTES



INGREDIENTS

6 slices Whole Grain Bread (toasted)
1/3 cup Almond Butter
1 1/2 Banana (sliced)
3 tbsps Hemp Seeds
1/3 tsp Cinnamon

NUTRITION

AMOUNT PER SERVING

Calories	519	Cholesterol	0mg
Fat	26g	Sodium	318mg
Carbs	56g	Vitamin A	40IU
Fiber	11g	Vitamin C	5mg
Sugar	14g	Calcium	206mg
Protein	21g	Iron	4mg

DIRECTIONS

01 Spread the almond butter onto the toast and top with sliced banana, hemp seeds and cinnamon. Enjoy!

NOTES

NO HEMP SEEDS

Omit or use sunflower seeds or pumpkin seeds instead.

GLUTEN-FREE

Use a certified gluten-free bread.

NUT-FREE

Use sunflower seed butter instead.

Strawberry & Peanut Butter Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

1 1/2 cups Unsweetened Almond Milk
1 cup Plain Greek Yogurt
2 cups Frozen Strawberries
1 Banana (frozen)
1/4 cup All Natural Peanut Butter

NUTRITION

AMOUNT PER SERVING

Calories	435	Cholesterol	17mg
Fat	21g	Sodium	201mg
Carbs	48g	Vitamin A	1137IU
Fiber	9g	Vitamin C	104mg
Sugar	24g	Calcium	642mg
Protein	21g	Iron	3mg

DIRECTIONS

01 Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately.

DAIRY-FREE

Use dairy-free yogurt.

NUT-FREE

Use sunflower seed butter.

MORE PROTEIN

Add collagen or protein powder.

MORE FIBER

Add frozen cauliflower, ground flax, and/or chia seeds.

Bagel & Peanut Butter

2 SERVINGS 5 MINUTES



INGREDIENTS

2 Bagel
1/4 cup All Natural Peanut Butter

NUTRITION

AMOUNT PER SERVING

Calories	470	Cholesterol	0mg
Fat	18g	Sodium	449mg
Carbs	62g	Vitamin A	0IU
Fiber	3g	Vitamin C	0mg
Sugar	12g	Calcium	246mg
Protein	18g	Iron	4mg

DIRECTIONS

01 Toast the bagel and spread the peanut butter on it. Enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately. Otherwise, refrigerate in an airtight container and enjoy within two days.

ADDITIONAL TOPPINGS

Add sliced bananas and/or a drizzle of honey.

GLUTEN-FREE

Use a gluten-free bagel.

Stacked Veggie Sandwich

3 SERVINGS 5 MINUTES



INGREDIENTS

1/3 cup Hummus
6 slices Whole Grain Bread
1/16 head Green Lettuce (leaves separated)
3/4 Tomato (medium, sliced)
3/4 cup Radishes (trimmed, sliced)
3 tbsps Red Onion (sliced)
1 1/2 Carrot (small, shredded)

NUTRITION

AMOUNT PER SERVING

Calories	317	Cholesterol	0mg
Fat	9g	Sodium	490mg
Carbs	46g	Vitamin A	5575IU
Fiber	10g	Vitamin C	11mg
Sugar	8g	Calcium	120mg
Protein	14g	Iron	3mg

DIRECTIONS

01 Spread the hummus on the bread. Add the remaining sandwich toppings. Close the sandwich and enjoy!

NOTES

LEFTOVERS

Best enjoyed the same day but can be refrigerated in an airtight container for up to two days.

GLUTEN-FREE

Use gluten-free bread.

MORE FLAVOR

Season with salt and pepper to taste. Use flavored hummus or your favorite dressing instead.

ADDITIONAL TOPPINGS

Sliced bell peppers, green onions, fresh herbs, or sprouts.

