



2200 Calorie Meal Plan 40/40/20 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

Squash & Pomegranate Breakfast Bowl,
Creamy Tuna on Oat Crackers



SNACK 1

1.5 Yogurt & Pomegranate



LUNCH

Teriyaki Chicken Wraps



SNACK 2

Cottage Cheese & Orange



DINNER

Sun Dried Tomato & Salmon Pasta

TUE



BREAKFAST

Squash & Pomegranate Breakfast Bowl,
Creamy Tuna on Oat Crackers



SNACK 1

1.5 Yogurt & Pomegranate



LUNCH

Sun Dried Tomato & Salmon Pasta



SNACK 2

Cottage Cheese & Orange



DINNER

Crispy Haddock Burger

WED



BREAKFAST

Squash & Pomegranate Breakfast Bowl,
Creamy Tuna on Oat Crackers



SNACK 1

Yogurt & Pomegranate



LUNCH

Crispy Haddock Burger



SNACK 2

Cottage Cheese & Orange



DINNER

Whole Barbecued Chicken & Grilled
Potatoes

THU



BREAKFAST

Scrambled Egg Whites with Tomato &
Asparagus, Egyptian Fava Beans with...



SNACK 1

Strawberry Blueberry Smoothie



LUNCH

Whole Barbecued Chicken & Grilled
Potatoes



SNACK 2

Banana Cinnamon Smoothie



DINNER

Tuna Avocado Sandwich

FRI



BREAKFAST

Scrambled Egg Whites with Tomato &
Asparagus, Egyptian Fava Beans with...



SNACK 1

2 Strawberry Blueberry Smoothie



LUNCH

Tuna Avocado Sandwich



SNACK 2

Banana Cinnamon Smoothie



DINNER

Chicken & Kale Skillet with Chickpea
Pasta

SAT



BREAKFAST

2 Raspberry Zinger Smoothie



SNACK 1

Strawberry Blueberry Smoothie



LUNCH

Chicken & Kale Skillet with Chickpea
Pasta



SNACK 2

Banana Cinnamon Smoothie



DINNER

One Pan Cod & Sweet Potato, Roasted
Veggies, Chickpeas & Cranberries

SUN



BREAKFAST

2 Raspberry Zinger Smoothie



SNACK 1

Strawberry Blueberry Smoothie



LUNCH

One Pan Cod & Sweet Potato, Roasted
Veggies, Chickpeas & Cranberries



SNACK 2

Banana Cinnamon Smoothie



DINNER

Greek Chicken Wraps, Slow Cooker
Moroccan Lentils

MON

FAT 27% CARBS 38% PROTEIN 35%

Calories 2275
Fat 70g
Carbs 222g
Fiber 34g
Sugar 87g
Protein 207g
Cholesterol 397mg
Sodium 3138mg
Vitamin A 21122IU
Vitamin C 198mg
Calcium 1478mg
Iron 19mg

TUE

FAT 25% CARBS 40% PROTEIN 35%

Calories 2226
Fat 65g
Carbs 228g
Fiber 33g
Sugar 87g
Protein 199g
Cholesterol 383mg
Sodium 3044mg
Vitamin A 19362IU
Vitamin C 175mg
Calcium 1556mg
Iron 18mg

WED

FAT 25% CARBS 38% PROTEIN 37%

Calories 2203
Fat 60g
Carbs 212g
Fiber 25g
Sugar 71g
Protein 207g
Cholesterol 500mg
Sodium 2964mg
Vitamin A 18473IU
Vitamin C 182mg
Calcium 1218mg
Iron 13mg

THU

FAT 23% CARBS 39% PROTEIN 38%

Calories 2138
Fat 56g
Carbs 212g
Fiber 49g
Sugar 37g
Protein 205g
Cholesterol 264mg
Sodium 2486mg
Vitamin A 4082IU
Vitamin C 120mg
Calcium 1339mg
Iron 23mg

FRI

FAT 25% CARBS 39% PROTEIN 36%

Calories 2282
Fat 65g
Carbs 235g
Fiber 67g
Sugar 50g
Protein 213g
Cholesterol 174mg
Sodium 2616mg
Vitamin A 9196IU
Vitamin C 220mg
Calcium 2325mg
Iron 29mg

