



## 2200 Calorie Meal Plan 40/30/30 PDF

BRENDA PERALTA, RDN, CDE

**EXERCISE**  
*with Style*

# 2200 Calorie Meal Plan 40/30/30 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](mailto:brenda.peralta@exercisewithstyle.com)

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## MON



**BREAKFAST**  
Kale & Pesto Scramble with Salmon & Plantains



**SNACK 1**  
Hot Chocolate Smoothie



**LUNCH**  
Burrito Bowl Mason Jar



**SNACK 2**  
Ham Sandwich



**DINNER**  
Pot Pie Chickpea Pasta

## TUE



**BREAKFAST**  
Kale & Pesto Scramble with Salmon & Plantains



**SNACK 1**  
Hot Chocolate Smoothie



**LUNCH**  
Pot Pie Chickpea Pasta



**SNACK 2**  
Ham Sandwich



**DINNER**  
Salmon, Beet & Fennel Bowl

## WED



**BREAKFAST**  
Kale & Pesto Scramble with Salmon & Plantains



**SNACK 1**  
1.5 Hot Chocolate Smoothie



**LUNCH**  
Salmon, Beet & Fennel Bowl



**SNACK 2**  
Ham Sandwich



**DINNER**  
Pressure Cooker Thai Red Curry Beef

## THU



**BREAKFAST**  
Tofu Scramble with Lentils & Spinach



**SNACK 1**  
2 Chickpea & Tomato Savory Yogurt Bowl



**LUNCH**  
Pressure Cooker Thai Red Curry Beef



**SNACK 2**  
Creamy Blueberry Smoothie



**DINNER**  
Sun Dried Tomato & Salmon Pasta

## FRI



**BREAKFAST**  
Tofu Scramble with Lentils & Spinach



**SNACK 1**  
Chickpea & Tomato Savory Yogurt Bowl



**LUNCH**  
Sun Dried Tomato & Salmon Pasta



**SNACK 2**  
Creamy Blueberry Smoothie



**DINNER**  
Tandoori Cauliflower & Chicken Meal Prep Bowls

## SAT



**BREAKFAST**  
Chocolate Almond Butter Smoothie Bowl



**SNACK 1**  
Chickpea & Tomato Savory Yogurt Bowl



**LUNCH**  
Tandoori Cauliflower & Chicken Meal Prep Bowls

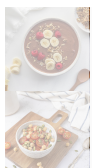


**SNACK 2**  
Creamy Blueberry Smoothie



**DINNER**  
Meal Prep Maple Dijon Chicken, Mushroom Quinoa & Zucchini

## SUN



**BREAKFAST**  
Chocolate Almond Butter Smoothie Bowl



**SNACK 1**  
Chickpea & Tomato Savory Yogurt Bowl



**LUNCH**  
Meal Prep Maple Dijon Chicken, Mushroom Quinoa & Zucchini



**SNACK 2**  
Creamy Blueberry Smoothie



**DINNER**  
Tofu & Edamame Noodles with Peanut Sauce

## MON

FAT 35% CARBS 39% PROTEIN 26%

Calories 2346  
Fat 97g  
Carbs 241g  
Fiber 60g  
Sugar 55g  
Protein 157g  
Cholesterol 576mg  
Sodium 2700mg  
Vitamin A 15372IU  
Vitamin C 112mg  
Calcium 1073mg  
Iron 28mg

## TUE

FAT 34% CARBS 40% PROTEIN 26%

Calories 2232  
Fat 87g  
Carbs 236g  
Fiber 47g  
Sugar 63g  
Protein 153g  
Cholesterol 545mg  
Sodium 2784mg  
Vitamin A 19934IU  
Vitamin C 115mg  
Calcium 1097mg  
Iron 25mg

## WED

FAT 33% CARBS 39% PROTEIN 28%

Calories 2202  
Fat 85g  
Carbs 223g  
Fiber 42g  
Sugar 66g  
Protein 163g  
Cholesterol 618mg  
Sodium 3555mg  
Vitamin A 20378IU  
Vitamin C 274mg  
Calcium 1440mg  
Iron 19mg