Stone Fruit Salad with Cottage Cheese

4 SERVINGS 10 MINUTES



INGREDIENTS

2 cups Cottage Cheese
1 cup Cherries (pitted, halved)
1 Mango (peeled, chopped)
2 Nectarine (pit removed, chopped)
2 tbsps Basil Leaves (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	209	Cholesterol	18mg
Fat	5g	Sodium	332mg
Carbs	30g	Vitamin A	1386IU
Fiber	3g	Vitamin C	37mg
Sugar	25g	Calcium	108mg
Protein	14g	Iron	1mg

DIRECTIONS

01 Divide the cottage cheese onto plates and top with cherries, mango and nectarine. Garnish with fresh basil and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving equals approximately two cups.

NO FRESH FRUIT

Use frozen, thawed fruit instead.

MAKE IT VEGAN

Use coconut yogurt instead of cottage cheese.

ADDITIONAL TOPPINGS

Balsamic glaze, olive oil, sea salt, pepper, hemp seeds, and/or crushed nuts.

Fiddlehead & Edamame Pesto Pasta

1 SERVING 20 MINUTES



INGREDIENTS

- 1/2 cup Brown Rice Penne (uncooked)
- 114 grams Fiddleheads (trimmed and washed)
- 1/2 cup Frozen Edamame (shelled, thawed)
- 2 tbsps Pesto
- 1 1/8 tsps Apple Cider Vinegar (to taste)
- 1/16 tsp Sea Salt (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	475	Cholesterol	0mg
Fat	18g	Sodium	344mg
Carbs	59g	Vitamin A	4832IU
Fiber	8g	Vitamin C	35mg
Sugar	4g	Calcium	182mg
Protein	22g	Iron	4mg

DIRECTIONS

- 01 Cook the penne according to package instructions. Drain the pasta and set aside.
- 02 Meanwhile, ensure the fiddleheads are washed thoroughly, removing as much dirt and brown papery husk as possible. Add the fiddleheads to a large saucepan and cover with water. Bring to a boil then lower to a simmer for 15 minutes or until tender and cooked through. Drain and rinse the fiddleheads.
- 03 In a large bowl, combine the penne, fiddleheads, edamame, pesto, apple cider vinegar, and sea salt to taste. Divide into bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately two cups.

MORE FLAVOR

Add garlic. Use lemon juice instead of apple cider vinegar. Roast the fiddleheads until browned.

ADDITIONAL TOPPINGS

Add parmesan, capers, cherry tomatoes, or fresh herbs.

FOOD SAFETY

Fiddleheads must be cleaned thoroughly, and boiled or steamed for at least 15 minutes to reduce the potential for food-borne illness.

Peanut Butter & Blueberry Toast

3 SERVINGS 5 MINUTES



INGREDIENTS

3 tbsps All Natural Peanut Butter
3 slices Whole Grain Bread (toasted)
1 cup Blueberries

NUTRITION

AMOUNT PER SERVING

Calories	234	Cholesterol	0mg
Fat	10g	Sodium	161mg
Carbs	29g	Vitamin A	27IU
Fiber	5g	Vitamin C	5mg
Sugar	9g	Calcium	53mg
Protein	9g	Iron	1mg

DIRECTIONS

01 Spread the peanut butter onto the toast and top with blueberries. Enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately.

ADDITIONAL TOPPINGS

Add shredded coconut, hemp seeds, and or/chia seeds.

GLUTEN-FREE

Use gluten-free bread.

Hummus Kraut & Crackers

4 SERVINGS 5 MINUTES



INGREDIENTS

1 cup Hummus
1 cup Sauerkraut
12 slices Light Rye Crisp Bread
2 Cucumber (medium, sliced)

NUTRITION

AMOUNT PER SERVING

Calories	235	Cholesterol	0mg
Fat	11g	Sodium	605mg
Carbs	33g	Vitamin A	179IU
Fiber	11g	Vitamin C	9mg
Sugar	4g	Calcium	77mg
Protein	9g	Iron	4mg

DIRECTIONS

01 In a bowl, combine the hummus and sauerkraut. Spread onto the crisp bread and top with cucumber slices. Enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately. Refrigerate the hummus kraut in an airtight container for up to three days.

MORE FLAVOR

Season with black pepper to taste.

NO CUCUMBER

Use tomato slices or sprouts instead.

