



7 Day Balanced 2300 Calorie Meal Plan PDF

BRENDA PERALTA, RDN, CDE

EXERCISE
with Style

7 Day Balanced 2300 Calorie Meal Plan PDF

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

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
Orange Creamsicle Overnight Oats



SNACK 1
1.5 Blueberry Cobbler Smoothie



LUNCH
Halibut & Couscous Bowl



SNACK 2
Granola, Yogurt & Berry Snack Box



DINNER
Grilled Tempeh & Squash with Rice

TUE



BREAKFAST
Orange Creamsicle Overnight Oats



SNACK 1
1.5 Blueberry Cobbler Smoothie



LUNCH
Grilled Tempeh & Squash with Rice



SNACK 2
Granola, Yogurt & Berry Snack Box



DINNER
Black Beans, Sweet Potato & Egg

WED



BREAKFAST
Orange Creamsicle Overnight Oats



SNACK 1
0.5 Blueberry Cobbler Smoothie



LUNCH
Black Beans, Sweet Potato & Egg



SNACK 2
Granola, Yogurt & Berry Snack Box



DINNER
Peanut Maple Tempeh Bowl

THU



BREAKFAST
Smoked Salmon Bagel Breakfast Box



SNACK 1
Pretzels & Brie



LUNCH
Peanut Maple Tempeh Bowl



SNACK 2
0.5 Mango Mint Smoothie



DINNER
Chickpea & Tofu Curry

FRI



BREAKFAST
Smoked Salmon Bagel Breakfast Box



SNACK 1
Pretzels & Brie



LUNCH
Chickpea & Tofu Curry



SNACK 2
0.5 Mango Mint Smoothie



DINNER
Pork & Thai Basil Stir Fry

SAT



BREAKFAST
Chocolate Almond Butter Smoothie Bowl



SNACK 1
Pretzels & Brie



LUNCH
Pork & Thai Basil Stir Fry



SNACK 2
Mango Mint Smoothie



DINNER
Chickpea, Tofu & Sweet Potato Quinoa Salad

SUN



BREAKFAST
Chocolate Almond Butter Smoothie Bowl



SNACK 1
Pretzels & Brie



LUNCH
Chickpea, Tofu & Sweet Potato Quinoa Salad



SNACK 2
Mango Mint Smoothie



DINNER
Steak, Plantain & Black Beans

MON

FAT 30% CARBS 45% PROTEIN 25%

Calories 2340
Fat 80g
Carbs 274g
Fiber 28g
Sugar 79g
Protein 151g
Cholesterol 172mg
Sodium 3854mg
Vitamin A 6725IU
Vitamin C 252mg
Calcium 1594mg
Iron 16mg

TUE

FAT 31% CARBS 46% PROTEIN 23%

Calories 2364
Fat 86g
Carbs 281g
Fiber 47g
Sugar 83g
Protein 140g
Cholesterol 452mg
Sodium 2068mg
Vitamin A 25579IU
Vitamin C 254mg
Calcium 1594mg
Iron 21mg

WED

FAT 33% CARBS 45% PROTEIN 22%

Calories 2308
Fat 87g
Carbs 269g
Fiber 48g
Sugar 78g
Protein 135g
Cholesterol 434mg
Sodium 1916mg
Vitamin A 29522IU
Vitamin C 216mg
Calcium 1402mg
Iron 20mg

THU

FAT 33% CARBS 47% PROTEIN 20%

Calories 2417
Fat 91g
Carbs 291g
Fiber 39g
Sugar 72g
Protein 126g
Cholesterol 114mg
Sodium 3525mg
Vitamin A 12359IU
Vitamin C 82mg
Calcium 1389mg
Iron 25mg

FRI

FAT 35% CARBS 45% PROTEIN 20%

Calories 2265
Fat 89g
Carbs 263g
Fiber 32g
Sugar 61g
Protein 114g
Cholesterol 191mg
Sodium 3591mg
Vitamin A 5282IU
Vitamin C 114mg
Calcium 1233mg
Iron 21mg

SAT

FAT 36% CARBS 44% PROTEIN 20%

Calories 2365
Fat 97g
Carbs 267g
Fiber 47g
Sugar 71g
Protein 125g
Cholesterol 124mg
Sodium 2405mg
Vitamin A 13455IU
Vitamin C 175mg
Calcium 2040mg
Iron 21mg

