



7 Day Balanced 2400 Calorie Meal Plan PDF

BRENDA PERALTA, RDN, CDE

EXERCISE
with Style

7 Day Balanced 2400 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
Smoked Salmon Bagel Breakfast Box



SNACK 1
Yogurt with Peaches & Granola



LUNCH
Tortellini, Artichoke & Chickpea Salad



SNACK 2
Ham & Cheese Pretzel Box



DINNER
Black Beans, Sweet Potato & Egg

TUE



BREAKFAST
Smoked Salmon Bagel Breakfast Box



SNACK 1
Yogurt with Peaches & Granola



LUNCH
Black Beans, Sweet Potato & Egg



SNACK 2
Ham & Cheese Pretzel Box



DINNER
Green Poutine

WED



BREAKFAST
Smoked Salmon Bagel Breakfast Box



SNACK 1
0.5 Yogurt with Peaches & Granola



LUNCH
Green Poutine



SNACK 2
Ham & Cheese Pretzel Box



DINNER
Shrimp Po' Boy

THU



BREAKFAST
Banana & Zucchini Protein Baked Oatmeal



SNACK 1
Stacked Veggie Sandwich



LUNCH
Shrimp Po' Boy



SNACK 2
Sardine & Cream Cheese Bagel



DINNER
Pan-Fried Trout with Herbed Rice

FRI



BREAKFAST
Banana & Zucchini Protein Baked Oatmeal



SNACK 1
Stacked Veggie Sandwich



LUNCH
Pan-Fried Trout with Herbed Rice



SNACK 2
1.5 Sardine & Cream Cheese Bagel



DINNER
Chickpea & Tofu Curry

SAT



BREAKFAST
Strawberry Tahini Smoothie



SNACK 1
Stacked Veggie Sandwich



LUNCH
Chickpea & Tofu Curry



SNACK 2
1.5 Sardine & Cream Cheese Bagel



DINNER
Grilled Peach & Pesto Flatbread

SUN



BREAKFAST
Strawberry Tahini Smoothie



SNACK 1
Stacked Veggie Sandwich



LUNCH
Grilled Peach & Pesto Flatbread



SNACK 2
Sardine & Cream Cheese Bagel



DINNER
Garlic Potato Naan Pizza

MON

FAT 34% CARBS 47% PROTEIN 19%

Calories 2394
Fat 93g
Carbs 286g
Fiber 47g
Sugar 66g
Protein 116g
Cholesterol 543mg
Sodium 3923mg
Vitamin A 21570IU
Vitamin C 54mg
Calcium 1171mg
Iron 18mg

TUE

FAT 34% CARBS 46% PROTEIN 20%

Calories 2460
Fat 96g
Carbs 290g
Fiber 51g
Sugar 66g
Protein 123g
Cholesterol 507mg
Sodium 3366mg
Vitamin A 29734IU
Vitamin C 112mg
Calcium 998mg
Iron 25mg

WED

FAT 35% CARBS 45% PROTEIN 20%

Calories 2391
Fat 94g
Carbs 276g
Fiber 29g
Sugar 51g
Protein 121g
Cholesterol 321mg
Sodium 4154mg
Vitamin A 16242IU
Vitamin C 103mg
Calcium 838mg
Iron 23mg

THU

FAT 31% CARBS 47% PROTEIN 22%

Calories 2384
Fat 81g
Carbs 282g
Fiber 26g
Sugar 41g
Protein 132g
Cholesterol 468mg
Sodium 3087mg
Vitamin A 13327IU
Vitamin C 61mg
Calcium 775mg
Iron 16mg

FRI

FAT 27% CARBS 50% PROTEIN 23%

Calories 2446
Fat 75g
Carbs 307g
Fiber 49g
Sugar 63g
Protein 141g
Cholesterol 301mg
Sodium 2082mg
Vitamin A 8479IU
Vitamin C 78mg
Calcium 1278mg
Iron 26mg

SAT

FAT 33% CARBS 47% PROTEIN 20%

Calories 2490
Fat 94g
Carbs 303g
Fiber 56g
Sugar 85g
Protein 125g
Cholesterol 128mg
Sodium 2820mg
Vitamin A 18122IU
Vitamin C 153mg
Calcium 1869mg
Iron 31mg

