



2500 Calorie Meal Plan Low Budget 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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Individual results may vary. Results cannot be guaranteed, and should not be considered typical.

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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
2 Spinach & Salsa Omelette, 2 Apple & Sweet Potato Hash



SNACK 1
2 Apple & Creamy Sunflower Dip



LUNCH
Coconut Yogurt Chicken, 2 Sweet Potato Fries with Creamy Salsa



SNACK 2
Broccoli & Spiced Yogurt



DINNER
Beef & Shredded Veggies with Rice

TUE



BREAKFAST
2 Spinach & Salsa Omelette, 2 Apple & Sweet Potato Hash



SNACK 1
Broccoli & Spiced Yogurt



LUNCH
Beef & Shredded Veggies with Rice



SNACK 2
2 Apple & Creamy Sunflower Dip



DINNER
Coconut Yogurt Chicken, 2 Sweet Potato Fries with Creamy Salsa

WED



BREAKFAST
2 Beef & Salsa Breakfast Skillet, 2 Shredded Sweet Potatoes



SNACK 1
2 Apple & Creamy Sunflower Dip



LUNCH
Coconut Yogurt Chicken, 2 Sweet Potato Fries with Creamy Salsa



SNACK 2
2 Creamy Sweet Potato Toast



DINNER
Ground Beef, Broccoli & Rice

THU



BREAKFAST
2 Beef & Salsa Breakfast Skillet, 2 Shredded Sweet Potatoes



SNACK 1
2 Creamy Sweet Potato Toast



LUNCH
Ground Beef, Broccoli & Rice



SNACK 2
2 Egg & Apple Snack Plate



DINNER
Slow Cooker Salsa Chicken, 1.5 Broccoli & Jasmine Rice

FRI



BREAKFAST
2 Beef & Salsa Breakfast Skillet, 2 Shredded Sweet Potatoes



SNACK 1
2 Egg & Apple Snack Plate



LUNCH
Slow Cooker Salsa Chicken, 1.5 Broccoli & Jasmine Rice



SNACK 2
2 Creamy Sweet Potato Toast



DINNER
Curried Chicken with Broccoli & Sweet Potato

SAT



BREAKFAST
2 Broccoli & Pepper Egg Scramble



SNACK 1
2 Coconut Yogurt with Sunflower Seed Butter



LUNCH
Curried Chicken with Broccoli & Sweet Potato



SNACK 2
2 Apple with Sunflower Seed Butter



DINNER
1.5 Spiced Beef & Spinach with Rice

SUN



BREAKFAST
2 Broccoli & Pepper Egg Scramble



SNACK 1
2 Apple with Sunflower Seed Butter



LUNCH
1.5 Spiced Beef & Spinach with Rice



SNACK 2
2 Coconut Yogurt with Sunflower Seed Butter



DINNER
Curried Chicken with Broccoli & Sweet Potato

MON

FAT 42% CARBS 40% PROTEIN 18%

Calories 2567
Fat 124g
Carbs 267g
Fiber 50g
Sugar 93g
Protein 117g
Cholesterol 1272mg
Sodium 2469mg
Vitamin A 84323IU
Vitamin C 290mg
Calcium 1377mg
Iron 23mg

TUE

FAT 42% CARBS 40% PROTEIN 18%

Calories 2567
Fat 124g
Carbs 267g
Fiber 50g
Sugar 93g
Protein 117g
Cholesterol 1272mg
Sodium 2469mg
Vitamin A 84323IU
Vitamin C 290mg
Calcium 1377mg
Iron 23mg

WED

FAT 44% CARBS 37% PROTEIN 19%

Calories 2664
Fat 134g
Carbs 250g
Fiber 43g
Sugar 82g
Protein 131g
Cholesterol 638mg
Sodium 2550mg
Vitamin A 80469IU
Vitamin C 130mg
Calcium 963mg
Iron 19mg

THU

FAT 39% CARBS 38% PROTEIN 23%

Calories 2540
Fat 112g
Carbs 250g
Fiber 35g
Sugar 70g
Protein 149g
Cholesterol 1031mg
Sodium 2554mg
Vitamin A 40744IU
Vitamin C 232mg
Calcium 782mg
Iron 18mg