SUN

FAT 35% CARBS 44% PROTEIN 21%

Calories 2346
Fat 94g
Carbs 269g
Fiber 51g
Sugar 93g
Protein 127g
Cholesterol 135mg
Sodium 1449mg
Vitamin A 14405IU
Vitamin C 182mg
Calcium 2038mg
Iron 22mg

FRUITS

- 1 3/4 Avocado
- 2 Banana
- 2 cups Blueberries
- 1/2 Lemon
- 1/3 cup Lemon Juice
- 1 1/2 Lime
- 2 tsps Lime Juice
- 3 Navel Orange
- 1/2 Plantain
- 1/2 cup Raspberries
- 3 cups Strawberries

BREAKFAST

- 1 1/2 tbsps All Natural Peanut Butter
- 2 tbsps Almond Butter
- 1 1/4 cups Granola
- 2 1/8 tbsps Maple Syrup

SEEDS, NUTS & SPICES

- 2 tbsps Chia Seeds
- 2 tsps Cinnamon
- 1 tbsp Curry Powder
- 1 tbsp Greek Seasoning
- 1/3 cup Hemp Seeds
- 1 tbsp Raw Peanuts
- 1/4 tsp Sea Salt
- 0 Sea Salt & Black Pepper

FROZEN

- 1/2 cup Frozen Cauliflower
- 3 cups Frozen Mango
- 2 cups Frozen Vegetable Mix

VEGETABLES

- 2/3 Acorn Squash
- 5 1/16 cups Baby Spinach
- 3/4 cup Cilantro
- 3/4 Cucumber
- 1 tbsp Fresh Dill
- 4 3/4 Garlic
- 1/3 cup Mint Leaves
- 1 1/3 cups Mixed Greens
- 1 Red Hot Chili Pepper
- 2 tbsps Red Onion
- 1/3 cup Shallot
- 2 2/3 Sweet Potato
- 1/2 cup Thai Basil
- 1 Yellow Onion
- 1 Zucchini

BOXED & CANNED

- 1 3/4 cups Black Beans
- 1/2 cup Brown Rice
- 4 1/3 cups Chickpeas
- 2 cups Diced Tomatoes
- 1/2 cup Israeli Couscous
- 1 1/8 cups Jasmine Rice
- 170 grams Pretzels
- 1/2 cup Quinoa

BAKING

- 1/4 cup Cacao Powder
- 1/2 tsp Coconut Sugar
- 1 1/2 cups Oats
- 1 tbsp Orange Extract
- 1/4 cup Pitted Dates
- 2 tbsps Raw Honey
- 1 1/2 tsps Vanilla Extract

BREAD, FISH, MEAT & CHEESE

- 170 grams Brie Cheese
- 1/3 cup Cream Cheese, Regular
- 2 2/3 tbsps Feta Cheese
- 227 grams Gluten-Free Bagel
- 142 grams Halibut Fillet
- 227 grams Lean Ground Pork
- 226 grams Smoked Salmon
- 477 grams Tempeh
- 520 grams Tofu
- 113 grams Top Sirloin Steak

CONDIMENTS & OILS

- 2 1/16 tsps Apple Cider Vinegar
- 1 1/3 tbsps Avocado Oil
- 2 1/16 tsps Coconut Aminos
- 3 2/3 tbsps Extra Virgin Olive Oil
- 1 1/2 tsps Fish Sauce
- 1 1/3 tbsps Italian Dressing
- 1 tsp Oyster Sauce
- 2 1/16 tsps Rice Vinegar
- 1 3/4 tsps Sesame Oil
- 2 tbsps Soy Sauce
- 2 1/3 tbsps Tamari

COLD

- 2 cups Cottage Cheese
- 4 Egg
- 2 tbsps Orange Juice
- 3 3/4 cups Plain Coconut Milk
- 4 1/2 cups Plain Greek Yogurt
- 2 cups Unsweetened Almond Milk
- 3 cups Unsweetened Cashew Milk

OTHER

- 1/2 cup Chocolate Protein Powder
- 57 grams Collagen Powder
- 1/3 cup Vanilla Protein Powder
- 1/2 cup Water