SAT

FAT 24% CARBS 41% PROTEIN 35%

Calories 2230
Fat 62g
Carbs 243g
Fiber 83g
Sugar 71g
Protein 206g
Cholesterol 218mg
Sodium 1562mg
Vitamin A 31706IU
Vitamin C 420mg
Calcium 3357mg
Iron 28mg

SUN

FAT 23% CARBS 44% PROTEIN 33%

Calories 2389
Fat 64g
Carbs 276g
Fiber 80g
Sugar 71g
Protein 204g
Cholesterol 219mg
Sodium 4532mg
Vitamin A 30324IU
Vitamin C 365mg
Calcium 3345mg
Iron 27mg

FRUITS

- 1 Avocado
- 4 Banana
- 4 1/4 Lemon
- 1 1/2 tsps Lemon Juice
- 3 Navel Orange
- 3 1/2 cups Pomegranate Seeds
- 2 1/2 cups Strawberries

BREAKFAST

- 3 tsps Maple Syrup

SEEDS, NUTS & SPICES

- 3/4 cup Chia Seeds
- 1 tsp Chili Powder
- 2 1/2 tsps Cinnamon
- 1 tsp Cumin
- 1 tsp Dried Basil
- 1/4 tsp Garlic Powder
- 1 tbsp Greek Seasoning
- 1/4 cup Ground Flax Seed
- 3/4 tsp Ground Ginger
- 1/4 tsp Italian Seasoning
- 1/2 tsp Oregano
- 1/3 tsp Paprika
- 1 1/2 tsps Red Pepper Flakes
- 1 1/8 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/2 tsps Smoked Paprika
- 3/4 tsp Turmeric

FROZEN

- 2 1/2 cups Frozen Blueberries
- 4 cups Frozen Cauliflower
- 1/2 cup Frozen Cranberries
- 4 cups Frozen Raspberries
- 8 Ice Cubes

VEGETABLES

- 2 cups Asparagus
- 1/2 cup Baby Spinach
- 1 1/2 tsps Basil Leaves
- 3 cups Butternut Squash
- 1/2 head Cauliflower
- 2 stalks Celery
- 2 tsps Chives
- 1 2/3 cups Coleslaw Mix
- 1/8 Cucumber
- 1 1/2 tsps Fresh Sage
- 2 1/4 Garlic
- 8 cups Kale Leaves
- 1 tbsp Parsley
- 1/2 cup Red Onion
- 2 2/3 Red Potato
- 2 tsps Rosemary
- 2 1/2 Sweet Potato
- 2 1/2 Tomato
- 1 Yellow Onion

BOXED & CANNED

- 1/2 cup Bread Crumbs
- 3/4 cup Canned Coconut Milk
- 1/4 cup Chicken Broth
- 281 grams Chickpea Pasta
- 3/4 cup Chickpeas
- 1/4 cup Dry Lentils
- 2 1/16 cups Fava Beans
- 75 grams Oat Crackers
- 3 1/2 cans Tuna

BAKING

- 14 grams Gelatin

BREAD, FISH, MEAT & CHEESE

- 397 grams Chicken Breast
- 227 grams Chicken Thighs
- 2 Cod Fillet
- 2 tsps Feta Cheese
- 2 Haddock Fillet
- 227 grams Salmon Fillet
- 200 grams Sourdough Bread
- 604 grams Whole Roasting Chicken
- 113 grams Whole Wheat Bun
- 2 Whole Wheat Pita

CONDIMENTS & OILS

- 1 tsp Apple Cider Vinegar
- 1 1/2 tsps Avocado Oil
- 2 grams Avocado Oil Spray
- 2/3 tsp Dijon Mustard
- 1/3 cup Extra Virgin Olive Oil
- 1/3 cup Sun Dried Tomatoes
- 2 1/16 tsps Tahini
- 60 grams Tartar Sauce
- 1 tbsp Teriyaki Sauce

COLD

- 3 cups Cottage Cheese
- 1 Egg
- 2 cups Egg Whites
- 4 2/3 cups Plain Greek Yogurt
- 2 tsps Tzatziki
- 12 1/4 cups Unsweetened Almond Milk
- 1/3 cup Unsweetened Coconut Yogurt

OTHER

- 64 grams Collagen Powder
- 3 1/4 cups Vanilla Protein Powder
- 6 3/4 cups Water

