



## 2200 Calorie Meal Plan 50/30/20 PDF

BRENDA PERALTA, RDN, CDE

**EXERCISE**  
*with Style*

# 2200 Calorie Meal Plan 50/30/20 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)

### MEDICAL/HEALTH PROFESSIONAL DISCLAIMERS

Do not disregard, avoid or delay obtaining medical or health related advice from your health care professional because of something you may have read in this e-book or on the Exercise with Style web site.. Your use of any information provided in this e-book or on the web site is solely at your own risk.

Individual results may vary. Results cannot be guaranteed, and should not be considered typical.

Always consult a licensed medical professional before beginning any fitness, diet, exercise, nutritional or supplementation program to determine if it is right for your needs and to address any of your specific



medical conditions.

This is particularly true if you are prone to injuries, pregnant or nursing or if you have a family history of high blood pressure or heart disease. You should also consult a licensed health care professional prior to beginning this or any other program if you have ever experienced chest pain when exercising or have experienced chest pain in the past month when not engaged in physical activity. You should also consult with a licensed health care professional if you smoke, have high cholesterol, are obese, or have a bone or joint problem that could be made worse by a change in physical activity. Do not start this fitness program if your physician or health care provider advises against it. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately.

This general information is not intended to diagnose any medical condition or to replace advice from a competent healthcare professional.

All the information presented in this e-book and on the web site are for informational purposes only and do not constitute medical, nutritional, dietary, therapeutic, or any other medical advice. The information contained in this e-book or on the web site is NOT a substitute for any advice given to you by your physician. Use of the programs, advice, and information contained in this e-book and on the web site is at the sole choice and risk of the reader.

Exercise with Style makes every effort to ensure that the information provided to you in this e-book and on the web site is accurate. The information contained herein is for information purposes only. Exercise with Style is NOT LIABLE for any losses or damages that may occur through your use of any information or products that you obtain through this e-book, the Exercise with Style web site or any of our affiliated blogs or websites.

The products and/or services that are recommended by Exercise with Style are recommended by the company in good faith, however the company assumes no responsibility or liability for any dissatisfaction you may have with any product, service or sponsor or any injuries that may be caused by use of that recommended product or service.

**USE AT YOUR OWN RISK:** Exercise with Style strongly advises that you consult your doctor or health care provider before you alter your diet or fitness activities. If you have any concerns or questions about your health, you should always consult with a physician or other health-care professional. Do not disregard, avoid or delay obtaining medical or health related advice from your health-care professional because of something you may have read on Exercise with Style. Any exercise program may result in injury. By voluntarily undertaking any exercise displayed in this e-book or on the web site, you assume the risk of any resulting injury. THE INFORMATION PROVIDED HEREIN IS FOR INFORMATIONAL PURPOSES ONLY, AND IS NOT INTENDED TO DIAGNOSE ANY MEDICAL OR HEALTHCARE CONDITION REPLACE THE ADVICE OF A LICENSED HEALTHCARE PROFESSIONAL, OR PROVIDE ANY MEDICAL ADVICE, OPINION, DIAGNOSIS, TREATMENT OR GUARANTEE.

**NO WARRANTIES:** No express or implied warranties of any type, including for example implied warranties of merchantability or fitness for a particular purpose are made with respect to the information, or any use of the

information, in this e-book or on the website. Exercise with Style makes no representations and extends no warranties of any type as to the accuracy or completeness of any information or content on this web site.

Exercise with Style specifically **DISCLAIMS LIABILITY FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES** and assumes no responsibility or liability for any loss or damage suffered by any person as a result of the use or misuse of any of the information or content in this e-book or on the web site.

Developments in medical research may impact the health, fitness and nutritional advice that appears here. No assurance can be given that the advice contained in this e-book or on the web site will always include the most recent findings or developments with respect to the particular material.

The creators of this program, as well as their employees, agents, independent contractors and/or affiliates, disclaim any liability or loss sustained in connection with the exercises recommended, or the instructions and advice expressed herein. To the maximum extent permitted by law, Exercise with Style, and its affiliates, officers, directors, employees, agents, or representatives shall not be liable for any direct, indirect, incidental, consequential, or special damages arising out of or in any way related to your use or inability to use the web site or any purchased digital products, including but not limited to errors, omissions, interruptions, defects, delays in operation, or transmission, or any loss of data, revenue, or profits.

Online Digital Products: Any online digital products, such as e-books, workout plans, or nutrition guides, available for purchase on the website are provided "as is" and without warranties of any kind, whether expressed or implied. We make no guarantees regarding the results or outcomes that may be achieved through the use of these products. Results may vary based on individual effort, adherence to the program, and other factors.

Changes to the Disclaimer: We reserve the right to modify or update this disclaimer at any time without prior notice. By continuing to use the web site or engaging in any transactions after any changes, you acknowledge and accept the updated disclaimer.