Fajita Spiced Tofu & Rice

2 SERVINGS 20 MINUTES



INGREDIENTS

3/4 cup Jasmine Rice
250 grams Tofu (extra-firm, pressed and crumbled into large pieces)
1 1/2 tbsps Extra Virgin Olive Oil (divided)
1 Red Bell Pepper (diced)
2 cups Baby Spinach (chopped)
1 tbsp Taco Seasoning
1 1/2 tsps Tamari

NUTRITION

AMOUNT PER SERVING

Calories	473	Cholesterol	0mg
Fat	17g	Sodium	665mg
Carbs	67g	Vitamin A	4676IU
Fiber	5g	Vitamin C	84mg
Sugar	4g	Calcium	402mg
Protein	20g	Iron	5mg

DIRECTIONS

- 01 Cook the rice according to the package directions.
- 02 Heat 2/3 of the oil in a non-stick pan over medium heat. Add the crumbled tofu and cook for eight to 10 minutes or until the tofu is browned. Transfer to a plate and set aside.
- 03 Add the remaining oil to the pan and cook the red bell pepper for three to five minutes or until just tender. Add the spinach and stir until wilted, then add the browned tofu back to the pan.
- 04 Add the taco seasoning and tamari to the pan and stir well.
- 05 To serve, divide the rice between plates and top with the tofu mixture. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is approximately one cup of the tofu and veggies.

MORE FLAVOR

Add lime juice, salsa, or hot sauce.

ADDITIONAL TOPPINGS

Avocado, cilantro, or green onion.

NO TAMARI

Use soy sauce or coconut aminos instead.

NO RED BELL PEPPER

Use a yellow or orange bell pepper instead.

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.

Kimchi & Tofu Rice Bowls

2 SERVINGS 35 MINUTES



INGREDIENTS

1/2 cup Brown Rice (uncooked)
243 grams Tofu (extra-firm, pressed and cubed)
1 1/2 tbsps Tamari (divided)
1 1/2 tbsps Rice Vinegar (divided)
1 1/2 tsps Arrowroot Powder
2 tbsps Sunflower Seed Butter
1 tbsp Water
1 cup Kimchi
1/4 Cucumber (thinly sliced)

NUTRITION

AMOUNT PER SERVING

Calories	401	Cholesterol	0mg
Fat	17g	Sodium	1136mg
Carbs	46g	Vitamin A	118IU
Fiber	5g	Vitamin C	1mg
Sugar	5g	Calcium	391mg
Protein	21g	Iron	6mg

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 While the oven preheats, cook the brown rice according to package directions and set aside when finished cooking.
- 03 Add the tofu cubes to a bowl and gently toss with 1/3 of the tamari and 1/3 of the rice vinegar. Then add the arrowroot powder and gently toss until the tofu cubes are well coated. Arrange the coated tofu cubes on the prepared baking sheet. Bake for 28 to 30 minutes, flipping halfway through.
- 04 Meanwhile, pour the remaining tamari, remaining rice vinegar, sunflower seed butter, and water into a mason jar and shake to combine.
- 05 Divide the rice, tofu, kimchi and cucumber into bowls. Drizzle with the sunflower seed butter sauce. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add sriracha or chili flakes to the dressing.

ADDITIONAL TOPPINGS

Sunflower seeds, sesame seeds, or cilantro.

NO SUNFLOWER SEED BUTTER

Use peanut butter or almond butter.

Lentil Meatballs & Pasta

2 SERVINGS 35 MINUTES



INGREDIENTS

3 1/4 tbsps Dry Green Lentils
1/3 cup Vegetable Broth
1/4 tsp Extra Virgin Olive Oil
2 1/8 tbsps Shallot (chopped)
1 1/4 tbsps Ground Flax Seed
1 1/4 tbsps Water
1 2/3 tbsps Nutritional Yeast
3 1/4 tbsps Almonds (chopped)
1/3 tsp Sea Salt
3 1/4 tbsps Parsley (divided, chopped)
113 grams Chickpea Pasta (shells)
3/4 cup Tomato Sauce