FRI

FAT 39% CARBS 37% PROTEIN 24%

Calories 2571
Fat 115g
Carbs 242g
Fiber 40g
Sugar 76g
Protein 159g
Cholesterol 1060mg
Sodium 2483mg
Vitamin A 59497IU
Vitamin C 276mg
Calcium 845mg
Iron 18mg

SAT

FAT 46% CARBS 34% PROTEIN 20%

Calories 2637
Fat 139g
Carbs 235g
Fiber 37g
Sugar 70g
Protein 134g
Cholesterol 958mg
Sodium 709mg
Vitamin A 27354IU
Vitamin C 317mg
Calcium 995mg
Iron 23mg

SUN

FAT 46% CARBS 34% PROTEIN 20%

Calories 2637
Fat 139g
Carbs 235g
Fiber 37g
Sugar 70g
Protein 134g
Cholesterol 958mg
Sodium 709mg
Vitamin A 27354IU
Vitamin C 317mg
Calcium 995mg
Iron 23mg

FRUITS

■ 16 Apple

SEEDS, NUTS & SPICES

■ 3 1/16 tbsps Curry Powder

■ 1/8 tsp Sea Salt

■ 0 Sea Salt & Black Pepper

VEGETABLES

■ 13 1/2 cups Baby Spinach

■ 16 1/2 cups Broccoli

■ 4 Garlic

■ 1 Red Bell Pepper

■ 18 Sweet Potato

■ 1 Yellow Onion

BOXED & CANNED

■ 3 cups Jasmine Rice

■ 4 cups Salsa

BREAD, FISH, MEAT & CHEESE

■ 1 kilogram Chicken Breast

■ 1.3 kilograms Extra Lean Ground Beef

CONDIMENTS & OILS

■ 1 cup Extra Virgin Olive Oil

■ 2 1/8 cups Sunflower Seed Butter

COLD

■ 27 Egg

■ 6 3/4 cups Unsweetened Coconut Yogurt

Spinach & Salsa Omelette

3 SERVINGS 10 MINUTES



INGREDIENTS

2 tbsps Extra Virgin Olive Oil (divided)
6 cups Baby Spinach
9 Egg
Sea Salt & Black Pepper (to taste)
3/4 cup Salsa

NUTRITION

AMOUNT PER SERVING

Calories	327	Cholesterol	558mg
Fat	24g	Sodium	723mg
Carbs	8g	Vitamin A	6736IU
Fiber	3g	Vitamin C	18mg
Sugar	3g	Calcium	163mg
Protein	22g	Iron	5mg

DIRECTIONS

- 01 Heat half of the oil in a non-stick pan over medium heat. Add the spinach and cook until tender and wilted. Transfer the cooked spinach to a plate and set aside.
- 02 Whisk the eggs in a small bowl and season with salt and pepper to taste. Add the remaining oil to the pan. Add the eggs and cook until almost set. Place the salsa and cooked spinach on one half of the omelette and fold the other half over top. Remove from heat and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add red pepper flakes, garlic, and/or paprika to the eggs.

ADDITIONAL TOPPINGS

Shredded cheese, avocado slices, and/or hot sauce.

NO SPINACH

Use another leafy green, like kale or arugula.

Apple & Sweet Potato Hash

4 SERVINGS 15 MINUTES



INGREDIENTS

2 tbsps Extra Virgin Olive Oil
2 Sweet Potato (medium, peeled and cut into small cubes)
2 Apple (medium, peeled and cut into small cubes)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	163	Cholesterol	0mg
Fat	7g	Sodium	37mg
Carbs	26g	Vitamin A	9271IU
Fiber	4g	Vitamin C	6mg
Sugar	12g	Calcium	25mg
Protein	1g	Iron	1mg

DIRECTIONS

- 01 Heat the oil in a non-stick pan over medium heat.
- 02 Add the sweet potato and cook, stirring occasionally, for about 10 minutes or until the potatoes are just tender.
- 03 Add the apple and continue to cook for three to five minutes more until the apple is warmed through and begins to soften. Season with salt and pepper to taste. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately 1 1/2 cups.

