



28 Day Balanced 900 Calorie Meal Plan PDF (Week 1)

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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
Mocha Overnight Protein Oats



LUNCH
Egyptian Fava Beans with Tahini



DINNER
Linguine Carbonara

TUE



BREAKFAST
Mocha Overnight Protein Oats



LUNCH
Linguine Carbonara



DINNER
Veggie Pita Pizza

WED



BREAKFAST
Mocha Overnight Protein Oats



LUNCH
Veggie Pita Pizza



DINNER
Veggie & Feta Zucchini Boats

THU



BREAKFAST
Nectarine Strawberry Smoothie



LUNCH
Veggie & Feta Zucchini Boats



DINNER
Peas & Pancetta Farfalle

FRI



BREAKFAST
Nectarine Strawberry Smoothie



LUNCH
Peas & Pancetta Farfalle



DINNER
Slow Cooker Enchilada Beans & Quinoa

SAT



BREAKFAST
Mango Mint Smoothie



LUNCH
Slow Cooker Enchilada Beans & Quinoa



DINNER
One Pot Snap Pea & Mackerel Orzo

SUN



BREAKFAST
Mango Mint Smoothie



LUNCH
One Pot Snap Pea & Mackerel Orzo



DINNER
Parmesan Pasta & Peas

MON

FAT 31% CARBS 48% PROTEIN 21%

Calories 978
Fat 35g
Carbs 120g
Fiber 26g
Sugar 5g
Protein 53g
Cholesterol 114mg
Sodium 651mg
Vitamin A 479IU
Vitamin C 1mg
Calcium 636mg
Iron 11mg

TUE

FAT 31% CARBS 49% PROTEIN 20%

Calories 999
Fat 35g
Carbs 124g
Fiber 20g
Sugar 6g
Protein 52g
Cholesterol 152mg
Sodium 865mg
Vitamin A 2524IU
Vitamin C 32mg
Calcium 683mg
Iron 10mg

WED

FAT 29% CARBS 50% PROTEIN 21%

Calories 917
Fat 31g
Carbs 119g
Fiber 31g
Sugar 14g
Protein 50g
Cholesterol 70mg
Sodium 1160mg
Vitamin A 3918IU
Vitamin C 101mg
Calcium 844mg
Iron 10mg

THU

FAT 32% CARBS 46% PROTEIN 22%

Calories 924
Fat 34g
Carbs 109g
Fiber 26g
Sugar 38g
Protein 52g
Cholesterol 47mg
Sodium 931mg
Vitamin A 3589IU
Vitamin C 129mg
Calcium 1020mg
Iron 8mg

FRI

FAT 30% CARBS 48% PROTEIN 22%

Calories 988
Fat 33g
Carbs 119g
Fiber 24g
Sugar 35g
Protein 55g
Cholesterol 51mg
Sodium 1067mg
Vitamin A 3511IU
Vitamin C 76mg
Calcium 943mg
Iron 9mg

SAT

FAT 30% CARBS 47% PROTEIN 23%

Calories 1080
Fat 36g
Carbs 126g
Fiber 21g
Sugar 45g
Protein 62g
Cholesterol 106mg
Sodium 1168mg
Vitamin A 7493IU
Vitamin C 108mg
Calcium 1146mg
Iron 9mg

SUN

FAT 32% CARBS 48% PROTEIN 20%

Calories 1098
Fat 39g
Carbs 132g
Fiber 19g
Sugar 43g
Protein 56g
Cholesterol 84mg
Sodium 537mg
Vitamin A 6928IU
Vitamin C 96mg
Calcium 1127mg
Iron 8mg

FRUITS

- 1/2 Avocado
- 1/2 Lemon
- 1 Lime
- 2 Nectarine
- 1 cup Strawberries

BREAKFAST

- 3/4 cup Coffee

SEEDS, NUTS & SPICES

- 1/2 tsp Black Pepper
- 1/3 cup Chia Seeds
- 1/8 tsp Cumin
- 1/4 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tbsp Walnuts

FROZEN

- 2/3 cup Frozen Corn
- 2 cups Frozen Mango
- 3/4 cup Frozen Peas

VEGETABLES

- 2 1/4 cups Baby Spinach
- 2/3 cup Cherry Tomatoes
- 1 tbsp Fresh Dill
- 1/4 cup Mint Leaves
- 1 tbsp Parsley
- 2/3 Red Bell Pepper
- 1/3 cup Red Onion
- 1/2 cup Shallot
- 3/4 cup Snap Peas
- 1 Tomato
- 1/8 Yellow Onion
- 2 1/16 Zucchini