Squash & Pomegranate Breakfast Bowl

3 SERVINGS 45 MINUTES



INGREDIENTS

3 cups Butternut Squash (peeled, seeded, & chopped)
3 tbsps Maple Syrup
3/4 cup Canned Coconut Milk (full fat)
14 grams Gelatin
64 grams Collagen Powder
1 1/2 tps Cinnamon
3/4 tsp Ground Ginger
3/4 tsp Turmeric
1/3 cup Unsweetened Coconut Yogurt
1 1/2 cups Pomegranate Seeds

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|----------|
| Calories | 394 | Cholesterol | 0mg |
| Fat | 12g | Sodium | 71mg |
| Carbs | 48g | Vitamin A | 14886... |
| Fiber | 7g | Vitamin C | 37mg |
| Sugar | 26g | Calcium | 189mg |
| Protein | 26g | Iron | 2mg |

DIRECTIONS

- 01 Steam the butternut squash in a steaming basket on the stove for 10 minutes.
- 02 Add the steamed squash, maple syrup, coconut milk, gelatin, collagen, cinnamon, ginger, and turmeric to a food processor and blend until a smooth consistency is achieved. Transfer to a bowl and allow it to set in the fridge for 30 minutes.
- 03 Divide the squash purée evenly between bowls. Top with coconut yogurt and pomegranate seeds. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

MAKE IT VEGAN

Use agar agar in place of the gelatin and vegan protein powder in place of the collagen.

Creamy Tuna on Oat Crackers

3 SERVINGS 10 MINUTES



INGREDIENTS

1 1/2 cans Tuna (drained and flaked)
1/3 cup Plain Greek Yogurt
1/3 tsp Sea Salt
75 grams Oat Crackers

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 201 | Cholesterol | 34mg |
| Fat | 6g | Sodium | 683mg |
| Carbs | 18g | Vitamin A | 203IU |
| Fiber | 2g | Vitamin C | 2mg |
| Sugar | 1g | Calcium | 76mg |
| Protein | 21g | Iron | 2mg |

DIRECTIONS

- 01 Combine the tuna, yogurt and sea salt. Mix well with a fork.
- 02 Spread tuna evenly onto the crackers and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately but can be refrigerated up to 2 days in an airtight container. Store the crispbread and tuna mixture separately.

SERVING SIZE

One serving is equal to approximately four topped crackers.

CANNED TUNA

One can of tuna is equal to 165 grams or 5.8 ounces, drained.

NO GREEK YOGURT

Use cottage cheese or any type of alternative plain yogurt instead.

Scrambled Egg Whites with Tomato & Asparagus

2 SERVINGS 10 MINUTES



INGREDIENTS

- 1 1/2 cups Water (divided)
- 2 cups Asparagus (trimmed)
- 2 cups Egg Whites
- 2 Tomato (sliced)
- 1 tsp Dried Basil
- 1/4 tsp Sea Salt (to taste)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|--------|
| Calories | 172 | Cholesterol | 0mg |
| Fat | 1g | Sodium | 752mg |
| Carbs | 11g | Vitamin A | 2676IU |
| Fiber | 4g | Vitamin C | 25mg |
| Sugar | 4g | Calcium | 80mg |
| Protein | 31g | Iron | 4mg |

DIRECTIONS

- 01 In a large non-stick pan, heat 1/3 of the water over medium heat. Cook the asparagus until fork tender, about three minutes. Drain any excess water and set aside.
- 02 Add the remaining water to the same pan and bring to a simmer over medium to medium-high heat. Add the egg whites and move them around with a spatula continuously until fluffy and cooked through, about three minutes.
- 03 Add the eggs to a plate with the remaining ingredients. Season with dried basil and salt. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add a splash of balsamic vinegar.

ADDITIONAL TOPPINGS

Add toast, avocado, cheese, or sauerkraut.

MAKE IT VEGAN

Use tofu instead of egg whites.

NO NON-STICK PAN

Use your choice of oil as needed.

Egyptian Fava Beans with Tahini

2 SERVINGS 15 MINUTES



INGREDIENTS

2 cups Fava Beans (cooked, with liquid)
2 tbsps Tahini
1/3 tsp Cumin
1 tsp Apple Cider Vinegar
1/8 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 278 | Cholesterol | 0mg |
| Fat | 9g | Sodium | 223mg |
| Carbs | 37g | Vitamin A | 40IU |
| Fiber | 11g | Vitamin C | 1mg |
| Sugar | 3g | Calcium | 129mg |
| Protein | 16g | Iron | 4mg |

DIRECTIONS

- 01 Combine all ingredients in a saucepan over medium-high heat. Cook for 5 to 8 minutes, stirring occasionally until thick and saucy.
- 02 Mash half of the fava beans for a thicker consistency (optional). Adjust salt to taste.
- 03 Divide into bowls and enjoy!

