



28 Day Balanced 2200 Calorie Meal Plan PDF (Week 2)

BRENDA PERALTA, RDN, CDE

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
Smoked Salmon & Cucumber Bagel



SNACK 1
Peach Cobbler Smoothie



LUNCH
Spicy Shrimp Sushi Bowls



SNACK 2
Taco Spiced Chickpeas



DINNER
Green Poutine

TUE



BREAKFAST
Smoked Salmon & Cucumber Bagel



SNACK 1
1.5 Peach Cobbler Smoothie



LUNCH
Green Poutine



SNACK 2
Taco Spiced Chickpeas



DINNER
Tofu Broccoli Pasta

WED



BREAKFAST
Smoked Salmon & Cucumber Bagel



SNACK 1
1.5 Peach Cobbler Smoothie



LUNCH
Tofu Broccoli Pasta



SNACK 2
Taco Spiced Chickpeas



DINNER
Chickpea, Tofu & Sweet Potato Quinoa Salad

THU



BREAKFAST
Smoked Salmon Bagel Breakfast Box



SNACK 1
0.5 Apple Slices with Tuna



LUNCH
Chickpea, Tofu & Sweet Potato Quinoa Salad



SNACK 2
Toasted Cucumber & Tomato Sandwich



DINNER
Pesto Barley & Tofu Bowl

FRI



BREAKFAST
Smoked Salmon Bagel Breakfast Box



SNACK 1
0.5 Apple Slices with Tuna



LUNCH
Pesto Barley & Tofu Bowl



SNACK 2
0.5 Toasted Cucumber & Tomato Sandwich



DINNER
Roasted Eggplant Sandwich

SAT



BREAKFAST
Toast with Almond Butter & Peaches



SNACK 1
0.5 Apple Slices with Tuna



LUNCH
Roasted Eggplant Sandwich



SNACK 2
0.5 Toasted Cucumber & Tomato Sandwich



DINNER
Tuna Avocado Sandwich

SUN



BREAKFAST
Toast with Almond Butter & Peaches



SNACK 1
0.5 Apple Slices with Tuna



LUNCH
Tuna Avocado Sandwich



SNACK 2
Toasted Cucumber & Tomato Sandwich



DINNER
Chicken, Broccoli & Mashed Potatoes

MON

FAT 29% CARBS 50% PROTEIN 21%

Calories 2194
Fat 74g
Carbs 279g
Fiber 46g
Sugar 55g
Protein 117g
Cholesterol 241mg
Sodium 2507mg
Vitamin A 15346IU
Vitamin C 95mg
Calcium 811mg
Iron 25mg

TUE

FAT 29% CARBS 51% PROTEIN 20%

Calories 2233
Fat 75g
Carbs 290g
Fiber 53g
Sugar 67g
Protein 117g
Cholesterol 65mg
Sodium 3431mg
Vitamin A 11127IU
Vitamin C 172mg
Calcium 1095mg
Iron 29mg

WED

FAT 30% CARBS 50% PROTEIN 20%

Calories 2218
Fat 75g
Carbs 288g
Fiber 50g
Sugar 68g
Protein 115g
Cholesterol 65mg
Sodium 3389mg
Vitamin A 8422IU
Vitamin C 105mg
Calcium 1428mg
Iron 26mg

THU

FAT 35% CARBS 47% PROTEIN 18%

Calories 2268
Fat 91g
Carbs 271g
Fiber 43g
Sugar 51g
Protein 107g
Cholesterol 123mg
Sodium 2842mg
Vitamin A 8043IU
Vitamin C 103mg
Calcium 1239mg
Iron 21mg

FRI

FAT 34% CARBS 49% PROTEIN 17%

Calories 2205
Fat 85g
Carbs 273g
Fiber 34g
Sugar 59g
Protein 98g
Cholesterol 158mg
Sodium 3496mg
Vitamin A 2614IU
Vitamin C 116mg
Calcium 972mg
Iron 17mg