SUN

FAT 34% CARBS 48% PROTEIN 18%

Calories 2419
Fat 95g
Carbs 295g
Fiber 38g
Sugar 65g
Protein 109g
Cholesterol 160mg
Sodium 3305mg
Vitamin A 17539IU
Vitamin C 167mg
Calcium 1784mg
Iron 21mg

FRUITS

- 1 Avocado
- 3 Banana
- 1/2 Lemon
- 1 1/2 tsps Lemon Juice
- 5 Peach
- 1 1/2 Pear

BREAKFAST

- 3/4 cup Granola
- 1 tbsp Maple Syrup

SEEDS, NUTS & SPICES

- 1 tbsp Cajun Spice
- 1/4 cup Cashews
- 1 tbsp Curry Powder
- 1 1/2 tsps Dried Thyme
- 1/3 cup Hemp Seeds
- 1/2 tsp Paprika
- 1 tbsp Pumpkin Seeds
- 1/2 tsp Sea Salt
- 0 Sea Salt & Black Pepper

FROZEN

- 2 cups Frozen Strawberries

VEGETABLES

- 2 cups Asparagus
- 1 cup Baby Kale
- 2 tbsps Basil Leaves
- 1 cup Butternut Squash
- 2 Carrot
- 1/2 cup Cilantro
- 1 Cucumber
- 1/3 cup Fresh Dill
- 5 Garlic
- 1/8 head Green Lettuce
- 2 stalks Green Onion
- 2 cups Mushrooms
- 1/4 cup Parsley
- 1 cup Radishes
- 1/4 cup Red Onion
- 12 leaves Romaine
- 1 1/2 tsps Rosemary
- 2 1/2 tbsps Shallot
- 2 Sweet Potato
- 2 Tomato
- 1 1/4 Yellow Onion
- 3 Yellow Potato
- 1/2 Zucchini

BOXED & CANNED

- 3/4 cup Basmati Rice
- 1 1/2 cups Black Beans
- 1/2 cup Canned Coconut Milk
- 3 1/8 cups Chickpeas
- 2 cups Diced Tomatoes
- 85 grams Pretzels
- 138 grams Sardines
- 1/2 cup Vegetable Broth
- 1 1/2 cups Vegetable Broth, Low Sodium

BAKING

- 1 tbsp All Purpose Gluten-Free Flour

BREAD, FISH, MEAT & CHEESE

- 144 grams Cheddar Cheese
- 1 cup Cream Cheese, Regular
- 340 grams Gluten-Free Bagel
- 71 grams Mozzarella Ball
- 3 pieces Naan
- 57 grams Prosciutto
- 2 Rainbow Trout Fillet
- 227 grams Shrimp
- 85 grams Sliced Ham
- 339 grams Smoked Salmon
- 227 grams Sourdough Baguette
- 255 grams Tofu
- 8 slices Whole Grain Bread
- 2 1/2 Whole Wheat Bagel

CONDIMENTS & OILS

- 1/2 cup Artichoke Hearts
- 1 1/3 tbsps Avocado Oil
- 2 1/2 tbsps Capers
- 3 1/8 tbsps Extra Virgin Olive Oil
- 1/4 cup Mayonnaise
- 1/4 cup Pesto
- 2 tsps Tahini

COLD

- 2 tbsps Butter
- 85 grams Cheese Tortellini
- 5 Egg
- 1/2 cup Hummus
- 3 cups Oat Milk
- 1 1/2 cups Plain Greek Yogurt

OTHER

- 20 grams Collagen Powder
- 2 tsps Pickle Brine
- 1/2 cup Vanilla Protein Powder
- 1 cup Water

- 1 tsp Arrowroot Powder
- 3/4 tsp Baking Powder
- 1/2 cup Nutritional Yeast
- 1 cup Oats

Smoked Salmon Bagel Breakfast Box

3 SERVINGS 5 MINUTES



INGREDIENTS

1/2 cup Cream Cheese, Regular (plain)
340 grams Gluten-Free Bagel (sliced in half)
339 grams Smoked Salmon
1 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.

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.

Strawberry Tahini Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

3 cups Oat Milk
2 cups Frozen Strawberries
1 Banana (frozen)
20 grams Collagen Powder
1/3 cup Hemp Seeds
8 leaves Romaine (washed, torn)
2 tsps Tahini

NUTRITION

AMOUNT PER SERVING

Calories	558	Cholesterol	0mg
Fat	26g	Sodium	192mg
Carbs	65g	Vitamin A	9899IU
Fiber	13g	Vitamin C	101mg
Sugar	30g	Calcium	649mg
Protein	26g	Iron	6mg

DIRECTIONS

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

NOTES

NO COLLAGEN POWDER

Omit or use protein powder instead.