BOXED & CANNED

- 1 cup Black Beans
- 1 1/8 cups Diced Tomatoes
- 2/3 cup Enchilada Sauce
- 64 grams Farfalle
- 1 cup Fava Beans
- 113 grams Linguine
- 3/4 cup Orzo
- 2 2/3 tbsps Quinoa
- 1 cup White Navy Beans
- 3/4 cup Whole Wheat Penne

BAKING

- 3 tbsps Cacao Nibs
- 3 tbsps Cocoa Powder
- 1 1/2 cups Oats

BREAD, FISH, MEAT & CHEESE

- 113 grams Canned Mackerel
- 1/2 cup Feta Cheese
- 161 grams Mozzarella Cheese
- 99 grams Pancetta
- 1/2 cup Parmigiano Reggiano
- 2 Whole Wheat Pita

CONDIMENTS & OILS

- 1/2 tsp Apple Cider Vinegar
- 1 1/4 tbsps Extra Virgin Olive Oil
- 2 2/3 tbsps Italian Dressing
- 1 tbsp Tahini
- 1/4 cup Tomato Sauce

COLD

- 1/2 cup Cream, Half & Half
- 1 Egg
- 4 1/2 cups Plain Coconut Milk
- 1 1/2 cups Unsweetened Almond Milk

OTHER

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

Mocha Overnight Protein Oats

3 SERVINGS 8 HOURS



INGREDIENTS

1 1/2 cups Oats (rolled)
3 tbsps Chia Seeds
3 tbsps Cocoa Powder
1/3 cup Chocolate Protein Powder
1 1/2 cups Unsweetened Almond Milk
3/4 cup Coffee (brewed and chilled)
3 tbsps Cacao Nibs

NUTRITION

AMOUNT PER SERVING

Calories	325	Cholesterol	2mg
Fat	12g	Sodium	106mg
Carbs	40g	Vitamin A	250IU
Fiber	13g	Vitamin C	0mg
Sugar	0g	Calcium	393mg
Protein	19g	Iron	4mg

DIRECTIONS

- 01 Combine all ingredients in a large bowl and mix well. Cover and refrigerate overnight.
- 02 Divide between bowls or containers. Top with cacao nibs for some crunch. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

Nectarine Strawberry Smoothie

2 SERVINGS 10 MINUTES



INGREDIENTS

2 Nectarine (pitted, chopped)
1 cup Strawberries
2 tbsps Chia Seeds
2 cups Plain Coconut Milk (from the carton)
1/2 cup Vanilla Protein Powder

NUTRITION

AMOUNT PER SERVING

Calories	307	Cholesterol	4mg
Fat	10g	Sodium	76mg
Carbs	34g	Vitamin A	979IU
Fiber	9g	Vitamin C	50mg
Sugar	22g	Calcium	662mg
Protein	23g	Iron	2mg

DIRECTIONS

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

NOTES

LEFTOVERS

Best enjoyed immediately.

SERVING SIZE

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

NO COCONUT MILK

Use any other alternative milk.

MORE FIBER

Add pumpkin seeds, seed butter, and/or baby spinach before blending.

Mango Mint Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

2 1/2 cups Plain Coconut Milk (unsweetened from the carton)
2 cups Frozen Mango
1/2 Avocado
2 cups Baby Spinach
1/4 cup Mint Leaves (stems removed)
1 Lime (juiced)
38 grams Collagen Powder

NUTRITION

AMOUNT PER SERVING

Calories	356	Cholesterol	0mg
Fat	14g	Sodium	112mg
Carbs	41g	Vitamin A	5443IU
Fiber	7g	Vitamin C	81mg
Sugar	32g	Calcium	639mg
Protein	20g	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.

MORE FLAVOR

Add a pitted date before blending.

MAKE IT VEGAN

Omit collagen powder and use plant-based protein powder.

Egyptian Fava Beans with Tahini

1 SERVING 15 MINUTES



INGREDIENTS

1 cup Fava Beans (cooked, with liquid)
1 tbsp Tahini
1/8 tsp Cumin
1/2 tsp Apple Cider Vinegar
1/16 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.

Linguine Carbonara

2 SERVINGS 15 MINUTES



INGREDIENTS

- 113 grams Linguine (dry)
- 1 Egg (large, whisked)
- 2 tbsps Parmigiano Reggiano (finely grated)
- 1/2 tsp Black Pepper (coarsely ground, plus more for garnish)
- 57 grams Pancetta (thick slice, chopped)

NUTRITION

AMOUNT PER SERVING

Calories	375	Cholesterol	112mg
Fat	14g	Sodium	322mg
Carbs	43g	Vitamin A	189IU
Fiber	2g	Vitamin C	0mg
Sugar	2g	Calcium	114mg
Protein	18g	Iron	3mg

DIRECTIONS

- 01 Cook the linguine according to the package directions, reserving roughly one cup of cooking water.
- 02 Meanwhile, combine the eggs, parmesan, and black pepper in a small bowl. Set aside.
- 03 Cook the pancetta in a large non-stick pan over medium heat for three to four minutes. Turn the heat off.
- 04 Add the warm cooked pasta to the pan. Stir well then add the egg mixture. Mix continuously to prevent the eggs from curdling. Add some warm cooking water to thin the sauce if necessary.
- 05 Sprinkle with more black pepper, if desired, and serve immediately. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is approximately one cup.

