



28 Day Balanced 2200 Calorie Meal Plan PDF (Week 4)

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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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MON



BREAKFAST
Peach Buckwheat Pudding



SNACK 1
Chickpea Tomato Sauce with Crackers



LUNCH
Turmeric Chickpea Sandwich



SNACK 2
Overnight Vanilla Protein Oats



DINNER
Seitan Tacos

TUE



BREAKFAST
Peach Buckwheat Pudding



SNACK 1
0.5 Chickpea Tomato Sauce with Crackers



LUNCH
Seitan Tacos



SNACK 2
Overnight Vanilla Protein Oats



DINNER
Cajun Shrimp Penne

WED



BREAKFAST
Peach Buckwheat Pudding



SNACK 1
0.5 Chickpea Tomato Sauce with Crackers



LUNCH
Cajun Shrimp Penne



SNACK 2
Overnight Vanilla Protein Oats



DINNER
Tofu, Broccoli & Brown Rice

THU



BREAKFAST
2 Coconut Yogurt with Berries & Granola



SNACK 1
Peach & Cottage Cheese Toast



LUNCH
Tofu, Broccoli & Brown Rice



SNACK 2
Chickpea Fritters



DINNER
Easy Salmon Poke Bowl

FRI



BREAKFAST
2 Coconut Yogurt with Berries & Granola



SNACK 1
Peach & Cottage Cheese Toast



LUNCH
Easy Salmon Poke Bowl



SNACK 2
Chickpea Fritters



DINNER
Spicy Shrimp Sushi Bowls

SAT



BREAKFAST
Buckwheat Sweet Potato Bowl, Toast with Cottage Cheese



SNACK 1
0.5 Peach & Cottage Cheese Toast



LUNCH
Spicy Shrimp Sushi Bowls



SNACK 2
Chickpea Fritters



DINNER
Black Beans, Sweet Potato & Egg

SUN



BREAKFAST
Buckwheat Sweet Potato Bowl, Toast with Cottage Cheese



SNACK 1
0.5 Peach & Cottage Cheese Toast



LUNCH
Black Beans, Sweet Potato & Egg



SNACK 2
Chickpea Fritters



DINNER
Rainbow Chopped Salad Jars

MON

FAT 33% CARBS 51% PROTEIN 16%

Calories 2280
Fat 87g
Carbs 305g
Fiber 68g
Sugar 46g
Protein 95g
Cholesterol 2mg
Sodium 2460mg
Vitamin A 6964IU
Vitamin C 58mg
Calcium 1264mg
Iron 23mg

TUE

FAT 32% CARBS 50% PROTEIN 18%

Calories 2233
Fat 83g
Carbs 294g
Fiber 53g
Sugar 39g
Protein 103g
Cholesterol 185mg
Sodium 4951mg
Vitamin A 4954IU
Vitamin C 57mg
Calcium 1236mg
Iron 19mg

WED

FAT 32% CARBS 51% PROTEIN 17%

Calories 2231
Fat 84g
Carbs 295g
Fiber 44g
Sugar 36g
Protein 101g
Cholesterol 185mg
Sodium 5231mg
Vitamin A 4811IU
Vitamin C 154mg
Calcium 1458mg
Iron 20mg

THU

FAT 37% CARBS 45% PROTEIN 18%

Calories 2287
Fat 97g
Carbs 265g
Fiber 48g
Sugar 52g
Protein 106g
Cholesterol 70mg
Sodium 3692mg
Vitamin A 1517IU
Vitamin C 167mg
Calcium 1531mg
Iron 19mg

FRI

FAT 35% CARBS 46% PROTEIN 19%

Calories 2285
Fat 92g
Carbs 266g
Fiber 47g
Sugar 51g
Protein 111g
Cholesterol 255mg
Sodium 2408mg
Vitamin A 6054IU
Vitamin C 68mg
Calcium 1140mg
Iron 15mg

SAT

FAT 34% CARBS 48% PROTEIN 18%

Calories 2276
Fat 87g
Carbs 281g
Fiber 58g
Sugar 29g
Protein 106g
Cholesterol 572mg
Sodium 3098mg
Vitamin A 34616IU
Vitamin C 38mg
Calcium 542mg
Iron 18mg