NOTES

SERVE IT WITH

Warm pita, bread, crackers, yogurt, fried or scrambled eggs, parsley, cilantro and/or pomegranate seeds.

NO APPLE CIDER VINEGAR

Use lemon juice instead.

SERVING SIZE

One serving is equal to approximately one cup.

STORAGE

Refrigerate in an airtight container up to 3 to 5 days.

Raspberry Zinger Smoothie

4 SERVINGS 10 MINUTES



INGREDIENTS

4 cups Frozen Cauliflower
4 cups Frozen Raspberries
4 Lemon (juiced)
1 cup Vanilla Protein Powder
1/4 cup Chia Seeds
6 cups Unsweetened Almond Milk

DIRECTIONS

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

NOTES

NO PROTEIN POWDER

Use 1/4 cup hemp seeds per serving instead.

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 308 | Cholesterol | 4mg |
| Fat | 9g | Sodium | 319mg |
| Carbs | 36g | Vitamin A | 873IU |
| Fiber | 17g | Vitamin C | 100mg |
| Sugar | 12g | Calcium | 934mg |
| Protein | 27g | Iron | 4mg |

Yogurt & Pomegranate

4 SERVINGS 5 MINUTES



INGREDIENTS

4 cups Plain Greek Yogurt
2 cups Pomegranate Seeds

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|--------|
| Calories | 241 | Cholesterol | 34mg |
| Fat | 6g | Sodium | 140mg |
| Carbs | 25g | Vitamin A | 1250IU |
| Fiber | 3g | Vitamin C | 22mg |
| Sugar | 15g | Calcium | 509mg |
| Protein | 23g | Iron | 1mg |

DIRECTIONS

01 Top the yogurt with pomegranate seeds and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

DAIRY-FREE

Use a dairy-free yogurt like coconut, almond, or cashew.

ADDITIONAL TOPPINGS

Add hemp seeds, nuts, pumpkin seeds, shredded coconut, or more fruit.

Strawberry Blueberry Smoothie

5 SERVINGS 5 MINUTES



INGREDIENTS

2 1/2 cups Frozen Blueberries (wild)
2 1/2 cups Strawberries (stems removed)
6 1/4 cups Unsweetened Almond Milk
1/3 cup Chia Seeds
1 1/4 cups Vanilla Protein Powder

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 241 | Cholesterol | 4mg |
| Fat | 8g | Sodium | 242mg |
| Carbs | 23g | Vitamin A | 668IU |
| Fiber | 9g | Vitamin C | 44mg |
| Sugar | 10g | Calcium | 772mg |
| Protein | 23g | Iron | 2mg |

DIRECTIONS

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

NOTES

LEFTOVERS

Best enjoyed immediately.

NO ALMOND MILK

Use another plant-based milk such as coconut, cashew, or oat.

NO FRESH STRAWBERRIES

Use frozen instead.

PROTEIN POWDER

This recipe was tested using plant-based vanilla protein powder.

Teriyaki Chicken Wraps

1 SERVING 30 MINUTES



INGREDIENTS

227 grams Chicken Thighs (boneless, skinless)
1 tbsp Teriyaki Sauce
1 1/2 tsps Avocado Oil
1 Whole Wheat Pita
1 cup Coleslaw Mix

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|----------|
| Calories | 545 | Cholesterol | 213mg |
| Fat | 17g | Sodium | 1205m... |
| Carbs | 45g | Vitamin A | 3054IU |
| Fiber | 6g | Vitamin C | 36mg |
| Sugar | 7g | Calcium | 70mg |
| Protein | 53g | Iron | 4mg |

DIRECTIONS

- 01 In a bowl, combine the chicken thighs and teriyaki sauce.
- 02 Heat a skillet over medium heat and add the oil. Add the chicken thighs. If there is any sauce remaining in the bowl, add it on top of the chicken. Cook the thighs for seven to eight minutes per side or until no longer pink and cooked through.
- 03 Place the thighs on a cutting board and let them rest for five minutes before slicing.
- 04 To assemble, place the pitas onto plates and top evenly with sliced chicken and coleslaw. Enjoy!