None of the statements in this e-book or on the web site have been evaluated by the United States Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any diseases. Dietary and nutritional supplements are intended for special dietary use. They are not intended for use in the treatment, cure, prevention or mitigation of any disease or disorder. They are intended to be used as part of an overall healthy lifestyle program that includes proper diet and exercise. Only your doctor can properly diagnose and treat any disease or disorder. Before starting to use any nutritional supplement, it is important to check with your doctor or other licensed health care professional.

Furthermore, none of the statements in this e-book or on the web site should be construed as dispensing medical advice, making claims regarding the cure of diseases, nor can these products prevent heat stroke, hyponatremia, or any other injurious results of excessive physical exhaustion. You, the athlete, must listen to your body and use common sense to avoid serious injury.

A food supplement is a product that is intended to supplement the normal diet with nutrients or other vital

substances which have a nutritional or physiological effect. Food supplements are intended for ingestion in pill, capsule, tablet, powder, liquid or similar forms in a certain dosage.

You should not use the information on this site for diagnosis or treatment of any health problem or as a substitute for medication or other treatment prescribed by your physician or health care provider. You should consult with a physician or healthcare professional before starting any diet, exercise or supplementation program, before taking any medication or food supplement, or if you have or suspect you might have a health problem.

Exercise with Style is not responsible for any statements, claims or directions of use that various manufacturers make about their products. Exercise with Style cannot be held responsible for side effects or health damages which may occur from the use of products offered on this website.

Food supplements are not a replacement for a varied and balanced food intake and a healthy lifestyle. The recommended daily dose of a food supplement does not have any side effects in healthy adults. If you suffer from an illness you should discuss the use of a food supplement with a doctor or other licensed health care professional. Food supplements should always be stored out of reach of small children.

In some jurisdictions, some of these substances may be considered prescription drugs, controlled or contraband substances. Since the information published in this e-book and on the website is accessible to anyone throughout the world, Exercise with Style does not give legal advice that may apply to any particular consumer. Consumers are cautioned to check with local, regionalized legal counsel and/or health care professionals before making any purchases on the Exercise with Style web site. Also, the consumer is responsible for additional taxes or duties which may occur when importing and receiving the products in his country.

It is important to read and follow all label directions carefully. Exercise with Style supplements are not intended for children or for pregnant or lactating women. Not all supplements are appropriate for everyone. In any case, it is prudent for those who have not been taking nutritional supplements to gradually increase their daily dosage to reach the desired amount.

Important Notice - This e-book and the Exercise with Style web site do not provide healthcare advice. Consult your physician before starting any nutritional supplement program. You can read more about our [disclaimer here](#).

## MON



**BREAKFAST**  
Creamy Apple Pie Protein Oatmeal



**SNACK 1**  
Banana Spinach Smoothie



**LUNCH**  
Buttery Shrimp & Snap Pea Udon



**SNACK 2**  
Peach Cherry Smoothie



**DINNER**  
Salsa Burger with Mini Potatoes & Asparagus

## TUE



**BREAKFAST**  
Creamy Apple Pie Protein Oatmeal



**SNACK 1**  
Banana Spinach Smoothie



**LUNCH**  
Salsa Burger with Mini Potatoes & Asparagus



**SNACK 2**  
Peach Cherry Smoothie



**DINNER**  
Jerk Chicken & Rice with Pineapple Salsa

## WED



**BREAKFAST**  
Creamy Apple Pie Protein Oatmeal



**SNACK 1**  
Banana Spinach Smoothie



**LUNCH**  
Jerk Chicken & Rice with Pineapple Salsa



**SNACK 2**  
Peach Cherry Smoothie



**DINNER**  
Chickpea Pasta with Pesto

## THU



**BREAKFAST**  
Banana Oat Protein Pancakes



**SNACK 1**  
0.5 Orange Matcha Smoothie



**LUNCH**  
Chickpea Pasta with Pesto



**SNACK 2**  
Cherries, Banana & Cottage Cheese



**DINNER**  
Chicken & Celery Root Slaw Sandwich

## FRI



**BREAKFAST**  
Banana Oat Protein Pancakes



**SNACK 1**  
Orange Matcha Smoothie



**LUNCH**  
Chicken & Celery Root Slaw Sandwich



**SNACK 2**  
Cherries, Banana & Cottage Cheese



**DINNER**  
Chipotle Chicken, Broccoli & Wild Rice

## SAT



**BREAKFAST**  
Coconut & Apple Cauliflower Porridge, Sumac Tomato & Chickpea Flatbread



**SNACK 1**  
0.5 Orange Matcha Smoothie



**LUNCH**  
Chipotle Chicken, Broccoli & Wild Rice



**SNACK 2**  
Cherries, Banana & Cottage Cheese



**DINNER**  
Grilled Pork Vermicelli Bowl

## SUN



**BREAKFAST**  
Coconut & Apple Cauliflower Porridge, Sumac Tomato & Chickpea Flatbread



**SNACK 1**  
Orange Matcha Smoothie



**LUNCH**  
Grilled Pork Vermicelli Bowl



**SNACK 2**  
Cherries, Banana & Cottage Cheese



**DINNER**  
Cod & Potato Cakes with Yellow Beans

## MON

FAT 22% CARBS 49% PROTEIN 29%

Calories 2250  
Fat 57g  
Carbs 284g  
Fiber 37g  
Sugar 84g  
Protein 164g  
Cholesterol 323mg  
Sodium 2052mg  
Vitamin A 7059IU  
Vitamin C 97mg  
Calcium 2194mg  
Iron 18mg