## THU

FAT 29% CARBS 40% PROTEIN 31%

Calories 2293  
Fat 77g  
Carbs 244g  
Fiber 68g  
Sugar 64g  
Protein 190g  
Cholesterol 172mg  
Sodium 1385mg  
Vitamin A 10486IU  
Vitamin C 279mg  
Calcium 2010mg  
Iron 37mg

## FRI

FAT 31% CARBS 39% PROTEIN 30%

Calories 2127  
Fat 77g  
Carbs 217g  
Fiber 60g  
Sugar 46g  
Protein 170g  
Cholesterol 166mg  
Sodium 955mg  
Vitamin A 5555IU  
Vitamin C 187mg  
Calcium 1720mg  
Iron 32mg

## SAT

FAT 35% CARBS 39% PROTEIN 26%

Calories 2208  
Fat 87g  
Carbs 224g  
Fiber 55g  
Sugar 63g  
Protein 149g  
Cholesterol 214mg  
Sodium 1769mg  
Vitamin A 2988IU  
Vitamin C 253mg  
Calcium 1765mg  
Iron 20mg

## SUN

FAT 31% CARBS 44% PROTEIN 25%

Calories 2275  
Fat 81g  
Carbs 256g  
Fiber 56g  
Sugar 70g  
Protein 147g  
Cholesterol 132mg  
Sodium 2115mg  
Vitamin A 7192IU  
Vitamin C 187mg  
Calcium 2014mg  
Iron 20mg

## FRUITS

- 1/2 Avocado
- 4 Banana
- 4 Lemon
- 1 1/2 tsps Lemon Juice
- 3/4 Lime
- 1 1/2 Plantain
- 1/2 cup Raspberries

## BREAKFAST

- 2 tbsps Almond Butter
- 1/4 cup Granola
- 1 tbsp Maple Syrup

## SEEDS, NUTS & SPICES

- 2/3 cup Chia Seeds
- 1 1/4 tsps Cumin
- 1 1/4 tsps Garam Masala
- 1/4 tsp Italian Seasoning
- 1/3 cup Pumpkin Seeds
- 1 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tsp Smoked Paprika
- 1 1/3 tsps Turmeric

## FROZEN

- 4 cups Frozen Blueberries
- 6 1/2 cups Frozen Cauliflower
- 1/2 cup Frozen Corn
- 1/2 cup Frozen Edamame
- 1/2 cup Frozen Peas

## VEGETABLES

- 6 1/4 cups Baby Spinach
- 1 1/2 tsps Basil Leaves
- 2 Beet
- 1 1/8 Carrot
- 1 1/2 heads Cauliflower
- 1 2/3 cups Cherry Tomatoes
- 2 tbsps Cilantro
- 1/2 bulb Fennel
- 4 3/4 Garlic
- 1/2 tsp Ginger
- 1/4 cup Grated Carrot
- 3 stalks Green Onion
- 1 1/2 cups Kale Leaves
- 2 cups Mushrooms
- 6 leaves Romaine
- 2 Tomato
- 1 1/16 Yellow Onion
- 3 Zucchini

## BOXED & CANNED

- 1/2 cup Basmati Rice
- 1/2 cup Black Beans
- 3/4 cup Brown Rice
- 1/3 cup Canned Coconut Milk
- 1/4 cup Chicken Broth
- 290 grams Chickpea Pasta
- 2 1/2 cups Chickpeas
- 2 cups Lentils
- 3/4 cup Quinoa
- 2 tbsps Salsa
- 1 tbsp Tomato Paste
- 85 grams Udon Noodles

## BAKING

- 2 tbsps Almond Flour
- 3/4 tsp Arrowroot Powder
- 1/4 cup Cacao Powder

## BREAD, FISH, MEAT & CHEESE

- 227 grams Chicken Breast
- 227 grams Chicken Thighs
- 113 grams Extra Lean Ground Chicken
- 6 slices Gluten-Free Bread
- 709 grams Salmon Fillet
- 255 grams Sliced Ham
- 227 grams Stewing Beef
- 503 grams Tofu