SAT

FAT 31% CARBS 49% PROTEIN 20%

Calories 2133
Fat 74g
Carbs 262g
Fiber 35g
Sugar 53g
Protein 110g
Cholesterol 146mg
Sodium 3024mg
Vitamin A 2251IU
Vitamin C 57mg
Calcium 569mg
Iron 20mg

SUN

FAT 34% CARBS 45% PROTEIN 21%

Calories 2161
Fat 82g
Carbs 248g
Fiber 37g
Sugar 38g
Protein 115g
Cholesterol 222mg
Sodium 2261mg
Vitamin A 2428IU
Vitamin C 183mg
Calcium 439mg
Iron 19mg

FRUITS

- 3 Apple
- 1 1/4 Avocado
- 1/2 Lemon
- 2 1/2 tsps Lemon Juice
- 6 Peach

BREAKFAST

- 1/3 cup Almond Butter

SEEDS, NUTS & SPICES

- 1/4 cup Cashews
- 2 1/4 tsps Cinnamon
- 1 1/2 tsps Dried Thyme
- 1/2 tsp Garlic Powder
- 1/2 tsp Herbes De Provence
- 3/4 tsp Paprika
- 1/8 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tbsp Taco Seasoning

FROZEN

- 1 cup Frozen Broccoli

VEGETABLES

- 2 1/16 cups Asparagus
- 3 tbsps Basil Leaves
- 4 1/16 cups Broccoli
- 1 1/16 cups Butternut Squash
- 1/2 Carrot
- 2 stalks Celery
- 2 1/16 Cucumber
- 1 Eggplant
- 1 1/16 Garlic
- 1 1/3 cups Mixed Greens
- 2 1/16 cups Mushrooms
- 2/3 cup Red Onion
- 57 grams Roasted Red Peppers
- 2/3 Sweet Potato
- 3/4 Tomato
- 1/4 Yellow Onion
- 3 1/2 Yellow Potato

BOXED & CANNED

- 1/3 cup Brown Rice
- 4 2/3 cups Chickpeas
- 3/4 cup Pearl Barley
- 1/2 cup Quinoa
- 3 1/2 cans Tuna
- 1/2 cup Vegetable Broth
- 1 1/2 cups Whole Wheat Penne

BAKING

- 1 1/16 tsps Arrowroot Powder
- 1/2 cup Nutritional Yeast
- 1/2 cup Oats
- 1/4 cup Pitted Dates

BREAD, FISH, MEAT & CHEESE

- 3 Bagel
- 113 grams Chicken Thighs With Skin
- 1 1/4 cups Cream Cheese, Regular
- 227 grams Gluten-Free Bagel
- 85 grams Mozzarella Ball
- 113 grams Shrimp
- 375 grams Smoked Salmon
- 227 grams Sourdough Baguette
- 398 grams Sourdough Bread
- 610 grams Tofu
- 6 slices Whole Grain Bread

CONDIMENTS & OILS

- 2 tbsps Capers
- 2 1/16 tsps Coconut Aminos
- 1/2 cup Extra Virgin Olive Oil
- 1 1/3 tbsps Italian Dressing
- 3 1/2 tbsps Mayonnaise
- 1/4 cup Pesto
- 43 grams Pickled Red Onions
- 2 1/16 tsps Rice Vinegar
- 1/4 tsp Sriracha
- 2 1/16 tbsps Tamari

COLD

- 2 cups Cottage Cheese
- 3 cups Unsweetened Cashew Milk

OTHER

- 1 1/16 cups Water

Smoked Salmon & Cucumber Bagel

3 SERVINGS 10 MINUTES



INGREDIENTS

1/3 cup Cream Cheese, Regular
3 Bagel (plain, sliced in half, toasted)
1/3 Cucumber (sliced)
149 grams Smoked Salmon (sliced)
1 1/2 tsps Lemon Juice
43 grams Pickled Red Onions
2 tbsps Capers

NUTRITION

AMOUNT PER SERVING

Calories	436	Cholesterol	38mg
Fat	13g	Sodium	1225mg
Carbs	59g	Vitamin A	91IU
Fiber	2g	Vitamin C	2mg
Sugar	12g	Calcium	265mg
Protein	23g	Iron	5mg

DIRECTIONS

01 Spread the cream cheese onto the bagel. Top with the remaining ingredients and enjoy!

NOTES

LEFTOVERS

Best enjoyed fresh. Refrigerate ingredients separately in an airtight container for up to two days.

