



7 Day Balanced 2500 Calorie Meal Plan PDF

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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
Banana & Zucchini Protein Baked Oatmeal



SNACK 1
Grilled Peanut Butter & Banana Sandwich



LUNCH
Chickpea, Tofu & Sweet Potato Quinoa Salad



SNACK 2
Brownie Batter Protein Balls



DINNER
Peanut Maple Tempeh Bowl

TUE



BREAKFAST
Banana & Zucchini Protein Baked Oatmeal



SNACK 1
Grilled Peanut Butter & Banana Sandwich



LUNCH
Peanut Maple Tempeh Bowl



SNACK 2
Brownie Batter Protein Balls



DINNER
Pan-Fried Trout with Herbed Rice

WED



BREAKFAST
Banana & Zucchini Protein Baked Oatmeal



SNACK 1
Grilled Peanut Butter & Banana Sandwich



LUNCH
Pan-Fried Trout with Herbed Rice



SNACK 2
Brownie Batter Protein Balls



DINNER
Kimchi, Egg & Rice Bowl

THU



BREAKFAST
Scrambled Eggs with Toasted Bagel & Peach



SNACK 1
Ham & Cheese Pretzel Box



LUNCH
Kimchi, Egg & Rice Bowl



SNACK 2
Peanut Butter & Banana Parfait



DINNER
Chickpea & Tofu Quinoa Bowl with Peanut Sauce

FRI



BREAKFAST
Scrambled Eggs with Toasted Bagel & Peach



SNACK 1
Ham & Cheese Pretzel Box



LUNCH
Chickpea & Tofu Quinoa Bowl with Peanut Sauce



SNACK 2
Peanut Butter & Banana Parfait



DINNER
Shrimp Po' Boy

SAT



BREAKFAST
Strawberry Tahini Smoothie



SNACK 1
0.5 Ham & Cheese Pretzel Box



LUNCH
Shrimp Po' Boy



SNACK 2
Peanut Butter & Banana Parfait



DINNER
Chickpea, Tofu & Broccoli Quinoa Bowl

SUN



BREAKFAST
Strawberry Tahini Smoothie



SNACK 1
0.5 Ham & Cheese Pretzel Box



LUNCH
Chickpea, Tofu & Broccoli Quinoa Bowl



SNACK 2
Peanut Butter & Banana Parfait



DINNER
Tofu & Edamame Noodles with Peanut Sauce

MON

FAT 33% CARBS 47% PROTEIN 20%

Calories 2569
Fat 96g
Carbs 313g
Fiber 50g
Sugar 79g
Protein 132g
Cholesterol 98mg
Sodium 2350mg
Vitamin A 14400IU
Vitamin C 35mg
Calcium 1132mg
Iron 24mg

TUE

FAT 32% CARBS 47% PROTEIN 21%

Calories 2554
Fat 91g
Carbs 304g
Fiber 37g
Sugar 70g
Protein 139g
Cholesterol 222mg
Sodium 2238mg
Vitamin A 9383IU
Vitamin C 47mg
Calcium 768mg
Iron 17mg

WED

FAT 30% CARBS 50% PROTEIN 20%

Calories 2487
Fat 84g
Carbs 307g
Fiber 32g
Sugar 58g
Protein 125g
Cholesterol 594mg
Sodium 1680mg
Vitamin A 4327IU
Vitamin C 45mg
Calcium 624mg
Iron 14mg

THU

FAT 33% CARBS 48% PROTEIN 19%

Calories 2503
Fat 94g
Carbs 304g
Fiber 33g
Sugar 65g
Protein 121g
Cholesterol 994mg
Sodium 2231mg
Vitamin A 5175IU
Vitamin C 33mg
Calcium 1356mg
Iron 23mg

FRI

FAT 36% CARBS 44% PROTEIN 20%

Calories 2563
Fat 105g
Carbs 285g
Fiber 30g
Sugar 64g
Protein 130g
Cholesterol 816mg
Sodium 3177mg
Vitamin A 8585IU
Vitamin C 42mg
Calcium 1407mg
Iron 25mg