MORE FLAVOR

Add dried herbs and spices like cumin, cinnamon, and/or garlic powder.

NO EXTRA VIRGIN OLIVE OIL

Use avocado oil or coconut oil instead.

MORE VEGGIES

Add spinach or kale and stir until wilted.

Beef & Salsa Breakfast Skillet

6 SERVINGS 20 MINUTES



INGREDIENTS

510 grams Extra Lean Ground Beef
2 1/4 cups Salsa
6 Egg

NUTRITION

AMOUNT PER SERVING

Calories	249	Cholesterol	241mg
Fat	13g	Sodium	820mg
Carbs	7g	Vitamin A	731IU
Fiber	2g	Vitamin C	2mg
Sugar	4g	Calcium	67mg
Protein	25g	Iron	3mg

DIRECTIONS

- 01 Add the ground beef to a large skillet over medium heat. Stir occasionally until cooked through, about eight minutes. Stir in the salsa.
- 02 Gently form a pocket for each egg in the beef salsa mixture. Crack an egg into each pocket and cover the skillet. Cook for five to eight minutes, or until the eggs are cooked to your liking. Scoop into bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately 1 1/2 cups of the mixture with one egg.

MAKE IT VEGAN

Use lentils or black beans instead of ground beef.

Shredded Sweet Potatoes

6 SERVINGS 10 MINUTES



INGREDIENTS

3 tbsps Extra Virgin Olive Oil
3 Sweet Potato (medium, peeled and grated)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	116	Cholesterol	0mg
Fat	7g	Sodium	36mg
Carbs	13g	Vitamin A	9222IU
Fiber	2g	Vitamin C	2mg
Sugar	3g	Calcium	20mg
Protein	1g	Iron	0mg

DIRECTIONS

- 01 Heat the oil in a non-stick pan over medium heat.
- 02 Add the grated sweet potato and cook, stirring occasionally, for about five to six minutes or until the sweet potatoes are tender. Season with salt and pepper to taste. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately one cup.

MORE FLAVOR

Add dried herbs and spices like cumin, cinnamon, and/or garlic powder. While cooking, leave the sweet potato in the pan without stirring to create brown, crispy bits of flavor before stirring and repeating the process.

NO EXTRA VIRGIN OLIVE OIL

Use avocado oil or coconut oil instead.

Broccoli & Pepper Egg Scramble

4 SERVINGS 15 MINUTES



INGREDIENTS

1 1/3 tbsps Extra Virgin Olive Oil
2 cups Broccoli (chopped)
1 Red Bell Pepper (chopped)
1 Yellow Onion (chopped)
4 Garlic (small clove, minced)
Sea Salt & Black Pepper (to taste)
8 Egg (whisked)

NUTRITION

AMOUNT PER SERVING

Calories	222	Cholesterol	372mg
Fat	14g	Sodium	160mg
Carbs	9g	Vitamin A	1755IU
Fiber	3g	Vitamin C	80mg
Sugar	5g	Calcium	95mg
Protein	15g	Iron	3mg

DIRECTIONS

- 01 Heat the oil in a nonstick pan over medium heat.
- 02 Add the broccoli, red pepper and onion to the pan and cook for 8 to 10 minutes or until the veggies are just tender. Add in the garlic and season with salt and pepper and cook for another minute.
- 03 Move the veggies to one side of the pan and pour the eggs into the empty side. Stir the eggs frequently as they cook and incorporate the veggies into the egg once the eggs are cooked through. Season with additional salt if needed and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

ADDITIONAL TOPPINGS

Chives, red pepper flakes, and/or hot sauce.

SERVE IT WITH

Toast, fresh fruit, mixed greens or quinoa.