NUTRITION

AMOUNT PER SERVING

Calories	413	Cholesterol	0mg
Fat	12g	Sodium	581mg
Carbs	58g	Vitamin A	1052IU
Fiber	16g	Vitamin C	17mg
Sugar	11g	Calcium	119mg
Protein	28g	Iron	10mg

DIRECTIONS

- 01 Add the lentils and broth to a medium-sized saucepan or pot. Bring to a boil. Lower the heat to a simmer and cook for 15 to 20 minutes or until softened and cooked through. Drain any excess liquid and set aside.
- 02 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Heat a small skillet over medium heat and add the oil. Once hot, add the shallot and cook for four to five minutes or until softened. Remove from heat and set aside.
- 03 In a small bowl, add the ground flax seeds and water and let sit for a few minutes until thickened slightly.
- 04 In a food processor, add the lentils, shallot, flax seed mixture, nutritional yeast, almonds, salt, and half of the parsley. Pulse until combined and the dough starts to hold together.
- 05 Using slightly damp hands, roll the dough into golf-ball sized balls. Place on the baking sheet. Bake for 25 minutes, flipping halfway through.
- 06 While the lentil meatballs are in the oven, cook the pasta according to package directions. Drain and add the pasta back to the pot. Add the tomato sauce and mix. Divide evenly between plates and top with the lentil meatballs and remaining parsley. Enjoy!

NOTES

LEFTOVERS

For best results, store the meatballs and pasta separately. Refrigerate the meatballs for up to three days or freeze for up to two months. Refrigerate the pasta for up to three days.

SERVING SIZE

One serving is approximately three lentil meatballs balls with roughly one cup of pasta.

MORE FLAVOR

Add minced garlic to the shallot mixture. Add tomato paste and/or tamari for more flavor. Top the pasta with red pepper flakes.

Tofu Spinach Stir Fry

2 SERVINGS 30 MINUTES



INGREDIENTS

3/4 cup Jasmine Rice
200 grams Tofu (extra-firm, pressed and cubed)
1 1/2 tbsps Extra Virgin Olive Oil
1 1/2 tbsps Tamari (divided)
1 Red Bell Pepper (medium, chopped)
3 cups Baby Spinach
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	447	Cholesterol	0mg
Fat	16g	Sodium	796mg
Carbs	64g	Vitamin A	6083IU
Fiber	5g	Vitamin C	89mg
Sugar	4g	Calcium	334mg
Protein	18g	Iron	4mg

DIRECTIONS

- 01 Cook the rice according to package directions and set aside.
- 02 Heat a large nonstick skillet over medium heat and add the oil. Once hot, add the tofu and cook for four minutes per side, until crispy and browned. Add in half the tamari and stir to combine.
- 03 Remove the tofu and set aside. Leave the leftover oil in the skillet.
- 04 Add the bell pepper to the skillet and cook until lightly browned, about five minutes. Lower the heat and add the spinach. Cook until wilted.
- 05 Add the tofu back to the skillet. Add the remaining tamari and stir to combine. Season with salt and pepper to taste.
- 06 Divide the rice onto plates and top with the tofu mixture. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is about 3/4 cup cooked rice and about 3/4 cup tofu mixture.

MORE FLAVOR

Add minced garlic, sesame oil, or oyster sauce.

ADDITIONAL TOPPING

Top with green onions.

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.

Galinhada

1 SERVING 50 MINUTES



INGREDIENTS

- 1/8 Yellow Onion (roughly chopped)
- 1/3 Garlic (cloves)
- 1 1/16 tbsps Parsley (roughly chopped)
- 1/3 tsp Lemon Juice
- 1 3/4 tsps Extra Virgin Olive Oil
- 136 grams Chicken Thighs (boneless, skinless, cut into slices)
- Sea Salt & Black Pepper (to taste)
- 1/3 cup Jasmine Rice (dry)
- 1/3 Orange Bell Pepper (chopped)
- 1/3 Tomato (chopped)
- 1/16 tsp Saffron (threads)
- 1/2 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.