Orange Creamsicle Overnight Oats

3 SERVINGS 8 HOURS



INGREDIENTS

1 cup Oats
3 cups Plain Greek Yogurt
1/3 cup Vanilla Protein Powder
1/3 cup Hemp Seeds
3 Navel Orange (peeled and chopped)
2 tbsps Raw Honey
1 1/2 tsps Vanilla Extract
1 tbsp Orange Extract (optional)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|--------|
| Calories | 551 | Cholesterol | 36mg |
| Fat | 17g | Sodium | 163mg |
| Carbs | 62g | Vitamin A | 1598IU |
| Fiber | 7g | Vitamin C | 98mg |
| Sugar | 29g | Calcium | 645mg |
| Protein | 43g | Iron | 4mg |

DIRECTIONS

01 Combine all ingredients in a bowl and mix well. Transfer to a sealable jar or container and refrigerate overnight or for at least eight hours. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving is equal to approximately 1 3/4 cups.

MAKE IT VEGAN

Use plant-based protein powder and dairy-free yogurt.

MORE FLAVOR

Use vanilla or orange yogurt.

Smoked Salmon Bagel Breakfast Box

2 SERVINGS 5 MINUTES



INGREDIENTS

1/3 cup Cream Cheese, Regular (plain)
227 grams Gluten-Free Bagel (sliced in half)
226 grams Smoked Salmon
2/3 Cucumber (medium, sliced)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|--------|
| Calories | 626 | Cholesterol | 71mg |
| Fat | 25g | Sodium | 1649mg |
| Carbs | 72g | Vitamin A | 204IU |
| Fiber | 1g | Vitamin C | 5mg |
| Sugar | 17g | Calcium | 204mg |
| Protein | 29g | Iron | 3mg |

DIRECTIONS

- 01 Spread the cream cheese evenly over the bagel slices. Add the smoked salmon and close the bagel.
- 02 Arrange the bagel and cucumber slices in a container. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

DAIRY-FREE

Use vegan cream cheese instead.

MORE FLAVOR

Toast the bagel before spreading the cream cheese. Add cherry tomatoes, pickles, fresh dill, capers, or minced red onion.

NO BAGEL

Use bread, crackers, waffles or toasted sweet potato slices instead.

GLUTEN-FREE BAGEL

One gluten-free bagel is roughly 4-ounces or 113-grams.

Chocolate Almond Butter Smoothie Bowl

2 SERVINGS 5 MINUTES



INGREDIENTS

2 cups Unsweetened Almond Milk
1/2 cup Chocolate Protein Powder
1/2 cup Frozen Cauliflower
1 Zucchini (chopped, frozen)
2 Banana (divided)
2 tbsps Almond Butter
1/4 cup Cacao Powder
2 tbsps Chia Seeds
1/2 cup Raspberries
1/4 cup Granola (for topping, optional)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 558 | Cholesterol | 4mg |
| Fat | 24g | Sodium | 225mg |
| Carbs | 59g | Vitamin A | 788IU |
| Fiber | 20g | Vitamin C | 50mg |
| Sugar | 22g | Calcium | 764mg |
| Protein | 33g | Iron | 6mg |

DIRECTIONS

- 01 Add almond milk, protein powder, cauliflower, zucchini, half the banana, almond butter, cacao powder and chia seeds into a high-speed blender and blend until smooth.
- 02 Pour into a bowl and top with remaining banana, raspberries and granola, if using. Serve and enjoy!

NOTES

NUT-FREE

Use sunflower seed butter instead of almond butter and coconut milk or hemp seed milk instead of almond milk.

MORE FLAVOR

Add cinnamon to your smoothie base.

PROTEIN POWDER

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

NO SMOOTHIE BOWL

Drink as a regular smoothie instead.

SMOOTHIE CONSISTENCY

For a creamier texture, use a frozen banana.