## CONDIMENTS & OILS

- 1 1/3 tbsps Avocado Oil
- 1 tsp Coconut Oil
- 2 tbsps Dijon Mustard
- 1/3 cup Extra Virgin Olive Oil
- 1 1/2 tsps Fish Sauce
- 3 tbsps Green Goddess Salad Dressing
- 1 tbsp Mayonnaise
- 2 tbsps Peanut Sauce
- 3 tbsps Pesto
- 3 tbsps Sauerkraut
- 1/3 cup Sun Dried Tomatoes
- 2 tbsps Tahini
- 1 1/4 tbsps Tamari
- 1 tbsp Thai Red Curry Paste
- 1 1/2 tsps Yellow Mustard

## COLD

- 118 grams Cashew Cream Cheese
- 6 Egg
- 2 3/4 cups Plain Greek Yogurt
- 6 cups Unsweetened Almond Milk
- 2 cups Unsweetened Coconut Yogurt

## OTHER

- 1 1/2 cups Chocolate Protein Powder
- 1 cup Vanilla Protein Powder



- 1/2 cup Cocoa Powder
- 1 1/2 tps Coconut Sugar
- 3 2/3 tbsps Nutritional Yeast

- 4 1/2 cups Water

# Kale & Pesto Scramble with Salmon & Plantains

3 SERVINGS 25 MINUTES



## INGREDIENTS

1 1/2 Plantain (large, green, sliced)  
1 tbsp Avocado Oil (divided)  
Sea Salt & Black Pepper (to taste)  
255 grams Salmon Fillet  
1 1/2 cups Kale Leaves (packed, stems removed and chopped)  
6 Egg (whisked)  
3 tbsps Pesto  
3 tbsps Sauerkraut

## NUTRITION

### AMOUNT PER SERVING

Calories	531	Cholesterol	415mg
Fat	25g	Sodium	373mg
Carbs	46g	Vitamin A	2949IU
Fiber	3g	Vitamin C	36mg
Sugar	25g	Calcium	145mg
Protein	35g	Iron	3mg

## DIRECTIONS

- 01 Preheat the oven to 375°F (190°C).
- 02 Add the plantain slices, half of the oil, salt, and pepper to the baking sheet. Toss to coat and evenly spread out. Bake in the oven for 20 minutes, until fork-tender.
- 03 Warm the remaining oil in a pan over medium heat. Add the salmon fillet and cook for 10 minutes, breaking it apart as it cooks.
- 04 With the salmon still in the pan, add the kale to the pan and sauté for five minutes or until wilted. Add the eggs, and scramble, mixing everything together, until cooked to your desired doneness.
- 05 Mix the pesto into the egg mixture. Serve with the plantain slices and sauerkraut. Enjoy!

## NOTES

### LEFTOVERS

Best enjoyed immediately, but can be refrigerated in an airtight container for up to two days.

### SERVING SIZE

One serving is equal to approximately one cup of scramble and 3/4 cup of plantain.

### NO PLANTAIN

Use potato, sweet potato, or winter squash instead.

# Tofu Scramble with Lentils & Spinach

2 SERVINGS 15 MINUTES



## INGREDIENTS

1 1/2 tsps Extra Virgin Olive Oil  
2 stalks Green Onion (chopped)  
2 Garlic (clove, minced)  
397 grams Tofu (crumbled)  
1 tbsp Nutritional Yeast  
1 tsp Turmeric  
1/2 tsp Cumin  
Sea Salt & Black Pepper (to taste)  
2 cups Lentils (cooked)  
2 cups Baby Spinach (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	462	Cholesterol	0mg
Fat	15g	Sodium	52mg
Carbs	48g	Vitamin A	3316IU
Fiber	20g	Vitamin C	14mg
Sugar	6g	Calcium	649mg
Protein	42g	Iron	13mg

## DIRECTIONS

- 01 Heat the oil in a skillet over medium heat. Add the onion and garlic and sauté for one minute.
- 02 Add the tofu, nutritional yeast, turmeric, and cumin to the skillet. Season with salt and pepper. Cook for five minutes, stirring occasionally.
- 03 Add the lentils and spinach to the skillet. Cook for another three to four minutes or until the spinach wilts. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving equals approximately to two cups.