GLUTEN-FREE

Use gluten-free pasta.

Veggie Pita Pizza

2 SERVINGS 15 MINUTES



INGREDIENTS

2 Whole Wheat Pita
1/4 cup Tomato Sauce
85 grams Mozzarella Cheese (grated)
1/4 cup Baby Spinach (chopped)
2 tbsps Red Onion (chopped)
1 Tomato (small, diced)
1/4 Red Bell Pepper (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	299	Cholesterol	38mg
Fat	9g	Sodium	437mg
Carbs	41g	Vitamin A	2085IU
Fiber	5g	Vitamin C	32mg
Sugar	4g	Calcium	176mg
Protein	15g	Iron	3mg

DIRECTIONS

- 01 Preheat your oven to 375°F (190°C) and line a baking sheet with parchment paper. Place the pita on the baking sheet and top with the tomato sauce, cheese, and vegetables. Place in the oven and bake for 10 minutes or until the cheese has melted and the pitas are warmed through.
- 02 Remove from the oven, slice, and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to one pita pizza.

GLUTEN-FREE

Use a gluten-free pita or tortilla.

DAIRY-FREE

Use dairy-free cheese.

NO TOMATO SAUCE

Use marinara sauce, pizza sauce or pesto instead.

Veggie & Feta Zucchini Boats

2 SERVINGS 40 MINUTES



INGREDIENTS

2 Zucchini (medium)
2/3 tsp Extra Virgin Olive Oil
1 cup White Navy Beans (drained, rinsed)
2/3 cup Cherry Tomatoes
1/3 Red Bell Pepper (medium, diced)
3 1/2 tbsps Red Onion (diced)
1/2 cup Feta Cheese (crumbled, divided)
2 2/3 tbsps Italian Dressing

NUTRITION

AMOUNT PER SERVING

Calories	293	Cholesterol	30mg
Fat	10g	Sodium	617mg
Carbs	38g	Vitamin A	1583IU
Fiber	13g	Vitamin C	69mg
Sugar	10g	Calcium	275mg
Protein	16g	Iron	3mg

DIRECTIONS

- 01 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 02 Cut the zucchini down the middle lengthwise and scoop out the middle flesh from the center of each zucchini half. Brush oil on the bottom of each half and place them on the baking sheet cut side up.
- 03 In a bowl, combine the navy beans, tomatoes, bell pepper, onion, half of the feta cheese, and Italian dressing.
- 04 Spoon the filling into each zucchini boat and top each with the remaining feta. Bake for 25 to 30 minutes or until the filling is browned and the zucchini is cooked to your liking. Divide onto plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to two zucchini boats.

DAIRY-FREE

Use dairy-free cheese or omit entirely.

ADDITIONAL TOPPINGS

Top with fresh herbs, dried oregano, and/or hot sauce after cooking.

Peas & Pancetta Farfalle

2 SERVINGS 15 MINUTES



INGREDIENTS

64 grams Farfalle (dry)
1 tbsp Walnuts (toasted, finely chopped)
1 tbsp Parsley (finely chopped)
1 tbsp Parmigiano Reggiano (finely grated)
1 1/2 tsps Extra Virgin Olive Oil
1/2 cup Shallot (chopped)
43 grams Pancetta (chopped into small pieces)
1/2 cup Frozen Peas (thawed)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	324	Cholesterol	13mg
Fat	14g	Sodium	238mg
Carbs	37g	Vitamin A	1027IU
Fiber	4g	Vitamin C	10mg
Sugar	6g	Calcium	83mg
Protein	13g	Iron	3mg

DIRECTIONS

- 01 Cook the pasta according to the directions on the package.
- 02 In a bowl combine the walnuts, parsley, and parmesan cheese. Set aside.
- 03 In a large skillet, heat the oil over medium heat. Add the shallots and pancetta. Cook for four to six minutes.
- 04 Add the peas and cook for two more minutes. Season to taste with salt and pepper.
- 05 Add the cooked pasta and nut mixture to the skillet. Mix well to coat the pasta. Divide into pasta bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is approximately one cup.

MORE FLAVOR

Use pine nuts instead of walnuts.

ADDITIONAL TOPPINGS

Fresh basil or mint.