Blueberry Cobbler Smoothie

4 SERVINGS 5 MINUTES



INGREDIENTS

3 cups Unsweetened Cashew Milk
2 cups Blueberries (fresh or frozen)
1/2 cup Oats (quick or rolled)
2 cups Cottage Cheese
1/4 cup Pitted Dates
3 tbsps Lemon Juice
2 tsps Cinnamon

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 242 | Cholesterol | 18mg |
| Fat | 8g | Sodium | 396mg |
| Carbs | 31g | Vitamin A | 567IU |
| Fiber | 4g | Vitamin C | 12mg |
| Sugar | 16g | Calcium | 190mg |
| Protein | 14g | Iron | 1mg |

DIRECTIONS

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

NOTES

LEFTOVERS

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

PITTED DATES

One serving is equal to approximately one to two dates.

MAKE IT VEGAN

Use coconut yogurt instead of cottage cheese.

MORE FIBER

Add ground flax seed.

MORE PROTEIN

Add hemp seeds, chia seeds, or a scoop of protein powder.

NO CASHEW MILK

Use any milk of choice.

NO DATES

Sweeten with maple syrup, honey, stevia, or banana instead.

Pretzels & Brie

4 SERVINGS 5 MINUTES



INGREDIENTS

170 grams Brie Cheese

170 grams Pretzels

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 305 | Cholesterol | 43mg |
| Fat | 13g | Sodium | 795mg |
| Carbs | 34g | Vitamin A | 252IU |
| Fiber | 1g | Vitamin C | 1mg |
| Sugar | 1g | Calcium | 90mg |
| Protein | 13g | Iron | 2mg |

DIRECTIONS

01 Place all ingredients on a plate and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Top the brie with honey or jam.

Halibut & Couscous Bowl

1 SERVING 25 MINUTES



INGREDIENTS

1/2 cup Israeli Couscous (dry)
142 grams Halibut Fillet
1 tbsp Extra Virgin Olive Oil (divided)
1/2 Lemon (juiced, divided)
1 tbsp Greek Seasoning
2 2/3 tbsps Feta Cheese (crumbled)
1 tbsp Fresh Dill (chopped)
1/8 Cucumber (medium, chopped)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|---------|
| Calories | 583 | Cholesterol | 92mg |
| Fat | 21g | Sodium | 2303m.. |
| Carbs | 59g | Vitamin A | 284IU |
| Fiber | 3g | Vitamin C | 11mg |
| Sugar | 3g | Calcium | 142mg |
| Protein | 39g | Iron | 1mg |

DIRECTIONS

- 01 Cook the couscous according to the package directions.
- 02 In a bowl, combine the fish, half of the oil, half of the lemon juice, and Greek seasoning. Ensure the fish is well coated.
- 03 Heat the remaining oil in a frying pan over medium heat. Once hot, place the halibut in the pan and cook for three to five minutes per side (depending on the thickness).
- 04 Add the remaining lemon juice, feta cheese, and dill to the cooked couscous. Mix to combine.
- 05 Divide the couscous, halibut, and cucumbers evenly between bowls. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is roughly 1 1/3 cups with halibut.

GLUTEN-FREE

Use brown rice, quinoa, millet, or cauliflower rice instead.

DAIRY-FREE

Use dairy-free feta instead.

NO GREEK SEASONING

Use Italian seasoning or other spices.

Granola, Yogurt & Berry Snack Box

3 SERVINGS 5 MINUTES



INGREDIENTS

1 1/2 cups Plain Greek Yogurt
3 cups Strawberries (sliced)
1 cup Granola

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 335 | Cholesterol | 17mg |
| Fat | 13g | Sodium | 82mg |
| Carbs | 39g | Vitamin A | 650IU |
| Fiber | 7g | Vitamin C | 93mg |
| Sugar | 18g | Calcium | 304mg |
| Protein | 18g | Iron | 3mg |

DIRECTIONS

01 Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

NOTES

STORAGE

Refrigerate in an airtight container up to 3 days.

GLUTEN-FREE

Ensure a gluten-free granola is used.

DAIRY-FREE & VEGAN

Use a dairy-free yogurt.

Mango Mint Smoothie

3 SERVINGS 5 MINUTES



INGREDIENTS

3 3/4 cups Plain Coconut Milk (unsweetened from the carton)
3 cups Frozen Mango
3/4 Avocado
3 cups Baby Spinach
1/3 cup Mint Leaves (stems removed)
1 1/2 Lime (juiced)
57 grams Collagen Powder

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|--------|
| Calories | 356 | Cholesterol | 0mg |
| Fat | 14g | Sodium | 112mg |
| Carbs | 41g | Vitamin A | 5443IU |
| Fiber | 7g | Vitamin C | 81mg |
| Sugar | 32g | Calcium | 639mg |
| Protein | 20g | Iron | 2mg |

DIRECTIONS

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

NOTES

LEFTOVERS

Best enjoyed immediately.