SUN

FAT 33% CARBS 50% PROTEIN 17%

Calories 2207
Fat 83g
Carbs 287g
Fiber 70g
Sugar 41g
Protein 98g
Cholesterol 387mg
Sodium 3265mg
Vitamin A 3390IU
Vitamin C 218mg
Calcium 686mg
Iron 24mg

FRUITS

- 3 Avocado
- 3/4 cup Blueberries
- 2/3 Lemon
- 4 1/2 Peach
- 1/3 cup Raspberries

BREAKFAST

- 1/4 cup Almond Butter
- 2 1/2 cups Buckwheat Groats
- 1 cup Granola

SEEDS, NUTS & SPICES

- 1 1/2 tbsps Cajun Seasoning
- 1/3 cup Cashews
- 1/4 cup Chia Seeds
- 1/3 tsp Cinnamon
- 1/4 tsp Cumin
- 1 tsp Dried Basil
- 2/3 tsp Dried Parsley
- 2/3 tsp Garlic Powder
- 1/3 cup Pumpkin Seeds
- 2 1/3 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 1/16 tbsps Sesame Seeds
- 1/4 tsp Smoked Paprika
- 1/8 tsp Turmeric

FROZEN

- 2 cups Frozen Berries

VEGETABLES

- 3/4 cup Asparagus
- 2 1/2 cups Baby Spinach
- 2 2/3 cups Broccoli
- 1 Carrot
- 1/3 cup Cherry Tomatoes
- 1/3 cup Cilantro
- 1 Cucumber
- 1 1/2 Garlic
- 1/2 stalk Green Onion
- 1/2 Jalapeno Pepper
- 1 cup Kale Leaves
- 1/3 cup Matchstick Carrots
- 1/4 cup Parsley
- 1 cup Purple Cabbage
- 1/4 cup Radishes
- 1/4 head Romaine Hearts
- 1/4 Sweet Onion
- 3 Sweet Potato
- 1/3 Tomato
- 1/3 Yellow Bell Pepper

BOXED & CANNED

- 1 1/2 cups Black Beans
- 2 1/8 cups Brown Rice
- 4 3/4 cups Chickpeas
- 1/2 cup Crushed Tomatoes
- 1 cup Fire Roasted Diced Tomatoes
- 70 grams Oat Crackers
- 2 cups Quinoa Penne
- 1/2 cup Salsa

BAKING

- 1/3 cup All Purpose Gluten-Free Flour
- 1/3 cup Nutritional Yeast
- 1 1/2 cups Oats

BREAD, FISH, MEAT & CHEESE

- 227 grams Salmon Fillet
- 170 grams Seitan
- 454 grams Shrimp
- 233 grams Tofu
- 7 slices Whole Grain Bread
- 4 Whole Wheat Tortilla

CONDIMENTS & OILS

- 1 1/2 tsps Avocado Oil
- 2 1/4 tsps Balsamic Vinegar
- 1/2 cup Extra Virgin Olive Oil
- 1 tbsp Mayonnaise
- 1 1/3 tbsps Miso Paste
- 1 tsp Rice Vinegar
- 1 1/3 tbsps Sesame Oil
- 1/2 tsp Sriracha
- 1 2/3 tbsps Tahini
- 1/4 cup Tamari
- 1/4 cup Vegan Mayonnaise

COLD

- 1 1/2 cups Cottage Cheese
- 4 Egg
- 3 cups Unsweetened Almond Milk
- 3 cups Unsweetened Coconut Yogurt

OTHER

- 1/3 cup Vanilla Protein Powder
- 3 3/4 cups Water

Peach Buckwheat Pudding

3 SERVINGS 2 HOURS 10 MINUTES



INGREDIENTS

1 1/2 cups Buckwheat Groats (dry)
1 cup Unsweetened Almond Milk
3 tbsps Chia Seeds
3 tbsps Almond Butter
1/3 tsp Cinnamon
3 Peach (sliced)
1/3 cup Blueberries