## TUE

FAT 23% CARBS 48% PROTEIN 29%

Calories 2265  
Fat 58g  
Carbs 279g  
Fiber 37g  
Sugar 102g  
Protein 171g  
Cholesterol 242mg  
Sodium 2651mg  
Vitamin A 7058IU  
Vitamin C 231mg  
Calcium 2133mg  
Iron 18mg

## WED

FAT 22% CARBS 49% PROTEIN 29%

Calories 2314  
Fat 59g  
Carbs 295g  
Fiber 48g  
Sugar 105g  
Protein 177g  
Cholesterol 168mg  
Sodium 2069mg  
Vitamin A 8642IU  
Vitamin C 208mg  
Calcium 2213mg  
Iron 25mg

## THU

FAT 22% CARBS 50% PROTEIN 28%

Calories 2167  
Fat 55g  
Carbs 283g  
Fiber 45g  
Sugar 85g  
Protein 156g  
Cholesterol 128mg  
Sodium 2610mg  
Vitamin A 4035IU  
Vitamin C 93mg  
Calcium 1287mg  
Iron 25mg

## FRI

FAT 21% CARBS 51% PROTEIN 28%

Calories 2332  
Fat 57g  
Carbs 301g  
Fiber 35g  
Sugar 94g  
Protein 164g  
Cholesterol 212mg  
Sodium 2305mg  
Vitamin A 2702IU  
Vitamin C 205mg  
Calcium 1482mg  
Iron 13mg

## SAT

FAT 24% CARBS 49% PROTEIN 27%

Calories 2251  
Fat 62g  
Carbs 281g  
Fiber 37g  
Sugar 93g  
Protein 154g  
Cholesterol 222mg  
Sodium 2960mg  
Vitamin A 10293IU  
Vitamin C 191mg  
Calcium 1178mg  
Iron 13mg

## SUN

FAT 22% CARBS 50% PROTEIN 28%

Calories 2350  
Fat 59g  
Carbs 301g  
Fiber 42g  
Sugar 113g  
Protein 164g  
Cholesterol 353mg  
Sodium 3424mg  
Vitamin A 11144IU  
Vitamin C 230mg  
Calcium 1564mg  
Iron 16mg

## FRUITS

- 2 1/2 Apple
- 8 Banana
- 3 1/2 cups Cherries
- 1/2 Green Apple
- 1/2 Lemon
- 3 tbsps Lime Juice
- 3 Navel Orange
- 3 Peach
- 1 cup Pineapple

## BREAKFAST

- 1 tbsp Green Tea Powder
- 1/3 cup Maple Syrup

## SEEDS, NUTS & SPICES

- 3 tbsps Chia Seeds
- 1 tsp Chili Powder
- 1/2 tsp Chipotle Powder
- 1 1/2 tsps Cinnamon
- 1 1/8 tsps Garlic Powder
- 1 tbsp Ground Flax Seed
- 1 tsp Ground Sumac
- 3 tbsps Hemp Seeds
- 2 tsps Jerk Seasoning
- 1/2 tsp Onion Powder
- 1/4 cup Pine Nuts
- 2 tsps Sea Salt
- 0 Sea Salt & Black Pepper

## FROZEN

- 2 cups Cauliflower Rice
- 1 1/2 cups Frozen Banana
- 12 Ice Cubes

## VEGETABLES

- 1 cup Arugula
- 2 cups Asparagus
- 3 cups Baby Spinach
- 2 1/2 cups Basil Leaves
- 2 cups Broccoli
- 1 Carrot
- 1 cup Celery Root
- 1/2 cup Cilantro
- 1/2 Cucumber
- 2 1/2 Garlic
- 1/8 head Green Lettuce
- 1 stalk Green Onion
- 1 Jalapeno Pepper
- 2 cups Mini Potatoes
- 1/2 cup Parsley
- 1/4 cup Red Onion
- 1/2 cup Snap Peas
- 1 Tomato
- 1 1/3 cups Yellow Beans
- 1/2 Yellow Bell Pepper
- 1/8 Yellow Onion
- 1 1/3 Yellow Potato

## BOXED & CANNED

- 1/2 cup Basmati Rice
- 227 grams Chickpea Pasta
- 1 cup Chickpeas
- 99 grams Rice Vermicelli Noodles
- 2 tbsps Salsa
- 100 grams Udon Noodles
- 1 cup Wild Rice

## BAKING

- 1 tsp Baking Powder
- 2 tbsps Coconut Sugar
- 1/4 cup Nutritional Yeast
- 1 cup Oat Flour

## BREAD, FISH, MEAT & CHEESE

- 794 grams Chicken Breast
- 2/3 Cod Fillet
- 227 grams Extra Lean Ground Beef
- 302 grams Pork Shoulder, Boneless
- 113 grams Shrimp
- 198 grams Sourdough Bread
- 113 grams Whole Wheat Bun
- 104 grams Whole Wheat Flatbread