MORE FLAVOR

Add a pitted date before blending.

MAKE IT VEGAN

Omit collagen powder and use plant-based protein powder.

Grilled Tempeh & Squash with Rice

2 SERVINGS 50 MINUTES



INGREDIENTS

1/2 cup Brown Rice (dry)
1 1/3 tsps Sesame Oil
1 1/3 tsps Tamari
2 tsps Maple Syrup
2 tsps Apple Cider Vinegar
2/3 Acorn Squash (small, peeled, seeds removed, sliced)
227 grams Tempeh (sliced)
2 cups Baby Spinach
2 2/3 tsps Lemon Juice (to taste)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|--------|
| Calories | 508 | Cholesterol | 0mg |
| Fat | 17g | Sodium | 712mg |
| Carbs | 67g | Vitamin A | 3342IU |
| Fiber | 5g | Vitamin C | 32mg |
| Sugar | 5g | Calcium | 218mg |
| Protein | 30g | Iron | 6mg |

DIRECTIONS

- 01 Cook the brown rice according to package directions and set aside.
- 02 In a baking dish, combine the sesame oil, tamari, maple syrup, and apple cider vinegar. Add the acorn squash and tempeh, brushing all sides with the marinade. Let sit for five to ten minutes.
- 03 Grill the acorn squash over medium heat for 10 minutes on one side, and six to eight minutes on the other side, or until fork tender. Grill the tempeh for eight minutes, flipping halfway. Brush on any leftover marinade as needed.
- 04 Divide the brown rice, spinach, acorn squash, and tempeh between plates. Drizzle lemon juice and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

MORE FLAVOR

Add salt, pepper, or minced garlic to the marinade. Use your favorite dressing instead of lemon juice.

ADDITIONAL TOPPINGS

Add pickled veggies, sliced green onion, red pepper flakes, or fresh parsley.

Black Beans, Sweet Potato & Egg

2 SERVINGS 35 MINUTES



INGREDIENTS

2 Sweet Potato (medium, cubed)
1 tsp Avocado Oil
1/4 tsp Sea Salt (divided)
4 Egg (whisked)
1 1/2 cups Black Beans (cooked)
1 Avocado (sliced)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|---------|
| Calories | 607 | Cholesterol | 372mg |
| Fat | 27g | Sodium | 517mg |
| Carbs | 66g | Vitamin A | 19138IU |
| Fiber | 22g | Vitamin C | 13mg |
| Sugar | 7g | Calcium | 142mg |
| Protein | 28g | Iron | 6mg |

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Season the sweet potato with avocado oil and half of the sea salt. Bake for 25 to 30 minutes or until cooked through.
- 02 Heat a skillet over medium heat. Add the eggs and scramble until cooked through. Season with the remaining sea salt.
- 03 Divide the sweet potato, scrambled egg and black beans between containers. Place in the fridge until ready to be enjoyed. Add the sliced avocado just before serving. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Cut up the avocado just before serving.

MAKE IT VEGAN

Omit the eggs, or use a tofu scramble.

NO AVOCADO OIL

Use extra virgin olive oil or coconut oil.

Peanut Maple Tempeh Bowl

2 SERVINGS 35 MINUTES



INGREDIENTS

1/2 cup Jasmine Rice (dry)
2 tbsps Soy Sauce
1 1/2 tbsps All Natural Peanut Butter
1 1/2 tbsps Maple Syrup
1/2 tsp Sesame Oil
1/2 tsp Lime Juice
1 tbsp Water
250 grams Tempeh (sliced)
1 tsp Extra Virgin Olive Oil
2 cups Frozen Vegetable Mix (cooked)
1 tbsp Raw Peanuts (chopped)
2 tbsps Cilantro (chopped)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|--------|
| Calories | 694 | Cholesterol | 0mg |
| Fat | 26g | Sodium | 956mg |
| Carbs | 86g | Vitamin A | 7852IU |
| Fiber | 10g | Vitamin C | 6mg |
| Sugar | 16g | Calcium | 216mg |
| Protein | 39g | Iron | 6mg |