### MORE FLAVOR

Add mushrooms or fresh herbs to the dish. Serve on a slice of sourdough bread.

# 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.

# Hot Chocolate Smoothie

4 SERVINGS 5 MINUTES



## INGREDIENTS

4 cups Unsweetened Almond Milk  
2 cups Frozen Cauliflower  
2 Banana  
1 cup Chocolate Protein Powder  
1/2 cup Cocoa Powder  
1/4 cup Chia Seeds  
1/2 tsp Sea Salt (optional, for topping)

## NUTRITION

### AMOUNT PER SERVING

Calories	265	Cholesterol	4mg
Fat	8g	Sodium	514mg
Carbs	31g	Vitamin A	546IU
Fiber	14g	Vitamin C	33mg
Sugar	8g	Calcium	674mg
Protein	26g	Iron	4mg

## DIRECTIONS

- 01 In a small saucepan over medium-low heat, add the almond milk. Bring to a simmer and then add to a blender.
- 02 Add the remaining ingredients. Blend carefully, allowing space for the heat to escape, until smooth and creamy. Serve warm and enjoy!

## NOTES

### NUT-FREE

Use coconut milk or another nut-free milk instead.

### MORE FLAVOR

Add ground cinnamon.

### PROTEIN POWDER

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

# Chickpea & Tomato Savory Yogurt Bowl

5 SERVINGS 5 MINUTES



## INGREDIENTS

2 1/2 cups Plain Greek Yogurt  
2 1/2 cups Chickpeas (drained & rinsed)  
1 2/3 cups Cherry Tomatoes (halved)  
1/3 cup Pumpkin Seeds  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	279	Cholesterol	17mg
Fat	9g	Sodium	79mg
Carbs	31g	Vitamin A	1062IU
Fiber	7g	Vitamin C	15mg
Sugar	8g	Calcium	299mg
Protein	21g	Iron	4mg

## DIRECTIONS

01 Combine all ingredients in a bowl. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days.

### SERVING SIZE

One serving is equal to approximately 1 1/2 cups.

### MAKE IT VEGAN

Use dairy-free yogurt.

### ADDITIONAL TOPPINGS

Tamari, cucumber, red onion, pickled onions, and/or fresh parsley.

# Burrito Bowl Mason Jar

1 SERVING 25 MINUTES



## INGREDIENTS

1/4 cup Quinoa  
1/2 cup Water  
113 grams Extra Lean Ground Chicken  
2 tbsps Salsa  
1/2 Avocado (peeled and diced)  
1/2 Tomato (diced)  
1/4 cup Baby Spinach (chopped)  
1/2 cup Black Beans (cooked, drained and rinsed)  
1/4 Lime (juiced)  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	616	Cholesterol	98mg
Fat	27g	Sodium	341mg
Carbs	61g	Vitamin A	1847IU
Fiber	19g	Vitamin C	25mg
Sugar	2g	Calcium	95mg
Protein	37g	Iron	6mg

## DIRECTIONS

- 01 Place the quinoa and water in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover. Let simmer for 12 minutes or until all water is absorbed. Remove from heat, fluff with a fork and set aside.
- 02 Cook your extra lean ground chicken over medium heat in a non-stick frying pan. Season with a bit of salt and pepper and stir occasionally until cooked through.
- 03 Assemble your burrito bowl mason jars by placing avocado in the bottom with a splash of lime juice. Top with a couple of tablespoons of salsa. Next add in your quinoa, cooked chicken, diced tomatoes, spinach and top with black beans. Seal with a lid. When ready to eat, shake well and dump into a bowl. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

16 fl oz (500 mL) mason jars were used here. One mason jar is one serving.