SERVING SIZE

One serving is one bagel.

MORE FLAVOR

Add chopped dill.

GLUTEN-FREE

Use a gluten-free bagel instead.

DAIRY-FREE

Use hummus or dairy-free cream cheese instead.

Smoked Salmon Bagel Breakfast Box

2 SERVINGS 5 MINUTES



INGREDIENTS

1/3 cup Cream Cheese, Regular (plain)
227 grams Gluten-Free Bagel (sliced in half)
226 grams Smoked Salmon
2/3 Cucumber (medium, sliced)

NUTRITION

AMOUNT PER SERVING

Calories	626	Cholesterol	71mg
Fat	25g	Sodium	1649mg
Carbs	72g	Vitamin A	204IU
Fiber	1g	Vitamin C	5mg
Sugar	17g	Calcium	204mg
Protein	29g	Iron	3mg

DIRECTIONS

- 01 Spread the cream cheese evenly over the bagel slices. Add the smoked salmon and close the bagel.
- 02 Arrange the bagel and cucumber slices in a container. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

DAIRY-FREE

Use vegan cream cheese instead.

MORE FLAVOR

Toast the bagel before spreading the cream cheese. Add cherry tomatoes, pickles, fresh dill, capers, or minced red onion.

NO BAGEL

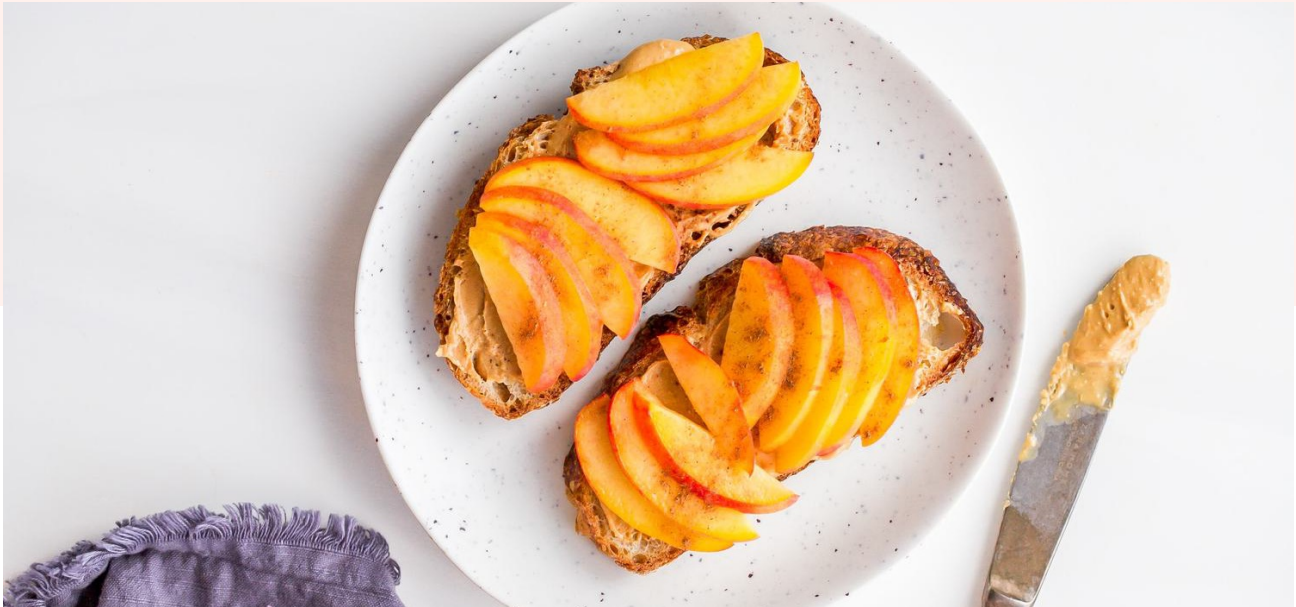
Use bread, crackers, waffles or toasted sweet potato slices instead.