MAKE IT VEGAN

Omit the collagen powder.

NO OAT MILK

Use another dairy-free milk instead.

Yogurt with Peaches & Granola

3 SERVINGS 5 MINUTES



INGREDIENTS

1 1/2 cups Plain Greek Yogurt
3 Peach (pitted, chopped)
3/4 cup Granola

NUTRITION

AMOUNT PER SERVING

Calories	298	Cholesterol	17mg
Fat	10g	Sodium	78mg
Carbs	37g	Vitamin A	1120IU
Fiber	5g	Vitamin C	18mg
Sugar	22g	Calcium	282mg
Protein	17g	Iron	2mg

DIRECTIONS

01 Add the yogurt to a bowl and top with chopped peaches and granola. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving is equal to approximately one cup.

MAKE IT VEGAN

Use coconut yogurt instead of Greek yogurt.

MORE FLAVOR

Add a pinch of cinnamon.

ADDITIONAL TOPPINGS

Drizzle honey and/or almond butter on top.

Stacked Veggie Sandwich

4 SERVINGS 5 MINUTES



INGREDIENTS

- 1/2 cup Hummus
- 8 slices Whole Grain Bread
- 1/8 head Green Lettuce (leaves separated)
- 1 Tomato (medium, sliced)
- 1 cup Radishes (trimmed, sliced)
- 1/4 cup Red Onion (sliced)
- 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.

Tortellini, Artichoke & Chickpea Salad

1 SERVING 15 MINUTES



INGREDIENTS

85 grams Cheese Tortellini
1/2 cup Chickpeas (cooked)
1 cup Baby Kale
1 tbsp Pesto
1 1/2 tsps Lemon Juice
1/2 cup Artichoke Hearts (from the can,
drained)
1 tbsp Pumpkin Seeds (optional)

NUTRITION

AMOUNT PER SERVING

Calories	553	Cholesterol	36mg
Fat	19g	Sodium	850mg
Carbs	73g	Vitamin A	738IU
Fiber	15g	Vitamin C	14mg
Sugar	10g	Calcium	327mg
Protein	27g	Iron	5mg

DIRECTIONS

- 01 Cook the tortellini according to the directions on the package. Drain, rinse well, and set aside to cool.
- 02 Combine all the ingredients including the cooked and cooled tortellini in a serving bowl and mix to coat.
- 03 Divide evenly between bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for four days.

SERVING SIZE

One serving is about two cups.

MORE FLAVOR

Add crumbled feta, goat cheese, sun dried tomatoes and/or fresh herbs like chives, basil and parsley.

Ham & Cheese Pretzel Box

3 SERVINGS 5 MINUTES



INGREDIENTS

85 grams Pretzels
1 1/2 Pear (seeds removed, sliced)
84 grams Cheddar Cheese (cubed)
85 grams Sliced Ham

NUTRITION

AMOUNT PER SERVING

Calories	310	Cholesterol	47mg
Fat	12g	Sodium	829mg
Carbs	38g	Vitamin A	370IU
Fiber	4g	Vitamin C	4mg
Sugar	10g	Calcium	216mg
Protein	15g	Iron	2mg

DIRECTIONS

01 Arrange all of the ingredients in a container and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

GLUTEN-FREE

Use gluten-free pretzels and crackers.

DAIRY-FREE

Use vegan cheese, olives or hummus instead of cheddar cheese.

Sardine & Cream Cheese Bagel

5 SERVINGS 10 MINUTES



INGREDIENTS

1/3 cup Cream Cheese, Regular
2 1/2 Whole Wheat Bagel (lightly toasted)
138 grams Sardines (drained)
2 1/2 tbsps Shallot (thinly chopped)
2 1/2 tbsps Capers (drained, chopped)
2 1/2 tbsps Fresh Dill (chopped finely)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	270	Cholesterol	53mg
Fat	8g	Sodium	539mg
Carbs	34g	Vitamin A	57IU
Fiber	3g	Vitamin C	1mg
Sugar	5g	Calcium	133mg
Protein	15g	Iron	3mg

DIRECTIONS

01 Spread the cream cheese onto the bagel. Top with the sardines, shallots, capers, and dill. Season with salt and pepper, to taste. Enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately.

SERVING SIZE

One serving is equal to half a bagel.