## CONDIMENTS & OILS

- 1 tbsp Apple Cider Vinegar
- 2 1/8 tbsps Avocado Oil
- 1 1/2 tbsps Coconut Aminos
- 3 1/8 tbsps Extra Virgin Olive Oil
- 1 1/2 tbsps Fish Sauce
- 1 tbsp Mayonnaise
- 43 grams Pickled Red Onions
- 1 1/2 tbsps Rice Vinegar
- 1 1/2 tsps Tamari

## COLD

- 1 1/3 tbsps Butter
- 4 cups Cottage Cheese
- 2/3 Egg
- 4 cups Plain Coconut Milk
- 3 2/3 cups Plain Greek Yogurt
- 4 1/4 cups Soy Milk
- 3 cups Unsweetened Almond Milk
- 1 1/2 cups Unsweetened Coconut Yogurt

## OTHER

- 43 grams Collagen Powder
- 3 1/4 cups Vanilla Protein Powder
- 2/3 cup Water



- 1 1/2 cups Oats
- 1 1/8 tbsps Raw Honey
- 1/3 cup Unsweetened Shredded Coconut

# Creamy Apple Pie Protein Oatmeal

3 SERVINGS 20 MINUTES



## INGREDIENTS

- 1 1/2 Apple (diced small)
- 3 tbsps Water
- 3 tbsps Maple Syrup (plus more for garnish)
- 1 1/2 tsps Cinnamon (plus more for garnish)
- 1 1/2 cups Oats (rolled)
- 1/3 cup Vanilla Protein Powder
- 3 cups Plain Greek Yogurt
- 3 tbsps Hemp Seeds

## NUTRITION

### AMOUNT PER SERVING

Calories	535	Cholesterol	36mg
Fat	13g	Sodium	166mg
Carbs	68g	Vitamin A	1304IU
Fiber	8g	Vitamin C	19mg
Sugar	28g	Calcium	625mg
Protein	40g	Iron	4mg

## DIRECTIONS

- 01 Combine the apples, water, syrup, and cinnamon in a saucepan. Cover and cook over low heat until the apples are soft, about 10 to 12 minutes.
- 02 Cook the oats according to the package directions.
- 03 Stir the protein powder into the yogurt.
- 04 Top the oatmeal with Greek yogurt, warm apples, and hemp seeds. Add extra cinnamon and maple syrup, if desired. Enjoy!

## NOTES

### LEFTOVERS

Best enjoyed immediately. Refrigerate for up to three days and reheat before serving.

### SERVING SIZE

One serving is approximately two cups.

### ADDITIONAL TOPPINGS

Cinnamon, chia seeds, ground flax seeds, nuts.

# Banana Oat Protein Pancakes

2 SERVINGS 15 MINUTES



## INGREDIENTS

1 cup Oat Flour  
2/3 cup Vanilla Protein Powder  
1 tsp Baking Powder  
1 tbsp Ground Flax Seed  
1/8 tsp Sea Salt  
1 Banana (medium, mashed)  
1 1/4 cups Soy Milk  
1 1/2 tsps Extra Virgin Olive Oil  
1 tbsp Maple Syrup (optional)

## NUTRITION

### AMOUNT PER SERVING

Calories	549	Cholesterol	5mg
Fat	12g	Sodium	515mg
Carbs	71g	Vitamin A	38IU
Fiber	10g	Vitamin C	5mg
Sugar	19g	Calcium	523mg
Protein	41g	Iron	4mg

## DIRECTIONS

- 01 In a mixing bowl, combine the flour, protein powder, baking powder, flax seed, and salt.
- 02 Add the mashed banana and milk to the bowl. Stir until well combined.
- 03 Heat a large non-stick skillet over medium heat and lightly grease with oil. Scoop 1/4 cup of batter at a time into the pan and cook until bubbles start to form. Flip and cook for another one to two minutes. Repeat with the remaining batter.
- 04 Divide onto plates and top with maple syrup, if desired. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days. Reheat on the stove or in the toaster.

### SERVING SIZE

One serving is approximately three pancakes.

### SOY-FREE

Use oat milk instead.

### ADDITIONAL TOPPINGS

Serve with berries, yogurt, and/or nut butter.

# Coconut & Apple Cauliflower Porridge

2 SERVINGS 15 MINUTES



## INGREDIENTS

2 cups Cauliflower Rice  
1/3 cup Unsweetened Shredded Coconut  
1 Apple (small, finely diced, plus more for garnish)  
1 cup Plain Coconut Milk (from the carton)  
43 grams Collagen Powder  
1 tbsp Maple Syrup

## NUTRITION

### AMOUNT PER SERVING

Calories	293	Cholesterol	0mg
Fat	12g	Sodium	87mg
Carbs	30g	Vitamin A	299IU
Fiber	6g	Vitamin C	4mg
Sugar	22g	Calcium	272mg
Protein	21g	Iron	1mg

## DIRECTIONS

- 01 Add the cauliflower rice, shredded coconut, apple, and coconut milk to a pot. Bring the pot to a light boil, and then reduce to a simmer for five to seven minutes, stirring every few minutes.
- 02 Stir in the collagen until dissolved. Divide into bowls and drizzle the maple syrup on top. Serve warm and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to two days.