GLUTEN-FREE BAGEL

One gluten-free bagel is roughly 4-ounces or 113-grams.

Toast with Almond Butter & Peaches

2 SERVINGS 5 MINUTES



INGREDIENTS

1/3 cup Almond Butter
198 grams Sourdough Bread (toasted)
2 Peach (sliced)
1/4 tsp Cinnamon

NUTRITION

AMOUNT PER SERVING

Calories	547	Cholesterol	0mg
Fat	22g	Sodium	479mg
Carbs	70g	Vitamin A	490IU
Fiber	8g	Vitamin C	12mg
Sugar	14g	Calcium	148mg
Protein	19g	Iron	5mg

DIRECTIONS

01 Spread the almond butter onto the toast. Top with the peach slices and cinnamon. Enjoy!

NOTES

LEFTOVERS

Best enjoyed fresh.

GLUTEN-FREE

Use gluten-free bread instead.

NUT-FREE

Use sunflower seed butter instead of almond butter.

LIKES IT SWEET

Add honey.

SOURDOUGH BREAD

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

Peach Cobbler Smoothie

4 SERVINGS 5 MINUTES



INGREDIENTS

3 cups Unsweetened Cashew Milk
4 Peach (pitted)
1/2 cup Oats (quick or rolled)
2 cups Cottage Cheese
1/4 cup Pitted Dates
2 tsps Cinnamon

NUTRITION

AMOUNT PER SERVING

Calories	256	Cholesterol	18mg
Fat	8g	Sodium	395mg
Carbs	33g	Vitamin A	1015IU
Fiber	5g	Vitamin C	10mg
Sugar	21g	Calcium	194mg
Protein	15g	Iron	1mg

DIRECTIONS

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

NOTES

DAIRY-FREE

Use coconut yogurt instead of cottage cheese.

NO CASHEW MILK

Use almond, rice, coconut or your choice of alternative milk instead.

NO DATES

Sweeten with maple syrup, honey or banana instead.

STORAGE

Refrigerate in a sealed mason jar up to 24 hours. Shake well before drinking.

MORE PROTEIN

Add hemp seeds, a scoop of protein powder or spoonful of nut butter.

MORE FIBER

Add ground flax seed.

Apple Slices with Tuna

3 SERVINGS 10 MINUTES



INGREDIENTS

1 1/2 cans Tuna
1/3 cup Red Onion (diced)
3 tbsps Mayonnaise
1/8 tsp Sea Salt
3 Apple (cored, sliced)

NUTRITION

AMOUNT PER SERVING

Calories	267	Cholesterol	36mg
Fat	11g	Sodium	442mg
Carbs	27g	Vitamin A	155IU
Fiber	5g	Vitamin C	10mg
Sugar	20g	Calcium	31mg
Protein	17g	Iron	2mg

DIRECTIONS

- 01 In a bowl, add the tuna, red onion, mayonnaise and sea salt. Mix well.
- 02 Add the tuna on top of the sliced apple. Serve and enjoy!

NOTES

LEFTOVERS

The apple is best cut on the same day you'll enjoy it. Refrigerate the leftover tuna mix in an airtight container for up to three days.

ADDITIONAL TOPPINGS

Add chopped nuts or sesame seeds on top.

CANNED TUNA

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

NO MAYONNAISE

Use greek yogurt instead.

Spicy Shrimp Sushi Bowls

1 SERVING 30 MINUTES



INGREDIENTS

1/3 cup Brown Rice
113 grams Shrimp (large, peeled, deveined)
1 1/2 tsps Extra Virgin Olive Oil
1 1/2 tsps Mayonnaise
1/4 tsp Sriracha
1/4 tsp Tamari
1/2 Carrot (shredded)
1/4 Cucumber (sliced)
1/4 Avocado (cubed)

NUTRITION

AMOUNT PER SERVING

Calories	564	Cholesterol	185mg
Fat	22g	Sodium	327mg
Carbs	63g	Vitamin A	5294IU
Fiber	7g	Vitamin C	9mg
Sugar	4g	Calcium	108mg
Protein	30g	Iron	2mg