SAT

FAT 36% CARBS 44% PROTEIN 20%

Calories 2552
Fat 106g
Carbs 290g
Fiber 44g
Sugar 71g
Protein 131g
Cholesterol 235mg
Sodium 2485mg
Vitamin A 18112IU
Vitamin C 256mg
Calcium 1817mg
Iron 26mg

SUN

FAT 34% CARBS 46% PROTEIN 20%

Calories 2498
Fat 97g
Carbs 301g
Fiber 50g
Sugar 78g
Protein 130g
Cholesterol 41mg
Sodium 1902mg
Vitamin A 16731IU
Vitamin C 249mg
Calcium 2061mg
Iron 25mg

FRUITS

- 7 1/2 Banana
- 1/2 tsp Lime Juice
- 2 Peach
- 1 1/2 Pear

BREAKFAST

- 1/2 cup All Natural Peanut Butter
- 1 cup Granola
- 3 tbsps Maple Syrup
- 2 2/3 tbsps Pumpkin Seed Butter

SEEDS, NUTS & SPICES

- 1 tbsp Cajun Spice
- 1/3 cup Hemp Seeds
- 1 tbsp Raw Peanuts
- 2/3 tsp Sea Salt
- 0 Sea Salt & Black Pepper

FROZEN

- 3 cups Frozen Broccoli
- 1/2 cup Frozen Edamame
- 2 cups Frozen Strawberries
- 2 cups Frozen Vegetable Mix

VEGETABLES

- 1/2 cup Bean Sprouts
- 2 tbsps Cilantro
- 8 Cremini Mushrooms
- 1/4 cup Fresh Dill
- 1/4 cup Grated Carrot
- 2 stalks Green Onion
- 1/2 cup Matchstick Carrots
- 2/3 cup Mixed Greens
- 1/4 cup Parsley
- 12 leaves Romaine
- 1/3 Sweet Potato
- 1 Tomato
- 3/4 Zucchini

BOXED & CANNED

- 1 3/4 cups Basmati Rice
- 1 cup Black Beans
- 3/4 cup Canned Coconut Milk
- 4 1/2 cups Chickpeas
- 1/2 cup Jasmine Rice
- 85 grams Pretzels
- 1 1/3 cups Quinoa
- 85 grams Udon Noodles
- 1 1/2 cups Vegetable Broth, Low Sodium

BAKING

- 1 tbsp All Purpose Gluten-Free Flour
- 3/4 tsp Arrowroot Powder
- 1 1/8 tps Baking Powder
- 1 1/2 tps Cacao Powder
- 1/4 cup Dark Chocolate Chips
- 1 1/2 cups Oats
- 2 2/3 tbsps Pitted Dates

BREAD, FISH, MEAT & CHEESE

- 2 Bagel
- 84 grams Cheddar Cheese
- 2 Rainbow Trout Fillet
- 227 grams Shrimp
- 85 grams Sliced Ham
- 227 grams Sourdough Baguette
- 250 grams Tempeh
- 843 grams Tofu
- 6 slices Whole Grain Bread

CONDIMENTS & OILS

- 1 1/4 tbsps Avocado Oil
- 2 1/3 tbsps Coconut Aminos
- 1 tbsp Coconut Oil
- 1/3 cup Extra Virgin Olive Oil
- 2 tpsps Italian Dressing
- 1/4 cup Kimchi
- 1/4 cup Mayonnaise
- 3 1/3 tbsps Peanut Sauce
- 2 tbsps Rice Vinegar
- 1 1/2 tpsps Sesame Oil
- 2 tbsps Soy Sauce
- 1 tbsp Sriracha
- 2 tpsps Tahini
- 3/4 tsp Tamari

COLD

- 2 tbsps Butter
- 11 1/2 Egg
- 3 cups Oat Milk
- 2 cups Plain Greek Yogurt

OTHER

- 1/4 cup Chocolate Protein Powder
- 20 grams Collagen Powder
- 2 tpsps Pickle Brine
- 3/4 cup Vanilla Protein Powder
- 1 tbsp Water

Banana & Zucchini Protein Baked Oatmeal

3 SERVINGS 1 HOUR 10 MINUTES



INGREDIENTS

3/4 Zucchini (medium, shredded)
1 1/2 cups Oats (rolled)
3/4 cup Vanilla Protein Powder
1 1/2 Egg
3/4 cup Canned Coconut Milk
1 1/2 tbsps Maple Syrup
1 1/8 tsps Baking Powder
1/3 tsp Sea Salt
3 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.