### SERVING SIZE

One serving is approximately 1 1/2 cups.

### MORE FLAVOR

Add strawberries, blueberries, or raisins.

### ADDITIONAL TOPPINGS

Cinnamon, nutmeg, cloves, or pumpkin pie spice.

### CONSISTENCY

Use full fat coconut milk to make it creamier.

# Sumac Tomato & Chickpea Flatbread

2 SERVINGS 15 MINUTES



## INGREDIENTS

104 grams Whole Wheat Flatbread  
1 cup Chickpeas  
1 tbsp Apple Cider Vinegar  
2/3 cup Plain Greek Yogurt  
1/2 cup Parsley (finely chopped)  
1 Tomato (large, sliced)  
1 tsp Ground Sumac  
1/4 tsp Sea Salt (or more to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	344	Cholesterol	11mg
Fat	6g	Sodium	620mg
Carbs	54g	Vitamin A	2550IU
Fiber	12g	Vitamin C	35mg
Sugar	7g	Calcium	276mg
Protein	21g	Iron	5mg

## DIRECTIONS

- 01 Set oven to high broil. Place flatbread onto a baking pan.
- 02 In a bowl, smash the chickpeas using the back of a fork and combine with vinegar. Set aside.
- 03 Combine yogurt with parsley and spread overtop the flatbread. Then add the smashed chickpeas, tomato slices, sumac and salt to taste.
- 04 Broil in the oven for 3 to 5 minutes or until warmed through and flatbread is toasted. Cut into slices and enjoy!

## NOTES

### FLATBREAD

52 grams of whole wheat flatbread is equal to one medium-sized piece.

### NO SUMAC

Use za'atar, lemon zest, lemon juice or lemon pepper spice instead.

### NO FLATBREAD

Use brown rice tortillas and adjust the cooking time.

### NO CHICKPEAS

Use white beans or hummus instead.

### STORAGE

Refrigerate the toppings separately up to 3 to 5 days. Top flatbread and heat when ready to serve.

# Banana Spinach Smoothie

3 SERVINGS 5 MINUTES



## INGREDIENTS

3 Banana (frozen)  
3 cups Baby Spinach  
12 Ice Cubes  
1 1/2 cups Unsweetened Coconut Yogurt  
3 cups Soy Milk  
3/4 cup Vanilla Protein Powder

## NUTRITION

### AMOUNT PER SERVING

Calories	357	Cholesterol	4mg
Fat	8g	Sodium	202mg
Carbs	48g	Vitamin A	2889IU
Fiber	6g	Vitamin C	19mg
Sugar	24g	Calcium	699mg
Protein	28g	Iron	3mg

## DIRECTIONS

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

## NOTES

### LEFTOVERS

Best enjoyed immediately.

### SERVING SIZE

One serving is approximately two cups.

### NO SOY MILK

Use other milk alternative.

# Orange Matcha Smoothie

3 SERVINGS 5 MINUTES



## INGREDIENTS

- 3 cups Plain Coconut Milk (from the carton)
- 3 Navel Orange (peeled)
- 1 1/2 cups Frozen Banana
- 3/4 cup Vanilla Protein Powder
- 1 tbsp Green Tea Powder

## NUTRITION

### AMOUNT PER SERVING

Calories	333	Cholesterol	4mg
Fat	6g	Sodium	76mg
Carbs	52g	Vitamin A	917IU
Fiber	7g	Vitamin C	93mg
Sugar	33g	Calcium	641mg
Protein	21g	Iron	1mg

## 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.

### SERVING SIZE

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

### NO COCONUT MILK

Use cow's milk or any other alternative milk.

### ADDITIONAL TOPPINGS

Add spinach or kale before blending.

# Buttery Shrimp & Snap Pea Udon

1 SERVING 10 MINUTES



## INGREDIENTS

100 grams Udon Noodles (dried)  
2 1/4 tsps Butter (divided)  
1/2 cup Snap Peas (trimmed)  
113 grams Shrimp (large, peeled, deveined)  
1/8 tsp Sea Salt

## NUTRITION

### AMOUNT PER SERVING

Calories	550	Cholesterol	205mg
Fat	11g	Sodium	434mg
Carbs	75g	Vitamin A	611IU
Fiber	3g	Vitamin C	6mg
Sugar	2g	Calcium	94mg
Protein	36g	Iron	1mg

## DIRECTIONS

- 01 Cook the udon noodles according to package directions and set aside.
- 02 Melt 2/3 of the butter in a pan over medium heat. Add the snap peas and sauté for two to three minutes. Add the shrimp and cook for one to two minutes per side or until cooked through.
- 03 Add the noodles to the pan with the remaining butter and salt. Mix well and cook until the noodles are reheated.
- 04 Divide between bowls and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to two days.