NOTES

LEFTOVERS

Refrigerate the chicken in an airtight container for up to three days. Add the coleslaw when ready to eat.

MORE FLAVOR

Add more teriyaki sauce to the pita.

ADDITIONAL TOPPINGS

Sliced cucumber, bell peppers and/or tomatoes.

GLUTEN-FREE

Use a gluten-free pita.

Cottage Cheese & Orange

3 SERVINGS 5 MINUTES



INGREDIENTS

3 Navel Orange (large, chopped)
3 cups Cottage Cheese

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 274 | Cholesterol | 36mg |
| Fat | 9g | Sodium | 663mg |
| Carbs | 25g | Vitamin A | 640IU |
| Fiber | 3g | Vitamin C | 83mg |
| Sugar | 18g | Calcium | 235mg |
| Protein | 25g | Iron | 0mg |

DIRECTIONS

01 Serve the chopped orange with the cottage cheese. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

Banana Cinnamon Smoothie

4 SERVINGS 5 MINUTES



INGREDIENTS

1 cup Vanilla Protein Powder
1/4 cup Ground Flax Seed
1/4 cup Chia Seeds
4 Banana (frozen)
8 Ice Cubes
4 cups Water
1 tsp Cinnamon

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 284 | Cholesterol | 4mg |
| Fat | 7g | Sodium | 45mg |
| Carbs | 36g | Vitamin A | 77IU |
| Fiber | 10g | Vitamin C | 10mg |
| Sugar | 14g | Calcium | 236mg |
| Protein | 24g | Iron | 2mg |

DIRECTIONS

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

NOTES

NO PROTEIN POWDER

Use hemp seeds with vanilla extract instead.

LEFTOVERS

Store in a mason jar with a lid in the fridge up to 24 hours. Shake well before drinking.

MAKE IT GREEN

Add spinach.

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.

Crispy Haddock Burger

2 SERVINGS 25 MINUTES



INGREDIENTS

2 Haddock Fillet
Sea Salt & Black Pepper (to taste)
1 Egg
1/2 cup Bread Crumbs
2 grams Avocado Oil Spray
60 grams Tartar Sauce (divided)
2/3 cup Coleslaw Mix
113 grams Whole Wheat Bun

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|--------|
| Calories | 496 | Cholesterol | 199mg |
| Fat | 12g | Sodium | 1111mg |
| Carbs | 51g | Vitamin A | 1294IU |
| Fiber | 5g | Vitamin C | 13mg |
| Sugar | 7g | Calcium | 148mg |
| Protein | 45g | Iron | 3mg |

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
- 02 Season the fish with salt and pepper. In two separate bowls add the egg(s) and bread crumbs. Whisk the egg(s) with a fork.
- 03 Coat the fish first with bread crumbs, then dip in the egg. Lastly, coat with bread crumbs once more. Spray the fish with cooking spray and place it onto the baking sheet. Bake in the oven for about 15 minutes or until cooked through.
- 04 Meanwhile, mix half of the tartar sauce with coleslaw. Spread the rest of the sauce on the bottom buns. Top with crispy fish, coleslaw, and the top bun. Enjoy!

NOTES

LEFTOVERS

Refrigerate all parts separately for up to three days. Assemble just before eating.

SERVING SIZE

One serving is equal to one assembled fish burger.

MORE FLAVOR

Add lemon juice and/or hot sauce.

ADDITIONAL TOPPINGS

Add lettuce.

FILLET SIZE

One haddock fillet is equal to 150 grams or 5.3 ounces.

WHOLE WHEAT BUNS

One bun is equal to approximately 57 grams or two ounces.

AVOCADO OIL SPRAY

One gram (or 1/16 oz) of avocado oil spray is equal to a one-second spray.