# Ham Sandwich

3 SERVINGS 5 MINUTES



## INGREDIENTS

1 tbsp Mayonnaise  
1 1/2 tsps Yellow Mustard  
6 slices Gluten-Free Bread  
6 leaves Romaine  
1 1/2 Tomato (medium, thinly sliced)  
255 grams Sliced Ham

## NUTRITION

### AMOUNT PER SERVING

Calories	318	Cholesterol	59mg
Fat	13g	Sodium	1220m...
Carbs	29g	Vitamin A	5711IU
Fiber	4g	Vitamin C	11mg
Sugar	6g	Calcium	56mg
Protein	22g	Iron	2mg

## DIRECTIONS

01 Spread the mayonnaise and yellow mustard on the bread. Add the remaining sandwich toppings. Close the sandwich and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container and enjoy within a day.

### ADDITIONAL TOPPINGS

Cucumber, pickles, onion, bell pepper, cheese, or avocado.

### NO HAM

Use sliced turkey, chicken, or roast beef instead.



# Creamy Blueberry Smoothie

4 SERVINGS 5 MINUTES



## INGREDIENTS

4 cups Frozen Blueberries  
4 cups Frozen Cauliflower  
2 cups Unsweetened Coconut Yogurt  
1 cup Vanilla Protein Powder  
1/4 cup Chia Seeds  
4 Lemon (small, juiced)  
4 cups Water

## NUTRITION

### AMOUNT PER SERVING

Calories	321	Cholesterol	4mg
Fat	9g	Sodium	103mg
Carbs	41g	Vitamin A	92IU
Fiber	15g	Vitamin C	79mg
Sugar	17g	Calcium	510mg
Protein	25g	Iron	2mg

## DIRECTIONS

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

## NOTES

### ADDITIONAL TOPPINGS

Add spinach, avocado, kale, or other berries to your smoothie.

### EXTRA CREAMY

Use almond milk or oat milk instead of water.

### LEMON

One lemon yields approximately 1/4 cup of lemon juice.

### PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.

# Pot Pie Chickpea Pasta

2 SERVINGS 35 MINUTES



## INGREDIENTS

151 grams Chickpea Pasta (dry)  
1 1/3 tsps Extra Virgin Olive Oil  
1/3 Yellow Onion (medium, diced)  
1 1/3 Garlic (cloves, minced)  
2/3 Carrot (large, chopped)  
1/2 cup Frozen Corn  
1/2 cup Frozen Peas  
118 grams Cashew Cream Cheese  
Sea Salt & Black Pepper (to taste)  
2 2/3 tbsps Nutritional Yeast (divided)  
2 tbsps Almond Flour

## NUTRITION

### AMOUNT PER SERVING

Calories	616	Cholesterol	0mg
Fat	24g	Sodium	252mg
Carbs	74g	Vitamin A	4319IU
Fiber	20g	Vitamin C	7mg
Sugar	14g	Calcium	103mg
Protein	37g	Iron	13mg

## DIRECTIONS

- 01 Preheat the oven to 400°F (205°C).
- 02 Cook the chickpea pasta according to package directions.
- 03 Heat the oil in an oven-safe pan over medium heat. Add the onion, cook for two minutes, then add the garlic and cook for another two minutes, stirring frequently.
- 04 Add the carrots and cook for five minutes, continuing to stir. Add the corn and peas and cook for another five minutes. Add the cashew cheese and half of the nutritional yeast. Stir to allow the cashew cheese to melt. Add the salt and pepper to taste.
- 05 Once the pasta is finished cooking, add it to the pan and stir to combine. Remove from heat and sprinkle the almond flour and remaining nutritional yeast on top. Bake in the oven for 15 minutes, or until just starting to brown. Enjoy!