NUTRITION

AMOUNT PER SERVING

Calories	516	Cholesterol	0mg
Fat	16g	Sodium	66mg
Carbs	87g	Vitamin A	667IU
Fiber	17g	Vitamin C	12mg
Sugar	15g	Calcium	309mg
Protein	17g	Iron	4mg

DIRECTIONS

- 01 Place the buckwheat groats in a medium-sized bowl and cover with water. Let soak for at least 2 hours, or overnight.
- 02 Drain and rinse the buckwheat and add it to a food processor with the milk, chia seeds, almond butter, and cinnamon. Blend until smooth.
- 03 Add buckwheat pudding to a bowl and top with peaches and blueberries. Enjoy!

NOTES

NO ALMOND MILK

Use any type of dairy-free milk instead.

BUCKWHEAT GROATS

This recipe was developed and tested using Bob's Red Mill Buckwheat Groats.

NO PEACHES

Use any other fruit as a topping.

Coconut Yogurt with Berries & Granola

4 SERVINGS 5 MINUTES



INGREDIENTS

3 cups Unsweetened Coconut Yogurt
2 cups Frozen Berries (thawed)
1 cup Granola

NUTRITION

AMOUNT PER SERVING

Calories	272	Cholesterol	0mg
Fat	13g	Sodium	45mg
Carbs	35g	Vitamin A	6IU
Fiber	8g	Vitamin C	20mg
Sugar	14g	Calcium	411mg
Protein	6g	Iron	2mg

DIRECTIONS

01 Add the coconut yogurt to a bowl and top with the berries, any excess juices, and the granola. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Add granola just before serving.

ADDITIONAL TOPPINGS

Chopped nuts, seeds, a drizzle of honey, cinnamon, other chopped fruit.

NO COCONUT YOGURT

Use Greek yogurt instead.

Buckwheat Sweet Potato Bowl

2 SERVINGS 30 MINUTES



INGREDIENTS

- 2 cups Water
- 1 cup Buckwheat Groats
- 2 tbsps Extra Virgin Olive Oil
- 1 Sweet Potato (chopped into small cubes)
- 1 cup Kale Leaves (chopped)
- 1 tsp Sea Salt
- 1 tsp Dried Basil
- 1/3 cup Cilantro (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	464	Cholesterol	0mg
Fat	16g	Sodium	1237mg
Carbs	75g	Vitamin A	9909IU
Fiber	11g	Vitamin C	12mg
Sugar	3g	Calcium	94mg
Protein	11g	Iron	3mg

DIRECTIONS

- 01 In a medium-sized pot, bring the water to a boil. Once boiling, reduce the heat to low and add the buckwheat. Cook for 15 to 20 minutes or until the water is absorbed.
- 02 In a separate cooking pan, warm the oil over medium heat. Add the sweet potatoes, kale, sea salt and dried basil. Let it cook, stirring often, for 15 minutes or until soft.
- 03 Transfer the cooked buckwheat into bowls. Top with the sweet potato, kale and cilantro. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving is equal to approximately 2 cups.

MORE FLAVOR

Add diced onions or minced garlic.

Toast with Cottage Cheese

2 SERVINGS 10 MINUTES



INGREDIENTS

1/2 cup Cottage Cheese
2 slices Whole Grain Bread (toasted)

NUTRITION

AMOUNT PER SERVING

Calories	161	Cholesterol	9mg
Fat	4g	Sodium	323mg
Carbs	20g	Vitamin A	74IU
Fiber	3g	Vitamin C	0mg
Sugar	4g	Calcium	86mg
Protein	11g	Iron	1mg

DIRECTIONS

01 Spread cottage cheese evenly on the toasted bread and enjoy!

NOTES

NO WHOLE GRAIN BREAD

Use any type of bread or a toasted slice of sweet potato.

MORE TOPPINGS

Add a drizzle of honey, maple syrup, fresh fruit, bee pollen, cucumbers, avocado, tomato slices, hemp hearts or pomegranate seeds.

STORAGE

Best enjoyed immediately as the bread will soften.