NO SHALLOTS

Use chives, green onions, or pickled onions instead.

NO SARDINES

Use smoked salmon, smoked oysters, or mackerel instead.

GLUTEN-FREE

Use a gluten-free bagel

DAIRY-FREE

Use dairy-free cream cheese.

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.

Green Poutine

2 SERVINGS 45 MINUTES



INGREDIENTS

2 Yellow Potato (medium)
2 cups Asparagus
2 tbsps Extra Virgin Olive Oil (divided)
2 cups Mushrooms (sliced)
1/4 Yellow Onion (medium, diced)
1 Garlic (clove, minced)
1 1/2 tsps Dried Thyme
1/2 cup Vegetable Broth
1 tsp Arrowroot Powder
1 cup Butternut Squash (peeled and cubed)
1/2 cup Water
1/4 cup Cashews
1/2 cup Nutritional Yeast
1/2 Lemon (juiced)
1/2 tsp Paprika
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	619	Cholesterol	0mg
Fat	22g	Sodium	293mg
Carbs	77g	Vitamin A	8902IU
Fiber	19g	Vitamin C	72mg
Sugar	10g	Calcium	154mg
Protein	34g	Iron	12mg

DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 Slice the potatoes into french fry shapes then slice the woody ends off the asparagus. Cut the asparagus stalks in half, or into to a length similar to the fries.
- 03 Toss both the potatoes and asparagus together with half of the olive oil. Spread across the baking sheet and bake for 30 minutes, flipping at the halfway point.
- 04 Meanwhile, make the gravy by heating the remaining olive oil in a frying pan over medium heat. Add the mushrooms, onion, garlic and thyme and saute for about 10 minutes or until all liquid has released. Now transfer to your blender and add the broth and arrowroot powder. Blend until smooth and return to the pan, over medium heat, let it simmer and whisk periodically until thickened. Add extra broth if a thinner consistency is desired. Season to taste with salt and pepper. Rinse out the blender.
- 05 Now make the cheese sauce. Add the butternut squash and water to a small saucepan. Bring to a boil, cover and simmer for 10 minutes or until soft. Transfer the squash to your blender and add the cashews, nutritional yeast, lemon juice, and paprika. Blend until smooth. Season to taste with salt and pepper.
- 06 To serve, divide the fries and asparagus between plates. Top with gravy and cheese sauce. Enjoy!

Shrimp Po' Boy

2 SERVINGS 20 MINUTES



INGREDIENTS

1/4 cup Mayonnaise
2 tsps Pickle Brine
2 stalks Green Onion (finely chopped)
1 tbsp Cajun Spice (divided)
227 grams Shrimp (peeled, deveined, and tails off)
1 tbsp Avocado Oil
227 grams Sourdough Baguette (split horizontally)
1 Tomato (medium, sliced)
4 leaves Romaine

NUTRITION

AMOUNT PER SERVING

Calories	687	Cholesterol	194mg
Fat	30g	Sodium	1344mg
Carbs	70g	Vitamin A	6206IU
Fiber	2g	Vitamin C	13mg
Sugar	3g	Calcium	123mg
Protein	34g	Iron	5mg

DIRECTIONS

- 01 In a bowl, mix together the mayonnaise, brine, green onions, and 1/3 of the Cajun seasoning. Set aside.
- 02 In a mixing bowl, toss together the shrimp with the remaining Cajun seasoning until evenly coated.
- 03 Warm the oil in a large non-stick skillet over medium-high heat. Cook the shrimp until cooked through, about two to three minutes per side. Work in batches if needed for maximum crispiness.
- 04 Spread the mayonnaise evenly over each side of the baguette. Divide the tomato, romaine, and shrimp between the baguette(s). Close the sandwich and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately. Refrigerate the prepared ingredients, separate from the bread, in an airtight container for up to two days.

SERVING SIZE

One serving is equal to one sandwich.

MORE FLAVOR

Add mustard and roasted garlic to the mayonnaise. Add microgreens and cucumber slices. Add some flour to the Cajun seasoning that you toss the shrimp in for maximum crispiness.

ADDITIONAL TOPPINGS

Pickled onions or dill pickles.

GLUTEN-FREE

Use gluten-free baguette or bread.