### SERVING SIZE

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

### MORE FLAVOR

Add lemon juice.

### ADDITIONAL TOPPINGS

Top with your choice of fresh herbs.

### GLUTEN-FREE

Use gluten-free noodles instead.



# Peach Cherry Smoothie

3 SERVINGS 5 MINUTES



## INGREDIENTS

3 cups Unsweetened Almond Milk  
3 Peach (medium, pitted)  
1 1/2 cups Cherries (pitted)  
3 tbsps Chia Seeds  
3/4 cup Vanilla Protein Powder

## NUTRITION

### AMOUNT PER SERVING

Calories	278	Cholesterol	4mg
Fat	7g	Sodium	200mg
Carbs	34g	Vitamin A	1037IU
Fiber	10g	Vitamin C	15mg
Sugar	22g	Calcium	661mg
Protein	24g	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 cow's milk or any other milk alternative.

### MORE FIBER

Add spinach, kale, or ground flax.

### NO FRESH PEACHES OR CHERRIES

Use frozen instead.

# Cherries, Banana & Cottage Cheese

4 SERVINGS 5 MINUTES



## INGREDIENTS

4 cups Cottage Cheese  
4 Banana (medium, sliced)  
2 cups Cherries (pitted, fresh or frozen)

## NUTRITION

### AMOUNT PER SERVING

Calories	359	Cholesterol	36mg
Fat	10g	Sodium	663mg
Carbs	46g	Vitamin A	419IU
Fiber	5g	Vitamin C	16mg
Sugar	30g	Calcium	190mg
Protein	25g	Iron	1mg

## DIRECTIONS

01 Top the cottage cheese with banana slices and cherries. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### MAKE IT VEGAN

Use oatmeal, coconut yogurt or vegan cheese instead of cottage cheese.

### ADDITIONAL TOPPINGS

Hemp seeds, chia seeds, shredded coconut, crushed nuts, honey, maple syrup, or your sweetener of choice.

# Salsa Burger with Mini Potatoes & Asparagus

2 SERVINGS 40 MINUTES



## INGREDIENTS

2 cups Mini Potatoes (halved)  
2 tsps Extra Virgin Olive Oil (divided)  
1/2 tsp Sea Salt (divided)  
2 cups Asparagus (trimmed)  
227 grams Extra Lean Ground Beef  
1/2 tsp Garlic Powder  
1/2 tsp Onion Powder  
113 grams Whole Wheat Bun  
1/8 head Green Lettuce (separated into leaves)  
2 tbsps Salsa

## NUTRITION

### AMOUNT PER SERVING

Calories	530	Cholesterol	74mg
Fat	18g	Sodium	1050m...
Carbs	59g	Vitamin A	1218IU
Fiber	10g	Vitamin C	38mg
Sugar	8g	Calcium	115mg
Protein	36g	Iron	8mg

## DIRECTIONS

- 01 Preheat the grill to 400°F (205°C).
- 02 Toss the potatoes with half the oil and half the sea salt. Place in a roasting pan on the grill and cook for 30 minutes, tossing halfway through or until just crispy and browned. Toss the asparagus in the remaining oil and set aside.
- 03 Meanwhile, combine the beef, garlic powder, onion powder, and remaining salt. Divide the beef evenly into patties, making one patty per serving. Grill for five minutes on each side or until cooked through.
- 04 Add the asparagus to the grill for the remaining five minutes of cooking the potatoes and burgers to ensure everything finishes simultaneously.
- 05 Place the burgers on the buns with the lettuce and salsa. Serve with the potatoes and asparagus. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for three days. Separate the burgers from the buns.

### SERVING SIZE

One serving is one burger, one cup of potatoes, and one cup of asparagus.

### MORE FLAVOR

Add cumin or chopped fresh dill to the potatoes. Squeeze lemon over the asparagus.

### ADDITIONAL TOPPINGS

Shredded cheese, pickles, mayonnaise, mustard, ketchup, and/or sliced onions.

### GLUTEN-FREE

Use a gluten-free bun instead.

# Jerk Chicken & Rice with Pineapple Salsa

2 SERVINGS 50 MINUTES



## INGREDIENTS

2 tbsps Lime Juice (divided)  
1 tbsp Avocado Oil  
1 1/2 tbsps Coconut Aminos  
1 tbsp Raw Honey  
2 tsps Jerk Seasoning  
1/2 tsp Sea Salt (divided)  
340 grams Chicken Breast  
1 1/2 cup Basmati Rice (dry)  
1 cup Pineapple (finely diced)  
1/4 cup Red Onion (finely diced)  
1 Jalapeno Pepper (finely diced)  
1/2 Yellow Bell Pepper (finely diced)  
1/4 cup Cilantro (finely chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	565	Cholesterol	124mg
Fat	12g	Sodium	1033mg
Carbs	70g	Vitamin A	610IU
Fiber	3g	Vitamin C	140mg
Sugar	20g	Calcium	33mg
Protein	43g	Iron	1mg