Chickpea Tomato Sauce with Crackers

2 SERVINGS 35 MINUTES



INGREDIENTS

1/4 Sweet Onion (medium, sliced)
1/2 Garlic (cloves, minced)
2 1/4 tsps Balsamic Vinegar
1/2 cup Crushed Tomatoes (from the can)
3/4 cup Chickpeas (cooked)
1/2 stalk Green Onion (sliced, divided)
2 cups Baby Spinach
70 grams Oat Crackers

NUTRITION

AMOUNT PER SERVING

Calories	298	Cholesterol	0mg
Fat	8g	Sodium	379mg
Carbs	50g	Vitamin A	3080IU
Fiber	10g	Vitamin C	17mg
Sugar	9g	Calcium	93mg
Protein	11g	Iron	5mg

DIRECTIONS

- 01 Heat a non-stick pan over medium-high heat. Cook the onions and garlic in the balsamic vinegar until soft. Add the tomatoes and chickpeas and cook until warmed through, about five minutes. Stir in the green onions and set aside.
- 02 Divide the spinach and crackers into containers. Top the spinach with the chickpea tomato sauce. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

NO CHICKPEAS

Use lentils, black beans, or cubed tofu.

Peach & Cottage Cheese Toast

3 SERVINGS 5 MINUTES



INGREDIENTS

1 cup Cottage Cheese
3 slices Whole Grain Bread (toasted)
1 1/2 Peach (medium, pitted, sliced)
1/3 cup Pumpkin Seeds

NUTRITION

AMOUNT PER SERVING

Calories	297	Cholesterol	12mg
Fat	13g	Sodium	379mg
Carbs	29g	Vitamin A	345IU
Fiber	5g	Vitamin C	5mg
Sugar	11g	Calcium	112mg
Protein	19g	Iron	3mg

DIRECTIONS

01 Spread the cottage cheese over the toast. Top with peach slices and pumpkin seeds. Enjoy!

NOTES

LEFTOVERS

For best results, enjoy freshly made. Refrigerate components in separate containers for up to three days.

GLUTEN-FREE

Use gluten-free bread instead of whole grain bread.

ADDITIONAL TOPPINGS

Top with honey, raisins, sliced almonds, hemp seeds, or chia seeds.

Turmeric Chickpea Sandwich

1 SERVING 10 MINUTES



INGREDIENTS

2/3 cup Chickpeas (cooked)
2 tbsps Vegan Mayonnaise
1/8 tsp Turmeric
Sea Salt & Black Pepper (to taste)
2 slices Whole Grain Bread
1/2 cup Baby Spinach
1/3 Tomato (medium, sliced)

NUTRITION

AMOUNT PER SERVING

Calories	589	Cholesterol	0mg
Fat	26g	Sodium	560mg
Carbs	70g	Vitamin A	1990IU
Fiber	15g	Vitamin C	12mg
Sugar	11g	Calcium	155mg
Protein	22g	Iron	6mg

DIRECTIONS

- 01 Use the back of a fork to smash the chickpeas. Stir in the mayonnaise, turmeric, salt and pepper until well combined.
- 02 Scoop the turmeric chickpea mixture onto the bread. Add the spinach and tomato. Close the sandwich and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to one day.

GLUTEN-FREE

Use gluten-free bread instead.

MORE FLAVOR

Add onion powder and minced garlic. Toast the bread.

ADDITIONAL TOPPINGS

Add cucumber, sliced green onions, diced celery, or red onion.

SAVE TIME

Blend the chickpeas, mayonnaise, turmeric, salt and pepper in a food processor to your desired consistency.