Pan-Fried Trout with Herbed Rice

2 SERVINGS 30 MINUTES



INGREDIENTS

1 1/2 cups Vegetable Broth, Low Sodium
3/4 cup Basmati Rice (uncooked)
2 tbsps Butter (divided)
1/4 cup Parsley (chopped)
1/4 cup Fresh Dill (chopped)
Sea Salt & Black Pepper (to taste)
2 Rainbow Trout Fillet (patted dry)
1 tbsp All Purpose Gluten-Free Flour

NUTRITION

AMOUNT PER SERVING

Calories	589	Cholesterol	124mg
Fat	17g	Sodium	139mg
Carbs	66g	Vitamin A	1180IU
Fiber	3g	Vitamin C	17mg
Sugar	2g	Calcium	123mg
Protein	39g	Iron	2mg

DIRECTIONS

- 01 Add the broth and rice to a pot and bring to a boil. Lower the heat and simmer for 15 minutes. Remove from heat and stir in half the butter, parsley, dill, salt and pepper. Cover and let rest for 10 minutes.
- 02 Season the trout with salt and pepper, then coat in the flour, shaking off any excess.
- 03 Melt the remaining butter in a skillet over medium-high heat. Cook the trout for three to five minutes, flipping halfway, or until browned and cooked through.
- 04 Divide the herbed rice and trout onto plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals one trout fillet and just over a cup of herbed rice.

TROUT FILLETS

One fillet is equal to approximately 159 grams or 5.6 ounces in size.

DAIRY-FREE

Use vegan butter, olive oil, or coconut oil instead.

MORE FLAVOR

Add cilantro and saffron to the rice.

ADDITIONAL TOPPING

Add lemon juice and fresh herbs.

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.

Grilled Peach & Pesto Flatbread

2 SERVINGS 10 MINUTES



INGREDIENTS

2 Peach (pit removed and sliced)
1/2 tsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
2 pieces Naan
3 tbsps Pesto
71 grams Mozzarella Ball (torn into pieces)
57 grams Prosciutto (torn into slices)
2 tbsps Basil Leaves

NUTRITION

AMOUNT PER SERVING

Calories	596	Cholesterol	48mg
Fat	27g	Sodium	1260m...
Carbs	63g	Vitamin A	1233IU
Fiber	5g	Vitamin C	10mg
Sugar	17g	Calcium	341mg
Protein	27g	Iron	4mg

DIRECTIONS

- 01 Heat a grill over medium-high heat. Toss the peach slices with oil, salt, and pepper. Place the peach slices on the grill and cook for two to three minutes, until grill marks appear. Flip halfway.
- 02 Warm up the naan on the grill for about a minute. Spread the pesto over the naan evenly.
- 03 Arrange the grilled peaches, mozzarella, and prosciutto on top. Garnish with basil leaves and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately.

SERVING SIZE

One serving is equal to one naan.

MORE FLAVOR

Add artichoke hearts and/or olives.

GLUTEN-FREE

Use a cauliflower crust or brown rice tortilla instead of naan.

NAAN

One piece of naan is 3.2 oz or 90 grams.

Garlic Potato Naan Pizza

1 SERVING 30 MINUTES



INGREDIENTS

- 1 Yellow Potato (medium, peeled and cubed)
- 2 Garlic (cloves, peeled)
- 1 piece Naan
- 60 grams Cheddar Cheese (old, shredded)
- 1 1/2 tsps Rosemary (finely chopped)
- Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	678	Cholesterol	59mg
Fat	25g	Sodium	824mg
Carbs	87g	Vitamin A	775IU
Fiber	7g	Vitamin C	44mg
Sugar	5g	Calcium	541mg
Protein	27g	Iron	5mg

DIRECTIONS

- 01 With the rack in the middle of the oven, preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 02 Place the potatoes and garlic in a pot. Cover with cold water. Bring to a boil. Simmer for 15 minutes or until the potatoes are tender. Drain and spread out on a cutting board and let cool.
- 03 Once cooled to touch, coarsely chop the potatoes and the garlic cloves together.
- 04 Place the naan on the prepared baking sheet. Top with the cheese, potatoes, and rosemary.
- 05 Bake for eight to ten minutes or until golden and crisp. Cut into slices and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to one naan.

NAAN

One piece of naan is 3.2 oz or 90 grams.

MORE FLAVOR

Add your protein of choice.

ADDITIONAL TOPPINGS

Use thyme instead of rosemary. Top with sour cream, chives and/or fresh tomatoes.

GLUTEN-FREE

Use a brown rice tortilla instead of naan and adjust the baking time accordingly.