## NOTES

### LEFTOVERS

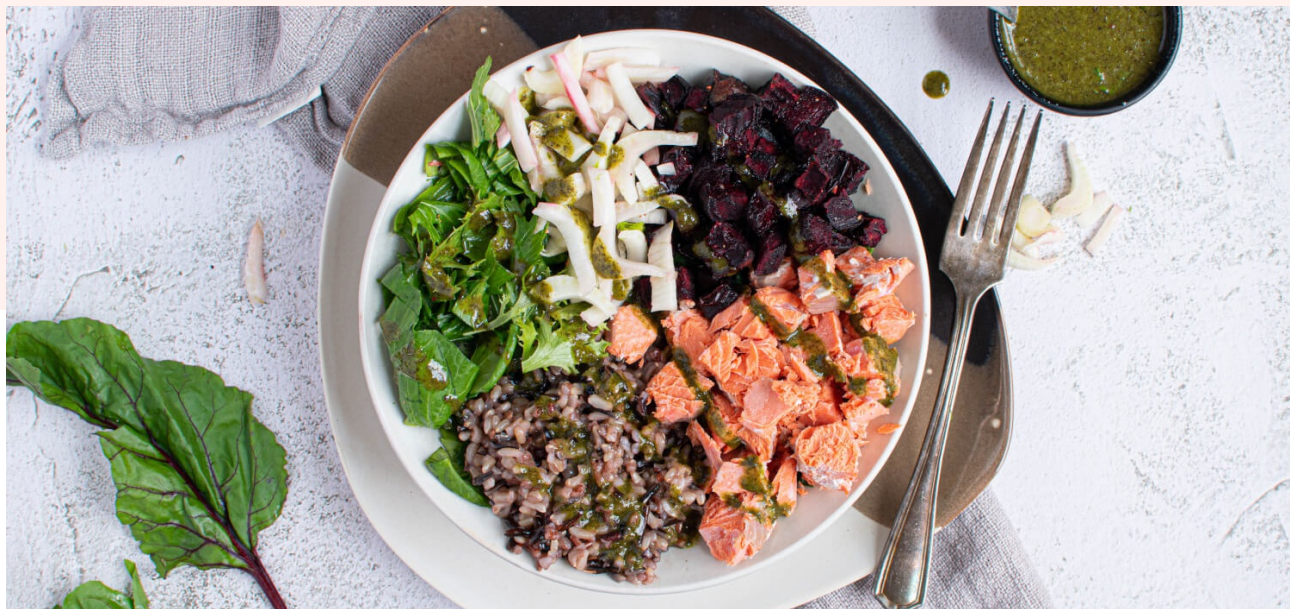
Refrigerate in an airtight container for up to five days.

### SERVING SIZE

One serving is equal to approximately 1 1/2 cups.

# Salmon, Beet & Fennel Bowl

2 SERVINGS 40 MINUTES



## INGREDIENTS

2 Beet (medium, cubed)  
1/2 tsp Avocado Oil  
Sea Salt & Black Pepper (to taste)  
1/2 cup Basmati Rice (uncooked, rinsed)  
227 grams Salmon Fillet  
4 cups Baby Spinach  
1/2 bulb Fennel (medium, shaved)  
3 tbsps Green Goddess Salad Dressing

## NUTRITION

### AMOUNT PER SERVING

Calories	502	Cholesterol	67mg
Fat	17g	Sodium	425mg
Carbs	56g	Vitamin A	6409IU
Fiber	6g	Vitamin C	28mg
Sugar	10g	Calcium	119mg
Protein	33g	Iron	3mg

## DIRECTIONS

- 01 Preheat the oven to 375°F (190°C). Add the beets to a parchment-lined baking sheet and coat in oil. Season with salt and pepper to taste. Bake for 15 minutes. They will not yet be cooked through.
- 02 Meanwhile, cook the rice according to the package directions.
- 03 Season the salmon with salt and pepper. Add to the baking sheet with the beets and cook for another 15 minutes or until the beets are fork tender and the salmon is cooked through.
- 04 Divide the spinach, rice, fennel, beets, and salmon evenly between bowls. Top with the dressing and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### ADDITIONAL TOPPINGS

Add goat cheese, hemp or pumpkin seeds.

### MAKE IT VEGAN

Use tofu or tempeh in place of the salmon.