Overnight Vanilla Protein Oats

3 SERVINGS 8 HOURS



INGREDIENTS

1 1/2 cups Oats (quick or traditional)
1 1/2 tbsps Chia Seeds
2 cups Unsweetened Almond Milk
1/3 cup Vanilla Protein Powder
1/3 cup Raspberries
1/3 cup Blueberries
1 1/2 tbsps Almond Butter

NUTRITION

AMOUNT PER SERVING

Calories	309	Cholesterol	2mg
Fat	11g	Sodium	124mg
Carbs	37g	Vitamin A	327IU
Fiber	9g	Vitamin C	6mg
Sugar	3g	Calcium	430mg
Protein	18g	Iron	3mg

DIRECTIONS

- 01 In a large bowl or container combine the oats, chia seeds and milk. Stir to combine. Place in the fridge for 8 hours, or overnight.
- 02 After the oats have set, remove from the fridge and add the protein powder. Mix well. Add extra almond milk 1 tbsp at a time if the oats are too thick.
- 03 Divide the oats into bowls or containers and top with raspberries, blueberries and almond butter. Enjoy!

NOTES

LEFTOVERS

Keep well in the fridge for 3 to 4 days.

SERVING SIZE

One serving is approximately 1 1/2 cups.

EXTRA GARNISH

Add cacao nibs, chocolate chips, seeds or nuts.

NO ALMOND BUTTER

Omit, or use peanut butter or sunflower seed butter instead.

PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder. Please note that results may vary if using a different type of protein powder.

Chickpea Fritters

4 SERVINGS 15 MINUTES



INGREDIENTS

2 1/3 cups Chickpeas (cooked)
1/3 cup All Purpose Gluten-Free Flour
1/3 cup Nutritional Yeast
2 2/3 tbsps Vegan Mayonnaise
2/3 tsp Dried Parsley (dried)
2/3 tsp Garlic Powder
2/3 tsp Sea Salt
1 1/3 tbsps Water
2 tsps Extra Virgin Olive Oil

NUTRITION

AMOUNT PER SERVING

Calories	331	Cholesterol	0mg
Fat	11g	Sodium	504mg
Carbs	42g	Vitamin A	28IU
Fiber	12g	Vitamin C	1mg
Sugar	5g	Calcium	56mg
Protein	16g	Iron	4mg

DIRECTIONS

- 01 In a medium-sized bowl, combine the chickpeas, flour, nutritional yeast, mayonnaise, parsley, garlic, salt, and water. Mix well and mash the chickpeas until well blended.
- 02 Divide the chickpea mixture into six flat patties using slightly damp hands.
- 03 Heat a nonstick skillet over medium heat and add the oil. Once hot, add the fritters and fry for three to four minutes per side, until browned and crispy. Be careful not to crowd the pan and work in batches if needed. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days, or freeze for longer.

SERVING SIZE

One serving is two fritters.

FLOUR

Use another type of flour such as regular all purpose or chickpea flour.

ADDITIONAL TOPPINGS

Dip in your favorite sauce or mix together coconut yogurt, dill, and lemon for a refreshing dip.

Seitan Tacos

2 SERVINGS 15 MINUTES



INGREDIENTS

1/2 tsp Avocado Oil
170 grams Seitan (finely chopped)
1/4 tsp Cumin (ground)
1/4 tsp Smoked Paprika
4 Whole Wheat Tortilla (small)
1/4 head Romaine Hearts (chopped)
1/2 cup Salsa
1 Avocado (mashed)

NUTRITION

AMOUNT PER SERVING

Calories	568	Cholesterol	0mg
Fat	26g	Sodium	1331mg
Carbs	61g	Vitamin A	900IU
Fiber	17g	Vitamin C	11mg
Sugar	8g	Calcium	277mg
Protein	27g	Iron	5mg

DIRECTIONS

- 01 Heat the oil in a pan over medium-high heat. Add the seitan, cumin, paprika, salt and pepper. Cook until slightly crispy, about five minutes. Stir in the salsa.
- 02 Fill the tortillas with romaine, seitan, and avocado. Enjoy!

NOTES

LEFTOVERS

Enjoy immediately for best results or refrigerate in an airtight container for two days.

SERVING SIZE

One serving is two 7-inch filled whole wheat tortillas.

GLUTEN-FREE

Use gluten-free tortilla.

MORE FLAVOR

Add garlic powder, onion powder, chili powder, lime juice, or jalapeños.

ADDITIONAL TOPPINGS

Add shredded cheese, green onions, and plain yogurt.