DIRECTIONS

- 01 Cook the rice according to the directions on the package and set aside.
- 02 In a large bowl, whisk together the soy sauce, peanut butter, maple syrup, sesame oil, lime juice, and water. Add in tempeh and toss to coat. Marinate for fifteen minutes.
- 03 In a pan, heat the olive oil on medium heat. Add in the tempeh and cook for three minutes per side, until golden. Add in the remaining marinade and cook to warm through, about one to two minutes.
- 04 To serve, portion the rice into bowls. Top with the vegetable mix, tempeh, chopped peanuts, and cilantro. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving size is equal to approximately four slices of tempeh, one cup of vegetable mix, and 1/2 cup of rice.

GLUTEN-FREE

Substitute soy sauce for gluten-free tamari.

MORE FLAVOR

Add a squeeze of lime to the plate right before serving for a zesty twist.

PREP AHEAD

This tempeh can be marinated in the fridge overnight, however, the peanut butter sauce will thicken and solidify. Once the tempeh and marinade are reheated, it will thin back out.

Chickpea & Tofu Curry

2 SERVINGS 20 MINUTES



INGREDIENTS

1 tbsp Extra Virgin Olive Oil
1 Yellow Onion (medium, diced)
2 Garlic (cloves, chopped)
255 grams Tofu (firm, drained, cubed)
2 2/3 cups Chickpeas (from the can, drained and rinsed)
2 cups Diced Tomatoes (from the can, with the juices)
1/2 cup Water
1 tbsp Curry Powder
Sea Salt & Black Pepper (to taste)
1/2 cup Cilantro (chopped)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|--------|
| Calories | 614 | Cholesterol | 0mg |
| Fat | 20g | Sodium | 69mg |
| Carbs | 78g | Vitamin A | 1329IU |
| Fiber | 23g | Vitamin C | 29mg |
| Sugar | 22g | Calcium | 559mg |
| Protein | 35g | Iron | 13mg |

DIRECTIONS

- 01 In a large pot, heat the oil over medium-high heat. Add the onion and garlic and cook, stirring, until fragrant and translucent, about three minutes.
- 02 Add the tofu, chickpeas, tomatoes, water, and curry powder. Season with salt and pepper and stir to combine.
- 03 Bring to a boil, then reduce the heat and let simmer for 10 to 15 minutes. Stir in the cilantro. Divide evenly between bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately two cups.

Pork & Thai Basil Stir Fry

2 SERVINGS 25 MINUTES



INGREDIENTS

- 2/3 cup Jasmine Rice (dry)
- 2 1/4 tsps Avocado Oil
- 1/3 cup Shallot (peeled, thinly sliced)
- 1 Red Hot Chili Pepper (chopped)
- 2 Garlic (cloves, sliced)
- 227 grams Lean Ground Pork
- 1/2 tsp Coconut Sugar
- 1 1/2 tsps Fish Sauce
- 1 tbsp Tamari
- 1 tsp Oyster Sauce
- 1/2 cup Thai Basil (packed)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|----------|
| Calories | 542 | Cholesterol | 77mg |
| Fat | 24g | Sodium | 1022m... |
| Carbs | 58g | Vitamin A | 775IU |
| Fiber | 3g | Vitamin C | 38mg |
| Sugar | 5g | Calcium | 60mg |
| Protein | 27g | Iron | 2mg |

DIRECTIONS

- 01 Cook the rice according to package directions.
- 02 Heat a large skillet or wok to medium-high heat and add the oil. Once hot, add the shallot and chili pepper and cook for one to two minutes, until fragrant. Add the garlic and cook for one more minute.
- 03 Add the pork and break it up as it cooks. Let it cook undisturbed for about one to two minutes to get browned and crispy on one side. Flip and continue cooking, stirring until cooked through and crispy. Reduce the heat to medium.
- 04 Add the coconut sugar, fish sauce, tamari, and oyster sauce and stir to combine. Cook for one to two minutes, until reduced. Stir in the Thai basil and remove from heat.
- 05 Divide the rice and pork mixture evenly between plates. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

GLUTEN-FREE

Use a gluten-free oyster sauce.