Whole Barbecued Chicken & Grilled Potatoes

2 SERVINGS 45 MINUTES



INGREDIENTS

2 2/3 Red Potato (cut into wedges)
1 tbsp Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper
2/3 tsp Dijon Mustard
1/3 Garlic (clove, minced)
605 grams Whole Roasting Chicken
(spine removed)
2 tps Chives (chopped)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 597 | Cholesterol | 197mg |
| Fat | 15g | Sodium | 296mg |
| Carbs | 45g | Vitamin A | 200IU |
| Fiber | 5g | Vitamin C | 25mg |
| Sugar | 4g | Calcium | 61mg |
| Protein | 67g | Iron | 5mg |

DIRECTIONS

- 01 Preheat the grill to 375°F (190°C).
- 02 Par-boil the potatoes for 10 minutes or until just starting to soften. Drain and toss in 2/3 of the oil. Season with salt and pepper. Set aside while you prepare the chicken.
- 03 Next, mix together the mustard, garlic, remaining oil, salt, and pepper. Brush the mixture onto the chicken.
- 04 Grill the chicken for 15 minutes and flip. Add the potatoes to the grill and cook for 10 to 15 minutes or until they reach desired crispiness. Remove both from the grill once they are done cooking. The chicken should be cooked through and the skin should be browned.
- 05 Carve the chicken and serve with the potatoes. Garnish everything with chives. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

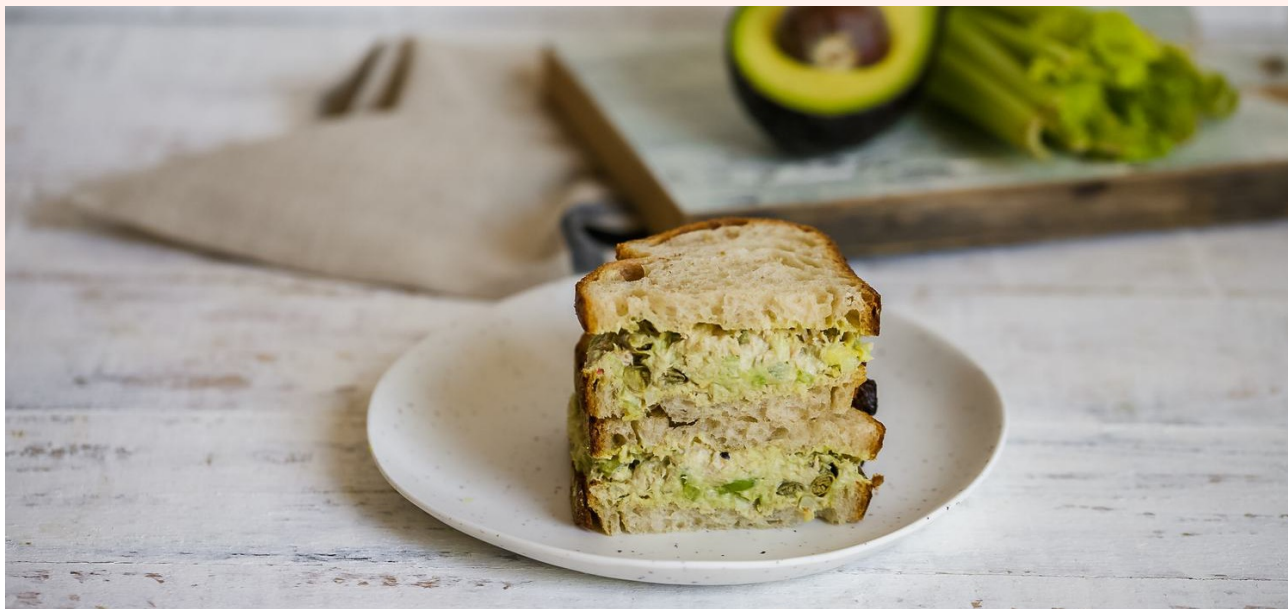
One serving is approximately 2/3 lb of chicken and five to six potato wedges.

ADDITIONAL TOPPINGS

Ketchup and/or vinegar for the potato wedges.

Tuna Avocado Sandwich

2 SERVINGS 10 MINUTES



INGREDIENTS

2 cans Tuna
Sea Salt & Black Pepper (to taste)
2 stalks Celery (finely chopped)
1/4 cup Red Onion (finely chopped)
1 Avocado (medium)
200 grams Sourdough Bread (toasted)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 566 | Cholesterol | 59mg |
| Fat | 16g | Sodium | 928mg |
| Carbs | 60g | Vitamin A | 421IU |
| Fiber | 10g | Vitamin C | 15mg |
| Sugar | 2g | Calcium | 61mg |
| Protein | 44g | Iron | 6mg |

DIRECTIONS

- 01 In a small bowl add the tuna, salt and pepper, celery, and red onion. Mix together until well combined. Add the avocado and mash into the tuna mixture.
- 02 Scoop the tuna on top of one of the slices of bread and place the other slice on top. Slice and enjoy!