Apple & Creamy Sunflower Dip

6 SERVINGS 5 MINUTES



INGREDIENTS

1 1/8 cups Unsweetened Coconut Yogurt
1/3 cup Sunflower Seed Butter
6 Apple (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	214	Cholesterol	0mg
Fat	10g	Sodium	12mg
Carbs	31g	Vitamin A	107IU
Fiber	6g	Vitamin C	9mg
Sugar	21g	Calcium	115mg
Protein	3g	Iron	1mg

DIRECTIONS

01 In a small bowl combine the yogurt and sunflower seed butter. Serve with the apple slices for dipping. Enjoy!

NOTES

LEFTOVERS

Refrigerate the dip in an airtight container for up to three days. Slice the apple just before serving.

MORE FLAVOR

Add vanilla extract, cinnamon, or sweetener of choice to the dip.

NO COCONUT YOGURT

Use Greek yogurt instead.

NO SUNFLOWER SEED BUTTER

Use another nut or seed butter instead.

Coconut Yogurt with Sunflower Seed Butter

4 SERVINGS 5 MINUTES



INGREDIENTS

2 cups Unsweetened Coconut Yogurt
1/2 cup Sunflower Seed Butter

NUTRITION

AMOUNT PER SERVING

Calories	253	Cholesterol	0mg
Fat	21g	Sodium	26mg
Carbs	13g	Vitamin A	17IU
Fiber	3g	Vitamin C	1mg
Sugar	4g	Calcium	270mg
Protein	6g	Iron	2mg

DIRECTIONS

01 Add the coconut yogurt to a bowl and stir in the sunflower seed butter. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add vanilla extract, cinnamon, or sweetener of choice to taste.

ADDITIONAL TOPPINGS

Fresh berries, banana or other fruit, chopped nuts, chia seeds, hemp seeds, granola.

NO COCONUT YOGURT

Use Greek yogurt instead.

NO SUNFLOWER SEED BUTTER

Use another nut or seed butter instead.

Coconut Yogurt Chicken

3 SERVINGS 2 HOURS 15 MINUTES



INGREDIENTS

340 grams Chicken Breast (sliced into long strips)
1/2 cup Unsweetened Coconut Yogurt
1 1/2 tsps Curry Powder
Sea Salt & Black Pepper (to taste)
1 1/8 tbsps Extra Virgin Olive Oil
4 1/2 cups Baby Spinach

NUTRITION

AMOUNT PER SERVING

Calories	215	Cholesterol	82mg
Fat	10g	Sodium	96mg
Carbs	4g	Vitamin A	4254IU
Fiber	2g	Vitamin C	13mg
Sugar	0g	Calcium	149mg
Protein	27g	Iron	2mg

DIRECTIONS

- 01 In a large bowl, combine the chicken with the coconut yogurt, curry powder, and salt and pepper. Place in the fridge to marinate for two hours, or longer.
- 02 Heat a skillet over medium heat and add the oil. Once hot, add the chicken strips and cook for five to six minutes. Flip the strips over and cook for an additional five to six minutes, until browned slightly.
- 03 Add the remaining coconut yogurt marinade to the skillet and cook for two to three minutes, until bubbling. Toss in the spinach and stir to combine and cook until wilted, another two minutes.
- 04 Divide the chicken and spinach onto plates. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

NO COCONUT YOGURT

Use another type of yogurt, such as dairy yogurt.

MORE FLAVOR

Add chili flakes.

ADDITIONAL TOPPINGS

Serve with toasted pita, naan, or rice.

Sweet Potato Fries with Creamy Salsa

6 SERVINGS 30 MINUTES



INGREDIENTS

6 Sweet Potato (medium, sliced into 1/4-inch strips)
3 tbsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
3/4 cup Unsweetened Coconut Yogurt
1/3 cup Salsa

NUTRITION

AMOUNT PER SERVING

Calories	190	Cholesterol	0mg
Fat	8g	Sodium	193mg
Carbs	29g	Vitamin A	18518IU
Fiber	5g	Vitamin C	3mg
Sugar	6g	Calcium	106mg
Protein	2g	Iron	1mg

DIRECTIONS

- 01 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 02 Toss the sweet potato with the oil, salt, and pepper on the baking sheet and space out the pieces evenly being sure not to crowd the pan. Bake for 25 to 30 minutes, flipping halfway through.
- 03 In a small bowl, mix together the coconut yogurt and salsa. Plate the fries and serve with the creamy salsa. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Reheat in the oven for best results.