GLUTEN-FREE

Use gluten-free pasta.

DAIRY-FREE

Use dairy-free cheese.

Slow Cooker Enchilada Beans & Quinoa

2 SERVINGS 2 HOURS



INGREDIENTS

1 cup Black Beans (cooked)
2/3 cup Frozen Corn (or fresh)
1 1/8 cups Diced Tomatoes
2/3 cup Enchilada Sauce
2 2/3 tbsps Quinoa (dry)
2 2/3 tbsps Water
1/8 tsp Sea Salt
76 grams Mozzarella Cheese (shredded)

NUTRITION

AMOUNT PER SERVING

Calories	357	Cholesterol	34mg
Fat	9g	Sodium	753mg
Carbs	48g	Vitamin A	1505IU
Fiber	11g	Vitamin C	16mg
Sugar	7g	Calcium	198mg
Protein	19g	Iron	4mg

DIRECTIONS

- 01 Add the black beans, corn, tomatoes, enchilada sauce, quinoa, water, and salt to the slow cooker. Stir until combined.
- 02 Cook on high for two to four hours, or on low for four to six hours.
- 03 Divide into bowls and top with cheese. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving equals approximately two cups.

MORE FLAVOR

Stir in a few tablespoons of cream cheese. Use fire roasted diced tomatoes.

ADDITIONAL TOPPINGS

Top with chopped cilantro, avocado, tortilla chips, sour cream, or sliced jalapeno.

MAKE IT VEGAN

Use vegan cheese instead of mozzarella cheese, or omit completely.

One Pot Snap Pea & Mackerel Orzo

2 SERVINGS 25 MINUTES



INGREDIENTS

3/4 cup Orzo
1 1/2 cups Water
1/2 cup Cream, Half & Half
1/2 Lemon (juiced)
3/4 cup Snap Peas (chopped)
2 tbsps Parmigiano Reggiano (reserve some for garnish)
113 grams Canned Mackerel (drained and flaked)
1 tbsp Fresh Dill (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	367	Cholesterol	72mg
Fat	13g	Sodium	303mg
Carbs	37g	Vitamin A	545IU
Fiber	3g	Vitamin C	11mg
Sugar	6g	Calcium	309mg
Protein	23g	Iron	3mg

DIRECTIONS

- 01 In a large skillet over medium heat, add the orzo, water, cream, and lemon juice. Cook for 15 minutes until the orzo is al dente, being sure to stir often to avoid having the orzo stick to the skillet.
- 02 Add the remaining ingredients and cook for two to three minutes or until the peas are slightly softened.
- 03 Divide the orzo evenly between plates and garnish with the remaining parmesan. 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 minced garlic and/or shallots to the orzo while cooking.

GLUTEN-FREE

Use a short gluten-free pasta and adjust the liquid as needed.

DAIRY-FREE

Omit the cream and parmesan and use coconut cream and dairy-free cheese.

Parmesan Pasta & Peas

1 SERVING 20 MINUTES



INGREDIENTS

1 1/2 tsps Extra Virgin Olive Oil
1/8 Yellow Onion (diced)
1/4 cup Frozen Peas
Sea Salt & Black Pepper (to taste)
2/3 cup Water
3/4 cup Whole Wheat Penne (dry)
2 tsps Parmigiano Reggiano (finely grated)

NUTRITION

AMOUNT PER SERVING

Calories	375	Cholesterol	12mg
Fat	12g	Sodium	122mg
Carbs	54g	Vitamin A	940IU
Fiber	9g	Vitamin C	4mg
Sugar	5g	Calcium	179mg
Protein	13g	Iron	3mg

DIRECTIONS

- 01 Heat a dutch oven over medium-low heat and pour in the oil. Once warm, add the onion and sauté until softened, about five minutes. Increase the heat to medium and add the peas and stir. Cook for one minute. Season with salt and pepper.
- 02 Pour in the water and bring to a boil and then add the pasta. Reduce the heat to medium-low and cook for eight to nine minutes, or until cooked to your liking, stirring frequently to avoid the pasta sticking.
- 03 Remove the pasta from the heat and stir in the Parmigiano Reggiano. Divide onto plates and season with salt and pepper. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

NO CHICKPEA PASTA

Use whole wheat, or regular pasta instead.

DAIRY-FREE

Omit the Parmigiano Reggiano and use nutritional yeast.

WATER

You may need to add additional water as needed while cooking. Only add about one tablespoon at a time to ensure there is no excess liquid left over as the pasta is not drained at the end.

MORE FLAVOR

Season with chili flakes.

ADDITIONAL TOPPINGS

Top with chopped parsley or chives.

MAKE IT VEGAN

Omit the Parmigiano Reggiano.