DIRECTIONS

- 01 Cook the rice according to the package directions. Let the cooked rice cool slightly.
- 02 Pat the shrimp really dry using paper towel. Heat a cast-iron skillet over medium heat and add the oil. Once hot, add the shrimp and cook for two to three minutes per side, until pink and cooked through. Remove and set aside to cool.
- 03 Meanwhile, mix the mayonnaise, sriracha, and tamari in a small bowl. Add the cooled and cooked shrimp and toss to combine.
- 04 Divide the rice, carrot, cucumber, and avocado into bowls. Add the shrimp and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

MORE FLAVOR

Add grated ginger or garlic to the shrimp when cooking or into the sauce. Season with salt to taste.

ADDITIONAL TOPPINGS

Sesame seeds and/or lime zest.

Taco Spiced Chickpeas

3 SERVINGS 30 MINUTES



INGREDIENTS

3 cups Chickpeas (cooked)
1 tbsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste, optional)
1 tbsp Taco Seasoning

NUTRITION

AMOUNT PER SERVING

Calories	319	Cholesterol	0mg
Fat	9g	Sodium	267mg
Carbs	47g	Vitamin A	44IU
Fiber	13g	Vitamin C	2mg
Sugar	8g	Calcium	90mg
Protein	15g	Iron	5mg

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 02 Pat the chickpeas dry with a paper towel and transfer them to the prepared baking sheet. Drizzle with the oil and season with salt, pepper, and taco seasoning. Mix until the chickpeas are evenly coated.
- 03 Bake in the oven for 25 to 28 minutes, tossing halfway through, or until the chickpeas reach your desired crispiness.
- 04 Remove from the oven. Season with additional salt and pepper if needed. Let cool slightly and enjoy!

NOTES

LEFTOVERS

Store in an airtight container for up to two days. If leftover chickpeas lose their crunch, reheat in the oven for five to eight minutes or until crispy again.

SERVING SIZE

One serving is approximately 1/2 cup.

NO EXTRA VIRGIN OLIVE OIL

Use avocado oil instead.

Toasted Cucumber & Tomato Sandwich

3 SERVINGS 5 MINUTES



INGREDIENTS

1/2 cup Cream Cheese, Regular
6 slices Whole Grain Bread (toasted)
3/4 Tomato (medium, sliced)
3/4 Cucumber (small, sliced)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	345	Cholesterol	34mg
Fat	14g	Sodium	491mg
Carbs	41g	Vitamin A	494IU
Fiber	7g	Vitamin C	7mg
Sugar	8g	Calcium	124mg
Protein	15g	Iron	3mg

DIRECTIONS

- 01 Spread cream cheese on each slice of toast.
- 02 Top with tomato and cucumber and season with salt and pepper. Slice in half and enjoy!

NOTES

LEFTOVERS

Best enjoyed fresh.

SERVING SIZE

One serving is one sandwich.

MAKE IT VEGAN

Use vegan cream cheese.

MORE FLAVOR

Use flavored cream cheese.

ADDITIONAL TOPPINGS

Green lettuce and/or microgreens.

GLUTEN-FREE

Use gluten-free bread.

Green Poutine

2 SERVINGS 45 MINUTES



INGREDIENTS

2 Yellow Potato (medium)
2 cups Asparagus
2 tbsps Extra Virgin Olive Oil (divided)
2 cups Mushrooms (sliced)
1/4 Yellow Onion (medium, diced)
1 Garlic (clove, minced)
1 1/2 tsps Dried Thyme
1/2 cup Vegetable Broth
1 tsp Arrowroot Powder
1 cup Butternut Squash (peeled and cubed)
1/2 cup Water
1/4 cup Cashews
1/2 cup Nutritional Yeast
1/2 Lemon (juiced)
1/2 tsp Paprika
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	619	Cholesterol	0mg
Fat	22g	Sodium	293mg
Carbs	77g	Vitamin A	8902IU
Fiber	19g	Vitamin C	72mg
Sugar	10g	Calcium	154mg
Protein	34g	Iron	12mg

DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 Slice the potatoes into french fry shapes then slice the woody ends off the asparagus. Cut the asparagus stalks in half, or into to a length similar to the fries.
- 03 Toss both the potatoes and asparagus together with half of the olive oil. Spread across the baking sheet and bake for 30 minutes, flipping at the halfway point.
- 04 Meanwhile, make the gravy by heating the remaining olive oil in a frying pan over medium heat. Add the mushrooms, onion, garlic and thyme and saute for about 10 minutes or until all liquid has released. Now transfer to your blender and add the broth and arrowroot powder. Blend until smooth and return to the pan, over medium heat, let it simmer and whisk periodically until thickened. Add extra broth if a thinner consistency is desired. Season to taste with salt and pepper. Rinse out the blender.
- 05 Now make the cheese sauce. Add the butternut squash and water to a small saucepan. Bring to a boil, cover and simmer for 10 minutes or until soft. Transfer the squash to your blender and add the cashews, nutritional yeast, lemon juice, and paprika. Blend until smooth. Season to taste with salt and pepper.
- 06 To serve, divide the fries and asparagus between plates. Top with gravy and cheese sauce. Enjoy!

Tofu Broccoli Pasta

2 SERVINGS 15 MINUTES



INGREDIENTS

1 1/2 cups Whole Wheat Penne (dry)
2 cups Broccoli (chopped into florets)
1/2 cup Water (reserved from cooking pasta)
2 tbsps Tamari
1/2 tsp Garlic Powder
2 tbsps Extra Virgin Olive Oil (divided)
170 grams Tofu (extra-firm, pressed, cubed)
1 tbsp Nutritional Yeast
1/2 tsp Herbes de Provence

NUTRITION

AMOUNT PER SERVING

Calories	475	Cholesterol	0mg
Fat	19g	Sodium	1053mg
Carbs	57g	Vitamin A	567IU
Fiber	11g	Vitamin C	81mg
Sugar	5g	Calcium	295mg
Protein	22g	Iron	5mg

DIRECTIONS

- 01 Cook the pasta according to the package directions, adding the broccoli to the last two minutes of cooking. Reserve pasta water and drain.
- 02 In a small bowl, mix the tamari and the garlic powder to combine.
- 03 Meanwhile, heat half of the oil in a large pan over medium heat. Add the tofu and the tamari mixture. Cook, stirring, until the tofu has browned on all sides, about five to seven minutes. Remove from the heat.
- 04 Add the cooked pasta and broccoli to the pan along with the remaining oil, nutritional yeast, and Herbes de Provence. Stir to combine then stir in the reserved pasta water one tablespoon at a time until your desired consistency is reached.
- 05 Divide evenly between bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is equal to approximately two cups.

MORE FLAVOR

Add more vegetables like onions and bell peppers.

ADDITIONAL TOPPINGS

Top with your favorite toasted nuts and/or seeds.

Chickpea, Tofu & Sweet Potato Quinoa Salad

2 SERVINGS 30 MINUTES



INGREDIENTS

1/2 cup Quinoa (dry)
265 grams Tofu (cut into triangles)
1 2/3 cups Chickpeas (cooked)
2/3 Sweet Potato (cubed)
2 tsps Coconut Aminos
1 1/3 tbsps Extra Virgin Olive Oil
2 tsps Rice Vinegar
1 1/3 cups Mixed Greens
1 1/3 tbsps Italian Dressing

NUTRITION

AMOUNT PER SERVING

Calories	604	Cholesterol	0mg
Fat	22g	Sodium	251mg
Carbs	75g	Vitamin A	6197IU
Fiber	16g	Vitamin C	5mg
Sugar	11g	Calcium	487mg
Protein	32g	Iron	9mg

DIRECTIONS

- 01 Cook the quinoa according to package directions.
- 02 Preheat oven to 375°F (190°C). Line a baking sheet with parchment paper. Place the tofu, chickpeas and sweet potato on the baking sheet.
- 03 Mix together the coconut aminos, oil, and rice vinegar. Brush this marinade onto the tofu and pour the rest onto the sweet potato and chickpeas, mixing well with your hands. Bake for 20 minutes or until the tofu edges brown.
- 04 Divide the mixed greens evenly between bowls. Top with the quinoa, sweet potatoes, chickpeas, tofu, and Italian dressing. Enjoy!