# Pressure Cooker Thai Red Curry Beef

2 SERVINGS 1 HOUR



## INGREDIENTS

1 tsp Coconut Oil (divided)  
227 grams Stewing Beef (diced into cubes)  
Sea Salt & Black Pepper (to taste)  
1/2 Yellow Onion (small, thinly sliced)  
1/2 tsp Ginger (minced)  
1 tbsp Thai Red Curry Paste  
1 tbsp Tomato Paste  
1 1/2 tsps Fish Sauce  
1 1/2 tsps Coconut Sugar  
1/2 Carrot (large, chopped)  
1 head Cauliflower (sliced into florets)  
1/3 cup Canned Coconut Milk  
1/2 Lime (juiced)  
1/4 cup Brown Rice (optional, dry/uncooked)  
1 stalk Green Onion (optional, chopped)  
2 tsps Cilantro (optional, chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	453	Cholesterol	71mg
Fat	18g	Sodium	766mg
Carbs	45g	Vitamin A	4490IU
Fiber	8g	Vitamin C	149mg
Sugar	13g	Calcium	109mg

## DIRECTIONS

- 01 Turn your pressure cooker onto sauté mode and add half of the coconut oil. Season the beef with sea salt and pepper. Add to the pressure cooker and brown on all sides. Remove with a slotted spoon and set aside.
- 02 Add the remaining coconut oil and sliced onion to the pressure cooker and sauté for about 3 to 4 minutes. Add the ginger during the last minute, stirring frequently. Then add the curry paste, tomato paste, fish sauce, coconut sugar, carrots, cauliflower and beef. Stir well to combine.
- 03 Put the lid on the pressure cooker and change to pressure cooker mode. Cook for 35 minutes and then let the steam release naturally.
- 04 If making the brown rice, cook according to package directions.
- 05 Remove the lid from the pressure cooker and add the coconut milk and lime juice. Mix well, then serve over rice with optional garnishes like green onion and cilantro.

## NOTES

### NO PRESSURE COOKER

Make it in the slow cooker on low for about 5 hours.

### NO FISH SAUCE

Use soy sauce or tamari instead.

### NO COCONUT SUGAR

Use cane sugar instead.

### VEGETABLE MODIFICATIONS

Add or substitute any vegetables you have on hand, such as sweet potato, broccoli or peas.

### CRUNCHY VEGGIES

Vegetables can turn soft in the pressure cooker. If you prefer crunchy veggies, steam them on the stove separately, then add them to the meal when it's done.

Protein

34g Iron

5mg

# Sun Dried Tomato & Salmon Pasta

2 SERVINGS 15 MINUTES



## INGREDIENTS

139 grams Chickpea Pasta (dry)  
1 tbsp Extra Virgin Olive Oil (divided)  
227 grams Salmon Fillet  
1 1/2 Garlic (clove, minced)  
1/4 Yellow Onion (medium, diced)  
1/3 cup Sun Dried Tomatoes (drained, chopped)  
1/4 tsp Italian Seasoning  
1/4 cup Chicken Broth  
1/4 cup Plain Greek Yogurt  
Sea Salt & Black Pepper (to taste)  
1 1/2 tsps Basil Leaves (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	499	Cholesterol	63mg
Fat	17g	Sodium	306mg
Carbs	48g	Vitamin A	464IU
Fiber	11g	Vitamin C	7mg
Sugar	12g	Calcium	144mg
Protein	47g	Iron	9mg

## DIRECTIONS

- 01 Cook the pasta according to the package directions. Drain and set aside.
- 02 Heat half of the oil in a pan over medium-high heat. Cook the salmon for three minutes per side. Remove from the pan.
- 03 Add the remaining oil to the pan. Add the garlic, onions, sun dried tomatoes, and Italian seasoning and cook for three to five minutes, or until the onions become translucent.
- 04 Add the chicken broth and stir, cooking over medium-low heat for three to five minutes. Remove from heat.
- 05 Whisk in the yogurt until combined. Add the pasta, sea salt, and pepper. Stir to combine. Break the salmon into larger pieces and add it back to the pan. Stir again until everything is combined. Top with basil, divide evenly between plates, and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is equal to approximately two cups.

### DAIRY-FREE

Use coconut milk instead of yogurt.