## DIRECTIONS

- 01 Add half of the lime juice, oil, coconut aminos, honey, jerk seasoning, and half of the sea salt in a small bowl. Whisk to combine. Place the chicken breasts in a zipper-lock bag and cover them with marinade. Close and shake to cover thoroughly. Marinate for at least 15 minutes.
- 02 Meanwhile, cook the rice according to the package directions.
- 03 In a bowl, combine the pineapple, red onion, jalapeño, bell pepper, cilantro, remaining salt, and remaining lime juice. Stir well to combine and set aside.
- 04 Warm a skillet over medium heat. Add the chicken and all of the marinade. Cover with a lid and allow to cook for 15 minutes on each side or until cooked through. Scoop the sauce onto the chicken a few times as it cooks.
- 05 Slice and serve the chicken with the rice and pineapple salsa. Enjoy!

## NOTES

### LEFTOVERS

Salsa and rice can be refrigerated for up to five days in an airtight container. Refrigerate chicken in an airtight container for up to three days.

### MAKE IT VEGAN

Use tofu in place of chicken.

# Chickpea Pasta with Pesto

2 SERVINGS 20 MINUTES



## INGREDIENTS

227 grams Chickpea Pasta (uncooked)  
2 1/2 cups Basil Leaves (packed)  
1/4 cup Pine Nuts  
1/4 cup Nutritional Yeast  
2 Garlic (clove)  
1/4 tsp Sea Salt  
1/2 Lemon (juiced)  
1/4 cup Water

## NUTRITION

### AMOUNT PER SERVING

Calories	579	Cholesterol	0mg
Fat	19g	Sodium	468mg
Carbs	75g	Vitamin A	2802IU
Fiber	21g	Vitamin C	15mg
Sugar	11g	Calcium	195mg
Protein	42g	Iron	15mg

## DIRECTIONS

- 01 Cook chickpea pasta according to the package.
- 02 While the pasta is cooking, add the basil, pine nuts, nutritional yeast, garlic, and sea salt to a food processor.
- 03 With the food processor running, slowly add the lemon juice followed by the water. Continue to blend for 20 to 30 seconds until pesto is smooth and emulsified to your liking. Taste and season with additional salt if needed.
- 04 Once the pasta is cooked, add the pesto to the pot and mix to combine.
- 05 Divide onto 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 of pasta.

### NUT-FREE

Use sunflower seeds instead of pine nuts.

# Chicken & Celery Root Slaw Sandwich

2 SERVINGS 25 MINUTES



## INGREDIENTS

1/2 tsp Avocado Oil  
227 grams Chicken Breast  
1 cup Celery Root (shredded)  
1/2 Green Apple (large, shredded)  
43 grams Pickled Red Onions  
1 tbsp Mayonnaise  
1/2 tsp Raw Honey  
Sea Salt & Black Pepper (to taste)  
1 cup Arugula  
198 grams Sourdough Bread

## NUTRITION

### AMOUNT PER SERVING

Calories	513	Cholesterol	85mg
Fat	11g	Sodium	926mg
Carbs	65g	Vitamin A	317IU
Fiber	5g	Vitamin C	10mg
Sugar	8g	Calcium	58mg
Protein	37g	Iron	4mg

## DIRECTIONS

- 01 Warm the oil in a pan over medium heat and add the chicken breasts. Add a little water to the pan and cover with a lid. Cook for 15 to 20 minutes, flipping halfway through, or until cooked through.
- 02 In a mixing bowl, combine the shredded celery root, apple, onion, mayonnaise, honey, salt, and pepper to taste. Mix well to combine.
- 03 Slice the cooked chicken breast into thin pieces. Divide the arugula, coleslaw, and chicken evenly between the bread slices. Cut in half if desired and enjoy!

## NOTES

### LEFTOVERS

Best enjoyed immediately. Ingredients can be kept separately in an airtight container in the fridge for up to three days.

### SERVING SIZE

One serving is equal to one sandwich.

### MAKE IT VEGAN

Use tofu or tempeh instead of chicken. Use vegan mayonnaise instead of mayonnaise.

### ADDITIONAL TOPPINGS

Cheese and/or fresh herbs.

### GLUTEN-FREE

Use gluten-free bread.

### SOURDOUGH BREAD

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

# Chipotle Chicken, Broccoli & Wild Rice

2 SERVINGS 45 MINUTES



## INGREDIENTS

- 1 cup Wild Rice (dry)
- 227 grams Chicken Breast (boneless, skinless, cubed)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 tsp Chili Powder
- 1/2 tsp Chipotle Powder
- 1/2 tsp Garlic Powder
- Sea Salt & Black Pepper (to taste)
- 2 cups Broccoli (florets)

## NUTRITION

### AMOUNT PER SERVING

Calories	578	Cholesterol	82mg
Fat	18g	Sodium	125mg
Carbs	67g	Vitamin A	1011IU
Fiber	8g	Vitamin C	81mg
Sugar	4g	Calcium	70mg
Protein	40g	Iron	3mg

## DIRECTIONS

- 01 Cook the wild rice according to the package directions.
- 02 While the rice is cooking, in a bowl, add the chicken, half of the oil, chili powder, chipotle powder, garlic powder, salt, and pepper. Mix to combine.
- 03 Warm a pan over medium heat and add the chicken. Spread out the chicken so it's not crowded.
- 04 Cook the chicken for four to five minutes per side or until cooked through and browned. If needed, add a splash of water. Set the chicken aside.
- 05 Add the remaining oil to the pan. Add the broccoli, salt, and pepper and sauté for three to five minutes. Add a splash of water then cover for two to three more minutes or until tender-crisp.
- 06 Divide the rice, chicken, and broccoli evenly between bowls and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is approximately one cup of both broccoli and rice with chicken.