Cajun Shrimp Penne

2 SERVINGS 1 HOUR 20 MINUTES



INGREDIENTS

2 cups Quinoa Penne
1/3 cup Cashews (soaked, drained, rinsed)
1/3 cup Water
227 grams Shrimp (large, peeled, deveined)
1 1/2 tbsps Cajun Seasoning (divided)
2 tbsps Extra Virgin Olive Oil (divided)
3/4 cup Asparagus (trimmed, cut into bite-sized pieces)
1/4 tsp Sea Salt (divided)
1 Garlic (clove, minced)
1 cup Fire Roasted Diced Tomatoes
1/4 cup Parsley (chopped finely)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	691	Cholesterol	183mg
Fat	26g	Sodium	3240m..
Carbs	84g	Vitamin A	1520IU
Fiber	5g	Vitamin C	19mg
Sugar	8g	Calcium	173mg
Protein	35g	Iron	4mg

DIRECTIONS

- 01 Bring a medium pot of water to a boil and cook pasta according to package directions. Drain and set aside.
- 02 While the pasta cooks, add the cashews and water to a blender. Blend on high for about 1 to 2 minutes until very smooth. Set aside.
- 03 Meanwhile, add the shrimp to a bowl and toss with half the cajun seasoning and 1/3 of the oil. Set aside.
- 04 In a cast-iron skillet over medium heat, add 1/3 of the oil along with the asparagus and salt. Cook, flipping the asparagus pieces often, until bright green and still crisp but fork-tender, about 4 minutes total. Remove and set aside.
- 05 In the same cast iron pan, over medium heat, add the shrimp and cook for 3 to 4 minutes, flipping halfway through, until cooked through. Remove and set aside.
- 06 Add the remaining 1/3 of the oil to the cooked pasta. Over medium-low heat, add the garlic and cook for 30 seconds, until fragrant. Add the tomatoes and remaining cajun seasoning and stir to combine. Allow it just to get warm, about 1 to 2 minutes, then add the cashew cream, pasta and asparagus to the pot. Toss to combine. Divide onto plates, top with shrimp, parsley and season with salt and pepper. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving is equal to about 1 1/3 cup pasta.

NO ASPARAGUS

Use another vegetable such as spinach, zucchini or mushrooms.

MORE FLAVOR

Add chili flakes to taste.

NO FIRE ROASTED TOMATOES

Use regular diced tomatoes.

MAKE IT VEGAN

Omit the shrimp.

NO QUINOA PENNE

Use another type of pasta.

Tofu, Broccoli & Brown Rice

2 SERVINGS 1 HOUR



INGREDIENTS

2/3 cup Brown Rice (uncooked, rinsed)
1 1/3 cups Water
2 2/3 cups Broccoli (chopped into florets)
1 1/3 tbsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
2 tbsps Tamari
1 1/3 tbsps Miso Paste (optional)
2 tsps Sesame Oil
233 grams Tofu (sliced into cubes)
2 tbsps Sesame Seeds (optional)

NUTRITION

AMOUNT PER SERVING

Calories	566	Cholesterol	0mg
Fat	27g	Sodium	1611mg
Carbs	62g	Vitamin A	757IU
Fiber	8g	Vitamin C	108mg
Sugar	5g	Calcium	499mg
Protein	25g	Iron	6mg

DIRECTIONS

- 01 In a small saucepan, bring the water to a boil and add the brown rice. Reduce heat to a gentle simmer, cover, and cook for 40 minutes.
- 02 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 03 Toss the broccoli florets with olive oil. Sprinkle with salt and pepper, and add to the baking sheet.
- 04 In a medium bowl, combine the tamari, miso, and sesame oil. Add the tofu and toss to coat. Add the tofu to the baking sheet with the broccoli. Bake in the oven for 30 minutes, turning at the halfway point.
- 05 Divide the rice between bowls or containers. Top with roasted broccoli and tofu, and a sprinkle of sesame seeds. Enjoy!

NOTES

NO TOFU

Use edamame, lentils, tempeh, or chickpeas.

LEFTOVERS

Keeps well in the fridge for 3 to 4 days.