# Tandoori Cauliflower & Chicken Meal Prep Bowls

2 SERVINGS 40 MINUTES



## INGREDIENTS

1/2 cup Brown Rice (dry)  
1 1/4 tsps Garam Masala  
1 tsp Smoked Paprika  
1/3 tsp Turmeric  
3/4 tsp Cumin  
1/4 tsp Sea Salt  
1/2 head Cauliflower (chopped into florets)  
2 tbsps Extra Virgin Olive Oil (divided)  
227 grams Chicken Breast  
2 tbsps Tahini  
1 1/2 tsps Lemon Juice  
1 1/2 tsps Water

## NUTRITION

### AMOUNT PER SERVING

Calories	566	Cholesterol	82mg
Fat	27g	Sodium	415mg
Carbs	49g	Vitamin A	621IU
Fiber	7g	Vitamin C	72mg
Sugar	3g	Calcium	118mg
Protein	35g	Iron	4mg

## DIRECTIONS

- 01 Cook the rice according to the package directions.
- 02 Preheat the oven to 400 (204°C) and line a baking sheet with parchment paper.
- 03 In a large bowl, mix together the garam masala, smoked paprika, turmeric, cumin, and salt.
- 04 Add the cauliflower to the bowl with the spices along with half the oil and toss well with your hands, rubbing the spices into the cauliflower to coat. Transfer to the baking sheet.
- 05 Add the chicken to the same bowl and add the remaining oil. Stir well to coat the chicken in the spices. Transfer to the same baking sheet with the cauliflower. Place the baking sheet in the oven and bake for 25 to 30 minutes until the chicken is cooked through and the cauliflower is browned.
- 06 In a small jar, combine the tahini, lemon juice, and water and shake well.
- 07 To serve, divide the cauliflower, chicken, and rice into bowls and top with the tahini dressing. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### ADDITIONAL TOPPINGS

Top with cilantro or parsley.

### NO RICE

Use another grain such as quinoa.

# Meal Prep Maple Dijon Chicken, Mushroom Quinoa & Zucchini

2 SERVINGS 40 MINUTES



## INGREDIENTS

1/2 cup Quinoa (dry)  
2 Zucchini (sliced lengthwise, then quartered)  
1 1/2 tbsps Extra Virgin Olive Oil (divided)  
1/8 tsp Sea Salt (or more to taste)  
1 tbsp Maple Syrup  
2 tbsps Dijon Mustard  
1 tbsp Tamari  
227 grams Chicken Thighs (boneless)  
2 cups Mushrooms (sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	484	Cholesterol	107mg
Fat	18g	Sodium	947mg
Carbs	44g	Vitamin A	425IU
Fiber	6g	Vitamin C	37mg
Sugar	13g	Calcium	74mg
Protein	35g	Iron	4mg

## DIRECTIONS

- 01 Preheat oven to 375°F (191°C) and line baking sheet(s) with foil.
- 02 Cook quinoa according to directions on the package and set aside.
- 03 In a mixing bowl, toss zucchini in 1/3 of the olive oil and season with salt. Transfer to a baking sheet.
- 04 In the same bowl, combine 1/3 of the olive oil, maple syrup, dijon and tamari. Add the chicken thighs and coat in the marinade. Transfer to a baking sheet and bake both the chicken and zucchini for 30 minutes.
- 05 After 30 minutes, flip the zucchini and return to oven. Set to broil for 3 minutes and remove from oven.
- 06 Meanwhile, heat the remaining olive oil in a saucepan over medium heat. Sauté sliced mushrooms until soft. Mix mushrooms with the cooked quinoa.
- 07 Divide the mushroom quinoa, zucchini and chicken thighs into separate containers and let cool before refrigerating. Reheat when ready to eat.

## NOTES

### STORAGE

Refrigerate in an air-tight container up to 3 days after cooking.

### MORE FLAVOUR

Marinate the chicken overnight, and cook the quinoa with broth instead of water.

### NO CHICKEN

Use turkey breast, chickpeas or tofu instead.

### NO ZUCCHINI

Use bell peppers, carrot, eggplant or any vegetables you have on hand.



**NO QUINOA**

Use rice, cauliflower rice or sweet potatoes instead.

# 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.