### MORE FLAVOR

Add garlic to the broccoli while sautéing.

# Grilled Pork Vermicelli Bowl

2 SERVINGS 1 HOUR 20 MINUTES



## INGREDIENTS

302 grams Pork Shoulder, Boneless (thinly sliced)  
2 tbsps Coconut Sugar (divided)  
1 1/2 tbsps Fish Sauce (divided)  
1 1/2 tsps Tamari  
1 tbsp Avocado Oil  
1/2 Garlic (clove, chopped)  
99 grams Rice Vermicelli Noodles  
1/4 cup Water  
1 1/2 tbsps Rice Vinegar  
1 tbsp Lime Juice  
1/2 Cucumber (sliced)  
1 Carrot (shredded)  
1/4 cup Cilantro (roughly torn)  
1 stalk Green Onion (sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	510	Cholesterol	91mg
Fat	13g	Sodium	1427mg
Carbs	58g	Vitamin A	5555IU
Fiber	2g	Vitamin C	8mg
Sugar	13g	Calcium	49mg
Protein	36g	Iron	2mg

## DIRECTIONS

- 01 Place the sliced pork inside of a large baking dish or large zipper-lock bag. In a small bowl, combine half of the coconut sugar, 1/3 of the fish sauce, tamari, oil, and garlic, and whisk well. Pour over the pork and toss well to mix everything. Let it marinate for one hour.
- 02 Cook the rice vermicelli noodles according to the directions on the package. Rinse under cold water and drain. Set aside.
- 03 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper. Place the pork on the baking sheet and cook for 15 minutes, or until just about cooked through. Turn the oven to broil and place the pork back in the oven to broil about four to five minutes, flipping halfway through, until charred and cooked through.
- 04 Meanwhile, combine the remaining coconut sugar, fish sauce, water, rice vinegar, and lime juice in a medium-sized bowl and whisk to combine until the sugar is dissolved.
- 05 Divide the noodles into bowls along with the cucumber, carrot, cilantro, and green onion. Top with the sliced pork. Serve with the dipping sauce and spoon it over top of each bowl. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### MORE FLAVOR

Add chili flakes or Thai chilis to the pork and/or dipping sauce.

### ADDITIONAL TOPPINGS

Top with crushed peanuts and/or fresh mint.



# Cod & Potato Cakes with Yellow Beans

1 SERVING 45 MINUTES



## INGREDIENTS

1 1/3 Yellow Potato (large, cubed)  
2/3 Cod Fillet  
1 1/3 cups Yellow Beans (halved)  
2/3 Egg (whisked)  
1/8 Yellow Onion (medium, diced)  
1/8 tsp Garlic Powder  
1/8 tsp Sea Salt  
2 tps Butter (unsalted, divided)

## NUTRITION

### AMOUNT PER SERVING

Calories	511	Cholesterol	211mg
Fat	12g	Sodium	551mg
Carbs	61g	Vitamin A	1404IU
Fiber	10g	Vitamin C	74mg
Sugar	8g	Calcium	136mg
Protein	40g	Iron	6mg

## DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 02 Bring a pot of water with a steaming basket to a boil. Add the potatoes, cover, and steam for 15 minutes, or until fork-tender.
- 03 While the potatoes are steaming, add the cod fillets to the prepared baking sheet and bake for 12 to 15 minutes.
- 04 Remove the potatoes from the steaming basket and transfer them to a large mixing bowl. To the same steaming basket, add the yellow beans and steam for 10 minutes.
- 05 Add the eggs, onion, garlic powder, salt, and half of the butter to the potatoes. Mash until smooth. Once the cod has finished baking, chop it finely and stir it into the potato mixture until well combined.
- 06 Create your cod and potato cakes by forming patties approximately two inches in diameter and 1/2 inch thick.
- 07 Warm the remaining butter in a pan and transfer the cakes to the pan. Cook for five minutes on each side, until browned and slightly crispy. Work in batches if needed.
- 08 Serve with the yellow beans and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days. The cod and potato cakes can be frozen for up to three months.

### SERVING SIZE

One serving is equal to approximately three cod and potato cakes with beans.

#### ADDITIONAL TOPPINGS

Add tartar sauce or aioli to the fish cakes and garnish with fresh parsley.

#### DAIRY-FREE

Use coconut oil instead of butter.

#### FILLET SIZE

One cod fillet is equal to 231 grams or eight ounces.