CRISPY FRIES

For crispier fries, toss the sweet potato with arrowroot flour, tapioca flour, or cornstarch before baking.

MORE FLAVOR

Toss the sweet potato fries with other seasonings such as a spice mix, garlic powder, cumin, cinnamon and/or paprika.

Broccoli & Spiced Yogurt

2 SERVINGS 5 MINUTES



INGREDIENTS

1 cup Unsweetened Coconut Yogurt
2 tsps Curry Powder
4 cups Broccoli (chopped into florets)

NUTRITION

AMOUNT PER SERVING

Calories	124	Cholesterol	0mg
Fat	4g	Sodium	86mg
Carbs	19g	Vitamin A	1134IU
Fiber	7g	Vitamin C	162mg
Sugar	4g	Calcium	346mg
Protein	6g	Iron	2mg

DIRECTIONS

01 In a small bowl mix the yogurt and curry powder together. Serve with the broccoli florets for dipping. Enjoy!

NOTES

LEFTOVERS

Refrigerate the dip in an airtight container for up to three days.

MORE FLAVOR

Add salt and pepper to taste.

NO COCONUT YOGURT

Use Greek yogurt instead.

Creamy Sweet Potato Toast

6 SERVINGS 15 MINUTES



INGREDIENTS

3 Sweet Potato (large)
3/4 cup Sunflower Seed Butter
1/3 cup Unsweetened Coconut Yogurt

NUTRITION

AMOUNT PER SERVING

Calories	260	Cholesterol	0mg
Fat	18g	Sodium	40mg
Carbs	21g	Vitamin A	9238IU
Fiber	4g	Vitamin C	2mg
Sugar	6g	Calcium	71mg
Protein	7g	Iron	2mg

DIRECTIONS

- 01 Trim the pointy ends off of the sweet potato then cut it half lengthwise into 1/4 inch slices to create long toast-like pieces.
- 02 Place the sweet potato slices into the toaster and toast twice or until golden brown. Or set your oven to broil and bake on a sheet for three to six minutes per side, or until golden brown.
- 03 Once the sweet potato has cooled slightly, add the sunflower seed butter to each slice. Top with coconut yogurt. Enjoy!

NOTES

LEFTOVERS

Refrigerate leftover slices separate from the toppings in an airtight container for up to three days. To reheat, toast each slice until warm, or set the oven to broil for roughly three minutes per side.

ADDITIONAL TOPPINGS

Add hemp seeds, flax seeds, or chia seeds on top.

Egg & Apple Snack Plate

4 SERVINGS 15 MINUTES



INGREDIENTS

4 Egg
4 Apple (sliced)
1 cup Unsweetened Coconut Yogurt

NUTRITION

AMOUNT PER SERVING

Calories	194	Cholesterol	186mg
Fat	7g	Sodium	85mg
Carbs	28g	Vitamin A	368IU
Fiber	5g	Vitamin C	8mg
Sugar	19g	Calcium	164mg
Protein	7g	Iron	1mg

DIRECTIONS

- 01 Place the egg in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 02 Strain the water and fill the saucepan with cold water. Peel the egg when cool enough to handle and slice into halves.
- 03 Transfer to a plate with the sliced apple and coconut yogurt for dipping. Enjoy!

NOTES

LEFTOVERS

Refrigerate unpeeled hard-boiled eggs in the fridge for up to a week. Slice apple just before serving.

MORE FLAVOR

Season the egg with salt and pepper to taste. Add vanilla extract, cinnamon, or sweetener of choice to taste to the yogurt.

NO APPLE

Use berries, banana, or pear instead.

NO COCONUT YOGURT

Use Greek yogurt instead.

MEAL PREP

Make a batch of hardboiled eggs for the week all at once to avoid hard-boiling one egg at a time.