ADDITIONAL TOPPINGS

Add mushrooms, or other veggies such as peas, asparagus, or bok choy. Top with a fried egg.

MAKE IT VEGAN

Use crumbled tofu, a vegan oyster sauce, and omit the fish sauce.

NO THAI BASIL

Use baby spinach or cilantro instead.

Chickpea, Tofu & Sweet Potato Quinoa Salad

2 SERVINGS 30 MINUTES



INGREDIENTS

1/2 cup Quinoa (dry)
265 grams Tofu (cut into triangles)
1 2/3 cups Chickpeas (cooked)
2/3 Sweet Potato (cubed)
2 tsps Coconut Aminos
1 1/3 tbsps Extra Virgin Olive Oil
2 tsps Rice Vinegar
1 1/3 cups Mixed Greens
1 1/3 tbsps Italian Dressing

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|--------|
| Calories | 604 | Cholesterol | 0mg |
| Fat | 22g | Sodium | 251mg |
| Carbs | 75g | Vitamin A | 6197IU |
| Fiber | 16g | Vitamin C | 5mg |
| Sugar | 11g | Calcium | 487mg |
| Protein | 32g | Iron | 9mg |

DIRECTIONS

- 01 Cook the quinoa according to package directions.
- 02 Preheat oven to 375°F (190°C). Line a baking sheet with parchment paper. Place the tofu, chickpeas and sweet potato on the baking sheet.
- 03 Mix together the coconut aminos, oil, and rice vinegar. Brush this marinade onto the tofu and pour the rest onto the sweet potato and chickpeas, mixing well with your hands. Bake for 20 minutes or until the tofu edges brown.
- 04 Divide the mixed greens evenly between bowls. Top with the quinoa, sweet potatoes, chickpeas, tofu, and Italian dressing. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for three days. Store the Italian dressing separately.

SERVING SIZE

One serving is 2/3 cup of mixed greens, 4.6 oz (130g) of tofu, 3/4 cup of chickpeas, and 1/3 of a sweet potato.

MORE FLAVOR

Add minced garlic, shallots, and rosemary to the marinade. Cook the quinoa in vegetable broth.

ADDITIONAL TOPPINGS

Hemp hearts, dried cranberries and/or goat cheese.

NO COCONUT AMINOS

Use soy sauce or tamari instead.

NO ITALIAN DRESSING

Use your favourite premade dressing or make your own.

Steak, Plantain & Black Beans

1 SERVING 45 MINUTES



INGREDIENTS

3/4 Garlic (clove, minced)
1 1/2 tsps Lime Juice (divided)
2 tbsps Orange Juice (divided)
3/4 tsp Avocado Oil (divided)
Sea Salt & Black Pepper (to taste)
113 grams Top Sirloin Steak
1/2 Plantain (peeled and diced)
2 tbsps Red Onion (thinly sliced)
1/4 cup Black Beans (cooked)
2 tbsps Cilantro (chopped)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|--------|
| Calories | 523 | Cholesterol | 88mg |
| Fat | 21g | Sodium | 66mg |
| Carbs | 60g | Vitamin A | 1725IU |
| Fiber | 7g | Vitamin C | 45mg |
| Sugar | 27g | Calcium | 58mg |
| Protein | 29g | Iron | 3mg |

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C).
- 02 In a small bowl, whisk together the garlic, half of the lime juice, half of the orange juice, and half of the oil. Season with salt and pepper. Add to a sealable container with the steak. Seal the container, shake it, and marinate for 15 to 20 minutes.
- 03 Add the marinated steak and plantain slices to a baking sheet. Season the plantains with salt to taste. Bake in the oven for 30 minutes or until the plantains are fork-tender and slightly crispy.
- 04 Meanwhile, warm the remaining oil in a pan over medium heat. Add the red onion and sauté for two minutes. Add the remaining lime juice and orange juice, and continue to cook, stirring frequently for 10 minutes or until the onions have completely softened.
- 05 Add the black beans to the onions. Season as needed. Continue to cook for two to three minutes.
- 06 Divide the steak, plantains, onions, and black beans evenly between plates and top with cilantro. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to one steak, 1/2 cup of plantains, and 1/3 cup of black bean and onion mixture.