NOTES

LEFTOVERS

Refrigerate the tuna in an airtight container for up to three days. For best results, mix with the avocado and serve it on the bread just before enjoying.

GLUTEN-FREE

Use gluten-free bread instead.

CANNED TUNA

One can of tuna is equal to 165 grams or 5.8 ounces, drained.

NO RED ONION

Use chives or green onions instead.

NO AVOCADO

Use mayonnaise or Greek yogurt instead.

SOURDOUGH BREAD

One slice of sourdough bread is equal to approximately 1 3/4 oz or 50 grams.

Chicken & Kale Skillet with Chickpea Pasta

2 SERVINGS 20 MINUTES



INGREDIENTS

142 grams Chickpea Pasta (dry)
1 tbsp Extra Virgin Olive Oil
283 grams Chicken Breast (skinless, boneless, cut into strips)
Sea Salt & Black Pepper (to taste)
8 cups Kale Leaves (stems removed and leaves chopped)
1/4 cup Water
1 1/2 tsps Lemon Juice
1 1/2 tsps Red Pepper Flakes

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|--------|
| Calories | 500 | Cholesterol | 103mg |
| Fat | 16g | Sodium | 184mg |
| Carbs | 45g | Vitamin A | 4646IU |
| Fiber | 14g | Vitamin C | 81mg |
| Sugar | 7g | Calcium | 275mg |
| Protein | 52g | Iron | 9mg |

DIRECTIONS

- 01 Cook the pasta according to the package directions. Drain and set aside.
- 02 Heat the oil in a large pan over medium heat. Add the chicken and cook for five to seven minutes or until cooked through. Season with salt and pepper and stir as it cooks. Transfer the chicken to a bowl and set aside.
- 03 To the same skillet, add the kale and water. Cook the kale until soft and all the water is gone, stirring frequently. Return the chicken to the skillet and stir in the lemon juice.
- 04 Add the pasta to the skillet and stir to combine. Divide onto plates and season with red pepper flakes on top. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately three cups.

MAKE IT VEGAN

Omit the chicken.

MORE FLAVOR

Add minced garlic, lemon juice, parmesan and/or shallots.

ADDITIONAL TOPPINGS

Freshly parsley and/or hemp seeds.

One Pan Cod & Sweet Potato

2 SERVINGS 35 MINUTES



INGREDIENTS

2 Sweet Potato (medium, cubed)
1 tsp Extra Virgin Olive Oil
1 1/2 tsp Smoked Paprika
1/2 tsp Oregano (dried)
1 tsp Chili Powder
1/4 tsp Cumin
1/4 tsp Garlic Powder
1/8 tsp Sea Salt
2 Cod Fillet
1/4 Lemon (sliced into wedges)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-----------|
| Calories | 334 | Cholesterol | 99mg |
| Fat | 4g | Sodium | 384mg |
| Carbs | 29g | Vitamin A | 19788I... |
| Fiber | 5g | Vitamin C | 8mg |
| Sugar | 6g | Calcium | 91mg |
| Protein | 44g | Iron | 3mg |

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with foil. Toss the cubed sweet potato with extra virgin olive oil and transfer to the baking sheet.
- 02 Combine the smoked paprika, oregano, chili powder, garlic powder and sea salt to a small bowl. Sprinkle half the seasoning onto the cubed sweet potato and bake for 20 minutes.
- 03 Remove the sweet potato from the oven and transfer to one side of the sheet to make room for the cod. Place the cod fillet on the sheet and sprinkle the remaining spice mixture on top. Bake for 8 to 10 minutes or until the cod is flaky and cooked through.
- 04 Divide the sweet potato and cod between plates. Serve with a lemon wedge and enjoy!

NOTES

LEFTOVERS

Store in the fridge in a sealed container for 2 to 3 days.

FILLET SIZE

One fillet is equal to 231 grams or 8 ounces.

NO EXTRA VIRGIN OLIVE OIL

Use avocado oil instead.

MORE VEGGIES

Serve with a side salad or extra veggies of your choice.