Apple with Sunflower Seed Butter

4 SERVINGS 5 MINUTES



INGREDIENTS

4 Apple (medium, cored and sliced)
1/2 cup Sunflower Seed Butter

NUTRITION

AMOUNT PER SERVING

Calories	292	Cholesterol	0mg
Fat	18g	Sodium	3mg
Carbs	33g	Vitamin A	115IU
Fiber	6g	Vitamin C	9mg
Sugar	22g	Calcium	31mg
Protein	6g	Iron	2mg

DIRECTIONS

01 Arrange the apple slices on a plate with sunflower seed butter. Dip and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up four days.

Beef & Shredded Veggies with Rice

2 SERVINGS 20 MINUTES



INGREDIENTS

1/2 cup Jasmine Rice
227 grams Extra Lean Ground Beef
Sea Salt & Black Pepper (to taste)
1 Sweet Potato (medium, peeled and grated)
1 cup Broccoli (finely chopped, riced)
1/4 cup Salsa

NUTRITION

AMOUNT PER SERVING

Calories	440	Cholesterol	74mg
Fat	12g	Sodium	357mg
Carbs	56g	Vitamin A	967IU
Fiber	5g	Vitamin C	43mg
Sugar	5g	Calcium	64mg
Protein	28g	Iron	3mg

DIRECTIONS

- 01 Cook the rice according to package directions.
- 02 Add the beef to the pan, breaking it up as it cooks. Once it is cooked through and no longer pink, season with salt and pepper to taste.
- 03 Add the sweet potato and broccoli to the pan with the beef. Continue to cook for five to six minutes more or until the sweet potato and broccoli are tender. Stir in the salsa and season with additional salt and pepper if needed. Divide the rice between plates and top with the beef mixture. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add garlic and onions or dried herbs and spices to taste.

ADDITIONAL TOPPINGS

Green onion, avocado, cilantro, red pepper flakes, and/or more salsa.

NO JASMINE RICE

Use quinoa, brown rice, or cauliflower rice.

NO BEEF

Use ground chicken, turkey, pork, lentils, or chickpeas instead.

Ground Beef, Broccoli & Rice

2 SERVINGS 30 MINUTES



INGREDIENTS

1/2 cup Jasmine Rice (dry, rinsed)
2 cups Broccoli (chopped into florets)
227 grams Extra Lean Ground Beef
1/8 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	391	Cholesterol	74mg
Fat	12g	Sodium	252mg
Carbs	44g	Vitamin A	583IU
Fiber	3g	Vitamin C	81mg
Sugar	2g	Calcium	56mg
Protein	28g	Iron	3mg

DIRECTIONS

- 01 Cook the jasmine rice according to the directions on the package.
- 02 Meanwhile, add the broccoli to a large pan with enough water to cover halfway. Bring to a simmer and cook for 6 to 8 minutes, or until just tender. Transfer the broccoli to a plate and drain any excess liquid from the pan.
- 03 Add the beef to the same pan and cook over medium heat, breaking it up as it browns. Season with salt to your preference and drain any excess liquid.
- 04 Divide the rice, broccoli, and ground beef onto plates or into containers. Enjoy!

NOTES

NO JASMINE RICE

Use quinoa, brown rice, couscous, barley or cauliflower rice instead.

LEFTOVERS

Refrigerate in an airtight container up to 3 days.

SERVING SIZE

One serving is equal to approximately 1 cup of cooked rice, 1 cup of broccoli and 1/2 cup of ground beef.

Slow Cooker Salsa Chicken

2 SERVINGS 4 HOURS



INGREDIENTS

283 grams Chicken Breast (boneless, skinless)

1/4 cup Salsa

NUTRITION

AMOUNT PER SERVING

Calories	179	Cholesterol	103mg
Fat	4g	Sodium	295mg
Carbs	2g	Vitamin A	192IU
Fiber	1g	Vitamin C	1mg
Sugar	1g	Calcium	17mg
Protein	32g	Iron	1mg

DIRECTIONS

- 01 Place chicken breasts in the slow cooker and cover them with salsa. Cover with lid and cook on high for 4 hours, or on low for 6 to 8 hours.
- 02 Remove lid and shred the chicken breasts using two forks. Stir and let the shredded chicken marinate in the salsa for another 10 minutes or more.
- 03 Remove the chicken from the slow cooker and enjoy!