NOTES

LEFTOVERS

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

SERVING SIZE

One serving is 2/3 cup of mixed greens, 4.6 oz (130g) of tofu, 3/4 cup of chickpeas, and 1/3 of a sweet potato.

MORE FLAVOR

Add minced garlic, shallots, and rosemary to the marinade. Cook the quinoa in vegetable broth.

ADDITIONAL TOPPINGS

Hemp hearts, dried cranberries and/or goat cheese.

NO COCONUT AMINOS

Use soy sauce or tamari instead.

NO ITALIAN DRESSING

Use your favourite premade dressing or make your own.

Pesto Barley & Tofu Bowl

2 SERVINGS 35 MINUTES



INGREDIENTS

3/4 cup Pearl Barley (dry, rinsed well)
1 tbsp Extra Virgin Olive Oil (divided)
175 grams Tofu (extra firm, pressed then cut into 1/2-inch cubes)
Sea Salt & Black Pepper (to taste)
2 cups Broccoli (finely chopped)
1/4 cup Pesto

NUTRITION

AMOUNT PER SERVING

Calories	559	Cholesterol	0mg
Fat	24g	Sodium	230mg
Carbs	69g	Vitamin A	1070IU
Fiber	16g	Vitamin C	81mg
Sugar	5g	Calcium	408mg
Protein	22g	Iron	5mg

DIRECTIONS

- 01 Cook the barley according to package directions until soft but chewy, approximately 25 to 30 minutes. Drain any excess liquid from the pot and fluff the barley with a fork.
- 02 Meanwhile, heat half of the oil in a pan. Brown the tofu pieces for three to five minutes per side until golden brown. Transfer to a plate, season with salt and pepper to taste and set aside.
- 03 Add the remaining oil to the same pan then add the chopped broccoli. Cook for eight to 10 minutes or until the broccoli is fork-tender.
- 04 Add the cooked barley and tofu to the pan with the broccoli and stir in the pesto. Cook for one to two minutes or until the tofu pieces are warmed through. Season with salt and pepper to taste. Divide between bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

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

GLUTEN-FREE

Use brown rice instead of barley.

MORE FLAVOR

Add fresh garlic, lemon juice, red pepper flakes, nutritional yeast, or parmesan cheese. Add more pesto to taste.

NO BROCCOLI

Use cauliflower, bell pepper, or zucchini instead.

NO TOFU

Use beans or lentils instead.

Roasted Eggplant Sandwich

2 SERVINGS 40 MINUTES



INGREDIENTS

1 Eggplant (medium, sliced into 1/2 inch thick rounds)
1 tbsp Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper (to taste)
57 grams Roasted Red Peppers
1 tsp Lemon Juice
227 grams Sourdough Baguette (toasted)
85 grams Mozzarella Ball (sliced)
3 tbsps Basil Leaves

NUTRITION

AMOUNT PER SERVING

Calories	580	Cholesterol	34mg
Fat	18g	Sodium	929mg
Carbs	84g	Vitamin A	938IU
Fiber	8g	Vitamin C	16mg
Sugar	13g	Calcium	267mg
Protein	22g	Iron	5mg

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 02 Place the eggplant slices on the baking sheet. Toss with half of the oil and season with salt and pepper. Bake in the oven for 20 minutes or until soft and golden brown.
- 03 Meanwhile, in a food processor blend the roasted red pepper and lemon juice together until smooth. Season with salt and pepper.
- 04 Divide the roasted eggplant and roasted red pepper sauce between baguettes. Add the sliced mozzarella and basil leaves. Close the sandwich and enjoy!

NOTES

LEFTOVERS

Wrap the sandwich tightly and refrigerate for up to two days.

SERVING SIZE

One serving is equal to one sandwich.

GLUTEN-FREE

Use gluten-free bread or bun instead.