Scrambled Eggs with Toasted Bagel & Peach

2 SERVINGS 10 MINUTES



INGREDIENTS

2 tps Extra Virgin Olive Oil
6 Egg (whisked)
2 Bagel (sliced in half, toasted)
2 Peach (sliced)
Sea Salt & Black Pepper

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|--------|
| Calories | 590 | Cholesterol | 558mg |
| Fat | 21g | Sodium | 656mg |
| Carbs | 70g | Vitamin A | 1299IU |
| Fiber | 4g | Vitamin C | 10mg |
| Sugar | 22g | Calcium | 323mg |
| Protein | 31g | Iron | 7mg |

DIRECTIONS

- 01 Heat the oil in a pan over medium heat. Cook the eggs until scrambled and desired doneness.
- 02 Serve the eggs with the bagel and peach. Season with salt and pepper to taste. Enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately. Refrigerate in an airtight container for two days. Slice the peach and toast the bagel when ready to serve.

MORE FLAVOR

Add chives to the eggs. Add butter, peanut butter, and/or jam to the bagel.

GLUTEN-FREE

Use a gluten-free bagel.

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.

Grilled Peanut Butter & Banana Sandwich

3 SERVINGS 10 MINUTES



INGREDIENTS

6 slices Whole Grain Bread
3 tbsps All Natural Peanut Butter
1 1/2 Banana (sliced)
1 tbsp Coconut Oil

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 408 | Cholesterol | 0mg |
| Fat | 16g | Sodium | 318mg |
| Carbs | 53g | Vitamin A | 38IU |
| Fiber | 9g | Vitamin C | 5mg |
| Sugar | 14g | Calcium | 95mg |
| Protein | 15g | Iron | 2mg |

DIRECTIONS

- 01 Onto each slice of bread, spread on the peanut butter. Top one slice of bread with the banana. Top with remaining slice of bread.
- 02 In a pan, heat coconut oil on medium-high heat. Add in sandwich and cook for two to three minutes per side, or until golden brown.
- 03 Slice the sandwich in half, and enjoy!

NOTES

LEFTOVERS

This is best enjoyed immediately after making.

SERVING SIZE

One serving is equal to one sandwich.

GLUTEN-FREE

Substitute whole grain bread for gluten-free bread.

MORE FLAVOR

Add in a layer of chia jam for a classic peanut butter and jam twist.

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.

Chickpea, Tofu & Sweet Potato Quinoa Salad

1 SERVING 30 MINUTES



INGREDIENTS

3 1/2 tbsps Quinoa (dry)
132 grams Tofu (cut into triangles)
3/4 cup Chickpeas (cooked)
1/3 Sweet Potato (cubed)
1 tsp Coconut Aminos
2 tsps Extra Virgin Olive Oil
1 tsp Rice Vinegar
2/3 cup Mixed Greens
2 tsps 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.

Brownie Batter Protein Balls

3 SERVINGS 40 MINUTES



INGREDIENTS

2 2/3 tbsps Pitted Dates (packed)
1 cup Black Beans (cooked)
1/4 cup Chocolate Protein Powder
2 2/3 tbsps Pumpkin Seed Butter
1/4 tsp Sea Salt
1 1/2 tps Cacao Powder
1/4 cup Dark Chocolate Chips (optional)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 342 | Cholesterol | 1mg |
| Fat | 15g | Sodium | 250mg |
| Carbs | 33g | Vitamin A | 4IU |
| Fiber | 7g | Vitamin C | 0mg |
| Sugar | 15g | Calcium | 58mg |
| Protein | 16g | Iron | 4mg |

DIRECTIONS

- 01 Line a baking sheet with parchment paper.
- 02 Combine dates, black beans, chocolate protein powder, pumpkin seed butter, sea salt, and cacao powder in the bowl of your food processor. Process until smooth, scraping down the sides as necessary.
- 03 Roll the dough into 1-inch balls and place on the covered baking sheet. You should have about 3 balls per serving.
- 04 To make the optional chocolate drizzle: melt the chocolate chips in a double boiler and drizzle over balls.
- 05 Refrigerate at least 1 hour to set. Enjoy!