NOTES

SERVE IT WITH

Tacos, our Turmeric Chili Rice, Simple Avocado Salad, Vegan Corn Bread and/or House Salad.

LEFTOVERS

Refrigerate in an airtight container up to 3 days or freeze for up to 6 months.

TOO DRY

If you are finding the chicken is too dry after shredding it, stir in extra salsa.

Broccoli & Jasmine Rice

3 SERVINGS 15 MINUTES



INGREDIENTS

3/4 cup Jasmine Rice
3 cups Broccoli (cut into small florets)
2 1/4 tsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	221	Cholesterol	0mg
Fat	4g	Sodium	30mg
Carbs	44g	Vitamin A	567IU
Fiber	3g	Vitamin C	81mg
Sugar	2g	Calcium	43mg
Protein	6g	Iron	1mg

DIRECTIONS

- 01 Cook the rice according to package directions.
- 02 Meanwhile, add the broccoli to the food processor. Process until it is a rice-like consistency. You may need to do this in batches depending on the size of your food processor.
- 03 Heat the oil in a large non-stick pan over medium heat. Add the finely chopped broccoli and cook for about five minutes or until warmed through and tender. Season with salt and pepper to taste.
- 04 Combine the broccoli with the cooked rice. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately one cup.

NO EXTRA VIRGIN OLIVE OIL

Use avocado oil or coconut oil instead.

NO BROCCOLI

Use cauliflower instead.

NO JASMINE RICE

Use brown rice or quinoa instead.

Curried Chicken with Broccoli & Sweet Potato

3 SERVINGS 35 MINUTES



INGREDIENTS

3 Sweet Potato (small, peeled and cubed)
4 1/2 cups Broccoli (cut into florets)
2 1/4 tbsps Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper (to taste)
425 grams Chicken Breast
2 1/4 tsps Curry Powder

NUTRITION

AMOUNT PER SERVING

Calories	422	Cholesterol	103mg
Fat	15g	Sodium	181mg
Carbs	36g	Vitamin A	19336...
Fiber	8g	Vitamin C	125mg
Sugar	8g	Calcium	119mg
Protein	38g	Iron	3mg

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Place the broccoli and sweet potatoes on the baking sheet and season with 2/3 of the oil and salt and pepper. Bake for 10 minutes.
- 03 Remove the baking sheet from the oven. Place the chicken on the baking sheet and drizzle with the remaining oil. Season all sides of the chicken with curry powder and salt and pepper. Continue to bake for 22 to 25 minutes, or until the chicken is cooked through.
- 04 Divide between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add other dried herbs and spices, like cumin or garlic powder.

NO BROCCOLI

Use cauliflower or Brussels sprouts instead.

Spiced Beef & Spinach with Rice

3 SERVINGS 20 MINUTES



INGREDIENTS

1 1/8 cups Jasmine Rice
340 grams Extra Lean Ground Beef
1 1/8 tbsps Curry Powder
Sea Salt & Black Pepper (to taste)
3 cups Baby Spinach

NUTRITION

AMOUNT PER SERVING

Calories	454	Cholesterol	74mg
Fat	12g	Sodium	100mg
Carbs	59g	Vitamin A	2829IU
Fiber	3g	Vitamin C	8mg
Sugar	0g	Calcium	56mg
Protein	28g	Iron	4mg

DIRECTIONS

- 01 Cook the rice according to the package directions.
- 02 Meanwhile, heat a large skillet over medium heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan.
- 03 Add the curry powder to the beef and stir to combine. Season with salt and pepper to taste. Add the spinach and stir until the spinach has wilted.
- 04 Divide the rice between plates and top with the beef mixture. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Season the beef with other dried herbs and spices or add fresh garlic and ginger.

ADDITIONAL TOPPINGS

Cilantro, lime wedges, and/or red pepper flakes.

NO BEEF

Use ground chicken, turkey, or pork instead.

NO RICE

Use quinoa or cauliflower rice instead.