MORE FLAVOR

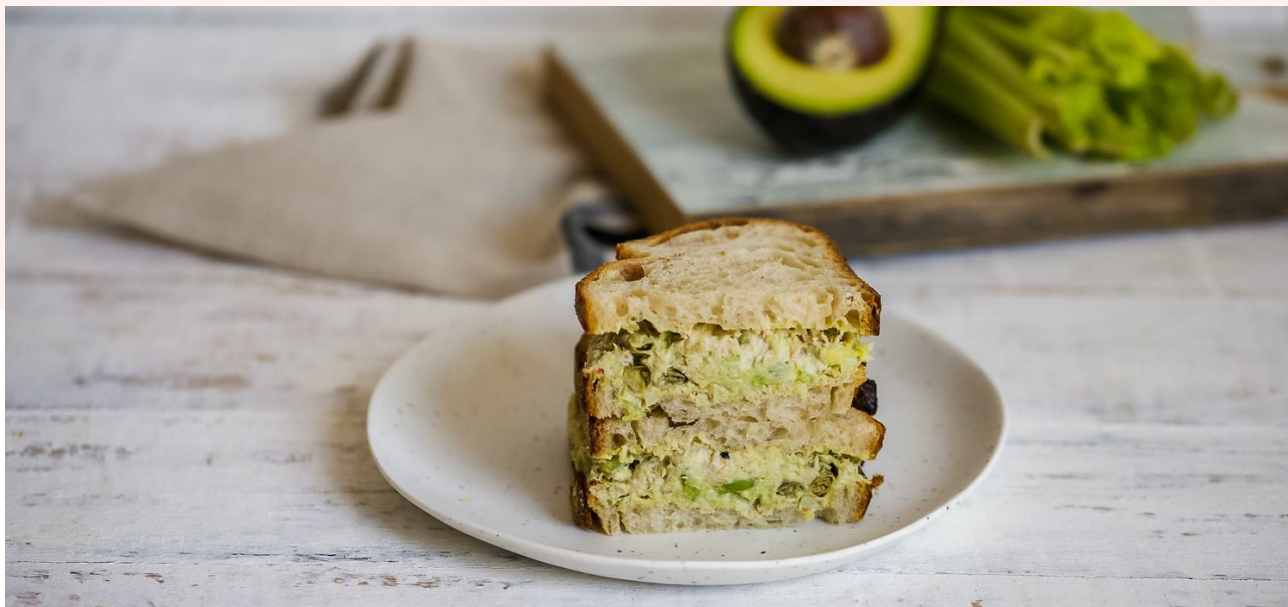
Add spinach, arugula, or lettuce instead. Top with fresh parsley.

MAKE IT VEGAN

Use plant-based cheese instead.

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, Broccoli & Mashed Potatoes

1 SERVING 30 MINUTES



INGREDIENTS

1 1/2 Yellow Potato (medium, peeled and chopped)
1 tsp Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper (to taste)
113 grams Chicken Thighs with Skin (bone-in)
1 cup Frozen Broccoli
1/4 tsp Paprika

NUTRITION

AMOUNT PER SERVING

Calories	569	Cholesterol	111mg
Fat	24g	Sodium	142mg
Carbs	63g	Vitamin A	945IU
Fiber	9g	Vitamin C	144mg
Sugar	4g	Calcium	90mg
Protein	28g	Iron	4mg

DIRECTIONS

- 01 Add the potatoes to a pot and cover with water. Boil for ten minutes or until the potatoes fall off of a fork when pierced. Drain. Add half of the oil and salt to taste. Mash the potatoes until they are your desired texture.
- 02 Meanwhile, add the remaining oil to a skillet over medium heat. Add the chicken thighs and cook for five to seven minutes. Flip the chicken and add the broccoli to the skillet around the chicken. Season everything with paprika, salt, and pepper. Cover and cook for five to seven minutes or until the chicken is cooked through.
- 03 Divide the potatoes, chicken, and broccoli between plates. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is one chicken thigh, one cup of broccoli, and approximately 1/2 cup of mashed potatoes.

MORE FLAVOR

Use butter instead of oil for the potatoes, and add minced garlic and fresh thyme.

ADDITIONAL TOPPINGS

Chopped fresh parsley.