NOTES

SERVING SIZE

Nutrition information is calculated based on 3 balls per serving.

STORAGE

Store in an airtight container in the fridge up to 1 week, or in the freezer for up to 1 month.

NO PUMPKIN SEED BUTTER

Use tahini, sunflower butter, almond butter or peanut butter instead.

PREFERRED PROTEIN POWDER

This recipe was developed and tested using Genuine Health Vegan Fermented Protein Powder in Chocolate. For best results, use a plant-based protein powder.

Peanut Butter & Banana Parfait

4 SERVINGS 5 MINUTES



INGREDIENTS

2 cups Plain Greek Yogurt
1 cup Granola
2 Banana (halved lengthwise or chopped)
1/4 cup All Natural Peanut Butter

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 388 | Cholesterol | 17mg |
| Fat | 18g | Sodium | 81mg |
| Carbs | 40g | Vitamin A | 668IU |
| Fiber | 5g | Vitamin C | 13mg |
| Sugar | 18g | Calcium | 284mg |
| Protein | 19g | Iron | 2mg |

DIRECTIONS

01 Layer the yogurt, granola, banana, and peanut butter in a jar. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

DAIRY-FREE

Use coconut yogurt or oatmeal instead.

NUT-FREE

Use sunflower seed butter instead.

ADDITIONAL TOPPINGS

Add shredded coconut, maple syrup, honey, hemp seeds, chia seeds, or chocolate chips.

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.

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 TOPPINGS

Add lemon juice and fresh herbs.

Kimchi, Egg & Rice Bowl

2 SERVINGS 15 MINUTES



INGREDIENTS

1 cup Basmati Rice (uncooked)
1 1/3 tbsps Extra Virgin Olive Oil
8 Cremini Mushrooms (quartered)
4 Egg
1/2 cup Bean Sprouts
1/2 cup Matchstick Carrots
1/4 cup Kimchi
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|--------|
| Calories | 627 | Cholesterol | 372mg |
| Fat | 19g | Sodium | 398mg |
| Carbs | 89g | Vitamin A | 2796IU |
| Fiber | 5g | Vitamin C | 4mg |
| Sugar | 4g | Calcium | 72mg |
| Protein | 25g | Iron | 3mg |

DIRECTIONS

- 01 Cook rice according to package instructions.
- 02 Heat the oil in a pan. Add the mushrooms and cook until golden brown, about five minutes. Remove from pan.
- 03 Add the eggs to the pan and cook until the whites are set and the yolks are cooked to your liking. Remove from pan.
- 04 Divide the rice evenly between bowls. Top with mushrooms, bean sprouts, carrots, kimchi, and eggs. Season with salt and pepper and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

MORE FLAVOR

Cook the eggs in sesame oil. Serve with soy sauce.

Chickpea & Tofu Quinoa Bowl with Peanut Sauce

2 SERVINGS 30 MINUTES



INGREDIENTS

1/2 cup Quinoa (dry)
1 2/3 cups Chickpeas (cooked)
265 grams Tofu (cut into triangles)
2 tsps Coconut Aminos
1 1/3 tsps Extra Virgin Olive Oil
2 tsps Rice Vinegar
1 1/3 tsps Peanut Sauce

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 588 | Cholesterol | 0mg |
| Fat | 24g | Sodium | 267mg |
| Carbs | 67g | Vitamin A | 42IU |
| Fiber | 15g | Vitamin C | 2mg |
| Sugar | 11g | Calcium | 461mg |
| Protein | 31g | Iron | 9mg |

DIRECTIONS

- 01 Cook the quinoa according to package directions.
- 02 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper. Add the chickpeas and tofu to the baking sheet.
- 03 Mix the coconut aminos, oil, and rice vinegar and brush on the tofu. Pour the remaining marinade on the chickpeas and mix well with your hands. Bake for 20 minutes or until the edges of the tofu brown and the chickpeas are crispy.
- 04 Divide the quinoa evenly between bowls and top with the tofu and chickpeas. Serve with the peanut sauce. Enjoy!