NO COD

Use another type of fish such as haddock, salmon or tilapia

Roasted Veggies, Chickpeas & Cranberries

2 SERVINGS 1 HOUR



INGREDIENTS

1/2 head Cauliflower (small, cut into florets)
1/2 Sweet Potato (medium, cubed)
1/2 Yellow Onion (medium, chopped)
3/4 cup Chickpeas (cooked, rinsed)
1 1/2 tbsps Fresh Sage (finely chopped)
2 tbsps Rosemary (fresh)
1 tbsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
1/2 cup Frozen Cranberries (defrosted)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|--------|
| Calories | 255 | Cholesterol | 0mg |
| Fat | 9g | Sodium | 69mg |
| Carbs | 38g | Vitamin A | 4781IU |
| Fiber | 11g | Vitamin C | 77mg |
| Sugar | 10g | Calcium | 115mg |
| Protein | 9g | Iron | 4mg |

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a large baking sheet with parchment paper.
- 02 Add the cauliflower, sweet potato, onion, chickpeas, sage, rosemary, oil, salt, and pepper to the baking sheet. Toss to combine then spread everything out into an even layer. Roast for 20 minutes then toss the vegetables.
- 03 Add the cranberries and roast for another 25 to 30 minutes or until the vegetables are tender and caramelized. Divide between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

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

MORE FLAVOR

Add garlic and fresh thyme.

ADDITIONAL TOPPING

Add feta or goat cheese.

SERVE IT WITH

Rice or more protein of choice.

NO FROZEN CRANBERRIES

Use fresh instead.

Greek Chicken Wraps

1 SERVING 30 MINUTES



INGREDIENTS

113 grams Chicken Breast (boneless, skinless, cubed)
1 1/2 tpsps Extra Virgin Olive Oil
1 tbsps Greek Seasoning
1 Whole Wheat Pita
2 tbsps Tzatziki
1/2 cup Baby Spinach
1/8 Cucumber (medium, sliced)
1/4 Tomato (medium, sliced)
1/4 cup Red Onion (small, sliced)
2 tbsps Feta Cheese (crumbled)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|---------|
| Calories | 472 | Cholesterol | 104mg |
| Fat | 17g | Sodium | 2540... |
| Carbs | 44g | Vitamin A | 2075IU |
| Fiber | 5g | Vitamin C | 14mg |
| Sugar | 5g | Calcium | 199mg |
| Protein | 37g | Iron | 3mg |

DIRECTIONS

- 01 Add the cubed chicken to a bowl. Add the olive oil and Greek seasoning. Mix to combine.
- 02 Heat a frying pan over medium heat and add the chicken, including the liquid from the bowl. Spread out the chicken so it's not crowded.
- 03 Cook the chicken for seven to eight minutes per side or until cooked through and browned.
- 04 To assemble, place the pitas on plates and top evenly with tzatziki, spinach, cucumber, tomato, chicken, onion, and feta. Enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately after assembling but ingredients can be refrigerated in separate containers for up to three days.

GLUTEN-FREE

Use a gluten-free pita.

DAIRY-FREE

Use vegan tzatziki and feta.

MORE FLAVOR

Add lemon juice to the chicken.

ADDITIONAL TOPPINGS

Oregano, fresh dill, fresh parsley.

Slow Cooker Moroccan Lentils

1 SERVING 8 HOURS



INGREDIENTS

1/4 cup Dry Lentils (brown or green, uncooked)
1/4 Tomato (medium, diced)
1/8 Yellow Onion (medium, diced)
1/3 Garlic (cloves, minced)
1 tbsp Parsley (chopped and divided)
1/3 tsp Cumin
1/3 tsp Paprika
1/4 tsp Sea Salt
1 cup Water

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|--------|
| Calories | 187 | Cholesterol | 0mg |
| Fat | 1g | Sodium | 614mg |
| Carbs | 34g | Vitamin A | 1189IU |
| Fiber | 6g | Vitamin C | 12mg |
| Sugar | 2g | Calcium | 64mg |
| Protein | 13g | Iron | 5mg |

DIRECTIONS

- 01 Combine lentils, tomatoes, onion, garlic, half the parsley, cumin, paprika, salt and water in the slow cooker. Cook on high for at least 4 hours, or on low for 8-12 hours.
- 02 Garnish with remaining parsley and enjoy!

NOTES

SERVE IT WITH

Greek yogurt, crusty bread, rice, quinoa, brown rice tortilla chips, and/or fried eggs.

LEFTOVERS

Refrigerate in an airtight container up to 5 days. Freeze if longer.