Easy Salmon Poke Bowl

2 SERVINGS 30 MINUTES



INGREDIENTS

3/4 cup Brown Rice
2 tsps Sesame Oil (divided)
227 grams Salmon Fillet (sushi-grade, skinless, diced)
2 tbsps Tamari
1 tsp Rice Vinegar
1/2 Cucumber (sliced)
1/4 cup Radishes (thinly sliced)
1/2 Avocado (sliced)
1/2 Jalapeno Pepper (thinly sliced)

NUTRITION

AMOUNT PER SERVING

Calories	549	Cholesterol	58mg
Fat	20g	Sodium	1108mg
Carbs	62g	Vitamin A	375IU
Fiber	7g	Vitamin C	13mg
Sugar	3g	Calcium	42mg
Protein	34g	Iron	2mg

DIRECTIONS

- 01 Cook the brown rice according to the directions on the package. Once it has finished cooking, drizzle half the sesame oil over top and mix to combine.
- 02 Meanwhile, in a medium-sized bowl, add the salmon, tamari, rice vinegar, and the remaining sesame oil. Place in the fridge to marinate for 10 minutes.
- 03 Assemble your bowl by adding brown rice to the bottom. Top it with salmon, cucumber, radishes, avocado, and jalapeno. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to one day.

MORE FLAVOR

Add minced ginger and chili flakes to the salmon while it's marinating.

ADDITIONAL TOPPINGS

Sesame seeds, cilantro and/or a spicy mayo.

MAKE IT VEGAN

Use tofu or tempeh instead of salmon.

Spicy Shrimp Sushi Bowls

2 SERVINGS 30 MINUTES



INGREDIENTS

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

Black Beans, Sweet Potato & Egg

2 SERVINGS 35 MINUTES



INGREDIENTS

- 2 Sweet Potato (medium, cubed)
- 1 tsp Avocado Oil
- 1/4 tsp Sea Salt (divided)
- 4 Egg (whisked)
- 1 1/2 cups Black Beans (cooked)
- 1 Avocado (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	607	Cholesterol	372mg
Fat	27g	Sodium	517mg
Carbs	66g	Vitamin A	19138IU
Fiber	22g	Vitamin C	13mg
Sugar	7g	Calcium	142mg
Protein	28g	Iron	6mg

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Season the sweet potato with avocado oil and half of the sea salt. Bake for 25 to 30 minutes or until cooked through.
- 02 Heat a skillet over medium heat. Add the eggs and scramble until cooked through. Season with the remaining sea salt.
- 03 Divide the sweet potato, scrambled egg and black beans between containers. Place in the fridge until ready to be enjoyed. Add the sliced avocado just before serving. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Cut up the avocado just before serving.

MAKE IT VEGAN

Omit the eggs, or use a tofu scramble.

NO AVOCADO OIL

Use extra virgin olive oil or coconut oil.

Rainbow Chopped Salad Jars

1 SERVING 15 MINUTES



INGREDIENTS

1 2/3 tbsps Tahini
2/3 Lemon (juiced)
1/8 tsp Sea Salt
2 tsps Water
1 cup Chickpeas (cooked, from the can)
1/3 cup Cherry Tomatoes
1/3 cup Matchstick Carrots
1/3 Yellow Bell Pepper (chopped)
1 cup Purple Cabbage (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	495	Cholesterol	0mg
Fat	18g	Sodium	494mg
Carbs	69g	Vitamin A	4579IU
Fiber	19g	Vitamin C	189mg
Sugar	16g	Calcium	252mg
Protein	22g	Iron	8mg

DIRECTIONS

- 01 Combine the tahini, lemon juice, and sea salt. Whisk until combined, adding water as needed to attain a creamy salad dressing consistency. Divide the dressing equally into the bottom of large jars.
- 02 On top of the dressing, layer the chickpeas, tomatoes, carrots, bell pepper, and top with the purple cabbage. Cover and store in the fridge.
- 03 When you're ready to eat the salad, dump it into a bowl and toss well. Enjoy!

NOTES

STORAGE

Keeps well in the fridge for up to 4 days.

NO TAHINI

Use a nut butter or sunflower seed butter instead.