NOTES

LEFTOVERS

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

SERVING SIZE

One serving is approximately 1/3 cup of quinoa, 4.6oz (130g) of tofu, and 3/4 cup of chickpeas.

MORE FLAVOR

Add minced garlic and shallot to the marinade. Cook the quinoa in vegetable broth.

ADDITIONAL TOPPINGS

Microgreens, chopped basil, chopped mint, and/or sunflower seeds.

NO COCONUT AMINOS

Use tamari or soy sauce instead.

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.

Chickpea, Tofu & Broccoli Quinoa Bowl

2 SERVINGS 30 MINUTES



INGREDIENTS

2/3 cup Quinoa (dry)
3 cups Frozen Broccoli
2 cups Chickpeas (cooked)
340 grams Tofu (cut into triangles)
1 1/3 tbsps Coconut Aminos (divided)
1 tbsp Extra Virgin Olive Oil
1 tbsp Rice Vinegar
1 tbsp Sriracha
1 tsp Sesame Oil

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|--------|
| Calories | 764 | Cholesterol | 0mg |
| Fat | 26g | Sodium | 453mg |
| Carbs | 96g | Vitamin A | 1154IU |
| Fiber | 22g | Vitamin C | 127mg |
| Sugar | 15g | Calcium | 653mg |
| Protein | 44g | Iron | 12mg |

DIRECTIONS

- 01 Cook the quinoa according to package directions.
- 02 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper. Place the broccoli, chickpeas, and tofu on the baking sheet.
- 03 Mix together 3/4 of the coconut aminos, olive oil, and vinegar. Brush the tofu with the marinade and pour the rest onto the broccoli and chickpeas, being sure to coat them well with your hands. Bake for 20 minutes or until the tofu edges brown.
- 04 Meanwhile mix the remaining coconut aminos, sriracha, and sesame oil together to create a sauce.
- 05 Divide the quinoa evenly between bowls and top with the broccoli, tofu, and chickpeas. Serve with the sriracha sauce. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is 2/3 cup of cooked quinoa, one cup of chickpeas, 6 oz (170g) of tofu and 1 1/2 cups of broccoli.

MORE FLAVOR

Add minced garlic and shallot to the marinade. Cook the quinoa in vegetable broth.

ADDITIONAL TOPPINGS

Chopped green onions, cilantro, and/or sliced almonds.

NO COCONUT AMINOS

Use soy sauce or tamari.

Tofu & Edamame Noodles with Peanut Sauce

1 SERVING 35 MINUTES



INGREDIENTS

106 grams Tofu (extra-firm, pressed, and cubed)
3/4 tsp Tamari (divided)
3/4 tsp Avocado Oil (divided)
3/4 tsp Arrowroot Powder
85 grams Udon Noodles (dried)
1/2 cup Frozen Edamame
1/4 cup Grated Carrot
2 tbsps Peanut Sauce

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|--------|
| Calories | 633 | Cholesterol | 0mg |
| Fat | 21g | Sodium | 761mg |
| Carbs | 81g | Vitamin A | 4825IU |
| Fiber | 8g | Vitamin C | 6mg |
| Sugar | 10g | Calcium | 367mg |
| Protein | 33g | Iron | 4mg |

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 02 Add the tofu cubes to a bowl and gently toss with 3/4 of the tamari and half the oil. 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.
- 03 Meanwhile, cook the udon noodles and edamame according to package directions and set aside in a large bowl with the carrots.
- 04 Drizzle the peanut sauce over the noodles and toss well. Top with the tofu. Divide onto plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Add more sauce or a touch of water when reheating to make it creamy again as the sauce will absorb into the noodles as it sits in the fridge.

SERVING SIZE

One serving is about two cups.

MORE FLAVOR

Add hot sauce or sriracha on top.

ADDITIONAL TOPPINGS

Top with cilantro, green onions and/or chopped peanuts.

GLUTEN-FREE

Use gluten-free noodles.